



7nutslopet 2017

Gramstad / 09.09.2017

0000

Anne-Kristin Sollid

00: 33

00: 13.00 km

7nutsløpet

0000:

Kvinne

000: 1:56:02

00: 6.72 km/h

0000: 8:56 min/km

00000/000: 52 (of 155)

00000/0: 6 (of 53)

000000: 1:45:20

00000: 6(of 53)

0000000: 1:45:20

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Fodgstadnuten	-	10:01	-	9	1:27	9	1:27	-	10:01	-	9	1:27	9	1:27
Dalsnuten	-	15:18	-	5	1:11	5	1:11	-	25:19	-	5	2:38	5	2:38
Øvre Eikenuten	-	10:39	-	1	-	1	-	-	35:58	-	5	2:04	5	2:04
Gramstad mellor	-	8:15	-	8	1:02	8	1:02	-	44:13	-	5	2:36	5	2:36
Kollirudla	-	12:25	-	28	2:30	28	2:30	-	56:38	-	6	4:43	6	4:43
Mattisrudlå	-	25:01	-	9	3:25	9	3:25	-	1:21:39	-	6	7:42	6	7:42
Bjørndalsfjellet	-	13:22	-	10	1:54	10	1:54	-	1:35:01	-	6	9:36	6	9:36
Gramstad tjønna	-	18:44	-	7	0:55	7	0:55	-	1:53:45	-	6	10:11	6	10:11
Finish	-	2:17	-	22	0:31	22	0:31	13.00	1:56:02	-	6	10:42	6	10:42