

1	Siri Eppeland					1884					40:39									
01:17=	02:30=	03:37=	04:53=	07:05=	08:02=	12:32=	16:31=	17:28=	18:18=	20:41=	24:01=	26:53=	28:56=	31:38=	34:10=	35:58=	37:06=	38:11=	40:11=	40:39=
01:17=	01:13=	01:07=	01:16=	02:12=	00:57=	04:30=	03:59=	00:57=	00:50=	02:23=	03:20=	02:52=	02:03=	02:42=	02:32=	01:48=	01:08=	01:05=	02:00=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Helene Salte Håland					1376					43:40									
01:48+	02:53+	04:05+	05:07+	07:54+	08:35+	14:12+	18:00+	18:55+	19:48+	22:11+	25:21+	27:47+	30:34+	33:44+	36:20+	38:15+	39:52+	41:21+	43:04+	43:40+
01:48+	01:05=	01:12+	01:02=	02:47+	00:41=	05:37+	03:48=	00:55=	00:53+	02:23=	03:10=	02:26=	02:47+	03:10+	02:36+	01:55+	01:37+	01:29+	01:43=	00:36+
00:31&	00:08=	00:05+	00:14=	00:35&	00:16=	01:07#	00:11=	00:02=	00:03+	00:00=	00:10=	00:26=	00:44&	00:28#	00:04+	00:07+	00:29&	00:24&	00:17=	00:08&
3	Eli Karine Klungre					1754					45:28									
01:27+	03:04+	04:10+	05:15+	08:05+	08:59+	13:55+	19:16+	20:16+	21:10+	23:14+	27:46+	30:28+	32:46+	35:06+	38:11+	40:39+	41:43+	42:51+	45:00+	45:28+
01:27+	01:37+	01:06=	01:05=	02:50+	00:54=	04:56+	05:21+	01:00+	00:54+	02:04=	04:32+	02:42=	02:18+	02:20=	03:05+	02:28+	01:04=	01:08+	02:09+	00:28=
00:10#	00:24&	00:01=	00:11=	00:38&	00:03=	00:26+	01:22&	00:03+	00:04+	00:19=	01:12&	00:10=	00:15#	00:22=	00:33#	00:40&	00:04=	00:03+	00:09+	00:00=
4	Hege Bakken					1754					46:28									
02:12+	03:56+	05:51+	07:12+	09:27+	10:25+	15:07+	19:38+	20:34+	21:26+	23:29+	27:21+	30:30+	32:47+	35:44+	39:05+	41:19+	42:25+	43:35+	46:00+	46:28+
02:12+	01:44+	01:55+	01:21+	02:15+	00:58+	04:42+	04:31+	00:56=	00:52+	02:03=	03:52+	03:09+	02:17+	02:57+	03:21+	02:14+	01:06=	01:10+	02:25+	00:28=
00:55&	00:31&	00:48&	00:05+	00:03+	00:01+	00:12+	00:32#	00:01=	00:02+	00:20=	00:32#	00:17+	00:14#	00:15+	00:49&	00:26#	00:02=	00:05+	00:25#	00:00=
5	Åsne Salte Håland					3559					46:57									
03:33+	04:57+	06:24+	07:26+	10:32+	11:35+	15:23+	18:57+	21:06+	22:00+	26:41+	30:22+	32:37+	35:23+	38:59+	40:41+	42:12+	43:43+	44:40+	46:22+	46:57+
03:33+	01:24+	01:27+	01:02=	03:06+	01:03+	03:48=	03:34=	02:09+	00:54+	04:41+	03:41+	02:15=	02:46+	03:36+	01:42=	01:31=	01:31+	00:57=	01:42=	00:35+
02:16@	00:11#	00:20&	00:14=	00:54&	00:06#	00:42=	00:25=	01:12@	00:04+	02:18&	00:21#	00:37=	00:43&	00:54&	00:50=	00:17=	00:23&	00:08=	00:18=	00:07#
6	Ragnhild Thorset Våge					896					48:05									
02:31+	03:48+	05:06+	05:57+	07:54+	08:37+	16:10+	19:58+	20:43+	21:31+	25:25+	28:55+	31:42+	35:31+	38:16+	40:34+	42:10+	43:08+	44:09+	47:40+	48:05+
02:31+	01:17+	01:18+	00:51=	01:57=	00:43=	07:33+	03:48=	00:45=	00:48=	03:54+	03:30+	02:47=	03:49+	02:45+	02:18=	01:36=	00:58=	01:01=	03:31+	00:25=
01:14&	00:04+	00:11#	00:25=	00:15=	00:14=	03:03&	00:11=	00:12=	00:02=	01:31&	00:10+	00:05=	01:46&	00:03+	00:14=	00:12=	00:10=	00:04=	01:31&	00:03=
7	Ingrid Lycke Austbø					989					48:41									
00:59=	02:05=	02:56=	03:56=	05:42=	06:40=	16:46+	21:34+	22:24+	23:26+	26:39+	30:09+	33:01+	35:13+	37:50+	40:59+	43:10+	44:04+	45:18+	48:09+	48:41+
00:59=	01:06=	00:51=	01:00=	01:46=	00:58+	10:06+	04:48+	00:50=	01:02+	03:13+	03:30+	02:52=	02:12+	02:37=	03:09+	02:11+	00:54=	01:14+	02:51+	00:32+
00:18=	00:07=	00:16=	00:16=	00:26=	00:01+	05:36@	00:49#	00:07=	00:12#	00:50&	00:10+	00:00=	00:09+	00:05=	00:37#	00:23#	00:14=	00:09#	00:51&	00:04#
8	Ann-Mari Vold					3529					51:13									
01:45+	03:08+	04:37+	06:09+	09:02+	10:19+	16:07+	20:44+	21:34+	22:54+	25:54+	33:48+	36:42+	38:42+	41:43+	44:42+	46:37+	47:37+	48:38+	50:44+	51:13+
01:45+	01:23+	01:29+	01:32+	02:53+	01:17+	05:48+	04:37+	00:50=	01:20+	03:00+	07:54+	02:54+	02:00=	03:01+	02:59+	01:55+	01:00=	01:01=	02:06+	00:29+
00:28&	00:10#	00:22&	00:16#	00:41&	00:20&	01:18&	00:38#	00:07=	00:30&	00:37&	04:34@	00:02+	00:03=	00:19#	00:27#	00:07+	00:08=	00:04=	00:06+	00:01+
9	Ingunn Landsnes					892					54:22									
01:47+	03:27+	04:52+	06:11+	09:13+	10:33+	15:52+	21:53+	23:02+	24:11+	26:49+	31:12+	34:52+	37:27+	41:15+	44:49+	47:40+	49:08+	50:42+	53:53+	54:22+
01:47+	01:40+	01:25+	01:19+	03:02+	01:20+	05:19+	06:01+	01:09+	01:09+	02:38+	04:23+	03:40+	02:35+	03:48+	03:34+	02:51+	01:28+	01:34+	03:11+	00:29+
00:30&	00:27&	00:18&	00:03+	00:50&	00:23&	00:49#	02:02&	00:12#	00:19&	00:15#	01:03&	00:48&	00:32&	01:06&	01:02&	01:03&	00:20&	00:29&	01:11&	00:01+
10	Marie Hernæs Larsen					3565					1:04:55									
02:44+	04:25+	06:34+	08:21+	11:25+	12:43+	22:34+	27:46+	29:45+	31:12+	34:48+	39:48+	43:54+	47:25+	51:29+	55:01+	58:06+	59:51+	61:33+	64:12+	64:55+
02:44+	01:41+	02:09+	01:47+	03:04+	01:18+	09:51+	05:12+	01:59+	01:27+	03:36+	05:00+	04:06+	03:31+	04:04+	03:32+	03:05+	01:45+	01:42+	02:39+	00:43+
01:27@	00:28&	01:02&	00:31&	00:52&	00:21&	05:21@	01:13&	01:02@	00:37&	01:13&	01:40&	01:14&	01:28&	01:22&	01:00&	01:17&	00:37&	00:37&	00:39&	00:15&
Beste strekktid for klassen																				
00:59	01:05	00:51	00:51	01:46	00:41	03:48	03:34	00:45	00:48	02:03	03:10	02:15	02:00	02:20	01:42	01:31	00:54	00:57	01:42	00:25

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

D40

1	Marit L. Undheim										3529	45:17									
01:27=	02:56=	05:41=	09:51=	10:57=	11:36=	12:38=	14:28=	17:34=	23:53=	26:27=	27:47=	30:19=	31:55=	33:53=	36:44=	38:23=	41:45=	43:56=	44:44=	45:17=	
01:27=	01:29=	02:45=	04:10=	01:06=	00:39=	01:02=	01:50=	03:06=	06:19=	02:34=	01:20=	02:32=	01:36=	01:58=	02:51=	01:39=	03:22=	02:11=	00:48=	00:33=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Ingvild Marthinussen										3524	46:19									
02:54+	04:21+	07:10+	10:28+	11:27+	12:23+	13:35+	15:06+	17:41+	23:36=	26:05=	27:14=	29:13=	32:11+	34:10+	37:16+	38:51+	42:08+	44:45+	45:43+	46:19+	
02:54+	01:27=	02:49+	03:18=	00:59=	00:56+	01:12+	01:31=	02:35=	05:55=	02:29=	01:09=	01:59=	02:58+	01:59+	03:06+	01:35=	03:17=	02:37+	00:58+	00:36+	
01:27&	00:02=	00:04+	00:52=	00:07=	00:17&	00:10#	00:19=	00:31=	00:24=	00:05=	00:11=	00:33=	01:22&	00:01+	00:15+	00:04=	00:05=	00:26#	00:10#	00:03+	

Plass	Navn	Klasse										Tid									
D40																					
3	Helene Lie										3565	46:22									
01:41+	03:39+	06:31+	09:10-	10:37-	11:37+	13:04+	15:02+	16:51-	22:18-	24:59-	26:29-	28:22-	30:07-	32:36-	36:05-	38:23=	42:31+	44:59+	45:50+	46:22+	
01:41+	01:58+	02:52+	02:39-	01:27+	01:00+	01:27+	01:58+	01:49-	05:27-	02:41+	01:30+	01:53-	01:45+	02:29+	03:29+	02:18+	04:08+	02:28+	00:51+	00:32-	
00:14#	00:29&	00:07+	01:31-	00:21&	00:21&	00:25&	00:08+	01:17-	00:52-	00:07+	00:10#	00:39-	00:09+	00:31&	00:38#	00:39&	00:46#	00:17#	00:03+	00:01-	
4	Torill Østraat										1884	46:45									
01:42+	03:25+	07:40+	10:27+	11:46+	12:31+	13:44+	15:47+	17:39+	24:05+	26:45+	28:00+	30:16+	31:38+	33:45+	36:46+	38:33+	42:27+	45:04+	46:04+	46:45+	
01:42+	01:43+	04:15+	02:47+	01:19+	00:45+	01:13+	02:03+	01:52+	06:26+	02:40+	01:15+	02:16+	01:22+	02:07+	03:01+	01:47+	03:54+	02:37+	01:00+	00:41+	
01:42+	01:43+	04:15+	02:47+	01:19+	00:45+	01:13+	02:03+	01:52+	06:26+	02:40+	01:15+	02:16+	01:22+	02:07+	03:01+	01:47+	03:54+	02:37+	01:00+	00:41+	
5	Ane Odland										1683	49:05									
01:42+	03:42+	07:07+	09:42+	11:06+	11:53+	13:16+	14:48+	16:38+	23:45+	26:20+	27:34+	30:51+	34:56+	37:02+	39:52+	41:34+	45:30+	47:51+	48:36+	49:05+	
01:42+	02:00+	03:25+	02:35+	01:24+	00:47+	01:23+	01:32+	01:50+	07:07+	02:35+	01:14+	03:17+	04:05+	02:06+	02:50+	01:42+	03:56+	02:21+	00:45+	00:29+	
01:42+	02:00+	03:25+	02:35+	01:24+	00:47+	01:23+	01:32+	01:50+	07:07+	02:35+	01:14+	03:17+	04:05+	02:06+	02:50+	01:42+	03:56+	02:21+	00:45+	00:29+	
6	Ann Lill Njå										896	53:04									
02:13+	06:30+	09:17+	12:18+	13:24+	14:14+	15:33+	17:02+	18:39+	25:53+	28:55+	30:02+	31:53+	35:20+	37:15+	39:40+	41:52+	49:05+	51:29+	52:31+	53:04+	
02:13+	04:17+	02:47+	03:01+	01:06+	00:50+	01:19+	01:29+	01:37+	07:14+	03:02+	01:07+	01:51+	03:27+	01:55+	02:25+	02:12+	07:13+	02:24+	01:02+	00:33+	
02:13+	04:17+	02:47+	03:01+	01:06+	00:50+	01:19+	01:29+	01:37+	07:14+	03:02+	01:07+	01:51+	03:27+	01:55+	02:25+	02:12+	07:13+	02:24+	01:02+	00:33+	
7	Ane Hatteland Nese										769	1:01:31									
01:58+	03:29+	07:15+	09:52+	11:09+	14:37+	15:41+	23:13+	25:03+	32:04+	34:56+	36:27+	39:31+	40:57+	44:08+	48:07+	50:41+	54:29+	59:20+	60:24+	61:31+	
01:58+	01:31+	03:46+	02:37+	01:17+	03:28+	01:04+	07:32+	01:50+	07:01+	02:52+	01:31+	03:04+	01:26+	03:11+	03:59+	02:34+	03:48+	04:51+	01:04+	01:07+	
01:58+	01:31+	03:46+	02:37+	01:17+	03:28+	01:04+	07:32+	01:50+	07:01+	02:52+	01:31+	03:04+	01:26+	03:11+	03:59+	02:34+	03:48+	04:51+	01:04+	01:07+	
8	Ritva Halsne										722	1:04:42									
03:48+	05:57+	11:44+	14:47+	15:58+	16:55+	18:30+	20:31+	22:27+	32:29+	36:59+	38:42+	41:07+	42:46+	45:40+	49:42+	52:26+	60:27+	63:23+	64:10+	64:42+	
03:48+	02:09+	05:47+	03:03+	01:11+	00:57+	01:35+	02:01+	01:56+	10:02+	04:30+	01:43+	02:25+	01:39+	02:54+	04:02+	02:44+	08:01+	02:56+	00:47+	00:32+	
03:48+	02:09+	05:47+	03:03+	01:11+	00:57+	01:35+	02:01+	01:56+	10:02+	04:30+	01:43+	02:25+	01:39+	02:54+	04:02+	02:44+	08:01+	02:56+	00:47+	00:32+	
Beste strekktid for klassen																					
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
D50																					
1	Grethe Anda Fuglestad										1683	38:25									
01:32=	03:00=	05:55=	07:55=	08:47=	09:28=	10:31=	12:00=	13:32=	19:06=	21:12=	22:32=	24:19=	25:24=	27:16=	30:14=	31:53=	34:58=	37:10=	37:52=	38:25=	
01:32=	01:28=	02:55=	02:00=	00:52=	00:41=	01:03=	01:29=	01:32=	05:34=	02:06=	01:20=	01:47=	01:05=	01:52=	02:58=	01:39=	03:05=	02:12=	00:42=	00:33=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Evy Klausen Mjøsnes										769	39:17									
01:20-	02:35-	05:49-	08:02+	08:54+	09:30+	10:33+	11:59-	13:14-	18:50-	21:41+	22:40+	24:52+	26:14+	28:10+	31:23+	32:46+	35:46+	37:57+	38:47+	39:17+	
01:20-	01:15-	03:14+	02:13+	00:52=	00:36-	01:03=	01:26-	01:15-	05:36+	02:51+	00:59-	02:12+	01:22+	01:56+	03:13+	01:23-	03:00-	02:11-	00:50+	00:30-	
00:12-	00:13-	00:19#	00:13#	00:00=	00:05-	00:00=	00:03-	00:17-	00:02+	00:45&	00:21-	00:25#	00:17&	00:04+	00:15+	00:16-	00:05-	00:01-	00:08#	00:03-	
3	Anita Glenne Kallhovd										3502	40:26									
01:21-	02:45-	05:45-	08:17+	09:12+	09:58+	11:00+	12:37+	13:57+	19:00-	21:48+	22:52+	25:12+	26:19+	28:19+	31:20+	33:21+	36:24+	38:57+	39:50+	40:26+	
01:21-	01:24-	03:00+	02:32+	00:55+	00:46+	01:02-	01:37+	01:20-	05:03-	02:48+	01:04-	02:20+	01:07+	02:00+	03:01+	02:01+	03:03-	02:33+	00:53+	00:36+	
00:11-	00:04-	00:05+	00:32&	00:03+	00:05#	00:01-	00:08+	00:12-	00:31-	00:42&	00:16-	00:33&	00:02+	00:08+	00:03+	00:22#	00:02-	00:21#	00:11&	00:03+	
4	Marit Haavardsholm										1683	40:36									
01:33+	02:50-	05:26-	07:26-	09:03+	12:05+	12:40+	13:34+	15:33+	16:48-	22:00+	23:52+	25:00+	26:43+	28:11+	30:04-	32:32+	34:13-	37:06-	39:20+	40:03+	
01:33+	01:17-	02:36-	02:00=	01:37+	03:02+	00:35-	00:54-	01:59+	01:15-	05:12+	01:52+	01:08-	01:43+	01:28-	01:53-	02:28+	01:41-	02:53+	02:14+	00:43+	
00:01+	00:11-	00:19-	00:00=	00:45&	02:21@	00:28-	00:35-	00:27&	04:19-	03:06@	00:32&	00:39-	00:38&	00:24-	01:05-	00:49&	01:24-	00:41&	01:32@	00:10&	
																				00:33+	
5	Tone Cecilie Nystrom										874	41:42									
01:33+	02:59-	05:48-	08:23+	09:37+	10:28+	11:49+	13:33+	15:08+	20:40+	23:24+	24:44+	26:43+	28:08+	30:15+	33:10+	35:03+	37:57+	40:17+	41:04+	41:42+	
01:33+	01:26-	02:49-	02:35+	01:14+	00:51+	01:21+	01:44+	01:35+	05:32-	02:44+	01:20=	01:59+	01:25+	02:07+	02:55-	01:53+	02:54-	02:20+	00:47+	00:38+	
00:01+	00:02-	00:06-	00:35&	00:22&	00:10#	00:18&	00:15#	00:03+	00:02-	00:38&	00:00=	00:12#	00:20&	00:15#	00:03-	00:14#	00:11-	00:08+	00:05#	00:05#	
6	Ingunn Anda Haug										2342	42:27									
01:28-	03:03+	06:14+	08:30+	09:29+	10:13+	11:12+	13:05+	14:15+	20:39+	22:45+	24:02+	26:15+	27:17+	29:29+	32:54+	34:59+	38:20+	41:04+	41:51+	42:27+	
01:28-	01:35+	03:11+	02:16+	00:59+	00:44+	00:59-	01:53+	01:10-	06:24+	02:06=	01:17-	02:13+	01:02-	02:12+	03:25+	02:05+	03:21+	02:44+	00:47+	00:36+	
00:04-	00:07+	00:16+	00:16#	00:07#	00:03+	00:04-	00:24&	00:22-	00:50#	00:00=	00:03-	00:26#	00:03-	00:20#	00:27#	00:26&	00:16+	00:32#	00:05#	00:03+	

Plass	Navn					Klasse					Tid										
D50																					
7	Trude Hermanrud					896					45:37										
	01:26-	02:55-	05:54-	08:58+	10:29+	11:21+	12:44+	15:14+	17:20+	22:59+	25:39+	26:58+	29:08+	30:46+	32:57+	36:23+	38:32+	41:42+	44:04+	44:57+	45:37+
	01:26-	01:29+	02:59+	03:04+	01:31+	00:52+	01:23+	02:30+	02:06+	05:39+	02:40+	01:19-	02:10+	01:38+	02:11+	03:26+	02:09+	03:10+	02:22+	00:53+	00:40+
	00:06-	00:01+	00:04+	01:04&	00:39&	00:11&	00:20&	01:01&	00:34&	00:05+	00:34&	00:01-	00:23#	00:33&	00:19#	00:28#	00:30&	00:05+	00:10+	00:11&	00:07#
8	Keth Berggraf					1683					46:44										
	01:15+	03:03+	06:35+	08:47+	09:45+	10:22+	11:23+	12:58+	14:31+	25:49+	28:15+	29:36+	31:20+	32:53+	35:00+	38:01+	39:50+	42:49+	45:19+	46:08+	46:44+
	01:15+	01:48+	03:32+	02:12+	00:58+	00:37+	01:01+	01:35+	01:33+	11:18+	02:26+	01:21+	01:44+	01:33+	02:07+	03:01+	01:49+	02:59+	02:30+	00:49+	00:36+
	01:15+	01:48+	03:32+	02:12+	00:58+	00:37+	01:01+	01:35+	01:33+	11:18+	02:26+	01:21+	01:44+	01:33+	02:07+	03:01+	01:49+	02:59+	02:30+	00:49+	00:36+
9	Mariann Sveinsvoll					3504					47:13										
	01:51+	03:19+	06:47+	09:10+	10:19+	11:01+	12:17+	14:29+	16:01+	23:54+	26:11+	27:34+	29:38+	31:43+	33:47+	37:50+	39:52+	43:17+	45:55+	46:39+	47:13+
	01:51+	01:28+	03:28+	02:23+	01:09+	00:42+	01:16+	02:12+	01:32+	07:53+	02:17+	01:23+	02:04+	02:05+	02:04+	04:03+	02:02+	03:25+	02:38+	00:44+	00:34+
	01:51+	01:28+	03:28+	02:23+	01:09+	00:42+	01:16+	02:12+	01:32+	07:53+	02:17+	01:23+	02:04+	02:05+	02:04+	04:03+	02:02+	03:25+	02:38+	00:44+	00:34+
10	Iren Undheim Øgreid					769					48:09										
	01:17+	02:44+	05:19+	07:28+	09:24+	09:57+	11:25+	12:59+	15:18+	22:40+	24:43+	26:00+	27:53+	31:50+	33:59+	36:48+	38:34+	41:54+	46:38+	47:31+	48:09+
	01:17+	01:27+	02:35+	02:09+	01:56+	00:33+	01:28+	01:34+	02:19+	07:22+	02:03+	01:17+	01:53+	03:57+	02:09+	02:49+	01:46+	03:20+	04:44+	00:53+	00:38+
	01:17+	01:27+	02:35+	02:09+	01:56+	00:33+	01:28+	01:34+	02:19+	07:22+	02:03+	01:17+	01:53+	03:57+	02:09+	02:49+	01:46+	03:20+	04:44+	00:53+	00:38+
11	Liv Margot Sviland					3529					49:02										
	01:54+	05:32+	08:26+	11:35+	12:38+	13:34+	14:43+	16:13+	18:13+	24:02+	26:57+	28:25+	30:21+	33:19+	35:29+	38:39+	40:28+	45:07+	47:42+	48:30+	49:02+
	01:54+	03:38+	02:54+	03:09+	01:03+	00:56+	01:09+	01:30+	02:00+	05:49+	02:55+	01:28+	01:56+	02:58+	02:10+	03:10+	01:49+	04:39+	02:35+	00:48+	00:32+
	01:54+	03:38+	02:54+	03:09+	01:03+	00:56+	01:09+	01:30+	02:00+	05:49+	02:55+	01:28+	01:56+	02:58+	02:10+	03:10+	01:49+	04:39+	02:35+	00:48+	00:32+
12	Marie Elisabeth Reinseth					882					51:30										
	01:40+	03:39+	06:47+	14:36+	15:40+	16:38+	17:46+	19:27+	20:59+	28:01+	31:11+	32:17+	34:18+	35:48+	37:52+	41:44+	43:50+	47:32+	50:00+	50:53+	51:30+
	01:40+	01:59+	03:08+	07:49+	01:04+	00:58+	01:08+	01:41+	01:32+	07:02+	03:10+	01:06+	02:01+	01:30+	02:04+	03:52+	02:06+	03:42+	02:28+	00:53+	00:37+
	01:40+	01:59+	03:08+	07:49+	01:04+	00:58+	01:08+	01:41+	01:32+	07:02+	03:10+	01:06+	02:01+	01:30+	02:04+	03:52+	02:06+	03:42+	02:28+	00:53+	00:37+
13	Andrea Tapken					3529					54:00										
	02:25+	04:25+	08:23+	11:41+	13:09+	14:05+	16:22+	18:36+	20:35+	27:24+	30:16+	31:36+	34:14+	35:57+	38:26+	42:12+	45:09+	49:19+	52:23+	53:14+	54:00+
	02:25+	02:00+	03:58+	03:18+	01:28+	00:56+	02:17+	02:14+	01:59+	06:49+	02:52+	01:20+	02:38+	01:43+	02:29+	03:46+	02:57+	04:10+	03:04+	00:51+	00:46+
	02:25+	02:00+	03:58+	03:18+	01:28+	00:56+	02:17+	02:14+	01:59+	06:49+	02:52+	01:20+	02:38+	01:43+	02:29+	03:46+	02:57+	04:10+	03:04+	00:51+	00:46+
14	Irene Sirevåg					1754					54:14										
	02:34+	04:20+	08:19+	12:04+	13:18+	14:33+	15:54+	18:00+	20:16+	26:29+	29:48+	31:25+	33:44+	35:53+	38:46+	42:26+	44:54+	49:36+	52:39+	53:39+	54:14+
	02:34+	01:46+	03:59+	03:45+	01:14+	01:15+	01:21+	02:06+	02:16+	06:13+	03:19+	01:37+	02:19+	02:09+	02:53+	03:40+	02:28+	04:42+	03:03+	01:00+	00:35+
	02:34+	01:46+	03:59+	03:45+	01:14+	01:15+	01:21+	02:06+	02:16+	06:13+	03:19+	01:37+	02:19+	02:09+	02:53+	03:40+	02:28+	04:42+	03:03+	01:00+	00:35+
15	Tove Irene Asheim					1683					54:37										
	01:51+	04:03+	07:36+	10:30+	12:36+	13:37+	14:53+	16:52+	19:11+	25:31+	28:36+	30:14+	32:35+	36:14+	38:54+	42:49+	45:29+	49:55+	52:50+	53:57+	54:37+
	01:51+	02:12+	03:33+	02:54+	02:06+	01:01+	01:16+	01:59+	02:19+	06:20+	03:05+	01:38+	02:21+	03:39+	02:40+	03:55+	02:40+	04:26+	02:55+	01:07+	00:40+
	01:51+	02:12+	03:33+	02:54+	02:06+	01:01+	01:16+	01:59+	02:19+	06:20+	03:05+	01:38+	02:21+	03:39+	02:40+	03:55+	02:40+	04:26+	02:55+	01:07+	00:40+
16	Ingjerd Haddeland					3507					54:39										
	01:43+	03:32+	06:56+	10:02+	11:05+	12:09+	13:35+	15:39+	17:42+	25:14+	28:01+	29:27+	32:27+	34:35+	37:53+	42:25+	46:01+	50:07+	52:58+	54:05+	54:39+
	01:43+	01:49+	03:24+	03:06+	01:03+	01:04+	01:26+	02:04+	02:03+	07:32+	02:47+	01:26+	03:00+	02:08+	03:18+	04:32+	03:36+	04:06+	02:51+	01:07+	00:34+
	01:43+	01:49+	03:24+	03:06+	01:03+	01:04+	01:26+	02:04+	02:03+	07:32+	02:47+	01:26+	03:00+	02:08+	03:18+	04:32+	03:36+	04:06+	02:51+	01:07+	00:34+
17	Åse Sellereite					882					57:35										
	01:28+	03:14+	06:53+	09:40+	10:50+	11:44+	12:54+	18:44+	20:39+	27:27+	31:21+	34:01+	38:37+	41:59+	44:02+	47:15+	49:23+	53:01+	55:47+	56:51+	57:35+
	01:28+	01:46+	03:39+	02:47+	01:10+	00:54+	01:10+	05:50+	01:55+	06:48+	03:54+	02:40+	04:36+	03:22+	02:03+	03:13+	02:08+	03:38+	02:46+	01:04+	00:44+
	01:28+	01:46+	03:39+	02:47+	01:10+	00:54+	01:10+	05:50+	01:55+	06:48+	03:54+	02:40+	04:36+	03:22+	02:03+	03:13+	02:08+	03:38+	02:46+	01:04+	00:44+
18	Inger Johanne Klausen					3529					58:03										
	01:35+	05:26+	10:45+	13:21+	14:28+	15:22+	16:31+	18:08+	20:37+	27:46+	30:43+	32:03+	35:15+	42:12+	45:18+	48:02+	50:46+	53:57+	56:34+	57:28+	58:03+
	01:35+	03:51+	05:19+	02:36+	01:07+	00:54+	01:09+	01:37+	02:29+	07:09+	02:57+	01:20+	03:12+	06:57+	03:06+	02:44+	02:44+	03:11+	02:37+	00:54+	00:35+
	01:35+	03:51+	05:19+	02:36+	01:07+	00:54+	01:09+	01:37+	02:29+	07:09+	02:57+	01:20+	03:12+	06:57+	03:06+	02:44+	02:44+	03:11+	02:37+	00:54+	00:35+
19	Turid Eikebu Alfsen					1683					1:02:30										
	02:34+	04:53+	08:40+	11:00+	12:13+	13:16+	14:57+	18:03+	20:36+	26:34+	30:39+	32:49+	34:59+	44:34+	47:43+	51:26+	53:58+	57:57+	61:08+	61:53+	62:30+
	02:34+	02:19+	03:47+	02:20+	01:13+	01:03+	01:41+	03:06+	02:33+	05:58+	04:05+	02:10+	02:10+	09:35+	03:09+	03:43+	02:32+	03:59+	03:11+	00:45+	00:37+
	02:34+	02:19+	03:47+	02:20+	01:13+	01:03+	01:41+	03:06+	02:33+	05:58+	04:05+	02:10+	02:10+	09:35+	03:09+	03:43+	02:32+	03:59+	03:11+	00:45+	00:37+
20	Ragnhild Båtnes Berntsen					1758					1:03:37										
	01:53+	04:07+	08:30+	12:48+	14:20+	15:22+	16:46+	25:26+	27:13+	35:08+	38:40+	40:12+	45:05+	46:23+	48:46+	52:40+	54:57+	59:03+	61:58+	62:55+	63:37+
	01:53+	02:14+	04:23+	04:18+	01:32+	01:02+	01:24+	08:40+	01:47+	07:55+	03:32+	01:32+	04:53+	01:18+	02:23+	03:54+	02:17+	04:06+	02:55+	00:57+	00:42+
	01:53+	02:14+	04:23+	04:18+	01:32+	01:02+	01:24+	08:40+	01:47+	07:55+	03:32+	01:32+	04:53+	01:18+	02:23+	03:54+	02:17+	04:06+	02:55+	00:57+	00:42+

