



SKINM 2020

DRAMMEN  
Konnerud Skistadion

Torsdag 30 JAN 2020

Start Time: 13:00  
End Time: 15:03NORGES  
SKIFORBUND

Menn 15 km Fristil Individuell

## Konkurransanalyse

RG.	ST.	NAVN	NSA									MAL TID			BAK			RG.
			1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM			
			TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	
<b>1</b>	<b>141</b>	<b>KROGH Finn-Hågen</b>	<b>NOR</b>									<b>30:30.1</b>			<b>0.0</b>			<b>1</b>
		Kumulativ Tid	2:30.8	+7.4	19	4:01.7	+9.4	17	10:15.4	+9.7	8	12:44.0	+8.5	6	14:14.7	+8.6	4	
		Strekk Tid	2:30.8	+7.4	19	1:30.9	+3.0	=13	6:13.7	+4.5	7	2:28.6	+0.6	2	1:30.7	+2.5	6	
		Kumulativ Tid	20:29.7	+4.9	3	23:02.4	+7.2	3	24:29.5	+2.9	2				30:30.1	0.0	1	
		Strekk Tid	6:15.0	+0.2	2	2:32.7	+4.7	8	1:27.1	0.0	1				6:00.6	0.0	1	
<b>2</b>	<b>173</b>	<b>AMUNDSEN Harald Østberg</b>	<b>NOR</b>									<b>30:32.2</b>			<b>+2.1</b>			<b>2</b>
		Kumulativ Tid	2:23.4	0.0	1	3:52.3	0.0	1	10:05.7	0.0	1	12:35.5	0.0	1	14:06.1	0.0	1	
		Strekk Tid	2:23.4	0.0	1	1:28.9	+1.0	5	6:13.4	+4.2	=5	2:29.8	+1.8	6	1:30.6	+2.4	5	
		Kumulativ Tid	20:24.8	0.0	1	22:55.2	0.0	1	24:26.6	0.0	1				30:32.2	+2.1	2	
		Strekk Tid	6:18.7	+3.9	8	2:30.4	+2.4	3	1:31.4	+4.3	4				6:05.6	+5.0	3	
<b>3</b>	<b>161</b>	<b>JENSSEN Jan Thomas</b>	<b>NOR</b>									<b>30:40.8</b>			<b>+10.7</b>			<b>3</b>
		Kumulativ Tid	2:29.7	+6.3	=11	3:59.8	+7.5	6	10:14.4	+8.7	6	12:47.5	+12.0	8	14:21.9	+15.8	8	
		Strekk Tid	2:29.7	+6.3	=11	1:30.1	+2.2	=7	6:14.6	+5.4	9	2:33.1	+5.1	13	1:34.4	+6.2	=31	
		Kumulativ Tid	20:38.9	+14.1	8	23:08.7	+13.5	8	24:39.9	+13.3	7				30:40.8	+10.7	3	
		Strekk Tid	6:17.0	+2.2	4	2:29.8	+1.8	2	1:31.2	+4.1	3				6:00.9	+0.3	2	
<b>4</b>	<b>158</b>	<b>HAGA Magne</b>	<b>NOR</b>									<b>30:42.2</b>			<b>+12.1</b>			<b>4</b>
		Kumulativ Tid	2:28.7	+5.3	7	4:02.3	+10.0	21	10:15.7	+10.0	9	12:43.7	+8.2	5	14:17.0	+10.9	6	
		Strekk Tid	2:28.7	+5.3	7	1:33.6	+5.7	=49	6:13.4	+4.2	=5	2:28.0	0.0	1	1:33.3	+5.1	=19	
		Kumulativ Tid	20:31.8	+7.0	4	22:59.8	+4.6	2	24:34.2	+7.6	3				30:42.2	+12.1	4	
		Strekk Tid	6:14.8	0.0	1	2:28.0	0.0	1	1:34.4	+7.3	=31				6:08.0	+7.4	4	
<b>5</b>	<b>168</b>	<b>HOLUND Hans Christer</b>	<b>NOR</b>									<b>30:49.4</b>			<b>+19.3</b>			<b>5</b>
		Kumulativ Tid	2:29.2	+5.8	9	4:01.8	+9.5	18	10:13.5	+7.8	4	12:44.7	+9.2	7	14:17.2	+11.1	7	
		Strekk Tid	2:29.2	+5.8	9	1:32.6	+4.7	=34	6:11.7	+2.5	2	2:31.2	+3.2	9	1:32.5	+4.3	=12	
		Kumulativ Tid	20:32.9	+8.1	5	23:04.9	+9.7	5	24:38.8	+12.2	=4				30:49.4	+19.3	5	
		Strekk Tid	6:15.7	+0.9	3	2:32.0	+4.0	=5	1:33.9	+6.8	=22				6:10.6	+10.0	6	
<b>6</b>	<b>175</b>	<b>TØNSETH Didrik</b>	<b>NOR</b>									<b>30:55.5</b>			<b>+25.4</b>			<b>6</b>
		Kumulativ Tid	2:29.9	+6.5	=14	4:01.1	+8.8	=11	10:13.6	+7.9	5	12:42.7	+7.2	4	14:15.2	+9.1	5	
		Strekk Tid	2:29.9	+6.5	=14	1:31.2	+3.3	17	6:12.5	+3.3	4	2:29.1	+1.1	3	1:32.5	+4.3	=12	
		Kumulativ Tid	20:33.1	+8.3	6	23:04.7	+9.5	4	24:38.8	+12.2	=4				30:55.5	+25.4	6	
		Strekk Tid	6:17.9	+3.1	6	2:31.6	+3.6	4	1:34.1	+7.0	=25				6:16.7	+16.1	18	
<b>7</b>	<b>183</b>	<b>NYENGET Martin Løvstrøm</b>	<b>NOR</b>									<b>30:59.0</b>			<b>+28.9</b>			<b>7</b>
		Kumulativ Tid	2:26.0	+2.6	3	3:54.0	+1.7	2	10:12.6	+6.9	3	12:42.1	+6.6	3	14:13.2	+7.1	3	
		Strekk Tid	2:26.0	+2.6	3	1:28.0	+0.1	2	6:18.6	+9.4	12	2:29.5	+1.5	4	1:31.1	+2.9	8	
		Kumulativ Tid	20:36.0	+11.2	7	23:08.6	+13.4	7	24:42.1	+15.5	8				30:59.0	+28.9	7	
		Strekk Tid	6:22.8	+8.0	18	2:32.6	+4.6	7	1:33.5	+6.4	17				6:16.9	+16.3	19	
<b>8</b>	<b>182</b>	<b>STOCK Daniel</b>	<b>NOR</b>									<b>31:01.7</b>			<b>+31.6</b>			<b>8</b>
		Kumulativ Tid	2:32.2	+8.8	27	4:00.4	+8.1	9	10:09.6	+3.9	2	12:39.2	+3.7	2	14:10.4	+4.3	2	
		Strekk Tid	2:32.2	+8.8	27	1:28.2	+0.3	3	6:09.2	0.0	1	2:29.6	+1.6	5	1:31.2	+3.0	=9	
		Kumulativ Tid	20:28.8	+4.0	2	23:06.9	+11.7	6	24:39.4	+12.8	6				31:01.7	+31.6	8	
		Strekk Tid	6:18.4	+3.6	7	2:38.1	+10.1	=27	1:32.5	+5.4	10				6:22.3	+21.7	35	
<b>9</b>	<b>180</b>	<b>DYRHAUG Niklas</b>	<b>NOR</b>									<b>31:08.0</b>			<b>+37.9</b>			<b>9</b>
		Kumulativ Tid	2:31.4	+8.0	=22	4:01.5	+9.2	15	10:22.8	+17.1	16	12:57.1	+21.6	16	14:27.4	+21.3	12	
		Strekk Tid	2:31.4	+8.0	=22	1:30.1	+2.2	=7	6:21.3	+12.1	17	2:34.3	+6.3	16	1:30.3	+2.1	3	
		Kumulativ Tid	20:47.5	+22.7	11	23:24.8	+29.6	12	24:56.7	+30.1	11				31:08.0	+37.9	9	
		Strekk Tid	6:20.1	+5.3	12	2:37.3	+9.3	=23	1:31.9	+4.8	7				6:11.3	+10.7	7	
<b>10</b>	<b>176</b>	<b>HOEL Johan</b>	<b>NOR</b>									<b>31:10.2</b>			<b>+40.1</b>			<b>10</b>
		Kumulativ Tid	2:42.4	+19.0	=100	4:13.9	+21.6	80	10:26.3	+20.6	19	12:57.2	+21.7	17	14:28.4	+22.3	13	
		Strekk Tid	2:42.4	+19.0	=100	1:31.5	+3.6	=19	6:12.4	+3.2	3	2:30.9	+2.9	8	1:31.2	+3.0	=9	
		Kumulativ Tid	20:51.4	+26.6	14	23:27.0	+31.8	14	25:00.3	+33.7	=13				31:10.2	+40.1	10	
		Strekk Tid	6:23.0	+8.2	20	2:35.6	+7.6	=17	1:33.3	+6.2	=13				6:09.9	+9.3	5	

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Menn 15 km Fristil Individuell

## Konkurransanalyse

RG.	ST.	NAVN	1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			MAL TID			BAK			RG.
			TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	
<b>11</b>	<b>156</b>	<b>KRÜGER Simen Hegstad</b>							<b>NOR</b>			<b>31:12.2</b>			<b>+42.1</b>			<b>11</b>
		Kumulativ Tid	2:29.8	+6.4	13	4:01.1	+8.8	=11	10:17.8	+12.1	=10	12:50.0	+14.5	9	14:22.0	+15.9	9	
		Strekk Tid	2:29.8	+6.4	13	1:31.3	+3.4	18	6:16.7	+7.5	10	2:32.2	+4.2	12	1:32.0	+3.8	11	
		Kumulativ Tid	20:44.6	+19.8	10	23:21.9	+26.7	10	24:54.9	+28.3	10				31:12.2	+42.1	11	
		Strekk Tid	6:22.6	+7.8	16	2:37.3	+9.3	=23	1:33.0	+5.9	11				6:17.3	+16.7	21	
<b>12</b>	<b>146</b>	<b>ANDERSEN Iver Tildheim</b>							<b>NOR</b>			<b>31:12.9</b>			<b>+42.8</b>			<b>12</b>
		Kumulativ Tid	2:32.6	+9.2	31	4:06.0	+13.7	34	10:28.6	+22.9	22	13:02.1	+26.6	20	14:30.3	+24.2	=16	
		Strekk Tid	2:32.6	+9.2	31	1:33.4	+5.5	=46	6:22.6	+13.4	19	2:33.5	+5.5	14	1:28.2	0.0	=1	
		Kumulativ Tid	20:51.3	+26.5	13	23:24.6	+29.4	11	24:57.7	+31.1	12				31:12.9	+42.8	12	
		Strekk Tid	6:21.0	+6.2	13	2:33.3	+5.3	10	1:33.1	+6.0	12				6:15.2	+14.6	15	
<b>13</b>	<b>177</b>	<b>TJELLE Johan</b>							<b>NOR</b>			<b>31:13.9</b>			<b>+43.8</b>			<b>13</b>
		Kumulativ Tid	2:30.4	+7.0	18	4:01.1	+8.8	=11	10:15.1	+9.4	7	12:53.0	+17.5	10	14:25.7	+19.6	11	
		Strekk Tid	2:30.4	+7.0	18	1:30.7	+2.8	12	6:14.0	+4.8	8	2:37.9	+9.9	41	1:32.7	+4.5	=14	
		Kumulativ Tid	20:51.1	+26.3	12	23:25.1	+29.9	13	25:00.3	+33.7	=13				31:13.9	+43.8	13	
		Strekk Tid	6:25.4	+10.6	22	2:34.0	+6.0	12	1:35.2	+8.1	=39				6:13.6	+13.0	11	
<b>14</b>	<b>162</b>	<b>STENSHAGEN Mattis</b>							<b>NOR</b>			<b>31:16.6</b>			<b>+46.5</b>			<b>14</b>
		Kumulativ Tid	2:31.9	+8.5	25	4:01.2	+8.9	14	10:19.5	+13.8	13	12:56.4	+20.9	14	14:24.6	+18.5	10	
		Strekk Tid	2:31.9	+8.5	25	1:29.3	+1.4	6	6:18.3	+9.1	11	2:36.9	+8.9	31	1:28.2	0.0	=1	
		Kumulativ Tid	20:42.4	+17.6	9	23:18.2	+23.0	9	24:52.1	+25.5	9				31:16.6	+46.5	14	
		Strekk Tid	6:17.8	+3.0	5	2:35.8	+7.8	19	1:33.9	+6.8	=22				6:24.5	+23.9	40	
<b>15</b>	<b>174</b>	<b>BRUVOLL Ole Jørgen</b>							<b>NOR</b>			<b>31:23.9</b>			<b>+53.8</b>			<b>15</b>
		Kumulativ Tid	2:33.3	+9.9	35	4:07.6	+15.3	42	10:37.5	+31.8	41	13:13.5	+38.0	37	14:44.5	+38.4	=27	
		Strekk Tid	2:33.3	+9.9	35	1:34.3	+6.4	=64	6:29.9	+20.7	39	2:36.0	+8.0	=22	1:31.0	+2.8	7	
		Kumulativ Tid	21:03.5	+38.7	=20	23:35.5	+40.3	19	25:09.5	+42.9	19				31:23.9	+53.8	15	
		Strekk Tid	6:19.0	+4.2	10	2:32.0	+4.0	=5	1:34.0	+6.9	24				6:14.4	+13.8	14	
<b>16</b>	<b>136</b>	<b>SVEEN Simen Andreas</b>							<b>NOR</b>			<b>31:24.2</b>			<b>+54.1</b>			<b>16</b>
		Kumulativ Tid	2:29.6	+6.2	10	4:03.7	+11.4	28	10:28.1	+22.4	21	12:59.5	+24.0	=18	14:32.2	+26.1	19	
		Strekk Tid	2:29.6	+6.2	10	1:34.1	+6.2	=59	6:24.4	+15.2	=24	2:31.4	+3.4	10	1:32.7	+4.5	=14	
		Kumulativ Tid	20:54.9	+30.1	15	23:30.5	+35.3	15	25:05.7	+39.1	16				31:24.2	+54.1	16	
		Strekk Tid	6:22.7	+7.9	17	2:35.6	+7.6	=17	1:35.2	+8.1	=39				6:18.5	+17.9	=25	
<b>17</b>	<b>181</b>	<b>KVÅLE Gaute</b>							<b>NOR</b>			<b>31:24.9</b>			<b>+54.8</b>			<b>17</b>
		Kumulativ Tid	2:28.9	+5.5	8	4:02.0	+9.7	19	10:23.0	+17.3	17	12:59.5	+24.0	=18	14:35.5	+29.4	20	
		Strekk Tid	2:28.9	+5.5	8	1:33.1	+5.2	=41	6:21.0	+11.8	16	2:36.5	+8.5	=27	1:36.0	+7.8	=54	
		Kumulativ Tid	20:57.8	+33.0	19	23:34.8	+39.6	18	25:08.5	+41.9	18				31:24.9	+54.8	17	
		Strekk Tid	6:22.3	+7.5	15	2:37.0	+9.0	22	1:33.7	+6.6	=19				6:16.4	+15.8	17	
<b>18</b>	<b>143</b>	<b>AUNLI Lars Ove</b>							<b>NOR</b>			<b>31:26.2</b>			<b>+56.1</b>			<b>18</b>
		Kumulativ Tid	2:26.8	+3.4	4	3:58.5	+6.2	4	10:22.6	+16.9	15	12:56.6	+21.1	15	14:31.6	+25.5	18	
		Strekk Tid	2:26.8	+3.4	4	1:31.7	+3.8	21	6:24.1	+14.9	23	2:34.0	+6.0	15	1:35.0	+6.8	=44	
		Kumulativ Tid	21:04.3	+39.5	22	23:39.4	+44.2	20	25:13.7	+47.1	20				31:26.2	+56.1	18	
		Strekk Tid	6:32.7	+17.9	33	2:35.1	+7.1	=15	1:34.3	+7.2	=28				6:12.5	+11.9	9	
<b>19</b>	<b>75</b>	<b>ANDERSEN Filip Fjeld</b>							<b>NOR</b>			<b>31:36.5</b>			<b>+1:06.4</b>			<b>=19</b>
		Kumulativ Tid	2:38.2	+14.8	=70	4:10.5	+18.2	=55	10:33.2	+27.5	26	13:09.2	+33.7	25	14:43.0	+36.9	26	
		Strekk Tid	2:38.2	+14.8	=70	1:32.3	+4.4	=29	6:22.7	+13.5	=20	2:36.0	+8.0	=22	1:33.8	+5.6	=22	
		Kumulativ Tid	21:14.1	+49.3	27	23:50.8	+55.6	26	25:24.9	+58.3	24				31:36.5	+1:06.4	=19	
		Strekk Tid	6:31.1	+16.3	29	2:36.7	+8.7	20	1:34.1	+7.0	=25				6:11.6	+11.0	8	
<b>19</b>	<b>157</b>	<b>GRØNFLATEN Sindre</b>							<b>NOR</b>			<b>31:36.5</b>			<b>+1:06.4</b>			<b>=19</b>
		Kumulativ Tid	2:31.4	+8.0	=22	3:59.9	+7.6	7	10:19.3	+13.6	12	12:54.8	+19.3	11	14:28.5	+22.4	14	
		Strekk Tid	2:31.4	+8.0	=22	1:28.5	+0.6	4	6:19.4	+10.2	14	2:35.5	+7.5	=18	1:33.7	+5.5	21	
		Kumulativ Tid	20:56.8	+32.0	17	23:31.2	+36.0	17	25:05.5	+38.9	15				31:36.5	+1:06.4	=19	
		Strekk Tid	6:28.3	+13.5	25	2:34.4	+6.4	14	1:34.3	+7.2	=28				6:31.0	+30.4	65	

