

Plass	Navn	Klasse
D16		

Tid

[illegible][illegible][illegible]

Hanna Haaland Sømme														874		43:07													
01:53+	02:24+	03:39+	06:20+	07:45+	09:51+	11:26+	12:26+	13:26+	16:10+	17:12+	19:19+	19:59+	22:14+	23:24+	25:35+	27:14+	29:02+	29:41+	31:16+	35:11+	36:46+	38:14+	39:56+	42:05+	42:51+				
01:53+	00:31+	01:15+	02:41+	01:25-	02:06+	01:35+	01:00-	01:00+	02:44-	01:02-	02:07-	00:40+	02:15+	01:10+	02:11+	01:39-	01:48+	00:39-	01:35-	03:55+	01:35-	01:28-	01:42-	02:09+	00:46+				
00:12#	00:01+	00:23#	01:12#	00:22-	01:00#	00:13#	00:54-	00:36#	00:23-	00:01-	00:01-	00:11#	00:17#	00:16#	01:20#	00:09-	00:14#	00:08-	00:18-	01:42#	00:17-	00:01-	00:03-	01:23#	00:05#				
43:07+																													
00:16+																													
00:01+																													

	Hanne Berg Aspøy								896								44:20										
01:41=	02:13+	03:22+	04:55+	06:36+	07:57+	09:50+	10:55+	11:52+	14:36+	15:31+	18:31+	19:19+	24:57+	25:40+	26:48+	28:45+	31:15+	32:01+	34:11+	36:29+	38:15+	39:31+	41:15+	43:16+	43:57+		
01:41=	00:32+	01:09+	01:33+	01:41-	01:21+	01:53+	01:05-	00:57+	02:44-	00:55-	03:00+	00:48+	05:38+	00:43-	01:08+	01:57+	02:30+	00:46-	02:10+	02:18+	01:46-	01:16-	01:44-	02:01+	00:41=		
00:00=	00:02+	00:17±	00:04+	00:06-	00:15#	00:31±	00:49-	00:33#	00:23-	00:08-	00:52±	00:19±	03:40#	00:11-	00:17±	00:09+	00:56±	00:01-	00:17#	00:05+	00:06-	00:13-	00:01-	01:15#	00:00=		
44:20+																											
00:23+																											
00:08±																											

6	Hanne Josephsen																		3516	45:52																	
01:56+	02:49+	04:05+	05:51+	08:08+	10:46+	12:32+	14:32+	15:18+	17:57+	18:41+	22:30+	23:01+	27:04+	27:59+	29:03+	31:04+	33:15+	33:59+	35:38+	38:47+	40:57+	42:16+	44:11+	44:53+	45:31+												
01:56+	00:53+	01:16+	01:46+	02:17+	02:38+	01:46+	02:00+	00:46+	02:39-	00:44-	03:49+	00:31+	04:03+	00:55+	01:04+	02:01+	02:11+	00:44-	01:39-	03:09+	02:10+	01:19-	01:55+	00:42-	00:38-												
00:15#	00:23#	00:24#	00:17#	00:30#	01:32@	00:24#	00:06+	00:22#	00:28-	00:19-	01:41#	00:02+	02:05@	00:01+	00:13#	00:13#	00:37#	00:03-	00:14-	00:56#	00:18#	00:10-	00:10+	00:04-	00:03-												
45:52+																																					
00:21+																																					
00:06#																																					

[illegible][illegible]

Plass	Navn	Klasse	Tid
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D16

9	Johanne Trandem Næss										3512										49:20									
02:40+	03:03+	04:09+	06:21+	09:09+	10:06+	11:41+	13:01+	13:51+	17:38+	19:00+	22:54+	23:51+	27:32+	29:12+	31:15+	32:59+	35:30+	36:25+	38:40+	41:20+	43:19+	45:02+	47:05+	48:00+	49:03+					
02:40+	00:23-	01:06+	02:12+	02:48+	00:57-	01:35+	01:20-	00:50+	03:47+	01:22+	03:54+	00:57+	03:41+	01:40+	02:03+	01:44-	02:31+	00:55+	02:15+	02:40+	01:59+	01:43+	02:03+	00:55+	01:03+					
00:59%	00:07-	00:14%	00:43%	01:01%	00:09-	00:13%	00:34-	00:26%	00:40%	00:19%	01:46%	00:28%	01:43%	00:46%	01:12%	00:04-	00:57%	00:08%	00:22%	00:27%	00:07+	00:14%	00:18%	00:09%	00:22%					
49:20+																														
00:17+																														
00:02%																														
10	Ragnhild Thorset Våge										896										51:46									
02:59+	03:31+	05:12+	06:32+	07:58+	10:02+	12:06+	14:18+	16:25+	18:54+	19:42+	23:26+	24:25+	29:32+	30:35+	31:42+	33:14+	34:59+	35:34+	37:15+	42:14+	44:50+	46:02+	47:50+	50:38+	51:27+					
02:59+	00:32+	01:41+	01:20+	01:26+	02:04+	02:04+	02:12+	02:07+	02:29+	00:48+	03:44+	00:59+	05:07+	01:03+	01:07+	01:32+	01:45+	00:35+	01:41+	04:59+	02:36+	01:12+	01:48+	02:48+	00:49+					
02:59+	00:32+	01:41+	01:20+	01:26+	02:04+	02:04+	02:12+	02:07+	02:29+	00:48+	03:44+	00:59+	05:07+	01:03+	01:07+	01:32+	01:45+	00:35+	01:41+	04:59+	02:36+	01:12+	01:48+	02:48+	00:49+					
51:46+																														
00:19+																														
00:19+																														
11	Juliane Tytlandsvik Nødland										3512										1:04:24									
03:01+	03:48+	05:39+	08:32+	12:50+	14:54+	17:47+	20:23+	21:32+	26:34+	28:03+	32:13+	33:21+	36:41+	38:03+	39:44+	42:29+	46:02+	47:05+	50:38+	54:14+	56:59+	59:05+	61:50+	63:10+	64:04+					
03:01+	00:47+	01:51+	02:53+	04:18+	02:04+	02:53+	02:36+	01:09+	05:02+	01:29+	04:10+	01:08+	03:20+	01:22+	01:41+	02:45+	03:33+	01:03+	03:33+	03:36+	02:45+	02:06+	02:45+	01:20+	00:54+					
03:01+	00:47+	01:51+	02:53+	04:18+	02:04+	02:53+	02:36+	01:09+	05:02+	01:29+	04:10+	01:08+	03:20+	01:22+	01:41+	02:45+	03:33+	01:03+	03:33+	03:36+	02:45+	02:06+	02:45+	01:20+	00:54+					
64:24+																														
00:20+																														
00:20+																														
12	Svitlana Rasheva										1683										1:10:36									
02:07+	02:53+	04:31+	06:22+	09:49+	11:43+	14:25+	15:40+	16:32+	19:51+	21:39+	25:24+	26:43+	42:53+	44:54+	48:29+	50:45+	54:32+	55:08+	58:40+	61:30+	64:03+	65:49+	67:57+	69:21+	70:17+					
02:07+	00:46+	01:38+	01:51+	03:27+	01:54+	02:42+	01:15+	00:52+	03:19+	01:48+	03:45+	01:19+	16:10+	02:01+	03:35+	02:16+	03:47+	00:36+	03:32+	02:50+	02:33+	01:46+	02:08+	01:24+	00:56+					
02:07+	00:46+	01:38+	01:51+	03:27+	01:54+	02:42+	01:15+	00:52+	03:19+	01:48+	03:45+	01:19+	16:10+	02:01+	03:35+	02:16+	03:47+	00:36+	03:32+	02:50+	02:33+	01:46+	02:08+	01:24+	00:56+					
70:36+																														
00:19+																														
00:19+																														

Beste strekktid for klassen

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

D40

1	Hanne Thu	3516	39:25																						
01:38=	02:49=	03:49=	05:17=	07:06=	08:11=	10:52=	11:18=	12:43=	13:42=	14:45=	16:59=	18:58=	21:49=	23:18=	23:44=	28:12=	29:07=	30:18=	31:47=	33:46=	36:23=	38:23=	39:08=	39:25=	
00:42=	01:11=	01:00=	01:28=	01:49=	01:05=	02:41=	00:26=	01:25=	00:59=	01:03=	02:14=	01:59=	02:51=	01:29=	00:26=	04:28=	00:55=	01:11=	01:29=	01:59=	00:45=	02:00=	00:46=	00:17=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Ane Hatteland Nese	769	42:15																						
02:09+	03:08+	04:10+	05:48+	07:48+	09:00+	13:03+	13:34+	15:23+	16:31+	17:48+	20:31+	21:34+	24:51+	26:00+	26:31+	30:24+	32:04+	33:11+	34:48+	36:14+	38:33+	41:05+	41:53+	42:15+	
02:09+	00:59-	01:02+	01:38+	02:00+	01:12+	04:03+	00:31+	01:49+	01:08+	01:17+	02:43+	01:03-	03:17+	01:09-	00:31+	03:53-	01:40+	01:07-	01:37+	01:26-	02:19-	02:32+	00:48+	00:22+	
00:31%	00:12-	00:02+	00:10#	00:11#	00:07#	01:22%	00:05#	00:24%	00:09#	00:14#	00:29#	00:56-	00:26#	00:20-	00:05#	00:35-	00:45%	00:04-	00:08+	00:33-	00:18-	00:32%	00:03+	00:05%	
3	Helene Lie	3565	44:39																						
01:44+	02:36-	03:35-	05:22+	07:27+	08:32+	11:58+	13:38+	15:11+	16:08+	17:32+	20:08+	21:31+	25:44+	27:05+	27:52+	32:24+	34:20+	35:33+	37:33+	39:04+	40:49+	43:30+	44:23+	44:39+	
01:44+	00:52-	00:59-	01:47+	02:05+	01:05=	03:26+	01:40+	01:33+	00:57-	01:24+	02:36+	01:23-	04:13+	01:21-	00:47+	04:32+	01:56+	01:13+	02:00+	01:31-	01:45-	02:41+	00:53+	00:16-	
00:06+	00:19-	00:01-	00:19#	00:16#	00:00=	00:45%	01:14%	00:08+	00:02-	00:21%	00:22#	00:36-	01:22%	00:08-	00:21%	00:04+	01:01%	00:02+	00:31%	00:28-	00:52-	00:41%	00:08#	00:01-	
4	Monica Regine Romstad	722	51:45																						
02:20+	03:44+	05:05+	06:37+	11:15+	13:00+	16:42+	17:35+	19:32+	21:06+	26:29+	29:37+	30:39+	33:52+	35:06+	36:04+	39:59+	41:02+	42:01+	44:39+	46:41+	48:58+	50:26+	51:27+	51:45+	
02:20+	01:24+	01:21+	01:32+	04:38+	01:45+	03:42+	00:53+	01:57+	01:34+	05:23+	03:08+	01:02-	03:13+	01:14-	00:58+	03:55-	01:03+	00:59-	02:38+	02:02+	02:17-	01:28-	01:01+	00:18+	
00:42%	00:13#	00:21#	00:04+	02:49%	00:40%	01:01%	00:27%	01:01%	00:35%	04:20%	00:54%	00:57-	00:22#	00:15-	00:32%	00:33-	00:08#	00:12-	01:09%	00:03+	00:20-	00:32-	00:16%	00:01+	
5	Anne Lill Njå	896	53:33																						
02:16+	03:54+	04:59+	06:36+	08:23+	10:15+	13:27+	15:00+	16:28+	18:09+	19:03+	20:35+	23:12+	29:13+	32:01+	33:07+	34:05+	38:40+	40:05+	41:30+	43:21+	45:09+	47:41+	51:42+	53:13+	53:33+
02:16+	01:38+	01:05+	01:37+	01:47-	01:52+	03:12+	01:33+	01:28+	01:41+	00:54-	01:32-	02:37+	06:01+	02:48+	01:06+	00:58-	04:35+	01:25+	01:25-	01:51-	01:48-	02:32+	04:01+	01:31+	00:20+
00:38%	00:27%	00:05+	00:09#	00:02-	00:47%	00:31#	01:07%	00:03+	00:42%	00:09-	00:42-	00:38%	03:10%	01:19%	00:40%	03:30-	03:40%	00:14#	00:04-	00:08-	00:49-	00:32%	03:16%	01:14%	00:20+
6	Jeanette Mjølhus	896	54:32																						
02:17+	04:40+	05:50+	07:44+	09:32+	11:14+	14:32+	17:24+	19:13+	20:07+	21:39+	24:16+	30:17+	33:07+	34:05+	35:14+	39:45+	41:10+	42:36+	44:25+	46:19+	48:45+	52:40+	54:08+	54:32+	
02:17+	02:23+	01:10+	01:54+	01:48-	01:42+	03:18+	02:52+	01:49+	00:54-	01:32+	02:37+	06:01+	02:50-	00:58-	01:09+	04:31+	01:25+	01:26+	01:49+	01:54-	02:26-	03:55+	01:28+	00:24+	
00:39%	01:12%	00:10#	00:26%	00:01-	00:37%	00:37#	02:26%	00:24%	00:05-	00:29%	00:23#	04:02%	00:01-	00:31-	00:43%	00:03+	00:30%	00:15#	00:20#	00:05-	00:11-	01:55%	00:43%	00:07%	

Plass	Navn					Klasse					Tid																				
D40																															
7	Ingvild Marthinussen					3524					58:59																				
	01:39+	03:03+	04:02+	05:29+	11:41+	12:56+	15:57+	16:28+	19:54+	23:30+	28:17+	31:09+	32:14+	35:20+	38:10+	38:52+	45:13+	46:48+	48:10+	50:18+	53:11+	55:04+	57:43+	58:33+	58:59+						
	01:39+	01:24+	00:59-	01:27-	06:12+	01:15+	03:01+	00:31+	03:26+	03:36+	04:47+	02:52+	01:05-	03:06+	02:50+	00:42+	06:21+	01:35+	01:22+	02:08+	02:53+	01:53-	02:39+	00:50+	00:26+						
	00:01+	00:13#	00:01-	00:01-	04:23#	00:10#	00:20#	00:05#	02:01#	02:37#	03:44#	00:38#	00:54-	00:15+	01:21#	00:16#	01:53#	00:40#	00:11#	00:39#	00:54#	00:44-	00:39#	00:05#	00:09#						
8	Marianne Strøm Uthaug					3551					1:02:29																				
	01:29+	02:21+	04:01+	05:17+	06:53+	08:04+	11:00+	11:45+	13:06+	14:15+	15:15+	17:21+	18:35+	44:22+	45:20+	46:12+	49:02+	50:13+	51:54+	53:28+	54:53+	60:04+	61:32+	62:12+	62:29+						
	01:29+	00:52+	01:40+	01:16+	01:36+	01:11+	02:56+	00:45+	01:21+	01:09+	01:00+	02:06+	01:14+	25:47+	00:58+	00:52+	02:50+	01:11+	01:41+	01:34+	01:25+	05:11+	01:28+	00:40+	00:17+						
	01:29+	00:52+	01:40+	01:16+	01:36+	01:11+	02:56+	00:45+	01:21+	01:09+	01:00+	02:06+	01:14+	25:47+	00:58+	00:52+	02:50+	01:11+	01:41+	01:34+	01:25+	05:11+	01:28+	00:40+	00:17+						
9	Lise Nessa Di Lorenzo					1884					1:04:18																				
	01:47+	04:09+	06:18+	08:37+	10:59+	12:24+	16:27+	18:16+	20:16+	21:18+	24:33+	28:26+	32:14+	38:51+	40:33+	42:57+	46:32+	48:05+	54:01+	55:48+	57:43+	60:04+	63:14+	63:55+	64:18+						
	01:47+	02:22+	02:09+	02:19+	02:22+	01:25+	04:03+	01:49+	02:00+	01:02+	03:15+	03:53+	03:48+	06:37+	01:42+	02:24+	03:35+	01:33+	05:56+	01:47+	01:55+	02:21+	03:10+	00:41+	00:23+						
	01:47+	02:22+	02:09+	02:19+	02:22+	01:25+	04:03+	01:49+	02:00+	01:02+	03:15+	03:53+	03:48+	06:37+	01:42+	02:24+	03:35+	01:33+	05:56+	01:47+	01:55+	02:21+	03:10+	00:41+	00:23+						
Beste strekktid for klassen																															
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																															
D50																															
1	Marianne Fuglestad					896					39:31																				
	01:35=	02:41=	03:43=	05:01=	06:57=	08:18=	10:53=	13:12=	14:36=	15:36=	16:50=	19:33=	20:30=	22:59=	24:35=	25:00=	28:10=	29:21=	30:26=	32:18=	34:09=	36:31=	38:11=	39:15=	39:31=						
	01:35=	01:06=	01:02=	01:18=	01:56=	01:21=	02:35=	02:19=	01:24=	01:00=	01:14=	02:43=	00:57=	02:29=	01:36=	00:25=	03:10=	01:11=	01:05=	01:52=	01:51=	02:22=	01:40=	01:04=	00:16=						
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Anita Glenne Kallhovd					3502					40:06																				
	02:00+	03:02+	04:03+	05:43+	07:51+	08:53+	12:16+	14:09+	15:37+	16:39+	17:49+	20:06+	20:52+	24:28+	25:38+	26:08+	29:32+	30:36+	31:44+	33:19+	34:38+	36:42+	38:55+	39:48+	40:06+						
	02:00+	01:02-	01:01-	01:40+	02:08+	01:02-	03:23+	01:53-	01:28+	01:02+	01:10-	02:17-	00:46-	03:36+	01:10-	00:30+	03:24+	01:04-	01:08+	01:35-	01:19-	02:04-	02:13+	00:53-	00:18+						
	00:25#	00:04-	00:01-	00:22#	00:12#	00:19-	00:48#	00:26-	00:04+	00:02+	00:04-	00:26-	00:11-	01:07+	00:26-	00:05#	00:14+	00:07-	00:03+	00:17-	00:32-	00:18-	00:33#	00:11-	00:02#						
3	Marit Haavardsholm					1683					40:12																				
	01:33-	02:23-	03:16-	04:24-	06:22-	07:19-	10:02-	10:28-	14:08-	15:07-	16:11-	20:30+	21:23+	25:06+	26:08+	26:53+	30:09+	31:24+	32:23+	34:25+	35:35+	37:30+	39:01+	39:51+	40:12+						
	01:33-	00:50-	00:53-	01:08-	01:58+	00:57-	02:43+	00:26-	03:40+	00:59-	01:04-	04:19+	00:53-	03:43+	01:02-	00:45+	03:16+	01:15+	00:59-	02:02+	01:10-	01:55-	01:31-	00:50-	00:21+						
	00:02-	00:16-	00:09-	00:10-	00:02+	00:24-	00:08+	01:53-	02:16#	00:01-	00:10-	01:36#	00:04-	01:14#	00:34-	00:20#	00:06+	00:04+	00:06-	00:10+	00:41-	00:27-	00:09-	00:14-	00:05#						
4	Torill Andersen					1683					42:11																				
	02:02+	03:07+	04:09+	05:51+	07:43+	09:15+	12:49+	13:18+	15:13+	17:07+	18:22+	22:03+	22:57+	25:39+	27:06+	27:40+	31:25+	32:34+	33:41+	35:09+	36:31+	38:50+	40:57+	41:53+	42:11+						
	02:02+	01:05-	01:02=	01:42+	01:52-	01:32+	03:34+	00:29-	01:55+	01:54+	01:15+	03:41+	00:54-	02:42+	01:27-	00:34+	03:45+	01:09-	01:07+	01:28-	01:22-	02:19-	02:07+	00:56-	00:18+						
	00:27#	00:01-	00:00=	00:24#	00:04-	00:11#	00:59#	01:50-	00:31#	00:54#	00:01+	00:58#	00:03-	00:13+	00:09-	00:09#	00:35#	00:02-	00:02+	00:24-	00:29-	00:03-	00:27#	00:08-	00:02#						
5	Grethe Anda Fuglestad					1683					42:31																				
	01:35=	02:26-	03:22-	04:50-	06:29-	07:37-	10:39-	11:08-	13:34-	14:44-	15:48-	18:52-	19:54-	22:11-	23:25-	24:07-	29:53+	31:11+	32:17+	33:55+	37:42+	39:48+	41:19+	42:15+	42:31+						
	01:35=	00:51-	00:56-	01:28+	01:39-	01:08-	03:02+	00:29-	02:26+	01:10+	01:04-	03:04+	01:02+	02:17-	01:14-	00:42+	05:46+	01:18+	01:06+	01:38-	03:47+	02:06-	01:31-	00:56-	00:16=						
	00:00=	00:15-	00:06-	00:10#	00:17-	00:13-	00:27#	01:50-	01:02#	00:10#	00:10-	00:21#	00:05+	00:12-	00:22-	00:17#	02:36#	00:07+	00:01+	00:14-	01:56#	00:16-	00:09-	00:08-	00:00=						
6	Berit Aksland					1683					43:46																				
	01:51+	02:58+	04:04+	05:47+	08:18+	09:29+	12:34+	13:06-	14:57+	16:10+	17:36+	20:29+	21:44+	24:34+	26:50+	27:32+	31:28+	33:08+	34:14+	36:07+	37:26+	39:20+	42:23+	43:26+	43:46+						
	01:51+	01:07+	01:06+	01:43+	02:31+	01:11-	03:05+	00:32-	01:51+	01:13+	01:26+	02:53+	01:15+	02:50+	02:16+	00:42+	03:56+	01:40+	01:06+	01:53+	01:19-	01:54-	03:03+	01:03-	00:20+						
	00:16#	00:01+	00:04+	00:25#	00:35#	00:10-	00:30#	01:47-	00:27#	00:13#	00:12#	00:10+	00:18#	00:21#	00:40#	00:17#	00:46#	00:29#	00:01+	00:01+	00:32-	00:28-	01:23#	00:01-	00:04#						

