

		<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>Tid 5 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>17900</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>875</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>?</b>	<b>?</b>
<b>Dato</b>	<b>Navn</b>										
23.06.2015	Knut Aasheim	04:06	02:34	03:23	02:08	04:24	04:36	05:40	<b>26:51</b>		
23.06.2015	Martin Reichenbach	04:34	02:54	03:40		06:12	04:22	05:54	<b>27:36</b>		
23.06.2015	Anselm Reichenbach	04:46	02:43	03:48	02:06	03:51	04:30	06:26	<b>28:10</b>		
23.06.2015	Olav Torgesen	04:42	03:10	03:18	01:59	03:32	06:13	10:27	<b>33:21</b>		
23.06.2015	Lars Øderud Vatne	05:18	04:01	04:06	02:08	04:05	05:13	06:44	<b>31:35</b>		
23.06.2015	Ingeborg Øderud	05:26	03:45	04:09	02:07	05:42	05:02	06:49	<b>33:00</b>		
23.06.2015	Anniken Eriksrud Karlsen	04:41	03:22	04:00	02:03	04:49	04:53	06:45	<b>30:33</b>		
23.06.2015	Runar Bjørhovde	04:19	03:01	03:25	02:00	03:38	04:26	05:56	<b>26:45</b>		
23.06.2015	Lone Brochmann	04:14	02:27	03:08	01:53	03:38	04:03	05:31	<b>24:54</b>		
23.06.2015	Kine Gulliksen	04:27	02:53	03:19	01:48	04:00	04:05	05:12	<b>25:44</b>		
23.06.2015	Lene Godager Kaas	04:02	02:50	02:55	01:38	03:41	03:44	05:03	<b>23:53</b>		
23.06.2015	Carl Godager Kaas	03:16	02:03	02:23	01:18	02:45	03:04	04:00	<b>18:49</b>		
		03:36	02:19	02:35	01:22	02:56	03:04	03:52	<b>19:44</b>	<b>38:33</b>	
23.06.2015	Anders Tiltnes	03:21	02:09	02:30	01:22	03:06	03:08	04:16	<b>19:52</b>		
		03:42	02:30		04:12	03:18	03:19	04:09	<b>21:10</b>	<b>41:02</b>	
23.06.2015	Neeme Loorits	04:42	02:40	03:12	02:02	03:50	04:35	05:52	<b>26:53</b>		
		05:03	02:58	03:25	02:09	04:05	04:15	05:54	<b>27:49</b>		
		05:13	02:56	03:32	02:15	04:05	04:31	06:00	<b>28:32</b>		
		05:16	02:56	03:32	02:24	04:11	04:32	06:47	<b>29:38</b>		
		05:21	02:53	03:45	02:27	04:06	04:20	05:26	<b>28:18</b>		<b>02:21:10</b>

#### Løpeteknisk test tirsdag 23.06.2015

Ca 20 grader og sol

Marsh was very wet.

Løypa var godt merket.

Det ble benyttet EKT postbukker og løperbrikker.