



7nutslopet 2017  
Gramstad / 09.09.2017

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Eivind Schrødahl

□□: GTI-friidrettsklubb  
□□: 106

□□: 13.00 km  
7nutsløpet

□□□□:  
Mann

□□□: 1:49:56

□□: 7.10 km/h  
□□□□: 8:28 min/km

□□□□□/□□□: 37 (of 155)

□□□□□/□: 34 (of 102)

□□□□□□: 1:23:07

□□□□□: 35(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:00	-	34	2:11	34	2:11	-	9:00	-	34	2:11	34	2:11	
Dalsnuten	-	14:29	-	33	3:23	33	3:23	-	23:29	-	32	5:34	32	5:34	
Øvre Eikenuten	-	12:33	-	62	3:22	62	3:22	-	36:02	-	45	8:56	45	8:56	
Gramstad mellor	-	7:39	-	36	1:57	36	1:57	-	43:41	-	43	10:53	43	10:53	
Kollirudla	-	12:00	-	75	3:34	75	3:34	-	55:41	-	49	14:27	49	14:27	
Mattisrudlå	-	23:08	-	34	5:40	34	5:40	-	1:18:49	-	45	20:07	45	20:07	
Bjørndalsfjellet	-	11:51	-	29	2:19	29	2:19	-	1:30:40	-	40	22:26	40	22:26	
Gramstadtjønna	-	17:19	-	20	4:08	20	4:08	-	1:47:59	-	35	26:34	35	26:34	
Finish	-	1:57	-	32	0:25	32	0:25	13.00	1:49:56	-	34	26:49	34	26:49	