



7nutslopet 2017
Gramstad / 09.09.2017

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Ingvild Espedal Walskaar

□□□: 2:17:59

□□: 35

□□: 5.65 km/h

□□□□: 10:37 min/km

□□: 13.00 km

□□□□□/□□□: 98 (of 155)

7nutsløpet

□□□□□/□: 21 (of 53)

□□□□□□: 1:45:20

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□□□□□: 21(of 53)

Kvinne

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	12:01	-	30	3:27	30	3:27	-	12:01	-	30	3:27	30	3:27	
Dalsnuten	-	18:25	-	24	4:18	24	4:18	-	30:26	-	24	7:45	24	7:45	
Øvre Eikenuten	-	15:38	-	26	4:59	26	4:59	-	46:04	-	28	12:10	28	12:10	
Gramstad mellor	-	9:27	-	21	2:14	21	2:14	-	55:31	-	24	13:54	24	13:54	
Kollirudla	-	12:19	-	26	2:24	26	2:24	-	1:07:50	-	25	15:55	25	15:55	
Mattisrudlå	-	28:11	-	25	6:35	25	6:35	-	1:36:01	-	23	22:04	23	22:04	
Bjørndalsfjellet	-	15:39	-	25	4:11	25	4:11	-	1:51:40	-	24	26:15	24	26:15	
Gramstadtjønna	-	24:12	-	19	6:23	19	6:23	-	2:15:52	-	21	32:18	21	32:18	
Finish	-	2:07	-	14	0:21	14	0:21	13.00	2:17:59	-	22	32:39	22	32:39	