



7nutslopet 2017  
Gramstad / 09.09.2017

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Doris Løining

□□□: 1:59:16

□□: 194

□□: 6.54 km/h

□□□□: 9:11 min/km

□□: 13.00 km

□□□□□/□□□: 61 (of 155)

7nutsløpet

□□□□□/□: 9 (of 53)

□□□□□□: 1:45:20

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□□□□□: 9(of 53)

Kvinne

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:36	-	6	1:02	6	1:02	-	9:36	-	6	1:02	6	1:02	
Dalsnuten	-	16:23	-	12	2:16	12	2:16	-	25:59	-	8	3:18	8	3:18	
Øvre Eikenuten	-	11:58	-	9	1:19	9	1:19	-	37:57	-	9	4:03	9	4:03	
Gramstad mellor	-	9:01	-	18	1:48	18	1:48	-	46:58	-	9	5:21	9	5:21	
Kollirudla	-	11:37	-	15	1:42	15	1:42	-	58:35	-	9	6:40	9	6:40	
Mattisrudlå	-	24:40	-	8	3:04	8	3:04	-	1:23:15	-	9	9:18	9	9:18	
Bjørndalsfjellet	-	13:15	-	8	1:47	8	1:47	-	1:36:30	-	10	11:05	10	11:05	
Gramstadtjønna	-	20:29	-	11	2:40	11	2:40	-	1:56:59	-	9	13:25	9	13:25	
Finish	-	2:17	-	22	0:31	22	0:31	13.00	1:59:16	-	9	13:56	9	13:56	