

Course Handicap Table

NGF

Trondheim GK - Sommersæter golfbane (gyldig t.o.m. 2032)

Men's - Gul

Course Rating™: 71.1 - Slope Rating®: 134 - Par: 72

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.8	+7	24.0 to 24.7	28
+4.7 to +3.9	+6	24.8 to 25.6	29
+3.8 to +3.1	+5	25.7 to 26.4	30
+3.0 to +2.2	+4	26.5 to 27.3	31
+2.1 to +1.4	+3	27.4 to 28.1	32
+1.3 to +0.6	+2	28.2 to 29.0	33
+0.5 to 0.3	+1	29.1 to 29.8	34
0.4 to 1.1	0	29.9 to 30.6	35
1.2 to 2.0	1	30.7 to 31.5	36
2.1 to 2.8	2	31.6 to 32.3	37
2.9 to 3.7	3	32.4 to 33.2	38
3.8 to 4.5	4	33.3 to 34.0	39
4.6 to 5.3	5	34.1 to 34.9	40
5.4 to 6.2	6	35.0 to 35.7	41
6.3 to 7.0	7	35.8 to 36.5	42
7.1 to 7.9	8	36.6 to 37.4	43
8.0 to 8.7	9	37.5 to 38.2	44
8.8 to 9.6	10	38.3 to 39.1	45
9.7 to 10.4	11	39.2 to 39.9	46
10.5 to 11.2	12	40.0 to 40.8	47
11.3 to 12.1	13	40.9 to 41.6	48
12.2 to 12.9	14	41.7 to 42.5	49
13.0 to 13.8	15	42.6 to 43.3	50
13.9 to 14.6	16	43.4 to 44.1	51
14.7 to 15.5	17	44.2 to 45.0	52
15.6 to 16.3	18	45.1 to 45.8	53
16.4 to 17.2	19	45.9 to 46.7	54
17.3 to 18.0	20	46.8 to 47.5	55
18.1 to 18.8	21	47.6 to 48.4	56
18.9 to 19.7	22	48.5 to 49.2	57
19.8 to 20.5	23	49.3 to 50.0	58
20.6 to 21.4	24	50.1 to 50.9	59
21.5 to 22.2	25	51.0 to 51.7	60
22.3 to 23.1	26	51.8 to 52.6	61
23.2 to 23.9	27	52.7 to 53.4	62
		53.5 to 54.0	63

INSTRUCTIONS

* When using the table, find the range containing your Handicap Index® in the left column. Play with the Course Handicap™ which corresponds with it in the right column.

* Please make sure that the tees from which you are playing correspond with the tees for which this table applies.

Course Handicap Table

NGF

Trondheim GK - Sommersæter golfbane (gyldig t.o.m. 2032)

Men's - Rød

Course Rating™: 68.0 - Slope Rating®: 130 - Par: 72

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.8	+10	24.0 to 24.7	24
+4.7 to +4.0	+9	24.8 to 25.6	25
+3.9 to +3.1	+8	25.7 to 26.5	26
+3.0 to +2.2	+7	26.6 to 27.3	27
+2.1 to +1.4	+6	27.4 to 28.2	28
+1.3 to +0.5	+5	28.3 to 29.1	29
+0.4 to 0.4	+4	29.2 to 29.9	30
0.5 to 1.3	+3	30.0 to 30.8	31
1.4 to 2.1	+2	30.9 to 31.7	32
2.2 to 3.0	+1	31.8 to 32.5	33
3.1 to 3.9	0	32.6 to 33.4	34
4.0 to 4.7	1	33.5 to 34.3	35
4.8 to 5.6	2	34.4 to 35.2	36
5.7 to 6.5	3	35.3 to 36.0	37
6.6 to 7.3	4	36.1 to 36.9	38
7.4 to 8.2	5	37.0 to 37.8	39
8.3 to 9.1	6	37.9 to 38.6	40
9.2 to 9.9	7	38.7 to 39.5	41
10.0 to 10.8	8	39.6 to 40.4	42
10.9 to 11.7	9	40.5 to 41.2	43
11.8 to 12.6	10	41.3 to 42.1	44
12.7 to 13.4	11	42.2 to 43.0	45
13.5 to 14.3	12	43.1 to 43.8	46
14.4 to 15.2	13	43.9 to 44.7	47
15.3 to 16.0	14	44.8 to 45.6	48
16.1 to 16.9	15	45.7 to 46.5	49
17.0 to 17.8	16	46.6 to 47.3	50
17.9 to 18.6	17	47.4 to 48.2	51
18.7 to 19.5	18	48.3 to 49.1	52
19.6 to 20.4	19	49.2 to 49.9	53
20.5 to 21.2	20	50.0 to 50.8	54
21.3 to 22.1	21	50.9 to 51.7	55
22.2 to 23.0	22	51.8 to 52.5	56
23.1 to 23.9	23	52.6 to 53.4	57
		53.5 to 54.0	58

INSTRUCTIONS

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* Please make sure that the tees from which you are playing correspond with the tees for which this table applies.

