



7nutslopet 2017  
Gramstad / 09.09.2017

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Caroline Ellingsen

□□: Ålgårds Auto AS

□□: 57

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□: 2:27:41

□□: 5.28 km/h

□□□□: 11:22 min/km

□□□□□/□□□: 111 (of 155)

□□□□□/□: 29 (of 53)

□□□□□□: 1:45:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:41	-	26	3:07	26	3:07	-	11:41	-	26	3:07	26	3:07	
Dalsnuten	-	18:05	-	22	3:58	22	3:58	-	29:46	-	23	7:05	23	7:05	
Øvre Eikenuten	-	16:09	-	28	5:30	28	5:30	-	45:55	-	26	12:01	26	12:01	
Gramstad mellor	-	8:56	-	16	1:43	16	1:43	-	54:51	-	21	13:14	21	13:14	
Kollirudla	-	12:10	-	25	2:15	25	2:15	-	1:07:01	-	21	15:06	21	15:06	
Mattisrudlå	-	31:01	-	30	9:25	30	9:25	-	1:38:02	-	29	24:05	29	24:05	
Bjørndalsfjellet	-	17:04	-	29	5:36	29	5:36	-	1:55:06	-	30	29:41	30	29:41	
Gramstadtjønna	-	30:05	-	34	12:16	34	12:16	-	2:25:11	-	29	41:37	29	41:37	
Finish	-	2:30	-	26	0:44	26	0:44	13.00	2:27:41	-	32	42:21	32	42:21	