

1	Siri Eppeland										1884				36:04			
01:16=	02:14=	03:52=	08:22=	09:34=	11:22=	12:47=	15:51=	18:08=	20:11=	24:59=	26:47=	29:16=	30:51=	33:19=	34:26=	35:24=	35:49=	36:04=
01:16=	00:58=	01:38=	04:30=	01:12=	01:48=	01:25=	03:04=	02:17=	02:03=	04:48=	01:48=	02:29=	01:35=	02:28=	01:07=	00:58=	00:25=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Lycke Austbø										989				36:34			
01:05=	02:03=	03:20=	05:47=	06:30=	08:26=	09:56=	15:43=	17:47=	19:59=	24:29=	26:20=	29:03=	30:50=	33:07=	34:00=	35:58+	36:20+	36:34+
01:05=	00:58=	01:17=	02:27=	00:43=	01:56+	01:30+	05:47+	02:04=	02:12+	04:30=	01:51+	02:43+	01:47+	02:17=	00:53=	01:58+	00:22=	00:14=
00:11=	00:00=	00:21=	02:03=	00:29=	00:08+	00:05+	02:43&	00:13=	00:09+	00:18=	00:03+	00:14+	00:12#	00:11=	00:14=	01:00@	00:03=	00:01=
3	Mari-Marthe Aamold										880				38:33			
01:15=	02:05=	03:20=	07:09=	08:22=	10:01=	11:23=	17:00+	18:59+	20:57+	25:24+	27:03+	29:48+	31:40+	33:50+	35:19+	37:09+	38:14+	38:33+
01:15=	00:50=	01:15=	03:49=	01:13+	01:39=	01:22=	05:37+	01:59=	01:58=	04:27=	01:39=	02:45+	01:52+	02:10=	01:29+	01:50+	01:05+	00:19+
00:01=	00:08=	00:23=	00:41=	00:01+	00:09=	00:03=	02:33&	00:18=	00:05=	00:21=	00:09=	00:16#	00:17#	00:18=	00:22&	00:52&	00:40@	00:04&
4	Hanna Haaland Sømme										874				39:57			
01:40+	03:03+	04:33+	10:03+	10:56+	12:34+	14:24+	17:35+	19:57+	21:55+	26:35+	28:49+	32:23+	34:04+	37:03+	38:08+	39:15+	39:42+	39:57+
01:40+	01:23+	01:30=	05:30+	00:53=	01:38=	01:50+	03:11+	02:22+	01:58=	04:40=	02:14+	03:34+	01:41+	02:59+	01:05=	01:07+	00:27+	00:15=
00:24&	00:25&	00:08=	01:00#	00:19=	00:10=	00:25&	00:07+	00:05+	00:05=	00:08=	00:26#	01:05&	00:06+	00:31#	00:02=	00:09#	00:02+	00:00=
5	Ragnhild Thorset Våge										896				40:31			
01:02=	01:50=	03:14=	08:28+	09:14=	11:16=	12:48+	17:01+	19:11+	20:56+	27:36+	29:22+	31:34+	33:57+	36:53+	38:14+	39:38+	40:12+	40:31+
01:02=	00:48=	01:24=	05:14+	00:46=	02:02+	01:32+	04:13+	02:10=	01:45=	06:40+	01:46=	02:12=	02:23+	02:56+	01:21+	01:24+	00:34+	00:19+
00:14=	00:10=	00:14=	00:44#	00:26=	00:14#	00:07+	01:09&	00:07=	00:18=	01:52&	00:02=	00:17=	00:48&	00:28#	00:14#	00:26&	00:09&	00:04&
6	Eli Karine Klungre										1754				41:18			
01:21+	02:24+	04:00+	07:06=	08:20=	10:44=	11:59=	16:13+	19:07+	21:18+	26:51+	28:58+	32:21+	33:59+	36:47+	38:33+	40:04+	41:05+	41:18+
01:21+	01:03+	01:36=	03:06=	01:14+	02:24+	01:15=	04:14+	02:54+	02:11+	05:33+	02:07+	03:23+	01:38+	02:48+	01:46+	01:31+	01:01+	00:13=
00:05+	00:05+	00:02=	01:24=	00:02+	00:36&	00:10=	01:10&	00:37&	00:08+	00:45#	00:19#	00:54&	00:03+	00:20#	00:39&	00:33&	00:36@	00:02=
7	Helene Salte Håland										1376				41:28			
01:10=	01:59=	03:20=	10:05+	10:41+	15:00+	16:31+	19:38+	22:15+	23:47+	27:41+	29:30+	34:04+	35:29+	38:16+	39:11+	40:49+	41:15+	41:28+
01:10=	00:49=	01:21=	06:45+	00:36=	04:19+	01:31+	03:07+	02:37+	01:32=	03:54=	01:49+	04:34+	01:25=	02:47+	00:55=	01:38+	00:26+	00:13=
00:06=	00:09=	00:17=	02:15&	00:36=	02:31@	00:06+	00:03+	00:20#	00:31=	00:54=	00:01+	02:05&	00:10=	00:19#	00:12=	00:40&	00:01+	00:02=
8	Christina Skår										3523				42:39			
01:32+	03:03+	04:47+	07:47=	09:06=	11:04=	12:53+	16:47+	19:30+	22:01+	28:49+	31:18+	34:11+	36:04+	39:15+	40:26+	41:48+	42:22+	42:39+
01:32+	01:31+	01:44+	03:00=	01:19+	01:58+	01:49+	03:54+	02:43+	02:31+	06:48+	02:29+	02:53+	01:53+	03:11+	01:11+	01:22+	00:34+	00:17+
00:16#	00:33&	00:06+	01:30=	00:07+	00:10+	00:24&	00:50&	00:26#	00:28#	02:00&	00:41&	00:24#	00:18#	00:43&	00:04+	00:24&	00:09&	00:02#
9	Johanne Trandem Næss										3512				44:27			
01:12=	02:13=	04:04+	10:17+	10:58+	13:05+	14:32+	17:53+	20:51+	23:04+	28:26+	30:08+	34:35+	36:17+	40:22+	42:03+	43:28+	44:12+	44:27+
01:12=	01:01+	01:51+	06:13+	00:41=	02:07+	01:27+	03:21+	02:58+	02:13+	05:22+	01:42=	04:27+	01:42+	04:05+	01:41+	01:25+	00:44+	00:15=
00:04=	00:03+	00:13#	01:43&	00:31=	00:19#	00:02+	00:17+	00:41&	00:10+	00:34#	00:06=	01:58&	00:07+	01:37&	00:34&	00:27&	00:19&	00:00=
10	Hege Bakken										1754				46:25			
01:24+	02:52+	04:24+	11:04+	11:57+	14:25+	15:57+	19:50+	22:41+	24:45+	30:33+	32:49+	36:11+	37:59+	41:37+	44:26+	45:40+	46:10+	46:25+
01:24+	01:28+	01:32=	06:40+	00:53=	02:28+	01:32+	03:53+	02:51+	02:04+	05:48+	02:16+	03:22+	01:48+	03:38+	02:49+	01:14+	00:30+	00:15=
00:08#	00:30&	00:06=	02:10&	00:19=	00:40&	00:07+	00:49&	00:34#	00:01+	01:00#	00:28&	00:53&	00:13#	01:10&	01:42@	00:16&	00:05#	00:00=
11	Ingvild Amalixsen										1683				47:22			
01:13=	02:08=	03:31=	16:59+	18:54+	20:27+	22:02+	25:09+	27:35+	29:31+	33:57+	35:48+	38:14+	39:53+	42:39+	44:24+	46:18+	47:05+	47:22+
01:13=	00:55=	01:23=	13:28+	01:55+	01:33=	01:35+	03:07+	02:26+	01:56=	04:26=	01:51+	02:26=	01:39+	02:46+	01:45+	01:54+	00:47+	00:17+
00:03=	00:03=	00:15=	08:58@	00:43&	00:15=	00:10#	00:03+	00:09+	00:07=	00:22=	00:03+	00:03=	00:04+	00:18#	00:38&	00:56&	00:22&	00:02#
12	Ann-Mari Vold										3529				50:31			
01:12=	02:07=	03:43=	10:31+	12:02+	14:09+	16:22+	20:08+	23:33+	25:45+	33:31+	35:39+	41:21+	43:23+	46:34+	48:00+	49:29+	50:15+	50:31+
01:12=	00:55=	01:36=	06:48+	01:31+	02:07+	02:13+	03:46+	03:25+	02:12+	07:46+	02:08+	05:42+	02:02+	03:11+	01:26+	01:29+	00:46+	00:16+
00:04=	00:03=	00:02=	02:18&	00:19&	00:19#	00:48&	00:42#	01:08&	00:09+	02:58&	00:20#	03:13@	00:27&	00:43&	00:19&	00:31&	00:21&	00:01+
13	Juliane Tytlandsvik Nødland										3512				56:45			
01:42+	03:08+	05:17+	11:48+	13:16+	15:42+	17:33+	22:19+	25:37+	28:52+	35:27+	37:56+	41:52+	44:47+	48:19+	49:57+	55:42+	56:18+	56:45+
01:42+	01:26+	02:09+	06:31+	01:28+	02:26+	01:51+	04:46+	03:18+	03:15+	06:35+	02:29+	03:56+	02:55+	03:32+	01:38+	05:45+	00:36+	00:27+
00:26&	00:28&	00:31&	02:01&	00:16#	00:38&	00:26&	01:42&	01:01&	01:12&	01:47&	00:41&	01:27&	01:20&	01:04&	00:31&	04:47@	00:11&	00:12&
14	Ingunn Landsnes										892				1:00:04			
01:37+	02:47+	04:26+	20:30+	21:45+	24:22+	26:20+	30:11+	33:35+	36:31+	43:08+	45:38+	49:30+	52:04+	55:42+	57:11+	59:08+	59:45+	60:04+
01:37+	01:10+	01:39+	16:04+	01:15+	02:37+	01:58+	03:51+	03:24+	02:56+	06:37+	02:30+	03:52+	02:34+	03:38+	01:29+	01:57+	00:37+	00:19+
00:21&	00:12#	00:01+	11:34@	00:03+	00:49&	00:33&	00:47&	01:07&	00:53&	01:49&	00:42&	01:23&	00:59&	01:10&	00:22&	00:59@	00:12&	00:04&

D16

15	Kristine Samnøen														722				1:01:36			
01:21+	02:49+	04:28+	22:45+	24:24+	26:36+	28:34+	32:09+	35:08+	37:24+	43:13+	45:45+	52:15+	54:17+	57:43+	59:02+	60:51+	61:18+	61:36+				
01:21+	01:28+	01:39+	18:17+	01:39+	02:12+	01:58+	03:35+	02:59+	02:16+	05:49+	02:32+	06:30+	02:02+	03:26+	01:19+	01:49+	00:27+	00:18+				
00:05+	00:30&	00:01+	13:47@	00:27&	00:24#	00:33&	00:31#	00:42&	00:13#	01:01#	00:44&	04:01@	00:27&	00:58&	00:12#	00:51&	00:02+	00:03#				
16	Idunn Husøy Naustdal														722				1:02:42			
01:12+	02:43+	04:07+	24:12+	25:31+	27:44+	29:41+	33:12+	36:17+	38:26+	44:26+	46:54+	53:22+	55:26+	58:51+	60:06+	62:00+	62:25+	62:42+				
01:12+	01:31+	01:24+	20:05+	01:19+	02:13+	01:57+	03:31+	03:05+	02:09+	06:00+	02:28+	06:28+	02:04+	03:25+	01:15+	01:54+	00:25+	00:17+				
01:12+	01:31+	01:24+	20:05+	01:19+	02:13+	01:57+	03:31+	03:05+	02:09+	06:00+	02:28+	06:28+	02:04+	03:25+	01:15+	01:54+	00:25+	00:17+				
17	Marie Hernæs Larsen														3565				1:25:21			
01:41+	02:58+	05:29+	21:36+	32:03+	39:59+	42:12+	47:14+	51:13+	53:29+	61:33+	65:09+	71:10+	73:25+	79:48+	82:43+	84:24+	85:03+	85:21+				
01:41+	01:17+	02:31+	16:07+	10:27+	07:56+	02:13+	05:02+	03:59+	02:16+	08:04+	03:36+	06:01+	02:15+	06:23+	02:55+	01:41+	00:39+	00:18+				
01:41+	01:17+	02:31+	16:07+	10:27+	07:56+	02:13+	05:02+	03:59+	02:16+	08:04+	03:36+	06:01+	02:15+	06:23+	02:55+	01:41+	00:39+	00:18+				

Beste strekktid for klassen

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

D40

1	Hanne Thu												3516				33:16			
02:22=	04:18=	05:10=	06:44=	07:46=	08:58=	10:49=	13:21=	15:46=	17:31=	22:07=	24:08=	25:22=	26:59=	28:40=	29:49=	32:37=	33:16=			
02:22=	01:56=	00:52=	01:34=	01:02=	01:12=	01:51=	02:32=	02:25=	01:45=	04:36=	02:01=	01:14=	01:37=	01:41=	01:09=	02:48=	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	Brit Nilsen												1830				34:01			
02:06-	03:59-	04:57-	06:31-	07:37-	09:05+	10:44-	13:07-	15:39-	17:34+	22:42+	24:50+	26:33+	27:44+	29:45+	31:08+	33:22+	34:01+			
02:06-	01:53-	00:58+	01:34=	01:06+	01:28+	01:39-	02:23-	02:32+	01:55+	05:08+	02:08+	01:43+	01:11-	02:01+	01:23+	02:14-	00:39=			
00:16-	00:03-	00:06#	00:00=	00:04+	00:16#	00:12-	00:09-	00:07+	00:10+	00:32#	00:07+	00:29&	00:26-	00:20#	00:14#	00:34-	00:00=			
3	Cecilie Johnson												892				35:12			
02:15-	04:34+	05:36+	07:14+	08:16+	09:44+	11:51+	14:16+	16:52+	18:42+	23:44+	25:52+	27:07+	28:46+	30:42+	32:05+	34:26+	35:12+			
02:15-	02:19+	01:02+	01:38+	01:02=	01:28+	02:07+	02:25-	02:36+	01:50+	05:02+	02:08+	01:15+	01:39+	01:56+	01:23+	02:21-	00:46+			
00:07-	00:23#	00:10#	00:04+	00:00=	00:16#	00:16#	00:07-	00:11+	00:05+	00:26+	00:07+	00:01+	00:02+	00:15#	00:14#	00:27-	00:07#			
4	Lise Nessa Di Lorenzo												1884				41:04			
03:07+	05:14+	07:38+	09:07+	10:06+	11:30+	13:26+	16:16+	19:32+	20:58+	25:36+	27:38+	30:47+	32:30+	34:27+	38:03+	40:08+	41:04+			
03:07+	02:07+	02:24+	01:29-	00:59-	01:24+	01:56+	02:50+	03:16+	01:26-	04:38+	02:02+	03:09+	01:43+	01:57+	03:36+	02:05-	00:56+			
00:45&	00:11+	01:32@	00:05-	00:03-	00:12#	00:05+	00:18#	00:51&	00:19-	00:02+	00:01+	01:55@	00:06+	00:16#	02:27@	00:43-	00:17&			
5	Torill Østraat												1884				41:18			
03:10+	06:51+	07:43+	09:40+	10:56+	12:36+	14:24+	17:00+	20:59+	22:49+	28:30+	31:06+	32:27+	34:26+	36:22+	37:45+	40:28+	41:18+			
03:10+	03:41+	00:52=	01:57+	01:16+	01:40+	01:48-	02:36+	03:59+	01:50+	05:41+	02:36+	01:21+	01:59+	01:56+	01:23+	02:43-	00:50+			
00:48&	01:45&	00:00=	00:23#	00:14#	00:28&	00:03-	00:04+	01:34&	00:05+	01:05#	00:35&	00:07+	00:22#	00:15#	00:14#	00:05-	00:11&			
6	Helene Lie												3565				42:28			
09:39+	13:56+	14:40+	16:11+	17:13+	18:36+	20:16+	22:36+	25:11+	26:41+	31:16+	33:20+	34:40+	36:26+	38:20+	39:33+	41:44+	42:28+			
09:39+	04:17+	00:44-	01:31-	01:02=	01:23+	01:40-	02:20-	02:35+	01:30-	04:35-	02:04+	01:20+	01:46+	01:54+	01:13+	02:11-	00:44+			
07:17@	02:21@	00:08-	00:03-	00:00=	00:11#	00:11-	00:12-	00:10+	00:15-	00:01-	00:03+	00:06+	00:09+	00:13#	00:04+	00:37-	00:05#			
7	Ane Hatteland Nese												769				43:24			
03:06+	05:33+	10:03+	11:51+	13:10+	14:58+	16:56+	19:46+	23:00+	25:06+	31:22+	33:45+	35:02+	36:48+	38:47+	40:07+	42:33+	43:24+			
03:06+	02:27+	04:30+	01:48+	01:19+	01:48+	01:58+	02:50+	03:14+	02:06+	06:16+	02:23+	01:17+	01:46+	01:59+	01:20+	02:26-	00:51+			
00:44&	00:31&	03:38@	00:14#	00:17&	00:36&	00:07+	00:18#	00:49&	00:21#	01:40&	00:22#	00:03+	00:09+	00:18#	00:11#	00:22-	00:12&			
8	Hege Jangseth												1884				46:46			
02:38+	07:32+	08:19+	10:14+	11:32+	13:19+	15:26+	18:36+	22:08+	25:18+	32:13+	34:39+	37:29+	39:16+	41:44+	43:12+	46:06+	46:46+			
02:38+	04:54+	00:47-	01:55+	01:18+	01:47+	02:07+	03:10+	03:32+	03:10+	06:55+	02:26+	02:50+	01:47+	02:28+	01:28+	02:54+	00:40+			
00:16#	02:58@	00:05-	00:21#	00:16&	00:35&	00:16#	00:38#	01:07&	01:25&	02:19&	00:25#	01:36@	00:10#	00:47&	00:19&	00:06+	00:01+			
9	Ane Odland												1683				49:26			
03:08+	07:50+	08:47+	18:11+	19:15+	20:39+	22:20+	24:43+	27:50+	29:38+	35:18+	38:16+	40:00+	41:55+	43:32+	46:01+	48:37+	49:26+			
03:08+	04:42+	00:57+	09:24+	01:04+	01:24+	01:41-	02:23-	03:07+	01:48+	05:40+	02:58+	01:44+	01:55+	01:37-	02:29+	02:36-	00:49+			
00:46&	02:46@	00:05+	07:50@	00:02+	00:12#	00:10-	00:09-	00:42&	00:03+	01:04#	00:57&	00:30&	00:18#	00:04-	01:20@	00:12-	00:10&			

Plass	Navn										Klasse										Tid													
D40																																		
10	Ritva Halsne										722										51:18													
04:58+	08:16+	10:55+	13:08+	14:39+	16:40+	19:34+	22:55+	27:04+	29:50+	37:00+	39:27+	41:01+	44:18+	46:23+	47:57+	50:23+	51:18+																	
04:58+	03:18+	02:39+	02:13+	01:31+	02:01+	02:54+	03:21+	04:09+	02:46+	07:10+	02:27+	01:34+	03:17+	02:05+	01:34+	02:26-	00:55+																	
02:36@	01:22&	01:47@	00:39&	00:29&	00:49&	01:03&	00:49&	01:44&	01:01&	02:34&	00:26#	00:20&	01:40@	00:24#	00:25&	00:22-	00:16&																	
11	Anne Mette Riskjell Høyland										3524										56:50													
04:42+	12:27+	14:41+	16:38+	17:49+	19:17+	21:57+	24:49+	28:27+	31:05+	40:47+	43:31+	44:46+	47:14+	50:00+	52:09+	55:52+	56:50+																	
04:42+	07:45+	02:14+	01:57+	01:11+	01:28+	02:40+	02:52+	03:38+	02:38+	09:42+	02:44+	01:15+	02:28+	02:46+	02:09+	03:43+	00:58+																	
04:42+	07:45+	02:14+	01:57+	01:11+	01:28+	02:40+	02:52+	03:38+	02:38+	09:42+	02:44+	01:15+	02:28+	02:46+	02:09+	03:43+	00:58+																	
12	Johanna Rajala										885										1:08:21													
03:44+	07:19+	11:27+	13:56+	16:39+	18:21+	22:38+	38:02+	41:12+	43:27+	51:32+	54:13+	57:31+	59:50+	62:00+	63:50+	67:09+	68:21+																	
03:44+	03:35+	04:08+	02:29+	02:43+	01:42+	04:17+	15:24+	03:10+	02:15+	08:05+	02:41+	03:18+	02:19+	02:10+	01:50+	03:19+	01:12+																	
03:44+	03:35+	04:08+	02:29+	02:43+	01:42+	04:17+	15:24+	03:10+	02:15+	08:05+	02:41+	03:18+	02:19+	02:10+	01:50+	03:19+	01:12+																	
Beste strekktid for klassen																																		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																		
D50																																		
1	Marit Haavardsholm										1683										30:12													
01:59=	03:43=	04:33=	05:59=	06:56=	08:17=	09:42=	11:49=	14:10=	15:45=	20:16=	22:05=	23:08=	24:21=	25:59=	27:30=	29:30=	30:12=																	
01:59=	01:44=	00:50=	01:26=	00:57=	01:21=	01:25=	02:07=	02:21=	01:35=	04:31=	01:49=	01:03=	01:13=	01:38=	01:31=	02:00=	00:42=																	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																	
2	Grethe Anda Fuglestad										1683										34:09													
05:29+	07:12+	08:02+	09:32+	10:39+	12:09+	13:47+	16:02+	18:39+	20:03+	24:24+	26:13+	27:22+	28:40+	30:15+	31:26+	33:27+	34:09+																	
05:29+	01:43-	00:50=	01:30+	01:07+	01:30+	01:38+	02:15+	02:37+	01:24-	04:21-	01:49=	01:09+	01:18+	01:35-	01:11-	02:01+	00:42=																	
03:30@	00:01-	00:00=	00:04+	00:10#	00:09#	00:13#	00:08+	00:16#	00:11-	00:10-	00:00=	00:06+	00:05+	00:03-	00:20-	00:01+	00:00=																	
3	Anita Glenne Kallhovd										3502										35:01													
02:08+	04:41+	07:46+	09:12+	10:34+	11:57+	13:36+	15:55+	18:38+	20:00+	24:48+	26:50+	27:56+	29:14+	30:52+	32:21+	34:23+	35:01+																	
02:08+	02:33+	03:05+	01:26=	01:22+	01:23+	01:39+	02:19+	02:43+	01:22-	04:48+	02:02+	01:06+	01:18+	01:38=	01:29-	02:02+	00:38-																	
00:09+	00:49&	02:15@	00:00=	00:25&	00:02+	00:14#	00:12+	00:22#	00:13-	00:17+	00:13#	00:03+	00:05+	00:00=	00:02-	00:02+	00:04-																	
4	Tone Cecilie Nystrøm										874										35:52													
02:23+	04:40+	05:46+	07:23+	08:52+	10:17+	12:01+	14:18+	16:55+	18:21+	23:55+	25:48+	28:47+	30:05+	31:42+	32:59+	35:05+	35:52+																	
02:23+	02:17+	01:06+	01:37+	01:29+	01:25+	01:44+	02:17+	02:37+	01:26-	05:34+	01:53+	02:59+	01:18+	01:37-	01:17-	02:06+	00:47+																	
00:24#	00:33&	00:16&	00:11#	00:32&	00:04+	00:19#	00:10+	00:16#	00:09-	01:03#	00:04+	01:56@	00:05+	00:01-	00:14-	00:06+	00:05#																	
5	Berit Aksland										1683										36:17													
04:50+	06:46+	07:39+	09:00+	10:18+	11:33+	13:06+	15:27+	17:53+	19:42+	24:10+	26:22+	28:01+	29:42+	31:53+	33:11+	35:34+	36:17+																	
04:50+	01:56+	00:53+	01:21-	01:18+	01:15-	01:33+	02:21+	02:26+	01:49+	04:28-	02:12+	01:39+	01:41+	02:11+	01:18-	02:23+	00:43+																	
02:51@	00:12#	00:03+	00:05-	00:21&	00:06-	00:08+	00:14#	00:05+	00:14#	00:03-	00:23#	00:36&	00:28&	00:33&	00:13-	00:23#	00:01+																	
6	Trude Hermanrud										896										37:05													
02:15+	04:20+	05:52+	07:38+	08:40+	10:15+	12:02+	14:25+	17:20+	19:04+	25:36+	27:40+	29:02+	30:37+	32:31+	33:57+	36:22+	37:05+																	
02:15+	02:05+	01:32+	01:46+	01:02+	01:35+	01:47+	02:23+	02:55+	01:44+	06:32+	02:04+	01:22+	01:35+	01:54+	01:26-	02:25+	00:43+																	
00:16#	00:21#	00:42&	00:20#	00:05+	00:14#	00:22&	00:16#	00:34#	00:09+	02:01&	00:15#	00:19&	00:22&	00:16#	00:05-	00:25#	00:01+																	
7	Mariann Sveinsvoll										3504										37:07													
02:35+	05:52+	06:50+	08:26+	09:43+	11:21+	13:05+	15:24+	18:22+	19:56+	25:19+	27:38+	29:03+	30:48+	32:36+	33:53+	36:20+	37:07+																	
02:35+	03:17+	00:58+	01:36+	01:17+	01:38+	01:44+	02:19+	02:58+	01:34-	05:23+	02:19+	01:25+	01:45+	01:48+	01:17-	02:27+	00:47+																	
00:36&	01:33&	00:08#	00:10#	00:20&	00:17#	00:19#	00:12+	00:37&	00:01-	00:52#	00:30&	00:22&	00:32&	00:10#	00:14-	00:27#	00:05#																	
8	Torill Andersen										1683										37:13													
03:13+	05:40+	06:47+	08:26+	09:31+	11:07+	12:52+	15:32+	18:38+	20:24+	25:03+	26:56+	28:14+	30:06+	32:14+	34:03+	36:21+	37:13+																	
03:13+	02:27+	01:07+	01:39+	01:05+	01:36+	01:45+	02:40+	03:06+	01:46+	04:39+	01:53+	01:18+	01:52+	02:08+	01:49+	02:18+	00:52+																	
01:14&	00:43&	00:17&	00:13#	00:08#	00:15#	00:20#	00:33&	00:45&	00:11#	00:08+	00:04+	00:15#	00:39&	00:30&	00:18#	00:18#	00:10#																	
9	Helen Haneferd										882										37:34													
02:20+	04:59+	07:33+	09:15+	10:24+	11:48+	13:34+	16:08+	19:23+	21:03+	26:27+	28:45+	29:52+	31:13+	32:54+	34:36+	36:43+	37:34+																	
02:20+	02:39+	02:34+	01:42+	01:09+	01:24+	01:46+	02:34+	03:15+	01:40+	05:24+	02:18+	01:07+	01:21+	01:41+	01:42+	02:07+	00:51+																	
00:21#	00:55&	01:44@	00:16#	00:12#	00:03+	00:21#	00:27#	00:54&	00:05+	00:53#	00:29&	00:04+	00:08#	00:03+	00:11#	00:07+	00:09#																	

Plass	Navn					Klasse					Tid						
D50																	
10	Iren Undheim Øgreid					769					37:47						
04:57+	09:26+	10:12+	11:40+	12:44+	14:06+	15:52+	18:02+	20:26+	22:12+	27:25+	29:21+	30:38+	32:05+	33:46+	35:11+	37:06+	37:47+
04:57+	04:29+	00:46-	01:28+	01:04+	01:22+	01:46+	02:10+	02:24+	01:46+	05:13+	01:56+	01:17+	01:27+	01:41+	01:25-	01:55-	00:41-
02:58ø	02:45ø	00:04-	00:02+	00:07#	00:01+	00:21#	00:03+	00:03+	00:11#	00:42#	00:07+	00:14#	00:14#	00:03+	00:06-	00:05-	00:01-
11	Gerd Olaug Vikeså					1758					37:52						
02:04+	04:02+	05:08+	06:37+	07:44+	09:19+	11:03+	13:32+	16:04+	17:51+	24:21+	26:41+	27:57+	31:19+	33:13+	34:42+	37:06+	37:52+
02:04+	01:58+	01:06+	01:29+	01:07+	01:35+	01:44+	02:29+	02:32+	01:47+	06:30+	02:20+	01:16+	03:22+	01:54+	01:29+	02:24+	00:46+
02:04+	01:58+	01:06+	01:29+	01:07+	01:35+	01:44+	02:29+	02:32+	01:47+	06:30+	02:20+	01:16+	03:22+	01:54+	01:29+	02:24+	00:46+
12	Signe Ottesen					1683					38:11						
03:41+	05:53+	06:55+	08:52+	10:04+	11:36+	13:26+	16:13+	19:36+	21:35+	26:58+	29:18+	30:50+	32:11+	34:00+	35:14+	37:17+	38:11+
03:41+	02:12+	01:02+	01:57+	01:12+	01:32+	01:50+	02:47+	03:23+	01:59+	05:23+	02:20+	01:32+	01:21+	01:49+	01:14+	02:03+	00:54+
03:41+	02:12+	01:02+	01:57+	01:12+	01:32+	01:50+	02:47+	03:23+	01:59+	05:23+	02:20+	01:32+	01:21+	01:49+	01:14+	02:03+	00:54+
13	Ingunn Anda Haug					2342					38:38						
02:20+	04:42+	07:13+	08:51+	10:10+	11:49+	13:33+	16:11+	19:06+	21:10+	27:40+	29:41+	30:57+	32:28+	34:19+	35:33+	37:50+	38:38+
02:20+	02:22+	02:31+	01:38+	01:19+	01:39+	01:44+	02:38+	02:55+	02:04+	06:30+	02:01+	01:16+	01:31+	01:51+	01:14+	02:17+	00:48+
02:20+	02:22+	02:31+	01:38+	01:19+	01:39+	01:44+	02:38+	02:55+	02:04+	06:30+	02:01+	01:16+	01:31+	01:51+	01:14+	02:17+	00:48+
14	Randi Ladsten					1832					39:01						
03:05+	05:20+	07:46+	09:18+	11:32+	13:02+	15:07+	17:32+	20:00+	21:32+	27:36+	29:43+	30:50+	32:40+	34:37+	36:01+	38:12+	39:01+
03:05+	02:15+	02:26+	01:32+	02:14+	01:30+	02:05+	02:25+	02:28+	01:32+	06:04+	02:07+	01:07+	01:50+	01:57+	01:24+	02:11+	00:49+
03:05+	02:15+	02:26+	01:32+	02:14+	01:30+	02:05+	02:25+	02:28+	01:32+	06:04+	02:07+	01:07+	01:50+	01:57+	01:24+	02:11+	00:49+
15	Toril Dahle					1683					39:27						
02:38+	06:33+	09:07+	11:01+	12:13+	13:39+	15:35+	18:06+	21:28+	22:56+	27:41+	29:25+	30:50+	33:10+	34:57+	36:18+	38:37+	39:27+
02:38+	03:55+	02:34+	01:54+	01:12+	01:26+	01:56+	02:31+	03:22+	01:28+	04:45+	01:44+	01:25+	02:20+	01:47+	01:21+	02:19+	00:50+
02:38+	03:55+	02:34+	01:54+	01:12+	01:26+	01:56+	02:31+	03:22+	01:28+	04:45+	01:44+	01:25+	02:20+	01:47+	01:21+	02:19+	00:50+
16	Inger Johanne Klausen					3529					39:43						
02:46+	06:50+	08:12+	09:46+	10:56+	12:20+	14:36+	16:54+	19:39+	21:05+	26:03+	28:02+	29:23+	32:36+	34:55+	36:55+	39:05+	39:43+
02:46+	04:04+	01:22+	01:34+	01:10+	01:24+	02:16+	02:18+	02:45+	01:26+	04:58+	01:59+	01:21+	03:13+	02:19+	02:00+	02:10+	00:38+
02:46+	04:04+	01:22+	01:34+	01:10+	01:24+	02:16+	02:18+	02:45+	01:26+	04:58+	01:59+	01:21+	03:13+	02:19+	02:00+	02:10+	00:38+
17	Keth Berggraf					1683					40:59						
07:48+	10:33+	11:28+	13:06+	14:10+	15:39+	18:20+	20:42+	23:25+	25:04+	29:56+	32:10+	33:20+	34:56+	36:44+	38:13+	40:15+	40:59+
07:48+	02:45+	00:55+	01:38+	01:04+	01:29+	02:41+	02:22+	02:43+	01:39+	04:52+	02:14+	01:10+	01:36+	01:48+	01:29+	02:02+	00:44+
07:48+	02:45+	00:55+	01:38+	01:04+	01:29+	02:41+	02:22+	02:43+	01:39+	04:52+	02:14+	01:10+	01:36+	01:48+	01:29+	02:02+	00:44+
18	Evy Klausen Mjølunes					769					41:06						
04:34+	06:39+	07:47+	09:16+	11:06+	12:26+	14:26+	19:46+	22:51+	24:17+	30:33+	33:03+	34:07+	35:30+	37:16+	38:33+	40:26+	41:06+
04:34+	02:05+	01:08+	01:29+	01:50+	01:20+	02:00+	05:20+	03:05+	01:26+	06:16+	02:30+	01:04+	01:23+	01:46+	01:17+	01:53+	00:40+
04:34+	02:05+	01:08+	01:29+	01:50+	01:20+	02:00+	05:20+	03:05+	01:26+	06:16+	02:30+	01:04+	01:23+	01:46+	01:17+	01:53+	00:40+
19	Astri Sandanger					896					41:49						
02:47+	05:24+	06:43+	08:26+	09:43+	11:21+	13:28+	16:06+	19:54+	21:41+	27:37+	29:48+	32:26+	34:43+	36:46+	38:16+	41:02+	41:49+
02:47+	02:37+	01:19+	01:43+	01:17+	01:38+	02:07+	02:38+	03:48+	01:47+	05:56+	02:11+	02:38+	02:17+	02:03+	01:30+	02:46+	00:47+
02:47+	02:37+	01:19+	01:43+	01:17+	01:38+	02:07+	02:38+	03:48+	01:47+	05:56+	02:11+	02:38+	02:17+	02:03+	01:30+	02:46+	00:47+
20	Ingjerd Haddeland					3507					43:56						
02:57+	05:38+	07:04+	08:54+	10:42+	12:29+	15:41+	18:19+	21:33+	23:12+	29:41+	32:34+	34:00+	35:36+	37:44+	39:52+	42:47+	43:56+
02:57+	02:41+	01:26+	01:50+	01:48+	01:47+	03:12+	02:38+	03:14+	01:39+	06:29+	02:53+	01:26+	01:36+	02:08+	02:08+	02:55+	01:09+
02:57+	02:41+	01:26+	01:50+	01:48+	01:47+	03:12+	02:38+	03:14+	01:39+	06:29+	02:53+	01:26+	01:36+	02:08+	02:08+	02:55+	01:09+
21	Turid Eikebu Alfsen					1683					44:37						
03:51+	07:44+	09:03+	11:00+	12:25+	14:16+	16:35+	19:03+	22:21+	24:00+	30:54+	33:39+	35:27+	37:01+	39:18+	41:28+	43:45+	44:37+
03:51+	03:53+	01:19+	01:57+	01:25+	01:51+	02:19+	02:28+	03:18+	01:39+	06:54+	02:45+	01:48+	01:34+	02:17+	02:10+	02:17+	00:52+
03:51+	03:53+	01:19+	01:57+	01:25+	01:51+	02:19+	02:28+	03:18+	01:39+	06:54+	02:45+	01:48+	01:34+	02:17+	02:10+	02:17+	00:52+
22	Gøril Braut Aarsand					2539					46:01						
03:22+	09:32+	10:49+	12:32+	14:28+	15:58+	18:01+	22:16+	25:21+	27:19+	33:34+	36:28+	37:52+	39:35+	41:28+	42:46+	45:12+	46:01+
03:22+	06:10+	01:17+	01:43+	01:56+	01:30+	02:03+	04:15+	03:05+	01:58+	06:15+	02:54+	01:24+	01:43+	01:53+	01:18+	02:26+	00:49+
03:22+	06:10+	01:17+	01:43+	01:56+	01:30+	02:03+	04:15+	03:05+	01:58+	06:15+	02:54+	01:24+	01:43+	01:53+	01:18+	02:26+	00:49+
23	Tove Irene Asheim					1683					46:23						
02:40+	05:05+	06:30+	08:28+	11:05+	12:55+	14:50+	17:45+	20:59+	22:37+	31:39+	35:07+	36:56+	39:08+	41:05+	42:36+	45:23+	46:23+
02:40+	02:25+	01:25+	01:58+	02:37+	01:50+	01:55+	02:55+	03:14+	01:38+	09:02+	03:28+	01:49+	02:12+	01:57+	01:31+	02:47+	01:00+
02:40+	02:25+	01:25+	01:58+	02:37+	01:50+	01:55+	02:55+	03:14+	01:38+	09:02+	03:28+	01:49+	02:12+	01:57+	01:31+	02:47+	01:00+

