

Når er de hvor?

Beregnete passeringstider for
Holmenkollstafetten 2024
(beregnet ut fra vinnertidene de
siste årene)

	F6 Kvinner Elite	F8 Kvinner Junior	F9 Kvinner Veteran	F10 Kvinner Superveteran	F7 Kvinner Senior	S2 Kvinner Studenter	F1 Menn Elite	F2 Menn Senior	F3 Menn Junior	F5 Menn Superveteran	F4 Menn Veteran	M1 Militære Forlegninger
Start	13:00	13:07	13:07	13:07	13:07	13:07	13:15	13:20	13:20	13:20	13:25	13:25
1. veksling	13:03	13:11	13:11	13:11	13:11	13:11	13:18	13:23	13:23	13:24	13:28	13:28
2. veksling	13:07	13:15	13:16	13:16	13:16	13:16	13:21	13:26	13:27	13:28	13:32	13:32
3. veksling	13:09	13:17	13:18	13:19	13:18	13:18	13:22	13:28	13:28	13:30	13:34	13:34
4. veksling	13:15	13:25	13:25	13:27	13:25	13:25	13:28	13:34	13:34	13:37	13:40	13:40
5. veksling	13:19	13:29	13:30	13:33	13:30	13:30	13:31	13:38	13:38	13:40	13:44	13:44
6. veksling	13:24	13:35	13:35	13:40	13:35	13:35	13:35	13:42	13:42	13:45	13:49	13:49
7. veksling	13:31	13:43	13:43	13:49	13:43	13:42	13:41	13:48	13:48	13:52	13:56	13:56
8. veksling	13:36	13:49	13:49	13:56	13:48	13:48	13:45	13:52	13:52	13:57	14:00	14:01
9. veksling	13:37	13:51	13:51	13:58	13:50	13:50	13:46	13:54	13:54	13:59	14:02	14:03
10. veksling	13:46	14:00	14:01	14:11	14:00	13:59	13:54	14:02	14:02	14:08	14:10	14:12
11. veksling	13:51	14:07	14:07	14:18	14:06	14:04	13:58	14:06	14:07	14:13	14:16	14:16
12. veksling	13:52	14:08	14:08	14:20	14:07	14:05	13:59	14:07	14:08	14:14	14:17	14:17
13. veksling	13:55	14:12	14:12	14:25	14:11	14:09	14:01	14:10	14:11	14:18	14:20	14:20
14. veksling	13:58	14:14	14:15	14:28	14:13	14:11	14:03	14:12	14:13	14:20	14:23	14:22
Mål	14:00	14:16	14:16	14:30	14:15	14:13	14:04	14:13	14:14	14:22	14:24	14:23

	S1 Menn Studenter	A3 Lag tilsluttet andre særforbund	A4 Andre lag 55+	A6 Veldedige Organisa- sjoner	20%-laget	B1 Menn Bedrift	20%-laget	B2 Menn Veteran Bedrift	B4 Kvinner Bedrift	20%-laget	B5 Kvinner Veteran Bedrift
Start	13:25	13:35	13:35	13:35	13:35	13:40	13:40	13:40	13:45	13:45	13:45
1. veksling	13:28	13:39	13:39	13:38	13:40	13:43	13:43	13:44	13:49	13:49	13:50
2. veksling	13:32	13:43	13:43	13:42	13:45	13:46	13:47	13:48	13:53	13:54	13:55
3. veksling	13:34	13:45	13:45	13:44	13:48	13:48	13:49	13:50	13:55	13:56	13:58
4. veksling	13:39	13:52	13:52	13:50	13:57	13:54	13:56	13:58	14:02	14:04	14:07
5. veksling	13:42	13:56	13:57	13:54	14:02	13:57	14:00	14:02	14:06	14:09	14:12
6. veksling	13:47	14:02	14:03	13:58	14:09	14:01	14:05	14:07	14:12	14:15	14:17
7. veksling	13:53	14:10	14:10	14:05	14:17	14:07	14:12	14:14	14:20	14:24	14:25
8. veksling	13:58	14:15	14:16	14:10	14:23	14:12	14:18	14:20	14:25	14:29	14:30
9. veksling	14:00	14:17	14:18	14:12	14:26	14:13	14:19	14:22	14:27	14:31	14:33
10. veksling	14:08	14:26	14:28	14:20	14:36	14:21	14:28	14:31	14:37	14:42	14:43
11. veksling	14:13	14:32	14:34	14:25	14:43	14:25	14:33	14:37	14:43	14:47	14:50
12. veksling	14:14	14:33	14:35	14:26	14:44	14:26	14:34	14:38	14:44	14:49	14:51
13. veksling	14:17	14:37	14:39	14:29	14:49	14:30	14:38	14:41	14:48	14:54	14:56
14. veksling	14:19	14:39	14:41	14:31	14:53	14:31	14:40	14:43	14:50	14:57	14:59
Mål	14:21	14:41	14:43	14:33	14:55	14:32	14:42	14:44	14:51	14:58	15:01

