

Klass	Antal varv	Sträcka km	Ber tid min	Körschema Starttid
PNyb		1 km	10	
P10-12	5	9	30	09:30
P13-14	7	13	40	10:40
P15-16	10	18	40	12:00
HJ	16	29	50	13:20
HS	25	46	70	14:15
HU23	25	46	70	14:15
HE	25	46	70	14:15
H30	20	37	50	15:30
H40	20	37	50	15:30
H50	20	37	50	15:30
H55	20	37	55	15:30
H60	16	29	50	12:45
H65	16	29	50	12:45
H70	10	18	40	12:00
Hsport	16	29	50	13:20

FNyb		1 km	10	
F10-12	4	7	25	09:00
F13-14	6	11	30	10:05
F15-16	8	15	30	11:25
DJ	12	22	30	12:45
DE	16	29	40	13:20
D30	12	22	30	12:45
D40	12	22	30	12:45
D50	12	22	30	12:45
D60	8	15	25	11:25
Dsport	8	15	30	11:25