

# COURSE HANDICAP CHARTS

Norwegian Golf Federation

Nesbyen GK - Nesbyen GK (gyldig t.o.m. 2034)

## Men's - 61

Course Rating™: 74.5  
Slope Rating®: 155 - Par: 74

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.4	+6	24.8 to 25.5	35
+4.3 to +3.7	+5	25.6 to 26.2	36
+3.6 to +3.0	+4	26.3 to 26.9	37
+2.9 to +2.2	+3	27.0 to 27.7	38
+2.1 to +1.5	+2	27.8 to 28.4	39
+1.4 to +0.8	+1	28.5 to 29.1	40
+0.7 to +0.1	0	29.2 to 29.8	41
0.0 to 0.7	1	29.9 to 30.6	42
0.8 to 1.4	2	30.7 to 31.3	43
1.5 to 2.1	3	31.4 to 32.0	44
2.2 to 2.9	4	32.1 to 32.8	45
3.0 to 3.6	5	32.9 to 33.5	46
3.7 to 4.3	6	33.6 to 34.2	47
4.4 to 5.1	7	34.3 to 34.9	48
5.2 to 5.8	8	35.0 to 35.7	49
5.9 to 6.5	9	35.8 to 36.4	50
6.6 to 7.2	10	36.5 to 37.1	51
7.3 to 8.0	11	37.2 to 37.9	52
8.1 to 8.7	12	38.0 to 38.6	53
8.8 to 9.4	13	38.7 to 39.3	54
9.5 to 10.2	14	39.4 to 40.0	55
10.3 to 10.9	15	40.1 to 40.8	56
11.0 to 11.6	16	40.9 to 41.5	57
11.7 to 12.3	17	41.6 to 42.2	58
12.4 to 13.1	18	42.3 to 43.0	59
13.2 to 13.8	19	43.1 to 43.7	60
13.9 to 14.5	20	43.8 to 44.4	61
14.6 to 15.3	21	44.5 to 45.1	62
15.4 to 16.0	22	45.2 to 45.9	63
16.1 to 16.7	23	46.0 to 46.6	64
16.8 to 17.4	24	46.7 to 47.3	65
17.5 to 18.2	25	47.4 to 48.1	66
18.3 to 18.9	26	48.2 to 48.8	67
19.0 to 19.6	27	48.9 to 49.5	68
19.7 to 20.4	28	49.6 to 50.3	69
20.5 to 21.1	29	50.4 to 51.0	70
21.2 to 21.8	30	51.1 to 51.7	71
21.9 to 22.5	31	51.8 to 52.4	72
22.6 to 23.3	32	52.5 to 53.2	73
23.4 to 24.0	33	53.3 to 53.9	74
24.1 to 24.7	34	54.0 to 54.0	75

