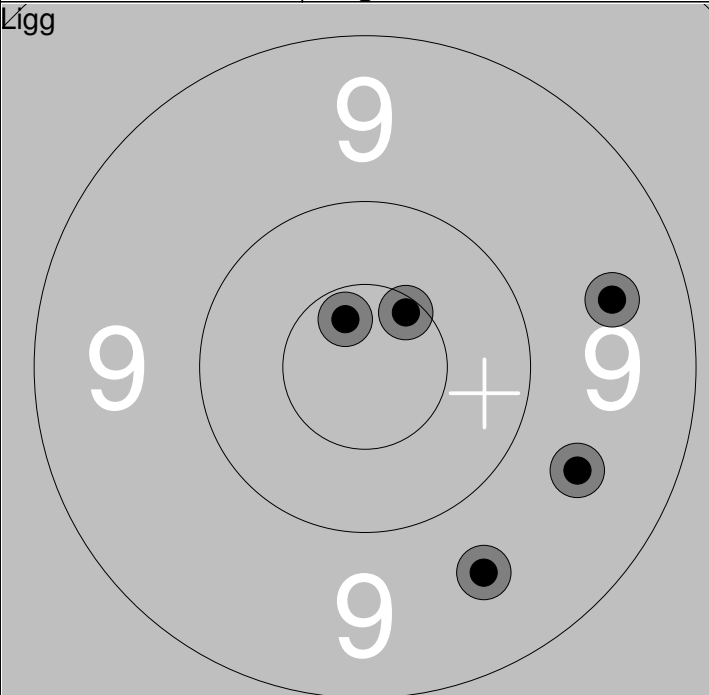
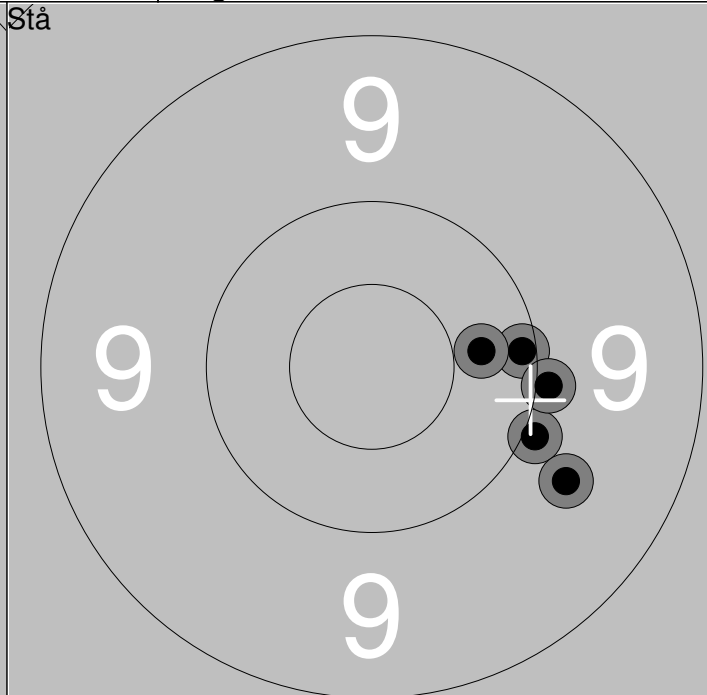
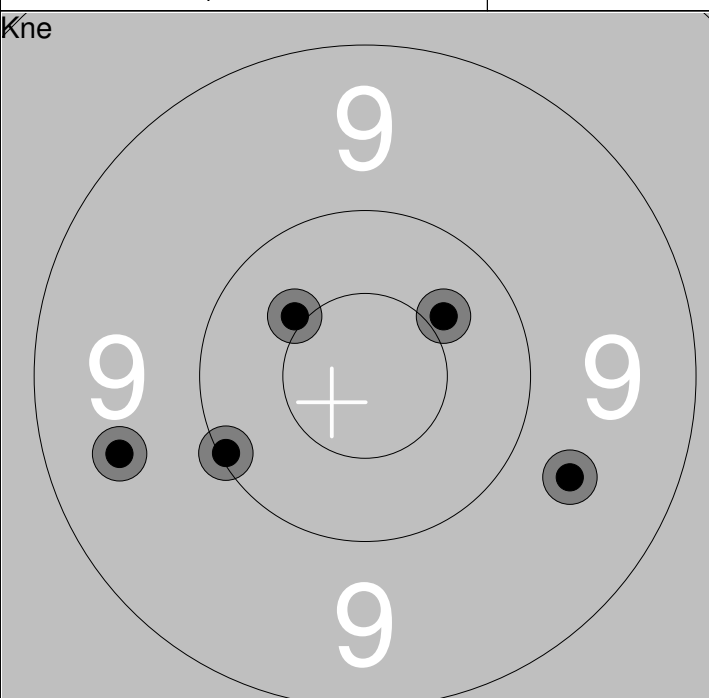
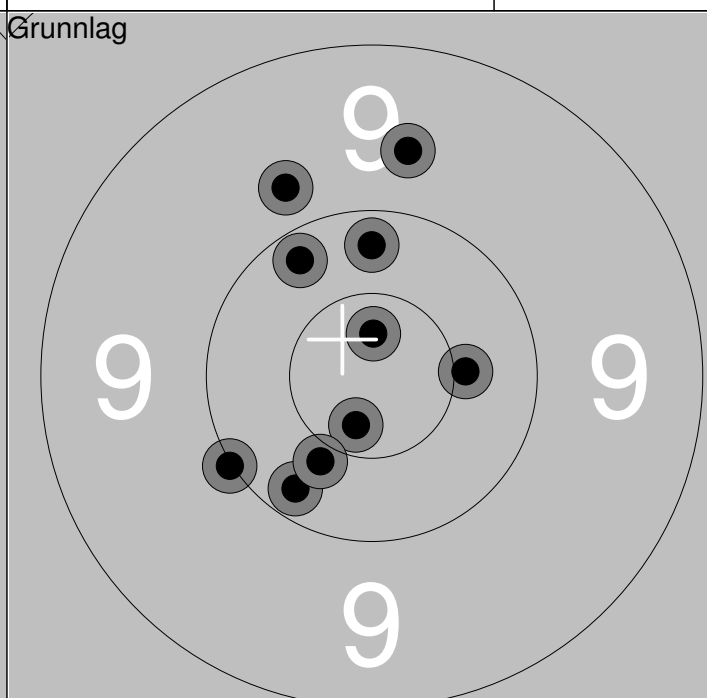
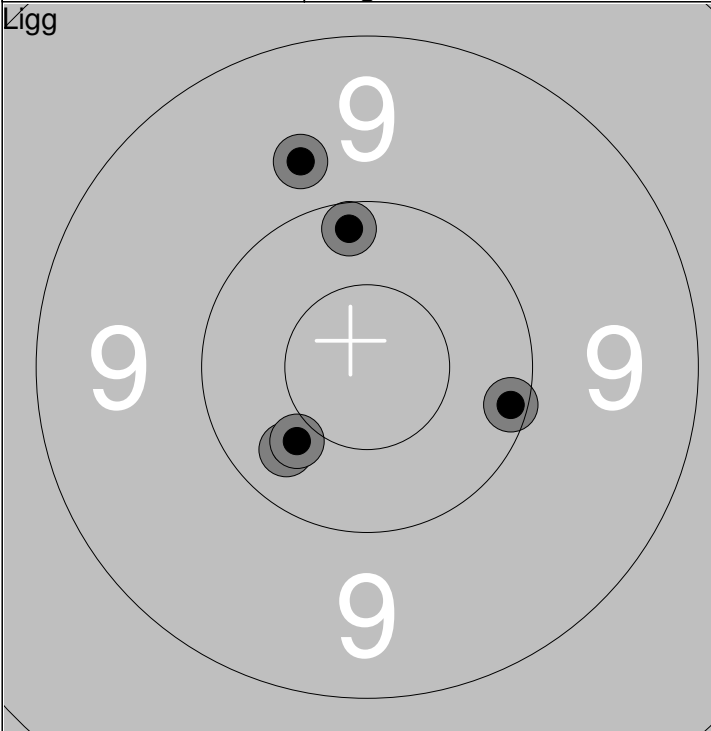
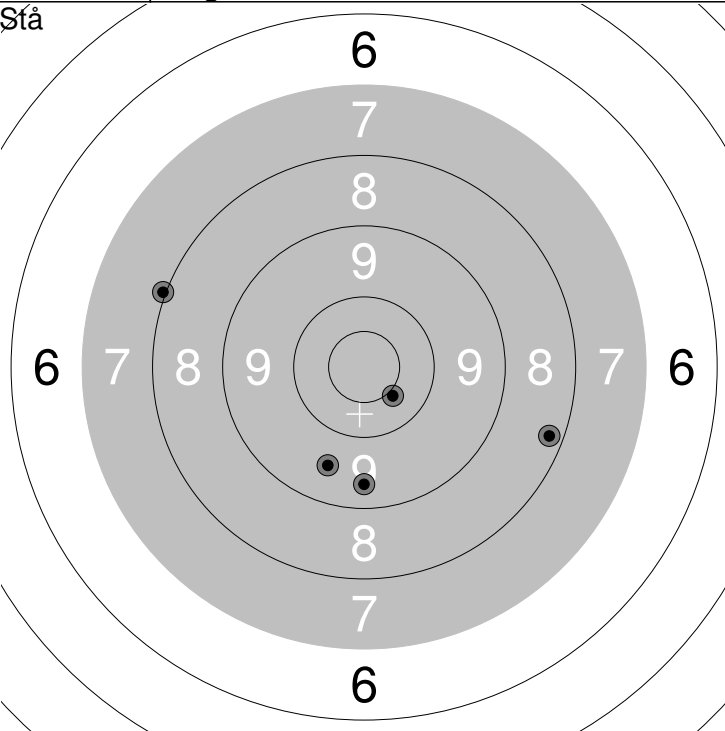
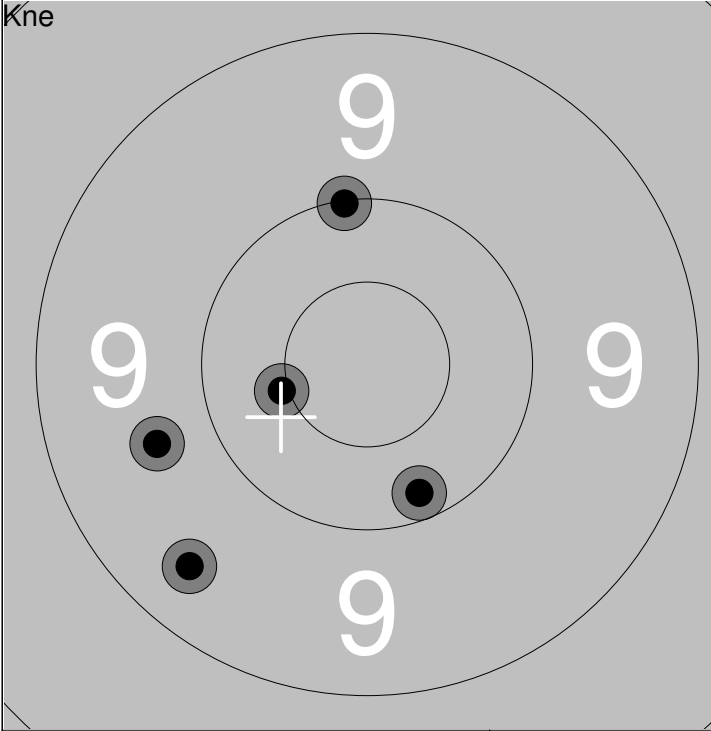
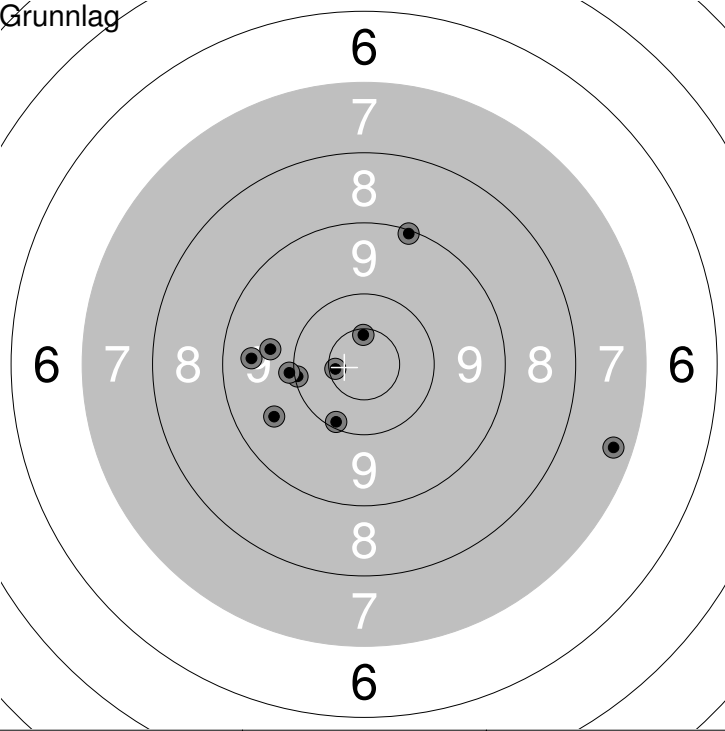
