

|                                               |  | Etape 1          |  |                 |  |               |  |           |  |                       |  | Etape 2               |  |                       |  |                       |  |                       |  |                       |  | Etape 3               |  |                       |  |                       |  |                       |  |                       |  | Etape 4               |  |                       |  |                       |  |                       |  |                       |  | POR RESULTAT          |  |                       |  |                       |  |                       |  |       |  |       |  |    |  |     |  |   |  |   |  |     |  |
|-----------------------------------------------|--|------------------|--|-----------------|--|---------------|--|-----------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-----------------------|--|-------|--|-------|--|----|--|-----|--|---|--|---|--|-----|--|
| T15                                           |  | Antal km         |  | Tempo           |  | Ideal ridetid |  | Nedrundet |  | Tastes                |  | Tastes                |  | Skriv antal, fx 2     |  | Antal km              |  | Tempo                 |  | Ideal ridetid         |  | Nedrundet             |  | Tastes                |  | Tastes                |  | Skriv antal, fx 2     |  | Antal km              |  | Tempo                 |  | Ideal ridetid         |  | Nedrundet             |  | Tastes                |  | Tastes                |  | Skriv antal, fx 2     |  | POR RESULTAT          |  |                       |  |                       |  |       |  |       |  |    |  |     |  |   |  |   |  |     |  |
| Indstilling af POR tider                      |  | 4,5              |  | 6               |  | 00:45         |  | 00:45     |  |                       |  |                       |  |                       |  | 3,1                   |  | 7,5                   |  | 00:24                 |  | 00:24                 |  |                       |  |                       |  |                       |  | 4,0                   |  | 8,5                   |  | 00:28                 |  | 00:28                 |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |       |  |       |  |    |  |     |  |   |  |   |  |     |  |
| Tidspunkter i kolonnerne "Start" og "Ankomst" |  | 6                |  | 00:45           |  | 00:45         |  |           |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |       |  |       |  |    |  |     |  |   |  |   |  |     |  |
| Skal skrives som 10.00 - altså med punktum.   |  | 00:45            |  | 00:45           |  | 00:45         |  |           |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |       |  |       |  |    |  |     |  |   |  |   |  |     |  |
| SKRIV IKKE SEKUNDER                           |  | 00:45            |  | 00:45           |  | 00:45         |  |           |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |       |  |       |  |    |  |     |  |   |  |   |  |     |  |
| Hvis EKP har skrevet sekunder, fjernes de     |  | 00:45            |  | 00:45           |  | 00:45         |  |           |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |       |  |       |  |    |  |     |  |   |  |   |  |     |  |
| UDEN op- eller nedrundning                    |  | 00:45            |  | 00:45           |  | 00:45         |  |           |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |                       |  |       |  |       |  |    |  |     |  |   |  |   |  |     |  |
|                                               |  | Post: Start      |  | Maproom         |  |               |  |           |  |                       |  |                       |  |                       |  | Post: EKP1            |  | Adresse               |  |                       |  |                       |  |                       |  |                       |  |                       |  | Post: EKP2            |  | Adresse               |  |                       |  |                       |  |                       |  |                       |  | Post: EKP3            |  | Adresse               |  |                       |  |                       |  |       |  |       |  |    |  |     |  |   |  |   |  |     |  |
|                                               |  | Starttid [t. mm] |  | Ankomst [t. mm] |  | Ridetid       |  | Diff      |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  | 1. startpunkt per min |  |       |  |       |  |    |  |     |  |   |  |   |  |     |  |
|                                               |  | 11:40            |  | 12:21           |  | 00:41         |  | 00:04     |  | 4,00                  |  | 1                     |  | 1                     |  | 34                    |  | 12:26                 |  | 13:08                 |  | 00:42                 |  | 00:18                 |  | 18,00                 |  | 1                     |  | 48                    |  | 13:13                 |  | 13:49                 |  | 00:36                 |  | 00:08                 |  | 8,00                  |  | 8                     |  | 13:54                 |  | 15:07                 |  | 01:13                 |  | 00:44 |  | 44,00 |  | 44 |  | 240 |  | 0 |  | 0 |  | 106 |  |
