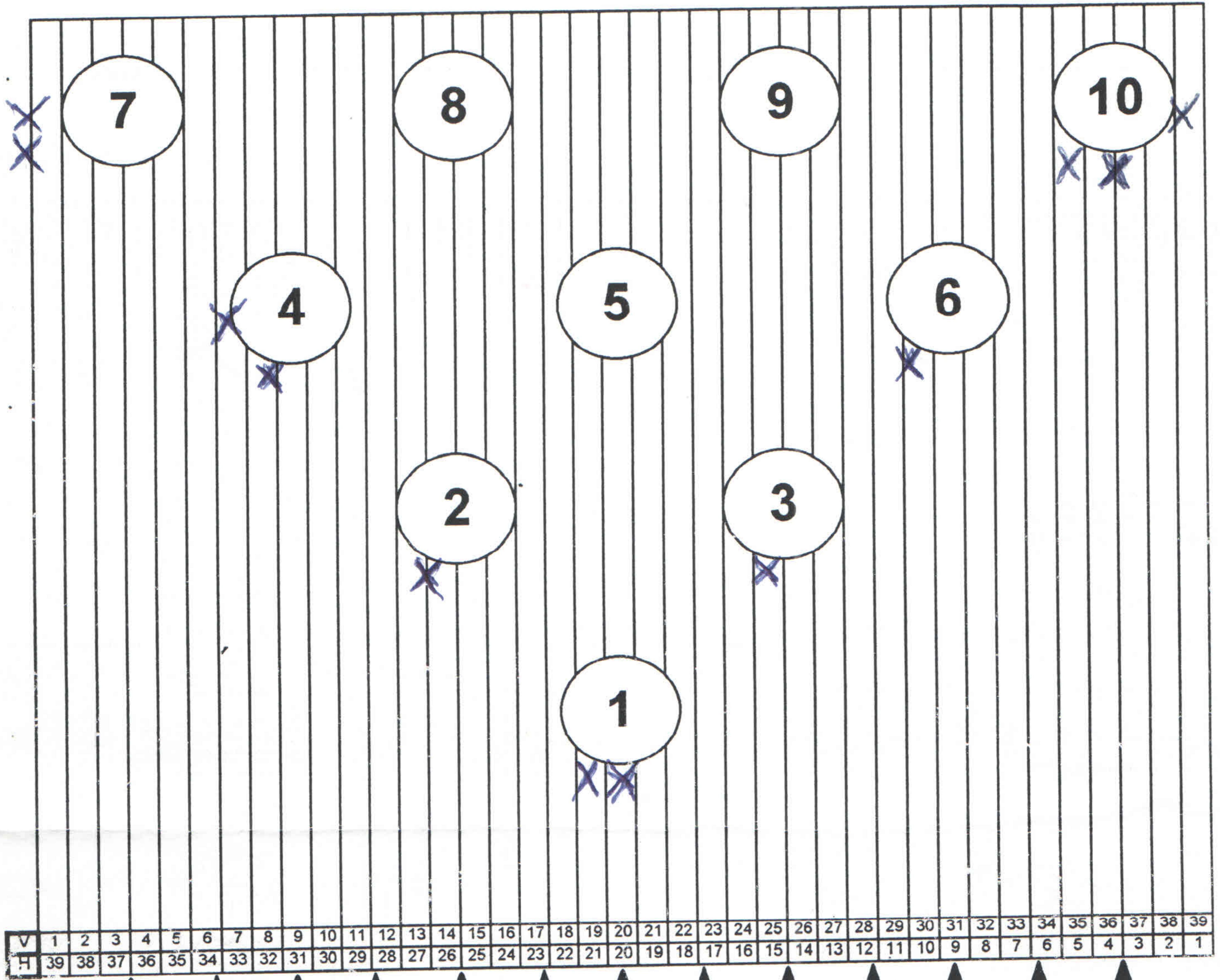
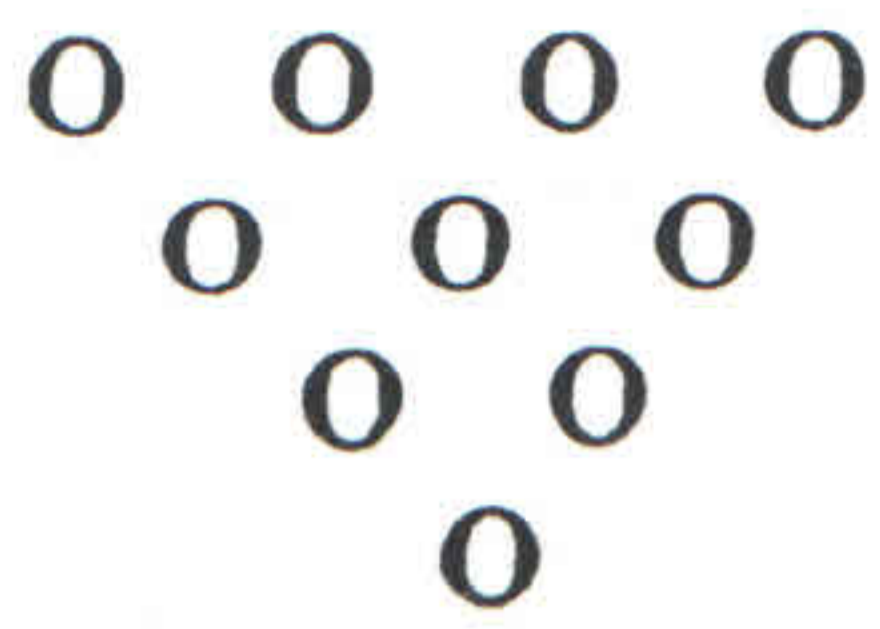


JAN R



11 h 27
 9 h 31
 7 h 32
 5 h 34
 4 h 35
 2 h 38
 U 39
 2 v 42
 4 v 43
 5 v 45
 7 v 46
 9 v 49
 11 v 50

TEAM AMF



NAMN JAN ROALD

DATUM 17.06.00

SPÄRRTRÄNING, HÖGER

KÄGLOR	STÅR	SIKTAR	1	2	3	4	5	SA
10	39	13	3	1	3	3	3	13
7	30	20	3	1	0	0	3	7
6-10	39	14	3	1	3	0	3	10
2-4-5	35	20	3	1	0	3	3	10
3-6-10	39	16	1	1	1	0	0	3
2-8								

RESULTAT TRÄFF MITT PÅ = 3 POÄNG
TUNN TRÄFF = 1 POÄNG
MISS = 0 POÄNG

20 ruter'n

Navn: ... JAN ROALD

Dato:

Mål:%

Slag nr	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Treff	B	Ø	B	L	L	L	L	L	L	L	L	L	L	L	L	B	L	L	B	L
Resultat	8	8	8	9	X	7	9	X	9	9	X	8	X	X	8	X	9	X	7	X

Sannhetens øyeblikk:

Antall lommetreff = $\frac{15}{20} = 75\%$
 Antall strike = $\frac{8}{20} = 40\%$
 Antall 9'ere = $\frac{5}{20} = 25\%$
 Antall 8'ere = $\frac{5}{20} = 25\%$
 Antall øvrige = $\frac{2}{20} = 10\%$

Treff = L, B eller Ø

L = Lomma

B = Brooklyn

Ø = Øvrig (ikke treff på 1'er kjegla)

Resultat = skriv X, 9, 8, 7, osv.

