

1	Hanne Berg Aspøy					896					43:47							
00:43=	01:36=	04:04=	07:09=	09:44=	11:38=	15:31=	19:01=	23:01=	24:15=	26:24=	30:50=	33:15=	38:36=	39:45=	41:13=	43:30=	43:47=	
00:43=	00:53=	02:28=	03:05=	02:35=	01:54=	03:53=	03:30=	04:00=	01:14=	02:09=	04:26=	02:25=	05:21=	01:09=	01:28=	02:17=	00:17=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Helene Salte Håland					1376					44:11							
02:04+	02:57+	04:44+	06:09=	07:37=	10:53=	15:49+	18:54=	23:06+	24:45+	27:04+	30:28=	33:40+	37:48=	39:18=	40:40=	42:01=	44:11+	
02:04+	00:53=	01:47=	01:25=	01:28=	03:16+	04:56+	03:05=	04:12+	01:39+	02:19+	03:24=	03:12+	04:08=	01:30+	01:22=	01:21=	02:10+	
01:21@	00:00=	00:41=	01:40=	01:07=	01:22&	01:03&	00:25=	00:12+	00:25&	00:10+	01:02=	00:47&	01:13=	00:21&	00:06=	00:56=	01:53@	
3	Hege Bakken					1754					51:16							
00:49+	01:57+	06:39+	08:53+	10:47+	13:08+	17:47+	22:48+	27:02+	28:51+	31:48+	36:31+	40:21+	44:54+	47:46+	49:22+	50:55+	51:16+	
00:49+	01:08+	04:42+	02:14=	01:54=	02:21+	04:39+	05:01+	04:14+	01:49+	02:57+	04:43+	03:50+	04:33=	02:52+	01:36+	01:33=	00:21+	
00:06#	00:15&	02:14&	00:51=	00:41=	00:27#	00:46#	01:31&	00:14+	00:35&	00:48&	00:17+	01:25&	00:48=	01:43@	00:08+	00:44=	00:04#	
4	Johanne Trandem Næss					3512					51:23							
00:52+	02:01+	05:47+	07:21+	08:53=	12:04+	18:17+	22:20+	25:36+	28:43+	30:55+	36:27+	39:27+	46:11+	48:04+	49:28+	51:06+	51:23+	
00:52+	01:09+	03:46+	01:34=	01:32=	03:11+	06:13+	04:03+	03:16=	03:07+	02:12+	05:32+	03:00+	06:44+	01:53+	01:24=	01:38=	00:17=	
00:09#	00:16&	01:18&	01:31=	01:03=	01:17&	02:20&	00:33#	00:44=	01:53@	00:03+	01:06#	00:35#	01:23&	00:44&	00:04=	00:39=	00:00=	
5	Hanna Haaland Sømme					874					51:40							
02:42+	03:47+	05:45+	07:10+	10:06+	13:15+	18:31+	22:58+	27:10+	28:37+	31:08+	34:47+	38:45+	43:09+	46:10+	48:36+	51:21+	51:40+	
02:42+	01:05+	01:58=	01:25=	02:56+	03:09+	05:16+	04:27+	04:12+	01:27+	02:31+	03:39=	03:58+	04:24=	03:01+	02:26+	02:45+	00:19+	
01:59@	00:12#	00:30=	01:40=	00:21#	01:15&	01:23&	00:57&	00:12+	00:13#	00:22#	00:47=	01:33&	00:57=	01:52@	00:58&	00:28#	00:02#	
6	Ingunn Landsnes					892					52:04							
00:51+	02:05+	04:48+	07:23+	09:44=	12:17+	18:13+	22:56+	27:44+	29:39+	32:23+	38:26+	40:56+	46:38+	47:59+	49:50+	51:37+	52:04+	
00:51+	01:14+	02:43+	02:35=	02:21=	02:33+	05:56+	04:43+	04:48+	01:55+	02:44+	06:03+	02:30+	05:42+	01:21+	01:51+	01:47=	00:27+	
00:08#	00:21&	00:15#	00:30=	00:14=	00:39&	02:03&	01:13&	00:48#	00:41&	00:35&	01:37&	00:05+	00:21+	00:12#	00:23&	00:30=	00:10&	
7	Ingvild Amalixsen					1683					53:23							
00:59+	01:59+	04:07+	08:07+	10:04+	12:48+	17:14+	21:40+	24:55+	32:05+	34:24+	38:58+	41:38+	47:51+	49:00+	50:58+	53:01+	53:23+	
00:59+	01:00+	02:08=	04:00+	01:57=	02:44+	04:26+	04:26+	03:15=	07:10+	02:19+	04:34+	02:40+	06:13+	01:09=	01:58+	02:03=	00:22+	
00:16&	00:07#	00:20=	00:55&	00:38=	00:50&	00:33#	00:56&	00:45=	05:56@	00:10+	00:08+	00:15#	00:52#	00:00=	00:30&	00:14=	00:05&	
8	Ann-Mari Vold					3529					55:01							
00:57+	02:04+	09:22+	11:06+	12:59+	16:26+	21:41+	26:11+	30:41+	32:18+	35:09+	42:34+	44:37+	49:10+	50:40+	52:23+	54:36+	55:01+	
00:57+	01:07+	07:18+	01:44=	01:53=	03:27+	05:15+	04:30+	04:30+	01:37+	02:51+	07:25+	02:03=	04:33=	01:30+	01:43+	02:13=	00:25+	
00:14&	00:14&	04:50@	01:21=	00:42=	01:33&	01:22&	01:00&	00:30#	00:23&	00:42&	02:59&	00:22=	00:48=	00:21&	00:15#	00:04=	00:08&	
9	Christina Skår					3523					55:43							
00:57+	02:07+	04:06+	12:34+	14:46+	16:46+	21:40+	26:55+	33:20+	35:20+	37:43+	42:30+	45:12+	49:46+	51:49+	53:29+	55:16+	55:43+	
00:57+	01:10+	01:59=	08:28+	02:12=	02:00+	04:54+	05:15+	06:25+	02:00+	02:23+	04:47+	02:42+	04:34=	02:03+	01:40+	01:47=	00:27+	
00:14&	00:17&	00:29=	05:23@	00:23=	00:06+	01:01&	01:45&	02:25&	00:46&	00:14#	00:21+	00:17#	00:47=	00:54&	00:12#	00:30=	00:10&	
10	Lynn Marie Galston					1683					56:37							
01:57+	03:05+	05:08+	06:45=	10:50+	15:54+	21:27+	26:20+	30:39+	32:58+	35:20+	40:37+	43:55+	49:25+	51:50+	53:51+	55:55+	56:37+	
01:57+	01:08+	02:03=	01:37=	04:05+	05:04+	05:33+	04:53+	04:19+	02:19+	02:22+	05:17+	03:18+	05:30+	02:25+	02:01+	02:04=	00:42+	
01:14@	00:15&	00:25=	01:28=	01:30&	03:10@	01:40&	01:23&	00:19+	01:05&	00:13#	00:51#	00:53&	00:09+	01:16@	00:33&	00:13=	00:25@	
11	Siri Eppeland					1884					58:35							
03:50+	04:46+	06:30+	08:03+	10:16+	25:16+	28:58+	33:13+	36:41+	38:29+	41:13+	45:53+	48:29+	52:14+	54:01+	55:28+	58:17+	58:35+	
03:50+	00:56+	01:44=	01:33=	02:13=	15:00+	03:42=	04:15+	03:28=	01:48+	02:44+	04:40+	02:36+	03:45=	01:47+	01:27=	02:49+	00:18+	
03:07@	00:03+	00:44=	01:32=	00:22=	13:06@	00:11=	00:45#	00:32=	00:34&	00:35&	00:14+	00:11+	01:36=	00:38&	00:01=	00:32#	00:01+	
12	Dina Baerheim					722					1:01:06							
00:42=	01:56+	07:39+	09:39+	11:17+	13:55+	26:01+	31:34+	36:15+	37:48+	40:06+	45:38+	48:22+	54:31+	56:23+	58:38+	60:32+	61:06+	
00:42=	01:14+	05:43+	02:00=	01:38=	02:38+	12:06+	05:33+	04:41+	01:33+	02:18+	05:32+	02:44+	06:09+	01:52+	02:15+	01:54=	00:34+	
00:01=	00:21&	03:15@	01:05=	00:57=	00:44&	08:13@	02:03&	00:41#	00:19&	00:09+	01:06#	00:19#	00:48#	00:43&	00:47&	00:23=	00:17&	

Plass

Navn

Klasse

Tid

D16

13	Idunn Husøy Naustdal												722				1:02:38			
01:20+	02:38+	06:54+	09:52+	12:15+	15:23+	21:00+	28:46+	33:16+	36:02+	38:17+	44:10+	46:21+	51:42+	54:47+	60:01+	62:18+	62:38+			
01:20+	01:18+	04:16+	02:58-	02:23-	03:08+	05:37+	07:46+	04:30+	02:46+	02:15+	05:53+	02:11-	05:21=	03:05+	05:14+	02:17=	00:20+			
00:37&	00:25&	01:48&	00:07-	00:12-	01:14&	01:44&	04:16@	00:30#	01:32@	00:06+	01:27&	00:14-	00:00=	01:56@	03:46@	00:00=	00:03#			
14	Ritva Halsne												722				1:16:30			
00:58+	02:17+	05:17+	07:28+	11:01+	14:30+	25:01+	30:45+	47:32+	50:35+	53:32+	59:32+	62:45+	68:50+	72:04+	73:59+	76:03+	76:30+			
00:58+	01:19+	03:00+	02:11+	03:33+	03:29+	10:31+	05:44+	16:47+	03:03+	02:57+	06:00+	03:13+	06:05+	03:14+	01:55+	02:04+	00:27+			
00:58+	01:19+	03:00+	02:11+	03:33+	03:29+	10:31+	05:44+	16:47+	03:03+	02:57+	06:00+	03:13+	06:05+	03:14+	01:55+	02:04+	00:27+			
15	Juliane Tytlandsvik Nødland												3512				1:16:34			
01:06+	02:33+	04:53+	07:17+	09:26+	12:21+	20:00+	43:42+	49:59+	52:17+	55:14+	61:26+	64:05+	70:19+	72:08+	73:57+	76:08+	76:34+			
01:06+	01:27+	02:20+	02:24+	02:09+	02:55+	07:39+	23:42+	06:17+	02:18+	02:57+	06:12+	02:39+	06:14+	01:49+	01:49+	02:11+	00:26+			
01:06+	01:27+	02:20+	02:24+	02:09+	02:55+	07:39+	23:42+	06:17+	02:18+	02:57+	06:12+	02:39+	06:14+	01:49+	01:49+	02:11+	00:26+			
16	Maria Fjelde												892				1:21:14			
01:42+	03:01+	05:45+	08:06+	10:25+	13:53+	20:57+	28:45+	35:10+	37:02+	40:06+	56:50+	67:35+	72:57+	76:34+	78:45+	80:50+	81:14+			
01:42+	01:19+	02:44+	02:21+	02:19+	03:28+	07:04+	07:48+	06:25+	01:52+	03:04+	16:44+	10:45+	05:22+	03:37+	02:11+	02:05+	00:24+			
01:42+	01:19+	02:44+	02:21+	02:19+	03:28+	07:04+	07:48+	06:25+	01:52+	03:04+	16:44+	10:45+	05:22+	03:37+	02:11+	02:05+	00:24+			

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D40

1	Ane Hatteland Nese												769					47:06
03:10=	04:59=	06:24=	08:50=	10:59=	13:17=	19:08=	26:28=	31:58=	34:36=	40:51=	44:02=	46:34=	47:06=					
03:10=	01:49=	01:25=	02:26=	02:09=	02:18=	05:51=	07:20=	05:30=	02:38=	06:15=	03:11=	02:32=	00:32=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Ingvild Marthinussen												3524					57:11
02:34-	03:52-	04:58-	07:32-	10:07-	12:29-	19:20+	31:21+	43:07+	46:48+	51:17+	54:13+	56:47+	57:11+					
02:34-	01:18-	01:06-	02:34+	02:35+	02:22+	06:51+	12:01+	11:46+	03:41+	04:29-	02:56-	02:34+	00:24-					
00:36-	00:31-	00:19-	00:08+	00:26#	00:04+	01:00#	04:41&	06:16@	01:03&	01:46-	00:15-	00:02+	00:08-					
3	Anne Mette Riskjell Høyland												3524					1:20:11
06:31+	07:47+	08:51+	11:37+	15:56+	20:07+	26:22+	55:32+	64:07+	66:30+	72:55+	77:04+	79:48+	80:11+					
06:31+	01:16-	01:04-	02:46+	04:19+	04:11+	06:15+	29:10+	08:35+	02:23-	06:25+	04:09+	02:44+	00:23-					
03:21@	00:33-	00:21-	00:20#	02:10@	01:53&	00:24+	21:50@	03:05&	00:15-	00:10+	00:58&	00:12+	00:09-					
4	Anne Lill Njå												896					1:20:21
04:40+	06:04+	07:21+	11:58+	23:15+	26:07+	34:14+	40:22+	52:23+	65:50+	71:38+	76:03+	79:58+	80:21+					
04:40+	01:24-	01:17-	04:37+	11:17+	02:52+	08:07+	06:08-	12:01+	13:27+	05:48-	04:25+	03:55+	00:23-					
01:30&	00:25-	00:08-	02:11&	09:08@	00:34#	02:16&	01:12-	06:31@	10:49@	00:27-	01:14&	01:23&	00:09-					
5	Johanna Rajala												885					1:20:47
07:31+	10:13+	12:27+	17:09+	25:13+	29:38+	41:02+	50:32+	58:13+	63:34+	71:40+	76:46+	80:19+	80:47+					
07:31+	02:42+	02:14+	04:42+	08:04+	04:25+	11:24+	09:30+	07:41+	05:21+	08:06+	05:06+	03:33+	00:28-					
04:21@	00:53&	00:49&	02:16&	05:55@	02:07&	05:33&	02:10&	02:11&	02:43@	01:51&	01:55&	01:01&	00:04-					

Beste strekktid for klassen

02:34 01:16 01:04 02:26 02:09 02:18 05:51 06:08 05:30 02:23 04:29 02:56 02:32 00:23

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse										Tid			
D50															
1	Evy Klausen Mjøl̂snes		769										38:11		
	02:48=	03:58=	05:01=	08:18=	10:32=	12:34=	18:41=	23:30=	27:52=	30:08=	34:08=	36:12=	37:50=	38:11=	
	02:48=	01:10=	01:03=	03:17=	02:14=	02:02=	06:07=	04:49=	04:22=	02:16=	04:00=	02:04=	01:38=	00:21=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Grethe Anda Fuglestad		1683										38:35		
	02:31-	04:04+	05:11+	07:14-	10:11-	12:46+	18:06-	22:36-	27:38-	29:39-	34:32+	36:30+	38:14+	38:35+	
	02:31-	01:33+	01:07+	02:03-	02:57+	02:35+	05:20-	04:30-	05:02+	02:01-	04:53+	01:58-	01:44+	00:21=	
	00:17-	00:23&	00:04+	01:14-	00:43&	00:33&	00:47-	00:19-	00:40#	00:15-	00:53#	00:06-	00:06+	00:00=	
3	Anita Glenne Kallhovd		3502										39:10		
	03:02+	04:32+	05:42+	07:49-	10:10-	12:24-	18:18-	23:05-	28:05+	30:19+	34:21+	36:43+	38:45+	39:10+	
	03:02+	01:30+	01:10+	02:07-	02:21+	02:14+	05:54-	04:47-	05:00+	02:14-	04:02+	02:22+	02:02+	00:25+	
	00:14+	00:20&	00:07#	01:10-	00:07+	00:12+	00:13-	00:02-	00:38#	00:02-	00:02+	00:18#	00:24#	00:04#	
4	Berit Aksland		1683										42:44		
	02:39-	04:07+	05:09+	07:06-	09:29-	11:59-	18:39-	26:09+	30:36+	32:54+	37:43+	40:26+	42:28+	42:44+	
	02:39-	01:28+	01:02-	01:57-	02:23+	02:30+	06:40+	07:30+	04:27+	02:18+	04:49+	02:43+	02:02+	00:16-	
	00:09-	00:18&	00:01-	01:20-	00:09+	00:28#	00:33+	02:41&	00:05+	00:02+	00:49#	00:39&	00:24#	00:05-	
5	Marianne Fuglestad		896										43:59		
	02:32-	03:59+	04:54-	07:03-	10:12-	12:48+	18:58+	24:13+	29:01+	31:49+	37:39+	40:47+	43:40+	43:59+	
	02:32-	01:27+	00:55-	02:09-	03:09+	02:36+	06:10+	05:15+	04:48+	02:48+	05:50+	03:08+	02:53+	00:19-	
	00:16-	00:17#	00:08-	01:08-	00:55&	00:34&	00:03+	00:26+	00:26+	00:32#	01:50&	01:04&	01:15&	00:02-	
6	Toril Dahle		1683										44:41		
	03:15+	05:12+	06:23+	08:33+	11:13+	14:30+	21:17+	26:31+	31:09+	34:02+	38:14+	42:16+	44:17+	44:41+	
	03:15+	01:57+	01:11+	02:10-	02:40+	03:17+	06:47+	05:14+	04:38+	02:53+	04:12+	04:02+	02:01+	00:24+	
	00:27#	00:47&	00:08#	01:07-	00:26#	01:15&	00:40#	00:25+	00:16+	00:37&	00:12+	01:58&	00:23#	00:03#	
7	Tone Cecilie Nystrom		874										44:51		
	03:26+	04:56+	06:08+	08:27+	10:57+	13:41+	20:14+	25:48+	31:05+	33:48+	39:32+	42:05+	44:24+	44:51+	
	03:26+	01:30+	01:12+	02:19-	02:30+	02:44+	06:33+	05:34+	05:17+	02:43+	05:44+	02:33+	02:19+	00:27+	
	00:38#	00:20&	00:09#	00:58-	00:16#	00:42&	00:26+	00:45#	00:55#	00:27#	01:44&	00:29#	00:41&	00:06&	
8	Trude Hermanrud		896										45:18		
	02:50+	04:34+	05:54+	08:07-	10:43+	12:56+	20:13+	25:50+	32:37+	35:13+	39:27+	42:36+	44:51+	45:18+	
	02:50+	01:44+	01:20+	02:13-	02:36+	02:13+	07:17+	05:37+	06:47+	02:36+	04:14+	03:09+	02:15+	00:27+	
	00:02+	00:34&	00:17&	01:04-	00:22#	00:11+	01:10#	00:48#	02:25&	00:20#	00:14+	01:05&	00:37&	00:06&	
9	Ingunn Anda Haug		2342										46:55		
	04:08+	05:28+	06:39+	08:58+	13:23+	16:18+	22:00+	29:16+	33:49+	36:19+	41:48+	44:23+	46:31+	46:55+	
	04:08+	01:20+	01:11+	02:19-	04:25+	02:55+	05:42-	07:16+	04:33+	02:30+	05:29+	02:35+	02:08+	00:24+	
	01:20&	00:10#	00:08#	00:58-	02:11&	00:53&	00:25-	02:27&	00:11+	00:14#	01:29&	00:31#	00:30&	00:03#	
10	Gøril Braut Aarsand		2539										51:16		
	03:02+	04:22+	05:36+	07:57-	12:29+	18:43+	25:13+	30:47+	35:56+	39:33+	45:21+	48:01+	50:50+	51:16+	
	03:02+	01:20+	01:14+	02:21-	04:32+	06:14+	06:30+	05:34+	05:09+	03:37+	05:48+	02:40+	02:49+	00:26+	
	00:14+	00:10#	00:11#	00:56-	02:18@	04:12@	00:23+	00:45#	00:47#	01:21&	01:48&	00:36&	01:11&	00:05#	
11	Randi Ladsten		1832										51:21		
	06:49+	09:09+	10:33+	13:52+	16:47+	19:22+	24:57+	31:12+	36:26+	39:27+	44:20+	48:45+	50:55+	51:21+	
	06:49+	02:20+	01:24+	03:19+	02:55+	02:35+	05:35-	06:15+	05:14+	03:01+	04:53+	04:25+	02:10+	00:26+	
	04:01@	01:10&	00:21&	00:02+	00:41&	00:33&	00:32-	01:26&	00:52#	00:45&	00:53#	02:21@	00:32&	00:05#	
12	Astri Sandanger		896										51:34		
	04:53+	06:03+	07:22+	10:05+	13:10+	16:28+	24:46+	31:44+	37:21+	40:34+	45:45+	48:56+	51:14+	51:34+	
	04:53+	01:10=	01:19+	02:43-	03:05+	03:18+	08:18+	06:58+	05:37+	03:13+	05:11+	03:11+	02:18+	00:20-	
	02:05&	00:00=	00:16&	00:34-	00:51&	01:16&	02:11&	02:09&	01:15&	00:57&	01:11&	01:07&	00:40&	00:01-	

Plass	Navn		Klasse										Tid	
D50														
13	Keth Berggraf		1683										52:15	
02:32-	03:40-	04:49-	06:54-	09:57-	13:10+	18:53+	24:03+	29:37+	32:02+	36:46+	48:31+	51:51+	52:15+	
02:32-	01:08-	01:09+	02:05-	03:03+	03:13+	05:43-	05:10+	05:34+	02:25+	04:44+	11:45+	03:20+	00:24+	
00:16-	00:02-	00:06+	01:12-	00:49&	01:11&	00:24-	00:21+	01:12&	00:09+	00:44#	09:41@	01:42@	00:03#	
14	Marie-Elizabeth Reinseth		882										52:52	
03:31+	04:57+	06:05+	08:19+	10:29+	13:49+	19:17+	24:43+	30:10+	32:43+	37:25+	49:12+	52:29+	52:52+	
03:31+	01:26+	01:08+	02:14+	02:10+	03:20+	05:28+	05:26+	05:27+	02:33+	04:42+	11:47+	03:17+	00:23+	
03:31+	01:26+	01:08+	02:14+	02:10+	03:20+	05:28+	05:26+	05:27+	02:33+	04:42+	11:47+	03:17+	00:23+	
15	Marianne Gjesdal Lyngås		892										53:12	
03:38+	06:12+	07:49+	10:26+	13:56+	17:01+	23:55+	30:31+	36:15+	39:14+	45:05+	49:48+	52:46+	53:12+	
03:38+	02:34+	01:37+	02:37+	03:30+	03:05+	06:54+	06:36+	05:44+	02:59+	05:51+	04:43+	02:58+	00:26+	
03:38+	02:34+	01:37+	02:37+	03:30+	03:05+	06:54+	06:36+	05:44+	02:59+	05:51+	04:43+	02:58+	00:26+	
16	Signe Ottesen		1683										53:18	
07:22+	08:53+	10:10+	12:29+	19:13+	21:36+	29:17+	34:37+	39:21+	41:41+	48:03+	50:59+	52:59+	53:18+	
07:22+	01:31+	01:17+	02:19+	06:44+	02:23+	07:41+	05:20+	04:44+	02:20+	06:22+	02:56+	02:00+	00:19+	
07:22+	01:31+	01:17+	02:19+	06:44+	02:23+	07:41+	05:20+	04:44+	02:20+	06:22+	02:56+	02:00+	00:19+	
17	Turid Eikebu Alfsen		1683										53:29	
02:47+	06:26+	07:40+	10:37+	14:03+	17:51+	26:12+	31:24+	36:33+	40:59+	46:10+	50:59+	53:07+	53:29+	
02:47+	03:39+	01:14+	02:57+	03:26+	03:48+	08:21+	05:12+	05:09+	04:26+	05:11+	04:49+	02:08+	00:22+	
02:47+	03:39+	01:14+	02:57+	03:26+	03:48+	08:21+	05:12+	05:09+	04:26+	05:11+	04:49+	02:08+	00:22+	
18	Tonje Tiley		882										53:31	
02:56+	04:20+	05:30+	08:08+	16:50+	20:33+	27:40+	33:23+	38:32+	41:43+	47:53+	50:49+	53:04+	53:31+	
02:56+	01:24+	01:10+	02:38+	08:42+	03:43+	07:07+	05:43+	05:09+	03:11+	06:10+	02:56+	02:15+	00:27+	
02:56+	01:24+	01:10+	02:38+	08:42+	03:43+	07:07+	05:43+	05:09+	03:11+	06:10+	02:56+	02:15+	00:27+	
19	Inger Johanne Klausen		3529										55:23	
02:53+	04:29+	05:45+	08:08+	11:11+	13:35+	21:05+	31:15+	41:41+	44:33+	49:30+	52:36+	55:00+	55:23+	
02:53+	01:36+	01:16+	02:23+	03:03+	02:24+	07:30+	10:10+	10:26+	02:52+	04:57+	03:06+	02:24+	00:23+	
02:53+	01:36+	01:16+	02:23+	03:03+	02:24+	07:30+	10:10+	10:26+	02:52+	04:57+	03:06+	02:24+	00:23+	
20	Helen Haneferd		882										55:51	
02:55+	04:47+	05:53+	08:14+	10:53+	15:37+	22:04+	29:29+	42:04+	45:03+	50:03+	52:53+	55:23+	55:51+	
02:55+	01:52+	01:06+	02:21+	02:39+	04:44+	06:27+	07:25+	12:35+	02:59+	05:00+	02:50+	02:30+	00:28+	
02:55+	01:52+	01:06+	02:21+	02:39+	04:44+	06:27+	07:25+	12:35+	02:59+	05:00+	02:50+	02:30+	00:28+	
21	Ingjerd Haddeland		3507										55:59	
05:07+	06:48+	07:57+	10:36+	14:14+	17:31+	25:06+	31:18+	38:13+	43:31+	49:19+	53:02+	55:31+	55:59+	
05:07+	01:41+	01:09+	02:39+	03:38+	03:17+	07:35+	06:12+	06:55+	05:18+	05:48+	03:43+	02:29+	00:28+	
05:07+	01:41+	01:09+	02:39+	03:38+	03:17+	07:35+	06:12+	06:55+	05:18+	05:48+	03:43+	02:29+	00:28+	
22	Ragnhild Båtnes Berntsen		1758										57:33	
04:56+	06:12+	07:22+	10:01+	18:58+	22:38+	30:06+	35:49+	41:10+	44:10+	49:31+	54:37+	57:06+	57:33+	
04:56+	01:16+	01:10+	02:39+	08:57+	03:40+	07:28+	05:43+	05:21+	03:00+	05:21+	05:06+	02:29+	00:27+	
04:56+	01:16+	01:10+	02:39+	08:57+	03:40+	07:28+	05:43+	05:21+	03:00+	05:21+	05:06+	02:29+	00:27+	
23	Andrea Tapken		3529										58:52	
04:20+	06:04+	07:20+	09:51+	14:43+	17:50+	27:42+	34:03+	39:45+	44:08+	51:11+	55:57+	58:25+	58:52+	
04:20+	01:44+	01:16+	02:31+	04:52+	03:07+	09:52+	06:21+	05:42+	04:23+	07:03+	04:46+	02:28+	00:27+	
04:20+	01:44+	01:16+	02:31+	04:52+	03:07+	09:52+	06:21+	05:42+	04:23+	07:03+	04:46+	02:28+	00:27+	
24	Åse Sellereite		882										59:25	
02:34+	03:56+	05:04+	07:27+	10:57+	17:53+	29:26+	38:34+	44:45+	48:02+	53:46+	56:47+	59:01+	59:25+	
02:34+	01:22+	01:08+	02:23+	03:30+	06:56+	11:33+	09:08+	06:11+	03:17+	05:44+	03:01+	02:14+	00:24+	
02:34+	01:22+	01:08+	02:23+	03:30+	06:56+	11:33+	09:08+	06:11+	03:17+	05:44+	03:01+	02:14+	00:24+	

Plass	Navn										Klasse				Tid			
D50																		
25	Hilde Frøytlog Karlsen										1284				1:00:37			
	03:55+	06:35+	08:01+	11:02+	14:18+	18:11+	28:11+	35:50+	42:40+	46:28+	53:39+	57:40+	60:11+	60:37+				
	03:55+	02:40+	01:26+	03:01+	03:16+	03:53+	10:00+	07:39+	06:50+	03:48+	07:11+	04:01+	02:31+	00:26+				
	03:55+	02:40+	01:26+	03:01+	03:16+	03:53+	10:00+	07:39+	06:50+	03:48+	07:11+	04:01+	02:31+	00:26+				
26	Tove Irene Asheim										1683				1:02:44			
	04:20+	06:26+	07:56+	10:38+	14:58+	18:01+	28:05+	35:26+	42:42+	48:48+	55:01+	58:50+	62:05+	62:44+				
	04:20+	02:06+	01:30+	02:42+	04:20+	03:03+	10:04+	07:21+	07:16+	06:06+	06:13+	03:49+	03:15+	00:39+				
	04:20+	02:06+	01:30+	02:42+	04:20+	03:03+	10:04+	07:21+	07:16+	06:06+	06:13+	03:49+	03:15+	00:39+				
27	Kristin Furre Owe										896				1:32:34			
	08:34+	10:29+	12:37+	18:44+	22:53+	28:28+	40:15+	52:23+	68:46+	73:14+	81:21+	88:17+	91:52+	92:34+				
	08:34+	01:55+	02:08+	06:07+	04:09+	05:35+	11:47+	12:08+	16:23+	04:28+	08:07+	06:56+	03:35+	00:42+				
	08:34+	01:55+	02:08+	06:07+	04:09+	05:35+	11:47+	12:08+	16:23+	04:28+	08:07+	06:56+	03:35+	00:42+				
Beste strekktid for klassen																		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		
D60																		
1	Elisabeth Christie Ørke										722				30:13			
	00:37=	01:50=	03:01=	05:10=	06:50=	12:52=	16:34=	19:37=	22:50=	26:15=	28:36=	30:13=						
	00:37=	01:13=	01:11=	02:09=	01:40=	06:02=	03:42=	03:03=	03:13=	03:25=	02:21=	01:37=						
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Ingrid E. I. Øxnevad										3516				33:13			
	01:53+	03:07+	04:20+	06:21+	08:25+	13:52+	18:01+	21:41+	25:23+	29:20+	31:41+	33:13+						
	01:53+	01:14+	01:13+	02:01=	02:04+	05:27=	04:09+	03:40+	03:42+	03:57+	02:21=	01:32=						
	01:16@	00:01+	00:02+	00:08=	00:24#	00:35=	00:27#	00:37#	00:29#	00:32#	00:00=	00:05=						
3	Anne-Siv Gjertsen										882				33:58			
	00:48+	02:12+	03:24+	05:48+	07:25+	14:00+	18:24+	21:25+	25:44+	29:29+	31:54+	33:58+						
	00:48+	01:24+	01:12+	02:24+	01:37=	06:35+	04:24+	03:01=	04:19+	03:45+	02:25+	02:04+						
	00:11&	00:11#	00:01+	00:15#	00:03=	00:33+	00:42#	00:02=	01:06&	00:20+	00:04+	00:27&						
4	Nina Christiansen										722				35:17			
	01:17+	03:03+	04:37+	06:46+	09:40+	16:00+	19:58+	23:10+	27:14+	30:52+	33:34+	35:17+						
	01:17+	01:46+	01:34+	02:09=	02:54+	06:20+	03:58+	03:12+	04:04+	03:38+	02:42+	01:43+						
	00:40@	00:33&	00:23&	00:00=	01:14&	00:18+	00:16+	00:09+	00:51&	00:13+	00:21#	00:06+						
5	Kristin Skadsem										3516				40:49			
	00:52+	02:20+	03:45+	06:17+	08:13+	15:34+	20:27+	26:25+	29:06+	35:55+	38:33+	40:49+						
	00:52+	01:28+	01:25+	02:32+	01:56+	07:21+	04:53+	05:58+	02:41=	06:49+	02:38+	02:16+						
	00:15&	00:15#	00:14#	00:23#	00:16#	01:19#	01:11&	02:55&	00:32=	03:24&	00:17#	00:39&						
6	Ragnhild Auglænd										769				47:39			
	00:53+	03:51+	05:01+	15:52+	17:44+	24:03+	29:15+	33:45+	37:34+	42:25+	45:08+	47:39+						
	00:53+	02:58+	01:10=	10:51+	01:52+	06:19+	05:12+	04:30+	03:49+	04:51+	02:43+	02:31+						
	00:16&	01:45@	00:01=	08:42@	00:12#	00:17+	01:30&	01:27&	00:36#	01:26&	00:22#	00:54&						
7	Marit Aandahl										3523				55:14			
	03:49+	05:55+	08:05+	11:05+	15:29+	25:23+	31:41+	36:04+	39:16+	48:20+	52:03+	55:14+						
	03:49+	02:06+	02:10+	03:00+	04:24+	09:54+	06:18+	04:23+	03:12=	09:04+	03:43+	03:11+						
	03:12@	00:53&	00:59&	00:51&	02:44@	03:52&	02:36&	01:20&	00:01=	05:39@	01:22&	01:34&						

