

# Resultatliste Førde IL Nærløp Skilbrei 13.06.2018

## ALM

|           |                                            |                    |                    |                    |                    |                |                |                |                    |                    |                |                    |                    |                    |                    |                    |                    |                    |
|-----------|--------------------------------------------|--------------------|--------------------|--------------------|--------------------|----------------|----------------|----------------|--------------------|--------------------|----------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| <b>1</b>  | <b>Håvard Nummedal Os, Førde IL</b>        |                    |                    |                    |                    | <b>41:17</b>   | <b>+00:00</b>  |                |                    |                    |                |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                          | 2                  | 3                  | 4                  | 5                  | 6              | 7              | 8              | 9                  | 10                 | 11             | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | <b>00:30-1</b>                             | <b>02:31-1</b>     | <b>03:53-1</b>     | <b>04:47-1</b>     | <b>06:19-1</b>     | <b>09:12-1</b> | <b>14:00-1</b> | <b>17:29-1</b> | <b>19:31-1</b>     | <b>20:43-1</b>     | <b>32:10-1</b> | <b>33:05-1</b>     | <b>34:46-1</b>     | <b>36:29-1</b>     | <b>37:36-1</b>     | <b>39:57-1</b>     | <b>40:39-1</b>     | <b>41:17-1</b>     |
| Strekktid | 00:30                                      | <b>02:01-1</b>     | 01:22-2            | 00:54-2            | <b>01:32-1</b>     | <b>02:53-1</b> | 04:48-9        | 03:29-4        | 02:02-3            | <b>01:12-1</b>     | 11:27-2        | <b>00:55-1</b>     | <b>01:41-1</b>     | 01:43-2            | 01:07-3            | <b>02:21-1</b>     | 00:42-2            | 00:38-2            |
| Tid etter | <b>+00:00</b>                              | <b>+00:00</b>      | <b>+00:00</b>      | <b>+00:00</b>      | <b>+00:00</b>      | <b>+00:00</b>  | <b>+00:00</b>  | <b>+00:00</b>  | <b>+00:00</b>      | <b>+00:00</b>      | <b>+00:00</b>  | <b>+00:00</b>      | <b>+00:00</b>      | <b>+00:00</b>      | <b>+00:00</b>      | <b>+00:00</b>      | <b>+00:00</b>      | <b>+00:00</b>      |
| <b>2</b>  | <b>Torbjørn Os, Førde IL</b>               |                    |                    |                    |                    | <b>44:16</b>   | <b>+02:59</b>  |                |                    |                    |                |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                          | 2                  | 3                  | 4                  | 5                  | 6              | 7              | 8              | 9                  | 10                 | 11             | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 00:45-6                                    | 03:05-4            | 04:24-2            | 05:14-2            | 07:32-2            | 10:35-2        | 15:32-4        | 18:38-2        | 20:16-2            | 21:39-2            | 33:13-2        | 34:24-2            | 36:27-2            | 38:46-2            | 39:43-2            | 42:33-2            | 43:26-2            | 44:16-2            |
| Strekktid | 00:45                                      | 02:20-4            | <b>01:19-1</b>     | <b>00:50-1</b>     | 02:18-10           | 03:03-6        | 04:57-11       | 03:06-3        | <b>01:38-1</b>     | 01:23-2            | 11:34-4        | 01:11-4            | 02:03-2            | 02:19-15           | <b>00:57-1</b>     | 02:50-11           | 00:53-8            | 00:50-10           |
| Tid etter | <b>+00:15&amp;</b>                         | <b>+00:19#</b>     | <b>-00:03</b>      | <b>-00:04</b>      | <b>+00:46&amp;</b> | <b>+00:10</b>  | <b>+00:09</b>  | <b>-00:23</b>  | <b>-00:24</b>      | <b>+00:11#</b>     | <b>+00:07</b>  | <b>+00:16&amp;</b> | <b>+00:22#</b>     | <b>+00:36&amp;</b> | <b>-00:10</b>      | <b>+00:29#</b>     | <b>+00:11&amp;</b> | <b>+00:12&amp;</b> |
| <b>3</b>  | <b>Kristian Bråten, Førde IL</b>           |                    |                    |                    |                    | <b>46:51</b>   | <b>+05:34</b>  |                |                    |                    |                |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                          | 2                  | 3                  | 4                  | 5                  | 6              | 7              | 8              | 9                  | 10                 | 11             | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 00:37-4                                    | 03:14-7            | 04:51-5            | 06:03-5            | 07:57-4            | 10:56-3        | 14:55-2        | 18:38-2        | 21:30-3            | 23:10-3            | 36:59-4        | 38:11-4            | 40:23-4            | 41:49-3            | 42:55-3            | 45:23-3            | 46:06-3            | 46:51-3            |
| Strekktid | 00:37                                      | 02:37-7            | 01:37-5            | 01:12-7            | 01:54-4            | 02:59-4        | 03:59-2        | 03:43-6        | 02:52-14           | 01:40-7            | 13:49-12       | 01:12-5            | 02:12-6            | <b>01:26-1</b>     | 01:06-2            | 02:28-2            | 00:43-3            | 00:45-5            |
| Tid etter | <b>+00:07#</b>                             | <b>+00:36&amp;</b> | <b>+00:15#</b>     | <b>+00:18&amp;</b> | <b>+00:22#</b>     | <b>+00:06</b>  | <b>-00:49</b>  | <b>+00:14</b>  | <b>+00:50&amp;</b> | <b>+00:28&amp;</b> | <b>+02:22#</b> | <b>+00:17&amp;</b> | <b>+00:31&amp;</b> | <b>-00:17</b>      | <b>-00:01</b>      | <b>+00:07</b>      | <b>+00:01</b>      | <b>+00:07#</b>     |
| <b>4</b>  | <b>Arnfinn Kringlen, IL Tambarskjelvar</b> |                    |                    |                    |                    | <b>48:09</b>   | <b>+06:52</b>  |                |                    |                    |                |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                          | 2                  | 3                  | 4                  | 5                  | 6              | 7              | 8              | 9                  | 10                 | 11             | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 00:46-8                                    | 03:05-4            | 04:31-3            | 05:53-4            | 07:51-3            | 11:05-4        | 15:58-6        | 19:30-4        | 21:38-4            | 23:54-5            | 37:26-6        | 38:28-5            | 40:37-5            | 42:33-5            | 44:02-5            | 46:32-4            | 47:19-4            | 48:09-4            |
| Strekktid | 00:46                                      | 02:19-3            | 01:26-3            | 01:22-12           | 01:58-6            | 03:14-10       | 04:53-10       | 03:32-5        | 02:08-6            | 02:16-10           | 13:32-11       | 01:02-2            | 02:09-4            | 01:56-5            | 01:29-9            | 02:30-5            | 00:47-5            | 00:50-10           |
| Tid etter | <b>+00:16&amp;</b>                         | <b>+00:18#</b>     | <b>+00:04</b>      | <b>+00:28&amp;</b> | <b>+00:26&amp;</b> | <b>+00:21#</b> | <b>+00:05</b>  | <b>+00:03</b>  | <b>+00:06</b>      | <b>+01:04&amp;</b> | <b>+02:05#</b> | <b>+00:07#</b>     | <b>+00:28&amp;</b> | <b>+00:13#</b>     | <b>+00:22&amp;</b> | <b>+00:09</b>      | <b>+00:05#</b>     | <b>+00:12&amp;</b> |
| <b>5</b>  | <b>Trygve Nummedal Os, Førde IL</b>        |                    |                    |                    |                    | <b>48:32</b>   | <b>+07:15</b>  |                |                    |                    |                |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                          | 2                  | 3                  | 4                  | 5                  | 6              | 7              | 8              | 9                  | 10                 | 11             | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 00:35-2                                    | 03:04-3            | 05:43-10           | 06:44-9            | 08:32-7            | 11:40-7        | 16:04-7        | 19:59-6        | 22:35-7            | 24:08-7            | 37:19-5        | 38:33-6            | 40:53-6            | 42:44-6            | 44:09-6            | 46:50-6            | 47:44-6            | 48:32-5            |
| Strekktid | 00:35                                      | 02:29-5            | 02:39-15           | 01:01-3            | 01:48-2            | 03:08-9        | 04:24-6        | 03:55-10       | 02:36-11           | 01:33-4            | 13:11-9        | 01:14-6            | 02:20-8            | 01:51-4            | 01:25-7            | 02:41-7            | 00:54-10           | 00:48-7            |
| Tid etter | <b>+00:05#</b>                             | <b>+00:28#</b>     | <b>+01:17&amp;</b> | <b>+00:07#</b>     | <b>+00:16#</b>     | <b>+00:15</b>  | <b>-00:24</b>  | <b>+00:26#</b> | <b>+00:34&amp;</b> | <b>+00:21&amp;</b> | <b>+01:44#</b> | <b>+00:19&amp;</b> | <b>+00:39&amp;</b> | <b>+00:08</b>      | <b>+00:18&amp;</b> | <b>+00:20#</b>     | <b>+00:12&amp;</b> | <b>+00:10&amp;</b> |
| <b>6</b>  | <b>Gunnar Gytri, Førde IL</b>              |                    |                    |                    |                    | <b>48:45</b>   | <b>+07:28</b>  |                |                    |                    |                |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                          | 2                  | 3                  | 4                  | 5                  | 6              | 7              | 8              | 9                  | 10                 | 11             | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 01:04-18                                   | 03:48-11           | 05:34-8            | 06:37-8            | 08:47-8            | 11:49-8        | 15:52-5        | 19:44-5        | 21:48-5            | 23:26-4            | 36:38-3        | 37:59-3            | 40:17-3            | 42:19-4            | 43:27-4            | 46:44-5            | 47:39-5            | 48:45-6            |
| Strekktid | 01:04                                      | 02:44-9            | 01:46-7            | 01:03-5            | 02:10-9            | 03:02-5        | 04:03-3        | 03:52-8        | 02:04-4            | 01:38-6            | 13:12-10       | 01:21-8            | 02:18-7            | 02:02-7            | 01:08-4            | 03:17-15           | 00:55-12           | 01:06-18           |
| Tid etter | <b>+00:34@</b>                             | <b>+00:43&amp;</b> | <b>+00:24&amp;</b> | <b>+00:09#</b>     | <b>+00:38&amp;</b> | <b>+00:09</b>  | <b>-00:45</b>  | <b>+00:23#</b> | <b>+00:02</b>      | <b>+00:26&amp;</b> | <b>+01:45#</b> | <b>+00:26&amp;</b> | <b>+00:37&amp;</b> | <b>+00:19#</b>     | <b>+00:01</b>      | <b>+00:56&amp;</b> | <b>+00:13&amp;</b> | <b>+00:28&amp;</b> |

