



7nutslopet 2017
Gramstad / 09.09.2017

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Helen Gilje Lavik

□□: New Chance
□□: 127

□□: 13.00 km
7nutsløpet

□□□□:
Kvinne

□□□: 2:00:15

□□: 6.49 km/h
□□□□: 9:15 min/km

□□□□□/□□□: 63 (of 155)

□□□□□/□: 11 (of 53)

□□□□□□: 1:45:20

□□□□□: 11(of 53)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:59	-	7	1:25	7	1:25	-	9:59	-	7	1:25	7	1:25	
Dalsnuten	-	15:50	-	8	1:43	8	1:43	-	25:49	-	7	3:08	7	3:08	
Øvre Eikenuten	-	11:24	-	7	0:45	7	0:45	-	37:13	-	7	3:19	7	3:19	
Gramstad mellor	-	8:23	-	11	1:10	11	1:10	-	45:36	-	7	3:59	7	3:59	
Kollirudla	-	11:31	-	13	1:36	13	1:36	-	57:07	-	8	5:12	8	5:12	
Mattisrudlå	-	25:35	-	13	3:59	13	3:59	-	1:22:42	-	8	8:45	8	8:45	
Bjørndalsfjellet	-	13:46	-	14	2:18	14	2:18	-	1:36:28	-	9	11:03	9	11:03	
Gramstadtjønna	-	21:03	-	13	3:14	13	3:14	-	1:57:31	-	10	13:57	10	13:57	
Finish	-	2:44	-	31	0:58	31	0:58	13.00	2:00:15	-	11	14:55	11	14:55	