



7nutslopet 2017  
Gramstad / 09.09.2017

□□□□

Jorunn Johannesen

□□□: 2:23:33

□□: 193

□□: 5.43 km/h

□□□□: 11:03 min/km

□□: 13.00 km

□□□□□/□□□: 107 (of 155)

7nutsløpet

□□□□□/□: 26 (of 53)

□□□□□□: 1:45:20

□□□□:

□□□□□: 26(of 53)

Kvinne

□□□□□□□: 1:45:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	12:35	-	35	4:01	35	4:01	-	12:35	-	35	4:01	35	4:01
Dalsnuten	-	18:53	-	25	4:46	25	4:46	-	31:28	-	30	8:47	30	8:47
Øvre Eikenuten	-	13:34	-	16	2:55	16	2:55	-	45:02	-	21	11:08	21	11:08
Gramstad mellor	-	10:40	-	30	3:27	30	3:27	-	55:42	-	27	14:05	27	14:05
Kollirudla	-	12:49	-	30	2:54	30	2:54	-	1:08:31	-	28	16:36	28	16:36
Mattisrudlå	-	29:25	-	27	7:49	27	7:49	-	1:37:56	-	28	23:59	28	23:59
Bjørndalsfjellet	-	16:54	-	27	5:26	27	5:26	-	1:54:50	-	29	29:25	29	29:25
Gramstadtjønna	-	25:56	-	27	8:07	27	8:07	-	2:20:46	-	26	37:12	26	37:12
Finish	-	2:47	-	34	1:01	34	1:01	13.00	2:23:33	-	29	38:13	29	38:13