|           |                                                  |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |
|-----------|--------------------------------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| <b>7</b>  | <b>Asgeir Årdal, Førde IL</b>                    |                    |                    |                    |                    | <b>51:44</b>       | <b>+10:27</b>      |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                                | 2                  | 3                  | 4                  | 5                  | 6                  | 7                  | 8                  | 9                  | 10                 | 11                 | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 00:42-5                                          | 03:32-9            | 05:06-7            | 06:31-7            | 08:26-6            | 11:30-6            | 15:21-3            | 20:02-7            | 22:17-6            | 24:03-6            | 38:37-7            | 40:59-7            | 43:05-7            | 45:22-7            | 47:14-7            | 49:57-7            | 50:51-7            | 51:44-7            |
| Strekktid | 00:42                                            | 02:50-10           | 01:34-4            | 01:25-13           | 01:55-5            | 03:04-7            | <b>03:51-1</b>     | 04:41-13           | 02:15-7            | 01:46-8            | 14:34-13           | 02:22-17           | 02:06-3            | 02:17-12           | 01:52-14           | 02:43-9            | 00:54-10           | 00:53-13           |
| Tid etter | <b>+00:12&amp;</b>                               | <b>+00:49&amp;</b> | <b>+00:12#</b>     | <b>+00:31&amp;</b> | <b>+00:23#</b>     | <b>+00:11</b>      | <b>-00:57</b>      | <b>+01:12&amp;</b> | <b>+00:13#</b>     | <b>+00:34&amp;</b> | <b>+03:07&amp;</b> | <b>+01:27@</b>     | <b>+00:25#</b>     | <b>+00:34&amp;</b> | <b>+00:45&amp;</b> | <b>+00:22#</b>     | <b>+00:12&amp;</b> | <b>+00:15&amp;</b> |
| =         | <b>Erik Drageset, Førde IL</b>                   |                    |                    |                    |                    | <b>51:44</b>       | <b>+10:27</b>      |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                                | 2                  | 3                  | 4                  | 5                  | 6                  | 7                  | 8                  | 9                  | 10                 | 11                 | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 00:52-12                                         | 05:04-19           | 08:00-18           | 09:45-18           | 11:35-17           | 15:15-16           | 23:52-16           | 28:43-15           | 31:45-15           | 34:04-15           | 45:35-14           | 47:23-12           | 50:16-12           | 52:26-12           | 54:17-12           | 56:58-12           | 57:51-11           | 58:44-11           |
| Strekktid | 00:52                                            | 04:12-20           | 02:56-16           | 01:45-18           | 01:50-3            | 03:40-15           | 08:37-17           | 04:51-14           | 03:02-15           | 02:19-12           | 11:31-3            | 01:48-12           | 02:53-15           | 02:10-10           | 01:51-12           | 02:41-7            | 00:53-8            | 00:53-13           |
| Tid etter | <b>+00:22&amp;</b>                               | <b>+02:11@</b>     | <b>+01:34@</b>     | <b>+00:51&amp;</b> | <b>+00:18#</b>     | <b>+00:47&amp;</b> | <b>+03:49&amp;</b> | <b>+01:22&amp;</b> | <b>+01:00&amp;</b> | <b>+01:07&amp;</b> | <b>+00:04</b>      | <b>+00:53&amp;</b> | <b>+01:12&amp;</b> | <b>+00:27&amp;</b> | <b>+00:44&amp;</b> | <b>+00:20#</b>     | <b>+00:11&amp;</b> | <b>+00:15&amp;</b> |
| <b>9</b>  | <b>Daniel Høyer Iversen, Førde IL</b>            |                    |                    |                    |                    | <b>52:05</b>       | <b>+10:48</b>      |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                                | 2                  | 3                  | 4                  | 5                  | 6                  | 7                  | 8                  | 9                  | 10                 | 11                 | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 00:45-6                                          | 03:18-8            | 05:39-9            | 08:56-16           | 11:02-14           | 16:55-18           | 23:14-15           | 26:01-13           | 27:58-12           | 29:28-9            | 40:41-8            | 41:51-8            | 44:53-8            | 46:38-8            | 48:06-8            | 50:34-8            | 51:19-8            | 52:05-8            |
| Strekktid | 00:45                                            | 02:33-6            | 02:21-13           | 03:17-20           | 02:06-7            | 05:53-21           | 06:19-15           | 02:47-2            | 01:57-2            | 01:30-3            | <b>11:13-1</b>     | 01:10-3            | 03:02-16           | 01:45-3            | 01:28-8            | 02:28-2            | 00:45-4            | 00:46-6            |
| Tid etter | <b>+00:15&amp;</b>                               | <b>+00:32&amp;</b> | <b>+00:59&amp;</b> | <b>+02:23@</b>     | <b>+00:34&amp;</b> | <b>+03:00@</b>     | <b>+01:31&amp;</b> | <b>-00:42</b>      | <b>-00:05</b>      | <b>+00:18#</b>     | <b>-00:14</b>      | <b>+00:15&amp;</b> | <b>+01:21&amp;</b> | <b>+00:02</b>      | <b>+00:21&amp;</b> | <b>+00:07</b>      | <b>+00:03</b>      | <b>+00:08#</b>     |
| <b>10</b> | <b>Anders Fagerstrøm Slåtten, Sunnfjordfjell</b> |                    |                    |                    |                    | <b>54:53</b>       | <b>+13:36</b>      |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                                | 2                  | 3                  | 4                  | 5                  | 6                  | 7                  | 8                  | 9                  | 10                 | 11                 | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 00:48-10                                         | 03:46-10           | 08:18-19           | 09:20-17           | 12:20-18           | 15:27-17           | 19:33-12           | 23:27-10           | 26:12-9            | 29:49-11           | 42:19-9            | 44:24-9            | 47:06-9            | 49:11-9            | 50:34-9            | 53:19-9            | 54:10-9            | 54:53-9            |
