|  |  |  |  |
| --- | --- | --- | --- |
| **Treningsløp tempo 23.07.19** |  |  |  |
| **5 km**  |  |  |  |  |
|  | Ida Gjermones Skarmyr | DIL | 17,03 |  |
|  | Sigurd Engenes |  | 12,26 |  |
| **10 km**  |  |  |  |  |
| 1 | Bjørn Notto Eppeland | DIL | 14,27 |  |
| 2 | Pål M. Kristensen | DIL | 14,58 |  |
| 3 | Terje Føreland | DIL | 15,20 |  |
| 4 | Eivind Baas | DIL | 16,09 |  |
| 5 | Vilde Baas | DIL | 16,50 |  |
| 6 | Thea Baas | DIL | 19,25 | Ny pers, gml. 19,45 |
| 7 | Emily Plozicki | DIL | 19,28 |  |
| 8 | Jonas Baas | DIL | 22,06 | Ny pers, gml. 22,59 |
|  |  |  |  |  |
| **20 km**  |  |  |  |  |
| 1 | Oskar Myrestøl Johansson | GSK | 24,53 | 1 sek bak løyperekorden |
| 2 | Alexander Sterk-Hansen | GSK | 28,04 |  |