

Arboretet Equinor												Strekktider	-14.05.2025
Plass	Navn		Klasse					Tid					
D16													
1	Nora Svendsen		892					32:26					
02:56=	05:25=	07:12=	09:46=	12:17=	14:34=	18:42=	24:00=	26:55=	28:16=	30:30=	31:52=	32:26=	
02:56=	02:29=	01:47=	02:34=	02:31=	02:17=	04:08=	05:18=	02:55=	01:21=	02:14=	01:22=	00:34=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Hanne Berg Aspøy		896					38:33					
03:11+	05:53+	07:40+	10:29+	13:25+	15:22+	19:18+	26:36+	31:22+	32:56+	36:12+	37:57+	38:33+	
03:11+	02:42+	01:47=	02:49+	02:56+	01:57-	03:56-	07:18+	04:46+	01:34+	03:16+	01:45+	00:36+	
00:15+	00:13+	00:00=	00:15+	00:25#	00:20-	00:12-	02:00&	01:51&	00:13#	01:02&	00:23&	00:02+	
3	Siri Eppeland		1884					39:34					
03:49+	06:37+	08:28+	11:22+	16:15+	18:19+	22:47+	27:39+	32:13+	34:07+	37:28+	39:11+	39:34+	
03:49+	02:48+	01:51+	02:54+	04:53+	02:04-	04:28+	04:52-	04:34+	01:54+	03:21+	01:43+	00:23-	
00:53&	00:19#	00:04+	00:20#	02:22&	00:13-	00:20+	00:26-	01:39&	00:33&	01:07&	00:21&	00:11-	
4	Mari-Marthe Aamold		880					40:51					
02:40-	05:19-	06:57-	09:55+	12:32+	14:53+	23:31+	28:36+	34:13+	35:27+	38:35+	40:18+	40:51+	
02:40-	02:39+	01:38-	02:58+	02:37+	02:21+	08:38+	05:05-	05:37+	01:14-	03:08+	01:43+	00:33-	
00:16-	00:10+	00:09-	00:24#	00:06+	00:04+	04:30@	00:13-	02:42&	00:07-	00:54&	00:21&	00:01-	
5	Åsne Salte Håland		3559					41:28					
03:26+	06:56+	09:22+	11:53+	15:17+	19:40+	23:41+	28:15+	35:39+	36:54+	39:39+	40:59+	41:28+	
03:26+	03:30+	02:26+	02:31-	03:24+	04:23+	04:01-	04:34-	07:24+	01:15-	02:45+	01:20-	00:29-	
00:30#	01:01&	00:39&	00:03-	00:53&	02:06&	00:07-	00:44-	04:29@	00:06-	00:31#	00:02-	00:05-	
6	Eli Karine Klungre		1754					41:37					
04:15+	07:42+	09:30+	12:38+	15:55+	18:20+	22:51+	31:39+	35:20+	37:09+	39:39+	41:05+	41:37+	
04:15+	03:27+	01:48+	03:08+	03:17+	02:25+	04:31+	08:48+	03:41+	01:49+	02:30+	01:26+	00:32-	
01:19&	00:58&	00:01+	00:34#	00:46&	00:08+	00:23+	03:30&	00:46&	00:28&	00:16#	00:04+	00:02-	
7	Ingvild Amaliksen		1683					43:08					
05:18+	09:18+	11:28+	14:29+	18:00+	20:42+	25:14+	31:05+	35:10+	38:04+	41:00+	42:36+	43:08+	
05:18+	04:00+	02:10+	03:01+	03:31+	02:42+	04:32+	05:51+	04:05+	02:54+	02:56+	01:36+	00:32-	
02:22&	01:31&	00:23#	00:27#	01:00&	00:25#	00:24+	00:33#	01:10&	01:33@	00:42&	00:14#	00:02-	
8	Ragnhild Thorset Våge		896					43:24					
03:16+	06:30+	08:23+	11:03+	13:17+	15:26+	23:36+	28:51+	37:59+	39:08+	41:27+	42:51+	43:24+	
03:16+	03:14+	01:53+	02:40+	02:14-	02:09-	08:10+	05:15-	09:08+	01:09-	02:19+	01:24+	00:33-	
00:20#	00:45&	00:06+	00:06+	00:17-	00:08-	04:02&	00:03-	06:13@	00:12-	00:05+	00:02+	00:01-	
9	Ingrid Lycke Austbø		989					44:27					
03:30+	06:26+	08:59+	12:35+	15:28+	18:17+	23:52+	30:20+	35:30+	37:15+	42:24+	43:52+	44:27+	
03:30+	02:56+	02:33+	03:36+	02:53+	02:49+	05:35+	06:28+	05:10+	01:45+	05:09+	01:28+	00:35+	
00:34#	00:27#	00:46&	01:02&	00:22#	00:32#	01:27&	01:10#	02:15&	00:24&	02:55@	00:06+	00:01+	
10	Johanne Trandem Næss		3512					49:29					
03:34+	06:30+	08:19+	11:38+	14:59+	18:25+	22:14+	30:51+	40:58+	42:07+	47:38+	49:00+	49:29+	
03:34+	02:56+	01:49+	03:19+	03:21+	03:26+	03:49-	08:37+	10:07+	01:09-	05:31+	01:22=	00:29-	
00:38#	00:27#	00:02+	00:45&	00:50&	01:09&	00:19-	03:19&	07:12@	00:12-	03:17@	00:00=	00:05-	
11	Karoline Blyberg Lillehammer		1758					49:49					
04:04+	11:55+	15:07+	18:37+	21:37+	24:33+	29:06+	36:39+	41:24+	43:20+	47:42+	49:14+	49:49+	
04:04+	07:51+	03:12+	03:30+	03:00+	02:56+	04:33+	07:33+	04:45+	01:56+	04:22+	01:32+	00:35+	
01:08&	05:22@	01:25&	00:56&	00:29#	00:39&	00:25#	02:15&	01:50&	00:35&	02:08&	00:10#	00:01+	
12	Christina Skår		3523					50:45					
05:07+	10:11+	12:24+	15:59+	19:38+	22:08+	26:59+	33:27+	43:03+	44:40+	48:19+	49:57+	50:45+	
05:07+	05:04+	02:13+	03:35+	03:39+	02:30+	04:51+	06:28+	09:36+	01:37+	03:39+	01:38+	00:48+	
02:11&	02:35@	00:26#	01:01&	01:08&	00:13+	00:43#	01:10#	06:41@	00:16#	01:25&	00:16#	00:14&	
13	Hege Bakken		1754					54:17					
13:35+	16:29+	18:42+	22:13+	25:37+	27:53+	32:41+	41:16+	46:18+	48:06+	52:06+	53:42+	54:17+	
13:35+	02:54+	02:13+	03:31+	03:24+	02:16-	04:48+	08:35+	05:02+	01:48+	04:00+	01:36+	00:35+	
10:39@	00:25#	00:26#	00:57&	00:53&	00:01-	00:40#	03:17&	02:07&	00:27&	01:46&	00:14#	00:01+	
14	Siv Bogfjelldal		3507					55:43					
05:37+	09:49+	12:49+	16:41+	20:21+	23:20+	29:30+	36:16+	46:57+	49:24+	52:32+	55:02+	55:43+	
05:37+	04:12+	03:00+	03:52+	03:40+	02:59+	06:10+	06:46+	10:41+	02:27+	03:08+	02:30+	00:41+	
02:41&	01:43&	01:13&	01:18&	01:09&	00:42&	02:02&	01:28&	07:46@	01:06&	00:54&	01:08&	00:07#	

Plass	Navn		Klasse										Tid
D16													
15	Ingunn Landsnes		892										58:55
04:27+	08:26+	11:36+	16:09+	24:34+	27:03+	34:01+	42:08+	49:43+	51:39+	56:16+	58:18+	58:55+	
04:27+	03:59+	03:10+	04:33+	08:25+	02:29+	06:58+	08:07+	07:35+	01:56+	04:37+	02:02+	00:37+	
01:31&	01:30&	01:23&	01:59&	05:54@	00:12+	02:50&	02:49&	04:40@	00:35&	02:23@	00:40&	00:03+	
16	Svitlana Rasheva		1683										1:02:42
04:12+	08:12+	10:59+	14:48+	25:40+	29:57+	35:22+	44:32+	51:38+	54:26+	59:17+	62:01+	62:42+	
04:12+	04:00+	02:47+	03:49+	10:52+	04:17+	05:25+	09:10+	07:06+	02:48+	04:51+	02:44+	00:41+	
04:12+	04:00+	02:47+	03:49+	10:52+	04:17+	05:25+	09:10+	07:06+	02:48+	04:51+	02:44+	00:41+	
17	Hanna Haaland Sømme		874										1:04:21
04:12+	08:02+	09:47+	13:37+	17:00+	20:05+	24:37+	29:52+	55:26+	57:00+	61:57+	63:46+	64:21+	
04:12+	03:50+	01:45+	03:50+	03:23+	03:05+	04:32+	05:15+	25:34+	01:34+	04:57+	01:49+	00:35+	
04:12+	03:50+	01:45+	03:50+	03:23+	03:05+	04:32+	05:15+	25:34+	01:34+	04:57+	01:49+	00:35+	
18	Marie Hernæs Larsen		3565										1:06:46
07:23+	10:54+	13:45+	17:57+	22:05+	34:48+	41:36+	50:37+	57:08+	59:05+	63:13+	65:56+	66:46+	
07:23+	03:31+	02:51+	04:12+	04:08+	12:43+	06:48+	09:01+	06:31+	01:57+	04:08+	02:43+	00:50+	
07:23+	03:31+	02:51+	04:12+	04:08+	12:43+	06:48+	09:01+	06:31+	01:57+	04:08+	02:43+	00:50+	
Beste strekktid for klassen													
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
D40													
1	Brit Nilsen		1830										39:03
04:24=	06:41=	08:39=	11:54=	15:10=	17:33=	22:22=	27:27=	32:28=	33:52=	37:00=	38:26=	39:03=	
04:24=	02:17=	01:58=	03:15=	03:16=	02:23=	04:49=	05:05=	05:01=	01:24=	03:08=	01:26=	00:37=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Hanne Thu		3516										41:28
03:50-	06:07-	08:08-	11:22-	15:28+	18:18+	22:33+	28:57+	34:03+	36:45+	39:25+	40:50+	41:28+	
03:50-	02:17=	02:01+	03:14-	04:06+	02:50+	04:15-	06:24+	05:06+	02:42+	02:40-	01:25-	00:38+	
00:34-	00:00=	00:03+	00:01-	00:50&	00:27#	00:34-	01:19&	00:05+	01:18&	00:28-	00:01-	00:01+	
3	Helene Lie		3565										46:21
03:55-	06:13-	08:31-	11:55+	15:12+	18:53+	24:14+	31:05+	37:39+	39:52+	44:13+	45:47+	46:21+	
03:55-	02:18+	02:18+	03:24+	03:17+	03:41+	05:21+	06:51+	06:34+	02:13+	04:21+	01:34+	00:34-	
00:29-	00:01+	00:20#	00:09+	00:01+	01:18&	00:32#	01:46&	01:33&	00:49&	01:13&	00:08+	00:03-	
4	Anne Mette Riskjell Høyland		3524										47:03
07:06+	09:22+	13:59+	17:27+	21:12+	23:37+	28:06+	34:23+	40:12+	42:17+	45:02+	46:28+	47:03+	
07:06+	02:16-	04:37+	03:28+	03:45+	02:25+	04:29-	06:17+	05:49+	02:05+	02:45-	01:26=	00:35-	
02:42&	00:01-	02:39@	00:13+	00:29#	00:02+	00:20-	01:12#	00:48#	00:41&	00:23-	00:00=	00:02-	
5	Ane Odland		1683										55:01
05:25+	07:37+	09:57+	13:23+	26:54+	30:42+	35:31+	41:26+	46:40+	48:17+	52:44+	54:22+	55:01+	
05:25+	02:12-	02:20+	03:26+	13:31+	03:48+	04:49=	05:55+	05:14+	01:37+	04:27+	01:38+	00:39+	
01:01#	00:05-	00:22#	00:11+	10:15@	01:25&	00:00=	00:50#	00:13+	00:13#	01:19&	00:12#	00:02+	
6	Hege Jangseth		1884										56:08
04:31+	06:54+	09:12+	13:28+	18:26+	21:20+	27:32+	35:05+	46:34+	48:04+	53:32+	55:27+	56:08+	
04:31+	02:23+	02:18+	04:16+	04:58+	02:54+	06:12+	07:33+	11:29+	01:30+	05:28+	01:55+	00:41+	
00:07+	00:06+	00:20#	01:01&	01:42&	00:31#	01:23&	02:28&	06:28@	00:06+	02:20&	00:29&	00:04#	
7	Torill Østraat		1884										57:48
07:21+	10:04+	12:28+	18:21+	24:35+	28:40+	33:35+	40:54+	48:01+	49:54+	55:14+	57:01+	57:48+	
07:21+	02:43+	02:24+	05:53+	06:14+	04:05+	04:55+	07:19+	07:07+	01:53+	05:20+	01:47+	00:47+	
02:57&	00:26#	00:26#	02:38&	02:58&	01:42&	00:06+	02:14&	02:06&	00:29&	02:12&	00:21#	00:10&	
8	Ane Hatteland Nese		769										1:01:33
04:24=	06:58+	09:30+	13:25+	17:01+	19:47+	25:50+	32:53+	51:47+	53:43+	58:47+	60:45+	61:33+	
04:24=	02:34+	02:32+	03:55+	03:36+	02:46+	06:03+	07:03+	18:54+	01:56+	05:04+	01:58+	00:48+	
00:00=	00:17#	00:34&	00:40#	00:20#	00:23#	01:14&	01:58&	13:53@	00:32&	01:56&	00:32&	00:11&	

Plass	Navn												Klasse	Tid
D40														
9	Johanna Rajala												885	1:04:09
04:15-	07:23+	10:38+	14:29+	18:32+	21:54+	27:41+	38:10+	45:47+	47:41+	61:26+	63:31+	64:09+		
04:15-	03:08+	03:15+	03:51+	04:03+	03:22+	05:47+	10:29+	07:37+	01:54+	13:45+	02:05+	00:38+		
00:09-	00:51&	01:17&	00:36#	00:47#	00:59&	00:58#	05:24@	02:36&	00:30&	10:37@	00:39&	00:01+		
10	Ritva Halsne												722	1:09:55
09:23+	13:08+	16:52+	22:06+	27:16+	32:23+	38:12+	46:32+	56:22+	59:03+	67:38+	69:17+	69:55+		
09:23+	03:45+	03:44+	05:14+	05:10+	05:07+	05:49+	08:20+	09:50+	02:41+	08:35+	01:39+	00:38+		
09:23+	03:45+	03:44+	05:14+	05:10+	05:07+	05:49+	08:20+	09:50+	02:41+	08:35+	01:39+	00:38+		
11	Lise Nessa Di Lorenzo												1884	1:32:22
03:24+	05:35+	09:18+	12:45+	17:32+	20:14+	24:33+	35:54+	84:24+	86:11+	90:04+	91:45+	92:22+		
03:24+	02:11+	03:43+	03:27+	04:47+	02:42+	04:19+	11:21+	48:30+	01:47+	03:53+	01:41+	00:37+		
03:24+	02:11+	03:43+	03:27+	04:47+	02:42+	04:19+	11:21+	48:30+	01:47+	03:53+	01:41+	00:37+		
Beste strekktid for klassen														
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
D50														
1	Marit Haavardsholm												1683	34:19
03:16=	05:23=	07:08=	10:10=	13:05=	15:01=	19:07=	24:15=	28:30=	29:47=	32:10=	33:39=	34:19=		
03:16=	02:07=	01:45=	03:02=	02:55=	01:56=	04:06=	05:08=	04:15=	01:17=	02:23=	01:29=	00:40=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Grethe Anda Fuglestad												1683	38:16
03:39+	05:50+	08:34+	12:04+	15:16+	17:48+	22:10+	27:03+	32:11+	33:40+	36:11+	37:40+	38:16+		
03:39+	02:11+	02:44+	03:30+	03:12+	02:32+	04:22+	04:53-	05:08+	01:29+	02:31+	01:29=	00:36-		
00:23#	00:04+	00:59&	00:28#	00:17+	00:36&	00:16+	00:15-	00:53#	00:12#	00:08+	00:00=	00:04-		
3	Berit Aksland												1683	38:57
03:26+	05:20-	07:23+	11:07+	15:00+	17:35+	21:57+	27:18+	32:15+	33:46+	37:06+	38:22+	38:57+		
03:26+	01:54-	02:03+	03:44+	03:53+	02:35+	04:22+	05:21+	04:57+	01:31+	03:20+	01:16-	00:35-		
00:10+	00:13-	00:18#	00:42#	00:58&	00:39&	00:16+	00:13+	00:42#	00:14#	00:57&	00:13-	00:05-		
4	Toril Dahle												1683	39:32
03:54+	06:33+	09:25+	12:54+	16:03+	18:54+	22:55+	27:52+	32:41+	34:18+	37:04+	38:49+	39:32+		
03:54+	02:39+	02:52+	03:29+	03:09+	02:51+	04:01-	04:57-	04:49+	01:37+	02:46+	01:45+	00:43+		
00:38#	00:32&	01:07&	00:27#	00:14+	00:55&	00:05-	00:11-	00:34#	00:20&	00:23#	00:16#	00:03+		
5	Tone Cecilie Nystrom												874	41:23
03:40+	06:04+	08:42+	12:29+	15:57+	18:26+	23:03+	28:30+	33:39+	35:33+	38:56+	40:46+	41:23+		
03:40+	02:24+	02:38+	03:47+	03:28+	02:29+	04:37+	05:27+	05:09+	01:54+	03:23+	01:50+	00:37-		
00:24#	00:17#	00:53&	00:45#	00:33#	00:33&	00:31#	00:19+	00:54#	00:37&	01:00&	00:21#	00:03-		
6	Mariann Sveinsvoll												3504	43:37
04:38+	07:04+	08:58+	12:49+	16:03+	18:40+	23:17+	29:56+	37:07+	38:33+	41:14+	42:58+	43:37+		
04:38+	02:26+	01:54+	03:51+	03:14+	02:37+	04:37+	06:39+	07:11+	01:26+	02:41+	01:44+	00:39-		
01:22&	00:19#	00:09+	00:49&	00:19#	00:41&	00:31#	01:31&	02:56&	00:09#	00:18#	00:15#	00:01-		
7	Inger Johanne Klausen												3529	44:41
04:55+	07:13+	09:28+	12:53+	16:36+	19:42+	24:25+	30:30+	38:15+	39:37+	42:25+	44:09+	44:41+		
04:55+	02:18+	02:15+	03:25+	03:43+	03:06+	04:43+	06:05+	07:45+	01:22+	02:48+	01:44+	00:32-		
01:39&	00:11+	00:30&	00:23#	00:48&	01:10&	00:37#	00:57#	03:30&	00:05+	00:25#	00:15#	00:08-		
8	Gerd Olaug Vikeså												1758	45:04
03:38+	06:11+	08:20+	11:43+	15:03+	17:46+	22:13+	31:33+	37:09+	38:30+	42:54+	44:25+	45:04+		
03:38+	02:33+	02:09+	03:23+	03:20+	02:43+	04:27+	09:20+	05:36+	01:21+	04:24+	01:31+	00:39-		
00:22#	00:26#	00:24#	00:21#	00:25#	00:47&	00:21+	04:12&	01:21&	00:04+	02:01&	00:02+	00:01-		
9	Trude Hermanrud												896	45:27
05:09+	07:37+	10:11+	13:49+	17:43+	20:19+	25:36+	31:41+	37:27+	39:00+	43:05+	44:46+	45:27+		
05:09+	02:28+	02:34+	03:38+	03:54+	02:36+	05:17+	06:05+	05:46+	01:33+	04:05+	01:41+	00:41+		
01:53&	00:21#	00:49&	00:36#	00:59&	00:40&	01:11&	00:57#	01:31&	00:16#	01:42&	00:12#	00:01+		

Plass	Navn												Klasse	Tid											
D50																									
10	Irene Rummelhoff												1683	45:34											
07:26+	09:28+	11:34+	15:17+	18:29+	23:12+	27:36+	33:39+	38:28+	40:27+	43:11+	44:51+	45:34+													
07:26+	02:02-	02:06+	03:43+	03:12+	04:43+	04:24+	06:03+	04:49+	01:59+	02:44+	01:40+	00:43+													
04:10@	00:05-	00:21#	00:41#	00:17+	02:47@	00:18+	00:55#	00:34#	00:42&	00:21#	00:11#	00:03+													
11	Keth Berggraf												1683	46:48											
07:43+	10:01+	12:10+	15:37+	19:06+	21:43+	26:14+	32:38+	39:43+	41:22+	44:33+	46:10+	46:48+													
07:43+	02:18+	02:09+	03:27+	03:29+	02:37+	04:31+	06:24+	07:05+	01:39+	03:11+	01:37+	00:38+													
07:43+	02:18+	02:09+	03:27+	03:29+	02:37+	04:31+	06:24+	07:05+	01:39+	03:11+	01:37+	00:38+													
12	Torill Andersen												1683	46:53											
03:54+	05:53+	08:02+	12:24+	15:50+	18:23+	22:54+	31:15+	37:26+	39:01+	44:29+	46:12+	46:53+													
03:54+	01:59+	02:09+	04:22+	03:26+	02:33+	04:31+	08:21+	06:11+	01:35+	05:28+	01:43+	00:41+													
03:54+	01:59+	02:09+	04:22+	03:26+	02:33+	04:31+	08:21+	06:11+	01:35+	05:28+	01:43+	00:41+													
13	Randi Ladsten												1832	47:42											
08:04+	10:29+	12:59+	16:57+	20:19+	22:48+	27:23+	33:26+	40:57+	42:27+	45:22+	47:09+	47:42+													
08:04+	02:25+	02:30+	03:58+	03:22+	02:29+	04:35+	06:03+	07:31+	01:30+	02:55+	01:47+	00:33+													
08:04+	02:25+	02:30+	03:58+	03:22+	02:29+	04:35+	06:03+	07:31+	01:30+	02:55+	01:47+	00:33+													
14	Helen Haneferd												882	47:51											
04:23+	06:38+	09:18+	12:58+	17:31+	20:17+	25:36+	31:18+	39:54+	41:35+	45:15+	47:14+	47:51+													
04:23+	02:15+	02:40+	03:40+	04:33+	02:46+	05:19+	05:42+	08:36+	01:41+	03:40+	01:59+	00:37+													
04:23+	02:15+	02:40+	03:40+	04:33+	02:46+	05:19+	05:42+	08:36+	01:41+	03:40+	01:59+	00:37+													
15	Marianne Gjesdal Lyngås												892	48:42											
03:56+	06:34+	09:42+	13:51+	17:38+	20:31+	25:46+	32:00+	38:07+	41:00+	45:58+	47:54+	48:42+													
03:56+	02:38+	03:08+	04:09+	03:47+	02:53+	05:15+	06:14+	06:07+	02:53+	04:58+	01:56+	00:48+													
03:56+	02:38+	03:08+	04:09+	03:47+	02:53+	05:15+	06:14+	06:07+	02:53+	04:58+	01:56+	00:48+													
16	Gøril Braut Aarsand												2539	49:15											
06:27+	09:08+	11:38+	15:20+	19:21+	21:57+	27:46+	34:54+	40:17+	42:25+	46:11+	47:52+	49:15+													
06:27+	02:41+	02:30+	03:42+	04:01+	02:36+	05:49+	07:08+	05:23+	02:08+	03:46+	01:41+	01:23+													
06:27+	02:41+	02:30+	03:42+	04:01+	02:36+	05:49+	07:08+	05:23+	02:08+	03:46+	01:41+	01:23+													
17	Åse Sellereite												882	51:38											
05:41+	07:54+	10:50+	14:48+	18:13+	24:02+	29:40+	35:55+	44:02+	45:32+	49:23+	50:58+	51:38+													
05:41+	02:13+	02:56+	03:58+	03:25+	05:49+	05:38+	06:15+	08:07+	01:30+	03:51+	01:35+	00:40+													
05:41+	02:13+	02:56+	03:58+	03:25+	05:49+	05:38+	06:15+	08:07+	01:30+	03:51+	01:35+	00:40+													
18	Andrea Tapken												3529	55:07											
04:21+	07:15+	10:07+	14:48+	19:01+	23:21+	28:49+	38:43+	45:33+	48:06+	52:34+	54:26+	55:07+													
04:21+	02:54+	02:52+	04:41+	04:13+	04:20+	05:28+	09:54+	06:50+	02:33+	04:28+	01:52+	00:41+													
04:21+	02:54+	02:52+	04:41+	04:13+	04:20+	05:28+	09:54+	06:50+	02:33+	04:28+	01:52+	00:41+													
19	Tove Irene Asheim												1683	55:40											
04:55+	07:40+	10:35+	14:32+	18:25+	21:50+	27:25+	35:27+	45:58+	47:53+	52:37+	54:57+	55:40+													
04:55+	02:45+	02:55+	03:57+	03:53+	03:25+	05:35+	08:02+	10:31+	01:55+	04:44+	02:20+	00:43+													
04:55+	02:45+	02:55+	03:57+	03:53+	03:25+	05:35+	08:02+	10:31+	01:55+	04:44+	02:20+	00:43+													
20	Hilde Frøytlog Karlsen												1284	59:53											
11:50+	14:50+	17:54+	21:58+	26:02+	29:39+	35:22+	43:12+	50:16+	52:11+	56:58+	59:04+	59:53+													
11:50+	03:00+	03:04+	04:04+	04:04+	03:37+	05:43+	07:50+	07:04+	01:55+	04:47+	02:06+	00:49+													
11:50+	03:00+	03:04+	04:04+	04:04+	03:37+	05:43+	07:50+	07:04+	01:55+	04:47+	02:06+	00:49+													
21	Ingjerd Haddeland												3507	1:00:14											
09:53+	12:38+	15:30+	19:43+	23:28+	28:05+	35:42+	42:30+	51:55+	54:19+	57:47+	59:33+	60:14+													
09:53+	02:45+	02:52+	04:13+	03:45+	04:37+	07:37+	06:48+	09:25+	02:24+	03:28+	01:46+	00:41+													
09:53+	02:45+	02:52+	04:13+	03:45+	04:37+	07:37+	06:48+	09:25+	02:24+	03:28+	01:46+	00:41+													
22	Iren Undheim Øgreid												769	1:01:43											
09:50+	12:07+	14:23+	17:23+	26:45+	30:31+	35:11+	44:48+	53:47+	55:35+	59:38+	61:05+	61:43+													
09:50+	02:17+	02:16+	03:00+	09:22+	03:46+	04:40+	09:37+	08:59+	01:48+	04:03+	01:27+	00:38+													
09:50+	02:17+	02:16+	03:00+	09:22+	03:46+	04:40+	09:37+	08:59+	01:48+	04:03+	01:27+	00:38+													
23	Marie-Elizabeth Reinseth												882	1:03:02											
10:33+	12:57+	15:13+	19:05+	23:45+	27:42+	32:07+	38:06+	53:10+	54:55+	60:37+	62:16+	63:02+													
10:33+	02:24+	02:16+	03:52+	04:40+	03:57+	04:25+	05:59+	15:04+	01:45+	05:42+	01:39+	00:46+													
10:33+	02:24+	02:16+	03:52+	04:40+	03:57+	04:25+	05:59+	15:04+	01:45+	05:42+	01:39+	00:46+													