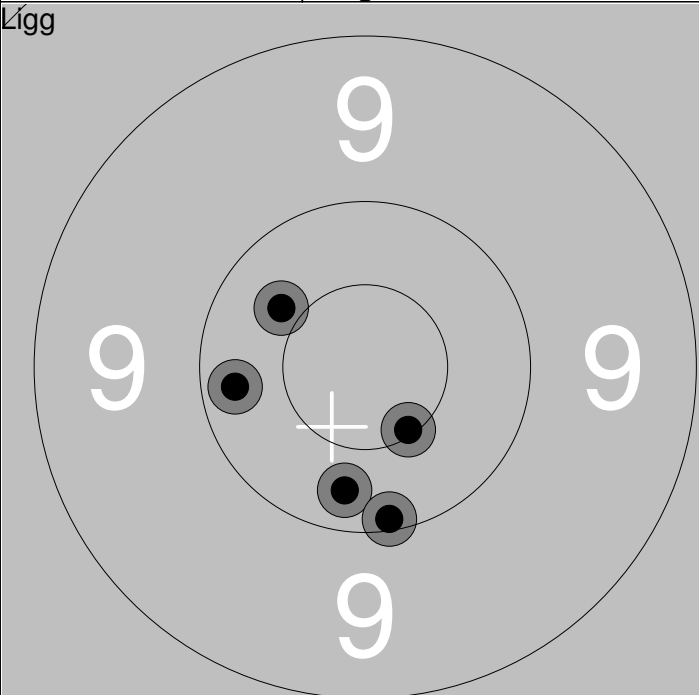
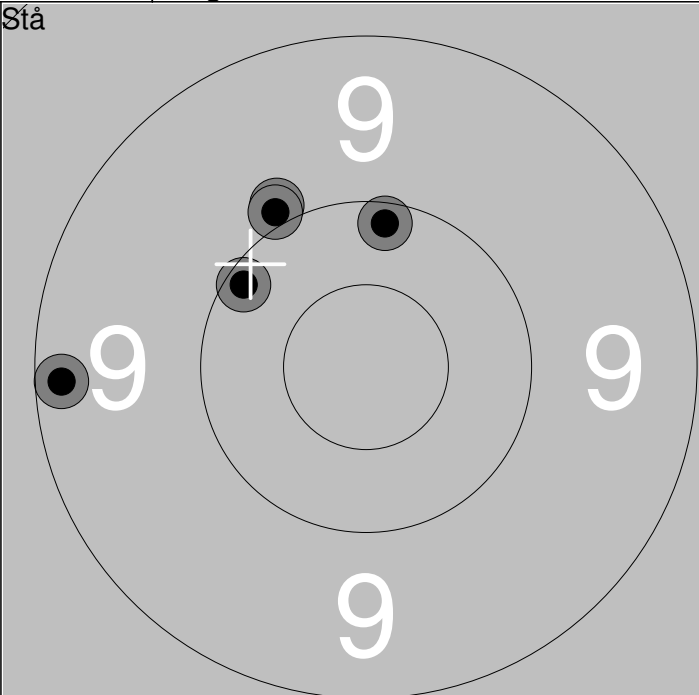
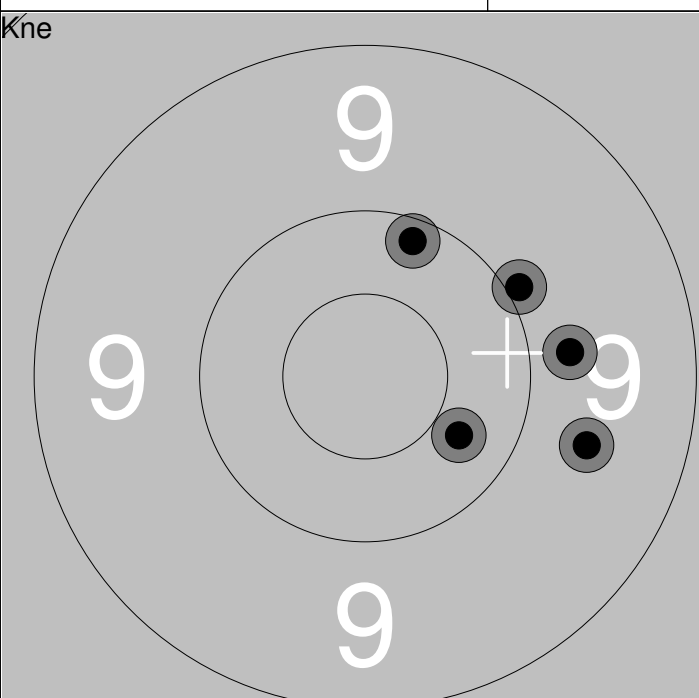
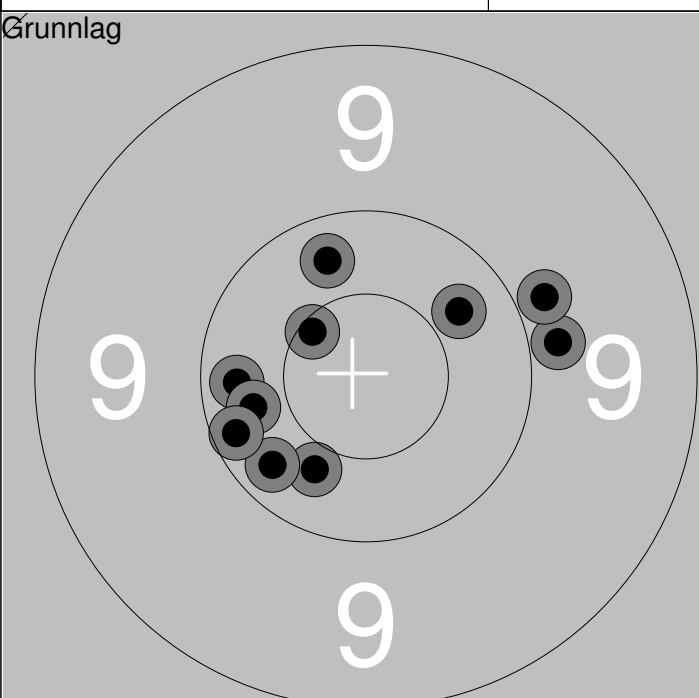
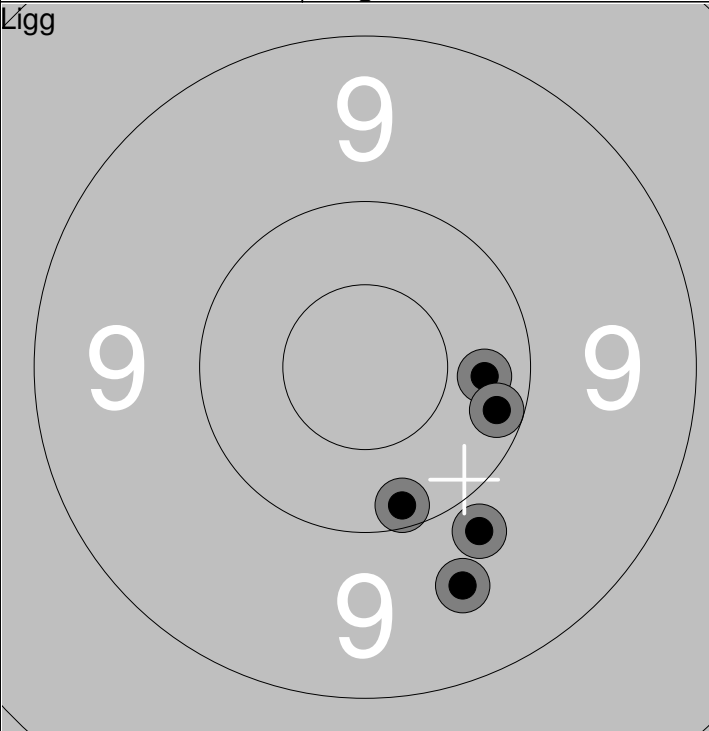
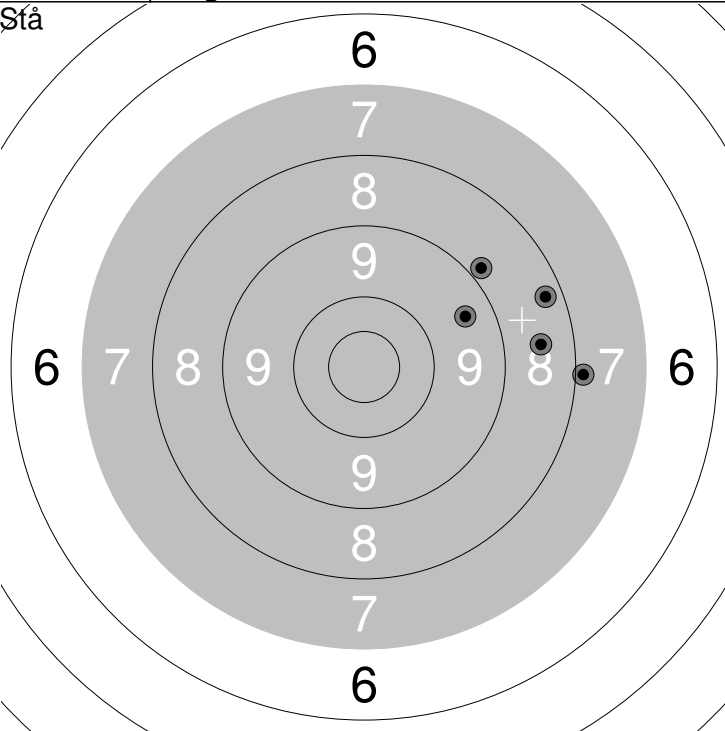
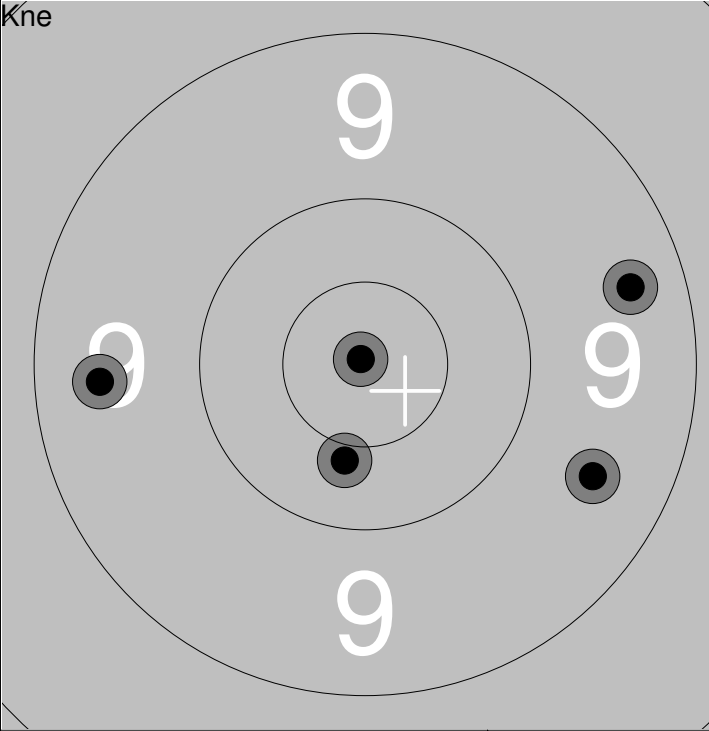
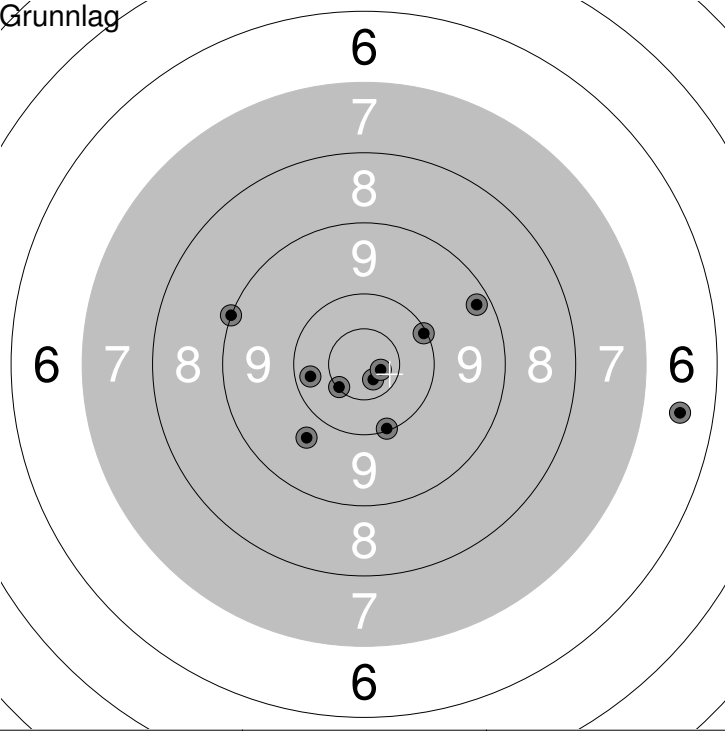


