

Sørmarka											Strekktider		-04.06.2025
Plass	Navn		Klasse								Tid		
D16													
1	Siri Eppeland		1884								37:53		
01:37=	06:26=	11:09=	14:28=	16:42=	20:40=	25:03=	30:03=	33:23=	35:58=	36:57=	37:53=		
01:37=	04:49=	04:43=	03:19=	02:14=	03:58=	04:23=	05:00=	03:20=	02:35=	00:59=	00:56=		
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	Nora Svendsen		892								39:09		
01:52+	06:46+	11:36+	16:20+	18:47+	22:38+	26:59+	30:23+	33:09-	36:09+	38:09+	39:09+		
01:52+	04:54+	04:50+	04:44+	02:27+	03:51-	04:21-	03:24-	02:46-	03:00+	02:00+	01:00+		
00:15#	00:05+	00:07+	01:25&	00:13+	00:07-	00:02-	01:36-	00:34-	00:25#	01:01@	00:04+		
3	Karoline Blyberg Lillehammer		1758								39:12		
02:12+	07:41+	13:04+	15:54+	18:29+	22:48+	27:25+	31:47+	33:51+	36:42+	38:01+	39:12+		
02:12+	05:29+	05:23+	02:50-	02:35+	04:19+	04:37+	04:22-	02:04-	02:51+	01:19+	01:11+		
00:35&	00:40#	00:40#	00:29-	00:21#	00:21+	00:14+	00:38-	01:16-	00:16#	00:20&	00:15&		
4	Hanna Haaland Sømme		874								43:17		
01:37=	05:52-	10:57-	16:55+	20:50+	25:38+	30:52+	35:23+	37:27+	40:19+	42:16+	43:17+		
01:37=	04:15-	05:05+	05:58+	03:55+	04:48+	05:14+	04:31-	02:04-	02:52+	01:57+	01:01+		
00:00=	00:34-	00:22+	02:39&	01:41&	00:50#	00:51#	00:29-	01:16-	00:17#	00:58&	00:05+		
5	Hege Bakken		1754								47:04		
01:55+	06:32+	17:03+	19:53+	23:37+	29:11+	33:59+	39:03+	41:50+	44:52+	46:01+	47:04+		
01:55+	04:37-	10:31+	02:50-	03:44+	05:34+	04:48+	05:04+	02:47-	03:02+	01:09+	01:03+		
00:18#	00:12-	05:48@	00:29-	01:30&	01:36&	00:25+	00:04+	00:33-	00:27#	00:10#	00:07#		
6	Eli Karine Klungre		1754								47:54		
01:43+	08:03+	14:11+	20:03+	22:40+	26:51+	32:25+	36:51+	42:13+	45:29+	46:56+	47:54+		
01:43+	06:20+	06:08+	05:52+	02:37+	04:11+	05:34+	04:26-	05:22+	03:16+	01:27+	00:58+		
00:06+	01:31&	01:25&	02:33&	00:23#	00:13+	01:11&	00:34-	02:02&	00:41&	00:28&	00:02+		
7	Hanne Berg Aspøy		896								49:18		
02:57+	07:19+	21:43+	23:59+	27:48+	32:23+	36:55+	41:11+	44:07+	46:41+	48:20+	49:18+		
02:57+	04:22-	14:24+	02:16-	03:49+	04:35+	04:32+	04:16-	02:56-	02:34-	01:39+	00:58+		
01:20&	00:27-	09:41@	01:03-	01:35&	00:37#	00:09+	00:44-	00:24-	00:01-	00:40&	00:02+		
8	Ingrid Lycke Austbø		989								49:46		
01:47+	06:07-	12:27+	17:48+	21:22+	25:34+	32:17+	36:51+	43:05+	45:53+	48:31+	49:46+		
01:47+	04:20-	06:20+	05:21+	03:34+	04:12+	06:43+	04:34-	06:14+	02:48+	02:38+	01:15+		
00:10#	00:29-	01:37&	02:02&	01:20&	00:14+	02:20&	00:26-	02:54&	00:13+	01:39@	00:19&		
9	Åsne Salte Håland		3559								50:14		
02:24+	07:41+	17:25+	22:19+	29:38+	33:42+	38:31+	42:23+	44:31+	48:12+	49:13+	50:14+		
02:24+	05:17+	09:44+	04:54+	07:19+	04:04+	04:49+	03:52-	02:08-	03:41+	01:01+	01:01+		
00:47&	00:28+	05:01@	01:35&	05:05@	00:06+	00:26+	01:08-	01:12-	01:06&	00:02+	00:05+		
10	Christina Skår		3523								51:01		
03:43+	09:15+	17:16+	20:51+	23:34+	29:18+	34:41+	40:10+	42:44+	47:43+	49:38+	51:01+		
03:43+	05:32+	08:01+	03:35+	02:43+	05:44+	05:23+	05:29+	02:34-	04:59+	01:55+	01:23+		
02:06@	00:43#	03:18&	00:16+	00:29#	01:46&	01:00#	00:29+	00:46-	02:24&	00:56&	00:27&		
11	Ingvild Amalixsen		1683								52:20		
02:14+	09:05+	17:57+	23:43+	28:20+	34:13+	39:27+	43:52+	46:16+	49:38+	51:11+	52:20+		
02:14+	06:51+	08:52+	05:46+	04:37+	05:53+	05:14+	04:25-	02:24-	03:22+	01:33+	01:09+		
00:37&	02:02&	04:09&	02:27&	02:23@	01:55&	00:51#	00:35-	00:56-	00:47&	00:34&	00:13#		
12	Mari-Marthe Aamold		880								52:45		
01:29-	05:06-	09:20-	24:39+	28:35+	32:33+	36:37+	42:02+	48:15+	50:43+	51:49+	52:45+		
01:29-	03:37-	04:14-	15:19+	03:56+	03:58=	04:04-	05:25+	06:13+	02:28-	01:06+	00:56=		
00:08-	01:12-	00:29-	12:00@	01:42&	00:00=	00:19-	00:25+	02:53&	00:07-	00:07#	00:00=		
13	Helene Salte Håland		1376								56:35		
02:02+	05:42-	18:31+	34:07+	37:37+	41:16+	45:22+	50:13+	51:49+	54:14+	55:29+	56:35+		
02:02+	03:40-	12:49+	15:36+	03:30+	03:39-	04:06-	04:51-	01:36-	02:25-	01:15+	01:06+		
00:25&	01:09-	08:06@	12:17@	01:16&	00:19-	00:17-	00:09-	01:44-	00:10-	00:16&	00:10#		
14	Johanne Trandem Næss		3512								59:58		
03:09+	08:59+	16:13+	22:47+	27:16+	31:34+	37:00+	41:50+	54:19+	57:25+	58:58+	59:58+		
03:09+	05:50+	07:14+	06:34+	04:29+	04:18+	05:26+	04:50-	12:29+	03:06+	01:33+	01:00+		
01:32&	01:01#	02:31&	03:15&	02:15@	00:20+	01:03#	00:10-	09:09@	00:31#	00:34&	00:04+		

Plass	Navn												Klasse												Tid
D16																									
15	Svitlana Rasheva											1683												1:04:36	
05:04+	12:35+	20:17+	24:09+	29:14+	42:26+	48:23+	53:41+	56:18+	61:38+	63:11+	64:36+														
05:04+	07:31+	07:42+	03:52+	05:05+	13:12+	05:57+	05:18+	02:37-	05:20+	01:33+	01:25+														
03:27@	02:42&	02:59&	00:33#	02:51@	09:14@	01:34&	00:18+	00:43-	02:45@	00:34&	00:29&														
16	Kristine Samnøen											722												1:04:59	
03:33+	12:55+	20:47+	25:06+	34:05+	38:37+	50:52+	55:38+	57:52+	60:53+	63:59+	64:59+														
03:33+	09:22+	07:52+	04:19+	08:59+	04:32+	12:15+	04:46+	02:14+	03:01+	03:06+	01:00+														
03:33+	09:22+	07:52+	04:19+	08:59+	04:32+	12:15+	04:46+	02:14+	03:01+	03:06+	01:00+														
17	Paula Linge											1758												1:09:00	
02:59+	07:26+	14:53+	44:09+	46:35+	50:39+	55:20+	59:21+	61:35+	64:57+	68:04+	69:00+														
02:59+	04:27+	07:27+	29:16+	02:26+	04:04+	04:41+	04:01+	02:14+	03:22+	03:07+	00:56+														
02:59+	04:27+	07:27+	29:16+	02:26+	04:04+	04:41+	04:01+	02:14+	03:22+	03:07+	00:56+														
18	Cecilie Lidal											722												1:31:12	
11:21+	18:08+	28:52+	53:19+	62:26+	68:10+	74:46+	81:17+	84:08+	88:11+	89:41+	91:12+														
11:21+	06:47+	10:44+	24:27+	09:07+	05:44+	06:36+	06:31+	02:51+	04:03+	01:30+	01:31+														
11:21+	06:47+	10:44+	24:27+	09:07+	05:44+	06:36+	06:31+	02:51+	04:03+	01:30+	01:31+														
19	Randi Sørhus											722												1:31:13	
11:24+	18:15+	28:55+	53:06+	62:30+	68:06+	74:49+	81:22+	84:14+	88:16+	89:46+	91:13+														
11:24+	06:51+	10:40+	24:11+	09:24+	05:36+	06:43+	06:33+	02:52+	04:02+	01:30+	01:27+														
11:24+	06:51+	10:40+	24:11+	09:24+	05:36+	06:43+	06:33+	02:52+	04:02+	01:30+	01:27+														
Beste strekktid for klassen																									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																									
D40																									
1	Brit Nilsen											1830												39:06	
02:09=	06:55=	11:14=	12:48=	15:33=	19:30=	23:21=	27:04=	31:22=	34:30=	36:06=	38:01=	39:06=													
02:09=	04:46=	04:19=	01:34=	02:45=	03:57=	03:51=	03:43=	04:18=	03:08=	01:36=	01:55=	01:05=													
00:00=	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	Helene Lie											3565												44:11	
02:24+	06:56+	11:37+	13:57+	17:20+	21:42+	26:56+	31:46+	35:48+	39:22+	41:19+	43:08+	44:11+													
02:24+	04:32-	04:41+	02:20+	03:23+	04:22+	05:14+	04:50+	04:02-	03:34+	01:57+	01:49-	01:03-													
00:15#	00:14-	00:22+	00:46&	00:38#	00:25#	01:23&	01:07&	00:16-	00:26#	00:21#	00:06-	00:02-													
3	Torill Østraat											1884												50:05	
02:07-	07:35+	13:01+	15:54+	18:53+	23:55+	29:08+	35:06+	40:19+	44:32+	46:32+	48:46+	50:05+													
02:07-	05:28+	05:26+	02:53+	02:59+	05:02+	05:13+	05:58+	05:13+	04:13+	02:00+	02:14+	01:19+													
00:02-	00:42#	01:07&	01:19&	00:14+	01:05&	01:22&	02:15&	00:55#	01:05&	00:24#	00:19#	00:14#													
4	Marianne Strøm Uthaug											3551												53:57	
01:34-	06:07-	11:01-	12:35-	18:50+	21:40+	27:58+	32:44+	40:20+	49:35+	51:15+	52:53+	53:57+													
01:34-	04:33-	04:54+	01:34=	06:15+	02:50-	06:18+	04:46+	07:36+	09:15+	01:40+	01:38-	01:04-													
00:35-	00:13-	00:35#	00:00=	03:30@	01:07-	02:27&	01:03&	03:18&	06:07@	00:04+	00:17-	00:01-													
5	Hege Jangseth											1884												55:05	
02:36+	08:43+	15:04+	17:49+	21:29+	26:15+	31:17+	39:57+	45:23+	49:35+	51:34+	53:53+	55:05+													
02:36+	06:07+	06:21+	02:45+	03:40+	04:46+	05:02+	08:40+	05:26+	04:12+	01:59+	02:19+	01:12+													
00:27#	01:21&	02:02&	01:11&	00:55&	00:49#	01:11&	04:57@	01:08&	01:04&	00:23#	00:24#	00:07#													
6	Ann Torill Bakken											1683												55:34	
02:03-	08:47+	14:34+	16:48+	20:40+	25:20+	29:56+	40:10+	45:23+	49:51+	52:16+	54:31+	55:34+													
02:03-	06:44+	05:47+	02:14+	03:52+	04:40+	04:36+	10:14+	05:13+	04:28+	02:25+	02:15+	01:03-													
00:06-	01:58&	01:28&	00:40&	01:07&	00:43#	00:45#	06:31@	00:55#	01:20&	00:49&	00:20#	00:02-													
7	Marit L. Undheim											3529												58:57	
02:24+	07:21+	13:26+	15:43+	18:20+	22:08+	26:02+	38:11+	49:02+	52:15+	54:58+	57:48+	58:57+													
02:24+	04:57+	06:05+	02:17+	02:37-	03:48-	03:54+	12:09+	10:51+	03:13+	02:43+	02:50+	01:09+													
00:15#	00:11+	01:46&	00:43&	00:08-	00:09-	00:03+	08:26@	06:33@	00:05+	01:07&	00:55&	00:04+													

Side:3

Plass	Navn													Klasse	Tid			
D50																		
9	Helen Haneferd													882	47:33			
03:14+	08:26+	13:33+	15:55+	18:33+	22:58+	26:40+	32:26+	37:59+	41:10+	43:57+	46:06+	47:33+						
03:14+	05:12+	05:07+	02:22+	02:38+	04:25+	03:42+	05:46+	05:33+	03:11+	02:47+	02:09+	01:27+						
01:17&	00:30#	00:05+	00:40&	00:07+	00:58&	00:47&	01:51&	00:41#	00:14+	01:21&	00:21#	00:15#						
10	Gøril Braut Aarsand													2539	50:51			
02:13+	08:05+	14:04+	16:21+	19:25+	24:56+	28:35+	36:28+	42:12+	45:19+	47:21+	49:33+	50:51+						
02:13+	05:52+	05:59+	02:17+	03:04+	05:31+	03:39+	07:53+	05:44+	03:07+	02:02+	02:12+	01:18+						
02:13+	05:52+	05:59+	02:17+	03:04+	05:31+	03:39+	07:53+	05:44+	03:07+	02:02+	02:12+	01:18+						
11	Turid Eikebu Alfsen													1683	53:14			
02:02+	07:31+	13:55+	16:07+	18:59+	23:27+	28:05+	37:58+	44:19+	47:34+	49:44+	52:00+	53:14+						
02:02+	05:29+	06:24+	02:12+	02:52+	04:28+	04:38+	09:53+	06:21+	03:15+	02:10+	02:16+	01:14+						
02:02+	05:29+	06:24+	02:12+	02:52+	04:28+	04:38+	09:53+	06:21+	03:15+	02:10+	02:16+	01:14+						
12	Tove Irene Asheim													1683	53:30			
03:01+	09:21+	14:57+	18:27+	21:29+	26:13+	33:18+	37:45+	43:24+	46:52+	49:45+	52:10+	53:30+						
03:01+	06:20+	05:36+	03:30+	03:02+	04:44+	07:05+	04:27+	05:39+	03:28+	02:53+	02:25+	01:20+						
03:01+	06:20+	05:36+	03:30+	03:02+	04:44+	07:05+	04:27+	05:39+	03:28+	02:53+	02:25+	01:20+						
13	Evy Klausen Mjølunes													769	53:53			
02:38+	07:39+	13:13+	15:05+	17:38+	23:33+	31:10+	37:32+	43:43+	48:23+	50:35+	52:33+	53:53+						
02:38+	05:01+	05:34+	01:52+	02:33+	05:55+	07:37+	06:22+	06:11+	04:40+	02:12+	01:58+	01:20+						
02:38+	05:01+	05:34+	01:52+	02:33+	05:55+	07:37+	06:22+	06:11+	04:40+	02:12+	01:58+	01:20+						
14	Signe Ottesen													1683	55:06			
03:54+	09:08+	18:02+	20:14+	23:00+	27:30+	31:40+	37:56+	45:43+	49:39+	51:28+	53:49+	55:06+						
03:54+	05:14+	08:54+	02:12+	02:46+	04:30+	04:10+	06:16+	07:47+	03:56+	01:49+	02:21+	01:17+						
03:54+	05:14+	08:54+	02:12+	02:46+	04:30+	04:10+	06:16+	07:47+	03:56+	01:49+	02:21+	01:17+						
15	Marie-Elizabeth Reinseth													882	55:15			
02:31+	08:39+	14:22+	16:44+	20:17+	26:55+	33:20+	39:21+	46:00+	49:19+	51:45+	54:02+	55:15+						
02:31+	06:08+	05:43+	02:22+	03:33+	06:38+	06:25+	06:01+	06:39+	03:19+	02:26+	02:17+	01:13+						
02:31+	06:08+	05:43+	02:22+	03:33+	06:38+	06:25+	06:01+	06:39+	03:19+	02:26+	02:17+	01:13+						
16	Ragnhild Båtnes Berntsen													1758	55:35			
03:11+	09:21+	14:44+	17:41+	21:18+	26:22+	32:16+	37:35+	43:59+	48:15+	51:23+	54:07+	55:35+						
03:11+	06:10+	05:23+	02:57+	03:37+	05:04+	05:54+	05:19+	06:24+	04:16+	03:08+	02:44+	01:28+						
03:11+	06:10+	05:23+	02:57+	03:37+	05:04+	05:54+	05:19+	06:24+	04:16+	03:08+	02:44+	01:28+						
17	Ingunn Anda Haug													2342	57:10			
02:15+	07:48+	13:37+	15:35+	18:27+	22:37+	32:25+	37:22+	42:47+	51:50+	53:44+	55:57+	57:10+						
02:15+	05:33+	05:49+	01:58+	02:52+	04:10+	09:48+	04:57+	05:25+	09:03+	01:54+	02:13+	01:13+						
02:15+	05:33+	05:49+	01:58+	02:52+	04:10+	09:48+	04:57+	05:25+	09:03+	01:54+	02:13+	01:13+						
18	Ingjerd Haddeland													3507	59:22			
02:44+	08:53+	14:43+	17:45+	21:09+	26:49+	31:14+	43:26+	49:44+	53:31+	55:51+	58:05+	59:22+						
02:44+	06:09+	05:50+	03:02+	03:24+	05:40+	04:25+	12:12+	06:18+	03:47+	02:20+	02:14+	01:17+						
02:44+	06:09+	05:50+	03:02+	03:24+	05:40+	04:25+	12:12+	06:18+	03:47+	02:20+	02:14+	01:17+						
19	Randi Ladsten													1832	1:01:00			
02:51+	08:03+	13:03+	15:20+	18:02+	36:48+	40:47+	45:22+	50:42+	54:06+	57:05+	59:22+	61:00+						
02:51+	05:12+	05:00+	02:17+	02:42+	18:46+	03:59+	04:35+	05:20+	03:24+	02:59+	02:17+	01:38+						
02:51+	05:12+	05:00+	02:17+	02:42+	18:46+	03:59+	04:35+	05:20+	03:24+	02:59+	02:17+	01:38+						
20	Tonje Tiley													882	1:01:14			
02:51+	08:36+	14:14+	18:32+	21:48+	26:18+	30:20+	43:26+	49:09+	53:09+	55:18+	60:06+	61:14+						
02:51+	05:45+	05:38+	04:18+	03:16+	04:30+	04:02+	13:06+	05:43+	04:00+	02:09+	04:48+	01:08+						
02:51+	05:45+	05:38+	04:18+	03:16+	04:30+	04:02+	13:06+	05:43+	04:00+	02:09+	04:48+	01:08+						
21	Torill Andersen													1683	1:01:22			
03:13+	08:00+	15:53+	18:30+	22:40+	28:14+	32:25+	44:24+	52:01+	55:24+	57:43+	60:06+	61:22+						
03:13+	04:47+	07:53+	02:37+	04:10+	05:34+	04:11+	11:59+	07:37+	03:23+	02:19+	02:23+	01:16+						
03:13+	04:47+	07:53+	02:37+	04:10+	05:34+	04:11+	11:59+	07:37+	03:23+	02:19+	02:23+	01:16+						
22	Inger Johanne Klausen													3529	1:02:08			
12:21+	17:03+	22:23+	26:10+	29:01+	32:39+	38:38+	46:18+	52:48+	56:24+	58:37+	61:07+	62:08+						
12:21+	04:42+	05:20+	03:47+	02:51+	03:38+	05:59+	07:40+	06:30+	03:36+	02:13+	02:30+	01:01+						
12:21+	04:42+	05:20+	03:47+	02:51+	03:38+	05:59+	07:40+	06:30+	03:36+	02:13+	02:30+	01:01+						

Plass	Navn													Klasse	Tid
D50															
23	Iren Undheim Øgreid													769	1:03:51
02:12+	07:09+	14:21+	19:20+	22:23+	30:02+	35:29+	45:28+	51:26+	55:38+	58:51+	62:30+	63:51+			
02:12+	04:57+	07:12+	04:59+	03:03+	07:39+	05:27+	09:59+	05:58+	04:12+	03:13+	03:39+	01:21+			
02:12+	04:57+	07:12+	04:59+	03:03+	07:39+	05:27+	09:59+	05:58+	04:12+	03:13+	03:39+	01:21+			
24	Sølvi Jacobsen													3555	1:05:54
02:48+	09:08+	15:15+	17:44+	21:14+	26:37+	35:29+	42:17+	48:52+	53:59+	56:36+	64:11+	65:54+			
02:48+	06:20+	06:07+	02:29+	03:30+	05:23+	08:52+	06:48+	06:35+	05:07+	02:37+	07:35+	01:43+			
02:48+	06:20+	06:07+	02:29+	03:30+	05:23+	08:52+	06:48+	06:35+	05:07+	02:37+	07:35+	01:43+			
25	Marianne Gjesdal Lyngås													892	1:07:33
02:25+	08:46+	15:16+	19:32+	22:51+	27:33+	41:52+	49:20+	54:46+	59:38+	63:11+	66:00+	67:33+			
02:25+	06:21+	06:30+	04:16+	03:19+	04:42+	14:19+	07:28+	05:26+	04:52+	03:33+	02:49+	01:33+			
02:25+	06:21+	06:30+	04:16+	03:19+	04:42+	14:19+	07:28+	05:26+	04:52+	03:33+	02:49+	01:33+			
26	Åse Sellereite													882	1:13:55
02:56+	08:52+	14:25+	16:40+	21:21+	25:46+	31:18+	40:29+	59:12+	63:34+	66:38+	72:48+	73:55+			
02:56+	05:56+	05:33+	02:15+	04:41+	04:25+	05:32+	09:11+	18:43+	04:22+	03:04+	06:10+	01:07+			
02:56+	05:56+	05:33+	02:15+	04:41+	04:25+	05:32+	09:11+	18:43+	04:22+	03:04+	06:10+	01:07+			
27	Toril Dahle													1683	1:16:03
03:57+	08:51+	14:05+	16:16+	19:13+	39:45+	46:38+	55:56+	62:21+	66:10+	69:33+	72:02+	76:03+			
03:57+	04:54+	05:14+	02:11+	02:57+	20:32+	06:53+	09:18+	06:25+	03:49+	03:23+	02:29+	04:01+			
03:57+	04:54+	05:14+	02:11+	02:57+	20:32+	06:53+	09:18+	06:25+	03:49+	03:23+	02:29+	04:01+			
28	Brit Vivian Meling													1683	1:31:20
04:45+	12:52+	25:11+	28:24+	34:06+	41:09+	52:58+	62:41+	70:50+	80:45+	85:15+	88:58+	91:20+			
04:45+	08:07+	12:19+	03:13+	05:42+	07:03+	11:49+	09:43+	08:09+	09:55+	04:30+	03:43+	02:22+			
04:45+	08:07+	12:19+	03:13+	05:42+	07:03+	11:49+	09:43+	08:09+	09:55+	04:30+	03:43+	02:22+			
Beste strekktid for klassen															
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
D60															
1	Anne Sæbø Vik													1683	36:41
05:42=	08:40=	12:37=	15:32=	20:57=	24:11=	26:52=	28:24=	31:24=	33:00=	34:14=	35:36=	36:41=			
05:42=	02:58=	03:57=	02:55=	05:25=	03:14=	02:41=	01:32=	03:00=	01:36=	01:14=	01:22=	01:05=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Anne-Siv Gjertsen													882	42:54
05:57+	09:54+	16:09+	19:29+	22:06+	25:47+	28:59+	30:58+	37:09+	39:05+	40:26+	41:45+	42:54+			
05:57+	03:57+	06:15+	03:20+	02:37-	03:41+	03:12+	01:59+	06:11+	01:56+	01:21+	01:19-	01:09+			
00:15+	00:59&	02:18&	00:25#	02:48-	00:27#	00:31#	00:27&	03:11@	00:20#	00:07+	00:03-	00:04+			
3	Kristin Skadsem													3516	45:45
06:56+	10:49+	16:09+	19:28+	23:18+	27:08+	30:21+	31:59+	36:18+	38:17+	40:36+	44:37+	45:45+			
06:56+	03:53+	05:20+	03:19+	03:50-	03:50+	03:13+	01:38+	04:19+	01:59+	02:19+	04:01+	01:08+			
01:14#	00:55&	01:23&	00:24#	01:35-	00:36#	00:32#	00:06+	01:19&	00:23#	01:05&	02:39@	00:03+			
4	Ragnhild Auglænd													769	46:40
06:40+	10:46+	17:14+	22:59+	26:30+	30:14+	33:41+	35:16+	39:30+	41:26+	43:06+	45:25+	46:40+			
06:40+	04:06+	06:28+	05:45+	03:31-	03:44+	03:27+	01:35+	04:14+	01:56+	01:40+	02:19+	01:15+			
00:58#	01:08&	02:31&	02:50&	01:54-	00:30#	00:46&	00:03+	01:14&	00:20#	00:26&	00:57&	00:10#			
5	Elisabeth Christie Ørke													722	48:27
05:46+	08:30-	12:06-	17:26+	19:44-	24:25+	30:37+	32:08+	40:15+	41:59+	44:38+	47:35+	48:27+			
05:46+	02:44-	03:36-	05:20+	02:18-	04:41+	06:12+	01:31-	08:07+	01:44+	02:39+	02:57+	00:52-			
00:04+	00:14-	00:21-	02:25&	03:07-	01:27&	03:31@	00:01-	05:07@	00:08+	01:25@	01:35@	00:13-			
6	Nina Christiansen													722	56:28
06:36+	09:24+	15:04+	28:02+	34:17+	37:49+	40:44+	43:07+	46:43+	48:46+	50:16+	55:16+	56:28+			
06:36+	02:48-	05:40+	12:58+	06:15+	03:32+	02:55+	02:23+	03:36+	02:03+	01:30+	05:00+	01:12+			
00:54#	00:10-	01:43&	10:03@	00:50#	00:18+	00:14+	00:51&	00:36#	00:27&	00:16#	03:38@	00:07#			

