



7nutslopet 2017
Gramstad / 09.09.2017

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Hannu Larsen

□□: 141

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:40:22

□□: 7.77 km/h
□□□□: 7:44 min/km

□□□□□/□□□: 14 (of 155)

□□□□□/□: 14 (of 102)

□□□□□□: 1:23:07

□□□□□: 15(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:30	-	21	1:41	21	1:41	-	8:30	-	21	1:41	21	1:41
Dalsnuten	-	13:20	-	12	2:14	12	2:14	-	21:50	-	14	3:55	14	3:55
Øvre Eikenuten	-	10:04	-	10	0:53	10	0:53	-	31:54	-	17	4:48	17	4:48
Gramstad mellor	-	7:07	-	15	1:25	15	1:25	-	39:01	-	13	6:13	13	6:13
Kollirudla	-	9:36	-	9	1:10	9	1:10	-	48:37	-	11	7:23	11	7:23
Mattisrudlå	-	21:28	-	17	4:00	17	4:00	-	1:10:05	-	11	11:23	11	11:23
Bjørndalsfjellet	-	11:13	-	17	1:41	17	1:41	-	1:21:18	-	12	13:04	12	13:04
Gramstadtjønna	-	17:17	-	19	4:06	19	4:06	-	1:38:35	-	14	17:10	14	17:10
Finish	-	1:47	-	11	0:15	11	0:15	13.00	1:40:22	-	14	17:15	14	17:15