|                                               |  | 11:40            |  | 12:21           |  | 00:41         |  | 00:04     |  | 4,00                  |  | 1                     |  | 1                     |  | 34                    |  | 12:26                 |  | 13:08                 |  | 00:42                 |  | 00:18                 |  | 18,00                 |  | 1                     |  | 48                    |  | 13:13                 |  | 13:49                 |  | 00:36                 |  | 00:08                 |  | 8,00                  |  | 8                     |  | 13:54                 |  | 15:07                 |  | 01:13                 |  | 00:44 |  | 44,00 |  | 44 |  | 240 |  | 0 |  | 0 |  | 106 |  |
|                                               |  | 11:45            |  | 12:34           |  | 00:49         |  | 00:04     |  | 4,00                  |  | 1                     |  | 1                     |  | 4                     |  | 12:39                 |  | 13:15                 |  | 00:36                 |  | 00:12                 |  | 12,00                 |  | 1                     |  | 42                    |  | 13:20                 |  | 13:49                 |  | 00:29                 |  | 00:01                 |  | 1,00                  |  | 1                     |  | 13:59                 |  | 14:31                 |  | 00:32                 |  | 00:03 |  | 3,00  |  | 3  |  | 240 |  | 0 |  | 0 |  | 190 |  |
|                                               |  | 11:50            |  | 12:37           |  | 00:47         |  | 00:02     |  | 2,00                  |  | 1                     |  | 1                     |  | 2                     |  | 12:44                 |  | 13:22                 |  | 00:38                 |  | 00:14                 |  | 14,00                 |  | 1                     |  | 14                    |  | 13:27                 |  | 13:59                 |  | 00:32                 |  | 00:04                 |  | 4,00                  |  | 4                     |  | 14:04                 |  | 14:36                 |  | 00:32                 |  | 00:03 |  | 3,00  |  | 3  |  | 240 |  | 0 |  | 0 |  | 217 |  |
|                                               |  | 11:50            |  | 12:37           |  | 00:47         |  | 00:02     |  | 2,00                  |  | 1                     |  | 1                     |  | 2                     |  | 12:44                 |  | 13:22                 |  | 00:38                 |  | 00:14                 |  | 14,00                 |  | 1                     |  | 14                    |  | 13:27                 |  | 13:59                 |  | 00:32                 |  | 00:04                 |  | 4,00                  |  | 4                     |  | 14:04                 |  | 14:36                 |  | 00:32                 |  | 00:03 |  | 3,00  |  | 3  |  | 240 |  | 0 |  | 0 |  | 217 |  |
|                                               |  | 11:55            |  | 12:38           |  | 00:43         |  | 00:02     |  | 2,00                  |  | 1                     |  | 1                     |  | 32                    |  | 12:49                 |  | 13:22                 |  | 00:33                 |  | 00:09                 |  | 9,00                  |  | 1                     |  | 39                    |  | 13:32                 |  | 14:02                 |  | 00:30                 |  | 00:02                 |  | 2,00                  |  | 2                     |  | 14:09                 |  | 14:44                 |  | 00:35                 |  | 00:06 |  | 6,00  |  | 6  |  | 240 |  | 0 |  | 0 |  | 161 |  |
|                                               |  | 11:55            |  | 12:38           |  | 00:43         |  | 00:02     |  | 2,00                  |  | 1                     |  | 1                     |  | 32                    |  | 12:49                 |  | 13:22                 |  | 00:33                 |  | 00:09                 |  | 9,00                  |  | 1                     |  | 39                    |  | 13:32                 |  | 14:02                 |  | 00:30                 |  | 00:02                 |  | 2,00                  |  | 2                     |  | 14:09                 |  | 14:44                 |  | 00:35                 |  | 00:06 |  | 6,00  |  | 6  |  | 240 |  | 0 |  | 0 |  | 161 |  |
|                                               |  | 12:00            |  | 12:56           |  | 00:56         |  | 00:11     |  | 11,00                 |  | 1                     |  | 1                     |  | 11                    |  | 13:01                 |  | 13:44                 |  | 00:43                 |  | 00:19                 |  | 19,00                 |  | 1                     |  | 49                    |  | 13:49                 |  | 14:25                 |  | 00:36                 |  | 00:08                 |  | 8,00                  |  | 8                     |  | 14:30                 |  | 15:07                 |  | 00:37                 |  | 00:08 |  | 8,00  |  | 8  |  | 240 |  | 0 |  | 0 |  | 164 |  |
|                                               |  | 12:00            |  | 12:56           |  | 00:56         |  | 00:11     |  | 11,00                 |  | 1                     |  | 1                     |  | 11                    |  | 13:01                 |  | 13:44                 |  | 00:43                 |  | 00:19                 |  | 19,00                 |  | 1                     |  | 49                    |  | 13:49                 |  | 14:25                 |  | 00:36                 |  | 00:08                 |  | 8,00                  |  | 8                     |  | 14:30                 |  | 15:07                 |  | 00:37                 |  | 00:08 |  | 8,00  |  | 8  |  | 240 |  | 0 |  | 0 |  | 164 |  |