

# Roing 78

|      |           |               |              |
|------|-----------|---------------|--------------|
| 13/3 | 2x 20 km  | 40 km         | around relig |
| 14/3 | 2x 20 "   | 70 "          | around relig |
| 19/3 | 2x 10-20  | 110 "         | around relig |
| 20/3 | 2x 20-20  | 150 "         | around relig |
| 21/3 | 2x 20-20  | 190 "         | around relig |
| 22/3 | 2x 20-20  | 225 "         | around relig |
| 23/3 | 2x 20-15  | 250 "         | around relig |
| 24/3 | 1x 25     | 270 "         | around relig |
| 25/3 | 2x 20     | 298 "         | around relig |
| 26/3 | 2x 28     | 327           | around relig |
| 27/3 | 2x 15-14  | 332           | around relig |
| 28/3 | 2x 5      | 333           | around relig |
| 29/3 | 2x 1      | ski, rebusing | around relig |
| 30/3 |           | 336           | around relig |
| 31/3 | 2x 30     | 388           | around relig |
| 1/4  | 2x 36-16  | 436           | around relig |
| 2/4  | 2x 28-20  | 462           | around relig |
| 3/4  | 2x 26     | 486           | around relig |
| 4/4  | 2x 24     | 512           | around relig |
| 5/4  | 2x 26     | 551           | around relig |
| 6/4  | 2x 27 1/2 | 581           | around relig |
| 7/4  | 2x 30     | 627           | around relig |
| 8/4  | 2x 36 1/2 |               | around relig |

|      |      |      |        |        |                            |      |      |      |         |                    |
|------|------|------|--------|--------|----------------------------|------|------|------|---------|--------------------|
| 9/4  | 2x28 | 1x6  | 661 km | 661 km | (20)                       | 3/3  | 2x20 | 2x20 | 1314 km | Burgolas 5x7 min   |
| 10/4 | 2x4  |      | 665 km |        | around 4x5 min             | 4/5  | 2x24 | 2x16 | 1354    | " " 3x2-1          |
| 11/4 | 2x26 |      | 691 "  |        | relig<br>12x2-30           | 6/5  | 2x20 |      | 1374    | Aringen 3x2-1      |
| 12/4 | 2x28 |      | 719 "  |        | Drummen 4x2221             | 7/5  | 2x20 |      | 1394    | " 4x16 min         |
| 13/4 | 2x24 | 1x15 | 758 "  |        | around relig               | 8/5  | 2x20 |      | 1414    | " relig            |
| 14/4 | 1x24 |      | 782 "  |        | (20)<br>10x7 min           | 9/5  | 1x24 |      | 1458    | " 4x2221           |
| 15/4 | 2x36 |      | 818 "  |        | around 6x10 min            | 10/5 | 2x20 | 2x20 | 1478    | " 6x10 min         |
| 16/4 | 2x28 | 2x20 | 866 "  |        | 22-27<br>Drummen 3x2-1     | 11/5 | 1x20 |      | 1498    | " 3x2-1            |
| 17/4 | 1x20 |      | 886 "  |        | 27-28<br>4x5 min           | 14/5 | 1x24 |      | 1522    | " 6x1500 m         |
| 18/4 | 1x20 |      | 906 "  |        | 27<br>around 4x5 min       | 15/5 | 1x20 | 1x20 | 1562    | " relig            |
| 19/4 | 1x23 |      | 929    |        | " - relig.<br>25-30        | 16/5 | 1x24 | 1x14 | 1600    | " 4x2221-2         |
| 20/4 | 1x20 |      | 949 "  |        | " - 4x2221                 | 17/5 | 2x24 |      | 1624    | " 6x10 min         |
| 21/4 | 1x18 |      | 967 "  |        | " - 5x10 min.<br>3x5       | 18/5 | 2x20 | 2x18 | 1662    | Aringen 3x2-1      |
| 22/4 | 1x28 |      | 995 "  |        | " - 7x7 min                | 19/5 | 1x20 | 1x14 | 1696    | start from 2x500 m |
| 23/4 | 1x20 |      | 1015 " |        | Drummen relig              | 20/5 | 2x20 |      | 1716    | start from 1x500 m |
| 24/4 | 1x22 |      | 1037   |        | " Regatta                  | 21/5 | 1x6  | 1x5  | 1737    | Gezondt 3x2000 m   |
| 25/4 | 2x24 | 1x12 | 1073   |        | around relig               | 22/5 | 2x26 |      | 1763    | Aringen relig.     |
| 26/4 | 2x26 |      | 1099   |        | around 4x2221              | 23/5 | 2x14 | 2x18 | 1795    | " 4x4 min.         |
| 27/4 | 2x30 |      | 1129   |        | around relig.              | 24/5 | 2x20 | 2x18 | 1833    | " 3x2-1            |
| 28/4 | 2x26 |      | 1155   |        | 26<br>Beum 6x10 min        | 25/5 | 2x20 | 2x18 | 1871    | " 4x7 min          |
| 29/4 | 2x15 |      | 1170   |        | 26-27<br>around 10x9 min   | 26/5 | 2x20 |      | 1891    | " relig            |
| 30/4 | 2x20 | 2x20 | 1210   |        | 28-30<br>Burgolas 10x2 min | 27/5 | 1x16 | 1x20 | 1927    | " 3x5 min          |
| 1/5  | 2x20 | 2x16 | 1246   |        | 27-28<br>" - 3x15 min      | 28/5 | 1x16 | 2x18 | 1961    | " 5x5 min          |
| 2/5  | 2x20 | 2x8  | 1274   |        | 28-30<br>" - 4x5 min       | 29/5 | 2x18 |      | 1979    | " relig            |
| 3/5  | 2x20 | 2x8  | 1274   |        | 24-30<br>" - 4x2-1         | 30/5 | 2x16 | 2x18 | 2013    | " 4x4 min          |



|      |      |         |         |           |          |      |      |      |         |         |            |
|------|------|---------|---------|-----------|----------|------|------|------|---------|---------|------------|
| 3/5  | 2x19 | 2x18    | 2050 km | Arangen   | 3-2-1    | 2x16 | 2x26 | 2x12 | 2618 km | Bosbaan | 3-2-1      |
| 1/6  | 2x18 | 2x18    | 2086 "  | "         | 4x7 min  | 2x16 | 2x16 | 2x16 | 2640 km | "       | 3-7 min    |
| 2/6  | 2x14 |         | 2100 "  | "         | relig    | 30/6 | 2x16 | 2x16 | 2672 km | "       | 3-2-1      |
| 3/6  | Fri  |         |         |           |          | 1/7  | 2x14 |      | 2686 "  | "       | relig 2x16 |
| 4/6  | 1x5  | 2x6-1x6 | 2117 "  | Bergbaan  | 3x2000m  | 2/7  | 2x12 | 2x12 | 2710 "  | "       | 6x500m     |
| 5/6  | 1x12 |         | 2129 "  | Arangen   | bosbaan  | 3/7  | 2x12 | 2x20 | 2742 "  | "       | 4x1000m    |
| 6/6  | 2x28 |         | 2157 "  | Rotenburg | relig    | 5/7  | 2x12 | 2x14 | 2768 "  | Lucern  | 1x250m     |
| 7/6  | 2x28 | 2x20    | 2205 "  | "         | 2x5 min  | 6/7  | 2x14 | 2x8  | 2790 "  | Lucern  | 2x20 min   |
| 8/6  | 2x17 | 2x17    | 2239 "  | "         | station  | 7/7  | 2x4  | 2x8  | 2802 "  | "       | relig      |
| 9/6  | 2x17 |         | 2256 "  | "         | "        | 8/7  | 2x8  | 2x8  | 2820 "  | "       | 2x2000m    |
| 10/6 | 2x8  | 2x10    | 2274 "  | "         | 2x2000m  | 9/7  | 2x8  | 2x6  | 2834 "  | "       | 2x2000m    |
| 11/6 | 2x9  | 2x8     | 2291 "  | "         | 2x2000m  | 17/7 | 1x20 |      | 2854 "  | Arangen | 1x250      |
| 14/6 | 2x21 | 1x14    | 2326 "  | Arangen   | 4x2x21-2 | 18/7 | 1x20 |      | 2874 "  | "       | relig      |
| 15/6 | 2x14 | 1x14    | 2354 "  | "         | 4x4 min  | 19/7 | 1x20 |      | 2894 "  | Bosbaan | 2x5 min    |
| 16/6 | 2x24 | 1x12    | 2390 "  | "         | 3x4      | 20/7 | 1x20 |      | 2914 "  | "       | 2x4 min    |
| 17/6 | 2x16 |         | 2406 "  | "         | 4x7 min  | 21/7 | 1x20 |      | 2934 "  | "       | 5x30 sek   |
| 18/6 | 1x10 | 2x10    | 2426 "  | "         | 2x2000m  | 22/7 | 1x20 |      | 2954 "  | "       | 1x2 min    |
| 19/6 | 2x12 | 1x8     | 2446 "  | "         | 6x500m   | 23/7 | 2x18 |      | 2972 "  | Arangen | relig      |
| 20/6 | 1x12 |         | 2458 "  | "         | 3x1500m  | 24/7 | 2x18 |      | 2990 "  | "       | 2x1000m    |
| 22/6 | 1x16 | 2x16    | 2494 "  | Bosbaan   | station  | 25/7 | 1x18 |      | 3008 "  | "       | 3x7 min    |
| 23/6 | 2x16 |         | 2510 "  | "         | "        | 26/7 | 1x18 |      | 3026 "  | "       | 4x2x2-2-2  |
| 24/6 | 2x10 | 2x7     | 2527 "  | "         | 1x2000m  | 27/7 | 2x20 |      | 3046 "  | "       | 3-2-1      |
| 25/6 | 1x7  | 1x8     | 2542 "  | "         | 2x2000m  | 28/7 | 1x14 |      | 3060 "  | "       | station    |
| 26/6 | 2x16 |         | 2558 "  | "         | relig    | 29/7 | 1x6  | 2x7  | 3082 "  | "       | 3x2000m    |
| 27/6 | 2x16 | 2x16    | 2580 "  | "         | 4x4 min  |      |      |      |         |         |            |