Plass	Navn					Klasse					Tid															
D50																										
10	Marie-Elizabeth Reinseth					882					46:12															
	01:51+	02:57+	04:20+	05:59+	08:10+	09:57+	19:33+	20:05+	21:34+	22:43+	23:57+	26:12+	27:01+	29:45+	31:22+	31:57+	35:27+	36:38+	37:46+	39:16+	40:33+	42:44+	44:59+	45:55+	46:12+	
	01:51+	01:06=	01:23+	01:39+	02:11+	01:47+	09:36+	00:32-	01:29+	01:09+	01:14=	02:15-	00:49-	02:44+	01:37+	00:35+	03:30+	01:11=	01:08+	01:30-	01:17-	02:11-	02:15+	00:56-	00:17+	
	00:16#	00:00=	00:21#	00:21#	00:15#	00:26#	07:01#	01:47-	00:05+	00:09#	00:00=	00:28-	00:08-	00:15#	00:01+	00:10#	00:20#	00:00=	00:03+	00:22-	00:34-	00:11-	00:35#	00:08-	00:01+	
11	Signe Ottesen					1683					46:35															
	01:45+	02:49+	04:06+	07:21+	09:52+	11:27+	14:37+	15:18+	17:05+	19:03+	21:46+	24:54+	25:52+	29:27+	30:40+	31:24+	35:08+	37:08+	38:18+	39:43+	40:59+	43:46+	45:18+	46:16+	46:35+	
	01:45+	01:04+	01:17+	03:15+	02:31+	01:35+	03:10+	00:41+	01:47+	01:58+	02:43+	03:08+	00:58+	03:35+	01:13+	00:44+	03:44+	02:00+	01:10+	01:25+	01:16+	02:47+	01:32+	00:58+	00:19+	
	01:45+	01:04+	01:17+	03:15+	02:31+	01:35+	03:10+	00:41+	01:47+	01:58+	02:43+	03:08+	00:58+	03:35+	01:13+	00:44+	03:44+	02:00+	01:10+	01:25+	01:16+	02:47+	01:32+	00:58+	00:19+	
12	Tone Cecilie Nystrom					874					46:38															
	01:52+	02:56+	03:59+	05:41+	07:41+	08:58+	13:10+	13:42+	15:49+	16:58+	18:29+	21:39+	22:56+	26:04+	27:38+	28:18+	32:29+	34:36+	36:10+	38:19+	39:53+	42:41+	45:03+	46:15+	46:38+	
	01:52+	01:04+	01:03+	01:42+	02:00+	01:17+	04:12+	00:32+	02:07+	01:09+	01:31+	03:10+	01:17+	03:08+	01:34+	00:40+	04:11+	02:07+	01:34+	02:09+	01:34+	02:48+	02:22+	01:12+	00:23+	
	01:52+	01:04+	01:03+	01:42+	02:00+	01:17+	04:12+	00:32+	02:07+	01:09+	01:31+	03:10+	01:17+	03:08+	01:34+	00:40+	04:11+	02:07+	01:34+	02:09+	01:34+	02:48+	02:22+	01:12+	00:23+	
13	Gerd Olaug Vikeså					1758					48:28															
	01:41+	02:34+	03:29+	05:34+	07:22+	09:04+	12:26+	12:55+	15:03+	20:51+	22:11+	25:02+	25:59+	28:39+	30:21+	31:01+	35:29+	37:36+	39:01+	41:15+	42:53+	44:38+	47:25+	48:09+	48:28+	
	01:41+	00:53+	00:55+	02:05+	01:48+	01:42+	03:22+	00:29+	02:08+	05:48+	01:20+	02:51+	00:57+	02:40+	01:42+	00:40+	04:28+	02:07+	01:25+	02:14+	01:38+	01:45+	02:47+	00:44+	00:19+	
	01:41+	00:53+	00:55+	02:05+	01:48+	01:42+	03:22+	00:29+	02:08+	05:48+	01:20+	02:51+	00:57+	02:40+	01:42+	00:40+	04:28+	02:07+	01:25+	02:14+	01:38+	01:45+	02:47+	00:44+	00:19+	
14	Tonje Tiley					882					48:59															
	01:56+	03:32+	04:56+	06:53+	09:26+	11:13+	14:34+	15:21+	16:54+	18:08+	20:59+	23:40+	24:37+	27:52+	29:34+	31:58+	35:56+	37:47+	38:54+	41:10+	43:16+	44:57+	47:14+	48:40+	48:59+	
	01:56+	01:36+	01:24+	01:57+	02:33+	01:47+	03:21+	00:47+	01:33+	01:14+	02:51+	02:41+	00:57+	03:15+	01:42+	02:24+	03:58+	01:51+	01:07+	02:16+	02:06+	01:41+	02:17+	01:26+	00:19+	
	01:56+	01:36+	01:24+	01:57+	02:33+	01:47+	03:21+	00:47+	01:33+	01:14+	02:51+	02:41+	00:57+	03:15+	01:42+	02:24+	03:58+	01:51+	01:07+	02:16+	02:06+	01:41+	02:17+	01:26+	00:19+	
15	Tove Irene Asheim					1683					49:41															
	02:13+	03:24+	04:42+	06:45+	08:57+	10:24+	14:20+	15:01+	17:15+	18:35+	20:06+	23:20+	24:53+	28:00+	29:39+	30:28+	35:31+	37:23+	38:53+	41:39+	43:27+	46:01+	48:08+	49:19+	49:41+	
	02:13+	01:11+	01:18+	02:03+	02:12+	01:27+	03:56+	00:41+	02:14+	01:20+	01:31+	03:14+	01:33+	03:07+	01:39+	00:49+	05:03+	01:52+	01:30+	02:46+	01:48+	02:34+	02:07+	01:11+	00:22+	
	02:13+	01:11+	01:18+	02:03+	02:12+	01:27+	03:56+	00:41+	02:14+	01:20+	01:31+	03:14+	01:33+	03:07+	01:39+	00:49+	05:03+	01:52+	01:30+	02:46+	01:48+	02:34+	02:07+	01:11+	00:22+	
16	Anne Botne					3559					49:42															
	01:36+	02:33+	03:31+	04:53+	07:31+	08:42+	11:20+	12:27+	14:05+	15:39+	20:09+	25:19+	29:39+	32:17+	33:17+	34:34+	38:20+	40:45+	41:54+	43:39+	45:02+	46:47+	48:27+	49:22+	49:42+	
	01:36+	00:57+	00:58+	01:22+	02:38+	01:11+	02:38+	01:07+	01:38+	01:34+	04:30+	05:10+	04:20+	02:38+	01:00+	01:17+	03:46+	02:25+	01:09+	01:45+	01:23+	01:45+	01:40+	00:55+	00:20+	
	01:36+	00:57+	00:58+	01:22+	02:38+	01:11+	02:38+	01:07+	01:38+	01:34+	04:30+	05:10+	04:20+	02:38+	01:00+	01:17+	03:46+	02:25+	01:09+	01:45+	01:23+	01:45+	01:40+	00:55+	00:20+	
17	Helen Haneferd					882					53:18															
	01:58+	02:58+	03:57+	05:40+	07:35+	09:02+	12:32+	13:08+	14:54+	15:59+	17:25+	25:32+	28:01+	30:48+	32:00+	32:30+	35:39+	37:18+	38:23+	40:30+	46:47+	50:06+	51:56+	53:02+	53:18+	
	01:58+	01:00+	00:59+	01:43+	01:55+	01:27+	03:30+	00:36+	01:46+	01:05+	01:26+	08:07+	02:29+	02:47+	01:12+	00:30+	03:09+	01:39+	01:05+	02:07+	06:17+	03:19+	01:50+	01:06+	00:16+	
	01:58+	01:00+	00:59+	01:43+	01:55+	01:27+	03:30+	00:36+	01:46+	01:05+	01:26+	08:07+	02:29+	02:47+	01:12+	00:30+	03:09+	01:39+	01:05+	02:07+	06:17+	03:19+	01:50+	01:06+	00:16+	
18	Turid Eikebu Alfsen					1683					54:42															
	01:54+	03:12+	04:31+	06:55+	10:10+	11:45+	16:05+	16:57+	18:52+	20:18+	21:44+	26:24+	27:36+	31:10+	32:53+	33:59+	38:12+	40:10+	41:30+	45:50+	47:32+	50:41+	53:15+	54:21+	54:42+	
	01:54+	01:18+	01:19+	02:24+	03:15+	01:35+	04:20+	00:52+	01:55+	01:26+	01:26+	04:40+	01:12+	03:34+	01:43+	01:06+	04:13+	01:58+	01:20+	04:20+	01:42+	03:09+	02:34+	01:06+	00:21+	
	01:54+	01:18+	01:19+	02:24+	03:15+	01:35+	04:20+	00:52+	01:55+	01:26+	01:26+	04:40+	01:12+	03:34+	01:43+	01:06+	04:13+	01:58+	01:20+	04:20+	01:42+	03:09+	02:34+	01:06+	00:21+	
19	Iren Undheim Øgreid					769					56:11															
	01:52+	03:04+	04:06+	05:54+	08:19+	10:43+	14:52+	15:54+	18:36+	19:53+	21:42+	26:14+	28:49+	33:04+	35:19+	37:52+	41:59+	43:49+	45:13+	46:52+	49:05+	51:12+	54:25+	55:50+	56:11+	
	01:52+	01:12+	01:02+	01:48+	02:25+	02:24+	04:09+	01:02+	02:42+	01:17+	01:49+	04:32+	02:35+	04:15+	02:15+	02:33+	04:07+	01:50+	01:24+	01:39+	02:13+	02:07+	03:13+	01:25+	00:21+	
	01:52+	01:12+	01:02+	01:48+	02:25+	02:24+	04:09+	01:02+	02:42+	01:17+	01:49+	04:32+	02:35+	04:15+	02:15+	02:33+	04:07+	01:50+	01:24+	01:39+	02:13+	02:07+	03:13+	01:25+	00:21+	
20	Andrea Tapken					3529					56:57															
	02:21+	03:51+	05:13+	07:03+	09:49+	11:29+	15:37+	16:26+	18:37+	19:57+	22:18+	27:03+	28:07+	32:23+	36:37+	37:47+	42:20+	45:06+	46:45+	48:44+	50:37+	53:07+	55:37+	56:36+	56:57+	
	02:21+	01:30+	01:22+	01:50+	02:46+	01:40+	04:08+	00:49+	02:11+	01:20+	02:21+	04:45+	01:04+	04:16+	04:14+	01:10+	04:33+	02:46+	01:39+	01:59+	01:53+	02:30+	02:30+	00:59+	00:21+	
	02:21+	01:30+	01:22+	01:50+	02:46+	01:40+	04:08+	00:49+	02:11+	01:20+	02:21+	04:45+	01:04+	04:16+	04:14+	01:10+	04:33+	02:46+	01:39+	01:59+	01:53+	02:30+	02:30+	00:59+	00:21+	
21	Ragnhild Båtnes Berntsen					1758					57:37															
	02:19+	03:41+	04:54+	06:51+	09:28+	10:58+	14:36+	16:04+	18:02+	19:31+	21:08+	24:26+	26:12+	31:20+	33:43+	34:25+	38:45+	40:15+	41:33+	47:38+	50:26+	52:58+	56:10+	57:15+	57:37+	
	02:19+	01:22+	01:13+	01:57+	02:37+	01:30+	03:38+	01:28+	01:58+	01:29+	01:37+	03:18+	01:4													

Plass	Navn										Klasse										Tid									
D50																														
24	Elisabet Horpestad										896										1:07:48									
04:47+	06:07+	07:34+	09:11+	11:26+	13:27+	17:21+	21:40+	23:24+	24:21+	34:06+	37:19+	38:50+	42:40+	44:16+	45:30+	50:11+	51:29+	52:46+	55:31+	59:16+	62:28+	66:16+	67:32+	67:48+						
04:47+	01:20+	01:27+	01:37+	02:15+	02:01+	03:54+	04:19+	01:44+	00:57+	09:45+	03:13+	01:31+	03:50+	01:36+	01:14+	04:41+	01:18+	01:17+	02:45+	03:45+	03:12+	03:48+	01:16+	00:16+						
04:47+	01:20+	01:27+	01:37+	02:15+	02:01+	03:54+	04:19+	01:44+	00:57+	09:45+	03:13+	01:31+	03:50+	01:36+	01:14+	04:41+	01:18+	01:17+	02:45+	03:45+	03:12+	03:48+	01:16+	00:16+						

25	Marianne Gjesdal Lyngås										892	1:07:54									
01:53+	03:00+	04:30+	06:36+	08:57+	10:20+	15:03+	18:24+	20:36+	22:06+	27:52+	31:54+	33:29+	37:01+	39:04+	40:31+	45:33+	47:33+	48:59+	51:51+	55:41+	63:39+
01:53+	01:07+	01:30+	02:06+	02:21+	01:23+	04:43+	03:21+	02:12+	01:30+	05:46+	04:02+	01:35+	03:32+	02:03+	01:27+	05:02+	02:00+	01:26+	02:52+	03:50+	07:58+
01:53+	01:07+	01:30+	02:06+	02:21+	01:23+	04:43+	03:21+	02:12+	01:30+	05:46+	04:02+	01:35+	03:32+	02:03+	01:27+	05:02+	02:00+	01:26+	02:52+	03:50+	07:58+
26	Trude Hermanrud										896	1:18:09									
01:36+	02:35+	03:51+	05:32+	33:26+	34:32+	38:12+	38:56+	41:12+	42:33+	44:23+	47:38+	49:09+	53:41+	55:16+	56:24+	60:34+	62:29+	63:53+	66:55+	68:37+	72:29+
01:36+	00:59+	01:16+	01:41+	27:54+	01:06+	03:40+	00:44+	02:16+	01:21+	01:50+	03:15+	01:31+	04:32+	01:35+	01:08+	04:10+	01:55+	01:24+	03:02+	01:42+	03:52+
01:36+	00:59+	01:16+	01:41+	27:54+	01:06+	03:40+	00:44+	02:16+	01:21+	01:50+	03:15+	01:31+	04:32+	01:35+	01:08+	04:10+	01:55+	01:24+	03:02+	01:42+	03:52+

Beste strekktid for klassen

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

D60

1	Elisabeth Christie Ørke										722	40:28									
02:45=	03:14=	04:19=	05:47=	06:30=	08:51=	12:45=	13:45=	15:54=	16:42=	19:08=	20:41=	22:34=	24:58=	25:32=	27:45=	28:42=	30:03=	33:22=	33:41=	34:38=	37:44=
02:45=	00:29=	01:05=	01:28=	00:43=	02:21=	03:54=	01:00=	02:09=	00:48=	02:26=	01:33=	01:53=	02:24=	00:34=	02:13=	00:57=	01:21=	03:19=	00:19=	00:57=	03:06=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	40:47									
02:29-	03:03-	04:30+	06:16+	09:42+	10:29+	12:13-	13:24-	15:51-	16:55+	19:53+	21:32+	23:57+	25:27+	26:05+	28:49+	29:57+	31:35+	34:58+	35:21+	36:31+	38:37+
02:29-	00:34+	01:27+	01:46+	03:26+	00:47-	01:44-	01:11+	02:27+	01:04+	02:58+	01:39+	02:25+	01:30-	00:38+	02:44+	01:08+	01:38+	03:23+	00:23+	01:10+	02:06-
00:16-	00:05#	00:22&	00:18#	02:43#	01:34-	02:10-	00:11#	00:18#	00:16&	00:32#	00:06+	00:32&	00:54-	00:04#	00:31#	00:11#	00:17#	00:04+	00:04#	00:13#	01:00-
3	Ingrid E. I. Øxnevad										3516	43:51									
02:01-	02:40-	03:50-	05:40-	06:40+	08:14-	09:49-	11:19-	13:40-	14:30-	19:39+	21:26+	23:38+	25:05+	25:38+	29:25+	30:35+	32:31+	36:11+	36:32+	39:58+	41:56+
02:01-	00:39+	01:10+	01:50+	01:00+	01:34-	01:35-	01:30+	02:21+	00:50+	05:09+	01:47+	02:12+	01:27-	00:33-	03:47+	01:10+	01:56+	03:40+	00:21+	03:26+	01:58-
00:44-	00:10&	00:05+	00:22#	00:17&	00:47-	02:19-	00:19&	00:12+	00:02+	02:43#	00:14#	00:19#	00:57-	00:01-	01:34&	00:13#	00:35&	00:21#	00:02#	02:29#	01:08-
4	Ellinor Hoemsnes										1683	45:54									
03:35+	04:17+	05:47+	07:56+	09:10+	10:23+	11:52-	13:11-	15:32-	16:34-	19:23+	20:56+	24:37+	26:47+	27:34+	31:00+	32:08+	34:08+	38:51+	39:33+	40:36+	42:58+
03:35+	00:42+	01:30+	02:09+	01:14+	01:13-	01:29-	01:19+	02:21+	01:02+	02:49+	01:33=	03:41+	02:10-	00:47+	03:26+	01:08+	02:00+	04:43+	00:42+	01:03+	02:22-
00:50&	00:13&	00:25&	00:41&	00:31&	01:08-	02:25-	00:19&	00:12+	00:14&	00:23#	00:00=	01:48&	00:14-	00:13&	01:13&	00:11#	00:39&	01:24&	00:23#	00:06#	00:44-
5	Nina Christiansen										722	47:41									
01:58-	02:42-	03:59-	06:07+	07:21+	08:23-	10:01-	11:32-	13:53-	15:02-	18:56-	22:06+	23:58+	25:43+	26:15+	29:41+	30:41+	32:45+	35:56+	36:31+	41:43+	44:02+
01:58-	00:44+	01:17+	02:08+	01:14+	01:02-	01:38-	01:31+	02:21+	01:09+	03:54+	03:10+	01:52-	01:45-	00:32-	03:26+	01:00+	02:04+	03:11-	00:35+	05:12+	02:19-
00:47-	00:15&	00:12#	00:40&	00:31&	01:19-	02:16-	00:31&	00:12+	00:21&	01:28&	01:37#	00:01-	00:39-	00:02-	01:13&	00:03+	00:43&	00:08-	00:16&	04:15#	00:47-
6	Liv Omdal										1683	48:25									
02:27-	03:14=	05:15+	07:11+	08:25+	09:38+	11:46-	13:07-	16:09+	17:05+	21:03+	23:00+	26:22+	30:31+	31:01+	35:19+	36:43+	38:21+	41:22+	41:55+	43:09+	45:52+
02:27-	00:47+	02:01+	01:56+	01:14+	01:13-	02:08-	01:21+	03:02+	00:56+	03:58+	01:57+	03:22+	04:09+	00:30-	04:18+	01:24+	01:38+	03:01-	00:33+	01:14+	02:43-
00:18-	00:18&	00:56&	00:28&	00:31&	01:08-	01:46-	00:21&	00:53&	00:08#	01:32&	00:24&	01:29&	01:45&	00:04-	02:05&	00:27&	00:17#	00:18-	00:14&	00:17&	00:23-

Beste strekktid for klassen

01:58	00:29	01:05	01:28	00:43	00:47	01:29	01:00	02:09	00:48	02:26	01:33	01:52	01:27	00:30	02:13	00:57	01:21	03:01	00:19	00:57	01:58
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D65

1	Margot Asheim										722	46:38									
02:37=	03:21=	04:39=	06:48=	08:03=	11:11=	13:05=	14:25=	16:44=	17:56=	21:24=	23:42=	26:25=	29:15=	29:47=	33:14=	34:08=	35:58=	39:45=	40:11=	41:25=	43:22=
02:37=	00:44=	01:18=	02:09=	01:15=	03:08=	01:54=	01:20=	02:19=	01:12=	03:28=	02:18=	02:43=	02:50=	00:32=	03:27=	00:54=	01:50=	03:47=	00:26=	01:14=	01:57=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Plass	Navn		Klasse										Tid									
D65																						
2	Amanda Renshaw		1758										51:55									
02:19-	02:59-	04:25-	06:17-	09:58+	13:47+	15:38+	17:00+	19:16+	21:15+	24:49+	27:16+	29:52+	32:21+	32:49+	35:45+	36:52+	38:39+	45:01+	45:34+	46:24+	49:28+	50:36+
02:19-	00:40-	01:26+	01:52-	03:41+	03:49+	01:51-	01:22+	02:16-	01:59+	03:34+	02:27+	02:36-	02:29-	00:28-	02:56-	01:07+	01:47-	06:22+	00:33+	00:50-	03:04+	01:08-
00:18-	00:04-	00:08#	00:17-	02:26@	00:41#	00:03-	00:02+	00:03-	00:47&	00:06+	00:09+	00:07-	00:21-	00:04-	00:31-	00:13#	00:03-	02:35&	00:07&	00:24-	01:07&	00:23-
00:36+	00:41+	00:46+	00:51+	00:56+	01:01+	01:06+	01:11+	01:16+	01:21+	01:26+	01:31+	01:36+	01:41+	01:46+	01:51+	01:56+	02:01+	02:06+	02:11+	02:16+	02:21+	
3	May Meling		3553										52:10									
02:34+	03:23+	04:55+	07:00+	08:11+	09:27+	11:05+	12:30+	15:40+	18:17+	22:00+	26:02+	28:18+	30:03+	30:50+	33:54+	35:27+	37:23+	42:12+	42:36+	44:22+	46:45+	50:53+
02:34+	00:49+	01:32+	02:05+	01:11+	01:16+	01:38+	01:25+	03:10+	02:37+	03:43+	04:02+	02:16+	01:45+	00:47+	03:04+	01:33+	01:56+	04:49+	00:24+	01:46+	02:23+	04:08+
02:34+	00:49+	01:32+	02:05+	01:11+	01:16+	01:38+	01:25+	03:10+	02:37+	03:43+	04:02+	02:16+	01:45+	00:47+	03:04+	01:33+	01:56+	04:49+	00:24+	01:46+	02:23+	04:08+
4	Marit Karin Skretting Nygård		892										52:31									
02:18+	03:07+	04:29+	06:48+	07:57+	09:07+	11:10+	12:32+	15:01+	19:30+	23:01+	24:45+	27:53+	29:44+	30:30+	33:55+	35:08+	37:08+	41:06+	45:20+	47:29+	49:55+	50:58+
02:18+	00:49+	01:22+	02:19+	01:09+	01:10+	02:03+	01:22+	02:29+	04:29+	03:31+	01:44+	03:08+	01:51+	00:46+	03:25+	01:13+	02:00+	03:58+	04:14+	02:09+	02:26+	01:03+
02:18+	00:49+	01:22+	02:19+	01:09+	01:10+	02:03+	01:22+	02:29+	04:29+	03:31+	01:44+	03:08+	01:51+	00:46+	03:25+	01:13+	02:00+	03:58+	04:14+	02:09+	02:26+	01:03+
5	Eli Frafjord		1141										53:43									
02:37+	03:28+	05:03+	07:29+	08:47+	09:46+	14:39+	15:51+	21:02+	22:07+	25:27+	28:52+	31:22+	34:04+	34:44+	38:00+	39:14+	41:02+	44:34+	44:59+	48:57+	51:09+	52:19+
02:37+	00:51+	01:35+	02:26+	01:18+	00:59+	04:53+	01:12+	05:11+	01:05+	03:20+	03:25+	02:30+	02:42+	00:40+	03:16+	01:14+	01:48+	03:32+	00:25+	03:58+	02:12+	01:10+
02:37+	00:51+	01:35+	02:26+	01:18+	00:59+	04:53+	01:12+	05:11+	01:05+	03:20+	03:25+	02:30+	02:42+	00:40+	03:16+	01:14+	01:48+	03:32+	00:25+	03:58+	02:12+	01:10+
Beste strekktid for klassen																						
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																						
D70																						
1	Lillian Dahl Fitjar		896										59:40									
02:36=	03:31=	05:16=	07:46=	11:26=	12:46=	16:32=	18:06=	21:08=	23:04=	27:17=	29:19=	33:03=	35:20=	36:06=	40:23=	41:44=	45:01=	50:40=	51:22=	53:26=	56:19=	57:53=
02:36=	00:55=	01:45=	02:30=	03:40=	01:20=	03:46=	01:34=	03:02=	01:56=	04:13=	02:02=	03:44=	02:17=	00:46=	04:17=	01:21=	03:17=	05:39=	00:42=	02:04=	02:53=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Berit Gramstad		3551										1:33:32									
05:03+	06:00+	08:09+	10:39+	16:51+	18:22+	20:37+	22:20+	29:32+	39:23+	45:20+	49:02+	52:32+	56:30+	57:23+	61:27+	62:57+	65:50+	73:14+	74:10+	86:25+	89:00+	90:52+
05:03+	00:57+	02:09+	02:30=	06:12+	01:31+	02:15-	01:43+	07:12+	09:51+	05:57+	03:42+	03:30-	03:58+	00:53+	04:04-	01:30+	02:53-	07:24+	00:56+	12:15+	02:35-	01:52+
02:27&	00:02+	00:24#	00:00=	02:32&	00:11#	01:31-	00:09+	04:10@	07:55@	01:44&	01:40&	00:14-	01:41&	00:07#	00:13-	00:09#	00:24-	01:45&	00:14&	10:11@	00:18-	00:18#
Beste strekktid for klassen																						
02:36	00:55	01:45	02:30	03:40	01:20	02:15	01:34	03:02	01:56	04:13	02:02	03:30	02:17	00:46	04:04	01:21	02:53	05:39	00:42	02:04	02:35	01:34
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																						
D75																						
1	Ingrid W. Hestness		896										40:55									
02:11=	02:57=	04:10=	06:24=	07:23=	08:07=	09:25=	10:22=	12:13=	13:24=	18:57=	19:47=	23:10=	24:33=	25:04=	28:36=	29:24=	31:12=	34:04=	34:27=	35:32=	37:10=	39:57=
02:11=	00:46=	01:13=	02:14=	00:59=	00:44=	01:18=	00:57=	01:51=	01:11=	05:33=	00:50=	03:23=	01:23=	00:31=	03:32=	00:48=	01:48=	02:52=	00:23=	01:05=	01:38=	02:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Haldis Glendrange		874										1:00:24									
02:53+	04:00+	06:21+	09:26+	11:05+	12:22+	14:34+	16:30+	19:58+	21:17+	25:54+	27:58+	32:00+	35:27+	36:12+	41:56+	43:21+	46:10+	50:22+	51:01+	53:45+	56:36+	58:32+
02:53+	01:07+	02:21+	03:05+	01:39+	01:17+	02:12+	01:56+	03:28+	01:19+	04:37-	02:04+	04:02+	03:27+	00:45+	05:44+	01:25+	02:49+	04:12+	00:39+	02:44+	02:51+	01:56-
00:42&	00:21&	01:08&	00:51&	00:40&	00:33&	00:54&	00:59@	01:37&	00:08#	00:56-	01:14@	00:39#	02:04@	00:14&	02:12&	00:37&	01:01&	01:20&	00:16&	01:39@	01:13&	00:51-
3	Inger Skretting Opstad		3529										1:03:25									
02:57+	04:05+	06:10+	08:49+	10:48+	12:27+	15:18+	17:23+	21:13+	22:58+	27:25+	34:17+	37:59+	40:25+	41:19+	44:36+	45:47+	48:16+	53:50+	54:24+	55:58+	59:25+	61:43+
02:57+	01:08+	02:05+	02:39+	01:59+	01:39+	02:51+	02:05+	03:50+	01:45+	04:27-	06:52+	03:42+	02:26+	00:54+	03:17-	01:11+	02:29+	05:34+	00:34+	01:34+	03:27+	02:18-
00:46&	00:22&	00:52&	00:25#	01:00@	00:55@	01:33@	01:08@	01:59@	00:34&	01:06-	06:02@	00:19+	01:03&	00:23&	00:15-	00:23&	00:41&	02:42&	00:11&	00:29&	01:49@	00:29-
4	Helga Klausen		769										1:07:06									
03:24+	04:38+	07:09+	09:57+	11:52+	13:44+	16:38+	18:38+	21:40+	23:27+	28:40+	31:43+	36:00+	39:18+	40:25+	43:56+	45:17+	48:33+	53:47+	54:30+	56:35+	60:52+	65:15+
03:24+	01:14+	02:31+	02:48+	01:55+	01:52+	02:54+	02:00+	03:02+	01:47+	05:13-	03:03+	04:17+	03:18+	01:07+	03:31-	01:21+	03:16+	05:14+	00:43+	02:05+	04:17+	04:23+
01:13&	00:28&	01:18@	00:34&	00:56&	01:08@	01:36@	01:03@	01:11&	00:36&	00:20-	02:13@	00:54&	01:55@	00:36@	00:01-	00:33&	01:28&	02:22&	00:20&	01:00&	02:39@	01:36&