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RG.	ST.	NAVN	NSA									MAL TID			BAK			RG.
			1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM			
			TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	
<b>21</b>	<b>172</b>	<b>JOHAUG JR Karstein</b>	<b>NOR</b>									<b>31:36.9</b>			<b>+1:06.8</b>			<b>21</b>
Kumulativ Tid			2:34.6	+11.2	=44	4:08.2	+15.9	43	10:36.2	+30.5	=37	13:06.3	+30.8	23	14:36.7	+30.6	21	
Strekk Tid			2:34.6	+11.2	=44	1:33.6	+5.7	=49	6:28.0	+18.8	32	2:30.1	+2.1	7	1:30.4	+2.2	4	
Kumulativ Tid			20:55.6	+30.8	16	23:30.7	+35.5	16	25:06.1	+39.5	17				31:36.9	+1:06.8	21	
Strekk Tid			6:18.9	+4.1	9	2:35.1	+7.1	=15	1:35.4	+8.3	=45				6:30.8	+30.2	=63	
<b>22</b>	<b>155</b>	<b>NYENG Emil</b>	<b>NOR</b>									<b>31:39.5</b>			<b>+1:09.4</b>			<b>22</b>
Kumulativ Tid			2:37.6	+14.2	65	4:09.7	+17.4	50	10:34.3	+28.6	33	13:11.7	+36.2	=32	14:45.0	+38.9	29	
Strekk Tid			2:37.6	+14.2	65	1:32.1	+4.2	26	6:24.6	+15.4	26	2:37.4	+9.4	32	1:33.3	+5.1	=19	
Kumulativ Tid			21:06.6	+41.8	24	23:50.3	+55.1	25	25:25.7	+59.1	25				31:39.5	+1:09.4	22	
Strekk Tid			6:21.6	+6.8	14	2:43.7	+15.7	62	1:35.4	+8.3	=45				6:13.8	+13.2	13	
<b>23</b>	<b>179</b>	<b>BUCHER-JOHANNESSEN Thomas Qvist</b>	<b>NOR</b>									<b>31:39.7</b>			<b>+1:09.6</b>			<b>23</b>
Kumulativ Tid			2:33.1	+9.7	34	4:05.4	+13.1	31	10:33.3	+27.6	=27	13:10.1	+34.6	28	14:44.5	+38.4	=27	
Strekk Tid			2:33.1	+9.7	34	1:32.3	+4.4	=29	6:27.9	+18.7	31	2:36.8	+8.8	=29	1:34.4	+6.2	=31	
Kumulativ Tid			21:17.6	+52.8	31	23:55.4	+100.2	30	25:27.0	+100.4	26				31:39.7	+1:09.6	23	
Strekk Tid			6:33.1	+18.3	35	2:37.8	+9.8	25	1:31.6	+4.5	=5				6:12.7	+12.1	10	
<b>24</b>	<b>164</b>	<b>GUNNULFSEN Mikael</b>	<b>NOR</b>									<b>31:40.0</b>			<b>+1:09.9</b>			<b>24</b>
Kumulativ Tid			2:29.7	+6.3	=11	4:00.2	+7.9	8	10:33.3	+27.6	=27	13:09.3	+33.8	=26	14:42.4	+36.3	25	
Strekk Tid			2:29.7	+6.3	=11	1:30.5	+2.6	10	6:33.1	+23.9	58	2:36.0	+8.0	=22	1:33.1	+4.9	=17	
Kumulativ Tid			21:09.5	+44.7	25	23:47.5	+52.3	23	25:22.6	+56.0	23				31:40.0	+1:09.9	24	
Strekk Tid			6:27.1	+12.3	23	2:38.0	+10.0	26	1:35.1	+8.0	38				6:17.4	+16.8	=22	
<b>25</b>	<b>163</b>	<b>AUGDAL Eirik Sverdrup</b>	<b>NOR</b>									<b>31:47.4</b>			<b>+1:17.3</b>			<b>25</b>
Kumulativ Tid			2:27.3	+3.9	5	3:57.9	+5.6	3	10:17.8	+12.1	=10	12:55.3	+19.8	12	14:29.7	+23.6	15	
Strekk Tid			2:27.3	+3.9	5	1:30.6	+2.7	11	6:19.9	+10.7	15	2:37.5	+9.5	=33	1:34.4	+6.2	=31	
Kumulativ Tid			20:57.0	+32.2	18	23:39.7	+44.5	21	25:16.6	+50.0	21				31:47.4	+1:17.3	25	
Strekk Tid			6:27.3	+12.5	24	2:42.7	+14.7	=55	1:36.9	+9.8	=68				6:30.8	+30.2	=63	
<b>26</b>	<b>184</b>	<b>MYSEN Eirik</b>	<b>NOR</b>									<b>31:48.9</b>			<b>+1:18.8</b>			<b>26</b>
Kumulativ Tid			2:29.9	+6.5	=14	4:00.9	+8.6	10	10:20.0	+14.3	14	12:55.8	+20.3	13	14:30.3	+24.2	=16	
Strekk Tid			2:29.9	+6.5	=14	1:31.0	+3.1	15	6:19.1	+9.9	13	2:35.8	+7.8	21	1:34.5	+6.3	=36	
Kumulativ Tid			21:03.5	+38.7	=20	23:45.2	+50.0	22	25:21.1	+54.5	22				31:48.9	+1:18.8	26	
Strekk Tid			6:33.2	+18.4	36	2:41.7	+13.7	=48	1:35.9	+8.8	=53				6:27.8	+27.2	48	
<b>27</b>	<b>139</b>	<b>MARTENS MEYER Herman</b>	<b>NOR</b>									<b>31:50.7</b>			<b>+1:20.6</b>			<b>27</b>
Kumulativ Tid			2:28.0	+4.6	6	4:02.1	+9.8	20	10:36.2	+30.5	=37	13:11.2	+35.7	30	14:45.8	+39.7	31	
Strekk Tid			2:28.0	+4.6	6	1:34.1	+6.2	=59	6:34.1	+24.9	60	2:35.0	+7.0	17	1:34.6	+6.4	=38	
Kumulativ Tid			21:15.1	+50.3	29	23:55.1	+59.9	28	25:30.3	+103.7	29				31:50.7	+1:20.6	27	
Strekk Tid			6:29.3	+14.5	26	2:40.0	+12.0	=35	1:35.2	+8.1	=39				6:20.4	+19.8	=33	
<b>28</b>	<b>91</b>	<b>ASPENES Sverre Dahlen</b>	<b>NOR</b>									<b>31:52.2</b>			<b>+1:22.1</b>			<b>28</b>
Kumulativ Tid			2:33.0	+9.6	33	4:03.4	+11.1	=25	10:25.4	+19.7	18	13:05.7	+30.2	22	14:40.7	+34.6	=22	
Strekk Tid			2:33.0	+9.6	33	1:30.4	+2.5	9	6:22.0	+12.8	18	2:40.3	+12.3	52	1:35.0	+6.8	=44	
Kumulativ Tid			21:19.1	+54.3	32	23:58.4	+103.2	31	25:33.0	+106.4	31				31:52.2	+1:22.1	28	
Strekk Tid			6:38.4	+23.6	=53	2:39.3	+11.3	31	1:34.6	+7.5	=33				6:19.2	+18.6	=27	
<b>29</b>	<b>145</b>	<b>DØNNESTAD Henrik</b>	<b>NOR</b>									<b>31:54.9</b>			<b>+1:24.8</b>			<b>29</b>
Kumulativ Tid			2:31.4	+8.0	=22	4:05.1	+12.8	30	10:30.5	+24.8	23	13:07.3	+31.8	24	14:41.1	+35.0	24	
Strekk Tid			2:31.4	+8.0	=22	1:33.7	+5.8	=52	6:25.4	+16.2	27	2:36.8	+8.8	=29	1:33.8	+5.6	=22	
Kumulativ Tid			21:16.3	+51.5	30	23:55.2	+100.0	29	25:29.6	+103.0	27				31:54.9	+1:24.8	29	
Strekk Tid			6:35.2	+20.4	42	2:38.9	+10.9	30	1:34.4	+7.3	=31				6:25.3	+24.7	41	
<b>30</b>	<b>124</b>	<b>SKJEVDAL Lars Gunnar</b>	<b>NOR</b>									<b>31:55.2</b>			<b>+1:25.1</b>			<b>30</b>
Kumulativ Tid			2:30.9	+7.5	20	4:03.5	+11.2	27	10:27.9	+22.2	20	13:03.4	+27.9	21	14:40.7	+34.6	=22	
Strekk Tid			2:30.9	+7.5	20	1:32.6	+4.7	=34	6:24.4	+15.2	=24	2:35.5	+7.5	=18	1:37.3	+9.1	=79	
Kumulativ Tid			21:14.6	+49.8	28	23:54.3	+59.1	27	25:32.6	+106.0	30				31:55.2	+1:25.1	30	
Strekk Tid			6:33.9	+19.1	=38	2:39.7	+11.7	32	1:38.3	+11.2	=95				6:22.6	+22.0	36	

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SKINM 2020

DRAMMEN

Konnerud Skistadion

Torsdag 30 JAN 2020



Start Time: 13:00

End Time: 15:03

NORGES SKIFORBUND

Menn 15 km Fristil Individuell

## Konkurransanalyse

RG.	ST.	NAVN	NSA									MAL TID			BAK			RG.
			1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM			
			TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	
<b>31</b>	<b>28</b>	<b>BJØRNDALEN Dag Sander</b>	<b>NOR</b>									<b>31:57.0</b>			<b>+1:26.9</b>			<b>31</b>
		Kumulativ Tid	2:34.1	+10.7	41	4:06.9	+14.6	=38	10:37.7	+32.0	42	13:19.3	+43.8	44	14:53.1	+47.0	41	
		Strekk Tid	2:34.1	+10.7	41	1:32.8	+4.9	38	6:30.8	+21.6	43	2:41.6	+13.6	67	1:33.8	+5.6	=22	
		Kumulativ Tid	21:30.8	+1:06.0	41	24:11.7	+1:16.5	39	25:43.3	+1:16.7	38				31:57.0	+1:26.9	31	
		Strekk Tid	6:37.7	+22.9	49	2:40.9	+12.9	45	1:31.6	+4.5	=5				6:13.7	+13.1	12	
<b>32</b>	<b>107</b>	<b>KJENNERUD Eivind</b>	<b>NOR</b>									<b>31:58.2</b>			<b>+1:28.1</b>			<b>32</b>
		Kumulativ Tid	2:34.3	+10.9	42	4:06.2	+13.9	35	10:35.8	+30.1	36	13:14.8	+39.3	39	14:48.8	+42.7	38	
		Strekk Tid	2:34.3	+10.9	42	1:31.9	+4.0	=23	6:29.6	+20.4	37	2:39.0	+11.0	43	1:34.0	+5.8	=26	
		Kumulativ Tid	21:27.4	+1:02.6	37	24:09.1	+1:13.9	36	25:42.5	+1:15.9	=36				31:58.2	+1:28.1	32	
		Strekk Tid	6:38.6	+23.8	55	2:41.7	+13.7	=48	1:33.4	+6.3	=15				6:15.7	+15.1	16	
<b>33</b>	<b>71</b>	<b>HAUGAN Øyvind Rikheim</b>	<b>NOR</b>									<b>32:01.4</b>			<b>+1:31.3</b>			<b>33</b>
		Kumulativ Tid	2:40.3	+16.9	83	4:13.7	+21.4	79	10:36.4	+30.7	39	13:13.9	+38.4	38	14:48.4	+42.3	36	
		Strekk Tid	2:40.3	+16.9	83	1:33.4	+5.5	=46	6:22.7	+13.5	=20	2:37.5	+9.5	=33	1:34.5	+6.3	=36	
		Kumulativ Tid	21:22.3	+57.5	33	24:02.2	+1:07.0	35	25:37.9	+1:11.3	34				32:01.4	+1:31.3	33	
		Strekk Tid	6:33.9	+19.1	=38	2:39.9	+11.9	34	1:35.7	+8.6	52				6:23.5	+22.9	38	
<b>34</b>	<b>152</b>	<b>THORVIK David</b>	<b>NOR</b>									<b>32:02.4</b>			<b>+1:32.3</b>			<b>34</b>
		Kumulativ Tid	2:31.1	+7.7	21	4:03.3	+11.0	24	10:34.6	+28.9	34	13:12.1	+36.6	34	14:46.9	+40.8	33	
		Strekk Tid	2:31.1	+7.7	21	1:32.2	+4.3	=27	6:31.3	+22.1	=48	2:37.5	+9.5	=33	1:34.8	+6.6	=42	
		Kumulativ Tid	21:28.3	+1:03.5	38	24:12.3	+1:17.1	42	25:42.5	+1:15.9	=36				32:02.4	+1:32.3	34	
		Strekk Tid	6:41.4	+26.6	=67	2:44.0	+16.0	=63	1:30.2	+3.1	2				6:19.9	+19.3	32	
<b>35</b>	<b>50</b>	<b>FOSSE Erling Fagerbakke</b>	<b>NOR</b>									<b>32:04.2</b>			<b>+1:34.1</b>			<b>35</b>
		Kumulativ Tid	2:35.9	+12.5	=52	4:12.1	+19.8	68	10:39.6	+33.9	48	13:22.1	+46.6	50	14:57.4	+51.3	49	
		Strekk Tid	2:35.9	+12.5	=52	1:36.2	+8.3	=97	6:27.5	+18.3	=29	2:42.5	+14.5	=71	1:35.3	+7.1	=49	
		Kumulativ Tid	21:31.8	+1:07.0	42	24:12.6	+1:17.4	43	25:45.9	+1:19.3	39				32:04.2	+1:34.1	35	
		Strekk Tid	6:34.4	+19.6	40	2:40.8	+12.8	=42	1:33.3	+6.2	=13				6:18.3	+17.7	24	
<b>36</b>	<b>79</b>	<b>EIRA Aslak Ole Rognerud</b>	<b>NOR</b>									<b>32:06.3</b>			<b>+1:36.2</b>			<b>36</b>
		Kumulativ Tid	2:42.8	+19.4	=106	4:16.4	+24.1	89	10:48.1	+42.4	65	13:32.1	+56.6	=69	15:06.4	+1:00.3	63	
		Strekk Tid	2:42.8	+19.4	=106	1:33.6	+5.7	=49	6:31.7	+22.5	=52	2:44.0	+16.0	78	1:34.3	+6.1	=29	
		Kumulativ Tid	21:36.7	+1:11.9	50	24:15.3	+1:20.1	45	25:48.9	+1:22.3	43				32:06.3	+1:36.2	36	
		Strekk Tid	6:30.3	+15.5	27	2:38.6	+10.6	29	1:33.6	+6.5	18				6:17.4	+16.8	=22	
<b>37</b>	<b>171</b>	<b>HOPE Jon Rolf Skamo</b>	<b>NOR</b>									<b>32:08.0</b>			<b>+1:37.9</b>			<b>37</b>
		Kumulativ Tid	2:32.5	+9.1	30	4:05.7	+13.4	=32	10:34.2	+28.5	32	13:11.7	+36.2	=32	14:48.1	+42.0	34	
		Strekk Tid	2:32.5	+9.1	30	1:33.2	+5.3	=43	6:28.5	+19.3	33	2:37.5	+9.5	=33	1:36.4	+8.2	=63	
		Kumulativ Tid	21:27.1	+1:02.3	36	24:00.6	+1:05.4	34	25:35.9	+1:09.3	33				32:08.0	+1:37.9	37	
		Strekk Tid	6:39.0	+24.2	56	2:33.5	+5.5	11	1:35.3	+8.2	=43				6:32.1	+31.5	68	
<b>38</b>	<b>149</b>	<b>KVISLE Sjur</b>	<b>NOR</b>									<b>32:08.3</b>			<b>+1:38.2</b>			<b>38</b>
		Kumulativ Tid	2:33.7	+10.3	=38	4:07.2	+14.9	40	10:37.8	+32.1	43	13:18.7	+43.2	43	14:55.2	+49.1	44	
		Strekk Tid	2:33.7	+10.3	=38	1:33.5	+5.6	48	6:30.6	+21.4	41	2:40.9	+12.9	59	1:36.5	+8.3	=65	
		Kumulativ Tid	21:34.6	+1:09.8	45	24:12.7	+1:17.5	44	25:48.8	+1:22.2	42				32:08.3	+1:38.2	38	
		Strekk Tid	6:39.4	+24.6	57	2:38.1	+10.1	=27	1:36.1	+9.0	=55				6:19.5	+18.9	=30	
<b>39</b>	<b>121</b>	<b>GLØERSEN Anders Nøstdahl</b>	<b>NOR</b>									<b>32:09.1</b>			<b>+1:39.0</b>			<b>39</b>
		Kumulativ Tid	2:37.8	+14.4	=67	4:12.3	+20.0	70	10:47.0	+41.3	=61	13:24.6	+49.1	=52	14:59.2	+53.1	52	
		Strekk Tid	2:37.8	+14.4	=67	1:34.5	+6.6	67	6:34.7	+25.5	63	2:37.6	+9.6	=38	1:34.6	+6.4	=38	
		Kumulativ Tid	21:23.4	+58.6	34	24:00.2	+1:05.0	=32	25:34.9	+1:08.3	32				32:09.1	+1:39.0	39	
		Strekk Tid	6:24.2	+9.4	21	2:36.8	+8.8	21	1:34.7	+7.6	35				6:34.2	+33.6	75	
<b>40</b>	<b>113</b>	<b>HJELMESET Lars Agnar</b>	<b>NOR</b>									<b>32:14.2</b>			<b>+1:44.1</b>			<b>40</b>
		Kumulativ Tid	2:33.5	+10.1	37	4:08.4	+16.1	=44	10:39.5	+33.8	47	13:19.9	+44.4	46	14:56.9	+50.8	48	
		Strekk Tid	2:33.5	+10.1	37	1:34.9	+7.0	=77	6:31.1	+21.9	=44	2:40.4	+12.4	53	1:37.0	+8.8	=74	
		Kumulativ Tid	21:34.2	+1:09.4	44	24:17.2	+1:22.0	48	25:53.8	+1:27.2	48				32:14.2	+1:44.1	40	
		Strekk Tid	6:37.3	+22.5	47	2:43.0	+15.0	57	1:36.6	+9.5	=63				6:20.4	+19.8	=33	

