

1	Sina Thu Randulff												643				47:45			
00:50=	02:39=	08:06=	11:53=	14:33=	16:34=	17:28=	23:13=	25:24=	29:40=	30:57=	39:01=	41:01=	42:52=	45:49=	47:02=	47:45=				
00:50=	01:49=	05:27=	03:47=	02:40=	02:01=	00:54=	05:45=	02:11=	04:16=	01:17=	08:04=	02:00=	01:51=	02:57=	01:13=	00:43=				
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	Hanne Berg Aspøy												896				55:28			
01:20+	03:49+	10:24+	13:13+	15:59+	18:12+	19:30+	25:39+	30:48+	36:50+	38:32+	42:49+	46:44+	49:17+	52:58+	54:30+	55:28+				
01:20+	02:29+	06:35+	02:49-	02:46+	02:13+	01:18+	06:09+	05:09+	06:02+	01:42+	04:17-	03:55+	02:33+	03:41+	01:32+	00:58+				
00:30&	00:40&	01:08#	00:58-	00:06+	00:12+	00:24&	00:24+	02:58@	01:46&	00:25&	03:47-	01:55&	00:42&	00:44#	00:19&	00:15&				
3	Siri Eppeland												1884				57:24			
01:10+	03:33+	11:33+	15:19+	19:22+	22:00+	23:37+	26:30+	30:11+	37:19+	39:08+	42:40+	45:42+	48:45+	52:39+	56:05+	57:24+				
01:10+	02:23+	08:00+	03:46-	04:03+	02:38+	01:37+	02:53-	03:41+	07:08+	01:49+	03:32-	03:02+	03:03+	03:54+	03:26+	01:19+				
00:20&	00:34&	02:33&	00:01-	01:23&	00:37&	00:43&	02:52-	01:30&	02:52&	00:32&	04:32-	01:02&	01:12&	00:57&	02:13@	00:36&				
4	Ragnhild Thorset Våge												896				1:09:49			
01:07+	06:38+	19:20+	22:17+	25:13+	27:20+	29:02+	33:56+	38:53+	48:13+	49:53+	56:12+	58:31+	62:05+	66:35+	68:37+	69:49+				
01:07+	05:31+	12:42+	02:57-	02:56+	02:07+	01:42+	04:54-	04:57+	09:20+	01:40+	06:19-	02:19+	03:34+	04:30+	02:02+	01:12+				
00:17&	03:42@	07:15@	00:50-	00:16#	00:06+	00:48&	00:51-	02:46@	05:04@	00:23&	01:45-	00:19#	01:43&	01:33&	00:49&	00:29&				
5	Karoline Blyberg Lillehammer												1758				1:11:04			
01:00+	03:56+	12:16+	15:30+	19:00+	22:12+	24:06+	33:01+	36:28+	42:21+	44:20+	53:24+	59:21+	62:31+	67:59+	69:29+	71:04+				
01:00+	02:56+	08:20+	03:14-	03:30+	03:12+	01:54+	08:55+	03:27+	05:53+	01:59+	09:04+	05:57+	03:10+	05:28+	01:30+	01:35+				
00:10#	01:07&	02:53&	00:33-	00:50&	01:11&	01:00@	03:10&	01:16&	01:37&	00:42&	01:00#	03:57@	01:19&	02:31&	00:17#	00:52@				
6	Ingunn Landsnes												892				1:13:17			
01:17+	03:46+	14:08+	25:50+	29:52+	33:17+	34:49+	37:53+	41:27+	48:54+	51:49+	58:17+	62:48+	66:22+	70:13+	71:58+	73:17+				
01:17+	02:29+	10:22+	11:42+	04:02+	03:25+	01:32+	03:04-	03:34+	07:27+	02:55+	06:28-	04:31+	03:34+	03:51+	01:45+	01:19+				
00:27&	00:40&	04:55&	07:55@	01:22&	01:24&	00:38&	02:41-	01:23&	03:11&	01:38@	01:36-	02:31@	01:43&	00:54&	00:32&	00:36&				
7	Mari-Marthe Aamold												880				1:14:39			
00:49-	03:03+	09:53+	12:28+	23:29+	25:34+	27:14+	30:36+	38:30+	43:29+	45:25+	59:01+	61:24+	66:27+	72:11+	73:26+	74:39+				
00:49-	02:14+	06:50+	02:35-	11:01+	02:05+	01:40+	03:22-	07:54+	04:59+	01:56+	13:36+	02:23+	05:03+	05:44+	01:15+	01:13+				
00:01-	00:25#	01:23&	01:12-	08:21@	00:04+	00:46&	02:23-	05:43@	00:43#	00:39&	05:32&	00:23#	03:12@	02:47&	00:02+	00:30&				
8	Ingvild Amalixsen												1683				1:24:02			
00:56+	03:19+	10:45+	13:42+	25:54+	28:46+	30:54+	34:00+	37:31+	49:30+	52:15+	67:15+	72:00+	76:55+	81:24+	82:57+	84:02+				
00:56+	02:23+	07:26+	02:57-	12:12+	02:52+	02:08+	03:06-	03:31+	11:59+	02:45+	15:00+	04:45+	04:55+	04:29+	01:33+	01:05+				
00:06#	00:34&	01:59&	00:50-	09:32@	00:51&	01:14@	02:39-	01:20&	07:43@	01:28@	06:56&	02:45@	03:04@	01:32&	00:20&	00:22&				
9	Ritva Halsne												722				1:35:16			
01:22+	05:09+	17:53+	22:14+	29:46+	33:45+	36:25+	42:50+	49:05+	58:27+	61:30+	65:53+	79:59+	84:30+	91:38+	93:49+	95:16+				
01:22+	03:47+	12:44+	04:21+	07:32+	03:59+	02:40+	06:25+	06:15+	09:22+	03:03+	04:23-	14:06+	04:31+	07:08+	02:11+	01:27+				
00:32&	01:58@	07:17@	00:34#	04:52@	01:58&	01:46@	00:40#	04:04@	05:06@	01:46@	03:41-	12:06@	02:40@	04:11@	00:58&	00:44@				
10	Marie Hernæs Larsen												3565				1:39:51			
01:31+	07:22+	20:26+	24:56+	29:02+	33:42+	37:16+	42:25+	49:27+	57:44+	59:54+	77:21+	83:54+	88:43+	95:02+	98:14+	99:51+				
01:31+	05:51+	13:04+	04:30+	04:06+	04:40+	03:34+	05:09-	07:02+	08:17+	02:10+	17:27+	06:33+	04:49+	06:19+	03:12+	01:37+				
00:41&	04:02@	07:37@	00:43#	01:26&	02:39@	02:40@	00:36-	04:51@	04:01&	00:53&	09:23@	04:33@	02:58@	03:22@	01:59@	00:54@				
11	Maria Fjelde												892				1:41:44			
01:30+	05:09+	21:26+	27:05+	35:15+	39:15+	41:47+	48:43+	54:23+	64:52+	67:04+	71:22+	85:20+	89:59+	97:29+	99:48+	101:44+				
01:30+	03:39+	16:17+	05:39+	08:10+	04:00+	02:32+	06:56+	05:40+	10:29+	02:12+	04:18-	13:58+	04:39+	07:30+	02:19+	01:56+				
00:40&	01:50@	10:50@	01:52&	05:30@	01:59&	01:38@	01:11#	03:29@	06:13@	00:55&	03:46-	11:58@	02:48@	04:33@	01:06&	01:13@				

Beste strekktid for klassen

00:4901:4905:2702:3502:4002:0100:5402:5302:1104:1601:1703:3202:0001:5102:5701:1300:43

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

D40

1	Ane Hatteland Nese														769			59:17		
01:14=	02:45=	05:03=	14:13=	24:35=	29:17=	32:07=	38:19=	40:30=	46:29=	49:02=	52:27=	55:29=	56:41=	57:59=	59:17=					
01:14=	01:31=	02:18=	09:10=	10:22=	04:42=	02:50=	06:12=	02:11=	05:59=	02:33=	03:25=	03:02=	01:12=	01:18=	01:18=					
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=					

Plass	Navn														Klasse														Tid																		
D40																																															
2	Helene Lie														3565														59:37																		
00:54-	03:32+	05:35+	12:55-	20:13-	24:55-	29:51-	35:40-	38:08-	44:21-	47:07-	50:30-	54:54-	56:15-	58:26+	59:37+	00:54-	02:38+	02:03-	07:20-	07:18-	04:42=	04:56+	05:49-	02:28+	06:13+	02:46+	03:23-	04:24+	01:21+	02:11+	01:11-	00:20-	01:07&	00:15-	01:50-	03:04-	00:00=	02:06&	00:23-	00:17#	00:14+	00:13+	00:02-	01:22&	00:09#	00:53&	00:07-
3	Ane Odland														1683														1:03:37																		
01:10+	04:32+	06:35+	15:01+	24:45+	28:57+	32:07+	37:44+	39:53+	48:57+	52:04+	56:03+	59:51+	61:11+	62:31+	63:37+	01:10+	03:22+	02:03+	08:26+	09:44+	04:12+	03:10+	05:37+	02:09+	09:04+	03:07+	03:59+	03:48+	01:20+	01:20+	01:06+	01:10+	03:22+	02:03+	08:26+	09:44+	04:12+	03:10+	05:37+	02:09+	09:04+	03:07+	03:59+	03:48+	01:20+	01:20+	01:06+
4	Torill Østraat														1884														1:04:33																		
01:06+	03:03+	05:24+	13:58+	23:33+	28:11+	32:18+	41:04+	43:13+	50:32+	53:14+	56:45+	59:58+	61:30+	63:05+	64:33+	01:06+	01:57+	02:21+	08:34+	09:35+	04:38+	04:07+	08:46+	02:09+	07:19+	02:42+	03:31+	03:13+	01:32+	01:35+	01:28+	01:06+	01:57+	02:21+	08:34+	09:35+	04:38+	04:07+	08:46+	02:09+	07:19+	02:42+	03:31+	03:13+	01:32+	01:35+	01:28+
5	Marit L. Undheim														3529														1:04:49																		
01:01+	03:02+	04:47+	12:45+	21:25+	25:30+	29:37+	35:19+	39:01+	54:10+	56:25+	59:19+	61:45+	62:49+	63:48+	64:49+	01:01+	02:01+	01:45+	07:58+	08:40+	04:05+	04:07+	05:42+	03:42+	15:09+	02:15+	02:54+	02:26+	01:04+	00:59+	01:01+	01:01+	02:01+	01:45+	07:58+	08:40+	04:05+	04:07+	05:42+	03:42+	15:09+	02:15+	02:54+	02:26+	01:04+	00:59+	01:01+
6	Ann Torill Bakken														1683														1:10:39																		
00:59+	04:42+	07:28+	18:08+	26:52+	31:26+	34:59+	42:04+	44:16+	59:33+	61:45+	64:35+	67:16+	68:20+	69:30+	70:39+	00:59+	03:43+	02:46+	10:40+	08:44+	04:34+	03:33+	07:05+	02:12+	15:17+	02:12+	02:50+	02:41+	01:04+	01:10+	01:09+	00:59+	03:43+	02:46+	10:40+	08:44+	04:34+	03:33+	07:05+	02:12+	15:17+	02:12+	02:50+	02:41+	01:04+	01:10+	01:09+
7	Ingvild Marthinussen														3524														1:10:49																		
01:11+	03:13+	05:23+	14:32+	25:07+	32:40+	36:32+	45:00+	47:26+	55:06+	57:45+	61:05+	65:10+	68:20+	69:34+	70:49+	01:11+	02:02+	02:10+	09:09+	10:35+	07:33+	03:52+	08:28+	02:26+	07:40+	02:39+	03:20+	04:05+	03:10+	01:14+	01:15+	01:11+	02:02+	02:10+	09:09+	10:35+	07:33+	03:52+	08:28+	02:26+	07:40+	02:39+	03:20+	04:05+			
8	Anne Lill Njå														896														1:12:52																		
01:08+	03:33+	05:55+	13:59+	23:02+	27:05+	37:06+	45:08+	47:27+	53:37+	56:18+	63:24+	66:58+	69:54+	71:32+	72:52+	01:08+	02:25+	02:22+	08:04+	09:03+	04:03+	10:01+	08:02+	02:19+	06:10+	02:41+	07:06+	03:34+	02:56+	01:38+	01:20+	01:08+	02:25+	02:22+	08:04+	09:03+	04:03+	10:01+	08:02+	02:19+	06:10+	02:41+	07:06+	03:34+	02:56+	01:38+	01:20+
9	Anne Mette Riskjell Høyland														3524														1:31:12																		
01:12+	18:23+	21:10+	32:31+	58:49+	62:55+	66:36+	71:10+	73:11+	79:22+	81:30+	84:33+	87:05+	88:27+	90:13+	91:12+	01:12+	17:11+	02:47+	11:21+	26:18+	04:06+	03:41+	04:34+	02:01+	06:11+	02:08+	03:03+	02:32+	01:22+	01:46+	00:59+	01:12+	17:11+	02:47+	11:21+	26:18+	04:06+	03:41+	04:34+	02:01+	06:11+	02:08+	03:03+	02:32+	01:22+	01:46+	00:59+
10	Johanna Rajala														885														1:37:15																		
03:02+	06:43+	08:47+	19:43+	39:34+	45:45+	51:06+	58:57+	62:56+	77:42+	81:37+	85:56+	91:12+	92:44+	95:12+	97:15+	03:02+	03:41+	02:04+	10:56+	19:51+	06:11+	05:21+	07:51+	03:59+	14:46+	03:55+	04:19+	05:16+	01:32+	02:28+	02:03+	03:02+	03:41+	02:04+	10:56+	19:51+	06:11+	05:21+	07:51+	03:59+	14:46+	03:55+	04:19+	05:16+	01:32+	02:28+	02:03+
Beste strekktid for klassen																																															
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																															
D50																																															
1	Grethe Anda Fuglestad														1683														43:13																		
00:58=	02:23=	04:13=	11:28=	16:23=	19:50=	22:09=	25:59=	27:20=	32:51=	34:52=	37:35=	39:56=	40:53=	41:57=	43:13=	00:58=	01:25=	01:50=	07:15=	04:55=	03:27=	02:19=	03:50=	01:21=	05:31=	02:01=	02:43=	02:21=	00:57=	01:04=	01:16=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Marit Haavardsholm														1683														44:26																		
00:57-	02:24+	04:04-	10:50-	18:57+	22:19+	24:41+	29:17+	30:32+	33:50+	35:44+	38:13+	40:39+	41:53+	43:18+	44:26+	00:57-	01:27+	01:40-	06:46-	08:07+	03:22-	02:22+	04:36+	01:15-	03:18-	01:54-	02:29-	02:26+	01:14+	01:25+	01:08-	00:01-	00:02+	00:10-	00:29-	03:12&	00:05-	00:03+	00:46#	00:06-	02:13-	00:07-	00:14-	00:05+	00:17&	00:21&	00:08-
3	Ingunn Anda Haug														2342														50:18																		
00:52-	02:42+	05:02+	13:04+	19:40+	24:26+	27:32+	32:15+	34:06+	38:50+	41:06+	44:11+	46:47+	47:49+	49:12+	50:18+	00:52-	01:50+	02:20+	08:02+	06:36+	04:46+	03:06+	04:43+	01:51+	04:44-	02:16+	03:05+	02:36+	01:02+	01:23+	01:06-	00:06-	00:25&	00:30&	00:47#	01:41&	01:19&	00:47&	00:53#	00:30&	00:47-	00:15#	00:22#	00:15#	00:05+	00:19&	00:10-

Plass	Navn				Klasse				Tid			
D50												
4	Anita Glenne Kallhovd				3502				51:19			
01:04+	02:32+	04:23+	12:10+	19:47+	23:37+	26:33+	32:10+	33:55+	39:31+	41:35+	44:23+	47:25+
01:04+	01:28+	01:51+	07:47+	07:37+	03:50+	02:56+	05:37+	01:45+	05:36+	02:04+	02:48+	03:02+
00:06#	00:03+	00:01+	00:32+	02:42&	00:23#	00:37&	01:47&	00:24&	00:05+	00:03+	00:05+	00:41&
5	Tone Cecilie Nystrom				874				52:54			
01:00+	02:37+	04:47+	13:16+	20:07+	24:20+	27:36+	32:02+	34:15+	39:51+	42:28+	46:00+	48:37+
01:00+	01:37+	02:10+	08:29+	06:51+	04:13+	03:16+	04:26+	02:13+	05:36+	02:37+	03:32+	02:37+
01:00+	01:37+	02:10+	08:29+	06:51+	04:13+	03:16+	04:26+	02:13+	05:36+	02:37+	03:32+	02:37+
6	Trude Hermanrud				896				54:41			
01:12+	03:14+	05:29+	14:15+	20:20+	24:54+	28:09+	34:27+	36:30+	41:45+	44:10+	47:18+	50:33+
01:12+	02:02+	02:15+	08:46+	06:05+	04:34+	03:15+	06:18+	02:03+	05:15+	02:25+	03:08+	03:15+
01:12+	02:02+	02:15+	08:46+	06:05+	04:34+	03:15+	06:18+	02:03+	05:15+	02:25+	03:08+	03:15+
7	Berit Aksland				1683				55:34			
01:04+	02:23+	04:16+	12:36+	18:23+	22:23+	25:32+	31:27+	33:17+	37:34+	46:09+	49:06+	52:23+
01:04+	01:19+	01:53+	08:20+	05:47+	04:00+	03:09+	05:55+	01:50+	04:17+	08:35+	02:57+	03:17+
01:04+	01:19+	01:53+	08:20+	05:47+	04:00+	03:09+	05:55+	01:50+	04:17+	08:35+	02:57+	03:17+
8	May Bente Valdai				1683				56:49			
00:54+	03:14+	05:30+	13:44+	22:23+	28:03+	31:03+	37:02+	38:42+	46:13+	48:29+	51:18+	54:09+
00:54+	02:20+	02:16+	08:14+	08:39+	05:40+	03:00+	05:59+	01:40+	07:31+	02:16+	02:49+	02:51+
00:54+	02:20+	02:16+	08:14+	08:39+	05:40+	03:00+	05:59+	01:40+	07:31+	02:16+	02:49+	02:51+
9	Gerd Olaug Vikeså				1758				57:07			
00:53+	02:29+	04:15+	11:43+	22:26+	29:13+	32:22+	37:30+	39:39+	44:34+	46:57+	49:57+	52:47+
00:53+	01:36+	01:46+	07:28+	10:43+	06:47+	03:09+	05:08+	02:09+	04:55+	02:23+	03:00+	02:50+
00:53+	01:36+	01:46+	07:28+	10:43+	06:47+	03:09+	05:08+	02:09+	04:55+	02:23+	03:00+	02:50+
10	Evy Klausen Mjøl̂snes				769				57:13			
01:13+	02:37+	05:29+	14:04+	23:27+	27:21+	30:49+	37:33+	39:16+	45:48+	48:01+	50:44+	53:45+
01:13+	01:24+	02:52+	08:35+	09:23+	03:54+	03:28+	06:44+	01:43+	06:32+	02:13+	02:43+	03:01+
01:13+	01:24+	02:52+	08:35+	09:23+	03:54+	03:28+	06:44+	01:43+	06:32+	02:13+	02:43+	03:01+
11	Irene Rummelhoff				1683				57:36			
00:59+	02:28+	04:28+	13:04+	19:03+	23:02+	26:23+	30:53+	33:17+	39:48+	44:04+	45:49+	49:02+
00:59+	01:29+	02:00+	08:36+	05:59+	03:59+	03:21+	04:30+	02:24+	06:31+	04:16+	01:45+	03:13+
00:59+	01:29+	02:00+	08:36+	05:59+	03:59+	03:21+	04:30+	02:24+	06:31+	04:16+	01:45+	03:13+
12	Marianne Fuglestad				896				58:11			
00:45+	02:34+	04:54+	12:09+	17:22+	22:34+	30:48+	36:23+	39:07+	43:35+	46:54+	49:34+	54:09+
00:45+	01:49+	02:20+	07:15+	05:13+	05:12+	08:14+	05:35+	02:44+	04:28+	03:19+	02:40+	04:35+
00:45+	01:49+	02:20+	07:15+	05:13+	05:12+	08:14+	05:35+	02:44+	04:28+	03:19+	02:40+	04:35+
13	Helen Haneferd				882				58:51			
01:07+	03:52+	05:53+	13:16+	22:31+	27:09+	30:48+	36:01+	38:15+	44:50+	47:36+	51:04+	54:48+
01:07+	02:45+	02:01+	07:23+	09:15+	04:38+	03:39+	05:13+	02:14+	06:35+	02:46+	03:28+	03:44+
01:07+	02:45+	02:01+	07:23+	09:15+	04:38+	03:39+	05:13+	02:14+	06:35+	02:46+	03:28+	03:44+
14	Randi Ladsten				1832				1:01:56			
01:07+	05:16+	07:18+	16:04+	25:47+	29:48+	33:38+	39:10+	41:13+	48:49+	51:53+	55:32+	58:25+
01:07+	04:09+	02:02+	08:46+	09:43+	04:01+	03:50+	05:32+	02:03+	07:36+	03:04+	03:39+	02:53+
01:07+	04:09+	02:02+	08:46+	09:43+	04:01+	03:50+	05:32+	02:03+	07:36+	03:04+	03:39+	02:53+
15	Iren Undheim Øgreid				769				1:02:38			
01:23+	03:24+	05:59+	13:32+	27:48+	32:18+	34:56+	40:49+	42:55+	48:28+	51:18+	54:50+	58:57+
01:23+	02:01+	02:35+	07:33+	14:16+	04:30+	02:38+	05:53+	02:06+	05:33+	02:50+	03:32+	04:07+
01:23+	02:01+	02:35+	07:33+	14:16+	04:30+	02:38+	05:53+	02:06+	05:33+	02:50+	03:32+	04:07+
16	Toril Dahle				1683				1:04:47			
01:07+	03:51+	05:47+	07:41+	13:20+	32:20+	36:26+	40:31+	44:40+	46:44+	52:55+	55:03+	58:03+
01:07+	02:44+	01:56+	01:54+	05:39+	19:00+	04:06+	04:05+	04:09+	02:04+	06:11+	02:08+	03:00+
01:07+	02:44+	01:56+	01:54+	05:39+	19:00+	04:06+	04:05+	04:09+	02:04+	06:11+	02:08+	03:00+
17	Ingjerd Haddeland				3507				1:04:57			
01:26+	03:59+	06:14+	15:26+	26:21+	31:17+	35:27+	42:16+	44:19+	50:58+	53:38+	57:13+	60:30+
01:26+	02:33+	02:15+	09:12+	10:55+	04:56+	04:10+	06:49+	02:03+	06:39+	02:40+	03:35+	03:17+
01:26+	02:33+	02:15+	09:12+	10:55+	04:56+	04:10+	06:49+	02:03+	06:39+	02:40+	03:35+	03:17+

Plass	Navn										Klasse					Tid				
D50																				
18	Mariann Sveinsvoll										3504					1:06:17				
01:06+	03:09+	08:23+	18:55+	28:02+	32:29+	38:23+	43:13+	45:33+	52:31+	55:40+	59:14+	62:08+	63:30+	65:12+	66:17+					
01:06+	02:03+	05:14+	10:32+	09:07+	04:27+	05:54+	04:50+	02:20+	06:58+	03:09+	03:34+	02:54+	01:22+	01:42+	01:05+					
01:06+	02:03+	05:14+	10:32+	09:07+	04:27+	05:54+	04:50+	02:20+	06:58+	03:09+	03:34+	02:54+	01:22+	01:42+	01:05+					
19	Inger Johanne Klausen										3529					1:06:48				
01:07+	03:23+	05:41+	17:05+	28:21+	35:09+	38:35+	45:25+	47:47+	53:00+	55:49+	59:52+	63:03+	64:19+	65:44+	66:48+					
01:07+	02:16+	02:18+	11:24+	11:16+	06:48+	03:26+	06:50+	02:22+	05:13+	02:49+	04:03+	03:11+	01:16+	01:25+	01:04+					
01:07+	02:16+	02:18+	11:24+	11:16+	06:48+	03:26+	06:50+	02:22+	05:13+	02:49+	04:03+	03:11+	01:16+	01:25+	01:04+					
20	Tonje Tiley										882					1:08:24				
00:57+	02:52+	04:57+	15:37+	23:37+	28:40+	32:36+	39:33+	42:25+	49:23+	55:53+	59:01+	64:31+	65:48+	67:10+	68:24+					
00:57+	01:55+	02:05+	10:40+	08:00+	05:03+	03:56+	06:57+	02:52+	06:58+	06:30+	03:08+	05:30+	01:17+	01:22+	01:14+					
00:57+	01:55+	02:05+	10:40+	08:00+	05:03+	03:56+	06:57+	02:52+	06:58+	06:30+	03:08+	05:30+	01:17+	01:22+	01:14+					
21	Tove Irene Asheim										1683					1:08:59				
01:41+	04:05+	06:34+	17:20+	25:26+	30:44+	35:15+	42:11+	44:41+	50:24+	53:10+	58:43+	63:33+	65:32+	67:32+	68:59+					
01:41+	02:24+	02:29+	10:46+	08:06+	05:18+	04:31+	06:56+	02:30+	05:43+	02:46+	05:33+	04:50+	01:59+	02:00+	01:27+					
01:41+	02:24+	02:29+	10:46+	08:06+	05:18+	04:31+	06:56+	02:30+	05:43+	02:46+	05:33+	04:50+	01:59+	02:00+	01:27+					
22	Signe Ottesen										1683					1:09:59				
01:13+	03:06+	05:42+	15:17+	21:56+	26:29+	29:33+	34:26+	36:11+	52:04+	57:53+	62:48+	65:32+	66:44+	68:26+	69:59+					
01:13+	01:53+	02:36+	09:35+	06:39+	04:33+	03:04+	04:53+	01:45+	15:53+	05:49+	04:55+	02:44+	01:12+	01:42+	01:33+					
01:13+	01:53+	02:36+	09:35+	06:39+	04:33+	03:04+	04:53+	01:45+	15:53+	05:49+	04:55+	02:44+	01:12+	01:42+	01:33+					
23	Åse Sellereite										882					1:11:00				
01:03+	03:55+	06:47+	15:18+	21:05+	34:56+	39:12+	47:11+	49:34+	55:36+	57:54+	63:54+	67:31+	68:35+	69:48+	71:00+					
01:03+	02:52+	02:52+	08:31+	05:47+	13:51+	04:16+	07:59+	02:23+	06:02+	02:18+	06:00+	03:37+	01:04+	01:13+	01:12+					
01:03+	02:52+	02:52+	08:31+	05:47+	13:51+	04:16+	07:59+	02:23+	06:02+	02:18+	06:00+	03:37+	01:04+	01:13+	01:12+					
24	Marianne Gjesdal Lyngås										892					1:11:25				
01:21+	03:46+	06:03+	14:47+	28:46+	35:09+	39:17+	46:27+	48:58+	54:44+	58:05+	61:45+	65:23+	67:20+	69:37+	71:25+					
01:21+	02:25+	02:17+	08:44+	13:59+	06:23+	04:08+	07:10+	02:31+	05:46+	03:21+	03:40+	03:38+	01:57+	02:17+	01:48+					
01:21+	02:25+	02:17+	08:44+	13:59+	06:23+	04:08+	07:10+	02:31+	05:46+	03:21+	03:40+	03:38+	01:57+	02:17+	01:48+					
25	Andrea Tapken										3529					1:14:45				
01:19+	05:41+	12:32+	21:58+	32:19+	37:33+	42:02+	48:53+	51:32+	57:34+	60:48+	64:37+	68:51+	70:34+	72:56+	74:45+					
01:19+	04:22+	06:51+	09:26+	10:21+	05:14+	04:29+	06:51+	02:39+	06:02+	03:14+	03:49+	04:14+	01:43+	02:22+	01:49+					
01:19+	04:22+	06:51+	09:26+	10:21+	05:14+	04:29+	06:51+	02:39+	06:02+	03:14+	03:49+	04:14+	01:43+	02:22+	01:49+					
26	Hilde Frøytlog Karlsen										1284					1:21:07				
01:31+	03:37+	06:26+	17:49+	28:20+	35:26+	40:29+	50:36+	53:44+	61:05+	64:52+	69:14+	75:11+	77:15+	78:54+	81:07+					
01:31+	02:06+	02:49+	11:23+	10:31+	07:06+	05:03+	10:07+	03:08+	07:21+	03:47+	04:22+	05:57+	02:04+	01:39+	02:13+					
01:31+	02:06+	02:49+	11:23+	10:31+	07:06+	05:03+	10:07+	03:08+	07:21+	03:47+	04:22+	05:57+	02:04+	01:39+	02:13+					
27	Astri Sandanger										896					1:23:40				
01:12+	04:11+	06:20+	19:09+	29:02+	34:18+	38:47+	57:59+	59:53+	65:50+	68:25+	73:02+	80:15+	81:14+	82:30+	83:40+					
01:12+	02:59+	02:09+	12:49+	09:53+	05:16+	04:29+	19:12+	01:54+	05:57+	02:35+	04:37+	07:13+	00:59+	01:16+	01:10+					
01:12+	02:59+	02:09+	12:49+	09:53+	05:16+	04:29+	19:12+	01:54+	05:57+	02:35+	04:37+	07:13+	00:59+	01:16+	01:10+					
28	Elisabeth Melbø										879					1:33:12				
01:12+	14:30+	16:50+	24:56+	32:13+	38:41+	59:26+	65:28+	67:58+	74:23+	77:03+	83:58+	87:29+	90:33+	91:56+	93:12+					
01:12+	13:18+	02:20+	08:06+	07:17+	06:28+	20:45+	06:02+	02:30+	06:25+	02:40+	06:55+	03:31+	03:04+	01:23+	01:16+					
01:12+	13:18+	02:20+	08:06+	07:17+	06:28+	20:45+	06:02+	02:30+	06:25+	02:40+	06:55+	03:31+	03:04+	01:23+	01:16+					
29	Synnøve Westermoen										1683					1:37:18				
01:15+	18:00+	20:50+	28:53+	36:03+	42:42+	63:22+	69:28+	71:58+	78:36+	81:15+	87:59+	91:34+	94:41+	96:04+	97:18+					
01:15+	16:45+	02:50+	08:03+	07:10+	06:39+	20:40+	06:06+	02:30+	06:38+	02:39+	06:44+	03:35+	03:07+	01:23+	01:14+					
01:15+	16:45+	02:50+	08:03+	07:10+	06:39+	20:40+	06:06+	02:30+	06:38+	02:39+	06:44+	03:35+	03:07+	01:23+	01:14+					
30	Siw Gjerdingen										3676					1:40:30				
02:05+	04:37+	07:25+	19:27+	35:44+	45:46+	50:03+	57:29+	60:28+	72:34+	76:58+	83:02+	92:08+	93:30+	98:35+	100:30+					
02:05+	02:32+	02:48+	12:02+	16:17+	10:02+	04:17+	07:26+	02:59+	12:06+	04:24+	06:04+	09:06+	01:22+	05:05+	01:55+					
02:05+	02:32+	02:48+	12:02+	16:17+	10:02+	04:17+	07:26+	02:59+	12:06+	04:24+	06:04+	09:06+	01:22+	05:05+	01:55+					