Plass	Navn										Klasse										Tid									
D75																														
5	Aslaug Lura										1141										1:25:02									
05:39+	06:32+	08:26+	11:16+	16:59+	18:20+	21:04+	23:03+	30:11+	41:20+	46:44+	50:05+	53:36+	57:24+	58:18+	62:18+	63:47+	66:41+	72:25+	73:07+	74:50+	78:59+	83:20+	84:32+	85:02+						
05:39+	00:53+	01:54+	02:50+	05:43+	01:21+	02:44+	01:59+	07:08+	11:09+	05:24-	03:21+	03:31+	03:48+	00:54+	04:00+	01:29+	02:54+	05:44+	00:42+	01:43+	04:09+	04:21+	01:12+	00:30+						
03:28@	00:07#	00:41&	00:36&	04:44@	00:37&	01:26@	01:02@	05:17@	09:58@	00:09-	02:31@	00:08+	02:25@	00:23&	00:28#	00:41&	01:06&	02:52&	00:19&	00:38&	02:31@	01:34&	00:32&	00:12&						
6	Hedvig Anda										1683										1:28:00									
03:23+	04:43+	08:26+	11:51+	13:36+	15:32+	18:25+	20:24+	33:20+	35:46+	40:50+	43:46+	48:38+	54:15+	55:10+	60:45+	62:17+	67:52+	74:09+	74:53+	76:52+	81:04+	86:06+	87:31+	88:00+						
03:23+	01:20+	03:43+	03:25+	01:45+	01:56+	02:53+	01:59+	12:56+	02:26+	05:04+	02:56+	04:52+	05:37+	00:55+	05:35+	01:32+	05:35+	06:17+	00:44+	01:59+	04:12+	05:02+	01:25+	00:29+						
03:23+	01:20+	03:43+	03:25+	01:45+	01:56+	02:53+	01:59+	12:56+	02:26+	05:04+	02:56+	04:52+	05:37+	00:55+	05:35+	01:32+	05:35+	06:17+	00:44+	01:59+	04:12+	05:02+	01:25+	00:29+						

Beste strekktid for klassen

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

D80

1	Gry Vikhamar Thengs				874				51:26															
02:15=	04:24=	05:52=	08:09=	09:38=	13:28=	15:48=	16:22=	20:33=	22:02=	25:21=	26:55=	29:42=	31:38=	33:28=	35:47=	38:18=	41:44=	43:50=	45:31=	47:11=	50:13=	51:01=	51:26=	
02:15=	02:09=	01:28=	02:17=	01:29=	03:50=	02:20=	00:34=	04:11=	01:29=	03:19=	01:34=	02:47=	01:56=	01:50=	02:19=	02:31=	03:26=	02:06=	01:41=	01:40=	03:02=	00:48=	00:25=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Turid Nystrøm				874				54:37															
02:52+	04:26+	05:51-	08:19+	10:05+	13:28=	15:47-	17:00+	20:23-	21:44-	24:22-	26:21-	28:41-	31:14-	33:26-	36:13+	38:34+	41:36-	46:15+	48:16+	50:32+	53:27+	54:13+	54:37+	
02:52+	01:34-	01:25-	02:28+	01:46+	03:23-	02:19-	01:13+	03:23-	01:21-	02:38-	01:59+	02:20-	02:33+	02:12+	02:47+	02:21-	03:02-	04:39+	02:01+	02:16+	02:55-	00:46-	00:24-	
00:37&	00:35-	00:03-	00:11+	00:17#	00:27-	00:01-	00:39@	00:48-	00:08-	00:41-	00:25&	00:27-	00:37&	00:22#	00:28#	00:10-	00:24-	02:33@	00:20#	00:36&	00:07-	00:02-	00:01-	
3	Helga Aaslid				3529				1:13:46															
02:44+	04:35+	06:13+	09:18+	11:18+	18:07+	19:56+	20:32+	24:32+	27:07+	32:00+	34:27+	37:33+	39:54+	42:56+	46:25+	49:52+	54:36+	62:10+	63:49+	68:20+	72:15+	73:15+	73:46+	
02:44+	01:51-	01:38+	03:05+	02:00+	06:49+	01:49-	00:36+	04:00-	02:35+	04:53+	02:27+	03:06+	02:21+	03:02+	03:29+	03:27+	04:44+	07:34+	01:39-	04:31+	03:55+	01:00+	00:31+	
00:29#	00:18-	00:10#	00:48&	00:31&	02:59&	00:31-	00:02+	00:11-	01:06&	01:34&	00:53&	00:19#	00:25#	01:12&	01:10&	00:56&	01:18&	05:28@	00:02-	02:51@	00:53&	00:12#	00:06#	

Beste strekktid for klassen

02:15	01:34	01:25	02:17	01:29	03:23	01:49	00:34	03:23	01:21	02:38	01:34	02:20	01:56	01:50	02:19	02:21	03:02	02:06	01:39	01:40	02:55	00:46	00:24
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

DA

1	Aud Hognestad Taksdal										892										35:10									
01:14=	01:53=	02:34=	03:04=	03:34=	04:37=	06:11=	06:59=	08:02=	09:14=	10:32=	11:59=	13:16=	14:32=	16:37=	17:26=	19:12=	19:54=	20:32=	21:47=	23:51=	25:52=	26:44=	28:29=	28:53=	29:55=					
01:14=	00:39=	00:41=	00:30=	00:30=	01:03=	01:34=	00:48=	01:03=	01:12=	01:18=	01:27=	01:17=	01:16=	02:05=	00:49=	01:46=	00:42=	00:38=	01:15=	02:04=	02:01=	00:52=	01:45=	00:24=	01:02=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
31:32=	33:54=	34:19=	34:56=	35:10=																										
01:37=	02:22=	00:25=	00:37=	00:14=																										
00:00=	00:00=	00:00=	00:00=	00:00=																										
2	Jorunn Hadland										3502										38:13									
01:11-	01:51-	02:33-	03:00-	03:36+	04:45+	05:24-	06:20-	07:09-	08:43-	10:58+	12:30+	15:01+	17:11+	18:33+	19:31+	21:43+	22:27+	23:11+	24:20+	26:24+	28:26+	29:20+	31:06+	31:29+	32:40+					
01:11-	00:40+	00:42+	00:27-	00:36+	01:09+	00:39-	00:56+	00:49-	01:34+	02:15+	01:32+	02:31+	02:10+	01:22-	00:58+	02:12+	00:44+	00:44+	01:09-	02:04=	02:02+	00:54+	01:46+	00:23-	01:11+					
00:03-	00:01+	00:01+	00:03-	00:06#	00:06+	00:55-	00:08#	00:14-	00:22&	00:57&	00:05+	01:14&	00:54&	00:43-	00:09#	00:26#	00:02+	00:06#	00:06-	00:00=	00:01+	00:02+	00:01+	00:01-	00:09#					
34:10+	36:42+	37:25+	37:58+	38:13+																										
01:30-	02:32+	00:43+	00:33-	00:15+																										
00:07-	00:10+	00:18&	00:04-	00:01+																										
3	Silje Skorve Skarpeid										1758										40:48									
01:25+	02:49+	03:35+	04:04+	04:50+	06:06+	06:45+	07:35+	08:40+	09:55+	11:08+	13:44+	15:27+	17:36+	19:22+	20:56+	22:36+	23:38+	24:21+	25:38+	28:04+	30:09+	31:29+	33:33+	34:08+	35:28+					
01:25+	01:24+	00:46+	00:29-	00:46+	01:16+	00:39-	00:50+	01:05+	01:15+	01:13-	02:36+	01:43+	02:09+	01:46-	01:34+	01:40-	01:02+	00:43+	01:17+	02:26+	02:05+	01:20+	02:04+	00:35+	01:20+					
00:11#	00:45@	00:05#	00:01-	00:16&	00:13#	00:55-	00:02+	00:02+	00:03+	00:05-	01:09&	00:26&	00:53&	00:19-	00:45&	00:06-	00:20&	00:05#	00:02+	00:22#	00:04+	00:28&	00:19#	00:11&	00:18&					
37:32+	39:23+	39:56+	40:29+	40:48+																										
02:04+	01:51-	00:33+	00:33-	00:19+																										
00:27&	00:31-	00:08&	00:04-	00:05&																										

Plass	Navn	Klasse	Tid
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DA

4	Maren Benjaminsen				1832				43:09																
01:33+	02:23+	03:15+	03:46+	04:20+	05:43+	06:28+	07:31+	08:36+	10:10+	11:46+	13:35+	15:44+	17:37+	19:23+	21:34+	23:43+	24:48+	25:40+	27:02+	29:54+	32:13+	33:39+	35:42+	36:12+	37:35+
01:33+	00:50+	00:52+	00:31+	00:34+	01:23+	00:45-	01:03+	01:05+	01:34+	01:36+	01:49+	02:09+	01:53+	01:46-	02:11+	02:09+	01:05+	00:52+	01:22+	02:52+	02:19+	01:26+	02:03+	00:30+	01:23+
00:19%	00:11%	00:11%	00:01+	00:04#	00:20%	00:49-	00:15%	00:02+	00:22%	00:18#	00:22%	00:52%	00:37%	00:19-	01:22%	00:23#	00:23%	00:14%	00:07+	00:48%	00:18#	00:34%	00:18#	00:06#	00:21%
39:44+	41:45+	42:17+	42:52+	43:09+																					
02:09+	02:01-	00:32+	00:35-	00:17+																					
00:32%	00:21-	00:07%	00:02-	00:03#																					
5	Katrine Haaland Leveraas				896				46:06																
01:33+	02:31+	03:20+	03:59+	04:34+	06:01+	06:48+	08:12+	09:08+	11:30+	14:59+	16:59+	18:54+	20:39+	22:37+	23:42+	26:02+	27:16+	28:12+	29:45+	32:25+	34:44+	36:19+	38:11+	38:41+	40:05+
01:33+	00:58+	00:49+	00:39+	00:35+	01:27+	00:47+	01:24+	00:56+	02:22+	03:29+	02:00+	01:55+	01:45+	01:58+	01:05+	02:20+	01:14+	00:56+	01:33+	02:40+	02:19+	01:35+	01:52+	00:30+	01:24+
01:33+	00:58+	00:49+	00:39+	00:35+	01:27+	00:47+	01:24+	00:56+	02:22+	03:29+	02:00+	01:55+	01:45+	01:58+	01:05+	02:20+	01:14+	00:56+	01:33+	02:40+	02:19+	01:35+	01:52+	00:30+	01:24+
41:56+	44:40+	45:10+	45:49+	46:06+																					
01:51+	02:44+	00:30+	00:39+	00:17+																					
01:51+	02:44+	00:30+	00:39+	00:17+																					
6	Aina Kalsaas Urstad				4232				46:21																
01:23+	02:20+	03:14+	03:49+	04:31+	06:11+	06:59+	07:59+	08:58+	10:38+	12:43+	15:03+	17:03+	19:04+	21:14+	22:30+	24:48+	26:00+	27:09+	28:48+	31:33+	34:10+	35:50+	38:01+	38:35+	40:09+
01:23+	00:57+	00:54+	00:35+	00:42+	01:40+	00:48+	01:00+	00:59+	01:40+	02:05+	02:20+	02:00+	02:01+	02:10+	01:16+	02:18+	01:12+	01:09+	01:39+	02:45+	02:37+	01:40+	02:11+	00:34+	01:34+
01:23+	00:57+	00:54+	00:35+	00:42+	01:40+	00:48+	01:00+	00:59+	01:40+	02:05+	02:20+	02:00+	02:01+	02:10+	01:16+	02:18+	01:12+	01:09+	01:39+	02:45+	02:37+	01:40+	02:11+	00:34+	01:34+
42:35+	44:51+	45:26+	46:06+	46:21+																					
02:26+	02:16+	00:35+	00:40+	00:15+																					
02:26+	02:16+	00:35+	00:40+	00:15+																					
7	Nina Karlsen Jarstø				3531				50:17																
01:17+	02:08+	02:57+	03:33+	04:10+	05:33+	10:52+	11:39+	12:34+	14:12+	15:56+	20:36+	22:15+	23:51+	25:31+	26:36+	28:47+	30:19+	31:26+	32:57+	35:34+	37:56+	39:14+	41:17+	41:49+	43:27+
01:17+	00:51+	00:49+	00:36+	00:37+	01:23+	05:19+	00:47+	00:55+	01:38+	01:44+	04:40+	01:39+	01:36+	01:40+	01:05+	02:11+	01:32+	01:07+	01:31+	02:37+	02:22+	01:18+	02:03+	00:32+	01:38+
01:17+	00:51+	00:49+	00:36+	00:37+	01:23+	05:19+	00:47+	00:55+	01:38+	01:44+	04:40+	01:39+	01:36+	01:40+	01:05+	02:11+	01:32+	01:07+	01:31+	02:37+	02:22+	01:18+	02:03+	00:32+	01:38+
44:34+	45:52+	48:36+	49:16+	49:59+	50:17+																				
01:07+	01:18+	02:44+	00:40+	00:43+	00:18+																				
01:07+	01:18+	02:44+	00:40+	00:43+	00:18+																				
8	Clare Leveridge				877				52:35																
01:29+	02:19+	04:02+	04:36+	05:15+	06:35+	07:26+	08:34+	09:40+	11:34+	13:29+	15:41+	18:02+	21:24+	23:55+	25:08+	27:27+	29:06+	30:23+	32:23+	35:29+	38:56+	40:27+	43:05+	43:37+	45:19+
01:29+	00:50+	01:43+	00:34+	00:39+	01:20+	00:51+	01:08+	01:06+	01:54+	01:55+	02:12+	02:21+	03:22+	02:31+	01:13+	02:19+	01:39+	01:17+	02:00+	03:06+	03:27+	01:31+	02:38+	00:32+	01:42+
01:29+	00:50+	01:43+	00:34+	00:39+	01:20+	00:51+	01:08+	01:06+	01:54+	01:55+	02:12+	02:21+	03:22+	02:31+	01:13+	02:19+	01:39+	01:17+	02:00+	03:06+	03:27+	01:31+	02:38+	00:32+	01:42+
48:07+	50:57+	51:35+	52:20+	52:35+																					
02:48+	02:50+	00:38+	00:45+	00:15+																					
02:48+	02:50+	00:38+	00:45+	00:15+																					
9	Lynn Marie Galston				1683				1:17:43																
02:18+	04:07+	06:03+	06:48+	07:50+	11:16+	12:37+	18:06+	21:15+	25:16+	28:07+	31:54+	34:32+	38:17+	45:07+	47:48+	50:08+	51:42+	53:02+	54:53+	57:57+	60:49+	63:39+	66:17+	67:14+	69:35+
02:18+	01:49+	01:56+	00:45+	01:02+	03:26+	01:21+	05:29+	03:09+	04:01+	02:51+	03:47+	02:38+	03:45+	06:50+	02:41+	02:20+	01:34+	01:20+	01:51+	03:04+	02:52+	02:50+	02:38+	00:57+	02:21+
02:18+	01:49+	01:56+	00:45+	01:02+	03:26+	01:21+	05:29+	03:09+	04:01+	02:51+	03:47+	02:38+	03:45+	06:50+	02:41+	02:20+	01:34+	01:20+	01:51+	03:04+	02:52+	02:50+	02:38+	00:57+	02:21+
72:23+	75:18+	76:03+	77:22+	77:43+																					
02:48+	02:55+	00:45+	01:19+	00:21+																					
02:48+	02:55+	00:45+	01:19+	00:21+																					

Beste strekktid for klassen

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

DB

Tone Torgersen												882		38:25											
01:23=	01:58=	03:00=	04:14=	05:59=	06:55=	07:54=	09:29=	11:09=	12:44=	14:04=	15:14=	17:08=	18:38=	20:14=	21:02=	22:27=	23:37=	25:47=	26:18=	27:27=	28:56=	29:13=	30:26=	35:05=	36:01=
01:23=	00:35=	01:02=	01:14=	01:45=	00:56=	00:59=	01:35=	01:40=	01:35=	01:20=	01:10=	01:54=	01:30=	01:36=	00:48=	01:25=	01:10=	02:10=	00:31=	01:09=	01:29=	00:17=	01:13=	04:39=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
37:21=	38:06=	38:25=																							
01:20=	00:45=	00:19=																							
00:00=	00:00=	00:00=																							

Plass	Navn		Klasse										Tid												
DB																									
2	Inger Tone Nygård		3502										40:03												
01:27+	01:59+	03:05+	04:22+	07:52+	08:45+	09:57+	11:33+	13:12+	14:54+	16:56+	18:09+	20:26+	23:57+	25:37+	26:23+	27:44+	28:58+	31:00+	31:30+	32:42+	34:02+	34:18+	35:36+	37:32+	38:10+
01:27+	00:32-	01:06+	01:17+	03:30+	00:53-	01:12+	01:36+	01:39-	01:42+	02:02+	01:13+	02:17+	03:31+	01:40+	00:46-	01:21-	01:14+	02:02-	00:30-	01:12+	01:20-	00:16-	01:18+	01:56-	00:38-
00:04+	00:03-	00:04+	00:03+	01:45&	00:03-	00:13#	00:01+	00:01-	00:07+	00:42&	00:03+	00:23#	02:010	00:04+	00:02-	00:04-	00:04+	00:08-	00:01-	00:03+	00:09-	00:01-	00:05+	02:43-	00:18-
39:14+	39:47+	40:03+																							
01:04-	00:33-	00:16-																							
00:16-	00:12-	00:03-																							
3	Vibeke Lamark		878										40:44												
01:35+	02:18+	03:35+	05:20+	07:05+	08:07+	09:23+	11:01+	12:42+	14:32+	16:11+	17:37+	20:04+	22:02+	23:48+	24:42+	26:20+	28:08+	30:31+	31:06+	32:26+	33:51+	34:09+	35:51+	37:52+	38:35+
01:35+	00:43+	01:17+	01:45+	01:45+	01:02+	01:16+	01:38+	01:41+	01:50+	01:39+	01:26+	02:27+	01:58+	01:46+	00:54+	01:38+	01:48+	02:23+	00:35+	01:20+	01:25+	00:18+	01:42+	02:01+	00:43+
01:35+	00:43+	01:17+	01:45+	01:45+	01:02+	01:16+	01:38+	01:41+	01:50+	01:39+	01:26+	02:27+	01:58+	01:46+	00:54+	01:38+	01:48+	02:23+	00:35+	01:20+	01:25+	00:18+	01:42+	02:01+	00:43+
39:38+	40:26+	40:44+																							
01:03+	00:48+	00:18+																							
01:03+	00:48+	00:18+																							
4	Toyah Bråtveit		1832										41:42												
01:47+	02:23+	03:35+	04:56+	06:59+	08:14+	09:34+	11:18+	13:05+	15:02+	16:38+	18:00+	20:02+	22:00+	24:32+	25:33+	27:05+	29:20+	31:24+	31:58+	33:06+	34:25+	34:46+	36:45+	38:45+	39:28+
01:47+	00:36+	01:12+	01:21+	02:03+	01:15+	01:20+	01:44+	01:47+	01:57+	01:36+	01:22+	02:02+	01:58+	02:32+	01:01+	01:32+	02:15+	02:04+	00:34+	01:08+	01:19+	00:21+	01:59+	02:00+	00:43+
01:47+	00:36+	01:12+	01:21+	02:03+	01:15+	01:20+	01:44+	01:47+	01:57+	01:36+	01:22+	02:02+	01:58+	02:32+	01:01+	01:32+	02:15+	02:04+	00:34+	01:08+	01:19+	00:21+	01:59+	02:00+	00:43+
40:33+	41:25+	41:42+																							
01:05+	00:52+	00:17+																							
01:05+	00:52+	00:17+																							
5	Ellen Tindeland		882										44:17												
01:33+	02:13+	03:25+	05:01+	06:56+	08:03+	11:15+	13:00+	15:08+	16:48+	19:31+	20:45+	23:14+	25:33+	27:36+	28:38+	30:15+	31:46+	34:23+	34:51+	36:06+	37:24+	37:39+	39:06+	41:39+	42:15+
01:33+	00:40+	01:12+	01:36+	01:55+	01:07+	03:12+	01:45+	02:08+	01:40+	02:43+	01:14+	02:29+	02:19+	02:03+	01:02+	01:37+	01:31+	02:37+	00:28+	01:15+	01:18+	00:15+	01:27+	02:33+	00:36+
01:33+	00:40+	01:12+	01:36+	01:55+	01:07+	03:12+	01:45+	02:08+	01:40+	02:43+	01:14+	02:29+	02:19+	02:03+	01:02+	01:37+	01:31+	02:37+	00:28+	01:15+	01:18+	00:15+	01:27+	02:33+	00:36+
43:22+	44:00+	44:17+																							
01:07+	00:38+	00:17+																							
01:07+	00:38+	00:17+																							
6	Ann-Cathrin Nybak Urdal		3595										44:51												
01:31+	02:10+	03:31+	05:03+	06:45+	08:14+	09:28+	11:33+	13:26+	15:31+	17:22+	18:54+	23:46+	26:11+	27:53+	28:53+	30:33+	32:24+	34:44+	35:20+	36:33+	38:05+	38:24+	39:54+	41:55+	42:36+
01:31+	00:39+	01:21+	01:32+	01:42+	01:29+	01:14+	02:05+	01:53+	02:05+	01:51+	01:32+	04:52+	02:25+	01:42+	01:00+	01:40+	01:51+	02:20+	00:36+	01:13+	01:32+	00:19+	01:30+	02:01+	00:41+
01:31+	00:39+	01:21+	01:32+	01:42+	01:29+	01:14+	02:05+	01:53+	02:05+	01:51+	01:32+	04:52+	02:25+	01:42+	01:00+	01:40+	01:51+	02:20+	00:36+	01:13+	01:32+	00:19+	01:30+	02:01+	00:41+
43:46+	44:31+	44:51+																							
01:10+	00:45+	00:20+																							
01:10+	00:45+	00:20+																							
7	Agnes Haker		1284										45:36												
01:11+	01:46+	03:17+	04:38+	06:03+	06:55+	08:15+	10:03+	14:36+	16:17+	17:52+	19:18+	22:00+	24:57+	26:56+	27:46+	29:37+	31:53+	34:01+	34:27+	35:31+	36:43+	37:10+	38:56+	42:44+	43:33+
01:11+	00:35+	01:31+	01:21+	01:25+	00:52+	01:20+	01:48+	04:33+	01:41+	01:35+	01:26+	02:42+	02:57+	01:59+	00:50+	01:51+	02:16+	02:08+	00:26+	01:04+	01:12+	00:27+	01:46+	03:48+	00:49+
01:11+	00:35+	01:31+	01:21+	01:25+	00:52+	01:20+	01:48+	04:33+	01:41+	01:35+	01:26+	02:42+	02:57+	01:59+	00:50+	01:51+	02:16+	02:08+	00:26+	01:04+	01:12+	00:27+	01:46+	03:48+	00:49+
44:36+	45:22+	45:36+																							
01:03+	00:46+	00:14+																							
01:03+	00:46+	00:14+																							
8	Helen Lomeland		722										49:53												
01:55+	02:32+	03:56+	05:21+	07:04+	08:19+	09:30+	11:05+	13:17+	19:51+	21:11+	22:43+	25:04+	27:46+	30:01+	32:26+	33:59+	35:55+	38:01+	38:33+	40:07+	41:27+	41:43+	42:53+	47:04+	47:50+
01:55+	00:37+	01:24+	01:25+	01:43+	01:15+	01:11+	01:35+	02:12+	06:34+	01:20+	01:32+	02:21+	02:42+	02:15+	02:25+	01:33+	01:56+	02:06+	00:32+	01:34+	01:20+	00:16+	01:10+	04:11+	00:46+
01:55+	00:37+	01:24+	01:25+	01:43+	01:15+	01:11+	01:35+	02:12+	06:34+	01:20+	01:32+	02:21+	02:42+	02:15+	02:25+	01:33+	01:56+	02:06+	00:32+	01:34+	01:20+	00:16+	01:10+	04:11+	00:46+
48:56+	49:34+	49:53+																							
01:06+	00:38+	00:19+																							
01:06+	00:38+	00:19+																							
9	Ida Kolstø		3502										50:40												
02:22+	03:04+	04:19+	06:03+	08:07+	09:16+	12:16+	14:39+	17:44+	19:58+	21:39+	23:39+	27:06+	29:04+	31:51+	33:11+	34:57+	36:31+	38:53+	39:37+	40:53+	42:58+	43:20+	45:10+	47:27+	48:08+
02:22+	00:42+	01:15+	01:44+	02:04+	01:09+	03:00+	02:23+	03:05+	02:14+	01:41+	02:00+	03:27+	01:58+	02:47+	01:20+	01:46+	01:34+	02:22+	00:44+	01:16+	02:05+	00:22+	01:50+	02:17+	00:41+
02:22+	00:42+	01:15+	01:44+	02:04+	01:09+	03:00+	02:23+	03:05+	02:14+	01:41+	02:00+	03:27+	01:58+	02:47+	01:20+	01:46+	01:34+	02:22+	00:44+	01:16+	02:05+	00:22+	01:50+	02:17+	00:41+
49:40+	50:24+	50:40+																							
01:32+	00:44+	00:16+																							
01:32+	00:44+	00:16+																							

