



7nutslopet 2017
Gramstad / 09.09.2017

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Oskar Tjeldflåt Kvalbein

□□: Sandnes il
□□: 135

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:45:18

□□: 7.41 km/h
□□□□: 8:06 min/km

□□□□□/□□□: 27 (of 155)

□□□□□/□: 27 (of 102)

□□□□□□: 1:23:07

□□□□□: 28(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	7:51	-	10	1:02	10	1:02	-	7:51	-	10	1:02	10	1:02
Dalsnuten	-	13:52	-	24	2:46	24	2:46	-	21:43	-	13	3:48	13	3:48
Øvre Eikenuten	-	10:42	-	22	1:31	22	1:31	-	32:25	-	22	5:19	22	5:19
Gramstad mellor	-	7:14	-	17	1:32	17	1:32	-	39:39	-	21	6:51	21	6:51
Kollirudla	-	10:42	-	44	2:16	44	2:16	-	50:21	-	21	9:07	21	9:07
Mattisrudlå	-	22:53	-	31	5:25	31	5:25	-	1:13:14	-	27	14:32	27	14:32
Bjørndalsfjellet	-	11:40	-	26	2:08	26	2:08	-	1:24:54	-	26	16:40	26	16:40
Gramstadtjønna	-	18:18	-	33	5:07	33	5:07	-	1:43:12	-	26	21:47	26	21:47
Finish	-	2:06	-	47	0:34	47	0:34	13.00	1:45:18	-	27	22:11	27	22:11