

<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>Delstrekk 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									
18.06.2009	Siri Ulvestad	03:37	02:21	02:46	01:35	03:17	03:46	04:42	22:04	
18.06.2009	Silje Ekroll Jahren	03:42	02:09	02:50	01:35	03:20	03:45	04:49	22:10	
18.06.2009	Anne Marie Bleken	04:07	02:21	03:03	01:55	03:28	03:59	05:16	24:09	
18.06.2009	Marit Kahrs	04:12	02:36	03:01	01:48	03:43	04:00	05:18	24:38	
18.06.2009	Elin Bjerva	04:28	02:56	03:15	01:55	04:01	04:05	05:21	26:01	
16.06.2009	Marte Ulvestad	04:21	02:46	03:22	01:58	04:01	04:28	05:37	26:33	
18.06.2009	Marie Hammer Håversen	04:46	03:26	03:32	02:33	04:36	04:48	06:43	30:24	
18.06.2009	Mikkel Lund	03:21	02:13	02:23	01:19	03:04	03:10	04:05	19:35	
18.06.2009	Simen Rustad	03:34	02:09	02:34	01:39	02:55	03:31	04:28	20:50	
18.06.2009	Martin Grotle Soukup	03:38	02:23	02:39	01:34	02:59	03:20	04:18	20:51	
18.06.2009	Sebastian Torgersen	03:45	02:13	02:52	01:47	03:13	03:41	05:13	22:44	
18.06.2009	Ove Kristian Jødal	03:50	02:23	02:50	01:49	03:29	03:47	04:54	23:02	
18.06.2009	Jørn Sundby	03:56	02:37	02:46	01:45	03:34	03:45	05:02	23:25	
18.06.2009	Kristian Ruud	04:00	02:49	03:11	01:41	04:00	04:17	05:30	25:28	
18.06.2009	Arne Torgersen	04:14	02:52	03:14	02:18	04:20	04:48	06:06	27:52	
18.06.2009	Truls Kvaase	04:41	02:58		05:43	04:16	04:28	06:14	28:20	
18.06.2009	Odd Kletтели	05:40	03:15		06:43	04:42	05:24	07:04	32:48	
18.06.2009	Carl Waaler Kaas	03:09	01:57	02:23	01:20	02:39	03:08	03:57	18:33	
		03:32	02:13	02:31	01:20	02:46	03:10	03:54	19:26	37:59
18.06.2009	Daniel Marston	03:30	02:00	02:29	01:38	02:48	03:18	04:30	20:13	
		03:42	02:12	02:30	01:39	02:58	03:23	04:25	20:49	41:02
18.06.2009	Eirik Rustad	03:23	02:10	02:24	01:28	02:52	03:15	04:19	19:51	
		03:47	02:23	02:31	01:35	03:16	03:23	04:20	21:15	41:06
18.06.2009	Tue Lassen	03:25	02:17	02:25	01:25	03:06	03:17	04:16	20:11	
		03:52	02:22	02:32	01:28	03:14	03:20	04:19	21:07	41:18

18.06.2009	Mattias Lillevold	03:46	02:06	02:37	01:39	03:07	03:33	04:48	21:36	
		04:01	02:12	02:44	01:46	03:07	03:33	04:19	21:42	43:18

Løpeteknisk test torsdag 18.06.2009

Ganske BRA løpsforhold. Ca. 16 grader og lettskyet.

Myra var våt og opptråkket. Gjennomgående tråkk i nesten hele løypa.

Løypa var godt merket.

Det ble benyttet EKT postbukker og løperbrikker.