



7nutslopet 2017  
Gramstad / 09.09.2017

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Nora Johnsen

□□: 158

□□: 5.00 km

3nutsløpet

□□□□:

Kvinner

□□□: 55:35

□□: 5.40 km/h

□□□□: 11:07 min/km

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:30	-	2	1:38	2	1:38	-	11:30	-	2	1:38	2	1:38
Dalsnuten	-	18:46	-	2	3:37	2	3:37	-	30:16	-	2	5:15	2	5:15
Øvre Eikenuten	-	15:59	-	3	6:42	3	6:42	-	46:15	-	2	9:48	2	9:48
Finish	-	9:20	-	3	2:04	3	2:04	5.00	55:35	-	2	11:52	2	11:52