Beste strekktid for klassen

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

D60

1	Elisabeth Christie Ørke	722	32:50
00:53=	02:03= 04:18= 06:40= 07:58= 10:31= 14:21= 15:31= 17:39= 18:52= 21:12= 22:40= 26:19= 28:34= 30:02= 31:32= 32:50=		
00:53=	01:10= 02:15= 02:22= 01:18= 02:33= 03:50= 01:10= 02:08= 01:13= 02:20= 01:28= 03:39= 02:15= 01:28= 01:30= 01:18=		
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=		
2	Anne Sæbø Vik	1683	34:12
01:09+	02:23+ 04:20+ 07:04+ 08:32+ 10:34+ 14:12= 15:33+ 17:43+ 18:55+ 21:02= 23:36+ 27:21+ 29:40+ 31:22+ 33:08+ 34:12+		
01:09+	01:14+ 01:57= 02:44+ 01:28+ 02:02= 03:38= 01:21+ 02:10+ 01:12= 02:07= 02:34+ 03:45+ 02:19+ 01:42+ 01:46+ 01:04=		
00:16&	00:04+ 00:18= 00:22# 00:10# 00:31= 00:12= 00:11# 00:02+ 00:01= 00:13= 01:06& 00:06+ 00:04+ 00:14# 00:16# 00:14=		
3	Ragnhild Auglænd	769	35:45
01:01+	02:18+ 04:27+ 06:56+ 08:32+ 10:40+ 15:08+ 16:24+ 18:53+ 20:20+ 22:37+ 24:17+ 28:45+ 31:25+ 33:09+ 34:36+ 35:45+		
01:01+	01:17+ 02:09= 02:29+ 01:36+ 02:08= 04:28+ 01:16+ 02:29+ 01:27+ 02:17= 01:40+ 04:28+ 02:40+ 01:44+ 01:27= 01:09=		
00:08#	00:07# 00:06= 00:07+ 00:18# 00:25= 00:38# 00:06+ 00:21# 00:14# 00:03= 00:12# 00:49# 00:25# 00:16# 00:03= 00:09=		
4	Liv Omdal	1683	38:35
01:04+	02:41+ 05:03+ 07:40+ 09:15+ 12:06+ 15:44+ 17:23+ 18:30+ 21:07+ 22:29+ 24:46+ 26:42+ 30:56+ 33:59+ 35:48+ 37:33+ 38:35+		
01:04+	01:37+ 02:22+ 02:37+ 01:35+ 02:51+ 03:38= 01:39+ 01:07= 02:37+ 01:22= 02:17+ 01:56= 04:14+ 03:03+ 01:49+ 01:45+ 01:02+		
00:11#	00:27& 00:07+ 00:15# 00:17# 00:18# 00:12= 00:29& 01:01= 01:24@ 00:58= 00:49& 01:43= 01:59& 01:35@ 00:19# 00:27& 01:02+		
5	Anne-Siv Gjertsen	882	38:42
01:04+	02:22+ 05:10+ 08:25+ 09:59+ 12:26+ 16:40+ 18:26+ 20:46+ 22:08+ 24:55+ 26:40+ 30:54+ 33:30+ 35:17+ 36:54+ 38:42+		
01:04+	01:18+ 02:48+ 03:15+ 01:34+ 02:27= 04:14+ 01:46+ 02:20+ 01:22+ 02:47+ 01:45+ 04:14+ 02:36+ 01:47+ 01:37+ 01:48+		
00:11#	00:08# 00:33# 00:53& 00:16# 00:06= 00:24# 00:36& 00:12+ 00:09# 00:27# 00:17# 00:35# 00:21# 00:19# 00:07+ 00:30&		
6	Ingrid E. I. Øxnevad	3516	41:46
00:45=	02:19+ 04:45+ 09:16+ 11:15+ 13:53+ 17:47+ 19:27+ 20:40+ 23:05+ 24:37+ 27:18+ 29:30+ 33:35+ 37:22+ 39:04+ 40:47+ 41:46+		
00:45=	01:34+ 02:26+ 04:31+ 01:59+ 02:38+ 03:54+ 01:40+ 01:13= 02:25+ 01:32= 02:41+ 02:12= 04:05+ 03:47+ 01:42+ 01:43+ 00:59+		
00:08=	00:24& 00:11+ 02:09& 00:41& 00:05+ 00:04+ 00:30& 00:55= 01:12& 00:48= 01:13& 01:27= 01:50& 02:19@ 00:12# 00:25& 00:59+		
7	Nina Christiansen	722	42:03
01:12+	03:29+ 05:37+ 09:25+ 10:55+ 12:55+ 16:37+ 17:56+ 20:15+ 21:57+ 24:21+ 26:00+ 30:32+ 36:24+ 39:17+ 40:43+ 42:03+		
01:12+	02:17+ 02:08= 03:48+ 01:30+ 02:00= 03:42= 01:19+ 02:19+ 01:42+ 02:24+ 01:39+ 04:32+ 05:52+ 02:53+ 01:26= 01:20+		
00:19&	01:07& 00:07= 01:26& 00:12# 00:33= 00:08= 00:09# 00:11+ 00:29& 00:04+ 00:11# 00:53# 03:37@ 01:25& 00:04= 00:02+		
8	Eli Tjøland Stokka	1141	43:34
01:08+	03:04+ 05:40+ 08:14+ 10:28+ 13:06+ 17:57+ 19:27+ 22:22+ 23:50+ 26:34+ 30:41+ 35:22+ 38:45+ 40:35+ 42:12+ 43:34+		
01:08+	01:56+ 02:36+ 02:34+ 02:14+ 02:38+ 04:51+ 01:30+ 02:55+ 01:28+ 02:44+ 04:07+ 04:41+ 03:23+ 01:50+ 01:37+ 01:22+		
00:15&	00:46& 00:21# 00:12+ 00:56& 00:05+ 01:01& 00:20& 00:47& 00:15# 00:24# 02:39@ 01:02& 01:08& 00:22# 00:07+ 00:04+		

Beste strekktid for klassen

00:45 01:10 01:57 02:22 01:18 02:00 03:38 01:10 01:07 01:12 01:22 01:28 01:56 02:15 01:28 01:26 01:04

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

D65

1	Ann Karin Tjørhom	1884	35:11
00:52=	02:12= 04:20= 07:12= 08:56= 11:04= 14:58= 16:18= 18:36= 20:03= 22:31= 24:34= 28:41= 31:31= 32:59= 34:01= 35:11=		
00:52=	01:20= 02:08= 02:52= 01:44= 02:08= 03:54= 01:20= 02:18= 01:27= 02:28= 02:03= 04:07= 02:50= 01:28= 01:02= 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=		
2	Ingunn Voilås	3502	37:42
00:50=	02:58+ 05:00+ 08:06+ 09:52+ 12:11+ 16:41+ 18:00+ 20:25+ 21:53+ 23:57+ 25:40+ 30:07+ 32:59+ 34:52+ 36:30+ 37:42+		
00:50=	02:08+ 02:02= 03:06+ 01:46+ 02:19+ 04:30+ 01:19= 02:25+ 01:28+ 02:04= 01:43= 04:27+ 02:52+ 01:53+ 01:38+ 01:12+		
00:02=	00:48& 00:06= 00:14+ 00:02+ 00:11+ 00:36# 00:01= 00:07+ 00:01+ 00:24= 00:20= 00:20+ 00:02+ 00:25& 00:36& 00:02+		
3	Marit Karin Skretting Nygård	892	39:12
01:06+	02:39+ 04:52+ 07:33+ 09:08+ 11:49+ 16:19+ 17:51+ 20:17+ 21:43+ 24:13+ 26:20+ 31:02+ 34:15+ 35:53+ 37:54+ 39:12+		
01:06+	01:33+ 02:13+ 02:41= 01:35= 02:41+ 04:30+ 01:32+ 02:26+ 01:26= 02:30+ 02:07+ 04:42+ 03:13+ 01:38+ 02:01+ 01:18+		
00:14&	00:13# 00:05+ 00:11= 00:09= 00:33& 00:36# 00:12# 00:08+ 00:01= 00:02+ 00:04+ 00:35# 00:23# 00:10# 00:59& 00:08#		
4	Ingrid Eik	1830	39:38
00:57+	02:19+ 04:21+ 07:03= 08:26= 13:30+ 17:52+ 19:24+ 21:40+ 23:41+ 25:53+ 27:34+ 31:53+ 34:36+ 36:14+ 37:58+ 39:38+		
00:57+	01:22+ 02:02= 02:42= 01:23= 05:04+ 04:22+ 01:32+ 02:16= 02:01+ 02:12= 01:41= 04:19+ 02:43= 01:38+ 01:44+ 01:40+		
00:05+	00:02+ 00:06= 00:10= 00:21= 02:56@ 00:28# 00:12# 00:02= 00:34& 00:16= 00:22= 00:12+ 00:07= 00:10# 00:42& 00:30&		

Plass	Navn						Klasse						Tid					
D65																		
5	Margot Asheim						722						41:25					
00:48-	02:04-	04:11-	07:41+	09:02+	11:40+	15:52+	17:32+	20:06+	22:00+	24:15+	26:16+	30:51+	36:55+	38:47+	40:21+	41:25+		
00:48-	01:16-	02:07-	03:30+	01:21-	02:38+	04:12+	01:40+	02:34+	01:54+	02:15-	02:01-	04:35+	06:04+	01:52+	01:34+	01:04-		
00:04-	00:04-	00:01-	00:38#	00:23-	00:30#	00:18+	00:20#	00:16#	00:27&	00:13-	00:02-	00:28#	03:14@	00:24&	00:32&	00:06-		
6	Olaug F Mydland						3502						42:32					
01:33+	03:10+	05:21+	08:45+	10:30+	13:31+	18:13+	20:32+	23:11+	24:35+	27:06+	29:27+	34:28+	37:23+	39:19+	41:25+	42:32+		
01:33+	01:37+	02:11+	03:24+	01:45+	03:01+	04:42+	02:19+	02:39+	01:24+	02:31+	02:21+	05:01+	02:55+	01:56+	02:06+	01:07+		
01:33+	01:37+	02:11+	03:24+	01:45+	03:01+	04:42+	02:19+	02:39+	01:24+	02:31+	02:21+	05:01+	02:55+	01:56+	02:06+	01:07+		
7	Eli Frafjord						1141						43:40					
01:04+	02:31+	05:19+	08:37+	12:04+	14:35+	19:55+	21:25+	24:14+	25:57+	28:18+	30:18+	35:18+	38:09+	40:21+	41:55+	43:40+		
01:04+	01:27+	02:48+	03:18+	03:27+	02:31+	05:20+	01:30+	02:49+	01:43+	02:21+	02:00+	05:00+	02:51+	02:12+	01:34+	01:45+		
01:04+	01:27+	02:48+	03:18+	03:27+	02:31+	05:20+	01:30+	02:49+	01:43+	02:21+	02:00+	05:00+	02:51+	02:12+	01:34+	01:45+		
8	May Meling						593						43:46					
01:25+	02:52+	04:56+	07:58+	10:08+	13:15+	18:06+	19:52+	22:28+	24:00+	26:31+	28:24+	33:00+	39:04+	40:41+	42:29+	43:46+		
01:25+	01:27+	02:04+	03:02+	02:10+	03:07+	04:51+	01:46+	02:36+	01:32+	02:31+	01:53+	04:36+	06:04+	01:37+	01:48+	01:17+		
01:25+	01:27+	02:04+	03:02+	02:10+	03:07+	04:51+	01:46+	02:36+	01:32+	02:31+	01:53+	04:36+	06:04+	01:37+	01:48+	01:17+		
9	Berit Bakken						1884						44:31					
01:17+	02:54+	05:17+	08:18+	10:14+	15:19+	20:12+	21:42+	24:19+	25:55+	28:21+	30:54+	35:31+	38:34+	40:31+	42:31+	44:31+		
01:17+	01:37+	02:23+	03:01+	01:56+	05:05+	04:53+	01:30+	02:37+	01:36+	02:26+	02:33+	04:37+	03:03+	01:57+	02:00+	02:00+		
01:17+	01:37+	02:23+	03:01+	01:56+	05:05+	04:53+	01:30+	02:37+	01:36+	02:26+	02:33+	04:37+	03:03+	01:57+	02:00+	02:00+		
10	Liv-Grete Obrestad						3551						54:38					
01:22+	02:45+	06:03+	13:10+	14:47+	22:21+	26:38+	28:04+	30:21+	31:42+	34:20+	35:54+	42:56+	48:19+	49:59+	53:19+	54:38+		
01:22+	01:23+	03:18+	07:07+	01:37+	07:34+	04:17+	01:26+	02:17+	01:21+	02:38+	01:34+	07:02+	05:23+	01:40+	03:20+	01:19+		
01:22+	01:23+	03:18+	07:07+	01:37+	07:34+	04:17+	01:26+	02:17+	01:21+	02:38+	01:34+	07:02+	05:23+	01:40+	03:20+	01:19+		
11	Liv Sissel Obrestad						3529						55:28					
01:12+	03:12+	05:36+	11:57+	14:13+	17:26+	22:13+	24:17+	27:04+	28:46+	31:21+	34:33+	39:35+	48:48+	52:26+	54:08+	55:28+		
01:12+	02:00+	02:24+	06:21+	02:16+	03:13+	04:47+	02:04+	02:47+	01:42+	02:35+	03:12+	05:02+	09:13+	03:38+	01:42+	01:20+		
01:12+	02:00+	02:24+	06:21+	02:16+	03:13+	04:47+	02:04+	02:47+	01:42+	02:35+	03:12+	05:02+	09:13+	03:38+	01:42+	01:20+		

Beste strekktid for klassen

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

D70

1	Kirsten Carlsen												1884				45:29			
01:01=	02:27=	04:34=	07:19=	09:10=	12:46=	17:32=	19:18=	22:13=	26:57=	30:07=	32:08=	37:15=	40:35=	42:46=	44:19=	45:29=				
01:01=	01:26=	02:07=	02:45=	01:51=	03:36=	04:46=	01:46=	02:55=	04:44=	03:10=	02:01=	05:07=	03:20=	02:11=	01:33=	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=				
2	Hanne Eik												896				52:24			
01:33+	03:12+	05:59+	10:41+	12:42+	16:09+	21:03+	23:15+	26:52+	28:36+	31:41+	34:05+	39:13+	42:58+	45:51+	50:53+	52:24+				
01:33+	01:39+	02:47+	04:42+	02:01+	03:27-	04:54+	02:12+	03:37+	01:44-	03:05-	02:24+	05:08+	03:45+	02:53+	05:02+	01:31+				
00:32&	00:13#	00:40&	01:57&	00:10+	00:09-	00:08+	00:26#	00:42#	03:00-	00:05-	00:23#	00:01+	00:25#	00:42&	03:29@	00:21&				
3	Mette Dagsland												874				58:04			
01:18+	03:32+	06:11+	08:55+	10:57+	12:44-	18:44+	23:45+	25:51+	28:30+	30:42+	35:37+	37:29+	45:58+	52:56+	54:54+	56:45+	58:04+			
01:18+	02:14+	02:39+	02:44-	02:02+	01:47-	06:00+	05:01+	02:06-	02:39-	02:12-	04:55+	01:52-	08:29+	06:58+	01:58+	01:51+	01:19+			
00:17&	00:48&	00:32&	00:01-	00:11+	01:49-	01:14&	03:15@	00:49-	02:05-	00:58-	02:54@	03:15-	05:09@	04:47@	00:25&	00:41&	01:19+			
4	Lillian Dahl Fitjar												896				1:00:52			
01:42+	03:20+	05:54+	13:16+	17:09+	19:00+	23:06+	32:57+	35:07+	38:21+	40:32+	43:40+	46:14+	51:52+	55:29+	57:39+	59:17+	60:52+			
01:42+	01:38+	02:34+	07:22+	03:53+	01:51-	04:06-	09:51+	02:10-	03:14-	02:11-	03:08+	02:34-	05:38+	03:37+	02:10+	01:38+	01:35+			
00:41&	00:12#	00:27#	04:37@	02:02@	01:45-	00:40-	08:05@	00:45-	01:30-	00:59-	01:07&	02:33-	02:18&	01:26&	00:37&	00:28&	01:35+			
5	Berit Gramstad												3551				1:17:50			
01:23+	03:50+	09:15+	13:41+	17:29+	26:11+	38:11+	40:08+	44:10+	47:05+	50:25+	55:54+	62:53+	67:36+	71:28+	75:03+	77:50+				
01:23+	02:27+	05:25+	04:26+	03:48+	08:42+	12:00+	01:57+	04:02+	02:55-	03:20+	05:29+	06:59+	04:43+	03:52+	03:35+	02:47+				
00:22&	01:01&	03:18@	01:41&	01:57@	05:06@	07:14@	00:11#	01:07&	01:49-	00:10+	03:28@	01:52&	01:23&	01:41&	02:02@	01:37@				

Plass	Navn															Klasse	Tid																											
D70																																												
Beste strekktid for klassen																																												
	01:01	01:26	02:07	02:44	01:51	01:47	04:06	01:46	02:06	01:44	02:11	02:01	01:52	03:20	02:11	01:33	01:10																											
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																												
D75																																												
1	Ingrid W. Hestness															896	35:49																											
	00:57=	02:10=	04:09=	07:21=	09:12=	11:43=	15:21=	16:39=	18:41=	20:13=	22:09=	23:56=	27:59=	31:09=	32:46=	34:41=	35:49=																											
	00:57=	01:13=	01:59=	03:12=	01:51=	02:31=	03:38=	01:18=	02:02=	01:32=	01:56=	01:47=	04:03=	03:10=	01:37=	01:55=	01:08=																											
	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	Haldis Glendrange															874	46:40																											
	01:15+	03:01+	05:46+	09:20+	11:03+	14:10+	19:16+	21:16+	24:53+	26:44+	29:40+	31:51+	37:50+	41:29+	43:33+	45:07+	46:40+																											
	01:15+	01:46+	02:45+	03:34+	01:43-	03:07+	05:06+	02:00+	03:37+	01:51+	02:56+	02:11+	05:59+	03:39+	02:04+	01:34-	01:33+																											
	00:18&	00:33&	00:46&	00:22#	00:08-	00:36#	01:28&	00:42&	01:35&	00:19#	01:00&	00:24#	01:56&	00:29#	00:27&	00:21-	00:25&																											
3	Inger Skretting Opstad															3529	48:14																											
	01:26+	03:12+	06:00+	09:29+	11:44+	14:51+	20:37+	22:31+	25:45+	28:04+	31:00+	33:39+	39:15+	42:48+	45:04+	46:39+	48:14+																											
	01:26+	01:46+	02:48+	03:29+	02:15+	03:07+	05:46+	01:54+	03:14+	02:19+	02:56+	02:39+	05:36+	03:33+	02:16+	01:35-	01:35+																											
	00:29&	00:33&	00:49&	00:17+	00:24#	00:36#	02:08&	00:36&	01:12&	00:47&	01:00&	00:52&	01:33&	00:23#	00:39&	00:20-	00:27&																											
4	Helga Klausen															769	51:30																											
	01:44+	03:39+	06:42+	11:01+	13:01+	15:58+	21:34+	23:31+	27:00+	28:50+	31:47+	34:37+	40:31+	44:41+	47:51+	50:04+	51:30+																											
	01:44+	01:55+	03:03+	04:19+	02:00+	02:57+	05:36+	01:57+	03:29+	01:50+	02:57+	02:50+	05:54+	04:10+	03:10+	02:13+	01:26+																											
	00:47&	00:42&	01:04&	01:07&	00:09+	00:26#	01:58&	00:39&	01:27&	00:18#	01:01&	01:03&	01:51&	01:00&	01:33&	00:18#	00:18&																											
5	Hedvig Anda															1683	58:24																											
	01:27+	04:13+	07:12+	11:57+	14:46+	17:56+	23:44+	26:10+	29:32+	31:47+	36:13+	39:16+	45:20+	51:57+	54:07+	56:49+	58:24+																											
	01:27+	02:46+	02:59+	04:45+	02:49+	03:10+	05:48+	02:26+	03:22+	02:15+	04:26+	03:03+	06:04+	06:37+	02:10+	02:42+	01:35+																											
	00:30&	01:33@	01:00&	01:33&	00:58&	00:39&	02:10&	01:08&	01:20&	00:43&	02:30@	01:16&	02:01&	03:27@	00:33&	00:47&	00:27&																											
6	Aslaug Lura															1141	1:05:05																											
	01:35+	03:40+	07:05+	11:45+	14:12+	18:23+	25:26+	27:36+	31:21+	34:20+	39:49+	43:20+	50:15+	56:11+	60:38+	63:28+	65:05+																											
	01:35+	02:05+	03:25+	04:40+	02:27+	04:11+	07:03+	02:10+	03:45+	02:59+	05:29+	03:31+	06:55+	05:56+	04:27+	02:50+	01:37+																											
	00:38&	00:52&	01:26&	01:28&	00:36&	01:40&	03:25&	00:52&	01:43&	01:27&	03:33@	01:44&	02:52&	02:46&	02:50@	00:55&	00:29&																											
7	Brit Skjelbred															1141	1:05:08																											
	01:45+	03:47+	07:10+	11:51+	14:17+	18:29+	25:34+	27:32+	31:14+	34:17+	39:46+	43:24+	50:12+	56:18+	60:43+	63:34+	65:08+																											
	01:45+	02:02+	03:23+	04:41+	02:26+	04:12+	07:05+	01:58+	03:42+	03:03+	05:29+	03:38+	06:48+	06:06+	04:25+	02:51+	01:34+																											
	00:48&	00:49&	01:24&	01:29&	00:35&	01:41&	03:27&	00:40&	01:40&	01:31&	03:33@	01:51@	02:45&	02:56&	02:48@	00:56&	00:26&																											
Beste strekktid for klassen																																												
	00:57	01:13	01:59	03:12	01:43	02:31	03:38	01:18	02:02	01:32	01:56	01:47	04:03	03:10	01:37	01:34	01:08																											
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																												
D80																																												
1	Turid Nystrøm															874	29:08																											
	01:11=	02:41=	04:47=	09:46=	12:30=	14:36=	16:35=	18:54=	21:18=	24:17=	27:48=	29:08=																																
	01:11=	01:30=	02:06=	04:59=	02:44=	02:06=	01:59=	02:19=	02:24=	02:59=	03:31=	01:20=																																
	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	29:44																											
	01:11=	03:01+	05:08+	09:20-	12:18-	14:30-	17:13+	19:28+	22:16+	25:00+	28:24+	29:44+																																
	01:11=	01:50+	02:07+	04:12-	02:58+	02:12+	02:43+	02:15-	02:48+	02:44-	03:24-	01:20=																																
	00:00=	00:20#	00:01+	00:47-	00:14+	00:06+	00:44&	00:04-	00:24#	00:15-	00:07-	00:00=																																
3	Helga Aaslid															3529	35:35																											
	02:32+	04:31+	07:28+	12:05+	15:03+	17:12+	19:43+	22:40+	25:04+	28:36+	32:46+	35:35+																																
	02:32+	01:59+	02:57+	04:37-	02:58+	02:09+	02:31+	02:57+	02:24=	03:32+	04:10+	02:49+																																
	01:21@	00:29&	00:51&	00:22-	00:14+	00:03+	00:32&	00:38&	00:00=	00:33#	00:39#	01:29@																																
27.04.2025 20:35:56																																												
Side:7																																												

Plass

Navn

Klasse

Tid

D80

4	Berit Ebbell Olsen										874	47:44	
01:43+	04:22+	07:26+	14:23+	19:09+	22:28+	26:07+	29:57+	34:02+	39:41+	45:20+	47:44+		
01:43+	02:39+	03:04+	06:57+	04:46+	03:19+	03:39+	03:50+	04:05+	05:39+	05:39+	02:24+		
00:32%	01:09%	00:58%	01:58%	02:02%	01:13%	01:40%	01:31%	01:41%	02:40%	02:08%	01:04%		

