

Treningsløp Uslandsheia 04.06.2019

Løypelegger: Kjetil Aukland

LANG LØYPE

1.	Stian Skjævesland	51:09	2:07-1 0:00	3:21-1 0:00	4:00-1 0:00	4:56-1 0:00	12:06-7 4:30	2:46-1 0:00	7:53-6 4:13	2:48-1 0:00	3:18-1 0:00	3:22-1 0:00	2:31-1 0:00	2:01-1 0:00
			<u>2:07-1</u> 0:00	<u>5:28-1</u> 0:00	<u>9:28-1</u> 0:00	<u>14:24-1</u> 0:00	<u>26:30-1</u> 0:00	<u>29:16-1</u> 0:00	37:09-3 2:59	39:57-3 1:44	43:15-2 1:21	46:37-2 0:15	<u>49:08-1</u> 0:00	<u>51:09-1</u> 0:00
2.	Egil Andersen	52:55	2:55-2 0:48	3:48-3 0:27	4:44-3 0:44	7:48-3 2:52	7:59-3 0:23	3:16-3 0:30	3:40-1 0:00	4:03-4 1:15	3:41-2 0:23	4:28-3 1:06	3:39-3 1:08	2:54-5 0:53
			2:55-2 0:48	6:43-3 1:15	11:27-2 1:59	19:15-2 4:51	27:14-3 0:44	30:30-2 1:14	<u>34:10-1</u> 0:00	<u>38:13-1</u> 0:00	<u>41:54-1</u> 0:00	<u>46:22-1</u> 0:00	50:01-2 0:53	52:55-2 1:46
3.	Lars Peder Vaaje	54:28	3:08-6 1:01	3:33-2 0:12	5:43-4 1:43	6:56-2 2:00	7:50-2 0:14	3:47-4 1:01	3:58-2 0:18	3:49-3 1:01	4:49-5 1:31	4:45-4 1:23	3:25-2 0:54	2:45-3 0:44
			3:08-6 1:01	6:41-2 1:13	12:24-4 2:56	19:20-3 4:56	27:10-2 0:40	30:57-3 1:41	34:55-2 0:45	38:44-2 0:31	43:33-3 1:39	48:18-3 1:56	51:43-3 2:35	54:28-3 3:19
4.	Arild Hetland	58:09	2:56-4 0:49	4:42-4 1:21	4:38-2 0:38	9:33-6 4:37	7:36-1 0:00	3:47-4 1:01	5:01-4 1:21	4:13-5 1:25	3:47-3 0:29	4:57-5 1:35	3:40-4 1:09	3:19-6 1:18
			2:56-4 0:49	7:38-4 2:10	12:16-3 2:48	21:49-4 7:25	29:25-4 2:55	33:12-4 3:56	38:13-4 4:03	42:26-4 4:13	46:13-4 4:19	51:10-4 4:48	54:50-4 5:42	58:09-4 7:00
5.	Lars Glesne	65:54	2:55-2 0:48	9:26-7 6:05	7:54-7 3:54	8:11-4 3:15	10:46-4 3:10	3:03-2 0:17	4:36-3 0:56	3:16-2 0:28	4:29-4 1:11	4:25-2 1:03	4:14-5 1:43	2:39-2 0:38
			2:55-2 0:48	12:21-7 6:53	20:15-7 10:47	28:26-6 14:02	39:12-6 12:42	42:15-6 12:59	46:51-6 12:41	50:07-5 11:54	54:36-5 12:42	59:01-5 12:39	63:15-5 14:07	65:54-5 14:45
6.	Arvid Andersen	69:59	3:05-5 0:58	6:33-6 3:12	6:04-5 2:04	8:47-5 3:51	11:39-6 4:03	4:18-6 1:32	5:37-5 1:57	6:43-6 3:55	5:04-6 1:46	5:06-6 1:44	4:15-6 1:44	2:48-4 0:47
			3:05-5 0:58	9:38-5 4:10	15:42-5 6:14	24:29-5 10:05	36:08-5 9:38	40:26-5 11:10	46:03-5 11:53	52:46-6 14:33	57:50-6 15:56	62:56-6 16:34	67:11-6 18:03	69:59-6 18:50
7.	Børje Svensson	82:01	4:03-7 1:56	5:54-5 2:33	7:01-6 3:01	11:34-7 6:38	11:28-5 3:52	4:46-7 2:00	8:00-7 4:20	6:55-7 4:07	5:49-7 2:31	7:08-7 3:46	5:19-7 2:48	4:04-7 2:03
			4:03-7 1:56	9:57-6 4:29	16:58-6 7:30	28:32-7 14:08	40:00-7 13:30	44:46-7 15:30	52:46-7 18:36	59:41-7 21:28	65:30-7 23:36	72:38-7 26:16	77:57-7 28:49	82:01-7 30:52

MELLOMLØYPE

1.	Kristen Bue	46:20	3:59-2 0:36	6:15-1 0:00	4:25-1 0:00	5:50-1 0:00	2:54-1 0:00	5:28-1 0:00	7:20-1 0:00	5:42-1 0:00	4:27-1 0:00
			3:59-2 0:36	<u>10:14-1</u> 0:00	<u>14:39-1</u> 0:00	<u>20:29-1</u> 0:00	<u>23:23-1</u> 0:00	<u>28:51-1</u> 0:00	<u>36:11-1</u> 0:00	<u>41:53-1</u> 0:00	<u>46:20-1</u> 0:00
2.	Tine Marie Ruud	61:06	4:49-3 1:26	13:04-2 6:49	5:01-2 0:36	8:05-2 2:15	4:04-3 1:10	6:50-3 1:22	7:53-2 0:33	6:25-2 0:43	4:55-3 0:28
			4:49-3 1:26	17:53-3 7:39	22:54-3 8:15	30:59-3 10:30	35:03-3 11:40	41:53-3 13:02	49:46-3 13:35	56:11-2 14:18	61:06-2 14:46
3.	K. Ugland / E. Glesne / E. Torsteinsen	61:53	3:23-1 0:00	13:23-3 7:08	5:23-3 0:58	8:10-3 2:20	3:33-2 0:39	5:34-2 0:06	8:12-3 0:52	9:33-3 3:51	4:42-2 0:15
			<u>3:23-1</u> 0:00	16:46-2 6:32	22:09-2 7:30	30:19-2 9:50	33:52-2 10:29	39:26-2 10:35	47:38-2 11:27	57:11-3 15:18	61:53-3 15:33