

	Record (8:52)		10 timar		12 timar		15 timar		18 timar		20 timar		25 timar			
	tid	klokkeslett	tid	klokkeslett	tid	klokkeslett	tid	klokkeslett	tid	klokkeslett	tid	klokkeslett	tid	klokkeslett		
Start:	00:00	07:00	00:00	07:00	00:00	07:00	00:00	07:00	00:00	07:00	00:00	07:00	00:00	07:00		
1. Ytrehornsnakken:	00:17	07:17	00:22	07:22	00:27	07:27	00:30	07:30	00:55	07:55	00:43	07:43	01:29	08:29	2,6 km	2,6 km
2. Otredalssætra:	00:33	07:50	00:42	08:04	00:41	08:08	00:50	08:20	01:00	08:55	01:32	09:15	02:16	10:45	4,0 km	4,0 km
3. Otredalsskaret															2,9 km	2,9 km
4. Kviven:	00:40	08:30	00:43	08:47	00:48	08:56	01:05	09:25	01:13	10:08	02:06	11:21	02:37	13:22	2,7 km	
5. Høgenibba															1,6 km	4,3 km
6. Storesætra:	00:58	09:28	01:09	09:56	01:20	10:16	01:24	10:49	02:24	12:32	02:11	13:32	03:03	16:25	3,8 km	
7. Sandfjellet															4,2 km	8,0 km
8. Tussen															2,5 km	
Hornindalssætra:	01:29	10:57	01:41	11:37	02:11	12:27	02:11	13:00	03:17	15:49	03:09	16:41	04:21	20:46	3,4 km	
9. Blåvatnet															2,8 km	8,7 km
Horndøla bru:	00:44	11:41	00:45	12:22	01:04	13:31	01:05	14:05	01:01	16:50	01:49	18:30	02:08	22:54	4,5 km	
10. Muldsvorhornet	00:20	12:01	00:21	12:43	00:26	13:57	00:42	14:47	00:40	17:30	00:53	19:23	00:59	23:53	4,4 km	8,9 km
Sandgrova	00:22	12:23	00:30	13:13	00:34	14:31	00:41	15:28	00:50	18:20	00:51	20:14	00:52	00:45	1,8 km	
11. Kupa															2,6 km	4,4 km
12. Dauremålshornet															1,7 km	
13. Holskardsætra:	00:41	13:04	00:46	13:59	00:59	15:30	01:26	16:54	01:31	19:51	01:33	21:47	01:43	02:28	1,7 km	
14. Gullkoppen															3,1 km	6,5 km
Botnagavlen	00:30	13:34	00:34	14:33	00:40	16:10	01:05	17:59	01:04	20:55	01:06	22:53	01:14	03:42	0,8 km	
15. Storehornet															1,2 km	
16. Sætrehornet															2,0 km	
17. Kirkhornsætra:	00:50	14:24	00:57	15:30	01:06	17:16	01:30	19:29	01:29	22:24	01:29	00:22	01:38	05:20	2,4 km	
18. Vikasetra	00:18	14:42	00:19	15:49	00:22	17:38	00:30	19:59	00:31	22:55	00:32	00:54	00:31	05:51	3,1 km	6,4 km
19. Middagsfjellet															3,8 km	3,8 km
20. Kjøsaammaren	00:54	15:36	00:55	16:44	01:02	18:40	01:34	21:33	01:35	00:30	01:35	02:29	01:37	07:28	2,9 km	2,9 km
Mål / finish :	08:52	15:52	10:00	17:00	12:00	19:00	15:00	22:00	18:00	01:00	20:00	03:00	25:00	08:00	3,5 km	3,5 km