Plass	Navn											Klasse	Tid										
D60																							
7	Kari Anstensrud											896	1:00:18										
07:08+	10:46+	15:40+	35:04+	37:52+	41:20+	47:48+	49:50+	53:09+	55:19+	56:56+	59:05+	60:18+											
07:08+	03:38+	04:54+	19:24+	02:48-	03:28+	06:28+	02:02+	03:19+	02:10+	01:37+	02:09+	01:13+											
01:26&	00:40#	00:57#	16:29@	02:37-	00:14+	03:47@	00:30&	00:19#	00:34&	00:23&	00:47&	00:08#											
8	Ellinor Hoemsnes											1683	1:07:42										
08:32+	14:55+	22:16+	26:43+	39:10+	42:17+	45:22+	48:15+	52:21+	61:19+	64:08+	66:19+	67:42+											
08:32+	06:23+	07:21+	04:27+	12:27+	03:07+	03:05+	02:53+	04:06+	08:58+	02:49+	02:11+	01:23+											
08:32+	06:23+	07:21+	04:27+	12:27+	03:07+	03:05+	02:53+	04:06+	08:58+	02:49+	02:11+	01:23+											

Beste strekktid for klassen

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

D65

1	Liv Grete Obrestad											3551	39:03										
	05:44=	08:59=	12:33=	16:48=	19:36=	22:49=	25:43=	27:12=	30:46=	32:35=	34:05=	37:45=	39:03=										
	05:44=	03:15=	03:34=	04:15=	02:48=	03:13=	02:54=	01:29=	03:34=	01:49=	01:30=	03:40=	01:18=										
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Ann Karin Tjørhom											1884	45:48										
	06:24+	10:16+	17:04+	24:38+	27:31+	31:15+	34:05+	35:53+	39:34+	41:27+	43:10+	44:27+	45:48+										
	06:24+	03:52+	06:48+	07:34+	02:53+	03:44+	02:50-	01:48+	03:41+	01:53+	01:43+	01:17-	01:21+										
	00:40#	00:37#	03:14&	03:19&	00:05+	00:31#	00:04-	00:19#	00:07+	00:04+	00:13#	02:23-	00:03+										
3	Berit Bakken											1884	46:07										
	07:40+	10:53+	15:57+	20:43+	24:05+	28:15+	31:34+	33:35+	38:55+	40:51+	42:55+	44:46+	46:07+										
	07:40+	03:13-	05:04+	04:46+	03:22+	04:10+	03:19+	02:01+	05:20+	01:56+	02:04+	01:51-	01:21+										
	01:56&	00:02-	01:30&	00:31#	00:34#	00:57&	00:25#	00:32&	01:46&	00:07+	00:34&	01:49-	00:03+										
4	Marit Karin Skretting Nygård											892	46:31										
	07:41+	13:47+	18:18+	21:59+	25:22+	29:26+	32:52+	34:48+	39:23+	42:02+	43:53+	45:13+	46:31+										
	07:41+	06:06+	04:31+	03:41-	03:23+	04:04+	03:26+	01:56+	04:35+	02:39+	01:51+	01:20-	01:18=										
	01:57&	02:51&	00:57&	00:34-	00:35#	00:51&	00:32#	00:27&	01:01&	00:50&	00:21#	02:20-	00:00=										
5	Margot Asheim											722	47:14										
	06:26+	10:14+	16:45+	19:06+	23:10+	27:59+	31:16+	33:47+	39:15+	41:59+	44:05+	46:06+	47:14+										
	06:26+	03:48+	06:31+	02:21-	04:04+	04:49+	03:17+	02:31+	05:28+	02:44+	02:06+	02:01-	01:08-										
	00:42#	00:33#	02:57&	01:54-	01:16&	01:36&	00:23#	01:02&	01:54&	00:55&	00:36&	01:39-	00:10-										
6	Ingrid Eik											1830	48:09										
	06:25+	09:23+	13:53+	23:58+	27:00+	30:12+	33:10+	34:50+	39:08+	40:46+	42:11+	47:09+	48:09+										
	06:25+	02:58-	04:30+	10:05+	03:02+	03:12-	02:58+	01:40+	04:18+	01:38-	01:25-	04:58+	01:00-										
	00:41#	00:17-	00:56&	05:50@	00:14+	00:01-	00:04+	00:11#	00:44#	00:11-	00:05-	01:18&	00:18-										
7	Eli Frafjord											1141	50:16										
	07:19+	15:18+	20:20+	25:26+	28:34+	32:33+	36:06+	38:07+	42:58+	45:20+	47:09+	48:45+	50:16+										
	07:19+	07:59+	05:02+	05:06+	03:08+	03:59+	03:33+	02:01+	04:51+	02:22+	01:49+	01:36-	01:31+										
	01:35&	04:44@	01:28&	00:51#	00:20#	00:46#	00:39#	00:32&	01:17&	00:33&	00:19#	02:04-	00:13#										
8	Amanda Renshaw											1758	51:01										
	07:16+	11:59+	16:59+	20:43+	23:56+	27:19+	31:02+	33:28+	37:26+	40:07+	47:28+	49:43+	51:01+										
	07:16+	04:43+	05:00+	03:44-	03:13+	03:23+	03:43+	02:26+	03:58+	02:41+	07:21+	02:15-	01:18=										
	01:32&	01:28&	01:26&	00:31-	00:25#	00:10+	00:49&	00:57&	00:24#	00:52&	05:51@	01:25-	00:00=										
9	May Meling											3553	51:38										
	07:42+	10:44+	16:30+	24:29+	28:59+	32:49+	36:11+	38:48+	43:26+	45:39+	47:49+	50:05+	51:38+										
	07:42+	03:02-	05:46+	07:59+	04:30+	03:50+	03:22+	02:37+	04:38+	02:13+	02:10+	02:16-	01:33+										
	01:58&	00:13-	02:12&	03:44&	01:42&	00:37#	00:28#	01:08&	01:04&	00:24#	00:40&	01:24-	00:15#										
10	Vigdis Løseth											722	1:02:43										
	07:36+	11:05+	18:12+	32:04+	40:39+	44:14+	47:45+	50:56+	54:47+	57:20+	59:40+	61:09+	62:43+										
	07:36+	03:29+	07:07+	13:52+	08:35+	03:35+	03:31+	03:11+	03:51+	02:33+	02:20+	01:29-	01:34+										
	01:52&	00:14+	03:33&	09:37@	05:47@	00:22#	00:37#	01:42@	00:17+	00:44&	00:50&	02:11-	00:16#										

Plass	Navn													Klasse	Tid
D65															
11	Åse Kristensen													1141	1:16:21
	11:11+	16:04+	23:11+	28:38+	36:04+	44:59+	49:22+	54:26+	62:25+	66:25+	71:43+	74:43+	76:21+		
	11:11+	04:53+	07:07+	05:27+	07:26+	08:55+	04:23+	05:04+	07:59+	04:00+	05:18+	03:00-	01:38+		
	05:27%	01:38%	03:33%	01:12%	04:38%	05:42%	01:29%	03:35%	04:25%	02:11%	03:48%	00:40-	00:20%		
Beste strekktid for klassen															
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
D70															
1	Hanne Eik													896	55:01
	09:21=	13:26=	19:43=	25:15=	29:48=	34:37=	38:47=	41:04=	45:50=	48:38=	51:13=	53:26=	55:01=		
	09:21=	04:05=	06:17=	05:32=	04:33=	04:49=	04:10=	02:17=	04:46=	02:48=	02:35=	02:13=	01:35=		
	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=		
2	Lillian Dahl Fitjar													896	55:59
	10:56+	15:15+	22:05+	26:58+	29:37-	34:25-	38:05-	40:05-	45:39-	48:29-	51:09-	54:13+	55:59+		
	10:56+	04:19+	06:50+	04:53-	02:39-	04:48-	03:40-	02:00-	05:34+	02:50+	02:40+	03:04+	01:46+		
	01:35#	00:14+	00:33+	00:39-	01:54-	00:01-	00:30-	00:17-	00:48#	00:02+	00:05+	00:51%	00:11#		
3	Mette Dagsland													874	1:04:41
	07:22-	13:44+	23:39+	27:45+	39:58+	43:26+	46:41+	49:10+	53:26+	56:55+	60:56+	63:18+	64:41+		
	07:22-	06:22+	09:55+	04:06-	12:13+	03:28-	03:15-	02:29+	04:16-	03:29+	04:01+	02:22+	01:23-		
	01:59-	02:17%	03:38%	01:26-	07:40%	01:21-	00:55-	00:12+	00:30-	00:41#	01:26%	00:09+	00:12-		
4	Berit Gramstad													3551	1:09:32
	10:17+	19:16+	25:28+	30:34+	33:52+	38:40+	42:47+	45:52+	58:43+	60:53+	62:29+	67:56+	69:32+		
	10:17+	08:59+	06:12-	05:06-	03:18-	04:48-	04:07-	03:05+	12:51+	02:10-	01:36-	05:27+	01:36+		
	00:56+	04:54%	00:05-	00:26-	01:15-	00:01-	00:03-	00:48%	08:05%	00:38-	00:59-	03:14%	00:01+		
5	Kirsten Carlsen													1884	1:10:04
	06:59-	12:35-	18:10-	31:50+	38:53+	43:59+	47:39+	50:22+	59:38+	61:53+	63:29+	68:37+	70:04+		
	06:59-	05:36+	05:35-	13:40+	07:03+	05:06+	03:40-	02:43+	09:16+	02:15-	01:36-	05:08+	01:27-		
	02:22-	01:31%	00:42-	08:08%	02:30%	00:17+	00:30-	00:26#	04:30%	00:33-	00:59-	02:55%	00:08-		
Beste strekktid for klassen															
	06:59	04:05	05:35	04:06	02:39	03:28	03:15	02:00	04:16	02:10	01:36	02:13	01:23		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
D75															
1	Ingrid W. Hestness													896	34:50
	05:43=	08:32=	12:19=	14:59=	17:08=	20:11=	22:48=	25:41=	29:19=	31:06=	32:44=	33:52=	34:50=		
	05:43=	02:49=	03:47=	02:40=	02:09=	03:03=	02:37=	02:53=	03:38=	01:47=	01:38=	01:08=	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=		
2	Hedvig Anda													1683	1:00:47
	07:48+	11:47+	19:33+	24:22+	29:04+	35:27+	39:52+	45:21+	51:18+	54:07+	56:53+	59:13+	60:47+		
	07:48+	03:59+	07:46+	04:49+	04:42+	06:23+	04:25+	05:29+	05:57+	02:49+	02:46+	02:20+	01:34+		
	02:05%	01:10%	03:59%	02:09%	02:33%	03:20%	01:48%	02:36%	02:19%	01:02%	01:08%	01:12%	00:36%		
3	Helga Klausen													769	1:02:51
	09:50+	15:50+	23:01+	28:38+	35:08+	40:16+	44:27+	46:52+	51:58+	54:37+	58:19+	61:15+	62:51+		
	09:50+	06:00+	07:11+	05:37+	06:30+	05:08+	04:11+	02:25-	05:06+	02:39+	03:42+	02:56+	01:36+		
	04:07%	03:11%	03:24%	02:57%	04:21%	02:05%	01:34%	00:28-	01:28%	00:52%	02:04%	01:48%	00:38%		
4	Aslaug Lura													1141	1:15:21
	10:18+	14:53+	22:15+	27:30+	35:01+	43:53+	48:20+	53:29+	61:19+	65:30+	70:37+	73:39+	75:21+		
	10:18+	04:35+	07:22+	05:15+	07:31+	08:52+	04:27+	05:09+	07:50+	04:11+	05:07+	03:02+	01:42+		
	04:35%	01:46%	03:35%	02:35%	05:22%	05:49%	01:50%	02:16%	04:12%	02:24%	03:29%	01:54%	00:44%		

Plass	Navn	Klasse	Tid
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D75

Beste strekktid for klassen

05:43 02:49 03:47 02:40 02:09 03:03 02:37 02:25 03:38 01:47 01:38 01:08 00:58

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

D80

1 Turid Nystrøm 874 42:34

02:21= 08:55= 17:20= 20:58= 24:31= 27:38= 30:43= 35:09= 39:29= 40:45= 42:34=
02:21= 06:34= 08:25= 03:38= 03:33= 03:07= 03:05= 04:26= 04:20= 01:16= 01:49=
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 47:27

02:43+ 09:35+ 18:37+ 24:10+ 29:08+ 32:15+ 34:47+ 39:41+ 44:14+ 45:26+ 47:27+
02:43+ 06:52+ 09:02+ 05:33+ 04:58+ 03:07= 02:32= 04:54+ 04:33+ 01:12= 02:01+
00:22# 00:18+ 00:37+ 01:55& 01:25& 00:00= 00:33= 00:28# 00:13+ 00:04= 00:12#

3 Helga Aaslid 3529 1:03:24

03:50+ 15:14+ 22:02+ 26:11+ 29:58+ 35:05+ 41:21+ 47:35+ 57:42+ 59:28+ 63:24+
03:50+ 11:24+ 06:48= 04:09+ 03:47+ 05:07+ 06:16+ 06:14+ 10:07+ 01:46+ 03:56+
01:29& 04:50& 01:37= 00:31# 00:14+ 02:00& 03:11@ 01:48& 05:47@ 00:30& 02:07@

4 Berit Ebbell Olsen 874 1:04:44

03:16+ 18:21+ 25:06+ 31:07+ 36:17+ 40:52+ 44:55+ 52:37+ 60:13+ 62:14+ 64:44+
03:16+ 15:05+ 06:45= 06:01+ 05:10+ 04:35+ 04:03+ 07:42+ 07:36+ 02:01+ 02:30+
00:55& 08:31@ 01:40= 02:23& 01:37& 01:28& 00:58& 03:16& 03:16& 00:45& 00:41&

Beste strekktid for klassen

02:21 06:34 06:45 03:38 03:33 03:07 02:32 04:26 04:20 01:12 01:49

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

DA

1 Aud Hognestad Taksdal 892 31:55

02:17= 05:31= 07:27= 12:12= 14:24= 17:01= 19:21= 21:47= 24:17= 27:12= 29:07= 30:45= 31:55=
02:17= 03:14= 01:56= 04:45= 02:12= 02:37= 02:20= 02:26= 02:30= 02:55= 01:55= 01:38= 01:10=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Silje Skorve Skarpeid 1758 37:28

01:27= 04:44= 07:17= 11:16= 14:16= 16:56= 22:09+ 24:39+ 27:56+ 30:59+ 33:51+ 35:54+ 37:28+
01:27= 03:17+ 02:33+ 03:59= 03:00+ 02:40+ 05:13+ 02:30+ 03:17+ 03:03+ 02:52+ 02:03+ 01:34+
00:50= 00:03+ 00:37& 00:46= 00:48& 00:03+ 02:53@ 00:04+ 00:47& 00:08+ 00:57& 00:25& 00:24&

3 Trine Bolstad Scheie 769 37:49

01:37= 05:34+ 08:00+ 12:47+ 15:41+ 19:19+ 22:41+ 25:50+ 28:52+ 32:25+ 34:45+ 36:56+ 37:49+
01:37= 03:57+ 02:26+ 04:47+ 02:54+ 03:38+ 03:22+ 03:09+ 03:02+ 03:33+ 02:20+ 02:11+ 00:53=
00:40= 00:43# 00:30& 00:02+ 00:42& 01:01& 01:02& 00:43& 00:32# 00:38# 00:25# 00:33& 00:17=

4 Wibeke Lende 3503 39:42

02:54+ 07:00+ 09:20+ 13:51+ 17:00+ 20:14+ 23:25+ 26:58+ 30:22+ 34:26+ 37:02+ 38:58+ 39:42+
02:54+ 04:06+ 02:20+ 04:31= 03:09+ 03:14+ 03:11+ 03:33+ 03:24+ 04:04+ 02:36+ 01:56+ 00:44=
00:37& 00:52& 00:24# 00:14= 00:57& 00:37# 00:51& 01:07& 00:54& 01:09& 00:41& 00:18# 00:26=

5 Matilde Skjæveland Skår 3486 41:02

01:25= 06:37+ 08:54+ 13:16+ 15:48+ 20:00+ 24:39+ 27:47+ 32:15+ 35:28+ 37:49+ 39:42+ 41:02+
01:25= 05:12+ 02:17+ 04:22= 02:32+ 04:12+ 04:39+ 03:08+ 04:28+ 03:13+ 02:21+ 01:53+ 01:20+
00:52= 01:58& 00:21# 00:23= 00:20# 01:35& 02:19& 00:42& 01:58& 00:18# 00:26# 00:15# 00:10#

6 Maren Benjaminsen 1832 43:40

01:50= 06:16+ 09:08+ 14:14+ 17:39+ 21:22+ 24:13+ 26:58+ 33:20+ 37:19+ 40:31+ 42:42+ 43:40+
01:50= 04:26+ 02:52+ 05:06+ 03:25+ 03:43+ 02:51+ 02:45+ 06:22+ 03:59+ 03:12+ 02:11+ 00:58=
00:27= 01:12& 00:56& 00:21+ 01:13& 01:06& 00:31# 00:19# 03:52@ 01:04& 01:17& 00:33& 00:12=

Plass	Navn												Klasse	Tid											
DA																									
7	Jorunn Hadland												3502	43:45											
	01:24-	04:47-	06:52-	11:41-	17:42+	21:25+	24:05+	26:42+	34:41+	37:57+	40:34+	42:54+	43:45+												
	01:24-	03:23+	02:05+	04:49+	06:01+	03:43+	02:40+	02:37+	07:59+	03:16+	02:37+	02:20+	00:51-												
	00:53-	00:09+	00:09+	00:04+	03:49@	01:06&	00:20#	00:11+	05:29@	00:21#	00:42&	00:42&	00:19-												
8	Katrine Haaland Leveraas												896	46:34											
	01:56+	05:21+	07:31+	17:25+	19:40+	22:11+	24:43+	28:02+	37:56+	41:35+	43:48+	45:47+	46:34+												
	01:56+	03:25+	02:10+	09:54+	02:15+	02:31+	02:32+	03:19+	09:54+	03:39+	02:13+	01:59+	00:47+												
	01:56+	03:25+	02:10+	09:54+	02:15+	02:31+	02:32+	03:19+	09:54+	03:39+	02:13+	01:59+	00:47+												
9	Aina Kalsaas Urstad												4232	51:04											
	02:14+	06:30+	09:15+	14:09+	24:03+	27:42+	31:56+	35:59+	39:32+	44:19+	47:15+	49:36+	51:04+												
	02:14+	04:16+	02:45+	04:54+	09:54+	03:39+	04:14+	04:03+	03:33+	04:47+	02:56+	02:21+	01:28+												
	02:14+	04:16+	02:45+	04:54+	09:54+	03:39+	04:14+	04:03+	03:33+	04:47+	02:56+	02:21+	01:28+												

Beste strekktid for klassen

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

DB

1	Anne Garsrud												3518	40:19											
	01:48=	05:49=	10:52=	15:23=	18:18=	21:06=	25:54=	28:32=	30:29=	34:25=	37:08=	39:24=	40:19=												
	01:48=	04:01=	05:03=	04:31=	02:55=	02:48=	04:48=	02:38=	01:57=	03:56=	02:43=	02:16=	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=												
2	Lise Isachsen												1384	42:02											
	01:34-	05:41-	10:25-	13:59-	16:34-	19:05-	23:04-	27:39-	31:13+	35:08+	39:25+	41:16+	42:02+												
	01:34-	04:07+	04:44-	03:34-	02:35-	02:31-	03:59-	04:35+	03:34+	03:55-	04:17+	01:51-	00:46-												
	00:14-	00:06+	00:19-	00:57-	00:20-	00:17-	00:49-	01:57&	01:37&	00:01-	01:34&	00:25-	00:09-												
3	Inger Tone Nygård												3502	43:09											
	02:54+	06:54+	13:20+	17:24+	20:08+	22:59+	27:04+	30:37+	31:52+	36:06+	39:22+	41:38+	43:09+												
	02:54+	04:00-	06:26+	04:04-	02:44-	02:51+	04:05-	03:33+	01:15-	04:14+	03:16+	02:16=	01:31+												
	01:06&	00:01-	01:23&	00:27-	00:11-	00:03+	00:43-	00:55&	00:42-	00:18+	00:33#	00:00=	00:36&												
4	Tone Torgersen												882	44:34											
	01:40-	05:35-	15:28+	19:25+	21:52+	26:06+	31:02+	33:40+	34:55+	38:45+	41:13+	43:41+	44:34+												
	01:40-	03:55-	09:53+	03:57-	02:27-	04:14+	04:56+	02:38=	01:15-	03:50-	02:28-	02:28+	00:53-												
	00:08-	00:06-	04:50&	00:34-	00:28-	01:26&	00:08+	00:00=	00:42-	00:06-	00:15-	00:12+	00:02-												
5	Helen Lomeland												722	44:52											
	03:08+	07:15+	13:55+	18:15+	21:34+	24:10+	28:38+	31:48+	33:32+	37:22+	40:15+	43:00+	44:52+												
	03:08+	04:07+	06:40+	04:20-	03:19+	02:36-	04:28-	03:10+	01:44-	03:50-	02:53+	02:45+	01:52+												
	01:20&	00:06+	01:37&	00:11-	00:24#	00:12-	00:20-	00:32#	00:13-	00:06-	00:10+	00:29#	00:57@												
6	Ida Kolstø												3502	49:24											
	02:00+	07:52+	14:18+	20:25+	23:59+	27:24+	32:08+	35:55+	37:51+	43:05+	45:55+	48:32+	49:24+												
	02:00+	05:52+	06:26+	06:07+	03:34+	03:25+	04:44-	03:47+	01:56-	05:14+	02:50+	02:37+	00:52-												
	00:12#	01:51&	01:23&	01:36&	00:39#	00:37#	00:04-	01:09&	00:01-	01:18&	00:07+	00:21#	00:03-												
7	Ann-Cathrin Nybak Urdal												3595	53:05											
	03:20+	07:58+	14:08+	18:44+	21:56+	25:02+	29:53+	36:59+	40:25+	45:30+	49:15+	52:02+	53:05+												
	03:20+	04:38+	06:10+	04:36+	03:12+	03:06+	04:51+	07:06+	03:26+	05:05+	03:45+	02:47+	01:03+												
	01:32&	00:37#	01:07#	00:05+	00:17+	00:18#	00:03+	04:28@	01:29&	01:09&	01:02&	00:31#	00:08#												
8	Maren Thu												4251	53:45											
	03:44+	07:55+	19:52+	24:26+	27:07+	29:35+	35:51+	39:08+	41:16+	47:51+	50:16+	52:22+	53:45+												
	03:44+	04:11+	11:57+	04:34+	02:41-	02:28-	06:16+	03:17+	02:08+	06:35+	02:25-	02:06-	01:23+												
	01:56@	00:10+	06:54@	00:03+	00:14-	00:20-	01:28&	00:39#	00:11+	02:39&	00:18-	00:10-	00:28&												
9	Agnes Haker												1284	54:20											
	01:21-	06:39+	22:33+	26:40+	29:37+	32:06+	36:21+	39:12+	41:46+	46:16+	51:30+	53:28+	54:20+												
	01:21-	05:18+	15:54+	04:07-	02:57+	02:29-	04:15-	02:51+	02:34+	04:30+	05:14+	01:58-	00:52-												
	00:27-	01:17&	10:51@	00:24-	00:02+	00:19-	00:33-	00:13+	00:37&	00:34#	02:31&	00:18-	00:03-												