| Strekktid | 00:48                                            | 02:58-12           | 04:32-19           | 01:02-4            | 03:00-14           | 03:07-8            | 04:06-4            | 03:54-9            | 02:45-13           | 03:37-18           | 12:30-6            | 02:05-16           | 02:42-12           | 02:05-8            | 01:23-5            | 02:45-10           | 00:51-7            | 00:43-4            |
| Tid etter | <b>+00:18&amp;</b>                               | <b>+00:57&amp;</b> | <b>+03:10@</b>     | <b>+00:08#</b>     | <b>+01:28&amp;</b> | <b>+00:14</b>      | <b>-00:42</b>      | <b>+00:25#</b>     | <b>+00:43&amp;</b> | <b>+02:25@</b>     | <b>+01:03</b>      | <b>+01:10@</b>     | <b>+01:01&amp;</b> | <b>+00:22#</b>     | <b>+00:16#</b>     | <b>+00:24#</b>     | <b>+00:09#</b>     | <b>+00:05#</b>     |
| <b>11</b> | <b>Norvald Ospehaug, IL Tambarskjelvar</b>       |                    |                    |                    |                    | <b>58:29</b>       | <b>+17:12</b>      |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                                | 2                  | 3                  | 4                  | 5                  | 6                  | 7                  | 8                  | 9                  | 10                 | 11                 | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 01:13-20                                         | 04:22-16           | 06:58-14           | 08:19-13           | 11:14-15           | 14:49-14           | 20:07-13           | 25:11-12           | 27:38-11           | 29:44-10           | 44:58-12           | 46:12-10           | 48:51-10           | 51:08-10           | 53:14-11           | 56:20-10           | 57:29-10           | 58:29-10           |
| Strekktid | 01:13                                            | 03:09-16           | 02:36-14           | 01:21-11           | 02:55-13           | 03:35-12           | 05:18-12           | 05:04-15           | 02:27-8            | 02:06-9            | 15:14-15           | 01:14-6            | 02:39-11           | 02:17-12           | 02:06-15           | 03:06-13           | 01:09-18           | 01:00-15           |
| Tid etter | <b>+00:43@</b>                                   | <b>+01:08&amp;</b> | <b>+01:14&amp;</b> | <b>+00:27&amp;</b> | <b>+01:23&amp;</b> | <b>+00:42#</b>     | <b>+00:30#</b>     | <b>+01:35&amp;</b> | <b>+00:25#</b>     | <b>+00:54&amp;</b> | <b>+03:47&amp;</b> | <b>+00:19&amp;</b> | <b>+00:58&amp;</b> | <b>+00:34&amp;</b> | <b>+00:59&amp;</b> | <b>+00:45&amp;</b> | <b>+00:27&amp;</b> | <b>+00:22&amp;</b> |
| <b>12</b> | <b>Edvin Helle, Askvoll &amp; Holmedal IL</b>    |                    |                    |                    |                    | <b>59:10</b>       | <b>+17:53</b>      |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                                | 2                  | 3                  | 4                  | 5                  | 6                  | 7                  | 8                  | 9                  | 10                 | 11                 | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 01:01-16                                         | 04:02-14           | 06:06-12           | 07:31-11           | 10:34-11           | 14:11-11           | 18:54-10           | 24:20-11           | 27:37-10           | 29:59-12           | 45:10-13           | 46:39-11           | 49:14-11           | 51:13-11           | 53:04-10           | 56:39-11           | 57:56-12           | 59:10-12           |
| Strekktid | 01:01                                            | 03:01-13           | 02:04-11           | 01:25-13           | 03:03-16           | 03:37-14           | 04:43-7            | 05:26-17           | 03:17-16           | 02:22-13           | 15:11-14           | 01:29-9            | 02:35-10           | 01:59-6            | 01:51-12           | 03:35-17           | 01:17-20           | 01:14-21           |
| Tid etter | <b>+00:31@</b>                                   | <b>+01:00&amp;</b> | <b>+00:42&amp;</b> | <b>+00:31&amp;</b> | <b>+01:31&amp;</b> | <b>+00:44&amp;</b> | <b>-00:05</b>      | <b>+01:57&amp;</b> | <b>+01:15&amp;</b> | <b>+01:10&amp;</b> | <b>+03:44&amp;</b> | <b>+00:34&amp;</b> | <b>+00:54&amp;</b> | <b>+00:16#</b>     | <b>+00:44&amp;</b> | <b>+01:14&amp;</b> | <b>+00:35&amp;</b> | <b>+00:36&amp;</b> |
| <b>13</b> | <b>Ola Hegrenes, Førde IL</b>                    |                    |                    |                    |                    | <b>1:00:52</b>     | <b>+19:35</b>      |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |                    |
| Post      | 1                                                | 2                  | 3                  | 4                  | 5                  | 6                  | 7                  | 8                  | 9                  | 10                 | 11                 | 12                 | 13                 | 14                 | 15                 | 16                 | 17                 | 18                 |
| Total tid | 00:46-8                                          | 03:02-2            | 04:43-4            | 05:52-3            | 08:11-5            | 11:06-5            | 16:45-8            | 20:50-8            | 28:30-13           | 31:38-13           | 43:51-10           | 49:25-14           | 51:36-14           | 54:15-14           | 56:02-13           | 59:08-13           | 60:11-13           | 60:52-13           |
| Strekktid | 00:46                                            | 02:16-2            | 01:41-6            | 01:09-6            | 02:19-11           | 02:55-3            | 05:39-13           | 04:05-11           | 07:40-20           | 03:08-16           | 12:13-5            | 05:34-20           | 02:11-5            | 02:39-19           | 01:47-11           | 03:06-13           | 01:03-15           | 00:41-3            |
| Tid etter | <b>+00:16&amp;</b>                               | <b>+00:15#</b>     | <b>+00:19#</b>     | <b>+00:15&amp;</b> | <b>+00:47&amp;</b> | <b>+00:02</b>      | <b>+00:51#</b>     | <b>+00:36#</b>     | <b>+05:38@</b>     | <b>+01:56@</b>     | <b>+00:46</b>      | <b>+04:39@</b>     | <b>+00:30&amp;</b> | <b>+00:56&amp;</b> | <b>+00:40&amp;</b> | <b>+00:45&amp;</b> | <b>+00:21&amp;</b> | <b>+00:03</b>      |

