



7nutslopet 2017
Gramstad / 09.09.2017

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Kristine Tysdal

□□: Kristine Tysdal

□□: 40

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□: 2:15:09

□□: 5.77 km/h

□□□□: 10:24 min/km

□□□□□/□□□: 94 (of 155)

□□□□□/□: 19 (of 53)

□□□□□□: 1:45:20

□□□□□: 19(of 53)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:51	-	28	3:17	28	3:17	-	11:51	-	28	3:17	28	3:17
Dalsnuten	-	17:24	-	19	3:17	19	3:17	-	29:15	-	21	6:34	21	6:34
Øvre Eikenuten	-	16:43	-	30	6:04	30	6:04	-	45:58	-	27	12:04	27	12:04
Gramstad mellor	-	9:33	-	23	2:20	23	2:20	-	55:31	-	24	13:54	24	13:54
Kollirudla	-	11:52	-	20	1:57	20	1:57	-	1:07:23	-	24	15:28	24	15:28
Mattisrudlå	-	28:01	-	22	6:25	22	6:25	-	1:35:24	-	20	21:27	20	21:27
Bjørndalsfjellet	-	14:24	-	17	2:56	17	2:56	-	1:49:48	-	20	24:23	20	24:23
Gramstadtjønna	-	23:12	-	17	5:23	17	5:23	-	2:13:00	-	19	29:26	19	29:26
Finish	-	2:09	-	15	0:23	15	0:23	13.00	2:15:09	-	20	29:49	20	29:49