



7nutslopet 2017  
Gramstad / 09.09.2017

□□□□

Ole Amundsen

□□: Kvernaland  
□□: 126

□□: 13.00 km  
7nutsløpet

□□□□:  
Mann

□□□: 1:56:20

□□: 6.70 km/h  
□□□□: 8:57 min/km

□□□□□/□□□: 53 (of 155)

□□□□□/□: 47 (of 102)

□□□□□□: 1:23:07

□□□□□: 48(of 102)

□□□□□□□: 1:23:07

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Fodgstadnuten    | -        | 10:55    | -            | 72      | 4:06    | 72      | 4:06    | -     | 10:55     | -             | 72      | 4:06    | 72      | 4:06    |
| Dalsnuten        | -        | 16:14    | -            | 57      | 5:08    | 57      | 5:08    | -     | 27:09     | -             | 64      | 9:14    | 64      | 9:14    |
| Øvre Eikenuten   | -        | 11:08    | -            | 38      | 1:57    | 38      | 1:57    | -     | 38:17     | -             | 57      | 11:11   | 57      | 11:11   |
| Gramstad mellor  | -        | 7:56     | -            | 44      | 2:14    | 44      | 2:14    | -     | 46:13     | -             | 56      | 13:25   | 56      | 13:25   |
| Kollirudla       | -        | 11:01    | -            | 53      | 2:35    | 53      | 2:35    | -     | 57:14     | -             | 55      | 16:00   | 55      | 16:00   |
| Mattisrudlå      | -        | 24:29    | -            | 47      | 7:01    | 47      | 7:01    | -     | 1:21:43   | -             | 50      | 23:01   | 50      | 23:01   |
| Bjørndalsfjellet | -        | 13:44    | -            | 54      | 4:12    | 54      | 4:12    | -     | 1:35:27   | -             | 49      | 27:13   | 49      | 27:13   |
| Gramstadtjønna   | -        | 18:55    | -            | 39      | 5:44    | 39      | 5:44    | -     | 1:54:22   | -             | 47      | 32:57   | 47      | 32:57   |
| Finish           | -        | 1:58     | -            | 34      | 0:26    | 34      | 0:26    | 13.00 | 1:56:20   | -             | 47      | 33:13   | 47      | 33:13   |