## Men's - 58

Course Rating™: 72.2  
Slope Rating®: 153 - Par: 74

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +5.0	+9	23.9 to 24.5	31
+4.9 to +4.3	+8	24.6 to 25.3	32
+4.2 to +3.5	+7	25.4 to 26.0	33
+3.4 to +2.8	+6	26.1 to 26.8	34
+2.7 to +2.0	+5	26.9 to 27.5	35
+1.9 to +1.3	+4	27.6 to 28.2	36
+1.2 to +0.6	+3	28.3 to 29.0	37
+0.5 to 0.2	+2	29.1 to 29.7	38
0.3 to 0.9	+1	29.8 to 30.5	39
1.0 to 1.6	0	30.6 to 31.2	40
1.7 to 2.4	1	31.3 to 31.9	41
2.5 to 3.1	2	32.0 to 32.7	42
3.2 to 3.9	3	32.8 to 33.4	43
4.0 to 4.6	4	33.5 to 34.1	44
4.7 to 5.3	5	34.2 to 34.9	45
5.4 to 6.1	6	35.0 to 35.6	46
6.2 to 6.8	7	35.7 to 36.4	47
6.9 to 7.6	8	36.5 to 37.1	48
7.7 to 8.3	9	37.2 to 37.8	49
8.4 to 9.0	10	37.9 to 38.6	50
9.1 to 9.8	11	38.7 to 39.3	51
9.9 to 10.5	12	39.4 to 40.1	52
10.6 to 11.2	13	40.2 to 40.8	53
11.3 to 12.0	14	40.9 to 41.5	54
12.1 to 12.7	15	41.6 to 42.3	55
12.8 to 13.5	16	42.4 to 43.0	56
13.6 to 14.2	17	43.1 to 43.7	57
14.3 to 14.9	18	43.8 to 44.5	58
15.0 to 15.7	19	44.6 to 45.2	59
15.8 to 16.4	20	45.3 to 46.0	60
16.5 to 17.2	21	46.1 to 46.7	61
17.3 to 17.9	22	46.8 to 47.4	62
18.0 to 18.6	23	47.5 to 48.2	63
18.7 to 19.4	24	48.3 to 48.9	64
19.5 to 20.1	25	49.0 to 49.7	65
20.2 to 20.9	26	49.8 to 50.4	66
21.0 to 21.6	27	50.5 to 51.1	67
21.7 to 22.3	28	51.2 to 51.9	68
22.4 to 23.1	29	52.0 to 52.6	69
23.2 to 23.8	30	52.7 to 53.3	70
		53.4 to 54.0	71

## Men's - 56

Course Rating™: 71.8  
Slope Rating®: 152 - Par: 74

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.7	+9	24.4 to 25.0	31
+4.6 to +4.0	+8	25.1 to 25.7	32
+3.9 to +3.2	+7	25.8 to 26.5	33
+3.1 to +2.5	+6	26.6 to 27.2	34
+2.4 to +1.8	+5	27.3 to 28.0	35
+1.7 to +1.0	+4	28.1 to 28.7	36
+0.9 to +0.3	+3	28.8 to 29.5	37
+0.2 to 0.5	+2	29.6 to 30.2	38
0.6 to 1.2	+1	30.3 to 31.0	39
1.3 to 2.0	0	31.1 to 31.7	40
2.1 to 2.7	1	31.8 to 32.4	41
2.8 to 3.4	2	32.5 to 33.2	42
3.5 to 4.2	3	33.3 to 33.9	43
4.3 to 4.9	4	34.0 to 34.7	44
5.0 to 5.7	5	34.8 to 35.4	45
5.8 to 6.4	6	35.5 to 36.2	46
6.5 to 7.2	7	36.3 to 36.9	47
7.3 to 7.9	8	37.0 to 37.6	48
8.0 to 8.6	9	37.7 to 38.4	49
8.7 to 9.4	10	38.5 to 39.1	50
9.5 to 10.1	11	39.2 to 39.9	51
10.2 to 10.9	12	40.0 to 40.6	52
11.0 to 11.6	13	40.7 to 41.4	53
11.7 to 12.4	14	41.5 to 42.1	54
12.5 to 13.1	15	42.2 to 42.8	55
13.2 to 13.9	16	42.9 to 43.6	56
14.0 to 14.6	17	43.7 to 44.3	57
14.7 to 15.3	18	44.4 to 45.1	58
15.4 to 16.1	19	45.2 to 45.8	59
16.2 to 16.8	20	45.9 to 46.6	60
16.9 to 17.6	21	46.7 to 47.3	61
17.7 to 18.3	22	47.4 to 48.0	62
18.4 to 19.1	23	48.1 to 48.8	63
19.2 to 19.8	24	48.9 to 49.5	64
19.9 to 20.5	25	49.6 to 50.3	65
20.6 to 21.3	26	50.4 to 51.0	66
21.4 to 22.0	27	51.1 to 51.8	67
22.1 to 22.8	28	51.9 to 52.5	68
22.9 to 23.5	29	52.6 to 53.3	69
23.6 to 24.3	30	53.4 to 54.0	70