|           |                                  |          |          |          |          |                |               |          |          |          |          |          |          |          |          |          |          |          |
|-----------|----------------------------------|----------|----------|----------|----------|----------------|---------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| <b>14</b> | <b>Peter Gogstad, Førde IL</b>   |          |          |          |          | <b>1:02:49</b> | <b>+21:32</b> |          |          |          |          |          |          |          |          |          |          |          |
| Post      | 1                                | 2        | 3        | 4        | 5        | 6              | 7             | 8        | 9        | 10       | 11       | 12       | 13       | 14       | 15       | 16       | 17       | 18       |
| Total tid | 02:16-21                         | 05:06-20 | 06:59-15 | 08:28-15 | 10:36-12 | 14:11-11       | 27:22-17      | 31:32-17 | 34:00-17 | 37:48-17 | 50:23-15 | 52:18-15 | 54:52-15 | 56:59-15 | 58:23-15 | 61:02-14 | 61:49-14 | 62:49-14 |
| Strekktid | 02:16                            | 02:50-10 | 01:53-10 | 01:29-16 | 02:08-8  | 03:35-12       | 13:11-19      | 04:10-12 | 02:28-9  | 03:48-19 | 12:35-7  | 01:55-14 | 02:34-9  | 02:07-9  | 01:24-6  | 02:39-6  | 00:47-5  | 01:00-15 |
| Tid etter | +01:46@                          | +00:49&  | +00:31&  | +00:35&  | +00:36&  | +00:42#        | +08:23@       | +00:41#  | +00:26#  | +02:36@  | +01:08   | +01:00@  | +00:53&  | +00:24#  | +00:17&  | +00:18#  | +00:05#  | +00:22&  |
| <b>15</b> | <b>Vegar Hegrenes, Førde IL</b>  |          |          |          |          | <b>1:03:12</b> | <b>+21:55</b> |          |          |          |          |          |          |          |          |          |          |          |
| Post      | 1                                | 2        | 3        | 4        | 5        | 6              | 7             | 8        | 9        | 10       | 11       | 12       | 13       | 14       | 15       | 16       | 17       | 18       |
| Total tid | 00:57-15                         | 04:01-13 | 07:07-16 | 08:23-14 | 11:34-16 | 15:05-15       | 19:27-11      | 23:10-9  | 25:17-8  | 28:21-8  | 43:57-11 | 48:00-13 | 50:48-13 | 53:11-13 | 57:47-14 | 61:24-15 | 62:23-15 | 63:12-15 |
| Strekktid | 00:57                            | 03:04-15 | 03:06-17 | 01:16-10 | 03:11-17 | 03:31-11       | 04:22-5       | 03:43-6  | 02:07-5  | 03:04-15 | 15:36-16 | 04:03-19 | 02:48-14 | 02:23-17 | 04:36-18 | 03:37-18 | 00:59-13 | 00:49-8  |
| Tid etter | +00:27&                          | +01:03&  | +01:44@  | +00:22&  | +01:39@  | +00:38#        | -00:26        | +00:14   | +00:05   | +01:52@  | +04:09&  | +03:08@  | +01:07&  | +00:40&  | +03:29@  | +01:16&  | +00:17&  | +00:11&  |
| <b>16</b> | <b>Marius Dalin, Førde IL</b>    |          |          |          |          | <b>1:04:49</b> | <b>+23:32</b> |          |          |          |          |          |          |          |          |          |          |          |
| Post      | 1                                | 2        | 3        | 4        | 5        | 6              | 7             | 8        | 9        | 10       | 11       | 12       | 13       | 14       | 15       | 16       | 17       | 18       |
| Total tid | 00:00-0                          | 00:00-0  | 00:00-0  | 00:00-0  | 00:00-0  | 00:00-0        | 00:00-0       | 00:00-0  | 00:00-0  | 00:00-0  | 00:00-0  | 00:00-0  | 00:00-0  | 00:00-0  | 00:00-0  | 00:00-0  | 00:00-0  | 00:00-0  |
| Strekktid | 00:00                            | -        | -        | -        | -        | -              | -             | -        | -        | -        | -        | -        | -        | -        | -        | -        | -        | -        |
| Tid etter | -                                | -        | -        | -        | -        | -              | -             | -        | -        | -        | -        | -        | -        | -        | -        | -        | -        | -        |
| <b>17</b> | <b>Torodd Os, Førde IL</b>       |          |          |          |          | <b>1:07:37</b> | <b>+26:20</b> |          |          |          |          |          |          |          |          |          |          |          |
| Post      | 1                                | 2        | 3        | 4        | 5        | 6              | 7             | 8        | 9        | 10       | 11       | 12       | 13       | 14       | 15       | 16       | 17       | 18       |
| Total tid | 00:54-13                         | 04:14-15 | 06:22-13 | 07:37-12 | 10:48-13 | 14:46-13       | 20:52-14      | 30:08-16 | 32:41-16 | 37:17-16 | 53:49-16 | 55:29-16 | 58:31-16 | 60:43-16 | 62:14-16 | 65:39-16 | 66:48-16 | 67:37-16 |
| Strekktid | 00:54                            | 03:20-17 | 02:08-12 | 01:15-9  | 03:11-17 | 03:58-18       | 06:06-14      | 09:16-18 | 02:33-10 | 04:36-20 | 16:32-18 | 01:40-11 | 03:02-16 | 02:12-11 | 01:31-10 | 03:25-16 | 01:09-18 | 00:49-8  |
| Tid etter | +00:24&                          | +01:19&  | +00:46&  | +00:21&  | +01:39@  | +01:05&        | +01:18&       | +05:47@  | +00:31&  | +03:24@  | +05:05&  | +00:45&  | +01:21&  | +00:29&  | +00:24&  | +01:04&  | +00:27&  | +00:11&  |
| <b>18</b> | <b>Arthur Hegrenes, Førde IL</b> |          |          |          |          | <b>1:14:06</b> | <b>+32:49</b> |          |          |          |          |          |          |          |          |          |          |          |
| Post      | 1                                | 2        | 3        | 4        | 5        | 6              | 7             | 8        | 9        | 10       | 11       | 12       | 13       | 14       | 15       | 16       | 17       | 18       |
| Total tid | 00:55-14                         | 03:56-12 | 05:46-11 | 07:00-10 | 09:54-10 | 13:42-10       | 18:26-9       | 27:47-14 | 30:26-14 | 32:44-14 | 56:49-17 | 58:28-17 | 62:17-17 | 64:38-17 | 68:06-17 | 71:58-17 | 73:04-17 | 74:06-17 |
| Strekktid | 00:55                            | 03:01-13 | 01:50-9  | 01:14-8  | 02:54-12 | 03:48-17       | 04:44-8       | 09:21-19 | 02:39-12 | 02:18-11 | 24:05-20 | 01:39-10 | 03:49-20 | 02:21-16 | 03:28-17 | 03:52-19 | 01:06-16 | 01:02-17 |
| Tid etter | +00:25&                          | +01:00&  | +00:28&  | +00:20&  | +01:22&  | +00:55&        | -00:04        | +05:52@  | +00:37&  | +01:06&  | +12:38@  | +00:44&  | +02:08@  | +00:38&  | +02:21@  | +01:31&  | +00:24&  | +00:24&  |
| <b>19</b> | <b>Johan Magerøy, Førde IL</b>   |          |          |          |          | <b>1:32:22</b> | <b>+51:05</b> |          |          |          |          |          |          |          |          |          |          |          |
| Post      | 1                                | 2        | 3        | 4        | 5        | 6              | 7             | 8        | 9        | 10       | 11       | 12       | 13       | 14       | 15       | 16       | 17       | 18       |
| Total tid | 01:02-17                         | 04:29-17 | 07:56-17 | 10:05-19 | 14:02-19 | 18:50-19       | 27:58-18      | 33:19-18 | 38:03-18 | 43:02-18 | 63:27-18 | 71:32-19 | 74:40-18 | 79:12-18 | 85:42-18 | 90:08-18 | 91:14-18 | 92:22-18 |
| Strekktid | 01:02                            | 03:27-18 | 03:27-18 | 02:09-19 | 03:57-19 | 04:48-20       | 09:08-18      | 05:21-16 | 04:44-19 | 04:59-21 | 20:25-19 | 08:05-21 | 03:08-18 | 04:32-21 | 06:30-21 | 04:26-21 | 01:06-16 | 01:08-20 |
| Tid etter | +00:32@                          | +01:26&  | +02:05@  | +01:15@  | +02:25@  | +01:55&        | +04:20&       | +01:52&  | +02:42@  | +03:47@  | +08:58&  | +07:10@  | +01:27&  | +02:49@  | +05:23@  | +02:05&  | +00:24&  | +00:30&  |
| <b>20</b> | <b>Andre Haugsbø, Gaular IL</b>  |          |          |          |          | <b>1:33:28</b> | <b>+52:11</b> |          |          |          |          |          |          |          |          |          |          |          |
| Post      | 1                                | 2        | 3        | 4        | 5        | 6              | 7             | 8        | 9        | 10       | 11       | 12       | 13       | 14       | 15       | 16       | 17       | 18       |
| Total tid | 00:35-2                          | 03:13-6  | 05:00-6  | 06:27-6  | 09:29-9  | 12:22-9        | 42:00-20      | 44:23-20 | 53:27-20 | 55:02-20 | 67:59-19 | 69:55-18 | 84:55-20 | 87:27-20 | 89:44-19 | 92:13-19 | 92:51-19 | 93:28-19 |
| Strekktid | 00:35                            | 02:38-8  | 01:47-8  | 01:27-15 | 03:02-15 | 02:53-1        | 29:38-21      | 02:23-1  | 09:04-21 | 01:35-5  | 12:57-8  | 01:56-15 | 15:00-21 | 02:32-18 | 02:17-16 | 02:29-4  | 00:38-1  | 00:37-1  |
| Tid etter | +00:05#                          | +00:37&  | +00:25&  | +00:33&  | +01:30&  | +00:00         | +24:50@       | -01:06   | +07:02@  | +00:23&  | +01:30#  | +01:01@  | +13:19@  | +00:49&  | +01:10@  | +00:08   | -00:04   | -00:01   |