Plass	Navn	Klasse	Tid								
D60											
8	Kari Anstensrud	896	1:01:08								
00:47+	09:08+	11:34+	13:55+	29:41+	40:48+	45:46+	49:10+	52:38+	56:47+	59:17+	61:08+
00:47+	08:21+	02:26+	02:21+	15:46+	11:07+	04:58+	03:24+	03:28+	04:09+	02:30+	01:51+
00:10&	07:08@	01:15@	00:12+	14:06@	05:05&	01:16&	00:21#	00:15+	00:44#	00:09+	00:14#
Beste strekktid for klassen											
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.											
D65											
1	Ann Karin Tjørhom	1884	34:00								
00:50=	02:16=	03:50=	06:13=	08:02=	14:53=	19:28=	22:56=	25:30=	29:04=	31:33=	34:00=
00:50=	01:26=	01:34=	02:23=	01:49=	06:51=	04:35=	03:28=	02:34=	03:34=	02:29=	02:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	May Meling	593	35:05								
01:04+	02:51+	04:15+	06:46+	08:39+	14:35-	19:05-	22:46-	26:33+	30:31+	33:06+	35:05+
01:04+	01:47+	01:24-	02:31+	01:53+	05:56-	04:30-	03:41+	03:47+	03:58+	02:35+	01:59-
00:14&	00:21#	00:10-	00:08+	00:04+	00:55-	00:05-	00:13+	01:13&	00:24#	00:06+	00:28-
3	Margot Asheim	722	36:28								
00:59+	02:41+	03:55+	06:35+	08:37+	15:09+	20:46+	24:13+	26:42+	31:57+	34:34+	36:28+
00:59+	01:42+	01:14-	02:40+	02:02+	06:32-	05:37+	03:27-	02:29-	05:15+	02:37+	01:54-
00:09#	00:16#	00:20-	00:17#	00:13#	00:19-	01:02#	00:01-	00:05-	01:41&	00:08+	00:33-
4	Ingunn Voilås	3502	37:03								
00:47-	04:26+	05:55+	08:19+	09:57+	15:43+	21:27+	25:30+	27:57+	31:56+	34:31+	37:03+
00:47-	03:39+	01:29-	02:24+	01:38-	05:46-	05:44+	04:03+	02:27-	03:59+	02:35+	02:32+
00:03-	02:13@	00:05-	00:01+	00:11-	01:05-	01:09&	00:35#	00:07-	00:25#	00:06+	00:05+
5	Ingrid Eik	1830	37:58								
02:54+	04:16+	05:23+	07:41+	09:13+	14:40-	22:15+	25:18+	28:24+	33:11+	35:39+	37:58+
02:54+	01:22-	01:07-	02:18-	01:32-	05:27-	07:35+	03:03-	03:06+	04:47+	02:28-	02:19-
02:04@	00:04-	00:27-	00:05-	00:17-	01:24-	03:00&	00:25-	00:32#	01:13&	00:01-	00:08-
6	Marit Karin Skretting Nygård	892	40:46								
00:55+	02:33+	04:07+	07:18+	09:26+	16:14+	21:06+	25:23+	29:56+	34:51+	38:27+	40:46+
00:55+	01:38+	01:34=	03:11+	02:08+	06:48-	04:52+	04:17+	04:33+	04:55+	03:36+	02:19-
00:05#	00:12#	00:00=	00:48&	00:19#	00:03-	00:17+	00:49#	01:59&	01:21&	01:07&	00:08-
7	Eli Frafjord	1141	42:36								
00:54+	02:34+	06:41+	09:22+	11:30+	20:28+	25:18+	29:25+	33:11+	37:23+	40:14+	42:36+
00:54+	01:40+	04:07+	02:41+	02:08+	08:58+	04:50+	04:07+	03:46+	04:12+	02:51+	02:22-
00:04+	00:14#	02:33@	00:18#	00:19#	02:07&	00:15+	00:39#	01:12&	00:38#	00:22#	00:05-
8	Liv-Grete Obrestad	3551	43:14								
01:22+	02:53+	04:08+	06:14+	07:40-	13:57-	29:44+	33:02+	35:14+	38:56+	41:11+	43:14+
01:22+	01:31+	01:15-	02:06-	01:26-	06:17-	15:47+	03:18-	02:12-	03:42+	02:15-	02:03-
00:32&	00:05+	00:19-	00:17-	00:23-	00:34-	11:12@	00:10-	00:22-	00:08+	00:14-	00:24-
9	Amanda Renshaw	1758	43:24								
00:56+	03:17+	04:32+	07:28+	09:24+	21:38+	27:00+	31:04+	33:38+	38:42+	41:24+	43:24+
00:56+	02:21+	01:15-	02:56+	01:56+	12:14+	05:22+	04:04+	02:34=	05:04+	02:42+	02:00-
00:06#	00:55&	00:19-	00:33#	00:07+	05:23&	00:47#	00:36#	00:00=	01:30&	00:13+	00:27-

Plass	Navn											Klasse	Tid
D65													
10	Berit Bakken											1884	47:36
01:07+	03:27+	04:58+	07:32+	10:16+	17:20+	22:21+	25:46+	35:00+	39:37+	45:12+	47:36+		
01:07+	02:20+	01:31-	02:34+	02:44+	07:04+	05:01+	03:25-	09:14+	04:37+	05:35+	02:24-		
00:17&	00:54&	00:03-	00:11+	00:55&	00:13+	00:26+	00:03-	06:40@	01:03&	03:06@	00:03-		
11	Ellinor Nesse											1683	53:10
02:37+	04:36+	06:13+	11:07+	15:19+	25:27+	32:53+	38:11+	42:43+	47:47+	50:41+	53:10+		
02:37+	01:59+	01:37+	04:54+	04:12+	10:08+	07:26+	05:18+	04:32+	05:04+	02:54+	02:29+		
02:37+	01:59+	01:37+	04:54+	04:12+	10:08+	07:26+	05:18+	04:32+	05:04+	02:54+	02:29+		
Beste strekktid for klassen													
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
D70													
1	Mette Dagsland											874	51:54
01:33=	03:34=	05:14=	10:59=	13:39=	25:05=	32:00=	37:32=	41:48=	46:53=	49:30=	51:54=		
01:33=	02:01=	01:40=	05:45=	02:40=	11:26=	06:55=	05:32=	04:16=	05:05=	02:37=	02:24=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Kirsten Carlsen											1884	54:22
04:54+	06:46+	08:30+	11:26+	13:32-	20:59-	26:45-	32:24-	39:13-	48:22+	51:45+	54:22+		
04:54+	01:52-	01:44+	02:56-	02:06-	07:27-	05:46-	05:39+	06:49+	09:09+	03:23+	02:37+		
03:21@	00:09-	00:04+	02:49-	00:34-	03:59-	01:09-	00:07+	02:33&	04:04&	00:46&	00:13+		
3	Hanne Eik											896	56:04
01:44+	03:43+	05:12-	08:23-	10:46-	22:14-	33:19+	38:01+	45:43+	50:50+	53:48+	56:04+		
01:44+	01:59-	01:29-	03:11-	02:23-	11:28+	11:05+	04:42-	07:42+	05:07+	02:58+	02:16-		
00:11#	00:02-	00:11-	02:34-	00:17-	00:02+	04:10&	00:50-	03:26&	00:02+	00:21#	00:08-		
4	Lillian Dahl Fitjar											896	1:04:14
01:13-	03:21-	05:09-	08:23-	13:53+	22:14-	38:45+	44:14+	50:36+	56:20+	60:22+	64:14+		
01:13-	02:08+	01:48+	03:14-	05:30+	08:21-	16:31+	05:29-	06:22+	05:44+	04:02+	03:52+		
00:20-	00:07+	00:08+	02:31-	02:50@	03:05-	09:36@	00:03-	02:06&	00:39#	01:25&	01:28&		
5	Berit Gramstad											3551	1:09:15
01:25-	06:14+	10:07+	13:28+	18:53+	27:23+	43:50+	49:20+	55:50+	61:18+	65:27+	69:15+		
01:25-	04:49+	03:53+	03:21-	05:25+	08:30-	16:27+	05:30-	06:30+	05:28+	04:09+	03:48+		
00:08-	02:48@	02:13@	02:24-	02:45@	02:56-	09:32@	00:02-	02:14&	00:23+	01:32&	01:24&		
Beste strekktid for klassen													
01:13	01:52	01:29	02:56	02:06	07:27	05:46	04:42	04:16	05:05	02:37	02:16		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
D75													
1	Inger Skretting Opstad											3529	44:49
01:10=	03:08=	05:08=	08:22=	11:23=	18:45=	24:36=	28:47=	33:15=	38:29=	41:54=	44:49=		
01:10=	01:58=	02:00=	03:14=	03:01=	07:22=	05:51=	04:11=	04:28=	05:14=	03:25=	02:55=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Plass	Navn	Klasse	Tid
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D75

2	Helga Klausen											769	44:55
01:08-	03:20+	05:07-	08:24+	10:28-	18:53+	25:07+	29:27+	32:18-	38:33+	41:58+	44:55+		
01:08-	02:12+	01:47-	03:17+	02:04-	08:25+	06:14+	04:20+	02:51-	06:15+	03:25=	02:57+		
00:02-	00:14#	00:13-	00:03+	00:57-	01:03#	00:23+	00:09+	01:37-	01:01#	00:00=	00:02+		
3	Haldis Glendrange											874	46:11
01:07+	04:15+	08:05+	11:03+	13:25+	20:42+	26:52+	30:41+	35:02+	40:11+	43:35+	46:11+		
01:07+	03:08+	03:50+	02:58+	02:22+	07:17+	06:10+	03:49+	04:21+	05:09+	03:24+	02:36+		
01:07+	03:08+	03:50+	02:58+	02:22+	07:17+	06:10+	03:49+	04:21+	05:09+	03:24+	02:36+		
4	Hedvig Anda											1683	1:01:01
01:30+	07:26+	10:56+	14:07+	16:57+	27:18+	33:50+	38:06+	48:05+	54:04+	57:48+	61:01+		
01:30+	05:56+	03:30+	03:11+	02:50+	10:21+	06:32+	04:16+	09:59+	05:59+	03:44+	03:13+		
01:30+	05:56+	03:30+	03:11+	02:50+	10:21+	06:32+	04:16+	09:59+	05:59+	03:44+	03:13+		
5	Aslaug Lura											1141	1:12:52
01:16+	04:11+	07:13+	10:55+	15:18+	28:13+	48:45+	53:59+	57:59+	64:36+	69:14+	72:52+		
01:16+	02:55+	03:02+	03:42+	04:23+	12:55+	20:32+	05:14+	04:00+	06:37+	04:38+	03:38+		
01:16+	02:55+	03:02+	03:42+	04:23+	12:55+	20:32+	05:14+	04:00+	06:37+	04:38+	03:38+		

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D80

1	Turid Nystrøm					874							39:25	
01:17=	03:27=	04:52=	06:12=	09:11=	12:33=	20:21=	25:41=	30:55=	34:12=	35:37=	37:31=	39:25=		
01:17=	02:10=	01:25=	01:20=	02:59=	03:22=	07:48=	05:20=	05:14=	03:17=	01:25=	01:54=	01:54=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Gry Vikhamar Thengs					874							45:35	
01:15-	03:10-	04:59+	06:20+	09:21+	13:29+	22:06+	29:57+	34:30+	39:25+	41:24+	43:32+	45:35+		
01:15-	01:55-	01:49+	01:21+	03:01+	04:08+	08:37+	07:51+	04:33-	04:55+	01:59+	02:08+	02:03+		
00:02-	00:15-	00:24&	00:01+	00:02+	00:46#	00:49#	02:31&	00:41-	01:38&	00:34&	00:14#	00:09+		
3	Berit Ebbell Olsen					874							1:08:52	
05:28+	09:12+	12:03+	14:00+	17:55+	22:55+	39:16+	45:52+	55:19+	60:38+	63:15+	66:10+	68:52+		
05:28+	03:44+	02:51+	01:57+	03:55+	05:00+	16:21+	06:36+	09:27+	05:19+	02:37+	02:55+	02:42+		
04:11@	01:34&	01:26@	00:37&	00:56&	01:38&	08:33@	01:16#	04:13&	02:02&	01:12&	01:01&	00:48&		

Beste strekktid for klassen

01:15 01:55 01:25 01:20 02:59 03:22 07:48 05:20 04:33 03:17 01:25 01:54 01:54

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

DA

1	Aud Hognestad Taksdal															892			33:44			
00:54=	01:42=	03:14=	04:00=	05:13=	06:38=	07:53=	09:17=	12:54=	15:43=	19:25=	22:29=	26:08=	27:38=	30:21=	31:22=	32:29=	33:44=					
00:54=	00:48=	01:32=	00:46=	01:13=	01:25=	01:15=	01:24=	03:37=	02:49=	03:42=	03:04=	03:39=	01:30=	02:43=	01:01=	01:07=	01:15=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					

Plass	Navn	Klasse										Tid						
DA																		
2	Matilde Skjæveland Skår						3486				45:15							
01:44+	02:49+	04:59+	05:54+	09:06+	10:45+	12:19+	14:08+	19:18+	22:50+	27:24+	31:41+	36:04+	37:51+	41:06+	42:24+	43:45+	45:15+	
01:44+	01:05+	02:10+	00:55+	03:12+	01:39+	01:34+	01:49+	05:10+	03:32+	04:34+	04:17+	04:23+	01:47+	03:15+	01:18+	01:21+	01:30+	
00:50&	00:17&	00:38&	00:09#	01:59@	00:14#	00:19&	00:25&	01:33&	00:43&	00:52#	01:13&	00:44#	00:17#	00:32#	00:17&	00:14#	00:15#	
3	Silje Skorve Skarpeid						1758				46:43							
01:34+	02:49+	05:15+	06:17+	08:20+	09:59+	11:29+	13:14+	17:50+	21:09+	27:48+	32:58+	37:37+	39:23+	42:29+	43:41+	45:09+	46:43+	
01:34+	01:15+	02:26+	01:02+	02:03+	01:39+	01:30+	01:45+	04:36+	03:19+	06:39+	05:10+	04:39+	01:46+	03:06+	01:12+	01:28+	01:34+	
01:34+	01:15+	02:26+	01:02+	02:03+	01:39+	01:30+	01:45+	04:36+	03:19+	06:39+	05:10+	04:39+	01:46+	03:06+	01:12+	01:28+	01:34+	
4	Trine Bolstad Scheie						769				48:04							
01:07+	02:10+	04:26+	05:22+	06:45+	08:43+	10:18+	12:21+	17:26+	21:20+	27:22+	32:32+	37:39+	40:15+	43:45+	44:53+	46:23+	48:04+	
01:07+	01:03+	02:16+	00:56+	01:23+	01:58+	01:35+	02:03+	05:05+	03:54+	06:02+	05:10+	05:07+	02:36+	03:30+	01:08+	01:30+	01:41+	
01:07+	01:03+	02:16+	00:56+	01:23+	01:58+	01:35+	02:03+	05:05+	03:54+	06:02+	05:10+	05:07+	02:36+	03:30+	01:08+	01:30+	01:41+	
5	Clare Leveridge						877				50:41							
01:37+	02:46+	04:55+	05:55+	07:21+	09:19+	11:06+	13:07+	18:17+	22:06+	28:26+	33:53+	39:11+	41:29+	45:23+	47:17+	48:56+	50:41+	
01:37+	01:09+	02:09+	01:00+	01:26+	01:58+	01:47+	02:01+	05:10+	03:49+	06:20+	05:27+	05:18+	02:18+	03:54+	01:54+	01:39+	01:45+	
01:37+	01:09+	02:09+	01:00+	01:26+	01:58+	01:47+	02:01+	05:10+	03:49+	06:20+	05:27+	05:18+	02:18+	03:54+	01:54+	01:39+	01:45+	
6	Wibeke Lende						3503				52:25							
01:06+	02:18+	05:35+	06:21+	07:30+	09:16+	12:43+	14:52+	20:31+	24:12+	30:34+	37:17+	42:03+	43:51+	47:39+	48:57+	50:44+	52:25+	
01:06+	01:12+	03:17+	00:46+	01:09+	01:46+	03:27+	02:09+	05:39+	03:41+	06:22+	06:43+	04:46+	01:48+	03:48+	01:18+	01:47+	01:41+	
01:06+	01:12+	03:17+	00:46+	01:09+	01:46+	03:27+	02:09+	05:39+	03:41+	06:22+	06:43+	04:46+	01:48+	03:48+	01:18+	01:47+	01:41+	
7	Maren Benjaminsen						1832				54:59							
01:16+	02:27+	04:35+	05:32+	07:16+	09:11+	11:10+	13:16+	19:24+	23:38+	29:16+	38:32+	43:02+	44:58+	49:16+	51:16+	53:22+	54:59+	
01:16+	01:11+	02:08+	00:57+	01:44+	01:55+	01:59+	02:06+	06:08+	04:14+	05:38+	09:16+	04:30+	01:56+	04:18+	02:00+	02:06+	01:37+	
01:16+	01:11+	02:08+	00:57+	01:44+	01:55+	01:59+	02:06+	06:08+	04:14+	05:38+	09:16+	04:30+	01:56+	04:18+	02:00+	02:06+	01:37+	
8	Aina Kalsaas Urstad						4232				1:00:55							
01:20+	02:30+	04:59+	05:58+	07:17+	09:01+	11:24+	13:22+	18:49+	22:47+	38:53+	45:54+	50:34+	52:27+	56:34+	57:52+	59:27+	60:55+	
01:20+	01:10+	02:29+	00:59+	01:19+	01:44+	02:23+	01:58+	05:27+	03:58+	16:06+	07:01+	04:40+	01:53+	04:07+	01:18+	01:35+	01:28+	
01:20+	01:10+	02:29+	00:59+	01:19+	01:44+	02:23+	01:58+	05:27+	03:58+	16:06+	07:01+	04:40+	01:53+	04:07+	01:18+	01:35+	01:28+	
9	Paula Linge						1758				1:07:08							
02:12+	03:25+	06:42+	07:36+	09:30+	11:26+	13:34+	15:56+	22:51+	31:16+	38:02+	45:27+	50:26+	52:21+	60:19+	62:47+	65:09+	67:08+	
02:12+	01:13+	03:17+	00:54+	01:54+	01:56+	02:08+	02:22+	06:55+	08:25+	06:46+	07:25+	04:59+	01:55+	07:58+	02:28+	02:22+	01:59+	
02:12+	01:13+	03:17+	00:54+	01:54+	01:56+	02:08+	02:22+	06:55+	08:25+	06:46+	07:25+	04:59+	01:55+	07:58+	02:28+	02:22+	01:59+	
10	Hanne Josephsen						3516				1:22:39							
03:15+	04:59+	07:59+	09:21+	11:29+	13:24+	16:55+	19:02+	25:52+	29:58+	51:29+	59:34+	67:40+	72:36+	77:18+	78:50+	80:45+	82:39+	
03:15+	01:44+	03:00+	01:22+	02:08+	01:55+	03:31+	02:07+	06:50+	04:06+	21:31+	08:05+	08:06+	04:56+	04:42+	01:32+	01:55+	01:54+	
03:15+	01:44+	03:00+	01:22+	02:08+	01:55+	03:31+	02:07+	06:50+	04:06+	21:31+	08:05+	08:06+	04:56+	04:42+	01:32+	01:55+	01:54+	
Beste strekktid for klassen																		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		
DB																		
1	Tone Torgersen						882				38:24							
00:35=	01:45=	02:41=	04:29=	06:54=	09:06=	13:19=	17:20=	19:29=	20:37=	22:50=	25:08=	27:55=	31:57=	33:26=	34:11=	36:44=	38:24=	
00:35=	01:10=	00:56=	01:48=	02:25=	02:12=	04:13=	04:01=	02:09=	01:08=	02:13=	02:18=	02:47=	04:02=	01:29=	00:45=	02:33=	01:40=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Plass	Navn						Klasse						Tid					
DB																		
2	Lise Isachsen						1384						41:23					
00:57+	02:01+	02:57+	04:45+	07:05+	08:49-	13:29+	17:26+	20:42+	21:52+	23:53+	26:42+	30:00+	34:17+	35:13+	36:37+	40:11+	41:23+	
00:57+	01:04-	00:56=	01:48=	02:20-	01:44-	04:40+	03:57-	03:16+	01:10+	02:01-	02:49+	03:18+	04:17+	00:56-	01:24+	03:34+	01:12-	
00:22&	00:06-	00:00=	00:00=	00:05-	00:28-	00:27#	00:04-	01:07&	00:02+	00:12-	00:31#	00:31#	00:15+	00:33-	00:39&	01:01&	00:28-	
3	Wenche Margrethe Sæbbø						896						41:34					
01:20+	02:31+	03:26+	05:31+	08:11+	10:22+	14:39+	18:59+	22:46+	23:54+	26:01+	28:35+	31:37+	35:44+	36:45+	37:39+	40:03+	41:34+	
01:20+	01:11+	00:55+	02:05+	02:40+	02:11+	04:17+	04:20+	03:47+	01:08+	02:07+	02:34+	03:02+	04:07+	01:01+	00:54+	02:24+	01:31+	
01:20+	01:11+	00:55+	02:05+	02:40+	02:11+	04:17+	04:20+	03:47+	01:08+	02:07+	02:34+	03:02+	04:07+	01:01+	00:54+	02:24+	01:31+	
4	Jorunn Johannesen						1683						41:44					
00:41+	01:57+	03:20+	05:19+	07:46+	09:37+	14:51+	19:49+	22:34+	23:35+	25:29+	28:11+	31:17+	35:17+	36:36+	37:40+	40:13+	41:44+	
00:41+	01:16+	01:23+	01:59+	02:27+	01:51+	05:14+	04:58+	02:45+	01:01+	01:54+	02:42+	03:06+	04:00+	01:19+	01:04+	02:33+	01:31+	
00:41+	01:16+	01:23+	01:59+	02:27+	01:51+	05:14+	04:58+	02:45+	01:01+	01:54+	02:42+	03:06+	04:00+	01:19+	01:04+	02:33+	01:31+	
5	Vibeke Lamark						878						42:58					
01:09+	02:38+	03:58+	06:05+	08:37+	10:38+	15:13+	19:30+	22:26+	23:43+	26:03+	28:55+	32:28+	37:00+	38:18+	39:06+	41:34+	42:58+	
01:09+	01:29+	01:20+	02:07+	02:32+	02:01+	04:35+	04:17+	02:56+	01:17+	02:20+	02:52+	03:33+	04:32+	01:18+	00:48+	02:28+	01:24+	
01:09+	01:29+	01:20+	02:07+	02:32+	02:01+	04:35+	04:17+	02:56+	01:17+	02:20+	02:52+	03:33+	04:32+	01:18+	00:48+	02:28+	01:24+	
6	Anne Garsrud						3518						43:37					
00:55+	02:09+	03:18+	05:24+	08:10+	10:10+	15:32+	19:32+	23:09+	24:24+	26:19+	28:35+	32:15+	36:11+	37:22+	38:18+	42:12+	43:37+	
00:55+	01:14+	01:09+	02:06+	02:46+	02:00+	05:22+	04:00+	03:37+	01:15+	01:55+	02:16+	03:40+	03:56+	01:11+	00:56+	03:54+	01:25+	
00:55+	01:14+	01:09+	02:06+	02:46+	02:00+	05:22+	04:00+	03:37+	01:15+	01:55+	02:16+	03:40+	03:56+	01:11+	00:56+	03:54+	01:25+	
7	Agnes Haker						1284						44:25					
00:45+	02:00+	03:00+	05:01+	07:37+	09:45+	14:33+	18:38+	22:47+	24:14+	26:26+	29:29+	32:18+	36:48+	38:12+	39:20+	43:06+	44:25+	
00:45+	01:15+	01:00+	02:01+	02:36+	02:08+	04:48+	04:05+	04:09+	01:27+	02:12+	03:03+	02:49+	04:30+	01:24+	01:08+	03:46+	01:19+	
00:45+	01:15+	01:00+	02:01+	02:36+	02:08+	04:48+	04:05+	04:09+	01:27+	02:12+	03:03+	02:49+	04:30+	01:24+	01:08+	03:46+	01:19+	
8	Helen Lomeland						722						45:29					
00:37+	02:06+	03:35+	05:29+	09:36+	11:33+	17:23+	21:45+	24:26+	25:44+	27:53+	30:31+	33:42+	37:46+	39:53+	40:46+	43:45+	45:29+	
00:37+	01:29+	01:29+	01:54+	04:07+	01:57+	05:50+	04:22+	02:41+	01:18+	02:09+	02:38+	03:11+	04:04+	02:07+	00:53+	02:59+	01:44+	
00:37+	01:29+	01:29+	01:54+	04:07+	01:57+	05:50+	04:22+	02:41+	01:18+	02:09+	02:38+	03:11+	04:04+	02:07+	00:53+	02:59+	01:44+	
9	Ann-Cathrin Nybak Urdal						3595						47:08					
00:45+	02:05+	03:09+	05:19+	09:16+	12:21+	18:16+	23:00+	26:07+	27:20+	29:36+	32:05+	35:34+	40:08+	41:30+	43:03+	45:34+	47:08+	
00:45+	01:20+	01:04+	02:10+	03:57+	03:05+	05:55+	04:44+	03:07+	01:13+	02:16+	02:29+	03:29+	04:34+	01:22+	01:33+	02:31+	01:34+	
00:45+	01:20+	01:04+	02:10+	03:57+	03:05+	05:55+	04:44+	03:07+	01:13+	02:16+	02:29+	03:29+	04:34+	01:22+	01:33+	02:31+	01:34+	
10	Anina Hadland						3502						47:10					
00:40+	02:00+	05:30+	07:28+	10:20+	12:21+	17:55+	23:13+	26:20+	27:37+	29:49+	32:12+	35:34+	40:36+	41:38+	42:53+	45:46+	47:10+	
00:40+	01:20+	03:30+	01:58+	02:52+	02:01+	05:34+	05:18+	03:07+	01:17+	02:12+	02:23+	03:22+	05:02+	01:02+	01:15+	02:53+	01:24+	
00:40+	01:20+	03:30+	01:58+	02:52+	02:01+	05:34+	05:18+	03:07+	01:17+	02:12+	02:23+	03:22+	05:02+	01:02+	01:15+	02:53+	01:24+	
11	Toyah Bråtveit						1832						48:37					
01:07+	04:27+	06:05+	08:11+	12:56+	15:37+	20:15+	24:11+	28:08+	29:14+	31:33+	34:39+	38:15+	42:27+	43:29+	44:45+	47:17+	48:37+	
01:07+	03:20+	01:38+	02:06+	04:45+	02:41+	04:38+	03:56+	03:57+	01:06+	02:19+	03:06+	03:36+	04:12+	01:02+	01:16+	02:32+	01:20+	
01:07+	03:20+	01:38+	02:06+	04:45+	02:41+	04:38+	03:56+	03:57+	01:06+	02:19+	03:06+	03:36+	04:12+	01:02+	01:16+	02:32+	01:20+	
12	Ida Kolstø						3502						48:51					
00:50+	03:04+	04:23+	07:09+	10:04+	13:11+	18:48+	23:09+	26:43+	27:54+	29:57+	33:41+	36:51+	41:09+	42:45+	43:41+	47:07+	48:51+	
00:50+	02:14+	01:19+	02:46+	02:55+	03:07+	05:37+	04:21+	03:34+	01:11+	02:03+	03:44+	03:10+	04:18+	01:36+	00:56+	03:26+	01:44+	
00:50+	02:14+	01:19+	02:46+	02:55+	03:07+	05:37+	04:21+	03:34+	01:11+	02:03+	03:44+	03:10+	04:18+	01:36+	00:56+	03:26+	01:44+	
13	Ellen Tindeland						882						50:10					
00:39+	02:13+	03:19+	05:23+	08:14+	10:35+	16:22+	22:00+	25:11+	26:28+	28:30+	31:59+	35:18+	39:39+	44:26+	45:15+	48:35+	50:10+	
00:39+	01:34+	01:06+	02:04+	02:51+	02:21+	05:47+	05:38+	03:11+	01:17+	02:02+	03:29+	03:19+	04:21+	04:47+	00:49+	03:20+	01:35+	
00:39+	01:34+	01:06+	02:04+	02:51+	02:21+	05:47+	05:38+	03:11+	01:17+	02:02+	03:29+	03:19+	04:21+	04:47+	00:49+	03:20+	01:35+	

