



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

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)

□□□□□□□: 1:45:20

□□□□

□□□□

□□□

| □□□ | □□ 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 |