

Plass Navn

Klasse

Tid

D16

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=	00:23-	00:41-	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 Jangsett	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&

Class	Navn	Klasse	Tid
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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 Nystrom	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#

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 Olaus 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 Mjølshes	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+

D50

24	Hilde Frøyttlog 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	Ase 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-
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+
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+
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+

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+

Class	Navn	Klasse	Tid
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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+	02:25+	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

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

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

= 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

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

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=	00:04=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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+	15:41+	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
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= 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-

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#											

Class	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.

DT

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+

Class	Navn	Klasse												Tid
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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 Mjølhus	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+

Class	Navn	Klasse	Tid
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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 Sigurdson	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 Sjørso	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+

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+ 30:14+ 30:22+ 31:34+ 32:49+
 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+ 01:49+ 00:08+ 01:12+ 01:15+
 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+ 01:49+ 00:08+ 01:12+ 01:15+

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+

Class	Navn	Klasse										Tid			
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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+		

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=	
03:17=	02:28= 01:06= 00:40= 00:55= 01:04=	01:53= 02:31= 02:36= 00:30= 00:38= 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= 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 Sølberg	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-	

Class	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#	00:7#	00:05+	00:04+	00:15#	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+	02:50+	01:07+	01:35+	01:53+	01:45+	01:02+	00:17+	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+

Class	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 Bø 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&	00:15-	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+

