



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

Kristine Ring

□□□: 3:51:02

□□: 31

□□: 3.38 km/h

□□□□: 17:47 min/km

□□: 13.00 km

□□□□□/□□□: 144 (of 155)

7nutsløpet

□□□□□/□: 46 (of 53)

□□□□□□: 1:45:20

□□□□:

□□□□□: 46(of 53)

Kvinne

□□□□□□□: 1:45:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	15:43	-	52	7:09	52	7:09	-	15:43	-	52	7:09	52	7:09
Dalsnuten	-	29:08	-	51	15:01	51	15:01	-	44:51	-	51	22:10	51	22:10
Øvre Eikenuten	-	33:17	-	51	22:38	51	22:38	-	1:18:08	-	51	44:14	51	44:14
Gramstad mellor	-	14:37	-	48	7:24	48	7:24	-	1:32:45	-	51	51:08	51	51:08
Kollirudla	-	18:39	-	47	8:44	47	8:44	-	1:51:24	-	51	59:29	51	59:29
Mattisrudlå	-	44:37	-	46	23:01	46	23:01	-	2:36:01	-	48	1:22:04	48	1:22:04
Bjørndalsfjellet	-	25:45	-	47	14:17	47	14:17	-	3:01:46	-	49	1:36:21	49	1:36:21
Gramstadtjønna	-	46:13	-	47	28:24	47	28:24	-	3:47:59	-	47	2:04:25	47	2:04:25
Finish	-	3:03	-	41	1:17	41	1:17	13.00	3:51:02	-	50	2:05:42	50	2:05:42