Plass	Navn	Klasse	Tid
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DB

10	Toyah Bråtveit												1832	55:42
01:53+	06:27+	15:23+	24:28+	27:10+	30:02+	34:07+	43:59+	45:03+	49:18+	52:10+	54:14+	55:42+		
01:53+	04:34+	08:56+	09:05+	02:42-	02:52+	04:05-	09:52+	01:04-	04:15+	02:52+	02:04-	01:28+		
00:05+	00:33#	03:53&	04:34@	00:13-	00:04+	00:43-	07:14@	00:53-	00:19+	00:09+	00:12-	00:33&		
11	Heidi Martby-Skogsholm												3522	57:24
03:08+	07:58+	14:55+	21:30+	24:52+	28:03+	33:32+	37:48+	42:40+	47:46+	52:51+	55:31+	57:24+		
03:08+	04:50+	06:57+	06:35+	03:22+	03:11+	05:29+	04:16+	04:52+	05:06+	05:05+	02:40+	01:53+		
03:08+	04:50+	06:57+	06:35+	03:22+	03:11+	05:29+	04:16+	04:52+	05:06+	05:05+	02:40+	01:53+		
12	Maira Andersone												1884	1:00:16
02:10+	07:38+	14:00+	19:55+	23:49+	27:55+	33:46+	38:06+	44:51+	51:50+	56:13+	59:15+	60:16+		
02:10+	05:28+	06:22+	05:55+	03:54+	04:06+	05:51+	04:20+	06:45+	06:59+	04:23+	03:02+	01:01+		
02:10+	05:28+	06:22+	05:55+	03:54+	04:06+	05:51+	04:20+	06:45+	06:59+	04:23+	03:02+	01:01+		
13	Marita Skorpe Falnes												3568	1:01:15
04:37+	09:27+	24:27+	31:02+	34:27+	37:08+	43:12+	46:52+	48:51+	53:23+	56:41+	59:08+	61:15+		
04:37+	04:50+	15:00+	06:35+	03:25+	02:41+	06:04+	03:40+	01:59+	04:32+	03:18+	02:27+	02:07+		
04:37+	04:50+	15:00+	06:35+	03:25+	02:41+	06:04+	03:40+	01:59+	04:32+	03:18+	02:27+	02:07+		
14	Ellen Tindeland												882	1:02:28
03:15+	08:37+	14:36+	19:08+	21:39+	24:18+	29:27+	41:21+	43:22+	49:56+	58:19+	60:42+	62:28+		
03:15+	05:22+	05:59+	04:32+	02:31+	02:39+	05:09+	11:54+	02:01+	06:34+	08:23+	02:23+	01:46+		
03:15+	05:22+	05:59+	04:32+	02:31+	02:39+	05:09+	11:54+	02:01+	06:34+	08:23+	02:23+	01:46+		

Beste strekktid for klassen

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

DNY

1	Goedele Taveirne					896						28:34
01:44=	03:32=	05:08=	08:02=	13:08=	15:05=	18:17=	20:35=	22:53=	25:13=	26:47=	28:34=	
01:44=	01:48=	01:36=	02:54=	05:06=	01:57=	03:12=	02:18=	02:18=	02:20=	01:34=	01:47=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Bente Klausen					769						32:29
04:19+	06:17+	07:53+	10:54+	15:49+	17:49+	21:35+	24:10+	26:33+	28:27+	30:09+	32:29+	
04:19+	01:58+	01:36=	03:01+	04:55-	02:00+	03:46+	02:35+	02:23+	01:54-	01:42+	02:20+	
02:35@	00:10+	00:00=	00:07+	00:11-	00:03+	00:34#	00:17#	00:05+	00:26-	00:08+	00:33&	
3	Eva Michaelsen					3676						36:57
05:38+	08:23+	09:47+	15:18+	20:39+	23:19+	25:29+	28:48+	30:55+	33:36+	34:59+	36:57+	
05:38+	02:45+	01:24-	05:31+	05:21+	02:40+	02:10-	03:19+	02:07-	02:41+	01:23-	01:58+	
03:54@	00:57&	00:12-	02:37&	00:15+	00:43&	01:02-	01:01&	00:11-	00:21#	00:11-	00:11#	
4	Nasheet Rehman					2342						1:13:26
02:00+	04:14+	13:50+	22:12+	41:58+	44:35+	51:07+	59:46+	62:38+	68:05+	70:42+	73:26+	
02:00+	02:14+	09:36+	08:22+	19:46+	02:37+	06:32+	08:39+	02:52+	05:27+	02:37+	02:44+	
00:16#	00:26#	08:00@	05:28@	14:40@	00:40&	03:20@	06:21@	00:34#	03:07@	01:03&	00:57&	

Beste strekktid for klassen

01:44 01:48 01:24 02:54 04:55 01:57 02:10 02:18 02:07 01:54 01:23 01:47

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

DT

1	Karine Ditlevsen										896	30:04
01:47=	07:13=	11:41=	14:33=	16:38=	18:21=	24:34=	26:38=	27:32=	29:03=	30:04=		
01:47=	05:26=	04:28=	02:52=	02:05=	01:43=	06:13=	02:04=	00:54=	01:31=	01:01=		
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
DT												
2	Kari-Anne Bakke										1683	31:56
01:07-	05:35-	09:17-	12:18-	14:53-	19:53+	23:26-	26:00-	27:07-	29:32+	31:56+		
01:07-	04:28-	03:42-	03:01+	02:35+	05:00+	03:33-	02:34+	01:07+	02:25+	02:24+		
00:40-	00:58-	00:46-	00:09+	00:30#	03:17@	02:40-	00:30#	00:13#	00:54&	01:23@		
3	Marta Bertolaso										1832	33:30
01:49+	07:22+	12:20+	16:07+	18:38+	21:21+	25:11+	29:10+	30:20+	32:05+	33:30+		
01:49+	05:33+	04:58+	03:47+	02:31+	02:43+	03:50+	03:59+	01:10+	01:45+	01:25+		
01:49+	05:33+	04:58+	03:47+	02:31+	02:43+	03:50+	03:59+	01:10+	01:45+	01:25+		
4	Anastasia Ollestad										3676	34:29
01:26+	06:27+	12:54+	16:45+	19:20+	22:30+	27:13+	29:55+	31:33+	33:08+	34:29+		
01:26+	05:01+	06:27+	03:51+	02:35+	03:10+	04:43+	02:42+	01:38+	01:35+	01:21+		
01:26+	05:01+	06:27+	03:51+	02:35+	03:10+	04:43+	02:42+	01:38+	01:35+	01:21+		
5	Thea Karoline Mork Aamodt										3512	36:51
01:35+	09:22+	13:14+	17:18+	22:16+	24:40+	29:05+	32:00+	33:28+	35:34+	36:51+		
01:35+	07:47+	03:52+	04:04+	04:58+	02:24+	04:25+	02:55+	01:28+	02:06+	01:17+		
01:35+	07:47+	03:52+	04:04+	04:58+	02:24+	04:25+	02:55+	01:28+	02:06+	01:17+		
6	Ingrid Overegseth Foss										896	37:07
02:56+	09:23+	15:19+	18:37+	21:27+	24:08+	28:14+	32:24+	33:50+	35:43+	37:07+		
02:56+	06:27+	05:56+	03:18+	02:50+	02:41+	04:06+	04:10+	01:26+	01:53+	01:24+		
02:56+	06:27+	05:56+	03:18+	02:50+	02:41+	04:06+	04:10+	01:26+	01:53+	01:24+		
7	Karolina Lenart										1376	37:31
02:40+	08:02+	14:51+	19:48+	22:55+	25:22+	29:35+	32:34+	34:01+	36:20+	37:31+		
02:40+	05:22+	06:49+	04:57+	03:07+	02:27+	04:13+	02:59+	01:27+	02:19+	01:11+		
02:40+	05:22+	06:49+	04:57+	03:07+	02:27+	04:13+	02:59+	01:27+	02:19+	01:11+		
8	Ida Sjursø										1754	37:55
01:33+	08:34+	12:30+	16:58+	20:55+	23:01+	29:10+	32:27+	33:57+	36:06+	37:55+		
01:33+	07:01+	03:56+	04:28+	03:57+	02:06+	06:09+	03:17+	01:30+	02:09+	01:49+		
01:33+	07:01+	03:56+	04:28+	03:57+	02:06+	06:09+	03:17+	01:30+	02:09+	01:49+		
9	Synnøve Vidstein										3558	39:14
01:49+	08:04+	12:36+	17:05+	20:15+	23:47+	30:41+	33:52+	35:54+	37:50+	39:14+		
01:49+	06:15+	04:32+	04:29+	03:10+	03:32+	06:54+	03:11+	02:02+	01:56+	01:24+		
01:49+	06:15+	04:32+	04:29+	03:10+	03:32+	06:54+	03:11+	02:02+	01:56+	01:24+		
10	Solbjørg Borgersen										3536	39:27
03:34+	09:51+	13:45+	19:30+	23:01+	26:32+	31:57+	34:22+	35:45+	37:52+	39:27+		
03:34+	06:17+	03:54+	05:45+	03:31+	03:31+	05:25+	02:25+	01:23+	02:07+	01:35+		
03:34+	06:17+	03:54+	05:45+	03:31+	03:31+	05:25+	02:25+	01:23+	02:07+	01:35+		
11	Esther Boenheim										2539	41:49
01:52+	07:22+	16:47+	20:33+	22:59+	24:48+	30:35+	32:46+	38:08+	40:36+	41:49+		
01:52+	05:30+	09:25+	03:46+	02:26+	01:49+	05:47+	02:11+	05:22+	02:28+	01:13+		
01:52+	05:30+	09:25+	03:46+	02:26+	01:49+	05:47+	02:11+	05:22+	02:28+	01:13+		
12	Inger Martinsen										4248	45:51
01:31+	08:40+	14:41+	18:52+	24:22+	27:47+	36:42+	39:32+	41:07+	43:47+	45:51+		
01:31+	07:09+	06:01+	04:11+	05:30+	03:25+	08:55+	02:50+	01:35+	02:40+	02:04+		
01:31+	07:09+	06:01+	04:11+	05:30+	03:25+	08:55+	02:50+	01:35+	02:40+	02:04+		
13	Julie Kristine Hovet										892	46:16
01:42+	06:05+	18:51+	26:56+	31:55+	34:15+	38:06+	41:22+	42:47+	45:04+	46:16+		
01:42+	04:23+	12:46+	08:05+	04:59+	02:20+	03:51+	03:16+	01:25+	02:17+	01:12+		
01:42+	04:23+	12:46+	08:05+	04:59+	02:20+	03:51+	03:16+	01:25+	02:17+	01:12+		
14	Kjersti Sigurdson										722	46:18
03:53+	13:10+	16:42+	20:16+	25:38+	29:04+	38:52+	42:02+	43:01+	45:08+	46:18+		
03:53+	09:17+	03:32+	03:34+	05:22+	03:26+	09:48+	03:10+	00:59+	02:07+	01:10+		
03:53+	09:17+	03:32+	03:34+	05:22+	03:26+	09:48+	03:10+	00:59+	02:07+	01:10+		
15	Silje Rese										1832	46:32
01:48+	09:01+	12:13+	15:26+	18:03+	34:11+	38:15+	42:05+	43:24+	45:03+	46:32+		
01:48+	07:13+	03:12+	03:13+	02:37+	16:08+	04:04+	03:50+	01:19+	01:39+	01:29+		
01:48+	07:13+	03:12+	03:13+	02:37+	16:08+	04:04+	03:50+	01:19+	01:39+	01:29+		

Plass	Navn										Klasse	Tid
DT												
16	Ruth Hetland										1284	47:06
09:16+	16:21+	22:32+	29:04+	32:12+	34:53+	39:28+	42:32+	43:43+	45:48+	47:06+		
09:16+	07:05+	06:11+	06:32+	03:08+	02:41+	04:35+	03:04+	01:11+	02:05+	01:18+		
09:16+	07:05+	06:11+	06:32+	03:08+	02:41+	04:35+	03:04+	01:11+	02:05+	01:18+		
17	Renate Furenes										892	47:47
12:41+	18:26+	22:10+	25:54+	29:44+	31:51+	36:53+	42:01+	43:44+	46:07+	47:47+		
12:41+	05:45+	03:44+	03:44+	03:50+	02:07+	05:02+	05:08+	01:43+	02:23+	01:40+		
12:41+	05:45+	03:44+	03:44+	03:50+	02:07+	05:02+	05:08+	01:43+	02:23+	01:40+		
18	Gunn Vagle										643	47:49
03:25+	09:15+	13:19+	19:04+	26:14+	32:07+	37:45+	41:54+	43:21+	46:22+	47:49+		
03:25+	05:50+	04:04+	05:45+	07:10+	05:53+	05:38+	04:09+	01:27+	03:01+	01:27+		
03:25+	05:50+	04:04+	05:45+	07:10+	05:53+	05:38+	04:09+	01:27+	03:01+	01:27+		
19	Unni Byberg Mæstad										892	48:07
01:32+	09:26+	14:09+	19:35+	23:31+	26:09+	32:26+	35:56+	37:48+	46:36+	48:07+		
01:32+	07:54+	04:43+	05:26+	03:56+	02:38+	06:17+	03:30+	01:52+	08:48+	01:31+		
01:32+	07:54+	04:43+	05:26+	03:56+	02:38+	06:17+	03:30+	01:52+	08:48+	01:31+		
20	Marianne Berge										3512	48:36
03:19+	13:58+	19:14+	22:37+	36:34+	38:17+	41:49+	44:04+	45:18+	47:14+	48:36+		
03:19+	10:39+	05:16+	03:23+	13:57+	01:43+	03:32+	02:15+	01:14+	01:56+	01:22+		
03:19+	10:39+	05:16+	03:23+	13:57+	01:43+	03:32+	02:15+	01:14+	01:56+	01:22+		
21	Eli Thorset Våge										896	49:08
02:32+	09:09+	14:00+	19:49+	23:55+	31:15+	39:15+	42:54+	44:33+	47:32+	49:08+		
02:32+	06:37+	04:51+	05:49+	04:06+	07:20+	08:00+	03:39+	01:39+	02:59+	01:36+		
02:32+	06:37+	04:51+	05:49+	04:06+	07:20+	08:00+	03:39+	01:39+	02:59+	01:36+		
22	Tonje Undheim										3533	49:31
01:25+	11:12+	20:46+	24:22+	27:44+	30:56+	36:35+	39:33+	40:53+	48:07+	49:31+		
01:25+	09:47+	09:34+	03:36+	03:22+	03:12+	05:39+	02:58+	01:20+	07:14+	01:24+		
01:25+	09:47+	09:34+	03:36+	03:22+	03:12+	05:39+	02:58+	01:20+	07:14+	01:24+		
23	Anne Hilde Halleraker										882	49:53
03:02+	12:14+	19:37+	24:04+	28:55+	31:51+	40:51+	44:59+	46:20+	48:17+	49:53+		
03:02+	09:12+	07:23+	04:27+	04:51+	02:56+	09:00+	04:08+	01:21+	01:57+	01:36+		
03:02+	09:12+	07:23+	04:27+	04:51+	02:56+	09:00+	04:08+	01:21+	01:57+	01:36+		
24	Kristine Vik										1284	50:14
07:28+	15:12+	23:16+	27:14+	30:07+	32:27+	37:25+	43:23+	45:47+	48:31+	50:14+		
07:28+	07:44+	08:04+	03:58+	02:53+	02:20+	04:58+	05:58+	02:24+	02:44+	01:43+		
07:28+	07:44+	08:04+	03:58+	02:53+	02:20+	04:58+	05:58+	02:24+	02:44+	01:43+		
25	Kristin Ye-Eun Yoon										3533	53:13
01:18+	06:52+	09:58+	16:54+	41:35+	43:25+	47:25+	49:38+	50:35+	52:05+	53:13+		
01:18+	05:34+	03:06+	06:56+	24:41+	01:50+	04:00+	02:13+	00:57+	01:30+	01:08+		
01:18+	05:34+	03:06+	06:56+	24:41+	01:50+	04:00+	02:13+	00:57+	01:30+	01:08+		
26	Elin Norveel										722	54:09
01:38+	10:21+	17:06+	21:28+	24:21+	26:31+	38:13+	41:08+	50:38+	52:36+	54:09+		
01:38+	08:43+	06:45+	04:22+	02:53+	02:10+	11:42+	02:55+	09:30+	01:58+	01:33+		
01:38+	08:43+	06:45+	04:22+	02:53+	02:10+	11:42+	02:55+	09:30+	01:58+	01:33+		
27	Lena Skandsen Holmebakken										3563	55:09
12:06+	19:35+	25:28+	28:53+	35:42+	41:05+	45:50+	48:22+	50:12+	54:06+	55:09+		
12:06+	07:29+	05:53+	03:25+	06:49+	05:23+	04:45+	02:32+	01:50+	03:54+	01:03+		
12:06+	07:29+	05:53+	03:25+	06:49+	05:23+	04:45+	02:32+	01:50+	03:54+	01:03+		
28	Ingrid Dagsland Halderaker										3562	55:10
05:11+	17:43+	25:04+	30:08+	34:31+	37:32+	44:50+	48:56+	50:42+	52:55+	55:10+		
05:11+	12:32+	07:21+	05:04+	04:23+	03:01+	07:18+	04:06+	01:46+	02:13+	02:15+		
05:11+	12:32+	07:21+	05:04+	04:23+	03:01+	07:18+	04:06+	01:46+	02:13+	02:15+		
29	Maria Boge Lauvsnes										722	55:19
01:41+	08:11+	22:35+	27:23+	30:33+	33:11+	46:18+	50:19+	51:39+	53:42+	55:19+		
01:41+	06:30+	14:24+	04:48+	03:10+	02:38+	13:07+	04:01+	01:20+	02:03+	01:37+		
01:41+	06:30+	14:24+	04:48+	03:10+	02:38+	13:07+	04:01+	01:20+	02:03+	01:37+		

Plass	Navn										Klasse	Tid
DT												
30	Kirsti Strand Salvesen										3540	57:18
01:56+	09:19+	13:55+	21:33+	35:13+	37:53+	47:41+	51:12+	52:56+	55:19+	57:18+		
01:56+	07:23+	04:36+	07:38+	13:40+	02:40+	09:48+	03:31+	01:44+	02:23+	01:59+		
01:56+	07:23+	04:36+	07:38+	13:40+	02:40+	09:48+	03:31+	01:44+	02:23+	01:59+		
31	Sølvi Ballestad										722	57:39
03:28+	13:56+	22:36+	28:25+	32:21+	35:41+	43:04+	47:38+	50:02+	53:21+	57:39+		
03:28+	10:28+	08:40+	05:49+	03:56+	03:20+	07:23+	04:34+	02:24+	03:19+	04:18+		
03:28+	10:28+	08:40+	05:49+	03:56+	03:20+	07:23+	04:34+	02:24+	03:19+	04:18+		
32	Anna Hole										3503	58:09
06:44+	13:21+	18:05+	23:17+	42:08+	43:55+	49:55+	52:48+	54:02+	56:08+	58:09+		
06:44+	06:37+	04:44+	05:12+	18:51+	01:47+	06:00+	02:53+	01:14+	02:06+	02:01+		
06:44+	06:37+	04:44+	05:12+	18:51+	01:47+	06:00+	02:53+	01:14+	02:06+	02:01+		
33	Ingunn Johanne Fandrem										3511	59:10
02:06+	11:32+	21:27+	27:27+	33:26+	37:05+	45:15+	49:33+	51:21+	56:31+	59:10+		
02:06+	09:26+	09:55+	06:00+	05:59+	03:39+	08:10+	04:18+	01:48+	05:10+	02:39+		
02:06+	09:26+	09:55+	06:00+	05:59+	03:39+	08:10+	04:18+	01:48+	05:10+	02:39+		
34	Solveig Marie Grønning										3511	59:11
02:09+	11:52+	21:44+	27:31+	33:33+	37:15+	45:29+	49:39+	51:24+	56:34+	59:11+		
02:09+	09:43+	09:52+	05:47+	06:02+	03:42+	08:14+	04:10+	01:45+	05:10+	02:37+		
02:09+	09:43+	09:52+	05:47+	06:02+	03:42+	08:14+	04:10+	01:45+	05:10+	02:37+		
35	Kristine Aasland										3524	59:22
01:38+	11:40+	17:12+	26:12+	30:19+	34:39+	43:49+	51:27+	52:56+	58:05+	59:22+		
01:38+	10:02+	05:32+	09:00+	04:07+	04:20+	09:10+	07:38+	01:29+	05:09+	01:17+		
01:38+	10:02+	05:32+	09:00+	04:07+	04:20+	09:10+	07:38+	01:29+	05:09+	01:17+		
36	Ruth Grødem										722	1:01:16
02:11+	13:23+	18:04+	25:27+	40:33+	44:14+	51:29+	55:32+	57:07+	59:30+	61:16+		
02:11+	11:12+	04:41+	07:23+	15:06+	03:41+	07:15+	04:03+	01:35+	02:23+	01:46+		
02:11+	11:12+	04:41+	07:23+	15:06+	03:41+	07:15+	04:03+	01:35+	02:23+	01:46+		
37	Linda Strøm										722	1:02:05
05:04+	13:52+	20:45+	29:43+	36:17+	39:49+	48:37+	53:45+	56:19+	59:24+	62:05+		
05:04+	08:48+	06:53+	08:58+	06:34+	03:32+	08:48+	05:08+	02:34+	03:05+	02:41+		
05:04+	08:48+	06:53+	08:58+	06:34+	03:32+	08:48+	05:08+	02:34+	03:05+	02:41+		
38	Anna Langlo										722	1:02:08
05:05+	13:45+	20:06+	29:38+	36:17+	39:42+	48:40+	53:53+	56:23+	59:16+	62:08+		
05:05+	08:40+	06:21+	09:32+	06:39+	03:25+	08:58+	05:13+	02:30+	02:53+	02:52+		
05:05+	08:40+	06:21+	09:32+	06:39+	03:25+	08:58+	05:13+	02:30+	02:53+	02:52+		
39	Hilde Støre										722	1:02:10
05:01+	13:56+	20:25+	29:47+	36:15+	39:42+	49:02+	53:54+	56:23+	59:23+	62:10+		
05:01+	08:55+	06:29+	09:22+	06:28+	03:27+	09:20+	04:52+	02:29+	03:00+	02:47+		
05:01+	08:55+	06:29+	09:22+	06:28+	03:27+	09:20+	04:52+	02:29+	03:00+	02:47+		
40	Kristin Barvik										892	1:02:57
04:14+	26:41+	30:41+	38:29+	42:03+	46:49+	51:45+	55:41+	57:09+	60:40+	62:57+		
04:14+	22:27+	04:00+	07:48+	03:34+	04:46+	04:56+	03:56+	01:28+	03:31+	02:17+		
04:14+	22:27+	04:00+	07:48+	03:34+	04:46+	04:56+	03:56+	01:28+	03:31+	02:17+		
41	Signe Lise Haaland										3507	1:03:40
02:46+	14:15+	19:12+	25:35+	34:52+	41:03+	50:16+	54:43+	57:06+	60:57+	63:40+		
02:46+	11:29+	04:57+	06:23+	09:17+	06:11+	09:13+	04:27+	02:23+	03:51+	02:43+		
02:46+	11:29+	04:57+	06:23+	09:17+	06:11+	09:13+	04:27+	02:23+	03:51+	02:43+		
42	Ragnhild Christiansen										1884	1:04:43
02:38+	11:42+	17:40+	24:59+	30:59+	34:21+	43:27+	48:29+	50:41+	62:30+	64:43+		
02:38+	09:04+	05:58+	07:19+	06:00+	03:22+	09:06+	05:02+	02:12+	11:49+	02:13+		
02:38+	09:04+	05:58+	07:19+	06:00+	03:22+	09:06+	05:02+	02:12+	11:49+	02:13+		
43	Bente Skagseth										3558	1:05:17
02:28+	11:41+	15:58+	25:24+	31:38+	34:42+	48:09+	55:56+	57:35+	63:50+	65:17+		
02:28+	09:13+	04:17+	09:26+	06:14+	03:04+	13:27+	07:47+	01:39+	06:15+	01:27+		
02:28+	09:13+	04:17+	09:26+	06:14+	03:04+	13:27+	07:47+	01:39+	06:15+	01:27+		

