

Plass Navn

Klasse

Tid

D16

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 strekketid 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
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= 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+

Class	Navn	Klasse	Tid
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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 strekketid 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 Mjølunes	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+	40:36+
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+	00:33+
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 Nystrøm	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+	

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+

D50

21	Siw Gjerdengen	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

= 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#				

Class	Navn	Klasse	Tid
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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#
01:53	01:36	04:00	01:44	02:06	01:14	04:20	02:03	01:52	05:13	01:14	04:35	03:02	01:02	03:20	03:40	01:09	00:38

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

D75

Class	Navn	Klasse	Tid
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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&
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

DB

8	Ida Kolstø	3502	55:23																			
00:48-	03:58-	07:21+	11:51+	15:36+	20:27+	23:18+	24:34+	27:28+	29:20+	31:52+	33:20+	36:13+	38:36+	40:07+	42:11+	43:34+	46:42+	49:37+	51:24+	53:45+	54:53+	55:23+
00:48-	03:10-	03:23+	04:30+	03:45+	04:51-	02:51+	01:16+	02:54+	01:52+	02:32+	01:28+	02:53+	02:23+	01:31+	02:04-	01:23-	03:08+	02:55+	01:47+	02:21+	01:08-	00:30+
00:07-	00:22-	01:06&	03:19@	01:03&	00:04-	00:34#	00:20&	00:42&	00:17#	00:33&	00:30&	01:06&	00:48&	00:08+	00:25-	00:11-	01:18&	01:24&	00:02+	00:55&	00:05-	00:02+
9	Marita Skorpe Falnes	3568	56:48																			
03:49+	07:00+	10:25+	11:46+	15:31+	21:43+	24:29+	25:49+	28:11+	30:11+	33:15+	35:01+	37:42+	39:16+	40:53+	44:09+	45:38+	48:31+	50:20+	52:14+	54:29+	56:14+	56:48+
03:49+	03:11+	03:25+	01:21+	03:45+	06:12+	02:46+	01:20+	02:22+	02:00+	03:04+	01:46+	02:41+	01:34+	01:37+	03:16+	01:29+	02:53+	01:49+	01:54+	02:15+	01:45+	00:34+
03:49+	03:11+	03:25+	01:21+	03:45+	06:12+	02:46+	01:20+	02:22+	02:00+	03:04+	01:46+	02:41+	01:34+	01:37+	03:16+	01:29+	02:53+	01:49+	01:54+	02:15+	01:45+	00:34+
10	Lise Nessa Di Lorenzo	1884	57:25																			
01:01+	04:43+	07:52+	12:26+	15:51+	21:35+	24:21+	25:32+	28:02+	30:23+	32:48+	34:01+	37:29+	40:28+	42:06+	44:39+	46:24+	49:26+	51:17+	53:25+	55:32+	56:52+	57:25+
01:01+	03:42+	03:09+	04:34+	03:25+	05:44+	02:46+	01:11+	02:30+	02:21+	02:25+	01:13+	03:28+	02:59+	01:38+	02:33+	01:45+	03:02+	01:51+	02:08+	02:07+	01:20+	00:33+
01:01+	03:42+	03:09+	04:34+	03:25+	05:44+	02:46+	01:11+	02:30+	02:21+	02:25+	01:13+	03:28+	02:59+	01:38+	02:33+	01:45+	03:02+	01:51+	02:08+	02:07+	01:20+	00:33+

Beste strekktid for klassen

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

DNY

1	Cecilie Lidal	722	22:25										
00:48=	02:22=	03:10=	04:35=	07:39=	08:23=	10:16=	13:04=	14:25=	16:38=	18:15=	20:20=	21:49=	22:25=
00:48=	01:34=	00:48=	01:25=	03:04=	00:44=	01:53=	02:48=	01:21=	02:13=	01:37=	02:05=	01:29=	00:36=
00:00=	00:00=	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	Solbjørg Eikeland	722	22:29										
00:43-	02:14-	03:05-	04:28-	07:34-	08:20-	10:11-	12:58-	14:22-	16:34-	18:10-	20:06-	21:42-	22:29+
00:43-	01:31-	00:51+	01:23-	03:06+	00:46+	01:51-	02:47-	01:24+	02:12-	01:36-	01:56-	01:36+	00:47+
00:05-	00:03-	00:03+	00:02-	00:02+	00:02+	00:02-	00:01-	00:03+	00:01-	00:01-	00:09-	00:07+	00:11&
3	Randi Sørhus	722	22:49										
00:46-	02:21-	03:09-	04:29-	07:38-	08:24+	10:15-	13:05+	14:30+	16:40+	18:20+	20:23+	22:11+	22:49+
00:46-	01:35+	00:48=	01:20-	03:09+	00:46+	01:51-	02:50+	01:25+	02:10-	01:40+	02:03-	01:48+	00:38+
00:02-	00:01+	00:00=	00:05-	00:02+	00:02+	00:02-	00:02+	00:04+	00:03-	00:03+	00:02-	00:19#	00:02+
4	Bente Klausen	769	24:22										
01:05+	02:49+	03:38+	05:07+	08:05+	08:59+	10:49+	13:42+	15:15+	17:30+	19:04+	21:10+	23:31+	24:22+
01:05+	01:44+	00:49+	01:29+	02:58-	00:54+	01:50-	02:53+	01:33+	02:15+	01:34-	02:06+	02:21+	00:51+
00:17&	00:10#	00:01+	00:04+	00:06-	00:10#	00:03-	00:05+	00:12#	00:02+	00:03-	00:01+	00:52&	00:15&
5	Anne Linn Olsen	3528	25:05										
00:50+	03:17+	04:10+	05:57+	08:53+	09:48+	11:35+	14:32+	16:36+	18:59+	20:32+	22:47+	24:28+	25:05+
00:50+	02:27+	00:53+	01:47+	02:56-	00:55+	01:47-	02:57+	02:04+	02:23+	01:33-	02:15+	01:41+	00:37+
00:02+	00:53&	00:05#	00:22&	00:08-	00:11#	00:06-	00:09+	00:43&	00:10+	00:04-	00:10+	00:12#	00:01+
6	June Stensland	3529	26:05										
01:26+	02:55+	03:49+	05:25+	09:35+	10:59+	12:56+	16:18+	17:58+	20:14+	22:07+	23:33+	25:27+	26:05+
01:26+	01:29-	00:54+	01:36+	04:10+	01:24+	01:57+	03:22+	01:40+	02:16+	01:53+	01:26-	01:54+	00:38+
00:38&	00:05-	00:06#	00:11#	01:06&	00:40&	00:04+	00:34#	00:19#	00:03+	00:16#	00:39-	00:25&	00:02+
7	Kristine Aasland	3524	33:29										
04:07+	06:10+	07:23+	09:10+	12:01+	12:56+	15:00+	23:32+	25:10+	27:29+	29:01+	30:59+	32:44+	33:29+
04:07+	02:03+	01:13+	01:47+	02:51-	00:55+	02:04+	08:32+	01:38+	02:19+	01:32-	01:58-	01:45+	00:45+
03:19@	00:29&	00:25&	00:22&	00:13-	00:11#	00:11+	05:44@	00:17#	00:06+	00:05-	00:07-	00:16#	00:09#
8	Karin Jensvold	722	44:28										
01:31+	04:14+	05:40+	08:12+	20:01+	21:36+	24:19+	29:13+	31:22+	34:52+	37:59+	40:21+	43:09+	44:28+
01:31+	02:43+	01:26+	02:32+	11:49+	01:35+	02:43+	04:54+	02:09+	03:30+	03:07+	02:22+	02:48+	01:19+
00:43&	01:09&	00:38&	01:07&	08:45@	00:51@	00:50&	02:06&	00:48&	01:17&	01:30&	00:17#	01:19&	00:43@

