

Distanser KM 15. og 16. januar

Sprint

Klasse	Skytinger	strafferunde	Løype
Menn senior 10km	L,S	150m	3,3+3,3+3,3
Kvinner senior	L,S	150m	2,5+2,5+2,5,
Junior menn (M20-22) 10km	L,S	150m	3,3+3,3+3,3
Junior kvinner (K20-22)	L,S	150m	2,5+2,5+2,5,
Ungdom menn (M 17, M18, M19)	L,S	150m	2,5+2,5+2,5,
Ungdom kvinner (K17, K18, K19)	L,S	150m	2,0+2,0+2,0
G 15, G 16	L,L	100m	2,0+1,5+1,5
J 15, J 16	L,L	100m	1,5+1,0+1,5
J 13, G 13, J 14, G 14	L,L	100m	1,0+1,0+1,0
J 11, G 11, J 12, G 12	L,L	100m	1,0+1,0+1,0
Nybegynnere (stor blink) J/G 11-12	L,L	100m	1,0+1,0+1,0
Nybegynnere (stor blink) J/G 10år og yngre	L,L	100m	0,7+0,7+0,7

Fellesstart

Klasse	Skytinger	strafferunde	Løype
Menn senior	L,L,S,S	150m	2,5+2,5+2,5+2,5+2,5
Kvinner senior	L,L,S,S	150m	2,0+2,0+2,0+2,0+2,0
Junior menn (M20-22)	L,L,S,S	150m	2,5+2,5+2,5+2,5+2,5
Junior kvinner (K20-22)	L,L,S,S	150m	2,0+2,0+2,0+2,0+2,0
Ungdom menn (M 17, M18, M19)	L,L,S,S	150m	2,0+2,0+2,0+2,0+2,0
Ungdom kvinner (K17, K18, K19)	L,L,S,S	150m	1,5+1,5+1,5+1,5+1,5
G 15, G 16	L,L	100m	2,0+2,0+2,0
J 15, J 16	L,L	100m	1,5+1,5+1,5
J 13, G 13, J 14, G 14	L,L	100m	1,5+1,0+1,5
J 11, G 11, J 12, G 12	L,L	100m	1,0+1,0+1,0
Nybegynnere (stor blink) J/G 11-12	L,L	100m	1,0+1,0+1,0
Nybegynnere (stor blink) J/G 10år og yngre	L,L	100m	0,7+0,7+0,7