

Class	Navn	Klasse	Tid															
D16																		
1	Nora Svendsen	892	25:54															
01:24=	03:23=	05:01=	06:47=	07:30=	09:38=	11:42=	13:02=	13:34=	15:30=	16:40=	17:29=	18:14=	19:01=	19:55=	22:12=	24:16=	25:04=	25:54=
01:24=	01:59=	01:38=	01:46=	00:43=	02:08=	02:04=	01:20=	00:32=	01:56=	01:10=	00:49=	00:45=	00:47=	00:54=	02:17=	02:04=	00:48=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Sina Thu Randulff	643	27:13															
01:10-	02:41-	04:33-	06:12-	06:56-	09:02-	10:31-	11:50-	12:54-	14:52-	15:58-	17:36+	18:03-	18:54-	19:43-	21:51-	25:52+	26:33+	27:13+
01:10-	01:31-	01:52+	01:39-	00:44+	02:06-	01:29-	01:19-	01:04+	01:58+	01:06-	01:38+	00:27-	00:51+	00:49-	02:08-	04:01+	00:41-	00:40-
00:14-	00:28-	00:14#	00:07-	00:01+	00:02-	00:35-	00:01-	00:32&	00:02+	00:04-	00:49&	00:18-	00:04+	00:05-	00:09-	01:57&	00:07-	00:10-
3	Ingrid Lycke Austbø	989	28:33															
01:23-	03:31+	05:29+	07:20+	08:20+	10:45+	13:04+	14:25+	14:50+	17:19+	18:35+	19:23+	20:03+	20:50+	22:08+	26:05+	27:17+	27:51+	28:33+
01:23-	02:08+	01:58+	01:51+	01:00+	02:25+	02:19+	01:21+	00:25-	02:29+	01:16+	00:48-	00:40-	00:47=	01:18+	03:57+	01:12-	00:34-	00:42-
00:01-	00:09+	00:20#	00:05+	00:17&	00:17#	00:15#	00:01+	00:07-	00:33&	00:06+	00:01-	00:05-	00:00=	00:24&	01:40&	00:52-	00:14-	00:08-
4	Åsne Salte Håland	3559	30:44															
01:08-	03:06-	05:52+	07:35+	08:24+	10:30+	13:09+	14:14+	14:53+	17:58+	19:05+	19:51+	20:44+	21:31+	22:27+	25:54+	29:01+	29:54+	30:44+
01:08-	01:58-	02:46+	01:43-	00:49+	02:06-	02:39+	01:05-	00:39+	03:05+	01:07-	00:46-	00:53+	00:47=	00:56+	03:27+	03:07+	00:53+	00:50=
00:16-	00:01-	01:08&	00:03-	00:06#	00:02-	00:35&	00:15-	00:07#	01:09&	00:03-	00:03-	00:08#	00:00=	00:02+	01:10&	01:03&	00:05#	00:00=
5	Mari-Marthe Aamold	880	31:36															
01:12-	03:15-	06:28+	08:43+	09:25+	11:43+	13:30+	14:49+	15:21+	17:20+	18:20+	19:14+	19:49+	21:16+	25:07+	27:48+	30:03+	30:47+	31:36+
01:12-	02:03+	03:13+	02:15+	00:42-	02:18+	01:47-	01:19-	00:32=	01:59+	01:00-	00:54+	00:35-	01:27+	03:51+	02:41+	02:15+	00:44-	00:49-
00:12-	00:04+	01:35&	00:29&	00:01-	00:10+	00:17-	00:01-	00:00=	00:03+	00:10-	00:05#	00:10-	00:40&	02:57&	00:24#	00:11+	00:04-	00:01-
6	Siri Eppeland	1884	33:53															
01:33+	03:49+	06:37+	10:35+	11:27+	13:45+	16:15+	17:51+	18:30+	21:21+	22:38+	23:40+	24:22+	25:49+	27:06+	30:28+	32:23+	33:08+	33:53+
01:33+	02:16+	02:48+	03:58+	00:52+	02:18+	02:30+	01:36+	00:39+	02:51+	01:17+	01:02+	00:42-	01:27+	01:17+	03:22+	01:55-	00:45-	00:45-
00:09#	00:17#	01:10&	02:12&	00:09#	00:10+	00:26#	00:16#	00:07#	00:55&	00:07#	00:13&	00:03-	00:40&	00:23&	01:05&	00:09-	00:03-	00:05-
7	Helene Salte Håland	1376	34:38															
01:11-	03:09-	05:06+	06:57+	07:52+	10:05+	12:03+	13:17+	13:56+	16:57+	18:04+	18:54+	19:52+	20:36+	21:31+	31:42+	33:12+	33:48+	34:38+
01:11-	01:58-	01:57+	01:51+	00:55+	02:13+	01:58-	01:14-	00:39+	03:01+	01:07-	00:50+	00:58+	00:44-	00:55+	10:11+	01:30-	00:36-	00:50=
00:13-	00:01-	00:19#	00:05+	00:12&	00:05+	00:06-	00:06-	00:07#	01:05&	00:03-	00:01+	00:13&	00:03-	00:01+	07:54&	00:34-	00:12-	00:00=
8	Eli Karine Klungre	1754	34:52															
01:47+	03:47+	07:01+	09:04+	10:15+	13:36+	15:15+	16:41+	17:36+	20:59+	23:12+	23:58+	24:37+	25:35+	26:35+	29:48+	33:26+	34:06+	34:52+
01:47+	02:00+	03:14+	02:03+	01:11+	03:21+	01:39-	01:26+	00:55+	03:23+	02:13+	00:46-	00:39-	00:58+	01:00+	03:13+	03:38+	00:40-	00:46-
00:23&	00:01+	01:36&	00:17#	00:28&	01:13&	00:25-	00:06+	00:23&	01:27&	01:03&	00:03-	00:06-	00:11#	00:06#	00:56&	01:34&	00:08-	00:04-
9	Ragnhild Thorset Våge	896	36:40															
01:31+	06:28+	08:11+	10:09+	10:51+	13:24+	17:26+	19:40+	20:05+	24:45+	26:06+	26:58+	28:29+	29:17+	30:24+	34:10+	35:23+	36:00+	36:40+
01:31+	04:57+	01:43+	01:58+	00:42-	02:33+	04:02+	02:14+	00:25-	04:40+	01:21+	00:52+	01:31+	00:48+	01:07+	03:46+	01:13+	00:37-	00:40-
00:07+	02:58&	00:05+	00:12#	00:01-	00:25#	01:58&	00:54&	00:07-	02:44&	00:11#	00:03+	00:46&	00:01+	00:13#	01:29&	00:51-	00:11-	00:10-
10	Christina Skår	3523	37:13															
02:00+	04:15+	06:26+	09:03+	10:35+	13:46+	15:48+	17:40+	18:19+	21:19+	22:55+	24:04+	26:10+	27:16+	28:49+	32:45+	35:24+	36:14+	37:13+
02:00+	02:15+	02:11+	02:37+	01:32+	03:11+	02:02-	01:52+	00:39+	03:00+	01:36+	01:09+	02:06+	01:06+	01:33+	03:56+	02:39+	00:50+	00:59+
00:36&	00:16#	00:33&	00:51&	00:49&	01:03&	00:02-	00:32&	00:07#	01:04&	00:26&	00:20&	01:21&	00:19&	00:39&	01:39&	00:35&	00:02+	00:09#
11	Johanne Trandum Næss	3512	42:15															
01:17-	03:53+	06:20+	08:28+	10:17+	12:47+	15:00+	20:32+	20:50+	23:52+	25:07+	25:55+	27:01+	27:54+	31:00+	38:56+	40:50+	41:34+	42:15+
01:17-	02:36+	02:27+	02:08+	01:49+	02:30+	02:13+	05:32+	00:18-	03:02+	01:15+	00:48-	01:06+	00:53+	03:06+	07:56+	01:54-	00:44-	00:41-
00:07-	00:37&	00:49&	00:22#	01:06&	00:22#	00:09+	04:12&	00:14-	01:06&	00:05+	00:01-	00:21&	00:06#	02:12&	05:39&	00:10-	00:04-	00:09-
12	Idunn Husøy Naustdal	722	42:46															
01:39+	09:16+	11:44+	15:13+	16:16+	19:05+	21:56+	23:53+	24:44+	27:53+	30:21+	31:20+	32:05+	33:14+	34:50+	38:56+	41:21+	42:00+	42:46+
01:39+	07:37+	02:28+	03:29+	01:03+	02:49+	02:51+	01:57+	00:51+	03:09+	02:28+	00:59+	00:45=	01:09+	01:36+	04:06+	02:25+	00:39-	00:46-
00:15#	05:38&	00:50&	01:43&	00:20&	00:41&	00:47&	00:37&	00:19&	01:13&	01:18&	00:10#	00:00=	00:22&	00:42&	01:49&	00:21#	00:09-	00:04-
13	Kristine Samnøen	722	43:44															
02:35+	10:14+	12:43+	16:11+	17:11+	20:03+	22:59+	24:50+	25:38+	28:51+	31:15+	32:16+	33:02+	34:11+	35:45+	39:52+	42:14+	42:58+	43:44+
02:35+	07:39+	02:29+	03:28+	01:00+	02:52+	02:56+	01:51+	00:48+	03:13+	02:24+	01:01+	00:46+	01:09+	01:34+	04:07+	02:22+	00:44-	00:46-
01:11&	05:40&	00:51&	01:42&	00:17&	00:44&	00:52&	00:31&	00:16&	01:17&	01:14&	00:12#	00:01+	00:22&	00:40&	01:50&	00:18#	00:04-	00:04-
14	Ingvild Amalixsen	1683	48:23															
01:31+	07:53+	10:15+	12:41+	13:46+	16:31+	18:25+	19:53+	21:17+	24:00+	28:20+	29:24+	30:16+	31:36+	32:50+	43:25+	46:43+	47:30+	48:23+
01:31+	06:22+	02:22+	02:26+	01:05+	02:45+	01:54-	01:28+	01:24+	02:43+	04:20+	01:04+	00:52+	01:20+	01:14+	10:35+	03:18+	00:47-	00:53+
00:07+	04:23&	00:44&	00:40&	00:22&	00:37&	00:10-	00:08#	00:52&	00:47&	03:10&	00:15&	00:07#	00:33&	00:20&	08:18&	01:14&	00:01-	00:03+

D16

15	Ann-Mari Vold	3529	52:56															
01:38+	05:10+	09:21+	12:56+	14:21+	19:04+	22:35+	24:54+	25:50+	33:55+	36:03+	37:30+	38:33+	42:12+	43:52+	48:53+	50:50+	52:00+	52:56+
01:38+	03:32+	04:11+	03:35+	01:25+	04:43+	03:31+	02:19+	00:56+	08:05+	02:08+	01:27+	01:03+	03:39+	01:40+	05:01+	01:57-	01:10+	00:56+
00:14#	01:33&	02:33@	01:49@	00:42&	02:35@	01:27&	00:59&	00:24&	06:09@	00:58&	00:38&	00:18&	02:52@	00:46&	02:44@	00:07-	00:22&	00:06#
16	Svitlana Rasheva	1683	54:44															
01:45+	06:28+	10:01+	12:42+	14:04+	16:59+	20:47+	23:44+	26:38+	31:38+	34:43+	36:15+	37:33+	41:23+	43:05+	51:09+	52:58+	53:52+	54:44+
01:45+	04:43+	03:33+	02:41+	01:22+	02:55+	03:48+	02:57+	02:54+	05:00+	03:05+	01:32+	01:18+	03:50+	01:42+	08:04+	01:49+	00:54+	00:52+
01:45+	04:43+	03:33+	02:41+	01:22+	02:55+	03:48+	02:57+	02:54+	05:00+	03:05+	01:32+	01:18+	03:50+	01:42+	08:04+	01:49+	00:54+	00:52+

Beste strekktid for klassen

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

D40

1	Brit Nilsen	1830	26:21											
01:08=	03:06=	04:19=	06:15=	07:01=	09:52=	13:28=	14:01=	17:25=	19:23=	21:21=	23:21=	24:38=	25:26=	26:21=
01:08=	01:58=	01:13=	01:56=	00:46=	02:51=	03:36=	00:33=	03:24=	01:58=	01:58=	02:00=	01:17=	00:48=	00:55=
00:00=	00:00=	00:00=	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	Marit L. Undheim	3529	27:40											
01:18+	03:21+	04:31+	06:48+	07:47+	10:50+	14:51+	15:25+	18:51+	21:00+	22:33+	24:39+	25:48+	26:39+	27:40+
01:18+	02:03+	01:10-	02:17+	00:59+	03:03+	04:01+	00:34+	03:26+	02:09+	01:33-	02:06+	01:09-	00:51+	01:01+
00:10#	00:05+	00:03-	00:21#	00:13&	00:12+	00:25#	00:01+	00:02+	00:11+	00:25-	00:06+	00:08-	00:03+	00:06#
3	Lise Nessa Di Lorenzo	1884	30:12											
01:27+	03:48+	05:19+	07:29+	08:49+	11:43+	16:09+	16:36+	19:46+	22:22+	24:26+	27:32+	28:34+	29:21+	30:12+
01:27+	02:21+	01:31+	02:10+	01:20+	02:54+	04:26+	00:27-	03:10-	02:36+	02:04+	03:06+	01:02-	00:47-	00:51-
00:19&	00:23#	00:18#	00:14#	00:34&	00:03+	00:50#	00:06-	00:14-	00:38&	00:06+	01:06&	00:15-	00:01-	00:04-
4	Helene Lie	3565	31:05											
01:12+	05:46+	07:07+	09:14+	10:26+	13:08+	16:21+	16:48+	20:40+	23:15+	25:22+	27:57+	29:15+	30:11+	31:05+
01:12+	04:34+	01:21+	02:07+	01:12+	02:42-	03:13-	00:27-	03:52+	02:35+	02:07+	02:35+	01:18+	00:56+	00:54-
00:04+	02:36@	00:08#	00:11+	00:26&	00:09-	00:23@	00:06-	00:28#	00:37&	00:09+	00:35&	00:01+	00:08#	00:01-
5	Torill Østraat	1884	31:38											
01:09+	03:32+	04:57+	07:19+	08:23+	12:12+	16:17+	16:57+	21:01+	23:33+	25:50+	28:25+	29:37+	30:38+	31:38+
01:09+	02:23+	01:25+	02:22+	01:04+	03:49+	04:05+	00:40+	04:04+	02:32+	02:17+	02:35+	01:12-	01:01+	01:00+
00:01+	00:25#	00:12#	00:26#	00:18&	00:58&	00:29#	00:07#	00:40#	00:34&	00:19#	00:35&	00:05-	00:13&	00:05+
6	Ingvild Marthinussen	3524	33:27											
01:19+	03:23+	04:54+	07:04+	08:32+	11:45+	16:33+	17:17+	21:58+	25:46+	27:54+	30:30+	31:32+	32:29+	33:27+
01:19+	02:04+	01:31+	02:10+	01:28+	03:13+	04:48+	00:44+	04:41+	03:48+	02:08+	02:36+	01:02-	00:57+	00:58+
00:11#	00:06+	00:18#	00:14#	00:42&	00:22#	01:12&	00:11&	01:17&	01:50&	00:10+	00:36&	00:15-	00:09#	00:03+
7	Cecilie Johnson	892	34:46											
01:16+	03:33+	05:07+	07:13+	08:01+	10:54+	15:53+	16:20+	20:29+	28:01+	29:58+	31:55+	33:06+	33:54+	34:46+
01:16+	02:17+	01:34+	02:06+	00:48+	02:53+	04:59+	00:27-	04:09+	07:32+	01:57-	01:57-	01:11-	00:48=	00:52-
00:08#	00:19#	00:21&	00:10+	00:02+	00:02+	01:23&	00:06-	00:45#	05:34@	00:01-	00:03-	00:06-	00:00=	00:03-
8	Anne Mette Riskjell Høyland	3524	36:15											
01:16+	07:49+	09:25+	11:33+	12:46+	15:47+	20:23+	20:54+	25:40+	28:19+	31:16+	33:22+	34:34+	35:29+	36:15+
01:16+	06:33+	01:36+	02:08+	01:13+	03:01+	04:36+	00:31-	04:46+	02:39+	02:57+	02:06+	01:12-	00:55+	00:46-
00:08#	04:35@	00:23&	00:12#	00:27&	00:10+	01:00&	00:02-	01:22&	00:41&	00:59&	00:06+	00:05-	00:07#	00:09-
9	Ane Hatteland Nese	769	38:56											
01:15+	03:59+	05:18+	07:56+	09:02+	12:23+	16:39+	17:14+	21:38+	23:55+	33:19+	35:26+	36:42+	37:49+	38:56+
01:15+	02:44+	01:19+	02:38+	01:06+	03:21+	04:16+	00:35+	04:24+	02:17+	09:24+	02:07+	01:16-	01:07+	01:07+
00:07#	00:46&	00:06+	00:42&	00:20&	00:30#	00:40+	00:02+	01:00&	00:19#	07:26@	00:07+	00:01-	00:19&	00:12#
10	Ritva Halsne	722	40:39											
01:49+	09:08+	10:45+	13:22+	15:03+	18:35+	23:40+	24:14+	29:37+	32:21+	34:40+	37:22+	38:41+	39:47+	40:39+
01:49+	07:19+	01:37+	02:37+	01:41+	03:32+	05:05+	00:34+	05:23+	02:44+	02:19+	02:42+	01:19+	01:06+	00:52-
00:41&	05:21@	00:24&	00:41&	00:55@	00:41#	01:29&	00:01+	01:59&	00:46&	00:21#	00:42&	00:02+	00:18&	00:03-

D40

11	Monica Regine Romstad	722	43:00											
02:37+	04:50+	06:14+	08:26+	10:30+	12:59+	16:36+	17:07+	23:32+	28:13+	30:19+	37:45+	39:17+	42:12+	43:00+
02:37+	02:13+	01:24+	02:12+	02:04+	02:29-	03:37+	00:31-	06:25+	04:41+	02:06+	07:26+	01:32+	02:55+	00:48-
01:29@	00:15#	00:11#	00:16#	01:18@	00:22-	00:01+	00:02-	03:01&	02:43@	00:08+	05:26@	00:15#	02:07@	00:07-

Beste strekktid for klassen

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

D50

1	Marit Haavardsholm	1683	25:14											
01:02=	02:56=	04:01=	05:54=	06:40=	09:20=	12:08=	12:37=	15:47=	17:35=	19:14=	22:31=	23:23=	24:16=	25:14=
01:02=	01:54=	01:05=	01:53=	00:46=	02:40=	02:48=	00:29=	03:10=	01:48=	01:39=	03:17=	00:52=	00:53=	00:58=
00:00=	00:00=	00:00=	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	26:24											
01:15+	03:18+	04:26+	06:22+	07:25+	10:13+	13:04+	13:34+	17:00+	19:48+	21:29+	23:42+	24:44+	25:35+	26:24+
01:15+	02:03+	01:08+	01:56+	01:03+	02:48+	02:51+	00:30+	03:26+	02:48+	01:41+	02:13-	01:02+	00:51-	00:49-
00:13#	00:09+	00:03+	00:03+	00:17&	00:08+	00:03+	00:01+	00:16+	01:00&	00:02+	01:04-	00:10#	00:02-	00:09-

3	Mariann Sveinsvoll	3504	26:59											
01:09+	03:34+	04:36+	06:43+	07:42+	10:32+	14:11+	14:42+	18:19+	20:07+	21:51+	23:59+	25:12+	26:07+	26:59+
01:09+	02:25+	01:02-	02:07+	00:59+	02:50+	03:39+	00:31+	03:37+	01:48=	01:44+	02:08-	01:13+	00:55+	00:52-
00:07#	00:31&	00:03-	00:14#	00:13&	00:10+	00:51&	00:02+	00:27#	00:00=	00:05+	01:09-	00:21&	00:02+	00:06-

4	Tone Cecilie Nystrøm	874	27:59											
01:06+	03:21+	04:40+	06:51+	08:01+	10:52+	14:03+	14:40+	18:09+	20:32+	22:36+	24:49+	26:06+	27:04+	27:59+
01:06+	02:15+	01:19+	02:11+	01:10+	02:51+	03:11+	00:37+	03:29+	02:23+	02:04+	02:13-	01:17+	00:58+	00:55-
00:04+	00:21#	00:14#	00:18#	00:24&	00:11+	00:23#	00:08&	00:19#	00:35&	00:25&	01:04-	00:25&	00:05+	00:03-

5	Evy Klausen Mjøltnes	769	28:15											
00:59-	03:40+	05:19+	07:20+	08:18+	11:32+	14:33+	15:07+	18:36+	20:40+	22:19+	25:44+	26:44+	27:28+	28:15+
00:59-	02:41+	01:39+	02:01+	00:58+	03:14+	03:01+	00:34+	03:29+	02:04+	01:39=	03:25+	01:00+	00:44-	00:47-
00:03-	00:47&	00:34&	00:08+	00:12&	00:34#	00:13+	00:05#	00:19#	00:16#	00:00=	00:08+	00:08#	00:09-	00:11-

6	Anita Glenne Kallhovd	3502	28:27											
01:10+	03:22+	04:37+	06:40+	07:43+	10:30+	13:20+	14:00+	19:03+	22:05+	23:47+	25:41+	26:43+	27:35+	28:27+
01:10+	02:12+	01:15+	02:03+	01:03+	02:47+	02:50+	00:40+	05:03+	03:02+	01:42+	01:54-	01:02+	00:52-	00:52-
00:08#	00:18#	00:10#	00:10+	00:17&	00:07+	00:02+	00:11&	01:53&	01:14&	00:03+	01:23-	00:10#	00:01-	00:06-

7	Toril Dahle	1683	29:17											
01:24+	03:48+	05:01+	07:04+	08:45+	11:32+	16:34+	17:01+	20:34+	22:46+	24:30+	26:26+	27:26+	28:23+	29:17+
01:24+	02:24+	01:13+	02:03+	01:41+	02:47+	05:02+	00:27-	03:33+	02:12+	01:44+	01:56-	01:00+	00:57+	00:54-
00:22&	00:30&	00:08#	00:10+	00:55@	00:07+	02:14&	00:02-	00:23#	00:24#	00:05+	01:21-	00:08#	00:04+	00:04-

8	Ingunn Anda Haug	2342	30:13											
01:11+	04:14+	05:25+	07:41+	08:35+	11:36+	16:17+	16:48+	20:32+	22:46+	24:42+	27:01+	28:20+	29:10+	30:13+
01:11+	03:03+	01:11+	02:16+	00:54+	03:01+	04:41+	00:31+	03:44+	02:14+	01:56+	02:19-	01:19+	00:50-	01:03+
00:09#	01:09&	00:06+	00:23#	00:08#	00:21#	01:53&	00:02+	00:34#	00:26#	00:17#	00:58-	00:27&	00:03-	00:05+

9	Marianne Gjesdal Lyngås	892	30:24											
01:21+	03:47+	05:08+	07:36+	08:46+	11:40+	15:49+	16:27+	20:05+	22:46+	24:44+	27:07+	28:19+	29:19+	30:24+
01:21+	02:26+	01:21+	02:28+	01:10+	02:54+	04:09+	00:38+	03:38+	02:41+	01:58+	02:23-	01:12+	01:00+	01:05+
00:19&	00:32&	00:16#	00:35&	00:24&	00:14+	01:21&	00:09&	00:28#	00:53&	00:19#	00:54-	00:20&	00:07#	00:07#

10	Signe Ottesen	1683	30:27											
01:18+	03:43+	04:58+	07:05+	08:24+	12:07+	15:33+	16:05+	19:40+	21:44+	25:12+	27:35+	28:41+	29:33+	30:27+
01:18+	02:25+	01:15+	02:07+	01:19+	03:43+	03:26+	00:32+	03:35+	02:04+	03:28+	02:23-	01:06+	00:52-	00:54-
00:16&	00:31&	00:10#	00:14#	00:33&	01:03&	00:38#	00:03#	00:25#	00:16#	01:49@	00:54-	00:14&	00:01-	00:04-

11	Elisabeth Melbø	879	30:44											
01:15+	03:33+	04:43+	07:14+	08:29+	11:18+	15:31+	16:04+	21:16+	23:45+	25:44+	27:38+	28:49+	29:51+	30:44+
01:15+	02:18+	01:10+	02:31+	01:15+	02:49+	04:13+	00:33+	05:12+	02:29+	01:59+	01:54-	01:11+	01:02+	00:53-
00:13#	00:24#	00:05+	00:38&	00:29&	00:09+	01:25&	00:04#	02:02&	00:41&	00:20#	01:23-	00:19&	00:09#	00:05-

Class	Navn	Klasse												Tid
D50														
12	Astri Sandanger	896												31:14
01:26+	03:58+	05:17+	07:36+	08:43+	11:42+	15:18+	19:50+	20:01+	22:48+	24:56+	27:52+	29:05+	30:16+	31:14+
01:26+	02:32+	01:19+	02:19+	01:07+	02:59+	03:36+	00:32+	04:11+	02:47+	02:08+	02:56+	01:13+	01:11+	00:58+
00:24&	00:38&	00:14#	00:26#	00:21&	00:19#	00:48&	00:03#	01:01&	00:59&	00:29&	00:21-	00:21&	00:18&	00:00=
13	Randi Ladsten	1832												31:30
01:28+	04:02+	06:11+	08:28+	09:54+	13:05+	17:14+	17:41+	21:23+	23:44+	26:00+	27:59+	29:18+	30:34+	31:30+
01:28+	02:34+	02:09+	02:17+	01:26+	03:11+	04:09+	00:27+	03:42+	02:21+	02:16+	01:59+	01:19+	01:16+	00:56+
01:28+	02:34+	02:09+	02:17+	01:26+	03:11+	04:09+	00:27+	03:42+	02:21+	02:16+	01:59+	01:19+	01:16+	00:56+
14	Iren Undheim Øgreid	769												32:04
01:21+	03:53+	05:02+	07:06+	08:16+	11:18+	18:18+	18:46+	22:17+	24:47+	27:03+	28:56+	30:15+	31:06+	32:04+
01:21+	02:32+	01:09+	02:04+	01:10+	03:02+	07:00+	00:28+	03:31+	02:30+	02:16+	01:53+	01:19+	00:51+	00:58+
01:21+	02:32+	01:09+	02:04+	01:10+	03:02+	07:00+	00:28+	03:31+	02:30+	02:16+	01:53+	01:19+	00:51+	00:58+
15	Åse Sellereite	882												32:56
01:06+	03:11+	08:00+	10:20+	11:12+	14:09+	19:08+	19:29+	23:38+	25:44+	27:40+	29:51+	31:07+	31:59+	32:56+
01:06+	02:05+	04:49+	02:20+	00:52+	02:57+	04:59+	00:21+	04:09+	02:06+	01:56+	02:11+	01:16+	00:52+	00:57+
01:06+	02:05+	04:49+	02:20+	00:52+	02:57+	04:59+	00:21+	04:09+	02:06+	01:56+	02:11+	01:16+	00:52+	00:57+
16	Tove Irene Asheim	1683												33:25
01:26+	04:16+	05:44+	08:02+	09:15+	12:38+	17:40+	18:10+	22:42+	25:22+	27:36+	30:01+	31:19+	32:22+	33:25+
01:26+	02:50+	01:28+	02:18+	01:13+	03:23+	05:02+	00:30+	04:32+	02:40+	02:14+	02:25+	01:18+	01:03+	01:03+
01:26+	02:50+	01:28+	02:18+	01:13+	03:23+	05:02+	00:30+	04:32+	02:40+	02:14+	02:25+	01:18+	01:03+	01:03+
17	Trude Hermanrud	896												33:35
01:13+	04:03+	07:48+	09:53+	11:11+	14:20+	18:07+	18:32+	22:19+	24:55+	27:47+	30:34+	31:38+	32:39+	33:35+
01:13+	02:50+	03:45+	02:05+	01:18+	03:09+	03:47+	00:25+	03:47+	02:36+	02:52+	02:47+	01:04+	01:01+	00:56+
01:13+	02:50+	03:45+	02:05+	01:18+	03:09+	03:47+	00:25+	03:47+	02:36+	02:52+	02:47+	01:04+	01:01+	00:56+
18	Torill Andersen	1683												33:47
01:20+	03:42+	04:56+	07:13+	08:27+	11:50+	17:35+	18:03+	21:49+	27:02+	28:39+	30:41+	31:49+	32:43+	33:47+
01:20+	02:22+	01:14+	02:17+	01:14+	03:23+	05:45+	00:28+	03:46+	05:13+	01:37+	02:02+	01:08+	00:54+	01:04+
01:20+	02:22+	01:14+	02:17+	01:14+	03:23+	05:45+	00:28+	03:46+	05:13+	01:37+	02:02+	01:08+	00:54+	01:04+
19	Marie-Elizabeth Reinseth	882												34:41
01:40+	03:53+	05:06+	07:39+	08:52+	11:52+	18:34+	19:10+	23:13+	25:56+	29:03+	31:35+	32:45+	33:43+	34:41+
01:40+	02:13+	01:13+	02:33+	01:13+	03:00+	06:42+	00:36+	04:03+	02:43+	03:07+	02:32+	01:10+	00:58+	00:58+
01:40+	02:13+	01:13+	02:33+	01:13+	03:00+	06:42+	00:36+	04:03+	02:43+	03:07+	02:32+	01:10+	00:58+	00:58+
20	Helen Haneferd	882												36:21
01:06+	08:19+	09:46+	11:42+	12:42+	15:40+	22:55+	23:27+	27:30+	29:38+	31:18+	33:20+	34:29+	35:29+	36:21+
01:06+	07:13+	01:27+	01:56+	01:00+	02:58+	07:15+	00:32+	04:03+	02:08+	01:40+	02:02+	01:09+	01:00+	00:52+
01:06+	07:13+	01:27+	01:56+	01:00+	02:58+	07:15+	00:32+	04:03+	02:08+	01:40+	02:02+	01:09+	01:00+	00:52+
21	Janne Frantzen	1683												37:25
01:43+	04:57+	06:48+	09:42+	10:58+	14:57+	20:34+	21:12+	25:54+	28:27+	30:46+	33:39+	34:56+	36:12+	37:25+
01:43+	03:14+	01:51+	02:54+	01:16+	03:59+	05:37+	00:38+	04:42+	02:33+	02:19+	02:53+	01:17+	01:16+	01:13+
01:43+	03:14+	01:51+	02:54+	01:16+	03:59+	05:37+	00:38+	04:42+	02:33+	02:19+	02:53+	01:17+	01:16+	01:13+
22	Unni Byberg Mæstad	892												40:53
01:36+	04:21+	05:53+	08:29+	12:25+	15:56+	21:59+	22:29+	27:40+	31:18+	34:37+	37:14+	38:41+	39:47+	40:53+
01:36+	02:45+	01:32+	02:36+	03:56+	03:31+	06:03+	00:30+	05:11+	03:38+	03:19+	02:37+	01:27+	01:06+	01:06+
01:36+	02:45+	01:32+	02:36+	03:56+	03:31+	06:03+	00:30+	05:11+	03:38+	03:19+	02:37+	01:27+	01:06+	01:06+
23	Renate Furenes	892												46:11
05:10+	08:16+	09:32+	12:03+	13:16+	16:41+	23:14+	23:40+	28:43+	33:52+	36:34+	41:06+	43:39+	45:05+	46:11+
05:10+	03:06+	01:16+	02:31+	01:13+	03:25+	06:33+	00:26+	05:03+	05:09+	02:42+	04:32+	02:33+	01:26+	01:06+
05:10+	03:06+	01:16+	02:31+	01:13+	03:25+	06:33+	00:26+	05:03+	05:09+	02:42+	04:32+	02:33+	01:26+	01:06+
24	Siw Gjerdingen	3676												54:00
02:06+	05:14+	09:18+	12:32+	15:04+	19:33+	31:03+	31:54+	37:29+	42:13+	45:09+	48:21+	50:27+	52:37+	54:00+
02:06+	03:08+	04:04+	03:14+	02:32+	04:29+	11:30+	00:51+	05:35+	04:44+	02:56+	03:12+	02:06+	02:10+	01:23+
02:06+	03:08+	04:04+	03:14+	02:32+	04:29+	11:30+	00:51+	05:35+	04:44+	02:56+	03:12+	02:06+	02:10+	01:23+

