NOL Treningsløp (klubbmesterskap) 19.09.2019

Deltagere: 36

Brikke	Navn	Tid	Løype	Min/km	Klubb		Gull	Sølv	Brns							v2.11.14	
	5,3 km A-lang					**1/120**	**2/130**	**3/121**	**4/122**	**5/129**	**6/124**	**7/123**	**8/125**	**9/126**	**10/138**	**11/127**	**12/144**	**13/148**
182081	Anders Felde Olaussen	43:10	5,3 km A-lang	8:09	NTNUI	**01:17**	**06:55**	**01:43**	**08:52**	**01:08**	**05:29**	**03:40**	**05:34**	**03:13**	**01:40**	**01:51**	**01:14**	**00:34**
207902	Aasmund Slokvik	50:53	5,3 km A-lang	9:36	NOL	**01:15**	08:42	**01:32**	**09:48**	**01:07**	**06:30**	**02:52**	**06:49**	04:54	**02:21**	**01:58**	**01:17**	01:48
214544	Petter Løe	58:50	5,3 km A-lang	11:06	NOL	**01:39**	**06:37**	**01:58**	12:17	01:23	10:42	03:58	**07:20**	**04:51**	**03:03**	**02:27**	01:47	00:48
505752	Synne Sandven	1:04:00	5,3 km A-lang	12:05	NOL	03:59	**07:36**	02:16	**11:15**	03:31	**07:38**	**03:18**	07:32	**04:26**	04:55	05:18	**01:35**	**00:41**
211944	Kristin Sandven	1:09:59	5,3 km A-lang	13:12	NOL	02:16	11:14	03:17	14:08	01:49	09:03	03:48	09:18	05:34	03:22	02:53	02:18	00:59
207904	Rune Engehult	1:10:08	5,3 km A-lang	13:14	NOL	01:53	08:50	02:23	15:04	**01:22**	07:46	03:46	07:51	04:57	03:28	09:36	02:16	00:56
209283	Heidi Schatvet	1:15:04	5,3 km A-lang	14:10	NOL	02:09	11:48	02:48	14:54	02:04	11:53	04:12	09:10	05:43	03:15	02:43	03:38	**00:47**
502352	Robert Fredriksen	1:15:56	5,3 km A-lang	14:20	NOL	01:47	10:07	02:38	13:21	03:35	08:23	03:54	10:09	06:32	06:41	05:51	02:08	00:50
	3,6 km A-kort					**1/120**	**2/130**	**3/121**	**4/125**	**5/143**	**6/122**	**7/129**	**8/126**	**9/138**	**10/127**	**11/144**	**12/148**	
510702	Aurora Fossøy	52:39	3,6 km A-kort	14:38	NTNUI	**02:08**	**09:08**	**02:40**	**06:17**	**07:01**	**04:29**	**01:42**	**08:16**	**03:34**	**02:19**	04:17	**00:48**	
213060	Emma Engehult	1:02:15	3,6 km A-kort	17:18	NOL	**02:02**	**10:53**	**02:38**	**09:40**	**07:36**	**05:18**	**01:56**	**08:40**	**05:59**	**05:14**	**01:37**	**00:42**	
505373	Sveinung Rekaa	1:05:56	3,6 km A-kort	18:19	NOL	**02:28**	**09:24**	**02:51**	**06:37**	**06:10**	**08:48**	**01:56**	**16:50**	**03:55**	**04:13**	**01:54**	**00:50**	
228499	Ingrid Haugen	Deltatt	3,6 km A-kort		NOL													
	Arnulf Rulnes	Deltatt	3,6 km A-kort		NOL													
	2,4 km C-løype					**1/139**	**2/131**	**3/132**	**4/120**	**5/134**	**6/135**	**7/140**	**8/136**	**9/137**	**10/144**	**11/148**		
212066	Rasmus Engehult	35:50	2,4 km C-løype	14:56	NOL	**01:52**	**02:47**	**02:52**	**04:17**	**04:44**	**02:23**	**05:00**	**07:31**	**02:00**	**01:43**	**00:41**		
212505	Sondre Dahl Borkamo	48:33	2,4 km C-løype	20:14	NOL	02:28	**02:55**	04:17	**03:58**	07:03	04:48	**06:55**	**09:56**	**02:09**	02:53	01:11		
212631	Kristian Mork	58:22	2,4 km C-løype	24:19	NOL	**02:08**	04:33	**04:07**	05:38	08:00	04:56	09:02	**11:32**	03:50	03:46	**00:50**		
213087	Catrine Sogn	59:21	2,4 km C-løype	24:44	NOL	**01:52**	**02:46**	04:36	**04:14**	**05:15**	**03:48**	07:46	22:23	**02:52**	**02:52**	**00:57**		
228490	Halvor Sogn	59:57	2,4 km C-løype	24:59	NOL	**02:05**	**02:47**	04:23	**04:14**	**05:28**	**03:52**	**07:40**	22:22	03:00	**02:46**	01:20		
213371	Anna Gjestrud	1:17:01	2,4 km C-løype	32:05	NOL	03:53	07:51	**04:00**	09:14	09:42	04:32	15:44	12:42	04:32	03:39	01:12		
207907	Gunvor Bergskås	1:26:35	2,4 km C-løype		NOL	04:08	05:34	06:03	05:47	07:48		27:47	16:49	04:18	06:22	01:59		
197971	Bjørn Carlsen	Deltatt	2,4 km C-løype		NOL													
210711	Erling Dahl Borkamo	Deltatt	2,4 km C-løype		NOL													
	Rune Mork	Deltatt	2,4 km C-løype		NOL													
	1,6 km N-løype					**1/131**	**2/132**	**3/133**	**4/141**	**5/134**	**6/137**	**7/128**	**8/148**					
228518	Tuva Dahl Borkamo	27:44	1,6 km N-løype	17:20	NOL	04:18	**06:46**	**02:11**	**03:15**	**02:10**	**06:01**	**01:40**	**01:23**					
228501	Alfred Hagen Urdalen	29:52	1,6 km N-løype	18:40	NOL	**02:46**	**05:45**	**01:48**	**03:42**	**02:55**	09:21	**01:45**	01:50					
234488	Halvor Gjestrud	31:37	1,6 km N-løype	19:46	NOL	**03:26**	07:47	02:42	04:34	**03:57**	**06:02**	01:53	**01:16**					
228549	Syver Urdalen	32:15	1,6 km N-løype	20:09	NOL	03:34	07:51	02:31	**04:25**	04:10	**06:08**	01:59	**01:37**					
245171	Veslemøy Værvågen	32:44	1,6 km N-løype	20:27	NOL	**03:28**	**07:38**	**02:23**	04:35	04:05	06:55	**01:33**	02:07					
214508	Mie Kristine Helgesen	52:06	1,6 km N-løype	32:34	NOL	05:09	10:38	02:39	05:46	05:06	16:19	03:52	02:37					
	Knut Urdalen	Deltatt	1,6 km N-løype		NOL													
	Inger-Lill Thorbjørnsen	Deltatt	1,6 km N-løype		NOL													
	Morten Helgesen	Deltatt	1,6 km N-løype		NOL													

Småtroll

Ingebjørg Helgesen
Hege Cecilie Grindalen
Eira Mork
Randi Mork

Løypelegger

Håvard Steen