Beste strekktid for klassen

00:43 01:29 00:48 01:20 02:51 00:44 01:47 02:47 01:21 02:10 01:32 01:26 01:29 00:36

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

Class	Navn	Klasse	Tid
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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=

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#

Class	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+

Class	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&

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+	32:30+	33:58+	35:54+	38:44+	40:14+	42:51+	44:21+	45:54+	47:53+	49:06+	49:47+
01:30+	02:53-	03:13+	01:33-	02:54+	04:51+	02:38+	01:01+	04:05+	01:39-	02:39+	01:02-	02:32+	01:28+	01:56+	02:50+	01:30+	02:37-	01:30-	01:33+	01:59+	01:13+	00:41+
00:50#	00:15-	01:18#	00:35-	00:50#	01:10#	01:06#	00:07#	00:37#	00:49-	01:09#	00:34-	00:43#	00:28#	00:43#	01:19#	00:18#	00:41-	00:14-	00:19#	00:43#	00:19#	00:19#
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+	35:48+	37:12+	38:47+	40:48+	42:32+	44:44+	46:56+	48:50+	50:10+	51:17+	51:46+
00:51+	03:26+	05:43+	02:40+	03:39+	05:10+	02:08+	01:03+	02:54+	01:56+	01:56+	01:40+	02:42+	01:24+	01:35+	02:01+	01:44+	02:12+	02:12+	01:54+	01:20+	01:07+	00:29+
00:51+	03:26+	05:43+	02:40+	03:39+	05:10+	02:08+	01:03+	02:54+	01:56+	01:56+	01:40+	02:42+	01:24+	01:35+	02:01+	01:44+	02:12+	02:12+	01:54+	01:20+	01:07+	00:29+
11	Lars Kartevoll	3548	52:52																			
00:45+	03:24+	09:26+	10:56+	14:29+	19:14+	22:20+	23:51+	27:28+	29:47+	31:58+	33:15+	36:26+	38:04+	39:21+	42:38+	43:40+	45:54+	47:51+	49:36+	51:10+	52:22+	52:52+
00:45+	02:39+	06:02+	01:30+	03:33+	04:45+	03:06+	01:31+	03:37+	02:19+	02:11+	01:17+	03:11+	01:38+	01:17+	03:17+	01:02+	02:14+	01:57+	01:45+	01:34+	01:12+	00:30+
00:45+	02:39+	06:02+	01:30+	03:33+	04:45+	03:06+	01:31+	03:37+	02:19+	02:11+	01:17+	03:11+	01:38+	01:17+	03:17+	01:02+	02:14+	01:57+	01:45+	01:34+	01:12+	00:30+
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+	37:07+	38:40+	39:59+	42:31+	45:35+	47:38+	48:54+	50:24+	51:43+	52:36+	53:06+
00:42+	04:47+	02:44+	01:41+	03:03+	04:25+	04:07+	01:20+	07:14+	01:54+	01:56+	01:15+	01:59+	01:33+	01:19+	02:32+	03:04+	02:03+	01:16+	01:30+	01:19+	00:53+	00:30+
00:42+	04:47+	02:44+	01:41+	03:03+	04:25+	04:07+	01:20+	07:14+	01:54+	01:56+	01:15+	01:59+	01:33+	01:19+	02:32+	03:04+	02:03+	01:16+	01:30+	01:19+	00:53+	00:30+
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+	37:59+	40:22+	43:37+	45:53+	47:37+	50:18+	51:38+	53:40+	55:23+	56:34+	56:58+
01:18+	03:25+	04:18+	01:39+	04:41+	04:45+	04:46+	01:44+	02:05+	01:43+	01:47+	01:39+	04:09+	02:23+	03:15+	02:16+	01:44+	02:41+	01:20+	02:02+	01:43+	01:11+	00:24+
01:18+	03:25+	04:18+	01:39+	04:41+	04:45+	04:46+	01:44+	02:05+	01:43+	01:47+	01:39+	04:09+	02:23+	03:15+	02:16+	01:44+	02:41+	01:20+	02:02+	01:43+	01:11+	00:24+
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+	33:07+	37:45+	39:08+	41:46+	43:57+	50:47+	52:04+	53:54+	55:54+	57:10+	57:39+
00:54+	05:16+	02:09+	01:20+	03:36+	05:38+	02:35+	01:19+	03:02+	01:53+	02:05+	01:12+	02:08+	04:38+	01:23+	02:38+	02:11+	06:50+	01:17+	01:50+	02:00+	01:16+	00:29+
00:54+	05:16+	02:09+	01:20+	03:36+	05:38+	02:35+	01:19+	03:02+	01:53+	02:05+	01:12+	02:08+	04:38+	01:23+	02:38+	02:11+	06:50+	01:17+	01:50+	02:00+	01:16+	00:29+
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+	39:35+	41:18+	42:50+	46:28+	47:57+	50:36+	52:42+	54:46+	56:27+	57:50+	58:25+
01:02+	03:19+	04:53+	01:43+	03:12+	06:27+	06:48+	01:29+	02:49+	01:51+	02:37+	01:20+	02:05+	01:43+	01:32+	03:38+	01:29+	02:39+	02:06+	02:04+	01:41+	01:23+	00:35+
01:02+	03:19+	04:53+	01:43+	03:12+	06:27+	06:48+	01:29+	02:49+	01:51+	02:37+	01:20+	02:05+	01:43+	01:32+	03:38+	01:29+	02:39+	02:06+	02:04+	01:41+	01:23+	00:35+

