

Treningstempo øya 2016

	26.04.2016	28.06.2016	08.10.2016
	5km		
Marthe Stenhaug	16:16		
David Fermann	19:31		
	10km	10km	10km
Martin S. Hansen	19:17	18:03	
Sverre Einrem	19:18	17:48	18:43
Edin Johansen	19:30	18:14	19:24
Erlend Nervik	20:31	19:20	
Daniel Helgå	21:31	20:17	
Emil Isaksen		20:24	
Isak Isaksen		18:29	
Lars Berge	14:35		
Erik Nordstoga	15:08		
Geir Nikolaisen	15:45		
Tor Morten Strøm	15:58		
Jens Berget	16:18		
Alex Voronov	16:35		
Sture Ånes	16:47		
Halvor Nordstoga	19:47		
Yngvar Hansen		13:21	13:51
Mikael Johansen			16:00
Joacim Sund			16:50
Geir Olav Laksforsmo			18:11
Mona Vollnes		16:03	