



7nutslopet 2017
Gramstad / 09.09.2017

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Kjetil Hana

□□□: 1:40:45

□□: 68

□□: 7.74 km/h

□□□□: 7:45 min/km

□□: 13.00 km

□□□□□/□□□: 15 (of 155)

7nutsløpet

□□□□□/□: 15 (of 102)

□□□□□□: 1:23:07

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□□□□□: 16(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:28	-	19	1:39	19	1:39	-	8:28	-	19	1:39	19	1:39
Dalsnuten	-	13:27	-	14	2:21	14	2:21	-	21:55	-	16	4:00	16	4:00
Øvre Eikenuten	-	9:54	-	8	0:43	8	0:43	-	31:49	-	15	4:43	15	4:43
Gramstad mellor	-	7:52	-	42	2:10	42	2:10	-	39:41	-	22	6:53	22	6:53
Kollirudla	-	10:44	-	48	2:18	48	2:18	-	50:25	-	23	9:11	23	9:11
Mattisrudlå	-	21:02	-	10	3:34	10	3:34	-	1:11:27	-	21	12:45	21	12:45
Bjørndalsfjellet	-	10:38	-	9	1:06	9	1:06	-	1:22:05	-	16	13:51	16	13:51
Gramstadtjønna	-	16:41	-	13	3:30	13	3:30	-	1:38:46	-	16	17:21	16	17:21
Finish	-	1:59	-	36	0:27	36	0:27	13.00	1:40:45	-	15	17:38	15	17:38