



7nutslopet 2017
Gramstad / 09.09.2017

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Camilla Løwø Nåden

□□□: 2:50:41

□□: 76

□□: 4.57 km/h

□□□□: 13:08 min/km

□□: 13.00 km

□□□□□/□□□: 125 (of 155)

7nutsløpet

□□□□□/□: 33 (of 53)

□□□□□□: 1:45:20

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□□□□□: 33(of 53)

Kvinne

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	12:56	-	39	4:22	39	4:22	-	12:56	-	39	4:22	39	4:22
Dalsnuten	-	23:04	-	40	8:57	40	8:57	-	36:00	-	40	13:19	40	13:19
Øvre Eikenuten	-	19:10	-	35	8:31	35	8:31	-	55:10	-	39	21:16	39	21:16
Gramstad mellor	-	12:11	-	39	4:58	39	4:58	-	1:07:21	-	39	25:44	39	25:44
Kollirudla	-	14:28	-	36	4:33	36	4:33	-	1:21:49	-	37	29:54	37	29:54
Mattisrudlå	-	36:08	-	37	14:32	37	14:32	-	1:57:57	-	37	44:00	37	44:00
Bjørndalsfjellet	-	20:53	-	37	9:25	37	9:25	-	2:18:50	-	37	53:25	37	53:25
Gramstadtjønna	-	28:00	-	32	10:11	32	10:11	-	2:46:50	-	33	1:03:16	33	1:03:16
Finish	-	3:51	-	47	2:05	47	2:05	13.00	2:50:41	-	36	1:05:21	36	1:05:21