



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

Ingvar Ørjan Omdal

□□□: 3:00:29

□□: 83

□□: 4.32 km/h

□□□□: 13:53 min/km

□□: 13.00 km

□□□□□/□□□: 131 (of 155)

7nutsløpet

□□□□□/□: 94 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 95(of 102)

Mann

□□□□□□□: 1:23:07

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:57	-	88	5:08	88	5:08	-	11:57	-	88	5:08	88	5:08	
Dalsnuten	-	20:37	-	93	9:31	93	9:31	-	32:34	-	93	14:39	93	14:39	
Øvre Eikenuten	-	17:36	-	91	8:25	91	8:25	-	50:10	-	94	23:04	94	23:04	
Gramstad mellor	-	13:35	-	99	7:53	99	7:53	-	1:03:45	-	93	30:57	93	30:57	
Kollirudla	-	19:47	-	99	11:21	99	11:21	-	1:23:32	-	95	42:18	95	42:18	
Mattisrudlå	-	39:53	-	98	22:25	98	22:25	-	2:03:25	-	97	1:04:43	97	1:04:43	
Bjørndalsfjellet	-	23:38	-	98	14:06	98	14:06	-	2:27:03	-	97	1:18:49	97	1:18:49	
Gramstadtjønna	-	29:25	-	89	16:14	89	16:14	-	2:56:28	-	94	1:35:03	94	1:35:03	
Finish	-	4:01	-	98	2:29	98	2:29	13.00	3:00:29	-	96	1:37:22	96	1:37:22	