|      |                           |                    |          |                |                 |                           |            |
|------|---------------------------|--------------------|----------|----------------|-----------------|---------------------------|------------|
| 30/7 | 1x20                      | 3102 km Arungen    | 6x10 min | 24/8 2x20      | 3659 km Arungen | rolig                     | —          |
| 31/7 | 2x20                      | 3122 "             | rolig    | 25/8 1x20      | 3679 "          | —                         | —          |
| 1/8  | 2x20                      | 3142 "             | 4222x2   | 26/8 2x22 2x18 | 3719 "          | 6x10 min                  | —          |
| 2/8  | 2x18                      | 3156 "             | 3-2-1    | 27/8 2x22 2x18 | 3759 "          | <del>4222x2</del> 4-2-2x2 | —          |
| 3/8  | 2x20                      | 3170 "             | 4222x2   | 29/8 2x22 2x18 | 3799 "          | —                         | 2x10 m     |
| 4/8  | 1x12                      | 3182 " Bogsveid    | rolig    | 30/8 2x22 2x18 | 3839 "          | —                         | 3-2-4x5    |
| 5/8  | 1x7 2x7 1x8 2x8 3x12      | 3212 "             | 422000 m | 31/8 2x20      | 3859 "          | —                         | 20 tot     |
| 6/8  | 2x8 2x8                   | 3228 "             | 2x2000 m | 2/9 2x21 2x19  | 3899 "          | Stokka vannet             | 3-2-4x5    |
| 7/8  | 1x16                      | 3244 "             | rolig    | 4/9 2x20 2x20  | 3939 "          | Vall vannet               | 30 tot     |
| 8/8  | 4x14                      | 3258 " Arungen     | rolig    | 5/9 2x22 2x20  | 3981 "          | —                         | 4222x2x6   |
| 9/8  | 4x12 8x8                  | 3278 "             | 30 tot   | 6/9 2x22       | 4003 "          | —                         | 6x10 min   |
| 10/8 | 4x12 8x12                 | 3302 "             | 1x500 m  | 7/9 2x20 2x18  | 4041 "          | —                         | 3-2-1x2x3  |
| 11/8 | 4x14 8x8                  | 3324 "             | 30 tot   | 8/9 2x20       | 4061 "          | rolig                     | —          |
| 12/8 | 4x8                       | 3332 " Kongsvinger | rolig    | 9/9 2x24       | 4085 "          | Arungen                   | 3-2-4x3    |
| 13/8 | 1x6 4x7 2x6 6x8 6x6 3x6 3 | 3363 "             | 5x2000 m | 10/9 2x20 2x18 | 4123 "          | —                         | 6x7 min    |
| 14/8 | 2x20                      | 3383 " Arungen     | rolig    | 11/9 2x22 2x18 | 4163 "          | —                         | 3-2-1x4x3  |
| 15/8 | 2x24 2x18                 | 3425 "             | 4222x2x6 | 12/9 2x12      | 4175 "          | —                         | 6x4 m      |
| 16/8 | 2x2 romaskin              | 3427 "             | 5x10 min | 13/9 2x18      | 4193 "          | —                         | 6x4x2x6    |
| 17/8 | 2x20 2x18                 | 3465 "             | 20 tak   | 15/9 2x8 2x20  | 4221 "          | Villach                   | støttering |
| 18/8 | 2x20                      | 3485 "             | 3x5 min  | 16/9 2x7 2x13  | 4241 "          | —                         | 2x2000 m   |
| 19/8 | 2x24 2x18                 | 3527 "             | 4222x2x6 | 17/9 2x7 2x16  | 4264 "          | —                         | 1x2000 m   |
| 20/8 | 2x20 2x14                 | 3561 "             | 5x3 km   | 18/9 1x22      | 4286 "          | rolig                     | —          |
| 21/8 | 2x20 2x18                 | 3599 "             | 4222x2x6 | 19/9 1x20 1x22 | 4328 "          | —                         | 3-2-4x3    |
| 22/8 | 2x22 2x18                 | 3639 "             | 6x10 m   | 20/9 1x14      | 4342 "          | —                         | 1x1000 m   |
| 23/8 | 2x22 2x18                 | 3639 "             | 6x10 m   | 21/9 1x24      | 4366 "          | —                         | 1x1500 m   |



|       |      |      |      |               |             |       |      |      |         |               |                |
|-------|------|------|------|---------------|-------------|-------|------|------|---------|---------------|----------------|
| 22/9  | 1x14 | 1x22 | 4402 | Villach       | 2x7 min     | 22/10 | 2x14 | 2x14 | 5049 km | Lake Karapene | 3x4x2x2        |
| 23/9  | 1x14 | 1x70 | 4426 | Villach       | 2x7 min     | 23/10 | 2x14 | 2x14 | 5077    | "             | 3x4 min        |
| 25/9  | 1x12 |      | 4438 | Arungen       | rolig       | 24/10 | 2x10 | 2x10 | 5117    | "             | 3-2-1x2x2      |
| 26/9  | 2x14 | 2x18 | 4470 | "             | 4x4 min     | 25/10 | 2x10 | 2x12 | 5145    | "             | 2x2000m        |
| 27/9  | 2x20 |      | 4490 | "             | 3-2x4x2     | 26/10 | 2x10 | 2x20 | 5165    | "             | Startbreng.    |
| 28/9  | 2x18 | 1x18 | 4526 | "             | 4x7 min     | 27/10 | 2x15 | 2x15 | 5195    | "             | 6x500m 3x1000m |
| 29/9  | 2x22 |      | 4548 | "             | 4-2-2-1-2   | 28/10 | 2x15 | 2x25 | 5235    | "             | 2x1500m        |
| 30/9  | 2x17 | 1x14 | 4579 | "             | 5x5 min     | 29/10 | 2x20 |      | 5255    | "             | rolig          |
| 1/10  | 1x22 |      | 4601 | "             | 5x5 min     | 30/10 | 2x10 |      | 5271    | "             | Start 1/1500m  |
| 2/10  | 1x18 |      | 4619 | "             | rolig       | 31/10 | 2x12 |      | 5283    | "             |                |
| 3/10  | 2x12 |      | 4631 | "             | 3-2-1x2-2   | 1/11  | 2x8  | 2x13 | 5304    | "             | 20-3000m       |
| 4/10  | 2x17 | 2x10 | 4664 | "             | 2x1000m     | 2/11  | 2x14 | 2x12 | 5330    | "             | rolig          |
| 5/10  | 2x18 | 2x14 | 4696 | "             | 3x1000m     | 3/11  | 2x12 |      | 5342    | "             | 1x1250 1x500   |
| 6/10  | 1x18 |      | 4714 | "             | rolig       | 4/11  | 2x8  |      | 5350    | "             | 1x500m         |
| 7/10  | 1x18 | 2x16 | 4748 | "             | 4x4 min     | 5/11  | 2x10 | 2x8  | 5368    | "             | 20-3000m       |
| 8/10  | 2x20 | 2x14 | 4782 | "             | Reduct      |       |      |      |         |               | 1x250 1x2000m  |
| 9/10  | 2x18 | 1x16 | 4816 | "             | 4x7 min     |       |      |      |         |               |                |
| 10/10 | 2x20 | 2x14 | 4850 | "             | 3-2-1x2x3   |       |      |      |         |               |                |
| 11/10 | 2x12 | 2x16 | 4878 | "             | 6x500 4x500 |       |      |      |         |               |                |
| 12/10 | 1x15 |      | 4893 | "             | 4x1500m     |       |      |      |         |               |                |
| 17/10 | 2x20 |      | 4913 | Lake Karapene | rolig       |       |      |      |         |               |                |
| 18/10 | 2x20 |      | 4933 | "             | "           |       |      |      |         |               |                |
| 17/10 | 2x20 | 2x14 | 4967 | "             | 3-2-1x2x2   |       |      |      |         |               |                |
| 20/10 | 2x16 |      | 4983 | "             | rolig       |       |      |      |         |               |                |
| 21/10 | 2x14 | 2x14 | 5011 | "             | rolig       |       |      |      |         |               |                |

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# 1979 Rosesongen 1979

|      |           |         |       |       |
|------|-----------|---------|-------|-------|
| 7/3  | 4x18km    | Oslo    | 18 km | Relig |
| 10/3 | 4x22km    | "       | 40    | "     |
| 11/3 | 4x30      | "       | 70    | "     |
| 12/3 | 4x20      | "       | 90    | "     |
| 13/3 | 4x24      | "       | 114   | "     |
| 14/3 | 2x20      | "       | 134   | "     |
| 15/3 | 2x24      | "       | 158   | "     |
| 16/3 | 4x24      | "       | 182   | "     |
| 24/3 | 2x26      | "       | 208   | "     |
| 25/3 | 2x17      | "       | 225   | "     |
| 26/3 | 2x27      | "       | 252   | "     |
| 27/3 | 2x18      | "       | 270   | "     |
| 29/3 | 2x28      | "       | 298   | "     |
| 1/4  | 1x18      | "       | 316   | "     |
| 4/4  | 1x25      | "       | 341   | "     |
| 5/4  | 1x13      | "       | 354   | "     |
| 6/4  | 1x12      | "       | 372   | "     |
| 7/4  | 2x17-17   | Drummen | 406   | "     |
| 8/4  | 1x22      | Oslo    | 428   | "     |
| 9/4  | 1x18      | Oslo    | 446   | "     |
| 10/4 | 2x10 2x26 | Drummen | 482   | "     |
| 11/4 | 2x26      | Oslo    | 508   | "     |
| 12/4 | 2x26 2x18 | Drummen | 552   | "     |

|      |           |        |         |          |
|------|-----------|--------|---------|----------|
| 13/4 | 8x20km    | 572 km | Oslo    | 5x10 min |
| 14/4 | 2x24 2x18 | 614    | Drummen | Relig    |
| 15/4 | 1x18      | 632    | Oslo    | "        |
| 16/4 | 2x22      | 654    | Drummen | Relig    |
| 17/4 | 2x22      | 676    | Drummen | Relig    |
| 20/4 | 1x26      | 702    | "       | "        |
| 21/4 | 1x18      | 716    | "       | "        |
| 22/4 | 1x20      | 736    | "       | "        |
| 23/4 | 1x15      | 751    | "       | "        |
| 24/4 | 1x15      | 766    | "       | "        |
| 25/4 | 1x22      | 788    | "       | "        |
| 26/4 | 1x20      | 808    | "       | "        |
| 27/4 | 1x14      | 822    | "       | "        |
| 28/4 | 1x14      | 836    | "       | "        |
| 1/5  | 1x18      | 854    | Arngren | 5x10 min |
| 2/5  | 1x18      | 872    | "       | "        |
| 3/5  | 1x10      | 882    | "       | "        |
| 4/5  | 1x20      | 902    | "       | "        |
| 5/5  | 1x20      | 922    | "       | "        |
| 6/5  | 1x16      | 938    | "       | "        |
| 7/5  | 1x19      | 957    | "       | "        |
| 8/5  | 1x24      | 981    | "       | "        |
| 9/5  | 1x16      | 997    | "       | "        |
| 10/5 | 1x24      | 1021   | "       | "        |