Plass	Navn	Klasse	Tid
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D50

21	Siw Gjerdingen										3676										1:44:34									
02:38+	05:20+	10:27+	14:54+	16:43+	18:11+	20:23+	22:57+	25:40+	44:42+	48:34+	50:39+	56:43+	58:53+	62:39+	68:53+	81:17+	98:42+	102:38+	103:42+	104:34+										
02:38+	02:42+	05:07+	04:27+	01:49+	01:28+	02:12+	02:34+	02:43+	19:02+	03:52+	02:05+	06:04+	02:10+	03:46+	06:14+	12:24+	17:25+	03:56+	01:04+	00:52+										
02:38+	02:42+	05:07+	04:27+	01:49+	01:28+	02:12+	02:34+	02:43+	19:02+	03:52+	02:05+	06:04+	02:10+	03:46+	06:14+	12:24+	17:25+	03:56+	01:04+	00:52+										

Beste strekktid for klassen

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

D60

1	Anne-Siv Gjertsen										882				41:32					
01:28=	03:08=	06:15=	09:12=	11:05=	11:57=	16:11=	17:45=	19:23=	26:27=	27:30=	30:43=	33:16=	34:08=	37:00=	40:11=	41:02=	41:32=			
01:28=	01:40=	03:07=	02:57=	01:53=	00:52=	04:14=	01:34=	01:38=	07:04=	01:03=	03:13=	02:33=	00:52=	02:52=	03:11=	00:51=	00:30=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Nina Christiansen										722				44:53					
01:34+	06:02+	09:26+	11:16+	13:18+	14:33+	18:42+	20:15+	23:28+	29:34+	30:43+	33:57+	36:14+	37:01+	40:17+	43:27+	44:19+	44:53+			
01:34+	04:28+	03:24+	01:50-	02:02+	01:15+	04:09-	01:33-	03:13+	06:06-	01:09+	03:14+	02:17-	00:47-	03:16+	03:10-	00:52+	00:34+			
00:06+	02:48@	00:17+	01:07-	00:09+	00:23&	00:05-	00:01-	01:35&	00:58-	00:06+	00:01+	00:16-	00:05-	00:24#	00:01-	00:01+	00:04#			
3	Ragnhild Auglænd										769				46:57					
01:37+	03:09+	06:50+	08:22-	10:19-	11:23-	14:55-	16:45-	18:44-	27:52+	28:53+	32:35+	35:10+	36:04+	41:29+	44:58+	46:25+	46:57+			
01:37+	01:32-	03:41+	01:32-	01:57+	01:04+	03:32-	01:50+	01:59+	09:08+	01:01-	03:42+	02:35+	00:54+	05:25+	03:29+	01:27+	00:32+			
00:09#	00:08-	00:34#	01:25-	00:04+	00:12#	00:42-	00:16#	00:21#	02:04&	00:02-	00:29#	00:02+	00:02+	02:33&	00:18+	00:36&	00:02+			
4	Ingrid E. I. Øxnevad										3516				49:01					
01:26-	08:52+	12:15+	13:52+	15:41+	16:55+	22:34+	24:04+	25:47+	34:40+	35:41+	38:47+	40:52+	41:45+	44:55+	47:30+	48:33+	49:01+			
01:26-	07:26+	03:23+	01:37-	01:49-	01:14+	05:39+	01:30-	01:43+	08:53+	01:01-	03:06-	02:05-	00:53+	03:10+	02:35-	01:03+	00:28-			
00:02-	05:46@	00:16+	01:20-	00:04-	00:22&	01:25&	00:04-	00:05+	01:49&	00:02-	00:07-	00:28-	00:01+	00:18#	00:36-	00:12#	00:02-			
5	Ellinor Hoemsnes										1683				1:01:14					
04:32+	07:10+	11:38+	13:28+	16:17+	17:50+	23:51+	28:37+	30:29+	37:01+	38:43+	48:52+	51:33+	52:22+	55:49+	59:25+	60:34+	61:14+			
04:32+	02:38+	04:28+	01:50-	02:49+	01:33+	06:01+	04:46+	01:52+	06:32-	01:42+	10:09+	02:41+	00:49-	03:27+	03:36+	01:09+	00:40+			
03:04@	00:58&	01:21&	01:07-	00:56&	00:41&	01:47&	03:12@	00:14#	00:32-	00:39&	06:56@	00:08+	00:03-	00:35#	00:25#	00:18&	00:10&			

Beste strekktid for klassen

01:26	01:32	03:07	01:32	01:49	00:52	03:32	01:30	01:38	06:06	01:01	03:06	02:05	00:47	02:52	02:35	00:51	00:28
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D65

1	Ingrid Eik	1830	37:38																
01:18=	02:43=	06:03=	07:23=	09:21=	10:27=	14:08=	16:12=	18:19=	22:47=	23:51=	26:38=	29:04=	30:00=	32:46=	36:12=	37:05=	37:38=		
01:18=	01:25=	03:20=	01:20=	01:58=	01:06=	03:41=	02:04=	02:07=	04:28=	01:04=	02:47=	02:26=	00:56=	02:46=	03:26=	00:53=	00:33=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Ann Karin Tjørhom	1884	39:02																
01:35+	03:09+	06:12+	07:34+	09:31+	10:28+	14:25+	16:03-	18:00-	22:49+	23:48-	27:33+	30:10+	31:12+	34:03+	36:54+	37:49+	39:02+		
01:35+	01:34+	03:03-	01:22+	01:57-	00:57-	03:57+	01:38-	01:57-	04:49+	00:59-	03:45+	02:37+	01:02+	02:51+	02:51-	00:55+	01:13+		
00:17#	00:09#	00:17-	00:02+	00:01-	00:09-	00:16+	00:26-	00:10-	00:21+	00:05-	00:58&	00:11+	00:06#	00:05+	00:35-	00:02+	00:40@		
3	Ingunn Voilås	3502	40:02																
01:37+	03:17+	06:36+	08:21+	10:07+	11:11+	14:19+	16:01-	17:39-	23:05+	24:32+	27:59+	31:09+	32:05+	34:42+	38:27+	39:27+	40:02+		
01:37+	01:40+	03:19-	01:45+	01:46-	01:04-	03:08-	01:42-	01:38-	05:26+	01:27+	03:27+	03:10+	00:56=	02:37-	03:45+	01:00+	00:35+		
00:19#	00:15#	00:01-	00:25&	00:12-	00:02-	00:33-	00:22-	00:29-	00:58#	00:23&	00:40#	00:44&	00:00=	00:09-	00:19+	00:07#	00:02+		
4	Eli Frafjord	1141	42:20																
01:39+	03:18+	07:52+	09:17+	11:53+	13:02+	17:12+	19:40+	21:30+	26:08+	27:12+	30:56+	33:34+	34:30+	37:22+	40:39+	41:41+	42:20+		
01:39+	01:39+	04:34+	01:25+	02:36+	01:09+	04:10+	02:28+	01:50-	04:38+	01:04=	03:44+	02:38+	00:56=	02:52+	03:17-	01:02+	00:39+		
00:21&	00:14#	01:14&	00:05+	00:38&	00:03+	00:29#	00:24#	00:17-	00:10+	00:00=	00:57&	00:12+	00:00=	00:06+	00:09-	00:09#	00:06#		

Plass	Navn	Klasse	Tid
D65			

5	May Meling										593	42:31									
01:45+	03:28+	06:44+	08:34+	10:45+	11:50+	15:57+	18:13+	19:50+	24:26+	25:29+	28:48+	31:20+	32:08+	35:25+	40:46+	41:56+	42:31+				
01:45+	01:43+	03:16-	01:50+	02:11+	01:05-	04:07+	02:16+	01:37-	04:36+	01:03-	03:19+	02:32+	00:48-	03:17+	05:21+	01:10+	00:35+				
00:27&	00:18#	00:04-	00:30&	00:13#	00:01-	00:26#	00:12+	00:30-	00:08+	00:01-	00:32#	00:06+	00:08-	00:31#	01:55&	00:17&	00:02+				
6	Berit Bakken										1884	42:41									
01:55+	03:26+	06:59+	08:26+	12:44+	13:52+	17:36+	19:22+	21:20+	26:42+	27:51+	31:12+	33:49+	34:43+	37:34+	41:03+	42:07+	42:41+				
01:55+	01:31+	03:33+	01:27+	04:18+	01:08+	03:44+	01:46+	01:58+	05:22+	01:09+	03:21+	02:37+	00:54+	02:51+	03:29+	01:04+	00:34+				
01:55+	01:31+	03:33+	01:27+	04:18+	01:08+	03:44+	01:46+	01:58+	05:22+	01:09+	03:21+	02:37+	00:54+	02:51+	03:29+	01:04+	00:34+				
7	Olaug F Mydland										3502	44:11									
01:39+	03:18+	06:54+	08:35+	10:41+	11:55+	15:34+	17:18+	19:36+	24:16+	26:02+	29:47+	32:19+	33:17+	37:51+	41:27+	42:27+	44:11+				
01:39+	01:39+	03:36+	01:41+	02:06+	01:14+	03:39+	01:44+	02:18+	04:40+	01:46+	03:45+	02:32+	00:58+	04:34+	03:36+	01:00+	01:44+				
01:39+	01:39+	03:36+	01:41+	02:06+	01:14+	03:39+	01:44+	02:18+	04:40+	01:46+	03:45+	02:32+	00:58+	04:34+	03:36+	01:00+	01:44+				
8	Margot Asheim										722	44:14									
01:41+	03:04+	05:57+	07:24+	09:24+	10:31+	15:21+	17:12+	20:57+	26:36+	27:41+	30:35+	34:32+	35:26+	40:03+	42:57+	43:48+	44:14+				
01:41+	01:23+	02:53+	01:27+	02:00+	01:07+	04:50+	01:51+	03:45+	05:39+	01:05+	02:54+	03:57+	00:54+	04:37+	02:54+	00:51+	00:26+				
01:41+	01:23+	02:53+	01:27+	02:00+	01:07+	04:50+	01:51+	03:45+	05:39+	01:05+	02:54+	03:57+	00:54+	04:37+	02:54+	00:51+	00:26+				
9	Liv Sissel Obrestad										3529	50:10									
03:00+	05:26+	09:11+	11:04+	13:32+	14:50+	19:22+	21:36+	23:48+	29:47+	31:14+	36:03+	39:19+	40:41+	44:16+	48:25+	49:30+	50:10+				
03:00+	02:26+	03:45+	01:53+	02:28+	01:18+	04:32+	02:14+	02:12+	05:59+	01:27+	04:49+	03:16+	01:22+	03:35+	04:09+	01:05+	00:40+				
03:00+	02:26+	03:45+	01:53+	02:28+	01:18+	04:32+	02:14+	02:12+	05:59+	01:27+	04:49+	03:16+	01:22+	03:35+	04:09+	01:05+	00:40+				
10	Vigdis Løseth										722	50:19									
01:43+	03:17+	09:28+	11:26+	13:27+	14:44+	22:08+	24:03+	25:42+	31:07+	32:27+	35:56+	38:53+	39:50+	45:00+	48:32+	49:42+	50:19+				
01:43+	01:34+	06:11+	01:58+	02:01+	01:17+	07:24+	01:55+	01:39+	05:25+	01:20+	03:29+	02:57+	00:57+	05:10+	03:32+	01:10+	00:37+				
01:43+	01:34+	06:11+	01:58+	02:01+	01:17+	07:24+	01:55+	01:39+	05:25+	01:20+	03:29+	02:57+	00:57+	05:10+	03:32+	01:10+	00:37+				

Beste strekktid for klassen

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

D70

1	Kirsten Carlsen										1884	47:09									
01:54=	03:30=	08:11=	09:55=	12:01=	13:16=	17:36=	19:39=	22:11=	27:24=	28:38=	33:28=	36:30=	37:38=	41:42=	45:22=	46:31=	47:09=				
01:54=	01:36=	04:41=	01:44=	02:06=	01:15=	04:20=	02:03=	02:32=	05:13=	01:14=	04:50=	03:02=	01:08=	04:04=	03:40=	01:09=	00:38=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Hanne Eik										896	50:21									
01:53-	03:43+	07:43-	09:44-	12:10+	13:24+	18:27+	20:48+	22:40+	28:37+	30:03+	36:04+	39:08+	40:40+	44:00+	48:10+	49:27+	50:21+				
01:53-	01:50+	04:00-	02:01+	02:26+	01:14-	05:03+	02:21+	01:52-	05:57+	01:26+	06:01+	03:04+	01:32+	03:20-	04:10+	01:17+	00:54+				
00:01-	00:14#	00:41-	00:17#	00:20#	00:01-	00:43#	00:18#	00:40-	00:44#	00:12#	01:11#	00:02+	00:24#	00:44-	00:30#	00:08#	00:16#				
3	Lillian Dahl Fitjar										896	53:29									
02:02+	04:25+	09:34+	11:44+	14:35+	15:59+	21:04+	23:41+	25:55+	32:39+	34:18+	38:53+	41:57+	42:59+	47:05+	51:19+	52:44+	53:29+				
02:02+	02:23+	05:09+	02:10+	02:51+	01:24+	05:05+	02:37+	02:14-	06:44+	01:39+	04:35-	03:04+	01:02-	04:06+	04:14+	01:25+	00:45+				
00:08+	00:47#	00:28+	00:26#	00:45#	00:09#	00:45#	00:34#	00:18-	01:31#	00:25#	00:15-	00:02+	00:06-	00:02+	00:34#	00:16#	00:07#				
4	Berit Gramstad										3551	1:27:06									
24:58+	27:19+	32:45+	35:16+	38:08+	40:33+	47:54+	50:40+	53:03+	59:36+	61:47+	66:35+	70:23+	72:00+	78:12+	85:01+	86:21+	87:06+				
24:58+	02:21+	05:26+	02:31+	02:52+	02:25+	07:21+	02:46+	02:23-	06:33+	02:11+	04:48-	03:48+	01:37+	06:12+	06:49+	01:20+	00:45+				
23:04#	00:45#	00:45#	00:47#	00:46#	01:10#	03:01#	00:43#	00:09-	01:20#	00:57#	00:02-	00:46#	00:29#	02:08#	03:09#	00:11#	00:07#				

Plass

Navn

Klasse

Tid

D75

1	Ingrid W. Hestness										896			38:33				
01:15=	02:38=	05:40=	06:59=	08:40=	11:01=	15:06=	16:44=	18:07=	23:17=	24:21=	27:53=	30:03=	31:45=	34:37=	37:03=	37:54=	38:33=	
01:15=	01:23=	03:02=	01:19=	01:41=	02:21=	04:05=	01:38=	01:23=	05:10=	01:04=	03:32=	02:10=	01:42=	02:52=	02:26=	00:51=	00:39=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Inger Skretting Opstad										3529			51:14				
02:13+	04:12+	08:25+	10:22+	12:56+	14:22+	19:59+	22:30+	24:39+	30:59+	32:26+	36:48+	39:56+	41:03+	44:54+	49:14+	50:31+	51:14+	
02:13+	01:59+	04:13+	01:57+	02:34+	01:26+	05:37+	02:31+	02:09+	06:20+	01:27+	04:22+	03:08+	01:07+	03:51+	04:20+	01:17+	00:43+	
02:13+	01:59+	04:13+	01:57+	02:34+	01:26+	05:37+	02:31+	02:09+	06:20+	01:27+	04:22+	03:08+	01:07+	03:51+	04:20+	01:17+	00:43+	
3	Haldis Glendrange										874			53:57				
02:09+	03:59+	08:23+	10:34+	13:27+	15:05+	20:14+	22:20+	24:50+	31:00+	32:18+	37:59+	42:26+	43:45+	47:55+	51:55+	53:17+	53:57+	
02:09+	01:50+	04:24+	02:11+	02:53+	01:38+	05:09+	02:06+	02:30+	06:10+	01:18+	05:41+	04:27+	01:19+	04:10+	04:00+	01:22+	00:40+	
02:09+	01:50+	04:24+	02:11+	02:53+	01:38+	05:09+	02:06+	02:30+	06:10+	01:18+	05:41+	04:27+	01:19+	04:10+	04:00+	01:22+	00:40+	
4	Helga Klausen										769			57:39				
02:54+	04:49+	09:34+	11:50+	14:35+	16:02+	22:23+	24:54+	27:11+	36:08+	37:26+	41:47+	45:39+	46:59+	50:55+	55:23+	56:51+	57:39+	
02:54+	01:55+	04:45+	02:16+	02:45+	01:27+	06:21+	02:31+	02:17+	08:57+	01:18+	04:21+	03:52+	01:20+	03:56+	04:28+	01:28+	00:48+	
02:54+	01:55+	04:45+	02:16+	02:45+	01:27+	06:21+	02:31+	02:17+	08:57+	01:18+	04:21+	03:52+	01:20+	03:56+	04:28+	01:28+	00:48+	
5	Hedvig Anda										1683			1:02:26				
02:28+	04:27+	10:03+	12:51+	15:33+	17:01+	22:19+	24:46+	27:09+	37:10+	42:39+	46:49+	49:46+	50:55+	55:56+	60:17+	61:50+	62:26+	
02:28+	01:59+	05:36+	02:48+	02:42+	01:28+	05:18+	02:27+	02:23+	10:01+	05:29+	04:10+	02:57+	01:09+	05:01+	04:21+	01:33+	00:36+	
02:28+	01:59+	05:36+	02:48+	02:42+	01:28+	05:18+	02:27+	02:23+	10:01+	05:29+	04:10+	02:57+	01:09+	05:01+	04:21+	01:33+	00:36+	
6	Aslaug Lura										1141			1:13:07				
03:20+	05:27+	12:00+	14:16+	17:13+	18:45+	24:29+	27:56+	30:56+	41:21+	42:57+	49:37+	54:19+	55:34+	60:42+	68:29+	72:11+	73:07+	
03:20+	02:07+	06:33+	02:16+	02:57+	01:32+	05:44+	03:27+	03:00+	10:25+	01:36+	06:40+	04:42+	01:15+	05:08+	07:47+	03:42+	00:56+	
03:20+	02:07+	06:33+	02:16+	02:57+	01:32+	05:44+	03:27+	03:00+	10:25+	01:36+	06:40+	04:42+	01:15+	05:08+	07:47+	03:42+	00:56+	

Beste strekktid for klassen

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

D80

1	Turid Nystrøm										874	44:51									
01:30=	03:04=	05:25=	08:07=	10:06=	11:32=	15:18=	18:29=	21:45=	23:24=	25:08=	26:59=	29:02=	32:01=	35:44=	39:24=	42:54=	44:10=	44:51=			
01:30=	01:34=	02:21=	02:42=	01:59=	01:26=	03:46=	03:11=	03:16=	01:39=	01:44=	01:51=	02:03=	02:59=	03:43=	03:40=	03:30=	01:16=	00:41=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Gry Vikhamar Thengs										874	46:15									
01:17-	02:54-	05:18-	07:59-	09:43-	11:11-	15:09-	19:33+	22:59+	24:50+	26:22+	27:57+	30:23+	33:53+	38:04+	42:08+	44:34+	45:39+	46:15+			
01:17-	01:37+	02:24+	02:41-	01:44-	01:28+	03:58+	04:24+	03:26+	01:51+	01:32-	01:35-	02:26+	03:30+	04:11+	04:04+	02:26-	01:05-	00:36-			
00:13-	00:03+	00:03+	00:01-	00:15-	00:02+	00:12+	01:13&	00:10+	00:12#	00:12-	00:16-	00:23#	00:31#	00:28#	00:24#	01:04-	00:11-	00:05-			
3	Helga Aaslid										3529	50:53									
01:42+	03:25+	07:13+	10:36+	13:06+	14:40+	17:54+	21:55+	25:56+	28:09+	29:50+	31:43+	34:23+	38:10+	42:14+	46:30+	48:53+	50:06+	50:53+			
01:42+	01:43+	03:48+	03:23+	02:30+	01:34+	03:14-	04:01+	04:01+	02:13+	01:41-	01:53+	02:40+	03:47+	04:04+	04:16+	02:23-	01:13-	00:47+			
00:12#	00:09+	01:27&	00:41&	00:31&	00:08+	00:32-	00:50&	00:45#	00:34&	00:03-	00:02+	00:37&	00:48&	00:21+	00:36#	01:07-	00:03-	00:06#			
4	Berit Ebbell Olsen										874	1:18:08									
02:11+	05:12+	10:10+	14:28+	21:15+	23:55+	28:13+	32:55+	38:43+	41:57+	44:14+	46:33+	49:57+	57:14+	63:54+	70:24+	75:07+	77:09+	78:08+			
02:11+	03:01+	04:58+	04:18+	06:47+	02:40+	04:18+	04:42+	05:48+	03:14+	02:17+	02:19+	03:24+	07:17+	06:40+	06:30+	04:43+	02:02+	00:59+			
00:41&	01:27&	02:37@	01:36&	04:48@	01:14&	00:32#	01:31&	02:32&	01:35&	00:33&	00:28&	01:21&	04:18@	02:57&	02:50&	01:13&	00:46&	00:18&			

Beste strekktid for klassen

01:17 01:34 02:21 02:41 01:44 01:26 03:14 03:11 03:16 01:39 01:32 01:35 02:03 02:59 03:43 03:40 02:23 01:05 00:36

