



7nutslopet 2017  
Gramstad / 09.09.2017

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Stein Inge Bakke

□□: Sandnes kommune BIL  
□□: 50

□□: 13.00 km  
7nutsløpet

□□□□:  
Mann

□□□: 1:42:58

□□: 7.58 km/h  
□□□□: 7:56 min/km

□□□□□/□□□: 23 (of 155)

□□□□□/□: 23 (of 102)

□□□□□□: 1:23:07

□□□□□: 24(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:01	-	35	2:12	35	2:12	-	9:01	-	35	2:12	35	2:12
Dalsnuten	-	13:42	-	18	2:36	18	2:36	-	22:43	-	26	4:48	26	4:48
Øvre Eikenuten	-	10:59	-	32	1:48	32	1:48	-	33:42	-	26	6:36	26	6:36
Gramstad mellor	-	7:04	-	12	1:22	12	1:22	-	40:46	-	26	7:58	26	7:58
Kollirudla	-	9:40	-	12	1:14	12	1:14	-	50:26	-	24	9:12	24	9:12
Mattisrudlå	-	21:40	-	19	4:12	19	4:12	-	1:12:06	-	23	13:24	23	13:24
Bjørndalsfjellet	-	11:20	-	21	1:48	21	1:48	-	1:23:26	-	21	15:12	21	15:12
Gramstadtjønna	-	17:45	-	24	4:34	24	4:34	-	1:41:11	-	23	19:46	23	19:46
Finish	-	1:47	-	11	0:15	11	0:15	13.00	1:42:58	-	23	19:51	23	19:51