|      |           |                         |                  |                           |
|------|-----------|-------------------------|------------------|---------------------------|
| 12/5 | 1x12km    | 1033 km Aringen 1x1000m | 9/6 1x6          | 1455 km Aringen Roly      |
| 13/5 | 1x8 1x8   | 1049 " " 2x2000m        | 7/6 1x20         | 1475 " " " "              |
| 14/5 | 1x15      | 1064 " " 5x7 min.       | 8/6 1x18         | 1493 " " 4x10 min.        |
| 15/5 | 1x22      | 1086 " " 6x10 min.      | 9/6 1x10 1x10    | 1513 " " 6x500m 4x1000m   |
| 16/5 | 1x17      | 1103 " " 5x7 min.       | 10/6 1x15 1x18   | 1546 " " 4x1500m Roly     |
| 17/5 | 1x22      | 1125 " " 4x2-2x12x6     | 11/6 1x20        | 1566 " " " Roly.          |
| 18/5 | 1x8       | 1133 " " Roly           | 12/6 2x14        | 1580 " " " Roly           |
| 19/5 | 1x20      | 1153 " " 1x2000 2x500   | 13/6 1x18        | 1598 " Rötterburg 3x1000m |
| 20/5 | 1x20      | 1173 " " 5x7 min.       | 14/6 1x18 1x18   | 1634 " " " Roly           |
| 21/5 | 1x20      | 1193 " " 5x7 min.       | 15/6 1x18        | 1652 " Aringen -a-        |
| 22/5 | 1x20      | 1213 " " 1x10 min.      | 16/6 1x18 1x18   | 1688 " " " 4x5 min        |
| 23/5 | 1x20      | 1233 " " 5x7 min.       | 17/6 2x20 2x20   | 1728 " " " 3x3-2-1        |
| 24/5 | 1x23      | 1256 " " 4x2-2-1-2x6    | 18/6 2x20 2x18   | 1766 " " " 2x10 min.      |
| 25/5 | 1x20      | 1276 " " 5x7 min.       | 19/6 2x21 2x12   | 1799 " " " 6x4-2 6x2-2    |
| 26/5 | 1x10      | 1286 " " 6x500m         | 20/6 1x20        | 1819 " " " Roly           |
| 27/5 | 1x14      | 1300 " " 6x6 min.       | 21/6 2x12 2x12   | 1843 " " " 6x500m 4x1000m |
| 28/5 | 1x10      | 1310 " " Roly           | 22/6 1x12        | 1855 " " " 4x1500m        |
| 29/5 | 1x18      | 1328 " " 6x1000m        | 23/6 2x16        | 1871 Buben Roly           |
| 30/5 | 1x20      | 1348 " " 4x10 min.      | 24/6 2x16        | 1887 " " " 2x300m.        |
| 31/5 | 1x6       | 1354 " " Roly           | 25/6 2x9 2x9 1x8 | 1913 " " " 2x2000m.       |
| 1/6  | 1x18      | 1372 " " 4x10 min.      | 26/6 1x9 1x9     | 1931 " " " 2x2000m.       |
| 2/6  | 1x10 1x10 | 1392 " " 2x2000m        | 27/6 1x23 2x20   | 1974 Aringen 3-2-1x3x3    |
| 3/6  | 1x16      | 1408 " " 4x5 min.       | 28/6 2x16 2x16   | 2008 " " " 4x5 min.       |
| 4/6  | 1x18 1x23 | 1449 " " Roly 3x3-2-1   | 29/6 2x18 2x20   | 2044 " " " 3-2-1x3x3      |

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|      |      |      |        |              |       |      |        |         |           |
|------|------|------|--------|--------------|-------|------|--------|---------|-----------|
| 6/7  | 2x18 | 2x18 | 2080km | Aringen      | 2x18  | 2x20 | 2613km | Aringen | 7x7min    |
| 7/7  | 2x20 | 2x18 | 2118   | 4x5 min      | 2x18  | 1x12 | 2643   | "       | Relig     |
| 8/7  | 1x14 |      | 2132   | Relig        | 1x12  | 1x14 | 2669   | "       | 20x30tak  |
| 9/7  | 2x13 | 8x14 | 2163   | 6x500        | 2x14  |      | 2703   | "       | Relig     |
| 10/7 | 1x14 | 8x20 | 2197   | 4x1500       | 2x18  |      | 2741   | "       | Startling |
| 11/7 | 8x14 |      | 2211   | Relig        | 4x12  |      | 2773   | "       | 5x7 min   |
| 12/7 | 1x18 |      | 2229   | 3x2-1x3x2    | 2x20  |      | 2793   | "       | Relig     |
| 13/7 | 2x12 | 2x13 | 2254   | Mohak, relig | 2x18  |      | 2830   | "       | 4x10min   |
| 14/7 | 2x8  | 8x6  | 2274   | —            | 2x6   | 4x6  | 2863   | "       | 4x2-2x2   |
| 15/7 | 2x6  | 2x8  | 2296   | 8-3x2000     | 2x20  |      | 2883   | "       | Relig     |
| 16/7 | 1x20 |      | 2316   | Aringen      | 2x14  | 8x8  | 2919   | "       | 6x500m    |
| 17/7 | 1x15 | 1x12 | 2343   | —            | 4x12  |      | 2949   | "       | 4x10min   |
| 18/7 | 2x12 | 2x20 | 2375   | Moskva       | Relig |      | 2966   | "       | 2x500m    |
| 19/7 | 2x16 | 2x12 | 2403   | —            | 8x18  |      | 3002   | "       | 3x5min    |
| 20/7 | 2x4  | 2x10 | 2417   | —            | 2x8   |      | 3022   | "       | Startling |
| 21/7 | 2x16 |      | 2433   | —            | 2x20  | 2x20 | 3044   | "       | 4x2000m   |
| 22/7 | 2x12 | 2x6  | 2456   | —            | 2x19  | 2x18 | 3084   | "       | Relig     |
| 23/7 | 2x6  | 2x8  | 2474   | —            | 2x18  | 2x14 | 3121   | "       | 4x10m     |
| 24/7 | 2x8  | 2x12 | 2488   | —            | 2x15  |      | 3153   | "       | 2x2-1x6   |
| 25/7 | 2x8  | 2x8  | 2508   | Essen        | 2x19  | 2x18 | 3168   | "       | 3x1250m   |
| 26/7 | 1x10 |      | 2524   | Essen        | 2x19  | 2x18 | 3205   | "       | Startling |
| 27/7 | 2x21 | 2x20 | 2534   | Aringen      | Relig |      | 3227   | "       | 2x2-1x5   |
| 28/7 | 2x21 | 2x20 | 2575   | —            | 2x16  |      | 3245   | "       | 4x5min    |



|      |      |      |      |               |                |       |               |         |               |
|------|------|------|------|---------------|----------------|-------|---------------|---------|---------------|
| 27/8 | 2x19 | 2x11 | 3273 | Arungen       | 4x5m           | 9/10  | 2x20          | 3232 km | Arungen relig |
| 28/8 | 2x17 | 2x14 | 3309 | Arungen       | 1x10 startline | 10/10 | 1x18          | 3750    | —             |
| 29/8 | 1x18 |      | 3322 | 2x1x3         |                | 12/10 | 1x10          | 3760    | Ormsund       |
| 30/8 | 1x15 | 2x11 | 3354 | 6x5m          | 4x100m         | 14/10 | 1x25          | 3785    | Ulroja rundt  |
| 1/9  | 2x16 | 2x14 | 3384 | 2x1500m       |                | 17/10 | 1x20          | 3805    | Arungen relig |
| 2/9  | 2x14 |      | 3398 | Arungen relig |                | 18/10 | 1x20          | 3825    | —             |
| 4/9  | 2x12 | 2x8  | 3418 | Bled          | 1x500m         | 21/10 | 1x20          | 3845    | —             |
| 5/9  | 2x8  | 2x12 | 3449 | Bled          | 20-30 tak      | 23/10 | 2x20          | 3865    | —             |
| 6/9  | 2x12 |      | 3461 | Bled          | 1x2000m        | 24/10 | 2x14          | 3879    | —             |
| 7/9  | 2x16 | 2x8  | 3485 | Bled          | 30 tak         | 25/10 | 2x20          | 3899    | —             |
| 8/9  | 2x8  | 2x14 | 3505 | Bled          | 1x2000m        | 26/10 | 2x14          | 3913    | Ormsund relig |
| 9/9  | 2x8  | 2x7  | 3520 | Bled          | start 30 tak   | 27/10 | 1x14          | 3927    | Arungen       |
| 12/9 | 1x12 |      | 3532 | Arungen relig | 1x2000m        | 28/10 | 2x22          | 3949    | Ormsund       |
| 15/9 | 1x14 |      | 3546 | Arungen       | —              | 31/10 | 1x20          | 3969    | Arungen       |
| 22/9 | 2x6  |      | 3552 | Bled          | —              | 1/11  | 2x20          | 3989    | Ormsund       |
| 23/9 | 1x20 |      | 3572 | Arungen       | —              | 2/11  | 1x14          | 4003    | Arungen       |
| 26/9 | 2x20 |      | 3592 | —             | —              | 3/11  | Test comaskin | 4851    | Idetholstade  |
| 30/9 | 4x2  | 4x2  | 3596 | Ormsund       | 2x1000m        | 4/11  | 2x12          | 4015    | Ormsund       |
| 2/10 | 2x20 |      | 3616 | Arungen relig | —              | 5/11  | 2x22          | 4037    | —             |
| 3/10 | 1x18 |      | 3634 | —             | —              | 7/11  | 2x20          | 4057    | —             |
| 4/10 | 2x20 |      | 3654 | —             | —              | 8/11  | 2x10          | 4067    | —             |
| 5/10 | 2x20 |      | 3674 | —             | —              | 9/11  | 1x25          | 4092    | —             |
| 6/10 | 2x20 |      | 3694 | —             | —              | 10/11 | 1x20          | 4112    | —             |
| 7/10 | 1x18 |      | 3712 | —             | —              | 15/11 | 1x14          | 4126    | —             |

