



7nutslopet 2017
Gramstad / 09.09.2017

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Ida Kolstad

□□□: 2:21:16

□□: 80

□□: 5.52 km/h

□□□□: 10:52 min/km

□□: 13.00 km

□□□□□/□□□: 102 (of 155)

7nutsløpet

□□□□□/□: 24 (of 53)

□□□□□□: 1:45:20

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□□□□□: 24(of 53)

Kvinne

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:15	-	22	2:41	22	2:41	-	11:15	-	22	2:41	22	2:41
Dalsnuten	-	19:33	-	29	5:26	29	5:26	-	30:48	-	27	8:07	27	8:07
Øvre Eikenuten	-	15:03	-	24	4:24	24	4:24	-	45:51	-	25	11:57	25	11:57
Gramstad mellor	-	10:41	-	31	3:28	31	3:28	-	56:32	-	30	14:55	30	14:55
Kollirudla	-	12:08	-	23	2:13	23	2:13	-	1:08:40	-	30	16:45	30	16:45
Mattisrudlå	-	27:24	-	20	5:48	20	5:48	-	1:36:04	-	24	22:07	24	22:07
Bjørndalsfjellet	-	15:26	-	23	3:58	23	3:58	-	1:51:30	-	23	26:05	23	26:05
Gramstadtjønna	-	27:17	-	29	9:28	29	9:28	-	2:18:47	-	24	35:13	24	35:13
Finish	-	2:29	-	25	0:43	25	0:43	13.00	2:21:16	-	26	35:56	26	35:56