



7nutslopet 2017  
Gramstad / 09.09.2017

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Marie Gjeruldsen

□□□: 1:59:39

□□: 154

□□: 6.52 km/h

□□□□: 9:13 min/km

□□: 13.00 km

□□□□□/□□□: 62 (of 155)

7nutsløpet

□□□□□/□: 10 (of 53)

□□□□□□: 1:45:20

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□□□□□: 10(of 53)

Kvinne

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:12	-	21	2:38	21	2:38	-	11:12	-	21	2:38	21	2:38	
Dalsnuten	-	16:00	-	9	1:53	9	1:53	-	27:12	-	13	4:31	13	4:31	
Øvre Eikenuten	-	13:34	-	16	2:55	16	2:55	-	40:46	-	14	6:52	14	6:52	
Gramstad mellor	-	9:38	-	24	2:25	24	2:25	-	50:24	-	18	8:47	18	8:47	
Kollirudla	-	10:53	-	6	0:58	6	0:58	-	1:01:17	-	18	9:22	18	9:22	
Mattisrudlå	-	23:45	-	4	2:09	4	2:09	-	1:25:02	-	11	11:05	11	11:05	
Bjørndalsfjellet	-	11:57	-	3	0:29	3	0:29	-	1:36:59	-	11	11:34	11	11:34	
Gramstadtjønna	-	20:48	-	12	2:59	12	2:59	-	1:57:47	-	11	14:13	11	14:13	
Finish	-	1:52	-	3	0:06	3	0:06	13.00	1:59:39	-	10	14:19	10	14:19	