



7nutslopet 2017  
Gramstad / 09.09.2017

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Kjetil Øksnevad

□□: AkerBP

□□: 66

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:31:21

□□: 5.15 km/h

□□□□: 11:39 min/km

□□□□□/□□□: 116 (of 155)

□□□□□/□: 86 (of 102)

□□□□□□: 1:23:07

□□□□□: 87(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	12:14	-	93	5:25	93	5:25	-	12:14	-	93	5:25	93	5:25	
Dalsnuten	-	20:12	-	92	9:06	92	9:06	-	32:26	-	92	14:31	92	14:31	
Øvre Eikenuten	-	15:44	-	80	6:33	80	6:33	-	48:10	-	93	21:04	93	21:04	
Gramstad mellor	-	10:25	-	86	4:43	86	4:43	-	58:35	-	92	25:47	92	25:47	
Kollirudla	-	12:27	-	83	4:01	83	4:01	-	1:11:02	-	90	29:48	90	29:48	
Mattisrudlå	-	32:00	-	87	14:32	87	14:32	-	1:43:02	-	89	44:20	89	44:20	
Bjørndalsfjellet	-	18:18	-	84	8:46	84	8:46	-	2:01:20	-	86	53:06	86	53:06	
Gramstadtjønna	-	27:25	-	83	14:14	83	14:14	-	2:28:45	-	84	1:07:20	84	1:07:20	
Finish	-	2:36	-	84	1:04	84	1:04	13.00	2:31:21	-	88	1:08:14	88	1:08:14	