

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&	02:57ø	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&	02:12ø	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+	07:54ø	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+	02:58ø	00:05+	00:12#	00:01=	00:25#	01:58&	00:54&	00:07=	02:44ø	00:11#	00:03+	00:46ø	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&	00:49ø	01:03&	00:02=	00:32&	00:07#	01:04&	00:26&	00:20&	01:21ø	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#	01:06ø	00:22#	00:09+	04:12ø	00:14=	01:06&	00:05+	00:01=	00:21&	00:06#	02:12ø	05:39ø	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#	05:38ø	00:50&	01:43&	00:20&	00:41&	00:47&	00:37&	00:19&	01:13&	01:18ø	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&	05:40ø	00:51&	01:42&	00:17&	00:44&	00:52&	00:31&	00:16&	01:17&	01:14ø	00:12#	00:01+	00:22&	00:40&	01:50&	00:18#	00:04=	00:04=
14	Ingvild Amaliksen					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+	04:23ø	00:44&	00:40&	00:22&	00:37&	00:10=	00:08#	00:52ø	00:47&	03:10ø	00:15&	00:07#	00:33&	00:20&	08:18ø	01:14&	00:01=	00:03+

Plass	Navn										Klasse										Tid									
D16																														

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-						

Plass	Navn	Klasse	Tid
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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 Nystrom												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 Mjolsnes												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-	

Plass	Navn					Klasse					Tid				
D50															
12	Astri Sandanger					896					31:14				
01:26+	03:58+	05:17+	07:36+	08:43+	11:42+	15:18+	15:50+	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.

Plass	Navn	Klasse	Tid
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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
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= 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+	

Plass	Navn	Klasse										Tid			
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D65

5	Amanda Renshaw												1758				32:55			
03:18+	06:16+	09:58+	10:37+	12:20+	13:35+	17:49+	19:37+	21:36+	26:03+	27:31+	29:53+	31:01+	31:54+	32:55+						
03:18+	02:58+	03:42+	00:39+	01:43+	01:15+	04:14+	01:48+	01:59-	04:27+	01:28+	02:22+	01:08-	00:53+	01:01+						
00:29#	00:47&	02:21@	00:05#	00:07+	00:02+	00:16+	00:10#	00:01-	03:06@	00:08#	00:12+	00:05-	00:01+	00:03+						
6	May Meling												593				33:52			
03:06+	06:38+	08:41+	10:16+	12:27+	14:46+	20:26+	22:19+	24:16+	27:03+	28:21+	30:41+	31:53+	32:52+	33:52+						
03:06+	03:32+	02:03+	01:35+	02:11+	02:19+	05:40+	01:53+	01:57+	02:47+	01:18+	02:20+	01:12+	00:59+	01:00+						
03:06+	03:32+	02:03+	01:35+	02:11+	02:19+	05:40+	01:53+	01:57+	02:47+	01:18+	02:20+	01:12+	00:59+	01:00+						
7	Eli Frafjord												1141				36:45			
03:20+	06:04+	07:29+	08:32+	10:45+	18:50+	23:35+	25:45+	27:56+	29:29+	31:18+	33:16+	34:35+	35:41+	36:45+						
03:20+	02:44+	01:25+	01:03+	02:13+	08:05+	04:45+	02:10+	02:11+	01:33+	01:49+	01:58+	01:19+	01:06+	01:04+						
03:20+	02:44+	01:25+	01:03+	02:13+	08:05+	04:45+	02:10+	02:11+	01:33+	01:49+	01:58+	01:19+	01:06+	01:04+						
8	Anne Katrine Lycke												1884				45:52			
04:05+	07:45+	11:47+	12:33+	14:38+	16:15+	21:10+	23:24+	27:06+	28:46+	31:29+	42:29+	43:42+	44:49+	45:52+						
04:05+	03:40+	04:02+	00:46+	02:05+	01:37+	04:55+	02:14+	03:42+	01:40+	02:43+	11:00+	01:13+	01:07+	01:03+						
04:05+	03:40+	04:02+	00:46+	02:05+	01:37+	04:55+	02:14+	03:42+	01:40+	02:43+	11:00+	01:13+	01:07+	01:03+						
9	Ingrid Eik												1830				48:03			
08:41+	10:51+	11:51+	12:25+	14:12+	24:53+	28:50+	30:23+	32:07+	33:33+	36:34+	38:30+	39:35+	40:27+	41:24+						
08:41+	02:10+	01:00+	00:34+	01:47+	10:41+	03:57+	01:33+	01:44+	01:26+	03:01+	01:56+	01:05+	00:52+	00:57+						
08:41+	02:10+	01:00+	00:34+	01:47+	10:41+	03:57+	01:33+	01:44+	01:26+	03:01+	01:56+	01:05+	00:52+	00:57+						
10	Åse Kristensen												1141				1:12:06			
06:35+	17:14+	24:56+	26:23+	30:53+	37:40+	45:04+	48:32+	53:05+	57:10+	60:42+	65:40+	68:55+	70:31+	72:06+						
06:35+	10:39+	07:42+	01:27+	04:30+	06:47+	07:24+	03:28+	04:33+	04:05+	03:32+	04:58+	03:15+	01:36+	01:35+						
06:35+	10:39+	07:42+	01:27+	04:30+	06:47+	07:24+	03:28+	04:33+	04:05+	03:32+	04:58+	03:15+	01:36+	01:35+						

