



7nutslopet 2017  
Gramstad / 09.09.2017

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Rune Freyer

□□□: 1:45:19

□□: 161

□□: 7.41 km/h

□□□□: 8:07 min/km

□□: 13.00 km

□□□□□/□□□: 28 (of 155)

7nutsløpet

□□□□□/□: 28 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 29(of 102)

Mann

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:12	-	41	2:23	41	2:23	-	9:12	-	41	2:23	41	2:23
Dalsnuten	-	14:15	-	29	3:09	29	3:09	-	23:27	-	31	5:32	31	5:32
Øvre Eikenuten	-	10:50	-	27	1:39	27	1:39	-	34:17	-	30	7:11	30	7:11
Gramstad mellor	-	7:51	-	40	2:09	40	2:09	-	42:08	-	30	9:20	30	9:20
Kollirudla	-	9:53	-	21	1:27	21	1:27	-	52:01	-	30	10:47	30	10:47
Mattisrudlå	-	22:01	-	23	4:33	23	4:33	-	1:14:02	-	30	15:20	30	15:20
Bjørndalsfjellet	-	11:07	-	15	1:35	15	1:35	-	1:25:09	-	27	16:55	27	16:55
Gramstadtjønna	-	18:17	-	32	5:06	32	5:06	-	1:43:26	-	27	22:01	27	22:01
Finish	-	1:53	-	23	0:21	23	0:21	13.00	1:45:19	-	28	22:12	28	22:12