



7nutslopet 2017
Gramstad / 09.09.2017

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Thomas Kvalvik

□□: Lundehaugen ungdomsskole

□□: 92

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:38:32

□□: 7.92 km/h

□□□□: 7:35 min/km

□□□□□/□□□: 9 (of 155)

□□□□□/□: 9 (of 102)

□□□□□□: 1:23:07

□□□□□: 10(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □	
Fodgstadnuten	-	7:52	-	11	1:03	11	1:03	-	7:52	-	11	1:03	11	1:03	11	1:03
Dalsnuten	-	12:51	-	8	1:45	8	1:45	-	20:43	-	9	2:48	9	2:48	9	2:48
Øvre Eikenuten	-	10:37	-	19	1:26	19	1:26	-	31:20	-	9	4:14	9	4:14	9	4:14
Gramstad mellor	-	6:51	-	8	1:09	8	1:09	-	38:11	-	9	5:23	9	5:23	9	5:23
Kollirudla	-	9:43	-	15	1:17	15	1:17	-	47:54	-	8	6:40	8	6:40	8	6:40
Mattisrudlå	-	21:16	-	14	3:48	14	3:48	-	1:09:10	-	8	10:28	8	10:28	8	10:28
Bjørndalsfjellet	-	11:44	-	28	2:12	28	2:12	-	1:20:54	-	9	12:40	9	12:40	9	12:40
Gramstadtjønna	-	15:51	-	7	2:40	7	2:40	-	1:36:45	-	9	15:20	9	15:20	9	15:20
Finish	-	1:47	-	11	0:15	11	0:15	13.00	1:38:32	-	9	15:25	9	15:25	9	15:25