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

DA

DA

1	Helena Kolesova												1754	38:24											
01:03	02:08	04:07	06:00	07:00	08:28	11:01	12:09	13:16	17:59	19:50	21:01	23:18	24:42	27:51	29:13	30:07	32:24	33:26	35:26	36:58	37:57	38:24			
01:03	01:05	01:59	01:53	01:00	01:28	02:33	01:08	01:07	04:43	01:51	01:11	02:17	01:24	03:09	01:22	00:54	02:17	01:02	02:00	01:32	00:59	00:27			
00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00			
2	Trine Bolstad Scheie												769	40:18											
01:05	02:42	04:45	06:47	07:47	09:08	10:50	11:26	12:33	18:00	20:06	21:26	24:25	25:34	29:12	30:44	31:37	34:04	35:13	37:03	38:40	39:51	40:18			
01:05	01:37	02:03	02:02	01:00	01:21	01:42	00:36	01:07	05:27	02:06	01:20	02:59	01:09	03:38	01:32	00:53	02:27	01:09	01:50	01:37	01:11	00:27			
01:05	01:37	02:03	02:02	01:00	01:21	01:42	00:36	01:07	05:27	02:06	01:20	02:59	01:09	03:38	01:32	00:53	02:27	01:09	01:50	01:37	01:11	00:27			
3	Aina Kalsaas Urstad												4232	45:17											
01:12	02:51	05:16	07:32	08:39	10:33	12:05	12:39	13:54	19:36	21:57	23:17	26:17	27:39	31:59	33:46	34:52	37:36	39:43	41:55	43:40	44:49	45:17			
01:12	01:39	02:25	02:16	01:07	01:54	01:32	00:34	01:15	05:42	02:21	01:20	03:00	01:22	04:20	01:47	01:06	02:44	02:07	02:12	01:45	01:09	00:28			
01:12	01:39	02:25	02:16	01:07	01:54	01:32	00:34	01:15	05:42	02:21	01:20	03:00	01:22	04:20	01:47	01:06	02:44	02:07	02:12	01:45	01:09	00:28			
4	Maren Benjaminsen												1832	45:17											
01:11	02:27	04:44	06:54	08:02	09:45	11:15	11:55	13:02	19:05	21:24	23:03	25:55	27:06	30:50	32:26	33:36	37:08	38:46	41:49	43:41	44:50	45:17			
01:11	01:16	02:17	02:10	01:08	01:43	01:30	00:40	01:07	06:03	02:19	01:39	02:52	01:11	03:44	01:36	01:10	03:32	01:38	03:03	01:52	01:09	00:27			
01:11	01:16	02:17	02:10	01:08	01:43	01:30	00:40	01:07	06:03	02:19	01:39	02:52	01:11	03:44	01:36	01:10	03:32	01:38	03:03	01:52	01:09	00:27			
5	Wibeke Lende												3503	45:34											
01:08	02:23	05:09	07:33	08:38	10:41	12:03	12:57	14:32	20:09	22:53	24:02	27:14	28:35	32:08	34:11	35:14	37:52	39:20	41:44	44:02	45:06	45:34			
01:08	01:15	02:46	02:24	01:05	02:03	01:22	00:54	01:35	05:37	02:44	01:09	03:12	01:21	03:33	02:03	01:03	02:38	01:28	02:24	02:18	01:04	00:28			
01:08	01:15	02:46	02:24	01:05	02:03	01:22	00:54	01:35	05:37	02:44	01:09	03:12	01:21	03:33	02:03	01:03	02:38	01:28	02:24	02:18	01:04	00:28			

Beste strekktid for klassen

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

DB

1	Helen Lomeland										722										42:30									
	00:55=	04:27=	06:44=	07:55=	10:37=	15:32=	17:49=	18:45=	20:57=	22:32=	24:31=	25:29=	27:16=	28:51=	30:14=	32:43=	34:17=	36:07=	37:38=	39:23=	40:49=	42:02=	42:30=							
	00:55=	03:32=	02:17=	01:11=	02:42=	04:55=	02:17=	00:56=	02:12=	01:35=	01:59=	00:58=	01:47=	01:35=	01:23=	02:29=	01:34=	01:50=	01:31=	01:45=	01:26=	01:13=	00:28=							
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Inger Tone Nygård										3502										43:16									
	00:55=	03:33=	06:45+	09:16+	12:03+	16:56+	19:18+	20:17+	22:20+	24:06+	26:03+	27:07+	28:50+	30:24+	31:36+	34:12+	35:26+	37:20+	38:31+	40:08+	41:32+	42:47+	43:16+							
	00:55=	02:38=	03:12=	02:31+	02:47+	04:53=	02:22+	00:59+	02:03=	01:46+	01:57=	01:04+	01:43=	01:34=	01:12=	02:36+	01:14=	01:54+	01:11=	01:37=	01:24=	01:15+	00:29+							
	00:00=	00:54=	00:55&	01:20&	00:05+	00:02=	00:05+	00:03+	00:09=	00:11#	00:02=	00:06#	00:04=	00:01=	00:11=	00:07+	00:20=	00:04+	00:20=	00:08=	00:02=	00:02+	00:01+							
3	Ann-Cathrin Nybak Urdal										3595										45:24									
	00:54=	03:55=	06:33=	07:47=	11:00+	15:51+	19:15+	20:13+	22:08+	23:55+	26:12+	27:27+	29:18+	30:48+	32:08+	34:31+	35:56+	38:09+	40:04+	41:45+	43:20+	44:50+	45:24+							
	00:54=	03:01=	02:38+	01:14+	03:13+	04:51=	03:24+	00:58+	01:55=	01:47+	02:17+	01:15+	01:51+	01:30=	01:20=	02:23=	01:25=	02:13+	01:55+	01:41=	01:35+	01:30+	00:34+							
	00:01=	00:31=	00:21#	00:03+	00:31#	00:04=	01:07&	00:02+	00:17=	00:12#	00:18#	00:17&	00:04+	00:05=	00:03=	00:06=	00:09=	00:23#	00:24&	00:04=	00:09#	00:17#	00:06#							
4	Anne Garsrud										3518										45:51									
	01:00+	03:46=	06:31=	07:55=	11:20+	16:14+	19:26+	20:32+	23:24+	25:41+	27:40+	28:52+	30:45+	32:11+	33:29+	36:00+	37:14+	38:59+	40:43+	42:30+	44:12+	45:19+	45:51+							
	01:00+	02:46=	02:45+	01:24+	03:25+	04:54=	03:12+	01:06+	02:52+	02:17+	01:59=	01:12+	01:53+	01:26=	01:18=	02:31+	01:14=	01:45=	01:44+	01:47+	01:42+	01:07=	00:32+							
	00:05+	00:46=	00:28#	00:13#	00:43&	00:01=	00:55&	00:10#	00:40&	00:42&	00:00=	00:14#	00:06+	00:09=	00:05=	00:02+	00:20=	00:05=	00:13#	00:02+	00:16#	00:06=	00:04#							
5	Jorunn Johannesen										1683										45:56									
	01:04+	04:25=	08:04+	09:30+	12:32+	17:55+	21:41+	22:45+	24:30+	26:14+	28:22+	29:26+	31:21+	32:44+	33:58+	36:22+	37:30+	39:43+	41:04+	42:35+	44:05+	45:21+	45:56+							
	01:04+	03:21=	03:39+	01:26+	03:02+	05:23+	03:46+	01:04+	01:45=	01:44+	02:08+	01:04+	01:55+	01:23=	01:14=	02:24=	01:08=	02:13+	01:21=	01:31=	01:30+	01:16+	00:35+							
	00:09#	00:11=	01:22&	00:15#	00:20#	00:28+	01:29&	00:08#	00:27=	00:09+	00:09+	00:06#	00:08+	00:12=	00:09=	00:05=	00:26=	00:23#	00:10=	00:14=	00:04+	00:03+	00:07#							
6	Agnes Haker										1284										48:11									
	00:44=	04:07=	09:39+	10:37+	13:47+	19:45+	21:35+	22:34+	24:43+	26:25+	28:37+	29:35+	31:28+	32:55+	34:33+	37:06+	39:56+	42:17+	43:45+	45:08+	46:36+	47:45+	48:11+							
	00:44=	03:23=	05:32+	00:58=	03:10+	05:58+	01:50=	00:59+	02:09=	01:42+	02:12+	00:58=	01:53+	01:27=	01:38+	02:33+	02:50+	02:21+	01:28=	01:23=	01:28+	01:09=	00:26=							
	00:11=	00:09=	03:15&	00:13=	00:28#	01:03#	00:27=	00:03+	00:03=	00:07+	00:13#	00:00=	00:06+	00:08=	00:15#	00:04+	01:16&	00:31&	00:03=	00:22=	00:02+	00:04=	00:02=							
7	Maira Andersone										1884										53:15									
	00:49=	04:58+	07:34+	09:04+	13:04+	18:43+	21:08+	22:27+	24:38+	26:47+	29:33+	30:56+	33:52+	36:31+	37:50+	40:35+	42:43+	45:29+	47:06+	48:58+	51:18+	52:49+	53:15+							
	00:49=	04:09+	02:36+	01:30+	04:00+	05:39+	02:25+	01:19+	02:11=	02:09+	02:46+	01:23+	02:56+	02:39+	01:19=	02:45+	02:08+	02:46+	01:37+	01:52+	02:20+	01:31+	00:26=							
	00:06=	00:37#	00:19#	00:19&	01:18&	00:44#	00:08+	00:23&	00:01=	00:34&	00:47&	00:25&	01:06+	01:04&	00:14=	00:16#	00:34&	00:56&	00:06+	00:07+	00:54&	00:18#	00:02=							

DB

Beste strekktid for klassen

DNY

Beste strekktid for klassen

07.05.2025 20:28:13

Plass	Navn										Klasse	Tid									
DT																					
1	Anastasia Ollestad										3676	27:04									
02:27=	04:11=	04:56=	08:03=	10:24=	11:17=	13:41=	15:42=	18:14=	19:25=	22:23=	25:02=	26:30=	27:04=								
02:27=	01:44=	00:45=	03:07=	02:21=	00:53=	02:24=	02:01=	02:32=	01:11=	02:58=	02:39=	01:28=	00:34=								
00:00=	00:00=	00:00=	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	Eli Serine Eikeskog										1884	29:08									
01:39=	03:54=	05:02+	08:20+	10:18=	11:22+	13:37=	16:03+	18:49+	20:26+	23:35+	26:49+	28:34+	29:08+								
01:39=	02:15+	01:08+	03:18+	01:58=	01:04+	02:15=	02:26+	02:46+	01:37+	03:09+	03:14+	01:45+	00:34=								
00:48=	00:31&	00:23&	00:11+	00:23=	00:11#	00:09=	00:25#	00:14+	00:26&	00:11+	00:35#	00:17#	00:00=								
3	Monica Regine Romstad										722	29:11									
03:27+	05:13+	06:00+	09:03+	11:27+	12:20+	14:13+	17:59+	20:16+	22:11+	24:40+	27:16+	28:39+	29:11+								
03:27+	01:46+	00:47+	03:03=	02:24+	00:53=	01:53=	03:46+	02:17=	01:55+	02:29=	02:36=	01:23=	00:32=								
01:00&	00:02+	00:02+	00:04=	00:03+	00:00=	00:31=	01:45&	00:15=	00:44&	00:29=	00:03=	00:05=	00:02=								
4	Elisa Møller										769	29:17									
02:02=	03:50=	04:45=	09:26+	11:11+	12:13+	14:15+	17:09+	19:18+	20:44+	23:49+	27:21+	28:48+	29:17+								
02:02=	01:48+	00:55+	04:41+	01:45=	01:02+	02:02=	02:54+	02:09=	01:26+	03:05+	03:32+	01:27=	00:29=								
00:25=	00:04+	00:10#	01:34&	00:36=	00:09#	00:22=	00:53&	00:23=	00:15#	00:07+	00:53&	00:01=	00:05=								
5	Silje Myklebust										3529	29:25									
01:37=	03:05=	04:03=	07:01=	09:20=	10:18=	14:34+	16:44+	19:16+	21:00+	24:12+	26:54+	28:49+	29:25+								
01:37=	01:28=	00:58+	02:58=	02:19=	00:58+	04:16+	02:10+	02:32=	01:44+	03:12+	02:42+	01:55+	00:36+								
00:50=	00:16=	00:13&	00:09=	00:02=	00:05+	01:52&	00:09+	00:00=	00:33&	00:14+	00:03+	00:27&	00:02+								
6	Marta Bertolaso										1832	30:38									
02:33+	04:22+	05:29+	08:28+	10:48+	11:49+	14:04+	17:42+	20:20+	21:46+	25:09+	28:24+	30:03+	30:38+								
02:33+	01:49+	01:07+	02:59=	02:20=	01:01+	02:15=	03:38+	02:38+	01:26+	03:23+	03:15+	01:39+	00:35+								
00:06+	00:05+	00:22&	00:08=	00:01=	00:08#	00:09=	01:37&	00:06+	00:15#	00:25#	00:36#	00:11#	00:01+								
7	Stephanie Loin										877	32:58									
02:54+	05:20+	06:31+	09:28+	12:05+	13:13+	17:13+	20:15+	22:50+	24:24+	27:37+	30:32+	32:25+	32:58+								
02:54+	02:26+	01:11+	02:57=	02:37+	01:08+	04:00+	03:02+	02:35+	01:34+	03:13+	02:55+	01:53+	00:33=								
00:27#	00:42&	00:26&	00:10=	00:16#	00:15&	01:36&	01:01&	00:03+	00:23&	00:15+	00:16#	00:25&	00:01=								
8	Karine Ditlevsen										896	34:40									
03:44+	06:51+	07:57+	12:02+	13:57+	14:58+	17:33+	20:24+	23:30+	25:16+	28:50+	32:05+	33:58+	34:40+								
03:44+	03:07+	01:06+	04:05+	01:55=	01:01+	02:35+	02:51+	03:06+	01:46+	03:34+	03:15+	01:53+	00:42+								
01:17&	01:23&	00:21&	00:58&	00:26=	00:08#	00:11+	00:50&	00:34#	00:35&	00:36#	00:36#	00:25&	00:08#								
9	Therese Østbø										896	34:41									
03:43+	06:50+	07:56+	11:59+	13:56+	14:55+	17:36+	20:25+	23:29+	25:17+	28:52+	32:06+	33:58+	34:41+								
03:43+	03:07+	01:06+	04:03+	01:57=	00:59+	02:41+	02:49+	03:04+	01:48+	03:35+	03:14+	01:52+	00:43+								
01:16&	01:23&	00:21&	00:56&	00:24=	00:06#	00:17#	00:48&	00:32#	00:37&	00:37#	00:35#	00:24&	00:09&								
10	Anna Hole										3503	35:18									
01:57=	04:13+	05:26+	09:25+	12:15+	13:36+	16:51+	19:23+	22:47+	24:52+	28:57+	32:46+	34:39+	35:18+								
01:57=	02:16+	01:13+	03:59+	02:50+	01:21+	03:15+	02:32+	03:24+	02:05+	04:05+	03:49+	01:53+	00:39+								
00:30=	00:32&	00:28&	00:52&	00:29#	00:28&	00:51&	00:31&	00:52&	00:54&	01:07&	01:10&	00:25&	00:05#								
11	Unni Byberg Mæstad										892	36:29									
02:17=	04:29+	05:32+	10:55+	13:13+	14:19+	16:59+	19:44+	22:38+	24:24+	28:09+	31:44+	34:10+	36:29+								
02:17=	02:12+	01:03+	05:23+	02:18=	01:06+	02:40+	02:45+	02:54+	01:46+	03:45+	03:35+	02:26+	02:19+								
00:10=	00:28&	00:18&	02:16&	00:03=	00:13#	00:16#	00:44&	00:22#	00:35&	00:47&	00:56&	00:58&	01:45@								
12	Kristine Vik										1284	36:42									
02:27=	04:43+	05:54+	10:00+	13:46+	14:45+	18:32+	21:08+	23:53+	26:07+	29:46+	33:20+	36:01+	36:42+								
02:27=	02:16+	01:11+	04:06+	03:46+	00:59+	03:47+	02:36+	02:45+	02:14+	03:39+	03:34+	02:41+	00:41+								
00:00=	00:32&	00:26&	00:59&	01:25&	00:06#	01:23&	00:35&	00:13+	01:03&	00:41#	00:55&	01:13&	00:07#								
13	Kirsti Strand Salvesen										3540	40:56									
03:13+	05:19+	06:46+	10:52+	14:56+	16:20+	21:23+	24:57+	28:11+	30:14+	34:18+	37:48+	40:02+	40:56+								
03:13+	02:06+	01:27+	04:06+	04:04+	01:24+	05:03+	03:34+	03:14+	02:03+	04:04+	03:30+	02:14+	00:54+								
00:46&	00:22#	00:42&	00:59&	01:43&	00:31&	02:39@	01:33&	00:42&	00:52&	01:06&	00:51&	00:46&	00:20&								
14	Ruth Grødem										722	42:06									
02:39+	04:54+	06:09+	10:08+	14:27+	15:46+	20:34+	24:33+	28:02+	30:16+	34:26+	38:15+	40:49+	42:06+								
02:39+	02:15+	01:15+	03:59+	04:19+	01:19+	04:48+	03:59+	03:29+	02:14+	04:10+	03:49+	02:34+	01:17+								
00:12+	00:31&	00:30&	00:52&	01:58&	00:26&	02:24&	01:58&	00:57&	01:03&	01:12&	01:10&	01:06&	00:43@								

Plass	Navn			Klasse								Tid				
DT																
15	Heidi Camilla Raugstad Hovet								769				42:24			
02:52+	04:38+	05:48+	14:23+	16:43+	17:45+	19:56+	28:07+	30:49+	33:01+	36:19+	39:11+	40:49+	42:24+			
02:52+	01:46+	01:10+	08:35+	02:20-	01:02+	02:11-	08:11+	02:42+	02:12+	03:18+	02:52+	01:38+	01:35+			
00:25#	00:02+	00:25&	05:28#	00:01-	00:09#	00:13-	06:10#	00:10+	01:01&	00:20#	00:13+	00:10#	01:01#			
16	Solbjørg Borgersen								3536				42:50			
02:28+	04:38+	05:52+	18:24+	20:44+	21:52+	24:32+	27:16+	30:13+	31:59+	35:58+	39:35+	42:08+	42:50+			
02:28+	02:10+	01:14+	12:32+	02:20+	01:08+	02:40+	02:44+	02:57+	01:46+	03:59+	03:37+	02:33+	00:42+			
02:28+	02:10+	01:14+	12:32+	02:20+	01:08+	02:40+	02:44+	02:57+	01:46+	03:59+	03:37+	02:33+	00:42+			
17	Silje Elise Elstad								769				43:33			
03:37+	07:26+	08:36+	12:17+	15:55+	19:17+	23:21+	26:23+	29:29+	31:41+	36:32+	40:49+	42:53+	43:33+			
03:37+	03:49+	01:10+	03:41+	03:38+	03:22+	04:04+	03:02+	03:06+	02:12+	04:51+	04:17+	02:04+	00:40+			
03:37+	03:49+	01:10+	03:41+	03:38+	03:22+	04:04+	03:02+	03:06+	02:12+	04:51+	04:17+	02:04+	00:40+			
18	Julie Kristine Hovet								892				43:34			
02:45+	04:10+	05:03+	08:57+	25:43+	26:31+	28:49+	30:56+	33:05+	35:01+	38:02+	41:37+	43:02+	43:34+			
02:45+	01:25+	00:53+	03:54+	16:46+	00:48+	02:18+	02:07+	02:09+	01:56+	03:01+	03:35+	01:25+	00:32+			
02:45+	01:25+	00:53+	03:54+	16:46+	00:48+	02:18+	02:07+	02:09+	01:56+	03:01+	03:35+	01:25+	00:32+			
19	Benedicte Kvalevåg								769				44:14			
04:40+	06:54+	07:56+	12:58+	15:40+	17:22+	20:57+	25:03+	28:51+	31:04+	36:12+	40:18+	43:01+	44:14+			
04:40+	02:14+	01:02+	05:02+	02:42+	01:42+	03:35+	04:06+	03:48+	02:13+	05:08+	04:06+	02:43+	01:13+			
04:40+	02:14+	01:02+	05:02+	02:42+	01:42+	03:35+	04:06+	03:48+	02:13+	05:08+	04:06+	02:43+	01:13+			
20	Sigrund Serigstad								879				44:34			
04:51+	13:31+	14:51+	17:32+	20:46+	21:35+	24:10+	31:29+	33:32+	34:49+	39:27+	41:58+	43:48+	44:34+			
04:51+	08:40+	01:20+	02:41+	03:14+	00:49+	02:35+	07:19+	02:03+	01:17+	04:38+	02:31+	01:50+	00:46+			
04:51+	08:40+	01:20+	02:41+	03:14+	00:49+	02:35+	07:19+	02:03+	01:17+	04:38+	02:31+	01:50+	00:46+			
21	Signe Lise Haaland								3507				46:39			
02:43+	04:54+	05:56+	11:49+	15:38+	17:14+	22:09+	25:49+	29:45+	32:09+	37:57+	42:34+	45:27+	46:39+			
02:43+	02:11+	01:02+	05:53+	03:49+	01:36+	04:55+	03:40+	03:56+	02:24+	05:48+	04:37+	02:53+	01:12+			
02:43+	02:11+	01:02+	05:53+	03:49+	01:36+	04:55+	03:40+	03:56+	02:24+	05:48+	04:37+	02:53+	01:12+			
22	Lene Danielsen								793				47:17			
02:51+	04:30+	05:53+	10:17+	12:47+	14:39+	18:29+	22:23+	34:09+	35:42+	39:23+	45:20+	46:40+	47:17+			
02:51+	01:39+	01:23+	04:24+	02:30+	01:52+	03:50+	03:54+	11:46+	01:33+	03:41+	05:57+	01:20+	00:37+			
02:51+	01:39+	01:23+	04:24+	02:30+	01:52+	03:50+	03:54+	11:46+	01:33+	03:41+	05:57+	01:20+	00:37+			
23	Brit Vivian Meling								1683				47:28			
02:38+	04:54+	06:22+	11:35+	15:08+	16:44+	20:05+	23:41+	30:57+	33:05+	39:45+	43:24+	46:33+	47:28+			
02:38+	02:16+	01:28+	05:13+	03:33+	01:36+	03:21+	03:36+	07:16+	02:08+	06:40+	03:39+	03:09+	00:55+			
02:38+	02:16+	01:28+	05:13+	03:33+	01:36+	03:21+	03:36+	07:16+	02:08+	06:40+	03:39+	03:09+	00:55+			
24	Marianne Steinkopf								880				50:40			
02:10+	04:23+	05:56+	10:19+	19:30+	20:36+	22:47+	35:25+	38:07+	40:04+	42:54+	47:34+	49:42+	50:40+			
02:10+	02:13+	01:33+	04:23+	09:11+	01:06+	02:11+	12:38+	02:42+	01:57+	02:50+	04:40+	02:08+	00:58+			
02:10+	02:13+	01:33+	04:23+	09:11+	01:06+	02:11+	12:38+	02:42+	01:57+	02:50+	04:40+	02:08+	00:58+			
25	Maria Fjelde								892				51:48			
05:44+	16:58+	18:19+	24:19+	26:37+	28:02+	31:42+	34:47+	38:05+	40:14+	44:41+	48:46+	51:12+	51:48+			
05:44+	11:14+	01:21+	06:00+	02:18+	01:25+	03:40+	03:05+	03:18+	02:09+	04:27+	04:05+	02:26+	00:36+			
05:44+	11:14+	01:21+	06:00+	02:18+	01:25+	03:40+	03:05+	03:18+	02:09+	04:27+	04:05+	02:26+	00:36+			
26	Katja Eliassen								722				52:15			
10:35+	13:19+	14:57+	19:50+	23:34+	25:12+	28:56+	32:54+	38:16+	40:29+	44:58+	48:46+	51:07+	52:15+			
10:35+	02:44+	01:38+	04:53+	03:44+	01:38+	03:44+	03:58+	05:22+	02:13+	04:29+	03:48+	02:21+	01:08+			
10:35+	02:44+	01:38+	04:53+	03:44+	01:38+	03:44+	03:58+	05:22+	02:13+	04:29+	03:48+	02:21+	01:08+			
27	Brit Svihus								892				1:01:20			
06:31+	09:25+	11:30+	19:02+	23:43+	26:00+	31:14+	36:05+	41:11+	45:00+	51:27+	56:35+	59:59+	61:20+			
06:31+	02:54+	02:05+	07:32+	04:41+	02:17+	05:14+	04:51+	05:06+	03:49+	06:27+	05:08+	03:24+	01:21+			
06:31+	02:54+	02:05+	07:32+	04:41+	02:17+	05:14+	04:51+	05:06+	03:49+	06:27+	05:08+	03:24+	01:21+			
28	Ragnhild Christiansen								1884				1:03:53			
07:17+	10:35+	13:38+	20:49+	26:12+	28:18+	32:51+	38:00+	42:45+	46:53+	53:10+	59:20+	62:34+	63:53+			
07:17+	03:18+	03:03+	07:11+	05:23+	02:06+	04:33+	05:09+	04:45+	04:08+	06:17+	06:10+	03:14+	01:19+			
07:17+	03:18+	03:03+	07:11+	05:23+	02:06+	04:33+	05:09+	04:45+	04:08+	06:17+	06:10+	03:14+	01:19+			

Plass	Navn					Klasse					Tid				
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DT

29	Marit Kløvstad Braut					892								1:04:00	
07:29+	11:18+	13:38+	20:55+	26:11+	28:27+	32:58+	37:55+	43:17+	47:03+	53:31+	59:28+	62:47+	64:00+		
07:29+	03:49+	02:20+	07:17+	05:16+	02:16+	04:31+	04:57+	05:22+	03:46+	06:28+	05:57+	03:19+	01:13+		
07:29+	03:49+	02:20+	07:17+	05:16+	02:16+	04:31+	04:57+	05:22+	03:46+	06:28+	05:57+	03:19+	01:13+		
30	Else Marie Furland					1884								1:04:03	
07:23+	10:43+	13:33+	21:05+	26:17+	28:34+	33:03+	38:00+	43:00+	47:04+	53:21+	59:30+	62:47+	64:03+		
07:23+	03:20+	02:50+	07:32+	05:12+	02:17+	04:29+	04:57+	05:00+	04:04+	06:17+	06:09+	03:17+	01:16+		
07:23+	03:20+	02:50+	07:32+	05:12+	02:17+	04:29+	04:57+	05:00+	04:04+	06:17+	06:09+	03:17+	01:16+		
31	May Kristin Haaland					3511								1:06:18	
06:46+	10:12+	11:58+	18:34+	22:56+	25:29+	30:36+	35:34+	42:33+	46:54+	55:30+	61:14+	65:01+	66:18+		
06:46+	03:26+	01:46+	06:36+	04:22+	02:33+	05:07+	04:58+	06:59+	04:21+	08:36+	05:44+	03:47+	01:17+		
06:46+	03:26+	01:46+	06:36+	04:22+	02:33+	05:07+	04:58+	06:59+	04:21+	08:36+	05:44+	03:47+	01:17+		
32	Silje Rese					1832									
02:37+	04:19+	05:31+	08:33+	10:46+	11:46+	13:59+	17:39+	20:17+	21:43+	25:07+	28:22+	30:03+	30:39+		
02:37+	01:42+	01:12+	03:02+	02:13+	01:00+	02:13+	03:40+	02:38+	01:26+	03:24+	03:15+	01:41+	00:36+		
02:37+	01:42+	01:12+	03:02+	02:13+	01:00+	02:13+	03:40+	02:38+	01:26+	03:24+	03:15+	01:41+	00:36+		

