



7nutslopet 2017  
Gramstad / 09.09.2017

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Jan Erik Blom

□□□: 1:50:14

□□: 177

□□: 7.08 km/h

□□□□: 8:29 min/km

□□: 13.00 km

□□□□□/□□□: 39 (of 155)

7nutsløpet

□□□□□/□: 36 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 37(of 102)

Mann

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:47	-	29	1:58	29	1:58	-	8:47	-	29	1:58	29	1:58
Dalsnuten	-	14:22	-	30	3:16	30	3:16	-	23:09	-	29	5:14	29	5:14
Øvre Eikenuten	-	11:52	-	56	2:41	56	2:41	-	35:01	-	38	7:55	38	7:55
Gramstad mellor	-	7:37	-	34	1:55	34	1:55	-	42:38	-	35	9:50	35	9:50
Kollirudla	-	10:08	-	31	1:42	31	1:42	-	52:46	-	34	11:32	34	11:32
Mattisrudlå	-	23:50	-	39	6:22	39	6:22	-	1:16:36	-	35	17:54	35	17:54
Bjørndalsfjellet	-	11:58	-	30	2:26	30	2:26	-	1:28:34	-	33	20:20	33	20:20
Gramstadtjønna	-	19:25	-	46	6:14	46	6:14	-	1:47:59	-	35	26:34	35	26:34
Finish	-	2:15	-	65	0:43	65	0:43	13.00	1:50:14	-	36	27:07	36	27:07