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SKINM 2020

DRAMMEN  
Konnerud Skistadion

Torsdag 30 JAN 2020

Start Time: 13:00  
End Time: 15:03NORGES  
SKIFORBUND

Menn 15 km Fristil Individuell

## Konkurransanalyse

RG.	ST.	NAVN	1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			MAL TID			BAK			RG.
			TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	
<b>41</b>	<b>160</b>	<b>MOSEBY Håvard</b>							<b>NOR</b>			<b>32:15.4</b>			<b>+1:45.3</b>			<b>41</b>
		Kumulativ Tid	2:24.3	+0.9	2	3:58.6	+6.3	5	10:35.1	+29.4	35	13:11.5	+36.0	31	14:48.5	+42.4	37	
		Strekk Tid	2:24.3	+0.9	2	1:34.3	+6.4	=64	6:36.5	+27.3	72	2:36.4	+8.4	=25	1:37.0	+8.8	=74	
		Kumulativ Tid	21:11.4	+46.6	26	24:00.2	+1:05.0	=32	25:40.1	+1:13.5	35				32:15.4	+1:45.3	41	
		Strekk Tid	6:22.9	+8.1	19	2:48.8	+20.8	=90	1:39.9	+12.8	=115				6:35.3	+34.7	81	
<b>42</b>	<b>140</b>	<b>VESTLI Torstein</b>							<b>NOR</b>			<b>32:17.8</b>			<b>+1:47.7</b>			<b>42</b>
		Kumulativ Tid	2:33.7	+10.3	=38	4:08.4	+16.1	=44	10:41.1	+35.4	51	13:16.6	+41.1	40	14:50.6	+44.5	40	
		Strekk Tid	2:33.7	+10.3	=38	1:34.7	+6.8	=72	6:32.7	+23.5	57	2:35.5	+7.5	=18	1:34.0	+5.8	=26	
		Kumulativ Tid	21:30.5	+1:05.7	=39	24:10.8	+1:15.6	38	25:47.9	+1:21.3	41				32:17.8	+1:47.7	42	
		Strekk Tid	6:39.9	+25.1	61	2:40.3	+12.3	37	1:37.1	+10.0	72				6:29.9	+29.3	59	
<b>43</b>	<b>165</b>	<b>YOUNG Andrew Travers Cosgrove</b>							<b>GBR</b>			<b>32:18.7</b>			<b>+1:48.6</b>			<b>43</b>
		Kumulativ Tid	2:33.4	+10.0	36	4:06.3	+14.0	36	10:33.8	+28.1	31	13:13.1	+37.6	36	14:48.2	+42.1	35	
		Strekk Tid	2:33.4	+10.0	36	1:32.9	+5.0	39	6:27.5	+18.3	=29	2:39.3	+11.3	=44	1:35.1	+6.9	=47	
		Kumulativ Tid	21:26.4	+1:01.6	35	24:11.8	+1:16.6	40	25:50.8	+1:24.2	45				32:18.7	+1:48.6	43	
		Strekk Tid	6:38.2	+23.4	51	2:45.4	+17.4	75	1:39.0	+11.9	=106				6:27.9	+27.3	49	
<b>44</b>	<b>86</b>	<b>HAMNES Vegard</b>							<b>NOR</b>			<b>32:19.2</b>			<b>+1:49.1</b>			<b>44</b>
		Kumulativ Tid	2:40.4	+17.0	=84	4:15.4	+23.1	84	10:45.9	+40.2	60	13:25.3	+49.8	56	15:02.3	+56.2	56	
		Strekk Tid	2:40.4	+17.0	=84	1:35.0	+7.1	79	6:30.5	+21.3	40	2:39.4	+11.4	47	1:37.0	+8.8	=74	
		Kumulativ Tid	21:35.3	+1:10.5	47	24:09.5	+1:14.3	37	25:46.7	+1:20.1	40				32:19.2	+1:49.1	44	
		Strekk Tid	6:33.0	+18.2	34	2:34.2	+6.2	13	1:37.2	+10.1	=73				6:32.5	+31.9	71	
<b>45</b>	<b>81</b>	<b>TYRIBAKKEN Bjørnar Stensrud</b>							<b>NOR</b>			<b>32:19.7</b>			<b>+1:49.6</b>			<b>45</b>
		Kumulativ Tid	2:36.2	+12.8	57	4:10.4	+18.1	54	10:37.2	+31.5	40	13:18.6	+43.1	=41	14:56.0	+49.9	47	
		Strekk Tid	2:36.2	+12.8	57	1:34.2	+6.3	=62	6:26.8	+17.6	28	2:41.4	+13.4	=64	1:37.4	+9.2	=81	
		Kumulativ Tid	21:30.5	+1:05.7	=39	24:11.9	+1:16.7	41	25:49.7	+1:23.1	44				32:19.7	+1:49.6	45	
		Strekk Tid	6:34.5	+19.7	41	2:41.4	+13.4	46	1:37.8	+10.7	85				6:30.0	+29.4	60	
<b>46</b>	<b>27</b>	<b>BAKLID Jørgen</b>							<b>NOR</b>			<b>32:20.0</b>			<b>+1:49.9</b>			<b>46</b>
		Kumulativ Tid	2:32.0	+8.6	26	4:03.9	+11.6	29	10:33.6	+27.9	29	13:20.4	+44.9	=48	14:58.6	+52.5	51	
		Strekk Tid	2:32.0	+8.6	26	1:31.9	+4.0	=23	6:29.7	+20.5	38	2:46.8	+18.8	96	1:38.2	+10.0	=94	
		Kumulativ Tid	21:41.4	+1:16.6	58	24:25.6	+1:30.4	57	26:00.5	+1:33.9	55				32:20.0	+1:49.9	46	
		Strekk Tid	6:42.8	+28.0	73	2:44.2	+16.2	=68	1:34.9	+7.8	36				6:19.5	+18.9	=30	
<b>47</b>	<b>153</b>	<b>JOHANSEN Sivert Leander</b>							<b>NOR</b>			<b>32:20.1</b>			<b>+1:50.0</b>			<b>47</b>
		Kumulativ Tid	2:37.8	+14.4	=67	4:12.0	+19.7	=66	10:48.3	+42.6	66	13:29.3	+53.8	=62	15:03.6	+57.5	61	
		Strekk Tid	2:37.8	+14.4	=67	1:34.2	+6.3	=62	6:36.3	+27.1	=69	2:41.0	+13.0	=60	1:34.3	+6.1	=29	
		Kumulativ Tid	21:39.9	+1:15.1	55	24:20.7	+1:25.5	52	25:57.3	+1:30.7	50				32:20.1	+1:50.0	47	
		Strekk Tid	6:36.3	+21.5	=44	2:40.8	+12.8	=42	1:36.6	+9.5	=63				6:22.8	+22.2	37	
<b>48</b>	<b>133</b>	<b>HOLTH Bendik Skjønberg</b>							<b>NOR</b>			<b>32:23.0</b>			<b>+1:52.9</b>			<b>48</b>
		Kumulativ Tid	2:30.1	+6.7	=16	4:02.4	+10.1	22	10:33.7	+28.0	30	13:13.0	+37.5	35	14:50.1	+44.0	39	
		Strekk Tid	2:30.1	+6.7	=16	1:32.3	+4.4	=29	6:31.3	+22.1	=48	2:39.3	+11.3	=44	1:37.1	+8.9	78	
		Kumulativ Tid	21:35.5	+1:10.7	48	24:16.1	+1:20.9	46	25:52.9	+1:26.3	46				32:23.0	+1:52.9	48	
		Strekk Tid	6:45.4	+30.6	78	2:40.6	+12.6	=38	1:36.8	+9.7	67				6:30.1	+29.5	=61	
<b>49</b>	<b>130</b>	<b>HALBJØRHHUS Trym</b>							<b>NOR</b>			<b>32:25.5</b>			<b>+1:55.4</b>			<b>49</b>
		Kumulativ Tid	2:41.7	+18.3	=94	4:18.6	+26.3	98	10:49.8	+44.1	72	13:34.0	+58.5	75	15:10.5	+1:04.4	73	
		Strekk Tid	2:41.7	+18.3	=94	1:36.9	+9.0	=105	6:31.2	+22.0	=46	2:44.2	+16.2	80	1:36.5	+8.3	=65	
		Kumulativ Tid	21:50.0	+1:25.2	=71	24:34.7	+1:39.5	67	26:08.5	+1:41.9	66				32:25.5	+1:55.4	49	
		Strekk Tid	6:39.5	+24.7	=58	2:44.7	+16.7	70	1:33.8	+6.7	21				6:17.0	+16.4	20	
<b>50</b>	<b>151</b>	<b>RAMSE Sondre Skomedal</b>							<b>NOR</b>			<b>32:25.7</b>			<b>+1:55.6</b>			<b>50</b>
		Kumulativ Tid	2:35.7	+12.3	=50	4:09.4	+17.1	=48	10:43.6	+37.9	53	13:24.6	+49.1	=52	14:57.7	+51.6	50	
		Strekk Tid	2:35.7	+12.3	=50	1:33.7	+5.8	=52	6:34.2	+25.0	61	2:41.0	+13.0	=60	1:33.1	+4.9	=17	
		Kumulativ Tid	21:39.1	+1:14.3	53	24:21.8	+1:26.6	53	25:59.0	+1:32.4	51				32:25.7	+1:55.6	50	
		Strekk Tid	6:41.4	+26.6	=67	2:42.7	+14.7	=55	1:37.2	+10.1	=73				6:26.7	+26.1	44	

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SKINM 2020

DRAMMEN

Konnerud Skistadion

Torsdag 30 JAN 2020



Start Time: 13:00

End Time: 15:03

NORGES SKIFORBUND



Menn 15 km Fristil Individuell

## Konkurransanalyse

RG.	ST.	NAVN	NSA						MAL TID			BAK			RG.			
		1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM				
		TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.		
<b>51</b>	<b>106</b>	<b>HAGA Anders</b>	<b>NOR</b>						<b>32:26.1</b>			<b>+1:56.0</b>			<b>51</b>			
Kumulativ Tid		2:32.3	+8.9	28	4:03.4	+11.1	=25	10:39.7	+34.0	49	13:20.4	+44.9	=48	14:54.8	+48.7	43		
Strekk Tid		2:32.3	+8.9	28	1:31.1	+3.2	16	6:36.3	+27.1	=69	2:40.7	+12.7	=56	1:34.4	+6.2	=31		
Kumulativ Tid		21:36.4	+1:11.6	49	24:17.1	+1:21.9	47	25:53.5	+1:26.9	47				32:26.1	+1:56.0	51		
Strekk Tid		6:41.6	+26.8	=69	2:40.7	+12.7	=40	1:36.4	+9.3	=60				6:32.6	+32.0	72		
<b>52</b>	<b>148</b>	<b>MØRK Martin Kirkeberg</b>	<b>NOR</b>						<b>32:32.1</b>			<b>+2:02.0</b>			<b>52</b>			
Kumulativ Tid		2:35.4	+12.0	48	4:11.3	+19.0	61	10:47.0	+41.3	=61	13:27.5	+52.0	60	15:06.8	+1:00.7	65		
Strekk Tid		2:35.4	+12.0	48	1:35.9	+8.0	=91	6:35.7	+26.5	67	2:40.5	+12.5	54	1:39.3	+11.1	112		
Kumulativ Tid		21:38.4	+1:13.6	52	24:19.1	+1:23.9	51	25:56.0	+1:29.4	49				32:32.1	+2:02.0	52		
Strekk Tid		6:31.6	+16.8	30	2:40.7	+12.7	=40	1:36.9	+9.8	=68				6:36.1	+35.5	83		
<b>53</b>	<b>51</b>	<b>LISET Kristoffer</b>	<b>NOR</b>						<b>32:32.9</b>			<b>+2:02.8</b>			<b>=53</b>			
Kumulativ Tid		2:45.8	+22.4	=123	4:21.7	+29.4	=113	10:53.2	+47.5	=81	13:37.3	+1:01.8	81	15:15.0	+1:08.9	83		
Strekk Tid		2:45.8	+22.4	=123	1:35.9	+8.0	=91	6:31.5	+22.3	50	2:44.1	+16.1	79	1:37.7	+9.5	88		
Kumulativ Tid		21:45.5	+1:20.7	61	24:27.3	+1:32.1	60	26:05.4	+1:38.8	62				32:32.9	+2:02.8	=53		
Strekk Tid		6:30.5	+15.7	28	2:41.8	+13.8	51	1:38.1	+11.0	=89				6:27.5	+26.9	47		
<b>53</b>	<b>116</b>	<b>BUVARP Martin Julian</b>	<b>NOR</b>						<b>32:32.9</b>			<b>+2:02.8</b>			<b>=53</b>			
Kumulativ Tid		2:35.7	+12.3	=50	4:11.9	+19.6	65	10:53.9	+48.2	85	13:33.4	+57.9	=73	15:12.0	+1:05.9	80		
Strekk Tid		2:35.7	+12.3	=50	1:36.2	+8.3	=97	6:42.0	+32.8	92	2:39.5	+11.5	48	1:38.6	+10.4	=99		
Kumulativ Tid		22:02.4	+1:37.6	82	24:35.3	+1:40.1	=69	26:13.7	+1:47.1	72				32:32.9	+2:02.8	=53		
Strekk Tid		6:50.4	+35.6	95	2:32.9	+4.9	9	1:38.4	+11.3	=97				6:19.2	+18.6	=27		
<b>55</b>	<b>20</b>	<b>BLIKRA Endre</b>	<b>NOR</b>						<b>32:33.2</b>			<b>+2:03.1</b>			<b>55</b>			
Kumulativ Tid		2:34.5	+11.1	43	4:06.9	+14.6	=38	10:38.5	+32.8	44	13:24.0	+48.5	51	15:00.6	+54.5	53		
Strekk Tid		2:34.5	+11.1	43	1:32.4	+4.5	=32	6:31.6	+22.4	51	2:45.5	+17.5	=85	1:36.6	+8.4	=69		
Kumulativ Tid		21:40.1	+1:15.3	56	24:28.8	+1:33.6	61	26:04.9	+1:38.3	61				32:33.2	+2:03.1	55		
Strekk Tid		6:39.5	+24.7	=58	2:48.7	+20.7	89	1:36.1	+9.0	=55				6:28.3	+27.7	50		
<b>56</b>	<b>167</b>	<b>TEFRE Gjørán Holstad</b>	<b>NOR</b>						<b>32:34.3</b>			<b>+2:04.2</b>			<b>56</b>			
Kumulativ Tid		2:33.7	+10.3	=38	4:01.6	+9.3	16	10:30.7	+25.0	24	13:10.8	+35.3	29	14:45.4	+39.3	30		
Strekk Tid		2:33.7	+10.3	=38	1:27.9	0.0	1	6:29.1	+19.9	36	2:40.1	+12.1	=50	1:34.6	+6.4	=38		
Kumulativ Tid		21:05.1	+40.3	23	23:48.3	+53.1	24	25:29.7	+1:03.1	28				32:34.3	+2:04.2	56		
Strekk Tid		6:19.7	+4.9	11	2:43.2	+15.2	=58	1:41.4	+14.3	134				7:04.6	+1:04.0	158		
<b>57</b>	<b>105</b>	<b>WINTHER Arnt Gunnar</b>	<b>NOR</b>						<b>32:37.2</b>			<b>+2:07.1</b>			<b>57</b>			
Kumulativ Tid		2:42.7	+19.3	=104	4:16.0	+23.7	=87	10:45.0	+39.3	=58	13:25.1	+49.6	55	15:01.9	+55.8	55		
Strekk Tid		2:42.7	+19.3	=104	1:33.3	+5.4	45	6:29.0	+19.8	35	2:40.1	+12.1	=50	1:36.8	+8.6	=72		
Kumulativ Tid		21:49.3	+1:24.5	70	24:34.8	+1:39.6	68	26:08.2	+1:41.6	65				32:37.2	+2:07.1	57		
Strekk Tid		6:47.4	+32.6	=84	2:45.5	+17.5	76	1:33.4	+6.3	=15				6:29.0	+28.4	=52		
<b>58</b>	<b>120</b>	<b>HOLMBRO Hans Kristian</b>	<b>NOR</b>						<b>32:38.0</b>			<b>+2:07.9</b>			<b>58</b>			
Kumulativ Tid		2:37.9	+14.5	69	4:11.0	+18.7	=59	10:49.0	+43.3	=69	13:31.0	+55.5	67	15:07.1	+1:01.0	67		
Strekk Tid		2:37.9	+14.5	69	1:33.1	+5.2	=41	6:38.0	+28.8	=79	2:42.0	+14.0	70	1:36.1	+7.9	=58		
Kumulativ Tid		21:48.9	+1:24.1	67	24:28.9	+1:33.7	=62	26:03.9	+1:37.3	59				32:38.0	+2:07.9	58		
Strekk Tid		6:41.8	+27.0	71	2:40.0	+12.0	=35	1:35.0	+7.9	37				6:34.1	+33.5	74		
<b>59</b>	<b>150</b>	<b>DAHLEN Thomas Albertsen</b>	<b>NOR</b>						<b>32:38.2</b>			<b>+2:08.1</b>			<b>59</b>			
Kumulativ Tid		2:39.1	+15.7	80	4:12.8	+20.5	=73	10:43.9	+38.2	=54	13:29.3	+53.8	=62	15:06.7	+1:00.6	64		
Strekk Tid		2:39.1	+15.7	80	1:33.7	+5.8	=52	6:31.1	+21.9	=44	2:45.4	+17.4	84	1:37.4	+9.2	=81		
Kumulativ Tid		21:39.2	+1:14.4	54	24:22.6	+1:27.4	54	25:59.9	+1:33.3	54				32:38.2	+2:08.1	59		
Strekk Tid		6:32.5	+17.7	32	2:43.4	+15.4	61	1:37.3	+10.2	=75				6:38.3	+37.7	92		
<b>60</b>	<b>118</b>	<b>HÆGELAND Tor Olav Nesheim</b>	<b>NOR</b>						<b>32:38.3</b>			<b>+2:08.2</b>			<b>60</b>			
Kumulativ Tid		2:36.5	+13.1	60	4:11.8	+19.5	64	10:54.1	+48.4	86	13:35.3	+59.8	79	15:10.6	+1:04.5	74		
Strekk Tid		2:36.5	+13.1	60	1:35.3	+7.4	83	6:42.3	+33.1	94	2:41.2	+13.2	63	1:35.3	+7.1	=49		
Kumulativ Tid		21:42.5	+1:17.7	59	24:23.3	+1:28.1	55	26:02.1	+1:35.5	57				32:38.3	+2:08.2	60		
Strekk Tid		6:31.9	+17.1	31	2:40.8	+12.8	=42	1:38.8	+11.7	105				6:36.2	+35.6	84		

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SKINM 2020

DRAMMEN  
Konnerud Skistadion

Torsdag 30 JAN 2020

Start Time: 13:00  
End Time: 15:03NORGES  
SKIFORBUND

Menn 15 km Fristil Individuell

## Konkurransanalyse

RG.	ST.	NAVN	NSA									MAL TID			BAK			RG.
			1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM			
			TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	
<b>61</b>	<b>144</b>	<b>NYGÅRD Per Kristian</b>	<b>NOR</b>									<b>32:38.4</b>			<b>+2:08.3</b>			<b>61</b>
Kumulativ Tid			2:32.7	+9.3	32	4:05.7	+13.4	=32	10:41.0	+35.3	50	13:18.6	+43.1	=41	14:54.6	+48.5	42	
Strekk Tid			2:32.7	+9.3	32	1:33.0	+5.1	40	6:35.3	+26.1	65	2:37.6	+9.6	=38	1:36.0	+7.8	=54	
Kumulativ Tid			21:38.2	+1:13.4	51	24:26.0	+1:30.8	58	26:01.3	+1:34.7	56				32:38.4	+2:08.3	61	
Strekk Tid			6:43.6	+28.8	75	2:47.8	+19.8	87	1:35.3	+8.2	=43				6:37.1	+36.5	=86	
<b>62</b>	<b>111</b>	<b>JORDE Sindre Fjellheim</b>	<b>NOR</b>									<b>32:39.3</b>			<b>+2:09.2</b>			<b>62</b>
Kumulativ Tid			2:36.4	+13.0	=58	4:08.8	+16.5	47	10:44.6	+38.9	57	13:27.1	+51.6	59	15:02.7	+56.6	58	
Strekk Tid			2:36.4	+13.0	=58	1:32.4	+4.5	=32	6:35.8	+26.6	68	2:42.5	+14.5	=71	1:35.6	+7.4	51	
Kumulativ Tid			21:41.1	+1:16.3	57	24:25.1	+1:29.9	56	26:04.2	+1:37.6	60				32:39.3	+2:09.2	62	
Strekk Tid			6:38.4	+23.6	=53	2:44.0	+16.0	=63	1:39.1	+12.0	108				6:35.1	+34.5	79	
<b>63</b>	<b>100</b>	<b>ASDØL Eirik</b>	<b>NOR</b>									<b>32:41.6</b>			<b>+2:11.5</b>			<b>63</b>
Kumulativ Tid			2:40.8	+17.4	=88	4:11.7	+19.4	63	10:50.4	+44.7	74	13:32.9	+57.4	72	15:07.6	+1:01.5	=68	
Strekk Tid			2:40.8	+17.4	=88	1:30.9	+3.0	=13	6:38.7	+29.5	83	2:42.5	+14.5	=71	1:34.7	+6.5	41	
Kumulativ Tid			21:49.2	+1:24.4	69	24:32.5	+1:37.3	66	26:06.7	+1:40.1	63				32:41.6	+2:11.5	63	
Strekk Tid			6:41.6	+26.8	=69	2:43.3	+15.3	60	1:34.2	+7.1	27				6:34.9	+34.3	78	
<b>64</b>	<b>103</b>	<b>SØRENSEN Lars</b>	<b>NOR</b>									<b>32:42.2</b>			<b>+2:12.1</b>			<b>64</b>
Kumulativ Tid			2:38.2	+14.8	=70	4:12.8	+20.5	=73	10:43.5	+37.8	52	13:26.2	+50.7	57	15:02.9	+56.8	=59	
Strekk Tid			2:38.2	+14.8	=70	1:34.6	+6.7	=68	6:30.7	+21.5	42	2:42.7	+14.7	74	1:36.7	+8.5	71	
Kumulativ Tid			21:48.0	+1:23.2	65	24:32.0	+1:36.8	65	26:09.9	+1:43.3	67				32:42.2	+2:12.1	64	
Strekk Tid			6:45.1	+30.3	77	2:44.0	+16.0	=63	1:37.9	+10.8	=86				6:32.3	+31.7	=69	
<b>65</b>	<b>89</b>	<b>BRU-HEMMINGBY Aksel</b>	<b>NOR</b>									<b>32:42.4</b>			<b>+2:12.3</b>			<b>65</b>
Kumulativ Tid			2:42.2	+18.8	=97	4:16.0	+23.7	=87	10:48.6	+42.9	68	13:34.1	+58.6	76	15:10.7	+1:04.6	75	
Strekk Tid			2:42.2	+18.8	=97	1:33.8	+5.9	=55	6:32.6	+23.4	56	2:45.5	+17.5	=85	1:36.6	+8.4	=69	
Kumulativ Tid			21:49.0	+1:24.2	68	24:36.0	+1:40.8	72	26:12.3	+1:45.7	69				32:42.4	+2:12.3	65	
Strekk Tid			6:38.3	+23.5	52	2:47.0	+19.0	83	1:36.3	+9.2	=57				6:30.1	+29.5	=61	
<b>66</b>	<b>166</b>	<b>STAKSTON Petter</b>	<b>NOR</b>									<b>32:42.7</b>			<b>+2:12.6</b>			<b>66</b>
Kumulativ Tid			2:38.3	+14.9	=73	4:10.1	+17.8	52	10:47.3	+41.6	63	13:26.6	+51.1	58	15:01.0	+54.9	54	
Strekk Tid			2:38.3	+14.9	=73	1:31.8	+3.9	22	6:37.2	+28.0	75	2:39.3	+11.3	=44	1:34.4	+6.2	=31	
Kumulativ Tid			21:34.8	+1:10.0	46	24:18.8	+1:23.6	50	25:59.4	+1:32.8	52				32:42.7	+2:12.6	66	
Strekk Tid			6:33.8	+19.0	37	2:44.0	+16.0	=63	1:40.6	+13.5	=123				6:43.3	+42.7	112	
<b>67</b>	<b>127</b>	<b>NYAAS Anders</b>	<b>NOR</b>									<b>32:43.1</b>			<b>+2:13.0</b>			<b>67</b>
Kumulativ Tid			2:44.4	+21.0	=117	4:21.0	+28.7	=110	10:59.2	+53.5	96	13:38.1	+1:02.6	83	15:14.3	+1:08.2	82	
Strekk Tid			2:44.4	+21.0	=117	1:36.6	+8.7	=100	6:38.2	+29.0	=81	2:38.9	+10.9	42	1:36.2	+8.0	=60	
Kumulativ Tid			21:55.3	+1:30.5	74	24:37.6	+1:42.4	74	26:13.5	+1:46.9	71				32:43.1	+2:13.0	67	
Strekk Tid			6:41.0	+26.2	65	2:42.3	+14.3	53	1:35.9	+8.8	=53				6:29.6	+29.0	=54	
<b>68</b>	<b>135</b>	<b>HAUGEN John Magnus</b>	<b>NOR</b>									<b>32:45.8</b>			<b>+2:15.7</b>			<b>68</b>
Kumulativ Tid			2:38.9	+15.5	=77	4:15.6	+23.3	=85	10:57.8	+52.1	92	13:29.7	+54.2	64	15:02.6	+56.5	57	
Strekk Tid			2:38.9	+15.5	=77	1:36.7	+8.8	=103	6:42.2	+33.0	93	2:31.9	+3.9	11	1:32.9	+4.7	16	
Kumulativ Tid			21:45.7	+1:20.9	62	24:28.9	+1:33.7	=62	26:06.8	+1:40.2	64				32:45.8	+2:15.7	68	
Strekk Tid			6:43.1	+28.3	74	2:43.2	+15.2	=58	1:37.9	+10.8	=86				6:39.0	+38.4	96	
<b>69</b>	<b>169</b>	<b>HEGDAL Vebjørn</b>	<b>NOR</b>									<b>32:46.6</b>			<b>+2:16.5</b>			<b>69</b>
Kumulativ Tid			2:30.1	+6.7	=16	4:02.7	+10.4	23	10:31.5	+25.8	25	13:09.3	+33.8	=26	14:46.3	+40.2	32	
Strekk Tid			2:30.1	+6.7	=16	1:32.6	+4.7	=34	6:28.8	+19.6	34	2:37.8	+9.8	40	1:37.0	+8.8	=74	
Kumulativ Tid			21:32.3	+1:07.5	43	24:18.5	+1:23.3	49	25:59.5	+1:32.9	53				32:46.6	+2:16.5	69	
Strekk Tid			6:46.0	+31.2	81	2:46.2	+18.2	78	1:41.0	+13.9	=128				6:47.1	+46.5	124	
<b>70</b>	<b>170</b>	<b>ULVANG Jørgen Sæternes</b>	<b>NOR</b>									<b>32:48.8</b>			<b>+2:18.7</b>			<b>70</b>
Kumulativ Tid			2:36.0	+12.6	=54	4:07.5	+15.2	41	10:38.7	+33.0	45	13:20.1	+44.6	47	14:55.8	+49.7	46	
Strekk Tid			2:36.0	+12.6	=54	1:31.5	+3.6	=19	6:31.2	+22.0	=46	2:41.4	+13.4	=64	1:35.7	+7.5	=52	
Kumulativ Tid			21:42.9	+1:18.1	60	24:27.1	+1:31.9	59	26:02.5	+1:35.9	58				32:48.8	+2:18.7	70	
Strekk Tid			6:47.1	+32.3	83	2:44.2	+16.2	=68	1:35.4	+8.3	=45				6:46.3	+45.7	122	

sdag 30 JAN 2020 / Drammen (NOR) / 2974

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Report Created Torsdag 30 JAN 2020 15:11

