



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.	
1	141	KROGH Finn-Hågen	NOR									30:30.1			0.0			1
		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	
2	173	AMUNDSEN Harald Østberg	NOR									30:32.2			+2.1			2
		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	
3	161	JENSSEN Jan Thomas	NOR									30:40.8			+10.7			3
		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	
4	158	HAGA Magne	NOR									30:42.2			+12.1			4
		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	
5	168	HOLUND Hans Christer	NOR									30:49.4			+19.3			5
		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	
6	175	TØNSETH Didrik	NOR									30:55.5			+25.4			6
		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	
7	183	NYENGET Martin Løvstrøm	NOR									30:59.0			+28.9			7
		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	
8	182	STOCK Daniel	NOR									31:01.7			+31.6			8
		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	
9	180	DYRHAUG Niklas	NOR									31:08.0			+37.9			9
		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	
10	176	HOEL Johan	NOR									31:10.2			+40.1			10
		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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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.	
11	156	KRÜGER Simen Hegstad	NOR						31:12.2			+42.1		11			
		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
12	146	ANDERSEN Iver Tildheim	NOR						31:12.9			+42.8		12			
		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
13	177	TJELLE Johan	NOR						31:13.9			+43.8		13			
		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
14	162	STENSHAGEN Mattis	NOR						31:16.6			+46.5		14			
		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
15	174	BRUVOLL Ole Jørgen	NOR						31:23.9			+53.8		15			
		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
16	136	SVEEN Simen Andreas	NOR						31:24.2			+54.1		16			
		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
17	181	KVÅLE Gaute	NOR						31:24.9			+54.8		17			
		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
18	143	AUNLI Lars Ove	NOR						31:26.2			+56.1		18			
		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
19	75	ANDERSEN Filip Fjeld	NOR						31:36.5			+1:06.4		=19			
		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
19	157	GRØNFLATEN Sindre	NOR						31:36.5			+1:06.4		=19			
		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

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.		
21	172	JOHAUG JR Karstein	NOR									31:36.9			+1:06.8			21
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		
22	155	NYENG Emil	NOR									31:39.5			+1:09.4			22
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		
23	179	BUCHER-JOHANNESSEN Thomas Qvist	NOR									31:39.7			+1:09.6			23
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	+1:00.2	30	25:27.0	+1:00.4	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		
24	164	GUNNULFSEN Mikael	NOR									31:40.0			+1:09.9			24
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		
25	163	AUGDAL Eirik Sverdrup	NOR									31:47.4			+1:17.3			25
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		
26	184	MYSEN Eirik	NOR									31:48.9			+1:18.8			26
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		
27	139	MARTENS MEYER Herman	NOR									31:50.7			+1:20.6			27
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	+1:03.7	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		
28	91	ASPENES Sverre Dahlen	NOR									31:52.2			+1:22.1			28
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	+1:03.2	31	25:33.0	+1:06.4	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		
29	145	DØNNESTAD Henrik	NOR									31:54.9			+1:24.8			29
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	+1:00.0	29	25:29.6	+1:03.0	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		
30	124	SKJEVDAL Lars Gunnar	NOR									31:55.2			+1:25.1			30
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	+1:06.0	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		



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.	
31	28	BJØRNDALEN Dag Sander	NOR									31:57.0			+1:26.9			31
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	
32	107	KJENNERUD Eivind	NOR									31:58.2			+1:28.1			32
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	
33	71	HAUGAN Øyvind Rikheim	NOR									32:01.4			+1:31.3			33
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	
34	152	THORVIK David	NOR									32:02.4			+1:32.3			34
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	
35	50	FOSSE Erling Fagerbakke	NOR									32:04.2			+1:34.1			35
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	
36	79	EIRA Aslak Ole Rognerud	NOR									32:06.3			+1:36.2			36
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	
37	171	HOPE Jon Rolf Skamo	NOR									32:08.0			+1:37.9			37
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	
38	149	KVISLE Sjur	NOR									32:08.3			+1:38.2			38
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	
39	121	GLØERSEN Anders Nøstdahl	NOR									32:09.1			+1:39.0			39
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	
40	113	HJELMESET Lars Agnar	NOR									32:14.2			+1:44.1			40
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: 15:03

