

SØNDAG

LØYPENE OPPE FOR TRENING FOR ALLE HEAT TIL KL 0855	starttid	Løpsti	siste mål	STATUS	KLASSER
HEAT 1	09:00	09:30			
K/M 10 (mtb)		1 RUNDE	09:10		REKRUTT 10-14
K/M 11-12 (mtb)		2 RUNDER	09:20		REKRUTT 10-14
K/M 13-14 (mtb)		3 RUNDER	09:30		REKRUTT 10-14
BEFARING HEAT 2	09:30	00:20			
HEAT 2	09:50	10:30	10:40		
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	10:40	00:20			
HEAT 3	11:00	11:45	11:55		
K 15-16 (cx)		00:45		NC	K REKRUTT/ K JUNIOR/ K ELITE / K MASTER/ÅPEN KLASSE
K JUNIOR (cx)		00:45		NC	K REKRUTT/ K JUNIOR/ K ELITE / K MASTER/ÅPEN KLASSE
K ELITE (cx)		00:45		NC	K REKRUTT/ K JUNIOR/ K ELITE / K MASTER/ÅPEN KLASSE
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 15 +(cx/mtb)		00:45			K REKRUTT/ K JUNIOR/ K ELITE / K MASTER/ÅPEN KLASSE
BEFARING HEAT 4	11:55	00:20			
HEAT 4	12:15	12:55	13:05		
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	13:05	00:20			
HEAT 5	13:25	14:25:00	14:35		
M ELITE (cx)		01:00:00		NC	SENIOR ELITE

PREMIEUTDELING TIDSPUNKTER	ANTATT TIDSPUNKT
KLASSER I HEAT 1	09:45
KLASSER I HEAT 2	10:50
KLASSER I HEAT 3	12:05
KLASSER I HEAT 4	13:15
KLASSER I HEAT 5	14:50