



7nutslopet 2017
Gramstad / 09.09.2017

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Øystein Amundrud

□□: Stavanger orienteringsklubb/TOSK

□□: 51

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:51:47

□□: 6.98 km/h

□□□□: 8:36 min/km

□□□□□/□□□: 47 (of 155)

□□□□□/□: 42 (of 102)

□□□□□□: 1:23:07

□□□□□: 43(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:10	-	39	2:21	39	2:21	-	9:10	-	39	2:21	39	2:21
Dalsnuten	-	15:24	-	51	4:18	51	4:18	-	24:34	-	42	6:39	42	6:39
Øvre Eikenuten	-	11:06	-	37	1:55	37	1:55	-	35:40	-	41	8:34	41	8:34
Gramstad mellor	-	7:47	-	38	2:05	38	2:05	-	43:27	-	41	10:39	41	10:39
Kollirudla	-	10:11	-	32	1:45	32	1:45	-	53:38	-	38	12:24	38	12:24
Mattisrudlå	-	24:01	-	42	6:33	42	6:33	-	1:17:39	-	38	18:57	38	18:57
Bjørndalsfjellet	-	12:49	-	42	3:17	42	3:17	-	1:30:28	-	38	22:14	38	22:14
Gramstadtjønna	-	19:16	-	43	6:05	43	6:05	-	1:49:44	-	42	28:19	42	28:19
Finish	-	2:03	-	43	0:31	43	0:31	13.00	1:51:47	-	42	28:40	42	28:40