



7nutslopet 2017
Gramstad / 09.09.2017

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Kristin Bakke

□□: Sandnes IL
□□: 114

□□: 13.00 km
7nutsløpet

□□□□:
Kvinne

□□□: 2:17:51

□□: 5.66 km/h
□□□□: 10:37 min/km

□□□□□/□□□: 97 (of 155)

□□□□□/□: 20 (of 53)

□□□□□□: 1:45:20

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
Fodgstadnuten	-	11:37	-	25	3:03	25	3:03	-	11:37	-	25	3:03	25	3:03
Dalsnuten	-	17:53	-	21	3:46	21	3:46	-	29:30	-	22	6:49	22	6:49
Øvre Eikenuten	-	16:18	-	29	5:39	29	5:39	-	45:48	-	24	11:54	24	11:54
Gramstad mellor	-	9:18	-	19	2:05	19	2:05	-	55:06	-	22	13:29	22	13:29
Kollirudla	-	12:06	-	21	2:11	21	2:11	-	1:07:12	-	22	15:17	22	15:17
Mattisrudlå	-	28:26	-	26	6:50	26	6:50	-	1:35:38	-	21	21:41	21	21:41
Bjørndalsfjellet	-	15:19	-	21	3:51	21	3:51	-	1:50:57	-	21	25:32	21	25:32
Gramstadtjønna	-	24:51	-	23	7:02	23	7:02	-	2:15:48	-	20	32:14	20	32:14
Finish	-	2:03	-	6	0:17	6	0:17	13.00	2:17:51	-	21	32:31	21	32:31