



7nutslopet 2017
Gramstad / 09.09.2017

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Torgeir Arlott

□□: Aker Solutions
□□: 70

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:35:17

□□: 8.19 km/h
□□□□: 7:20 min/km

□□□□□/□□□: 7 (of 155)

□□□□□/□: 7 (of 102)

□□□□□□: 1:23:07

□□□□□: 8(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
Fodgstadnuten	-	7:44	-	8	0:55	8	0:55	-	7:44	-	8	0:55	8	0:55
Dalsnuten	-	13:01	-	10	1:55	10	1:55	-	20:45	-	10	2:50	10	2:50
Øvre Eikenuten	-	10:21	-	14	1:10	14	1:10	-	31:06	-	7	4:00	7	4:00
Gramstad mellor	-	6:41	-	7	0:59	7	0:59	-	37:47	-	7	4:59	7	4:59
Kollirudla	-	9:14	-	7	0:48	7	0:48	-	47:01	-	7	5:47	7	5:47
Mattisrudlå	-	20:03	-	7	2:35	7	2:35	-	1:07:04	-	7	8:22	7	8:22
Bjørndalsfjellet	-	10:32	-	7	1:00	7	1:00	-	1:17:36	-	7	9:22	7	9:22
Gramstadtjønnna	-	15:56	-	8	2:45	8	2:45	-	1:33:32	-	7	12:07	7	12:07
Finish	-	1:45	-	9	0:13	9	0:13	13.00	1:35:17	-	7	12:10	7	12:10