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+	26:25+	27:31+	28:38+	30:55+	31:59+	33:47+	35:20+	36:34+	37:53+	39:01+	39:25+
00:49+	02:13+	05:01+	01:46+	02:17+	03:42+	01:47+	00:45+	02:39+	01:36+	01:29+	00:51+	01:30+	01:06+	01:07+	02:17+	01:04+	01:48+	01:33+	01:14+	01:19+	01:08+	00:24+
00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	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+	26:16+	28:09+	29:18+	31:17+	32:37+	34:33+	35:37+	36:59+	38:32+	39:42+	40:08+
00:55+	03:09+	02:08+	01:06+	02:44+	04:34+	02:18+	00:56+	01:41+	01:34+	02:20+	01:07+	01:44+	01:53+	01:09+	01:59+	01:20+	01:56+	01:04+	01:22+	01:33+	01:10+	00:26+
00:06#	00:56#	02:53-	00:40-	00:27#	00:52#	00:31#	00:11#	00:58-	00:02-	00:51#	00:16#	00:14#	00:47#	00:02+	00:18-	00:16#	00:08+	00:29-	00:08#	00:14#	00:02+	00:02+
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+	26:14+	27:41+	29:18+	31:37+	33:19+	34:58+	36:22+	38:22+	40:01+	41:05+	41:31+
00:50+	03:18+	01:49+	01:24+	02:42+	04:13+	02:17+	01:06+	01:50+	01:38+	02:00+	01:02+	02:05+	01:27+	01:37+	02:19+	01:42+	01:39+	01:24+	02:00+	01:39+	01:04+	00:26+
00:01+	01:05#	03:12-	00:22-	00:25#	00:31#	00:30#	00:21#	00:49-	00:02+	00:31#	00:11#	00:35#	00:21#	00:30#	00:02+	00:38#	00:09-	00:09-	00:46#	00:20#	00:04+	00:02+
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+	27:27+	29:01+	30:18+	32:43+	34:07+	35:56+	37:21+	38:52+	40:18+	41:29+	41:57+
00:58+	03:05+	02:20+	01:17+	02:57+	04:40+	02:16+	01:06+	02:05+	01:46+	02:05+	01:05+	01:47+	01:34+	01:17+	02:25+	01:24+	01:49+	01:25+	01:31+	01:26+	01:11+	00:28+
00:09#	00:52#	02:41-	00:29-	00:40#	00:58#	00:29#	00:21#	00:34-	00:10#	00:36#	00:14#	00:17#	00:28#	00:10#	00:08+	00:20#	00:01+	00:08-	00:17#	00:07+	00:03+	00:04#
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+	28:40+	29:55+	30:59+	32:32+	34:46+	37:16+	38:32+	39:32+	40:40+	41:39+	42:00+
00:46-	02:28+	05:46+	01:04-	02:24+	05:25+	01:36-	00:54+	02:42+	01:29-	01:31+	00:51-	01:44+	01:15+	01:04-	01:33-	02:14+	02:30+	01:16-	01:00-	01:08-	00:59-	00:21-
00:03-	00:15#	00:45#	00:42-	00:07+	01:43#	00:11-	00:09#	00:03+	00:07-	00:02+	00:00+	00:14#	00:09#	00:03-	00:44-	01:10#	00:42#	00:17-	00:14-	00:11-	00:09-	00:03-

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

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=
01:01=	01:49=	02:31=	02:15=
00:00=	00:00=	00:00=	00:00=

