



7nutslopet 2017
Gramstad / 09.09.2017

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Asgeir Kvalbein

□□□: 1:46:34

□□: 136

□□: 7.32 km/h

□□□□: 8:12 min/km

□□: 13.00 km

□□□□□/□□□: 32 (of 155)

7nutsløpet

□□□□□/□: 30 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 31(of 102)

Mann

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:54	-	31	2:05	31	2:05	-	8:54	-	31	2:05	31	2:05	
Dalsnuten	-	14:51	-	39	3:45	39	3:45	-	23:45	-	35	5:50	35	5:50	
Øvre Eikenuten	-	10:50	-	27	1:39	27	1:39	-	34:35	-	31	7:29	31	7:29	
Gramstad mellor	-	7:30	-	28	1:48	28	1:48	-	42:05	-	29	9:17	29	9:17	
Kollirudla	-	9:48	-	18	1:22	18	1:22	-	51:53	-	28	10:39	28	10:39	
Mattisrudlå	-	22:01	-	23	4:33	23	4:33	-	1:13:54	-	28	15:12	28	15:12	
Bjørndalsfjellet	-	11:42	-	27	2:10	27	2:10	-	1:25:36	-	30	17:22	30	17:22	
Gramstadtjønna	-	18:50	-	38	5:39	38	5:39	-	1:44:26	-	30	23:01	30	23:01	
Finish	-	2:08	-	52	0:36	52	0:36	13.00	1:46:34	-	30	23:27	30	23:27	