



7nutslopet 2017
Gramstad / 09.09.2017

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Hilde Skretting

□□: Gjesdal BIL

□□: 34

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□: 1:48:06

□□: 7.22 km/h

□□□□: 8:19 min/km

□□□□□/□□□: 35 (of 155)

□□□□□/□: 3 (of 53)

□□□□□□: 1:45:20

□□□□□: 3(of 53)

□□□□□□□: 1:45:20

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:34	-	1	-	1	-	8:34	-	1	-	1
Dalsnuten	-	14:07	-	1	-	1	-	22:41	-	1	-	1
Øvre Eikenuten	-	11:13	-	6	0:34	6	0:34	33:54	-	1	-	1
Gramstad mellor	-	7:43	-	5	0:30	5	0:30	41:37	-	1	-	1
Kollirudla	-	10:18	-	3	0:23	3	0:23	51:55	-	1	-	1
Mattisrudlå	-	23:32	-	3	1:56	3	1:56	1:15:27	-	3	1:30	3
Bjørndalsfjellet	-	12:22	-	4	0:54	4	0:54	1:27:49	-	3	2:24	3
Gramstadtjønna	-	18:07	-	3	0:18	3	0:18	1:45:56	-	3	2:22	3
Finish	-	2:10	-	16	0:24	16	0:24	13.00	1:48:06	-	3	2:46