

<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									
08.06.2005	Fanny WS Horn	03:48	02:26	02:51	01:42	03:25	03:46	04:40	22.38	
08.06.2005	Siri Ulvestad	03:54	02:31	02:50	01:37	03:32	03:43	04:49	22.56	
08.06.2005	Mariann Ulvestad	03:51	02:30	02:51	01:39	03:33	04:13	04:50	23.27	
08.06.2005	Ingunn Weltzin	04:28	02:59	03:17	01:39	03:45	04:23	05:12	25.43	
08.06.2005	Ingunn Edstrøm	04:22	03:03	03:10	01:55	04:17	04:28	05:38	26.53	
08.06.2005	Hanne Staff	03:51	02:44	02:48	01:37	03:09	03:45	04:44	22.38	
08.06.2005	Martin Soukop	03:38	02:37	02:39	01:21	03:03	03:20	04:18	20.56	
08.06.2005	Peter Westerberg	03:30	02:31	02:35	01:31	03:22	03:31	04:24	21.24	
08.06.2005	Jan A Edstrøm	03:41	02:36	02:44	01:34	03:26	03:55	04:35	22.31	
08.06.2005	Christian Bøen	03:13	02:14	02:18	01:21	02:53	03:05	04:04	19:08	
		03:44	02:40	02:27	01:28	03:03	03:05	03:59	20:26	39:34
08.06.2005	Eirik Watterdal	03:22	02:23	02:26	01:32	02:44	03:12	04:10	19:49	
		03:38	02:47	02:22	01:33	02:52	03:09	04:08	20:29	40:18
08.06.2005	Ulf Brenna	03:24	02:12	02:23	01:30	02:57	03:18	04:08	19:52	
		03:45	02:20	02:31	01:30	03:06	03:18	04:07	20:37	40:29
08.06.2005	Dag Solberg	03:25	02:20	02:31	01:26	03:02	03:20	04:20	20:24	
		04:46	02:35	02:32	01:27	03:09	03:22	04:18	22:09	42:33
08.06.2005	Tor Brenna	03:29	02:15	02:30	01:32	02:53	03:27	04:15	20:21	
		03:51	02:28	02:38	01:33	03:07	03:27	04:13	21:17	41:38
08.06.2005	Øystein Sørensen	03:34	02:26	02:30	01:20	03:12	03:22	04:17	20:41	
		03:55	02:42	02:43	01:22	03:24	03:26	04:10	21:42	42:23
08.06.2005	Geir Hoff	03:29	02:29	02:41	01:32	03:15	03:32	04:28	21:26	
		04:06	02:39	02:38	01:40	03:24	03:30	04:21	22:18	43:44

Løpeteknisk test onsdag 08.06.05

Rimelig bra løpsforhold. Ca. 15 grader. Opphold og sol.

Forholdsvis tørt i hele trasèen, bortsett fra myra som var sump. Gjennomgående tråkk i nesten hele løypa.

Løypa var godt merket.

Det ble benyttet EKT postbukker og løperbrikker.