

2022 - Equinor NC Gåå - revidert 26/11

| | Start | Interval min-sek | Antall delt.: | Siste start | Konk. tid: | Siste i mål | Mellom klasser |
|-----------------------------|----------|---------------------|------------------|-------------|---------------|----------------|-------------------|
| FREDAG: | | | | | | | |
| PARA Sprint Prolog (F) | 09:00:15 | 00:15 | 6 | 09:01:30 | 03:30 | 09:05:00 | 02:00 |
| Kvinner Prolog Sprint (F) | 09:10:15 | 00:15 | 66 | 09:26:30 | 03:00 | 09:29:30 | |
| Menn Prolog Sprint (F) | 09:28:30 | 00:15 | 117 | 09:57:30 | 03:00 | 10:00:30 | |
| PARA Sprint Finale Stående | 10:10:00 | 05:00 | | | | | |
| PARA Sprint Finale Sittende | 10:15:00 | 05:00 | | | | | |
| | | | | | | | |
| Q1 - Kvinner | 10:50:00 | 05:00 | | | | | |
| Q2 - Kvinner | 10:55:00 | 05:00 | | | | | |
| Q3 - Kvinner | 11:00:00 | 05:00 | | | | | |
| Q4 - Kvinner | 11:05:00 | 05:00 | | | | | |
| Q5 - Kvinner | 11:10:00 | 05:00 | | | | | |
| | | | | | | | |
| Q1 - Menn | 11:15:00 | 05:00 | | | | | |
| Q2 - Menn | 11:20:00 | 05:00 | | | | | |
| Q3 - Menn | 11:25:00 | 05:00 | | | | | |
| Q4 - Menn | 11:30:00 | 05:00 | | | | | |
| Q5 - Menn | 11:35:00 | 05:00 | | | | | |
| | | | | | | | |
| Semi final1 - Kvinner | 11:40:00 | 05:00 | | | | | |
| Semi final2 - Kvinner | 11:45:00 | 05:00 | | | | | |
| | | | | | | | |
| Semi final1 - Menn | 11:55:00 | 20:00 | | | | | |
| Semi final2 - Menn | 12:00:00 | 05:00 | | | | | |
| | | | | | | | |
| Final - Kvinner | 12:05:00 | 20:00 | | | | | |
| Final - Menn | 12:20:00 | 20:00 | | | | | |

Gult felt = Legg inn tider og verdier

Blått felt = Oppdaterer seg selv

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|--|----------|-------|-----|----------|-------|----------|--|
| LØRDAG: | | | | | | | |
| PARA 5/5km sittende | 08:45:30 | 00:30 | 2 | 8:46:00 | 20:00 | 09:06:00 | |
| Menn senior 10km (F) | 09:00:30 | 00:30 | 185 | 10:32:30 | 23:00 | 10:55:30 | |
| PARA stående / Kvinner senior 10km (F) | 12:20:30 | 00:30 | 91 | 13:05:30 | 27:00 | 13:32:30 | |

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| Sprint Jr. Lørdag | | | | | | | |
| Kvinner JR Prolog Sprint (F) | 11:05:15 | 00:15 | 89 | 11:27:15 | 03:00 | 11:30:15 | 02:00 |
| Menn JR Prolog Sprint (F) | 11:29:15 | 00:15 | 156 | 12:08:00 | 03:00 | 12:11:00 | |
| | | | | | | | |
| Q1 - Kvinner | 14:00:00 | 05:00 | | | | | |
| Q2 - Kvinner | 14:05:00 | 05:00 | | | | | |
| Q3 - Kvinner | 14:10:00 | 05:00 | | | | | |
| Q4 - Kvinner | 14:15:00 | 05:00 | | | | | |
| Q5 - Kvinner | 14:20:00 | 05:00 | | | | | |
| | | | | | | | |
| Q1 - Menn | 14:25:00 | 05:00 | | | | | |
| Q2 - Menn | 14:30:00 | 05:00 | | | | | |
| Q3 - Menn | 14:35:00 | 05:00 | | | | | |
| Q4 - Menn | 14:40:00 | 05:00 | | | | | |
| Q5 - Menn | 14:45:00 | 05:00 | | | | | |
| | | | | | | | |
| Semi final1 - Kvinner | 14:50:00 | 05:00 | | | | | |
| Semi final2 - Kvinner | 14:55:00 | 05:00 | | | | | |
| | | | | | | | |
| Semi final1 - Menn | 15:05:00 | 20:00 | | | | | |
| Semi final2 - Menn | 15:10:00 | 05:00 | | | | | |
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| Final - Kvinner | 15:15:00 | 20:00 | | | | | |
| Final - Menn | 15:30:00 | 20:00 | | | | | |

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|--|----------|-------|-----|----------|----------|----------|--|
| SØNDAG: NB! Revidert 26/11 kl 17:55. | | | | | | | |
| PARA 5/10km sittende | 08:40:00 | 00:00 | 2 | 08:40:00 | 50:00 | 09:30:00 | |
| Menn: 20 km (K) felles | 09:30:00 | 00:00 | 189 | 09:30:00 | 00:55:00 | 10:25:00 | |
| Kvinner/Para Stående: 20km (K) felles/10km (K) felles | 10:50:00 | 00:00 | 90 | 10:50:00 | 01:05:00 | 11:55:00 | |
| | | | | | | | |
| K19/20, K18 og K17 10 km (K) felles | 12:35:00 | 00:00 | 45 | 12:35:00 | 35:00 | 13:10:00 | |
| M17 og M18 10 km (K) felles | 13:20:00 | 00:00 | 80 | 13:20:00 | 00:30:00 | 13:50:00 | |
| M19/20 10 km (K) felles | 14:00:00 | 00:00 | 114 | 14:00:00 | 0:30:00 | 14:30:00 | |