



7nutslopet 2017  
Gramstad / 09.09.2017

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Torbjørn Aspelund

□□□: 3:27:25

□□: 84

□□: 3.76 km/h

□□□□: 15:58 min/km

□□: 13.00 km

□□□□□/□□□: 142 (of 155)

7nutsløpet

□□□□□/□: 98 (of 102)

□□□□□□: 1:23:07

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□□□□□: 99(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:56	-	87	5:07	87	5:07	-	11:56	-	87	5:07	87	5:07
Dalsnuten	-	20:40	-	94	9:34	94	9:34	-	32:36	-	94	14:41	94	14:41
Øvre Eikenuten	-	12:49	-	66	3:38	66	3:38	-	45:25	-	77	18:19	77	18:19
Gramstad mellor	-	18:23	-	102	12:41	102	12:41	-	1:03:48	-	94	31:00	94	31:00
Kollirudla	-	20:05	-	100	11:39	100	11:39	-	1:23:53	-	96	42:39	96	42:39
Mattisrudlå	-	43:29	-	99	26:01	99	26:01	-	2:07:22	-	99	1:08:40	99	1:08:40
Bjørndalsfjellet	-	25:06	-	99	15:34	99	15:34	-	2:32:28	-	99	1:24:14	99	1:24:14
Gramstadtjønnna	-	50:15	-	98	37:04	98	37:04	-	3:22:43	-	98	2:01:18	98	2:01:18
Finish	-	4:42	-	99	3:10	99	3:10	13.00	3:27:25	-	100	2:04:18	100	2:04:18