

HANDICAPTABELL				
Klass	2 km	4 km	6km	s/km
D10	03:00	06:00	09:00	01:30
D12	02:40	05:20	08:00	01:20
D14	02:20	04:40	07:00	01:10
D16	02:00	04:00	06:00	01:00
D18	01:40	03:20	05:00	00:50
D20	01:30	03:00	04:30	00:45
D21	01:20	02:40	04:00	00:40
D35	01:30	03:00	04:30	00:45
D40	01:40	03:20	05:00	00:50
D45	02:00	04:00	06:00	01:00
D50	02:20	04:40	07:00	01:10
D55	02:40	05:20	08:00	01:20
D60	03:00	06:00	09:00	01:30
D65	03:30	07:00	10:30	01:45
D70	04:00	08:00	12:00	02:00
D75	04:30	09:00	13:30	02:15
D80	05:00	10:00	15:00	02:30
H10	02:50	05:40	08:30	01:25
H12	02:20	04:40	07:00	01:10
H14	02:00	04:00	06:00	01:00
H16	01:30	03:00	04:30	00:45
H18	01:00	02:00	03:00	00:30
H20	00:30	01:00	01:30	00:15
H21	00:00	00:00	00:00	00:00
H35	00:20	00:40	01:00	00:10
H40	00:40	01:20	02:00	00:20
H45	01:00	02:00	03:00	00:30
H50	01:20	02:40	04:00	00:40
H55	01:40	03:20	05:00	00:50
H60	02:00	04:00	06:00	01:00
H65	02:20	04:40	07:00	01:10
H70	02:40	05:20	08:00	01:20
H75	03:00	06:00	09:00	01:30
H80	03:20	06:40	10:00	01:40