# Rosesøngen 1980

|                         |          |         |           |
|-------------------------|----------|---------|-----------|
| 16/11                   | 1x2 km   | 4/28 km | Ormsund   |
| 19/11                   | 2x22 "   | 4/50 km | —         |
| 20/11                   | 2x6 "    | 4/56 "  | —         |
| 22/11                   | 3/4 20 " | 4/76 "  | —         |
| 24/11                   | 4 ÷ 20 " | 4/96 "  | —         |
| 26/11                   | 2x28 "   | 4/224 " | —         |
| 27/11                   | 2x18 "   | 4/242 " | —         |
| 28/11                   | 4-26 "   | 4/268 " | —         |
| 3/12                    | 2x28 "   | 4/276 " | —         |
| 4/12                    | 4-25 "   | 4/321 " | —         |
| Cappelling av Lure 1979 |          |         |           |
| 6/12                    | 2x22 "   | 4/343 " | —         |
| 7/12                    | 4 ÷ 26 " | 4/369 " | —         |
| 8/12                    | 4-35 "   | 4/404 " | —         |
| 16/12                   | 4 ÷ 30 " | 4/344 " | —         |
| 17/12                   | 4 ÷ 25 " | 4/359 " | —         |
| 29/12                   | 2x28 "   | 4/477 " | Drammen   |
| 30/12                   | 2x28 "   | 4/505 " | —         |
| 31/12                   | 4 ÷ 27 " | 4/532 " | Ormsund   |
| 3/1 Test                | Rørrgo   | 4818 "  |           |
| 7/3 Test                | —        | 4839 "  | May takt. |

|      |           |        |                     |
|------|-----------|--------|---------------------|
| 15/1 | 1x14 km   | 4/6 km | Sabaudia.           |
| 16/1 | 1x14 1x18 | —      | —                   |
| 17/1 | 1x18 1x17 | 81 "   | —                   |
| 18/1 | 1x18      | 99 "   | —                   |
| 19/1 | 1x20      | 119 "  | 24 takt<br>5x10 min |
| 20/1 | 1x17      | 136 "  | 3x15 min<br>(24)    |
| 21/1 | 1x22 1x18 | 176 "  | 5x10 min<br>(24)    |
| 23/1 | 1x24 1x18 | 218 "  | 4x15 min<br>(24)    |
| 24/1 | 1x16 1x17 | 241 "  | 4x10 min<br>(24)    |
| 25/1 | 1x18      | 259 "  | —                   |
| 26/1 | 1x18      | 277 "  | —                   |
| 27/1 | 1x22 1x18 | 317 "  | 4x15 min<br>(24)    |
| 10/3 | 1x20      | 337 "  | —                   |
| 11/3 | 1x22 1x22 | 381 "  | —                   |
| 12/3 | 1x24      | 405 "  | —                   |
| 13/3 | 2x15 2x15 | 435 "  | —                   |
| 14/3 | 2x18      | 453 "  | —                   |
| 15/3 | 2x14 2x16 | 483 "  | 4x3 min<br>(22)     |
| 16/3 | 2x17 2x18 | 518 "  | 4x10 min<br>(25)    |
| 17/3 | 1x19      | 537 "  | 3x15 min<br>(24)    |
| 18/3 | 1x15 2x17 | 569 "  | 4x3 min<br>(22)     |
| 19/3 | 1x17 2x18 | 604 "  | 4x10 min<br>(25)    |



|      |           |        |                |      |             |         |                                          |
|------|-----------|--------|----------------|------|-------------|---------|------------------------------------------|
| 20/3 | 2x17 km   | 621 km | Sabaudia       | 21/4 | 1x23 km     | 1253 km | Drammen                                  |
| 21/3 | 2x19 "    | 640 "  | "              | 22/4 | 1x10 "      | 1263 "  | Ormsund                                  |
| 29/3 | 2x22 "    | 660 "  | Ormsund        | 23/4 | 1x20 1x10   | 1293 "  | Ormsund                                  |
| 30/3 | 2x22 "    | 684 "  | Drammen        | 24/4 | 1x16        | 1309 "  | Ormsund                                  |
| 31/3 | 2x20 2x18 | 722 "  | 4x10 min (25)  | 25/4 | 1x14        | 1323 "  | Ormsund (25)                             |
| 1/4  | 2x18 2x21 | 761 "  | 3-2-1x3x3      | 26/4 | 1x12 1x15   | 1350 "  | 4x5 min (25) Sandvika                    |
| 2/4  | 2x23      | 784 "  | "              | 27/4 | 1x15 1x20   | 1385 "  | 3x7 min (25) Sandvika                    |
| 3/4  | 2x23      | 807 "  | 3-2-1x3x3      | 28/4 | 1x18        | 1403 "  | Ormsund                                  |
| 4/4  | 2x21 2x23 | 851 "  | 5x10 min (25)  | 29/4 | 1x13 1x13   | 1429 "  | 3x4-2 3x1-2 4x7 min (25) Ormsund-Arunken |
| 5/4  | 2x25 1x18 | 894 "  | 4-2-2-2-1-2x6  | 30/4 | 1x14        | 1443 "  | 3x5 min (25) Arungen                     |
| 6/4  | 1x18      | 912 "  | "              | 31/4 | 1x16 1x15   | 1474 "  | 3x10 min (25) Arungen                    |
| 7/4  | 1x18      | 930 "  | na. 1 2x23     | 2/5  | 1x18        | 1492 "  | Arungen                                  |
| 8/4  | 2x18 1x20 | 968 "  | 6 km regatta   | 3/5  | 1x12 1x15   | 1519 "  | Test 2000 m na. 3. Arungen 7.15.0        |
| 9/4  | 2x23      | 991 "  | 4x10 min       | 4/5  | 1x12 1x14   | 1545 "  | Test 2000 m na. 2. Arungen 7.35.0        |
| 10/4 | 2x23      | 1014 " | 3-2-1x3x4      | 5/5  | 1x20        | 1565 "  | Arungen                                  |
| 11/4 | 2x23      | 1037 " | 6x10 min (25)  | 6/5  | 1x14 1x14   | 1593 "  | 2x4-2 2x2-2 2x1x3x3 Arungen 4x7 min (25) |
| 12/4 | 2x26      | 1063 " | 4-2-2-2-1-2 x4 | 7/5  | 1x20        | 1613 "  | 3x5 min (25)                             |
| 13/4 | 2x22 2x20 | 1105 " | 4x15 min (25)  | 8/5  | 1x21        | 1634 "  | 3x10 min (25)                            |
| 14/4 | 2x23      | 1128 " | Drammen        | 9/5  | 1x18        | 1652 "  | poly                                     |
| 15/4 | 2x18      | 1146 " | 3-2-1x3x2 2x26 | 10/5 | 1x12 2x8    | 1672 "  | 1x2000 m 1 ann.                          |
| 16/4 | 2x18 2x18 | 1182   | 4x10 min 24    | 11/5 | 1x6 2x9 1x9 | 1696 "  | 3x2000 m 2 ann.                          |
| 17/4 | 2x20 2x18 | 1220   | 4x7 min 26     | 12/5 | 1x20        | 1716 "  | "                                        |
| 20/4 | 2x10      | 1230   | "              | 13/5 | 1x20        | 1736 "  | 3x4-2 2-2 3x1-2                          |

OL Boikott



|      |           |         |                 |              |         |                  |
|------|-----------|---------|-----------------|--------------|---------|------------------|
| 14/5 | 1x20      | 1756 km | 4-2-2-2-1-2x3   | Arungen      | 2272 km | Arungen          |
| 15/5 | 1x18 1x18 | 1792 "  | 4x5 min         | 6x500m 137   | 2298 "  | 4x1000m 328      |
| 16/5 | 1x14 1x14 | 1820 "  | 4x10 min        | Arungen      | 2312 "  | 3x1500m (31)     |
| 17/5 | 1x14      | 1834 "  | —               | Arungen      | 2330 "  | Arungen          |
| 18/5 | 1x12 1x12 | 1858 "  | 2x2000m         | Arungen (25) | 2346 "  | 3x10 min         |
| 19/5 | 1x20      | 1878 "  | —               | Luzern       | 2372 "  | starttrenn       |
| 20/5 | 1x20      | 1898 "  | 5x30t. 4x40t m/ | Luzern       | 2388 "  | 2x2000m          |
| 21/5 | 1x21      | 1919 "  | Arungen         | Luzern       | 2409 "  | 2x2000m          |
| 22/5 | 1x20      | 1939 "  | 4x5 min (30)    | Arungen      | 2429 "  | 3x10 min (23)    |
| 23/5 | 1x18      | 1957 "  | Arungen         | Arungen      | 2441 "  | Arungen          |
| 24/5 | 1x14 1x15 | 1986 "  | starttrenn      | Arungen      | 2462 "  | 4x10 min (26)    |
| 25/5 | 1x8 1x9   | 2003 "  | 6x500m 4x1000m  | Arungen      | 2482 "  | Arungen          |
| 26/5 | 1x16      | 2019 "  | Horten NR.2     | Arungen      | 2511 "  | 6x500m 4x1000m   |
| 27/5 | 1x16      | 2035 "  | 2x2000m         | Arungen      | 2538 "  | 3x1500m          |
| 28/5 | 1x16      | 2049 "  | Arungen         | Arungen      | 2554 "  | Arungen          |
| 29/5 | 1x14      | 2077 "  | 3x10 min (22)   | Arungen      | 2570 "  | stt. 4x30t 3x40t |
| 30/5 | 1x14 1x14 | 2101 "  | Bagvard         | Arungen      | 2585 "  | 2x1000m          |
| 31/5 | 1x12 1x12 | 2128 "  | Bagvard         | Arungen      | 2593 "  | Arungen          |
| 1/6  | 4x15 4x12 | 2142 "  | 2x2000m         | Boabbaan     | 2621 "  | Boabbaan         |
| 2/6  | 1x14      | 2160 "  | Bagvard         | Boabbaan     | 2629 "  | Boabbaan         |
| 3/6  | 1x18      | 2180 "  | 4x250m 5x500m   | Boabbaan     | 2641 "  | 2x2000m          |
| 4/6  | 1x20      | 2198 "  | Arungen         | Boabbaan     | 2653 "  | Boabbaan         |
| 5/6  | 1x18      | 2216 "  | 4x5 min         | Boabbaan     | 2681 "  | 4x30t 3x40t      |
| 6/6  | 1x18      | 2242 "  | 4x10 min        | Boabbaan     |         |                  |
| 7/6  | 1x16 1x10 | 2242 "  | —               | Boabbaan     |         |                  |
|      |           |         | 3-2-1x3x2       |              |         |                  |



