

Resultater fra Ukas_23_sept 23.09.2009

Det var totalt 3 deltagere.

Klasse a 2,9 km

3 påmeldt, 3 startende 1 premiert

1	Bjørn Are Stensland			<i>(11,40min/km)</i>			32:36		
	4:09 (1)	7:49 (1)	11:34 (1)	16:15 (1)	20:04 (1)	25:51 (1)	29:15 (1)	30:54 (1)	32:36 (1)
	4:09/71	3:40/163	3:45/165	4:41/142	3:49/159	5:47/162	3:24/160	1:39/168	1:42/110
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:35 (2)	+0:00 (1)	+0:10 (2)	+0:00 (1)	+0:00 (1)
2	Sandberg Frank			<i>(17,02min/km)</i>			48:41 (+16:05)		
	4:58 (2)	11:42 (2)	24:19 (2)	30:51 (2)	34:05 (2)	40:18 (2)	43:32 (2)	46:06 (2)	48:41 (2)
	4:58/71	6:44/163	12:37/165	6:32/142	3:14/159	6:13/162	3:14/160	2:34/168	2:35/110
	+0:49 (2)	+3:04 (2)	+8:52 (2)	+1:51 (2)	+0:00 (1)	+0:26 (2)	+0:00 (1)	+0:55 (2)	+0:53 (2)
	K. Sollied			<i>(15,86min/km)</i>			Brutt (+12:46)		
	7:05 (3)	11:22 (2)	14:30 (2)	19:08 (2)	21:32 (2)	45:22 (3)	45:22 (3)	45:22 (2)	45:22 (2)
	7:05/71	4:17/163	3:08/165	4:38/142	2:24/159	23:50/110			
	+2:56 (3)	+0:37 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+18:03 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)