

		<i>Småkupert</i>	<i>Myr</i>	<i>Småkupert</i>	<i>Utforbakke</i>	<i>Motbakke</i>	<i>Sti-terreng</i>	<i>Kupert-ulendt</i>	<i>Tid 1 runde</i>	<i>Tid 2 runder</i>
<i>Terrengkategori</i>										
<i>Delstrekk nr.</i>		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>		
<i>Lengde (meter)</i>		790	330	510	300	300	650	700	3580	7160
<i>Stigning (meter)</i>		45	0	20	0	60	25	25	175	350
<i>Fall (meter)</i>		35	0	5	60	0	20	45	165	?
Dato	Navn									
08.06.2011	Kine Gulliksen	04:07	02:38	03:06	01:50	03:34	04:01	04:53	24:09	
08.06.2011	Marti Kahrs	04:32	02:47	03:12	01:55	03:52	04:08	05:26	25:52	
08.06.2011	Sina Blix	05:02	03:22	03:42	02:27	04:04	04:46	06:13	29:36	
08.06.2011	Marie Håversen	04:53	03:54	03:50	02:26	04:52	05:06	07:08	32:09	
08.06.2011	Andrea Jødal	05:34	03:45	04:38	02:44	04:58	05:47	07:05	34:31	
08.06.2011	Synne Bøe	06:09	03:40	04:41	03:24	05:07	05:45	08:58	37:44	
08.06.2011	Johanne Øderud Vatne	07:58	04:45	05:56	04:35	06:25	07:37	12:19	49:35	
08.06.2011	Borger Melsom	03:18	02:05	02:34	01:32	02:45	03:26	04:08	19:48	
08.06.2011	Odd Kletteli	06:11	03:53	04:33	03:01	04:59		14:27	37:04	
08.06.2011	Runar Bjørhovde	04:24	03:28	03:25	02:30	04:09	04:45	06:39	29:20	
08.06.2011	Oskar Jakobsen	04:49	03:03	03:51	02:15	04:11	04:59	06:14	29:22	
08.06.2011	Andreas Gøbel	05:37	03:20	04:33	03:20	04:52	05:33	07:05	34:20	
08.06.2011	Jonas Messel Larsen	05:40	02:54	04:39	03:20	04:47	05:56	07:15	34:31	
08.06.2011	Sebastian Heltberg	05:03	03:41	04:34	03:21	04:47	05:34	07:33	34:33	
08.06.2011	Baste Brynsrud	07:09	04:03	05:16	02:58	05:44	06:58	10:06	42:14	
08.06.2011	Andreas Vaage		11:06	06:45	03:00	08:20	07:19	11:13	47:43	
08.06.2011	Mattias Cederstrøm	06:39	04:30	06:52	02:58	08:19	07:13	11:19	47:50	
08.06.2011	Olav Torgersen	06:34	05:00	06:21	03:16	08:10	07:57	11:30	48:48	
08.06.2011	Aksel Brodin Arnesen	09:10	04:35	07:42		08:31	11:03	15:19	56:20	
08.06.2011	Erik Thomassen	10:39	05:42	07:20	05:32	07:45	09:55	15:48	01:02:41	
08.06.2011	Ulf Brenna	03:37	02:25	02:43	01:43	03:10	03:32	04:40	21:50	

		03:54	02:30	02:43	01:45	03:17	03:30	04:38	22:17	44:07
08.06.2011	Øystein Pettersen	03:46	02:40	02:44	01:31	03:40	03:37	04:42	22:40	
		04:05	02:59	02:50	01:36	03:37	03:40	04:41	23:28	46:08
									00:00	
									00:00	00:00

Løpeteknisk test torsdag 08.06.2011

Ca 15 grader og overskyet, noe regn i begynnelsen

Veldig våt i hele løypen (mye regn i forkant)

Løypa var godt merket.

Det ble benyttet EKT postbukker og løperbrikker.