Beste strekktid for klassen

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

D60

1	Ingrid E. I. Øxnevad	3516	23:37												
02:18=	03:54=	05:05=	05:33=	06:58=	07:43=	11:07=	12:32=	13:52=	14:55=	16:15=	21:16=	22:04=	22:54=	23:37=	
02:18=	01:36=	01:11=	00:28=	01:25=	00:45=	03:24=	01:25=	01:20=	01:03=	01:20=	05:01=	00:48=	00:50=	00:43=	
00:00=	00:00=	00:00=	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	24:21												
03:03+	04:57+	06:03+	06:54+	08:39+	09:48+	13:30+	15:02+	16:42+	17:50+	19:22+	21:27+	22:31+	23:26+	24:21+	
03:03+	01:54+	01:06-	00:51+	01:45+	01:09+	03:42+	01:32+	01:40+	01:08+	01:32+	02:05-	01:04+	00:55+	00:55+	
00:45&	00:18#	00:05-	00:23&	00:20#	00:24&	00:18+	00:07+	00:20#	00:05+	00:12#	02:56-	00:16&	00:05#	00:12&	
3	Anne-Siv Gjertsen	882	26:22												
02:34+	05:20+	06:47+	07:42+	09:52+	10:53+	14:42+	16:16+	17:56+	20:16+	21:28+	23:29+	24:40+	25:30+	26:22+	
02:34+	02:46+	01:27+	00:55+	02:10+	01:01+	03:49+	01:34+	01:40+	02:20+	01:12-	02:01-	01:11+	00:50=	00:52+	
00:16#	01:10&	00:16#	00:27&	00:45&	00:16&	00:25#	00:09#	00:20#	01:17@	00:08-	03:00-	00:23&	00:00=	00:09#	
4	Kristin Skadsem	3516	28:27												
05:02+	07:24+	08:39+	09:17+	11:05+	12:14+	16:06+	17:53+	19:49+	21:13+	23:31+	25:22+	26:31+	27:30+	28:27+	
05:02+	02:22+	01:15+	00:38+	01:48+	01:09+	03:52+	01:47+	01:56+	01:24+	02:18+	01:51-	01:09+	00:59+	00:57+	
02:44@	00:46&	00:04+	00:10&	00:23&	00:24&	00:28#	00:22&	00:36&	00:21&	00:58&	03:10-	00:21&	00:09#	00:14&	
5	Ellinor Hoemsnes	1683	33:38												
03:46+	06:44+	09:29+	10:43+	13:17+	14:39+	20:00+	22:11+	24:00+	25:55+	27:43+	30:03+	31:42+	32:46+	33:38+	
03:46+	02:58+	02:45+	01:14+	02:34+	01:22+	05:21+	02:11+	01:49+	01:55+	01:48+	02:20-	01:39+	01:04+	00:52+	
01:28&	01:22&	01:34@	00:46@	01:09&	00:37&	01:57&	00:46&	00:29&	00:52&	00:28&	02:41-	00:51@	00:14&	00:09#	
6	Kari Anstensrud	896	33:49												
04:28+	06:44+	08:38+	10:03+	11:52+	13:29+	18:19+	21:31+	23:50+	25:34+	27:08+	30:30+	31:56+	32:54+	33:49+	
04:28+	02:16+	01:54+	01:25+	01:49+	01:37+	04:50+	03:12+	02:19+	01:44+	01:34+	03:22-	01:26+	00:58+	00:55+	
02:10&	00:40&	00:43&	00:57@	00:24&	00:52@	01:26&	01:47@	00:59&	00:41&	00:14#	01:39-	00:38&	00:08#	00:12&	
7	Liv Omdal	1683	33:50												
03:18+	06:45+	08:22+	09:23+	11:17+	12:44+	16:30+	20:50+	22:59+	25:03+	26:44+	28:16+	30:45+	32:07+	32:58+	33:50+
03:18+	03:27+	01:37+	01:01+	01:54+	01:27+	03:46+	04:20+	02:09+	02:04+	01:41+	01:32-	02:29+	01:22+	00:51+	00:52+
01:00&	01:51@	00:26&	00:33@	00:29&	00:42&	00:22#	02:55@	00:49&	01:01&	00:21&	03:29-	01:41@	00:32&	00:08#	00:52+
8	Eli Tjøland Stokka	1141	42:14												
03:11+	06:22+	15:13+	15:51+	17:44+	18:55+	25:18+	27:06+	29:18+	33:54+	36:43+	39:00+	40:14+	41:12+	42:14+	
03:11+	03:11+	08:51+	00:38+	01:53+	01:11+	06:23+	01:48+	02:12+	04:36+	02:49+	02:17-	01:14+	00:58+	01:02+	
00:53&	01:35&	07:40@	00:10&	00:28&	00:26&	02:59&	00:23&	00:52&	03:33@	01:29@	02:44-	00:26&	00:08#	00:19&	

Beste strekktid for klassen

02:18 01:36 01:06 00:28 01:25 00:45 03:24 01:25 01:20 01:03 01:12 01:32 00:48 00:50 00:43

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

D65

1	Ann Karin Tjørhom	1884	25:14											
02:49=	05:00=	06:21=	06:55=	08:31=	09:44=	13:42=	15:20=	17:20=	18:41=	20:01=	22:11=	23:24=	24:16=	25:14=
02:49=	02:11=	01:21=	00:34=	01:36=	01:13=	03:58=	01:38=	02:00=	01:21=	01:20=	02:10=	01:13=	00:52=	00:58=
00:00=	00:00=	00:00=	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	Berit Bakken	1884	27:08											
02:58+	05:43+	06:51+	07:35+	09:44+	10:59+	15:23+	17:18+	19:07+	20:32+	21:52+	24:02+	25:15+	26:08+	27:08+
02:58+	02:45+	01:08-	00:44+	02:09+	01:15+	04:24+	01:55+	01:49-	01:25+	01:20=	02:10=	01:13=	00:53+	01:00+
00:09+	00:34&	00:13-	00:10&	00:33&	00:02+	00:26#	00:17#	00:11-	00:04+	00:00=	00:00=	00:00=	00:01+	00:02+
3	Margot Asheim	722	27:49											
02:45-	07:20+	08:35+	09:16+	11:10+	12:09+	16:00+	18:10+	20:06+	21:25+	22:51+	25:09+	26:09+	26:56+	27:49+
02:45-	04:35+	01:15-	00:41+	01:54+	00:59-	03:51-	02:10+	01:56-	01:19-	01:26+	02:18+	01:00-	00:47-	00:53-
00:04-	02:24@	00:06-	00:07#	00:18#	00:14-	00:07-	00:32&	00:04-	00:02-	00:06+	00:08+	00:13-	00:05-	00:05-
4	Marit Karin Skretting Nygård	892	27:59											
03:11+	06:01+	07:14+	07:55+	09:44+	11:17+	15:35+	17:32+	19:24+	20:50+	22:14+	24:44+	25:58+	27:00+	27:59+
03:11+	02:50+	01:13-	00:41+	01:49+	01:33+	04:18+	01:57+	01:52-	01:26+	01:24+	02:30+	01:14+	01:02+	00:59+
00:22#	00:39&	00:08-	00:07#	00:13#	00:20&	00:20+	00:19#	00:08-	00:05+	00:04+	00:20#	00:01+	00:10#	00:01+

Class	Navn	Klasse	Tid
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D65

5	Amanda Renshaw	1758	32:55
03:18+	06:16+	09:58+	10:37+
03:18+	02:58+	03:42+	00:39+
00:29#	00:47&	02:21@	00:05#
03:06+	06:38+	08:41+	10:16+
03:06+	03:32+	02:03+	01:35+
03:06+	03:32+	02:03+	01:35+
6	May Meling	593	33:52
03:06+	06:38+	08:41+	10:16+
03:06+	03:32+	02:03+	01:35+
03:06+	03:32+	02:03+	01:35+
7	Eli Frafjord	1141	36:45
03:20+	06:04+	07:29+	08:32+
03:20+	02:44+	01:25+	01:03+
03:20+	02:44+	01:25+	01:03+
8	Anne Katrine Lycke	1884	45:52
04:05+	07:45+	11:47+	12:33+
04:05+	03:40+	04:02+	00:46+
04:05+	03:40+	04:02+	00:46+
9	Ingrid Eik	1830	48:03
08:41+	10:51+	11:51+	12:25+
08:41+	02:10+	01:00+	00:34+
08:41+	02:10+	01:00+	00:34+
10	Ase Kristensen	1141	1:12:06
06:35+	17:14+	24:56+	26:23+
06:35+	10:39+	07:42+	01:27+
06:35+	10:39+	07:42+	01:27+

Beste strekktid for klassen

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

D70

1	Mette Dagsland	874	31:38
04:43=	06:58=	08:07=	08:48=
04:43=	02:15=	01:09=	00:41=
00:00=	00:00=	00:00=	00:00=
2	Kirsten Carlsen	1884	42:04
07:57+	10:10+	18:02+	18:43+
07:57+	02:13-	07:52+	00:41=
03:14&	00:02-	06:43@	00:00=
3	Berit Gramstad	3551	53:42
05:17+	09:34+	11:58+	13:25+
05:17+	04:17+	02:24+	01:27+
00:34#	02:02&	01:15@	00:46@

Beste strekktid for klassen

04:43 02:13 01:09 00:41 01:57 01:07 04:06 02:51 02:01 01:48 01:33 02:36 01:15 00:58 01:01

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

D75

1	Ingrid W. Hestness	896	22:49
02:27=	04:17=	05:20=	05:55=
02:27=	01:50=	01:03=	00:35=
00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
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D75

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

Beste strekktid for klassen

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

D80

1	Turid Nystrøm	874	25:19
01:29=	03:24= 06:46= 10:09= 11:07= 13:04=	16:36= 18:57= 21:16= 22:32= 24:18=	25:19=
01:29=	01:55= 03:22= 03:23= 00:58= 01:57=	03:32= 02:21= 02:19= 01:16= 01:46=	01:01=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00=
2	Gry Vikhamar Thengs	874	33:28
01:38+	03:17- 07:42+ 10:56+ 11:49+ 13:29+	24:38+ 27:03+ 29:21+ 30:36+ 32:27+	33:28+
01:38+	01:39- 04:25+ 03:14- 00:53- 01:40-	11:09+ 02:25+ 02:18- 01:15- 01:51+	01:01=
00:09#	00:16- 01:03& 00:09- 00:05- 00:17-	07:37@ 00:04+ 00:01- 00:01- 00:05+	00:00=
3	Helga Aaslid	3529	38:20
01:50+	03:57+ 08:16+ 14:03+ 15:43+ 20:09+	23:47+ 26:04+ 33:08+ 34:56+ 37:16+	38:20+
01:50+	02:07+ 04:19+ 05:47+ 01:40+ 04:26+	03:38+ 02:17- 07:04+ 01:48+ 02:20+	01:04+
00:21#	00:12# 00:57& 02:24& 00:42& 02:29@	00:06+ 00:04- 04:45@ 00:32& 00:34&	00:03+
4	Berit Ebbell Olsen	874	39:31
02:10+	05:00+ 10:16+ 14:41+ 16:25+ 20:29+	24:43+ 30:11+ 33:32+ 35:33+ 38:01+	39:31+
02:10+	02:50+ 05:16+ 04:25+ 01:44+ 04:04+	04:14+ 05:28+ 03:21+ 02:01+ 02:28+	01:30+
00:41&	00:55& 01:54& 01:02& 00:46& 02:07@	00:42# 03:07@ 01:02& 00:45& 00:42&	00:29&

Beste strekktid for klassen

01:29 01:39 03:22 03:14 00:53 01:40 03:32 02:17 02:18 01:15 01:46 01:01

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

DA

1	Aud Hognestad Taksdal	892	22:00
01:07=	02:30= 03:45= 05:11= 05:42= 06:08=	07:49= 08:30= 09:14= 09:53= 10:40=	12:01= 13:42= 14:29= 15:27= 16:24=
01:07=	01:23= 01:15= 01:26= 00:31= 00:26=	01:41= 00:41= 00:44= 00:39= 00:47=	01:21= 01:41= 00:47= 00:58= 00:57=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=

Class	Navn	Klasse	Tid
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DA

2	Trine Bolstad Scheie	769	27:02																			
01:20+	03:28+	04:49+	06:32+	07:17+	07:46+	10:04+	10:44+	11:33+	12:22+	13:21+	15:07+	17:13+	18:07+	19:13+	20:27+	21:22+	22:33+	24:21+	25:18+	25:39+	26:15+	27:02+
01:20+	02:08+	01:21+	01:43+	00:45+	00:29+	02:18+	00:40-	00:49+	00:49+	00:59+	01:46+	02:06+	00:54+	01:06+	01:14+	00:55+	01:11+	01:48+	00:57+	00:21+	00:36+	00:47+
00:13#	00:45#	00:06+	00:17#	00:14#	00:03#	00:37#	00:01-	00:05#	00:10#	00:12#	00:25#	00:25#	00:07#	00:08#	00:17#	00:10#	00:07#	00:13#	00:10#	00:02#	00:07#	00:10#
3	Wibeke Lende	3503	28:11																			
01:15+	03:04+	04:27+	06:10+	07:07+	07:46+	09:51+	10:35+	11:20+	12:09+	13:09+	16:06+	18:07+	19:02+	20:19+	21:44+	22:42+	23:49+	25:31+	26:25+	26:55+	27:31+	28:11+
01:15+	01:49+	01:23+	01:43+	00:57+	00:39+	02:05+	00:44+	00:45+	00:49+	01:00+	02:57+	02:01+	00:55+	01:17+	01:25+	00:58+	01:07+	01:42+	00:54+	00:30+	00:36+	00:40+
01:15+	01:49+	01:23+	01:43+	00:57+	00:39+	02:05+	00:44+	00:45+	00:49+	01:00+	02:57+	02:01+	00:55+	01:17+	01:25+	00:58+	01:07+	01:42+	00:54+	00:30+	00:36+	00:40+
4	Matilde Skjæveland Skår	3486	28:15																			
01:16+	03:00+	04:20+	06:05+	06:50+	07:22+	09:50+	10:32+	11:16+	12:10+	13:09+	16:04+	18:07+	19:11+	20:21+	21:30+	22:33+	23:43+	25:31+	26:28+	26:56+	27:31+	28:15+
01:16+	01:44+	01:20+	01:45+	00:45+	00:32+	02:28+	00:42+	00:44+	00:54+	00:59+	02:55+	02:03+	01:04+	01:10+	01:09+	01:03+	01:10+	01:48+	00:57+	00:28+	00:35+	00:44+
01:16+	01:44+	01:20+	01:45+	00:45+	00:32+	02:28+	00:42+	00:44+	00:54+	00:59+	02:55+	02:03+	01:04+	01:10+	01:09+	01:03+	01:10+	01:48+	00:57+	00:28+	00:35+	00:44+
5	Jorunn Hadland	3502	29:00																			
01:09+	02:55+	04:13+	05:58+	06:43+	07:11+	09:01+	09:48+	10:49+	14:40+	15:46+	17:11+	18:57+	19:53+	20:56+	22:04+	23:29+	24:39+	26:29+	27:19+	27:40+	28:20+	29:00+
01:09+	01:46+	01:18+	01:45+	00:45+	00:28+	01:50+	00:47+	01:01+	03:51+	01:06+	01:25+	01:46+	00:56+	01:03+	01:08+	01:25+	01:10+	01:50+	00:50+	00:21+	00:40+	00:40+
01:09+	01:46+	01:18+	01:45+	00:45+	00:28+	01:50+	00:47+	01:01+	03:51+	01:06+	01:25+	01:46+	00:56+	01:03+	01:08+	01:25+	01:10+	01:50+	00:50+	00:21+	00:40+	00:40+
6	Aina Kalsaas Urstad	4232	33:28																			
01:23+	03:08+	05:37+	09:37+	10:37+	11:15+	13:29+	14:21+	15:15+	16:55+	18:00+	20:02+	22:24+	23:27+	24:46+	26:30+	27:30+	28:43+	30:48+	31:44+	32:07+	32:46+	33:28+
01:23+	01:45+	02:29+	04:00+	01:00+	00:38+	02:14+	00:52+	00:54+	01:40+	01:05+	02:02+	02:22+	01:03+	01:19+	01:44+	01:00+	01:13+	02:05+	00:56+	00:23+	00:39+	00:42+
01:23+	01:45+	02:29+	04:00+	01:00+	00:38+	02:14+	00:52+	00:54+	01:40+	01:05+	02:02+	02:22+	01:03+	01:19+	01:44+	01:00+	01:13+	02:05+	00:56+	00:23+	00:39+	00:42+
7	Maren Benjaminsen	1832	35:39																			
02:15+	04:12+	08:56+	10:59+	11:58+	12:31+	14:41+	15:25+	16:25+	17:25+	18:39+	21:32+	23:44+	24:56+	26:13+	27:30+	28:37+	30:01+	32:41+	33:41+	34:08+	34:53+	35:39+
02:15+	01:57+	04:44+	02:03+	00:59+	00:33+	02:10+	00:44+	01:00+	01:00+	01:14+	02:53+	02:12+	01:12+	01:17+	01:17+	01:07+	01:24+	02:40+	01:00+	00:27+	00:45+	00:46+
02:15+	01:57+	04:44+	02:03+	00:59+	00:33+	02:10+	00:44+	01:00+	01:00+	01:14+	02:53+	02:12+	01:12+	01:17+	01:17+	01:07+	01:24+	02:40+	01:00+	00:27+	00:45+	00:46+
8	Katrine Haaland Leveraas	896	41:39																			
01:18+	03:39+	12:00+	13:55+	15:24+	17:42+	20:09+	20:51+	21:48+	22:45+	24:00+	25:44+	28:00+	29:06+	30:36+	32:04+	33:23+	34:45+	38:40+	39:42+	40:10+	40:50+	41:39+
01:18+	02:21+	08:21+	01:55+	01:29+	02:18+	02:27+	00:42+	00:57+	00:57+	01:15+	01:44+	02:16+	01:06+	01:30+	01:28+	01:19+	01:22+	03:55+	01:02+	00:28+	00:40+	00:49+
01:18+	02:21+	08:21+	01:55+	01:29+	02:18+	02:27+	00:42+	00:57+	00:57+	01:15+	01:44+	02:16+	01:06+	01:30+	01:28+	01:19+	01:22+	03:55+	01:02+	00:28+	00:40+	00:49+

Beste strekktid for klassen

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

DB

1	Inger Tone Nygård	3502	28:03																			
01:26=	03:11=	04:12=	06:44=	07:25=	09:07=	10:29=	12:55=	15:24=	16:07=	18:22=	19:25=	22:03=	23:14=	25:17=	26:31=	27:18=	28:03=					
01:26=	01:45=	01:01=	02:32=	00:41=	01:42=	01:22=	02:26=	02:29=	00:43=	02:15=	01:03=	02:38=	01:11=	02:03=	01:14=	00:47=	00:45=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Tone Torgersen	882	28:35																			
01:42+	03:17+	04:07-	06:52+	07:30+	09:08+	10:15-	12:29-	14:09-	14:52-	16:55-	17:51-	20:57-	22:11-	23:56-	25:09-	25:49-	26:44-	27:44+	28:35+			
01:42+	01:35-	00:50-	02:45+	00:38-	01:38-	01:07-	02:14-	01:40-	00:43-	02:03-	00:56-	03:06+	01:14+	01:45-	01:13-	00:40-	00:55+	01:00+	00:51+			
00:16#	00:10-	00:11-	00:13+	00:03-	00:04-	00:15-	00:12-	00:49-	00:00-	00:12-	00:07-	00:28#	00:03+	00:18-	00:01-	00:07-	00:10#	01:00+	00:51+			
3	Vibeke Lamark	878	29:02																			
01:29+	03:19+	04:26+	07:13+	07:58+	09:50+	11:10+	13:32+	15:29+	16:21+	18:45+	19:51+	22:32+	23:51+	25:53+	27:30+	28:13+	29:02+					
01:29+	01:50+	01:07+	02:47+	00:45+	01:52+	01:20-	02:22-	01:57-	00:52+	02:24+	01:06+	02:41+	01:19+	02:02-	01:37+	00:43-	00:49+					
00:03+	00:05+	00:06+	00:15+	00:04+	00:10+	00:02-	00:04-	00:32-	00:09#	00:09+	00:03+	00:03+	00:08#	00:01-	00:23#	00:04-	00:04+					
4	Agnes Haker	1284	30:27																			
01:15-	03:02-	04:02-	06:49+	07:30+	09:11+	11:24+	13:28+	15:35+	16:47+	18:42+	19:36+	22:14+	23:35+	25:44+	29:08+	29:45+	30:27+					
01:15-	01:47+	01:00-	02:47+	00:41=	01:41-	02:13+	02:04-	02:07-	01:12+	01:55-	00:54-	02:38=	01:21+	02:09+	03:24+	00:37-	00:42-					
00:11-	00:02+	00:01-	00:15+	00:00=	00:01-	00:51#	00:22-	00:22-	00:29#	00:20-	00:09-	00:00=	00:10#	00:06+	02:10@	00:10-	00:03-					
5	Toyah Bråtveit	1832	30:51																			
01:36+	03:27+	04:52+	07:43+	08:27+	10:52+	13:06+	15:18+	17:11+	18:10+	20:22+	21:29+	24:44+	26:14+	28:13+	29:26+	30:14+	30:51+					
01:36+	01:51+	01:25+	02:51+	00:44+	02:25+	02:14+	02:12-	01:53-	00:59+	02:12-	01:07+	03:15+	01:30+	01:59-	01:13-	00:48+	00:37-					
00:10#	00:06+	00:24#	00:19#	00:03+	00:43#	00:52#	00:14-	00:36-	00:16#	00:03-	00:04+	00:37#	00:19#	00:04-	00:01-	00:01+	00:08-					

DB

6	Ellen Tindeland	882	30:53														
01:36+	03:40+	04:33+	07:32+	08:21+	10:09+	11:41+	14:09+	16:13+	17:06+	19:16+	20:18+	23:30+	25:01+	27:59+	29:18+	30:08+	30:53+
01:36+	02:04+	00:53-	02:59+	00:49+	01:48+	01:32+	02:28+	02:04-	00:53+	02:10-	01:02-	03:12+	01:31+	02:58+	01:19+	00:50+	00:45=
00:10#	00:19#	00:08-	00:27#	00:08#	00:06+	00:10#	00:02+	00:25-	00:10#	00:05-	00:01-	00:34#	00:20&	00:55&	00:05+	00:03+	00:00=
7	Ida Kolstø	3502	31:02														
02:06+	04:10+	05:08+	07:57+	08:48+	10:32+	11:56+	14:26+	16:36+	17:40+	19:53+	20:54+	24:07+	25:42+	28:37+	29:47+	30:22+	31:02+
02:06+	02:04+	00:58+	02:49+	00:51+	01:44+	01:24+	02:30+	02:10+	01:04+	02:13+	01:01+	03:13+	01:35+	02:55+	01:10+	00:35+	00:40+
02:06+	02:04+	00:58+	02:49+	00:51+	01:44+	01:24+	02:30+	02:10+	01:04+	02:13+	01:01+	03:13+	01:35+	02:55+	01:10+	00:35+	00:40+
8	Helen Lomeland	722	31:24														
01:51+	03:59+	04:56+	07:33+	08:19+	10:02+	11:33+	14:15+	16:05+	17:08+	19:19+	20:11+	23:10+	24:50+	27:11+	30:03+	30:40+	31:24+
01:51+	02:08+	00:57+	02:37+	00:46+	01:43+	01:31+	02:42+	01:50+	01:03+	02:11+	00:52+	02:59+	01:40+	02:21+	02:52+	00:37+	00:44+
01:51+	02:08+	00:57+	02:37+	00:46+	01:43+	01:31+	02:42+	01:50+	01:03+	02:11+	00:52+	02:59+	01:40+	02:21+	02:52+	00:37+	00:44+
9	Lise Isachsen	1384	31:40														
01:47+	03:35+	04:29+	06:53+	07:39+	09:14+	11:00+	13:01+	14:41+	16:15+	18:17+	19:15+	22:05+	24:04+	26:43+	30:14+	30:55+	31:40+
01:47+	01:48+	00:54+	02:24+	00:46+	01:35+	01:46+	02:01+	01:40+	01:34+	02:02+	00:58+	02:50+	01:59+	02:39+	03:31+	00:41+	00:45+
01:47+	01:48+	00:54+	02:24+	00:46+	01:35+	01:46+	02:01+	01:40+	01:34+	02:02+	00:58+	02:50+	01:59+	02:39+	03:31+	00:41+	00:45+
10	Anina Hadland	3502	32:06														
01:35+	03:36+	04:34+	07:43+	08:33+	10:23+	12:11+	14:51+	16:57+	17:51+	20:23+	21:18+	25:14+	26:48+	29:08+	30:32+	31:14+	32:06+
01:35+	02:01+	00:58+	03:09+	00:50+	01:50+	01:48+	02:40+	02:06+	00:54+	02:32+	00:55+	03:56+	01:34+	02:20+	01:24+	00:42+	00:52+
01:35+	02:01+	00:58+	03:09+	00:50+	01:50+	01:48+	02:40+	02:06+	00:54+	02:32+	00:55+	03:56+	01:34+	02:20+	01:24+	00:42+	00:52+
11	Marita Skorpe Falnes	3568	34:26														
02:21+	04:19+	05:15+	08:32+	09:17+	11:16+	13:17+	16:16+	20:20+	21:13+	23:34+	24:40+	27:22+	29:02+	31:28+	32:48+	33:35+	34:26+
02:21+	01:58+	00:56+	03:17+	00:45+	01:59+	02:01+	02:59+	04:04+	00:53+	02:21+	01:06+	02:42+	01:40+	02:26+	01:20+	00:47+	00:51+
02:21+	01:58+	00:56+	03:17+	00:45+	01:59+	02:01+	02:59+	04:04+	00:53+	02:21+	01:06+	02:42+	01:40+	02:26+	01:20+	00:47+	00:51+
12	Maren Thu	4251	36:58														
02:17+	04:28+	05:16+	08:37+	09:33+	13:47+	15:24+	17:34+	19:29+	20:48+	23:58+	24:43+	27:49+	29:58+	32:28+	35:29+	36:10+	36:58+
02:17+	02:11+	00:48+	03:21+	00:56+	04:14+	01:37+	02:10+	01:55+	01:19+	03:10+	00:45+	03:06+	02:09+	02:30+	03:01+	00:41+	00:48+
02:17+	02:11+	00:48+	03:21+	00:56+	04:14+	01:37+	02:10+	01:55+	01:19+	03:10+	00:45+	03:06+	02:09+	02:30+	03:01+	00:41+	00:48+
13	Kristin Breivold	892	41:06														
02:04+	04:15+	05:28+	08:28+	09:19+	11:34+	13:07+	16:03+	18:23+	19:21+	21:49+	23:17+	27:20+	29:15+	32:12+	39:09+	40:19+	41:06+
02:04+	02:11+	01:13+	03:00+	00:51+	02:15+	01:33+	02:56+	02:20+	00:58+	02:28+	01:28+	04:03+	01:55+	02:57+	06:57+	01:10+	00:47+
02:04+	02:11+	01:13+	03:00+	00:51+	02:15+	01:33+	02:56+	02:20+	00:58+	02:28+	01:28+	04:03+	01:55+	02:57+	06:57+	01:10+	00:47+
14	Maira Andersone	1884	42:50														
01:49+	04:14+	05:12+	08:41+	09:35+	11:57+	13:54+	16:51+	24:26+	25:35+	28:41+	29:47+	33:27+	35:43+	39:23+	41:04+	41:55+	42:50+
01:49+	02:25+	00:58+	03:29+	00:54+	02:22+	01:57+	02:57+	07:35+	01:09+	03:06+	01:06+	03:40+	02:16+	03:40+	01:41+	00:51+	00:55+
01:49+	02:25+	00:58+	03:29+	00:54+	02:22+	01:57+	02:57+	07:35+	01:09+	03:06+	01:06+	03:40+	02:16+	03:40+	01:41+	00:51+	00:55+