Beste strekktid for klassen

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

DA

1	Aud Hognestad Taksdal										892		45:12									
02:04=	03:22=	04:44=	06:41=	13:05=	17:37=	18:46=	23:09=	24:49=	26:48=	29:59=	31:24=	32:30=	34:10=	35:06=	37:33=	39:00=	42:34=	43:27=	44:29=	45:12=		
02:04=	01:18=	01:22=	01:57=	06:24=	04:32=	01:09=	04:23=	01:40=	01:59=	03:11=	01:25=	01:06=	01:40=	00:56=	02:27=	01:27=	03:34=	00:53=	01:02=	00:43=		
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	Silje Skorve Skarpeid										1758		48:30									
02:12+	04:07+	05:53+	08:00+	16:09+	20:43+	21:52+	26:15+	27:57+	29:58+	33:05+	34:32+	35:44+	37:16+	38:16+	40:39+	42:07+	45:40+	46:31+	47:37+	48:30+		
02:12+	01:55+	01:46+	02:07+	08:09+	04:34+	01:09=	04:23=	01:42+	02:01+	03:07=	01:27+	01:12+	01:32=	01:00+	02:23=	01:28+	03:33=	00:51=	01:06+	00:53+		
00:08+	00:37%	00:24%	00:10+	01:45%	00:02+	00:00=	00:00=	00:02+	00:02+	00:04=	00:02+	00:06+	00:08=	00:04+	00:04=	00:01+	00:01=	00:02=	00:04+	00:10#		
3	Katrine Haaland Leveraas										896		55:36									
02:11+	03:33+	05:14+	07:13+	14:09+	19:11+	20:29+	24:57+	27:36+	29:51+	34:01+	35:54+	37:31+	40:12+	41:36+	44:28+	46:03+	52:31+	53:45+	54:46+	55:36+		
02:11+	01:22+	01:41+	01:59+	06:56+	05:02+	01:18+	04:28+	02:39+	02:15+	04:10+	01:53+	01:37+	02:41+	01:24+	02:52+	01:35+	06:28+	01:14+	01:01=	00:50+		
00:07+	00:04+	00:19#	00:02+	00:32+	00:30#	00:09#	00:05+	00:59%	00:16#	00:59%	00:28%	00:31%	01:01%	00:28%	00:25#	00:08+	02:54%	00:21%	00:01=	00:07#		
4	Clare Leveridge										877		1:05:04									
02:36+	04:20+	06:14+	08:37+	17:18+	24:19+	26:21+	31:24+	33:51+	36:53+	41:31+	43:40+	45:45+	48:49+	50:23+	54:17+	56:28+	61:51+	62:59+	64:03+	65:04+		
02:36+	01:44+	01:54+	02:23+	08:41+	07:01+	02:02+	05:03+	02:27+	03:02+	04:38+	02:09+	02:05+	03:04+	01:34+	03:54+	02:11+	05:23+	01:08+	01:04+	01:01+		
00:32%	00:26%	00:32%	00:26#	02:17%	02:29%	00:53%	00:40#	00:47%	01:03%	01:27%	00:44%	00:59%	01:24%	00:38%	01:27%	00:44%	01:49%	00:15%	00:02+	00:18%		
5	Matilde Skjæveland Skår										3486		1:05:35									
02:21+	04:17+	06:06+	08:17+	19:41+	25:49+	27:26+	32:59+	35:20+	38:00+	42:28+	44:54+	46:31+	50:59+	52:13+	55:22+	57:06+	62:24+	63:27+	64:38+	65:35+		
02:21+	01:56+	01:49+	02:11+	11:24+	06:08+	01:37+	05:33+	02:21+	02:40+	04:28+	02:26+	01:37+	04:28+	01:14+	03:09+	01:44+	05:18+	01:03+	01:11+	00:57+		
00:17#	00:38%	00:27%	00:14#	05:00%	01:36%	00:28%	01:10%	00:41%	00:41%	01:17%	01:01%	00:31%	02:48%	00:18%	00:42%	00:17#	01:44%	00:10%	00:09#	00:14%		
6	Trine Bolstad Scheie										769		1:08:36									
02:42+	04:18+	06:06+	08:30+	17:32+	23:41+	25:11+	36:00+	38:44+	42:26+	46:47+	48:42+	50:36+	53:42+	55:19+	58:24+	60:10+	65:18+	66:34+	67:42+	68:36+		
02:42+	01:36+	01:48+	02:24+	09:02+	06:09+	01:30+	10:49+	02:44+	03:42+	04:21+	01:55+	01:54+	03:06+	01:37+	03:05+	01:46+	05:08+	01:16+	01:08+	00:54+		
00:38%	00:18#	00:26%	00:27#	02:38%	01:37%	00:21%	06:26%	01:04%	01:43%	01:10%	00:30%	00:48%	01:26%	00:41%	00:38%	00:19#	01:34%	00:23%	00:06+	00:11%		
7	Nina Karlsen										3531		1:10:43									
03:14+	04:45+	06:36+	09:01+	18:32+	25:47+	27:36+	32:59+	35:35+	39:50+	45:01+	47:18+	49:28+	52:32+	53:58+	58:15+	60:19+	65:54+	68:15+	69:38+	70:43+		
03:14+	01:31+	01:51+	02:25+	09:31+	07:15+	01:49+	05:23+	02:36+	04:15+	05:11+	02:17+	02:10+	03:04+	01:26+	04:17+	02:04+	05:35+	02:21+	01:23+	01:05+		
01:10%	00:13#	00:29%	00:28#	03:07%	02:43%	00:40%	01:00#	00:56%	02:16%	02:00%	00:52%	01:04%	01:24%	00:30%	01:50%	00:37%	02:01%	01:28%	00:21%	00:22%		
8	Aina Kalsaas Urstad										4232		1:12:08									
02:25+	04:13+	06:06+	08:22+	17:40+	23:42+	30:48+	35:19+	37:41+	40:26+	45:04+	46:55+	48:31+	52:37+	54:02+	59:01+	61:24+	68:52+	70:05+	71:15+	72:08+		
02:25+	01:48+	01:53+	02:16+	09:18+	06:02+	07:06+	04:31+	02:22+	02:45+	04:38+	01:51+	01:36+	04:06+	01:25+	04:59+	02:23+	07:28+	01:13+	01:10+	00:53+		
00:21#	00:30%	00:31%	00:19#	02:54%	01:30%	05:57%	00:08+	00:42%	00:46%	01:27%	00:26%	00:30%	02:26%	00:29%	02:32%	00:56%	03:54%	00:20%	00:08#	00:10#		
9	Wibeke Lende										3503		1:12:10									
03:29+	05:18+	07:13+	09:36+	19:06+	25:44+	27:38+	33:36+	35:47+	38:33+	43:27+	45:46+	47:18+	53:02+	54:43+	59:59+	61:40+	68:33+	70:01+	71:11+	72:10+		
03:29+	01:49+	01:55+	02:23+	09:30+	06:38+	01:54+	05:58+	02:11+	02:46+	04:54+	02:19+	01:32+	05:44+	01:41+	05:16+	01:41+	06:53+	01:28+	01:10+	00:59+		
01:25%	00:31%	00:33%	00:26#	03:06%	02:06%	00:45%	01:35%	00:31%	00:47%	01:43%	00:54%	00:26%	04:04%	00:45%	02:49%	00:14#	03:19%	00:35%	00:08#	00:16%		

Beste strekktid for klassen

02:04	01:18	01:22	01:57	06:24	04:32	01:09	04:23	01:40	01:59	03:07	01:25	01:06	01:32	00:56	02:23	01:27	03:33	00:51	01:01	00:43
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

DB

Plass	Navn	Klasse	Tid
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DB

1	Inger Tone Nygård												3502			49:43		
00:51=	02:35=	04:30=	05:59=	09:23=	15:01=	21:15=	23:06=	29:46=	32:50=	35:39=	36:55=	41:33=	43:17=	48:19=	49:43=			
00:51=	01:44=	01:55=	01:29=	03:24=	05:38=	06:14=	01:51=	06:40=	03:04=	02:49=	01:16=	04:38=	01:44=	05:02=	01:24=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Anina Hadland												3502			53:25		
00:46+	02:33+	05:07+	07:00+	10:56+	17:03+	24:18+	26:33+	34:18+	37:57+	40:34+	41:55+	45:17+	46:47+	51:53+	53:25+			
00:46+	01:47+	02:34+	01:53+	03:56+	06:07+	07:15+	02:15+	07:45+	03:39+	02:37+	01:21+	03:22+	01:30+	05:06+	01:32+			
00:46+	01:47+	02:34+	01:53+	03:56+	06:07+	07:15+	02:15+	07:45+	03:39+	02:37+	01:21+	03:22+	01:30+	05:06+	01:32+			
3	Lise Isachsen												1384			54:10		
00:47+	02:49+	04:44+	06:38+	09:49+	16:25+	22:28+	24:48+	32:29+	35:25+	37:52+	39:18+	43:00+	45:21+	49:42+	50:58+			
00:47+	02:02+	01:55+	01:54+	03:11+	06:36+	06:03+	02:20+	07:41+	02:56+	02:27+	01:26+	03:42+	02:21+	04:21+	01:16+			
00:47+	02:02+	01:55+	01:54+	03:11+	06:36+	06:03+	02:20+	07:41+	02:56+	02:27+	01:26+	03:42+	02:21+	04:21+	01:16+			
4	Wenche Margrethe Sæbbø												896			55:04		
00:52+	02:35+	04:25+	05:59+	09:37+	16:18+	24:46+	26:57+	34:37+	37:38+	40:38+	41:46+	47:02+	48:40+	53:30+	55:04+			
00:52+	01:43+	01:50+	01:34+	03:38+	06:41+	08:28+	02:11+	07:40+	03:01+	03:00+	01:08+	05:16+	01:38+	04:50+	01:34+			
00:52+	01:43+	01:50+	01:34+	03:38+	06:41+	08:28+	02:11+	07:40+	03:01+	03:00+	01:08+	05:16+	01:38+	04:50+	01:34+			
5	Anne Garsrud												3518			56:59		
00:56+	02:53+	05:55+	07:38+	11:06+	16:35+	22:51+	25:18+	32:32+	35:50+	40:45+	42:20+	46:32+	48:44+	55:21+	56:59+			
00:56+	01:57+	03:02+	01:43+	03:28+	05:29+	06:16+	02:27+	07:14+	03:18+	04:55+	01:35+	04:12+	02:12+	06:37+	01:38+			
00:56+	01:57+	03:02+	01:43+	03:28+	05:29+	06:16+	02:27+	07:14+	03:18+	04:55+	01:35+	04:12+	02:12+	06:37+	01:38+			
6	Helen Lomeland												722			59:34		
01:02+	02:58+	04:55+	06:47+	10:23+	18:04+	26:23+	28:22+	36:37+	39:30+	44:02+	45:23+	49:44+	51:38+	58:01+	59:34+			
01:02+	01:56+	01:57+	01:52+	03:36+	07:41+	08:19+	01:59+	08:15+	02:53+	04:32+	01:21+	04:21+	01:54+	06:23+	01:33+			
01:02+	01:56+	01:57+	01:52+	03:36+	07:41+	08:19+	01:59+	08:15+	02:53+	04:32+	01:21+	04:21+	01:54+	06:23+	01:33+			
7	Toyah Bråtveit												1832			1:02:15		
00:50+	02:57+	04:47+	06:29+	10:08+	16:34+	24:01+	26:19+	34:13+	40:51+	44:03+	45:33+	49:30+	52:57+	61:06+	62:15+			
00:50+	02:07+	01:50+	01:42+	03:39+	06:26+	07:27+	02:18+	07:54+	06:38+	03:12+	01:30+	03:57+	03:27+	08:09+	01:09+			
00:50+	02:07+	01:50+	01:42+	03:39+	06:26+	07:27+	02:18+	07:54+	06:38+	03:12+	01:30+	03:57+	03:27+	08:09+	01:09+			
8	Marita Skorpe Falnes												3568			1:04:01		
01:23+	03:31+	05:46+	07:52+	11:53+	19:55+	28:39+	31:40+	40:15+	44:05+	47:55+	49:44+	53:59+	56:30+	62:35+	64:01+			
01:23+	02:08+	02:15+	02:06+	04:01+	08:02+	08:44+	03:01+	08:35+	03:50+	03:50+	01:49+	04:15+	02:31+	06:05+	01:26+			
01:23+	02:08+	02:15+	02:06+	04:01+	08:02+	08:44+	03:01+	08:35+	03:50+	03:50+	01:49+	04:15+	02:31+	06:05+	01:26+			
9	Heidi Martby-Skogsholm												3522			1:13:02		
01:23+	04:11+	07:09+	09:19+	13:37+	21:58+	30:21+	32:52+	42:03+	47:02+	51:43+	53:44+	60:28+	63:39+	71:26+	73:02+			
01:23+	02:48+	02:58+	02:10+	04:18+	08:21+	08:23+	02:31+	09:11+	04:59+	04:41+	02:01+	06:44+	03:11+	07:47+	01:36+			
01:23+	02:48+	02:58+	02:10+	04:18+	08:21+	08:23+	02:31+	09:11+	04:59+	04:41+	02:01+	06:44+	03:11+	07:47+	01:36+			
10	Maira Andersone												1884			1:26:28		
01:04+	04:05+	06:29+	08:19+	12:28+	22:38+	35:11+	37:50+	51:03+	55:05+	61:06+	63:41+	75:08+	77:39+	84:52+	86:28+			
01:04+	03:01+	02:24+	01:50+	04:09+	10:10+	12:33+	02:39+	13:13+	04:02+	06:01+	02:35+	11:27+	02:31+	07:13+	01:36+			
01:04+	03:01+	02:24+	01:50+	04:09+	10:10+	12:33+	02:39+	13:13+	04:02+	06:01+	02:35+	11:27+	02:31+	07:13+	01:36+			

Beste strekktid for klassen

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

DNY

1	Camilla Lillebø Gundersen							793	16:10
01:12=	02:59=	04:52=	07:09=	09:14=	11:25=	14:38=	16:10=		
01:12=	01:47=	01:53=	02:17=	02:05=	02:11=	03:13=	01:32=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	June Stensland							3529	17:35
01:24+	03:13+	04:56+	07:30+	09:28+	12:05+	15:44+	17:35+		
01:24+	01:49+	01:43=	02:34+	01:58=	02:37+	03:39+	01:51+		
00:12#	00:02+	00:10=	00:17#	00:07=	00:26#	00:26#	00:19#		

Plass	Navn	Klasse	Tid
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DNY

3	Bente Klausen	769	17:42
	01:24+ 03:20+ 04:59+ 07:34+ 09:36+ 12:40+ 15:57+ 17:42+		
	01:24+ 01:56+ 01:39- 02:35+ 02:02- 03:04+ 03:17+ 01:45+		
	00:12# 00:09+ 00:14- 00:18# 00:03- 00:53& 00:04+ 00:13#		
4	Randi Sørhus	722	19:37
	01:23+ 03:21+ 05:10+ 09:57+ 11:48+ 14:33+ 17:58+ 19:37+		
	01:23+ 01:58+ 01:49+ 04:47+ 01:51+ 02:45+ 03:25+ 01:39+		
	01:23+ 01:58+ 01:49+ 04:47+ 01:51+ 02:45+ 03:25+ 01:39+		
5	Solbjørg Eikeland	722	19:39
	01:23+ 03:21+ 05:09+ 09:58+ 11:49+ 14:27+ 17:59+ 19:39+		
	01:23+ 01:58+ 01:48+ 04:49+ 01:51+ 02:38+ 03:32+ 01:40+		
	01:23+ 01:58+ 01:48+ 04:49+ 01:51+ 02:38+ 03:32+ 01:40+		
6	Anne Linn Olsen	3528	20:15
	01:40+ 03:59+ 05:52+ 08:11+ 10:47+ 13:44+ 18:14+ 20:15+		
	01:40+ 02:19+ 01:53+ 02:19+ 02:36+ 02:57+ 04:30+ 02:01+		
	01:40+ 02:19+ 01:53+ 02:19+ 02:36+ 02:57+ 04:30+ 02:01+		
7	Kristine Aasland	3524	20:22
	01:52+ 04:09+ 06:02+ 08:17+ 10:58+ 13:54+ 18:25+ 20:22+		
	01:52+ 02:17+ 01:53+ 02:15+ 02:41+ 02:56+ 04:31+ 01:57+		
	01:52+ 02:17+ 01:53+ 02:15+ 02:41+ 02:56+ 04:31+ 01:57+		
8	Karin Jensvold	722	58:28
	03:06+ 13:19+ 18:50+ 23:37+ 32:25+ 43:32+ 51:58+ 58:28+		
	03:06+ 10:13+ 05:31+ 04:47+ 08:48+ 11:07+ 08:26+ 06:30+		
	03:06+ 10:13+ 05:31+ 04:47+ 08:48+ 11:07+ 08:26+ 06:30+		
9	Ingrid Lohne	722	58:37
	03:13+ 13:33+ 19:05+ 23:50+ 32:30+ 43:38+ 52:07+ 58:37+		
	03:13+ 10:20+ 05:32+ 04:45+ 08:40+ 11:08+ 08:29+ 06:30+		
	03:13+ 10:20+ 05:32+ 04:45+ 08:40+ 11:08+ 08:29+ 06:30+		

Beste strekktid for klassen

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

DT

1	Eli Karine Klungre	1754	22:28
	01:33= 02:44= 04:56= 09:21= 10:52= 12:54= 14:33= 16:18= 19:32= 21:12= 22:28=		
	01:33= 01:11= 02:12= 04:25= 01:31= 02:02= 01:39= 01:45= 03:14= 01:40= 01:16=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Monica Gilje Rennemo	892	24:59
	01:11- 02:41- 05:10+ 10:44+ 12:20+ 14:47+ 16:52+ 18:48+ 21:57+ 23:24+ 24:59+		
	01:11- 01:30+ 02:29+ 05:34+ 01:36+ 02:27+ 02:05+ 01:56+ 03:09- 01:27- 01:35+		
	00:22- 00:19& 00:17# 01:09& 00:05+ 00:25# 00:26& 00:11# 00:05- 00:13- 00:19#		
3	Sigrund Serigstad	879	25:22
	01:12- 02:27- 04:44- 08:34- 09:56- 14:54+ 17:02+ 19:31+ 22:44+ 24:19+ 25:22+		
	01:12- 01:15+ 02:17+ 03:50- 01:22- 04:58+ 02:08+ 02:29+ 03:13- 01:35- 01:03-		
	00:21- 00:04+ 00:05+ 00:35- 00:09- 02:56@ 00:29& 00:44& 00:01- 00:05- 00:13-		
4	Line Skaar	4235	25:25
	01:12- 02:32- 04:27- 11:07+ 12:54+ 14:30+ 17:10+ 19:06+ 21:55+ 23:42+ 25:25+		
	01:12- 01:20+ 01:55- 06:40+ 01:47+ 01:36- 02:40+ 01:56+ 02:49- 01:47+ 01:43+		
	00:21- 00:09# 00:17- 02:15& 00:16# 00:26- 01:01& 00:11# 00:25- 00:07+ 00:27&		
5	Ingrid Overegseth Foss	896	26:00
	01:20- 02:45+ 05:24+ 10:11+ 12:12+ 15:56+ 17:39+ 20:12+ 23:05+ 24:45+ 26:00+		
	01:20- 01:25+ 02:39+ 04:47+ 02:01+ 03:44+ 01:43+ 02:33+ 02:53- 01:40= 01:15-		
	00:13- 00:14# 00:27# 00:22+ 00:30& 01:42& 00:04+ 00:48& 00:21- 00:00= 00:01-		

Plass	Navn											Klasse	Tid
DT													
6	Hege Jangsett											1884	26:07
01:02-	02:33-	05:30+	10:43+	12:49+	14:50+	16:47+	19:04+	23:03+	24:43+	26:07+			
01:02-	01:31+	02:57+	05:13+	02:06+	02:01-	01:57+	02:17+	03:59+	01:40=	01:24+			
00:31-	00:20&	00:45&	00:48#	00:35&	00:01-	00:18#	00:32&	00:45#	00:00=	00:08#			
7	Silje Myklebust											3529	26:10
00:57+	02:57+	05:37+	10:21+	12:25+	14:20+	16:18+	18:38+	22:05+	25:04+	26:10+			
00:57+	02:00+	02:40+	04:44+	02:04+	01:55+	01:58+	02:20+	03:27+	02:59+	01:06+			
00:57+	02:00+	02:40+	04:44+	02:04+	01:55+	01:58+	02:20+	03:27+	02:59+	01:06+			
8	Elisa Møller											769	26:13
01:13+	02:53+	05:42+	10:43+	12:50+	15:36+	17:23+	19:22+	23:29+	25:04+	26:13+			
01:13+	01:40+	02:49+	05:01+	02:07+	02:46+	01:47+	01:59+	04:07+	01:35+	01:09+			
01:13+	01:40+	02:49+	05:01+	02:07+	02:46+	01:47+	01:59+	04:07+	01:35+	01:09+			
9	Julie Kristine Hovet											892	27:38
03:27+	05:10+	10:25+	14:05+	16:29+	18:29+	20:24+	21:57+	25:11+	26:37+	27:38+			
03:27+	01:43+	05:15+	03:40+	02:24+	02:00+	01:55+	01:33+	03:14+	01:26+	01:01+			
03:27+	01:43+	05:15+	03:40+	02:24+	02:00+	01:55+	01:33+	03:14+	01:26+	01:01+			
10	Esther Boenheim											2539	28:49
01:28+	03:18+	05:56+	10:47+	12:42+	16:57+	19:09+	21:42+	25:49+	27:15+	28:49+			
01:28+	01:50+	02:38+	04:51+	01:55+	04:15+	02:12+	02:33+	04:07+	01:26+	01:34+			
01:28+	01:50+	02:38+	04:51+	01:55+	04:15+	02:12+	02:33+	04:07+	01:26+	01:34+			
11	Anne Turid Vestbakke											1683	29:00
01:20+	03:07+	06:19+	11:36+	13:38+	15:53+	18:16+	20:34+	25:34+	27:20+	29:00+			
01:20+	01:47+	03:12+	05:17+	02:02+	02:15+	02:23+	02:18+	05:00+	01:46+	01:40+			
01:20+	01:47+	03:12+	05:17+	02:02+	02:15+	02:23+	02:18+	05:00+	01:46+	01:40+			
12	Elin Norveel											722	29:36
01:22+	03:30+	06:14+	11:40+	13:45+	15:56+	20:11+	22:31+	26:24+	28:07+	29:36+			
01:22+	02:08+	02:44+	05:26+	02:05+	02:11+	04:15+	02:20+	03:53+	01:43+	01:29+			
01:22+	02:08+	02:44+	05:26+	02:05+	02:11+	04:15+	02:20+	03:53+	01:43+	01:29+			
13	Janeth Kleppe											879	29:59
01:34+	03:13+	06:55+	12:35+	14:48+	17:30+	19:40+	21:51+	25:34+	27:45+	29:59+			
01:34+	01:39+	03:42+	05:40+	02:13+	02:42+	02:10+	02:11+	03:43+	02:11+	02:14+			
01:34+	01:39+	03:42+	05:40+	02:13+	02:42+	02:10+	02:11+	03:43+	02:11+	02:14+			
14	Liv Janne Nergaard											1683	30:00
01:31+	03:20+	07:25+	13:38+	15:39+	17:35+	20:06+	22:36+	25:37+	28:19+	30:00+			
01:31+	01:49+	04:05+	06:13+	02:01+	01:56+	02:31+	02:30+	03:01+	02:42+	01:41+			
01:31+	01:49+	04:05+	06:13+	02:01+	01:56+	02:31+	02:30+	03:01+	02:42+	01:41+			
15	Janne Frantzen											1683	30:24
01:21+	03:14+	06:20+	12:53+	15:42+	17:44+	19:50+	22:31+	27:05+	28:55+	30:24+			
01:21+	01:53+	03:06+	06:33+	02:49+	02:02+	02:06+	02:41+	04:34+	01:50+	01:29+			
01:21+	01:53+	03:06+	06:33+	02:49+	02:02+	02:06+	02:41+	04:34+	01:50+	01:29+			
16	Elisabet Horpestad											896	30:31
01:19+	02:56+	06:34+	14:49+	16:43+	19:17+	21:08+	23:26+	27:00+	28:46+	30:31+			
01:19+	01:37+	03:38+	08:15+	01:54+	02:34+	01:51+	02:18+	03:34+	01:46+	01:45+			
01:19+	01:37+	03:38+	08:15+	01:54+	02:34+	01:51+	02:18+	03:34+	01:46+	01:45+			
17	Ingrid Dagsland Halderaker											3562	31:02
01:28+	03:16+	06:24+	12:11+	14:46+	16:45+	20:40+	23:13+	27:29+	29:12+	31:02+			
01:28+	01:48+	03:08+	05:47+	02:35+	01:59+	03:55+	02:33+	04:16+	01:43+	01:50+			
01:28+	01:48+	03:08+	05:47+	02:35+	01:59+	03:55+	02:33+	04:16+	01:43+	01:50+			
18	Synnøve Vidstein											3558	31:10
01:34+	03:47+	06:11+	13:03+	15:14+	18:53+	21:10+	23:54+	28:10+	29:56+	31:10+			
01:34+	02:13+	02:24+	06:52+	02:11+	03:39+	02:17+	02:44+	04:16+	01:46+	01:14+			
01:34+	02:13+	02:24+	06:52+	02:11+	03:39+	02:17+	02:44+	04:16+	01:46+	01:14+			
19	Kristine Vik											1284	31:33
01:29+	03:27+	06:50+	12:13+	16:25+	18:00+	22:04+	24:42+	28:25+	30:08+	31:33+			
01:29+	01:58+	03:23+	05:23+	04:12+	01:35+	04:04+	02:38+	03:43+	01:43+	01:25+			
01:29+	01:58+	03:23+	05:23+	04:12+	01:35+	04:04+	02:38+	03:43+	01:43+	01:25+			

Plass	Navn										Klasse	Tid
DT												
20	Therese Østbø										896	31:38
04:08+	05:50+	09:44+	15:33+	17:35+	20:28+	22:40+	24:53+	28:21+	29:56+	31:38+		
04:08+	01:42+	03:54+	05:49+	02:02+	02:53+	02:12+	02:13+	03:28+	01:35+	01:42+		
04:08+	01:42+	03:54+	05:49+	02:02+	02:53+	02:12+	02:13+	03:28+	01:35+	01:42+		
21	Anna Hole										3503	31:40
01:35+	03:41+	07:58+	14:23+	17:54+	19:47+	22:04+	24:35+	28:39+	30:27+	31:40+		
01:35+	02:06+	04:17+	06:25+	03:31+	01:53+	02:17+	02:31+	04:04+	01:48+	01:13+		
01:35+	02:06+	04:17+	06:25+	03:31+	01:53+	02:17+	02:31+	04:04+	01:48+	01:13+		
22	Tone M. Seglem Giske										1683	32:30
01:30+	04:13+	07:21+	13:28+	16:59+	20:39+	22:43+	25:10+	29:45+	31:14+	32:30+		
01:30+	02:43+	03:08+	06:07+	03:31+	03:40+	02:04+	02:27+	04:35+	01:29+	01:16+		
01:30+	02:43+	03:08+	06:07+	03:31+	03:40+	02:04+	02:27+	04:35+	01:29+	01:16+		
23	Ida Sjursø										1754	34:29
01:47+	03:55+	06:48+	13:07+	15:33+	17:36+	22:04+	28:01+	31:39+	33:16+	34:29+		
01:47+	02:08+	02:53+	06:19+	02:26+	02:03+	04:28+	05:57+	03:38+	01:37+	01:13+		
01:47+	02:08+	02:53+	06:19+	02:26+	02:03+	04:28+	05:57+	03:38+	01:37+	01:13+		
24	Renate Furenes										892	34:53
01:11+	02:40+	12:03+	17:14+	19:14+	21:15+	24:29+	27:27+	31:34+	33:19+	34:53+		
01:11+	01:29+	09:23+	05:11+	02:00+	02:01+	03:14+	02:58+	04:07+	01:45+	01:34+		
01:11+	01:29+	09:23+	05:11+	02:00+	02:01+	03:14+	02:58+	04:07+	01:45+	01:34+		
25	Kjersti Sigurdson										722	34:56
01:09+	02:42+	13:51+	18:09+	19:54+	21:33+	23:49+	28:15+	32:24+	33:45+	34:56+		
01:09+	01:33+	11:09+	04:18+	01:45+	01:39+	02:16+	04:26+	04:09+	01:21+	01:11+		
01:09+	01:33+	11:09+	04:18+	01:45+	01:39+	02:16+	04:26+	04:09+	01:21+	01:11+		
26	Inger Martinsen										4248	36:07
01:21+	03:11+	07:19+	15:28+	17:42+	20:23+	25:45+	29:00+	32:53+	34:29+	36:07+		
01:21+	01:50+	04:08+	08:09+	02:14+	02:41+	05:22+	03:15+	03:53+	01:36+	01:38+		
01:21+	01:50+	04:08+	08:09+	02:14+	02:41+	05:22+	03:15+	03:53+	01:36+	01:38+		
27	Maria Haukalid										3511	36:46
01:30+	03:15+	07:04+	12:08+	14:36+	16:59+	19:03+	25:21+	32:35+	34:38+	36:46+		
01:30+	01:45+	03:49+	05:04+	02:28+	02:23+	02:04+	06:18+	07:14+	02:03+	02:08+		
01:30+	01:45+	03:49+	05:04+	02:28+	02:23+	02:04+	06:18+	07:14+	02:03+	02:08+		
28	Signe Lise Haaland										3507	36:47
01:48+	03:53+	07:38+	14:20+	17:30+	20:06+	23:01+	25:52+	31:26+	33:38+	36:47+		
01:48+	02:05+	03:45+	06:42+	03:10+	02:36+	02:55+	02:51+	05:34+	02:12+	03:09+		
01:48+	02:05+	03:45+	06:42+	03:10+	02:36+	02:55+	02:51+	05:34+	02:12+	03:09+		
29	Monica Regine Romstad										722	37:02
02:07+	04:39+	13:17+	18:44+	20:43+	23:14+	25:47+	28:42+	33:10+	35:28+	37:02+		
02:07+	02:32+	08:38+	05:27+	01:59+	02:31+	02:33+	02:55+	04:28+	02:18+	01:34+		
02:07+	02:32+	08:38+	05:27+	01:59+	02:31+	02:33+	02:55+	04:28+	02:18+	01:34+		
30	Gunhild Nordbø										896	37:56
01:26+	03:33+	08:17+	15:31+	18:25+	21:04+	23:51+	26:10+	30:18+	35:59+	37:56+		
01:26+	02:07+	04:44+	07:14+	02:54+	02:39+	02:47+	02:19+	04:08+	05:41+	01:57+		
01:26+	02:07+	04:44+	07:14+	02:54+	02:39+	02:47+	02:19+	04:08+	05:41+	01:57+		
31	Solbjørg Borgersen										3536	38:05
01:28+	03:48+	06:57+	18:19+	20:31+	22:41+	26:43+	28:54+	33:39+	36:43+	38:05+		
01:28+	02:20+	03:09+	11:22+	02:12+	02:10+	04:02+	02:11+	04:45+	03:04+	01:22+		
01:28+	02:20+	03:09+	11:22+	02:12+	02:10+	04:02+	02:11+	04:45+	03:04+	01:22+		
32	Kirsti Strand Salvesen										3540	38:12
02:16+	04:23+	08:04+	14:06+	17:04+	19:32+	22:25+	25:39+	31:15+	35:58+	38:02+		
02:16+	02:07+	03:41+	06:02+	02:58+	02:28+	02:53+	03:14+	05:36+	04:43+	02:04+		
02:16+	02:07+	03:41+	06:02+	02:58+	02:28+	02:53+	03:14+	05:36+	04:43+	02:04+		
33	Liv Janne Fandrem Biland										892	39:23
05:32+	07:58+	10:47+	17:48+	20:07+	22:43+	25:43+	32:14+	36:08+	37:52+	39:23+		
05:32+	02:26+	02:49+	07:01+	02:19+	02:36+	03:00+	06:31+	03:54+	01:44+	01:31+		
05:32+	02:26+	02:49+	07:01+	02:19+	02:36+	03:00+	06:31+	03:54+	01:44+	01:31+		

