



7nutslopet 2017
Gramstad / 09.09.2017

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Nur Aini Kristoffersen

□□: SIS SPORTSSENTER

□□: 30

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□: 2:50:45

□□: 4.57 km/h

□□□□: 13:09 min/km

□□□□□/□□□: 126 (of 155)

□□□□□/□: 34 (of 53)

□□□□□□: 1:45:20

□□□□□: 34(of 53)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:09	-	19	2:35	19	2:35	-	11:09	-	19	2:35	19	2:35
Dalsnuten	-	23:21	-	41	9:14	41	9:14	-	34:30	-	37	11:49	37	11:49
Øvre Eikenuten	-	20:29	-	42	9:50	42	9:50	-	54:59	-	38	21:05	38	21:05
Gramstad mellor	-	13:18	-	45	6:05	45	6:05	-	1:08:17	-	41	26:40	41	26:40
Kollirudla	-	14:57	-	38	5:02	38	5:02	-	1:23:14	-	39	31:19	39	31:19
Mattisrudlå	-	37:56	-	42	16:20	42	16:20	-	2:01:10	-	39	47:13	39	47:13
Bjørndalsfjellet	-	21:18	-	41	9:50	41	9:50	-	2:22:28	-	39	57:03	39	57:03
Gramstadtjønna	-	24:22	-	21	6:33	21	6:33	-	2:46:50	-	33	1:03:16	33	1:03:16
Finish	-	3:55	-	48	2:09	48	2:09	13.00	2:50:45	-	37	1:05:25	37	1:05:25