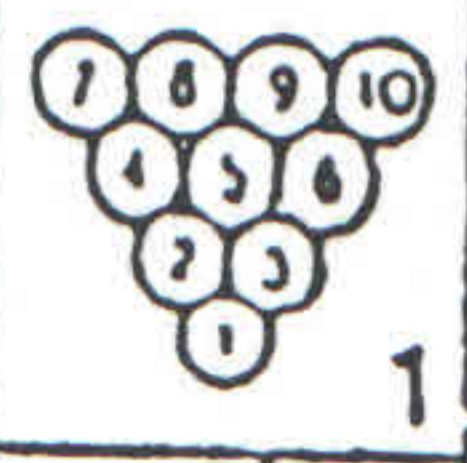
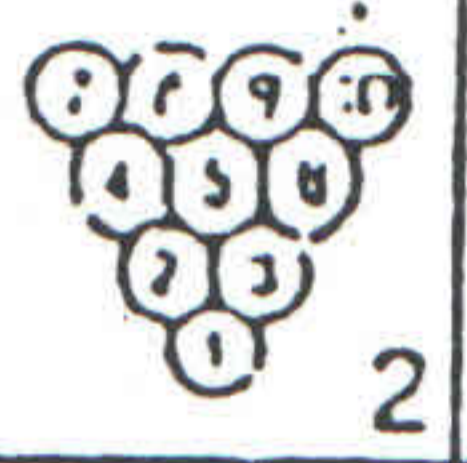
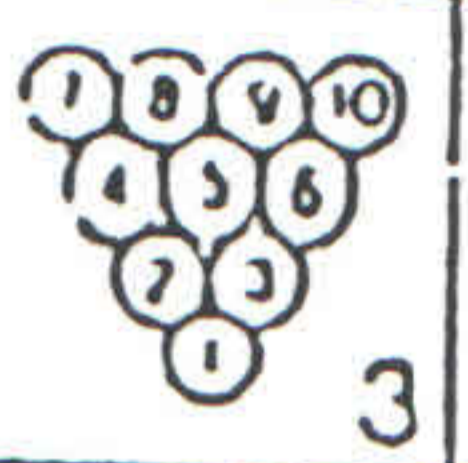
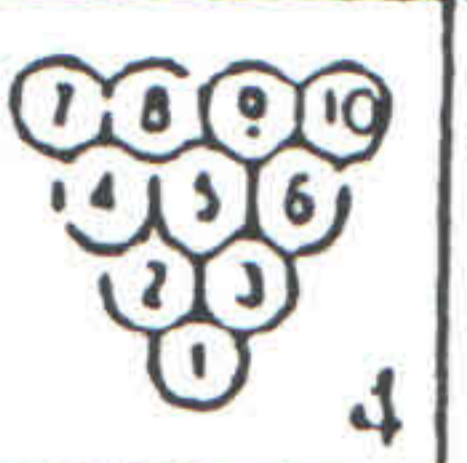
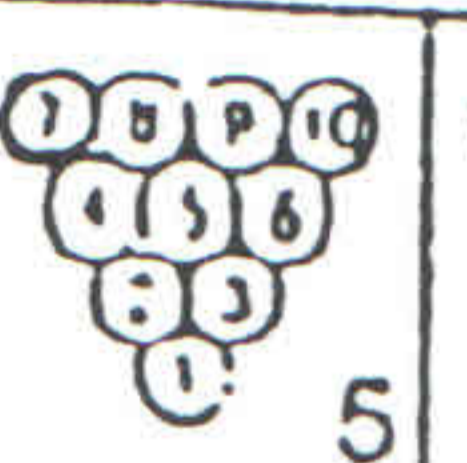
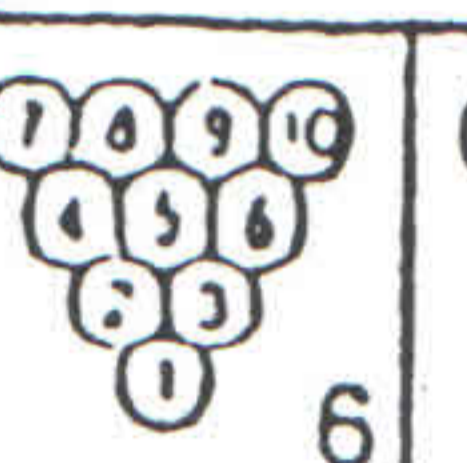
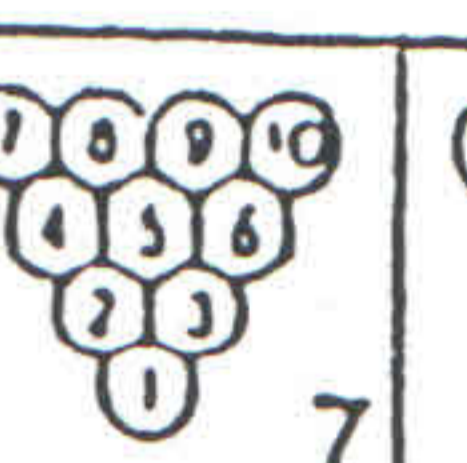
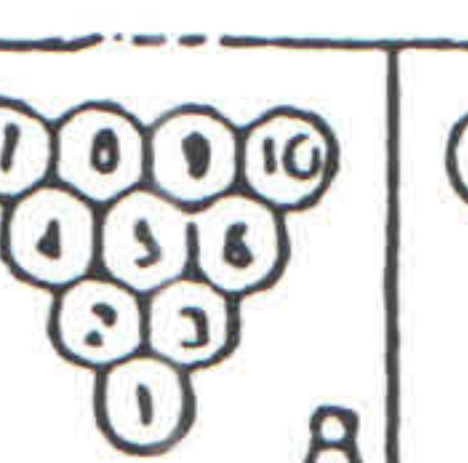
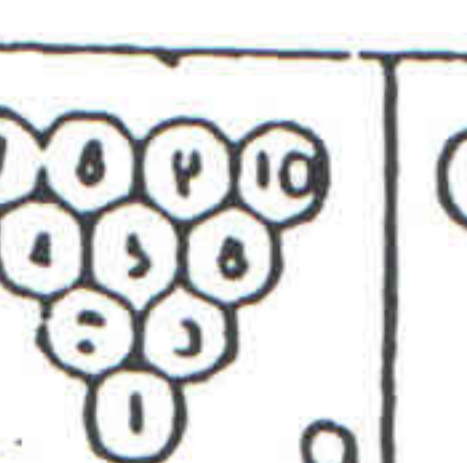
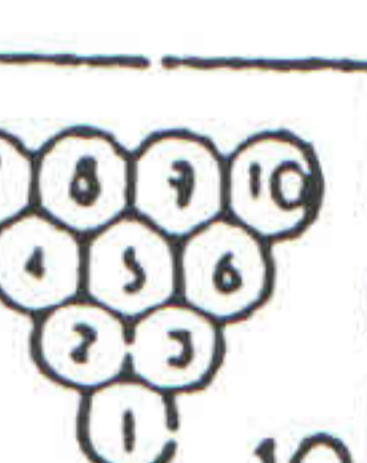