Beste strekktid for klassen

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

DNY

1	Bente Klausen	769	15:26														
01:42=	03:51=	05:15=	05:50=	09:16=	10:54=	12:17=	13:11=	14:24=	15:26=								
01:42=	02:09=	01:24=	00:35=	03:26=	01:38=	01:23=	00:54=	01:13=	01:02=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Goedele Taveirne	896	16:09														
01:35-	03:20-	04:58-	05:25-	09:34+	11:22+	12:52+	13:45+	14:58+	16:09+								
01:35-	01:45-	01:38+	00:27-	04:09+	01:48+	01:30+	00:53-	01:13=	01:11+								
00:07-	00:24-	00:14#	00:08-	00:43#	00:10#	00:07+	00:01-	00:00=	00:09#								
3	Anne Linn Olsen	3528	20:29														
01:19-	03:06-	04:37-	05:24-	14:07+	15:34+	17:35+	18:26+	19:31+	20:29+								
01:19-	01:47-	01:31+	00:47+	08:43+	01:27-	02:01+	00:51-	01:05-	00:58-								
00:23-	00:22-	00:07+	00:12&	05:17@	00:11-	00:38&	00:03-	00:08-	00:04-								

DNY

4 June Stensland 3529 27:37

02:20+ 04:16+ 05:50+ 06:30+ 20:23+ 22:25+ 23:52+ 25:23+ 26:33+ 27:37+
 02:20+ 01:56- 01:34+ 00:40+ 13:53+ 02:02+ 01:27+ 01:31+ 01:10- 01:04+
 00:38& 00:13- 00:10# 00:05# 10:27@ 00:24# 00:04+ 00:37& 00:03- 00:02+

5 Nasheet Rehman 2342 35:10

02:10+ 04:34+ 06:44+ 07:37+ 09:50+ 27:30+ 30:00+ 31:19+ 33:44+ 35:10+
 02:10+ 02:24+ 02:10+ 00:53+ 02:13+ 17:40+ 02:30+ 01:19+ 02:25+ 01:26+
 02:10+ 02:24+ 02:10+ 00:53+ 02:13+ 17:40+ 02:30+ 01:19+ 02:25+ 01:26+

Beste strekktid for klassen

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

DT

1 Marie Sjursen 1683 20:23

01:10= 02:26= 04:22= 07:33= 08:30= 09:51= 12:24= 14:11= 16:35= 17:59= 18:45= 19:37= 20:23=
 01:10= 01:16= 01:56= 03:11= 00:57= 01:21= 02:33= 01:47= 02:24= 01:24= 00:46= 00:52= 00:46=
 00:00= 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 Julie Kristine Hovet 892 20:47

01:04- 02:20- 03:53- 07:27- 08:32+ 11:34+ 13:35+ 15:09+ 17:06+ 18:37+ 19:15+ 20:02+ 20:47+
 01:04- 01:16= 01:33- 03:34+ 01:05+ 03:02+ 02:01- 01:34- 01:57- 01:31+ 00:38- 00:47- 00:45-
 00:06- 00:00= 00:23- 00:23# 00:08# 01:41@ 00:32- 00:13- 00:27- 00:07+ 00:08- 00:05- 00:01-

3 Line Skaar 4235 20:48

01:26+ 02:42+ 04:39+ 08:33+ 09:47+ 11:02+ 13:52+ 15:40+ 16:58+ 18:14+ 18:53+ 19:53+ 20:48+
 01:26+ 01:16= 01:57+ 03:54+ 01:14+ 01:15- 02:50+ 01:48+ 01:18- 01:16- 00:39- 01:00+ 00:55+
 00:16# 00:00= 00:01+ 00:43# 00:06- 00:17# 00:01+ 01:06- 00:08- 00:07- 00:08# 00:09#

4 Camilla Lillebø Gundersen 793 21:29

01:00- 02:24- 04:43+ 07:56+ 09:27+ 10:58+ 14:51+ 16:22+ 17:43+ 18:59+ 19:42+ 20:32+ 21:29+
 01:00- 01:24+ 02:19+ 03:13+ 01:31+ 01:31+ 03:53+ 01:31- 01:21- 01:16- 00:43- 00:50- 00:57+
 00:10- 00:08# 00:23# 00:02+ 00:34& 00:10# 01:20+ 00:16- 01:03- 00:08- 00:03- 00:02- 00:11#

5 Karine Ditlevsen 896 21:58

01:05- 02:28+ 04:49+ 08:11+ 09:37+ 10:51+ 14:14+ 16:08+ 17:49+ 19:38+ 20:21+ 21:08+ 21:58+
 01:05- 01:23+ 02:21+ 03:22+ 01:26+ 01:14- 03:23+ 01:54+ 01:41- 01:49+ 00:43- 00:47- 00:50+
 00:05- 00:07+ 00:25# 00:11+ 00:29& 00:07- 00:50& 00:07+ 00:43- 00:25& 00:03- 00:05- 00:04+

6 Esther Boenheim 2539 24:57

01:40+ 03:29+ 06:21+ 10:08+ 11:21+ 12:58+ 16:20+ 18:38+ 20:41+ 22:15+ 23:02+ 24:01+ 24:57+
 01:40+ 01:49+ 02:52+ 03:47+ 01:13+ 01:37+ 03:22+ 02:18+ 02:03- 01:34+ 00:47+ 00:59+ 00:56+
 00:30& 00:33& 00:56& 00:36# 00:16& 00:16# 00:49& 00:31& 00:21- 00:10# 00:01+ 00:07# 00:10#

7 Inger Martinsen 4248 25:37

01:40+ 03:37+ 06:12+ 10:04+ 11:24+ 13:03+ 16:50+ 18:52+ 20:54+ 22:36+ 23:25+ 24:32+ 25:37+
 01:40+ 01:57+ 02:35+ 03:52+ 01:20+ 01:39+ 03:47+ 02:02+ 02:02- 01:42+ 00:49+ 01:07+ 01:05+
 00:30& 00:41& 00:39& 00:41# 00:23& 00:18# 01:14& 00:15# 00:22- 00:18# 00:03+ 00:15& 00:19&

8 Cecilie Lidal 722 26:05

01:18+ 02:30+ 04:40+ 08:41+ 09:50+ 12:00+ 14:49+ 21:10+ 22:22+ 23:39+ 24:17+ 25:14+ 26:05+
 01:18+ 01:12- 02:10+ 04:01+ 01:09+ 02:10+ 02:49+ 06:21+ 01:12- 01:17- 00:38- 00:57+ 00:51+
 00:08# 00:04- 00:14# 00:50& 00:12# 00:49& 00:16# 04:34@ 01:12- 00:07- 00:08- 00:05+ 00:05#

9 Solbjørg Eikeland 722 26:06

01:20+ 02:35+ 04:42+ 08:36+ 09:50+ 11:49+ 14:50+ 21:06+ 22:24+ 23:40+ 24:19+ 25:17+ 26:06+
 01:20+ 01:15- 02:07+ 03:54+ 01:14+ 01:59+ 03:01+ 06:16+ 01:18- 01:16- 00:39- 00:58+ 00:49+
 00:10# 00:01- 00:11+ 00:43# 00:17& 00:38& 00:28# 04:29@ 01:06- 00:08- 00:07- 00:06# 00:03+

10 Anna Hole 3503 26:14

01:19+ 03:04+ 05:12+ 10:23+ 11:44+ 13:16+ 16:15+ 20:21+ 22:03+ 23:27+ 24:12+ 25:13+ 26:14+
 01:19+ 01:45+ 02:08+ 05:11+ 01:21+ 01:32+ 02:59+ 04:06+ 01:42- 01:24= 00:45- 01:01+ 01:01+
 00:09# 00:29& 00:12# 02:00& 00:24& 00:11# 00:26# 02:19@ 00:42- 00:00= 00:01- 00:09# 00:15&

Class	Navn	Klasse	Tid
DT			
11	Randi Sørhus	722	26:19
01:23+	02:43+	04:45+	08:46+
09:56+	12:04+	14:56+	21:11+
22:27+	23:46+	24:29+	25:24+
26:19+	01:23+	01:20+	02:02+
04:01+	01:10+	02:08+	02:52+
06:15+	01:16-	01:19-	00:43-
00:55+	00:13#	00:04+	00:06+
00:50#	00:13#	00:47#	00:19#
04:28#	01:08-	00:05-	00:03-
00:03+	00:09#		
12	Helena Almedal	1376	27:01
02:02+	03:34+	05:42+	09:10+
10:43+	12:25+	15:17+	17:23+
21:25+	23:37+	24:44+	26:01+
27:01+	02:02+	01:32+	02:08+
03:28+	01:33+	01:42+	02:52+
02:06+	04:02+	02:12+	01:07+
01:17+	02:02+	01:32+	02:08+
03:28+	01:33+	01:42+	02:52+
02:06+	04:02+	02:12+	01:07+
01:17+	01:00+		
13	Solbjørg Borgersen	3536	27:28
01:20+	03:14+	05:30+	09:30+
10:58+	12:33+	15:37+	18:32+
20:13+	21:38+	22:37+	24:45+
26:15+	27:28+	01:20+	01:54+
02:16+	04:00+	01:28+	01:35+
03:04+	02:55+	01:41+	01:25+
00:59+	02:08+	01:30+	01:13+
01:20+	01:54+	02:16+	04:00+
01:28+	01:35+	03:04+	02:55+
01:41+	01:25+	00:59+	02:08+
01:30+	01:13+		
14	Kari Mjøhus	882	27:41
01:10+	02:39+	04:47+	08:22+
09:32+	11:10+	13:51+	21:35+
23:18+	25:12+	25:54+	26:46+
27:41+	01:10+	01:29+	02:08+
03:35+	01:10+	01:38+	02:41+
07:44+	01:43+	01:54+	00:42+
00:52+	01:10+	01:29+	02:08+
03:35+	01:10+	01:38+	02:41+
07:44+	01:43+	01:54+	00:42+
00:52+	00:55+		
15	Elisa Møller	769	27:43
01:33+	03:00+	07:05+	10:22+
11:40+	13:22+	16:30+	22:35+
23:53+	25:12+	26:00+	26:52+
27:43+	01:33+	01:27+	04:05+
03:17+	01:18+	01:42+	03:08+
06:05+	01:18+	01:19+	00:48+
00:52+	01:33+	01:27+	04:05+
03:17+	01:18+	01:42+	03:08+
06:05+	01:18+	01:19+	00:48+
00:52+	00:51+		
16	Tone M. Seglem Giske	1683	28:41
01:31+	03:19+	06:01+	11:07+
12:28+	15:58+	19:16+	21:18+
23:17+	25:06+	26:22+	27:41+
28:41+	01:31+	01:48+	02:42+
05:06+	01:21+	03:30+	03:18+
02:02+	01:59+	01:49+	01:16+
01:19+	01:00+	01:31+	01:48+
02:42+	05:06+	01:21+	03:30+
03:18+	02:02+	01:59+	01:49+
01:16+	01:19+	01:00+	01:31+
01:00+			
17	Karolina Lenart	1376	29:50
01:10+	02:43+	04:54+	08:53+
10:07+	11:39+	21:14+	24:57+
26:15+	27:29+	28:07+	28:58+
29:50+	01:10+	01:33+	02:11+
03:59+	01:14+	01:32+	09:35+
03:43+	01:18+	01:14+	00:38+
00:51+	01:10+	01:33+	02:11+
03:59+	01:14+	01:32+	09:35+
03:43+	01:18+	01:14+	00:38+
00:51+	00:52+		
18	Heidi Camilla Raugstad Hovet	769	30:03
01:16+	02:23+	04:20+	07:50+
09:01+	13:14+	17:49+	22:47+
24:00+	25:40+	26:21+	29:07+
30:03+	01:16+	01:07+	01:57+
03:30+	01:11+	04:13+	04:35+
04:58+	01:13+	01:40+	00:41+
02:46+	01:16+	01:07+	01:57+
03:30+	01:11+	04:13+	04:35+
04:58+	01:13+	01:40+	00:41+
02:46+	00:56+		
19	Kirsti Strand Salvesen	3540	30:08
02:09+	04:23+	07:31+	11:40+
13:23+	15:22+	18:57+	21:31+
24:08+	26:09+	27:09+	28:33+
30:08+	02:09+	02:14+	03:08+
04:09+	01:43+	01:59+	03:35+
02:34+	02:37+	02:01+	01:00+
01:24+	02:09+	02:14+	03:08+
04:09+	01:43+	01:59+	03:35+
02:34+	02:37+	02:01+	01:00+
01:24+	01:35+		
20	Kristine Aasland	3524	31:25
01:30+	03:39+	05:37+	08:53+
10:09+	14:45+	18:14+	21:11+
26:47+	28:03+	29:18+	30:23+
31:25+	01:30+	02:09+	01:58+
03:16+	01:16+	04:36+	03:29+
02:57+	05:36+	01:16+	01:15+
01:05+	01:30+	02:09+	01:58+
03:16+	01:16+	04:36+	03:29+
02:57+	05:36+	01:16+	01:15+
01:05+	01:02+		
21	Ruth Grødem	722	31:59
02:09+	05:00+	07:55+	13:13+
15:00+	16:52+	21:00+	23:35+
26:11+	28:12+	29:16+	30:38+
31:59+	02:09+	02:51+	02:55+
05:18+	01:47+	01:52+	04:08+
02:35+	02:36+	02:01+	01:04+
01:22+	02:09+	02:51+	02:55+
05:18+	01:47+	01:52+	04:08+
02:35+	02:36+	02:01+	01:04+
01:22+	01:21+		
22	Kristine Vik	1284	32:57
01:43+	03:44+	06:53+	11:56+
12:56+	14:30+	21:04+	22:36+
28:35+	30:18+	31:02+	32:01+
32:57+	01:43+	02:01+	03:09+
05:03+	01:00+	01:34+	06:34+
01:32+	05:59+	01:43+	00:44+
00:59+	01:43+	02:01+	03:09+
05:03+	01:00+	01:34+	06:34+
01:32+	05:59+	01:43+	00:44+
00:59+	00:56+		
23	Ingunn Johanne Fandrem	3511	33:05
02:13+	04:35+	07:36+	13:05+
14:58+	17:04+	20:53+	25:18+
27:18+	29:15+	30:18+	31:49+
33:05+	02:13+	02:22+	03:01+
05:29+	01:53+	02:06+	03:49+
04:25+	02:00+	01:57+	01:03+
01:31+	02:13+	02:22+	03:01+
05:29+	01:53+	02:06+	03:49+
04:25+	02:00+	01:57+	01:03+
01:31+	01:16+		
24	Solveig Marie Grønning	3511	33:06
02:16+	04:37+	07:41+	13:07+
15:00+	17:08+	20:55+	25:20+
27:19+	29:17+	30:19+	31:51+
33:06+	02:16+	02:21+	03:04+
05:26+	01:53+	02:08+	03:47+
04:25+	01:59+	01:58+	01:02+
01:32+	02:16+	02:21+	03:04+
05:26+	01:53+	02:08+	03:47+
04:25+	01:59+	01:58+	01:02+
01:32+	01:15+		

Class	Navn	Klasse	Tid
DT			
25	Elisabet Horpestad	896	33:55
01:24+	02:42+	04:57+	16:22+
01:24+	01:18+	02:15+	11:25+
01:24+	01:18+	02:15+	11:25+
26	Eli Thorset Våge	896	35:39
01:48+	03:44+	06:27+	11:46+
01:48+	01:56+	02:43+	05:19+
01:48+	01:56+	02:43+	05:19+
27	Sigrund Serigstad	879	37:19
01:32+	02:54+	05:50+	12:30+
01:32+	01:22+	02:56+	06:40+
01:32+	01:22+	02:56+	06:40+
28	Anne Hilde Halleraker	882	37:26
01:45+	03:28+	07:36+	12:23+
01:45+	01:43+	04:08+	04:47+
01:45+	01:43+	04:08+	04:47+
29	Silje Rese	1832	37:56
01:47+	03:25+	13:08+	17:02+
01:47+	01:38+	09:43+	03:54+
01:47+	01:38+	09:43+	03:54+
30	Shazia Ali Zade	1832	37:59
01:52+	03:31+	13:13+	17:06+
01:52+	01:39+	09:42+	03:53+
01:52+	01:39+	09:42+	03:53+
31	Liv Janne Fandrem Biland	892	38:39
06:03+	07:36+	10:25+	17:01+
06:03+	01:33+	02:49+	06:36+
06:03+	01:33+	02:49+	06:36+
32	Anastasia Ollestad	3676	39:37
01:28+	03:16+	09:26+	16:18+
01:28+	01:48+	06:10+	06:52+
01:28+	01:48+	06:10+	06:52+
33	Maria Boge Lauvsnes	722	41:15
01:35+	03:14+	07:02+	10:04+
01:35+	01:39+	03:48+	03:02+
01:35+	01:39+	03:48+	03:02+
34	Bente Skagseth	3558	43:43
01:43+	03:22+	06:13+	11:44+
01:43+	01:39+	02:51+	05:31+
01:43+	01:39+	02:51+	05:31+
35	Maria Haukalid	3511	46:17
02:41+	04:33+	07:08+	11:15+
02:41+	01:52+	02:35+	04:07+
02:41+	01:52+	02:35+	04:07+
36	May Kristin Haaland	3511	49:45
03:55+	07:05+	10:36+	19:55+
03:55+	03:10+	03:31+	09:19+
03:55+	03:10+	03:31+	09:19+
37	Jannecke A. Moe	1758	51:30
03:37+	06:01+	20:30+	25:26+
03:37+	02:24+	14:29+	04:56+
03:37+	02:24+	14:29+	04:56+
38	Ragnhild Christiansen	1884	57:03
03:35+	07:00+	12:36+	21:55+
03:35+	03:25+	05:36+	09:19+
03:35+	03:25+	05:36+	09:19+

DT

39 Else Marie Furland 1884 57:04

03:29+	07:10+	12:31+	22:15+	25:21+	28:37+	36:23+	43:56+	47:25+	50:39+	52:34+	54:33+	57:04+
03:29+	03:41+	05:21+	09:44+	03:06+	03:16+	07:46+	07:33+	03:29+	03:14+	01:55+	01:59+	02:31+
03:29+	03:41+	05:21+	09:44+	03:06+	03:16+	07:46+	07:33+	03:29+	03:14+	01:55+	01:59+	02:31+

40 Marit Kløvstad Braut 892 57:16

03:18+	07:03+	12:39+	23:05+	25:28+	28:25+	36:15+	44:08+	47:43+	50:43+	52:30+	54:39+	57:16+
03:18+	03:45+	05:36+	10:26+	02:23+	02:57+	07:50+	07:53+	03:35+	03:00+	01:47+	02:09+	02:37+
03:18+	03:45+	05:36+	10:26+	02:23+	02:57+	07:50+	07:53+	03:35+	03:00+	01:47+	02:09+	02:37+

Beste strekketid for klassen

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

H16

1 Børge Grødem 3619 23:09

01:27=	03:23=	04:12=	06:24=	08:23=	09:29=	11:08=	12:40=	13:19=	14:47=	15:33=	18:00=	19:05=	21:02=	22:03=	22:34=	23:09=	
01:27=	01:56=	00:49=	02:12=	00:33=	01:26=	01:06=	01:39=	01:32=	00:39=	01:28=	00:46=	02:27=	01:05=	01:57=	01:01=	00:31=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Sam McCloy 793 23:55

01:26-	02:57-	03:44-	06:05-	06:48-	08:26+	09:21-	11:01-	12:33-	13:18-	15:10+	16:11+	18:09+	19:31+	21:38+	22:48+	23:17+	23:55+
01:26-	01:31-	00:47-	02:21+	00:43+	01:38+	00:55-	01:40+	01:32=	00:45+	01:52+	01:01+	01:58-	01:22+	02:07+	01:10+	00:29-	00:38+
00:01-	00:25-	00:02-	00:09+	00:10&	00:12#	00:11-	00:01+	00:00=	00:06#	00:24&	00:15&	00:29-	00:17&	00:10+	00:09#	00:02-	00:03+

3 Truls Thorkildsen 2074 25:39

01:23-	03:06-	03:55-	06:23-	07:04+	08:39+	09:44+	11:37+	13:24+	14:08+	15:54+	16:43+	19:40+	21:01+	23:12+	24:18+	24:57+	25:39+
01:23-	01:43-	00:49=	02:28+	00:41+	01:35+	01:05-	01:53+	01:47+	00:44+	01:46+	00:49+	02:57+	01:21+	02:11+	01:06+	00:39+	00:42+
00:04-	00:13-	00:00=	00:16#	00:08#	00:09#	00:01-	00:14#	00:15#	00:05#	00:18#	00:03+	00:30#	00:16#	00:14#	00:05+	00:08&	00:07#

4 Alexander Romanov 3562 27:20

01:49+	03:32+	04:14+	06:31+	07:10+	08:41+	09:48+	12:03+	14:13+	14:55+	16:43+	17:37+	20:04+	21:37+	24:02+	26:00+	26:38+	27:20+
01:49+	01:43-	00:42-	02:17+	00:39+	01:31+	01:07+	02:15+	02:10+	00:42+	01:48+	00:54+	02:27=	01:33+	02:25+	01:58+	00:38+	00:42+
00:22&	00:13-	00:07-	00:05+	00:06#	00:05+	00:01+	00:36&	00:38&	00:03+	00:20#	00:08#	00:00=	00:28&	00:28#	00:57&	00:07#	00:07#

5 Erling Byberg 793 27:25

01:27=	02:59-	03:34-	05:39-	06:10-	07:41-	10:32+	12:24+	14:33+	15:10+	17:34+	18:28+	21:45+	22:55+	24:36+	26:18+	26:52+	27:25+
01:27=	01:32-	00:35-	02:05-	00:31-	01:31+	02:51+	01:52+	02:09+	00:37-	02:24+	00:54+	03:17+	01:10+	01:41-	01:42+	00:34+	00:33-
00:00=	00:24-	00:14-	00:07-	00:02-	00:05+	01:45#	00:13#	00:37&	00:02-	00:56&	00:08#	00:50&	00:05+	00:16-	00:41&	00:03+	00:02-

6 Ole Andre Brandsberg 3502 27:39

01:31+	03:08-	04:05-	06:44+	08:01+	09:39+	10:53+	12:57+	15:03+	16:01+	17:52+	18:42+	21:27+	22:57+	24:48+	26:31+	27:04+	27:39+
01:31+	01:37-	00:57+	02:39+	01:17+	01:38+	01:14+	02:04+	02:06+	00:58+	01:51+	00:50+	02:45+	01:30+	01:51-	01:43+	00:33+	00:35=
00:04+	00:19-	00:08#	00:27#	00:44#	00:12#	00:08#	00:25&	00:34&	00:19&	00:23&	00:04+	00:18#	00:25&	00:06-	00:42&	00:02+	00:00=

7 Martin Skogland 3508 27:57

01:49+	03:26+	04:19+	06:50+	07:32+	09:17+	10:49+	12:56+	15:01+	15:52+	17:50+	18:44+	21:18+	22:32+	24:16+	26:37+	27:15+	27:57+
01:49+	01:37-	00:53+	02:31+	00:42+	01:45+	01:32+	02:07+	02:05+	00:51+	01:58+	00:54+	02:34+	01:14+	01:44-	02:21+	00:38+	00:42+
00:22&	00:19-	00:04+	00:19#	00:09&	00:19#	00:26&	00:28&	00:33&	00:12&	00:30&	00:08#	00:07+	00:09#	00:13-	01:20#	00:07#	00:07#

8 Christian Schmidt 2342 28:56

01:45+	04:36+	05:15+	07:32+	08:32+	10:22+	11:17+	13:00+	14:45+	15:38+	18:11+	18:51+	21:37+	23:09+	26:34+	27:45+	28:17+	28:56+
01:45+	02:51+	00:39-	02:17+	01:00+	01:50+	00:55-	01:43+	01:45+	00:53+	02:33+	00:40-	02:46+	01:32+	03:25+	01:11+	00:32+	00:39+
00:18#	00:55&	00:10-	00:05+	00:27&	00:24&	00:11-	00:04+	00:13#	00:14&	01:05&	00:06-	00:19#	00:27&	01:28&	00:10#	00:01+	00:04#

9 David Wade 1683 29:42

01:37+	03:28+	04:21+	06:33+	07:19+	09:02+	10:23+	12:17+	14:16+	15:20+	16:54+	17:58+	20:25+	21:42+	26:49+	28:27+	29:01+	29:42+
01:37+	01:51-	00:53+	02:12=	00:46+	01:43+	01:21+	01:54+	01:59+	01:04+	01:34+	01:04+	02:27=	01:17+	05:07+	01:38+	00:34+	00:41+
00:10#	00:05-	00:04+	00:00=	00:13&	00:17#	00:15#	00:15#	00:27&	00:25&	00:06+	00:18&	00:00=	00:12#	03:10#	00:37&	00:03+	00:06#

10 Henrik Friis 3516 30:18

01:38+	03:31+	04:37+	06:52+	07:34+	09:19+	10:59+	12:40+	15:08+	15:51+	17:39+	18:47+	21:40+	24:53+	27:02+	29:01+	29:38+	30:18+
01:38+	01:53-	01:06+	02:15+	00:42+	01:45+	01:40+	01:41+	02:28+	00:43+	01:48+	01:08+	02:53+	03:13+	02:09+	01:59+	00:37+	00:40+
00:11#	00:03-	00:17&	00:03+	00:09&	00:19#	00:34&	00:02+	00:56&	00:04#	00:20#	00:22&	00:26#	02:08#	00:12#	00:58&	00:06#	00:05#

Class	Navn	Klasse	Tid
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H16

11	Bjørn Morten Bøe Brunstøl	2023	30:40															
01:54+	04:13+	05:24+	07:51+	08:57+	10:57+	12:03+	14:22+	16:18+	17:22+	19:23+	20:25+	23:13+	25:01+	27:34+	29:21+	29:59+	30:40+	
01:54+	02:19+	01:11+	02:27+	01:06+	02:00+	01:06=	02:19+	01:56+	01:04+	02:01+	01:02+	02:48+	01:48+	02:33+	01:47+	00:38+	00:41+	
00:27&	00:23#	00:22&	00:15#	00:33&	00:34&	00:00=	00:40&	00:24&	00:25&	00:33&	00:16&	00:21#	00:43&	00:36&	00:46&	00:07#	00:06#	
12	Henrik Aasheim	2342	31:20															
02:11+	04:20+	05:09+	07:20+	08:14+	10:02+	11:44+	14:12+	16:20+	17:10+	18:52+	19:59+	23:10+	25:49+	28:21+	29:51+	30:27+	31:20+	
02:11+	02:09+	00:49+	02:11+	00:54+	01:48+	01:42+	02:28+	02:08+	00:50+	01:42+	01:07+	03:11+	02:39+	02:32+	01:30+	00:36+	00:53+	
02:11+	02:09+	00:49+	02:11+	00:54+	01:48+	01:42+	02:28+	02:08+	00:50+	01:42+	01:07+	03:11+	02:39+	02:32+	01:30+	00:36+	00:53+	
13	Andreas Primstad	3548	32:42															
02:08+	03:56+	04:49+	07:25+	08:05+	10:11+	11:46+	14:37+	16:50+	18:45+	20:56+	22:04+	25:09+	26:58+	29:37+	31:22+	32:01+	32:42+	
02:08+	01:48+	00:53+	02:36+	00:40+	02:06+	01:35+	02:51+	02:13+	01:55+	02:11+	01:08+	03:05+	01:49+	02:39+	01:45+	00:39+	00:41+	
02:08+	01:48+	00:53+	02:36+	00:40+	02:06+	01:35+	02:51+	02:13+	01:55+	02:11+	01:08+	03:05+	01:49+	02:39+	01:45+	00:39+	00:41+	
14	Jone Klemo Øverland	1384	33:25															
01:41+	03:58+	04:59+	08:20+	09:20+	11:33+	13:07+	15:55+	17:59+	18:54+	21:10+	22:20+	25:28+	26:56+	29:36+	32:02+	32:43+	33:25+	
01:41+	02:17+	01:01+	03:21+	01:00+	02:13+	01:34+	02:48+	02:04+	00:55+	02:16+	01:10+	03:08+	01:28+	02:40+	02:26+	00:41+	00:42+	
01:41+	02:17+	01:01+	03:21+	01:00+	02:13+	01:34+	02:48+	02:04+	00:55+	02:16+	01:10+	03:08+	01:28+	02:40+	02:26+	00:41+	00:42+	
15	Håvard Landråk	3676	34:03															
01:34+	03:23+	04:13+	06:43+	10:45+	12:20+	13:22+	15:21+	17:30+	18:21+	20:35+	21:39+	27:46+	29:02+	31:49+	32:50+	33:23+	34:03+	
01:34+	01:49+	00:50+	02:30+	04:02+	01:35+	01:02+	01:59+	02:09+	00:51+	02:14+	01:04+	06:07+	01:16+	02:47+	01:01+	00:33+	00:40+	
01:34+	01:49+	00:50+	02:30+	04:02+	01:35+	01:02+	01:59+	02:09+	00:51+	02:14+	01:04+	06:07+	01:16+	02:47+	01:01+	00:33+	00:40+	
16	Magnus Kristoffersen	3676	35:57															
02:33+	04:33+	05:43+	08:36+	09:38+	11:21+	12:56+	15:15+	17:59+	19:16+	22:41+	23:30+	26:38+	28:23+	30:58+	32:28+	33:39+	35:12+	35:57+
02:33+	02:00+	01:10+	02:53+	01:02+	01:43+	01:35+	02:19+	02:44+	01:17+	03:25+	00:49+	03:08+	01:45+	02:35+	01:30+	01:11+	01:33+	00:45+
02:33+	02:00+	01:10+	02:53+	01:02+	01:43+	01:35+	02:19+	02:44+	01:17+	03:25+	00:49+	03:08+	01:45+	02:35+	01:30+	01:11+	01:33+	00:45+
17	Trym Hustoft	3497	38:36															
02:07+	04:28+	05:40+	08:33+	09:29+	11:14+	12:39+	16:02+	18:27+	19:31+	21:52+	23:26+	27:42+	29:49+	32:27+	36:56+	37:44+	38:36+	
02:07+	02:21+	01:12+	02:53+	00:56+	01:45+	01:25+	03:23+	02:25+	01:04+	02:21+	01:34+	04:16+	02:07+	02:38+	04:29+	00:48+	00:52+	
02:07+	02:21+	01:12+	02:53+	00:56+	01:45+	01:25+	03:23+	02:25+	01:04+	02:21+	01:34+	04:16+	02:07+	02:38+	04:29+	00:48+	00:52+	
18	Rune Hagen Maudal	3524	39:05															
02:11+	04:37+	05:40+	09:20+	10:47+	12:57+	15:31+	18:18+	20:59+	22:03+	25:30+	27:02+	30:12+	32:05+	34:52+	37:32+	38:14+	39:05+	
02:11+	02:26+	01:03+	03:40+	01:27+	02:10+	02:34+	02:47+	02:41+	01:04+	03:27+	01:32+	03:10+	01:53+	02:47+	02:40+	00:42+	00:51+	
02:11+	02:26+	01:03+	03:40+	01:27+	02:10+	02:34+	02:47+	02:41+	01:04+	03:27+	01:32+	03:10+	01:53+	02:47+	02:40+	00:42+	00:51+	
19	Sindre Jakobsen	1830	45:29															
02:03+	04:02+	05:22+	08:02+	13:12+	17:01+	18:36+	20:52+	23:13+	24:16+	26:41+	27:51+	32:35+	34:28+	38:27+	43:49+	44:58+	45:29+	
02:03+	01:59+	01:20+	02:40+	05:10+	03:49+	01:35+	02:16+	02:21+	01:03+	02:25+	01:10+	04:44+	01:53+	03:59+	05:22+	01:09+	00:31+	
02:03+	01:59+	01:20+	02:40+	05:10+	03:49+	01:35+	02:16+	02:21+	01:03+	02:25+	01:10+	04:44+	01:53+	03:59+	05:22+	01:09+	00:31+	

