

Treningstempo øya 2017

	Beste tid 2016	20.06.2017	29.08.2017	
		6km	6km	
Marthe Stenhaug	16:16	13:50		
Regine S. Hansen		14:15		
Felix Jürg		12:14	11:38	
Elias Thoresen		13:16	12:19	
Håkon Straum			(MTB) 13:39	
Andreas Nervik			13:25	
Johannes Skjervagen			12:06	
		10km	10km	10km
Martin S. Hansen	18:03	16:55	17:37	
Sverre Einrem	17:48	17:04		
Erlend Nervik	19:20	19:35	18:40	
Edin Johansen	18:14		19:27	
John Arne Vatshaug		16:09		
Geir Nikolaisen	15:45	15:56		
Yngvar Hansen	13:21	13:22	13:40	
Espen Løvdal		16:32		
Knut Thomasli			19:25	
Knut Nikolaisen			17:23	