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.		
41	160	MOSEBY Håvard						NOR			32:15.4			+1:45.3			41	
		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	
42	140	VESTLI Torstein						NOR			32:17.8			+1:47.7			42	
		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	
43	165	YOUNG Andrew Travers Cosgrove						GBR			32:18.7			+1:48.6			43	
		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	
44	86	HAMNES Vegard						NOR			32:19.2			+1:49.1			44	
		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	
45	81	TYRIBAKKEN Bjørnar Stensrud						NOR			32:19.7			+1:49.6			45	
		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	
46	27	BAKLID Jørgen						NOR			32:20.0			+1:49.9			46	
		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	
47	153	JOHANSEN Sivert Leander						NOR			32:20.1			+1:50.0			47	
		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	
48	133	HOLTH Bendik Skjønberg						NOR			32:23.0			+1:52.9			48	
		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	
49	130	HALBJØRHHUS Trym						NOR			32:25.5			+1:55.4			49	
		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	
50	151	RAMSE Sondre Skomedal						NOR			32:25.7			+1:55.6			50	
		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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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.		
51	106	HAGA Anders	NOR						32:26.1			+1:56.0			51			
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		
52	148	MØRK Martin Kirkeberg	NOR						32:32.1			+2:02.0			52			
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		
53	51	LISET Kristoffer	NOR						32:32.9			+2:02.8			=53			
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		
53	116	BUVARP Martin Julian	NOR						32:32.9			+2:02.8			=53			
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		
55	20	BLIKRA Endre	NOR						32:33.2			+2:03.1			55			
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		
56	167	TEFRE Gjørn Holstad	NOR						32:34.3			+2:04.2			56			
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		
57	105	WINTHER Arnt Gunnar	NOR						32:37.2			+2:07.1			57			
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		
58	120	HOLMBRO Hans Kristian	NOR						32:38.0			+2:07.9			58			
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		
59	150	DAHLEN Thomas Albertsen	NOR						32:38.2			+2:08.1			59			
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		
60	118	HÆGELAND Tor Olav Nesheim	NOR						32:38.3			+2:08.2			60			
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		



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.	
61	144	NYGÅRD Per Kristian	NOR									32:38.4			+2:08.3			61
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	
62	111	JORDE Sindre Fjellheim	NOR									32:39.3			+2:09.2			62
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	
63	100	ASDØL Eirik	NOR									32:41.6			+2:11.5			63
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	
64	103	SØRENSEN Lars	NOR									32:42.2			+2:12.1			64
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	
65	89	BRU-HEMMINGBY Aksel	NOR									32:42.4			+2:12.3			65
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	
66	166	STAKSTON Petter	NOR									32:42.7			+2:12.6			66
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	
67	127	NYAAS Anders	NOR									32:43.1			+2:13.0			67
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	
68	135	HAUGEN John Magnus	NOR									32:45.8			+2:15.7			68
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	
69	169	HEGDAL Vebjørn	NOR									32:46.6			+2:16.5			69
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	
70	170	ULVANG Jørgen Sæternes	NOR									32:48.8			+2:18.7			70
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	

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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			6.0 KM			7.0 / 15.0KM			RG.
			TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	TID	BAK	R.	
71	117	FOLKVORD Ingvar							NOR			32:49.9			+2:19.8			71
		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	
72	85	SKRINDO Knut							NOR			32:50.0			+2:19.9			72
		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	
73	34	STEIEN Aasmund Kjøllmoen							NOR			32:50.6			+2:20.5			73
		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	
74	112	MIKKELSPASS Kristen							NOR			32:50.8			+2:20.7			74
		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	
75	63	GLØERSEN Herman Møller							NOR			32:51.9			+2:21.8			75
		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	
76	72	JORDE Truls Fjellheim							NOR			32:52.3			+2:22.2			76
		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	
77	132	ØHLSCHLÄGEL Albert Sunde							NOR			32:52.4			+2:22.3			77
		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	
78	48	MELBØ Jan-Henrik							NOR			32:54.4			+2:24.3			78
		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	
79	56	HAUGAN Sindre Øvre							NOR			32:58.2			+2:28.1			79
		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	
80	178	TURTVEIT Vebjørn							NOR			32:58.6			+2:28.5			80
		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	

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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.		
81	92	LIER Ola Jakob			NOR						32:59.0			+2:28.9			81	
		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	
82	119	STOKKELAND Petter			NOR						32:59.5			+2:29.4			82	
		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	
83	142	HOVDE Håvard			NOR						33:00.0			+2:29.9			83	
		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	1:25.6	+8.5	=49				6:39.5	+38.9	97	
84	122	ARNTSEN Mikkel			NOR						33:01.1			+2:31.0			84	
		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	
85	137	AURLAND Joachim			NOR						33:01.9			+2:31.8			85	
		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	
86	47	SVALAND Lars Aasheim			NOR						33:09.5			+2:39.4			86	
		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	
87	147	VIGANTS Raimo			NOR						33:10.0			+2:39.9			87	
		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	
88	66	STRANDBRÅTEN Jostein Schlytter			NOR						33:11.3			+2:41.2			88	
		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	
89	52	VARTDAL Ludvig			NOR						33:11.6			+2:41.5			89	
		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	
90	138	WESTGÅRD Thomas Hjalmar Maloney			NOR						33:11.9			+2:41.8			90	
		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	