Beste strekktid for klassen

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

H40

1	Anders Presterud	903	26:45														
01:51=	03:26=	04:27=	06:52=	09:13=	10:25=	12:36=	14:30=	15:16=	17:25=	18:14=	20:50=	22:04=	24:02=	25:27=	26:05=	26:45=	
01:51=	01:35=	01:01=	02:25=	00:33=	01:48=	01:12=	02:11=	01:54=	00:46=	02:09=	00:49=	02:36=	01:14=	01:58=	01:25=	00:38=	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=	00:00=	00:00=	00:00=
2	Bjarne Bore	3529	27:56														
01:32-	03:12-	04:16-	06:32-	07:23-	09:22+	10:29+	12:38+	14:49+	15:44+	17:25=	18:37+	22:04+	23:29+	25:22+	26:44+	27:20+	27:56+
01:32-	01:40+	01:04+	02:16-	00:51+	01:59+	01:07-	02:09-	02:11+	00:55+	01:41-	01:12+	03:27+	01:25+	01:53-	01:22-	00:36-	00:36-
00:19-	00:05+	00:03+	00:09-	00:18&	00:11#	00:05-	00:02-	00:17#	00:09#	00:28-	00:23&	00:51&	00:11#	00:05-	00:03-	00:02-	00:04-
3	Jan-Kenneth Polle	3525	28:41														
01:19-	02:56-	03:42-	06:24-	07:06-	08:41-	11:06+	13:14+	15:26+	16:09+	18:01+	18:54+	21:19+	22:44+	25:45+	27:26+	28:04+	28:41+
01:19-	01:37+	00:46-	02:42+	00:42+	01:35-	02:25+	02:08-	02:12+	00:43-	01:52-	00:53+	02:25-	01:25+	03:01+	01:41+	00:38=	00:37-
00:32-	00:02+	00:15-	00:17#	00:09&	00:13-	01:13#	00:03-	00:18#	00:03-	00:17-	00:04+	00:11-	00:11#	01:03&	00:16#	00:00=	00:03-

H40

4	Per Jan Ersland	3510	28:51														
01:27-	02:55-	03:51-	06:11-	06:48-	08:46-	09:46-	12:24-	14:10-	14:55-	16:37-	17:33-	20:08-	21:17-	23:59-	27:42+	28:14+	28:51+
01:27-	01:28-	00:56-	02:20-	00:37+	01:58+	01:00-	02:38+	01:46-	00:45-	01:42-	00:56+	02:35-	01:09-	02:42+	03:43+	00:32-	00:37-
00:24-	00:07-	00:05-	00:05-	00:04#	00:10+	00:12-	00:27#	00:08-	00:01-	00:27-	00:07#	00:01-	00:05-	00:44#	02:18#	00:06-	00:03-
5	Magne Habbestad	3531	29:14														
01:18+	03:16+	04:06+	06:43+	07:28+	09:05+	10:11+	12:17+	15:03+	15:45+	18:46+	19:39+	22:37+	24:18+	26:12+	27:44+	28:30+	29:14+
01:18+	01:58+	00:50+	02:37+	00:45+	01:37+	01:06+	02:06+	02:46+	00:42+	03:01+	00:53+	02:58+	01:41+	01:54+	01:32+	00:46+	00:44+
01:18+	01:58+	00:50+	02:37+	00:45+	01:37+	01:06+	02:06+	02:46+	00:42+	03:01+	00:53+	02:58+	01:41+	01:54+	01:32+	00:46+	00:44+
6	Glenn Madland	879	29:39														
01:19+	03:18+	04:06+	06:24+	07:10+	08:50+	09:59+	11:54+	17:39+	18:37+	20:20+	21:18+	23:31+	25:11+	27:21+	28:28+	29:00+	29:39+
01:19+	01:59+	00:48+	02:18+	00:46+	01:40+	01:09+	01:55+	05:45+	00:58+	01:43+	00:58+	02:13+	01:40+	02:10+	01:07+	00:32+	00:39+
01:19+	01:59+	00:48+	02:18+	00:46+	01:40+	01:09+	01:55+	05:45+	00:58+	01:43+	00:58+	02:13+	01:40+	02:10+	01:07+	00:32+	00:39+
7	Ole-Tobias Frich	1683	29:40														
01:36+	03:26+	04:36+	07:08+	07:48+	09:48+	11:19+	13:30+	15:24+	16:19+	18:18+	19:20+	22:18+	24:07+	26:27+	28:16+	28:56+	29:40+
01:36+	01:50+	01:10+	02:32+	00:40+	02:00+	01:31+	02:11+	01:54+	00:55+	01:59+	01:02+	02:58+	01:49+	02:20+	01:49+	00:40+	00:44+
01:36+	01:50+	01:10+	02:32+	00:40+	02:00+	01:31+	02:11+	01:54+	00:55+	01:59+	01:02+	02:58+	01:49+	02:20+	01:49+	00:40+	00:44+
8	Frode Ungar	1683	29:52														
01:38+	03:18+	04:08+	07:01+	08:41+	10:29+	11:45+	14:28+	16:22+	17:22+	19:33+	20:30+	23:00+	24:39+	26:54+	28:18+	29:07+	29:52+
01:38+	01:40+	00:50+	02:53+	01:40+	01:48+	01:16+	02:43+	01:54+	01:00+	02:11+	00:57+	02:30+	01:39+	02:15+	01:24+	00:49+	00:45+
01:38+	01:40+	00:50+	02:53+	01:40+	01:48+	01:16+	02:43+	01:54+	01:00+	02:11+	00:57+	02:30+	01:39+	02:15+	01:24+	00:49+	00:45+
9	Rune Hatle	903	30:16														
01:13+	03:39+	04:28+	07:10+	09:16+	10:56+	12:19+	14:28+	16:38+	17:27+	19:53+	20:53+	23:32+	24:54+	26:56+	28:54+	29:36+	30:16+
01:13+	02:26+	00:49+	02:42+	02:06+	01:40+	01:23+	02:09+	02:10+	00:49+	02:26+	01:00+	02:39+	01:22+	02:02+	01:58+	00:42+	00:40+
01:13+	02:26+	00:49+	02:42+	02:06+	01:40+	01:23+	02:09+	02:10+	00:49+	02:26+	01:00+	02:39+	01:22+	02:02+	01:58+	00:42+	00:40+
10	Christian Ask	3563	30:46														
01:50+	04:30+	05:30+	08:15+	09:18+	11:01+	12:22+	14:29+	17:12+	18:03+	20:23+	21:13+	24:06+	25:33+	28:09+	29:24+	30:04+	30:46+
01:50+	02:40+	01:00+	02:45+	01:03+	01:43+	01:21+	02:07+	02:43+	00:51+	02:20+	00:50+	02:53+	01:27+	02:36+	01:15+	00:40+	00:42+
01:50+	02:40+	01:00+	02:45+	01:03+	01:43+	01:21+	02:07+	02:43+	00:51+	02:20+	00:50+	02:53+	01:27+	02:36+	01:15+	00:40+	00:42+
11	Rune Dahl Fitjar	1754	30:53														
01:52+	03:54+	04:50+	07:50+	09:20+	11:08+	12:26+	14:49+	16:45+	17:42+	19:45+	21:13+	23:51+	25:14+	27:36+	29:28+	30:05+	30:53+
01:52+	02:02+	00:56+	03:00+	01:30+	01:48+	01:18+	02:23+	01:56+	00:57+	02:03+	01:28+	02:38+	01:23+	02:22+	01:52+	00:37+	00:48+
01:52+	02:02+	00:56+	03:00+	01:30+	01:48+	01:18+	02:23+	01:56+	00:57+	02:03+	01:28+	02:38+	01:23+	02:22+	01:52+	00:37+	00:48+
12	Bjørn Kristian Røyland	3503	32:11														
01:51+	04:41+	05:41+	08:26+	10:02+	11:47+	13:22+	15:54+	17:37+	18:22+	20:17+	21:51+	24:32+	26:29+	28:40+	30:44+	31:31+	32:11+
01:51+	02:50+	01:00+	02:45+	01:36+	01:45+	01:35+	02:32+	01:43+	00:45+	01:55+	01:34+	02:41+	01:57+	02:11+	02:04+	00:47+	00:40+
01:51+	02:50+	01:00+	02:45+	01:36+	01:45+	01:35+	02:32+	01:43+	00:45+	01:55+	01:34+	02:41+	01:57+	02:11+	02:04+	00:47+	00:40+
13	Lars Lone Rasmussen	4248	34:28														
01:36+	04:23+	05:18+	09:10+	10:05+	12:06+	13:26+	16:02+	18:20+	19:27+	22:20+	23:34+	26:38+	28:20+	31:05+	32:53+	33:36+	34:28+
01:36+	02:47+	00:55+	03:52+	00:55+	02:01+	01:20+	02:36+	02:18+	01:07+	02:53+	01:14+	03:04+	01:42+	02:45+	01:48+	00:43+	00:52+
01:36+	02:47+	00:55+	03:52+	00:55+	02:01+	01:20+	02:36+	02:18+	01:07+	02:53+	01:14+	03:04+	01:42+	02:45+	01:48+	00:43+	00:52+
14	Trond Jan Øglend	3523	47:01														
03:12+	06:12+	07:27+	13:40+	15:36+	17:55+	19:28+	21:56+	23:43+	24:58+	29:34+	34:12+	37:29+	39:25+	43:17+	44:47+	46:16+	47:01+
03:12+	03:00+	01:15+	06:13+	01:56+	02:19+	01:33+	02:28+	01:47+	01:15+	04:36+	04:38+	03:17+	01:56+	03:52+	01:30+	01:29+	00:45+
03:12+	03:00+	01:15+	06:13+	01:56+	02:19+	01:33+	02:28+	01:47+	01:15+	04:36+	04:38+	03:17+	01:56+	03:52+	01:30+	01:29+	00:45+
15	Kay Roar Harila	643	1:08:35														
05:13+	11:49+	12:39+	16:08+	17:20+	19:39+	21:31+	24:38+	31:00+	34:13+	42:18+	43:42+	57:37+	60:16+	64:17+	66:44+	67:46+	68:35+
05:13+	06:36+	00:50+	03:29+	01:12+	02:19+	01:52+	03:07+	06:22+	03:13+	08:05+	01:24+	13:55+	02:39+	04:01+	02:27+	01:02+	00:49+
05:13+	06:36+	00:50+	03:29+	01:12+	02:19+	01:52+	03:07+	06:22+	03:13+	08:05+	01:24+	13:55+	02:39+	04:01+	02:27+	01:02+	00:49+

Beste strekktid for klassen

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

H50

Class	Navn	Klasse	Tid
-------	------	--------	-----

H50

1	Bjørn Ove Olsen Moi	989	26:07
00:53=	03:05= 04:37= 05:54= 07:38= 09:17= 09:57= 12:23= 15:19= 15:57= 16:21= 17:46= 19:45= 20:52= 21:51= 23:27= 24:26= 24:46= 25:24= 26:07=		
00:53=	02:12= 01:32= 01:17= 01:44= 01:39= 00:40= 02:26= 02:56= 00:38= 00:24= 01:25= 01:59= 01:07= 00:59= 01:36= 00:59= 00:20= 00:38= 00:43=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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	Trond Lamark	878	26:07
01:06+	03:16+ 04:49+ 06:01+ 07:44+ 09:24+ 10:06+ 12:24+ 14:50+ 15:23+ 15:51+ 17:15+ 19:16+ 20:18+ 21:26+ 23:07+ 24:05+ 24:43+ 25:22+ 26:07+		
01:06+	02:10+ 01:33+ 01:12+ 01:43+ 01:40+ 00:42+ 02:18+ 02:26+ 00:33+ 00:28+ 01:24+ 02:01+ 01:02+ 01:08+ 01:41+ 00:58+ 00:38+ 00:39+ 00:45+		
01:06+	02:10+ 01:33+ 01:12+ 01:43+ 01:40+ 00:42+ 02:18+ 02:26+ 00:33+ 00:28+ 01:24+ 02:01+ 01:02+ 01:08+ 01:41+ 00:58+ 00:38+ 00:39+ 00:45+		
3	Trondr Breiland	4248	26:43
00:51+	02:58+ 04:26+ 05:28+ 06:56+ 08:27+ 09:24+ 11:23+ 13:55+ 14:28+ 14:53+ 16:45+ 19:47+ 20:39+ 22:20+ 24:09+ 25:01+ 25:23+ 26:07+ 26:43+		
00:51+	02:07+ 01:28+ 01:02+ 01:28+ 01:31+ 00:57+ 01:59+ 02:32+ 00:33+ 00:25+ 01:52+ 03:02+ 00:52+ 01:41+ 01:49+ 00:52+ 00:22+ 00:44+ 00:36+		
00:51+	02:07+ 01:28+ 01:02+ 01:28+ 01:31+ 00:57+ 01:59+ 02:32+ 00:33+ 00:25+ 01:52+ 03:02+ 00:52+ 01:41+ 01:49+ 00:52+ 00:22+ 00:44+ 00:36+		
4	John Breiland	3694	28:03
01:15+	03:22+ 04:42+ 05:52+ 07:24+ 09:06+ 09:51+ 12:27+ 15:14+ 15:36+ 16:07+ 17:52+ 20:03+ 21:00+ 22:06+ 23:41+ 24:33+ 26:40+ 27:15+ 28:03+		
01:15+	02:07+ 01:20+ 01:10+ 01:32+ 01:42+ 00:45+ 02:36+ 02:47+ 00:22+ 00:31+ 01:45+ 02:11+ 00:57+ 01:06+ 01:35+ 00:52+ 02:07+ 00:35+ 00:48+		
01:15+	02:07+ 01:20+ 01:10+ 01:32+ 01:42+ 00:45+ 02:36+ 02:47+ 00:22+ 00:31+ 01:45+ 02:11+ 00:57+ 01:06+ 01:35+ 00:52+ 02:07+ 00:35+ 00:48+		
5	Øyvind Madland	3522	28:08
00:44+	03:18+ 04:54+ 06:02+ 07:56+ 09:19+ 10:00+ 13:06+ 15:47+ 16:21+ 16:47+ 18:12+ 20:14+ 21:18+ 22:54+ 25:00+ 25:50+ 26:10+ 27:19+ 28:08+		
00:44+	02:34+ 01:36+ 01:08+ 01:54+ 01:23+ 00:41+ 03:06+ 02:41+ 00:34+ 00:26+ 01:25+ 02:02+ 01:04+ 01:36+ 02:06+ 00:50+ 00:20+ 01:09+ 00:49+		
00:44+	02:34+ 01:36+ 01:08+ 01:54+ 01:23+ 00:41+ 03:06+ 02:41+ 00:34+ 00:26+ 01:25+ 02:02+ 01:04+ 01:36+ 02:06+ 00:50+ 00:20+ 01:09+ 00:49+		
6	Svein Roar Aas	3565	28:37
00:57+	03:22+ 04:55+ 06:30+ 08:11+ 10:03+ 10:51+ 13:29+ 16:22+ 17:07+ 17:31+ 19:16+ 21:31+ 22:55+ 24:06+ 25:45+ 26:47+ 27:10+ 27:53+ 28:37+		
00:57+	02:25+ 01:33+ 01:35+ 01:41+ 01:52+ 00:48+ 02:38+ 02:53+ 00:45+ 00:24+ 01:45+ 02:15+ 01:24+ 01:11+ 01:39+ 01:02+ 00:23+ 00:43+ 00:44+		
00:57+	02:25+ 01:33+ 01:35+ 01:41+ 01:52+ 00:48+ 02:38+ 02:53+ 00:45+ 00:24+ 01:45+ 02:15+ 01:24+ 01:11+ 01:39+ 01:02+ 00:23+ 00:43+ 00:44+		
7	Steinar Hansen	882	29:39
00:58+	03:21+ 05:18+ 06:27+ 08:03+ 09:37+ 10:28+ 13:11+ 16:03+ 16:40+ 17:13+ 18:51+ 20:55+ 21:48+ 24:50+ 26:37+ 27:34+ 28:15+ 28:53+ 29:39+		
00:58+	02:23+ 01:57+ 01:09+ 01:36+ 01:34+ 00:51+ 02:43+ 02:52+ 00:37+ 00:33+ 01:38+ 02:04+ 00:53+ 03:02+ 01:47+ 00:57+ 00:41+ 00:38+ 00:46+		
00:58+	02:23+ 01:57+ 01:09+ 01:36+ 01:34+ 00:51+ 02:43+ 02:52+ 00:37+ 00:33+ 01:38+ 02:04+ 00:53+ 03:02+ 01:47+ 00:57+ 00:41+ 00:38+ 00:46+		
8	Øystein Fuglestad	878	30:04
02:21+	04:58+ 06:38+ 08:00+ 09:44+ 11:32+ 12:22+ 14:51+ 17:44+ 18:19+ 18:49+ 20:29+ 23:04+ 24:06+ 25:22+ 27:05+ 28:05+ 28:31+ 29:14+ 30:04+		
02:21+	02:37+ 01:40+ 01:22+ 01:44+ 01:48+ 00:50+ 02:29+ 02:53+ 00:35+ 00:30+ 01:40+ 02:35+ 01:02+ 01:16+ 01:43+ 01:00+ 00:26+ 00:43+ 00:50+		
02:21+	02:37+ 01:40+ 01:22+ 01:44+ 01:48+ 00:50+ 02:29+ 02:53+ 00:35+ 00:30+ 01:40+ 02:35+ 01:02+ 01:16+ 01:43+ 01:00+ 00:26+ 00:43+ 00:50+		
9	Erling Knutzen	879	30:08
01:03+	03:32+ 04:55+ 06:23+ 08:16+ 10:13+ 10:59+ 14:06+ 16:41+ 17:18+ 17:48+ 19:53+ 22:09+ 23:19+ 25:06+ 26:49+ 28:08+ 28:40+ 29:20+ 30:08+		
01:03+	02:29+ 01:23+ 01:28+ 01:53+ 01:57+ 00:46+ 03:07+ 02:35+ 00:37+ 00:30+ 02:05+ 02:16+ 01:10+ 01:47+ 01:43+ 01:19+ 00:32+ 00:40+ 00:48+		
01:03+	02:29+ 01:23+ 01:28+ 01:53+ 01:57+ 00:46+ 03:07+ 02:35+ 00:37+ 00:30+ 02:05+ 02:16+ 01:10+ 01:47+ 01:43+ 01:19+ 00:32+ 00:40+ 00:48+		
10	Tore Halset	3486	31:51
01:07+	03:43+ 05:23+ 06:51+ 08:56+ 10:43+ 11:53+ 14:57+ 17:38+ 18:18+ 18:48+ 20:59+ 23:38+ 24:53+ 26:53+ 28:46+ 29:50+ 30:17+ 31:00+ 31:51+		
01:07+	02:36+ 01:40+ 01:28+ 02:05+ 01:47+ 01:10+ 03:04+ 02:41+ 00:40+ 00:30+ 02:11+ 02:39+ 01:15+ 02:00+ 01:53+ 01:04+ 00:27+ 00:43+ 00:51+		
01:07+	02:36+ 01:40+ 01:28+ 02:05+ 01:47+ 01:10+ 03:04+ 02:41+ 00:40+ 00:30+ 02:11+ 02:39+ 01:15+ 02:00+ 01:53+ 01:04+ 00:27+ 00:43+ 00:51+		
11	Sigurd Ravndal	769	31:51
01:23+	04:01+ 06:34+ 07:48+ 09:17+ 11:05+ 11:54+ 14:07+ 16:56+ 17:39+ 18:07+ 19:46+ 22:02+ 23:15+ 24:27+ 28:40+ 29:39+ 30:04+ 30:48+ 31:51+		
01:23+	02:38+ 02:33+ 01:14+ 01:29+ 01:48+ 00:49+ 02:13+ 02:49+ 00:43+ 00:28+ 01:39+ 02:16+ 01:13+ 01:12+ 04:13+ 00:59+ 00:25+ 00:44+ 01:03+		
01:23+	02:38+ 02:33+ 01:14+ 01:29+ 01:48+ 00:49+ 02:13+ 02:49+ 00:43+ 00:28+ 01:39+ 02:16+ 01:13+ 01:12+ 04:13+ 00:59+ 00:25+ 00:44+ 01:03+		
12	Kjetil Solbakken	3507	32:54
01:55+	04:22+ 05:59+ 07:13+ 08:58+ 10:35+ 11:23+ 13:53+ 17:24+ 18:03+ 18:34+ 21:09+ 23:39+ 26:24+ 27:59+ 29:50+ 30:46+ 31:12+ 31:56+ 32:54+		
01:55+	02:27+ 01:37+ 01:14+ 01:45+ 01:37+ 00:48+ 02:30+ 03:31+ 00:39+ 00:31+ 02:35+ 02:30+ 02:45+ 01:35+ 01:51+ 00:56+ 00:26+ 00:44+ 00:58+		
01:55+	02:27+ 01:37+ 01:14+ 01:45+ 01:37+ 00:48+ 02:30+ 03:31+ 00:39+ 00:31+ 02:35+ 02:30+ 02:45+ 01:35+ 01:51+ 00:56+ 00:26+ 00:44+ 00:58+		
13	Arne Hetlelid	3508	33:12
01:22+	04:00+ 05:53+ 07:24+ 09:19+ 11:19+ 12:07+ 15:17+ 18:09+ 20:09+ 20:37+ 22:20+ 24:50+ 26:30+ 27:41+ 29:43+ 30:53+ 31:28+ 32:16+ 33:12+		
01:22+	02:38+ 01:53+ 01:31+ 01:55+ 02:00+ 00:48+ 03:10+ 02:52+ 02:00+ 00:28+ 01:43+ 02:30+ 01:40+ 01:11+ 02:02+ 01:10+ 00:35+ 00:48+ 00:56+		
01:22+	02:38+ 01:53+ 01:31+ 01:55+ 02:00+ 00:48+ 03:10+ 02:52+ 02:00+ 00:28+ 01:43+ 02:30+ 01:40+ 01:11+ 02:02+ 01:10+ 00:35+ 00:48+ 00:56+		
14	Ove Mæstad	2342	33:57
01:16+	04:13+ 06:05+ 07:31+ 09:26+ 11:12+ 12:04+ 15:06+ 18:07+ 18:49+ 19:21+ 21:22+ 25:41+ 27:11+ 28:39+ 30:44+ 31:57+ 32:26+ 33:13+ 33:57+		
01:16+	02:57+ 01:52+ 01:26+ 01:55+ 01:46+ 00:52+ 03:02+ 03:01+ 00:42+ 00:32+ 02:01+ 04:19+ 01:30+ 01:28+ 02:05+ 01:13+ 00:29+ 00:47+ 00:44+		
01:16+	02:57+ 01:52+ 01:26+ 01:55+ 01:46+ 00:52+ 03:02+ 03:01+ 00:42+ 00:32+ 02:01+ 04:19+ 01:30+ 01:28+ 02:05+ 01:13+ 00:29+ 00:47+ 00:44+		

Class	Navn	Klasse	Tid																	
H50																				
15	Trygve Michaelsen	896	34:05																	
01:00+	04:03+	05:45+	07:19+	09:33+	11:30+	12:18+	13:14+	18:01+	19:03+	19:34+	21:35+	24:04+	26:09+	27:35+	30:37+	31:36+	32:27+	33:13+	34:05+	
01:00+	03:03+	01:42+	01:34+	02:14+	01:57+	00:48+	02:56+	02:47+	01:02+	00:31+	02:01+	02:29+	02:05+	01:26+	03:02+	00:59+	00:51+	00:46+	00:52+	
01:00+	03:03+	01:42+	01:34+	02:14+	01:57+	00:48+	02:56+	02:47+	01:02+	00:31+	02:01+	02:29+	02:05+	01:26+	03:02+	00:59+	00:51+	00:46+	00:52+	
16	Erik Bjørnbom	3558	34:17																	
00:56+	03:37+	05:12+	06:54+	09:19+	11:05+	12:01+	14:50+	19:31+	20:44+	21:13+	23:09+	25:21+	27:45+	29:01+	31:21+	32:15+	32:42+	33:24+	34:17+	
00:56+	02:41+	01:35+	01:42+	02:25+	01:46+	00:56+	02:49+	04:41+	01:13+	00:29+	01:56+	02:12+	02:24+	01:16+	02:20+	00:54+	00:27+	00:42+	00:53+	
00:56+	02:41+	01:35+	01:42+	02:25+	01:46+	00:56+	02:49+	04:41+	01:13+	00:29+	01:56+	02:12+	02:24+	01:16+	02:20+	00:54+	00:27+	00:42+	00:53+	
17	Rune Paulsen	3508	34:50																	
02:29+	05:50+	07:42+	09:02+	10:52+	12:20+	13:08+	17:35+	20:51+	21:36+	22:17+	23:53+	26:14+	28:29+	29:47+	31:55+	32:54+	33:28+	34:08+	34:50+	
02:29+	03:21+	01:52+	01:20+	01:50+	01:28+	00:48+	04:27+	03:16+	00:45+	00:41+	01:36+	02:21+	02:15+	01:18+	02:08+	00:59+	00:34+	00:40+	00:42+	
02:29+	03:21+	01:52+	01:20+	01:50+	01:28+	00:48+	04:27+	03:16+	00:45+	00:41+	01:36+	02:21+	02:15+	01:18+	02:08+	00:59+	00:34+	00:40+	00:42+	
18	Frode Halvor Lund	3516	34:56																	
01:07+	03:57+	06:29+	07:54+	10:05+	12:09+	13:24+	16:26+	19:38+	20:50+	21:24+	23:23+	26:00+	27:50+	29:09+	31:19+	32:33+	33:05+	34:02+	34:56+	
01:07+	02:50+	02:32+	01:25+	02:11+	02:04+	01:15+	03:02+	03:12+	01:12+	00:34+	01:59+	02:37+	01:50+	01:19+	02:10+	01:14+	00:32+	00:57+	00:54+	
01:07+	02:50+	02:32+	01:25+	02:11+	02:04+	01:15+	03:02+	03:12+	01:12+	00:34+	01:59+	02:37+	01:50+	01:19+	02:10+	01:14+	00:32+	00:57+	00:54+	
19	Jerome Renoult	3524	36:29																	
01:21+	04:01+	07:09+	08:46+	10:49+	12:56+	13:52+	16:52+	19:36+	20:57+	21:28+	23:26+	26:37+	28:29+	30:27+	32:16+	33:25+	34:46+	35:36+	36:29+	
01:21+	02:40+	03:08+	01:37+	02:03+	02:07+	00:56+	03:00+	02:44+	01:21+	00:31+	01:58+	03:11+	01:52+	01:58+	01:49+	01:09+	01:21+	00:50+	00:53+	
01:21+	02:40+	03:08+	01:37+	02:03+	02:07+	00:56+	03:00+	02:44+	01:21+	00:31+	01:58+	03:11+	01:52+	01:58+	01:49+	01:09+	01:21+	00:50+	00:53+	
20	Ingve Vold	3529	37:25																	
01:09+	03:23+	05:35+	07:15+	08:58+	10:46+	11:47+	14:47+	19:45+	20:50+	21:19+	23:59+	26:22+	28:46+	31:31+	34:21+	35:25+	36:02+	36:43+	37:25+	
01:09+	02:14+	02:12+	01:40+	01:43+	01:48+	01:01+	03:00+	04:58+	01:05+	00:29+	02:40+	02:23+	02:24+	02:45+	02:50+	01:04+	00:37+	00:41+	00:42+	
01:09+	02:14+	02:12+	01:40+	01:43+	01:48+	01:01+	03:00+	04:58+	01:05+	00:29+	02:40+	02:23+	02:24+	02:45+	02:50+	01:04+	00:37+	00:41+	00:42+	
21	Asbjørn Brårdland	879	37:46																	
01:03+	03:38+	05:22+	06:46+	08:41+	10:35+	11:31+	14:54+	19:45+	20:21+	20:52+	22:42+	26:07+	30:52+	33:04+	34:53+	35:50+	36:16+	37:01+	37:46+	
01:03+	02:35+	01:44+	01:24+	01:55+	01:54+	00:56+	03:23+	04:51+	00:36+	00:31+	01:50+	03:25+	04:45+	02:12+	01:49+	00:57+	00:26+	00:45+	00:45+	
01:03+	02:35+	01:44+	01:24+	01:55+	01:54+	00:56+	03:23+	04:51+	00:36+	00:31+	01:50+	03:25+	04:45+	02:12+	01:49+	00:57+	00:26+	00:45+	00:45+	
22	Lars Solvang	1683	38:15																	
01:35+	05:16+	07:29+	09:21+	11:49+	13:48+	14:39+	18:00+	21:05+	23:25+	24:09+	26:30+	29:03+	30:21+	32:12+	34:34+	36:07+	36:35+	37:19+	38:15+	
01:35+	03:41+	02:13+	01:52+	02:28+	01:59+	00:51+	03:21+	03:05+	02:20+	00:44+	02:21+	02:33+	01:18+	01:51+	02:22+	01:33+	00:28+	00:44+	00:56+	
01:35+	03:41+	02:13+	01:52+	02:28+	01:59+	00:51+	03:21+	03:05+	02:20+	00:44+	02:21+	02:33+	01:18+	01:51+	02:22+	01:33+	00:28+	00:44+	00:56+	
23	Arve Sonflå	3563	39:36																	
01:07+	03:59+	08:25+	09:42+	11:34+	13:35+	14:37+	17:14+	20:04+	21:10+	21:40+	26:00+	28:26+	29:46+	31:09+	36:26+	37:27+	38:00+	38:44+	39:36+	
01:07+	02:52+	04:26+	01:17+	01:52+	02:01+	01:02+	02:37+	02:50+	01:06+	00:30+	04:20+	02:26+	01:20+	01:23+	05:17+	01:01+	00:33+	00:44+	00:52+	
01:07+	02:52+	04:26+	01:17+	01:52+	02:01+	01:02+	02:37+	02:50+	01:06+	00:30+	04:20+	02:26+	01:20+	01:23+	05:17+	01:01+	00:33+	00:44+	00:52+	
24	Thomas Romstad	1683	42:56																	
01:09+	04:15+	07:28+	09:00+	10:49+	12:41+	13:38+	16:19+	19:33+	21:44+	22:10+	24:45+	29:31+	31:43+	33:16+	35:19+	38:49+	39:08+	40:41+	42:08+	42:56+
01:09+	03:06+	03:13+	01:32+	01:49+	01:52+	00:57+	02:41+	03:14+	02:11+	00:26+	02:35+	04:46+	02:12+	01:33+	02:03+	03:30+	00:19+	01:33+	01:27+	00:48+
01:09+	03:06+	03:13+	01:32+	01:49+	01:52+	00:57+	02:41+	03:14+	02:11+	00:26+	02:35+	04:46+	02:12+	01:33+	02:03+	03:30+	00:19+	01:33+	01:27+	00:48+
25	Ingebret Folkvord	3563	44:41																	
05:39+	08:20+	12:21+	13:50+	19:58+	21:38+	22:36+	25:19+	29:25+	30:10+	30:34+	32:22+	35:11+	36:38+	38:31+	40:26+	41:12+	43:18+	43:50+	44:41+	
05:39+	02:41+	04:01+	01:29+	06:08+	01:40+	00:58+	02:43+	04:06+	00:45+	00:24+	01:48+	02:49+	01:27+	01:53+	01:55+	00:46+	02:06+	00:32+	00:51+	
05:39+	02:41+	04:01+	01:29+	06:08+	01:40+	00:58+	02:43+	04:06+	00:45+	00:24+	01:48+	02:49+	01:27+	01:53+	01:55+	00:46+	02:06+	00:32+	00:51+	
26	Raymond B Pettersen	722	45:51																	
01:05+	04:01+	06:16+	08:36+	11:12+	13:52+	14:56+	25:34+	29:04+	30:23+	30:49+	33:22+	36:03+	37:28+	38:55+	41:48+	43:01+	44:05+	44:59+	45:51+	
01:05+	02:56+	02:15+	02:20+	02:36+	02:40+	01:04+	10:38+	03:30+	01:19+	00:26+	02:33+	02:41+	01:25+	01:27+	02:53+	01:13+	01:04+	00:54+	00:52+	
01:05+	02:56+	02:15+	02:20+	02:36+	02:40+	01:04+	10:38+	03:30+	01:19+	00:26+	02:33+	02:41+	01:25+	01:27+	02:53+	01:13+	01:04+	00:54+	00:52+	
27	Øystein Endresen	3504	1:06:33																	
03:49+	08:13+	22:26+	25:20+	27:40+	29:57+	36:21+	43:39+	47:57+	48:45+	49:18+	52:17+	56:09+	58:27+	60:13+	62:39+	63:51+	64:19+	65:44+	66:33+	
03:49+	04:24+	14:13+	02:54+	02:20+	02:17+	06:24+	07:18+	04:18+	00:48+	00:33+	02:59+	03:52+	02:18+	01:46+	02:26+	01:12+	00:28+	01:25+	00:49+	
03:49+	04:24+	14:13+	02:54+	02:20+	02:17+	06:24+	07:18+	04:18+	00:48+	00:33+	02:59+	03:52+	02:18+	01:46+	02:26+	01:12+	00:28+	01:25+	00:49+	