|           |                               |                    |                |                    |                |                    |                    |                |                    |                |                    |                |                    |                    |                |                    |                    |                    |
|-----------|-------------------------------|--------------------|----------------|--------------------|----------------|--------------------|--------------------|----------------|--------------------|----------------|--------------------|----------------|--------------------|--------------------|----------------|--------------------|--------------------|--------------------|
| <b>21</b> | <b>Kurt Grønli, Førde IL</b>  |                    |                |                    |                | <b>1:36:27</b>     | <b>+55:10</b>      |                |                    |                |                    |                |                    |                    |                |                    |                    |                    |
| Post      | 1                             | 2                  | 3              | 4                  | 5              | 6                  | 7                  | 8              | 9                  | 10             | 11                 | 12             | 13                 | 14                 | 15             | 16                 | 17                 | 18                 |
| Total tid | 01:04-18                      | 04:52-18           | 11:00-20       | 12:32-20           | 16:32-20       | 20:54-20           | 28:45-19           | 44:08-19       | 47:27-19           | 50:08-19       | 75:41-20           | 77:33-20       | 80:50-19           | 83:36-19           | 89:49-20       | 93:55-20           | 95:20-20           | 96:27-20           |
| Strekktid | 01:04                         | 03:48-19           | 06:08-20       | 01:32-17           | 04:00-20       | 04:22-19           | 07:51-16           | 15:23-21       | 03:19-17           | 02:41-14       | 25:33-21           | 01:52-13       | 03:17-19           | 02:46-20           | 06:13-20       | 04:06-20           | 01:25-21           | 01:07-19           |
| Tid etter | <b>+00:34@</b>                | <b>+01:47&amp;</b> | <b>+04:46@</b> | <b>+00:38&amp;</b> | <b>+02:28@</b> | <b>+01:29&amp;</b> | <b>+03:03&amp;</b> | <b>+11:54@</b> | <b>+01:17&amp;</b> | <b>+01:29@</b> | <b>+14:06@</b>     | <b>+00:57@</b> | <b>+01:36&amp;</b> | <b>+01:03&amp;</b> | <b>+05:06@</b> | <b>+01:45&amp;</b> | <b>+00:43@</b>     | <b>+00:29&amp;</b> |
| <b>22</b> | <b>Kristian Årdal, NOTEAM</b> |                    |                |                    |                | <b>1:51:26</b>     | <b>+1:10:09</b>    |                |                    |                |                    |                |                    |                    |                |                    |                    |                    |
| Post      | 1                             | 2                  | 3              | 4                  | 5              | 6                  | 7                  | 8              | 9                  | 10             | 11                 | 12             | 13                 | 14                 | 15             | 16                 | 17                 | 18                 |
| Total tid | 00:50-11                      | 07:25-21           | 19:03-21       | 25:29-21           | 31:31-21       | 35:18-21           | 58:29-21           | 69:00-21       | 73:24-21           | 76:48-21       | 93:15-21           | 95:38-21       | 98:25-21           | 100:42-21          | 106:29-21      | 109:32-21          | 110:34-21          | 111:26-21          |
| Strekktid | 00:50                         | 06:35-21           | 11:38-21       | 06:26-21           | 06:02-21       | 03:47-16           | 23:11-20           | 10:31-20       | 04:24-18           | 03:24-17       | 16:27-17           | 02:23-18       | 02:47-13           | 02:17-12           | 05:47-19       | 03:03-12           | 01:02-14           | 00:52-12           |
| Tid etter | <b>+00:20&amp;</b>            | <b>+04:34@</b>     | <b>+10:16@</b> | <b>+05:32@</b>     | <b>+04:30@</b> | <b>+00:54&amp;</b> | <b>+18:23@</b>     | <b>+07:02@</b> | <b>+02:22@</b>     | <b>+02:12@</b> | <b>+05:00&amp;</b> | <b>+01:28@</b> | <b>+01:06&amp;</b> | <b>+00:34&amp;</b> | <b>+04:40@</b> | <b>+00:42&amp;</b> | <b>+00:20&amp;</b> | <b>+00:14&amp;</b> |