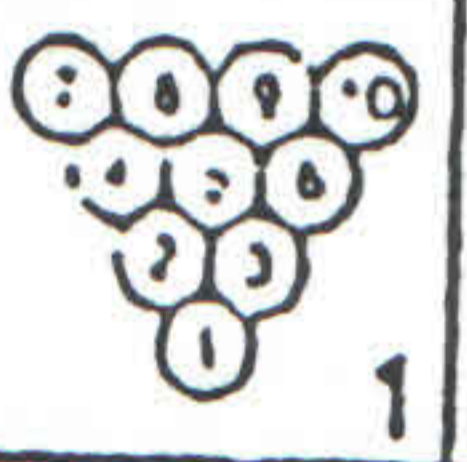
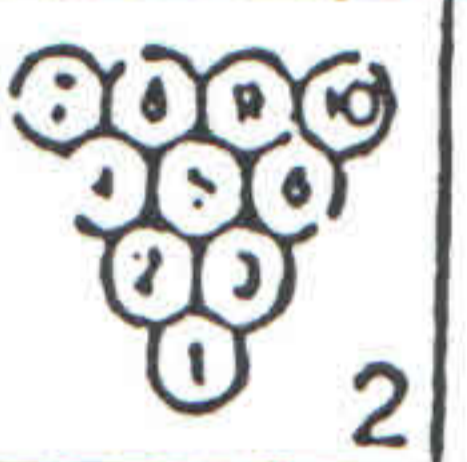
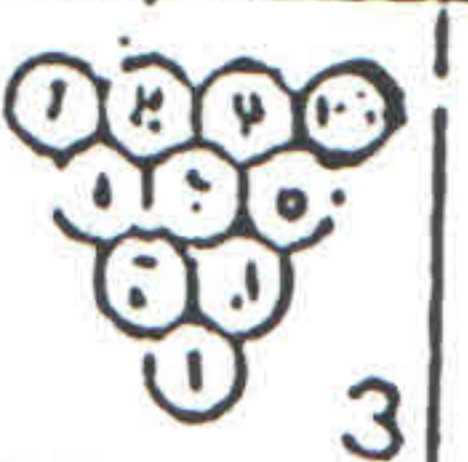
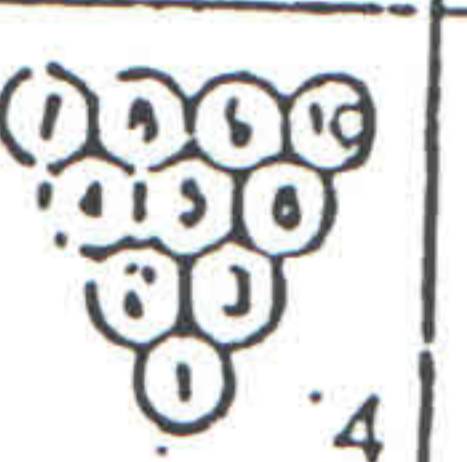
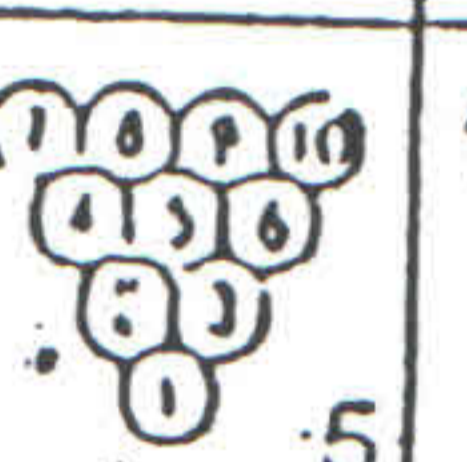
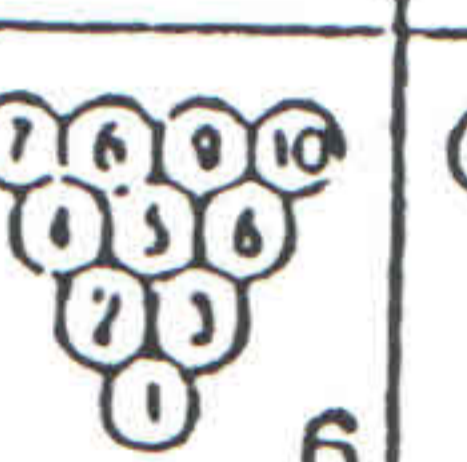
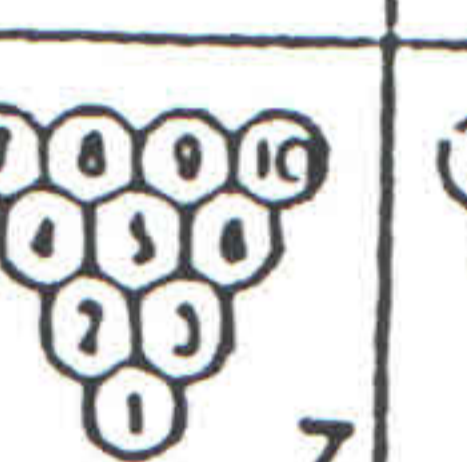
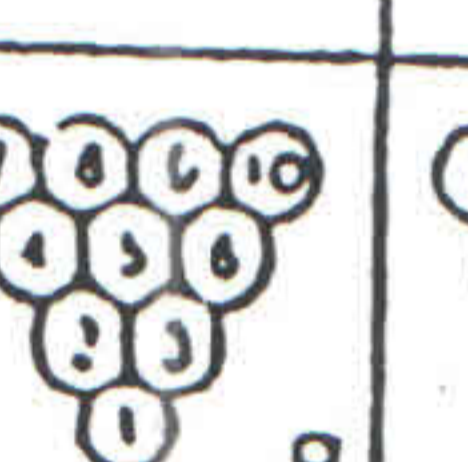
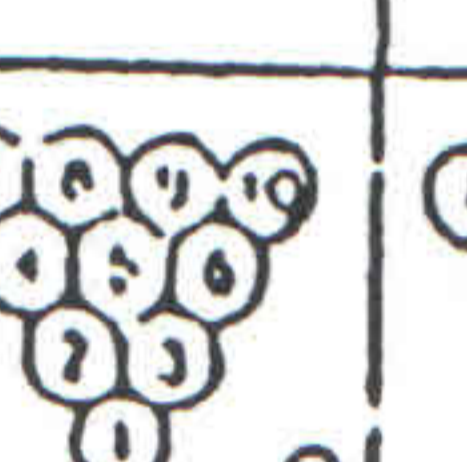