Plass	Navn	Klasse										Tid									
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DB

Kristin Breivold										892				1:03:07											
01:56+	02:51+	04:14+	06:19+	11:08+	12:54+	14:59+	17:36+	23:23+	26:17+	28:24+	30:36+	34:18+	36:21+	40:33+	42:44+	44:41+	46:43+	49:24+	49:57+	51:59+	54:08+	54:34+	56:43+	59:11+	60:16+
01:56+	00:55+	01:23+	02:05+	04:49+	01:46+	02:05+	02:37+	05:47+	02:54+	02:07+	02:12+	03:42+	02:03+	04:12+	02:11+	01:57+	02:02+	02:41+	00:33+	02:02+	02:09+	00:26+	02:09+	02:28+	01:05+
01:56+	00:55+	01:23+	02:05+	04:49+	01:46+	02:05+	02:37+	05:47+	02:54+	02:07+	02:12+	03:42+	02:03+	04:12+	02:11+	01:57+	02:02+	02:41+	00:33+	02:02+	02:09+	00:26+	02:09+	02:28+	01:05+
61:52+	62:52+	63:07+																							
01:36+	01:00+	00:15+																							
01:36+	01:00+	00:15+																							

Beste strekktid for klassen

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

DNY

1	Bente Skagseth														3558	49:35													
	01:43=	04:46=	08:55=	12:30=	17:29=	20:26=	21:28=	26:08=	30:59=	33:48=	39:55=	44:38=	48:57=	49:35=															
	01:43=	03:03=	04:09=	03:35=	04:59=	02:57=	01:02=	04:40=	04:51=	02:49=	06:07=	04:43=	04:19=	00:38=															
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															

Beste strekktid for klassen

01:43	03:03	04:09	03:35	04:59	02:57	01:02	04:40	04:51	02:49	06:07	04:43	04:19	00:38													
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	--	--	--	--	--	--	--	--	--	--	--	--	--

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

DT

1	Line Skaar										4235	33:22														
	00:49=	01:43=	02:32=	03:23=	05:06=	06:16=	08:26=	10:15=	12:41=	14:44=	15:57=	21:12=	23:39=	25:18=	26:05=	27:33=	29:06=	32:23=	33:02=	33:22=						
	00:00=	00:54=	00:49=	00:51=	01:43=	01:10=	02:10=	01:49=	02:26=	02:03=	01:13=	05:15=	02:27=	01:39=	00:47=	01:28=	01:33=	03:17=	00:39=	00:20=						
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Karine Ditlevsen										896	37:00														
	01:01+	02:12+	02:57+	03:47+	06:49+	08:40+	11:06+	13:13+	15:44+	19:29+	20:52+	22:52+	26:46+	28:42+	29:36+	31:10+	32:56+	35:41+	36:26+	37:00+						
	01:01+	01:11+	00:45=	00:50=	03:02+	01:51+	02:26+	02:07+	02:31+	03:45+	01:23+	02:00=	03:54+	01:56+	00:54+	01:34+	01:46+	02:45=	00:45+	00:34+						
	00:12#	00:17#	00:04=	00:01=	01:19#	00:41#	00:16#	00:18#	00:05+	01:42#	00:10#	03:15=	01:27#	00:17#	00:07#	00:06+	00:13#	00:32=	00:06#	00:14#						
3	Therese Østbø										896	37:03														
	01:05+	02:13+	03:03+	03:53+	06:58+	08:50+	11:16+	13:20+	15:48+	19:38+	20:57+	23:03+	26:54+	28:58+	29:42+	31:17+	33:02+	35:50+	36:38+	37:03+						
	01:05+	01:08+	00:50+	00:50=	03:05+	01:52+	02:26+	02:04+	02:28+	03:50+	01:19+	02:06=	03:51+	02:04+	00:44=	01:35+	01:45+	02:48=	00:48+	00:25+						
	00:16#	00:14#	00:01+	00:01=	01:22#	00:42#	00:16#	00:15#	00:02+	01:47#	00:06+	03:09=	01:24#	00:25#	00:03=	00:07+	00:12#	00:29=	00:09#	00:05#						
4	Anastasia Ollestad										3676	39:59														
	00:49=	01:51+	02:43+	04:08+	06:17+	07:17+	09:16+	11:00+	12:51+	16:48+	17:41+	26:19+	29:52+	31:23+	32:18+	33:47+	35:41+	38:57+	39:40+	39:59+						
	00:49=	01:02+	00:52+	01:25+	02:09+	01:00=	01:59=	01:44=	01:51=	03:57+	00:53=	08:38+	03:33+	01:31=	00:55+	01:29+	01:54+	03:16=	00:43+	00:19=						
	00:00=	00:08#	00:03+	00:34#	00:26#	00:10=	00:11=	00:05=	00:35=	01:54#	00:20=	03:23#	01:06#	00:08=	00:08#	00:01+	00:21#	00:01=	00:04#	00:01=						
5	Esther Boenheim										2539	41:17														
	03:15+	04:41+	05:38+	06:18+	08:17+	09:42+	12:18+	14:57+	17:30+	22:01+	23:15+	27:15+	31:27+	33:24+	34:19+	35:57+	37:45+	40:23+	40:59+	41:17+						
	03:15+	01:26+	00:57+	00:40=	01:59+	01:25+	02:36+	02:39+	02:33+	04:31+	01:14+	04:00=	04:12+	01:57+	00:55+	01:38+	01:48+	02:38=	00:36=	00:18=						
	02:26#	00:32#	00:08#	00:11=	00:16#	00:15#	00:26#	00:50#	00:07+	02:28#	00:01+	01:15=	01:45#	00:18#	00:08#	00:10#	00:15#	00:39=	00:03=	00:02=						
6	Kari-Anne Bakke										1683	42:02														
	00:49=	01:39=	02:14=	02:48=	04:17=	05:28=	16:29+	18:05+	19:50+	22:34+	23:14+	24:41+	26:57+	28:12+	28:54+	37:02+	38:34+	41:04+	41:42+	42:02+						
	00:49=	00:50=	00:35=	00:34=	01:29=	01:11+	11:01+	01:36=	01:45=	02:44+	00:40=	01:27=	02:16=	01:15=	00:42=	08:08+	01:32=	02:30=	00:38=	00:20=						
	00:00=	00:04=	00:14=	00:17=	00:14=	00:01+	08:51#	00:13=	00:41=	00:41#	00:33=	03:48=	00:11=	00:24=	00:05=	06:40#	00:01=	00:47=	00:01=	00:00=						
7	Silje Myklebust										3529	42:40														
	00:55+	02:04+	03:01+	03:47+	06:08+	07:24+	10:29+	12:04+	14:18+	16:10+	18:13+	21:12=	27:28+	28:47+	29:46+	34:45+	38:26+	41:28+	42:15+	42:40+						
	00:55+	01:09+	00:57+	00:46=	02:21+	01:16+	03:05+	01:35=	02:14=	01:52=	02:03+	02:59=	06:16+	01:19=	00:59+	04:59+	03:41+	03:02=	00:47+	00:25+						
	00:06#	00:15#	00:08#	00:05=	00:38#	00:06+	00:55#	00:14=	00:12=	00:11=	00:50#	02:16=	03:49#	00:20=	00:12#	03:31#	02:08#	00:15=	00:08#	00:05#						
8	Julie Kristine Hovet										892	42:54														
	00:45=	01:36=	02:19=	04:19+	05:56+	06:51+	09:02+	10:44+	13:19+	15:44+	17:57+	21:03=	23:30=	25:12=	26:05=	38:30+	39:18+	41:37+	42:37+	42:54+						
	00:45=	00:51=	00:43=	02:00+	01:37=	00:55=	02:11+	01:42=	02:35+	02:25+	02:13+	03:06=	02:27=	01:42+	00:53+	12:25+	00:48=	02:19=	01:00+	00:17=						
	00:04=	00:03=	00:06=	01:09#	00:06=	00:15=	00:01+	00:07=	00:09+	00:22#	01:00#	02:09=	00:00=	00:03+	00:06#	10:57#	00:45=	00:58=	00:21#	00:03=						

Plass	Navn					Klasse					Tid														
DT																									
9	Kristine Vik					1284					45:15														
00:58+	02:09+	03:28+	04:12+	06:11+	07:33+	11:27+	14:13+	16:51+	20:59+	22:31+	23:25+	26:34+	29:54+	31:52+	32:38+	38:15+	39:50+	44:04+	44:52+	45:15+					
00:58+	01:11+	01:19+	00:44-	01:59+	01:22+	03:54+	02:46+	02:38+	04:08+	01:32+	00:54-	03:09+	03:20+	01:58+	00:46-	05:37+	01:35-	04:14+	00:48+	00:23+					
00:09#	00:17#	00:30#	00:07-	00:16#	00:12#	01:44#	00:57#	00:12+	02:05#	00:19#	04:21-	00:42#	01:41#	01:11#	00:42-	04:04#	01:42-	03:35#	00:28#	00:23+					
10	Gunn Vagle					643					45:26														
01:03+	02:12+	03:07+	04:05+	06:29+	07:58+	12:11+	14:19+	18:09+	20:51+	24:20+	27:25+	33:01+	35:04+	36:16+	38:20+	40:57+	44:14+	45:04+	45:26+						
01:03+	01:09+	00:55+	00:58+	02:24+	01:29+	04:13+	02:08+	03:50+	02:42+	03:29+	03:05+	05:36+	02:03+	01:12+	02:04+	02:37+	03:17+	00:50+	00:22+						
01:03+	01:09+	00:55+	00:58+	02:24+	01:29+	04:13+	02:08+	03:50+	02:42+	03:29+	03:05+	05:36+	02:03+	01:12+	02:04+	02:37+	03:17+	00:50+	00:22+						
11	Anne Hilde Halleraker					882					46:17														
01:11+	04:54+	05:44+	07:22+	11:16+	13:06+	16:30+	20:24+	22:58+	25:38+	27:33+	29:29+	35:04+	36:54+	37:37+	39:17+	41:14+	45:09+	45:56+	46:17+						
01:11+	03:43+	00:50+	01:38+	03:54+	01:50+	03:24+	03:54+	02:34+	02:40+	01:55+	01:56+	05:35+	01:50+	00:43+	01:40+	01:57+	03:55+	00:47+	00:21+						
01:11+	03:43+	00:50+	01:38+	03:54+	01:50+	03:24+	03:54+	02:34+	02:40+	01:55+	01:56+	05:35+	01:50+	00:43+	01:40+	01:57+	03:55+	00:47+	00:21+						
12	Hilde Meisingset					1456					46:40														
01:12+	02:35+	03:36+	04:47+	07:30+	09:17+	13:59+	17:04+	20:12+	23:06+	24:37+	26:54+	30:59+	33:45+	34:42+	36:43+	39:13+	45:15+	46:12+	46:40+						
01:12+	01:23+	01:01+	01:11+	02:43+	01:47+	04:42+	03:05+	03:08+	02:54+	01:31+	02:17+	04:05+	02:46+	00:57+	02:01+	02:30+	06:02+	00:57+	00:28+						
01:12+	01:23+	01:01+	01:11+	02:43+	01:47+	04:42+	03:05+	03:08+	02:54+	01:31+	02:17+	04:05+	02:46+	00:57+	02:01+	02:30+	06:02+	00:57+	00:28+						
13	Helena Almedal					1376					47:45														
01:00+	01:59+	04:15+	04:51+	07:02+	08:28+	11:35+	13:33+	17:08+	19:30+	21:37+	28:46+	33:39+	37:23+	38:19+	41:04+	43:23+	46:23+	47:23+	47:45+						
01:00+	00:59+	02:16+	00:36+	02:11+	01:26+	03:07+	01:58+	03:35+	02:22+	02:07+	07:09+	04:53+	03:44+	00:56+	02:45+	02:19+	03:00+	01:00+	00:22+						
01:00+	00:59+	02:16+	00:36+	02:11+	01:26+	03:07+	01:58+	03:35+	02:22+	02:07+	07:09+	04:53+	03:44+	00:56+	02:45+	02:19+	03:00+	01:00+	00:22+						
14	Margretha Almedal					1376					48:47														
00:54+	02:29+	03:26+	04:16+	06:34+	08:17+	12:12+	14:24+	17:46+	23:09+	25:56+	28:36+	34:46+	38:28+	39:18+	42:18+	44:29+	47:29+	48:27+	48:47+						
00:54+	01:35+	00:57+	00:50+	02:18+	01:43+	03:55+	02:12+	03:22+	05:23+	02:47+	02:40+	06:10+	03:42+	00:50+	03:00+	02:11+	03:00+	00:58+	00:20+						
00:54+	01:35+	00:57+	00:50+	02:18+	01:43+	03:55+	02:12+	03:22+	05:23+	02:47+	02:40+	06:10+	03:42+	00:50+	03:00+	02:11+	03:00+	00:58+	00:20+						
15	Håvard Thomassen					3578					49:16														
00:57+	02:06+	04:13+	04:47+	07:02+	08:33+	11:46+	14:02+	16:37+	21:49+	23:08+	29:19+	33:55+	36:15+	41:22+	42:46+	44:31+	48:06+	48:59+	49:16+						
00:57+	01:09+	02:07+	00:34+	02:15+	01:31+	03:13+	02:16+	02:35+	05:12+	01:19+	06:11+	04:36+	02:20+	05:07+	01:24+	01:45+	03:35+	00:53+	00:17+						
00:57+	01:09+	02:07+	00:34+	02:15+	01:31+	03:13+	02:16+	02:35+	05:12+	01:19+	06:11+	04:36+	02:20+	05:07+	01:24+	01:45+	03:35+	00:53+	00:17+						
16	Renate Furenes					892					49:55														
02:50+	04:04+	05:59+	06:32+	08:29+	09:40+	12:05+	14:36+	20:23+	26:29+	32:30+	35:03+	37:55+	40:51+	41:37+	43:32+	45:19+	48:53+	49:34+	49:55+						
02:50+	01:14+	01:55+	00:33+	01:57+	01:11+	02:25+	02:31+	05:47+	06:06+	06:01+	02:33+	02:52+	02:56+	00:46+	01:55+	01:47+	03:34+	00:41+	00:21+						
02:50+	01:14+	01:55+	00:33+	01:57+	01:11+	02:25+	02:31+	05:47+	06:06+	06:01+	02:33+	02:52+	02:56+	00:46+	01:55+	01:47+	03:34+	00:41+	00:21+						
17	Kristine Aasland					3524					50:02														
01:05+	04:05+	05:02+	05:56+	08:04+	09:37+	13:44+	16:39+	20:36+	25:19+	26:53+	28:54+	34:04+	37:14+	38:46+	42:25+	44:14+	48:48+	49:41+	50:02+						
01:05+	03:00+	00:57+	00:54+	02:08+	01:33+	04:07+	02:55+	03:57+	04:43+	01:34+	02:01+	05:10+	03:10+	01:32+	03:39+	01:49+	04:34+	00:53+	00:21+						
01:05+	03:00+	00:57+	00:54+	02:08+	01:33+	04:07+	02:55+	03:57+	04:43+	01:34+	02:01+	05:10+	03:10+	01:32+	03:39+	01:49+	04:34+	00:53+	00:21+						
18	Shazia Ali Zade					1832					50:34														
01:01+	02:32+	03:26+	04:28+	07:04+	08:41+	12:13+	15:42+	18:11+	22:19+	23:31+	35:30+	40:21+	42:20+	43:13+	45:06+	46:53+	49:22+	50:14+	50:34+						
01:01+	01:31+	00:54+	01:02+	02:36+	01:37+	03:32+	03:29+	02:29+	04:08+	01:12+	11:59+	04:51+	01:59+	00:53+	01:53+	01:47+	02:29+	00:52+	00:20+						
01:01+	01:31+	00:54+	01:02+	02:36+	01:37+	03:32+	03:29+	02:29+	04:08+	01:12+	11:59+	04:51+	01:59+	00:53+	01:53+	01:47+	02:29+	00:52+	00:20+						
19	Anna Hole					3503					52:12														
00:53+	02:16+	03:16+	04:15+	07:41+	09:33+	13:28+	16:46+	19:51+	22:37+	24:18+	27:10+	32:17+	39:34+	40:33+	42:49+	46:21+	51:02+	51:52+	52:12+						
00:53+	01:23+	01:00+	00:59+	03:26+	01:52+	03:55+	03:18+	03:05+	02:46+	01:41+	02:52+	05:07+	07:17+	00:59+	02:16+	03:32+	04:41+	00:50+	00:20+						
00:53+	01:23+	01:00+	00:59+	03:26+	01:52+	03:55+	03:18+	03:05+	02:46+	01:41+	02:52+	05:07+	07:17+	00:59+	02:16+	03:32+	04:41+	00:50+	00:20+						
20	Silje Elise Elstad					769					53:35														
01:08+	02:41+	03:47+	06:03+	08:51+	10:31+	14:28+	17:04+	20:14+	23:01+	25:38+	28:24+	32:12+	39:15+	40:40+	43:04+	46:41+	51:57+	53:05+	53:35+						
01:08+	01:33+	01:06+	02:16+	02:48+	01:40+	03:57+	02:36+	03:10+	02:47+	02:37+	02:46+	03:48+	07:03+	01:25+	02:24+	03:37+	05:16+	01:08+	00:30+						
01:08+	01:33+	01:06+	02:16+	02:48+	01:40+	03:57+	02:36+	03:10+	02:47+	02:37+	02:46+	03:48+	07:03+	01:25+	02:24+	03:37+	05:16+	01:08+	00:30+						
21	Elisa Møller					769					53:35														
01:01+	02:23+	03:16+	04:10+	06:27+	08:05+	11:07+	14:07+	16:22+	20:41+	21:50+	34:02+	38:55+	41:07+	42:09+	44:03+	48:47+	52:14+	53:17+	53:35+						
01:01+	01:22+	00:53+	00:54+	02:17+	01:38+	03:02+	03:00+	02:15+	04:19+	01:09+	12:12+	04:53+	02:12+	01:02+	01:54+	04:44+	03:27+	01:03+	00:18+						
01:01+	01:22+	00:53+	00:54+	02:17+	01:38+	03:02+	03:00+	02:15+	04:19+	01:09+	12:12+	04:53+	02:12+	01:02+	01:54+	04:44+	03:27+	01:03+	00:18+						
22	Unni Byberg Mæstad					892					55:27														
01:01+	02:23+	03:23+	04:12+	06:30+	08:00+	12:00+	15:24+	18:02+	23:11+	30:14+	32:24+	38:27+	40:20+	41:45+	46:51+	48:43+	54:16+	55:05+	55:27+						
01:01+	01:22+	01:00+	00:49+	02:18+	01:30+	04:00+	03:24+	02:38+	05:09+	07:03+	02:10+	06:03+	01:53+	01:25+	05:06+	01:52+	05:33+	00:49+	00:22+						
01:01+	01:22+	01:00+	00:49+	02:18+	01:30+	04:00+	03:24+	02:38+	05:09+	07:03+	02:10+	06:03+	01:53+	01:25+	05:06+	01:52+	05:33+	00:49+	00:22+						

