

NOL Treningsløp 12.04.2018

Antall deltakere: 40

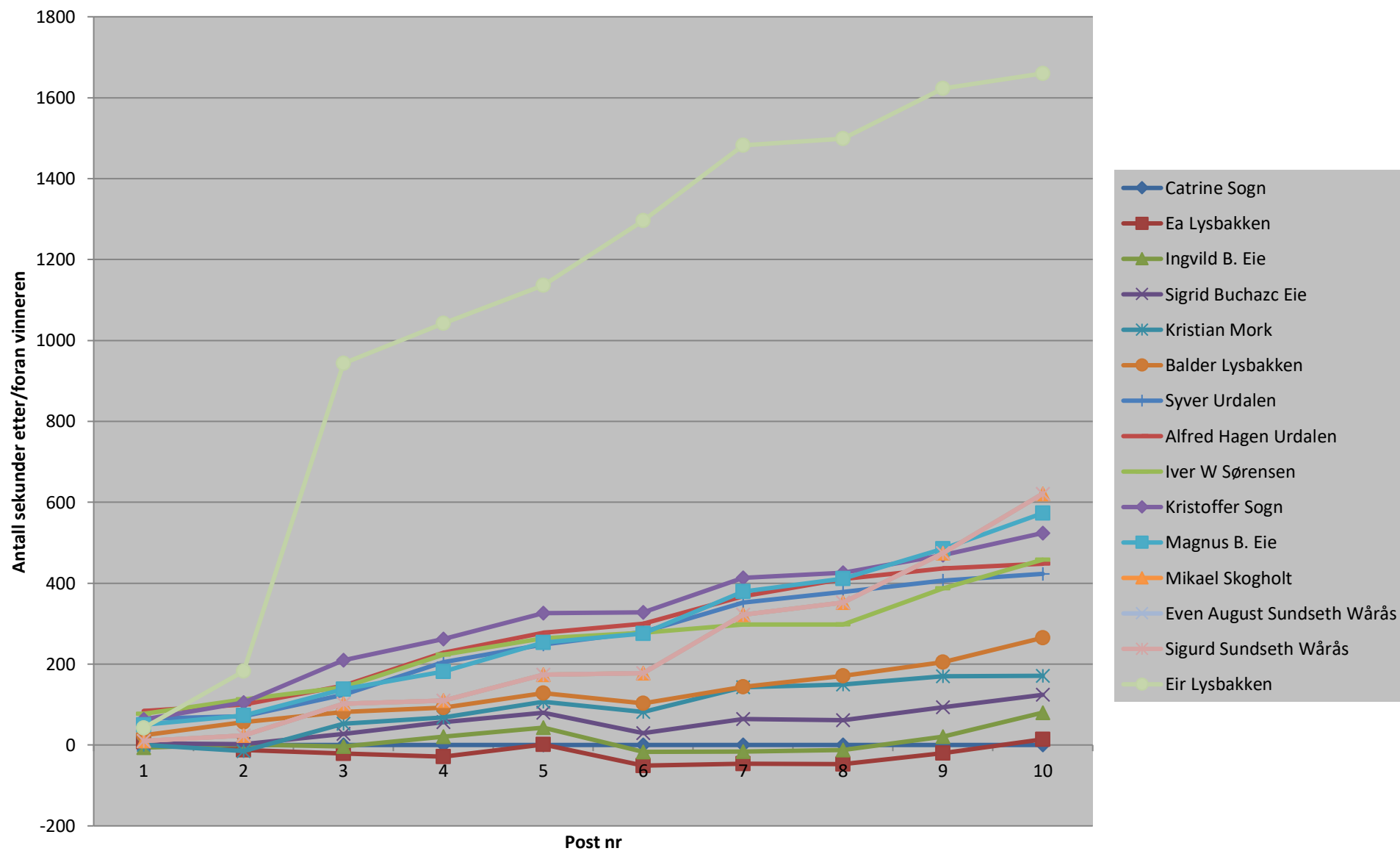
Brikke Navn Tid Løype Min/km Klubb Gull Sølv Brns Disk v2.11.14

