



Løpelengder og sløyfer LM Bortelid 2017

Klasse	Sløyfer (km)	Tillegg (Strafferunde/sek)
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Menn

10 km sprint	3,0 – 3,0 – 4,0	150m
20 km Normal	4,0 – 4,0 – 4,0 – 4,0 – 4,0	60sek

Kvinner

7,5km Sprint	2,5 – 2,5 – 2,5	150m
15 km Normal	3,0 – 3,0 – 3,0 – 3,0 – 3,0	60sek

M20-21

10 km sprint	3,0 – 3,0 – 4,0	150m
15 km Normal	3,0 – 3,0 – 3,0 – 3,0 – 3,0	60sek

K20-21

7,5 km sprint	2,5 – 2,5 – 2,5	150m
12,5km Normal	2,5 – 2,5 – 2,5 – 2,5 – 2,5	45sek

M17-19

7,5 km Sprint	2,5 – 2,5 – 2,5	150m
12,5km Normal	2,5 – 2,5 – 2,5 – 2,5 – 2,5	45sek

K17-19

6km Sprint	2,0 – 2,0 – 2,0	150m
10 km Normal	2,0 – 2,0 – 2,0 – 2,0 – 2,0	45sek

G15-16

5 km Sprint	2,0 – 1,0 – 2,0	100m
7,5km Normal	2,0 – 2,0 – 2,5	30sek

J15-16

4 km Sprint	1,0 – 1,0 – 2,0	100m
6 km Normal	2,0 – 2,0 – 2,0	30sek

G/J 13-14

3 km Sprint	1,0 – 1,0 – 1,0	100m
4 km Normal	1,0 – 1,0 – 2,0	30sek

G/J 11-12

3 km Sprint	1,0 – 1,0 – 1,0	100m
3 km Normal	1,0 – 1,0 – 1,0	30sek

G/J Ny 11 år og eldre

2 km Sprint	0,5 – 0,5 – 1,0	100m
2 km Normal	0,5 – 0,5 – 1,0	30 sek

G/J Ny 10 år og yngre.

2 km Sprint	0,5 – 0,5 – 1,0	100m
2 km Normal	0,5 – 0,5 – 1,0	30 sek