



7nutslopet 2017
Gramstad / 09.09.2017

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Linda Mari Vestvik

□□: Gjesdal il
□□: 109

□□: 13.00 km
7nutsløpet

□□□□:
Kvinne

□□□: 1:58:02

□□: 6.61 km/h
□□□□: 9:05 min/km

□□□□□/□□□□: 59 (of 155)

□□□□□/□: 8 (of 53)

□□□□□□: 1:45:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:17	-	11	1:43	11	1:43	-	10:17	-	11	1:43	11	1:43	
Dalsnuten	-	15:48	-	7	1:41	7	1:41	-	26:05	-	9	3:24	9	3:24	
Øvre Eikenuten	-	11:41	-	8	1:02	8	1:02	-	37:46	-	8	3:52	8	3:52	
Gramstad mellor	-	8:05	-	7	0:52	7	0:52	-	45:51	-	8	4:14	8	4:14	
Kollirudla	-	11:07	-	7	1:12	7	1:12	-	56:58	-	7	5:03	7	5:03	
Mattisrudlå	-	25:21	-	11	3:45	11	3:45	-	1:22:19	-	7	8:22	7	8:22	
Bjørndalsfjellet	-	13:18	-	9	1:50	9	1:50	-	1:35:37	-	7	10:12	7	10:12	
Gramstadtjønna	-	20:11	-	10	2:22	10	2:22	-	1:55:48	-	8	12:14	8	12:14	
Finish	-	2:14	-	19	0:28	19	0:28	13.00	1:58:02	-	8	12:42	8	12:42	