H50

2	Geir Inge Høivik	3522	36:20
00:57-	03:14+ 06:06+ 08:31+	09:32+ 12:30+ 13:59+ 16:51+	18:49+ 19:42+ 21:12+ 21:46+ 22:51+
00:57-	02:17+ 02:52+ 02:25+	01:01- 02:58- 01:29+ 02:52+	01:58+ 00:53+ 01:30+ 00:34- 01:05-
00:04-	00:28# 00:21# 00:10+	00:05- 00:22- 00:17# 00:12+	00:20# 00:02+ 00:09# 00:03- 00:02-
25:01+ 27:00+ 28:00+ 29:31+ 30:56+ 33:46+ 35:03+ 35:51+ 36:20+	02:10+ 01:59+ 01:00+ 01:31- 01:25= 02:50+ 01:17+ 00:48+ 00:29+	00:16# 00:04+ 00:04+ 00:03- 00:00= 00:23# 00:01+ 00:08# 00:02+	
3	Trondr Breiland	4248	36:54
01:00+ 03:09+ 05:29+ 08:07+	09:21+ 15:01+ 16:06+ 18:46+	20:26+ 21:20+ 22:46+ 23:32+ 24:36+	26:16+ 28:03+ 29:02+ 30:37+ 31:55+ 34:29+ 35:53+ 36:30+ 36:54+
01:00+ 02:09+ 02:20+ 02:38+	01:14+ 05:40+ 01:05+ 02:40+	01:40+ 00:54+ 01:26+ 00:46+ 01:04+	01:40+ 01:47+ 00:59+ 01:35+ 01:18+ 02:34+ 01:24+ 00:37+ 00:24+
01:00+ 02:09+ 02:20+ 02:38+	01:14+ 05:40+ 01:05+ 02:40+	01:40+ 00:54+ 01:26+ 00:46+ 01:04+	01:40+ 01:47+ 00:59+ 01:35+ 01:18+ 02:34+ 01:24+ 00:37+ 00:24+
4	Øyvind Madland	3522	37:11
00:59+ 02:45+ 05:08+ 07:18+	09:59+ 12:55+ 14:05+ 16:52+	18:53+ 19:43+ 21:17+ 21:56+ 23:08+	25:19+ 27:24+ 28:20+ 30:05+ 31:34+ 34:28+ 35:52+ 36:39+ 37:11+
00:59+ 01:46+ 02:23+ 02:10+	02:41+ 02:56+ 01:10+ 02:47+	02:01+ 00:50+ 01:34+ 00:39+ 01:12+	02:11+ 02:05+ 00:56+ 01:45+ 01:29+ 02:54+ 01:24+ 00:47+ 00:32+
00:59+ 01:46+ 02:23+ 02:10+	02:41+ 02:56+ 01:10+ 02:47+	02:01+ 00:50+ 01:34+ 00:39+ 01:12+	02:11+ 02:05+ 00:56+ 01:45+ 01:29+ 02:54+ 01:24+ 00:47+ 00:32+
5	Jone Kalheim	879	37:37
01:59+ 04:02+ 06:38+ 08:37+	09:41+ 12:43+ 13:59+ 16:57+	19:01+ 20:20+ 21:57+ 22:27+ 23:23+	26:28+ 28:16+ 29:15+ 30:50+ 32:26+ 35:00+ 36:38+ 37:13+ 37:37+
01:59+ 02:03+ 02:36+ 01:59+	01:04+ 03:02+ 01:16+ 02:58+	02:04+ 01:19+ 01:37+ 00:30+ 00:56+	03:05+ 01:48+ 00:59+ 01:35+ 01:36+ 02:34+ 01:38+ 00:35+ 00:24+
01:59+ 02:03+ 02:36+ 01:59+	01:04+ 03:02+ 01:16+ 02:58+	02:04+ 01:19+ 01:37+ 00:30+ 00:56+	03:05+ 01:48+ 00:59+ 01:35+ 01:36+ 02:34+ 01:38+ 00:35+ 00:24+
6	John Breiland	3694	38:04
01:02+ 02:56+ 05:43+ 08:01+	09:24+ 12:24+ 14:06+ 17:11+	19:07+ 20:03+ 21:40+ 22:11+ 23:19+	26:01+ 27:57+ 28:58+ 30:54+ 32:19+ 35:07+ 36:48+ 37:36+ 38:04+
01:02+ 01:54+ 02:47+ 02:18+	01:23+ 03:00+ 01:42+ 03:05+	01:56+ 00:56+ 01:37+ 00:31+ 01:08+	02:42+ 01:56+ 01:01+ 01:56+ 01:25+ 02:48+ 01:41+ 00:48+ 00:28+
01:02+ 01:54+ 02:47+ 02:18+	01:23+ 03:00+ 01:42+ 03:05+	01:56+ 00:56+ 01:37+ 00:31+ 01:08+	02:42+ 01:56+ 01:01+ 01:56+ 01:25+ 02:48+ 01:41+ 00:48+ 00:28+
7	Trond Lamark	878	38:22
01:05+ 02:58+ 05:23+ 07:30+	08:36+ 11:37+ 13:21+ 16:38+	18:17+ 20:27+ 23:16+ 23:59+ 25:12+	27:03+ 29:02+ 30:00+ 31:39+ 33:08+ 35:50+ 37:03+ 37:54+ 38:22+
01:05+ 01:53+ 02:25+ 02:07+	01:06+ 03:01+ 01:44+ 03:17+	01:39+ 02:10+ 02:49+ 00:43+ 01:13+	01:51+ 01:59+ 00:58+ 01:39+ 01:29+ 02:42+ 01:13+ 00:51+ 00:28+
01:05+ 01:53+ 02:25+ 02:07+	01:06+ 03:01+ 01:44+ 03:17+	01:39+ 02:10+ 02:49+ 00:43+ 01:13+	01:51+ 01:59+ 00:58+ 01:39+ 01:29+ 02:42+ 01:13+ 00:51+ 00:28+
8	Trygve Michaelsen	896	39:10
01:03+ 03:14+ 05:58+ 08:01+	09:07+ 12:18+ 13:45+ 16:58+	19:01+ 20:04+ 21:42+ 22:25+ 23:34+	25:53+ 28:27+ 29:36+ 31:23+ 33:11+ 36:28+ 37:54+ 38:44+ 39:10+
01:03+ 02:11+ 02:44+ 02:03+	01:06+ 03:11+ 01:27+ 03:13+	02:03+ 01:03+ 01:38+ 00:43+ 01:09+	02:19+ 02:34+ 01:09+ 01:47+ 01:48+ 03:17+ 01:26+ 00:50+ 00:26+
01:03+ 02:11+ 02:44+ 02:03+	01:06+ 03:11+ 01:27+ 03:13+	02:03+ 01:03+ 01:38+ 00:43+ 01:09+	02:19+ 02:34+ 01:09+ 01:47+ 01:48+ 03:17+ 01:26+ 00:50+ 00:26+
