



7nutslopet 2017  
Gramstad / 09.09.2017

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Sindre Øvrum Haaland

□□: Figgjo IL

□□: 142

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:31:05

□□: 8.56 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 4 (of 155)

□□□□□/□: 4 (of 102)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
Fodgstadnuten	-	7:46	-	9	0:57	9	0:57	-	7:46	-	9	0:57	9	0:57
Dalsnuten	-	12:19	-	4	1:13	4	1:13	-	20:05	-	7	2:10	7	2:10
Øvre Eikenuten	-	10:15	-	11	1:04	11	1:04	-	30:20	-	6	3:14	6	3:14
Gramstad mellor	-	6:22	-	6	0:40	6	0:40	-	36:42	-	6	3:54	6	3:54
Kollirudla	-	8:36	-	2	0:10	2	0:10	-	45:18	-	6	4:04	6	4:04
Mattisrudlå	-	19:18	-	3	1:50	3	1:50	-	1:04:36	-	5	5:54	5	5:54
Bjørndalsfjellet	-	9:48	-	4	0:16	4	0:16	-	1:14:24	-	5	6:10	5	6:10
Gramstadtjønna	-	14:50	-	4	1:39	4	1:39	-	1:29:14	-	4	7:49	4	7:49
Finish	-	1:51	-	19	0:19	19	0:19	13.00	1:31:05	-	4	7:58	4	7:58