



7nutslopet 2017  
Gramstad / 09.09.2017

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Kåre Kyllingstad Kvalvik

□□: Team isbjørn

□□: 151

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:30:27

□□: 8.62 km/h

□□□□: 6:58 min/km

□□□□□/□□□: 3 (of 155)

□□□□□/□: 3 (of 102)

□□□□□□: 1:23:07

□□□□□: 3(of 102)

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| □□□              | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ min/km | □□□<br>- | □□<br>- | □□<br>□ | □□<br>□ |   |      |
|------------------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|----------|---------|---------|---------|---|------|
| Fodgstadnuten    | -        | 7:18            | -       | 5       | 0:29    | 5       | 0:29      | -                | 7:18     | -       | 5       | 0:29    | 5 | 0:29 |
| Dalsnuten        | -        | 12:17           | -       | 3       | 1:11    | 3       | 1:11      | -                | 19:35    | -       | 3       | 1:40    | 3 | 1:40 |
| Øvre Eikenuten   | -        | 10:40           | -       | 20      | 1:29    | 20      | 1:29      | -                | 30:15    | -       | 3       | 3:09    | 3 | 3:09 |
| Gramstad mellor  | -        | 6:18            | -       | 4       | 0:36    | 4       | 0:36      | -                | 36:33    | -       | 5       | 3:45    | 5 | 3:45 |
| Kollirudla       | -        | 8:39            | -       | 4       | 0:13    | 4       | 0:13      | -                | 45:12    | -       | 3       | 3:58    | 3 | 3:58 |
| Mattisrudlå      | -        | 19:18           | -       | 3       | 1:50    | 3       | 1:50      | -                | 1:04:30  | -       | 3       | 5:48    | 3 | 5:48 |
| Bjørndalsfjellet | -        | 9:48            | -       | 4       | 0:16    | 4       | 0:16      | -                | 1:14:18  | -       | 3       | 6:04    | 3 | 6:04 |
| Gramstadtjønna   | -        | 14:29           | -       | 2       | 1:18    | 2       | 1:18      | -                | 1:28:47  | -       | 3       | 7:22    | 3 | 7:22 |
| Finish           | -        | 1:40            | -       | 3       | 0:08    | 3       | 0:08      | 13.00            | 1:30:27  | -       | 3       | 7:20    | 3 | 7:20 |