



7nutslopet 2017  
Gramstad / 09.09.2017

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Ina Bergene

□□: 191

□□: 13.00 km  
7nutsløpet

□□□□:  
Kvinne

□□□: 2:31:05

□□: 5.16 km/h  
□□□□: 11:38 min/km

□□□□□/□□□: 113 (of 155)

□□□□□/□: 30 (of 53)

□□□□□□: 1:45:20

□□□□□: 30(of 53)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:53	-	29	3:19	29	3:19	-	11:53	-	29	3:19	29	3:19	3:19
Dalsnuten	-	20:39	-	32	6:32	32	6:32	-	32:32	-	32	9:51	32	9:51	9:51
Øvre Eikenuten	-	15:36	-	25	4:57	25	4:57	-	48:08	-	31	14:14	31	14:14	14:14
Gramstad mellor	-	10:03	-	27	2:50	27	2:50	-	58:11	-	31	16:34	31	16:34	16:34
Kollirudla	-	12:33	-	29	2:38	29	2:38	-	1:10:44	-	32	18:49	32	18:49	18:49
Mattisrudlå	-	32:09	-	31	10:33	31	10:33	-	1:42:53	-	32	28:56	32	28:56	28:56
Bjørndalsfjellet	-	18:06	-	32	6:38	32	6:38	-	2:00:59	-	32	35:34	32	35:34	35:34
Gramstadtjønna	-	27:26	-	30	9:37	30	9:37	-	2:28:25	-	30	44:51	30	44:51	44:51
Finish	-	2:40	-	30	0:54	30	0:54	13.00	2:31:05	-	33	45:45	33	45:45	45:45