



7nutslopet 2017
Gramstad / 09.09.2017

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André Ingebretsen

□□: IKM Testing

□□: 120

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:50:11

□□: 7.08 km/h

□□□□: 8:29 min/km

□□□□□/□□□: 38 (of 155)

□□□□□/□: 35 (of 102)

□□□□□□: 1:23:07

□□□□□: 36(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:07	-	60	3:18	60	3:18	-	10:07	-	60	3:18	60	3:18	
Dalsnuten	-	15:23	-	50	4:17	50	4:17	-	25:30	-	50	7:35	50	7:35	
Øvre Eikenuten	-	10:59	-	32	1:48	32	1:48	-	36:29	-	47	9:23	47	9:23	
Gramstad mellor	-	7:32	-	30	1:50	30	1:50	-	44:01	-	47	11:13	47	11:13	
Kollirudla	-	10:30	-	39	2:04	39	2:04	-	54:31	-	46	13:17	46	13:17	
Mattisrudlå	-	23:14	-	35	5:46	35	5:46	-	1:17:45	-	40	19:03	40	19:03	
Bjørndalsfjellet	-	12:06	-	32	2:34	32	2:34	-	1:29:51	-	37	21:37	37	21:37	
Gramstadtjønna	-	16:56	-	17	3:45	17	3:45	-	1:46:47	-	33	25:22	33	25:22	
Finish	-	3:24	-	95	1:52	95	1:52	13.00	1:50:11	-	35	27:04	35	27:04	