Plass	Navn										Klasse	Tid
DT												
34	Eli Thorset Våge										896	39:26
01:54+	04:18+	07:43+	15:30+	18:31+	20:40+	27:33+	30:33+	35:20+	37:36+	39:26+		
01:54+	02:24+	03:25+	07:47+	03:01+	02:09+	06:53+	03:00+	04:47+	02:16+	01:50+		
01:54+	02:24+	03:25+	07:47+	03:01+	02:09+	06:53+	03:00+	04:47+	02:16+	01:50+		
35	Bente Skagseth										3558	40:11
02:17+	05:13+	11:23+	19:14+	21:37+	24:58+	29:56+	33:09+	36:51+	38:41+	40:11+		
02:17+	02:56+	06:10+	07:51+	02:23+	03:21+	04:58+	03:13+	03:42+	01:50+	01:30+		
02:17+	02:56+	06:10+	07:51+	02:23+	03:21+	04:58+	03:13+	03:42+	01:50+	01:30+		
36	Marianne Steinkopf										880	43:43
01:24+	05:04+	15:32+	24:31+	26:54+	30:16+	32:46+	35:34+	38:17+	41:56+	43:43+		
01:24+	03:40+	10:28+	08:59+	02:23+	03:22+	02:30+	02:48+	02:43+	03:39+	01:47+		
01:24+	03:40+	10:28+	08:59+	02:23+	03:22+	02:30+	02:48+	02:43+	03:39+	01:47+		
37	Anastasia Ollestad										3676	46:43
01:25+	05:43+	23:55+	29:29+	31:38+	33:32+	36:18+	38:26+	42:58+	45:26+	46:43+		
01:25+	04:18+	18:12+	05:34+	02:09+	01:54+	02:46+	02:08+	04:32+	02:28+	01:17+		
01:25+	04:18+	18:12+	05:34+	02:09+	01:54+	02:46+	02:08+	04:32+	02:28+	01:17+		
38	Heidi Camilla Raugstad Hovet										769	49:56
01:27+	05:31+	08:23+	16:28+	18:18+	22:55+	29:14+	32:39+	45:11+	48:07+	49:56+		
01:27+	04:04+	02:52+	08:05+	01:50+	04:37+	06:19+	03:25+	12:32+	02:56+	01:49+		
01:27+	04:04+	02:52+	08:05+	01:50+	04:37+	06:19+	03:25+	12:32+	02:56+	01:49+		
39	Runa Vatna Sandmoen										1283	55:49
06:16+	09:12+	17:15+	28:57+	32:02+	35:03+	39:52+	43:22+	49:33+	52:32+	55:49+		
06:16+	02:56+	08:03+	11:42+	03:05+	03:01+	04:49+	03:30+	06:11+	02:59+	03:17+		
06:16+	02:56+	08:03+	11:42+	03:05+	03:01+	04:49+	03:30+	06:11+	02:59+	03:17+		
40	Paula Barco										1283	55:54
06:15+	09:17+	17:15+	29:17+	32:06+	35:08+	39:28+	43:23+	49:36+	52:34+	55:54+		
06:15+	03:02+	07:58+	12:02+	02:49+	03:02+	04:20+	03:55+	06:13+	02:58+	03:20+		
06:15+	03:02+	07:58+	12:02+	02:49+	03:02+	04:20+	03:55+	06:13+	02:58+	03:20+		
41	Ragnhild Christiansen										1884	56:07
03:00+	06:31+	12:03+	22:28+	26:46+	30:29+	36:21+	40:49+	49:17+	52:21+	56:07+		
03:00+	03:31+	05:32+	10:25+	04:18+	03:43+	05:52+	04:28+	08:28+	03:04+	03:46+		
03:00+	03:31+	05:32+	10:25+	04:18+	03:43+	05:52+	04:28+	08:28+	03:04+	03:46+		
42	Else Marie Furland										1884	56:21
03:11+	06:44+	12:43+	22:48+	27:02+	30:47+	36:38+	41:36+	49:37+	52:42+	56:21+		
03:11+	03:33+	05:59+	10:05+	04:14+	03:45+	05:51+	04:58+	08:01+	03:05+	03:39+		
03:11+	03:33+	05:59+	10:05+	04:14+	03:45+	05:51+	04:58+	08:01+	03:05+	03:39+		
43	Marit Kløvstad Braut										892	56:30
03:13+	06:56+	12:42+	22:58+	27:15+	32:07+	36:47+	42:14+	49:41+	53:24+	56:30+		
03:13+	03:43+	05:46+	10:16+	04:17+	04:52+	04:40+	05:27+	07:27+	03:43+	03:06+		
03:13+	03:43+	05:46+	10:16+	04:17+	04:52+	04:40+	05:27+	07:27+	03:43+	03:06+		
44	Solveig Marie Grønning										3511	1:02:01
02:05+	05:33+	14:40+	29:49+	33:13+	41:39+	47:55+	53:01+	58:12+	60:00+	62:01+		
02:05+	03:28+	09:07+	15:09+	03:24+	08:26+	06:16+	05:06+	05:11+	01:48+	02:01+		
02:05+	03:28+	09:07+	15:09+	03:24+	08:26+	06:16+	05:06+	05:11+	01:48+	02:01+		
45	Agnete Dedekam Stabel										1758	1:18:46
02:53+	10:27+	18:47+	33:17+	35:11+	45:39+	48:22+	54:26+	66:57+	76:49+	78:46+		
02:53+	07:34+	08:20+	14:30+	01:54+	10:28+	02:43+	06:04+	12:31+	09:52+	01:57+		
02:53+	07:34+	08:20+	14:30+	01:54+	10:28+	02:43+	06:04+	12:31+	09:52+	01:57+		
Beste strekktid for klassen												

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

H16

Plass	Navn					Klasse					Tid				
H16															
1	Børge Grødem					3619					43:50				
00:49=	02:39=	04:16=	05:28=	08:28=	12:38=	17:50=	19:32=	26:38=	29:37=	33:38=	34:36=	37:34=	39:17=	42:48=	43:50=
00:49=	01:50=	01:37=	01:12=	03:00=	04:10=	05:12=	01:42=	07:06=	02:59=	04:01=	00:58=	02:58=	01:43=	03:31=	01:02=
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	Sam McCloy					793					44:00				
01:02+	02:23+	03:59+	05:15+	07:59+	12:55+	18:18+	20:08+	26:47+	29:15+	33:05+	34:20+	37:45+	39:11+	42:57+	44:00+
01:02+	01:21+	01:36+	01:16+	02:44+	04:56+	05:23+	01:50+	06:39+	02:28+	03:50+	01:15+	03:25+	01:26+	03:46+	01:03+
01:02+	01:21+	01:36+	01:16+	02:44+	04:56+	05:23+	01:50+	06:39+	02:28+	03:50+	01:15+	03:25+	01:26+	03:46+	01:03+
3	Erling Byberg					793					44:59				
01:00+	02:59+	04:23+	05:36+	08:24+	13:44+	19:50+	21:10+	27:28+	29:58+	32:40+	33:57+	37:49+	39:50+	44:03+	44:59+
01:00+	01:59+	01:24+	01:13+	02:48+	05:20+	06:06+	01:20+	06:18+	02:30+	02:42+	01:17+	03:52+	02:01+	04:13+	00:56+
01:00+	01:59+	01:24+	01:13+	02:48+	05:20+	06:06+	01:20+	06:18+	02:30+	02:42+	01:17+	03:52+	02:01+	04:13+	00:56+
4	Bendix Gjølstad Smith					892					53:24				
01:07+	03:07+	05:08+	06:49+	10:21+	16:37+	23:15+	25:15+	32:42+	35:56+	39:05+	40:28+	43:59+	45:53+	52:09+	53:24+
01:07+	02:00+	02:01+	01:41+	03:32+	06:16+	06:38+	02:00+	07:27+	03:14+	03:09+	01:23+	03:31+	01:54+	06:16+	01:15+
01:07+	02:00+	02:01+	01:41+	03:32+	06:16+	06:38+	02:00+	07:27+	03:14+	03:09+	01:23+	03:31+	01:54+	06:16+	01:15+
5	Alexander Romanov					3562					54:10				
00:47+	02:40+	04:19+	05:47+	08:36+	14:19+	21:24+	23:22+	29:55+	36:30+	39:02+	40:21+	43:44+	46:49+	52:51+	54:10+
00:47+	01:53+	01:39+	01:28+	02:49+	05:43+	07:05+	01:58+	06:33+	06:35+	02:32+	01:19+	03:23+	03:05+	06:02+	01:19+
00:47+	01:53+	01:39+	01:28+	02:49+	05:43+	07:05+	01:58+	06:33+	06:35+	02:32+	01:19+	03:23+	03:05+	06:02+	01:19+
6	Ole Andre Brandsberg					3502					54:36				
00:39+	02:14+	04:10+	06:06+	09:32+	15:18+	22:20+	25:49+	33:31+	36:57+	40:33+	41:44+	45:28+	46:49+	53:19+	54:36+
00:39+	01:35+	01:56+	01:56+	03:26+	05:46+	07:02+	03:29+	07:42+	03:26+	03:36+	01:11+	03:44+	01:21+	06:30+	01:17+
00:39+	01:35+	01:56+	01:56+	03:26+	05:46+	07:02+	03:29+	07:42+	03:26+	03:36+	01:11+	03:44+	01:21+	06:30+	01:17+
7	Jonas Hagen					3528					57:04				
00:46+	02:52+	05:25+	07:53+	11:41+	20:06+	26:19+	29:02+	36:44+	40:37+	43:40+	45:08+	49:12+	50:57+	55:52+	57:04+
00:46+	02:06+	02:33+	02:28+	03:48+	08:25+	06:13+	02:43+	07:42+	03:53+	03:03+	01:28+	04:04+	01:45+	04:55+	01:12+
00:46+	02:06+	02:33+	02:28+	03:48+	08:25+	06:13+	02:43+	07:42+	03:53+	03:03+	01:28+	04:04+	01:45+	04:55+	01:12+
8	Øyvind Rustan					722					57:29				
03:04+	04:45+	06:35+	07:54+	11:08+	19:24+	26:06+	27:52+	34:18+	37:11+	41:28+	42:56+	49:18+	50:34+	56:16+	57:29+
03:04+	01:41+	01:50+	01:19+	03:14+	08:16+	06:42+	01:46+	06:26+	02:53+	04:17+	01:28+	06:22+	01:16+	05:42+	01:13+
03:04+	01:41+	01:50+	01:19+	03:14+	08:16+	06:42+	01:46+	06:26+	02:53+	04:17+	01:28+	06:22+	01:16+	05:42+	01:13+
9	Eivind Baltzersen					1283					58:36				
00:55+	03:04+	05:04+	06:25+	10:27+	15:47+	22:04+	24:47+	32:49+	37:17+	40:55+	43:06+	48:54+	51:22+	57:23+	58:36+
00:55+	02:09+	02:00+	01:21+	04:02+	05:20+	06:17+	02:43+	08:02+	04:28+	03:38+	02:11+	05:48+	02:28+	06:01+	01:13+
00:55+	02:09+	02:00+	01:21+	04:02+	05:20+	06:17+	02:43+	08:02+	04:28+	03:38+	02:11+	05:48+	02:28+	06:01+	01:13+
10	David Wade					1683					1:01:44				
00:47+	02:40+	04:50+	06:09+	09:33+	17:16+	27:00+	29:20+	36:51+	39:57+	43:03+	44:25+	48:47+	53:02+	60:25+	61:44+
00:47+	01:53+	02:10+	01:19+	03:24+	07:43+	09:44+	02:20+	07:31+	03:06+	03:06+	01:22+	04:22+	04:15+	07:23+	01:19+
00:47+	01:53+	02:10+	01:19+	03:24+	07:43+	09:44+	02:20+	07:31+	03:06+	03:06+	01:22+	04:22+	04:15+	07:23+	01:19+
11	Sondre Aspøy					2074					1:06:33				
03:20+	05:02+	06:56+	08:32+	12:03+	26:07+	32:26+	34:39+	42:40+	46:19+	50:50+	52:30+	56:42+	58:22+	65:28+	66:33+
03:20+	01:42+	01:54+	01:36+	03:31+	14:04+	06:19+	02:13+	08:01+	03:39+	04:31+	01:40+	04:12+	01:40+	07:06+	01:05+
03:20+	01:42+	01:54+	01:36+	03:31+	14:04+	06:19+	02:13+	08:01+	03:39+	04:31+	01:40+	04:12+	01:40+	07:06+	01:05+
12	Lars Kartevoll					3548					1:07:22				
01:04+	03:11+	05:15+	07:33+	11:13+	19:07+	27:07+	30:26+	39:17+	43:31+	51:09+	52:42+	57:32+	59:29+	65:51+	67:22+
01:04+	02:07+	02:04+	02:18+	03:40+	07:54+	08:00+	03:19+	08:51+	04:14+	07:38+	01:33+	04:50+	01:57+	06:22+	01:31+
01:04+	02:07+	02:04+	02:18+	03:40+	07:54+	08:00+	03:19+	08:51+	04:14+	07:38+	01:33+	04:50+	01:57+	06:22+	01:31+
13	Andreas Primstad					3548					1:10:46				
01:44+	04:01+	05:57+	07:48+	11:39+	18:36+	26:35+	29:28+	39:34+	43:49+	51:41+	53:14+	57:51+	59:56+	69:27+	70:46+
01:44+	02:17+	01:56+	01:51+	03:51+	06:57+	07:59+	02:53+	10:06+	04:15+	07:52+	01:33+	04:37+	02:05+	09:31+	01:19+
01:44+	02:17+	01:56+	01:51+	03:51+	06:57+	07:59+	02:53+	10:06+	04:15+	07:52+	01:33+	04:37+	02:05+	09:31+	01:19+
14	Martin Gjerstad					3676					1:12:49				
01:04+	03:42+	07:14+	08:48+	12:53+	19:31+	26:57+	29:05+	43:17+	47:59+	52:07+	54:01+	65:33+	67:13+	71:48+	72:49+
01:04+	02:38+	03:32+	01:34+	04:05+	06:38+	07:26+	02:08+	14:12+	04:42+	04:08+	01:54+	11:32+	01:40+	04:35+	01:01+
01:04+	02:38+	03:32+	01:34+	04:05+	06:38+	07:26+	02:08+	14:12+	04:42+	04:08+	01:54+	11:32+	01:40+	04:35+	01:01+

Plass	Navn					Klasse					Tid				
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H16

15	Truls Thorkildsen					2074					1:14:29				
00:38+	02:16+	04:02+	05:28+	08:38+	14:43+	21:43+	29:25+	35:38+	47:58+	52:09+	58:00+	66:04+	67:48+	73:13+	74:29+
00:38+	01:38+	01:46+	01:26+	03:10+	06:05+	07:00+	07:42+	06:13+	12:20+	04:11+	05:51+	08:04+	01:44+	05:25+	01:16+
00:38+	01:38+	01:46+	01:26+	03:10+	06:05+	07:00+	07:42+	06:13+	12:20+	04:11+	05:51+	08:04+	01:44+	05:25+	01:16+
16	Magnus Kristoffersen					3676					1:14:39				
01:14+	04:15+	06:17+	08:11+	12:23+	19:11+	28:11+	30:55+	43:02+	49:15+	54:08+	56:24+	62:22+	65:52+	73:25+	74:39+
01:14+	03:01+	02:02+	01:54+	04:12+	06:48+	09:00+	02:44+	12:07+	06:13+	04:53+	02:16+	05:58+	03:30+	07:33+	01:14+
01:14+	03:01+	02:02+	01:54+	04:12+	06:48+	09:00+	02:44+	12:07+	06:13+	04:53+	02:16+	05:58+	03:30+	07:33+	01:14+
17	Bernt Christian Bugge					3676					1:15:14				
01:24+	04:00+	06:25+	08:26+	12:09+	19:12+	26:26+	29:59+	43:04+	46:48+	50:17+	51:49+	61:07+	67:00+	73:42+	75:14+
01:24+	02:36+	02:25+	02:01+	03:43+	07:03+	07:14+	03:33+	13:05+	03:44+	03:29+	01:32+	09:18+	05:53+	06:42+	01:32+
01:24+	02:36+	02:25+	02:01+	03:43+	07:03+	07:14+	03:33+	13:05+	03:44+	03:29+	01:32+	09:18+	05:53+	06:42+	01:32+
18	Stian Bentsen Malmanger					3676					1:15:19				
01:05+	02:59+	05:14+	07:07+	11:08+	17:52+	25:39+	32:54+	45:49+	51:23+	57:01+	59:05+	65:12+	67:31+	73:35+	75:19+
01:05+	01:54+	02:15+	01:53+	04:01+	06:44+	07:47+	07:15+	12:55+	05:34+	05:38+	02:04+	06:07+	02:19+	06:04+	01:44+
01:05+	01:54+	02:15+	01:53+	04:01+	06:44+	07:47+	07:15+	12:55+	05:34+	05:38+	02:04+	06:07+	02:19+	06:04+	01:44+

Beste strekktid for klassen

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

H40

1	Magne Habbestad					3531					50:01				
00:57=	02:32=	04:23=	06:01=	09:13=	15:07=	21:09=	23:06=	30:59=	34:28=	36:57=	38:17=	41:44=	43:26=	48:42=	50:01=
00:57=	01:35=	01:51=	01:38=	03:12=	05:54=	06:02=	01:57=	07:53=	03:29=	02:29=	01:20=	03:27=	01:42=	05:16=	01:19=
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					52:49				
00:54-	02:32=	04:43+	06:24+	09:36+	15:03-	21:04-	23:06=	29:30-	32:39-	37:08+	38:54+	44:36+	47:14+	51:45+	52:49+
00:54-	01:38+	02:11+	01:41+	03:12=	05:27-	06:01-	02:02+	06:24-	03:09-	04:29+	01:46+	05:42+	02:38+	04:31-	01:04-
00:03-	00:03+	00:20#	00:03+	00:00=	00:27-	00:01-	00:05+	01:29-	00:20-	02:00&	00:26&	02:15&	00:56&	00:45-	00:15-
3	Christian Ask					3563					55:00				
00:51-	02:59+	04:56+	06:36+	09:52+	15:22+	21:58+	23:41+	31:43+	34:41+	38:41+	40:04+	43:11+	46:14+	53:45+	55:00+
00:51-	02:08+	01:57+	01:40+	03:16+	05:30-	06:36+	01:43-	08:02+	02:58-	04:00+	01:23+	03:07-	03:03+	07:31+	01:15-
00:06-	00:33&	00:06+	00:02+	00:04+	00:24-	00:34+	00:14-	00:09+	00:31-	01:31&	00:03+	00:20-	01:21&	02:15&	00:04-
4	Olav Johannes Espedal					3519					56:37				
01:13+	03:14+	05:08+	06:47+	09:47+	15:42+	21:47+	24:21+	32:23+	36:24+	39:44+	41:10+	44:55+	46:49+	55:31+	56:37+
01:13+	02:01+	01:54+	01:39+	03:00-	05:55+	06:05+	02:34+	08:02+	04:01+	03:20+	01:26+	03:45+	01:54+	08:42+	01:06-
00:16&	00:26&	00:03+	00:01+	00:12-	00:01+	00:03+	00:37&	00:09+	00:32#	00:51&	00:06+	00:18+	00:12#	03:26&	00:13-
5	Anders Hagen					3528					57:19				
00:45-	02:57+	05:22+	08:00+	11:55+	20:04+	26:15+	29:06+	36:57+	40:33+	43:46+	45:22+	49:16+	50:57+	56:04+	57:19+
00:45-	02:12+	02:25+	02:38+	03:55+	08:09+	06:11+	02:51+	07:51-	03:36+	03:13+	01:36+	03:54+	01:41-	05:07-	01:15-
00:12-	00:37&	00:34&	01:00&	00:43#	02:15&	00:09+	00:54&	00:02-	00:07+	00:44&	00:16#	00:27#	00:01-	00:09-	00:04-
6	Bjarne Bore					3529					1:01:30				
00:41-	02:25-	04:17-	05:42-	08:54-	17:30+	25:07+	28:42+	36:30+	40:20+	46:09+	48:26+	53:18+	55:59+	60:18+	61:30+
00:41-	01:44+	01:52+	01:25-	03:12=	08:36+	07:37+	03:35+	07:48-	03:50+	05:49+	02:17+	04:52+	02:41+	04:19-	01:12-
00:16-	00:09+	00:01+	00:13-	00:00=	02:42&	01:35&	01:38&	00:05-	00:21#	03:20@	00:57&	01:25&	00:59&	00:57-	00:07-
7	Inge Arild Leknes					3548					1:02:22				
00:46-	02:54+	04:36+	06:42+	10:04+	18:13+	25:21+	28:43+	39:14+	42:50+	46:39+	48:14+	53:08+	54:35+	60:50+	62:22+
00:46-	02:08+	01:42-	02:06+	03:22+	08:09+	07:08+	03:22+	10:31+	03:36+	03:49+	01:35+	04:54+	01:27-	06:15+	01:32+
00:11-	00:33&	00:09-	00:28&	00:10+	02:15&	01:06#	01:25&	02:38&	00:07+	01:20&	00:15#	01:27&	00:15-	00:59#	00:13#
8	Alexander Khorunzhiy					1456					1:02:57				
00:59+	03:02+	05:03+	06:38+	10:22+	17:38+	24:16+	26:54+	35:20+	39:39+	42:40+	44:12+	49:38+	56:07+	61:19+	62:57+
00:59+	02:03+	02:01+	01:35-	03:44+	07:16+	06:38+	02:38+	08:26+	04:19+	03:01+	01:32+	05:26+	06:29+	05:12-	01:38+
00:02+	00:28&	00:10+	00:03-	00:32#	01:22#	00:36+	00:41&	00:33+	00:50#	00:32#	00:12#	01:59&	04:47@	00:04-	00:19#

Plass	Navn	Klasse	Tid
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H40

9	Per Jan Ersland	3510	1:04:18
00:49-	02:48+ 04:48+ 06:26+	09:46+ 16:39+ 23:48+ 26:09+ 34:54+ 38:45+ 42:05+ 43:25+ 54:05+	58:46+ 63:07+ 64:18+
00:49-	01:59+ 02:00+ 01:38=	03:20+ 06:53+ 07:09+ 02:21+ 08:45+ 03:51+ 03:20+ 01:20= 10:40+	04:41+ 04:21- 01:11-
00:08-	00:24& 00:09+ 00:00=	00:08+ 00:59# 01:07# 00:24# 00:52# 00:22# 00:51& 00:00= 07:13@	02:59@ 00:55- 00:08-
10	Arild Stave	3676	1:05:24
00:54+	02:52+ 04:23+ 05:38+ 08:39+ 23:26+	33:00+ 34:51+ 40:32+ 43:19+ 47:01+ 48:33+ 59:25+	60:32+ 64:30+ 65:24+
00:54+	01:58+ 01:31+ 01:15+	03:01+ 14:47+ 09:34+ 01:51+ 05:41+ 02:47+ 03:42+ 01:32+ 10:52+	01:07+ 03:58+ 00:54+
00:54+	01:58+ 01:31+ 01:15+	03:01+ 14:47+ 09:34+ 01:51+ 05:41+ 02:47+ 03:42+ 01:32+ 10:52+	01:07+ 03:58+ 00:54+
11	Frode Ungar	1683	1:06:56
01:08+	03:05+ 05:52+ 07:31+ 11:06+ 17:10+	23:57+ 31:38+ 39:33+ 43:39+ 46:08+ 47:54+ 55:05+	59:28+ 65:12+ 66:56+
01:08+	01:57+ 02:47+ 01:39+ 03:35+ 06:04+ 06:47+ 07:41+	07:55+ 04:06+ 02:29+ 01:46+ 07:11+	04:23+ 05:44+ 01:44+
01:08+	01:57+ 02:47+ 01:39+ 03:35+ 06:04+ 06:47+ 07:41+	07:55+ 04:06+ 02:29+ 01:46+ 07:11+	04:23+ 05:44+ 01:44+
12	Lars Lone Rasmussen	4248	1:10:30
01:34+	03:30+ 05:45+ 08:04+ 12:11+ 19:44+	28:24+ 31:13+ 43:05+ 48:45+ 52:09+ 54:18+ 59:40+	62:21+ 68:57+ 70:30+
01:34+	01:56+ 02:15+ 02:19+ 04:07+ 07:33+	08:40+ 02:49+ 11:52+ 05:40+ 03:24+ 02:09+ 05:22+	02:41+ 06:36+ 01:33+
01:34+	01:56+ 02:15+ 02:19+ 04:07+ 07:33+	08:40+ 02:49+ 11:52+ 05:40+ 03:24+ 02:09+ 05:22+	02:41+ 06:36+ 01:33+
13	Bjarte Harbo	1830	1:15:45
00:56+	02:52+ 07:54+ 09:37+ 13:32+ 22:41+	30:16+ 32:25+ 42:24+ 47:12+ 53:11+ 56:03+ 61:41+	65:00+ 73:10+ 75:45+
00:56+	01:56+ 05:02+ 01:43+ 03:55+ 09:09+	07:35+ 02:09+ 09:59+ 04:48+ 05:59+ 02:52+ 05:38+	03:19+ 08:10+ 02:35+
00:56+	01:56+ 05:02+ 01:43+ 03:55+ 09:09+	07:35+ 02:09+ 09:59+ 04:48+ 05:59+ 02:52+ 05:38+	03:19+ 08:10+ 02:35+
14	Antal Jansen	3530	1:24:40
01:00+	02:35+ 04:43+ 06:19+ 09:43+ 25:44+	30:39+ 32:53+ 43:21+ 68:30+ 71:27+ 73:13+ 76:27+	78:00+ 83:30+ 84:40+
01:00+	01:35+ 02:08+ 01:36+ 03:24+ 16:01+	04:55+ 02:14+ 10:28+ 25:09+ 02:57+ 01:46+ 03:14+	01:33+ 05:30+ 01:10+
01:00+	01:35+ 02:08+ 01:36+ 03:24+ 16:01+	04:55+ 02:14+ 10:28+ 25:09+ 02:57+ 01:46+ 03:14+	01:33+ 05:30+ 01:10+
15	Håkon Andrè Waage	1683	1:27:31
00:55+	02:55+ 05:00+ 06:37+ 09:51+ 24:24+	32:14+ 35:03+ 45:31+ 48:42+ 59:21+ 60:55+ 79:00+	80:55+ 86:14+ 87:31+
00:55+	02:00+ 02:05+ 01:37+ 03:14+ 14:33+	07:50+ 02:49+ 10:28+ 03:11+ 10:39+ 01:34+ 18:05+	01:55+ 05:19+ 01:17+
00:55+	02:00+ 02:05+ 01:37+ 03:14+ 14:33+	07:50+ 02:49+ 10:28+ 03:11+ 10:39+ 01:34+ 18:05+	01:55+ 05:19+ 01:17+