Plass	Navn					Klasse					Tid						
D50																	
24	Hilde Frøytløg Karlsen					1284					46:34						
04:01+	06:55+	08:02+	10:09+	11:45+	13:43+	16:00+	19:22+	23:12+	25:29+	32:11+	35:06+	36:34+	38:34+	41:07+	42:58+	45:41+	46:34+
04:01+	02:54+	01:07+	02:07+	01:36+	01:58+	02:17+	03:22+	03:50+	02:17+	06:42+	02:55+	01:28+	02:00+	02:33+	01:51+	02:43+	00:53+
04:01+	02:54+	01:07+	02:07+	01:36+	01:58+	02:17+	03:22+	03:50+	02:17+	06:42+	02:55+	01:28+	02:00+	02:33+	01:51+	02:43+	00:53+
25	Marie-Elizabeth Reinseth					882					48:42						
02:40+	05:42+	06:48+	08:45+	09:58+	11:31+	13:15+	18:04+	21:23+	22:46+	28:03+	29:58+	31:14+	33:09+	34:53+	45:44+	47:47+	48:42+
02:40+	03:02+	01:06+	01:57+	01:13+	01:33+	01:44+	04:49+	03:19+	01:23+	05:17+	01:55+	01:16+	01:55+	01:44+	10:51+	02:03+	00:55+
02:40+	03:02+	01:06+	01:57+	01:13+	01:33+	01:44+	04:49+	03:19+	01:23+	05:17+	01:55+	01:16+	01:55+	01:44+	10:51+	02:03+	00:55+
26	Åse Sellereite					882					49:05						
03:54+	05:58+	06:56+	08:48+	10:01+	11:31+	13:16+	19:50+	23:16+	24:56+	32:57+	34:39+	36:12+	38:46+	40:40+	45:45+	48:14+	49:05+
03:54+	02:04+	00:58+	01:52+	01:13+	01:30+	01:45+	06:34+	03:26+	01:40+	08:01+	01:42+	01:33+	02:34+	01:54+	05:05+	02:29+	00:51+
03:54+	02:04+	00:58+	01:52+	01:13+	01:30+	01:45+	06:34+	03:26+	01:40+	08:01+	01:42+	01:33+	02:34+	01:54+	05:05+	02:29+	00:51+
27	Andrea Tapken					3529					52:58						
03:32+	07:40+	08:45+	10:47+	12:09+	14:00+	17:08+	19:54+	26:02+	27:48+	34:42+	39:05+	40:42+	44:00+	47:24+	48:44+	52:03+	52:58+
03:32+	04:08+	01:05+	02:02+	01:22+	01:51+	03:08+	02:46+	06:08+	01:46+	06:54+	04:23+	01:37+	03:18+	03:24+	01:20+	03:19+	00:55+
03:32+	04:08+	01:05+	02:02+	01:22+	01:51+	03:08+	02:46+	06:08+	01:46+	06:54+	04:23+	01:37+	03:18+	03:24+	01:20+	03:19+	00:55+
28	Elisabeth Melbø					879					55:00						
09:41+	11:51+	12:49+	14:24+	15:51+	21:09+	22:59+	27:25+	31:16+	35:57+	41:34+	43:58+	45:42+	47:49+	49:54+	51:20+	54:15+	55:00+
09:41+	02:10+	00:58+	01:35+	01:27+	05:18+	01:50+	04:26+	03:51+	04:41+	05:37+	02:24+	01:44+	02:07+	02:05+	01:26+	02:55+	00:45+
09:41+	02:10+	00:58+	01:35+	01:27+	05:18+	01:50+	04:26+	03:51+	04:41+	05:37+	02:24+	01:44+	02:07+	02:05+	01:26+	02:55+	00:45+
29	Ragnhild Båtnes Berntsen					1758					1:00:06						
03:51+	19:41+	21:32+	23:26+	24:54+	26:34+	29:17+	32:49+	36:22+	38:06+	46:33+	49:03+	50:56+	52:59+	55:05+	56:41+	59:10+	60:06+
03:51+	15:50+	01:51+	01:54+	01:28+	01:40+	02:43+	03:32+	03:33+	01:44+	08:27+	02:30+	01:53+	02:03+	02:06+	01:36+	02:29+	00:56+
03:51+	15:50+	01:51+	01:54+	01:28+	01:40+	02:43+	03:32+	03:33+	01:44+	08:27+	02:30+	01:53+	02:03+	02:06+	01:36+	02:29+	00:56+
30	Renate Furenes					892					1:01:07						
04:38+	10:43+	12:06+	14:05+	15:50+	17:35+	22:36+	25:20+	28:57+	30:35+	43:23+	46:20+	48:09+	51:15+	53:27+	55:37+	60:10+	61:07+
04:38+	06:05+	01:23+	01:59+	01:45+	01:45+	05:01+	02:44+	03:37+	01:38+	12:48+	02:57+	01:49+	03:06+	02:12+	02:10+	04:33+	00:57+
04:38+	06:05+	01:23+	01:59+	01:45+	01:45+	05:01+	02:44+	03:37+	01:38+	12:48+	02:57+	01:49+	03:06+	02:12+	02:10+	04:33+	00:57+
31	Brit Vivian Meling					1683					1:35:38						
19:30+	23:26+	24:55+	27:47+	30:11+	33:02+	36:46+	41:21+	46:24+	49:27+	67:22+	71:29+	75:03+	79:47+	83:59+	86:25+	92:49+	95:38+
19:30+	03:56+	01:29+	02:52+	02:24+	02:51+	03:44+	04:35+	05:03+	03:03+	17:55+	04:07+	03:34+	04:44+	04:12+	02:26+	06:24+	02:49+
19:30+	03:56+	01:29+	02:52+	02:24+	02:51+	03:44+	04:35+	05:03+	03:03+	17:55+	04:07+	03:34+	04:44+	04:12+	02:26+	06:24+	02:49+
32	Siw Gjerdingen					3676					1:35:57						
09:59+	30:42+	32:46+	35:31+	37:21+	39:46+	44:03+	52:34+	56:14+	58:52+	75:07+	78:07+	79:57+	83:29+	87:10+	91:17+	94:27+	95:57+
09:59+	20:43+	02:04+	02:45+	01:50+	02:25+	04:17+	08:31+	03:40+	02:38+	16:15+	03:00+	01:50+	03:32+	03:41+	04:07+	03:10+	01:30+
09:59+	20:43+	02:04+	02:45+	01:50+	02:25+	04:17+	08:31+	03:40+	02:38+	16:15+	03:00+	01:50+	03:32+	03:41+	04:07+	03:10+	01:30+
Beste strekktid for klassen																	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
D60																	
1	Ragnhild Auglænd					769					32:02						
01:33=	02:36=	04:14=	05:07=	07:31=	10:17=	12:10=	14:28=	17:35=	18:28=	20:59=	23:05=	25:28=	27:55=	29:28=	31:45=	32:02=	
01:33=	01:03=	01:38=	00:53=	02:24=	02:46=	01:53=	02:18=	03:07=	00:53=	02:31=	02:06=	02:23=	02:27=	01:33=	02:17=	00:17=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Liv Omdal					1683					35:11						
01:27-	02:39+	04:27+	05:37+	07:57+	11:05+	12:59+	15:12+	19:09+	19:54+	22:53+	25:51+	28:52+	31:13+	32:42+	34:54+	35:11+	
01:27-	01:12+	01:48+	01:10+	02:20-	03:08+	01:54+	02:13-	03:57+	00:45-	02:59+	02:58+	03:01+	02:21-	01:29-	02:12-	00:17=	
00:06-	00:09#	00:10#	00:17&	00:04-	00:22#	00:01+	00:05-	00:50&	00:08-	00:28#	00:52&	00:38&	00:06-	00:04-	00:05-	00:00=	
3	Ingrid E. I. Øxnevad					3516					36:13						
01:12-	02:15-	03:46-	04:52-	07:10-	10:38+	12:07-	15:29+	18:25+	19:53+	24:37+	26:44+	29:25+	31:54+	33:41+	35:55+	36:13+	
01:12-	01:03=	01:31-	01:06+	02:18-	03:28+	01:29-	03:22+	02:56-	01:28+	04:44+	02:07+	02:41+	02:29+	01:47+	02:14-	00:18+	
00:21-	00:00=	00:07-	00:13#	00:06-	00:42&	00:24-	01:04&	00:11-	00:35&	02:13&	00:01+	00:18#	00:02+	00:14#	00:03-	00:01+	

Plass	Navn					Klasse					Tid							
D60																		
4	Kari Anstensrud					896					37:57							
	01:29-	03:23+	05:16+	06:37+	09:05+	11:50+	13:32+	16:42+	20:08+	21:15+	24:08+	26:08+	31:00+	33:27+	35:26+	37:42+	37:57+	
	01:29-	01:54+	01:53+	01:21+	02:28+	02:45-	01:42-	03:10+	03:26+	01:07+	02:53+	02:00-	04:52+	02:27=	01:59+	02:16-	00:15-	
	00:04-	00:51&	00:15#	00:28&	00:04+	00:01-	00:11-	00:52&	00:19#	00:14&	00:22#	00:06-	02:29@	00:00=	00:26&	00:01-	00:02-	
5	Kristin Skadsem					3516					38:21							
	01:26+	02:27+	04:06+	05:03+	07:05+	12:01+	13:54+	16:18+	19:51+	20:47+	24:45+	27:05+	30:56+	33:34+	35:18+	37:56+	38:21+	
	01:26+	01:01+	01:39+	00:57+	02:02+	04:56+	01:53+	02:24+	03:33+	00:56+	03:58+	02:20+	03:51+	02:38+	01:44+	02:38+	00:25+	
	01:26+	01:01+	01:39+	00:57+	02:02+	04:56+	01:53+	02:24+	03:33+	00:56+	03:58+	02:20+	03:51+	02:38+	01:44+	02:38+	00:25+	
6	Eli Tjøland Stokka					1141					39:20							
	01:36+	02:48+	04:55+	05:59+	08:34+	11:29+	13:37+	16:04+	19:42+	20:40+	23:43+	25:54+	32:23+	34:55+	36:36+	39:00+	39:20+	
	01:36+	01:12+	02:07+	01:04+	02:35+	02:55+	02:08+	02:27+	03:38+	00:58+	03:03+	02:11+	06:29+	02:32+	01:41+	02:24+	00:20+	
	01:36+	01:12+	02:07+	01:04+	02:35+	02:55+	02:08+	02:27+	03:38+	00:58+	03:03+	02:11+	06:29+	02:32+	01:41+	02:24+	00:20+	
7	Anne-Siv Gjertsen					882					39:37							
	01:17+	02:25+	03:54+	04:45+	06:55+	09:29+	11:23+	16:25+	20:17+	21:30+	27:08+	29:04+	33:21+	35:32+	37:08+	39:21+	39:37+	
	01:17+	01:08+	01:29+	00:51+	02:10+	02:34+	01:54+	05:02+	03:52+	01:13+	05:38+	01:56+	04:17+	02:11+	01:36+	02:13+	00:16+	
	01:17+	01:08+	01:29+	00:51+	02:10+	02:34+	01:54+	05:02+	03:52+	01:13+	05:38+	01:56+	04:17+	02:11+	01:36+	02:13+	00:16+	
8	Ellinor Hoemsnes					1683					43:13							
	01:37+	02:47+	05:16+	06:39+	11:56+	15:17+	17:05+	21:26+	26:33+	27:29+	31:01+	33:40+	36:26+	39:16+	40:48+	42:53+	43:13+	
	01:37+	01:10+	02:29+	01:23+	05:17+	03:21+	01:48+	04:21+	05:07+	00:56+	03:32+	02:39+	02:46+	02:50+	01:32+	02:05+	00:20+	
	01:37+	01:10+	02:29+	01:23+	05:17+	03:21+	01:48+	04:21+	05:07+	00:56+	03:32+	02:39+	02:46+	02:50+	01:32+	02:05+	00:20+	
9	Mona Berntsen					1832					43:35							
	01:24+	02:33+	04:13+	05:37+	08:20+	10:53+	12:56+	14:48+	18:47+	20:08+	30:43+	32:53+	36:40+	39:01+	40:49+	43:13+	43:35+	
	01:24+	01:09+	01:40+	01:24+	02:43+	02:33+	02:03+	01:52+	03:59+	01:21+	10:35+	02:10+	03:47+	02:21+	01:48+	02:24+	00:22+	
	01:24+	01:09+	01:40+	01:24+	02:43+	02:33+	02:03+	01:52+	03:59+	01:21+	10:35+	02:10+	03:47+	02:21+	01:48+	02:24+	00:22+	
10	Nina Christiansen					722					48:01							
	01:24+	02:39+	04:31+	05:32+	07:50+	14:53+	16:33+	18:30+	23:54+	28:32+	29:18+	35:09+	37:59+	41:14+	43:46+	45:38+	47:41+	48:01+
	01:24+	01:15+	01:52+	01:01+	02:18+	07:03+	01:40+	01:57+	05:24+	04:38+	00:46+	05:51+	02:50+	03:15+	02:32+	01:52+	02:03+	00:20+
	01:24+	01:15+	01:52+	01:01+	02:18+	07:03+	01:40+	01:57+	05:24+	04:38+	00:46+	05:51+	02:50+	03:15+	02:32+	01:52+	02:03+	00:20+
11	Marit Aandahl					3523					50:16							
	02:12+	03:28+	05:23+	06:38+	10:32+	14:36+	17:03+	20:09+	24:27+	25:52+	33:52+	36:51+	41:10+	44:33+	47:01+	49:52+	50:16+	
	02:12+	01:16+	01:55+	01:15+	03:54+	04:04+	02:27+	03:06+	04:18+	01:25+	08:00+	02:59+	04:19+	03:23+	02:28+	02:51+	00:24+	
	02:12+	01:16+	01:55+	01:15+	03:54+	04:04+	02:27+	03:06+	04:18+	01:25+	08:00+	02:59+	04:19+	03:23+	02:28+	02:51+	00:24+	

Beste strekktid for klassen

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

D65

1	Ann Karin Tjørhom						1884						32:31					
01:25=	02:28=	04:19=	05:12=	07:27=	10:06=	11:50=	13:54=	16:53=	17:47=	20:03=	22:08=	25:05=	28:37=	30:02=	32:13=	32:31=		
01:25=	01:03=	01:51=	00:53=	02:15=	02:39=	01:44=	02:04=	02:59=	00:54=	02:16=	02:05=	02:57=	03:32=	01:25=	02:11=	00:18=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ingrid Eik						1830						34:10					
01:20-	02:22-	04:05-	04:57-	07:32+	10:31+	12:19+	15:02+	18:24+	19:46+	22:09+	24:07+	27:54+	30:12+	31:40+	33:56+	34:10+		
01:20-	01:02-	01:43-	00:52-	02:35+	02:59+	01:48+	02:43+	03:22+	01:22+	02:23+	01:58-	03:47+	02:18-	01:28+	02:16+	00:14-		
00:05-	00:01-	00:08-	00:01-	00:20#	00:20#	00:04+	00:39&	00:23#	00:28&	00:07+	00:07-	00:50&	01:14-	00:03+	00:05+	00:04-		
3	Amanda Renshaw						1758						35:01					
01:18-	02:32+	04:09-	05:06-	07:18-	09:42-	11:38-	13:54=	17:40+	18:25+	23:03+	25:24+	28:28+	30:44+	32:28+	34:43+	35:01+		
01:18-	01:14+	01:37-	00:57+	02:12-	02:24-	01:56+	02:16+	03:46+	00:45-	04:38+	02:21+	03:04+	02:16-	01:44+	02:15+	00:18=		
00:07-	00:11#	00:14-	00:04+	00:03-	00:15-	00:12#	00:12+	00:47&	00:09-	02:22@	00:16#	00:07+	01:16-	00:19#	00:04+	00:00=		
4	Marit Karin Skretting Nygård						892						37:01					
01:36+	03:02+	04:44+	05:44+	07:58+	10:44+	12:32+	15:33+	19:02+	20:10+	22:58+	25:09+	30:04+	32:32+	34:21+	36:42+	37:01+		
01:36+	01:26+	01:42-	01:00+	02:14-	02:46+	01:48+	03:01+	03:29+	01:08+	02:48+	02:11+	04:55+	02:28-	01:49+	02:21+	00:19+		
00:11#	00:23&	00:09-	00:07#	00:01-	00:07+	00:04+	00:57&	00:30#	00:14&	00:32#	00:06+	01:58&	01:04-	00:24&	00:10+	00:01+		

Plass	Navn				Klasse				Tid									
D65																		
5	Liv-Grete Obrestad				3551				37:12									
	01:24-	02:29+	04:02-	04:56-	07:30+	09:57-	11:44-	13:45-	22:00+	23:06+	25:30+	27:31+	30:44+	33:13+	34:40+	36:53+	37:12+	
	01:24-	01:05+	01:33-	00:54+	02:34+	02:27-	01:47+	02:01-	08:15+	01:06+	02:24+	02:01-	03:13+	02:29-	01:27+	02:13+	00:19+	
	00:01-	00:02+	00:18-	00:01+	00:19#	00:12-	00:03+	00:03-	05:16#	00:12#	00:08+	00:04-	00:16+	01:03-	00:02+	00:02+	00:01+	
6	Vigdis Løseth				722				37:54									
	01:34+	02:36+	04:33+	05:56+	09:35+	11:56+	14:34+	17:25+	22:18+	23:09+	26:19+	28:18+	30:56+	33:17+	35:12+	37:33+	37:54+	
	01:34+	01:02+	01:57+	01:23+	03:39+	02:21+	02:38+	02:51+	04:53+	00:51+	03:10+	01:59+	02:38+	02:21+	01:55+	02:21+	00:21+	
	01:34+	01:02+	01:57+	01:23+	03:39+	02:21+	02:38+	02:51+	04:53+	00:51+	03:10+	01:59+	02:38+	02:21+	01:55+	02:21+	00:21+	
7	Berit Bakken				1884				38:14									
	01:28+	02:35+	04:21+	05:19+	07:53+	12:28+	14:15+	16:28+	19:40+	20:57+	23:43+	26:06+	31:03+	33:44+	35:29+	37:54+	38:14+	
	01:28+	01:07+	01:46+	00:58+	02:34+	04:35+	01:47+	02:13+	03:12+	01:17+	02:46+	02:23+	04:57+	02:41+	01:45+	02:25+	00:20+	
	01:28+	01:07+	01:46+	00:58+	02:34+	04:35+	01:47+	02:13+	03:12+	01:17+	02:46+	02:23+	04:57+	02:41+	01:45+	02:25+	00:20+	
8	Ingunn Voilås				3502				42:53									
	01:23+	02:29+	04:02+	04:59+	09:10+	15:45+	17:42+	20:48+	26:00+	27:11+	30:08+	32:33+	35:01+	37:30+	39:15+	42:32+	42:53+	
	01:23+	01:06+	01:33+	00:57+	04:11+	06:35+	01:57+	03:06+	05:12+	01:11+	02:57+	02:28+	02:28+	02:29+	01:45+	03:17+	00:21+	
	01:23+	01:06+	01:33+	00:57+	04:11+	06:35+	01:57+	03:06+	05:12+	01:11+	02:57+	02:25+	02:28+	02:29+	01:45+	03:17+	00:21+	
9	Eli Frafjord				1141				46:03									
	01:38+	02:51+	04:43+	05:52+	13:03+	19:08+	21:11+	23:21+	27:42+	28:56+	30:02+	33:00+	35:23+	38:08+	41:17+	43:07+	45:40+	46:03+
	01:38+	01:13+	01:52+	01:09+	07:11+	06:05+	02:03+	02:10+	04:21+	01:14+	01:06+	02:58+	02:23+	02:45+	03:09+	01:50+	02:33+	00:23+
	01:38+	01:13+	01:52+	01:09+	07:11+	06:05+	02:03+	02:10+	04:21+	01:14+	01:06+	02:58+	02:23+	02:45+	03:09+	01:50+	02:33+	00:23+
10	May Meling				593				48:22									
	01:32+	02:47+	04:25+	05:22+	08:58+	11:35+	13:23+	15:22+	18:36+	20:12+	33:37+	35:27+	38:37+	41:37+	44:16+	47:58+	48:22+	
	01:32+	01:15+	01:38+	00:57+	03:36+	02:37+	01:48+	01:59+	03:14+	01:36+	13:25+	01:50+	03:10+	03:00+	02:39+	03:42+	00:24+	
	01:32+	01:15+	01:38+	00:57+	03:36+	02:37+	01:48+	01:59+	03:14+	01:36+	13:25+	01:50+	03:10+	03:00+	02:39+	03:42+	00:24+	
Beste strekktid for klassen																		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		
D70																		
1	Hanne Eik				896				42:01									
	01:42=	03:12=	05:10=	06:42=	09:16=	12:20=	14:25=	16:41=	21:12=	22:42=	26:23=	29:19=	32:35=	36:06=	38:43=	41:39=	42:01=	
	01:42=	01:30=	01:58=	01:32=	02:34=	03:04=	02:05=	02:16=	04:31=	01:30=	03:41=	02:56=	03:16=	03:31=	02:37=	02:56=	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=	
2	Kirsten Carlsen				1884				48:03									
	01:42=	02:50-	04:48-	06:23-	09:07-	12:42+	14:59+	17:37+	26:43+	28:09+	33:22+	35:41+	39:52+	42:44+	45:03+	47:43+	48:03+	
	01:42=	01:08-	01:58=	01:35+	02:44+	03:35+	02:17+	02:38+	09:06+	01:26-	05:13+	02:19-	04:11+	02:52-	02:19-	02:40-	00:20-	
	00:00=	00:22-	00:00=	00:03+	00:10+	00:31#	00:12+	00:22#	04:35#	00:04-	01:32&	00:37-	00:55&	00:39-	00:18-	00:16-	00:02-	
3	Mette Dagsland				874				48:35									
	01:40-	03:00-	04:50-	06:09-	09:15-	15:51+	17:46+	19:51+	23:44+	25:23+	36:10+	38:18+	40:31+	42:53+	45:54+	48:13+	48:35+	
	01:40-	01:20-	01:50-	01:19-	03:06+	06:36+	01:55-	02:05-	03:53-	01:39+	10:47+	02:08-	02:13-	02:22-	03:01+	02:19-	00:22=	
	00:02-	00:10-	00:08-	00:13-	00:32#	03:32#	00:10-	00:11-	00:38-	00:09#	07:06#	00:48-	01:03-	01:09-	00:24#	00:37-	00:00=	
4	Berit Gramstad				3551				52:33									
	01:49+	03:23+	05:32+	07:13+	11:41+	14:51+	17:24+	21:32+	27:23+	28:25+	32:12+	35:16+	40:09+	44:26+	46:37+	52:10+	52:33+	
	01:49+	01:34+	02:09+	01:41+	04:28+	03:10+	02:33+	04:08+	05:51+	01:02-	03:47+	03:04+	04:53+	04:17+	02:11-	05:33+	00:23+	
	00:07+	00:04+	00:11+	00:09+	01:54&	00:06+	00:28#	01:52&	01:20&	00:28-	00:06+	00:08+	01:37&	00:46#	00:26-	02:37&	00:01+	
5	Lillian Dahl Fitjar				896				53:29									
	01:47+	03:21+	05:50+	07:01+	10:28+	17:10+	19:21+	23:21+	28:20+	29:22+	33:04+	36:14+	41:06+	45:20+	47:43+	53:06+	53:29+	
	01:47+	01:34+	02:29+	01:11-	03:27+	06:42+	02:11+	04:00+	04:59+	01:02-	03:42+	03:10+	04:52+	04:14+	02:23-	05:23+	00:23+	
	00:05+	00:04+	00:31&	00:21-	00:53&	03:38#	00:06+	01:44&	00:28#	00:28-	00:01+	00:14+	01:36&	00:43#	00:14-	02:27&	00:01+	
Beste strekktid for klassen																		
	01:40	01:08	01:50	01:11	02:34	03:04	01:55	02:05	03:53	01:02	03:41	02:08	02:13	02:22	02:11	02:19	00:20	

D75

1	Ingrid W. Hestness												896		27:16					
01:14=	02:01=	03:27=	04:12=	05:58=	08:16=	09:48=	11:27=	14:04=	14:53=	17:25=	19:08=	21:45=	23:40=	24:59=	26:58=	27:16=				
01:14=	00:47=	01:26=	00:45=	01:46=	02:18=	01:32=	01:39=	02:37=	00:49=	02:32=	01:43=	02:37=	01:55=	01:19=	01:59=	00:18=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Inger Skretting Opstad												3529		45:23					
02:08+	03:44+	06:13+	07:33+	10:17+	15:28+	18:06+	20:54+	25:33+	27:00+	30:06+	32:44+	36:33+	39:47+	42:03+	44:58+	45:23+				
02:08+	01:36+	02:29+	01:20+	02:44+	05:11+	02:38+	02:48+	04:39+	01:27+	03:06+	02:38+	03:49+	03:14+	02:16+	02:55+	00:25+				
00:54&	00:49@	01:03&	00:35&	00:58&	02:53@	01:06&	01:09&	02:02&	00:38&	00:34#	00:55&	01:12&	01:19&	00:57&	00:56&	00:07&				
3	Haldis Glendrange												874		48:12					
01:51+	03:23+	05:18+	06:32+	09:51+	13:49+	15:59+	18:56+	23:26+	27:01+	31:38+	34:43+	40:27+	43:20+	45:14+	47:50+	48:12+				
01:51+	01:32+	01:55+	01:14+	03:19+	03:58+	02:10+	02:57+	04:30+	03:35+	04:37+	03:05+	05:44+	02:53+	01:54+	02:36+	00:22+				
00:37&	00:45&	00:29&	00:29&	01:33&	01:40&	00:38&	01:18&	01:53&	02:46@	02:05&	01:22&	03:07@	00:58&	00:35&	00:37&	00:04#				
4	Helga Klausen												769		56:18					
02:08+	03:43+	05:53+	07:14+	11:31+	15:33+	20:21+	23:25+	28:56+	31:36+	32:51+	37:35+	41:45+	46:19+	50:04+	52:37+	55:54+	56:18+			
02:08+	01:35+	02:10+	01:21+	04:17+	04:02+	04:48+	03:04+	05:31+	02:40+	01:15-	04:44+	04:10+	04:34+	03:45+	02:33+	03:17+	00:24+			
00:54&	00:48@	00:44&	00:36&	02:31@	01:44&	03:16@	01:25&	02:54@	01:51@	01:17-	03:01@	01:33&	02:39@	02:26@	00:34&	02:59@	00:24+			
5	Hedvig Anda												1683		57:26					
02:04+	03:39+	05:47+	07:05+	11:43+	17:15+	19:45+	22:27+	31:21+	33:16+	41:03+	43:58+	48:17+	51:48+	54:07+	57:04+	57:26+				
02:04+	01:35+	02:08+	01:18+	04:38+	05:32+	02:30+	02:42+	08:54+	01:55+	07:47+	02:55+	04:19+	03:31+	02:19+	02:57+	00:22+				
00:50&	00:48@	00:42&	00:33&	02:52@	03:14@	00:58&	01:03&	06:17@	01:06@	05:15@	01:12&	01:42&	01:36&	01:00&	00:58&	00:04#				
6	Aslaug Lura												1141		1:06:08					
02:10+	03:54+	06:27+	07:54+	11:49+	22:00+	26:17+	29:18+	34:49+	36:22+	41:21+	45:07+	51:02+	55:08+	58:08+	65:39+	66:08+				
02:10+	01:44+	02:33+	01:27+	03:55+	10:11+	04:17+	03:01+	05:31+	01:33+	04:59+	03:46+	05:55+	04:06+	03:00+	07:31+	00:29+				
00:56&	00:57@	01:07&	00:42&	02:09@	07:53@	02:45@	01:22&	02:54@	00:44&	02:27&	02:03@	03:18@	02:11@	01:41@	05:32@	00:11&				
7	Brit Skjelbred												1141		1:06:15					
02:16+	04:05+	06:35+	07:55+	11:56+	22:00+	26:18+	29:28+	34:50+	36:28+	41:26+	45:05+	51:04+	55:21+	58:18+	65:46+	66:15+				
02:16+	01:49+	02:30+	01:20+	04:01+	10:04+	04:18+	03:10+	05:22+	01:38+	04:58+	03:39+	05:59+	04:17+	02:57+	07:28+	00:29+				
01:02&	01:02@	01:04&	00:35&	02:15@	07:46@	02:46@	01:31&	02:45@	00:49&	02:26&	01:56@	03:22@	02:22@	01:38@	05:29@	00:11&				

Beste strekktid for klassen

01:14	00:47	01:26	00:45	01:46	02:18	01:32	01:39	02:37	00:49	01:15	01:43	02:37	01:55	01:19	01:59	00:18
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D80

1	Turid Nystrøm												874	33:20			
00:45=	01:56=	03:13=	05:25=	07:10=	08:36=	10:31=	11:45=	14:41=	17:36=	19:14=	22:32=	25:35=	27:29=	31:21=	32:59=	33:20=	
00:45=	01:11=	01:17=	02:12=	01:45=	01:26=	01:55=	01:14=	02:56=	02:55=	01:38=	03:18=	03:03=	01:54=	03:52=	01:38=	00:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Helga Aaslid												3529	39:40			
00:51+	02:14+	03:43+	06:29+	08:36+	10:32+	12:52+	14:32+	17:45+	23:25+	25:23+	28:48+	31:55+	33:52+	37:40+	39:18+	39:40+	
00:51+	01:23+	01:29+	02:46+	02:07+	01:56+	02:20+	01:40+	03:13+	05:40+	01:58+	03:25+	03:07+	01:57+	03:48-	01:38=	00:22+	
00:06#	00:12#	00:12#	00:34&	00:22#	00:30&	00:25#	00:26&	00:17+	02:45&	00:20#	00:07+	00:04+	00:03+	00:04-	00:00=	00:01+	
3	Gry Vikhamar Thengs												874	41:09			
00:45=	02:21+	05:49+	07:52+	09:57+	11:37+	13:29+	14:38+	19:57+	23:30+	25:24+	29:27+	32:21+	34:51+	38:47+	40:48+	41:09+	
00:45=	01:36+	03:28+	02:03-	02:05+	01:40+	01:52-	01:09-	05:19+	03:33+	01:54+	04:03+	02:54-	02:30+	03:56+	02:01+	00:21=	
00:00=	00:25&	02:11@	00:09-	00:20#	00:14#	00:03-	00:05-	02:23&	00:38#	00:16#	00:45#	00:09-	00:36&	00:04+	00:23#	00:00=	
4	Berit Ebbell Olsen												874	57:47			
01:25+	03:12+	05:35+	08:47+	11:26+	14:14+	17:25+	19:04+	24:22+	33:56+	36:43+	41:56+	45:23+	48:45+	55:26+	57:14+	57:47+	
01:25+	01:47+	02:23+	03:12+	02:39+	02:48+	03:11+	01:39+	05:18+	09:34+	02:47+	05:13+	03:27+	03:22+	06:41+	01:48+	00:33+	
00:40&	00:36&	01:06&	01:00&	00:54&	01:22&	01:16&	00:25&	02:22&	06:39@	01:09&	01:55&	00:24#	01:28&	02:49&	00:10#	00:12&	

Beste strekktid for klassen

00:45	01:11	01:17	02:03	01:45	01:26	01:52	01:09	02:56	02:55	01:38	03:18	02:54	01:54	03:48	01:38	00:21
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.



Plass	Navn	Klasse										Tid									
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DA

1	Aud Hognestad Taksdal	892	35:44																				
02:16=	03:35=	10:31=	11:04=	11:51=	12:25=	15:23=	16:25=	17:15=	18:18=	21:45=	23:03=	23:40=	24:15=	25:28=	27:30=	29:52=	31:15=	32:17=	33:05=	34:15=	34:52=	35:31=	35:44=
02:16=	01:19=	06:56=	00:33=	00:47=	00:34=	02:58=	01:02=	00:50=	01:03=	03:27=	01:18=	00:37=	00:35=	01:13=	02:02=	02:22=	01:23=	01:02=	00:48=	01:10=	00:37=	00:39=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Jorunn Hadland	3502	38:53																				
02:03-	03:37+	10:37+	11:11+	11:52+	12:30+	15:29+	16:42+	17:44+	18:52+	23:24+	24:51+	25:35+	26:11+	27:20+	29:16+	32:03+	33:43+	34:49+	35:50+	37:08+	37:41+	38:37+	38:53+
02:03-	01:34+	07:00+	00:34+	00:41-	00:38+	02:59+	01:13+	01:02+	01:08+	04:32+	01:27+	00:44+	00:36+	01:09-	01:56-	02:47+	01:40+	01:06+	01:01+	01:18+	00:33-	00:56+	00:16+
00:13-	00:15#	00:04+	00:01+	00:06-	00:04#	00:01+	00:11#	00:12#	00:05+	01:05&	00:09#	00:07#	00:01+	00:04-	00:06-	00:25#	00:17#	00:04+	00:13&	00:08#	00:04-	00:17&	00:03#
3	Katrine Haaland Leveraas	896	42:41																				
02:16=	04:40+	12:21+	13:10+	14:04+	14:35+	18:11+	19:28+	20:28+	21:27+	25:14+	26:45+	27:28+	28:06+	29:31+	31:35+	35:30+	37:17+	38:37+	39:43+	40:58+	41:33+	42:29+	42:41+
02:16=	02:24+	07:41+	00:49+	00:54+	00:31-	03:36+	01:17+	01:00+	00:59-	03:47+	01:31+	00:43+	00:38+	01:25+	02:04+	03:55+	01:47+	01:20+	01:06+	01:15+	00:35-	00:56+	00:12-
00:00=	01:05&	00:45#	00:16&	00:07#	00:03-	00:38#	00:15#	00:10#	00:04-	00:20+	00:13#	00:06#	00:03+	00:12#	00:02+	01:33&	00:24&	00:18&	00:18&	00:05+	00:02-	00:17&	00:01-
4	Matilde Skjæveland Skår	3486	43:31																				
03:19+	06:19+	13:39+	14:13+	15:18+	15:51+	18:57+	20:07+	21:08+	22:19+	26:30+	28:05+	28:50+	29:55+	31:05+	33:05+	36:00+	37:42+	39:13+	40:19+	41:46+	42:25+	43:14+	43:31+
03:19+	03:00+	07:20+	00:34+	01:05+	00:33-	03:06+	01:10+	01:01+	01:11+	04:11+	01:35+	00:45+	01:05+	01:10-	02:00-	02:55+	01:42+	01:31+	01:06+	01:27+	00:39+	00:49+	00:17+
01:03&	01:41@	00:24+	00:01+	00:18&	00:01-	00:08+	00:08#	00:11#	00:08#	00:44#	00:17#	00:08#	00:30&	00:03-	00:02-	00:33#	00:19#	00:29&	00:18&	00:17#	00:02+	00:10&	00:04&
5	Maren Benjaminsen	1832	47:05																				
02:47+	04:32+	13:25+	14:02+	15:11+	15:43+	19:52+	21:18+	22:21+	23:39+	28:40+	30:30+	31:17+	32:09+	33:48+	36:11+	39:10+	41:03+	42:31+	43:46+	45:12+	45:51+	46:50+	47:05+
02:47+	01:45+	08:53+	00:37+	01:09+	00:32-	04:09+	01:26+	01:03+	01:18+	05:01+	01:50+	00:47+	00:52+	01:39+	02:23+	02:59+	01:53+	01:28+	01:15+	01:26+	00:39+	00:59+	00:15+
00:31#	00:26&	01:57&	00:04#	00:22&	00:02-	01:11&	00:24&	00:13&	00:15#	01:34&	00:32&	00:10&	00:17&	00:26&	00:21#	00:37&	00:30&	00:26&	00:27&	00:16#	00:02+	00:20&	00:02#
6	Nina Karlsen Jarstø	3531	47:39																				
02:47+	04:32+	13:33+	14:13+	15:02+	15:41+	19:32+	20:45+	21:55+	23:14+	27:51+	29:47+	30:38+	31:33+	33:21+	36:18+	39:31+	41:22+	42:59+	44:25+	45:54+	46:32+	47:24+	47:39+
02:47+	01:45+	09:01+	00:40+	00:49+	00:39+	03:51+	01:13+	01:10+	01:19+	04:37+	01:56+	00:51+	00:55+	01:48+	02:57+	03:13+	01:51+	01:37+	01:26+	01:29+	00:38+	00:52+	00:15+
00:31#	00:26&	02:05&	00:07#	00:02+	00:05#	00:53&	00:11#	00:20&	00:16&	01:10&	00:38&	00:14&	00:20&	00:35&	00:55&	00:51&	00:28&	00:35&	00:38&	00:19&	00:01+	00:13&	00:02#
7	Wibeke Lende	3503	53:18																				
03:06+	05:29+	14:44+	15:24+	16:10+	16:47+	20:30+	21:41+	22:47+	24:08+	30:59+	32:58+	33:53+	34:38+	35:52+	39:18+	42:59+	44:53+	46:51+	48:36+	50:26+	51:26+	52:49+	53:18+
03:06+	02:23+	09:15+	00:40+	00:46-	00:37+	03:43+	01:11+	01:06+	01:21+	06:51+	01:59+	00:55+	00:45+	01:14+	03:26+	03:41+	01:54+	01:58+	01:45+	01:50+	01:00+	01:23+	00:29+
00:50&	01:04&	02:19&	00:07#	00:01-	00:03+	00:45&	00:09#	00:16&	00:18&	03:24&	00:41&	00:18&	00:10&	00:01+	01:24&	01:19&	00:31&	00:56&	00:57@	00:40&	00:23&	00:44@	00:16@
8	Aina Kalsaas Urstad	4232	1:00:45																				
03:50+	06:57+	19:05+	19:56+	20:57+	21:31+	25:59+	30:40+	31:58+	33:16+	38:02+	39:46+	40:39+	41:19+	42:47+	45:08+	48:55+	54:31+	55:59+	57:20+	59:01+	59:47+	60:31+	60:45+
03:50+	03:07+	12:08+	00:51+	01:01+	00:34=	04:28+	04:41+	01:18+	01:18+	04:46+	01:44+	00:53+	00:40+	01:28+	02:21+	03:47+	05:36+	01:28+	01:21+	01:41+	00:46+	00:44+	00:14+
01:34&	01:48@	05:12&	00:18&	00:14&	00:00=	01:30&	03:39@	00:28&	00:15#	01:19&	00:26&	00:16&	00:05#	00:15#	00:19#	01:25&	04:13@	00:26&	00:33&	00:31&	00:09#	00:05#	00:01+

