



7nutslopet 2017  
Gramstad / 09.09.2017

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Eli Berentzen

□□: Hetland sport  
□□: 200

□□: 13.00 km  
7nutsløpet

□□□□:  
Kvinne

□□□: 2:01:01

□□: 6.45 km/h  
□□□□: 9:19 min/km

□□□□□/□□□: 65 (of 155)

□□□□□/□: 12 (of 53)

□□□□□□: 1:45:20

□□□□□: 12(of 53)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:28	-	23	2:54	23	2:54	-	11:28	-	23	2:54	23	2:54	
Dalsnuten	-	17:05	-	15	2:58	15	2:58	-	28:33	-	18	5:52	18	5:52	
Øvre Eikenuten	-	12:11	-	10	1:32	10	1:32	-	40:44	-	13	6:50	13	6:50	
Gramstad mellor	-	8:21	-	9	1:08	9	1:08	-	49:05	-	12	7:28	12	7:28	
Kollirudla	-	11:28	-	11	1:33	11	1:33	-	1:00:33	-	12	8:38	12	8:38	
Mattisrudlå	-	25:21	-	11	3:45	11	3:45	-	1:25:54	-	13	11:57	13	11:57	
Bjørndalsfjellet	-	13:45	-	13	2:17	13	2:17	-	1:39:39	-	13	14:14	13	14:14	
Gramstadtjønna	-	19:28	-	8	1:39	8	1:39	-	1:59:07	-	12	15:33	12	15:33	
Finish	-	1:54	-	4	0:08	4	0:08	13.00	2:01:01	-	12	15:41	12	15:41	