



7nutslopet 2017  
Gramstad / 09.09.2017

□□□□

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)

□□□□□□□: 1:45:20

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ min/km | □□□<br>- | □□<br>- | □□<br>□ | □□<br>□ |    |       |
|------------------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|----------|---------|---------|---------|----|-------|
| 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 |