Beste strekktid for klassen

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

Class	Navn	Klasse	Tid
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H60

1	Geir Frøyttlog	3502	26:13
01:20=	03:35= 04:53= 06:44= 07:39= 09:59= 11:29= 12:53= 13:27= 15:39= 16:46= 17:38= 18:23= 19:10= 20:28= 23:13= 24:46= 25:28= 26:13=		
01:20=	02:15= 01:18= 01:51= 00:55= 02:20= 01:30= 01:24= 00:34= 02:12= 01:07= 00:52= 00:45= 00:47= 01:18= 02:45= 01:33= 00:42= 00:45=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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	26:57
01:15-	03:14- 04:42- 06:35- 07:31- 09:58- 11:31+ 12:48- 13:23- 15:25- 16:34- 17:29- 18:05- 19:12+ 20:15- 23:59+ 25:44+ 26:17+ 26:57+		
01:15-	01:59- 01:28+ 01:53+ 00:56+ 02:27+ 01:33+ 01:17- 00:35+ 02:02- 01:09+ 00:55+ 00:36- 01:07+ 01:03- 03:44+ 01:45+ 00:33- 00:40-		
00:05-	00:16- 00:10# 00:02+ 00:01+ 00:07+ 00:03+ 00:07- 00:01+ 00:10- 00:02+ 00:03+ 00:09- 00:20& 00:15- 00:59& 00:12# 00:09- 00:05-		
3	Arnfinn Rømuld	1683	27:31
01:16-	03:47+ 05:22+ 07:30+ 08:10+ 10:43+ 12:32+ 14:02+ 14:41+ 17:18+ 18:36+ 19:31+ 20:18+ 20:59+ 22:08+ 24:07+ 25:38+ 26:32+ 27:31+		
01:16-	02:31+ 01:35+ 02:08+ 00:40- 02:33+ 01:49+ 01:30+ 00:39+ 02:37+ 01:18+ 00:55+ 00:47+ 00:41- 01:09- 01:59- 01:31- 00:54+ 00:59+		
00:04-	00:16# 00:17# 00:17# 00:15- 00:13+ 00:19# 00:06+ 00:05# 00:25# 00:11# 00:03+ 00:02+ 00:06- 00:09- 00:46- 00:02- 00:12& 00:14&		
4	Frank Hansen	3502	28:27
01:23+	03:15- 04:57+ 06:58+ 07:52+ 10:13+ 12:01+ 13:59+ 14:29+ 17:57+ 19:01+ 19:58+ 20:43+ 21:27+ 22:30+ 24:53+ 27:03+ 27:41+ 28:27+		
01:23+	01:52- 01:42+ 02:01+ 00:54- 02:21+ 01:48+ 01:58+ 00:30- 03:28+ 01:04- 00:57+ 00:45= 00:44- 01:03- 02:23- 02:10+ 00:38- 00:46+		
00:03+	00:23- 00:24& 00:10+ 00:01- 00:01+ 00:18# 00:34& 00:04- 01:16& 00:03- 00:05+ 00:00= 00:03- 00:15- 00:22- 00:37& 00:04- 00:01+		
5	Per Ingar Hadland	793	29:38
01:43+	03:43+ 05:35+ 07:52+ 08:39+ 11:33+ 13:20+ 15:01+ 15:44+ 18:26+ 19:55+ 20:53+ 21:31+ 22:32+ 23:35+ 26:21+ 27:57+ 28:44+ 29:38+		
01:43+	02:00- 01:52+ 02:17+ 00:47- 02:54+ 01:47+ 01:41+ 00:43+ 02:42+ 01:29+ 00:58+ 00:38- 01:01+ 01:03- 02:46+ 01:36+ 00:47+ 00:54+		
00:23&	00:15- 00:34& 00:26# 00:08- 00:34# 00:17# 00:17# 00:09& 00:30# 00:22& 00:06# 00:07- 00:14& 00:15- 00:01+ 00:03+ 00:05# 00:09#		
6	Håvard Håland	3507	31:57
01:34+	03:41+ 07:56+ 09:48+ 10:49+ 13:16+ 15:16+ 16:58+ 17:35+ 20:07+ 21:30+ 22:39+ 23:23+ 24:15+ 25:35+ 28:49+ 30:30+ 31:09+ 31:57+		
01:34+	02:07- 04:15+ 01:52+ 01:01+ 02:27+ 02:00+ 01:42+ 00:37+ 02:32+ 01:23+ 01:09+ 00:44- 00:52+ 01:20+ 03:14+ 01:41+ 00:39- 00:48+		
00:14#	00:08- 02:57@ 00:01+ 00:06# 00:07+ 00:30& 00:18# 00:03+ 00:20# 00:16# 00:17& 00:01- 00:05# 00:02+ 00:29# 00:08+ 00:03- 00:03+		
7	Harald Taksdal	3547	32:17
01:42+	04:21+ 06:59+ 09:05+ 09:56+ 12:39+ 14:43+ 16:33+ 18:15+ 20:45+ 22:20+ 23:12+ 23:49+ 24:41+ 25:47+ 28:53+ 30:40+ 31:25+ 32:17+		
01:42+	02:39+ 02:38+ 02:06+ 00:51- 02:43+ 02:04+ 01:50+ 01:42+ 02:30+ 01:35+ 00:52= 00:37- 00:52+ 01:06- 03:06+ 01:47+ 00:45+ 00:52+		
00:22&	00:24# 01:20@ 00:15# 00:04- 00:23# 00:34& 00:26& 01:08@ 00:18# 00:28& 00:00= 00:08- 00:05# 00:12- 00:21# 00:14# 00:03+ 00:07#		
8	Inge Skretting	1384	34:07
01:29+	05:40+ 08:07+ 10:13+ 11:09+ 13:45+ 15:44+ 17:07+ 17:38+ 21:08+ 22:12+ 23:13+ 23:51+ 24:45+ 25:56+ 29:40+ 32:39+ 33:19+ 34:07+		
01:29+	04:11+ 02:27+ 02:06+ 00:56+ 02:36+ 01:59+ 01:23- 00:31- 03:30+ 01:04- 01:01+ 00:38- 00:54+ 01:11- 03:44+ 02:59+ 00:40- 00:48+		
00:09#	01:56& 01:09& 00:15# 00:01+ 00:16# 00:29& 00:01- 00:03- 01:18& 00:03- 00:09# 00:07- 00:07# 00:07- 00:59& 01:26& 00:02- 00:03+		
9	Magnar Mathias Møller	769	37:34
01:38+	07:58+ 11:09+ 13:14+ 14:02+ 17:11+ 19:00+ 20:44+ 22:20+ 24:54+ 26:38+ 27:32+ 28:42+ 29:48+ 30:57+ 33:33+ 35:56+ 36:37+ 37:34+		
01:38+	06:20+ 03:11+ 02:05+ 00:48- 03:09+ 01:49+ 01:44+ 01:36+ 02:34+ 01:44+ 00:54+ 01:10+ 01:06+ 01:09- 02:36- 02:23+ 00:41- 00:57+		
00:18#	04:05@ 01:53@ 00:14# 00:07- 00:49& 00:19# 00:20# 01:02@ 00:22# 00:37& 00:02+ 00:25& 00:19& 00:09- 00:09- 00:50& 00:01- 00:12&		
10	Tor Inge Halvorsen	880	38:34
01:27+	05:00+ 07:21+ 09:38+ 10:43+ 13:30+ 15:30+ 17:28+ 19:45+ 23:03+ 24:34+ 25:32+ 26:26+ 27:34+ 29:00+ 32:53+ 36:48+ 37:33+ 38:34+		
01:27+	03:33+ 02:21+ 02:17+ 01:05+ 02:47+ 02:00+ 01:58+ 02:17+ 03:18+ 01:31+ 00:58+ 00:54+ 01:08+ 01:26+ 03:53+ 03:55+ 00:45+ 01:01+		
00:07+	01:18& 01:03& 00:26# 00:10# 00:27# 00:30& 00:34& 01:43@ 01:06& 00:24& 00:06# 00:09# 00:21& 00:08# 01:08& 02:22@ 00:03+ 00:16&		
11	John Carsten Sinnes	1884	38:44
01:56+	04:47+ 07:03+ 09:31+ 10:23+ 13:42+ 17:26+ 19:21+ 19:55+ 23:22+ 25:18+ 26:23+ 27:09+ 28:02+ 29:25+ 33:13+ 35:04+ 37:50+ 38:44+		
01:56+	02:51+ 02:16+ 02:28+ 00:52- 03:19+ 03:44+ 01:55+ 00:34= 03:27+ 01:56+ 01:05+ 00:46+ 00:53+ 01:23+ 03:48+ 01:51+ 02:46+ 00:54+		
00:36&	00:36& 00:58& 00:37& 00:03- 00:59& 02:14@ 00:31& 00:00= 01:15& 00:49& 00:13# 00:01+ 00:06# 00:05+ 01:03& 00:18# 02:04@ 00:09#		
12	Knut Feldmann	882	38:55
01:21+	05:54+ 08:36+ 12:05+ 16:14+ 17:01+ 19:48+ 21:53+ 23:35+ 24:12+ 26:37+ 27:54+ 28:47+ 29:51+ 30:39+ 31:58+ 34:44+ 37:12+ 37:57+ 38:55+		
01:21+	04:33+ 02:42+ 03:29+ 04:09+ 00:47- 02:47+ 02:05+ 01:42+ 00:37- 02:25+ 01:17+ 00:53+ 01:04+ 00:48- 01:19- 02:46+ 02:28+ 00:45= 00:58+		
00:01+	02:18@ 01:24@ 01:38& 03:14@ 01:33- 01:17& 00:41& 01:08@ 01:35- 01:18@ 00:25& 00:08# 00:17& 00:30- 01:26- 01:13& 01:46@ 00:00= 00:58+		
13	John Lage Bergan	1683	39:27
01:29+	04:05+ 06:14+ 08:42+ 11:41+ 14:10+ 17:17+ 18:57+ 19:35+ 22:30+ 23:53+ 25:15+ 26:52+ 27:56+ 29:22+ 35:48+ 37:32+ 38:38+ 39:27+		
01:29+	02:36+ 02:09+ 02:28+ 02:59+ 02:29+ 03:07+ 01:40+ 00:38+ 02:55+ 01:23+ 01:22+ 01:37+ 01:04+ 01:26+ 06:26+ 01:44+ 01:06+ 00:49+		
00:09#	00:21# 00:51& 00:37& 02:04@ 00:09+ 01:37@ 00:16# 00:04# 00:43& 00:16# 00:30& 00:52@ 00:17& 00:08# 03:41@ 00:11# 00:24& 00:04+		
14	Bent Horpestad	722	40:46
01:47+	09:59+ 12:15+ 14:56+ 15:57+ 18:40+ 21:29+ 23:23+ 24:57+ 27:42+ 29:05+ 30:15+ 31:02+ 32:15+ 33:49+ 37:15+ 38:58+ 39:51+ 40:46+		
01:47+	08:12+ 02:16+ 02:41+ 01:01+ 02:43+ 02:49+ 01:54+ 01:34+ 02:45+ 01:23+ 01:10+ 00:47+ 01:13+ 01:34+ 03:26+ 01:43+ 00:53+ 00:55+		
00:27&	05:57@ 00:58& 00:50& 00:06# 00:23# 01:19& 00:30& 01:00@ 00:33# 00:16# 00:18& 00:02+ 00:26& 00:16# 00:41# 00:10# 00:11& 00:10#		

H60

15	Svein Magne Gloppen	1884	1:01:20															
02:02+	04:52+	32:53+	34:59+	36:10+	39:30+	41:29+	43:15+	43:56+	46:56+	48:27+	49:46+	50:38+	51:29+	52:45+	55:53+	59:34+	60:16+	61:20+
02:02+	02:50+	28:01+	02:06+	01:11+	03:20+	01:59+	01:46+	00:41+	03:00+	01:31+	01:19+	00:52+	00:51+	01:16-	03:08+	03:41+	00:42=	01:04+
00:42&	00:35&	26:43@	00:15#	00:16&	01:00&	00:29&	00:22&	00:07#	00:48&	00:24&	00:27&	00:07#	00:04+	00:02-	00:23#	02:08@	00:00=	00:19&

Beste strekktid for klassen

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

H65

1	Otte Omdal	903	22:34															
01:09=	02:44=	03:59=	05:37=	06:20=	08:18=	10:01=	11:15=	11:54=	13:47=	14:44=	15:32=	16:03=	16:41=	17:50=	19:57=	21:21=	21:57=	22:34=
01:09=	01:35=	01:15=	01:38=	00:43=	01:58=	01:43=	01:14=	00:39=	01:53=	00:57=	00:48=	00:31=	00:38=	01:09=	02:07=	01:24=	00:36=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Kjell Dale	1884	25:13															
01:18+	03:19+	05:28+	07:08+	07:54+	09:54+	11:23+	13:16+	14:17+	16:05+	17:11+	18:01+	18:33+	19:20+	20:08+	22:32+	23:44+	24:27+	25:13+
01:18+	02:01+	02:09+	01:40+	00:46+	02:00+	01:29-	01:53+	01:01+	01:48-	01:06+	00:50+	00:32+	00:47+	00:48-	02:24+	01:12-	00:43+	00:46+
00:09#	00:26&	00:54&	00:02+	00:03+	00:02+	00:14-	00:39&	00:22&	00:05-	00:09#	00:02+	00:01+	00:09#	00:21-	00:17#	00:12-	00:07#	00:09#

3	Morten Johannessen	793	28:58															
01:21+	03:03+	04:43+	06:40+	07:25+	10:02+	11:48+	13:17+	15:14+	17:34+	18:57+	19:49+	20:23+	21:10+	22:12+	25:35+	27:30+	28:10+	28:58+
01:21+	01:42+	01:40+	01:57+	00:45+	02:37+	01:46+	01:29+	01:57+	02:20+	01:23+	00:52+	00:34+	00:47+	01:02-	03:23+	01:55+	00:40+	00:48+
00:12#	00:07+	00:25&	00:19#	00:02+	00:39&	00:03+	00:15#	01:18@	00:27#	00:26&	00:04+	00:03+	00:09#	00:07-	01:16&	00:31&	00:04#	00:11&

4	Torbjørn Evensen	3556	32:04															
01:27+	03:32+	05:34+	07:49+	08:40+	11:09+	13:22+	15:16+	17:09+	19:40+	21:19+	22:29+	23:12+	24:20+	25:33+	28:42+	30:28+	31:14+	32:04+
01:27+	02:05+	02:02+	02:15+	00:51+	02:29+	02:13+	01:54+	01:53+	02:31+	01:39+	01:10+	00:43+	01:08+	01:13+	03:09+	01:46+	00:46+	00:50+
00:18&	00:30&	00:47&	00:37&	00:08#	00:31&	00:30&	00:40&	01:14@	00:38&	00:42&	00:22&	00:12&	00:30&	00:04+	01:02&	00:22&	00:10&	00:13&

5	Ernst Kristensen	1683	35:45															
01:46+	04:18+	06:27+	08:52+	09:56+	13:25+	15:26+	19:18+	19:51+	23:17+	24:50+	25:52+	27:02+	28:02+	29:13+	31:51+	34:09+	34:53+	35:45+
01:46+	02:32+	02:09+	02:25+	01:04+	03:29+	02:01+	03:52+	00:33-	03:26+	01:33+	01:02+	01:10+	01:00+	01:11+	02:38+	02:18+	00:44+	00:52+
00:37&	00:57&	00:54&	00:47&	00:21&	01:31&	00:18#	02:38@	00:06-	01:33&	00:36&	00:14&	00:39@	00:22&	00:02+	00:31#	00:54&	00:08#	00:15&

6	Arnstein Skretting	3529	39:14															
01:57+	04:14+	05:56+	08:16+	09:09+	12:07+	14:46+	16:42+	17:22+	21:16+	22:57+	23:57+	28:20+	29:31+	30:45+	35:10+	37:34+	38:19+	39:14+
01:57+	02:17+	01:42+	02:20+	00:53+	02:58+	02:39+	01:56+	00:40+	03:54+	01:41+	01:00+	04:23+	01:11+	01:14+	04:25+	02:24+	00:45+	00:55+
00:48&	00:42&	00:27&	00:42&	00:10#	01:00&	00:56&	00:42&	00:01+	02:01@	00:44&	00:12#	03:52@	00:33&	00:05+	02:18@	01:00&	00:09#	00:18&

7	Kjell Skjæveland	3515	41:35															
01:34+	13:11+	16:14+	18:08+	19:00+	21:21+	23:14+	24:59+	25:33+	27:59+	29:23+	30:30+	31:08+	32:14+	33:22+	35:57+	39:51+	40:45+	41:35+
01:34+	11:37+	03:03+	01:54+	00:52+	02:21+	01:53+	01:45+	00:34-	02:26+	01:24+	01:07+	00:38+	01:06+	01:08-	02:35+	03:54+	00:54+	00:50+
00:25&	10:02@	01:48@	00:16#	00:09#	00:23#	00:10+	00:31&	00:05-	00:33&	00:27&	00:19&	00:07#	00:28&	00:01-	00:28#	02:30@	00:18&	00:13&

8	Per Kolbein Tonstad	3507	51:42															
02:33+	06:07+	14:08+	16:42+	18:13+	22:00+	24:51+	26:47+	28:34+	32:18+	34:13+	35:41+	36:35+	38:25+	39:58+	47:08+	49:49+	50:41+	51:42+
02:33+	03:34+	08:01+	02:34+	01:31+	03:47+	02:51+	01:56+	01:47+	03:44+	01:55+	01:28+	00:54+	01:50+	01:33+	07:10+	02:41+	00:52+	01:01+
01:24@	01:59@	06:46@	00:56&	00:48@	01:49&	01:08&	00:42&	01:08@	01:51&	00:58@	00:40&	00:23&	01:12@	00:24&	05:03@	01:17&	00:16&	00:24&

9	Tore Karlsen	722	52:12															
01:35+	04:53+	11:35+	14:00+	15:04+	18:10+	20:32+	22:37+	23:25+	26:38+	28:27+	29:37+	35:31+	36:45+	38:51+	47:20+	50:11+	51:21+	52:12+
01:35+	03:18+	06:42+	02:25+	01:04+	03:06+	02:22+	02:05+	00:48+	03:13+	01:49+	01:10+	05:54+	01:14+	02:06+	08:29+	02:51+	01:10+	00:51+
00:26&	01:43@	05:27@	00:47&	00:21&	01:08&	00:39&	00:51&	00:09#	01:20&	00:52&	00:22&	05:23@	00:36&	00:57&	06:22@	01:27@	00:34&	00:14&

10	Steinar Barmen	722	58:38															
01:57+	04:26+	08:22+	11:20+	12:35+	30:10+	32:26+	34:07+	34:45+	37:35+	39:01+	40:01+	40:50+	45:12+	46:45+	50:21+	56:52+	57:52+	58:38+
01:57+	02:29+	03:56+	02:58+	01:15+	17:35+	02:16+	01:41+	00:38-	02:50+	01:26+	01:00+	00:49+	04:22+	01:33+	03:36+	06:31+	01:00+	00:46+
00:48&	00:54&	02:41@	01:20&	00:32&	15:37@	00:33&	00:27&	00:01-	00:57&	00:29&	00:12#	00:18&	03:44@	00:24&	01:29&	05:07@	00:24&	00:09#

11	Bjørn H Engseth	1884	1:08:48															
02:14+	06:47+	10:32+	14:05+	15:44+	20:39+	23:43+	29:36+	30:39+	37:00+	38:57+	40:43+	41:51+	48:54+	51:52+	61:24+	66:16+	67:19+	68:48+
02:14+	04:33+	03:45+	03:33+	01:39+	04:55+	03:04+	05:53+	01:03+	06:21+	01:57+	01:46+	01:08+	07:03+	02:58+	09:32+	04:52+	01:03+	01:29+
01:05&	02:58@	02:30@	01:55@	00:56@	02:57@	01:21&	04:39@	00:24&	04:28@	01:00@	00:58@	00:37@	06:25@	01:49@	07:25@	03:28@	00:27&	00:52@

Class	Navn	Klasse	Tid
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H65

Beste strekktid for klassen

01:09 01:35 01:15 01:38 00:43 01:58 01:29 01:14 00:33 01:48 00:57 00:48 00:31 00:38 00:48 02:07 01:12 00:36 00:37

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

H70

1	Arne Kristian Espedal	874	23:33															
01:10=	03:11=	04:50=	06:24=	06:59=	08:59=	10:21=	11:30=	11:53=	13:54=	14:58=	15:40=	16:13=	16:53=	17:44=	19:43=	22:14=	22:46=	23:33=
01:10=	02:01=	01:39=	01:34=	00:35=	02:00=	01:22=	01:09=	00:23=	02:01=	01:04=	00:42=	00:33=	00:40=	00:51=	01:59=	02:31=	00:32=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjørn Martin Alsaker	3530	26:41															
01:15+	03:01=	05:10+	06:59+	07:39+	09:41+	11:29+	15:10+	15:33+	17:31+	18:40+	19:42+	20:22+	21:02+	21:56+	24:02+	25:20+	26:01+	26:41+
01:15+	01:46-	02:09+	01:49+	00:40+	02:02+	01:48+	03:41+	00:23=	01:58-	01:09+	01:02+	00:40+	00:40=	00:54+	02:06+	01:18-	00:41+	00:40-
00:05+	00:15-	00:30&	00:15#	00:05#	00:02+	00:26&	02:32@	00:00=	00:03-	00:05+	00:20&	00:07#	00:00=	00:03+	00:07+	01:13-	00:09&	00:07-
3	Harry Breiland	3507	26:55															
01:24+	03:06-	04:41-	06:37+	07:38+	10:03+	11:27+	12:52+	13:27+	15:36+	16:37+	17:28+	18:03+	19:14+	20:20+	24:01+	25:27+	26:10+	26:55+
01:24+	01:42-	01:35-	01:56+	01:01+	02:25+	01:24+	01:25+	00:35+	02:09+	01:01-	00:51+	00:35+	01:11+	01:06+	03:41+	01:26-	00:43+	00:45-
00:14#	00:19-	00:04-	00:22#	00:26&	00:25#	00:02+	00:16#	00:12&	00:08+	00:03-	00:09#	00:02+	00:31&	00:15&	01:42&	01:05-	00:11&	00:02-
4	Svein Berge	643	31:47															
01:29+	03:26+	06:07+	08:08+	08:55+	11:34+	14:28+	15:48+	16:37+	19:43+	21:03+	21:59+	22:44+	23:35+	24:37+	28:05+	30:21+	31:02+	31:47+
01:29+	01:57-	02:41+	02:01+	00:47+	02:39+	02:54+	01:20+	00:49+	03:06+	01:20+	00:56+	00:45+	00:51+	01:02+	03:28+	02:16-	00:41+	00:45-
00:19&	00:04-	01:02&	00:27&	00:12&	00:39&	01:32@	00:11#	00:26@	01:05&	00:16#	00:14&	00:12&	00:11&	00:11#	01:29&	00:15-	00:09&	00:02-
5	Jan Inge Lunde	1830	33:21															
01:48+	04:10+	06:13+	08:39+	09:47+	12:47+	14:53+	16:48+	18:52+	21:27+	22:59+	24:04+	24:55+	26:00+	27:02+	29:50+	31:36+	32:23+	33:21+
01:48+	02:22+	02:03+	02:26+	01:08+	03:00+	02:06+	01:55+	02:04+	02:35+	01:32+	01:05+	00:51+	01:05+	01:02+	02:48+	01:46-	00:47+	00:58+
00:38&	00:21#	00:24#	00:52&	00:33&	01:00&	00:44&	00:46&	01:41@	00:34&	00:28&	00:23&	00:18&	00:25&	00:11#	00:49&	00:45-	00:15&	00:11#
6	Sveinung Tveit	3547	34:25															
02:01+	04:26+	06:53+	09:43+	10:50+	14:08+	16:41+	18:43+	20:14+	22:58+	24:32+	25:28+	26:11+	26:53+	28:02+	30:51+	32:36+	33:24+	34:25+
02:01+	02:25+	02:27+	02:50+	01:07+	03:18+	02:33+	02:02+	01:31+	02:44+	01:34+	00:56+	00:43+	00:42+	01:09+	02:49+	01:45-	00:48+	01:01+
00:51&	00:24#	00:48&	01:16&	00:32&	01:18&	01:11&	00:53&	01:08@	00:43&	00:30&	00:14&	00:10&	00:02+	00:18&	00:50&	00:46-	00:16&	00:14&
7	Tom Hetland	880	34:40															
01:45+	03:45+	05:57+	08:56+	10:06+	13:17+	15:22+	16:58+	17:36+	22:15+	23:42+	25:37+	26:26+	27:13+	28:21+	31:20+	33:07+	33:51+	34:40+
01:45+	02:00-	02:12+	02:59+	01:10+	03:11+	02:05+	01:36+	00:38+	04:39+	01:27+	01:55+	00:49+	00:47+	01:08+	02:59+	01:47-	00:44+	00:49+
00:35&	00:01-	00:33&	01:25&	00:35&	01:11&	00:43&	00:27&	00:15&	02:38@	00:23&	01:13@	00:16&	00:07#	00:17&	01:00&	00:44-	00:12&	00:02+
8	Tor Geir Espedal	3530	34:48															
01:49+	04:25+	06:29+	08:42+	09:37+	12:52+	14:55+	16:50+	17:22+	20:18+	22:02+	23:33+	24:16+	25:11+	26:15+	29:27+	32:57+	33:48+	34:48+
01:49+	02:36+	02:04+	02:13+	00:55+	03:15+	02:03+	01:55+	00:32+	02:56+	01:44+	01:31+	00:43+	00:55+	01:04+	03:12+	03:30+	00:51+	01:00+
00:39&	00:35&	00:25&	00:39&	00:20&	01:15&	00:41&	00:46&	00:09&	00:55&	00:40&	00:49@	00:10&	00:15&	00:13&	01:13&	00:59&	00:19&	00:13&
9	Bjarne Gimre	1830	35:40															
02:14+	04:32+	06:48+	09:29+	10:28+	13:58+	16:02+	18:14+	18:56+	22:04+	23:51+	25:02+	25:52+	27:01+	28:17+	31:25+	33:37+	34:32+	35:40+
02:14+	02:18+	02:16+	02:41+	00:59+	03:30+	02:04+	02:12+	00:42+	03:08+	01:47+	01:11+	00:50+	01:09+	01:16+	03:08+	02:12-	00:55+	01:08+
01:04&	00:17#	00:37&	01:07&	00:24&	01:30&	00:42&	01:03&	00:19&	01:07&	00:43&	00:29&	00:17&	00:29&	00:25&	01:09&	00:19-	00:23&	00:21&
10	Kjell Ivar Skjørestad	892	35:59															
01:31+	03:56+	05:50+	08:14+	09:31+	12:46+	14:58+	16:41+	18:41+	21:55+	23:33+	24:47+	25:36+	26:57+	28:41+	31:44+	34:20+	35:12+	35:59+
01:31+	02:25+	01:54+	02:24+	01:17+	03:15+	02:12+	01:43+	02:00+	03:14+	01:38+	01:14+	00:49+	01:21+	01:44+	03:03+	02:36+	00:52+	00:47=
00:21&	00:24#	00:15#	00:50&	00:42@	01:15&	00:50&	00:34&	01:37@	01:13&	00:34&	00:32&	00:16&	00:41@	00:53@	01:04&	00:05+	00:20&	00:00=
11	Tore Romon Tvedt	3518	39:31															
02:14+	06:45+	10:00+	12:28+	13:17+	16:56+	19:33+	21:36+	22:11+	25:46+	27:42+	29:30+	30:36+	31:35+	32:47+	35:55+	37:40+	38:26+	39:31+
02:14+	04:31+	03:15+	02:28+	00:49+	03:39+	02:37+	02:03+	00:35+	03:35+	01:56+	01:48+	01:06+	00:59+	01:12+	03:08+	01:45-	00:46+	01:05+
01:04&	02:30@	01:36&	00:54&	00:14&	01:39&	01:15&	00:54&	00:12&	01:34&	00:52&	01:06@	00:33&	00:19&	00:21&	01:09&	00:46-	00:14&	00:18&
12	Arne Magne Handeland	892	39:52															
01:49+	04:37+	07:07+	09:41+	10:52+	14:10+	16:32+	18:28+	20:18+	23:45+	25:16+	26:36+	27:37+	28:57+	32:01+	35:44+	38:08+	38:59+	39:52+
01:49+	02:48+	02:30+	02:34+	01:11+	03:18+	02:22+	01:56+	01:50+	03:27+	01:31+	01:20+	01:01+	01:20+	03:04+	03:43+	02:24-	00:51+	00:53+
00:39&	00:47&	00:51&	01:00&	00:36@	01:18&	01:00&	00:47&	01:27@	01:26&	00:27&	00:38&	00:28&	00:40&	02:13@	01:44&	00:07-	00:19&	00:06#

