



7nutslopet 2017
Gramstad / 09.09.2017

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Magne Iversen

□□□: 3:03:33

□□: 192

□□: 4.25 km/h

□□□□: 14:08 min/km

□□: 13.00 km

□□□□□/□□□: 133 (of 155)

7nutsløpet

□□□□□/□: 96 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 97(of 102)

Mann

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	14:50	-	99	8:01	99	8:01	-	14:50	-	99	8:01	99	8:01	
Dalsnuten	-	24:27	-	99	13:21	99	13:21	-	39:17	-	99	21:22	99	21:22	
Øvre Eikenuten	-	20:20	-	98	11:09	98	11:09	-	59:37	-	100	32:31	100	32:31	
Gramstad mellor	-	12:36	-	97	6:54	97	6:54	-	1:12:13	-	99	39:25	99	39:25	
Kollirudla	-	14:20	-	93	5:54	93	5:54	-	1:26:33	-	97	45:19	97	45:19	
Mattisrudlå	-	36:17	-	95	18:49	95	18:49	-	2:02:50	-	95	1:04:08	95	1:04:08	
Bjørndalsfjellet	-	22:47	-	95	13:15	95	13:15	-	2:25:37	-	95	1:17:23	95	1:17:23	
Gramstadtjønna	-	35:08	-	96	21:57	96	21:57	-	3:00:45	-	96	1:39:20	96	1:39:20	
Finish	-	2:48	-	90	1:16	90	1:16	13.00	3:03:33	-	98	1:40:26	98	1:40:26	