13.06.18 22:16:01 eTiming versjon 4.0 [EQ Timing as](#)

Lisensen tilhører: Førde IL

## ALK

|           |                                     |                |                    |                |                |                |                |                |                |                    |                    |                |                |                |                    |                    |                |                |
|-----------|-------------------------------------|----------------|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|--------------------|--------------------|----------------|----------------|----------------|--------------------|--------------------|----------------|----------------|
| <b>1</b>  | <b>Stine Woll Aasen, Førde IL</b>   |                |                    |                |                | <b>1:13:58</b> | <b>+00:00</b>  |                |                |                    |                    |                |                |                |                    |                    |                |                |
| Post      | 1                                   | 2              | 3                  | 4              | 5              | 6              | 7              | 8              | 9              | 10                 | 11                 | 12             | 13             | 14             | 15                 | 16                 | 17             | 18             |
| Total tid | 00:57-2                             | 10:15-3        | 12:10-2            | 16:35-2        | 19:22-2        | <b>23:07-1</b> | <b>30:30-1</b> | 37:08-2        | 41:06-3        | 44:26-2            | 59:39-2            | 61:25-2        | 64:22-2        | 67:09-2        | 68:41-2            | <b>71:52-1</b>     | <b>72:51-1</b> | <b>73:58-1</b> |
| Strekktid | 00:57                               | 09:18-3        | <b>01:55-1</b>     | 04:25-3        | <b>02:47-1</b> | <b>03:45-1</b> | 07:23-3        | 06:38-3        | 03:58-3        | 03:20-2            | <b>15:13-1</b>     | 01:46-2        | <b>02:57-1</b> | 02:47-3        | <b>01:32-1</b>     | 03:11-2            | 00:59-2        | 01:07-2        |
| Tid etter | <b>+00:00</b>                       | <b>+00:00</b>  | <b>+00:00</b>      | <b>+00:00</b>  | <b>+00:00</b>  | <b>+00:00</b>  | <b>+00:00</b>  | <b>+00:00</b>  | <b>+00:00</b>  | <b>+00:00</b>      | <b>+00:00</b>      | <b>+00:00</b>  | <b>+00:00</b>  | <b>+00:00</b>  | <b>+00:00</b>      | <b>+00:00</b>      | <b>+00:00</b>  | <b>+00:00</b>  |
| <b>2</b>  | <b>Tine Hjelseth Larsen, NOTEAM</b> |                |                    |                |                | <b>1:14:39</b> | <b>+00:41</b>  |                |                |                    |                    |                |                |                |                    |                    |                |                |
| Post      | 1                                   | 2              | 3                  | 4              | 5              | 6              | 7              | 8              | 9              | 10                 | 11                 | 12             | 13             | 14             | 15                 | 16                 | 17             | 18             |
| Total tid | 01:26-3                             | 05:15-2        | <b>08:17-1</b>     | <b>09:58-1</b> | <b>13:10-1</b> | 24:02-2        | 30:32-2        | <b>35:13-1</b> | <b>38:29-1</b> | <b>40:52-1</b>     | <b>58:09-1</b>     | <b>60:02-1</b> | <b>63:35-1</b> | <b>66:12-1</b> | <b>68:08-1</b>     | 72:19-2            | 73:27-2        | 74:39-2        |
| Strekktid | 01:26                               | 03:49-2        | 03:02-2            | 01:41-2        | 03:12-3        | 10:52-3        | 06:30-2        | <b>04:41-1</b> | 03:16-2        | <b>02:23-1</b>     | 17:17-2            | 01:53-3        | 03:33-3        | 02:37-2        | 01:56-3            | 04:11-3            | 01:08-3        | 01:12-3        |
| Tid etter | <b>+00:29&amp;</b>                  | <b>-05:29</b>  | <b>+01:07&amp;</b> | <b>-02:44</b>  | <b>+00:25#</b> | <b>+07:07@</b> | <b>-00:53</b>  | <b>-01:57</b>  | <b>-00:42</b>  | <b>-00:57</b>      | <b>+02:04#</b>     | <b>+00:07</b>  | <b>+00:36#</b> | <b>-00:10</b>  | <b>+00:24&amp;</b> | <b>+01:00&amp;</b> | <b>+00:09#</b> | <b>+00:05</b>  |
| <b>3</b>  | <b>Bodil Ryste, Gaular IL</b>       |                |                    |                |                | <b>1:18:53</b> | <b>+04:55</b>  |                |                |                    |                    |                |                |                |                    |                    |                |                |
| Post      | 1                                   | 2              | 3                  | 4              | 5              | 6              | 7              | 8              | 9              | 10                 | 11                 | 12             | 13             | 14             | 15                 | 16                 | 17             | 18             |
| Total tid | <b>00:45-1</b>                      | <b>03:48-1</b> | 19:13-3            | 20:15-3        | 23:08-3        | 27:37-3        | 32:20-3        | 37:14-3        | 40:15-2        | 45:27-3            | 65:16-3            | 66:53-3        | 70:03-3        | 72:12-3        | 74:07-3            | 77:02-3            | 77:51-3        | 78:53-3        |
