



7nutslopet 2017
Gramstad / 09.09.2017

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Marjo Liikanen

□□: Laerdal Medical

□□: 86

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□: 1:51:06

□□: 7.02 km/h

□□□□: 8:33 min/km

□□□□□/□□□: 44 (of 155)

□□□□□/□: 5 (of 53)

□□□□□□: 1:45:20

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Fodgstadnuten	-	10:00	-	8	1:26	8	1:26	-	10:00	-	8	1:26	8	1:26
Dalsnuten	-	15:27	-	6	1:20	6	1:20	-	25:27	-	6	2:46	6	2:46
Øvre Eikenuten	-	11:12	-	5	0:33	5	0:33	-	36:39	-	6	2:45	6	2:45
Gramstad mellor	-	7:38	-	4	0:25	4	0:25	-	44:17	-	6	2:40	6	2:40
Kollirudla	-	10:38	-	4	0:43	4	0:43	-	54:55	-	5	3:00	5	3:00
Mattisrudlå	-	23:52	-	5	2:16	5	2:16	-	1:18:47	-	5	4:50	5	4:50
Bjørndalsfjellet	-	12:29	-	5	1:01	5	1:01	-	1:31:16	-	5	5:51	5	5:51
Gramstadtjønna	-	17:49	-	1	-	1	-	-	1:49:05	-	5	5:31	5	5:31
Finish	-	2:01	-	5	0:15	5	0:15	13.00	1:51:06	-	5	5:46	5	5:46