



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

Ann-Kristin Bækholt

□□□: 4:08:15

□□: 44

□□: 3.14 km/h

□□□□: 19:06 min/km

□□: 13.00 km

□□□□□/□□□: 146 (of 155)

7nutsløpet

□□□□□/□: 47 (of 53)

□□□□□□: 1:45:20

□□□□:

□□□□□: 47(of 53)

Kvinne

□□□□□□□: 1:45:20

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	15:28	-	50	6:54	50	6:54	-	15:28	-	50	6:54	50	6:54
Dalsnuten	-	28:38	-	49	14:31	49	14:31	-	44:06	-	50	21:25	50	21:25
Øvre Eikenuten	-	30:18	-	48	19:39	48	19:39	-	1:14:24	-	49	40:30	49	40:30
Gramstad mellor	-	17:26	-	52	10:13	52	10:13	-	1:31:50	-	49	50:13	49	50:13
Kollirudla	-	17:17	-	46	7:22	46	7:22	-	1:49:07	-	50	57:12	50	57:12
Mattisrudlå	-	54:58	-	50	33:22	50	33:22	-	2:44:05	-	50	1:30:08	50	1:30:08
Bjørndalsfjellet	-	29:53	-	49	18:25	49	18:25	-	3:13:58	-	50	1:48:33	50	1:48:33
Gramstadtjønna	-	51:14	-	49	33:25	49	33:25	-	4:05:12	-	48	2:21:38	48	2:21:38
Finish	-	3:03	-	41	1:17	41	1:17	13.00	4:08:15	-	51	2:22:55	51	2:22:55