

Løypelengder, tillegg og strafferunder

Normal lørdag 09.februar 2019

Klasse	Distanse (km)	Skytinger	Tillegg
Nybeg. G/J 10 år	$0,7 + 0,7 + 0,7 = 2,1$ km	L + L	30 sek
Nybeg. G/J 11-12 år	$1,0 + 1,0 + 1,0 = 3,0$ km	L + L	30 sek
G 11 år, G 12 år	$1,0 + 1,0 + 1,0 = 3,0$ km	L + L	30 sek
J 11 år, J 12 år	$1,0 + 1,0 + 1,0 = 3,0$ km	L + L	30 sek
G 13 år, G 14 år	$1,3 + 1,3 + 1,3 = 3,9$ km	L + L	30 sek
J 13 år, J 14 år	$1,3 + 1,3 + 1,3 = 3,9$ km	L + L	30 sek
G 15 år, G 16 år	$3,0 + 2,0 + 2,0 = 7,0$ km	L + L	30 sek
J 15 år, J 16 år	$2,0 + 2,0 + 2,0 = 6,0$ km	L + L	30 sek
M 17 år, M 18 år, M 19 år	$3,0 + 3,0 + 2,0 + 2,0 + 2,0 = 12$ km	L + S + L + S	45 sek
K 17 år, K 18 år, K 19 år	$2,0 + 2,0 + 2,0 + 2,0 + 2,0 = 10$ km	L + S + L + S	45 sek
M 20/21 år	$3,0 + 3,0 + 3,0 + 3,0 + 3,0 = 15$ km	L + S + L + S	1 min
K 20/21 år	$3,0 + 3,0 + 2,0 + 2,0 + 2,0 = 12$ km	L + S + L + S	1 min
Menn Senior	$4,0 + 4,0 + 4,0 + 4,0 + 4,0 = 20$ km	L + S + L + S	1 min
Kvinner Senior	$3,0 + 3,0 + 3,0 + 3,0 + 3,0 = 15$ km	L + S + L + S	1 min

Sprint søndag 10.februar 2019

Klasse	Distanse (km)	Skytinger	Strafferunde
Nybeg. G/J 10 år	$0,7 + 0,7 + 0,7 = 2,1$ km	L + L	100 meter
Nybeg. G/J 11-12 år	$1,0 + 1,0 + 1,0 = 3,0$ km	L + L	100 meter
G 11 år, G 12 år	$1,0 + 1,0 + 1,0 = 3,0$ km	L + L	100 meter
J 11 år, J 12 år	$1,0 + 1,0 + 1,0 = 3,0$ km	L + L	100 meter
G 13 år, G 14 år	$1,0 + 1,0 + 1,0 = 3,0$ km	L + L	100 meter
J 13 år, J 14 år	$1,0 + 1,0 + 1,0 = 3,0$ km	L + L	100 meter
G 15 år, G 16 år	$2,0 + 1,0 + 2,0 = 5,0$ km	L + L	100 meter
J 15 år, J 16 år	$1,3 + 1,3 + 1,3 = 3,9$ km	L + L	100 meter
M 17 år, M 18 år, M 19 år	$3,0 + 2,0 + 2,0 = 7,0$ km	L + S	150 meter
K 17 år, K 18 år, K 19 år	$2,0 + 2,0 + 2,0 = 6,0$ km	L + S	150 meter
M 20/21 år	$4,0 + 3,0 + 3,0 = 10,0$ km	L + S	150 meter
K 20/21 år	$3,0 + 2,0 + 2,0 = 7,0$ km	L + S	150 meter
Menn Senior	$4,0 + 3,0 + 3,0 = 10,0$ km	L + S	150 meter
Kvinner Senior	$3,0 + 2,0 + 2,0 = 7,0$ km	L + S	150 meter