|      |      |         |                         |         |      |      |         |                                 |
|------|------|---------|-------------------------|---------|------|------|---------|---------------------------------|
| 3/6  | 8+16 | 2697 km | 3x7 min (26)            | Arungen | 31/7 | 1x16 | 3146 km | Arungen                         |
| 4/6  | 8+12 | 2717 "  | Handly 1x7 min (29)     | "       | 1/8  | 2x18 | 3164 "  | 2x3x3-2-1 2422.2                |
| 5/6  | 8+6  | 2731 "  | Handly 1x2000m          | "       | 2/8  | 2x12 | 3189 "  | 2x1500m 3x1000m                 |
| 8/7  | 1x20 | 2751 "  | Handly 1x2000m          | "       | 3/8  | 2x12 | 3217 "  | 36 " 35                         |
| 9/7  | 1x18 | 2769 "  | Arungen 2x4 min (29)    | "       | 4/8  | 1x16 | 3233 "  | 2x1500m 35 1/2                  |
| 11/7 | 1x20 | 2789 "  | Arungen 3x3-2-1 (24-58) | "       | 5/8  | 2x14 | 3247 "  | Starttr. 5x30 tak. (42-38)      |
| 12/7 | 1x18 | 2807 "  | Arungen 4x10m (25)      | "       | 6/8  | 1x16 | 3263 "  | 4x40 tak. (42-38)               |
| 13/7 | 1x18 | 2825 "  | Arungen 4x7m (27)       | "       | 7/8  | 2x18 | 3281 "  | 3x5 min. (26)                   |
| 15/7 | 1x12 | 2837 "  | Arungen 10.8.8.4-2-1    | "       | 8/8  | 1x12 | 3293 "  | Arungen 3x10 min (27)           |
| 16/7 | 1x20 | 2857 "  | 4x7m (27)               | "       | 9/8  | 1x12 | 3317 "  | Arungen starttrening            |
| 17/7 | 1x20 | 2877 "  | 4x7m (27)               | "       | 10/8 | 2x12 | 3344 "  | Arungen 2x2000m nr.1            |
| 18/7 | 1x18 | 2895 "  | 2x3x3-2-1 1x1000m       | "       | 11/8 | 1x16 | 3360 "  | Arungen 2x2000m nr.1            |
| 19/7 | 1x22 | 2917 "  | 5x10 min (25)           | "       | 12/8 | 2x20 | 3380 "  | Arungen starttr. 5x30 tak. 4x40 |
| 20/7 | 1x20 | 2937 "  | 4x7 min (27)            | "       | 13/8 | 2x20 | 3400 "  | 3x5 min (31-32)                 |
| 21/7 | 1x18 | 2955 "  | 1x500m                  | "       | 14/8 | 2x20 | 3420 "  | 3x10 min (28)                   |
| 22/7 | 1x26 | 2981 "  | 2x80.8.6.4-2-1          | "       | 15/8 | 1x16 | 3448 "  | 6x500m                          |
| 23/7 | 1x15 | 2996 "  | 4x7 min (26)            | "       | 16/8 | 1x18 | 3466 "  | 4x1000m                         |
| 24/7 | 1x18 | 3014 "  | "                       | "       | 17/8 | 2x17 | 3483 "  | "                               |
| 25/7 | 1x20 | 3034 "  | 3x3x3-2-1 (24-27-34)    | "       | 18/8 | 1x14 | 3497 "  | 5x30 tak 4x40                   |
| 26/7 | 1x22 | 3056 "  | 5x10 min (24)           | "       | 19/8 | 2x14 | 3521 "  | Starttr. 20 tak                 |
| 27/7 | 1x18 | 3074 "  | 4x7 min (27)            | "       | 20/8 | 2x14 | 3541 "  | 1x500m 1x1000m                  |
| 28/7 | 1x16 | 3090 "  | "                       | "       | 21/8 | 8+12 | 3553 "  | Arungen. Flott                  |
| 29/7 | 2x20 | 3110 "  | "                       | "       | 22/8 | 1x12 | 3565 "  | Starttr. Arungen                |
| 30/7 | 2x20 | 3130 "  | 4x7 min (28)            | "       |      |      |         |                                 |



|      |                |         |                               |       |          |          |                                        |
|------|----------------|---------|-------------------------------|-------|----------|----------|----------------------------------------|
| 23/8 | 4+6/x6 2x6 8+6 | 3589 km | 5x2000 m<br>NM Arungen        | 17/9  | 1x12     | 3980 km. | Arungen<br>startlin. 20 tak<br>Arungen |
| 24/8 | 2x7 1x11       | 3607 km | 2x2000 m<br>Regatta Arungen   | 19/9  | 8+ 8     | 3988 "   | "                                      |
| 25/8 | 2x18           | 3625 km | Arungen                       | 20/9  | 8+ 23    | 4011 "   | GjØTAEVLØPET<br>1x20KM                 |
| 26/8 | 2x24           | 3649 "  | 4x4+2 4x2+2<br>4x2+1 (22-28)  | 22/9  | 1x14     | 4025 "   | 4x3 min (25)<br>Arungen                |
| 27/8 | 2x18           | 3667 "  | 4x7 min (28-29)<br>Arungen    | 23/9  | 2x20     | 4045 "   | 3x15 min (25-28)<br>Ormsund            |
| 28/8 | 2x18           | 3685 "  | — " —                         | 25/9  | 2x20     | 4065 "   | 1x10-8-6-4-2-1<br>— " — (23-37)        |
| 29/8 | 2x18           | 3703 "  | — " —                         | 27/9  | 1x15     | 4080 "   | 4x3 min. (25)<br>Arungen               |
| 30/8 | 2x18           | 3721 "  | 4x10 min (26)<br>— " —        | 28/9  | 1x14     | 4094 "   | 1x10-8-6-4-2-1<br>Arungen (23-2)       |
| 31/8 | 2x18           | 3739 "  | 4x7 min (26)<br>— " —         | 1/10  | 1x14     | 4108 "   | Arungen                                |
| 1/9  | 2x18           | 3757 "  | — " —                         | 4/10  | 1x18     | 4126 "   | Arungen<br>4x3 min (25)                |
| 2/9  | 2x15           | 3772 "  | startutgang<br>5x30 tak 4x40+ | 5/10  | 1x20     | 4146 "   | 1x10-8-6-4-2-1<br>Arungen (22-28)      |
| 3/9  | 2x16           | 3788 "  | 3x5 min (30)<br>— " —         | 11/10 | 4+2 1x2  | 4150 "   | 1x100m Klubb<br>Ormsund                |
| 4/9  | 2x16           | 3804 "  | 3x10 min (24)<br>— " —        | 12/10 | 1x6 1x21 | 4177 "   | nr.1-104.33<br>Uløysarundt             |
| 5/9  | 2x14           | 3818 "  | Arungen                       | 13/10 | 1x14     | 4191 "   | Arungen                                |
| 6/9  | 2x16 2x14      | 3848 "  | 6x500m (39)<br>4x1000m (35)   | 16/10 | 1x18     | 4209 "   | Arungen                                |
| 7/9  | 2x12           | 3860 "  | 3x5 min (31)<br>— " —         | 18/10 | 2x24     | 4233 "   | Ormsund                                |
| 9/9  | 2x12           | 3872 "  | startutg.<br>3x30+ 2x40+      | 22/10 | 1x14     | 4247 "   | Arungen                                |
| 10/9 | 1x10           | 3882 "  | 2x1000 m<br>Arungen           | 23/10 | 1x20     | 4267 "   | — " —                                  |
| 11/9 | 2x6            | 3888 "  | Villach.                      | 30/10 | 1x14     | 4281 "   | — " —                                  |
| 12/9 | 2x12 2x12      | 3912 "  | startlin. 30 tak.<br>Villach  | 1/11  | 2x20     | 4301 "   | Ormsund                                |
| 13/9 | 2x6 2x10 2x6   | 3934 "  | 1x2000 m<br>Villach           | 2/11  | 2x28     | 4329 "   | — " —                                  |
| 14/9 | 2x6 2x12 8+8   | 3960 "  | 2x2000 m<br>Villach           | 4/11  | 1x14     | 4333 "   | Arungen                                |
| 16/9 | 8+8            | 3968 "  | Arungen                       | 5/11  | 1x14     | 4347 "   | Arungen                                |
|      |                |         |                               | 15/11 | 2x24     | 4371 "   | Ormsund                                |



# Roselungen 1981

|      |      |       |                    |
|------|------|-------|--------------------|
| 24/3 | 2x26 | 26 km | Relig. (12)        |
| 25/3 | 2x27 | 53    | Ormsund            |
| 26/3 | 2x25 | 78    | Relig. (16)        |
| 28/3 | 2x26 | 104   | Relig. (18)        |
| 30/3 | 2x27 | 131   | Relig. (18)        |
| 31/3 | 2x26 | 157   | Relig. (17)        |
| 1/4  | 2x25 | 182   | Relig. (17)        |
| 2/4  | 2x26 | 208   | Relig. (18)        |
| 3/4  | 1x24 | 232   | Relig. (18)        |
| 4/4  | 1x27 | 259   | Relig. (18)        |
| 5/4  | 1x24 | 283   | Relig. (12)        |
| 6/4  | 1x18 | 301   | Relig. (17)        |
| 7/4  | 1x26 | 327   | Relig. (18)        |
| 8/4  | 1x24 | 351   | 3x7 min (22)       |
| 9/4  | 1x24 | 375   | 3x10 min (20)      |
| 10/4 | 2x15 | 390   | Relig.             |
| 11/4 | 1x24 | 416   | Ormsund            |
| 12/4 | 1x24 | 438   | 3x15 min (21)      |
| 13/4 | 2x1  | 439   | Ormsund            |
| 14/4 | 2x29 | 468   | 2x3x3x1 (20-22-25) |
| 15/4 | 1x18 | 486   | Relig.             |
| 16/4 | 1x27 | 515   | 4x3 min (22-24)    |

|      |         |        |                        |
|------|---------|--------|------------------------|
| 17/4 | 2x24 km | 537 km | 3x15 min (23)          |
| 18/4 | 2x30    | 567    | Ormsund                |
| 19/4 | 1x22    | 589    | Relig. (20-27)         |
| 20/4 | 1x20    | 609    | Relig. (20-27)         |
| 21/4 | 2x19    | 628    | Relig. (20-27)         |
| 22/4 | 2x20    | 658    | Ormsund                |
| 23/4 | 1x24    | 682    | Relig.                 |
| 24/4 | 1x14    | 696    | Relig.                 |
| 25/4 | 1x26    | 722    | 4x3x3x2x1 (20-27)      |
| 26/4 | 1x24    | 746    | Ormsund                |
| 27/4 | 1x6     | 752    | 4x15 min (22)          |
| 28/4 | 1x18    | 770    | Relig.                 |
| 29/4 | 1x20    | 790    | Arungen                |
| 30/4 | 1x18    | 826    | 4x7 min (25)           |
| 31/4 | 1x20    | 846    | 3x3x3x2x1 (21-27)      |
| 32/4 | 1x18    | 864    | 4x10 min (24)          |
| 33/4 | 1x20    | 884    | Relig.                 |
| 34/4 | 1x20    | 904    | 4x7 min (25-26)        |
| 35/4 | 1x20    | 924    | 5x4x2x2x1x2 (22-28)    |
| 36/4 | 1x20    | 939    | 5x3 min (25)           |
| 37/4 | 1x15    | 954    | 3x3x3x2x1 (20-28)      |
| 38/4 | 1x15    | 974    | 1x3000 m               |
| 39/4 | 1x10    | 993    | Ormsund regatta Arunge |
| 40/4 | 1x19    | 993    | 2x2000 m               |
| 41/4 | 1x19    | 993    | Arungen                |