Plass	Navn												Klasse	Tid			
D50																	
24	Siw Gjerdingen												3676	1:10:10			
06:20+	09:35+	13:45+	18:52+	23:07+	27:57+	34:18+	42:51+	58:02+	60:56+	66:21+	69:14+	70:10+					
06:20+	03:15+	04:10+	05:07+	04:15+	04:50+	06:21+	08:33+	15:11+	02:54+	05:25+	02:53+	00:56+					
06:20+	03:15+	04:10+	05:07+	04:15+	04:50+	06:21+	08:33+	15:11+	02:54+	05:25+	02:53+	00:56+					
25	Synnøve Westermoen												1683	1:13:13			
05:57+	08:49+	11:49+	18:55+	27:14+	32:08+	37:07+	46:52+	55:52+	57:36+	70:16+	72:28+	73:13+					
05:57+	02:52+	03:00+	07:06+	08:19+	04:54+	04:59+	09:45+	09:00+	01:44+	12:40+	02:12+	00:45+					
05:57+	02:52+	03:00+	07:06+	08:19+	04:54+	04:59+	09:45+	09:00+	01:44+	12:40+	02:12+	00:45+					
26	Janne Frantzen												1683	1:20:21			
23:27+	27:14+	29:46+	34:43+	38:54+	42:43+	48:59+	55:39+	64:32+	66:45+	76:58+	79:21+	80:21+					
23:27+	03:47+	02:32+	04:57+	04:11+	03:49+	06:16+	06:40+	08:53+	02:13+	10:13+	02:23+	01:00+					
23:27+	03:47+	02:32+	04:57+	04:11+	03:49+	06:16+	06:40+	08:53+	02:13+	10:13+	02:23+	01:00+					
Beste strekktid for klassen																	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
D60																	
1	Elisabeth Christie Ørke												722	32:09			
03:46=	04:48=	07:09=	08:49=	12:09=	14:47=	16:29=	17:54=	19:57=	23:37=	25:49=	28:16=	30:15=	31:37=	32:09=			
03:46=	01:02=	02:21=	01:40=	03:20=	02:38=	01:42=	01:25=	02:03=	03:40=	02:12=	02:27=	01:59=	01:22=	00:32=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Ragnhild Auglænd												769	37:35			
04:12+	05:23+	07:42+	09:40+	13:03+	16:05+	18:35+	20:08+	22:13+	27:21+	29:30+	32:48+	34:52+	36:53+	37:35+			
04:12+	01:11+	02:19+	01:58+	03:23+	03:02+	02:30+	01:33+	02:05+	05:08+	02:09+	03:18+	02:04+	02:01+	00:42+			
00:26#	00:09#	00:02+	00:18#	00:03+	00:24#	00:48#	00:08+	00:02+	01:28#	00:03+	00:51#	00:05+	00:39#	00:10#			
3	Ingrid E. I. Øxnevad												3516	37:58			
02:49+	04:02+	06:43+	08:31+	14:13+	17:32+	19:33+	21:43+	23:55+	27:39+	31:23+	34:04+	36:11+	37:29+	37:58+			
02:49+	01:13+	02:41+	01:48+	05:42+	03:19+	02:01+	02:10+	02:12+	03:44+	03:44+	02:41+	02:07+	01:18+	00:29+			
00:57+	00:11#	00:20#	00:08+	02:22#	00:41#	00:19#	00:45#	00:09+	00:04+	01:32#	00:14+	00:08+	00:04+	00:03+			
4	Kristin Skadsem												3516	38:30			
05:15+	06:30+	09:32+	11:29+	15:07+	17:49+	20:23+	22:10+	24:33+	29:25+	31:30+	34:26+	36:02+	37:45+	38:30+			
05:15+	01:15+	03:02+	01:57+	03:38+	02:42+	02:34+	01:47+	02:23+	04:52+	02:05+	02:56+	01:36+	01:43+	00:45+			
01:29#	00:13#	00:41#	00:17#	00:18+	00:04+	00:52#	00:22#	00:20#	01:12#	00:07+	00:29#	00:23+	00:21#	00:13#			
5	Nina Christiansen												722	39:51			
04:58+	06:11+	08:35+	11:28+	15:13+	18:02+	20:11+	23:01+	25:35+	31:15+	33:50+	36:30+	37:52+	39:14+	39:51+			
04:58+	01:13+	02:24+	02:53+	03:45+	02:49+	02:09+	02:50+	02:34+	05:40+	02:35+	02:40+	01:22+	01:22=	00:37+			
01:12#	00:11#	00:03+	01:13#	00:25#	00:11+	00:27#	01:25#	00:31#	02:00#	00:23#	00:13+	00:37+	00:00=	00:05#			
6	Mona Berntsen												1832	42:45			
12:19+	13:35+	16:13+	18:13+	21:34+	23:59+	25:57+	27:35+	29:40+	33:51+	35:55+	38:15+	40:07+	42:00+	42:45+			
12:19+	01:16+	02:38+	02:00+	03:21+	02:25+	01:58+	01:38+	02:05+	04:11+	02:04+	02:20+	01:52+	01:53+	00:45+			
08:33#	00:14#	00:17#	00:20#	00:01+	00:13+	00:16#	00:13#	00:02+	00:31#	00:08+	00:07+	00:07+	00:31#	00:13#			
7	Anne-Siv Gjertsen												882	43:30			
04:35+	05:48+	08:25+	11:25+	15:06+	18:03+	20:06+	22:32+	25:15+	31:50+	36:13+	39:15+	41:18+	42:52+	43:30+			
04:35+	01:13+	02:37+	03:00+	03:41+	02:57+	02:03+	02:26+	02:43+	06:35+	04:23+	03:02+	02:03+	01:34+	00:38+			
00:49#	00:11#	00:16#	01:20#	00:21#	00:19#	00:21#	01:01#	00:40#	02:55#	02:11#	00:35#	00:04+	00:12#	00:06#			
8	Liv Omdal												1683	46:23			
06:51+	08:06+	10:27+	12:28+	15:49+	19:31+	22:28+	25:05+	28:13+	33:42+	38:04+	41:09+	43:18+	45:50+	46:23+			
06:51+	01:15+	02:21=	02:01+	03:21+	03:42+	02:57+	02:37+	03:08+	05:29+	04:22+	03:05+	02:09+	02:32+	00:33+			
03:05#	00:13#	00:00=	00:21#	00:01+	01:04#	01:15#	01:12#	01:05#	01:49#	02:10#	00:38#	00:10+	01:10#	00:01+			
9	Eli Tjåland Stokka												1141	54:56			
13:49+	14:53+	17:32+	19:25+	23:14+	25:58+	28:08+	30:07+	32:43+	44:48+	47:02+	50:08+	52:18+	54:14+	54:56+			
13:49+	01:04+	02:39+	01:53+	03:49+	02:44+	02:10+	01:59+	02:36+	12:05+	02:14+	03:06+	02:10+	01:56+	00:42+			
10:03#	00:02+	00:18#	00:13#	00:29#	00:06+	00:28#	00:34#	00:33#	08:25#	00:02+	00:39#	00:11+	00:34#	00:10#			

Plass

Navn

Klasse

Tid

D60

10	Marit Aandahl													3523		1:06:18	
05:38+	08:14+	11:34+	13:46+	19:16+	23:07+	25:40+	27:47+	31:06+	47:42+	57:33+	61:06+	63:32+	65:30+	66:18+			
05:38+	02:36+	03:20+	02:12+	05:30+	03:51+	02:33+	02:07+	03:19+	16:36+	09:51+	03:33+	02:26+	01:58+	00:48+			
01:52&	01:34@	00:59&	00:32&	02:10&	01:13&	00:51&	00:42&	01:16&	12:56@	07:39@	01:06&	00:27#	00:36&	00:16&			

Beste strekktid for klassen

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

D65

1	Ingrid Eik													1830	37:45	
05:39=	06:55=	09:10=	11:02=	14:18=	17:30=	19:43=	21:20=	23:45=	28:15=	30:26=	33:05=	35:28=	37:06=	37:45=		
05:39=	01:16=	02:15=	01:52=	03:16=	03:12=	02:13=	01:37=	02:25=	04:30=	02:11=	02:39=	02:23=	01:38=	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=		
2	Eli Frafjord													1141	43:10	
05:00-	08:41+	11:43+	13:47+	17:42+	20:55+	23:23+	25:05+	27:35+	33:00+	35:37+	38:47+	40:30+	42:23+	43:10+		
05:00-	03:41+	03:02+	02:04+	03:55+	03:13+	02:28+	01:42+	02:30+	05:25+	02:37+	03:10+	01:43-	01:53+	00:47+		
00:39-	02:25@	00:47&	00:12#	00:39#	00:01+	00:15#	00:05+	00:05+	00:55#	00:26#	00:31#	00:40-	00:15#	00:08#		
3	Ingunn Voilås													3502	43:30	
04:47-	05:53-	08:05-	09:57-	13:18-	15:36-	17:44-	19:17-	29:09+	34:28+	36:30+	38:49+	40:35+	42:42+	43:30+		
04:47-	01:06-	02:12-	01:52=	03:21+	02:18-	02:08-	01:33-	09:52+	05:19+	02:02-	02:19-	01:46-	02:07+	00:48+		
00:52-	00:10-	00:03-	00:00=	00:05+	00:54-	00:05-	00:04-	07:27@	00:49#	00:09-	00:20-	00:37-	00:29&	00:09#		
4	May Meling													593	43:39	
07:55+	09:05+	11:45+	14:11+	17:20+	20:49+	23:16+	25:09+	27:42+	33:27+	36:02+	39:06+	41:08+	43:01+	43:39+		
07:55+	01:10-	02:40+	02:26+	03:09-	03:29+	02:27+	01:53+	02:33+	05:45+	02:35+	03:04+	02:02-	01:53+	00:38-		
02:16&	00:06-	00:25#	00:34&	00:07-	00:17+	00:14#	00:16#	00:08+	01:15&	00:24#	00:25#	00:21-	00:15#	00:01-		
5	Berit Bakken													1884	44:29	
04:35-	07:14+	09:50+	11:42+	15:48+	19:34+	21:47+	23:36+	26:17+	31:23+	35:19+	39:14+	41:14+	43:37+	44:29+		
04:35-	02:39+	02:36+	01:52=	04:06+	03:46+	02:13=	01:49+	02:41+	05:06+	03:56+	03:55+	02:00-	02:23+	00:52+		
01:04-	01:23@	00:21#	00:00=	00:50&	00:34#	00:00=	00:12#	00:16#	00:36#	01:45&	01:16&	00:23-	00:45&	00:13&		
6	Amanda Renshaw													1758	44:52	
08:02+	09:06+	11:16+	13:08+	18:34+	24:06+	25:58+	27:27+	29:52+	35:02+	37:40+	40:44+	42:18+	44:08+	44:52+		
08:02+	01:04-	02:10-	01:52=	05:26+	05:32+	01:52-	01:29-	02:25=	05:10+	02:38+	03:04+	01:34-	01:50+	00:44+		
02:23&	00:12-	00:05-	00:00=	02:10&	02:20&	00:21-	00:08-	00:00=	00:40#	00:27#	00:25#	00:49-	00:12#	00:05#		
7	Marit Karin Skretting Nygård													892	47:49	
10:39+	12:23+	14:57+	16:42+	20:48+	24:04+	26:34+	28:24+	30:45+	35:34+	38:31+	41:56+	44:57+	46:58+	47:49+		
10:39+	01:44+	02:34+	01:45-	04:06+	03:16+	02:30+	01:50+	02:21-	04:49+	02:57+	03:25+	03:01+	02:01+	00:51+		
05:00&	00:28&	00:19#	00:07-	00:50&	00:04+	00:17#	00:13#	00:04-	00:19+	00:46&	00:46&	00:38&	00:23#	00:12&		
8	Liv Sissel Obrestad													3529	50:53	
07:20+	09:57+	12:53+	15:38+	20:37+	23:30+	26:04+	28:09+	30:36+	36:13+	42:08+	45:41+	48:10+	50:04+	50:53+		
07:20+	02:37+	02:56+	02:45+	04:59+	02:53-	02:34+	02:05+	02:27+	05:37+	05:55+	03:33+	02:29+	01:54+	00:49+		
01:41&	01:21@	00:41&	00:53&	01:43&	00:19-	00:21#	00:28&	00:02+	01:07#	03:44@	00:54&	00:06+	00:16#	00:10&		
9	Margot Asheim													722	52:29	
06:27+	07:38+	10:36+	13:05+	16:36+	22:21+	24:50+	27:05+	29:51+	42:45+	45:00+	48:03+	50:21+	51:56+	52:29+		
06:27+	01:11-	02:58+	02:29+	03:31+	05:45+	02:29+	02:15+	02:46+	12:54+	02:15+	03:03+	02:18-	01:35-	00:33-		
00:48#	00:05-	00:43&	00:37&	00:15+	02:33&	00:16#	00:38&	00:21#	08:24@	00:04+	00:24#	00:05-	00:03-	00:06-		

Beste strekktid for klassen

04:35	01:04	02:10	01:45	03:09	02:18	01:52	01:29	02:21	04:30	02:02	02:19	01:34	01:35	00:33
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D70

Plass	Navn	Klasse	Tid
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D70

1	Mette Dagsland												874	49:59	
07:52=	09:15=	12:15=	14:28=	19:27=	22:37=	25:01=	27:17=	29:49=	35:36=	41:10=	44:48=	47:20=	49:08=	49:59=	
07:52=	01:23=	03:00=	02:13=	04:59=	03:10=	02:24=	02:16=	02:32=	05:47=	05:34=	03:38=	02:32=	01:48=	00:51=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Lillian Dahl Fitjar												896	51:00	
08:03+	09:43+	12:48+	15:58+	21:20+	25:16+	27:53+	31:51+	34:58+	41:00+	43:04+	45:37+	47:52+	50:00+	51:00+	
08:03+	01:40+	03:05+	03:10+	05:22+	03:56+	02:37+	03:58+	03:07+	06:02+	02:04+	02:33+	02:15+	02:08+	01:00+	
08:03+	01:40+	03:05+	03:10+	05:22+	03:56+	02:37+	03:58+	03:07+	06:02+	02:04+	02:33+	02:15+	02:08+	01:00+	
3	Hanne Eik												896	1:02:19	
05:58+	09:28+	12:38+	14:30+	22:40+	28:50+	31:46+	37:34+	40:37+	49:02+	52:09+	55:56+	58:58+	61:19+	62:19+	
05:58+	03:30+	03:10+	01:52+	08:10+	06:10+	02:56+	05:48+	03:03+	08:25+	03:07+	03:47+	03:02+	02:21+	01:00+	
05:58+	03:30+	03:10+	01:52+	08:10+	06:10+	02:56+	05:48+	03:03+	08:25+	03:07+	03:47+	03:02+	02:21+	01:00+	
4	Berit Gramstad												3551	1:02:31	
15:51+	17:21+	20:21+	22:31+	27:08+	35:06+	37:29+	39:30+	42:09+	47:57+	53:44+	56:50+	59:22+	61:30+	62:31+	
15:51+	01:30+	03:00+	02:10+	04:37+	07:58+	02:23+	02:01+	02:39+	05:48+	05:47+	03:06+	02:32+	02:08+	01:01+	
15:51+	01:30+	03:00+	02:10+	04:37+	07:58+	02:23+	02:01+	02:39+	05:48+	05:47+	03:06+	02:32+	02:08+	01:01+	

Beste strekktid for klassen

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

D75

1	Ingrid W. Hestness												896		30:47	
03:15=	04:36=	06:50=	08:15=	11:01=	13:05=	15:16=	16:34=	18:33=	22:45=	24:39=	26:49=	28:42=	30:13=	30:47=		
03:15=	01:21=	02:14=	01:25=	02:46=	02:04=	02:11=	01:18=	01:59=	04:12=	01:54=	02:10=	01:53=	01:31=	00:34=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Haldis Glendrange												874		50:50	
05:08+	09:18+	11:55+	14:23+	18:24+	21:43+	24:43+	27:03+	30:16+	37:53+	41:32+	45:02+	47:44+	50:01+	50:50+		
05:08+	04:10+	02:37+	02:28+	04:01+	03:19+	03:00+	02:20+	03:13+	07:37+	03:39+	03:30+	02:42+	02:17+	00:49+		
01:53&	02:49@	00:23#	01:03&	01:15&	01:15&	00:49&	01:02&	01:14&	03:25&	01:45&	01:20&	00:49&	00:46&	00:15&		
3	Inger Skretting Opstad												3529		51:26	
05:23+	07:07+	10:26+	13:08+	21:19+	24:26+	27:40+	30:00+	33:28+	39:14+	42:23+	45:55+	48:25+	50:31+	51:26+		
05:23+	01:44+	03:19+	02:42+	08:11+	03:07+	03:14+	02:20+	03:28+	05:46+	03:09+	03:32+	02:30+	02:06+	00:55+		
02:08&	00:23&	01:05&	01:17&	05:25@	01:03&	01:03&	01:02&	01:29&	01:34&	01:15&	01:22&	00:37&	00:35&	00:21&		
4	Hedvig Anda												1683		52:34	
04:53+	06:30+	10:23+	12:32+	19:28+	23:09+	25:41+	27:56+	31:24+	37:39+	42:46+	47:44+	49:49+	51:51+	52:34+		
04:53+	01:37+	03:53+	02:09+	06:56+	03:41+	02:32+	02:15+	03:28+	06:15+	05:07+	04:58+	02:05+	02:02+	00:43+		
01:38&	00:16#	01:39&	00:44&	04:10@	01:37&	00:21#	00:57&	01:29&	02:03&	03:13@	02:48@	00:12#	00:31&	00:09&		
5	Aslaug Lura												1141		1:01:49	
05:19+	06:56+	10:19+	13:08+	19:29+	23:36+	27:19+	38:13+	41:20+	46:52+	52:12+	55:54+	58:27+	60:50+	61:49+		
05:19+	01:37+	03:23+	02:49+	06:21+	04:07+	03:43+	10:54+	03:07+	05:32+	05:20+	03:42+	02:33+	02:23+	00:59+		
02:04&	00:16#	01:09&	01:24&	03:35@	02:03&	01:32&	09:36@	01:08&	01:20&	03:26@	01:32&	00:40&	00:52&	00:25&		
6	Helga Klausen												769		1:04:12	
08:32+	10:22+	13:32+	16:33+	22:09+	26:13+	29:02+	31:27+	34:57+	48:12+	51:48+	57:11+	60:38+	63:18+	64:12+		
08:32+	01:50+	03:10+	03:01+	05:36+	04:04+	02:49+	02:25+	03:30+	13:15+	03:36+	05:23+	03:27+	02:40+	00:54+		
05:17@	00:29&	00:56&	01:36@	02:50@	02:00&	00:38&	01:07&	01:31&	09:03@	01:42&	03:13@	01:34&	01:09&	00:20&		

Beste strekktid for klassen

03:15 01:21 02:14 01:25 02:46 02:04 02:11 01:18 01:59 04:12 01:54 02:10 01:53 01:31 00:34

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

D80

Plass	Navn	Klasse	Tid
D80			
1	Gry Vikhamar Thengs	874	32:27
	03:21= 06:53= 09:33= 12:25= 14:04= 16:17= 24:55= 28:24= 30:01= 31:43= 32:27=		
	03:21= 03:32= 02:40= 02:52= 01:39= 02:13= 08:38= 03:29= 01:37= 01:42= 00:44=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Turid Nystrøm	874	35:35
	02:41+ 05:40+ 08:18+ 10:47+ 12:18+ 14:23+ 28:43+ 32:16+ 33:42+ 34:53+ 35:35+		
	02:41+ 02:59+ 02:38+ 02:29+ 01:31+ 02:05+ 14:20+ 03:33+ 01:26+ 01:11+ 00:42+		
	02:41+ 02:59+ 02:38+ 02:29+ 01:31+ 02:05+ 14:20+ 03:33+ 01:26+ 01:11+ 00:42+		
3	Helga Aaslid	3529	37:06
	03:26+ 06:57+ 10:01+ 13:20+ 15:16+ 17:51+ 28:09+ 32:36+ 34:51+ 36:18+ 37:06+		
	03:26+ 03:31+ 03:04+ 03:19+ 01:56+ 02:35+ 10:18+ 04:27+ 02:15+ 01:27+ 00:48+		
	03:26+ 03:31+ 03:04+ 03:19+ 01:56+ 02:35+ 10:18+ 04:27+ 02:15+ 01:27+ 00:48+		
4	Berit Ebbell Olsen	874	57:33
	04:29+ 08:23+ 11:53+ 15:22+ 17:49+ 20:51+ 45:30+ 52:39+ 54:46+ 56:36+ 57:33+		
	04:29+ 03:54+ 03:30+ 03:29+ 02:27+ 03:02+ 24:39+ 07:09+ 02:07+ 01:50+ 00:57+		
	04:29+ 03:54+ 03:30+ 03:29+ 02:27+ 03:02+ 24:39+ 07:09+ 02:07+ 01:50+ 00:57+		
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
DA			
1	Aud Hognestad Taksdal	892	34:58
	02:26= 04:10= 06:10= 07:19= 09:24= 11:49= 14:14= 16:18= 19:44= 20:54= 24:54= 27:56= 30:36= 31:26= 33:15= 34:32= 34:58=		
	02:26= 01:44= 02:00= 01:09= 02:05= 02:25= 02:25= 02:04= 03:26= 01:10= 04:00= 03:02= 02:40= 00:50= 01:49= 01:17= 00:26=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Silje Skorve Skarpeid	1758	39:44
	02:30+ 05:01+ 07:21+ 08:48+ 11:06+ 13:14+ 16:03+ 18:25+ 22:04+ 23:47+ 28:02+ 31:46+ 34:31+ 35:25+ 37:50+ 39:15+ 39:44+		
	02:30+ 02:31+ 02:20+ 01:27+ 02:18+ 02:08= 02:49+ 02:22+ 03:39+ 01:43+ 04:15+ 03:44+ 02:45+ 00:54+ 02:25+ 01:25+ 00:29+		
	00:04+ 00:47& 00:20# 00:18& 00:13# 00:17= 00:24# 00:18# 00:13+ 00:33& 00:15+ 00:42# 00:05+ 00:04+ 00:36& 00:08# 00:03#		
3	Helena Kolesova	1754	42:05
	02:41+ 05:33+ 08:44+ 10:10+ 12:45+ 15:03+ 18:05+ 20:28+ 24:41+ 26:32+ 31:27+ 34:58+ 37:39+ 38:29+ 40:17+ 41:37+ 42:05+		
	02:41+ 02:52+ 03:11+ 01:26+ 02:35+ 02:18= 03:02+ 02:23+ 04:13+ 01:51+ 04:55+ 03:31+ 02:41+ 00:50= 01:48= 01:20+ 00:28+		
	00:15# 01:08& 01:11& 00:17# 00:30# 00:07= 00:37& 00:19# 00:47# 00:41& 00:55# 00:29# 00:01+ 00:00= 00:01= 00:03+ 00:02+		
4	Jorunn Hadland	3502	45:08
	04:15+ 06:29+ 09:06+ 10:29+ 12:58+ 15:09+ 18:05+ 20:16+ 24:41+ 26:25+ 32:43+ 36:42+ 40:10+ 41:10+ 43:10+ 44:38+ 45:08+		
	04:15+ 02:14+ 02:37+ 01:23+ 02:29+ 02:11= 02:56+ 02:11+ 04:25+ 01:44+ 06:18+ 03:59+ 03:28+ 01:00+ 02:00+ 01:28+ 00:30+		
	01:49& 00:30& 00:37& 00:14# 00:24# 00:14= 00:31# 00:07+ 00:59& 00:34& 02:18& 00:57& 00:48& 00:10# 00:11# 00:11# 00:04#		
5	Katrine Haaland Leveraas	896	46:41
	05:21+ 07:31+ 09:25+ 10:42+ 13:32+ 16:26+ 19:45+ 22:19+ 26:22+ 30:01+ 35:04+ 38:46+ 42:00+ 42:57+ 44:43+ 46:14+ 46:41+		
	05:21+ 02:10+ 01:54= 01:17+ 02:50+ 02:54+ 03:19+ 02:34+ 04:03+ 03:39+ 05:03+ 03:42+ 03:14+ 00:57+ 01:46= 01:31+ 00:27+		
	02:55@ 00:26# 00:06= 00:08# 00:45& 00:29# 00:54& 00:30# 00:37# 02:29@ 01:03& 00:40# 00:34# 00:07# 00:03= 00:14# 00:01+		
6	Trine Bolstad Scheie	769	50:24
	05:02+ 07:16+ 09:38+ 11:13+ 13:54+ 16:46+ 19:54+ 22:48+ 28:23+ 30:55+ 36:24+ 41:05+ 45:22+ 46:24+ 48:15+ 49:52+ 50:24+		
	05:02+ 02:14+ 02:22+ 01:35+ 02:41+ 02:52+ 03:08+ 02:54+ 05:35+ 02:32+ 05:29+ 04:41+ 04:17+ 01:02+ 01:51+ 01:37+ 00:32+		
	02:36@ 00:30& 00:22# 00:26& 00:36& 00:27# 00:43& 00:50& 02:09& 01:22@ 01:29& 01:39& 01:37& 00:12# 00:02+ 00:20& 00:06#		
7	Nina Karlsen Jarstø	3531	52:16
	03:17+ 06:26+ 09:02+ 10:51+ 14:06+ 16:52+ 20:24+ 23:04+ 28:44+ 30:51+ 37:35+ 41:55+ 45:51+ 47:06+ 49:56+ 51:39+ 52:16+		
	03:17+ 03:09+ 02:36+ 01:49+ 03:15+ 02:46+ 03:32+ 02:40+ 05:40+ 02:07+ 06:44+ 04:20+ 03:56+ 01:15+ 02:50+ 01:43+ 00:37+		
	00:51& 01:25& 00:36& 00:40& 01:10& 00:21# 01:07& 00:36& 02:14& 00:57& 02:44& 01:18& 01:16& 00:25& 01:01& 00:26& 00:11&		
8	Maren Benjaminsen	1832	54:35
	03:12+ 05:11+ 08:02+ 09:39+ 12:43+ 15:41+ 19:18+ 24:07+ 29:24+ 31:27+ 39:00+ 43:31+ 49:08+ 50:09+ 52:24+ 54:05+ 54:35+		
	03:12+ 01:59+ 02:51+ 01:37+ 03:04+ 02:58+ 03:37+ 04:49+ 05:17+ 02:03+ 07:33+ 04:31+ 05:37+ 01:01+ 02:15+ 01:41+ 00:30+		
	00:46& 00:15# 00:51& 00:28& 00:59& 00:33# 01:12& 02:45@ 01:51& 00:53& 03:33& 01:29& 02:57@ 00:11# 00:26# 00:24& 00:04#		

Plass	Navn					Klasse					Tid				
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DA

9	Wibeke Lende													3503				55:11			
04:16+	07:31+	10:05+	11:41+	14:30+	17:00+	20:47+	24:46+	29:57+	34:34+	39:28+	44:49+	49:30+	50:36+	52:59+	54:42+	55:11+					
04:16+	03:15+	02:34+	01:36+	02:49+	02:30+	03:47+	03:59+	05:11+	04:37+	04:54+	05:21+	04:41+	01:06+	02:23+	01:43+	00:29+					
01:50&	01:31&	00:34&	00:27&	00:44&	00:05+	01:22&	01:55&	01:45&	03:27@	00:54#	02:19&	02:01&	00:16&	00:34&	00:26&	00:03#					
10	Aina Kalsaas Urstad													4232				55:51			
03:09+	05:59+	08:36+	10:30+	13:19+	16:07+	22:30+	25:00+	29:55+	31:41+	38:47+	43:19+	46:54+	48:41+	53:44+	55:25+	55:51+					
03:09+	02:50+	02:37+	01:54+	02:49+	02:48+	06:23+	02:30+	04:55+	01:46+	07:06+	04:32+	03:35+	01:47+	05:03+	01:41+	00:26+					
03:09+	02:50+	02:37+	01:54+	02:49+	02:48+	06:23+	02:30+	04:55+	01:46+	07:06+	04:32+	03:35+	01:47+	05:03+	01:41+	00:26+					
11	Matilde Skjæveland Skår													3486				56:44			
03:37+	11:53+	14:17+	15:54+	18:30+	21:06+	25:05+	28:17+	32:28+	36:42+	43:42+	47:47+	51:15+	52:25+	54:43+	56:13+	56:44+					
03:37+	08:16+	02:24+	01:37+	02:36+	02:36+	03:59+	03:12+	04:11+	04:14+	07:00+	04:05+	03:28+	01:10+	02:18+	01:30+	00:31+					
03:37+	08:16+	02:24+	01:37+	02:36+	02:36+	03:59+	03:12+	04:11+	04:14+	07:00+	04:05+	03:28+	01:10+	02:18+	01:30+	00:31+					

