



7nutslopet 2017
Gramstad / 09.09.2017

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Tom Krister Nilsen

□□□: 1:49:17

□□: 94

□□: 7.14 km/h

□□□□: 8:25 min/km

□□: 13.00 km

□□□□□/□□□: 36 (of 155)

7nutsløpet

□□□□□/□: 33 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 34(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:51	-	50	3:02	50	3:02	-	9:51	-	50	3:02	50	3:02	
Dalsnuten	-	14:53	-	40	3:47	40	3:47	-	24:44	-	45	6:49	45	6:49	
Øvre Eikenuten	-	10:24	-	16	1:13	16	1:13	-	35:08	-	39	8:02	39	8:02	
Gramstad mellor	-	7:32	-	30	1:50	30	1:50	-	42:40	-	37	9:52	37	9:52	
Kollirudla	-	10:20	-	34	1:54	34	1:54	-	53:00	-	36	11:46	36	11:46	
Mattisrudlå	-	23:35	-	36	6:07	36	6:07	-	1:16:35	-	34	17:53	34	17:53	
Bjørndalsfjellet	-	12:44	-	40	3:12	40	3:12	-	1:29:19	-	35	21:05	35	21:05	
Gramstadtjønna	-	18:10	-	29	4:59	29	4:59	-	1:47:29	-	34	26:04	34	26:04	
Finish	-	1:48	-	14	0:16	14	0:16	13.00	1:49:17	-	33	26:10	33	26:10	