



7nutslopet 2017
Gramstad / 09.09.2017

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Diana Hovland

□□□: 2:53:40

□□: 190

□□: 4.49 km/h

□□□□: 13:22 min/km

□□: 13.00 km

□□□□□/□□□: 128 (of 155)

7nutsløpet

□□□□□/□: 36 (of 53)

□□□□□□: 1:45:20

□□□□:

□□□□□: 36(of 53)

Kvinne

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Fodgstadnuten | - | 14:04 | - | 48 | 5:30 | 48 | 5:30 | - | 14:04 | - | 48 | 5:30 | 48 | 5:30 |
| Dalsnuten | - | 21:43 | - | 38 | 7:36 | 38 | 7:36 | - | 35:47 | - | 39 | 13:06 | 39 | 13:06 |
| Øvre Eikenuten | - | 20:04 | - | 38 | 9:25 | 38 | 9:25 | - | 55:51 | - | 41 | 21:57 | 41 | 21:57 |
| Gramstad mellor | - | 12:15 | - | 42 | 5:02 | 42 | 5:02 | - | 1:08:06 | - | 40 | 26:29 | 40 | 26:29 |
| Kollirudla | - | 14:27 | - | 35 | 4:32 | 35 | 4:32 | - | 1:22:33 | - | 38 | 30:38 | 38 | 30:38 |
| Mattisrudlå | - | 35:57 | - | 35 | 14:21 | 35 | 14:21 | - | 1:58:30 | - | 38 | 44:33 | 38 | 44:33 |
| Bjørndalsfjellet | - | 18:25 | - | 34 | 6:57 | 34 | 6:57 | - | 2:16:55 | - | 35 | 51:30 | 35 | 51:30 |
| Gramstadtjønna | - | 33:46 | - | 38 | 15:57 | 38 | 15:57 | - | 2:50:41 | - | 36 | 1:07:07 | 36 | 1:07:07 |
| Finish | - | 2:59 | - | 40 | 1:13 | 40 | 1:13 | 13.00 | 2:53:40 | - | 39 | 1:08:20 | 39 | 1:08:20 |