Beste strekktid for klassen

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

H50

1	John Breiland	3694	46:46
01:52=	04:38= 05:21= 09:22= 15:26= 18:25= 22:18= 23:36=	30:28= 33:17= 35:20= 37:40= 39:27=	44:30= 45:35= 46:46=
01:52=	02:46= 00:43= 04:01= 06:04= 02:59= 03:53= 01:18=	06:52= 02:49= 02:03= 02:20= 01:47=	05:03= 01:05= 01:11=
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 Madland	3522	47:53
02:00+	04:19- 05:28+ 07:23- 13:16- 16:38- 20:31- 22:15-	29:30- 32:25- 34:50- 37:48+ 39:32+	45:10+ 46:30+ 47:53+
02:00+	02:19- 01:09+ 01:55- 05:53- 03:22+ 03:53= 01:44+	07:15+ 02:55+ 02:25+ 02:58+ 01:44-	05:38+ 01:20+ 01:23+
00:08+	00:27- 00:26& 02:06- 00:11- 00:23# 00:00= 00:26&	00:23+ 00:06+ 00:22# 00:38& 00:03-	00:35# 00:15# 00:12#
3	Trondr Breiland	4248	47:56
01:53+	04:11- 05:13- 07:45- 13:10- 17:37- 23:36+ 24:56+	31:52+ 34:40+ 36:46+ 38:59+ 40:48+	45:54+ 46:50+ 47:56+
01:53+	02:18- 01:02+ 02:32- 05:25- 04:27+ 05:59+ 01:20+	06:56+ 02:48- 02:06+ 02:13- 01:49+	05:06+ 00:56- 01:06-
00:01+	00:28- 00:19& 01:29- 00:39- 01:28& 02:06& 00:02+	00:04+ 00:01- 00:03+ 00:07- 00:02+	00:03+ 00:09- 00:05-
4	Trond Lamark	878	49:33
01:53+	04:13- 05:15- 07:23- 13:04- 15:52- 20:14- 24:39+	31:48+ 34:48+ 36:58+ 39:21+ 41:34+	47:12+ 48:18+ 49:33+
01:53+	02:20- 01:02+ 02:08- 05:41- 02:48- 04:22+ 04:25+	07:09+ 03:00+ 02:10+ 02:23+ 02:13+	05:38+ 01:06+ 01:15+
00:01+	00:26- 00:19& 01:53- 00:23- 00:11- 00:29# 03:07@	00:17+ 00:11+ 00:07+ 00:03+ 00:26#	00:35# 00:01+ 00:04+
5	Bjørn Ove Olsen Moi	989	49:50
01:45-	03:54- 04:41- 06:42- 12:47- 15:58- 20:24- 22:31-	30:41+ 33:57+ 37:09+ 39:49+ 41:54+	47:38+ 48:43+ 49:50+
01:45-	02:09- 00:47+ 02:01- 06:05+ 03:11+ 04:26+ 02:07+	08:10+ 03:16+ 03:12+ 02:40+ 02:05+	05:44+ 01:05= 01:07-
00:07-	00:37- 00:04+ 02:00- 00:01+ 00:12+ 00:33# 00:49&	01:18# 00:27# 01:09& 00:20# 00:18#	00:41# 00:00= 00:04-

Plass	Navn					Klasse					Tid				
H50															
6	Arngrim Utskarpen					896					52:12				
02:12+	05:07+	06:00+	08:45-	14:17-	17:11-	21:48-	23:12-	32:09+	35:31+	38:06+	40:47+	43:01+	49:39+	50:56+	52:12+
02:12+	02:55+	00:53+	02:45-	05:32-	02:54-	04:37+	01:24+	08:57+	03:22+	02:35+	02:41+	02:14+	06:38+	01:17+	01:16+
00:20#	00:09+	00:10#	01:16-	00:32-	00:05-	00:44#	00:06+	02:05&	00:33#	00:32&	00:21#	00:27&	01:35&	00:12#	00:05+
7	Thomas Schanke Eikum					769					54:51				
02:05+	06:28+	08:14+	10:24+	17:02+	19:47+	24:03+	25:30+	33:26+	37:37+	40:27+	43:50+	45:30+	51:55+	53:16+	54:51+
02:05+	04:23+	01:46+	02:10+	06:38+	02:45+	04:16+	01:27+	07:56+	04:11+	02:50+	03:23+	01:40+	06:25+	01:21+	01:35+
02:05+	04:23+	01:46+	02:10+	06:38+	02:45+	04:16+	01:27+	07:56+	04:11+	02:50+	03:23+	01:40+	06:25+	01:21+	01:35+
8	Sigurd Ravndal					769					56:15				
01:49+	04:22+	05:13+	07:50+	15:07+	18:16+	22:13+	23:45+	31:25+	34:54+	41:01+	44:22+	46:11+	53:03+	54:27+	56:15+
01:49+	02:33+	00:51+	02:37+	07:17+	03:09+	03:57+	01:32+	07:40+	03:29+	06:07+	03:21+	01:49+	06:52+	01:24+	01:48+
01:49+	02:33+	00:51+	02:37+	07:17+	03:09+	03:57+	01:32+	07:40+	03:29+	06:07+	03:21+	01:49+	06:52+	01:24+	01:48+
9	Øystein Fuglestad					878					57:16				
02:01+	04:29+	05:21+	07:19+	16:31+	19:51+	24:15+	26:04+	34:53+	38:07+	41:09+	44:19+	46:48+	54:33+	55:52+	57:16+
02:01+	02:28+	00:52+	01:58+	09:12+	03:20+	04:24+	01:49+	08:49+	03:14+	03:02+	03:10+	02:29+	07:45+	01:19+	01:24+
02:01+	02:28+	00:52+	01:58+	09:12+	03:20+	04:24+	01:49+	08:49+	03:14+	03:02+	03:10+	02:29+	07:45+	01:19+	01:24+
10	André Sirevåg					1683					58:25				
02:21+	05:00+	05:56+	08:36+	14:59+	18:28+	22:51+	24:47+	33:24+	37:13+	42:47+	46:34+	48:25+	56:05+	57:11+	58:25+
02:21+	02:39+	00:56+	02:40+	06:23+	03:29+	04:23+	01:56+	08:37+	03:49+	05:34+	03:47+	01:51+	07:40+	01:06+	01:14+
02:21+	02:39+	00:56+	02:40+	06:23+	03:29+	04:23+	01:56+	08:37+	03:49+	05:34+	03:47+	01:51+	07:40+	01:06+	01:14+
11	Tore Halset					3486					1:00:23				
01:53+	04:33+	05:34+	08:00+	15:15+	19:04+	23:44+	26:22+	36:04+	39:42+	43:21+	47:03+	48:56+	57:09+	58:50+	60:23+
01:53+	02:40+	01:01+	02:26+	07:15+	03:49+	04:40+	02:38+	09:42+	03:38+	03:39+	03:42+	01:53+	08:13+	01:41+	01:33+
01:53+	02:40+	01:01+	02:26+	07:15+	03:49+	04:40+	02:38+	09:42+	03:38+	03:39+	03:42+	01:53+	08:13+	01:41+	01:33+
12	Anders Glenne					793					1:00:44				
01:54+	04:25+	05:46+	08:01+	14:54+	17:43+	22:34+	24:19+	34:57+	38:55+	41:53+	46:10+	48:43+	58:04+	59:27+	60:44+
01:54+	02:31+	01:21+	02:15+	06:53+	02:49+	04:51+	01:45+	10:38+	03:58+	02:58+	04:17+	02:33+	09:21+	01:23+	01:17+
01:54+	02:31+	01:21+	02:15+	06:53+	02:49+	04:51+	01:45+	10:38+	03:58+	02:58+	04:17+	02:33+	09:21+	01:23+	01:17+
13	Jørgen Nilsen					1683					1:00:53				
02:15+	04:30+	05:59+	08:16+	14:19+	19:17+	24:39+	26:13+	35:58+	39:53+	43:11+	48:50+	51:56+	58:22+	59:38+	60:53+
02:15+	02:15+	01:29+	02:17+	06:03+	04:58+	05:22+	01:34+	09:45+	03:55+	03:18+	05:39+	03:06+	06:26+	01:16+	01:15+
02:15+	02:15+	01:29+	02:17+	06:03+	04:58+	05:22+	01:34+	09:45+	03:55+	03:18+	05:39+	03:06+	06:26+	01:16+	01:15+
14	Svein Roar Aas					3565					1:01:40				
02:06+	04:37+	06:24+	09:20+	15:30+	19:13+	24:13+	26:10+	34:18+	38:29+	42:35+	47:24+	50:51+	59:17+	60:20+	61:40+
02:06+	02:31+	01:47+	02:56+	06:10+	03:43+	05:00+	01:57+	08:08+	04:11+	04:06+	04:49+	03:27+	08:26+	01:03+	01:20+
02:06+	02:31+	01:47+	02:56+	06:10+	03:43+	05:00+	01:57+	08:08+	04:11+	04:06+	04:49+	03:27+	08:26+	01:03+	01:20+
15	Jone Kalheim					879					1:03:36				
02:03+	04:18+	05:07+	07:05+	23:47+	26:29+	31:03+	32:44+	40:14+	43:38+	48:00+	52:37+	54:58+	60:48+	62:17+	63:36+
02:03+	02:15+	00:49+	01:58+	16:42+	02:42+	04:34+	01:41+	07:30+	03:24+	04:22+	04:37+	02:21+	05:50+	01:29+	01:19+
02:03+	02:15+	00:49+	01:58+	16:42+	02:42+	04:34+	01:41+	07:30+	03:24+	04:22+	04:37+	02:21+	05:50+	01:29+	01:19+
16	Trond Birkeland					882					1:04:28				
02:09+	04:37+	07:45+	11:09+	17:13+	23:34+	27:56+	30:37+	40:39+	45:28+	48:27+	52:04+	53:56+	60:57+	63:05+	64:28+
02:09+	02:28+	03:08+	03:24+	06:04+	06:21+	04:22+	02:41+	10:02+	04:49+	02:59+	03:37+	01:52+	07:01+	02:08+	01:23+
02:09+	02:28+	03:08+	03:24+	06:04+	06:21+	04:22+	02:41+	10:02+	04:49+	02:59+	03:37+	01:52+	07:01+	02:08+	01:23+
17	Steinar Hansen					882					1:06:35				
02:28+	05:21+	06:43+	08:58+	14:49+	21:13+	26:10+	29:17+	42:59+	47:39+	50:40+	54:05+	56:01+	63:05+	65:14+	66:35+
02:28+	02:53+	01:22+	02:15+	05:51+	06:24+	04:57+	03:07+	13:42+	04:40+	03:01+	03:25+	01:56+	07:04+	02:09+	01:21+
02:28+	02:53+	01:22+	02:15+	05:51+	06:24+	04:57+	03:07+	13:42+	04:40+	03:01+	03:25+	01:56+	07:04+	02:09+	01:21+
18	Svend Vihovde					1683					1:07:37				
02:27+	05:14+	06:18+	08:43+	16:58+	20:59+	26:21+	28:25+	38:58+	43:04+	47:20+	51:34+	53:50+	64:23+	66:06+	67:37+
02:27+	02:47+	01:04+	02:25+	08:15+	04:01+	05:22+	02:04+	10:33+	04:06+	04:16+	04:14+	02:16+	10:33+	01:43+	01:31+
02:27+	02:47+	01:04+	02:25+	08:15+	04:01+	05:22+	02:04+	10:33+	04:06+	04:16+	04:14+	02:16+	10:33+	01:43+	01:31+
19	Geir Inge Høivik					3522					1:07:38				
02:22+	04:24+	05:13+	07:16+	12:44+	16:29+	20:59+	26:19+	34:50+	38:47+	42:59+	47:24+	55:53+	64:48+	66:12+	67:38+
02:22+	02:02+	00:49+	02:03+	05:28+	03:45+	04:30+	05:20+	08:31+	03:57+	04:12+	04:25+	08:29+	08:55+	01:24+	01:26+
02:22+	02:02+	00:49+	02:03+	05:28+	03:45+	04:30+	05:20+	08:31+	03:57+	04:12+	04:25+	08:29+	08:55+	01:24+	01:26+

Plass	Navn										Klasse										Tid									
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H50

20	Lars Solvang												1683	1:10:45											
02:19+	05:18+	06:43+	09:21+	16:33+	24:23+	29:37+	31:51+	42:32+	48:12+	51:17+	57:38+	60:20+	67:34+	69:06+	70:45+										
02:19+	02:59+	01:25+	02:38+	07:12+	07:50+	05:14+	02:14+	10:41+	05:40+	03:05+	06:21+	02:42+	07:14+	01:32+	01:39+										
02:19+	02:59+	01:25+	02:38+	07:12+	07:50+	05:14+	02:14+	10:41+	05:40+	03:05+	06:21+	02:42+	07:14+	01:32+	01:39+										
21	Jerome Renoult												3524	1:13:06											
02:24+	05:13+	06:38+	09:41+	17:33+	21:08+	26:40+	29:07+	41:21+	45:41+	49:26+	54:48+	62:37+	70:06+	71:25+	73:06+										
02:24+	02:49+	01:25+	03:03+	07:52+	03:35+	05:32+	02:27+	12:14+	04:20+	03:45+	05:22+	07:49+	07:29+	01:19+	01:41+										
02:24+	02:49+	01:25+	03:03+	07:52+	03:35+	05:32+	02:27+	12:14+	04:20+	03:45+	05:22+	07:49+	07:29+	01:19+	01:41+										
22	Trygve Michaelsen												896	1:19:14											
03:14+	05:47+	07:13+	09:58+	18:41+	21:53+	29:40+	33:55+	44:57+	56:33+	58:56+	62:52+	68:47+	76:01+	77:38+	79:14+										
03:14+	02:33+	01:26+	02:45+	08:43+	03:12+	07:47+	04:15+	11:02+	11:36+	02:23+	03:56+	05:55+	07:14+	01:37+	01:36+										
03:14+	02:33+	01:26+	02:45+	08:43+	03:12+	07:47+	04:15+	11:02+	11:36+	02:23+	03:56+	05:55+	07:14+	01:37+	01:36+										
23	Arne Hetlelid												3508	1:23:15											
02:58+	05:30+	06:28+	13:13+	20:24+	26:33+	32:22+	40:47+	51:32+	56:33+	60:06+	64:52+	70:50+	79:45+	81:19+	83:15+										
02:58+	02:32+	00:58+	06:45+	07:11+	06:09+	05:49+	08:25+	10:45+	05:01+	03:33+	04:46+	05:58+	08:55+	01:34+	01:56+										
02:58+	02:32+	00:58+	06:45+	07:11+	06:09+	05:49+	08:25+	10:45+	05:01+	03:33+	04:46+	05:58+	08:55+	01:34+	01:56+										
24	Asbjørn Brådland												879	1:26:52											
02:12+	05:14+	06:17+	08:56+	22:58+	25:36+	35:26+	37:12+	52:05+	56:56+	61:26+	71:01+	74:55+	83:25+	85:19+	86:52+										
02:12+	03:02+	01:03+	02:39+	14:02+	02:38+	09:50+	01:46+	14:53+	04:51+	04:30+	09:35+	03:54+	08:30+	01:54+	01:33+										
02:12+	03:02+	01:03+	02:39+	14:02+	02:38+	09:50+	01:46+	14:53+	04:51+	04:30+	09:35+	03:54+	08:30+	01:54+	01:33+										
25	Raymond B Pettersen												722	1:30:53											
02:03+	05:02+	06:27+	09:14+	24:36+	31:39+	38:43+	41:32+	57:17+	62:47+	68:13+	72:30+	75:07+	85:46+	87:54+	90:53+										
02:03+	02:59+	01:25+	02:47+	15:22+	07:03+	07:04+	02:49+	15:45+	05:30+	05:26+	04:17+	02:37+	10:39+	02:08+	02:59+										
02:03+	02:59+	01:25+	02:47+	15:22+	07:03+	07:04+	02:49+	15:45+	05:30+	05:26+	04:17+	02:37+	10:39+	02:08+	02:59+										
26	Christof Schätz												3598	1:37:56											
03:09+	06:26+	07:41+	11:02+	21:02+	35:19+	42:25+	46:34+	61:52+	68:40+	74:14+	79:57+	83:59+	92:25+	96:08+	97:56+										
03:09+	03:17+	01:15+	03:21+	10:00+	14:17+	07:06+	04:09+	15:18+	06:48+	05:34+	05:43+	04:02+	08:26+	03:43+	01:48+										
03:09+	03:17+	01:15+	03:21+	10:00+	14:17+	07:06+	04:09+	15:18+	06:48+	05:34+	05:43+	04:02+	08:26+	03:43+	01:48+										
27	Ove Mæstad												2342	1:53:56											
03:00+	07:07+	08:08+	11:12+	18:52+	22:08+	35:18+	38:53+	52:36+	57:28+	77:04+	98:44+	102:01+	109:27+	112:10+	113:56+										
03:00+	04:07+	01:01+	03:04+	07:40+	03:16+	13:10+	03:35+	13:43+	04:52+	19:36+	21:40+	03:17+	07:26+	02:43+	01:46+										
03:00+	04:07+	01:01+	03:04+	07:40+	03:16+	13:10+	03:35+	13:43+	04:52+	19:36+	21:40+	03:17+	07:26+	02:43+	01:46+										

Beste strekketid for klassen

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

H60

1	Svein-Erik Kvame										1683										39:39																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
00:47=	02:32=	08:13=	10:51=	13:26=	15:26=	16:36=	18:10=	20:42=	25:03=	26:16=	30:26=	32:25=	34:36=	37:26=	38:37=	39:39=																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	

Plass	Navn						Klasse						Tid					
H60																		
5	Inge Skretting						1384						48:13					
01:00+	02:50+	09:33+	12:41+	15:53+	18:08+	19:26+	21:51+	24:42+	30:46+	32:41+	35:07+	38:20+	42:21+	45:41+	47:03+	48:13+		
01:00+	01:50+	06:43+	03:08+	03:12+	02:15+	01:18+	02:25+	02:51+	06:04+	01:55+	02:26-	03:13+	04:01+	03:20+	01:22+	01:10+		
00:13&	00:05+	01:02#	00:30#	00:37#	00:15#	00:08#	00:51&	00:19#	01:43&	00:42&	01:44-	01:14&	01:50&	00:30#	00:11#	00:08#		
6	Håvard Håland						3507						48:30					
00:54+	02:38+	09:00+	12:10+	15:04+	17:31+	18:46+	21:23+	24:32+	29:47+	31:44+	37:09+	40:26+	43:09+	46:23+	47:29+	48:30+		
00:54+	01:44+	06:22+	03:10+	02:54+	02:27+	01:15+	02:37+	03:09+	05:15+	01:57+	05:25+	03:17+	02:43+	03:14+	01:06+	01:01+		
00:54+	01:44+	06:22+	03:10+	02:54+	02:27+	01:15+	02:37+	03:09+	05:15+	01:57+	05:25+	03:17+	02:43+	03:14+	01:06+	01:01+		
7	Harald Taksdal						3547						54:13					
01:04+	03:02+	10:43+	14:03+	17:21+	19:52+	21:13+	24:04+	27:09+	33:14+	34:52+	42:31+	45:15+	47:51+	51:20+	52:57+	54:13+		
01:04+	01:58+	07:41+	03:20+	03:18+	02:31+	01:21+	02:51+	03:05+	06:05+	01:38+	07:39+	02:44+	02:36+	03:29+	01:37+	01:16+		
01:04+	01:58+	07:41+	03:20+	03:18+	02:31+	01:21+	02:51+	03:05+	06:05+	01:38+	07:39+	02:44+	02:36+	03:29+	01:37+	01:16+		
8	Kjell Ove Aksland						882						58:03					
01:20+	03:54+	11:04+	14:19+	17:48+	20:36+	22:06+	26:02+	29:13+	34:38+	36:36+	45:50+	49:01+	51:45+	55:22+	57:02+	58:03+		
01:20+	02:34+	07:10+	03:15+	03:29+	02:48+	01:30+	03:56+	03:11+	05:25+	01:58+	09:14+	03:11+	02:44+	03:37+	01:40+	01:01+		
01:20+	02:34+	07:10+	03:15+	03:29+	02:48+	01:30+	03:56+	03:11+	05:25+	01:58+	09:14+	03:11+	02:44+	03:37+	01:40+	01:01+		
9	John Carsten Sinnes						1884						1:01:10					
01:04+	04:00+	11:38+	16:08+	20:16+	23:42+	25:21+	29:52+	32:45+	38:54+	40:18+	44:12+	48:10+	53:40+	57:47+	59:25+	61:10+		
01:04+	02:56+	07:38+	04:30+	04:08+	03:26+	01:39+	04:31+	02:53+	06:09+	01:24+	03:54+	03:58+	05:30+	04:07+	01:38+	01:45+		
01:04+	02:56+	07:38+	04:30+	04:08+	03:26+	01:39+	04:31+	02:53+	06:09+	01:24+	03:54+	03:58+	05:30+	04:07+	01:38+	01:45+		
10	Stein Sigbjørnsen						882						1:03:33					
00:46+	03:50+	10:33+	14:00+	18:46+	21:45+	23:25+	30:12+	34:34+	40:36+	42:28+	49:51+	53:44+	56:32+	60:15+	62:17+	63:33+		
00:46+	03:04+	06:43+	03:27+	04:46+	02:59+	01:40+	06:47+	04:22+	06:02+	01:52+	07:23+	03:53+	02:48+	03:43+	02:02+	01:16+		
00:46+	03:04+	06:43+	03:27+	04:46+	02:59+	01:40+	06:47+	04:22+	06:02+	01:52+	07:23+	03:53+	02:48+	03:43+	02:02+	01:16+		
11	Magnar Mathias Møller						769						1:04:22					
01:03+	03:00+	10:00+	19:46+	23:44+	26:37+	28:08+	31:31+	34:53+	41:45+	43:29+	51:27+	54:43+	57:33+	61:29+	63:03+	64:22+		
01:03+	01:57+	07:00+	09:46+	03:58+	02:53+	01:31+	03:23+	03:22+	06:52+	01:44+	07:58+	03:16+	02:50+	03:56+	01:34+	01:19+		
01:03+	01:57+	07:00+	09:46+	03:58+	02:53+	01:31+	03:23+	03:22+	06:52+	01:44+	07:58+	03:16+	02:50+	03:56+	01:34+	01:19+		
12	Harald Syse						4246						1:09:20					
01:23+	03:36+	09:07+	11:31+	28:44+	30:38+	31:31+	41:49+	44:01+	49:20+	50:51+	53:03+	59:37+	63:19+	67:12+	68:25+	69:20+		
01:23+	02:13+	05:31+	02:24+	17:13+	01:54+	00:53+	10:18+	02:12+	05:19+	01:31+	02:12+	06:34+	03:42+	03:53+	01:13+	00:55+		
01:23+	02:13+	05:31+	02:24+	17:13+	01:54+	00:53+	10:18+	02:12+	05:19+	01:31+	02:12+	06:34+	03:42+	03:53+	01:13+	00:55+		
13	John Lage Bergan						1683						1:12:33					
00:55+	03:23+	10:23+	13:28+	17:43+	20:31+	22:11+	26:23+	29:49+	43:32+	45:19+	50:11+	54:26+	62:24+	66:19+	71:08+	72:33+		
00:55+	02:28+	07:00+	03:05+	04:15+	02:48+	01:40+	04:12+	03:26+	13:43+	01:47+	04:52+	04:15+	07:58+	03:55+	04:49+	01:25+		
00:55+	02:28+	07:00+	03:05+	04:15+	02:48+	01:40+	04:12+	03:26+	13:43+	01:47+	04:52+	04:15+	07:58+	03:55+	04:49+	01:25+		
14	Tor Inge Halvorsen						880						1:13:29					
00:56+	07:34+	23:29+	26:48+	30:41+	33:46+	35:03+	44:12+	47:48+	53:42+	55:35+	61:16+	64:38+	67:16+	70:59+	72:22+	73:29+		
00:56+	06:38+	15:55+	03:19+	03:53+	03:05+	01:17+	09:09+	03:36+	05:54+	01:53+	05:41+	03:22+	02:38+	03:43+	01:23+	01:07+		
00:56+	06:38+	15:55+	03:19+	03:53+	03:05+	01:17+	09:09+	03:36+	05:54+	01:53+	05:41+	03:22+	02:38+	03:43+	01:23+	01:07+		

Beste strekktid for klassen

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

H65

1	Otte Omdal				903								39:06							
	00:42=	02:24=	09:34=	12:17=	15:00=	16:54=	17:44=	19:26=	21:44=	25:55=	27:06=	29:40=	31:53=	34:43=	37:22=	38:17=	39:06=			
	00:42=	01:42=	07:10=	02:43=	02:43=	01:54=	00:50=	01:42=	02:18=	04:11=	01:11=	02:34=	02:13=	02:50=	02:39=	00:55=	00:49=			
	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	Kjell Skjæveland				3515								46:33							
	00:49+	02:51+	08:42-	12:26+	15:17+	17:33+	18:39+	22:36+	25:35+	30:09+	31:33+	35:58+	38:19+	41:08+	44:19+	45:30+	46:33+			
	00:49+	02:02+	05:51-	03:44+	02:51+	02:16+	01:06+	03:57+	02:59+	04:34+	01:24+	04:25+	02:21+	02:49-	03:11+	01:11+	01:03+			
	00:07#	00:20#	01:19-	01:01&	00:08+	00:22#	00:16&	02:15@	00:41&	00:23+	00:13#	01:51&	00:08+	00:01-	00:32#	00:16&	00:14&			

