Resultatliste frå treningsløp på Herremoen 11.september 2019

Arrangører: Gunn og Jarle Botnen

Brikke	Navn	Tid	Løype	Min/km	Klubb		**Gull**	**Sølv**	**Brns**			Antall:	11				
	4,4 km A-løype					1/139	2/85	3/141	4/93	5/82	6/138	7/128	8/97	9/144	10/125	11/92	12/100
	Asbjørn Byggland	32:21	4,4 km løype	7:30	HIL	1:32	2:35	4:30	2:40	3:59	3:26	3:19	1:46	2:50	1:46	1:47	2:11
500241	Jørn Myrland	41:23	4,4,km A-løype	9:24	NOL	**01:52**	**03:25**	**06:36**	**03:18**	**05:52**	**03:53**	**03:31**	**02:20**	**03:25**	**02:37**	**02:06**	**02:28**
62220	Aurora Fossøy	42:33	4,4,km A-løype	9:40	NTNUI	02:34	**03:09**	**06:50**		08:55	**03:46**	04:10	**02:16**	**03:40**	**02:27**	**02:13**	**02:33**
250307	Anders Fossøy	43:55	4,4,km A-løype	9:59	NOL	**02:05**	03:39	**06:50**	**03:57**	**05:57**	**04:12**	**03:27**	**02:16**	**03:45**	**02:27**	02:30	02:50
227683	Dag Steinar Ragvin	45:40	4,4,km A-løype	10:23	Bø OL	02:25	**03:18**	**05:36**	04:06	**05:11**	04:33	04:47	02:38	04:04	03:21	**02:22**	03:19
227677	Steinar Lande	49:27	4,4,km A-løype	11:14	Bø OL	**02:04**	03:28	08:03	**03:40**	07:43	04:31	04:59	02:37	04:08	02:53	02:29	02:52
203258	Øyvind Støren	52:08	4,4,km A-løype	11:51	Bø OL	02:42	03:54	07:52	04:14	09:31	04:43	**04:01**	**02:29**	04:07	**02:42**	03:04	**02:49**
	3,0 km A-løype					1/125	2/123	3/93	4/82	5/138	6/97	7/144	8/92	9/100			
	Per Dehli	44:40	3,0 km A-løype	14:50	Bø OL												
80354	Bjørn Steen	53:19	3,0 km A-løype	17:46	Bø OL	**03:50**	**03:38**	**08:20**	**09:42**	**06:57**	**05:02**	**06:24**	**04:50**	**04:36**			
203367	Olav Solberg	1:05:45	3,0 km A-løype	21:55	Bø OL	**03:41**	**06:58**	**10:28**	**10:44**	**07:02**	**05:31**	**11:23**	**05:51**	**04:07**			
	Tone Nilsen				Bø OL												