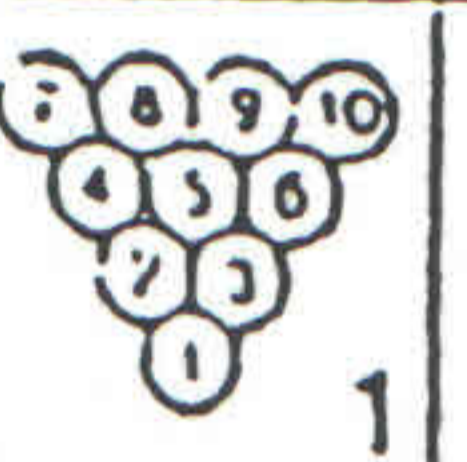
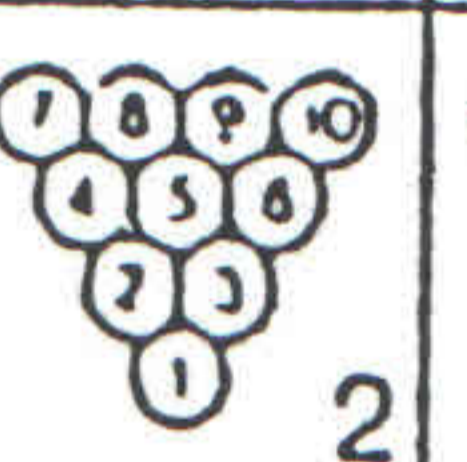
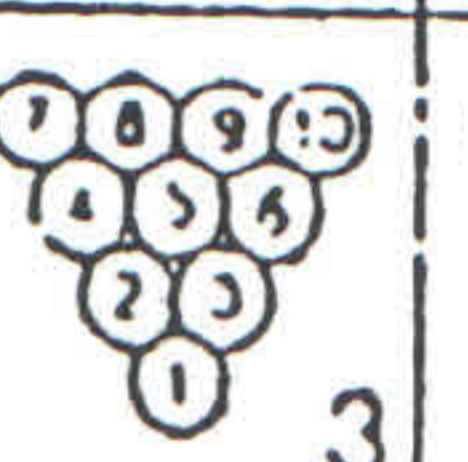
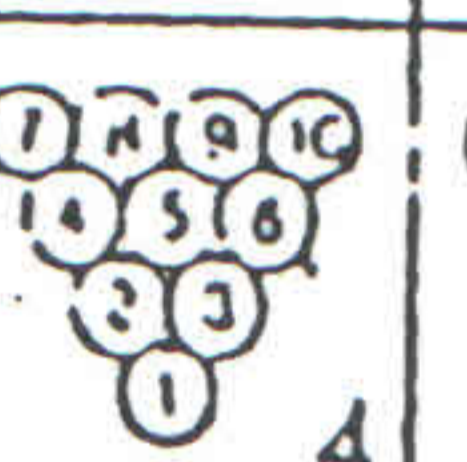
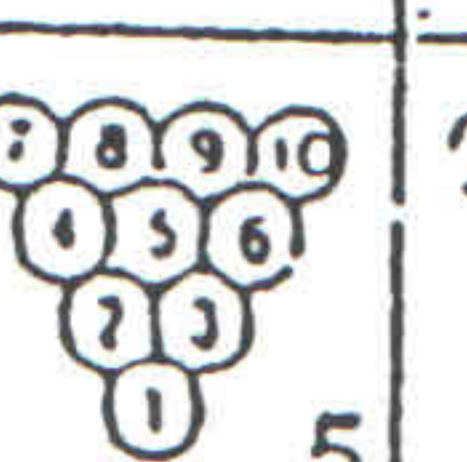
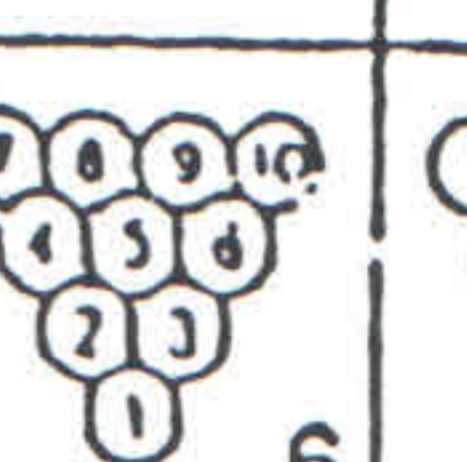
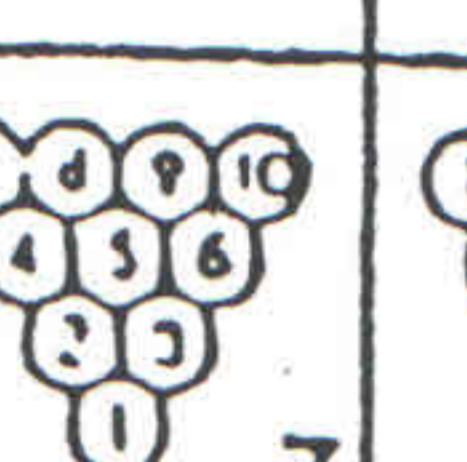
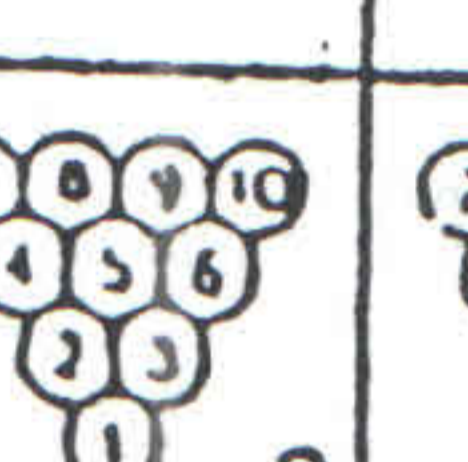
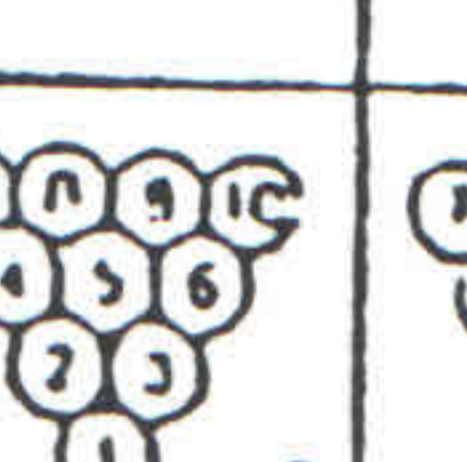
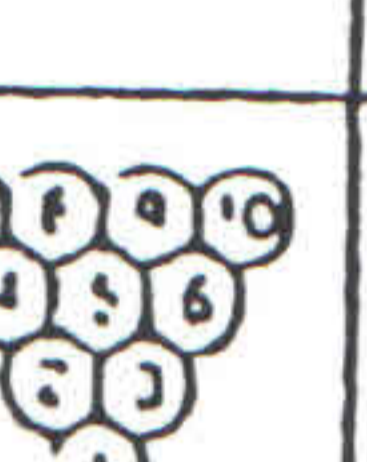
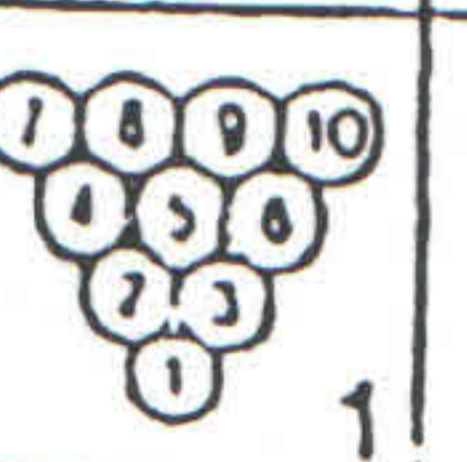
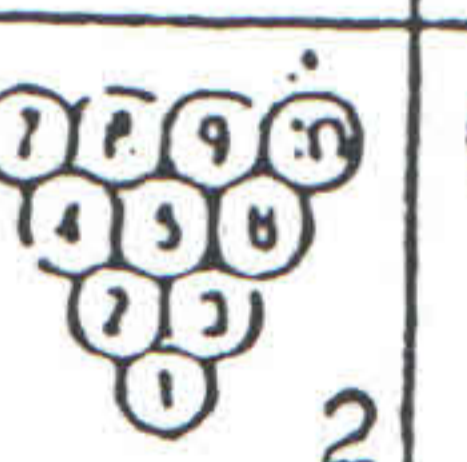
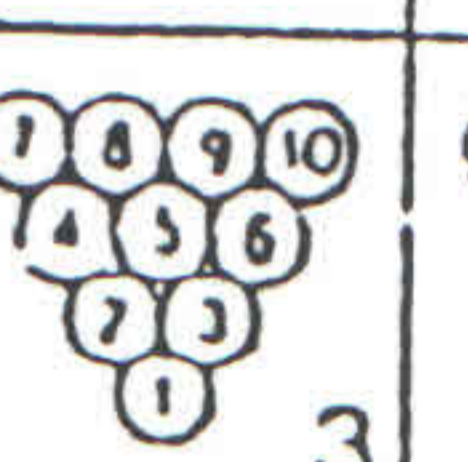
