

Distanser KM 25. og 26.mars 2023

Normal

Klasse	Skytinger	Straffetid	Løype
Nybegynner (stor blink) J/G 10 år og yngre	L,L	30s	0,6+ 0,6+ 0,6
Nybegynner (stor blink) J/G 11-12	L,L	30s	1,0+1,0+1,0
J 11, G11, J12, G12	L,L	30s	1,0+1,0+1,0
J13, G13, J14, G14	L,L	30s	1,3+1,3+1,3
J15, J16	L,L	30s	2,0+2,0+2,0
G15, G16	L,L	30s	2,5+2,5+2,5
Ungdom kvinner(K17, K18, K19)	L,S,L,S	45s	2,0+2,0+2,0+2,0+2,0
Ungdom menn (M17, M18, M19)	L,S,L,S	45s	2,5+2,5+2,5+2,5+2,5
Junior kvinner (K20-22)	L,S,L,S	60s	2,5+2,5+2,5+2,5+2,5
Junior menn (M20-22)	L,S,L,S	60s	3,0+3,0+3,0+3,0+3,0
Kvinner Senior	L,S,L,S	60s	3,0+3,0+3,0+3,0+3,0
Menn senior	L,S,L,S	60s	4,0+4,0+4,0+4,0+4,0
Åpen klasse K/M	L,S,L,S	60s	1,5+1,5+1,5+1,5+1,5

Sprint

Klasse	Skytinger	Strafferunde	Løype
Nybegynner (stor blink) J/G 10 år og yngre	L,L	100m	0,8+0,8+ mål
Nybegynner (stor blink) J/G 11-12	L,L	100m	0,8+0,8+0,8
J 11, G11, J12, G12	L,L	100m	0,8+0,8+0,8
J13, G13, J14, G14	L,L	100m	1,0+1,0+1,0
J15, J16	L,L	100m	1,3+1,3+1,3
G15, G16	L,L	100m	2,0+1,0+2,0
Ungdom kvinner(K17, K18, K19)	L,S	150m	2,0+2,0+2,0
Ungdom menn (M17, M18, M19)	L,S	150m	2,5+2,5+2,5
Junior kvinner (K20-22)	L,S	150m	2,5+2,5+2,5
Junior menn (M20-22)	L,S	150m	3,3+3,3+3,3
Kvinner Senior	L,S	150m	2,5+2,5+2,5
Menn senior	L,S	150m	3,3+3,3+3,3
Åpen Klasse K/M	L,S	150m	1,5+1,5+1,5