

## TIDSPLAN NM JUNIOR NES 2022

	Antall påmeldte	Start tidspunkt
<b>FREDAG:</b>		
K17 7,5 km F (2 x 3,75)	108	09:00:15
K18 10 km F (2 x 5,0)	87	09:40:15
K19-20 15 km F (3 x 5,0)	126	10:21:45
M17 10 km F (2 x 5,0)	149	12:45:30
M18 15km F (3 x 5,0)	155	13:37:30
M19/20 20 km F (4 x 5,0)	187	14:51:00

<b>LØRDAG:</b>		
K17 5 km (K)	109	09:00:15
K18 5 km (K)	92	09:32:15
K19/20 5 km (K)	141	10:00:00
M17 10 km (K) (2 x 5,0)	151	12:00:15
M18 10 km (K) (2 x 5,0)	161	12:57:45
M19/20 10 km (K) (2x5,0)	203	13:57:45

<b>SØNDAG:</b>		
Stafett, kvinner 4x3,75km	78	09:00:00
Stafett, menn 4x5 km	111	11:00:00