



7nutslopet 2017
Gramstad / 09.09.2017

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Karianne Vagle Kalvatn

□□: Trolljeger

□□: 157

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□: 3:18:10

□□: 3.94 km/h

□□□□: 15:15 min/km

□□□□□/□□□: 138 (of 155)

□□□□□/□: 41 (of 53)

□□□□□□: 1:45:20

□□□□□: 41(of 53)

□□□□□□□: 1:45:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	12:21	-	33	3:47	33	3:47	-	12:21	-	33	3:47	33	3:47	
Dalsnuten	-	24:54	-	47	10:47	47	10:47	-	37:15	-	42	14:34	42	14:34	
Øvre Eikenuten	-	21:33	-	46	10:54	46	10:54	-	58:48	-	44	24:54	44	24:54	
Gramstad mellor	-	12:14	-	41	5:01	41	5:01	-	1:11:02	-	44	29:25	44	29:25	
Kollirudla	-	16:02	-	42	6:07	42	6:07	-	1:27:04	-	42	35:09	42	35:09	
Mattisrudlå	-	45:37	-	48	24:01	48	24:01	-	2:12:41	-	43	58:44	43	58:44	
Bjørndalsfjellet	-	24:05	-	45	12:37	45	12:37	-	2:36:46	-	43	1:11:21	43	1:11:21	
Gramstadtjønna	-	38:38	-	45	20:49	45	20:49	-	3:15:24	-	44	1:31:50	44	1:31:50	
Finish	-	2:46	-	33	1:00	33	1:00	13.00	3:18:10	-	44	1:32:50	44	1:32:50	