|       |           |         |                     |              |      |             |         |                          |              |
|-------|-----------|---------|---------------------|--------------|------|-------------|---------|--------------------------|--------------|
| 12/5  | 1x20      | 1013 km | 5x7 min             | Arungen (25) | 7/6  | 1x13/1x10   | 1480 km | 4x2 min (34)             | Arungen (25) |
| 13/5  | 1x24      | 1037 "  | 6x4-2               | 6x2x2x2x10   | 8/6  | 1x14/1x13   | 1507 "  | 3x7 min (28)             | "            |
| 14/5  | 1x20      | 1057 "  | "                   | "            | 11/6 | 1x18        | 1525 "  | 4x7 min (26)             | "            |
| 15/5  | 1x24      | 1081 "  | 3x4x3-2-1           | "            | 12/6 | 1x12        | 1537 "  | "                        | "            |
| 16/5  | 1x10 1x11 | 1102 "  | 2x3000 m Test       | "            | 13/6 | 1x24 1x14   | 1575 "  | 3x3x3-2-1 (23-31)        | "            |
| 17/5  | 1x14      | 1116 "  | "                   | "            | 14/6 | 1x18 1x14   | 1607 "  | 4x10 min (24-27)         | "            |
| 18/5  | 1x20      | 1136 "  | 3x7 min (25)        | "            | 15/6 | 1x20        | 1627 "  | "                        | "            |
| 19/5  | 1x20      | 1156 "  | 4x4-2-2-2-1 (22-28) | "            | 16/6 | 1x20        | 1647 "  | Startaufg. 5x30+4x40+    | "            |
| 20/5  | 1x20      | 1176 "  | "                   | "            | 17/6 | 1x21        | 1668 "  | Startfren. 4x10 min (25) | "            |
| 21/5  | 1x20      | 1196 "  | 4x7 min (25)        | "            | 18/6 | 8x14        | 1682 "  | "                        | "            |
| 22/5  | 1x20      | 1216 "  | 3x3x3-2-1 (21-29)   | "            | 19/6 | 1x20        | 1702 "  | 2x3x3-2-1 (22-30)        | "            |
| 23/5  | 1x18 1x14 | 1248 "  | 4x10 min (25)       | "            | 20/6 | 1x18        | 1720 "  | "                        | "            |
| 24/5  | 1x20      | 1268 "  | 4x7 min (28)        | "            | 21/6 | 1x10 1x12   | 1742 "  | 6x500 m 4x1000 m         | "            |
| 25/5  | 1x20      | 1288 "  | "                   | "            | 22/6 | 1x12 1x14   | 1768 "  | 3x5 min                  | "            |
| 26/5  | 1x18 1x14 | 1320 "  | 4x10 min (24)       | "            | 23/6 | 8x6         | 1774 "  | "                        | "            |
| 27/5  | 1x16      | 1336 "  | "                   | "            | 24/6 | 1x17        | 1791 "  | 2x2x3-2-1 (22-32)        | "            |
| 28/5  | 1x8 1x8   | 1352 "  | Startfrening        | "            | 25/6 | 1x12        | 1803 "  | 2x30 tak                 | "            |
| 29/5  | 1x7 1x7   | 1366 "  | 2x2000 m nr.1       | "            | 26/6 | 1x12 1x8    | 1823 "  | Bosbanan                 | "            |
| 30/5  | 1x18      | 1384 "  | BORGEBUNDEN nr.2    | "            | 27/6 | 1x6 1x8 1x8 | 1845 "  | 4x30+Startfren.          | "            |
| 31/5  | 8x12      | 1402 "  | "                   | "            | 28/6 | 1x9 1x7     | 1861 "  | Bosbanan                 | "            |
| 32/5  | 1x20      | 1414 "  | Arungen             | "            | 29/6 | 2x6         | 1867 "  | 2x2000 m                 | "            |
| 33/5  | 1x20      | 1434 "  | 4x7 min             | "            | 30/6 | 2x21        | 1888 "  | Bosbanan                 | "            |
| 34/5  | 1x20      | 1457 "  | "                   | "            | 31/7 | 2x19        | 1907 "  | 2x2000 m                 | "            |
| 35/5  | 1x20      | 1477 "  | 3x10 mi (25)        | 1x1000 m     | 32/7 | 2x19        | 1926 "  | 4x10 m (25)              | "            |
| 36/5  | 1x20      | 1497 "  | 3x2000 m nr.1       | "            |      |             |         |                          | "            |
| 37/5  | 1x20      | 1517 "  | "                   | "            |      |             |         |                          | "            |
| 38/5  | 1x20      | 1537 "  | "                   | "            |      |             |         |                          | "            |
| 39/5  | 1x20      | 1557 "  | "                   | "            |      |             |         |                          | "            |
| 40/5  | 1x20      | 1577 "  | "                   | "            |      |             |         |                          | "            |
| 41/5  | 1x20      | 1597 "  | "                   | "            |      |             |         |                          | "            |
| 42/5  | 1x20      | 1617 "  | "                   | "            |      |             |         |                          | "            |
| 43/5  | 1x20      | 1637 "  | "                   | "            |      |             |         |                          | "            |
| 44/5  | 1x20      | 1657 "  | "                   | "            |      |             |         |                          | "            |
| 45/5  | 1x20      | 1677 "  | "                   | "            |      |             |         |                          | "            |
| 46/5  | 1x20      | 1697 "  | "                   | "            |      |             |         |                          | "            |
| 47/5  | 1x20      | 1717 "  | "                   | "            |      |             |         |                          | "            |
| 48/5  | 1x20      | 1737 "  | "                   | "            |      |             |         |                          | "            |
| 49/5  | 1x20      | 1757 "  | "                   | "            |      |             |         |                          | "            |
| 50/5  | 1x20      | 1777 "  | "                   | "            |      |             |         |                          | "            |
| 51/5  | 1x20      | 1797 "  | "                   | "            |      |             |         |                          | "            |
| 52/5  | 1x20      | 1817 "  | "                   | "            |      |             |         |                          | "            |
| 53/5  | 1x20      | 1837 "  | "                   | "            |      |             |         |                          | "            |
| 54/5  | 1x20      | 1857 "  | "                   | "            |      |             |         |                          | "            |
| 55/5  | 1x20      | 1877 "  | "                   | "            |      |             |         |                          | "            |
| 56/5  | 1x20      | 1897 "  | "                   | "            |      |             |         |                          | "            |
| 57/5  | 1x20      | 1917 "  | "                   | "            |      |             |         |                          | "            |
| 58/5  | 1x20      | 1937 "  | "                   | "            |      |             |         |                          | "            |
| 59/5  | 1x20      | 1957 "  | "                   | "            |      |             |         |                          | "            |
| 60/5  | 1x20      | 1977 "  | "                   | "            |      |             |         |                          | "            |
| 61/5  | 1x20      | 1997 "  | "                   | "            |      |             |         |                          | "            |
| 62/5  | 1x20      | 2017 "  | "                   | "            |      |             |         |                          | "            |
| 63/5  | 1x20      | 2037 "  | "                   | "            |      |             |         |                          | "            |
| 64/5  | 1x20      | 2057 "  | "                   | "            |      |             |         |                          | "            |
| 65/5  | 1x20      | 2077 "  | "                   | "            |      |             |         |                          | "            |
| 66/5  | 1x20      | 2097 "  | "                   | "            |      |             |         |                          | "            |
| 67/5  | 1x20      | 2117 "  | "                   | "            |      |             |         |                          | "            |
| 68/5  | 1x20      | 2137 "  | "                   | "            |      |             |         |                          | "            |
| 69/5  | 1x20      | 2157 "  | "                   | "            |      |             |         |                          | "            |
| 70/5  | 1x20      | 2177 "  | "                   | "            |      |             |         |                          | "            |
| 71/5  | 1x20      | 2197 "  | "                   | "            |      |             |         |                          | "            |
| 72/5  | 1x20      | 2217 "  | "                   | "            |      |             |         |                          | "            |
| 73/5  | 1x20      | 2237 "  | "                   | "            |      |             |         |                          | "            |
| 74/5  | 1x20      | 2257 "  | "                   | "            |      |             |         |                          | "            |
| 75/5  | 1x20      | 2277 "  | "                   | "            |      |             |         |                          | "            |
| 76/5  | 1x20      | 2297 "  | "                   | "            |      |             |         |                          | "            |
| 77/5  | 1x20      | 2317 "  | "                   | "            |      |             |         |                          | "            |
| 78/5  | 1x20      | 2337 "  | "                   | "            |      |             |         |                          | "            |
| 79/5  | 1x20      | 2357 "  | "                   | "            |      |             |         |                          | "            |
| 80/5  | 1x20      | 2377 "  | "                   | "            |      |             |         |                          | "            |
| 81/5  | 1x20      | 2397 "  | "                   | "            |      |             |         |                          | "            |
| 82/5  | 1x20      | 2417 "  | "                   | "            |      |             |         |                          | "            |
| 83/5  | 1x20      | 2437 "  | "                   | "            |      |             |         |                          | "            |
| 84/5  | 1x20      | 2457 "  | "                   | "            |      |             |         |                          | "            |
| 85/5  | 1x20      | 2477 "  | "                   | "            |      |             |         |                          | "            |
| 86/5  | 1x20      | 2497 "  | "                   | "            |      |             |         |                          | "            |
| 87/5  | 1x20      | 2517 "  | "                   | "            |      |             |         |                          | "            |
| 88/5  | 1x20      | 2537 "  | "                   | "            |      |             |         |                          | "            |
| 89/5  | 1x20      | 2557 "  | "                   | "            |      |             |         |                          | "            |
| 90/5  | 1x20      | 2577 "  | "                   | "            |      |             |         |                          | "            |
| 91/5  | 1x20      | 2597 "  | "                   | "            |      |             |         |                          | "            |
| 92/5  | 1x20      | 2617 "  | "                   | "            |      |             |         |                          | "            |
| 93/5  | 1x20      | 2637 "  | "                   | "            |      |             |         |                          | "            |
| 94/5  | 1x20      | 2657 "  | "                   | "            |      |             |         |                          | "            |
| 95/5  | 1x20      | 2677 "  | "                   | "            |      |             |         |                          | "            |
| 96/5  | 1x20      | 2697 "  | "                   | "            |      |             |         |                          | "            |
| 97/5  | 1x20      | 2717 "  | "                   | "            |      |             |         |                          | "            |
| 98/5  | 1x20      | 2737 "  | "                   | "            |      |             |         |                          | "            |
| 99/5  | 1x20      | 2757 "  | "                   | "            |      |             |         |                          | "            |
| 100/5 | 1x20      | 2777 "  | "                   | "            |      |             |         |                          | "            |