Beste strekktid for klassen

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

H16

1	Børge Grødem										3619										40:37									
00:40=	03:48=	05:43=	07:51=	09:55=	13:36=	15:08=	16:02=	19:30=	21:58=	23:28=	25:04=	26:53=	27:53=	29:06=	30:37=	31:49=	35:07=	36:51=	38:05=	39:21=	40:15=	40:37=								
00:40=	03:08=	01:55=	02:08=	02:04=	03:41=	01:32=	00:54=	03:28=	02:28=	01:30=	01:36=	01:49=	01:00=	01:13=	01:31=	01:12=	03:18=	01:44=	01:14=	01:16=	00:54=	00:22=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Øyvind Rustan										722										41:11									
00:46+	03:26=	05:45+	06:59=	09:58+	15:05+	17:46+	18:43+	20:55+	22:43+	24:29+	25:36+	27:51+	29:51+	31:08+	33:05+	34:06+	35:41+	36:45=	38:12+	39:40+	40:49+	41:11+								
00:46+	02:40=	02:19+	01:14=	02:59+	05:07+	02:41+	00:57+	02:12=	01:48=	01:46+	01:07=	02:15+	02:00+	01:17+	01:57+	01:01=	01:35=	01:04=	01:27+	01:28+	01:09+	00:22=								
00:06#	00:28=	00:24#	00:54=	00:55#	01:26#	01:09#	00:03+	01:16=	00:40=	00:16#	00:29=	00:26#	01:00#	00:04+	00:26#	00:11=	01:43=	00:40=	00:13#	00:12#	00:15#	00:00=								
3	Erling Byberg										793										42:08									
00:45+	06:04+	08:01+	08:59+	11:00+	14:33+	16:05+	16:58+	22:22+	24:08+	26:46+	27:34+	29:10+	30:18+	31:25+	33:03+	34:24+	35:54+	37:34+	38:43+	40:50+	41:40+	42:08+								
00:45+	05:19+	01:57+	00:58=	02:01=	03:33=	01:32=	00:53=	05:24+	01:46=	02:38+	00:48=	01:36=	01:08+	01:07=	01:38+	01:21+	01:30=	01:40=	01:09=	02:07+	00:50=	00:28+								
00:05#	02:11#	00:02+	01:10=	00:03=	00:08=	00:00=	00:01=	01:56#	00:42=	01:08#	00:48=	00:13=	00:08#	00:06=	00:07+	00:09#	01:48=	00:04=	00:05=	00:51#	00:04=	00:06#								
4	Truls Thorkildsen										2074										42:55									
02:42+	05:13+	08:07+	09:13+	12:03+	17:05+	19:12+	20:11+	22:56+	24:20+	26:07+	27:01+	29:05+	30:17+	31:37+	33:27+	35:12+	36:51+	38:09+	40:13+	41:28+	42:30+	42:55+								
02:42+	02:31=	02:54+	01:06=	02:50+	05:02+	02:07+	00:59+	02:45=	01:24=	01:47+	00:54=	02:04+	01:12+	01:20+	01:50+	01:45+	01:39=	01:18=	02:04+	01:15=	01:02+	00:25+								
02:02@	00:37=	00:59#	01:02=	00:46#	01:21#	00:35#	00:05+	00:43=	01:04=	00:17#	00:42=	00:15#	00:12#	00:07+	00:19#	00:33#	01:39=	00:26=	00:50#	00:01=	00:08#	00:03#								
5	Ole Andre Brandsberg										3502										43:05									
00:36=	03:05=	05:37=	06:56=	10:19+	16:14+	18:19+	19:16+	20:55+	22:50+	25:10+	26:18+	28:23+	30:24+	31:27+	33:26+	34:44+	37:19+	38:39+	40:23+	41:38+	42:33+	43:05+								
00:36=	02:29=	02:32+	01:19=	03:23+	05:55+	02:05+	00:57+	01:39=	01:55=	02:20+	01:08=	02:05+	02:01+	01:03=	01:59+	01:18+	02:35=	01:20=	01:44+	01:15=	00:55+	00:32+								
00:04=	00:39=	00:37#	00:49=	01:19#	02:14#	00:33#	00:03+	01:49=	00:33=	00:50#	00:28=	00:16#	01:01@	00:10=	00:28#	00:06+	00:43=	00:24=	00:30#	00:01=	00:01+	00:10#								
6	Bendix Gjølstad Smith										892										44:03									
00:50+	03:35=	06:04+	07:19=	10:46+	15:26+	20:26+	21:26+	23:34+	25:09+	27:34+	28:40+	30:34+	31:55+	33:07+	35:15+	36:18+	37:50+	39:19+	40:46+	42:24+	43:37+	44:03+								
00:50+	02:45=	02:29+	01:15=	03:27+	04:40+	05:00+	01:00+	02:08=	01:35=	02:25+	01:06=	01:54+	01:21+	01:12=	02:08+	01:03=	01:32=	01:29=	01:27+	01:38+	01:13+	00:26+								
00:10#	00:23=	00:34#	00:53=	01:23#	00:59#	03:28@	00:06#	01:20=	00:53=	00:55#	00:30=	00:05+	00:21#	00:01=	00:37#	00:09=	01:46=	00:15=	00:13#	00:22#	00:19#	00:04#								
7	Sindre Jakobsen										1830										47:17									
00:52+	03:42=	07:12+	09:21+	12:17+	17:08+	19:19+	20:17+	22:30+	24:12+	26:08+	27:12+	29:12+	33:44+	34:59+	37:25+	39:23+	41:20+	42:51+	44:24+	45:46+	46:46+	47:17+								
00:52+	02:50=	03:30+	02:09+	02:56+	04:51+	02:11+	00:58+	02:13=	01:42=	01:56+	01:04=	02:00+	04:32+	01:15+	02:26+	01:58+	01:57=	01:31=	01:33+	01:22+	01:00+	00:31+								
00:12#	00:18=	01:35#	00:01+	00:52#	01:10#	00:39#	00:04+	01:15=	00:46=	00:26#	00:32=	00:11#	03:32@	00:02+	00:55#	00:46#	01:21=	00:13=	00:19#	00:06+	00:06#	00:09#								
8	Martin Skogland										3508										49:13									
00:58+	04:12+	11:27+	14:49+	17:47+	22:07+	24:06+	24:57+	27:21+	29:06+	31:12+	32:15+	34:40+	36:02+	37:23+	39:30+	40:56+	42:39+	43:51+	45:08+	47:18+	48:42+	49:13+								
00:58+	03:14+	07:15+	03:22+	02:58+	04:20+	01:59+	00:51=	02:24=	01:45=	02:06+	01:03=	02:25+	01:22+	01:21+	02:07+	01:26+	01:43=	01:12=	01:17+	02:10+	01:24+	00:31+								
00:18#	00:06+	05:20@	01:14#	00:54#	00:39#	00:27#	00:03=	01:04=	00:43=	00:36#	00:33=	00:36#	00:22#	00:08#	00:36#	00:14#	01:35=	00:32=	00:03+	00:54#	00:30#	00:09#								

Plass	Navn				Klasse				Tid			
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H16

9	Trym Hustoft				3497				49:47			
	01:30+	04:23+	07:36+	09:09+	12:03+	16:54+	19:32+	20:33+	24:38+	26:17+	28:56+	29:58+
	01:30+	02:53-	03:13+	01:33-	02:54+	04:51+	02:38+	01:01+	04:05+	01:39-	02:39+	01:02-
	00:50#	00:15-	01:18&	00:35-	00:50&	01:10&	01:06&	00:07#	00:37#	00:49-	01:09&	00:34-
10	Magnus Kristoffersen				3676				51:46			
	00:51+	04:17+	10:00+	12:40+	16:19+	21:29+	23:37+	24:40+	27:34+	29:30+	31:26+	33:06+
	00:51+	03:26+	05:43+	02:40+	03:39+	05:10+	02:08+	01:03+	02:54+	01:56+	01:56+	01:40+
	00:51+	03:26+	05:43+	02:40+	03:39+	05:10+	02:08+	01:03+	02:54+	01:56+	01:56+	01:40+
11	Lars Kartevoll				3548				52:52			
	00:45+	03:24+	09:26+	10:56+	14:29+	19:14+	22:20+	23:31+	27:28+	29:47+	31:58+	33:15+
	00:45+	02:39+	06:02+	01:30+	03:33+	04:45+	03:06+	01:31+	03:37+	02:19+	02:11+	01:17+
	00:45+	02:39+	06:02+	01:30+	03:33+	04:45+	03:06+	01:31+	03:37+	02:19+	02:11+	01:17+
12	William Vagle				3548				53:06			
	00:42+	05:29+	08:13+	09:54+	12:57+	17:22+	21:29+	22:49+	30:03+	31:57+	33:53+	35:08+
	00:42+	04:47+	02:44+	01:41+	03:03+	04:25+	04:07+	01:20+	07:14+	01:54+	01:56+	01:15+
	00:42+	04:47+	02:44+	01:41+	03:03+	04:25+	04:07+	01:20+	07:14+	01:54+	01:56+	01:15+
13	Jonas Hagen				3528				56:58			
	01:18+	04:43+	09:01+	10:40+	15:21+	20:06+	24:52+	26:36+	28:41+	30:24+	32:11+	33:50+
	01:18+	03:25+	04:18+	01:39+	04:41+	04:45+	04:46+	01:44+	02:05+	01:43+	01:47+	01:39+
	01:18+	03:25+	04:18+	01:39+	04:41+	04:45+	04:46+	01:44+	02:05+	01:43+	01:47+	01:39+
14	Bernt Christian Bugge				3676				57:39			
	00:54+	06:10+	08:19+	09:39+	13:15+	18:53+	21:28+	22:47+	25:49+	27:42+	29:47+	30:59+
	00:54+	05:16+	02:09+	01:20+	03:36+	05:38+	02:35+	01:19+	03:02+	01:53+	02:05+	01:12+
	00:54+	05:16+	02:09+	01:20+	03:36+	05:38+	02:35+	01:19+	03:02+	01:53+	02:05+	01:12+
15	Vidar Haus				3528				58:25			
	01:02+	04:21+	09:14+	10:57+	14:09+	20:36+	27:24+	28:53+	31:42+	33:33+	36:10+	37:30+
	01:02+	03:19+	04:53+	01:43+	03:12+	06:27+	06:48+	01:29+	02:49+	01:51+	02:37+	01:20+
	01:02+	03:19+	04:53+	01:43+	03:12+	06:27+	06:48+	01:29+	02:49+	01:51+	02:37+	01:20+

Beste strekktid for klassen

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

H40

1	Kjetil Torgersen				3502				39:25			
	00:49=	03:02=	08:03=	09:49=	12:06=	15:48=	17:35=	18:20=	20:59=	22:35=	24:04=	24:55=
	00:49=	02:13=	05:01=	01:46=	02:17=	03:42=	01:47=	00:45=	02:39=	01:36=	01:29=	00:51=
	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	Magne Habbestad				3531				40:08			
	00:55+	04:04+	06:12-	07:18-	10:02-	14:36-	16:54-	17:50-	19:31-	21:05-	23:25-	24:32-
	00:55+	03:09+	02:08-	01:06-	02:44+	04:34+	02:18+	00:56+	01:41-	01:34-	02:20+	01:07+
	00:06#	00:56&	02:53-	00:40-	00:27#	00:52#	00:31&	00:11#	00:58-	00:02-	00:51&	00:16&
3	Bjarne Bore				3529				41:31			
	00:50+	04:08+	05:57-	07:21-	10:03-	14:16-	16:33-	17:39-	19:29-	21:07-	23:07-	24:09-
	00:50+	03:18+	01:49-	01:24-	02:42+	04:13+	02:17+	01:06+	01:50-	01:38+	02:00+	01:02+
	00:01+	01:05&	03:12-	00:22-	00:25#	00:31#	00:30&	00:21&	00:49-	00:02+	00:31&	00:11#
4	Gunnar Thorset				896				41:57			
	00:58+	04:03+	06:23-	07:40-	10:37-	15:17-	17:33-	18:39+	20:44-	22:30-	24:35+	25:40+
	00:58+	03:05+	02:20-	01:17-	02:57+	04:40+	02:16+	01:06+	02:05-	01:46+	02:05+	01:05+
	00:09#	00:52&	02:41-	00:29-	00:40&	00:58&	00:29&	00:21&	00:34-	00:10#	00:36&	00:14&
5	Arild Stave				3676				42:00			
	00:46-	03:14+	09:00+	10:04+	12:28+	17:53+	19:29+	20:23+	23:05+	24:34+	26:05+	26:56+
	00:46-	02:28+	05:46+	01:04-	02:24+	05:25+	01:36-	00:54+	02:42+	01:29-	01:31+	00:51=
	00:03-	00:15#	00:45#	00:42-	00:07+	01:43&	00:11-	00:09#	00:03+	00:07-	00:02+	00:00=

Plass	Navn					Klasse					Tid														
H40																									
6	Olav Johannes Espedal					3519					43:32														
00:35-	03:09+	07:59-	09:07-	11:31-	15:54+	19:04+	20:04+	22:44+	24:24+	25:53+	26:48+	28:56+	30:17+	31:49+	33:34+	35:18+	36:56+	38:42+	40:23+	41:49+	43:10+	43:32+			
00:35-	02:34+	04:50-	01:08-	02:24+	04:23+	03:10+	01:00+	02:40+	01:40+	01:29=	00:55+	02:08+	01:21+	01:32+	01:45-	01:44+	01:38-	01:46+	01:41+	01:26+	01:21+	00:22-			
00:14-	00:21#	00:11-	00:38-	00:07+	00:41#	01:23#	00:15#	00:01+	00:04+	00:00=	00:04+	00:38#	00:15#	00:25#	00:32-	00:40#	00:10-	00:13#	00:27#	00:07+	00:13#	00:02-			
7	Per Jan Ersland					3510					46:36														
01:07+	04:15+	08:39+	09:57+	12:53+	17:10+	18:56+	19:48+	24:22+	25:41+	27:29+	28:21+	30:11+	32:00+	33:29+	35:06+	36:46+	41:00+	42:23+	43:52+	45:12+	46:16+	46:36+			
01:07+	03:08+	04:24+	01:18+	02:56+	04:17+	01:46+	00:52+	04:34+	01:19+	01:48+	00:52+	01:50+	01:49+	01:29+	01:37+	01:40+	04:14+	01:23+	01:29+	01:20+	01:04+	00:20+			
01:07+	03:08+	04:24+	01:18+	02:56+	04:17+	01:46+	00:52+	04:34+	01:19+	01:48+	00:52+	01:50+	01:49+	01:29+	01:37+	01:40+	04:14+	01:23+	01:29+	01:20+	01:04+	00:20+			
8	Anders Presterud					903					46:55														
01:04+	04:09+	06:34+	07:53+	11:06+	15:55+	19:40+	22:21+	24:10+	25:52+	27:47+	28:54+	30:58+	32:30+	33:47+	36:10+	39:25+	41:17+	42:38+	43:56+	45:25+	46:29+	46:55+			
01:04+	03:05+	02:25+	01:19+	03:13+	04:49+	03:45+	02:41+	01:49+	01:42+	01:55+	01:07+	02:04+	01:32+	01:17+	02:23+	03:15+	01:52+	01:21+	01:18+	01:29+	01:04+	00:26+			
01:04+	03:05+	02:25+	01:19+	03:13+	04:49+	03:45+	02:41+	01:49+	01:42+	01:55+	01:07+	02:04+	01:32+	01:17+	02:23+	03:15+	01:52+	01:21+	01:18+	01:29+	01:04+	00:26+			
9	Rune Hatle					903					47:30														
00:49+	04:10+	06:24+	07:33+	10:23+	15:16+	20:55+	22:04+	24:50+	27:28+	29:33+	30:39+	32:44+	34:07+	35:29+	37:45+	39:11+	41:10+	42:57+	44:20+	46:09+	47:09+	47:30+			
00:49+	03:21+	02:14+	01:09+	02:50+	04:53+	05:39+	01:09+	02:46+	02:38+	02:05+	01:06+	02:05+	01:23+	01:22+	02:16+	01:26+	01:59+	01:47+	01:23+	01:49+	01:00+	00:21+			
00:49+	03:21+	02:14+	01:09+	02:50+	04:53+	05:39+	01:09+	02:46+	02:38+	02:05+	01:06+	02:05+	01:23+	01:22+	02:16+	01:26+	01:59+	01:47+	01:23+	01:49+	01:00+	00:21+			
10	Bjørn Kristian Røyland					3503					48:07														
01:04+	04:06+	06:54+	08:34+	11:37+	16:20+	20:40+	22:01+	24:36+	26:26+	28:51+	30:05+	32:16+	34:09+	35:37+	37:47+	39:01+	41:17+	43:38+	45:14+	46:39+	47:41+	48:07+			
01:04+	03:02+	02:48+	01:40+	03:03+	04:43+	04:20+	01:21+	02:35+	01:50+	02:25+	01:14+	02:11+	01:53+	01:28+	02:10+	01:14+	02:16+	02:21+	01:36+	01:25+	01:02+	00:26+			
01:04+	03:02+	02:48+	01:40+	03:03+	04:43+	04:20+	01:21+	02:35+	01:50+	02:25+	01:14+	02:11+	01:53+	01:28+	02:10+	01:14+	02:16+	02:21+	01:36+	01:25+	01:02+	00:26+			
11	Glenn Madland					879					48:11														
00:57+	04:31+	06:54+	11:13+	14:29+	18:37+	20:39+	21:45+	24:15+	25:51+	28:07+	29:20+	31:36+	33:59+	36:26+	38:31+	39:46+	41:53+	43:17+	44:42+	46:43+	47:46+	48:11+			
00:57+	03:34+	02:23+	04:19+	03:16+	04:08+	02:02+	01:06+	02:30+	01:36+	02:16+	01:13+	02:16+	02:23+	02:27+	02:05+	01:15+	02:07+	01:24+	01:25+	02:01+	01:03+	00:25+			
00:57+	03:34+	02:23+	04:19+	03:16+	04:08+	02:02+	01:06+	02:30+	01:36+	02:16+	01:13+	02:16+	02:23+	02:27+	02:05+	01:15+	02:07+	01:24+	01:25+	02:01+	01:03+	00:25+			
12	Stian Gunstensen					892					49:06														
01:00+	04:24+	07:07+	08:51+	11:37+	15:57+	18:07+	19:02+	24:58+	26:25+	28:28+	29:38+	31:57+	34:02+	35:34+	37:22+	38:40+	42:39+	44:31+	46:02+	47:36+	48:39+	49:06+			
01:00+	03:24+	02:43+	01:44+	02:46+	04:20+	02:10+	00:55+	05:56+	01:27+	02:03+	01:10+	02:19+	02:05+	01:32+	01:48+	01:18+	03:59+	01:52+	01:31+	01:34+	01:03+	00:27+			
01:00+	03:24+	02:43+	01:44+	02:46+	04:20+	02:10+	00:55+	05:56+	01:27+	02:03+	01:10+	02:19+	02:05+	01:32+	01:48+	01:18+	03:59+	01:52+	01:31+	01:34+	01:03+	00:27+			
13	Sven Undheim					793					50:49														
01:54+	05:19+	12:14+	13:43+	16:29+	21:28+	24:14+	25:30+	28:02+	29:44+	31:59+	33:03+	35:27+	37:07+	38:27+	40:16+	42:08+	44:56+	46:31+	48:12+	49:30+	50:25+	50:49+			
01:54+	03:25+	06:55+	01:29+	02:46+	04:59+	02:46+	01:16+	02:32+	01:42+	02:15+	01:04+	02:24+	01:40+	01:20+	01:49+	01:52+	02:48+	01:35+	01:41+	01:18+	00:55+	00:24+			
01:54+	03:25+	06:55+	01:29+	02:46+	04:59+	02:46+	01:16+	02:32+	01:42+	02:15+	01:04+	02:24+	01:40+	01:20+	01:49+	01:52+	02:48+	01:35+	01:41+	01:18+	00:55+	00:24+			
14	Alexander Khorunzhiy					1456					50:55														
01:07+	04:20+	07:55+	09:45+	12:41+	18:22+	23:08+	24:30+	26:41+	28:48+	31:35+	32:47+	35:08+	37:02+	38:19+	40:39+	42:11+	44:23+	46:01+	47:42+	49:19+	50:27+	50:55+			
01:07+	03:13+	03:35+	01:50+	02:56+	05:41+	04:46+	01:22+	02:11+	02:07+	02:47+	01:12+	02:21+	01:54+	01:17+	02:20+	01:32+	02:12+	01:38+	01:41+	01:37+	01:08+	00:28+			
01:07+	03:13+	03:35+	01:50+	02:56+	05:41+	04:46+	01:22+	02:11+	02:07+	02:47+	01:12+	02:21+	01:54+	01:17+	02:20+	01:32+	02:12+	01:38+	01:41+	01:37+	01:08+	00:28+			
15	Lars Lone Rasmussen					4248					56:35														
00:59+	04:26+	09:33+	11:08+	14:51+	20:49+	26:09+	27:59+	30:18+	32:16+	35:04+	36:34+	39:01+	40:50+	42:40+	44:55+	46:25+	48:52+	50:34+	52:55+	54:38+	56:04+	56:35+			
00:59+	03:27+	05:07+	01:35+	03:43+	05:58+	05:20+	01:50+	02:19+	01:58+	02:48+	01:30+	02:27+	01:49+	01:50+	02:15+	01:30+	02:27+	01:42+	02:21+	01:43+	01:26+	00:31+			
00:59+	03:27+	05:07+	01:35+	03:43+	05:58+	05:20+	01:50+	02:19+	01:58+	02:48+	01:30+	02:27+	01:49+	01:50+	02:15+	01:30+	02:27+	01:42+	02:21+	01:43+	01:26+	00:31+			
16	Anders Hagen					3528					57:07														
01:09+	04:50+	08:41+	10:42+	15:08+	20:00+	23:24+	26:25+	28:36+	30:28+	32:19+	33:22+	38:00+	41:37+	42:54+	45:48+	47:56+	50:07+	51:38+	53:31+	55:33+	56:44+	57:07+			
01:09+	03:41+	03:51+	02:01+	04:26+	04:52+	03:24+	03:01+	02:11+	01:52+	01:51+	01:03+	04:38+	03:37+	01:17+	02:54+	02:08+	02:11+	01:31+	01:53+	02:02+	01:11+	00:23+			
01:09+	03:41+	03:51+	02:01+	04:26+	04:52+	03:24+	03:01+	02:11+	01:52+	01:51+	01:03+	04:38+	03:37+	01:17+	02:54+	02:08+	02:11+	01:31+	01:53+	02:02+	01:11+	00:23+			

Beste strekktid for klassen

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

H50

1	Bjørn Ove Olsen Moi										989				34:02									
01:01=	02:50=	05:21=	07:36=	08:42=	12:02=	13:14=	15:54=	17:32=	18:23=	19:44=	20:21=	21:28=	23:22=	25:17=	26:13=	27:47=	29:12=	31:39=	32:55=	33:35=	34:02=			
01:01=	01:49=	02:31=	02:15=	01:06=	03:20=	01:12=	02:40=	01:38=	00:51=	01:21=	00:37=	01:07=	01:54=	01:55=	00:56=	01:34=	01:25=	02:27=	01:16=	00:40=	00:27=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

Plass	Navn	Klasse	Tid
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2 Geir Inge Høivik

