



7nutslopet 2017
Gramstad / 09.09.2017

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Kai Kronfeldt

□□: ThorXtri crew
□□: 162

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:44:35

□□: 7.46 km/h
□□□□: 8:03 min/km

□□□□□/□□□: 25 (of 155)

□□□□□/□: 25 (of 102)

□□□□□□: 1:23:07

□□□□□: 26(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	7:42	-	7	0:53	7	0:53	-	7:42	-	7	0:53	7	0:53
Dalsnuten	-	12:45	-	7	1:39	7	1:39	-	20:27	-	8	2:32	8	2:32
Øvre Eikenuten	-	10:51	-	30	1:40	30	1:40	-	31:18	-	8	4:12	8	4:12
Gramstad mellor	-	6:51	-	8	1:09	8	1:09	-	38:09	-	8	5:21	8	5:21
Kollirudla	-	10:43	-	45	2:17	45	2:17	-	48:52	-	12	7:38	12	7:38
Mattisrudlå	-	22:14	-	27	4:46	27	4:46	-	1:11:06	-	17	12:24	17	12:24
Bjørndalsfjellet	-	12:48	-	41	3:16	41	3:16	-	1:23:54	-	24	15:40	24	15:40
Gramstadtjønna	-	18:34	-	36	5:23	36	5:23	-	1:42:28	-	25	21:03	25	21:03
Finish	-	2:07	-	50	0:35	50	0:35	13.00	1:44:35	-	25	21:28	25	21:28