Beste strekktid for klassen

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

DB

1	Tone Torgersen													882				37:37
03:31=	06:00=	07:29=	10:02=	12:32=	15:43=	19:06=	22:24=	28:05=	31:20=	33:20=	35:26=	37:03=	37:37=					
03:31=	02:29=	01:29=	02:33=	02:30=	03:11=	03:23=	03:18=	05:41=	03:15=	02:00=	02:06=	01:37=	00:34=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Anne Garsrud													3518				39:03
04:18+	07:10+	08:59+	11:39+	14:22+	17:57+	20:48+	24:26+	29:10+	32:43+	34:44+	36:41+	38:31+	39:03+					
04:18+	02:52+	01:49+	02:40+	02:43+	03:35+	02:51-	03:38+	04:44-	03:33+	02:01+	01:57-	01:50+	00:32-					
00:47#	00:23#	00:20#	00:07+	00:13+	00:24#	00:32-	00:20#	00:57-	00:18+	00:01+	00:09-	00:13#	00:02-					
3	Agnes Haker													1284				40:54
04:58+	07:46+	09:23+	12:11+	14:45+	18:27+	21:48+	25:50+	30:24+	35:00+	37:07+	38:53+	40:25+	40:54+					
04:58+	02:48+	01:37+	02:48+	02:34+	03:42+	03:21-	04:02+	04:34-	04:36+	02:07+	01:46-	01:32-	00:29-					
01:27&	00:19#	00:08+	00:15+	00:04+	00:31#	00:02-	00:44#	01:07-	01:21&	00:07+	00:20-	00:05-	00:05-					
4	Lise Isachsen													1384				43:24
02:57-	05:20-	07:10-	10:33+	13:30+	17:15+	20:09+	24:29+	29:04+	34:46+	36:33+	41:24+	42:55+	43:24+					
02:57-	02:23-	01:50+	03:23+	02:57+	03:45+	02:54-	04:20+	04:35-	05:42+	01:47-	04:51+	01:31-	00:29-					
00:34-	00:06-	00:21#	00:50&	00:27#	00:34#	00:29-	01:02&	01:06-	02:27&	00:13-	02:45@	00:06-	00:05-					
5	Inger Tone Nygård													3502				46:07
05:13+	07:51+	09:28+	12:52+	15:31+	20:00+	23:46+	30:29+	35:35+	39:19+	41:27+	43:38+	45:32+	46:07+					
05:13+	02:38+	01:37+	03:24+	02:39+	04:29+	03:46+	06:43+	05:06-	03:44+	02:08+	02:11+	01:54+	00:35+					
01:42&	00:09+	00:08+	00:51&	00:09+	01:18&	00:23#	03:25@	00:35-	00:29#	00:08+	00:05+	00:17#	00:01+					
6	Toyah Bråtveit													1832				46:07
03:11-	05:46-	07:45+	10:35+	14:12+	17:54+	25:12+	30:06+	36:28+	40:19+	42:11+	44:08+	45:40+	46:07+					
03:11-	02:35+	01:59+	02:50+	03:37+	03:42+	07:18+	04:54+	06:22+	03:51+	01:52-	01:57-	01:32-	00:27-					
00:20-	00:06+	00:30&	00:17#	01:07&	00:31#	03:55@	01:36&	00:41#	00:36#	00:08-	00:09-	00:05-	00:07-					
7	Helen Lomeland													722				46:11
07:00+	09:45+	11:30+	14:25+	17:16+	21:40+	25:13+	29:40+	34:12+	39:20+	41:27+	43:49+	45:37+	46:11+					
07:00+	02:45+	01:45+	02:55+	02:51+	04:24+	03:33+	04:27+	04:32-	05:08+	02:07+	02:22+	01:48+	00:34=					
03:29&	00:16#	00:16#	00:22#	00:21#	01:13&	00:10+	01:09&	01:09-	01:53&	00:07+	00:16#	00:11#	00:00=					
8	Anina Hadland													3502				47:30
04:37+	07:32+	09:15+	12:44+	16:54+	21:19+	24:21+	29:55+	35:23+	40:05+	42:15+	44:47+	46:53+	47:30+					
04:37+	02:55+	01:43+	03:29+	04:10+	04:25+	03:02-	05:34+	05:28-	04:42+	02:10+	02:32+	02:06+	00:37+					
01:06&	00:26#	00:14#	00:56&	01:40&	01:14&	00:21-	02:16&	00:13-	01:27&	00:10+	00:26#	00:29&	00:03+					
9	Ida Kolstø													3502				49:16
04:53+	08:15+	10:14+	13:07+	16:13+	21:55+	25:58+	31:00+	36:34+	41:50+	44:43+	46:59+	48:47+	49:16+					
04:53+	03:22+	01:59+	02:53+	03:06+	05:42+	04:03+	05:02+	05:34-	05:16+	02:53+	02:16+	01:48+	00:29-					
01:22&	00:53&	00:30&	00:20#	00:36#	02:31&	00:40#	01:44&	00:07-	02:01&	00:53&	00:10+	00:11#	00:05-					

Plass	Navn	Klasse	Tid
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DB

10	Vibeke Lamark												878	51:53
03:36+	08:10+	09:57+	12:56+	15:38+	20:07+	22:48+	26:25+	31:29+	44:36+	47:02+	49:25+	51:15+	51:53+	
03:36+	04:34+	01:47+	02:59+	02:42+	04:29+	02:41-	03:37+	05:04-	13:07+	02:26+	02:23+	01:50+	00:38+	
00:05+	02:05&	00:18#	00:26#	00:12+	01:18&	00:42-	00:19+	00:37-	09:52@	00:26#	00:17#	00:13#	00:04#	
11	Maira Andersone												1884	52:36
03:40+	06:46+	08:57+	12:31+	16:44+	22:11+	26:44+	31:34+	38:22+	43:54+	46:09+	48:55+	51:58+	52:36+	
03:40+	03:06+	02:11+	03:34+	04:13+	05:27+	04:33+	04:50+	06:48+	05:32+	02:15+	02:46+	03:03+	00:38+	
03:40+	03:06+	02:11+	03:34+	04:13+	05:27+	04:33+	04:50+	06:48+	05:32+	02:15+	02:46+	03:03+	00:38+	
12	Maren Thu												4251	56:07
03:07+	05:57+	07:52+	10:40+	13:19+	17:20+	20:21+	24:22+	29:29+	46:48+	51:12+	53:38+	55:35+	56:07+	
03:07+	02:50+	01:55+	02:48+	02:39+	04:01+	03:01+	04:01+	05:07+	17:19+	04:24+	02:26+	01:57+	00:32+	
03:07+	02:50+	01:55+	02:48+	02:39+	04:01+	03:01+	04:01+	05:07+	17:19+	04:24+	02:26+	01:57+	00:32+	
13	Heidi Martby-Skogsholm												3522	57:19
03:58+	06:55+	09:22+	13:04+	18:36+	24:05+	27:47+	35:38+	41:10+	48:48+	51:34+	54:30+	56:43+	57:19+	
03:58+	02:57+	02:27+	03:42+	05:32+	05:29+	03:42+	07:51+	05:32+	07:38+	02:46+	02:56+	02:13+	00:36+	
03:58+	02:57+	02:27+	03:42+	05:32+	05:29+	03:42+	07:51+	05:32+	07:38+	02:46+	02:56+	02:13+	00:36+	
14	Marita Skorpe Falnes												3568	58:09
06:08+	09:06+	10:47+	14:18+	17:25+	21:27+	32:45+	37:14+	43:23+	50:06+	53:01+	55:32+	57:29+	58:09+	
06:08+	02:58+	01:41+	03:31+	03:07+	04:02+	11:18+	04:29+	06:09+	06:43+	02:55+	02:31+	01:57+	00:40+	
06:08+	02:58+	01:41+	03:31+	03:07+	04:02+	11:18+	04:29+	06:09+	06:43+	02:55+	02:31+	01:57+	00:40+	
15	Kristin Breivold												892	1:03:49
16:37+	19:40+	21:38+	24:40+	29:45+	34:57+	38:42+	43:29+	49:25+	56:18+	59:02+	61:16+	63:13+	63:49+	
16:37+	03:03+	01:58+	03:02+	05:05+	05:12+	03:45+	04:47+	05:56+	06:53+	02:44+	02:14+	01:57+	00:36+	
16:37+	03:03+	01:58+	03:02+	05:05+	05:12+	03:45+	04:47+	05:56+	06:53+	02:44+	02:14+	01:57+	00:36+	

Beste strekktid for klassen

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

DNY

1	Steinunn Birna Sveinbjornsdottir									722				19:15
03:21=	05:37=	08:06=	10:25=	11:59=	13:53=	15:58=	17:41=	18:40=	19:15=					
03:21=	02:16=	02:29=	02:19=	01:34=	01:54=	02:05=	01:43=	00:59=	00:35=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Bente Klausen									769				22:30
03:24+	06:18+	08:53+	12:11+	13:48+	16:13+	18:31+	19:59+	21:53+	22:30+					
03:24+	02:54+	02:35+	03:18+	01:37+	02:25+	02:18+	01:28-	01:54+	00:37+					
00:03+	00:38&	00:06+	00:59&	00:03+	00:31&	00:13#	00:15-	00:55&	00:02+					
3	Goedele Taveirne									896				23:17
03:38+	06:37+	09:17+	11:34+	13:40+	16:11+	18:55+	20:53+	22:36+	23:17+					
03:38+	02:59+	02:40+	02:17-	02:06+	02:31+	02:44+	01:58+	01:43+	00:41+					
00:17+	00:43&	00:11+	00:02-	00:32&	00:37&	00:39&	00:15#	00:44&	00:06#					
4	Anne Linn Olsen									3528				23:29
02:58-	05:24-	07:46-	11:59+	13:39+	17:52+	20:14+	21:46+	22:52+	23:29+					
02:58-	02:26+	02:22-	04:13+	01:40+	04:13+	02:22+	01:32-	01:06+	00:37+					
00:23-	00:10+	00:07-	01:54&	00:06+	02:19@	00:17#	00:11-	00:07#	00:02+					
5	Kristine Aasland									3524				25:24
04:05+	07:36+	09:49+	11:58+	14:18+	17:24+	20:16+	22:30+	24:24+	25:24+					
04:05+	03:31+	02:13-	02:09-	02:20+	03:06+	02:52+	02:14+	01:54+	01:00+					
00:44#	01:15&	00:16-	00:10-	00:46&	01:12&	00:47&	00:31&	00:55&	00:25&					
6	Tiril Søndervik Pedersen									1141				25:51
02:58-	05:36-	08:50+	11:29+	13:59+	16:42+	19:25+	21:24+	24:18+	25:51+					
02:58-	02:38+	03:14+	02:39+	02:30+	02:43+	02:43+	01:59+	02:54+	01:33+					
00:23-	00:22#	00:45&	00:20#	00:56&	00:49&	00:38&	00:16#	01:55@	00:58@					

Plass	Navn	Klasse	Tid
DNY			
7	Ingrid Lohne	722	56:10
05:48+	09:55+	14:07+	17:33+
05:48+	04:07+	04:12+	03:26+
02:27&	01:51&	01:43&	01:07&
22:22+	31:46+	41:50+	48:20+
09:24+	10:04+	06:30+	06:24+
07:30&	07:59&	04:47&	05:25&
56:10+	01:26+	00:51&	
8	Karin Jensvold	722	56:17
05:56+	10:01+	14:11+	17:38+
05:56+	04:05+	04:10+	03:27+
05:56+	04:05+	04:10+	03:27+
22:28+	31:54+	41:55+	48:29+
09:26+	10:01+	06:34+	06:24+
09:26+	10:01+	06:34+	06:24+
56:17+	01:24+	01:24+	
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
DT			
1	Marita Navjord Nicolaysen	1284	22:34
02:23=	04:36=	06:42=	08:00=
02:23=	02:13=	02:06=	01:18=
00:00=	00:00=	00:00=	00:00=
13:09=	15:35=	16:48=	18:22=
02:16=	02:26=	01:13=	01:34=
00:00=	00:00=	00:00=	00:00=
22:34=	02:13=	02:13=	00:36=
00:00=	00:00=	00:00=	00:00=
2	Mette Baardsgaard	1884	24:00
02:21-	04:35-	06:45+	08:05+
02:21-	02:14+	02:10+	01:20+
00:02-	00:01+	00:04+	00:02+
10:49-	13:00-	15:20-	18:37+
02:01-	02:20-	03:17+	01:29-
00:05-	00:06-	02:04@	00:05-
24:00+	21:16+	23:26+	24:00+
00:34-	02:10-	00:34-	00:02-
3	Anastasia Ollestad	3676	24:45
03:10+	05:14+	07:23+	08:54+
03:10+	02:04-	02:09+	01:31+
00:47&	00:09-	00:03+	00:13#
12:09+	14:10+	16:13+	17:40+
02:01-	02:03-	01:27+	01:25-
00:15-	00:23-	00:14#	00:09-
24:45+	22:46+	24:45+	01:23@
01:59+	02:25+	01:59+	
4	Camilla Lillebø Gundersen	793	24:52
02:16-	04:48+	07:26+	08:58+
02:16-	02:32+	02:38+	01:32+
00:07-	00:19#	00:32&	00:14#
11:42+	14:04+	16:29+	17:40+
02:22+	02:25-	01:11-	01:55+
00:06+	00:01-	00:02-	00:21#
24:52+	24:18+	24:52+	00:02-
00:34-	03:05+	00:34-	
5	Kristine Samnøen	722	25:05
02:53+	05:35+	08:17+	09:34+
02:53+	02:42+	02:42+	01:17-
00:30#	00:29#	00:36&	00:01-
12:43+	15:01+	17:10+	18:26+
02:18+	02:09-	01:16+	01:41+
00:02+	00:17-	00:03+	00:07+
25:05+	24:29+	25:05+	00:00=
00:36=	00:46&	00:00=	
6	Monica Gilje Rennemo	892	25:59
03:51+	06:40+	09:15+	10:44+
03:51+	02:49+	02:35+	01:29+
01:28&	00:36&	00:29#	00:11#
13:57+	15:58+	17:58+	19:12+
02:01-	02:00-	01:14+	01:52+
00:15-	00:26-	00:01+	00:18#
25:59+	25:24+	25:59+	00:01-
00:35-	02:56+	00:35-	
7	Esther Boenheim	2539	26:34
03:14+	05:50+	08:28+	09:56+
03:14+	02:36+	02:38+	01:28+
00:51&	00:23#	00:32&	00:10#
13:30+	15:59+	18:20+	19:47+
02:29+	02:21-	01:27+	01:49+
00:13+	00:05-	00:14#	00:15#
26:34+	23:15+	25:51+	26:34+
00:43+	02:36+	00:43+	00:07#
8	Ingrid Overegseth Foss	896	26:38
02:42+	05:27+	08:02+	09:59+
02:42+	02:45+	02:35+	01:57+
00:19#	00:32#	00:29#	00:39&
12:53+	15:13+	18:41+	20:19+
03:28+	01:38+	01:45+	01:29+
01:02&	00:25&	00:11#	00:06+
26:38+	25:54+	26:38+	00:08#
00:44+	02:21+	00:44+	
9	Silje Rese	1832	26:43
03:17+	05:55+	08:19+	10:08+
03:17+	02:38+	02:24+	01:49+
00:54&	00:25#	00:18#	00:31&
13:41+	16:04+	18:21+	19:42+
02:23+	02:17-	01:21+	01:45+
00:07+	00:09-	00:08#	00:11#
26:43+	26:04+	26:43+	00:03+
00:39+	03:15+	00:39+	
10	Marta Bertolaso	1832	26:43
03:19+	05:57+	08:21+	10:06+
03:19+	02:38+	02:24+	01:45+
00:56&	00:25#	00:18#	00:27&
13:38+	16:02+	18:25+	19:44+
02:24+	02:23-	01:19+	01:46+
00:08+	00:03-	00:06+	00:12#
26:43+	26:03+	26:43+	01:02&
00:40+	00:04#	00:04#	

Plass	Navn		Klasse									Tid
DT												
11	Line Skaar		4235									26:59
03:12+	05:29+	07:48+	10:43+	13:48+	16:09+	18:24+	19:44+	21:22+	22:53+	26:22+	26:59+	
03:12+	02:17+	02:19+	02:55+	03:05+	02:21+	02:15-	01:20+	01:38+	01:31+	03:29+	00:37+	
00:49&	00:04+	00:13#	01:37@	00:12+	00:05+	00:11-	00:07+	00:04+	00:08+	01:16&	00:01+	
12	Sølvi Utbø Sakseid		1683									27:17
02:40+	05:16+	08:00+	09:31+	15:26+	17:48+	20:07+	21:18+	23:05+	24:30+	26:36+	27:17+	
02:40+	02:36+	02:44+	01:31+	05:55+	02:22+	02:19+	01:11+	01:47+	01:25+	02:06+	00:41+	
02:40+	02:36+	02:44+	01:31+	05:55+	02:22+	02:19+	01:11+	01:47+	01:25+	02:06+	00:41+	
13	Monica Regine Romstad		722									27:28
03:27+	05:49+	08:03+	10:20+	14:25+	16:35+	19:21+	20:39+	22:14+	23:42+	26:51+	27:28+	
03:27+	02:22+	02:14+	02:17+	04:05+	02:10+	02:46+	01:18+	01:35+	01:28+	03:09+	00:37+	
03:27+	02:22+	02:14+	02:17+	04:05+	02:10+	02:46+	01:18+	01:35+	01:28+	03:09+	00:37+	
14	Eli Serine Eikeskog		1884									27:49
03:28+	06:10+	08:50+	10:25+	14:14+	17:06+	19:34+	21:08+	23:15+	24:43+	27:07+	27:49+	
03:28+	02:42+	02:40+	01:35+	03:49+	02:52+	02:28+	01:34+	02:07+	01:28+	02:24+	00:42+	
03:28+	02:42+	02:40+	01:35+	03:49+	02:52+	02:28+	01:34+	02:07+	01:28+	02:24+	00:42+	
15	Anne Hilde Halleraker		882									28:06
03:48+	06:42+	09:23+	11:26+	15:19+	17:33+	19:49+	21:03+	22:50+	24:15+	27:20+	28:06+	
03:48+	02:54+	02:41+	02:03+	03:53+	02:14+	02:16+	01:14+	01:47+	01:25+	03:05+	00:46+	
03:48+	02:54+	02:41+	02:03+	03:53+	02:14+	02:16+	01:14+	01:47+	01:25+	03:05+	00:46+	
16	Anne Turid Vestbakke		1683									28:18
02:45+	05:17+	08:00+	10:18+	14:19+	16:47+	19:17+	21:10+	23:01+	24:42+	27:39+	28:18+	
02:45+	02:32+	02:43+	02:18+	04:01+	02:28+	02:30+	01:53+	01:51+	01:41+	02:57+	00:39+	
02:45+	02:32+	02:43+	02:18+	04:01+	02:28+	02:30+	01:53+	01:51+	01:41+	02:57+	00:39+	
17	Kjersti Sigurdson		722									28:21
02:09+	04:55+	07:06+	08:17+	11:31+	13:35+	15:34+	19:22+	20:57+	25:41+	27:46+	28:21+	
02:09+	02:46+	02:11+	01:11+	03:14+	02:04+	01:59+	03:48+	01:35+	04:44+	02:05+	00:35+	
02:09+	02:46+	02:11+	01:11+	03:14+	02:04+	01:59+	03:48+	01:35+	04:44+	02:05+	00:35+	
18	Karine Ditlevsen		896									29:19
03:07+	06:31+	09:17+	10:44+	14:42+	17:27+	19:44+	21:32+	23:21+	24:55+	28:40+	29:19+	
03:07+	03:24+	02:46+	01:27+	03:58+	02:45+	02:17+	01:48+	01:49+	01:34+	03:45+	00:39+	
03:07+	03:24+	02:46+	01:27+	03:58+	02:45+	02:17+	01:48+	01:49+	01:34+	03:45+	00:39+	
19	Therese Østbø		896									29:19
03:05+	06:29+	09:14+	10:42+	14:44+	17:28+	19:45+	21:34+	23:23+	24:56+	28:41+	29:19+	
03:05+	03:24+	02:45+	01:28+	04:02+	02:44+	02:17+	01:49+	01:49+	01:33+	03:45+	00:38+	
03:05+	03:24+	02:45+	01:28+	04:02+	02:44+	02:17+	01:49+	01:49+	01:33+	03:45+	00:38+	
20	Sigrund Serigstad		879									29:23
02:49+	04:54+	07:33+	10:12+	14:35+	17:15+	20:52+	22:17+	24:06+	25:53+	28:34+	29:23+	
02:49+	02:05+	02:39+	02:39+	04:23+	02:40+	03:37+	01:25+	01:49+	01:47+	02:41+	00:49+	
02:49+	02:05+	02:39+	02:39+	04:23+	02:40+	03:37+	01:25+	01:49+	01:47+	02:41+	00:49+	
21	Karolina Lenart		1376									30:11
02:30+	05:07+	08:51+	10:56+	15:48+	18:21+	21:03+	22:42+	24:38+	26:18+	29:35+	30:11+	
02:30+	02:37+	03:44+	02:05+	04:52+	02:33+	02:42+	01:39+	01:56+	01:40+	03:17+	00:36+	
02:30+	02:37+	03:44+	02:05+	04:52+	02:33+	02:42+	01:39+	01:56+	01:40+	03:17+	00:36+	
22	Heidi Camilla Raugstad Hovet		769									30:24
02:34+	05:33+	08:04+	09:53+	14:13+	16:34+	20:44+	22:32+	24:38+	26:23+	29:53+	30:24+	
02:34+	02:59+	02:31+	01:49+	04:20+	02:21+	04:10+	01:48+	02:06+	01:45+	03:30+	00:31+	
02:34+	02:59+	02:31+	01:49+	04:20+	02:21+	04:10+	01:48+	02:06+	01:45+	03:30+	00:31+	
23	Marianne Høie		1683									30:31
03:17+	06:18+	08:57+	10:53+	15:32+	18:13+	21:42+	23:18+	25:10+	26:57+	29:44+	30:31+	
03:17+	03:01+	02:39+	01:56+	04:39+	02:41+	03:29+	01:36+	01:52+	01:47+	02:47+	00:47+	
03:17+	03:01+	02:39+	01:56+	04:39+	02:41+	03:29+	01:36+	01:52+	01:47+	02:47+	00:47+	
24	Helena Almedal		1376									30:42
02:55+	05:46+	08:39+	10:29+	15:24+	18:20+	21:03+	22:40+	24:47+	26:31+	29:58+	30:42+	
02:55+	02:51+	02:53+	01:50+	04:55+	02:56+	02:43+	01:37+	02:07+	01:44+	03:27+	00:44+	
02:55+	02:51+	02:53+	01:50+	04:55+	02:56+	02:43+	01:37+	02:07+	01:44+	03:27+	00:44+	

Plass	Navn											Klasse	Tid										
DT																							
25	Solbjørg Borgersen											3536	31:10										
03:34+	06:50+	09:59+	11:44+	16:20+	18:49+	22:23+	23:55+	25:54+	27:38+	30:16+	31:10+												
03:34+	03:16+	03:09+	01:45+	04:36+	02:29+	03:34+	01:32+	01:59+	01:44+	02:38+	00:54+												
03:34+	03:16+	03:09+	01:45+	04:36+	02:29+	03:34+	01:32+	01:59+	01:44+	02:38+	00:54+												
26	Inger Martinsen											4248	31:48										
04:40+	07:31+	10:14+	12:01+	16:39+	19:34+	22:31+	24:00+	26:03+	27:47+	30:58+	31:48+												
04:40+	02:51+	02:43+	01:47+	04:38+	02:55+	02:57+	01:29+	02:03+	01:44+	03:11+	00:50+												
04:40+	02:51+	02:43+	01:47+	04:38+	02:55+	02:57+	01:29+	02:03+	01:44+	03:11+	00:50+												
27	Margretha Almedal											1376	31:51										
03:52+	06:45+	09:41+	11:36+	16:59+	19:35+	22:09+	23:43+	25:48+	27:47+	31:10+	31:51+												
03:52+	02:53+	02:56+	01:55+	05:23+	02:36+	02:34+	01:34+	02:05+	01:59+	03:23+	00:41+												
03:52+	02:53+	02:56+	01:55+	05:23+	02:36+	02:34+	01:34+	02:05+	01:59+	03:23+	00:41+												
28	Unni Byberg Mæstad											892	32:44										
03:21+	06:29+	09:21+	11:32+	17:16+	19:53+	23:00+	24:46+	26:45+	28:28+	31:55+	32:44+												
03:21+	03:08+	02:52+	02:11+	05:44+	02:37+	03:07+	01:46+	01:59+	01:43+	03:27+	00:49+												
03:21+	03:08+	02:52+	02:11+	05:44+	02:37+	03:07+	01:46+	01:59+	01:43+	03:27+	00:49+												
29	Anna Hole											3503	33:52										
05:15+	08:41+	11:48+	13:38+	18:44+	21:52+	24:24+	25:45+	27:55+	29:52+	33:13+	33:52+												
05:15+	03:26+	03:07+	01:50+	05:06+	03:08+	02:32+	01:21+	02:10+	01:57+	03:21+	00:39+												
05:15+	03:26+	03:07+	01:50+	05:06+	03:08+	02:32+	01:21+	02:10+	01:57+	03:21+	00:39+												
30	Silje Myklebust											3529	33:53										
02:53+	05:21+	07:51+	09:28+	21:27+	23:42+	26:20+	27:43+	29:30+	31:07+	33:19+	33:53+												
02:53+	02:28+	02:30+	01:37+	11:59+	02:15+	02:38+	01:23+	01:47+	01:37+	02:12+	00:34+												
02:53+	02:28+	02:30+	01:37+	11:59+	02:15+	02:38+	01:23+	01:47+	01:37+	02:12+	00:34+												
31	Gunhild Nordbø											896	34:02										
02:53+	05:45+	08:35+	11:07+	15:59+	18:34+	21:18+	23:00+	25:07+	27:06+	32:59+	34:02+												
02:53+	02:52+	02:50+	02:32+	04:52+	02:35+	02:44+	01:42+	02:07+	01:59+	05:53+	01:03+												
02:53+	02:52+	02:50+	02:32+	04:52+	02:35+	02:44+	01:42+	02:07+	01:59+	05:53+	01:03+												
32	Kristine Vik											1284	34:21										
03:00+	05:52+	08:14+	10:59+	16:27+	20:22+	23:20+	25:04+	26:59+	28:59+	33:38+	34:21+												
03:00+	02:52+	02:22+	02:45+	05:28+	03:55+	02:58+	01:44+	01:55+	02:00+	04:39+	00:43+												
03:00+	02:52+	02:22+	02:45+	05:28+	03:55+	02:58+	01:44+	01:55+	02:00+	04:39+	00:43+												
33	Elin Norveel											722	34:41										
03:10+	06:23+	09:26+	11:08+	17:57+	21:43+	24:49+	26:30+	28:39+	30:27+	33:38+	34:41+												
03:10+	03:13+	03:03+	01:42+	06:49+	03:46+	03:06+	01:41+	02:09+	01:48+	03:11+	01:03+												
03:10+	03:13+	03:03+	01:42+	06:49+	03:46+	03:06+	01:41+	02:09+	01:48+	03:11+	01:03+												
34	Shazia Ali Zade											1832	34:44										
03:24+	05:46+	08:19+	09:40+	12:27+	14:41+	25:06+	27:08+	29:23+	30:50+	34:04+	34:44+												
03:24+	02:22+	02:33+	01:21+	02:47+	02:14+	10:25+	02:02+	02:15+	01:27+	03:14+	00:40+												
03:24+	02:22+	02:33+	01:21+	02:47+	02:14+	10:25+	02:02+	02:15+	01:27+	03:14+	00:40+												
35	Tone M. Seglem Giske											1683	34:49										
03:13+	06:05+	09:01+	11:07+	14:58+	19:26+	23:05+	25:07+	29:02+	31:17+	34:09+	34:49+												
03:13+	02:52+	02:56+	02:06+	03:51+	04:28+	03:39+	02:02+	03:55+	02:15+	02:52+	00:40+												
03:13+	02:52+	02:56+	02:06+	03:51+	04:28+	03:39+	02:02+	03:55+	02:15+	02:52+	00:40+												
36	Maria Haukalid											3511	35:46										
03:55+	07:36+	10:15+	11:55+	17:20+	21:49+	27:05+	28:31+	30:23+	32:00+	35:00+	35:46+												
03:55+	03:41+	02:39+	01:40+	05:25+	04:29+	05:16+	01:26+	01:52+	01:37+	03:00+	00:46+												
03:55+	03:41+	02:39+	01:40+	05:25+	04:29+	05:16+	01:26+	01:52+	01:37+	03:00+	00:46+												
37	Signe Lise Haaland											3507	37:15										
03:43+	07:09+	10:13+	11:53+	17:12+	21:06+	25:18+	27:11+	29:55+	32:15+	36:03+	37:15+												
03:43+	03:26+	03:04+	01:40+	05:19+	03:54+	04:12+	01:53+	02:44+	02:20+	03:48+	01:12+												
03:43+	03:26+	03:04+	01:40+	05:19+	03:54+	04:12+	01:53+	02:44+	02:20+	03:48+	01:12+												
38	Kirsti Strand Salvesen											3540	37:36										
03:53+	07:26+	10:53+	12:50+	19:36+	22:58+	26:14+	28:15+	30:50+	33:01+	36:30+	37:36+												
03:53+	03:33+	03:27+	01:57+	06:46+	03:22+	03:16+	02:01+	02:35+	02:11+	03:29+	01:06+												
03:53+	03:33+	03:27+	01:57+	06:46+	03:22+	03:16+	02:01+	02:35+	02:11+	03:29+	01:06+												