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=	10:51=	11:58=	16:59=	19:50=	21:51=	23:39=	25:26=	28:02=	29:30=	30:37=	31:38=		
04:43=	02:15=	01:09=	00:41=	02:03=	01:07=	05:01=	02:51=	02:01=	01:48=	01:47=	02:36=	01:28=	01:07=	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=	00:00=	00:00=	00:00=		
2	Kirsten Carlsen												1884		42:04	
07:57+	10:10+	18:02+	18:43+	20:40+	22:08+	26:14+	29:32+	32:00+	33:49+	35:22+	38:44+	39:59+	40:57+	42:04+		
07:57+	02:13-	07:52+	00:41=	01:57-	01:28+	04:06-	03:18+	02:28+	01:49+	01:33-	03:22+	01:15-	00:58-	01:07+		
03:14&	00:02-	06:43@	00:00=	00:06-	00:21&	00:55-	00:27#	00:27#	00:01+	00:14-	00:46&	00:13-	00:09-	00:06+		
3	Berit Gramstad												3551		53:42	
05:17+	09:34+	11:58+	13:25+	16:20+	28:51+	35:36+	38:49+	42:41+	44:43+	47:09+	49:46+	51:14+	52:22+	53:42+		
05:17+	04:17+	02:24+	01:27+	02:55+	12:31+	06:45+	03:13+	03:52+	02:02+	02:26+	02:37+	01:28=	01:08+	01:20+		
00:34#	02:02&	01:15@	00:46@	00:52&	11:24@	01:44&	00:22#	01:51&	00:14#	00:39&	00:01+	00:00=	00:01+	00:19&		

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
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= 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=	07:51=	08:44=	12:10=	13:54=	15:32=	16:48=	18:19=	20:19=	21:13=	22:04=	22:49=				
02:27=	01:50=	01:03=	00:35=	01:56=	00:53=	03:26=	01:44=	01:38=	01:16=	01:31=	02:00=	00:54=	00:51=	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=				

Plass	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=	17:09=	18:13=	19:48=	20:35=	20:54=	21:23=	22:00=			
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=	00:45=	01:04=	01:35=	00:47=	00:19=	00:29=	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=			

Plass	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=				

Plass	Navn	Klasse	Tid
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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-			

Plass	Navn										Klasse	Tid									
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#	00:17&	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&								

Plass	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+	00:55+				
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+	01:00+				
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 Mjølhus				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+	00:55+				
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+	00:51+				
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+				
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+	00:52+				
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+	00:56+				
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+	01:35+				
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+	01:02+				
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+	01:21+				
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+	00:56+				
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+	01:16+				
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+	01:15+				
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+				