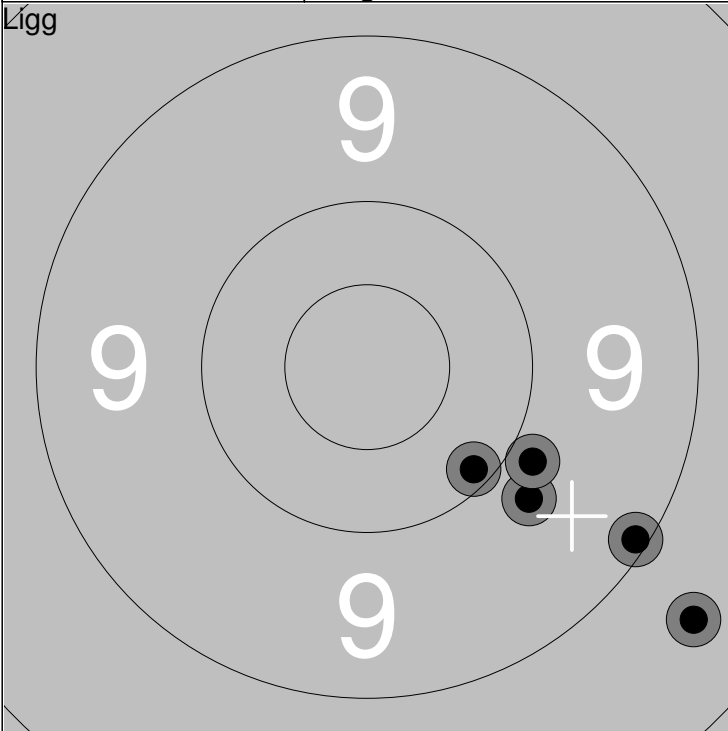
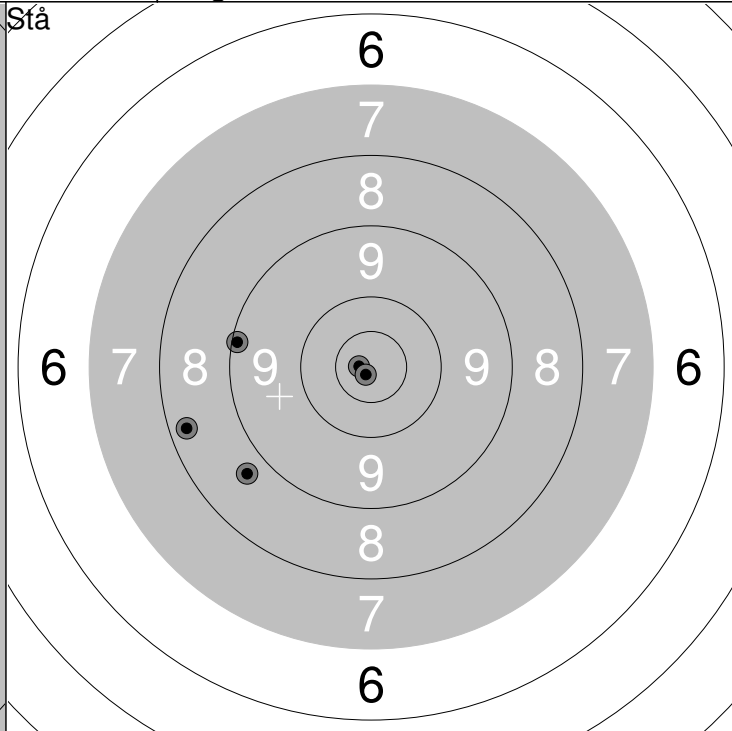
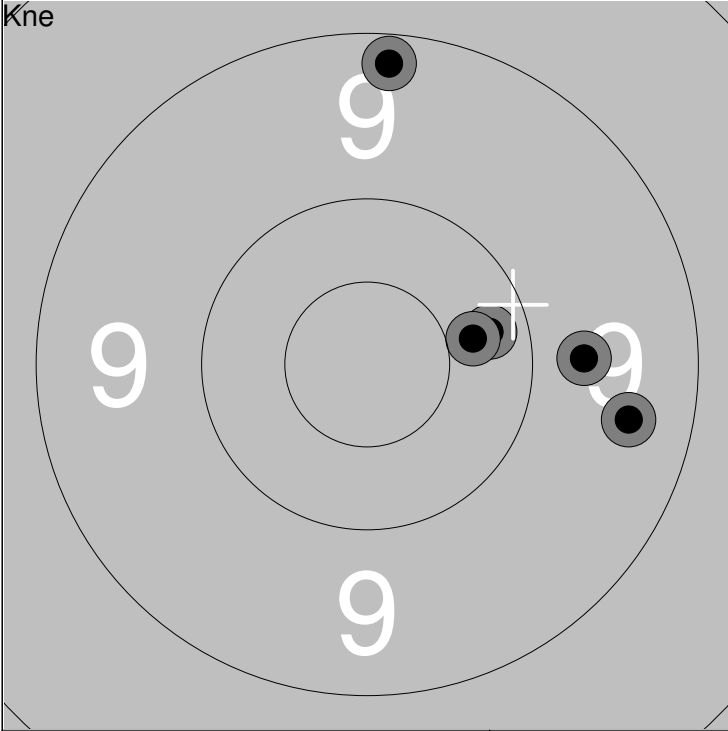
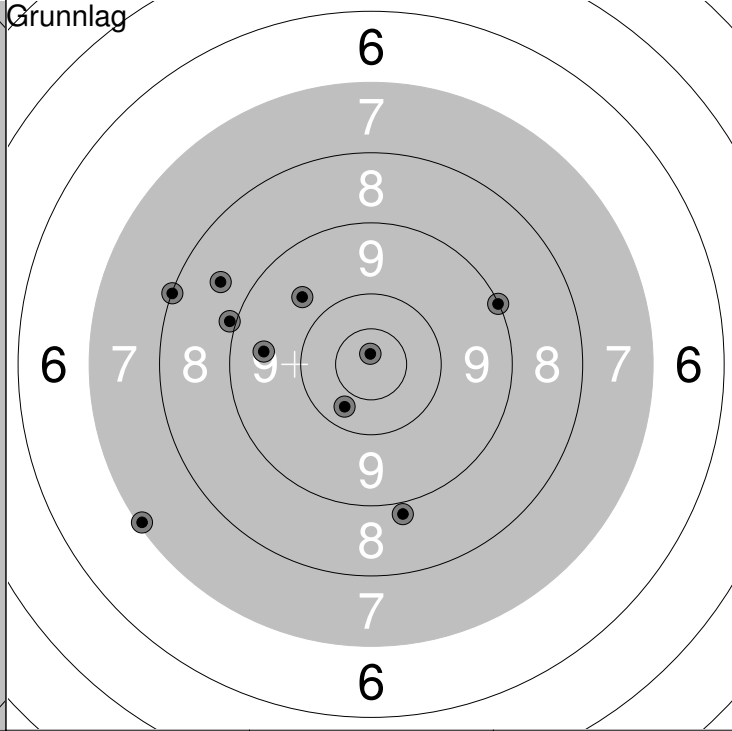
Lag	Skive	Per Arne Nyengen											
1	1	200m hoved			Trøgstad	1							
22.06.2016		Norgesfor Øst Pokalen		Trøgstad SKL									
Ligg		Stå											
													