Plass	Navn											Klasse	Tid
DT													
39	Elisa Møller											769	38:32
03:13+	06:28+	09:22+	16:44+	24:38+	27:26+	29:51+	31:23+	33:24+	35:12+	37:48+	38:32+		
03:13+	03:15+	02:54+	07:22+	07:54+	02:48+	02:25+	01:32+	02:01+	01:48+	02:36+	00:44+		
03:13+	03:15+	02:54+	07:22+	07:54+	02:48+	02:25+	01:32+	02:01+	01:48+	02:36+	00:44+		
40	Helga Sandve Helgøy											1683	38:37
03:15+	06:45+	11:47+	20:39+	24:21+	27:07+	29:25+	30:57+	33:04+	34:50+	37:48+	38:37+		
03:15+	03:30+	05:02+	08:52+	03:42+	02:46+	02:18+	01:32+	02:07+	01:46+	02:58+	00:49+		
03:15+	03:30+	05:02+	08:52+	03:42+	02:46+	02:18+	01:32+	02:07+	01:46+	02:58+	00:49+		
41	Bente Skagseth											3558	38:47
03:31+	07:11+	10:05+	12:04+	16:56+	20:08+	25:23+	27:22+	29:28+	31:19+	38:03+	38:47+		
03:31+	03:40+	02:54+	01:59+	04:52+	03:12+	05:15+	01:59+	02:06+	01:51+	06:44+	00:44+		
03:31+	03:40+	02:54+	01:59+	04:52+	03:12+	05:15+	01:59+	02:06+	01:51+	06:44+	00:44+		
42	Ruth Hetland											1284	39:24
03:40+	05:37+	07:56+	09:52+	26:11+	28:27+	30:48+	32:02+	33:40+	35:22+	38:37+	39:24+		
03:40+	01:57+	02:19+	01:56+	16:19+	02:16+	02:21+	01:14+	01:38+	01:42+	03:15+	00:47+		
03:40+	01:57+	02:19+	01:56+	16:19+	02:16+	02:21+	01:14+	01:38+	01:42+	03:15+	00:47+		
43	Eli Thorset Våge											896	39:37
03:50+	07:15+	10:30+	12:32+	21:06+	24:09+	27:09+	29:22+	31:56+	35:11+	38:47+	39:37+		
03:50+	03:25+	03:15+	02:02+	08:34+	03:03+	03:00+	02:13+	02:34+	03:15+	03:36+	00:50+		
03:50+	03:25+	03:15+	02:02+	08:34+	03:03+	03:00+	02:13+	02:34+	03:15+	03:36+	00:50+		
44	Hilde Meisingset											1456	40:05
05:45+	09:07+	12:20+	14:02+	21:00+	23:50+	27:18+	29:15+	31:47+	34:03+	39:00+	40:05+		
05:45+	03:22+	03:13+	01:42+	06:58+	02:50+	03:28+	01:57+	02:32+	02:16+	04:57+	01:05+		
05:45+	03:22+	03:13+	01:42+	06:58+	02:50+	03:28+	01:57+	02:32+	02:16+	04:57+	01:05+		
45	Agnete Dedekam Stabel											1758	40:54
03:24+	06:49+	10:09+	12:03+	19:38+	23:03+	28:30+	30:37+	33:22+	35:54+	40:03+	40:54+		
03:24+	03:25+	03:20+	01:54+	07:35+	03:25+	05:27+	02:07+	02:45+	02:32+	04:09+	00:51+		
03:24+	03:25+	03:20+	01:54+	07:35+	03:25+	05:27+	02:07+	02:45+	02:32+	04:09+	00:51+		
46	Solbjørg Eikeland											722	42:47
03:25+	06:32+	09:12+	18:21+	30:24+	32:39+	35:18+	36:31+	38:09+	39:59+	42:15+	42:47+		
03:25+	03:07+	02:40+	09:09+	12:03+	02:15+	02:39+	01:13+	01:38+	01:50+	02:16+	00:32+		
03:25+	03:07+	02:40+	09:09+	12:03+	02:15+	02:39+	01:13+	01:38+	01:50+	02:16+	00:32+		
47	Ingunn Johanne Fandrem											3511	44:06
04:48+	08:22+	12:10+	15:17+	23:11+	26:28+	30:29+	33:00+	35:49+	38:04+	43:16+	44:06+		
04:48+	03:34+	03:48+	03:07+	07:54+	03:17+	04:01+	02:31+	02:49+	02:15+	05:12+	00:50+		
04:48+	03:34+	03:48+	03:07+	07:54+	03:17+	04:01+	02:31+	02:49+	02:15+	05:12+	00:50+		
48	Solveig Marie Grønning											3511	44:09
04:50+	08:21+	12:12+	15:20+	23:08+	26:30+	30:27+	33:04+	35:53+	38:09+	43:18+	44:09+		
04:50+	03:31+	03:51+	03:08+	07:48+	03:22+	03:57+	02:37+	02:49+	02:16+	05:09+	00:51+		
04:50+	03:31+	03:51+	03:08+	07:48+	03:22+	03:57+	02:37+	02:49+	02:16+	05:09+	00:51+		
49	Marianne Steinkopf											880	44:54
04:53+	08:41+	21:13+	22:52+	28:23+	30:58+	33:33+	35:03+	37:35+	39:13+	44:12+	44:54+		
04:53+	03:48+	12:32+	01:39+	05:31+	02:35+	02:35+	01:30+	02:32+	01:38+	04:59+	00:42+		
04:53+	03:48+	12:32+	01:39+	05:31+	02:35+	02:35+	01:30+	02:32+	01:38+	04:59+	00:42+		
50	Maria Fjelde											892	51:34
05:51+	11:11+	16:37+	20:24+	27:49+	32:23+	36:37+	39:39+	43:07+	46:01+	50:14+	51:34+		
05:51+	05:20+	05:26+	03:47+	07:25+	04:34+	04:14+	03:02+	03:28+	02:54+	04:13+	01:20+		
05:51+	05:20+	05:26+	03:47+	07:25+	04:34+	04:14+	03:02+	03:28+	02:54+	04:13+	01:20+		
51	Lisbeth Davidsen											722	55:34
03:06+	06:32+	09:19+	11:57+	28:43+	33:25+	38:17+	41:02+	43:50+	49:16+	54:41+	55:34+		
03:06+	03:26+	02:47+	02:38+	16:46+	04:42+	04:52+	02:45+	02:48+	05:26+	05:25+	00:53+		
03:06+	03:26+	02:47+	02:38+	16:46+	04:42+	04:52+	02:45+	02:48+	05:26+	05:25+	00:53+		
52	Ragnhild Christiansen											1884	56:13
06:51+	13:09+	20:21+	24:17+	31:02+	35:26+	39:59+	42:45+	46:28+	49:32+	54:28+	56:13+		
06:51+	06:18+	07:12+	03:56+	06:45+	04:24+	04:33+	02:46+	03:43+	03:04+	04:56+	01:45+		
06:51+	06:18+	07:12+	03:56+	06:45+	04:24+	04:33+	02:46+	03:43+	03:04+	04:56+	01:45+		

Plass	Navn	Klasse	Tid
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DT

53	Marit Kløvstad Braut					892						56:15
06:49+	13:11+	20:19+	24:24+	31:01+	35:29+	39:55+	42:42+	46:25+	49:29+	54:31+	56:15+	
06:49+	06:22+	07:08+	04:05+	06:37+	04:28+	04:26+	02:47+	03:43+	03:04+	05:02+	01:44+	
06:49+	06:22+	07:08+	04:05+	06:37+	04:28+	04:26+	02:47+	03:43+	03:04+	05:02+	01:44+	
54	Kari Mjølhus					882						58:18
02:55+	05:10+	20:08+	30:23+	36:54+	39:00+	49:55+	51:07+	52:44+	55:07+	57:43+	58:18+	
02:55+	02:15+	14:58+	10:15+	06:31+	02:06+	10:55+	01:12+	01:37+	02:23+	02:36+	00:35+	
02:55+	02:15+	14:58+	10:15+	06:31+	02:06+	10:55+	01:12+	01:37+	02:23+	02:36+	00:35+	
55	Maren Oftedal					3676						59:04
06:10+	09:28+	13:18+	17:02+	40:10+	43:33+	46:50+	49:03+	51:29+	53:48+	58:01+	59:04+	
06:10+	03:18+	03:50+	03:44+	23:08+	03:23+	03:17+	02:13+	02:26+	02:19+	04:13+	01:03+	
06:10+	03:18+	03:50+	03:44+	23:08+	03:23+	03:17+	02:13+	02:26+	02:19+	04:13+	01:03+	
56	Marita Joswig					3676						1:00:18
07:11+	10:31+	14:20+	18:06+	41:16+	44:35+	47:51+	50:04+	52:27+	54:44+	59:10+	60:18+	
07:11+	03:20+	03:49+	03:46+	23:10+	03:19+	03:16+	02:13+	02:23+	02:17+	04:26+	01:08+	
07:11+	03:20+	03:49+	03:46+	23:10+	03:19+	03:16+	02:13+	02:23+	02:17+	04:26+	01:08+	
57	Helene Verdal Hidle					1830						1:09:32
03:48+	08:25+	10:42+	19:16+	40:22+	42:20+	45:44+	59:03+	61:48+	64:04+	68:55+	69:32+	
03:48+	04:37+	02:17+	08:34+	21:06+	01:58+	03:24+	13:19+	02:45+	02:16+	04:51+	00:37+	
03:48+	04:37+	02:17+	08:34+	21:06+	01:58+	03:24+	13:19+	02:45+	02:16+	04:51+	00:37+	
58	May Kristin Haaland					3511						1:09:54
05:49+	10:40+	14:45+	17:32+	38:37+	43:55+	51:48+	54:50+	58:41+	62:11+	68:52+	69:54+	
05:49+	04:51+	04:05+	02:47+	21:05+	05:18+	07:53+	03:02+	03:51+	03:30+	06:41+	01:02+	
05:49+	04:51+	04:05+	02:47+	21:05+	05:18+	07:53+	03:02+	03:51+	03:30+	06:41+	01:02+	

Beste strekktid for klassen

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

H16

1	Erling Byberg												793	34:33
02:15=	04:13=	05:29=	07:34=	09:46=	13:13=	15:20=	21:50=	25:43=	29:09=	30:53=	32:21=	34:09=	34:33=	
02:15=	01:58=	01:16=	02:05=	02:12=	03:27=	02:07=	06:30=	03:53=	03:26=	01:44=	01:28=	01:48=	00:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Sondre Aspøy												2074	38:29
02:39+	05:10+	06:52+	09:30+	12:06+	16:20+	19:39+	24:23+	29:05+	32:32+	34:25+	36:12+	38:04+	38:29+	
02:39+	02:31+	01:42+	02:38+	02:36+	04:14+	03:19+	04:44-	04:42+	03:27+	01:53+	01:47+	01:52+	00:25+	
00:24#	00:33&	00:26&	00:33&	00:24#	00:47#	01:12&	01:46-	00:49#	00:01+	00:09+	00:19#	00:04+	00:01+	
3	Thor Hesselsøe												1376	38:43
03:56+	05:56+	07:42+	10:12+	12:48+	15:59+	19:37+	23:20+	27:42+	31:55+	34:41+	36:34+	38:17+	38:43+	
03:56+	02:00+	01:46+	02:30+	02:36+	03:11-	03:38+	03:43-	04:22+	04:13+	02:46+	01:53+	01:43-	00:26+	
01:41&	00:02+	00:30&	00:25#	00:24#	00:16-	01:31&	02:47-	00:29#	00:47#	01:02&	00:25&	00:05-	00:02+	
4	Børge Grødem												3619	39:12
02:55+	05:03+	06:34+	08:56+	10:57+	15:01+	17:09+	21:25-	25:22-	29:42+	32:44+	37:09+	38:46+	39:12+	
02:55+	02:08+	01:31+	02:22+	02:01-	04:04+	02:08+	04:16-	03:57+	04:20+	03:02+	04:25+	01:37-	00:26+	
00:40&	00:10+	00:15#	00:17#	00:11-	00:37#	00:01+	02:14-	00:04+	00:54&	01:18&	02:57@	00:11-	00:02+	
5	Henrik Friis												3516	39:58
02:45+	05:24+	06:50+	09:16+	11:13+	14:48+	17:05+	21:50=	29:09+	32:39+	34:26+	38:09+	39:34+	39:58+	
02:45+	02:39+	01:26+	02:26+	01:57-	03:35+	02:17+	04:45-	07:19+	03:30+	01:47+	03:43+	01:25-	00:24=	
00:30#	00:41&	00:10#	00:21#	00:15-	00:08+	00:10+	01:45-	03:26&	00:04+	00:03+	02:15@	00:23-	00:00=	
6	Bendix Gjølstad Smith												892	40:51
03:35+	06:21+	08:01+	10:50+	14:06+	18:02+	21:41+	25:23+	30:32+	34:49+	36:39+	38:32+	40:17+	40:51+	
03:35+	02:46+	01:40+	02:49+	03:16+	03:56+	03:39+	03:42-	05:09+	04:17+	01:50+	01:53+	01:45-	00:34+	
01:20&	00:48&	00:24&	00:44&	01:04&	00:29#	01:32&	02:48-	01:16&	00:51#	00:06+	00:25&	00:03-	00:10&	

Plass	Navn					Klasse					Tid				
H16															
7	Sindre Jakobsen					1830					44:40				
03:21+	06:19+	08:09+	11:03+	14:54+	19:58+	24:22+	28:43+	33:21+	38:15+	40:23+	42:33+	44:15+	44:40+		
03:21+	02:58+	01:50+	02:54+	03:51+	05:04+	04:24+	04:21-	04:38+	04:54+	02:08+	02:10+	01:42-	00:25+		
01:06&	01:00&	00:34&	00:49&	01:39&	01:37&	02:17&	02:09-	00:45#	01:28&	00:24#	00:42&	00:06-	00:01+		
8	Alexander Romanov					3562					45:02				
03:08+	09:23+	10:46+	13:11+	15:57+	22:11+	26:46+	30:19+	34:52+	38:58+	40:42+	42:31+	44:28+	45:02+		
03:08+	06:15+	01:23+	02:25+	02:46+	06:14+	04:35+	03:33+	04:33+	04:06+	01:44+	01:49+	01:57+	00:34+		
03:08+	06:15+	01:23+	02:25+	02:46+	06:14+	04:35+	03:33+	04:33+	04:06+	01:44+	01:49+	01:57+	00:34+		
9	David Wade					1683					46:24				
02:59+	05:15+	07:43+	10:36+	13:07+	23:15+	25:46+	32:25+	36:37+	40:42+	42:41+	44:35+	45:57+	46:24+		
02:59+	02:16+	02:28+	02:53+	02:31+	10:08+	02:31+	06:39+	04:12+	04:05+	01:59+	01:54+	01:22+	00:27+		
02:59+	02:16+	02:28+	02:53+	02:31+	10:08+	02:31+	06:39+	04:12+	04:05+	01:59+	01:54+	01:22+	00:27+		
10	Martin Skogland					3508					46:33				
04:02+	06:52+	08:53+	11:36+	15:57+	19:57+	22:35+	27:34+	34:38+	38:50+	41:29+	44:09+	45:56+	46:33+		
04:02+	02:50+	02:01+	02:43+	04:21+	04:00+	02:38+	04:59+	07:04+	04:12+	02:39+	02:40+	01:47+	00:37+		
04:02+	02:50+	02:01+	02:43+	04:21+	04:00+	02:38+	04:59+	07:04+	04:12+	02:39+	02:40+	01:47+	00:37+		
11	Magnus Kristoffersen					3676					47:48				
03:57+	06:56+	08:45+	11:49+	14:54+	21:27+	24:52+	31:06+	35:36+	41:41+	43:55+	45:47+	47:22+	47:48+		
03:57+	02:59+	01:49+	03:04+	03:05+	06:33+	03:25+	06:14+	04:30+	06:05+	02:14+	01:52+	01:35+	00:26+		
03:57+	02:59+	01:49+	03:04+	03:05+	06:33+	03:25+	06:14+	04:30+	06:05+	02:14+	01:52+	01:35+	00:26+		
12	Truls Thorkildsen					2074					48:02				
03:13+	05:42+	07:22+	10:05+	12:43+	15:59+	19:06+	24:02+	29:01+	41:59+	44:02+	45:48+	47:30+	48:02+		
03:13+	02:29+	01:40+	02:43+	02:38+	03:16+	03:07+	04:56+	04:59+	12:58+	02:03+	01:46+	01:42+	00:32+		
03:13+	02:29+	01:40+	02:43+	02:38+	03:16+	03:07+	04:56+	04:59+	12:58+	02:03+	01:46+	01:42+	00:32+		
13	Vidar Haus					3528					48:41				
04:26+	07:29+	09:20+	12:26+	15:35+	19:33+	23:35+	28:42+	35:30+	41:17+	43:48+	45:54+	48:04+	48:41+		
04:26+	03:03+	01:51+	03:06+	03:09+	03:58+	04:02+	05:07+	06:48+	05:47+	02:31+	02:06+	02:10+	00:37+		
04:26+	03:03+	01:51+	03:06+	03:09+	03:58+	04:02+	05:07+	06:48+	05:47+	02:31+	02:06+	02:10+	00:37+		
14	Stian Bentsen Malmanger					3676					49:49				
03:27+	07:37+	09:37+	12:42+	15:40+	20:12+	24:00+	28:41+	34:12+	41:39+	44:50+	47:07+	49:11+	49:49+		
03:27+	04:10+	02:00+	03:05+	02:58+	04:32+	03:48+	04:41+	05:31+	07:27+	03:11+	02:17+	02:04+	00:38+		
03:27+	04:10+	02:00+	03:05+	02:58+	04:32+	03:48+	04:41+	05:31+	07:27+	03:11+	02:17+	02:04+	00:38+		
15	Bjørn Morten Bøe Brunstøl					2023					53:55				
10:51+	13:15+	15:14+	18:17+	21:38+	27:06+	30:20+	37:08+	42:25+	46:52+	49:12+	51:28+	53:25+	53:55+		
10:51+	02:24+	01:59+	03:03+	03:21+	05:28+	03:14+	06:48+	05:17+	04:27+	02:20+	02:16+	01:57+	00:30+		
10:51+	02:24+	01:59+	03:03+	03:21+	05:28+	03:14+	06:48+	05:17+	04:27+	02:20+	02:16+	01:57+	00:30+		
16	Bernt Christian Bugge					3676					58:06				
03:16+	06:10+	08:18+	11:46+	14:38+	23:14+	26:27+	30:27+	35:54+	48:22+	51:10+	53:40+	57:33+	58:06+		
03:16+	02:54+	02:08+	03:28+	02:52+	08:36+	03:13+	04:00+	05:27+	12:28+	02:48+	02:30+	03:53+	00:33+		
03:16+	02:54+	02:08+	03:28+	02:52+	08:36+	03:13+	04:00+	05:27+	12:28+	02:48+	02:30+	03:53+	00:33+		
17	Eivind Baltzersen					1283					58:56				
03:06+	07:06+	09:21+	12:15+	17:00+	21:32+	26:05+	33:19+	38:14+	51:01+	53:26+	56:58+	58:36+	58:56+		
03:06+	04:00+	02:15+	02:54+	04:45+	04:32+	04:33+	07:14+	04:55+	12:47+	02:25+	03:32+	01:38+	00:20+		
03:06+	04:00+	02:15+	02:54+	04:45+	04:32+	04:33+	07:14+	04:55+	12:47+	02:25+	03:32+	01:38+	00:20+		
18	Erlend Sølvberg					3524					1:02:29				
07:51+	10:15+	12:21+	14:31+	18:37+	22:11+	24:24+	27:02+	31:05+	55:00+	57:43+	59:50+	62:00+	62:29+		
07:51+	02:24+	02:06+	02:10+	04:06+	03:34+	02:13+	02:38+	04:03+	23:55+	02:43+	02:07+	02:10+	00:29+		
07:51+	02:24+	02:06+	02:10+	04:06+	03:34+	02:13+	02:38+	04:03+	23:55+	02:43+	02:07+	02:10+	00:29+		
19	Thomas Hinna					1456					1:03:30				
17:42+	20:32+	22:48+	25:51+	30:52+	35:38+	39:49+	44:37+	50:38+	56:06+	58:51+	61:07+	62:54+	63:30+		
17:42+	02:50+	02:16+	03:03+	05:01+	04:46+	04:11+	04:48+	06:01+	05:28+	02:45+	02:16+	01:47+	00:36+		
17:42+	02:50+	02:16+	03:03+	05:01+	04:46+	04:11+	04:48+	06:01+	05:28+	02:45+	02:16+	01:47+	00:36+		
20	Gisle Sølvberg					4301					1:06:49				
03:49+	06:59+	09:34+	13:44+	18:12+	28:14+	31:55+	36:45+	47:50+	58:25+	60:58+	63:36+	66:12+	66:49+		
03:49+	03:10+	02:35+	04:10+	04:28+	10:02+	03:41+	04:50+	11:05+	10:35+	02:33+	02:38+	02:36+	00:37+		
03:49+	03:10+	02:35+	04:10+	04:28+	10:02+	03:41+	04:50+	11:05+	10:35+	02:33+	02:38+	02:36+	00:37+		

Plass	Navn					Klasse					Tid				
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H16

21	Henrik Aasheim												2342		1:15:27	
21:20+	24:07+	26:00+	29:01+	31:42+	38:28+	43:50+	55:14+	60:25+	67:05+	70:04+	72:45+	74:50+	75:27+			
21:20+	02:47+	01:53+	03:01+	02:41+	06:46+	05:22+	11:24+	05:11+	06:40+	02:59+	02:41+	02:05+	00:37+			
21:20+	02:47+	01:53+	03:01+	02:41+	06:46+	05:22+	11:24+	05:11+	06:40+	02:59+	02:41+	02:05+	00:37+			
22	Jone Klemo Øverland												1384		1:20:56	
03:37+	08:58+	14:59+	16:35+	20:23+	24:02+	28:24+	32:23+	52:42+	60:36+	72:16+	74:19+	77:04+	80:24+	80:56+		
03:37+	05:21+	06:01+	01:36+	03:48+	03:39+	04:22+	03:59+	20:19+	07:54+	11:40+	02:03+	02:45+	03:20+	00:32+		
03:37+	05:21+	06:01+	01:36+	03:48+	03:39+	04:22+	03:59+	20:19+	07:54+	11:40+	02:03+	02:45+	03:20+	00:32+		
23	Jonas Hagen												3528		1:25:52	
03:45+	11:39+	13:26+	16:31+	22:44+	28:29+	31:51+	38:21+	43:42+	78:12+	80:43+	83:28+	85:21+	85:52+			
03:45+	07:54+	01:47+	03:05+	06:13+	05:45+	03:22+	06:30+	05:21+	34:30+	02:31+	02:45+	01:53+	00:31+			
03:45+	07:54+	01:47+	03:05+	06:13+	05:45+	03:22+	06:30+	05:21+	34:30+	02:31+	02:45+	01:53+	00:31+			

Beste strekktid for klassen

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

H40

1	Anders Presterud												903	38:32
02:52=	05:10=	06:42=	10:01=	12:24=	15:45=	18:36=	22:26=	27:23=	32:43=	34:42=	36:29=	38:04=	38:32=	
02:52=	02:18=	01:32=	03:19=	02:23=	03:21=	02:51=	03:50=	04:57=	05:20=	01:59=	01:47=	01:35=	00:28=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Christian Ask												3563	38:39
03:34+	06:26+	08:18+	11:06+	13:47+	17:20+	19:50+	23:40+	28:11+	32:31-	34:32-	36:32+	38:09+	38:39+	
03:34+	02:52+	01:52+	02:48-	02:41+	03:33+	02:30-	03:50=	04:31-	04:20-	02:01+	02:00+	01:37+	00:30+	
00:42#	00:34#	00:20#	00:31-	00:18#	00:12+	00:21-	00:00=	00:26-	01:00-	00:02+	00:13#	00:02+	00:02+	
3	Magne Habbestad												3531	39:54
02:48-	05:10=	06:49+	09:32-	13:05+	16:10+	18:52+	23:06+	27:51+	33:26+	35:48+	37:41+	39:29+	39:54+	
02:48-	02:22+	01:39+	02:43-	03:33+	03:05-	02:42-	04:14+	04:45-	05:35+	02:22+	01:53+	01:48+	00:25-	
00:04-	00:04+	00:07+	00:36-	01:10&	00:16-	00:09-	00:24#	00:12-	00:15+	00:23#	00:06+	00:13#	00:03-	
4	Olav Johannes Espedal												3519	41:42
02:29-	04:47-	06:18-	08:46-	11:09-	16:44+	19:30+	22:41+	27:00-	35:59+	37:54+	39:33+	41:11+	41:42+	
02:29-	02:18=	01:31-	02:28-	02:23=	05:35+	02:46-	03:11-	04:19-	08:59+	01:55-	01:39-	01:38+	00:31+	
00:23-	00:00=	00:01-	00:51-	00:00=	02:14&	00:05-	00:39-	00:38-	03:39&	00:04-	00:08-	00:03+	00:03#	
5	Gunnar Thorset												896	43:05
03:16+	06:13+	08:02+	11:01+	14:22+	17:53+	21:15+	25:59+	32:34+	36:34+	38:50+	40:56+	42:36+	43:05+	
03:16+	02:57+	01:49+	02:59-	03:21+	03:31+	03:22+	04:44+	06:35+	04:00-	02:16+	02:06+	01:40+	00:29+	
00:24#	00:39&	00:17#	00:20-	00:58&	00:10+	00:31#	00:54#	01:38&	01:20-	00:17#	00:19#	00:05+	00:01+	
6	Rune Hatle												903	43:23
03:45+	06:18+	08:15+	11:25+	14:08+	17:48+	21:19+	26:32+	31:51+	36:23+	38:58+	41:19+	42:54+	43:23+	
03:45+	02:33+	01:57+	03:10-	02:43+	03:40+	03:31+	05:13+	05:19+	04:32-	02:35+	02:21+	01:35=	00:29+	
00:53&	00:15#	00:25&	00:09-	00:20#	00:19+	00:40#	01:23&	00:22+	00:48-	00:36&	00:34&	00:00=	00:01+	
7	Jan-Kenneth Polle												3525	44:14
02:42-	06:04+	07:42+	10:38+	13:00+	16:29+	18:56+	25:39+	33:36+	36:59+	39:05+	41:59+	43:45+	44:14+	
02:42-	03:22+	01:38+	02:56-	02:22-	03:29+	02:27-	06:43+	07:57+	03:23-	02:06+	02:54+	01:46+	00:29+	
00:10-	01:04&	00:06+	00:23-	00:01-	00:08+	00:24-	02:53&	03:00&	01:57-	00:07+	01:07&	00:11#	00:01+	
8	Rune Dahl Fitjar												1754	44:19
05:37+	08:20+	10:18+	13:37+	16:40+	20:16+	23:17+	27:32+	32:48+	37:50+	39:57+	41:53+	43:38+	44:19+	
05:37+	02:43+	01:58+	03:19=	03:03+	03:36+	03:01+	04:15+	05:16+	05:02-	02:07+	01:56+	01:45+	00:41+	
02:45&	00:25#	00:26&	00:00=	00:40&	00:15+	00:10+	00:25#	00:19+	00:18-	00:08+	00:09+	00:10#	00:13&	
9	Jone Hodne												3563	44:20
04:39+	09:15+	10:51+	13:20+	16:25+	20:35+	22:59+	26:33+	31:15+	37:49+	40:02+	42:14+	43:52+	44:20+	
04:39+	04:36+	01:36+	02:29-	03:05+	04:10+	02:24-	03:34-	04:42-	06:34+	02:13+	02:12+	01:38+	00:28=	
01:47&	02:18&	00:04+	00:50-	00:42&	00:49#	00:27-	00:16-	00:15-	01:14#	00:14#	00:25#	00:03+	00:00=	