H40

9	Rune Dahl Fitjar	1754	44:04																				
02:24+	05:48+	07:19+	08:23+	09:46+	11:08+	13:46+	16:26+	19:55+	20:34+	21:26+	24:46+	27:11+	30:49+	31:15+	32:58+	34:49+	37:07+	38:17+	39:28+	41:03+	42:39+	43:51+	44:04+
02:24+	03:24+	01:31+	01:04+	01:23+	01:22+	02:38+	02:40+	03:29+	00:39+	00:52+	03:20+	02:25+	03:38-	00:26-	01:43+	01:51-	02:18+	01:10+	01:11+	01:35+	01:36+	01:12+	00:13-
00:18#	01:11#	00:16#	00:13#	00:13#	00:05+	00:19#	00:31#	00:51#	00:02+	00:04+	00:37#	00:46#	00:03-	00:01-	00:12#	00:13-	00:12+	00:04+	00:09#	00:16#	00:20#	00:07#	00:01-
10	Frode Ungar	1683	44:15																				
02:17+	05:00+	06:25+	07:33+	08:46+	10:18+	13:00+	15:32+	18:24+	19:08+	20:00+	23:21+	27:12+	30:46+	31:17+	33:13+	35:20+	37:37+	38:38+	39:55+	41:21+	42:57+	43:55+	44:15+
02:17+	02:43+	01:25+	01:08+	01:13+	01:32+	02:42+	02:32+	02:52+	00:44+	00:52+	03:21+	03:51+	03:34+	00:31+	01:56+	02:07+	02:17+	01:01+	01:17+	01:26+	01:36+	00:58+	00:20+
02:17+	02:43+	01:25+	01:08+	01:13+	01:32+	02:42+	02:32+	02:52+	00:44+	00:52+	03:21+	03:51+	03:34+	00:31+	01:56+	02:07+	02:17+	01:01+	01:17+	01:26+	01:36+	00:58+	00:20+
11	Håkon André Waage	1683	44:44																				
02:34+	04:43+	06:05+	07:01+	08:21+	09:49+	12:53+	15:04+	20:20+	21:08+	22:00+	25:03+	26:57+	30:26+	31:00+	32:34+	34:16+	37:04+	39:06+	40:09+	41:41+	43:08+	44:17+	44:44+
02:34+	02:09+	01:22+	00:56+	01:20+	01:28+	03:04+	02:11+	05:16+	00:48+	00:52+	03:03+	01:54+	03:29+	00:34+	01:34+	01:42+	02:48+	02:02+	01:03+	01:32+	01:27+	01:09+	00:27+
02:34+	02:09+	01:22+	00:56+	01:20+	01:28+	03:04+	02:11+	05:16+	00:48+	00:52+	03:03+	01:54+	03:29+	00:34+	01:34+	01:42+	02:48+	02:02+	01:03+	01:32+	01:27+	01:09+	00:27+
12	Jan-Kenneth Polle	3525	45:28																				
05:47+	08:01+	09:12+	10:03+	11:07+	12:31+	14:46+	16:44+	20:04+	20:41+	22:15+	25:54+	28:21+	31:43+	32:09+	35:23+	37:40+	39:48+	40:43+	41:45+	43:05+	44:24+	45:14+	45:28+
05:47+	02:14+	01:11+	00:51+	01:04+	01:24+	02:15+	01:58+	03:20+	00:37+	01:34+	03:39+	02:27+	03:22+	00:26+	03:14+	02:17+	02:08+	00:55+	01:02+	01:20+	01:19+	00:50+	00:14+
05:47+	02:14+	01:11+	00:51+	01:04+	01:24+	02:15+	01:58+	03:20+	00:37+	01:34+	03:39+	02:27+	03:22+	00:26+	03:14+	02:17+	02:08+	00:55+	01:02+	01:20+	01:19+	00:50+	00:14+
13	Christian Ask	3563	45:30																				
06:32+	09:03+	10:24+	11:18+	12:27+	13:47+	16:26+	18:21+	21:15+	21:50+	22:36+	25:23+	28:07+	31:30+	31:56+	34:16+	36:36+	38:50+	39:55+	41:16+	42:45+	44:15+	45:15+	45:30+
06:32+	02:31+	01:21+	00:54+	01:09+	01:20+	02:39+	01:55+	02:54+	00:35+	00:46+	02:47+	02:44+	03:23+	00:26+	02:20+	02:20+	02:14+	01:05+	01:21+	01:29+	01:30+	01:00+	00:15+
06:32+	02:31+	01:21+	00:54+	01:09+	01:20+	02:39+	01:55+	02:54+	00:35+	00:46+	02:47+	02:44+	03:23+	00:26+	02:20+	02:20+	02:14+	01:05+	01:21+	01:29+	01:30+	01:00+	00:15+
14	Bjørn Kristian Røyland	3503	45:52																				
03:22+	05:49+	07:21+	08:10+	09:25+	11:04+	14:52+	16:56+	19:43+	20:19+	21:06+	24:42+	26:35+	31:06+	31:38+	34:01+	36:06+	38:50+	39:57+	41:02+	42:32+	44:32+	45:39+	45:52+
03:22+	02:27+	01:32+	00:49+	01:15+	01:39+	03:48+	02:04+	02:47+	00:36+	00:47+	03:36+	01:53+	04:31+	00:32+	02:23+	02:05+	02:44+	01:07+	01:05+	01:30+	02:00+	01:07+	00:13+
03:22+	02:27+	01:32+	00:49+	01:15+	01:39+	03:48+	02:04+	02:47+	00:36+	00:47+	03:36+	01:53+	04:31+	00:32+	02:23+	02:05+	02:44+	01:07+	01:05+	01:30+	02:00+	01:07+	00:13+
15	Alexander Khorunzhiy	1456	45:58																				
05:04+	07:59+	09:32+	10:24+	11:51+	13:25+	16:00+	18:55+	22:12+	22:51+	23:43+	26:46+	28:33+	31:58+	32:24+	34:11+	36:20+	38:41+	40:03+	41:14+	42:55+	44:45+	45:44+	45:58+
05:04+	02:55+	01:33+	00:52+	01:27+	01:34+	02:35+	02:55+	03:17+	00:39+	00:52+	03:03+	01:47+	03:25+	00:26+	01:47+	02:09+	02:21+	01:22+	01:11+	01:41+	01:50+	00:59+	00:14+
05:04+	02:55+	01:33+	00:52+	01:27+	01:34+	02:35+	02:55+	03:17+	00:39+	00:52+	03:03+	01:47+	03:25+	00:26+	01:47+	02:09+	02:21+	01:22+	01:11+	01:41+	01:50+	00:59+	00:14+
16	Arild Stave	3676	46:31																				
07:22+	09:34+	10:54+	11:36+	12:40+	14:21+	16:55+	19:00+	22:41+	23:13+	23:54+	26:03+	27:50+	32:18+	32:42+	34:08+	36:28+	39:14+	40:58+	42:21+	43:29+	45:22+	46:20+	46:31+
07:22+	02:12+	01:20+	00:42+	01:04+	01:41+	02:34+	02:05+	03:41+	00:32+	00:41+	02:09+	01:47+	04:28+	00:24+	01:26+	02:20+	02:46+	01:44+	01:23+	01:08+	01:53+	00:58+	00:11+
07:22+	02:12+	01:20+	00:42+	01:04+	01:41+	02:34+	02:05+	03:41+	00:32+	00:41+	02:09+	01:47+	04:28+	00:24+	01:26+	02:20+	02:46+	01:44+	01:23+	01:08+	01:53+	00:58+	00:11+
17	Jens Otto Hatlevold	2023	48:56																				
03:20+	06:48+	08:20+	09:21+	10:38+	11:54+	14:42+	18:12+	22:45+	23:23+	24:08+	27:05+	33:08+	36:17+	36:44+	38:28+	40:18+	42:40+	43:42+	44:49+	46:22+	47:36+	48:43+	48:56+
03:20+	03:28+	01:32+	01:01+	01:17+	01:16+	02:48+	03:30+	04:33+	00:38+	00:45+	02:57+	06:03+	03:09+	00:27+	01:44+	01:50+	02:22+	01:02+	01:07+	01:33+	01:14+	01:07+	00:13+
03:20+	03:28+	01:32+	01:01+	01:17+	01:16+	02:48+	03:30+	04:33+	00:38+	00:45+	02:57+	06:03+	03:09+	00:27+	01:44+	01:50+	02:22+	01:02+	01:07+	01:33+	01:14+	01:07+	00:13+
18	Lars Lone Rasmussen	4248	51:41																				
04:27+	06:56+	08:39+	09:47+	11:02+	12:43+	15:32+	18:19+	22:14+	22:57+	23:53+	27:12+	30:40+	34:38+	35:08+	36:39+	38:45+	41:47+	45:58+	47:09+	48:54+	50:33+	51:26+	51:41+
04:27+	02:29+	01:43+	01:08+	01:15+	01:41+	02:49+	02:47+	03:55+	00:43+	00:56+	03:19+	03:28+	03:58+	00:30+	01:31+	02:06+	03:02+	04:11+	01:11+	01:45+	01:39+	00:53+	00:15+
04:27+	02:29+	01:43+	01:08+	01:15+	01:41+	02:49+	02:47+	03:55+	00:43+	00:56+	03:19+	03:28+	03:58+	00:30+	01:31+	02:06+	03:02+	04:11+	01:11+	01:45+	01:39+	00:53+	00:15+
19	Rune Hatle	903	51:50																				
06:57+	09:32+	11:06+	12:07+	13:21+	14:35+	17:44+	20:19+	26:03+	26:43+	27:32+	30:50+	33:05+	36:45+	37:11+	38:47+	42:07+	44:59+	46:10+	47:21+	49:07+	50:26+	51:36+	51:50+
06:57+	02:35+	01:34+	01:01+	01:14+	01:14+	03:09+	02:35+	05:44+	00:40+	00:49+	03:18+	02:15+	03:40+	00:26+	01:36+	03:20+	02:52+	01:11+	01:11+	01:46+	01:19+	01:10+	00:14+
06:57+	02:35+	01:34+	01:01+	01:14+	01:14+	03:09+	02:35+	05:44+	00:40+	00:49+	03:18+	02:15+	03:40+	00:26+	01:36+	03:20+	02:52+	01:11+	01:11+	01:46+	01:19+	01:10+	00:14+
20	Anders Hagen	3528	1:07:32																				
11:08+	13:45+	15:14+	16:26+	17:54+	20:08+	24:05+	27:09+	31:33+	33:07+	34:09+	37:27+	39:45+	44:24+	45:28+	48:01+	50:49+	55:13+	57:07+	58:56+	63:21+	65:11+	67:19+	67:32+
11:08+	02:37+	01:29+	01:12+	01:28+	02:14+	03:57+	03:04+	04:24+	01:34+	01:02+	03:18+	02:18+	04:39+	01:04+	02:33+	02:48+	04:24+	01:54+	01:49+	04:25+	01:50+	02:08+	00:13+
11:08+	02:37+	01:29+	01:12+	01:28+	02:14+	03:57+	03:04+	04:24+	01:34+	01:02+	03:18+	02:18+	04:39+	01:04+	02:33+	02:48+	04:24+	01:54+	01:49+	04:25+	01:50+	02:08+	00:13+
21	Christoffer Soma	903	1:17:03																				
05:46+	15:20+	17:01+	18:25+	19:55+	22:14+	26:43+	31:45+	38:22+	39:29+	41:29+	44:53+	47:26+	52:07+	52:52+	55:25+	59:43+	65:24+	66:31+	69:31+	72:35+	74:51+	76:49+	77:03+
05:46+	09:34+	01:41+	01:24+	01:30+	02:19+	04:29+	05:02+	06:37+	01:07+	02:00+	03:24+	02:33+	04:41+	00:45+	02:33+	04:18+	05:41+	01:07+	03:00+	03:04+	02:16+	01:58+	00:14+
05:46+	09:34+	01:41+	01:24+	01:30+	02:19+	04:29+	05:02+	06:37+	01:07+	02:00+	03:24+	02:33+	04:41+	00:45+	02:33+	04:18+	05:41+	01:07+	03:00+	03:04+	02:16+	01:58+	00:14+

