



7nutslopet 2017
Gramstad / 09.09.2017

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Inge Stian Helland

□□: Team Magneten Sport

□□: 125

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:41:36

□□: 7.68 km/h

□□□□: 7:49 min/km

□□□□□/□□□: 19 (of 155)

□□□□□/□: 19 (of 102)

□□□□□□: 1:23:07

□□□□□: 20(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:00	-	14	1:11	14	1:11	-	8:00	-	14	1:11	14	1:11	
Dalsnuten	-	13:39	-	16	2:33	16	2:33	-	21:39	-	12	3:44	12	3:44	
Øvre Eikenuten	-	10:40	-	20	1:29	20	1:29	-	32:19	-	20	5:13	20	5:13	
Gramstad mellor	-	7:05	-	13	1:23	13	1:23	-	39:24	-	16	6:36	16	6:36	
Kollirudla	-	9:47	-	17	1:21	17	1:21	-	49:11	-	16	7:57	16	7:57	
Mattisrudlå	-	21:47	-	21	4:19	21	4:19	-	1:10:58	-	16	12:16	16	12:16	
Bjørndalsfjellet	-	11:19	-	20	1:47	20	1:47	-	1:22:17	-	18	14:03	18	14:03	
Gramstadtjønna	-	17:26	-	22	4:15	22	4:15	-	1:39:43	-	19	18:18	19	18:18	
Finish	-	1:53	-	23	0:21	23	0:21	13.00	1:41:36	-	19	18:29	19	18:29	