



7nutslopet 2017  
Gramstad / 09.09.2017

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Mathias Saxeide Offerdal

□□□: 4:07:24

□□: 45

□□: 3.15 km/h

□□□□: 19:02 min/km

□□: 13.00 km

□□□□□/□□□: 145 (of 155)

7nutsløpet

□□□□□/□: 99 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 100(of 102)

Mann

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	15:22	-	101	8:33	101	8:33	-	15:22	-	101	8:33	101	8:33	
Dalsnuten	-	28:54	-	101	17:48	101	17:48	-	44:16	-	101	26:21	101	26:21	
Øvre Eikenuten	-	30:33	-	101	21:22	101	21:22	-	1:14:49	-	101	47:43	101	47:43	
Gramstad mellor	-	17:02	-	101	11:20	101	11:20	-	1:31:51	-	101	59:03	101	59:03	
Kollirudla	-	17:39	-	98	9:13	98	9:13	-	1:49:30	-	100	1:08:16	100	1:08:16	
Mattisrudlå	-	54:34	-	100	37:06	100	37:06	-	2:44:04	-	100	1:45:22	100	1:45:22	
Bjørndalsfjellet	-	29:46	-	100	20:14	100	20:14	-	3:13:50	-	100	2:05:36	100	2:05:36	
Gramstadtjønna	-	50:54	-	99	37:43	99	37:43	-	4:04:44	-	99	2:43:19	99	2:43:19	
Finish	-	2:40	-	87	1:08	87	1:08	13.00	4:07:24	-	101	2:44:17	101	2:44:17	