



7nutslopet 2017  
Gramstad / 09.09.2017

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Einar Hebnes

□□: Hafrsfjord Tre

□□: 130

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:34:29

□□: 5.05 km/h

□□□□: 11:53 min/km

□□□□□/□□□: 118 (of 155)

□□□□□/□: 88 (of 102)

□□□□□□: 1:23:07

□□□□□: 89(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:54	-	86	5:05	86	5:05	-	11:54	-	86	5:05	86	5:05	
Dalsnuten	-	18:25	-	85	7:19	85	7:19	-	30:19	-	87	12:24	87	12:24	
Øvre Eikenuten	-	16:34	-	81	7:23	81	7:23	-	46:53	-	90	19:47	90	19:47	
Gramstad mellor	-	11:32	-	92	5:50	92	5:50	-	58:25	-	88	25:37	88	25:37	
Kollirudla	-	12:25	-	82	3:59	82	3:59	-	1:10:50	-	89	29:36	89	29:36	
Mattisrudlå	-	32:19	-	89	14:51	89	14:51	-	1:43:09	-	90	44:27	90	44:27	
Bjørndalsfjellet	-	18:46	-	87	9:14	87	9:14	-	2:01:55	-	89	53:41	89	53:41	
Gramstadtjønna	-	30:09	-	90	16:58	90	16:58	-	2:32:04	-	88	1:10:39	88	1:10:39	
Finish	-	2:25	-	77	0:53	77	0:53	13.00	2:34:29	-	90	1:11:22	90	1:11:22	