

<i>Terrengkategori</i>	<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>Delstrek nr.</i>	1	2	3	4	5	6	7		
<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								
17.06.2014	Kamilla Olaussen	03:54	02:17	02:49	01:54	03:34	03:41	05:02	23:11
17.06.2014	Anniken Eriksrud Karlsen	05:49	03:08	03:58	02:28	04:49	04:49	06:50	31:51
17.06.2014	Lin Marte Andorsen	05:10	03:14	04:30	02:34	05:11	05:01	06:53	32:33
17.06.2014	Andrea Jødal	05:36	03:08	04:12	02:53	04:38	05:13	07:00	32:40
17.06.2014	Johanne Øderud Vatne	05:56	03:19	05:04	03:13	05:51	06:41	09:10	39:14
17.06.2014									
17.06.2014	Sindre Rønning Huber	03:13	01:57	02:29	01:27	03:09	03:33	04:19	20:07
17.06.2014	Kasper Fosser	03:30	01:46	02:35	01:32	02:55	03:32	04:33	20:23
17.06.2014	Borger Melsom	03:19	02:00	02:31	01:26	03:02	03:35	04:35	20:28
17.06.2014	Ulrik Astrup Arnesen	03:23	02:04	02:46	01:38	03:12	03:52	04:33	21:28
17.06.2014	Elias Wiklund	03:34	01:59	02:36	01:32	03:17	03:47	04:46	21:31
17.06.2014	Joakim Blix Prestmo	03:41	02:11	02:43	01:44	03:26	03:29	04:36	21:50
17.06.2014	Henrik Eijsink	03:50	02:15	02:48	01:40	03:29	03:35	04:49	22:26
17.06.2014	Runar Bjørhovde	03:56	02:26	03:01	02:00	03:12	04:06	05:11	23:52
17.06.2014	Martin Schälli	04:01	02:30	02:58	01:48	03:31	03:58	05:11	23:57
17.06.2014	Rudy Rooman	04:06	02:18	02:55	01:49	03:29	04:01	05:31	24:09
17.06.2014	Ove Kristian Jødal	04:22	02:28	03:12	02:05	03:44	04:12	05:59	26:02
17.06.2014	Martin Adelsten Røsholm	04:54	02:34	03:52	02:36	04:14	05:38	06:58	30:46
17.06.2014	Fredrik Fossan Våge	05:08	02:42	03:56	02:37	04:48	05:26	06:53	31:30
17.06.2014	Truls Kvaase	05:13	03:07	04:03	02:42	04:17	05:00	07:08	31:30
17.06.2014	Martin Dege	05:42	03:10	04:29	03:06	05:43	06:20	07:37	36:07
17.06.2014	Lars Øderud Vatne	04:46	04:08	05:34	03:47	05:36	07:00	09:20	40:11

										00:00	
17.06.2014	Carl Godager Kaas	03:14	01:45	02:20	01:20	02:33	03:02	03:55		18:09	
		03:31	02:00	02:28	01:20	02:48	03:05	03:48		19:00	37:09
17.06.2014	Eirik Rustad	03:19	02:01	02:26	01:31	02:58	03:11	04:16		19:42	
		03:48	02:12	02:36	01:35	03:16	03:22	04:17		21:06	40:48
17.06.2014	Anders Vister	03:20	01:58	02:38	01:36	02:54	03:30	04:41		20:37	
		03:49	02:16	02:51	01:39	03:33	03:29	04:26		22:03	42:40
17.06.2014	Håvard Haga	03:29	02:04	02:37	01:31	03:10	03:27	04:36		20:54	
		03:56	02:15	02:41	01:30	03:32	03:28	04:24		21:46	42:40
17.06.2014	Felix Breitschädel	03:36	02:19	02:38	01:33	03:12	03:30	04:46		21:34	
		04:12	02:25	02:53	01:38	03:28	03:35	04:46		22:57	44:31
17.06.2014	Halvor Eid Nielsen	03:31	02:20	02:49	01:30	03:36	03:48	05:03		22:37	
		04:30	02:44	03:08	01:46	04:08	03:50	05:08		25:14	47:51

Løpeteknisk test tirsdag 17.06.2014

Ca 18 grader og sol

Veldig gode forhold, tørt og fint å løpe. Myra bedre enn vanlig.

Løypa var perfekt merket.

Det ble benyttet EKT postbukker og løperbrikker.