



7nutslopet 2017
Gramstad / 09.09.2017

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Mette Wathne

□□: Bekkadalen IL
□□: 169

□□: 13.00 km
7nutsløpet

□□□□:
Kvinne

□□□: 1:50:58

□□: 7.03 km/h
□□□□: 8:33 min/km

□□□□□/□□□: 43 (of 155)

□□□□□/□: 4 (of 53)

□□□□□□: 1:45:20

□□□□□: 4(of 53)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
Fodgstadnuten	-	9:03	-	2	0:29	2	0:29	-	9:03	-	2	0:29	2	0:29
Dalsnuten	-	15:04	-	4	0:57	4	0:57	-	24:07	-	3	1:26	3	1:26
Øvre Eikenuten	-	10:45	-	4	0:06	4	0:06	-	34:52	-	3	0:58	3	0:58
Gramstad mellor	-	7:43	-	5	0:30	5	0:30	-	42:35	-	4	0:58	4	0:58
Kollirudla	-	10:45	-	5	0:50	5	0:50	-	53:20	-	4	1:25	4	1:25
Mattisrudlå	-	24:06	-	6	2:30	6	2:30	-	1:17:26	-	4	3:29	4	3:29
Bjørndalsfjellet	-	12:56	-	7	1:28	7	1:28	-	1:30:22	-	4	4:57	4	4:57
Gramstadtjønna	-	18:31	-	5	0:42	5	0:42	-	1:48:53	-	4	5:19	4	5:19
Finish	-	2:05	-	9	0:19	9	0:19	13.00	1:50:58	-	4	5:38	4	5:38