Plass	Navn	Klasse	Tid
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DT

44	Lisbeth Davidsen										722	1:06:14
03:25+	12:42+	17:02+	26:27+	32:41+	35:44+	49:04+	56:59+	58:33+	64:51+	66:14+		
03:25+	09:17+	04:20+	09:25+	06:14+	03:03+	13:20+	07:55+	01:34+	06:18+	01:23+		
03:25+	09:17+	04:20+	09:25+	06:14+	03:03+	13:20+	07:55+	01:34+	06:18+	01:23+		
45	Marie Hernæs Larsen										3565	1:07:44
01:30+	19:20+	38:06+	42:26+	46:04+	52:21+	58:32+	61:33+	63:03+	65:49+	67:44+		
01:30+	17:50+	18:46+	04:20+	03:38+	06:17+	06:11+	03:01+	01:30+	02:46+	01:55+		
01:30+	17:50+	18:46+	04:20+	03:38+	06:17+	06:11+	03:01+	01:30+	02:46+	01:55+		
46	May Kristin Haaland										3511	1:16:15
08:51+	20:32+	27:09+	35:16+	44:39+	50:39+	60:14+	66:39+	69:11+	73:58+	76:15+		
08:51+	11:41+	06:37+	08:07+	09:23+	06:00+	09:35+	06:25+	02:32+	04:47+	02:17+		
08:51+	11:41+	06:37+	08:07+	09:23+	06:00+	09:35+	06:25+	02:32+	04:47+	02:17+		
47	Maria Fjelde										892	1:17:59
02:44+	15:40+	25:15+	33:29+	41:19+	45:43+	60:12+	64:40+	67:27+	75:20+	77:59+		
02:44+	12:56+	09:35+	08:14+	07:50+	04:24+	14:29+	04:28+	02:47+	07:53+	02:39+		
02:44+	12:56+	09:35+	08:14+	07:50+	04:24+	14:29+	04:28+	02:47+	07:53+	02:39+		
48	Karin Jensvold										722	1:23:24
03:42+	16:28+	25:09+	34:44+	41:47+	47:45+	56:55+	70:16+	74:10+	80:00+	83:24+		
03:42+	12:46+	08:41+	09:35+	07:03+	05:58+	09:10+	13:21+	03:54+	05:50+	03:24+		
03:42+	12:46+	08:41+	09:35+	07:03+	05:58+	09:10+	13:21+	03:54+	05:50+	03:24+		
49	Ingrid Lohne										722	1:23:25
03:38+	16:32+	25:05+	34:49+	41:45+	47:41+	56:59+	70:11+	74:10+	79:59+	83:25+		
03:38+	12:54+	08:33+	09:44+	06:56+	05:56+	09:18+	13:12+	03:59+	05:49+	03:26+		
03:38+	12:54+	08:33+	09:44+	06:56+	05:56+	09:18+	13:12+	03:59+	05:49+	03:26+		
50	Marthe Vierli Svendsen										3563	1:27:47
12:20+	20:09+	28:59+	44:43+	49:16+	58:29+	65:34+	72:44+	74:19+	85:08+	87:47+		
12:20+	07:49+	08:50+	15:44+	04:33+	09:13+	07:05+	07:10+	01:35+	10:49+	02:39+		
12:20+	07:49+	08:50+	15:44+	04:33+	09:13+	07:05+	07:10+	01:35+	10:49+	02:39+		
51	Agnete Dedekam Stabel										1758	1:37:14
05:36+	27:32+	34:33+	44:55+	59:59+	65:38+	76:40+	88:40+	91:06+	95:23+	97:14+		
05:36+	21:56+	07:01+	10:22+	15:04+	05:39+	11:02+	12:00+	02:26+	04:17+	01:51+		
05:36+	21:56+	07:01+	10:22+	15:04+	05:39+	11:02+	12:00+	02:26+	04:17+	01:51+		

Beste strekktid for klassen

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

H16

1	Sam McCloy												793	36:35
02:21=	06:43=	11:47=	15:16=	17:35=	19:42=	22:59=	25:24=	27:01=	30:26=	32:41=	35:26=	36:35=		
02:21=	04:22=	05:04=	03:29=	02:19=	02:07=	03:17=	02:25=	01:37=	03:25=	02:15=	02:45=	01:09=		
00:00=	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	Erlend Sølvberg												3524	37:54
01:58-	05:25-	10:00-	15:45+	17:58+	20:30+	24:08+	26:40+	28:10+	32:18+	34:43+	37:03+	37:54+		
01:58-	03:27-	04:35-	05:45+	02:13-	02:32+	03:38+	02:32+	01:30-	04:08+	02:25+	02:20-	00:51-		
00:23-	00:55-	00:29-	02:16&	00:06-	00:25#	00:21#	00:07+	00:07-	00:43#	00:10+	00:25-	00:18-		
3	Steinar Frøylog												3502	39:06
01:26-	05:07-	10:03-	14:12-	16:37-	19:40-	23:47+	26:07+	28:01+	32:06+	35:48+	38:14+	39:06+		
01:26-	03:41-	04:56-	04:09+	02:25+	03:03+	04:07+	02:20-	01:54+	04:05+	03:42+	02:26-	00:52-		
00:55-	00:41-	00:08-	00:40#	00:06+	00:56&	00:50&	00:05-	00:17#	00:40#	01:27&	00:19-	00:17-		
4	Sondre Aspøy												2074	40:23
01:27-	05:06-	10:34-	15:11-	17:53+	20:33+	24:54+	27:44+	30:28+	35:01+	37:49+	39:37+	40:23+		
01:27-	03:39-	05:28+	04:37+	02:42+	02:40+	04:21+	02:50+	02:44+	04:33+	02:48+	01:48-	00:46-		
00:54-	00:43-	00:24+	01:08&	00:23#	00:33&	01:04&	00:25#	01:07&	01:08&	00:33#	00:57-	00:23-		

Plass	Navn				Klasse				Tid			
H16												
5	Erling Byberg				793				42:06			
06:55+	10:04+	15:03+	18:50+	21:15+	23:17+	26:31+	32:06+	33:23+	36:43+	39:34+	41:30+	42:06+
06:55+	03:09-	04:59-	03:47+	02:25+	02:02-	03:14-	05:35+	01:17-	03:20-	02:51+	01:56-	00:36-
04:34	01:13-	00:05-	00:18+	00:06+	00:05-	00:03-	03:10	00:20-	00:05-	00:36	00:49-	00:33-
6	Eivind Brimsø				3559				43:59			
01:36+	06:20+	12:09+	16:24+	19:16+	21:42+	27:57+	30:32+	32:12+	36:39+	39:37+	43:08+	43:59+
01:36+	04:44+	05:49+	04:15+	02:52+	02:26+	06:15+	02:35+	01:40+	04:27+	02:58+	03:31+	00:51+
01:36+	04:44+	05:49+	04:15+	02:52+	02:26+	06:15+	02:35+	01:40+	04:27+	02:58+	03:31+	00:51+
7	Øyvind Rustan				722				45:59			
01:59+	05:39+	12:11+	16:31+	19:38+	22:20+	26:17+	28:58+	35:01+	39:22+	42:11+	44:09+	45:59+
01:59+	03:40+	06:32+	04:20+	03:07+	02:42+	03:57+	02:41+	06:03+	04:21+	02:49+	01:58+	01:50+
01:59+	03:40+	06:32+	04:20+	03:07+	02:42+	03:57+	02:41+	06:03+	04:21+	02:49+	01:58+	01:50+
8	Truls Kolnes				3512				46:14			
02:13+	06:44+	12:01+	17:34+	20:20+	24:04+	28:52+	32:46+	34:42+	38:39+	42:27+	44:47+	46:14+
02:13+	04:31+	05:17+	05:33+	02:46+	03:44+	04:48+	03:54+	01:56+	03:57+	03:48+	02:20+	01:27+
02:13+	04:31+	05:17+	05:33+	02:46+	03:44+	04:48+	03:54+	01:56+	03:57+	03:48+	02:20+	01:27+
9	Henrik Aasheim				2342				47:55			
01:33+	05:03+	14:52+	20:24+	23:39+	26:50+	31:24+	34:33+	36:15+	39:59+	44:34+	47:00+	47:55+
01:33+	03:30+	09:49+	05:32+	03:15+	03:11+	04:34+	03:09+	01:42+	03:44+	04:35+	02:26+	00:55+
01:33+	03:30+	09:49+	05:32+	03:15+	03:11+	04:34+	03:09+	01:42+	03:44+	04:35+	02:26+	00:55+
10	Bendix Gjølstad Smith				892				49:35			
01:43+	06:25+	12:00+	16:27+	18:54+	21:44+	26:47+	30:20+	33:56+	39:07+	46:15+	48:48+	49:35+
01:43+	04:42+	05:35+	04:27+	02:27+	02:50+	05:03+	03:33+	03:36+	05:11+	07:08+	02:33+	00:47+
01:43+	04:42+	05:35+	04:27+	02:27+	02:50+	05:03+	03:33+	03:36+	05:11+	07:08+	02:33+	00:47+
11	Alexander Romanov				3562				51:34			
01:28+	05:57+	10:30+	14:14+	16:42+	19:04+	22:56+	39:09+	40:21+	44:06+	48:29+	50:19+	51:34+
01:28+	04:29+	04:33+	03:44+	02:28+	02:22+	03:52+	16:13+	01:12+	03:45+	04:23+	01:50+	01:15+
01:28+	04:29+	04:33+	03:44+	02:28+	02:22+	03:52+	16:13+	01:12+	03:45+	04:23+	01:50+	01:15+
12	David Wade				1683				54:36			
01:14+	04:50+	16:45+	20:27+	22:37+	25:22+	28:50+	31:02+	44:01+	47:46+	51:28+	53:33+	54:36+
01:14+	03:36+	11:55+	03:42+	02:10+	02:45+	03:28+	02:12+	12:59+	03:45+	03:42+	02:05+	01:03+
01:14+	03:36+	11:55+	03:42+	02:10+	02:45+	03:28+	02:12+	12:59+	03:45+	03:42+	02:05+	01:03+
13	Ole Andre Brandsberg				3502				55:20			
02:09+	06:58+	13:31+	18:52+	23:30+	27:23+	33:11+	38:20+	41:18+	46:31+	52:00+	54:30+	55:20+
02:09+	04:49+	06:33+	05:21+	04:38+	03:53+	05:48+	05:09+	02:58+	05:13+	05:29+	02:30+	00:50+
02:09+	04:49+	06:33+	05:21+	04:38+	03:53+	05:48+	05:09+	02:58+	05:13+	05:29+	02:30+	00:50+
14	Magnus Kristoffersen				3676				56:03			
02:06+	06:12+	15:20+	20:56+	24:23+	28:50+	33:45+	38:22+	44:41+	49:33+	52:54+	55:13+	56:03+
02:06+	04:06+	09:08+	05:36+	03:27+	04:27+	04:55+	04:37+	06:19+	04:52+	03:21+	02:19+	00:50+
02:06+	04:06+	09:08+	05:36+	03:27+	04:27+	04:55+	04:37+	06:19+	04:52+	03:21+	02:19+	00:50+
15	Andreas Primstad				3548				58:57			
02:22+	08:01+	14:22+	20:25+	23:55+	27:44+	33:14+	41:39+	47:08+	51:33+	54:33+	57:13+	58:57+
02:22+	05:39+	06:21+	06:03+	03:30+	03:49+	05:30+	08:25+	05:29+	04:25+	03:00+	02:40+	01:44+
02:22+	05:39+	06:21+	06:03+	03:30+	03:49+	05:30+	08:25+	05:29+	04:25+	03:00+	02:40+	01:44+
16	Trym Hustoft				3497				1:00:41			
05:33+	10:27+	23:56+	29:05+	32:22+	35:47+	40:35+	46:38+	48:34+	54:13+	56:57+	59:26+	60:41+
05:33+	04:54+	13:29+	05:09+	03:17+	03:25+	04:48+	06:03+	01:56+	05:39+	02:44+	02:29+	01:15+
05:33+	04:54+	13:29+	05:09+	03:17+	03:25+	04:48+	06:03+	01:56+	05:39+	02:44+	02:29+	01:15+
17	Eivind Baltzersen				1283				1:02:49			
05:42+	10:55+	21:17+	26:50+	30:25+	40:20+	46:06+	50:38+	52:21+	56:15+	58:57+	61:27+	62:49+
05:42+	05:13+	10:22+	05:33+	03:35+	09:55+	05:46+	04:32+	01:43+	03:54+	02:42+	02:30+	01:22+
05:42+	05:13+	10:22+	05:33+	03:35+	09:55+	05:46+	04:32+	01:43+	03:54+	02:42+	02:30+	01:22+
18	Håvard Aase				3558				1:05:42			
08:23+	13:54+	21:10+	27:06+	30:07+	33:07+	43:53+	47:05+	51:36+	58:21+	61:15+	63:59+	65:42+
08:23+	05:31+	07:16+	05:56+	03:01+	03:00+	10:46+	03:12+	04:31+	06:45+	02:54+	02:44+	01:43+
08:23+	05:31+	07:16+	05:56+	03:01+	03:00+	10:46+	03:12+	04:31+	06:45+	02:54+	02:44+	01:43+

Plass	Navn												Klasse	Tid											
H16																									
19	Jone Klemo Øverland												1384	1:06:15											
	01:46+	06:59+	23:07+	28:18+	34:41+	37:53+	42:37+	45:42+	51:01+	57:11+	60:21+	64:41+	66:15+												
	01:46+	05:13+	16:08+	05:11+	06:23+	03:12+	04:44+	03:05+	05:19+	06:10+	03:10+	04:20+	01:34+												
	01:46+	05:13+	16:08+	05:11+	06:23+	03:12+	04:44+	03:05+	05:19+	06:10+	03:10+	04:20+	01:34+												
20	Christian Schmidt												2342	1:13:23											
	04:49+	09:08+	16:21+	23:01+	31:21+	36:50+	40:34+	54:52+	57:42+	67:20+	70:06+	72:03+	73:23+												
	04:49+	04:19+	07:13+	06:40+	08:20+	05:29+	03:44+	14:18+	02:50+	09:38+	02:46+	01:57+	01:20+												
	04:49+	04:19+	07:13+	06:40+	08:20+	05:29+	03:44+	14:18+	02:50+	09:38+	02:46+	01:57+	01:20+												
21	Martin Gjerstad												3676	1:20:32											
	02:14+	10:41+	21:29+	29:02+	33:09+	43:14+	48:50+	59:56+	61:46+	74:07+	77:03+	79:45+	80:32+												
	02:14+	08:27+	10:48+	07:33+	04:07+	10:05+	05:36+	11:06+	01:50+	12:21+	02:56+	02:42+	00:47+												
	02:14+	08:27+	10:48+	07:33+	04:07+	10:05+	05:36+	11:06+	01:50+	12:21+	02:56+	02:42+	00:47+												
22	Trond Raugstad												3598	1:25:19											
	03:13+	07:49+	45:31+	51:31+	55:01+	60:28+	67:10+	70:48+	73:12+	77:52+	81:24+	84:24+	85:19+												
	03:13+	04:36+	37:42+	06:00+	03:30+	05:27+	06:42+	03:38+	02:24+	04:40+	03:32+	03:00+	00:55+												
	03:13+	04:36+	37:42+	06:00+	03:30+	05:27+	06:42+	03:38+	02:24+	04:40+	03:32+	03:00+	00:55+												
Beste strekktid for klassen																									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																									
H40																									
1	Joakim B. Enne Haug												1284	36:55											
	02:33=	06:14=	10:32=	14:16=	17:14=	19:22=	22:44=	25:46=	27:02=	31:44=	34:11=	36:14=	36:55=												
	02:33=	03:41=	04:18=	03:44=	02:58=	02:08=	03:22=	03:02=	01:16=	04:42=	02:27=	02:03=	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=	00:00=												
2	Anders Klungre												3548	37:22											
	02:06-	06:25+	11:54+	15:52+	18:01+	20:37+	24:33+	27:08+	28:24+	32:00+	34:13+	36:40+	37:22+												
	02:06-	04:19+	05:29+	03:58+	02:09-	02:36+	03:56+	02:35-	01:16=	03:36-	02:13-	02:27+	00:42+												
	00:27-	00:38#	01:11&	00:14+	00:49-	00:28#	00:34#	00:27-	00:00=	01:06-	00:14-	00:24#	00:01+												
3	Christian Ask												3563	39:02											
	01:40-	05:34-	11:06+	15:23+	17:51+	20:23+	24:23+	27:29+	29:04+	33:10+	35:59+	38:16+	39:02+												
	01:40-	03:54+	05:32+	04:17+	02:28-	02:32+	04:00+	03:06+	01:35+	04:06-	02:49+	02:17+	00:46+												
	00:53-	00:13+	01:14&	00:33#	00:30-	00:24#	00:38#	00:04+	00:19#	00:36-	00:22#	00:14#	00:05#												
4	Glenn Madland												879	39:55											
	01:50-	06:08-	11:48+	16:59+	19:20+	21:59+	26:01+	28:54+	30:35+	33:46+	36:27+	39:10+	39:55+												
	01:50-	04:18+	05:40+	05:11+	02:21-	02:39+	04:02+	02:53-	01:41+	03:11-	02:41+	02:43+	00:45+												
	00:43-	00:37#	01:22&	01:27&	00:37-	00:31#	00:40#	00:09-	00:25&	01:31-	00:14+	00:40&	00:04+												
5	Anders Presterud												903	40:41											
	01:36-	05:19-	11:16+	15:48+	18:34+	20:48+	24:44+	27:03+	30:42+	34:09+	37:34+	39:36+	40:41+												
	01:36-	03:43+	05:57+	04:32+	02:46-	02:14+	03:56+	02:19-	03:39+	03:27-	03:25+	02:02-	01:05+												
	00:57-	00:02+	01:39&	00:48#	00:12-	00:06+	00:34#	00:43-	02:230	01:15-	00:58&	00:01-	00:24&												
6	Magne Habbestad												3531	40:51											
	01:28-	05:49-	12:14+	16:27+	18:43+	21:31+	25:47+	29:26+	30:53+	34:54+	37:13+	39:20+	40:51+												
	01:28-	04:21+	06:25+	04:13+	02:16-	02:48+	04:16+	03:39+	01:27+	04:01-	02:19-	02:07+	01:31+												
	01:05-	00:40#	02:07&	00:29#	00:42-	00:40&	00:54&	00:37#	00:11#	00:41-	00:08-	00:04+	00:500												
7	Bjarne Bore												3529	42:59											
	02:06-	07:46+	13:01+	17:17+	19:28+	22:11+	26:57+	30:04+	32:37+	36:24+	40:11+	42:14+	42:59+												
	02:06-	05:40+	05:15+	04:16+	02:11-	02:43+	04:46+	03:07+	02:33+	03:47-	03:47+	02:03=	00:45+												
	00:27-	01:59&	00:57#	00:32#	00:47-	00:35&	01:24&	00:05+	01:170	00:55-	01:20&	00:00=	00:04+												
8	Jens Otto Hatlevold												2023	44:01											
	03:17+	06:56+	12:10+	16:33+	19:16+	22:07+	25:45+	30:33+	32:26+	35:47+	40:49+	43:20+	44:01+												
	03:17+	03:39-	05:14+	04:23+	02:43-	02:51+	03:38+	04:48+	01:53+	03:21-	05:02+	02:31+	00:41=												
	00:44&	00:02-	00:56#	00:39#	00:15-	00:43&	00:16+	01:46&	00:37&	01:21-	02:350	00:28#	00:00=												

