



7nutslopet 2017
Gramstad / 09.09.2017

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Kenneth Løvik

□□: GTI Friidrett

□□: 54

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:42:16

□□: 7.63 km/h

□□□□: 7:52 min/km

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□□□□□/□: 22 (of 102)

□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:21	-	18	1:32	18	1:32	-	8:21	-	18	1:32	18	1:32
Dalsnuten	-	13:45	-	20	2:39	20	2:39	-	22:06	-	20	4:11	20	4:11
Øvre Eikenuten	-	9:46	-	7	0:35	7	0:35	-	31:52	-	16	4:46	16	4:46
Gramstad mellor	-	7:20	-	20	1:38	20	1:38	-	39:12	-	15	6:24	15	6:24
Kollirudla	-	10:07	-	30	1:41	30	1:41	-	49:19	-	19	8:05	19	8:05
Mattisrudlå	-	21:50	-	22	4:22	22	4:22	-	1:11:09	-	18	12:27	18	12:27
Bjørndalsfjellet	-	11:18	-	18	1:46	18	1:46	-	1:22:27	-	20	14:13	20	14:13
Gramstadtjønna	-	17:55	-	26	4:44	26	4:44	-	1:40:22	-	22	18:57	22	18:57
Finish	-	1:54	-	25	0:22	25	0:22	13.00	1:42:16	-	22	19:09	22	19:09