Plass	Navn					Klasse								Tid	
DT															
25	Elisabet Horpestad					896								33:55	
01:24+	02:42+	04:57+	16:22+	17:31+	19:07+	21:21+	23:07+	29:54+	31:20+	32:05+	33:07+	33:55+			
01:24+	01:18+	02:15+	11:25+	01:09+	01:36+	02:14+	01:46+	06:47+	01:26+	00:45+	01:02+	00:48+			
01:24+	01:18+	02:15+	11:25+	01:09+	01:36+	02:14+	01:46+	06:47+	01:26+	00:45+	01:02+	00:48+			
26	Eli Thorset Våge					896								35:39	
01:48+	03:44+	06:27+	11:46+	14:59+	16:54+	20:36+	23:50+	30:17+	32:05+	33:09+	34:27+	35:39+			
01:48+	01:56+	02:43+	05:19+	03:13+	01:55+	03:42+	03:14+	06:27+	01:48+	01:04+	01:18+	01:12+			
01:48+	01:56+	02:43+	05:19+	03:13+	01:55+	03:42+	03:14+	06:27+	01:48+	01:04+	01:18+	01:12+			
27	Sigrund Serigstad					879								37:19	
01:32+	02:54+	05:50+	12:30+	19:10+	20:50+	25:56+	28:24+	33:51+	35:08+	35:50+	36:36+	37:19+			
01:32+	01:22+	02:56+	06:40+	06:40+	01:40+	05:06+	02:28+	05:27+	01:17+	00:42+	00:46+	00:43+			
01:32+	01:22+	02:56+	06:40+	06:40+	01:40+	05:06+	02:28+	05:27+	01:17+	00:42+	00:46+	00:43+			
28	Anne Hilde Halleraker					882								37:26	
01:45+	03:28+	07:36+	12:23+	14:29+	18:16+	26:00+	28:29+	31:40+	33:35+	34:43+	36:23+	37:26+			
01:45+	01:43+	04:08+	04:47+	02:06+	03:47+	07:44+	02:29+	03:11+	01:55+	01:08+	01:40+	01:03+			
01:45+	01:43+	04:08+	04:47+	02:06+	03:47+	07:44+	02:29+	03:11+	01:55+	01:08+	01:40+	01:03+			
29	Silje Rese					1832								37:56	
01:47+	03:25+	13:08+	17:02+	18:22+	20:00+	22:55+	32:01+	33:17+	35:02+	35:52+	37:03+	37:56+			
01:47+	01:38+	09:43+	03:54+	01:20+	01:38+	02:55+	09:06+	01:16+	01:45+	00:50+	01:11+	00:53+			
01:47+	01:38+	09:43+	03:54+	01:20+	01:38+	02:55+	09:06+	01:16+	01:45+	00:50+	01:11+	00:53+			
30	Shazia Ali Zade					1832								37:59	
01:52+	03:31+	13:13+	17:06+	18:26+	20:06+	23:00+	32:01+	33:22+	35:05+	35:56+	37:07+	37:59+			
01:52+	01:39+	09:42+	03:53+	01:20+	01:40+	02:54+	09:01+	01:21+	01:43+	00:51+	01:11+	00:52+			
01:52+	01:39+	09:42+	03:53+	01:20+	01:40+	02:54+	09:01+	01:21+	01:43+	00:51+	01:11+	00:52+			
31	Liv Janne Fandrem Biland					892								38:39	
06:03+	07:36+	10:25+	17:01+	18:49+	20:43+	25:50+	29:46+	33:50+	35:17+	36:07+	37:32+	38:39+			
06:03+	01:33+	02:49+	06:36+	01:48+	01:54+	05:07+	03:56+	04:04+	01:27+	00:50+	01:25+	01:07+			
06:03+	01:33+	02:49+	06:36+	01:48+	01:54+	05:07+	03:56+	04:04+	01:27+	00:50+	01:25+	01:07+			
32	Anastasia Ollestad					3676								39:37	
01:28+	03:16+	09:26+	16:18+	17:23+	19:49+	24:59+	33:26+	34:50+	36:13+	37:14+	38:29+	39:37+			
01:28+	01:48+	06:10+	06:52+	01:05+	02:26+	05:10+	08:27+	01:24+	01:23+	01:01+	01:15+	01:08+			
01:28+	01:48+	06:10+	06:52+	01:05+	02:26+	05:10+	08:27+	01:24+	01:23+	01:01+	01:15+	01:08+			
33	Maria Boge Lauvsnes					722								41:15	
01:35+	03:14+	07:02+	10:04+	11:16+	12:47+	16:46+	18:23+	20:04+	36:34+	37:18+	40:19+	41:15+			
01:35+	01:39+	03:48+	03:02+	01:12+	01:31+	03:59+	01:37+	01:41+	16:30+	00:44+	03:01+	00:56+			
01:35+	01:39+	03:48+	03:02+	01:12+	01:31+	03:59+	01:37+	01:41+	16:30+	00:44+	03:01+	00:56+			
34	Bente Skagseth					3558								43:43	
01:43+	03:22+	06:13+	11:44+	13:35+	17:56+	23:57+	26:59+	37:55+	40:21+	41:17+	42:35+	43:43+			
01:43+	01:39+	02:51+	05:31+	01:51+	04:21+	06:01+	03:02+	10:56+	02:26+	00:56+	01:18+	01:08+			
01:43+	01:39+	02:51+	05:31+	01:51+	04:21+	06:01+	03:02+	10:56+	02:26+	00:56+	01:18+	01:08+			
35	Maria Haukalid					3511								46:17	
02:41+	04:33+	07:08+	11:15+	15:17+	16:56+	24:28+	39:24+	41:09+	42:55+	43:47+	45:08+	46:17+			
02:41+	01:52+	02:35+	04:07+	04:02+	01:39+	07:32+	14:56+	01:45+	01:46+	00:52+	01:21+	01:09+			
02:41+	01:52+	02:35+	04:07+	04:02+	01:39+	07:32+	14:56+	01:45+	01:46+	00:52+	01:21+	01:09+			
36	May Kristin Haaland					3511								49:45	
03:55+	07:05+	10:36+	19:55+	22:27+	25:09+	33:44+	38:38+	42:12+	44:55+	46:19+	47:58+	49:45+			
03:55+	03:10+	03:31+	09:19+	02:32+	02:42+	08:35+	04:54+	03:34+	02:43+	01:24+	01:39+	01:47+			
03:55+	03:10+	03:31+	09:19+	02:32+	02:42+	08:35+	04:54+	03:34+	02:43+	01:24+	01:39+	01:47+			
37	Jannecke A. Moe					1758								51:30	
03:37+	06:01+	20:30+	25:26+	27:26+	33:32+	38:23+	41:21+	44:37+	46:41+	48:41+	50:24+	51:30+			
03:37+	02:24+	14:29+	04:56+	02:00+	06:06+	04:51+	02:58+	03:16+	02:04+	02:00+	01:43+	01:06+			
03:37+	02:24+	14:29+	04:56+	02:00+	06:06+	04:51+	02:58+	03:16+	02:04+	02:00+	01:43+	01:06+			
38	Ragnhild Christiansen					1884								57:03	
03:35+	07:00+	12:36+	21:55+	25:25+	28:32+	36:08+	44:01+	47:28+	50:37+	52:22+	54:29+	57:03+			
03:35+	03:25+	05:36+	09:19+	03:30+	03:07+	07:36+	07:53+	03:27+	03:09+	01:45+	02:07+	02:34+			
03:35+	03:25+	05:36+	09:19+	03:30+	03:07+	07:36+	07:53+	03:27+	03:09+	01:45+	02:07+	02:34+			