1: *10.6 ↗		Serie		47.0		1: 10.1 →		Serie		49.0			
2: *10.7 ↗		Total		47.0		2: 10.0 ➡		Total		96.0			
3: 9.5 ➡													
4: 9.6 ➡													
5: 9.6 ↘						4: 10.4 ➡							
						5: 9.7 ➡							
Kne		Grunnlag											
													
1: 9.7 ➡		Serie		48.0		1: 10.2 ↑		6: 10.2 ↘		Serie		98.0	
2: 10.4 ↗		Total		144.0		2: 9.8 ↗		7: 10.4 ↘		Total		242.0	
3: 9.5 ←						3: *10.8 ↑		8: *10.5 ➡					
4: 10.1 ←						4: 9.7 ↑		9: 10.2 ↗					
5: *10.5 ↗						5: *10.7 ↘		10: 10.0 ↙					

Lag	Skive	Glenn Tore S. Gaustad											
1	3	200m hoved							Trøgstad		5		
22.06.2016		Norgesfor Øst Pokalen					Trøgstad SKL						
Ligg		Stå											
													
1: 10.2 ↑		Serie		49.0		1: 8.2 →		Serie		44.0			
2: 10.3 ↙				2: 9.5 ↓		93.0							
3: 10.4 ↙		Total		49.0		3: *10.5 ↘		Total		93.0			
4: 9.7 ↑				4: 8.0 ←		93.0							
5: 10.1 →						5: 9.4 ↓							
Kne		Grunnlag											
													
1: 9.7 ←		Serie		48.0		1: 9.1 ↑		6: 7.3 →		Serie		93.0	
2: 9.4 ↙				2: 9.4 ←		7: *10.6 ←		93.0					
3: 10.2 ↓		Total		141.0		3: *10.6 ↑		8: 9.6 ←		Total		234.0	
4: *10.5 ←				4: 10.1 ↓		9: 9.7 ←		234.0					
5: 10.0 ↑						5: 10.1 ←		10: 10.0 ←					

