

FØRDE IL, ROMJULSLØPET 26. DESEMBER 2017

STREKKTIDER

AL

1	Isak Bergset, NTNUI					21:09	+00:00									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	00:44-3	02:07-5	03:29-2	04:30-2	05:21-2	06:54-2	09:06-1	10:34-1	11:45-1	14:06-1	17:12-1	18:00-1	19:30-1	20:13-1	20:56-1	21:09-1
Strekktid	00:44	01:23-6	01:22-1	01:01-1	00:51-1	01:33-1	02:12-1	01:28-1	01:11-1	02:21-2	03:06-1	00:48-1	01:30-1	00:43-1	00:43-1	00:13-2
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	+00:00	+00:00	+00:00
2	Andreas Svingheim Magerøy, Lillehammer OK					25:38	+04:29									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	00:40-1	01:34-1	03:07-1	04:14-1	05:08-1	06:50-1	11:43-2	13:40-2	15:01-2	17:19-2	20:46-2	21:48-2	23:28-2	24:38-2	25:22-2	25:38-2
Strekktid	00:40	00:54-1	01:33-2	01:07-2	00:54-2	01:42-2	04:53-14	01:57-2	01:21-2	02:18-1	03:27-2	01:02-2	01:40-2	01:10-2	00:44-2	00:16-4
Tid etter	-00:04	-00:29	+00:11#	+00:06	+00:03	+00:09	+02:41@	+00:29&	+00:10#	-00:03	+00:21#	+00:14&	+00:10#	+00:27&	+00:01	+00:03#
3	Håvard Nummedal Os, Førde IL					29:34	+08:25									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	00:42-2	01:43-2	03:53-4	05:16-3	07:26-5	09:14-3	12:14-3	14:11-3	15:59-3	20:21-3	24:12-3	25:17-3	27:13-3	28:29-3	29:19-3	29:34-3
Strekktid	00:42	01:01-2	02:10-6	01:23-3	02:10-15	01:48-3	03:00-4	01:57-2	01:48-6	04:22-12	03:51-3	01:05-3	01:56-3	01:16-3	00:50-3	00:15-3
Tid etter	-00:02	-00:22	+00:48&	+00:22&	+01:19@	+00:15#	+00:48&	+00:29&	+00:37&	+02:01&	+00:45#	+00:17&	+00:26&	+00:33&	+00:07#	+00:02#
4	Andreas Haug, Førde IL					32:11	+11:02									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	00:44-3	01:47-3	03:52-3	07:45-7	08:42-6	11:15-6	14:04-6	16:47-6	18:30-6	21:34-6	26:13-4	27:18-4	29:25-4	30:52-4	31:53-4	32:11-4
Strekktid	00:44	01:03-3	02:05-5	03:53-15	00:57-3	02:33-7	02:49-2	02:43-10	01:43-4	03:04-4	04:39-5	01:05-3	02:07-4	01:27-5	01:01-6	00:18-7
Tid etter	+00:00	-00:20	+00:43&	+02:52@	+00:06#	+01:00&	+00:37&	+01:15&	+00:32&	+00:43&	+01:33&	+00:17&	+00:37&	+00:44@	+00:18&	+00:05&
5	Gunnar Gytri, Førde IL					33:07	+11:58									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	00:54-7	02:05-4	04:07-5	05:47-5	07:12-4	09:46-5	13:24-5	15:46-4	17:46-5	21:11-5	26:26-5	27:44-5	30:01-5	31:33-5	32:49-5	33:07-5
Strekktid	00:54	01:11-4	02:02-4	01:40-7	01:25-9	02:34-8	03:38-7	02:22-5	02:00-8	03:25-6	05:15-6	01:18-6	02:17-6	01:32-8	01:16-12	00:18-7
Tid etter	+00:10#	-00:12	+00:40&	+00:39&	+00:34&	+01:01&	+01:26&	+00:54&	+00:49&	+01:04&	+02:09&	+00:30&	+00:47&	+00:49@	+00:33&	+00:05&
6	Anders Bergset, IL Vetten					33:10	+12:01									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	00:59-9	02:14-6	04:10-6	05:41-4	06:46-3	09:26-4	13:15-4	15:46-4	17:28-4	20:36-4	26:35-6	27:53-6	30:09-6	31:43-6	32:53-6	33:10-6
Strekktid	00:59	01:15-5	01:56-3	01:31-5	01:05-5	02:40-9	03:49-10	02:31-7	01:42-3	03:08-5	05:59-8	01:18-6	02:16-5	01:34-9	01:10-11	00:17-5
Tid etter	+00:15&	-00:08	+00:34&	+00:30&	+00:14&	+01:07&	+01:37&	+01:03&	+00:31&	+00:47&	+02:53&	+00:30&	+00:46&	+00:51@	+00:27&	+00:04&

