



7nutslopet 2017
Gramstad / 09.09.2017

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Per Inge Sommerseth

□□□: 1:40:06

□□: 16

□□: 7.79 km/h

□□□□: 7:42 min/km

□□: 13.00 km

□□□□□/□□□: 12 (of 155)

7nutsløpet

□□□□□/□: 12 (of 102)

□□□□□□: 1:23:07

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□□□□□: 13(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	7:53	-	12	1:04	12	1:04	-	7:53	-	12	1:04	12	1:04	
Dalsnuten	-	13:16	-	11	2:10	11	2:10	-	21:09	-	11	3:14	11	3:14	
Øvre Eikenuten	-	10:47	-	25	1:36	25	1:36	-	31:56	-	18	4:50	18	4:50	
Gramstad mellor	-	7:00	-	11	1:18	11	1:18	-	38:56	-	12	6:08	12	6:08	
Kollirudla	-	10:02	-	25	1:36	25	1:36	-	48:58	-	13	7:44	13	7:44	
Mattisrudlå	-	22:13	-	26	4:45	26	4:45	-	1:11:11	-	19	12:29	19	12:29	
Bjørndalsfjellet	-	11:10	-	16	1:38	16	1:38	-	1:22:21	-	19	14:07	19	14:07	
Gramstadtjønna	-	15:57	-	9	2:46	9	2:46	-	1:38:18	-	12	16:53	12	16:53	
Finish	-	1:48	-	14	0:16	14	0:16	13.00	1:40:06	-	12	16:59	12	16:59	