Plass	Navn	Klasse	Tid
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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 strekktid 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=	06:57=	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#			

Plass	Navn	Klasse										Tid									
-------	------	--------	--	--	--	--	--	--	--	--	--	-----	--	--	--	--	--	--	--	--	--

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=	07:25=	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-				

Plass	Navn	Klasse										Tid									
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

Plass	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+	

Plass	Navn				Klasse								Tid							
H50																				
15	Trygve Michaelsen				896								34:05							
01:00+	04:03+	05:45+	07:19+	09:33+	11:30+	12:18+	15:14+	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 Brådlund				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.

Plass	Navn				Klasse				Tid											
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 Bergen				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#		

Plass	Navn	Klasse										Tid						
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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@

Plass	Navn				Klasse				Tid											
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#	

Plass	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#																

Plass	Navn										Klasse										Tid	
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&											

Plass	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+	29:58+	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=

Plass	Navn					Klasse					Tid														
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#				

Plass	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 Ronæss					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+	01:12+	02:08+	01:38+	00:53+	01:42+	00:52+	01:07+	02:37+	00:52+	00:20+	00:39+	00:45+	
	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+	01:12+	02:08+	01:38+	00:53+	01:42+	00:52+	01:07+	02:37+	00:52+	00:20+	00:39+	00:45+	

Plass	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 Øvreimo										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+	00:13#	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+	01:15+	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-	00:04+	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#	00:10#	00:06+	00:01+	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#	00:12#	00:11&	00:07#	00:29&	00:05#	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#	00:05+	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&	00:16&	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&

Plass	Navn	Klasse	Tid
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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&

Plass	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+	03:360	00:17&	00:26&	00:24#	00:36&	00:00=	00:16&	01:350	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+			

Plass	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 Kvassheim											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 Kingestad											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+		

Plass	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
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HT

Beste strekktid for klassen

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