Plass	Navn					Klasse					Tid									
DT																				
23	Heidi Camilla Raugstad Hovet					769					56:33									
00:58+	02:17+	05:50+	06:27+	10:37+	14:10+	19:33+	23:10+	27:22+	30:38+	32:03+	39:51+	45:02+	47:23+	48:22+	50:05+	52:10+	55:30+	56:13+	56:33+	
00:58+	01:19+	03:33+	00:37+	04:10+	03:33+	05:23+	03:37+	04:12+	03:16+	01:25+	07:48+	05:11+	02:21+	00:59+	01:43+	02:05+	03:20+	00:43+	00:20+	
00:58+	01:19+	03:33+	00:37+	04:10+	03:33+	05:23+	03:37+	04:12+	03:16+	01:25+	07:48+	05:11+	02:21+	00:59+	01:43+	02:05+	03:20+	00:43+	00:20+	
24	Solbjørg Borgersen					3536					57:23									
01:11+	02:33+	03:43+	04:45+	07:27+	09:16+	14:39+	17:26+	22:07+	24:53+	28:04+	34:16+	39:16+	41:22+	42:19+	45:28+	49:32+	56:06+	56:59+	57:23+	
01:11+	01:22+	01:10+	01:02+	02:42+	01:49+	05:23+	02:47+	04:41+	02:46+	03:11+	06:12+	05:00+	02:06+	00:57+	03:09+	04:04+	06:34+	00:53+	00:24+	
01:11+	01:22+	01:10+	01:02+	02:42+	01:49+	05:23+	02:47+	04:41+	02:46+	03:11+	06:12+	05:00+	02:06+	00:57+	03:09+	04:04+	06:34+	00:53+	00:24+	
25	Liv Janne Fandrem Biland					892					57:25									
00:55+	04:34+	05:30+	06:20+	08:33+	10:11+	13:51+	17:06+	19:54+	24:58+	31:44+	34:26+	40:06+	42:21+	43:30+	49:00+	50:55+	56:19+	57:05+	57:25+	
00:55+	03:39+	00:56+	00:50+	02:13+	01:38+	03:40+	03:15+	02:48+	05:04+	06:46+	02:42+	05:40+	02:15+	01:09+	05:30+	01:55+	05:24+	00:46+	00:20+	
00:55+	03:39+	00:56+	00:50+	02:13+	01:38+	03:40+	03:15+	02:48+	05:04+	06:46+	02:42+	05:40+	02:15+	01:09+	05:30+	01:55+	05:24+	00:46+	00:20+	
26	Sigrund Serigstad					879					59:56									
00:50+	02:00+	02:59+	05:01+	10:00+	12:01+	18:22+	21:52+	26:39+	30:07+	32:10+	38:07+	46:22+	48:59+	50:11+	53:12+	55:14+	58:17+	59:18+	59:56+	
00:50+	01:10+	00:59+	02:02+	04:59+	02:01+	06:21+	03:30+	04:47+	03:28+	02:03+	05:57+	08:15+	02:37+	01:12+	03:01+	02:02+	03:03+	01:01+	00:38+	
00:50+	01:10+	00:59+	02:02+	04:59+	02:01+	06:21+	03:30+	04:47+	03:28+	02:03+	05:57+	08:15+	02:37+	01:12+	03:01+	02:02+	03:03+	01:01+	00:38+	
27	Inger Martinsen					4248					1:00:19									
01:14+	02:49+	06:26+	07:11+	09:36+	11:18+	15:58+	19:03+	26:08+	31:09+	33:21+	37:34+	42:55+	44:58+	46:00+	52:45+	54:57+	59:02+	59:57+	60:19+	
01:14+	01:35+	03:37+	00:45+	02:25+	01:42+	04:40+	03:05+	07:05+	05:01+	02:12+	04:13+	05:21+	02:03+	01:02+	06:45+	02:12+	04:05+	00:55+	00:22+	
01:14+	01:35+	03:37+	00:45+	02:25+	01:42+	04:40+	03:05+	07:05+	05:01+	02:12+	04:13+	05:21+	02:03+	01:02+	06:45+	02:12+	04:05+	00:55+	00:22+	
28	Signe Lise Haaland					3507					1:02:05									
01:52+	04:07+	05:21+	07:26+	12:15+	14:19+	20:29+	23:59+	28:46+	32:13+	34:16+	40:24+	48:32+	51:06+	52:28+	55:29+	57:33+	60:36+	61:30+	62:05+	
01:52+	02:15+	01:14+	02:05+	04:49+	02:04+	06:10+	03:30+	04:47+	03:27+	02:03+	06:08+	08:08+	02:34+	01:22+	03:01+	02:04+	03:03+	00:54+	00:35+	
01:52+	02:15+	01:14+	02:05+	04:49+	02:04+	06:10+	03:30+	04:47+	03:27+	02:03+	06:08+	08:08+	02:34+	01:22+	03:01+	02:04+	03:03+	00:54+	00:35+	
29	Eli Thorset Våge					896					1:02:58									
01:24+	03:07+	05:26+	07:25+	10:14+	12:38+	16:16+	20:58+	25:33+	29:49+	31:09+	36:14+	42:14+	44:17+	45:35+	48:08+	51:03+	59:30+	62:20+	62:58+	
01:24+	01:43+	02:19+	01:59+	02:49+	02:24+	03:38+	04:42+	04:35+	04:16+	01:20+	05:05+	06:00+	02:03+	01:18+	02:33+	02:55+	08:27+	02:50+	00:38+	
01:24+	01:43+	02:19+	01:59+	02:49+	02:24+	03:38+	04:42+	04:35+	04:16+	01:20+	05:05+	06:00+	02:03+	01:18+	02:33+	02:55+	08:27+	02:50+	00:38+	
30	Ruth Grødem					722					1:04:08									
01:32+	03:16+	04:37+	05:42+	11:12+	12:59+	17:23+	20:23+	24:00+	37:23+	39:39+	43:14+	47:33+	49:35+	51:22+	53:33+	56:57+	62:39+	63:39+	64:08+	
01:32+	01:44+	01:21+	01:05+	05:30+	01:47+	04:24+	03:00+	03:37+	13:23+	02:16+	03:35+	04:19+	02:02+	01:47+	02:11+	03:24+	05:42+	01:00+	00:29+	
01:32+	01:44+	01:21+	01:05+	05:30+	01:47+	04:24+	03:00+	03:37+	13:23+	02:16+	03:35+	04:19+	02:02+	01:47+	02:11+	03:24+	05:42+	01:00+	00:29+	
31	Agnete Dedekam Stabel					1758					1:07:28									
01:12+	03:08+	04:46+	06:05+	09:43+	11:47+	17:03+	21:48+	26:21+	30:29+	37:03+	44:48+	50:53+	54:20+	55:37+	58:56+	62:32+	66:09+	67:04+	67:28+	
01:12+	01:56+	01:38+	01:19+	03:38+	02:04+	05:16+	04:45+	04:33+	04:08+	06:34+	07:45+	06:05+	03:27+	01:17+	03:19+	03:36+	03:37+	00:55+	00:24+	
01:12+	01:56+	01:38+	01:19+	03:38+	02:04+	05:16+	04:45+	04:33+	04:08+	06:34+	07:45+	06:05+	03:27+	01:17+	03:19+	03:36+	03:37+	00:55+	00:24+	
32	Jannecke A. Moe					1758					1:10:47									
01:27+	03:20+	04:49+	06:25+	10:01+	12:24+	17:45+	22:00+	26:33+	35:23+	37:00+	39:15+	46:04+	49:29+	51:21+	55:27+	58:42+	67:36+	69:56+	70:47+	
01:27+	01:53+	01:29+	01:36+	03:36+	02:23+	05:21+	04:15+	04:33+	08:50+	01:37+	02:15+	06:49+	03:25+	01:52+	04:06+	03:15+	08:54+	02:20+	00:51+	
01:27+	01:53+	01:29+	01:36+	03:36+	02:23+	05:21+	04:15+	04:33+	08:50+	01:37+	02:15+	06:49+	03:25+	01:52+	04:06+	03:15+	08:54+	02:20+	00:51+	
33	Linda Strøm					722					1:11:58									
01:52+	04:22+	05:43+	07:30+	11:42+	13:47+	20:03+	23:54+	29:58+	36:51+	37:57+	48:32+	55:27+	58:38+	60:24+	63:01+	67:02+	70:43+	71:26+	71:58+	
01:52+	02:30+	01:21+	01:47+	04:12+	02:05+	06:16+	03:51+	06:04+	06:53+	01:06+	10:35+	06:55+	03:11+	01:46+	02:37+	04:01+	03:41+	00:43+	00:32+	
01:52+	02:30+	01:21+	01:47+	04:12+	02:05+	06:16+	03:51+	06:04+	06:53+	01:06+	10:35+	06:55+	03:11+	01:46+	02:37+	04:01+	03:41+	00:43+	00:32+	
34	Anna Langlo					722					1:11:58									
01:51+	04:22+	05:40+	07:28+	11:41+	13:47+	20:08+	23:54+	29:59+	36:52+	38:10+	48:54+	55:38+	58:48+	60:38+	63:10+	67:03+	70:56+	71:35+	71:58+	
01:51+	02:31+	01:18+	01:48+	04:13+	02:06+	06:21+	03:46+	06:05+	06:53+	01:18+	10:44+	06:44+	03:10+	01:50+	02:32+	03:53+	03:53+	00:39+	00:23+	
01:51+	02:31+	01:18+	01:48+	04:13+	02:06+	06:21+	03:46+	06:05+	06:53+	01:18+	10:44+	06:44+	03:10+	01:50+	02:32+	03:53+	03:53+	00:39+	00:23+	
35	Helene Verdal Hidle					1830					1:18:02									
01:57+	05:43+	06:29+	09:12+	11:52+	13:45+	17:29+	20:34+	38:06+	42:49+	48:37+	50:21+	56:28+	58:35+	59:33+	61:46+	74:17+	76:55+	77:38+	78:02+	
01:57+	03:46+	00:46+	02:43+	02:40+	01:53+	03:44+	03:05+	17:32+	04:43+	05:48+	01:44+	06:07+	02:07+	00:58+	02:13+	12:31+	02:38+	00:43+	00:24+	
01:57+	03:46+	00:46+	02:43+	02:40+	01:53+	03:44+	03:05+	17:32+	04:43+	05:48+	01:44+	06:07+	02:07+	00:58+	02:13+	12:31+	02:38+	00:43+	00:24+	
36	Helga Sandve Helgøy					1683					1:22:26									
01:01+	05:49+	06:45+	07:31+	09:25+	11:20+	20:14+	22:46+	36:28+	41:15+	43:15+	57:11+	62:11+	65:39+	66:47+	75:05+	76:48+	81:23+	82:07+	82:26+	
01:01+	04:48+	00:56+	00:46+	01:54+	01:55+	08:54+	02:32+	13:42+	04:47+	02:00+	13:56+	05:00+	03:28+	01:08+	08:18+	01:43+	04:35+	00:44+	00:19+	
01:01+	04:48+	00:56+	00:46+	01:54+	01:55+	08:54+	02:32+	13:42+	04:47+	02:00+	13:56+	05:00+	03:28+	01:08+	08:18+	01:43+	04:35+	00:44+	00:19+	

Plass	Navn					Klasse					Tid													
DT																								
37	Åse Kristensen					1141					1:29:55													
01:16+	02:45+	04:22+	08:21+	12:36+	14:57+	23:44+	27:20+	32:31+	40:49+	43:11+	52:03+	58:10+	60:31+	61:53+	65:07+	77:21+	87:38+	89:17+	89:55+					
01:16+	01:29+	01:37+	03:59+	04:15+	02:21+	08:47+	03:36+	05:11+	08:18+	02:22+	08:52+	06:07+	02:21+	01:22+	03:14+	12:14+	10:17+	01:39+	00:38+					
01:16+	01:29+	01:37+	03:59+	04:15+	02:21+	08:47+	03:36+	05:11+	08:18+	02:22+	08:52+	06:07+	02:21+	01:22+	03:14+	12:14+	10:17+	01:39+	00:38+					
38	Lisbeth Davidsen					722					1:31:26													
01:52+	04:28+	06:58+	08:24+	12:59+	15:53+	23:11+	29:17+	38:55+	47:40+	49:55+	60:29+	69:23+	74:02+	75:14+	79:03+	83:30+	89:29+	90:45+	91:26+					
01:52+	02:36+	02:30+	01:26+	04:35+	02:54+	07:18+	06:06+	09:38+	08:45+	02:15+	10:34+	08:54+	04:39+	01:12+	03:49+	04:27+	05:59+	01:16+	00:41+					
01:52+	02:36+	02:30+	01:26+	04:35+	02:54+	07:18+	06:06+	09:38+	08:45+	02:15+	10:34+	08:54+	04:39+	01:12+	03:49+	04:27+	05:59+	01:16+	00:41+					
39	Ingrid Lohne					722					1:32:28													
02:48+	05:29+	08:03+	09:17+	13:50+	16:53+	24:17+	30:10+	39:58+	48:40+	50:58+	61:30+	70:28+	75:04+	76:09+	79:59+	84:25+	90:30+	91:45+	92:28+					
02:48+	02:41+	02:34+	01:14+	04:33+	03:03+	07:24+	05:53+	09:48+	08:42+	02:18+	10:32+	08:58+	04:36+	01:05+	03:50+	04:26+	06:05+	01:15+	00:43+					
02:48+	02:41+	02:34+	01:14+	04:33+	03:03+	07:24+	05:53+	09:48+	08:42+	02:18+	10:32+	08:58+	04:36+	01:05+	03:50+	04:26+	06:05+	01:15+	00:43+					
40	May Kristin Haaland					3511					1:32:51													
01:50+	04:31+	06:49+	12:16+	16:26+	19:55+	27:12+	32:23+	37:50+	45:06+	48:11+	58:01+	67:42+	71:53+	73:38+	78:31+	82:51+	90:24+	92:11+	92:51+					
01:50+	02:41+	02:18+	05:27+	04:10+	03:29+	07:17+	05:11+	05:27+	07:16+	03:05+	09:50+	09:41+	04:11+	01:45+	04:53+	04:20+	07:33+	01:47+	00:40+					
01:50+	02:41+	02:18+	05:27+	04:10+	03:29+	07:17+	05:11+	05:27+	07:16+	03:05+	09:50+	09:41+	04:11+	01:45+	04:53+	04:20+	07:33+	01:47+	00:40+					
41	Maria Fjelde					892					1:39:31													
01:42+	03:53+	05:44+	07:01+	12:44+	17:00+	24:13+	31:00+	39:11+	45:19+	48:51+	58:33+	66:37+	73:37+	76:15+	81:09+	86:22+	97:32+	98:43+	99:31+					
01:42+	02:11+	01:51+	01:17+	05:43+	04:16+	07:13+	06:47+	08:11+	06:08+	03:32+	09:42+	08:04+	07:00+	02:38+	04:54+	05:13+	11:10+	01:11+	00:48+					
01:42+	02:11+	01:51+	01:17+	05:43+	04:16+	07:13+	06:47+	08:11+	06:08+	03:32+	09:42+	08:04+	07:00+	02:38+	04:54+	05:13+	11:10+	01:11+	00:48+					
Beste strekktid for klassen																								
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																								
H16																								
1	Børge Grødem					3619					33:52													
01:07=	02:03=	02:53=	03:55=	04:58=	05:56=	07:12=	08:13=	09:27=	10:52=	12:08=	13:04=	14:38=	19:54=	21:16=	21:58=	23:04=	24:09=	25:42=	26:06=	27:17=	28:22=	28:37=	29:46=	
01:07=	00:56=	00:50=	01:02=	01:03=	00:58=	01:16=	01:01=	01:14=	01:25=	01:16=	00:56=	01:34=	05:16=	01:22=	00:42=	01:06=	01:05=	01:33=	00:24=	01:11=	01:05=	00:15=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
33:04=	33:38=	33:52=																						
00:51=	00:34=	00:14=																						
00:00=	00:00=	00:00=																						
2	Håvard Landråk					3676					37:11													
01:24+	02:01-	03:01+	04:29+	05:41+	07:04+	08:19+	09:37+	11:34+	13:07+	15:04+	16:13+	18:45+	21:26+	23:14+	23:59+	25:20+	26:39+	28:24+	28:55+	30:13+	31:20+	31:35+	32:56+	
01:24+	00:37-	01:00+	01:28+	01:12+	01:23+	01:15-	01:18+	01:57+	01:33+	01:57+	01:09+	02:32+	02:41-	01:48+	00:45+	01:21+	01:19+	01:45+	00:31+	01:18+	01:07+	00:15=	01:21+	
00:17&	00:19-	00:10#	00:26&	00:09#	00:25&	00:01-	00:17&	00:43&	00:08+	00:41&	00:13#	00:58&	02:35-	00:26&	00:03+	00:15#	00:14#	00:12#	00:07&	00:07+	00:02+	00:00=	00:12#	
36:30+	36:58+	37:11+																						
01:11+	00:28-	00:13-																						
00:20&	00:06-	00:01-																						
3	Ole Andre Brandsberg					3502					37:17													
01:18+	01:44-	02:43-	04:07+	05:31+	06:34+	07:36+	08:56+	11:24+	12:56+	14:49+	16:04+	17:39+	19:44-	21:35+	22:39+	24:19+	25:50+	28:01+	28:29+	29:31+	30:45+	31:00+	31:57+	
01:18+	00:26-	00:59+	01:24+	01:24+	01:03+	01:02-	01:20+	02:28+	01:32+	01:53+	01:15+	01:35+	02:05-	01:51+	01:04+	01:40+	01:31+	02:11+	00:28+	01:02-	01:14+	00:15=	00:57-	
00:11#	00:30-	00:09#	00:22&	00:21&	00:05+	00:14-	00:19&	01:14&	00:07+	00:37&	00:19&	00:01+	03:11-	00:29&	00:22&	00:34&	00:26&	00:38&	00:04#	00:09-	00:09#	00:00=	00:12-	
36:33+	37:03+	37:17+																						
00:43-	00:30-	00:14=																						
00:08-	00:04-	00:00=																						
4	Bendix Gjølstad Smith					892					37:42													
01:14+	01:47-	02:53=	04:17+	05:37+	06:32+	07:38+	08:56+	11:01+	12:43+	14:05+	15:13+	18:27+	20:17+	22:00+	23:06+	24:47+	26:09+	28:24+	28:54+	30:06+	31:25+	31:42+	33:12+	
01:14+	00:33-	01:06+	01:24+	01:20+	00:55-	01:06-	01:18+	02:05+	01:42+	01:22+	01:08+	03:14+	01:50-	01:43+	01:06+	01:41+	01:22+	02:15+	00:30+	01:12+	01:19+	00:17+	01:30+	
00:07#	00:23-	00:16&	00:22&	00:17&	00:03-	00:10-	00:17&	00:51&	00:17#	00:06+	00:12#	01:40&	03:26-	00:21&	00:24&	00:35&	00:17&	00:42&	00:06#	00:01+	00:14#	00:02#	00:21&	
36:46+	37:26+	37:42+																						
01:06+	00:40+	00:16+																						
00:15&	00:06#	00:02#																						

Plass	Navn			Klasse								Tid													
H16																									
5	Erling Byberg			793								38:50													
01:14+	01:38-	02:33-	03:46-	04:52-	06:21+	07:12=	12:18+	13:49+	15:30+	16:43+	17:58+	20:46+	22:38+	24:31+	25:29+	26:54+	28:09+	29:35+	30:03+	31:27+	32:29+	32:53+	33:05+	34:03+	36:13+
01:14+	00:24-	00:55+	01:13+	01:06+	01:29+	00:51-	05:06+	01:31+	01:41+	01:13-	01:15+	02:48+	01:52-	01:53+	00:58+	01:25+	01:15+	01:26-	00:28+	01:24+	01:02-	00:24+	00:12-	00:58-	02:10+
00:07#	00:32-	00:05#	00:11#	00:03+	00:31#	00:25-	04:05#	00:17#	00:16#	00:03-	00:19#	01:14#	03:24-	00:31#	00:16#	00:19#	00:10#	00:07-	00:04#	00:13#	00:03-	00:09#	00:57-	00:53-	01:34#
37:03+	38:03+	38:37+	38:50+																						
00:50-	01:00+	00:34+	00:13+																						
00:01-	00:26#	00:20#	00:13+																						
6	Truls Thorkildsen			2074								40:12													
01:45+	02:16+	03:13+	04:33+	05:58+	07:02+	08:01+	09:46+	12:55+	13:59+	16:28+	17:30+	20:30+	23:39+	25:58+	26:39+	28:04+	29:23+	31:38+	32:13+	33:18+	34:18+	34:36+	35:56+	37:25+	38:10+
01:45+	00:31+	00:57+	01:20+	01:25+	01:04+	00:59+	01:45+	03:09+	01:04+	02:29+	01:02+	03:00+	03:09+	02:19+	00:41+	01:25+	01:19+	02:15+	00:35+	01:05+	01:00+	00:18+	01:20+	01:29+	00:45+
01:45+	00:31+	00:57+	01:20+	01:25+	01:04+	00:59+	01:45+	03:09+	01:04+	02:29+	01:02+	03:00+	03:09+	02:19+	00:41+	01:25+	01:19+	02:15+	00:35+	01:05+	01:00+	00:18+	01:20+	01:29+	00:45+
39:06+	39:56+	40:12+																							
00:56+	00:50+	00:16+																							
00:56+	00:50+	00:16+																							
7	Steinar Frøytlø			3502								40:34													
01:09+	01:43+	02:44+	03:54+	05:31+	06:30+	07:29+	08:43+	10:31+	14:36+	17:27+	18:57+	20:35+	22:58+	24:31+	25:26+	26:54+	28:11+	30:42+	31:16+	32:27+	33:36+	33:57+	35:12+	38:23+	38:53+
01:09+	00:34+	01:01+	01:10+	01:37+	00:59+	00:59+	01:14+	01:48+	04:05+	02:51+	01:30+	01:38+	02:23+	01:33+	00:55+	01:28+	01:17+	02:31+	00:34+	01:11+	01:09+	00:21+	01:15+	03:11+	00:30+
01:09+	00:34+	01:01+	01:10+	01:37+	00:59+	00:59+	01:14+	01:48+	04:05+	02:51+	01:30+	01:38+	02:23+	01:33+	00:55+	01:28+	01:17+	02:31+	00:34+	01:11+	01:09+	00:21+	01:15+	03:11+	00:30+
39:46+	40:18+	40:34+																							
00:53+	00:32+	00:16+																							
00:53+	00:32+	00:16+																							
8	Truls Kolnes			3512								41:44													
01:45+	02:32+	03:58+	05:16+	06:53+	07:53+	09:09+	10:39+	12:44+	14:13+	15:35+	16:52+	19:36+	21:32+	24:17+	25:54+	27:22+	28:54+	30:51+	31:22+	33:08+	35:30+	35:44+	37:02+	38:54+	39:47+
01:45+	00:47+	01:26+	01:18+	01:37+	01:00+	01:16+	01:00+	02:35+	01:29+	01:22+	01:17+	02:44+	01:56+	02:45+	01:37+	01:28+	01:32+	01:57+	00:31+	01:46+	02:22+	00:14+	01:18+	01:52+	00:53+
01:45+	00:47+	01:26+	01:18+	01:37+	01:00+	01:16+	01:00+	02:35+	01:29+	01:22+	01:17+	02:44+	01:56+	02:45+	01:37+	01:28+	01:32+	01:57+	00:31+	01:46+	02:22+	00:14+	01:18+	01:52+	00:53+
40:49+	41:27+	41:44+																							
01:02+	00:38+	00:17+																							
01:02+	00:38+	00:17+																							
9	Sondre Aspøy			2074								43:28													
01:41+	02:18+	03:21+	04:52+	06:20+	07:20+	08:31+	10:14+	14:32+	15:58+	17:50+	20:29+	22:42+	25:13+	27:12+	28:06+	29:56+	31:22+	33:38+	34:11+	35:28+	36:44+	37:04+	38:32+	40:23+	41:38+
01:41+	00:37+	01:03+	01:31+	01:28+	01:00+	01:11+	01:43+	04:18+	01:26+	01:52+	02:39+	02:13+	02:31+	01:59+	00:54+	01:50+	01:26+	02:16+	00:33+	01:17+	01:16+	00:20+	01:28+	01:51+	01:15+
01:41+	00:37+	01:03+	01:31+	01:28+	01:00+	01:11+	01:43+	04:18+	01:26+	01:52+	02:39+	02:13+	02:31+	01:59+	00:54+	01:50+	01:26+	02:16+	00:33+	01:17+	01:16+	00:20+	01:28+	01:51+	01:15+
42:43+	43:13+	43:28+																							
01:05+	00:30+	00:15+																							
01:05+	00:30+	00:15+																							
10	Henrik Aasheim			2342								43:34													
01:21+	01:53+	03:02+	04:27+	05:44+	06:48+	09:16+	10:37+	13:06+	14:57+	16:25+	18:08+	20:10+	23:22+	25:23+	26:24+	28:35+	30:36+	33:20+	34:13+	35:29+	37:17+	37:40+	38:56+	40:41+	41:22+
01:21+	00:32+	01:09+	01:25+	01:17+	01:04+	02:28+	01:21+	02:29+	01:51+	01:28+	01:43+	02:02+	03:12+	02:01+	01:01+	02:11+	02:01+	02:44+	00:53+	01:16+	01:48+	00:23+	01:16+	01:45+	00:41+
01:21+	00:32+	01:09+	01:25+	01:17+	01:04+	02:28+	01:21+	02:29+	01:51+	01:28+	01:43+	02:02+	03:12+	02:01+	01:01+	02:11+	02:01+	02:44+	00:53+	01:16+	01:48+	00:23+	01:16+	01:45+	00:41+
42:32+	43:16+	43:34+																							
01:10+	00:44+	00:18+																							
01:10+	00:44+	00:18+																							
11	Magnus Kristoffersen			3676								46:08													
01:34+	02:03+	03:17+	04:51+	06:24+	07:57+	09:11+	10:32+	13:07+	14:50+	16:30+	17:50+	21:19+	26:01+	27:51+	28:50+	30:46+	32:49+	35:16+	35:49+	37:22+	38:46+	39:07+	40:25+	43:12+	44:10+
01:34+	00:29+	01:14+	01:34+	01:33+	01:33+	01:14+	01:21+	02:35+	01:43+	01:40+	01:20+	03:29+	04:42+	01:50+	00:59+	01:56+	02:03+	02:27+	00:33+	01:33+	01:24+	00:21+	01:18+	02:47+	00:58+
01:34+	00:29+	01:14+	01:34+	01:33+	01:33+	01:14+	01:21+	02:35+	01:43+	01:40+	01:20+	03:29+	04:42+	01:50+	00:59+	01:56+	02:03+	02:27+	00:33+	01:33+	01:24+	00:21+	01:18+	02:47+	00:58+
45:27+	45:52+	46:08+																							
01:17+	00:25+	00:16+																							
01:17+	00:25+	00:16+																							
12	Bjørn Morten Bøe Brunstøl			2023								46:22													
01:16+	01:49+	03:01+	04:31+	06:01+	10:00+	11:29+	12:33+	15:05+	16:20+	18:05+	21:29+	23:21+	25:51+	28:22+	29:33+	31:23+	32:45+	34:55+	35:23+	36:38+	39:55+	40:17+	41:23+	43:18+	44:14+
01:16+	00:33+	01:12+	01:30+	01:30+	03:59+	01:29+	01:24+	02:12+	01:15+	01:45+	03:24+	01:52+	02:30+	02:31+	01:11+	01:50+	01:22+	02:10+	00:28+	01:15+	03:17+	00:22+	01:06+	01:55+	00:56+
01:16+	00:33+	01:12+	01:30+	01:30+	03:59+	01:29+	01:24+	02:12+	01:15+	01:45+	03:24+	01:52+	02:30+	02:31+	01:11+	01:50+	01:22+	02:10+	00:28+	01:15+	03:17+	00:22+	01:06+	01:55+	00:56+
45:32+	46:06+	46:22+																							
01:18+	00:34+	00:16+																							
01:18+	00:34+	00:16+																							