Class	Navn	Klasse	Tid
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H70

13	Leif Kåre Lende	879	40:24																
01:39+	07:27+	09:30+	11:40+	12:46+	16:08+	18:06+	20:05+	21:48+	25:00+	26:38+	27:44+	28:35+	29:38+	31:09+	35:45+	38:34+	39:28+	40:24+	
01:39+	05:48+	02:03+	02:10+	01:06+	03:22+	01:58+	01:59+	01:43+	03:12+	01:38+	01:06+	00:51+	01:03+	01:31+	04:36+	02:49+	00:54+	00:56+	
00:29&	03:47@	00:24#	00:36&	00:31&	01:22&	00:36&	00:50&	01:20@	01:11&	00:34&	00:24&	00:18&	00:23&	00:40&	02:37@	00:18#	00:22&	00:09#	
14	Tor Harald Lunde	3511	42:37																
02:06+	06:19+	08:40+	11:30+	12:42+	15:47+	18:12+	20:01+	21:46+	25:17+	26:55+	28:15+	29:02+	30:46+	32:46+	37:25+	40:35+	41:32+	42:37+	
02:06+	04:13+	02:21+	02:50+	01:12+	03:05+	02:25+	01:49+	01:45+	03:31+	01:38+	01:20+	00:47+	01:44+	02:00+	04:39+	03:10+	00:57+	01:05+	
02:06+	04:13+	02:21+	02:50+	01:12+	03:05+	02:25+	01:49+	01:45+	03:31+	01:38+	01:20+	00:47+	01:44+	02:00+	04:39+	03:10+	00:57+	01:05+	
15	Per Marthon Mæland	880	43:52																
02:16+	05:12+	10:00+	13:22+	14:22+	18:05+	20:14+	21:56+	22:32+	26:56+	28:27+	29:39+	30:26+	31:18+	32:40+	39:43+	41:24+	42:54+	43:52+	
02:16+	02:56+	04:48+	03:22+	01:00+	03:43+	02:09+	01:42+	00:36+	04:24+	01:31+	01:12+	00:47+	00:52+	01:22+	07:03+	01:41+	01:30+	00:58+	
02:16+	02:56+	04:48+	03:22+	01:00+	03:43+	02:09+	01:42+	00:36+	04:24+	01:31+	01:12+	00:47+	00:52+	01:22+	07:03+	01:41+	01:30+	00:58+	
16	Bjørn Bjelland	3541	44:20																
01:45+	04:39+	06:39+	08:50+	09:53+	13:19+	15:39+	18:18+	21:04+	21:31+	25:15+	26:38+	27:53+	35:50+	37:27+	38:33+	40:40+	42:34+	43:28+	44:20+
01:45+	02:54+	02:00+	02:11+	01:03+	03:26+	02:20+	02:39+	02:46+	00:27+	03:44+	01:23+	01:15+	07:57+	01:37+	01:06+	02:07+	01:54+	00:54+	00:52+
01:45+	02:54+	02:00+	02:11+	01:03+	03:26+	02:20+	02:39+	02:46+	00:27+	03:44+	01:23+	01:15+	07:57+	01:37+	01:06+	02:07+	01:54+	00:54+	00:52+
17	Svein Ims	903	45:20																
01:59+	05:23+	08:04+	12:20+	13:17+	16:36+	19:16+	21:28+	22:12+	25:55+	28:08+	29:28+	30:22+	31:28+	33:14+	39:20+	41:36+	44:18+	45:20+	
01:59+	03:24+	02:41+	04:16+	00:57+	03:19+	02:40+	02:12+	00:44+	03:43+	02:13+	01:20+	00:54+	01:06+	01:46+	06:06+	02:16+	02:42+	01:02+	
01:59+	03:24+	02:41+	04:16+	00:57+	03:19+	02:40+	02:12+	00:44+	03:43+	02:13+	01:20+	00:54+	01:06+	01:46+	06:06+	02:16+	02:42+	01:02+	
18	Olav Habbestad	1683	53:59																
01:44+	05:17+	07:13+	09:32+	10:48+	16:02+	18:21+	21:16+	24:25+	25:24+	33:16+	34:41+	36:02+	36:49+	38:09+	45:03+	50:20+	52:18+	53:09+	53:59+
01:44+	03:33+	01:56+	02:19+	01:16+	05:14+	02:19+	02:55+	03:09+	00:59+	07:52+	01:25+	01:21+	00:47+	01:20+	06:54+	05:17+	01:58+	00:51+	00:50+
01:44+	03:33+	01:56+	02:19+	01:16+	05:14+	02:19+	02:55+	03:09+	00:59+	07:52+	01:25+	01:21+	00:47+	01:20+	06:54+	05:17+	01:58+	00:51+	00:50+

Beste strekktid for klassen

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

H75

1	Asgeir Bell	896	22:30											
02:23=	04:15=	05:16=	05:58=	07:33=	08:43=	11:42=	13:11=	15:03=	16:09=	17:43=	19:47=	20:50=	21:36=	22:30=
02:23=	01:52=	01:01=	00:42=	01:35=	01:10=	02:59=	01:29=	01:52=	01:06=	01:34=	02:04=	01:03=	00:46=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Finn-Morten Årstad	3530	26:22											
02:42+	04:41+	05:51+	06:26+	08:25+	09:32+	13:33+	15:22+	17:09+	18:25+	20:41+	23:32+	24:36+	25:26+	26:22+
02:42+	01:59+	01:10+	00:35-	01:59+	01:07-	04:01+	01:49+	01:47-	01:16+	02:16+	02:51+	01:04+	00:50+	00:56+
00:19#	00:07+	00:09#	00:07-	00:24&	00:03-	01:02&	00:20#	00:05-	00:10#	00:42&	00:47&	00:01+	00:04+	00:02+
3	Paul Andreas Paulsen	896	26:38											
02:28+	04:50+	05:53+	06:29+	08:15+	09:19+	13:19+	14:59+	16:34+	19:08+	21:22+	23:31+	24:44+	25:45+	26:38+
02:28+	02:22+	01:03+	00:36-	01:46+	01:04-	04:00+	01:40+	01:35-	02:34+	02:14+	02:09+	01:13+	01:01+	00:53-
00:05+	00:30&	00:02+	00:06-	00:11#	00:06-	01:01&	00:11#	00:17-	01:28@	00:40&	00:05+	00:10#	00:15&	00:01-
4	Gudmund Gausel	3530	29:00											
02:53+	05:44+	06:55+	07:45+	09:43+	10:50+	16:08+	18:02+	20:07+	21:32+	23:26+	25:41+	27:01+	28:03+	29:00+
02:53+	02:51+	01:11+	00:50+	01:58+	01:07-	05:18+	01:54+	02:05+	01:25+	01:54+	02:15+	01:20+	01:02+	00:57+
00:30#	00:59&	00:10#	00:08#	00:23#	00:03-	02:19&	00:25&	00:13#	00:19&	00:20#	00:11+	00:17&	00:16&	00:03+
5	Arne Østensen	3518	30:02											
05:21+	07:26+	08:50+	09:29+	11:13+	14:15+	17:42+	19:34+	21:16+	22:40+	24:00+	27:16+	28:05+	29:06+	30:02+
05:21+	02:05+	01:24+	00:39-	01:44+	03:02+	03:27+	01:52+	01:42-	01:24+	01:20-	03:16+	00:49-	01:01+	00:56+
02:58@	00:13#	00:23&	00:03-	00:09+	01:52@	00:28#	00:23&	00:10-	00:18&	00:14-	01:12&	00:14-	00:15&	00:02+
6	Olav A. Hognestad	892	30:19											
05:21+	07:50+	09:03+	09:41+	12:10+	13:15+	17:18+	18:56+	20:44+	21:57+	25:09+	27:09+	28:20+	29:15+	30:19+
05:21+	02:29+	01:13+	00:38-	02:29+	01:05-	04:03+	01:38+	01:48-	01:13+	03:12+	02:00-	01:11+	00:55+	01:04+
02:58@	00:37&	00:12#	00:04-	00:54&	00:05-	01:04&	00:09#	00:04-	00:07#	01:38@	00:04-	00:08#	00:09#	00:10#

Class	Navn	Klasse	Tid
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H75

7	Hans Klausen	769	31:51											
03:09+	05:20+	06:50+	07:57+	10:32+	11:41+	16:50+	18:33+	21:09+	23:37+	24:54+	28:49+	29:53+	30:49+	31:51+
03:09+	02:11+	01:30+	01:07+	02:35+	01:09-	05:09+	01:43+	02:36+	02:28+	01:17-	03:55+	01:04+	00:56+	01:02+
00:46&	00:19#	00:29&	00:25&	01:00&	00:01-	02:10&	00:14#	00:44&	01:22@	00:17-	01:51&	00:01+	00:10#	00:08#
8	Kjell Svihus	892	39:58											
03:36+	06:14+	07:29+	08:16+	11:16+	12:31+	17:27+	19:54+	22:22+	24:19+	28:38+	35:41+	37:04+	38:23+	39:58+
03:36+	02:38+	01:15+	00:47+	03:00+	01:15+	04:56+	02:27+	02:28+	01:57+	04:19+	07:03+	01:23+	01:19+	01:35+
03:36+	02:38+	01:15+	00:47+	03:00+	01:15+	04:56+	02:27+	02:28+	01:57+	04:19+	07:03+	01:23+	01:19+	01:35+
9	Norvald Skretting	1832	51:58											
07:00+	09:41+	11:03+	11:57+	14:20+	27:02+	31:54+	34:08+	37:59+	42:46+	44:46+	47:29+	49:09+	50:53+	51:58+
07:00+	02:41+	01:22+	00:54+	02:23+	12:42+	04:52+	02:14+	03:51+	04:47+	02:00+	02:43+	01:40+	01:44+	01:05+
07:00+	02:41+	01:22+	00:54+	02:23+	12:42+	04:52+	02:14+	03:51+	04:47+	02:00+	02:43+	01:40+	01:44+	01:05+
10	Sverre Uhlving	722	1:02:23											
08:32+	13:42+	25:10+	26:48+	30:03+	33:58+	40:08+	43:55+	47:46+	50:25+	53:23+	58:06+	60:03+	61:08+	62:23+
08:32+	05:10+	11:28+	01:38+	03:15+	03:55+	06:10+	03:47+	03:51+	02:39+	02:58+	04:43+	01:57+	01:05+	01:15+
08:32+	05:10+	11:28+	01:38+	03:15+	03:55+	06:10+	03:47+	03:51+	02:39+	02:58+	04:43+	01:57+	01:05+	01:15+

Beste strekktid for klassen

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

H80

1	Hermann Skogsholm	1754	25:15								
01:26=	03:06=	06:01=	08:36=	09:25=	10:53=	14:09=	17:34=	21:32=	22:45=	24:16=	25:15=
01:26=	01:40=	02:55=	02:35=	00:49=	01:28=	03:16=	03:25=	03:58=	01:13=	01:31=	00:59=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Geir Husdal	1884	26:21								
01:30+	03:11+	06:31+	09:24+	10:49+	13:56+	16:12+	18:20+	22:30+	23:48+	25:22+	26:21+
01:30+	01:41+	03:20+	02:53+	01:25+	03:07+	02:16-	02:08-	04:10+	01:18+	01:34+	00:59=
00:04+	00:01+	00:25#	00:18#	00:36&	01:39@	01:00-	01:17-	00:12+	00:05+	00:03+	00:00=
3	Øyvind Egeskog	880	27:37								
01:15-	02:53-	06:18+	09:29+	10:19+	11:44+	18:43+	20:50+	23:09+	24:37+	26:24+	27:37+
01:15-	01:38-	03:25+	03:11+	00:50+	01:25-	06:59+	02:07-	02:19-	01:28+	01:47+	01:13+
00:11-	00:02-	00:30#	00:36#	00:01+	00:03-	03:43@	01:18-	01:39-	00:15#	00:16#	00:14#
4	Svein Glendrange	874	27:50								
01:52+	04:01+	07:46+	11:10+	12:14+	14:10+	16:54+	19:48+	22:08+	23:57+	26:16+	27:50+
01:52+	02:09+	03:45+	03:24+	01:04+	01:56+	02:44+	02:54+	02:20-	01:49+	02:19+	01:34+
00:26&	00:29&	00:50&	00:49&	00:15&	00:28&	00:32-	00:31-	01:38-	00:36&	00:48&	00:35&
5	Harald Vatne	2342	29:12								
01:48+	03:30+	07:26+	12:07+	13:17+	15:04+	19:57+	22:21+	24:42+	26:23+	28:10+	29:12+
01:48+	01:42+	03:56+	04:41+	01:10+	01:47+	04:53+	02:24-	02:21-	01:41+	01:47+	01:02+
00:22&	00:02+	01:01&	02:06&	00:21&	00:19#	01:37&	01:01-	01:37-	00:28&	00:16#	00:03+
6	Terje Braut	892	30:06								
01:52+	03:32+	06:55+	09:59+	10:54+	16:03+	18:40+	21:00+	25:38+	27:05+	29:01+	30:06+
01:52+	01:40=	03:23+	03:04+	00:55+	05:09+	02:37-	02:20-	04:38+	01:27+	01:56+	01:05+
00:26&	00:00=	00:28#	00:29#	00:06#	03:41@	00:39-	01:05-	00:40#	00:14#	00:25&	00:06#
7	Kjell Langvik	1884	30:19								
01:49+	03:18+	06:41+	11:02+	11:58+	17:23+	21:32+	23:42+	26:01+	27:20+	29:16+	30:19+
01:49+	01:29-	03:23+	04:21+	00:56+	05:25+	04:09+	02:10-	02:19-	01:19+	01:56+	01:03+
00:23&	00:11-	00:28#	01:46&	00:07#	03:57@	00:53&	01:15-	01:39-	00:06+	00:25&	00:04+
8	Arne Brandsberg	3502	31:47								
02:12+	04:26+	09:04+	13:09+	14:35+	16:41+	19:40+	23:15+	26:01+	27:58+	30:16+	31:47+
02:12+	02:14+	04:38+	04:05+	01:26+	02:06+	02:59-	03:35+	02:46-	01:57+	02:18+	01:31+
00:46&	00:34&	01:43&	01:30&	00:37&	00:38&	00:17-	00:10+	01:12-	00:44&	00:47&	00:32&

Class	Navn	Klasse	Tid
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H80

9	Sigurd Krosli	1884	32:11									
01:38+	03:43+	07:41+	12:12+	13:57+	16:04+	20:43+	24:16+	27:03+	28:47+	31:08+	32:11+	
01:38+	02:05+	03:58+	04:31+	01:45+	02:07+	04:39+	03:33+	02:47-	01:44+	02:21+	01:03+	
00:12#	00:25#	01:03&	01:56&	00:56@	00:39&	01:23&	00:08+	01:11-	00:31&	00:50&	00:04+	
10	Mangor Eikeland	892	37:22									
02:42+	05:27+	10:12+	14:55+	17:01+	19:56+	23:51+	27:09+	31:18+	33:13+	35:38+	37:22+	
02:42+	02:45+	04:45+	04:43+	02:06+	02:55+	03:55+	03:18+	04:09+	01:55+	02:25+	01:44+	
02:42+	02:45+	04:45+	04:43+	02:06+	02:55+	03:55+	03:18+	04:09+	01:55+	02:25+	01:44+	
11	Kjell Audun Maudal	3524	37:38									
02:30+	05:06+	11:57+	17:24+	19:37+	22:10+	25:06+	28:43+	31:26+	33:25+	35:53+	37:38+	
02:30+	02:36+	06:51+	05:27+	02:13+	02:33+	02:56+	03:37+	02:43+	01:59+	02:28+	01:45+	
02:30+	02:36+	06:51+	05:27+	02:13+	02:33+	02:56+	03:37+	02:43+	01:59+	02:28+	01:45+	
12	Tormod Aaslid	3529	38:24									
01:43+	03:54+	08:12+	14:09+	15:41+	19:53+	23:43+	25:58+	33:12+	35:05+	37:19+	38:24+	
01:43+	02:11+	04:18+	05:57+	01:32+	04:12+	03:50+	02:15+	07:14+	01:53+	02:14+	01:05+	
01:43+	02:11+	04:18+	05:57+	01:32+	04:12+	03:50+	02:15+	07:14+	01:53+	02:14+	01:05+	
13	Alf Gyland	892	40:51									
01:36+	03:29+	07:38+	11:12+	12:12+	14:36+	21:07+	28:58+	32:21+	34:58+	36:58+	39:29+	40:51+
01:36+	01:53+	04:09+	03:34+	01:00+	02:24+	06:31+	07:51+	03:23+	02:37+	02:00+	02:31+	01:22+
01:36+	01:53+	04:09+	03:34+	01:00+	02:24+	06:31+	07:51+	03:23+	02:37+	02:00+	02:31+	01:22+
14	Magne Jakobsen	3524	42:32									
02:23+	04:51+	10:22+	15:08+	16:19+	18:17+	27:37+	32:38+	36:40+	38:27+	40:59+	42:32+	
02:23+	02:28+	05:31+	04:46+	01:11+	01:58+	09:20+	05:01+	04:02+	01:47+	02:32+	01:33+	
02:23+	02:28+	05:31+	04:46+	01:11+	01:58+	09:20+	05:01+	04:02+	01:47+	02:32+	01:33+	
15	Reidar Liland	3507	57:43									
04:02+	08:08+	15:06+	22:38+	24:58+	29:27+	38:35+	44:13+	47:46+	51:13+	55:29+	57:43+	
04:02+	04:06+	06:58+	07:32+	02:20+	04:29+	09:08+	05:38+	03:33+	03:27+	04:16+	02:14+	
04:02+	04:06+	06:58+	07:32+	02:20+	04:29+	09:08+	05:38+	03:33+	03:27+	04:16+	02:14+	
16	Torleiv Møgedal	874	1:03:56									
02:21+	04:50+	13:14+	26:22+	27:58+	38:23+	44:45+	50:23+	53:49+	57:30+	61:56+	63:56+	
02:21+	02:29+	08:24+	13:08+	01:36+	10:25+	06:22+	05:38+	03:26+	03:41+	04:26+	02:00+	
02:21+	02:29+	08:24+	13:08+	01:36+	10:25+	06:22+	05:38+	03:26+	03:41+	04:26+	02:00+	

Beste strekketid for klassen

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

HA

1	Morten Bjerga Sundli	3522	23:08																						
01:01=	02:04=	02:55=	03:19=	03:38=	05:31=	05:59=	07:08=	07:38=	07:59=	09:30=	10:38=	11:02=	11:45=	12:40=	14:10=	15:15=	15:54=	17:09=	17:59=	18:48=	20:53=	21:33=	22:01=	22:30=	23:08=
01:01=	01:03=	00:51=	00:24=	00:19=	01:53=	00:28=	01:09=	00:30=	00:21=	01:31=	01:08=	00:24=	00:43=	00:55=	01:30=	01:05=	00:39=	01:15=	00:50=	00:49=	02:05=	00:40=	00:28=	00:29=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ørjan Ravndal	3522	23:28																						
01:25+	02:35+	03:34+	04:03+	04:22+	06:05+	06:39+	07:50+	08:21+	08:46+	10:16+	11:18+	11:48+	12:35+	13:19+	14:58+	16:08+	16:48+	17:58+	18:39+	19:43+	21:18+	22:07+	22:24+	22:53+	23:28+
01:25+	01:10+	00:59+	00:29+	00:19=	01:43-	00:34+	01:11+	00:31+	00:25+	01:30-	01:02-	00:30+	00:47+	00:44-	01:39+	01:10+	00:40+	01:10-	00:41-	01:04+	01:35-	00:49+	00:17-	00:29=	00:35-
00:24&	00:07#	00:08#	00:05#	00:00=	00:10-	00:06#	00:02+	00:01+	00:04#	00:01-	00:06-	00:06#	00:04+	00:11-	00:09#	00:05+	00:01+	00:05-	00:09-	00:15&	00:30-	00:09#	00:11-	00:00=	00:03-
3	Harald Kalager	793	24:06																						
01:19+	02:20+	03:14+	03:39+	03:59+	06:06+	06:38+	07:51+	08:26+	08:54+	10:25+	11:33+	12:03+	12:57+	13:49+	15:16+	16:30+	17:15+	18:27+	19:15+	20:15+	21:51+	22:41+	22:59+	23:30+	24:06+
01:19+	01:01-	00:54+	00:25+	00:20+	02:07+	00:32+	01:13+	00:35+	00:28+	01:31=	01:08=	00:30+	00:54+	00:52-	01:27-	01:14+	00:45+	01:12-	00:48-	01:00+	01:36-	00:50+	00:18-	00:31+	00:36-
00:18&	00:02-	00:03+	00:01+	00:01+	00:14#	00:04#	00:04+	00:05#	00:07&	00:00=	00:00=	00:06#	00:11&	00:03-	00:03-	00:09#	00:06#	00:03-	00:02-	00:11#	00:29-	00:10#	00:10-	00:02+	00:02-
4	Kristian Frafjord Haarr	882	24:44																						
01:18+	02:22+	03:22+	03:47+	04:08+	06:11+	06:45+	08:03+	08:36+	09:01+	10:44+	11:53+	12:21+	13:12+	14:08+	15:46+	17:06+	17:48+	19:01+	19:46+	20:44+	22:15+	23:02+	23:36+	24:06+	24:44+
01:18+	01:04+	01:00+	00:25+	00:21+	02:03+	00:34+	01:18+	00:33+	00:25+	01:43+	01:09+	00:28+	00:51+	00:56+	01:38+	01:20+	00:42+	01:13-	00:45-	00:58+	01:31-	00:47+	00:34+	00:30+	00:38=
00:17&	00:01+	00:09#	00:01+	00:02#	00:10+	00:06#	00:09#	00:03#	00:04#	00:12#	00:01+	00:04#	00:08#	00:01+	00:08+	00:15#	00:03+	00:02-	00:05-	00:09#	00:34-	00:07#	00:06#	00:01+	00:00=

HA

5	Fredrik Sandal	1830	25:09																						
01:05+	02:41+	03:37+	04:21+	04:41+	06:39+	07:11+	08:27+	08:59+	09:24+	11:00+	12:20+	12:51+	13:50+	14:39+	16:10+	17:24+	18:06+	19:21+	20:03+	21:02+	22:55+	23:40+	24:06+	24:35+	25:09+
01:05+	01:36+	00:56+	00:44+	00:20+	01:58+	00:32+	01:16+	00:32+	00:25+	01:36+	01:20+	00:31+	00:59+	00:49-	01:31+	01:14+	00:42+	01:15+	00:42-	00:59+	01:53-	00:45+	00:26-	00:29+	00:34-
00:04+	00:33&	00:05+	00:20&	00:01+	00:05+	00:04#	00:07#	00:02+	00:04#	00:05+	00:12#	00:07&	00:16&	00:06-	00:01+	00:09#	00:03+	00:00=	00:08-	00:10#	00:12-	00:05#	00:02-	00:00=	00:04-
6	Erik Lima	1832	25:31																						
01:20+	02:20+	03:14+	03:45+	04:06+	05:51+	06:25+	07:50+	08:24+	08:49+	10:31+	11:45+	12:13+	13:04+	13:57+	15:47+	17:00+	17:49+	19:07+	19:54+	20:52+	23:22+	24:08+	24:27+	24:56+	25:31+
01:20+	01:00+	00:54+	00:31+	00:21+	01:45+	00:34+	01:25+	00:34+	00:25+	01:42+	01:14+	00:28+	00:51+	00:53+	01:50+	01:13+	00:49+	01:18+	00:47+	00:58+	02:30+	00:46+	00:19+	00:29+	00:35+
01:20+	01:00+	00:54+	00:31+	00:21+	01:45+	00:34+	01:25+	00:34+	00:25+	01:42+	01:14+	00:28+	00:51+	00:53+	01:50+	01:13+	00:49+	01:18+	00:47+	00:58+	02:30+	00:46+	00:19+	00:29+	00:35+
7	Jørgen Strømstad	1786	26:09																						
01:12+	02:16+	03:09+	03:35+	03:59+	06:07+	06:42+	08:04+	08:43+	09:09+	10:45+	12:08+	12:38+	13:36+	14:37+	16:34+	17:47+	18:32+	20:03+	20:51+	21:52+	23:39+	24:28+	25:01+	25:34+	26:09+
01:12+	01:04+	00:53+	00:26+	00:24+	02:08+	00:35+	01:22+	00:39+	00:26+	01:36+	01:23+	00:30+	00:58+	01:01+	01:57+	01:13+	00:45+	01:31+	00:48+	01:01+	01:47+	00:49+	00:33+	00:33+	00:35+
01:12+	01:04+	00:53+	00:26+	00:24+	02:08+	00:35+	01:22+	00:39+	00:26+	01:36+	01:23+	00:30+	00:58+	01:01+	01:57+	01:13+	00:45+	01:31+	00:48+	01:01+	01:47+	00:49+	00:33+	00:33+	00:35+
8	Torbjørn Fuglestad	878	27:32																						
01:14+	02:25+	03:23+	04:00+	04:27+	06:41+	07:20+	08:48+	09:30+	10:00+	11:40+	12:57+	13:36+	14:38+	15:33+	17:18+	18:38+	19:31+	20:55+	22:01+	23:12+	25:04+	25:55+	26:23+	26:59+	27:32+
01:14+	01:11+	00:58+	00:37+	00:27+	02:14+	00:39+	01:28+	00:42+	00:30+	01:40+	01:17+	00:39+	01:02+	00:55+	01:45+	01:20+	00:53+	01:24+	01:06+	01:11+	01:52+	00:51+	00:28+	00:36+	00:33+
01:14+	01:11+	00:58+	00:37+	00:27+	02:14+	00:39+	01:28+	00:42+	00:30+	01:40+	01:17+	00:39+	01:02+	00:55+	01:45+	01:20+	00:53+	01:24+	01:06+	01:11+	01:52+	00:51+	00:28+	00:36+	00:33+
9	Bernhard Haver Vagle	643	30:32																						
01:21+	02:31+	03:22+	04:43+	05:01+	07:11+	07:47+	09:15+	10:09+	10:34+	13:33+	14:51+	15:41+	16:47+	17:39+	19:31+	20:48+	21:39+	23:12+	24:06+	25:21+	27:41+	28:36+	29:20+	29:52+	30:32+
01:21+	01:10+	00:51+	01:21+	00:18+	02:10+	00:36+	01:28+	00:54+	00:25+	02:59+	01:18+	00:50+	01:06+	00:52+	01:52+	01:17+	00:51+	01:33+	00:54+	01:15+	02:20+	00:55+	00:44+	00:32+	00:40+
01:21+	01:10+	00:51+	01:21+	00:18+	02:10+	00:36+	01:28+	00:54+	00:25+	02:59+	01:18+	00:50+	01:06+	00:52+	01:52+	01:17+	00:51+	01:33+	00:54+	01:15+	02:20+	00:55+	00:44+	00:32+	00:40+
10	Håkon Eggebø	1284	32:22																						
01:26+	02:48+	03:44+	04:13+	04:36+	07:11+	08:20+	09:46+	10:24+	10:51+	13:10+	14:26+	17:28+	18:35+	19:36+	21:30+	22:52+	23:50+	25:29+	26:34+	27:43+	29:46+	30:41+	31:02+	31:40+	32:22+
01:26+	01:22+	00:56+	00:29+	00:23+	02:35+	01:09+	01:26+	00:38+	00:27+	02:19+	01:16+	03:02+	01:07+	01:01+	01:54+	01:22+	00:58+	01:39+	01:05+	01:09+	02:03+	00:55+	00:21+	00:38+	00:42+
01:26+	01:22+	00:56+	00:29+	00:23+	02:35+	01:09+	01:26+	00:38+	00:27+	02:19+	01:16+	03:02+	01:07+	01:01+	01:54+	01:22+	00:58+	01:39+	01:05+	01:09+	02:03+	00:55+	00:21+	00:38+	00:42+
11	Ole Morten Haaland	3528	33:48																						
02:08+	03:35+	05:46+	06:29+	06:54+	08:52+	09:31+	11:02+	11:44+	12:16+	14:08+	15:32+	16:39+	18:27+	19:27+	21:21+	22:40+	23:33+	24:51+	25:48+	27:14+	30:45+	31:47+	32:41+	33:15+	33:48+
02:08+	01:27+	02:11+	00:43+	00:25+	01:58+	00:39+	01:31+	00:42+	00:32+	01:52+	01:24+	01:07+	01:48+	01:00+	01:54+	01:19+	00:53+	01:18+	00:57+	01:26+	03:31+	01:02+	00:54+	00:34+	00:33+
02:08+	01:27+	02:11+	00:43+	00:25+	01:58+	00:39+	01:31+	00:42+	00:32+	01:52+	01:24+	01:07+	01:48+	01:00+	01:54+	01:19+	00:53+	01:18+	00:57+	01:26+	03:31+	01:02+	00:54+	00:34+	00:33+

