



7nutslopet 2017
Gramstad / 09.09.2017

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Paul Hjelmervik

□□□: 1:38:44

□□: 107

□□: 7.90 km/h

□□□□: 7:36 min/km

□□: 13.00 km

□□□□□/□□□: 10 (of 155)

7nutsløpet

□□□□□/□: 10 (of 102)

□□□□□□: 1:23:07

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□□□□□: 11(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:32	-	23	1:43	23	1:43	-	8:32	-	23	1:43	23	1:43
Dalsnuten	-	13:31	-	15	2:25	15	2:25	-	22:03	-	18	4:08	18	4:08
Øvre Eikenuten	-	9:28	-	3	0:17	3	0:17	-	31:31	-	11	4:25	11	4:25
Gramstad mellor	-	8:01	-	47	2:19	47	2:19	-	39:32	-	18	6:44	18	6:44
Kollirudla	-	9:41	-	14	1:15	14	1:15	-	49:13	-	17	7:59	17	7:59
Mattisrudlå	-	21:01	-	9	3:33	9	3:33	-	1:10:14	-	13	11:32	13	11:32
Bjørndalsfjellet	-	11:05	-	14	1:33	14	1:33	-	1:21:19	-	13	13:05	13	13:05
Gramstadtjønna	-	15:31	-	5	2:20	5	2:20	-	1:36:50	-	10	15:25	10	15:25
Finish	-	1:54	-	25	0:22	25	0:22	13.00	1:38:44	-	10	15:37	10	15:37