



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

Caroline Bigou

□□: STRIK

□□: 19

□□: 13.00 km

7nutsløpet

□□□□:

Kvinne

□□□: 2:21:33

□□: 5.51 km/h

□□□□: 10:54 min/km

□□□□□/□□□: 105 (of 155)

□□□□□/□: 25 (of 53)

□□□□□□: 1:45:20

□□□□□: 25(of 53)

□□□□□□□: 1:45:20

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:46	-	16	2:12	16	2:12	-	10:46	-	16	2:12	16	2:12	
Dalsnuten	-	19:57	-	30	5:50	30	5:50	-	30:43	-	25	8:02	25	8:02	
Øvre Eikenuten	-	14:41	-	23	4:02	23	4:02	-	45:24	-	23	11:30	23	11:30	
Gramstad mellor	-	10:42	-	32	3:29	32	3:29	-	56:06	-	29	14:29	29	14:29	
Kollirudla	-	12:22	-	27	2:27	27	2:27	-	1:08:28	-	27	16:33	27	16:33	
Mattisrudlå	-	28:02	-	23	6:26	23	6:26	-	1:36:30	-	26	22:33	26	22:33	
Bjørndalsfjellet	-	17:05	-	30	5:37	30	5:37	-	1:53:35	-	27	28:10	27	28:10	
Gramstadtjønna	-	25:53	-	26	8:04	26	8:04	-	2:19:28	-	25	35:54	25	35:54	
Finish	-	2:05	-	9	0:19	9	0:19	13.00	2:21:33	-	27	36:13	27	36:13	