Plass	Navn	Klasse	Tid
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DB

14	Kristin Breivold					892					51:37						
00:54+	02:18+	03:31+	06:02+	11:39+	15:06+	20:22+	25:06+	28:57+	30:50+	33:24+	36:20+	40:18+	44:45+	46:02+	47:19+	50:06+	51:37+
00:54+	01:24+	01:13+	02:31+	05:37+	03:27+	05:16+	04:44+	03:51+	01:53+	02:34+	02:56+	03:58+	04:27+	01:17+	01:17+	02:47+	01:31+
00:54+	01:24+	01:13+	02:31+	05:37+	03:27+	05:16+	04:44+	03:51+	01:53+	02:34+	02:56+	03:58+	04:27+	01:17+	01:17+	02:47+	01:31+
15	Mariann Sveinsvoll					3504					56:33						
00:43+	04:58+	06:46+	10:13+	13:24+	16:06+	21:37+	26:35+	30:49+	32:28+	35:01+	38:22+	42:54+	48:29+	50:04+	51:24+	54:46+	56:33+
00:43+	04:15+	01:48+	03:27+	03:11+	02:42+	05:31+	04:58+	04:14+	01:39+	02:33+	03:21+	04:32+	05:35+	01:35+	01:20+	03:22+	01:47+
00:43+	04:15+	01:48+	03:27+	03:11+	02:42+	05:31+	04:58+	04:14+	01:39+	02:33+	03:21+	04:32+	05:35+	01:35+	01:20+	03:22+	01:47+
16	Maren Thu					4251					1:00:43						
00:57+	02:48+	04:13+	06:25+	14:36+	16:44+	23:23+	27:23+	31:25+	33:13+	35:27+	41:59+	46:35+	51:26+	53:25+	55:53+	59:23+	60:43+
00:57+	01:51+	01:25+	02:12+	08:11+	02:08+	06:39+	04:00+	04:02+	01:48+	02:14+	06:32+	04:36+	04:51+	01:59+	02:28+	03:30+	01:20+
00:57+	01:51+	01:25+	02:12+	08:11+	02:08+	06:39+	04:00+	04:02+	01:48+	02:14+	06:32+	04:36+	04:51+	01:59+	02:28+	03:30+	01:20+
17	Marita Skorpe Falnes					3568					1:01:11						
00:41+	02:17+	03:33+	06:05+	09:30+	11:37+	20:44+	31:03+	34:34+	37:19+	40:31+	44:05+	49:10+	54:04+	55:11+	56:29+	59:23+	61:11+
00:41+	01:36+	01:16+	02:32+	03:25+	02:07+	09:07+	10:19+	03:31+	02:45+	03:12+	03:34+	05:05+	04:54+	01:07+	01:18+	02:54+	01:48+
00:41+	01:36+	01:16+	02:32+	03:25+	02:07+	09:07+	10:19+	03:31+	02:45+	03:12+	03:34+	05:05+	04:54+	01:07+	01:18+	02:54+	01:48+
18	Heidi Martby-Skogsholm					3522					1:10:12						
00:47+	02:20+	03:46+	06:28+	13:46+	17:06+	23:23+	28:42+	33:05+	34:51+	37:49+	42:28+	46:49+	51:56+	57:15+	59:26+	68:22+	70:12+
00:47+	01:33+	01:26+	02:42+	07:18+	03:20+	06:17+	05:19+	04:23+	01:46+	02:58+	04:39+	04:21+	05:07+	05:19+	02:11+	08:56+	01:50+
00:47+	01:33+	01:26+	02:42+	07:18+	03:20+	06:17+	05:19+	04:23+	01:46+	02:58+	04:39+	04:21+	05:07+	05:19+	02:11+	08:56+	01:50+

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

DNY

1	Eli Karine Klungre					1754					
01:28=	02:42=	04:17=	05:38=	06:39=	08:14=	10:11=	11:51=	12:50=	13:28=	14:32=	
01:28=	01:14=	01:35=	01:21=	01:01=	01:35=	01:57=	01:40=	00:59=	00:38=	01:04=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kathrine Kristiansen					4251					
01:44+	05:38+	08:52+	10:50+	12:01+	14:26+	16:20+	18:55+	19:59+	20:46+	22:20+	
01:44+	03:54+	03:14+	01:58+	01:11+	02:25+	01:54-	02:35+	01:04+	00:47+	01:34+	
00:16#	02:40@	01:39@	00:37&	00:10#	00:50&	00:03-	00:55&	00:05+	00:09#	00:30&	
3	June Stensland					3529					
01:40+	03:28+	04:59+	07:55+	09:16+	11:36+	14:49+	17:43+	20:01+	20:45+	22:44+	
01:40+	01:48+	01:31-	02:56+	01:21+	02:20+	03:13+	02:54+	02:18+	00:44+	01:59+	
00:12#	00:34&	00:04-	01:35@	00:20&	00:45&	01:16&	01:14&	01:19@	00:06#	00:55&	
4	Kjersti Sigurdson					722					
01:31+	04:16+	05:37+	08:31+	09:34+	11:29+	14:16+	20:57+	21:41+	22:24+	23:34+	
01:31+	02:45+	01:21-	02:54+	01:03+	01:55+	02:47+	06:41+	00:44-	00:43+	01:10+	
00:03+	01:31@	00:14-	01:33@	00:02+	00:20#	00:50&	05:01@	00:15-	00:05#	00:06+	
5	Bente Klausen					769					
01:56+	04:10+	07:30+	11:33+	13:15+	14:39+	16:36+	18:22+	20:28+	21:25+	22:11+	
01:56+	02:14+	03:20+	04:03+	01:42+	01:24-	01:57=	01:46+	02:06+	00:57+	00:46-	
00:28&	01:00&	01:45@	02:42@	00:41&	00:11-	00:00=	00:06+	01:07@	00:19&	00:18-	

Plass	Navn	Klasse	Tid
DNY			
6	Helene Haugland	769	26:17
01:48+ 03:18+ 05:04+ 06:54+ 08:30+ 10:32+ 12:34+ 15:08+ 20:11+ 24:13+ 26:17+ 01:48+ 01:30+ 01:46+ 01:50+ 01:36+ 02:02+ 02:02+ 02:34+ 05:03+ 04:02+ 02:04+ 00:20# 00:16# 00:11# 00:29& 00:35& 00:27& 00:05+ 00:54& 04:04@ 03:24@ 01:00&			
7	Tiril Søndervik Pedersen	1141	31:37
03:35+ 06:42+ 08:26+ 16:49+ 18:02+ 20:14+ 22:42+ 26:52+ 29:19+ 30:07+ 31:37+ 03:35+ 03:07+ 01:44+ 08:23+ 01:13+ 02:12+ 02:28+ 04:10+ 02:27+ 00:48+ 01:30+ 03:35+ 03:07+ 01:44+ 08:23+ 01:13+ 02:12+ 02:28+ 04:10+ 02:27+ 00:48+ 01:30+			
8	Camilla Lillebø Gundersen	793	31:47
01:31+ 02:48+ 04:31+ 06:13+ 07:22+ 11:05+ 21:20+ 27:20+ 29:04+ 30:22+ 31:47+ 01:31+ 01:17+ 01:43+ 01:42+ 01:09+ 03:43+ 10:15+ 06:00+ 01:44+ 01:18+ 01:25+ 01:31+ 01:17+ 01:43+ 01:42+ 01:09+ 03:43+ 10:15+ 06:00+ 01:44+ 01:18+ 01:25+			
9	Anne Linn Olsen	3528	31:54
01:48+ 03:06+ 07:38+ 09:52+ 11:00+ 13:59+ 18:03+ 28:16+ 29:58+ 30:39+ 31:54+ 01:48+ 01:18+ 04:32+ 02:14+ 01:08+ 02:59+ 04:04+ 10:13+ 01:42+ 00:41+ 01:15+ 01:48+ 01:18+ 04:32+ 02:14+ 01:08+ 02:59+ 04:04+ 10:13+ 01:42+ 00:41+ 01:15+			
10	Kristine Aasland	3524	39:18
03:22+ 08:13+ 11:51+ 16:07+ 18:35+ 22:50+ 26:52+ 32:01+ 34:52+ 36:31+ 39:18+ 03:22+ 04:51+ 03:38+ 04:16+ 02:28+ 04:15+ 04:02+ 05:09+ 02:51+ 01:39+ 02:47+ 03:22+ 04:51+ 03:38+ 04:16+ 02:28+ 04:15+ 04:02+ 05:09+ 02:51+ 01:39+ 02:47+			
11	Randi Sørhus	722	45:52
02:58+ 14:22+ 18:49+ 22:59+ 24:50+ 28:36+ 32:54+ 39:40+ 42:57+ 44:11+ 45:52+ 02:58+ 11:24+ 04:27+ 04:10+ 01:51+ 03:46+ 04:18+ 06:46+ 03:17+ 01:14+ 01:41+ 02:58+ 11:24+ 04:27+ 04:10+ 01:51+ 03:46+ 04:18+ 06:46+ 03:17+ 01:14+ 01:41+			
12	Solbjørg Eikeland	722	45:59
02:55+ 14:13+ 18:47+ 23:19+ 24:44+ 28:50+ 33:04+ 39:40+ 43:01+ 44:22+ 45:59+ 02:55+ 11:18+ 04:34+ 04:32+ 01:25+ 04:06+ 04:14+ 06:36+ 03:21+ 01:21+ 01:37+ 02:55+ 11:18+ 04:34+ 04:32+ 01:25+ 04:06+ 04:14+ 06:36+ 03:21+ 01:21+ 01:37+			
13	Cecilie Lidal	722	46:04
03:08+ 14:17+ 18:51+ 23:16+ 25:02+ 28:32+ 33:17+ 39:50+ 43:16+ 44:37+ 46:04+ 03:08+ 11:09+ 04:34+ 04:25+ 01:46+ 03:30+ 04:45+ 06:33+ 03:26+ 01:21+ 01:27+ 03:08+ 11:09+ 04:34+ 04:25+ 01:46+ 03:30+ 04:45+ 06:33+ 03:26+ 01:21+ 01:27+			
14	Ingrid Lohne	722	48:32
03:34+ 14:16+ 19:00+ 23:05+ 25:17+ 29:49+ 33:50+ 40:50+ 44:21+ 45:58+ 48:32+ 03:34+ 10:42+ 04:44+ 04:05+ 02:12+ 04:32+ 04:01+ 07:00+ 03:31+ 01:37+ 02:34+ 03:34+ 10:42+ 04:44+ 04:05+ 02:12+ 04:32+ 04:01+ 07:00+ 03:31+ 01:37+ 02:34+			
15	Thea Daltveit	1376	52:29
13:37+ 21:26+ 25:14+ 27:40+ 28:58+ 32:08+ 45:12+ 48:09+ 49:52+ 51:04+ 52:29+ 13:37+ 07:49+ 03:48+ 02:26+ 01:18+ 03:10+ 13:04+ 02:57+ 01:43+ 01:12+ 01:25+ 13:37+ 07:49+ 03:48+ 02:26+ 01:18+ 03:10+ 13:04+ 02:57+ 01:43+ 01:12+ 01:25+			
16	Maria de Rodrigues	3507	1:07:56
07:48+ 15:32+ 26:20+ 33:53+ 36:58+ 44:01+ 52:09+ 59:02+ 62:16+ 64:13+ 67:56+ 07:48+ 07:44+ 10:48+ 07:33+ 03:05+ 07:03+ 08:08+ 06:53+ 03:14+ 01:57+ 03:43+ 07:48+ 07:44+ 10:48+ 07:33+ 03:05+ 07:03+ 08:08+ 06:53+ 03:14+ 01:57+ 03:43+			

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse	Tid
DT			
1	Marie Sjursen	1683	27:27
02:32=	04:01=	05:24=	08:48=
02:32=	01:29=	01:23=	03:24=
00:00=	00:00=	00:00=	00:00=
2	Kari Sjursen	896	28:15
02:09-	04:55+	06:15+	09:02+
02:09-	02:46+	01:20-	02:47-
00:23-	01:17&	00:03-	00:37-
3	Monica Gilje Rennemo	892	29:49
02:24-	05:27+	07:01+	10:55+
02:24-	03:03+	01:34+	03:54+
00:08-	01:34@	00:11#	00:30#
4	Mette Baardsgaard	1884	29:52
02:05-	06:01+	07:24+	10:43+
02:05-	03:56+	01:23=	03:20-
00:27-	02:27@	00:00=	00:04-
5	Karoline Blyberg Lillehammer	1758	29:58
02:38+	04:32+	06:45+	10:06+
02:38+	01:54+	02:13+	03:21-
00:06+	00:25&	00:50&	00:03-
6	Elisa Møller	769	33:25
02:31-	04:27+	06:11+	10:08+
02:31-	01:56+	01:44+	03:57+
00:01-	00:27&	00:21&	00:33#
7	Ingrid Overegseth Foss	896	35:22
02:18-	05:24+	08:10+	11:59+
02:18-	03:06+	02:46+	03:49+
00:14-	01:37@	01:23&	00:25#
8	Anastasia Ollestad	3676	35:36
01:44-	04:56+	06:30+	10:32+
01:44-	03:12+	01:34+	04:02+
00:48-	01:43@	00:11#	00:38#
9	Julie Kristine Hovet	892	36:09
02:55+	05:43+	07:26+	10:44+
02:55+	02:48+	01:43+	03:18-
00:23#	01:19&	00:20#	00:06-
10	Janeth Kleppe	879	36:54
07:04+	09:04+	10:45+	14:57+
07:04+	02:00+	01:41+	04:12+
04:32@	00:31&	00:18#	00:48#
11	Tone M. Seglem Giske	1683	37:26
02:22-	05:29+	07:40+	12:44+
02:22-	03:07+	02:11+	05:04+
00:10-	01:38@	00:48&	01:40&
12	Marie Lauvsnes Hovdet	722	37:53
02:06-	06:28+	08:05+	11:49+
02:06-	04:22+	01:37+	03:44+
00:26-	02:53@	00:14#	00:20+

Plass	Navn	Klasse	Tid								
DT											
13	Ann Iren Undheim Seitzberg	3548	38:25								
09:11+	10:46+	12:18+	15:31+	17:16+	18:24+	24:49+	33:24+	34:23+	36:32+	38:05+	38:25+
09:11+	01:35+	01:32+	03:13-	01:45+	01:08+	06:25-	08:35+	00:59-	02:09+	01:33-	00:20=
06:39@	00:06+	00:09#	00:11-	00:16#	00:17&	00:09-	04:33@	00:36-	00:03+	00:09-	00:00=
14	Marianne Berge	3512	38:45								
01:55+	11:03+	13:07+	17:11+	18:57+	20:06+	26:23+	30:26+	32:06+	34:27+	38:21+	38:45+
01:55+	09:08+	02:04+	04:04+	01:46+	01:09+	06:17+	04:03+	01:40+	02:21+	03:54+	00:24+
01:55+	09:08+	02:04+	04:04+	01:46+	01:09+	06:17+	04:03+	01:40+	02:21+	03:54+	00:24+
15	Lina Dahle	3533	40:33								
08:20+	12:22+	14:21+	18:21+	20:48+	22:08+	29:51+	33:52+	35:32+	38:26+	40:08+	40:33+
08:20+	04:02+	01:59+	04:00+	02:27+	01:20+	07:43+	04:01+	01:40+	02:54+	01:42+	00:25+
08:20+	04:02+	01:59+	04:00+	02:27+	01:20+	07:43+	04:01+	01:40+	02:54+	01:42+	00:25+
16	Elisabet Horpestad	896	40:40								
02:09+	04:02+	06:34+	09:46+	12:24+	14:42+	27:48+	31:22+	35:25+	37:42+	40:22+	40:40+
02:09+	01:53+	02:32+	03:12+	02:38+	02:18+	13:06+	03:34+	04:03+	02:17+	02:40+	00:18+
02:09+	01:53+	02:32+	03:12+	02:38+	02:18+	13:06+	03:34+	04:03+	02:17+	02:40+	00:18+
17	Janne Frantzen	1683	40:49								
02:27+	06:39+	08:45+	14:54+	17:15+	18:57+	28:47+	33:49+	35:39+	38:01+	40:21+	40:49+
02:27+	04:12+	02:06+	06:09+	02:21+	01:42+	09:50+	05:02+	01:50+	02:22+	02:20+	00:28+
02:27+	04:12+	02:06+	06:09+	02:21+	01:42+	09:50+	05:02+	01:50+	02:22+	02:20+	00:28+
18	Unni Byberg Mæstad	892	40:50								
02:05+	06:05+	08:24+	12:49+	17:26+	19:06+	27:51+	32:40+	34:39+	36:55+	40:23+	40:50+
02:05+	04:00+	02:19+	04:25+	04:37+	01:40+	08:45+	04:49+	01:59+	02:16+	03:28+	00:27+
02:05+	04:00+	02:19+	04:25+	04:37+	01:40+	08:45+	04:49+	01:59+	02:16+	03:28+	00:27+
19	Renate Furenes	892	41:33								
01:52+	05:36+	08:09+	16:15+	18:35+	19:57+	28:26+	33:11+	35:38+	38:47+	41:07+	41:33+
01:52+	03:44+	02:33+	08:06+	02:20+	01:22+	08:29+	04:45+	02:27+	03:09+	02:20+	00:26+
01:52+	03:44+	02:33+	08:06+	02:20+	01:22+	08:29+	04:45+	02:27+	03:09+	02:20+	00:26+
20	Monica Regine Romstad	722	41:56								
05:04+	07:39+	11:07+	15:01+	17:35+	18:46+	28:06+	34:49+	37:10+	39:49+	41:32+	41:56+
05:04+	02:35+	03:28+	03:54+	02:34+	01:11+	09:20+	06:43+	02:21+	02:39+	01:43+	00:24+
05:04+	02:35+	03:28+	03:54+	02:34+	01:11+	09:20+	06:43+	02:21+	02:39+	01:43+	00:24+
21	Ingrid Dagsland Halderaker	3562	41:59								
02:34+	06:34+	08:31+	13:41+	16:45+	18:14+	26:26+	31:15+	35:04+	39:04+	41:22+	41:59+
02:34+	04:00+	01:57+	05:10+	03:04+	01:29+	08:12+	04:49+	03:49+	04:00+	02:18+	00:37+
02:34+	04:00+	01:57+	05:10+	03:04+	01:29+	08:12+	04:49+	03:49+	04:00+	02:18+	00:37+
22	Kirsti Strand Salvesen	3540	42:02								
02:55+	06:03+	08:35+	13:48+	16:10+	17:56+	27:14+	32:46+	35:32+	38:37+	41:20+	42:02+
02:55+	03:08+	02:32+	05:13+	02:22+	01:46+	09:18+	05:32+	02:46+	03:05+	02:43+	00:42+
02:55+	03:08+	02:32+	05:13+	02:22+	01:46+	09:18+	05:32+	02:46+	03:05+	02:43+	00:42+
23	Anne Turid Vestbakke	1683	42:59								
01:56+	05:41+	08:20+	11:54+	14:04+	15:44+	23:49+	35:09+	36:46+	39:34+	42:36+	42:59+
01:56+	03:45+	02:39+	03:34+	02:10+	01:40+	08:05+	11:20+	01:37+	02:48+	03:02+	00:23+
01:56+	03:45+	02:39+	03:34+	02:10+	01:40+	08:05+	11:20+	01:37+	02:48+	03:02+	00:23+
24	Kristine Vik	1284	43:26								
05:03+	07:17+	09:32+	13:51+	16:21+	18:00+	25:58+	34:11+	37:11+	40:51+	43:04+	43:26+
05:03+	02:14+	02:15+	04:19+	02:30+	01:39+	07:58+	08:13+	03:00+	03:40+	02:13+	00:22+
05:03+	02:14+	02:15+	04:19+	02:30+	01:39+	07:58+	08:13+	03:00+	03:40+	02:13+	00:22+

Plass	Navn											Klasse	Tid
DT													
25	Ida Sjursø											1754	43:41
	02:14+	06:30+	08:25+	13:26+	16:12+	18:06+	31:24+	35:55+	37:38+	40:37+	43:19+	43:41+	
	02:14+	04:16+	01:55+	05:01+	02:46+	01:54+	13:18+	04:31+	01:43+	02:59+	02:42+	00:22+	
	02:14+	04:16+	01:55+	05:01+	02:46+	01:54+	13:18+	04:31+	01:43+	02:59+	02:42+	00:22+	
26	Stephanie Loin											877	44:54
	02:06+	05:08+	06:51+	11:41+	14:14+	16:13+	23:34+	35:50+	38:11+	42:00+	44:25+	44:54+	
	02:06+	03:02+	01:43+	04:50+	02:33+	01:59+	07:21+	12:16+	02:21+	03:49+	02:25+	00:29+	
	02:06+	03:02+	01:43+	04:50+	02:33+	01:59+	07:21+	12:16+	02:21+	03:49+	02:25+	00:29+	
27	Linda Haukås											3551	45:08
	02:38+	07:18+	11:16+	16:25+	19:20+	20:49+	30:03+	36:40+	39:16+	42:20+	44:35+	45:08+	
	02:38+	04:40+	03:58+	05:09+	02:55+	01:29+	09:14+	06:37+	02:36+	03:04+	02:15+	00:33+	
	02:38+	04:40+	03:58+	05:09+	02:55+	01:29+	09:14+	06:37+	02:36+	03:04+	02:15+	00:33+	
28	Signe Lise Haaland											3507	46:42
	03:31+	07:52+	11:05+	16:58+	21:30+	23:30+	32:24+	37:40+	40:27+	43:30+	46:07+	46:42+	
	03:31+	04:21+	03:13+	05:53+	04:32+	02:00+	08:54+	05:16+	02:47+	03:03+	02:37+	00:35+	
	03:31+	04:21+	03:13+	05:53+	04:32+	02:00+	08:54+	05:16+	02:47+	03:03+	02:37+	00:35+	
29	Esther Boenheim											2539	47:17
	05:09+	08:26+	10:30+	14:38+	17:29+	19:12+	26:59+	31:40+	37:15+	43:52+	46:55+	47:17+	
	05:09+	03:17+	02:04+	04:08+	02:51+	01:43+	07:47+	04:41+	05:35+	06:37+	03:03+	00:22+	
	05:09+	03:17+	02:04+	04:08+	02:51+	01:43+	07:47+	04:41+	05:35+	06:37+	03:03+	00:22+	
30	Helga Sandve Helgøy											1683	47:27
	03:35+	07:44+	09:31+	14:41+	17:50+	20:25+	34:26+	39:12+	41:17+	44:11+	47:04+	47:27+	
	03:35+	04:09+	01:47+	05:10+	03:09+	02:35+	14:01+	04:46+	02:05+	02:54+	02:53+	00:23+	
	03:35+	04:09+	01:47+	05:10+	03:09+	02:35+	14:01+	04:46+	02:05+	02:54+	02:53+	00:23+	
31	Maria Boge Lauvsnes											722	47:29
	01:55+	04:39+	09:01+	12:44+	15:05+	16:16+	29:04+	33:17+	39:03+	43:04+	45:27+	47:29+	
	01:55+	02:44+	04:22+	03:43+	02:21+	01:11+	12:48+	04:13+	05:46+	04:01+	02:23+	02:02+	
	01:55+	02:44+	04:22+	03:43+	02:21+	01:11+	12:48+	04:13+	05:46+	04:01+	02:23+	02:02+	
32	Marta Bertolaso											1832	48:04
	08:39+	11:55+	13:42+	17:41+	20:24+	22:33+	32:31+	41:09+	43:00+	45:30+	47:35+	48:04+	
	08:39+	03:16+	01:47+	03:59+	02:43+	02:09+	09:58+	08:38+	01:51+	02:30+	02:05+	00:29+	
	08:39+	03:16+	01:47+	03:59+	02:43+	02:09+	09:58+	08:38+	01:51+	02:30+	02:05+	00:29+	
33	Silje Rese											1832	48:07
	08:51+	11:44+	13:41+	17:48+	20:23+	22:40+	32:28+	41:10+	43:00+	45:36+	47:36+	48:07+	
	08:51+	02:53+	01:57+	04:07+	02:35+	02:17+	09:48+	08:42+	01:50+	02:36+	02:00+	00:31+	
	08:51+	02:53+	01:57+	04:07+	02:35+	02:17+	09:48+	08:42+	01:50+	02:36+	02:00+	00:31+	
34	Karine Ditlevsen											896	48:13
	02:11+	16:53+	18:20+	22:35+	25:09+	26:16+	35:27+	40:19+	42:39+	45:36+	47:40+	48:13+	
	02:11+	14:42+	01:27+	04:15+	02:34+	01:07+	09:11+	04:52+	02:20+	02:57+	02:04+	00:33+	
	02:11+	14:42+	01:27+	04:15+	02:34+	01:07+	09:11+	04:52+	02:20+	02:57+	02:04+	00:33+	
35	Therese Østbø											896	48:20
	02:13+	17:00+	18:27+	22:45+	25:13+	26:23+	35:36+	40:27+	42:44+	45:43+	47:47+	48:20+	
	02:13+	14:47+	01:27+	04:18+	02:28+	01:10+	09:13+	04:51+	02:17+	02:59+	02:04+	00:33+	
	02:13+	14:47+	01:27+	04:18+	02:28+	01:10+	09:13+	04:51+	02:17+	02:59+	02:04+	00:33+	
36	Anna Hole											3503	48:33
	10:53+	13:29+	15:49+	21:05+	23:31+	25:00+	33:51+	38:54+	41:24+	45:19+	48:12+	48:33+	
	10:53+	02:36+	02:20+	05:16+	02:26+	01:29+	08:51+	05:03+	02:30+	03:55+	02:53+	00:21+	
	10:53+	02:36+	02:20+	05:16+	02:26+	01:29+	08:51+	05:03+	02:30+	03:55+	02:53+	00:21+	

Plass	Navn						Klasse						Tid	
DT														
37	Liv Janne Fandrem Biland						892						48:35	
10:15+	13:17+	15:16+	20:28+	23:30+	25:00+	34:15+	39:52+	42:06+	44:48+	48:10+	48:35+			
10:15+	03:02+	01:59+	05:12+	03:02+	01:30+	09:15+	05:37+	02:14+	02:42+	03:22+	00:25+			
10:15+	03:02+	01:59+	05:12+	03:02+	01:30+	09:15+	05:37+	02:14+	02:42+	03:22+	00:25+			
38	Helene Verdal Hidle						1830						49:46	
02:07+	05:04+	07:50+	12:24+	15:29+	17:13+	29:53+	39:48+	42:07+	45:32+	49:21+	49:46+			
02:07+	02:57+	02:46+	04:34+	03:05+	01:44+	12:40+	09:55+	02:19+	03:25+	03:49+	00:25+			
02:07+	02:57+	02:46+	04:34+	03:05+	01:44+	12:40+	09:55+	02:19+	03:25+	03:49+	00:25+			
39	Karolina Lenart						1376						53:55	
06:54+	09:29+	11:41+	21:29+	30:01+	30:50+	42:22+	46:33+	48:31+	51:18+	53:28+	53:55+			
06:54+	02:35+	02:12+	09:48+	08:32+	00:49+	11:32+	04:11+	01:58+	02:47+	02:10+	00:27+			
06:54+	02:35+	02:12+	09:48+	08:32+	00:49+	11:32+	04:11+	01:58+	02:47+	02:10+	00:27+			
40	Solbjørg Borgersen						3536						54:27	
09:11+	14:24+	16:19+	20:54+	23:10+	24:32+	38:39+	46:21+	48:37+	51:20+	53:56+	54:27+			
09:11+	05:13+	01:55+	04:35+	02:16+	01:22+	14:07+	07:42+	02:16+	02:43+	02:36+	00:31+			
09:11+	05:13+	01:55+	04:35+	02:16+	01:22+	14:07+	07:42+	02:16+	02:43+	02:36+	00:31+			
41	Sigrund Serigstad						879						56:26	
08:05+	11:02+	13:10+	17:05+	19:35+	21:13+	36:36+	44:08+	50:03+	53:21+	56:09+	56:26+			
08:05+	02:57+	02:08+	03:55+	02:30+	01:38+	15:23+	07:32+	05:55+	03:18+	02:48+	00:17+			
08:05+	02:57+	02:08+	03:55+	02:30+	01:38+	15:23+	07:32+	05:55+	03:18+	02:48+	00:17+			
42	Solveig Marie Grønning						3511						1:01:38	
04:41+	09:57+	12:49+	18:17+	23:04+	25:24+	39:27+	47:11+	51:13+	57:15+	61:05+	61:38+			
04:41+	05:16+	02:52+	05:28+	04:47+	02:20+	14:03+	07:44+	04:02+	06:02+	03:50+	00:33+			
04:41+	05:16+	02:52+	05:28+	04:47+	02:20+	14:03+	07:44+	04:02+	06:02+	03:50+	00:33+			
43	Ingunn Johanne Fandrem						3511						1:01:41	
04:40+	09:23+	12:49+	18:18+	23:07+	25:26+	39:24+	47:10+	51:13+	57:19+	61:07+	61:41+			
04:40+	04:43+	03:26+	05:29+	04:49+	02:19+	13:58+	07:46+	04:03+	06:06+	03:48+	00:34+			
04:40+	04:43+	03:26+	05:29+	04:49+	02:19+	13:58+	07:46+	04:03+	06:06+	03:48+	00:34+			
44	Lene Danielsen						793						1:01:53	
11:26+	13:34+	16:17+	21:29+	24:32+	26:41+	41:30+	48:47+	54:41+	57:54+	60:44+	61:53+			
11:26+	02:08+	02:43+	05:12+	03:03+	02:09+	14:49+	07:17+	05:54+	03:13+	02:50+	01:09+			
11:26+	02:08+	02:43+	05:12+	03:03+	02:09+	14:49+	07:17+	05:54+	03:13+	02:50+	01:09+			
45	Kitty Garborg						1754						1:12:36	
14:02+	17:09+	22:56+	30:34+	38:04+	39:48+	50:15+	60:28+	64:51+	68:13+	72:09+	72:36+			
14:02+	03:07+	05:47+	07:38+	07:30+	01:44+	10:27+	10:13+	04:23+	03:22+	03:56+	00:27+			
14:02+	03:07+	05:47+	07:38+	07:30+	01:44+	10:27+	10:13+	04:23+	03:22+	03:56+	00:27+			
46	Marit Kløvstad Braut						892						1:15:57	
04:09+	08:02+	12:42+	19:44+	24:02+	26:21+	53:15+	61:06+	65:24+	69:03+	72:43+	75:57+			
04:09+	03:53+	04:40+	07:02+	04:18+	02:19+	26:54+	07:51+	04:18+	03:39+	03:40+	03:14+			
04:09+	03:53+	04:40+	07:02+	04:18+	02:19+	26:54+	07:51+	04:18+	03:39+	03:40+	03:14+			
47	Ragnhild Christiansen						1884						1:16:00	
04:06+	08:26+	12:42+	19:50+	24:06+	26:23+	52:34+	61:17+	65:33+	69:03+	72:36+	76:00+			
04:06+	04:20+	04:16+	07:08+	04:16+	02:17+	26:11+	08:43+	04:16+	03:30+	03:33+	03:24+			
04:06+	04:20+	04:16+	07:08+	04:16+	02:17+	26:11+	08:43+	04:16+	03:30+	03:33+	03:24+			
48	Else Marie Furland						1884						1:16:21	
04:15+	08:17+	13:13+	20:19+	24:37+	26:43+	53:09+	61:41+	65:58+	69:24+	72:57+	76:21+			
04:15+	04:02+	04:56+	07:06+	04:18+	02:06+	26:26+	08:32+	04:17+	03:26+	03:33+	03:24+			
04:15+	04:02+	04:56+	07:06+	04:18+	02:06+	26:26+	08:32+	04:17+	03:26+	03:33+	03:24+			

