Resultatliste Nærløp Sunde Skule 24.04.2019

ALM

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

6	**Anders Fagerstrøm Slåtten, Sunnfjordfjell**					**23:44**	**+05:19**								
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Total tid	03:10-8	04:17-5	07:01-6	08:41-6	09:17-6	11:43-5	12:19-5	13:37-5	14:26-5	17:46-7	18:27-7	21:23-6	21:54-6	22:59-6	23:44-6
Strekktid	03:10	**01:07-1**	02:44-4	01:40-8	00:36-5	02:26-2	00:36-9	01:18-3	00:49-8	03:20-7	00:41-3	02:56-5	00:31-5	01:05-7	**00:45-1**
Tid etter	+00:51&	-00:01	+00:27#	+00:36&	+00:07#	+00:07	+00:13&	+00:10#	+00:17&	+01:38&	+00:03	+00:16#	+00:08&	+00:35@	-00:08

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

ALK

1	**Anja Hole, Førde IL**					**24:33**	**+00:00**								
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Total tid	**02:51-1**	**04:17-1**	07:31-2	09:05-2	**09:44-1**	13:07-2	13:41-2	**15:05-1**	**15:50-1**	**18:05-1**	**18:54-1**	**22:22-1**	**22:57-1**	**23:38-1**	**24:33-1**
Strekktid	02:51	**01:26-1**	03:14-2	**01:34-1**	**00:39-1**	03:23-2	**00:34-1**	**01:24-1**	**00:45-1**	**02:15-1**	**00:49-1**	03:28-2	00:35-2	**00:41-1**	**00:55-1**
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	+00:00	+00:00
2	**Stine Voll Aasen, Førde IL**					**25:40**	**+01:07**								
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Total tid	02:56-2	04:26-2	**07:28-1**	**09:02-1**	09:50-2	**13:01-1**	**13:36-1**	15:48-2	16:36-2	18:56-2	19:49-2	23:01-2	23:31-2	24:38-2	25:40-2
Strekktid	02:56	01:30-2	**03:02-1**	**01:34-1**	00:48-2	**03:11-1**	00:35-2	02:12-3	00:48-2	02:20-2	00:53-2	**03:12-1**	**00:30-1**	01:07-3	01:02-2
Tid etter	+00:05	+00:04	-00:12	+00:00	+00:09#	-00:12	+00:01	+00:48&	+00:03	+00:05	+00:04	-00:16	-00:05	+00:26&	+00:07#
3	**Tine Hjelseth Larsen, Førde IL**					**29:58**	**+05:25**								
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Total tid	03:39-3	05:18-3	08:57-3	10:40-3	11:37-3	15:16-3	15:54-3	17:45-3	18:52-3	21:32-3	22:47-3	27:14-3	27:50-3	28:43-3	29:58-3
Strekktid	03:39	01:39-3	03:39-3	01:43-3	00:57-3	03:39-3	00:38-3	01:51-2	01:07-3	02:40-3	01:15-3	04:27-3	00:36-3	00:53-2	01:15-3
Tid etter	+00:48&	+00:13#	+00:25#	+00:09	+00:18&	+00:16	+00:04#	+00:27&	+00:22&	+00:25#	+00:26&	+00:59&	+00:01	+00:12&	+00:20&

AKM

1	**Sigurd Husevåg-Lobben, Førde IL**					**18:12**	**+00:00**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	**01:44-1**	**03:36-1**	**04:25-1**	**05:50-1**	**06:34-1**	**09:53-1**	**11:32-1**	**15:47-1**	**16:17-1**	**17:15-1**	**18:12-1**
Strekktid	01:44	**01:52-1**	**00:49-1**	**01:25-1**	**00:44-1**	**03:19-1**	**01:39-1**	**04:15-1**	**00:30-1**	**00:58-1**	**00:57-1**
Tid etter	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00
2	**Knut Even Hole, Førde IL**					**22:49**	**+04:37**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	02:46-2	04:53-2	05:45-2	07:35-2	08:27-2	12:44-2	14:31-2	19:43-2	20:18-2	21:16-2	22:49-2
Strekktid	02:46	02:07-2	00:52-2	01:50-3	00:52-3	04:17-3	01:47-2	05:12-3	00:35-2	**00:58-1**	01:33-3
Tid etter	+01:02&	+00:15#	+00:03	+00:25&	+00:08#	+00:58&	+00:08	+00:57#	+00:05#	+00:00	+00:36&

3	**Egil Nestande, Førde IL**					**23:52**	**+05:40**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	02:54-3	05:26-3	06:29-3	08:15-3	09:01-3	13:07-3	15:17-3	20:16-3	21:22-3	22:23-3	23:52-3
Strekktid	02:54	02:32-3	01:03-3	01:46-2	00:46-2	04:06-2	02:10-3	04:59-2	01:06-3	01:01-3	01:29-2
Tid etter	+01:10&	+00:40&	+00:14&	+00:21#	+00:02	+00:47#	+00:31&	+00:44#	+00:36@	+00:03	+00:32&

AKK

1	**Anne Therese Kusslid, Førde IL**					**19:19**	**+00:00**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	**01:47-1**	**03:53-1**	**04:47-1**	**06:13-1**	**06:48-1**	**09:39-1**	**10:59-1**	**14:26-1**	**14:57-1**	**15:38-1**	**19:19-1**
Strekktid	01:47	**02:06-1**	**00:54-1**	**01:26-1**	**00:35-1**	**02:51-1**	**01:20-1**	**03:27-1**	**00:31-1**	**00:41-1**	03:41-2
Tid etter	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00	+00:00
2	**Anita E. Hole, Førde IL**					**31:12**	**+11:53**				
Post	1	2	3	4	5	6	7	8	9	10	11
Total tid	03:28-2	07:32-2	10:09-2	12:21-2	13:10-2	18:12-2	21:03-2	27:27-2	28:16-2	29:28-2	31:12-2
Strekktid	03:28	04:04-2	02:37-2	02:12-2	00:49-2	05:02-2	02:51-2	06:24-2	00:49-2	01:12-2	**01:44-1**
Tid etter	+01:41&	+01:58&	+01:43@	+00:46&	+00:14&	+02:11&	+01:31@	+02:57&	+00:18&	+00:31&	-01:57