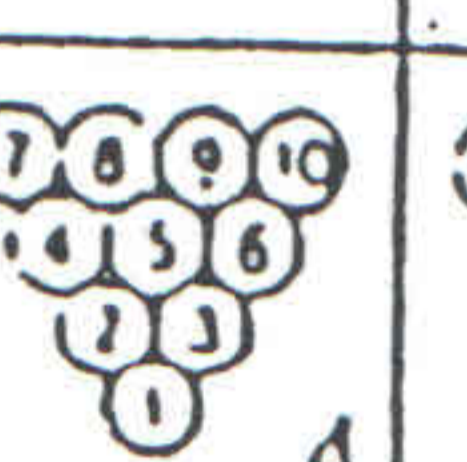
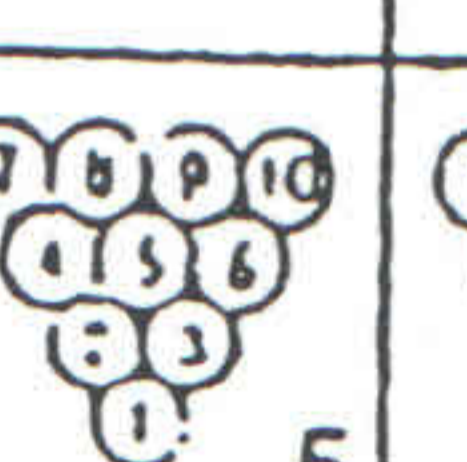
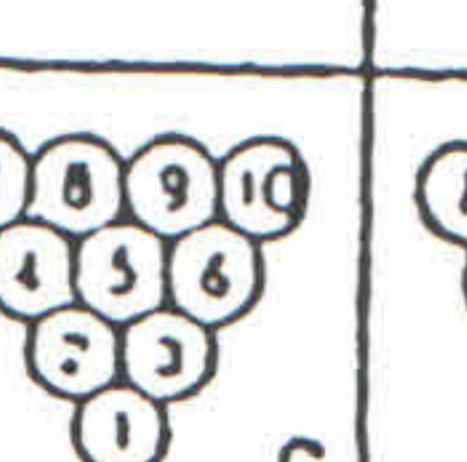
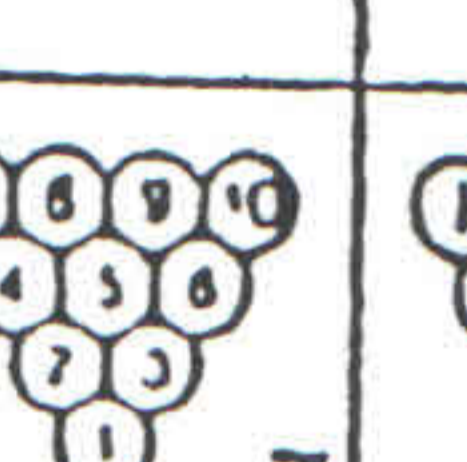
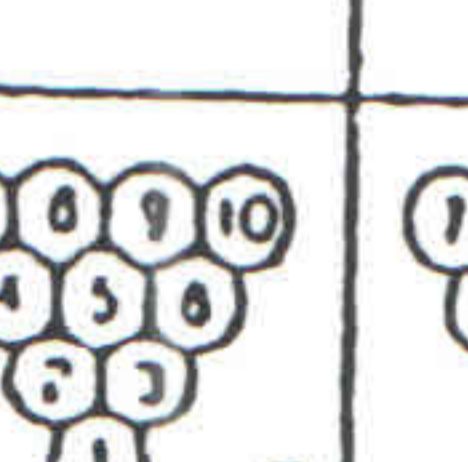
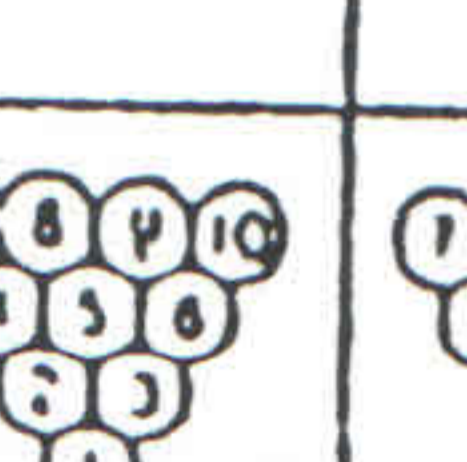
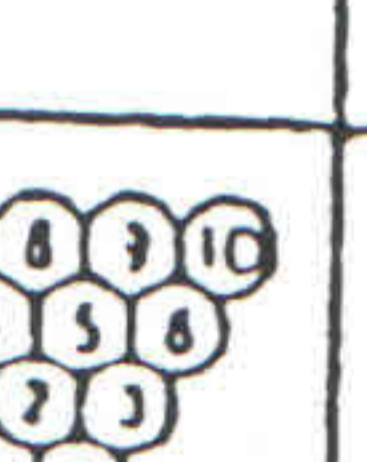
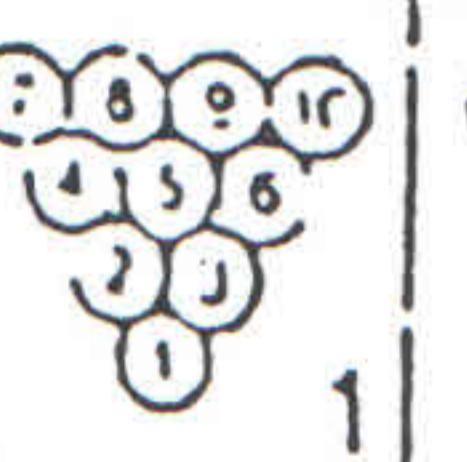
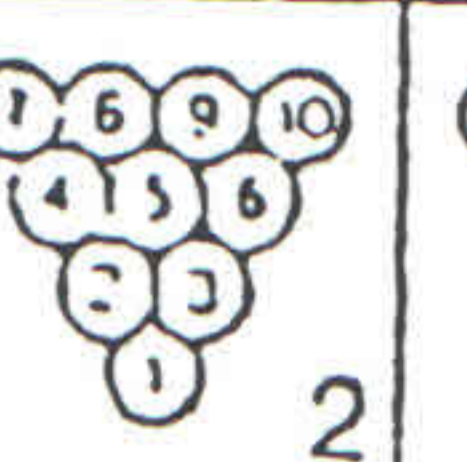
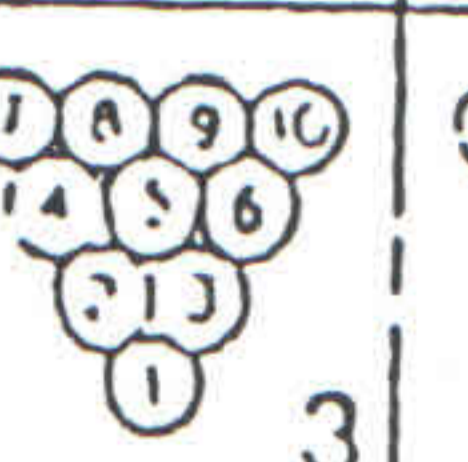
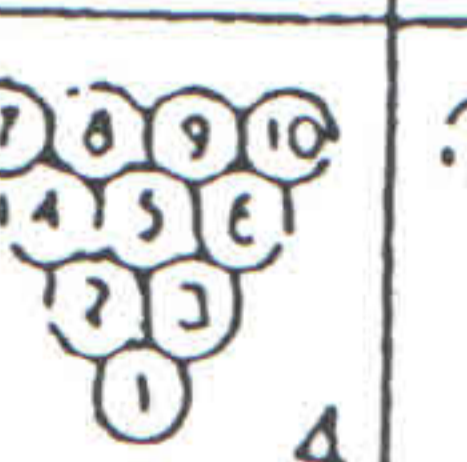
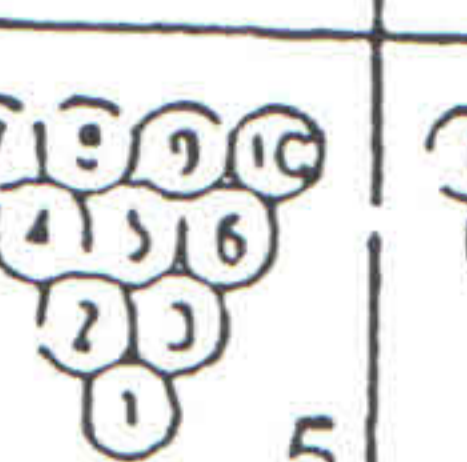
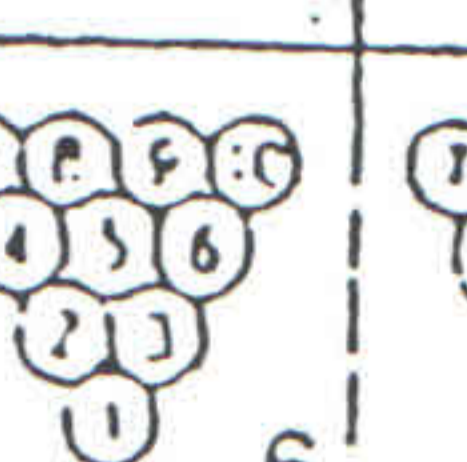