Plass	Navn														Klasse	Tid													
H40																													

Plass	Navn				Klasse								Tid			
H50																
4	Trond Lamark				878								40:55			
03:10-	05:15-	08:59-	12:52+	20:03+	24:08+	29:14+	32:53+	34:15+	36:39+	38:33+	40:22+	40:55+				
03:10-	02:05+	03:44+	03:53+	07:11+	04:05+	05:06+	03:39+	01:22-	02:24+	01:54-	01:49+	00:33+				
01:05-	00:06+	00:21#	00:39#	02:51&	00:15+	00:26+	00:08+	00:23-	00:30&	00:54-	00:10#	00:01+				
5	Trondr Breiland				4248								40:57			
02:53+	06:41+	11:35+	14:25+	19:20+	24:03+	28:42+	32:25+	34:36+	36:39+	38:50+	40:29+	40:57+				
02:53+	03:48+	04:54+	02:50+	04:55+	04:43+	04:39+	03:43+	02:11+	02:03+	02:11+	01:39+	00:28+				
02:53+	03:48+	04:54+	02:50+	04:55+	04:43+	04:39+	03:43+	02:11+	02:03+	02:11+	01:39+	00:28+				
6	Jone Kalheim				879								41:16			
02:45+	05:40+	10:04+	12:53+	17:04+	22:01+	26:21+	33:38+	34:53+	37:17+	39:18+	40:50+	41:16+				
02:45+	02:55+	04:24+	02:49+	04:11+	04:57+	04:20+	07:17+	01:15+	02:24+	02:01+	01:32+	00:26+				
02:45+	02:55+	04:24+	02:49+	04:11+	04:57+	04:20+	07:17+	01:15+	02:24+	02:01+	01:32+	00:26+				
7	Øystein Fuglestad				878								42:52			
03:27+	06:44+	10:45+	14:12+	20:20+	24:53+	29:38+	33:36+	35:18+	37:50+	40:16+	42:12+	42:52+				
03:27+	03:17+	04:01+	03:27+	06:08+	04:33+	04:45+	03:58+	01:42+	02:32+	02:26+	01:56+	00:40+				
03:27+	03:17+	04:01+	03:27+	06:08+	04:33+	04:45+	03:58+	01:42+	02:32+	02:26+	01:56+	00:40+				
8	Asbjørn Brådland				879								43:35			
03:17+	06:28+	11:20+	14:49+	19:50+	24:42+	29:38+	34:05+	35:51+	38:45+	40:45+	43:01+	43:35+				
03:17+	03:11+	04:52+	03:29+	05:01+	04:52+	04:56+	04:27+	01:46+	02:54+	02:00+	02:16+	00:34+				
03:17+	03:11+	04:52+	03:29+	05:01+	04:52+	04:56+	04:27+	01:46+	02:54+	02:00+	02:16+	00:34+				
9	Steinar Hansen				882								44:32			
03:31+	08:47+	13:39+	16:42+	21:05+	25:54+	30:35+	34:33+	37:37+	39:57+	42:01+	44:02+	44:32+				
03:31+	05:16+	04:52+	03:03+	04:23+	04:49+	04:41+	03:58+	03:04+	02:20+	02:04+	02:01+	00:30+				
03:31+	05:16+	04:52+	03:03+	04:23+	04:49+	04:41+	03:58+	03:04+	02:20+	02:04+	02:01+	00:30+				
10	Erik Bjørnbom				3558								44:58			
04:05+	06:57+	11:08+	15:02+	20:14+	25:08+	30:45+	34:54+	37:18+	39:54+	42:26+	44:21+	44:58+				
04:05+	02:52+	04:11+	03:54+	05:12+	04:54+	05:37+	04:09+	02:24+	02:36+	02:32+	01:55+	00:37+				
04:05+	02:52+	04:11+	03:54+	05:12+	04:54+	05:37+	04:09+	02:24+	02:36+	02:32+	01:55+	00:37+				
11	Lars Primstad				769								45:47			
03:22+	06:13+	09:57+	13:01+	25:39+	29:29+	33:48+	37:32+	39:14+	41:29+	43:54+	45:18+	45:47+				
03:22+	02:51+	03:44+	03:04+	12:38+	03:50+	04:19+	03:44+	01:42+	02:15+	02:25+	01:24+	00:29+				
03:22+	02:51+	03:44+	03:04+	12:38+	03:50+	04:19+	03:44+	01:42+	02:15+	02:25+	01:24+	00:29+				
12	Trond Birkeland				882								48:36			
05:06+	07:22+	11:16+	14:26+	20:29+	26:03+	31:33+	39:37+	40:51+	43:46+	45:54+	48:05+	48:36+				
05:06+	02:16+	03:54+	03:10+	06:03+	05:34+	05:30+	08:04+	01:14+	02:55+	02:08+	02:11+	00:31+				
05:06+	02:16+	03:54+	03:10+	06:03+	05:34+	05:30+	08:04+	01:14+	02:55+	02:08+	02:11+	00:31+				
13	Erling Knutzen				879								50:31			
03:36+	07:40+	11:59+	18:14+	23:34+	28:56+	35:00+	39:54+	42:12+	45:03+	47:36+	49:42+	50:31+				
03:36+	04:04+	04:19+	06:15+	05:20+	05:22+	06:04+	04:54+	02:18+	02:51+	02:33+	02:06+	00:49+				
03:36+	04:04+	04:19+	06:15+	05:20+	05:22+	06:04+	04:54+	02:18+	02:51+	02:33+	02:06+	00:49+				
14	Svend Vihovde				1683								50:39			
04:32+	07:40+	12:16+	18:27+	23:46+	29:12+	34:59+	39:51+	42:19+	45:01+	47:38+	49:57+	50:39+				
04:32+	03:08+	04:36+	06:11+	05:19+	05:26+	05:47+	04:52+	02:28+	02:42+	02:37+	02:19+	00:42+				
04:32+	03:08+	04:36+	06:11+	05:19+	05:26+	05:47+	04:52+	02:28+	02:42+	02:37+	02:19+	00:42+				
15	Arne Hetlelid				3508								50:48			
03:38+	10:08+	14:43+	18:27+	23:48+	29:48+	35:27+	39:48+	42:13+	45:10+	47:46+	50:03+	50:48+				
03:38+	06:30+	04:35+	03:44+	05:21+	06:00+	05:39+	04:21+	02:25+	02:57+	02:36+	02:17+	00:45+				
03:38+	06:30+	04:35+	03:44+	05:21+	06:00+	05:39+	04:21+	02:25+	02:57+	02:36+	02:17+	00:45+				
16	Ådne Hausberg				793								50:55			
03:36+	08:47+	14:00+	18:02+	23:42+	28:31+	34:14+	38:47+	41:10+	44:45+	47:51+	50:16+	50:55+				
03:36+	05:11+	05:13+	04:02+	05:40+	04:49+	05:43+	04:33+	02:23+	03:35+	03:06+	02:25+	00:39+				
03:36+	05:11+	05:13+	04:02+	05:40+	04:49+	05:43+	04:33+	02:23+	03:35+	03:06+	02:25+	00:39+				
17	Arngrim Utskarpen				896								51:33			
03:43+	06:40+	11:17+	17:46+	26:21+	31:03+	36:30+	43:11+	44:54+	46:54+	49:10+	50:58+	51:33+				
03:43+	02:57+	04:37+	06:29+	08:35+	04:42+	05:27+	06:41+	01:43+	02:00+	02:16+	01:48+	00:35+				
03:43+	02:57+	04:37+	06:29+	08:35+	04:42+	05:27+	06:41+	01:43+	02:00+	02:16+	01:48+	00:35+				

Plass	Navn												Klasse	Tid											
H50																									
18	Tore Halset												3486	52:33											
04:51+	07:05+	11:44+	16:16+	24:03+	29:15+	34:02+	38:09+	42:36+	46:24+	49:53+	51:56+	52:33+													
04:51+	02:14+	04:39+	04:32+	07:47+	05:12+	04:47+	04:07+	04:27+	03:48+	03:29+	02:03+	00:37+													
04:51+	02:14+	04:39+	04:32+	07:47+	05:12+	04:47+	04:07+	04:27+	03:48+	03:29+	02:03+	00:37+													
19	Christof Schätz												3598	53:22											
03:58+	07:22+	12:54+	16:57+	23:52+	30:08+	35:39+	42:32+	45:31+	48:17+	50:40+	52:40+	53:22+													
03:58+	03:24+	05:32+	04:03+	06:55+	06:16+	05:31+	06:53+	02:59+	02:46+	02:23+	02:00+	00:42+													
03:58+	03:24+	05:32+	04:03+	06:55+	06:16+	05:31+	06:53+	02:59+	02:46+	02:23+	02:00+	00:42+													
20	Svein Roar Aas												3565	53:56											
04:18+	07:09+	12:10+	15:53+	21:03+	25:54+	30:51+	43:26+	46:02+	48:32+	51:28+	53:22+	53:56+													
04:18+	02:51+	05:01+	03:43+	05:10+	04:51+	04:57+	12:35+	02:36+	02:30+	02:56+	01:54+	00:34+													
04:18+	02:51+	05:01+	03:43+	05:10+	04:51+	04:57+	12:35+	02:36+	02:30+	02:56+	01:54+	00:34+													
21	Anders Glenne												793	54:09											
03:33+	06:13+	11:02+	14:02+	20:11+	26:45+	33:40+	46:08+	47:44+	49:53+	51:36+	53:39+	54:09+													
03:33+	02:40+	04:49+	03:00+	06:09+	06:34+	06:55+	12:28+	01:36+	02:09+	01:43+	02:03+	00:30+													
03:33+	02:40+	04:49+	03:00+	06:09+	06:34+	06:55+	12:28+	01:36+	02:09+	01:43+	02:03+	00:30+													
22	Arve Sonflå												3563	54:13											
09:56+	12:13+	18:29+	22:11+	29:31+	35:21+	39:46+	44:25+	46:25+	48:48+	51:34+	53:36+	54:13+													
09:56+	02:17+	06:16+	03:42+	07:20+	05:50+	04:25+	04:39+	02:00+	02:23+	02:46+	02:02+	00:37+													
09:56+	02:17+	06:16+	03:42+	07:20+	05:50+	04:25+	04:39+	02:00+	02:23+	02:46+	02:02+	00:37+													
23	Thomas Romstad												1683	55:05											
03:25+	14:23+	18:52+	22:00+	30:25+	36:03+	41:43+	46:25+	48:15+	50:47+	52:47+	54:35+	55:05+													
03:25+	10:58+	04:29+	03:08+	08:25+	05:38+	05:40+	04:42+	01:50+	02:32+	02:00+	01:48+	00:30+													
03:25+	10:58+	04:29+	03:08+	08:25+	05:38+	05:40+	04:42+	01:50+	02:32+	02:00+	01:48+	00:30+													
24	Jerome Renoult												3524	55:15											
04:21+	09:43+	17:31+	21:55+	28:21+	33:38+	38:40+	43:53+	46:25+	49:46+	52:03+	54:37+	55:15+													
04:21+	05:22+	07:48+	04:24+	06:26+	05:17+	05:02+	05:13+	02:32+	03:21+	02:17+	02:34+	00:38+													
04:21+	05:22+	07:48+	04:24+	06:26+	05:17+	05:02+	05:13+	02:32+	03:21+	02:17+	02:34+	00:38+													
25	Sigurd Ravndal												769	55:26											
06:03+	09:12+	14:14+	18:17+	24:51+	30:46+	36:57+	42:14+	44:33+	48:40+	51:28+	54:29+	55:26+													
06:03+	03:09+	05:02+	04:03+	06:34+	05:55+	06:11+	05:17+	02:19+	04:07+	02:48+	03:01+	00:57+													
06:03+	03:09+	05:02+	04:03+	06:34+	05:55+	06:11+	05:17+	02:19+	04:07+	02:48+	03:01+	00:57+													
26	Trygve Michaelsen												896	55:27											
03:04+	08:49+	13:46+	19:34+	29:13+	34:12+	39:43+	45:05+	47:39+	50:28+	52:48+	54:49+	55:27+													
03:04+	05:45+	04:57+	05:48+	09:39+	04:59+	05:31+	05:22+	02:34+	02:49+	02:20+	02:01+	00:38+													
03:04+	05:45+	04:57+	05:48+	09:39+	04:59+	05:31+	05:22+	02:34+	02:49+	02:20+	02:01+	00:38+													
27	Raymond B Pettersen												722	59:18											
04:13+	07:20+	13:07+	17:28+	25:27+	32:30+	39:00+	47:24+	50:09+	53:10+	56:00+	58:41+	59:18+													
04:13+	03:07+	05:47+	04:21+	07:59+	07:03+	06:30+	08:24+	02:45+	03:01+	02:50+	02:41+	00:37+													
04:13+	03:07+	05:47+	04:21+	07:59+	07:03+	06:30+	08:24+	02:45+	03:01+	02:50+	02:41+	00:37+													
28	Øystein Lie Karlsen												1683	1:02:14											
03:57+	08:36+	25:13+	28:31+	35:33+	41:22+	45:48+	50:38+	53:46+	56:46+	59:32+	61:42+	62:14+													
03:57+	04:39+	16:37+	03:18+	07:02+	05:49+	04:26+	04:50+	03:08+	03:00+	02:46+	02:10+	00:32+													
03:57+	04:39+	16:37+	03:18+	07:02+	05:49+	04:26+	04:50+	03:08+	03:00+	02:46+	02:10+	00:32+													
29	Lars Solvang												1683	1:02:44											
05:00+	09:16+	14:25+	19:15+	25:16+	30:49+	36:51+	42:26+	51:12+	55:26+	59:17+	61:58+	62:44+													
05:00+	04:16+	05:09+	04:50+	06:01+	05:33+	06:02+	05:35+	08:46+	04:14+	03:51+	02:41+	00:46+													
05:00+	04:16+	05:09+	04:50+	06:01+	05:33+	06:02+	05:35+	08:46+	04:14+	03:51+	02:41+	00:46+													
30	Ove Mæstad												2342	1:14:31											
04:15+	09:03+	15:07+	20:48+	28:43+	34:10+	40:10+	46:09+	64:37+	68:06+	71:44+	73:52+	74:31+													
04:15+	04:48+	06:04+	05:41+	07:55+	05:27+	06:00+	05:59+	18:28+	03:29+	03:38+	02:08+	00:39+													
04:15+	04:48+	06:04+	05:41+	07:55+	05:27+	06:00+	05:59+	18:28+	03:29+	03:38+	02:08+	00:39+													
31	Ingebret Folkvord												3563	1:21:04											
08:00+	19:12+	23:51+	27:33+	52:30+	58:06+	63:50+	69:08+	72:37+	76:17+	78:20+	80:29+	81:04+													
08:00+	11:12+	04:39+	03:42+	24:57+	05:36+	05:44+	05:18+	03:29+	03:40+	02:03+	02:09+	00:35+													
08:00+	11:12+	04:39+	03:42+	24:57+	05:36+	05:44+	05:18+	03:29+	03:40+	02:03+	02:09+	00:35+													

Plass	Navn												Klasse	Tid											
H50																									
32	Øystein Endresen												3504	1:23:16											
13:36+	17:37+	24:05+	28:13+	37:35+	46:42+	55:32+	61:58+	67:08+	70:43+	73:57+	82:37+	83:16+													
13:36+	04:01+	06:28+	04:08+	09:22+	09:07+	08:50+	06:26+	05:10+	03:35+	03:14+	08:40+	00:39+													
13:36+	04:01+	06:28+	04:08+	09:22+	09:07+	08:50+	06:26+	05:10+	03:35+	03:14+	08:40+	00:39+													
33	Njål Foldnes												1754	1:28:15											
18:10+	21:50+	25:53+	29:34+	36:44+	45:43+	51:19+	57:48+	75:04+	79:51+	84:24+	87:26+	88:15+													
18:10+	03:40+	04:03+	03:41+	07:10+	08:59+	05:36+	06:29+	17:16+	04:47+	04:33+	03:02+	00:49+													
18:10+	03:40+	04:03+	03:41+	07:10+	08:59+	05:36+	06:29+	17:16+	04:47+	04:33+	03:02+	00:49+													
Beste strekktid for klassen																									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																									
H60																									
1	Arnfinn Rømuld												1683	36:55											
03:16=	06:07=	07:53=	11:03=	13:54=	15:53=	19:47=	24:44=	30:16=	31:47=	34:53=	36:17=	36:55=													
03:16=	02:51=	01:46=	03:10=	02:51=	01:59=	03:54=	04:57=	05:32=	01:31=	03:06=	01:24=	00:38=													
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													
2	Sturle Omdal												1683	38:32											
03:23+	05:50-	07:16-	10:02-	15:08+	16:54+	22:40+	29:23+	33:05+	34:05+	36:45+	38:11+	38:32+													
03:23+	02:27-	01:26-	02:46-	05:06+	01:46-	05:46+	06:43+	03:42-	01:00-	02:40-	01:26+	00:21-													
00:07+	00:24-	00:20-	00:24-	02:15&	00:13-	01:52&	01:46&	01:50-	00:31-	00:26-	00:02+	00:17-													
3	Geir Frøytlog												3502	38:36											
07:06+	09:35+	11:07+	13:59+	17:08+	18:59+	22:54+	27:55+	33:30+	34:41+	36:45+	38:04+	38:36+													
07:06+	02:29-	01:32-	02:52-	03:09+	01:51-	03:55+	05:01+	05:35+	01:11-	02:04-	01:19-	00:32-													
03:50@	00:22-	00:14-	00:18-	00:18#	00:08-	00:01+	00:04+	00:03+	00:20-	01:02-	00:05-	00:06-													
4	Magnar Mathias Møller												769	38:54											
03:48+	06:52+	08:43+	12:01+	15:02+	17:48+	22:10+	29:24+	32:35+	34:00+	36:45+	38:14+	38:54+													
03:48+	03:04+	01:51+	03:18+	03:01+	02:46+	04:22+	07:14+	03:11-	01:25-	02:45-	01:29+	00:40+													
00:32#	00:13+	00:05+	00:08+	00:10+	00:47&	00:28#	02:17&	02:21-	00:06-	00:21-	00:05+	00:02+													
5	Inge Løland												1119	38:56											
02:44-	04:59-	06:28-	09:18-	11:43-	13:34-	17:00-	21:34-	28:34-	30:12-	35:52+	38:02+	38:56+													
02:44-	02:15-	01:29-	02:50-	02:25-	01:51-	03:26-	04:34-	07:00+	01:38+	05:40+	02:10+	00:54+													
00:32-	00:36-	00:17-	00:20-	00:26-	00:08-	00:28-	00:23-	01:28&	00:07+	02:34&	00:46&	00:16&													
6	Knut Feldmann												882	40:06											
03:14-	05:42-	07:29-	10:39-	13:12-	15:13-	18:53-	29:12+	32:06+	33:22+	38:06+	39:31+	40:06+													
03:14-	02:28-	01:47+	03:10=	02:33-	02:01+	03:40-	10:19+	02:54-	01:16-	04:44+	01:25+	00:35-													
00:02-	00:23-	00:01+	00:00=	00:18-	00:02+	00:14-	05:22@	02:38-	00:15-	01:38&	00:01+	00:03-													
7	Arnstein Hoff												1683	41:57											
03:26+	06:15+	08:54+	11:46+	16:43+	19:27+	23:42+	28:57+	33:11+	35:14+	39:35+	41:27+	41:57+													
03:26+	02:49-	02:39+	02:52-	04:57+	02:44+	04:15+	05:15+	04:14-	02:03+	04:21+	01:52+	00:30-													
00:10+	00:02-	00:53&	00:18-	02:06&	00:45&	00:21+	00:18+	01:18-	00:32&	01:15&	00:28&	00:08-													
8	Harald Taksdal												3547	44:05											
05:24+	08:30+	10:34+	13:35+	16:44+	19:15+	23:22+	28:55+	35:54+	37:35+	41:29+	43:24+	44:05+													
05:24+	03:06+	02:04+	03:01-	03:09+	02:31+	04:07+	05:33+	06:59+	01:41+	03:54+	01:55+	00:41+													
02:08&	00:15+	00:18#	00:09-	00:18#	00:32&	00:13+	00:36#	01:27&	00:10#	00:48&	00:31&	00:03+													
9	Stein Sigbjørnsen												882	45:01											
04:55+	07:49+	10:08+	13:17+	17:40+	20:51+	25:21+	31:26+	38:37+	40:13+	43:00+	44:23+	45:01+													
04:55+	02:54+	02:19+	03:09-	04:23+	03:11+	04:30+	06:05+	07:11+	01:36+	02:47-	01:23-	00:38=													
01:39&	00:03+	00:33&	00:01-	01:32&	01:12&	00:36#	01:08#	01:39&	00:05+	00:19-	00:01-	00:00=													
10	Håvard Håland												3507	46:59											
08:26+	11:14+	13:11+	16:08+	19:22+	21:52+	26:06+	31:38+	38:46+	40:33+	44:26+	46:20+	46:59+													
08:26+	02:48-	01:57+	02:57-	03:14+	02:30+	04:14+	05:32+	07:08+	01:47+	03:53+	01:54+	00:39+													
05:10@	00:03-	00:11#	00:13-	00:23#	00:31&	00:20+	00:35#	01:36&	00:16#	00:47&	00:30&	00:01+													

Plass	Navn										Klasse				Tid			
H60																		
11	Harald Syse										4246				48:38			
03:27+	06:06-	08:01+	10:32-	16:17+	19:19+	23:50+	35:30+	42:20+	43:48+	46:10+	48:05+	48:38+						
03:27+	02:39-	01:55+	02:31-	05:45+	03:02+	04:31+	11:40+	06:50+	01:28-	02:22-	01:55+	00:33-						
00:11+	00:12-	00:09+	00:39-	02:54&	01:03&	00:37#	06:43&	01:18#	00:03-	00:44-	00:31&	00:05-						
12	John Carsten Sinnes										1884				49:24			
04:40+	09:22+	11:49+	15:32+	20:21+	23:10+	28:15+	35:06+	41:02+	42:32+	47:04+	48:46+	49:24+						
04:40+	04:42+	02:27+	03:43+	04:49+	02:49+	05:05+	06:51+	05:56+	01:30+	04:32+	01:42+	00:38+						
04:40+	04:42+	02:27+	03:43+	04:49+	02:49+	05:05+	06:51+	05:56+	01:30+	04:32+	01:42+	00:38+						
13	Tor Inge Halvorsen										880				50:46			
03:24+	06:15+	08:06+	11:23+	15:11+	18:42+	23:41+	29:10+	42:22+	44:18+	48:42+	50:07+	50:46+						
03:24+	02:51+	01:51+	03:17+	03:48+	03:31+	04:59+	05:29+	13:12+	01:56+	04:24+	01:25+	00:39+						
03:24+	02:51+	01:51+	03:17+	03:48+	03:31+	04:59+	05:29+	13:12+	01:56+	04:24+	01:25+	00:39+						
14	Bent Horpestad										722				52:07			
03:58+	07:09+	09:26+	14:17+	18:56+	22:56+	27:25+	34:16+	40:57+	43:13+	47:07+	51:21+	52:07+						
03:58+	03:11+	02:17+	04:51+	04:39+	04:00+	04:29+	06:51+	06:41+	02:16+	03:54+	04:14+	00:46+						
03:58+	03:11+	02:17+	04:51+	04:39+	04:00+	04:29+	06:51+	06:41+	02:16+	03:54+	04:14+	00:46+						
15	Svein Magne Gloppen										1884				57:35			
13:32+	17:24+	20:38+	24:18+	28:52+	32:04+	36:50+	43:50+	48:56+	50:48+	55:16+	57:02+	57:35+						
13:32+	03:52+	03:14+	03:40+	04:34+	03:12+	04:46+	07:00+	05:06+	01:52+	04:28+	01:46+	00:33+						
13:32+	03:52+	03:14+	03:40+	04:34+	03:12+	04:46+	07:00+	05:06+	01:52+	04:28+	01:46+	00:33+						
16	Kjell Ove Aksland										882				58:50			
04:58+	08:20+	10:36+	22:13+	25:21+	29:25+	37:35+	43:50+	48:25+	49:54+	55:57+	57:36+	58:50+						
04:58+	03:22+	02:16+	11:37+	03:08+	04:04+	08:10+	06:15+	04:35+	01:29+	06:03+	01:39+	01:14+						
04:58+	03:22+	02:16+	11:37+	03:08+	04:04+	08:10+	06:15+	04:35+	01:29+	06:03+	01:39+	01:14+						
17	John Lage Bergan										1683				1:19:51			
10:45+	15:32+	17:44+	21:20+	24:29+	27:42+	33:58+	54:19+	71:34+	73:41+	77:35+	79:12+	79:51+						
10:45+	04:47+	02:12+	03:36+	03:09+	03:13+	06:16+	20:21+	17:15+	02:07+	03:54+	01:37+	00:39+						
10:45+	04:47+	02:12+	03:36+	03:09+	03:13+	06:16+	20:21+	17:15+	02:07+	03:54+	01:37+	00:39+						

Beste strekketid for klassen

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

H65

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

Plass	Navn													Klasse	Tid
H65															
6	Kjell Skjæveland													3515	37:38
03:26+	05:53+	07:45+	11:13+	14:03+	16:31+	21:08+	25:56+	30:45+	32:21+	35:45+	37:04+	37:38+			
03:26+	02:27+	01:52+	03:28+	02:50-	02:28+	04:37+	04:48+	04:49+	01:36+	03:24+	01:19=	00:34+			
00:37#	00:06+	00:28&	00:57&	00:11-	00:34&	01:05&	00:29#	02:27@	00:33&	00:52&	00:00=	00:08&			
7	Ivar Knutsen													1683	37:55
04:11+	07:08+	08:57+	12:14+	15:21+	17:52+	22:06+	27:25+	31:06+	32:48+	35:32+	37:19+	37:55+			
04:11+	02:57+	01:49+	03:17+	03:07+	02:31+	04:14+	05:19+	03:41+	01:42+	02:44+	01:47+	00:36+			
04:11+	02:57+	01:49+	03:17+	03:07+	02:31+	04:14+	05:19+	03:41+	01:42+	02:44+	01:47+	00:36+			
8	Olav Tunheim													1884	38:03
03:28+	07:25+	09:24+	12:40+	16:21+	18:47+	22:45+	28:04+	31:46+	33:06+	36:03+	37:37+	38:03+			
03:28+	03:57+	01:59+	03:16+	03:41+	02:26+	03:58+	05:19+	03:42+	01:20+	02:57+	01:34+	00:26+			
03:28+	03:57+	01:59+	03:16+	03:41+	02:26+	03:58+	05:19+	03:42+	01:20+	02:57+	01:34+	00:26+			
9	Ernst Kristensen													1683	44:51
04:39+	10:07+	12:32+	15:47+	19:15+	21:41+	26:19+	32:15+	37:30+	39:14+	42:37+	44:13+	44:51+			
04:39+	05:28+	02:25+	03:15+	03:28+	02:26+	04:38+	05:56+	05:15+	01:44+	03:23+	01:36+	00:38+			
04:39+	05:28+	02:25+	03:15+	03:28+	02:26+	04:38+	05:56+	05:15+	01:44+	03:23+	01:36+	00:38+			
10	Per Kolbein Tonstad													3507	46:56
03:58+	07:09+	09:55+	13:17+	16:52+	20:03+	25:13+	31:04+	37:19+	39:53+	44:43+	46:16+	46:56+			
03:58+	03:11+	02:46+	03:22+	03:35+	03:11+	05:10+	05:51+	06:15+	02:34+	04:50+	01:33+	00:40+			
03:58+	03:11+	02:46+	03:22+	03:35+	03:11+	05:10+	05:51+	06:15+	02:34+	04:50+	01:33+	00:40+			
11	Jan Arendal													1683	46:57
05:20+	08:46+	11:16+	15:01+	18:43+	21:32+	26:35+	33:15+	37:53+	39:35+	44:19+	46:11+	46:57+			
05:20+	03:26+	02:30+	03:45+	03:42+	02:49+	05:03+	06:40+	04:38+	01:42+	04:44+	01:52+	00:46+			
05:20+	03:26+	02:30+	03:45+	03:42+	02:49+	05:03+	06:40+	04:38+	01:42+	04:44+	01:52+	00:46+			
12	Torbjørn Dahle													892	50:40
04:41+	07:57+	09:47+	13:34+	17:22+	20:23+	26:41+	34:59+	40:28+	42:19+	47:04+	49:27+	50:40+			
04:41+	03:16+	01:50+	03:47+	03:48+	03:01+	06:18+	08:18+	05:29+	01:51+	04:45+	02:23+	01:13+			
04:41+	03:16+	01:50+	03:47+	03:48+	03:01+	06:18+	08:18+	05:29+	01:51+	04:45+	02:23+	01:13+			
13	Arnstein Skretting													3529	50:47
06:53+	10:15+	12:19+	15:58+	20:18+	23:27+	28:23+	35:39+	39:52+	41:24+	48:27+	50:01+	50:47+			
06:53+	03:22+	02:04+	03:39+	04:20+	03:09+	04:56+	07:16+	04:13+	01:32+	07:03+	01:34+	00:46+			
06:53+	03:22+	02:04+	03:39+	04:20+	03:09+	04:56+	07:16+	04:13+	01:32+	07:03+	01:34+	00:46+			
14	Sverre Magnar Nordal													1683	53:06
04:51+	08:32+	10:48+	15:43+	19:17+	22:43+	32:30+	39:23+	44:42+	46:27+	50:33+	52:20+	53:06+			
04:51+	03:41+	02:16+	04:55+	03:34+	03:26+	09:47+	06:53+	05:19+	01:45+	04:06+	01:47+	00:46+			
04:51+	03:41+	02:16+	04:55+	03:34+	03:26+	09:47+	06:53+	05:19+	01:45+	04:06+	01:47+	00:46+			
15	Sverre Austrheim													4248	54:58
09:45+	12:43+	15:08+	18:28+	21:39+	24:10+	29:09+	35:34+	44:17+	46:01+	52:31+	54:11+	54:58+			
09:45+	02:58+	02:25+	03:20+	03:11+	02:31+	04:59+	06:25+	08:43+	01:44+	06:30+	01:40+	00:47+			
09:45+	02:58+	02:25+	03:20+	03:11+	02:31+	04:59+	06:25+	08:43+	01:44+	06:30+	01:40+	00:47+			
16	Steinar Barmen													722	57:12
03:57+	07:23+	17:17+	21:12+	24:41+	28:26+	35:14+	41:40+	48:02+	49:34+	54:18+	56:27+	57:12+			
03:57+	03:26+	09:54+	03:55+	03:29+	03:45+	06:48+	06:26+	06:22+	01:32+	04:44+	02:09+	00:45+			
03:57+	03:26+	09:54+	03:55+	03:29+	03:45+	06:48+	06:26+	06:22+	01:32+	04:44+	02:09+	00:45+			
17	Joar Fandrem													1141	1:02:34
06:54+	10:40+	13:47+	17:58+	23:43+	28:31+	34:25+	43:28+	50:36+	52:48+	57:44+	61:16+	62:34+			
06:54+	03:46+	03:07+	04:11+	05:45+	04:48+	05:54+	09:03+	07:08+	02:12+	04:56+	03:32+	01:18+			
06:54+	03:46+	03:07+	04:11+	05:45+	04:48+	05:54+	09:03+	07:08+	02:12+	04:56+	03:32+	01:18+			
18	Bjørn H Engseth													1884	1:05:28
05:58+	09:47+	13:01+	18:10+	24:17+	29:29+	35:56+	44:30+	50:34+	53:42+	61:40+	64:28+	65:28+			
05:58+	03:49+	03:14+	05:09+	06:07+	05:12+	06:27+	08:34+	06:04+	03:08+	07:58+	02:48+	01:00+			
05:58+	03:49+	03:14+	05:09+	06:07+	05:12+	06:27+	08:34+	06:04+	03:08+	07:58+	02:48+	01:00+			
19	Jan Inge Engeseth													1758	1:08:47
04:10+	10:49+	13:05+	16:32+	22:51+	26:02+	32:07+	45:45+	51:48+	53:26+	62:12+	64:39+	68:47+			
04:10+	06:39+	02:16+	03:27+	06:19+	03:11+	06:05+	13:38+	06:03+	01:38+	08:46+	02:27+	04:08+			
04:10+	06:39+	02:16+	03:27+	06:19+	03:11+	06:05+	13:38+	06:03+	01:38+	08:46+	02:27+	04:08+			