Plass	Navn												Klasse	Tid											
H40																									
9	Jan-Kenneth Polle												3525	45:28											
	01:18-	04:43-	09:56-	13:44-	16:14-	18:38-	22:28-	33:42+	34:57+	39:16+	42:43+	44:42+	45:28+												
	01:18-	03:25-	05:13+	03:48+	02:30-	02:24+	03:50+	11:14+	01:15-	04:19-	03:27+	01:59-	00:46+												
	01:15-	00:16-	00:55#	00:04+	00:28-	00:16#	00:28#	08:12@	00:01-	00:23-	01:00&	00:04-	00:05#												
10	Arild Stave												3676	46:59											
	01:14+	06:31+	16:27+	21:03+	26:29+	28:56+	32:34+	34:50+	36:12+	42:29+	44:33+	46:19+	46:59+												
	01:14+	05:17+	09:56+	04:36+	05:26+	02:27+	03:38+	02:16+	01:22+	06:17+	02:04+	01:46+	00:40+												
	01:14+	05:17+	09:56+	04:36+	05:26+	02:27+	03:38+	02:16+	01:22+	06:17+	02:04+	01:46+	00:40+												
11	Alexander Khorunzhiy												1456	48:34											
	01:45+	05:45+	11:30+	16:00+	18:40+	25:24+	30:04+	36:21+	37:58+	42:27+	45:33+	47:45+	48:34+												
	01:45+	04:00+	05:45+	04:30+	02:40+	06:44+	04:40+	06:17+	01:37+	04:29+	03:06+	02:12+	00:49+												
	01:45+	04:00+	05:45+	04:30+	02:40+	06:44+	04:40+	06:17+	01:37+	04:29+	03:06+	02:12+	00:49+												
12	Frode Stangeland												3516	49:33											
	02:01+	06:17+	15:32+	20:29+	24:02+	26:52+	31:43+	35:08+	37:19+	41:39+	45:20+	48:23+	49:33+												
	02:01+	04:16+	09:15+	04:57+	03:33+	02:50+	04:51+	03:25+	02:11+	04:20+	03:41+	03:03+	01:10+												
	02:01+	04:16+	09:15+	04:57+	03:33+	02:50+	04:51+	03:25+	02:11+	04:20+	03:41+	03:03+	01:10+												
13	Rune Hatle												903	50:44											
	01:42+	05:35+	11:27+	16:33+	19:08+	24:34+	29:21+	32:09+	41:07+	44:37+	47:30+	49:52+	50:44+												
	01:42+	03:53+	05:52+	05:06+	02:35+	05:26+	04:47+	02:48+	08:58+	03:30+	02:53+	02:22+	00:52+												
	01:42+	03:53+	05:52+	05:06+	02:35+	05:26+	04:47+	02:48+	08:58+	03:30+	02:53+	02:22+	00:52+												
14	Ole-Tobias Frich												1683	51:20											
	01:54+	06:48+	14:23+	19:09+	22:42+	25:57+	29:57+	34:13+	41:04+	44:44+	47:23+	49:44+	51:20+												
	01:54+	04:54+	07:35+	04:46+	03:33+	03:15+	04:00+	04:16+	06:51+	03:40+	02:39+	02:21+	01:36+												
	01:54+	04:54+	07:35+	04:46+	03:33+	03:15+	04:00+	04:16+	06:51+	03:40+	02:39+	02:21+	01:36+												
15	Lars Lone Rasmussen												4248	53:03											
	02:09+	07:25+	13:56+	19:00+	22:30+	25:27+	30:24+	36:04+	41:39+	46:21+	49:32+	52:01+	53:03+												
	02:09+	05:16+	06:31+	05:04+	03:30+	02:57+	04:57+	05:40+	05:35+	04:42+	03:11+	02:29+	01:02+												
	02:09+	05:16+	06:31+	05:04+	03:30+	02:57+	04:57+	05:40+	05:35+	04:42+	03:11+	02:29+	01:02+												
16	Jone Hodne												3563	1:06:42											
	02:35+	07:36+	14:57+	18:39+	21:08+	28:28+	32:14+	55:14+	56:20+	60:32+	63:49+	65:51+	66:42+												
	02:35+	05:01+	07:21+	03:42+	02:29+	07:20+	03:46+	23:00+	01:06+	04:12+	03:17+	02:02+	00:51+												
	02:35+	05:01+	07:21+	03:42+	02:29+	07:20+	03:46+	23:00+	01:06+	04:12+	03:17+	02:02+	00:51+												
17	Sven Undheim												793	1:06:55											
	03:12+	13:51+	30:19+	34:48+	41:38+	44:44+	49:20+	54:53+	56:09+	60:11+	62:41+	66:10+	66:55+												
	03:12+	10:39+	16:28+	04:29+	06:50+	03:06+	04:36+	05:33+	01:16+	04:02+	02:30+	03:29+	00:45+												
	03:12+	10:39+	16:28+	04:29+	06:50+	03:06+	04:36+	05:33+	01:16+	04:02+	02:30+	03:29+	00:45+												
18	Kay Roar Harila												643	1:18:16											
	04:00+	09:23+	18:34+	31:38+	37:58+	45:56+	50:54+	60:36+	63:28+	70:18+	74:23+	77:18+	78:16+												
	04:00+	05:23+	09:11+	13:04+	06:20+	07:58+	04:58+	09:42+	02:52+	06:50+	04:05+	02:55+	00:58+												
	04:00+	05:23+	09:11+	13:04+	06:20+	07:58+	04:58+	09:42+	02:52+	06:50+	04:05+	02:55+	00:58+												

Beste strekktid for klassen

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

H50

1	Bjørn Ove Olsen Moi												989	31:47											
	00:59=	04:14=	06:24=	10:04=	13:14=	16:03=	19:12=	22:51=	25:04=	26:42=	29:12=	31:03=	31:47=												
	00:59=	03:15=	02:10=	03:40=	03:10=	02:49=	03:09=	03:39=	02:13=	01:38=	02:30=	01:51=	00:44=												
	00:00=	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	34:37											
	01:37+	05:01+	06:43+	10:35+	13:29+	16:23+	19:40+	24:03+	26:37+	28:09+	30:33+	33:05+	34:37+												
	01:37+	03:24+	01:42-	03:52+	02:54-	02:54+	03:17+	04:23+	02:34+	01:32-	02:24-	02:32+	01:32+												
	00:38&	00:09+	00:28-	00:12+	00:16-	00:05+	00:08+	00:44#	00:21#	00:06-	00:06-	00:41&	00:48@												

Plass	Navn													Klasse	Tid													
H50																												
3	Anders Glenne													793	37:43													
02:00+	05:01+	07:03+	12:23+	15:28+	19:31+	22:40+	26:15+	28:35+	31:41+	34:29+	36:54+	37:43+																
02:00+	03:01-	02:02-	05:20+	03:05-	04:03+	03:09=	03:35-	02:20+	03:06+	02:48+	02:25+	00:49+																
01:01@	00:14-	00:08-	01:40&	00:05-	01:14&	00:00=	00:04-	00:07+	01:28&	00:18#	00:34&	00:05#																
4	Kjetil Solbakken													3507	38:31													
01:15+	04:57+	06:58+	11:17+	15:03+	18:13+	23:32+	27:45+	30:25+	32:16+	35:10+	37:36+	38:31+																
01:15+	03:42+	02:01+	04:19+	03:46+	03:10+	05:19+	04:13+	02:40+	01:51+	02:54+	02:26+	00:55+																
01:15+	03:42+	02:01+	04:19+	03:46+	03:10+	05:19+	04:13+	02:40+	01:51+	02:54+	02:26+	00:55+																
5	Erik Bjørnbom													3558	40:29													
01:08+	04:55+	07:25+	12:13+	15:40+	19:44+	23:58+	30:02+	32:34+	34:25+	37:10+	39:24+	40:29+																
01:08+	03:47+	02:30+	04:48+	03:27+	04:04+	04:14+	06:04+	02:32+	01:51+	02:45+	02:14+	01:05+																
01:08+	03:47+	02:30+	04:48+	03:27+	04:04+	04:14+	06:04+	02:32+	01:51+	02:45+	02:14+	01:05+																
6	Sigurd Ravndal													769	42:22													
03:00+	06:49+	08:31+	13:01+	16:02+	18:54+	22:59+	27:57+	31:04+	33:38+	38:38+	41:15+	42:22+																
03:00+	03:49+	01:42+	04:30+	03:01+	02:52+	04:05+	04:58+	03:07+	02:34+	05:00+	02:37+	01:07+																
03:00+	03:49+	01:42+	04:30+	03:01+	02:52+	04:05+	04:58+	03:07+	02:34+	05:00+	02:37+	01:07+																
7	Svend Vihovde													1683	42:25													
01:21+	05:22+	07:43+	13:03+	17:10+	21:15+	25:00+	29:40+	32:41+	35:09+	38:30+	41:15+	42:25+																
01:21+	04:01+	02:21+	05:20+	04:07+	04:05+	03:45+	04:40+	03:01+	02:28+	03:21+	02:45+	01:10+																
01:21+	04:01+	02:21+	05:20+	04:07+	04:05+	03:45+	04:40+	03:01+	02:28+	03:21+	02:45+	01:10+																
8	Tore Halset													3486	43:02													
01:32+	05:22+	07:33+	12:23+	15:52+	18:52+	22:05+	27:15+	31:06+	33:11+	38:59+	42:00+	43:02+																
01:32+	03:50+	02:11+	04:50+	03:29+	03:00+	03:13+	05:10+	03:51+	02:05+	05:48+	03:01+	01:02+																
01:32+	03:50+	02:11+	04:50+	03:29+	03:00+	03:13+	05:10+	03:51+	02:05+	05:48+	03:01+	01:02+																
9	Trygve Michaelsen													896	43:17													
02:47+	06:10+	08:35+	13:12+	17:05+	20:59+	24:37+	28:32+	32:19+	35:30+	38:19+	42:09+	43:17+																
02:47+	03:23+	02:25+	04:37+	03:53+	03:54+	03:38+	03:55+	03:47+	03:11+	02:49+	03:50+	01:08+																
02:47+	03:23+	02:25+	04:37+	03:53+	03:54+	03:38+	03:55+	03:47+	03:11+	02:49+	03:50+	01:08+																
10	Fredrik Jomaas													4270	43:52													
06:10+	09:09+	11:30+	16:34+	20:12+	23:34+	27:57+	32:36+	35:06+	36:41+	40:24+	42:48+	43:52+																
06:10+	02:59+	02:21+	05:04+	03:38+	03:22+	04:23+	04:39+	02:30+	01:35+	03:43+	02:24+	01:04+																
06:10+	02:59+	02:21+	05:04+	03:38+	03:22+	04:23+	04:39+	02:30+	01:35+	03:43+	02:24+	01:04+																
11	Frode Halvor Lund													3516	45:36													
02:10+	06:02+	08:07+	12:44+	16:28+	20:13+	27:27+	33:18+	36:13+	38:32+	41:38+	44:37+	45:36+																
02:10+	03:52+	02:05+	04:37+	03:44+	03:45+	07:14+	05:51+	02:55+	02:19+	03:06+	02:59+	00:59+																
02:10+	03:52+	02:05+	04:37+	03:44+	03:45+	07:14+	05:51+	02:55+	02:19+	03:06+	02:59+	00:59+																
12	Arve Sonflå													3563	46:06													
02:14+	06:18+	08:55+	13:51+	17:49+	26:04+	30:09+	34:52+	37:32+	39:59+	42:31+	45:11+	46:06+																
02:14+	04:04+	02:37+	04:56+	03:58+	08:15+	04:05+	04:43+	02:40+	02:27+	02:32+	02:40+	00:55+																
02:14+	04:04+	02:37+	04:56+	03:58+	08:15+	04:05+	04:43+	02:40+	02:27+	02:32+	02:40+	00:55+																
13	Øystein Lie Karlsen													1683	46:10													
05:44+	09:22+	11:29+	16:45+	20:19+	24:19+	28:05+	34:24+	37:16+	39:46+	42:15+	44:36+	46:10+																
05:44+	03:38+	02:07+	05:16+	03:34+	04:00+	03:46+	06:19+	02:52+	02:30+	02:29+	02:21+	01:34+																
05:44+	03:38+	02:07+	05:16+	03:34+	04:00+	03:46+	06:19+	02:52+	02:30+	02:29+	02:21+	01:34+																
14	Jerome Renoult													3524	47:15													
01:13+	05:21+	07:48+	12:36+	16:36+	20:16+	29:49+	33:57+	36:37+	39:30+	42:48+	46:16+	47:15+																
01:13+	04:08+	02:27+	04:48+	04:00+	03:40+	09:33+	04:08+	02:40+	02:53+	03:18+	03:28+	00:59+																
01:13+	04:08+	02:27+	04:48+	04:00+	03:40+	09:33+	04:08+	02:40+	02:53+	03:18+	03:28+	00:59+																
15	André Sirevåg													1683	47:35													
02:11+	05:50+	08:21+	13:13+	17:23+	22:37+	29:29+	34:16+	38:54+	41:08+	44:20+	46:43+	47:35+																
02:11+	03:39+	02:31+	04:52+	04:10+	05:14+	06:52+	04:47+	04:38+	02:14+	03:12+	02:23+	00:52+																
02:11+	03:39+	02:31+	04:52+	04:10+	05:14+	06:52+	04:47+	04:38+	02:14+	03:12+	02:23+	00:52+																
16	Jone Kalheim													879	48:25													
10:56+	14:14+	16:38+	21:50+	24:51+	29:06+	33:46+	38:57+	41:31+	43:27+	45:30+	47:42+	48:25+																
10:56+	03:18+	02:24+	05:12+	03:01+	04:15+	04:40+	05:11+	02:34+	01:56+	02:03+	02:12+	00:43+																
10:56+	03:18+	02:24+	05:12+	03:01+	04:15+	04:40+	05:11+	02:34+	01:56+	02:03+	02:12+	00:43+																

Plass	Navn			Klasse								Tid	
H50													
17	John Breiland			3694								48:28	
02:14+	04:57+	06:38+	10:09+	13:31+	16:36+	28:38+	32:46+	37:25+	39:52+	44:47+	47:26+	48:28+	
02:14+	02:43+	01:41+	03:31+	03:22+	03:05+	12:02+	04:08+	04:39+	02:27+	04:55+	02:39+	01:02+	
02:14+	02:43+	01:41+	03:31+	03:22+	03:05+	12:02+	04:08+	04:39+	02:27+	04:55+	02:39+	01:02+	
18	Arne Hetlelid			3508								48:31	
01:25+	05:01+	07:07+	11:34+	19:07+	23:17+	31:54+	36:13+	39:03+	41:17+	44:53+	47:18+	48:31+	
01:25+	03:36+	02:06+	04:27+	07:33+	04:10+	08:37+	04:19+	02:50+	02:14+	03:36+	02:25+	01:13+	
01:25+	03:36+	02:06+	04:27+	07:33+	04:10+	08:37+	04:19+	02:50+	02:14+	03:36+	02:25+	01:13+	
19	Svein Roar Aas			3565								48:34	
02:49+	06:00+	08:08+	13:59+	17:27+	25:47+	30:04+	34:01+	36:26+	38:01+	44:49+	47:04+	48:34+	
02:49+	03:11+	02:08+	05:51+	03:28+	08:20+	04:17+	03:57+	02:25+	01:35+	06:48+	02:15+	01:30+	
02:49+	03:11+	02:08+	05:51+	03:28+	08:20+	04:17+	03:57+	02:25+	01:35+	06:48+	02:15+	01:30+	
20	Erling Knutzen			879								49:36	
02:18+	06:23+	08:48+	13:38+	18:11+	22:42+	27:08+	38:10+	41:06+	43:27+	46:11+	48:37+	49:36+	
02:18+	04:05+	02:25+	04:50+	04:33+	04:31+	04:26+	11:02+	02:56+	02:21+	02:44+	02:26+	00:59+	
02:18+	04:05+	02:25+	04:50+	04:33+	04:31+	04:26+	11:02+	02:56+	02:21+	02:44+	02:26+	00:59+	
21	Øystein Fuglestad			878								50:51	
01:26+	04:47+	06:56+	20:52+	24:29+	30:37+	33:59+	38:33+	41:32+	43:55+	47:04+	49:38+	50:51+	
01:26+	03:21+	02:09+	13:56+	03:37+	06:08+	03:22+	04:34+	02:59+	02:23+	03:09+	02:34+	01:13+	
01:26+	03:21+	02:09+	13:56+	03:37+	06:08+	03:22+	04:34+	02:59+	02:23+	03:09+	02:34+	01:13+	
22	Stein Arve Finnestad			1456								52:35	
01:25+	05:25+	07:41+	12:21+	16:22+	20:33+	24:27+	34:29+	41:13+	45:12+	48:31+	51:34+	52:35+	
01:25+	04:00+	02:16+	04:40+	04:01+	04:11+	03:54+	10:02+	06:44+	03:59+	03:19+	03:03+	01:01+	
01:25+	04:00+	02:16+	04:40+	04:01+	04:11+	03:54+	10:02+	06:44+	03:59+	03:19+	03:03+	01:01+	
23	Asbjørn Brådland			879								54:43	
06:15+	10:44+	12:55+	18:50+	22:19+	25:44+	32:39+	38:52+	42:34+	47:43+	50:21+	53:10+	54:43+	
06:15+	04:29+	02:11+	05:55+	03:29+	03:25+	06:55+	06:13+	03:42+	05:09+	02:38+	02:49+	01:33+	
06:15+	04:29+	02:11+	05:55+	03:29+	03:25+	06:55+	06:13+	03:42+	05:09+	02:38+	02:49+	01:33+	
24	Lars Primstad			769								59:15	
17:56+	20:48+	23:48+	28:49+	31:46+	35:28+	41:04+	48:20+	51:17+	53:56+	56:19+	58:30+	59:15+	
17:56+	02:52+	03:00+	05:01+	02:57+	03:42+	05:36+	07:16+	02:57+	02:39+	02:23+	02:11+	00:45+	
17:56+	02:52+	03:00+	05:01+	02:57+	03:42+	05:36+	07:16+	02:57+	02:39+	02:23+	02:11+	00:45+	
25	Jarl Steinar Berntsen			882								1:05:08	
02:15+	06:21+	09:47+	20:58+	24:42+	30:15+	39:27+	45:23+	48:21+	55:19+	60:44+	63:55+	65:08+	
02:15+	04:06+	03:26+	11:11+	03:44+	05:33+	09:12+	05:56+	02:58+	06:58+	05:25+	03:11+	01:13+	
02:15+	04:06+	03:26+	11:11+	03:44+	05:33+	09:12+	05:56+	02:58+	06:58+	05:25+	03:11+	01:13+	
26	Øystein Endresen			3504								1:11:25	
10:35+	14:22+	17:30+	23:15+	27:45+	31:44+	37:25+	50:15+	57:53+	60:30+	65:21+	69:33+	71:25+	
10:35+	03:47+	03:08+	05:45+	04:30+	03:59+	05:41+	12:50+	07:38+	02:37+	04:51+	04:12+	01:52+	
10:35+	03:47+	03:08+	05:45+	04:30+	03:59+	05:41+	12:50+	07:38+	02:37+	04:51+	04:12+	01:52+	
27	Rune Paulsen			3508								1:11:40	
02:08+	05:22+	06:59+	16:28+	24:28+	36:47+	44:22+	52:23+	61:26+	64:02+	68:03+	70:16+	71:40+	
02:08+	03:14+	01:37+	09:29+	08:00+	12:19+	07:35+	08:01+	09:03+	02:36+	04:01+	02:13+	01:24+	
02:08+	03:14+	01:37+	09:29+	08:00+	12:19+	07:35+	08:01+	09:03+	02:36+	04:01+	02:13+	01:24+	
28	Trond Birkeland			882								1:13:26	
08:57+	12:33+	14:41+	30:29+	34:17+	40:26+	53:07+	56:52+	60:23+	63:46+	66:16+	70:05+	73:26+	
08:57+	03:36+	02:08+	15:48+	03:48+	06:09+	12:41+	03:45+	03:31+	03:23+	02:30+	03:49+	03:21+	
08:57+	03:36+	02:08+	15:48+	03:48+	06:09+	12:41+	03:45+	03:31+	03:23+	02:30+	03:49+	03:21+	
29	Ingebret Folkvord			3563								1:19:21	
07:20+	10:58+	14:44+	22:15+	27:00+	32:53+	56:49+	61:50+	67:21+	69:51+	73:53+	77:07+	79:21+	
07:20+	03:38+	03:46+	07:31+	04:45+	05:53+	23:56+	05:01+	05:31+	02:30+	04:02+	03:14+	02:14+	
07:20+	03:38+	03:46+	07:31+	04:45+	05:53+	23:56+	05:01+	05:31+	02:30+	04:02+	03:14+	02:14+	
30	Ove Mæstad			2342								1:22:06	
04:55+	09:05+	12:17+	19:49+	25:31+	38:53+	62:31+	67:47+	71:44+	74:47+	78:13+	81:07+	82:06+	
04:55+	04:10+	03:12+	07:32+	05:42+	13:22+	23:38+	05:16+	03:57+	03:03+	03:26+	02:54+	00:59+	
04:55+	04:10+	03:12+	07:32+	05:42+	13:22+	23:38+	05:16+	03:57+	03:03+	03:26+	02:54+	00:59+	

Plass	Navn	Klasse	Tid
H50			
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H60			
1	Inge Løland	1119	33:03
01:24= 05:15= 09:03= 11:01= 12:55= 16:48= 21:20= 26:41= 28:37= 31:05= 32:06= 33:03= 01:24= 03:51= 03:48= 01:58= 01:54= 03:53= 04:32= 05:21= 01:56= 02:28= 01:01= 00:57= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Kjell Seland	3547	36:11
01:52+ 06:37+ 11:21+ 13:16+ 15:34+ 19:54+ 24:27+ 28:37+ 30:46+ 33:36+ 35:07+ 36:11+ 01:52+ 04:45+ 04:44+ 01:55- 02:18+ 04:20+ 04:33+ 04:10- 02:09+ 02:50+ 01:31+ 01:04+ 00:28& 00:54# 00:56# 00:03- 00:24# 00:27# 00:01+ 01:11- 00:13# 00:22# 00:30& 00:07#			
3	Per Ingar Hadland	793	39:52
02:04+ 07:07+ 13:08+ 15:18+ 17:59+ 22:44+ 27:48+ 32:11+ 34:39+ 37:35+ 38:45+ 39:52+ 02:04+ 05:03+ 06:01+ 02:10+ 02:41+ 04:45+ 05:04+ 04:23- 02:28+ 02:56+ 01:10+ 01:07+ 00:40& 01:12& 02:13& 00:12# 00:47& 00:52# 00:32# 00:58- 00:32& 00:28# 00:09# 00:10#			
4	Tor Inge Halvorsen	880	41:07
02:02+ 06:35+ 11:43+ 15:38+ 18:16+ 24:30+ 29:03+ 33:44+ 35:52+ 38:56+ 40:10+ 41:07+ 02:02+ 04:33+ 05:08+ 03:55+ 02:38+ 06:14+ 04:33+ 04:41- 02:08+ 03:04+ 01:14+ 00:57= 00:38& 00:42# 01:20& 01:57& 00:44& 02:21& 00:01+ 00:40- 00:12# 00:36# 00:13# 00:00=			
5	Frank Hansen	3502	42:18
01:36+ 05:53+ 11:20+ 16:40+ 19:12+ 22:56+ 27:19+ 31:16+ 33:34+ 36:10+ 41:28+ 42:18+ 01:36+ 04:17+ 05:27+ 05:20+ 02:32+ 03:44- 04:23- 03:57- 02:18+ 02:36+ 05:18+ 00:50- 00:12# 00:26# 01:39& 03:22@ 00:38& 00:09- 00:09- 01:24- 00:22# 00:08+ 04:17@ 00:07-			
6	Stein Sigbjørnsen	882	43:09
01:47+ 06:00+ 13:05+ 16:49+ 22:32+ 27:12+ 31:41+ 36:10+ 38:10+ 40:52+ 42:04+ 43:09+ 01:47+ 04:13+ 07:05+ 03:44+ 05:43+ 04:40+ 04:29- 04:29- 02:00+ 02:42+ 01:12+ 01:05+ 00:23& 00:22+ 03:17& 01:46& 03:49@ 00:47# 00:03- 00:03- 00:52- 00:04+ 00:14+ 00:11# 00:08#			
7	Harald Taksdal	3547	44:32
03:53+ 08:51+ 14:18+ 16:56+ 19:38+ 24:44+ 31:07+ 36:08+ 38:24+ 41:30+ 43:14+ 44:32+ 03:53+ 04:58+ 05:27+ 02:38+ 02:42+ 05:06+ 06:23+ 05:01- 02:16+ 03:06+ 01:44+ 01:18+ 02:29@ 01:07& 01:39& 00:40& 00:48& 01:13& 01:51& 00:20- 00:20# 00:38& 00:43& 00:21&			
8	Harald Syse	4246	44:54
01:45+ 05:39+ 10:15+ 20:14+ 23:16+ 27:12+ 33:34+ 37:47+ 39:27+ 42:19+ 44:00+ 44:54+ 01:45+ 03:54+ 04:36+ 09:59+ 03:02+ 03:56+ 06:22+ 04:13- 01:40- 02:52+ 01:41+ 00:54- 00:21# 00:03+ 00:48# 08:01@ 01:08& 00:03+ 01:50& 01:08- 00:16- 00:24# 00:40& 00:03-			
9	Inge Skretting	1384	45:24
02:21+ 06:48+ 12:39+ 16:38+ 20:06+ 24:23+ 29:21+ 34:25+ 36:40+ 39:16+ 44:33+ 45:24+ 02:21+ 04:27+ 05:51+ 03:59+ 03:28+ 04:17+ 04:58+ 05:04- 02:15+ 02:36+ 05:17+ 00:51- 00:57& 00:36# 02:03& 02:01@ 01:34& 00:24# 00:26+ 00:17- 00:19# 00:08+ 04:16@ 00:06-			
10	Håvard Håland	3507	47:06
01:43+ 05:46+ 10:49+ 15:39+ 19:56+ 23:47+ 28:12+ 37:12+ 39:21+ 42:07+ 46:02+ 47:06+ 01:43+ 04:03+ 05:03+ 04:50+ 04:17+ 03:51- 04:25- 09:00+ 02:09+ 02:46+ 03:55+ 01:04+ 00:19# 00:12+ 01:15& 02:52@ 02:23@ 00:02- 00:07- 03:39& 00:13# 00:18# 02:54@ 00:07#			
11	Sveinung Rosenvinge	1683	47:28
02:19+ 07:46+ 16:48+ 19:21+ 21:43+ 26:29+ 32:33+ 38:09+ 41:09+ 44:35+ 46:06+ 47:28+ 02:19+ 05:27+ 09:02+ 02:33+ 02:22+ 04:46+ 06:04+ 05:36+ 03:00+ 03:26+ 01:31+ 01:22+ 00:55& 01:36& 05:14@ 00:35& 00:28# 00:53# 01:32& 00:15+ 01:04& 00:58& 00:30& 00:25&			
12	Svein Magne Gloppen	1884	47:38
02:55+ 08:57+ 15:58+ 20:38+ 24:14+ 30:29+ 35:07+ 39:48+ 41:51+ 44:57+ 46:37+ 47:38+ 02:55+ 06:02+ 07:01+ 04:40+ 03:36+ 06:15+ 04:38+ 04:41- 02:03+ 03:06+ 01:40+ 01:01+ 01:31@ 02:11& 03:13& 02:42@ 01:42& 02:22& 00:06+ 00:40- 00:07+ 00:38& 00:39& 00:04+			