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### Konkurransanalyse

RG.	ST.	NAVN	1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM			RG.
			TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	
<b>71</b>	<b>117</b>	<b>FOLKVORD Ingvar</b>							<b>NOR</b>			<b>32:49.9</b>			<b>+2:19.8</b>			<b>71</b>
		Kumulativ Tid	2:39.8	+16.4	82	4:14.7	+22.4	=81	10:52.7	+47.0	80	13:33.4	+57.9	=73	15:09.9	+1:03.8	72	
		Strekk Tid	2:39.8	+16.4	82	1:34.9	+7.0	=77	6:38.0	+28.8	=79	2:40.7	+12.7	=56	1:36.5	+8.3	=65	
		Kumulativ Tid	22:03.3	+1:38.5	84	24:45.9	+1:50.7	78	26:20.2	+1:53.6	77				32:49.9	+2:19.8	71	
		Strekk Tid	6:53.4	+38.6	107	2:42.6	+14.6	54	1:34.3	+7.2	=28				6:29.7	+29.1	=56	
<b>72</b>	<b>85</b>	<b>SKRINDO Knut</b>							<b>NOR</b>			<b>32:50.0</b>			<b>+2:19.9</b>			<b>72</b>
		Kumulativ Tid	2:40.8	+17.4	=88	4:16.9	+24.6	=91	10:51.3	+45.6	76	13:32.1	+56.6	=69	15:06.9	+1:00.8	66	
		Strekk Tid	2:40.8	+17.4	=88	1:36.1	+8.2	=95	6:34.4	+25.2	62	2:40.8	+12.8	58	1:34.8	+6.6	=42	
		Kumulativ Tid	21:46.7	+1:21.9	64	24:31.9	+1:36.7	64	26:10.0	+1:43.4	68				32:50.0	+2:19.9	72	
		Strekk Tid	6:39.8	+25.0	60	2:45.2	+17.2	73	1:38.1	+11.0	=89				6:40.0	+39.4	100	
<b>73</b>	<b>34</b>	<b>STEIEN Aasmund Kjøllmoen</b>							<b>NOR</b>			<b>32:50.6</b>			<b>+2:20.5</b>			<b>73</b>
		Kumulativ Tid	2:40.7	+17.3	87	4:15.3	+23.0	83	10:53.5	+47.8	83	13:39.9	+1:04.4	85	15:17.5	+1:11.4	85	
		Strekk Tid	2:40.7	+17.3	87	1:34.6	+6.7	=68	6:38.2	+29.0	=81	2:46.4	+18.4	94	1:37.6	+9.4	=85	
		Kumulativ Tid	21:58.0	+1:33.2	76	24:46.8	+1:51.6	81	26:18.9	+1:52.3	75				32:50.6	+2:20.5	73	
		Strekk Tid	6:40.5	+25.7	=62	2:48.8	+20.8	=90	1:32.1	+5.0	8				6:31.7	+31.1	66	
<b>74</b>	<b>112</b>	<b>MIKKELSPASS Kristen</b>							<b>NOR</b>			<b>32:50.8</b>			<b>+2:20.7</b>			<b>74</b>
		Kumulativ Tid	2:44.6	+21.2	=119	4:23.4	+31.1	=122	11:08.1	+1:02.4	113	13:50.0	+1:14.5	103	15:27.8	+1:21.7	=100	
		Strekk Tid	2:44.6	+21.2	=119	1:38.8	+10.9	=131	6:44.7	+35.5	105	2:41.9	+13.9	=68	1:37.8	+9.6	=89	
		Kumulativ Tid	22:05.8	+1:41.0	=86	24:46.4	+1:51.2	80	26:25.0	+1:58.4	82				32:50.8	+2:20.7	74	
		Strekk Tid	6:38.0	+23.2	50	2:40.6	+12.6	=38	1:38.6	+11.5	=100				6:25.8	+25.2	42	
<b>75</b>	<b>63</b>	<b>GLØERSEN Herman Møller</b>							<b>NOR</b>			<b>32:51.9</b>			<b>+2:21.8</b>			<b>75</b>
		Kumulativ Tid	2:45.8	+22.4	=123	4:25.1	+32.8	130	11:09.2	+1:03.5	117	14:01.2	+1:25.7	117	15:38.7	+1:32.6	115	
		Strekk Tid	2:45.8	+22.4	=123	1:39.3	+11.4	=140	6:44.1	+34.9	102	2:52.0	+24.0	=119	1:37.5	+9.3	=83	
		Kumulativ Tid	22:15.7	+1:50.9	96	24:55.5	+2:00.3	87	26:32.5	+2:05.9	87				32:51.9	+2:21.8	75	
		Strekk Tid	6:37.0	+22.2	46	2:39.8	+11.8	33	1:37.0	+9.9	71				6:19.4	+18.8	29	
<b>76</b>	<b>72</b>	<b>JORDE Truls Fjellheim</b>							<b>NOR</b>			<b>32:52.3</b>			<b>+2:22.2</b>			<b>76</b>
		Kumulativ Tid	2:38.2	+14.8	=70	4:12.2	+19.9	69	10:43.9	+38.2	=54	13:31.9	+56.4	68	15:07.6	+1:01.5	=68	
		Strekk Tid	2:38.2	+14.8	=70	1:34.0	+6.1	=57	6:31.7	+22.5	=52	2:48.0	+20.0	=102	1:35.7	+7.5	=52	
		Kumulativ Tid	21:50.0	+1:25.2	=71	24:35.3	+1:40.1	=69	26:12.6	+1:46.0	70				32:52.3	+2:22.2	76	
		Strekk Tid	6:42.4	+27.6	72	2:45.3	+17.3	74	1:37.3	+10.2	=75				6:39.7	+39.1	98	
<b>77</b>	<b>132</b>	<b>ØHLSCHLÄGEL Albert Sunde</b>							<b>NOR</b>			<b>32:52.4</b>			<b>+2:22.3</b>			<b>77</b>
		Kumulativ Tid	2:35.1	+11.7	47	4:12.0	+19.7	=66	10:49.0	+43.3	=69	13:30.9	+55.4	66	15:11.7	+1:05.6	79	
		Strekk Tid	2:35.1	+11.7	47	1:36.9	+9.0	=105	6:37.0	+27.8	74	2:41.9	+13.9	=68	1:40.8	+12.6	=131	
		Kumulativ Tid	21:59.8	+1:35.0	=79	24:46.1	+1:50.9	79	26:22.8	+1:56.2	79				32:52.4	+2:22.3	77	
		Strekk Tid	6:48.1	+33.3	87	2:46.3	+18.3	=79	1:36.7	+9.6	=65				6:29.6	+29.0	=54	
<b>78</b>	<b>48</b>	<b>MELBØ Jan-Henrik</b>							<b>NOR</b>			<b>32:54.4</b>			<b>+2:24.3</b>			<b>78</b>
		Kumulativ Tid	2:45.3	+21.9	122	4:21.7	+29.4	=113	11:04.2	+58.5	104	13:49.1	+1:13.6	101	15:25.3	+1:19.2	94	
		Strekk Tid	2:45.3	+21.9	122	1:36.4	+8.5	99	6:42.5	+33.3	95	2:44.9	+16.9	82	1:36.2	+8.0	=60	
		Kumulativ Tid	22:02.8	+1:38.0	83	24:49.1	+1:53.9	83	26:24.7	+1:58.1	81				32:54.4	+2:24.3	78	
		Strekk Tid	6:37.5	+22.7	48	2:46.3	+18.3	=79	1:35.6	+8.5	=49				6:29.7	+29.1	=56	
<b>79</b>	<b>56</b>	<b>HAUGAN Sindre Øvre</b>							<b>NOR</b>			<b>32:58.2</b>			<b>+2:28.1</b>			<b>79</b>
		Kumulativ Tid	2:43.6	+20.2	111	4:18.2	+25.9	97	10:57.1	+51.4	91	13:45.5	+1:10.0	93	15:19.3	+1:13.2	87	
		Strekk Tid	2:43.6	+20.2	111	1:34.6	+6.7	=68	6:38.9	+29.7	=85	2:48.4	+20.4	=105	1:33.8	+5.6	=22	
		Kumulativ Tid	21:59.8	+1:35.0	=79	24:49.0	+1:53.8	82	26:25.9	+1:59.3	83				32:58.2	+2:28.1	79	
		Strekk Tid	6:40.5	+25.7	=62	2:49.2	+21.2	=94	1:36.9	+9.8	=68				6:32.3	+31.7	=69	
<b>80</b>	<b>178</b>	<b>TURTVEIT Vebjørn</b>							<b>NOR</b>			<b>32:58.6</b>			<b>+2:28.5</b>			<b>80</b>
		Kumulativ Tid	2:36.4	+13.0	=58	4:08.4	+16.1	=44	10:45.0	+39.3	=58	13:32.8	+57.3	71	15:11.3	+1:05.2	77	
		Strekk Tid	2:36.4	+13.0	=58	1:32.0	+4.1	25	6:36.6	+27.4	73	2:47.8	+19.8	101	1:38.5	+10.3	=97	
		Kumulativ Tid	22:05.2	+1:40.4	85	25:02.8	+2:07.6	94	26:40.1	+2:13.5	=94				32:58.6	+2:28.5	80	
		Strekk Tid	6:53.9	+39.1	111	2:57.6	+29.6	135	1:37.3	+10.2	=75				6:18.5	+17.9	=25	





SKINM 2020

DRAMMEN

Konnerud Skistadion

Torsdag 30 JAN 2020

Start Time: 13:00  
End Time: 15:03NORGES  
SKIFORBUND

Menn 15 km Fristil Individuell

## Konkurransanalyse

RG.	ST.	NAVN	NSA						MAL TID			BAK			RG.			
		1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM				
		TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.		
<b>81</b>	<b>92</b>	<b>LIER Ola Jakob</b>			<b>NOR</b>						<b>32:59.0</b>			<b>+2:28.9</b>			<b>81</b>	
		Kumulativ Tid	2:44.6	+21.2	=119	4:20.7	+28.4	=106	10:53.2	+47.5	=81	13:34.7	+59.2	77	15:09.7	+1:03.6	71	
		Strekk Tid	2:44.6	+21.2	=119	1:36.1	+8.2	=95	6:32.5	+23.3	=54	2:41.5	+13.5	66	1:35.0	+6.8	=44	
		Kumulativ Tid	21:46.0	+1:21.2	63	24:36.4	+1:41.2	73	26:15.9	+1:49.3	73				32:59.0	+2:28.9	81	
		Strekk Tid	6:36.3	+21.5	=44	2:50.4	+22.4	=102	1:39.5	+12.4	=112				6:43.1	+42.5	=110	
<b>82</b>	<b>119</b>	<b>STOKKELAND Petter</b>			<b>NOR</b>						<b>32:59.5</b>			<b>+2:29.4</b>			<b>82</b>	
		Kumulativ Tid	2:41.9	+18.5	96	4:20.1	+27.8	104	11:07.1	+1:01.4	112	13:52.9	+1:17.4	104	15:32.8	+1:26.7	106	
		Strekk Tid	2:41.9	+18.5	96	1:38.2	+10.3	125	6:47.0	+37.8	=113	2:45.8	+17.8	=88	1:39.9	+11.7	=116	
		Kumulativ Tid	22:17.4	+1:52.6	97	24:59.0	+2:03.8	91	26:32.7	+2:06.1	88				32:59.5	+2:29.4	82	
		Strekk Tid	6:44.6	+29.8	76	2:41.6	+13.6	47	1:33.7	+6.6	=19				6:26.8	+26.2	45	
<b>83</b>	<b>142</b>	<b>HOVDE Håvard</b>			<b>NOR</b>						<b>33:00.0</b>			<b>+2:29.9</b>			<b>83</b>	
		Kumulativ Tid	2:48.0	+24.6	=135	4:28.0	+35.7	140	10:52.0	+46.3	77	13:28.4	+52.9	61	15:06.0	+59.9	62	
		Strekk Tid	2:48.0	+24.6	=135	1:40.0	+12.1	=149	6:24.0	+14.8	22	2:36.4	+8.4	=25	1:37.6	+9.4	=85	
		Kumulativ Tid	21:59.1	+1:34.3	78	24:44.9	+1:49.7	77	26:20.5	+1:53.9	78				33:00.0	+2:29.9	83	
		Strekk Tid	6:53.1	+38.3	106	2:45.8	+17.8	77	1:35.6	+8.5	=49				6:39.5	+38.9	97	
<b>84</b>	<b>122</b>	<b>ARNTSEN Mikkel</b>			<b>NOR</b>						<b>33:01.1</b>			<b>+2:31.0</b>			<b>84</b>	
		Kumulativ Tid	2:39.0	+15.6	79	4:13.1	+20.8	76	10:48.5	+42.8	67	13:34.8	+59.3	78	15:10.8	+1:04.7	76	
		Strekk Tid	2:39.0	+15.6	79	1:34.1	+6.2	=59	6:35.4	+26.2	66	2:46.3	+18.3	=92	1:36.0	+7.8	=54	
		Kumulativ Tid	22:01.6	+1:36.8	81	24:56.1	+2:00.9	88	26:34.2	+2:07.6	89				33:01.1	+2:31.0	84	
		Strekk Tid	6:50.8	+36.0	97	2:54.5	+26.5	=116	1:38.1	+11.0	=89				6:26.9	+26.3	46	
<b>85</b>	<b>137</b>	<b>AURLAND Joachim</b>			<b>NOR</b>						<b>33:01.9</b>			<b>+2:31.8</b>			<b>85</b>	
		Kumulativ Tid	2:32.4	+9.0	29	4:06.4	+14.1	37	10:38.9	+33.2	46	13:19.5	+44.0	45	14:55.6	+49.5	45	
		Strekk Tid	2:32.4	+9.0	29	1:34.0	+6.1	=57	6:32.5	+23.3	=54	2:40.6	+12.6	55	1:36.1	+7.9	=58	
		Kumulativ Tid	21:51.8	+1:27.0	73	24:41.1	+1:45.9	75	26:19.8	+1:53.2	76				33:01.9	+2:31.8	85	
		Strekk Tid	6:56.2	+41.4	=116	2:49.3	+21.3	96	1:38.7	+11.6	=102				6:42.1	+41.5	=107	
<b>86</b>	<b>47</b>	<b>SVALAND Lars Aasheim</b>			<b>NOR</b>						<b>33:09.5</b>			<b>+2:39.4</b>			<b>86</b>	
		Kumulativ Tid	2:35.6	+12.2	49	4:10.3	+18.0	53	10:43.9	+38.2	=54	13:30.4	+54.9	65	15:09.1	+1:03.0	70	
		Strekk Tid	2:35.6	+12.2	49	1:34.7	+6.8	=72	6:33.6	+24.4	59	2:46.5	+18.5	95	1:38.7	+10.5	=101	
		Kumulativ Tid	21:55.6	+1:30.8	75	24:43.2	+1:48.0	76	26:24.5	+1:57.9	80				33:09.5	+2:39.4	86	
		Strekk Tid	6:46.5	+31.7	82	2:47.6	+19.6	86	1:41.3	+14.2	=132				6:45.0	+44.4	=117	
<b>87</b>	<b>147</b>	<b>VIGANTS Raimo</b>			<b>NOR</b>						<b>33:10.0</b>			<b>+2:39.9</b>			<b>87</b>	
		Kumulativ Tid	2:37.4	+14.0	64	4:12.8	+20.5	=73	10:58.1	+52.4	93	13:41.5	+1:06.0	87	15:20.4	+1:14.3	89	
		Strekk Tid	2:37.4	+14.0	64	1:35.4	+7.5	84	6:45.3	+36.1	106	2:43.4	+15.4	=76	1:38.9	+10.7	=104	
		Kumulativ Tid	22:08.4	+1:43.6	90	24:50.5	+1:55.3	85	26:28.2	+2:01.6	84				33:10.0	+2:39.9	87	
		Strekk Tid	6:48.0	+33.2	86	2:42.1	+14.1	52	1:37.7	+10.6	=82				6:41.8	+41.2	105	
<b>88</b>	<b>66</b>	<b>STRANDBRÅTEN Jostein Schlytter</b>			<b>NOR</b>						<b>33:11.3</b>			<b>+2:41.2</b>			<b>88</b>	
		Kumulativ Tid	2:41.6	+18.2	93	4:20.5	+28.2	105	10:56.8	+51.1	90	13:47.9	+1:12.4	98	15:28.1	+1:22.0	102	
		Strekk Tid	2:41.6	+18.2	93	1:38.9	+11.0	=133	6:36.3	+27.1	=69	2:51.1	+23.1	114	1:40.2	+12.0	123	
		Kumulativ Tid	22:18.1	+1:53.3	98	25:05.0	+2:09.8	95	26:41.5	+2:14.9	97				33:11.3	+2:41.2	88	
		Strekk Tid	6:50.0	+35.2	94	2:46.9	+18.9	=81	1:36.5	+9.4	62				6:29.8	+29.2	58	
<b>89</b>	<b>52</b>	<b>VARTDAL Ludvig</b>			<b>NOR</b>						<b>33:11.6</b>			<b>+2:41.5</b>			<b>89</b>	
		Kumulativ Tid	2:44.8	+21.4	121	4:20.7	+28.4	=106	11:03.7	+58.0	103	13:49.5	+1:14.0	102	15:27.0	+1:20.9	98	
		Strekk Tid	2:44.8	+21.4	121	1:35.9	+8.0	=91	6:43.0	+33.8	99	2:45.8	+17.8	=88	1:37.5	+9.3	=83	
		Kumulativ Tid	22:08.2	+1:43.4	89	24:57.7	+2:02.5	90	26:35.7	+2:09.1	91				33:11.6	+2:41.5	89	
		Strekk Tid	6:41.2	+26.4	66	2:49.5	+21.5	=97	1:38.0	+10.9	88				6:35.9	+35.3	82	
<b>90</b>	<b>138</b>	<b>WESTGÅRD Thomas Hjalmar Maloney</b>			<b>NOR</b>						<b>33:11.9</b>			<b>+2:41.8</b>			<b>90</b>	
		Kumulativ Tid	2:43.1	+19.7	=108	4:20.8	+28.5	109	11:06.7	+1:01.0	110	13:43.2	+1:07.7	91	15:18.3	+1:12.2	86	
		Strekk Tid	2:43.1	+19.7	=108	1:37.7	+9.8	116	6:45.9	+36.7	108	2:36.5	+8.5	=27	1:35.1	+6.9	=47	
		Kumulativ Tid	21:58.8	+1:34.0	77	24:49.3	+1:54.1	84	26:28.8	+2:02.2	85				33:11.9	+2:41.8	90	
		Strekk Tid	6:40.5	+25.7	=62	2:50.5	+22.5	104	1:39.5	+12.4	=112				6:43.1	+42.5	=110	

