

Innlandet regioncup - MjøsSki						
	Start	Interval min:sec	Antall delt.:	Siste start	Konk. tid:	Siste i mål
LØRDAG: sprint klassisk						
Kohort 1						
J15: Sprint (K)	09:00:15	00:15	16	09:04:00	03:00	09:07:00
J16: Sprint (K)	09:05:15	00:15	13	09:08:15	03:00	09:11:15
G15: Sprint (K)	09:09:30	00:15	22	09:14:45	03:00	09:17:45
G16: Sprint (K)	09:16:00	00:15	18	09:20:15	03:00	09:23:15
K17: Sprint (K)	09:21:30	00:15	17	09:25:30	03:00	09:28:30
M17: Sprint (K)	09:26:45	00:15	30	09:34:00	03:00	09:37:00
			Gult felt = Legg inn tider og verdier Blått felt = Oppdaterer seg selv			
Q1 - G15	10:00:00	04:00				
Q2 - G15	10:04:00	04:00				
Q3 - G15	10:08:00	04:00				
Q4 - G15	10:12:00	04:00				
Q1 - M17	10:16:00	04:00				
Q2 - M17	10:20:00	04:00				
Q3 - M17	10:24:00	04:00				
Q4 - M17	10:28:00	04:00				
Q5 - M17	10:32:00	04:00				
Semi final1 - J15	10:36:00	04:00				
Semi final2 - J15	10:40:00	04:00				
Semi final3 - J15	10:44:00	04:00				
Semi final1 - J16	10:48:00	04:00				
Semi final2 - J16	10:52:00	04:00				
Semi final3 - J16	10:56:00	04:00				
Semi final1 - G16	11:00:00	04:00				
Semi final2 - G16	11:04:00	04:00				
Semi final3 - G16	11:08:00	04:00				
Semi final1 - K17	11:12:00	04:00				
Semi final2 - K17	11:16:00	04:00				
Semi final3 - K17	11:20:00	04:00				
Semi final1 - G15	11:24:00	04:00				
Semi final2 - G15	11:28:00	04:00				
Semi final1 - M17	11:32:00	04:00				
Semi final2 - M17	11:36:00	04:00				
Final - J15	11:40:00	04:00				
Final - J16	11:44:00	04:00				
Final - G16	11:48:00	04:00				
Final - K17	11:52:00	04:00				
Final - G15	11:56:00	04:00				
Final - M17	12:00:00	04:00				
Kohort 2						
K18: Sprint (K)	13:30:15	00:15	22	13:35:30	03:00	13:38:30
K19/20: Sprint (K)	13:36:45	00:15	26	13:43:00	03:00	13:46:00
M18: Sprint (K)	13:44:15	00:15	30	13:51:30	03:00	13:54:30
M19/20: Sprint (K)	13:52:45	00:15	43	14:03:15	03:00	14:06:15

Q1 - K18	14:30:00	04:00
Q2 - K18	14:34:00	04:00
Q3 - K18	14:38:00	04:00
Q4 - K18	14:42:00	04:00
Q1 - K19/20	14:46:00	04:00
Q2 - K19/20	14:50:00	04:00
Q3 - K19/20	14:54:00	04:00
Q4 - K19/20	14:58:00	04:00
Q5 - K19/20	15:02:00	04:00
Q1 - M18	15:06:00	04:00
Q2 - M18	15:10:00	04:00
Q3 - M18	15:14:00	04:00
Q4 - M18	15:18:00	04:00
Q5 - M18	15:22:00	04:00
Q1 - M19/20	15:26:00	04:00
Q2 - M19/20	15:30:00	04:00
Q3 - M19/20	15:34:00	04:00
Q4 - M19/20	15:38:00	04:00
Q5 - M19/20	15:42:00	04:00
P1 - M19/20	15:46:00	04:00
P2 - M19/20	15:50:00	04:00
Semi final1 - K18	15:54:00	04:00
Semi final2 - K18	15:58:00	04:00
Semi final1 - K19/20	16:02:00	04:00
Semi final2 - K19/20	16:06:00	04:00
Semi final1 - M18	16:10:00	04:00
Semi final2 - M18	16:14:00	04:00
Semi final1 - M19/20	16:18:00	04:00
Semi final2 - M19/20	16:22:00	04:00
Final - K18	16:26:00	04:00
Final - K19/20	16:30:00	04:00
Final - M18	16:38:00	08:00
Final - M19/20	16:46:00	08:00

Gult felt = Legg inn tider og verdier

Blått felt = Oppdaterer seg selv

SØNDAG: distanse fristil

Kohort 1						
G16: 5 km fristil	10:00:15	00:15	18	10:04:30	13:00	10:17:30
G15: 5 km fristil	10:05:45	00:15	29	10:12:45	13:00	10:25:45
K18: 5 km fristil	10:14:00	00:15	21	10:19:00	13:00	10:32:00
K17: 5 km fristil	10:20:15	00:15	20	10:25:00	13:00	10:38:00
J16: 5 km fristil	10:26:15	00:15	17	10:30:15	13:00	10:43:15
J15: 5 km fristil	10:31:30	00:15	17	10:35:30	13:00	10:48:30
Kohort 2						
K19/20: 5 km fristil	13:00:15	00:15	28	13:07:00	13:00	13:20:00
M19/20: 10 km fristil	13:08:15	00:15	43	13:18:45	24:00	13:42:45
M18: 10 km fristil	13:20:00	00:15	27	13:26:30	24:00	13:50:30
M17: 10 km fristil	13:27:45	00:15	32	13:35:30	24:00	13:59:30