3 Trondr Breiland

4 Øyvind Madland

5 Jone Kalheim

6 John Breiland

7 Trond Lamark

8 Trygve Michaelsen

9 Arngrim Utskarpen

10 Anders Glenne

11 Jørgen Nilsen

12 Lars Primstad

13 Erling Knutzen

14 Øystein Fuglestad

15 Fredrik Jomaas
01 11: 00 06: 05 56: 10 50

Plass	Navn				Klasse								Tid									
H50																						
16	Kjetil Solbakken				3507								45:00									
01:14+	03:52+	06:31+	10:27+	11:52+	14:49+	15:59+	21:16+	23:39+	24:47+	26:08+	26:53+	28:45+	31:15+	33:14+	34:56+	37:00+	38:40+	41:51+	43:39+	44:32+	45:00+	
01:14+	02:38+	02:39+	03:56+	01:25+	02:57+	01:10+	05:17+	02:23+	01:08+	01:21+	00:45+	01:52+	02:30+	01:59+	01:42+	02:04+	01:40+	03:11+	01:48+	00:53+	00:28+	
01:14+	02:38+	02:39+	03:56+	01:25+	02:57+	01:10+	05:17+	02:23+	01:08+	01:21+	00:45+	01:52+	02:30+	01:59+	01:42+	02:04+	01:40+	03:11+	01:48+	00:53+	00:28+	
17	Ingve Vold				3529								45:49									
01:02+	02:57+	05:37+	09:43+	11:14+	14:16+	15:49+	23:28+	26:17+	27:26+	29:07+	29:58+	31:04+	33:24+	35:17+	36:40+	39:00+	40:29+	43:21+	44:42+	45:23+	45:49+	
01:02+	01:55+	02:40+	04:06+	01:31+	03:02+	01:33+	07:39+	02:49+	01:09+	01:41+	00:51+	01:06+	02:20+	01:53+	01:23+	02:20+	01:29+	02:52+	01:21+	00:41+	00:26+	
01:02+	01:55+	02:40+	04:06+	01:31+	03:02+	01:33+	07:39+	02:49+	01:09+	01:41+	00:51+	01:06+	02:20+	01:53+	01:23+	02:20+	01:29+	02:52+	01:21+	00:41+	00:26+	
18	André Sirevåg				1683								46:43									
01:08+	04:03+	06:44+	10:15+	12:14+	15:56+	17:27+	21:08+	23:29+	24:38+	26:36+	27:27+	29:15+	32:29+	34:46+	36:01+	39:14+	40:46+	43:32+	45:14+	46:01+	46:43+	
01:08+	02:55+	02:41+	03:31+	01:59+	03:42+	01:31+	03:41+	02:21+	01:09+	01:58+	00:51+	01:48+	03:14+	02:17+	01:15+	03:13+	01:32+	02:46+	01:42+	00:47+	00:42+	
01:08+	02:55+	02:41+	03:31+	01:59+	03:42+	01:31+	03:41+	02:21+	01:09+	01:58+	00:51+	01:48+	03:14+	02:17+	01:15+	03:13+	01:32+	02:46+	01:42+	00:47+	00:42+	
19	Steinar Hansen				882								47:15									
01:07+	03:23+	05:56+	11:43+	19:06+	21:50+	23:22+	26:17+	28:38+	29:57+	31:19+	31:59+	33:07+	35:36+	37:18+	38:17+	39:53+	41:31+	44:25+	45:56+	46:48+	47:15+	
01:07+	02:16+	02:33+	05:47+	07:23+	02:44+	01:32+	02:55+	02:21+	01:19+	01:22+	00:40+	01:08+	02:29+	01:42+	00:59+	01:36+	01:38+	02:54+	01:31+	00:52+	00:27+	
01:07+	02:16+	02:33+	05:47+	07:23+	02:44+	01:32+	02:55+	02:21+	01:19+	01:22+	00:40+	01:08+	02:29+	01:42+	00:59+	01:36+	01:38+	02:54+	01:31+	00:52+	00:27+	
20	Asbjørn Brådland				879								47:30									
01:15+	03:59+	07:49+	12:19+	13:46+	16:52+	18:17+	22:06+	24:27+	25:29+	27:12+	27:57+	29:12+	33:01+	35:11+	36:30+	38:31+	40:34+	44:24+	46:13+	47:00+	47:30+	
01:15+	02:44+	03:50+	04:30+	01:27+	03:06+	01:25+	03:49+	02:21+	01:02+	01:43+	00:45+	01:15+	03:49+	02:10+	01:19+	02:01+	02:03+	03:50+	01:49+	00:47+	00:30+	
01:15+	02:44+	03:50+	04:30+	01:27+	03:06+	01:25+	03:49+	02:21+	01:02+	01:43+	00:45+	01:15+	03:49+	02:10+	01:19+	02:01+	02:03+	03:50+	01:49+	00:47+	00:30+	
21	Arne Hetlelid				3508								48:35									
01:12+	03:25+	06:05+	08:39+	15:08+	18:38+	20:05+	23:24+	26:05+	27:16+	28:53+	29:38+	31:08+	33:44+	36:31+	37:51+	39:55+	41:42+	45:26+	47:05+	48:02+	48:35+	
01:12+	02:13+	02:40+	02:34+	06:29+	03:30+	01:27+	03:19+	02:41+	01:11+	01:37+	00:45+	01:30+	02:36+	02:47+	01:20+	02:04+	01:47+	03:44+	01:39+	00:57+	00:33+	
01:12+	02:13+	02:40+	02:34+	06:29+	03:30+	01:27+	03:19+	02:41+	01:11+	01:37+	00:45+	01:30+	02:36+	02:47+	01:20+	02:04+	01:47+	03:44+	01:39+	00:57+	00:33+	
22	Jerome Renoult				3524								48:55									
01:25+	03:44+	06:59+	10:38+	12:05+	16:00+	17:32+	21:29+	24:03+	25:15+	27:50+	28:39+	29:59+	32:54+	35:47+	37:07+	39:26+	41:24+	45:11+	47:14+	48:24+	48:55+	
01:25+	02:19+	03:15+	03:39+	01:27+	03:55+	01:32+	03:57+	02:34+	01:12+	02:35+	00:49+	01:20+	02:55+	02:53+	01:20+	02:19+	01:58+	03:47+	02:03+	01:10+	00:31+	
01:25+	02:19+	03:15+	03:39+	01:27+	03:55+	01:32+	03:57+	02:34+	01:12+	02:35+	00:49+	01:20+	02:55+	02:53+	01:20+	02:19+	01:58+	03:47+	02:03+	01:10+	00:31+	
23	Jarl Steinar Berntsen				882								49:30									
01:14+	04:35+	07:16+	10:12+	11:56+	16:38+	18:01+	22:34+	24:53+	26:18+	27:50+	29:06+	30:39+	33:25+	36:15+	37:18+	40:51+	42:34+	45:45+	47:43+	48:43+	49:30+	
01:14+	03:21+	02:41+	02:56+	01:44+	04:42+	01:23+	04:33+	02:19+	01:25+	01:32+	01:16+	01:33+	02:46+	02:50+	01:03+	03:33+	01:43+	03:11+	01:58+	01:00+	00:47+	
01:14+	03:21+	02:41+	02:56+	01:44+	04:42+	01:23+	04:33+	02:19+	01:25+	01:32+	01:16+	01:33+	02:46+	02:50+	01:03+	03:33+	01:43+	03:11+	01:58+	01:00+	00:47+	
24	Sigurd Ravndal				769								50:39									
02:08+	04:53+	08:05+	10:11+	11:37+	17:07+	18:38+	22:57+	25:27+	27:00+	29:00+	29:45+	31:08+	33:59+	36:26+	38:04+	40:40+	42:44+	47:22+	48:57+	49:53+	50:39+	
02:08+	02:45+	03:12+	02:06+	01:26+	05:30+	01:31+	04:19+	02:30+	01:33+	02:00+	00:45+	01:23+	02:51+	02:27+	01:38+	02:36+	02:04+	04:38+	01:35+	00:56+	00:46+	
02:08+	02:45+	03:12+	02:06+	01:26+	05:30+	01:31+	04:19+	02:30+	01:33+	02:00+	00:45+	01:23+	02:51+	02:27+	01:38+	02:36+	02:04+	04:38+	01:35+	00:56+	00:46+	
25	Raymond B Pettersen				722								54:10									
01:19+	03:51+	07:11+	10:18+	11:53+	15:58+	17:50+	23:14+	26:38+	27:54+	31:47+	32:24+	34:02+	37:13+	40:17+	41:36+	44:23+	46:30+	50:38+	52:36+	53:38+	54:10+	
01:19+	02:32+	03:20+	03:07+	01:35+	04:05+	01:52+	05:24+	03:24+	01:16+	03:53+	00:37+	01:38+	03:11+	03:04+	01:19+	02:47+	02:07+	04:08+	01:58+	01:02+	00:32+	
01:19+	02:32+	03:20+	03:07+	01:35+	04:05+	01:52+	05:24+	03:24+	01:16+	03:53+	00:37+	01:38+	03:11+	03:04+	01:19+	02:47+	02:07+	04:08+	01:58+	01:02+	00:32+	
26	Ove Mæstad				2342								55:05									
01:24+	05:01+	08:13+	12:25+	14:14+	20:11+	22:03+	23:36+	28:22+	30:32+	31:50+	33:55+	35:06+	36:37+	40:05+	42:34+	43:52+	46:14+	47:47+	51:22+	53:04+	54:37+	55:05+
01:24+	03:37+	03:12+	04:12+	01:49+	05:57+	01:52+	01:33+	04:46+	02:10+	01:18+	02:05+	01:11+	01:31+	03:28+	02:29+	01:18+	02:22+	01:33+	03:35+	01:42+	01:33+	00:28+
01:24+	03:37+	03:12+	04:12+	01:49+	05:57+	01:52+	01:33+	04:46+	02:10+	01:18+	02:05+	01:11+	01:31+	03:28+	02:29+	01:18+	02:22+	01:33+	03:35+	01:42+	01:33+	00:28+
27	Ole Bakkevold				3517								55:34									
01:06+	04:38+	08:31+	11:44+	13:14+	17:23+	19:15+	23:38+	26:54+	28:26+	30:25+	31:07+	32:39+	35:44+	38:33+	39:52+	45:56+	47:51+	51:30+	53:57+	55:06+	55:34+	
01:06+	03:32+	03:53+	03:13+	01:30+	04:09+	01:52+	04:23+	03:16+	01:32+	01:59+	00:42+	01:32+	03:05+	02:49+	01:19+	06:04+	01:55+	03:39+	02:27+	01:09+	00:28+	
01:06+	03:32+	03:53+	03:13+	01:30+	04:09+	01:52+	04:23+	03:16+	01:32+	01:59+	00:42+	01:32+	03:05+	02:49+	01:19+	06:04+	01:55+	03:39+	02:27+	01:09+	00:28+	
28	Thomas Romstad				1683								56:56									
01:45+	04:46+	09:16+	14:56+	20:01+	23:10+	24:37+	28:00+	29:56+	31:01+	33:05+	33:39+	34:47+	37:17+	39:22+	40:34+	42:31+	44:31+	53:22+	55:00+	56:28+	56:56+	
01:45+	03:01+	04:30+	05:40+	05:05+	03:09+	01:27+	03:23+	01:56+	01:05+	02:04+	00:34+	01:08+	02:30+	02:05+	01:12+	01:57+	02:00+	08:51+	01:38+	01:28+	00:28+	
01:45+	03:01+	04:30+	05:40+	05:05+	03:09+	01:27+	03:23+	01:56+	01:05+	02:04+	00:34+	01:08+	02:30+	02:05+	01:12+	01:57+	02:00+	08:51+	01:38+	01:28+	00:28+	
29	Øystein Endresen				3504								1:08:47									
01:38+	04:55+	15:26+	19:05+	21:10+	25:35+	27:47+	31:55+	36:33+	37:58+	40:26+	41:18+	46:13+	52:32+	55:01+	56:49+	59:09+	60:56+	64:52+	67:27+	68:14+	68:47+	
01:38+	03:17+	10:31+	03:39+	02:05+	04:25+	02:12+	04:08+	04:38+	01:25+	02:28+	00:52+	04:55+	06:19+	02:29+	01:48+	02:20+	01:47+	03:56+	02:35+	00:47+	00:33+	
01:38+	03:17+	10:31+	03:39+	02:05+	04:25+	02:12+	04:08+	04:38+	01:25+	02:28+	00:52+	04:55+	06:19+	02:29+	01:48+	02:20+	01:47+	03:56+	02:35+	00:47+	00:33+	

Plass	Navn												Klasse												Tid											
H50																																				
Beste strekktid for klassen																																				
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																				
H60																																				
1	Inge Løland												1119												31:53											
00:55=	01:52=	02:42=	04:13=	05:45=	06:27=	10:58=	14:14=	14:53=	15:37=	17:12=	19:31=	21:39=	23:24=	25:07=	26:55=	28:20=	28:58=	29:47=	31:28=	31:53=																
00:55=	00:57=	00:50=	01:31=	01:32=	00:42=	04:31=	03:16=	00:39=	00:44=	01:35=	02:19=	02:08=	01:45=	01:43=	01:48=	01:25=	00:38=	00:49=	01:41=	00:25=																
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Svein-Erik Kvame												1683												34:51											
01:09+	02:14+	03:16+	04:11-	06:09+	06:54+	10:59+	14:39+	15:24+	16:13+	18:07+	20:47+	23:17+	25:16+	27:14+	29:28+	31:04+	31:49+	32:35+	34:21+	34:51+																
01:09+	01:05+	01:02+	00:55-	01:58+	00:45+	04:05-	03:40+	00:45+	00:49+	01:54+	02:40+	02:30+	01:59+	01:58+	02:14+	01:36+	00:45+	00:46-	01:46+	00:30+																
00:14&	00:08#	00:12#	00:36-	00:26&	00:03+	00:26-	00:24#	00:06#	00:05#	00:19#	00:21#	00:22#	00:14#	00:15#	00:26#	00:11#	00:07#	00:03-	00:05+	00:05#																
3	Knut Feldmann												882												36:34											
01:34+	02:42+	03:39+	04:43+	06:31+	07:19+	11:13+	15:19+	16:00+	16:56+	18:43+	21:33+	24:02+	25:48+	28:06+	30:14+	32:06+	33:01+	34:01+	36:02+	36:34+																
01:34+	01:08+	00:57+	01:04-	01:48+	00:48+	03:54-	04:06+	00:41+	00:56+	01:47+	02:50+	02:29+	01:46+	02:18+	02:08+	01:52+	00:55+	01:00+	02:01+	00:32+																
00:39&	00:11#	00:07#	00:27-	00:16#	00:06#	00:37-	00:50&	00:02+	00:12&	00:12#	00:31#	00:21#	00:01+	00:35&	00:20#	00:27&	00:17&	00:11#	00:20#	00:07&																
4	Frank Hansen												3502												36:36											
01:06+	02:17+	03:33+	04:41+	06:53+	07:43+	11:49+	15:45+	16:26+	17:20+	19:17+	21:57+	24:20+	26:03+	28:14+	30:19+	32:17+	33:14+	34:15+	36:06+	36:36+																
01:06+	01:11+	01:16+	01:08-	02:12+	00:50+	04:06-	03:56+	00:41+	00:54+	01:57+	02:40+	02:23+	01:43-	02:11+	02:05+	01:58+	00:57+	01:01+	01:51+	00:30+																
00:11#	00:14#	00:26&	00:23-	00:40&	00:08#	00:25-	00:40#	00:02+	00:10#	00:22#	00:21#	00:15#	00:02-	00:28&	00:17#	00:33&	00:19&	00:12#	00:10+	00:05#																
5	Sturle Omdal												1683												36:37											
01:04+	02:11+	03:36+	04:41+	06:26+	07:14+	10:55-	14:52+	15:42+	16:30+	18:14+	21:33+	24:15+	27:07+	29:18+	31:32+	33:00+	33:45+	34:29+	36:11+	36:37+																
01:04+	01:07+	01:25+	01:05-	01:45+	00:48+	03:41-	03:57+	00:50+	00:48+	01:44+	03:19+	02:42+	02:52+	02:11+	02:14+	01:28+	00:45+	00:44-	01:42+	00:26+																
00:09#	00:10#	00:35&	00:26-	00:13#	00:06#	00:50-	00:41#	00:11&	00:04+	00:09+	01:00&	00:34&	01:07&	00:28&	00:26#	00:03+	00:07#	00:05-	00:01+	00:01+																
6	Håvard Håland												3507												40:37											
01:28+	02:43+	03:52+	04:53+	06:58+	08:00+	12:53+	18:46+	20:04+	20:43+	21:40+	23:36+	26:15+	28:35+	30:18+	32:15+	34:15+	36:15+	37:08+	38:00+	40:03+	40:37+															
01:28+	01:15+	01:09+	01:01-	02:05+	01:02+	04:53+	05:53+	01:18+	00:39-	00:57-	01:56-	02:39+	02:20+	01:43=	01:57+	02:00+	00:53+	00:52-	02:03+	00:34+																
00:33&	00:18&	00:19&	00:30-	00:33&	00:20&	00:22+	02:37&	00:39&	00:05-	00:38-	00:23-	00:31#	00:35&	00:00=	00:09+	00:35&	01:22@	00:04+	00:49-	01:38@	00:34+															
7	Magnar Mathias Møller												769												42:02											
01:23+	02:35+	03:42+	04:56+	06:54+	07:42+	12:05+	16:33+	17:32+	18:29+	20:29+	24:43+	27:40+	29:42+	32:18+	34:52+	36:47+	37:49+	38:54+	41:29+	42:02+																
01:23+	01:12+	01:07+	01:14-	01:58+	00:48+	04:23-	04:28+	00:59+	00:57+	02:00+	04:14+	02:57+	02:02+	02:36+	02:34+	01:55+	01:02+	01:05+	02:35+	00:33+																
00:28&	00:15&	00:17&	00:17-	00:26&	00:06#	00:08-	01:12&	00:20&	00:13&	00:25&	01:55&	00:49&	00:17#	00:53&	00:46&	00:30&	00:24&	00:16&	00:54&	00:08&																
8	Arnfinn Rømuld												1683												42:45											
03:37+	04:50+	06:18+	07:28+	09:44+	10:33+	14:20+	18:30+	19:17+	20:10+	22:35+	26:08+	28:47+	30:32+	33:17+	35:44+	37:37+	38:45+	39:39+	41:42+	42:45+																
03:37+	01:13+	01:28+	01:10-	02:16+	00:49+	03:47-	04:10+	00:47+	00:53+	02:25+	03:33+	02:39+	01:45=	02:45+	02:27+	01:53+	01:08+	00:54+	02:03+	01:03+																
02:42@	00:16&	00:38&	00:21-	00:44&	00:07#	00:44-	00:54&	00:08#	00:09#	00:50&	01:14&	00:31#	00:00=	01:02&	00:39&	00:28&	00:30&	00:05#	00:22#	00:38@																
9	Harald Taksdal												3547												43:49											
01:34+	02:57+	04:29+	05:43+	08:03+	08:58+	13:39+	18:40+	19:39+	20:36+	23:05+	26:15+	29:09+	31:23+	34:21+	36:43+	38:43+	39:45+	40:49+	43:15+	43:49+																
01:34+	01:23+	01:32+	01:14-	02:20+	00:55+	04:41+	05:01+	00:59+	00:57+	02:29+	03:10+	02:54+	02:14+	02:58+	02:22+	02:00+	01:02+	01:04+	02:26+	00:34+																
00:39&	00:26&	00:42&	00:17-	00:48&	00:13&	00:10+	01:45&	00:20&	00:13&	00:54&	00:51&	00:46&	00:29&	01:15&	00:34&	00:35&	00:24&	00:15&	00:45&	00:09&																
10	Per Ingar Hadland												793												43:55											
01:22+	02:44+	03:43+	04:49+	07:05+	07:57+	12:01+	16:39+	17:34+	21:08+	23:14+	26:44+	29:58+	31:53+	34:19+	37:00+	39:08+	40:05+	41:00+	43:24+	43:55+																
01:22+	01:22+	00:59+	01:06-	02:16+	00:52+	04:04-	04:38+	00:55+	03:34+	02:06+	03:30+	03:14+	01:55+	02:26+	02:41+	02:08+	00:57+	00:55+	02:24+	00:31+																
00:27&	00:25&	00:09#	00:25-	00:44&	00:10#	00:27-	01:22&	00:16&	02:50@	00:31&	01:11&	01:06&	00:10+	00:43&	00:53&	00:43&	00:19&	00:06#	00:43&	00:06#																
11	Stein Sigbjørnsen												882												45:01											
01:02+	02:36+	03:49+	04:52+	07:04+	07:52+	12:29+	16:55+	17:43+	19:07+	23:01+	27:13+	29:49+	32:04+	34:34+	37:43+	40:01+	41:15+	42:23+	44:35+	45:01+																
01:02+	01:34+	01:13+	01:03-	02:12+	00:48+	04:37+	04:26+	00:48+	01:24+	03:54+	04:12+	02:36+	02:15+	02:30+	03:09+	02:18+	01:14+	01:08+	02:12+	00:26+																
00:07#	00:37&	00:23&	00:28-	00:40&	00:06#	00:06+	01:10&	00:09#	00:40&	02:19@	01:53&	00:28#	00:30&	00:47&	01:21&	00:53&	00:36&	00:19&	00:31&	00:01+																
12	Tor Inge Halvorsen												880												45:40											
01:20+	02:58+	04:50+	06:14+	08:38+	09:50+	14:35+	19:08+	20:42+	21:53+	24:57+	28:13+	31:15+	33:13+	36:03+	38:30+	40:31+	42:03+	42:59+	45:12+	45:40+																
01:20+	01:38+	01:52+	01:24-	02:24+	01:12+	04:45+	04:33+	01:34+	01:11+	03:04+	03:16+	03:02+	01:58+	02:50+	02:27+	02:01+	01:32+	00:56+	02:13+	00:28+																
00:25&	00:41&	01:02@	00:07-	00:52&	00:30&	00:14+	01:17&	00:55@	00:27&	01:29&	00:57&	00:54&	00:13#	01:07&	00:39&	00:36&	00:54@	00:07#	00:32&	00:03#																

Plass	Navn										Klasse										Tid									
H60																														

Plass	Navn	Klasse										Tid																		
H65																														
8	Arnstein Skretting										3529										48:33									
01:35+	03:10+	04:22+	05:36+	07:53+	08:47+	14:18+	19:24+	20:30+	21:39+	24:30+	28:12+	31:13+	33:37+	36:21+	39:48+	42:12+	44:13+	45:25+	47:59+	48:33+										
01:35+	01:35+	01:12+	01:14+	02:17+	00:54+	05:31+	05:06+	01:06+	01:09+	02:51+	03:42+	03:01+	02:24+	02:44+	03:27+	02:24+	02:01+	01:12+	02:34+	00:34+										
00:40%	00:34%	00:07#	00:15%	00:42%	00:13%	02:19%	01:04%	00:26%	00:23%	01:12%	00:26#	00:43%	00:47%	00:53%	01:21%	00:52%	01:07%	00:22%	00:41%	00:12%										
9	Jan Arendal										1683										51:24									
01:43+	03:15+	04:52+	06:06+	08:42+	09:54+	14:44+	20:21+	21:27+	22:36+	25:28+	30:13+	33:47+	36:21+	39:35+	42:38+	45:13+	46:33+	47:58+	50:43+	51:24+										
01:43+	01:32+	01:37+	01:14+	02:36+	01:12+	04:50+	05:37+	01:06+	01:09+	02:52+	04:45+	03:34+	02:34+	03:14+	03:03+	02:35+	01:20+	01:25+	02:45+	00:41+										
01:43+	01:32+	01:37+	01:14+	02:36+	01:12+	04:50+	05:37+	01:06+	01:09+	02:52+	04:45+	03:34+	02:34+	03:14+	03:03+	02:35+	01:20+	01:25+	02:45+	00:41+										
10	Bjørn Sivertsen										1332										51:57									
01:34+	03:01+	04:16+	05:27+	08:15+	09:16+	15:08+	21:01+	22:04+	23:25+	25:58+	30:05+	33:51+	36:20+	39:38+	42:45+	45:23+	46:45+	48:01+	51:05+	51:57+										
01:34+	01:27+	01:15+	01:11+	02:48+	01:01+	05:52+	05:53+	01:03+	01:21+	02:33+	04:07+	03:46+	02:29+	03:18+	03:07+	02:38+	01:22+	01:16+	03:04+	00:52+										
01:34+	01:27+	01:15+	01:11+	02:48+	01:01+	05:52+	05:53+	01:03+	01:21+	02:33+	04:07+	03:46+	02:29+	03:18+	03:07+	02:38+	01:22+	01:16+	03:04+	00:52+										
11	Tore Karlsen										722										53:38									
01:26+	03:09+	08:05+	09:30+	11:48+	12:45+	17:24+	22:32+	23:34+	24:35+	27:01+	31:16+	35:11+	38:43+	41:30+	44:36+	47:13+	49:05+	50:27+	53:04+	53:38+										
01:26+	01:43+	04:56+	01:25+	02:18+	00:57+	04:39+	05:08+	01:02+	01:01+	02:26+	04:15+	03:55+	03:32+	02:47+	03:06+	02:37+	01:52+	01:22+	02:37+	00:34+										
01:26+	01:43+	04:56+	01:25+	02:18+	00:57+	04:39+	05:08+	01:02+	01:01+	02:26+	04:15+	03:55+	03:32+	02:47+	03:06+	02:37+	01:52+	01:22+	02:37+	00:34+										
12	Sverre Magnar Nordal										1683										55:39									
04:05+	05:39+	10:07+	11:24+	14:18+	15:28+	20:32+	26:55+	28:21+	29:40+	32:32+	36:18+	39:45+	41:57+	44:22+	47:13+	50:06+	51:23+	52:45+	55:06+	55:39+										
04:05+	01:34+	04:28+	01:17+	02:54+	01:10+	05:04+	06:23+	01:26+	01:19+	02:52+	03:46+	03:27+	02:12+	02:25+	02:51+	02:53+	01:17+	01:22+	02:21+	00:33+										
04:05+	01:34+	04:28+	01:17+	02:54+	01:10+	05:04+	06:23+	01:26+	01:19+	02:52+	03:46+	03:27+	02:12+	02:25+	02:51+	02:53+	01:17+	01:22+	02:21+	00:33+										
13	Per Kolbein Tonstad										3507										56:55									
02:08+	03:47+	05:19+	07:01+	09:50+	10:55+	16:40+	23:24+	24:37+	26:05+	28:30+	32:29+	36:01+	42:11+	45:25+	48:15+	51:10+	52:30+	53:46+	56:23+	56:55+										
02:08+	01:39+	01:32+	01:42+	02:49+	01:05+	05:45+	06:44+	01:13+	01:28+	02:25+	03:59+	03:32+	06:10+	03:14+	02:50+	02:55+	01:20+	01:16+	02:37+	00:32+										
02:08+	01:39+	01:32+	01:42+	02:49+	01:05+	05:45+	06:44+	01:13+	01:28+	02:25+	03:59+	03:32+	06:10+	03:14+	02:50+	02:55+	01:20+	01:16+	02:37+	00:32+										
14	Steinar Barmen										722										57:50									
01:35+	03:05+	04:20+	05:38+	08:12+	09:32+	18:32+	24:09+	25:24+	28:12+	30:34+	34:28+	37:29+	43:05+	46:17+	49:00+	51:50+	53:16+	54:30+	57:19+	57:50+										
01:35+	01:30+	01:15+	01:18+	02:34+	01:20+	09:00+	05:37+	01:15+	02:48+	02:22+	03:54+	03:01+	05:36+	03:12+	02:43+	02:50+	01:26+	01:14+	02:49+	00:31+										
01:35+	01:30+	01:15+	01:18+	02:34+	01:20+	09:00+	05:37+	01:15+	02:48+	02:22+	03:54+	03:01+	05:36+	03:12+	02:43+	02:50+	01:26+	01:14+	02:49+	00:31+										
15	Rolf Kleppe										3524										1:03:09									
02:02+	03:52+	05:26+	07:22+	11:34+	12:43+	20:24+	27:12+	28:39+	30:16+	33:45+	38:06+	42:20+	45:40+	49:35+	53:15+	56:08+	57:31+	59:00+	62:23+	63:09+										
02:02+	01:50+	01:34+	01:56+	04:12+	01:09+	07:41+	06:48+	01:27+	01:37+	03:29+	04:21+	04:14+	03:20+	03:55+	03:40+	02:53+	01:23+	01:29+	03:23+	00:46+										
02:02+	01:50+	01:34+	01:56+	04:12+	01:09+	07:41+	06:48+	01:27+	01:37+	03:29+	04:21+	04:14+	03:20+	03:55+	03:40+	02:53+	01:23+	01:29+	03:23+	00:46+										
16	Ommund Bakkevold										874										1:11:01									
02:07+	03:56+	05:31+	06:53+	10:01+	11:30+	24:20+	31:06+	32:19+	33:52+	38:19+	42:44+	48:14+	51:58+	56:00+	60:50+	63:26+	64:56+	66:32+	70:16+	71:01+										
02:07+	01:49+	01:35+	01:22+	03:08+	01:29+	12:50+	06:46+	01:13+	01:33+	04:27+	04:25+	05:30+	03:44+	04:02+	04:50+	02:36+	01:30+	01:36+	03:44+	00:45+										
02:07+	01:49+	01:35+	01:22+	03:08+	01:29+	12:50+	06:46+	01:13+	01:33+	04:27+	04:25+	05:30+	03:44+	04:02+	04:50+	02:36+	01:30+	01:36+	03:44+	00:45+										
Beste strekktid for klassen																														
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																														
H70																														
1	Harry Breiland										3507										33:34									
01:09=	02:15=	03:12=	04:05=	05:51=	06:36=	10:07=	13:48=	14:36=	15:27=	17:13=	19:47=	22:07=	23:49=	25:54=	27:56=	29:37=	30:32=	31:21=	33:09=	33:34=										
01:09=	01:06=	00:57=	00:53=	01:46=	00:45=	03:31=	03:41=	00:48=	00:51=	01:46=	02:34=	02:20=	01:42=	02:05=	02:02=	01:41=	00:55=	00:49=	01:48=	00:25=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Bjørn Martin Alsaker										3530										34:32									
01:08-	02:10-	03:12=	04:08+	05:59+	06:45+	10:37+	15:03+	15:41+	16:32+	18:34+	21:10+	23:30+	25:03+	27:00+	28:54+	30:37+	31:28+	32:16+	34:06+	34:32+										
01:08-	01:02-	01:02+	00:56+	01:51+	00:46+	03:52+	04:26+	00:38-	00:51=	02:02+	02:36+	02:20=	01:33-	01:57-	01:54-	01:43+	00:51-	00:48-	01:50+	00:26+										
00:01-	00:04-	00:05+	00:03+	00:05+	00:01+	00:21+	00:45#	00:10-	00:00=	00:16#	00:02+	00:00=	00:09-	00:08-	00:08-	00:02+	00:04-	00:01-	00:02+	00:01+										
3	Jan Hetland										3502										42:38									
01:18+	02:26+	03:27+	04:32+	06:49+	07:49+	13:12+	18:33+	19:31+	20:32+	23:39+	27:01+	29:50+	32:27+	35:01+	37:13+	38:44+	39:37+	40:30+	42:14+	42:38+										
01:18+	01:08+	01:01+	01:05+	02:17+	01:00+	05:23+	05:21+	00:58+	01:01+	03:07+	03:22+	02:49+	02:37+	02:34+	02:12+	01:31-	00:53-	00:53+	01:44-	00:24-										
00:09#	00:02+	00:04+	00:12#	00:31%	00:15%	01:52%	01:40%	00:10#	00:10#	01:21%	00:48%	00:29#	00:55%	00:29#	00:10+	00:10-	00:02-	00:04+	00:04-	00:01-										