Beste strekktid for klassen

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

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&

H50

15	Ingve Vold	3529	42:27																	
02:01+	03:35+	04:57+	06:20+	07:11+	08:34+	18:12+	18:50+	19:38+	22:59+	26:34+	28:55+	30:31+	31:08+	34:47+	36:05+	37:28+	39:15+	41:18+	42:12+	42:27+
02:01+	01:34+	01:22+	01:23-	00:51-	01:23-	09:38+	00:38+	00:48+	03:21+	03:35+	02:21+	01:36+	00:37=	03:39+	01:18+	01:23+	01:47+	02:03+	00:54=	00:15=
00:24#	00:15#	00:22&	00:02-	00:02-	00:04-	03:58&	00:01+	00:10&	00:22#	01:24&	00:13#	00:13#	00:00=	00:34#	00:26&	00:16#	00:17#	00:05+	00:00=	00:00=

16	Erling Knutzen	879	42:51																	
01:41+	03:10+	04:27+	06:03+	07:01+	08:31+	16:14+	16:56+	17:43+	21:02+	23:01+	25:28+	26:55+	27:36+	31:26+	32:44+	34:16+	36:21+	38:26+	42:32+	42:51+
01:41+	01:29+	01:17+	01:36+	00:58+	01:30+	07:43+	00:42+	00:47+	03:19+	01:59+	02:27+	01:27+	00:41+	03:50+	01:18+	01:32+	02:05+	02:05+	04:06+	00:19+
01:41+	01:29+	01:17+	01:36+	00:58+	01:30+	07:43+	00:42+	00:47+	03:19+	01:59+	02:27+	01:27+	00:41+	03:50+	01:18+	01:32+	02:05+	02:05+	04:06+	00:19+

17	Svein Roar Aas	3565	43:04																	
04:15+	06:03+	07:09+	08:39+	09:43+	11:11+	18:54+	19:47+	20:36+	23:33+	25:14+	27:35+	29:35+	30:11+	33:59+	35:13+	36:37+	38:36+	41:53+	42:48+	43:04+
04:15+	01:48+	01:06+	01:30+	01:04+	01:28+	07:43+	00:53+	00:49+	02:57+	01:41+	02:21+	02:00+	00:36+	03:48+	01:14+	01:24+	01:59+	03:17+	00:55+	00:16+
04:15+	01:48+	01:06+	01:30+	01:04+	01:28+	07:43+	00:53+	00:49+	02:57+	01:41+	02:21+	02:00+	00:36+	03:48+	01:14+	01:24+	01:59+	03:17+	00:55+	00:16+

18	Geir Inge Høvik	3522	43:33																	
04:24+	05:28+	06:23+	07:45+	08:37+	09:55+	20:55+	21:27+	22:14+	25:21+	27:03+	29:12+	30:59+	31:41+	34:52+	36:43+	38:19+	40:10+	42:32+	43:18+	43:33+
04:24+	01:04+	00:55+	01:22+	00:52+	01:18+	11:00+	00:32+	00:47+	03:07+	01:42+	02:09+	01:47+	00:42+	03:11+	01:51+	01:36+	01:51+	02:22+	00:46+	00:15+
04:24+	01:04+	00:55+	01:22+	00:52+	01:18+	11:00+	00:32+	00:47+	03:07+	01:42+	02:09+	01:47+	00:42+	03:11+	01:51+	01:36+	01:51+	02:22+	00:46+	00:15+

19	Fredrik Jomaas	4270	43:54																	
02:57+	04:04+	04:52+	06:17+	07:23+	08:56+	20:24+	21:05+	21:46+	25:09+	27:53+	30:10+	31:45+	32:24+	36:55+	37:53+	39:05+	40:53+	42:45+	43:38+	43:54+
02:57+	01:07+	00:48+	01:25+	01:06+	01:33+	11:28+	00:41+	00:41+	03:23+	02:44+	02:17+	01:35+	00:39+	04:31+	00:58+	01:12+	01:48+	01:52+	00:53+	00:16+
02:57+	01:07+	00:48+	01:25+	01:06+	01:33+	11:28+	00:41+	00:41+	03:23+	02:44+	02:17+	01:35+	00:39+	04:31+	00:58+	01:12+	01:48+	01:52+	00:53+	00:16+

