



7nutslopet 2017
Gramstad / 09.09.2017

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Tor Gunnar Aksland

□□: Sandnes IL Orientering
□□: 187

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:40:51

□□: 7.73 km/h
□□□□: 7:46 min/km

□□□□□/□□□□: 16 (of 155)

□□□□□/□: 16 (of 102)

□□□□□□: 1:23:07

□□□□□: 17(of 102)

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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	-	13:26	-	13	2:20	13	2:20	-	21:54	-	15	3:59	15	3:59
Øvre Eikenuten	-	9:44	-	6	0:33	6	0:33	-	31:38	-	13	4:32	13	4:32
Gramstad mellor	-	8:04	-	52	2:22	52	2:22	-	39:42	-	23	6:54	23	6:54
Kollirudla	-	10:40	-	43	2:14	43	2:14	-	50:22	-	22	9:08	22	9:08
Mattisrudlå	-	20:58	-	8	3:30	8	3:30	-	1:11:20	-	20	12:38	20	12:38
Bjørndalsfjellet	-	10:32	-	7	1:00	7	1:00	-	1:21:52	-	15	13:38	15	13:38
Gramstadtjønna	-	16:53	-	16	3:42	16	3:42	-	1:38:45	-	15	17:20	15	17:20
Finish	-	2:06	-	47	0:34	47	0:34	13.00	1:40:51	-	16	17:44	16	17:44