Plass	Navn					Klasse					Tid						
H65																	
3	Sveinung Svebestad					878					48:04						
00:51+	02:52+	09:42+	12:33+	15:58+	18:45+	20:01+	22:15+	25:31+	32:10+	33:42+	36:16+	39:07+	41:50+	45:40+	46:50+	48:04+	
00:51+	02:01+	06:50-	02:51+	03:25+	02:47+	01:16+	02:14+	03:16+	06:39+	01:32+	02:34=	02:51+	02:43-	03:50+	01:10+	01:14+	
00:09#	00:19#	00:20-	00:08+	00:42#	00:53#	00:26#	00:32#	00:58#	02:28#	00:21#	00:00=	00:38#	00:07-	01:11#	00:15#	00:25#	
4	Morten Johannessen					793					48:39						
01:02+	02:55+	08:53+	11:51+	14:50+	17:03+	18:07+	20:16+	22:54+	28:45+	30:00+	33:57+	37:46+	39:53+	43:25+	46:22+	47:36+	48:39+
01:02+	01:53+	05:58+	02:58+	02:59+	02:13+	01:04+	02:09+	02:38+	05:51+	01:15+	03:57+	03:49+	02:07+	03:32+	02:57+	01:14+	01:03+
01:02+	01:53+	05:58+	02:58+	02:59+	02:13+	01:04+	02:09+	02:38+	05:51+	01:15+	03:57+	03:49+	02:07+	03:32+	02:57+	01:14+	01:03+
5	Ivar Knutsen					1683					49:13						
00:54+	03:23+	09:59+	13:27+	17:07+	19:34+	20:54+	23:30+	26:34+	32:58+	34:46+	36:52+	40:30+	43:14+	46:33+	48:06+	49:13+	
00:54+	02:29+	06:36+	03:28+	03:40+	02:27+	01:20+	02:36+	03:04+	06:24+	01:48+	02:06+	03:38+	02:44+	03:19+	01:33+	01:07+	
00:54+	02:29+	06:36+	03:28+	03:40+	02:27+	01:20+	02:36+	03:04+	06:24+	01:48+	02:06+	03:38+	02:44+	03:19+	01:33+	01:07+	
6	Olav Tunheim					1884					51:06						
01:37+	03:39+	10:16+	14:07+	17:15+	19:58+	21:15+	23:41+	27:13+	35:03+	36:36+	39:00+	41:51+	44:36+	48:26+	50:10+	51:06+	
01:37+	02:02+	06:37+	03:51+	03:08+	02:43+	01:17+	02:26+	03:32+	07:50+	01:33+	02:24+	02:51+	02:45+	03:50+	01:44+	00:56+	
01:37+	02:02+	06:37+	03:51+	03:08+	02:43+	01:17+	02:26+	03:32+	07:50+	01:33+	02:24+	02:51+	02:45+	03:50+	01:44+	00:56+	
7	Ernst Kristensen					1683					58:32						
00:57+	03:19+	13:26+	17:17+	21:10+	24:30+	25:54+	28:43+	33:19+	39:36+	41:31+	44:34+	48:07+	51:04+	55:26+	57:22+	58:32+	
00:57+	02:22+	10:07+	03:51+	03:53+	03:20+	01:24+	02:49+	04:36+	06:17+	01:55+	03:03+	03:33+	02:57+	04:22+	01:56+	01:10+	
00:57+	02:22+	10:07+	03:51+	03:53+	03:20+	01:24+	02:49+	04:36+	06:17+	01:55+	03:03+	03:33+	02:57+	04:22+	01:56+	01:10+	
8	Jan Arendal					1683					1:01:04						
01:04+	03:44+	11:47+	15:12+	20:31+	23:41+	25:17+	28:34+	32:30+	39:15+	41:37+	44:48+	48:25+	53:51+	58:00+	59:32+	61:04+	
01:04+	02:40+	08:03+	03:25+	05:19+	03:10+	01:36+	03:17+	03:56+	06:45+	02:22+	03:11+	03:37+	05:26+	04:09+	01:32+	01:32+	
01:04+	02:40+	08:03+	03:25+	05:19+	03:10+	01:36+	03:17+	03:56+	06:45+	02:22+	03:11+	03:37+	05:26+	04:09+	01:32+	01:32+	
9	Bjørn Sivertsen					1332					1:01:29						
01:04+	03:32+	11:40+	15:36+	20:41+	23:48+	25:25+	32:15+	36:06+	42:39+	44:23+	47:08+	50:26+	53:54+	58:19+	59:46+	61:29+	
01:04+	02:28+	08:08+	03:56+	05:05+	03:07+	01:37+	06:50+	03:51+	06:33+	01:44+	02:45+	03:18+	03:28+	04:25+	01:27+	01:43+	
01:04+	02:28+	08:08+	03:56+	05:05+	03:07+	01:37+	06:50+	03:51+	06:33+	01:44+	02:45+	03:18+	03:28+	04:25+	01:27+	01:43+	
10	Arnstein Skretting					3529					1:01:54						
01:12+	04:12+	12:33+	16:29+	20:26+	23:19+	25:02+	28:09+	31:38+	38:50+	41:27+	45:52+	49:39+	53:16+	58:55+	60:16+	61:54+	
01:12+	03:00+	08:21+	03:56+	03:57+	02:53+	01:43+	03:07+	03:29+	07:12+	02:37+	04:25+	03:47+	03:37+	05:39+	01:21+	01:38+	
01:12+	03:00+	08:21+	03:56+	03:57+	02:53+	01:43+	03:07+	03:29+	07:12+	02:37+	04:25+	03:47+	03:37+	05:39+	01:21+	01:38+	
11	Torbjørn Evensen					3556					1:05:42						
00:55+	02:54+	11:37+	15:27+	23:24+	26:14+	27:44+	30:34+	34:16+	39:57+	42:14+	47:42+	54:22+	57:56+	61:38+	64:18+	65:42+	
00:55+	01:59+	08:43+	03:50+	07:57+	02:50+	01:30+	02:50+	03:42+	05:41+	02:17+	05:28+	06:40+	03:34+	03:42+	02:40+	01:24+	
00:55+	01:59+	08:43+	03:50+	07:57+	02:50+	01:30+	02:50+	03:42+	05:41+	02:17+	05:28+	06:40+	03:34+	03:42+	02:40+	01:24+	
12	Per Kolbein Tonstad					3507					1:06:26						
01:18+	03:45+	11:37+	14:59+	19:09+	22:05+	24:04+	27:40+	31:31+	40:59+	43:24+	51:00+	55:58+	59:48+	63:51+	65:05+	66:26+	
01:18+	02:27+	07:52+	03:22+	04:10+	02:56+	01:59+	03:36+	03:51+	09:28+	02:25+	07:36+	04:58+	03:50+	04:03+	01:14+	01:21+	
01:18+	02:27+	07:52+	03:22+	04:10+	02:56+	01:59+	03:36+	03:51+	09:28+	02:25+	07:36+	04:58+	03:50+	04:03+	01:14+	01:21+	
13	Sverre Magnar Nordal					1683					1:08:15						
06:25+	08:48+	16:44+	21:30+	25:47+	28:54+	30:35+	33:49+	37:47+	44:29+	46:52+	51:54+	56:45+	60:43+	65:40+	66:56+	68:15+	
06:25+	02:23+	07:56+	04:46+	04:17+	03:07+	01:41+	03:14+	03:58+	06:42+	02:23+	05:02+	04:51+	03:58+	04:57+	01:16+	01:19+	
06:25+	02:23+	07:56+	04:46+	04:17+	03:07+	01:41+	03:14+	03:58+	06:42+	02:23+	05:02+	04:51+	03:58+	04:57+	01:16+	01:19+	
14	Steinar Barmen					722					1:11:44						
01:10+	04:37+	13:55+	17:25+	21:08+	23:44+	25:31+	28:39+	32:23+	46:53+	48:58+	58:35+	62:02+	64:48+	68:33+	70:24+	71:44+	
01:10+	03:27+	09:18+	03:30+	03:43+	02:36+	01:47+	03:08+	03:44+	14:30+	02:05+	09:37+	03:27+	02:46+	03:45+	01:51+	01:20+	
01:10+	03:27+	09:18+	03:30+	03:43+	02:36+	01:47+	03:08+	03:44+	14:30+	02:05+	09:37+	03:27+	02:46+	03:45+	01:51+	01:20+	
15	Rolf Kleppe					3524					1:11:49						
01:10+	04:42+	13:28+	17:10+	21:46+	24:57+	26:36+	30:29+	34:27+	43:41+	46:18+	54:04+	58:28+	62:31+	67:08+	69:20+	71:49+	
01:10+	03:32+	08:46+	03:42+	04:36+	03:11+	01:39+	03:53+	03:58+	09:14+	02:37+	07:46+	04:24+	04:03+	04:37+	02:12+	02:29+	
01:10+	03:32+	08:46+	03:42+	04:36+	03:11+	01:39+	03:53+	03:58+	09:14+	02:37+	07:46+	04:24+	04:03+	04:37+	02:12+	02:29+	
16	Tore Karlsen					722					1:34:17						
01:07+	03:58+	12:54+	18:38+	23:24+	26:16+	28:21+	34:33+	41:02+	61:47+	64:40+	70:42+	76:32+	82:41+	91:19+	92:49+	94:17+	
01:07+	02:51+	08:56+	05:44+	04:46+	02:52+	02:05+	06:12+	06:29+	20:45+	02:53+	06:02+	05:50+	06:09+	08:38+	01:30+	01:28+	
01:07+	02:51+	08:56+	05:44+	04:46+	02:52+	02:05+	06:12+	06:29+	20:45+	02:53+	06:02+	05:50+	06:09+	08:38+	01:30+	01:28+	

Plass	Navn	Klasse										Tid									
H65																					
Beste strekktid for klassen																					
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
H70																					
1	Arne Kristian Espedal										874	33:23									
	00:40=	02:00=	07:29=	09:29=	11:50=	13:30=	14:29=	16:47=	19:04=	22:34=	23:33=	25:10=	27:17=	29:12=	31:39=	32:33=	33:23=				
	00:40=	01:20=	05:29=	02:00=	02:21=	01:40=	00:59=	02:18=	02:17=	03:30=	00:59=	01:37=	02:07=	01:55=	02:27=	00:54=	00:50=				
	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	40:33									
	00:49+	02:37+	08:02+	10:34+	13:12+	15:17+	16:37+	20:14+	22:49+	27:22+	28:32+	31:00+	33:28+	35:25+	38:42+	39:39+	40:33+				
	00:49+	01:48+	05:25-	02:32+	02:38+	02:05+	01:20+	03:37+	02:35+	04:33+	01:10+	02:28+	02:28+	01:57+	03:17+	00:57+	00:54+				
	00:09#	00:28&	00:04-	00:32&	00:17#	00:25#	00:21&	01:19&	00:18#	01:03&	00:11#	00:51&	00:21#	00:02+	00:50&	00:03+	00:04+				
3	Bjørn Martin Alsaker										3530	46:33									
	00:43+	02:21+	07:40+	10:18+	13:16+	15:19+	16:23+	26:49+	29:00+	34:42+	35:57+	37:33+	39:31+	41:39+	44:32+	45:43+	46:33+				
	00:43+	01:38+	05:19-	02:38+	02:58+	02:03+	01:04+	10:26+	02:11-	05:42+	01:15+	01:36-	01:58-	02:08+	02:53+	01:11+	00:50=				
	00:03+	00:18#	00:10-	00:38&	00:37&	00:23#	00:05+	08:08@	00:06-	02:12&	00:16&	00:01-	00:09-	00:13#	00:26#	00:17&	00:00=				
4	Bjarne Gimre										1830	47:04									
	01:02+	03:13+	10:17+	13:28+	17:14+	19:55+	21:24+	23:55+	26:58+	32:31+	34:03+	36:39+	39:20+	41:52+	45:04+	46:06+	47:04+				
	01:02+	02:11+	07:04+	03:11+	03:46+	02:41+	01:29+	02:31+	03:03+	05:33+	01:32+	02:36+	02:41+	02:32+	03:12+	01:02+	00:58+				
	00:22&	00:51&	01:35&	01:11&	01:25&	01:01&	00:30&	00:13+	00:46&	02:03&	00:33&	00:59&	00:34&	00:37&	00:45&	00:08#	00:08#				
5	Jan Hetland										3502	47:30									
	00:59+	03:00+	09:44+	13:05+	17:41+	20:01+	21:23+	23:56+	27:15+	32:29+	33:54+	36:07+	38:58+	41:23+	45:06+	46:43+	47:30+				
	00:59+	02:01+	06:44+	03:21+	04:36+	02:20+	01:22+	02:33+	03:19+	05:14+	01:25+	02:13+	02:51+	02:25+	03:43+	01:37+	00:47-				
	00:19&	00:41&	01:15#	01:21&	02:15&	00:40&	00:23&	00:15#	01:02&	01:44&	00:26&	00:36&	00:44&	00:30&	01:16&	00:43&	00:03-				
6	Kjell Ivar Skjørestad										892	47:46									
	01:08+	03:17+	10:01+	13:22+	16:49+	20:08+	21:27+	23:57+	27:21+	32:31+	34:02+	36:30+	39:17+	41:34+	45:33+	46:50+	47:46+				
	01:08+	02:09+	06:44+	03:21+	03:27+	03:19+	01:19+	02:30+	03:24+	05:10+	01:31+	02:28+	02:47+	02:17+	03:59+	01:17+	00:56+				
	00:28&	00:49&	01:15#	01:21&	01:06&	01:39&	00:20&	00:12+	01:07&	01:40&	00:32&	00:51&	00:40&	00:22#	01:32&	00:23&	00:06#				
7	Jan Inge Lunde										1830	48:55									
	01:06+	03:31+	11:44+	15:07+	18:51+	21:32+	22:54+	25:24+	28:30+	34:02+	35:35+	38:12+	40:53+	43:31+	46:48+	47:48+	48:55+				
	01:06+	02:25+	08:13+	03:23+	03:44+	02:41+	01:22+	02:30+	03:06+	05:32+	01:33+	02:37+	02:41+	02:38+	03:17+	01:00+	01:07+				
	00:26&	01:05&	02:44&	01:23&	01:23&	01:01&	00:23&	00:12+	00:49&	02:02&	00:34&	01:00&	00:34&	00:43&	00:50&	00:06#	00:17&				
8	Tore Romon Tvedt										3518	59:00									
	01:29+	04:27+	11:58+	15:20+	18:53+	21:33+	23:03+	26:53+	30:16+	36:22+	38:03+	41:55+	45:56+	51:23+	55:33+	57:08+	59:00+				
	01:29+	02:58+	07:31+	03:22+	03:33+	02:40+	01:30+	03:50+	03:23+	06:06+	01:41+	03:52+	04:01+	05:27+	04:10+	01:35+	01:52+				
	00:49@	01:38@	02:02&	01:22&	01:12&	01:00&	00:31&	01:32&	01:06&	02:36&	00:42&	02:15@	01:54&	03:32@	01:43&	00:41&	01:02@				
9	Tor Geir Espedal										3530	1:00:05									
	00:58+	02:58+	10:16+	18:12+	21:39+	24:24+	25:50+	29:06+	32:34+	39:05+	40:44+	47:22+	50:18+	53:26+	57:20+	58:56+	60:05+				
	00:58+	02:00+	07:18+	07:56+	03:27+	02:45+	01:26+	03:16+	03:28+	06:31+	01:39+	06:38+	02:56+	03:08+	03:54+	01:36+	01:09+				
	00:18&	00:40&	01:49&	05:56@	01:06&	01:05&	00:27&	00:58&	01:11&	03:01&	00:40&	05:01@	00:49&	01:13&	01:27&	00:42&	00:19&				
10	Sveinung Tveit										3547	1:00:51									
	01:31+	04:05+	11:35+	15:05+	20:05+	22:58+	24:35+	26:56+	30:08+	43:27+	44:50+	46:50+	50:13+	54:11+	58:08+	59:34+	60:51+				
	01:31+	02:34+	07:30+	03:30+	05:00+	02:53+	01:37+	02:21+	03:12+	13:19+	01:23+	02:00+	03:23+	03:58+	03:57+	01:26+	01:17+				
	00:51@	01:14&	02:01&	01:30&	02:39@	01:13&	00:38&	00:03+	00:55&	09:49@	00:24&	00:23#	01:16&	02:03@	01:30&	00:32&	00:27&				
11	Svein Berge										643	1:03:59									
	00:53+	02:49+	14:21+	17:35+	21:13+	23:43+	25:13+	27:24+	30:30+	44:28+	45:59+	50:10+	54:09+	57:17+	61:09+	62:53+	63:59+				
	00:53+	01:56+	11:32+	03:14+	03:38+	02:30+	01:30+	02:11-	03:06+	13:58+	01:31+	04:11+	03:59+	03:08+	03:52+	01:44+	01:06+				
	00:13&	00:36&	06:03@	01:14&	01:17&	00:50&	00:31&	00:07-	00:49&	10:28@	00:32&	02:34@	01:52&	01:13&	01:25&	00:50&	00:16&				
12	Per Marthon Møland										880	1:06:30									
	01:14+	04:39+	12:44+	16:14+	21:14+	24:12+	26:59+	31:44+	35:06+	42:11+	44:02+	53:00+	56:30+	59:56+	63:37+	65:13+	66:30+				
	01:14+	03:25+	08:05+	03:30+	05:00+	02:58+	02:47+	04:45+	03:22+	07:05+	01:51+	08:58+	03:30+	03:26+	03:41+	01:36+	01:17+				
	00:34&	02:05@	02:36&	01:30&	02:39@	01:18&	01:48@	02:27@	01:05&	03:35@	00:52&	07:21@	01:23&	01:31&	01:14&	00:42&	00:27&				

Plass	Navn	Klasse	Tid
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H70

13	Eivind Lars Rake												892				1:06:49			
01:09+	03:23+	10:58+	14:54+	19:26+	22:36+	24:09+	29:55+	33:45+	42:19+	44:15+	52:39+	56:20+	59:58+	64:17+	65:29+	66:49+				
01:09+	02:14+	07:35+	03:56+	04:32+	03:10+	01:33+	05:46+	03:50+	08:34+	01:56+	08:24+	03:41+	03:38+	04:19+	01:12+	01:20+				
00:29%	00:54%	02:06%	01:56%	02:11%	01:30%	00:34%	03:28%	01:33%	05:04%	00:57%	06:47%	01:34%	01:43%	01:52%	00:18%	00:30%				
14	Bjørn Bjelland												3541				1:08:21			
01:15+	04:04+	12:20+	16:25+	20:40+	23:58+	25:46+	30:50+	34:38+	43:16+	44:57+	53:54+	57:53+	61:36+	65:50+	67:08+	68:21+				
01:15+	02:49+	08:16+	04:05+	04:15+	03:18+	01:48+	05:04+	03:48+	08:38+	01:41+	08:57+	03:59+	03:43+	04:14+	01:18+	01:13+				
01:15+	02:49+	08:16+	04:05+	04:15+	03:18+	01:48+	05:04+	03:48+	08:38+	01:41+	08:57+	03:59+	03:43+	04:14+	01:18+	01:13+				
15	Svein Ims												903				1:19:05			
04:00+	06:30+	15:58+	21:20+	25:11+	28:11+	30:00+	33:01+	36:32+	44:08+	46:25+	64:22+	67:52+	71:56+	76:18+	77:44+	79:05+				
04:00+	02:30+	09:28+	05:22+	03:51+	03:00+	01:49+	03:01+	03:31+	07:36+	02:17+	17:57+	03:30+	04:04+	04:22+	01:26+	01:21+				
04:00+	02:30+	09:28+	05:22+	03:51+	03:00+	01:49+	03:01+	03:31+	07:36+	02:17+	17:57+	03:30+	04:04+	04:22+	01:26+	01:21+				

Beste strekktid for klassen

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

H75

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

Plass	Navn										Klasse										Tid										
H75																															
10	Leif Gunnar Wikene										1832										52:28										
01:53+	03:55+	06:38+	09:52+	11:34+	14:42+	19:17+	20:47+	24:09+	26:06+	28:30+	31:37+	36:59+	45:52+	49:18+	51:12+	52:28+															
01:53+	02:02+	02:43+	03:14+	01:42-	03:08+	04:35+	01:30+	03:22+	01:57+	02:24+	03:07+	05:22+	08:53+	03:26+	01:54+	01:16+															
00:50&	00:43&	00:47&	00:59&	01:00-	01:02&	00:48#	00:10#	01:02&	00:24&	00:17#	01:30&	01:09&	06:18@	02:00@	00:32&	00:09#															
11	Sverre Uhlving										722										1:04:57										
01:37+	04:05+	07:44+	12:25+	15:24+	20:33+	27:48+	30:31+	34:14+	36:55+	41:10+	44:33+	52:05+	57:14+	60:49+	62:49+	64:57+															
01:37+	02:28+	03:39+	04:41+	02:59+	05:09+	07:15+	02:43+	03:43+	02:41+	04:15+	03:23+	07:32+	05:09+	03:35+	02:00+	02:08+															
01:37+	02:28+	03:39+	04:41+	02:59+	05:09+	07:15+	02:43+	03:43+	02:41+	04:15+	03:23+	07:32+	05:09+	03:35+	02:00+	02:08+															

Beste strekktid for klassen

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

H80

1	Kjell Langvik										1884										
01:16=	02:50=	05:01=	08:45=	11:24=	13:05=	15:04=	17:24=	19:24=	21:56=	25:23=	26:35=										
01:16=	01:34=	02:11=	03:44=	02:39=	01:41=	01:59=	02:20=	02:00=	02:32=	03:27=	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=										
2	Øyvind Egeskog										880										
01:28+	03:03+	04:58=	08:48+	12:05+	13:52+	15:41+	18:00+	20:04+	23:06+	26:46+	28:08+										
01:28+	01:35+	01:55=	03:50+	03:17+	01:47+	01:49=	02:19=	02:04+	03:02+	03:40+	01:22+										
00:12#	00:01+	00:16=	00:06+	00:38#	00:06+	00:10=	00:01=	00:04+	00:30#	00:13+	00:10#										
3	Geir Husdal										1884										
01:25+	03:07+	04:50=	09:09+	11:52+	13:33+	15:27+	17:23=	19:29+	22:11+	27:28+	28:42+										
01:25+	01:42+	01:43=	04:19+	02:43+	01:41=	01:54=	01:56=	02:06+	02:42+	05:17+	01:14+										
00:09#	00:08+	00:28=	00:35#	00:04+	00:00=	00:05=	00:24=	00:06+	00:10+	01:50&	00:02+										
4	Hermann Skogsholm										1754										
01:03=	03:36+	05:21+	08:50+	11:25+	13:37+	17:47+	20:14+	22:06+	25:02+	28:23+	29:49+										
01:03=	02:33+	01:45=	03:29=	02:35=	02:12+	04:10+	02:27+	01:52=	02:56+	03:21=	01:26+										
00:13=	00:59&	00:26=	00:15=	00:04=	00:31&	02:11@	00:07+	00:08=	00:24#	00:06=	00:14#										
5	Terje Braut										892										
01:21+	03:06+	05:43+	11:32+	14:39+	16:33+	19:08+	21:43+	23:43+	26:34+	30:21+	32:02+										
01:21+	01:45+	02:37+	05:49+	03:07+	01:54+	02:35+	02:35+	02:00=	02:51+	03:47+	01:41+										
00:05+	00:11#	00:26#	02:05&	00:28#	00:13#	00:36&	00:15#	00:00=	00:19#	00:20+	00:29&										
6	Svein Glendrange										874										
01:16=	02:48=	05:03+	09:29+	13:28+	15:26+	17:49+	20:16+	22:43+	26:29+	30:45+	32:26+										
01:16=	01:32=	02:15+	04:26+	03:59+	01:58+	02:23+	02:27+	02:27+	03:46+	04:16+	01:41+										
00:00=	00:02=	00:04+	00:42#	01:20&	00:17#	00:24#	00:07+	00:27#	01:14&	00:49#	00:29&										
7	Harald Vatne										2342										
01:22+	03:39+	05:54+	11:12+	13:57+	16:08+	18:28+	21:09+	23:14+	26:11+	30:44+	32:40+										
01:22+	02:17+	02:15+	05:18+	02:45+	02:11+	02:20+	02:41+	02:05+	02:57+	04:33+	01:56+										
00:06+	00:43&	00:04+	01:34&	00:06+	00:30&	00:21#	00:21#	00:05+	00:25#	01:06&	00:44&										
8	Tormod Aaslid										3529										
02:39+	04:38+	07:32+	11:49+	14:52+	16:58+	19:48+	22:26+	24:58+	28:45+	32:55+	35:35+										
02:39+	01:59+	02:54+	04:17+	03:03+	02:06+	02:50+	02:38+	02:32+	03:47+	04:10+	02:40+										
01:23@	00:25&	00:43&	00:33#	00:24#	00:25#	00:51&	00:18#	00:32&	01:15&	00:43#	01:28@										
9	Sigurd Krosli										1884										
01:31+	03:34+	06:21+	11:17+	14:30+	16:39+	19:07+	21:48+	24:17+	27:52+	34:44+	36:33+										
01:31+	02:03+	02:47+	04:56+	03:13+	02:09+	02:28+	02:41+	02:29+	03:35+	06:52+	01:49+										
00:15#	00:29&	00:36&	01:12&	00:34#	00:28&	00:29#	00:21#	00:29#	01:03&	03:25&	00:37&										
10	Magne Jakobsen										3524										
01:31+	03:28+	06:13+	11:39+	15:11+	17:38+	20:23+	23:12+	25:37+	29:10+	35:20+	37:27+										
01:31+	01:57+	02:45+	05:26+	03:32+	02:27+	02:45+	02:49+	02:25+	03:33+	06:10+	02:07+										
00:15#	00:23#	00:34&	01:42&	00:53&	00:46&	00:46&	00:29#	00:25#	01:01&	02:43&	00:55&										

