



7nutslopet 2017
Gramstad / 09.09.2017

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Andreas Tjørhom

□□: New Chance

□□: 37

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:31:14

□□: 5.16 km/h

□□□□: 11:38 min/km

□□□□□/□□□: 115 (of 155)

□□□□□/□: 84 (of 102)

□□□□□□: 1:23:07

□□□□□: 85(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	12:06	-	92	5:17	92	5:17	-	12:06	-	92	5:17	92	5:17	
Dalsnuten	-	19:03	-	90	7:57	90	7:57	-	31:09	-	90	13:14	90	13:14	
Øvre Eikenuten	-	16:41	-	85	7:30	85	7:30	-	47:50	-	92	20:44	92	20:44	
Gramstad mellor	-	10:36	-	88	4:54	88	4:54	-	58:26	-	89	25:38	89	25:38	
Kollirudla	-	11:29	-	62	3:03	62	3:03	-	1:09:55	-	86	28:41	86	28:41	
Mattisrudlå	-	32:05	-	88	14:37	88	14:37	-	1:42:00	-	88	43:18	88	43:18	
Bjørndalsfjellet	-	19:33	-	90	10:01	90	10:01	-	2:01:33	-	88	53:19	88	53:19	
Gramstadtjønna	-	27:32	-	85	14:21	85	14:21	-	2:29:05	-	87	1:07:40	87	1:07:40	
Finish	-	2:09	-	56	0:37	56	0:37	13.00	2:31:14	-	86	1:08:07	86	1:08:07	