Plass	Navn	Klasse										Tid						
DT																		
49	May Kristin Haaland					3511					1:23:17							
07:22+	11:36+	16:09+	23:15+	27:34+	29:49+	60:01+	68:26+	72:26+	79:11+	82:21+	83:17+							
07:22+	04:14+	04:33+	07:06+	04:19+	02:15+	30:12+	08:25+	04:00+	06:45+	03:10+	00:56+							
07:22+	04:14+	04:33+	07:06+	04:19+	02:15+	30:12+	08:25+	04:00+	06:45+	03:10+	00:56+							
Beste strekktid for klassen																		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		
H16																		
1	Truls Thorkildsen					2074					38:27							
00:38=	01:47=	02:40=	04:13=	06:29=	08:12=	12:36=	16:25=	19:19=	20:36=	22:19=	25:54=	28:47=	32:39=	33:49=	34:35=	37:15=	38:27=	
00:38=	01:09=	00:53=	01:33=	02:16=	01:43=	04:24=	03:49=	02:54=	01:17=	01:43=	03:35=	02:53=	03:52=	01:10=	00:46=	02:40=	01:12=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Øyvind Rustan					722					41:00							
00:39+	02:12+	03:16+	06:08+	08:37+	10:50+	15:00+	18:47+	21:21+	22:59+	24:50+	27:39+	30:51+	35:01+	36:16+	37:08+	39:42+	41:00+	
00:39+	01:33+	01:04+	02:52+	02:29+	02:13+	04:10+	03:47+	02:34+	01:38+	01:51+	02:49+	03:12+	04:10+	01:15+	00:52+	02:34+	01:18+	
00:01+	00:24&	00:11#	01:19&	00:13+	00:30&	00:14+	00:02+	00:20+	00:21&	00:08+	00:46+	00:19#	00:18+	00:05+	00:06#	00:06+	00:06+	
3	David Wade					1683					41:51							
00:54+	02:02+	02:59+	04:54+	07:16+	09:12+	15:51+	19:20+	22:21+	23:28+	25:17+	27:52+	31:18+	35:23+	36:30+	38:15+	40:32+	41:51+	
00:54+	01:08+	00:57+	01:55+	02:22+	01:56+	06:39+	03:29+	03:01+	01:07+	01:49+	02:35+	03:26+	04:05+	01:07+	01:45+	02:17+	01:19+	
00:16&	00:01+	00:04+	00:22#	00:06+	00:13#	02:15&	00:20+	00:07+	00:10+	00:06+	01:00+	00:33#	00:13+	00:03+	00:59@	00:23+	00:07+	
4	Børge Grødem					3619					42:46							
03:02+	04:11+	04:57+	06:41+	08:48+	10:34+	15:45+	19:36+	21:48+	23:15+	24:07+	26:08+	29:54+	32:14+	35:46+	36:50+	38:19+	41:31+	
03:02+	01:09+	00:46+	01:44+	02:07+	01:46+	05:11+	03:51+	02:12+	01:27+	00:52+	02:01+	03:46+	02:20+	03:32+	01:04+	01:29+	03:12+	
02:24@	00:00=	00:07+	00:11#	00:09+	00:03+	00:47#	00:02+	00:42+	00:10#	00:51+	01:34+	00:53&	01:32+	02:22@	00:18&	01:11+	02:00@	
5	Bendix Gjølstad Smith					892					46:07							
00:52+	02:01+	03:07+	05:14+	08:52+	11:09+	15:50+	20:10+	23:45+	25:09+	27:23+	29:45+	34:02+	38:23+	41:11+	42:10+	44:40+	46:07+	
00:52+	01:09+	01:06+	02:07+	03:38+	02:17+	04:41+	04:20+	03:35+	01:24+	02:14+	02:22+	04:17+	04:21+	02:48+	00:59+	02:30+	01:27+	
00:14&	00:00=	00:13#	00:34&	01:22&	00:34&	00:17+	00:31#	00:41#	00:07+	00:31&	01:13+	01:24&	00:29#	01:38@	00:13&	00:10+	00:15#	
6	Håvard Landråk					3676					46:10							
00:52+	02:10+	03:00+	09:32+	12:25+	14:18+	18:50+	22:44+	25:34+	26:47+	28:31+	31:48+	34:28+	38:48+	40:08+	41:10+	45:07+	46:10+	
00:52+	01:18+	00:50+	06:32+	02:53+	01:53+	04:32+	03:54+	02:50+	01:13+	01:44+	03:17+	02:40+	04:20+	01:20+	01:02+	03:57+	01:03+	
00:14&	00:09#	00:03+	04:59@	00:37&	00:10+	00:08+	00:05+	00:04+	00:04+	00:01+	00:18+	00:13+	00:28#	00:10#	00:16&	01:17&	00:09+	
7	Lars Kartevoll					3548					46:55							
00:59+	02:07+	03:08+	05:04+	08:15+	10:45+	15:23+	19:37+	23:16+	24:44+	27:22+	31:33+	34:22+	38:47+	40:33+	41:26+	45:33+	46:55+	
00:59+	01:08+	01:01+	01:56+	03:11+	02:30+	04:38+	04:14+	03:39+	01:28+	02:38+	04:11+	02:49+	04:25+	01:46+	00:53+	04:07+	01:22+	
00:21&	00:01+	00:08#	00:23#	00:55&	00:47&	00:14+	00:25#	00:45&	00:11#	00:55&	00:36#	00:04+	00:33#	00:36&	00:07#	01:27&	00:10#	
8	Erlend Syse					3559					48:31							
00:43+	02:34+	03:44+	06:33+	09:16+	11:25+	19:40+	24:11+	27:06+	28:29+	30:45+	34:07+	37:14+	41:37+	42:54+	44:30+	47:07+	48:31+	
00:43+	01:51+	01:10+	02:49+	02:43+	02:09+	08:15+	04:31+	02:55+	01:23+	02:16+	03:22+	03:07+	04:23+	01:17+	01:36+	02:37+	01:24+	
00:05#	00:42&	00:17&	01:16&	00:27#	00:26&	03:51&	00:42#	00:01+	00:06+	00:33&	00:13+	00:14+	00:31#	00:07#	00:50@	00:03+	00:12#	
9	Sondre Aspøy					2074					51:16							
03:28+	04:41+	08:09+	10:14+	14:07+	16:17+	22:47+	26:46+	30:18+	31:29+	33:25+	36:06+	39:39+	44:02+	45:01+	46:16+	50:06+	51:16+	
03:28+	01:13+	03:28+	02:05+	03:53+	02:10+	06:30+	03:59+	03:32+	01:11+	01:56+	02:41+	03:33+	04:23+	00:59+	01:15+	03:50+	01:10+	
02:50@	00:04+	02:35@	00:32&	01:37&	00:27&	02:06&	00:10+	00:38#	00:06+	00:13#	00:54+	00:40#	00:31#	00:11+	00:29&	01:10&	00:02+	

Plass	Navn						Klasse				Tid			
H16														
10	Stian Bentsen Malmanger						3676				51:45			
00:40+	02:02+	03:04+	05:24+	09:32+	11:36+	19:09+	26:48+	30:20+	31:33+	33:39+	36:31+	39:34+	44:17+	45:30+
00:40+	01:22+	01:02+	02:20+	04:08+	02:04+	07:33+	07:39+	03:32+	01:13-	02:06+	02:52-	03:03+	04:43+	01:13+
00:02+	00:13#	00:09#	00:47&	01:52&	00:21#	03:09&	03:50@	00:38#	00:04-	00:23#	00:43-	00:10+	00:51#	00:03+
													00:21&	00:44&
														00:32&
11	Magnus Kristoffersen						3676				51:58			
00:45+	02:22+	03:37+	06:03+	09:39+	12:09+	16:48+	21:07+	27:04+	28:43+	30:59+	33:34+	36:58+	42:00+	43:06+
00:45+	01:37+	01:15+	02:26+	03:36+	02:30+	04:39+	04:19+	05:57+	01:39+	02:16+	02:35+	03:24+	05:02+	01:06+
00:45+	01:37+	01:15+	02:26+	03:36+	02:30+	04:39+	04:19+	05:57+	01:39+	02:16+	02:35+	03:24+	05:02+	01:06+
													01:11+	05:58+
													01:11+	05:58+
														01:43+
12	William Vagle						3548				54:14			
07:40+	09:02+	10:07+	11:59+	14:16+	16:41+	22:12+	26:35+	29:57+	31:11+	33:03+	36:25+	40:17+	48:20+	49:45+
07:40+	01:22+	01:05+	01:52+	02:17+	02:25+	05:31+	04:23+	03:22+	01:14+	01:52+	03:22+	03:52+	08:03+	01:25+
07:40+	01:22+	01:05+	01:52+	02:17+	02:25+	05:31+	04:23+	03:22+	01:14+	01:52+	03:22+	03:52+	08:03+	01:25+
													00:38+	02:25+
													02:25+	01:26+
														01:26+
13	Henrik Friis						3516				54:23			
02:14+	03:14+	04:01+	06:04+	09:25+	11:44+	25:51+	29:18+	35:03+	35:46+	37:20+	40:16+	42:46+	46:42+	49:10+
02:14+	01:00+	00:47+	02:03+	03:21+	02:19+	14:07+	03:27+	05:45+	00:43+	01:34+	02:56+	02:30+	03:56+	02:28+
02:14+	01:00+	00:47+	02:03+	03:21+	02:19+	14:07+	03:27+	05:45+	00:43+	01:34+	02:56+	02:30+	03:56+	02:28+
													00:56+	03:16+
													03:16+	01:01+
														01:01+
14	Ole Andre Brandsberg						3502				55:36			
00:43+	01:55+	02:45+	04:47+	08:05+	10:49+	17:12+	22:46+	26:26+	27:27+	32:41+	36:12+	41:34+	48:01+	50:08+
00:43+	01:12+	00:50+	02:02+	03:18+	02:44+	06:23+	05:34+	03:40+	01:01+	05:14+	03:31+	05:22+	06:27+	02:07+
00:43+	01:12+	00:50+	02:02+	03:18+	02:44+	06:23+	05:34+	03:40+	01:01+	05:14+	03:31+	05:22+	06:27+	02:07+
													01:01+	02:37+
													01:01+	02:37+
														01:50+
														01:50+
15	Vidar Haus						3528				55:50			
01:15+	02:31+	03:54+	06:23+	09:56+	12:28+	17:50+	28:45+	31:43+	33:23+	36:12+	39:11+	43:29+	48:17+	49:53+
01:15+	01:16+	01:23+	02:29+	03:33+	02:32+	05:22+	10:55+	02:58+	01:40+	02:49+	02:59+	04:18+	04:48+	01:36+
01:15+	01:16+	01:23+	02:29+	03:33+	02:32+	05:22+	10:55+	02:58+	01:40+	02:49+	02:59+	04:18+	04:48+	01:36+
													01:13+	03:21+
													03:21+	01:23+
														01:23+
16	Sam McCloy						793				56:26			
00:37+	01:50+	03:04+	04:24+	07:37+	09:27+	13:10+	18:51+	25:07+	26:31+	28:35+	31:14+	46:40+	49:51+	52:20+
00:37+	01:13+	01:14+	01:20+	03:13+	01:50+	03:43+	05:41+	06:16+	01:24+	02:04+	02:39+	15:26+	03:11+	02:29+
00:37+	01:13+	01:14+	01:20+	03:13+	01:50+	03:43+	05:41+	06:16+	01:24+	02:04+	02:39+	15:26+	03:11+	02:29+
													00:44+	02:05+
													02:05+	01:17+
17	Bernt Christian Bugge						3676				59:57			
00:59+	02:45+	03:56+	05:48+	17:40+	21:36+	29:50+	34:30+	37:45+	39:42+	42:05+	45:12+	48:20+	52:55+	54:39+
00:59+	01:46+	01:11+	01:52+	11:52+	03:56+	08:14+	04:40+	03:15+	01:57+	02:23+	03:07+	03:08+	04:35+	01:44+
00:59+	01:46+	01:11+	01:52+	11:52+	03:56+	08:14+	04:40+	03:15+	01:57+	02:23+	03:07+	03:08+	04:35+	01:44+
													01:24+	02:28+
													01:24+	02:28+
														01:26+
18	Jonas Hagen						3528				1:02:55			
01:10+	03:20+	04:31+	09:01+	13:36+	16:05+	23:23+	29:25+	33:36+	35:52+	38:45+	43:17+	47:59+	55:44+	57:12+
01:10+	02:10+	01:11+	04:30+	04:35+	02:29+	07:18+	06:02+	04:11+	02:16+	02:53+	04:32+	04:42+	07:45+	01:28+
01:10+	02:10+	01:11+	04:30+	04:35+	02:29+	07:18+	06:02+	04:11+	02:16+	02:53+	04:32+	04:42+	07:45+	01:28+
													01:14+	03:00+
													03:00+	01:29+
														01:29+
19	Marius Hagen						3528				1:04:00			
01:05+	03:19+	04:40+	09:01+	13:02+	16:15+	23:13+	29:31+	34:10+	35:53+	39:33+	43:49+	47:57+	55:42+	57:07+
01:05+	02:14+	01:21+	04:21+	04:01+	03:13+	06:58+	06:18+	04:39+	01:43+	03:40+	04:16+	04:08+	07:45+	01:25+
01:05+	02:14+	01:21+	04:21+	04:01+	03:13+	06:58+	06:18+	04:39+	01:43+	03:40+	04:16+	04:08+	07:45+	01:25+
													01:13+	03:36+
													03:36+	02:04+
														02:04+
20	Martin Gjerstad						3676				1:10:18			
00:57+	02:21+	06:57+	10:27+	13:21+	17:29+	23:35+	28:08+	31:43+	32:50+	35:48+	52:53+	56:26+	61:57+	63:19+
00:57+	01:24+	04:36+	03:30+	02:54+	04:08+	06:06+	04:33+	03:35+	01:07+	02:58+	17:05+	03:33+	05:31+	01:22+
00:57+	01:24+	04:36+	03:30+	02:54+	04:08+	06:06+	04:33+	03:35+	01:07+	02:58+	17:05+	03:33+	05:31+	01:22+
													01:30+	03:22+
													03:22+	02:07+
													03:22+	02:07+

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse										Tid												
H40																								
1	Magne Habbestad										3531										40:14			
	00:31=	01:44=	02:36=	04:11=	06:29=	08:39=	13:15=	17:24=	20:13=	21:23=	23:50=	26:15=	29:48=	34:06=	35:19=	36:13=	38:52=	40:14=						
	00:31=	01:13=	00:52=	01:35=	02:18=	02:10=	04:36=	04:09=	02:49=	01:10=	02:27=	02:25=	03:33=	04:18=	01:13=	00:54=	02:39=	01:22=						
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Anders Presterud										903										41:53			
	00:42+	02:13+	03:47+	06:06+	08:35+	10:29+	14:43+	20:23+	23:34+	25:05+	26:46+	28:47+	31:48+	35:37+	36:40+	37:37+	40:37+	41:53+						
	00:42+	01:31+	01:34+	02:19+	02:29+	01:54+	04:14+	05:40+	03:11+	01:31+	01:41+	02:01+	03:01+	03:49+	01:03+	00:57+	03:00+	01:16+						
	00:11&	00:18#	00:42&	00:44&	00:11+	00:16+	00:22+	01:31&	00:22#	00:21&	00:46+	00:24+	00:32+	00:29+	00:10+	00:03+	00:21#	00:06+						
3	Anders Klungre										3548										43:49			
	00:38+	01:44=	02:41+	04:41+	08:07+	10:14+	14:29+	18:19+	25:15+	26:35+	28:20+	30:59+	33:40+	37:40+	38:45+	39:41+	42:28+	43:49+						
	00:38+	01:06+	00:57+	02:00+	03:26+	02:07+	04:15+	03:50+	06:56+	01:20+	01:45+	02:39+	02:41+	04:00+	01:05+	00:56+	02:47+	01:21+						
	00:07#	00:07+	00:05+	00:25&	01:08&	00:03+	00:21+	00:19+	04:07@	00:10#	00:42+	00:14+	00:52+	00:18+	00:08+	00:02+	00:08+	00:01+						
4	Rune Dahl Fitjar										1754										44:01			
	00:40+	01:56+	03:06+	05:10+	07:48+	10:01+	15:12+	20:31+	23:47+	25:11+	27:19+	29:32+	33:08+	37:42+	38:57+	39:54+	42:40+	44:01+						
	00:40+	01:16+	01:10+	02:04+	02:38+	02:13+	05:11+	05:19+	03:16+	01:24+	02:08+	02:13+	03:36+	04:34+	01:15+	00:57+	02:46+	01:21+						
	00:09&	00:03+	00:18&	00:29&	00:20#	00:03+	00:35#	01:10&	00:27#	00:14#	00:19+	00:12+	00:03+	00:16+	00:02+	00:03+	00:07+	00:01+						
5	Inge Arild Leknes										3548										44:04			
	00:56+	02:36+	03:31+	05:44+	07:50+	10:05+	17:08+	20:55+	23:55+	25:15+	27:13+	29:53+	32:37+	36:39+	38:32+	39:17+	42:45+	44:04+						
	00:56+	01:40+	00:55+	02:13+	02:06+	02:15+	07:03+	03:47+	03:00+	01:20+	01:58+	02:40+	02:44+	04:02+	01:53+	00:45+	03:28+	01:19+						
	00:25&	00:27&	00:03+	00:38&	00:12+	00:05+	02:27&	00:22+	00:11+	00:10#	00:29+	00:15#	00:49+	00:16+	00:40&	00:09+	00:49&	00:03+						
6	Arild Stave										3676										44:12			
	00:50+	02:54+	04:21+	06:36+	08:49+	10:24+	15:35+	18:43+	21:25+	23:06+	25:55+	30:11+	32:40+	37:05+	38:50+	39:54+	43:00+	44:12+						
	00:50+	02:04+	01:27+	02:15+	02:13+	01:35+	05:11+	03:08+	02:42+	01:41+	02:49+	04:16+	02:29+	04:25+	01:45+	01:04+	03:06+	01:12+						
	00:19&	00:51&	00:35&	00:40&	00:05+	00:35+	00:35#	01:01+	00:07+	00:31&	00:22#	01:51&	01:04+	00:07+	00:32&	00:10#	00:27#	00:10+						
7	Bjørn Kristian Røyland										3503										46:14			
	00:47+	02:21+	04:00+	06:07+	08:44+	11:02+	15:52+	20:22+	24:38+	26:08+	29:10+	31:33+	34:47+	39:29+	40:46+	41:56+	44:55+	46:14+						
	00:47+	01:34+	01:39+	02:07+	02:37+	02:18+	04:50+	04:30+	04:16+	01:30+	03:02+	02:23+	03:14+	04:42+	01:17+	01:10+	02:59+	01:19+						
	00:16&	00:21&	00:47&	00:32&	00:19#	00:08+	00:14+	00:21+	01:27&	00:20&	00:35#	00:02+	00:19+	00:24+	00:04+	00:16&	00:20#	00:03+						
8	Magnus Langvik										3516										46:19			
	00:35+	01:43+	02:42+	04:32+	09:50+	12:53+	17:13+	21:39+	26:25+	27:58+	30:59+	33:15+	36:02+	40:02+	41:05+	42:05+	44:54+	46:19+						
	00:35+	01:08+	00:59+	01:50+	05:18+	03:03+	04:20+	04:26+	04:46+	01:33+	03:01+	02:16+	02:47+	04:00+	01:03+	01:00+	02:49+	01:25+						
	00:04#	00:05+	00:07#	00:15#	03:00@	00:53&	00:16+	00:17+	01:57&	00:23&	00:34#	00:09+	00:46+	00:18+	00:10+	00:06#	00:10+	00:03+						
9	Ole-Tobias Frich										1683										46:31			
	00:43+	02:05+	03:16+	05:45+	09:02+	11:27+	16:21+	20:50+	23:58+	25:26+	28:23+	31:20+	35:08+	39:11+	40:31+	41:38+	45:11+	46:31+						
	00:43+	01:22+	01:11+	02:29+	03:17+	02:25+	04:54+	04:29+	03:08+	01:28+	02:57+	02:57+	03:48+	04:03+	01:20+	01:07+	03:33+	01:20+						
	00:12&	00:09#	00:19&	00:54&	00:59&	00:15#	00:18+	00:20+	00:19#	00:18&	00:30#	00:32#	00:15+	00:15+	00:07+	00:13#	00:54&	00:02+						
10	Gunnar Thorset										896										47:08			
	00:40+	02:13+	03:30+	05:53+	09:20+	11:37+	18:08+	22:51+	26:07+	27:18+	29:31+	32:37+	36:01+	40:29+	41:42+	43:01+	45:38+	47:08+						
	00:40+	01:33+	01:17+	02:23+	03:27+	02:17+	06:31+	04:43+	03:16+	01:11+	02:13+	03:06+	03:24+	04:28+	01:13=	01:19+	02:37+	01:30+						
	00:09&	00:20&	00:25&	00:48&	01:09&	00:07+	01:55&	00:34#	00:27#	00:01+	00:14+	00:41&	00:09+	00:10+	00:00=	00:25&	00:02+	00:08+						
11	Rune Hatle										903										47:28			
	00:42+	02:08+	03:18+	05:15+	08:14+	10:24+	15:47+	20:16+	23:22+	24:44+	27:06+	31:18+	34:21+	38:40+	39:48+	41:07+	44:35+	47:28+						
	00:42+	01:26+	01:10+	01:57+	02:59+	02:10=	05:23+	04:29+	03:06+	01:22+	02:22+	04:12+	03:03+	04:19+	01:08+	01:19+	03:28+	02:53+						
	00:11&	00:13#	00:18&	00:22#	00:41&	00:00=	00:47#	00:20+	00:17#	00:12#	00:05+	01:47&	00:30+	00:01+	00:05+	00:25&	00:49&	01:31@						
12	Olav Johannes Espedal										3519										48:30			
	00:48+	02:48+	04:06+	06:56+	09:27+	11:22+	15:45+	22:14+	27:57+	29:04+	30:48+	33:33+	36:32+	41:22+	42:55+	44:28+	47:04+	48:30+						
	00:48+	02:00+	01:18+	02:50+	02:31+	01:55+	04:23+	06:29+	05:43+	01:07+	01:44+	02:45+	02:59+	04:50+	01:33+	01:33+	02:36+	01:26+						
	00:17&	00:47&	00:26&	01:15&	00:13+	00:15+	00:13+	02:20&	02:54@	00:03+	00:43+	00:20#	00:34+	00:32#	00:20&	00:39&	00:03+	00:04+						

15.04.2025 22:17:31 Side:20

Plass	Navn	Klasse										Tid					
H40																	
Beste strekktid for klassen																	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
H50																	
1	Trond Lamark					878					41:33						
	02:00=	03:01=	04:26=	05:54=	07:46=	09:37=	12:01=	16:12=	20:48=	23:35=	24:43=	29:49=	33:14=	38:29=	39:55=	41:33=	
	02:00=	01:01=	01:25=	01:28=	01:52=	01:51=	02:24=	04:11=	04:36=	02:47=	01:08=	05:06=	03:25=	05:15=	01:26=	01:38=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Bjørn Ove Olsen Moi					989					41:42						
	01:59-	02:56-	04:35+	06:34+	08:29+	10:11+	13:05+	17:25+	21:40+	24:55+	26:05+	30:00+	33:16+	38:34+	40:11+	41:42+	
	01:59-	00:57-	01:39+	01:59+	01:55+	01:42-	02:54+	04:20+	04:15-	03:15+	01:10+	03:55-	03:16-	05:18+	01:37+	01:31-	
	00:01-	00:04-	00:14#	00:31&	00:03+	00:09-	00:30#	00:09+	00:21-	00:28#	00:02+	01:11-	00:09-	00:03+	00:11#	00:07-	
3	Anders Glenne					793					42:39						
	02:11+	03:13+	04:47+	06:41+	09:06+	11:00+	13:19+	18:08+	22:07+	24:54+	26:07+	31:02+	34:22+	39:22+	40:52+	42:39+	
	02:11+	01:02+	01:34+	01:54+	02:25+	01:54+	02:19-	04:49+	03:59-	02:47=	01:13+	04:55-	03:20-	05:00-	01:30+	01:47+	
	00:11+	00:01+	00:09#	00:26&	00:33&	00:03+	00:05-	00:38#	00:37-	00:00=	00:05+	00:11-	00:05-	00:15-	00:04+	00:09+	
4	Reidar Mosvold					1754					42:53						
	01:49-	02:49-	04:12-	05:53-	07:47+	09:30-	13:28+	18:14+	22:34+	25:15+	26:38+	31:03+	34:29+	39:34+	41:11+	42:53+	
	01:49-	01:00-	01:23-	01:41+	01:54+	01:43-	03:58+	04:46+	04:20-	02:41-	01:23+	04:25-	03:26+	05:05-	01:37+	01:42+	
	00:11-	00:01-	00:02-	00:13#	00:02+	00:08-	01:34&	00:35#	00:16-	00:06-	00:15#	00:41-	00:01+	00:10-	00:11#	00:04+	
5	John Breiland					3694					43:28						
	01:47-	02:36-	03:54-	05:47-	07:30-	09:43+	11:58-	16:35+	20:47-	23:06-	28:50+	32:49+	35:36+	40:16+	41:44+	43:28+	
	01:47-	00:49-	01:18-	01:53+	01:43-	02:13+	02:15-	04:37+	04:12-	02:19-	05:44+	03:59-	02:47-	04:40-	01:28+	01:44+	
	00:13-	00:12-	00:07-	00:25&	00:09-	00:22#	00:09-	00:26#	00:24-	00:28-	04:36@	01:07-	00:38-	00:35-	00:02+	00:06+	
6	Jone Kalheim					879					44:00						
	02:34+	03:30+	04:55+	07:10+	09:03+	10:41+	12:50+	16:43+	21:42+	24:54+	26:19+	32:36+	35:37+	40:15+	42:13+	44:00+	
	02:34+	00:56-	01:25=	02:15+	01:53+	01:38-	02:09-	03:53-	04:59+	03:12+	01:25+	06:17+	03:01-	04:38-	01:58+	01:47+	
	00:34&	00:05-	00:00=	00:47&	00:01+	00:13-	00:15-	00:18-	00:23+	00:25#	00:17#	01:11#	00:24-	00:37-	00:32&	00:09+	
7	Øyvind Madland					3522					44:40						
	01:42-	02:40-	04:24-	06:41+	08:28+	10:17+	12:48+	17:26+	21:28+	24:14+	25:38+	32:08+	34:47+	41:24+	42:57+	44:40+	
	01:42-	00:58-	01:44+	02:17+	01:47-	01:49-	02:31+	04:38+	04:02-	02:46-	01:24+	06:30+	02:39-	06:37+	01:33+	01:43+	
	00:18-	00:03-	00:19#	00:49&	00:05-	00:02-	00:07+	00:27#	00:34-	00:01-	00:16#	01:24&	00:46-	01:22&	00:07+	00:05+	
8	Arngrim Utskarpen					896					45:53						
	02:04+	03:08+	05:05+	07:44+	09:43+	11:41+	14:45+	19:17+	23:47+	26:46+	28:07+	33:39+	37:12+	42:40+	44:09+	45:53+	
	02:04+	01:04+	01:57+	02:39+	01:59+	01:58+	03:04+	04:32+	04:30-	02:59+	01:21+	05:32+	03:33+	05:28+	01:29+	01:44+	
	00:04+	00:03+	00:32&	01:11&	00:07+	00:07+	00:40&	00:21+	00:06-	00:12+	00:13#	00:26+	00:08+	00:13+	00:03+	00:06+	
9	Rune Paulsen					3508					47:14						
	02:04+	03:04+	04:21-	06:24+	08:35+	11:34+	15:19+	20:29+	25:04+	28:21+	30:33+	35:57+	38:48+	43:43+	45:37+	47:14+	
	02:04+	01:00-	01:17-	02:03+	02:11+	02:59+	03:45+	05:10+	04:35-	03:17+	02:12+	05:24+	02:51-	04:55-	01:54+	01:37-	
	00:04+	00:01-	00:08-	00:35&	00:19#	01:08&	01:21&	00:59#	00:01-	00:30#	01:04&	00:18+	00:34-	00:20-	00:28&	00:01-	
10	Geir Inge Høivik					3522					47:25						
	01:45-	02:42-	06:27+	08:32+	10:16+	12:01+	16:09+	22:10+	26:03+	29:04+	30:17+	34:54+	38:37+	43:33+	45:00+	47:25+	
	01:45-	00:57-	03:45+	02:05+	01:44-	01:45-	04:08+	06:01+	03:53-	03:01+	01:13+	04:37-	03:43+	04:56-	01:27+	02:25+	
	00:15-	00:04-	02:20@	00:37&	00:08-	00:06-	01:44&	01:50&	00:43-	00:14+	00:05+	00:29-	00:18+	00:19-	00:01+	00:47&	