| Strekktid | 00:45                               | <b>03:03-1</b> | 15:25-3            | <b>01:02-1</b> | 02:53-2        | 04:29-2        | <b>04:43-1</b> | 04:54-2        | <b>03:01-1</b> | 05:12-3            | 19:49-3            | <b>01:37-1</b> | 03:10-2        | <b>02:09-1</b> | 01:55-2            | <b>02:55-1</b>     | <b>00:49-1</b> | <b>01:02-1</b> |
| Tid etter | <b>-00:12</b>                       | <b>-06:15</b>  | <b>+13:30@</b>     | <b>-03:23</b>  | <b>+00:06</b>  | <b>+00:44#</b> | <b>-02:40</b>  | <b>-01:44</b>  | <b>-00:57</b>  | <b>+01:52&amp;</b> | <b>+04:36&amp;</b> | <b>-00:09</b>  | <b>+00:13</b>  | <b>-00:38</b>  | <b>+00:23#</b>     | <b>-00:16</b>      | <b>-00:10</b>  | <b>-00:05</b>  |

14.06.18 18:42:24 eTiming versjon 4.0 [EQ Timing as](#)

Lisensen tilhører: Førde IL

AKK

|           |                                  |         |         |         |         |         |         |         |         |         |          |          |          |
|-----------|----------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|----------|----------|
| 1         | Anja Hole, Førde IL              |         |         |         |         | 52:24   | +00:00  |         |         |         |          |          |          |
| Post      | 1                                | 2       | 3       | 4       | 5       | 6       | 7       | 8       | 9       | 10      | 11       | 12       | 13       |
| Total tid | 00:52-1                          | 09:45-3 | 14:37-4 | 15:42-3 | 20:49-3 | 36:52-2 | 38:58-1 | 41:38-1 | 44:19-1 | 46:54-1 | 50:24-1  | 51:31-1  | 52:24-1  |
| Strekktid | 00:52                            | 08:53-4 | 04:52-4 | 01:05-1 | 05:07-2 | 16:03-2 | 02:06-1 | 02:40-1 | 02:41-2 | 02:35-1 | 03:30-1  | 01:07-1  | 00:53-1  |
| Tid etter | +00:00                           | +00:00  | +00:00  | +00:00  | +00:00  | +00:00  | +00:00  | +00:00  | +00:00  | +00:00  | +00:00   | +00:00   | +00:00   |
| 2         | Anita E. Hole, Førde IL          |         |         |         |         | 55:54   | +03:30  |         |         |         |          |          |          |
| Post      | 1                                | 2       | 3       | 4       | 5       | 6       | 7       | 8       | 9       | 10      | 11       | 12       | 13       |
| Total tid | 01:16-3                          | 09:48-4 | 12:30-3 | 14:04-2 | 18:55-2 | 33:52-1 | 40:36-2 | 43:55-2 | 46:25-2 | 49:05-2 | 53:13-2  | 54:36-2  | 55:54-2  |
| Strekktid | 01:16                            | 08:32-3 | 02:42-1 | 01:34-2 | 04:51-1 | 14:57-1 | 06:44-3 | 03:19-2 | 02:30-1 | 02:40-2 | 04:08-2  | 01:23-3  | 01:18-4  |
| Tid etter | +00:24&                          | -00:21  | -02:10  | +00:29& | -00:16  | -01:06  | +04:38@ | +00:39# | -00:11  | +00:05  | +00:38#  | +00:16#  | +00:25&  |
| 3         | Dorte Gytri, Førde IL            |         |         |         |         | 1:00:10 | +07:46  |         |         |         |          |          |          |
| Post      | 1                                | 2       | 3       | 4       | 5       | 6       | 7       | 8       | 9       | 10      | 11       | 12       | 13       |
| Total tid | 01:20-4                          | 05:51-2 | 08:59-1 | 10:55-1 | 17:03-1 | 37:51-3 | 40:57-3 | 45:44-3 | 49:29-3 | 52:21-3 | 57:47-3  | 59:03-3  | 60:10-3  |
| Strekktid | 01:20                            | 04:31-2 | 03:08-2 | 01:56-3 | 06:08-3 | 20:48-3 | 03:06-2 | 04:47-3 | 03:45-4 | 02:52-3 | 05:26-3  | 01:16-2  | 01:07-3  |
| Tid etter | +00:28&                          | -04:22  | -01:44  | +00:51& | +01:01# | +04:45& | +01:00& | +02:07& | +01:04& | +00:17# | +01:56&  | +00:09#  | +00:14&  |
| 4         | Helene Søreide, NOTEAM           |         |         |         |         | 1:43:42 | +51:18  |         |         |         |          |          |          |
| Post      | 1                                | 2       | 3       | 4       | 5       | 6       | 7       | 8       | 9       | 10      | 11       | 12       | 13       |
| Total tid | 01:06-2                          | 05:32-1 | 10:12-2 | 16:57-4 | 26:41-4 | 64:06-4 | 72:43-4 | 77:45-4 | 80:38-4 | 95:38-4 | 101:09-4 | 102:36-4 | 103:42-4 |
| Strekktid | 01:06                            | 04:26-1 | 04:40-3 | 06:45-4 | 09:44-4 | 37:25-4 | 08:37-4 | 05:02-4 | 02:53-3 | 15:00-4 | 05:31-4  | 01:27-4  | 01:06-2  |
| Tid etter | +00:14&                          | -04:27  | -00:12  | +05:40@ | +04:37& | +21:22@ | +06:31@ | +02:22& | +00:12  | +12:25@ | +02:01&  | +00:20&  | +00:13#  |
| DSQ       | Brita Eilertsen Grønli, Førde IL |         |         |         |         |         |         |         |         |         |          |          |          |
| Post      | 1                                | 2       | 3       | 4       | 5       | 6       | 7       | 8       | 9       | 10      | 11       | 12       | 13       |
| Total tid | 02:07-0                          | 07:19-0 | 33:15-0 | 47:00-0 | 54:47-0 | 00:00-0 | 00:00-0 | 00:00-0 | 00:00-0 | 00:00-0 | 00:00-0  | 00:00-0  | 00:00-0  |
| Strekktid | 02:07                            | 05:12-0 | 25:56-0 | 13:45-0 | 07:47-0 | -       | -       | -       | -       | -       | -        | -        | -        |
| Tid etter | +01:15@                          | -03:41  | +21:04@ | +12:40@ | +02:40& | -       | -       | -       | -       | -       | -        | -        | -        |