Plass	Navn										Klasse	Tid									
H70																					
4	Bjarne Gimre										1830	44:10									
01:33+	02:55+	04:15+	05:26+	07:52+	08:51+	13:50+	18:15+	19:09+	20:09+	22:52+	25:59+	29:19+	31:32+	34:11+	37:08+	39:19+	40:18+	41:19+	43:39+	44:10+	
01:33+	01:22+	01:20+	01:11+	02:26+	00:59+	04:59+	04:25+	00:54+	01:00+	02:43+	03:07+	03:20+	02:13+	02:39+	02:57+	02:11+	00:59+	01:01+	02:20+	00:31+	
00:24	00:16	00:23	00:18	00:40	00:14	01:28	00:44	00:06	00:09	00:57	00:33	01:00	00:31	00:34	00:55	00:30	00:04	00:12	00:32	00:06	
5	Ragnvald Frøyland										879	44:30									
01:25+	02:45+	03:56+	06:41+	08:54+	09:41+	13:59+	18:48+	19:48+	20:40+	22:50+	26:28+	29:24+	31:36+	34:28+	37:02+	39:10+	40:31+	41:44+	43:55+	44:30+	
01:25+	01:20+	01:11+	02:45+	02:13+	00:47+	04:18+	04:49+	01:00+	00:52+	02:10+	03:38+	02:56+	02:12+	02:52+	02:34+	02:08+	01:21+	01:13+	02:11+	00:35+	
01:25+	01:20+	01:11+	02:45+	02:13+	00:47+	04:18+	04:49+	01:00+	00:52+	02:10+	03:38+	02:56+	02:12+	02:52+	02:34+	02:08+	01:21+	01:13+	02:11+	00:35+	
6	Bjørn Bjelland										3541	44:48									
01:37+	03:08+	04:30+	05:50+	08:05+	08:57+	13:18+	18:09+	19:07+	20:06+	22:11+	25:59+	29:18+	31:33+	34:19+	36:58+	39:16+	40:24+	41:44+	44:13+	44:48+	
01:37+	01:31+	01:22+	01:20+	02:15+	00:52+	04:21+	04:51+	00:58+	00:59+	02:05+	03:48+	03:19+	02:15+	02:46+	02:39+	02:18+	01:08+	01:20+	02:29+	00:35+	
01:37+	01:31+	01:22+	01:20+	02:15+	00:52+	04:21+	04:51+	00:58+	00:59+	02:05+	03:48+	03:19+	02:15+	02:46+	02:39+	02:18+	01:08+	01:20+	02:29+	00:35+	
7	Sveinung Tveit										3547	45:59									
01:36+	03:05+	04:25+	05:44+	08:21+	09:24+	14:19+	19:52+	20:47+	22:02+	24:19+	28:02+	31:19+	33:22+	36:10+	38:40+	40:46+	41:43+	42:52+	45:26+	45:59+	
01:36+	01:29+	01:20+	01:19+	02:37+	01:03+	04:55+	05:33+	00:55+	01:15+	02:17+	03:43+	03:17+	02:03+	02:48+	02:30+	02:06+	00:57+	01:09+	02:34+	00:33+	
01:36+	01:29+	01:20+	01:19+	02:37+	01:03+	04:55+	05:33+	00:55+	01:15+	02:17+	03:43+	03:17+	02:03+	02:48+	02:30+	02:06+	00:57+	01:09+	02:34+	00:33+	
8	Svein Ims										903	46:38									
01:28+	03:39+	05:11+	07:31+	10:10+	11:10+	15:27+	20:28+	21:23+	22:24+	24:39+	27:50+	30:46+	32:55+	35:52+	38:52+	41:01+	42:10+	43:26+	46:06+	46:38+	
01:28+	02:11+	01:32+	02:20+	02:39+	01:00+	04:17+	05:01+	00:55+	01:01+	02:15+	03:11+	02:56+	02:09+	02:57+	03:00+	02:09+	01:09+	01:16+	02:40+	00:32+	
01:28+	02:11+	01:32+	02:20+	02:39+	01:00+	04:17+	05:01+	00:55+	01:01+	02:15+	03:11+	02:56+	02:09+	02:57+	03:00+	02:09+	01:09+	01:16+	02:40+	00:32+	
9	Jan Inge Lunde										1830	46:57									
01:35+	03:06+	04:25+	08:15+	10:49+	11:45+	16:23+	21:23+	22:18+	23:20+	25:35+	29:05+	32:12+	34:19+	36:55+	39:33+	41:46+	42:46+	43:52+	46:24+	46:57+	
01:35+	01:31+	01:19+	03:50+	02:34+	00:56+	04:38+	05:00+	00:55+	01:02+	02:15+	03:30+	03:07+	02:07+	02:36+	02:38+	02:13+	01:00+	01:06+	02:32+	00:33+	
01:35+	01:31+	01:19+	03:50+	02:34+	00:56+	04:38+	05:00+	00:55+	01:02+	02:15+	03:30+	03:07+	02:07+	02:36+	02:38+	02:13+	01:00+	01:06+	02:32+	00:33+	
10	Leif Kåre Lende										879	47:25									
01:12+	03:01+	04:48+	05:58+	08:01+	08:54+	13:07+	17:50+	18:58+	20:15+	22:49+	26:02+	29:08+	31:13+	34:23+	37:28+	39:36+	41:30+	42:38+	43:50+	46:10+	47:25+
01:12+	01:49+	01:47+	01:10+	02:03+	00:53+	04:13+	04:43+	01:08+	01:17+	02:34+	03:13+	03:06+	02:05+	03:10+	03:05+	02:08+	01:54+	01:08+	01:12+	02:20+	01:15+
01:12+	01:49+	01:47+	01:10+	02:03+	00:53+	04:13+	04:43+	01:08+	01:17+	02:34+	03:13+	03:06+	02:05+	03:10+	03:05+	02:08+	01:54+	01:08+	01:12+	02:20+	01:15+
11	Kjell Ivar Skjørestad										892	50:39									
01:19+	02:50+	04:02+	05:22+	07:49+	08:53+	14:55+	22:12+	23:16+	24:15+	26:52+	30:47+	35:02+	37:19+	40:32+	43:11+	45:27+	46:39+	47:50+	50:10+	50:39+	
01:19+	01:31+	01:12+	01:20+	02:27+	01:04+	06:02+	07:17+	01:04+	00:59+	02:37+	03:55+	04:15+	02:17+	03:13+	02:39+	02:16+	01:12+	01:11+	02:20+	00:29+	
01:19+	01:31+	01:12+	01:20+	02:27+	01:04+	06:02+	07:17+	01:04+	00:59+	02:37+	03:55+	04:15+	02:17+	03:13+	02:39+	02:16+	01:12+	01:11+	02:20+	00:29+	
12	Tore Romon Tvedt										3518	51:15									
01:47+	03:20+	04:41+	05:59+	08:35+	09:31+	14:50+	20:24+	21:30+	22:39+	25:08+	33:11+	36:29+	38:35+	41:19+	43:55+	45:59+	46:59+	48:02+	50:37+	51:15+	
01:47+	01:33+	01:21+	01:18+	02:36+	00:56+	05:19+	05:34+	01:06+	01:09+	02:29+	08:03+	03:18+	02:06+	02:44+	02:36+	02:04+	01:00+	01:03+	02:35+	00:38+	
01:47+	01:33+	01:21+	01:18+	02:36+	00:56+	05:19+	05:34+	01:06+	01:09+	02:29+	08:03+	03:18+	02:06+	02:44+	02:36+	02:04+	01:00+	01:03+	02:35+	00:38+	
13	Tom Hetland										880	51:25									
01:42+	02:57+	04:29+	10:35+	12:40+	13:37+	18:04+	23:10+	24:09+	25:19+	28:06+	32:00+	35:26+	37:38+	40:40+	43:54+	46:05+	47:03+	48:33+	50:57+	51:25+	
01:42+	01:15+	01:32+	06:06+	02:05+	00:57+	04:27+	05:06+	00:59+	01:10+	02:47+	03:54+	03:26+	02:12+	03:02+	03:14+	02:11+	00:58+	01:30+	02:24+	00:28+	
01:42+	01:15+	01:32+	06:06+	02:05+	00:57+	04:27+	05:06+	00:59+	01:10+	02:47+	03:54+	03:26+	02:12+	03:02+	03:14+	02:11+	00:58+	01:30+	02:24+	00:28+	
14	Eivind Lars Rake										892	56:41									
02:36+	04:23+	05:31+	06:53+	09:21+	10:21+	17:49+	23:21+	24:19+	25:26+	28:55+	32:58+	36:31+	40:29+	43:40+	47:37+	50:14+	51:31+	52:51+	56:04+	56:41+	
02:36+	01:47+	01:08+	01:22+	02:28+	01:00+	07:28+	05:32+	00:58+	01:07+	03:29+	04:03+	03:33+	03:58+	03:11+	03:57+	02:37+	01:17+	01:20+	03:13+	00:37+	
02:36+	01:47+	01:08+	01:22+	02:28+	01:00+	07:28+	05:32+	00:58+	01:07+	03:29+	04:03+	03:33+	03:58+	03:11+	03:57+	02:37+	01:17+	01:20+	03:13+	00:37+	
15	Per Marthon Møland										880	1:00:03									
01:56+	03:21+	09:30+	10:42+	13:19+	14:32+	21:00+	25:49+	27:01+	28:03+	30:29+	35:32+	39:19+	43:56+	47:20+	50:03+	53:53+	55:08+	56:33+	59:20+	60:03+	
01:56+	01:25+	06:09+	01:12+	02:37+	01:13+	06:28+	04:49+	01:12+	01:02+	02:26+	05:03+	03:47+	04:37+	03:24+	02:43+	03:50+	01:15+	01:25+	02:47+	00:43+	
01:56+	01:25+	06:09+	01:12+	02:37+	01:13+	06:28+	04:49+	01:12+	01:02+	02:26+	05:03+	03:47+	04:37+	03:24+	02:43+	03:50+	01:15+	01:25+	02:47+	00:43+	
16	Olav Habbestad										1683	1:10:48									
01:28+	03:03+	04:56+	06:27+	12:44+	13:58+	20:55+	26:03+	27:11+	28:18+	31:06+	37:02+	40:34+	43:19+	48:52+	61:13+	64:05+	65:01+	66:43+	70:14+	70:48+	
01:28+	01:35+	01:53+	01:31+	06:17+	01:14+	06:57+	05:08+	01:08+	01:07+	02:48+	05:56+	03:32+	02:45+	05:33+	12:21+	02:52+	00:56+	01:42+	03:31+	00:34+	
01:28+	01:35+	01:53+	01:31+	06:17+	01:14+	06:57+	05:08+	01:08+	01:07+	02:48+	05:56+	03:32+	02:45+	05:33+	12:21+	02:52+	00:56+	01:42+	03:31+	00:34+	

Beste strekktid for klassen

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

Plass	Navn					Klasse					Tid						
H75																	
1	Asgeir Bell					896					35:57						
01:23=	02:41=	05:19=	06:53=	08:29=	09:26=	12:38=	14:13=	17:58=	22:07=	23:06=	26:10=	28:25=	29:11=	31:39=	34:35=	35:25=	35:57=
01:23=	01:18=	02:38=	01:34=	01:36=	00:57=	03:12=	01:35=	03:45=	04:09=	00:59=	03:04=	02:15=	00:46=	02:28=	02:56=	00:50=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Leif Gunnar Wikene					1832					38:50						
01:47+	03:35+	07:02+	08:30+	10:32+	11:32+	15:14+	17:14+	19:30+	23:54+	25:01+	27:53+	30:10+	31:10+	33:53+	37:17+	38:15+	38:50+
01:47+	01:48+	03:27+	01:28=	02:02+	01:00+	03:42+	02:00+	02:16=	04:24+	01:07+	02:52=	02:17+	01:00+	02:43+	03:24+	00:58+	00:35+
00:24&	00:30&	00:49&	00:06=	00:26&	00:03+	00:30#	00:25&	01:29=	00:15+	00:08#	00:12=	00:02+	00:14&	00:15#	00:28#	00:08#	00:03+
3	Arne Østensen					3518					40:33						
01:26+	02:54+	06:10+	07:25+	09:49+	10:48+	14:28+	17:40+	19:13+	25:37+	26:38+	29:53+	32:00+	33:02+	36:02+	38:57+	40:05+	40:33+
01:26+	01:28+	03:16+	01:15=	02:24+	00:59+	03:40+	03:12@	01:33=	06:24+	01:01+	03:15+	02:07=	01:02+	03:00+	02:55=	01:08+	00:28=
00:03+	00:10#	00:38#	00:19=	00:48&	00:02+	00:28#	01:37@	02:12=	02:15&	00:02+	00:11+	00:08=	00:16&	00:32#	00:01=	00:18&	00:04=
4	Olav Dag Borgersen					3536					40:38						
02:03+	03:40+	06:57+	08:26+	10:33+	11:38+	16:04+	18:29+	19:59+	23:51+	24:54+	29:35+	32:24+	33:08+	36:09+	39:13+	40:03+	40:38+
02:03+	01:37+	03:17+	01:29=	02:07+	01:05+	04:26+	02:25+	01:30=	03:52=	01:03+	04:41+	02:49+	00:44=	03:01+	03:04+	00:50=	00:35+
00:40&	00:19#	00:39#	00:05=	00:31&	00:08#	01:14&	00:50&	02:15=	00:17=	00:04+	01:37&	00:34&	00:02=	00:33#	00:08+	00:00=	00:03+
5	Finn-Morten Årstad					3530					40:42						
01:27+	02:55+	06:37+	08:13+	10:09+	11:13+	16:13+	18:16+	19:55+	25:13+	26:19+	30:06+	32:35+	33:27+	36:13+	39:14+	40:15+	40:42+
01:27+	01:28+	03:42+	01:36+	01:56+	01:04+	05:00+	02:03+	01:39=	05:18+	01:06+	03:47+	02:29+	00:52+	02:46+	03:01+	01:01+	00:27=
00:04+	00:10#	01:04&	00:02+	00:20#	00:07#	01:48&	00:28&	02:06=	01:09&	00:07#	00:43#	00:14#	00:06#	00:18#	00:05+	00:11#	00:05=
6	Paul Andreas Paulsen					896					42:34						
01:23=	03:02+	06:17+	07:51+	10:04+	11:01+	14:31+	16:19+	18:08+	23:50+	25:20+	28:37+	31:18+	32:17+	35:26+	41:01+	41:59+	42:34+
01:23=	01:39+	03:15+	01:34=	02:13+	00:57=	03:30+	01:48+	01:49=	05:42+	01:30+	03:17+	02:41+	00:59+	03:09+	05:35+	00:58+	00:35+
00:00=	00:21&	00:37#	00:00=	00:37&	00:00=	00:18+	00:13#	01:56=	01:33&	00:31&	00:13+	00:26#	00:13&	00:41&	02:39&	00:08#	00:03+
7	Hans Klausen					769					43:15						
01:34+	03:11+	06:36+	08:03+	10:06+	11:25+	14:52+	16:50+	18:53+	25:01+	26:56+	30:45+	33:31+	34:24+	38:19+	41:33+	42:48+	43:15+
01:34+	01:37+	03:25+	01:27=	02:03+	01:19+	03:27+	01:58+	02:03=	06:08+	01:55+	03:49+	02:46+	00:53+	03:55+	03:14+	01:15+	00:27=
00:11#	00:19#	00:47&	00:07=	00:27&	00:22&	00:15+	00:23#	01:42=	01:59&	00:56&	00:45#	00:31#	00:07#	01:27&	00:18#	00:25&	00:05=
8	Gudmund Gausel					3530					44:37						
01:32+	03:08+	06:37+	08:14+	10:25+	13:05+	17:16+	19:09+	21:14+	27:06+	28:48+	32:19+	34:41+	35:52+	39:12+	42:34+	43:49+	44:37+
01:32+	01:36+	03:29+	01:37+	02:11+	02:40+	04:11+	01:53+	02:05=	05:52+	01:42+	03:31+	02:22+	01:11+	03:20+	03:22+	01:15+	00:48+
00:09#	00:18#	00:51&	00:03+	00:35&	01:43@	00:59&	00:18#	01:40=	01:43&	00:43&	00:27#	00:07+	00:25&	00:52&	00:26#	00:25&	00:16&
9	Jostein Tunheim					1683					45:13						
01:22=	02:58+	06:15+	07:57+	09:43+	10:47+	17:04+	18:44+	22:51+	27:59+	28:59+	32:20+	34:52+	35:37+	38:31+	42:00+	42:55+	45:13+
01:22=	01:36+	03:17+	01:42+	01:46+	01:04+	06:17+	01:40+	04:07+	05:08+	01:00+	03:21+	02:32+	00:45=	02:54+	03:29+	00:55+	02:18+
00:01=	00:18#	00:39#	00:08+	00:10#	00:07#	03:05&	00:05+	00:22+	00:59#	00:01+	00:17+	00:17#	00:01=	00:26#	00:33#	00:05#	01:46@
10	Norvald Skretting					1832					50:43						
02:00+	03:39+	08:06+	09:44+	11:55+	13:02+	18:34+	20:38+	22:40+	29:27+	30:47+	34:42+	37:35+	38:39+	42:56+	48:40+	49:55+	50:43+
02:00+	01:39+	04:27+	01:38+	02:11+	01:07+	05:32+	02:04+	02:02=	06:47+	01:20+	03:55+	02:53+	01:04+	04:17+	05:44+	01:15+	00:48+
00:37&	00:21&	01:49&	00:04+	00:35&	00:10#	02:20&	00:29&	01:43=	02:38&	00:21&	00:51&	00:38&	00:18&	01:49&	02:48&	00:25&	00:16&
11	Kjell-Ingar Olsen					1119					51:13						
04:25+	06:01+	09:38+	16:28+	18:37+	19:50+	23:32+	25:34+	27:51+	32:24+	34:23+	38:05+	40:40+	41:33+	45:58+	49:25+	50:33+	51:13+
04:25+	01:36+	03:37+	06:50+	02:09+	01:13+	03:42+	02:02+	02:17=	04:33+	01:59+	03:42+	02:35+	00:53+	04:25+	03:27+	01:08+	00:40+
03:02@	00:18#	00:59&	05:16@	00:33&	00:16&	00:30#	00:27&	01:28=	00:24+	01:00@	00:38#	00:20#	00:07#	01:57&	00:31#	00:18&	00:08#
12	Ole Auklend					885					52:58						
01:58+	03:42+	08:00+	09:58+	12:42+	13:55+	19:01+	22:14+	24:34+	30:15+	31:32+	37:18+	40:53+	42:12+	45:47+	50:30+	52:02+	52:58+
01:58+	01:44+	04:18+	01:58+	02:44+	01:13+	05:06+	03:13+	02:20=	05:41+	01:17+	05:46+	03:35+	01:19+	03:35+	04:43+	01:32+	00:56+
00:35&	00:26&	01:40&	00:24&	01:08&	00:16&	01:54&	01:38@	01:25=	01:32&	00:18&	02:42&	01:20&	00:33&	01:07&	01:47&	00:42&	00:24&
Beste strekktid for klassen																	
01:22	01:18	02:38	01:15	01:36	00:57	03:12	01:35	01:30	03:52	00:59	02:52	02:07	00:44	02:28	02:55	00:50	00:27

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

H80

	Plass	Navn			Klasse								Tid							
H80																				
1	Kjell Langvik			1884								40:09								
02:20=	03:51=	06:01=	08:31=	09:57=	11:00=	14:00=	17:53=	20:38=	22:10=	23:21=	24:33=	27:13=	30:13=	33:17=	36:36=	38:27=	39:35=	40:09=		
02:20=	01:31=	02:10=	02:30=	01:26=	01:03=	03:00=	03:53=	02:45=	01:32=	01:11=	01:12=	02:40=	03:00=	03:04=	03:19=	01:51=	01:08=	00:34=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Terje Braut			892								41:43								
01:14+	02:52+	05:16+	08:08+	09:37+	10:54+	14:29+	17:23+	20:28+	22:07+	23:23+	24:49+	27:14+	30:02+	34:25+	38:03+	40:00+	41:05+	41:43+		
01:14+	01:38+	02:24+	02:52+	01:29+	01:17+	03:35+	02:54+	03:05+	01:39+	01:16+	01:26+	02:25+	02:48+	04:23+	03:38+	01:57+	01:05+	00:38+		
01:14+	01:38+	02:24+	02:52+	01:29+	01:17+	03:35+	02:54+	03:05+	01:39+	01:16+	01:26+	02:25+	02:48+	04:23+	03:38+	01:57+	01:05+	00:38+		
3	Harald Vatne			2342								47:02								
01:19+	03:05+	05:59+	08:39+	10:23+	11:47+	15:02+	18:26+	22:04+	24:43+	26:28+	27:44+	31:03+	34:47+	39:04+	42:57+	45:07+	46:19+	47:02+		
01:19+	01:46+	02:54+	02:40+	01:44+	01:24+	03:15+	03:24+	03:38+	02:39+	01:45+	01:16+	03:19+	03:44+	04:17+	03:53+	02:10+	01:12+	00:43+		
01:19+	01:46+	02:54+	02:40+	01:44+	01:24+	03:15+	03:24+	03:38+	02:39+	01:45+	01:16+	03:19+	03:44+	04:17+	03:53+	02:10+	01:12+	00:43+		
4	Alf Gyland			892								49:45								
01:21+	03:01+	05:30+	08:43+	10:30+	11:58+	15:55+	19:59+	23:30+	25:31+	27:11+	28:50+	32:08+	36:05+	40:05+	44:01+	46:34+	48:00+	49:45+		
01:21+	01:40+	02:29+	03:13+	01:47+	01:28+	03:57+	04:04+	03:31+	02:01+	01:40+	01:39+	03:18+	03:57+	04:00+	03:56+	02:33+	01:26+	01:45+		
01:21+	01:40+	02:29+	03:13+	01:47+	01:28+	03:57+	04:04+	03:31+	02:01+	01:40+	01:39+	03:18+	03:57+	04:00+	03:56+	02:33+	01:26+	01:45+		
5	Hermann Skogsholm			1754								49:55								
01:26+	02:58+	05:54+	08:33+	10:13+	11:31+	14:26+	17:06+	19:47+	21:33+	26:12+	32:30+	34:53+	39:30+	42:42+	46:06+	48:08+	49:16+	49:55+		
01:26+	01:32+	02:56+	02:39+	01:40+	01:18+	02:55+	02:40+	02:41+	01:46+	04:39+	06:18+	02:23+	04:37+	03:12+	03:24+	02:02+	01:08+	00:39+		
01:26+	01:32+	02:56+	02:39+	01:40+	01:18+	02:55+	02:40+	02:41+	01:46+	04:39+	06:18+	02:23+	04:37+	03:12+	03:24+	02:02+	01:08+	00:39+		
6	Svein Glendrange			874								50:03								
01:55+	04:02+	07:03+	10:23+	12:23+	13:55+	17:31+	21:11+	25:00+	27:18+	28:53+	30:32+	33:07+	36:56+	41:09+	45:19+	47:43+	49:10+	50:03+		
01:55+	02:07+	03:01+	03:20+	02:00+	01:32+	03:36+	03:40+	03:49+	02:18+	01:35+	01:39+	02:35+	03:49+	04:13+	04:10+	02:24+	01:27+	00:53+		
01:55+	02:07+	03:01+	03:20+	02:00+	01:32+	03:36+	03:40+	03:49+	02:18+	01:35+	01:39+	02:35+	03:49+	04:13+	04:10+	02:24+	01:27+	00:53+		
7	Tormod Aaslid			3529								51:08								
01:37+	03:20+	07:09+	10:27+	12:46+	14:34+	17:44+	21:51+	25:49+	28:00+	29:47+	31:47+	34:18+	37:52+	42:02+	46:35+	48:48+	49:58+	51:08+		
01:37+	01:43+	03:49+	03:18+	02:19+	01:48+	03:10+	04:07+	03:58+	02:11+	01:47+	02:00+	02:31+	03:34+	04:10+	04:33+	02:13+	01:10+	01:10+		
01:37+	01:43+	03:49+	03:18+	02:19+	01:48+	03:10+	04:07+	03:58+	02:11+	01:47+	02:00+	02:31+	03:34+	04:10+	04:33+	02:13+	01:10+	01:10+		
8	Geir Husdal			1884								56:11								
01:14+	03:07+	10:52+	13:40+	15:34+	16:47+	27:29+	30:38+	34:02+	35:43+	37:13+	39:05+	41:07+	45:01+	49:15+	52:34+	54:30+	55:35+	56:11+		
01:14+	01:53+	07:45+	02:48+	01:54+	01:13+	10:42+	03:09+	03:24+	01:41+	01:30+	01:52+	02:02+	03:54+	04:14+	03:19+	01:56+	01:05+	00:36+		
01:14+	01:53+	07:45+	02:48+	01:54+	01:13+	10:42+	03:09+	03:24+	01:41+	01:30+	01:52+	02:02+	03:54+	04:14+	03:19+	01:56+	01:05+	00:36+		
9	Arne Brandsberg			3502								58:57								
02:00+	04:28+	07:50+	11:42+	13:54+	15:36+	20:42+	25:50+	29:58+	32:28+	34:15+	36:14+	39:13+	43:57+	49:01+	53:35+	56:25+	57:51+	58:57+		
02:00+	02:28+	03:22+	03:52+	02:12+	01:42+	05:06+	05:08+	04:08+	02:30+	01:47+	01:59+	02:59+	04:44+	05:04+	04:34+	02:50+	01:26+	01:06+		
02:00+	02:28+	03:22+	03:52+	02:12+	01:42+	05:06+	05:08+	04:08+	02:30+	01:47+	01:59+	02:59+	04:44+	05:04+	04:34+	02:50+	01:26+	01:06+		
10	Magne Jakobsen			3524								1:04:30								
01:35+	03:25+	06:06+	09:02+	10:47+	16:51+	20:29+	25:06+	28:52+	34:58+	36:55+	39:16+	44:19+	49:18+	54:53+	59:20+	62:00+	63:22+	64:30+		
01:35+	01:50+	02:41+	02:56+	01:45+	06:04+	03:38+	04:37+	03:46+	06:06+	01:57+	02:21+	05:03+	04:59+	05:35+	04:27+	02:40+	01:22+	01:08+		
01:35+	01:50+	02:41+	02:56+	01:45+	06:04+	03:38+	04:37+	03:46+	06:06+	01:57+	02:21+	05:03+	04:59+	05:35+	04:27+	02:40+	01:22+	01:08+		
11	Albert Moe			3529								1:04:37								
01:48+	04:10+	07:55+	11:58+	14:21+	16:11+	21:21+	26:33+	31:44+	34:14+	36:19+	38:17+	42:06+	47:25+	53:56+	58:51+	61:55+	63:39+	64:37+		
01:48+	02:22+	03:45+	04:03+	02:23+	01:50+	05:10+	05:12+	05:11+	02:30+	02:05+	01:58+	03:49+	05:19+	06:31+	04:55+	03:04+	01:44+	00:58+		
01:48+	02:22+	03:45+	04:03+	02:23+	01:50+	05:10+	05:12+	05:11+	02:30+	02:05+	01:58+	03:49+	05:19+	06:31+	04:55+	03:04+	01:44+	00:58+		

