Resultatliste frå treningsløp på Vatnar 21.august 2019

Arrangører: Dag Steinar Ragvin og Ola Stålberg

Brikke	Navn	Tid	Løype	Min/km	Klubb		Gull	Sølv	Brns	Disk		Antall:	45							
	4,8 km A-løype					1/129	2/95	3/137	4/82	5/133	6/96	7/135	8/121	9/94	10/118	11/82	12/85	13/139	14/122	15/100
182081	Anders Felde Olaussen	35:52	4,8 km A-løype	7:28	NTNUI	01:46	01:10	01:57	02:57	01:26	04:02	01:27	01:48	04:57	03:06	01:46	01:21	04:45	02:08	01:16
245745	Eivind Frode Rinde	40:09	4,8 km A-løype	8:22	Bø OL	02:36	01:16	02:06	03:23	01:45	04:19	01:38	01:59	05:41	03:01	01:52	01:27	05:29	01:55	01:42
203365	Jon Solberg	43:09	4,8 km A-løype	8:59	Bø OL	02:04	01:21	02:49	03:28	01:57	04:38	01:52	02:20	06:06	03:13	01:58	01:29	05:56	02:24	01:34
227677	Steinar Lande	52:30	4,8 km A-løype	10:50	Bø OL	Nulla brikka ved mål														
62220	Aurora Fossøy	1:00:04	4,8 km A-løype	12:31	NTNUI	03:02	01:34	03:23	04:41	02:27	06:58	02:00	02:39	07:26	05:12	02:43	02:40	10:43	02:39	01:57
505373	Sveinung Rekaa	1:11:18	4,8 km A-løype	14:51	NOL	03:04	01:54	04:27	04:37	03:38	06:00	03:07	02:50	08:46	10:32	02:59	02:21	09:39	04:17	03:07
208955	Trude Harstad	1:11:33	4,8 km A-løype	14:54	Bø OL	03:59	01:49	03:29	06:38	02:21	06:11	02:07	03:47	07:45	05:24	06:33	03:01	09:52	03:31	05:06
227680	Per Chr. Hagen	1:12:42	4,8 km A-løype	15:09	Bø OL	03:22	02:04	03:51	06:03	02:46	07:11	04:15	03:33	10:31	05:53	03:33	02:43	11:09	03:31	02:17
227681	Jon Kvisli	1:20:39	4,8 km A-løype	16:48	Bø OL	03:56	02:19	04:34	06:09	03:33	08:24	03:17	07:05	10:26	06:02	03:32	03:31	11:25	03:46	02:40
480044	Hugo Christensen	1:22:56	4,8 km A-løype	17:17	NOL	03:47	02:28	03:58	06:59	04:19	09:31	02:45	03:42	11:53	06:49	03:52	03:04	11:03	04:51	03:55
224849	Pål Spone	Utan tid	4,8 km A-løype																	
	1,5 km C-løype					1/136	2/131	3/95	4/91	5/81	6/92	7/141	8/122	9/93	10/100					
206514	Sigurd Flø Jensen	16:58	1,5 km C-løype	11:19	Bø OL	00:58	01:39	01:54	02:07	02:16	02:41	01:07	01:30	02:07	00:39					
203257	Sindre Flø	26:10	1,5 km C-løype	17:27	Bø OL	00:55	01:33	02:23	02:46	04:44	06:40	01:25	03:06	01:42	00:56					
184393	Lukas Flø Jensen	26:11	1,5 km C-løype	17:27	Bø OL	00:49	01:36	02:03	02:47	04:57	06:43	01:31	03:00	01:48	00:57					
203366	Astrid Rokne	31:55	1,5 km C-løype	21:17	Bø OL	01:50	02:40	03:46	03:51	05:49	04:09	01:54	03:07	02:52	01:57					
227729	Oda Hoftun	33:42	1,5 km C-løype	22:28	Bø OL	01:43	02:51	03:55	03:13	05:07	04:38	02:22	06:10	02:46	00:57					
	1,0 km N-løype					1/143	2/84	3/90	4/141	5/92	6/127	7/83	8/93	9/100						
504467	Arne Lande	31:26	1,0 km N-løype	31:26	Bø OL	03:40	01:48	01:23	07:31	05:03	05:56	02:42	01:11	02:12						
203260	Carl Wilhelm Støren	31:50	1,0 km N-løype	31:50	Bø OL	05:12	02:00	01:10	08:33	05:03	04:20	02:10	01:33	01:49						
94098	Frida Hauk Bjerkeli	43:53	1,0 km N-løype	43:53	Bø OL	04:31	02:57	01:51	11:30	06:22	06:12	03:27	02:28	04:35						
227731	Haakon Romnes	42:02	1,0 km N-løype	42:02	Bø OL	04:50	04:36	00:54	13:30	04:18	08:54	02:05	01:23	01:32						