Plass	Navn		Klasse										Tid													
H16																										
13	Erlend Syse		3559										47:13													
	01:18+	01:52+	03:34+	04:48+	06:04+	06:57+	09:48+	11:22+	18:56+	20:21+	22:13+	23:41+	26:31+	28:09+	30:28+	31:32+	33:07+	34:51+	37:05+	37:39+	38:49+	40:32+	40:50+	42:12+	44:39+	45:23+
	01:18+	00:34+	01:42+	01:14+	01:16+	00:53+	02:51+	01:34+	07:34+	01:25+	01:52+	01:28+	02:50+	01:38+	02:19+	01:04+	01:35+	01:44+	02:14+	00:34+	01:10+	01:43+	00:18+	01:22+	02:27+	00:44+
	01:18+	00:34+	01:42+	01:14+	01:16+	00:53+	02:51+	01:34+	07:34+	01:25+	01:52+	01:28+	02:50+	01:38+	02:19+	01:04+	01:35+	01:44+	02:14+	00:34+	01:10+	01:43+	00:18+	01:22+	02:27+	00:44+
	46:28+	46:56+	47:13+																							
	01:05+	00:28+	00:17+																							
	01:05+	00:28+	00:17+																							
14	David Wade		1683										47:35													
	01:13+	01:47+	02:49+	04:04+	05:34+	06:25+	08:17+	09:53+	15:49+	17:13+	18:36+	19:50+	23:24+	26:15+	30:04+	31:18+	32:49+	34:09+	36:13+	36:52+	38:06+	39:26+	39:48+	41:50+	45:04+	45:43+
	01:13+	00:34+	01:02+	01:15+	01:30+	00:51+	01:52+	01:36+	05:56+	01:24+	01:23+	01:14+	03:34+	02:51+	03:49+	01:14+	01:31+	01:20+	02:04+	00:39+	01:14+	01:20+	00:22+	02:02+	03:14+	00:39+
	01:13+	00:34+	01:02+	01:15+	01:30+	00:51+	01:52+	01:36+	05:56+	01:24+	01:23+	01:14+	03:34+	02:51+	03:49+	01:14+	01:31+	01:20+	02:04+	00:39+	01:14+	01:20+	00:22+	02:02+	03:14+	00:39+
	46:39+	47:20+	47:35+																							
	00:56+	00:41+	00:15+																							
	00:56+	00:41+	00:15+																							
15	Bernt Christian Bugge		3676										47:36													
	01:34+	02:18+	03:35+	05:00+	06:38+	07:43+	08:45+	10:09+	13:25+	14:45+	16:32+	18:03+	23:43+	26:23+	31:02+	31:59+	34:04+	35:15+	37:22+	37:54+	39:12+	40:41+	41:00+	42:14+	44:42+	45:36+
	01:34+	00:44+	01:17+	01:25+	01:38+	01:05+	01:02+	01:24+	03:16+	01:20+	01:47+	01:31+	05:40+	02:40+	04:39+	00:57+	02:05+	01:11+	02:07+	00:32+	01:18+	01:29+	00:19+	01:14+	02:28+	00:54+
	01:34+	00:44+	01:17+	01:25+	01:38+	01:05+	01:02+	01:24+	03:16+	01:20+	01:47+	01:31+	05:40+	02:40+	04:39+	00:57+	02:05+	01:11+	02:07+	00:32+	01:18+	01:29+	00:19+	01:14+	02:28+	00:54+
	46:41+	47:17+	47:36+																							
	01:05+	00:36+	00:19+																							
	01:05+	00:36+	00:19+																							
16	Stian Bentsen Malmanger		3676										50:25													
	01:39+	02:22+	03:47+	05:32+	07:25+	08:52+	10:17+	12:16+	15:13+	20:12+	23:01+	24:35+	28:02+	30:33+	32:58+	33:54+	35:37+	37:27+	39:46+	40:23+	41:41+	43:06+	43:33+	45:05+	47:06+	47:57+
	01:39+	00:43+	01:25+	01:45+	01:53+	01:27+	01:25+	01:59+	02:57+	04:59+	02:49+	01:34+	03:27+	02:31+	02:25+	00:56+	01:43+	01:50+	02:19+	00:37+	01:18+	01:25+	00:27+	01:32+	02:01+	00:51+
	01:39+	00:43+	01:25+	01:45+	01:53+	01:27+	01:25+	01:59+	02:57+	04:59+	02:49+	01:34+	03:27+	02:31+	02:25+	00:56+	01:43+	01:50+	02:19+	00:37+	01:18+	01:25+	00:27+	01:32+	02:01+	00:51+
	49:17+	50:05+	50:25+																							
	01:20+	00:48+	00:20+																							
	01:20+	00:48+	00:20+																							
17	Trym Hustoft		3497										51:30													
	01:21+	01:56+	02:58+	04:31+	06:41+	07:41+	11:17+	12:49+	15:49+	17:19+	19:06+	20:59+	23:08+	25:02+	27:56+	29:17+	31:04+	32:34+	34:43+	35:16+	36:36+	37:28+	44:01+	44:17+	45:53+	47:56+
	01:21+	00:35+	01:02+	01:33+	02:10+	01:00+	03:36+	01:32+	03:00+	01:30+	01:47+	01:53+	02:09+	01:54+	02:54+	01:21+	01:47+	01:30+	02:09+	00:33+	01:20+	00:52+	06:33+	00:16+	01:36+	02:03+
	01:21+	00:35+	01:02+	01:33+	02:10+	01:00+	03:36+	01:32+	03:00+	01:30+	01:47+	01:53+	02:09+	01:54+	02:54+	01:21+	01:47+	01:30+	02:09+	00:33+	01:20+	00:52+	06:33+	00:16+	01:36+	02:03+
	48:55+	50:26+	51:12+	51:30+																						
	00:59+	01:31+	00:46+	00:18+																						
	00:59+	01:31+	00:46+	00:18+																						
18	Christian Schmidt		2342										51:34													
	01:35+	02:09+	03:11+	05:17+	06:45+	07:48+	22:01+	23:31+	25:49+	27:23+	28:44+	29:54+	32:39+	34:55+	36:39+	37:31+	38:44+	41:23+	43:03+	43:43+	44:44+	46:16+	46:32+	47:37+	49:15+	49:53+
	01:35+	00:34+	01:02+	02:06+	01:28+	01:03+	14:13+	01:30+	02:18+	01:34+	01:21+	01:10+	02:45+	02:16+	01:44+	00:52+	01:13+	02:39+	01:40+	00:40+	01:01+	01:32+	00:16+	01:05+	01:38+	00:38+
	01:35+	00:34+	01:02+	02:06+	01:28+	01:03+	14:13+	01:30+	02:18+	01:34+	01:21+	01:10+	02:45+	02:16+	01:44+	00:52+	01:13+	02:39+	01:40+	00:40+	01:01+	01:32+	00:16+	01:05+	01:38+	00:38+
	50:50+	51:22+	51:34+																							
	00:57+	00:32+	00:12+																							
	00:57+	00:32+	00:12+																							
19	Andreas Primstad		3548										53:02													
	01:28+	02:01+	03:34+	05:15+	06:38+	09:37+	11:22+	13:05+	17:19+	19:24+	21:41+	22:48+	26:58+	31:54+	33:58+	35:09+	37:21+	38:47+	41:08+	41:44+	43:34+	44:55+	45:34+	46:53+	50:05+	50:50+
	01:28+	00:33+	01:33+	01:41+	01:23+	02:59+	01:45+	01:43+	04:14+	02:05+	02:17+	01:07+	04:10+	04:56+	02:04+	01:11+	02:12+	01:26+	02:21+	00:36+	01:50+	01:21+	00:39+	01:19+	03:12+	00:45+
	01:28+	00:33+	01:33+	01:41+	01:23+	02:59+	01:45+	01:43+	04:14+	02:05+	02:17+	01:07+	04:10+	04:56+	02:04+	01:11+	02:12+	01:26+	02:21+	00:36+	01:50+	01:21+	00:39+	01:19+	03:12+	00:45+
	52:24+	52:47+	53:02+																							
	01:34+	00:23+	00:15+																							
	01:34+	00:23+	00:15+																							
20	Vidar Haus		3528										57:22													
	01:44+	02:22+	03:33+	05:14+	18:51+	20:18+	21:50+	23:28+	25:48+	27:38+	29:22+	31:11+	34:40+	36:51+	38:59+	40:17+	41:58+	43:26+	45:33+	46:06+	47:30+	49:14+	49:39+	51:28+	54:04+	54:54+
	01:44+	00:38+	01:11+	01:41+	13:37+	01:27+	01:32+	01:38+	02:20+	01:50+	01:44+	01:49+	03:29+	02:11+	02:08+	01:18+	01:41+	01:28+	02:07+	00:33+	01:24+	01:44+	00:25+	01:49+	02:36+	00:50+
	01:44+	00:38+	01:11+	01:41+	13:37+	01:27+	01:32+	01:38+	02:20+	01:50+	01:44+	01:49+	03:29+	02:11+	02:08+	01:18+	01:41+	01:28+	02:07+	00:33+	01:24+	01:44+	00:25+	01:49+	02:36+	00:50+
	56:03+	57:04+	57:22+																							
	01:09+	01:01+	00:18+																							
	01:09+	01:01+	00:18+																							

Plass	Navn	Klasse	Tid
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H16

21	Lars Kartevoll												3548	58:04											
01:32+	02:13+	03:31+	05:16+	07:07+	08:36+	09:46+	11:43+	14:29+	16:13+	19:05+	20:53+	34:30+	36:15+	40:05+	41:27+	43:13+	44:41+	46:37+	47:22+	48:45+	50:06+	50:25+	51:53+	54:26+	55:28+
01:32+	00:41+	01:18+	01:45+	01:51+	01:29+	01:10+	01:57+	02:46+	01:44+	02:52+	01:48+	13:37+	01:45+	03:50+	01:22+	01:46+	01:28+	01:56+	00:45+	01:23+	01:21+	00:19+	01:28+	02:33+	01:02+
01:32+	00:41+	01:18+	01:45+	01:51+	01:29+	01:10+	01:57+	02:46+	01:44+	02:52+	01:48+	13:37+	01:45+	03:50+	01:22+	01:46+	01:28+	01:56+	00:45+	01:23+	01:21+	00:19+	01:28+	02:33+	01:02+
56:57+	57:45+	58:04+																							
01:29+	00:48+	00:19+																							
01:29+	00:48+	00:19+																							

22	Håvard Aase													3558	1:10:29												
01:38+	02:48+	05:18+	06:54+	08:34+	10:04+	11:18+	12:58+	20:04+	21:53+	34:47+	36:20+	39:11+	42:01+	48:29+	49:56+	51:49+	54:02+	56:06+	57:03+	58:27+	59:54+	60:12+	62:25+	66:58+	67:42+		
01:38+	01:10+	02:30+	01:36+	01:40+	01:30+	01:14+	01:40+	07:06+	01:49+	12:54+	01:33+	02:51+	02:50+	06:28+	01:27+	01:53+	02:13+	02:04+	00:57+	01:24+	01:27+	00:18+	02:13+	04:33+	00:44+		
01:38+	01:10+	02:30+	01:36+	01:40+	01:30+	01:14+	01:40+	07:06+	01:49+	12:54+	01:33+	02:51+	02:50+	06:28+	01:27+	01:53+	02:13+	02:04+	00:57+	01:24+	01:27+	00:18+	02:13+	04:33+	00:44+		
69:22+	70:13+	70:29+																									
01:40+	00:51+	00:16+																									
01:40+	00:51+	00:16+																									

Beste strekktid for klassen

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

H40

1	Christian Ask													3563			35:31												
01:22=	01:52=	02:53=	04:19=	05:39=	06:32=	07:30=	08:39=	10:08=	11:36=	13:11=	14:28=	16:34=	19:49=	21:28=	22:20=	23:48=	25:05=	27:05=	27:34=	28:45=	29:45=	30:04=	31:19=	33:04=	33:40=				
01:22=	00:30=	01:01=	01:26=	01:20=	00:53=	00:58=	01:09=	01:29=	01:28=	01:35=	01:17=	02:06=	03:15=	01:39=	00:52=	01:28=	01:17=	02:00=	00:29=	01:11=	01:00=	00:19=	01:15=	01:45=	00:36=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
34:43=	35:16=	35:31=																											
01:03=	00:33=	00:15=																											
00:00=	00:00=	00:00=																											

2 Anders Presterud 903 38:31																									
01:27+	02:07+	03:13+	04:23+	05:57+	06:58+	08:26+	09:44+	11:11+	12:40+	14:18+	15:41+	17:56+	19:51+	22:19+	23:17+	24:40+	26:02+	27:58+	28:33+	30:20+	31:27+	31:48+	33:22+	35:44+	36:34+
01:27+	00:40+	01:06+	01:10-	01:34+	01:01+	01:28+	01:18+	01:27-	01:29+	01:38+	01:23+	02:15+	01:55-	02:28+	00:58+	01:23-	01:22+	01:56-	00:35+	01:47+	01:07+	00:21+	01:34+	02:22+	00:50+
00:05+	00:10&	00:05+	00:16-	00:14#	00:08#	00:30&	00:09#	00:02-	00:01+	00:03+	00:06+	00:09+	01:20-	00:49&	00:06#	00:05-	00:05+	00:04-	00:06#	00:36&	00:07#	00:02#	00:19&	00:37&	00:14&
37:39+	38:16+	38:31+																							
01:05+	00:37+	00:15=																							
00:02+	00:04#	00:00=																							

3			Sturla Stokkeland										3522			38:45									
01:45+	02:27+	03:33+	04:50+	06:16+	07:09+	08:16+	10:07+	12:24+	14:08+	15:38+	17:01+	19:24+	21:05+	23:15+	24:09+	25:52+	27:10+	29:22+	29:57+	31:08+	32:23+	32:40+	34:01+	36:06+	36:46+
01:45+	00:42+	01:06+	01:17-	01:26+	00:53=	01:07+	01:51+	02:17+	01:44+	01:30-	01:23+	02:23+	01:41-	02:10+	00:54+	01:43+	01:18+	02:12+	00:35+	01:11=	01:15+	00:17-	01:21+	02:05+	00:40+
00:23&	00:12&	00:05+	00:09-	00:06+	00:00=	00:09#	00:42&	00:48&	00:16#	00:05-	00:06+	00:17#	01:34-	00:31&	00:02+	00:15#	00:01+	00:12#	00:06#	00:00=	00:15#	00:02-	00:06+	00:20#	00:04#
37:55+	38:28+	38:45+																							
01:09+	00:33=	00:17+																							
00:06+	00:00=	00:02#																							

4 Jan-Kenneth Polle				3525										41:02											
01:11-	01:45-	02:46-	03:57-	05:22-	06:11-	07:17-	09:02+	10:35+	12:49+	14:08+	15:32+	18:45+	20:46+	22:52+	23:46+	24:21+	26:10+	28:06+	29:54+	30:24+	31:35+	33:07+	33:35+	34:52+	38:25+
01:11-	00:34+	01:01=	01:11-	01:25+	00:49-	01:06+	01:45+	01:33+	02:14+	01:19-	01:24+	03:13+	02:01-	02:06+	00:54+	00:35-	01:49+	01:56-	01:48+	00:30-	01:11+	01:32+	00:28-	01:17-	03:33+
00:11-	00:04#	00:00=	00:15-	00:05+	00:04-	00:08#	00:36&	00:04+	00:46&	00:16-	00:07+	01:07&	01:14-	00:27&	00:02+	00:53-	00:32&	00:04-	01:19@	00:41-	00:11#	01:13@	00:47-	00:28-	02:57@
39:08+	40:07+	40:49+	41:02+																						
00:43-	00:59+	00:42+	00:13+																						
00:20-	00:26&	00:27@	00:13+																						

Ole-Tobias Frich													1683													42:48												
01:23+	01:58+	02:59+	04:18-	06:00+	06:52+	08:05+	09:20+	11:42+	13:39+	15:23+	16:47+	19:48+	22:24+	25:12+	26:12+	27:51+	29:32+	31:29+	32:03+	33:27+	34:43+	35:02+	37:32+	39:58+	40:42+													
01:23+	00:35+	01:01=	01:19-	01:42+	00:52-	01:13+	01:15+	02:22+	01:57+	01:44+	01:24+	03:01+	02:36-	02:48+	01:00+	01:39+	01:41+	01:57-	00:34+	01:24+	01:16+	00:19=	02:30+	02:26+	00:44+													
00:01+	00:05#	00:00=	00:07-	00:22&	00:01-	00:15&	00:06+	00:53&	00:29&	00:09+	00:07+	00:55&	00:39-	01:09&	00:08#	00:11#	00:24&	00:03-	00:05#	00:13#	00:16&	00:00=	01:15&	00:41&	00:08#													
41:50+	42:32+	42:48+																																				
01:08+	00:42+	00:16+																																				
00:05+	00:09&	00:01+																																				