9	Arngrim Utskarpen	896	39:50
01:18+ 04:04+ 06:42+ 09:26+	10:40+ 13:48+ 15:17+ 18:13+	20:25+ 21:24+ 22:58+ 23:42+ 24:55+	27:24+ 29:28+ 30:42+ 32:35+ 34:08+ 37:08+ 38:37+ 39:22+ 39:50+
01:18+ 02:46+ 02:38+ 02:44+	01:14+ 03:08+ 01:29+ 02:56+	02:12+ 00:59+ 01:34+ 00:44+ 01:13+	02:29+ 02:04+ 01:14+ 01:53+ 01:33+ 03:00+ 01:29+ 00:45+ 00:28+
01:18+ 02:46+ 02:38+ 02:44+	01:14+ 03:08+ 01:29+ 02:56+	02:12+ 00:59+ 01:34+ 00:44+ 01:13+	02:29+ 02:04+ 01:14+ 01:53+ 01:33+ 03:00+ 01:29+ 00:45+ 00:28+
10	Anders Glenne	793	40:05
01:16+ 03:20+ 06:03+ 08:37+	10:20+ 13:28+ 14:47+ 19:52+	21:55+ 22:50+ 24:49+ 25:25+ 26:35+	28:57+ 30:56+ 31:57+ 33:28+ 34:49+ 37:41+ 38:57+ 39:41+ 40:05+
01:16+ 02:04+ 02:43+ 02:34+	01:43+ 03:08+ 01:19+ 05:05+	02:03+ 00:55+ 01:59+ 00:36+ 01:10+	02:22+ 01:59+ 01:01+ 01:31+ 01:21+ 02:52+ 01:16+ 00:44+ 00:24+
01:16+ 02:04+ 02:43+ 02:34+	01:43+ 03:08+ 01:19+ 05:05+	02:03+ 00:55+ 01:59+ 00:36+ 01:10+	02:22+ 01:59+ 01:01+ 01:31+ 01:21+ 02:52+ 01:16+ 00:44+ 00:24+
11	Jørgen Nilsen	1683	40:32
01:17+ 03:22+ 06:08+ 08:31+	09:56+ 12:55+ 14:26+ 17:37+	19:36+ 20:44+ 22:17+ 23:01+ 24:10+	26:43+ 29:23+ 30:36+ 32:38+ 34:18+ 37:19+ 39:06+ 40:00+ 40:32+
01:17+ 02:05+ 02:46+ 02:23+	01:25+ 02:59+ 01:31+ 03:11+	01:59+ 01:08+ 01:33+ 00:44+ 01:09+	02:33+ 02:40+ 01:13+ 02:02+ 01:40+ 03:01+ 01:47+ 00:54+ 00:32+
01:17+ 02:05+ 02:46+ 02:23+	01:25+ 02:59+ 01:31+ 03:11+	01:59+ 01:08+ 01:33+ 00:44+ 01:09+	02:33+ 02:40+ 01:13+ 02:02+ 01:40+ 03:01+ 01:47+ 00:54+ 00:32+
12	Lars Primstad	769	41:49
01:28+ 03:21+ 06:26+ 09:01+	10:12+ 10:59+ 13:29+ 16:10+	19:27+ 21:00+ 21:59+ 23:49+ 25:54+	26:51+ 28:32+ 30:19+ 31:19+ 33:16+ 34:39+ 37:17+ 39:25+ 41:24+ 41:49+
01:28+ 01:53+ 03:05+ 02:35+	01:11+ 00:47+ 02:30+ 02:41+	03:17+ 01:33+ 00:59+ 01:50+ 02:05+	00:57+ 01:41+ 01:47+ 01:00+ 01:57+ 01:23+ 02:38+ 02:08+ 01:59+ 00:25+
01:28+ 01:53+ 03:05+ 02:35+	01:11+ 00:47+ 02:30+ 02:41+	03:17+ 01:33+ 00:59+ 01:50+ 02:05+	00:57+ 01:41+ 01:47+ 01:00+ 01:57+ 01:23+ 02:38+ 02:08+ 01:59+ 00:25+
13	Erling Knutzen	879	42:54
01:04+ 03:23+ 06:38+ 09:18+	10:36+ 14:02+ 15:19+ 19:00+	21:12+ 22:13+ 23:50+ 24:28+ 25:57+	28:36+ 31:10+ 32:26+ 34:44+ 36:28+ 40:00+ 41:32+ 42:26+ 42:54+
01:04+ 02:19+ 03:15+ 02:40+	01:18+ 03:26+ 01:17+ 03:41+	02:12+ 01:01+ 01:37+ 00:38+ 01:29+	02:39+ 02:34+ 01:16+ 02:18+ 01:44+ 03:32+ 01:32+ 00:54+ 00:28+
01:04+ 02:19+ 03:15+ 02:40+	01:18+ 03:26+ 01:17+ 03:41+	02:12+ 01:01+ 01:37+ 00:38+ 01:29+	02:39+ 02:34+ 01:16+ 02:18+ 01:44+ 03:32+ 01:32+ 00:54+ 00:28+
14	Øystein Fuglestad	878	43:47
01:07+ 04:00+ 06:49+ 09:21+	11:18+ 14:38+ 15:53+ 19:47+	22:49+ 24:00+ 25:45+ 26:27+ 27:42+	30:12+ 32:21+ 33:39+ 35:35+ 37:11+ 40:36+ 42:20+ 43:17+ 43:47+
01:07+ 02:53+ 02:49+ 02:32+	01:57+ 03:20+ 01:15+ 03:54+	03:02+ 01:11+ 01:45+ 00:42+ 01:15+	02:30+ 02:09+ 01:18+ 01:56+ 01:36+ 03:25+ 01:44+ 00:57+ 00:30+
01:07+ 02:53+ 02:49+ 02:32+	01:57+ 03:20+ 01:15+ 03:54+	03:02+ 01:11+ 01:45+ 00:42+ 01:15+	02:30+ 02:09+ 01:18+ 01:56+ 01:36+ 03:25+ 01:44+ 00:57+ 00:30+
15	Fredrik Jomaas	4270	44:26
01:14+ 03:06+ 05:56+ 12:52+	14:01+ 17:36+ 18:51+ 21:50+	23:40+ 24:37+ 26:04+ 26:56+ 28:12+	30:46+ 33:10+ 34:17+ 36:16+ 38:01+ 40:59+ 42:45+ 43:48+ 44:26+
01:14+ 01:52+ 02:50+ 06:56+	01:09+ 03:35+ 01:15+ 02:59+	01:50+ 00:57+ 01:27+ 00:52+ 01:16+	02:34+ 02:24+ 01:07+ 01:59+ 01:45+ 02:58+ 01:46+ 01:03+ 00:38+
01:14+ 01:52+ 02:50+ 06:56+	01:09+ 03:35+ 01:15+ 02:59+	01:50+ 00:57+ 01:27+ 00:52+ 01:16+	02:34+ 02:24+ 01:07+ 01:59+ 01:45+ 02:58+ 01:46+ 01:03+ 00:38+