20	Thomas Chruickshank	3545	44:29																	
10:53+	12:00+	12:54+	14:08+	14:59+	16:13+	24:17+	25:07+	25:48+	29:18+	30:42+	32:32+	34:15+	34:49+	37:40+	38:34+	39:47+	41:11+	43:28+	44:14+	44:29+
10:53+	01:07+	00:54+	01:14+	00:51+	01:14+	08:04+	00:50+	00:41+	03:30+	01:24+	01:50+	01:43+	00:34+	02:51+	00:54+	01:13+	01:24+	02:17+	00:46+	00:15+
10:53+	01:07+	00:54+	01:14+	00:51+	01:14+	08:04+	00:50+	00:41+	03:30+	01:24+	01:50+	01:43+	00:34+	02:51+	00:54+	01:13+	01:24+	02:17+	00:46+	00:15+

21	Asbjørn Brårdland	879	44:49																	
02:17+	03:35+	04:27+	05:55+	06:58+	08:40+	19:34+	20:19+	21:14+	25:14+	27:16+	29:33+	31:25+	32:01+	35:52+	37:01+	38:39+	40:31+	43:37+	44:32+	44:49+
02:17+	01:18+	00:52+	01:28+	01:03+	01:42+	10:54+	00:45+	00:55+	04:00+	02:02+	02:17+	01:52+	00:36+	03:51+	01:09+	01:38+	01:52+	03:06+	00:55+	00:17+
02:17+	01:18+	00:52+	01:28+	01:03+	01:42+	10:54+	00:45+	00:55+	04:00+	02:02+	02:17+	01:52+	00:36+	03:51+	01:09+	01:38+	01:52+	03:06+	00:55+	00:17+

22	Erik Bjørnbom	3558	44:56																	
01:43+	03:06+	04:24+	05:48+	06:56+	08:29+	19:18+	20:05+	21:01+	24:17+	26:06+	28:42+	30:16+	31:00+	34:55+	36:03+	37:50+	40:28+	43:39+	44:37+	44:56+
01:43+	01:23+	01:18+	01:24+	01:08+	01:33+	10:49+	00:47+	00:56+	03:16+	01:49+	02:36+	01:34+	00:44+	03:55+	01:08+	01:47+	02:38+	03:11+	00:58+	00:19+
01:43+	01:23+	01:18+	01:24+	01:08+	01:33+	10:49+	00:47+	00:56+	03:16+	01:49+	02:36+	01:34+	00:44+	03:55+	01:08+	01:47+	02:38+	03:11+	00:58+	00:19+

23	Lars Solvang	1683	45:07																	
02:30+	04:32+	05:32+	07:27+	08:38+	10:29+	16:50+	17:37+	18:25+	22:22+	24:51+	27:38+	29:56+	31:09+	35:15+	36:46+	38:40+	40:54+	43:26+	44:50+	45:07+
02:30+	02:02+	01:00+	01:55+	01:11+	01:51+	06:21+	00:47+	00:48+	03:57+	02:29+	02:47+	02:18+	01:13+	04:06+	01:31+	01:54+	02:14+	02:32+	01:24+	00:17+
02:30+	02:02+	01:00+	01:55+	01:11+	01:51+	06:21+	00:47+	00:48+	03:57+	02:29+	02:47+	02:18+	01:13+	04:06+	01:31+	01:54+	02:14+	02:32+	01:24+	00:17+

24	Ådne Hausberg	793	45:08																	
02:27+	04:35+	05:54+	07:48+	09:09+	10:40+	19:55+	20:48+	21:37+	25:12+	27:14+	30:00+	31:36+	32:18+	36:18+	37:20+	39:19+	41:27+	44:01+	44:52+	45:08+
02:27+	02:08+	01:19+	01:54+	01:21+	01:31+	09:15+	00:53+	00:49+	03:35+	02:02+	02:46+	01:36+	00:42+	04:00+	01:02+	01:59+	02:08+	02:34+	00:51+	00:16+
02:27+	02:08+	01:19+	01:54+	01:21+	01:31+	09:15+	00:53+	00:49+	03:35+	02:02+	02:46+	01:36+	00:42+	04:00+	01:02+	01:59+	02:08+	02:34+	00:51+	00:16+

25	Trygve Michaelsen	896	45:24																	
02:53+	04:34+	05:31+	07:12+	08:16+	09:51+	17:40+	18:26+	19:17+	22:56+	25:25+	28:04+	29:43+	30:26+	35:23+	36:40+	38:00+	39:45+	42:19+	44:29+	45:24+
02:53+	01:41+	00:57+	01:41+	01:04+	01:35+	07:49+	00:46+	00:51+	03:39+	02:29+	02:39+	01:39+	00:43+	04:57+	01:17+	01:20+	01:45+	02:34+	02:10+	00:55+
02:53+	01:41+	00:57+	01:41+	01:04+	01:35+	07:49+	00:46+	00:51+	03:39+	02:29+	02:39+	01:39+	00:43+	04:57+	01:17+	01:20+	01:45+	02:34+	02:10+	00:55+

26	Ove Mæstad	2342	45:37																	
02:33+	04:30+	05:49+	07:23+	09:04+	10:58+	18:31+	21:15+	22:04+	25:51+	27:51+	30:12+	31:50+	32:44+	36:22+	37:38+	39:34+	41:40+	44:20+	45:20+	45:37+
02:33+	01:57+	01:19+	01:34+	01:41+	01:54+	07:33+	02:44+	00:49+	03:47+	02:00+	02:21+	01:38+	00:54+	03:38+	01:16+	01:56+	02:06+	02:40+	01:00+	00:17+
02:33+	01:57+	01:19+	01:34+	01:41+	01:54+	07:33+	02:44+	00:49+	03:47+	02:00+	02:21+	01:38+	00:54+	03:38+	01:16+	01:56+	02:06+	02:40+	01:00+	00:17+