Beste strekktid for klassen

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

HA

1	Øyvind Lamark			878								34:06							
	01:42=	02:19=	03:36=	04:08=	07:19=	09:39=	10:44=	11:37=	13:11=	16:47=	18:10=	19:33=	20:12=	21:37=	22:12=	22:58=	23:50=	25:30=	26:24=
	01:42=	00:37=	01:17=	00:32=	03:11=	02:20=	01:05=	00:53=	01:34=	03:36=	01:23=	01:23=	00:39=	01:25=	00:35=	00:46=	00:52=	01:40=	00:54=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Plass	Navn	Klasse										Tid																		
HA																														
2	Sven Hatteland										3528										35:52									
	01:43+	02:23+	04:28+	05:02+	07:48+	09:57+	11:04+	12:17+	13:52+	17:38+	19:02+	20:26+	21:09+	22:55+	23:34+	24:21+	25:14+	26:56+	27:50+	29:39+	30:57+	32:25+	33:56+	34:53+	35:31+	35:52+				
	01:43+	00:40+	02:05+	00:34+	02:46-	02:09-	01:07+	01:13+	01:35+	03:46+	01:24+	01:24+	00:43+	01:46+	00:39+	00:47+	00:53+	01:42+	00:54=	01:49+	01:18-	01:28+	01:31-	00:57+	00:38+	00:21=				
	00:01+	00:03+	00:48&	00:02+	00:25-	00:11-	00:02+	00:20&	00:01+	00:10+	00:01+	00:01+	00:04#	00:21#	00:04#	00:01+	00:01+	00:02+	00:00=	00:15#	00:04-	00:10#	00:12-	00:04+	00:07#	00:00=				
3	Fredrik Sandal										1830										36:18									
	01:54+	02:47+	04:08+	04:43+	07:35+	09:47+	10:56+	11:51+	13:28+	17:24+	18:49+	20:19+	21:07+	22:35+	23:19+	24:15+	25:15+	27:00+	27:56+	29:52+	31:20+	32:38+	34:28+	35:21+	35:55+	36:18+				
	01:54+	00:53+	01:21+	00:35+	02:52+	02:12+	01:09+	00:55+	01:37+	03:56+	01:25+	01:30+	00:48+	01:28+	00:44+	00:56+	01:00+	01:45+	00:56+	01:56+	01:28+	01:18+	01:50+	00:53+	00:34+	00:23+				
	01:54+	00:53+	01:21+	00:35+	02:52+	02:12+	01:09+	00:55+	01:37+	03:56+	01:25+	01:30+	00:48+	01:28+	00:44+	00:56+	01:00+	01:45+	00:56+	01:56+	01:28+	01:18+	01:50+	00:53+	00:34+	00:23+				
4	Erik Lima										1832										36:34									
	01:55+	02:38+	04:07+	04:44+	07:46+	10:01+	11:12+	12:16+	13:42+	17:36+	19:05+	20:46+	21:33+	23:27+	24:06+	25:05+	25:58+	27:48+	28:37+	30:13+	31:42+	33:00+	34:45+	35:42+	36:13+	36:34+				
	01:55+	00:43+	01:29+	00:37+	03:02+	02:15+	01:11+	01:04+	01:26+	03:54+	01:29+	01:41+	00:47+	01:54+	00:39+	00:59+	00:53+	01:50+	00:49+	01:36+	01:29+	01:18+	01:45+	00:57+	00:31+	00:21+				
	01:55+	00:43+	01:29+	00:37+	03:02+	02:15+	01:11+	01:04+	01:26+	03:54+	01:29+	01:41+	00:47+	01:54+	00:39+	00:59+	00:53+	01:50+	00:49+	01:36+	01:29+	01:18+	01:45+	00:57+	00:31+	00:21+				
5	Jørgen Strømstad										1786										39:26									
	02:45+	03:26+	04:52+	05:29+	08:24+	10:51+	12:09+	13:16+	14:53+	19:11+	20:50+	22:18+	23:09+	24:40+	25:28+	26:23+	27:24+	29:08+	30:04+	32:13+	33:54+	35:21+	37:27+	38:28+	39:05+	39:26+				
	02:45+	00:41+	01:26+	00:37+	02:55+	02:27+	01:18+	01:07+	01:37+	04:18+	01:39+	01:28+	00:51+	01:31+	00:48+	00:55+	01:01+	01:44+	00:56+	02:09+	01:41+	01:27+	02:06+	01:01+	00:37+	00:21+				
	02:45+	00:41+	01:26+	00:37+	02:55+	02:27+	01:18+	01:07+	01:37+	04:18+	01:39+	01:28+	00:51+	01:31+	00:48+	00:55+	01:01+	01:44+	00:56+	02:09+	01:41+	01:27+	02:06+	01:01+	00:37+	00:21+				
6	Lars Erik Malde										3676										40:49									
	02:13+	02:57+	04:34+	05:11+	07:50+	09:57+	11:12+	12:45+	15:00+	19:13+	21:05+	22:35+	23:27+	25:16+	26:16+	27:11+	28:14+	30:14+	31:40+	34:08+	35:44+	36:56+	38:50+	39:51+	40:25+	40:49+				
	02:13+	00:44+	01:37+	00:37+	02:39+	02:07+	01:15+	01:33+	02:15+	04:13+	01:52+	01:30+	00:52+	01:49+	01:00+	00:55+	01:03+	02:00+	01:26+	02:28+	01:36+	01:12+	01:54+	01:01+	00:34+	00:24+				
	02:13+	00:44+	01:37+	00:37+	02:39+	02:07+	01:15+	01:33+	02:15+	04:13+	01:52+	01:30+	00:52+	01:49+	01:00+	00:55+	01:03+	02:00+	01:26+	02:28+	01:36+	01:12+	01:54+	01:01+	00:34+	00:24+				
7	Kristian Frafjord Haarr										882										41:56									
	02:01+	02:40+	04:11+	04:46+	08:06+	10:27+	11:42+	12:41+	14:26+	18:43+	20:21+	22:12+	23:01+	24:35+	25:58+	27:08+	28:06+	31:17+	32:57+	34:47+	36:29+	37:54+	40:00+	40:57+	41:31+	41:56+				
	02:01+	00:39+	01:31+	00:35+	03:20+	02:21+	01:15+	00:59+	01:45+	04:17+	01:38+	01:51+	00:49+	01:34+	01:23+	01:10+	00:58+	03:11+	01:40+	01:50+	01:42+	01:25+	02:06+	00:57+	00:34+	00:25+				
	02:01+	00:39+	01:31+	00:35+	03:20+	02:21+	01:15+	00:59+	01:45+	04:17+	01:38+	01:51+	00:49+	01:34+	01:23+	01:10+	00:58+	03:11+	01:40+	01:50+	01:42+	01:25+	02:06+	00:57+	00:34+	00:25+				
8	Torbjørn Fuglestad										878										47:10									
	03:13+	04:01+	05:33+	06:15+	10:59+	13:30+	14:58+	16:06+	17:50+	22:22+	24:09+	25:46+	26:45+	29:19+	31:46+	32:51+	33:54+	36:31+	37:40+	39:27+	41:17+	43:06+	45:09+	46:09+	46:47+	47:10+				
	03:13+	00:48+	01:32+	00:42+	04:44+	02:31+	01:28+	01:08+	01:44+	04:32+	01:47+	01:37+	00:59+	02:34+	02:27+	01:05+	01:03+	02:37+	01:09+	01:47+	01:50+	01:49+	02:03+	01:00+	00:38+	00:23+				
	03:13+	00:48+	01:32+	00:42+	04:44+	02:31+	01:28+	01:08+	01:44+	04:32+	01:47+	01:37+	00:59+	02:34+	02:27+	01:05+	01:03+	02:37+	01:09+	01:47+	01:50+	01:49+	02:03+	01:00+	00:38+	00:23+				
9	Ole Morten Haaland										3528										51:23									
	02:18+	03:05+	04:55+	05:40+	08:46+	11:10+	13:01+	19:08+	20:40+	25:51+	29:35+	31:06+	32:04+	34:12+	35:10+	37:00+	37:58+	40:45+	42:07+	44:16+	46:00+	47:41+	49:22+	50:28+	51:01+	51:23+				
	02:18+	00:47+	01:50+	00:45+	03:06+	02:24+	01:51+	06:07+	01:32+	05:11+	03:44+	01:31+	00:58+	02:08+	00:58+	01:50+	00:58+	02:47+	01:22+	02:09+	01:44+	01:41+	01:41+	01:06+	00:33+	00:22+				
	02:18+	00:47+	01:50+	00:45+	03:06+	02:24+	01:51+	06:07+	01:32+	05:11+	03:44+	01:31+	00:58+	02:08+	00:58+	01:50+	00:58+	02:47+	01:22+	02:09+	01:44+	01:41+	01:41+	01:06+	00:33+	00:22+				
10	Kenneth Mydland										3502										59:06									
	04:22+	05:12+	06:59+	07:48+	11:44+	15:17+	16:50+	17:56+	20:56+	27:17+	29:39+	32:00+	33:06+	35:28+	36:29+	38:09+	39:37+	42:18+	43:51+	47:46+	50:09+	53:16+	56:17+	57:41+	58:31+	59:06+				
	04:22+	00:50+	01:47+	00:49+	03:56+	03:33+	01:33+	01:06+	03:00+	06:21+	02:22+	02:21+	01:06+	02:22+	01:01+	01:40+	01:28+	02:41+	01:33+	03:55+	02:23+	03:07+	03:01+	01:24+	00:50+	00:35+				
	04:22+	00:50+	01:47+	00:49+	03:56+	03:33+	01:33+	01:06+	03:00+	06:21+	02:22+	02:21+	01:06+	02:22+	01:01+	01:40+	01:28+	02:41+	01:33+	03:55+	02:23+	03:07+	03:01+	01:24+	00:50+	00:35+				
Beste strekktid for klassen																														
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																														
HB																														
1	Aart Joakim in't Veld										1884										36:13									
	01:42=	02:20=	03:49=	04:23=	07:44=	09:57=	11:01=	11:53=	13:18=	17:27=	18:54=	20:28=	21:18=	22:45=	23:29=	24:32=	25:29=	27:15=	28:16=	29:50=	31:20=	32:38=	34:25=	35:20=	35:52=	36:13=				
	01:42=	00:38=	01:29=	00:34=	03:21=	02:13=	01:04=	00:52=	01:25=	04:09=	01:27=	01:34=	00:50=	01:27=	00:44=	01:03=	00:57=	01:46=	01:01=	01:34=	01:30=	01:18=	01:47=	00:55=	00:32=	00:21=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Oddvar Taksdal										3522										36:51									
	01:50+	02:30+	04:00+	04:35+	07:33-	09:49-	11:00-	11:51-	13:26+	17:24-	18:50-	20:30+	21:16-	22:55+	23:36+	24:41+	25:36+	27:28+	28:26+	30:04+	31:38+	32:59+	34:58+	35:52+	36:28+	36:51+				
	01:50+	00:40+	01:30+	00:35+	02:58-	02:16+	01:11+	00:51-	01:35+	03:58-	01:26-	01:40+	00:46-	01:39+	00:41-	01:05+	00:55-	01:52+	00:58-	01:38+	01:34+	01:21+	01:59+	00:54-	00:36+	00:23+				
	00:08+	00:03+	00:02-	00:01+	00:14-	00:07+	00:03&	00:02+	00:10#	00:11-	00:01-	00:06+	00:04-	00:12#	00:03-	00:02+	00:02-	00:06+	00:03-	00:04+	00:04+	00:03+	00:12#	00:01-	00:04#	00:02+				
3	Oddgeir Eikeskog										1884										38:05									
	01:50+	02:31+	03:58+	04:33+	07:40-	10:00+	11:37+	12:31+	14:33+	18:30+	20:09+	21:46+	22:32+	24:00+	24:44+	25:38+	26:39+	28:23+	29:25+	31:11+	32:50+	34:14+	36:13+	37:06+	37:41+	38:05+				
	01:50+	00:41+	01:27-	00:35+	03:07-	02:20+	01:37+	00:54+	02:02+	03:57-	01:39+	01:37+	00:46-	01:28+	00:44=	00:54-	01:01+	01:44-	01:02+	01:46+	01:39+	01:24+	01:59+	00:53-	00:35+	00:24+				
	00:08+	00:03+	00:02-	00:01+	00:14-	00:07+	00:03&	00:02+	00:37&	00:12-	00:03+	00:04-	00:04-	00:01+	00:00=	00:09-	00:04+	00:02-	00:01+	00:12#	00:09#	00:06+	00:12#	00:02-	00:03+	00:03#				

Beste strekktid for klassen

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

HC

1															Terje Michaelsen															3511															35:09														
00:54=		01:53=		03:35=		05:16=		06:14=		07:40=		09:07=		10:03=		11:10=		15:38=		17:29=		18:29=		20:50=		21:54=		24:43=		26:18=		27:18=		29:35=		30:48=		32:23=		33:57=		34:48=		35:09=															
00:54=		00:59=		01:42=		01:41=		00:58=		01:26=		01:27=		00:56=		01:07=		04:28=		01:51=		01:00=		02:21=		01:04=		02:49=		01:35=		01:00=		02:17=		01:13=		01:35=		01:34=		00:51=		00:21=															
00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=															
2															Kjetil Wirak															3486															36:21														
00:56+		02:05+		04:32+		06:35+		07:36+		09:00+		10:15+		10:42+		11:45+		16:46+		18:30+		19:36+		22:13+		23:13+		26:15+		27:42+		28:36+		30:43+		31:51+		33:32+		34:57+		35:55+		36:21+															
00:56+		01:09+		02:27+		02:03+		01:01+		01:24+		01:15+		00:27+		01:03+		05:01+		01:44+		01:06+		02:37+		01:00+		03:02+		01:27+		00:54+		02:07+		01:08+		01:41+		01:25+		00:58+		00:26+															
00:02+		00:10#		00:45#		00:22#		00:03+		00:02-		00:12-		00:29-		00:04-		00:33#		00:07-		00:06#		00:16#		00:04-		00:13+		00:08-		00:06-		00:10-		00:05-		00:06+		00:09-		00:07#		00:05#															

Plass	Navn	Klasse	Tid
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3	Stein Arne Olsen										874	37:57										
00:57+	02:02+	04:12+	06:02+	07:08+	08:35+	10:05+	10:37+	11:43+	16:56+	18:46+	19:50+	22:37+	23:43+	26:51+	28:16+	29:10+	31:34+	32:54+	34:50+	36:31+	37:30+	37:57+
00:57+	01:05+	02:10+	01:50+	01:06+	01:27+	01:30+	00:32-	01:06-	05:13+	01:50-	01:04+	02:47+	01:06+	03:08+	01:25-	00:54-	02:24+	01:20+	01:56+	01:41+	00:59+	00:27+
00:03+	00:06#	00:28#	00:09+	00:08#	00:01+	00:03+	00:24-	00:01-	00:45#	00:01-	00:04+	00:26#	00:02+	00:19#	00:10-	00:06-	00:07+	00:07+	00:21#	00:07+	00:08#	00:06#

4	Henning Sundby										3486	38:24										
01:12+	02:14+	04:04+	05:42+	06:43+	08:08+	09:32+	10:03+	11:45+	16:16+	18:08+	19:12+	21:33+	22:43+	26:22+	28:15+	29:15+	31:59+	33:11+	35:20+	36:55+	37:47+	38:24+
01:12+	01:02+	01:50+	01:38+	01:01+	01:25+	01:24+	00:31+	01:42+	04:31+	01:52+	01:04+	02:21+	01:10+	03:39+	01:53+	01:00+	02:44+	01:12+	02:09+	01:35+	00:52+	00:37+
01:12+	01:02+	01:50+	01:38+	01:01+	01:25+	01:24+	00:31+	01:42+	04:31+	01:52+	01:04+	02:21+	01:10+	03:39+	01:53+	01:00+	02:44+	01:12+	02:09+	01:35+	00:52+	00:37+

5	Oddmund Nordgård										722	38:44										
01:23+	02:27+	04:44+	06:48+	07:43+	09:11+	10:40+	11:15+	12:22+	17:14+	19:10+	20:39+	23:03+	24:08+	27:14+	28:50+	30:15+	32:48+	34:00+	35:51+	37:25+	38:23+	38:44+
01:23+	01:04+	02:17+	02:04+	00:55+	01:28+	01:29+	00:35+	01:07+	04:52+	01:56+	01:29+	02:24+	01:05+	03:06+	01:36+	01:25+	02:33+	01:12+	01:51+	01:34+	00:58+	00:21+
01:23+	01:04+	02:17+	02:04+	00:55+	01:28+	01:29+	00:35+	01:07+	04:52+	01:56+	01:29+	02:24+	01:05+	03:06+	01:36+	01:25+	02:33+	01:12+	01:51+	01:34+	00:58+	00:21+

6	Jan-Einar Øvreimo										1119										39:42									
01:01+	02:06+	04:18+	06:11+	07:15+	08:41+	09:57+	10:24+	11:34+	16:52+	18:58+	19:58+	22:41+	23:54+	27:33+	29:24+	30:26+	32:52+	34:06+	36:16+	37:53+	39:06+	39:42+								
01:01+	01:05+	02:12+	01:53+	01:04+	01:26+	01:16+	00:27+	01:10+	05:18+	02:06+	01:00+	02:43+	01:13+	03:39+	01:51+	01:02+	02:26+	01:14+	02:10+	01:37+	01:13+	00:36+								
01:01+	01:05+	02:12+	01:53+	01:04+	01:26+	01:16+	00:27+	01:10+	05:18+	02:06+	01:00+	02:43+	01:13+	03:39+	01:51+	01:02+	02:26+	01:14+	02:10+	01:37+	01:13+	00:36+								

7	Øyvind Rummelhoff										882	40:06										
01:08+	02:17+	04:31+	06:39+	07:55+	09:40+	11:18+	11:47+	12:52+	17:55+	19:56+	21:05+	23:34+	24:46+	28:38+	30:29+	31:48+	34:21+	35:22+	36:56+	38:39+	39:44+	40:06+
01:08+	01:09+	02:14+	02:08+	01:16+	01:45+	01:38+	00:29+	01:05+	05:03+	02:01+	01:09+	02:29+	01:12+	03:52+	01:51+	01:19+	02:33+	01:01+	01:34+	01:43+	01:05+	00:22+
01:08+	01:09+	02:14+	02:08+	01:16+	01:45+	01:38+	00:29+	01:05+	05:03+	02:01+	01:09+	02:29+	01:12+	03:52+	01:51+	01:19+	02:33+	01:01+	01:34+	01:43+	01:05+	00:22+

8	Svein Oddvar Netland										1683										40:22									
00:58+	02:23+	04:36+	06:32+	07:36+	09:12+	10:55+	11:34+	12:46+	18:43+	20:51+	21:57+	24:39+	25:49+	28:57+	30:24+	31:21+	33:43+	35:06+	37:11+	38:47+	39:52+	40:22+								
00:58+	01:25+	02:13+	01:56+	01:04+	01:36+	01:43+	00:39+	01:12+	05:57+	02:08+	01:06+	02:42+	01:10+	03:08+	01:27+	00:57+	02:22+	01:23+	02:05+	01:36+	01:05+	00:30+								
00:58+	01:25+	02:13+	01:56+	01:04+	01:36+	01:43+	00:39+	01:12+	05:57+	02:08+	01:06+	02:42+	01:10+	03:08+	01:27+	00:57+	02:22+	01:23+	02:05+	01:36+	01:05+	00:30+								

9	Leif Kjetil Hinna Gausel										1683		40:23									
00:59+	02:06+	04:18+	06:07+	07:07+	08:42+	10:25+	10:57+	12:14+	17:30+	19:26+	20:42+	23:49+	24:53+	29:38+	31:02+	31:55+	34:15+	35:19+	37:04+	38:49+	39:54+	40:23+
00:59+	01:07+	02:12+	01:49+	01:00+	01:35+	01:43+	00:32+	01:17+	05:16+	01:56+	01:16+	03:07+	01:04+	04:45+	01:24+	00:53+	02:20+	01:04+	01:45+	01:45+	01:05+	00:29+
00:59+	01:07+	02:12+	01:49+	01:00+	01:35+	01:43+	00:32+	01:17+	05:16+	01:56+	01:16+	03:07+	01:04+	04:45+	01:24+	00:53+	02:20+	01:04+	01:45+	01:45+	01:05+	00:29+

10 Morten Aamodt										1683										41:46									
01:00+	02:12+	03:58+	05:51+	06:57+	08:16+	09:46+	10:27+	12:30+	20:10+	21:53+	22:51+	25:21+	26:29+	29:38+	31:04+	32:20+	34:26+	35:37+	38:32+	40:07+	41:15+	41:46+							
01:00+	01:12+	01:46+	01:53+	01:06+	01:19+	01:30+	00:41+	02:03+	07:40+	01:43+	00:58+	02:30+	01:08+	03:09+	01:26+	01:16+	02:06+	01:11+	02:55+	01:35+	01:08+	00:31+							
01:00+	01:12+	01:46+	01:53+	01:06+	01:19+	01:30+	00:41+	02:03+	07:40+	01:43+	00:58+	02:30+	01:08+	03:09+	01:26+	01:16+	02:06+	01:11+	02:55+	01:35+	01:08+	00:31+							

11	Terje Undheim										3529					41:55									
00:57+	02:29+	04:45+	06:57+	07:52+	09:40+	11:43+	12:14+	13:15+	17:56+	21:11+	23:15+	25:36+	26:42+	29:45+	31:52+	33:23+	35:37+	36:55+	38:59+	40:37+	41:31+	41:55+			
00:57+	01:32+	02:16+	02:12+	00:55+	01:48+	02:03+	00:31+	01:01+	04:41+	03:15+	02:04+	02:21+	01:06+	03:03+	02:07+	01:31+	02:14+	01:18+	02:04+	01:38+	00:54+	00:24+			
00:57+	01:32+	02:16+	02:12+	00:55+	01:48+	02:03+	00:31+	01:01+	04:41+	03:15+	02:04+	02:21+	01:06+	03:03+	02:07+	01:31+	02:14+	01:18+	02:04+	01:38+	00:54+	00:24+			

12				Øivind Berggraf				1683				42:15										
01:00+	02:08+	04:59+	07:07+	08:08+	09:33+	11:13+	11:48+	13:01+	18:27+	21:16+	22:22+	25:25+	26:33+	30:06+	31:43+	32:38+	35:13+	37:03+	38:48+	40:22+	41:46+	42:15+
01:00+	01:08+	02:51+	02:08+	01:01+	01:25+	01:40+	00:35+	01:13+	05:26+	02:49+	01:06+	03:03+	01:08+	03:33+	01:37+	00:55+	02:35+	01:50+	01:45+	01:34+	01:24+	00:29+
01:00+	01:08+	02:51+	02:08+	01:01+	01:25+	01:40+	00:35+	01:13+	05:26+	02:49+	01:06+	03:03+	01:08+	03:33+	01:37+	00:55+	02:35+	01:50+	01:45+	01:34+	01:24+	00:29+

13	Pål H. Gjerden										1683										42:52									
01:01+	02:08+	04:14+	06:08+	07:16+	08:40+	10:24+	11:16+	12:36+	18:12+	20:22+	21:37+	24:27+	25:48+	29:35+	31:35+	32:43+	35:29+	36:59+	39:14+	41:08+	42:19+	42:52+								
01:01+	01:07+	02:06+	01:54+	01:08+	01:24+	01:44+	00:52+	01:20+	05:36+	02:10+	01:15+	02:50+	01:21+	03:47+	02:00+	01:08+	02:46+	01:30+	02:15+	01:54+	01:11+	00:33+								
01:01+	01:07+	02:06+	01:54+	01:08+	01:24+	01:44+	00:52+	01:20+	05:36+	02:10+	01:15+	02:50+	01:21+	03:47+	02:00+	01:08+	02:46+	01:30+	02:15+	01:54+	01:11+	00:33+								

14	Bertrand Denieul										877		44:33									
01:11+	02:41+	05:40+	07:54+	08:54+	10:23+	12:23+	13:00+	14:18+	19:18+	21:23+	22:33+	25:16+	26:37+	32:32+	34:15+	35:17+	37:49+	39:11+	41:21+	43:01+	44:07+	44:33+
01:11+	01:30+	02:59+	02:14+	01:00+	01:29+	02:00+	00:37+	01:18+	05:00+	02:05+	01:10+	02:43+	01:21+	05:55+	01:43+	01:02+	02:32+	01:22+	02:10+	01:40+	01:06+	00:26+
01:11+	01:30+	02:58+	02:14+	01:00+	01:29+	02:00+	00:37+	01:18+	05:00+	02:05+	01:10+	02:43+	01:21+	05:55+	01:43+	01:02+	02:32+	01:22+	02:10+	01:40+	01:06+	00:26+

