



7nutslopet 2017  
Gramstad / 09.09.2017

□□□□

Janne Myrland

□□: Uavhengig

□□: 147

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□□□/□□□: DNF (of 155)

□□□□□/□: DNF (of 53)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:23	-	12	1:49	12	1:49	-	10:23	-	12	1:49	12	1:49	
Dalsnuten	-	16:14	-	11	2:07	11	2:07	-	26:37	-	11	3:56	11	3:56	
Øvre Eikenuten	-	14:01	-	21	3:22	21	3:22	-	40:38	-	12	6:44	12	6:44	
Gramstad mellor	-	8:27	-	12	1:14	12	1:14	-	49:05	-	12	7:28	12	7:28	
Kollirudla	-	11:34	-	14	1:39	14	1:39	-	1:00:39	-	13	8:44	13	8:44	
Mattisrudlå	-	25:36	-	14	4:00	14	4:00	-	1:26:15	-	14	12:18	14	12:18	
Bjørndalsfjellet	-	13:34	-	12	2:06	12	2:06	-	1:39:49	-	14	14:24	14	14:24	
Gramstadtjønna	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Finish	-	22:35	-	50	20:49	50	20:49	13.00	-	-	-	-	-	-	