



7nutslopet 2017
Gramstad / 09.09.2017

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Kjetil Bækholt

□□: FK Agri

□□: 176

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:23:16

□□: 5.44 km/h

□□□□: 11:02 min/km

□□□□□/□□□: 106 (of 155)

□□□□□/□: 81 (of 102)

□□□□□□: 1:23:07

□□□□□: 82(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	12:40	-	94	5:51	94	5:51	-	12:40	-	94	5:51	94	5:51
Dalsnuten	-	18:33	-	87	7:27	87	7:27	-	31:13	-	91	13:18	91	13:18
Øvre Eikenuten	-	14:33	-	78	5:22	78	5:22	-	45:46	-	80	18:40	80	18:40
Gramstad mellor	-	9:50	-	83	4:08	83	4:08	-	55:36	-	80	22:48	80	22:48
Kollirudla	-	13:02	-	88	4:36	88	4:36	-	1:08:38	-	83	27:24	83	27:24
Mattisrudlå	-	28:57	-	79	11:29	79	11:29	-	1:37:35	-	82	38:53	82	38:53
Bjørndalsfjellet	-	16:42	-	82	7:10	82	7:10	-	1:54:17	-	82	46:03	82	46:03
Gramstadtjønna	-	26:28	-	79	13:17	79	13:17	-	2:20:45	-	81	59:20	81	59:20
Finish	-	2:31	-	79	0:59	79	0:59	13.00	2:23:16	-	83	1:00:09	83	1:00:09