Plass	Navn												Klasse	Tid
H65														
9	Per Kolbein Tonstad												3507	47:52
02:04+	07:58+	13:32+	17:15+	20:24+	26:58+	32:21+	37:57+	41:16+	44:54+	46:39+	47:52+			
02:04+	05:54+	05:34+	03:43+	03:09+	06:34+	05:23+	05:36+	03:19+	03:38+	01:45+	01:13+			
00:45&	02:05&	01:12&	01:10&	00:46&	02:52&	01:23&	01:49&	01:43@	01:24&	00:08+	00:23&			
10	Jan Arendal												1683	48:59
02:32+	07:53+	14:21+	18:30+	21:40+	28:09+	33:57+	39:09+	41:56+	45:36+	47:28+	48:59+			
02:32+	05:21+	06:28+	04:09+	03:10+	06:29+	05:48+	05:12+	02:47+	03:40+	01:52+	01:31+			
02:32+	05:21+	06:28+	04:09+	03:10+	06:29+	05:48+	05:12+	02:47+	03:40+	01:52+	01:31+			
11	Torbjørn Evensen												3556	49:44
01:47+	06:35+	11:53+	16:26+	21:07+	25:25+	31:35+	36:22+	42:21+	45:59+	48:04+	49:44+			
01:47+	04:48+	05:18+	04:33+	04:41+	04:18+	06:10+	04:47+	05:59+	03:38+	02:05+	01:40+			
01:47+	04:48+	05:18+	04:33+	04:41+	04:18+	06:10+	04:47+	05:59+	03:38+	02:05+	01:40+			
12	Arnstein Skretting												3529	52:23
02:34+	07:46+	13:37+	18:26+	23:56+	29:08+	34:25+	38:55+	45:22+	49:35+	50:49+	52:23+			
02:34+	05:12+	05:51+	04:49+	05:30+	05:12+	05:17+	04:30+	06:27+	04:13+	01:14+	01:34+			
02:34+	05:12+	05:51+	04:49+	05:30+	05:12+	05:17+	04:30+	06:27+	04:13+	01:14+	01:34+			
13	Steinar Barmen												722	54:37
02:29+	08:14+	14:01+	18:34+	21:36+	27:05+	33:48+	43:08+	45:53+	49:21+	53:00+	54:37+			
02:29+	05:45+	05:47+	04:33+	03:02+	05:29+	06:43+	09:20+	02:45+	03:28+	03:39+	01:37+			
02:29+	05:45+	05:47+	04:33+	03:02+	05:29+	06:43+	09:20+	02:45+	03:28+	03:39+	01:37+			
14	Bjørn H Engseth												1884	1:03:47
02:58+	09:27+	17:34+	21:32+	25:20+	32:00+	42:25+	48:44+	55:10+	60:04+	62:03+	63:47+			
02:58+	06:29+	08:07+	03:58+	03:48+	06:40+	10:25+	06:19+	06:26+	04:54+	01:59+	01:44+			
02:58+	06:29+	08:07+	03:58+	03:48+	06:40+	10:25+	06:19+	06:26+	04:54+	01:59+	01:44+			
Beste strekktid for klassen														
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
H70														
1	Arne Kristian Espedal												874	29:09
01:23=	04:50=	09:02=	10:50=	12:50=	16:07=	20:17=	23:33=	25:16=	27:29=	28:18=	29:09=			
01:23=	03:27=	04:12=	01:48=	02:00=	03:17=	04:10=	03:16=	01:43=	02:13=	00:49=	00:51=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Bjørn Martin Alsaker												3530	31:48
01:35+	05:24+	09:38+	11:34+	13:35+	17:19+	20:50+	25:00+	27:27+	30:03+	30:58+	31:48+			
01:35+	03:49+	04:14+	01:56+	02:01+	03:44+	03:31=	04:10+	02:27+	02:36+	00:55+	00:50=			
00:12#	00:22#	00:02+	00:08+	00:01+	00:27#	00:39=	00:54&	00:44&	00:23#	00:06#	00:01=			
3	Jan Hetland												3502	40:58
04:33+	08:45+	14:13+	17:27+	19:37+	23:44+	28:08+	33:10+	35:40+	39:10+	40:04+	40:58+			
04:33+	04:12+	05:28+	03:14+	02:10+	04:07+	04:24+	05:02+	02:30+	03:30+	00:54+	00:54+			
03:10@	00:45#	01:16&	01:26&	00:10+	00:50&	00:14+	01:46&	00:47&	01:17&	00:05#	00:03+			
4	Jan Inge Lunde												1830	40:59
02:23+	07:24+	12:39+	15:24+	17:51+	22:58+	28:15+	33:25+	35:45+	38:40+	39:52+	40:59+			
02:23+	05:01+	05:15+	02:45+	02:27+	05:07+	05:17+	05:10+	02:20+	02:55+	01:12+	01:07+			
01:00&	01:34&	01:03#	00:57&	00:27#	01:50&	01:07&	01:54&	00:37&	00:42&	00:23&	00:16&			
5	Ragnvald Frøyland												879	41:07
02:03+	06:47+	13:01+	16:12+	18:28+	22:48+	28:29+	33:34+	36:02+	38:47+	39:59+	41:07+			
02:03+	04:44+	06:14+	03:11+	02:16+	04:20+	05:41+	05:05+	02:28+	02:45+	01:12+	01:08+			
00:40&	01:17&	02:02&	01:23&	00:16#	01:03&	01:31&	01:49&	00:45&	00:32#	00:23&	00:17&			
6	Tor Geir Espedal												3530	41:54
01:54+	06:36+	12:41+	14:59+	17:42+	22:02+	28:45+	33:59+	36:44+	39:33+	40:46+	41:54+			
01:54+	04:42+	06:05+	02:18+	02:43+	04:20+	06:43+	05:14+	02:45+	02:49+	01:13+	01:08+			
00:31&	01:15&	01:53&	00:30&	00:43&	01:03&	02:33&	01:58&	01:02&	00:36&	00:24&	00:17&			

Plass	Navn	Klasse	Tid
H70			
7	Sveinung Tveit	3547	46:01
02:33+	08:34+	15:13+	17:58+
02:33+	06:01+	06:39+	02:45+
01:10&	02:34&	02:27&	00:57&
02:41+	25:37+	32:00+	37:09+
06:23+	05:09+	02:48+	03:20+
01:05&	01:07&	00:43&	00:21&
8	Bjørn Bjelland	3541	46:17
02:54+	09:19+	15:09+	17:59+
02:54+	06:25+	05:50+	02:50+
02:54+	06:25+	05:50+	02:50+
02:28+	04:59+	05:35+	02:15+
03:19+	02:08+	01:02+	
9	Tore Romon Tvedt	3518	47:41
02:23+	10:07+	15:40+	19:33+
02:23+	07:44+	05:33+	03:53+
02:23+	07:44+	05:33+	03:53+
02:40+	04:47+	07:40+	05:08+
02:28+	02:51+	01:13+	01:21+
10	Leif Kåre Lende	879	49:06
02:14+	07:02+	17:07+	20:12+
02:14+	04:48+	10:05+	03:05+
02:14+	04:48+	10:05+	03:05+
03:17+	29:34+	34:36+	39:35+
05:02+	04:59+	02:43+	03:45+
01:50+	01:13+	01:50+	01:13+
11	Kjell Ivar Skjørestad	892	52:58
01:36+	06:07+	17:51+	20:56+
01:36+	04:31+	11:44+	03:05+
01:36+	04:31+	11:44+	03:05+
03:13+	08:34+	08:14+	04:31+
02:00+	02:58+	01:26+	01:06+
12	Tom Hetland	880	55:58
03:35+	08:45+	18:09+	23:16+
03:35+	05:10+	09:24+	05:07+
03:35+	05:10+	09:24+	05:07+
05:41+	04:41+	05:24+	06:36+
04:01+	03:09+	01:47+	01:23+
13	Per Marthon Møland	880	56:37
02:33+	07:40+	21:15+	24:14+
02:33+	05:07+	13:35+	02:59+
02:33+	05:07+	13:35+	02:59+
02:51+	04:50+	05:58+	08:39+
02:48+	04:40+	01:22+	01:15+
14	Svein Ims	903	56:55
02:39+	07:59+	16:39+	20:36+
02:39+	05:20+	08:40+	03:57+
02:39+	05:20+	08:40+	03:57+
03:11+	04:54+	06:58+	05:21+
09:41+	03:14+	01:38+	01:22+
15	Olav Habbestad	1683	1:08:04
02:22+	07:08+	36:15+	39:17+
02:22+	04:46+	29:07+	03:02+
02:22+	04:46+	29:07+	03:02+
02:41+	06:32+	05:00+	06:17+
02:13+	02:57+	01:26+	01:41+

Beste strekktid for klassen

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

H75

1	Asgeir Bell	896	35:36
05:34=	08:53=	13:13=	16:44=
05:34=	03:19=	04:20=	03:31=
00:00=	00:00=	00:00=	00:00=
02:21=	25:12=	26:39=	29:59=
02:51=	01:27=	03:20=	01:38=
00:00=	00:00=	00:00=	00:00=
2	Olav Dag Borgersen	3536	35:58
06:39+	09:47+	13:58+	16:21+
06:39+	03:08+	04:11+	02:23+
01:05#	00:11+	00:09+	01:08+
00:10+	00:12+	00:15+	00:26#
3	Jostein Tunheim	1683	38:02
06:03+	09:09+	13:12+	16:36+
06:03+	03:06+	04:03+	03:24+
00:29+	00:13+	00:17+	00:07+
01:00&	00:06+	00:12+	00:39&
02:15+	34:29+	35:46+	37:01+
02:06+	03:47+	02:14+	01:17+
00:27#	00:36&	00:06+	00:10+

Plass	Navn												Klasse	Tid											
H75																									
4	Finn-Morten Årstad												3530	38:50											
	06:29+	09:56+	13:50+	16:57+	19:40+	23:33+	26:35+	28:02+	31:25+	33:10+	34:37+	37:42+	38:50+												
	06:29+	03:27+	03:54-	03:07-	02:43+	03:53+	03:02+	01:27=	03:23+	01:45+	01:27+	03:05+	01:08-												
	00:55#	00:08+	00:26-	00:24-	00:31#	00:28#	00:11+	00:00=	00:03+	00:07+	00:04+	01:40#	00:03-												
5	Gudmund Gausel												3530	42:48											
	06:48+	11:50+	15:54+	18:14+	20:34+	24:20+	27:40+	29:44+	33:44+	36:01+	38:06+	39:25+	42:48+												
	06:48+	05:02+	04:04+	02:20+	02:20+	03:46+	03:20+	02:04+	04:00+	02:17+	02:05+	01:19+	03:23+												
	06:48+	05:02+	04:04+	02:20+	02:20+	03:46+	03:20+	02:04+	04:00+	02:17+	02:05+	01:19+	03:23+												
6	Arne Østensen												3518	44:01											
	05:16+	08:13+	12:58+	16:07+	19:11+	27:16+	31:10+	33:51+	37:13+	38:49+	41:37+	42:43+	44:01+												
	05:16+	02:57+	04:45+	03:09+	03:04+	08:05+	03:54+	02:41+	03:22+	01:36+	02:48+	01:06+	01:18+												
	05:16+	02:57+	04:45+	03:09+	03:04+	08:05+	03:54+	02:41+	03:22+	01:36+	02:48+	01:06+	01:18+												
7	Ole Auklend												885	48:26											
	07:05+	13:08+	18:16+	21:10+	23:45+	27:54+	32:08+	33:50+	38:31+	41:02+	45:14+	47:01+	48:26+												
	07:05+	06:03+	05:08+	02:54+	02:35+	04:09+	04:14+	01:42+	04:41+	02:31+	04:12+	01:47+	01:25+												
	07:05+	06:03+	05:08+	02:54+	02:35+	04:09+	04:14+	01:42+	04:41+	02:31+	04:12+	01:47+	01:25+												
8	Leif Gunnar Wikene												1832	49:10											
	06:41+	11:18+	16:53+	21:52+	25:10+	29:15+	33:58+	36:50+	41:49+	43:55+	45:50+	47:53+	49:10+												
	06:41+	04:37+	05:35+	04:59+	03:18+	04:05+	04:43+	02:52+	04:59+	02:06+	01:55+	02:03+	01:17+												
	06:41+	04:37+	05:35+	04:59+	03:18+	04:05+	04:43+	02:52+	04:59+	02:06+	01:55+	02:03+	01:17+												
9	Kjell Svihus												892	52:09											
	08:04+	16:14+	21:20+	26:11+	28:57+	33:26+	37:10+	39:02+	43:48+	46:09+	48:04+	50:37+	52:09+												
	08:04+	08:10+	05:06+	04:51+	02:46+	04:29+	03:44+	01:52+	04:46+	02:21+	01:55+	02:33+	01:32+												
	08:04+	08:10+	05:06+	04:51+	02:46+	04:29+	03:44+	01:52+	04:46+	02:21+	01:55+	02:33+	01:32+												
10	Norvald Skretting												1832	59:07											
	08:23+	18:05+	25:21+	29:41+	33:15+	37:48+	41:26+	44:06+	49:00+	52:19+	55:44+	57:27+	59:07+												
	08:23+	09:42+	07:16+	04:20+	03:34+	04:33+	03:38+	02:40+	04:54+	03:19+	03:25+	01:43+	01:40+												
	08:23+	09:42+	07:16+	04:20+	03:34+	04:33+	03:38+	02:40+	04:54+	03:19+	03:25+	01:43+	01:40+												
11	Sverre Uhlving												722	1:03:59											
	10:03+	16:29+	23:16+	29:06+	33:12+	37:53+	42:08+	45:22+	54:20+	57:35+	60:11+	62:22+	63:59+												
	10:03+	06:26+	06:47+	05:50+	04:06+	04:41+	04:15+	03:14+	08:58+	03:15+	02:36+	02:11+	01:37+												
	10:03+	06:26+	06:47+	05:50+	04:06+	04:41+	04:15+	03:14+	08:58+	03:15+	02:36+	02:11+	01:37+												
12	Hans Klausen												769	1:07:32											
	08:27+	12:26+	27:48+	35:19+	38:40+	42:55+	47:06+	49:55+	55:13+	59:11+	63:28+	65:56+	67:32+												
	08:27+	03:59+	15:22+	07:31+	03:21+	04:15+	04:11+	02:49+	05:18+	03:58+	04:17+	02:28+	01:36+												
	08:27+	03:59+	15:22+	07:31+	03:21+	04:15+	04:11+	02:49+	05:18+	03:58+	04:17+	02:28+	01:36+												
13	Olav A. Hognestad												892	1:09:08											
	06:48+	14:59+	19:11+	22:11+	29:15+	33:41+	37:23+	39:52+	61:20+	63:13+	65:24+	67:16+	69:08+												
	06:48+	08:11+	04:12+	03:00+	07:04+	04:26+	03:42+	02:29+	21:28+	01:53+	02:11+	01:52+	01:52+												
	06:48+	08:11+	04:12+	03:00+	07:04+	04:26+	03:42+	02:29+	21:28+	01:53+	02:11+	01:52+	01:52+												

Beste strekktid for klassen

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

H80

1	Geir Husdal												1884											
	02:46=	09:11=	14:36=	18:15=	20:54=	24:24=	27:39=	31:58=	36:10=	37:23=	39:11=													
	02:46=	06:25=	05:25=	03:39=	02:39=	03:30=	03:15=	04:19=	04:12=	01:13=	01:48=													
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													
2	Hermann Skogsholm												1754											
	02:12-	08:10-	15:27+	18:37+	21:28+	26:23+	28:31+	32:32+	36:33+	37:44+	39:36+													
	02:12-	05:58-	07:17+	03:10-	02:51+	04:55+	02:08-	04:01-	04:01-	01:11-	01:52+													
	00:34-	00:27-	01:52&	00:29-	00:12+	01:25&	01:07-	00:18-	00:11-	00:02-	00:04+													

Plass	Navn		Klasse								Tid	
H80												
3	Kjell Langvik		1884								40:59	
03:02+	11:45+	19:07+	22:29+	24:38+	27:26+	29:58+	33:21+	37:34+	38:57+	40:59+		
03:02+	08:43+	07:22+	03:22-	02:09-	02:48-	02:32-	03:23-	04:13+	01:23+	02:02+		
00:16+	02:18&	01:57&	00:17-	00:30-	00:42-	00:43-	00:56-	00:01+	00:10#	00:14#		
4	Steinar Undheim		3529								41:31	
03:10+	11:36+	17:13+	20:46+	23:26+	27:16+	29:40+	33:38+	38:01+	39:31+	41:31+		
03:10+	08:26+	05:37+	03:33+	02:40+	03:50+	02:24+	03:58+	04:23+	01:30+	02:00+		
03:10+	08:26+	05:37+	03:33+	02:40+	03:50+	02:24+	03:58+	04:23+	01:30+	02:00+		
5	Øyvind Egeskog		880								41:49	
02:18+	08:53+	15:06+	19:32+	22:56+	25:49+	29:45+	33:59+	38:25+	39:36+	41:49+		
02:18+	06:35+	06:13+	04:26+	03:24+	02:53+	03:56+	04:14+	04:26+	01:11+	02:13+		
02:18+	06:35+	06:13+	04:26+	03:24+	02:53+	03:56+	04:14+	04:26+	01:11+	02:13+		
6	Alf Gyland		892								44:40	
02:31+	12:18+	17:21+	21:29+	24:19+	28:26+	31:18+	35:48+	40:51+	42:11+	44:40+		
02:31+	09:47+	05:03+	04:08+	02:50+	04:07+	02:52+	04:30+	05:03+	01:20+	02:29+		
02:31+	09:47+	05:03+	04:08+	02:50+	04:07+	02:52+	04:30+	05:03+	01:20+	02:29+		
7	Terje Braut		892								47:03	
03:05+	14:12+	20:54+	25:03+	27:20+	30:41+	32:59+	36:47+	40:59+	43:35+	47:03+		
03:05+	11:07+	06:42+	04:09+	02:17+	03:21+	02:18+	03:48+	04:12+	02:36+	03:28+		
03:05+	11:07+	06:42+	04:09+	02:17+	03:21+	02:18+	03:48+	04:12+	02:36+	03:28+		
8	Sigurd Krosli		1884								51:21	
02:49+	15:20+	23:34+	27:52+	30:47+	34:51+	37:39+	42:13+	47:12+	48:29+	51:21+		
02:49+	12:31+	08:14+	04:18+	02:55+	04:04+	02:48+	04:34+	04:59+	01:17+	02:52+		
02:49+	12:31+	08:14+	04:18+	02:55+	04:04+	02:48+	04:34+	04:59+	01:17+	02:52+		
9	Harald Vatne		2342								52:01	
02:55+	10:41+	15:04+	19:52+	32:59+	36:15+	39:19+	43:42+	48:39+	50:01+	52:01+		
02:55+	07:46+	04:23+	04:48+	13:07+	03:16+	03:04+	04:23+	04:57+	01:22+	02:00+		
02:55+	07:46+	04:23+	04:48+	13:07+	03:16+	03:04+	04:23+	04:57+	01:22+	02:00+		
10	Mangor Eikeland		892								59:06	
04:49+	15:12+	22:41+	28:27+	33:06+	38:37+	42:34+	48:12+	54:19+	56:07+	59:06+		
04:49+	10:23+	07:29+	05:46+	04:39+	05:31+	03:57+	05:38+	06:07+	01:48+	02:59+		
04:49+	10:23+	07:29+	05:46+	04:39+	05:31+	03:57+	05:38+	06:07+	01:48+	02:59+		
11	Tormod Aaslid		3529								1:03:26	
03:54+	15:21+	22:05+	26:03+	30:02+	35:11+	41:30+	47:33+	57:38+	59:24+	63:26+		
03:54+	11:27+	06:44+	03:58+	03:59+	05:09+	06:19+	06:03+	10:05+	01:46+	04:02+		
03:54+	11:27+	06:44+	03:58+	03:59+	05:09+	06:19+	06:03+	10:05+	01:46+	04:02+		
12	Albert Moe		3529								1:04:46	
04:26+	14:38+	22:19+	28:56+	32:51+	38:19+	45:28+	51:50+	59:28+	61:37+	64:46+		
04:26+	10:12+	07:41+	06:37+	03:55+	05:28+	07:09+	06:22+	07:38+	02:09+	03:09+		
04:26+	10:12+	07:41+	06:37+	03:55+	05:28+	07:09+	06:22+	07:38+	02:09+	03:09+		
13	Kjell Audun Maudal		3524								1:16:36	
04:14+	15:35+	23:56+	32:07+	36:45+	43:20+	47:01+	63:31+	71:05+	73:31+	76:36+		
04:14+	11:21+	08:21+	08:11+	04:38+	06:35+	03:41+	16:30+	07:34+	02:26+	03:05+		
04:14+	11:21+	08:21+	08:11+	04:38+	06:35+	03:41+	16:30+	07:34+	02:26+	03:05+		
14	Torleiv Møgedal		874								1:22:36	
03:50+	14:49+	30:06+	38:00+	42:30+	49:12+	52:56+	69:29+	77:09+	79:40+	82:36+		
03:50+	10:59+	15:17+	07:54+	04:30+	06:42+	03:44+	16:33+	07:40+	02:31+	02:56+		
03:50+	10:59+	15:17+	07:54+	04:30+	06:42+	03:44+	16:33+	07:40+	02:31+	02:56+		
15	Magne Andreas Westerheim		1884								1:36:29	
08:03+	33:05+	40:06+	46:08+	50:03+	61:20+	67:34+	73:21+	84:24+	93:36+	96:29+		
08:03+	25:02+	07:01+	06:02+	03:55+	11:17+	06:14+	05:47+	11:03+	09:12+	02:53+		
08:03+	25:02+	07:01+	06:02+	03:55+	11:17+	06:14+	05:47+	11:03+	09:12+	02:53+		
16	Reidar Liland		3507								1:51:35	
09:05+	21:56+	29:26+	53:41+	59:37+	65:41+	76:53+	87:20+	104:13+	107:22+	111:35+		
09:05+	12:51+	07:30+	24:15+	05:56+	06:04+	11:12+	10:27+	16:53+	03:09+	04:13+		
09:05+	12:51+	07:30+	24:15+	05:56+	06:04+	11:12+	10:27+	16:53+	03:09+	04:13+		