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 Brårdland	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 Renault	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+

H50

Beste strekketid 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+ 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# 00:09+ 01:00& 00:34& 01:07& 00:28& 00:26# 00:03+ 00:07# 00:05- 00:01+ 00:01+
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#

Class	Navn	Klasse	Tid
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H60

13	Øystein Dahle	1884	47:42																	
01:21+	02:52+	04:12+	05:34+	07:35+	08:42+	15:38+	19:53+	20:45+	22:05+	24:30+	27:37+	30:28+	32:34+	35:32+	39:31+	41:59+	42:59+	44:08+	46:41+	47:42+
01:21+	01:31+	01:20+	01:22-	02:01+	01:07+	06:56+	04:15+	00:52+	01:20+	02:25+	03:07+	02:51+	02:06+	02:58+	03:59+	02:28+	01:00+	01:09+	02:33+	01:01+
00:26&	00:34&	00:30&	00:09-	00:29&	00:25&	02:25&	00:59&	00:13&	00:36&	00:50&	00:48&	00:43&	00:21#	01:15&	02:11#	01:03&	00:22&	00:20&	00:52&	00:36#
14	John Carsten Sinnes	1884	51:42																	
01:42+	03:08+	04:27+	05:57+	08:17+	09:14+	14:33+	20:11+	21:16+	22:26+	24:57+	33:08+	36:04+	38:39+	41:03+	43:27+	45:36+	46:39+	47:46+	51:09+	51:42+
01:42+	01:26+	01:19+	01:30+	02:20+	00:57+	05:19+	05:38+	01:05+	01:10+	02:31+	08:11+	02:56+	02:35+	02:24+	02:24+	02:09+	01:03+	01:07+	03:23+	00:33+
01:42+	01:26+	01:19+	01:30+	02:20+	00:57+	05:19+	05:38+	01:05+	01:10+	02:31+	08:11+	02:56+	02:35+	02:24+	02:24+	02:09+	01:03+	01:07+	03:23+	00:33+
15	Inge Skretting	1384	55:38																	
01:38+	03:04+	04:18+	05:23+	07:41+	08:33+	24:57+	28:55+	29:46+	30:44+	33:14+	36:18+	39:00+	42:24+	44:52+	48:15+	50:22+	51:18+	52:18+	55:10+	55:38+
01:38+	01:26+	01:14+	01:05+	02:18+	00:52+	16:24+	03:58+	00:51+	00:58+	02:30+	03:04+	02:42+	03:24+	02:28+	03:23+	02:07+	00:56+	01:00+	02:52+	00:28+
01:38+	01:26+	01:14+	01:05+	02:18+	00:52+	16:24+	03:58+	00:51+	00:58+	02:30+	03:04+	02:42+	03:24+	02:28+	03:23+	02:07+	00:56+	01:00+	02:52+	00:28+
16	Svein Magne Gloppen	1884	58:16																	
08:15+	09:29+	10:29+	12:55+	16:44+	17:51+	24:12+	28:29+	29:51+	30:58+	34:04+	40:31+	43:29+	45:20+	49:00+	51:36+	53:38+	54:35+	55:36+	57:46+	58:16+
08:15+	01:14+	01:00+	02:26+	03:49+	01:07+	06:21+	04:17+	01:22+	01:07+	03:06+	06:27+	02:58+	01:51+	03:40+	02:36+	02:02+	00:57+	01:01+	02:10+	00:30+
08:15+	01:14+	01:00+	02:26+	03:49+	01:07+	06:21+	04:17+	01:22+	01:07+	03:06+	06:27+	02:58+	01:51+	03:40+	02:36+	02:02+	00:57+	01:01+	02:10+	00:30+
17	John Lage Bergan	1683	1:04:13																	
01:51+	03:25+	09:46+	11:03+	13:59+	18:50+	23:33+	28:18+	29:30+	31:20+	33:26+	37:32+	40:41+	42:42+	51:30+	55:33+	58:47+	60:01+	61:25+	63:36+	64:13+
01:51+	01:34+	06:21+	01:17+	02:56+	04:51+	04:43+	04:45+	01:12+	01:50+	02:06+	04:06+	03:09+	02:01+	08:48+	04:03+	03:14+	01:14+	01:24+	02:11+	00:37+
01:51+	01:34+	06:21+	01:17+	02:56+	04:51+	04:43+	04:45+	01:12+	01:50+	02:06+	04:06+	03:09+	02:01+	08:48+	04:03+	03:14+	01:14+	01:24+	02:11+	00:37+

Beste strekktid for klassen

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

H65

1	Otte Omdal	903	33:14																	
00:55=	01:56=	03:01=	04:00=	05:35=	06:16=	09:28=	13:30=	14:10=	14:56=	16:35=	19:51=	22:09=	23:46=	25:37=	27:43=	29:15=	30:09=	30:59=	32:52=	33:14=
00:55=	01:01=	01:05=	00:59=	01:35=	00:41=	03:12=	04:02=	00:40=	00:46=	01:39=	03:16=	02:18=	01:37=	01:51=	02:06=	01:32=	00:54=	00:50=	01:53=	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=
2	Kjell Dale	1884	36:23																	
01:20+	02:37+	03:40+	04:39+	06:32+	07:17+	11:09+	14:43+	15:28+	16:44+	18:34+	21:21+	23:37+	25:48+	28:00+	30:10+	32:00+	33:00+	33:54+	35:49+	36:23+
01:20+	01:17+	01:03-	00:59-	01:53+	00:45+	03:52+	03:34-	00:45+	01:16+	01:50+	02:47-	02:16-	02:11+	02:12+	02:10+	01:50+	01:00+	00:54+	01:55+	00:34+
00:25&	00:16&	00:02-	00:00=	00:18#	00:04+	00:40#	00:28-	00:05#	00:30&	00:11#	00:29-	00:02-	00:34&	00:21#	00:04+	00:18#	00:06#	00:04+	00:02+	00:12&
3	Morten Johannessen	793	38:23																	
01:15+	02:37+	03:40+	04:45+	06:40+	07:31+	12:47+	17:42+	18:31+	19:30+	21:14+	23:53+	26:28+	28:17+	30:27+	32:38+	34:17+	35:08+	36:01+	37:55+	38:23+
01:15+	01:22+	01:03-	01:05+	01:55+	00:51+	05:16+	04:55+	00:49+	00:59+	01:44+	02:39-	02:35+	01:49+	02:10+	02:11+	01:39+	00:51-	00:53+	01:54+	00:28+
00:20&	00:21&	00:02-	00:06#	00:20#	00:10#	02:04&	00:53#	00:09#	00:13&	00:05+	00:37-	00:17#	00:12#	00:19#	00:05+	00:07+	00:03-	00:03+	00:01+	00:06&
4	Arvid Mydland	3502	39:03																	
01:01+	02:03+	02:54-	04:08+	06:41+	07:30+	10:55+	19:11+	20:12+	20:55+	22:38+	25:09+	27:32+	29:21+	31:35+	33:34+	35:03+	36:04+	36:47+	38:38+	39:03+
01:01+	01:02+	00:51-	01:14+	02:33+	00:49+	03:25+	08:16+	01:01+	00:43-	01:43+	02:31-	02:23+	01:49+	02:14+	01:59-	01:29-	01:01+	00:43-	01:51-	00:25+
00:06#	00:01+	00:14-	00:15&	00:58&	00:08#	00:13+	04:14#	00:21&	00:03-	00:04+	00:45-	00:05+	00:12#	00:23#	00:07-	00:03-	00:07#	00:07-	00:02-	00:03#
5	Olav Tunheim	1884	41:22																	
01:22+	02:49+	03:59+	06:11+	08:21+	09:12+	13:11+	17:29+	18:19+	19:16+	21:38+	24:36+	27:25+	29:43+	32:25+	34:53+	36:48+	37:57+	39:04+	40:53+	41:22+
01:22+	01:27+	01:10+	02:12+	02:10+	00:51+	03:59+	04:18+	00:50+	00:57+	02:22+	02:58-	02:49+	02:18+	02:42+	02:28+	01:55+	01:09+	01:07+	01:49-	00:29+
00:27&	00:26&	00:05+	01:13#	00:35&	00:10#	00:47#	00:16+	00:10#	00:11#	00:43&	00:18-	00:31#	00:41&	00:51&	00:22#	00:23#	00:15&	00:17&	00:04-	00:07&
6	Sveinung Svebestad	878	43:44																	
01:44+	02:59+	04:06+	07:07+	09:11+	10:18+	14:36+	18:54+	19:52+	20:54+	22:57+	26:02+	28:51+	30:48+	33:36+	36:06+	38:18+	39:32+	40:38+	43:05+	43:44+
01:44+	01:15+	01:07+	03:01+	02:04+	01:07+	04:18+	04:18+	00:58+	01:02+	02:03+	03:05-	02:49+	01:57+	02:48+	02:30+	02:12+	01:14+	01:06+	02:27+	00:39+
00:49&	00:14#	00:02+	02:02#	00:29&	00:26&	01:06&	00:16+	00:18&	00:16&	00:24#	00:11-	00:31#	00:20#	00:57&	00:24#	00:40&	00:20&	00:16&	00:34&	00:17&
7	Ernst Kristensen	1683	44:12																	
01:28+	02:59+	04:11+	05:31+	07:43+	08:39+	13:29+	18:26+	19:18+	20:26+	22:35+	25:41+	29:02+	31:06+	33:59+	37:12+	39:15+	40:17+	41:23+	43:37+	44:12+
01:28+	01:31+	01:12+	01:20+	02:12+	00:56+	04:50+	04:57+	00:52+	01:08+	02:09+	03:06-	03:21+	02:04+	02:53+	03:13+	02:03+	01:02+	01:06+	02:14+	00:35+
00:33&	00:30&	00:07#	00:21&	00:37&	00:15&	01:38&	00:55#	00:12&	00:22&	00:30&	00:10-	01:03&	00:27&	01:02&	01:07&	00:31&	00:08#	00:16&	00:21#	00:13&