Post/EKT-kode---->		1/130 2/132 3/133 4/134 5/135 6/136 7/137 8/138 9/139 10/140 11/141 12/142 13/160															
61171	Simen Wästlund	15:47	2,7 km A	5:51	NOL	01:04	00:57	00:29	00:34	01:11	00:47	00:59	01:12	01:56	00:35	03:06	01:04 01:53
207902	Aasmund Slokvik	18:07	2,7 km A	6:43	NOL	01:04	01:00	00:34	00:42	01:18	00:50	01:06	01:19	02:06	00:48	03:58	01:04 02:18
207900	Harald Kvisli	19:01	2,7 km A	7:03	NOL	01:15	01:06	00:30	00:35	01:06	00:58	01:11	01:29	02:26	00:41	04:15	01:09 02:20
86885	Petter Løe	19:04	2,7 km A	7:04	NOL	01:19	01:04	00:29	00:43	01:28	00:52	01:07	01:23	02:19	00:41	04:01	01:14 02:24
228498	Jon Are Myhrer	19:52	2,7 km A	7:21	NOL	01:21	01:07	00:37	00:38	01:39	01:00	01:24	01:40	02:13	00:40	04:03	01:10 02:20
207903	Rune Mork	20:09	2,7 km A	7:28	NOL	01:15	01:05	00:31	00:38	01:08	00:59	01:16	01:39	02:32	00:50	04:46	01:13 02:17
197939	Even André Thorbjørnsen	20:10	2,7 km A	7:28	NOL	01:18	01:19	00:37	00:43	01:09	00:56	01:08	01:25	02:41	00:46	04:29	01:09 02:30
207703	Randi Mork	21:56	2,7 km A	8:07	NOL	01:23	01:17	00:37	00:44	01:19	01:09	01:23	01:36	02:48	00:44	04:47	01:18 02:51
213060	Emma Engehult	22:02	2,7 km A	8:10	NOL	01:28	01:14	00:42	00:44	01:38	01:00	01:23	01:39	02:43	00:59	04:37	01:18 02:37
505373	Sveinung Rekaa	23:54	2,7 km A	8:51	NOL	01:23	01:52	00:45	00:41	01:37	01:03	01:55	01:48	03:00	00:47	05:04	01:20 02:39
197736	Silje Lysbakken	25:12	2,7 km A	9:20	NOL	01:47	01:39	00:57	00:53	01:39	01:14	01:28	01:47	03:21	00:51	05:08	01:33 02:55
209640	Emil Sten Hestvik	25:16	2,7 km A	9:21	NOL	01:26	01:19	00:42	00:49	01:30	01:10	01:32	01:45	03:19	00:54	06:06	01:57 02:47
480044	Hugo Christensen	30:20	2,7 km A	11:14	NOL	01:58	01:40	00:57	00:57	02:09	01:24	01:49	02:18	03:47	01:13	06:18	01:48 04:02
214551	Håvard Sten	32:32	2,7 km A	12:03	NOL	01:56	01:37	00:49	01:13	01:50	01:22	02:00	02:39	03:48	01:18	07:06	01:53 05:01
207907	Gunvor Bergskås	50:41	2,7 km A	18:46	NOL	03:42	03:24	01:46	01:48	03:34	02:34	03:06	03:48	06:27	01:52	08:46	04:52 05:02
215872	Gunnhild Solberg	50:47	2,7 km A	18:49	NOL	03:46	03:26	01:51	01:49	03:34	02:22	03:08	03:53	06:34	01:39	08:58	04:44 05:03

Post/EKT-kode---->		1/129 2/130 3/132 4/133 5/134 6/135 7/142 8/143 9/145 10/160															
213087	Catrine Sogn	16:57	1,3 km N	13:02	NOL	00:49	01:27	01:50	01:04	00:50	03:20	02:13	01:41	01:41	02:02		
212095	Ea Lysbakken	17:11	1,3 km N	13:13	NOL	00:57	01:07	01:41	00:56	01:20	02:28	02:18	01:40	02:08	02:36		
228500	Ingvild B. Eie	18:17	1,3 km N	14:04	NOL	00:42	01:35	01:45	01:29	01:12	02:20	02:14	01:45	02:14	03:01		
212476	Sigrid Buchazc Eie	19:01	1,3 km N	14:38	NOL	00:53	01:25	02:15	01:33	01:14	02:29	02:48	01:38	02:13	02:33		
212631	Kristian Mork	19:48	1,3 km N	15:14	NOL	00:49	01:12	02:58	01:19	01:29	02:55	03:14	01:47	02:02	02:03		
211939	Balder Lysbakken	21:22	1,3 km N	16:26	NOL	01:13	01:59	02:16	01:14	01:26	02:55	02:54	02:08	02:15	03:02		
228549	Syver Urdalen	24:00	1,3 km N	18:28	NOL	01:54	01:33	02:43	02:25	01:33	03:51	03:26	02:07	02:09	02:19		
228501	Alfred Hagen Urdalen	24:25	1,3 km N	18:47	NOL	02:13	01:43	02:37	02:25	01:39	03:43	03:21	02:23	02:07	02:14		
214611	Iver W Sørensen	24:35	1,3 km N	18:55	NOL	02:06	02:03	02:20	02:24	01:31	03:33	02:34	01:41	03:10	03:13		
228490	Kristoffer Sogn	25:41	1,3 km N	19:45	NOL	01:52	02:09	03:35	01:56	01:54	03:22	03:38	01:54	02:24	02:57		
503981	Magnus B. Eie	26:30	1,3 km N	20:23	NOL	01:39	01:50	02:55	01:47	02:02	03:42	03:57	02:13	02:55	03:30		
228519	Mikael Skogholt	27:18	1,3 km N	21:00	NOL	00:59	01:40	03:09	01:12	01:54	03:24	04:37	02:11	03:43	04:29		
	Even August Sundseth Wårås	27:18	1,3 km N	21:00	NOL	00:59	01:40	03:09	01:12	01:54	03:24	04:37	02:11	03:43	04:29		
	Sigurd Sundseth Wårås	27:18	1,3 km N	21:00	NOL	00:59	01:40	03:09	01:12	01:54	03:24	04:37	02:11	03:43	04:29		
228489	Eir Lysbakken	44:37	1,3 km N	34:19	NOL	01:31	03:47	14:31	02:43	02:24	06:00	05:19	01:58	03:45	02:39		
176740	Halvor Sogn	25:52	1,3 km N	19:54	NOL	01:47	02:10	03:34	01:58	02:10	03:09	03:36		04:22	03:06		
	Håvard Eie	Deltatt	1,3 km N		NOL												
	Anette Hagen	Deltatt	1,3 km N		NOL												
	Nils Thomas Lysbakken	Deltatt	1,3 km N		NOL												
	Lillian Sundseth	Deltatt	1,3 km N		NOL												
	Spencer Strøm	Deltatt	1,3 km N		NOL												
	Inger Line Hamre	Deltatt	1,3 km N		NOL												
	Bjørn Carlsen	Deltatt	1,3 km N		NOL												

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175194	Amalie Biseth	12:21	0,8 km Småttroll	15:26	NOL	03:29	01:56 01:22 02:09 01:59 01:26

1,3 km N referanse: Catrine Sogn



2,7 km A referanse: Simen Wästlund