7	Asgeir Årdal, Førde IL					36:05	+14:56									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	00:49-5	02:21-8	05:04-7	08:54-10	09:56-10	12:48-10	15:39-7	18:23-7	20:14-7	23:12-7	29:14-7	30:30-7	33:17-7	34:46-7	35:44-7	36:05-7
Strekktid	00:49	01:32-8	02:43-10	03:50-14	01:02-4	02:52-10	02:51-3	02:44-11	01:51-7	02:58-3	06:02-9	01:16-5	02:47-11	01:29-7	00:58-4	00:21-9
Tid etter	+00:05#	+00:09#	+01:21&	+02:49@	+00:11#	+01:19&	+00:39&	+01:16&	+00:40&	+00:37&	+02:56&	+00:28&	+01:17&	+00:46@	+00:15&	+00:08&
8	Edvin Helle, Askvoll & Holmedal IL					39:34	+18:25									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	01:13-12	03:30-12	05:41-8	07:30-6	09:14-8	12:22-8	16:04-9	18:46-9	20:52-9	25:07-8	30:33-8	32:23-8	35:20-8	38:06-8	39:11-8	39:34-8
Strekktid	01:13	02:17-13	02:11-7	01:49-8	01:44-14	03:08-13	03:42-8	02:42-9	02:06-11	04:15-9	05:26-7	01:50-13	02:57-12	02:46-16	01:05-8	00:23-10
Tid etter	+00:29&	+00:54&	+00:49&	+00:48&	+00:53@	+01:35@	+01:30&	+01:14&	+00:55&	+01:54&	+02:20&	+01:02@	+01:27&	+02:03@	+00:22&	+00:10&
9	Trygve Nummedal Os, Førde IL					40:28	+19:19									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	00:49-5	02:19-7	06:33-11	08:11-9	09:35-9	11:58-7	15:48-8	18:39-8	20:40-8	25:24-9	32:41-9	34:20-9	36:54-9	38:55-9	40:11-9	40:28-9
Strekktid	00:49	01:30-7	04:14-16	01:38-6	01:24-8	02:23-6	03:50-11	02:51-13	02:01-10	04:44-13	07:17-14	01:39-11	02:34-7	02:01-13	01:16-12	00:17-5
Tid etter	+00:05#	+00:07	+02:52@	+00:37&	+00:33&	+00:50&	+01:38&	+01:23&	+00:50&	+02:23@	+04:11@	+00:51@	+01:04&	+01:18@	+00:33&	+00:04&
10	Marius Dalin, Førde IL					40:54	+19:45									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	00:54-7	02:34-9	05:51-9	07:45-7	09:06-7	12:40-9	16:23-10	19:10-10	21:18-10	26:08-10	32:45-10	34:21-10	37:05-10	38:55-9	40:28-10	40:54-10
Strekktid	00:54	01:40-10	03:17-12	01:54-9	01:21-6	03:34-15	03:43-9	02:47-12	02:08-12	04:50-15	06:37-12	01:36-10	02:44-10	01:50-12	01:33-14	00:26-15
Tid etter	+00:10#	+00:17#	+01:55@	+00:53&	+00:30&	+02:01@	+01:31&	+01:19&	+00:57&	+02:29@	+03:31@	+00:48&	+01:14&	+01:07@	+00:50@	+00:13&
11	Sondre Kristiansen, NTNUI					41:27	+20:18									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	01:08-10	09:50-16	12:13-16	13:41-16	15:07-16	17:08-15	20:36-13	22:54-13	26:32-14	30:10-14	34:30-12	36:01-12	38:38-11	40:17-11	41:15-11	41:27-11
Strekktid	01:08	08:42-16	02:23-8	01:28-4	01:26-11	02:01-4	03:28-6	02:18-4	03:38-16	03:38-7	04:20-4	01:31-9	02:37-8	01:39-11	00:58-4	00:12-1
Tid etter	+00:24&	+07:19@	+01:01&	+00:27&	+00:35&	+00:28&	+01:16&	+00:50&	+02:27@	+01:17&	+01:14&	+00:43&	+01:07&	+00:56@	+00:15&	-00:01
12	Jon Anders Schei, Førde IL					42:53	+21:44									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	01:17-13	02:53-10	06:40-12	08:57-11	12:35-13	15:41-13	19:08-12	22:11-12	24:19-12	28:37-12	35:32-13	37:16-13	39:59-12	41:26-12	42:30-12	42:53-12
Strekktid	01:17	01:36-9	03:47-15	02:17-11	03:38-16	03:06-12	03:27-5	03:03-14	02:08-12	04:18-10	06:55-13	01:44-12	02:43-9	01:27-5	01:04-7	00:23-10
Tid etter	+00:33&	+00:13#	+02:25@	+01:16@	+02:47@	+01:33&	+01:15&	+01:35@	+00:57&	+01:57&	+03:49@	+00:56@	+01:13&	+00:44@	+00:21&	+00:10&
13	Torodd Os, Førde IL					44:12	+23:03									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Total tid	01:23-15	04:05-14	07:50-14	10:02-13	11:27-12	14:21-12	18:44-11	21:21-11	23:21-11	27:41-11	33:52-11	35:17-11	41:03-13	42:40-13	43:48-13	44:12-13
Strekktid	01:23	02:42-14	03:45-14	02:12-10	01:25-9	02:54-11	04:23-13	02:37-8	02:00-8	04:20-11	06:11-10	01:25-8	05:46-16	01:37-10	01:08-10	00:24-13
Tid etter	+00:39&	+01:19&	+02:23@	+01:11@	+00:34&	+01:21&	+02:11&	+01:09&	+00:49&	+01:59&	+03:05&	+00:37&	+04:16@	+00:54@	+00:25&	+00:11&