Plass	Navn				Klasse				Tid							
H50																
11	Sigurd Ravndal				769				47:59							
01:47-	02:51-	04:12-	07:08+	09:00+	10:41+	12:52+	16:49+	25:24+	30:30+	32:09+	36:56+	39:47+	44:34+	46:05+	47:59+	
01:47-	01:04+	01:21-	02:56+	01:52=	01:41-	02:11-	03:57-	08:35+	05:06+	01:39+	04:47-	02:51-	04:47-	01:31+	01:54+	
00:13-	00:03+	00:04-	01:28&	00:00=	00:10-	00:13-	00:14-	03:59&	02:19&	00:31&	00:19-	00:34-	00:28-	00:05+	00:16#	
12	Øystein Fuglestad				878				48:33							
02:28+	03:23+	05:24+	07:46+	09:53+	11:45+	14:27+	19:12+	23:39+	27:55+	29:11+	35:52+	39:17+	45:00+	46:42+	48:33+	
02:28+	00:55+	02:01+	02:22+	02:07+	01:52+	02:42+	04:45+	04:27+	04:16+	01:16+	06:41+	03:25+	05:43+	01:42+	01:51+	
02:28+	00:55+	02:01+	02:22+	02:07+	01:52+	02:42+	04:45+	04:27+	04:16+	01:16+	06:41+	03:25+	05:43+	01:42+	01:51+	
13	Erling Knutzen				879				48:38							
02:16+	03:17+	04:42+	06:37+	08:59+	13:08+	15:31+	21:14+	26:10+	29:15+	30:38+	35:42+	38:48+	44:56+	46:52+	48:38+	
02:16+	01:01+	01:25+	01:55+	02:22+	04:09+	02:23+	05:43+	04:56+	03:05+	01:23+	05:04+	03:06+	06:08+	01:56+	01:46+	
02:16+	01:01+	01:25+	01:55+	02:22+	04:09+	02:23+	05:43+	04:56+	03:05+	01:23+	05:04+	03:06+	06:08+	01:56+	01:46+	
14	Svend Vihovde				1683				50:31							
02:52+	03:55+	05:47+	07:42+	10:20+	12:35+	15:26+	20:39+	26:08+	29:32+	30:57+	36:06+	39:57+	46:37+	48:19+	50:31+	
02:52+	01:03+	01:52+	01:55+	02:38+	02:15+	02:51+	05:13+	05:29+	03:24+	01:25+	05:09+	03:51+	06:40+	01:42+	02:12+	
02:52+	01:03+	01:52+	01:55+	02:38+	02:15+	02:51+	05:13+	05:29+	03:24+	01:25+	05:09+	03:51+	06:40+	01:42+	02:12+	
15	Ådne Hausberg				793				52:31							
03:43+	05:09+	06:27+	08:33+	10:42+	12:41+	15:33+	23:19+	28:53+	32:18+	33:53+	38:25+	42:36+	48:35+	50:24+	52:31+	
03:43+	01:26+	01:18+	02:06+	02:09+	01:59+	02:52+	07:46+	05:34+	03:25+	01:35+	04:32+	04:11+	05:59+	01:49+	02:07+	
03:43+	01:26+	01:18+	02:06+	02:09+	01:59+	02:52+	07:46+	05:34+	03:25+	01:35+	04:32+	04:11+	05:59+	01:49+	02:07+	
16	Jørgen Nilsen				1683				52:53							
01:49+	02:50+	05:06+	08:06+	10:04+	11:59+	14:27+	19:52+	24:30+	31:19+	33:03+	39:00+	42:40+	49:14+	50:54+	52:53+	
01:49+	01:01+	02:16+	03:00+	01:58+	01:55+	02:28+	05:25+	04:38+	06:49+	01:44+	05:57+	03:40+	06:34+	01:40+	01:59+	
01:49+	01:01+	02:16+	03:00+	01:58+	01:55+	02:28+	05:25+	04:38+	06:49+	01:44+	05:57+	03:40+	06:34+	01:40+	01:59+	
17	Asbjørn Brådland				879				53:31							
03:05+	04:15+	05:53+	07:43+	09:47+	11:51+	15:05+	20:49+	26:45+	29:30+	32:59+	34:12+	39:08+	42:43+	49:03+	51:19+	53:31+
03:05+	01:10+	01:38+	01:50+	02:04+	02:04+	03:14+	05:44+	05:56+	02:45+	03:29+	01:13+	04:56+	03:35+	06:20+	02:16+	02:12+
03:05+	01:10+	01:38+	01:50+	02:04+	02:04+	03:14+	05:44+	05:56+	02:45+	03:29+	01:13+	04:56+	03:35+	06:20+	02:16+	02:12+
18	Arne Hetlelid				3508				55:09							
03:08+	04:06+	05:46+	08:47+	10:50+	12:52+	15:33+	25:26+	30:15+	33:41+	35:25+	40:48+	45:04+	51:11+	53:17+	55:09+	
03:08+	00:58+	01:40+	03:01+	02:03+	02:02+	02:41+	09:53+	04:49+	03:26+	01:44+	05:23+	04:16+	06:07+	02:06+	01:52+	
03:08+	00:58+	01:40+	03:01+	02:03+	02:02+	02:41+	09:53+	04:49+	03:26+	01:44+	05:23+	04:16+	06:07+	02:06+	01:52+	
19	Trygve Michaelsen				896				55:37							
02:36+	03:45+	06:34+	08:45+	10:53+	13:51+	17:05+	23:57+	29:20+	32:36+	34:00+	40:15+	45:03+	51:35+	53:28+	55:37+	
02:36+	01:09+	02:49+	02:11+	02:08+	02:58+	03:14+	06:52+	05:23+	03:16+	01:24+	06:15+	04:48+	06:32+	01:53+	02:09+	
02:36+	01:09+	02:49+	02:11+	02:08+	02:58+	03:14+	06:52+	05:23+	03:16+	01:24+	06:15+	04:48+	06:32+	01:53+	02:09+	
20	Tore Halset				3486				55:38							
02:26+	03:39+	05:21+	07:00+	09:20+	11:20+	15:57+	25:42+	30:52+	34:25+	36:01+	40:55+	44:22+	50:52+	53:13+	55:38+	
02:26+	01:13+	01:42+	01:39+	02:20+	02:00+	04:37+	09:45+	05:10+	03:33+	01:36+	04:54+	03:27+	06:30+	02:21+	02:25+	
02:26+	01:13+	01:42+	01:39+	02:20+	02:00+	04:37+	09:45+	05:10+	03:33+	01:36+	04:54+	03:27+	06:30+	02:21+	02:25+	
21	Njål Foldnes				1754				55:39							
03:20+	05:05+	06:43+	08:50+	11:07+	13:50+	16:47+	21:35+	28:42+	32:04+	33:41+	38:44+	42:47+	48:54+	53:36+	55:39+	
03:20+	01:45+	01:38+	02:07+	02:17+	02:43+	02:57+	04:48+	07:07+	03:22+	01:37+	05:03+	04:03+	06:07+	04:42+	02:03+	
03:20+	01:45+	01:38+	02:07+	02:17+	02:43+	02:57+	04:48+	07:07+	03:22+	01:37+	05:03+	04:03+	06:07+	04:42+	02:03+	
22	Jerome Renoult				3524				56:10							
02:54+	04:03+	05:44+	07:23+	09:54+	12:33+	16:32+	23:20+	28:54+	32:23+	34:02+	41:07+	45:26+	52:08+	54:06+	56:10+	
02:54+	01:09+	01:41+	01:39+	02:31+	02:39+	03:59+	06:48+	05:34+	03:29+	01:39+	07:05+	04:19+	06:42+	01:58+	02:04+	
02:54+	01:09+	01:41+	01:39+	02:31+	02:39+	03:59+	06:48+	05:34+	03:29+	01:39+	07:05+	04:19+	06:42+	01:58+	02:04+	

Plass	Navn				Klasse				Tid							
H50																
23	Steinar Hansen				882				56:32							
02:58+	04:04+	06:34+	10:18+	12:08+	14:04+	17:50+	23:40+	27:44+	30:47+	32:20+	37:15+	46:54+	52:02+	54:40+	56:32+	
02:58+	01:06+	02:30+	03:44+	01:50+	01:56+	03:46+	05:50+	04:04+	03:03+	01:33+	04:55+	09:39+	05:08+	02:38+	01:52+	
02:58+	01:06+	02:30+	03:44+	01:50+	01:56+	03:46+	05:50+	04:04+	03:03+	01:33+	04:55+	09:39+	05:08+	02:38+	01:52+	
24	Trondr Breiland				4248				56:43							
02:07+	03:10+	04:32+	06:37+	08:18+	10:29+	19:22+	24:26+	33:08+	35:56+	40:25+	45:35+	48:23+	53:35+	55:05+	56:43+	
02:07+	01:03+	01:22+	02:05+	01:41+	02:11+	08:53+	05:04+	08:42+	02:48+	04:29+	05:10+	02:48+	05:12+	01:30+	01:38+	
02:07+	01:03+	01:22+	02:05+	01:41+	02:11+	08:53+	05:04+	08:42+	02:48+	04:29+	05:10+	02:48+	05:12+	01:30+	01:38+	
25	Frode Halvor Lund				3516				58:19							
02:36+	03:47+	07:28+	09:25+	11:34+	13:35+	16:55+	24:37+	30:22+	34:30+	36:23+	42:53+	47:29+	54:32+	56:27+	58:19+	
02:36+	01:11+	03:41+	01:57+	02:09+	02:01+	03:20+	07:42+	05:45+	04:08+	01:53+	06:30+	04:36+	07:03+	01:55+	01:52+	
02:36+	01:11+	03:41+	01:57+	02:09+	02:01+	03:20+	07:42+	05:45+	04:08+	01:53+	06:30+	04:36+	07:03+	01:55+	01:52+	
26	Lars Solvang				1683				59:24							
03:00+	04:10+	06:01+	08:44+	11:07+	14:02+	20:01+	26:21+	32:03+	36:10+	37:59+	44:27+	48:23+	55:01+	57:06+	59:24+	
03:00+	01:10+	01:51+	02:43+	02:23+	02:55+	05:59+	06:20+	05:42+	04:07+	01:49+	06:28+	03:56+	06:38+	02:05+	02:18+	
03:00+	01:10+	01:51+	02:43+	02:23+	02:55+	05:59+	06:20+	05:42+	04:07+	01:49+	06:28+	03:56+	06:38+	02:05+	02:18+	
27	Christof Schätz				3598				59:26							
04:19+	05:31+	07:36+	11:52+	14:16+	16:30+	20:24+	27:24+	32:56+	36:18+	38:07+	44:33+	48:49+	55:13+	57:23+	59:26+	
04:19+	01:12+	02:05+	04:16+	02:24+	02:14+	03:54+	07:00+	05:32+	03:22+	01:49+	06:26+	04:16+	06:24+	02:10+	02:03+	
04:19+	01:12+	02:05+	04:16+	02:24+	02:14+	03:54+	07:00+	05:32+	03:22+	01:49+	06:26+	04:16+	06:24+	02:10+	02:03+	
28	Kjetil Solbakken				3507				1:01:43							
02:34+	03:27+	04:44+	06:35+	08:35+	10:43+	13:50+	26:04+	33:47+	37:21+	39:32+	46:42+	50:31+	57:28+	59:07+	61:43+	
02:34+	00:53+	01:17+	01:51+	02:00+	02:08+	03:07+	12:14+	07:43+	03:34+	02:11+	07:10+	03:49+	06:57+	01:39+	02:36+	
02:34+	00:53+	01:17+	01:51+	02:00+	02:08+	03:07+	12:14+	07:43+	03:34+	02:11+	07:10+	03:49+	06:57+	01:39+	02:36+	
29	Thomas Chruickshank				3545				1:02:46							
08:57+	10:03+	11:13+	12:54+	14:39+	16:20+	18:30+	23:43+	27:45+	30:37+	31:51+	51:36+	54:51+	59:49+	61:18+	62:46+	
08:57+	01:06+	01:10+	01:41+	01:45+	01:41+	02:10+	05:13+	04:02+	02:52+	01:14+	19:45+	03:15+	04:58+	01:29+	01:28+	
08:57+	01:06+	01:10+	01:41+	01:45+	01:41+	02:10+	05:13+	04:02+	02:52+	01:14+	19:45+	03:15+	04:58+	01:29+	01:28+	
30	Ove Mæstad				2342				1:03:09							
02:48+	04:03+	05:58+	07:58+	09:59+	12:22+	15:37+	32:47+	38:11+	41:45+	43:02+	48:43+	52:00+	58:47+	61:02+	63:09+	
02:48+	01:15+	01:55+	02:00+	02:01+	02:23+	03:15+	17:10+	05:24+	03:34+	01:17+	05:41+	03:17+	06:47+	02:15+	02:07+	
02:48+	01:15+	01:55+	02:00+	02:01+	02:23+	03:15+	17:10+	05:24+	03:34+	01:17+	05:41+	03:17+	06:47+	02:15+	02:07+	
31	Raymond B Pettersen				722				1:04:52							
02:48+	04:03+	05:59+	08:25+	11:04+	13:34+	22:14+	28:34+	34:24+	40:59+	42:41+	48:26+	52:38+	60:25+	62:42+	64:52+	
02:48+	01:15+	01:56+	02:26+	02:39+	02:30+	08:40+	06:20+	05:50+	06:35+	01:42+	05:45+	04:12+	07:47+	02:17+	02:10+	
02:48+	01:15+	01:56+	02:26+	02:39+	02:30+	08:40+	06:20+	05:50+	06:35+	01:42+	05:45+	04:12+	07:47+	02:17+	02:10+	
32	Jarl Steinar Berntsen				882				1:05:42							
02:02+	03:13+	05:23+	07:05+	09:05+	11:08+	15:45+	30:32+	35:41+	42:42+	44:04+	50:10+	54:01+	60:50+	63:36+	65:42+	
02:02+	01:11+	02:10+	01:42+	02:00+	02:03+	04:37+	14:47+	05:09+	07:01+	01:22+	06:06+	03:51+	06:49+	02:46+	02:06+	
02:02+	01:11+	02:10+	01:42+	02:00+	02:03+	04:37+	14:47+	05:09+	07:01+	01:22+	06:06+	03:51+	06:49+	02:46+	02:06+	
33	Thomas Romstad				1683				1:07:10							
03:59+	05:43+	07:42+	09:36+	11:35+	13:44+	16:43+	24:16+	29:14+	34:46+	36:35+	51:46+	55:43+	61:18+	64:15+	67:10+	
03:59+	01:44+	01:59+	01:54+	01:59+	02:09+	02:59+	07:33+	04:58+	05:32+	01:49+	15:11+	03:57+	05:35+	02:57+	02:55+	
03:59+	01:44+	01:59+	01:54+	01:59+	02:09+	02:59+	07:33+	04:58+	05:32+	01:49+	15:11+	03:57+	05:35+	02:57+	02:55+	
34	Stein Nordal				4242				1:14:31							
04:44+	08:05+	10:29+	13:07+	15:15+	17:38+	30:11+	35:36+	40:19+	43:10+	44:34+	56:41+	60:18+	66:26+	71:06+	74:31+	
04:44+	03:21+	02:24+	02:38+	02:08+	02:23+	12:33+	05:25+	04:43+	02:51+	01:24+	12:07+	03:37+	06:08+	04:40+	03:25+	
04:44+	03:21+	02:24+	02:38+	02:08+	02:23+	12:33+	05:25+	04:43+	02:51+	01:24+	12:07+	03:37+	06:08+	04:40+	03:25+	

Plass	Navn	Klasse	Tid
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H50

35	Øystein Endresen														3504															1:41:50
07:22+	08:42+	10:15+	14:12+	16:26+	20:12+	26:00+	31:03+	40:21+	51:30+	56:59+	77:17+	81:31+	96:17+	99:50+	101:50+															
07:22+	01:20+	01:33+	03:57+	02:14+	03:46+	05:48+	05:03+	09:18+	11:09+	05:29+	20:18+	04:14+	14:46+	03:33+	02:00+															
07:22+	01:20+	01:33+	03:57+	02:14+	03:46+	05:48+	05:03+	09:18+	11:09+	05:29+	20:18+	04:14+	14:46+	03:33+	02:00+															

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H60

1	Sturle Omdal				1683				35:48										
00:45=	01:41=	04:28=	05:47=	07:05=	09:12=	12:25=	15:39=	18:14=	19:11=	21:19=	24:44=	26:31=	30:59=	32:03=	33:50=	35:16=	35:48=		
00:45=	00:56=	02:47=	01:19=	01:18=	02:07=	03:13=	03:14=	02:35=	00:57=	02:08=	03:25=	01:47=	04:28=	01:04=	01:47=	01:26=	00:32=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Frank Hansen				3502				40:16										
00:46+	01:48+	03:24-	04:48-	06:38-	08:24-	12:07-	16:24+	22:11+	23:36+	25:49+	29:37+	31:39+	35:40+	36:54+	38:22+	39:57+	40:16+		
00:46+	01:02+	01:36-	01:24+	01:50+	01:46-	03:43+	04:17+	05:47+	01:25+	02:13+	03:48+	02:02+	04:01-	01:14+	01:28-	01:35+	00:19-		
00:01+	00:06#	01:11-	00:05+	00:32&	00:21-	00:30#	01:03&	03:12@	00:28&	00:05+	00:23#	00:15#	00:27-	00:10#	00:19-	00:09#	00:13-		
3	Geir Frøyttlog				3502				40:55										
00:59+	01:58+	03:47-	05:25-	06:36-	08:45-	13:20+	17:39+	21:01+	22:13+	24:30+	28:42+	30:25+	34:10+	37:54+	39:04+	40:35+	40:55+		
00:59+	00:59+	01:49-	01:38+	01:11-	02:09+	04:35+	04:19+	03:22+	01:12+	02:17+	04:12+	01:43-	03:45-	03:44+	01:10-	01:31+	00:20-		
00:14&	00:03+	00:58-	00:19#	00:07-	00:02+	01:22&	01:05&	00:47&	00:15&	00:09+	00:47#	00:04-	00:43-	02:40@	00:37-	00:05+	00:12-		
4	Inge Løland				1119				41:30										
00:32-	01:31-	03:07-	04:13-	05:20-	06:41-	10:56-	14:35-	17:34-	19:48+	23:14+	25:57+	27:42+	31:23+	33:19+	37:01+	38:22+	39:41+	41:05+	41:30+
00:32-	00:59+	01:36-	01:06-	01:07-	01:21-	04:15+	03:39+	02:59+	02:14+	03:26+	02:43-	01:45-	03:41-	01:56+	03:42+	01:21-	01:19+	01:24+	00:25+
00:13-	00:03+	01:11-	00:13-	00:11-	00:46-	01:02&	00:25#	00:24#	01:17@	01:18&	00:42-	00:02-	00:47-	00:52&	01:55@	00:05-	00:47@	01:24+	00:25+
5	Per Ingar Hadland				793				41:31										
00:41-	01:46+	03:45-	05:34-	07:02-	08:56-	13:18+	17:43+	22:06+	23:33+	26:07+	30:13+	32:23+	36:32+	37:54+	39:26+	41:05+	41:31+		
00:41-	01:05+	01:59-	01:49+	01:28+	01:54-	04:22+	04:25+	04:23+	01:27+	02:34+	04:06+	02:10+	04:09-	01:22+	01:32-	01:39+	00:26-		
00:04-	00:09#	00:48-	00:30&	00:10#	00:13-	01:09&	01:11&	01:48&	00:30&	00:26#	00:41#	00:23#	00:19-	00:18&	00:15-	00:13#	00:06-		
6	John Carsten Sinnes				1884				45:02										
01:04+	02:12+	04:15-	05:38-	07:06+	09:33+	14:18+	18:54+	22:54+	24:24+	26:49+	32:29+	34:49+	39:46+	41:13+	42:59+	44:41+	45:02+		
01:04+	01:08+	02:03-	01:23+	01:28+	02:27+	04:45+	04:36+	04:00+	01:30+	02:25+	05:40+	02:20+	04:57+	01:27+	01:46-	01:42+	00:21-		
00:19&	00:12#	00:44-	00:04+	00:10#	00:20#	01:32&	01:22&	01:25&	00:33&	00:17#	02:15&	00:33&	00:29#	00:23&	00:01-	00:16#	00:11-		
7	Svein-Erik Kvame				1683				46:00										
00:55+	02:20+	04:10-	08:59+	10:39+	12:42+	17:11+	22:39+	25:59+	27:16+	30:15+	34:26+	36:51+	41:24+	42:36+	44:00+	45:35+	46:00+		
00:55+	01:25+	01:50-	04:49+	01:40+	02:03-	04:29+	05:28+	03:20+	01:17+	02:59+	04:11+	02:25+	04:33+	01:12+	01:24-	01:35+	00:25-		
00:10#	00:29&	00:57-	03:30@	00:22&	00:04-	01:16&	02:14&	00:45&	00:20&	00:51&	00:46#	00:38&	00:05+	00:08#	00:23-	00:09#	00:07-		
8	Håvard Håland				3507				47:15										
00:43-	01:41=	03:25-	04:53-	06:35-	08:19-	12:53+	20:19+	24:13+	25:54+	28:39+	34:41+	36:54+	41:20+	42:52+	45:19+	46:52+	47:15+		
00:43-	00:58+	01:44-	01:28+	01:42+	01:44-	04:34+	07:26+	03:54+	01:41+	02:45+	06:02+	02:13+	04:26-	01:32+	02:27+	01:33+	00:23-		
00:02-	00:02+	01:03-	00:09#	00:24&	00:23-	01:21&	04:12@	01:19&	00:44&	00:37&	02:37&	00:26#	00:02-	00:28&	00:40&	00:07+	00:09-		
9	Harald Taksdal				3547				47:43										
00:58+	02:13+	04:14-	05:59+	07:53+	10:07+	15:28+	20:19+	24:43+	26:00+	29:33+	34:48+	37:17+	42:40+	43:57+	45:46+	47:20+	47:43+		
00:58+	01:15+	02:01-	01:45+	01:54+	02:14+	05:21+	04:51+	04:24+	01:17+	03:33+	05:15+	02:29+	05:23+	01:17+	01:49+	01:34+	00:23-		
00:13&	00:19&	00:46-	00:26&	00:36&	00:07+	02:08&	01:37&	01:49&	00:20&	01:25&	01:50&	00:42&	00:55#	00:13#	00:02+	00:08+	00:09-		

Plass	Navn			Klasse							Tid							
H60																		
10	Inge Skretting			1384							49:52							
00:43-	01:47+	08:14+	09:46+	11:18+	16:42+	21:02+	24:58+	29:29+	31:54+	34:15+	38:22+	40:29+	45:25+	46:38+	47:59+	49:32+	49:52+	
00:43-	01:04+	06:27+	01:32+	01:32+	05:24+	04:20+	03:56+	04:31+	02:25+	02:21+	04:07+	02:07+	04:56+	01:13+	01:21-	01:33+	00:20-	
00:02-	00:08#	03:40@	00:13#	00:14#	03:17@	01:07&	00:42#	01:56&	01:28@	00:13#	00:42#	00:20#	00:28#	00:09#	00:26-	00:07+	00:12-	
11	Kjell Ove Aksland			882							50:35							
00:47+	01:48+	04:03+	06:11+	08:07+	13:40+	18:53+	23:12+	27:43+	29:44+	32:16+	37:20+	40:45+	45:47+	47:02+	48:27+	50:06+	50:35+	
00:47+	01:01+	02:15+	02:08+	01:56+	05:33+	05:13+	04:19+	04:31+	02:01+	02:32+	05:04+	03:25+	05:02+	01:15+	01:25+	01:39+	00:29+	
00:47+	01:01+	02:15+	02:08+	01:56+	05:33+	05:13+	04:19+	04:31+	02:01+	02:32+	05:04+	03:25+	05:02+	01:15+	01:25+	01:39+	00:29+	
12	Kjell Seland			3547							51:03							
00:42+	01:51+	03:29+	04:47+	06:09+	07:44+	11:39+	16:05+	31:03+	32:23+	35:47+	40:02+	42:10+	46:12+	47:30+	49:10+	50:45+	51:03+	
00:42+	01:09+	01:38+	01:18+	01:22+	01:35+	03:55+	04:26+	14:58+	01:20+	03:24+	04:15+	02:08+	04:02+	01:18+	01:40+	01:35+	00:18+	
00:42+	01:09+	01:38+	01:18+	01:22+	01:35+	03:55+	04:26+	14:58+	01:20+	03:24+	04:15+	02:08+	04:02+	01:18+	01:40+	01:35+	00:18+	
13	Stein Sigbjørnsen			882							54:26							
00:49+	01:47+	04:11+	10:55+	13:20+	18:16+	23:46+	28:17+	33:31+	35:03+	37:18+	42:08+	44:41+	49:03+	50:34+	52:17+	54:00+	54:26+	
00:49+	00:58+	02:24+	06:44+	02:25+	04:56+	05:30+	04:31+	05:14+	01:32+	02:15+	04:50+	02:33+	04:22+	01:31+	01:43+	01:43+	00:26+	
00:49+	00:58+	02:24+	06:44+	02:25+	04:56+	05:30+	04:31+	05:14+	01:32+	02:15+	04:50+	02:33+	04:22+	01:31+	01:43+	01:43+	00:26+	
14	Harald Syse			4246							58:25							
01:12+	02:04+	03:50+	06:57+	08:25+	10:26+	18:32+	21:51+	26:09+	27:07+	32:32+	36:27+	39:20+	49:44+	51:13+	55:58+	57:48+	58:25+	
01:12+	00:52+	01:46+	03:07+	01:28+	02:01+	08:06+	03:19+	04:18+	00:58+	05:25+	03:55+	02:53+	10:24+	01:29+	04:45+	01:50+	00:37+	
01:12+	00:52+	01:46+	03:07+	01:28+	02:01+	08:06+	03:19+	04:18+	00:58+	05:25+	03:55+	02:53+	10:24+	01:29+	04:45+	01:50+	00:37+	
15	Magnar Mathias Møller			769							58:48							
00:44+	01:52+	05:01+	06:28+	07:52+	10:27+	17:36+	31:25+	35:12+	37:06+	40:08+	45:26+	48:05+	53:13+	54:55+	56:24+	58:22+	58:48+	
00:44+	01:08+	03:09+	01:27+	01:24+	02:35+	07:09+	13:49+	03:47+	01:54+	03:02+	05:18+	02:39+	05:08+	01:42+	01:29+	01:58+	00:26+	
00:44+	01:08+	03:09+	01:27+	01:24+	02:35+	07:09+	13:49+	03:47+	01:54+	03:02+	05:18+	02:39+	05:08+	01:42+	01:29+	01:58+	00:26+	
16	John Lage Bergan			1683							1:04:18							
01:46+	03:05+	05:49+	14:26+	17:46+	20:48+	27:13+	32:12+	36:58+	39:11+	43:07+	47:58+	52:04+	57:20+	60:09+	61:50+	63:54+	64:18+	
01:46+	01:19+	02:44+	08:37+	03:20+	03:02+	06:25+	04:59+	04:46+	02:13+	03:56+	04:51+	04:06+	05:16+	02:49+	01:41+	02:04+	00:24+	
01:46+	01:19+	02:44+	08:37+	03:20+	03:02+	06:25+	04:59+	04:46+	02:13+	03:56+	04:51+	04:06+	05:16+	02:49+	01:41+	02:04+	00:24+	
17	Tor Inge Halvorsen			880							1:06:01							
00:40+	01:47+	08:02+	10:03+	11:39+	13:56+	19:40+	25:06+	38:38+	40:09+	42:27+	47:19+	49:26+	53:55+	55:22+	63:38+	65:37+	66:01+	
00:40+	01:07+	06:15+	02:01+	01:36+	02:17+	05:44+	05:26+	13:32+	01:31+	02:18+	04:52+	02:07+	04:29+	01:27+	08:16+	01:59+	00:24+	
00:40+	01:07+	06:15+	02:01+	01:36+	02:17+	05:44+	05:26+	13:32+	01:31+	02:18+	04:52+	02:07+	04:29+	01:27+	08:16+	01:59+	00:24+	
18	Svein Magne Gloppen			1884							1:11:36							
00:54+	02:13+	05:33+	17:39+	19:25+	21:57+	25:50+	36:40+	40:46+	42:34+	45:22+	52:38+	54:58+	65:04+	67:08+	69:01+	71:06+	71:36+	
00:54+	01:19+	03:20+	12:06+	01:46+	02:32+	03:53+	10:50+	04:06+	01:48+	02:48+	07:16+	02:20+	10:06+	02:04+	01:53+	02:05+	00:30+	
00:54+	01:19+	03:20+	12:06+	01:46+	02:32+	03:53+	10:50+	04:06+	01:48+	02:48+	07:16+	02:20+	10:06+	02:04+	01:53+	02:05+	00:30+	