sdag 30 JAN 2020 / Drammen (NOR) / 2974

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## Konkurransanalyse

RG.	ST.	NAVN	NSA						MAL TID			BAK			RG.			
		1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM				
		TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.		
<b>91</b>	<b>58</b>	<b>TOLO Henrik Vik</b>			<b>NOR</b>						<b>33:12.3</b>			<b>+2:42.2</b>			<b>91</b>	
		Kumulativ Tid	2:48.5	+25.1 =139	4:25.7	+33.4 =132	11:05.3	+59.6 =105	13:53.9	+1:18.4 =106	15:31.9	+1:25.8 =104					104	
		Strekk Tid	2:48.5	+25.1 =139	1:37.2	+9.3 =110	6:39.6	+30.4 =88	2:48.6	+20.6 =107	1:38.0	+9.8 =92					92	
		Kumulativ Tid	22:07.9	+1:43.1 =88	24:52.8	+1:57.6 =86	26:32.1	+2:05.5 =86				33:12.3	+2:42.2 =91					91
		Strekk Tid	6:36.0	+21.2 =43	2:44.9	+16.9 =71	1:39.3	+12.2 =110				6:40.2	+39.6 =101					101
<b>92</b>	<b>42</b>	<b>MÅBØ Ulrik</b>			<b>NOR</b>						<b>33:13.1</b>			<b>+2:43.0</b>			<b>92</b>	
		Kumulativ Tid	2:40.8	+17.4 =88	4:17.7	+25.4 =96	10:55.0	+49.3 =88	13:47.0	+1:11.5 =95	15:27.8	+1:21.7 =100					100	
		Strekk Tid	2:40.8	+17.4 =88	1:36.9	+9.0 =105	6:37.3	+28.1 =76	2:52.0	+24.0 =119	1:40.8	+12.6 =131					131	
		Kumulativ Tid	22:18.9	+1:54.1 =100	25:09.3	+2:14.1 =102	26:44.5	+2:17.9 =100				33:13.1	+2:43.0 =92					92
		Strekk Tid	6:51.1	+36.3 =100	2:50.4	+22.4 =102	1:35.2	+8.1 =39				6:28.6	+28.0 =51					51
<b>93</b>	<b>30</b>	<b>ØVERBY Mats</b>			<b>NOR</b>						<b>33:14.9</b>			<b>+2:44.8</b>			<b>93</b>	
		Kumulativ Tid	2:34.6	+11.2 =44	4:09.4	+17.1 =48	10:52.5	+46.8 =79	13:46.1	+1:10.6 =94	15:22.5	+1:16.4 =92					92	
		Strekk Tid	2:34.6	+11.2 =44	1:34.8	+6.9 =76	6:43.1	+33.9 =100	2:53.6	+25.6 =129	1:36.4	+8.2 =63					63	
		Kumulativ Tid	22:12.3	+1:47.5 =94	25:07.7	+2:12.5 =100	26:40.1	+2:13.5 =94				33:14.9	+2:44.8 =93					93
		Strekk Tid	6:49.8	+35.0 =92	2:55.4	+27.4 =121	1:32.4	+5.3 =9				6:34.8	+34.2 =77					77
<b>94</b>	<b>125</b>	<b>RØVIK Torstein Buan</b>			<b>NOR</b>						<b>33:15.2</b>			<b>+2:45.1</b>			<b>94</b>	
		Kumulativ Tid	2:42.8	+19.4 =106	4:22.0	+29.7 =117	11:08.2	+1:02.5 =114	13:48.2	+1:12.7 =99	15:26.7	+1:20.6 =97					97	
		Strekk Tid	2:42.8	+19.4 =106	1:39.2	+11.3 =139	6:46.2	+37.0 =110	2:40.0	+12.0 =49	1:38.5	+10.3 =97					97	
		Kumulativ Tid	22:18.9	+1:54.1 =100	25:00.6	+2:05.4 =92	26:38.1	+2:11.5 =93				33:15.2	+2:45.1 =94					94
		Strekk Tid	6:52.2	+37.4 =103	2:41.7	+13.7 =48	1:37.5	+10.4 =80				6:37.1	+36.5 =86					86
<b>95</b>	<b>129</b>	<b>FOLKVORD Sindre</b>			<b>NOR</b>						<b>33:16.6</b>			<b>+2:46.5</b>			<b>95</b>	
		Kumulativ Tid	2:38.3	+14.9 =73	4:11.0	+18.7 =59	10:53.6	+47.9 =84	13:41.9	+1:06.4 =89	15:19.5	+1:13.4 =88					88	
		Strekk Tid	2:38.3	+14.9 =73	1:32.7	+4.8 =37	6:42.6	+33.4 =96	2:48.3	+20.3 =104	1:37.6	+9.4 =85					85	
		Kumulativ Tid	22:10.4	+1:45.6 =92	25:05.8	+2:10.6 =97	26:41.4	+2:14.8 =96				33:16.6	+2:46.5 =95					95
		Strekk Tid	6:50.9	+36.1 =98	2:55.4	+27.4 =121	1:35.6	+8.5 =49				6:35.2	+34.6 =80					80
<b>96</b>	<b>115</b>	<b>FROST Edvin Kristoffer</b>			<b>NOR</b>						<b>33:17.2</b>			<b>+2:47.1</b>			<b>96</b>	
		Kumulativ Tid	2:36.0	+12.6 =54	4:10.7	+18.4 =57	10:51.2	+45.5 =75	13:37.5	+1:02.0 =82	15:16.9	+1:10.8 =84					84	
		Strekk Tid	2:36.0	+12.6 =54	1:34.7	+6.8 =72	6:40.5	+31.3 =89	2:46.3	+18.3 =92	1:39.4	+11.2 =113					113	
		Kumulativ Tid	22:18.2	+1:53.4 =99	25:07.0	+2:11.8 =98	26:45.3	+2:18.7 =101				33:17.2	+2:47.1 =96					96
		Strekk Tid	7:01.3	+46.5 =136	2:48.8	+20.8 =90	1:38.3	+11.2 =95				6:31.9	+31.3 =67					67
<b>97</b>	<b>131</b>	<b>FLATAKER Ole Morten Engesvold</b>			<b>NOR</b>						<b>33:21.0</b>			<b>+2:50.9</b>			<b>97</b>	
		Kumulativ Tid	2:40.9	+17.5 =91	4:19.5	+27.2 =101	10:58.5	+52.8 =94	13:39.5	+1:04.0 =84	15:13.7	+1:07.6 =81					81	
		Strekk Tid	2:40.9	+17.5 =91	1:38.6	+10.7 =127	6:39.0	+29.8 =87	2:41.0	+13.0 =60	1:34.2	+6.0 =28					28	
		Kumulativ Tid	22:05.8	+1:41.0 =86	24:56.4	+2:01.2 =89	26:35.1	+2:08.5 =90				33:21.0	+2:50.9 =97					97
		Strekk Tid	6:52.1	+37.3 =102	2:50.6	+22.6 =105	1:38.7	+11.6 =102				6:45.9	+45.3 =120					120
<b>98</b>	<b>13</b>	<b>FLUGSTAD Fredrik Fuglerud</b>			<b>NOR</b>						<b>33:23.3</b>			<b>+2:53.2</b>			<b>98</b>	
		Kumulativ Tid	2:43.1	+19.7 =108	4:21.1	+28.8 =112	11:08.2	+1:02.5 =114	13:53.9	+1:18.4 =106	15:32.2	+1:26.1 =105					105	
		Strekk Tid	2:43.1	+19.7 =108	1:38.0	+10.1 =121	6:47.1	+37.9 =115	2:45.7	+17.7 =87	1:38.3	+10.1 =96					96	
		Kumulativ Tid	22:19.6	+1:54.8 =102	25:15.6	+2:20.4 =105	26:56.9	+2:30.3 =105				33:23.3	+2:53.2 =98					98
		Strekk Tid	6:47.4	+32.6 =84	2:56.0	+28.0 =126	1:41.3	+14.2 =132				6:26.4	+25.8 =43					43
<b>99</b>	<b>8</b>	<b>KVÅLE Bjørnar</b>			<b>NOR</b>						<b>33:24.6</b>			<b>+2:54.5</b>			<b>99</b>	
		Kumulativ Tid	2:41.7	+18.3 =94	4:17.5	+25.2 =95	10:58.8	+53.1 =95	13:43.9	+1:08.4 =92	15:20.7	+1:14.6 =90					90	
		Strekk Tid	2:41.7	+18.3 =94	1:35.8	+7.9 =88	6:41.3	+32.1 =91	2:45.1	+17.1 =83	1:36.8	+8.6 =72					72	
		Kumulativ Tid	22:09.8	+1:45.0 =91	25:05.1	+2:09.9 =96	26:43.5	+2:16.9 =98				33:24.6	+2:54.5 =99					99
		Strekk Tid	6:49.1	+34.3 =88	2:55.3	+27.3 =120	1:38.4	+11.3 =97				6:41.1	+40.5 =104					104
<b>100</b>	<b>19</b>	<b>OPSAHL Torstein Wiiger</b>			<b>NOR</b>						<b>33:25.3</b>			<b>+2:55.2</b>			<b>100</b>	
		Kumulativ Tid	2:35.9	+12.5 =52	4:10.5	+18.2 =55	10:49.3	+43.6 =71	13:41.8	+1:06.3 =88	15:25.8	+1:19.7 =95					95	
		Strekk Tid	2:35.9	+12.5 =52	1:34.6	+6.7 =68	6:38.8	+29.6 =84	2:52.5	+24.5 =122	1:44.0	+15.8 =160					160	
		Kumulativ Tid	22:11.7	+1:46.9 =93	25:00.7	+2:05.5 =93	26:37.0	+2:10.4 =92				33:25.3	+2:55.2 =100					100
		Strekk Tid	6:45.9	+31.1 =80	2:49.0	+21.0 =93	1:36.3	+9.2 =57				6:48.3	+47.7 =127					127

## Konkurransanalyse

RG.	ST.	NAVN	NSA						MAL TID			BAK			RG.			
		1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM				
		TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.		
<b>101</b>	<b>154</b>	<b>MIKKELSEN Eirik</b>			<b>NOR</b>						<b>33:25.4</b>			<b>+2:55.3</b>			<b>101</b>	
		Kumulativ Tid	2:36.9	+13.5	62	4:12.4	+20.1	71	10:47.5	+41.8	64	13:25.0	+49.5	54	15:02.9	+56.8	59	
		Strekk Tid	2:36.9	+13.5	62	1:35.5	+7.6	=85	6:35.1	+25.9	64	2:37.5	+9.5	=33	1:37.9	+9.7	91	
		Kumulativ Tid	21:48.6	+1:23.8	66	24:35.7	+1:40.5	71	26:16.5	+1:49.9	74				33:25.4	+2:55.3	101	
		Strekk Tid	6:45.7	+30.9	79	2:47.1	+19.1	84	1:40.8	+13.7	126				7:08.9	+1:08.3	167	
<b>102</b>	<b>108</b>	<b>MORTENSBAKKE Eirik Andreas</b>			<b>NOR</b>						<b>33:28.3</b>			<b>+2:58.2</b>			<b>102</b>	
		Kumulativ Tid	2:41.0	+17.6	92	4:17.0	+24.7	=93	11:06.3	+1:00.6	108	13:57.0	+1:21.5	113	15:37.6	+1:31.5	114	
		Strekk Tid	2:41.0	+17.6	92	1:36.0	+8.1	94	6:49.3	+40.1	=121	2:50.7	+22.7	113	1:40.6	+12.4	=127	
		Kumulativ Tid	22:28.1	+2:03.3	108	25:12.2	+2:17.0	103	26:49.7	+2:23.1	102				33:28.3	+2:58.2	102	
		Strekk Tid	6:50.5	+35.7	96	2:44.1	+16.1	67	1:37.5	+10.4	=80				6:38.6	+38.0	94	
<b>103</b>	<b>87</b>	<b>SØRGÅRD Emil</b>			<b>NOR</b>						<b>33:31.2</b>			<b>+3:01.1</b>			<b>103</b>	
		Kumulativ Tid	2:40.4	+17.0	=84	4:15.6	+23.3	=85	10:54.5	+48.8	87	13:40.4	+1:04.9	86	15:23.2	+1:17.1	93	
		Strekk Tid	2:40.4	+17.0	=84	1:35.2	+7.3	=81	6:38.9	+29.7	=85	2:45.9	+17.9	91	1:42.8	+14.6	=152	
		Kumulativ Tid	22:20.4	+1:55.6	106	25:07.3	+2:12.1	99	26:44.0	+2:17.4	99				33:31.2	+3:01.1	103	
		Strekk Tid	6:57.2	+42.4	122	2:46.9	+18.9	=81	1:36.7	+9.6	=65				6:47.2	+46.6	125	
<b>104</b>	<b>59</b>	<b>FORSMO Ole Jacob</b>			<b>NOR</b>						<b>33:34.9</b>			<b>+3:04.8</b>			<b>104</b>	
		Kumulativ Tid	2:43.7	+20.3	112	4:22.7	+30.4	=120	11:05.4	+59.7	106	13:48.2	+1:12.7	=99	15:27.2	+1:21.1	99	
		Strekk Tid	2:43.7	+20.3	112	1:39.0	+11.1	=136	6:42.7	+33.5	97	2:42.8	+14.8	75	1:39.0	+10.8	=107	
		Kumulativ Tid	22:20.1	+1:55.3	=103	25:19.8	+2:24.6	107	26:56.1	+2:29.5	104				33:34.9	+3:04.8	104	
		Strekk Tid	6:52.9	+38.1	104	2:59.7	+31.7	=142	1:36.3	+9.2	=57				6:38.8	+38.2	95	
<b>105</b>	<b>25</b>	<b>SVALAND Håkon</b>			<b>NOR</b>						<b>33:40.5</b>			<b>+3:10.4</b>			<b>105</b>	
		Kumulativ Tid	2:42.4	+19.0	=100	4:19.3	+27.0	100	11:02.4	+56.7	100	13:53.8	+1:18.3	105	15:34.5	+1:28.4	107	
		Strekk Tid	2:42.4	+19.0	=100	1:36.9	+9.0	=105	6:43.1	+33.9	=100	2:51.4	+23.4	=116	1:40.7	+12.5	130	
		Kumulativ Tid	22:30.8	+2:06.0	110	25:25.9	+2:30.7	112	27:03.6	+2:37.0	109				33:40.5	+3:10.4	105	
		Strekk Tid	6:56.3	+41.5	118	2:55.1	+27.1	119	1:37.7	+10.6	=82				6:36.9	+36.3	85	
<b>106</b>	<b>65</b>	<b>VESTERÅS Marius Viken</b>			<b>NOR</b>						<b>33:41.0</b>			<b>+3:10.9</b>			<b>106</b>	
		Kumulativ Tid	2:50.6	+27.2	=148	4:31.2	+38.9	150	11:27.0	+1:21.3	145	14:16.9	+1:41.4	=135	15:58.6	+1:52.5	137	
		Strekk Tid	2:50.6	+27.2	=148	1:40.6	+12.7	=152	6:55.8	+46.6	=138	2:49.9	+21.9	110	1:41.7	+13.5	=141	
		Kumulativ Tid	22:48.3	+2:23.5	=125	25:35.6	+2:40.4	118	27:12.0	+2:45.4	115				33:41.0	+3:10.9	106	
		Strekk Tid	6:49.7	+34.9	91	2:47.3	+19.3	85	1:36.4	+9.3	=60				6:29.0	+28.4	=52	
<b>107</b>	<b>76</b>	<b>NORDENG August</b>			<b>NOR</b>						<b>33:42.2</b>			<b>+3:12.1</b>			<b>107</b>	
		Kumulativ Tid	2:49.3	+25.9	143	4:24.4	+32.1	=125	11:13.0	+1:07.3	121	13:57.7	+1:22.2	115	15:36.8	+1:30.7	=110	
		Strekk Tid	2:49.3	+25.9	143	1:35.1	+7.2	80	6:48.6	+39.4	118	2:44.7	+16.7	81	1:39.1	+10.9	=109	
		Kumulativ Tid	22:30.3	+2:05.5	109	25:15.3	+2:20.1	104	26:58.3	+2:31.7	107				33:42.2	+3:12.1	107	
		Strekk Tid	6:53.5	+38.7	=108	2:45.0	+17.0	72	1:43.0	+15.9	=151				6:43.9	+43.3	=114	
<b>108</b>	<b>97</b>	<b>CLUGNET James</b>			<b>GBR</b>						<b>33:42.9</b>			<b>+3:12.8</b>			<b>108</b>	
		Kumulativ Tid	2:38.5	+15.1	75	4:10.7	+18.4	=57	10:55.1	+49.4	89	13:47.7	+1:12.2	97	15:30.0	+1:23.9	103	
		Strekk Tid	2:38.5	+15.1	75	1:32.2	+4.3	=27	6:44.4	+35.2	=103	2:52.6	+24.6	=124	1:42.3	+14.1	=147	
		Kumulativ Tid	22:27.5	+2:02.7	107	25:25.5	+2:30.3	111	27:01.0	+2:34.4	108				33:42.9	+3:12.8	108	
		Strekk Tid	6:57.5	+42.7	=123	2:58.0	+30.0	138	1:35.5	+8.4	48				6:41.9	+41.3	106	
<b>109</b>	<b>84</b>	<b>INSTANES Daniel May</b>			<b>DEN</b>						<b>33:43.8</b>			<b>+3:13.7</b>			<b>109</b>	
		Kumulativ Tid	2:53.1	+29.7	159	4:32.6	+40.3	156	11:21.4	+1:15.7	137	14:07.2	+1:31.7	121	15:47.8	+1:41.7	123	
		Strekk Tid	2:53.1	+29.7	159	1:39.5	+11.6	144	6:48.8	+39.6	119	2:45.8	+17.8	=88	1:40.6	+12.4	=127	
		Kumulativ Tid	22:36.9	+2:12.1	113	25:25.1	+2:29.9	=108	27:06.6	+2:40.0	111				33:43.8	+3:13.7	109	
		Strekk Tid	6:49.1	+34.3	=88	2:48.2	+20.2	88	1:41.5	+14.4	135				6:37.2	+36.6	88	
<b>110</b>	<b>90</b>	<b>WIBERG Åsmund</b>			<b>NOR</b>						<b>33:45.3</b>			<b>+3:15.2</b>			<b>110</b>	
		Kumulativ Tid	2:48.2	+24.8	137	4:26.0	+33.7	134	11:12.6	+1:06.9	=119	14:02.3	+1:26.8	118	15:42.4	+1:36.3	117	
		Strekk Tid	2:48.2	+24.8	137	1:37.8	+9.9	117	6:46.6	+37.4	112	2:49.7	+21.7	109	1:40.1	+11.9	=121	
		Kumulativ Tid	22:40.5	+2:15.7	116	25:30.0	+2:34.8	113	27:07.4	+2:40.8	112				33:45.3	+3:15.2	110	
		Strekk Tid	6:58.1	+43.3	126	2:49.5	+21.5	=97	1:37.4	+10.3	79				6:37.9	+37.3	91	

