

EQUINOR SENIOR, MJØSSKI**Start** **Interval**
min-sek**FREDAG:****Equinor Norgescup Senior**

Para sittende 5/10km	11:00:30	00:30
Kvinner 10 km (K)	11:15:30	00:30
Menn 15 km (K)	12:30:30	00:30

LØRDAG:**EQUINOR Norges Cup Senior**

Para sittende sprint	09:00:15	00:15
Kvinner: Sprint (K)	09:10:15	00:15
Menn: Sprint (K)	00:00:00	00:15

Para Finaler	10:50:00	
Q1 - Kvinner	11:00:00	05:00
Q2 - Kvinner	11:05:00	05:00
Q3 - Kvinner	11:10:00	05:00
Q4 - Kvinner	11:15:00	05:00
Q5 - Kvinner	11:20:00	05:00

Q1 - Menn	11:25:00	05:00
Q2 - Menn	11:30:00	05:00
Q3 - Menn	11:35:00	05:00
Q4 - Menn	11:40:00	05:00
Q5 - Menn	11:45:00	05:00

Semi final1 - Kvinner	11:50:00	05:00
Semi final2 - Kvinner	11:55:00	05:00

Semi final1 - Menn	12:05:00	20:00
Semi final2 - Menn	12:10:00	05:00

Final - Kvinner	12:15:00	20:00
Final - Menn	12:30:00	20:00

FIS RENN, JUNIORER:

Kvinner: Sprint (K)	13:00:15	00:15
Menn: Sprint (K)	00:00:00	00:15

Q1 - Kvinner	14:00:00	05:00
Q2 - Kvinner	14:05:00	05:00
Q3 - Kvinner	14:10:00	05:00
Q4 - Kvinner	14:15:00	05:00
Q5 - Kvinner	14:20:00	05:00

Q1 - Menn	14:25:00	05:00
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Q2 - Menn	14:30:00	05:00
Q3 - Menn	14:35:00	05:00
Q4 - Menn	14:40:00	05:00
Q5 - Menn	14:45:00	05:00
Semi final1 - Kvinner	14:50:00	05:00
Semi final2 - Kvinner	14:55:00	05:00
Semi final1 - Menn	15:05:00	20:00
Semi final2 - Menn	15:10:00	05:00
Final - Kvinner	15:15:00	20:00
Final - Menn	15:30:00	20:00
SØNDAG:		
Equinor Norgescup Senior:		
Para sittende 5km	10:00:30	00:30
Kvinner: 10km (F)	10:05:30	00:30
Men: 15 km (F)	11:15:30	00:30