## Men's - 51

Course Rating™: 69.0  
Slope Rating®: 147 - Par: 74

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +5.0	+12	24.3 to 24.9	27
+4.9 to +4.3	+11	25.0 to 25.7	28
+4.2 to +3.5	+10	25.8 to 26.5	29
+3.4 to +2.7	+9	26.6 to 27.2	30
+2.6 to +2.0	+8	27.3 to 28.0	31
+1.9 to +1.2	+7	28.1 to 28.8	32
+1.1 to +0.4	+6	28.9 to 29.5	33
+0.3 to 0.3	+5	29.6 to 30.3	34
0.4 to 1.1	+4	30.4 to 31.1	35
1.2 to 1.9	+3	31.2 to 31.9	36
2.0 to 2.6	+2	32.0 to 32.6	37
2.7 to 3.4	+1	32.7 to 33.4	38
3.5 to 4.2	0	33.5 to 34.2	39
4.3 to 4.9	1	34.3 to 34.9	40
5.0 to 5.7	2	35.0 to 35.7	41
5.8 to 6.5	3	35.8 to 36.5	42
6.6 to 7.3	4	36.6 to 37.2	43
7.4 to 8.0	5	37.3 to 38.0	44
8.1 to 8.8	6	38.1 to 38.8	45
8.9 to 9.6	7	38.9 to 39.5	46
9.7 to 10.3	8	39.6 to 40.3	47
10.4 to 11.1	9	40.4 to 41.1	48
11.2 to 11.9	10	41.2 to 41.8	49
12.0 to 12.6	11	41.9 to 42.6	50
12.7 to 13.4	12	42.7 to 43.4	51
13.5 to 14.2	13	43.5 to 44.2	52
14.3 to 14.9	14	44.3 to 44.9	53
15.0 to 15.7	15	45.0 to 45.7	54
15.8 to 16.5	16	45.8 to 46.5	55
16.6 to 17.2	17	46.6 to 47.2	56
17.3 to 18.0	18	47.3 to 48.0	57
18.1 to 18.8	19	48.1 to 48.8	58
18.9 to 19.6	20	48.9 to 49.5	59
19.7 to 20.3	21	49.6 to 50.3	60
20.4 to 21.1	22	50.4 to 51.1	61
21.2 to 21.9	23	51.2 to 51.8	62
22.0 to 22.6	24	51.9 to 52.6	63
22.7 to 23.4	25	52.7 to 53.4	64
23.5 to 24.2	26	53.5 to 54.0	65



# COURSE HANDICAP CHARTS

Norwegian Golf Federation

Nesbyen GK - Nesbyen GK (gyldig t.o.m. 2034)

## Women's - 58

Course Rating™: 79.0  
Slope Rating®: 153 - Par: 74

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.9	+2	24.1 to 24.7	38
+4.8 to +4.1	+1	24.8 to 25.4	39
+4.0 to +3.4	0	25.5 to 26.2	40
+3.3 to +2.6	1	26.3 to 26.9	41
+2.5 to +1.9	2	27.0 to 27.6	42
+1.8 to +1.2	3	27.7 to 28.4	43
+1.1 to +0.4	4	28.5 to 29.1	44
+0.3 to 0.3	5	29.2 to 29.9	45
0.4 to 1.1	6	30.0 to 30.6	46
1.2 to 1.8	7	30.7 to 31.3	47
1.9 to 2.5	8	31.4 to 32.1	48
2.6 to 3.3	9	32.2 to 32.8	49
3.4 to 4.0	10	32.9 to 33.6	50
4.1 to 4.8	11	33.7 to 34.3	51
4.9 to 5.5	12	34.4 to 35.0	52
5.6 to 6.2	13	35.1 to 35.8	53
6.3 to 7.0	14	35.9 to 36.5	54
7.1 to 7.7	15	36.6 to 37.2	55
7.8 to 8.4	16	37.3 to 38.0	56
8.5 to 9.2	17	38.1 to 38.7	57
9.3 to 9.9	18	38.8 to 39.5	58
10.0 to 10.7	19	39.6 to 40.2	59
10.8 to 11.4	20	40.3 to 40.9	60
11.5 to 12.1	21	41.0 to 41.7	61
12.2 to 12.9	22	41.8 to 42.4	62
13.0 to 13.6	23	42.5 to 43.2	63
13.7 to 14.4	24	43.3 to 43.9	64
14.5 to 15.1	25	44.0 to 44.6	65
15.2 to 15.8	26	44.7 to 45.4	66
15.9 to 16.6	27	45.5 to 46.1	67
16.7 to 17.3	28	46.2 to 46.8	68
17.4 to 18.0	29	46.9 to 47.6	69
18.1 to 18.8	30	47.7 to 48.3	70
18.9 to 19.5	31	48.4 to 49.1	71
19.6 to 20.3	32	49.2 to 49.8	72
20.4 to 21.0	33	49.9 to 50.5	73
21.1 to 21.7	34	50.6 to 51.3	74
21.8 to 22.5	35	51.4 to 52.0	75
22.6 to 23.2	36	52.1 to 52.8	76
23.3 to 24.0	37	52.9 to 53.5	77
		53.6 to 54.0	78

