



7nutslopet 2017
Gramstad / 09.09.2017

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Bettina Bruvik

□□□: 2:20:03

□□: 20

□□: 5.57 km/h

□□□□: 10:47 min/km

□□: 13.00 km

□□□□□/□□□: 99 (of 155)

7nutsløpet

□□□□□/□: 22 (of 53)

□□□□□□: 1:45:20

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□□□□□: 22(of 53)

Kvinne

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	12:23	-	34	3:49	34	3:49	-	12:23	-	34	3:49	34	3:49	
Dalsnuten	-	20:00	-	31	5:53	31	5:53	-	32:23	-	31	9:42	31	9:42	
Øvre Eikenuten	-	15:52	-	27	5:13	27	5:13	-	48:15	-	32	14:21	32	14:21	
Gramstad mellor	-	10:07	-	28	2:54	28	2:54	-	58:22	-	32	16:45	32	16:45	
Kollirudla	-	11:44	-	19	1:49	19	1:49	-	1:10:06	-	31	18:11	31	18:11	
Mattisrudlå	-	28:02	-	23	6:26	23	6:26	-	1:38:08	-	30	24:11	30	24:11	
Bjørndalsfjellet	-	15:17	-	20	3:49	20	3:49	-	1:53:25	-	26	28:00	26	28:00	
Gramstadtjønnna	-	24:18	-	20	6:29	20	6:29	-	2:17:43	-	22	34:09	22	34:09	
Finish	-	2:20	-	24	0:34	24	0:34	13.00	2:20:03	-	24	34:43	24	34:43	