



7nutslopet 2017  
Gramstad / 09.09.2017

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Asgeir Garvik

□□: WSSK

□□: 15

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:50:56

□□: 7.03 km/h

□□□□: 8:32 min/km

□□□□□/□□□: 41 (of 155)

□□□□□/□: 38 (of 102)

□□□□□□: 1:23:07

□□□□□: 39(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:07	-	37	2:18	37	2:18	-	9:07	-	37	2:18	37	2:18
Dalsnuten	-	14:40	-	36	3:34	36	3:34	-	23:47	-	36	5:52	36	5:52
Øvre Eikenuten	-	10:50	-	27	1:39	27	1:39	-	34:37	-	32	7:31	32	7:31
Gramstad mellor	-	7:34	-	33	1:52	33	1:52	-	42:11	-	32	9:23	32	9:23
Kollirudla	-	10:03	-	28	1:37	28	1:37	-	52:14	-	32	11:00	32	11:00
Mattisrudlå	-	24:19	-	44	6:51	44	6:51	-	1:16:33	-	33	17:51	33	17:51
Bjørndalsfjellet	-	13:09	-	47	3:37	47	3:37	-	1:29:42	-	36	21:28	36	21:28
Gramstadtjønna	-	19:18	-	44	6:07	44	6:07	-	1:49:00	-	38	27:35	38	27:35
Finish	-	1:56	-	30	0:24	30	0:24	13.00	1:50:56	-	38	27:49	38	27:49