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H65

1	Otte Omdal			903							29:42							
00:44=	01:39=	02:55=	04:09=	05:16=	06:46=	10:00=	13:12=	15:35=	16:36=	18:38=	21:42=	23:12=	26:09=	27:05=	28:12=	29:24=	29:42=	
00:44=	00:55=	01:16=	01:14=	01:07=	01:30=	03:14=	03:12=	02:23=	01:01=	02:02=	03:04=	01:30=	02:57=	00:56=	01:07=	01:12=	00:18=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Plass	Navn				Klasse				Tid								
H65																	
2	Geir Bjaanes				1683				32:19								
00:31-	01:26-	02:56+	04:22+	05:29+	06:57+	11:01+	14:15+	16:44+	17:46+	19:39+	23:23+	25:01+	28:34+	29:37+	30:41+	31:58+	32:19+
00:31-	00:55=	01:30+	01:26+	01:07=	01:28-	04:04+	03:14+	02:29+	01:02+	01:53-	03:44+	01:38+	03:33+	01:03+	01:04-	01:17+	00:21+
00:13-	00:00=	00:14#	00:12#	00:00=	00:02-	00:50&	00:02+	00:06+	00:01+	00:09-	00:40#	00:08+	00:36#	00:07#	00:03-	00:05+	00:03#
3	Espen Krogh				793				37:49								
00:35+	01:26+	02:49+	05:00+	06:35+	08:13+	12:02+	15:52+	18:57+	20:21+	22:07+	25:38+	28:03+	31:57+	33:30+	34:39+	36:04+	37:49+
00:35+	00:51+	01:23+	02:11+	01:35+	01:38+	03:49+	03:50+	03:05+	01:24+	01:46+	03:31+	02:25+	03:54+	01:33+	01:09+	01:25+	01:45+
00:35+	00:51+	01:23+	02:11+	01:35+	01:38+	03:49+	03:50+	03:05+	01:24+	01:46+	03:31+	02:25+	03:54+	01:33+	01:09+	01:25+	01:45+
4	Morten Johannessen				793				38:05								
00:44+	01:42+	03:30+	07:07+	08:36+	10:16+	13:51+	17:45+	20:43+	21:45+	23:57+	27:57+	29:44+	34:03+	35:16+	36:28+	37:45+	38:05+
00:44+	00:58+	01:48+	03:37+	01:29+	01:40+	03:35+	03:54+	02:58+	01:02+	02:12+	04:00+	01:47+	04:19+	01:13+	01:12+	01:17+	00:20+
00:44+	00:58+	01:48+	03:37+	01:29+	01:40+	03:35+	03:54+	02:58+	01:02+	02:12+	04:00+	01:47+	04:19+	01:13+	01:12+	01:17+	00:20+
5	Kjell Skjæveland				3515				40:06								
00:40+	01:38+	03:24+	05:09+	06:36+	08:12+	11:52+	15:48+	21:23+	22:34+	24:34+	28:22+	30:15+	33:47+	34:54+	38:23+	39:46+	40:06+
00:40+	00:58+	01:46+	01:45+	01:27+	01:36+	03:40+	03:56+	05:35+	01:11+	02:00+	03:48+	01:53+	03:32+	01:07+	03:29+	01:23+	00:20+
00:40+	00:58+	01:46+	01:45+	01:27+	01:36+	03:40+	03:56+	05:35+	01:11+	02:00+	03:48+	01:53+	03:32+	01:07+	03:29+	01:23+	00:20+
6	Ivar Knutsen				1683				42:16								
00:50+	01:56+	03:42+	05:23+	06:59+	09:44+	13:40+	17:48+	21:12+	22:58+	25:27+	30:33+	32:33+	37:01+	38:21+	40:25+	41:54+	42:16+
00:50+	01:06+	01:46+	01:41+	01:36+	02:45+	03:56+	04:08+	03:24+	01:46+	02:29+	05:06+	02:00+	04:28+	01:20+	02:04+	01:29+	00:22+
00:50+	01:06+	01:46+	01:41+	01:36+	02:45+	03:56+	04:08+	03:24+	01:46+	02:29+	05:06+	02:00+	04:28+	01:20+	02:04+	01:29+	00:22+
7	Sveinung Svebestad				878				42:24								
00:48+	01:56+	03:41+	05:24+	07:04+	09:06+	13:09+	17:19+	20:44+	22:03+	24:41+	28:47+	30:54+	35:14+	36:38+	40:18+	41:58+	42:24+
00:48+	01:08+	01:45+	01:43+	01:40+	02:02+	04:03+	04:10+	03:25+	01:19+	02:38+	04:06+	02:07+	04:20+	01:24+	03:40+	01:40+	00:26+
00:48+	01:08+	01:45+	01:43+	01:40+	02:02+	04:03+	04:10+	03:25+	01:19+	02:38+	04:06+	02:07+	04:20+	01:24+	03:40+	01:40+	00:26+
8	Torbjørn Evensen				3556				43:26								
00:43+	01:50+	03:22+	05:22+	06:43+	08:33+	12:55+	17:13+	20:49+	22:06+	24:49+	29:32+	31:58+	36:20+	38:04+	40:58+	42:55+	43:26+
00:43+	01:07+	01:32+	02:00+	01:21+	01:50+	04:22+	04:18+	03:36+	01:17+	02:43+	04:43+	02:26+	04:22+	01:44+	02:54+	01:57+	00:31+
00:43+	01:07+	01:32+	02:00+	01:21+	01:50+	04:22+	04:18+	03:36+	01:17+	02:43+	04:43+	02:26+	04:22+	01:44+	02:54+	01:57+	00:31+
9	Olav Tunheim				1884				45:32								
00:49+	01:51+	03:42+	05:17+	06:49+	12:22+	16:32+	20:34+	24:21+	27:56+	30:01+	35:01+	37:13+	41:07+	42:12+	43:41+	45:11+	45:32+
00:49+	01:02+	01:51+	01:35+	01:32+	05:33+	04:10+	04:02+	03:47+	03:35+	02:05+	05:00+	02:12+	03:54+	01:05+	01:29+	01:30+	00:21+
00:49+	01:02+	01:51+	01:35+	01:32+	05:33+	04:10+	04:02+	03:47+	03:35+	02:05+	05:00+	02:12+	03:54+	01:05+	01:29+	01:30+	00:21+
10	Joar Fandrem				1141				51:15								
01:17+	02:17+	04:10+	05:44+	07:35+	12:51+	17:05+	21:33+	26:04+	28:12+	30:53+	36:09+	39:12+	43:23+	45:41+	48:31+	50:48+	51:15+
01:17+	01:00+	01:53+	01:34+	01:51+	05:16+	04:14+	04:28+	04:31+	02:08+	02:41+	05:16+	03:03+	04:11+	02:18+	02:50+	02:17+	00:27+
01:17+	01:00+	01:53+	01:34+	01:51+	05:16+	04:14+	04:28+	04:31+	02:08+	02:41+	05:16+	03:03+	04:11+	02:18+	02:50+	02:17+	00:27+
11	Jan Arendal				1683				52:26								
00:59+	02:21+	04:19+	06:26+	08:35+	11:30+	16:44+	22:20+	23:54+	28:07+	29:45+	32:29+	38:07+	40:58+	46:10+	48:00+	49:49+	51:52+
00:59+	01:22+	01:58+	02:07+	02:09+	02:55+	05:14+	05:36+	01:34+	04:13+	01:38+	02:44+	05:38+	02:51+	05:12+	01:50+	01:49+	02:03+
00:59+	01:22+	01:58+	02:07+	02:09+	02:55+	05:14+	05:36+	01:34+	04:13+	01:38+	02:44+	05:38+	02:51+	05:12+	01:50+	01:49+	02:03+
12	Steinar Barmen				722				53:36								
03:44+	04:47+	07:30+	10:57+	12:52+	15:06+	21:09+	27:19+	31:30+	32:59+	35:48+	40:17+	43:51+	48:17+	49:42+	51:24+	53:13+	53:36+
03:44+	01:03+	02:43+	03:27+	01:55+	02:14+	06:03+	06:10+	04:11+	01:29+	02:49+	04:29+	03:34+	04:26+	01:25+	01:42+	01:49+	00:23+
03:44+	01:03+	02:43+	03:27+	01:55+	02:14+	06:03+	06:10+	04:11+	01:29+	02:49+	04:29+	03:34+	04:26+	01:25+	01:42+	01:49+	00:23+
13	Per Kolbein Tonstad				3507				1:04:29								
00:57+	02:23+	06:00+	15:20+	17:43+	20:34+	27:34+	32:32+	37:24+	39:38+	43:05+	48:14+	51:25+	58:09+	59:56+	61:53+	64:03+	64:29+
00:57+	01:26+	03:37+	09:20+	02:23+	02:51+	07:00+	04:58+	04:52+	02:14+	03:27+	05:09+	03:11+	06:44+	01:47+	01:57+	02:10+	00:26+
00:57+	01:26+	03:37+	09:20+	02:23+	02:51+	07:00+	04:58+	04:52+	02:14+	03:27+	05:09+	03:11+	06:44+	01:47+	01:57+	02:10+	00:26+

Plass

H65

14	Sverre Magnar Nordal					1683					1:06:00							
00:55+	02:17+	04:45+	06:53+	08:58+	13:31+	18:22+	30:04+	34:08+	35:20+	38:17+	45:01+	48:02+	59:32+	61:38+	63:29+	65:34+	66:00+	
00:55+	01:22+	02:28+	02:08+	02:05+	04:33+	04:51+	11:42+	04:04+	01:12+	02:57+	06:44+	03:01+	11:30+	02:06+	01:51+	02:05+	00:26+	
00:55+	01:22+	02:28+	02:08+	02:05+	04:33+	04:51+	11:42+	04:04+	01:12+	02:57+	06:44+	03:01+	11:30+	02:06+	01:51+	02:05+	00:26+	
15	Tore Karlsen					722					1:08:50							
00:57+	02:04+	07:00+	09:00+	11:23+	15:06+	26:49+	31:59+	34:16+	41:09+	42:51+	48:03+	52:58+	56:18+	62:28+	64:44+	66:36+	68:23+	68:50+
00:57+	01:07+	04:56+	02:00+	02:23+	03:43+	11:43+	05:10+	02:17+	06:53+	01:42+	05:12+	04:55+	03:20+	06:10+	02:16+	01:52+	01:47+	00:27+
00:57+	01:07+	04:56+	02:00+	02:23+	03:43+	11:43+	05:10+	02:17+	06:53+	01:42+	05:12+	04:55+	03:20+	06:10+	02:16+	01:52+	01:47+	00:27+
16	Rolf Kleppe					3524					1:09:47							
01:58+	03:17+	10:58+	15:14+	17:37+	22:34+	31:17+	36:35+	43:07+	45:42+	48:53+	54:11+	57:14+	63:40+	65:40+	67:22+	69:19+	69:47+	
01:58+	01:19+	07:41+	04:16+	02:23+	04:57+	08:43+	05:18+	06:32+	02:35+	03:11+	05:18+	03:03+	06:26+	02:00+	01:42+	01:57+	00:28+	
01:58+	01:19+	07:41+	04:16+	02:23+	04:57+	08:43+	05:18+	06:32+	02:35+	03:11+	05:18+	03:03+	06:26+	02:00+	01:42+	01:57+	00:28+	
17	Bjørn H Engseth					1884					1:12:34							
01:34+	03:12+	08:23+	11:07+	14:09+	17:59+	24:38+	31:22+	38:27+	40:20+	45:36+	53:14+	56:06+	62:37+	65:38+	69:33+	71:56+	72:34+	
01:34+	01:38+	05:11+	02:44+	03:02+	03:50+	06:39+	06:44+	07:05+	01:53+	05:16+	07:38+	02:52+	06:31+	03:01+	03:55+	02:23+	00:38+	
01:34+	01:38+	05:11+	02:44+	03:02+	03:50+	06:39+	06:44+	07:05+	01:53+	05:16+	07:38+	02:52+	06:31+	03:01+	03:55+	02:23+	00:38+	

Beste strekktid for klassen

= Som klassevinner, - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H70

1	Bjørn Martin Alsaker						3530						34:31						
	00:36=	01:30=	02:53=	04:11=	05:27=	07:08=	12:01=	15:23=	18:17=	19:27=	22:26=	25:50=	27:36=	30:49=	31:53=	32:59=	34:10=	34:31=	
	00:36=	00:54=	01:23=	01:18=	01:16=	01:41=	04:53=	03:22=	02:54=	01:10=	02:59=	03:24=	01:46=	03:13=	01:04=	01:06=	01:11=	00:21=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Harry Breiland						3507						37:08						
	00:50+	01:48+	03:19+	04:38+	05:48+	08:19+	11:45-	15:15-	16:36-	19:59+	21:08-	23:02-	26:23-	29:06-	33:00+	34:04+	35:22+	36:45+	37:08+
	00:50+	00:58+	01:31+	01:19+	01:10-	02:31+	03:26-	03:30+	01:21-	03:23+	01:09-	01:54-	03:21+	02:43-	03:54+	01:04-	01:18+	01:23+	00:23+
	00:14&	00:04+	00:08+	00:01+	00:06-	00:50&	01:27-	00:08+	01:33-	02:13@	01:50-	01:30-	01:35&	00:30-	02:50@	00:02-	00:07+	01:02@	00:23+
3	Ragnvald Frøyland						879						40:01						
	00:41+	01:44+	03:33+	05:05+	06:30+	08:25+	12:50+	16:55+	20:36+	22:10+	24:57+	29:02+	31:17+	35:09+	36:31+	37:59+	39:38+	40:01+	
	00:41+	01:03+	01:49+	01:32+	01:25+	01:55+	04:25-	04:05+	03:41+	01:34+	02:47-	04:05+	02:15+	03:52+	01:22+	01:28+	01:39+	00:23+	
	00:05#	00:09#	00:26&	00:14#	00:09#	00:14#	00:28-	00:43#	00:47&	00:24&	00:12-	00:41#	00:29&	00:39#	00:18&	00:22&	00:28&	00:02+	
4	Bjarne Gimre						1830						44:13						
	00:47+	02:04+	03:43+	05:31+	07:43+	09:48+	14:43+	19:31+	23:01+	24:29+	27:32+	32:02+	34:18+	39:14+	40:31+	42:09+	43:53+	44:13+	
	00:47+	01:17+	01:39+	01:48+	02:12+	02:05+	04:55+	04:48+	03:30+	01:28+	03:03+	04:30+	02:16+	04:56+	01:17+	01:38+	01:44+	00:20-	
	00:11&	00:23&	00:16#	00:30&	00:56&	00:24#	00:02+	01:26&	00:36#	00:18&	00:04+	01:06&	00:30&	01:43&	00:13#	00:32&	00:33&	00:01-	
5	Eivind Lars Rake						892						46:22						
	00:53+	02:04+	04:13+	06:32+	07:59+	09:53+	14:35+	20:38+	25:12+	26:50+	29:21+	33:59+	36:25+	41:22+	42:38+	44:14+	45:57+	46:22+	
	00:53+	01:11+	02:09+	02:19+	01:27+	01:54+	04:42-	06:03+	04:34+	01:38+	02:31-	04:38+	02:26+	04:57+	01:16+	01:36+	01:43+	00:25+	
	00:17&	00:17&	00:46&	01:01&	00:11#	00:13#	00:11-	02:41&	01:40&	00:28&	00:28-	01:14&	00:40&	01:44&	00:12#	00:30&	00:32&	00:04#	
6	Tor Geir Espedal						3530						46:58						
	00:45+	01:54+	06:36+	08:04+	09:38+	12:15+	16:39+	21:03+	24:56+	26:19+	29:13+	33:49+	37:22+	41:32+	42:58+	44:38+	46:33+	46:58+	
	00:45+	01:09+	04:42+	01:28+	01:34+	02:37+	04:24-	04:24+	03:53+	01:23+	02:54-	04:36+	03:33+	04:10+	01:26+	01:40+	01:55+	00:25+	
	00:09#	00:15&	03:19@	00:10#	00:18#	00:56&	00:29-	01:02&	00:59&	00:13#	00:05-	01:12&	01:47@	00:57&	00:22&	00:34&	00:44&	00:04#	

Plass	Navn					Klasse					Tid				
H70															
7	Sveinung Tveit					3547					47:45				
00:58+	02:15+	04:15+	06:02+	07:46+	10:16+	15:38+	20:27+	24:24+	25:51+	29:43+	34:57+	37:14+	42:43+	43:57+	45:47+
00:58+	01:17+	02:00+	01:47+	01:44+	02:30+	05:22+	04:49+	03:57+	01:27+	03:52+	05:14+	02:17+	05:29+	01:14+	01:50+
00:22&	00:23&	00:37&	00:29&	00:28&	00:49&	00:29+	01:27&	01:03&	00:17#	00:53&	01:50&	00:31&	02:16&	00:10#	00:44&
														00:22&	00:04#
8	Jan Hetland					3502					47:45				
02:58+	03:58+	05:39+	07:31+	11:42+	14:52+	20:27+	24:25+	27:59+	29:57+	33:17+	37:10+	39:15+	43:15+	44:26+	45:57+
02:58+	01:00+	01:41+	01:52+	04:11+	03:10+	05:35+	03:58+	03:34+	01:58+	03:20+	03:53+	02:05+	04:00+	01:11+	01:31+
02:58+	01:00+	01:41+	01:52+	04:11+	03:10+	05:35+	03:58+	03:34+	01:58+	03:20+	03:53+	02:05+	04:00+	01:11+	01:31+
														01:30+	00:18+
														01:30+	00:18+
9	Bjørn Bjelland					3541					48:04				
00:51+	02:07+	04:19+	06:03+	07:35+	09:48+	15:46+	22:04+	26:04+	27:30+	30:37+	34:45+	38:25+	43:03+	44:13+	45:57+
00:51+	01:16+	02:12+	01:44+	01:32+	02:13+	05:58+	06:18+	04:00+	01:26+	03:07+	04:08+	03:40+	04:38+	01:10+	01:44+
00:51+	01:16+	02:12+	01:44+	01:32+	02:13+	05:58+	06:18+	04:00+	01:26+	03:07+	04:08+	03:40+	04:38+	01:10+	01:44+
														01:43+	00:24+
10	Tom Hetland					880					49:55				
01:33+	02:40+	04:20+	05:54+	07:36+	09:56+	14:52+	19:23+	24:02+	25:53+	28:43+	33:37+	35:55+	40:52+	42:19+	46:18+
01:33+	01:07+	01:40+	01:34+	01:42+	02:20+	04:56+	04:31+	04:39+	01:51+	02:50+	04:54+	02:18+	04:57+	01:27+	03:59+
01:33+	01:07+	01:40+	01:34+	01:42+	02:20+	04:56+	04:31+	04:39+	01:51+	02:50+	04:54+	02:18+	04:57+	01:27+	03:59+
														01:31+	02:06+
														01:31+	02:06+
11	Jan Inge Lunde					1830					50:04				
00:55+	02:11+	04:05+	05:48+	07:19+	09:29+	15:07+	20:38+	22:20+	25:20+	27:14+	30:10+	35:28+	39:55+	44:30+	45:58+
00:55+	01:16+	01:54+	01:43+	01:31+	02:10+	05:38+	05:31+	01:42+	03:00+	01:54+	02:56+	05:18+	04:27+	04:35+	01:28+
00:55+	01:16+	01:54+	01:43+	01:31+	02:10+	05:38+	05:31+	01:42+	03:00+	01:54+	02:56+	05:18+	04:27+	04:35+	01:28+
														01:49+	01:48+
														01:48+	00:29+
12	Svein Berge					643					51:17				
01:21+	02:24+	04:07+	05:42+	07:25+	09:15+	15:22+	21:41+	25:58+	27:51+	30:44+	34:59+	37:48+	42:11+	43:39+	48:52+
01:21+	01:03+	01:43+	01:35+	01:43+	01:50+	06:07+	06:19+	04:17+	01:53+	02:53+	04:15+	02:49+	04:23+	01:28+	05:13+
01:21+	01:03+	01:43+	01:35+	01:43+	01:50+	06:07+	06:19+	04:17+	01:53+	02:53+	04:15+	02:49+	04:23+	01:28+	05:13+
														02:04+	00:21+
														02:04+	00:21+
13	Per Marthon Mæland					880					1:03:19				
00:50+	02:04+	04:44+	09:22+	10:56+	12:57+	25:24+	30:29+	37:23+	39:09+	42:38+	47:32+	52:54+	57:46+	59:13+	60:54+
00:50+	01:14+	02:40+	04:38+	01:34+	02:01+	12:27+	05:05+	06:54+	01:46+	03:29+	04:54+	05:22+	04:52+	01:27+	01:41+
00:50+	01:14+	02:40+	04:38+	01:34+	02:01+	12:27+	05:05+	06:54+	01:46+	03:29+	04:54+	05:22+	04:52+	01:27+	01:41+
														01:50+	00:35+
														01:50+	00:35+
14	Lars Tore Kvassheim					793					1:03:49				
01:05+	03:07+	05:43+	07:49+	10:06+	13:25+	19:53+	26:12+	31:57+	35:05+	38:03+	45:34+	50:22+	55:53+	58:05+	59:58+
01:05+	02:02+	02:36+	02:06+	02:17+	03:19+	06:28+	06:19+	05:45+	03:08+	02:58+	07:31+	04:48+	05:31+	02:12+	01:53+
01:05+	02:02+	02:36+	02:06+	02:17+	03:19+	06:28+	06:19+	05:45+	03:08+	02:58+	07:31+	04:48+	05:31+	02:12+	01:53+
														03:09+	00:42+
														03:09+	00:42+
15	Tore Romon Tvedt					3518					1:04:02				
01:39+	02:59+	06:08+	08:04+	09:43+	14:55+	21:09+	29:19+	33:54+	35:34+	38:55+	44:54+	47:29+	54:21+	56:03+	61:21+
01:39+	01:20+	03:09+	01:56+	01:39+	05:12+	06:14+	08:10+	04:35+	01:40+	03:21+	05:59+	02:35+	06:52+	01:42+	05:18+
01:39+	01:20+	03:09+	01:56+	01:39+	05:12+	06:14+	08:10+	04:35+	01:40+	03:21+	05:59+	02:35+	06:52+	01:42+	05:18+
														02:04+	00:37+
														02:04+	00:37+
16	Kjell Ivar Skjørestad					892					1:05:48				
15:01+	16:19+	18:06+	20:33+	22:36+	26:06+	31:09+	36:34+	40:40+	44:34+	47:30+	52:20+	56:00+	61:04+	62:19+	63:57+
15:01+	01:18+	01:47+	02:27+	02:03+	03:30+	05:03+	05:25+	04:06+	03:54+	02:56+	04:50+	03:40+	05:04+	01:15+	01:38+
15:01+	01:18+	01:47+	02:27+	02:03+	03:30+	05:03+	05:25+	04:06+	03:54+	02:56+	04:50+	03:40+	05:04+	01:15+	01:38+
														01:29+	00:22+
														01:29+	00:22+
17	Leif Kåre Lende					879					1:13:04				
00:53+	02:05+	03:56+	05:29+	07:21+	09:15+	30:59+	38:42+	42:47+	44:14+	47:47+	60:16+	62:48+	68:08+	69:22+	70:55+
00:53+	01:12+	01:51+	01:33+	01:52+	01:54+	21:44+	07:43+	04:05+	01:27+	03:33+	12:29+	02:32+	05:20+	01:14+	01:33+
00:53+	01:12+	01:51+	01:33+	01:52+	01:54+	21:44+	07:43+	04:05+	01:27+	03:33+	12:29+	02:32+	05:20+	01:14+	01:33+
														01:34+	00:35+
														01:34+	00:35+

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse	Tid
H75			
1	Asgeir Bell	896	32:11
00:45= 02:00= 03:20= 05:32= 07:04= 13:00= 17:15= 20:34= 23:13= 27:27= 29:55= 32:11= 00:45= 01:15= 01:20= 02:12= 01:32= 05:56= 04:15= 03:19= 02:39= 04:14= 02:28= 02:16= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Finn-Morten Årstad	3530	32:37
00:59+ 02:23+ 03:44+ 06:10+ 07:37+ 13:41+ 18:17+ 21:31+ 24:22+ 28:11+ 30:28+ 32:37+ 00:59+ 01:24+ 01:21+ 02:26+ 01:27= 06:04+ 04:36+ 03:14= 02:51+ 03:49= 02:17= 02:09= 00:14& 00:09# 00:01+ 00:14# 00:05= 00:08+ 00:21+ 00:05= 00:12+ 00:25= 00:11= 00:07=			
3	Hans Klausen	769	37:17
01:07+ 02:58+ 04:09+ 06:52+ 08:48+ 16:06+ 21:09+ 24:33+ 26:36+ 31:04+ 34:39+ 37:17+ 01:07+ 01:51+ 01:11= 02:43+ 01:56+ 07:18+ 05:03+ 03:24+ 02:03= 04:28+ 03:35+ 02:38+ 00:22& 00:36& 00:09= 00:31# 00:24& 01:22# 00:48# 00:05+ 00:36= 00:14+ 01:07& 00:22#			
4	Jostein Tunheim	1683	37:59
01:23+ 03:22+ 04:40+ 07:04+ 08:45+ 19:16+ 23:44+ 27:10+ 29:47+ 33:22+ 35:49+ 37:59+ 01:23+ 01:59+ 01:18= 02:24+ 01:41+ 10:31+ 04:28+ 03:26+ 02:37= 03:35= 02:27= 02:10= 00:38& 00:44& 00:02= 00:12+ 00:09+ 04:35& 00:13+ 00:07+ 00:02= 00:39= 00:01= 00:06=			
5	Olav Dag Borgersen	3536	38:19
01:01+ 03:34+ 04:37+ 06:57+ 08:43+ 16:46+ 21:39+ 25:09+ 28:31+ 32:58+ 35:51+ 38:19+ 01:01+ 02:33+ 01:03= 02:20+ 01:46+ 08:03+ 04:53+ 03:30+ 03:22+ 04:27+ 02:53+ 02:28+ 00:16& 01:18@ 00:17= 00:08+ 00:14# 02:07& 00:38# 00:11+ 00:43& 00:13+ 00:25# 00:12+			
6	Kjell-Ingar Olsen	1119	44:00
01:52+ 03:30+ 04:53+ 07:49+ 09:47+ 19:35+ 24:40+ 28:26+ 32:59+ 38:00+ 41:34+ 44:00+ 01:52+ 01:38+ 01:23+ 02:56+ 01:58+ 09:48+ 05:05+ 03:46+ 04:33+ 05:01+ 03:34+ 02:26+ 01:07@ 00:23& 00:03+ 00:44& 00:26& 03:52& 00:50# 00:27# 01:54& 00:47# 01:06& 00:10+			
7	Kjell Svihus	892	44:05
01:08+ 03:04+ 04:49+ 08:16+ 10:12+ 18:19+ 24:52+ 28:58+ 32:00+ 37:32+ 40:55+ 44:05+ 01:08+ 01:56+ 01:45+ 03:27+ 01:56+ 08:07+ 06:33+ 04:06+ 03:02+ 05:32+ 03:23+ 03:10+ 00:23& 00:41& 00:25& 01:15& 00:24& 02:11& 02:18& 00:47# 00:23# 01:18& 00:55& 00:54&			
8	Norvald Skretting	1832	47:00
02:29+ 04:17+ 05:57+ 08:45+ 11:12+ 19:01+ 25:03+ 29:20+ 35:51+ 40:51+ 44:12+ 47:00+ 02:29+ 01:48+ 01:40+ 02:48+ 02:27+ 07:49+ 06:02+ 04:17+ 06:31+ 05:00+ 03:21+ 02:48+ 01:44@ 00:33& 00:20# 00:36& 00:55& 01:53& 01:47& 00:58& 03:52@ 00:46# 00:53& 00:32#			
9	Leif Gunnar Wikene	1832	47:00
01:12+ 03:05+ 04:34+ 07:09+ 08:43+ 17:55+ 22:59+ 27:16+ 31:04+ 39:52+ 44:15+ 47:00+ 01:12+ 01:53+ 01:29+ 02:35+ 01:34+ 09:12+ 05:04+ 04:17+ 03:48+ 08:48+ 04:23+ 02:45+ 00:27& 00:38& 00:09# 00:23# 00:02+ 03:16& 00:49# 00:58& 01:09& 04:34@ 01:55& 00:29#			
10	Arne Østensen	3518	53:29
00:43= 02:05+ 03:39+ 05:59+ 07:35+ 23:40+ 28:01+ 32:02+ 43:49+ 47:40+ 51:02+ 53:29+ 00:43= 01:22+ 01:34+ 02:20+ 01:36+ 16:05+ 04:21+ 04:01+ 11:47+ 03:51= 03:22+ 02:27+ 00:02= 00:07+ 00:14# 00:08+ 00:04+ 10:09@ 00:06+ 00:42# 09:08@ 00:23= 00:54& 00:11+			

Beste strekktid for klassen
00:43 01:15 01:03 02:12 01:27 05:56 04:15 03:14 02:03 03:35 02:17 02:09

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H80

Plass	Navn	Klasse										Tid	
H80													
1	Terje Braut		892										35:54
	01:14=	02:54=	05:41=	07:06=	09:54=	12:29=	18:48=	23:40=	27:51=	30:54=	32:23=	34:00=	35:54=
	01:14=	01:40=	02:47=	01:25=	02:48=	02:35=	06:19=	04:52=	04:11=	03:03=	01:29=	01:37=	01:54=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Øyvind Egeskog		880										36:27
	00:56+	03:03+	04:23+	05:38+	08:24+	12:18+	18:53+	23:23+	27:38+	30:43+	32:10+	34:20+	36:27+
	00:56+	02:07+	01:20+	01:15+	02:46+	03:54+	06:35+	04:30+	04:15+	03:05+	01:27+	02:10+	02:07+
	00:56+	02:07+	01:20+	01:15+	02:46+	03:54+	06:35+	04:30+	04:15+	03:05+	01:27+	02:10+	02:07+
3	Hermann Skogsholm		1754										37:32
	01:06+	03:18+	05:08+	06:15+	08:44+	13:07+	20:21+	24:30+	28:14+	32:02+	33:47+	35:47+	37:32+
	01:06+	02:12+	01:50+	01:07+	02:29+	04:23+	07:14+	04:09+	03:44+	03:48+	01:45+	02:00+	01:45+
	01:06+	02:12+	01:50+	01:07+	02:29+	04:23+	07:14+	04:09+	03:44+	03:48+	01:45+	02:00+	01:45+
4	Svein Glendrange		874										38:58
	01:22+	03:14+	04:42+	06:14+	09:11+	12:00+	19:43+	25:21+	29:54+	33:11+	34:41+	36:48+	38:58+
	01:22+	01:52+	01:28+	01:32+	02:57+	02:49+	07:43+	05:38+	04:33+	03:17+	01:30+	02:07+	02:10+
	01:22+	01:52+	01:28+	01:32+	02:57+	02:49+	07:43+	05:38+	04:33+	03:17+	01:30+	02:07+	02:10+
5	Kjell Langvik		1884										39:18
	01:09+	03:20+	05:08+	06:26+	09:17+	11:59+	18:56+	23:46+	28:28+	31:52+	33:36+	35:22+	39:18+
	01:09+	02:11+	01:48+	01:18+	02:51+	02:42+	06:57+	04:50+	04:42+	03:24+	01:44+	01:46+	03:56+
	01:09+	02:11+	01:48+	01:18+	02:51+	02:42+	06:57+	04:50+	04:42+	03:24+	01:44+	01:46+	03:56+
6	Steinar Undheim		3529										40:19
	01:09+	07:41+	09:19+	10:32+	13:00+	15:43+	23:30+	27:57+	31:44+	34:50+	36:22+	38:37+	40:19+
	01:09+	06:32+	01:38+	01:13+	02:28+	02:43+	07:47+	04:27+	03:47+	03:06+	01:32+	02:15+	01:42+
	01:09+	06:32+	01:38+	01:13+	02:28+	02:43+	07:47+	04:27+	03:47+	03:06+	01:32+	02:15+	01:42+
7	Harald Vatne		2342										41:56
	01:55+	05:44+	07:25+	08:41+	11:28+	14:18+	21:40+	26:26+	30:02+	34:03+	36:46+	39:26+	41:56+
	01:55+	03:49+	01:41+	01:16+	02:47+	02:50+	07:22+	04:46+	03:36+	04:01+	02:43+	02:40+	02:30+
	01:55+	03:49+	01:41+	01:16+	02:47+	02:50+	07:22+	04:46+	03:36+	04:01+	02:43+	02:40+	02:30+
8	Geir Husdal		1884										44:47
	01:01+	02:56+	04:43+	05:58+	08:43+	13:24+	19:12+	23:36+	27:57+	39:45+	41:10+	43:02+	44:47+
	01:01+	01:55+	01:47+	01:15+	02:45+	04:41+	05:48+	04:24+	04:21+	11:48+	01:25+	01:52+	01:45+
	01:01+	01:55+	01:47+	01:15+	02:45+	04:41+	05:48+	04:24+	04:21+	11:48+	01:25+	01:52+	01:45+
9	Sigurd Krosli		1884										1:07:34
	01:24+	05:07+	11:23+	12:54+	16:14+	20:30+	34:22+	40:20+	53:43+	59:02+	61:30+	64:31+	67:34+
	01:24+	03:43+	06:16+	01:31+	03:20+	04:16+	13:52+	05:58+	13:23+	05:19+	02:28+	03:01+	03:03+
	01:24+	03:43+	06:16+	01:31+	03:20+	04:16+	13:52+	05:58+	13:23+	05:19+	02:28+	03:01+	03:03+
10	Arne Brandsberg		3502										1:09:59
	01:45+	04:46+	06:43+	08:49+	24:12+	31:59+	44:45+	51:20+	56:38+	61:53+	64:06+	66:58+	69:59+
	01:45+	03:01+	01:57+	02:06+	15:23+	07:47+	12:46+	06:35+	05:18+	05:15+	02:13+	02:52+	03:01+
	01:45+	03:01+	01:57+	02:06+	15:23+	07:47+	12:46+	06:35+	05:18+	05:15+	02:13+	02:52+	03:01+
11	Magne Andreas Westerheim		1884										1:10:21
	03:20+	06:48+	09:12+	11:12+	15:10+	20:50+	37:06+	43:23+	56:52+	61:55+	64:13+	67:37+	70:21+
	03:20+	03:28+	02:24+	02:00+	03:58+	05:40+	16:16+	06:17+	13:29+	05:03+	02:18+	03:24+	02:44+
	03:20+	03:28+	02:24+	02:00+	03:58+	05:40+	16:16+	06:17+	13:29+	05:03+	02:18+	03:24+	02:44+
12	Kjell Audun Maudal		3524										1:16:13
	02:21+	06:02+	07:59+	10:03+	25:32+	33:14+	46:17+	52:46+	58:51+	64:42+	68:40+	72:59+	76:13+
	02:21+	03:41+	01:57+	02:04+	15:29+	07:42+	13:03+	06:29+	06:05+	05:51+	03:58+	04:19+	03:14+
	02:21+	03:41+	01:57+	02:04+	15:29+	07:42+	13:03+	06:29+	06:05+	05:51+	03:58+	04:19+	03:14+