Beste strekktid for klassen

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

HB

1	Aart Joakim in't Veld	1884	23:55																						
00:56=	02:08=	03:00=	03:33=	03:53=	05:49=	06:21=	07:38=	08:08=	08:35=	10:12=	11:21=	11:48=	12:35=	13:24=	15:02=	16:14=	16:59=	18:15=	18:58=	19:50=	21:18=	22:04=	22:49=	23:17=	23:55=
00:56=	01:12=	00:52=	00:33=	00:20=	01:56=	00:32=	01:17=	00:30=	00:27=	01:37=	01:09=	00:27=	00:47=	00:49=	01:38=	01:12=	00:45=	01:16=	00:43=	00:52=	01:28=	00:46=	00:45=	00:28=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Pontus Christensson	1884	24:49																						
00:59+	01:50-	02:40-	03:07-	03:27-	05:19-	05:51-	07:09-	07:44-	08:10-	09:42-	10:55-	11:25-	12:22-	13:13-	14:56-	16:07-	16:55-	18:25+	20:08+	21:09+	22:42+	23:28+	23:47+	24:17+	24:49+
00:59+	00:51-	00:50-	00:27-	00:20-	01:52-	00:32=	01:18+	00:35+	00:26-	01:32-	01:13+	00:30+	00:57+	00:51+	01:43+	01:11-	00:48+	01:30+	01:43+	01:01+	01:33+	00:46=	00:19-	00:30+	00:32-
00:03+	00:21-	00:02-	00:06-	00:00=	00:04-	00:00=	00:01+	00:05#	00:01-	00:05-	00:04+	00:03#	00:10#	00:02+	00:05+	00:01-	00:03+	00:14#	01:00#	00:09#	00:05+	00:00=	00:26-	00:02+	00:06-
3	Oddvar Taksdal	3522	25:20																						
01:11+	02:13+	03:07+	03:51+	04:10+	06:19+	06:54+	08:15+	08:47+	09:20+	11:04+	12:17+	12:46+	13:37+	14:28+	16:08+	17:21+	18:13+	19:34+	20:21+	21:24+	23:01+	23:50+	24:08+	24:39+	25:20+
01:11+	01:02-	00:54+	00:44+	00:19-	02:09+	00:35+	01:21+	00:32+	00:33+	01:44+	01:13+	00:29+	00:51+	00:51+	01:40+	01:13+	00:52+	01:21+	00:47+	01:03+	01:37+	00:49+	00:18-	00:31+	00:41+
00:15&	00:10-	00:02+	00:11&	00:01-	00:13#	00:03+	00:04+	00:02+	00:06#	00:07+	00:04+	00:02+	00:04+	00:02+	00:02+	00:01+	00:07#	00:05+	00:04+	00:11#	00:09#	00:03+	00:27-	00:03#	00:03+
4	Geir Sand	722	25:48																						
01:41+	02:56+	03:48+	04:14+	04:35+	06:28+	07:07+	08:26+	08:57+	09:43+	11:33+	12:46+	13:13+	14:02+	14:54+	16:47+	17:55+	18:52+	20:12+	21:05+	22:01+	23:39+	24:25+	24:45+	25:14+	25:48+
01:41+	01:15+	00:52=	00:26-	00:21+	01:53-	00:39+	01:19+	00:31+	00:46+	01:50+	01:13+	00:27=	00:49+	00:52+	01:53+	01:08-	00:57+	01:20+	00:53+	00:56+	01:38+	00:46=	00:20-	00:29+	00:34-
00:45&	00:03+	00:00=	00:07-	00:01+	00:03-	00:07#	00:02+	00:01+	00:19&	00:13#	00:04+	00:00=	00:02+	00:03+	00:15#	00:04-	00:12&	00:04+	00:10#	00:04+	00:10#	00:00=	00:25-	00:01+	00:04-
5	Tom Furland	769	26:10																						
01:09+	02:24+	03:14+	03:46+	04:08+	06:21+	06:55+	08:19+	08:50+	09:16+	11:08+	12:19+	12:50+	13:39+	14:39+	16:37+	18:01+	18:49+	20:08+	20:56+	22:00+	23:38+	24:29+	24:48+	25:23+	26:10+
01:09+	01:15+	00:50-	00:32-	00:22+	02:13+	00:34+	01:24+	00:31+	00:26-	01:52+	01:11+	00:31+	00:49+	01:00+	01:58+	01:24+	00:48+	01:19+	00:48+	01:04+	01:38+	00:51+	00:19-	00:35+	00:47+
00:13#	00:03+	00:02-	00:01-	00:02#	00:17#	00:02+	00:07+	00:01+	00:01-	00:15#	00:02+	00:04#	00:02+	00:11#	00:20#	00:12#	00:03+	00:03+	00:05#	00:12#	00:10#	00:05#	00:26-	00:07#	00:09#

Class	Navn	Klasse	Tid																						
HB																									
6	Tor Gunnar Aksland	1683	27:07																						
01:37+	02:41+	03:48+	04:14+	04:35+	06:45+	07:19+	08:43+	09:16+	09:40+	11:23+	12:36+	13:12+	14:06+	14:58+	17:27+	19:19+	20:04+	21:26+	22:11+	23:11+	24:54+	25:40+	25:58+	26:29+	27:07+
01:37+	01:04+	01:07+	00:26+	00:21+	02:10+	00:34+	01:24+	00:33+	00:24+	01:43+	01:13+	00:36+	00:54+	00:52+	02:29+	01:52+	00:45+	01:22+	00:45+	01:00+	01:43+	00:46+	00:18+	00:31+	00:38+
00:41#	00:08-	00:15#	00:07-	00:01+	00:14#	00:02+	00:07+	00:03#	00:03-	00:06+	00:04+	00:09#	00:07#	00:03+	00:51#	00:40#	00:00+	00:06+	00:02+	00:08#	00:15#	00:00+	00:27-	00:03#	00:00+
7	Arne Eirik Nielsen	3588	27:09																						
01:10+	02:31+	03:26+	03:50+	04:10+	06:18+	06:58+	08:18+	08:50+	09:21+	11:19+	12:33+	13:09+	14:06+	14:55+	16:32+	17:45+	18:34+	20:05+	20:55+	21:58+	24:07+	24:55+	25:27+	26:28+	27:09+
01:10+	01:21+	00:55+	00:24+	00:20+	02:08+	00:40+	01:20+	00:32+	00:31+	01:58+	01:14+	00:36+	00:57+	00:49+	01:37+	01:13+	00:49+	01:31+	00:50+	01:03+	02:09+	00:48+	00:32+	01:01+	00:41+
01:10+	01:21+	00:55+	00:24+	00:20+	02:08+	00:40+	01:20+	00:32+	00:31+	01:58+	01:14+	00:36+	00:57+	00:49+	01:37+	01:13+	00:49+	01:31+	00:50+	01:03+	02:09+	00:48+	00:32+	01:01+	00:41+
8	Magnus Landstad	3507	27:23																						
01:19+	02:29+	03:33+	04:11+	04:35+	06:53+	07:28+	08:50+	09:24+	09:53+	11:49+	13:04+	13:40+	14:31+	15:25+	17:18+	18:34+	19:22+	20:54+	21:43+	22:53+	24:58+	25:46+	26:08+	26:40+	27:23+
01:19+	01:10+	01:04+	00:38+	00:24+	02:18+	00:35+	01:22+	00:34+	00:29+	01:56+	01:15+	00:36+	00:51+	00:54+	01:53+	01:16+	00:48+	01:32+	00:49+	01:10+	02:05+	00:48+	00:22+	00:32+	00:43+
01:19+	01:10+	01:04+	00:38+	00:24+	02:18+	00:35+	01:22+	00:34+	00:29+	01:56+	01:15+	00:36+	00:51+	00:54+	01:53+	01:16+	00:48+	01:32+	00:49+	01:10+	02:05+	00:48+	00:22+	00:32+	00:43+
9	Torgeir Nevland	3522	27:31																						
01:21+	02:49+	03:54+	04:39+	05:10+	07:26+	08:07+	09:25+	09:59+	10:26+	12:03+	13:16+	13:53+	14:44+	15:39+	17:15+	18:29+	19:23+	20:42+	21:31+	22:35+	25:04+	25:55+	26:14+	26:47+	27:31+
01:21+	01:28+	01:05+	00:45+	00:31+	02:16+	00:41+	01:18+	00:34+	00:27+	01:37+	01:13+	00:37+	00:51+	00:55+	01:36+	01:14+	00:54+	01:19+	00:49+	01:04+	02:29+	00:51+	00:19+	00:33+	00:44+
01:21+	01:28+	01:05+	00:45+	00:31+	02:16+	00:41+	01:18+	00:34+	00:27+	01:37+	01:13+	00:37+	00:51+	00:55+	01:36+	01:14+	00:54+	01:19+	00:49+	01:04+	02:29+	00:51+	00:19+	00:33+	00:44+
10	Oddgeir Eikeskog	1884	27:34																						
01:09+	02:26+	04:03+	05:02+	05:23+	07:29+	08:04+	09:30+	10:05+	10:33+	12:24+	13:36+	14:02+	14:56+	15:55+	17:41+	19:00+	19:48+	21:13+	22:05+	23:12+	24:58+	25:53+	26:16+	26:50+	27:34+
01:09+	01:17+	01:37+	00:59+	00:21+	02:06+	00:35+	01:26+	00:35+	00:28+	01:51+	01:12+	00:26+	00:54+	00:59+	01:46+	01:19+	00:48+	01:25+	00:52+	01:07+	01:46+	00:55+	00:23+	00:34+	00:44+
01:09+	01:17+	01:37+	00:59+	00:21+	02:06+	00:35+	01:26+	00:35+	00:28+	01:51+	01:12+	00:26+	00:54+	00:59+	01:46+	01:19+	00:48+	01:25+	00:52+	01:07+	01:46+	00:55+	00:23+	00:34+	00:44+
11	Joar Eilevstjønn	2342	27:56																						
01:32+	02:32+	03:31+	05:10+	05:50+	08:03+	08:37+	10:02+	10:40+	11:08+	12:45+	13:57+	14:27+	15:38+	16:30+	18:12+	19:30+	20:21+	21:45+	22:33+	23:44+	25:42+	26:30+	26:49+	27:21+	27:56+
01:32+	01:00+	00:59+	01:39+	00:40+	02:13+	00:34+	01:25+	00:38+	00:28+	01:37+	01:12+	00:30+	01:11+	00:52+	01:42+	01:18+	00:51+	01:24+	00:48+	01:11+	01:58+	00:48+	00:19+	00:32+	00:35+
01:32+	01:00+	00:59+	01:39+	00:40+	02:13+	00:34+	01:25+	00:38+	00:28+	01:37+	01:12+	00:30+	01:11+	00:52+	01:42+	01:18+	00:51+	01:24+	00:48+	01:11+	01:58+	00:48+	00:19+	00:32+	00:35+
12	Per Christian Munkhaug	3516	28:02																						
01:12+	02:31+	04:24+	04:54+	05:18+	07:38+	08:16+	09:40+	10:25+	10:53+	12:34+	13:56+	15:33+	16:22+	17:17+	18:50+	20:01+	20:52+	22:05+	22:55+	23:54+	25:21+	26:05+	26:44+	27:25+	28:02+
01:12+	01:19+	01:53+	00:30+	00:24+	02:20+	00:38+	01:24+	00:45+	00:28+	01:41+	01:22+	01:37+	00:49+	00:55+	01:33+	01:11+	00:51+	01:13+	00:50+	00:59+	01:27+	00:44+	00:39+	00:41+	00:37+
01:12+	01:19+	01:53+	00:30+	00:24+	02:20+	00:38+	01:24+	00:45+	00:28+	01:41+	01:22+	01:37+	00:49+	00:55+	01:33+	01:11+	00:51+	01:13+	00:50+	00:59+	01:27+	00:44+	00:39+	00:41+	00:37+
13	Jon Åsmund Espedal	4242	28:02																						
02:11+	04:04+	04:58+	05:24+	05:46+	07:52+	08:32+	09:50+	10:20+	10:43+	12:56+	14:17+	14:48+	15:51+	16:38+	18:26+	19:41+	20:28+	21:41+	22:36+	23:36+	25:46+	26:38+	26:55+	27:23+	28:02+
02:11+	01:53+	00:54+	00:26+	00:22+	02:06+	00:40+	01:18+	00:30+	00:23+	02:13+	01:21+	00:31+	01:03+	00:47+	01:48+	01:15+	00:47+	01:13+	00:55+	01:00+	02:10+	00:52+	00:17+	00:28+	00:39+
02:11+	01:53+	00:54+	00:26+	00:22+	02:06+	00:40+	01:18+	00:30+	00:23+	02:13+	01:21+	00:31+	01:03+	00:47+	01:48+	01:15+	00:47+	01:13+	00:55+	01:00+	02:10+	00:52+	00:17+	00:28+	00:39+
14	Njål F. Vadla	1884	29:07																						
01:54+	04:11+	05:04+	05:33+	05:56+	08:08+	08:44+	10:13+	10:44+	11:10+	13:04+	14:21+	14:54+	15:56+	16:57+	18:56+	20:23+	21:12+	22:42+	23:33+	24:41+	26:26+	27:20+	27:39+	28:22+	29:07+
01:54+	02:17+	00:53+	00:29+	00:23+	02:12+	00:36+	01:29+	00:31+	00:26+	01:54+	01:17+	00:33+	01:02+	01:01+	01:59+	01:27+	00:49+	01:30+	00:51+	01:08+	01:45+	00:54+	00:19+	00:43+	00:45+
01:54+	02:17+	00:53+	00:29+	00:23+	02:12+	00:36+	01:29+	00:31+	00:26+	01:54+	01:17+	00:33+	01:02+	01:01+	01:59+	01:27+	00:49+	01:30+	00:51+	01:08+	01:45+	00:54+	00:19+	00:43+	00:45+
15	Torbjørn Ims Østby	3507	30:22																						
01:10+	03:39+	04:32+	05:01+	05:22+	07:43+	09:35+	10:59+	11:39+	12:07+	13:58+	15:09+	15:52+	17:03+	18:03+	19:54+	21:17+	22:08+	23:49+	24:42+	25:50+	27:51+	28:45+	29:09+	29:42+	30:22+
01:10+	02:29+	00:53+	00:29+	00:21+	02:21+	01:52+	01:24+	00:40+	00:28+	01:51+	01:11+	00:43+	01:11+	01:00+	01:51+	01:23+	00:51+	01:41+	00:53+	01:08+	02:01+	00:54+	00:24+	00:33+	00:40+
01:10+	02:29+	00:53+	00:29+	00:21+	02:21+	01:52+	01:24+	00:40+	00:28+	01:51+	01:11+	00:43+	01:11+	01:00+	01:51+	01:23+	00:51+	01:41+	00:53+	01:08+	02:01+	00:54+	00:24+	00:33+	00:40+
16	Trond Sigurd Fotland	3507	30:29																						
01:18+	02:50+	03:46+	04:52+	05:15+	07:17+	07:52+	09:22+	10:00+	10:34+	12:52+	14:15+	14:55+	16:13+	16:36+	17:50+	19:45+	21:04+	22:02+	23:36+	24:28+	25:52+	27:34+	28:25+	29:21+	29:53+
01:18+	01:32+	00:56+	01:06+	00:23+	02:02+	00:35+	01:30+	00:38+	00:34+	02:18+	01:23+	00:40+	01:18+	00:23+	01:14+	01:55+	01:19+	00:58+	01:34+	00:52+	01:24+	01:42+	00:51+	00:56+	00:32+
01:18+	01:32+	00:56+	01:06+	00:23+	02:02+	00:35+	01:30+	00:38+	00:34+	02:18+	01:23+	00:40+	01:18+	00:23+	01:14+	01:55+	01:19+	00:58+	01:34+	00:52+	01:24+	01:42+	00:51+	00:56+	00:32+
30:29+																									
00:36+																									
00:36+																									
17	Øystein Amundrud	3518	31:11																						
01:29+	03:14+	04:10+	04:42+	05:06+	07:27+	08:17+	09:52+	10:49+	11:15+	13:22+	14:44+	15:25+	16:23+	17:31+	19:20+	20:42+	21:36+	23:07+	23:59+	25:21+	28:39+	29:30+	29:51+	30:33+	31:11+
01:29+	01:45+	00:56+	00:32+	00:24+	02:21+	00:50+	01:35+	00:57+	00:26+	02:07+	01:22+	00:41+	00:58+	01:08+	01:49+	01:22+	00:54+	01:31+	00:52+	01:22+	03:18+	00:51+	00:21+	00:42+	00:38+
01:29+	01:45+	00:56+	00:32+	00:24+	02:21+	00:50+	01:35+	00:57+	00:26+	02:07+	01:22+	00:41+	00:58+	01:08+	01:49+	01:22+	00:54+	01:31+	00:52+	01:22+	03:18+	00:51+	00:21+	00:42+	00:38+
18	Morten Sørli Rønæss	882	31:43																						
01:37+	02:54+	04:06+	04:43+	05:08+	07:50+	08:32+	10:11+	11:12+	11:43+	13:48+	15:17+	15:54+	16:58+	18:10+	20:18+	21:56+	22:49+	24:31+	25:23+	26:30+	29:07+	29:59+	30:19+	30:58+	31:43+
01:37+	01:17+	01:12+	00:37+	00:25+	02:42+	00:42+	01:39+	01:01+	00:31+	02:05+	01:29+	00:37+	01:04+	01:1											

Class	Navn	Klasse	Tid
HC			
1	Henning Sundby	3486	23:00
	01:03= 02:23= 03:34= 05:05= 05:35= 06:08= 07:44= 08:21= 09:02= 09:46= 10:49= 12:07= 14:02= 14:59= 16:06= 17:09= 17:59= 19:09= 20:38= 21:29= 21:51= 22:23= 23:00=		
	01:03= 01:20= 01:11= 01:31= 00:30= 00:33= 01:36= 00:37= 00:41= 00:44= 01:03= 01:18= 01:55= 00:57= 01:07= 01:03= 00:50= 01:10= 01:29= 00:51= 00:22= 00:32= 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= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Jan-Einar Øvremo	1119	25:12
	01:14+ 02:40+ 04:01+ 05:42+ 06:30+ 07:00+ 09:02+ 09:46+ 10:34+ 11:18+ 12:20+ 13:50+ 15:36+ 16:34+ 17:42+ 18:48+ 19:45+ 20:50+ 22:42+ 23:40+ 24:01+ 24:34+ 25:12+		
	01:14+ 01:26+ 01:21+ 01:41+ 00:48+ 00:30- 02:02+ 00:44+ 00:48+ 00:44= 01:02- 01:30+ 01:46- 00:58+ 01:08+ 01:06+ 00:57+ 01:05- 01:52+ 00:58+ 00:21- 00:33+ 00:38+		
	00:11# 00:06+ 00:10# 00:10# 00:18& 00:03- 00:26& 00:07# 00:07# 00:00= 00:01- 00:12# 00:09- 00:01+ 00:01+ 00:03+ 00:07# 00:05- 00:23& 00:07# 00:01- 00:01+ 00:01+		
3	Stein Arne Olsen	874	25:39
	01:11+ 02:42+ 04:13+ 06:17+ 06:52+ 07:19+ 09:17+ 10:03+ 10:47+ 11:31+ 12:33+ 14:05+ 15:59+ 16:56+ 18:06+ 19:21+ 20:14+ 21:27+ 23:09+ 24:03+ 24:24+ 24:55+ 25:39+		
	01:11+ 01:31+ 01:31+ 02:04+ 00:35+ 00:27- 01:58+ 00:46+ 00:44+ 00:44= 01:02- 01:32+ 01:54- 00:57= 01:10+ 01:15+ 00:53+ 01:13+ 01:42+ 00:54+ 00:21- 00:31- 00:44+		
	00:08# 00:11# 00:20& 00:33& 00:05# 00:06- 00:22# 00:09# 00:03+ 00:00= 00:01- 00:14# 00:01- 00:00= 00:03+ 00:12# 00:03+ 00:03+ 00:03+ 00:13# 00:03+ 00:01- 00:01- 00:07#		
4	Terje Michaelsen	3511	25:48
	01:05+ 02:55+ 04:10+ 05:40+ 06:16+ 06:49+ 09:21+ 10:16+ 10:59+ 11:44+ 12:33+ 13:55+ 16:05+ 17:00+ 18:07+ 19:13+ 20:21+ 21:30+ 23:17+ 24:05+ 24:38+ 25:09+ 25:48+		
	01:05+ 01:50+ 01:50+ 01:15+ 01:30- 00:36+ 00:33= 02:32+ 00:55+ 00:43+ 00:45+ 00:49- 01:22+ 02:10+ 00:55- 01:07= 01:06+ 01:08+ 01:09- 01:47+ 00:48- 00:33+ 00:31- 00:39+		
	00:02+ 00:30& 00:04+ 00:01- 00:06# 00:00= 00:56& 00:18& 00:02+ 00:01+ 00:14- 00:04+ 00:15# 00:02- 00:00= 00:03+ 00:18& 00:01- 00:18# 00:03- 00:11& 00:01- 00:02+		
5	Lars Drage	3583	26:35
	01:04+ 02:30+ 03:59+ 05:36+ 06:18+ 06:44+ 08:34+ 09:10+ 11:10+ 12:30+ 13:21+ 14:53+ 16:41+ 17:45+ 18:50+ 19:51+ 20:45+ 21:53+ 23:57+ 24:51+ 25:11+ 25:51+ 26:35+		
	01:04+ 01:26+ 01:29+ 01:37+ 00:42+ 00:26- 01:50+ 00:36- 02:00+ 01:20+ 00:51- 01:32+ 01:48- 01:04+ 01:05- 01:01- 00:54+ 01:08- 02:04+ 00:54+ 00:20- 00:40+ 00:44+		
	00:01+ 00:06+ 00:18& 00:06+ 00:12& 00:07- 00:14# 00:01- 01:19# 00:36& 00:12- 00:14# 00:07- 00:07# 00:02- 00:02- 00:02- 00:04+ 00:02- 00:35& 00:03+ 00:02- 00:08# 00:07#		
6	Kjetil Wirak	3486	27:05
	01:03= 02:54+ 04:17+ 05:56+ 06:37+ 07:08+ 08:50+ 09:30+ 10:17+ 11:00+ 12:04+ 13:34+ 15:31+ 16:23+ 17:32+ 18:50+ 19:46+ 20:50+ 24:40+ 25:27+ 25:47+ 26:21+ 27:05+		
	01:03= 01:51+ 01:23+ 01:39+ 00:41+ 00:31- 01:42+ 00:40+ 00:47+ 00:43- 01:04+ 01:30+ 01:57+ 00:52- 01:09+ 01:18+ 00:56+ 01:04- 03:50+ 00:47- 00:20- 00:34+ 00:44+		
	00:00= 00:31& 00:12# 00:08+ 00:11& 00:02- 00:06+ 00:03+ 00:06# 00:01- 00:01+ 00:12# 00:02+ 00:05- 00:02+ 00:15# 00:06# 00:06- 02:21# 00:04- 00:02- 00:02+ 00:07#		
7	Morten Aamodt	1683	27:17
	01:13+ 02:42+ 04:38+ 06:13+ 07:04+ 07:34+ 09:41+ 10:24+ 11:14+ 12:27+ 13:42+ 15:10+ 17:11+ 18:09+ 19:15+ 20:22+ 21:14+ 22:26+ 24:48+ 25:36+ 26:00+ 26:33+ 27:17+		
	01:13+ 01:29+ 01:56+ 01:35+ 00:51+ 00:30- 02:07+ 00:43+ 00:50+ 01:13+ 01:15+ 01:28+ 02:01+ 00:58+ 01:06- 01:07+ 00:52+ 01:12+ 02:22+ 00:48- 00:24+ 00:33+ 00:44+		
	00:10# 00:09# 00:45& 00:04+ 00:21& 00:03- 00:31& 00:06# 00:09# 00:29& 00:12# 00:18& 00:01- 00:06+ 00:01- 00:04+ 00:02+ 00:02+ 00:53& 00:03- 00:02+ 00:01+ 00:07#		
8	Oddmund Nordgård	722	27:27
	01:18+ 03:16+ 04:42+ 06:25+ 07:06+ 07:46+ 09:51+ 10:33+ 11:20+ 12:31+ 13:52+ 15:41+ 17:35+ 18:33+ 19:33+ 20:45+ 21:36+ 22:46+ 24:54+ 25:43+ 26:10+ 26:47+ 27:27+		
	01:18+ 01:58+ 01:26+ 01:43+ 00:41+ 00:40+ 02:05+ 00:42+ 00:47+ 01:11+ 01:21+ 01:49+ 01:54- 00:58+ 01:00- 01:12+ 00:51+ 01:10= 02:08+ 00:49- 00:27+ 00:37+ 00:40+		
	00:15# 00:38& 00:15# 00:11# 00:07# 00:29& 00:05# 00:06# 00:06# 00:27& 00:18& 00:31& 00:01- 00:01+ 00:07- 00:09# 00:01+ 00:00= 00:39& 00:02- 00:05# 00:05# 00:03+		
9	Svein Oddvar Netland	1683	28:38
	01:11+ 02:58+ 04:30+ 06:12+ 06:52+ 07:27+ 09:29+ 10:08+ 11:00+ 11:48+ 13:04+ 14:48+ 16:56+ 17:51+ 19:05+ 20:29+ 21:22+ 22:54+ 25:55+ 26:55+ 27:19+ 27:55+ 28:38+		
	01:11+ 01:47+ 01:32+ 01:42+ 00:40+ 00:35+ 02:02+ 00:39+ 00:52+ 00:48+ 01:16+ 01:44+ 02:08+ 00:55- 01:14+ 01:24+ 00:53+ 01:32+ 03:01+ 01:00+ 00:24+ 00:36+ 00:43+		
	00:08# 00:27& 00:21& 00:11# 00:10& 00:02+ 00:26& 00:02+ 00:11& 00:04+ 00:13# 00:26& 00:13# 00:02- 00:07# 00:21& 00:03+ 00:22& 01:32# 00:09# 00:02+ 00:04# 00:06#		
10	Thomas Schanke Eikum	769	29:03
	01:19+ 03:11+ 04:51+ 06:24+ 07:07+ 07:38+ 09:36+ 10:25+ 11:23+ 12:14+ 13:15+ 14:56+ 17:37+ 18:50+ 20:10+ 21:26+ 22:42+ 24:14+ 26:22+ 27:23+ 27:47+ 28:24+ 29:03+		
	01:19+ 01:52+ 01:40+ 01:33+ 00:43+ 00:31- 01:58+ 00:49+ 00:58+ 00:51+ 01:01- 01:41+ 02:41+ 01:13+ 01:20+ 01:16+ 01:16+ 01:32+ 02:08+ 01:01+ 00:24+ 00:37+ 00:39+		
	00:16& 00:32& 00:29& 00:02+ 00:13& 00:02- 00:22# 00:12& 00:17& 00:07# 00:02- 00:23& 00:46& 00:16& 00:13# 00:13# 00:26& 00:22& 00:39& 00:10# 00:02+ 00:05# 00:02+		
11	Leif Kjetil Hinna Gausel	1683	29:10
	01:07+ 02:50+ 04:33+ 06:13+ 06:51+ 07:23+ 09:18+ 10:03+ 10:49+ 11:43+ 12:45+ 14:41+ 16:41+ 17:39+ 18:57+ 20:06+ 21:07+ 22:25+ 26:36+ 27:33+ 27:55+ 28:33+ 29:10+		
	01:07+ 01:43+ 01:43+ 01:40+ 00:38+ 00:32- 01:55+ 00:45+ 00:46+ 00:54+ 01:02- 01:56+ 02:00+ 00:58+ 01:18+ 01:09+ 01:01+ 01:18+ 04:11+ 00:57+ 00:22= 00:38+ 00:37=		
	00:04+ 00:23& 00:32& 00:09+ 00:08& 00:01- 00:19# 00:08# 00:05# 00:10# 00:01- 00:38& 00:05+ 00:01+ 00:11# 00:06+ 00:11# 00:08# 02:42# 00:06# 00:00= 00:06# 00:00=		
12	Ludovic Antresangle	877	31:22
	01:39+ 03:42+ 05:28+ 07:19+ 08:06+ 08:43+ 11:09+ 12:16+ 13:08+ 13:57+ 15:09+ 17:47+ 19:47+ 20:56+ 22:08+ 23:36+ 24:48+ 25:58+ 28:21+ 29:17+ 30:10+ 30:42+ 31:22+		
	01:39+ 02:03+ 01:46+ 01:51+ 00:47+ 00:37+ 02:26+ 01:07+ 00:52+ 00:49+ 01:12+ 02:38+ 02:00+ 01:09+ 01:12+ 01:28+ 01:12+ 01:10= 02:23+ 00:56+ 00:53+ 00:32= 00:40+		
	00:36& 00:43& 00:35& 00:20# 00:17& 00:04# 00:50& 00:30& 00:11& 00:05# 00:09# 01:20# 00:05+ 00:12# 00:05+ 00:25& 00:22& 00:00= 00:54& 00:05+ 00:31# 00:00= 00:03+		
13	Pål Bårdsen	3497	31:51
	01:26+ 04:27+ 06:13+ 08:07+ 08:51+ 09:33+ 11:57+ 12:39+ 13:42+ 15:24+ 16:28+ 18:31+ 20:45+ 21:47+ 23:02+ 24:43+ 25:48+ 26:56+ 29:03+ 30:02+ 30:27+ 31:05+ 31:51+		
	01:26+ 03:01+ 01:46+ 01:54+ 00:44+ 00:42+ 02:24+ 00:42+ 01:03+ 01:42+ 01:04+ 02:03+ 02:14+ 01:02+ 01:15+ 01:41+ 01:05+ 01:08- 02:07+ 00:59+ 00:25+ 00:38+ 00:46+		
	00:23& 01:41# 00:35& 00:23& 00:14& 00:09& 00:48& 00:05# 00:22& 00:58# 00:01+ 00:45& 00:19# 00:02+ 00:05+ 00:08# 00:38& 00:15& 00:02- 00:38& 00:08# 00:03# 00:06# 00:09#		
14	Øivind Berggraf	1683	35:10
	01:16+ 02:59+ 04:53+ 06:51+ 07:37+ 08:19+ 10:31+ 11:13+ 12:18+ 13:11+ 14:21+ 20:03+ 22:21+ 23:33+ 24:44+ 26:35+ 27:56+ 29:18+ 32:10+ 33:09+ 33:43+ 34:22+ 35:10+		
	01:16+ 01:43+ 01:54+ 01:58+ 00:46+ 00:42+ 02:12+ 00:42+ 01:05+ 00:53+ 01:10+ 05:42+ 02:18+ 01:12+ 01:11+ 01:51+ 01:21+ 01:22+ 02:52+ 00:59+ 00:34+ 00:39+ 00:48+		
	00:13# 00:23& 00:43& 00:27& 00:09& 00:36& 00:05# 00:24& 00:09# 00:07# 04:24# 00:23# 00:15& 00:04+ 00:48& 00:31& 00:12# 01:23& 00:08# 00:12& 00:07# 00:11&		

