

FORSLAG TIDSPLAN NM Konnerud						
	Start	Interval min:sec	Antall delt.:	Siste start	Konk. tid:	Siste i mål

TORSdag 21. Jan

PARA Sprint F	09:30:30	00:30	10	09:35:00	03:30	09:38:30
Kvinner Prolog	10:00:15	00:15	70	10:17:30	03:00	10:20:30
Heat selection	10:30:30					
Menn Prolog	10:45:15	00:15	111	11:12:45	02:45	11:15:30
Heat selection	11:25:30					
PARA Sprint F	12:00:00	05:00				
PARA Sprint F	12:05:00	05:00				
Q1 - Kvinner	12:15:00	05:00				
Q2 - Kvinner	12:20:00	05:00				
Q3 - Kvinner	12:25:00	05:00				
Q4 - Kvinner	12:30:00	05:00				
Q5 - Kvinner	12:35:00	05:00				
Q1 - Menn	12:40:00	05:00				
Q2 - Menn	12:45:00	05:00				
Q3 - Menn	12:50:00	05:00				
Q4 - Menn	12:55:00	05:00				
Q5 - Menn	13:00:00	05:00				
Semi final1 - K	13:05:00	05:00				
Semi final2 - K	13:10:00	05:00				
Semi final1 - M	13:20:00	20:00				
Semi final2 - M	13:25:00	05:00				
Final - Kvinner	13:32:00	22:00				
Final - Menn	13:45:00	20:00				

FREDag 22. Jan

PARA 5km sit	10:00:30	00:30	5	10:02:30	25:00	10:27:30
PARA stående	10:55:30	00:30	4	10:57:00	33:00	11:30:00
Kvinner 10 km	11:00:30	00:30	93	11:46:30	00:30:00	12:16:30
Menn 10 km k	12:30:30	00:30	194	14:07:00	00:25:00	14:32:00

LØRDag 23. Jan

Kvinner 10+10	11:45:00	00:00	73	11:45:00	1:00:00	12:45:00
Menn 10+10 k	13:45:00	00:00	150	13:45:00	0:50:00	14:35:00

SØNDag 24. Jan

Stafett Kvinne	10:30:00	00:00	80	10:30:00	0:45:00	11:15:00
Stafett Menn	12:30:00	00:00	140	12:30:00	1:20:00	13:50:00

Soloppgang 09:00
Solnedgang 16:00

10:00	
00:10:00	
00:10:00	
00:14:45	

02:30	