|      |      |      |      |    |                 |                   |      |           |      |    |                      |                      |
|------|------|------|------|----|-----------------|-------------------|------|-----------|------|----|----------------------|----------------------|
| 3/7  | 2x19 | 2x18 | 1963 | km | Arungen         | 2x3x3-2-1 (25-30) | 27/7 | 2x20      | 2453 | km | Arungen              | rotig.               |
| 4/7  | 2x20 |      | 1983 | "  | "               | "                 | 28/7 | 8+18      | 2471 | "  | "                    | 4x30+3x40t start     |
| 5/7  | 2x14 | 2x13 | 2010 | "  | 6x500m          | 4x1000m           | 29/7 | 2x14      | 2498 | "  | 2x500m(2x1500m)      | u1500m               |
| 6/7  | 2x16 |      | 2026 | "  | 2x1500m         | (30) Test         | 30/7 | 2x14      | 2512 | "  | "                    | "                    |
| 7/7  | 2x16 |      | 2042 | "  | "               | "                 | 31/7 | 2x12      | 2536 | "  | Begsvard             | 3x30t                |
| 8/7  | 2x13 |      | 2055 | "  | 2x5min          | (32-27)           | 1/8  | 2x10      | 2562 | "  | 2x2000m              | "                    |
| 9/7  | 2x16 |      | 2071 | "  | Luzern          | "                 | 2/8  | 2x8+8+8+8 | 2594 | "  | 2x2000m              | "                    |
| 10/7 | 2x14 |      | 2085 | "  | (20-30) tak     | "                 | 4/8  | 2x12      | 2618 | "  | Arungen              | 5x750m Res.          |
| 11/7 | 2x8  | 2x9  | 2102 | "  | 2x2000m         | "                 | 5/8  | 2x19      | 2637 | "  | 2x7mi(25) 1x1000m    | "                    |
| 12/7 | 2x4  | 2x8  | 2122 | "  | 2x2000m         | "                 | 6/8  | 2x14      | 2665 | "  | 5x30t start          | "                    |
| 14/7 | 2x14 |      | 2136 | "  | Arungen         | "                 | 7/8  | 2x12      | 2677 | "  | 2x30t. 2x1000m       | "                    |
| 15/7 | 2x20 |      | 2156 | "  | "               | "                 | 8/8  | 2x6       | 2703 | "  | Nordisk Arungen      | 2x2000m              |
| 16/7 | 2x14 | 8+14 | 2184 | "  | "               | "                 | 9/8  | 2x10      | 2726 | "  | ARUMREGATTEN         | "                    |
| 17/7 | 2x18 | 2x14 | 2216 | "  | 2x3-2-1 (22-29) | "                 | 10/8 | 2x14      | 2740 | "  | Arungen              | "                    |
| 18/7 | 8+14 | 2x18 | 2248 | "  | 4x4min          | (27-28)           | 11/8 | 2x14      | 2754 | "  | "                    | "                    |
| 19/7 | 2x16 | 2x14 | 2278 | "  | 4x7min          | (27)              | 13/8 | 2x18      | 2788 | "  | St. Moritz           | 4x10min. (24)        |
| 20/7 | 8+18 |      | 2296 | "  | "               | "                 | 14/8 | 2x21      | 2827 | "  | St. Moritz           | 3x12min (24)         |
| 21/7 | 2x16 | 2x14 | 2326 | "  | 5x30t           | 4x40t start       | 15/8 | 2x18      | 2860 | "  | St. Moritz           | 4x20t                |
| 22/7 | 2x18 |      | 2344 | "  | 2x10min         | 1x2000m           | 16/8 | 2x22      | 2882 | "  | St. Moritz           | 2x3x3-2-1 (22-25-31) |
| 23/7 | 2x20 |      | 2364 | "  | "               | "                 | 17/8 | 2x19      | 2919 | "  | St. Moritz           | start. 4x30t 3x40t.  |
| 24/7 | 2x19 |      | 2383 | "  | 2x3-2-1 (22-28) | "                 | 18/8 | 2x21      | 2960 | "  | St. Moritz           | "                    |
| 25/7 | 2x17 |      | 2410 | "  | 3x1250m         | Res.              | 19/8 | 2x18      | 2994 | "  | 3x1250m              | race.                |
| 26/7 | 2x13 | 8+10 | 2433 | "  | 1x2000m         | 3x500m            | 20/8 | 2x22      | 3016 | "  | St. Moritz           | 3x20t.               |
|      |      |      |      |    | "               | "                 | 21/8 | 2x19      | 3050 | "  | 2x3x3-2-1 (22-25-31) | St. Moritz           |



|      |                        |         |                                        |       |             |          |                       |
|------|------------------------|---------|----------------------------------------|-------|-------------|----------|-----------------------|
| 22/8 | 2x19 2x15              | 3084 km | 4x1000 M Race.                         | 17/9  | 1x12 8x16   | 3540 km. | 1x1000 M 3x500 M      |
| 23/8 | 2x20 1x15              | 3119 "  | St. Moritz 3x1500 M (30)               | 18/9  | 4x12 8x16   | 3568 "   | Arungen 2x500 M       |
| 24/8 | Alte hülle 4x. fjellet |         | St. Moritz                             | 19/9  | 2x12        | 3580 "   | Arungen starte.       |
| 25/8 | 2x18 1x18              | 3155 "  | 4x 750 M Race                          | 20/9  | 1x6 4x6 1x5 | 3607 "   | Arungen 5x2000 M.     |
| 26/8 | 2x18 2x16              | 3189 "  | St. Moritz 2x10 min (25) 1x1000 M Race | 23/9  | 2x5 8x5     | 3619 "   | Arungen 1x1           |
| 27/8 | 2x18                   | 3207 "  | St. Moritz                             | 24/9  | 1x12        | 3631 "   | Arungen               |
| 28/8 | 2x14 2x14              | 3235 "  | St. Moritz 3x1000 M Race 5x500 M Race  | 27/9  | 1x12        | 3643 "   | Arungen               |
| 29/8 | 2x14                   | 3249 "  | St. Moritz                             | 29/9  | 1x14        | 3657 "   | Arungen 3x5 min       |
| 30/8 | 2x12                   | 3261 "  | Test 4x940 München                     | 3/10  | 4x3 4x3     | 3663 "   | Arungen (2x) 2x1000 M |
| 31/8 | 2x12 2x12              | 3285 "  | 1x500 M 3x300 M München                | 4/10  | 1x18        | 3681 "   | Arungen               |
| 1/9  | 2x12                   | 3297 "  | 1x250 M 3x300 M München                | 8/10  | 1x3         | 3684 "   | Ormsund               |
| 2/9  | 2x6 2x10 2x8           | 3321 "  | 1x2000 M 5x300 M München               | 9/10  | 1x13        | 3697 "   | Ormsund               |
| 3/9  | 2x12 2x8               | 3341 "  | 1x1000 M Race 2x300 München            | 10/10 | 1x10        | 3707 "   | Ormsund               |
| 4/9  | 2x12                   | 3353 "  | 1x250 M 3x200 München                  | 11/10 | 1x27        | 3734 "   | Ormsund Nr. 1         |
| 5/9  | 2x6 2x10 2x8           | 3377 "  | 1x2000 M 5x300 München                 | 15/10 | 1x18        | 3752 "   | Arungen               |
| 6/9  | 2x6 2x10               | 3393 "  | 1x2000 M 2x300 4x200 München           | 17/10 | 1x12        | 3764 "   | Arungen               |
| 9/9  | 1x10                   | 3403 "  | Test 4x940 Arungen                     | 21/10 | 1x14        | 3778 "   | Arungen               |
| 10/9 | 1x20                   | 3423 "  | 4x500 M Arungen                        | 25/10 | 1x19        | 3797 "   | Ormsund               |
| 11/9 | 1x18                   | 3441 "  | Arungen 4x500 M                        | 30/10 | 1x17        | 3814 "   | Ormsund               |
| 12/9 | 1x17                   | 3458 "  | 2x1000 M 2x500 M Arungen               | 1/11  | 1x30        | 3844 "   | Ormsund               |
| 13/9 | 1x18                   | 3476 "  | 2x1500 M 2x500 M Arungen               | 8/11  | 1x28        | 3872 "   | Ormsund               |
| 14/9 | 2x12                   | 3488 "  | Arungen                                | 11/11 | 1x22        | 3894 "   | Ormsund               |
| 15/9 | 1x14                   | 3502 "  | Arungen 1x500 M 3x250 M                |       |             |          |                       |
| 16/9 | 8x10                   | 3512 "  | Arungen                                |       |             |          |                       |



| 1982 | RO        | Seaborg | LANGDISTANCE | ROVINJ | Seaborg | LANGDISTANCE | ROVINJ |
|------|-----------|---------|--------------|--------|---------|--------------|--------|
| 14/3 | 1x17      | 17km    |              |        | 7/4     | 1x20         | 603 km |
| 15/3 | 1x17/1x16 | 50 "    |              |        | 9/4     | 2x21 2x20    | 644 km |
| 16/3 | 2x18/1x15 | 83 "    |              |        | 10/4    | 1x20         | 664 "  |
| 17/3 | 1x16      | 99 "    |              |        | 11/4    | 2x24 1x11    | 699 "  |
| 18/3 | 1x14 2x16 | 129 "   |              |        | 12/4    | 1x19         | 718 km |
| 19/3 | 2x20/1x17 | 166 "   |              |        | 13/4    | 2x17         | 735 "  |
| 20/3 | 2x17      | 183 "   |              |        | 14/4    | 2x25         | 760 "  |
| 21/3 | 2x20/1x12 | 215 "   |              |        | 15/4    | 1x16         | 776 "  |
| 22/3 | 1x24 2x16 | 255 "   |              |        | 16/4    | 1x16         | 792 "  |
| 23/3 | 2x22 1x14 | 291 "   |              |        | 17/4    | 2x24 2x16    | 832 "  |
| 24/3 | 2x2 2x16  | 309 "   |              |        | 18/4    | 1x20 1x16    | 868 "  |
| 25/3 | 1x20      | 329 "   |              |        | 20/4    | 1x18         | 886 "  |
| 26/3 | 1x21 2x20 | 370 "   |              |        | 21/4    | 2x18         | 904 "  |
| 27/3 | 2x18      | 388 km  |              |        | 22/4    | 2x18         | 922 "  |
| 31/3 | 2x21      | 409 km  |              |        | 23/4    | 1x16         | 938 "  |
| 1/4  | 1x16      | 425 "   |              |        | 24/4    | 2x18 2x20    | 976 "  |
| 2/4  | 2x30      | 455 "   |              |        | 25/4    | 2x18         | 994 "  |
| 3/4  | 2x28 2x18 | 501 "   |              |        | 26/4    | 2x18         | 1012 " |
| 4/4  | 2x20 2x18 | 539 "   |              |        | 27/4    | 2x20         | 1032 " |
| 5/4  | 1x24      | 563 "   |              |        | 28/4    | 2x18         | 1050 " |
| 6/4  | 1x20      | 583 "   |              |        | 30/4    | 1x1          | 1051 " |
|      |           |         |              |        | 1/5     | 1x9          | 1060 " |
|      |           |         |              |        | 2/5     | 1x12 2x18    | 1090 " |