AKM

|           |                                 |                |                |                |                |                |                |                |                |                |                |                |                |
|-----------|---------------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| <b>1</b>  | <b>Knut Even Hole, Førde IL</b> |                |                |                |                | <b>51:42</b>   | <b>+00:00</b>  |                |                |                |                |                |                |
| Post      | 1                               | 2              | 3              | 4              | 5              | 6              | 7              | 8              | 9              | 10             | 11             | 12             | 13             |
| Total tid | <b>00:58-1</b>                  | <b>04:39-1</b> | <b>07:43-1</b> | <b>09:56-1</b> | <b>14:47-1</b> | <b>30:09-1</b> | 36:39-2        | 40:03-2        | 42:24-2        | <b>45:22-1</b> | <b>49:17-1</b> | <b>50:33-1</b> | <b>51:42-1</b> |
| Strekktid | 00:58                           | <b>03:41-1</b> | <b>03:04-1</b> | <b>02:13-1</b> | 04:51-3        | 15:22-3        | 06:30-4        | 03:24-3        | <b>02:21-1</b> | 02:58-2        | <b>03:55-1</b> | 01:16-2        | 01:09-2        |
| Tid etter | +00:00                          | +00:00         | +00:00         | +00:00         | +00:00         | +00:00         | +00:00         | +00:00         | +00:00         | +00:00         | +00:00         | +00:00         | +00:00         |
| <b>2</b>  | <b>Egil Nestande, Førde IL</b>  |                |                |                |                | <b>52:49</b>   | <b>+01:07</b>  |                |                |                |                |                |                |
| Post      | 1                               | 2              | 3              | 4              | 5              | 6              | 7              | 8              | 9              | 10             | 11             | 12             | 13             |
| Total tid | 01:30-4                         | 06:54-3        | 10:05-3        | 14:41-3        | 19:18-2        | 33:45-2        | <b>35:56-1</b> | <b>39:16-1</b> | <b>42:21-1</b> | 45:50-2        | 49:59-2        | 51:26-2        | 52:49-2        |
| Strekktid | 01:30                           | 05:24-3        | 03:11-3        | 04:36-2        | <b>04:37-1</b> | 14:27-2        | <b>02:11-1</b> | 03:20-2        | 03:05-3        | 03:29-3        | 04:09-2        | 01:27-4        | 01:23-3        |
| Tid etter | +00:32&                         | +01:43&        | +00:07         | +02:23@        | -00:14         | -00:55         | -04:19         | -00:04         | +00:44&        | +00:31#        | +00:14         | +00:11#        | +00:14#        |
| <b>3</b>  | <b>Sverre Aasen, Førde IL</b>   |                |                |                |                | <b>1:01:12</b> | <b>+09:30</b>  |                |                |                |                |                |                |
| Post      | 1                               | 2              | 3              | 4              | 5              | 6              | 7              | 8              | 9              | 10             | 11             | 12             | 13             |
| Total tid | 01:11-3                         | 05:00-2        | 08:06-2        | 13:59-2        | 21:35-3        | 38:53-3        | 41:16-3        | 45:51-3        | 49:38-3        | 52:32-3        | 58:14-3        | 59:37-3        | 61:12-3        |
| Strekktid | 01:11                           | 03:49-2        | 03:06-2        | 05:53-4        | 07:36-4        | 17:18-4        | 02:23-2        | 04:35-4        | 03:47-4        | <b>02:54-1</b> | 05:42-4        | 01:23-3        | 01:35-4        |
| Tid etter | +00:13#                         | +00:08         | +00:02         | +03:40@        | +02:45&        | +01:56#        | -04:07         | +01:11&        | +01:26&        | -00:04         | +01:47&        | +00:07         | +00:26&        |
| <b>4</b>  | <b>Øyvind Korsøen, Førde IL</b> |                |                |                |                | <b>1:06:14</b> | <b>+14:32</b>  |                |                |                |                |                |                |
| Post      | 1                               | 2              | 3              | 4              | 5              | 6              | 7              | 8              | 9              | 10             | 11             | 12             | 13             |
| Total tid | 01:04-2                         | 16:13-4        | 24:07-4        | 29:37-4        | 34:19-4        | 46:40-4        | 49:04-4        | 51:54-4        | 54:43-4        | 59:06-4        | 63:55-4        | 65:09-4        | 66:14-4        |
| Strekktid | 01:04                           | 15:09-4        | 07:54-4        | 05:30-3        | 04:42-2        | <b>12:21-1</b> | 02:24-3        | <b>02:50-1</b> | 02:49-2        | 04:23-4        | 04:49-3        | <b>01:14-1</b> | <b>01:05-1</b> |
| Tid etter | +00:06#                         | +11:28@        | +04:50@        | +03:17@        | -00:09         | -03:01         | -04:06         | -00:34         | +00:28#        | +01:25&        | +00:54#        | -00:02         | -00:04         |

14.06.18 18:42:24 eTiming versjon 4.0 [EQ Timing as](#)

Lisensen tilhører: Førde IL