Resultatliste Førde IL Nærløp Jølster Skis 23.05.2018

ALM

1	**Torbjørn Os, Førde IL**					**33:39**	**+00:00**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	03:31-2	**14:26-1**	**15:38-1**	**17:54-1**	**23:23-1**	**25:28-1**	**28:15-1**	**29:35-1**	00:00-0	**32:37-1**	**33:39-1**
Strekktid	03:31	10:55-2	**01:12-1**	02:16-2	05:29-3	**02:05-1**	02:47-4	**01:20-1**	-	-	01:02-5
Tid etter	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	-	-	+00:00
2	**Gunnar Gytri, Førde IL**					**35:10**	**+01:31**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	**02:59-1**	16:00-4	17:21-4	19:29-3	25:31-3	27:46-3	30:08-3	31:32-2	00:00-0	34:11-3	35:10-2
Strekktid	02:59	13:01-6	01:21-2	**02:08-1**	06:02-5	02:15-3	**02:22-1**	01:24-2	-	-	00:59-3
Tid etter	-00:32	+02:06#	+00:09#	-00:08	+00:33#	+00:10	-00:25	+00:04	-	-	-00:03
3	**Kristian Årdal, NOTEAM**					**35:13**	**+01:34**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	04:26-5	14:55-2	16:22-2	18:39-2	24:01-2	26:40-2	29:47-2	31:41-3	00:00-0	34:09-2	35:13-3
Strekktid	04:26	**10:29-1**	01:27-4	02:17-3	05:22-2	02:39-5	03:07-9	01:54-7	-	-	01:04-7
Tid etter	+00:55&	-00:26	+00:15#	+00:01	-00:07	+00:34&	+00:20#	+00:34&	-	-	+00:02
4	**Daniel Høyer Iversen, NOTEAM**					**36:55**	**+03:16**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	04:17-4	16:54-6	18:27-5	21:05-5	26:06-4	28:49-4	31:51-4	33:37-4	00:00-0	35:52-4	36:55-4
Strekktid	04:17	12:37-4	01:33-5	02:38-6	**05:01-1**	02:43-6	03:02-6	01:46-5	-	-	01:03-6
Tid etter	+00:46#	+01:42#	+00:21&	+00:22#	-00:28	+00:38&	+00:15	+00:26&	-	-	+00:01
5	**Marius Dalin, Førde IL**					**37:55**	**+04:16**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	04:42-8	15:58-3	17:20-3	19:42-4	27:08-5	29:25-5	32:04-5	33:53-5	00:00-0	37:03-5	37:55-5
Strekktid	04:42	11:16-3	01:22-3	02:22-4	07:26-9	02:17-4	02:39-3	01:49-6	-	-	**00:52-1**
Tid etter	+01:11&	+00:21	+00:10#	+00:06	+01:57&	+00:12	-00:08	+00:29&	-	-	-00:10
6	**Tor Christopher Fink, Førde IL**					**37:56**	**+04:17**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	05:25-9	18:35-7	20:10-7	22:36-7	28:15-7	30:28-6	33:19-6	34:43-6	00:00-0	37:03-5	37:56-6
Strekktid	05:25	13:10-7	01:35-6	02:26-5	05:39-4	02:13-2	02:51-5	01:24-2	-	-	00:53-2
Tid etter	+01:54&	+02:15#	+00:23&	+00:10	+00:10	+00:08	+00:04	+00:04	-	-	-00:09
7	**Torodd Os, Førde IL**					**40:50**	**+07:11**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	04:12-3	16:50-5	18:52-6	21:39-6	27:50-6	30:50-7	33:53-7	36:19-7	00:00-0	39:37-7	40:50-7
Strekktid	04:12	12:38-5	02:02-9	02:47-7	06:11-6	03:00-8	03:03-8	02:26-8	-	-	01:13-9
Tid etter	+00:41#	+01:43#	+00:50&	+00:31#	+00:42#	+00:55&	+00:16	+01:06&	-	-	+00:11#
8	**Norvald Ospehaug, IL Tambarskjelvar**					**43:16**	**+09:37**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	05:49-10	21:06-9	22:55-9	25:43-9	31:58-9	34:45-8	37:22-8	39:07-8	00:00-0	42:01-8	43:16-8
Strekktid	05:49	15:17-9	01:49-8	02:48-8	06:15-7	02:47-7	02:37-2	01:45-4	-	-	01:15-10
Tid etter	+02:18&	+04:22&	+00:37&	+00:32#	+00:46#	+00:42&	-00:10	+00:25&	-	-	+00:13#

9	**Jostein Fredly, NOTEAM**					**49:30**	**+15:51**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	04:29-6	19:28-8	21:12-8	24:12-8	30:40-8	39:06-9	42:23-9	45:11-9	00:00-0	48:21-9	49:30-9
Strekktid	04:29	14:59-8	01:44-7	03:00-9	06:28-8	08:26-11	03:17-10	02:48-10	-	-	01:09-8
Tid etter	+00:58&	+04:04&	+00:32&	+00:44&	+00:59#	+06:21@	+00:30#	+01:28@	-	-	+00:07#
10	**Åsmund Berthelsen, Tambarskjelvar IL**					**57:39**	**+24:00**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	12:00-11	29:46-11	32:06-11	35:36-11	43:10-10	46:36-10	49:38-10	52:25-10	00:00-0	56:02-10	57:39-10
Strekktid	12:00	17:46-10	02:20-10	03:30-10	07:34-10	03:26-9	03:02-6	02:47-9	-	-	01:37-11
Tid etter	+08:29@	+06:51&	+01:08&	+01:14&	+02:05&	+01:21&	+00:15	+01:27@	-	-	+00:35&
11	**Fabian Bergquist, Førde IL**					**1:01:16**	**+27:37**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	04:32-7	23:01-10	26:27-10	32:18-10	43:23-11	47:55-11	53:45-11	57:26-11	00:00-0	60:15-11	61:16-11
Strekktid	04:32	18:29-11	03:26-11	05:51-11	11:05-11	04:32-10	05:50-11	03:41-11	-	-	01:01-4
Tid etter	+01:01&	+07:34&	+02:14@	+03:35@	+05:36@	+02:27@	+03:03@	+02:21@	-	-	-00:01