88665	Håvard Hauge	21:35	1,0 km N-løype	21:35	Bø OL	03:53	01:29	01:09	04:06	02:40	02:39	02:05	01:11	02:23						
184235	Josefine Holdhus Istad	51:12	1,0 km N-løype	51:12	Bø OL	04:43	02:44	01:22	16:42	07:01	12:10	02:17	01:17	02:56						
208648	Lukas Flø Jensen	16:15	1,0 km N-løype	16:15	Bø OL	01:15	00:50	00:30	03:39	05:29	01:54	01:20	00:30	00:48						
227674	Riad Youssef	35:09	1,0 km N-løype	35:09	Bø OL	08:56	01:23	01:03	07:07	03:18	05:18	02:40	01:47	03:37						
227733	Rune Romnes	39:44	1,0 km N-løype	39:44	Bø OL	05:18	02:10	01:12	13:31	04:18	07:41	03:00	01:19	01:15						
245629	Signe Kristine Orkås	51:14	1,0 km N-løype	51:14	Bø OL	04:17	02:58	01:25	17:12	06:08	11:54	03:07	01:31	02:42						
206513	Sigurd Flø Jensen	10:26	1,0 km N-løype	10:26	Bø OL	01:15	00:34	00:30	02:11	01:35	02:34	00:38	00:25	00:44						
203363	Sindre Flø	16:21	1,0 km N-løype	16:21	Bø OL	01:31	00:45	00:46	03:16	05:31	01:48	01:12	00:37	00:55						
94129	Vegard Bjerkeli	43:55	1,0 km N-løype	43:55	Bø OL	04:35	02:54	01:50	11:37	06:15	06:11	03:27	02:29	04:37						
	Grethe Romnes	Utan tid	1,0 km N-løype		Bø OL															
	Bjørg Lande	Utan tid	1,0 km N-løype		Bø OL															
	Martine Holdhus Istad	Utan tid	1,0 km N-løype		Bø OL															
	Nina Haugland	Utan tid	1,0 km N-løype		Bø OL															
	Cvijeta Stern Youssef	Utan tid	1,0 km N-løype		Bø OL															
	2,5 km A-løype					1/129	2/95	3/137	4/82	5/85	6/139	7/122	8/100							
500241	Jørn Myrland	25:09	2,5 km A-løype	10:04	NOL	02:37	01:40	02:55	04:18	01:55	06:46	02:52	02:06							
209283	Heidi Schatvet	29:51	2,5 km A-løype	11:56	NOL	02:56	01:55	03:42	05:08	02:40	08:20	02:42	02:28							
170925	Jarle Botnen	31:09	2,5 km A-løype	12:28	Bø OL	04:05	02:19	03:32	05:06	02:07	08:59	02:39	02:22							
203258	Øyvind Støren	34:08	2,5 km A-løype	13:39	Bø OL	03:39	02:18	03:50	05:48	02:35	10:43	03:06	02:09							
203364	Elise Busch Støren	36:28	2,5 km A-løype	14:35	Bø OL	04:06	02:25	04:42	06:04	02:27	11:36	03:27	01:41							
209820	Per Dehli	39:34	2,5 km A-løype	15:50	Bø OL	03:31	02:01	03:54	07:25	05:15	11:38	03:07	02:43							
227678	Tone Nilsen	40:51	2,5 km A-løype	16:20	Bø OL	05:51	02:08	05:31	07:14	02:37	11:08	03:35	02:47							
208631	Ingar Håkonsen	41:23	2,5 km A-løype	16:33	KOL	03:50	02:10	03:43	06:18	07:07	10:55	03:34	03:46							
80354	Bjørn Steen	41:40	2,5 km A-løype	16:40	Bø OL	03:27	02:03	04:13	07:43	03:16	14:55	03:41	02:22							
203367	Olav Solberg	50:18	2,5 km A-løype	20:07	Bø OL	04:58	02:46	05:24	10:10	04:16	14:21	04:40	03:43							
80353	Margit Ryen Steen	53:10	2,5 km A-løype	21:16	Bø OL	04:39	03:13	05:41	08:08	04:28	16:40	05:52	04:29							
89661	Gunn Botnen	57:14	2,5 km A-løype	22:54	Bø OL	05:31	03:27	05:39	09:59	03:27		25:39	03:32							
208756	Inger Lise Solberg	1:14:10	2,5 km A-løype	29:40	Bø OL	06:38	03:55	08:42	13:43	05:27	23:21	08:48	03:36							
	Synøve Dalva	Utan tid	2,5 km A-løype		Bø OL															