



7nutslopet 2017  
Gramstad / 09.09.2017

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Fredrik Sommerstad Roland

□□: Bogafjell IL

□□: 74

□□: 5.00 km

3nutsløpet

□□□□:

Menn

□□□: 54:57

□□: 5.46 km/h

□□□□: 11:00 min/km

□□□□□/□□□: 10 (of 21)

□□□□□/□: 9 (of 14)

□□□□□□: 37:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:38	-	10	3:42	10	3:42	-	11:38	-	10	3:42	10	3:42
Dalsnuten	-	17:46	-	8	4:16	8	4:16	-	29:24	-	9	7:58	9	7:58
Øvre Eikenuten	-	16:43	-	10	6:23	10	6:23	-	46:07	-	10	14:21	10	14:21
Finish	-	8:50	-	8	2:38	8	2:38	5.00	54:57	-	9	16:59	9	16:59