

**Helge BJAALAND**

PWT

Course : HyperVet Men (H75+)

Distance : 4700m (Climbing 30m)

Time : 0:52:35,531 (11'11"/km)

**5/21**

O.K.

[Full result on Webres](#)

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|---------------------|-------------|
| 1. Magnus LANDSTAD  | 0:43:40,531 |
| 2. Jon Roll FÆRDEN  | 0:45:12,535 |
| 3. Mike IN 'T GROEN | 0:46:47,929 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 59  | 00:01:54 |          | 193m | 9'51"/km  |
| 2.  | 63  | 00:01:55 | 00:03:49 | 239m | 8'01"/km  |
| 3.  | 74  | 00:01:38 | 00:05:27 | 217m | 7'32"/km  |
| 4.  | 71  | 00:01:30 | 00:06:57 | 215m | 6'59"/km  |
| 5.  | 65  | 00:02:20 | 00:09:17 | 319m | 7'19"/km  |
| 6.  | 138 | 00:02:59 | 00:12:16 | 264m | 11'18"/km |
| 7.  | 68  | 00:03:17 | 00:15:33 | 330m | 9'57"/km  |
| 8.  | 60  | 00:04:15 | 00:19:48 | 499m | 8'31"/km  |
| 9.  | 53  | 00:01:32 | 00:21:20 | 158m | 9'42"/km  |
| 10. | 49  | 00:04:51 | 00:26:11 | 856m | 5'40"/km  |
| 11. | 55  | 00:03:06 | 00:29:17 | 361m | 8'35"/km  |
| 12. | 50  | 00:03:21 | 00:32:38 | 261m | 12'50"/km |
| 13. | 51  | 00:07:27 | 00:40:05 | 339m | 21'59"/km |
| 14. | 45  | 00:05:03 | 00:45:08 | 431m | 11'43"/km |
| 15. | 44  | 00:03:24 | 00:48:32 | 301m | 11'18"/km |
| 16. | 136 | 00:03:01 | 00:51:33 | 394m | 7'39"/km  |
| 17. | 100 | 00:00:24 | 00:51:57 | 58m  | 6'54"/km  |
| 18. | 999 | 00:00:38 | 00:52:35 | 96m  | 6'36"/km  |

Orienteering Software