Plass	Navn													Klasse	Tid												
H65																											

Plass	Navn													Klasse	Tid			
H70																		
12	Sveinung Tveit													3547	47:50			
	08:36+	11:55+	14:01+	18:06+	21:42+	24:37+	29:36+	35:52+	40:02+	41:28+	45:26+	47:08+	47:50+					
	08:36+	03:19+	02:06+	04:05+	03:36+	02:55+	04:59+	06:16+	04:10+	01:26+	03:58+	01:42-	00:42+					
	05:45#	01:03&	00:28&	01:40&	01:26&	01:20&	01:42&	02:14&	01:26&	00:13#	00:13+	00:07-	00:10&					
13	Gunnar Sakseid													1683	48:07			
	04:08+	07:50+	10:02+	13:24+	17:09+	19:42+	26:51+	32:36+	40:51+	42:33+	45:53+	47:29+	48:07+					
	04:08+	03:42+	02:12+	03:22+	03:45+	02:33+	07:09+	05:45+	08:15+	01:42+	03:20+	01:36+	00:38+					
	04:08+	03:42+	02:12+	03:22+	03:45+	02:33+	07:09+	05:45+	08:15+	01:42+	03:20+	01:36+	00:38+					
14	Tore Romon Tvedt													3518	50:07			
	05:20+	08:48+	11:10+	14:44+	19:51+	22:32+	27:47+	35:02+	40:34+	42:26+	47:29+	49:22+	50:07+					
	05:20+	03:28+	02:22+	03:34+	05:07+	02:41+	05:15+	07:15+	05:32+	01:52+	05:03+	01:53+	00:45+					
	05:20+	03:28+	02:22+	03:34+	05:07+	02:41+	05:15+	07:15+	05:32+	01:52+	05:03+	01:53+	00:45+					
15	Kjell Ivar Skjørestad													892	50:52			
	03:24+	07:00+	11:30+	14:47+	18:40+	22:09+	26:51+	32:53+	40:27+	44:08+	48:07+	49:52+	50:52+					
	03:24+	03:36+	04:30+	03:17+	03:53+	03:29+	04:42+	06:02+	07:34+	03:41+	03:59+	01:45+	01:00+					
	03:24+	03:36+	04:30+	03:17+	03:53+	03:29+	04:42+	06:02+	07:34+	03:41+	03:59+	01:45+	01:00+					
16	Hans Erik Terjesen													1683	53:53			
	04:47+	08:00+	10:14+	13:30+	17:18+	20:05+	25:45+	32:10+	43:26+	45:14+	51:48+	53:12+	53:53+					
	04:47+	03:13+	02:14+	03:16+	03:48+	02:47+	05:40+	06:25+	11:16+	01:48+	06:34+	01:24+	00:41+					
	04:47+	03:13+	02:14+	03:16+	03:48+	02:47+	05:40+	06:25+	11:16+	01:48+	06:34+	01:24+	00:41+					
17	Arne Magne Handeland													892	54:04			
	04:49+	08:15+	10:39+	14:28+	17:46+	20:12+	25:08+	31:25+	46:14+	48:14+	51:37+	53:16+	54:04+					
	04:49+	03:26+	02:24+	03:49+	03:18+	02:26+	04:56+	06:17+	14:49+	02:00+	03:23+	01:39+	00:48+					
	04:49+	03:26+	02:24+	03:49+	03:18+	02:26+	04:56+	06:17+	14:49+	02:00+	03:23+	01:39+	00:48+					
18	Per Marthon Møeland													880	56:42			
	08:23+	13:21+	15:55+	20:26+	24:23+	28:33+	34:34+	41:27+	48:46+	50:34+	54:09+	55:50+	56:42+					
	08:23+	04:58+	02:34+	04:31+	03:57+	04:10+	06:01+	06:53+	07:19+	01:48+	03:35+	01:41+	00:52+					
	08:23+	04:58+	02:34+	04:31+	03:57+	04:10+	06:01+	06:53+	07:19+	01:48+	03:35+	01:41+	00:52+					
19	Leif Kåre Lende													879	56:48			
	04:02+	08:19+	10:49+	14:21+	33:41+	36:09+	40:30+	47:07+	50:07+	51:57+	54:41+	56:08+	56:48+					
	04:02+	04:17+	02:30+	03:32+	19:20+	02:28+	04:21+	06:37+	03:00+	01:50+	02:44+	01:27+	00:40+					
	04:02+	04:17+	02:30+	03:32+	19:20+	02:28+	04:21+	06:37+	03:00+	01:50+	02:44+	01:27+	00:40+					
20	Bjørn Bjelland													3541	59:21			
	11:34+	15:02+	17:46+	21:22+	25:47+	29:20+	34:31+	42:08+	49:15+	51:54+	57:13+	58:41+	59:21+					
	11:34+	03:28+	02:44+	03:36+	04:25+	03:33+	05:11+	07:37+	07:07+	02:39+	05:19+	01:28+	00:40+					
	11:34+	03:28+	02:44+	03:36+	04:25+	03:33+	05:11+	07:37+	07:07+	02:39+	05:19+	01:28+	00:40+					
21	Olav Habbestad													1683	1:23:06			
	03:54+	07:32+	10:14+	14:13+	18:27+	21:46+	27:09+	69:50+	73:56+	76:08+	80:27+	82:33+	83:06+					
	03:54+	03:38+	02:42+	03:59+	04:14+	03:19+	05:23+	42:41+	04:06+	02:12+	04:19+	02:06+	00:33+					
	03:54+	03:38+	02:42+	03:59+	04:14+	03:19+	05:23+	42:41+	04:06+	02:12+	04:19+	02:06+	00:33+					

Beste strekktid for klassen

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

H75

1	Finn-Morten Årstad			3530								32:58			
	03:55=	05:14=	07:38=	09:18=	12:31=	14:58=	17:02=	18:29=	20:41=	24:39=	26:41=	28:55=	30:36=	32:18=	32:58=
	03:55=	01:19=	02:24=	01:40=	03:13=	02:27=	02:04=	01:27=	02:12=	03:58=	02:02=	02:14=	01:41=	01:42=	00:40=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Asgeir Bell			896								34:29			
	03:45-	05:00-	07:37-	09:04-	12:10-	14:40-	16:34-	18:09-	20:06-	26:19+	27:56+	30:23+	32:17+	33:46+	34:29+
	03:45-	01:15-	02:37+	01:27-	03:06-	02:30+	01:54-	01:35+	01:57-	06:13+	01:37-	02:27+	01:54+	01:29-	00:43+
	00:10-	00:04-	00:13+	00:13-	00:07-	00:03+	00:10-	00:08+	00:15-	02:15&	00:25-	00:13+	00:13#	00:13-	00:03+

Plass	Navn	Klasse										Tid																		
H75																														
3	Jostein Tunheim										1683										34:45									
03:44-	05:00-	07:11-	08:57-	12:23-	14:56-	17:17+	19:03+	21:19+	25:25+	28:08+	30:46+	32:31+	34:08+	34:45+																
03:44-	01:16-	02:11-	01:46+	03:26+	02:33+	02:21+	01:46+	02:16+	04:06+	02:43+	02:38+	01:45+	01:37-	00:37-																
00:11-	00:03-	00:13-	00:06+	00:13+	00:06+	00:17#	00:19#	00:04+	00:08+	00:41&	00:24#	00:04+	00:05-	00:03-																
4	Olav Dag Borgersen										3536										35:44									
04:10+	05:18+	08:12+	09:38+	13:05+	15:27+	18:46+	20:33+	22:35+	26:29+	28:21+	31:26+	33:34+	35:07+	35:44+																
04:10+	01:08+	02:54+	01:26+	03:27+	02:22+	03:19+	01:47+	02:02+	03:54+	01:52+	03:05+	02:08+	01:33+	00:37+																
04:10+	01:08+	02:54+	01:26+	03:27+	02:22+	03:19+	01:47+	02:02+	03:54+	01:52+	03:05+	02:08+	01:33+	00:37+																
5	Paul Andreas Paulsen										896										37:23									
04:12+	05:29+	07:56+	09:42+	15:19+	17:33+	19:49+	21:47+	23:56+	28:20+	30:34+	33:13+	34:58+	36:39+	37:23+																
04:12+	01:17+	02:27+	01:46+	05:37+	02:14+	02:16+	01:58+	02:09+	04:24+	02:14+	02:39+	01:45+	01:41+	00:44+																
04:12+	01:17+	02:27+	01:46+	05:37+	02:14+	02:16+	01:58+	02:09+	04:24+	02:14+	02:39+	01:45+	01:41+	00:44+																
6	Olav A. Hognestad										892										45:00									
05:36+	06:58+	09:32+	11:38+	15:53+	19:33+	21:53+	23:45+	28:19+	32:59+	34:55+	40:11+	42:26+	44:14+	45:00+																
05:36+	01:22+	02:34+	02:06+	04:15+	03:40+	02:20+	01:52+	04:34+	04:40+	01:56+	05:16+	02:15+	01:48+	00:46+																
05:36+	01:22+	02:34+	02:06+	04:15+	03:40+	02:20+	01:52+	04:34+	04:40+	01:56+	05:16+	02:15+	01:48+	00:46+																
7	Norvald Skretting										1832										48:51									
04:46+	06:19+	09:20+	11:33+	15:53+	19:32+	22:46+	27:11+	30:38+	36:59+	39:43+	43:13+	46:07+	48:06+	48:51+																
04:46+	01:33+	03:01+	02:13+	04:20+	03:39+	03:14+	04:25+	03:27+	06:21+	02:44+	03:30+	02:54+	01:59+	00:45+																
04:46+	01:33+	03:01+	02:13+	04:20+	03:39+	03:14+	04:25+	03:27+	06:21+	02:44+	03:30+	02:54+	01:59+	00:45+																
8	Kjell Svihus										892										56:24									
05:40+	07:22+	10:27+	12:37+	24:38+	29:03+	32:56+	34:57+	37:37+	43:58+	46:47+	50:00+	52:37+	55:10+	56:24+																
05:40+	01:42+	03:05+	02:10+	12:01+	04:25+	03:53+	02:01+	02:40+	06:21+	02:49+	03:13+	02:37+	02:33+	01:14+																
05:40+	01:42+	03:05+	02:10+	12:01+	04:25+	03:53+	02:01+	02:40+	06:21+	02:49+	03:13+	02:37+	02:33+	01:14+																
9	Kjell-Ingar Olsen										1119										58:38									
04:28+	05:59+	08:53+	10:57+	15:00+	19:44+	22:20+	24:09+	27:16+	47:26+	50:47+	54:12+	56:10+	57:58+	58:38+																
04:28+	01:31+	02:54+	02:04+	04:03+	04:44+	02:36+	01:49+	03:07+	20:10+	03:21+	03:25+	01:58+	01:48+	00:40+																
04:28+	01:31+	02:54+	02:04+	04:03+	04:44+	02:36+	01:49+	03:07+	20:10+	03:21+	03:25+	01:58+	01:48+	00:40+																
10	Hans Klausen										769										1:00:22									
04:28+	05:47+	08:08+	10:11+	13:44+	21:48+	24:14+	33:44+	36:09+	45:51+	48:07+	51:53+	56:43+	59:21+	60:22+																
04:28+	01:19+	02:21+	02:03+	03:33+	08:04+	02:26+	09:30+	02:25+	09:42+	02:16+	03:46+	04:50+	02:38+	01:01+																
04:28+	01:19+	02:21+	02:03+	03:33+	08:04+	02:26+	09:30+	02:25+	09:42+	02:16+	03:46+	04:50+	02:38+	01:01+																
11	Sverre Uhlving										722										1:06:50									
05:03+	07:01+	10:54+	13:39+	18:59+	23:05+	27:17+	30:27+	35:46+	50:17+	53:38+	59:48+	63:33+	66:02+	66:50+																
05:03+	01:58+	03:53+	02:45+	05:20+	04:06+	04:12+	03:10+	05:19+	14:31+	03:21+	06:10+	03:45+	02:29+	00:48+																
05:03+	01:58+	03:53+	02:45+	05:20+	04:06+	04:12+	03:10+	05:19+	14:31+	03:21+	06:10+	03:45+	02:29+	00:48+																
Beste strekktid for klassen																														
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																														
H80																														
1	Hermann Skogsholm										1754										25:53									
02:40=	05:23=	07:36=	10:10=	11:44=	13:23=	20:09=	23:03=	24:13=	25:16=	25:53=																				
02:40=	02:43=	02:13=	02:34=	01:34=	01:39=	06:46=	02:54=	01:10=	01:03=	00:37=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				
2	Kjell Langvik										1884										29:28									
03:06+	06:14+	08:41+	11:29+	13:58+	15:46+	22:04+	25:29+	27:02+	28:13+	29:28+																				
03:06+	03:08+	02:27+	02:48+	02:29+	01:48+	06:18-	03:25+	01:33+	01:11+	01:15+																				
00:26#	00:25#	00:14#	00:14+	00:55&	00:09+	00:28-	00:31#	00:23&	00:08#	00:38@																				
3	Geir Husdal										1884										30:02									
02:41+	05:28+	07:52+	10:30+	11:57+	13:40+	23:01+	26:50+	28:17+	29:19+	30:02+																				
02:41+	02:47+	02:24+	02:38+	01:27-	01:43+	09:21+	03:49+	01:27+	01:02-	00:43+																				
00:01+	00:04+	00:11+	00:04+	00:07-	00:04+	02:35&	00:55&	00:17#	00:01-	00:06#																				

Plass	Navn										Klasse	Tid									
H80																					
4	Tormod Aaslid										3529	37:06									
	03:28+	06:59+	09:58+	13:15+	15:12+	17:53+	28:13+	32:29+	34:52+	36:24+	37:06+										
	03:28+	03:31+	02:59+	03:17+	01:57+	02:41+	10:20+	04:16+	02:23+	01:32+	00:42+										
	00:48&	00:48&	00:46&	00:43&	00:23#	01:02&	03:34&	01:22&	01:13@	00:29&	00:05#										
5	Terje Braut										892	40:13									
	03:09+	08:13+	10:46+	13:33+	15:12+	17:10+	33:11+	35:59+	37:53+	39:17+	40:13+										
	03:09+	05:04+	02:33+	02:47+	01:39+	01:58+	16:01+	02:48+	01:54+	01:24+	00:56+										
	03:09+	05:04+	02:33+	02:47+	01:39+	01:58+	16:01+	02:48+	01:54+	01:24+	00:56+										
6	Mangor Eikeland										892	41:52									
	04:18+	08:21+	12:08+	15:33+	17:40+	20:21+	30:25+	36:41+	38:55+	40:48+	41:52+										
	04:18+	04:03+	03:47+	03:25+	02:07+	02:41+	10:04+	06:16+	02:14+	01:53+	01:04+										
	04:18+	04:03+	03:47+	03:25+	02:07+	02:41+	10:04+	06:16+	02:14+	01:53+	01:04+										
7	Arne Brandsberg										3502	43:42									
	07:12+	12:39+	16:13+	19:38+	21:37+	24:33+	33:56+	38:28+	40:57+	42:36+	43:42+										
	07:12+	05:27+	03:34+	03:25+	01:59+	02:56+	09:23+	04:32+	02:29+	01:39+	01:06+										
	07:12+	05:27+	03:34+	03:25+	01:59+	02:56+	09:23+	04:32+	02:29+	01:39+	01:06+										
8	Alf Gyland										892	44:32									
	04:07+	07:41+	10:49+	14:00+	15:58+	28:20+	36:32+	40:23+	41:58+	43:25+	44:32+										
	04:07+	03:34+	03:08+	03:11+	01:58+	12:22+	08:12+	03:51+	01:35+	01:27+	01:07+										
	04:07+	03:34+	03:08+	03:11+	01:58+	12:22+	08:12+	03:51+	01:35+	01:27+	01:07+										
9	Sigurd Krosli										1884	46:53									
	09:49+	13:18+	16:19+	19:35+	22:07+	24:34+	38:50+	42:45+	44:26+	45:55+	46:53+										
	09:49+	03:29+	03:01+	03:16+	02:32+	02:27+	14:16+	03:55+	01:41+	01:29+	00:58+										
	09:49+	03:29+	03:01+	03:16+	02:32+	02:27+	14:16+	03:55+	01:41+	01:29+	00:58+										
10	Øyvind Egeskog										880	47:41									
	03:03+	06:43+	10:02+	13:11+	14:51+	17:01+	38:56+	42:45+	45:05+	46:36+	47:41+										
	03:03+	03:40+	03:19+	03:09+	01:40+	02:10+	21:55+	03:49+	02:20+	01:31+	01:05+										
	03:03+	03:40+	03:19+	03:09+	01:40+	02:10+	21:55+	03:49+	02:20+	01:31+	01:05+										
11	Magne Andreas Westerheim										1884	52:18									
	06:15+	11:21+	21:54+	25:50+	28:09+	34:03+	43:02+	47:33+	49:58+	51:22+	52:18+										
	06:15+	05:06+	10:33+	03:56+	02:19+	05:54+	08:59+	04:31+	02:25+	01:24+	00:56+										
	06:15+	05:06+	10:33+	03:56+	02:19+	05:54+	08:59+	04:31+	02:25+	01:24+	00:56+										
12	Harald Vatne										2342	55:02									
	03:19+	06:44+	09:48+	12:46+	14:29+	17:00+	46:14+	50:22+	53:06+	54:20+	55:02+										
	03:19+	03:25+	03:04+	02:58+	01:43+	02:31+	29:14+	04:08+	02:44+	01:14+	00:42+										
	03:19+	03:25+	03:04+	02:58+	01:43+	02:31+	29:14+	04:08+	02:44+	01:14+	00:42+										
13	Steinar Undheim										3529	1:00:04									
	03:49+	07:18+	11:22+	14:08+	19:33+	22:06+	51:22+	55:21+	58:05+	59:19+	60:04+										
	03:49+	03:29+	04:04+	02:46+	05:25+	02:33+	29:16+	03:59+	02:44+	01:14+	00:45+										
	03:49+	03:29+	04:04+	02:46+	05:25+	02:33+	29:16+	03:59+	02:44+	01:14+	00:45+										
14	Magne Jakobsen										3524	1:05:11									
	06:20+	10:05+	13:11+	17:33+	19:29+	22:03+	55:24+	60:28+	62:36+	64:12+	65:11+										
	06:20+	03:45+	03:06+	04:22+	01:56+	02:34+	33:21+	05:04+	02:08+	01:36+	00:59+										
	06:20+	03:45+	03:06+	04:22+	01:56+	02:34+	33:21+	05:04+	02:08+	01:36+	00:59+										

Beste strekktid for klassen

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

HA

1	Øyvind Lamark										878	37:05									
	02:21=	03:10=	03:56=	05:24=	07:02=	08:03=	09:59=	11:38=	13:48=	15:53=	18:53=	21:22=	25:42=	28:34=	31:35=	32:27=	33:58=	35:19=	36:37=	37:05=	
	02:21=	00:49=	00:46=	01:28=	01:38=	01:01=	01:56=	01:39=	02:10=	02:05=	03:00=	02:29=	04:20=	02:52=	03:01=	00:52=	01:31=	01:21=	01:18=	00:28=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Plass	Navn					Klasse					Tid									
HA																				
2	Sven Hatteland					3528					38:50									
02:08-	02:59-	03:47-	05:15-	06:56-	08:13+	10:17+	12:20+	14:58+	16:48+	20:06+	21:22=	27:21+	30:32+	33:13+	34:00+	35:26+	37:06+	38:29+	38:50+	
02:08-	00:51+	00:48+	01:28=	01:41+	01:17+	02:04+	02:03+	02:38+	01:50-	03:18+	01:16-	05:59+	03:11+	02:41-	00:47-	01:26-	01:40+	01:23+	00:21-	
00:13-	00:02+	00:02+	00:00=	00:03+	00:16=	00:08+	00:24#	00:28#	00:15-	00:18#	01:13-	01:39=	00:19#	00:20-	00:05-	00:05-	00:19#	00:05+	00:07-	
3	Harald Kalager					793					39:52									
02:25+	03:12+	04:00+	07:17+	09:15+	10:25+	12:29+	14:21+	16:35+	18:52+	22:14+	23:44+	27:40+	30:44+	33:44+	34:45+	36:21+	38:00+	39:28+	39:52+	
02:25+	00:47+	00:48+	03:17+	01:58+	01:10+	02:04+	01:52+	02:14+	02:17+	03:22+	01:30+	03:56+	03:04+	03:00+	01:01+	01:36+	01:39+	01:28+	00:24+	
02:25+	00:47+	00:48+	03:17+	01:58+	01:10+	02:04+	01:52+	02:14+	02:17+	03:22+	01:30+	03:56+	03:04+	03:00+	01:01+	01:36+	01:39+	01:28+	00:24+	
4	Fredrik Sandal					1830					40:17									
05:12+	05:54+	06:40+	08:26+	10:20+	11:26+	13:28+	15:44+	18:28+	20:25+	23:54+	25:16+	29:06+	32:12+	34:44+	35:33+	37:12+	38:30+	39:51+	40:17+	
05:12+	00:42+	00:46+	01:46+	01:54+	01:06+	02:02+	02:16+	02:44+	01:57+	03:29+	01:22+	03:50+	03:06+	02:32+	00:49+	01:39+	01:18+	01:21+	00:26+	
05:12+	00:42+	00:46+	01:46+	01:54+	01:06+	02:02+	02:16+	02:44+	01:57+	03:29+	01:22+	03:50+	03:06+	02:32+	00:49+	01:39+	01:18+	01:21+	00:26+	
5	Erik Lima					1832					42:53									
02:59+	04:09+	05:03+	08:08+	09:56+	11:08+	13:16+	15:04+	17:22+	19:16+	22:20+	24:32+	29:53+	32:48+	35:48+	36:59+	38:39+	41:08+	42:25+	42:53+	
02:59+	01:10+	00:54+	03:05+	01:48+	01:12+	02:08+	01:48+	02:18+	01:54+	03:04+	02:12+	05:21+	02:55+	03:00+	01:11+	01:40+	02:29+	01:17+	00:28+	
02:59+	01:10+	00:54+	03:05+	01:48+	01:12+	02:08+	01:48+	02:18+	01:54+	03:04+	02:12+	05:21+	02:55+	03:00+	01:11+	01:40+	02:29+	01:17+	00:28+	
6	Martin Blystad					3530					44:59									
02:30+	03:28+	04:25+	06:50+	09:03+	10:31+	12:56+	15:08+	18:22+	21:14+	25:12+	27:11+	31:45+	36:12+	39:26+	40:13+	41:30+	43:07+	44:31+	44:59+	
02:30+	00:58+	00:57+	02:25+	02:13+	01:28+	02:25+	02:12+	03:14+	02:52+	03:58+	01:59+	04:34+	04:27+	03:14+	00:47+	01:17+	01:37+	01:24+	00:28+	
02:30+	00:58+	00:57+	02:25+	02:13+	01:28+	02:25+	02:12+	03:14+	02:52+	03:58+	01:59+	04:34+	04:27+	03:14+	00:47+	01:17+	01:37+	01:24+	00:28+	
7	Kristian Frafjord Haarr					882					46:11									
02:43+	03:33+	04:25+	06:58+	08:52+	10:04+	14:01+	16:47+	19:42+	23:33+	27:25+	29:19+	33:32+	37:26+	40:22+	41:16+	42:46+	44:21+	45:40+	46:11+	
02:43+	00:50+	00:52+	02:33+	01:54+	01:12+	03:57+	02:46+	02:55+	03:51+	03:52+	01:54+	04:13+	03:54+	02:56+	00:54+	01:30+	01:35+	01:19+	00:31+	
02:43+	00:50+	00:52+	02:33+	01:54+	01:12+	03:57+	02:46+	02:55+	03:51+	03:52+	01:54+	04:13+	03:54+	02:56+	00:54+	01:30+	01:35+	01:19+	00:31+	
8	Jørgen Strømstad					1786					46:25									
02:17+	03:01+	03:54+	06:12+	08:27+	09:57+	12:31+	14:30+	17:38+	20:03+	25:35+	27:14+	32:46+	36:22+	39:52+	41:02+	43:03+	44:36+	46:04+	46:25+	
02:17+	00:44+	00:53+	02:18+	02:15+	01:30+	02:34+	01:59+	03:08+	02:25+	05:32+	01:39+	05:32+	03:36+	03:30+	01:10+	02:01+	01:33+	01:28+	00:21+	
02:17+	00:44+	00:53+	02:18+	02:15+	01:30+	02:34+	01:59+	03:08+	02:25+	05:32+	01:39+	05:32+	03:36+	03:30+	01:10+	02:01+	01:33+	01:28+	00:21+	
9	Andreas Terjesen					1832					48:12									
02:36+	03:28+	04:22+	06:39+	08:56+	10:23+	12:56+	15:38+	19:05+	21:26+	26:15+	28:36+	34:45+	38:10+	41:29+	42:46+	44:21+	46:27+	47:44+	48:12+	
02:36+	00:52+	00:54+	02:17+	02:17+	01:27+	02:33+	02:42+	03:27+	02:21+	04:49+	02:21+	06:09+	03:25+	03:19+	01:17+	01:35+	02:06+	01:17+	00:28+	
02:36+	00:52+	00:54+	02:17+	02:17+	01:27+	02:33+	02:42+	03:27+	02:21+	04:49+	02:21+	06:09+	03:25+	03:19+	01:17+	01:35+	02:06+	01:17+	00:28+	
10	Håkon Eggebø					1284					48:28									
02:59+	04:05+	05:04+	07:21+	09:33+	11:00+	13:22+	15:23+	18:23+	20:30+	24:15+	26:14+	32:26+	36:34+	40:13+	41:05+	44:40+	46:31+	47:58+	48:28+	
02:59+	01:06+	00:59+	02:17+	02:12+	01:27+	02:22+	02:01+	03:00+	02:07+	03:45+	01:59+	06:12+	04:08+	03:39+	00:52+	03:35+	01:51+	01:27+	00:30+	
02:59+	01:06+	00:59+	02:17+	02:12+	01:27+	02:22+	02:01+	03:00+	02:07+	03:45+	01:59+	06:12+	04:08+	03:39+	00:52+	03:35+	01:51+	01:27+	00:30+	
11	Fredrik Svendal					1376					49:04									
02:06+	02:52+	04:17+	06:24+	10:10+	11:20+	13:23+	15:08+	20:27+	22:20+	28:53+	30:12+	35:34+	38:54+	42:04+	43:08+	44:50+	47:32+	48:42+	49:04+	
02:06+	00:46+	01:25+	02:07+	03:46+	01:10+	02:03+	01:45+	05:19+	01:53+	06:33+	01:19+	05:22+	03:20+	03:10+	01:04+	01:42+	02:42+	01:10+	00:22+	
02:06+	00:46+	01:25+	02:07+	03:46+	01:10+	02:03+	01:45+	05:19+	01:53+	06:33+	01:19+	05:22+	03:20+	03:10+	01:04+	01:42+	02:42+	01:10+	00:22+	
12	Torbjørn Fuglestad					878					49:38									
02:31+	03:39+	04:34+	06:42+	09:21+	11:00+	14:45+	17:15+	20:30+	22:43+	26:39+	30:12+	34:30+	38:07+	43:21+	44:19+	46:10+	47:49+	49:17+	49:38+	
02:31+	01:08+	00:55+	02:08+	02:39+	01:39+	03:45+	02:30+	03:15+	02:13+	03:56+	03:33+	04:18+	03:37+	05:14+	00:58+	01:51+	01:39+	01:28+	00:21+	
02:31+	01:08+	00:55+	02:08+	02:39+	01:39+	03:45+	02:30+	03:15+	02:13+	03:56+	03:33+	04:18+	03:37+	05:14+	00:58+	01:51+	01:39+	01:28+	00:21+	
13	Bernhard Haver Vagle					643					50:01									
03:45+	04:33+	05:31+	07:56+	11:11+	12:27+	14:50+	17:01+	21:20+	23:23+	29:45+	31:04+	36:19+	39:56+	43:00+	43:59+	45:47+	48:21+	49:40+	50:01+	
03:45+	00:48+	00:58+	02:25+	03:15+	01:16+	02:23+	02:11+	04:19+	02:03+	06:22+	01:19+	05:15+	03:37+	03:04+	00:59+	01:48+	02:34+	01:19+	00:21+	
03:45+	00:48+	00:58+	02:25+	03:15+	01:16+	02:23+	02:11+	04:19+	02:03+	06:22+	01:19+	05:15+	03:37+	03:04+	00:59+	01:48+	02:34+	01:19+	00:21+	
14	Ole Morten Haaland					3528					1:09:38									
02:24+	03:11+	04:07+	06:51+	11:29+	13:08+	15:25+	17:26+	22:03+	37:38+	42:46+	46:36+	53:14+	57:42+	61:28+	63:01+	65:39+	67:22+	69:14+	69:38+	
02:24+	00:47+	00:56+	02:44+	04:38+	01:39+	02:17+	02:01+	04:37+	15:35+	05:08+	03:50+	06:38+	04:28+	03:46+	01:33+	02:38+	01:43+	01:52+	00:24+	
02:24+	00:47+	00:56+	02:44+	04:38+	01:39+	02:17+	02:01+	04:37+	15:35+	05:08+	03:50+	06:38+	04:28+	03:46+	01:33+	02:38+	01:43+	01:52+	00:24+	

