



7nutslopet 2017  
Gramstad / 09.09.2017

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Lars Christian Wedøe

□□: Tempo Triathlon Club

□□: 95

□□: 5.00 km

3nutsløpet

□□□□:

Menn

□□□: 1:08:52

□□: 4.36 km/h

□□□□: 13:47 min/km

□□□□□/□□□: 17 (of 21)

□□□□□/□: 13 (of 14)

□□□□□□: 37:58

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Fodgstadnuten	-	12:33	-	13	4:37	13	4:37	-	12:33	-	13	4:37	13	4:37
Dalsnuten	-	24:17	-	12	10:47	12	10:47	-	36:50	-	13	15:24	13	15:24
Øvre Eikenuten	-	21:40	-	12	11:20	12	11:20	-	58:30	-	12	26:44	12	26:44
Finish	-	10:22	-	12	4:10	12	4:10	5.00	1:08:52	-	13	30:54	13	30:54