



7nutslopet 2017
Gramstad / 09.09.2017

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Tonje Dahl

□□: Team trappetrolla

□□: 100

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□: 2:43:54

□□: 4.76 km/h

□□□□: 12:37 min/km

□□□□□/□□□: 122 (of 155)

□□□□□/□: 32 (of 53)

□□□□□□: 1:45:20

□□□□□: 32(of 53)

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Fodgstadnuten	-	13:18	-	41	4:44	41	4:44	-	13:18	-	41	4:44	41	4:44
Dalsnuten	-	21:36	-	37	7:29	37	7:29	-	34:54	-	38	12:13	38	12:13
Øvre Eikenuten	-	18:31	-	33	7:52	33	7:52	-	53:25	-	35	19:31	35	19:31
Gramstad mellor	-	11:07	-	34	3:54	34	3:54	-	1:04:32	-	34	22:55	34	22:55
Kollirudla	-	14:04	-	34	4:09	34	4:09	-	1:18:36	-	34	26:41	34	26:41
Mattisrudlå	-	34:17	-	34	12:41	34	12:41	-	1:52:53	-	34	38:56	34	38:56
Bjørndalsfjellet	-	19:04	-	35	7:36	35	7:36	-	2:11:57	-	34	46:32	34	46:32
Gramstadtjønna	-	29:19	-	33	11:30	33	11:30	-	2:41:16	-	32	57:42	32	57:42
Finish	-	2:38	-	29	0:52	29	0:52	13.00	2:43:54	-	35	58:34	35	58:34