



7nutslopet 2017  
Gramstad / 09.09.2017

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Heidi Feyling

□□□: 3:04:25

□□: 87

□□: 4.23 km/h

□□□□: 14:12 min/km

□□: 13.00 km

□□□□□/□□□: 135 (of 155)

7nutsløpet

□□□□□/□: 38 (of 53)

□□□□□□: 1:45:20

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□□□□□: 38(of 53)

Kvinne

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	13:54	-	44	5:20	44	5:20	-	13:54	-	44	5:20	44	5:20
Dalsnuten	-	23:56	-	42	9:49	42	9:49	-	37:50	-	43	15:09	43	15:09
Øvre Eikenuten	-	20:28	-	41	9:49	41	9:49	-	58:18	-	42	24:24	42	24:24
Gramstad mellor	-	12:20	-	43	5:07	43	5:07	-	1:10:38	-	42	29:01	42	29:01
Kollirudla	-	15:51	-	41	5:56	41	5:56	-	1:26:29	-	41	34:34	41	34:34
Mattisrudlå	-	38:33	-	43	16:57	43	16:57	-	2:05:02	-	40	51:05	40	51:05
Bjørndalsfjellet	-	23:32	-	44	12:04	44	12:04	-	2:28:34	-	40	1:03:09	40	1:03:09
Gramstadtjønna	-	32:34	-	37	14:45	37	14:45	-	3:01:08	-	38	1:17:34	38	1:17:34
Finish	-	3:17	-	46	1:31	46	1:31	13.00	3:04:25	-	41	1:19:05	41	1:19:05