



7nutslopet 2017  
Gramstad / 09.09.2017

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Håvard Erga

□□: Bryne Cykle Klubb  
□□: 47

□□: 13.00 km  
7nutsløpet

□□□□:  
Mann

□□□: 3:03:31

□□: 4.25 km/h  
□□□□: 14:07 min/km

□□□□□/□□□: 132 (of 155)

□□□□□/□: 95 (of 102)

□□□□□□: 1:23:07

□□□□□: 96(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
Fodgstadnuten	-	14:56	-	100	8:07	100	8:07	-	14:56	-	100	8:07	100	8:07
Dalsnuten	-	25:13	-	100	14:07	100	14:07	-	40:09	-	100	22:14	100	22:14
Øvre Eikenuten	-	19:24	-	97	10:13	97	10:13	-	59:33	-	99	32:27	99	32:27
Gramstad mellor	-	12:41	-	98	6:59	98	6:59	-	1:12:14	-	100	39:26	100	39:26
Kollirudla	-	14:25	-	95	5:59	95	5:59	-	1:26:39	-	98	45:25	98	45:25
Mattisrudlå	-	36:19	-	96	18:51	96	18:51	-	2:02:58	-	96	1:04:16	96	1:04:16
Bjørndalsfjellet	-	23:10	-	97	13:38	97	13:38	-	2:26:08	-	96	1:17:54	96	1:17:54
Gramstadtjønna	-	34:30	-	95	21:19	95	21:19	-	3:00:38	-	95	1:39:13	95	1:39:13
Finish	-	2:53	-	91	1:21	91	1:21	13.00	3:03:31	-	97	1:40:24	97	1:40:24