Course Handicap Table

NGF

Trondheim GK - Sommersæter golfbane (gyldig t.o.m. 2032)

Women's - Gul

Course Rating™: 77.0 - Slope Rating®: 140 - Par: 72

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.5	+1	24.7 to 25.4	36
+4.4 to +3.7	0	25.5 to 26.2	37
+3.6 to +2.9	1	26.3 to 27.0	38
+2.8 to +2.1	2	27.1 to 27.8	39
+2.0 to +1.3	3	27.9 to 28.6	40
+1.2 to +0.5	4	28.7 to 29.4	41
+0.4 to 0.4	5	29.5 to 30.2	42
0.5 to 1.2	6	30.3 to 31.0	43
1.3 to 2.0	7	31.1 to 31.8	44
2.1 to 2.8	8	31.9 to 32.6	45
2.9 to 3.6	9	32.7 to 33.4	46
3.7 to 4.4	10	33.5 to 34.3	47
4.5 to 5.2	11	34.4 to 35.1	48
5.3 to 6.0	12	35.2 to 35.9	49
6.1 to 6.8	13	36.0 to 36.7	50
6.9 to 7.6	14	36.8 to 37.5	51
7.7 to 8.4	15	37.6 to 38.3	52
8.5 to 9.2	16	38.4 to 39.1	53
9.3 to 10.0	17	39.2 to 39.9	54
10.1 to 10.8	18	40.0 to 40.7	55
10.9 to 11.7	19	40.8 to 41.5	56
11.8 to 12.5	20	41.6 to 42.3	57
12.6 to 13.3	21	42.4 to 43.1	58
13.4 to 14.1	22	43.2 to 43.9	59
14.2 to 14.9	23	44.0 to 44.7	60
15.0 to 15.7	24	44.8 to 45.6	61
15.8 to 16.5	25	45.7 to 46.4	62
16.6 to 17.3	26	46.5 to 47.2	63
17.4 to 18.1	27	47.3 to 48.0	64
18.2 to 18.9	28	48.1 to 48.8	65
19.0 to 19.7	29	48.9 to 49.6	66
19.8 to 20.5	30	49.7 to 50.4	67
20.6 to 21.3	31	50.5 to 51.2	68
21.4 to 22.1	32	51.3 to 52.0	69
22.2 to 23.0	33	52.1 to 52.8	70
23.1 to 23.8	34	52.9 to 53.6	71
23.9 to 24.6	35	53.7 to 54.0	72

INSTRUCTIONS

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* Please make sure that the tees from which you are playing correspond with the tees for which this table applies.

Course Handicap Table

NGF

Trondheim GK - Sommersæter golfbane (gyldig t.o.m. 2032)

Women's - Rød

Course Rating™: 73.2 - Slope Rating®: 132 - Par: 72

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.9	+5	24.3 to 25.0	30
+4.8 to +4.1	+4	25.1 to 25.9	31
+4.0 to +3.2	+3	26.0 to 26.7	32
+3.1 to +2.4	+2	26.8 to 27.6	33
+2.3 to +1.5	+1	27.7 to 28.5	34
+1.4 to +0.6	0	28.6 to 29.3	35
+0.5 to 0.2	1	29.4 to 30.2	36
0.3 to 1.1	2	30.3 to 31.0	37
1.2 to 1.9	3	31.1 to 31.9	38
2.0 to 2.8	4	32.0 to 32.7	39
2.9 to 3.6	5	32.8 to 33.6	40
3.7 to 4.5	6	33.7 to 34.4	41
4.6 to 5.3	7	34.5 to 35.3	42
5.4 to 6.2	8	35.4 to 36.2	43
6.3 to 7.1	9	36.3 to 37.0	44
7.2 to 7.9	10	37.1 to 37.9	45
8.0 to 8.8	11	38.0 to 38.7	46
8.9 to 9.6	12	38.8 to 39.6	47
9.7 to 10.5	13	39.7 to 40.4	48
10.6 to 11.3	14	40.5 to 41.3	49
11.4 to 12.2	15	41.4 to 42.2	50
12.3 to 13.0	16	42.3 to 43.0	51
13.1 to 13.9	17	43.1 to 43.9	52
14.0 to 14.8	18	44.0 to 44.7	53
14.9 to 15.6	19	44.8 to 45.6	54
15.7 to 16.5	20	45.7 to 46.4	55
16.6 to 17.3	21	46.5 to 47.3	56
17.4 to 18.2	22	47.4 to 48.1	57
18.3 to 19.0	23	48.2 to 49.0	58
19.1 to 19.9	24	49.1 to 49.9	59
20.0 to 20.8	25	50.0 to 50.7	60
20.9 to 21.6	26	50.8 to 51.6	61
21.7 to 22.5	27	51.7 to 52.4	62
22.6 to 23.3	28	52.5 to 53.3	63
23.4 to 24.2	29	53.4 to 54.0	64

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