## Konkurransanalyse

RG.	ST.	NAVN	NSA						MAL TID			BAK			RG.		
			1.0 / 10.0KM		2.0 / 11.0KM		5.0 / 12.0KM		6.0 KM			7.0 / 15.0KM					
			TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.
<b>111</b>	<b>96</b>	<b>MOEN Sivert</b>	<b>NOR</b>						<b>33:48.0</b>			<b>+3:17.9</b>			<b>111</b>		
Kumulativ Tid			2:47.3	+23.9	=130	4:22.0	+29.7	=117	11:06.4	+1:00.7	109	13:54.8	+1:19.3	109	15:37.0	+1:30.9	112
Strekk Tid			2:47.3	+23.9	=130	1:34.7	+6.8	=72	6:44.4	+35.2	=103	2:48.4	+20.4	=105	1:42.2	+14.0	=145
Kumulativ Tid			22:33.9	+2:09.1	111	25:25.4	+2:30.2	110	27:04.1	+2:37.5	110				33:48.0	+3:17.9	111
Strekk Tid			6:56.9	+42.1	=120	2:51.5	+23.5	106	1:38.7	+11.6	=102				6:43.9	+43.3	=114
<b>112</b>	<b>24</b>	<b>REINEMO Per Ivar Sjølie</b>	<b>NOR</b>						<b>33:49.5</b>			<b>+3:19.4</b>			<b>112</b>		
Kumulativ Tid			2:52.7	+29.3	157	4:34.3	+42.0	161	11:31.4	+1:25.7	153	14:22.9	+1:47.4	149	16:04.7	+1:58.6	148
Strekk Tid			2:52.7	+29.3	157	1:41.6	+13.7	158	6:57.1	+47.9	146	2:51.5	+23.5	118	1:41.8	+13.6	143
Kumulativ Tid			23:00.7	+2:35.9	=140	25:50.5	+2:55.3	131	27:25.1	+2:58.5	126				33:49.5	+3:19.4	112
Strekk Tid			6:56.0	+41.2	115	2:49.8	+21.8	100	1:34.6	+7.5	=33				6:24.4	+23.8	39
<b>113</b>	<b>128</b>	<b>KRISTOFFERSEN Patrick Fossum</b>	<b>NOR</b>						<b>33:52.7</b>			<b>+3:22.6</b>			<b>113</b>		
Kumulativ Tid			2:34.6	+11.2	=44	4:09.8	+17.5	51	11:09.0	+1:03.3	116	13:59.2	+1:23.7	116	15:40.5	+1:34.4	116
Strekk Tid			2:34.6	+11.2	=44	1:35.2	+7.3	=81	6:59.2	+50.0	150	2:50.2	+22.2	112	1:41.3	+13.1	137
Kumulativ Tid			22:39.4	+2:14.6	114	25:32.0	+2:36.8	114	27:10.2	+2:43.6	=113				33:52.7	+3:22.6	113
Strekk Tid			6:58.9	+44.1	=127	2:52.6	+24.6	111	1:38.2	+11.1	=92				6:42.5	+41.9	109
<b>114</b>	<b>82</b>	<b>WIJK Emil</b>	<b>NOR</b>						<b>33:53.4</b>			<b>+3:23.3</b>			<b>114</b>		
Kumulativ Tid			2:38.9	+15.5	=77	4:14.7	+22.4	=81	11:00.4	+54.7	98	13:47.4	+1:11.9	96	15:26.3	+1:20.2	96
Strekk Tid			2:38.9	+15.5	=77	1:35.8	+7.9	=88	6:45.7	+36.5	107	2:47.0	+19.0	97	1:38.9	+10.7	=104
Kumulativ Tid			22:20.1	+1:55.3	=103	25:17.2	+2:22.0	106	26:57.2	+2:30.6	106				33:53.4	+3:23.3	114
Strekk Tid			6:53.8	+39.0	110	2:57.1	+29.1	=133	1:40.0	+12.9	=117				6:56.2	+55.6	=141
<b>115</b>	<b>126</b>	<b>SKJELDAL Kristian</b>	<b>NOR</b>						<b>33:54.1</b>			<b>+3:24.0</b>			<b>115</b>		
Kumulativ Tid			2:36.0	+12.6	=54	4:11.5	+19.2	62	10:52.1	+46.4	78	13:35.5	+1:00.0	80	15:11.5	+1:05.4	78
Strekk Tid			2:36.0	+12.6	=54	1:35.5	+7.6	=85	6:40.6	+31.4	90	2:43.4	+15.4	=76	1:36.0	+7.8	=54
Kumulativ Tid			22:13.0	+1:48.2	95	25:09.0	+2:13.8	101	26:51.6	+2:25.0	103				33:54.1	+3:24.0	115
Strekk Tid			7:01.5	+46.7	=137	2:56.0	+28.0	=126	1:42.6	+15.5	145				7:02.5	+1:01.9	154
<b>116</b>	<b>55</b>	<b>STIGEN Jørgen</b>	<b>NOR</b>						<b>33:59.8</b>			<b>+3:29.7</b>			<b>116</b>		
Kumulativ Tid			2:52.5	+29.1	155	4:30.1	+37.8	147	11:19.2	+1:13.5	131	14:13.8	+1:38.3	129	15:50.0	+1:43.9	126
Strekk Tid			2:52.5	+29.1	155	1:37.6	+9.7	115	6:49.1	+39.9	120	2:54.6	+26.6	=134	1:36.2	+8.0	=60
Kumulativ Tid			22:43.5	+2:18.7	120	25:37.5	+2:42.3	=121	27:17.7	+2:51.1	120				33:59.8	+3:29.7	116
Strekk Tid			6:53.5	+38.7	=108	2:54.0	+26.0	114	1:40.2	+13.1	119				6:42.1	+41.5	=107
<b>117</b>	<b>70</b>	<b>HAUG Henrik Sørli</b>	<b>NOR</b>						<b>34:01.6</b>			<b>+3:31.5</b>			<b>117</b>		
Kumulativ Tid			2:48.9	+25.5	142	4:25.5	+33.2	131	11:03.2	+57.5	102	13:56.9	+1:21.4	112	15:37.5	+1:31.4	113
Strekk Tid			2:48.9	+25.5	142	1:36.6	+8.7	=100	6:37.7	+28.5	78	2:53.7	+25.7	130	1:40.6	+12.4	=127
Kumulativ Tid			22:42.4	+2:17.6	119	25:36.9	+2:41.7	119	27:15.1	+2:48.5	118				34:01.6	+3:31.5	117
Strekk Tid			7:04.9	+50.1	=149	2:54.5	+26.5	=116	1:38.2	+11.1	=92				6:46.5	+45.9	123
<b>118</b>	<b>26</b>	<b>MELBERG Tore André</b>	<b>NOR</b>						<b>34:05.7</b>			<b>+3:35.6</b>			<b>118</b>		
Kumulativ Tid			2:43.8	+20.4	=113	4:22.7	+30.4	=120	11:09.8	+1:04.1	118	14:11.9	+1:36.4	128	15:56.3	+1:50.2	132
Strekk Tid			2:43.8	+20.4	=113	1:38.9	+11.0	=133	6:47.1	+37.9	=115	3:02.1	+34.1	157	1:44.4	+16.2	163
Kumulativ Tid			22:53.2	+2:28.4	131	25:49.4	+2:54.2	129	27:31.2	+3:04.6	132				34:05.7	+3:35.6	118
Strekk Tid			6:56.9	+42.1	=120	2:56.2	+28.2	128	1:41.8	+14.7	=136				6:34.5	+33.9	76
<b>119</b>	<b>45</b>	<b>NILSEN Vebjørn Weldingh</b>	<b>NOR</b>						<b>34:06.2</b>			<b>+3:36.1</b>			<b>119</b>		
Kumulativ Tid			2:38.6	+15.2	76	4:16.5	+24.2	90	11:02.6	+56.9	101	13:54.0	+1:18.5	108	15:36.8	+1:30.7	=110
Strekk Tid			2:38.6	+15.2	76	1:37.9	+10.0	=118	6:46.1	+36.9	109	2:51.4	+23.4	=116	1:42.8	+14.6	=152
Kumulativ Tid			22:39.8	+2:15.0	115	25:34.7	+2:39.5	117	27:18.0	+2:51.4	121				34:06.2	+3:36.1	119
Strekk Tid			7:03.0	+48.2	140	2:54.9	+26.9	118	1:43.3	+16.2	154				6:48.2	+47.6	126
<b>120</b>	<b>94</b>	<b>NILSEN Anders Brekke</b>	<b>NOR</b>						<b>34:07.9</b>			<b>+3:37.8</b>			<b>120</b>		
Kumulativ Tid			2:37.2	+13.8	63	4:12.7	+20.4	72	10:50.1	+44.4	73	13:42.2	+1:06.7	90	15:21.3	+1:15.2	91
Strekk Tid			2:37.2	+13.8	63	1:35.5	+7.6	=85	6:37.4	+28.2	77	2:52.1	+24.1	121	1:39.1	+10.9	=109
Kumulativ Tid			22:20.2	+1:55.4	105	25:25.1	+2:29.9	=108	27:10.2	+2:43.6	=113				34:07.9	+3:37.8	120
Strekk Tid			6:58.9	+44.1	=127	3:04.9	+36.9	157	1:45.1	+18.0	=162				6:57.7	+57.1	144

## Konkurransanalyse

RG.	ST.	NAVN	NSA						MAL TID			BAK			RG.			
		1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM				
		TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.		
<b>121</b>	<b>53</b>	<b>VOLLAN Erling Pettersen</b>			<b>NOR</b>						<b>34:08.0</b>			<b>+3:37.9</b>			<b>121</b>	
Kumulativ Tid		2:47.9	+24.5	134	4:28.4	+36.1	141	11:20.7	+1:15.0	=133	14:15.3	+1:39.8	131	15:56.2	+1:50.1	131		
Strekk Tid		2:47.9	+24.5	134	1:40.5	+12.6	151	6:52.3	+43.1	128	2:54.6	+26.6	=134	1:40.9	+12.7	133		
Kumulativ Tid		22:45.3	+2:20.5	123	25:37.4	+2:42.2	120	27:18.5	+2:51.9	122				34:08.0	+3:37.9	121		
Strekk Tid		6:49.1	+34.3	=88	2:52.1	+24.1	108	1:41.1	+14.0	=130				6:49.5	+48.9	133		
<b>122</b>	<b>95</b>	<b>HAMMER Johan Tøndel</b>			<b>NOR</b>						<b>34:08.1</b>			<b>+3:38.0</b>			<b>122</b>	
Kumulativ Tid		2:39.6	+16.2	81	4:13.4	+21.1	77	11:01.2	+55.5	99	13:57.3	+1:21.8	114	15:35.9	+1:29.8	109		
Strekk Tid		2:39.6	+16.2	81	1:33.8	+5.9	=55	6:47.8	+38.6	117	2:56.1	+28.1	143	1:38.6	+10.4	=99		
Kumulativ Tid		22:35.0	+2:10.2	112	25:32.1	+2:36.9	115	27:13.9	+2:47.3	116				34:08.1	+3:38.0	122		
Strekk Tid		6:59.1	+44.3	129	2:57.1	+29.1	=133	1:41.8	+14.7	=136				6:54.2	+53.6	137		
<b>123</b>	<b>67</b>	<b>FINNE Sindre</b>			<b>NOR</b>						<b>34:08.4</b>			<b>+3:38.3</b>			<b>123</b>	
Kumulativ Tid		2:42.2	+18.8	=97	4:21.0	+28.7	=110	11:15.4	+1:09.7	125	14:11.0	+1:35.5	127	15:50.9	+1:44.8	127		
Strekk Tid		2:42.2	+18.8	=97	1:38.8	+10.9	=131	6:54.4	+45.2	133	2:55.6	+27.6	141	1:39.9	+11.7	=116		
Kumulativ Tid		22:51.3	+2:26.5	127	25:47.0	+2:51.8	128	27:27.4	+3:00.8	129				34:08.4	+3:38.3	123		
Strekk Tid		7:00.4	+45.6	133	2:55.7	+27.7	124	1:40.4	+13.3	=120				6:41.0	+40.4	103		
<b>124</b>	<b>68</b>	<b>GRYMYR Jens Christian</b>			<b>NOR</b>						<b>34:08.6</b>			<b>+3:38.5</b>			<b>124</b>	
Kumulativ Tid		2:53.8	+30.4	160	4:37.2	+44.9	163	11:28.0	+1:22.3	148	14:21.5	+1:46.0	146	16:02.7	+1:56.6	=142		
Strekk Tid		2:53.8	+30.4	160	1:43.4	+15.5	168	6:50.8	+41.6	124	2:53.5	+25.5	128	1:41.2	+13.0	=135		
Kumulativ Tid		22:52.6	+2:27.8	129	25:42.7	+2:47.5	125	27:22.7	+2:56.1	124				34:08.6	+3:38.5	124		
Strekk Tid		6:49.9	+35.1	93	2:50.1	+22.1	101	1:40.0	+12.9	=117				6:45.9	+45.3	=120		
<b>125</b>	<b>104</b>	<b>AUSTAD Jonas</b>			<b>NOR</b>						<b>34:09.6</b>			<b>+3:39.5</b>			<b>125</b>	
Kumulativ Tid		2:51.6	+28.2	152	4:28.6	+36.3	142	11:15.1	+1:09.4	124	14:04.3	+1:28.8	119	15:45.8	+1:39.7	118		
Strekk Tid		2:51.6	+28.2	152	1:37.0	+9.1	109	6:46.5	+37.3	111	2:49.2	+21.2	108	1:41.5	+13.3	=138		
Kumulativ Tid		22:40.9	+2:16.1	117	25:32.7	+2:37.5	116	27:15.0	+2:48.4	117				34:09.6	+3:39.5	125		
Strekk Tid		6:55.1	+40.3	113	2:51.8	+23.8	107	1:42.3	+15.2	=141				6:54.6	+54.0	138		
<b>126</b>	<b>93</b>	<b>AASBØ Jonas</b>			<b>NOR</b>						<b>34:09.8</b>			<b>+3:39.7</b>			<b>126</b>	
Kumulativ Tid		2:43.8	+20.4	=113	4:17.0	+24.7	=93	11:13.1	+1:07.4	122	14:10.3	+1:34.8	125	15:47.6	+1:41.5	=121		
Strekk Tid		2:43.8	+20.4	=113	1:33.2	+5.3	=43	6:56.1	+46.9	=140	2:57.2	+29.2	=147	1:37.3	+9.1	=79		
Kumulativ Tid		22:43.8	+2:19.0	121	25:40.4	+2:45.2	123	27:21.3	+2:54.7	123				34:09.8	+3:39.7	126		
Strekk Tid		6:56.2	+41.4	=116	2:56.6	+28.6	130	1:40.9	+13.8	127				6:48.5	+47.9	=128		
<b>127</b>	<b>98</b>	<b>FLATAKER Erling Engesvold</b>			<b>NOR</b>						<b>34:11.7</b>			<b>+3:41.6</b>			<b>127</b>	
Kumulativ Tid		2:52.8	+29.4	158	4:31.3	+39.0	151	11:25.5	+1:19.8	144	14:15.6	+1:40.1	133	15:58.7	+1:52.6	138		
Strekk Tid		2:52.8	+29.4	158	1:38.5	+10.6	126	6:54.2	+45.0	132	2:50.1	+22.1	111	1:43.1	+14.9	156		
Kumulativ Tid		22:51.7	+2:26.9	128	25:44.0	+2:48.8	126	27:26.7	+3:00.1	128				34:11.7	+3:41.6	127		
Strekk Tid		6:53.0	+38.2	105	2:52.3	+24.3	109	1:42.7	+15.6	=146				6:45.0	+44.4	=117		
<b>128</b>	<b>12</b>	<b>HAUG Eirik</b>			<b>NOR</b>						<b>34:13.9</b>			<b>+3:43.8</b>			<b>128</b>	
Kumulativ Tid		2:55.7	+32.3	167	4:34.8	+42.5	162	11:31.0	+1:25.3	=151	14:24.8	+1:49.3	150	16:02.9	+1:56.8	145		
Strekk Tid		2:55.7	+32.3	167	1:39.1	+11.2	138	6:56.2	+47.0	142	2:53.8	+25.8	131	1:38.1	+9.9	93		
Kumulativ Tid		22:54.3	+2:29.5	134	25:51.0	+2:55.8	132	27:30.2	+3:03.6	130				34:13.9	+3:43.8	128		
Strekk Tid		6:51.4	+36.6	101	2:56.7	+28.7	131	1:39.2	+12.1	109				6:43.7	+43.1	113		
<b>129</b>	<b>114</b>	<b>WAHL Simen Munch</b>			<b>NOR</b>						<b>34:16.2</b>			<b>+3:46.1</b>			<b>129</b>	
Kumulativ Tid		2:44.4	+21.0	=117	4:22.3	+30.0	119	11:20.9	+1:15.2	135	14:08.1	+1:32.6	=123	15:47.3	+1:41.2	120		
Strekk Tid		2:44.4	+21.0	=117	1:37.9	+10.0	=118	6:58.6	+49.4	148	2:47.2	+19.2	99	1:39.2	+11.0	111		
Kumulativ Tid		22:48.3	+2:23.5	125	25:37.5	+2:42.3	=121	27:16.8	+2:50.2	119				34:16.2	+3:46.1	129		
Strekk Tid		7:01.0	+46.2	=134	2:49.2	+21.2	=94	1:39.3	+12.2	=110				6:59.4	+58.8	149		
<b>130</b>	<b>23</b>	<b>JELSTAD Stian Stærkeby</b>			<b>NOR</b>						<b>34:19.2</b>			<b>+3:49.1</b>			<b>130</b>	
Kumulativ Tid		2:48.5	+25.1	=139	4:31.5	+39.2	152	11:27.3	+1:21.6	147	14:20.7	+1:45.2	142	16:03.7	+1:57.6	147		
Strekk Tid		2:48.5	+25.1	=139	1:43.0	+15.1	=165	6:55.8	+46.6	=138	2:53.4	+25.4	127	1:43.0	+14.8	155		
Kumulativ Tid		22:59.5	+2:34.7	139	25:56.5	+3:01.3	=137	27:39.3	+3:12.7	139				34:19.2	+3:49.1	130		
Strekk Tid		6:55.8	+41.0	114	2:57.0	+29.0	132	1:42.8	+15.7	=148				6:39.9	+39.3	99		



