



7nutslopet 2017
Gramstad / 09.09.2017

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Simon Krogedal

□□□: 1:45:16

□□: 167

□□: 7.41 km/h

□□□□: 8:06 min/km

□□: 13.00 km

□□□□□/□□□: 26 (of 155)

7nutsløpet

□□□□□/□: 26 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 27(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	7:58	-	13	1:09	13	1:09	-	7:58	-	13	1:09	13	1:09
Dalsnuten	-	14:06	-	27	3:00	27	3:00	-	22:04	-	19	4:09	19	4:09
Øvre Eikenuten	-	10:23	-	15	1:12	15	1:12	-	32:27	-	23	5:21	23	5:21
Gramstad mellor	-	8:14	-	57	2:32	57	2:32	-	40:41	-	24	7:53	24	7:53
Kollirudla	-	9:51	-	20	1:25	20	1:25	-	50:32	-	25	9:18	25	9:18
Mattisrudlå	-	22:38	-	29	5:10	29	5:10	-	1:13:10	-	26	14:28	26	14:28
Bjørndalsfjellet	-	12:13	-	34	2:41	34	2:41	-	1:25:23	-	28	17:09	28	17:09
Gramstadtjønnna	-	18:10	-	29	4:59	29	4:59	-	1:43:33	-	28	22:08	28	22:08
Finish	-	1:43	-	8	0:11	8	0:11	13.00	1:45:16	-	26	22:09	26	22:09