Beste strekktid for klassen

02:03	01:19	06:56	00:33	00:41	00:31	02:58	01:02	00:50	00:59	03:27	01:18	00:37	00:35	01:09	01:56	02:22	01:23	01:02	00:48	01:10	00:33	00:39	00:12
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

DB

1	Tone Torgersen												882		39:33											
02:05=	04:31=	05:39=	06:43=	07:53=	09:15=	11:34=	13:24=	15:59=	16:36=	17:41=	20:30=	22:50=	26:17=	26:41=	28:16=	30:11=	32:56=	33:50=	34:52=	36:38=	38:12=	39:16=	39:33=			
02:05=	02:26=	01:08=	01:04=	01:10=	01:22=	02:19=	01:50=	02:35=	00:37=	01:05=	02:49=	02:20=	03:27=	00:24=	01:35=	01:55=	02:45=	00:54=	01:02=	01:46=	01:34=	01:04=	00:17=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Lise Isachsen												1384		40:39											
02:45+	07:29+	08:41+	09:33+	10:41+	12:00+	14:17+	16:26+	19:24+	20:03+	20:46+	23:16+	24:53+	28:02+	28:30+	30:11+	32:37+	34:39+	35:37+	36:42+	37:59+	39:26+	40:26+	40:39+			
02:45+	04:44+	01:12+	00:52-	01:08-	01:19-	02:17-	02:09+	02:58+	00:39+	00:43-	02:30-	01:37-	03:09-	00:28+	01:41+	02:26+	02:02-	00:58+	01:05+	01:17-	01:27-	01:00-	00:13-			
00:40&	02:18&	00:04+	00:12-	00:02-	00:03-	00:02-	00:19#	00:23#	00:02+	00:22-	00:19-	00:43-	00:18-	00:04#	00:06+	00:31&	00:43-	00:04+	00:03+	00:29-	00:07-	00:04-	00:04-			
3	Ida Kolstø												3502		41:24											
02:26+	04:43+	05:58+	06:53+	08:06+	09:35+	12:03+	14:24+	18:10+	18:46+	19:34+	22:20+	24:10+	27:31+	27:58+	29:34+	31:48+	34:12+	35:18+	36:39+	38:09+	39:49+	41:11+	41:24+			
02:26+	02:17-	01:15+	00:55-	01:13+	01:29+	02:28+	02:21+	03:46+	00:36-	00:48-	02:46-	01:50-	03:21-	00:27+	01:36+	02:14+	02:24-	01:06+	01:21+	01:30-	01:40+	01:22+	00:13-			
00:21#	00:09-	00:07#	00:09-	00:03+	00:07+	00:09+	00:31&	01:11&	00:01-	00:17-	00:03-	00:30-	00:06-	00:03#	00:01+	00:19#	00:21-	00:12#	00:19&	00:16-	00:06+	00:18&	00:04-			
4	Inger Tone Nygård												3502		42:39											
02:42+	04:55+	06:17+	07:36+	08:48+	10:15+	12:54+	16:26+	19:55+	20:31+	22:18+	24:57+	26:41+	30:10+	30:38+	32:15+	34:26+	36:42+	37:42+	38:44+	40:05+	41:35+	42:23+	42:39+			
02:42+	02:13-	01:22+	01:19+	01:12+	01:27+	02:39+	03:32+	03:29+	00:36-	01:47+	02:39-	01:44-	03:29+	00:28+	01:37+	02:11+	02:16-	01:00+	01:02=	01:21-	01:30-	00:48-	00:16-			
00:37&	00:13-	00:14#	00:15#	00:02+	00:05+	00:20#	01:42&	00:54&	00:01-	00:42&	00:10-	00:36-	00:02+	00:04#	00:02+	00:16#	00:29-	00:06#	00:00=	00:25-	00:04-	00:16-	00:01-			

Plass	Navn										Klasse	Tid											
DB																							
5	Vibeke Lamark										878	43:09											
02:43+	05:19+	06:49+	08:00+	09:20+	10:52+	13:49+	15:51+	19:04+	19:42+	20:41+	23:45+	26:09+	29:41+	30:10+	31:48+	34:12+	36:24+	37:26+	38:47+	40:18+	41:43+	42:53+	43:09+
02:43+	02:36+	01:30+	01:11+	01:20+	01:32+	02:57+	02:02+	03:13+	00:38+	00:59-	03:04+	02:24+	03:32+	00:29+	01:38+	02:24+	02:12-	01:02+	01:21+	01:31-	01:25-	01:10+	00:16-
00:38&	00:10+	00:22&	00:07#	00:10#	00:10#	00:38&	00:12#	00:38#	00:01+	00:06-	00:15+	00:04+	00:05+	00:05#	00:03+	00:29&	00:33-	00:08#	00:19&	00:15-	00:09-	00:06+	00:01-
6	Anne Garsrud										3518	43:42											
02:56+	05:21+	06:44+	08:03+	09:20+	10:58+	13:49+	15:59+	19:21+	19:55+	20:46+	23:21+	25:14+	28:48+	29:18+	31:25+	33:28+	36:02+	37:28+	39:09+	40:51+	42:16+	43:26+	43:42+
02:56+	02:25+	01:23+	01:19+	01:17+	01:38+	02:51+	02:10+	03:22+	00:34+	00:51+	02:35+	01:53+	03:34+	00:30+	02:07+	02:03+	02:34+	01:26+	01:41+	01:42+	01:25+	01:10+	00:16+
02:56+	02:25+	01:23+	01:19+	01:17+	01:38+	02:51+	02:10+	03:22+	00:34+	00:51+	02:35+	01:53+	03:34+	00:30+	02:07+	02:03+	02:34+	01:26+	01:41+	01:42+	01:25+	01:10+	00:16+
7	Ann-Cathrin Nybak Urdal										3595	46:39											
03:02+	05:54+	07:23+	08:25+	09:47+	11:12+	13:59+	17:36+	21:04+	21:44+	22:35+	26:45+	29:03+	32:50+	33:18+	34:51+	37:06+	39:36+	40:44+	41:56+	43:40+	45:28+	46:21+	46:39+
03:02+	02:52+	01:29+	01:02+	01:22+	01:25+	02:47+	03:37+	03:28+	00:40+	00:51+	04:10+	02:18+	03:47+	00:28+	01:33+	02:15+	02:30+	01:08+	01:12+	01:44+	01:48+	00:53+	00:18+
03:02+	02:52+	01:29+	01:02+	01:22+	01:25+	02:47+	03:37+	03:28+	00:40+	00:51+	04:10+	02:18+	03:47+	00:28+	01:33+	02:15+	02:30+	01:08+	01:12+	01:44+	01:48+	00:53+	00:18+
8	Anina Hadland										3502	47:48											
03:37+	06:13+	07:42+	08:51+	10:12+	11:54+	14:36+	18:01+	22:13+	22:53+	23:52+	26:57+	30:01+	34:04+	34:28+	36:12+	38:23+	40:59+	42:11+	43:16+	45:07+	46:45+	47:37+	47:48+
03:37+	02:36+	01:29+	01:09+	01:21+	01:42+	02:42+	03:25+	04:12+	00:40+	00:59+	03:05+	03:04+	04:03+	00:24+	01:44+	02:11+	02:36+	01:12+	01:05+	01:51+	01:38+	00:52+	00:11+
03:37+	02:36+	01:29+	01:09+	01:21+	01:42+	02:42+	03:25+	04:12+	00:40+	00:59+	03:05+	03:04+	04:03+	00:24+	01:44+	02:11+	02:36+	01:12+	01:05+	01:51+	01:38+	00:52+	00:11+
9	Agnes Haker										1284	49:51											
04:46+	08:19+	09:33+	10:25+	11:37+	12:58+	15:35+	21:17+	25:21+	26:00+	27:05+	29:55+	33:37+	36:46+	37:09+	38:36+	40:20+	43:57+	44:55+	46:04+	47:28+	48:54+	49:38+	49:51+
04:46+	03:33+	01:14+	00:52+	01:12+	01:21+	02:37+	05:42+	04:04+	00:39+	01:05+	02:50+	03:42+	03:09+	00:23+	01:27+	01:44+	03:37+	00:58+	01:09+	01:24+	01:26+	00:44+	00:13+
04:46+	03:33+	01:14+	00:52+	01:12+	01:21+	02:37+	05:42+	04:04+	00:39+	01:05+	02:50+	03:42+	03:09+	00:23+	01:27+	01:44+	03:37+	00:58+	01:09+	01:24+	01:26+	00:44+	00:13+
10	Helen Lomeland										722	51:04											
05:17+	10:11+	11:33+	12:31+	13:50+	15:27+	18:08+	21:03+	23:59+	24:39+	25:29+	29:04+	31:06+	34:48+	35:15+	37:04+	41:19+	43:54+	45:15+	46:28+	48:03+	49:26+	50:44+	51:04+
05:17+	04:54+	01:22+	00:58+	01:19+	01:37+	02:41+	02:55+	02:56+	00:40+	00:50+	03:35+	02:02+	03:42+	00:27+	01:49+	04:15+	02:35+	01:21+	01:13+	01:35+	01:23+	01:18+	00:20+
05:17+	04:54+	01:22+	00:58+	01:19+	01:37+	02:41+	02:55+	02:56+	00:40+	00:50+	03:35+	02:02+	03:42+	00:27+	01:49+	04:15+	02:35+	01:21+	01:13+	01:35+	01:23+	01:18+	00:20+
11	Maren Thu										4251	52:00											
03:11+	06:50+	08:26+	09:24+	10:34+	12:12+	14:53+	19:31+	25:57+	26:38+	27:35+	31:49+	33:30+	36:47+	37:18+	40:00+	42:20+	44:52+	46:15+	47:44+	49:14+	50:40+	51:45+	52:00+
03:11+	03:39+	01:36+	00:58+	01:10+	01:38+	02:41+	04:38+	06:26+	00:41+	00:57+	04:14+	01:41+	03:17+	00:31+	02:42+	02:20+	02:32+	01:23+	01:29+	01:30+	01:26+	01:05+	00:15+
03:11+	03:39+	01:36+	00:58+	01:10+	01:38+	02:41+	04:38+	06:26+	00:41+	00:57+	04:14+	01:41+	03:17+	00:31+	02:42+	02:20+	02:32+	01:23+	01:29+	01:30+	01:26+	01:05+	00:15+
12	Toyah Bråtveit										1832	52:17											
03:52+	06:12+	07:32+	08:28+	09:37+	10:58+	13:20+	21:23+	28:13+	28:54+	29:42+	32:45+	35:14+	38:26+	39:21+	40:58+	43:12+	45:42+	46:37+	47:50+	49:15+	50:46+	52:02+	52:17+
03:52+	02:20+	01:20+	00:56+	01:09+	01:21+	02:22+	08:03+	06:50+	00:41+	00:48+	03:03+	02:29+	03:12+	00:55+	01:37+	02:14+	02:30+	00:55+	01:13+	01:25+	01:31+	01:16+	00:15+
03:52+	02:20+	01:20+	00:56+	01:09+	01:21+	02:22+	08:03+	06:50+	00:41+	00:48+	03:03+	02:29+	03:12+	00:55+	01:37+	02:14+	02:30+	00:55+	01:13+	01:25+	01:31+	01:16+	00:15+
13	Marita Skorpe Falnes										3568	52:57											
03:04+	07:55+	09:24+	10:32+	11:56+	13:31+	16:36+	22:08+	26:43+	27:23+	28:23+	31:47+	34:06+	38:12+	38:40+	40:23+	42:42+	45:47+	46:56+	48:16+	49:55+	51:47+	52:42+	52:57+
03:04+	04:51+	01:29+	01:08+	01:24+	01:35+	03:05+	05:32+	04:35+	00:40+	01:00+	03:24+	02:19+	04:06+	00:28+	01:43+	02:19+	03:05+	01:09+	01:20+	01:39+	01:52+	00:55+	00:15+
03:04+	04:51+	01:29+	01:08+	01:24+	01:35+	03:05+	05:32+	04:35+	00:40+	01:00+	03:24+	02:19+	04:06+	00:28+	01:43+	02:19+	03:05+	01:09+	01:20+	01:39+	01:52+	00:55+	00:15+
Beste strekktid for klassen																							
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																							
DNY																							
1	June Stensland										3529	22:04											
01:18=	02:15=	03:24=	04:46=	05:58=	07:17=	11:13=	13:00=	15:08=	17:18=	20:07=	21:47=	22:04=											
01:18=	00:57=	01:09=	01:22=	01:12=	01:19=	03:56=	01:47=	02:08=	02:10=	02:49=	01:40=	00:17=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											
2	Kristine Aasland										3524	23:23											
01:53+	02:54+	04:11+	05:55+	07:29+	08:46+	11:41+	14:04+	16:18+	18:58+	21:30+	23:03+	23:23+											
01:53+	01:01+	01:17+	01:44+	01:34+	01:17-	02:55-	02:23+	02:14+	02:40+	02:32-	01:33-	00:20+											
00:35&	00:04+	00:08#	00:22&	00:22&	00:02-	01:01-	00:36&	00:06+	00:30#	00:17-	00:07-	00:03#											
3	Goedele Taveirne										896	25:38											
01:57+	02:56+	04:02+	05:21+	06:43+	08:02+	12:31+	13:58+	16:10+	18:55+	23:45+	25:18+	25:38+											
01:57+	00:59+	01:06-	01:19-	01:22+	01:19=	04:29+	01:27-	02:12+	02:45+	04:50+	01:33-	00:20+											
00:39&	00:02+	00:03-	00:03-	00:10#	00:00=	00:33#	00:20-	00:04+	00:35&	02:01&	00:07-	00:03#											

Plass	Navn										Klasse										Tid										
DNY																															
4	Maren Oftedal										3676										30:16										
02:51+	03:58+	05:30+	08:11+	09:54+	11:36+	15:36+	17:25+	19:45+	22:41+	26:55+	29:52+	30:16+																			
02:51+	01:07+	01:32+	02:41+	01:43+	01:42+	04:00+	01:49+	02:20+	02:56+	04:14+	02:57+	00:24+																			
01:33#	00:10#	00:23%	01:19%	00:31%	00:23%	00:04+	00:02+	00:12+	00:46%	01:25%	01:17%	00:07%																			
5	Marita Joswig										3676										30:16										
02:56+	04:07+	05:35+	08:15+	09:58+	11:40+	15:43+	17:29+	19:49+	22:48+	26:54+	29:52+	30:16+																			
02:56+	01:11+	01:28+	02:40+	01:43+	01:42+	04:03+	01:46+	02:20+	02:59+	04:06+	02:58+	00:24+																			
02:56+	01:11+	01:28+	02:40+	01:43+	01:42+	04:03+	01:46+	02:20+	02:59+	04:06+	02:58+	00:24+																			
6	Bente Klausen										769										31:10										
02:51+	03:52+	05:12+	06:57+	08:35+	09:54+	17:01+	19:51+	22:06+	24:54+	28:44+	30:49+	31:10+																			
02:51+	01:01+	01:20+	01:45+	01:38+	01:19+	07:07+	02:50+	02:15+	02:48+	03:50+	02:05+	00:21+																			
02:51+	01:01+	01:20+	01:45+	01:38+	01:19+	07:07+	02:50+	02:15+	02:48+	03:50+	02:05+	00:21+																			
7	Maria Haukalid										3511										34:54										
02:33+	04:02+	08:46+	11:12+	12:40+	14:08+	19:28+	21:04+	26:13+	28:46+	32:16+	34:32+	34:54+																			
02:33+	01:29+	04:44+	02:26+	01:28+	01:28+	05:20+	01:36+	05:09+	02:33+	03:30+	02:16+	00:22+																			
02:33+	01:29+	04:44+	02:26+	01:28+	01:28+	05:20+	01:36+	05:09+	02:33+	03:30+	02:16+	00:22+																			
8	Cristina Honciuc										2342										38:47										
02:27+	04:48+	07:44+	11:02+	13:20+	15:26+	20:33+	23:30+	26:40+	30:12+	35:06+	38:12+	38:47+																			
02:27+	02:21+	02:56+	03:18+	02:18+	02:06+	05:07+	02:57+	03:10+	03:32+	04:54+	03:06+	00:35+																			
02:27+	02:21+	02:56+	03:18+	02:18+	02:06+	05:07+	02:57+	03:10+	03:32+	04:54+	03:06+	00:35+																			
9	Nasheet Rehman										2342										40:42										
04:25+	06:39+	09:39+	13:14+	15:09+	17:20+	22:31+	25:20+	28:42+	32:14+	37:00+	40:03+	40:42+																			
04:25+	02:14+	03:00+	03:35+	01:55+	02:11+	05:11+	02:49+	03:22+	03:32+	04:46+	03:03+	00:39+																			
04:25+	02:14+	03:00+	03:35+	01:55+	02:11+	05:11+	02:49+	03:22+	03:32+	04:46+	03:03+	00:39+																			
10	Karin Jensvold										722										58:24										
03:34+	05:45+	08:25+	12:11+	15:21+	18:28+	29:10+	35:59+	44:12+	48:54+	54:23+	57:44+	58:24+																			
03:34+	02:11+	02:40+	03:46+	03:10+	03:07+	10:42+	06:49+	08:13+	04:42+	05:29+	03:21+	00:40+																			
03:34+	02:11+	02:40+	03:46+	03:10+	03:07+	10:42+	06:49+	08:13+	04:42+	05:29+	03:21+	00:40+																			

Beste strekktid for klassen

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

DY

1	Monica Gilje Rennemo										892										21:48										
	00:53=	01:56=	02:41=	03:37=	04:41=	06:23=	09:16=	11:49=	14:03=	15:49=	17:35=	19:05=	20:27=	21:31=	21:48=																
	00:53=	01:03=	00:45=	00:56=	01:04=	01:42=	02:53=	02:33=	02:14=	01:46=	01:46=	01:30=	01:22=	01:04=	00:17=																
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																
2	Marie Sjursen										1683										22:50										
	00:57+	02:01+	02:44+	03:41+	04:53+	06:36+	09:20+	12:38+	14:20+	16:10+	17:55+	19:46+	21:40+	22:34+	22:50+																
	00:57+	01:04+	00:43-	00:57+	01:12+	01:43+	02:44-	03:18+	01:42-	01:50+	01:45-	01:51+	01:54+	00:54-	00:16-																
	00:04+	00:01+	00:02-	00:01+	00:08#	00:01+	00:09-	00:45%	00:32-	00:04+	00:01-	00:21#	00:32%	00:10-	00:01-																
3	Mette Baardsgaard										1884										23:30										
	01:19+	02:23+	03:01+	03:53+	04:58+	06:35+	09:12-	13:04+	14:32+	16:16+	17:49+	20:57+	22:40+	23:16+	23:30+																
	01:19+	01:04+	00:38-	00:52-	01:05+	01:37-	02:37-	03:52+	01:28-	01:44-	01:33-	03:08+	01:43+	00:36-	00:14-																
	00:26%	00:01+	00:07-	00:04-	00:01+	00:05-	00:16-	01:19%	00:46-	00:02-	00:13-	01:38#	00:21%	00:28-	00:03-																
4	Silje Myklebust										3529										24:04										
	00:41-	01:38-	02:21-	03:08-	04:05-	05:40-	08:33-	12:52+	14:54+	16:17+	18:25+	20:47+	22:58+	23:48+	24:04+																
	00:41-	00:57-	00:43-	00:47-	00:57-	01:35-	02:53=	04:19+	02:02-	01:23-	02:08+	02:22+	02:11+	00:50-	00:16-																
	00:12-	00:06-	00:02-	00:09-	00:07-	00:07-	00:00=	01:46%	00:12-	00:23-	00:22#	00:52%	00:49%	00:14-	00:01-																
5	Kristin Ye-Eun Yoon										3533										24:08										
	01:19+	02:45+	03:34+	04:32+	06:01+	07:57+	10:49+	13:35+	15:33+	17:34+	19:10+	20:55+	22:36+	23:50+	24:08+																
	01:19+	01:26+	00:49+	00:58+	01:29+	01:56+	02:52-	02:46+	01:58-	02:01+	01:36-	01:45+	01:41+	01:14+	00:18+																
	00:26%	00:23%	00:04+	00:02+	00:25%	00:14#	00:01-	00:13+	00:16-	00:15#	00:10-	00:15#	00:19#	00:10#	00:01+																

Plass	Navn					Klasse					Tid				
DT															
6	Line Skaar					4235					24:17				
	00:44-	01:56=	02:40-	03:30-	04:39-	06:12-	09:28+	13:48+	15:31+	17:20+	19:01+	20:25+	21:40+	23:58+	24:17+
	00:44-	01:12+	00:44-	00:50-	01:09+	01:33-	03:16+	04:20+	01:43-	01:49+	01:41-	01:24-	01:15-	02:18+	00:19+
	00:09-	00:09#	00:01-	00:06-	00:05+	00:09-	00:23#	01:47&	00:31-	00:03+	00:05-	00:06-	00:07-	01:14@	00:02#
7	Lina Dahle					3533					24:51				
	00:52+	01:56+	02:45+	03:48+	05:24+	07:20+	10:22+	13:34+	15:51+	17:55+	19:51+	21:22+	22:56+	24:25+	24:51+
	00:52+	01:04+	00:49+	01:03+	01:36+	01:56+	03:02+	03:12+	02:17+	02:04+	01:56+	01:31+	01:34+	01:29+	00:26+
	00:52+	01:04+	00:49+	01:03+	01:36+	01:56+	03:02+	03:12+	02:17+	02:04+	01:56+	01:31+	01:34+	01:29+	00:26+
8	Anastasia Ollestad					3676					25:14				
	00:45+	01:43+	03:06+	03:57+	05:07+	06:38+	09:09+	12:28+	14:08+	16:13+	18:05+	20:49+	22:04+	24:53+	25:14+
	00:45+	00:58+	01:23+	00:51+	01:10+	01:31+	02:31+	03:19+	01:40+	02:05+	01:52+	02:44+	01:15+	02:49+	00:21+
	00:45+	00:58+	01:23+	00:51+	01:10+	01:31+	02:31+	03:19+	01:40+	02:05+	01:52+	02:44+	01:15+	02:49+	00:21+
9	Karianne Skogland Enerstvedt					722					25:15				
	00:58+	02:00+	02:43+	03:35+	04:46+	06:32+	09:30+	15:09+	16:53+	19:00+	20:54+	22:24+	23:56+	25:00+	25:15+
	00:58+	01:02+	00:43+	00:52+	01:11+	01:46+	02:58+	05:39+	01:44+	02:07+	01:54+	01:30+	01:32+	01:04+	00:15+
	00:58+	01:02+	00:43+	00:52+	01:11+	01:46+	02:58+	05:39+	01:44+	02:07+	01:54+	01:30+	01:32+	01:04+	00:15+
10	Ann Helen Raugstad					1284					25:18				
	00:52+	01:56+	02:38+	03:34+	04:37+	06:27+	12:27+	15:42+	17:33+	19:13+	20:55+	22:09+	23:33+	25:02+	25:18+
	00:52+	01:04+	00:42+	00:56+	01:03+	01:50+	06:00+	03:15+	01:51+	01:40+	01:42+	01:14+	01:24+	01:29+	00:16+
	00:52+	01:04+	00:42+	00:56+	01:03+	01:50+	06:00+	03:15+	01:51+	01:40+	01:42+	01:14+	01:24+	01:29+	00:16+
11	Tonje Undheim					3533					25:47				
	00:59+	01:58+	02:46+	03:44+	04:56+	06:48+	10:33+	14:18+	16:08+	19:18+	21:15+	22:41+	24:04+	25:26+	25:47+
	00:59+	00:59+	00:48+	00:58+	01:12+	01:52+	03:45+	03:45+	01:50+	03:10+	01:57+	01:26+	01:23+	01:22+	00:21+
	00:59+	00:59+	00:48+	00:58+	01:12+	01:52+	03:45+	03:45+	01:50+	03:10+	01:57+	01:26+	01:23+	01:22+	00:21+
12	Elisabet Horpestad					896					26:30				
	00:54+	01:53+	02:36+	03:29+	04:46+	06:40+	09:40+	14:49+	17:51+	19:18+	20:57+	22:40+	25:01+	26:15+	26:30+
	00:54+	00:59+	00:43+	00:53+	01:17+	01:54+	03:00+	05:09+	03:02+	01:27+	01:39+	01:43+	02:21+	01:14+	00:15+
	00:54+	00:59+	00:43+	00:53+	01:17+	01:54+	03:00+	05:09+	03:02+	01:27+	01:39+	01:43+	02:21+	01:14+	00:15+
13	Ingrid Overegseth Foss					896					26:40				
	00:58+	02:13+	02:58+	04:08+	06:03+	07:57+	11:01+	15:04+	17:02+	18:38+	20:45+	22:26+	24:46+	26:02+	26:40+
	00:58+	01:15+	00:45+	01:10+	01:55+	01:54+	03:04+	04:03+	01:58+	01:36+	02:07+	01:41+	02:20+	01:16+	00:38+
	00:58+	01:15+	00:45+	01:10+	01:55+	01:54+	03:04+	04:03+	01:58+	01:36+	02:07+	01:41+	02:20+	01:16+	00:38+
14	Karine Ditlevsen					896					26:42				
	00:54+	02:03+	02:51+	03:53+	06:03+	08:12+	11:27+	14:38+	16:38+	18:50+	20:48+	23:59+	25:29+	26:25+	26:42+
	00:54+	01:09+	00:48+	01:02+	02:10+	02:09+	03:15+	03:11+	02:00+	02:12+	01:58+	03:11+	01:30+	00:56+	00:17+
	00:54+	01:09+	00:48+	01:02+	02:10+	02:09+	03:15+	03:11+	02:00+	02:12+	01:58+	03:11+	01:30+	00:56+	00:17+
15	Therese Østbø					896					26:43				
	00:52+	02:01+	02:52+	03:51+	06:04+	08:13+	11:30+	14:35+	16:42+	18:52+	20:50+	23:55+	25:27+	26:28+	26:43+
	00:52+	01:09+	00:51+	00:59+	02:13+	02:09+	03:17+	03:05+	02:07+	02:10+	01:58+	03:05+	01:32+	01:01+	00:15+
	00:52+	01:09+	00:51+	00:59+	02:13+	02:09+	03:17+	03:05+	02:07+	02:10+	01:58+	03:05+	01:32+	01:01+	00:15+
16	Kari Mjølhøus					882					26:48				
	00:52+	02:13+	03:14+	04:17+	06:22+	08:12+	11:45+	15:00+	17:24+	19:26+	21:13+	23:06+	25:24+	26:29+	26:48+
	00:52+	01:21+	01:01+	01:03+	02:05+	01:50+	03:33+	03:15+	02:24+	02:02+	01:47+	01:53+	02:18+	01:05+	00:19+
	00:52+	01:21+	01:01+	01:03+	02:05+	01:50+	03:33+	03:15+	02:24+	02:02+	01:47+	01:53+	02:18+	01:05+	00:19+
17	Marianne Berge					3512					26:52				
	00:53+	02:35+	03:25+	04:22+	05:32+	07:28+	11:18+	15:51+	17:53+	19:33+	21:29+	23:05+	25:23+	26:35+	26:52+
	00:53+	01:42+	00:50+	00:57+	01:10+	01:56+	03:50+	04:33+	02:02+	01:40+	01:56+	01:36+	02:18+	01:12+	00:17+
	00:53+	01:42+	00:50+	00:57+	01:10+	01:56+	03:50+	04:33+	02:02+	01:40+	01:56+	01:36+	02:18+	01:12+	00:17+
18	Eli Serine Eikeskog					1884					27:09				
	00:45+	01:54+	02:43+	03:50+	05:07+	07:02+	10:20+	13:54+	16:13+	18:21+	20:31+	22:04+	25:38+	26:47+	27:09+
	00:45+	01:09+	00:49+	01:07+	01:17+	01:55+	03:18+	03:34+	02:19+	02:08+	02:10+	01:33+	03:34+	01:09+	00:22+
	00:45+	01:09+	00:49+	01:07+	01:17+	01:55+	03:18+	03:34+	02:19+	02:08+	02:10+	01:33+	03:34+	01:09+	00:22+
19	Helga Sandve Helgøy					1683					27:26				
	01:02+	02:10+	03:01+	04:01+	05:25+	07:14+	11:17+	15:47+	17:54+	19:57+	22:06+	24:05+	25:52+	27:07+	27:26+
	01:02+	01:08+	00:51+	01:00+	01:24+	01:49+	04:03+	04:30+	02:07+	02:03+	02:09+	01:59+	01:47+	01:15+	00:19+
	01:02+	01:08+	00:51+	01:00+	01:24+	01:49+	04:03+	04:30+	02:07+	02:03+	02:09+	01:59+	01:47+	01:15+	00:19+

Plass	Navn												Klasse				Tid			
DT																				
20	Helena Almedal												1376				27:37			
01:02+	02:14+	03:15+	04:25+	05:51+	07:54+	11:21+	15:31+	17:37+	19:27+	21:43+	23:17+	25:54+	27:18+	27:37+						
01:02+	01:12+	01:01+	01:10+	01:26+	02:03+	03:27+	04:10+	02:06+	01:50+	02:16+	01:34+	02:37+	01:24+	00:19+						
01:02+	01:12+	01:01+	01:10+	01:26+	02:03+	03:27+	04:10+	02:06+	01:50+	02:16+	01:34+	02:37+	01:24+	00:19+						
21	Elisa Møller												769				27:39			
00:51+	02:04+	02:56+	03:54+	05:03+	06:51+	09:56+	13:21+	20:06+	21:53+	23:46+	25:16+	26:30+	27:25+	27:39+						
00:51+	01:13+	00:52+	00:58+	01:09+	01:48+	03:05+	03:25+	06:45+	01:47+	01:53+	01:30+	01:14+	00:55+	00:14+						
00:51+	01:13+	00:52+	00:58+	01:09+	01:48+	03:05+	03:25+	06:45+	01:47+	01:53+	01:30+	01:14+	00:55+	00:14+						
22	Kjersti Sigurdsen												722				27:52			
00:45+	01:44+	02:31+	03:39+	04:51+	06:26+	09:21+	14:18+	16:19+	21:48+	23:31+	25:00+	26:37+	27:35+	27:52+						
00:45+	00:59+	00:47+	01:08+	01:12+	01:35+	02:55+	04:57+	02:01+	05:29+	01:43+	01:29+	01:37+	00:58+	00:17+						
00:45+	00:59+	00:47+	01:08+	01:12+	01:35+	02:55+	04:57+	02:01+	05:29+	01:43+	01:29+	01:37+	00:58+	00:17+						
23	Cecilie Lidal												722				27:59			
01:00+	02:36+	03:23+	04:30+	05:51+	07:43+	12:08+	16:32+	18:32+	20:31+	22:37+	24:34+	26:30+	27:35+	27:59+						
01:00+	01:36+	00:47+	01:07+	01:21+	01:52+	04:25+	04:24+	02:00+	01:59+	02:06+	01:57+	01:56+	01:05+	00:24+						
01:00+	01:36+	00:47+	01:07+	01:21+	01:52+	04:25+	04:24+	02:00+	01:59+	02:06+	01:57+	01:56+	01:05+	00:24+						
24	Randi Sørhus												722				28:00			
00:53+	02:30+	03:27+	04:33+	05:51+	07:43+	12:10+	16:28+	18:36+	20:27+	22:42+	24:29+	26:26+	27:38+	28:00+						
00:53+	01:37+	00:57+	01:06+	01:18+	01:52+	04:27+	04:18+	02:08+	01:51+	02:15+	01:47+	01:57+	01:12+	00:22+						
00:53+	01:37+	00:57+	01:06+	01:18+	01:52+	04:27+	04:18+	02:08+	01:51+	02:15+	01:47+	01:57+	01:12+	00:22+						
25	Marianne Steinkopf												880				28:00			
01:06+	02:10+	02:52+	03:56+	05:29+	07:43+	10:45+	13:54+	15:56+	17:55+	20:11+	22:02+	26:19+	27:41+	28:00+						
01:06+	01:04+	00:42+	01:04+	01:33+	02:14+	03:02+	03:09+	02:02+	01:59+	02:16+	01:51+	04:17+	01:22+	00:19+						
01:06+	01:04+	00:42+	01:04+	01:33+	02:14+	03:02+	03:09+	02:02+	01:59+	02:16+	01:51+	04:17+	01:22+	00:19+						
26	Solbjørg Eikeland												722				28:01			
01:00+	02:31+	03:27+	04:29+	05:51+	07:42+	12:12+	16:27+	18:30+	20:36+	22:42+	24:39+	26:26+	27:40+	28:01+						
01:00+	01:31+	00:56+	01:02+	01:22+	01:51+	04:30+	04:15+	02:03+	02:06+	02:06+	01:57+	01:47+	01:14+	00:21+						
01:00+	01:31+	00:56+	01:02+	01:22+	01:51+	04:30+	04:15+	02:03+	02:06+	02:06+	01:57+	01:47+	01:14+	00:21+						
27	Margretha Almedal												1376				28:33			
00:57+	02:22+	03:11+	04:18+	05:44+	07:52+	11:19+	16:19+	18:57+	20:33+	22:45+	24:11+	26:59+	28:16+	28:33+						
00:57+	01:25+	00:49+	01:07+	01:26+	02:08+	03:27+	05:00+	02:38+	01:36+	02:12+	01:26+	02:48+	01:17+	00:17+						
00:57+	01:25+	00:49+	01:07+	01:26+	02:08+	03:27+	05:00+	02:38+	01:36+	02:12+	01:26+	02:48+	01:17+	00:17+						
28	Liv Janne Fandrem Biland												892				28:56			
01:05+	02:43+	03:38+	04:46+	06:08+	08:16+	11:37+	15:09+	17:33+	19:44+	22:43+	24:37+	26:51+	28:33+	28:56+						
01:05+	01:38+	00:55+	01:08+	01:22+	02:08+	03:21+	03:32+	02:24+	02:11+	02:59+	01:54+	02:14+	01:42+	00:23+						
01:05+	01:38+	00:55+	01:08+	01:22+	02:08+	03:21+	03:32+	02:24+	02:11+	02:59+	01:54+	02:14+	01:42+	00:23+						
29	Lene Nygaard												3504				29:04			
00:53+	02:47+	03:35+	04:34+	05:51+	07:44+	10:19+	14:53+	17:53+	19:57+	21:50+	25:55+	27:30+	28:38+	29:04+						
00:53+	01:54+	00:48+	00:59+	01:17+	01:53+	02:35+	04:34+	03:00+	02:04+	01:53+	04:05+	01:35+	01:08+	00:26+						
00:53+	01:54+	00:48+	00:59+	01:17+	01:53+	02:35+	04:34+	03:00+	02:04+	01:53+	04:05+	01:35+	01:08+	00:26+						
30	Maria Boge Lauvsnes												722				29:24			
00:54+	02:20+	03:49+	04:47+	06:20+	08:34+	11:38+	16:44+	18:47+	20:52+	22:44+	25:22+	27:56+	28:50+	29:24+						
00:54+	01:26+	01:29+	00:58+	01:33+	02:14+	03:04+	05:06+	02:03+	02:05+	01:52+	02:38+	02:34+	00:54+	00:34+						
00:54+	01:26+	01:29+	00:58+	01:33+	02:14+	03:04+	05:06+	02:03+	02:05+	01:52+	02:38+	02:34+	00:54+	00:34+						
31	Julie Kristine Hovet												892				30:09			
00:45+	02:06+	02:39+	03:39+	04:40+	06:26+	08:47+	21:29+	22:45+	24:08+	25:37+	27:11+	29:09+	29:55+	30:09+						
00:45+	01:21+	00:33+	01:00+	01:01+	01:46+	02:21+	12:42+	01:16+	01:23+	01:29+	01:34+	01:58+	00:46+	00:14+						
00:45+	01:21+	00:33+	01:00+	01:01+	01:46+	02:21+	12:42+	01:16+	01:23+	01:29+	01:34+	01:58+	00:46+	00:14+						
32	Silje Elise Elstad												769				30:14			
01:13+	03:02+	03:51+	04:51+	07:00+	09:01+	13:07+	17:15+	20:07+	22:29+	24:41+	27:07+	28:52+	29:55+	30:14+						
01:13+	01:49+	00:49+	01:00+	02:09+	02:01+	04:06+	04:08+	02:52+	02:22+	02:12+	02:26+	01:45+	01:03+	00:19+						
01:13+	01:49+	00:49+	01:00+	02:09+	02:01+	04:06+	04:08+	02:52+	02:22+	02:12+	02:26+	01:45+	01:03+	00:19+						
33	Ida Sjursø												1754				30:22			
00:55+	02:15+	03:08+	04:14+	06:18+	08:32+	13:31+	17:41+	20:00+	21:47+	23:58+	25:43+	28:30+	30:04+	30:22+						
00:55+	01:20+	00:53+	01:06+	02:04+	02:14+	04:59+	04:10+	02:19+	01:47+	02:11+	01:45+	02:47+	01:34+	00:18+						
00:55+	01:20+	00:53+	01:06+	02:04+	02:14+	04:59+	04:10+	02:19+	01:47+	02:11+	01:45+	02:47+	01:34+	00:18+						

