



7nutslopet 2017
Gramstad / 09.09.2017

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Marit Ravndal

□□□: 2:09:47

□□: 28

□□: 6.01 km/h

□□□□: 9:59 min/km

□□: 13.00 km

□□□□□/□□□: 86 (of 155)

7nutsløpet

□□□□□/□: 17 (of 53)

□□□□□□: 1:45:20

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□□□□□: 17(of 53)

Kvinne

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:47	-	17	2:13	17	2:13	-	10:47	-	17	2:13	17	2:13	
Dalsnuten	-	16:54	-	14	2:47	14	2:47	-	27:41	-	15	5:00	15	5:00	
Øvre Eikenuten	-	13:12	-	14	2:33	14	2:33	-	40:53	-	16	6:59	16	6:59	
Gramstad mellor	-	8:58	-	17	1:45	17	1:45	-	49:51	-	17	8:14	17	8:14	
Kollirudla	-	11:23	-	10	1:28	10	1:28	-	1:01:14	-	17	9:19	17	9:19	
Mattisrudlå	-	26:54	-	17	5:18	17	5:18	-	1:28:08	-	17	14:11	17	14:11	
Bjørndalsfjellet	-	14:56	-	18	3:28	18	3:28	-	1:43:04	-	17	17:39	17	17:39	
Gramstadtjønna	-	24:38	-	22	6:49	22	6:49	-	2:07:42	-	17	24:08	17	24:08	
Finish	-	2:05	-	9	0:19	9	0:19	13.00	2:09:47	-	18	24:27	18	24:27	