27	Tore Halset	3486	45:43																	
02:27+	04:07+	05:16+	06:49+	07:54+	09:36+	21:02+	21:57+	22:59+	26:33+	28:29+	30:49+	32:31+	33:15+	37:25+	38:53+	40:13+	42:13+	44:28+	45:27+	45:43+
02:27+	01:40+	01:09+	01:33+	01:05+	01:42+	11:26+	00:55+	01:02+	03:34+	01:56+	02:20+	01:42+	00:44+	04:10+	01:28+	01:20+	02:00+	02:15+	00:59+	00:16+
02:27+	01:40+	01:09+	01:33+	01:05+	01:42+	11:26+	00:55+	01:02+	03:34+	01:56+	02:20+	01:42+	00:44+	04:10+	01:28+	01:20+	02:00+	02:15+	00:59+	00:16+

28	Arve Sonflå	3563	46:29																	
04:21+	05:54+	06:57+	08:40+	09:49+	11:37+	20:00+	20:43+	21:35+	24:48+	28:13+	30:42+	32:45+	33:30+	37:15+	38:30+	40:08+	42:36+	45:16+	46:11+	46:29+
04:21+	01:33+	01:03+	01:43+	01:09+	01:48+	08:23+	00:43+	00:52+	03:13+	03:25+	02:29+	02:03+	00:45+	03:45+	01:15+	01:38+	02:28+	02:40+	00:55+	00:18+
04:21+	01:33+	01:03+	01:43+	01:09+	01:48+	08:23+	00:43+	00:52+	03:13+	03:25+	02:29+	02:03+	00:45+	03:45+	01:15+	01:38+	02:28+	02:40+	00:55+	00:18+

Class	Navn	Klasse														Tid										
H50																										
29	Christof Schätz	3598														47:41										
04:32+	07:02+	08:28+	09:52+	11:00+	12:48+	21:37+	22:31+	23:35+	26:54+	30:21+	32:49+	34:19+	34:55+	38:50+	40:00+	41:52+	43:50+	46:35+	47:23+	47:41+						
04:32+	02:30+	01:26+	01:24+	01:08+	01:48+	08:49+	00:54+	01:04+	03:19+	03:27+	02:28+	01:30+	00:36+	03:55+	01:10+	01:52+	01:58+	02:45+	00:48+	00:18+						
04:32+	02:30+	01:26+	01:24+	01:08+	01:48+	08:49+	00:54+	01:04+	03:19+	03:27+	02:28+	01:30+	00:36+	03:55+	01:10+	01:52+	01:58+	02:45+	00:48+	00:18+						
30	Ole Bakkevold	3517														48:34										
02:46+	04:29+	05:36+	07:17+	08:29+	10:09+	17:48+	18:36+	19:26+	24:45+	26:41+	29:14+	33:35+	34:35+	38:35+	39:43+	41:53+	44:01+	46:58+	48:20+	48:34+						
02:46+	01:43+	01:07+	01:41+	01:12+	01:40+	07:39+	00:48+	00:50+	05:19+	01:56+	02:33+	04:21+	01:00+	04:00+	01:08+	02:10+	02:08+	02:57+	01:22+	00:14+						
02:46+	01:43+	01:07+	01:41+	01:12+	01:40+	07:39+	00:48+	00:50+	05:19+	01:56+	02:33+	04:21+	01:00+	04:00+	01:08+	02:10+	02:08+	02:57+	01:22+	00:14+						
31	Øystein Lie Karlsen	1683														50:30										
03:55+	05:54+	07:17+	09:05+	10:31+	12:03+	24:00+	24:33+	25:50+	29:23+	31:11+	33:30+	35:48+	36:39+	40:34+	41:56+	43:43+	46:07+	49:19+	50:11+	50:30+						
03:55+	01:59+	01:23+	01:48+	01:26+	01:32+	11:57+	00:53+	00:57+	03:33+	01:48+	02:19+	02:18+	00:51+	03:55+	01:22+	01:47+	02:24+	03:12+	00:52+	00:19+						
03:55+	01:59+	01:23+	01:48+	01:26+	01:32+	11:57+	00:53+	00:57+	03:33+	01:48+	02:19+	02:18+	00:51+	03:55+	01:22+	01:47+	02:24+	03:12+	00:52+	00:19+						
32	Jerome Renault	3524														52:20										
02:04+	05:21+	06:27+	08:06+	09:05+	11:01+	22:39+	23:34+	24:31+	28:28+	33:02+	35:32+	37:22+	37:59+	42:21+	43:26+	45:18+	47:23+	49:50+	52:03+	52:20+						
02:04+	03:17+	01:06+	01:39+	00:59+	01:56+	11:38+	00:55+	00:57+	03:57+	04:34+	02:30+	01:50+	00:37+	04:22+	01:05+	01:52+	02:05+	02:27+	02:13+	00:17+						
02:04+	03:17+	01:06+	01:39+	00:59+	01:56+	11:38+	00:55+	00:57+	03:57+	04:34+	02:30+	01:50+	00:37+	04:22+	01:05+	01:52+	02:05+	02:27+	02:13+	00:17+						
33	Øystein Endresen	3504														54:05										
03:13+	07:46+	09:19+	10:48+	11:48+	13:26+	25:19+	26:20+	26:59+	30:42+	33:02+	35:21+	37:54+	38:50+	42:48+	46:39+	48:26+	50:22+	52:55+	53:50+	54:05+						
03:13+	04:33+	01:33+	01:29+	01:00+	01:38+	11:53+	01:01+	00:39+	03:43+	02:20+	02:19+	02:33+	00:56+	03:58+	03:51+	01:47+	01:56+	02:33+	00:55+	00:15+						
03:13+	04:33+	01:33+	01:29+	01:00+	01:38+	11:53+	01:01+	00:39+	03:43+	02:20+	02:19+	02:33+	00:56+	03:58+	03:51+	01:47+	01:56+	02:33+	00:55+	00:15+						
34	Thomas Romstad	1683														54:06										
15:00+	16:50+	17:49+	19:26+	20:33+	22:02+	28:53+	29:50+	30:44+	33:47+	35:24+	37:37+	39:17+	40:15+	43:41+	44:45+	46:12+	48:39+	53:04+	53:51+	54:06+						
15:00+	01:50+	00:59+	01:37+	01:07+	01:29+	06:51+	00:57+	00:54+	03:03+	01:37+	02:13+	01:40+	00:58+	03:26+	01:04+	01:27+	02:27+	04:25+	00:47+	00:15+						
15:00+	01:50+	00:59+	01:37+	01:07+	01:29+	06:51+	00:57+	00:54+	03:03+	01:37+	02:13+	01:40+	00:58+	03:26+	01:04+	01:27+	02:27+	04:25+	00:47+	00:15+						
35	Trond Birkeland	882														54:11										
02:53+	04:50+	06:30+	08:04+	09:10+	10:45+	19:49+	20:52+	21:50+	26:07+	28:42+	30:59+	32:39+	33:26+	36:42+	42:04+	48:51+	50:06+	52:39+	53:56+	54:11+						
02:53+	01:57+	01:40+	01:34+	01:06+	01:35+	09:04+	01:03+	00:58+	04:17+	02:35+	02:17+	01:40+	00:47+	03:16+	05:22+	06:47+	01:15+	02:33+	01:17+	00:15+						
02:53+	01:57+	01:40+	01:34+	01:06+	01:35+	09:04+	01:03+	00:58+	04:17+	02:35+	02:17+	01:40+	00:47+	03:16+	05:22+	06:47+	01:15+	02:33+	01:17+	00:15+						
36	Raymond B Pettersen	722														55:01										
05:51+	07:34+	08:44+	10:28+	11:55+	13:51+	22:30+	24:47+	25:42+	29:43+	33:56+	37:01+	40:14+	41:02+	45:44+	47:20+	48:51+	51:06+	53:34+	54:46+	55:01+						
05:51+	01:43+	01:10+	01:44+	01:27+	01:56+	08:39+	02:17+	00:55+	04:01+	04:13+	03:05+	03:13+	00:48+	04:42+	01:36+	01:31+	02:15+	02:28+	01:12+	00:15+						
05:51+	01:43+	01:10+	01:44+	01:27+	01:56+	08:39+	02:17+	00:55+	04:01+	04:13+	03:05+	03:13+	00:48+	04:42+	01:36+	01:31+	02:15+	02:28+	01:12+	00:15+						
37	Ingebret Folkvord	3563														55:39										
02:30+	04:27+	05:32+	07:45+	08:47+	10:30+	22:29+	24:01+	25:21+	25:58+	26:31+	29:53+	31:47+	33:57+	36:07+	36:49+	40:25+	41:59+	43:28+	46:44+	51:38+	54:30+	55:22+	55:39+			
02:30+	01:57+	01:05+	02:13+	01:02+	01:43+	11:59+	01:32+	01:20+	00:37+	00:33+	03:22+	01:54+	02:10+	02:10+	00:42+	03:36+	01:34+	01:29+	03:16+	04:54+	02:52+	00:52+	00:17+			
02:30+	01:57+	01:05+	02:13+	01:02+	01:43+	11:59+	01:32+	01:20+	00:37+	00:33+	03:22+	01:54+	02:10+	02:10+	00:42+	03:36+	01:34+	01:29+	03:16+	04:54+	02:52+	00:52+	00:17+			