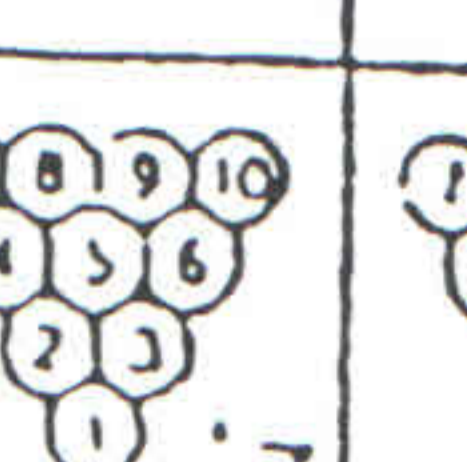
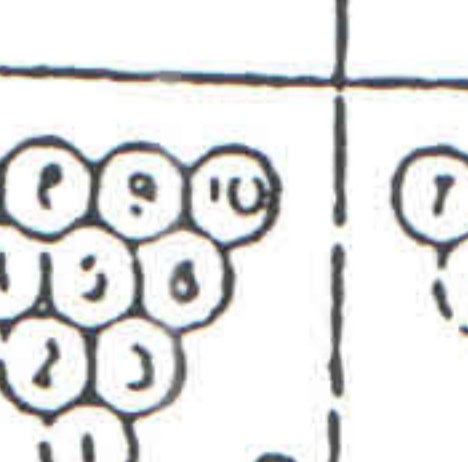
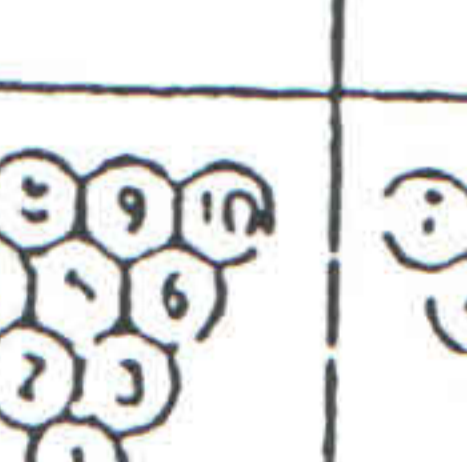
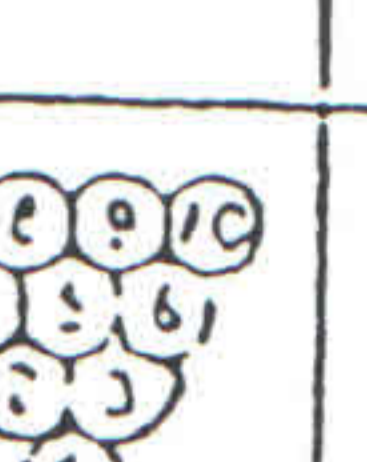
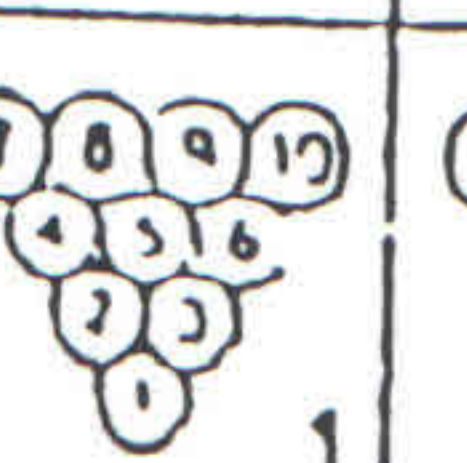
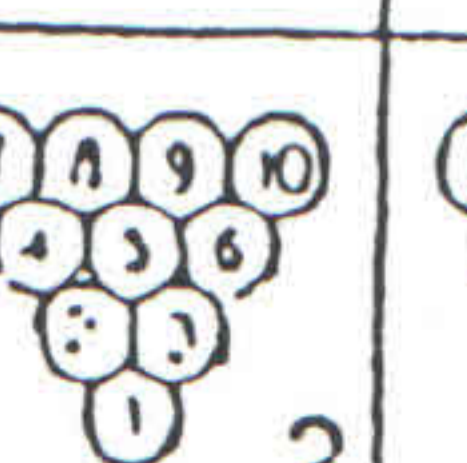
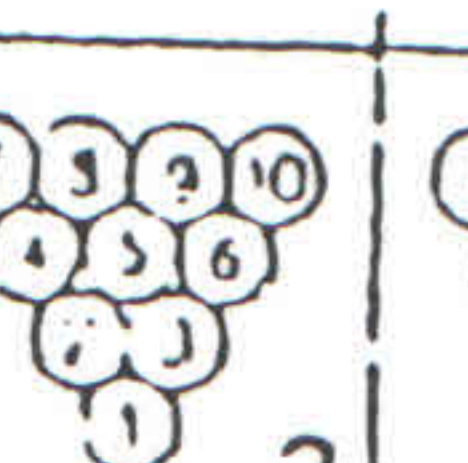
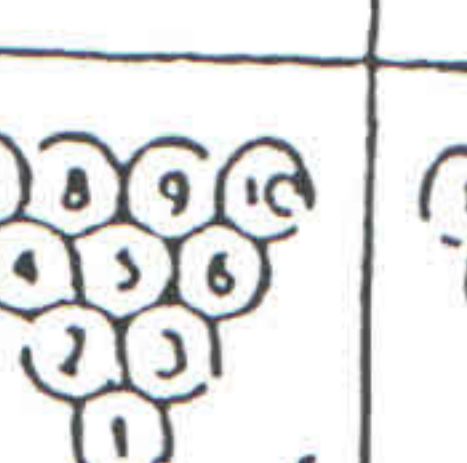
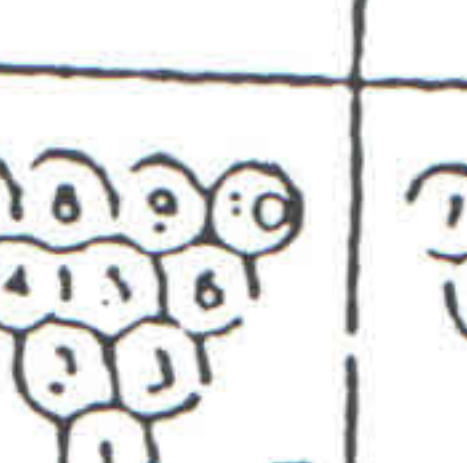
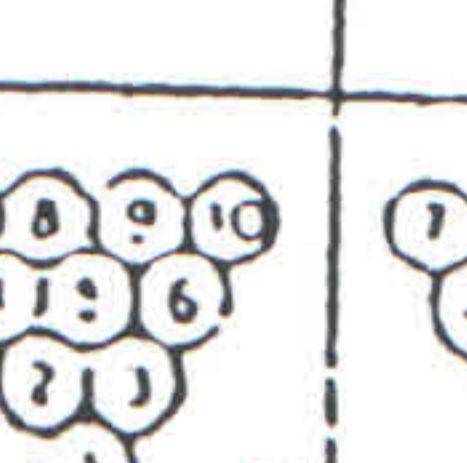
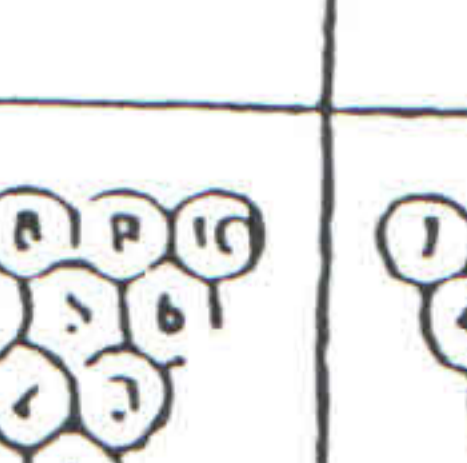
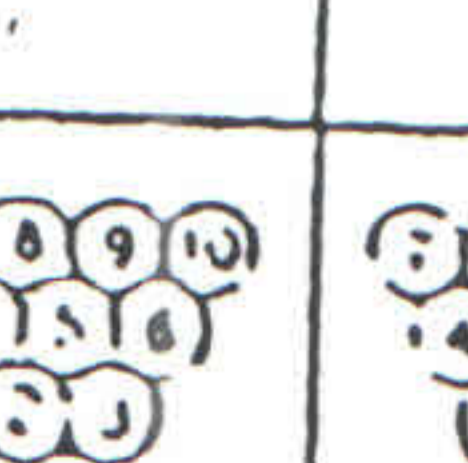
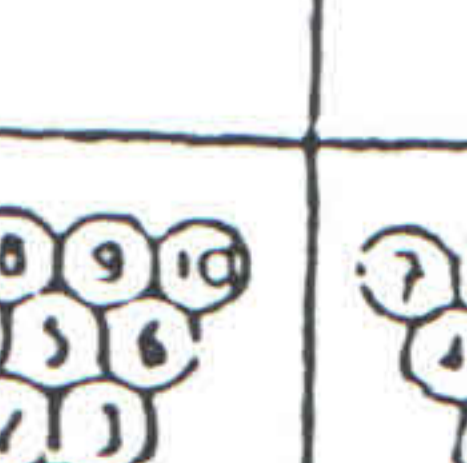