Lag 1	Skive 5	Rune Moen			
200m hoved		Trøgstad		2	
22.06.2016		Norgesfor Øst Pokalen		Trøgstad SKL	
Ligg		Stå			
1: 10.3 ↖	Serie 50.0	1: 10.4 ↙	Serie 45.0		
2: *10.9 ←		2: 9.4 ↓			
3: 10.4 ↗	Total 50.0	3: 10.3 ↓	Total 95.0		
4: 10.3 ←		4: 8.8 ←			
5: 10.1 ←		5: 8.0 ↖			
Kne		Grunnlag			
1: 9.0 ↑	Serie 48.0	1: 4.6 ↖	6: 9.3 ↙	Serie 90.0	
2: 10.4 ↗		2: 9.8 ←	7: 9.3 ←		
3: 10.2 ↖	Total 143.0	3: 10.1 →	8: 10.1 →	Total 233.0	
4: 10.0 ↗		4: 10.1 →	9: 9.0 ↓		
5: 9.6 ↓		5: 10.4 ←	10: 10.2 ↗		

Lag	Skive	Torfinn Gaustad							
2	1								
200m hoved		Trøgstad		V55					
22.06.2016		Norgesfor Øst Pokalen		Trøgstad SKL					
Ligg		Stå							
									
1: 10.2 ←		Serie	50.0	1: 10.2 ↑		Serie	47.0		
2: 10.3 ↓			2: 9.2 ←		3: 9.9 ↗				
3: 10.1 ↓		Total	50.0	3: 9.9 ↗		Total	97.0		
4: *10.6 ↘				4: 9.9 ↗					
5: 10.4 ↖				5: 10.1 ↖					
Kne		Grunnlag							
									
1: 10.2 ↑		Serie	48.0	1: 10.2 ←		Serie	98.0		
2: 9.6 →			2: 9.9 →		6: 10.3 ↗				
3: 10.4 ↘		Total	145.0	3: 10.3 ←		Total	243.0		
4: 10.0 ↗				4: 10.4 ↘				7: 10.3 ↗	
5: 9.8 →				5: 9.8 ↗				8: 10.3 ↘	
				9: *10.6 ↖					
				10: 10.2 ←					

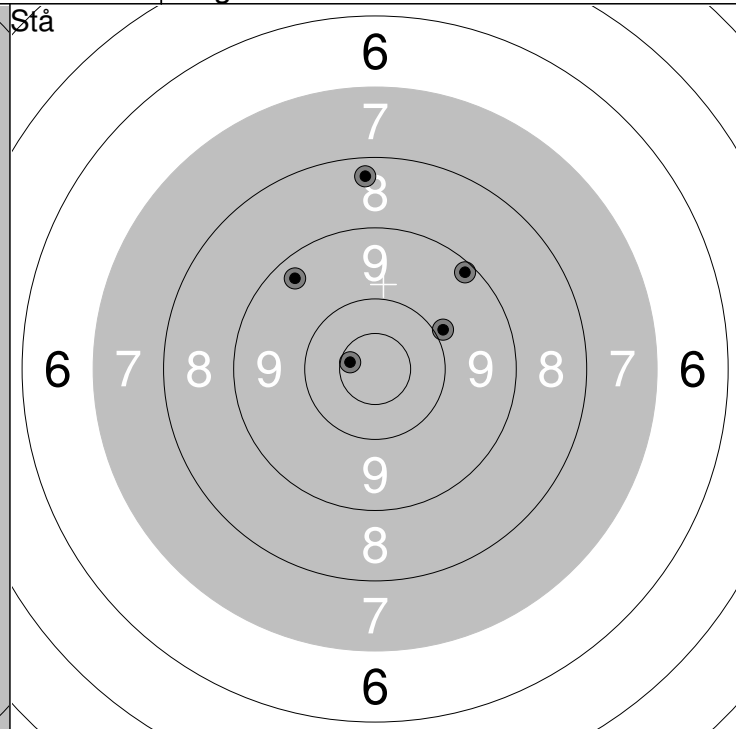
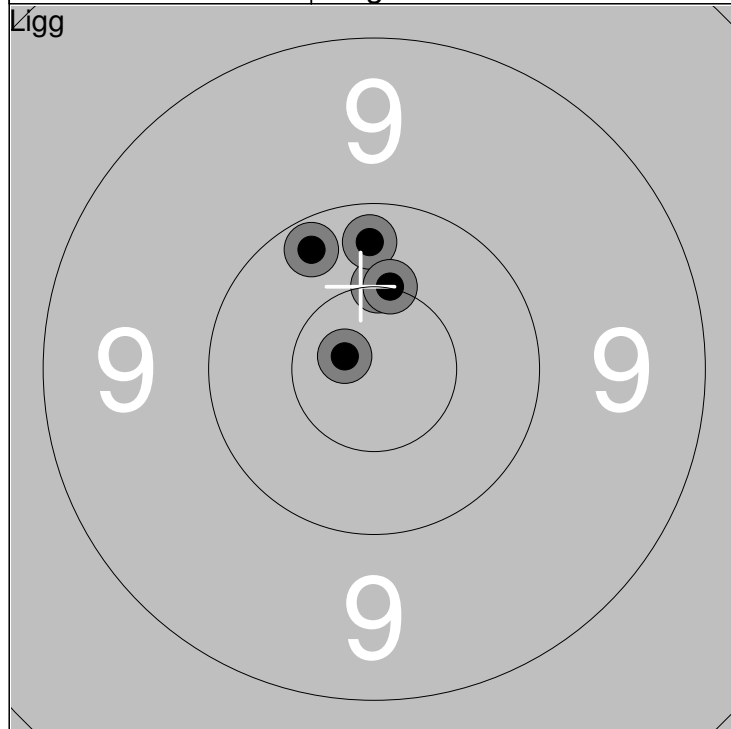
Lag	Skive	Rune Raknerud							
2	4								
200m hoved		Trøgstad			5				
22.06.2016		Norgesfor Øst Pokalen		Trøgstad SKL					
Ligg		Stå							
									
1: 10.2 ↓		Serie	48.0	1: 8.9 ↗		Serie	40.0		
2: 10.3 →				2: 8.3 →					
3: 10.2 →				3: 8.5 →					
4: 9.8 ↓				4: 7.9 →					
5: 9.6 ↙				5: 9.4 ↗					
Total		48.0		Total		88.0			
Kne		Grunnlag							
									
1: 9.5 →		Serie	47.0	1: 10.1 ↓		6: *10.8 ↓		Serie	93.0
2: 10.4 ↓				2: 6.5 →		7: *10.6 ↙			
3: 9.4 ←				3: 9.2 ↗		8: 9.0 ←			
4: *10.9 ↗				4: 10.2 ←		9: *10.8 →			
5: 9.4 →				5: 10.1 ↗		10: 9.7 ↙			
Total		135.0		Total		228.0			

Lag	Skive	Roger Sletmo			
2	6	Trøgstad			2
200m hoved		Trøgstad SKL			
22.06.2016		Norgesfor Øst Pokalen			
Ligg		Stå			
					
1: 9.8 ↘ 2: 10.1 ↘ 3: 9.1 ↘ 4: 8.5 ↘ 5: 9.9 ↘		Serie 45.0 Total 45.0		1: 8.7 ↙ 2: *10.9 ← 3: 8.3 ← 4: *10.9 ↘ 5: 9.1 ←	
				Serie 45.0 Total 90.0	
Kne		Grunnlag			
					
1: 10.3 → 2: 9.7 → 3: 10.4 → 4: 9.4 → 5: 9.2 ↑		Serie 47.0 Total 137.0		1: 8.9 ↓ 2: 8.9 ← 3: *10.9 ↑ 4: 10.3 ↘ 5: 7.1 ↙	
				6: 8.0 ← 7: 9.0 → 8: 9.5 ← 9: 9.7 ↖ 10: 8.6 ↖	
				Serie 86.0 Total 223.0	

