



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

Tone Høie

□□: 164

□□: 13.00 km
7nutsløpet

□□□□:
Kvinne

□□□: 2:08:21

□□: 6.08 km/h
□□□□: 9:53 min/km

□□□□□/□□□: 85 (of 155)

□□□□□/□: 16 (of 53)

□□□□□□: 1:45:20

□□□□□: 16(of 53)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:25	-	13	1:51	13	1:51	-	10:25	-	13	1:51	13	1:51	
Dalsnuten	-	17:11	-	16	3:04	16	3:04	-	27:36	-	14	4:55	14	4:55	
Øvre Eikenuten	-	13:18	-	15	2:39	15	2:39	-	40:54	-	17	7:00	17	7:00	
Gramstad mellor	-	8:28	-	14	1:15	14	1:15	-	49:22	-	15	7:45	15	7:45	
Kollirudla	-	11:07	-	7	1:12	7	1:12	-	1:00:29	-	11	8:34	11	8:34	
Mattisrudlå	-	27:02	-	18	5:26	18	5:26	-	1:27:31	-	15	13:34	15	13:34	
Bjørndalsfjellet	-	15:09	-	19	3:41	19	3:41	-	1:42:40	-	16	17:15	16	17:15	
Gramstadtjønna	-	23:29	-	18	5:40	18	5:40	-	2:06:09	-	16	22:35	16	22:35	
Finish	-	2:12	-	17	0:26	17	0:26	13.00	2:08:21	-	17	23:01	17	23:01	