15																					1683																					45:11																				
01:23+	02:55+	05:01+	07:22+	08:30+	10:13+	11:41+	12:15+	14:03+	19:18+	21:56+	23:10+	25:49+	27:27+	31:01+	32:40+	33:43+	36:39+	39:09+	41:38+	43:31+	44:30+	45:11+																																								
01:23+	01:32+	02:06+	02:21+	01:08+	01:43+	01:28+	00:34+	01:48+	05:15+	02:38+	01:14+	02:39+	01:38+	03:34+	01:39+	01:03+	02:56+	02:30+	02:29+	01:53+	00:59+	00:41+																																								
01:23+	01:32+	02:06+	02:21+	01:08+	01:43+	01:28+	00:34+	01:48+	05:15+	02:38+	01:14+	02:39+	01:38+	03:34+	01:39+	01:03+	02:56+	02:30+	02:29+	01:53+	00:59+	00:41+																																								

01:23	01:32	02:00	02:21	01:00	01:43	01:20	00:34	01:40	03:13	02:30	01:14	02:33	01:30	03:34	01:33	01:03	02:30	02:30	02:23	01:33	00:33	00:41
16	Pål Bården					3497					4934											
01:21+	02:37	05:29+	07:40+	08:54+	10:32+	14:33+	15:40+	17:02+	23:12+	25:31+	27:52+	31:02+	32:15+	35:57+	38:00+	39:07+	41:59+	43:33+	45:36+	47:41+	49:05+	49:34+
01:21+	01:16+	02:52+	02:11+	01:14+	01:38+	04:01+	01:07+	01:22+	06:10+	02:19+	02:21+	03:10+	01:13+	03:42+	02:03+	01:07+	02:52+	01:34+	02:03+	02:05+	01:24+	00:29+
00:44	01:56	00:55	02:44	04:44	05:00	01:04	04:07	04:00	06:43	05:42	02:24	03:10	04:40	03:42	05:03	01:07	00:55	01:34	02:03	02:05	01:24	00:29

Plass	Navn										Klasse										Tid												
HC																																	
17	Øistein Haaland										1683										54:28												
	01:23+	02:54+	06:34+	13:17+	14:34+	16:24+	17:58+	18:36+	20:00+	26:38+	29:32+	30:51+	33:52+	35:15+	39:03+	41:00+	42:52+	45:58+	47:47+	50:26+	52:30+	53:53+	54:28+										
	01:23+	01:31+	03:40+	06:43+	01:17+	01:50+	01:34+	00:38+	01:24+	06:38+	02:54+	01:19+	03:01+	01:23+	03:48+	01:57+	01:52+	03:06+	01:49+	02:39+	02:04+	01:23+	00:35+										
	01:23+	01:31+	03:40+	06:43+	01:17+	01:50+	01:34+	00:38+	01:24+	06:38+	02:54+	01:19+	03:01+	01:23+	03:48+	01:57+	01:52+	03:06+	01:49+	02:39+	02:04+	01:23+	00:35+										
18	Ove Oaland										1683										1:01:30												
	03:56+	05:31+	08:14+	10:59+	12:19+	14:37+	16:54+	18:30+	20:08+	27:10+	32:37+	34:02+	37:58+	39:35+	44:21+	46:21+	48:06+	51:13+	53:36+	56:35+	59:24+	60:50+	61:30+										
	03:56+	01:35+	02:43+	02:45+	01:20+	02:18+	02:17+	01:36+	01:38+	07:02+	05:27+	01:25+	03:56+	01:37+	04:46+	02:00+	01:45+	03:07+	02:23+	02:59+	02:49+	01:26+	00:40+										
	03:56+	01:35+	02:43+	02:45+	01:20+	02:18+	02:17+	01:36+	01:38+	07:02+	05:27+	01:25+	03:56+	01:37+	04:46+	02:00+	01:45+	03:07+	02:23+	02:59+	02:49+	01:26+	00:40+										

Beste strekktid for klassen

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

HNY

1	Tore Stensland														3529														26:37													
00:41=	01:54=	02:43=	05:10=	08:18=	08:59=	10:40=	18:13=	19:36=	21:37=	23:03=	24:26=	26:02=	26:37=																													
00:41=	01:13=	00:49=	02:27=	03:08=	00:41=	01:41=	07:33=	01:23=	02:01=	01:26=	01:23=	01:36=	00:35=																													
00:00=	00:00=	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	Marius Usvaltas														3529														37:37													
00:56+	03:03+	05:37+	09:41+	14:09+	15:12+	18:29+	22:41+	24:46+	29:39+	32:18+	34:23+	36:40+	37:37+																													
00:56+	02:07+	02:34+	04:04+	04:28+	01:03+	03:17+	04:12=	02:05+	04:53+	02:39+	02:05+	02:17+	00:57+																													
00:15&	00:54&	01:45@	01:37&	01:20&	00:22&	01:36&	03:21=	00:42&	02:52@	01:13&	00:42&	00:41&	00:22&																													
3	Arild Opstad														3529														39:27													
01:20+	04:09+	05:36+	08:37+	13:38+	15:03+	18:28+	23:33+	25:40+	29:31+	32:02+	35:07+	38:13+	39:27+																													
01:20+	02:49+	01:27+	03:01+	05:01+	01:25+	03:25+	05:05=	02:07+	03:51+	02:31+	03:05+	03:06+	01:14+																													
00:39&	01:36@	00:38&	00:34#	01:53&	00:44@	01:44@	02:28=	00:44&	01:50&	01:05&	01:42@	01:30&	00:39@																													

Beste strekktid for klassen

00:41	01:13	00:49	02:27	03:08	00:41	01:41	04:12	01:23	02:01	01:26	01:23	01:36	00:35																			
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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

HT

1	Hans Østebø										793										30:14									
01:10=	02:05=	04:05=	05:50=	06:49=	07:40=	09:31=	12:23=	14:52=	15:52=	16:46=	18:04=	19:58=	21:48=	24:14=	26:28=	27:44=	28:34=	30:14=												
01:10=	00:55=	02:00=	01:45=	00:59=	00:51=	01:51=	02:52=	02:29=	01:00=	00:54=	01:18=	01:54=	01:50=	02:26=	02:14=	01:16=	00:50=	01:40=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Arne Magne Sondresen										722										34:30									
01:05=	02:20+	04:14+	06:22+	07:43+	09:09+	11:36+	14:24+	17:00+	18:19+	19:59+	21:18+	22:52+	25:28+	28:24+	31:17+	33:03+	33:56+	34:30+												
01:05=	01:15+	01:54=	02:08+	01:21+	01:26+	02:27+	02:48=	02:36+	01:19+	01:40+	01:19+	01:34=	02:36+	02:56+	02:53+	01:46+	00:53+	00:34=												
00:05=	00:20&	00:06=	00:23#	00:22&	00:35&	00:36&	00:04=	00:07+	00:19&	00:46&	00:01+	00:20=	00:46&	00:30#	00:39&	00:30&	00:03+	01:06=												
3	Håvard Stensland										3503										35:10									
01:07=	02:16+	04:04=	06:05+	07:31+	08:24+	10:55+	14:00+	16:22+	17:49+	18:58+	20:05+	22:11+	25:41+	28:43+	31:45+	33:39+	34:37+	35:10+												
01:07=	01:09+	01:48=	02:01+	01:26+	00:53+	02:31+	03:05+	02:22=	01:27+	01:09+	01:07=	02:06+	03:30+	03:02+	03:02+	01:54+	00:58+	00:33=												
00:03=	00:14&	00:12=	00:16#	00:27&	00:02+	00:40&	00:13+	00:07=	00:27&	00:15&	00:11=	00:12#	01:40&	00:36#	00:48&	00:38&	00:08#	01:07=												
4	Roger Endre Nyseth										892										36:23									
00:59=	02:29+	04:26+	07:01+	08:36+	09:41+	12:25+	15:03+	17:52+	19:27+	20:53+	22:25+	24:17+	27:10+	30:13+	33:01+	35:02+	35:49+	36:23+												
00:59=	01:30+	01:57=	02:35+	01:35+	01:05+	02:44+	02:38=	02:49+	01:35+	01:26+	01:32+	01:52=	02:53+	03:03+	02:48+	02:01+	00:47=	00:34=												
00:11=	00:35&	00:03=	00:50&	00:36&	00:14&	00:53&	00:14=	00:20#	00:35&	00:32&	00:14#	00:02=	01:03&	00:37&	00:34&	00:45&	00:03=	01:06=												
5	Lars Salvesen										1119										37:06									
01:13+	02:34+	04:42+	06:59+	08:40+	09:59+	12:37+	15:15+	17:59+	19:29+	20:45+	22:05+	24:21+	27:19+	30:36+	33:58+	35:36+	36:33+	37:06+												
01:13+	01:21+	02:08+	02:17+	01:41+	01:19+	02:38+	02:38=	02:44+	01:30+	01:16+	01:20+	02:16=	02:58+	03:17+	03:22+	01:38+	00:57+	00:33=												
00:03+	00:26+	00:08+	00:32&	00:42&	00:28&	00:47&	00:14=	00:15#	00:30&	00:22&	00:02+	00:22#	01:08&	00:51&	01:08&	00:22+	00:07#	01:07=												

Plass	Navn					Klasse					Tid								
HT																			
6	Svein Erik Bjørnsen					1376					39:41								
	01:51+	03:02+	05:05+	07:21+	08:52+	09:56+	14:29+	17:29+	20:04+	21:44+	22:55+	25:32+	27:23+	30:07+	33:10+	36:02+	37:48+	39:08+	39:41+
	01:51+	01:11+	02:03+	02:16+	01:31+	01:04+	04:33+	03:00+	02:35+	01:40+	01:11+	02:37+	01:51-	02:44+	03:03+	02:52+	01:46+	01:20+	00:33-
	00:41%	00:16%	00:03+	00:31%	00:32%	00:13%	02:42%	00:08+	00:06+	00:40%	00:17%	01:19%	00:03-	00:54%	00:37%	00:38%	00:30%	00:30%	01:07-
7	Christian Nilsen					3525					41:04								
	01:13+	02:22+	04:07+	06:32+	08:20+	09:31+	12:17+	15:02+	18:09+	22:11+	23:34+	25:10+	27:09+	29:59+	33:11+	36:36+	39:37+	40:26+	41:04+
	01:13+	01:09+	01:45+	02:25+	01:48+	01:11+	02:46+	02:45+	03:07+	04:02+	01:23+	01:36+	01:59+	02:50+	03:12+	03:25+	03:01+	00:49+	00:38+
	01:13+	01:09+	01:45+	02:25+	01:48+	01:11+	02:46+	02:45+	03:07+	04:02+	01:23+	01:36+	01:59+	02:50+	03:12+	03:25+	03:01+	00:49+	00:38+
8	Svein Sivertsen					3530					41:31								
	01:02+	03:13+	05:14+	07:52+	09:22+	11:07+	14:01+	16:47+	20:04+	21:49+	23:24+	24:43+	26:53+	30:40+	34:19+	37:47+	39:51+	40:51+	41:31+
	01:02+	02:11+	02:01+	02:38+	01:30+	01:45+	02:54+	02:46+	03:17+	01:45+	01:35+	01:19+	02:10+	03:47+	03:39+	03:28+	02:04+	01:00+	00:40+
	01:02+	02:11+	02:01+	02:38+	01:30+	01:45+	02:54+	02:46+	03:17+	01:45+	01:35+	01:19+	02:10+	03:47+	03:39+	03:28+	02:04+	01:00+	00:40+
9	Kay Roar Harila					643					41:36								
	01:00+	03:13+	05:00+	07:14+	08:58+	10:11+	13:02+	18:39+	21:40+	22:55+	24:17+	25:44+	27:46+	30:52+	34:39+	37:59+	39:38+	40:31+	41:36+
	01:00+	02:13+	01:47+	02:14+	01:44+	01:13+	02:51+	05:37+	03:01+	01:15+	01:22+	01:27+	02:02+	03:06+	03:47+	03:20+	01:39+	00:53+	01:05+
	01:00+	02:13+	01:47+	02:14+	01:44+	01:13+	02:51+	05:37+	03:01+	01:15+	01:22+	01:27+	02:02+	03:06+	03:47+	03:20+	01:39+	00:53+	01:05+
10	Arild Svihus					892					41:57								
	01:08+	02:36+	04:41+	07:12+	08:57+	10:09+	13:00+	16:16+	19:22+	22:13+	23:47+	25:21+	27:43+	31:10+	34:47+	38:06+	40:18+	41:28+	41:57+
	01:08+	01:28+	02:05+	02:31+	01:45+	01:12+	02:51+	03:16+	03:06+	02:51+	01:34+	01:34+	02:22+	03:27+	03:37+	03:19+	02:12+	01:10+	00:29+
	01:08+	01:28+	02:05+	02:31+	01:45+	01:12+	02:51+	03:16+	03:06+	02:51+	01:34+	01:34+	02:22+	03:27+	03:37+	03:19+	02:12+	01:10+	00:29+
11	Timothée Maillefer					877					45:03								
	01:35+	02:58+	04:57+	07:05+	08:47+	10:11+	12:54+	16:25+	19:54+	22:02+	23:40+	25:43+	27:53+	32:39+	36:36+	40:17+	43:14+	44:29+	45:03+
	01:35+	01:23+	01:59+	02:08+	01:42+	01:24+	02:43+	03:31+	03:29+	02:08+	01:38+	02:03+	02:10+	04:46+	03:57+	03:41+	02:57+	01:15+	00:34+
	01:35+	01:23+	01:59+	02:08+	01:42+	01:24+	02:43+	03:31+	03:29+	02:08+	01:38+	02:03+	02:10+	04:46+	03:57+	03:41+	02:57+	01:15+	00:34+
12	Rohan Joseph					1376					45:21								
	01:34+	03:04+	05:24+	08:30+	10:00+	11:12+	14:53+	19:06+	22:31+	24:01+	25:35+	27:01+	29:04+	33:01+	37:27+	41:20+	43:44+	44:47+	45:21+
	01:34+	01:30+	02:20+	03:06+	01:30+	01:12+	03:41+	04:13+	03:25+	01:30+	01:34+	01:26+	02:03+	03:57+	04:26+	03:53+	02:24+	01:03+	00:34+
	01:34+	01:30+	02:20+	03:06+	01:30+	01:12+	03:41+	04:13+	03:25+	01:30+	01:34+	01:26+	02:03+	03:57+	04:26+	03:53+	02:24+	01:03+	00:34+
13	Aksel Kleppa Hartmann					793					45:28								
	01:49+	03:06+	07:13+	10:39+	12:19+	13:25+	18:27+	21:51+	25:28+	28:54+	30:17+	31:29+	33:10+	36:12+	40:04+	42:24+	43:57+	44:55+	45:28+
	01:49+	01:17+	04:07+	03:26+	01:40+	01:06+	05:02+	03:24+	03:37+	03:26+	01:23+	01:12+	01:41+	03:02+	03:52+	02:20+	01:33+	00:58+	00:33+
	01:49+	01:17+	04:07+	03:26+	01:40+	01:06+	05:02+	03:24+	03:37+	03:26+	01:23+	01:12+	01:41+	03:02+	03:52+	02:20+	01:33+	00:58+	00:33+
14	Stein Nordal					4242					45:39								
	00:56+	01:57+	04:03+	06:09+	07:21+	08:16+	17:42+	20:01+	23:44+	25:06+	26:17+	27:19+	29:29+	33:52+	40:06+	42:22+	44:20+	45:05+	45:39+
	00:56+	01:01+	02:06+	02:06+	01:12+	00:55+	09:26+	02:19+	03:43+	01:22+	01:11+	01:02+	02:10+	04:23+	06:14+	02:16+	01:58+	00:45+	00:34+
	00:56+	01:01+	02:06+	02:06+	01:12+	00:55+	09:26+	02:19+	03:43+	01:22+	01:11+	01:02+	02:10+	04:23+	06:14+	02:16+	01:58+	00:45+	00:34+
15	Ivar Aalbu					3502					45:56								
	01:24+	02:52+	05:09+	07:46+	09:26+	10:34+	13:43+	16:53+	20:36+	24:08+	25:41+	28:36+	31:05+	34:10+	38:13+	41:38+	43:40+	44:46+	45:56+
	01:24+	01:28+	02:17+	02:37+	01:40+	01:08+	03:09+	03:10+	03:43+	03:32+	01:33+	02:55+	02:29+	03:05+	04:03+	03:25+	02:02+	01:06+	01:10+
	01:24+	01:28+	02:17+	02:37+	01:40+	01:08+	03:09+	03:10+	03:43+	03:32+	01:33+	02:55+	02:29+	03:05+	04:03+	03:25+	02:02+	01:06+	01:10+
16	Leif Jarle Skåra					3502					47:25								
	01:05+	02:27+	04:52+	07:15+	09:03+	10:30+	13:20+	17:47+	21:05+	22:48+	24:07+	25:25+	27:55+	36:06+	39:46+	43:18+	45:45+	46:49+	47:25+
	01:05+	01:22+	02:25+	02:23+	01:48+	01:27+	02:50+	04:27+	03:18+	01:43+	01:19+	01:18+	02:30+	08:11+	03:40+	03:32+	02:27+	01:04+	00:36+
	01:05+	01:22+	02:25+	02:23+	01:48+	01:27+	02:50+	04:27+	03:18+	01:43+	01:19+	01:18+	02:30+	08:11+	03:40+	03:32+	02:27+	01:04+	00:36+
17	John Øgreid					882					48:01								
	02:10+	03:58+	06:54+	09:52+	11:34+	12:48+	16:21+	20:21+	23:39+	25:33+	27:04+	28:49+	31:26+	34:43+	39:38+	43:15+	45:45+	47:09+	48:01+
	02:10+	01:48+	02:56+	02:58+	01:42+	01:14+	03:33+	04:00+	03:18+	01:54+	01:31+	01:45+	02:37+	03:17+	04:55+	03:37+	02:30+	01:24+	00:52+
	02:10+	01:48+	02:56+	02:58+	01:42+	01:14+	03:33+	04:00+	03:18+	01:54+	01:31+	01:45+	02:37+	03:17+	04:55+	03:37+	02:30+	01:24+	00:52+
18	Steinar Løgith Aase					2539					48:50								
	01:21+	02:57+	05:19+	08:17+	10:20+	11:35+	14:59+	18:51+	22:19+	24:29+	26:29+	28:08+	30:33+	35:01+	39:36+	44:17+	47:00+	48:04+	48:50+
	01:21+	01:36+	02:22+	02:58+	02:03+	01:15+	03:24+	03:52+	03:28+	02:10+	02:00+	01:39+	02:25+	04:28+	04:35+	04:41+	02:43+	01:04+	00:46+
	01:21+	01:36+	02:22+	02:58+	02:03+	01:15+	03:24+	03:52+	03:28+	02:10+	02:00+	01:39+	02:25+	04:28+	04:35+	04:41+	02:43+	01:04+	00:46+
19	Rolf Øystein Kluge					793					49:36								
	01:18+	03:23+	06:08+	09:26+	11:21+	12:46+	16:15+	20:04+	23:53+	26:29+	27:54+	29:29+	32:14+	38:20+	42:01+	45:37+	48:05+	49:01+	49:36+
	01:18+	02:05+	02:45+	03:18+	01:55+	01:25+	03:29+	03:49+	03:49+	02:36+	01:25+	01:35+	02:45+	06:06+	03:41+	03:36+	02:28+	00:56+	00:35+
	01:18+	02:05+	02:45+	03:18+	01:55+	01:25+	03:29+	03:49+	03:49+	02:36+	01:25+	01:35+	02:45+	06:06+	03:41+	03:36+	02:28+	00:56+	00:35+

Plass	Navn										Klasse										Tid												
HT																																	
20	Frode Følgesvold										880										55:07												
01:29+	03:07+	06:31+	10:38+	12:32+	14:10+	18:48+	23:29+	27:24+	29:53+	32:01+	33:58+	36:50+	40:57+	46:29+	50:50+	53:11+	54:25+	55:07+															
01:29+	01:38+	03:24+	04:07+	01:54+	01:38+	04:38+	04:41+	03:55+	02:29+	02:08+	01:57+	02:52+	04:07+	05:32+	04:21+	02:21+	01:14+	00:42+															
01:29+	01:38+	03:24+	04:07+	01:54+	01:38+	04:38+	04:41+	03:55+	02:29+	02:08+	01:57+	02:52+	04:07+	05:32+	04:21+	02:21+	01:14+	00:42+															
21	Tom Leveraas										1884										56:08												
02:01+	03:32+	06:21+	09:37+	11:26+	12:24+	16:26+	19:32+	27:44+	30:09+	31:29+	34:01+	35:27+	37:39+	43:08+	47:03+	50:48+	54:30+	55:33+	56:08+														
02:01+	01:31+	02:49+	03:16+	01:49+	00:58+	04:02+	03:26+	07:52+	02:25+	01:20+	02:32+	01:26+	02:12+	05:29+	03:55+	03:45+	03:42+	01:03+	00:35+														
02:01+	01:31+	02:49+	03:16+	01:49+	00:58+	04:02+	03:26+	07:52+	02:25+	01:20+	02:32+	01:26+	02:12+	05:29+	03:55+	03:45+	03:42+	01:03+	00:35+														
22	Torgeir Færevåg										3553										59:24												
01:38+	03:30+	05:59+	08:40+	10:28+	12:36+	22:20+	27:45+	33:47+	36:15+	38:00+	39:31+	42:05+	45:46+	49:44+	54:09+	56:57+	58:53+	59:24+															
01:38+	01:52+	02:29+	02:41+	01:48+	02:08+	09:44+	05:25+	06:02+	02:28+	01:45+	01:31+	02:34+	03:41+	03:58+	04:25+	02:48+	01:56+	00:31+															
01:38+	01:52+	02:29+	02:41+	01:48+	02:08+	09:44+	05:25+	06:02+	02:28+	01:45+	01:31+	02:34+	03:41+	03:58+	04:25+	02:48+	01:56+	00:31+															
23	Ingve Morten Skjaeldal										4226										1:01:40												
01:31+	02:53+	05:16+	18:30+	21:57+	24:43+	27:35+	33:14+	36:40+	38:09+	40:24+	42:47+	45:21+	49:36+	53:39+	57:15+	59:37+	61:02+	61:40+															
01:31+	01:22+	02:23+	13:14+	03:27+	02:46+	02:52+	05:39+	03:26+	01:29+	02:15+	02:23+	02:34+	04:15+	04:03+	03:36+	02:22+	01:25+	00:38+															
01:31+	01:22+	02:23+	13:14+	03:27+	02:46+	02:52+	05:39+	03:26+	01:29+	02:15+	02:23+	02:34+	04:15+	04:03+	03:36+	02:22+	01:25+	00:38+															
24	Terje Hatlem										1683										1:01:53												
08:03+	09:17+	11:25+	14:33+	16:13+	17:40+	20:26+	23:17+	29:53+	31:50+	33:20+	39:14+	46:24+	50:31+	53:24+	56:30+	59:02+	60:10+	61:53+															
08:03+	01:14+	02:08+	03:08+	01:40+	01:27+	02:46+	02:51+	06:36+	01:57+	01:30+	05:54+	07:10+	04:07+	02:53+	03:06+	02:32+	01:08+	01:43+															
08:03+	01:14+	02:08+	03:08+	01:40+	01:27+	02:46+	02:51+	06:36+	01:57+	01:30+	05:54+	07:10+	04:07+	02:53+	03:06+	02:32+	01:08+	01:43+															
25	Per Bakken										880										1:02:17												
02:15+	04:24+	07:18+	10:45+	13:06+	17:00+	21:21+	26:12+	30:53+	32:52+	35:06+	37:08+	40:14+	46:33+	53:40+	57:44+	60:15+	61:36+	62:17+															
02:15+	02:09+	02:54+	03:27+	02:21+	03:54+	04:21+	04:51+	04:41+	01:59+	02:14+	02:02+	03:06+	06:19+	07:07+	04:04+	02:31+	01:21+	00:41+															
02:15+	02:09+	02:54+	03:27+	02:21+	03:54+	04:21+	04:51+	04:41+	01:59+	02:14+	02:02+	03:06+	06:19+	07:07+	04:04+	02:31+	01:21+	00:41+															
26	Augustine Okafor										1683										1:07:34												
01:54+	03:55+	06:29+	09:38+	11:26+	13:24+	17:32+	22:17+	31:25+	33:25+	35:03+	40:32+	47:51+	52:02+	57:13+	62:36+	65:34+	66:48+	67:34+															
01:54+	02:01+	02:34+	03:09+	01:48+	01:58+	04:08+	04:45+	09:08+	02:00+	01:38+	05:29+	07:19+	04:11+	05:11+	05:23+	02:58+	01:14+	00:46+															
01:54+	02:01+	02:34+	03:09+	01:48+	01:58+	04:08+	04:45+	09:08+	02:00+	01:38+	05:29+	07:19+	04:11+	05:11+	05:23+	02:58+	01:14+	00:46+															
27	Jan Erik Rasmussen										3519										1:11:49												
02:07+	03:49+	08:09+	11:46+	13:39+	15:30+	19:08+	23:40+	28:31+	30:48+	32:47+	36:17+	39:32+	45:10+	61:20+	65:40+	69:15+	71:02+	71:49+															
02:07+	01:42+	04:20+	03:37+	01:53+	01:51+	03:38+	04:32+	04:51+	02:17+	01:59+	03:30+	03:15+	05:38+	16:10+	04:20+	03:35+	01:47+	00:47+															
02:07+	01:42+	04:20+	03:37+	01:53+	01:51+	03:38+	04:32+	04:51+	02:17+	01:59+	03:30+	03:15+	05:38+	16:10+	04:20+	03:35+	01:47+	00:47+															
28	Jacek Jagodzinski										3486										1:13:58												
01:29+	03:00+	05:19+	09:35+	11:08+	12:16+	23:35+	29:12+	33:35+	36:46+	38:04+	39:37+	41:56+	49:12+	54:38+	68:40+	71:49+	73:06+	73:58+															
01:29+	01:31+	02:19+	04:16+	01:33+	01:08+	11:19+	05:37+	04:23+	03:11+	01:18+	01:33+	02:19+	07:16+	05:26+	14:02+	03:09+	01:17+	00:52+															
01:29+	01:31+	02:19+	04:16+	01:33+	01:08+	11:19+	05:37+	04:23+	03:11+	01:18+	01:33+	02:19+	07:16+	05:26+	14:02+	03:09+	01:17+	00:52+															
29	Kjetil Kartevold										3676										1:26:21												
02:16+	04:52+	07:25+	11:09+	13:00+	15:00+	28:04+	32:49+	45:16+	49:31+	51:34+	54:16+	56:34+	70:46+	75:11+	79:33+	84:02+	85:17+	86:21+															
02:16+	02:36+	02:33+	03:44+	01:51+	02:00+	13:04+	04:45+	12:27+	04:15+	02:03+	02:42+	02:18+	14:12+	04:25+	04:22+	04:29+	01:15+	01:04+															
02:16+	02:36+	02:33+	03:44+	01:51+	02:00+	13:04+	04:45+	12:27+	04:15+	02:03+	02:42+	02:18+	14:12+	04:25+	04:22+	04:29+	01:15+	01:04+															