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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.		
91	58	TOLO Henrik Vik	NOR						33:12.3			+2:42.2			91			
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		
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		
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		
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		
92	42	MÅBØ Ulrik	NOR						33:13.1			+2:43.0			92			
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		
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		
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		
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		
93	30	ØVERBY Mats	NOR						33:14.9			+2:44.8			93			
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		
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		
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		
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		
94	125	RØVIK Torstein Buan	NOR						33:15.2			+2:45.1			94			
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		
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		
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		
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		
95	129	FOLKVORD Sindre	NOR						33:16.6			+2:46.5			95			
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		
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		
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		
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		
96	115	FROST Edvin Kristoffer	NOR						33:17.2			+2:47.1			96			
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		
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		
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		
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		
97	131	FLATAKER Ole Morten Engesvold	NOR						33:21.0			+2:50.9			97			
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		
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		
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		
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		
98	13	FLUGSTAD Fredrik Fuglerud	NOR						33:23.3			+2:53.2			98			
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		
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		
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		
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		
99	8	KVÅLE Bjørnar	NOR						33:24.6			+2:54.5			99			
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		
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		
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		
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		
100	19	OPSAHL Torstein Wiiger	NOR						33:25.3			+2:55.2			100			
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		
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		
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		
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		



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.	
101	154	MIKKELSEN Eirik	NOR									33:25.4			+2:55.3			101
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	
102	108	MORTENSBASSE Eirik Andreas	NOR									33:28.3			+2:58.2			102
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	
103	87	SØRGÅRD Emil	NOR									33:31.2			+3:01.1			103
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	
104	59	FORSMO Ole Jacob	NOR									33:34.9			+3:04.8			104
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	
105	25	SVALAND Håkon	NOR									33:40.5			+3:10.4			105
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	
106	65	VESTERÅS Marius Viken	NOR									33:41.0			+3:10.9			106
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	
107	76	NORDENG August	NOR									33:42.2			+3:12.1			107
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	
108	97	CLUGNET James	GBR									33:42.9			+3:12.8			108
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	
109	84	INSTANES Daniel May	DEN									33:43.8			+3:13.7			109
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	
110	90	WIBERG Åsmund	NOR									33:45.3			+3:15.2			110
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	

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.			
111	96	MOEN Sivert	NOR						33:48.0			+3:17.9			111				
		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		
112	24	REINEMO Per Ivar Sølje	NOR						33:49.5			+3:19.4			112				
		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		
113	128	KRISTOFFERSEN Patrick Fossum	NOR						33:52.7			+3:22.6			113				
		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		
114	82	WIJK Emil	NOR						33:53.4			+3:23.3			114				
		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		
115	126	SKJELDAL Kristian	NOR						33:54.1			+3:24.0			115				
		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		
116	55	STIGEN Jørgen	NOR						33:59.8			+3:29.7			116				
		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		
117	70	HAUG Henrik Sørli	NOR						34:01.6			+3:31.5			117				
		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		
118	26	MELBERG Tore André	NOR						34:05.7			+3:35.6			118				
		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		
119	45	NILSEN Vebjørn Weldingh	NOR						34:06.2			+3:36.1			119				
		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		
120	94	NILSEN Anders Brekke	NOR						34:07.9			+3:37.8			120				
		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.		
121	53	VOLLAN Erling Pettersen			NOR						34:08.0			+3:37.9			121	
		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	
122	95	HAMMER Johan Tøndel			NOR						34:08.1			+3:38.0			122	
		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	
123	67	FINNE Sindre			NOR						34:08.4			+3:38.3			123	
		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	
124	68	GRYMYR Jens Christian			NOR						34:08.6			+3:38.5			124	
		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	
125	104	AUSTAD Jonas			NOR						34:09.6			+3:39.5			125	
		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	
126	93	AASBØ Jonas			NOR						34:09.8			+3:39.7			126	
		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	
127	98	FLATAKER Erling Engesvold			NOR						34:11.7			+3:41.6			127	
		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	
128	12	HAUG Eirik			NOR						34:13.9			+3:43.8			128	
		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	
129	114	WAHL Simen Munch			NOR						34:16.2			+3:46.1			129	
		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	
130	23	JELSTAD Stian Stærkeby			NOR						34:19.2			+3:49.1			130	
		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	