Plass	Navn													Klasse	Tid												
H80																											
13	Albert Moe													3529	1:27:09												
05:16+	10:39+	13:02+	15:04+	19:04+	24:02+	42:18+	53:09+	61:18+	68:50+	72:15+	78:10+	87:09+															
05:16+	05:23+	02:23+	02:02+	04:00+	04:58+	18:16+	10:51+	08:09+	07:32+	03:25+	05:55+	08:59+															
05:16+	05:23+	02:23+	02:02+	04:00+	04:58+	18:16+	10:51+	08:09+	07:32+	03:25+	05:55+	08:59+															
Beste strekktid for klassen																											
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																											
HA																											
1	Morten Bjerga Sundli													3522	43:00												
01:34=	02:17=	03:38=	04:17=	05:00=	07:44=	09:03=	10:18=	11:18=	12:30=	14:54=	17:56=	19:55=	20:39=	22:20=	26:02=	28:28=	30:44=	36:09=	38:38=	39:17=	40:01=	41:03=	41:55=	43:00=			
01:34=	00:43=	01:21=	00:39=	00:43=	02:44=	01:19=	01:15=	01:00=	01:12=	02:24=	03:02=	01:59=	00:44=	01:41=	03:42=	02:26=	02:16=	05:25=	02:29=	00:39=	00:44=	01:02=	00:52=	01:05=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Sven Hatteland													3528	43:44												
01:32-	02:12-	03:45+	04:30+	05:10+	07:25-	08:44-	09:59-	11:01-	12:23-	14:47-	18:19+	20:24+	21:16+	22:51+	26:31+	29:09+	31:34+	36:51+	39:21+	40:08+	40:41+	41:47+	42:45+	43:44+			
01:32-	00:40-	01:33+	00:45+	00:40-	02:15-	01:19=	01:15=	01:02+	01:22+	02:24=	03:32+	02:05+	00:52+	01:35-	03:40-	02:38+	02:25+	05:17-	02:30+	00:47+	00:33-	01:06+	00:58+	00:59-			
00:02-	00:03-	00:12#	00:06#	00:03-	00:29-	00:00=	00:00=	00:02+	00:10#	00:00=	00:30#	00:06+	00:08#	00:06-	00:02-	00:12+	00:09+	00:08-	00:01+	00:08#	00:11-	00:04+	00:06#	00:06-			
3	Øyvind Lamark													878	44:50												
02:02+	02:40+	04:08+	04:50+	05:29+	07:33-	08:56-	10:17-	11:23+	12:32+	14:55+	17:57+	19:45-	20:47+	22:19-	27:14+	29:47+	32:19+	37:49+	40:22+	41:05+	41:43+	42:54+	43:46+	44:50+			
02:02+	00:38-	01:28+	00:42+	00:39-	02:04-	01:23+	01:21+	01:06+	01:09-	02:23-	03:02=	01:48-	01:02+	01:32-	04:55+	02:33+	02:32+	05:30+	02:33+	00:43+	00:38-	01:11+	00:52=	01:04-			
00:28&	00:05-	00:07+	00:03+	00:04-	00:40-	00:04+	00:06+	00:06#	00:03-	00:01-	00:00=	00:11-	00:18&	00:09-	01:13&	00:07+	00:16#	00:05+	00:04+	00:04#	00:06-	00:09#	00:00=	00:01-			
4	Fredrik Sandal													1830	45:55												
01:39+	02:23+	04:02+	04:43+	05:34+	08:03+	09:25+	11:00+	12:14+	13:35+	16:15+	19:22+	21:10+	22:12+	23:51+	28:29+	31:08+	33:42+	38:43+	41:17+	42:10+	42:53+	43:59+	44:49+	45:55+			
01:39+	00:44+	01:39+	00:41+	00:51+	02:29-	01:22+	01:35+	01:14+	01:21+	02:40+	03:07+	01:48-	01:02+	01:39-	04:38+	02:39+	02:34+	05:01-	02:34+	00:53+	00:43-	01:06+	00:50-	01:06+			
00:05+	00:01+	00:18#	00:02+	00:08#	00:15-	00:03+	00:20&	00:14#	00:09#	00:16#	00:05+	00:11-	00:18&	00:02-	00:56&	00:13+	00:18#	00:24-	00:05+	00:14&	00:01-	00:04+	00:02-	00:01+			
5	Erik Lima													1832	47:42												
01:36+	02:16-	03:49+	04:34+	05:17+	07:18-	08:39-	10:00-	11:10-	12:37+	15:16+	18:52+	20:45+	21:34+	23:20+	27:51+	30:27+	34:21+	39:57+	42:34+	43:37+	44:34+	45:40+	46:36+	47:42+			
01:36+	00:40-	01:33+	00:45+	00:43=	02:01-	01:21+	01:21+	01:10+	01:27+	02:39+	03:36+	01:53-	00:49+	01:46+	04:31+	02:36+	03:54+	05:36+	02:37+	01:03+	00:57+	01:06+	00:56+	01:06+			
00:02+	00:03-	00:12#	00:06#	00:00=	00:43-	00:02+	00:06+	00:10#	00:15#	00:15#	00:34#	00:06-	00:05#	00:05+	00:49#	00:10+	01:38&	00:11+	00:08+	00:24&	00:13&	00:04+	00:04+	00:01+			
6	Kristian Frafjord Haarr													882	49:52												
01:50+	02:36+	04:12+	04:56+	05:55+	08:19+	10:08+	11:42+	12:51+	14:22+	17:05+	20:49+	22:50+	24:04+	25:40+	29:26+	32:09+	36:15+	42:15+	45:04+	45:50+	46:30+	47:41+	48:40+	49:52+			
01:50+	00:46+	01:36+	00:44+	00:59+	02:24-	01:49+	01:34+	01:09+	01:31+	02:43+	03:44+	02:01+	01:14+	01:36-	03:46+	02:43+	04:06+	06:00+	02:49+	00:46+	00:40-	01:11+	00:59+	01:12+			
00:16#	00:03+	00:15#	00:05#	00:16&	00:20-	00:30&	00:19&	00:09#	00:19&	00:19#	00:42#	00:02+	00:30&	00:05-	00:04+	00:17#	01:50&	00:35#	00:20#	00:07#	00:04-	00:09#	00:07#	00:07#			
7	Magne Hatteland													3528	54:22												
01:28-	02:11-	03:55+	04:43+	05:34+	08:13+	09:40+	11:09+	12:17+	13:40+	16:10+	19:12+	26:23+	27:16+	29:00+	33:50+	36:33+	39:30+	46:00+	48:52+	50:33+	51:18+	52:24+	53:20+	54:22+			
01:28-	00:43=	01:44+	00:48+	00:51+	02:39-	01:27+	01:29+	01:08+	01:23+	02:30+	03:02=	07:11+	00:53+	01:44+	04:50+	02:43+	02:57+	06:30+	02:52+	01:41+	00:45+	01:06+	00:56+	01:02-			
00:06-	00:00=	00:23&	00:09#	00:08#	00:05-	00:08#	00:14#	00:08#	00:11#	00:06+	00:00=	05:12@	00:09#	00:03+	01:08&	00:17#	00:41&	01:05#	00:23#	01:02@	00:01+	00:04+	00:04+	00:03-			
8	Torbjørn Fuglestad													878	56:27												
01:55+	02:43+	05:11+	06:04+	06:55+	10:07+	11:43+	13:13+	15:32+	16:58+	20:18+	24:38+	26:51+	27:49+	29:39+	33:43+	37:45+	40:39+	47:11+	50:27+	51:23+	52:24+	53:45+	55:23+	56:27+			
01:55+	00:48+	02:28+	00:53+	00:51+	03:12+	01:36+	01:30+	02:19+	01:26+	03:20+	04:20+	02:13+	00:58+	01:50+	04:04+	04:02+	02:54+	06:32+	03:16+	00:56+	01:01+	01:21+	01:38+	01:04-			
00:21#	00:05#	01:07&	00:14&	00:08#	00:28#	00:17#	00:15#	01:19@	00:14#	00:56&	01:18&	00:14#	00:14&	00:09+	00:22+	01:36&	00:38&	01:07#	00:47&	00:17&	00:17&	00:19&	00:46&	00:01-			
9	Martin Blystad													3530	56:57												
01:46+	02:41+	04:31+	05:21+	06:08+	08:45+	10:16+	11:47+	13:20+	15:18+	19:01+	23:02+	26:04+	27:08+	28:46+	34:37+	38:07+	41:39+	47:43+	50:50+	52:12+	53:20+	54:30+	55:36+	56:57+			
01:46+	00:55+	01:50+	00:50+	00:47+	02:37-	01:31+	01:31+	01:33+	01:58+	03:43+	04:01+	03:02+	01:04+	01:38-	05:51+	03:30+	03:32+	06:04+	03:07+	01:22+	01:08+	01:10+	01:06+	01:21+			
00:12#	00:12&	00:29&	00:11&	00:04+	00:07-	00:12#	00:16#	00:33&	00:46&	01:19&	00:59&	01:03&	00:20&	00:03-	02:09&	01:04&	01:16&	00:39#	00:38&	00:43@	00:24&	00:08#	00:14&	00:16#			

Tid

HA

10		Ole Morten Haaland					3528					57:23																			
01:59+	02:47+	05:54+	06:47+	07:52+	10:35+	12:25+	14:17+	15:58+	18:15+	21:04+	24:52+	27:26+	28:39+	30:09+	35:27+	38:43+	41:53+	48:45+	51:37+	52:30+	53:42+	55:03+	56:11+	57:23+							
01:59+	00:48+	03:07+	00:53+	01:05+	02:43-	01:50+	00:52+	01:41+	02:17+	02:49+	03:48+	02:34+	01:13+	01:30+	05:18+	03:16+	03:10+	06:52+	02:52+	00:53+	01:12+	01:21+	01:08+	01:12+							
00:25&	00:05#	01:46@	00:14&	00:22&	00:01-	00:31&	00:37&	00:41&	01:05&	00:25#	00:46&	00:35&	00:29&	00:11-	01:36&	00:50&	00:54&	01:27&	00:23#	00:14&	00:28&	00:19&	00:16&	00:07#							
11		Lars Erik Malde					3676					58:33																			
04:02+	04:39+	07:25+	08:18+	09:23+	12:25+	13:52+	15:21+	16:57+	18:52+	22:45+	25:28+	29:31+	30:37+	32:29+	37:39+	40:55+	43:46+	50:35+	53:25+	54:19+	55:04+	56:21+	57:28+	58:33+							
04:02+	00:37+	02:46+	00:53+	01:05+	03:02+	01:27+	01:29+	01:36+	01:55+	03:53+	02:43+	04:03+	01:06+	01:52+	05:10+	03:16+	02:51+	06:49+	02:50+	00:54+	00:45+	01:17+	01:07+	01:05+							
04:02+	00:37+	02:46+	00:53+	01:05+	03:02+	01:27+	01:29+	01:36+	01:55+	03:53+	02:43+	04:03+	01:06+	01:52+	05:10+	03:16+	02:51+	06:49+	02:50+	00:54+	00:45+	01:17+	01:07+	01:05+							
12		Jørgen Strømstad					1786					59:04																			
01:37+	02:21+	05:08+	05:51+	06:41+	11:55+	13:42+	15:08+	17:05+	18:51+	21:59+	25:15+	29:05+	30:12+	31:57+	36:56+	40:16+	43:29+	49:49+	53:21+	54:06+	55:07+	56:23+	58:02+	59:04+							
01:37+	00:44+	02:47+	00:43+	00:50+	05:14+	01:47+	01:26+	01:57+	01:46+	03:08+	03:16+	03:50+	01:07+	01:45+	04:59+	03:20+	03:13+	06:20+	03:32+	00:45+	01:01+	01:16+	01:39+	01:02+							
01:37+	00:44+	02:47+	00:43+	00:50+	05:14+	01:47+	01:26+	01:57+	01:46+	03:08+	03:16+	03:50+	01:07+	01:45+	04:59+	03:20+	03:13+	06:20+	03:32+	00:45+	01:01+	01:16+	01:39+	01:02+							
13		Bernhard Haver Vagle					643					1:02:00																			
02:02+	03:00+	05:13+	06:09+	07:17+	10:21+	12:04+	13:47+	15:32+	17:26+	21:06+	24:47+	27:12+	28:17+	30:19+	37:14+	42:46+	46:08+	53:12+	56:23+	57:27+	58:17+	59:39+	60:43+	62:00+							
02:02+	00:58+	02:13+	00:56+	01:08+	03:04+	01:43+	01:43+	01:45+	01:54+	03:40+	03:41+	02:25+	01:05+	02:02+	06:55+	05:32+	03:22+	07:04+	03:11+	01:04+	00:50+	01:22+	01:04+	01:17+							
02:02+	00:58+	02:13+	00:56+	01:08+	03:04+	01:43+	01:43+	01:45+	01:54+	03:40+	03:41+	02:25+	01:05+	02:02+	06:55+	05:32+	03:22+	07:04+	03:11+	01:04+	00:50+	01:22+	01:04+	01:17+							
14		Håkon Eggebø					1284					1:03:20																			
02:12+	02:53+	05:04+	05:59+	07:14+	11:01+	13:00+	14:39+	16:16+	18:14+	21:22+	25:48+	28:15+	29:37+	31:20+	41:12+	44:18+	48:01+	53:57+	57:22+	58:09+	59:08+	60:24+	62:10+	63:20+							
02:12+	00:41+	02:11+	00:55+	01:15+	03:47+	01:59+	01:39+	01:37+	01:58+	03:08+	04:26+	02:27+	01:22+	01:43+	09:52+	03:06+	03:43+	05:56+	03:25+	00:47+	00:59+	01:16+	01:46+	01:10+							
02:12+	00:41+	02:11+	00:55+	01:15+	03:47+	01:59+	01:39+	01:37+	01:58+	03:08+	04:26+	02:27+	01:22+	01:43+	09:52+	03:06+	03:43+	05:56+	03:25+	00:47+	00:59+	01:16+	01:46+	01:10+							
15		Thomas Barvik Mæland					3507					1:21:32																			
02:01+	02:54+	05:31+	07:23+	08:22+	13:14+	15:10+	17:21+	20:17+	22:46+	26:58+	31:24+	34:36+	36:03+	38:39+	47:53+	54:09+	59:27+	70:20+	74:24+	75:43+	77:07+	78:59+	80:09+	81:32+							
02:01+	00:53+	02:37+	01:52+	00:59+	04:52+	01:56+	02:11+	02:56+	02:29+	04:12+	04:26+	03:12+	01:27+	02:36+	09:14+	06:16+	05:18+	10:53+	04:04+	01:19+	01:24+	01:52+	01:10+	01:23+							
02:01+	00:53+	02:37+	01:52+	00:59+	04:52+	01:56+	02:11+	02:56+	02:29+	04:12+	04:26+	03:12+	01:27+	02:36+	09:14+	06:16+	05:18+	10:53+	04:04+	01:19+	01:24+	01:52+	01:10+	01:23+							

Beste strekktid for klassen

= Som klassevinner, - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

HB

1	Oddvar Taksdal					3522					48:00													
01:37=	02:23=	04:03=	04:46=	05:32=	07:48=	09:24=	10:53=	12:01=	13:22=	15:46=	19:17=	21:17=	22:13=	24:18=	29:14=	31:47=	34:45=	40:36=	43:15=	44:03=	44:43=	45:52=	46:50=	48:00=
01:37=	00:46=	01:40=	00:43=	00:46=	02:16=	01:36=	01:29=	01:08=	01:21=	02:24=	03:31=	02:00=	00:56=	02:05=	04:56=	02:33=	02:58=	05:51=	02:39=	00:48=	00:40=	01:09=	00:58=	01:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Aart Joakim in't Veld					1884					48:11													
01:27=	02:09=	03:40=	05:04+	06:07+	08:27+	09:52+	11:13+	12:14+	13:59+	16:50+	20:08+	22:03+	22:56+	24:42+	29:01=	31:36=	34:29=	40:18=	42:55=	43:46=	44:57+	46:07+	47:02+	48:11+
01:27=	00:42=	01:31=	01:24+	01:03+	02:20+	01:25=	01:21=	01:01=	01:45+	02:51+	03:18=	01:55=	00:53=	01:46=	04:19=	02:35+	02:53=	05:49=	02:37=	00:51+	01:11+	01:10+	00:55=	01:09=
00:10=	00:04=	00:09=	00:41&	00:17&	00:04+	00:11=	00:08=	00:07=	00:24&	00:27#	00:13=	00:05=	00:03=	00:19=	00:37=	00:02+	00:05=	00:02=	00:02=	00:03+	00:31&	00:01+	00:03=	00:01=
3	Oddgeir Eikeskog					1884					48:23													
01:28=	02:13=	03:46=	04:31=	05:15=	07:25=	09:01=	10:28=	11:55=	13:17=	15:47+	19:10=	21:06=	22:27+	23:57=	27:51=	31:16=	34:09=	40:18=	42:59=	43:54=	44:38=	45:49=	47:08+	48:23+
01:28=	00:45=	01:33=	00:45+	00:44=	02:10=	01:36=	01:27=	01:27+	01:22+	02:30+	03:23=	01:56=	01:21+	01:30=	03:54=	03:25+	02:53=	06:09+	02:41+	00:55+	00:44+	01:11+	01:19+	01:15+
00:09=	00:01=	00:07=	00:02+	00:02=	00:06=	00:00=	00:02=	00:19&	00:01+	00:06+	00:08=	00:04=	00:25&	00:35=	01:02=	00:52&	00:05=	00:18+	00:02+	00:07#	00:04#	00:02+	00:21&	00:05+
4	Tor Gunnar Aksland					1683					49:25													
01:48+	02:33+	04:46+	05:32+	06:24+	08:41+	10:11+	11:36+	12:54+	15:10+	17:56+	21:18+	23:32+	24:31+	26:13+	30:12=	32:46+	35:54+	41:24+	44:14+	45:03+	46:03+	47:14+	48:13+	49:25+
01:48+	00:45=	02:13+	00:46+	00:52+	02:17+	01:30=	01:25=	01:18=	02:16+	02:46+	03:22=	02:14+	00:59+	01:42=	03:59=	02:34+	03:08+	05:30=	02:50+	00:49+	01:00+	01:11+	00:59+	01:12+
00:11#	00:01=	00:33&	00:03+	00:06#	00:01+	00:06=	00:04=	00:10#	00:55&	00:22#	00:09=	00:14#	00:03+	00:23=	00:57=	00:01+	00:10+	00:21=	00:11+	00:01+	00:20&	00:02+	00:01+	00:02+

15.04.2025 22:17:31 Side:33

Plass Navn

HB

17	Asgeir Nærland										1830										1:09:22									
03:10+	03:47+	06:10+	07:02+	08:16+	11:26+	13:12+	14:51+	16:51+	22:02+	25:19+	29:06+	32:08+	34:09+	36:28+	43:23+	47:23+	51:33+	58:50+	62:42+	63:59+	64:51+	66:39+	68:17+	69:22+						
03:10+	00:37+	02:23+	00:52+	01:14+	03:10+	01:46+	01:39+	02:00+	05:11+	03:17+	03:47+	03:02+	02:01+	02:19+	06:55+	04:00+	04:10+	07:17+	03:52+	01:17+	00:52+	01:48+	01:38+	01:05+						
03:10+	00:37+	02:23+	00:52+	01:14+	03:10+	01:46+	01:39+	02:00+	05:11+	03:17+	03:47+	03:02+	02:01+	02:19+	06:55+	04:00+	04:10+	07:17+	03:52+	01:17+	00:52+	01:48+	01:38+	01:05+						

18	Espen Fyhn Nilsen										1683										1:10:26									
02:17+	03:27+	06:03+	07:08+	08:06+	11:22+	13:38+	15:29+	17:25+	19:49+	24:07+	28:18+	31:46+	33:15+	35:59+	41:50+	46:29+	51:20+	59:41+	63:34+	64:53+	65:47+	67:23+	68:43+	70:26+						
02:17+	01:10+	02:36+	01:05+	00:58+	03:16+	02:16+	01:51+	01:56+	02:24+	04:18+	04:11+	03:28+	01:29+	02:44+	05:51+	04:39+	04:51+	08:21+	03:53+	01:19+	00:54+	01:36+	01:20+	01:43+						
02:17+	01:10+	02:36+	01:05+	00:58+	03:16+	02:16+	01:51+	01:56+	02:24+	04:18+	04:11+	03:28+	01:29+	02:44+	05:51+	04:39+	04:51+	08:21+	03:53+	01:19+	00:54+	01:36+	01:20+	01:43+						

Beste strekktid for klassen

= Som klassevinner, - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

HCS

[illegible]

2		Kjetil Wirak										3486										39:03									
01:06+	02:08+	04:16+	05:10+	06:25+	07:59+	09:26+	11:02-	15:58+	19:12+	23:19+	26:38+	30:48+	32:16+	35:15+	36:18+	37:37+	39:03+														
01:06+	01:02+	02:08+	00:54+	01:15+	01:34-	01:27+	01:36-	04:56+	03:14-	04:07+	03:19-	04:10+	01:28-	02:59+	01:03-	01:19+	01:26-														
00:10#	00:06#	00:01+	00:05#	00:01+	00:03-	00:08#	00:38-	00:27#	00:04-	00:11+	00:20-	00:36#	01:09-	00:01+	00:01-	00:05+	00:11-														

3

Henning Sundby

3486

39:18

01:08+	02:00+	03:51-	04:34-	06:04+	07:37-	09:04+	11:14+	15:43+	18:51-	23:31+	27:24+	31:20+	33:07+	35:47+	36:43+	37:50+	39:18+
01:08+	00:52-	01:51-	00:43-	01:30+	01:33-	01:27+	02:10-	04:29+	03:08-	04:40+	03:53+	03:56+	01:47+	02:40-	00:56-	01:07-	01:28-
00:12#	00:04-	00:16-	00:06-	00:16#	00:04-	00:08#	00:04-	00:00-	00:10-	00:44#	00:14+	00:22#	00:10#	00:18-	00:08-	00:07-	00:09-

4		Lars Drage										3583										40:43									
01:16+	01:58+	03:33-	06:22+	07:08+	08:29+	09:52+	11:07-	12:34-	16:58-	19:58-	23:38-	28:01-	31:59+	33:33-	36:32+	37:36+	38:52+	40:43+													
01:20+	00:42-	01:35-	02:49+	00:46-	01:21-	01:23+	01:15-	01:27-	04:24+	03:00-	03:40+	04:23+	03:58+	01:34-	02:59+	01:04-	01:16-	01:51+													
00:16+	00:14-	00:32-	02:00@	00:28-	00:16-	00:04+	00:59-	03:02-	01:06&	00:56-	00:01+	00:49#	02:21@	01:24-	01:55@	00:10-	00:21-	01:51+													

5 Kjell Dale 1884 41:21

01:05+	02:05+	04:03+	05:01+	06:26+	07:54+	10:40+	12:21+	16:24+	19:42+	24:25+	28:43+	32:36+	34:15+	37:19+	38:31+	39:50+	41:21+
01:05+	01:00+	01:58-	00:58+	01:25+	01:28-	02:46+	01:41-	04:03-	03:18=	04:43+	04:18+	03:53+	01:39+	03:04+	01:12+	01:19+	01:31+
00:09#	00:04+	00:09-	00:09#	00:11#	00:09-	01:27@	00:33-	00:26-	00:00=	00:47#	00:39#	00:19+	00:02+	00:06+	00:08#	00:05+	00:06-

6	Stein Arne Olsen					874	41:41											
01:01+	02:03+	03:58-	04:54+	06:11+	07:44+	09:01+	10:53-	15:11-	18:28-	23:59+	28:22+	31:59+	33:39+	36:51+	38:52+	40:12+	41:41+	
01:01+	01:02+	01:55-	00:56+	01:17+	01:33-	01:17-	01:52-	04:18-	03:17-	05:31+	04:23+	03:37+	01:40+	03:12+	02:01+	01:20+	01:29+	
00:05+	00:06#	00:12-	00:07#	00:03+	00:04-	00:02-	00:22-	00:11-	00:01-	01:35#	00:44#	00:03+	00:03+	00:14+	00:57#	00:06+	00:08-	

7	Øyvind Rummelhoff										882		41:47							
01:16+	02:17+	04:30+	05:22+	06:38+	08:19+	09:47+	11:32+	16:07+	19:33+	24:20+	29:13+	33:29+	35:09+	38:04+	39:07+	40:27+	41:47+			
01:16+	01:01+	02:13+	00:52+	01:16+	01:41+	01:28+	01:45-	04:35+	03:26+	04:47+	04:53+	04:16+	01:40+	02:55-	01:03-	01:20+	01:20+			
00:20+	00:05+	00:06+	00:03+	00:02+	00:04+	00:09#	00:29-	00:06+	00:08+	00:51#	01:14#	00:42#	00:03+	00:03-	00:01-	00:06+	00:17-			

8																		Leif Kjetil Hinna Gausel																		1683																		42:28																	
01:05+				02:03+				03:55-				05:01+				06:27+				08:07+				10:08+				12:05+				17:01+				20:36+				25:29+				28:59+				33:14+				34:55+				38:34+				39:45+				41:05+				42:28+			
01:05+				00:58+				01:52-				01:06+				01:26+				01:40+				02:01+				01:57-				04:56+				03:35+				04:53+				03:30-				04:15+				01:41+				03:39+				01:11+				01:20+				01:23-			
00:09#				00:02+				00:15-				00:17&				00:12#				00:03+				00:42&				00:17-				00:27#				00:17+				00:57#				00:09-				00:41#				00:04+				00:41#				00:07#				00:06+				00:14-			