Beste strekktid for klassen

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

Plass	Navn					Klasse					Tid								
HB																			
1	Aart Joakim in't Veld					1884					39:39								
02:24=	03:11=	04:06=	06:11=	08:09=	09:23=	11:37=	13:46=	16:19=	18:15=	21:50=	23:45=	27:44=	31:43=	34:22=	35:09=	36:35=	37:59=	39:12=	39:39=
02:24=	00:47=	00:55=	02:05=	01:58=	01:14=	02:14=	02:09=	02:33=	01:56=	03:35=	01:55=	03:59=	03:59=	02:39=	00:47=	01:26=	01:24=	01:13=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jon Åsmund Espedal					4242					40:23								
03:29+	04:12+	05:06+	07:02+	09:11+	10:23+	12:27+	14:26+	17:17+	18:57+	22:49+	24:01+	28:10+	32:14+	34:49+	35:44+	37:14+	38:38+	39:56+	40:23+
03:29+	00:43-	00:54-	01:56-	02:09+	01:12-	02:04-	01:59-	02:51+	01:40-	03:52+	01:12-	04:09+	04:04+	02:35-	00:55+	01:30+	01:24=	01:18+	00:27=
01:05&	00:04-	00:01-	00:09-	00:11+	00:02-	00:10-	00:10-	00:18#	00:16-	00:17+	00:43-	00:10+	00:05+	00:04-	00:08#	00:04+	00:00=	00:05+	00:00=
3	Tom Furland					769					40:25								
02:38+	03:28+	04:19+	06:43+	08:49+	10:04+	12:20+	14:37+	17:22+	19:15+	22:55+	24:09+	28:00+	31:24-	34:32+	35:19+	36:49+	38:26+	39:54+	40:25+
02:38+	00:50+	00:51-	02:24+	02:06+	01:15+	02:16+	02:17+	02:45+	01:53-	03:40+	01:14-	03:51-	03:24-	03:08+	00:47=	01:30+	01:37+	01:28+	00:31+
00:14+	00:03+	00:04-	00:19#	00:08+	00:01+	00:02+	00:08+	00:12+	00:03-	00:05+	00:41-	00:08-	00:35-	00:29#	00:00=	00:04+	00:13#	00:15#	00:04#
4	Oddvar Taksdal					3522					40:50								
02:42+	03:33+	04:26+	06:30+	08:34+	09:47+	12:05+	15:02+	17:26+	19:32+	23:08+	24:38+	28:54+	31:55+	34:52+	35:40+	37:27+	38:56+	40:20+	40:50+
02:42+	00:51+	00:53-	02:04-	02:04+	01:13-	02:18+	02:57+	02:24-	02:06+	03:36+	01:30-	04:16+	03:01-	02:57+	00:48+	01:47+	01:29+	01:24+	00:30+
00:18#	00:04+	00:02-	00:01-	00:06+	00:01-	00:04+	00:48&	00:09-	00:10+	00:01+	00:25-	00:17+	00:58-	00:18#	00:01+	00:21#	00:05+	00:11#	00:03#
5	Lars Sigve Oftedal					772					41:05								
02:28+	03:41+	04:34+	06:23+	08:15+	09:37+	11:37=	14:11+	16:59+	18:54+	21:59+	24:01+	28:14+	32:19+	35:12+	36:30+	37:52+	39:18+	40:38+	41:05+
02:28+	01:13+	00:53-	01:49-	01:52-	01:22+	02:00-	02:34+	02:48+	01:55-	03:05-	02:02+	04:13+	04:05+	02:53+	01:18+	01:22-	01:26+	01:20+	00:27=
00:04+	00:26&	00:02-	00:16-	00:06-	00:08#	00:14-	00:25#	00:15+	00:01-	00:30-	00:07+	00:14+	00:06+	00:14+	00:31&	00:04-	00:02+	00:07+	00:00=
6	Njål F. Vadla					1884					42:07								
02:33+	03:19+	04:13+	06:41+	08:59+	10:09+	12:21+	15:04+	17:48+	19:51+	23:33+	25:00+	29:23+	32:52+	35:31+	37:00+	38:34+	40:09+	41:39+	42:07+
02:33+	00:46-	00:54-	02:28+	02:18+	01:10-	02:12-	02:43+	02:44+	02:03+	03:42+	01:27-	04:23+	03:29-	02:39=	01:29+	01:34+	01:35+	01:30+	00:28+
00:09+	00:01-	00:01-	00:23#	00:20#	00:04-	00:02-	00:34&	00:11+	00:07+	00:07+	00:28-	00:24#	00:30-	00:00=	00:42&	00:08+	00:11#	00:17#	00:01+
7	Oddgeir Eikeskog					1884					42:35								
02:28+	03:18+	04:07+	06:13+	08:13+	09:38+	11:47+	13:54+	18:34+	20:23+	23:53+	26:08+	30:35+	33:54+	36:36+	37:27+	38:52+	40:37+	42:04+	42:35+
02:28+	00:50+	00:49-	02:06+	02:00+	01:25+	02:09-	02:07-	04:40+	01:49-	03:30-	02:15+	04:27+	03:19-	02:42+	00:51+	01:25-	01:45+	01:27+	00:31+
00:04+	00:03+	00:06-	00:01+	00:02+	00:11#	00:05-	00:02-	02:07&	00:07-	00:05-	00:20#	00:28#	00:40-	00:03+	00:04+	00:01-	00:21#	00:14#	00:04#
8	Kristoffer Johannessen					1830					42:36								
02:27+	03:53+	04:56+	06:50+	09:17+	10:52+	13:32+	15:33+	18:40+	21:12+	25:09+	27:05+	31:16+	34:22+	36:50+	37:38+	39:16+	40:40+	42:04+	42:36+
02:27+	01:26+	01:03+	01:54-	02:27+	01:35+	02:40+	02:01-	03:07+	02:32+	03:57+	01:56+	04:11+	03:06-	02:28-	00:48+	01:38+	01:24=	01:24+	00:32+
00:03+	00:39&	00:08#	00:11-	00:29#	00:21&	00:26#	00:08-	00:34#	00:36&	00:22#	00:01+	00:12+	00:53-	00:11-	00:01+	00:12#	00:00=	00:11#	00:05#
9	Torgeir Nevland					3522					43:09								
02:25+	03:12+	04:04-	06:16+	08:29+	09:42+	11:56+	14:11+	16:52+	18:55+	22:18+	23:53+	29:32+	33:44+	37:11+	38:05+	39:44+	41:18+	42:42+	43:09+
02:25+	00:47=	00:52-	02:12+	02:13+	01:13-	02:14=	02:15+	02:41+	02:03+	03:23-	01:35-	05:39+	04:12+	03:27+	00:54+	01:39+	01:34+	01:24+	00:27=
00:01+	00:00=	00:03-	00:07+	00:15#	00:01-	00:00=	00:06+	00:08+	00:07+	00:12-	00:20-	01:40&	00:13+	00:48&	00:07#	00:13#	00:10#	00:11#	00:00=
10	Geir Sand					722					44:40								
02:43+	03:35+	04:28+	06:42+	08:53+	10:14+	12:32+	14:39+	17:31+	19:41+	23:09+	24:36+	30:00+	33:42+	37:38+	38:42+	40:32+	42:22+	44:12+	44:40+
02:43+	00:52+	00:53-	02:14+	02:11+	01:21+	02:18+	02:07-	02:52+	02:10+	03:28-	01:27-	05:24+	03:42-	03:56+	01:04+	01:50+	01:50+	01:50+	00:28+
00:19#	00:05#	00:02-	00:09+	00:13#	00:07+	00:04+	00:02-	00:19#	00:14#	00:07-	00:28-	01:25&	00:17-	01:17&	00:17&	00:24&	00:26&	00:37&	00:01+
11	Arne Eirik Nielsen					3588					45:25								
02:28+	04:15+	05:08+	06:45+	08:56+	10:37+	12:48+	15:33+	18:50+	21:04+	25:56+	27:14+	31:37+	35:24+	38:40+	39:44+	41:32+	43:30+	44:57+	45:25+
02:28+	01:47+	00:53-	01:37-	02:11+	01:41+	02:11-	02:45+	03:17+	02:14+	04:52+	01:18-	04:23+	03:47-	03:16+	01:04+	01:48+	01:58+	01:27+	00:28+
00:04+	01:00#	00:02-	00:28-	00:13#	00:27&	00:03-	00:36&	00:44&	00:18#	01:17&	00:37-	00:24#	00:12-	00:37#	00:17&	00:22&	00:34&	00:14#	00:01+
12	Pontus Christensson					1884					45:26								
02:11-	03:04-	04:17+	06:48+	09:10+	10:30+	12:54+	14:49+	18:04+	20:27+	25:20+	26:41+	31:52+	35:28+	38:55+	39:50+	41:36+	43:48+	45:02+	45:26+
02:11-	00:53+	01:13+	02:31+	02:22+	01:20+	02:24+	01:55-	03:15+	02:23+	04:53+	01:21-	05:11+	03:36-	03:27+	00:55+	01:46+	02:12+	01:14+	00:24-
00:13-	00:06#	00:18&	00:26#	00:24#	00:06+	00:10+	00:14-	00:42&	00:27#	01:18&	00:34-	01:12&	00:23-	00:48&	00:08#	00:20#	00:48&	00:01+	00:03-
13	Øystein Amundrud					3518					46:29								
02:50+	03:43+	04:40+	06:40+	08:37+	10:07+	12:40+	15:34+	18:18+	20:33+	24:11+	27:36+	32:01+	36:16+	39:46+	40:40+	42:32+	44:22+	45:58+	46:29+
02:50+	00:53+	00:57+	02:00-	01:57-	01:30+	02:33+	02:54+	02:44+	02:15+	03:38+	03:25+	04:25+	04:15+	03:30+	00:54+	01:52+	01:50+	01:36+	00:31+
00:26#	00:06#	00:02+	00:05-	00:01-	00:16#	00:19#	00:45&	00:11+	00:19#	00:03+	01:30&	00:26#	00:16+	00:51&	00:07#	00:26&	00:26&	00:23&	00:04#
14	Svein Kyllingstad					1284					47:27								
02:40+	03:37+	04:48+	06:45+	09:09+	10:35+	12:56+	15:20+	18:34+	21:03+	27:24+	29:01+	33:45+	37:56+	41:26+	42:21+	43:57+	45:38+	47:02+	47:27+
02:40+	00:57+	01:11+	01:57-	02:24+	01:26+	02:21+	02:24+	03:14+	02:29+	06:21+	01:37-	04:44+	04:11+	03:30+	00:55+	01:36+	01:41+	01:24+	00:25-
00:16#	00:10#	00:16&	00:08-	00:26#	00:12#	00:07+	00:15#	00:41&	00:33&	02:46&	00:18-	00:45#	00:12+	00:51&	00:08#	00:10#	00:17#	00:11#	00:02-

Plass	Navn					Klasse					Tid				
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HB

15	Jan-Rune Larsen Basso										1376					47:51				
02:28+	03:23+	04:19+	06:34+	08:52+	10:18+	12:47+	15:14+	20:08+	22:19+	26:12+	28:06+	32:42+	36:25+	39:28+	40:30+	44:09+	45:51+	47:19+	47:51+	
02:28+	00:55+	00:56+	02:15+	02:18+	01:26+	02:29+	02:27+	04:54+	02:11+	03:53+	01:54-	04:36+	03:43-	03:03+	01:02+	03:39+	01:42+	01:28+	00:32+	
00:04+	00:08#	00:01+	00:10+	00:20#	00:12#	00:15#	00:18#	02:21&	00:15#	00:18+	00:01-	00:37#	00:16-	00:24#	00:15&	02:13@	00:18#	00:15#	00:05#	
16	Joar Eilevstjønn										2342					49:17				
02:44+	03:37+	04:29+	07:32+	10:26+	12:01+	14:27+	16:51+	20:22+	22:37+	27:36+	29:17+	36:17+	39:45+	42:52+	44:02+	45:50+	47:25+	48:50+	49:17+	
02:44+	00:53+	00:52+	03:03+	02:54+	01:35+	02:26+	02:24+	03:31+	02:15+	04:59+	01:41+	07:00+	03:28+	03:07+	01:10+	01:48+	01:35+	01:25+	00:27+	
02:44+	00:53+	00:52+	03:03+	02:54+	01:35+	02:26+	02:24+	03:31+	02:15+	04:59+	01:41+	07:00+	03:28+	03:07+	01:10+	01:48+	01:35+	01:25+	00:27+	
17	Torbjørn Ims Østby										3507					49:35				
02:33+	03:25+	04:26+	06:59+	09:50+	11:32+	13:49+	16:39+	20:12+	23:21+	27:48+	29:45+	35:35+	39:24+	42:39+	43:42+	45:59+	47:40+	49:06+	49:35+	
02:33+	00:52+	01:01+	02:33+	02:51+	01:42+	02:17+	02:50+	03:33+	03:09+	04:27+	01:57+	05:50+	03:49+	03:15+	01:03+	02:17+	01:41+	01:26+	00:29+	
02:33+	00:52+	01:01+	02:33+	02:51+	01:42+	02:17+	02:50+	03:33+	03:09+	04:27+	01:57+	05:50+	03:49+	03:15+	01:03+	02:17+	01:41+	01:26+	00:29+	
18	Trond Sigurd Fotland										3507					53:39				
02:34+	04:39+	05:38+	08:09+	10:48+	12:23+	17:38+	19:36+	22:50+	25:52+	30:21+	32:31+	38:41+	42:24+	46:17+	47:37+	50:05+	51:44+	53:10+	53:39+	
02:34+	02:05+	00:59+	02:31+	02:39+	01:35+	05:15+	01:58+	03:14+	03:02+	04:29+	02:10+	06:10+	03:43+	03:53+	01:20+	02:28+	01:39+	01:26+	00:29+	
02:34+	02:05+	00:59+	02:31+	02:39+	01:35+	05:15+	01:58+	03:14+	03:02+	04:29+	02:10+	06:10+	03:43+	03:53+	01:20+	02:28+	01:39+	01:26+	00:29+	
19	Asgeir Nærland										1830					1:00:57				
04:00+	04:53+	05:56+	09:52+	13:18+	15:24+	18:20+	20:35+	23:44+	27:06+	31:45+	38:17+	45:14+	49:16+	53:33+	54:52+	57:11+	59:10+	60:32+	60:57+	
04:00+	00:53+	01:03+	03:56+	03:26+	02:06+	02:56+	02:15+	03:09+	03:22+	04:39+	06:32+	06:57+	04:02+	04:17+	01:19+	02:19+	01:59+	01:22+	00:25+	
04:00+	00:53+	01:03+	03:56+	03:26+	02:06+	02:56+	02:15+	03:09+	03:22+	04:39+	06:32+	06:57+	04:02+	04:17+	01:19+	02:19+	01:59+	01:22+	00:25+	

Beste strekktid for klassen

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

HC

1	Terje Michaelsen										3511					41:17				
02:27=	04:43=	06:41=	07:52=	10:30=	12:54=	16:15=	19:37=	23:11=	24:33=	30:01=	33:42=	36:43=	37:45=	39:37=	40:50=	41:17=				
02:27=	02:16=	01:58=	01:11=	02:38=	02:24=	03:21=	03:22=	03:34=	01:22=	05:28=	03:41=	03:01=	01:02=	01:52=	01:13=	00:27=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Kjetil Wirak										3486					41:36				
02:46+	07:11+	09:14+	10:35+	13:02+	15:21+	17:58+	20:20+	23:57+	25:38+	29:59-	33:41-	36:28-	37:19-	39:44+	41:08+	41:36+				
02:46+	04:25+	02:03+	01:21+	02:27-	02:19-	02:37-	02:22-	03:37+	01:41+	04:21-	03:42+	02:47-	00:51-	02:25+	01:24+	00:28+				
00:19#	02:09&	00:05+	00:10#	00:11-	00:05-	00:44-	01:00-	00:03+	00:19#	01:07-	00:01+	00:14-	00:11-	00:33&	00:11#	00:01+				
3	Henning Sundby										3486					41:57				
02:34+	05:23+	07:21+	08:44+	11:03+	13:27+	16:06-	18:35-	24:01+	25:51+	30:35+	34:03+	37:15+	38:14+	40:06+	41:29+	41:57+				
02:34+	02:49+	01:58=	01:23+	02:19-	02:24=	02:39-	02:29-	05:26+	01:50+	04:44-	03:28-	03:12+	00:59-	01:52=	01:23+	00:28+				
00:07+	00:33#	00:00=	00:12#	00:19-	00:00=	00:42-	00:53-	01:52&	00:28&	00:44-	00:13-	00:11+	00:03-	00:00=	00:10#	00:01+				
4	Per Olav Haarr										769					41:59				
02:40+	05:56+	08:15+	09:40+	12:05+	14:04+	17:22+	19:37=	23:14+	24:38+	30:41+	34:15+	36:59+	38:05+	40:02+	41:30+	41:59+				
02:40+	03:16+	02:19+	01:25+	02:25-	01:59-	03:18-	02:15-	03:37+	01:24+	06:03+	03:34-	02:44-	01:06+	01:57+	01:28+	00:29+				
00:13+	01:00&	00:21#	00:14#	00:13-	00:25-	00:03-	01:07-	00:03+	00:02+	00:35#	00:07-	00:17-	00:04+	00:05+	00:15#	00:02+				
5	Oddmund Nordgård										722					42:38				
02:54+	04:57+	07:22+	08:57+	11:30+	13:52+	17:13+	20:24+	24:17+	26:00+	30:46+	34:34+	37:52+	38:58+	40:41+	42:13+	42:38+				
02:54+	02:03-	02:25+	01:35+	02:33-	02:22-	03:21=	03:11-	03:53+	01:43+	04:46-	03:48+	03:18+	01:06+	01:43-	01:32+	00:25-				
00:27#	00:13-	00:27#	00:24&	00:05-	00:02-	00:00=	00:11-	00:19+	00:21&	00:42-	00:07+	00:17+	00:04+	00:09-	00:19&	00:02-				
6	Morten Aamodt										1683					43:17				
02:42+	04:53+	07:05+	08:26+	10:55+	13:16+	16:12-	18:22-	22:05-	24:49+	29:48-	33:27-	38:35+	39:34+	41:21+	42:45+	43:17+				
02:42+	02:11-	02:12+	01:21+	02:29-	02:21-	02:56-	02:10-	03:43+	02:44+	04:59-	03:39-	05:08+	00:59-	01:47-	01:24+	00:32+				
00:15#	00:05-	00:14#	00:10#	00:09-	00:03-	00:25-	01:12-	00:09+	01:22&	00:29-	00:02-	02:07&	00:03-	00:05-	00:11#	00:05#				
7	Stein Arne Olsen										874					43:28				
02:58+	05:32+	07:44+	09:15+	11:47+	14:23+	17:13+	19:28-	23:16+	26:41+	31:14+	35:10+	38:35+	39:39+	41:23+	42:56+	43:28+				
02:58+	02:34+	02:12+	01:31+	02:32-	02:36+	02:50-	02:15-	03:48+	03:25+	04:33-	03:56+	03:25+	01:04+	01:44-	01:33+	00:32+				
00:31#	00:18#	00:14#	00:20&	00:06-	00:12+	00:31-	01:07-	00:14+	02:03@	00:55-	00:15+	00:24#	00:02+	00:08-	00:20&	00:05#				

Plass	Navn					Klasse					Tid					
HC																
8	Jan-Einar Øvremo					1119					46:41					
02:51+	04:45+	07:00+	08:35+	11:04+	13:26+	16:16+	23:52+	27:59+	30:19+	35:17+	39:02+	42:04+	43:01+	44:41+	46:08+	46:41+
02:51+	01:54-	02:15+	01:35+	02:29-	02:22-	02:50-	07:36+	04:07+	02:20+	04:58-	03:45+	03:02+	00:57-	01:40-	01:27+	00:33+
00:24#	00:22-	00:17#	00:24#	00:09-	00:02-	00:31-	04:14#	00:33#	00:58#	00:30-	00:04+	00:01+	00:05-	00:12-	00:14#	00:06#
9	Leif Kjetil Hinna Gausel					1683					49:05					
02:54+	05:46+	07:55+	09:29+	12:55+	15:46+	19:53+	22:21+	26:32+	28:39+	34:47+	39:34+	43:32+	44:50+	46:49+	48:37+	49:05+
02:54+	02:52+	02:09+	01:34+	03:26+	02:51+	04:07+	02:28+	04:11+	02:07+	06:08+	04:47+	03:58+	01:18+	01:59+	01:48+	00:28+
02:54+	02:52+	02:09+	01:34+	03:26+	02:51+	04:07+	02:28+	04:11+	02:07+	06:08+	04:47+	03:58+	01:18+	01:59+	01:48+	00:28+
10	Pål H. Gjerden					1683					49:37					
02:56+	05:18+	07:42+	09:22+	12:14+	14:55+	19:16+	22:20+	27:15+	29:08+	34:55+	39:18+	43:07+	44:44+	47:18+	49:08+	49:37+
02:56+	02:22+	02:24+	01:40+	02:52+	02:41+	04:21+	03:04+	04:55+	01:53+	05:47+	04:23+	03:49+	01:37+	02:34+	01:50+	00:29+
02:56+	02:22+	02:24+	01:40+	02:52+	02:41+	04:21+	03:04+	04:55+	01:53+	05:47+	04:23+	03:49+	01:37+	02:34+	01:50+	00:29+
11	Bertrand Denieul					877					52:12					
02:27+	05:02+	08:00+	09:42+	12:15+	14:25+	17:34+	20:35+	24:00+	25:53+	34:04+	38:50+	42:30+	43:41+	49:51+	51:41+	52:12+
02:27+	02:35+	02:58+	01:42+	02:33+	02:10+	03:09+	03:01+	03:25+	01:53+	08:11+	04:46+	03:40+	01:11+	06:10+	01:50+	00:31+
02:27+	02:35+	02:58+	01:42+	02:33+	02:10+	03:09+	03:01+	03:25+	01:53+	08:11+	04:46+	03:40+	01:11+	06:10+	01:50+	00:31+
12	Pål Bårdsen					3497					53:59					
03:12+	07:14+	10:06+	12:06+	15:26+	18:22+	22:17+	24:35+	29:19+	31:11+	37:47+	42:43+	46:21+	47:29+	51:38+	53:24+	53:59+
03:12+	04:02+	02:52+	02:00+	03:20+	02:56+	03:55+	02:18+	04:44+	01:52+	06:36+	04:56+	03:38+	01:08+	04:09+	01:46+	00:35+
03:12+	04:02+	02:52+	02:00+	03:20+	02:56+	03:55+	02:18+	04:44+	01:52+	06:36+	04:56+	03:38+	01:08+	04:09+	01:46+	00:35+
13	Thomas Schanke Eikum					769					56:08					
03:10+	05:37+	08:52+	10:33+	13:16+	16:13+	20:17+	22:59+	27:43+	31:39+	39:18+	44:07+	48:56+	50:24+	54:01+	55:38+	56:08+
03:10+	02:27+	03:15+	01:41+	02:43+	02:57+	04:04+	02:42+	04:44+	03:56+	07:39+	04:49+	04:49+	01:28+	03:37+	01:37+	00:30+
03:10+	02:27+	03:15+	01:41+	02:43+	02:57+	04:04+	02:42+	04:44+	03:56+	07:39+	04:49+	04:49+	01:28+	03:37+	01:37+	00:30+
14	Øyvind Rummelhoff					882					56:18					
06:59+	08:51+	11:16+	12:52+	16:41+	19:46+	24:50+	27:53+	32:40+	34:54+	41:16+	46:06+	50:46+	52:23+	54:19+	55:48+	56:18+
06:59+	01:52+	02:25+	01:36+	03:49+	03:05+	05:04+	03:03+	04:47+	02:14+	06:22+	04:50+	04:40+	01:37+	01:56+	01:29+	00:30+
06:59+	01:52+	02:25+	01:36+	03:49+	03:05+	05:04+	03:03+	04:47+	02:14+	06:22+	04:50+	04:40+	01:37+	01:56+	01:29+	00:30+
15	Erling Mauland					3541					58:52					
03:37+	06:25+	09:37+	11:27+	14:43+	18:36+	23:39+	31:05+	35:47+	37:37+	42:44+	47:50+	52:58+	54:13+	56:32+	58:22+	58:52+
03:37+	02:48+	03:12+	01:50+	03:16+	03:53+	05:03+	07:26+	04:42+	01:50+	05:07+	05:06+	05:08+	01:15+	02:19+	01:50+	00:30+
03:37+	02:48+	03:12+	01:50+	03:16+	03:53+	05:03+	07:26+	04:42+	01:50+	05:07+	05:06+	05:08+	01:15+	02:19+	01:50+	00:30+
16	Ove Oaland					1683					59:08					
03:23+	06:28+	09:20+	11:21+	14:58+	20:56+	26:10+	29:17+	34:07+	36:19+	43:08+	48:00+	52:51+	54:25+	56:44+	58:33+	59:08+
03:23+	03:05+	02:52+	02:01+	03:37+	05:58+	05:14+	03:07+	04:50+	02:12+	06:49+	04:52+	04:51+	01:34+	02:19+	01:49+	00:35+
03:23+	03:05+	02:52+	02:01+	03:37+	05:58+	05:14+	03:07+	04:50+	02:12+	06:49+	04:52+	04:51+	01:34+	02:19+	01:49+	00:35+
17	Øivind Berggraf					1683					1:00:41					
03:18+	05:58+	10:19+	11:48+	14:40+	18:09+	23:58+	26:55+	32:14+	33:58+	41:19+	46:27+	51:01+	52:14+	57:51+	60:07+	60:41+
03:18+	02:40+	04:21+	01:29+	02:52+	03:29+	05:49+	02:57+	05:19+	01:44+	07:21+	05:08+	04:34+	01:13+	05:37+	02:16+	00:34+
03:18+	02:40+	04:21+	01:29+	02:52+	03:29+	05:49+	02:57+	05:19+	01:44+	07:21+	05:08+	04:34+	01:13+	05:37+	02:16+	00:34+
18	Ludovic Antresangle					877					1:01:21					
03:37+	06:18+	10:30+	12:45+	15:32+	17:48+	22:03+	25:12+	34:43+	37:43+	44:55+	50:20+	55:14+	56:45+	59:04+	60:48+	61:21+
03:37+	02:41+	04:12+	02:15+	02:47+	02:16+	04:15+	03:09+	09:31+	03:00+	07:12+	05:25+	04:54+	01:31+	02:19+	01:44+	00:33+
03:37+	02:41+	04:12+	02:15+	02:47+	02:16+	04:15+	03:09+	09:31+	03:00+	07:12+	05:25+	04:54+	01:31+	02:19+	01:44+	00:33+
19	Terje Undheim					3529					1:02:49					
09:59+	12:33+	15:58+	17:40+	20:04+	22:15+	29:06+	32:18+	40:19+	41:56+	48:40+	52:30+	55:47+	56:51+	60:54+	62:17+	62:49+
09:59+	02:34+	03:25+	01:42+	02:24+	02:11+	06:51+	03:12+	08:01+	01:37+	06:44+	03:50+	03:17+	01:04+	04:03+	01:23+	00:32+
09:59+	02:34+	03:25+	01:42+	02:24+	02:11+	06:51+	03:12+	08:01+	01:37+	06:44+	03:50+	03:17+	01:04+	04:03+	01:23+	00:32+
20	Svein Oddvar Netland					1683					1:05:08					
04:20+	08:29+	16:46+	18:39+	21:22+	27:24+	33:40+	36:46+	41:50+	43:48+	48:43+	52:31+	57:31+	58:53+	63:03+	64:39+	65:08+
04:20+	04:09+	08:17+	01:53+	02:43+	06:02+	06:16+	03:06+	05:04+	01:58+	04:55+	03:48+	05:00+	01:22+	04:10+	01:36+	00:29+
04:20+	04:09+	08:17+	01:53+	02:43+	06:02+	06:16+	03:06+	05:04+	01:58+	04:55+	03:48+	05:00+	01:22+	04:10+	01:36+	00:29+
21	Stephen Richardson					877					1:08:21					
03:56+	07:23+	11:43+	16:01+	19:01+	21:54+	27:21+	31:00+	36:12+	41:27+	48:13+	54:28+	59:08+	60:42+	65:42+	67:44+	68:21+
03:56+	03:27+	04:20+	04:18+	03:00+	02:53+	05:27+	03:39+	05:12+	05:15+	06:46+	06:15+	04:40+	01:34+	05:00+	02:02+	00:37+
03:56+	03:27+	04:20+	04:18+	03:00+	02:53+	05:27+	03:39+	05:12+	05:15+	06:46+	06:15+	04:40+	01:34+	05:00+	02:02+	00:37+