Beste strekktid for klassen

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

H60

1	Inge Løland	1119														29:18										
01:05=	01:49=	03:12=	05:21=	06:28=	08:49=	09:59=	12:40=	14:45=	16:20=	19:51=	21:26=	23:25=	24:38=	26:43=	27:29=	28:23=	29:03=	29:18=								
01:05=	00:44=	01:23=	02:09=	01:07=	02:21=	01:10=	02:41=	02:05=	01:35=	03:31=	01:35=	01:59=	01:13=	02:05=	00:46=	00:54=	00:40=	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	Knut Feldmann	882														31:29										
01:04-	01:52+	03:11-	05:36+	06:21-	08:51+	10:12+	13:05+	15:13+	17:09+	21:17+	23:00+	25:03+	26:34+	28:39+	29:32+	30:49+	31:14+	31:29+								
01:04-	00:48+	01:19-	02:25+	00:45-	02:30+	01:21+	02:53+	02:08+	01:56+	04:08+	01:43+	02:03+	01:31+	02:05+	00:53+	01:17+	00:25-	00:15=								
00:01-	00:04+	00:04-	00:16#	00:22-	00:09+	00:11#	00:12+	00:03+	00:21#	00:37#	00:08+	00:04+	00:18#	00:00=	00:07#	00:23#	00:15-	00:00=								
3	Harald Syse	4246														31:43										
01:17+	02:09+	03:26+	05:53+	07:11+	09:24+	10:39+	13:08+	15:16+	16:54+	21:29+	23:31+	25:49+	27:05+	29:11+	29:59+	31:05+	31:31+	31:43+								
01:17+	00:52+	01:17-	02:27+	01:18+	02:13-	01:15+	02:29-	02:08+	01:38+	04:35+	02:02+	02:18+	01:16+	02:06+	00:48+	01:06+	00:26-	00:12-								
00:12#	00:08#	00:06-	00:18#	00:11#	00:08-	00:05+	00:12-	00:03+	01:03+	01:04#	00:27#	00:19#	00:03+	00:01+	00:02+	00:12#	00:14-	00:03-								

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

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+	01:14+	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+	

Class	Navn	Klasse										Tid									
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&	00:16-	00:26&	00:40&	00:09+	00:26#	00:33&	00:37#	00:36&	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+		

Class	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#			
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=
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-	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-			

