



7nutslopet 2017
Gramstad / 09.09.2017

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Hanne Tjørhom

□□: New Chance
□□: 38

□□: 13.00 km
7nutsløpet

□□□□:
Kvinne

□□□: 2:51:00

□□: 4.56 km/h
□□□□: 13:10 min/km

□□□□□/□□□: 127 (of 155)

□□□□□/□: 35 (of 53)

□□□□□□: 1:45:20

□□□□□: 35(of 53)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	12:44	-	38	4:10	38	4:10	-	12:44	-	38	4:10	38	4:10
Dalsnuten	-	21:29	-	36	7:22	36	7:22	-	34:13	-	35	11:32	35	11:32
Øvre Eikenuten	-	19:11	-	37	8:32	37	8:32	-	53:24	-	34	19:30	34	19:30
Gramstad mellor	-	11:10	-	35	3:57	35	3:57	-	1:04:34	-	35	22:57	35	22:57
Kollirudla	-	15:34	-	39	5:39	39	5:39	-	1:20:08	-	35	28:13	35	28:13
Mattisrudlå	-	37:29	-	39	15:53	39	15:53	-	1:57:37	-	36	43:40	36	43:40
Bjørndalsfjellet	-	21:15	-	40	9:47	40	9:47	-	2:18:52	-	38	53:27	38	53:27
Gramstadtjønna	-	27:58	-	31	10:09	31	10:09	-	2:46:50	-	33	1:03:16	33	1:03:16
Finish	-	4:10	-	49	2:24	49	2:24	13.00	2:51:00	-	38	1:05:40	38	1:05:40