

		Småkupert	Myr	Småkupert	Utforbakke	Motbakke	Sti-terreng	Kupert-utlend	Tid 1 runde	Tid 2 runder	Tid 3 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	525
Fall (meter)		35	0	5	60	0	20	45	165	330	495
Dato	Navn										
15.05.2003	Lene Moe	04:03	02:57	02:56	01:41	03:46	04:09	04:59	24:31		
15.05.2003	Birgitte Husebye	00:00	00:00	00:00	00:00	00:00	00:00	00:00	23:29	mangler strekk	
15.05.2003	Siri Engebretsen	00:00	00:00	00:00	00:00	00:00	00:00	00:00	29:23	mangler strekk	
15.05.2003	Anne Margrethe Hausken	03:31	02:34	02:34	01:23	03:13	03:28	04:27	21:10		
15.05.2003	Anne Marie Bleken	04:08	03:06	03:13	01:44	03:44	04:11	05:11	25:17		
15.05.2003	Ingvild Tømta	00:00	00:00	00:00	00:00	00:00	00:00	00:00	27:49	mangler strekk	
15.05.2003	Ingunn Edstrøm	00:00	00:00	00:00	00:00	00:00	00:00	00:00	32:16	mangler strekk	
15.05.2003	Ida Svanberg	00:00	00:00	00:00	00:00	00:00	00:00	00:00	27:49	mangler strekk	
15.05.2003	Lene Bergersen	04:06	03:05	03:06	01:47	03:47	04:13	05:18	25:22		
15.05.2003	Anne W Øverøyen	00:00	00:00	00:00	00:00	00:00	00:00	00:00	27:35	mangler strekk	
15.05.2003	Elin Bjerva	04:24	03:46	03:19	01:52	04:07	04:18	05:33	27:19		
15.05.2003	Gøril Fristad	04:13	02:51	02:50	01:48	03:23	03:50	04:51	23:46		
15.05.2003	Christian W Bøen	03:08	02:29	02:41	01:26	03:11	03:15	04:22	20:32		
15.05.2003	Hans Olof Amblie	00:00	00:00	00:00	00:00	00:00	00:00	00:00	20:00	mangler strekk	
15.05.2003	Jan Sverre Edstrøm	03:42	02:16	02:40	01:46	03:07	03:38	04:37	21:46		
15.05.2003	Jan Arild Johnsen	00:00	00:00	00:00	00:00	00:00	00:00	00:00	28:10	mangler strekk	
15.05.2003	Eivind Tonna	00:00	00:00	00:00	00:00	00:00	00:00	00:00	22:20	mangler strekk	
15.05.2003	Daniel Marston	03:16	02:10	02:19	01:27	02:37	03:13	04:16	19:18		
		03:40	02:26	02:26	01:32	02:42	03:15	04:11	20:12	39:30	
15.05.2003	Neil Marston	04:04	02:43	02:49	01:48	03:13	03:56	05:29	24:02		
		04:24	03:02	02:57	01:58	03:32	04:09	05:31	25:33	49:35	
15.05.2003	Jim Øystein Nybråten	03:20	02:18	02:32	01:39	02:47	03:22	04:30	20:28		
		03:52	02:30	02:33	01:42	02:52	03:30	04:25	21:24	41:52	
15.05.2003	Lars Nordin	03:34	02:25	02:32	01:33	03:05	03:25	04:35	21:09		
		03:54	02:47	02:44	01:37	03:17	03:29	04:31	22:19	43:28	
15.05.2003	Bjørnar Valstad	03:13	02:03	02:16	01:26	02:34	03:02	03:49	18:23		
		03:23	02:19	02:22	01:26	02:33	03:10	03:55	19:08	37:31	
		03:24	02:20	02:20	01:27	02:43	03:02	03:46	19:02		56:33
15.05.2003	Bent Olav Aamodt	03:20	02:19	02:21	01:24	02:40	03:13	04:14	19:31		
		03:33	02:35	02:24	01:27	02:48	03:18	03:56	20:01	39:32	

Løpeteknisk test torsdag 15. Mai 2003.

Ganske tunge løpsforhold. Ca. 12 grader og overskyet (noen regndråper men stort sett opphold under testen).

Meget vått i skogen etter mye nedbør siste tiden. Myra var ekstremt våt. Gjennomgående tråkk i nesten hele løypa.

Løypa var godt merket. Løypa sjekket. Ok

Det ble benyttet EKT postbukker og løperbrikker.