



7nutslopet 2017  
Gramstad / 09.09.2017

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Marcus Løwø Nåden

□□□: 2:31:14

□□: 75

□□: 5.16 km/h

□□□□: 11:38 min/km

□□: 13.00 km

□□□□□/□□□: 114 (of 155)

7nutsløpet

□□□□□/□: 84 (of 102)

□□□□□□: 1:23:07

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□□□□□: 85(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	12:05	-	91	5:16	91	5:16	-	12:05	-	91	5:16	91	5:16	
Dalsnuten	-	19:02	-	89	7:56	89	7:56	-	31:07	-	89	13:12	89	13:12	
Øvre Eikenuten	-	16:35	-	82	7:24	82	7:24	-	47:42	-	91	20:36	91	20:36	
Gramstad mellor	-	10:44	-	90	5:02	90	5:02	-	58:26	-	89	25:38	89	25:38	
Kollirudla	-	11:31	-	64	3:05	64	3:05	-	1:09:57	-	87	28:43	87	28:43	
Mattisrudlå	-	31:58	-	86	14:30	86	14:30	-	1:41:55	-	87	43:13	87	43:13	
Bjørndalsfjellet	-	19:33	-	90	10:01	90	10:01	-	2:01:28	-	87	53:14	87	53:14	
Gramstadtjønna	-	27:36	-	86	14:25	86	14:25	-	2:29:04	-	86	1:07:39	86	1:07:39	
Finish	-	2:10	-	57	0:38	57	0:38	13.00	2:31:14	-	86	1:08:07	86	1:08:07	