



7nutslopet 2017  
Gramstad / 09.09.2017

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Fredrik Askeland

□□□: 1:23:07

□□: 60

□□: 9.38 km/h

□□□□: 6:24 min/km

□□: 13.00 km

□□□□□/□□□: 1 (of 155)

7nutsløpet

□□□□□/□: 1 (of 102)

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Mann

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Fodgstadnuten	-	6:49	-	1	-	1	-	-	6:49	-	1	-	1	-
Dalsnuten	-	11:06	-	1	-	1	-	-	17:55	-	1	-	1	-
Øvre Eikenuten	-	9:11	-	1	-	1	-	-	27:06	-	1	-	1	-
Gramstad mellor	-	5:42	-	1	-	1	-	-	32:48	-	1	-	1	-
Kollirudla	-	8:26	-	1	-	1	-	-	41:14	-	1	-	1	-
Mattisrudlå	-	17:28	-	1	-	1	-	-	58:42	-	1	-	1	-
Bjørndalsfjellet	-	9:32	-	1	-	1	-	-	1:08:14	-	1	-	1	-
Gramstadtjønna	-	13:11	-	1	-	1	-	-	1:21:25	-	1	-	1	-
Finish	-	1:42	-	4	0:10	4	0:10	13.00	1:23:07	-	1	-	1	-