Plass	Navn					Klasse					Tid				
DT															
34	Sigrund Serigstad					879					31:25				
00:47+	01:41+	02:21+	03:10+	04:58+	06:21+	10:20+	14:40+	16:28+	22:03+	23:31+	29:37+	30:26+	31:10+	31:25+	
00:47+	00:54+	00:40+	00:49+	01:48+	01:23+	03:59+	04:20+	01:48+	05:35+	01:28+	06:06+	00:49+	00:44+	00:15+	
00:47+	00:54+	00:40+	00:49+	01:48+	01:23+	03:59+	04:20+	01:48+	05:35+	01:28+	06:06+	00:49+	00:44+	00:15+	
35	Elin Norveel					722					31:44				
01:01+	03:22+	04:20+	05:28+	07:26+	09:40+	14:09+	18:07+	20:33+	23:23+	25:16+	27:39+	30:02+	31:21+	31:44+	
01:01+	02:21+	00:58+	01:08+	01:58+	02:14+	04:29+	03:58+	02:26+	02:50+	01:53+	02:23+	02:23+	01:19+	00:23+	
01:01+	02:21+	00:58+	01:08+	01:58+	02:14+	04:29+	03:58+	02:26+	02:50+	01:53+	02:23+	02:23+	01:19+	00:23+	
36	Ingrid Dagsland Halderaker					3562					32:09				
01:21+	03:20+	04:28+	05:50+	07:15+	09:50+	14:03+	18:08+	20:50+	23:02+	25:36+	28:06+	30:12+	31:43+	32:09+	
01:21+	01:59+	01:08+	01:22+	01:25+	02:35+	04:13+	04:05+	02:42+	02:12+	02:34+	02:30+	02:06+	01:31+	00:26+	
01:21+	01:59+	01:08+	01:22+	01:25+	02:35+	04:13+	04:05+	02:42+	02:12+	02:34+	02:30+	02:06+	01:31+	00:26+	
37	Synnøve Vidstein					3558					32:44				
01:04+	02:25+	03:18+	04:34+	05:44+	07:38+	11:05+	16:28+	18:17+	25:33+	27:55+	29:54+	31:23+	32:24+	32:44+	
01:04+	01:21+	00:53+	01:16+	01:10+	01:54+	03:27+	05:23+	01:49+	07:16+	02:22+	01:59+	01:29+	01:01+	00:20+	
01:04+	01:21+	00:53+	01:16+	01:10+	01:54+	03:27+	05:23+	01:49+	07:16+	02:22+	01:59+	01:29+	01:01+	00:20+	
38	Kirsti Strand Salvesen					3540					32:44				
01:09+	02:33+	03:39+	05:02+	06:53+	09:31+	13:36+	17:55+	20:34+	23:20+	26:12+	28:39+	30:49+	32:15+	32:44+	
01:09+	01:24+	01:06+	01:23+	01:51+	02:38+	04:05+	04:19+	02:39+	02:46+	02:52+	02:27+	02:10+	01:26+	00:29+	
01:09+	01:24+	01:06+	01:23+	01:51+	02:38+	04:05+	04:19+	02:39+	02:46+	02:52+	02:27+	02:10+	01:26+	00:29+	
39	Anna Kaia Søreide					1384					32:49				
00:55+	02:25+	03:16+	04:05+	04:07+	05:50+	06:49+	07:56+	11:08+	16:10+	18:38+	21:13+	23:34+	24:14+	28:25+	
00:55+	01:30+	00:51+	00:49+	00:02+	01:43+	00:59+	01:07+	03:12+	05:02+	02:28+	02:35+	02:21+	00:40+	04:11+	
00:55+	01:30+	00:51+	00:49+	00:02+	01:43+	00:59+	01:07+	03:12+	05:02+	02:28+	02:35+	02:21+	00:40+	04:11+	
40	Tone M. Seglem Giske					1683					32:56				
01:02+	02:24+	03:15+	04:23+	05:55+	08:03+	14:28+	18:04+	20:14+	22:37+	25:00+	27:13+	30:46+	32:19+	32:56+	
01:02+	01:22+	00:51+	01:08+	01:32+	02:08+	06:25+	03:36+	02:10+	02:23+	02:23+	02:13+	03:33+	01:33+	00:37+	
01:02+	01:22+	00:51+	01:08+	01:32+	02:08+	06:25+	03:36+	02:10+	02:23+	02:23+	02:13+	03:33+	01:33+	00:37+	
41	Esther Boenheim					2539					33:04				
00:57+	02:15+	03:05+	04:08+	05:35+	07:28+	10:53+	16:59+	19:09+	21:53+	23:48+	25:19+	28:06+	32:46+	33:04+	
00:57+	01:18+	00:50+	01:03+	01:27+	01:53+	03:25+	06:06+	02:10+	02:44+	01:55+	01:31+	02:47+	04:40+	00:18+	
00:57+	01:18+	00:50+	01:03+	01:27+	01:53+	03:25+	06:06+	02:10+	02:44+	01:55+	01:31+	02:47+	04:40+	00:18+	
42	Linda Haukås					3551					33:21				
01:36+	03:04+	04:05+	05:18+	07:35+	09:52+	14:18+	18:35+	21:12+	23:36+	25:58+	28:51+	31:32+	32:57+	33:21+	
01:36+	01:28+	01:01+	01:13+	02:17+	02:17+	04:26+	04:17+	02:37+	02:24+	02:22+	02:53+	02:41+	01:25+	00:24+	
01:36+	01:28+	01:01+	01:13+	02:17+	02:17+	04:26+	04:17+	02:37+	02:24+	02:22+	02:53+	02:41+	01:25+	00:24+	
43	Unni Byberg Mæstad					892					34:38				
02:02+	03:38+	04:30+	05:36+	08:40+	10:47+	14:41+	18:04+	20:34+	23:00+	25:03+	28:09+	30:16+	34:14+	34:38+	
02:02+	01:36+	00:52+	01:06+	03:04+	02:07+	03:54+	03:23+	02:30+	02:26+	02:03+	03:06+	02:07+	03:58+	00:24+	
02:02+	01:36+	00:52+	01:06+	03:04+	02:07+	03:54+	03:23+	02:30+	02:26+	02:03+	03:06+	02:07+	03:58+	00:24+	
44	Karolina Lenart					1376					35:01				
00:37+	01:37+	02:15+	03:09+	04:19+	06:03+	10:20+	21:32+	23:31+	25:24+	29:54+	31:30+	33:38+	34:43+	35:01+	
00:37+	01:00+	00:38+	00:54+	01:10+	01:44+	04:17+	11:12+	01:59+	01:53+	04:30+	01:36+	02:08+	01:05+	00:18+	
00:37+	01:00+	00:38+	00:54+	01:10+	01:44+	04:17+	11:12+	01:59+	01:53+	04:30+	01:36+	02:08+	01:05+	00:18+	
45	Janne Frantzen					1683					35:01				
01:20+	02:53+	03:54+	05:08+	06:43+	09:06+	13:34+	18:12+	20:56+	23:45+	26:15+	31:35+	33:20+	34:35+	35:01+	
01:20+	01:33+	01:01+	01:14+	01:35+	02:23+	04:28+	04:38+	02:44+	02:49+	02:30+	05:20+	01:45+	01:15+	00:26+	
01:20+	01:33+	01:01+	01:14+	01:35+	02:23+	04:28+	04:38+	02:44+	02:49+	02:30+	05:20+	01:45+	01:15+	00:26+	
46	Eli Thorset Våge					896					37:10				
01:28+	02:58+	04:07+	05:26+	07:16+	09:44+	14:10+	18:28+	21:53+	24:12+	26:57+	31:54+	35:41+	36:50+	37:10+	
01:28+	01:30+	01:09+	01:19+	01:50+	02:28+	04:26+	04:18+	03:25+	02:19+	02:45+	04:57+	03:47+	01:09+	00:20+	
01:28+	01:30+	01:09+	01:19+	01:50+	02:28+	04:26+	04:18+	03:25+	02:19+	02:45+	04:57+	03:47+	01:09+	00:20+	
47	Bente Skagseth					3558					37:39				
01:23+	03:18+	04:13+	05:24+	07:00+	09:01+	13:48+	18:17+	23:25+	25:31+	27:28+	30:03+	32:43+	37:18+	37:39+	
01:23+	01:55+	00:55+	01:11+	01:36+	02:01+	04:47+	04:29+	05:08+	02:06+	01:57+	02:35+	02:40+	04:35+	00:21+	
01:23+	01:55+	00:55+	01:11+	01:36+	02:01+	04:47+	04:29+	05:08+	02:06+	01:57+	02:35+	02:40+	04:35+	00:21+	

Plass	Navn					Klasse					Tid					
DT																
48	Ruth Grødem					722					37:47					
01:21+	03:45+	04:51+	06:15+	08:21+	11:11+	15:22+	20:08+	23:04+	25:59+	28:27+	30:40+	35:24+	37:21+	37:47+		
01:21+	02:24+	01:06+	01:24+	02:06+	02:50+	04:11+	04:46+	02:56+	02:55+	02:28+	02:13+	04:44+	01:57+	00:26+		
01:21+	02:24+	01:06+	01:24+	02:06+	02:50+	04:11+	04:46+	02:56+	02:55+	02:28+	02:13+	04:44+	01:57+	00:26+		
49	Kristin Barvik					892					38:07					
00:46+	01:57+	02:55+	03:54+	06:10+	08:25+	11:50+	24:04+	26:47+	29:39+	31:58+	34:21+	36:15+	37:38+	38:07+		
00:46+	01:11+	00:58+	00:59+	02:16+	02:15+	03:25+	12:14+	02:43+	02:52+	02:19+	02:23+	01:54+	01:23+	00:29+		
00:46+	01:11+	00:58+	00:59+	02:16+	02:15+	03:25+	12:14+	02:43+	02:52+	02:19+	02:23+	01:54+	01:23+	00:29+		
50	Maria Fjelde					892					38:55					
01:57+	03:52+	05:13+	06:45+	09:32+	12:36+	17:27+	22:45+	26:03+	29:03+	32:18+	34:46+	37:04+	38:34+	38:55+		
01:57+	01:55+	01:21+	01:32+	02:47+	03:04+	04:51+	05:18+	03:18+	03:00+	03:15+	02:28+	02:18+	01:30+	00:21+		
01:57+	01:55+	01:21+	01:32+	02:47+	03:04+	04:51+	05:18+	03:18+	03:00+	03:15+	02:28+	02:18+	01:30+	00:21+		
51	Signe Lise Haaland					3507					43:52					
01:25+	02:51+	04:05+	05:41+	07:28+	10:35+	14:54+	20:32+	23:58+	29:18+	32:30+	35:03+	39:05+	43:17+	43:52+		
01:25+	01:26+	01:14+	01:36+	01:47+	03:07+	04:19+	05:38+	03:26+	05:20+	03:12+	02:33+	04:02+	04:12+	00:35+		
01:25+	01:26+	01:14+	01:36+	01:47+	03:07+	04:19+	05:38+	03:26+	05:20+	03:12+	02:33+	04:02+	04:12+	00:35+		
52	Solveig Marie Grønning					3511					44:10					
01:26+	04:03+	05:01+	06:14+	08:52+	11:14+	18:15+	24:35+	28:12+	31:45+	36:18+	38:50+	42:02+	43:37+	44:10+		
01:26+	02:37+	00:58+	01:13+	02:38+	02:22+	07:01+	06:20+	03:37+	03:33+	04:33+	02:32+	03:12+	01:35+	00:33+		
01:26+	02:37+	00:58+	01:13+	02:38+	02:22+	07:01+	06:20+	03:37+	03:33+	04:33+	02:32+	03:12+	01:35+	00:33+		
53	May Kristin Haaland					3511					49:40					
02:02+	04:29+	05:59+	07:42+	11:14+	14:54+	20:44+	28:04+	32:36+	36:26+	40:28+	43:22+	46:46+	49:06+	49:40+		
02:02+	02:27+	01:30+	01:43+	03:32+	03:40+	05:50+	07:20+	04:32+	03:50+	04:02+	02:54+	03:24+	02:20+	00:34+		
02:02+	02:27+	01:30+	01:43+	03:32+	03:40+	05:50+	07:20+	04:32+	03:50+	04:02+	02:54+	03:24+	02:20+	00:34+		
54	Anne Hilde Halleraker					882					49:43					
01:46+	03:41+	05:15+	06:36+	08:32+	10:41+	16:50+	19:32+	22:17+	27:53+	29:58+	32:24+	34:29+	42:06+	43:50+	49:23+	49:43+
01:46+	01:55+	01:34+	01:21+	01:56+	02:09+	06:09+	02:42+	02:45+	05:36+	02:05+	02:26+	02:05+	07:37+	01:44+	05:33+	00:20+
01:46+	01:55+	01:34+	01:21+	01:56+	02:09+	06:09+	02:42+	02:45+	05:36+	02:05+	02:26+	02:05+	07:37+	01:44+	05:33+	00:20+
55	Emilie W Refseth					1830					50:38					
01:08+	02:37+	03:32+	04:43+	06:06+	08:31+	12:24+	16:59+	19:26+	37:03+	39:09+	43:26+	48:59+	50:11+	50:38+		
01:08+	01:29+	00:55+	01:11+	01:23+	02:25+	03:53+	04:35+	02:27+	17:37+	02:06+	04:17+	05:33+	01:12+	00:27+		
01:08+	01:29+	00:55+	01:11+	01:23+	02:25+	03:53+	04:35+	02:27+	17:37+	02:06+	04:17+	05:33+	01:12+	00:27+		
56	Marit Kløvstad Braut					892					50:51					
01:40+	03:51+	05:28+	07:33+	11:30+	15:04+	21:16+	28:17+	32:39+	36:57+	40:26+	43:22+	47:37+	50:11+	50:51+		
01:40+	02:11+	01:37+	02:05+	03:57+	03:34+	06:12+	07:01+	04:22+	04:18+	03:29+	02:56+	04:15+	02:34+	00:40+		
01:40+	02:11+	01:37+	02:05+	03:57+	03:34+	06:12+	07:01+	04:22+	04:18+	03:29+	02:56+	04:15+	02:34+	00:40+		
57	Ragnhild Christiansen					1884					50:52					
01:48+	03:59+	05:40+	07:41+	11:39+	15:05+	21:15+	28:17+	32:33+	36:41+	40:25+	43:32+	47:39+	50:10+	50:52+		
01:48+	02:11+	01:41+	02:01+	03:58+	03:26+	06:10+	07:02+	04:16+	04:08+	03:44+	03:07+	04:07+	02:31+	00:42+		
01:48+	02:11+	01:41+	02:01+	03:58+	03:26+	06:10+	07:02+	04:16+	04:08+	03:44+	03:07+	04:07+	02:31+	00:42+		
58	Else Marie Furland					1884					50:58					
01:52+	04:06+	05:48+	07:44+	11:47+	15:04+	21:26+	28:27+	32:40+	36:55+	40:22+	43:36+	47:44+	50:19+	50:58+		
01:52+	02:14+	01:42+	01:56+	04:03+	03:17+	06:22+	07:01+	04:13+	04:15+	03:27+	03:14+	04:08+	02:35+	00:39+		
01:52+	02:14+	01:42+	01:56+	04:03+	03:17+	06:22+	07:01+	04:13+	04:15+	03:27+	03:14+	04:08+	02:35+	00:39+		
59	Agnete Dedekam Stabel					1758					51:33					
01:57+	03:41+	05:13+	07:19+	09:42+	12:16+	18:24+	29:07+	32:36+	36:58+	40:12+	47:55+	49:48+	51:11+	51:33+		
01:57+	01:44+	01:32+	02:06+	02:23+	02:34+	06:08+	10:43+	03:29+	04:22+	03:14+	07:43+	01:53+	01:23+	00:22+		
01:57+	01:44+	01:32+	02:06+	02:23+	02:34+	06:08+	10:43+	03:29+	04:22+	03:14+	07:43+	01:53+	01:23+	00:22+		
60	Jannecke A. Moe					1758					52:26					
02:48+	04:33+	06:02+	07:45+	09:50+	12:11+	16:18+	25:19+	28:51+	31:53+	35:06+	40:27+	48:43+	50:01+	52:26+		
02:48+	01:45+	01:29+	01:43+	02:05+	02:21+	04:07+	09:01+	03:32+	03:02+	03:13+	05:21+	08:16+	01:18+	02:25+		
02:48+	01:45+	01:29+	01:43+	02:05+	02:21+	04:07+	09:01+	03:32+	03:02+	03:13+	05:21+	08:16+	01:18+	02:25+		
61	Linda Strøm					722					53:37					
02:28+	04:59+	07:15+	09:23+	11:46+	15:39+	25:08+	31:58+	35:41+	39:25+	43:37+	46:48+	49:42+	52:59+	53:37+		
02:28+	02:31+	02:16+	02:08+	02:23+	03:53+	09:29+	06:50+	03:43+	03:44+	04:12+	03:11+	02:54+	03:17+	00:38+		
02:28+	02:31+	02:16+	02:08+	02:23+	03:53+	09:29+	06:50+	03:43+	03:44+	04:12+	03:11+	02:54+	03:17+	00:38+		

Plass	Navn				Klasse				Tid			
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DT

62	Hilde Støre					722						54:30		
03:21+	05:52+	08:05+	10:15+	12:39+	16:37+	26:02+	32:49+	36:34+	40:15+	44:30+	47:42+	50:37+	53:57+	54:30+
03:21+	02:31+	02:13+	02:10+	02:24+	03:58+	09:25+	06:47+	03:45+	03:41+	04:15+	03:12+	02:55+	03:20+	00:33+
03:21+	02:31+	02:13+	02:10+	02:24+	03:58+	09:25+	06:47+	03:45+	03:41+	04:15+	03:12+	02:55+	03:20+	00:33+
63	Kitty Garborg					1754						55:24		
01:29+	03:37+	05:23+	08:38+	10:36+	14:55+	18:23+	30:51+	33:21+	39:22+	43:25+	51:16+	52:57+	54:58+	55:24+
01:29+	02:08+	01:46+	03:15+	01:58+	04:19+	03:28+	12:28+	02:30+	06:01+	04:03+	07:51+	01:41+	02:01+	00:26+
01:29+	02:08+	01:46+	03:15+	01:58+	04:19+	03:28+	12:28+	02:30+	06:01+	04:03+	07:51+	01:41+	02:01+	00:26+
64	Paula Barco					1283						1:19:23		
04:14+	06:53+	08:53+	10:34+	13:19+	17:04+	36:19+	44:11+	49:56+	54:40+	67:12+	73:50+	76:52+	78:56+	79:23+
04:14+	02:39+	02:00+	01:41+	02:45+	03:45+	19:15+	07:52+	05:45+	04:44+	12:32+	06:38+	03:02+	02:04+	00:27+
04:14+	02:39+	02:00+	01:41+	02:45+	03:45+	19:15+	07:52+	05:45+	04:44+	12:32+	06:38+	03:02+	02:04+	00:27+
65	Runa Vatna Sandmoen					1283						1:19:28		
04:10+	06:51+	09:02+	10:32+	13:24+	17:08+	36:23+	44:15+	49:29+	54:47+	67:26+	73:52+	76:58+	79:01+	79:28+
04:10+	02:41+	02:11+	01:30+	02:52+	03:44+	19:15+	07:52+	05:14+	05:18+	12:39+	06:26+	03:06+	02:03+	00:27+
04:10+	02:41+	02:11+	01:30+	02:52+	03:44+	19:15+	07:52+	05:14+	05:18+	12:39+	06:26+	03:06+	02:03+	00:27+

Beste strekktid for klassen

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

H16

1	Erling Byberg				793				35:14														
03:17=	05:45=	06:51=	07:31=	08:26=	09:30=	11:23=	13:54=	16:30=	17:00=	17:38=	20:01=	22:13=	24:48=	25:12=	26:43=	28:37=	30:14=	31:12=	32:10=	33:24=	34:23=	34:57=	35:14=
02:28=	01:06=	00:40=	00:55=	01:04=	01:53=	02:31=	02:36=	00:30=	00:30=	00:31=	02:23=	02:12=	02:35=	00:24=	01:31=	01:54=	01:37=	00:58=	00:58=	01:14=	00:59=	00:34=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Børge Grødem				3619				36:54														
02:12=	03:49=	04:49=	05:28=	06:28=	07:32=	10:45=	12:15=	14:27=	15:00=	16:54=	18:38=	23:33+	26:17+	26:41+	28:10+	29:43+	31:26+	32:15+	33:10+	34:30+	35:36+	36:37+	36:54+
02:12=	01:37=	01:00=	00:39=	01:00+	01:04=	03:13+	01:30=	02:12=	00:33+	01:54+	01:44=	04:55+	02:44+	00:24=	01:29=	01:33=	01:43+	00:49=	00:55=	01:20+	01:06+	01:01+	00:17=
01:05=	00:51=	00:06=	00:01=	00:05+	00:00=	01:20&	01:01=	00:24=	00:03#	01:16@	00:39=	02:43@	00:09+	00:00=	00:02=	00:21=	00:06+	00:09=	00:03=	00:06+	00:07#	00:27&	00:00=
3	David Wade				1683				39:07														
03:16=	05:38=	06:53+	08:08+	09:09+	10:18+	12:43+	16:00+	18:39+	19:11+	19:52+	21:57+	23:54+	26:49+	27:10+	28:41+	30:51+	33:03+	34:20+	35:27+	36:49+	38:10+	38:54+	39:07+
03:16=	02:22=	01:15+	01:15+	01:01+	01:09+	02:25+	03:17+	02:39+	00:32+	00:41+	02:05=	01:57=	02:55+	00:21=	01:31=	02:10+	02:12+	01:17+	01:07+	01:22+	01:21+	00:44+	00:13=
00:01=	00:06=	00:09#	00:35&	00:06#	00:05+	00:32&	00:46&	00:03+	00:02+	00:03+	00:18=	00:15=	00:20#	00:03=	00:00=	00:16#	00:35&	00:19&	00:09#	00:08#	00:22&	00:10&	00:04=
4	Ole Andre Brandsberg				3502				39:31														
01:54=	03:44=	04:58=	05:56=	07:19=	08:41=	11:26+	14:55+	18:03+	18:43+	19:39+	22:18+	24:06+	27:10+	27:35+	29:18+	31:09+	33:27+	34:30+	35:44+	37:02+	38:19+	39:17+	39:31+
01:54=	01:50=	01:14+	00:58+	01:23+	01:22+	02:45+	03:29+	03:08+	00:40+	00:56+	02:39+	01:48=	03:04+	00:25+	01:43+	01:51=	02:18+	01:03+	01:14+	01:18+	01:17+	00:58+	00:14=
01:23=	00:38=	00:08#	00:18&	00:28&	00:18&	00:52&	00:58&	00:32#	00:10&	00:18&	00:16#	00:24=	00:29#	00:01+	00:12#	00:03=	00:41&	00:05+	00:16&	00:04+	00:18&	00:24&	00:03=
5	Martin Skogland				3508				39:45														
02:44=	04:55=	06:15=	07:41+	08:47+	10:06+	12:41+	15:05+	18:16+	18:50+	19:34+	22:10+	23:47+	27:28+	27:54+	29:28+	31:21+	33:28+	34:59+	36:00+	37:18+	38:29+	39:29+	39:45+
02:44=	02:11=	01:20+	01:26+	01:06+	01:19+	02:35+	02:24=	03:11+	00:34+	00:44+	02:36+	01:37=	03:41+	00:26+	01:34+	01:53=	02:07+	01:31+	01:01+	01:18+	01:11+	01:00+	00:16=
00:33=	00:17=	00:14#	00:46@	00:11#	00:15#	00:42&	00:07=	00:35#	00:04#	00:06#	00:13+	00:35=	01:06&	00:02+	00:03+	00:01=	00:30&	00:33&	00:03+	00:04+	00:12#	00:26&	00:01=
6	Erlend Sølvberg				3524				39:46														
04:16+	06:27+	07:43+	08:30+	09:41+	11:09+	13:30+	15:41+	17:54+	18:26+	19:10+	23:49+	25:26+	28:07+	28:33+	30:34+	32:15+	33:55+	35:04+	36:09+	37:28+	38:30+	39:29+	39:46+
04:16+	02:11=	01:16+	00:47+	01:11+	01:28+	02:21+	02:11=	02:13=	00:32+	00:44+	04:39+	01:37=	02:41+	00:26+	02:01+	01:41=	01:40+	01:09+	01:05+	01:19+	01:02+	00:59+	00:17=
00:59&	00:17=	00:10#	00:07#	00:16&	00:24&	00:28#	00:20=	00:23=	00:02+	00:06#	02:16&	00:35=	00:06+	00:02+	00:30&	00:13=	00:03+	00:11#	00:07#	00:05+	00:03+	00:25&	00:00=
7	Truls Thorkildsen				2074				39:53														
03:49+	06:17+	07:32+	08:52+	10:01+	11:15+	13:41+	16:47+	19:04+	19:37+	20:19+	23:00+	24:34+	27:44+	28:12+	29:37+	31:41+	33:54+	34:46+	35:46+	37:19+	38:35+	39:35+	39:53+
03:49+	02:28=	01:15+	01:20+	01:09+	01:14+	02:26+	03:06+	02:17=	00:33+	00:42+	02:41+	01:34=	03:10+	00:28+	01:25=	02:04+	02:13+	00:52=	01:00+	01:33+	01:16+	01:00+	00:18+
00:32#	00:00=	00:09#	00:40&	00:14&	00:10#	00:33&	00:35#	00:19=	00:03#	00:04#	00:18#	00:38=	00:35#	00:04#	00:06=	00:10+	00:36&	00:06=	00:02+	00:19&	00:17&	00:26&	00:01+
8	Henrik Friis				3516				39:53														
03:31+	05:42=	06:42=	07:22=	08:24=	09:26=	11:54+	14:08+	16:45+	17:13+	18:16+	20:34+	25:29+	28:10+	28:34+	30:09+	31:35+	33:27+	34:16+	35:52+	37:21+	38:38+	39:39+	39:53+
03:31+	02:11=	01:00=	00:40=	01:02+	01:02=	02:28+	02:14=	02:37+	00:28=	01:03+	02:18=	04:55+	02:41+	00:24=	01:35+	01:26=	01:52+	00:49=	01:36+	01:29+	01:17+	01:01+	00:14=
00:14+	00:17=	00:06=	00:00=	00:07#	00:02=	00:35&	00:17=	00:01+	00:02=	00:25&	00:05=	02:43@	00:06+	00:00=	00:04+	00:28=	00:15#	00:09=	00:38&	00:15#	00:18&	00:27&	00:03=



Plass	Navn					Klasse					Tid														
H16																									
9	Alexander Romanov					3562					40:23														
02:01-	03:53-	05:12-	05:59-	06:59-	08:07-	10:15-	12:45-	18:20+	19:01+	19:45+	22:01+	23:48+	27:07+	27:33+	29:18+	31:35+	34:11+	35:02+	36:17+	37:43+	39:05+	40:08+	40:23+		
02:01-	01:52-	01:19+	00:47+	01:00+	01:08+	02:08+	02:30-	05:35+	00:41+	00:44+	02:16-	01:47-	03:19+	00:26+	01:45+	02:17+	02:36+	00:51-	01:15+	01:26+	01:22+	01:03+	00:15-		
01:16-	00:36-	00:13#	00:07#	00:05+	00:04+	00:13#	00:01-	02:59#	00:11#	00:06#	00:07-	00:25-	00:44#	00:02+	00:14#	00:23#	00:59#	00:07-	00:17#	00:12#	00:23#	00:29#	00:02-		
10	Magnus Kristoffersen					3676					40:44														
02:36+	05:15+	06:57+	07:49+	09:15+	10:53+	13:30+	15:39+	19:11+	19:44+	20:29+	22:59+	24:39+	28:08+	28:33+	30:11+	32:09+	34:39+	35:40+	36:54+	38:13+	39:28+	40:28+	40:44+		
02:36+	02:39+	01:42+	00:52+	01:26+	01:38+	02:37+	02:09+	03:32+	00:33+	00:45+	02:30+	01:40+	03:29+	00:25+	01:38+	01:58+	02:30+	01:01+	01:14+	01:19+	01:15+	01:00+	00:16+		
02:36+	02:39+	01:42+	00:52+	01:26+	01:38+	02:37+	02:09+	03:32+	00:33+	00:45+	02:30+	01:40+	03:29+	00:25+	01:38+	01:58+	02:30+	01:01+	01:14+	01:19+	01:15+	01:00+	00:16+		
11	Bendix Gjølstad Smith					892					41:52														
02:27+	05:08+	06:28+	07:18+	08:46+	10:16+	13:19+	15:19+	18:30+	19:08+	20:21+	22:56+	25:36+	29:16+	29:41+	31:15+	33:26+	35:54+	36:52+	38:02+	39:27+	40:52+	41:39+	41:52+		
02:27+	02:41+	01:20+	00:50+	01:28+	01:30+	03:03+	02:00+	03:11+	00:38+	01:13+	02:35+	02:40+	03:40+	00:25+	01:34+	02:11+	02:28+	00:58+	01:10+	01:25+	01:25+	00:47+	00:13+		
02:27+	02:41+	01:20+	00:50+	01:28+	01:30+	03:03+	02:00+	03:11+	00:38+	01:13+	02:35+	02:40+	03:40+	00:25+	01:34+	02:11+	02:28+	00:58+	01:10+	01:25+	01:25+	00:47+	00:13+		
12	Christian Schmidt					2342					42:06														
04:24+	08:29+	09:33+	10:43+	11:44+	12:50+	14:57+	17:02+	20:28+	20:57+	21:32+	23:34+	26:18+	29:02+	29:35+	31:07+	34:18+	36:52+	37:38+	38:51+	40:18+	41:18+	41:54+	42:06+		
04:24+	04:05+	01:04+	01:10+	01:01+	01:06+	02:07+	02:05+	03:26+	00:29+	00:35+	02:02+	02:44+	02:44+	00:33+	01:32+	03:11+	02:34+	00:46+	01:13+	01:27+	01:00+	00:36+	00:12+		
04:24+	04:05+	01:04+	01:10+	01:01+	01:06+	02:07+	02:05+	03:26+	00:29+	00:35+	02:02+	02:44+	02:44+	00:33+	01:32+	03:11+	02:34+	00:46+	01:13+	01:27+	01:00+	00:36+	00:12+		
13	Thomas Barvik Møland					3507					43:57														
04:28+	06:38+	08:07+	08:57+	10:20+	11:56+	15:43+	17:46+	20:37+	21:17+	22:24+	24:58+	26:40+	30:20+	30:51+	32:44+	34:48+	37:16+	38:33+	39:41+	41:25+	42:45+	43:39+	43:57+		
04:28+	02:10+	01:29+	00:50+	01:23+	01:36+	03:47+	02:03+	02:51+	00:40+	01:07+	02:34+	01:42+	03:40+	00:31+	01:53+	02:04+	02:28+	01:17+	01:08+	01:44+	01:20+	00:54+	00:18+		
04:28+	02:10+	01:29+	00:50+	01:23+	01:36+	03:47+	02:03+	02:51+	00:40+	01:07+	02:34+	01:42+	03:40+	00:31+	01:53+	02:04+	02:28+	01:17+	01:08+	01:44+	01:20+	00:54+	00:18+		
14	Håvard Landråk					3676					44:15														
01:49+	04:29+	05:48+	06:40+	07:46+	10:08+	13:14+	14:49+	17:48+	18:22+	19:08+	21:51+	23:29+	26:28+	26:55+	28:38+	30:25+	32:47+	33:43+	34:48+	36:09+	37:16+	44:02+	44:15+		
01:49+	02:40+	01:19+	00:52+	01:06+	02:22+	03:06+	01:35+	02:59+	00:34+	00:46+	02:43+	01:38+	02:59+	00:27+	01:43+	01:47+	02:22+	00:56+	01:05+	01:21+	01:07+	06:46+	00:13+		
01:49+	02:40+	01:19+	00:52+	01:06+	02:22+	03:06+	01:35+	02:59+	00:34+	00:46+	02:43+	01:38+	02:59+	00:27+	01:43+	01:47+	02:22+	00:56+	01:05+	01:21+	01:07+	06:46+	00:13+		
15	Vidar Haus					3528					47:45														
02:35+	05:17+	06:47+	07:41+	09:04+	10:40+	13:37+	17:20+	21:17+	22:03+	22:59+	25:50+	28:07+	32:21+	32:50+	34:35+	36:50+	39:35+	41:05+	42:37+	44:26+	46:08+	47:27+	47:45+		
02:35+	02:42+	01:30+	00:54+	01:23+	01:36+	02:57+	03:43+	03:57+	00:46+	00:56+	02:51+	02:17+	04:14+	00:29+	01:45+	02:15+	02:45+	01:30+	01:32+	01:49+	01:42+	01:19+	00:18+		
02:35+	02:42+	01:30+	00:54+	01:23+	01:36+	02:57+	03:43+	03:57+	00:46+	00:56+	02:51+	02:17+	04:14+	00:29+	01:45+	02:15+	02:45+	01:30+	01:32+	01:49+	01:42+	01:19+	00:18+		
16	Eivind Baltzersen					1283					49:32														
03:13+	06:40+	08:10+	09:15+	10:50+	12:29+	17:46+	20:33+	25:27+	26:08+	27:01+	30:57+	33:08+	36:08+	36:38+	38:38+	40:22+	42:46+	44:03+	45:32+	47:04+	48:16+	49:19+	49:32+		
03:13+	03:27+	01:30+	01:05+	01:35+	01:39+	05:17+	02:47+	04:54+	00:41+	00:53+	03:56+	02:11+	03:00+	00:30+	02:00+	01:44+	02:24+	01:17+	01:29+	01:32+	01:12+	01:03+	00:13+		
03:13+	03:27+	01:30+	01:05+	01:35+	01:39+	05:17+	02:47+	04:54+	00:41+	00:53+	03:56+	02:11+	03:00+	00:30+	02:00+	01:44+	02:24+	01:17+	01:29+	01:32+	01:12+	01:03+	00:13+		
17	Stian Bentsen Malmanger					3676					49:44														
05:03+	07:52+	09:14+	10:05+	11:27+	13:00+	16:00+	18:05+	20:58+	21:37+	24:16+	28:45+	30:42+	34:31+	34:59+	36:58+	39:15+	42:05+	43:12+	44:47+	46:40+	48:25+	49:27+	49:44+		
05:03+	02:49+	01:22+	00:51+	01:22+	01:33+	03:00+	02:05+	02:53+	00:39+	02:39+	04:29+	01:57+	03:49+	00:28+	01:59+	02:17+	02:50+	01:07+	01:35+	01:53+	01:45+	01:02+	00:17+		
05:03+	02:49+	01:22+	00:51+	01:22+	01:33+	03:00+	02:05+	02:53+	00:39+	02:39+	04:29+	01:57+	03:49+	00:28+	01:59+	02:17+	02:50+	01:07+	01:35+	01:53+	01:45+	01:02+	00:17+		
18	Lars Kartevoll					3548					51:48														
03:59+	07:32+	09:19+	10:24+	11:36+	13:21+	16:13+	18:23+	21:48+	22:26+	23:12+	25:51+	33:02+	37:14+	37:45+	39:30+	41:33+	44:16+	45:42+	47:21+	49:18+	50:42+	51:33+	51:48+		
03:59+	03:33+	01:47+	01:05+	01:12+	01:45+	02:52+	02:10+	03:25+	00:38+	00:46+	02:39+	07:11+	04:12+	00:31+	01:45+	02:03+	02:43+	01:26+	01:39+	01:57+	01:24+	00:51+	00:15+		
03:59+	03:33+	01:47+	01:05+	01:12+	01:45+	02:52+	02:10+	03:25+	00:38+	00:46+	02:39+	07:11+	04:12+	00:31+	01:45+	02:03+	02:43+	01:26+	01:39+	01:57+	01:24+	00:51+	00:15+		
19	Henrik Aasheim					2342					56:01														
10:30+	14:04+	15:30+	16:34+	18:01+	19:38+	22:43+	25:12+	28:28+	29:10+	30:20+	33:31+	36:43+	40:14+	40:43+	43:20+	45:32+	47:49+	49:15+	51:01+	52:41+	54:17+	55:45+	56:01+		
10:30+	03:34+	01:26+	01:04+	01:27+	01:37+	03:05+	02:29+	03:16+	00:42+	01:10+	03:11+	03:12+	03:31+	00:29+	02:37+	02:12+	02:17+	01:26+	01:46+	01:40+	01:36+	01:28+	00:16+		
10:30+	03:34+	01:26+	01:04+	01:27+	01:37+	03:05+	02:29+	03:16+	00:42+	01:10+	03:11+	03:12+	03:31+	00:29+	02:37+	02:12+	02:17+	01:26+	01:46+	01:40+	01:36+	01:28+	00:16+		
20	Jonas Hagen					3528					56:07														
09:58+	12:18+	13:57+	14:49+	16:07+	17:27+	20:44+	22:58+	28:03+	28:56+	29:56+	32:40+	35:17+	39:03+	39:48+	41:45+	43:53+	46:58+	50:40+	51:37+	53:32+	55:06+	55:52+	56:07+		
09:58+	02:20+	01:39+	00:52+	01:18+	01:20+	03:17+	02:14+	05:05+	00:53+	01:00+	02:44+	02:37+	03:46+	00:45+	01:57+	02:08+	03:05+	03:42+	00:57+	01:55+	01:34+	00:46+	00:15+		
09:58+	02:20+	01:39+	00:52+	01:18+	01:20+	03:17+	02:14+	05:05+	00:53+	01:00+	02:44+	02:37+	03:46+	00:45+	01:57+	02:08+	03:05+	03:42+	00:57+	01:55+	01:34+	00:46+	00:15+		
21	Martin Gjerstad					3676					57:20														
06:35+	09:34+	11:22+	12:23+	13:51+	15:48+	21:21+	24:08+	30:06+	30:47+	31:55+	35:15+	37:41+	41:09+	41:37+	43:55+	46:04+	49:13+	50:20+	51:56+	54:11+	55:40+	57:04+	57:20+		
06:35+	02:59+	01:48+	01:01+	01:28+	01:57+	05:33+	02:47+	05:58+	00:41+	01:08+	03:20+	02:26+	03:28+	00:28+	02:18+	02:09+	03:09+	01:07+	01:36+	02:15+	01:29+	01:24+	00:16+		
06:35+	02:59+	01:48+	01:01+	01:28+	01:57+	05:33+	02:47+	05:58+	00:41+	01:08+	03:20+	02:26+	03:28+	00:28+	02:18+	02:09+	03:09+	01:07+	01:36+	02:15+	01:29+	01:24+	00:16+		
22	Jone Klemo Øverland					1384					58:26														
03:12+	13:28+	14:57+	16:07+	17:34+	19:08+	22:00+	25:17+	28:52+	29:30+	30:26+	35:08+	37:04+	40:58+	41:29+	43:18+	45:11+	50:59+	52:20+	53:39+	55:21+	57:02+	58:10+	58:26+		
03:12+	10:16+	01:29+	01:10+	01:27+	01:34+	02:52+	03:17+	03:35+	00:38+	00:56+	04:42+	01:56+	03:54+	00:31+	01:49+	01:53+	05:48+	01:21+	01:19+	01:42+	01:41+	01:08+	00:16+		
03:12+	10:16+	01:29+	01:10+	01:27+	01:34+	02:52+	03:17+	03:35+	00:38+	00:56+	04:42+	01:56+	03:54+	00:31+	01:49+	01:53+	05:48+	01:21+	01:19+	01:42+	01:41+	01:08+	00:16+		

