

Strekketider - Treningsløp - Skjævesland Sag - 24.04.18

Løypelegger: Kristen Bue

LANG LØYPE - 3,7 KM

1. Stian Skjævesland	42:16	1:28- 1	3:13- 1	3:51- 1	5:19- 3	1:56- 1	1:33- 1	3:18- 1	5:20- 1	3:54- 2	3:34- 1	1:55- 8	4:08- 1	2:47- 1
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		<u>1:28- 1</u>	<u>4:41- 1</u>	<u>8:32- 1</u>	<u>13:51- 1</u>	<u>15:47- 1</u>	<u>17:20- 1</u>	<u>20:38- 1</u>	<u>25:58- 1</u>	<u>29:52- 1</u>	<u>33:26- 1</u>	<u>35:21- 1</u>	<u>39:29- 1</u>	<u>42:16- 1</u>
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2. Arild Hetland	48:54	1:57- 4	4:58-10	4:52- 4	5:32- 6	2:27- 3	2:05- 3	3:51- 4	5:32- 2	3:57- 3	3:53- 2	1:19- 1	5:23- 5	3:08- 2
		0:29	1:45	1:01	0:43	0:31	0:32	0:33	0:12	0:22	0:19	0:00	1:15	0:21
		1:57- 4	6:55- 9	11:47- 7	17:19- 5	19:46- 5	21:51- 5	25:42- 5	31:14- 3	35:11- 3	39:04- 3	40:23- 2	45:46- 3	48:54- 2
		0:29	2:14	3:15	3:28	3:59	4:31	5:04	5:16	5:19	5:38	5:02	6:17	6:38
3. Egil Andersen	49:00	1:50- 2	3:47- 2	4:46- 3	5:23- 4	2:24- 2	2:45- 9	3:47- 3	6:14- 4	3:35- 1	4:09- 3	1:43- 5	5:19- 4	3:18- 3
		0:22	0:34	0:55	0:34	0:28	1:12	0:29	0:54	0:00	0:35	0:24	1:11	0:31
		1:50- 2	5:37- 2	10:23- 2	15:46- 2	18:10- 2	20:55- 3	24:42- 2	30:56- 2	34:31- 2	38:40- 2	40:23- 2	45:42- 2	49:00- 3
		0:22	0:56	1:51	1:55	2:23	3:35	4:04	4:58	4:39	5:14	5:02	6:13	6:44
4. Arild Bjorkenes	50:55	2:27-10	3:49- 3	5:26- 5	4:49- 1	2:27- 3	2:07- 4	4:27- 7	6:14- 4	4:10- 5	4:45- 5	1:24- 2	5:07- 3	3:43- 5
		0:59	0:36	1:35	0:00	0:31	0:34	1:09	0:54	0:35	1:11	0:05	0:59	0:56
		2:27-10	6:16- 6	11:42- 6	16:31- 4	18:58- 4	21:05- 4	25:32- 4	31:46- 4	35:56- 4	40:41- 4	42:05- 4	47:12- 4	50:55- 4
		0:59	1:35	3:10	2:40	3:11	3:45	4:54	5:48	6:04	7:15	6:44	7:43	8:39
5. Kari Christensen	53:15	2:26- 9	3:54- 5	4:33- 2	4:53- 2	2:47- 6	1:58- 2	4:17- 6	9:00-11	4:08- 4	4:09- 3	1:27- 3	5:50- 6	3:53- 7
		0:58	0:41	0:42	0:04	0:51	0:25	0:59	3:40	0:33	0:35	0:08	1:42	1:06
		2:26- 9	6:20- 7	10:53- 3	15:46- 2	18:33- 3	20:31- 2	24:48- 3	33:48- 5	37:56- 5	42:05- 5	43:32- 5	49:22- 5	53:15- 5
		0:58	1:39	2:21	1:55	2:46	3:11	4:10	7:50	8:04	8:39	8:11	9:53	10:59
6. Camilla Aasrum	58:26	2:13- 8	5:17-11	6:00- 8	5:31- 5	2:32- 5	2:23- 6	5:06-10	7:36- 8	4:35- 6	5:24- 7	1:49- 7	5:58- 7	4:02- 9
		0:45	2:04	2:09	0:42	0:36	0:50	1:48	2:16	1:00	1:50	0:30	1:50	1:15
		2:13- 8	7:30-11	13:30- 8	19:01- 8	21:33- 6	23:56- 6	29:02- 6	36:38- 6	41:13- 6	46:37- 6	48:26- 6	54:24- 6	58:26- 6
		0:45	2:49	4:58	5:10	5:46	6:36	8:24	10:40	11:21	13:11	13:05	14:55	16:10
7. Ingunn Hetland	68:33	2:06- 7	3:53- 4	5:37- 6	5:57- 8	12:03-11	2:10- 5	4:14- 5	8:51-10	4:52- 8	6:43-10	3:17-10	4:59- 2	3:51- 6
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		2:06- 7	5:59- 4	11:36- 4	17:33- 7	29:36- 9	31:46- 8	36:00- 8	44:51- 8	49:43- 8	56:26- 8	59:43- 8	64:42- 7	68:33- 7
		0:38	1:18	3:04	3:42	13:49	14:26	15:22	18:53	19:51	23:00	24:22	25:13	26:17
8. Lars Peder Vaaje	71:17	2:01- 5	3:56- 6	5:41- 7	5:48- 7	9:23- 9	3:58-10	4:34- 8	7:03- 7	7:02-11	5:46- 8	2:12- 9	7:58-11	5:55-11
		0:33	0:43	1:50	0:59	7:27	2:25	1:16	1:43	3:27	2:12	0:53	3:50	3:08
		2:01- 5	5:57- 3	11:38- 5	17:26- 6	26:49- 8	30:47- 7	35:21- 7	42:24- 7	49:26- 7	55:12- 7	57:24- 7	65:22- 8	71:17- 8
		0:33	1:16	3:06	3:35	11:02	13:27	14:43	16:26	19:34	21:46	22:03	25:53	29:01
9. John Øyslebø	71:36	1:53- 3	4:09- 7	9:31-10	12:06-11	10:13-10	2:32- 7	3:46- 2	6:00- 3	5:13- 9	5:04- 6	1:37- 4	6:12- 8	3:20- 4
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		1:53- 3	6:02- 5	15:33-10	27:39-10	37:52-11	40:24-11	44:10-11	50:10-10	55:23-10	60:27-10	62:04- 9	68:16- 9	71:36- 9
		0:25	1:21	7:01	13:48	22:05	23:04	23:32	24:12	25:31	27:01	26:43	28:47	29:20
10. Jørgen Sæbø	72:36	2:05- 6	4:19- 8	16:13-11	7:34- 9	3:14- 7	2:36- 8	4:53- 9	6:18- 6	4:35- 6	6:52-11	3:40-11	6:24- 9	3:53- 7
		0:37	1:06	12:22	2:45	1:18	1:03	1:35	0:58	1:00	3:18	2:21	2:16	1:06
		2:05- 6	6:24- 8	22:37-11	30:11-11	33:25-10	36:01- 9	40:54- 9	47:12- 9	51:47- 9	58:39- 9	62:19-10	68:43-10	72:36-10
		0:37	1:43	14:05	16:20	17:38	18:41	20:16	21:14	21:55	25:13	26:58	29:14	30:20
11. Arvid Andersen	76:26	2:40-11	4:40- 9	7:35- 9	8:10-10	3:23- 8	11:46-11	5:09-11	8:38- 9	5:13- 9	6:34- 9	1:43- 5	6:50-10	4:05-10
		1:12	1:27	3:44	3:21	1:27	10:13	1:51	3:18	1:38	3:00	0:24	2:42	1:18
		2:40-11	7:20-10	14:55- 9	23:05- 9	26:28- 7	38:14-10	43:23-10	52:01-11	57:14-11	63:48-11	65:31-11	72:21-11	76:26-11
		1:12	2:39	6:23	9:14	10:41	20:54	22:45	26:03	27:22	30:22	30:10	32:52	34:10

