



7nutslopet 2017
Gramstad / 09.09.2017

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Mikal Askeland

□□: Aibel Haugesund

□□: 143

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:41:56

□□: 7.65 km/h

□□□□: 7:51 min/km

□□□□□/□□□: 20 (of 155)

□□□□□/□: 20 (of 102)

□□□□□□: 1:23:07

□□□□□: 21(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:56	-	33	2:07	33	2:07	-	8:56	-	33	2:07	33	2:07
Dalsnuten	-	13:56	-	25	2:50	25	2:50	-	22:52	-	28	4:57	28	4:57
Øvre Eikenuten	-	10:48	-	26	1:37	26	1:37	-	33:40	-	25	6:34	25	6:34
Gramstad mellor	-	7:05	-	13	1:23	13	1:23	-	40:45	-	25	7:57	25	7:57
Kollirudla	-	9:57	-	23	1:31	23	1:31	-	50:42	-	26	9:28	26	9:28
Mattisrudlå	-	21:35	-	18	4:07	18	4:07	-	1:12:17	-	24	13:35	24	13:35
Bjørndalsfjellet	-	11:18	-	18	1:46	18	1:46	-	1:23:35	-	23	15:21	23	15:21
Gramstadtjønna	-	16:27	-	12	3:16	12	3:16	-	1:40:02	-	20	18:37	20	18:37
Finish	-	1:54	-	25	0:22	25	0:22	13.00	1:41:56	-	20	18:49	20	18:49