



7nutslopet 2017  
Gramstad / 09.09.2017

□□□□

Line Finnesand

□□□: 3:18:14

□□: 117

□□: 3.93 km/h

□□□□: 15:15 min/km

□□: 13.00 km

□□□□□/□□□: 140 (of 155)

7nutsløpet

□□□□□/□: 43 (of 53)

□□□□□□: 1:45:20

□□□□:

□□□□□: 43(of 53)

Kvinne

□□□□□□□: 1:45:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	12:36	-	36	4:02	36	4:02	-	12:36	-	36	4:02	36	4:02
Dalsnuten	-	21:20	-	35	7:13	35	7:13	-	33:56	-	34	11:15	34	11:15
Øvre Eikenuten	-	20:14	-	39	9:35	39	9:35	-	54:10	-	36	20:16	36	20:16
Gramstad mellor	-	11:50	-	38	4:37	38	4:37	-	1:06:00	-	36	24:23	36	24:23
Kollirudla	-	32:39	-	51	22:44	51	22:44	-	1:38:39	-	46	46:44	46	46:44
Mattisrudlå	-	37:46	-	40	16:10	40	16:10	-	2:16:25	-	46	1:02:28	46	1:02:28
Bjørndalsfjellet	-	20:57	-	38	9:29	38	9:29	-	2:37:22	-	45	1:11:57	45	1:11:57
Gramstadtjønna	-	38:00	-	40	20:11	40	20:11	-	3:15:22	-	41	1:31:48	41	1:31:48
Finish	-	2:52	-	37	1:06	37	1:06	13.00	3:18:14	-	46	1:32:54	46	1:32:54