Plass	Navn												Klasse	Tid											
H80																									
11	Arne Brandsberg												3502	43:22											
01:39+	03:51+	06:30+	13:30+	17:29+	19:50+	22:44+	26:30+	29:22+	34:07+	41:19+	43:22+														
01:39+	02:12+	02:39+	07:00+	03:59+	02:21+	02:54+	03:46+	02:52+	04:45+	07:12+	02:03+														
00:23&	00:38&	00:28#	03:16&	01:20&	00:40&	00:55&	01:26&	00:52&	02:13&	03:45@	00:51&														
12	Albert Moe												3529	46:11											
02:04+	04:23+	07:16+	15:06+	19:31+	23:01+	27:00+	30:33+	33:45+	38:35+	44:00+	46:11+														
02:04+	02:19+	02:53+	07:50+	04:25+	03:30+	03:59+	03:33+	03:12+	04:50+	05:25+	02:11+														
02:04+	02:19+	02:53+	07:50+	04:25+	03:30+	03:59+	03:33+	03:12+	04:50+	05:25+	02:11+														
13	Torleiv Møgedal												874	48:35											
02:51+	06:03+	09:33+	15:19+	19:43+	22:42+	26:36+	30:45+	35:58+	40:47+	46:20+	48:35+														
02:51+	03:12+	03:30+	05:46+	04:24+	02:59+	03:54+	04:09+	05:13+	04:49+	05:33+	02:15+														
02:51+	03:12+	03:30+	05:46+	04:24+	02:59+	03:54+	04:09+	05:13+	04:49+	05:33+	02:15+														
14	Kjell Audun Maudal												3524	1:07:42											
02:07+	12:11+	14:54+	23:26+	28:58+	32:10+	35:51+	39:00+	43:01+	51:41+	65:27+	67:42+														
02:07+	10:04+	02:43+	08:32+	05:32+	03:12+	03:41+	03:59+	03:11+	08:40+	13:46+	02:15+														
02:07+	10:04+	02:43+	08:32+	05:32+	03:12+	03:41+	03:59+	03:11+	08:40+	13:46+	02:15+														
Beste strekktid for klassen																									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																									
HA																									
1	Øyvind Lamark												878	42:06											
01:51=	04:35=	06:35=	08:12=	12:35=	16:01=	17:34=	19:15=	21:30=	23:26=	24:12=	26:41=	29:31=	30:28=	32:33=	35:26=	36:27=	40:31=	41:23=	42:06=						
01:51=	02:44=	02:00=	01:37=	04:23=	03:26=	01:33=	01:41=	02:15=	01:56=	00:46=	02:29=	02:50=	00:57=	02:05=	02:53=	01:01=	04:04=	00:52=	00:43=						
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	43:29											
01:53+	04:35=	06:14-	07:52-	11:45-	15:39-	17:34=	19:19+	21:42+	23:44+	24:28+	27:05+	30:20+	31:08+	33:18+	35:34+	36:42+	40:33+	42:43+	43:29+						
01:53+	02:42-	01:39-	01:38+	03:53-	03:54+	01:55+	01:45+	02:23+	02:02+	00:44-	02:37+	03:15+	00:48-	02:10+	02:16-	01:08+	03:51-	02:10+	00:46+						
00:02+	00:02-	00:21-	00:01+	00:30-	00:28#	00:22#	00:04+	00:08+	00:06+	00:02-	00:08+	00:25#	00:09-	00:05+	00:37-	00:07#	00:13-	01:18@	00:03+						
3	Fredrik Sandal												1830	45:07											
01:54+	04:45+	06:51+	08:37+	13:13+	17:24+	19:32+	21:35+	24:09+	26:25+	27:13+	29:50+	32:49+	33:52+	35:38+	38:19+	39:32+	43:14+	44:13+	45:07+						
01:54+	02:51+	02:06+	01:46+	04:36+	04:11+	02:08+	02:03+	02:34+	02:16+	00:48+	02:37+	02:59+	01:03+	01:46-	02:41-	01:13+	03:42-	00:59+	00:54+						
00:03+	00:07+	00:06+	00:09+	00:13+	00:45#	00:35&	00:22#	00:19#	00:20#	00:02+	00:08+	00:09+	00:06#	00:19-	00:12-	00:12#	00:22-	00:07#	00:11&						
4	Kristian Frafjord Haarr												882	46:17											
02:04+	05:12+	07:56+	09:41+	14:33+	18:34+	20:24+	22:47+	25:19+	27:35+	28:22+	31:02+	33:59+	34:50+	36:41+	39:22+	40:35+	44:18+	45:23+	46:17+						
02:04+	03:08+	02:44+	01:45+	04:52+	04:01+	01:50+	02:23+	02:32+	02:16+	00:47+	02:40+	02:57+	00:51-	01:51-	02:41-	01:13+	03:43-	01:05+	00:54+						
00:13#	00:24#	00:44&	00:08+	00:29#	00:35#	00:17#	00:42&	00:17#	00:20#	00:01+	00:11+	00:07+	00:06-	00:14-	00:12-	00:12#	00:21-	00:13#	00:11&						
5	Erik Lima												1832	48:34											
02:46+	05:51+	08:35+	10:08+	14:52+	19:07+	20:47+	22:55+	25:32+	27:49+	28:35+	31:26+	35:06+	36:11+	38:11+	40:38+	41:53+	46:36+	47:45+	48:34+						
02:46+	03:05+	02:44+	01:33-	04:44+	04:15+	01:40+	02:08+	02:37+	02:17+	00:46=	02:51+	03:40+	01:05+	02:00-	02:27-	01:15+	04:43+	01:09+	00:49+						
00:55&	00:21#	00:44&	00:04-	00:21+	00:49#	00:07+	00:27&	00:22#	00:21#	00:00=	00:22#	00:50&	00:08#	00:05-	00:26-	00:14#	00:39#	00:17&	00:06#						
6	Magne Hatteland												3528	51:45											
02:05+	05:02+	07:07+	08:50+	14:10+	18:28+	20:23+	22:44+	25:28+	27:44+	28:38+	31:37+	36:05+	37:12+	39:13+	41:59+	45:50+	50:01+	50:56+	51:45+						
02:05+	02:57+	02:05+	01:43+	05:20+	04:18+	01:55+	02:21+	02:44+	02:16+	00:54+	02:59+	04:28+	01:07+	02:01-	02:46-	03:51+	04:11+	00:55+	00:49+						
00:14#	00:13+	00:05+	00:06+	00:57#	00:52&	00:22#	00:40&	00:29#	00:20#	00:08#	00:30#	01:38&	00:10#	00:04-	00:07-	02:50@	00:07+	00:03+	00:06#						
7	Torbjørn Fuglestad												878	54:19											
02:32+	05:40+	07:41+	09:51+	14:44+	18:59+	20:50+	23:05+	25:42+	28:35+	29:35+	33:07+	38:56+	40:10+	42:50+	45:34+	46:58+	52:12+	53:25+	54:19+						
02:32+	03:08+	02:01+	02:10+	04:53+	04:15+	01:51+	02:15+	02:37+	02:53+	01:00+	03:32+	05:49+	01:14+	02:40+	02:44-	01:24+	05:14+	01:13+	00:54+						
00:41&	00:24#	00:01+	00:33&	00:30#	00:49#	00:18#	00:34&	00:22#	00:57&	00:14&	01:03&	02:59@	00:17&	00:35&	00:09-	00:23&	01:10&	00:21&	00:11&						
8	Lars Erik Malde												3676	1:03:20											
02:48+	07:00+	09:52+	12:06+	18:29+	24:09+	26:31+	29:06+	32:01+	34:25+	35:44+	39:05+	45:55+	47:45+	50:45+	54:42+	56:03+	61:16+	62:28+	63:20+						
02:48+	04:12+	02:52+	02:14+	06:23+	05:40+	02:22+	02:35+	02:55+	02:24+	01:19+	03:21+	06:50+	01:50+	03:00+	03:57+	01:21+	05:13+	01:12+	00:52+						
00:57&	01:28&	00:52&	00:37&	02:00&	02:14&	00:49&	00:54&	00:40&	00:28#	00:33&	00:52&	04:00@	00:53&	00:55&	01:04&	00:20&	01:09&	00:20&	00:09#						

Plass	Navn	Klasse	Tid
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HA

9	Ole Morten Haaland										3528					1:11:55									
02:19+	06:00+	11:08+	14:06+	21:36+	29:13+	31:36+	33:54+	36:28+	39:49+	40:46+	43:47+	52:11+	53:40+	57:14+	60:44+	63:16+	69:37+	70:49+	71:55+						
02:19+	03:41+	05:08+	02:58+	07:30+	07:37+	02:23+	02:18+	02:34+	03:21+	00:57+	03:01+	08:24+	01:29+	03:34+	03:30+	02:32+	06:21+	01:12+	01:06+						
00:28&	00:57&	03:08@	01:21&	03:07&	04:11@	00:50&	00:37&	00:19#	01:25&	00:11#	00:32#	05:34@	00:32&	01:29&	00:37#	01:31@	02:17&	00:20&	00:23&						

Beste strekktid for klassen

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

HB

1	Lars Sigve Oftedal										772					45:11									
02:17=	05:04=	06:53=	08:29=	12:44=	16:13=	18:23=	20:14=	22:42=	25:53=	26:40=	29:36=	32:57=	33:53=	35:57=	38:25=	39:37=	43:26=	44:22=	45:11=						
02:17=	02:47=	01:49=	01:36=	04:15=	03:29=	02:10=	01:51=	02:28=	03:11=	00:47=	02:56=	03:21=	00:56=	02:04=	02:28=	01:12=	03:49=	00:56=	00:49=						
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	Magnus Landstad										3507					47:34									
02:29+	05:25+	07:22+	09:03+	13:41+	17:46+	19:28+	21:29+	24:07+	26:43+	28:24+	31:17+	34:39+	35:42+	37:48+	40:29+	41:53+	45:50+	46:45+	47:34+						
02:29+	02:56+	01:57+	01:41+	04:38+	04:05+	01:42=	02:01+	02:38+	02:36=	01:41+	02:53=	03:22+	01:03+	02:06+	02:41+	01:24+	03:57+	00:55=	00:49=						
00:12+	00:09+	00:08+	00:05+	00:23+	00:36#	00:28=	00:10+	00:10+	00:35=	00:54@	00:03=	00:01+	00:07#	00:02+	00:13+	00:12#	00:08+	00:01=	00:00=						
3	Tom Furland										769					48:29									
02:16=	05:34+	07:36+	09:54+	15:06+	19:22+	21:18+	23:26+	26:11+	28:35+	29:24+	32:23+	35:39+	36:32+	38:26+	41:31+	42:34+	46:37+	47:36+	48:29+						
02:16=	03:18+	02:02+	02:18+	05:12+	04:16+	01:56=	02:08+	02:45+	02:24=	00:49+	02:59+	03:16=	00:53=	01:54=	03:05+	01:03=	04:03+	00:59+	00:53+						
00:01=	00:31#	00:13#	00:42&	00:57#	00:47#	00:14=	00:17#	00:17#	00:47=	00:02+	00:03+	00:05=	00:03=	00:10=	00:37#	00:09=	00:14+	00:03+	00:04+						
4	Oddvar Taksdal										3522					48:38									
02:06=	05:34+	07:29+	09:33+	14:43+	18:41+	20:45+	22:49+	25:23+	27:52+	28:41+	31:46+	35:07+	36:11+	38:29+	41:22+	42:37+	46:50+	47:49+	48:38+						
02:06=	03:28+	01:55+	02:04+	05:10+	03:58+	02:04=	02:04+	02:34+	02:29=	00:49+	03:05+	03:21=	01:04+	02:18+	02:53+	01:15+	04:13+	00:59+	00:49=						
00:11=	00:41#	00:06+	00:28&	00:55#	00:29#	00:06=	00:13#	00:06+	00:42=	00:02+	00:09+	00:00=	00:08#	00:14#	00:25#	00:03+	00:24#	00:03+	00:00=						
5	Odd Ivar Karlsen										3559					50:15									
02:33+	05:54+	08:05+	09:54+	15:10+	19:45+	21:39+	23:51+	26:52+	29:22+	30:09+	33:10+	37:03+	38:03+	40:07+	43:02+	44:14+	48:24+	49:26+	50:15+						
02:33+	03:21+	02:11+	01:49+	05:16+	04:35+	01:54=	02:12+	03:01+	02:30=	00:47=	03:01+	03:53+	01:00+	02:04=	02:55+	01:12=	04:10+	01:02+	00:49=						
00:16#	00:34#	00:22#	00:13#	01:01#	01:06&	00:16=	00:21#	00:33#	00:41=	00:00=	00:05+	00:32#	00:04+	00:00=	00:27#	00:00=	00:21+	00:06#	00:00=						
6	Arne Eirik Nielsen										3588					52:04									
02:11=	05:19+	07:21+	09:12+	14:38+	18:29+	20:09+	22:17+	24:54+	27:14+	28:02+	31:12+	34:57+	36:06+	39:40+	42:22+	44:23+	50:18+	51:13+	52:04+						
02:11=	03:08+	02:02+	01:51+	05:26+	03:51+	01:40=	02:08+	02:37+	02:20=	00:48+	03:10+	03:45+	01:09+	03:34+	02:42+	02:01+	05:55+	00:55=	00:51+						
00:06=	00:21#	00:13#	00:15#	01:11&	00:22#	00:30=	00:17#	00:09+	00:51=	00:01+	00:14+	00:24#	00:13#	01:30&	00:14+	00:49&	02:06&	00:01=	00:02+						
7	Aart Joakim in't Veld										1884					52:15									
02:01=	06:40+	09:13+	11:56+	17:41+	22:46+	24:21+	26:24+	28:59+	31:07+	32:09+	34:38+	38:08+	39:02+	41:39+	44:20+	46:27+	50:32+	51:29+	52:15+						
02:01=	04:39+	02:33+	02:43+	05:45+	05:05+	01:35=	02:03+	02:35+	02:08=	01:02+	02:29=	03:30+	00:54=	02:37+	02:41+	02:07+	04:05+	00:57+	00:46=						
00:16=	01:52&	00:44&	01:07&	01:30&	01:36&	00:35=	00:12#	00:07+	01:03=	00:15&	00:27=	00:09+	00:02=	00:33&	00:13+	00:55&	00:16+	00:01+	00:03=						
8	Joar Eilevstjønn										2342					52:26									
04:03+	07:52+	10:36+	12:36+	17:41+	21:30+	23:06+	24:48+	27:06+	29:05+	29:53+	32:42+	35:59+	37:59+	40:52+	44:03+	45:14+	50:42+	51:38+	52:26+						
04:03+	03:49+	02:44+	02:00+	05:05+	03:49+	01:36=	01:42=	02:18=	01:59=	00:48+	02:49=	03:17=	02:00+	02:53+	03:11+	01:11=	05:28+	00:56=	00:48=						
01:46&	01:02&	00:55&	00:24#	00:50#	00:20+	00:34=	00:09=	00:10=	01:12=	00:01+	00:07=	00:04=	01:04@	00:49&	00:43&	00:01=	01:39&	00:00=	00:01=						
9	Jon Åsmund Espedal										4242					52:28									
02:13=	05:10+	12:08+	13:48+	18:24+	22:53+	24:39+	26:37+	29:27+	31:41+	32:23+	35:17+	38:44+	39:39+	42:10+	44:59+	46:05+	50:33+	51:31+	52:28+						
02:13=	02:57+	06:58+	01:40+	04:36+	04:29+	01:46=	01:58+	02:50+	02:14=	00:42=	02:54=	03:27+	00:55=	02:31+	02:49+	01:06=	04:28+	00:58+	00:57+						
00:04=	00:10+	05:09@	00:04+	00:21+	01:00&	00:24=	00:07+	00:22#	00:57=	00:05=	00:02=	00:06+	00:01=	00:27#	00:21#	00:06=	00:39#	00:02+	00:08#						
10	Jan-Rune Larsen Basso										1376					52:36									
02:25+	05:43+	07:52+	09:51+	15:16+	19:41+	21:46+	24:10+	27:15+	29:59+	31:00+	34:15+	38:13+	39:24+	41:17+	44:31+	45:52+	50:33+	51:35+	52:36+						
02:25+	03:18+	02:09+	01:59+	05:25+	04:25+	02:05=	02:24+	03:05+	02:44=	01:01+	03:15+	03:58+	01:11+	01:53=	03:14+	01:21+	04:41+	01:02+	01:01+						
00:08+	00:31#	00:20#	00:23#	01:10&	00:56&	00:05=	00:33&	00:37#	00:27=	00:14&	00:19#	00:37#	00:15&	00:11=	00:46&	00:09#	00:52#	00:06#	00:12#						
11	Thomas Tveit										3588					52:46									
02:02=	04:53=	08:11+	10:14+	15:02+	19:09+	20:58+	22:57+	25:13+	27:15+	28:05+	31:17+	35:58+	37:01+	39:14+	42:02+	45:21+	51:16+	52:06+	52:46+						
02:02=	02:51+	03:18+	02:03+	04:48+	04:07+	01:49=	01:59+	02:16=	02:02=	00:50+	03:12+	04:41+	01:03+	02:13+	02:48+	03:19+	05:55+	00:50=	00:40=						
00:15=	00:04+	01:29&	00:27&	00:33#	00:38#	00:21=	00:08+	00:12=	01:09=	00:03+	00:16+	01:20&	00:07#	00:09+	00:20#	02:07@	02:06&	00:06=	00:09=						

Plass	Navn	Klasse										Tid									
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HB

12	Njål F. Vadla					1884					55:07								
02:12-	05:29+	07:43+	11:13+	16:28+	20:52+	22:52+	25:14+	28:01+	30:44+	31:42+	34:50+	38:32+	39:33+	42:35+	47:14+	48:35+	53:03+	54:10+	55:07+
02:12-	03:17+	02:14+	03:30+	05:15+	04:24+	02:00-	02:22+	02:47+	02:43-	00:58+	03:08+	03:42+	01:01+	03:02+	04:39+	01:21+	04:28+	01:07+	00:57+
00:05-	00:30#	00:25#	01:54@	01:00#	00:55#	00:10-	00:31#	00:19#	00:28-	00:11#	00:12+	00:21#	00:05+	00:58#	02:11#	00:09#	00:39#	00:11#	00:08#
13	Per Christian Munkhaug					3516					56:18								
02:38+	05:28+	07:26+	09:10+	14:00+	19:03+	21:04+	24:16+	26:52+	29:45+	30:34+	33:48+	37:48+	38:48+	41:21+	45:08+	49:16+	54:02+	55:37+	56:18+
02:38+	02:50+	01:58+	01:44+	04:50+	05:03+	02:01+	03:12+	02:36+	02:53+	00:49+	03:14+	04:00+	01:00+	02:33+	03:47+	04:08+	04:46+	01:35+	00:41+
02:38+	02:50+	01:58+	01:44+	04:50+	05:03+	02:01+	03:12+	02:36+	02:53+	00:49+	03:14+	04:00+	01:00+	02:33+	03:47+	04:08+	04:46+	01:35+	00:41+
14	Geir Sand					722					58:24								
02:26+	06:19+	08:23+	10:19+	15:04+	20:19+	22:20+	24:21+	27:12+	29:40+	31:30+	35:34+	39:52+	41:11+	44:22+	47:18+	50:59+	56:31+	57:35+	58:24+
02:26+	03:53+	02:04+	01:56+	04:45+	05:15+	02:01+	02:01+	02:51+	02:28+	01:50+	04:04+	04:18+	01:19+	03:11+	02:56+	03:41+	05:32+	01:04+	00:49+
02:26+	03:53+	02:04+	01:56+	04:45+	05:15+	02:01+	02:01+	02:51+	02:28+	01:50+	04:04+	04:18+	01:19+	03:11+	02:56+	03:41+	05:32+	01:04+	00:49+
15	Morten Sørli Ronæss					882					1:00:29								
02:43+	06:32+	09:17+	11:35+	17:40+	22:34+	25:01+	27:40+	30:52+	34:41+	35:47+	39:25+	43:26+	44:28+	48:00+	51:42+	53:10+	58:27+	59:33+	60:29+
02:43+	03:49+	02:45+	02:18+	06:05+	04:54+	02:27+	02:39+	03:12+	03:49+	01:06+	03:38+	04:01+	01:02+	03:32+	03:42+	01:28+	05:17+	01:06+	00:56+
02:43+	03:49+	02:45+	02:18+	06:05+	04:54+	02:27+	02:39+	03:12+	03:49+	01:06+	03:38+	04:01+	01:02+	03:32+	03:42+	01:28+	05:17+	01:06+	00:56+
16	Kristoffer Johannessen					1830					1:06:04								
02:20+	05:49+	08:39+	10:39+	15:40+	20:55+	22:31+	24:36+	27:19+	29:50+	30:55+	33:53+	47:58+	49:07+	51:59+	54:49+	59:36+	64:05+	65:09+	66:04+
02:20+	03:29+	02:50+	02:00+	05:01+	05:15+	01:36+	02:05+	02:43+	02:31+	01:05+	02:58+	14:05+	01:09+	02:52+	02:50+	04:47+	04:29+	01:04+	00:55+
02:20+	03:29+	02:50+	02:00+	05:01+	05:15+	01:36+	02:05+	02:43+	02:31+	01:05+	02:58+	14:05+	01:09+	02:52+	02:50+	04:47+	04:29+	01:04+	00:55+
17	Pontus Christensson					1884					1:06:38								
02:05+	06:22+	11:23+	15:16+	20:20+	27:09+	28:40+	31:28+	33:51+	36:03+	37:14+	40:39+	44:25+	46:04+	49:21+	52:52+	58:01+	64:23+	65:28+	66:38+
02:05+	04:17+	05:01+	03:53+	05:04+	06:49+	01:31+	02:48+	02:23+	02:12+	01:11+	03:25+	03:46+	01:39+	03:17+	03:31+	05:09+	06:22+	01:05+	01:10+
02:05+	04:17+	05:01+	03:53+	05:04+	06:49+	01:31+	02:48+	02:23+	02:12+	01:11+	03:25+	03:46+	01:39+	03:17+	03:31+	05:09+	06:22+	01:05+	01:10+
18	Svein Kyllingstad					1284					1:07:12								
02:21+	05:34+	08:31+	10:26+	15:55+	21:11+	23:58+	26:39+	29:37+	32:30+	33:37+	38:00+	50:20+	51:30+	53:59+	57:40+	59:18+	65:12+	66:15+	67:12+
02:21+	03:13+	02:57+	01:55+	05:29+	05:16+	02:47+	02:41+	02:58+	02:53+	01:07+	04:23+	12:20+	01:10+	02:29+	03:41+	01:38+	05:54+	01:03+	00:57+
02:21+	03:13+	02:57+	01:55+	05:29+	05:16+	02:47+	02:41+	02:58+	02:53+	01:07+	04:23+	12:20+	01:10+	02:29+	03:41+	01:38+	05:54+	01:03+	00:57+
19	Espen Fyhn Nilsen					1683					1:21:46								
03:25+	08:08+	11:29+	14:58+	21:53+	28:06+	31:03+	34:42+	39:28+	43:00+	44:35+	49:41+	55:43+	58:02+	64:36+	68:35+	71:06+	79:09+	80:34+	81:46+
03:25+	04:43+	03:21+	03:29+	06:55+	06:13+	02:57+	03:39+	04:46+	03:32+	01:35+	05:06+	06:02+	02:19+	06:34+	03:59+	02:31+	08:03+	01:25+	01:12+
03:25+	04:43+	03:21+	03:29+	06:55+	06:13+	02:57+	03:39+	04:46+	03:32+	01:35+	05:06+	06:02+	02:19+	06:34+	03:59+	02:31+	08:03+	01:25+	01:12+

Beste strekketid for klassen

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

HC

1	Kjetil Wirak										3486	47:27									
01:56=	03:32=	05:15=	07:13=	13:38=	18:28=	19:44=	23:18=	25:11=	27:10=	30:28=	31:57=	33:15=	34:58=	35:57=	38:23=	39:52=	44:43=	45:43=	46:39=	47:27=	
01:56=	01:36=	01:43=	01:58=	06:25=	04:50=	01:16=	03:34=	01:53=	01:59=	03:18=	01:29=	01:18=	01:43=	00:59=	02:26=	01:29=	04:51=	01:00=	00:56=	00:48=	
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	Henning Sundby										3486	51:10									
02:48+	04:11+	05:56+	07:52+	14:41+	19:15+	20:44+	25:19+	27:22+	29:48+	33:12+	34:41+	36:06+	38:28+	39:42+	43:16+	44:33+	48:19+	49:17+	50:22+	51:10+	
02:48+	01:23-	01:45+	01:56-	06:49+	04:34-	01:29+	04:35+	02:03+	02:26+	03:24+	01:29=	01:25+	02:22+	01:14+	03:34+	01:17-	03:46-	00:58-	01:05+	00:48=	
00:52#	00:13-	00:02+	00:02-	00:24+	00:16-	00:13#	01:01#	00:10+	00:27#	00:06+	00:00=	00:07+	00:39#	00:15#	01:08#	00:12-	01:05-	00:02-	00:09#	00:00=	
3	Stein Arne Olsen										874	53:07									
02:10+	04:25+	06:03+	08:11+	15:35+	21:13+	22:29+	26:12+	27:59+	29:56+	33:32+	35:14+	36:29+	39:20+	40:33+	44:05+	45:38+	49:59+	51:01+	52:16+	53:07+	
02:10+	02:15+	01:38-	02:08+	07:24+	05:38+	01:16=	03:43+	01:47-	01:57-	03:36+	01:42+	01:15-	02:51+	01:13+	03:32+	01:33+	04:21-	01:02+	01:15+	00:51+	
00:14#	00:39#	00:05-	00:10+	00:59#	00:48#	00:00=	00:09+	00:06-	00:02-	00:18+	00:13#	00:03-	01:08#	00:14#	01:06#	00:04+	00:30-	00:02+	00:19#	00:03+	
4	Jan-Einar Øvremo										1119	54:16									
02:03+	03:21-	04:49-	06:51-	14:50+	20:28+	22:11+	26:23+	28:43+	31:10+	35:11+	36:52+	38:12+	41:11+	42:15+	45:34+	47:00+	51:22+	52:21+	53:28+	54:16+	
02:03+	01:18-	01:28-	02:02+	07:59+	05:38+	01:43+	04:12+	02:20+	02:27+	04:01+	01:41+	01:20+	02:59+	01:04+	03:19+	01:26-	04:22-	00:59-	01:07+	00:48=	
00:07+	00:18-	00:15-	00:04+	01:34#	00:48#	00:27#	00:38#	00:27#	00:28#	00:43#	00:12#	00:02+	01:16#	00:05+	00:53#	00:03-	00:29-	00:01-	00:11#	00:00=	