## Women's - 56

Course Rating™: 78.4  
Slope Rating®: 151 - Par: 74

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.5	+2	24.8 to 25.5	38
+4.4 to +3.7	+1	25.6 to 26.2	39
+3.6 to +3.0	0	26.3 to 27.0	40
+2.9 to +2.2	1	27.1 to 27.7	41
+2.1 to +1.5	2	27.8 to 28.5	42
+1.4 to +0.7	3	28.6 to 29.2	43
+0.6 to 0.0	4	29.3 to 30.0	44
0.1 to 0.8	5	30.1 to 30.7	45
0.9 to 1.5	6	30.8 to 31.5	46
1.6 to 2.3	7	31.6 to 32.2	47
2.4 to 3.0	8	32.3 to 33.0	48
3.1 to 3.8	9	33.1 to 33.7	49
3.9 to 4.5	10	33.8 to 34.4	50
4.6 to 5.3	11	34.5 to 35.2	51
5.4 to 6.0	12	35.3 to 35.9	52
6.1 to 6.8	13	36.0 to 36.7	53
6.9 to 7.5	14	36.8 to 37.4	54
7.6 to 8.3	15	37.5 to 38.2	55
8.4 to 9.0	16	38.3 to 38.9	56
9.1 to 9.8	17	39.0 to 39.7	57
9.9 to 10.5	18	39.8 to 40.4	58
10.6 to 11.2	19	40.5 to 41.2	59
11.3 to 12.0	20	41.3 to 41.9	60
12.1 to 12.7	21	42.0 to 42.7	61
12.8 to 13.5	22	42.8 to 43.4	62
13.6 to 14.2	23	43.5 to 44.2	63
14.3 to 15.0	24	44.3 to 44.9	64
15.1 to 15.7	25	45.0 to 45.7	65
15.8 to 16.5	26	45.8 to 46.4	66
16.6 to 17.2	27	46.5 to 47.2	67
17.3 to 18.0	28	47.3 to 47.9	68
18.1 to 18.7	29	48.0 to 48.7	69
18.8 to 19.5	30	48.8 to 49.4	70
19.6 to 20.2	31	49.5 to 50.2	71
20.3 to 21.0	32	50.3 to 50.9	72
21.1 to 21.7	33	51.0 to 51.7	73
21.8 to 22.5	34	51.8 to 52.4	74
22.6 to 23.2	35	52.5 to 53.2	75
23.3 to 24.0	36	53.3 to 53.9	76
24.1 to 24.7	37	54.0 to 54.0	77