	A1 & A2 Bedrift- & mosjonslag MIX				A1-B, A2-B, A1-C & A2-C Byggebransjen/Finansbrans-jen for Kreftforeningen Pulje 1	
	1. pulje	20%-laget	2. pulje	20%-laget		20%-laget
Start	13:50	13:50	13:55	13:55	14:00	14:00
1. veksling	13:53	13:54	13:58	13:59	14:03	14:04
2. veksling	13:56	13:58	14:01	14:03	14:06	14:08
3. veksling	13:58	14:00	14:03	14:05	14:08	14:10
4. veksling	14:04	14:08	14:09	14:13	14:14	14:18
5. veksling	14:08	14:13	14:13	14:18	14:18	14:23
6. veksling	14:12	14:18	14:17	14:23	14:22	14:28
7. veksling	14:18	14:26	14:23	14:31	14:28	14:36
8. veksling	14:22	14:31	14:27	14:36	14:32	14:41
9. veksling	14:24	14:34	14:29	14:39	14:34	14:44
10. veksling	14:32	14:44	14:37	14:49	14:42	14:54
11. veksling	14:37	14:50	14:42	14:55	14:47	15:00
12. veksling	14:38	14:51	14:43	14:56	14:48	15:01
13. veksling	14:41	14:56	14:46	15:01	14:51	15:06
14. veksling	14:43	14:59	14:48	15:04	14:53	15:09
Mål	14:45	15:00	14:50	15:05	14:55	15:10

	A1-B, A2-B, A1-C & A2-C Byggebransjen/Finansbrans-jen for Kreftforeningen Pulje 2		A1-B, A2-B, A1-C & A2-C Byggebransjen/Finansbrans-jen for Kreftforeningen Pulje 3	
		20%-laget		20%-laget
Start	14:05	14:05	14:10	14:10
1. veksling	14:08	14:09	14:13	14:14
2. veksling	14:11	14:13	14:16	14:18
3. veksling	14:13	14:15	14:18	14:20
4. veksling	14:19	14:23	14:24	14:28
5. veksling	14:23	14:28	14:28	14:33
6. veksling	14:27	14:33	14:32	14:38
7. veksling	14:33	14:41	14:38	14:46
8. veksling	14:37	14:46	14:42	14:51
9. veksling	14:39	14:49	14:44	14:54
10. veksling	14:47	14:59	14:52	15:04
11. veksling	14:52	15:05	14:57	15:10
12. veksling	14:53	15:06	14:58	15:11
13. veksling	14:56	15:11	15:01	15:16
14. veksling	14:58	15:14	15:03	15:19
Mål	15:00	15:15	15:05	15:20

