



7nutslopet 2017  
Gramstad / 09.09.2017

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Håvard Svihus

□□: Frøyland Ski & Fritid  
□□: 67

□□: 13.00 km  
7nutsløpet

□□□□:  
Mann

□□□: 1:50:57

□□: 7.03 km/h  
□□□□: 8:33 min/km

□□□□□/□□□: 42 (of 155)

□□□□□/□: 39 (of 102)

□□□□□□: 1:23:07

□□□□□: 40(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:53	-	52	3:04	52	3:04	-	9:53	-	52	3:04	52	3:04
Dalsnuten	-	15:11	-	44	4:05	44	4:05	-	25:04	-	47	7:09	47	7:09
Øvre Eikenuten	-	11:28	-	48	2:17	48	2:17	-	36:32	-	49	9:26	49	9:26
Gramstad mellor	-	7:33	-	32	1:51	32	1:51	-	44:05	-	49	11:17	49	11:17
Kollirudla	-	10:06	-	29	1:40	29	1:40	-	54:11	-	44	12:57	44	12:57
Mattisrudlå	-	23:41	-	38	6:13	38	6:13	-	1:17:52	-	41	19:10	41	19:10
Bjørndalsfjellet	-	12:58	-	44	3:26	44	3:26	-	1:30:50	-	41	22:36	41	22:36
Gramstadtjønna	-	18:15	-	31	5:04	31	5:04	-	1:49:05	-	39	27:40	39	27:40
Finish	-	1:52	-	20	0:20	20	0:20	13.00	1:50:57	-	39	27:50	39	27:50