



7nutslopet 2017  
Gramstad / 09.09.2017

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Amro Abdelfatah

□□□: 2:45:14

□□: 118

□□: 4.72 km/h

□□□□: 12:43 min/km

□□: 13.00 km

□□□□□/□□□: 123 (of 155)

7nutsløpet

□□□□□/□: 91 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 92(of 102)

Mann

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:47	-	47	2:58	47	2:58	-	9:47	-	47	2:58	47	2:58	
Dalsnuten	-	16:28	-	60	5:22	60	5:22	-	26:15	-	56	8:20	56	8:20	
Øvre Eikenuten	-	20:23	-	99	11:12	99	11:12	-	46:38	-	87	19:32	87	19:32	
Gramstad mellor	-	9:37	-	79	3:55	79	3:55	-	56:15	-	85	23:27	85	23:27	
Kollirudla	-	11:56	-	73	3:30	73	3:30	-	1:08:11	-	81	26:57	81	26:57	
Mattisrudlå	-	32:48	-	91	15:20	91	15:20	-	1:40:59	-	85	42:17	85	42:17	
Bjørndalsfjellet	-	22:35	-	94	13:03	94	13:03	-	2:03:34	-	91	55:20	91	55:20	
Gramstadtjønna	-	37:46	-	97	24:35	97	24:35	-	2:41:20	-	91	1:19:55	91	1:19:55	
Finish	-	3:54	-	97	2:22	97	2:22	13.00	2:45:14	-	93	1:22:07	93	1:22:07	