



7nutslopet 2017
Gramstad / 09.09.2017

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Erik Bakke

□□: Sandnes IL
□□: 48

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:46:35

□□: 7.32 km/h
□□□□: 8:12 min/km

□□□□□/□□□: 33 (of 155)

□□□□□/□: 31 (of 102)

□□□□□□: 1:23:07

□□□□□: 32(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:14	-	42	2:25	42	2:25	-	9:14	-	42	2:25	42	2:25
Dalsnuten	-	14:42	-	38	3:36	38	3:36	-	23:56	-	39	6:01	39	6:01
Øvre Eikenuten	-	10:16	-	13	1:05	13	1:05	-	34:12	-	29	7:06	29	7:06
Gramstad mellor	-	7:58	-	45	2:16	45	2:16	-	42:10	-	31	9:22	31	9:22
Kollirudla	-	9:55	-	22	1:29	22	1:29	-	52:05	-	31	10:51	31	10:51
Mattisrudlå	-	22:59	-	32	5:31	32	5:31	-	1:15:04	-	31	16:22	31	16:22
Bjørndalsfjellet	-	10:43	-	10	1:11	10	1:11	-	1:25:47	-	31	17:33	31	17:33
Gramstadtjønnna	-	18:40	-	37	5:29	37	5:29	-	1:44:27	-	31	23:02	31	23:02
Finish	-	2:08	-	52	0:36	52	0:36	13.00	1:46:35	-	31	23:28	31	23:28