



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

Knut Pedersen

□□: Spirit

□□: 25

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:43:16

□□: 7.55 km/h

□□□□: 7:57 min/km

□□□□□/□□□: 24 (of 155)

□□□□□/□: 24 (of 102)

□□□□□□: 1:23:07

□□□□□: 25(of 102)

□□□□□□□: 1:23:07

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Fodgstadnuten | - | 8:19 | - | 17 | 1:30 | 17 | 1:30 | - | 8:19 | - | 17 | 1:30 | 17 | 1:30 |
| Dalsnuten | - | 13:49 | - | 23 | 2:43 | 23 | 2:43 | - | 22:08 | - | 21 | 4:13 | 21 | 4:13 |
| Øvre Eikenuten | - | 9:38 | - | 4 | 0:27 | 4 | 0:27 | - | 31:46 | - | 14 | 4:40 | 14 | 4:40 |
| Gramstad mellor | - | 7:16 | - | 18 | 1:34 | 18 | 1:34 | - | 39:02 | - | 14 | 6:14 | 14 | 6:14 |
| Kollirudla | - | 10:28 | - | 38 | 2:02 | 38 | 2:02 | - | 49:30 | - | 20 | 8:16 | 20 | 8:16 |
| Mattisrudlå | - | 22:33 | - | 28 | 5:05 | 28 | 5:05 | - | 1:12:03 | - | 22 | 13:21 | 22 | 13:21 |
| Bjørndalsfjellet | - | 12:23 | - | 35 | 2:51 | 35 | 2:51 | - | 1:24:26 | - | 25 | 16:12 | 25 | 16:12 |
| Gramstadtjønna | - | 16:50 | - | 15 | 3:39 | 15 | 3:39 | - | 1:41:16 | - | 24 | 19:51 | 24 | 19:51 |
| Finish | - | 2:00 | - | 37 | 0:28 | 37 | 0:28 | 13.00 | 1:43:16 | - | 24 | 20:09 | 24 | 20:09 |