Plass	Navn		Klasse										Tid													
H40																										
6	Bjarne Bore		3529										43:27													
	01:32+	02:10+	03:13+	04:32+	06:07+	07:10+	08:18+	10:18+	11:51+	13:30+	15:07+	16:34+	18:57+	20:49+	22:37+	23:33+	25:13+	26:45+	28:41+	29:13+	30:32+	32:01+	32:23+	33:47+	40:17+	41:38+
	01:32+	00:38+	01:03+	01:19-	01:35+	01:03+	01:08+	02:00+	01:33+	01:39+	01:37+	01:27+	02:23+	01:52-	01:48+	00:56+	01:40+	01:32+	01:56-	00:32+	01:19+	01:29+	00:22+	01:24+	06:30+	01:21+
	00:10#	00:08&	00:02+	00:07-	00:15#	00:10#	00:10#	00:51&	00:04+	00:11#	00:02+	00:10#	00:17#	01:23-	00:09+	00:04+	00:12#	00:15#	00:04-	00:03#	00:08#	00:29&	00:03#	00:09#	04:45@	00:45@
	42:44+	43:13+	43:27+																							
	01:06+	00:29-	00:14-																							
	00:03+	00:04-	00:01-																							
7	Magne Habbestad		3531										43:52													
	01:27+	02:01+	03:05+	04:28+	05:53+	06:46+	07:53+	09:10+	10:39+	12:34+	13:58+	16:32+	19:03+	26:22+	28:28+	29:21+	30:48+	32:16+	34:27+	35:01+	36:10+	37:24+	37:41+	39:06+	41:21+	41:58+
	01:27+	00:34+	01:04+	01:23+	01:25+	00:53+	01:07+	01:17+	01:29+	01:55+	01:24+	02:34+	02:31+	07:19+	02:06+	00:53+	01:27+	01:28+	02:11+	00:34+	01:09+	01:14+	00:17+	01:25+	02:15+	00:37+
	01:27+	00:34+	01:04+	01:23+	01:25+	00:53+	01:07+	01:17+	01:29+	01:55+	01:24+	02:34+	02:31+	07:19+	02:06+	00:53+	01:27+	01:28+	02:11+	00:34+	01:09+	01:14+	00:17+	01:25+	02:15+	00:37+
	42:59+	43:36+	43:52+																							
	01:01+	00:37+	00:16+																							
	01:01+	00:37+	00:16+																							
8	Rune Dahl Fitjar		1754										45:31													
	01:43+	02:26+	03:36+	08:04+	09:50+	11:10+	12:19+	14:21+	16:31+	18:07+	19:38+	21:01+	23:21+	25:49+	28:21+	29:42+	31:22+	32:46+	35:04+	35:44+	37:17+	38:29+	38:48+	40:03+	42:19+	43:30+
	01:43+	00:43+	01:10+	04:28+	01:46+	01:20+	01:09+	02:02+	02:10+	01:36+	01:31+	01:23+	02:20+	02:28+	02:32+	01:21+	01:40+	01:24+	02:18+	00:40+	01:33+	01:12+	00:19+	01:15+	02:16+	01:11+
	01:43+	00:43+	01:10+	04:28+	01:46+	01:20+	01:09+	02:02+	02:10+	01:36+	01:31+	01:23+	02:20+	02:28+	02:32+	01:21+	01:40+	01:24+	02:18+	00:40+	01:33+	01:12+	00:19+	01:15+	02:16+	01:11+
	44:30+	45:18+	45:31+																							
	01:00+	00:48+	00:13+																							
	01:00+	00:48+	00:13+																							
9	Rune Hatle		903										46:49													
	01:25+	02:01+	03:08+	04:30+	06:08+	07:08+	08:24+	10:12+	12:06+	13:45+	21:32+	22:54+	25:55+	27:58+	29:49+	30:42+	32:58+	34:25+	36:29+	36:59+	38:22+	39:33+	39:52+	41:25+	43:59+	44:32+
	01:25+	00:36+	01:07+	01:22+	01:38+	01:00+	01:16+	01:48+	01:54+	01:39+	07:47+	01:22+	03:01+	02:03+	01:51+	00:53+	02:16+	01:27+	02:04+	00:30+	01:23+	01:11+	00:19+	01:33+	02:34+	00:33+
	01:25+	00:36+	01:07+	01:22+	01:38+	01:00+	01:16+	01:48+	01:54+	01:39+	07:47+	01:22+	03:01+	02:03+	01:51+	00:53+	02:16+	01:27+	02:04+	00:30+	01:23+	01:11+	00:19+	01:33+	02:34+	00:33+
	46:01+	46:32+	46:49+																							
	01:29+	00:31+	00:17+																							
	01:29+	00:31+	00:17+																							
10	Alexander Khorunzhiy		1456										46:53													
	01:58+	02:40+	03:48+	05:14+	07:19+	08:17+	12:11+	13:46+	15:49+	17:36+	19:00+	20:41+	24:00+	26:12+	29:17+	30:19+	32:35+	33:57+	36:28+	37:08+	38:28+	39:54+	40:10+	41:21+	43:48+	44:27+
	01:58+	00:42+	01:08+	01:26+	02:05+	00:58+	03:54+	01:35+	02:03+	01:47+	01:24+	01:41+	03:19+	02:12+	03:05+	01:02+	02:16+	01:22+	02:31+	00:40+	01:20+	01:26+	00:16+	01:11+	02:27+	00:39+
	01:58+	00:42+	01:08+	01:26+	02:05+	00:58+	03:54+	01:35+	02:03+	01:47+	01:24+	01:41+	03:19+	02:12+	03:05+	01:02+	02:16+	01:22+	02:31+	00:40+	01:20+	01:26+	00:16+	01:11+	02:27+	00:39+
	45:58+	46:38+	46:53+																							
	01:31+	00:40+	00:15+																							
	01:31+	00:40+	00:15+																							
11	Anders Klungre		3548										47:18													
	01:14+	01:42+	02:43+	04:13+	10:49+	11:53+	13:06+	14:43+	16:56+	18:29+	20:19+	21:40+	27:26+	29:15+	31:05+	32:01+	33:26+	35:04+	37:14+	37:47+	39:03+	40:09+	40:27+	41:41+	44:08+	44:58+
	01:14+	00:28+	01:01+	01:30+	06:36+	01:04+	01:13+	01:37+	02:13+	01:33+	01:50+	01:21+	05:46+	01:49+	01:50+	00:56+	01:25+	01:38+	02:10+	00:33+	01:16+	01:06+	00:18+	01:14+	02:27+	00:50+
	01:14+	00:28+	01:01+	01:30+	06:36+	01:04+	01:13+	01:37+	02:13+	01:33+	01:50+	01:21+	05:46+	01:49+	01:50+	00:56+	01:25+	01:38+	02:10+	00:33+	01:16+	01:06+	00:18+	01:14+	02:27+	00:50+
	46:27+	47:05+	47:18+																							
	01:29+	00:38+	00:13+																							
	01:29+	00:38+	00:13+																							
12	Glenn Madland		879										47:57													
	01:18+	01:58+	03:01+	04:10+	05:26+	06:27+	07:27+	08:35+	14:12+	15:55+	19:31+	22:19+	24:13+	27:15+	29:41+	31:38+	32:22+	34:01+	35:36+	37:32+	38:18+	39:35+	40:46+	41:09+	42:30+	45:08+
	01:18+	00:40+	01:03+	01:09+	01:16+	01:01+	01:00+	01:08+	05:37+	01:43+	03:36+	02:48+	01:54+	03:02+	02:26+	01:57+	00:44+	01:39+	01:35+	01:56+	00:46+	01:17+	01:11+	00:23+	01:21+	02:38+
	01:18+	00:40+	01:03+	01:09+	01:16+	01:01+	01:00+	01:08+	05:37+	01:43+	03:36+	02:48+	01:54+	03:02+	02:26+	01:57+	00:44+	01:39+	01:35+	01:56+	00:46+	01:17+	01:11+	00:23+	01:21+	02:38+
	45:48+	46:53+	47:41+	47:57+																						
	00:40+	01:05+	00:48+	00:16+																						
	00:40+	01:05+	00:48+	00:16+																						
13	Frode Ungar		1683										48:17													
	01:32+	02:10+	03:25+	05:03+	09:33+	10:46+	12:11+	13:46+	15:33+	17:30+	19:07+	20:31+	23:15+	25:31+	27:32+	29:10+	30:50+	32:33+	35:59+	36:44+	38:06+	40:01+	40:26+	41:49+	44:45+	45:49+
	01:32+	00:38+	01:15+	01:38+	04:30+	01:13+	01:25+	01:35+	01:47+	01:57+	01:37+	01:24+	02:44+	02:16+	02:01+	01:38+	01:40+	01:43+	03:26+	00:45+	01:22+	01:55+	00:25+	01:23+	02:56+	01:04+
	01:32+	00:38+	01:15+	01:38+	04:30+	01:13+	01:25+	01:35+	01:47+	01:57+	01:37+	01:24+	02:44+	02:16+	02:01+	01:38+	01:40+	01:43+	03:26+	00:45+	01:22+	01:55+	00:25+	01:23+	02:56+	01:04+
	47:15+	47:59+	48:17+																							
	01:26+	00:44+	00:18+																							
	01:26+	00:44+	00:18+																							

Plass	Navn	Klasse	Tid
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H40

14				Frode Stangeland				3516				48:43																			
01:28+	02:03+	03:20+	04:43+	06:11+	07:33+	08:46+	10:06+	12:14+	14:15+	15:41+	17:06+	22:23+	25:13+	28:05+	28:58+	30:46+	32:04+	34:14+	34:50+	35:57+	41:08+	41:29+	43:16+	45:01+	45:38+						
01:28+	00:35+	01:17+	01:23+	01:28+	01:22+	01:13+	01:20+	02:08+	02:01+	01:26+	01:25+	05:17+	02:50+	02:52+	00:53+	01:48+	01:18+	02:10+	00:36+	01:07+	05:11+	00:21+	01:47+	01:45+	00:37+						
01:28+	00:35+	01:17+	01:23+	01:28+	01:22+	01:13+	01:20+	02:08+	02:01+	01:26+	01:25+	05:17+	02:50+	02:52+	00:53+	01:48+	01:18+	02:10+	00:36+	01:07+	05:11+	00:21+	01:47+	01:45+	00:37+						
47:47+	48:26+	48:43+																													
02:09+	00:39+	00:17+																													
02:09+	00:39+	00:17+																													
15				Lars Lone Rasmussen				4248				51:02																			
01:34+	02:17+	04:08+	05:46+	07:53+	09:20+	10:46+	13:07+	16:19+	18:32+	20:40+	22:36+	26:15+	28:54+	31:24+	32:45+	34:34+	36:07+	38:28+	39:08+	40:30+	42:24+	42:45+	45:30+	47:40+	48:45+						
01:34+	00:43+	01:51+	01:38+	02:07+	01:27+	01:26+	02:21+	03:12+	02:13+	02:08+	01:56+	03:39+	02:39+	02:30+	01:21+	01:49+	01:33+	02:21+	00:40+	01:22+	01:54+	00:21+	02:45+	02:10+	01:05+						
01:34+	00:43+	01:51+	01:38+	02:07+	01:27+	01:26+	02:21+	03:12+	02:13+	02:08+	01:56+	03:39+	02:39+	02:30+	01:21+	01:49+	01:33+	02:21+	00:40+	01:22+	01:54+	00:21+	02:45+	02:10+	01:05+						
49:55+	50:43+	51:02+																													
01:10+	00:48+	00:19+																													
01:10+	00:48+	00:19+																													
16				Jens Otto Hatlevold				2023				57:13																			
01:15+	01:47+	03:04+	04:29+	05:54+	10:11+	11:24+	13:16+	21:36+	22:45+	25:37+	28:40+	30:40+	33:07+	39:04+	40:04+	41:45+	43:11+	44:51+	45:25+	46:48+	51:04+	51:40+	52:33+	54:16+	55:05+						
01:15+	00:32+	01:17+	01:25+	01:25+	04:17+	01:13+	01:52+	08:20+	01:09+	02:52+	03:03+	02:00+	02:27+	05:57+	01:00+	01:41+	01:26+	01:40+	00:34+	01:23+	04:16+	00:36+	00:53+	01:43+	00:49+						
01:15+	00:32+	01:17+	01:25+	01:25+	04:17+	01:13+	01:52+	08:20+	01:09+	02:52+	03:03+	02:00+	02:27+	05:57+	01:00+	01:41+	01:26+	01:40+	00:34+	01:23+	04:16+	00:36+	00:53+	01:43+	00:49+						
55:58+	57:01+	57:13+																													
00:53+	01:03+	00:12+																													
00:53+	01:03+	00:12+																													
17				Arild Stave				3676				59:43																			
01:21+	01:54+	03:12+	04:20+	15:28+	16:52+	27:16+	28:22+	30:30+	31:48+	32:59+	35:07+	37:59+	40:02+	42:06+	43:21+	44:46+	45:55+	47:56+	48:21+	49:25+	50:55+	51:10+	52:33+	56:20+	56:57+						
01:21+	00:33+	01:18+	01:08+	11:08+	01:24+	10:24+	01:06+	02:08+	01:18+	01:11+	02:08+	02:52+	02:03+	02:04+	01:15+	01:25+	01:09+	02:01+	00:25+	01:04+	01:30+	00:15+	01:23+	03:47+	00:37+						
01:21+	00:33+	01:18+	01:08+	11:08+	01:24+	10:24+	01:06+	02:08+	01:18+	01:11+	02:08+	02:52+	02:03+	02:04+	01:15+	01:25+	01:09+	02:01+	00:25+	01:04+	01:30+	00:15+	01:23+	03:47+	00:37+						
58:17+	59:29+	59:43+																													
01:20+	01:12+	00:14+																													
01:20+	01:12+	00:14+																													
18				Kay Roar Harila				643				1:01:41																			
02:13+	03:04+	04:34+	06:22+	08:24+	09:51+	11:23+	13:23+	19:07+	23:39+	25:56+	28:09+	31:45+	38:21+	41:55+	43:35+	45:14+	46:52+	49:19+	49:57+	51:46+	53:23+	53:50+	55:15+	57:41+	59:09+						
02:13+	00:51+	01:30+	01:48+	02:02+	01:27+	01:32+	02:00+	05:44+	04:32+	02:17+	02:13+	03:36+	06:36+	03:34+	01:40+	01:39+	01:38+	02:27+	00:38+	01:49+	01:37+	00:27+	01:25+	02:26+	01:28+						
02:13+	00:51+	01:30+	01:48+	02:02+	01:27+	01:32+	02:00+	05:44+	04:32+	02:17+	02:13+	03:36+	06:36+	03:34+	01:40+	01:39+	01:38+	02:27+	00:38+	01:49+	01:37+	00:27+	01:25+	02:26+	01:28+						
60:36+	61:25+	61:41+																													
01:27+	00:49+	00:16+																													
01:27+	00:49+	00:16+																													
19				Lars Terje Vaaland				1683				1:15:30																			
01:35+	02:08+	03:41+	05:28+	29:44+	31:19+	33:52+	35:17+	38:08+	40:00+	41:56+	44:31+	50:02+	53:32+	56:05+	57:14+	59:06+	60:20+	62:24+	63:02+	64:43+	66:57+	67:20+	68:41+	72:01+	72:45+						
01:35+	00:33+	01:33+	01:47+	24:16+	01:35+	02:33+	01:25+	02:51+	01:52+	01:56+	02:35+	05:31+	03:30+	02:33+	01:09+	01:52+	01:14+	02:04+	00:38+	01:41+	02:14+	00:23+	01:21+	03:20+	00:44+						
01:35+	00:33+	01:33+	01:47+	24:16+	01:35+	02:33+	01:25+	02:51+	01:52+	01:56+	02:35+	05:31+	03:30+	02:33+	01:09+	01:52+	01:14+	02:04+	00:38+	01:41+	02:14+	00:23+	01:21+	03:20+	00:44+						
74:19+	75:10+	75:30+																													
01:34+	00:51+	00:20+																													
01:34+	00:51+	00:20+																													

Beste strekktid for klassen

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

H50

1	Thomas Chruickshank												3545		35:11											
01:16=	02:49=	04:16=	05:51=	06:44=	08:14=	09:06=	10:15=	11:36=	12:34=	15:15=	16:16=	17:35=	18:50=	20:33=	24:00=	24:33=	26:02=	27:49=	29:39=	30:52=	31:49=	32:31=	33:24=	34:07=	34:57=	
01:16=	01:33=	01:27=	01:35=	00:53=	01:30=	00:52=	01:09=	01:21=	00:58=	02:41=	01:01=	01:19=	01:15=	01:43=	03:27=	00:33=	01:29=	01:47=	01:50=	01:13=	00:57=	00:42=	00:53=	00:43=	00:50=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
35:11=																										
00:14=																										
00:00=																										

Plass	Navn										Klasse	Tid									
H50																					
2	Morten Sørli Ronæss										882	35:53									
	01:35+	03:02+	04:57+	06:48+	08:06+	09:39+	10:42+	11:57+	13:37+	14:46+	17:48+	18:44+	19:54+	20:55+	21:56+	23:20-	23:53-	25:11-	26:59-	29:19-	30:34-
	01:35+	01:27-	01:55+	01:51+	01:18+	01:33+	01:03+	01:15+	01:40+	01:09+	03:02+	00:56-	01:10-	01:01-	01:01-	01:24-	00:33=	01:18-	01:48+	02:20+	01:15+
	00:19#	00:06-	00:28&	00:16#	00:25&	00:03+	00:11#	00:06+	00:19#	00:11#	00:21#	00:05-	00:09-	00:14-	00:42-	02:03-	00:00=	00:11-	00:01+	00:30&	00:02+
	35:53+																				
	00:21+																				
	00:07&																				
3	Asbjørn Brådland										879	36:47									
	01:29+	02:40+	04:19+	05:52+	06:49+	08:24+	09:28+	10:51+	12:33+	14:12+	17:51+	18:41+	19:55+	21:16+	22:22+	24:14+	25:03+	26:14+	28:30+	30:45+	32:14+
	01:29+	01:11+	01:39+	01:33+	00:57+	01:35+	01:04+	01:23+	01:42+	01:39+	03:39+	00:50+	01:14+	01:21+	01:06+	01:52+	00:49+	01:11+	02:16+	02:15+	01:29+
	01:29+	01:11+	01:39+	01:33+	00:57+	01:35+	01:04+	01:23+	01:42+	01:39+	03:39+	00:50+	01:14+	01:21+	01:06+	01:52+	00:49+	01:11+	02:16+	02:15+	01:29+
	36:47+																				
	00:14+																				
	00:14+																				
4	Fredrik Jomaas										4270	36:53									
	01:28+	02:31+	04:10+	05:28+	06:25+	07:56+	09:06+	10:31+	12:50+	14:05+	17:20+	18:15+	19:27+	20:24+	21:39+	24:59+	25:29+	26:29+	28:28+	30:54+	32:17+
	01:28+	01:03+	01:39+	01:18+	00:57+	01:31+	01:10+	01:25+	02:19+	01:15+	03:15+	00:55+	01:12+	00:57+	01:15+	03:20+	00:30+	01:00+	01:59+	02:26+	01:23+
	01:28+	01:03+	01:39+	01:18+	00:57+	01:31+	01:10+	01:25+	02:19+	01:15+	03:15+	00:55+	01:12+	00:57+	01:15+	03:20+	00:30+	01:00+	01:59+	02:26+	01:23+
	36:53+																				
	00:21+																				
	00:21+																				
5	Trond Lamark										878	37:00									
	01:33+	02:41+	04:16+	05:42+	06:51+	08:30+	09:30+	10:49+	12:17+	13:34+	17:15+	18:04+	19:14+	20:23+	21:27+	23:06+	23:32+	25:15+	27:19+	29:19+	30:43+
	01:33+	01:08+	01:35+	01:26+	01:09+	01:39+	01:00+	01:19+	01:28+	01:17+	03:41+	00:49+	01:10+	01:09+	01:04+	01:39+	00:26+	01:43+	02:04+	02:00+	01:24+
	01:33+	01:08+	01:35+	01:26+	01:09+	01:39+	01:00+	01:19+	01:28+	01:17+	03:41+	00:49+	01:10+	01:09+	01:04+	01:39+	00:26+	01:43+	02:04+	02:00+	01:24+
	37:00+																				
	00:20+																				
	00:20+																				
6	Sigurd Ravndal										769	37:06									
	01:36+	02:50+	04:29+	05:45+	06:52+	09:55+	11:01+	12:15+	13:46+	15:01+	18:00+	18:55+	19:52+	21:39+	22:52+	25:00+	25:30+	27:30+	29:13+	30:52+	32:15+
	01:36+	01:14+	01:39+	01:16+	01:07+	03:03+	01:06+	01:14+	01:31+	01:15+	02:59+	00:55+	00:57+	01:47+	01:13+	02:08+	00:30+	02:00+	01:43+	01:39+	01:23+
	01:36+	01:14+	01:39+	01:16+	01:07+	03:03+	01:06+	01:14+	01:31+	01:15+	02:59+	00:55+	00:57+	01:47+	01:13+	02:08+	00:30+	02:00+	01:43+	01:39+	01:23+
	37:06+																				
	00:18+																				
	00:18+																				
7	Bjørn Ove Olsen Moi										989	37:36									
	01:14+	02:13+	03:45+	05:07+	06:27+	07:58+	09:05+	11:53+	14:15+	15:29+	20:05+	21:00+	22:11+	23:13+	24:11+	25:49+	26:28+	27:31+	29:21+	32:00+	33:26+
	01:14+	00:59+	01:32+	01:22+	01:20+	01:31+	01:07+	02:48+	02:22+	01:14+	04:36+	00:55+	01:11+	01:02+	00:58+	01:38+	00:39+	01:03+	01:50+	02:39+	01:26+
	01:14+	00:59+	01:32+	01:22+	01:20+	01:31+	01:07+	02:48+	02:22+	01:14+	04:36+	00:55+	01:11+	01:02+	00:58+	01:38+	00:39+	01:03+	01:50+	02:39+	01:26+
	37:36+																				
	00:14+																				
	00:14+																				
8	Svein Roar Aas										3565	40:26									
	01:26+	02:36+	04:53+	06:26+	07:22+	08:56+	10:00+	11:35+	13:09+	14:18+	17:39+	20:03+	21:23+	22:48+	23:49+	25:37+	26:02+	28:28+	30:16+	32:35+	35:09+
	01:26+	01:10+	02:17+	01:33+	00:56+	01:34+	01:04+	01:35+	01:34+	01:09+	03:21+	02:24+	01:20+	01:25+	01:01+	01:48+	00:25+	02:26+	01:48+	02:19+	02:34+
	01:26+	01:10+	02:17+	01:33+	00:56+	01:34+	01:04+	01:35+	01:34+	01:09+	03:21+	02:24+	01:20+	01:25+	01:01+	01:48+	00:25+	02:26+	01:48+	02:19+	02:34+
	40:26+																				
	00:17+																				
	00:17+																				
9	Øyvind Madland										3522	40:28									
	01:24+	02:34+	04:18+	05:38+	06:33+	07:55+	08:48+	10:04+	12:05+	13:24+	18:27+	19:14+	20:23+	21:30+	22:32+	28:18+	28:39+	29:44+	31:24+	33:38+	34:47+
	01:24+	01:10+	01:44+	01:20+	00:55+	01:22+	00:53+	01:16+	02:01+	01:19+	05:03+	00:47+	01:09+	01:07+	01:02+	05:46+	00:21+	01:05+	01:40+	02:14+	01:09+
	01:24+	01:10+	01:44+	01:20+	00:55+	01:22+	00:53+	01:16+	02:01+	01:19+	05:03+	00:47+	01:09+	01:07+	01:02+	05:46+	00:21+	01:05+	01:40+	02:14+	01:09+
	40:28+																				
	00:18+																				
	00:18+																				

Plass	Navn			Klasse								Tid											
H50																							
10	Rune Paulsen			3508								41:41											
	01:30+	02:37+	04:10+	05:58+	07:17+	09:22+	10:28+	12:05+	14:31+	16:08+	19:46+	21:00+	22:16+	23:40+	24:50+	27:18+	27:59+	29:20+	31:25+	33:42+	35:45+	36:41+	37:28+
	01:30+	01:07+	01:33+	01:48+	01:19+	02:05+	01:06+	01:37+	02:26+	01:37+	03:38+	01:14+	01:16+	01:24+	01:10+	02:28+	00:41+	01:21+	02:05+	02:17+	02:03+	00:56+	00:47+
	01:30+	01:07+	01:33+	01:48+	01:19+	02:05+	01:06+	01:37+	02:26+	01:37+	03:38+	01:14+	01:16+	01:24+	01:10+	02:28+	00:41+	01:21+	02:05+	02:17+	02:03+	00:56+	00:47+
	41:41+	00:13+	00:13+																				
11	Arngrim Utskarpen			896								42:54											
	01:32+	02:37+	04:54+	06:23+	09:05+	10:27+	11:24+	13:08+	14:41+	18:24+	23:16+	25:30+	26:40+	28:09+	29:20+	31:08+	31:36+	33:09+	35:05+	37:02+	38:31+	39:18+	40:03+
	01:32+	01:05+	02:17+	01:29+	02:42+	01:22+	00:57+	01:44+	01:33+	03:43+	04:52+	02:14+	01:10+	01:29+	01:11+	01:48+	00:28+	01:33+	01:56+	01:57+	01:29+	00:47+	00:45+
	01:32+	01:05+	02:17+	01:29+	02:42+	01:22+	00:57+	01:44+	01:33+	03:43+	04:52+	02:14+	01:10+	01:29+	01:11+	01:48+	00:28+	01:33+	01:56+	01:57+	01:29+	00:47+	00:45+
	42:54+	00:13+	00:13+																				
12	Lars Primstad			769								43:09											
	01:22+	02:15+	03:33+	04:53+	06:03+	07:38+	08:35+	09:54+	11:15+	12:24+	16:31+	17:14+	18:23+	19:32+	20:30+	25:17+	27:04+	30:10+	31:43+	34:35+	35:45+	38:08+	39:46+
	01:22+	00:53+	01:18+	01:20+	01:10+	01:35+	00:57+	01:19+	01:21+	01:09+	04:07+	00:43+	01:09+	01:09+	00:58+	04:47+	01:47+	03:06+	01:33+	02:52+	01:10+	02:23+	01:38+
	01:22+	00:53+	01:18+	01:20+	01:10+	01:35+	00:57+	01:19+	01:21+	01:09+	04:07+	00:43+	01:09+	01:09+	00:58+	04:47+	01:47+	03:06+	01:33+	02:52+	01:10+	02:23+	01:38+
	43:09+	00:15+	00:15+																				
13	Erling Knutzen			879								44:31											
	01:30+	02:38+	04:30+	05:56+	07:00+	08:44+	09:43+	11:06+	12:50+	14:28+	19:00+	20:18+	21:34+	23:05+	24:12+	26:31+	27:14+	31:32+	33:28+	36:01+	37:53+	39:37+	40:07+
	01:30+	01:08+	01:52+	01:26+	01:04+	01:44+	00:59+	01:23+	01:44+	01:38+	04:32+	01:18+	01:16+	01:31+	01:07+	02:19+	00:43+	04:18+	01:56+	02:33+	01:52+	01:44+	00:30+
	01:30+	01:08+	01:52+	01:26+	01:04+	01:44+	00:59+	01:23+	01:44+	01:38+	04:32+	01:18+	01:16+	01:31+	01:07+	02:19+	00:43+	04:18+	01:56+	02:33+	01:52+	01:44+	00:30+
	44:31+	00:13+	00:13+																				
14	Jerome Renoult			3524								44:42											
	01:40+	03:04+	05:04+	06:38+	07:57+	09:40+	11:16+	13:00+	14:48+	17:15+	21:16+	22:28+	24:07+	25:56+	27:16+	29:58+	30:57+	32:11+	34:17+	36:50+	38:23+	39:24+	40:07+
	01:40+	01:24+	02:00+	01:34+	01:19+	01:43+	01:36+	01:44+	01:48+	02:27+	04:01+	01:12+	01:39+	01:49+	01:20+	02:42+	00:59+	01:14+	02:06+	02:33+	01:33+	01:01+	00:43+
	01:40+	01:24+	02:00+	01:34+	01:19+	01:43+	01:36+	01:44+	01:48+	02:27+	04:01+	01:12+	01:39+	01:49+	01:20+	02:42+	00:59+	01:14+	02:06+	02:33+	01:33+	01:01+	00:43+
	44:42+	00:18+	00:18+																				
15	Svend Vihovde			1683								45:35											
	01:44+	03:10+	05:14+	07:16+	08:27+	10:28+	12:06+	13:53+	15:50+	17:27+	22:58+	24:27+	26:03+	27:25+	29:00+	30:54+	31:40+	33:00+	35:24+	37:59+	39:36+	40:59+	42:02+
	01:44+	01:26+	02:04+	02:02+	01:11+	02:01+	01:38+	01:47+	01:57+	01:37+	05:31+	01:29+	01:36+	01:22+	01:35+	01:54+	00:46+	01:20+	02:24+	02:35+	01:37+	01:23+	01:03+
	01:44+	01:26+	02:04+	02:02+	01:11+	02:01+	01:38+	01:47+	01:57+	01:37+	05:31+	01:29+	01:36+	01:22+	01:35+	01:54+	00:46+	01:20+	02:24+	02:35+	01:37+	01:23+	01:03+
	45:35+	00:21+	00:21+																				
16	Trygve Michaelsen			896								45:35											
	01:45+	03:11+	05:14+	07:14+	08:29+	10:22+	12:13+	13:47+	18:50+	20:24+	24:10+	25:15+	26:33+	27:41+	29:10+	31:22+	32:20+	33:23+	36:04+	38:26+	40:01+	40:59+	41:37+
	01:45+	01:26+	02:03+	02:00+	01:15+	01:53+	01:51+	01:34+	05:03+	01:34+	03:46+	01:05+	01:18+	01:08+	01:29+	02:12+	00:58+	01:03+	02:41+	02:22+	01:35+	00:58+	00:38+
	01:45+	01:26+	02:03+	02:00+	01:15+	01:53+	01:51+	01:34+	05:03+	01:34+	03:46+	01:05+	01:18+	01:08+	01:29+	02:12+	00:58+	01:03+	02:41+	02:22+	01:35+	00:58+	00:38+
	45:35+	00:18+	00:18+																				
17	Arne Hetlelid			3508								46:44											
	01:32+	02:45+	04:36+	06:25+	07:28+	11:15+	12:46+	14:32+	16:26+	18:35+	23:40+	24:49+	26:23+	27:42+	28:50+	30:55+	31:34+	32:52+	35:11+	38:06+	39:57+	41:32+	42:49+
	01:32+	01:13+	01:51+	01:49+	01:03+	03:47+	01:31+	01:46+	01:54+	02:09+	05:05+	01:09+	01:34+	01:19+	01:08+	02:05+	00:39+	01:18+	02:19+	02:55+	01:51+	01:35+	01:17+
	01:32+	01:13+	01:51+	01:49+	01:03+	03:47+	01:31+	01:46+	01:54+	02:09+	05:05+	01:09+	01:34+	01:19+	01:08+	02:05+	00:39+	01:18+	02:19+	02:55+	01:51+	01:35+	01:17+
	46:44+	00:21+	00:21+																				