Plass	Navn										Klasse	Tid									
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H16

23	Trym Hustoft										3497	1:00:43											
04:13+	07:30+	08:52+	10:32+	11:46+	13:32+	16:14+	25:43+	31:57+	32:37+	33:33+	37:03+	39:20+	45:09+	45:35+	47:32+	50:43+	52:57+	54:28+	55:46+	57:28+	59:04+	60:28+	60:43+
04:13+	03:17+	01:22+	01:40+	01:14+	01:46+	02:42+	09:29+	06:14+	00:40+	00:56+	03:30+	02:17+	05:49+	00:26+	01:57+	03:11+	02:14+	01:31+	01:18+	01:42+	01:36+	01:24+	00:15+
04:13+	03:17+	01:22+	01:40+	01:14+	01:46+	02:42+	09:29+	06:14+	00:40+	00:56+	03:30+	02:17+	05:49+	00:26+	01:57+	03:11+	02:14+	01:31+	01:18+	01:42+	01:36+	01:24+	00:15+
24	Bjørn Morten Bøe Brunstøl										2023	1:00:52											
03:25+	12:30+	13:51+	14:44+	16:52+	18:23+	24:26+	28:32+	32:53+	33:29+	34:25+	37:42+	40:13+	43:55+	44:19+	48:35+	50:36+	53:34+	54:34+	55:56+	58:04+	59:23+	60:35+	60:52+
03:25+	09:05+	01:21+	00:53+	02:08+	01:31+	06:03+	04:06+	04:21+	00:36+	00:56+	03:17+	02:31+	03:42+	00:24+	04:16+	02:01+	02:58+	01:00+	01:22+	02:08+	01:19+	01:12+	00:17+
03:25+	09:05+	01:21+	00:53+	02:08+	01:31+	06:03+	04:06+	04:21+	00:36+	00:56+	03:17+	02:31+	03:42+	00:24+	04:16+	02:01+	02:58+	01:00+	01:22+	02:08+	01:19+	01:12+	00:17+
25	Bernt Christian Bugge										3676	1:02:18											
03:27+	05:49+	07:40+	08:36+	09:56+	11:18+	18:22+	21:12+	34:44+	35:15+	36:13+	38:40+	40:48+	44:47+	45:24+	49:14+	51:13+	53:58+	55:21+	56:42+	58:44+	60:53+	62:03+	62:18+
03:27+	02:22+	01:51+	00:56+	01:20+	01:22+	07:04+	02:50+	13:32+	00:31+	00:58+	02:27+	02:08+	03:59+	00:37+	03:50+	01:59+	02:45+	01:23+	01:21+	02:02+	02:09+	01:10+	00:15+
03:27+	02:22+	01:51+	00:56+	01:20+	01:22+	07:04+	02:50+	13:32+	00:31+	00:58+	02:27+	02:08+	03:59+	00:37+	03:50+	01:59+	02:45+	01:23+	01:21+	02:02+	02:09+	01:10+	00:15+
26	Marius Hagen										3528	1:07:34											
11:10+	13:55+	15:23+	16:27+	18:01+	20:03+	24:08+	27:11+	31:35+	33:08+	34:11+	37:34+	40:02+	44:47+	45:44+	48:10+	50:55+	55:31+	57:12+	60:58+	63:27+	65:20+	67:15+	67:34+
11:10+	02:45+	01:28+	01:04+	01:34+	02:02+	04:05+	03:03+	04:24+	01:33+	01:03+	03:23+	02:28+	04:45+	00:57+	02:26+	02:45+	04:36+	01:41+	03:46+	02:29+	01:53+	01:55+	00:19+
11:10+	02:45+	01:28+	01:04+	01:34+	02:02+	04:05+	03:03+	04:24+	01:33+	01:03+	03:23+	02:28+	04:45+	00:57+	02:26+	02:45+	04:36+	01:41+	03:46+	02:29+	01:53+	01:55+	00:19+

Beste strekktid for klassen

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

H40

1	Anders Presterud										903	37:36											
02:06=	04:19=	05:34=	06:25=	07:35=	08:52=	11:11=	13:20=	15:58=	16:35=	17:23=	20:06=	21:45=	25:26=	25:53=	27:24=	29:28=	31:34=	32:40=	33:42=	35:01=	36:17=	37:22=	37:36=
02:06=	02:13=	01:15=	00:51=	01:10=	01:17=	02:19=	02:09=	02:38=	00:37=	00:48=	02:43=	01:39=	03:41=	00:27=	01:31=	02:04=	02:06=	01:06=	01:02=	01:19=	01:16=	01:05=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	38:19											
02:27+	04:49+	06:03+	06:54+	08:04+	09:23+	11:44+	13:43+	16:33+	17:07+	17:51+	20:17+	21:53+	26:05+	26:30+	28:02+	29:52+	32:00+	33:03+	34:11+	35:35+	36:56+	38:02+	38:19+
02:27+	02:22+	01:14=	00:51=	01:10=	01:19+	02:21+	01:59=	02:50+	00:34=	00:44=	02:26=	01:36=	04:12+	00:25=	01:32+	01:50=	02:08+	01:03=	01:08+	01:24+	01:21+	01:06+	00:17+
00:21#	00:09+	00:01=	00:00=	00:00=	00:02+	00:02+	00:10=	00:12+	00:03=	00:04=	00:17=	00:03=	00:31#	00:02=	00:01+	00:14=	00:02+	00:03=	00:06+	00:05+	00:05+	00:01+	00:03#
3	Glenn Madland										879	41:02											
03:34+	05:41+	07:04+	08:01+	09:12+	10:40+	13:10+	15:25+	18:34+	19:15+	19:57+	22:18+	23:37+	26:30+	27:30+	29:09+	30:55+	32:57+	35:23+	36:33+	37:55+	39:36+	40:49+	41:02+
03:34+	02:07=	01:23+	00:57+	01:11+	01:28+	02:30+	02:15+	03:09+	00:41+	00:42=	02:21=	01:19=	02:53=	01:00+	01:39+	01:46=	02:02=	02:26+	01:10+	01:22+	01:41+	01:13+	00:13=
01:28&	00:06=	00:08#	00:06#	00:01+	00:11#	00:11+	00:06+	00:31#	00:04#	00:06=	00:22=	00:20=	00:48=	00:33&	00:08+	00:18=	00:04=	01:20&	00:08#	00:03+	00:25&	00:08#	00:01=
4	Inge Arild Leknes										3548	41:28											
02:45+	05:21+	06:40+	07:29+	08:35+	09:49+	12:17+	16:56+	19:51+	20:31+	21:14+	23:21+	25:13+	29:31+	29:57+	31:36+	33:16+	35:42+	36:55+	38:04+	39:15+	40:16+	41:12+	41:28+
02:45+	02:36+	01:19+	00:49=	01:06=	01:14=	02:28+	04:39+	02:55+	00:40+	00:43=	02:07=	01:52+	04:18+	00:26=	01:39+	01:40=	02:26+	01:13+	01:09+	01:11=	01:01=	00:56=	00:16+
00:39&	00:23#	00:04+	00:02=	00:04=	00:03=	00:09+	02:30&	00:17#	00:03+	00:05=	00:36=	00:13#	00:37#	00:01=	00:08+	00:24=	00:20#	00:07#	00:07#	00:08=	00:15=	00:09=	00:02#
5	Anders Klungre										3548	42:26											
06:55+	09:09+	10:28+	11:11+	12:20+	13:35+	15:53+	17:34+	20:24+	20:57+	21:39+	23:50+	25:30+	30:22+	30:43+	32:28+	34:14+	36:31+	37:48+	38:45+	40:05+	41:14+	42:16+	42:26+
06:55+	02:14+	01:19+	00:43=	01:09=	01:15=	02:18=	01:41=	02:50+	00:33=	00:42=	02:11=	01:40+	04:52+	00:21=	01:45+	01:46=	02:17+	01:17+	00:57=	01:20+	01:09=	01:02=	00:10=
04:49&	00:01+	00:04+	00:08=	00:01=	00:02=	00:01=	00:28=	00:12+	00:04=	00:06=	00:32=	00:01+	01:11&	00:06=	00:14#	00:18=	00:11+	00:11#	00:05=	00:01+	00:07=	00:03=	00:04=
6	Ole-Tobias Frich										1683	42:28											
03:16+	05:37+	07:11+	08:51+	10:09+	11:29+	13:45+	16:00+	19:39+	20:15+	21:05+	23:31+	25:13+	28:31+	28:58+	31:15+	33:58+	36:09+	37:15+	38:40+	40:12+	41:24+	42:13+	42:28+
03:16+	02:21+	01:34+	01:40+	01:18+	01:20+	02:16=	02:15+	03:39+	00:36=	00:50+	02:26=	01:42+	03:18=	00:27=	02:17+	02:43+	02:11+	01:06=	01:25+	01:32+	01:12=	00:49=	00:15+
01:10&	00:08+	00:19&	00:49&	00:08#	00:03+	00:03=	00:06+	01:01&	00:01=	00:02+	00:17=	00:03+	00:23=	00:00=	00:46&	00:39&	00:05+	00:00=	00:23&	00:13#	00:04=	00:16=	00:01+
7	Olav Johannes Espedal										3519	43:45											
03:16+	05:57+	07:36+	08:23+	09:41+	11:13+	13:40+	17:44+	20:52+	21:26+	22:29+	24:37+	27:38+	31:04+	31:32+	33:27+	35:19+	37:22+	38:35+	39:30+	40:50+	42:13+	43:33+	43:45+
03:16+	02:41+	01:39+	00:47=	01:18+	01:32+	02:27+	04:04+	03:08+	00:34=	01:03+	02:08=	03:01+	03:26=	00:28+	01:55+	01:52=	02:03=	01:13+	00:55=	01:20+	01:23+	01:20+	00:12=
01:10&	00:28#	00:24&	00:04=	00:08#	00:15#	00:08+	01:55&	00:30#	00:03=	00:15&	00:35=	01:22&	03:15=	00:01+	00:24&	00:12=	00:03=	00:07#	00:07=	00:01+	00:07+	00:15#	00:02=
8	Bjarne Bore										3529	43:55											
04:13+	06:43+	07:52+	08:39+	09:52+	11:02+	13:40+	16:10+	19:13+	19:52+	21:14+	24:24+	25:59+	29:19+	29:49+	32:27+	34:13+	36:30+	37:35+	38:56+	40:55+	42:39+	43:40+	43:55+
04:13+	02:30+	01:09=	00:47=	01:13+	01:10=	02:38+	02:30+	03:03+	00:39+	01:22+	03:10+	01:35=	03:20=	00:30+	02:38+	01:46=	02:17+	01:05=	01:21+	01:59+	01:44+	01:01=	00:15+
02:07&	00:17#	00:06=	00:04=	00:03+	00:07=	00:19#	00:21#	00:25#	00:02+	00:34&	00:27#	00:04=	00:21=	00:03#	01:07&	00:18=	00:11+	00:01=	00:19&	00:40&	00:28&	00:04=	00:01+

## Beste strekktid for klassen

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

	Navn				Klasse				Tid															
H50																								
1	Trond Lamark				878				33:35															
01:37=	02:56=	03:56=	05:21=	06:14=	07:41=	13:21=	13:58=	14:36=	17:35=	19:46=	21:54=	23:17=	23:54=	26:59=	27:51=	28:58=	30:28=	32:26=	33:20=	33:35=				
01:37=	01:19=	01:00=	01:25=	00:53=	01:27=	05:40=	00:37=	00:38=	02:59=	02:11=	02:08=	01:23=	00:37=	03:05=	00:52=	01:07=	01:30=	01:58=	00:54=	00:15=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Trondr Breiland				4248				34:00															
03:10+	04:11+	05:08+	06:13+	06:55+	08:08+	14:06+	14:38+	15:10+	17:27=	18:56=	20:44=	21:56=	22:25=	25:24=	26:11=	27:21=	28:44=	31:07=	33:48+	34:00+				
03:10+	01:01=	00:57=	01:05=	00:42=	01:13=	05:58+	00:32=	00:32=	02:17=	01:29=	01:48=	01:12=	00:29=	02:59=	00:47=	01:10+	01:23=	02:23+	02:41+	00:12=				
01:33&	00:18=	00:03=	00:20=	00:11=	00:14=	00:18+	00:05=	00:06=	00:42=	00:42=	00:20=	00:11=	00:08=	00:06=	00:05=	00:03+	00:07=	00:25#	01:47#	00:03=				
3	Øyvind Madland				3522				34:04															
01:38+	03:27+	04:30+	05:44+	06:35+	07:58+	13:42+	14:20+	14:59+	18:09+	19:52+	21:50=	23:17=	23:47=	26:57=	27:53+	29:17+	31:08+	33:00+	33:51+	34:04+				
01:38+	01:49+	01:03+	01:14=	00:51=	01:23=	05:44+	00:38+	00:39+	03:10+	01:43=	01:58=	01:27+	00:30=	03:10+	00:56+	01:24+	01:51+	01:52=	00:51=	00:13=				
00:01+	00:30&	00:03+	00:11=	00:02=	00:04=	00:04+	00:01+	00:01+	00:11+	00:28=	00:10=	00:04+	00:07=	00:05+	00:04+	00:17&	00:21#	00:06=	00:03=	00:02=				
4	John Breiland				3694				34:56															
01:41+	03:15+	04:07+	05:21=	06:11=	07:38=	12:24=	13:02=	13:44=	17:00=	19:26=	21:38=	23:36+	24:25+	28:01+	28:53+	30:05+	31:51+	33:46+	34:40+	34:56+				
01:41+	01:34+	00:52=	01:14=	00:50=	01:27=	04:46=	00:38+	00:42+	03:16+	02:26+	02:12+	01:58+	00:49+	03:36+	00:52=	01:12+	01:46+	01:55=	00:54=	00:16+				
00:04+	00:15#	00:08=	00:11=	00:03=	00:00=	00:54=	00:01+	00:04#	00:17+	00:15#	00:04+	00:35&	00:12&	00:31#	00:00=	00:05+	00:16#	00:03=	00:00=	00:01+				
5	Bjørn Ove Olsen Moi				989				35:07															
01:50+	03:14+	04:09+	05:25+	06:15+	07:36=	14:24+	15:13+	15:53+	19:04+	21:37+	23:39+	24:58+	25:32+	28:40+	29:36+	30:47+	32:26+	34:11+	34:56+	35:07+				
01:50+	01:24+	00:55=	01:16=	00:50=	01:21=	06:48+	00:49+	00:40+	03:11+	02:33+	02:02=	01:19=	00:34=	03:08+	00:56+	01:11+	01:39+	01:45=	00:45=	00:11=				
00:13#	00:05+	00:05=	00:09=	00:03=	00:06=	01:08#	00:12&	00:02+	00:12+	00:22#	00:06=	00:04=	00:03=	00:03+	00:04+	00:04+	00:09#	00:13=	00:09=	00:04=				
6	Lars Primstad				769				35:26															
02:34+	03:48+	05:01+	06:11+	06:55+	08:20+	14:08+	14:42+	15:23+	20:09+	21:36+	23:29+	24:54+	25:25+	28:29+	29:59+	31:12+	32:44+	34:26+	35:12+	35:26+				
02:34+	01:14=	01:13+	01:10=	00:44=	01:25=	05:48+	00:34=	00:41+	04:46+	01:27=	01:53=	01:25+	00:31=	03:04=	01:30+	01:13+	01:32+	01:42=	00:46=	00:14=				
00:57&	00:05=	00:13#	00:15=	00:09=	00:02=	00:08+	00:03=	00:03+	01:47&	00:44=	00:15=	00:02+	00:06=	00:01=	00:38&	00:06+	00:02+	00:16=	00:08=	00:01=				
7	Øystein Fuglestad				878				38:03															
01:48+	03:23+	04:19+	05:45+	06:42+	08:21+	15:22+	16:02+	16:48+	20:11+	22:26+	24:46+	26:20+	26:59+	30:30+	31:33+	32:56+	34:42+	36:55+	37:49+	38:03+				
01:48+	01:35+	00:56=	01:26+	00:57+	01:39+	07:01+	00:40+	00:46+	03:23+	02:15+	02:20+	01:34+	00:39+	03:31+	01:03+	01:23+	01:46+	02:13+	00:54=	00:14=				
00:11#	00:16#	00:04=	00:01+	00:04+	00:12#	01:21#	00:03+	00:08#	00:24#	00:04+	00:12+	00:11#	00:02+	00:26#	00:11#	00:16#	00:16#	00:15#	00:00=	00:01=				
8	Jone Kalheim				879				38:32															
02:18+	04:14+	05:11+	06:23+	07:16+	08:32+	15:01+	15:41+	16:21+	20:34+	22:28+	24:20+	25:48+	26:22+	29:26+	31:34+	32:48+	34:28+	36:31+	38:20+	38:32+				
02:18+	01:56+	00:57=	01:12=	00:53=	01:16=	06:29+	00:40+	00:40+	04:13+	01:54=	01:52=	01:28+	00:34=	03:04=	02:08+	01:14+	01:40+	02:03+	01:49+	00:12=				
00:41&	00:37&	00:03=	00:13=	00:00=	00:11=	00:49#	00:03+	00:02+	01:14&	00:17=	00:16=	00:05+	00:03=	00:01=	01:16#	00:07#	00:10#	00:05+	00:55#	00:03=				
9	Arngrim Utskarpen				896				38:59															
02:09+	03:39+	04:49+	06:15+	07:18+	08:50+	14:58+	15:39+	16:30+	19:39+	23:10+	25:35+	27:02+	27:43+	31:26+	32:34+	33:56+	35:48+	37:50+	38:44+	38:59+				
02:09+	01:30+	01:10+	01:26+	01:03+	01:32+	06:08+	00:41+	00:51+	03:09+	03:31+	02:25+	01:27+	00:41+	03:43+	01:08+	01:22+	01:52+	02:02+	00:54=	00:15=				
00:32&	00:11#	00:10#	00:01+	00:10#	00:05+	00:28+	00:04#	00:13&	00:10+	01:20&	00:17#	00:04+	00:04#	00:38#	00:16&	00:15#	00:22#	00:04+	00:00=	00:00=				
10	Steinar Hansen				882				39:52															
01:52+	03:34+	04:49+	06:10+	06:59+	08:19+	17:06+	18:16+	18:57+	22:38+	25:26+	27:30+	29:00+	29:36+	32:41+	33:33+	35:05+	36:44+	38:51+	39:37+	39:52+				
01:52+	01:42+	01:15+	01:21=	00:49=	01:20=	08:47+	01:10+	00:41+	03:41+	02:48+	02:04=	01:30+	00:36=	03:05=	00:52=	01:32+	01:39+	02:07+	00:46=	00:15=				
00:15#	00:23&	00:15#	00:04=	00:04=	00:07=	03:07&	00:33&	00:03+	00:42#	00:37&	00:04=	00:07+	00:01=	00:00=	00:00=	00:25&	00:09#	00:09+	00:08=	00:00=				
11	Rune Paulsen				3508				39:53															
03:12+	04:44+	05:36+	06:59+	07:55+	09:20+	17:10+	17:57+	19:16+	22:50+	25:00+	26:59+	28:36+	29:15+	32:37+	33:35+	35:08+	36:44+	38:53+	39:42+	39:53+				
03:12+	01:32+	00:52=	01:23=	00:56+	01:25=	07:50+	00:47+	01:19+	03:34+	02:10=	01:59=	01:37+	00:39+	03:22+	00:58+	01:33+	01:36+	02:09+	00:49=	00:11=				
01:35&	00:13#	00:08=	00:02=	00:03+	00:02=	02:10&	00:10&	00:41#	00:35#	00:01=	00:09=	00:14#	00:02+	00:17+	00:06#	00:26&	00:06+	00:11+	00:05=	00:04=				
12	Jørgen Nilsen				1683				40:15															
02:34+	04:16+	05:58+	07:17+	08:10+	09:56+	16:30+	17:17+	18:02+	21:10+	22:50+	25:18+	26:54+	27:31+	32:25+	33:21+	34:43+	36:49+	38:59+	39:58+	40:15+				
02:34+	01:42+	01:42+	01:19=	00:53=	01:46+	06:34+	00:47+	00:45+	03:08+	01:40=	02:28+	01:36+	00:37=	04:54+	00:56+	01:22+	02:06+	02:10+	00:59+	00:17+				
00:57&	00:23&	00:42&	00:06=	00:00=	00:19#	00:54#	00:10&	00:07#	00:09+	00:31=	00:20#	00:13#	00:00=	01:49&	00:04+	00:15#	00:36&	00:12#	00:05+	00:02#				
13	Arne Hetlelid				3508				41:42															
02:26+	04:29+	05:41+	07:07+	08:00+	09:33+	17:00+	17:47+	18:35+	22:01+	24:01+	26:47+	28:36+	29:12+	33:21+	34:29+	35:59+	38:05+	40:25+	41:24+	41:42+				
02:26+	02:03+	01:12+	01:26+	00:53=	01:33+	07:27+	00:47+	00:48+	03:26+	02:00=	02:46+	01:49+	00:36=	04:09+	01:08+	01:30+	02:06+	02:20+	00:59+	00:18+				
00:49&	00:44&	00:12#	00:01+	00:00=	00:06+	01:47&	00:10&	00:10&	00:27#	00:11=	00:38&	00:26&	00:01=	01:04&	00:16&	00:23&	00:36&	00:22#	00:05+	00:03#				
14	Svend Vihovde				1683				41:50															
02:11+	04:33+	05:40+	07:08+	08:08+	09:57+	16:47+	17:41+	18:22+	21:54+	24:29+	26:57+	28:34+	29:13+	33:07+	34:14+	35:41+	38:13+	40:37+	41:31+	41:50+				
02:11+	02:22+	01:07+	01:28+	01:00+	01:49+	06:50+	00:54+	00:41+	03:32+	02:35+	02:28+	01:37+	00:39+	03:54+	01:07+	01:27+	02:32+	02:24+	00:54=	00:19+				
00:34&	01:03&	00:07#	00:03+	00:07#	00:22&	01:10#	00:17&	00:03+	00:33#	00:24#	00:20#	00:14#	00:02+	00:49&	00:15&	00:20&	01:02&	00:26#	00:00=	00:04&				

Plass	Navn					Klasse					Tid														
H50																									



Plass	Navn										Klasse										Tid													
H60																																		
4	Sturle Omdal										1683										32:44													
01:06+	01:54+	03:11-	05:30+	06:35+	10:13+	11:31+	14:08+	16:12+	18:00+	23:05+	24:41+	26:44+	28:05+	30:13+	30:59+	31:58+	32:30+	32:44+																
01:06+	00:48+	01:17-	02:19+	01:05-	03:38+	01:18+	02:37-	02:04-	01:48+	05:05+	01:36+	02:03+	01:21+	02:08+	00:46=	00:59+	00:32-	00:14-																
00:01+	00:04+	00:06-	00:10+	00:02-	01:17%	00:08#	00:04-	00:01-	00:13#	01:34%	00:01+	00:04+	00:08#	00:03+	00:00=	00:05+	00:08-	00:01-																
5	Svein-Erik Kvame										1683										34:28													
01:18+	02:10+	03:38+	06:27+	07:34+	09:01+	10:27+	13:34+	15:51+	17:46+	22:07+	23:39+	26:31+	27:58+	30:20+	31:17+	32:06+	33:49+	34:12+	34:28+															
01:18+	00:52+	01:28+	02:49+	01:07+	01:27+	01:26+	03:07+	02:17+	01:55+	04:21+	01:32+	02:52+	01:27+	02:22+	00:57+	00:49+	01:43+	00:23+	00:16+															
01:18+	00:52+	01:28+	02:49+	01:07+	01:27+	01:26+	03:07+	02:17+	01:55+	04:21+	01:32+	02:52+	01:27+	02:22+	00:57+	00:49+	01:43+	00:23+	00:16+															
6	Frank Hansen										3502										36:14													
01:03+	01:54+	03:13+	05:38+	06:29+	08:23+	09:54+	12:59+	15:24+	17:28+	23:01+	24:34+	27:44+	29:20+	31:32+	32:43+	35:35+	35:54+	36:14+																
01:03+	00:51+	01:19+	02:25+	00:51+	01:54+	01:31+	03:05+	02:25+	02:04+	05:33+	01:33+	03:10+	01:36+	02:12+	01:11+	02:52+	00:19+	00:20+																
01:03+	00:51+	01:19+	02:25+	00:51+	01:54+	01:31+	03:05+	02:25+	02:04+	05:33+	01:33+	03:10+	01:36+	02:12+	01:11+	02:52+	00:19+	00:20+																
7	Inge Skretting										1384										37:20													
01:14+	02:22+	03:43+	07:07+	08:11+	09:55+	11:25+	14:28+	17:05+	19:01+	24:25+	26:03+	29:18+	31:00+	34:06+	35:23+	36:31+	37:04+	37:20+																
01:14+	01:08+	01:21+	03:24+	01:04+	01:44+	01:30+	03:03+	02:37+	01:56+	05:24+	01:38+	03:15+	01:42+	03:06+	01:17+	01:08+	00:33+	00:16+																
01:14+	01:08+	01:21+	03:24+	01:04+	01:44+	01:30+	03:03+	02:37+	01:56+	05:24+	01:38+	03:15+	01:42+	03:06+	01:17+	01:08+	00:33+	00:16+																
8	Kjell Seland										3547										37:27													
01:22+	02:44+	04:24+	07:17+	08:15+	09:40+	11:12+	14:30+	17:29+	19:27+	24:01+	25:53+	30:00+	31:42+	34:08+	35:29+	36:52+	37:14+	37:27+																
01:22+	01:22+	01:40+	02:53+	00:58+	01:25+	01:32+	03:18+	02:59+	01:58+	04:34+	01:52+	04:07+	01:42+	02:26+	01:21+	01:23+	00:22+	00:13+																
01:22+	01:22+	01:40+	02:53+	00:58+	01:25+	01:32+	03:18+	02:59+	01:58+	04:34+	01:52+	04:07+	01:42+	02:26+	01:21+	01:23+	00:22+	00:13+																
9	Tor Inge Halvorsen										880										41:36													
01:38+	02:38+	04:14+	07:54+	08:47+	12:21+	13:52+	17:08+	19:49+	22:01+	27:55+	29:54+	33:19+	35:07+	38:00+	39:13+	40:39+	41:20+	41:36+																
01:38+	01:00+	01:36+	03:40+	00:53+	03:34+	01:31+	03:16+	02:41+	02:12+	05:54+	01:59+	03:25+	01:48+	02:53+	01:13+	01:26+	00:41+	00:16+																
01:38+	01:00+	01:36+	03:40+	00:53+	03:34+	01:31+	03:16+	02:41+	02:12+	05:54+	01:59+	03:25+	01:48+	02:53+	01:13+	01:26+	00:41+	00:16+																
10	Harald Taksdal										3547										42:22													
01:23+	02:40+	04:20+	08:03+	08:57+	12:34+	14:08+	17:33+	20:51+	22:51+	28:39+	30:39+	33:55+	35:49+	38:42+	39:56+	41:20+	42:03+	42:22+																
01:23+	01:17+	01:40+	03:43+	00:54+	03:37+	01:34+	03:25+	03:18+	02:00+	05:48+	02:00+	03:16+	01:54+	02:53+	01:14+	01:24+	00:43+	00:19+																
01:23+	01:17+	01:40+	03:43+	00:54+	03:37+	01:34+	03:25+	03:18+	02:00+	05:48+	02:00+	03:16+	01:54+	02:53+	01:14+	01:24+	00:43+	00:19+																
11	Kjell Ove Aksland										882										43:13													
01:14+	02:11+	03:43+	06:32+	07:46+	11:26+	12:57+	16:26+	20:05+	22:20+	27:29+	29:21+	33:55+	35:47+	39:35+	40:37+	42:09+	42:58+	43:13+																
01:14+	00:57+	01:32+	02:49+	01:14+	03:40+	01:31+	03:29+	03:39+	02:15+	05:09+	01:52+	04:34+	01:52+	03:48+	01:02+	01:32+	00:49+	00:15+																
01:14+	00:57+	01:32+	02:49+	01:14+	03:40+	01:31+	03:29+	03:39+	02:15+	05:09+	01:52+	04:34+	01:52+	03:48+	01:02+	01:32+	00:49+	00:15+																
12	Magnar Mathias Møller										769										46:17													
01:20+	02:14+	03:42+	08:48+	10:30+	15:15+	16:49+	20:25+	23:11+	25:32+	30:33+	32:41+	35:34+	37:12+	42:31+	44:05+	45:24+	45:54+	46:17+																
01:20+	00:54+	01:28+	05:06+	01:42+	04:45+	01:34+	03:36+	02:46+	02:21+	05:01+	02:08+	02:53+	01:38+	05:19+	01:34+	01:19+	00:30+	00:23+																
01:20+	00:54+	01:28+	05:06+	01:42+	04:45+	01:34+	03:36+	02:46+	02:21+	05:01+	02:08+	02:53+	01:38+	05:19+	01:34+	01:19+	00:30+	00:23+																
13	Arnstein Hoff										1683										48:48													
01:25+	02:19+	03:44+	06:23+	07:16+	12:09+	13:39+	22:59+	26:05+	28:15+	33:40+	35:39+	39:18+	41:14+	44:33+	45:54+	47:48+	48:28+	48:48+																
01:25+	00:54+	01:25+	02:39+	00:53+	04:53+	01:30+	09:20+	03:06+	02:10+	05:25+	01:59+	03:39+	01:56+	03:19+	01:21+	01:54+	00:40+	00:20+																
01:25+	00:54+	01:25+	02:39+	00:53+	04:53+	01:30+	09:20+	03:06+	02:10+	05:25+	01:59+	03:39+	01:56+	03:19+	01:21+	01:54+	00:40+	00:20+																
14	John Carsten Sinnes										1884										52:20													
01:31+	02:29+	04:42+	09:41+	10:44+	20:14+	21:46+	25:26+	28:21+	30:29+	36:25+	39:07+	42:49+	44:59+	48:12+	49:39+	51:26+	52:03+	52:20+																
01:31+	00:58+	02:13+	04:59+	01:03+	09:30+	01:32+	03:40+	02:55+	02:08+	05:56+	02:42+	03:42+	02:10+	03:13+	01:27+	01:47+	00:37+	00:17+																
01:31+	00:58+	02:13+	04:59+	01:03+	09:30+	01:32+	03:40+	02:55+	02:08+	05:56+	02:42+	03:42+	02:10+	03:13+	01:27+	01:47+	00:37+	00:17+																
15	Bent Horpestad										722										58:44													
01:21+	02:51+	04:18+	08:16+	09:22+	10:57+	12:31+	16:03+	18:52+	21:20+	36:09+	39:36+	43:21+	48:53+	53:13+	56:09+	57:34+	58:26+	58:44+																
01:21+	01:30+	01:27+	03:58+	01:06+	01:35+	01:34+	03:32+	02:49+	02:28+	14:49+	03:27+	03:45+	05:32+	04:20+	02:56+	01:25+	00:52+	00:18+																
01:21+	01:30+	01:27+	03:58+	01:06+	01:35+	01:34+	03:32+	02:49+	02:28+	14:49+	03:27+	03:45+	05:32+	04:20+	02:56+	01:25+	00:52+	00:18+																

