



7nutslopet 2017  
Gramstad / 09.09.2017

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Stein Undheim

□□□: 1:39:17

□□: 29

□□: 7.86 km/h

□□□□: 7:39 min/km

□□: 13.00 km

□□□□□/□□□: 11 (of 155)

7nutsløpet

□□□□□/□: 11 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 12(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:10	-	15	1:21	15	1:21	-	8:10	-	15	1:21	15	1:21	
Dalsnuten	-	13:48	-	22	2:42	22	2:42	-	21:58	-	17	4:03	17	4:03	
Øvre Eikenuten	-	10:36	-	18	1:25	18	1:25	-	32:34	-	24	5:28	24	5:28	
Gramstad mellor	-	6:53	-	10	1:11	10	1:11	-	39:27	-	17	6:39	17	6:39	
Kollirudla	-	9:40	-	12	1:14	12	1:14	-	49:07	-	15	7:53	15	7:53	
Mattisrudlå	-	21:02	-	10	3:34	10	3:34	-	1:10:09	-	12	11:27	12	11:27	
Bjørndalsfjellet	-	11:02	-	12	1:30	12	1:30	-	1:21:11	-	10	12:57	10	12:57	
Gramstadtjønna	-	16:04	-	11	2:53	11	2:53	-	1:37:15	-	11	15:50	11	15:50	
Finish	-	2:02	-	42	0:30	42	0:30	13.00	1:39:17	-	11	16:10	11	16:10	