19



[illegible]



| Time | Distance          | Speed   | Time | Distance  | Speed   |
|------|-------------------|---------|------|-----------|---------|
| 24/6 | 2x16              | 2080 km | 17/7 | 2x18 2x18 | 2614 km |
| 23/6 | 1x19              | 2099 "  | 18/7 | 2x16 2x14 | 2644 "  |
| 24/6 | 2x18              | 2117 "  | 19/7 | 1x18      | 2662 "  |
| 25/6 | 1x14 2x19         | 2150 "  | 20/7 | 2x20 2x12 | 2694 "  |
| 26/6 | 2x15 1x14         | 2179 "  | 21/7 | 2x16 2x18 | 2728 "  |
| 27/6 | 1x16 2x15         | 2210 "  | 22/7 | 2x18      | 2746 "  |
| 28/6 | 1x18              | 2228 "  | 23/7 | 2x14 2x16 | 2776 "  |
| 29/6 | 2x17              | 2245 "  | 24/7 | 2x18      | 2794 "  |
| 30/6 | 2x18              | 2263 "  | 25/7 | 2x18      | 2812 "  |
| 1/7  | 2x14 2x18         | 2295 "  | 26/7 | 2x18      | 2830 "  |
| 2/7  | 1x18              | 2303 "  | 27/7 | 2x15 2x14 | 2859 "  |
| 3/7  | 2x14 1x16         | 2333 "  | 28/7 | 2x14 2x14 | 2887 "  |
| 4/7  | 2x15 1x18         | 2366 "  | 29/7 | 2x14      | 2901 "  |
| 6/7  | 2x18              | 2384 "  | 30/7 | 2x12 2x8  | 2921 "  |
| 7/7  | 2x12              | 2396 "  | 31/7 | 2x8 2x12  | 2941 "  |
| 8/7  | 2x16              | 2412 "  | 1/8  | 2x8 2x12  | 2961 "  |
| 9/7  | 2x16 2x8          | 2436 "  | 3/8  | 2x18 2x14 | 2993 "  |
| 10/7 | 2x6 2x10 2x10 2x4 | 2466 "  | 4/8  | 2x19 2x15 | 3027 "  |
| 11/7 | 2x6 2x10 2x10     | 2492 "  | 5/8  | 2x18      | 3045 "  |
| 13/7 | 2x14              | 2506 "  | 6/8  | 2x17 2x15 | 3077 "  |
| 14/7 | 2x18              | 2524 "  | 7/8  | 2x16 2x14 | 3107 "  |
| 15/7 | 2x18 2x18         | 2560 "  | 8/8  | 2x18      | 3125 "  |
| 16/7 | 2x18              | 2578 "  | 9/8  | 2x20 2x13 | 3158 "  |

| Time | Distance          | Speed   | Time | Distance  | Speed   |
|------|-------------------|---------|------|-----------|---------|
| 24/6 | 2x16              | 2080 km | 17/7 | 2x18 2x18 | 2614 km |
| 23/6 | 1x19              | 2099 "  | 18/7 | 2x16 2x14 | 2644 "  |
| 24/6 | 2x18              | 2117 "  | 19/7 | 1x18      | 2662 "  |
| 25/6 | 1x14 2x19         | 2150 "  | 20/7 | 2x20 2x12 | 2694 "  |
| 26/6 | 2x15 1x14         | 2179 "  | 21/7 | 2x16 2x18 | 2728 "  |
| 27/6 | 1x16 2x15         | 2210 "  | 22/7 | 2x18      | 2746 "  |
| 28/6 | 1x18              | 2228 "  | 23/7 | 2x14 2x16 | 2776 "  |
| 29/6 | 2x17              | 2245 "  | 24/7 | 2x18      | 2794 "  |
| 30/6 | 2x18              | 2263 "  | 25/7 | 2x18      | 2812 "  |
| 1/7  | 2x14 2x18         | 2295 "  | 26/7 | 2x18      | 2830 "  |
| 2/7  | 1x18              | 2303 "  | 27/7 | 2x15 2x14 | 2859 "  |
| 3/7  | 2x14 1x16         | 2333 "  | 28/7 | 2x14 2x14 | 2887 "  |
| 4/7  | 2x15 1x18         | 2366 "  | 29/7 | 2x14      | 2901 "  |
| 6/7  | 2x18              | 2384 "  | 30/7 | 2x12 2x8  | 2921 "  |
| 7/7  | 2x12              | 2396 "  | 31/7 | 2x8 2x12  | 2941 "  |
| 8/7  | 2x16              | 2412 "  | 1/8  | 2x8 2x12  | 2961 "  |
| 9/7  | 2x16 2x8          | 2436 "  | 3/8  | 2x18 2x14 | 2993 "  |
| 10/7 | 2x6 2x10 2x10 2x4 | 2466 "  | 4/8  | 2x19 2x15 | 3027 "  |
| 11/7 | 2x6 2x10 2x10     | 2492 "  | 5/8  | 2x18      | 3045 "  |
| 13/7 | 2x14              | 2506 "  | 6/8  | 2x17 2x15 | 3077 "  |
| 14/7 | 2x18              | 2524 "  | 7/8  | 2x16 2x14 | 3107 "  |
| 15/7 | 2x18 2x18         | 2560 "  | 8/8  | 2x18      | 3125 "  |
| 16/7 | 2x18              | 2578 "  | 9/8  | 2x20 2x13 | 3158 "  |



|      |           |            |         |                                           |       |      |      |         |                           |                             |
|------|-----------|------------|---------|-------------------------------------------|-------|------|------|---------|---------------------------|-----------------------------|
| 10/8 | 2x17      | 1x13       | 3188 km | Startut. 2x90 min<br>3x60 min             | 3/9   | 1x8  | 4÷12 | 3613 km | Arungen                   | 1x1000 M                    |
| 11/8 | 2x18      | 2x15       | 3221 *  | St. Moritz<br>6-4-2-1x2 26.28.30<br>race. | 4/9   | 1x6  | 1x8  | 4÷8+8   | 3643 "                    | 3x2000 M                    |
| 12/8 | 2x15      |            | 3236 *  | 2x10 x 45/15 (32)                         | 5/9   | 4÷6  | 8+6  | 3655 *  | 3655 *                    | 2x2000 M                    |
| 13/8 | 2x15      | 1x12       | 3263    | 10M-7M-5M (24-25)                         | 7/9   | 8+1  |      | 3656 "  | "                         | "                           |
| 14/8 | 2x15      |            | 3278    | Startut. 2x90 min. 2x120 M race           | 8/9   | 8+20 |      | 3676 "  | "                         | 1x2000 M (20) 1x1000 M race |
| 15/8 | 2x16      | 2x15       | 3309    | 45/15 x 2 x 10 min                        | 9/9   | 8+18 |      | 3694 "  | "                         | 10x20 tot                   |
| 16/8 | Aktivholz | St. Moritz |         | "                                         | 10/9  | 8+11 |      | 3705 "  | "                         | 5x20 tot                    |
| 17/8 | 2x16      | 2x13       | 3338    | 1x4M (32) 30t og tot                      | 11/9  | 8+24 |      | 3729 *  | Gjotarodden               | NR.1 1x29 KM.               |
| 18/8 | 2x15      |            | 3353    | 4x30t.                                    | 14/9  | 1x20 |      | 3749 "  | Arungen                   | "                           |
| 19/8 | 2x16      | 2x15       | 3384    | 4x330M 6x1.30 M<br>race 30t. race m/s tot | 16/9  | 1x14 |      | 3763 "  | "                         | "                           |
| 20/8 | 2x17      | 2x14       | 3415    | 3x5 min (30)                              | 18/9  | 1x14 |      | 3777 "  | "                         | "                           |
| 21/8 | 2x12      |            | 3427    | Luzern                                    | 22/9  | 1x14 |      | 3791 "  | "                         | "                           |
| 22/8 | 2x12      |            | 3439    | 6x20t                                     | 23/9  | 1x14 |      | 3805 "  | "                         | "                           |
| 23/8 | 2x12      |            | 3451    | 6x20t Starthemling.                       | 9/10  | 1x10 |      | 3815 "  | "                         | NR.2 1x15 KM.               |
| 24/8 | 2x8       | 2x12       | 3471    | 1x2000 M (20-30t)                         | 10/10 | 1x15 |      | 3830    | Ulveya rundt              | "                           |
| 25/8 | 2x12      | 2x12       | 3495    | 7x30t 1x1000 M race.                      | 12/10 | 1x21 |      | 3851    | Ormsund.                  | "                           |
| 26/8 | 2x12      |            | 3507    | 4x20t                                     | 15/10 | 1x20 |      | 3871    | "                         | 5-10-15-20-25 osv. x 2.     |
| 27/8 | 2x8       | 2x12       | 3531 *  | "                                         | 16/10 | 1x19 |      | 3890    | "                         | 8 min 6x4 2-1 (22-30)       |
| 28/8 | 2x12      |            | 3543    | 4x20t                                     | 17/10 | 1x24 |      | 3914    | "                         | 5-10-15-20-25 osv. x 2.     |
| 29/8 | 2x8       | 2x12       | 3563 *  | 1x2000 M NR.1                             | 20/10 | 1x2  |      | 3916    | "                         | "                           |
| 31/8 | 2x10      |            | 3573    | Luzern                                    | 22/10 | 1x28 |      | 3944    | "                         | "                           |
| 1/9  | 1x14      |            | 3587    | Arungen                                   | 24/10 | 1x23 |      | 3967    | 8 min 6 min 4-2-1 (22-30) | "                           |
| 2/9  | 8+3       | 8+3        | 3593    | "                                         | 26/10 | 1x20 |      | 3987    | "                         | 5-10-15-20-25 osv. x 2      |



|       |      |         |                        |
|-------|------|---------|------------------------|
| 28/10 | 1x15 | 4002 km | Ormsund.               |
| 29/10 | 1x15 | 4017 "  | "                      |
| 31/10 | 1x22 | 4039 "  | "                      |
| 1/11  | 1x18 | 4057 "  | "                      |
| 3/11  | 1x20 | 4077 "  | 1-1-1x3x3 (22 26 28)   |
| 6/11  | 1x20 | 4097 "  | 10m 8m 6m 4m 2m 1m     |
| 7/11  | 1x20 | 4117 "  | (22-32)                |
| 9/11  | 1x18 | 4135 "  | 5x10-15-20-25 os.v x 2 |
| 15/11 | 1x20 | 4155 "  | 1-1-1x3x2 (22 26 30)   |
| 24/11 | 1x15 | 4170 "  | 10-8-6-4-2-1 (22-30)   |
| 25/11 | 1x15 | 4185 "  | "                      |
| 27/11 | 1x20 | 4205 "  | "                      |

13.