Beste strekktid for klassen

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

H65

Plass	Navn					Klasse					Tid									
H65																				
1	Otte Omdal					903					29:11									
01:01=	01:46=	02:51=	04:56=	05:49=	07:28=	08:35=	11:10=	13:17=	15:03=	18:59=	20:25=	22:52=	24:08=	26:43=	27:39=	28:30=	28:54=	29:11=		
01:01=	00:45=	01:05=	02:05=	00:53=	01:39=	01:07=	02:35=	02:07=	01:46=	03:56=	01:26=	02:27=	01:16=	02:35=	00:56=	00:51=	00:24=	00:17=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Geir Bjaanes					1683					31:10									
01:01+	01:46+	02:58+	05:30+	06:21+	07:45+	09:10+	11:47+	13:52+	15:36+	21:12+	22:49+	24:51+	26:20+	28:33+	29:30+	30:30+	30:56+	31:10+		
01:01+	00:45+	01:12+	02:32+	00:51+	01:24+	01:25+	02:37+	02:05+	01:44+	05:36+	01:37+	02:02+	01:29+	02:13+	00:57+	01:00+	00:26+	00:14+		
01:01+	00:45+	01:12+	02:32+	00:51+	01:24+	01:25+	02:37+	02:05+	01:44+	05:36+	01:37+	02:02+	01:29+	02:13+	00:57+	01:00+	00:26+	00:14+		
3	Kjell Skjæveland					3515					33:07									
01:13+	02:01+	03:25+	05:47+	06:46+	08:24+	09:48+	12:44+	15:01+	16:49+	21:14+	23:05+	25:48+	27:12+	29:37+	30:48+	32:17+	32:54+	33:07+		
01:13+	00:48+	01:24+	02:22+	00:59+	01:38+	01:24+	02:56+	02:17+	01:48+	04:25+	01:51+	02:43+	01:24+	02:25+	01:11+	01:29+	00:37+	00:13+		
01:13+	00:48+	01:24+	02:22+	00:59+	01:38+	01:24+	02:56+	02:17+	01:48+	04:25+	01:51+	02:43+	01:24+	02:25+	01:11+	01:29+	00:37+	00:13+		
4	Espen Krogh					793					33:24									
00:57+	02:06+	03:17+	06:55+	07:56+	09:30+	10:44+	13:24+	15:41+	17:34+	22:40+	24:09+	26:45+	28:01+	30:11+	31:07+	32:46+	33:10+	33:24+		
00:57+	01:09+	01:11+	03:38+	01:01+	01:34+	01:14+	02:40+	02:17+	01:53+	05:06+	01:29+	02:36+	01:16+	02:10+	00:56+	01:39+	00:24+	00:14+		
00:57+	01:09+	01:11+	03:38+	01:01+	01:34+	01:14+	02:40+	02:17+	01:53+	05:06+	01:29+	02:36+	01:16+	02:10+	00:56+	01:39+	00:24+	00:14+		
5	Olav Tunheim					1884					35:19									
01:08+	01:57+	03:22+	05:34+	06:42+	08:27+	10:05+	13:01+	15:39+	17:32+	22:05+	23:52+	26:44+	28:43+	31:26+	33:04+	34:18+	35:03+	35:19+		
01:08+	00:49+	01:25+	02:12+	01:08+	01:45+	01:38+	02:56+	02:38+	01:53+	04:33+	01:47+	02:52+	01:59+	02:43+	01:38+	01:14+	00:45+	00:16+		
01:08+	00:49+	01:25+	02:12+	01:08+	01:45+	01:38+	02:56+	02:38+	01:53+	04:33+	01:47+	02:52+	01:59+	02:43+	01:38+	01:14+	00:45+	00:16+		
6	Morten Johannessen					793					36:10									
01:18+	02:11+	03:31+	06:19+	07:30+	10:19+	11:50+	14:42+	17:05+	18:50+	23:05+	24:36+	27:48+	29:23+	31:42+	33:44+	35:34+	35:55+	36:10+		
01:18+	00:53+	01:20+	02:48+	01:11+	02:49+	01:31+	02:52+	02:23+	01:45+	04:15+	01:31+	03:12+	01:35+	02:19+	02:02+	01:50+	00:21+	00:15+		
01:18+	00:53+	01:20+	02:48+	01:11+	02:49+	01:31+	02:52+	02:23+	01:45+	04:15+	01:31+	03:12+	01:35+	02:19+	02:02+	01:50+	00:21+	00:15+		
7	Sveinung Svebestad					878					39:04									
01:19+	02:13+	03:39+	06:08+	07:14+	09:00+	10:36+	14:07+	16:46+	19:18+	26:07+	27:49+	30:55+	32:46+	35:43+	36:59+	38:13+	38:46+	39:04+		
01:19+	00:54+	01:26+	02:29+	01:06+	01:46+	01:36+	03:31+	02:39+	02:32+	06:49+	01:42+	03:06+	01:51+	02:57+	01:16+	01:14+	00:33+	00:18+		
01:19+	00:54+	01:26+	02:29+	01:06+	01:46+	01:36+	03:31+	02:39+	02:32+	06:49+	01:42+	03:06+	01:51+	02:57+	01:16+	01:14+	00:33+	00:18+		
8	Torbjørn Evensen					3556					42:35									
01:12+	02:01+	03:23+	07:07+	08:05+	12:28+	14:03+	17:18+	19:53+	22:53+	28:55+	30:53+	33:55+	35:41+	38:31+	39:40+	41:25+	42:16+	42:35+		
01:12+	00:49+	01:22+	03:44+	00:58+	04:23+	01:35+	03:15+	02:35+	03:00+	06:02+	01:58+	03:02+	01:46+	02:50+	01:09+	01:45+	00:51+	00:19+		
01:12+	00:49+	01:22+	03:44+	00:58+	04:23+	01:35+	03:15+	02:35+	03:00+	06:02+	01:58+	03:02+	01:46+	02:50+	01:09+	01:45+	00:51+	00:19+		
9	Ernst Kristensen					1683					45:28									
01:38+	02:51+	04:32+	07:21+	08:35+	12:13+	13:45+	17:41+	20:45+	22:52+	29:24+	31:38+	34:46+	36:25+	40:03+	43:19+	44:44+	45:08+	45:28+		
01:38+	01:13+	01:41+	02:49+	01:14+	03:38+	01:32+	03:56+	03:04+	02:07+	06:32+	02:14+	03:08+	01:39+	03:38+	03:16+	01:25+	00:24+	00:20+		
01:38+	01:13+	01:41+	02:49+	01:14+	03:38+	01:32+	03:56+	03:04+	02:07+	06:32+	02:14+	03:08+	01:39+	03:38+	03:16+	01:25+	00:24+	00:20+		
10	Ivar Knutsen					1683					46:50									
01:19+	02:26+	04:23+	07:13+	08:23+	15:41+	17:33+	20:33+	23:30+	25:18+	30:26+	32:12+	34:52+	36:36+	39:21+	40:35+	41:50+	46:03+	46:28+	46:50+	
01:19+	01:07+	01:57+	02:50+	01:10+	07:18+	01:52+	03:00+	02:57+	01:48+	05:08+	01:46+	02:40+	01:44+	02:45+	01:14+	01:15+	04:13+	00:25+	00:22+	
01:19+	01:07+	01:57+	02:50+	01:10+	07:18+	01:52+	03:00+	02:57+	01:48+	05:08+	01:46+	02:40+	01:44+	02:45+	01:14+	01:15+	04:13+	00:25+	00:22+	
11	Jan Arendal					1683					47:09									
01:35+	03:29+	05:15+	08:48+	10:05+	13:31+	15:25+	19:01+	22:04+	24:43+	31:42+	34:24+	37:33+	39:40+	42:55+	44:20+	46:11+	46:46+	47:09+		
01:35+	01:54+	01:46+	03:33+	01:17+	03:26+	01:54+	03:36+	03:03+	02:39+	06:59+	02:42+	03:09+	02:07+	03:15+	01:25+	01:51+	00:35+	00:23+		
01:35+	01:54+	01:46+	03:33+	01:17+	03:26+	01:54+	03:36+	03:03+	02:39+	06:59+	02:42+	03:09+	02:07+	03:15+	01:25+	01:51+	00:35+	00:23+		
12	Bjørn Sivertsen					1332					48:35									
01:45+	02:59+	04:48+	08:58+	10:01+	12:08+	14:29+	18:52+	22:00+	24:48+	31:23+	33:51+	37:15+	39:51+	43:35+	45:13+	47:32+	48:11+	48:35+		
01:45+	01:14+	01:49+	04:10+	01:03+	02:07+	02:21+	04:23+	03:08+	02:48+	06:35+	02:28+	03:24+	02:36+	03:44+	01:38+	02:19+	00:39+	00:24+		
01:45+	01:14+	01:49+	04:10+	01:03+	02:07+	02:21+	04:23+	03:08+	02:48+	06:35+	02:28+	03:24+	02:36+	03:44+	01:38+	02:19+	00:39+	00:24+		
13	Sverre Austrheim					4248					50:25									
01:34+	02:43+	04:30+	11:15+	12:50+	15:12+	17:13+	21:20+	24:17+	27:04+	34:45+	37:01+	40:56+	43:22+	46:26+	47:53+	49:22+	50:03+	50:25+		
01:34+	01:09+	01:47+	06:45+	01:35+	02:22+	02:01+	04:07+	02:57+	02:47+	07:41+	02:16+	03:55+	02:26+	03:04+	01:27+	01:29+	00:41+	00:22+		
01:34+	01:09+	01:47+	06:45+	01:35+	02:22+	02:01+	04:07+	02:57+	02:47+	07:41+	02:16+	03:55+	02:26+	03:04+	01:27+	01:29+	00:41+	00:22+		
14	Arnstein Skretting					3529					52:22									
01:29+	02:25+	04:06+	09:15+	10:19+	15:13+	16:53+	23:22+	26:05+	28:24+	34:13+	37:05+	40:22+	42:21+	46:32+	47:49+	49:38+	52:04+	52:22+		
01:29+	00:56+	01:41+	05:09+	01:04+	04:54+	01:40+	06:29+	02:43+	02:19+	05:49+	02:52+	03:17+	01:59+	04:11+	01:17+	01:49+	02:26+	00:18+		
01:29+	00:56+	01:41+	05:09+	01:04+	04:54+	01:40+	06:29+	02:43+	02:19+	05:49+	02:52+	03:17+	01:59+	04:11+	01:17+	01:49+	02:26+	00:18+		



Plass	Navn				Klasse				Tid			
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H65

15	Sverre Magnar Nordal					1683								52:48						
01:31+	02:34+	04:12+	09:05+	10:28+	13:07+	14:49+	18:43+	21:47+	24:23+	31:48+	35:07+	39:13+	41:15+	47:52+	49:27+	51:20+	52:26+	52:48+		
01:31+	01:03+	01:38+	04:53+	01:23+	02:39+	01:42+	03:54+	03:04+	02:36+	07:25+	03:19+	04:06+	02:02+	06:37+	01:35+	01:53+	01:06+	00:22+		
01:31+	01:03+	01:38+	04:53+	01:23+	02:39+	01:42+	03:54+	03:04+	02:36+	07:25+	03:19+	04:06+	02:02+	06:37+	01:35+	01:53+	01:06+	00:22+		
16	Ommund Bakkevold					874								58:31						
01:35+	02:46+	04:45+	08:42+	10:18+	14:28+	17:58+	22:13+	26:06+	29:06+	38:00+	40:57+	46:06+	48:45+	53:17+	55:08+	57:04+	58:06+	58:31+		
01:35+	01:11+	01:59+	03:57+	01:36+	04:10+	03:30+	04:15+	03:53+	03:00+	08:54+	02:57+	05:09+	02:39+	04:32+	01:51+	01:56+	01:02+	00:25+		
01:35+	01:11+	01:59+	03:57+	01:36+	04:10+	03:30+	04:15+	03:53+	03:00+	08:54+	02:57+	05:09+	02:39+	04:32+	01:51+	01:56+	01:02+	00:25+		
17	Per Kolbein Tonstad					3507								58:49						
01:31+	03:13+	05:10+	09:14+	11:02+	13:59+	15:50+	19:41+	22:49+	25:11+	31:20+	34:00+	43:27+	49:55+	53:17+	55:03+	57:40+	58:23+	58:49+		
01:31+	01:42+	01:57+	04:04+	01:48+	02:57+	01:51+	03:51+	03:08+	02:22+	06:09+	02:40+	09:27+	06:28+	03:22+	01:46+	02:37+	00:43+	00:26+		
01:31+	01:42+	01:57+	04:04+	01:48+	02:57+	01:51+	03:51+	03:08+	02:22+	06:09+	02:40+	09:27+	06:28+	03:22+	01:46+	02:37+	00:43+	00:26+		
18	Tore Karlsen					722								59:42						
01:14+	02:29+	04:03+	17:25+	18:42+	24:00+	26:08+	29:45+	33:11+	35:23+	40:46+	43:04+	49:48+	52:11+	55:24+	57:01+	58:56+	59:22+	59:42+		
01:14+	01:15+	01:34+	13:22+	01:17+	05:18+	02:08+	03:37+	03:26+	02:12+	05:23+	02:18+	06:44+	02:23+	03:13+	01:37+	01:55+	00:26+	00:20+		
01:14+	01:15+	01:34+	13:22+	01:17+	05:18+	02:08+	03:37+	03:26+	02:12+	05:23+	02:18+	06:44+	02:23+	03:13+	01:37+	01:55+	00:26+	00:20+		
19	Bjørn H Engseth					1884								1:13:33						
01:52+	03:14+	05:22+	13:06+	14:44+	22:24+	24:56+	30:20+	34:14+	37:59+	47:20+	49:53+	58:29+	60:44+	64:16+	66:00+	72:32+	73:06+	73:33+		
01:52+	01:22+	02:08+	07:44+	01:38+	07:40+	02:32+	05:24+	03:54+	03:45+	09:21+	02:33+	08:36+	02:15+	03:32+	01:44+	06:32+	00:34+	00:27+		
01:52+	01:22+	02:08+	07:44+	01:38+	07:40+	02:32+	05:24+	03:54+	03:45+	09:21+	02:33+	08:36+	02:15+	03:32+	01:44+	06:32+	00:34+	00:27+		
20	Rolf Kleppe					3524								1:18:46						
02:21+	03:55+	06:11+	18:29+	20:17+	26:15+	28:50+	34:54+	39:17+	42:43+	51:22+	54:50+	65:10+	67:43+	72:00+	74:50+	77:37+	78:26+	78:46+		
02:21+	01:34+	02:16+	12:18+	01:48+	05:58+	02:35+	06:04+	04:23+	03:26+	08:39+	03:28+	10:20+	02:33+	04:17+	02:50+	02:47+	00:49+	00:20+		
02:21+	01:34+	02:16+	12:18+	01:48+	05:58+	02:35+	06:04+	04:23+	03:26+	08:39+	03:28+	10:20+	02:33+	04:17+	02:50+	02:47+	00:49+	00:20+		
21	Erik Campbell Henriksen					1683								1:18:46						
02:25+	03:50+	06:13+	13:04+	16:46+	19:44+	23:17+	29:19+	36:12+	39:40+	50:21+	53:44+	61:14+	64:19+	71:24+	73:30+	77:26+	78:08+	78:46+		
02:25+	01:25+	02:23+	06:51+	03:42+	02:58+	03:33+	06:02+	06:53+	03:28+	10:41+	03:23+	07:30+	03:05+	07:05+	02:06+	03:56+	00:42+	00:38+		
02:25+	01:25+	02:23+	06:51+	03:42+	02:58+	03:33+	06:02+	06:53+	03:28+	10:41+	03:23+	07:30+	03:05+	07:05+	02:06+	03:56+	00:42+	00:38+		

Beste strekktid for klassen

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

H70

1	Bjørn Martin Alsaker													3530				31:48			
01:04=	01:55=	03:11=	05:52=	07:08=	08:36=	09:49=	12:59=	15:09=	16:47=	21:42=	23:15=	25:34=	27:06=	29:06=	30:08=	31:09=	31:36=	31:48=			
01:04=	00:51=	01:16=	02:41=	01:16=	01:28=	01:13=	03:10=	02:10=	01:38=	04:55=	01:33=	02:19=	01:32=	02:00=	01:02=	01:01=	00:27=	00:12=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Harry Breiland													3507				32:37			
01:14+	02:06+	03:33+	05:57+	06:49-	09:00+	10:22+	13:19+	15:40+	17:46+	21:51+	23:34+	25:42+	27:12+	29:32+	30:52+	31:53+	32:22+	32:37+			
01:14+	00:52+	01:27+	02:24-	00:52-	02:11+	01:22+	02:57-	02:21+	02:06+	04:05-	01:43+	02:08-	01:30-	02:20+	01:20+	01:01=	00:29+	00:15+			
00:10#	00:01+	00:11#	00:17-	00:24-	00:43&	00:09#	00:13-	00:11+	00:28&	00:50-	00:10#	00:11-	00:02-	00:20#	00:18&	00:00=	00:02+	00:03#			
3	Gunnar Sakseid													1683				38:01			
01:24+	02:24+	03:57+	06:37+	07:34+	09:12+	11:08+	14:18+	16:58+	18:59+	24:59+	26:50+	29:52+	31:32+	34:38+	35:52+	37:12+	37:44+	38:01+			
01:24+	01:00+	01:33+	02:40-	00:57-	01:38+	01:56+	03:10=	02:40+	02:01+	06:00+	01:51+	03:02+	01:40+	03:06+	01:14+	01:20+	00:32+	00:17+			
00:20&	00:09#	00:17#	00:01-	00:19-	00:10#	00:43&	00:00=	00:30#	00:23#	01:05#	00:18#	00:43&	00:08+	01:06&	00:12#	00:19&	00:05#	00:05&			
4	Bjarne Gimre													1830				39:59			
01:34+	02:36+	04:15+	08:23+	09:23+	11:17+	13:10+	16:29+	19:05+	21:16+	26:48+	28:57+	31:52+	33:46+	36:29+	37:51+	39:16+	39:47+	39:59+			
01:34+	01:02+	01:39+	04:08+	01:00-	01:54+	01:53+	03:19+	02:36+	02:11+	05:32+	02:09+	02:55+	01:54+	02:43+	01:22+	01:25+	00:31+	00:12=			
00:30&	00:11#	00:23&	01:27&	00:16-	00:26&	00:40&	00:09+	00:26#	00:33&	00:37#	00:36&	00:36&	00:22#	00:43&	00:20&	00:24&	00:04#	00:00=			
5	Ragnvald Frøyland													879				41:16			
01:18+	02:14+	03:54+	06:43+	07:48+	10:06+	12:24+	15:40+	18:19+	21:08+	26:12+	28:09+	30:55+	32:43+	35:30+	36:58+	39:23+	40:23+	41:00+	41:16+		
01:18+	00:56+	01:40+	02:49+	01:05-	02:18+	02:18+	03:16+	02:39+	02:49+	05:04+	01:57+	02:46+	01:48+	02:47+	01:28+	02:25+	01:00+	00:37+	00:16+		
00:14#	00:05+	00:24&	00:08+	00:11-	00:50&	01:05&	00:06+	00:29#	01:11&	00:09+	00:24&	00:27#	00:16#	00:47&	00:26&	01:24@	00:33@	00:25@	00:16+		

Plass	Navn				Klasse				Tid											
H70																				
6	Bjørn Bjelland				3541				41:23											
	01:21+	02:28+	04:20+	08:40+	09:30+	11:30+	13:08+	16:42+	19:26+	22:02+	27:40+	29:44+	32:34+	34:05+	37:46+	39:02+	40:26+	41:05+	41:23+	
	01:21+	01:07+	01:52+	04:20+	00:50-	02:00+	01:38+	03:34+	02:44+	02:36+	05:38+	02:04+	02:50+	01:31-	03:41+	01:16+	01:24+	00:39+	00:18+	
	00:17&	00:16&	00:36&	01:39&	00:26-	00:32&	00:25&	00:24#	00:34&	00:58&	00:43#	00:31&	00:31#	00:01-	01:41&	00:14#	00:23&	00:12&	00:06&	
7	Jan Inge Lunde				1830				42:09											
	01:36+	02:38+	04:18+	09:14+	10:32+	12:26+	14:29+	18:16+	20:59+	23:21+	29:02+	31:03+	33:56+	35:52+	38:35+	39:56+	41:22+	41:54+	42:09+	
	01:36+	01:02+	01:40+	04:56+	01:18+	01:54+	02:03+	03:47+	02:43+	02:22+	05:41+	02:01+	02:53+	01:56+	02:43+	01:21+	01:26+	00:32+	00:15+	
	01:36+	01:02+	01:40+	04:56+	01:18+	01:54+	02:03+	03:47+	02:43+	02:22+	05:41+	02:01+	02:53+	01:56+	02:43+	01:21+	01:26+	00:32+	00:15+	
8	Jan Hetland				3502				43:17											
	01:14+	02:07+	03:31+	07:23+	09:22+	15:06+	16:33+	19:40+	22:02+	24:08+	29:28+	31:34+	35:19+	37:01+	40:05+	41:23+	42:38+	43:03+	43:17+	
	01:14+	00:53+	01:24+	03:52+	01:59+	05:44+	01:27+	03:07+	02:22+	02:06+	05:20+	02:06+	03:45+	01:42+	03:04+	01:18+	01:15+	00:25+	00:14+	
	01:14+	00:53+	01:24+	03:52+	01:59+	05:44+	01:27+	03:07+	02:22+	02:06+	05:20+	02:06+	03:45+	01:42+	03:04+	01:18+	01:15+	00:25+	00:14+	
9	Eivind Lars Rake				892				45:18											
	01:22+	02:23+	04:16+	09:28+	10:29+	13:34+	15:32+	21:18+	24:03+	26:22+	31:34+	33:50+	36:26+	38:18+	41:51+	42:58+	44:20+	45:00+	45:18+	
	01:22+	01:01+	01:53+	05:12+	01:01+	03:05+	01:58+	05:46+	02:45+	02:19+	05:12+	02:16+	02:36+	01:52+	03:33+	01:07+	01:22+	00:40+	00:18+	
	01:22+	01:01+	01:53+	05:12+	01:01+	03:05+	01:58+	05:46+	02:45+	02:19+	05:12+	02:16+	02:36+	01:52+	03:33+	01:07+	01:22+	00:40+	00:18+	
10	Kjell Ivar Skjørestad				892				50:14											
	01:11+	02:13+	03:46+	07:35+	08:25+	14:13+	15:39+	19:00+	21:53+	24:20+	33:59+	35:59+	39:20+	42:16+	45:22+	48:05+	49:31+	50:00+	50:14+	
	01:11+	01:02+	01:33+	03:49+	00:50+	05:48+	01:26+	03:21+	02:53+	02:27+	09:39+	02:00+	03:21+	02:56+	03:06+	02:43+	01:26+	00:29+	00:14+	
	01:11+	01:02+	01:33+	03:49+	00:50+	05:48+	01:26+	03:21+	02:53+	02:27+	09:39+	02:00+	03:21+	02:56+	03:06+	02:43+	01:26+	00:29+	00:14+	
11	Svein Ims				903				50:21											
	01:22+	02:24+	04:05+	06:53+	07:51+	09:52+	11:44+	18:15+	21:14+	23:18+	30:41+	33:16+	39:18+	41:20+	42:54+	46:10+	47:52+	49:20+	50:04+	50:21+
	01:22+	01:02+	01:41+	02:48+	00:58+	02:01+	01:52+	06:31+	02:59+	02:04+	07:23+	02:35+	06:02+	02:02+	01:34+	03:16+	01:42+	01:28+	00:44+	00:17+
	01:22+	01:02+	01:41+	02:48+	00:58+	02:01+	01:52+	06:31+	02:59+	02:04+	07:23+	02:35+	06:02+	02:02+	01:34+	03:16+	01:42+	01:28+	00:44+	00:17+
12	Sveinung Tveit				3547				50:27											
	01:34+	02:40+	04:28+	10:05+	11:32+	14:50+	16:37+	20:24+	23:20+	25:45+	31:42+	33:59+	37:41+	39:49+	42:43+	48:33+	49:40+	50:07+	50:27+	
	01:34+	01:06+	01:48+	05:37+	01:27+	03:18+	01:47+	03:47+	02:56+	02:25+	05:57+	02:17+	03:42+	02:08+	02:54+	05:50+	01:07+	00:27+	00:20+	
	01:34+	01:06+	01:48+	05:37+	01:27+	03:18+	01:47+	03:47+	02:56+	02:25+	05:57+	02:17+	03:42+	02:08+	02:54+	05:50+	01:07+	00:27+	00:20+	
13	Svein Berge				643				50:51											
	01:11+	02:11+	03:39+	09:23+	10:41+	12:27+	13:59+	18:40+	21:16+	23:10+	28:07+	29:43+	34:42+	36:16+	39:34+	43:08+	50:03+	50:37+	50:51+	
	01:11+	01:00+	01:28+	05:44+	01:18+	01:46+	01:32+	04:41+	02:36+	01:54+	04:57+	01:36+	04:59+	01:34+	03:18+	03:34+	06:55+	00:34+	00:14+	
	01:11+	01:00+	01:28+	05:44+	01:18+	01:46+	01:32+	04:41+	02:36+	01:54+	04:57+	01:36+	04:59+	01:34+	03:18+	03:34+	06:55+	00:34+	00:14+	
14	Tore Romon Tvedt				3518				54:14											
	01:40+	02:55+	04:48+	10:52+	12:08+	15:07+	16:58+	20:45+	24:00+	26:47+	33:19+	36:58+	39:46+	41:34+	43:54+	49:27+	50:44+	53:12+	53:48+	54:14+
	01:40+	01:15+	01:53+	06:04+	01:16+	02:59+	01:51+	03:47+	03:15+	02:47+	06:32+	03:39+	02:48+	01:48+	02:20+	05:33+	01:17+	02:28+	00:36+	00:26+
	01:40+	01:15+	01:53+	06:04+	01:16+	02:59+	01:51+	03:47+	03:15+	02:47+	06:32+	03:39+	02:48+	01:48+	02:20+	05:33+	01:17+	02:28+	00:36+	00:26+

Beste strekktid for klassen

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

H75

1	Paul Andreas Paulsen					896								33:09							
	01:32=	02:46=	04:27=	05:24=	07:48=	10:43=	12:30=	14:53=	18:10=	19:04=	21:35=	23:38=	26:15=	28:42=	30:34=	32:47=	33:09=				
	01:32=	01:14=	01:41=	00:57=	02:24=	02:55=	01:47=	02:23=	03:17=	00:54=	02:31=	02:03=	02:37=	02:27=	01:52=	02:13=	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=				
2	Finn-Morten Årstad					3530								36:09							
	01:30-	02:30-	04:15-	05:12-	07:25-	10:44+	12:36+	14:44-	18:37+	19:51+	24:04+	26:10+	28:26+	30:45+	33:40+	35:50+	36:09+				
	01:30-	01:00-	01:45+	00:57=	02:13-	03:19+	01:52+	02:08-	03:53+	01:14+	04:13+	02:06+	02:16-	02:19-	02:55+	02:10-	00:19-				
	00:02-	00:14-	00:04+	00:00=	00:11-	00:24#	00:05+	00:15-	00:36#	00:20&	01:42&	00:03+	00:21-	00:08-	01:03&	00:03-	00:03-				
3	Arne Østensen					3518								36:50							
	01:17-	02:16-	03:55-	05:10-	08:24+	11:47+	13:30+	17:55+	21:19+	22:11+	24:57+	26:47+	30:44+	33:00+	34:29+	36:33+	36:50+				
	01:17-	00:59-	01:39-	01:15+	03:14+	03:23+	01:43-	04:25+	03:24+	00:52-	02:46+	01:50-	03:57+	02:16-	01:29-	02:04-	00:17-				
	00:15-	00:15-	00:02-	00:18&	00:50&	00:28#	00:04-	02:02&	00:07+	00:02-	00:15+	00:13-	01:20&	00:11-	00:23-	00:09-	00:05-				

Plass	Navn					Klasse					Tid						
H75																	
4	Olav Dag Borgersen					3536					37:48						
01:17-	02:16-	04:24-	05:26+	09:39+	12:38+	14:43+	16:47+	19:43+	20:42+	23:31+	25:30+	28:11+	30:16+	31:52+	37:32+	37:48+	
01:17-	00:59-	02:08+	01:02+	04:13+	02:59+	02:05+	02:04-	02:56-	00:59+	02:49+	01:59-	02:41+	02:05-	01:36-	05:40+	00:16-	
00:15-	00:15-	00:27&	00:05+	01:49&	00:04+	00:18#	00:19-	00:21-	00:05+	00:18#	00:04-	00:04+	00:22-	00:16-	03:27@	00:06-	
5	Asgeir Bell					896					38:42						
01:16+	02:11+	03:41+	04:36+	06:37+	10:28+	12:12+	14:24+	17:21+	18:19+	21:34+	24:06+	26:20+	32:24+	36:15+	38:22+	38:42+	
01:16+	00:55+	01:30+	00:55+	02:01+	03:51+	01:44+	02:12+	02:57+	00:58+	03:15+	02:32+	02:14+	06:04+	03:51+	02:07+	00:20+	
01:16+	00:55+	01:30+	00:55+	02:01+	03:51+	01:44+	02:12+	02:57+	00:58+	03:15+	02:32+	02:14+	06:04+	03:51+	02:07+	00:20+	
6	Kjell-Ingar Olsen					1119					40:39						
01:44+	02:59+	04:58+	06:04+	09:23+	12:15+	14:16+	16:24+	20:37+	21:58+	23:16+	26:03+	28:20+	31:05+	34:07+	37:48+	40:22+	40:39+
01:44+	01:15+	01:59+	01:06+	03:19+	02:52+	02:01+	02:08+	04:13+	01:21+	01:18+	02:47+	02:17+	02:45+	03:02+	03:41+	02:34+	00:17+
01:44+	01:15+	01:59+	01:06+	03:19+	02:52+	02:01+	02:08+	04:13+	01:21+	01:18+	02:47+	02:17+	02:45+	03:02+	03:41+	02:34+	00:17+
7	Gudmund Gausel					3530					41:06						
01:48+	03:40+	05:29+	06:28+	09:04+	12:35+	14:40+	17:03+	22:49+	24:22+	27:55+	30:54+	33:40+	36:20+	38:12+	40:43+	41:06+	
01:48+	01:52+	01:49+	00:59+	02:36+	03:31+	02:05+	02:23+	05:46+	01:33+	03:33+	02:59+	02:46+	02:40+	01:52+	02:31+	00:23+	
01:48+	01:52+	01:49+	00:59+	02:36+	03:31+	02:05+	02:23+	05:46+	01:33+	03:33+	02:59+	02:46+	02:40+	01:52+	02:31+	00:23+	
8	Hans Klausen					769					42:00						
01:36+	02:47+	04:34+	05:37+	10:58+	13:37+	15:40+	18:16+	25:34+	26:44+	29:43+	32:09+	35:00+	37:44+	39:18+	41:45+	42:00+	
01:36+	01:11+	01:47+	01:03+	05:21+	02:39+	02:03+	02:36+	07:18+	01:10+	02:59+	02:26+	02:51+	02:44+	01:34+	02:27+	00:15+	
01:36+	01:11+	01:47+	01:03+	05:21+	02:39+	02:03+	02:36+	07:18+	01:10+	02:59+	02:26+	02:51+	02:44+	01:34+	02:27+	00:15+	
9	Kjell Svihus					892					47:20						
01:53+	03:23+	05:24+	06:38+	09:56+	13:23+	15:54+	18:32+	23:48+	24:50+	29:55+	32:45+	37:53+	41:10+	43:10+	46:59+	47:20+	
01:53+	01:30+	02:01+	01:14+	03:18+	03:27+	02:31+	02:38+	05:16+	01:02+	05:05+	02:50+	05:08+	03:17+	02:00+	03:49+	00:21+	
01:53+	01:30+	02:01+	01:14+	03:18+	03:27+	02:31+	02:38+	05:16+	01:02+	05:05+	02:50+	05:08+	03:17+	02:00+	03:49+	00:21+	
10	Norvald Skretting					1832					58:43						
01:41+	03:15+	12:58+	14:09+	17:11+	20:46+	23:13+	25:54+	29:50+	31:26+	42:16+	45:08+	49:47+	52:51+	55:27+	58:19+	58:43+	
01:41+	01:34+	09:43+	01:11+	03:02+	03:35+	02:27+	02:41+	03:56+	01:36+	10:50+	02:52+	04:39+	03:04+	02:36+	02:52+	00:24+	
01:41+	01:34+	09:43+	01:11+	03:02+	03:35+	02:27+	02:41+	03:56+	01:36+	10:50+	02:52+	04:39+	03:04+	02:36+	02:52+	00:24+	
11	Knut Jonas Espedal					1754					1:22:04						
02:57+	06:31+	09:43+	12:05+	18:08+	24:50+	29:00+	33:39+	46:03+	48:23+	56:10+	60:58+	67:11+	72:49+	76:57+	81:30+	82:04+	
02:57+	03:34+	03:12+	02:22+	06:03+	06:42+	04:10+	04:39+	12:24+	02:20+	07:47+	04:48+	06:13+	05:38+	04:08+	04:33+	00:34+	
02:57+	03:34+	03:12+	02:22+	06:03+	06:42+	04:10+	04:39+	12:24+	02:20+	07:47+	04:48+	06:13+	05:38+	04:08+	04:33+	00:34+	

Beste strekktid for klassen

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

### H80

1	Geir Husdal				1884										33:21			
00:40=	01:56=	02:57=	04:49=	06:33=	08:23=	10:26=	11:27=	14:53=	18:37=	20:10=	24:02=	26:05=	27:46=	31:10=	33:01=	33:21=		
00:40=	01:16=	01:01=	01:52=	01:44=	01:50=	02:03=	01:01=	03:26=	03:44=	01:33=	03:52=	02:03=	01:41=	03:24=	01:51=	00:20=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Kjell Langvik				1884										34:10			
00:34=-	01:30=-	02:43=-	05:30+	07:18+	08:29+	10:20=-	11:41+	14:15=-	19:30+	21:13+	24:58+	27:14+	28:50+	32:11+	33:50+	34:10+		
00:34=-	00:56=-	01:13+	02:47+	01:48+	01:11=-	01:51=-	01:21+	02:34=-	05:15+	01:43+	03:45=-	02:16+	01:36=-	03:21=-	01:39=-	00:20=		
00:06=-	00:20=-	00:12#	00:55&	00:04+	00:39=-	00:12=-	00:20&	00:52=-	01:31&	00:10#	00:07=-	00:13#	00:05=-	00:03=-	00:12=-	00:00=		
3	Steinar Undheim				3529										36:05			
00:33=-	01:27=-	02:40=-	04:34=-	06:31=-	07:52=-	09:49=-	11:09=-	13:51=-	21:02+	23:17+	26:35+	28:49+	30:36+	34:41+	35:48+	36:05+		
00:33=-	00:54=-	01:13+	01:54+	01:57+	01:21=-	01:57=-	01:20+	02:42=-	07:11+	02:15+	03:18=-	02:14+	01:47+	04:05+	01:07=-	00:17=-		
00:07=-	00:22=-	00:12#	00:02+	00:13#	00:29=-	00:06=-	00:19&	00:44=-	03:27&	00:42&	00:34=-	00:11+	00:06+	00:41#	00:44=-	00:03=-		
4	Terje Braut				892										36:16			
00:40=	01:44=-	03:07+	05:11+	07:11+	08:33+	10:42+	12:03+	15:05+	21:31+	23:14+	26:34+	28:49+	31:14+	34:34+	35:53+	36:16+		
00:40=	01:04=-	01:23+	02:04+	02:00+	01:22=-	02:09+	01:21+	03:02=-	06:26+	01:43+	03:20=-	02:15+	02:25+	03:20=-	01:19=-	00:23+		
00:00=	00:12=-	00:22&	00:12#	00:16#	00:28=-	00:06+	00:20&	00:24=-	02:42&	00:10#	00:32=-	00:12+	00:44&	00:04=-	00:32=-	00:03#		

Plass	Navn						Klasse						Tid					
H80																		
5	Tormod Aaslid						3529						39:43					
	00:53+	02:10+	03:45+	06:31+	08:39+	10:30+	12:57+	14:28+	17:53+	23:30+	25:19+	28:38+	31:50+	33:40+	37:34+	39:06+	39:43+	
	00:53+	01:17+	01:35+	02:46+	02:08+	01:51+	02:27+	01:31+	03:25-	05:37+	01:49+	03:19-	03:12+	01:50+	03:54+	01:32-	00:37+	
	00:13&	00:01+	00:34&	00:54&	00:24#	00:01+	00:24#	00:30&	00:01-	01:53&	00:16#	00:33-	01:09&	00:09+	00:30#	00:19-	00:17&	
6	Harald Vatne						2342						39:55					
	00:37+	01:36+	02:52+	04:51+	07:04+	08:27+	10:45+	12:09+	15:28+	20:52+	22:42+	26:35+	29:39+	31:44+	37:02+	39:33+	39:55+	
	00:37+	00:59+	01:16+	01:59+	02:13+	01:23+	02:18+	01:24+	03:19+	05:24+	01:50+	03:53+	03:04+	02:05+	05:18+	02:31+	00:22+	
	00:37+	00:59+	01:16+	01:59+	02:13+	01:23+	02:18+	01:24+	03:19+	05:24+	01:50+	03:53+	03:04+	02:05+	05:18+	02:31+	00:22+	
7	Alf Gyland						892						40:47					
	00:36+	01:32+	02:50+	05:17+	07:42+	09:22+	11:53+	13:20+	16:22+	21:18+	26:11+	31:11+	33:35+	35:15+	39:11+	40:29+	40:47+	
	00:36+	00:56+	01:18+	02:27+	02:25+	01:40+	02:31+	01:27+	03:02+	04:56+	04:53+	05:00+	02:24+	01:40+	03:56+	01:18+	00:18+	
	00:36+	00:56+	01:18+	02:27+	02:25+	01:40+	02:31+	01:27+	03:02+	04:56+	04:53+	05:00+	02:24+	01:40+	03:56+	01:18+	00:18+	
8	Svein Glendrange						874						46:52					
	01:12+	02:49+	04:27+	07:30+	10:22+	12:36+	15:28+	17:02+	21:50+	25:42+	27:56+	33:06+	36:46+	39:30+	44:14+	46:14+	46:52+	
	01:12+	01:37+	01:38+	03:03+	02:52+	02:14+	02:52+	01:34+	04:48+	03:52+	02:14+	05:10+	03:40+	02:44+	04:44+	02:00+	00:38+	
	01:12+	01:37+	01:38+	03:03+	02:52+	02:14+	02:52+	01:34+	04:48+	03:52+	02:14+	05:10+	03:40+	02:44+	04:44+	02:00+	00:38+	
9	Magne Jakobsen						3524						47:24					
	00:48+	02:32+	04:03+	06:29+	08:43+	10:22+	15:20+	16:52+	22:06+	26:08+	28:27+	33:28+	36:55+	39:43+	44:57+	47:00+	47:24+	
	00:48+	01:44+	01:31+	02:26+	02:14+	01:39+	04:58+	01:32+	05:14+	04:02+	02:19+	05:01+	03:27+	02:48+	05:14+	02:03+	00:24+	
	00:48+	01:44+	01:31+	02:26+	02:14+	01:39+	04:58+	01:32+	05:14+	04:02+	02:19+	05:01+	03:27+	02:48+	05:14+	02:03+	00:24+	
10	Mangor Eikeland						892						51:46					
	01:05+	02:44+	04:25+	07:25+	10:18+	12:51+	15:52+	17:43+	22:36+	28:21+	31:21+	36:33+	40:19+	43:35+	49:00+	51:10+	51:46+	
	01:05+	01:39+	01:41+	03:00+	02:53+	02:33+	03:01+	01:51+	04:53+	05:45+	03:00+	05:12+	03:46+	03:16+	05:25+	02:10+	00:36+	
	01:05+	01:39+	01:41+	03:00+	02:53+	02:33+	03:01+	01:51+	04:53+	05:45+	03:00+	05:12+	03:46+	03:16+	05:25+	02:10+	00:36+	
11	Torleiv Møgedal						874						54:02					
	01:38+	03:42+	05:21+	08:23+	11:22+	13:49+	16:50+	19:09+	24:23+	30:26+	32:47+	38:13+	42:00+	44:19+	50:36+	53:25+	54:02+	
	01:38+	02:04+	01:39+	03:02+	02:59+	02:27+	03:01+	02:19+	05:14+	06:03+	02:21+	05:26+	03:47+	02:19+	06:17+	02:49+	00:37+	
	01:38+	02:04+	01:39+	03:02+	02:59+	02:27+	03:01+	02:19+	05:14+	06:03+	02:21+	05:26+	03:47+	02:19+	06:17+	02:49+	00:37+	
12	Reidar Liland						3507						1:13:05					
	01:35+	03:38+	06:08+	10:08+	14:08+	17:45+	21:03+	23:37+	30:10+	38:17+	44:57+	51:47+	57:06+	61:13+	68:47+	72:20+	73:05+	
	01:35+	02:03+	02:30+	04:00+	04:00+	03:37+	03:18+	02:34+	06:33+	08:07+	06:40+	06:50+	05:19+	04:07+	07:34+	03:33+	00:45+	
	01:35+	02:03+	02:30+	04:00+	04:00+	03:37+	03:18+	02:34+	06:33+	08:07+	06:40+	06:50+	05:19+	04:07+	07:34+	03:33+	00:45+	

