



7nutslopet 2017
Gramstad / 09.09.2017

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Hanne Haavardsholm Kleppa

□□□: 3:04:27

□□: 88

□□: 4.23 km/h

□□□□: 14:12 min/km

□□: 13.00 km

□□□□□/□□□: 136 (of 155)

7nutsløpet

□□□□□/□: 39 (of 53)

□□□□□□: 1:45:20

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□□□□□: 39(of 53)

Kvinne

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	13:55	-	45	5:21	45	5:21	-	13:55	-	45	5:21	45	5:21	
Dalsnuten	-	23:59	-	43	9:52	43	9:52	-	37:54	-	44	15:13	44	15:13	
Øvre Eikenuten	-	20:31	-	43	9:52	43	9:52	-	58:25	-	43	24:31	43	24:31	
Gramstad mellor	-	12:13	-	40	5:00	40	5:00	-	1:10:38	-	42	29:01	42	29:01	
Kollirudla	-	15:49	-	40	5:54	40	5:54	-	1:26:27	-	40	34:32	40	34:32	
Mattisrudlå	-	38:57	-	44	17:21	44	17:21	-	2:05:24	-	41	51:27	41	51:27	
Bjørndalsfjellet	-	23:29	-	43	12:01	43	12:01	-	2:28:53	-	41	1:03:28	41	1:03:28	
Gramstadtjønna	-	32:21	-	36	14:32	36	14:32	-	3:01:14	-	39	1:17:40	39	1:17:40	
Finish	-	3:13	-	44	1:27	44	1:27	13.00	3:04:27	-	42	1:19:07	42	1:19:07	