



7nutslopet 2017  
Gramstad / 09.09.2017

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Mathias Sæther

□□□: 2:41:14

□□: 1

□□: 4.84 km/h

□□□□: 12:25 min/km

□□: 13.00 km

□□□□□/□□□: 120 (of 155)

7nutsløpet

□□□□□/□: 90 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 91(of 102)

Mann

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
Fodgstadnuten	-	12:41	-	95	5:52	95	5:52	-	12:41	-	95	5:52	95	5:52
Dalsnuten	-	21:19	-	95	10:13	95	10:13	-	34:00	-	95	16:05	95	16:05
Øvre Eikenuten	-	19:22	-	96	10:11	96	10:11	-	53:22	-	95	26:16	95	26:16
Gramstad mellor	-	11:03	-	91	5:21	91	5:21	-	1:04:25	-	95	31:37	95	31:37
Kollirudla	-	12:30	-	84	4:04	84	4:04	-	1:16:55	-	92	35:41	92	35:41
Mattisrudlå	-	32:41	-	90	15:13	90	15:13	-	1:49:36	-	92	50:54	92	50:54
Bjørndalsfjellet	-	18:45	-	86	9:13	86	9:13	-	2:08:21	-	92	1:00:07	92	1:00:07
Gramstadtjønna	-	30:39	-	92	17:28	92	17:28	-	2:39:00	-	90	1:17:35	90	1:17:35
Finish	-	2:14	-	61	0:42	61	0:42	13.00	2:41:14	-	92	1:18:07	92	1:18:07