

Österlens 3-kvällars 2022

| Klass | Skala | Banlängder [km] | | | Klass | Skala | Banlängder [km] | | |
|------------------|----------|-----------------|---------|---------|----------------|----------|-----------------|---------|---------|
| | | Kväll 1 | Kväll 2 | Kväll 3 | | | Kväll 1 | Kväll 2 | Kväll 3 |
| D10 | 1:7 500 | 2.5 | 1.9 | 2.3 | H10 | 1:7 500 | 2.5 | 1.9 | 2.3 |
| D12 | 1:7 500 | 2.5 | 2.4 | 2.7 | H12 | 1:7 500 | 2.5 | 2.4 | 2.7 |
| D14 | 1:7 500 | 3.3 | 3.1 | 3.2 | H14 | 1:7 500 | 3.3 | 3.1 | 3.2 |
| D16 | 1:10 000 | 3.8 | 3.4 | 3.6 | H16 | 1:10 000 | 3.8 | 3.5 | 3.6 |
| D18 | 1:10 000 | 3.8 | 3.5 | 3.6 | H18 | 1:10 000 | 3.8 | 3.5 | 3.6 |
| D20 | 1:10 000 | 3.8 | 3.5 | 3.6 | H20 | 1:10 000 | 3.8 | 3.5 | 3.6 |
| D21 | 1:10 000 | 4.1 | 3.8 | 4.5 | H21 | 1:10 000 | 5.1 | 5.1 | 5.6 |
| D35 | 1:10 000 | 3.6 | 3.6 | 3.7 | H35 | 1:10 000 | 4.8 | 4.4 | 4.7 |
| D40 | 1:10 000 | 3.6 | 3.6 | 3.6 | H40 | 1:10 000 | 4.4 | 3.9 | 4.5 |
| D45 | 1:7 500 | 3.4 | 2.9 | 3.3 | H45 | 1:7 500 | 4.2 | 3.7 | 4.3 |
| D50 | 1:7 500 | 3.2 | 2.9 | 3.3 | H50 | 1:7 500 | 3.8 | 3.6 | 4.3 |
| D55 | 1:7 500 | 3.0 | 2.6 | 3.2 | H55 | 1:7 500 | 3.6 | 3.6 | 3.7 |
| D60 | 1:7 500 | 2.8 | 2.4 | 2.8 | H60 | 1:7 500 | 3.5 | 3.4 | 3.6 |
| D65 | 1:7 500 | 2.8 | 2.4 | 2.4 | H65 | 1:7 500 | 3.4 | 2.9 | 3.3 |
| D70 | 1:7 500 | 2.6 | 2.3 | 2.4 | H70 | 1:7 500 | 3.4 | 2.8 | 3.3 |
| D75 | 1:7 500 | 2.2 | 1.9 | 2.1 | H75 | 1:7 500 | 3.2 | 2.6 | 2.7 |
| D80 | 1:7 500 | 2.2 | 1.9 | 2.1 | H80 | 1:7 500 | 2.6 | 2.3 | 2.4 |
| D85 | 1:7 500 | 2.2 | 1.9 | 2.1 | H85 | 1:7 500 | 2.2 | 1.9 | 2.1 |
| D90 | 1:7 500 | 1.8 | 1.5 | 1.7 | H90 | 1:7 500 | 1.8 | 1.5 | 1.7 |
| Inskolning 2 km | 1:7 500 | 2.3 | 1.7 | 1.6 | Medelsvår 3 km | 1:7 500 | 3.4 | 3.0 | 3.0 |
| Mycket lätt 2 km | 1:7 500 | 2.6 | 1.8 | 2.0 | Medelsvår 5 km | 1:7 500 | 4.6 | 4.6 | 5.0 |
| Lätt 2.5 km | 1:7 500 | 2.5 | 2.5 | 2.4 | Svår 3 km | 1:7 500 | 3.4 | 2.9 | 3.0 |
| Lätt 5 km | 1:7 500 | 4.4 | 4.7 | 5.0 | Svår 5 km | 1:7 500 | 4.9 | 5.1 | 4.9 |