



7nutslopet 2017
Gramstad / 09.09.2017

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Heidi Berg Strand

□□: Austrått Passion 4 running
□□: 175

□□: 13.00 km
7nutsløpet

□□□□:
Kvinne

□□□: 2:23:58

□□: 5.42 km/h
□□□□: 11:05 min/km

□□□□□/□□□: 108 (of 155)

□□□□□/□: 27 (of 53)

□□□□□□: 1:45:20

□□□□□: 27(of 53)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
Fodgstadnuten	-	11:35	-	24	3:01	24	3:01	-	11:35	-	24	3:01	24	3:01
Dalsnuten	-	19:29	-	28	5:22	28	5:22	-	31:04	-	28	8:23	28	8:23
Øvre Eikenuten	-	14:00	-	20	3:21	20	3:21	-	45:04	-	22	11:10	22	11:10
Gramstad mellor	-	9:46	-	25	2:33	25	2:33	-	54:50	-	20	13:13	20	13:13
Kollirudla	-	12:07	-	22	2:12	22	2:12	-	1:06:57	-	20	15:02	20	15:02
Mattisrudlå	-	30:28	-	29	8:52	29	8:52	-	1:37:25	-	27	23:28	27	23:28
Bjørndalsfjellet	-	16:59	-	28	5:31	28	5:31	-	1:54:24	-	28	28:59	28	28:59
Gramstadtjønna	-	27:03	-	28	9:14	28	9:14	-	2:21:27	-	27	37:53	27	37:53
Finish	-	2:31	-	27	0:45	27	0:45	13.00	2:23:58	-	30	38:38	30	38:38