	A1 & A2 Bedrift- & mosjonslag MIX								10%-laget		
	FH Funksjons-hemmede	3. pulje	10%-laget	4. pulje	10%-laget	5. pulje	10%-laget	6. pulje		7. pulje	10%-laget
Start	14:10	14:10	14:10	14:15	14:15	14:20	14:20	14:25	14:25	14:30	14:30
1. veksling	14:15	14:13	14:14	14:18	14:19	14:23	14:24	14:28	14:29	14:33	14:34
2. veksling	14:20	14:16	14:18	14:21	14:23	14:26	14:28	14:31	14:33	14:36	14:38
3. veksling	14:23	14:18	14:20	14:23	14:25	14:28	14:30	14:33	14:35	14:38	14:40
4. veksling	14:32	14:24	14:28	14:29	14:33	14:34	14:38	14:39	14:43	14:44	14:48
5. veksling	14:37	14:28	14:33	14:33	14:38	14:38	14:43	14:43	14:48	14:48	14:53
6. veksling	14:43	14:32	14:38	14:37	14:43	14:42	14:48	14:47	14:53	14:52	14:58
7. veksling	14:52	14:38	14:46	14:43	14:51	14:48	14:56	14:53	15:01	14:58	15:06
8. veksling	15:01	14:42	14:51	14:47	14:56	14:52	15:01	14:57	15:06	15:02	15:11
9. veksling	15:05	14:44	14:54	14:49	14:59	14:54	15:04	14:59	15:09	15:04	15:14
10. veksling	15:15	14:52	15:04	14:57	15:09	15:02	15:14	15:07	15:19	15:12	15:24
11. veksling	15:23	14:57	15:10	15:02	15:15	15:07	15:20	15:12	15:25	15:17	15:30
12. veksling	15:25	14:58	15:11	15:03	15:16	15:08	15:21	15:13	15:26	15:18	15:31
13. veksling	15:30	15:01	15:16	15:06	15:21	15:11	15:26	15:16	15:31	15:21	15:36
14. veksling	15:34	15:03	15:19	15:08	15:24	15:13	15:29	15:18	15:34	15:23	15:39
Mål	15:37	15:05	15:20	15:10	15:25	15:15	15:30	15:20	15:35	15:25	15:40

	A1 & A2 Bedrift- & mosjonslag MIX											
	8. pulje	10%-laget	9.pulje	10%-laget	10. pulje	10%-laget	11. pulje	10%-laget	12. pulje	10%-laget	13. pulje	10%-laget
Start	14:35	14:35	14:40	14:40	14:45	14:45	14:50	14:50	14:55	14:55	15:00	15:00
1. veksling	14:38	14:39	14:43	14:44	14:48	14:49	14:53	14:54	14:58	14:59	15:03	15:04
2. veksling	14:41	14:43	14:46	14:48	14:51	14:53	14:56	14:58	15:01	15:03	15:06	15:08
3. veksling	14:43	14:45	14:48	14:50	14:53	14:55	14:58	15:00	15:03	15:05	15:08	15:10
4. veksling	14:49	14:53	14:54	14:58	14:59	15:03	15:04	15:08	15:09	15:13	15:14	15:18
5. veksling	14:53	14:58	14:58	15:03	15:03	15:08	15:08	15:13	15:13	15:18	15:18	15:23
6. veksling	14:57	15:03	15:02	15:08	15:07	15:13	15:12	15:18	15:17	15:23	15:22	15:28
7. veksling	15:03	15:11	15:08	15:16	15:13	15:21	15:18	15:26	15:23	15:31	15:28	15:36
8. veksling	15:07	15:16	15:12	15:21	15:17	15:26	15:22	15:31	15:27	15:36	15:32	15:41
9. veksling	15:09	15:19	15:14	15:24	15:19	15:29	15:24	15:34	15:29	15:39	15:34	15:44
10. veksling	15:17	15:29	15:22	15:34	15:27	15:39	15:32	15:44	15:37	15:49	15:42	15:54
11. veksling	15:22	15:35	15:27	15:40	15:32	15:45	15:37	15:50	15:42	15:55	15:47	16:00
12. veksling	15:23	15:36	15:28	15:41	15:33	15:46	15:38	15:51	15:43	15:56	15:48	16:01
13. veksling	15:26	15:41	15:31	15:46	15:36	15:51	15:41	15:56	15:46	16:01	15:51	16:06
14. veksling	15:28	15:44	15:33	15:49	15:38	15:54	15:43	15:59	15:48	16:04	15:53	16:09
Mål	15:30	15:45	15:35	15:50	15:40	15:55	15:45	16:00	15:50	16:05	15:55	16:10