14	Christopher Fink, Førde IL					46:00	+24:51										
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Total tid	01:18-14	03:22-11	05:58-10	13:33-15	14:55-15	17:15-16	21:25-15	23:50-14	25:35-13	29:22-13	38:06-14	39:56-14	43:07-14	44:30-14	45:37-14	46:00-14	
Strekktid	01:18	02:04-12	02:36-9	07:35-16	01:22-7	02:20-5	04:10-12	02:25-6	01:45-5	03:47-8	08:44-16	01:50-13	03:11-13	01:23-4	01:07-9	00:23-10	
Tid etter	+00:34&	+00:41&	+01:14&	+06:34@	+00:31&	+00:47&	+01:58&	+00:57&	+00:34&	+01:26&	+05:38@	+01:02@	+01:41@	+00:40&	+00:24&	+00:10&	
15	Johan Magerøy, Førde IL					48:23	+27:14										
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Total tid	01:10-11	03:52-13	06:45-13	09:34-12	11:04-11	14:16-11	20:42-14	24:02-15	26:54-15	31:42-15	38:15-15	40:12-15	43:36-15	46:17-15	47:59-15	48:23-15	
Strekktid	01:10	02:42-14	02:53-11	02:49-13	01:30-12	03:12-14	06:26-15	03:20-15	02:52-14	04:48-14	06:33-11	01:57-15	03:24-14	02:41-15	01:42-15	00:24-13	
Tid etter	+00:26&	+01:19&	+01:31@	+01:48@	+00:39&	+01:39@	+04:14@	+01:52@	+01:41@	+02:27@	+03:27@	+01:09@	+01:54@	+01:58@	+00:59@	+00:11&	
16	Ivar Bergset, Førde IL					55:49	+34:40										
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Total tid	04:02-16	05:47-15	09:04-15	11:25-14	13:01-14	16:52-14	23:59-16	27:30-16	30:35-16	35:58-16	44:01-16	46:27-16	51:37-16	53:50-16	55:49-16	00:00-0	
Strekktid	04:02	01:45-11	03:17-12	02:21-12	01:36-13	03:51-16	07:07-16	03:31-16	03:05-15	05:23-16	08:03-15	02:26-16	05:10-15	02:13-14	01:59-16	-	
Tid etter	+03:18@	+00:22&	+01:55@	+01:20@	+00:45&	+02:18@	+04:55@	+02:03@	+01:54@	+03:02@	+04:57@	+01:38@	+03:40@	+01:30@	+01:16@	-	

