



7nutslopet 2017
Gramstad / 09.09.2017

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Maiken Saxeide Offerdal

□□: Team BSO

□□: 43

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□: 4:08:15

□□: 3.14 km/h

□□□□: 19:06 min/km

□□□□□/□□□: 147 (of 155)

□□□□□/□: 47 (of 53)

□□□□□□: 1:45:20

□□□□□: 47(of 53)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	15:23	-	49	6:49	49	6:49	-	15:23	-	49	6:49	49	6:49	
Dalsnuten	-	28:40	-	50	14:33	50	14:33	-	44:03	-	49	21:22	49	21:22	
Øvre Eikenuten	-	30:36	-	49	19:57	49	19:57	-	1:14:39	-	50	40:45	50	40:45	
Gramstad mellor	-	17:11	-	51	9:58	51	9:58	-	1:31:50	-	49	50:13	49	50:13	
Kollirudla	-	17:08	-	45	7:13	45	7:13	-	1:48:58	-	49	57:03	49	57:03	
Mattisrudlå	-	54:55	-	49	33:19	49	33:19	-	2:43:53	-	49	1:29:56	49	1:29:56	
Bjørndalsfjellet	-	30:10	-	50	18:42	50	18:42	-	3:14:03	-	51	1:48:38	51	1:48:38	
Gramstadtjønna	-	51:09	-	48	33:20	48	33:20	-	4:05:12	-	48	2:21:38	48	2:21:38	
Finish	-	3:03	-	41	1:17	41	1:17	13.00	4:08:15	-	51	2:22:55	51	2:22:55	