



7nutslopet 2017
Gramstad / 09.09.2017

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Anders Bjørkhaug

□□□: 1:41:27

□□: 180

□□: 7.69 km/h

□□□□: 7:49 min/km

□□: 13.00 km

□□□□□/□□□: 17 (of 155)

7nutsløpet

□□□□□/□: 17 (of 102)

□□□□□□: 1:23:07

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□□□□□: 18(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:35	-	25	1:46	25	1:46	-	8:35	-	25	1:46	25	1:46
Dalsnuten	-	13:44	-	19	2:38	19	2:38	-	22:19	-	23	4:24	23	4:24
Øvre Eikenuten	-	10:02	-	9	0:51	9	0:51	-	32:21	-	21	5:15	21	5:15
Gramstad mellor	-	7:16	-	18	1:34	18	1:34	-	39:37	-	20	6:49	20	6:49
Kollirudla	-	9:37	-	10	1:11	10	1:11	-	49:14	-	18	8:00	18	8:00
Mattisrudlå	-	21:07	-	13	3:39	13	3:39	-	1:10:21	-	14	11:39	14	11:39
Bjørndalsfjellet	-	11:27	-	23	1:55	23	1:55	-	1:21:48	-	14	13:34	14	13:34
Gramstadtjønna	-	17:53	-	25	4:42	25	4:42	-	1:39:41	-	18	18:16	18	18:16
Finish	-	1:46	-	10	0:14	10	0:14	13.00	1:41:27	-	17	18:20	17	18:20