Plass	Navn	Klasse	Tid													
HC																
22	Øistein Haaland	1683	1:08:57													
08:11+	11:14+	14:19+	16:20+	19:22+	24:13+	29:21+	32:36+	38:18+	41:00+	49:11+	53:50+	59:28+	61:14+	66:08+	68:14+	68:57+
08:11+	03:03+	03:05+	02:01+	03:02+	04:51+	05:08+	03:15+	05:42+	02:42+	08:11+	04:39+	05:38+	01:46+	04:54+	02:06+	00:43+
08:11+	03:03+	03:05+	02:01+	03:02+	04:51+	05:08+	03:15+	05:42+	02:42+	08:11+	04:39+	05:38+	01:46+	04:54+	02:06+	00:43+
Beste strekktid for klassen																
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
HNY																
1	Eirik Hatle	903	26:48													
02:23=	05:00=	07:44=	12:39=	14:37=	17:42=	21:45=	24:00=	25:55=	26:48=							
02:23=	02:37=	02:44=	04:55=	01:58=	03:05=	04:03=	02:15=	01:55=	00:53=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Arild Opstad	3529	36:09													
06:10+	10:12+	14:30+	16:39+	19:57+	23:31+	29:12+	32:26+	35:08+	36:09+							
06:10+	04:02+	04:18+	02:09-	03:18+	03:34+	05:41+	03:14+	02:42+	01:01+							
03:47@	01:25&	01:34&	02:46-	01:20&	00:29#	01:38&	00:59&	00:47&	00:08#							
Beste strekktid for klassen																
02:23	02:37	02:44	02:09	01:58	03:05	04:03	02:15	01:55	00:53							
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
HT																
1	Adam Alfred Brennhaugen	3512	20:01													
02:05=	04:02=	05:49=	07:31=	08:50=	10:13=	15:01=	17:11=	18:08=	19:39=	20:01=						
02:05=	01:57=	01:47=	01:42=	01:19=	01:23=	04:48=	02:10=	00:57=	01:31=	00:22=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Stig E. Ollestad	3519	21:20													
02:01-	04:29+	06:24+	08:34+	09:53+	11:10+	16:44+	19:02+	19:59+	20:51+	21:20+						
02:01-	02:28+	01:55+	02:10+	01:19=	01:17-	05:34+	02:18+	00:57=	00:52-	00:29+						
00:04-	00:31&	00:08+	00:28&	00:00=	00:06-	00:46#	00:08+	00:00=	00:39-	00:07&						
3	Viktor Klippen	880	22:57													
02:11+	04:32+	06:28+	08:15+	09:24+	10:55+	17:39+	20:20+	21:33+	22:29+	22:57+						
02:11+	02:21+	01:56+	01:47+	01:09-	01:31+	06:44+	02:41+	01:13+	00:56-	00:28+						
00:06+	00:24#	00:09+	00:05+	00:10-	00:08+	01:56&	00:31#	00:16&	00:35-	00:06&						
4	Erland Båtnes Berntsen	643	23:11													
01:54-	04:12+	06:21+	08:25+	10:41+	12:39+	18:13+	20:17+	21:20+	22:42+	23:11+						
01:54-	02:18+	02:09+	02:04+	02:16+	01:58+	05:34+	02:04-	01:03+	01:22-	00:29+						
00:11-	00:21#	00:22#	00:22#	00:57&	00:35&	00:46#	00:06-	00:06#	00:09-	00:07&						
5	Svein Erik Bjørnsen	1376	23:54													
02:21+	04:43+	06:40+	08:48+	10:04+	12:11+	17:53+	21:03+	22:24+	23:19+	23:54+						
02:21+	02:22+	01:57+	02:08+	01:16-	02:07+	05:42+	03:10+	01:21+	00:55-	00:35+						
00:16#	00:25#	00:10+	00:26&	00:03-	00:44&	00:54#	01:00&	00:24&	00:36-	00:13&						
6	Aksel Kleppa Hartmann	793	25:04													
02:28+	04:29+	06:25+	08:22+	09:32+	11:07+	19:58+	22:28+	23:38+	24:39+	25:04+						
02:28+	02:01+	01:56+	01:57+	01:10-	01:35+	08:51+	02:30+	01:10+	01:01-	00:25+						
00:23#	00:04+	00:09+	00:15#	00:09-	00:12#	04:03&	00:20#	00:13#	00:30-	00:03#						
7	Per Olof Wallerstedt	3516	25:23													
02:07+	04:42+	06:53+	09:09+	10:30+	12:09+	18:34+	22:19+	23:36+	24:45+	25:23+						
02:07+	02:35+	02:11+	02:16+	01:21+	01:39+	06:25+	03:45+	01:17+	01:09-	00:38+						
00:02+	00:38&	00:24#	00:34&	00:02+	00:16#	01:37&	01:35&	00:20&	00:22-	00:16&						

Plass	Navn		Klasse								Tid
HT											
8	Tor Harald Lunde		3511								25:50
02:42+	05:32+	07:52+	10:23+	11:48+	13:33+	19:40+	22:45+	23:58+	25:10+	25:50+	
02:42+	02:50+	02:20+	02:31+	01:25+	01:45+	06:07+	03:05+	01:13+	01:12-	00:40+	
00:37&	00:53&	00:33&	00:49&	00:06+	00:22&	01:19&	00:55&	00:16&	00:19-	00:18&	
9	Jan Henrik Neuenkirchen		896								26:29
02:14+	04:54+	07:05+	09:35+	11:11+	12:46+	19:51+	23:18+	24:52+	25:51+	26:29+	
02:14+	02:40+	02:11+	02:30+	01:36+	01:35+	07:05+	03:27+	01:34+	00:59+	00:38+	
02:14+	02:40+	02:11+	02:30+	01:36+	01:35+	07:05+	03:27+	01:34+	00:59+	00:38+	
10	Kay Roar Harila		643								26:47
02:15+	05:40+	07:45+	10:11+	11:47+	13:19+	21:01+	24:11+	25:11+	26:09+	26:47+	
02:15+	03:25+	02:05+	02:26+	01:36+	01:32+	07:42+	03:10+	01:00+	00:58+	00:38+	
02:15+	03:25+	02:05+	02:26+	01:36+	01:32+	07:42+	03:10+	01:00+	00:58+	00:38+	
11	Arne Magne Sondresen		722								27:40
02:11+	04:55+	07:35+	09:50+	11:08+	12:53+	19:27+	24:46+	26:05+	27:02+	27:40+	
02:11+	02:44+	02:40+	02:15+	01:18+	01:45+	06:34+	05:19+	01:19+	00:57+	00:38+	
02:11+	02:44+	02:40+	02:15+	01:18+	01:45+	06:34+	05:19+	01:19+	00:57+	00:38+	
12	Ketil Vestbakke		1683								28:05
02:18+	05:14+	07:38+	10:37+	12:03+	13:37+	21:11+	24:08+	26:33+	27:28+	28:05+	
02:18+	02:56+	02:24+	02:59+	01:26+	01:34+	07:34+	02:57+	02:25+	00:55+	00:37+	
02:18+	02:56+	02:24+	02:59+	01:26+	01:34+	07:34+	02:57+	02:25+	00:55+	00:37+	
13	Bruno Pierfelice		3519								28:13
01:46+	05:35+	08:45+	11:49+	13:31+	15:12+	22:20+	25:19+	26:28+	27:35+	28:13+	
01:46+	03:49+	03:10+	03:04+	01:42+	01:41+	07:08+	02:59+	01:09+	01:07+	00:38+	
01:46+	03:49+	03:10+	03:04+	01:42+	01:41+	07:08+	02:59+	01:09+	01:07+	00:38+	
14	Svein Sivertsen		3530								29:29
03:06+	06:55+	10:07+	13:10+	14:49+	17:01+	23:49+	26:26+	27:32+	28:44+	29:29+	
03:06+	03:49+	03:12+	03:03+	01:39+	02:12+	06:48+	02:37+	01:06+	01:12+	00:45+	
03:06+	03:49+	03:12+	03:03+	01:39+	02:12+	06:48+	02:37+	01:06+	01:12+	00:45+	
15	Sjur Bjerke		3525								29:37
02:47+	06:49+	10:08+	12:29+	14:05+	16:04+	22:59+	25:50+	27:36+	28:56+	29:37+	
02:47+	04:02+	03:19+	02:21+	01:36+	01:59+	06:55+	02:51+	01:46+	01:20+	00:41+	
02:47+	04:02+	03:19+	02:21+	01:36+	01:59+	06:55+	02:51+	01:46+	01:20+	00:41+	
16	Leif Jarle Skåra		3502								30:06
03:52+	06:39+	08:56+	11:47+	13:16+	15:14+	21:39+	27:07+	28:20+	29:26+	30:06+	
03:52+	02:47+	02:17+	02:51+	01:29+	01:58+	06:25+	05:28+	01:13+	01:06+	00:40+	
03:52+	02:47+	02:17+	02:51+	01:29+	01:58+	06:25+	05:28+	01:13+	01:06+	00:40+	
17	Roger Endre Nyseth		892								30:13
02:47+	06:09+	08:37+	11:28+	13:02+	15:38+	23:44+	26:48+	28:06+	29:25+	30:13+	
02:47+	03:22+	02:28+	02:51+	01:34+	02:36+	08:06+	03:04+	01:18+	01:19+	00:48+	
02:47+	03:22+	02:28+	02:51+	01:34+	02:36+	08:06+	03:04+	01:18+	01:19+	00:48+	
18	Christian Nilsen		3525								30:56
02:22+	05:42+	08:11+	15:17+	16:49+	18:32+	25:34+	28:05+	29:17+	30:15+	30:56+	
02:22+	03:20+	02:29+	07:06+	01:32+	01:43+	07:02+	02:31+	01:12+	00:58+	00:41+	
02:22+	03:20+	02:29+	07:06+	01:32+	01:43+	07:02+	02:31+	01:12+	00:58+	00:41+	
19	Ivar Aalbu		3502								30:56
03:07+	06:15+	09:02+	11:39+	13:14+	15:25+	22:34+	26:06+	28:57+	30:14+	30:56+	
03:07+	03:08+	02:47+	02:37+	01:35+	02:11+	07:09+	03:32+	02:51+	01:17+	00:42+	
03:07+	03:08+	02:47+	02:37+	01:35+	02:11+	07:09+	03:32+	02:51+	01:17+	00:42+	
20	Arild Svihus		892								31:13
03:08+	06:21+	08:51+	11:36+	13:11+	15:10+	24:06+	27:27+	28:51+	29:56+	31:13+	
03:08+	03:13+	02:30+	02:45+	01:35+	01:59+	08:56+	03:21+	01:24+	01:05+	01:17+	
03:08+	03:13+	02:30+	02:45+	01:35+	01:59+	08:56+	03:21+	01:24+	01:05+	01:17+	
21	Håvard Stensland		3503								32:21
02:04+	04:29+	06:52+	09:46+	19:45+	21:12+	26:52+	29:11+	30:43+	31:50+	32:21+	
02:04+	02:25+	02:23+	02:54+	09:59+	01:27+	05:40+	02:19+	01:32+	01:07+	00:31+	
02:04+	02:25+	02:23+	02:54+	09:59+	01:27+	05:40+	02:19+	01:32+	01:07+	00:31+	

Plass	Navn											Klasse	Tid										
HT																							
22	Knut Husdal											1884	33:47										
03:42+	06:40+	09:00+	11:58+	13:46+	16:19+	26:06+	30:12+	31:54+	33:14+	33:47+													
03:42+	02:58+	02:20+	02:58+	01:48+	02:33+	09:47+	04:06+	01:42+	01:20+	00:33+													
03:42+	02:58+	02:20+	02:58+	01:48+	02:33+	09:47+	04:06+	01:42+	01:20+	00:33+													
23	Lars Salvesen											1119	34:02										
08:44+	11:39+	14:15+	16:46+	18:15+	19:51+	26:14+	31:03+	32:14+	33:21+	34:02+													
08:44+	02:55+	02:36+	02:31+	01:29+	01:36+	06:23+	04:49+	01:11+	01:07+	00:41+													
08:44+	02:55+	02:36+	02:31+	01:29+	01:36+	06:23+	04:49+	01:11+	01:07+	00:41+													
24	Robert Hooper											1683	34:08										
02:42+	05:58+	09:14+	11:57+	13:39+	16:06+	26:18+	30:10+	32:05+	33:25+	34:08+													
02:42+	03:16+	03:16+	02:43+	01:42+	02:27+	10:12+	03:52+	01:55+	01:20+	00:43+													
02:42+	03:16+	03:16+	02:43+	01:42+	02:27+	10:12+	03:52+	01:55+	01:20+	00:43+													
25	Frode Følgesvold											880	34:32										
02:54+	06:28+	09:29+	12:46+	14:21+	16:39+	26:08+	30:41+	32:22+	33:39+	34:32+													
02:54+	03:34+	03:01+	03:17+	01:35+	02:18+	09:29+	04:33+	01:41+	01:17+	00:53+													
02:54+	03:34+	03:01+	03:17+	01:35+	02:18+	09:29+	04:33+	01:41+	01:17+	00:53+													
26	Steinar Løgith Aase											2539	34:53										
03:18+	06:44+	09:35+	12:51+	14:56+	17:28+	26:37+	30:32+	32:30+	34:09+	34:53+													
03:18+	03:26+	02:51+	03:16+	02:05+	02:32+	09:09+	03:55+	01:58+	01:39+	00:44+													
03:18+	03:26+	02:51+	03:16+	02:05+	02:32+	09:09+	03:55+	01:58+	01:39+	00:44+													
27	Karl Petter Sørnes											903	36:45										
02:41+	05:18+	07:47+	10:00+	12:41+	14:50+	29:38+	32:53+	34:51+	35:59+	36:45+													
02:41+	02:37+	02:29+	02:13+	02:41+	02:09+	14:48+	03:15+	01:58+	01:08+	00:46+													
02:41+	02:37+	02:29+	02:13+	02:41+	02:09+	14:48+	03:15+	01:58+	01:08+	00:46+													
28	Tor Erik Skretting											1683	37:08										
02:30+	09:28+	12:03+	14:27+	16:19+	20:14+	30:22+	33:35+	35:28+	36:29+	37:08+													
02:30+	06:58+	02:35+	02:24+	01:52+	03:55+	10:08+	03:13+	01:53+	01:01+	00:39+													
02:30+	06:58+	02:35+	02:24+	01:52+	03:55+	10:08+	03:13+	01:53+	01:01+	00:39+													
29	Runar Volle											3565	37:34										
03:16+	07:03+	10:30+	12:42+	14:14+	16:12+	31:30+	34:24+	36:07+	37:05+	37:34+													
03:16+	03:47+	03:27+	02:12+	01:32+	01:58+	15:18+	02:54+	01:43+	00:58+	00:29+													
03:16+	03:47+	03:27+	02:12+	01:32+	01:58+	15:18+	02:54+	01:43+	00:58+	00:29+													
30	Trond Hegheim											3565	37:35										
03:17+	07:00+	10:30+	12:43+	14:16+	16:13+	31:41+	34:28+	36:04+	37:05+	37:35+													
03:17+	03:43+	03:30+	02:13+	01:33+	01:57+	15:28+	02:47+	01:36+	01:01+	00:30+													
03:17+	03:43+	03:30+	02:13+	01:33+	01:57+	15:28+	02:47+	01:36+	01:01+	00:30+													
31	Trond Raugstad											3598	38:33										
02:48+	05:19+	08:43+	11:04+	12:56+	14:41+	32:07+	35:23+	37:00+	38:06+	38:33+													
02:48+	02:31+	03:24+	02:21+	01:52+	01:45+	17:26+	03:16+	01:37+	01:06+	00:27+													
02:48+	02:31+	03:24+	02:21+	01:52+	01:45+	17:26+	03:16+	01:37+	01:06+	00:27+													
32	Rune Hagen Maudal											3524	38:46										
02:49+	06:36+	08:57+	15:09+	17:00+	18:53+	30:24+	35:58+	37:10+	38:13+	38:46+													
02:49+	03:47+	02:21+	06:12+	01:51+	01:53+	11:31+	05:34+	01:12+	01:03+	00:33+													
02:49+	03:47+	02:21+	06:12+	01:51+	01:53+	11:31+	05:34+	01:12+	01:03+	00:33+													
33	Rolf Øystein Kluge											793	38:49										
03:26+	06:55+	09:57+	12:59+	15:55+	18:17+	29:18+	34:20+	36:24+	38:07+	38:49+													
03:26+	03:29+	03:02+	03:02+	02:56+	02:22+	11:01+	05:02+	02:04+	01:43+	00:42+													
03:26+	03:29+	03:02+	03:02+	02:56+	02:22+	11:01+	05:02+	02:04+	01:43+	00:42+													
34	Frank Gulbrandsen											722	39:06										
04:43+	10:58+	13:26+	16:08+	17:40+	19:54+	30:23+	34:12+	36:40+	38:22+	39:06+													
04:43+	06:15+	02:28+	02:42+	01:32+	02:14+	10:29+	03:49+	02:28+	01:42+	00:44+													
04:43+	06:15+	02:28+	02:42+	01:32+	02:14+	10:29+	03:49+	02:28+	01:42+	00:44+													
35	Ingve Morten Skjaeldal											4226	39:49										
03:56+	08:22+	11:00+	15:04+	18:28+	20:29+	32:19+	36:02+	37:46+	39:07+	39:49+													
03:56+	04:26+	02:38+	04:04+	03:24+	02:01+	11:50+	03:43+	01:44+	01:21+	00:42+													
03:56+	04:26+	02:38+	04:04+	03:24+	02:01+	11:50+	03:43+	01:44+	01:21+	00:42+													

Plass	Navn										Klasse	Tid
HT												
36	Hans Østebø										793	40:25
01:46+	03:33+	05:45+	07:23+	08:25+	09:41+	36:33+	38:20+	39:21+	40:06+	40:25+		
01:46+	01:47+	02:12+	01:38+	01:02+	01:16+	26:52+	01:47+	01:01+	00:45+	00:19+		
01:46+	01:47+	02:12+	01:38+	01:02+	01:16+	26:52+	01:47+	01:01+	00:45+	00:19+		
37	Jan Erik Rasmussen										3519	41:33
02:38+	09:37+	12:51+	15:44+	17:41+	20:34+	29:05+	37:01+	39:21+	40:46+	41:33+		
02:38+	06:59+	03:14+	02:53+	01:57+	02:53+	08:31+	07:56+	02:20+	01:25+	00:47+		
02:38+	06:59+	03:14+	02:53+	01:57+	02:53+	08:31+	07:56+	02:20+	01:25+	00:47+		
38	Per Bakken										880	42:09
04:22+	08:04+	12:23+	15:40+	20:05+	23:56+	33:34+	37:18+	39:55+	41:23+	42:09+		
04:22+	03:42+	04:19+	03:17+	04:25+	03:51+	09:38+	03:44+	02:37+	01:28+	00:46+		
04:22+	03:42+	04:19+	03:17+	04:25+	03:51+	09:38+	03:44+	02:37+	01:28+	00:46+		
39	Rohan Joseph										1376	43:11
02:35+	05:48+	08:26+	11:18+	12:36+	15:06+	23:51+	40:16+	41:23+	42:26+	43:11+		
02:35+	03:13+	02:38+	02:52+	01:18+	02:30+	08:45+	16:25+	01:07+	01:03+	00:45+		
02:35+	03:13+	02:38+	02:52+	01:18+	02:30+	08:45+	16:25+	01:07+	01:03+	00:45+		
40	Kjell-Ole Topnes										1683	43:21
04:10+	09:03+	12:59+	15:53+	17:36+	19:51+	36:41+	40:10+	41:29+	42:38+	43:21+		
04:10+	04:53+	03:56+	02:54+	01:43+	02:15+	16:50+	03:29+	01:19+	01:09+	00:43+		
04:10+	04:53+	03:56+	02:54+	01:43+	02:15+	16:50+	03:29+	01:19+	01:09+	00:43+		
41	Torgeir Færevåg										3553	44:46
03:58+	06:51+	10:22+	14:21+	16:15+	27:54+	36:17+	39:45+	42:51+	44:02+	44:46+		
03:58+	02:53+	03:31+	03:59+	01:54+	11:39+	08:23+	03:28+	03:06+	01:11+	00:44+		
03:58+	02:53+	03:31+	03:59+	01:54+	11:39+	08:23+	03:28+	03:06+	01:11+	00:44+		
42	Tom Leveraas										1884	45:48
05:40+	09:48+	14:46+	18:06+	20:01+	22:50+	32:41+	38:27+	42:54+	44:45+	45:48+		
05:40+	04:08+	04:58+	03:20+	01:55+	02:49+	09:51+	05:46+	04:27+	01:51+	01:03+		
05:40+	04:08+	04:58+	03:20+	01:55+	02:49+	09:51+	05:46+	04:27+	01:51+	01:03+		
43	Trond Vigesdal										896	46:10
03:02+	15:04+	17:31+	20:21+	21:48+	23:48+	34:42+	42:30+	44:09+	45:23+	46:10+		
03:02+	12:02+	02:27+	02:50+	01:27+	02:00+	10:54+	07:48+	01:39+	01:14+	00:47+		
03:02+	12:02+	02:27+	02:50+	01:27+	02:00+	10:54+	07:48+	01:39+	01:14+	00:47+		
44	John Øgreid										882	46:31
03:46+	08:09+	11:21+	14:03+	15:41+	18:22+	35:59+	40:03+	43:26+	45:07+	46:31+		
03:46+	04:23+	03:12+	02:42+	01:38+	02:41+	17:37+	04:04+	03:23+	01:41+	01:24+		
03:46+	04:23+	03:12+	02:42+	01:38+	02:41+	17:37+	04:04+	03:23+	01:41+	01:24+		
45	Øivind Berentsen										4226	46:55
04:09+	07:24+	10:34+	13:50+	16:01+	18:33+	38:49+	42:39+	44:40+	46:07+	46:55+		
04:09+	03:15+	03:10+	03:16+	02:11+	02:32+	20:16+	03:50+	02:01+	01:27+	00:48+		
04:09+	03:15+	03:10+	03:16+	02:11+	02:32+	20:16+	03:50+	02:01+	01:27+	00:48+		
46	Jon Grepstad										3531	47:20
04:04+	09:00+	12:54+	16:11+	18:16+	21:46+	37:20+	42:36+	44:44+	46:28+	47:20+		
04:04+	04:56+	03:54+	03:17+	02:05+	03:30+	15:34+	05:16+	02:08+	01:44+	00:52+		
04:04+	04:56+	03:54+	03:17+	02:05+	03:30+	15:34+	05:16+	02:08+	01:44+	00:52+		
47	John Helge Svandal										3531	48:50
02:54+	05:53+	08:29+	10:55+	12:36+	14:56+	35:48+	42:43+	47:02+	48:03+	48:50+		
02:54+	02:59+	02:36+	02:26+	01:41+	02:20+	20:52+	06:55+	04:19+	01:01+	00:47+		
02:54+	02:59+	02:36+	02:26+	01:41+	02:20+	20:52+	06:55+	04:19+	01:01+	00:47+		
48	Bartłomiej Lenart										1376	50:34
01:35+	03:31+	05:12+	06:53+	07:50+	09:13+	47:18+	48:36+	49:17+	50:06+	50:34+		
01:35+	01:56+	01:41+	01:41+	00:57+	01:23+	38:05+	01:18+	00:41+	00:49+	00:28+		
01:35+	01:56+	01:41+	01:41+	00:57+	01:23+	38:05+	01:18+	00:41+	00:49+	00:28+		
49	Glenn-Ove Kingestad										3676	51:17
03:09+	05:27+	08:35+	24:55+	32:01+	33:51+	44:19+	48:00+	49:14+	50:47+	51:17+		
03:09+	02:18+	03:08+	16:20+	07:06+	01:50+	10:28+	03:41+	01:14+	01:33+	00:30+		
03:09+	02:18+	03:08+	16:20+	07:06+	01:50+	10:28+	03:41+	01:14+	01:33+	00:30+		

Plass	Navn					Klasse					Tid
HT											
50	Kjetil Kartevold					3676					53:16
	05:41+	09:03+	12:33+	15:26+	18:33+	35:22+	44:03+	48:21+	50:31+	52:02+	53:16+
	05:41+	03:22+	03:30+	02:53+	03:07+	16:49+	08:41+	04:18+	02:10+	01:31+	01:14+
	05:41+	03:22+	03:30+	02:53+	03:07+	16:49+	08:41+	04:18+	02:10+	01:31+	01:14+
51	Timothée Maillefer					877					55:58
	02:41+	06:08+	08:12+	10:24+	11:50+	13:33+	49:09+	52:01+	54:02+	55:19+	55:58+
	02:41+	03:27+	02:04+	02:12+	01:26+	01:43+	35:36+	02:52+	02:01+	01:17+	00:39+
	02:41+	03:27+	02:04+	02:12+	01:26+	01:43+	35:36+	02:52+	02:01+	01:17+	00:39+
52	Svein Olav Høyland					1683					56:01
	06:21+	10:17+	13:17+	15:57+	17:18+	19:41+	47:10+	51:53+	53:56+	55:20+	56:01+
	06:21+	03:56+	03:00+	02:40+	01:21+	02:23+	27:29+	04:43+	02:03+	01:24+	00:41+
	06:21+	03:56+	03:00+	02:40+	01:21+	02:23+	27:29+	04:43+	02:03+	01:24+	00:41+

Beste strekktid for klassen

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