

Resultatliste Nærløp Sundsdalen 22.05.2019

ALM

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

6	Yngve Årdal, Førde IL					53:55	+18:53									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Total tid	06:57-4	11:05-3	15:22-3	16:59-3	19:48-4	23:01-3	28:53-5	30:56-5	33:22-5	35:50-6	41:00-6	46:32-6	48:10-6	53:05-6	53:55-6	
Strekktid	06:57	04:08-7	04:17-7	01:37-7	02:49-8	03:13-6	05:52-8	02:03-6	02:26-8	02:28-6	05:10-6	05:32-8	01:38-9	04:55-8	00:50-9	
Tid etter	+02:00&	+01:17&	+01:24&	+00:34&	+01:02&	+01:20&	+02:18&	+00:31&	+00:28#	+00:50&	+02:09&	+02:04&	+00:41&	+01:52&	+00:23&	
7	Harald Hjellbrekke, Førde IL					54:24	+19:22									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Total tid	08:11-6	12:07-5	15:40-5	17:27-5	19:53-5	24:43-6	29:44-6	31:34-6	33:58-7	37:40-7	42:30-7	48:00-7	49:35-7	53:41-7	54:24-7	
Strekktid	08:11	03:56-6	03:33-5	01:47-8	02:26-5	04:50-9	05:01-6	01:50-5	02:24-7	03:42-8	04:50-5	05:30-7	01:35-7	04:06-6	00:43-6	
Tid etter	+03:14&	+01:05&	+00:40#	+00:44&	+00:39&	+02:57@	+01:27&	+00:18#	+00:26#	+02:04@	+01:49&	+02:02&	+00:38&	+01:03&	+00:16&	
8	Åsmund Betelsen, Tambarskjelvar IL					1:13:51	+38:49									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Total tid	14:35-9	19:26-9	24:14-8	26:30-8	29:46-8	34:37-9	40:57-9	43:38-9	46:38-9	49:43-9	59:26-8	65:36-8	67:22-8	73:02-8	73:51-8	
Strekktid	14:35	04:51-9	04:48-9	02:16-9	03:16-10	04:51-10	06:20-9	02:41-10	03:00-9	03:05-7	09:43-8	06:10-9	01:46-10	05:40-10	00:49-8	
Tid etter	+09:38@	+02:00&	+01:55&	+01:13@	+01:29&	+02:58@	+02:46&	+01:09&	+01:02&	+01:27&	+06:42@	+02:42&	+00:49&	+02:37&	+00:22&	
9	Anders Fagerstrøm Slåtten, Sunnfjordfjell					1:14:40	+39:38									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Total tid	19:53-10	23:45-10	26:44-9	28:04-9	29:59-9	32:14-8	36:37-8	38:41-8	40:46-8	43:05-8	64:09-9	69:14-9	70:34-9	74:04-9	74:40-9	
Strekktid	19:53	03:52-5	02:59-3	01:20-4	01:55-4	02:15-4	04:23-3	02:04-7	02:05-5	02:19-5	21:04-10	05:05-6	01:20-5	03:30-3	00:36-4	
Tid etter	+14:56@	+01:01&	+00:06	+00:17&	+00:08	+00:22#	+00:49#	+00:32&	+00:07	+00:41&	+18:03@	+01:37&	+00:23&	+00:27#	+00:09&	
10	Jostein Fredly, Førde IL					1:23:47	+48:45									
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Total tid	07:24-5	16:32-7	28:39-10	30:58-10	34:10-10	38:03-10	47:02-10	49:18-10	53:18-10	58:11-10	68:31-10	75:47-10	77:22-10	82:28-10	83:47-10	
Strekktid	07:24	09:08-10	12:07-10	02:19-10	03:12-9	03:53-8	08:59-10	02:16-9	04:00-10	04:53-9	10:20-9	07:16-10	01:35-7	05:06-9	01:19-10	
Tid etter	+02:27&	+06:17@	+09:14@	+01:16@	+01:25&	+02:00@	+05:25@	+00:44&	+02:02@	+03:15@	+07:19@	+03:48@	+00:38&	+02:03&	+00:52@	
DSQ	Martin Hegrenes, Førde IL															
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Total tid	15:07-0	18:40-0	22:23-0	23:50-0	29:38-0	31:53-0	36:17-0	40:52-0	44:38-0	00:00-0	50:42-0	57:01-0	58:21-0	62:51-0	63:22-0	
Strekktid	15:07	03:33-0	03:43-0	01:27-0	05:48-0	02:15-4	04:24-0	04:35-0	03:46-0	-	-	06:19-0	01:20-5	04:30-0	00:31-3	
Tid etter	+10:10@	+00:42#	+00:50&	+00:24&	+04:01@	+00:22#	+00:50#	+03:03@	+01:48&	-	-	+02:51&	+00:23&	+01:27&	+00:04#	