Strekktider, Klubbmesterskap Villehei, 18.06.2019

Løypelegger: Stian Skjævesland

LANG LØYPE (3.6 KM)

1. Kjetil Aukland	53:45	6:39-9	**1:40-1**	**2:49-1**	**1:18-1**	**4:46-1**	**1:46-1**	1:44-2	6:55-8	**2:01-1**	**3:13-1**	2:34-7	**2:00-1**	**2:55-1**	2:33-2	3:19-5	2:51-4	1:19-2	**1:14-1**	**1:18-1**	**0:51-1**
		2:18	0:00	0:00	0:00	0:00	0:00	0:13	2:59	0:00	0:00	1:04	0:00	0:00	0:18	0:29	0:18	0:01	0:00	0:00	0:00
		6:39-9	8:19-8	11:08-3	12:26-3	17:12-2	18:58-1	20:42-1	27:37-3	29:38-3	32:51-3	35:25-3	37:25-3	40:20-2	42:53-2	46:12-2	49:03-2	50:22-2	51:36-2	52:54-1	53:45-1
		2:18	2:11	1:04	0:41	0:18	0:00	0:00	2:27	1:51	1:27	2:29	1:46	1:42	0:19	0:17	0:35	0:30	0:11	0:00	0:00
2. Peder B. Møll	54:05	**4:21-1**	1:47-2	3:56-3	1:41-3	7:01-5	1:58-2	1:45-3	4:12-2	2:22-3	3:30-2	1:56-4	2:22-3	3:59-6	**2:15-1**	**2:50-1**	**2:33-1**	1:24-3	1:33-5	1:43-3	0:57-2
		0:00	0:07	1:07	0:23	2:15	0:12	0:14	0:16	0:21	0:17	0:26	0:22	1:04	0:00	0:00	0:00	0:06	0:19	0:25	0:06
		4:21-1	6:08-1	10:04-1	11:45-1	18:46-3	20:44-3	22:29-3	26:41-2	29:03-2	32:33-2	34:29-2	36:51-2	40:50-3	43:05-3	45:55-1	48:28-1	49:52-1	51:25-1	53:08-2	54:05-2
		0:00	0:00	0:00	0:00	1:52	1:46	1:47	1:31	1:16	1:09	1:33	1:12	2:12	0:31	0:00	0:00	0:00	0:00	0:14	0:20
3. Egil Andersen	54:52	4:36-2	1:53-3	3:44-2	1:36-2	5:05-2	2:30-6	1:50-4	**3:56-1**	2:37-5	3:37-4	1:32-2	2:43-5	2:59-2	3:56-7	3:59-7	2:37-2	**1:18-1**	1:26-2	1:45-4	1:13-9
		0:15	0:13	0:55	0:18	0:19	0:44	0:19	0:00	0:36	0:24	0:02	0:43	0:04	1:41	1:09	0:04	0:00	0:12	0:27	0:22
		4:36-2	6:29-2	10:13-2	11:49-2	16:54-1	19:24-2	21:14-2	25:10-1	27:47-1	31:24-1	32:56-1	35:39-1	38:38-1	42:34-1	46:33-3	49:10-3	50:28-3	51:54-3	53:39-3	54:52-3
		0:15	0:21	0:09	0:04	0:00	0:26	0:32	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:38	0:42	0:36	0:29	0:45	1:07
4. Lars Peder Vaaje	57:43	4:52-3	2:03-4	4:24-5	1:54-5	6:27-4	2:28-5	**1:31-1**	5:18-5	2:15-2	3:33-3	1:39-3	**2:00-1**	3:51-4	2:58-5	3:06-3	3:25-7	1:46-6	1:28-3	1:35-2	1:10-6
		0:31	0:23	1:35	0:36	1:41	0:42	0:00	1:22	0:14	0:20	0:09	0:00	0:56	0:43	0:16	0:52	0:28	0:14	0:17	0:19
		4:52-3	6:55-3	11:19-4	13:13-4	19:40-4	22:08-4	23:39-4	28:57-4	31:12-4	34:45-4	36:24-4	38:24-4	42:15-4	45:13-4	48:19-4	51:44-4	53:30-4	54:58-4	56:33-4	57:43-4
		0:31	0:47	1:15	1:28	2:46	3:10	2:57	3:47	3:25	3:21	3:28	2:45	3:37	2:39	2:24	3:16	3:38	3:33	3:39	3:58
5. John Øyslebø	64:39	5:11-5	2:14-6	4:40-6	1:59-6	7:03-6	2:15-3	3:13-9	6:10-7	3:11-7	3:58-6	2:11-5	3:54-6	3:57-5	2:37-3	3:16-4	2:54-5	1:35-4	1:32-4	1:45-4	1:04-3
		0:50	0:34	1:51	0:41	2:17	0:29	1:42	2:14	1:10	0:45	0:41	1:54	1:02	0:22	0:26	0:21	0:17	0:18	0:27	0:13
		5:11-5	7:25-5	12:05-6	14:04-5	21:07-5	23:22-5	26:35-6	32:45-6	35:56-6	39:54-5	42:05-6	45:59-5	49:56-5	52:33-5	55:49-5	58:43-5	60:18-5	61:50-5	63:35-5	64:39-5
		0:50	1:17	2:01	2:19	4:13	4:24	5:53	7:35	8:09	8:30	9:09	10:20	11:18	9:59	9:54	10:15	10:26	10:25	10:41	10:54
6. Arild Bjørkenes	65:43	5:17-6	2:09-5	8:08-8	1:46-4	6:03-3	2:38-7	2:10-7	5:34-6	2:35-4	3:57-5	**1:30-1**	5:17-8	3:22-3	2:38-4	3:04-2	2:50-3	1:45-5	1:46-6	2:02-7	1:12-7
		0:56	0:29	5:19	0:28	1:17	0:52	0:39	1:38	0:34	0:44	0:00	3:17	0:27	0:23	0:14	0:17	0:27	0:32	0:44	0:21
		5:17-6	7:26-6	15:34-8	17:20-7	23:23-7	26:01-7	28:11-7	33:45-7	36:20-7	40:17-7	41:47-5	47:04-6	50:26-6	53:04-6	56:08-6	58:58-6	60:43-6	62:29-6	64:31-6	65:43-6
		0:56	1:18	5:30	5:35	6:29	7:03	7:29	8:35	8:33	8:53	8:51	11:25	11:48	10:30	10:13	10:30	10:51	11:04	11:37	11:58
7. Arvid Andersen	80:01	4:59-4	2:21-7	11:30-9	3:20-9	7:28-8	2:20-4	1:57-5	5:04-4	2:38-6	4:16-7	3:25-8	2:35-4	9:08-9	4:51-9	3:51-6	3:11-6	2:14-9	1:57-8	1:52-6	1:04-3
		0:38	0:41	8:41	2:02	2:42	0:34	0:26	1:08	0:37	1:03	1:55	0:35	6:13	2:36	1:01	0:38	0:56	0:43	0:34	0:13
		4:59-4	7:20-4	18:50-9	22:10-9	29:38-9	31:58-9	33:55-8	38:59-8	41:37-8	45:53-8	49:18-8	51:53-8	61:01-8	65:52-8	69:43-7	72:54-7	75:08-7	77:05-7	78:57-7	80:01-7
		0:38	1:12	8:46	10:25	12:44	13:00	13:13	13:49	13:50	14:29	16:22	16:14	22:23	23:18	23:48	24:26	25:16	25:40	26:03	26:16
8. Børje Svensson	83:27	6:30-8	3:20-9	5:09-7	2:48-8	10:54-9	3:10-9	2:18-8	8:27-9	3:55-8	5:39-9	2:25-6	4:50-7	4:38-7	3:55-6	4:14-8	4:17-9	1:50-7	1:53-7	2:03-9	1:12-7
		2:09	1:40	2:20	1:30	6:08	1:24	0:47	4:31	1:54	2:26	0:55	2:50	1:43	1:40	1:24	1:44	0:32	0:39	0:45	0:21
		6:30-8	9:50-9	14:59-7	17:47-8	28:41-8	31:51-8	34:09-9	42:36-9	46:31-9	52:10-9	54:35-9	59:25-9	64:03-9	67:58-9	72:12-8	76:29-8	78:19-8	80:12-8	82:15-8	83:27-8
		2:09	3:42	4:55	6:02	11:47	12:53	13:27	17:26	18:44	20:46	21:39	23:46	25:25	25:24	26:17	28:01	28:27	28:47	29:21	29:42
9. Jørgen Sæbø / Adam Ibrahim	95:48	5:37-7	2:22-8	4:02-4	2:18-7	7:14-7	2:53-8	2:01-6	4:32-3	4:24-9	4:44-8	3:29-9	6:19-9	5:15-8	4:36-8	23:26-9	3:50-8	2:01-8	3:34-9	2:02-7	1:09-5
		1:16	0:42	1:13	1:00	2:28	1:07	0:30	0:36	2:23	1:31	1:59	4:19	2:20	2:21	20:36	1:17	0:43	2:20	0:44	0:18
		5:37-7	7:59-7	12:01-5	14:19-6	21:33-6	24:26-6	26:27-5	30:59-5	35:23-5	40:07-6	43:36-7	49:55-7	55:10-7	59:46-7	83:12-9	87:02-9	89:03-9	92:37-9	94:39-9	95:48-9
		1:16	1:51	1:57	2:34	4:39	5:28	5:45	5:49	7:36	8:43	10:40	14:16	16:32	17:12	37:17	38:34	39:11	41:12	41:45	42:03