Plass	Navn					Klasse					Tid									
HC																				
5	Morten Aamodt					1683					54:19									
02:01+	03:19-	04:56-	07:00-	14:25+	20:00+	21:22+	25:07+	27:51+	30:09+	33:58+	35:42+	37:18+	39:29+	40:39+	44:04+	46:29+	50:54+	52:01+	53:20+	54:19+
02:01+	01:18-	01:37-	02:04+	07:25+	05:35+	01:22+	03:45+	02:44+	02:18+	03:49+	01:44+	01:36+	02:11+	01:10+	03:25+	02:25+	04:25-	01:07+	01:19+	00:59+
00:05+	00:18-	00:06-	00:06+	01:00#	00:45#	00:06+	00:11+	00:51&	00:19#	00:31#	00:15#	00:18#	00:28&	00:11#	00:59&	00:56&	00:26-	00:07#	00:23&	00:11#
6	Per Olav Haarr					769					55:30									
01:57+	03:23+	05:16+	07:04+	16:08+	20:51+	22:18+	26:03+	27:57+	30:05+	33:35+	36:09+	37:34+	42:10+	43:08+	46:57+	48:41+	52:47+	53:44+	54:41+	55:30+
01:57+	01:26+	01:53+	01:48+	09:04+	04:43+	01:27+	03:45+	01:54+	02:08+	03:30+	02:34+	01:25+	04:36+	00:58+	03:49+	01:44+	04:06+	00:57+	00:57+	00:49+
01:57+	01:26+	01:53+	01:48+	09:04+	04:43+	01:27+	03:45+	01:54+	02:08+	03:30+	02:34+	01:25+	04:36+	00:58+	03:49+	01:44+	04:06+	00:57+	00:57+	00:49+
7	Kjell Dale					1884					57:08									
02:20+	04:03+	05:41+	07:44+	15:17+	20:36+	21:57+	27:37+	29:26+	31:36+	35:00+	36:42+	38:21+	41:03+	42:41+	46:09+	47:57+	53:51+	54:55+	56:01+	57:08+
02:20+	01:43+	01:38+	02:03+	07:33+	05:19+	01:21+	05:40+	01:49+	02:10+	03:24+	01:42+	01:39+	02:42+	01:38+	03:28+	01:48+	05:54+	01:04+	01:06+	01:07+
02:20+	01:43+	01:38+	02:03+	07:33+	05:19+	01:21+	05:40+	01:49+	02:10+	03:24+	01:42+	01:39+	02:42+	01:38+	03:28+	01:48+	05:54+	01:04+	01:06+	01:07+
8	Leif Kjetil Hinna Gausel					1683					58:38									
02:30+	04:06+	05:56+	08:24+	15:50+	21:38+	23:08+	28:03+	30:16+	32:27+	36:40+	38:34+	39:57+	44:07+	45:34+	49:05+	50:32+	55:43+	56:42+	57:43+	58:38+
02:30+	01:36+	01:50+	02:28+	07:26+	05:48+	01:30+	04:55+	02:13+	02:11+	04:13+	01:54+	01:23+	04:10+	01:27+	03:31+	01:27+	05:11+	00:59+	01:01+	00:55+
02:30+	01:36+	01:50+	02:28+	07:26+	05:48+	01:30+	04:55+	02:13+	02:11+	04:13+	01:54+	01:23+	04:10+	01:27+	03:31+	01:27+	05:11+	00:59+	01:01+	00:55+
9	Oddmund Nordgård					722					59:36									
02:21+	05:00+	06:49+	08:57+	15:58+	21:12+	22:35+	26:51+	29:39+	32:07+	36:03+	37:46+	39:20+	42:00+	43:26+	47:35+	49:03+	54:22+	57:39+	58:43+	59:36+
02:21+	02:39+	01:49+	02:08+	07:01+	05:14+	01:23+	04:16+	02:48+	02:28+	03:56+	01:43+	01:34+	02:40+	01:26+	04:09+	01:28+	05:19+	03:17+	01:04+	00:53+
02:21+	02:39+	01:49+	02:08+	07:01+	05:14+	01:23+	04:16+	02:48+	02:28+	03:56+	01:43+	01:34+	02:40+	01:26+	04:09+	01:28+	05:19+	03:17+	01:04+	00:53+
10	Pål H. Gjerden					1683					1:01:37									
01:56+	03:39+	05:41+	08:05+	16:46+	23:00+	24:29+	29:10+	31:31+	34:24+	39:11+	41:16+	43:05+	45:54+	47:18+	50:46+	52:40+	58:02+	59:21+	60:36+	61:37+
01:56+	01:43+	02:02+	02:24+	08:41+	06:14+	01:29+	04:41+	02:21+	02:53+	04:47+	02:05+	01:49+	02:49+	01:24+	03:28+	01:54+	05:22+	01:19+	01:15+	01:01+
01:56+	01:43+	02:02+	02:24+	08:41+	06:14+	01:29+	04:41+	02:21+	02:53+	04:47+	02:05+	01:49+	02:49+	01:24+	03:28+	01:54+	05:22+	01:19+	01:15+	01:01+
11	Terje Michaelsen					3511					1:04:01									
02:00+	03:26+	04:53+	06:40+	13:41+	19:10+	20:32+	24:05+	26:10+	28:29+	32:00+	33:36+	34:47+	50:41+	51:34+	55:35+	57:03+	61:21+	62:17+	63:10+	64:01+
02:00+	01:26+	01:27+	01:47+	07:01+	05:29+	01:22+	03:33+	02:05+	02:19+	03:31+	01:36+	01:11+	15:54+	00:53+	04:01+	01:28+	04:18+	00:56+	00:53+	00:51+
02:00+	01:26+	01:27+	01:47+	07:01+	05:29+	01:22+	03:33+	02:05+	02:19+	03:31+	01:36+	01:11+	15:54+	00:53+	04:01+	01:28+	04:18+	00:56+	00:53+	00:51+
12	Øyvind Rummelhoff					882					1:04:18									
02:44+	04:29+	05:58+	09:17+	16:38+	22:11+	26:00+	30:30+	32:46+	35:07+	38:55+	40:43+	42:33+	44:57+	47:06+	50:32+	58:05+	61:39+	62:30+	63:33+	64:18+
02:44+	01:45+	01:29+	03:19+	07:21+	05:33+	03:49+	04:30+	02:16+	02:21+	03:48+	01:48+	01:50+	02:24+	02:09+	03:26+	07:33+	03:34+	00:51+	01:03+	00:45+
02:44+	01:45+	01:29+	03:19+	07:21+	05:33+	03:49+	04:30+	02:16+	02:21+	03:48+	01:48+	01:50+	02:24+	02:09+	03:26+	07:33+	03:34+	00:51+	01:03+	00:45+
13	Pål Bårdsen					3497					1:04:23									
02:26+	04:38+	06:25+	08:48+	17:26+	23:41+	26:08+	31:07+	33:38+	36:21+	40:27+	42:21+	44:03+	46:55+	48:18+	51:49+	55:16+	61:04+	62:05+	63:24+	64:23+
02:26+	02:12+	01:47+	02:23+	08:38+	06:15+	02:27+	04:59+	02:31+	02:43+	04:06+	01:54+	01:42+	02:52+	01:23+	03:31+	03:27+	05:48+	01:01+	01:19+	00:59+
02:26+	02:12+	01:47+	02:23+	08:38+	06:15+	02:27+	04:59+	02:31+	02:43+	04:06+	01:54+	01:42+	02:52+	01:23+	03:31+	03:27+	05:48+	01:01+	01:19+	00:59+
14	Bertrand Denieul					877					1:06:53									
02:06+	03:42+	05:59+	08:28+	17:01+	25:44+	27:12+	32:53+	35:14+	37:45+	42:02+	43:47+	47:05+	50:02+	52:13+	55:21+	57:13+	63:05+	64:21+	65:35+	66:53+
02:06+	01:36+	02:17+	02:29+	08:33+	08:43+	01:28+	05:41+	02:21+	02:31+	04:17+	01:45+	03:18+	02:57+	02:11+	03:08+	01:52+	05:52+	01:16+	01:14+	01:18+
02:06+	01:36+	02:17+	02:29+	08:33+	08:43+	01:28+	05:41+	02:21+	02:31+	04:17+	01:45+	03:18+	02:57+	02:11+	03:08+	01:52+	05:52+	01:16+	01:14+	01:18+
15	Svein Oddvar Netland					1683					1:07:14									
02:43+	04:25+	06:12+	08:23+	17:14+	22:52+	24:31+	29:47+	33:06+	35:56+	40:08+	42:07+	43:58+	47:34+	49:21+	53:31+	57:11+	62:25+	63:34+	66:12+	67:14+
02:43+	01:42+	01:47+	02:11+	08:51+	05:38+	01:39+	05:16+	03:19+	02:50+	04:12+	01:59+	01:51+	03:36+	01:47+	04:10+	03:40+	05:14+	01:09+	02:38+	01:02+
02:43+	01:42+	01:47+	02:11+	08:51+	05:38+	01:39+	05:16+	03:19+	02:50+	04:12+	01:59+	01:51+	03:36+	01:47+	04:10+	03:40+	05:14+	01:09+	02:38+	01:02+
16	Øivind Berggraf					1683					1:08:53									
02:35+	04:22+	06:25+	08:57+	17:49+	24:04+	25:40+	31:34+	34:07+	36:51+	41:22+	46:31+	48:15+	50:55+	52:18+	57:15+	59:22+	64:54+	66:12+	67:53+	68:53+
02:35+	01:47+	02:03+	02:32+	08:52+	06:15+	01:36+	05:54+	02:33+	02:44+	04:31+	05:09+	01:44+	02:40+	01:23+	04:57+	02:07+	05:32+	01:18+	01:41+	01:00+
02:35+	01:47+	02:03+	02:32+	08:52+	06:15+	01:36+	05:54+	02:33+	02:44+	04:31+	05:09+	01:44+	02:40+	01:23+	04:57+	02:07+	05:32+	01:18+	01:41+	01:00+
17	Paul Terje Haarr					769					1:11:01									
02:50+	04:29+	06:25+	08:48+	17:29+	24:20+	26:23+	33:03+	36:06+	39:11+	44:45+	46:55+	48:50+	52:11+	53:31+	56:51+	60:14+	67:03+	68:28+	69:54+	71:01+
02:50+	01:39+	01:56+	02:23+	08:41+	06:51+	02:03+	06:40+	03:03+	03:05+	05:34+	02:10+	01:55+	03:21+	01:20+	03:20+	03:23+	06:49+	01:25+	01:26+	01:07+
02:50+	01:39+	01:56+	02:23+	08:41+	06:51+	02:03+	06:40+	03:03+	03:05+	05:34+	02:10+	01:55+	03:21+	01:20+	03:20+	03:23+	06:49+	01:25+	01:26+	01:07+
18	Eivind Lie					1683					1:13:33									
02:13+	04:03+	06:06+	09:14+	18:44+	23:55+	25:23+	29:06+	30:59+	33:07+	42:12+	43:42+	45:25+	54:31+	56:39+	60:32+	62:39+	69:34+	71:14+	72:35+	73:33+
02:13+	01:50+	02:03+	03:08+	09:30+	05:11+	01:28+	03:43+	01:53+	02:08+	09:05+	01:30+	01:43+	09:06+	02:08+	03:53+	02:07+	06:55+	01:40+	01:21+	00:58+
02:13+	01:50+	02:03+	03:08+	09:30+	05:11+	01:28+	03:43+	01:53+	02:08+	09:05+	01:30+	01:43+	09:06+	02:08+	03:53+	02:07+	06:55+	01:40+	01:21+	00:58+

Plass	Navn	Klasse	Tid
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HC

19	Ove Oaland	1683	1:20:04																	
03:25+	05:25+	07:32+	10:08+	21:25+	29:32+	31:29+	37:48+	40:29+	43:26+	48:23+	53:07+	55:01+	59:04+	60:45+	64:47+	66:54+	75:48+	76:59+	78:32+	80:04+
03:25+	02:00+	02:07+	02:36+	11:17+	08:07+	01:57+	06:19+	02:41+	02:57+	04:57+	04:44+	01:54+	04:03+	01:41+	04:02+	02:07+	08:54+	01:11+	01:33+	01:32+
03:25+	02:00+	02:07+	02:36+	11:17+	08:07+	01:57+	06:19+	02:41+	02:57+	04:57+	04:44+	01:54+	04:03+	01:41+	04:02+	02:07+	08:54+	01:11+	01:33+	01:32+
20	Geir Haugvaldstad	1683	1:23:34																	
02:14+	03:53+	10:27+	13:33+	22:28+	33:19+	47:14+	51:08+	52:46+	54:39+	59:11+	60:39+	63:15+	66:02+	67:10+	71:25+	74:50+	80:22+	81:28+	82:41+	83:34+
02:14+	01:39+	06:34+	03:06+	08:55+	10:51+	13:55+	03:54+	01:38+	01:53+	04:32+	01:28+	02:36+	02:47+	01:08+	04:15+	03:25+	05:32+	01:06+	01:13+	00:53+
02:14+	01:39+	06:34+	03:06+	08:55+	10:51+	13:55+	03:54+	01:38+	01:53+	04:32+	01:28+	02:36+	02:47+	01:08+	04:15+	03:25+	05:32+	01:06+	01:13+	00:53+
21	Øistein Haaland	1683	1:24:46																	
02:54+	05:23+	07:31+	10:14+	20:09+	27:23+	31:22+	39:14+	41:47+	45:28+	50:34+	52:55+	55:25+	58:51+	60:27+	69:45+	75:19+	80:59+	82:24+	83:34+	84:46+
02:54+	02:29+	02:08+	02:43+	09:55+	07:14+	03:59+	07:52+	02:33+	03:41+	05:06+	02:21+	02:30+	03:26+	01:36+	09:18+	05:34+	05:40+	01:25+	01:10+	01:12+
02:54+	02:29+	02:08+	02:43+	09:55+	07:14+	03:59+	07:52+	02:33+	03:41+	05:06+	02:21+	02:30+	03:26+	01:36+	09:18+	05:34+	05:40+	01:25+	01:10+	01:12+

Beste strekktid for klassen

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

HNY

1	Tore Stensland								3529	17:32
	01:16=	03:03=	04:48=	07:23=	09:21=	11:47=	15:40=	17:32=		
	01:16=	01:47=	01:45=	02:35=	01:58=	02:26=	03:53=	01:52=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Marius Usvaltas								3529	33:35
	02:46+	07:12+	10:32+	16:32+	19:41+	24:22+	29:11+	33:35+		
	02:46+	04:26+	03:20+	06:00+	03:09+	04:41+	04:49+	04:24+		
	01:30@	02:39@	01:35&	03:25@	01:11&	02:15&	00:56#	02:32@		
3	Arild Opstad								3529	43:15
	02:52+	06:30+	18:09+	21:50+	25:32+	35:22+	40:52+	43:15+		
	02:52+	03:38+	11:39+	03:41+	03:42+	09:50+	05:30+	02:23+		
	01:36@	01:51@	09:54@	01:06&	01:44&	07:24@	01:37&	00:31&		

Beste strekktid for klassen

01:16 01:47 01:45 02:35 01:58 02:26 03:53 01:52

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

HT

1	Hans Østebø										793					
00:59=	02:17=	04:09=	07:15=	08:58=	10:21=	11:58=	13:24=	14:48=	16:34=	20:20=	21:27=					
00:59=	01:18=	01:52=	03:06=	01:43=	01:23=	01:37=	01:26=	01:24=	01:46=	03:46=	01:07=					
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	Trym Hustoft										3497					
01:05+	02:07-	03:35-	07:51+	10:00+	11:38+	13:21+	15:35+	17:11+	19:33+	22:13+	23:10+					
01:05+	01:02-	01:28-	04:16+	02:09+	01:38+	01:43+	02:14+	01:36+	02:22+	02:40-	00:57-					
00:06#	00:16-	00:24-	01:10&	00:26&	00:15#	00:06+	00:48&	00:12#	00:36&	01:06-	00:10-					
3	Stein Nordal										4242					
01:10+	02:51+	04:27+	07:40+	09:45+	11:33+	13:12+	15:25+	17:10+	19:23+	22:17+	23:38+					
01:10+	01:41+	01:36-	03:13+	02:05+	01:48+	01:39+	02:13+	01:45+	02:13+	02:54-	01:21+					
00:11#	00:23&	00:16-	00:07+	00:22#	00:25&	00:02+	00:47&	00:21#	00:27&	00:52-	00:14#					
4	Amund Hval										4226					
01:04+	02:44+	04:59+	08:35+	10:33+	12:12+	13:59+	15:45+	17:28+	19:27+	22:13+	23:51+					
01:04+	01:40+	02:15+	03:36+	01:58+	01:39+	01:47+	01:46+	01:43+	01:59+	02:46-	01:38+					
00:05+	00:22&	00:23#	00:30#	00:15#	00:16#	00:10#	00:20#	00:19#	00:13#	01:00-	00:31&					

Plass	Navn											Klasse	Tid
HT													
5	Svein Erik Bjørnsen											1376	24:03
00:51-	02:11-	03:56-	07:58+	10:27+	12:16+	13:56+	15:50+	17:35+	19:52+	22:58+	24:03+		
00:51-	01:20+	01:45-	04:02+	02:29+	01:49+	01:40+	01:54+	01:45+	02:17+	03:06-	01:05-		
00:08-	00:02+	00:07-	00:56&	00:46&	00:26&	00:03+	00:28&	00:21#	00:31&	00:40-	00:02-		
6	Arne Magne Sondresen											722	24:30
00:57+	02:16+	04:03+	07:27+	10:00+	11:42+	13:39+	15:38+	17:24+	19:55+	23:05+	24:30+		
00:57+	01:19+	01:47+	03:24+	02:33+	01:42+	01:57+	01:59+	01:46+	02:31+	03:10+	01:25+		
00:57+	01:19+	01:47+	03:24+	02:33+	01:42+	01:57+	01:59+	01:46+	02:31+	03:10+	01:25+		
7	Stig E. Ollestad											3519	24:33
00:48+	01:51+	03:28+	09:46+	11:52+	13:40+	15:06+	17:35+	18:58+	21:00+	23:36+	24:33+		
00:48+	01:03+	01:37+	06:18+	02:06+	01:48+	01:26+	02:29+	01:23+	02:02+	02:36+	00:57+		
00:48+	01:03+	01:37+	06:18+	02:06+	01:48+	01:26+	02:29+	01:23+	02:02+	02:36+	00:57+		
8	Ketil Vestbakke											1683	24:57
01:05+	02:44+	04:21+	07:43+	10:11+	11:55+	14:01+	15:57+	17:37+	20:09+	23:45+	24:57+		
01:05+	01:39+	01:37+	03:22+	02:28+	01:44+	02:06+	01:56+	01:40+	02:32+	03:36+	01:12+		
01:05+	01:39+	01:37+	03:22+	02:28+	01:44+	02:06+	01:56+	01:40+	02:32+	03:36+	01:12+		
9	Roger Endre Nyseth											892	25:03
00:48+	02:39+	04:57+	08:33+	11:09+	12:46+	14:31+	16:32+	18:20+	20:42+	23:54+	25:03+		
00:48+	01:51+	02:18+	03:36+	02:36+	01:37+	01:45+	02:01+	01:48+	02:22+	03:12+	01:09+		
00:48+	01:51+	02:18+	03:36+	02:36+	01:37+	01:45+	02:01+	01:48+	02:22+	03:12+	01:09+		
10	Håvard Stensland											3503	25:15
00:57+	02:09+	04:07+	08:36+	10:51+	12:25+	14:06+	17:10+	19:10+	21:19+	24:12+	25:15+		
00:57+	01:12+	01:58+	04:29+	02:15+	01:34+	01:41+	03:04+	02:00+	02:09+	02:53+	01:03+		
00:57+	01:12+	01:58+	04:29+	02:15+	01:34+	01:41+	03:04+	02:00+	02:09+	02:53+	01:03+		
11	Lars Salvesen											1119	26:08
00:58+	02:25+	04:29+	08:28+	11:14+	12:55+	15:08+	17:21+	19:09+	21:31+	25:00+	26:08+		
00:58+	01:27+	02:04+	03:59+	02:46+	01:41+	02:13+	02:13+	01:48+	02:22+	03:29+	01:08+		
00:58+	01:27+	02:04+	03:59+	02:46+	01:41+	02:13+	02:13+	01:48+	02:22+	03:29+	01:08+		
12	Håvard Aase											3558	26:20
01:05+	02:31+	04:42+	09:19+	11:54+	14:01+	16:09+	17:56+	19:33+	21:53+	24:43+	26:20+		
01:05+	01:26+	02:11+	04:37+	02:35+	02:07+	02:08+	01:47+	01:37+	02:20+	02:50+	01:37+		
01:05+	01:26+	02:11+	04:37+	02:35+	02:07+	02:08+	01:47+	01:37+	02:20+	02:50+	01:37+		
13	Morten Tønnessen											3507	26:21
00:55+	02:08+	03:46+	07:08+	11:40+	12:54+	14:51+	17:03+	18:41+	20:49+	23:51+	25:04+		
00:55+	01:13+	01:38+	03:22+	04:32+	01:14+	01:57+	02:12+	01:38+	02:08+	03:02+	01:13+		
00:55+	01:13+	01:38+	03:22+	04:32+	01:14+	01:57+	02:12+	01:38+	02:08+	03:02+	01:13+		
14	Bruno Pierfelice											3519	26:30
00:45+	02:06+	03:53+	09:14+	11:43+	13:32+	14:59+	17:08+	19:32+	21:49+	25:20+	26:30+		
00:45+	01:21+	01:47+	05:21+	02:29+	01:49+	01:27+	02:09+	02:24+	02:17+	03:31+	01:10+		
00:45+	01:21+	01:47+	05:21+	02:29+	01:49+	01:27+	02:09+	02:24+	02:17+	03:31+	01:10+		
15	Tor Erik Skretting											1683	26:57
01:12+	04:20+	06:00+	10:03+	12:19+	14:01+	15:42+	17:51+	19:59+	22:05+	25:14+	26:57+		
01:12+	03:08+	01:40+	04:03+	02:16+	01:42+	01:41+	02:09+	02:08+	02:06+	03:09+	01:43+		
01:12+	03:08+	01:40+	04:03+	02:16+	01:42+	01:41+	02:09+	02:08+	02:06+	03:09+	01:43+		
16	Svein Sivertsen											3530	27:33
00:59+	02:22+	04:26+	08:33+	11:39+	13:29+	15:31+	17:45+	19:44+	22:36+	26:13+	27:33+		
00:59+	01:23+	02:04+	04:07+	03:06+	01:50+	02:02+	02:14+	01:59+	02:52+	03:37+	01:20+		
00:59+	01:23+	02:04+	04:07+	03:06+	01:50+	02:02+	02:14+	01:59+	02:52+	03:37+	01:20+		
17	Kay Roar Harila											643	27:41
00:59+	02:20+	04:08+	08:49+	12:18+	15:13+	17:16+	19:13+	21:06+	23:24+	26:21+	27:41+		
00:59+	01:21+	01:48+	04:41+	03:29+	02:55+	02:03+	01:57+	01:53+	02:18+	02:57+	01:20+		
00:59+	01:21+	01:48+	04:41+	03:29+	02:55+	02:03+	01:57+	01:53+	02:18+	02:57+	01:20+		
18	Leif Jarle Skåra											3502	28:18
00:54+	03:00+	05:05+	10:04+	12:59+	14:51+	16:53+	19:09+	20:55+	23:40+	26:51+	28:18+		
00:54+	02:06+	02:05+	04:59+	02:55+	01:52+	02:02+	02:16+	01:46+	02:45+	03:11+	01:27+		
00:54+	02:06+	02:05+	04:59+	02:55+	01:52+	02:02+	02:16+	01:46+	02:45+	03:11+	01:27+		

Plass	Navn											Klasse	Tid										
HT																							
19	Christian Nilsen											3525	28:23										
01:10+	02:25+	04:12+	09:14+	12:03+	15:12+	17:13+	19:33+	21:25+	23:43+	27:19+	28:23+												
01:10+	01:15+	01:47+	05:02+	02:49+	03:09+	02:01+	02:20+	01:52+	02:18+	03:36+	01:04+												
01:10+	01:15+	01:47+	05:02+	02:49+	03:09+	02:01+	02:20+	01:52+	02:18+	03:36+	01:04+												
20	Arild Svihus											892	28:50										
01:18+	02:51+	04:49+	09:58+	12:49+	14:52+	16:44+	18:55+	21:01+	23:46+	27:32+	28:50+												
01:18+	01:33+	01:58+	05:09+	02:51+	02:03+	01:52+	02:11+	02:06+	02:45+	03:46+	01:18+												
01:18+	01:33+	01:58+	05:09+	02:51+	02:03+	01:52+	02:11+	02:06+	02:45+	03:46+	01:18+												
21	Aksel Kleppa Hartmann											793	28:58										
01:20+	05:01+	07:21+	10:59+	13:32+	15:32+	17:30+	19:34+	21:27+	23:21+	26:22+	28:58+												
01:20+	03:41+	02:20+	03:38+	02:33+	02:00+	01:58+	02:04+	01:53+	01:54+	03:01+	02:36+												
01:20+	03:41+	02:20+	03:38+	02:33+	02:00+	01:58+	02:04+	01:53+	01:54+	03:01+	02:36+												
22	Knut Husdal											1884	29:08										
01:10+	02:38+	04:41+	09:52+	12:44+	14:31+	16:25+	19:06+	21:17+	24:24+	27:57+	29:08+												
01:10+	01:28+	02:03+	05:11+	02:52+	01:47+	01:54+	02:41+	02:11+	03:07+	03:33+	01:11+												
01:10+	01:28+	02:03+	05:11+	02:52+	01:47+	01:54+	02:41+	02:11+	03:07+	03:33+	01:11+												
23	Alf Morten Johansen											3507	29:09										
00:57+	02:55+	05:20+	10:41+	13:26+	15:16+	16:53+	19:23+	21:27+	24:11+	27:44+	29:09+												
00:57+	01:58+	02:25+	05:21+	02:45+	01:50+	01:37+	02:30+	02:04+	02:44+	03:33+	01:25+												
00:57+	01:58+	02:25+	05:21+	02:45+	01:50+	01:37+	02:30+	02:04+	02:44+	03:33+	01:25+												
24	Jan Henrik Neuenkirchen											896	29:54										
01:09+	02:36+	04:43+	09:31+	12:24+	15:41+	17:48+	20:22+	22:20+	25:01+	28:43+	29:54+												
01:09+	01:27+	02:07+	04:48+	02:53+	03:17+	02:07+	02:34+	01:58+	02:41+	03:42+	01:11+												
01:09+	01:27+	02:07+	04:48+	02:53+	03:17+	02:07+	02:34+	01:58+	02:41+	03:42+	01:11+												
25	Rune Hagen Maudal											3524	30:10										
01:08+	02:37+	04:27+	10:49+	13:49+	15:44+	17:35+	20:20+	22:14+	25:14+	28:48+	30:10+												
01:08+	01:29+	01:50+	06:22+	03:00+	01:55+	01:51+	02:45+	01:54+	03:00+	03:34+	01:22+												
01:08+	01:29+	01:50+	06:22+	03:00+	01:55+	01:51+	02:45+	01:54+	03:00+	03:34+	01:22+												
26	John Helge Svandal											3531	31:21										
00:48+	03:34+	05:35+	10:09+	12:58+	14:54+	16:40+	18:50+	20:53+	23:17+	30:09+	31:21+												
00:48+	02:46+	02:01+	04:34+	02:49+	01:56+	01:46+	02:10+	02:03+	02:24+	06:52+	01:12+												
00:48+	02:46+	02:01+	04:34+	02:49+	01:56+	01:46+	02:10+	02:03+	02:24+	06:52+	01:12+												
27	John Øgreid											882	32:28										
01:19+	03:47+	05:52+	11:26+	14:19+	16:51+	19:07+	21:22+	23:35+	26:33+	30:43+	32:28+												
01:19+	02:28+	02:05+	05:34+	02:53+	02:32+	02:16+	02:15+	02:13+	02:58+	04:10+	01:45+												
01:19+	02:28+	02:05+	05:34+	02:53+	02:32+	02:16+	02:15+	02:13+	02:58+	04:10+	01:45+												
28	Sjur Bjerke											3525	32:30										
01:25+	02:50+	04:36+	08:53+	11:30+	14:19+	16:15+	18:09+	25:09+	27:55+	31:13+	32:30+												
01:25+	01:25+	01:46+	04:17+	02:37+	02:49+	01:56+	01:54+	07:00+	02:46+	03:18+	01:17+												
01:25+	01:25+	01:46+	04:17+	02:37+	02:49+	01:56+	01:54+	07:00+	02:46+	03:18+	01:17+												
29	Ingve Morten Skjaeldal											4226	32:49										
02:11+	04:45+	06:42+	11:45+	14:51+	17:48+	20:06+	22:32+	25:09+	27:43+	31:08+	32:49+												
02:11+	02:34+	01:57+	05:03+	03:06+	02:57+	02:18+	02:26+	02:37+	02:34+	03:25+	01:41+												
02:11+	02:34+	01:57+	05:03+	03:06+	02:57+	02:18+	02:26+	02:37+	02:34+	03:25+	01:41+												
30	Timothée Maillefer											877	33:33										
01:18+	02:50+	09:29+	14:03+	16:42+	18:52+	21:05+	23:27+	25:20+	28:52+	31:53+	33:33+												
01:18+	01:32+	06:39+	04:34+	02:39+	02:10+	02:13+	02:22+	01:53+	03:32+	03:01+	01:40+												
01:18+	01:32+	06:39+	04:34+	02:39+	02:10+	02:13+	02:22+	01:53+	03:32+	03:01+	01:40+												
31	Rohan Joseph											1376	33:57										
01:40+	03:33+	05:38+	11:31+	14:51+	18:20+	20:32+	23:16+	25:38+	28:40+	32:17+	33:57+												
01:40+	01:53+	02:05+	05:53+	03:20+	03:29+	02:12+	02:44+	02:22+	03:02+	03:37+	01:40+												
01:40+	01:53+	02:05+	05:53+	03:20+	03:29+	02:12+	02:44+	02:22+	03:02+	03:37+	01:40+												
32	Frode Følgesvold											880	33:58										
01:00+	03:10+	05:40+	10:33+	14:05+	16:28+	19:01+	22:43+	25:22+	28:45+	32:28+	33:58+												
01:00+	02:10+	02:30+	04:53+	03:32+	02:23+	02:33+	03:42+	02:39+	03:23+	03:43+	01:30+												
01:00+	02:10+	02:30+	04:53+	03:32+	02:23+	02:33+	03:42+	02:39+	03:23+	03:43+	01:30+												

Plass	Navn											Klasse	Tid										
HT																							

Plass	Navn					Klasse					Tid	
HT												
47	Kjetil Kartevold					3676					40:02	
01:23+	03:45+	05:55+	12:07+	15:25+	18:36+	21:54+	25:51+	28:24+	31:54+	36:28+	40:02+	
01:23+	02:22+	02:10+	06:12+	03:18+	03:11+	03:18+	03:57+	02:33+	03:30+	04:34+	03:34+	
01:23+	02:22+	02:10+	06:12+	03:18+	03:11+	03:18+	03:57+	02:33+	03:30+	04:34+	03:34+	
48	Erik Campbell Henriksen					1683					41:51	
01:46+	04:13+	07:08+	13:40+	17:36+	20:45+	23:40+	26:59+	30:14+	34:35+	39:48+	41:51+	
01:46+	02:27+	02:55+	06:32+	03:56+	03:09+	02:55+	03:19+	03:15+	04:21+	05:13+	02:03+	
01:46+	02:27+	02:55+	06:32+	03:56+	03:09+	02:55+	03:19+	03:15+	04:21+	05:13+	02:03+	
49	Jan Erik Rasmussen					3519					47:43	
01:32+	07:27+	10:35+	18:41+	22:12+	25:19+	28:24+	33:34+	37:11+	41:06+	45:37+	47:43+	
01:32+	05:55+	03:08+	08:06+	03:31+	03:07+	03:05+	05:10+	03:37+	03:55+	04:31+	02:06+	
01:32+	05:55+	03:08+	08:06+	03:31+	03:07+	03:05+	05:10+	03:37+	03:55+	04:31+	02:06+	
50	Jacek Jagodzinski					3486					51:24	
01:59+	05:06+	07:26+	18:15+	23:52+	28:21+	31:36+	35:16+	38:58+	43:17+	48:57+	51:24+	
01:59+	03:07+	02:20+	10:49+	05:37+	04:29+	03:15+	03:40+	03:42+	04:19+	05:40+	02:27+	
01:59+	03:07+	02:20+	10:49+	05:37+	04:29+	03:15+	03:40+	03:42+	04:19+	05:40+	02:27+	
51	Sverre Sørheim					1884					58:02	
01:21+	03:34+	06:17+	12:27+	16:02+	18:23+	20:43+	24:50+	46:14+	50:37+	55:43+	58:02+	
01:21+	02:13+	02:43+	06:10+	03:35+	02:21+	02:20+	04:07+	21:24+	04:23+	05:06+	02:19+	
01:21+	02:13+	02:43+	06:10+	03:35+	02:21+	02:20+	04:07+	21:24+	04:23+	05:06+	02:19+	

Beste strekktid for klassen

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