



7nutslopet 2017
Gramstad / 09.09.2017

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Johannes Guddal

□□: Rosendal Turnlag

□□: 123

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:40:06

□□: 7.79 km/h

□□□□: 7:42 min/km

□□□□□/□□□: 13 (of 155)

□□□□□/□: 12 (of 102)

□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	6:58	-	2	0:09	2	0:09	-	6:58	-	2	0:09	2	0:09	
Dalsnuten	-	12:52	-	9	1:46	9	1:46	-	19:50	-	5	1:55	5	1:55	
Øvre Eikenuten	-	11:36	-	51	2:25	51	2:25	-	31:26	-	10	4:20	10	4:20	
Gramstad mellor	-	7:20	-	20	1:38	20	1:38	-	38:46	-	10	5:58	10	5:58	
Kollirudla	-	9:48	-	18	1:22	18	1:22	-	48:34	-	10	7:20	10	7:20	
Mattisrudlå	-	21:03	-	12	3:35	12	3:35	-	1:09:37	-	9	10:55	9	10:55	
Bjørndalsfjellet	-	11:38	-	25	2:06	25	2:06	-	1:21:15	-	11	13:01	11	13:01	
Gramstadtjønna	-	17:19	-	20	4:08	20	4:08	-	1:38:34	-	13	17:09	13	17:09	
Finish	-	1:32	-	1	-	1	-	13.00	1:40:06	-	12	16:59	12	16:59	