



7nutslopet 2017
Gramstad / 09.09.2017

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Ester Nordfoss Bergan

□□□: 3:18:14

□□: 149

□□: 3.93 km/h

□□□□: 15:15 min/km

□□: 13.00 km

□□□□□/□□□: 141 (of 155)

7nutsløpet

□□□□□/□: 43 (of 53)

□□□□□□: 1:45:20

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□□□□□: 43(of 53)

Kvinne

□□□□□□□: 1:45:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	13:52	-	43	5:18	43	5:18	-	13:52	-	43	5:18	43	5:18
Dalsnuten	-	24:12	-	45	10:05	45	10:05	-	38:04	-	46	15:23	46	15:23
Øvre Eikenuten	-	21:12	-	44	10:33	44	10:33	-	59:16	-	45	25:22	45	25:22
Gramstad mellor	-	12:20	-	43	5:07	43	5:07	-	1:11:36	-	45	29:59	45	29:59
Kollirudla	-	16:09	-	43	6:14	43	6:14	-	1:27:45	-	43	35:50	43	35:50
Mattisrudlå	-	44:52	-	47	23:16	47	23:16	-	2:12:37	-	42	58:40	42	58:40
Bjørndalsfjellet	-	24:08	-	46	12:40	46	12:40	-	2:36:45	-	42	1:11:20	42	1:11:20
Gramstadtjønna	-	38:35	-	44	20:46	44	20:46	-	3:15:20	-	40	1:31:46	40	1:31:46
Finish	-	2:54	-	39	1:08	39	1:08	13.00	3:18:14	-	46	1:32:54	46	1:32:54