Plass	Navn	Klasse	Tid
H80			
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
HA			
1	Ørjan Ravndal	3522	31:43
00:36=	03:44=	05:42=	08:24=
00:36=	03:08=	01:58=	02:42=
00:00=	00:00=	00:00=	00:00=
2	Sven Hatteland	3528	32:36
00:37+	03:32-	05:48+	08:30+
00:37+	02:55-	02:16+	02:42=
00:01+	00:13-	00:18#	00:00=
3	Fredrik Sandal	1830	33:21
00:41+	04:14+	06:09+	09:10+
00:41+	03:33+	01:55-	03:01+
00:05#	00:25#	00:03-	00:19#
4	Erik Lima	1832	37:33
00:42+	04:45+	07:04+	10:31+
00:42+	04:03+	02:19+	03:27+
00:06#	00:55&	00:21#	00:45&
5	Thomas Schive	643	37:54
01:13+	04:54+	07:24+	10:25+
01:13+	03:41+	02:30+	03:01+
00:37@	00:33#	00:32&	00:19#
6	Jørgen Strømstad	1786	40:19
00:41+	04:32+	06:54+	15:29+
00:41+	03:51+	02:22+	08:35+
00:05#	00:43#	00:24#	05:53@
7	Magne Hatteland	3528	43:05
00:38+	04:41+	07:16+	13:51+
00:38+	04:03+	02:35+	06:35+
00:02+	00:55&	00:37&	03:53@
8	Håkon Eggebø	1284	46:04
00:48+	05:00+	07:28+	15:07+
00:48+	04:12+	02:28+	07:39+
00:12&	01:04&	00:30&	04:57@
9	Martin Blystad	3530	48:49
00:42+	04:48+	07:08+	14:56+
00:42+	04:06+	02:20+	07:48+
00:06#	00:58&	00:22#	05:06@
10	Torbjørn Fuglestad	878	56:01
00:50+	04:43+	07:28+	22:52+
00:50+	03:53+	02:45+	15:24+
00:14&	00:45#	00:47&	12:42@
11	Ole Morten Haaland	3528	58:44
00:44+	03:47+	06:58+	18:54+
00:44+	03:03-	03:11+	11:56+
00:08#	00:05-	01:13&	09:14@
12	Lars Erik Maide	3676	1:14:26
01:27+	08:10+	12:54+	19:18+
01:27+	06:43+	04:44+	06:24+
00:51@	03:35@	02:46@	03:42@

Plass	Navn																Klasse																Tid															
HA																																																
Beste strekktid for klassen																																																
00:36 02:55 01:55 02:42 01:59 02:31 01:37 01:50 01:14 03:11 00:58 00:55 01:10 01:54 01:33 00:38																																																
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																																
HB																																																
1 Jon Åsmund Espedal 4242 33:09																																																
00:40= 04:27= 06:20= 09:24= 11:15= 14:10= 16:10= 17:55= 19:35= 22:45= 24:07= 25:10= 28:16= 30:56= 32:30= 33:09=																																																
00:40= 03:47= 01:53= 03:04= 01:51= 02:55= 02:00= 01:45= 01:40= 03:10= 01:22= 01:03= 03:06= 02:40= 01:34= 00:39=																																																
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=																																																
2 Oddvar Taksdal 3522 34:58																																																
00:43+ 04:20= 06:40+ 10:08+ 12:29+ 15:23+ 17:06+ 18:59+ 20:30+ 24:17+ 25:30+ 27:15+ 30:28+ 32:30+ 34:13+ 34:58+																																																
00:43+ 03:37= 02:20+ 03:28+ 02:21+ 02:54= 01:43= 01:53+ 01:31= 03:47+ 01:13= 01:45+ 03:13+ 02:02= 01:43+ 00:45+																																																
00:03+ 00:10= 00:27# 00:24# 00:30& 00:01= 00:17= 00:08+ 00:09= 00:37# 00:09= 00:42& 00:07+ 00:38= 00:09+ 00:06#																																																
3 Njål F. Vadla 1884 36:45																																																
00:44+ 05:07+ 07:13+ 10:34+ 12:56+ 16:20+ 18:28+ 20:32+ 22:11+ 25:56+ 27:28+ 28:34+ 31:52+ 33:59+ 35:58+ 36:45+																																																
00:44+ 04:23+ 02:06+ 03:21+ 02:22+ 03:24+ 02:08+ 02:04+ 01:39= 03:45+ 01:32+ 01:06+ 03:18+ 02:07= 01:59+ 00:47+																																																
00:04# 00:36# 00:13# 00:17+ 00:31& 00:29# 00:08+ 00:19# 00:01= 00:35# 00:10# 00:03+ 00:12+ 00:33= 00:25& 00:08#																																																
4 Geir Sand 722 37:46																																																
00:46+ 04:17= 06:28+ 09:57+ 12:29+ 15:17+ 17:03+ 19:13+ 22:42+ 26:08+ 29:04+ 30:47+ 33:16+ 35:06+ 36:41+ 37:46+																																																
00:46+ 03:31= 02:11+ 03:29+ 02:32+ 02:48= 01:46= 02:10+ 03:29+ 03:26+ 02:56+ 01:43+ 02:29= 01:50= 01:35+ 01:05+																																																
00:06# 00:16= 00:18# 00:25# 00:41& 00:07= 00:14= 00:25# 01:49@ 00:16+ 01:34@ 00:40& 00:37= 00:50= 00:01+ 00:26&																																																
5 Tor Gunnar Aksland 1683 38:35																																																
00:43+ 04:30+ 06:58+ 12:36+ 15:21+ 18:10+ 20:08+ 22:13+ 23:33+ 27:33+ 29:18+ 30:26+ 33:24+ 35:58+ 37:50+ 38:35+																																																
00:43+ 03:47= 02:28+ 05:38+ 02:45+ 02:49= 01:58= 02:05+ 01:20= 04:00+ 01:45+ 01:08+ 02:58= 02:34= 01:52+ 00:45+																																																
00:03+ 00:00= 00:35& 02:34& 00:54& 00:06= 00:02= 00:20# 00:20= 00:50& 00:23& 00:05+ 00:08= 00:06= 00:18# 00:06#																																																
6 Pontus Christensson 1884 39:21																																																
00:39= 04:12= 06:44+ 10:28+ 13:33+ 16:53+ 19:05+ 21:09+ 22:50+ 26:09+ 27:58+ 29:13+ 34:34+ 36:26+ 38:45+ 39:21+																																																
00:39= 03:33= 02:32+ 03:44+ 03:05+ 03:20+ 02:12+ 02:04+ 01:41+ 03:19+ 01:49+ 01:15+ 05:21+ 01:52= 02:19+ 00:36=																																																
00:01= 00:14= 00:39& 00:40# 01:14& 00:25# 00:12# 00:19# 00:01+ 00:09+ 00:27& 00:12# 02:15& 00:48= 00:45& 00:03=																																																
7 Trond Sigurd Fotland 3507 41:13																																																
00:44+ 04:28+ 07:29+ 11:04+ 14:59+ 18:55+ 20:53+ 23:05+ 25:34+ 29:26+ 31:04+ 32:59+ 36:12+ 38:33+ 40:30+ 41:13+																																																
00:44+ 03:44= 03:01+ 03:35+ 03:55+ 03:56+ 01:58= 02:12+ 02:29+ 03:52+ 01:38+ 01:55+ 03:13+ 02:21= 01:57+ 00:43+																																																
00:04# 00:03= 01:08& 00:31# 02:04@ 01:01& 00:02= 00:27& 00:49& 00:42# 00:16# 00:52& 00:07+ 00:19= 00:23# 00:04#																																																
8 Øystein Amundrud 3518 41:20																																																
00:49+ 04:32+ 07:17+ 11:01+ 14:18+ 18:13+ 21:01+ 23:22+ 25:04+ 30:22+ 31:44+ 32:58+ 35:59+ 38:58+ 40:38+ 41:20+																																																
00:49+ 03:43= 02:45+ 03:44+ 03:17+ 03:55+ 02:48+ 02:21+ 01:42+ 05:18+ 01:22= 01:14+ 03:01= 02:59+ 01:40+ 00:42+																																																
00:09# 00:04= 00:52& 00:40# 01:26& 01:00& 00:48& 00:36& 00:02+ 02:08& 00:00= 00:11# 00:05= 00:19# 00:06+ 00:03+																																																
9 Joar Eilevstjønn 2342 41:49																																																
00:57+ 04:47+ 07:21+ 11:12+ 14:36+ 17:34+ 19:31+ 21:57+ 24:14+ 29:07+ 32:03+ 33:58+ 37:01+ 39:01+ 40:45+ 41:49+																																																
00:57+ 03:50+ 02:34+ 03:51+ 03:24+ 02:58+ 01:57= 02:26+ 02:17+ 04:53+ 02:56+ 01:55+ 03:03= 02:00= 01:44+ 01:04+																																																
00:17& 00:03+ 00:41& 00:47& 01:33& 00:03+ 00:03= 00:41& 00:37& 01:43& 01:34@ 00:52& 00:03= 00:40= 00:10# 00:25&																																																
10 Kristoffer Johannessen 1830 42:32																																																
00:47+ 04:21= 06:55+ 10:54+ 15:12+ 18:50+ 21:11+ 23:23+ 24:58+ 28:59+ 31:10+ 32:15+ 37:30+ 39:24+ 41:47+ 42:32+																																																
00:47+ 03:34= 02:34+ 03:59+ 04:18+ 03:38+ 02:21+ 02:12+ 01:35= 04:01+ 02:11+ 01:05+ 05:15+ 01:54= 02:23+ 00:45+																																																
00:07# 00:13= 00:41& 00:55& 02:27@ 00:43# 00:21# 00:27& 00:05= 00:51& 00:49& 00:02+ 02:09& 00:46= 00:49& 00:06#																																																
11 Morten Sørli Ronæss 882 44:29																																																
00:55+ 05:20+ 07:39+ 15:43+ 18:46+ 22:24+ 24:48+ 27:28+ 29:38+ 33:30+ 34:43+ 35:53+ 39:13+ 41:49+ 43:39+ 44:29+																																																
00:55+ 04:25+ 02:19+ 08:04+ 03:03+ 03:38+ 02:24+ 02:40+ 02:10+ 03:52+ 01:13= 01:10+ 03:20+ 02:36= 01:50+ 00:50+																																																
00:15& 00:38# 00:26# 05:00@ 01:12& 00:43# 00:24# 00:55& 00:30& 00:42# 00:09= 00:07# 00:14+ 00:04= 00:16# 00:11&																																																
12 Aart Joakim in't Veld 1884 45:01																																																
00:40= 04:15= 06:42+ 14:06+ 16:35+ 19:32+ 21:18+ 23:51+ 25:11+ 28:55+ 30:19+ 36:53+ 40:01+ 42:24+ 44:18+ 45:01+																																																
00:40= 03:35= 02:27+ 07:24+ 02:29+ 02:57+ 01:46= 02:33+ 01:20= 03:44+ 01:24+ 06:34+ 03:08+ 02:23= 01:54+ 00:43+																																																
00:00= 00:12= 00:34& 04:20@ 00:38& 00:02+ 00:14= 00:48& 00:20= 00:34# 00:02+ 05:31@ 00:02+ 00:17= 00:20# 00:04#																																																

Plass	Navn						Klasse						Tid					
HB																		
13	Per Christian Munkhaug						3516						53:37					
01:57+	05:14+	07:54+	22:13+	25:26+	28:38+	30:54+	33:20+	35:30+	39:50+	44:21+	45:27+	48:26+	50:52+	52:45+	53:37+			
01:57+	03:17-	02:40+	14:19+	03:13+	03:12+	02:16+	02:26+	02:10+	04:20+	04:31+	01:06+	02:59-	02:26-	01:53+	00:52+			
01:17@	00:30-	00:47&	11:15@	01:22&	00:17+	00:16#	00:41&	00:30&	01:10&	03:09@	00:03+	00:07-	00:14-	00:19#	00:13&			
14	Asgeir Nærland						1830						1:00:13					
00:45+	05:06+	08:29+	22:22+	25:57+	31:48+	34:07+	37:02+	39:19+	45:29+	47:47+	51:08+	54:48+	57:46+	59:37+	60:13+			
00:45+	04:21+	03:23+	13:53+	03:35+	05:51+	02:19+	02:55+	02:17+	06:10+	02:18+	03:21+	03:40+	02:58+	01:51+	00:36+			
00:45+	04:21+	03:23+	13:53+	03:35+	05:51+	02:19+	02:55+	02:17+	06:10+	02:18+	03:21+	03:40+	02:58+	01:51+	00:36+			

Beste strekktid for klassen

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

HC

1	Lars Drage												3583			30:52		
01:15=	04:31=	06:32=	10:23=	12:36=	15:23=	17:54=	20:00=	22:33=	25:40=	27:49=	29:41=	30:52=						
01:15=	03:16=	02:01=	03:51=	02:13=	02:47=	02:31=	02:06=	02:33=	03:07=	02:09=	01:52=	01:11=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Kjetil Wirak												3486			33:11		
01:20+	05:40+	08:24+	12:10+	14:37+	17:30+	19:55+	22:56+	25:17+	28:17+	30:27+	32:26+	33:11+						
01:20+	04:20+	02:44+	03:46=	02:27+	02:53+	02:25=	03:01+	02:21=	03:00=	02:10+	01:59+	00:45=						
00:05+	01:04&	00:43&	00:05=	00:14#	00:06+	00:06=	00:55&	00:12=	00:07=	00:01+	00:07+	00:26=						
3	Jan-Einar Øvremo												1119			33:44		
01:25+	05:03+	07:08+	11:02+	13:55+	16:51+	19:24+	21:28+	25:36+	28:56+	31:17+	32:59+	33:44+						
01:25+	03:38+	02:05+	03:54+	02:53+	02:56+	02:33+	02:04=	04:08+	03:20+	02:21+	01:42=	00:45=						
00:10#	00:22#	00:04+	00:03+	00:40&	00:09+	00:02+	00:02=	01:35&	00:13+	00:12+	00:10=	00:26=						
4	Stein Arne Olsen												874			34:49		
01:22+	05:15+	07:28+	11:54+	15:03+	17:57+	20:52+	22:54+	26:40+	30:00+	32:07+	34:04+	34:49+						
01:22+	03:53+	02:13+	04:26+	03:09+	02:54+	02:55+	02:02=	03:46+	03:20+	02:07=	01:57+	00:45=						
00:07+	00:37#	00:12+	00:35#	00:56&	00:07+	00:24#	00:04=	01:13&	00:13+	00:02=	00:05+	00:26=						
5	Leif Kjetil Hinna Gausel												1683			35:00		
01:26+	05:37+	09:04+	13:02+	15:42+	18:49+	21:28+	23:33+	26:42+	29:48+	32:08+	34:17+	35:00+						
01:26+	04:11+	03:27+	03:58+	02:40+	03:07+	02:39+	02:05=	03:09+	03:06=	02:20+	02:09+	00:43=						
00:11#	00:55&	01:26&	00:07+	00:27#	00:20#	00:08+	00:01=	00:36#	00:01=	00:11+	00:17#	00:28=						
6	Øyvind Rummelhoff												882			35:04		
01:37+	05:04+	07:17+	11:22+	14:00+	17:16+	21:02+	23:53+	26:29+	29:54+	32:27+	34:21+	35:04+						
01:37+	03:27+	02:13+	04:05+	02:38+	03:16+	03:46+	02:51+	02:36+	03:25+	02:33+	01:54+	00:43=						
00:22&	00:11+	00:12+	00:14+	00:25#	00:29#	01:15&	00:45&	00:03+	00:18+	00:24#	00:02+	00:28=						
7	Morten Aamodt												1683			37:22		
01:19+	05:16+	07:35+	12:38+	15:01+	18:19+	21:02+	23:37+	27:50+	31:55+	34:26+	36:35+	37:22+						
01:19+	03:57+	02:19+	05:03+	02:23+	03:18+	02:43+	02:35+	04:13+	04:05+	02:31+	02:09+	00:47=						
00:04+	00:41#	00:18#	01:12&	00:10+	00:31#	00:12+	00:29#	01:40&	00:58&	00:22#	00:17#	00:24=						
8	Bertrand Denieul												877			37:25		
02:04+	05:30+	07:58+	11:51+	14:23+	18:41+	21:25+	26:00+	28:57+	32:12+	34:37+	36:42+	37:25+						
02:04+	03:26+	02:28+	03:53+	02:32+	04:18+	02:44+	04:35+	02:57+	03:15+	02:25+	02:05+	00:43=						
00:49&	00:10+	00:27#	00:02+	00:19#	01:31&	00:13+	02:29@	00:24#	00:08+	00:16#	00:13#	00:28=						
9	Nils John Vestøl												3541			40:24		
01:30+	05:33+	08:02+	13:06+	16:27+	20:23+	23:20+	26:39+	30:14+	34:56+	37:31+	39:33+	40:24+						
01:30+	04:03+	02:29+	05:04+	03:21+	03:56+	02:57+	03:19+	03:35+	04:42+	02:35+	02:02+	00:51=						
00:15#	00:47#	00:28#	01:13&	01:08&	01:09&	00:26#	01:13&	01:02&	01:35&	00:26#	00:10+	00:20=						
10	Eivind Lie												1683			42:00		
01:19+	04:48+	07:08+	11:40+	14:07+	18:19+	25:41+	29:04+	31:20+	34:59+	37:27+	40:33+	42:00+						
01:19+	03:29+	02:20+	04:32+	02:27+	04:12+	07:22+	03:23+	02:16=	03:39+	02:28+	03:06+	01:27+						
00:04+	00:13+	00:19#	00:41#	00:14#	01:25&	04:51@	01:17&	00:17=	00:32#	00:19#	01:14&	00:16#						

Plass	Navn													Klasse	Tid
HC															
11	Terje Undheim													3529	43:31
02:09+	07:47+	11:40+	16:48+	19:47+	23:15+	26:58+	29:40+	33:09+	36:51+	40:05+	42:09+	43:31+			
02:09+	05:38+	03:53+	05:08+	02:59+	03:28+	03:43+	02:42+	03:29+	03:42+	03:14+	02:04+	01:22+			
00:54&	02:22&	01:52&	01:17&	00:46&	00:41#	01:12&	00:36&	00:56&	00:35#	01:05&	00:12#	00:11#			
12	Øivind Berggraf													1683	43:41
01:33+	05:36+	07:57+	12:48+	15:50+	19:12+	26:10+	29:31+	34:16+	37:45+	40:55+	42:50+	43:41+			
01:33+	04:03+	02:21+	04:51+	03:02+	03:22+	06:58+	03:21+	04:45+	03:29+	03:10+	01:55+	00:51+			
01:33+	04:03+	02:21+	04:51+	03:02+	03:22+	06:58+	03:21+	04:45+	03:29+	03:10+	01:55+	00:51+			
13	Oddmund Nordgård													722	44:29
01:47+	05:53+	08:23+	13:13+	17:32+	20:44+	24:05+	28:53+	34:30+	38:26+	40:57+	43:06+	44:29+			
01:47+	04:06+	02:30+	04:50+	04:19+	03:12+	03:21+	04:48+	05:37+	03:56+	02:31+	02:09+	01:23+			
01:47+	04:06+	02:30+	04:50+	04:19+	03:12+	03:21+	04:48+	05:37+	03:56+	02:31+	02:09+	01:23+			
14	Sindre M. Dyrstad													1754	44:30
01:39+	05:29+	08:25+	13:55+	16:47+	23:24+	26:30+	28:49+	31:43+	36:22+	40:45+	42:54+	44:30+			
01:39+	03:50+	02:56+	05:30+	02:52+	06:37+	03:06+	02:19+	02:54+	04:39+	04:23+	02:09+	01:36+			
01:39+	03:50+	02:56+	05:30+	02:52+	06:37+	03:06+	02:19+	02:54+	04:39+	04:23+	02:09+	01:36+			
15	Thomas Schanke Eikum													769	45:13
02:54+	07:43+	10:13+	15:27+	18:20+	21:38+	24:30+	27:27+	34:51+	39:06+	42:02+	44:22+	45:13+			
02:54+	04:49+	02:30+	05:14+	02:53+	03:18+	02:52+	02:57+	07:24+	04:15+	02:56+	02:20+	00:51+			
02:54+	04:49+	02:30+	05:14+	02:53+	03:18+	02:52+	02:57+	07:24+	04:15+	02:56+	02:20+	00:51+			
16	Terje Michaelsen													3511	45:37
02:27+	06:11+	08:39+	12:37+	18:50+	21:37+	24:05+	26:09+	35:48+	39:46+	42:38+	44:23+	45:37+			
02:27+	03:44+	02:28+	03:58+	06:13+	02:47+	02:28+	02:04+	09:39+	03:58+	02:52+	01:45+	01:14+			
02:27+	03:44+	02:28+	03:58+	06:13+	02:47+	02:28+	02:04+	09:39+	03:58+	02:52+	01:45+	01:14+			
17	Ove Oaland													1683	48:59
01:50+	06:56+	09:51+	16:02+	19:29+	25:04+	28:51+	32:49+	36:25+	40:48+	45:27+	47:54+	48:59+			
01:50+	05:06+	02:55+	06:11+	03:27+	05:35+	03:47+	03:58+	03:36+	04:23+	04:39+	02:27+	01:05+			
01:50+	05:06+	02:55+	06:11+	03:27+	05:35+	03:47+	03:58+	03:36+	04:23+	04:39+	02:27+	01:05+			
18	Erling Mauland													3541	56:37
01:48+	06:02+	10:03+	16:06+	23:40+	27:37+	33:24+	36:35+	44:11+	49:51+	52:37+	55:26+	56:37+			
01:48+	04:14+	04:01+	06:03+	07:34+	03:57+	05:47+	03:11+	07:36+	05:40+	02:46+	02:49+	01:11+			
01:48+	04:14+	04:01+	06:03+	07:34+	03:57+	05:47+	03:11+	07:36+	05:40+	02:46+	02:49+	01:11+			
19	Øistein Haaland													1683	1:04:39
01:49+	06:26+	08:49+	13:22+	16:28+	19:50+	29:53+	33:46+	52:43+	57:24+	60:34+	63:01+	64:39+			
01:49+	04:37+	02:23+	04:33+	03:06+	03:22+	10:03+	03:53+	18:57+	04:41+	03:10+	02:27+	01:38+			
01:49+	04:37+	02:23+	04:33+	03:06+	03:22+	10:03+	03:53+	18:57+	04:41+	03:10+	02:27+	01:38+			
Beste strekktid for klassen															
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
HNY															
1	Marius Usvaltas													3529	33:28
01:17=	03:24=	04:48=	07:15=	14:00=	16:19=	24:13=	26:48=	28:37=	30:47=	31:54=	33:28=				
01:17=	02:07=	01:24=	02:27=	06:45=	02:19=	07:54=	02:35=	01:49=	02:10=	01:07=	01:34=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Vidar Eiken													1683	34:50
01:16-	04:08+	05:36+	10:19+	17:53+	20:44+	22:43-	27:52+	30:16+	31:44+	33:14+	34:50+				
01:16-	02:52+	01:28+	04:43+	07:34+	02:51+	01:59-	05:09+	02:24+	01:28-	01:30+	01:36+				
00:01-	00:45&	00:04+	02:16&	00:49#	00:32#	05:55-	02:34&	00:35&	00:42-	00:23&	00:02+				
3	Eirik Hatle													903	1:11:58
08:28+	22:17+	23:41+	27:47+	33:55+	37:25+	40:02+	61:18+	64:31+	67:01+	68:59+	71:58+				
08:28+	13:49+	01:24=	04:06+	06:08-	03:30+	02:37-	21:16+	03:13+	02:30+	01:58+	02:59+				
07:11@	11:42@	00:00=	01:39&	00:37-	01:11&	05:17-	18:41@	01:24&	00:20#	00:51&	01:25&				

