



7nutslopet 2017  
Gramstad / 09.09.2017

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Thomas Jørgensen

□□: Vatne LK

□□: 97

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:30:28

□□: 5.18 km/h

□□□□: 11:35 min/km

□□□□□/□□□: 112 (of 155)

□□□□□/□: 83 (of 102)

□□□□□□: 1:23:07

□□□□□: 84(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:59	-	73	4:10	73	4:10	-	10:59	-	73	4:10	73	4:10	
Dalsnuten	-	18:01	-	83	6:55	83	6:55	-	29:00	-	81	11:05	81	11:05	
Øvre Eikenuten	-	16:39	-	84	7:28	84	7:28	-	45:39	-	78	18:33	78	18:33	
Gramstad mellor	-	10:16	-	85	4:34	85	4:34	-	55:55	-	82	23:07	82	23:07	
Kollirudla	-	13:22	-	89	4:56	89	4:56	-	1:09:17	-	85	28:03	85	28:03	
Mattisrudlå	-	31:53	-	85	14:25	85	14:25	-	1:41:10	-	86	42:28	86	42:28	
Bjørndalsfjellet	-	18:10	-	83	8:38	83	8:38	-	1:59:20	-	84	51:06	84	51:06	
Gramstadtjønna	-	28:28	-	87	15:17	87	15:17	-	2:27:48	-	83	1:06:23	83	1:06:23	
Finish	-	2:40	-	87	1:08	87	1:08	13.00	2:30:28	-	85	1:07:21	85	1:07:21	