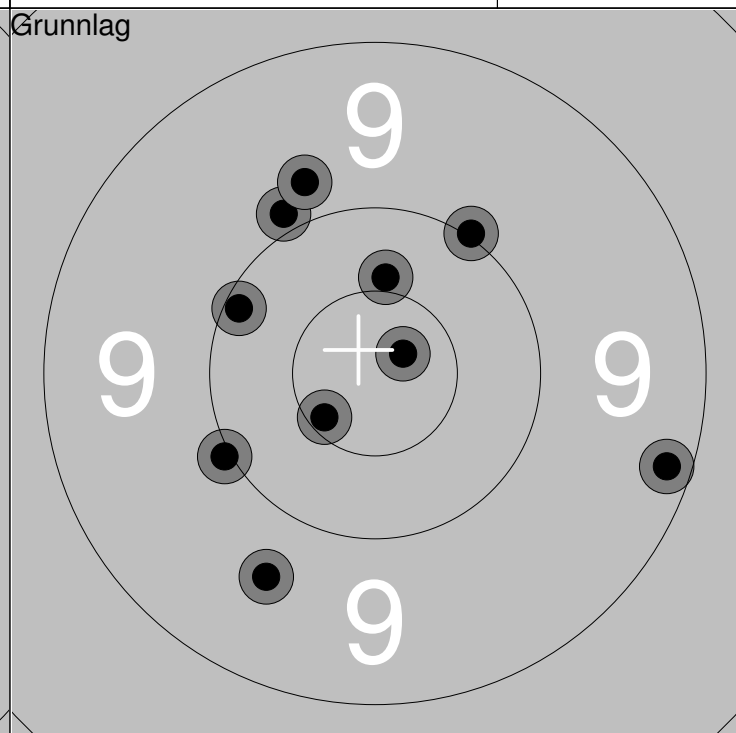
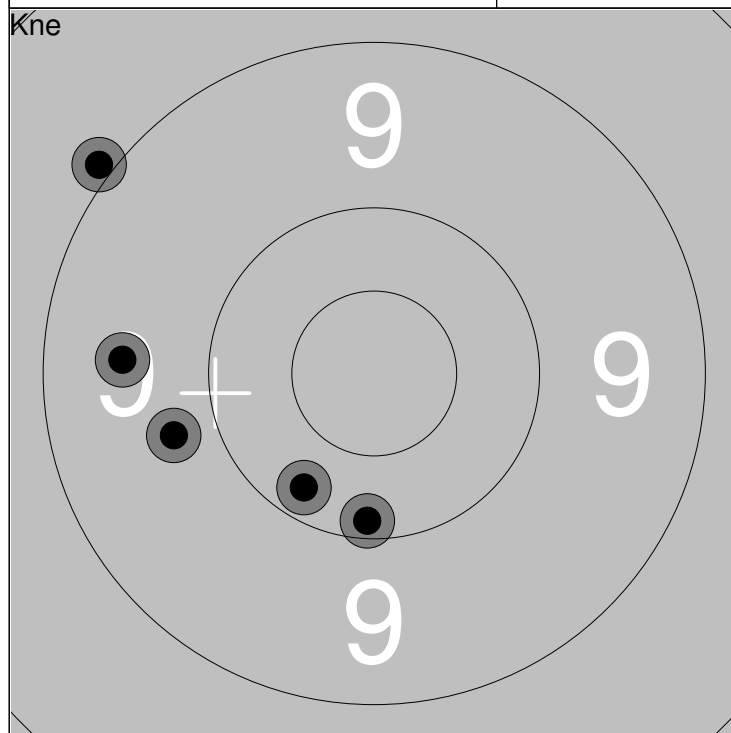
Lag 2	Skive 7	Tore Nøkleby		
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200m hoved	Trøgstad	5	
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22.06.2016	Norgesfor Øst Pokalen	Trøgstad SKL
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1: *10.5 ↑	Serie	50.0	1: 9.2 ↗	Serie	45.0
2: 10.3 ↑			2: 9.3 ↖		
3: 10.2 ↘	Total	50.0	3: *10.7 ←	Total	95.0
4: *10.5 ↑			4: 8.3 ↑		
5: *10.8 ↙			5: 9.9 ↗		

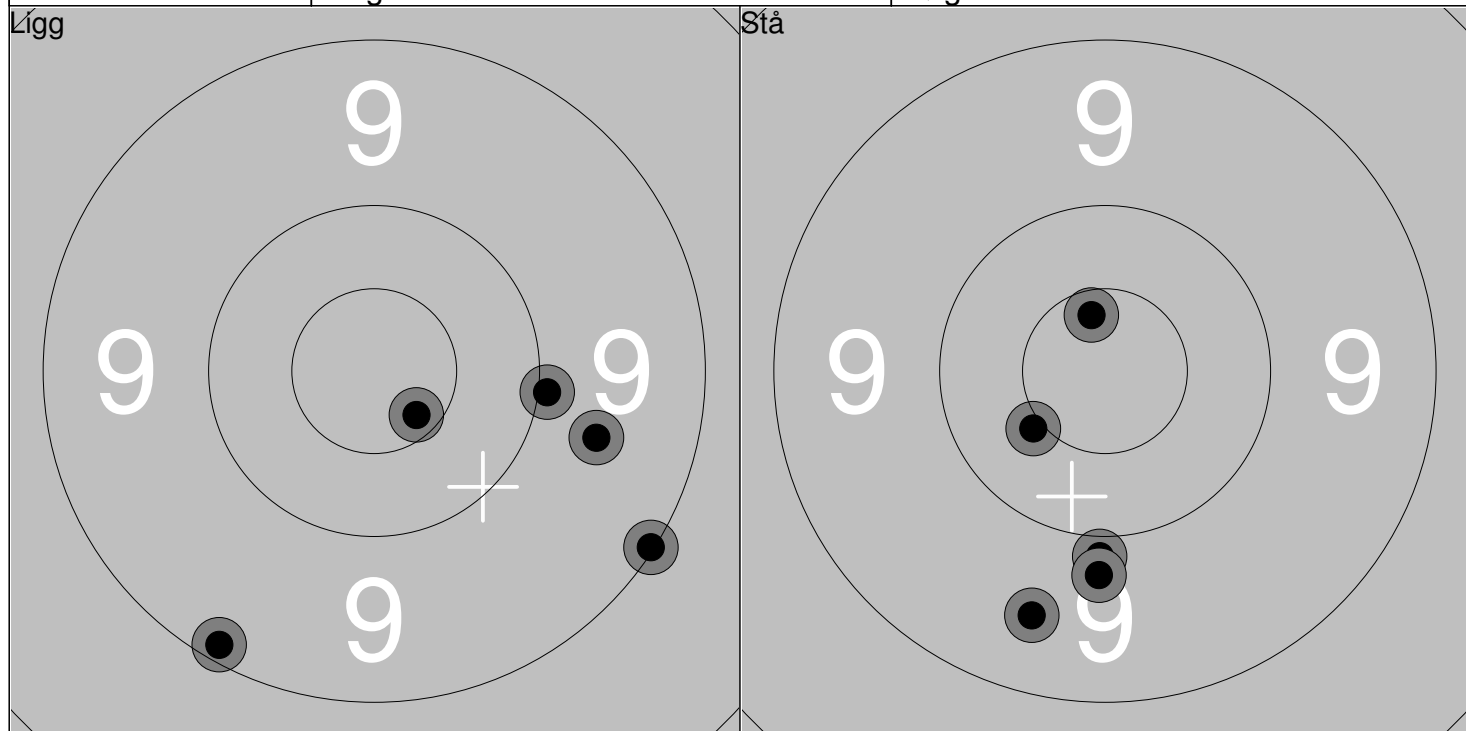


1: 8.9 ↖	Serie	46.0	1: 9.9 ↖	6: 9.8 ↖	Serie	96.0
2: 9.8 ←			2: 9.6 ↓	7: 10.0 ←		
3: 9.5 ←	Total	141.0	3: 9.2 →	8: 10.0 ↗	Total	237.0
4: 10.1 ↓			4: *10.8 ↗	9: 10.1 ↖		
5: 10.2 ↓			5: *10.6 ↖	10: 10.4 ↑		

