

LØRDAG

LØYPENE OPPE FOR TRENING FOR ALLE HEAT TIL KL 1055	starttid	Løpsti	siste mål	STATUS	KLASSER
HEAT 1	11:00	11:30			
K/M 10 (mtb)		1 RUNDE	11:10		REKRUTT 10-14
K/M 11-12 (mtb)		2 RUNDER	11:20		REKRUTT 10-14
K/M 13-14 (mtb)		3 RUNDER	11:30		REKRUTT 10-14
BEFARING HEAT 2	11:30	00:20			
HEAT 2	11:50	12:30	12:40		
M MASTER (cx) 30-34, 35-39,40-44,45-49,50-54, 55-59, 60-64, 65-69, 70+		00:40		NC	M MASTER
BEFARING HEAT 3	12:40	00:20			
HEAT 3	13:00	13:45	13:55		
K 15-16 (cx)		00:45		NC	K REKRUTT/ K JUNIOR/ K ELITE / K MASTER
K JUNIOR (cx)		00:45		NC	K REKRUTT/ K JUNIOR/ K ELITE / K MASTER
K ELITE (cx)		00:45		NC	K REKRUTT/ K JUNIOR/ K ELITE / K MASTER
K MASTER (cx) 30-34, 35-39,40-44,45-49,50-54, 55-59, 60-64, 65-69, 70+		00:45		NC	K REKRUTT.
K ÅPEN KLASSE(cx/ mtb)		00:45			
BEFARING HEAT 4	13:55	00:20			
HEAT 4	14:15	14:55	15:05		
M 15- 16 (cx)		00:40		NC	REKRUTT/SPORT/ÅPEN KLASSE/ M JUNIOR
M JUNIOR (cx)		00:40		NC	REKRUTT/SPORT/ÅPEN KLASSE/ M JUNIOR
M ÅPEN KLASSE 15+ (mtb/cx)		00:40			REKRUTT/SPORT/ÅPEN KLASSE/ M JUNIOR
BEFARING HEAT 5	15:05	00:20			
HEAT 5	15:25	16:25:00	16:35		
M ELITE (cx)		01:00:00		NC	SENIOR ELITE

PREMIEUTDELING TIDSPUNKTER	ANTATT TIDSPUNKT
KLASSER I HEAT 1	11:45
KLASSER I HEAT 2	12:50
KLASSER I HEAT 3	14:05
KLASSER I HEAT 4	15:15
KLASSER I HEAT 5	16:50