AK

1	Kari Svingheim, Lillehammer OK					31:09	+00:00		
Post	1	2	3	4	5	6	7	8	9
Total tid	05:40-2	07:50-2	11:56-2	17:38-2	22:11-2	26:54-1	29:12-2	30:42-1	31:09-1
Strekktid	05:40	02:10-1	04:06-1	05:42-2	04:33-2	04:43-1	02:18-3	01:30-2	00:27-3
Tid etter	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00
2	Kurt Grønli, Førde IL					31:23	+00:14		
Post	1	2	3	4	5	6	7	8	9
Total tid	04:33-1	06:47-1	10:57-1	15:36-1	21:18-1	27:02-2	29:09-1	30:59-2	31:23-2
Strekktid	04:33	02:14-2	04:10-3	04:39-1	05:42-4	05:44-2	02:07-2	01:50-4	00:24-2
Tid etter	-01:07	+00:04	+00:04	-01:03	+01:09&	+01:01#	-00:11	+00:20#	-00:03
3	Ingeborg Magerøy, Førde IL					38:05	+06:56		
Post	1	2	3	4	5	6	7	8	9
Total tid	07:19-5	09:34-3	13:40-3	19:50-3	24:14-3	34:36-3	36:33-3	37:45-3	38:05-3
Strekktid	07:19	02:15-3	04:06-1	06:10-3	04:24-1	10:22-4	01:57-1	01:12-1	00:20-1
Tid etter	+01:39&	+00:05	+00:00	+00:28	-00:09	+05:39@	-00:21	-00:18	-00:07
4	Egil Nestande, Førde IL					41:08	+09:59		
Post	1	2	3	4	5	6	7	8	9
Total tid	07:11-4	09:42-5	14:17-4	22:51-5	28:26-4	35:52-4	38:48-4	40:33-4	41:08-4
Strekktid	07:11	02:31-4	04:35-4	08:34-5	05:35-3	07:26-3	02:56-5	01:45-3	00:35-5
Tid etter	+01:31&	+00:21#	+00:29#	+02:52&	+01:02#	+02:43&	+00:38&	+00:15#	+00:08&
5	Anita E. Hole, Førde IL					49:39	+18:30		
Post	1	2	3	4	5	6	7	8	9
Total tid	08:33-6	11:33-6	16:20-6	22:48-4	30:12-5	44:32-5	47:06-5	49:06-5	49:39-5
Strekktid	08:33	03:00-6	04:47-5	06:28-4	07:24-6	14:20-6	02:34-4	02:00-5	00:33-4
Tid etter	+02:53&	+00:50&	+00:41#	+00:46#	+02:51&	+09:37@	+00:16#	+00:30&	+00:06#
6	Anders Bjørkås, Askvoll & Holmedal IL					55:43	+24:34		
Post	1	2	3	4	5	6	7	8	9
Total tid	06:56-3	09:40-4	15:13-5	29:56-6	36:30-6	48:44-6	52:26-6	55:03-6	55:43-6
Strekktid	06:56	02:44-5	05:33-6	14:43-6	06:34-5	12:14-5	03:42-6	02:37-6	00:40-6
Tid etter	+01:16#	+00:34&	+01:27&	+09:01@	+02:01&	+07:31@	+01:24&	+01:07&	+00:13&

