

		<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>Terrengkategori</i>										
<i>Delstrekk nr.</i>		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>		
<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>
<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>
<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>Dato</b>	<b>Navn</b>									
06.05.2010	Heidi Østlid Bagstevold	03:45	02:30	02:45	01:47	03:11	03:44	04:42	<b>22:24</b>	
06.05.2010	Kine Gulliksen	03:56	02:42	03:00	01:43	03:38	03:54	04:46	<b>23:39</b>	
06.05.2010	Andrine Benjaminsen	04:12	02:30	03:02	01:46	03:20	04:09	05:11	<b>24:10</b>	
06.05.2010	Marit Kahrs	04:09	02:47		04:42	03:36	03:54	05:08	<b>24:16</b>	
06.05.2010	Katja Ekroll Jahren	04:09	02:46	03:13	01:58	03:51	04:18	05:46	<b>26:01</b>	
06.05.2010	Siri Vilberg	04:24	03:04	03:20	02:00	03:50	04:27	05:35	<b>26:40</b>	
06.05.2010	Solveig Blindheim	04:37	03:28	03:33	02:15	04:09	04:32	05:49	<b>28:23</b>	
06.05.2010	Ane Linde	04:42	03:34	03:35	02:08	04:33	04:40	05:54	<b>29:06</b>	
06.05.2010	Natalie Blomseth	04:35	03:45	03:39	02:27	04:21	04:43	06:22	<b>29:52</b>	
06.05.2010	Ingvild Brekke	05:19	03:53	04:20	02:23	05:01	05:44	06:45	<b>33:25</b>	
06.05.2010	Mattias Karlsson	03:04	02:02	02:25	01:27	02:43	03:05	03:59	<b>18:45</b>	
06.05.2010	Anders Tiltnes	03:09	02:18	02:21	01:32	02:49	03:03	03:56	<b>19:08</b>	
06.05.2010	Mikkel Lund	03:18	02:11	02:34	01:20	02:50	03:08	03:58	<b>19:19</b>	
06.05.2010	Jeppe Ruud								<b>23:00</b>	
06.05.2010	Eirik Godal	04:12	02:39	03:02	01:52	03:28	04:01	05:25	<b>24:39</b>	
06.05.2010	Erik Paulsrud	03:59	02:54	03:17	01:57	03:48	04:19	05:21	<b>25:35</b>	
06.05.2010	Stian Lillegård	05:20	04:01	05:11	02:52	05:13	05:53	06:49	<b>35:19</b>	
06.05.2010	Tue Lassen	03:19	02:16	02:26	01:26	02:55	03:14	04:11	<b>19:47</b>	
06.05.2010		03:37	02:27	02:30	01:25	03:01	03:14	04:00	<b>20:14</b>	<b>40:01</b>
06.05.2010	Eskil Kinneberg	03:21	02:11	02:28	01:30	02:56	03:22	04:25	<b>20:13</b>	
06.05.2010		03:45	02:21	02:33	01:30	03:05	03:17	04:14	<b>20:45</b>	<b>40:58</b>
06.05.2010	Rasmus Skaare	03:42	02:16	02:40	01:33	03:13	03:28	04:26	<b>21:18</b>	
06.05.2010		03:47	02:21	02:42	01:33	03:11	03:25	04:20	<b>21:19</b>	<b>42:37</b>

06.05.2010	Robert Merl	03:45	02:16	02:37	01:37	02:59	03:35	04:29	<b>21:18</b>	
06.05.2010		03:51	02:26	02:50	01:38	03:10	03:38	04:19	<b>21:52</b>	<b>43:10</b>
06.05.2010	Andreas Edstrøm	03:19	02:13	02:31	01:29	03:06	03:33	04:31	<b>20:42</b>	
06.05.2010		04:00	02:32	02:46	01:42	03:27	03:33	04:43	<b>22:43</b>	<b>43:25</b>
06.05.2010	Mattias Benjaminsen	03:48	02:20	02:50	01:45	03:14		08:44	<b>22:41</b>	
06.05.2010		04:06	02:31	02:57	01:41	03:36		08:48	<b>23:39</b>	<b>46:20</b>
06.05.2010	Hans Erik Heggem	03:44	02:34		04:52	03:37	04:07	05:11	<b>24:05</b>	
06.05.2010		04:34	02:51	03:15	01:49	03:53	04:06	04:51	<b>25:19</b>	<b>49:24</b>

### Løpeteknisk test torsdag 06.05.2010

Ca. 6 grader

Løypa var godt merket.

Det ble benyttet EKT postbukker og løperbrikker.