



7nutslopet 2017  
Gramstad / 09.09.2017

□□□□

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

□□□□□: 7(of 53)

□□□□□□□: 1:45:20

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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   |         |