% = antallet x 5

RAPPORTSKJEMA

Navn : Dato : Klokken.....
 Spillested.....Betalt av egne penger kr.....
 Trener tilstede ja nei. I tilfelle ja, hvem ;.....
 Hvordan mener du banene var ? flatte tørre passe
 Spilte alene sammen med 1 sammen med 2 flere
 Egne kommentarer, f.eks. hvilke stav ble spilt, hva slags ball osv.

Leveres eller sendes til :

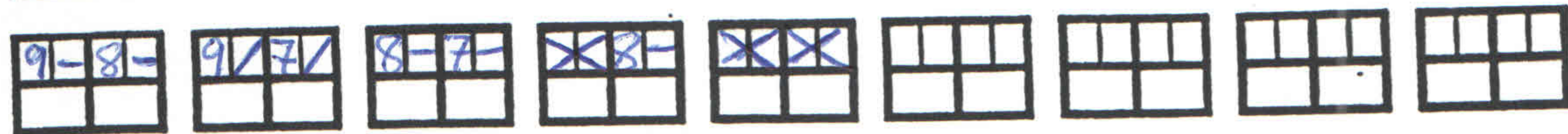
Markér de keglar som står igjen etter 1. slaget.

 1	 2	 3	 4	 5	 6	 7	 8	 9	 10
 1	 2	 3	 4	 5	 6	 7	 8	 9	 10
 1	 2	 3	 4	 5	 6	 7	 8	 9	 10
 1	 2	 3	 4	 5	 6	 7	 8	 9	 10
 1	 2	 3	 4	 5	 6	 7	 8	 9	 10
 1	 2	 3	 4	 5	 6	 7	 8	 9	 10

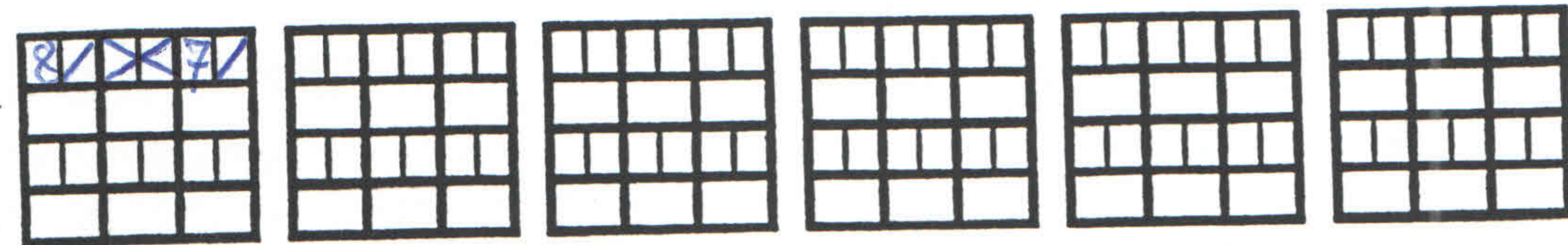
Pyramiden



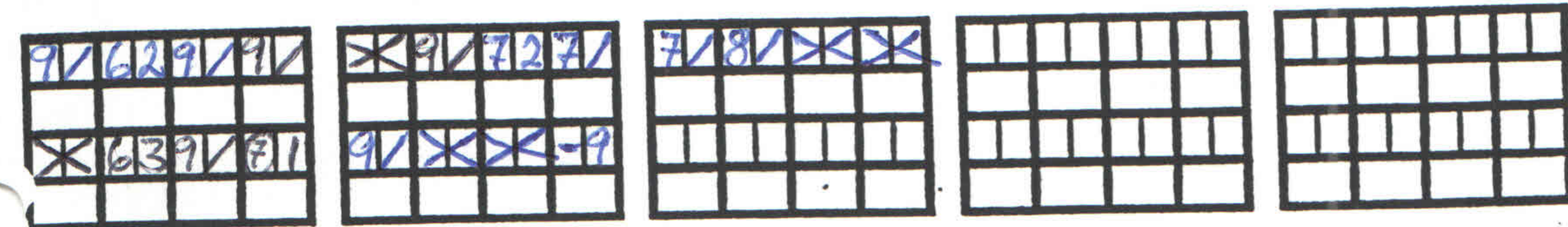
0 (1)



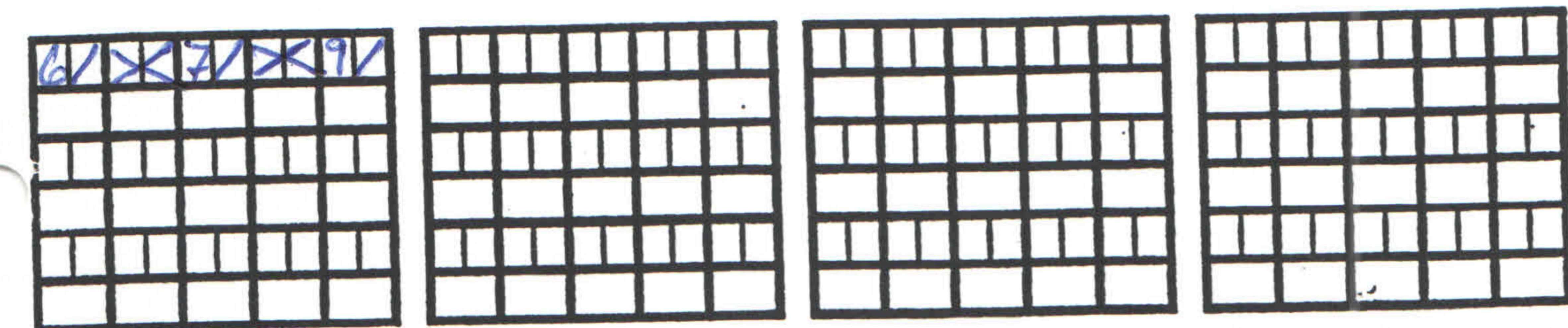
1 (1)



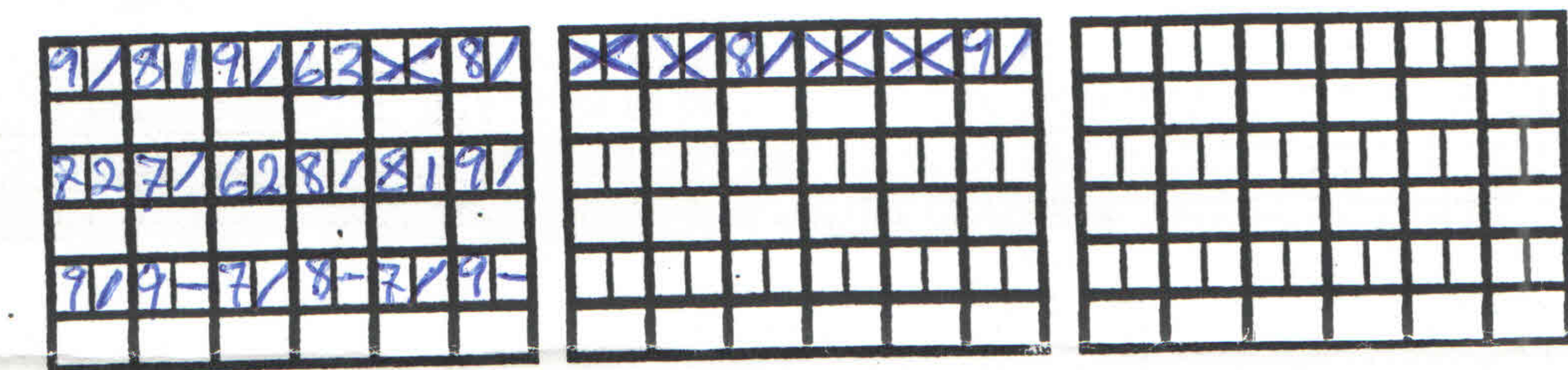
1 (2)