Beste strekktid for klassen

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

HA

1	Sven Hatteland				3528								33:07							
	01:36=	03:07=	08:56=	09:26=	09:54=	10:42=	14:07=	14:56=	15:25=	18:36=	19:44=	20:57=	22:01=	22:33=	23:07=	24:32=	25:35=	27:06=	27:55=	29:34=
	01:36=	01:31=	05:49=	00:30=	00:28=	00:48=	03:25=	00:49=	00:29=	03:11=	01:08=	01:13=	01:04=	00:32=	00:34=	01:25=	01:03=	01:31=	00:49=	01:39=
	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=	00:00=	00:00=
2	Lars Erik Malde				3676								35:19							
	02:00+	03:37+	10:08+	10:45+	11:11+	12:12+	15:24+	16:22+	16:50+	20:10+	21:33+	22:47+	23:51+	24:31+	25:07+	26:32+	27:48+	29:03+	30:12+	31:46+
	02:00+	01:37+	06:31+	00:37+	00:26-	01:01+	03:12-	00:58+	00:28-	03:20+	01:23+	01:14+	01:04=	00:40+	00:36+	01:25=	01:16+	01:15-	01:09+	01:34-
	00:24#	00:06+	00:42#	00:07#	00:02-	00:13&	00:13-	00:09#	00:01-	00:09+	00:15#	00:01+	00:00=	00:08#	00:02+	00:00=	00:13#	00:16-	00:20&	00:05-
3	Fredrik Sandal				1830								35:37							
	01:34-	03:07=	09:03+	09:36+	10:03+	10:52+	14:56+	15:42+	16:11+	19:15+	20:31+	21:50+	22:55+	23:31+	24:08+	26:14+	27:38+	29:03+	29:55+	31:41+
	01:34-	01:33+	05:56+	00:33+	00:27-	00:49+	04:04+	00:46-	00:29=	03:04-	01:16+	01:19+	01:05+	00:36+	00:37+	02:06+	01:24+	01:25-	00:52+	01:46+
	00:02-	00:02+	00:07+	00:03#	00:01-	00:01+	00:39+	00:03-	00:00=	00:07-	00:08#	00:06+	00:01+	00:04#	00:03+	00:41&	00:21&	00:06-	00:03+	00:07+
4	Erik Lima				1832								36:23							
	02:00+	04:00+	10:38+	11:07+	11:35+	12:23+	15:59+	16:47+	17:14+	20:04+	21:20+	22:37+	23:45+	24:21+	25:00+	26:38+	27:52+	29:26+	30:43+	32:24+
	02:00+	02:00+	06:38+	00:29-	00:28=	00:48=	03:36+	00:48-	00:27-	02:50-	01:16+	01:17+	01:08+	00:36+	00:39+	01:38+	01:14+	01:34+	01:17+	01:41+
	00:24#	00:29&	00:49#	00:01-	00:00=	00:00=	00:11+	00:01-	00:02-	00:21-	00:08#	00:04+	00:04+	00:04#	00:05#	00:13#	00:11#	00:03+	00:28&	00:02+

HA

02:07+	04:34+	10:56+	11:24+	11:52+	12:41+	16:41+	17:25+	17:54+	20:58+	22:09+	23:21+	24:24+	25:00+	25:38+	27:05+	28:32+	30:22+	31:29+	33:08+	34:37+	36:04+	36:41+	36:54+
02:07+	02:27+	06:22+	00:28-	00:28=	00:49+	04:00+	00:44-	00:29=	03:04-	01:11+	01:12-	01:03-	00:36+	00:38+	01:27+	01:50+	01:07+	01:39=	01:29+	01:27+	00:37+	00:13+	00:13+
00:31+	00:56+	00:33+	00:02-	00:00=	00:01+	00:35#	00:05-	00:00=	00:07-	00:03+	00:01-	00:01-	00:04#	00:04#	00:02+	00:24#	00:19#	00:18#	00:00=	00:05+	00:04+	00:02+	00:02#

7	Jørgen Strømstad	1786	37:57
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8	Kristian Frafjord Haarr	882	39:55
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9	Martin Blystad	3530	40:19
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10	Bernhard Haver Vagle	643	42:01
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11	Torbjørn Fuglestad	878	42:09
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12	Ole Morten Haaland	3528	45:36
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13	Fredrik Svendal	1376	45:55
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## Beste strekktid for klassen

HB

2	Oddgeir Eikeskog	1884	36:05
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3	Geir Sand	722	36:24
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08.05.2025 19:50:17

Plass	Navn					Klasse					Tid															
HB																										
4	Aart Joakim in't Veld					1884					37:18															
01:32-	04:32+	10:50+	11:24+	11:52+	12:55+	16:06+	16:51+	17:21+	20:28+	21:46+	23:04+	24:12+	24:50+	25:35+	27:05+	28:26+	30:00+	31:00+	33:06+	34:39+	36:20+	37:04+	37:18+			
01:32-	03:00+	06:18+	00:34+	00:28-	01:03+	03:11+	00:45+	00:30=	03:07+	01:18-	01:18+	01:08=	00:38-	00:45+	01:30-	01:21=	01:34+	01:00+	02:06+	01:33-	01:41+	00:44-	00:14=			
00:10-	01:14#	00:14+	00:02+	00:01-	00:11#	00:05+	00:01+	00:00=	00:05+	00:01-	00:01+	00:00=	00:01-	00:04+	00:05-	00:00=	00:12#	00:03+	00:18#	00:06-	00:10#	00:02-	00:00=			
5	Joar Eilevstjønn					2342					38:54															
01:57+	03:57+	11:46+	12:35+	13:02+	13:53+	17:56+	18:41+	19:10+	22:23+	23:42+	24:57+	26:06+	26:47+	27:25+	28:53+	30:16+	31:55+	32:58+	34:51+	36:36+	38:04+	38:43+	38:54+			
01:57+	02:00+	07:49+	00:49+	00:27+	00:51+	04:03+	00:45+	00:29+	03:13+	01:19+	01:15+	01:09+	00:41+	00:38+	01:28+	01:23+	01:39+	01:03+	01:53+	01:45+	01:28+	00:39+	00:11+			
01:57+	02:00+	07:49+	00:49+	00:27+	00:51+	04:03+	00:45+	00:29+	03:13+	01:19+	01:15+	01:09+	00:41+	00:38+	01:28+	01:23+	01:39+	01:03+	01:53+	01:45+	01:28+	00:39+	00:11+			
6	Arne Eirik Nielsen					3588					39:29															
01:55+	03:47+	10:27+	11:02+	11:35+	12:26+	16:38+	17:30+	18:04+	22:17+	23:37+	24:55+	26:12+	26:53+	27:34+	29:08+	30:31+	32:13+	33:11+	35:16+	37:02+	38:32+	39:17+	39:29+			
01:55+	01:52+	06:40+	00:35+	00:33+	00:51+	04:12+	00:52+	00:34+	04:13+	01:20+	01:18+	01:17+	00:41+	00:41+	01:34+	01:23+	01:42+	00:58+	02:05+	01:46+	01:30+	00:45+	00:12+			
01:55+	01:52+	06:40+	00:35+	00:33+	00:51+	04:12+	00:52+	00:34+	04:13+	01:20+	01:18+	01:17+	00:41+	00:41+	01:34+	01:23+	01:42+	00:58+	02:05+	01:46+	01:30+	00:45+	00:12+			
7	Pontus Christensson					1884					39:44															
01:39+	03:07+	09:18+	09:52+	10:21+	11:17+	14:31+	15:28+	16:02+	19:23+	20:54+	22:15+	23:35+	24:22+	25:19+	27:11+	28:47+	30:29+	32:03+	34:23+	36:43+	38:36+	39:29+	39:44+			
01:39+	01:28+	06:11+	00:34+	00:29+	00:56+	03:14+	00:57+	00:34+	03:21+	01:31+	01:21+	01:20+	00:47+	00:57+	01:52+	01:36+	01:42+	01:34+	02:20+	02:20+	01:53+	00:53+	00:15+			
01:39+	01:28+	06:11+	00:34+	00:29+	00:56+	03:14+	00:57+	00:34+	03:21+	01:31+	01:21+	01:20+	00:47+	00:57+	01:52+	01:36+	01:42+	01:34+	02:20+	02:20+	01:53+	00:53+	00:15+			
8	Per Christian Munkhaug					3516					39:46															
01:47+	03:27+	10:35+	11:12+	11:50+	13:12+	18:06+	18:59+	19:31+	22:43+	24:16+	25:36+	26:44+	27:29+	28:05+	29:38+	30:58+	32:43+	33:38+	35:22+	37:25+	38:56+	39:35+	39:46+			
01:47+	01:40+	07:08+	00:37+	00:38+	01:22+	04:54+	00:53+	00:32+	03:12+	01:33+	01:20+	01:08+	00:45+	00:36+	01:33+	01:20+	01:45+	00:55+	01:44+	02:03+	01:31+	00:39+	00:11+			
01:47+	01:40+	07:08+	00:37+	00:38+	01:22+	04:54+	00:53+	00:32+	03:12+	01:33+	01:20+	01:08+	00:45+	00:36+	01:33+	01:20+	01:45+	00:55+	01:44+	02:03+	01:31+	00:39+	00:11+			
9	Trond Sigurd Fotland					3507					41:02															
02:18+	04:10+	11:09+	11:47+	12:17+	13:48+	17:26+	18:20+	18:52+	22:47+	24:06+	25:23+	26:34+	27:13+	27:57+	29:40+	31:07+	33:21+	34:24+	36:29+	38:23+	40:02+	40:46+	41:02+			
02:18+	01:52+	06:59+	00:38+	00:30+	01:31+	03:38+	00:54+	00:32+	03:55+	01:19+	01:17+	01:11+	00:39+	00:44+	01:43+	01:27+	02:14+	01:03+	02:05+	01:54+	01:39+	00:44+	00:16+			
02:18+	01:52+	06:59+	00:38+	00:30+	01:31+	03:38+	00:54+	00:32+	03:55+	01:19+	01:17+	01:11+	00:39+	00:44+	01:43+	01:27+	02:14+	01:03+	02:05+	01:54+	01:39+	00:44+	00:16+			
10	Svein Kyllingstad					1284					43:13															
03:13+	05:15+	12:20+	12:59+	13:35+	14:29+	17:28+	18:50+	19:45+	20:15+	24:01+	25:46+	27:12+	28:25+	29:10+	29:50+	31:20+	32:52+	34:56+	35:49+	38:02+	40:08+	42:09+	42:56+	43:13+		
03:13+	02:02+	07:05+	00:39+	00:36+	00:54+	02:59+	01:22+	00:55+	00:30+	03:46+	01:45+	01:26+	01:13+	00:45+	00:40+	01:30+	01:32+	02:04+	00:53+	02:13+	02:06+	02:01+	00:47+	00:17+		
03:13+	02:02+	07:05+	00:39+	00:36+	00:54+	02:59+	01:22+	00:55+	00:30+	03:46+	01:45+	01:26+	01:13+	00:45+	00:40+	01:30+	01:32+	02:04+	00:53+	02:13+	02:06+	02:01+	00:47+	00:17+		
11	Torbjørn Ims Østby					3507					44:26															
04:01+	05:56+	12:52+	13:26+	13:56+	15:05+	19:20+	20:14+	20:44+	24:54+	26:22+	27:48+	29:10+	29:55+	30:43+	32:31+	34:09+	36:09+	37:26+	39:40+	41:37+	43:29+	44:13+	44:26+			
04:01+	01:55+	06:56+	00:34+	00:30+	01:09+	04:15+	00:54+	00:30+	04:10+	01:28+	01:26+	01:22+	00:45+	00:48+	01:48+	01:38+	02:00+	01:17+	02:14+	01:57+	01:52+	00:44+	00:13+			
04:01+	01:55+	06:56+	00:34+	00:30+	01:09+	04:15+	00:54+	00:30+	04:10+	01:28+	01:26+	01:22+	00:45+	00:48+	01:48+	01:38+	02:00+	01:17+	02:14+	01:57+	01:52+	00:44+	00:13+			
12	Kristoffer Johannessen					1830					49:20															
02:41+	04:42+	12:02+	14:30+	15:11+	16:37+	23:05+	24:00+	24:33+	28:10+	29:35+	31:05+	32:22+	33:02+	33:51+	36:13+	37:56+	41:41+	42:44+	44:37+	46:23+	48:06+	48:53+	49:20+			
02:41+	02:01+	07:20+	02:28+	00:41+	01:26+	06:28+	00:55+	00:33+	03:37+	01:25+	01:30+	01:17+	00:40+	00:49+	02:22+	01:43+	03:45+	01:03+	01:53+	01:46+	01:43+	00:47+	00:27+			
02:41+	02:01+	07:20+	02:28+	00:41+	01:26+	06:28+	00:55+	00:33+	03:37+	01:25+	01:30+	01:17+	00:40+	00:49+	02:22+	01:43+	03:45+	01:03+	01:53+	01:46+	01:43+	00:47+	00:27+			
13	Asgeir Nærland					1830					50:39															
02:04+	04:47+	13:24+	15:34+	16:14+	17:24+	21:52+	22:57+	23:37+	28:30+	30:10+	31:52+	33:11+	33:58+	34:58+	36:55+	39:29+	42:00+	43:13+	45:43+	47:52+	49:39+	50:26+	50:39+			
02:04+	02:43+	08:37+	02:10+	00:40+	01:10+	04:28+	01:05+	00:40+	04:53+	01:40+	01:42+	01:19+	00:47+	01:00+	01:57+	02:34+	02:31+	01:13+	02:30+	02:09+	01:47+	00:47+	00:13+			
02:04+	02:43+	08:37+	02:10+	00:40+	01:10+	04:28+	01:05+	00:40+	04:53+	01:40+	01:42+	01:19+	00:47+	01:00+	01:57+	02:34+	02:31+	01:13+	02:30+	02:09+	01:47+	00:47+	00:13+			
14	Espen Fyhn Nilsen					1683					56:52															
02:23+	05:19+	15:07+	15:52+	16:34+	18:00+	23:44+	25:05+	25:52+	30:58+	32:49+	34:45+	36:22+	37:24+	38:22+	40:33+	43:10+	45:43+	47:02+	49:57+	53:05+	55:36+	56:34+	56:52+			
02:23+	02:56+	09:48+	00:45+	00:42+	01:26+	05:44+	01:21+	00:47+	05:06+	01:51+	01:56+	01:37+	01:02+	00:58+	02:11+	02:37+	02:33+	01:19+	02:55+	03:08+	02:31+	00:58+	00:18+			
02:23+	02:56+	09:48+	00:45+	00:42+	01:26+	05:44+	01:21+	00:47+	05:06+	01:51+	01:56+	01:37+	01:02+	00:58+	02:11+	02:37+	02:33+	01:19+	02:55+	03:08+	02:31+	00:58+	00:18+			
15	Sverre Dørheim					4248					1:07:53															
04:18+	08:03+	18:58+	20:04+	20:48+	22:14+	32:09+	33:32+	34:29+	40:11+	42:10+	44:24+	46:08+	47:15+	48:15+	50:38+	52:52+	57:01+	58:20+	61:30+	64:07+	66:37+	67:35+	67:53+			
04:18+	03:45+	10:55+	01:06+	00:44+	01:26+	09:55+	01:23+	00:57+	05:42+	01:59+	02:14+	01:44+	01:07+	01:00+	02:23+	02:14+	04:09+	01:19+	03:10+	02:37+	02:30+	00:58+	00:18+			
04:18+	03:45+	10:55+	01:06+	00:44+	01:26+	09:55+	01:23+	00:57+	05:42+	01:59+	02:14+	01:44+	01:07+	01:00+	02:23+	02:14+	04:09+	01:19+	03:10+	02:37+	02:30+	00:58+	00:18+			
Beste strekktid for klassen																										

Plass	Navn	Klasse	Tid
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[illegible]

2					Terje Michaelsen					3511					37:35								
01:46+	03:13+	10:07+	10:38+	11:17+	11:47+	15:22+	16:25+	17:14+	18:25+	23:14+	24:44+	25:34+	26:08+	27:09+	28:56+	31:29+	33:01+	34:03+	34:59+	36:11+	36:48+	37:24+	37:35+
01:46+	01:27+	06:54+	00:31+	00:39+	00:30+	03:35+	01:03+	00:49+	01:11+	04:49+	01:30+	00:50+	00:34+	01:01+	01:47+	02:33+	01:32+	01:02+	00:56+	01:12+	00:37+	00:36+	00:11+
01:46+	01:27+	06:54+	00:31+	00:39+	00:30+	03:35+	01:03+	00:49+	01:11+	04:49+	01:30+	00:50+	00:34+	01:01+	01:47+	02:33+	01:32+	01:02+	00:56+	01:12+	00:37+	00:36+	00:11+

3											Henning Sundby											3486											38:36										
02:13+	03:49+	10:56+	11:32+	12:26+	12:59+	16:14+	17:14+	18:19+	19:24+	22:54+	24:22+	25:00+	25:48+	27:20+	29:00+	32:30+	33:53+	34:58+	35:46+	36:54+	37:29+	38:09+	38:36+																				
02:13+	01:36+	07:07+	00:36+	00:54+	00:33+	03:15+	01:00+	01:05+	01:05+	03:30+	01:28+	00:38+	00:48+	01:32+	01:40+	03:30+	01:23+	01:05+	00:48+	01:08+	00:35+	00:40+	00:27+																				
02:13+	01:36+	07:07+	00:36+	00:54+	00:33+	03:15+	01:00+	01:05+	01:05+	03:30+	01:28+	00:38+	00:48+	01:32+	01:40+	03:30+	01:23+	01:05+	00:48+	01:08+	00:35+	00:40+	00:27+																				

4	Kjetil Wirak												3486												38:46											
02:09+	03:39+	11:01+	11:36+	12:24+	12:57+	16:25+	17:28+	18:19+	19:33+	23:48+	25:20+	26:07+	26:44+	27:51+	29:54+	32:21+	33:49+	35:03+	35:58+	37:17+	37:49+	38:33+	38:46+													
02:09+	01:30+	07:22+	00:35+	00:48+	00:33+	03:28+	01:03+	00:51+	01:14+	04:15+	01:32+	00:47+	00:37+	01:07+	02:03+	02:27+	01:28+	01:14+	00:55+	01:19+	00:32+	00:44+	00:13+													
02:09+	01:30+	07:22+	00:35+	00:48+	00:33+	03:28+	01:03+	00:51+	01:14+	04:15+	01:32+	00:47+	00:37+	01:07+	02:03+	02:27+	01:28+	01:14+	00:55+	01:19+	00:32+	00:44+	00:13+													

5	Morten Aamodt										1683										40:47									
02:04+	03:24+	10:52+	11:38+	12:27+	13:05+	16:57+	18:06+	19:03+	20:18+	25:03+	26:35+	27:24+	28:07+	29:17+	31:17+	34:00+	35:30+	37:00+	37:55+	39:15+	39:48+	40:32+	40:47+							
02:04+	01:20+	07:28+	00:46+	00:49+	00:38+	03:52+	01:09+	00:57+	01:15+	04:45+	01:32+	00:49+	00:43+	01:10+	02:00+	02:43+	01:30+	01:30+	00:55+	01:20+	00:33+	00:44+	00:15+							
02:04+	01:20+	07:28+	00:46+	00:49+	00:38+	03:52+	01:09+	00:57+	01:15+	04:45+	01:32+	00:49+	00:43+	01:10+	02:00+	02:43+	01:30+	01:30+	00:55+	01:20+	00:33+	00:44+	00:15+							

6	Per Olav Haarr										769	41:03											
01:58+	03:25+	10:14+	10:49+	11:38+	12:14+	15:46+	16:44+	17:45+	18:55+	22:45+	24:09+	24:52+	25:27+	26:38+	29:04+	33:22+	35:14+	36:33+	37:49+	39:24+	40:02+	40:51+	41:03+
01:58+	01:27+	06:49+	00:35+	00:49+	00:36+	03:32+	00:58+	01:01+	01:10+	03:50+	01:24+	00:43+	00:35+	01:11+	02:26+	04:18+	01:52+	01:19+	01:16+	01:35+	00:38+	00:49+	00:12+
01:58+	01:27+	06:49+	00:35+	00:49+	00:36+	03:32+	00:58+	01:01+	01:10+	03:50+	01:24+	00:43+	00:35+	01:11+	02:26+	04:18+	01:52+	01:19+	01:16+	01:35+	00:38+	00:49+	00:12+

Eivind Lie					1683					41:24													
02:53+	04:30+	11:23+	12:00+	13:01+	13:34+	16:53+	18:02+	18:58+	20:08+	24:11+	25:50+	26:31+	27:05+	28:30+	31:04+	34:09+	35:53+	37:13+	38:17+	39:36+	40:21+	41:11+	41:24+
02:53+	01:37+	06:53+	00:37+	01:01+	00:33+	03:19+	01:09+	00:56+	01:10+	04:03+	01:39+	00:41+	00:34+	01:25+	02:34+	03:05+	01:44+	01:20+	01:04+	01:19+	00:45+	00:50+	00:13+
02:53+	01:37+	06:53+	00:37+	01:01+	00:33+	03:19+	01:09+	00:56+	01:10+	04:03+	01:39+	00:41+	00:34+	01:25+	02:34+	03:05+	01:44+	01:20+	01:04+	01:19+	00:45+	00:50+	00:13+

8	Pål H. Gjerden										1683										43:14									
02:06+	03:37+	11:20+	12:03+	12:54+	13:28+	17:28+	18:42+	19:36+	21:01+	25:35+	27:23+	28:17+	28:57+	30:18+	32:29+	35:37+	37:24+	38:47+	39:56+	41:33+	42:12+	43:00+	43:14+							
02:06+	01:31+	07:43+	00:43+	00:51+	00:34+	04:00+	01:14+	00:54+	01:25+	04:34+	01:48+	00:54+	00:40+	01:21+	02:11+	03:08+	01:47+	01:23+	01:09+	01:37+	00:39+	00:48+	00:14+							
02:06+	01:31+	07:43+	00:43+	00:51+	00:34+	04:00+	01:14+	00:54+	01:25+	04:34+	01:48+	00:54+	00:40+	01:21+	02:11+	03:08+	01:47+	01:23+	01:09+	01:37+	00:39+	00:48+	00:14+							

9	Pål Bårdsen												3497					43:30											
02:16+	03:53+	12:32+	13:08+	14:00+	14:37+	18:13+	19:30+	20:28+	21:52+	26:30+	28:08+	28:55+	29:38+	31:04+	33:13+	36:22+	38:09+	39:27+	40:30+	41:51+	42:30+	43:15+	43:30+						
02:16+	01:37+	08:39+	00:36+	00:52+	00:37+	03:36+	01:17+	00:58+	01:24+	04:38+	01:38+	00:47+	00:43+	01:26+	02:09+	03:09+	01:47+	01:18+	01:03+	01:21+	00:39+	00:45+	00:15+						
02:16+	01:37+	08:39+	00:36+	00:52+	00:37+	03:36+	01:17+	00:58+	01:24+	04:38+	01:38+	00:47+	00:43+	01:26+	02:09+	03:09+	01:47+	01:18+	01:03+	01:21+	00:39+	00:45+	00:15+						

10	Leif Kjetil Hinna Gausel										1683										43:49									
02:16+	04:35+	13:48+	14:24+	15:56+	16:30+	19:54+	21:06+	22:11+	23:17+	26:55+	28:46+	29:28+	30:04+	31:33+	33:38+	36:12+	37:47+	39:06+	40:18+	41:33+	42:26+	43:34+	43:49+							
02:16+	02:19+	09:13+	00:36+	01:32+	00:34+	03:24+	01:12+	01:05+	01:06+	03:38+	01:51+	00:42+	00:36+	01:29+	02:05+	02:34+	01:35+	01:19+	01:12+	01:15+	00:53+	01:08+	00:15+							
02:16+	02:19+	09:13+	00:36+	01:32+	00:34+	03:24+	01:12+	01:05+	01:06+	03:38+	01:51+	00:42+	00:36+	01:29+	02:05+	02:34+	01:35+	01:19+	01:12+	01:15+	00:53+	01:08+	00:15+							

11	Øivind Berggraf										1683										45:09									
02:16+	03:48+	13:01+	13:41+	14:37+	15:13+	19:03+	20:18+	21:19+	22:32+	27:06+	28:52+	29:39+	30:17+	32:02+	34:07+	36:57+	38:49+	40:17+	41:54+	43:22+	44:01+	44:54+	45:09+							
02:16+	01:32+	09:13+	00:40+	00:56+	00:36+	03:50+	01:15+	01:01+	01:13+	04:34+	01:46+	00:47+	00:38+	01:45+	02:05+	02:50+	01:52+	01:28+	01:37+	01:28+	00:39+	00:53+	00:15+							
02:16+	01:32+	09:13+	00:40+	00:56+	00:36+	03:50+	01:15+	01:01+	01:13+	04:34+	01:46+	00:47+	00:38+	01:45+	02:05+	02:50+	01:52+	01:28+	01:37+	01:28+	00:39+	00:53+	00:15+							

12	Svein Oddvar Netland					1683					45:42														
02:51+	05:49+	14:05+	14:46+	15:31+	16:25+	19:35+	20:47+	21:42+	22:55+	27:31+	29:04+	29:51+	30:30+	31:42+	33:45+	36:24+	38:03+	40:32+	41:32+	42:56+	43:30+	45:36+	45:52+		
02:51+	02:58+	08:16+	00:41+	00:45+	00:54+	03:10+	01:12+	00:55+	01:13+	04:36+	01:33+	00:47+	00:39+	01:12+	02:03+	02:39+	01:39+	02:29+	01:00+	01:24+	00:34+	02:06+	00:16+		
02:51+	02:58+	08:16+	00:41+	00:45+	00:54+	03:10+	01:12+	00:55+	01:13+	04:36+	01:33+	00:47+	00:39+	01:12+	02:03+	02:39+	01:39+	02:29+	01:00+	01:24+	00:34+	02:06+	00:16+		

13 Geir Haugvaldstad						1683						47:17											
03:25+	05:42+	13:37+	14:16+	15:20+	16:01+	19:15+	20:20+	21:06+	22:20+	25:58+	27:36+	28:28+	29:12+	31:18+	33:36+	36:40+	38:41+	40:00+	41:06+	42:35+	46:00+	47:02+	47:17+
03:25+	02:17+	07:55+	00:39+	01:04+	00:41+	03:14+	01:05+	00:46+	01:14+	03:38+	01:38+	00:52+	00:44+	02:06+	02:18+	03:04+	02:01+	01:19+	01:06+	01:29+	03:25+	01:02+	00:15+
03:25+	02:17+	07:55+	00:39+	01:04+	00:41+	03:14+	01:05+	00:46+	01:14+	03:38+	01:38+	00:52+	00:44+	02:06+	02:18+	03:04+	02:01+	01:19+	01:06+	01:29+	03:25+	01:02+	00:15+

14	Kjell Dale										1884										48:34									
03:06+	04:38+	14:18+	14:58+	15:51+	16:28+	20:06+	22:34+	23:38+	25:05+	31:17+	33:01+	33:50+	34:32+	35:54+	38:11+	41:01+	42:46+	44:17+	45:24+	46:48+	47:27+	48:17+	48:34+							
03:06+	01:32+	09:40+	00:40+	00:53+	00:37+	03:38+	02:28+	01:04+	01:27+	06:12+	01:44+	00:49+	00:42+	01:22+	02:17+	02:50+	01:45+	01:31+	01:07+	01:24+	00:39+	00:50+	00:17+							
03:06+	01:32+	09:40+	00:40+	00:53+	00:37+	03:38+	02:28+	01:04+	01:27+	06:12+	01:44+	00:49+	00:42+	01:22+	02:17+	02:50+	01:45+	01:31+	01:07+	01:24+	00:39+	00:50+	00:17+							

Plass	Navn		Klasse										Tid									
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HC

15	Lars Drage										3583										48:54									
11:52+	13:06+	19:35+	20:07+	20:45+	21:17+	25:23+	26:30+	27:32+	28:41+	33:37+	35:03+	35:43+	36:16+	37:20+	39:06+	42:34+	44:10+	45:19+	46:09+	47:21+	47:55+	48:40+	48:54+							
11:52+	01:14+	06:29+	00:32+	00:38+	00:32+	04:06+	01:07+	01:02+	01:09+	04:56+	01:26+	00:40+	00:33+	01:04+	01:46+	03:28+	01:36+	01:09+	00:50+	01:12+	00:34+	00:45+	00:14+							
11:52+	01:14+	06:29+	00:32+	00:38+	00:32+	04:06+	01:07+	01:02+	01:09+	04:56+	01:26+	00:40+	00:33+	01:04+	01:46+	03:28+	01:36+	01:09+	00:50+	01:12+	00:34+	00:45+	00:14+							
16	Nils John Vestøl										3541										50:11									
02:27+	05:18+	15:11+	16:04+	16:55+	17:35+	21:35+	22:46+	23:50+	25:18+	30:18+	32:08+	32:58+	33:49+	35:23+	38:07+	41:40+	43:36+	45:14+	46:43+	48:21+	49:00+	49:52+	50:11+							
02:27+	02:51+	09:53+	00:53+	00:51+	00:40+	04:00+	01:11+	01:04+	01:28+	05:00+	01:50+	00:50+	00:51+	01:34+	02:44+	03:33+	01:56+	01:38+	01:29+	01:38+	00:39+	00:52+	00:19+							
02:27+	02:51+	09:53+	00:53+	00:51+	00:40+	04:00+	01:11+	01:04+	01:28+	05:00+	01:50+	00:50+	00:51+	01:34+	02:44+	03:33+	01:56+	01:38+	01:29+	01:38+	00:39+	00:52+	00:19+							
17	Thomas Schanke Eikum										769										54:08									
04:03+	06:33+	17:27+	18:08+	19:34+	20:13+	24:11+	25:25+	26:28+	27:40+	33:49+	35:40+	36:31+	37:16+	39:01+	41:57+	46:11+	48:06+	49:49+	50:50+	52:16+	53:00+	53:53+	54:08+							
04:03+	02:30+	10:54+	00:41+	01:26+	00:39+	03:58+	01:14+	01:03+	01:12+	06:09+	01:51+	00:51+	00:45+	01:45+	02:56+	04:14+	01:55+	01:43+	01:01+	01:26+	00:44+	00:53+	00:15+							
04:03+	02:30+	10:54+	00:41+	01:26+	00:39+	03:58+	01:14+	01:03+	01:12+	06:09+	01:51+	00:51+	00:45+	01:45+	02:56+	04:14+	01:55+	01:43+	01:01+	01:26+	00:44+	00:53+	00:15+							
18	Ove Oaland										1683										55:56									
02:44+	05:48+	15:12+	16:10+	17:31+	18:17+	22:31+	24:10+	25:18+	26:42+	31:55+	34:21+	35:23+	36:15+	38:03+	41:08+	46:01+	47:57+	49:37+	51:06+	53:23+	54:08+	55:38+	55:56+							
02:44+	03:04+	09:24+	00:58+	01:21+	00:46+	04:14+	01:39+	01:08+	01:24+	05:13+	02:26+	01:02+	00:52+	01:48+	03:05+	04:53+	01:56+	01:40+	01:29+	02:17+	00:45+	01:30+	00:18+							
02:44+	03:04+	09:24+	00:58+	01:21+	00:46+	04:14+	01:39+	01:08+	01:24+	05:13+	02:26+	01:02+	00:52+	01:48+	03:05+	04:53+	01:56+	01:40+	01:29+	02:17+	00:45+	01:30+	00:18+							
19	Øistein Haaland										1683										56:07									
03:47+	05:39+	17:48+	18:38+	19:36+	20:16+	24:35+	26:06+	27:12+	28:35+	37:53+	39:39+	40:33+	41:18+	42:35+	44:37+	47:25+	49:22+	51:09+	52:29+	54:01+	54:43+	55:47+	56:07+							
03:47+	01:52+	12:09+	00:50+	00:58+	00:40+	04:19+	01:31+	01:06+	01:23+	09:18+	01:46+	00:54+	00:45+	01:17+	02:02+	02:48+	01:57+	01:47+	01:20+	01:32+	00:42+	01:04+	00:20+							
03:47+	01:52+	12:09+	00:50+	00:58+	00:40+	04:19+	01:31+	01:06+	01:23+	09:18+	01:46+	00:54+	00:45+	01:17+	02:02+	02:48+	01:57+	01:47+	01:20+	01:32+	00:42+	01:04+	00:20+							

Beste strekktid for klassen

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

HNY

1	Tore Mjølsmes										882														
00:56=	01:41=	02:31=	03:31=	04:27=	05:19=	07:06=	08:09=	09:17=	10:41=	12:56=	13:56=	14:12=	00:56=	00:45=	00:50=	01:00=	00:56=	00:52=	01:47=	01:03=	01:08=	01:24=	02:15=	01:00=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tore Stensland										3529														
00:55-	01:35-	02:22-	03:27-	04:23-	05:23+	07:39+	11:02+	12:12+	13:37+	18:09+	19:31+	19:48+	00:55-	00:40-	00:47-	01:05+	00:56=	01:00+	02:16+	03:23+	01:10+	01:25+	04:32+	01:22+	00:17+
00:01-	00:05-	00:03-	00:05+	00:00=	00:08#	00:29&	02:20@	00:02+	00:01+	02:17@	00:22&	00:01+	00:01-	00:03-	00:05+	00:00=	00:08#	00:29&	02:20@	00:02+	00:01+	02:17@	00:22&	00:01+	00:01+
3	Glenn-Ove Kingestad										3676														
01:07+	02:09+	03:05+	04:15+	05:14+	06:09+	09:31+	12:56+	18:26+	20:34+	22:38+	23:51+	24:08+	01:07+	01:02+	00:56+	01:10+	00:59+	00:55+	03:22+	03:25+	05:30+	02:08+	02:04-	01:13+	00:17+
00:11#	00:17&	00:06#	00:10#	00:03+	00:03+	01:35&	02:22@	04:22@	00:44&	00:11-	00:13#	00:01+	00:11#	00:06#	00:03+	00:03+	01:35&	02:22@	04:22@	00:44&	00:11-	00:13#	00:01+	00:01+	00:01+
4	Marius Usvaltas										3529														
01:36+	03:45+	05:06+	06:41+	08:17+	09:17+	13:19+	16:41+	18:37+	21:33+	28:29+	30:13+	30:31+	01:36+	02:09+	01:21+	01:35+	01:36+	01:00+	04:02+	03:22+	01:56+	02:56+	06:56+	01:44+	00:18+
00:40&	01:24@	00:31&	00:35&	00:40&	00:08#	02:15@	02:19@	00:48&	01:32@	04:41@	00:44&	00:02#	00:40&	01:24@	00:31&	00:35&	00:40&	00:08#	02:15@	02:19@	00:48&	01:32@	04:41@	00:44&	00:02#

Beste strekktid for klassen

00:55 00:40 00:47 01:00 00:56 00:52 01:47 01:03 01:08 01:24 02:04 01:00 00:16

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

HT

1	Bartłomiej Lenart										1376										20:05												
00:26=	00:53=	01:30=	02:41=	03:47=	04:35=	05:53=	07:06=	08:41=	10:50=	11:49=	13:52=	15:07=	16:05=	18:00=	19:52=	20:05=	00:26=	00:27=	00:37=	01:11=	01:06=	00:48=	01:18=	01:13=	01:35=	02:09=	00:59=	02:03=	01:15=	00:58=	01:55=	01:52=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=