### Konkurransanalyse

RG.	ST.	NAVN	NSA						MAL TID			BAK			RG.			
		1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM				
		TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.		
<b>131</b>	<b>60</b>	<b>DE CAMPO Seve</b>	<b>AUS</b>						<b>34:19.8</b>			<b>+3:49.7</b>			<b>131</b>			
Kumulativ Tid		2:40.4	+17.0	=84	4:19.8	+27.5	102	11:06.8	+1:01.1	111	14:05.9	+1:30.4	120	15:46.3	+1:40.2	119		
Strekk Tid		2:40.4	+17.0	=84	1:39.4	+11.5	=142	6:47.0	+37.8	=113	2:59.1	+31.1	=152	1:40.4	+12.2	=125		
Kumulativ Tid		22:46.6	+2:21.8	124	25:50.1	+2:54.9	130	27:34.4	+3:07.8	134				34:19.8	+3:49.7	131		
Strekk Tid		7:00.3	+45.5	132	3:03.5	+35.5	156	1:44.3	+17.2	158				6:45.4	+44.8	119		
<b>132</b>	<b>21</b>	<b>SKREDEGÅRD Tor-Magnus Mundal</b>	<b>NOR</b>						<b>34:20.0</b>			<b>+3:49.9</b>			<b>132</b>			
Kumulativ Tid		2:48.0	+24.6	=135	4:25.9	+33.6	133	11:24.9	+1:19.2	142	14:28.1	+1:52.6	153	16:09.6	+2:03.5	152		
Strekk Tid		2:48.0	+24.6	=135	1:37.9	+10.0	=118	6:59.0	+49.8	149	3:03.2	+35.2	161	1:41.5	+13.3	=138		
Kumulativ Tid		23:04.0	+2:39.2	145	25:58.4	+3:03.2	139	27:39.5	+3:12.9	140				34:20.0	+3:49.9	132		
Strekk Tid		6:54.4	+39.6	112	2:54.4	+26.4	115	1:41.1	+14.0	=130				6:40.5	+39.9	102		
<b>133</b>	<b>5</b>	<b>GRØTHE Asle</b>	<b>NOR</b>						<b>34:21.3</b>			<b>+3:51.2</b>			<b>133</b>			
Kumulativ Tid		2:55.8	+32.4	=168	4:37.8	+45.5	164	11:27.1	+1:21.4	146	14:14.7	+1:39.2	130	15:57.0	+1:50.9	134		
Strekk Tid		2:55.8	+32.4	=168	1:42.0	+14.1	160	6:49.3	+40.1	=121	2:47.6	+19.6	100	1:42.3	+14.1	=147		
Kumulativ Tid		23:00.7	+2:35.9	=140	26:01.7	+3:06.5	142	27:43.7	+3:17.1	141				34:21.3	+3:51.2	133		
Strekk Tid		7:03.7	+48.9	143	3:01.0	+33.0	146	1:42.0	+14.9	138				6:37.6	+37.0	90		
<b>134</b>	<b>6</b>	<b>SAASTAD Krister</b>	<b>NOR</b>						<b>34:22.0</b>			<b>+3:51.9</b>			<b>134</b>			
Kumulativ Tid		2:47.3	+23.9	=130	4:29.1	+36.8	145	11:29.7	+1:24.0	149	14:22.2	+1:46.7	147	16:02.1	+1:56.0	141		
Strekk Tid		2:47.3	+23.9	=130	1:41.8	+13.9	159	7:00.6	+51.4	154	2:52.5	+24.5	=122	1:39.9	+11.7	=116		
Kumulativ Tid		22:53.0	+2:28.2	130	25:46.8	+2:51.6	127	27:24.1	+2:57.5	125				34:22.0	+3:51.9	134		
Strekk Tid		6:50.9	+36.1	=98	2:53.8	+25.8	113	1:37.3	+10.2	=75				6:57.9	+57.3	146		
<b>135</b>	<b>77</b>	<b>RØYRHUS Vegard</b>	<b>NOR</b>						<b>34:23.1</b>			<b>+3:53.0</b>			<b>135</b>			
Kumulativ Tid		2:46.2	+22.8	126	4:23.4	+31.1	=122	11:20.7	+1:15.0	=133	14:19.4	+1:43.9	140	15:55.9	+1:49.8	130		
Strekk Tid		2:46.2	+22.8	126	1:37.2	+9.3	=110	6:57.3	+48.1	147	2:58.7	+30.7	151	1:36.5	+8.3	=65		
Kumulativ Tid		22:53.5	+2:28.7	132	25:55.7	+3:00.5	136	27:38.5	+3:11.9	138				34:23.1	+3:53.0	135		
Strekk Tid		6:57.6	+42.8	125	3:02.2	+34.2	152	1:42.8	+15.7	=148				6:44.6	+44.0	116		
<b>136</b>	<b>83</b>	<b>BJØRTOMT Johan Heni Olsen</b>	<b>NOR</b>						<b>34:24.0</b>			<b>+3:53.9</b>			<b>=136</b>			
Kumulativ Tid		2:47.5	+24.1	132	4:25.0	+32.7	129	11:19.8	+1:14.1	132	14:07.8	+1:32.3	122	15:47.6	+1:41.5	=121		
Strekk Tid		2:47.5	+24.1	132	1:37.5	+9.6	=112	6:54.8	+45.6	=134	2:48.0	+20.0	=102	1:39.8	+11.6	115		
Kumulativ Tid		22:44.0	+2:19.2	122	25:42.2	+2:47.0	124	27:25.8	+2:59.2	127				34:24.0	+3:53.9	=136		
Strekk Tid		6:56.4	+41.6	119	2:58.2	+30.2	139	1:43.6	+16.5	156				6:58.2	+57.6	147		
<b>136</b>	<b>134</b>	<b>BJERKRHEIM Kjetil Andre</b>	<b>NOR</b>						<b>34:24.0</b>			<b>+3:53.9</b>			<b>=136</b>			
Kumulativ Tid		2:36.8	+13.4	61	4:13.5	+21.2	78	11:05.5	+59.8	107	13:56.8	+1:21.3	111	15:53.4	+1:47.3	129		
Strekk Tid		2:36.8	+13.4	61	1:36.7	+8.8	=103	6:52.0	+42.8	127	2:51.3	+23.3	115	1:56.6	+28.4	174		
Kumulativ Tid		23:23.2	+2:58.4	=154	26:12.7	+3:17.5	150	27:51.3	+3:24.7	147				34:24.0	+3:53.9	=136		
Strekk Tid		7:29.8	+1:15.0	171	2:49.5	+21.5	=97	1:38.6	+11.5	=100				6:32.7	+32.1	73		
<b>138</b>	<b>99</b>	<b>JONSSON Albert</b>	<b>ISL</b>						<b>34:25.9</b>			<b>+3:55.8</b>			<b>138</b>			
Kumulativ Tid		2:48.5	+25.1	=139	4:27.5	+35.2	139	11:19.1	+1:13.4	130	14:15.5	+1:40.0	132	15:53.3	+1:47.2	128		
Strekk Tid		2:48.5	+25.1	=139	1:39.0	+11.1	=136	6:51.6	+42.4	126	2:56.4	+28.4	144	1:37.8	+9.6	=89		
Kumulativ Tid		22:57.5	+2:32.7	136	25:51.1	+2:55.9	133	27:31.0	+3:04.4	131				34:25.9	+3:55.8	138		
Strekk Tid		7:04.2	+49.4	=146	2:53.6	+25.6	112	1:39.9	+12.8	=115				6:54.9	+54.3	139		
<b>139</b>	<b>49</b>	<b>HAUGAN Sander Øwre</b>	<b>NOR</b>						<b>34:26.2</b>			<b>+3:56.1</b>			<b>139</b>			
Kumulativ Tid		2:50.8	+27.4	=150	4:26.6	+34.3	137	11:23.2	+1:17.5	=138	14:20.9	+1:45.4	145	15:59.6	+1:53.5	139		
Strekk Tid		2:50.8	+27.4	=150	1:35.8	+7.9	=88	6:56.6	+47.4	144	2:57.7	+29.7	149	1:38.7	+10.5	=101		
Kumulativ Tid		22:57.1	+2:32.3	135	25:56.5	+3:01.3	=137	27:37.1	+3:10.5	135				34:26.2	+3:56.1	139		
Strekk Tid		6:57.5	+42.7	=123	2:59.4	+31.4	141	1:40.6	+13.5	=123				6:49.1	+48.5	131		
<b>140</b>	<b>74</b>	<b>HADDON Peter John Martin</b>	<b>NOR</b>						<b>34:26.8</b>			<b>+3:56.7</b>			<b>140</b>			
Kumulativ Tid		2:42.3	+18.9	99	4:21.7	+29.4	=113	11:12.6	+1:06.9	=119	14:08.1	+1:32.6	=123	15:49.6	+1:43.5	125		
Strekk Tid		2:42.3	+18.9	99	1:39.4	+11.5	=142	6:50.9	+41.7	125	2:55.5	+27.5	=139	1:41.5	+13.3	=138		
Kumulativ Tid		22:53.8	+2:29.0	133	25:53.5	+2:58.3	135	27:38.3	+3:11.7	137				34:26.8	+3:56.7	140		
Strekk Tid		7:04.2	+49.4	=146	2:59.7	+31.7	=142	1:44.8	+17.7	160				6:48.5	+47.9	=128		

## Konkurransanalyse

RG.	ST.	NAVN	NSA						MAL TID			BAK			RG.			
		1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM				
		TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.		
<b>141</b>	<b>123</b>	<b>BORDAL Johannes</b>			<b>NOR</b>						<b>34:27.1</b>			<b>+3:57.0</b>			<b>141</b>	
		Kumulativ Tid	2:46.8	+23.4 =128	4:24.9	+32.6 =128	11:21.0	+1:15.3 =136	14:16.2	+1:40.7 =134	15:57.9	+1:51.8 =135						
		Strekk Tid	2:46.8	+23.4 =128	1:38.1	+10.2 =124	6:56.1	+46.9 =140	2:55.2	+27.2 =137	1:41.7	+13.5 =141						
		Kumulativ Tid	22:58.9	+2:34.1 =138	26:00.1	+3:04.9 =140	27:37.8	+3:11.2 =136				34:27.1	+3:57.0 =141					
		Strekk Tid	7:01.0	+46.2 =134	3:01.2	+33.2 =147	1:37.7	+10.6 =82				6:49.3	+48.7 =132					
<b>142</b>	<b>36</b>	<b>BØGEBERG Christian Tobias</b>			<b>NOR</b>						<b>34:32.4</b>			<b>+4:02.3</b>			<b>142</b>	
		Kumulativ Tid	2:44.1	+20.7 =116	4:23.4	+31.1 =122	11:16.5	+1:10.8 =127	14:22.5	+1:47.0 =148	16:06.6	+2:00.5 =149						
		Strekk Tid	2:44.1	+20.7 =116	1:39.3	+11.4 =140	6:53.1	+43.9 =130	3:06.0	+38.0 =166	1:44.1	+15.9 =161						
		Kumulativ Tid	23:06.5	+2:41.7 =146	26:05.5	+3:10.3 =143	27:43.9	+3:17.3 =142				34:32.4	+4:02.3 =142					
		Strekk Tid	6:59.9	+45.1 =130	2:59.0	+31.0 =140	1:38.4	+11.3 =97				6:48.5	+47.9 =128					
<b>143</b>	<b>33</b>	<b>SEEBERG Even Olaus</b>			<b>NOR</b>						<b>34:32.5</b>			<b>+4:02.4</b>			<b>143</b>	
		Kumulativ Tid	2:50.1	+26.7 =146	4:28.8	+36.5 =144	11:23.7	+1:18.0 =140	14:10.8	+1:35.3 =126	15:49.0	+1:42.9 =124						
		Strekk Tid	2:50.1	+26.7 =146	1:38.7	+10.8 =128	6:54.9	+45.7 =136	2:47.1	+19.1 =98	1:38.2	+10.0 =94						
		Kumulativ Tid	23:01.0	+2:36.2 =142	26:09.0	+3:13.8 =147	27:54.0	+3:27.4 =149				34:32.5	+4:02.4 =143					
		Strekk Tid	7:12.0	+57.2 =159	3:08.0	+40.0 =162	1:45.0	+17.9 =161				6:38.5	+37.9 =93					
<b>144</b>	<b>78</b>	<b>ANDREASEN Jesper Abelsen</b>			<b>NOR</b>						<b>34:40.5</b>			<b>+4:10.4</b>			<b>144</b>	
		Kumulativ Tid	2:42.6	+19.2 =103	4:16.9	+24.6 =91	10:59.8	+54.1 =97	13:56.5	+1:21.0 =110	15:35.5	+1:29.4 =108						
		Strekk Tid	2:42.6	+19.2 =103	1:34.3	+6.4 =64	6:42.9	+33.7 =98	2:56.7	+28.7 =145	1:39.0	+10.8 =107						
		Kumulativ Tid	22:42.1	+2:17.3 =118	25:52.7	+2:57.5 =134	27:33.2	+3:06.6 =133				34:40.5	+4:10.4 =144					
		Strekk Tid	7:06.6	+51.8 =153	3:10.6	+42.6 =166	1:40.5	+13.4 =122				7:07.3	+1:06.7 =163					
<b>145</b>	<b>62</b>	<b>SIVERTSEN Magnus</b>			<b>NOR</b>						<b>34:45.4</b>			<b>+4:15.3</b>			<b>145</b>	
		Kumulativ Tid	2:42.7	+19.3 =104	4:20.7	+28.4 =106	11:17.5	+1:11.8 =128	14:16.9	+1:41.4 =135	15:56.8	+1:50.7 =133						
		Strekk Tid	2:42.7	+19.3 =104	1:38.0	+10.1 =121	6:56.8	+47.6 =145	2:59.4	+31.4 =154	1:39.9	+11.7 =116						
		Kumulativ Tid	22:58.3	+2:33.5 =137	26:00.8	+3:05.6 =141	27:45.9	+3:19.3 =144				34:45.4	+4:15.3 =145					
		Strekk Tid	7:01.5	+46.7 =137	3:02.5	+34.5 =153	1:45.1	+18.0 =162				6:59.5	+58.9 =150					
<b>146</b>	<b>80</b>	<b>FOSSGARD Lars-Martin</b>			<b>NOR</b>						<b>34:46.0</b>			<b>+4:15.9</b>			<b>146</b>	
		Kumulativ Tid	2:54.9	+31.5 =162	4:32.9	+40.6 =157	11:50.0	+1:44.3 =168	14:48.3	+2:12.8 =166	16:27.2	+2:21.1 =163						
		Strekk Tid	2:54.9	+31.5 =162	1:38.0	+10.1 =121	7:17.1	+1:07.9 =168	2:58.3	+30.3 =150	1:38.9	+10.7 =104						
		Kumulativ Tid	23:32.1	+3:07.3 =160	26:27.9	+3:32.7 =158	28:08.6	+3:42.0 =156				34:46.0	+4:15.9 =146					
		Strekk Tid	7:04.9	+50.1 =149	2:55.8	+27.8 =125	1:40.7	+13.6 =125				6:37.4	+36.8 =89					
<b>147</b>	<b>35</b>	<b>TROØYEN Jørn</b>			<b>NOR</b>						<b>34:49.9</b>			<b>+4:19.8</b>			<b>147</b>	
		Kumulativ Tid	2:50.0	+26.6 =145	4:28.7	+36.4 =143	11:24.0	+1:18.3 =141	14:18.8	+1:43.3 =138	15:58.5	+1:52.4 =136						
		Strekk Tid	2:50.0	+26.6 =145	1:38.7	+10.8 =128	6:55.3	+46.1 =137	2:54.8	+26.8 =136	1:39.7	+11.5 =114						
		Kumulativ Tid	23:01.6	+2:36.8 =143	26:06.9	+3:11.7 =145	27:45.1	+3:18.5 =143				34:49.9	+4:19.8 =147					
		Strekk Tid	7:03.1	+48.3 =141	3:05.3	+37.3 =158	1:38.2	+11.1 =92				7:04.8	+1:04.2 =159					
<b>148</b>	<b>69</b>	<b>ESPELAND Skjalg</b>			<b>NOR</b>						<b>34:50.3</b>			<b>+4:20.2</b>			<b>148</b>	
		Kumulativ Tid	2:55.6	+32.2 =165	4:33.1	+40.8 =159	11:33.3	+1:27.6 =155	14:27.6	+1:52.1 =151	16:07.7	+2:01.6 =151						
		Strekk Tid	2:55.6	+32.2 =165	1:37.5	+9.6 =112	7:00.2	+51.0 =152	2:54.3	+26.3 =132	1:40.1	+11.9 =121						
		Kumulativ Tid	23:14.5	+2:49.7 =150	26:12.3	+3:17.1 =149	27:53.3	+3:26.7 =148				34:50.3	+4:20.2 =148					
		Strekk Tid	7:06.8	+52.0 =155	2:57.8	+29.8 =136	1:41.0	+13.9 =128				6:57.0	+56.4 =143					
<b>149</b>	<b>31</b>	<b>BOVOLD Lars</b>			<b>NOR</b>						<b>34:53.8</b>			<b>+4:23.7</b>			<b>149</b>	
		Kumulativ Tid	2:49.4	+26.0 =144	4:30.0	+37.7 =146	11:32.6	+1:26.9 =154	14:27.9	+1:52.4 =152	16:11.1	+2:05.0 =154						
		Strekk Tid	2:49.4	+26.0 =144	1:40.6	+12.7 =152	7:02.6	+53.4 =156	2:55.3	+27.3 =138	1:43.2	+15.0 =157						
		Kumulativ Tid	23:22.3	+2:57.5 =153	26:18.6	+3:23.4 =155	27:57.6	+3:31.0 =152				34:53.8	+4:23.7 =149					
		Strekk Tid	7:11.2	+56.4 =157	2:56.3	+28.3 =129	1:39.0	+11.9 =106				6:56.2	+55.6 =141					
<b>150</b>	<b>88</b>	<b>LILAND Lukas</b>			<b>NOR</b>						<b>34:54.0</b>			<b>+4:23.9</b>			<b>150</b>	
		Kumulativ Tid	3:01.2	+37.8 =173	4:43.8	+51.5 =171	11:47.0	+1:41.3 =166	14:39.6	+2:04.1 =161	16:23.2	+2:17.1 =162						
		Strekk Tid	3:01.2	+37.8 =173	1:42.6	+14.7 =163	7:03.2	+54.0 =157	2:52.6	+24.6 =124	1:43.6	+15.4 =158						
		Kumulativ Tid	23:25.7	+3:00.9 =158	26:18.2	+3:23.0 =154	28:01.7	+3:35.1 =154				34:54.0	+4:23.9 =150					
		Strekk Tid	7:02.5	+47.7 =139	2:52.5	+24.5 =110	1:43.5	+16.4 =155				6:52.3	+51.7 =136					