	A1 & A2 Bedrift- & mosjonslag MIX											
	14. pulje	10%-laget	15. pulje	10%-laget	16. pulje	10%-laget	17. pulje	10%-laget	18. pulje	10%-laget	19. pulje	10%-laget
Start	15:05	15:05	15:10	15:10	15:15	15:15	15:20	15:20	15:25	15:25	15:30	15:30
1. veksling	15:08	15:09	15:13	15:14	15:18	15:19	15:23	15:24	15:28	15:29	15:33	15:34
2. veksling	15:11	15:13	15:16	15:18	15:21	15:23	15:26	15:28	15:31	15:33	15:36	15:38
3. veksling	15:13	15:15	15:18	15:20	15:23	15:25	15:28	15:30	15:33	15:35	15:38	15:40
4. veksling	15:19	15:23	15:24	15:28	15:29	15:33	15:34	15:38	15:39	15:43	15:44	15:48
5. veksling	15:23	15:28	15:28	15:33	15:33	15:38	15:38	15:43	15:43	15:48	15:48	15:53
6. veksling	15:27	15:33	15:32	15:38	15:37	15:43	15:42	15:48	15:47	15:53	15:52	15:58
7. veksling	15:33	15:41	15:38	15:46	15:43	15:51	15:48	15:56	15:53	16:01	15:58	16:06
8. veksling	15:37	15:46	15:42	15:51	15:47	15:56	15:52	16:01	15:57	16:06	16:02	16:11
9. veksling	15:39	15:49	15:44	15:54	15:49	15:59	15:54	16:04	15:59	16:09	16:04	16:14
10. veksling	15:47	15:59	15:52	16:04	15:57	16:09	16:02	16:14	16:07	16:19	16:12	16:24
11. veksling	15:52	16:05	15:57	16:10	16:02	16:15	16:07	16:20	16:12	16:25	16:17	16:30
12. veksling	15:53	16:06	15:58	16:11	16:03	16:16	16:08	16:21	16:13	16:26	16:18	16:31
13. veksling	15:56	16:11	16:01	16:16	16:06	16:21	16:11	16:26	16:16	16:31	16:21	16:36
14. veksling	15:58	16:14	16:03	16:19	16:08	16:24	16:13	16:29	16:18	16:34	16:23	16:39
Mål	16:00	16:15	16:05	16:20	16:10	16:25	16:15	16:30	16:20	16:35	16:25	16:40

	A1 & A2 Bedrift- & mosjonslag MIX											
	20. pulje	10%-laget	21. pulje	10%-laget	22. pulje	10%-laget	23. pulje	10%-laget	24. pulje	10%-laget	25. pulje	10%-laget
Start	15:35	15:35	15:40	15:40	15:45	15:45	15:50	15:50	15:55	15:55	16:00	16:00
1. veksling	15:38	15:39	15:43	15:44	15:48	15:49	15:53	15:54	15:58	15:59	16:03	16:04
2. veksling	15:41	15:43	15:46	15:48	15:51	15:53	15:56	15:58	16:01	16:03	16:06	16:08
3. veksling	15:43	15:45	15:48	15:50	15:53	15:55	15:58	16:00	16:03	16:05	16:08	16:10
4. veksling	15:49	15:53	15:54	15:58	15:59	16:03	16:04	16:08	16:09	16:13	16:14	16:18
5. veksling	15:53	15:58	15:58	16:03	16:03	16:08	16:08	16:13	16:13	16:18	16:18	16:23
6. veksling	15:57	16:03	16:02	16:08	16:07	16:13	16:12	16:18	16:17	16:23	16:22	16:28
7. veksling	16:03	16:11	16:08	16:16	16:13	16:21	16:18	16:26	16:23	16:31	16:28	16:36
8. veksling	16:07	16:16	16:12	16:21	16:17	16:26	16:22	16:31	16:27	16:36	16:32	16:41
9. veksling	16:09	16:19	16:14	16:24	16:19	16:29	16:24	16:34	16:29	16:39	16:34	16:44
10. veksling	16:17	16:29	16:22	16:34	16:27	16:39	16:32	16:44	16:37	16:49	16:42	16:54
11. veksling	16:22	16:35	16:27	16:40	16:32	16:45	16:37	16:50	16:42	16:55	16:47	17:00
12. veksling	16:23	16:36	16:28	16:41	16:33	16:46	16:38	16:51	16:43	16:56	16:48	17:01
13. veksling	16:26	16:41	16:31	16:46	16:36	16:51	16:41	16:56	16:46	17:01	16:51	17:06
14. veksling	16:28	16:44	16:33	16:49	16:38	16:54	16:43	16:59	16:48	17:04	16:53	17:09
Mål	16:30	16:45	16:35	16:50	16:40	16:55	16:45	17:00	16:50	17:05	16:55	17:10

