

Estimerede tider

Vinterløb - Mejdal

			Starttid		
			13:00		
			03:25	07:00	12:00
1. runde - 5 km	Poster:	Km	Løber		Gå
	1	0,3	13:01:01	13:02:06	13:03:36
		1	13:03:25	13:07:00	13:12:00
	TO	1,20	13:04:06	13:08:24	13:14:24
	2	1,30	13:04:26	13:09:06	13:15:36
		2	13:06:50	13:14:00	13:24:00
	3	2,10	13:07:10	13:14:42	13:25:12
	4	2,60	13:08:53	13:18:12	13:31:12
	5	2,70	13:09:13	13:18:54	13:32:24
	6	3,00	13:10:15	13:21:00	13:36:00
		3	13:10:15	13:21:00	13:36:00
	7	3,12	13:10:40	13:21:50	13:37:26
	8	3,20	13:10:56	13:22:24	13:38:24
	9	3,30	13:11:16	13:23:06	13:39:36
	10	3,50	13:11:57	13:24:30	13:42:00
		4	13:13:40	13:28:00	13:48:00
	11	4,16	13:14:13	13:29:07	13:49:55
	To	4,60	13:15:43	13:32:12	13:55:12
	12	4,75	13:16:14	13:33:15	13:57:00
	13	4,80	13:16:24	13:33:36	13:57:36
	To	5	13:17:05	13:35:00	14:00:00
2. runde - 10 km	Poster:	Km			
	1	5,20	13:17:46	13:36:24	
		6	13:20:30	13:42:00	
	To	6,30	13:21:31	13:44:06	
	2	6,40	13:21:52	13:44:48	
		3	13:23:55	13:49:00	
	4	7,50	13:25:37	13:52:30	
	5	7,60	13:25:58	13:53:12	
	6	7,90	13:26:59	13:55:18	
		8	13:27:20	13:56:00	
	7	8,20	13:28:01	13:57:24	
	8	8,30	13:28:21	13:58:06	
	9	8,40	13:28:42	13:58:48	
	10	8,60	13:29:23	14:00:12	
		9	13:30:45	14:03:00	
	11	9,06	13:30:57	14:03:25	
	To	9,50	13:32:27	14:06:30	
	12	9,65	13:32:58	14:07:33	
	13	9,70	13:33:08	14:07:54	
	To	9,90	13:33:49	14:09:18	
Mål		10	13:34:10	14:10:00	