



7nutslopet 2017
Gramstad / 09.09.2017

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Silje-Kathrine Syvertsen

□□: GTI-friidrettsklubb
□□: 105

□□: 13.00 km
7nutsløpet

□□□□:
Kvinne

□□□: 1:56:55

□□: 6.67 km/h
□□□□: 9:00 min/km

□□□□□/□□□□: 57 (of 155)

□□□□□/□: 7 (of 53)

□□□□□□: 1:45:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:11	-	10	1:37	10	1:37	-	10:11	-	10	1:37	10	1:37	
Dalsnuten	-	16:07	-	10	2:00	10	2:00	-	26:18	-	10	3:37	10	3:37	
Øvre Eikenuten	-	14:16	-	22	3:37	22	3:37	-	40:34	-	11	6:40	11	6:40	
Gramstad mellor	-	7:37	-	3	0:24	3	0:24	-	48:11	-	10	6:34	10	6:34	
Kollirudla	-	11:09	-	9	1:14	9	1:14	-	59:20	-	10	7:25	10	7:25	
Mattisrudlå	-	24:12	-	7	2:36	7	2:36	-	1:23:32	-	10	9:35	10	9:35	
Bjørndalsfjellet	-	12:46	-	6	1:18	6	1:18	-	1:36:18	-	8	10:53	8	10:53	
Gramstadtjønna	-	18:31	-	5	0:42	5	0:42	-	1:54:49	-	7	11:15	7	11:15	
Finish	-	2:06	-	13	0:20	13	0:20	13.00	1:56:55	-	7	11:35	7	11:35	