MELLOMLØYPE (2.0 KM)

1. Tor Arne Nåstad	47:55	3:30-2	3:46-2	4:33-2	**3:12-1**	7:14-2	3:55-2	**3:29-1**	**3:12-1**	3:30-2	3:51-2	6:03-2	1:40-2
		0:13	0:37	2:05	0:00	0:29	0:36	0:00	0:00	0:40	0:14	1:21	0:09
		3:30-2	7:16-2	11:49-2	15:01-2	22:15-2	26:10-2	29:39-2	32:51-1	36:21-1	40:12-1	46:15-1	47:55-1
		0:13	0:50	2:55	0:20	0:49	1:25	1:19	0:00	0:00	0:00	0:00	0:00
2. Kristen Bue	49:09	**3:17-1**	**3:09-1**	**2:28-1**	5:47-2	**6:45-1**	**3:19-1**	3:35-2	8:09-2	**2:50-1**	**3:37-1**	**4:42-1**	**1:31-1**
		0:00	0:00	0:00	2:35	0:00	0:00	0:06	4:57	0:00	0:00	0:00	0:00
		3:17-1	6:26-1	8:54-1	14:41-1	21:26-1	24:45-1	28:20-1	36:29-2	39:19-2	42:56-2	47:38-2	49:09-2
		0:00	0:00	0:00	0:00	0:00	0:00	0:00	3:38	2:58	2:44	1:23	1:14