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.	
131	60	DE CAMPO Seve	AUS									34:19.8			+3:49.7			131
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	
132	21	SKREDEGÅRD Tor-Magnus Mundal	NOR									34:20.0			+3:49.9			132
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	
133	5	GRØTHE Asle	NOR									34:21.3			+3:51.2			133
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	
134	6	SAASTAD Krister	NOR									34:22.0			+3:51.9			134
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	
135	77	RØYRHUS Vegard	NOR									34:23.1			+3:53.0			135
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	
136	83	BJØRTOMT Johan Heni Olsen	NOR									34:24.0			+3:53.9			=136
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	
136	134	BJERKRHEIM Kjetil Andre	NOR									34:24.0			+3:53.9			=136
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	
138	99	JONSSON Albert	ISL									34:25.9			+3:55.8			138
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	
139	49	HAUGAN Sander Øwre	NOR									34:26.2			+3:56.1			139
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	
140	74	HADDON Peter John Martin	NOR									34:26.8			+3:56.7			140
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	

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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.		
141	123	BORDAL Johannes																141
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		
142	36	BØGEBERG Christian Tobias																142
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		
143	33	SEEBERG Even Olaus																143
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		
144	78	ANDREASEN Jesper Abelsen																144
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		
145	62	SIVERTSEN Magnus																145
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		
146	80	FOSSGARD Lars-Martin																146
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		
147	35	TROØYEN Jørn																147
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		
148	69	ESPELAND Skjalg																148
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		
149	31	BOVOLD Lars																149
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		
150	88	LILAND Lukas																150
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.		
151	46	SNELLINGEN Ola Nygård						NOR			34:55.1			+4:25.0			151	
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		
152	16	BJØRNSTAD Sondre Albrigtsen						NOR			34:57.2			+4:27.1			152	
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		
153	14	FAANES Andreas						NOR			34:57.5			+4:27.4			153	
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		
154	109	GRASTVEIT Stian						NOR			35:02.2			+4:32.1			154	
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		
155	54	ANDERSSON Axel						NOR			35:02.7			+4:32.6			155	
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		
156	61	ANDERSEN Herman Andreas						NOR			35:06.9			+4:36.8			156	
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		
157	15	KVERNSTAD Brynjar						NOR			35:11.3			+4:41.2			157	
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		
158	39	LERVIK Anders						NOR			35:12.6			+4:42.5			158	
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		
159	73	MYKLEMYR Vegard						NOR			35:15.3			+4:45.2			159	
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		
160	10	KAAS Sverre Waaler						NOR			35:22.7			+4:52.6			160	
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.		
161	7	BURUD Hans Bernhard	NOR						35:26.3			+4:56.2			161			
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		
162	29	MIKKELSPLASS Kristian	NOR						35:31.9			+5:01.8			162			
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		
163	41	SMENES Atle	NOR						35:32.1			+5:02.0			163			
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		
164	17	AASTVEDT Eirik Tvedt	NOR						35:33.7			+5:03.6			164			
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		
165	57	ERIKSEN Sivert Grøtan	NOR						35:35.2			+5:05.1			165			
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		
166	18	LANGE Sondre Halvor	NOR						35:42.4			+5:12.3			166			
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		
167	44	LEIBUNDGUT Matthias	SUI						35:46.6			+5:16.5			167			
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		
168	32	TANDBERG Jostein	NOR						35:48.1			+5:18.0			168			
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		
169	110	MELHUS Marius Landsem	NOR						36:35.4			+6:05.3			169			
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		
170	9	GRUT Jon Vegard	NOR						36:40.7			+6:10.6			170			
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	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.	
171	4	BYE Eirik							NOR			36:46.4			+6:16.3			171
		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	
172	43	LIER Emil Håkon							NOR			37:21.2			+6:51.1			172
		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	
173	22	ØDEGÅRDEN Vegard Gjelsnes							NOR			38:14.2			+7:44.1			173
		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	
174	2	OXAAL Thomas Karbøl							NOR			38:36.9			+8:06.8			174
		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							NOR									
	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							NOR									
	Kumulativ Tid	2:52.3	+28.9	=153													
	Strekk Tid	2:52.3	+28.9	=153													
	Kumulativ Tid																
	Strekk Tid																

101	AABREKK Eirik Bergene							NOR									
	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

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

Forklaring

= Samme Rang NSA National Ski Association

sdag 30 JAN 2020 / Drammen (NOR) / 2974

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