



7nutslopet 2017
Gramstad / 09.09.2017

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Monica Førland

□□: Godeset skole

□□: 179

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□: 2:54:43

□□: 4.46 km/h

□□□□: 13:27 min/km

□□□□□/□□□: 130 (of 155)

□□□□□/□: 37 (of 53)

□□□□□□: 1:45:20

□□□□□: 37(of 53)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	13:59	-	46	5:25	46	5:25	-	13:59	-	46	5:25	46	5:25	
Dalsnuten	-	22:05	-	39	7:58	39	7:58	-	36:04	-	41	13:23	41	13:23	
Øvre Eikenuten	-	19:10	-	35	8:31	35	8:31	-	55:14	-	40	21:20	40	21:20	
Gramstad mellor	-	11:47	-	36	4:34	36	4:34	-	1:07:01	-	38	25:24	38	25:24	
Kollirudla	-	14:35	-	37	4:40	37	4:40	-	1:21:36	-	36	29:41	36	29:41	
Mattisrudlå	-	35:59	-	36	14:23	36	14:23	-	1:57:35	-	35	43:38	35	43:38	
Bjørndalsfjellet	-	19:46	-	36	8:18	36	8:18	-	2:17:21	-	36	51:56	36	51:56	
Gramstadtjønna	-	34:34	-	39	16:45	39	16:45	-	2:51:55	-	37	1:08:21	37	1:08:21	
Finish	-	2:48	-	35	1:02	35	1:02	13.00	2:54:43	-	40	1:09:23	40	1:09:23	