Plass	Navn					Klasse					Tid						
HT																	
2	Hans Østebø					793					20:58						
00:19-	00:52-	01:27-	02:43+	03:56+	05:07+	06:13+	07:04-	08:41=	10:43-	12:17+	14:38+	16:01+	17:15+	19:45+	20:46+	20:58+	
00:19-	00:33+	00:35-	01:16+	01:13+	01:11+	01:06-	00:51-	01:37+	02:02-	01:34+	02:21+	01:23+	01:14+	02:30+	01:01-	00:12-	
00:07-	00:06#	00:02-	00:05+	00:07#	00:23#	00:12-	00:22-	00:02+	00:07-	00:35#	00:18#	00:08#	00:16#	00:35#	00:51-	00:01-	
3	Truls Østebø					793					21:01						
00:19+	00:50+	01:32+	02:46+	03:56+	05:12+	06:15+	07:02+	08:42+	10:50+	12:24+	14:43+	16:09+	17:16+	19:45+	20:51+	21:01+	
00:19+	00:31+	00:42+	01:14+	01:10+	01:16+	01:03+	00:47+	01:40+	02:08+	01:34+	02:19+	01:26+	01:07+	02:29+	01:06+	00:10+	
00:19+	00:31+	00:42+	01:14+	01:10+	01:16+	01:03+	00:47+	01:40+	02:08+	01:34+	02:19+	01:26+	01:07+	02:29+	01:06+	00:10+	
4	Stig E. Ollestad					3519					22:39						
00:23+	00:57+	01:45+	03:00+	04:24+	05:42+	06:55+	07:44+	10:11+	11:57+	13:29+	15:55+	17:26+	18:39+	21:24+	22:26+	22:39+	
00:23+	00:34+	00:48+	01:15+	01:24+	01:18+	01:13+	00:49+	02:27+	01:46+	01:32+	02:26+	01:31+	01:13+	02:45+	01:02+	00:13+	
00:23+	00:34+	00:48+	01:15+	01:24+	01:18+	01:13+	00:49+	02:27+	01:46+	01:32+	02:26+	01:31+	01:13+	02:45+	01:02+	00:13+	
5	Per Olof Wallerstedt					3516					24:52						
00:23+	01:03+	02:01+	03:24+	05:01+	05:55+	07:29+	08:37+	10:57+	13:22+	14:52+	17:34+	19:36+	20:54+	23:24+	24:35+	24:52+	
00:23+	00:40+	00:58+	01:23+	01:37+	00:54+	01:34+	01:08+	02:20+	02:25+	01:30+	02:42+	02:02+	01:18+	02:30+	01:11+	00:17+	
00:23+	00:40+	00:58+	01:23+	01:37+	00:54+	01:34+	01:08+	02:20+	02:25+	01:30+	02:42+	02:02+	01:18+	02:30+	01:11+	00:17+	
6	Håvard Stensland					3503					25:33						
00:27+	01:18+	02:15+	03:37+	05:30+	06:26+	07:49+	08:46+	10:58+	13:25+	14:42+	17:29+	19:17+	20:51+	24:06+	25:18+	25:33+	
00:27+	00:51+	00:57+	01:22+	01:53+	00:56+	01:23+	00:57+	02:12+	02:27+	01:17+	02:47+	01:48+	01:34+	03:15+	01:12+	00:15+	
00:27+	00:51+	00:57+	01:22+	01:53+	00:56+	01:23+	00:57+	02:12+	02:27+	01:17+	02:47+	01:48+	01:34+	03:15+	01:12+	00:15+	
7	Arne Magne Sondresen					722					25:47						
00:31+	01:32+	02:32+	04:04+	05:53+	06:58+	08:37+	09:33+	11:44+	14:41+	15:54+	18:38+	20:30+	21:55+	24:29+	25:28+	25:47+	
00:31+	01:01+	01:00+	01:32+	01:49+	01:05+	01:39+	00:56+	02:11+	02:57+	01:13+	02:44+	01:52+	01:25+	02:34+	00:59+	00:19+	
00:31+	01:01+	01:00+	01:32+	01:49+	01:05+	01:39+	00:56+	02:11+	02:57+	01:13+	02:44+	01:52+	01:25+	02:34+	00:59+	00:19+	
8	Bruno Pierfelice					3519					26:42						
00:21+	00:56+	01:49+	03:21+	05:03+	06:12+	07:35+	08:33+	11:31+	13:38+	15:01+	18:33+	20:26+	22:03+	25:11+	26:28+	26:42+	
00:21+	00:35+	00:53+	01:32+	01:42+	01:09+	01:23+	00:58+	02:58+	02:07+	01:23+	03:32+	01:53+	01:37+	03:08+	01:17+	00:14+	
00:21+	00:35+	00:53+	01:32+	01:42+	01:09+	01:23+	00:58+	02:58+	02:07+	01:23+	03:32+	01:53+	01:37+	03:08+	01:17+	00:14+	
9	Stein Nordal					4242					26:48						
01:13+	01:53+	02:43+	03:59+	06:32+	07:15+	08:52+	09:42+	12:10+	14:09+	15:11+	17:45+	19:44+	21:07+	24:03+	25:27+	26:48+	
01:13+	00:40+	00:50+	01:16+	02:33+	00:43+	01:37+	00:50+	02:28+	01:59+	01:02+	02:34+	01:59+	01:23+	02:56+	01:24+	01:21+	
01:13+	00:40+	00:50+	01:16+	02:33+	00:43+	01:37+	00:50+	02:28+	01:59+	01:02+	02:34+	01:59+	01:23+	02:56+	01:24+	01:21+	
10	Adam Alfred Brennhagen					3512					26:56						
00:26+	01:05+	01:48+	03:02+	04:15+	05:27+	06:37+	07:32+	10:55+	16:31+	17:36+	20:01+	21:28+	22:52+	25:46+	26:42+	26:56+	
00:26+	00:39+	00:43+	01:14+	01:13+	01:12+	01:10+	00:55+	03:23+	05:36+	01:05+	02:25+	01:27+	01:24+	02:54+	00:56+	00:14+	
00:26+	00:39+	00:43+	01:14+	01:13+	01:12+	01:10+	00:55+	03:23+	05:36+	01:05+	02:25+	01:27+	01:24+	02:54+	00:56+	00:14+	
11	Christian Nilsen					3525					27:06						
00:28+	01:14+	02:18+	03:58+	05:42+	06:49+	08:30+	09:27+	11:50+	15:03+	16:28+	19:53+	21:45+	23:01+	25:38+	26:49+	27:06+	
00:28+	00:46+	01:04+	01:40+	01:44+	01:07+	01:41+	00:57+	02:23+	03:13+	01:25+	03:25+	01:52+	01:16+	02:37+	01:11+	00:17+	
00:28+	00:46+	01:04+	01:40+	01:44+	01:07+	01:41+	00:57+	02:23+	03:13+	01:25+	03:25+	01:52+	01:16+	02:37+	01:11+	00:17+	
12	Marius Bergstøl Hvidsten					3533					27:56						
00:48+	01:55+	02:50+	04:23+	06:01+	07:07+	08:47+	09:40+	12:12+	15:46+	17:02+	19:34+	22:10+	23:43+	26:18+	27:45+	27:56+	
00:48+	01:07+	00:55+	01:33+	01:38+	01:06+	01:40+	00:53+	02:32+	03:34+	01:16+	02:32+	02:36+	01:33+	02:35+	01:27+	00:11+	
00:48+	01:07+	00:55+	01:33+	01:38+	01:06+	01:40+	00:53+	02:32+	03:34+	01:16+	02:32+	02:36+	01:33+	02:35+	01:27+	00:11+	
13	Roger Endre Nyseth					892					28:26						
00:36+	01:27+	02:21+	04:08+	06:05+	07:05+	08:47+	09:46+	12:15+	15:12+	16:35+	19:31+	21:30+	23:11+	26:47+	28:05+	28:26+	
00:36+	00:51+	00:54+	01:47+	01:57+	01:00+	01:42+	00:59+	02:29+	02:57+	01:23+	02:56+	01:59+	01:41+	03:36+	01:18+	00:21+	
00:36+	00:51+	00:54+	01:47+	01:57+	01:00+	01:42+	00:59+	02:29+	02:57+	01:23+	02:56+	01:59+	01:41+	03:36+	01:18+	00:21+	
14	Harald Paulsen Grøndal					4288					28:40						
02:56+	03:26+	04:41+	06:42+	08:00+	08:58+	10:28+	11:11+	12:55+	16:11+	17:37+	20:49+	22:20+	24:09+	27:23+	27:59+	28:27+	28:40+
02:56+	00:30+	01:15+	02:01+	01:18+	00:58+	01:30+	00:43+	01:44+	03:16+	01:26+	03:12+	01:31+	01:49+	03:14+	00:36+	00:28+	00:13+
02:56+	00:30+	01:15+	02:01+	01:18+	00:58+	01:30+	00:43+	01:44+	03:16+	01:26+	03:12+	01:31+	01:49+	03:14+	00:36+	00:28+	00:13+
15	Nils Egil Lie					3548					28:50						
00:31+	01:17+	02:25+	03:58+	05:39+	06:45+	08:27+	09:26+	12:47+	15:45+	17:08+	20:15+	22:16+	23:37+	27:14+	28:34+	28:50+	
00:31+	00:46+	01:08+	01:33+	01:41+	01:06+	01:42+	00:59+	03:21+	02:58+	01:23+	03:07+	02:01+	01:21+	03:37+	01:20+	00:16+	
00:31+	00:46+	01:08+	01:33+	01:41+	01:06+	01:42+	00:59+	03:21+	02:58+	01:23+	03:07+	02:01+	01:21+	03:37+	01:20+	00:16+	

Plass	Navn					Klasse					Tid					
HT																
16	Svein Sivertsen					3530					29:18					
00:47+	01:35+	02:44+	04:54+	06:42+	07:48+	09:34+	10:42+	13:01+	15:44+	17:26+	21:08+	23:08+	24:28+	27:35+	28:55+	29:18+
00:47+	00:48+	01:09+	02:10+	01:48+	01:06+	01:46+	01:08+	02:19+	02:43+	01:42+	03:42+	02:00+	01:20+	03:07+	01:20+	00:23+
00:47+	00:48+	01:09+	02:10+	01:48+	01:06+	01:46+	01:08+	02:19+	02:43+	01:42+	03:42+	02:00+	01:20+	03:07+	01:20+	00:23+
17	Svein Erik Bjørnsen					1376					29:33					
00:36+	01:18+	02:17+	03:52+	05:24+	06:16+	07:43+	08:38+	10:40+	15:56+	17:12+	20:03+	22:32+	23:57+	27:55+	29:16+	29:33+
00:36+	00:42+	00:59+	01:35+	01:32+	00:52+	01:27+	00:55+	02:02+	05:16+	01:16+	02:51+	02:29+	01:25+	03:58+	01:21+	00:17+
00:36+	00:42+	00:59+	01:35+	01:32+	00:52+	01:27+	00:55+	02:02+	05:16+	01:16+	02:51+	02:29+	01:25+	03:58+	01:21+	00:17+
18	Leif Jarle Skåra					3502					30:26					
00:27+	01:32+	02:32+	04:20+	06:21+	07:31+	09:35+	10:36+	13:07+	17:45+	19:12+	22:31+	24:51+	26:08+	28:51+	30:10+	30:26+
00:27+	01:05+	01:00+	01:48+	02:01+	01:10+	02:04+	01:01+	02:31+	04:38+	01:27+	03:19+	02:20+	01:17+	02:43+	01:19+	00:16+
00:27+	01:05+	01:00+	01:48+	02:01+	01:10+	02:04+	01:01+	02:31+	04:38+	01:27+	03:19+	02:20+	01:17+	02:43+	01:19+	00:16+
19	Erland Båtnes Berntsen					643					30:40					
00:40+	01:43+	02:30+	03:49+	05:38+	06:29+	08:13+	09:11+	13:36+	17:17+	18:49+	21:43+	24:08+	25:41+	28:44+	30:22+	30:40+
00:40+	01:03+	00:47+	01:19+	01:49+	00:51+	01:44+	00:58+	04:25+	03:41+	01:32+	02:54+	02:25+	01:33+	03:03+	01:38+	00:18+
00:40+	01:03+	00:47+	01:19+	01:49+	00:51+	01:44+	00:58+	04:25+	03:41+	01:32+	02:54+	02:25+	01:33+	03:03+	01:38+	00:18+
20	Jan Henrik Neuenkirchen					896					30:40					
00:47+	02:09+	03:07+	04:49+	06:24+	07:59+	09:28+	10:22+	12:52+	16:13+	18:36+	22:03+	24:15+	26:02+	29:21+	30:24+	30:40+
00:47+	01:22+	00:58+	01:42+	01:35+	01:35+	01:29+	00:54+	02:30+	03:21+	02:23+	03:27+	02:12+	01:47+	03:19+	01:03+	00:16+
00:47+	01:22+	00:58+	01:42+	01:35+	01:35+	01:29+	00:54+	02:30+	03:21+	02:23+	03:27+	02:12+	01:47+	03:19+	01:03+	00:16+
21	Hans Gundersen					2342					30:40					
00:38+	01:34+	02:44+	04:34+	07:02+	08:03+	09:49+	10:46+	13:54+	18:27+	19:40+	22:13+	23:53+	25:43+	28:41+	30:16+	30:40+
00:38+	00:56+	01:10+	01:50+	02:28+	01:01+	01:46+	00:57+	03:08+	04:33+	01:13+	02:33+	01:40+	01:50+	02:58+	01:35+	00:24+
00:38+	00:56+	01:10+	01:50+	02:28+	01:01+	01:46+	00:57+	03:08+	04:33+	01:13+	02:33+	01:40+	01:50+	02:58+	01:35+	00:24+
22	Aksel Kleppa Hartmann					793					30:47					
00:34+	01:11+	02:11+	03:53+	05:17+	06:14+	07:57+	08:47+	10:55+	13:57+	15:13+	17:47+	24:09+	25:33+	28:36+	30:26+	30:47+
00:34+	00:37+	01:00+	01:42+	01:24+	00:57+	01:43+	00:50+	02:08+	03:02+	01:16+	02:34+	06:22+	01:24+	03:03+	01:50+	00:21+
00:34+	00:37+	01:00+	01:42+	01:24+	00:57+	01:43+	00:50+	02:08+	03:02+	01:16+	02:34+	06:22+	01:24+	03:03+	01:50+	00:21+
23	Karl Petter Sørnes					903					30:59					
01:14+	02:11+	03:46+	05:37+	07:25+	08:36+	10:18+	11:28+	14:01+	17:06+	18:37+	21:29+	23:51+	26:00+	29:32+	30:39+	30:59+
01:14+	00:57+	01:35+	01:51+	01:48+	01:11+	01:42+	01:10+	02:33+	03:05+	01:31+	02:52+	02:22+	02:09+	03:32+	01:07+	00:20+
01:14+	00:57+	01:35+	01:51+	01:48+	01:11+	01:42+	01:10+	02:33+	03:05+	01:31+	02:52+	02:22+	02:09+	03:32+	01:07+	00:20+
24	Tor Harald Lunde					3511					31:08					
00:31+	01:31+	02:42+	04:24+	06:10+	08:08+	10:32+	11:36+	14:19+	17:31+	19:09+	22:26+	24:40+	26:08+	29:22+	30:54+	31:08+
00:31+	01:00+	01:11+	01:42+	01:46+	01:58+	02:24+	01:04+	02:43+	03:12+	01:38+	03:17+	02:14+	01:28+	03:14+	01:32+	00:14+
00:31+	01:00+	01:11+	01:42+	01:46+	01:58+	02:24+	01:04+	02:43+	03:12+	01:38+	03:17+	02:14+	01:28+	03:14+	01:32+	00:14+
25	Trond Vigesdal					896					31:27					
00:31+	01:36+	02:40+	04:26+	06:09+	07:24+	08:59+	10:01+	13:28+	16:17+	18:06+	21:44+	24:54+	26:25+	29:37+	31:05+	31:27+
00:31+	01:05+	01:04+	01:46+	01:43+	01:15+	01:35+	01:02+	03:27+	02:49+	01:49+	03:38+	03:10+	01:31+	03:12+	01:28+	00:22+
00:31+	01:05+	01:04+	01:46+	01:43+	01:15+	01:35+	01:02+	03:27+	02:49+	01:49+	03:38+	03:10+	01:31+	03:12+	01:28+	00:22+
26	Trond Jan Øglend					3523					32:36					
02:57+	03:44+	04:34+	05:42+	07:27+	08:31+	09:54+	10:47+	13:04+	14:46+	15:51+	20:07+	25:52+	27:45+	30:46+	32:05+	32:36+
02:57+	00:47+	00:50+	01:08+	01:45+	01:04+	01:23+	00:53+	02:17+	01:42+	01:05+	04:16+	05:45+	01:53+	03:01+	01:19+	00:31+
02:57+	00:47+	00:50+	01:08+	01:45+	01:04+	01:23+	00:53+	02:17+	01:42+	01:05+	04:16+	05:45+	01:53+	03:01+	01:19+	00:31+
27	Trond Raugstad					3598					32:54					
00:34+	01:34+	02:37+	04:16+	05:47+	06:45+	08:17+	09:24+	12:55+	16:07+	20:16+	23:05+	26:49+	28:02+	31:24+	32:41+	32:54+
00:34+	01:00+	01:03+	01:39+	01:31+	00:58+	01:32+	01:07+	03:31+	03:12+	04:09+	02:49+	03:44+	01:13+	03:22+	01:17+	00:13+
00:34+	01:00+	01:03+	01:39+	01:31+	00:58+	01:32+	01:07+	03:31+	03:12+	04:09+	02:49+	03:44+	01:13+	03:22+	01:17+	00:13+
28	Runar Volle					3565					33:31					
00:47+	01:40+	02:42+	04:38+	06:13+	07:45+	09:26+	10:42+	13:06+	17:16+	18:33+	21:38+	23:29+	25:08+	28:17+	33:14+	33:31+
00:47+	00:53+	01:02+	01:56+	01:35+	01:32+	01:41+	01:16+	02:24+	04:10+	01:17+	03:05+	01:51+	01:39+	03:09+	04:57+	00:17+
00:47+	00:53+	01:02+	01:56+	01:35+	01:32+	01:41+	01:16+	02:24+	04:10+	01:17+	03:05+	01:51+	01:39+	03:09+	04:57+	00:17+
29	Rolf Øystein Kluge					793					33:35					
00:38+	01:47+	03:26+	05:40+	07:56+	09:26+	11:26+	12:42+	15:17+	18:46+	20:53+	24:53+	26:59+	28:31+	31:55+	33:17+	33:35+
00:38+	01:09+	01:39+	02:14+	02:16+	01:30+	02:00+	01:16+	02:35+	03:29+	02:07+	04:00+	02:06+	01:32+	03:24+	01:22+	00:18+
00:38+	01:09+	01:39+	02:14+	02:16+	01:30+	02:00+	01:16+	02:35+	03:29+	02:07+	04:00+	02:06+	01:32+	03:24+	01:22+	00:18+

Plass	Navn				Klasse				Tid							
HT																
30	Trond Hegheim				3565				34:31							
01:51+	02:44+	03:46+	05:42+	07:12+	08:50+	10:30+	11:40+	14:08+	18:19+	19:37+	22:33+	24:39+	26:16+	29:13+	34:12+	34:31+
01:51+	00:53+	01:02+	01:56+	01:30+	01:38+	01:40+	01:10+	02:28+	04:11+	01:18+	02:56+	02:06+	01:37+	02:57+	04:59+	00:19+
01:51+	00:53+	01:02+	01:56+	01:30+	01:38+	01:40+	01:10+	02:28+	04:11+	01:18+	02:56+	02:06+	01:37+	02:57+	04:59+	00:19+
31	Sjur Bjerke				3525				35:09							
00:31+	01:25+	02:35+	04:27+	06:27+	08:05+	09:54+	11:10+	14:26+	18:31+	22:18+	25:33+	28:09+	30:08+	32:50+	34:50+	35:09+
00:31+	00:54+	01:10+	01:52+	02:00+	01:38+	01:49+	01:16+	03:16+	04:05+	03:47+	03:15+	02:36+	01:59+	02:42+	02:00+	00:19+
00:31+	00:54+	01:10+	01:52+	02:00+	01:38+	01:49+	01:16+	03:16+	04:05+	03:47+	03:15+	02:36+	01:59+	02:42+	02:00+	00:19+
32	Terje Hatlem				1683				35:23							
01:38+	02:54+	04:14+	06:08+	07:33+	08:52+	10:22+	11:14+	17:55+	20:18+	21:39+	24:53+	27:08+	28:50+	33:03+	34:51+	35:23+
01:38+	01:16+	01:20+	01:54+	01:25+	01:19+	01:30+	00:52+	06:41+	02:23+	01:21+	03:14+	02:15+	01:42+	04:13+	01:48+	00:32+
01:38+	01:16+	01:20+	01:54+	01:25+	01:19+	01:30+	00:52+	06:41+	02:23+	01:21+	03:14+	02:15+	01:42+	04:13+	01:48+	00:32+
33	Ivar Aalbu				3502				35:30							
00:30+	01:26+	02:36+	04:39+	06:45+	07:56+	09:46+	11:24+	15:04+	19:34+	21:50+	25:24+	28:36+	30:40+	33:51+	35:12+	35:30+
00:30+	00:56+	01:10+	02:03+	02:06+	01:11+	01:50+	01:38+	03:40+	04:30+	02:16+	03:34+	03:12+	02:04+	03:11+	01:21+	00:18+
00:30+	00:56+	01:10+	02:03+	02:06+	01:11+	01:50+	01:38+	03:40+	04:30+	02:16+	03:34+	03:12+	02:04+	03:11+	01:21+	00:18+
34	Rohan Joseph				1376				35:37							
00:57+	01:50+	02:58+	04:41+	06:31+	08:29+	10:11+	11:12+	16:15+	20:45+	22:23+	26:13+	28:54+	30:27+	33:42+	35:05+	35:37+
00:57+	00:53+	01:08+	01:43+	01:50+	01:58+	01:42+	01:01+	05:03+	04:30+	01:38+	03:50+	02:41+	01:33+	03:15+	01:23+	00:32+
00:57+	00:53+	01:08+	01:43+	01:50+	01:58+	01:42+	01:01+	05:03+	04:30+	01:38+	03:50+	02:41+	01:33+	03:15+	01:23+	00:32+
35	Arild Svihus				892				35:55							
00:40+	01:48+	02:55+	06:17+	08:16+	09:20+	11:29+	12:39+	18:44+	21:32+	23:47+	26:55+	29:11+	30:50+	34:24+	35:39+	35:55+
00:40+	01:08+	01:07+	03:22+	01:59+	01:04+	02:09+	01:10+	06:05+	02:48+	02:15+	03:08+	02:16+	01:39+	03:34+	01:15+	00:16+
00:40+	01:08+	01:07+	03:22+	01:59+	01:04+	02:09+	01:10+	06:05+	02:48+	02:15+	03:08+	02:16+	01:39+	03:34+	01:15+	00:16+
36	Øivind Berentsen				4226				36:02							
00:51+	01:53+	03:28+	05:47+	08:18+	09:32+	12:09+	13:19+	16:38+	19:36+	21:39+	25:24+	28:00+	29:44+	34:09+	35:39+	36:02+
00:51+	01:02+	01:35+	02:19+	02:31+	01:14+	02:37+	01:10+	03:19+	02:58+	02:03+	03:45+	02:36+	01:44+	04:25+	01:30+	00:23+
00:51+	01:02+	01:35+	02:19+	02:31+	01:14+	02:37+	01:10+	03:19+	02:58+	02:03+	03:45+	02:36+	01:44+	04:25+	01:30+	00:23+
37	Kjell Husebø				1832				36:53							
00:38+	02:02+	03:20+	05:14+	07:16+	08:29+	10:08+	11:17+	14:19+	19:52+	21:31+	27:36+	29:33+	31:32+	34:58+	36:28+	36:53+
00:38+	01:24+	01:18+	01:54+	02:02+	01:13+	01:39+	01:09+	03:02+	05:33+	01:39+	06:05+	01:57+	01:59+	03:26+	01:30+	00:25+
00:38+	01:24+	01:18+	01:54+	02:02+	01:13+	01:39+	01:09+	03:02+	05:33+	01:39+	06:05+	01:57+	01:59+	03:26+	01:30+	00:25+
38	Rune Hagen Maudal				3524				36:57							
00:33+	01:30+	02:35+	04:20+	06:28+	07:46+	09:33+	10:37+	15:31+	22:10+	24:05+	27:31+	29:47+	31:39+	35:00+	36:42+	36:57+
00:33+	00:57+	01:05+	01:45+	02:08+	01:18+	01:47+	01:04+	04:54+	06:39+	01:55+	03:26+	02:16+	01:52+	03:21+	01:42+	00:15+
00:33+	00:57+	01:05+	01:45+	02:08+	01:18+	01:47+	01:04+	04:54+	06:39+	01:55+	03:26+	02:16+	01:52+	03:21+	01:42+	00:15+
39	Ingve Morten Skjaeldal				4226				37:32							
00:27+	01:18+	02:29+	04:44+	06:23+	07:38+	09:22+	10:19+	16:04+	20:52+	22:28+	26:13+	29:27+	31:15+	35:35+	37:13+	37:32+
00:27+	00:51+	01:11+	02:15+	01:39+	01:15+	01:44+	00:57+	05:45+	04:48+	01:36+	03:45+	03:14+	01:48+	04:20+	01:38+	00:19+
00:27+	00:51+	01:11+	02:15+	01:39+	01:15+	01:44+	00:57+	05:45+	04:48+	01:36+	03:45+	03:14+	01:48+	04:20+	01:38+	00:19+
40	Robert Hooper				1683				38:52							
00:37+	01:42+	02:50+	04:51+	06:53+	08:19+	10:02+	11:12+	14:18+	18:41+	20:30+	25:04+	27:41+	30:30+	37:01+	38:33+	38:52+
00:37+	01:05+	01:08+	02:01+	02:02+	01:26+	01:43+	01:10+	03:06+	04:23+	01:49+	04:34+	02:37+	02:49+	06:31+	01:32+	00:19+
00:37+	01:05+	01:08+	02:01+	02:02+	01:26+	01:43+	01:10+	03:06+	04:23+	01:49+	04:34+	02:37+	02:49+	06:31+	01:32+	00:19+
41	Tom Leveraas				1884				39:05							
01:52+	02:53+	04:13+	06:25+	08:18+	09:53+	12:09+	13:24+	16:48+	19:34+	23:28+	27:46+	30:37+	32:23+	36:45+	38:42+	39:05+
01:52+	01:01+	01:20+	02:12+	01:53+	01:35+	02:16+	01:15+	03:24+	02:46+	03:54+	04:18+	02:51+	01:46+	04:22+	01:57+	00:23+
01:52+	01:01+	01:20+	02:12+	01:53+	01:35+	02:16+	01:15+	03:24+	02:46+	03:54+	04:18+	02:51+	01:46+	04:22+	01:57+	00:23+
42	Frank Gulbrandsen				722				39:56							
00:30+	01:34+	02:39+	04:31+	06:46+	07:55+	10:04+	13:27+	16:31+	21:01+	22:36+	26:23+	29:35+	33:27+	38:22+	39:33+	39:56+
00:30+	01:04+	01:05+	01:52+	02:15+	01:09+	02:09+	03:23+	03:04+	04:30+	01:35+	03:47+	03:12+	03:52+	04:55+	01:11+	00:23+
00:30+	01:04+	01:05+	01:52+	02:15+	01:09+	02:09+	03:23+	03:04+	04:30+	01:35+	03:47+	03:12+	03:52+	04:55+	01:11+	00:23+
43	Frode Følgesvold				880				39:59							
00:39+	01:43+	02:55+	05:07+	07:21+	08:51+	10:52+	12:06+	16:23+	20:30+	22:34+	27:02+	29:47+	32:06+	37:49+	39:38+	39:59+
00:39+	01:04+	01:12+	02:12+	02:14+	01:30+	02:01+	01:14+	04:17+	04:07+	02:04+	04:28+	02:45+	02:19+	05:43+	01:49+	00:21+
00:39+	01:04+	01:12+	02:12+	02:14+	01:30+	02:01+	01:14+	04:17+	04:07+	02:04+	04:28+	02:45+	02:19+	05:43+	01:49+	00:21+

Plass	Navn					Klasse					Tid					
HT																
44	Timothée Maillefer					877					40:27					
00:39+	02:30+	03:31+	05:20+	06:48+	08:05+	09:38+	11:28+	20:44+	24:56+	27:13+	30:15+	32:40+	34:29+	38:47+	40:00+	40:27+
00:39+	01:51+	01:01+	01:49+	01:28+	01:17+	01:33+	01:50+	09:16+	04:12+	02:17+	03:02+	02:25+	01:49+	04:18+	01:13+	00:27+
00:39+	01:51+	01:01+	01:49+	01:28+	01:17+	01:33+	01:50+	09:16+	04:12+	02:17+	03:02+	02:25+	01:49+	04:18+	01:13+	00:27+
45	Arne Hope					1832					40:51					
00:41+	01:37+	02:58+	04:55+	07:05+	09:14+	11:39+	13:03+	16:41+	20:54+	23:44+	27:26+	32:43+	34:48+	38:48+	40:27+	40:51+
00:41+	00:56+	01:21+	01:57+	02:10+	02:09+	02:25+	01:24+	03:38+	04:13+	02:50+	03:42+	05:17+	02:05+	04:00+	01:39+	00:24+
00:41+	00:56+	01:21+	01:57+	02:10+	02:09+	02:25+	01:24+	03:38+	04:13+	02:50+	03:42+	05:17+	02:05+	04:00+	01:39+	00:24+
46	Audun Sjøen					3531					41:12					
00:41+	01:41+	03:01+	05:13+	07:10+	08:51+	11:02+	12:16+	17:49+	22:05+	24:17+	28:41+	31:55+	34:04+	38:20+	40:46+	41:12+
00:41+	01:00+	01:20+	02:12+	01:57+	01:41+	02:11+	01:14+	05:33+	04:16+	02:12+	04:24+	03:14+	02:09+	04:16+	02:26+	00:26+
00:41+	01:00+	01:20+	02:12+	01:57+	01:41+	02:11+	01:14+	05:33+	04:16+	02:12+	04:24+	03:14+	02:09+	04:16+	02:26+	00:26+
47	John Helge Svandal					3531					41:55					
00:39+	01:27+	03:13+	04:50+	06:39+	07:42+	09:36+	10:48+	13:42+	19:11+	20:57+	24:31+	28:14+	30:15+	39:57+	41:33+	41:55+
00:39+	00:48+	01:46+	01:37+	01:49+	01:03+	01:54+	01:12+	02:54+	05:29+	01:46+	03:34+	03:43+	02:01+	09:42+	01:36+	00:22+
00:39+	00:48+	01:46+	01:37+	01:49+	01:03+	01:54+	01:12+	02:54+	05:29+	01:46+	03:34+	03:43+	02:01+	09:42+	01:36+	00:22+
48	John Øgreid					882					43:16					
00:52+	02:19+	03:45+	06:54+	09:26+	11:05+	13:42+	15:04+	18:01+	20:58+	22:59+	27:46+	35:37+	37:36+	41:06+	42:48+	43:16+
00:52+	01:27+	01:26+	03:09+	02:32+	01:39+	02:37+	01:22+	02:57+	02:57+	02:01+	04:47+	07:51+	01:59+	03:30+	01:42+	00:28+
00:52+	01:27+	01:26+	03:09+	02:32+	01:39+	02:37+	01:22+	02:57+	02:57+	02:01+	04:47+	07:51+	01:59+	03:30+	01:42+	00:28+
49	Steinar Løgith Aase					2539					44:25					
00:53+	02:04+	03:10+	05:13+	07:29+	08:54+	11:03+	12:13+	14:59+	18:31+	20:16+	24:39+	27:34+	29:17+	42:23+	44:06+	44:25+
00:53+	01:11+	01:06+	02:03+	02:16+	01:25+	02:09+	01:10+	02:46+	03:32+	01:45+	04:23+	02:55+	01:43+	13:06+	01:43+	00:19+
00:53+	01:11+	01:06+	02:03+	02:16+	01:25+	02:09+	01:10+	02:46+	03:32+	01:45+	04:23+	02:55+	01:43+	13:06+	01:43+	00:19+
50	Yiteng Zhang					1758					45:10					
05:26+	06:34+	08:30+	10:52+	12:42+	13:44+	15:26+	16:39+	23:20+	29:26+	32:20+	35:29+	37:30+	39:14+	43:44+	44:47+	45:10+
05:26+	01:08+	01:56+	02:22+	01:50+	01:02+	01:42+	01:13+	06:41+	06:06+	02:54+	03:09+	02:01+	01:44+	04:30+	01:03+	00:23+
05:26+	01:08+	01:56+	02:22+	01:50+	01:02+	01:42+	01:13+	06:41+	06:06+	02:54+	03:09+	02:01+	01:44+	04:30+	01:03+	00:23+
51	Per Bakken					880					46:08					
00:44+	02:35+	04:05+	06:25+	08:21+	09:47+	11:51+	13:05+	16:19+	25:31+	27:30+	32:46+	36:18+	38:47+	43:48+	45:45+	46:08+
00:44+	01:51+	01:30+	02:20+	01:56+	01:26+	02:04+	01:14+	03:14+	09:12+	01:59+	05:16+	03:32+	02:29+	05:01+	01:57+	00:23+
00:44+	01:51+	01:30+	02:20+	01:56+	01:26+	02:04+	01:14+	03:14+	09:12+	01:59+	05:16+	03:32+	02:29+	05:01+	01:57+	00:23+
52	Jan Erik Rasmussen					3519					47:03					
00:43+	01:53+	03:10+	05:53+	07:50+	09:16+	11:28+	12:45+	17:13+	21:53+	24:07+	28:40+	32:14+	34:54+	44:25+	46:39+	47:03+
00:43+	01:10+	01:17+	02:43+	01:57+	01:26+	02:12+	01:17+	04:28+	04:40+	02:14+	04:33+	03:34+	02:40+	09:31+	02:14+	00:24+
00:43+	01:10+	01:17+	02:43+	01:57+	01:26+	02:12+	01:17+	04:28+	04:40+	02:14+	04:33+	03:34+	02:40+	09:31+	02:14+	00:24+
53	Svein Olav Høyland					1683					47:19					
01:10+	02:28+	03:59+	06:32+	08:20+	10:51+	12:55+	14:24+	20:17+	23:49+	25:40+	29:25+	37:01+	39:38+	44:08+	47:01+	47:19+
01:10+	01:18+	01:31+	02:33+	01:48+	02:31+	02:04+	01:29+	05:53+	03:32+	01:51+	03:45+	07:36+	02:37+	04:30+	02:53+	00:18+
01:10+	01:18+	01:31+	02:33+	01:48+	02:31+	02:04+	01:29+	05:53+	03:32+	01:51+	03:45+	07:36+	02:37+	04:30+	02:53+	00:18+
54	Kjetil Kartevold					3676					47:32					
03:08+	04:02+	05:38+	08:08+	10:08+	12:10+	14:22+	15:39+	19:42+	27:20+	29:28+	33:47+	36:41+	40:24+	45:10+	47:05+	47:32+
03:08+	00:54+	01:36+	02:30+	02:00+	02:02+	02:12+	01:17+	04:03+	07:38+	02:08+	04:19+	02:54+	03:43+	04:46+	01:55+	00:27+
03:08+	00:54+	01:36+	02:30+	02:00+	02:02+	02:12+	01:17+	04:03+	07:38+	02:08+	04:19+	02:54+	03:43+	04:46+	01:55+	00:27+
55	Kjell-Ole Topnes					1683					50:59					
00:32+	01:29+	02:38+	04:49+	06:57+	09:02+	11:04+	12:31+	23:26+	29:36+	31:43+	35:50+	38:24+	40:42+	48:50+	50:38+	50:59+
00:32+	00:57+	01:09+	02:11+	02:08+	02:05+	02:02+	01:27+	10:55+	06:10+	02:07+	04:07+	02:34+	02:18+	08:08+	01:48+	00:21+
00:32+	00:57+	01:09+	02:11+	02:08+	02:05+	02:02+	01:27+	10:55+	06:10+	02:07+	04:07+	02:34+	02:18+	08:08+	01:48+	00:21+
56	Torgeir Færevåg					3553					54:01					
01:06+	02:37+	07:00+	09:09+	10:53+	12:04+	14:18+	15:22+	26:10+	32:50+	34:43+	38:35+	43:04+	44:45+	48:36+	53:40+	54:01+
01:06+	01:31+	04:23+	02:09+	01:44+	01:11+	02:14+	01:04+	10:48+	06:40+	01:53+	03:52+	04:29+	01:41+	03:51+	05:04+	00:21+
01:06+	01:31+	04:23+	02:09+	01:44+	01:11+	02:14+	01:04+	10:48+	06:40+	01:53+	03:52+	04:29+	01:41+	03:51+	05:04+	00:21+
57	Augustine Okafor					1683					1:05:50					
00:30+	01:37+	02:34+	04:32+	06:18+	07:22+	09:03+	10:21+	14:58+	22:44+	24:19+	31:30+	36:18+	38:19+	45:39+	47:39+	65:31+
00:30+	01:07+	00:57+	01:58+	01:46+	01:04+	01:41+	01:18+	04:37+	07:46+	01:35+	07:11+	04:48+	02:01+	07:20+	02:00+	17:52+
00:30+	01:07+	00:57+	01:58+	01:46+	01:04+	01:41+	01:18+	04:37+	07:46+	01:35+	07:11+	04:48+	02:01+	07:20+	02:00+	17:52+

Plass	Navn	Klasse	Tid
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## HT

### Beste strekktid for klassen

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