



7nutslopet 2017
Gramstad / 09.09.2017

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Børge Sommerseth

□□□: 42:31

□□: 21

□□: 7.06 km/h

□□□□: 8:31 min/km

□□: 5.00 km

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3nutsløpet

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□□□□□□: 37:58

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Menn

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Fodgstadnuten | - | 8:38 | - | 2 | 0:42 | 2 | 0:42 | - | 8:38 | - | 2 | 0:42 | 2 | 0:42 |
| Dalsnuten | - | 15:11 | - | 3 | 1:41 | 3 | 1:41 | - | 23:49 | - | 3 | 2:23 | 3 | 2:23 |
| Øvre Eikenuten | - | 10:56 | - | 2 | 0:36 | 2 | 0:36 | - | 34:45 | - | 3 | 2:59 | 3 | 2:59 |
| Finish | - | 7:46 | - | 4 | 1:34 | 4 | 1:34 | 5.00 | 42:31 | - | 3 | 4:33 | 3 | 4:33 |