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-

Class	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.

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=	00:30=	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=
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

Class	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+ 02:29+ 03:13+ 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+ 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= 27:58= 29:20= 30:38= 32:21= 33:14= 33:45= 34:06=		
	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= 01:34= 01:22= 01:18= 01:43= 00:53= 00:31= 00:21=		
	00:00= 00:00=		

HB

4	Jon Åsmund Espedal	4242	38:47																						
01:43+	02:19-	03:43-	04:18-	07:11-	09:25-	10:33-	11:59+	13:31+	17:30+	18:58+	20:55+	21:45+	23:31+	24:39+	25:35+	26:33+	28:41+	29:36+	31:33+	33:02+	34:32+	37:02+	37:50+	38:21+	38:47+
01:43+	00:36-	01:24-	00:35+	02:53-	02:14+	01:08+	01:26+	01:32+	03:59-	01:28+	01:57+	00:50+	01:46+	01:08+	00:56-	00:58+	02:08+	00:55-	01:57+	01:29-	01:30+	02:30+	00:48-	00:31-	00:26+
00:01+	00:02-	00:05-	00:01+	00:28-	00:01+	00:04+	00:34&	00:07+	00:10-	00:01+	00:23#	00:00#	00:19#	00:24&	00:07-	00:01+	00:22#	00:06-	00:23#	00:01-	00:12#	00:43&	00:07-	00:01-	00:05#
5	Arne Eirik Nielsen	3588	39:12																						
02:10+	02:57+	04:31+	05:22+	08:35+	10:59+	12:14+	13:12+	15:09+	19:23+	21:07+	22:41+	23:27+	24:51+	25:28+	26:23+	27:25+	29:24+	30:29+	32:13+	33:47+	35:14+	37:10+	38:15+	38:51+	39:12+
02:10+	00:47+	01:34+	00:51+	03:13+	02:24+	01:15+	00:58+	01:57+	04:14+	01:44+	01:34+	00:46+	01:24+	00:37+	00:55+	01:02+	01:59+	01:05+	01:44+	01:34+	01:27+	01:56+	01:05+	00:36+	00:21+
02:10+	00:47+	01:34+	00:51+	03:13+	02:24+	01:15+	00:58+	01:57+	04:14+	01:44+	01:34+	00:46+	01:24+	00:37+	00:55+	01:02+	01:59+	01:05+	01:44+	01:34+	01:27+	01:56+	01:05+	00:36+	00:21+
6	Pontus Christensson	1884	40:35																						
02:09+	02:54+	04:20+	05:15+	09:32+	11:56+	13:05+	16:09+	17:57+	21:53+	23:24+	24:47+	25:31+	26:55+	27:37+	28:29+	29:22+	31:21+	32:23+	34:05+	35:43+	37:05+	38:51+	39:41+	40:14+	40:35+
02:09+	00:45+	01:26+	00:55+	04:17+	02:24+	01:09+	03:04+	01:48+	03:56+	01:31+	01:23+	00:44+	01:24+	00:42+	00:52+	00:53+	01:59+	01:02+	01:42+	01:38+	01:22+	01:46+	00:50+	00:33+	00:21+
02:09+	00:45+	01:26+	00:55+	04:17+	02:24+	01:09+	03:04+	01:48+	03:56+	01:31+	01:23+	00:44+	01:24+	00:42+	00:52+	00:53+	01:59+	01:02+	01:42+	01:38+	01:22+	01:46+	00:50+	00:33+	00:21+
7	Tom Furland	769	40:51																						
01:54+	02:41+	04:19+	05:10+	08:24+	11:00+	12:16+	13:05+	14:50+	19:52+	21:39+	23:28+	24:15+	26:04+	26:47+	27:47+	28:48+	30:43+	31:43+	33:34+	35:11+	36:42+	38:51+	39:49+	40:26+	40:51+
01:54+	00:45+	01:26+	00:51+	03:14+	02:36+	01:16+	00:49+	01:45+	05:02+	01:47+	01:49+	00:47+	01:49+	00:43+	01:00+	01:01+	01:55+	01:00+	01:51+	01:37+	01:31+	02:09+	00:58+	00:37+	00:25+
01:54+	00:47+	01:38+	00:51+	03:14+	02:36+	01:16+	00:49+	01:45+	05:02+	01:47+	01:49+	00:47+	01:49+	00:43+	01:00+	01:01+	01:55+	01:00+	01:51+	01:37+	01:31+	02:09+	00:58+	00:37+	00:25+
8	Geir Sand	722	40:53																						
02:21+	03:09+	05:02+	05:36+	08:35+	11:11+	12:36+	13:35+	15:29+	19:29+	21:11+	22:58+	23:48+	25:36+	26:32+	27:35+	28:55+	30:58+	32:13+	33:58+	35:39+	37:01+	38:59+	39:57+	40:32+	40:53+
02:21+	00:48+	01:53+	00:34+	02:59+	02:36+	01:25+	00:59+	01:54+	04:00+	01:42+	01:47+	00:50+	01:48+	00:56+	01:03+	01:20+	02:03+	01:15+	01:45+	01:41+	01:22+	01:58+	00:58+	00:35+	00:21+
02:21+	00:48+	01:53+	00:34+	02:59+	02:36+	01:25+	00:59+	01:54+	04:00+	01:42+	01:47+	00:50+	01:48+	00:56+	01:03+	01:20+	02:03+	01:15+	01:45+	01:41+	01:22+	01:58+	00:58+	00:35+	00:21+
9	Per Christian Munkhaug	3516	40:59																						