Plass	Navn		Klasse										Tid							
HC																				
9	Bertrand Denieul					877					42:36									
01:01+	02:06+	04:44+	05:31+	06:54+	08:31+	10:28+	12:16+	16:36+	19:50+	24:18+	29:12+	33:37+	35:27+	38:33+	39:44+	41:09+	42:36+			
01:01+	01:05+	02:38+	00:47-	01:23+	01:37=	01:57+	01:48-	04:20-	03:14-	04:28+	04:54+	04:25+	01:50+	03:06+	01:11+	01:25+	01:27-			
00:05+	00:09#	00:31#	00:02-	00:09#	00:00=	00:38&	00:26-	00:09-	00:04-	00:32#	01:15&	00:51#	00:13#	00:08+	00:07#	00:11#	00:10-			
10	Jan-Einar Øvremo					1119					44:41									
01:12+	02:21+	04:33+	05:23+	06:45+	08:29+	09:59+	11:46+	17:00+	20:26+	26:37+	30:44+	34:30+	36:22+	39:50+	41:36+	43:01+	44:41+			
01:12+	01:09+	02:12+	00:50+	01:22+	01:44+	01:30+	01:47+	05:14+	03:26+	06:11+	04:07+	03:46+	01:52+	03:28+	01:46+	01:25+	01:40+			
01:12+	01:09+	02:12+	00:50+	01:22+	01:44+	01:30+	01:47+	05:14+	03:26+	06:11+	04:07+	03:46+	01:52+	03:28+	01:46+	01:25+	01:40+			
11	Oddmund Nordgård					722					47:39									
01:09+	02:08+	04:42+	05:40+	07:13+	08:55+	13:05+	16:00+	21:21+	24:40+	29:53+	34:37+	38:45+	40:34+	43:32+	44:51+	46:08+	47:39+			
01:09+	00:59+	02:34+	00:58+	01:33+	01:42+	04:10+	02:55+	05:21+	03:19+	05:13+	04:44+	04:08+	01:49+	02:58+	01:19+	01:17+	01:31+			
01:09+	00:59+	02:34+	00:58+	01:33+	01:42+	04:10+	02:55+	05:21+	03:19+	05:13+	04:44+	04:08+	01:49+	02:58+	01:19+	01:17+	01:31+			
12	Pål Bårdsen					3497					49:16									
01:22+	02:37+	04:36+	05:43+	06:38+	07:54+	09:38+	11:18+	13:16+	18:35+	22:07+	29:23+	34:16+	39:02+	40:55+	44:26+	45:41+	47:14+	49:16+		
01:22+	01:15+	01:59+	01:07+	00:55+	01:16+	01:44+	01:40+	01:58+	05:19+	03:32+	07:16+	04:53+	04:46+	01:53+	03:31+	01:15+	01:33+	02:02+		
01:22+	01:15+	01:59+	01:07+	00:55+	01:16+	01:44+	01:40+	01:58+	05:19+	03:32+	07:16+	04:53+	04:46+	01:53+	03:31+	01:15+	01:33+	02:02+		
13	Øistein Haaland					1683					51:22									
01:12+	02:15+	03:36+	05:11+	06:15+	07:09+	08:34+	10:57+	12:50+	15:03+	20:23+	23:58+	30:18+	35:31+	39:59+	42:08+	46:31+	47:54+	49:32+	51:22+	
01:12+	01:03+	01:21+	01:35+	01:04+	00:54+	01:25+	02:23+	01:53+	02:13+	05:20+	03:35+	06:20+	05:13+	04:28+	02:09+	04:23+	01:23+	01:38+	01:50+	
01:12+	01:03+	01:21+	01:35+	01:04+	00:54+	01:25+	02:23+	01:53+	02:13+	05:20+	03:35+	06:20+	05:13+	04:28+	02:09+	04:23+	01:23+	01:38+	01:50+	
14	Svein Oddvar Netland					1683					51:54									
01:22+	02:23+	04:46+	05:40+	06:57+	11:17+	13:09+	15:02+	20:02+	23:40+	31:36+	36:41+	41:41+	43:46+	47:23+	48:36+	50:13+	51:54+			
01:22+	01:01+	02:23+	00:54+	01:17+	04:20+	01:52+	01:53+	05:00+	03:38+	07:56+	05:05+	05:00+	02:05+	03:37+	01:13+	01:37+	01:41+			
01:22+	01:01+	02:23+	00:54+	01:17+	04:20+	01:52+	01:53+	05:00+	03:38+	07:56+	05:05+	05:00+	02:05+	03:37+	01:13+	01:37+	01:41+			
15	Erling Mauland					3541					52:51									
01:32+	02:32+	05:05+	06:01+	07:51+	10:05+	12:19+	14:44+	20:10+	24:20+	30:05+	36:19+	41:20+	43:16+	47:28+	49:45+	51:19+	52:51+			
01:32+	01:00+	02:33+	00:56+	01:50+	02:14+	02:14+	02:25+	05:26+	04:10+	05:45+	06:14+	05:01+	01:56+	04:12+	02:17+	01:34+	01:32+			
01:32+	01:00+	02:33+	00:56+	01:50+	02:14+	02:14+	02:25+	05:26+	04:10+	05:45+	06:14+	05:01+	01:56+	04:12+	02:17+	01:34+	01:32+			
16	Øivind Berggraf					1683					55:00									
01:08+	02:16+	03:25+	05:32+	06:29+	08:47+	10:50+	12:51+	14:42+	20:34+	24:46+	31:55+	36:40+	41:17+	43:12+	49:17+	51:16+	53:01+	55:00+		
01:08+	01:08+	01:09+	02:07+	00:57+	02:18+	02:03+	02:01+	01:51+	05:52+	04:12+	07:09+	04:45+	04:37+	01:55+	06:05+	01:59+	01:45+	01:59+		
01:08+	01:08+	01:09+	02:07+	00:57+	02:18+	02:03+	02:01+	01:51+	05:52+	04:12+	07:09+	04:45+	04:37+	01:55+	06:05+	01:59+	01:45+	01:59+		
17	Geir Haugvaldstad					1683					58:38									
01:48+	02:50+	04:54+	05:56+	09:29+	11:32+	14:56+	18:05+	22:51+	26:08+	38:24+	43:44+	47:51+	49:40+	53:17+	55:27+	57:04+	58:38+			
01:48+	01:02+	02:04+	01:02+	03:33+	02:03+	03:24+	03:09+	04:46+	03:17+	12:16+	05:20+	04:07+	01:49+	03:37+	02:10+	01:37+	01:34+			
01:48+	01:02+	02:04+	01:02+	03:33+	02:03+	03:24+	03:09+	04:46+	03:17+	12:16+	05:20+	04:07+	01:49+	03:37+	02:10+	01:37+	01:34+			
18	Ove Oaland					1683					1:02:33									
03:25+	04:31+	07:14+	08:32+	10:32+	13:27+	15:22+	18:27+	24:17+	28:40+	38:10+	43:30+	49:46+	52:39+	56:57+	59:01+	60:44+	62:33+			
03:25+	01:06+	02:43+	01:18+	02:00+	02:55+	01:55+	03:05+	05:50+	04:23+	09:30+	05:20+	06:16+	02:53+	04:18+	02:04+	01:43+	01:49+			
03:25+	01:06+	02:43+	01:18+	02:00+	02:55+	01:55+	03:05+	05:50+	04:23+	09:30+	05:20+	06:16+	02:53+	04:18+	02:04+	01:43+	01:49+			

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

HNY

Plass	Navn	Klasse	Tid
HNY			
1	Kristian Henriksen	793	13:29
01:18= 02:23= 03:38= 05:09= 06:04= 07:52= 09:34= 11:07= 11:50= 12:24= 13:29= 01:18= 01:05= 01:15= 01:31= 00:55= 01:48= 01:42= 01:33= 00:43= 00:34= 01:05= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Tore Stensland	3529	22:46
01:43+ 03:28+ 05:02+ 07:57+ 09:19+ 11:38+ 14:52+ 17:45+ 19:59+ 20:46+ 22:46+ 01:43+ 01:45+ 01:34+ 02:55+ 01:22+ 02:19+ 03:14+ 02:53+ 02:14+ 00:47+ 02:00+ 01:43+ 01:45+ 01:34+ 02:55+ 01:22+ 02:19+ 03:14+ 02:53+ 02:14+ 00:47+ 02:00+			
3	Kristoffer Selvig	3562	39:25
03:28+ 08:22+ 11:57+ 16:28+ 18:43+ 22:53+ 26:58+ 32:09+ 35:09+ 36:33+ 39:25+ 03:28+ 04:54+ 03:35+ 04:31+ 02:15+ 04:10+ 04:05+ 05:11+ 03:00+ 01:24+ 02:52+ 03:28+ 04:54+ 03:35+ 04:31+ 02:15+ 04:10+ 04:05+ 05:11+ 03:00+ 01:24+ 02:52+			
4	Gøran Håland Østensjø	3524	39:25
03:14+ 07:50+ 11:51+ 16:02+ 18:38+ 22:47+ 26:51+ 31:58+ 34:54+ 36:30+ 39:25+ 03:14+ 04:36+ 04:01+ 04:11+ 02:36+ 04:09+ 04:04+ 05:07+ 02:56+ 01:36+ 02:55+ 03:14+ 04:36+ 04:01+ 04:11+ 02:36+ 04:09+ 04:04+ 05:07+ 02:56+ 01:36+ 02:55+			
5	Arild Opstad	3529	43:38
03:09+ 06:29+ 09:32+ 12:59+ 15:29+ 18:29+ 21:49+ 38:16+ 39:44+ 41:01+ 43:38+ 03:09+ 03:20+ 03:03+ 03:27+ 02:30+ 03:00+ 03:20+ 16:27+ 01:28+ 01:17+ 02:37+ 03:09+ 03:20+ 03:03+ 03:27+ 02:30+ 03:00+ 03:20+ 16:27+ 01:28+ 01:17+ 02:37+			
6	Marius Usvaltas	3529	43:43
09:27+ 10:39+ 13:21+ 20:06+ 22:12+ 25:35+ 31:06+ 35:21+ 39:12+ 40:49+ 43:43+ 09:27+ 01:12+ 02:42+ 06:45+ 02:06+ 03:23+ 05:31+ 04:15+ 03:51+ 01:37+ 02:54+ 09:27+ 01:12+ 02:42+ 06:45+ 02:06+ 03:23+ 05:31+ 04:15+ 03:51+ 01:37+ 02:54+			
7	Terje Tengesdal	1683	48:38
03:56+ 08:33+ 12:35+ 17:12+ 19:25+ 26:26+ 32:45+ 40:57+ 44:11+ 45:45+ 48:38+ 03:56+ 04:37+ 04:02+ 04:37+ 02:13+ 07:01+ 06:19+ 08:12+ 03:14+ 01:34+ 02:53+ 03:56+ 04:37+ 04:02+ 04:37+ 02:13+ 07:01+ 06:19+ 08:12+ 03:14+ 01:34+ 02:53+			

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

HNT

1	Arne Magne Søndresen	722	30:21
00:53= 02:26= 03:42= 04:55= 06:59= 09:20= 15:04= 18:47= 22:42= 25:40= 26:59= 28:40= 30:21= 00:53= 01:33= 01:16= 01:13= 02:04= 02:21= 05:44= 03:43= 03:55= 02:58= 01:19= 01:41= 01:41= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Roger Endre Nyseth	892	32:40
00:42- 02:17- 03:51+ 05:08+ 07:40+ 10:38+ 16:26+ 21:31+ 24:46+ 27:30+ 29:00+ 30:45+ 32:40+ 00:42- 01:35+ 01:34+ 01:17+ 02:32+ 02:58+ 05:48+ 05:05+ 03:15- 02:44- 01:30+ 01:45+ 01:55+ 00:11- 00:02+ 00:18# 00:04+ 00:28# 00:37& 00:04+ 01:22& 00:40- 00:14- 00:11# 00:04+ 00:14#			
3	Håvard Stensland	3503	32:59
00:40- 02:11- 03:26- 04:39- 07:20+ 09:29+ 14:54- 19:12+ 24:22+ 27:18+ 29:11+ 31:13+ 32:59+ 00:40- 01:31- 01:15- 01:13= 02:41+ 02:09- 05:25- 04:18+ 05:10+ 02:56- 01:53+ 02:02+ 01:46+ 00:13- 00:02- 00:01- 00:00= 00:37& 00:12- 00:19- 00:35# 01:15& 00:02- 00:34& 00:21# 00:05+			

Plass	Navn		Klasse										Tid
HT													
4	Lars Salvesen		1119										33:56
	03:22+	04:54+	06:22+	07:28+	09:56+	12:39+	18:23+	22:17+	25:56+	29:07+	30:34+	32:11+	33:56+
	03:22+	01:32-	01:28+	01:06-	02:28+	02:43+	05:44=	03:54+	03:39-	03:11+	01:27+	01:37-	01:45+
	02:29@	00:01-	00:12#	00:07-	00:24#	00:22#	00:00=	00:11+	00:16-	00:13+	00:08#	00:04-	00:04+
5	Per Olof Wallerstedt		3516										34:35
	00:46+	03:11+	04:15+	05:12+	07:06+	10:14+	20:36+	24:02+	27:07+	29:55+	31:01+	32:59+	34:35+
	00:46+	02:25+	01:04+	00:57+	01:54+	03:08+	10:22+	03:26+	03:05+	02:48+	01:06+	01:58+	01:36+
	00:46+	02:25+	01:04+	00:57+	01:54+	03:08+	10:22+	03:26+	03:05+	02:48+	01:06+	01:58+	01:36+
6	Svein Sivertsen		3530										35:09
	00:56+	02:42+	04:12+	05:29+	08:01+	10:53+	17:27+	21:47+	26:00+	29:35+	31:15+	33:09+	35:09+
	00:56+	01:46+	01:30+	01:17+	02:32+	02:52+	06:34+	04:20+	04:13+	03:35+	01:40+	01:54+	02:00+
	00:56+	01:46+	01:30+	01:17+	02:32+	02:52+	06:34+	04:20+	04:13+	03:35+	01:40+	01:54+	02:00+
7	Erland Båtnes Berntsen		643										35:52
	02:27+	04:18+	05:39+	06:36+	09:01+	11:34+	17:01+	22:38+	25:41+	28:47+	30:34+	32:39+	35:52+
	02:27+	01:51+	01:21+	00:57+	02:25+	02:33+	05:27+	05:37+	03:03+	03:06+	01:47+	02:05+	03:13+
	02:27+	01:51+	01:21+	00:57+	02:25+	02:33+	05:27+	05:37+	03:03+	03:06+	01:47+	02:05+	03:13+
8	Viktor Klippen		880										36:26
	00:53+	10:15+	11:16+	12:29+	14:12+	16:47+	21:12+	26:09+	29:29+	32:02+	33:04+	34:37+	36:26+
	00:53+	09:22+	01:01+	01:13+	01:43+	02:35+	04:25+	04:57+	03:20+	02:33+	01:02+	01:33+	01:49+
	00:53+	09:22+	01:01+	01:13+	01:43+	02:35+	04:25+	04:57+	03:20+	02:33+	01:02+	01:33+	01:49+
9	Ketil Vestbakke		1683										37:08
	00:43+	02:30+	03:51+	05:05+	07:22+	09:52+	16:44+	23:27+	28:29+	31:27+	32:55+	35:19+	37:08+
	00:43+	01:47+	01:21+	01:14+	02:17+	02:30+	06:52+	06:43+	05:02+	02:58+	01:28+	02:24+	01:49+
	00:43+	01:47+	01:21+	01:14+	02:17+	02:30+	06:52+	06:43+	05:02+	02:58+	01:28+	02:24+	01:49+
10	Rune Hagen Maudal		3524										37:09
	00:47+	02:40+	04:14+	05:28+	07:58+	10:36+	18:30+	23:36+	27:54+	30:57+	32:33+	35:08+	37:09+
	00:47+	01:53+	01:34+	01:14+	02:30+	02:38+	07:54+	05:06+	04:18+	03:03+	01:36+	02:35+	02:01+
	00:47+	01:53+	01:34+	01:14+	02:30+	02:38+	07:54+	05:06+	04:18+	03:03+	01:36+	02:35+	02:01+
11	Finn Otto Tveit		3507										37:34
	05:16+	06:34+	08:22+	09:25+	11:29+	15:12+	20:36+	24:49+	28:24+	31:22+	33:34+	35:50+	37:34+
	05:16+	01:18+	01:48+	01:03+	02:04+	03:43+	05:24+	04:13+	03:35+	02:58+	02:12+	02:16+	01:44+
	05:16+	01:18+	01:48+	01:03+	02:04+	03:43+	05:24+	04:13+	03:35+	02:58+	02:12+	02:16+	01:44+
12	Håvard Aase		3558										37:52
	03:48+	05:05+	08:07+	09:14+	11:25+	14:03+	23:06+	26:36+	30:02+	33:30+	34:47+	36:16+	37:52+
	03:48+	01:17+	03:02+	01:07+	02:11+	02:38+	09:03+	03:30+	03:26+	03:28+	01:17+	01:29+	01:36+
	03:48+	01:17+	03:02+	01:07+	02:11+	02:38+	09:03+	03:30+	03:26+	03:28+	01:17+	01:29+	01:36+
13	Isak Vestbakke		1683										38:07
	01:16+	03:34+	04:29+	05:41+	07:48+	10:21+	17:49+	22:04+	27:26+	30:27+	32:54+	35:44+	38:07+
	01:16+	02:18+	00:55+	01:12+	02:07+	02:33+	07:28+	04:15+	05:22+	03:01+	02:27+	02:50+	02:23+
	01:16+	02:18+	00:55+	01:12+	02:07+	02:33+	07:28+	04:15+	05:22+	03:01+	02:27+	02:50+	02:23+
14	Stig E. Ollestad		3519										38:14
	06:41+	08:36+	09:38+	10:30+	12:27+	18:20+	23:41+	27:47+	30:24+	33:40+	35:22+	36:48+	38:14+
	06:41+	01:55+	01:02+	00:52+	01:57+	05:53+	05:21+	04:06+	02:37+	03:16+	01:42+	01:26+	01:26+
	06:41+	01:55+	01:02+	00:52+	01:57+	05:53+	05:21+	04:06+	02:37+	03:16+	01:42+	01:26+	01:26+
15	Marius Bergstøl Hvidsten		3533										38:40
	00:46+	02:26+	03:27+	04:27+	06:29+	08:34+	14:47+	21:02+	24:08+	27:23+	29:33+	37:26+	38:40+
	00:46+	01:40+	01:01+	01:00+	02:02+	02:05+	06:13+	06:15+	03:06+	03:15+	02:10+	07:53+	01:14+
	00:46+	01:40+	01:01+	01:00+	02:02+	02:05+	06:13+	06:15+	03:06+	03:15+	02:10+	07:53+	01:14+

Plass	Navn					Klasse					Tid		
HT													
16	Jan Henrik Neuenkirchen					896					39:40		
00:46+	02:17+	06:12+	07:16+	09:21+	11:35+	18:37+	24:59+	31:23+	34:22+	35:47+	38:00+	39:40+	
00:46+	01:31+	03:55+	01:04+	02:05+	02:14+	07:02+	06:22+	06:24+	02:59+	01:25+	02:13+	01:40+	
00:46+	01:31+	03:55+	01:04+	02:05+	02:14+	07:02+	06:22+	06:24+	02:59+	01:25+	02:13+	01:40+	
17	Trym Hustoft					3497					40:54		
00:56+	02:13+	04:59+	06:02+	10:08+	12:28+	20:50+	24:56+	29:16+	32:51+	34:36+	38:28+	40:54+	
00:56+	01:17+	02:46+	01:03+	04:06+	02:20+	08:22+	04:06+	04:20+	03:35+	01:45+	03:52+	02:26+	
00:56+	01:17+	02:46+	01:03+	04:06+	02:20+	08:22+	04:06+	04:20+	03:35+	01:45+	03:52+	02:26+	
18	Frode Følgesvold					880					41:01		
00:47+	02:50+	04:29+	06:00+	09:08+	12:39+	20:47+	26:34+	31:21+	34:25+	36:38+	38:38+	41:01+	
00:47+	02:03+	01:39+	01:31+	03:08+	03:31+	08:08+	05:47+	04:47+	03:04+	02:13+	02:00+	02:23+	
00:47+	02:03+	01:39+	01:31+	03:08+	03:31+	08:08+	05:47+	04:47+	03:04+	02:13+	02:00+	02:23+	
19	Christian Nilsen					3525					41:15		
01:59+	04:08+	05:19+	06:32+	09:04+	12:02+	18:20+	26:43+	30:35+	34:01+	35:58+	39:35+	41:15+	
01:59+	02:09+	01:11+	01:13+	02:32+	02:58+	06:18+	08:23+	03:52+	03:26+	01:57+	03:37+	01:40+	
01:59+	02:09+	01:11+	01:13+	02:32+	02:58+	06:18+	08:23+	03:52+	03:26+	01:57+	03:37+	01:40+	
20	Leif Jarle Skåra					3502					41:58		
00:51+	02:30+	04:08+	05:17+	08:30+	11:52+	19:24+	25:50+	31:04+	35:13+	37:36+	39:45+	41:58+	
00:51+	01:39+	01:38+	01:09+	03:13+	03:22+	07:32+	06:26+	05:14+	04:09+	02:23+	02:09+	02:13+	
00:51+	01:39+	01:38+	01:09+	03:13+	03:22+	07:32+	06:26+	05:14+	04:09+	02:23+	02:09+	02:13+	
21	Bruno Pierfelice					3519					42:04		
00:47+	02:07+	03:43+	04:47+	07:19+	17:44+	23:56+	30:24+	34:05+	36:51+	38:09+	40:03+	42:04+	
00:47+	01:20+	01:36+	01:04+	02:32+	10:25+	06:12+	06:28+	03:41+	02:46+	01:18+	01:54+	02:01+	
00:47+	01:20+	01:36+	01:04+	02:32+	10:25+	06:12+	06:28+	03:41+	02:46+	01:18+	01:54+	02:01+	
22	Nils Egil Lie					3548					42:07		
00:58+	02:19+	03:37+	04:31+	07:27+	09:52+	19:01+	23:51+	32:23+	35:37+	37:14+	39:41+	42:07+	
00:58+	01:21+	01:18+	00:54+	02:56+	02:25+	09:09+	04:50+	08:32+	03:14+	01:37+	02:27+	02:26+	
00:58+	01:21+	01:18+	00:54+	02:56+	02:25+	09:09+	04:50+	08:32+	03:14+	01:37+	02:27+	02:26+	
23	Adam Alfred Brennhagen					3512					44:35		
00:34+	01:57+	03:57+	04:48+	07:09+	10:15+	23:29+	26:36+	30:28+	33:07+	34:11+	43:15+	44:35+	
00:34+	01:23+	02:00+	00:51+	02:21+	03:06+	13:14+	03:07+	03:52+	02:39+	01:04+	09:04+	01:20+	
00:34+	01:23+	02:00+	00:51+	02:21+	03:06+	13:14+	03:07+	03:52+	02:39+	01:04+	09:04+	01:20+	
24	John Øgreid					882					44:57		
01:37+	04:36+	06:30+	08:25+	11:38+	15:01+	21:39+	27:30+	32:08+	37:17+	39:54+	42:28+	44:57+	
01:37+	02:59+	01:54+	01:55+	03:13+	03:23+	06:38+	05:51+	04:38+	05:09+	02:37+	02:34+	02:29+	
01:37+	02:59+	01:54+	01:55+	03:13+	03:23+	06:38+	05:51+	04:38+	05:09+	02:37+	02:34+	02:29+	
25	Arild Svihus					892					45:53		
01:32+	03:34+	05:38+	07:16+	10:13+	13:28+	21:54+	30:02+	34:41+	39:21+	41:38+	43:35+	45:53+	
01:32+	02:02+	02:04+	01:38+	02:57+	03:15+	08:26+	08:08+	04:39+	04:40+	02:17+	01:57+	02:18+	
01:32+	02:02+	02:04+	01:38+	02:57+	03:15+	08:26+	08:08+	04:39+	04:40+	02:17+	01:57+	02:18+	
26	Eivind Baltzersen					1283					46:23		
01:24+	03:14+	05:16+	07:21+	11:04+	16:34+	25:04+	31:03+	35:54+	39:28+	41:04+	43:53+	46:23+	
01:24+	01:50+	02:02+	02:05+	03:43+	05:30+	08:30+	05:59+	04:51+	03:34+	01:36+	02:49+	02:30+	
01:24+	01:50+	02:02+	02:05+	03:43+	05:30+	08:30+	05:59+	04:51+	03:34+	01:36+	02:49+	02:30+	
27	Svein Erik Bjørnsen					1376					46:28		
02:49+	08:16+	10:18+	11:37+	14:18+	17:28+	25:07+	30:26+	34:09+	40:38+	42:23+	44:37+	46:28+	
02:49+	05:27+	02:02+	01:19+	02:41+	03:10+	07:39+	05:19+	03:43+	06:29+	01:45+	02:14+	01:51+	
02:49+	05:27+	02:02+	01:19+	02:41+	03:10+	07:39+	05:19+	03:43+	06:29+	01:45+	02:14+	01:51+	

Plass	Navn		Klasse										Tid
HT													
28	Bent Horpestad		722										46:35
01:11+	05:43+	08:49+	10:01+	12:14+	14:49+	21:46+	26:29+	34:34+	38:36+	40:31+	43:22+	46:35+	
01:11+	04:32+	03:06+	01:12+	02:13+	02:35+	06:57+	04:43+	08:05+	04:02+	01:55+	02:51+	03:13+	
01:11+	04:32+	03:06+	01:12+	02:13+	02:35+	06:57+	04:43+	08:05+	04:02+	01:55+	02:51+	03:13+	
29	Rolf Øystein Kluge		793										47:41
01:16+	03:28+	05:17+	06:44+	10:18+	13:27+	20:40+	26:25+	32:13+	40:31+	42:37+	45:01+	47:41+	
01:16+	02:12+	01:49+	01:27+	03:34+	03:09+	07:13+	05:45+	05:48+	08:18+	02:06+	02:24+	02:40+	
01:16+	02:12+	01:49+	01:27+	03:34+	03:09+	07:13+	05:45+	05:48+	08:18+	02:06+	02:24+	02:40+	
30	Steinar Løgith Aase		2539										49:55
01:08+	03:19+	05:10+	06:35+	12:46+	17:37+	25:31+	31:52+	37:29+	43:04+	44:49+	47:29+	49:55+	
01:08+	02:11+	01:51+	01:25+	06:11+	04:51+	07:54+	06:21+	05:37+	05:35+	01:45+	02:40+	02:26+	
01:08+	02:11+	01:51+	01:25+	06:11+	04:51+	07:54+	06:21+	05:37+	05:35+	01:45+	02:40+	02:26+	
31	Aksel Kleppa Hartmann		793										51:23
08:07+	16:00+	20:19+	21:31+	23:55+	26:16+	33:13+	37:02+	40:41+	43:34+	47:28+	49:23+	51:23+	
08:07+	07:53+	04:19+	01:12+	02:24+	02:21+	06:57+	03:49+	03:39+	02:53+	03:54+	01:55+	02:00+	
08:07+	07:53+	04:19+	01:12+	02:24+	02:21+	06:57+	03:49+	03:39+	02:53+	03:54+	01:55+	02:00+	
32	Jan Erik Rasmussen		3519										54:01
01:51+	04:44+	08:43+	10:07+	13:23+	18:22+	27:12+	33:29+	39:29+	44:47+	48:21+	51:23+	54:01+	
01:51+	02:53+	03:59+	01:24+	03:16+	04:59+	08:50+	06:17+	06:00+	05:18+	03:34+	03:02+	02:38+	
01:51+	02:53+	03:59+	01:24+	03:16+	04:59+	08:50+	06:17+	06:00+	05:18+	03:34+	03:02+	02:38+	
33	Timothée Maillefer		877										58:32
01:10+	11:08+	16:10+	17:24+	20:01+	24:02+	37:01+	41:35+	47:24+	51:58+	54:23+	56:32+	58:32+	
01:10+	09:58+	05:02+	01:14+	02:37+	04:01+	12:59+	04:34+	05:49+	04:34+	02:25+	02:09+	02:00+	
01:10+	09:58+	05:02+	01:14+	02:37+	04:01+	12:59+	04:34+	05:49+	04:34+	02:25+	02:09+	02:00+	
34	Rohan Joseph		1376										59:13
05:45+	10:49+	13:35+	14:46+	17:36+	20:25+	30:04+	36:09+	42:13+	52:27+	54:05+	56:38+	59:13+	
05:45+	05:04+	02:46+	01:11+	02:50+	02:49+	09:39+	06:05+	06:04+	10:14+	01:38+	02:33+	02:35+	
05:45+	05:04+	02:46+	01:11+	02:50+	02:49+	09:39+	06:05+	06:04+	10:14+	01:38+	02:33+	02:35+	
35	Trond Raugstad		3598										1:01:32
08:06+	10:12+	14:50+	16:06+	29:52+	33:43+	40:17+	44:44+	50:42+	55:12+	56:44+	58:57+	61:32+	
08:06+	02:06+	04:38+	01:16+	13:46+	03:51+	06:34+	04:27+	05:58+	04:30+	01:32+	02:13+	02:35+	
08:06+	02:06+	04:38+	01:16+	13:46+	03:51+	06:34+	04:27+	05:58+	04:30+	01:32+	02:13+	02:35+	
36	Truls Østebø		793										1:03:08
15:12+	21:38+	22:34+	23:27+	25:14+	27:08+	38:49+	49:58+	52:55+	55:34+	57:54+	59:36+	63:08+	
15:12+	06:26+	00:56+	00:53+	01:47+	01:54+	11:41+	11:09+	02:57+	02:39+	02:20+	01:42+	03:32+	
15:12+	06:26+	00:56+	00:53+	01:47+	01:54+	11:41+	11:09+	02:57+	02:39+	02:20+	01:42+	03:32+	
37	Hans Østebø		793										1:03:17
13:53+	21:43+	22:38+	23:37+	25:18+	27:13+	39:01+	50:03+	53:04+	55:51+	58:03+	59:45+	63:17+	
13:53+	07:50+	00:55+	00:59+	01:41+	01:55+	11:48+	11:02+	03:01+	02:47+	02:12+	01:42+	03:32+	
13:53+	07:50+	00:55+	00:59+	01:41+	01:55+	11:48+	11:02+	03:01+	02:47+	02:12+	01:42+	03:32+	
38	Tor Erik Skretting		1683										1:16:34
05:14+	29:57+	34:21+	35:49+	38:23+	41:46+	49:31+	53:40+	58:06+	63:37+	66:37+	74:36+	76:34+	
05:14+	24:43+	04:24+	01:28+	02:34+	03:23+	07:45+	04:09+	04:26+	05:31+	03:00+	07:59+	01:58+	
05:14+	24:43+	04:24+	01:28+	02:34+	03:23+	07:45+	04:09+	04:26+	05:31+	03:00+	07:59+	01:58+	
39	Erik Campbell Henriksen		1683										1:17:51
01:55+	04:47+	07:06+	09:10+	14:09+	18:57+	29:10+	36:04+	43:11+	51:27+	67:44+	73:21+	77:51+	
01:55+	02:52+	02:19+	02:04+	04:59+	04:48+	10:13+	06:54+	07:07+	08:16+	16:17+	05:37+	04:30+	
01:55+	02:52+	02:19+	02:04+	04:59+	04:48+	10:13+	06:54+	07:07+	08:16+	16:17+	05:37+	04:30+	

Plass	Navn	Klasse	Tid
HT			

40	Kjetil Kartevold											3676	1:21:46
05:38+	20:16+	21:34+	22:56+	32:48+	36:44+	52:33+	58:36+	66:00+	73:32+	74:51+	79:06+	81:46+	
05:38+	14:38+	01:18+	01:22+	09:52+	03:56+	15:49+	06:03+	07:24+	07:32+	01:19+	04:15+	02:40+	
05:38+	14:38+	01:18+	01:22+	09:52+	03:56+	15:49+	06:03+	07:24+	07:32+	01:19+	04:15+	02:40+	

41	Tom Leveraas						1884						1:25:25	
08:56+	11:13+	12:40+	14:23+	17:30+	22:11+	58:43+	65:02+	71:22+	79:17+	81:30+	83:39+	85:25+		
08:56+	02:17+	01:27+	01:43+	03:07+	04:41+	36:32+	06:19+	06:20+	07:55+	02:13+	02:09+	01:46+		
08:56+	02:17+	01:27+	01:43+	03:07+	04:41+	36:32+	06:19+	06:20+	07:55+	02:13+	02:09+	01:46+		

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.