

		Småkupert	Myr	Småkupert	Utforbakke	Mofbakke	Sti-terreng	Kupert-ulend	Tid 1 runde	Tid 2 runder
Terrengkategori										
Delstrekk nr.		1	2	3	4	5	6	7		
Lengde (meter)		790	330	510	300	300	650	700	3580	7160
Stigning (meter)		45	0	20	0	60	25	25	175	350
Fall (meter)		35	0	5	60	0	20	45	165	?
Dato	Navn									
05.07.2007	Ingrid Bronebakk	04:15	02:42	03:10	01:55	03:35	04:09	05:11	24.57	
05.07.2007	Elin Bjerva	04:13	02:53	03:02	01:44	03:40	04:14	05:21	25.07	
05.07.2007	Karoline Anisdahl	04:25	02:39	03:16	02:06	03:53	04:49	05:39	26.47	
05.07.2007	Mikkel Lund	03:18	02:03	02:22	01:17	03:02	03:12	04:02	19.16	
05.07.2007	Jan Andreas Edstrøm	03:25	02:24	02:26	01:38	03:08	03:28	04:14	20.43	
05.07.2007	Tor Brenna	03:41	02:10	02:37	01:42	02:59	03:39	04:20	21.08	
05.07.2007	Odd Kletтели	05:48	03:24	03:59	02:36	04:54	05:42	07:36	33.59	
05.07.2007	Eirik Watterdal	03:14	01:59	02:17	01:26	02:22	03:11	04:02	18.31	
		03:37	02:12	02:24	01:26	02:38	03:16	04:01	19.34	38.05
05.07.2007	Daniel Marston	03:20	02:00	02:17	01:31	02:42	03:17	04:10	19.17	
		03:28	02:06	02:20	01:32	02:48	03:18	04:11	19.43	39.00
05.07.2007	Ulf Brenna	03:25	02:04	02:21	01:31	02:52	03:20	04:10	19.43	
		03:40	02:08	02:24	01:29	02:58	03:21	04:04	20.04	39.47
05.07.2007	Andreas Johansson	03:13	01:57	02:23	01:24	02:49	03:11	04:16	19.13	
		03:41	02:19	02:25	01:28	03:18	03:19	04:18	20.48	40.01