CL

1	Elias Fink, Førde IL							43:06	+00:00
Post	1	2	3	4	5	6	7	8	
Total tid	03:51-3	10:59-2	14:08-1	23:18-2	35:59-3	40:28-2	42:43-1	43:06-1	
Strekktid	03:51	07:08-2	03:09-1	09:10-4	12:41-2	04:29-3	02:15-1	00:23-1	
Tid etter	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	
2	Oscar Fink, Førde IL							45:04	+01:58
Post	1	2	3	4	5	6	7	8	
Total tid	03:39-1	11:03-3	14:24-3	23:28-3	36:10-4	40:40-3	44:23-2	45:04-2	
Strekktid	03:39	07:24-4	03:21-3	09:04-2	12:42-4	04:30-4	03:43-3	00:41-3	
Tid etter	-00:12	+00:16	+00:12	-00:06	+00:01	+00:01	+01:28&	+00:18&	
3	Gro Eliassen, Førde IL							45:10	+02:04
Post	1	2	3	4	5	6	7	8	
Total tid	03:45-2	10:46-1	14:16-2	22:59-1	35:40-1	40:07-1	45:10-3	00:00-0	
Strekktid	03:45	07:01-1	03:30-4	08:43-1	12:41-2	04:27-2	05:03-5	-	
Tid etter	-00:06	-00:07	+00:21#	-00:27	+00:00	-00:02	+02:48@	-	
4	Thodor Fink, Førde IL							46:12	+03:06
Post	1	2	3	4	5	6	7	8	
Total tid	04:10-5	11:25-4	14:41-4	23:48-4	35:51-2	41:16-4	45:40-4	46:12-3	
Strekktid	04:10	07:15-3	03:16-2	09:07-3	12:03-1	05:25-5	04:24-4	00:32-2	
Tid etter	+00:19	+00:07	+00:07	-00:03	-00:38	+00:56#	+02:09&	+00:09&	
5	Andreas Eilertsen, Førde IL							53:03	+09:57
Post	1	2	3	4	5	6	7	8	
Total tid	04:08-4	11:53-5	16:33-5	28:17-5	44:33-5	48:29-5	51:47-5	53:03-4	
Strekktid	04:08	07:45-5	04:40-5	11:44-5	16:16-5	03:56-1	03:18-2	01:16-4	
Tid etter	+00:17	+00:37	+01:31&	+02:34&	+03:35&	-00:33	+01:03&	+00:53@	
DSQ	Brita Grønli, Førde IL								
Post	1	2	3	4	5	6	7	8	
Total tid	16:40-0	20:17-0	22:56-0	29:08-0	44:00-0	47:50-0	00:00-0	53:32-0	
Strekktid	16:40	03:37-0	02:39-0	06:12-0	14:52-0	03:50-0	-	-	
Tid etter	+12:49@	-03:31	-00:30	-02:58	+02:11#	-00:39	-	-	

26.12.17 16:46:04 eTiming versjon 4.0 [EQ Timing as](#)

Lisensen tilhører: Førde IL