



7nutslopet 2017
Gramstad / 09.09.2017

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Knut Taugbøl

□□: Gjesdal IL
□□: 168

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:47:39

□□: 7.25 km/h
□□□□: 8:17 min/km

□□□□□/□□□: 34 (of 155)

□□□□□/□: 32 (of 102)

□□□□□□: 1:23:07

□□□□□: 33(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:11	-	40	2:22	40	2:22	-	9:11	-	40	2:22	40	2:22	
Dalsnuten	-	14:39	-	35	3:33	35	3:33	-	23:50	-	37	5:55	37	5:55	
Øvre Eikenuten	-	10:59	-	32	1:48	32	1:48	-	34:49	-	34	7:43	34	7:43	
Gramstad mellor	-	7:28	-	26	1:46	26	1:46	-	42:17	-	33	9:29	33	9:29	
Kollirudla	-	10:02	-	25	1:36	25	1:36	-	52:19	-	33	11:05	33	11:05	
Mattisrudlå	-	22:46	-	30	5:18	30	5:18	-	1:15:05	-	32	16:23	32	16:23	
Bjørndalsfjellet	-	12:06	-	32	2:34	32	2:34	-	1:27:11	-	32	18:57	32	18:57	
Gramstadtjønna	-	18:23	-	34	5:12	34	5:12	-	1:45:34	-	32	24:09	32	24:09	
Finish	-	2:05	-	46	0:33	46	0:33	13.00	1:47:39	-	32	24:32	32	24:32	