



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

Linnéa Valhovd Hove

□□: Stavanger skiklubb

□□: 99

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□: 1:45:22

□□: 7.40 km/h

□□□□: 8:07 min/km

□□□□□/□□□: 30 (of 155)

□□□□□/□: 2 (of 53)

□□□□□□: 1:45:20

□□□□□: 2(of 53)

□□□□□□□: 1:45:20

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:20	-	4	0:46	4	0:46	-	9:20	-	4	0:46	4	0:46	
Dalsnuten	-	14:51	-	2	0:44	2	0:44	-	24:11	-	4	1:30	4	1:30	
Øvre Eikenuten	-	10:42	-	3	0:03	3	0:03	-	34:53	-	4	0:59	4	0:59	
Gramstad mellor	-	7:13	-	1	-	1	-	-	42:06	-	3	0:29	3	0:29	
Kollirudla	-	10:15	-	2	0:20	2	0:20	-	52:21	-	3	0:26	3	0:26	
Mattisrudlå	-	21:36	-	1	-	1	-	-	1:13:57	-	1	-	1	-	
Bjørndalsfjellet	-	11:28	-	1	-	1	-	-	1:25:25	-	1	-	1	-	
Gramstadtjønna	-	18:09	-	4	0:20	4	0:20	-	1:43:34	-	1	-	1	-	
Finish	-	1:48	-	2	0:02	2	0:02	13.00	1:45:22	-	2	0:02	2	0:02	