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=	30:58=	32:21=	32:56=	33:07=
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=	01:24=	01:23=	00:35=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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+	33:14+	34:35+	35:10+	35:19+
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-	01:28+	01:21-	00:35=	00:09-
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-	00:04+	00:02-	00:00=	00:02-
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+	33:14+	34:43+	35:25+	35:37+
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+	01:33+	01:29+	00:42+	00:12+
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+	00:09#	00:06+	00:07#	00:01+
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+	34:05+	35:33+	36:11+	36:23+
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+	01:41+	01:28+	00:38+	00:12+
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+	00:17#	00:05+	00:03+	00:01+

Class	Navn	Klasse	Tid
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HA

5	Harald Kalager	793	36:54																				
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+	01:27+	01:50+	01:07+	01:39=	01:29+	01:27+	00:37+	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#
6	Magne Hatteland	3528	37:02																				
01:44+	03:33+	10:06+	10:38+	11:04+	11:50+	14:52+	15:38+	16:11+	19:11+	20:22+	21:45+	22:57+	23:31+	24:09+	25:48+	27:08+	29:23+	30:16+	32:56+	34:44+	36:14+	36:49+	37:02+
01:44+	01:49+	06:33+	00:32+	00:26+	00:46+	03:02+	00:46+	00:33+	03:00+	01:11+	01:23+	01:12+	00:34+	00:38+	01:39+	01:20+	02:15+	00:53+	02:40+	01:48+	01:30+	00:35+	00:13+
01:44+	01:49+	06:33+	00:32+	00:26+	00:46+	03:02+	00:46+	00:33+	03:00+	01:11+	01:23+	01:12+	00:34+	00:38+	01:39+	01:20+	02:15+	00:53+	02:40+	01:48+	01:30+	00:35+	00:13+
7	Jørgen Strømstad	1786	37:57																				
02:14+	04:09+	11:10+	11:40+	12:06+	12:52+	15:47+	16:35+	17:04+	20:24+	21:32+	22:51+	23:58+	24:36+	25:14+	26:50+	28:12+	29:42+	30:44+	32:42+	35:25+	37:06+	37:45+	37:57+
02:14+	01:55+	07:01+	00:30+	00:26+	00:46+	02:55+	00:48+	00:29+	03:20+	01:08+	01:19+	01:07+	00:38+	00:38+	01:36+	01:22+	01:30+	01:02+	01:58+	02:43+	01:41+	00:39+	00:12+
02:14+	01:55+	07:01+	00:30+	00:26+	00:46+	02:55+	00:48+	00:29+	03:20+	01:08+	01:19+	01:07+	00:38+	00:38+	01:36+	01:22+	01:30+	01:02+	01:58+	02:43+	01:41+	00:39+	00:12+
8	Kristian Frafjord Haarr	882	39:55																				
02:05+	04:01+	11:08+	11:42+	12:12+	13:02+	16:53+	17:45+	18:18+	21:54+	23:19+	24:46+	25:54+	26:44+	27:20+	28:46+	30:20+	32:22+	33:39+	35:27+	37:15+	38:53+	39:41+	39:55+
02:05+	01:56+	07:01+	00:30+	00:26+	00:50+	03:51+	00:52+	00:33+	03:36+	01:25+	01:27+	01:08+	00:50+	00:36+	01:26+	01:34+	02:02+	01:17+	01:48+	01:48+	01:38+	00:48+	00:14+
02:05+	01:56+	07:07+	00:34+	00:30+	00:50+	03:51+	00:52+	00:33+	03:36+	01:25+	01:27+	01:08+	00:50+	00:36+	01:26+	01:34+	02:02+	01:17+	01:48+	01:48+	01:38+	00:48+	00:14+
9	Martin Blystad	3530	40:19																				
02:04+	03:55+	11:12+	11:46+	12:14+	13:06+	17:17+	18:10+	18:42+	23:07+	24:22+	25:47+	26:58+	27:39+	28:17+	30:02+	31:25+	32:55+	33:51+	35:40+	37:51+	39:26+	40:07+	40:19+
02:04+	01:51+	07:17+	00:34+	00:28+	00:52+	04:11+	00:53+	00:32+	04:25+	01:15+	01:25+	01:11+	00:41+	00:38+	01:45+	01:23+	01:30+	00:56+	01:49+	02:11+	01:35+	00:41+	00:12+
02:04+	01:51+	07:17+	00:34+	00:28+	00:52+	04:11+	00:53+	00:32+	04:25+	01:15+	01:25+	01:11+	00:41+	00:38+	01:45+	01:23+	01:30+	00:56+	01:49+	02:11+	01:35+	00:41+	00:12+
10	Bernhard Haver Vagle	643	42:01																				
01:55+	04:11+	11:11+	12:07+	12:36+	14:11+	17:40+	18:34+	19:05+	24:13+	25:40+	26:57+	28:09+	28:47+	29:28+	31:05+	32:37+	34:43+	35:47+	37:47+	39:27+	41:08+	41:50+	42:01+
01:55+	02:16+	07:00+	00:56+	00:29+	01:35+	03:29+	00:54+	00:31+	05:08+	01:27+	01:17+	01:12+	00:38+	00:41+	01:37+	01:32+	02:06+	01:04+	02:00+	01:40+	01:41+	00:42+	00:11+
01:55+	02:16+	07:00+	00:56+	00:29+	01:35+	03:29+	00:54+	00:31+	05:08+	01:27+	01:17+	01:12+	00:38+	00:41+	01:37+	01:32+	02:06+	01:04+	02:00+	01:40+	01:41+	00:42+	00:11+
11	Torbjørn Fuglestad	878	42:09																				
01:46+	03:58+	11:25+	12:15+	12:44+	15:09+	18:52+	19:40+	20:11+	23:25+	24:47+	26:13+	27:34+	28:22+	29:05+	30:43+	32:08+	33:46+	35:02+	37:19+	39:32+	41:10+	41:56+	42:09+
01:46+	02:12+	07:27+	00:50+	00:29+	02:25+	03:43+	00:48+	00:31+	03:14+	01:22+	01:26+	01:21+	00:48+	00:43+	01:38+	01:25+	01:38+	01:16+	02:17+	02:13+	01:38+	00:46+	00:13+
01:46+	02:12+	07:27+	00:50+	00:29+	02:25+	03:43+	00:48+	00:31+	03:14+	01:22+	01:26+	01:21+	00:48+	00:43+	01:38+	01:25+	01:38+	01:16+	02:17+	02:13+	01:38+	00:46+	00:13+
12	Ole Morten Haaland	3528	45:36																				
05:12+	07:06+	13:57+	14:34+	15:06+	16:00+	20:46+	21:41+	22:13+	25:42+	27:03+	28:38+	29:53+	30:33+	31:17+	33:09+	34:55+	36:43+	37:40+	39:35+	42:34+	44:14+	45:23+	45:36+
05:12+	01:54+	06:51+	00:37+	00:32+	00:54+	04:46+	00:55+	00:32+	03:29+	01:21+	01:35+	01:15+	00:40+	00:44+	01:52+	01:46+	01:48+	00:57+	01:55+	02:59+	01:40+	01:09+	00:13+
05:12+	01:54+	06:51+	00:37+	00:32+	00:54+	04:46+	00:55+	00:32+	03:29+	01:21+	01:35+	01:15+	00:40+	00:44+	01:52+	01:46+	01:48+	00:57+	01:55+	02:59+	01:40+	01:09+	00:13+
13	Fredrik Svendal	1376	45:55																				
02:23+	04:10+	15:20+	16:02+	16:48+	17:39+	21:22+	22:20+	22:56+	26:43+	28:02+	29:20+	30:40+	31:19+	32:02+	33:35+	35:32+	37:02+	38:55+	41:10+	43:20+	44:58+	45:41+	45:55+
02:23+	01:47+	11:10+	00:42+	00:46+	00:51+	03:43+	00:58+	00:36+	03:47+	01:19+	01:18+	01:20+	00:39+	00:43+	01:33+	01:57+	01:30+	01:53+	02:15+	02:10+	01:38+	00:43+	00:14+
02:23+	01:47+	11:10+	00:42+	00:46+	00:51+	03:43+	00:58+	00:36+	03:47+	01:19+	01:18+	01:20+	00:39+	00:43+	01:33+	01:57+	01:30+	01:53+	02:15+	02:10+	01:38+	00:43+	00:14+