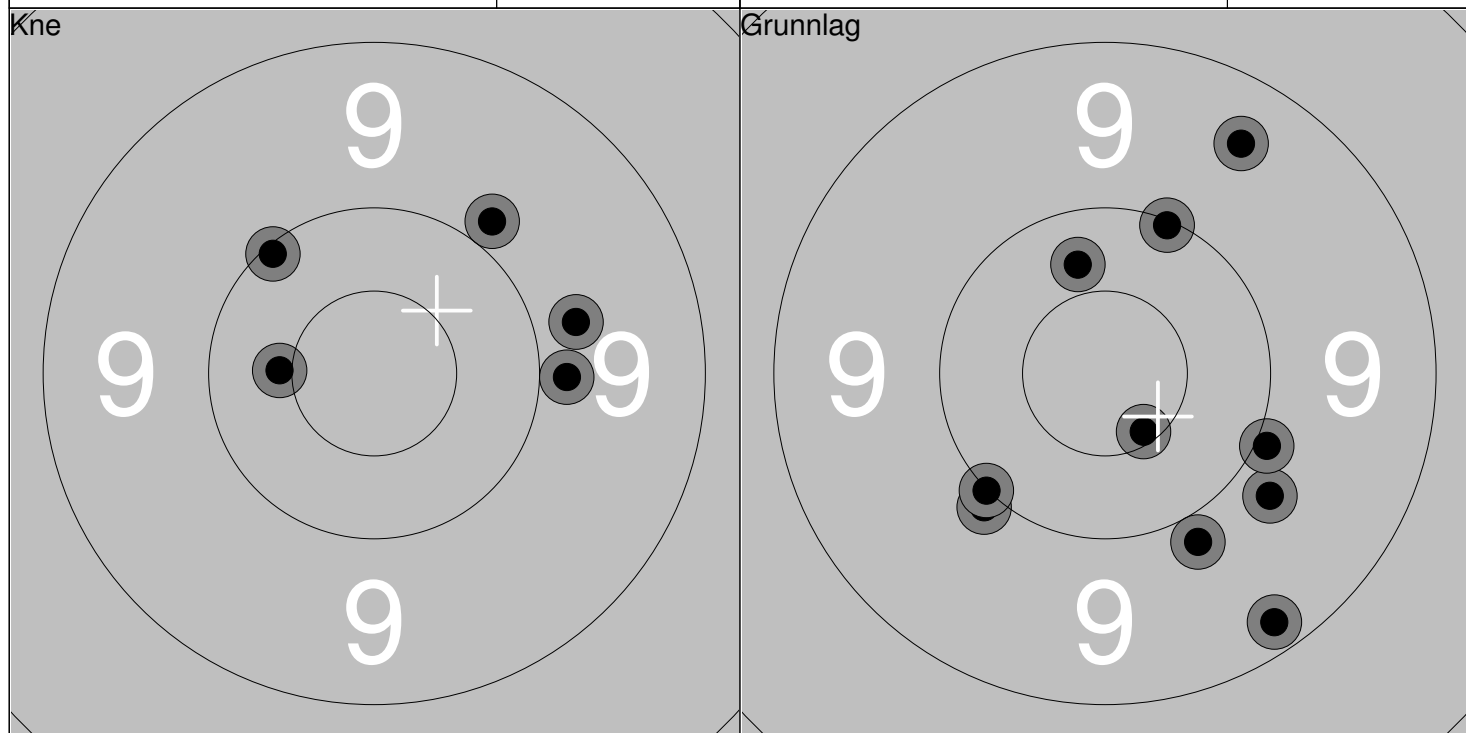
Lag 2	Skive 8	Oddvar Kasbo		
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200m hoved	Trøgstad	V73	
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22.06.2016	Norgesfor Øst Pokalen	Trøgstad SKL
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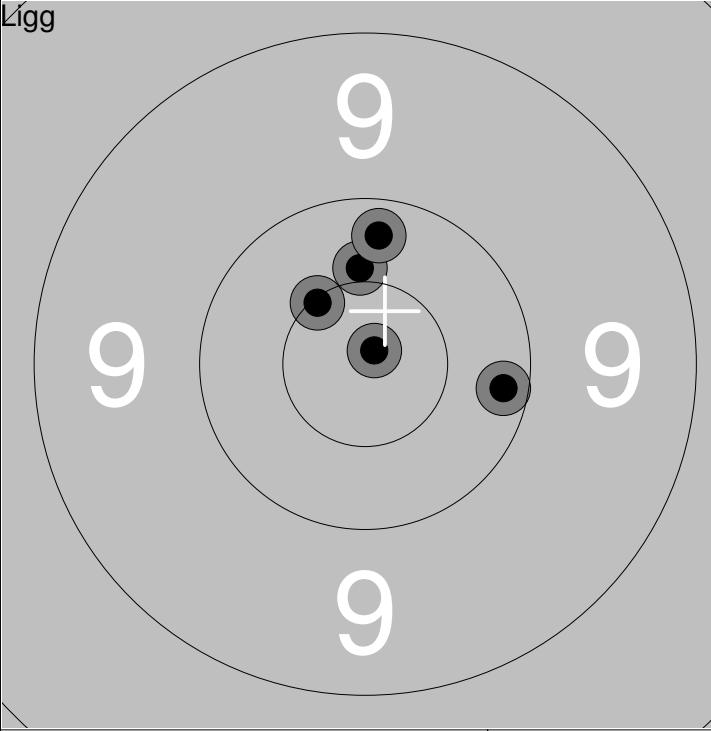
1: 10.0 →	Serie	47.0	1: *10.7 ↗	Serie	47.0
2: 9.0 ↘			2: 9.9 ↓		
3: *10.7 ↘	Total	47.0	3: 9.8 ↓	Total	94.0
4: 9.1 ↙			4: 9.5 ↓		
5: 9.6 →			5: *10.5 ↙		



1: 9.9 ↗	Serie	47.0	1: 9.4 ↗	Serie	95.0
2: 10.1 ↖			2: 10.4 ↗		
3: *10.5 ←	Total	141.0	3: *10.6 ↘	Total	236.0
4: 9.9 →			4: 9.8 ↘		
5: 9.8 →			5: 10.1 ↗		
			6: 10.0 →		
			7: 9.9 ↙		
			8: 9.9 ↘		
			9: 9.2 ↘		
			10: 10.0 ↙		

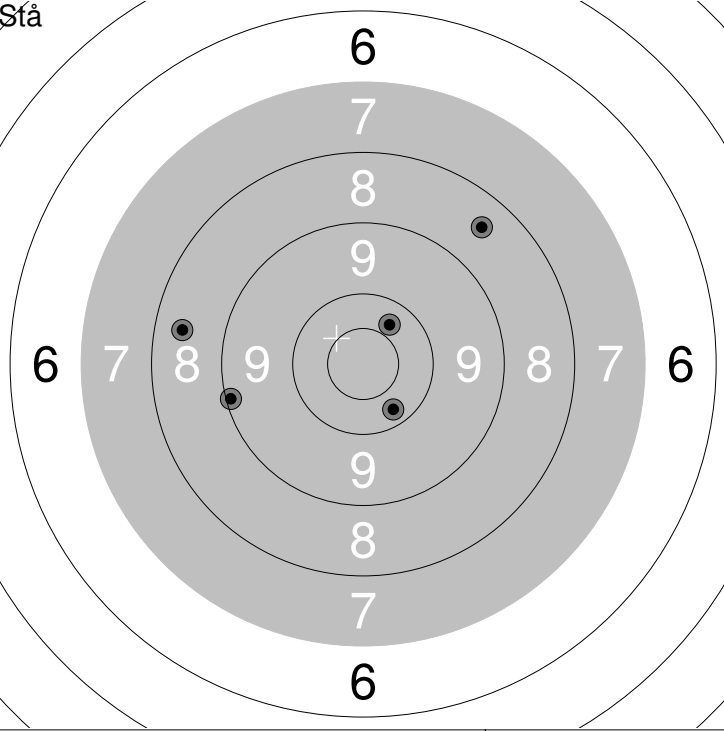
Lag 2	Skive 9	Henning Nøkleby			
200m hoved		Trøgstad		4	
22.06.2016		Norgesfor Øst Pokalen		Trøgstad SKL	

Ligg



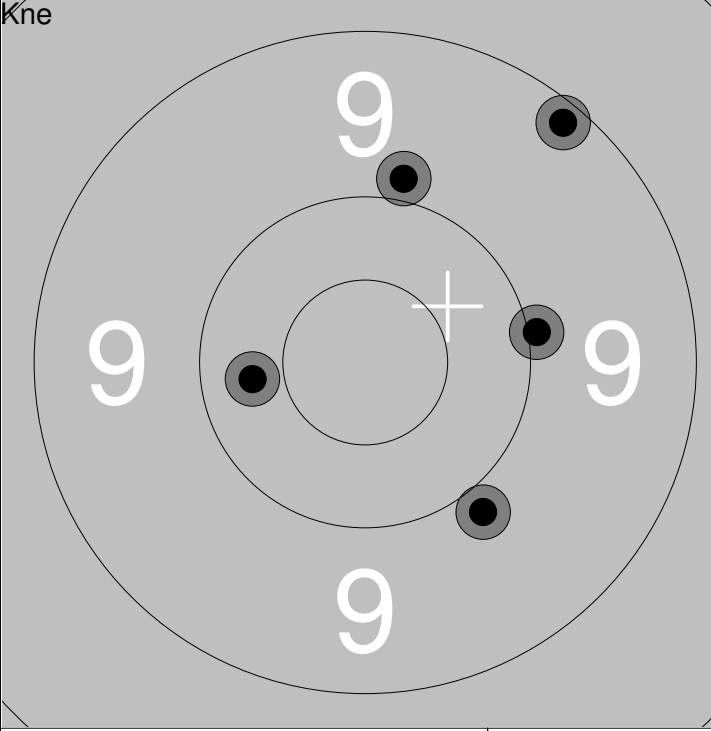
1: 10.2 →	Serie	50.0
2: *10.9 ↗		
3: *10.6 ↖	Total	50.0
4: *10.5 ↑		
5: 10.2 ↑		

