

		<i>Småkupert</i>	<i>Myr</i>	<i>Småkupert</i>	<i>Uforbakke</i>	<i>Motbakke</i>	<i>Sti-terreng</i>	<i>Kupert-ulend</i>	<i>Tid 1 runde</i>	<i>Tid 2 runder</i>	<i>Tid 3 runder</i>
<i>Terrengkategori</i>											
<i>Delstrekk nr.</i>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>			
<i>Lengde (meter)</i>		<b>790</b>	<b>330</b>	<b>510</b>	<b>300</b>	<b>300</b>	<b>650</b>	<b>700</b>	<b>3580</b>	<b>7160</b>	<b>10740</b>
<i>Stigning (meter)</i>		<b>45</b>	<b>0</b>	<b>20</b>	<b>0</b>	<b>60</b>	<b>25</b>	<b>25</b>	<b>175</b>	<b>350</b>	<b>525</b>
<i>Fall (meter)</i>		<b>35</b>	<b>0</b>	<b>5</b>	<b>60</b>	<b>0</b>	<b>20</b>	<b>45</b>	<b>165</b>	<b>330</b>	<b>495</b>
<b>Dato</b>	<b>Navn</b>										
25.05.2004	Hanne Staff	03:41	02:20	02:28	01:40	02:49	03:23	04:24	<b>20:45</b>		
25.05.2004	Lars Nordin	03:33	02:16	02:29	01:41	03:04	03:22	05:23	<b>21:48</b>		
25.05.2004	Jørn Sundby	03:38	02:40	02:38	01:33	03:24	05:02	06:10	<b>25:05</b>		
25.05.2004	Jan Sverre Edstrøm	03:44	02:13	02:32	01:45	02:59	03:34	04:34	<b>21:21</b>		
25.05.2004	Andreas Edstrøm	04:17	02:41	02:49	01:54	03:42	04:05	05:24	<b>24:52</b>		
25.05.2004	Peter Westerberg	03:39	02:38	02:37	01:41	03:32	03:42	04:46	<b>22:35</b>		
25.05.2004	Bjørnar Valstad	03:12	01:53	02:05	01:22	02:25	02:52	03:44	<b>17:33</b>		
		03:22	01:58	02:11	01:26	02:37	02:56	03:40	<b>18:10</b>	<b>35:43</b>	
25.05.2004	Daniel Marston	03:27	02:05	02:23	01:32	02:43	03:18	04:13	<b>19:41</b>		
		03:41	02:17	02:27	01:39	02:51	03:23	04:20	<b>20:38</b>	<b>40:19</b>	
25.05.2004	Dag Solberg	03:28	02:11	02:21	01:33	02:47	03:16	04:15	<b>19:51</b>		
		03:41	02:22	02:24	01:35	02:53	03:13	04:07	<b>20:15</b>	<b>40:06</b>	
25.05.2004	Ulf Brenna	03:31	02:07	02:19	01:30	02:48	03:14	04:12	<b>19:41</b>		
		05:51	-	02:21	01:34	02:53	03:13	04:06	<b>19:58</b>	<b>39:39</b>	

#### Løpeteknisk test tirsdag 25.05.04

Rimelig bra løpsforhold. Ca. 14 grader. Opphold og sol I starten, regnbyge mot slutten.

Forholdsvis tørt I hele trasèen. Myra var bra. Gjennomgående tråkk i nesten hele løypa.

Løypa var godt merket.

Det ble benyttet EKT postbukker og løperbrikker.