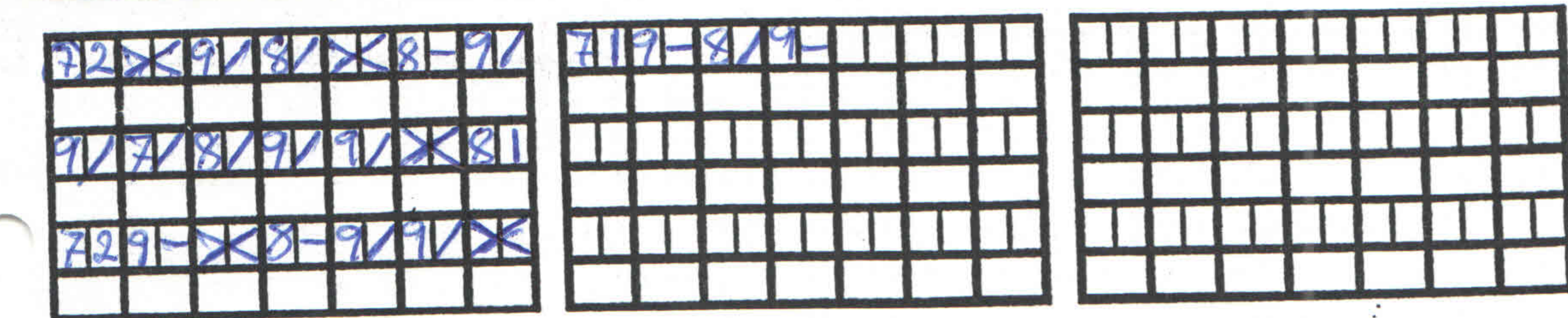
2 (2)



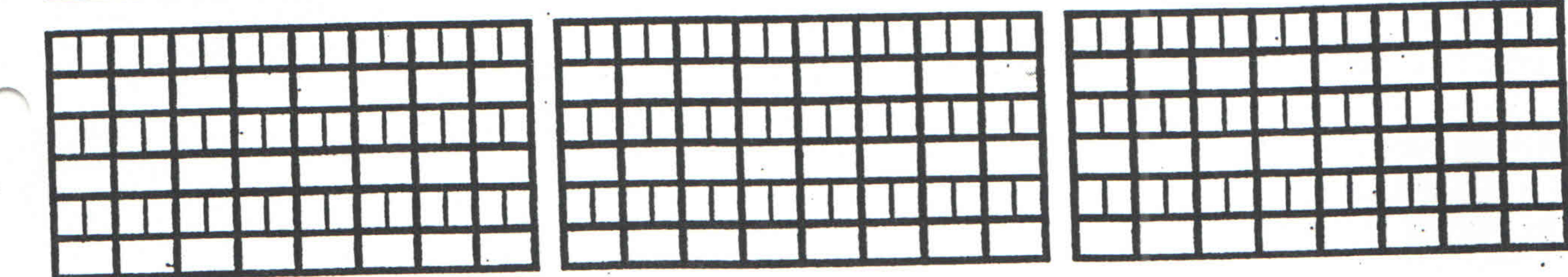
2 (3)



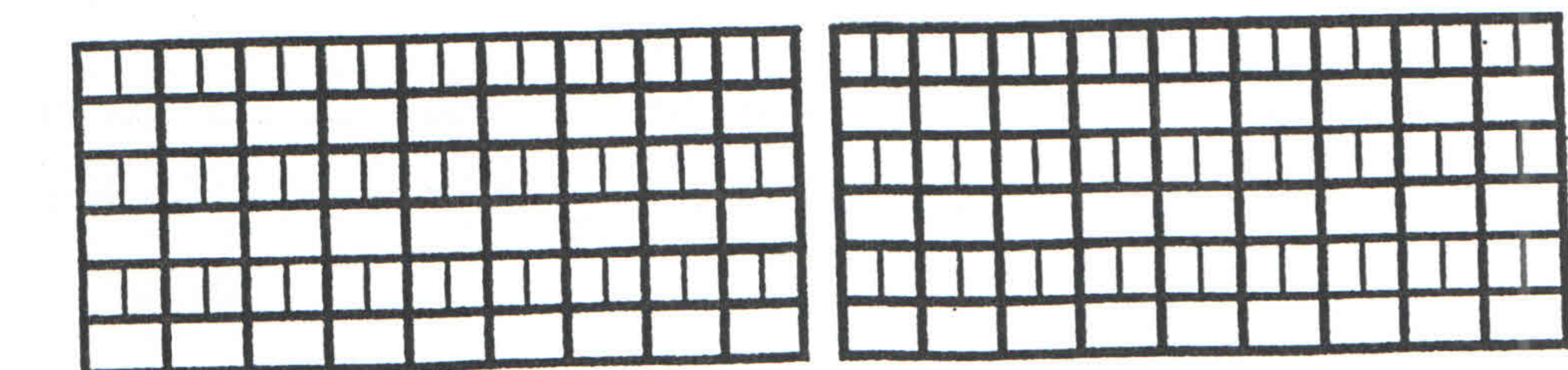
3 (3)



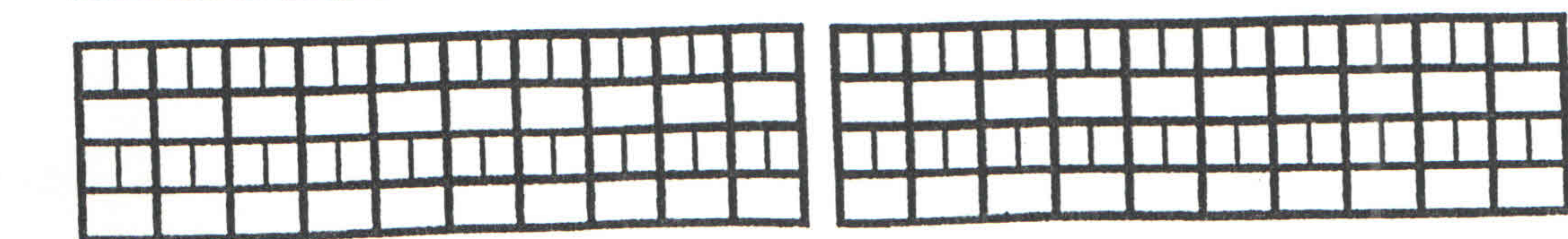
3 (4)



4 (4)



4 (5)



5 (5)

PSYKTRÄNING

1. 5 slag i rad i fickan, valfri pil #+++ #~~||||~~
2. 5 spärr i rad kägla nr 10 ++ ~~+++~~ ~~||||~~
3. 5 slag i rad i fickan, ribba 20 +++ ~~+++~~ ++ ~~||||~~
4. 5 spärr i rad kägla nr 7 ~~||||~~
5. 7 täckta rutor i följd, valfri pil (split räknas ej) +
6. Ribba 17, 5 i rad i fickan och täckta
7. 3 strike i följd, valfritt spelställe
8. Ribba 25, 5 i rad i fickan och täckt.