## Konkurransanalyse

RG.	ST.	NAVN	NSA						MAL TID			BAK			RG.			
		1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM				
		TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.		
<b>151</b>	<b>46</b>	<b>SNELLINGEN Ola Nygård</b>			<b>NOR</b>						<b>34:55.1</b>			<b>+4:25.0</b>			<b>151</b>	
		Kumulativ Tid	2:46.5	+23.1	127	4:26.1	+33.8	135	11:16.0	+1:10.3	126	14:20.8	+1:45.3	=143	16:03.2	+1:57.1	146	
		Strekk Tid	2:46.5	+23.1	127	1:39.6	+11.7	=145	6:49.9	+40.7	123	3:04.8	+36.8	165	1:42.4	+14.2	150	
		Kumulativ Tid	23:03.4	+2:38.6	144	26:06.8	+3:11.6	144	27:47.2	+3:20.6	145				34:55.1	+4:25.0	151	
		Strekk Tid	7:00.2	+45.4	131	3:03.4	+35.4	=154	1:40.4	+13.3	=120				7:07.9	+1:07.3	164	
<b>152</b>	<b>16</b>	<b>BJØRNSTAD Sondre Albrigtsen</b>			<b>NOR</b>						<b>34:57.2</b>			<b>+4:27.1</b>			<b>152</b>	
		Kumulativ Tid	2:43.9	+20.5	115	4:24.7	+32.4	127	11:25.0	+1:19.3	143	14:20.5	+1:45.0	141	16:02.8	+1:56.7	144	
		Strekk Tid	2:43.9	+20.5	115	1:40.8	+12.9	154	7:00.3	+51.1	153	2:55.5	+27.5	=139	1:42.3	+14.1	=147	
		Kumulativ Tid	23:06.7	+2:41.9	147	26:07.6	+3:12.4	146	27:50.1	+3:23.5	146				34:57.2	+4:27.1	152	
		Strekk Tid	7:03.9	+49.1	145	3:00.9	+32.9	145	1:42.5	+15.4	144				7:07.1	+1:06.5	162	
<b>153</b>	<b>14</b>	<b>FAANES Andreas</b>			<b>NOR</b>						<b>34:57.5</b>			<b>+4:27.4</b>			<b>153</b>	
		Kumulativ Tid	2:50.8	+27.4	=150	4:30.4	+38.1	148	11:23.2	+1:17.5	=138	14:18.9	+1:43.4	139	16:02.7	+1:56.6	=142	
		Strekk Tid	2:50.8	+27.4	=150	1:39.6	+11.7	=145	6:52.8	+43.6	129	2:55.7	+27.7	142	1:43.8	+15.6	159	
		Kumulativ Tid	23:07.8	+2:43.0	148	26:11.2	+3:16.0	148	27:56.9	+3:30.3	151				34:57.5	+4:27.4	153	
		Strekk Tid	7:05.1	+50.3	151	3:03.4	+35.4	=154	1:45.7	+18.6	166				7:00.6	+1:00.0	=151	
<b>154</b>	<b>109</b>	<b>GRASTVEIT Stian</b>			<b>NOR</b>						<b>35:02.2</b>			<b>+4:32.1</b>			<b>154</b>	
		Kumulativ Tid	2:50.5	+27.1	147	4:32.9	+40.6	=157	11:35.2	+1:29.5	158	14:29.7	+1:54.2	155	16:10.8	+2:04.7	153	
		Strekk Tid	2:50.5	+27.1	147	1:42.4	+14.5	162	7:02.3	+53.1	155	2:54.5	+26.5	133	1:41.1	+12.9	134	
		Kumulativ Tid	23:15.1	+2:50.3	151	26:13.0	+3:17.8	151	27:55.4	+3:28.8	150				35:02.2	+4:32.1	154	
		Strekk Tid	7:04.3	+49.5	148	2:57.9	+29.9	137	1:42.4	+15.3	143				7:06.8	+1:06.2	161	
<b>155</b>	<b>54</b>	<b>ANDERSSON Axel</b>			<b>NOR</b>						<b>35:02.7</b>			<b>+4:32.6</b>			<b>155</b>	
		Kumulativ Tid	2:47.8	+24.4	133	4:24.4	+32.1	=125	11:17.8	+1:12.1	129	14:20.8	+1:45.3	=143	16:01.2	+1:55.1	140	
		Strekk Tid	2:47.8	+24.4	133	1:36.6	+8.7	=100	6:53.4	+44.2	131	3:03.0	+35.0	160	1:40.4	+12.2	=125	
		Kumulativ Tid	23:08.9	+2:44.1	149	26:17.4	+3:22.2	153	28:01.6	+3:35.0	153				35:02.7	+4:32.6	155	
		Strekk Tid	7:07.7	+52.9	156	3:08.5	+40.5	164	1:44.2	+17.1	157				7:01.1	+1:00.5	153	
<b>156</b>	<b>61</b>	<b>ANDERSEN Herman Andreas</b>			<b>NOR</b>						<b>35:06.9</b>			<b>+4:36.8</b>			<b>156</b>	
		Kumulativ Tid	2:54.2	+30.8	161	4:39.5	+47.2	167	11:39.5	+1:33.8	162	14:32.6	+1:57.1	156	16:15.5	+2:09.4	157	
		Strekk Tid	2:54.2	+30.8	161	1:45.3	+17.4	170	7:00.0	+50.8	151	2:53.1	+25.1	126	1:42.9	+14.7	154	
		Kumulativ Tid	23:21.7	+2:56.9	152	26:17.2	+3:22.0	152	28:03.4	+3:36.8	155				35:06.9	+4:36.8	156	
		Strekk Tid	7:06.2	+51.4	152	2:55.5	+27.5	123	1:46.2	+19.1	168				7:03.5	+1:02.9	157	
<b>157</b>	<b>15</b>	<b>KVERNSTAD Brynjar</b>			<b>NOR</b>						<b>35:11.3</b>			<b>+4:41.2</b>			<b>157</b>	
		Kumulativ Tid	2:50.6	+27.2	=148	4:31.9	+39.6	153	11:38.7	+1:33.0	161	14:45.1	+2:09.6	164	16:31.2	+2:25.1	=164	
		Strekk Tid	2:50.6	+27.2	=148	1:41.3	+13.4	157	7:06.8	+57.6	162	3:06.4	+38.4	167	1:46.1	+17.9	167	
		Kumulativ Tid	23:37.8	+3:13.0	163	26:39.2	+3:44.0	161	28:21.5	+3:54.9	160				35:11.3	+4:41.2	157	
		Strekk Tid	7:06.6	+51.8	=153	3:01.4	+33.4	=149	1:42.3	+15.2	=141				6:49.8	+49.2	134	
<b>158</b>	<b>39</b>	<b>LERVIK Anders</b>			<b>NOR</b>						<b>35:12.6</b>			<b>+4:42.5</b>			<b>158</b>	
		Kumulativ Tid	2:52.6	+29.2	156	4:32.2	+39.9	154	11:38.6	+1:32.9	160	14:40.6	+2:05.1	162	16:19.4	+2:13.3	159	
		Strekk Tid	2:52.6	+29.2	156	1:39.6	+11.7	=145	7:06.4	+57.2	161	3:02.0	+34.0	156	1:38.8	+10.6	103	
		Kumulativ Tid	23:23.2	+2:58.4	=154	26:34.0	+3:38.8	159	28:17.0	+3:50.4	159				35:12.6	+4:42.5	158	
		Strekk Tid	7:03.8	+49.0	144	3:10.8	+42.8	167	1:43.0	+15.9	=151				6:55.6	+55.0	140	
<b>159</b>	<b>73</b>	<b>MYKLEMYR Vegard</b>			<b>NOR</b>						<b>35:15.3</b>			<b>+4:45.2</b>			<b>159</b>	
		Kumulativ Tid	2:46.1	+22.7	125	4:27.1	+34.8	138	11:31.0	+1:25.3	=151	14:28.2	+1:52.7	154	16:12.3	+2:06.2	155	
		Strekk Tid	2:46.1	+22.7	125	1:41.0	+13.1	155	7:03.9	+54.7	160	2:57.2	+29.2	=147	1:44.1	+15.9	=161	
		Kumulativ Tid	23:25.6	+3:00.8	157	26:25.6	+3:30.4	156	28:10.3	+3:43.7	157				35:15.3	+4:45.2	159	
		Strekk Tid	7:13.3	+58.5	160	3:00.0	+32.0	144	1:44.7	+17.6	159				7:05.0	+1:04.4	160	
<b>160</b>	<b>10</b>	<b>KAAS Sverre Waaler</b>			<b>NOR</b>						<b>35:22.7</b>			<b>+4:52.6</b>			<b>160</b>	
		Kumulativ Tid	2:46.8	+23.4	=128	4:26.4	+34.1	136	11:34.4	+1:28.7	156	14:33.5	+1:58.0	157	16:13.4	+2:07.3	156	
		Strekk Tid	2:46.8	+23.4	=128	1:39.6	+11.7	=145	7:08.0	+58.8	163	2:59.1	+31.1	=152	1:39.9	+11.7	=116	
		Kumulativ Tid	23:25.2	+3:00.4	156	26:27.3	+3:32.1	157	28:10.5	+3:43.9	158				35:22.7	+4:52.6	160	
		Strekk Tid	7:11.8	+57.0	158	3:02.1	+34.1	151	1:43.2	+16.1	153				7:12.2	+1:11.6	170	

## Konkurransanalyse

RG.	ST.	NAVN	NSA						MAL TID			BAK			RG.			
		1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM				
		TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.		
<b>161</b>	<b>7</b>	<b>BURUD Hans Bernhard</b>	<b>NOR</b>						<b>35:26.3</b>			<b>+4:56.2</b>			<b>161</b>			
		Kumulativ Tid	2:37.7	+14.3	66	4:18.8	+26.5	99	11:13.6	+1:07.9	123	14:18.3	+1:42.8	137	16:06.6	+2:00.5	=149	
		Strekk Tid	2:37.7	+14.3	66	1:41.1	+13.2	156	6:54.8	+45.6	=134	3:04.7	+36.7	164	1:48.3	+20.1	171	
		Kumulativ Tid	23:32.1	+3:07.3	=160	26:40.3	+3:45.1	162	28:23.1	+3:56.5	161				35:26.3	+4:56.2	161	
		Strekk Tid	7:25.5	+1:10.7	169	3:08.2	+40.2	163	1:42.8	+15.7	=148				7:03.2	+1:02.6	156	
<b>162</b>	<b>29</b>	<b>MIKKELSPLASS Kristian</b>	<b>NOR</b>						<b>35:31.9</b>			<b>+5:01.8</b>			<b>162</b>			
		Kumulativ Tid	2:52.3	+28.9	=153	4:32.3	+40.0	155	11:41.8	+1:36.1	163	14:44.7	+2:09.2	163	16:31.4	+2:25.3	166	
		Strekk Tid	2:52.3	+28.9	=153	1:40.0	+12.1	=149	7:09.5	+1:00.3	165	3:02.9	+34.9	=158	1:46.7	+18.5	168	
		Kumulativ Tid	23:50.7	+3:25.9	167	26:52.0	+3:56.8	166	28:34.1	+4:07.5	165				35:31.9	+5:01.8	162	
		Strekk Tid	7:19.3	+1:04.5	165	3:01.3	+33.3	148	1:42.1	+15.0	=139				6:57.8	+57.2	145	
<b>163</b>	<b>41</b>	<b>SMENES Atle</b>	<b>NOR</b>						<b>35:32.1</b>			<b>+5:02.0</b>			<b>163</b>			
		Kumulativ Tid	2:58.3	+34.9	170	4:42.2	+49.9	169	11:45.9	+1:40.2	165	14:49.7	+2:14.2	167	16:31.9	+2:25.8	167	
		Strekk Tid	2:58.3	+34.9	170	1:43.9	+16.0	169	7:03.7	+54.5	=158	3:03.8	+35.8	162	1:42.2	+14.0	=145	
		Kumulativ Tid	23:35.1	+3:10.3	162	26:43.7	+3:48.5	163	28:29.2	+4:02.6	163				35:32.1	+5:02.0	163	
		Strekk Tid	7:03.2	+48.4	142	3:08.6	+40.6	165	1:45.5	+18.4	=164				7:02.9	+1:02.3	155	
<b>164</b>	<b>17</b>	<b>AASTVEDT Eirik Tvedt</b>	<b>NOR</b>						<b>35:33.7</b>			<b>+5:03.6</b>			<b>164</b>			
		Kumulativ Tid	2:54.9	+31.5	=162	4:40.6	+48.3	168	11:49.2	+1:43.5	167	14:46.1	+2:10.6	165	16:31.2	+2:25.1	=164	
		Strekk Tid	2:54.9	+31.5	=162	1:45.7	+17.8	171	7:08.6	+59.4	164	2:56.9	+28.9	146	1:45.1	+16.9	166	
		Kumulativ Tid	23:45.6	+3:20.8	166	26:52.4	+3:57.2	167	28:34.5	+4:07.9	166				35:33.7	+5:03.6	164	
		Strekk Tid	7:14.4	+59.6	162	3:06.8	+38.8	159	1:42.1	+15.0	=139				6:59.2	+58.6	148	
<b>165</b>	<b>57</b>	<b>ERIKSEN Sivert Grøtan</b>	<b>NOR</b>						<b>35:35.2</b>			<b>+5:05.1</b>			<b>165</b>			
		Kumulativ Tid	2:42.4	+19.0	=100	4:19.9	+27.6	103	11:30.5	+1:24.8	150	14:34.4	+1:58.9	158	16:17.1	+2:11.0	158	
		Strekk Tid	2:42.4	+19.0	=100	1:37.5	+9.6	=112	7:10.6	+1:01.4	166	3:03.9	+35.9	163	1:42.7	+14.5	151	
		Kumulativ Tid	23:30.8	+3:06.0	159	26:38.5	+3:43.3	160	28:24.4	+3:57.8	162				35:35.2	+5:05.1	165	
		Strekk Tid	7:13.7	+58.9	161	3:07.7	+39.7	161	1:45.9	+18.8	167				7:10.8	+1:10.2	169	
<b>166</b>	<b>18</b>	<b>LANGE Sondre Halvor</b>	<b>NOR</b>						<b>35:42.4</b>			<b>+5:12.3</b>			<b>166</b>			
		Kumulativ Tid	2:55.2	+31.8	164	4:34.1	+41.8	160	11:37.8	+1:32.1	159	14:39.3	+2:03.8	160	16:21.3	+2:15.2	160	
		Strekk Tid	2:55.2	+31.8	164	1:38.9	+11.0	=133	7:03.7	+54.5	=158	3:01.5	+33.5	155	1:42.0	+13.8	144	
		Kumulativ Tid	23:39.0	+3:14.2	165	26:46.4	+3:51.2	164	28:31.9	+4:05.3	164				35:42.4	+5:12.3	166	
		Strekk Tid	7:17.7	+1:02.9	164	3:07.4	+39.4	160	1:45.5	+18.4	=164				7:10.5	+1:09.9	168	
<b>167</b>	<b>44</b>	<b>LEIBUNDGUT Matthias</b>	<b>SUI</b>						<b>35:46.6</b>			<b>+5:16.5</b>			<b>167</b>			
		Kumulativ Tid	2:55.6	+32.2	=165	4:38.7	+46.4	166	11:35.1	+1:29.4	157	14:38.0	+2:02.5	159	16:22.5	+2:16.4	161	
		Strekk Tid	2:55.6	+32.2	=165	1:43.1	+15.2	167	6:56.4	+47.2	143	3:02.9	+34.9	=158	1:44.5	+16.3	164	
		Kumulativ Tid	23:38.5	+3:13.7	164	26:51.5	+3:56.3	165	28:38.3	+4:11.7	167				35:46.6	+5:16.5	167	
		Strekk Tid	7:16.0	+1:01.2	163	3:13.0	+45.0	168	1:46.8	+19.7	169				7:08.3	+1:07.7	166	
<b>168</b>	<b>32</b>	<b>TANDBERG Jostein</b>	<b>NOR</b>						<b>35:48.1</b>			<b>+5:18.0</b>			<b>168</b>			
		Kumulativ Tid	2:48.3	+24.9	138	4:31.0	+38.7	149	12:04.0	+1:58.3	170	15:12.3	+2:36.8	169	16:52.6	+2:46.5	169	
		Strekk Tid	2:48.3	+24.9	138	1:42.7	+14.8	164	7:33.0	+1:23.8	173	3:08.3	+40.3	168	1:40.3	+12.1	124	
		Kumulativ Tid	24:15.4	+3:50.6	169	27:16.8	+4:21.6	168	28:56.4	+4:29.8	168				35:48.1	+5:18.0	168	
		Strekk Tid	7:22.8	+1:08.0	168	3:01.4	+33.4	=149	1:39.6	+12.5	114				6:51.7	+51.1	135	
<b>169</b>	<b>110</b>	<b>MELHUS Marius Landsem</b>	<b>NOR</b>						<b>36:35.4</b>			<b>+6:05.3</b>			<b>169</b>			
		Kumulativ Tid	2:43.2	+19.8	110	4:21.9	+29.6	116	11:45.7	+1:40.0	164	15:15.9	+2:40.4	170	17:00.9	+2:54.8	170	
		Strekk Tid	2:43.2	+19.8	110	1:38.7	+10.8	=128	7:23.8	+1:14.6	171	3:30.2	+1:02.2	174	1:45.0	+16.8	165	
		Kumulativ Tid	24:32.5	+4:07.7	170	27:52.1	+4:56.9	171	29:34.8	+5:08.2	170				36:35.4	+6:05.3	169	
		Strekk Tid	7:31.6	+1:16.8	172	3:19.6	+51.6	172	1:42.7	+15.6	=146				7:00.6	+1:00.0	=151	
<b>170</b>	<b>9</b>	<b>GRUT Jon Vegard</b>	<b>NOR</b>						<b>36:40.7</b>			<b>+6:10.6</b>			<b>170</b>			
		Kumulativ Tid	2:55.8	+32.4	=168	4:37.9	+45.6	165	11:52.0	+1:46.3	169	15:04.3	+2:28.8	168	16:45.5	+2:39.4	168	
		Strekk Tid	2:55.8	+32.4	=168	1:42.1	+14.2	161	7:14.1	+1:04.9	167	3:12.3	+44.3	=169	1:41.2	+13.0	=135	
		Kumulativ Tid	24:12.7	+3:47.9	168	27:31.0	+4:35.8	169	29:18.5	+4:51.9	169				36:40.7	+6:10.6	170	
		Strekk Tid	7:27.2	+1:12.4	170	3:18.3	+50.3	171	1:47.5	+20.4	170				7:22.2	+1:21.6	171	

### Konkurransanalyse

RG.	ST.	NAVN	NSA			MAL TID			BAK			RG.					
		1.0 / 10.0KM			2.0 / 11.0KM			5.0 / 12.0KM			6.0 KM			7.0 / 15.0KM			
		TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	
<b>171</b>	<b>4</b>	<b>BYE Eirik</b>				<b>NOR</b>			<b>36:46.4</b>			<b>+6:16.3</b>			<b>171</b>		
		Kumulativ Tid	3:01.2	+37.8	=173	4:50.9	+58.6	173	12:11.0	+2:05.3	171	15:23.3	+2:47.8	171	17:11.4	+3:05.3	171
		Strekk Tid	3:01.2	+37.8	=173	1:49.7	+21.8	174	7:20.1	+1:10.9	169	3:12.3	+44.3	=169	1:48.1	+19.9	170
		Kumulativ Tid	24:33.5	+4:08.7	171	27:49.2	+4:54.0	170	29:38.3	+5:11.7	171				36:46.4	+6:16.3	171
		Strekk Tid	7:22.1	+1:07.3	167	3:15.7	+47.7	170	1:49.1	+22.0	172				7:08.1	+1:07.5	165
<b>172</b>	<b>43</b>	<b>LIER Emil Håkon</b>				<b>NOR</b>			<b>37:21.2</b>			<b>+6:51.1</b>			<b>172</b>		
		Kumulativ Tid	3:06.7	+43.3	175	4:58.7	+1:06.4	174	12:21.3	+2:15.6	173	15:33.9	+2:58.4	172	17:25.7	+3:19.6	172
		Strekk Tid	3:06.7	+43.3	175	1:52.0	+24.1	175	7:22.6	+1:13.4	170	3:12.6	+44.6	171	1:51.8	+23.6	172
		Kumulativ Tid	24:46.1	+4:21.3	172	28:00.6	+5:05.4	172	29:50.9	+5:24.3	172				37:21.2	+6:51.1	172
		Strekk Tid	7:20.4	+1:05.6	166	3:14.5	+46.5	169	1:50.3	+23.2	173				7:30.3	+1:29.7	172
<b>173</b>	<b>22</b>	<b>ØDEGÅRDEN Vegard Gjelsnes</b>				<b>NOR</b>			<b>38:14.2</b>			<b>+7:44.1</b>			<b>173</b>		
		Kumulativ Tid	2:59.5	+36.1	171	4:48.1	+55.8	172	12:19.1	+2:13.4	172	15:41.3	+3:05.8	173	17:34.1	+3:28.0	173
		Strekk Tid	2:59.5	+36.1	171	1:48.6	+20.7	172	7:31.0	+1:21.8	172	3:22.2	+54.2	172	1:52.8	+24.6	173
		Kumulativ Tid	25:24.9	+5:00.1	173	28:48.9	+5:53.7	173	30:37.8	+6:11.2	173				38:14.2	+7:44.1	173
		Strekk Tid	7:50.8	+1:36.0	174	3:24.0	+56.0	173	1:48.9	+21.8	171				7:36.4	+1:35.8	173
<b>174</b>	<b>2</b>	<b>OXAAL Thomas Karbøl</b>				<b>NOR</b>			<b>38:36.9</b>			<b>+8:06.8</b>			<b>174</b>		
		Kumulativ Tid	3:17.1	+53.7	176	5:06.4	+1:14.1	175	12:48.8	+2:43.1	174	16:16.4	+3:40.9	174	18:04.3	+3:58.2	174
		Strekk Tid	3:17.1	+53.7	176	1:49.3	+21.4	173	7:42.4	+1:33.2	174	3:27.6	+59.6	173	1:47.9	+19.7	169
		Kumulativ Tid	25:39.2	+5:14.4	174	29:06.2	+6:11.0	174	30:57.1	+6:30.5	174				38:36.9	+8:06.8	174
		Strekk Tid	7:34.9	+1:20.1	173	3:27.0	+59.0	174	1:50.9	+23.8	174				7:39.8	+1:39.2	174

**Ikke fullført**

1	LETRUD Alexander				<b>NOR</b>					
	Kumulativ Tid	4:29.4	+2:06.0	177	7:17.6	+3:25.3	176			
	Strekk Tid	4:29.4	+2:06.0	177	2:48.2	+1:20.3	176			
	Kumulativ Tid									
	Strekk Tid									

40	BJØRNDALEN Bård Eskil				<b>NOR</b>					
	Kumulativ Tid	2:52.3	+28.9	=153						
	Strekk Tid	2:52.3	+28.9	=153						
	Kumulativ Tid									
	Strekk Tid									

101	AABREKK Eirik Bergene				<b>NOR</b>					
	Kumulativ Tid	2:59.9	+36.5	172	4:42.9	+50.6	170			
	Strekk Tid	2:59.9	+36.5	172	1:43.0	+15.1	=165			
	Kumulativ Tid									
	Strekk Tid									

**Ikke startet**

<b>3</b>	<b>SØRSKÅR Knut</b>	<b>NOR</b>
<b>11</b>	<b>MELHUS Sigurd Landsem</b>	<b>NOR</b>
<b>37</b>	<b>SÆTHRE Jakob Eiksund</b>	<b>NOR</b>
<b>38</b>	<b>NJAA Ingmar Leigland</b>	<b>NOR</b>
<b>64</b>	<b>HJELDE Christian Magnus Nordgård</b>	<b>NOR</b>
<b>102</b>	<b>HUSBY Erik</b>	<b>NOR</b>
<b>159</b>	<b>KVISLE Erland</b>	<b>NOR</b>

**Forklaring**

= Samme Rang      NSA National Ski Association

sdag 30 JAN 2020 / Drammen (NOR) / 2974

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