01:57+	02:46+	04:15+	04:54+	07:57+	10:26+	11:42+	12:49+	14:22+	18:30+	20:07+	21:32+	22:28+	24:04+	24:56+	25:56+	27:11+	29:53+	30:56+	34:13+	35:38+	37:04+	39:08+	40:04+	40:37+	40:59+
01:57+	00:49+	01:29+	00:39+	03:03+	02:29+	01:16+	01:07+	01:33+	04:08+	01:37+	01:25+	00:56+	01:36+	00:52+	01:00+	01:15+	02:42+	01:03+	03:17+	01:25+	01:26+	02:04+	00:56+	00:33+	00:22+
01:57+	00:49+	01:29+	00:39+	03:03+	02:29+	01:16+	01:07+	01:33+	04:08+	01:37+	01:25+	00:56+	01:36+	00:52+	01:00+	01:15+	02:42+	01:03+	03:17+	01:25+	01:26+	02:04+	00:56+	00:33+	00:22+
10	Odd Ivar Karlsen	3559	41:32																						
01:56+	02:42+	04:47+	05:22+	08:32+	11:06+	12:32+	13:35+	15:21+	19:48+	21:39+	23:16+	24:09+	25:41+	26:26+	27:30+	28:31+	30:40+	31:42+	33:42+	35:37+	37:13+	39:28+	40:34+	41:07+	41:32+
01:56+	00:46+	02:05+	00:35+	03:10+	02:34+	01:26+	01:03+	01:46+	04:27+	01:51+	01:37+	00:53+	01:32+	00:45+	01:04+	01:01+	02:09+	01:02+	02:00+	01:55+	01:36+	02:15+	01:06+	00:33+	00:25+
01:56+	00:46+	02:05+	00:35+	03:10+	02:34+	01:26+	01:03+	01:46+	04:27+	01:51+	01:37+	00:53+	01:32+	00:45+	01:04+	01:01+	02:09+	01:02+	02:00+	01:55+	01:36+	02:15+	01:06+	00:33+	00:25+
11	Kristoffer Johannessen	1830	43:53																						
02:08+	02:59+	04:42+	05:23+	10:15+	13:07+	14:31+	15:34+	17:13+	21:55+	24:12+	25:54+	26:47+	29:44+	30:33+	31:27+	32:28+	34:28+	35:27+	37:09+	38:49+	40:10+	41:57+	42:55+	43:30+	43:53+
02:08+	00:51+	01:43+	00:41+	04:52+	02:52+	01:24+	01:03+	01:39+	04:42+	02:17+	01:42+	00:53+	02:57+	00:49+	00:54+	01:01+	02:00+	00:59+	01:42+	01:40+	01:21+	01:47+	00:58+	00:35+	00:23+
02:08+	00:51+	01:43+	00:41+	04:52+	02:52+	01:24+	01:03+	01:39+	04:42+	02:17+	01:42+	00:53+	02:57+	00:49+	00:54+	01:01+	02:00+	00:59+	01:42+	01:40+	01:21+	01:47+	00:58+	00:35+	00:23+
12	Trond Sigurd Fotland	3507	52:36																						
02:12+	03:30+	05:11+	05:50+	08:57+	11:48+	13:43+	15:43+	17:17+	22:23+	24:38+	26:23+	27:21+	31:43+	32:35+	33:44+	34:50+	36:52+	38:06+	40:21+	42:19+	43:54+	49:59+	51:37+	52:14+	52:36+
02:12+	01:18+	01:41+	00:39+	03:07+	02:51+	01:55+	02:00+	01:34+	05:06+	02:15+	01:45+	00:58+	04:22+	00:52+	01:09+	01:06+	02:02+	01:14+	02:15+	01:58+	01:35+	06:05+	01:38+	00:37+	00:22+
02:12+	01:18+	01:41+	00:39+	03:07+	02:51+	01:55+	02:00+	01:34+	05:06+	02:15+	01:45+	00:58+	04:22+	00:52+	01:09+	01:06+	02:02+	01:14+	02:15+	01:58+	01:35+	06:05+	01:38+	00:37+	00:22+
13	Espen Fyhn Nilsen	1683	1:02:25																						
02:58+	04:00+	06:18+	07:22+	12:15+	15:43+	17:34+	18:54+	22:47+	29:24+	31:58+	34:41+	36:01+	38:53+	40:06+	41:44+	43:30+	46:42+	48:26+	51:20+	53:58+	56:16+	59:30+	60:54+	61:46+	62:25+
02:58+	01:02+	02:18+	01:04+	04:53+	03:28+	01:51+	01:20+	03:53+	06:37+	02:34+	02:43+	01:20+	02:52+	01:13+	01:38+	01:46+	03:12+	01:44+	02:54+	02:38+	02:18+	03:14+	01:24+	00:52+	00:39+
02:58+	01:02+	02:18+	01:04+	04:53+	03:28+	01:51+	01:20+	03:53+	06:37+	02:34+	02:43+	01:20+	02:52+	01:13+	01:38+	01:46+	03:12+	01:44+	02:54+	02:38+	02:18+	03:14+	01:24+	00:52+	00:39+

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#

HC

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 Øvremo	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+	02:59+	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+

15	Eivind Lie	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+

16	Pål Bårdsen	3497	49:34																			
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+
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								

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-				

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+

Class	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+	19:52+
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+	

Beste strekktid for klassen

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