## Women's - 51

Course Rating™: 75.0  
Slope Rating®: 144 - Par: 74

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.4	+5	24.8 to 25.5	33
+4.3 to +3.6	+4	25.6 to 26.2	34
+3.5 to +2.8	+3	26.3 to 27.0	35
+2.7 to +2.0	+2	27.1 to 27.8	36
+1.9 to +1.2	+1	27.9 to 28.6	37
+1.1 to +0.4	0	28.7 to 29.4	38
+0.3 to 0.3	1	29.5 to 30.2	39
0.4 to 1.1	2	30.3 to 30.9	40
1.2 to 1.9	3	31.0 to 31.7	41
2.0 to 2.7	4	31.8 to 32.5	42
2.8 to 3.5	5	32.6 to 33.3	43
3.6 to 4.3	6	33.4 to 34.1	44
4.4 to 5.1	7	34.2 to 34.9	45
5.2 to 5.8	8	35.0 to 35.7	46
5.9 to 6.6	9	35.8 to 36.4	47
6.7 to 7.4	10	36.5 to 37.2	48
7.5 to 8.2	11	37.3 to 38.0	49
8.3 to 9.0	12	38.1 to 38.8	50
9.1 to 9.8	13	38.9 to 39.6	51
9.9 to 10.5	14	39.7 to 40.4	52
10.6 to 11.3	15	40.5 to 41.1	53
11.4 to 12.1	16	41.2 to 41.9	54
12.2 to 12.9	17	42.0 to 42.7	55
13.0 to 13.7	18	42.8 to 43.5	56
13.8 to 14.5	19	43.6 to 44.3	57
14.6 to 15.3	20	44.4 to 45.1	58
15.4 to 16.0	21	45.2 to 45.9	59
16.1 to 16.8	22	46.0 to 46.6	60
16.9 to 17.6	23	46.7 to 47.4	61
17.7 to 18.4	24	47.5 to 48.2	62
18.5 to 19.2	25	48.3 to 49.0	63
19.3 to 20.0	26	49.1 to 49.8	64
20.1 to 20.7	27	49.9 to 50.6	65
20.8 to 21.5	28	50.7 to 51.3	66
21.6 to 22.3	29	51.4 to 52.1	67
22.4 to 23.1	30	52.2 to 52.9	68
23.2 to 23.9	31	53.0 to 53.7	69
24.0 to 24.7	32	53.8 to 54.0	70

## Women's - 49

Course Rating™: 73.4  
Slope Rating®: 141 - Par: 74

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.8	+7	24.2 to 24.9	30
+4.7 to +4.0	+6	25.0 to 25.7	31
+3.9 to +3.2	+5	25.8 to 26.5	32
+3.1 to +2.4	+4	26.6 to 27.3	33
+2.3 to +1.6	+3	27.4 to 28.1	34
+1.5 to +0.8	+2	28.2 to 28.9	35
+0.7 to 0.0	+1	29.0 to 29.7	36
0.1 to 0.8	0	29.8 to 30.5	37
0.9 to 1.6	1	30.6 to 31.3	38
1.7 to 2.4	2	31.4 to 32.1	39
2.5 to 3.2	3	32.2 to 32.9	40
3.3 to 4.0	4	33.0 to 33.7	41
4.1 to 4.8	5	33.8 to 34.5	42
4.9 to 5.6	6	34.6 to 35.3	43
5.7 to 6.4	7	35.4 to 36.1	44
6.5 to 7.2	8	36.2 to 36.9	45
7.3 to 8.0	9	37.0 to 37.7	46
8.1 to 8.8	10	37.8 to 38.5	47
8.9 to 9.6	11	38.6 to 39.3	48
9.7 to 10.4	12	39.4 to 40.1	49
10.5 to 11.2	13	40.2 to 40.9	50
11.3 to 12.1	14	41.0 to 41.7	51
12.2 to 12.9	15	41.8 to 42.5	52
13.0 to 13.7	16	42.6 to 43.3	53
13.8 to 14.5	17	43.4 to 44.1	54
14.6 to 15.3	18	44.2 to 44.9	55
15.4 to 16.1	19	45.0 to 45.7	56
16.2 to 16.9	20	45.8 to 46.5	57
17.0 to 17.7	21	46.6 to 47.3	58
17.8 to 18.5	22	47.4 to 48.1	59
18.6 to 19.3	23	48.2 to 48.9	60
19.4 to 20.1	24	49.0 to 49.7	61
20.2 to 20.9	25	49.8 to 50.5	62
21.0 to 21.7	26	50.6 to 51.3	63
21.8 to 22.5	27	51.4 to 52.1	64
22.6 to 23.3	28	52.2 to 52.9	65
23.4 to 24.1	29	53.0 to 53.7	66
		53.8 to 54.0	67