Plass	Navn	Klasse	Tid
HNY			
Beste strekktid for klassen			
01:16	02:07	01:24	02:27
06:08	02:19	01:59	02:35
01:49	01:28	01:07	01:34
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
HT			
1	Adam Alfred Brennhaugen	3512	28:43
01:44=	06:32=	09:23=	12:16=
14:20=	16:45=	19:44=	22:11=
26:06=	27:34=	28:43=	
01:44=	04:48=	02:51=	02:53=
02:04=	02:25=	02:59=	02:27=
03:55=	01:28=	01:09=	
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	Stig E. Ollestad	3519	31:16
02:15+	08:24+	12:20+	15:03+
18:46+	21:08+	22:46+	25:36+
28:47+	29:52+	31:16+	
02:15+	06:09+	03:56+	02:43-
03:43+	02:22-	01:38-	02:50+
03:11-	01:05-	01:24+	
00:31&	01:21&	01:05&	00:10-
01:39&	00:03-	01:21-	00:23#
00:44-	00:23-	00:15#	
3	Steven Repa	1832	31:41
01:59+	07:41+	10:34+	13:30+
15:36+	17:59+	21:12+	24:14+
28:19+	30:18+	31:41+	
01:59+	05:42+	02:53+	02:56+
02:06+	02:23-	03:13+	03:02+
04:05+	01:59+	01:23+	
00:15#	00:54#	00:02+	00:03+
00:02+	00:02+	00:02-	00:14+
00:35#	00:10+	00:31&	00:14#
4	Svein Erik Bjørnsen	1376	31:42
02:19+	07:45+	11:26+	14:25+
16:51+	19:25+	22:43+	26:01+
29:18+	30:19+	31:42+	
02:19+	05:26+	03:41+	02:59+
02:26+	02:34+	03:18+	03:18+
03:17-	01:01-	01:23+	
00:35&	00:38#	00:50&	00:06+
00:22#	00:09+	00:19#	00:51&
00:38-	00:27-	00:14#	
5	Anders Frøytlø	3502	31:49
02:00+	07:59+	12:45+	15:42+
17:39+	20:25+	22:37+	25:53+
29:23+	30:20+	31:49+	
02:00+	05:59+	04:46+	02:57+
01:57-	02:46+	02:12-	03:16+
03:30-	00:57-	01:29+	
00:16#	01:11#	01:55&	00:04+
00:07-	00:21#	00:47-	00:49&
00:25-	00:31-	00:20&	
6	Arne Magne Søndresen	722	32:56
01:54+	07:06+	10:42+	13:43+
16:35+	19:36+	21:52+	25:31+
29:26+	30:29+	32:56+	
01:54+	05:12+	03:36+	03:01+
02:52+	03:01+	02:16-	03:39+
03:55=	01:03-	02:27+	
00:10+	00:24+	00:45&	00:08+
00:48&	00:36#	00:43-	01:12&
00:00=	00:25-	01:18@	
7	Morten Tønnessen	3507	33:58
01:34-	07:22+	11:45+	14:44+
16:45+	19:32+	23:30+	26:14+
29:49+	31:47+	33:58+	
01:34-	05:48+	04:23+	02:59+
02:01-	02:47+	03:58+	02:44+
03:35-	01:58+	02:11+	
00:10-	01:00#	01:32&	00:06+
00:03-	00:22#	00:59&	00:17#
00:20-	00:30&	01:02&	
8	Aksel Kleppa Hartmann	793	35:16
02:07+	08:03+	13:07+	16:41+
19:48+	22:47+	25:05+	28:54+
32:34+	34:02+	35:16+	
02:07+	05:56+	05:04+	03:34+
03:07+	02:59+	02:18-	03:49+
03:40-	01:28=	01:14+	
00:23#	01:08#	02:13&	00:41#
01:03&	00:34#	00:41-	01:22&
00:15-	00:00=	00:05+	
9	Bruno Pierfelice	3519	35:33
02:07+	08:49+	14:48+	18:03+
20:18+	23:11+	25:21+	28:28+
32:44+	33:46+	35:33+	
02:07+	06:42+	05:59+	03:15+
02:15+	02:53+	02:10-	03:07+
04:16+	01:02-	01:47+	
00:23#	01:54&	03:08@	00:22#
00:11+	00:28#	00:49-	00:40&
00:21+	00:26-	00:38&	
10	Håvard Stensland	3503	35:41
01:53+	07:49+	11:52+	14:44+
22:14+	24:22+	26:40+	30:03+
33:25+	34:18+	35:41+	
01:53+	05:56+	04:03+	02:52-
07:30+	02:08-	02:18-	03:23+
03:22-	00:53-	01:23+	
00:09+	01:08#	01:12&	00:01-
05:26@	00:17-	00:41-	00:56&
00:33-	00:35-	00:14#	
11	Svein Sivertsen	3530	36:11
02:47+	08:59+	14:16+	17:41+
19:44+	22:31+	24:51+	28:50+
33:20+	34:25+	36:11+	
02:47+	06:12+	05:17+	03:25+
02:03-	02:47+	02:20-	03:59+
04:30+	01:05-	01:46+	
01:03&	01:24&	02:26&	00:32#
00:01-	00:22#	00:39-	01:32&
00:35#	00:23-	00:37&	
12	Svein Mæle	643	36:21
02:10+	08:06+	11:38+	15:05+
21:28+	24:20+	26:48+	30:03+
33:50+	34:52+	36:21+	
02:10+	05:56+	03:32+	03:27+
06:23+	02:52+	02:28-	03:15+
03:47-	01:02-	01:29+	
00:26#	01:08#	00:41#	00:34#
04:19@	00:27#	00:31-	00:48&
00:08-	00:26-	00:20&	

Plass	Navn										Klasse	Tid
HT												
13	Sjur Bjerke										3525	37:10
02:19+	08:36+	14:09+	17:41+	21:25+	24:18+	26:36+	30:47+	34:36+	35:48+	37:10+		
02:19+	06:17+	05:33+	03:32+	03:44+	02:53+	02:18-	04:11+	03:49-	01:12-	01:22+		
00:35&	01:29&	02:42&	00:39#	01:40&	00:28#	00:41-	01:44&	00:06-	00:16-	00:13#		
14	Lars Terje Vaaland										1683	37:53
02:05+	07:56+	12:27+	16:31+	21:23+	24:12+	27:03+	30:15+	34:21+	36:10+	37:53+		
02:05+	05:51+	04:31+	04:04+	04:52+	02:49+	02:51+	03:12+	04:06+	01:49+	01:43+		
02:05+	05:51+	04:31+	04:04+	04:52+	02:49+	02:51+	03:12+	04:06+	01:49+	01:43+		
15	Bartłomiej Lenart										1376	39:27
02:42+	07:01+	13:30+	17:35+	19:38+	21:43+	24:43+	27:46+	36:24+	37:18+	39:27+		
02:42+	04:19+	06:29+	04:05+	02:03+	02:05+	03:00+	03:03+	08:38+	00:54+	02:09+		
02:42+	04:19+	06:29+	04:05+	02:03+	02:05+	03:00+	03:03+	08:38+	00:54+	02:09+		
16	Ketil Vestbakke										1683	39:32
02:24+	09:48+	15:23+	19:05+	21:17+	24:26+	28:25+	32:14+	36:39+	38:04+	39:32+		
02:24+	07:24+	05:35+	03:42+	02:12+	03:09+	03:59+	03:49+	04:25+	01:25+	01:28+		
02:24+	07:24+	05:35+	03:42+	02:12+	03:09+	03:59+	03:49+	04:25+	01:25+	01:28+		
17	Nils Egil Lie										3548	39:35
02:26+	10:32+	15:08+	18:53+	21:25+	24:34+	28:33+	32:24+	36:49+	38:02+	39:35+		
02:26+	08:06+	04:36+	03:45+	02:32+	03:09+	03:59+	03:51+	04:25+	01:13+	01:33+		
02:26+	08:06+	04:36+	03:45+	02:32+	03:09+	03:59+	03:51+	04:25+	01:13+	01:33+		
18	Arild Svihus										892	40:45
02:33+	09:23+	13:39+	16:58+	19:07+	23:52+	27:56+	31:33+	37:25+	38:52+	40:45+		
02:33+	06:50+	04:16+	03:19+	02:09+	04:45+	04:04+	03:37+	05:52+	01:27+	01:53+		
02:33+	06:50+	04:16+	03:19+	02:09+	04:45+	04:04+	03:37+	05:52+	01:27+	01:53+		
19	Finn Otto Tveit										3507	41:21
02:45+	08:08+	13:48+	19:14+	22:08+	24:53+	29:46+	34:00+	38:54+	39:53+	41:21+		
02:45+	05:23+	05:40+	05:26+	02:54+	02:45+	04:53+	04:14+	04:54+	00:59+	01:28+		
02:45+	05:23+	05:40+	05:26+	02:54+	02:45+	04:53+	04:14+	04:54+	00:59+	01:28+		
20	Lars Salvesen										1119	42:29
02:37+	12:03+	18:51+	21:59+	24:49+	28:02+	30:18+	34:05+	39:38+	40:47+	42:29+		
02:37+	09:26+	06:48+	03:08+	02:50+	03:13+	02:16+	03:47+	05:33+	01:09+	01:42+		
02:37+	09:26+	06:48+	03:08+	02:50+	03:13+	02:16+	03:47+	05:33+	01:09+	01:42+		
21	Frode Følgesvold										880	42:39
02:11+	09:58+	16:17+	20:31+	23:13+	26:50+	30:22+	34:49+	39:08+	40:41+	42:39+		
02:11+	07:47+	06:19+	04:14+	02:42+	03:37+	03:32+	04:27+	04:19+	01:33+	01:58+		
02:11+	07:47+	06:19+	04:14+	02:42+	03:37+	03:32+	04:27+	04:19+	01:33+	01:58+		
22	Ivar Aalbu										3502	43:11
02:43+	13:47+	18:31+	22:26+	25:10+	28:53+	31:06+	34:59+	39:14+	40:41+	43:11+		
02:43+	11:04+	04:44+	03:55+	02:44+	03:43+	02:13+	03:53+	04:15+	01:27+	02:30+		
02:43+	11:04+	04:44+	03:55+	02:44+	03:43+	02:13+	03:53+	04:15+	01:27+	02:30+		
23	Jan Henrik Neuenkirchen										896	43:13
02:06+	10:28+	16:03+	19:59+	23:58+	27:23+	30:26+	34:33+	40:18+	41:37+	43:13+		
02:06+	08:22+	05:35+	03:56+	03:59+	03:25+	03:03+	04:07+	05:45+	01:19+	01:36+		
02:06+	08:22+	05:35+	03:56+	03:59+	03:25+	03:03+	04:07+	05:45+	01:19+	01:36+		
24	Arne Hope										1832	43:15
02:34+	09:37+	14:38+	18:56+	22:42+	27:05+	30:01+	34:57+	39:50+	41:09+	43:15+		
02:34+	07:03+	05:01+	04:18+	03:46+	04:23+	02:56+	04:56+	04:53+	01:19+	02:06+		
02:34+	07:03+	05:01+	04:18+	03:46+	04:23+	02:56+	04:56+	04:53+	01:19+	02:06+		
25	Hans Østebø										793	44:04
03:50+	08:00+	11:04+	30:47+	33:25+	35:35+	37:11+	39:45+	42:06+	42:56+	44:04+		
03:50+	04:10+	03:04+	19:43+	02:38+	02:10+	01:36+	02:34+	02:21+	00:50+	01:08+		
03:50+	04:10+	03:04+	19:43+	02:38+	02:10+	01:36+	02:34+	02:21+	00:50+	01:08+		
26	Rohan Joseph										1376	44:48
08:08+	14:14+	19:04+	23:30+	26:38+	29:49+	32:55+	36:46+	41:32+	43:08+	44:48+		
08:08+	06:06+	04:50+	04:26+	03:08+	03:11+	03:06+	03:51+	04:46+	01:36+	01:40+		
08:08+	06:06+	04:50+	04:26+	03:08+	03:11+	03:06+	03:51+	04:46+	01:36+	01:40+		

Plass	Navn										Klasse	Tid
HT												
27	Kjell-Ole Topnes										1683	45:01
03:06+	11:16+	16:01+	21:45+	24:39+	29:10+	32:07+	37:06+	41:44+	43:15+	45:01+		
03:06+	08:10+	04:45+	05:44+	02:54+	04:31+	02:57+	04:59+	04:38+	01:31+	01:46+		
03:06+	08:10+	04:45+	05:44+	02:54+	04:31+	02:57+	04:59+	04:38+	01:31+	01:46+		
28	Rolf Øystein Kluge										793	45:16
02:41+	11:47+	17:45+	22:20+	25:38+	29:31+	32:23+	36:44+	41:56+	43:16+	45:16+		
02:41+	09:06+	05:58+	04:35+	03:18+	03:53+	02:52+	04:21+	05:12+	01:20+	02:00+		
02:41+	09:06+	05:58+	04:35+	03:18+	03:53+	02:52+	04:21+	05:12+	01:20+	02:00+		
29	Pål Bårdsen										3497	45:50
02:46+	09:58+	17:36+	21:18+	24:22+	29:02+	31:48+	36:40+	41:29+	43:03+	45:50+		
02:46+	07:12+	07:38+	03:42+	03:04+	04:40+	02:46+	04:52+	04:49+	01:34+	02:47+		
02:46+	07:12+	07:38+	03:42+	03:04+	04:40+	02:46+	04:52+	04:49+	01:34+	02:47+		
30	Erland Båtnes Berntsen										643	46:10
02:12+	12:58+	19:48+	22:43+	28:16+	31:02+	33:06+	39:32+	43:38+	44:41+	46:10+		
02:12+	10:46+	06:50+	02:55+	05:33+	02:46+	02:04+	06:26+	04:06+	01:03+	01:29+		
02:12+	10:46+	06:50+	02:55+	05:33+	02:46+	02:04+	06:26+	04:06+	01:03+	01:29+		
31	John Øgreid										882	47:30
02:31+	11:30+	17:55+	22:54+	26:19+	30:00+	34:58+	39:24+	43:40+	45:16+	47:30+		
02:31+	08:59+	06:25+	04:59+	03:25+	03:41+	04:58+	04:26+	04:16+	01:36+	02:14+		
02:31+	08:59+	06:25+	04:59+	03:25+	03:41+	04:58+	04:26+	04:16+	01:36+	02:14+		
32	Ingve Morten Skjaeldal										4226	47:34
03:26+	13:25+	19:14+	23:39+	27:58+	31:11+	34:16+	39:07+	44:41+	45:55+	47:34+		
03:26+	09:59+	05:49+	04:25+	04:19+	03:13+	03:05+	04:51+	05:34+	01:14+	01:39+		
03:26+	09:59+	05:49+	04:25+	04:19+	03:13+	03:05+	04:51+	05:34+	01:14+	01:39+		
33	Timothée Maillefer										877	48:14
03:25+	10:56+	17:18+	22:59+	27:12+	31:48+	36:38+	40:42+	45:12+	46:48+	48:14+		
03:25+	07:31+	06:22+	05:41+	04:13+	04:36+	04:50+	04:04+	04:30+	01:36+	01:26+		
03:25+	07:31+	06:22+	05:41+	04:13+	04:36+	04:50+	04:04+	04:30+	01:36+	01:26+		
34	Marius Bergstøl Hvidsten										3533	49:09
02:04+	12:01+	24:32+	27:22+	30:35+	33:45+	38:58+	42:54+	46:04+	47:14+	49:09+		
02:04+	09:57+	12:31+	02:50+	03:13+	03:10+	05:13+	03:56+	03:10+	01:10+	01:55+		
02:04+	09:57+	12:31+	02:50+	03:13+	03:10+	05:13+	03:56+	03:10+	01:10+	01:55+		
35	Kjell Husebø										1832	51:18
03:05+	10:40+	17:36+	26:57+	30:00+	34:43+	37:48+	42:06+	46:56+	48:30+	51:18+		
03:05+	07:35+	06:56+	09:21+	03:03+	04:43+	03:05+	04:18+	04:50+	01:34+	02:48+		
03:05+	07:35+	06:56+	09:21+	03:03+	04:43+	03:05+	04:18+	04:50+	01:34+	02:48+		
36	Leif Jarle Skåra										3502	52:49
03:18+	10:38+	19:05+	23:38+	33:27+	36:55+	39:50+	43:56+	49:16+	50:40+	52:49+		
03:18+	07:20+	08:27+	04:33+	09:49+	03:28+	02:55+	04:06+	05:20+	01:24+	02:09+		
03:18+	07:20+	08:27+	04:33+	09:49+	03:28+	02:55+	04:06+	05:20+	01:24+	02:09+		
37	Øivind Berentsen										4226	54:46
02:49+	14:29+	20:15+	24:34+	28:12+	32:06+	38:48+	43:54+	49:12+	50:39+	54:46+		
02:49+	11:40+	05:46+	04:19+	03:38+	03:54+	06:42+	05:06+	05:18+	01:27+	04:07+		
02:49+	11:40+	05:46+	04:19+	03:38+	03:54+	06:42+	05:06+	05:18+	01:27+	04:07+		
38	Steinar Løgith Aase										2539	57:06
04:07+	14:30+	23:22+	28:39+	32:29+	36:31+	39:32+	45:36+	53:18+	54:57+	57:06+		
04:07+	10:23+	08:52+	05:17+	03:50+	04:02+	03:01+	06:04+	07:42+	01:39+	02:09+		
04:07+	10:23+	08:52+	05:17+	03:50+	04:02+	03:01+	06:04+	07:42+	01:39+	02:09+		
39	Jan Erik Rasmussen										3519	57:14
03:47+	12:22+	23:28+	28:12+	31:57+	36:32+	42:58+	48:03+	53:21+	55:18+	57:14+		
03:47+	08:35+	11:06+	04:44+	03:45+	04:35+	06:26+	05:05+	05:18+	01:57+	01:56+		
03:47+	08:35+	11:06+	04:44+	03:45+	04:35+	06:26+	05:05+	05:18+	01:57+	01:56+		
40	Arvid Eie										4248	59:09
06:05+	18:20+	22:48+	28:00+	34:12+	38:38+	43:31+	48:59+	55:07+	56:55+	59:09+		
06:05+	12:15+	04:28+	05:12+	06:12+	04:26+	04:53+	05:28+	06:08+	01:48+	02:14+		
06:05+	12:15+	04:28+	05:12+	06:12+	04:26+	04:53+	05:28+	06:08+	01:48+	02:14+		

Plass	Navn										Klasse	Tid
HT												
41	Stein Nordal										4242	1:00:53
02:00+	11:53+	15:43+	19:22+	24:58+	27:35+	32:22+	37:23+	58:47+	59:32+	60:53+		
02:00+	09:53+	03:50+	03:39+	05:36+	02:37+	04:47+	05:01+	21:24+	00:45+	01:21+		
02:00+	09:53+	03:50+	03:39+	05:36+	02:37+	04:47+	05:01+	21:24+	00:45+	01:21+		
42	Tom Leveraas										1884	1:01:51
02:51+	11:17+	28:14+	32:28+	36:56+	43:04+	46:20+	52:04+	57:33+	58:59+	61:51+		
02:51+	08:26+	16:57+	04:14+	04:28+	06:08+	03:16+	05:44+	05:29+	01:26+	02:52+		
02:51+	08:26+	16:57+	04:14+	04:28+	06:08+	03:16+	05:44+	05:29+	01:26+	02:52+		
43	Terje Hatlem										1683	1:03:06
02:12+	24:37+	28:02+	34:08+	43:23+	46:59+	51:07+	54:14+	59:48+	61:12+	63:06+		
02:12+	22:25+	03:25+	06:06+	09:15+	03:36+	04:08+	03:07+	05:34+	01:24+	01:54+		
02:12+	22:25+	03:25+	06:06+	09:15+	03:36+	04:08+	03:07+	05:34+	01:24+	01:54+		
44	Jon Grepstad										3531	1:05:29
03:17+	15:14+	24:38+	30:09+	35:37+	40:10+	46:53+	53:06+	60:23+	62:32+	65:29+		
03:17+	11:57+	09:24+	05:31+	05:28+	04:33+	06:43+	06:13+	07:17+	02:09+	02:57+		
03:17+	11:57+	09:24+	05:31+	05:28+	04:33+	06:43+	06:13+	07:17+	02:09+	02:57+		
45	Elga Silaban										1283	1:08:02
11:57+	20:56+	34:10+	38:01+	44:28+	47:34+	54:29+	58:53+	64:22+	66:17+	68:02+		
11:57+	08:59+	13:14+	03:51+	06:27+	03:06+	06:55+	04:24+	05:29+	01:55+	01:45+		
11:57+	08:59+	13:14+	03:51+	06:27+	03:06+	06:55+	04:24+	05:29+	01:55+	01:45+		
46	Robert Hooper										1683	1:08:38
04:23+	29:07+	43:09+	47:06+	50:06+	53:21+	56:00+	60:46+	65:29+	66:47+	68:38+		
04:23+	24:44+	14:02+	03:57+	03:00+	03:15+	02:39+	04:46+	04:43+	01:18+	01:51+		
04:23+	24:44+	14:02+	03:57+	03:00+	03:15+	02:39+	04:46+	04:43+	01:18+	01:51+		
47	Torgeir Færevåg										3553	1:10:39
02:26+	11:06+	25:54+	30:04+	44:20+	53:26+	58:09+	62:16+	67:48+	68:56+	70:39+		
02:26+	08:40+	14:48+	04:10+	14:16+	09:06+	04:43+	04:07+	05:32+	01:08+	01:43+		
02:26+	08:40+	14:48+	04:10+	14:16+	09:06+	04:43+	04:07+	05:32+	01:08+	01:43+		
48	Harald Paulsen Grøndal										4288	1:11:40
03:56+	20:24+	26:22+	34:12+	44:25+	52:22+	58:39+	61:55+	69:17+	70:17+	71:40+		
03:56+	16:28+	05:58+	07:50+	10:13+	07:57+	06:17+	03:16+	07:22+	01:00+	01:23+		
03:56+	16:28+	05:58+	07:50+	10:13+	07:57+	06:17+	03:16+	07:22+	01:00+	01:23+		
49	Glenn-Ove Kingestad										3676	1:20:03
03:29+	20:27+	26:56+	42:47+	46:40+	49:49+	57:15+	63:40+	76:28+	78:20+	80:03+		
03:29+	16:58+	06:29+	15:51+	03:53+	03:09+	07:26+	06:25+	12:48+	01:52+	01:43+		
03:29+	16:58+	06:29+	15:51+	03:53+	03:09+	07:26+	06:25+	12:48+	01:52+	01:43+		
50	Yiteng Zhang										1758	1:23:18
04:31+	19:17+	47:35+	55:37+	59:49+	63:22+	67:20+	74:12+	78:44+	79:57+	83:18+		
04:31+	14:46+	28:18+	08:02+	04:12+	03:33+	03:58+	06:52+	04:32+	01:13+	03:21+		
04:31+	14:46+	28:18+	08:02+	04:12+	03:33+	03:58+	06:52+	04:32+	01:13+	03:21+		
51	Augustine Okafor										1683	1:23:34
26:41+	38:30+	46:36+	57:10+	59:50+	63:03+	68:39+	72:39+	79:14+	81:29+	83:34+		
26:41+	11:49+	08:06+	10:34+	02:40+	03:13+	05:36+	04:00+	06:35+	02:15+	02:05+		
26:41+	11:49+	08:06+	10:34+	02:40+	03:13+	05:36+	04:00+	06:35+	02:15+	02:05+		
52	Per Bakken										880	1:24:31
03:47+	12:25+	44:01+	48:09+	51:40+	55:35+	61:59+	69:51+	78:17+	80:59+	84:31+		
03:47+	08:38+	31:36+	04:08+	03:31+	03:55+	06:24+	07:52+	08:26+	02:42+	03:32+		
03:47+	08:38+	31:36+	04:08+	03:31+	03:55+	06:24+	07:52+	08:26+	02:42+	03:32+		
53	Kjetil Kartevold										3676	1:43:43
03:13+	42:48+	53:39+	58:50+	80:37+	84:04+	89:52+	93:56+	99:42+	101:29+	103:43+		
03:13+	39:35+	10:51+	05:11+	21:47+	03:27+	05:48+	04:04+	05:46+	01:47+	02:14+		
03:13+	39:35+	10:51+	05:11+	21:47+	03:27+	05:48+	04:04+	05:46+	01:47+	02:14+		

Beste strekktid for klassen

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