Beste strekktid for klassen

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

HB

1	Oddvar Taksdal	3522	35:04																				
01:42=	03:28=	09:32=	10:04=	10:33=	11:25=	14:31=	15:15=	15:45=	18:47=	20:06=	21:23=	22:31=	23:10=	23:51=	25:26=	26:47=	28:09=	29:06=	30:54=	32:33=	34:04=	34:50=	35:04=
01:42=	01:46=	06:04=	00:32=	00:29=	00:52=	03:06=	00:44=	00:30=	03:02=	01:19=	01:17=	01:08=	00:39=	00:41=	01:35=	01:21=	01:22=	00:57=	01:48=	01:39=	01:31=	00:46=	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	Oddgeir Eikeskog	1884	36:05																				
01:33-	03:34+	09:27-	10:03-	10:33=	11:26+	14:33+	15:25+	15:55+	19:11+	20:27+	21:44+	23:05+	23:42+	24:24+	25:54+	27:15+	28:50+	30:00+	31:49+	33:30+	35:07+	35:51+	36:05+
01:33-	02:01+	05:53-	00:36+	00:30+	00:53+	03:07+	00:52+	00:30=	03:16+	01:16-	01:17=	01:21+	00:37-	00:42+	01:30-	01:21=	01:35+	01:10+	01:49+	01:41+	01:37+	00:44-	00:14=
00:09-	00:15#	00:11-	00:04#	00:01+	00:01+	00:01+	00:08#	00:00=	00:14+	00:03-	00:00=	00:13#	00:02-	00:01+	00:05-	00:00=	00:13#	00:13#	00:01+	00:02+	00:06+	00:02-	00:00=
3	Geir Sand	722	36:22																				
02:07+	04:15+	10:22+	10:56+	11:24+	12:16+	15:28+	16:17+	16:45+	20:08+	21:28+	22:39+	23:46+	24:19+	25:03+	26:39+	28:05+	29:53+	30:45+	32:41+	34:09+	35:37+	36:13+	36:24+
02:07+	02:08+	06:07+	00:34+	00:28-	00:52=	03:12+	00:49+	00:28-	03:23+	01:20+	01:11-	01:07-	00:33-	00:44+	01:36+	01:26+	01:48+	00:52-	01:56+	01:28-	01:28-	00:36-	00:11-
00:25#	00:22#	00:03+	00:02+	00:01-	00:00=	00:06+	00:05#	00:02-	00:21#	00:01+	00:06-	00:01-	00:06-	00:03+	00:01+	00:05+	00:26&	00:05-	00:08+	00:11-	00:03-	00:10-	00:03-

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

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

HC

Class	Navn	Klasse																		Tid									
HC																													
1	Stein Arne Olsen	874																		36:44									
	01:44=	03:24=	10:04=	10:40=	11:27=	12:03=	15:19=	16:21=	17:18=	18:28=	21:59=	23:27=	24:10=	24:47=	25:53=	27:44=	30:16=	31:49=	32:57=	33:58=	35:09=	35:44=	36:26=	36:44=					
	01:44=	01:40=	06:40=	00:36=	00:47=	00:36=	03:16=	01:02=	00:57=	01:10=	03:31=	01:28=	00:43=	00:37=	01:06=	01:51=	02:32=	01:33=	01:08=	01:01=	01:11=	00:35=	00:42=	00:18=					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
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+					
7	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+														

Class	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 Mjøltnes	882	14:12																				
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=											
2	Tore Stensland	3529	19:48																				
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+											
3	Glenn-Ove Kingestad	3676	24:08																				
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+											
4	Marius Usvaltas	3529	30:31																				
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#											

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=							

Class	Navn	Klasse	Tid
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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 Vigedal	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+

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+

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+	65:50+
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+	00:19+
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+	00:19+

HT**Beste strekktid for klassen**

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