Stå



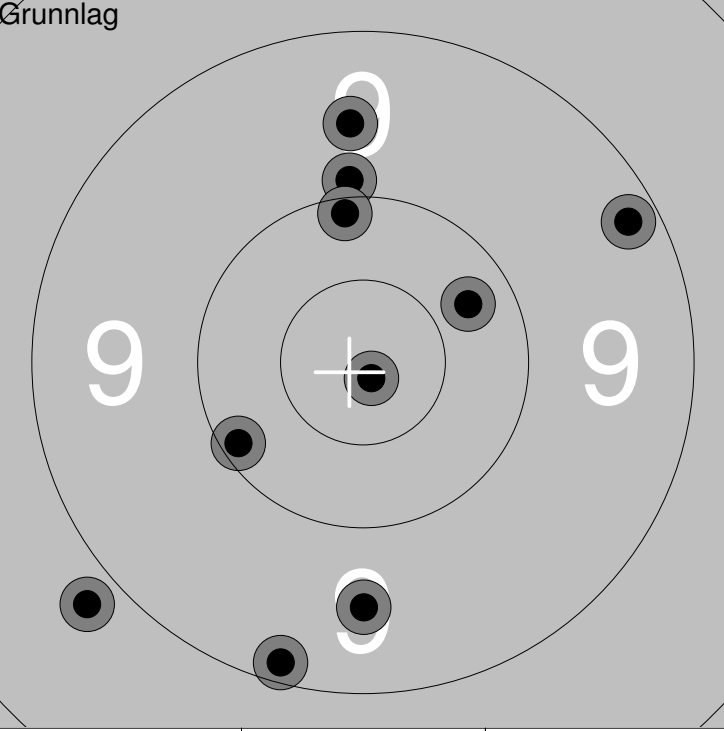
1: 10.4 ↗	Serie	45.0
2: 9.1 ←		
3: 8.5 ↗	Total	95.0
4: 8.4 ←		
5: 10.3 ↓		

Kne

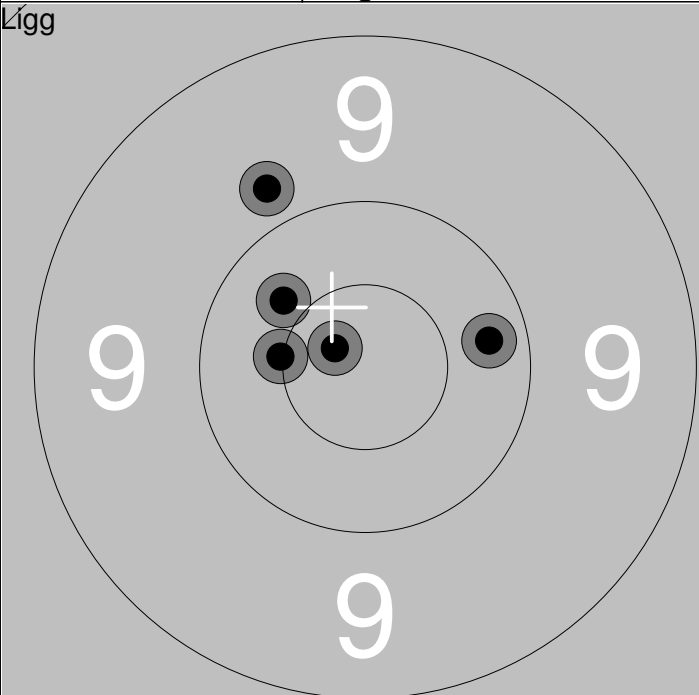
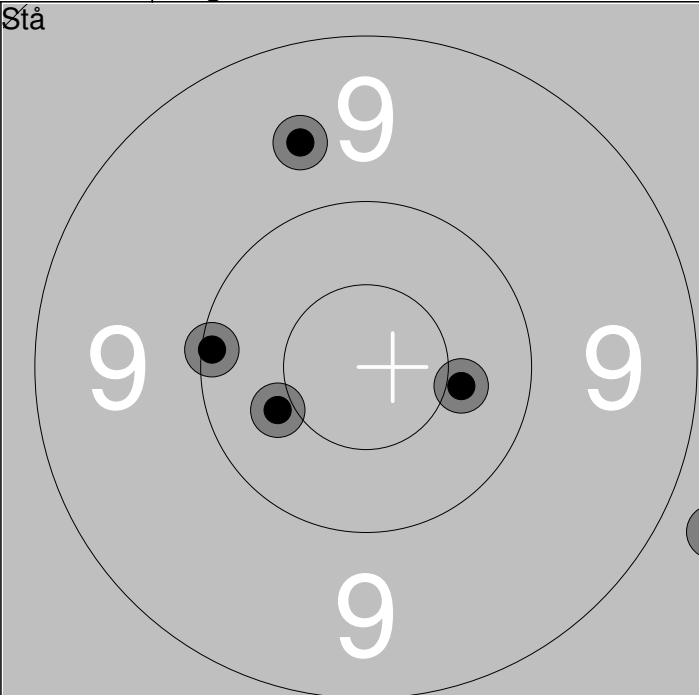
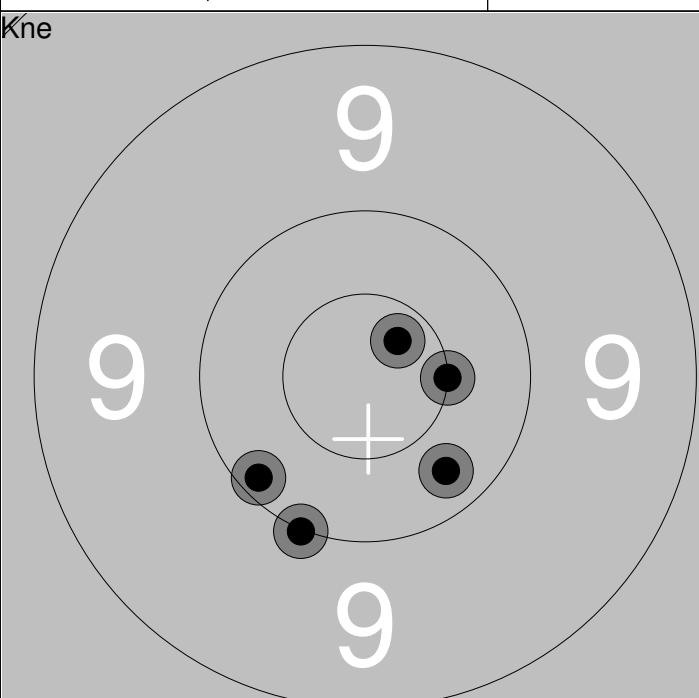
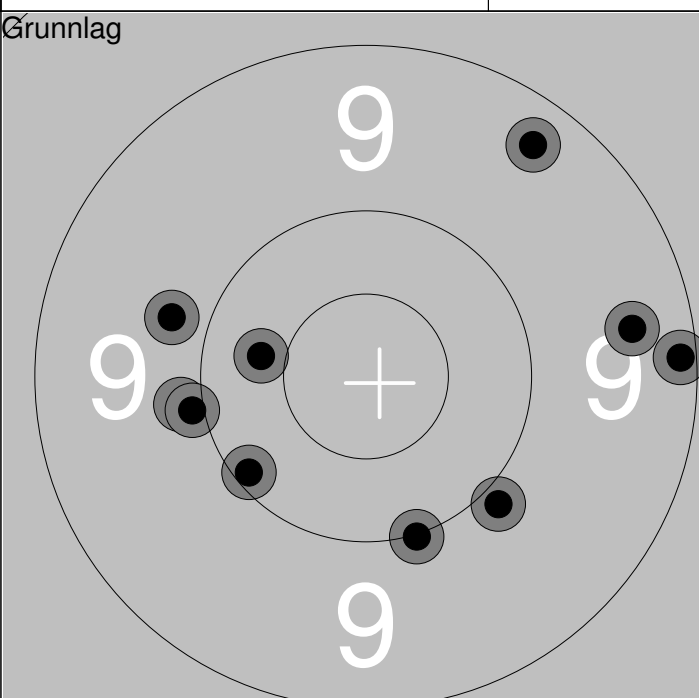


1: 9.9 ↓	Serie	47.0
2: 9.1 ↗		
3: 9.9 ↑	Total	142.0
4: 10.3 ←		
5: 10.0 →		

Grunnlag



1: 9.5 ↓	Serie	93.0
2: 9.2 ↗		
3: 8.8 ↖	Total	235.0
4: 9.1 ↓		
5: 9.6 ↑		
6: 10.3 ↗		
7: 10.1 ←		
8: 9.9 ↑		
9: 10.1 ↑		
10: *10.9 ↓		

Lag	Skive	Terje Vidar Strand						
2	10							
200m hoved		Trøgstad			V55			
22.06.2016		Norgesfor Øst Pokalen		Trøgstad SKL				
Ligg		Stå						
								
1: *10.8 ↖		Serie	49.0		1: 10.1 ←	Serie	47.0	
2: *10.5 ←					2: 9.6 ↗			
3: 10.4 ↖		Total	49.0		3: 8.7 ➡	Total	96.0	
4: 10.3 ➡					4: 10.4 ↖			
5: 9.8 ↗					5: 10.4 ➡			
Kne		Grunnlag						
								
1: 10.0 ↓		Serie	50.0		1: 9.4 ➡	Serie	94.0	
2: 10.1 ↙					2: 9.9 ←			
3: *10.7 ↗		Total	146.0		3: 9.9 ↘	Total	240.0	
4: *10.5 ➡					4: 9.1 ➡			
5: 10.3 ↘					5: 9.3 ↗			
				6: 9.8 ←	Total			
				7: 10.0 ↓				
				8: 10.0 ←	Total			
				9: 10.4 ←				
				10: 10.1 ↙	Total			