MELLOMLØYPE

1. John Gunnar Lauvdal	60:14	2:41-1	8:04-1	14:44-3	8:29-1	3:59-1	11:36-3	6:31-1	4:10-2
		0:00	0:00	7:08	0:00	0:00	7:10	0:00	0:11
		<u>2:41-1</u>	<u>10:45-1</u>	<u>25:29-2</u>	<u>33:58-1</u>	<u>37:57-1</u>	<u>49:33-1</u>	<u>56:04-1</u>	<u>60:14-1</u>
		0:00	0:00	5:14	0:00	0:00	0:00	0:00	0:00
2. Oscar Kaaløy	66:13	4:24-3	8:15-2	7:36-1	15:46-3	10:28-3	4:26-1	10:39-3	4:39-3
		1:43	0:11	0:00	7:17	6:29	0:00	4:08	0:40
		4:24-3	12:39-2	<u>20:15-1</u>	36:01-2	46:29-3	50:55-2	61:34-2	66:13-2
		1:43	1:54	0:00	2:03	8:32	1:22	5:30	5:59
3. Bertine R. Møll / Kaja Ugland	68:42	4:17-2	9:39-3	12:40-2	13:09-2	6:18-2	8:06-2	10:34-2	3:59-1
		1:36	1:35	5:04	4:40	2:19	3:40	4:03	0:00
		4:17-2	13:56-3	26:36-3	39:45-3	46:03-2	54:09-3	64:43-3	68:42-3
		1:36	3:11	6:21	5:47	8:06	4:36	8:39	8:28