HC

15	Terje Undheim	3529	36:14																			
01:07+	03:45+	07:13+	08:59+	09:42+	10:14+	12:21+	12:59+	13:49+	16:07+	17:39+	19:06+	23:00+	24:02+	25:12+	26:21+	27:22+	28:54+	33:24+	34:14+	35:02+	35:34+	36:14+
01:07+	02:38+	03:28+	01:46+	00:43+	00:32-	02:07+	00:38+	00:50+	02:18+	01:32+	01:27+	03:54+	01:02+	01:10+	01:09+	01:01+	01:32+	04:30+	00:50-	00:48+	00:32=	00:40+
00:04+	01:18&	02:17@	00:15#	00:13&	00:01-	00:31&	00:01+	00:09#	01:34@	00:29&	00:09#	01:59@	00:05+	00:03+	00:06+	00:11#	00:22&	03:01@	00:01-	00:26@	00:00=	00:03+
16	Geir Haugvaldstad	1683	37:48																			
01:16+	03:52+	05:24+	07:33+	08:18+	08:50+	10:49+	11:31+	12:57+	13:48+	14:59+	16:52+	23:45+	25:04+	26:15+	27:30+	29:18+	30:36+	33:19+	36:18+	36:37+	37:13+	37:48+
01:16+	02:36+	01:32+	02:09+	00:45+	00:32+	01:59+	00:42+	01:26+	00:51+	01:11+	01:53+	06:53+	01:19+	01:11+	01:15+	01:48+	01:18+	02:43+	02:59+	00:19+	00:36+	00:35+
01:16+	02:36+	01:32+	02:09+	00:45+	00:32+	01:59+	00:42+	01:26+	00:51+	01:11+	01:53+	06:53+	01:19+	01:11+	01:15+	01:48+	01:18+	02:43+	02:59+	00:19+	00:36+	00:35+
17	Nils John Vestøl	3541	38:30																			
01:25+	06:21+	08:36+	10:49+	11:37+	12:13+	15:29+	16:23+	17:20+	18:10+	19:33+	21:18+	23:44+	24:57+	26:42+	28:16+	29:27+	30:52+	35:21+	36:27+	36:55+	37:38+	38:30+
01:25+	04:56+	02:15+	02:13+	00:48+	00:36+	03:16+	00:54+	00:57+	00:50+	01:23+	01:45+	02:26+	01:13+	01:45+	01:34+	01:11+	01:25+	04:29+	01:06+	00:28+	00:43+	00:52+
01:25+	04:56+	02:15+	02:13+	00:48+	00:36+	03:16+	00:54+	00:57+	00:50+	01:23+	01:45+	02:26+	01:13+	01:45+	01:34+	01:11+	01:25+	04:29+	01:06+	00:28+	00:43+	00:52+
18	Bertrand Denieul	877	40:35																			
01:06+	03:10+	12:29+	14:17+	14:59+	18:28+	20:25+	21:13+	22:03+	25:11+	26:21+	28:03+	29:59+	30:56+	32:10+	33:30+	34:31+	36:01+	38:01+	38:57+	39:19+	39:55+	40:35+
01:06+	02:04+	09:19+	01:48+	00:42+	03:29+	01:57+	00:48+	00:50+	03:08+	01:10+	01:42+	01:56+	00:57+	01:14+	01:20+	01:01+	01:30+	02:00+	00:56+	00:22+	00:36+	00:40+
01:06+	02:04+	09:19+	01:48+	00:42+	03:29+	01:57+	00:48+	00:50+	03:08+	01:10+	01:42+	01:56+	00:57+	01:14+	01:20+	01:01+	01:30+	02:00+	00:56+	00:22+	00:36+	00:40+
19	Øistein Haaland	1683	45:30																			
01:21+	12:00+	14:02+	16:22+	17:10+	17:46+	20:13+	21:09+	22:07+	23:39+	25:15+	28:48+	31:32+	32:50+	34:38+	36:22+	37:49+	39:28+	42:05+	43:13+	43:44+	44:33+	45:30+
01:21+	10:39+	02:02+	02:20+	00:48+	00:36+	02:27+	00:56+	00:58+	01:32+	01:36+	03:33+	02:44+	01:18+	01:48+	01:44+	01:27+	01:39+	02:37+	01:08+	00:31+	00:49+	00:57+
01:21+	10:39+	02:02+	02:20+	00:48+	00:36+	02:27+	00:56+	00:58+	01:32+	01:36+	03:33+	02:44+	01:18+	01:48+	01:44+	01:27+	01:39+	02:37+	01:08+	00:31+	00:49+	00:57+

Beste strekktid for klassen

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

HNY

1	Arild Opstad	3529	24:00						
02:42=	05:17=	08:00=	09:02=	11:41=	15:34=	19:05=	20:34=	22:12=	24:00=
02:42=	02:35=	02:43=	01:02=	02:39=	03:53=	03:31=	01:29=	01:38=	01:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

02:42 02:35 02:43 01:02 02:39 03:53 03:31 01:29 01:38 01:48

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

HT

1	Thor Hesselsøe	1376	15:16								
00:46=	01:39=	04:08=	05:58=	06:33=	07:34=	09:21=	10:51=	12:38=	13:31=	14:35=	15:16=
00:46=	00:53=	02:29=	01:50=	00:35=	01:01=	01:47=	01:30=	01:47=	00:53=	01:04=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Adam Alfred Brennhagen	3512	17:45								
01:04+	02:03+	04:26+	06:11+	07:03+	08:06+	11:55+	13:15+	14:46+	15:43+	17:06+	17:45+
01:04+	00:59+	02:23-	01:45-	00:52+	01:03+	03:49+	01:20-	01:31-	00:57+	01:23+	00:39-
00:18&	00:06#	00:06-	00:05-	00:17&	00:02+	02:02@	00:10-	00:16-	00:04+	00:19&	00:02-
3	Aksel Kleppa Hartmann	793	19:38								
01:07+	02:23+	05:06+	07:11+	07:51+	09:04+	11:15+	15:00+	16:43+	17:42+	18:59+	19:38+
01:07+	01:16+	02:43+	02:05+	00:40+	01:13+	02:11+	03:45+	01:43-	00:59+	01:17+	00:39-
00:21&	00:23&	00:14+	00:15#	00:05#	00:12#	00:24#	02:15@	00:04-	00:06#	00:13#	00:02-
4	Svein Sivertsen	3530	22:40								
01:10+	02:46+	06:05+	09:35+	10:44+	12:23+	14:25+	16:23+	18:51+	20:05+	21:46+	22:40+
01:10+	01:36+	03:19+	03:30+	01:09+	01:39+	02:02+	01:58+	02:28+	01:14+	01:41+	00:54+
00:24&	00:43&	00:50&	01:40&	00:34&	00:38&	00:15#	00:28&	00:41&	00:21&	00:37&	00:13&

Class	Navn	Klasse	Tid
HT			
5	Svein Erik Bjørnsen	1376	22:57
	00:59+ 02:07+ 04:39+ 10:05+ 10:57+ 12:24+ 14:35+ 16:41+ 18:28+ 19:37+ 22:16+ 22:57+		
	00:59+ 01:08+ 02:32+ 05:26+ 00:52+ 01:27+ 02:11+ 02:06+ 01:47+ 01:09+ 02:39+ 00:41=		
	00:13& 00:15& 00:03+ 03:36& 00:17& 00:26& 00:24# 00:36& 00:00= 00:16& 01:35& 00:00=		
6	Håvard Stensland	3503	22:59
	01:41+ 02:44+ 05:27+ 07:48+ 08:38+ 10:21+ 12:22+ 17:00+ 19:32+ 20:37+ 22:17+ 22:59+		
	01:41+ 01:03+ 02:43+ 02:21+ 00:50+ 01:43+ 02:01+ 04:38+ 02:32+ 01:05+ 01:40+ 00:42+		
	01:41+ 01:03+ 02:43+ 02:21+ 00:50+ 01:43+ 02:01+ 04:38+ 02:32+ 01:05+ 01:40+ 00:42+		
7	Bartłomiej Lenart	1376	23:00
	01:11+ 01:58+ 04:35+ 12:58+ 13:37+ 15:16+ 16:56+ 18:41+ 20:07+ 20:56+ 22:16+ 23:00+		
	01:11+ 00:47+ 02:37+ 08:23+ 00:39+ 01:39+ 01:40+ 01:45+ 01:26+ 00:49+ 01:20+ 00:44+		
	01:11+ 00:47+ 02:37+ 08:23+ 00:39+ 01:39+ 01:40+ 01:45+ 01:26+ 00:49+ 01:20+ 00:44+		
8	Lars Salvesen	1119	23:20
	01:13+ 02:38+ 06:13+ 09:41+ 10:35+ 12:01+ 14:12+ 16:04+ 19:37+ 20:52+ 22:26+ 23:20+		
	01:13+ 01:25+ 03:35+ 03:28+ 00:54+ 01:26+ 02:11+ 01:52+ 03:33+ 01:15+ 01:34+ 00:54+		
	01:13+ 01:25+ 03:35+ 03:28+ 00:54+ 01:26+ 02:11+ 01:52+ 03:33+ 01:15+ 01:34+ 00:54+		
9	Timothée Maillefer	877	23:52
	01:19+ 02:51+ 06:31+ 09:03+ 10:01+ 11:29+ 14:40+ 17:29+ 19:49+ 21:14+ 22:54+ 23:52+		
	01:19+ 01:32+ 03:40+ 02:32+ 00:58+ 01:28+ 03:11+ 02:49+ 02:20+ 01:25+ 01:40+ 00:58+		
	01:19+ 01:32+ 03:40+ 02:32+ 00:58+ 01:28+ 03:11+ 02:49+ 02:20+ 01:25+ 01:40+ 00:58+		
10	Harald Paulsen Grøndal	4288	23:57
	01:00+ 02:17+ 05:01+ 07:30+ 09:18+ 15:18+ 16:57+ 18:55+ 20:54+ 21:54+ 23:16+ 23:57+		
	01:00+ 01:17+ 02:44+ 02:29+ 01:48+ 06:00+ 01:39+ 01:58+ 01:59+ 01:00+ 01:22+ 00:41+		
	01:00+ 01:17+ 02:44+ 02:29+ 01:48+ 06:00+ 01:39+ 01:58+ 01:59+ 01:00+ 01:22+ 00:41+		
11	Sjur Bjerke	3525	24:15
	01:09+ 02:34+ 05:26+ 08:14+ 09:11+ 10:39+ 13:32+ 16:05+ 18:14+ 19:35+ 23:13+ 24:15+		
	01:09+ 01:25+ 02:52+ 02:48+ 00:57+ 01:28+ 02:53+ 02:33+ 02:09+ 01:21+ 03:38+ 01:02+		
	01:09+ 01:25+ 02:52+ 02:48+ 00:57+ 01:28+ 02:53+ 02:33+ 02:09+ 01:21+ 03:38+ 01:02+		
12	Anders Frøytlog	3502	24:34
	01:05+ 02:10+ 04:59+ 07:19+ 10:21+ 12:49+ 18:02+ 19:34+ 21:06+ 22:14+ 23:42+ 24:34+		
	01:05+ 01:05+ 02:49+ 02:20+ 03:02+ 02:28+ 05:13+ 01:32+ 01:32+ 01:08+ 01:28+ 00:52+		
	01:05+ 01:05+ 02:49+ 02:20+ 03:02+ 02:28+ 05:13+ 01:32+ 01:32+ 01:08+ 01:28+ 00:52+		
13	Viktor Klippen	880	24:39
	01:12+ 02:16+ 04:19+ 08:45+ 09:26+ 11:11+ 13:52+ 17:16+ 19:55+ 20:58+ 23:45+ 24:39+		
	01:12+ 01:04+ 02:03+ 04:26+ 00:41+ 01:45+ 02:41+ 03:24+ 02:39+ 01:03+ 02:47+ 00:54+		
	01:12+ 01:04+ 02:03+ 04:26+ 00:41+ 01:45+ 02:41+ 03:24+ 02:39+ 01:03+ 02:47+ 00:54+		
14	Nils Egil Lie	3548	24:40
	02:16+ 03:19+ 06:37+ 10:27+ 11:19+ 13:14+ 15:13+ 18:06+ 20:58+ 22:18+ 23:50+ 24:40+		
	02:16+ 01:03+ 03:18+ 03:50+ 00:52+ 01:55+ 01:59+ 02:53+ 02:52+ 01:20+ 01:32+ 00:50+		
	02:16+ 01:03+ 03:18+ 03:50+ 00:52+ 01:55+ 01:59+ 02:53+ 02:52+ 01:20+ 01:32+ 00:50+		
15	Hans Østebø	793	24:42
	00:53+ 01:50+ 06:39+ 08:32+ 09:03+ 14:13+ 15:58+ 17:35+ 21:50+ 22:44+ 23:57+ 24:42+		
	00:53+ 00:57+ 04:49+ 01:53+ 00:31+ 05:10+ 01:45+ 01:37+ 04:15+ 00:54+ 01:13+ 00:45+		
	00:53+ 00:57+ 04:49+ 01:53+ 00:31+ 05:10+ 01:45+ 01:37+ 04:15+ 00:54+ 01:13+ 00:45+		
16	Per Olof Wallerstedt	3516	24:47
	01:20+ 02:36+ 05:31+ 08:00+ 08:42+ 09:56+ 12:01+ 13:31+ 15:14+ 22:03+ 23:52+ 24:47+		
	01:20+ 01:16+ 02:55+ 02:29+ 00:42+ 01:14+ 02:05+ 01:30+ 01:43+ 06:49+ 01:49+ 00:55+		
	01:20+ 01:16+ 02:55+ 02:29+ 00:42+ 01:14+ 02:05+ 01:30+ 01:43+ 06:49+ 01:49+ 00:55+		
17	Bruno Pierfelice	3519	25:53
	01:06+ 02:13+ 05:03+ 07:54+ 08:35+ 10:17+ 14:38+ 16:21+ 20:32+ 21:32+ 25:00+ 25:53+		
	01:06+ 01:07+ 02:50+ 02:51+ 00:41+ 01:42+ 04:21+ 01:43+ 04:11+ 01:00+ 03:28+ 00:53+		
	01:06+ 01:07+ 02:50+ 02:51+ 00:41+ 01:42+ 04:21+ 01:43+ 04:11+ 01:00+ 03:28+ 00:53+		
18	Stein Nordal	4242	26:50
	01:20+ 02:32+ 05:46+ 08:29+ 09:21+ 13:41+ 18:41+ 21:13+ 23:37+ 24:47+ 26:10+ 26:50+		
	01:20+ 01:12+ 03:14+ 02:43+ 00:52+ 04:20+ 05:00+ 02:32+ 02:24+ 01:10+ 01:23+ 00:40+		
	01:20+ 01:12+ 03:14+ 02:43+ 00:52+ 04:20+ 05:00+ 02:32+ 02:24+ 01:10+ 01:23+ 00:40+		

Class	Navn	Klasse	Tid
HT			
19	John Helge Svandal	3531	26:55
01:12+	02:39+	05:51+	12:11+
12:58+	14:36+	17:16+	20:11+
22:50+	24:34+	26:10+	26:55+
01:12+	01:27+	03:12+	06:20+
00:47+	01:38+	02:40+	02:55+
02:39+	01:44+	01:36+	00:45+
01:12+	01:27+	03:12+	06:20+
00:47+	01:38+	02:40+	02:55+
02:39+	01:44+	01:36+	00:45+
20	Tore T Berg	793	27:15
01:21+	02:28+	05:01+	07:39+
08:37+	10:49+	19:11+	22:03+
23:48+	24:52+	26:23+	27:15+
01:21+	01:07+	02:33+	02:38+
00:58+	02:12+	08:22+	02:52+
01:45+	01:04+	01:31+	00:52+
01:21+	01:07+	02:33+	02:38+
00:58+	02:12+	08:22+	02:52+
01:45+	01:04+	01:31+	00:52+
21	Stig E. Ollestad	3519	27:47
01:08+	02:43+	04:54+	07:40+
08:23+	14:06+	18:47+	20:26+
24:47+	25:51+	26:59+	27:47+
01:08+	01:35+	02:11+	02:46+
00:43+	05:43+	04:41+	01:39+
04:21+	01:04+	01:08+	00:48+
01:08+	01:35+	02:11+	02:46+
00:43+	05:43+	04:41+	01:39+
04:21+	01:04+	01:08+	00:48+
22	Arild Svihus	892	28:02
01:36+	03:15+	06:35+	10:16+
11:24+	13:04+	16:55+	18:39+
24:34+	25:50+	27:06+	28:02+
01:36+	01:39+	03:20+	03:41+
01:08+	01:40+	03:51+	01:44+
05:55+	01:16+	01:16+	00:56+
01:36+	01:39+	03:20+	03:41+
01:08+	01:40+	03:51+	01:44+
05:55+	01:16+	01:16+	00:56+
23	Leif Jarle Skåra	3502	28:41
01:24+	02:51+	07:14+	10:50+
11:46+	13:31+	17:43+	20:24+
24:22+	25:37+	27:40+	28:41+
01:24+	01:27+	04:23+	03:36+
00:56+	01:45+	04:12+	02:41+
03:58+	01:15+	02:03+	01:01+
01:24+	01:27+	04:23+	03:36+
00:56+	01:45+	04:12+	02:41+
03:58+	01:15+	02:03+	01:01+
24	Lars Tore Kvasheim	793	28:56
01:52+	03:27+	07:17+	10:47+
11:59+	13:52+	18:27+	21:29+
24:07+	25:53+	27:50+	28:56+
01:52+	01:35+	03:50+	03:30+
01:12+	01:53+	04:35+	03:02+
02:38+	01:46+	01:57+	01:06+
01:52+	01:35+	03:50+	03:30+
01:12+	01:53+	04:35+	03:02+
02:38+	01:46+	01:57+	01:06+
25	John Øgreid	882	29:04
02:23+	04:07+	08:14+	11:30+
12:44+	15:09+	18:00+	21:21+
23:46+	25:33+	27:55+	29:04+
02:23+	01:44+	04:07+	03:16+
01:14+	02:25+	02:51+	03:21+
02:25+	01:47+	02:22+	01:09+
02:23+	01:44+	04:07+	03:16+
01:14+	02:25+	02:51+	03:21+
02:25+	01:47+	02:22+	01:09+
26	Rolf Øystein Kluge	793	29:41
02:31+	04:13+	08:12+	12:02+
13:06+	15:16+	19:04+	21:57+
24:03+	26:27+	28:38+	29:41+
02:31+	01:42+	03:59+	03:50+
01:04+	02:10+	03:48+	02:53+
02:06+	02:24+	02:11+	01:03+
02:31+	01:42+	03:59+	03:50+
01:04+	02:10+	03:48+	02:53+
02:06+	02:24+	02:11+	01:03+
27	Frode Følgesvold	880	29:47
01:18+	03:06+	06:52+	12:04+
13:17+	15:25+	18:57+	22:08+
24:51+	26:40+	28:44+	29:47+
01:18+	01:48+	03:46+	05:12+
01:13+	02:08+	03:32+	03:11+
02:43+	01:49+	02:04+	01:03+
01:18+	01:48+	03:46+	05:12+
01:13+	02:08+	03:32+	03:11+
02:43+	01:49+	02:04+	01:03+
28	Morten Tønnessen	3507	30:32
02:15+	03:54+	06:38+	08:59+
17:02+	18:47+	21:06+	23:07+
25:32+	26:55+	29:37+	30:32+
02:15+	01:39+	02:44+	02:21+
08:03+	01:45+	02:19+	02:01+
02:25+	01:23+	02:42+	00:55+
02:15+	01:39+	02:44+	02:21+
08:03+	01:45+	02:19+	02:01+
02:25+	01:23+	02:42+	00:55+
29	Eirik Hope	643	30:58
01:26+	03:20+	06:37+	09:35+
10:51+	19:03+	21:48+	24:25+
26:52+	28:33+	30:13+	30:58+
01:26+	01:54+	03:17+	02:58+
01:16+	08:12+	02:45+	02:37+
02:27+	01:41+	01:40+	00:45+
01:26+	01:54+	03:17+	02:58+
01:16+	08:12+	02:45+	02:37+
02:27+	01:41+	01:40+	00:45+
30	Ingve Morten Skjaeldal	4226	31:09
01:53+	03:25+	10:15+	14:37+
16:24+	18:36+	21:28+	24:32+
26:54+	28:24+	30:13+	31:09+
01:53+	01:32+	06:50+	04:22+
01:47+	02:12+	02:52+	03:04+
02:22+	01:30+	01:49+	00:56+
01:53+	01:32+	06:50+	04:22+
01:47+	02:12+	02:52+	03:04+
02:22+	01:30+	01:49+	00:56+
31	Glenn-Ove Kingstad	3676	32:34
02:47+	04:13+	06:53+	09:58+
10:50+	12:55+	15:54+	25:48+
28:19+	29:45+	31:43+	32:34+
02:47+	01:26+	02:40+	03:05+
00:52+	02:05+	02:59+	09:54+
02:31+	01:26+	01:58+	00:51+
02:47+	01:26+	02:40+	03:05+
00:52+	02:05+	02:59+	09:54+
02:31+	01:26+	01:58+	00:51+
32	Øivind Berentsen	4226	32:35
01:24+	02:58+	07:00+	11:15+
12:22+	14:10+	23:01+	25:39+
27:43+	29:18+	31:14+	32:35+
01:24+	01:34+	04:02+	04:15+
01:07+	01:48+	08:51+	02:38+
02:04+	01:35+	01:56+	01:21+
01:24+	01:34+	04:02+	04:15+
01:07+	01:48+	08:51+	02:38+
02:04+	01:35+	01:56+	01:21+

Class	Navn	Klasse	Tid									
HT												
33	Steinar Løgith Aase	2539	33:07									
01:37+	03:32+	07:39+	11:09+	12:17+	14:01+	22:04+	25:00+	27:28+	29:38+	31:53+	33:07+	
01:37+	01:55+	04:07+	03:30+	01:08+	01:44+	08:03+	02:56+	02:28+	02:10+	02:15+	01:14+	
01:37+	01:55+	04:07+	03:30+	01:08+	01:44+	08:03+	02:56+	02:28+	02:10+	02:15+	01:14+	
34	Trond Raugstad	3598	33:11									
02:02+	03:19+	09:07+	16:56+	18:03+	19:48+	24:46+	27:21+	29:43+	30:59+	32:24+	33:11+	
02:02+	01:17+	05:48+	07:49+	01:07+	01:45+	04:58+	02:35+	02:22+	01:16+	01:25+	00:47+	
02:02+	01:17+	05:48+	07:49+	01:07+	01:45+	04:58+	02:35+	02:22+	01:16+	01:25+	00:47+	
35	Jan Henrik Neuenkirchen	896	33:41									
01:15+	02:57+	05:54+	20:35+	21:24+	23:00+	25:28+	27:56+	30:00+	31:12+	32:53+	33:41+	
01:15+	01:42+	02:57+	14:41+	00:49+	01:36+	02:28+	02:28+	02:04+	01:12+	01:41+	00:48+	
01:15+	01:42+	02:57+	14:41+	00:49+	01:36+	02:28+	02:28+	02:04+	01:12+	01:41+	00:48+	
36	Rohan Joseph	1376	34:31									
01:15+	03:20+	06:45+	09:55+	10:59+	18:46+	21:27+	24:01+	28:52+	30:23+	33:37+	34:31+	
01:15+	02:05+	03:25+	03:10+	01:04+	07:47+	02:41+	02:34+	04:51+	01:31+	03:14+	00:54+	
01:15+	02:05+	03:25+	03:10+	01:04+	07:47+	02:41+	02:34+	04:51+	01:31+	03:14+	00:54+	
37	Erland Båtnes Berntsen	643	34:32									
01:02+	02:05+	04:46+	08:04+	09:04+	20:48+	23:41+	26:44+	30:19+	31:52+	33:28+	34:32+	
01:02+	01:03+	02:41+	03:18+	01:00+	11:44+	02:53+	03:03+	03:35+	01:33+	01:36+	01:04+	
01:02+	01:03+	02:41+	03:18+	01:00+	11:44+	02:53+	03:03+	03:35+	01:33+	01:36+	01:04+	
38	Finn Otto Tveit	3507	34:56									
01:13+	03:01+	05:26+	21:25+	22:08+	24:38+	27:41+	29:49+	31:27+	32:37+	34:07+	34:56+	
01:13+	01:48+	02:25+	15:59+	00:43+	02:30+	03:03+	02:08+	01:38+	01:10+	01:30+	00:49+	
01:13+	01:48+	02:25+	15:59+	00:43+	02:30+	03:03+	02:08+	01:38+	01:10+	01:30+	00:49+	
39	Joar Fandrem	1141	36:50									
01:43+	03:53+	07:52+	11:51+	13:19+	16:19+	19:51+	23:03+	29:20+	30:55+	35:35+	36:50+	
01:43+	02:10+	03:59+	03:59+	01:28+	03:00+	03:32+	03:12+	06:17+	01:35+	04:40+	01:15+	
01:43+	02:10+	03:59+	03:59+	01:28+	03:00+	03:32+	03:12+	06:17+	01:35+	04:40+	01:15+	
40	Jan Erik Rasmussen	3519	41:20									
01:39+	03:30+	08:41+	13:10+	14:41+	17:08+	28:54+	32:58+	36:24+	38:17+	40:12+	41:20+	
01:39+	01:51+	05:11+	04:29+	01:31+	02:27+	11:46+	04:04+	03:26+	01:53+	01:55+	01:08+	
01:39+	01:51+	05:11+	04:29+	01:31+	02:27+	11:46+	04:04+	03:26+	01:53+	01:55+	01:08+	
41	Igor Muzdeka	643	42:23									
01:33+	03:37+	10:53+	15:16+	16:29+	18:29+	21:53+	29:24+	35:53+	38:32+	41:14+	42:23+	
01:33+	02:04+	07:16+	04:23+	01:13+	02:00+	03:24+	07:31+	06:29+	02:39+	02:42+	01:09+	
01:33+	02:04+	07:16+	04:23+	01:13+	02:00+	03:24+	07:31+	06:29+	02:39+	02:42+	01:09+	
42	Tom Leveraas	1884	43:25									
01:46+	03:28+	06:56+	09:59+	20:58+	22:45+	29:43+	35:30+	38:29+	39:50+	42:34+	43:25+	
01:46+	01:42+	03:28+	03:03+	10:59+	01:47+	06:58+	05:47+	02:59+	01:21+	02:44+	00:51+	
01:46+	01:42+	03:28+	03:03+	10:59+	01:47+	06:58+	05:47+	02:59+	01:21+	02:44+	00:51+	
43	Kjell-Ole Topnes	1683	45:59									
01:56+	03:50+	10:46+	14:13+	15:24+	18:27+	25:09+	30:24+	36:21+	37:39+	44:26+	45:59+	
01:56+	01:54+	06:56+	03:27+	01:11+	03:03+	06:42+	05:15+	05:57+	01:18+	06:47+	01:33+	
01:56+	01:54+	06:56+	03:27+	01:11+	03:03+	06:42+	05:15+	05:57+	01:18+	06:47+	01:33+	
44	Jon Grepstad	3531	53:36									
01:54+	04:27+	08:50+	13:54+	25:44+	36:06+	39:17+	42:48+	46:43+	48:43+	51:57+	53:36+	
01:54+	02:33+	04:23+	05:04+	11:50+	10:22+	03:11+	03:31+	03:55+	02:00+	03:14+	01:39+	
01:54+	02:33+	04:23+	05:04+	11:50+	10:22+	03:11+	03:31+	03:55+	02:00+	03:14+	01:39+	
45	Per Bakken	880	58:31									
02:28+	04:31+	09:05+	13:13+	15:20+	35:14+	42:09+	46:08+	53:14+	54:40+	57:19+	58:31+	
02:28+	02:03+	04:34+	04:08+	02:07+	19:54+	06:55+	03:59+	07:06+	01:26+	02:39+	01:12+	
02:28+	02:03+	04:34+	04:08+	02:07+	19:54+	06:55+	03:59+	07:06+	01:26+	02:39+	01:12+	
46	Augustine Okafor	1683	1:07:53									
03:23+	05:39+	10:56+	37:42+	39:56+	40:34+	44:08+	51:24+	54:18+	62:41+	64:09+	66:50+	67:53+
03:23+	02:16+	05:17+	26:46+	02:14+	00:38+	03:34+	07:16+	02:54+	08:23+	01:28+	02:41+	01:03+
03:23+	02:16+	05:17+	26:46+	02:14+	00:38+	03:34+	07:16+	02:54+	08:23+	01:28+	02:41+	01:03+

Plass **Navn**

Klasse

Tid

HT

Beste strekktid for klassen

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