	A1 & A2 Bedrift- & mosjonslag MIX											
	26. pulje	10%-laget	27. pulje	10%-laget	28. pulje	10%-laget	29. pulje	10%-laget	30. pulje	10%-laget	31. pulje	10%-laget
Start	16:05	16:05	16:10	16:10	16:15	16:15	16:20	16:20	16:25	16:25	16:30	16:30
1. veksling	16:08	16:09	16:13	16:14	16:18	16:19	16:23	16:24	16:28	16:29	16:33	16:34
2. veksling	16:11	16:13	16:16	16:18	16:21	16:23	16:26	16:28	16:31	16:33	16:36	16:38
3. veksling	16:13	16:15	16:18	16:20	16:23	16:25	16:28	16:30	16:33	16:35	16:38	16:40
4. veksling	16:19	16:23	16:24	16:28	16:29	16:33	16:34	16:38	16:39	16:43	16:44	16:48
5. veksling	16:23	16:28	16:28	16:33	16:33	16:38	16:38	16:43	16:43	16:48	16:48	16:53
6. veksling	16:27	16:33	16:32	16:38	16:37	16:43	16:42	16:48	16:47	16:53	16:52	16:58
7. veksling	16:33	16:41	16:38	16:46	16:43	16:51	16:48	16:56	16:53	17:01	16:58	17:06
8. veksling	16:37	16:46	16:42	16:51	16:47	16:56	16:52	17:01	16:57	17:06	17:02	17:11
9. veksling	16:39	16:49	16:44	16:54	16:49	16:59	16:54	17:04	16:59	17:09	17:04	17:14
10. veksling	16:47	16:59	16:52	17:04	16:57	17:09	17:02	17:14	17:07	17:19	17:12	17:24
11. veksling	16:52	17:05	16:57	17:10	17:02	17:15	17:07	17:20	17:12	17:25	17:17	17:30
12. veksling	16:53	17:06	16:58	17:11	17:03	17:16	17:08	17:21	17:13	17:26	17:18	17:31
13. veksling	16:56	17:11	17:01	17:16	17:06	17:21	17:11	17:26	17:16	17:31	17:21	17:36
14. veksling	16:58	17:14	17:03	17:19	17:08	17:24	17:13	17:29	17:18	17:34	17:23	17:39
Mål	17:00	17:15	17:05	17:20	17:10	17:25	17:15	17:30	17:20	17:35	17:25	17:40

	A1 & A2 Bedrift- & mosjonslag MIX											
	32. pulje	10%-laget	33. pulje	10%-laget	34. pulje	10%-laget	35. pulje	10%-laget	36. pulje	10%-laget	37. pulje	10%-laget
Start	16:35	16:35	16:40	16:40	16:45	16:45	16:50	16:50	16:55	16:55	17:00	17:00
1. veksling	16:38	16:39	16:43	16:44	16:48	16:49	16:53	16:54	16:58	16:59	17:03	17:04
2. veksling	16:41	16:43	16:46	16:48	16:51	16:53	16:56	16:58	17:01	17:03	17:06	17:08
3. veksling	16:43	16:45	16:48	16:50	16:53	16:55	16:58	17:00	17:03	17:05	17:08	17:10
4. veksling	16:49	16:53	16:54	16:58	16:59	17:03	17:04	17:08	17:09	17:13	17:14	17:18
5. veksling	16:53	16:58	16:58	17:03	17:03	17:08	17:08	17:13	17:13	17:18	17:18	17:23
6. veksling	16:57	17:03	17:02	17:08	17:07	17:13	17:12	17:18	17:17	17:23	17:22	17:28
7. veksling	17:03	17:11	17:08	17:16	17:13	17:21	17:18	17:26	17:23	17:31	17:28	17:36
8. veksling	17:07	17:16	17:12	17:21	17:17	17:26	17:22	17:31	17:27	17:36	17:32	17:41
9. veksling	17:09	17:19	17:14	17:24	17:19	17:29	17:24	17:34	17:29	17:39	17:34	17:44
10. veksling	17:17	17:29	17:22	17:34	17:27	17:39	17:32	17:44	17:37	17:49	17:42	17:54
11. veksling	17:22	17:35	17:27	17:40	17:32	17:45	17:37	17:50	17:42	17:55	17:47	18:00
12. veksling	17:23	17:36	17:28	17:41	17:33	17:46	17:38	17:51	17:43	17:56	17:48	18:01
13. veksling	17:26	17:41	17:31	17:46	17:36	17:51	17:41	17:56	17:46	18:01	17:51	18:06
14. veksling	17:28	17:44	17:33	17:49	17:38	17:54	17:43	17:59	17:48	18:04	17:53	18:09
Mål	17:30	17:45	17:35	17:50	17:40	17:55	17:45	18:00	17:50	18:05	17:55	18:10