Plass	Navn				Klasse				Tid																	
H50																										
18	Stein Arve Finnestad				1456				48:14																	
	01:36+	02:57+	05:06+	07:10+	08:24+	10:51+	11:55+	13:24+	16:05+	17:43+	21:56+	25:52+	27:21+	29:49+	31:06+	33:53+	35:08+	36:23+	38:42+	41:11+	42:55+	44:03+	44:46+	45:55+	47:01+	47:54+
	01:36+	01:21+	02:09+	02:04+	01:14+	02:27+	01:04+	01:29+	02:41+	01:38+	04:13+	03:56+	01:29+	02:28+	01:17+	02:47+	01:15+	01:15+	02:19+	02:29+	01:44+	01:08+	00:43+	01:09+	01:06+	00:53+
	01:36+	01:21+	02:09+	02:04+	01:14+	02:27+	01:04+	01:29+	02:41+	01:38+	04:13+	03:56+	01:29+	02:28+	01:17+	02:47+	01:15+	01:15+	02:19+	02:29+	01:44+	01:08+	00:43+	01:09+	01:06+	00:53+
	48:14+	00:20+	00:20+																							
19	Lars Solvang				1683				49:17																	
	01:48+	03:11+	05:00+	06:52+	08:05+	10:03+	11:05+	12:48+	14:25+	15:43+	21:32+	22:53+	25:10+	26:36+	28:02+	34:36+	35:17+	36:48+	39:40+	42:05+	43:53+	45:06+	45:48+	46:51+	47:53+	48:57+
	01:48+	01:23+	01:49+	01:52+	01:13+	01:58+	01:02+	01:43+	01:37+	01:18+	05:49+	01:21+	02:17+	01:26+	01:26+	06:34+	00:41+	01:31+	02:52+	02:25+	01:48+	01:13+	00:42+	01:03+	01:02+	01:04+
	01:48+	01:23+	01:49+	01:52+	01:13+	01:58+	01:02+	01:43+	01:37+	01:18+	05:49+	01:21+	02:17+	01:26+	01:26+	06:34+	00:41+	01:31+	02:52+	02:25+	01:48+	01:13+	00:42+	01:03+	01:02+	01:04+
	49:17+	00:20+	00:20+																							
20	Ingve Vold				3529				50:40																	
	01:30+	02:37+	04:38+	06:06+	07:09+	08:56+	10:18+	11:55+	15:48+	17:12+	19:51+	21:05+	24:20+	25:36+	29:21+	30:30+	31:47+	34:41+	35:24+	36:42+	39:23+	41:37+	43:31+	44:38+	45:41+	47:08+
	01:30+	01:07+	02:01+	01:28+	01:03+	01:47+	01:22+	01:37+	03:53+	01:24+	02:39+	01:14+	03:15+	01:16+	03:45+	01:09+	01:17+	02:54+	00:43+	01:18+	02:41+	02:14+	01:54+	01:07+	01:03+	01:27+
	01:30+	01:07+	02:01+	01:28+	01:03+	01:47+	01:22+	01:37+	03:53+	01:24+	02:39+	01:14+	03:15+	01:16+	03:45+	01:09+	01:17+	02:54+	00:43+	01:18+	02:41+	02:14+	01:54+	01:07+	01:03+	01:27+
	49:36+	50:23+	50:40+																							
21	Trondr Breiland				4248				51:24																	
	01:29+	02:33+	03:56+	05:20+	06:30+	11:18+	12:07+	13:24+	14:33+	17:07+	21:01+	22:01+	23:11+	28:34+	30:12+	32:31+	36:26+	37:56+	40:11+	42:07+	45:35+	46:23+	47:05+	48:04+	50:10+	51:09+
	01:29+	01:04+	01:23+	01:24+	01:10+	04:48+	00:49+	01:17+	01:09+	02:34+	03:54+	01:00+	01:10+	05:23+	01:38+	02:19+	03:55+	01:30+	02:15+	01:56+	03:28+	00:48+	00:42+	00:59+	02:06+	00:59+
	01:29+	01:04+	01:23+	01:24+	01:10+	04:48+	00:49+	01:17+	01:09+	02:34+	03:54+	01:00+	01:10+	05:23+	01:38+	02:19+	03:55+	01:30+	02:15+	01:56+	03:28+	00:48+	00:42+	00:59+	02:06+	00:59+
	51:24+	00:15+	00:15+																							
22	Erik Bjørnbom				3558				53:43																	
	01:34+	02:41+	04:43+	06:38+	07:33+	12:40+	13:47+	19:50+	21:23+	22:59+	26:53+	28:25+	30:12+	32:11+	34:34+	36:24+	36:57+	38:20+	41:40+	43:54+	47:01+	48:13+	49:19+	50:20+	52:26+	53:18+
	01:34+	01:07+	02:02+	01:55+	00:55+	05:07+	01:07+	06:03+	01:33+	01:36+	03:54+	01:32+	01:47+	01:59+	02:23+	01:50+	00:33+	01:23+	03:20+	02:14+	03:07+	01:12+	01:06+	01:01+	02:06+	00:52+
	01:34+	01:07+	02:02+	01:55+	00:55+	05:07+	01:07+	06:03+	01:33+	01:36+	03:54+	01:32+	01:47+	01:59+	02:23+	01:50+	00:33+	01:23+	03:20+	02:14+	03:07+	01:12+	01:06+	01:01+	02:06+	00:52+
	53:43+	00:25+	00:25+																							
23	Øystein Fuglestad				878				53:55																	
	01:26+	02:33+	04:46+	06:30+	07:50+	09:47+	10:58+	12:29+	21:53+	23:39+	25:18+	28:40+	33:34+	36:00+	37:32+	39:00+	41:16+	41:41+	42:50+	44:47+	47:14+	49:07+	50:07+	50:55+	51:56+	52:49+
	01:26+	01:07+	02:13+	01:44+	01:20+	01:57+	01:11+	01:31+	09:24+	01:46+	01:39+	03:22+	04:54+	02:26+	01:32+	01:28+	02:16+	00:25+	01:09+	01:57+	02:27+	01:53+	01:00+	00:48+	01:01+	00:53+
	01:26+	01:07+	02:13+	01:44+	01:20+	01:57+	01:11+	01:31+	09:24+	01:46+	01:39+	03:22+	04:54+	02:26+	01:32+	01:28+	02:16+	00:25+	01:09+	01:57+	02:27+	01:53+	01:00+	00:48+	01:01+	00:53+
	53:36+	53:55+																								
24	Trond Birkeland				882				54:22																	
	01:41+	02:42+	04:25+	06:04+	06:53+	08:34+	09:30+	11:01+	14:47+	17:41+	24:37+	25:39+	27:17+	28:23+	30:01+	36:43+	38:32+	44:47+	46:50+	48:43+	50:17+	51:12+	51:44+	52:46+	53:24+	54:07+
	01:41+	01:01+	01:43+	01:39+	00:49+	01:41+	00:56+	01:31+	03:46+	02:54+	06:56+	01:02+	01:38+	01:06+	01:38+	06:42+	01:49+	06:15+	02:03+	01:53+	01:34+	00:55+	00:32+	01:02+	00:38+	00:43+
	01:41+	01:01+	01:43+	01:39+	00:49+	01:41+	00:56+	01:31+	03:46+	02:54+	06:56+	01:02+	01:38+	01:06+	01:38+	06:42+	01:49+	06:15+	02:03+	01:53+	01:34+	00:55+	00:32+	01:02+	00:38+	00:43+
	54:22+	00:15+	00:15+																							
25	Steinar Hansen				882				54:54																	
	01:28+	02:32+	04:15+	07:35+	08:35+	10:13+	11:35+	13:02+	14:45+	16:30+	28:06+	29:29+	32:24+	33:32+	34:50+	37:08+	38:00+	39:29+	42:13+	44:16+	46:36+	47:32+	49:21+	50:34+	53:49+	54:36+
	01:28+	01:04+	01:43+	03:20+	01:00+	01:38+	01:22+	01:27+	01:43+	01:45+	11:36+	01:23+	02:55+	01:08+	01:18+	02:18+	00:52+	01:29+	02:44+	02:03+	02:20+	00:56+	01:49+	01:13+	03:15+	00:47+
	01:28+	01:04+	01:43+	03:20+	01:00+	01:38+	01:22+	01:27+	01:43+	01:45+	11:36+	01:23+	02:55+	01:08+	01:18+	02:18+	00:52+	01:29+	02:44+	02:03+	02:20+	00:56+	01:49+	01:13+	03:15+	00:47+
	54:54+	00:18+	00:18+																							

Plass	Navn		Klasse										Tid									
H50																						
26	Jone Kalheim		879										55:59									
01:20+	02:28+	03:58+	06:24+	09:13+	09:52+	11:30+	12:57+	14:29+	16:59+	25:59+	30:26+	31:31+	32:53+	34:24+	35:24+	39:23+	39:57+	41:58+	44:23+	46:35+	49:32+	51:01+
01:20+	01:08+	01:30+	02:26+	02:49+	00:39+	01:38+	01:27+	01:32+	02:30+	09:00+	04:27+	01:05+	01:22+	01:31+	01:00+	03:59+	00:34+	02:01+	02:25+	02:12+	02:57+	01:29+
01:20+	01:08+	01:30+	02:26+	02:49+	00:39+	01:38+	01:27+	01:32+	02:30+	09:00+	04:27+	01:05+	01:22+	01:31+	01:00+	03:59+	00:34+	02:01+	02:25+	02:12+	02:57+	01:29+
55:41+	55:59+																					
00:47+	00:18+																					
00:47+	00:18+																					
27	TorSverre E. Skåra		1841										56:45									
01:47+	03:05+	04:59+	06:46+	07:48+	10:00+	11:40+	13:57+	16:25+	18:12+	22:33+	23:41+	26:48+	28:01+	39:29+	41:15+	41:58+	43:16+	45:17+	48:03+	49:49+	50:42+	51:23+
01:47+	01:18+	01:54+	01:47+	01:02+	02:12+	01:40+	02:17+	02:28+	01:47+	04:21+	01:08+	03:07+	01:13+	11:28+	01:46+	00:43+	01:18+	02:01+	02:46+	01:46+	00:53+	00:41+
01:47+	01:18+	01:54+	01:47+	01:02+	02:12+	01:40+	02:17+	02:28+	01:47+	04:21+	01:08+	03:07+	01:13+	11:28+	01:46+	00:43+	01:18+	02:01+	02:46+	01:46+	00:53+	00:41+
56:45+																						
00:18+																						
00:18+																						
28	Raymond B Pettersen		722										59:49									
01:43+	03:00+	05:07+	07:05+	08:16+	10:36+	12:19+	14:02+	22:14+	24:18+	28:42+	30:33+	34:56+	36:30+	38:22+	41:45+	42:35+	44:26+	48:23+	51:29+	53:38+	54:51+	55:59+
01:43+	01:17+	02:07+	01:58+	01:11+	02:20+	01:43+	01:43+	08:12+	02:04+	04:24+	01:51+	04:23+	01:34+	01:52+	03:23+	00:50+	01:51+	03:57+	03:06+	02:09+	01:13+	01:08+
01:43+	01:17+	02:07+	01:58+	01:11+	02:20+	01:43+	01:43+	08:12+	02:04+	04:24+	01:51+	04:23+	01:34+	01:52+	03:23+	00:50+	01:51+	03:57+	03:06+	02:09+	01:13+	01:08+
59:49+																						
00:19+																						
00:19+																						
29	Ingebret Folkvord		3563										1:00:08									
01:33+	02:50+	04:28+	16:12+	17:33+	19:28+	20:35+	21:59+	23:27+	24:56+	30:22+	31:15+	32:40+	35:00+	36:41+	38:52+	41:15+	42:41+	45:16+	47:21+	49:42+	50:51+	51:31+
01:33+	01:17+	01:38+	11:44+	01:21+	01:55+	01:07+	01:24+	01:28+	01:29+	05:26+	00:53+	01:25+	02:20+	01:41+	02:11+	02:23+	01:26+	02:35+	02:05+	02:21+	01:09+	00:40+
01:33+	01:17+	01:38+	11:44+	01:21+	01:55+	01:07+	01:24+	01:28+	01:29+	05:26+	00:53+	01:25+	02:20+	01:41+	02:11+	02:23+	01:26+	02:35+	02:05+	02:21+	01:09+	00:40+
60:08+																						
00:19+																						
00:19+																						
30	Christof Schätz		3598										1:02:06									
01:59+	03:33+	07:01+	09:45+	11:01+	15:29+	17:01+	19:16+	21:30+	24:08+	31:02+	32:45+	34:35+	36:14+	37:33+	40:34+	41:12+	42:27+	46:30+	49:32+	51:26+	52:58+	53:58+
01:59+	01:34+	03:28+	02:44+	01:16+	04:28+	01:32+	02:15+	02:14+	02:38+	06:54+	01:43+	01:50+	01:39+	01:19+	03:01+	00:38+	01:15+	04:03+	03:02+	01:54+	01:32+	01:00+
01:59+	01:34+	03:28+	02:44+	01:16+	04:28+	01:32+	02:15+	02:14+	02:38+	06:54+	01:43+	01:50+	01:39+	01:19+	03:01+	00:38+	01:15+	04:03+	03:02+	01:54+	01:32+	01:00+
62:06+																						
00:23+																						
00:23+																						
31	Øystein Endresen		3504										1:02:52									
01:48+	03:06+	05:17+	07:08+	08:27+	10:28+	14:24+	16:20+	18:07+	21:14+	28:04+	29:21+	35:12+	37:10+	38:31+	42:13+	45:22+	47:22+	50:31+	52:49+	54:37+	57:30+	58:09+
01:48+	01:18+	02:11+	01:51+	01:19+	02:01+	03:56+	01:56+	01:47+	03:07+	06:50+	01:17+	05:51+	01:58+	01:21+	03:42+	03:09+	02:00+	03:09+	02:18+	01:48+	02:53+	00:39+
01:48+	01:18+	02:11+	01:51+	01:19+	02:01+	03:56+	01:56+	01:47+	03:07+	06:50+	01:17+	05:51+	01:58+	01:21+	03:42+	03:09+	02:00+	03:09+	02:18+	01:48+	02:53+	00:39+
62:52+																						
00:22+																						
00:22+																						
32	Jarl Steinar Berntsen		882										1:03:30									
01:39+	02:54+	04:46+	06:54+	08:03+	09:46+	10:47+	13:52+	20:33+	30:57+	37:31+	38:59+	41:03+	42:33+	44:12+	47:23+	48:20+	49:41+	52:44+	55:05+	57:10+	58:51+	59:44+
01:39+	01:15+	01:52+	02:08+	01:09+	01:43+	01:01+	03:05+	06:41+	10:24+	06:34+	01:28+	02:04+	01:30+	01:39+	03:11+	00:57+	01:21+	03:03+	02:21+	02:05+	01:41+	00:53+
01:39+	01:15+	01:52+	02:08+	01:09+	01:43+	01:01+	03:05+	06:41+	10:24+	06:34+	01:28+	02:04+	01:30+	01:39+	03:11+	00:57+	01:21+	03:03+	02:21+	02:05+	01:41+	00:53+
63:30+																						
00:22+																						
00:22+																						
33	Hans Frode Andersen		3548										1:03:40									
01:41+	02:58+	08:24+	10:03+	11:10+	13:13+	14:36+	16:05+	18:06+	21:51+	34:14+	40:25+	41:40+	44:33+	45:50+	48:08+	49:43+	51:53+	54:46+	56:46+	58:53+	59:49+	60:38+
01:41+	01:17+	05:26+	01:39+	01:07+	02:03+	01:23+	01:29+	02:01+	03:45+	12:23+	06:11+	01:15+	02:53+	01:17+	02:18+	01:35+	02:10+	02:53+	02:00+	02:07+	00:56+	00:49+
01:41+	01:17+	05:26+	01:39+	01:07+	02:03+	01:23+	01:29+	02:01+	03:45+	12:23+	06:11+	01:15+	02:53+	01:17+	02:18+	01:35+	02:10+	02:53+	02:00+	02:07+	00:56+	00:49+
63:40+																						
00:19+																						
00:19+																						

Plass	Navn	Klasse	Tid
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H50

34	Terje Hatlem				1683								1:04:55															
01:59+	04:40+	06:20+	08:10+	09:32+	11:40+	13:09+	14:45+	16:41+	22:43+	28:21+	29:42+	33:52+	34:48+	36:37+	39:43+	40:31+	43:45+	46:40+	56:29+	58:31+	59:42+	60:44+	61:41+	63:37+	64:30+			
01:59+	02:41+	01:40+	01:50+	01:22+	02:08+	01:29+	01:36+	01:56+	06:02+	05:38+	01:21+	04:10+	00:56+	01:49+	03:06+	00:48+	03:14+	02:55+	09:49+	02:02+	01:11+	01:02+	00:57+	01:56+	00:53+			
01:59+	02:41+	01:40+	01:50+	01:22+	02:08+	01:29+	01:36+	01:56+	06:02+	05:38+	01:21+	04:10+	00:56+	01:49+	03:06+	00:48+	03:14+	02:55+	09:49+	02:02+	01:11+	01:02+	00:57+	01:56+	00:53+			
64:55+																												
00:25+																												
00:25+																												
35	Ove Mæstad				2342								1:05:16															
01:56+	03:48+	07:29+	09:47+	12:02+	15:15+	16:37+	18:37+	20:31+	22:43+	30:16+	31:50+	33:21+	35:52+	37:38+	40:40+	43:17+	44:51+	47:20+	49:44+	58:15+	59:30+	60:27+	62:43+	64:02+	64:59+			
01:56+	01:52+	03:41+	02:18+	02:15+	03:13+	01:22+	02:00+	01:54+	02:12+	07:33+	01:34+	01:31+	02:31+	01:46+	03:02+	02:37+	01:34+	02:29+	02:24+	08:31+	01:15+	00:57+	02:16+	01:19+	00:57+			
01:56+	01:52+	03:41+	02:18+	02:15+	03:13+	01:22+	02:00+	01:54+	02:12+	07:33+	01:34+	01:31+	02:31+	01:46+	03:02+	02:37+	01:34+	02:29+	02:24+	08:31+	01:15+	00:57+	02:16+	01:19+	00:57+			
65:16+																												
00:17+																												
00:17+																												

Beste strekketid for klassen

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

H60

1	Geir Frøytlog				3502								38:53												
02:58=	03:28=	04:27=	05:51=	07:42=	08:28=	10:51=	11:57=	12:33=	14:40=	15:31=	17:53=	18:35=	20:55=	21:54=	23:15=	24:43=	26:17=	26:57=	28:26=	30:09=	32:31=	34:13=	37:01=	37:59=	38:38=
02:58=	00:30=	00:59=	01:24=	01:51=	00:46=	02:23=	01:06=	00:36=	02:07=	00:51=	02:22=	00:42=	02:20=	00:59=	01:21=	01:28=	01:34=	00:40=	01:29=	01:43=	02:22=	01:42=	02:48=	00:58=	00:39=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
38:53=																									
00:15=																									
00:00=																									
2	Knut Feldmann				882								39:22												
01:42-	02:14-	03:19-	04:39-	06:11-	07:11-	09:19-	10:15-	10:58-	13:49-	14:42-	17:35-	18:37+	20:41-	21:36-	23:08-	24:57+	26:56+	27:48+	29:46+	32:06+	33:48+	35:13+	36:56-	38:13+	39:06+
01:42-	00:32+	01:05+	01:20-	01:32-	01:00+	02:08-	00:56-	00:43+	02:51+	00:53+	02:53+	01:02+	02:04-	00:55-	01:32+	01:49+	01:59+	00:52+	01:58+	02:20+	01:42-	01:25-	01:43-	01:17+	00:53+
01:16-	00:02+	00:06#	00:04-	00:19-	00:14&	00:15-	00:10-	00:07#	00:44&	00:02+	00:31#	00:20&	00:16-	00:04-	00:11#	00:21#	00:25&	00:12&	00:29&	00:37&	00:40-	00:17-	01:05-	00:19&	00:14&
39:22+																									
00:16+																									
00:01+																									
3	Inge Løland				1119								40:10												
01:37-	02:08-	02:59-	04:17-	05:57-	06:39-	07:57-	08:43-	09:14-	11:19-	12:06-	17:08-	18:03-	19:48-	20:32-	21:19-	22:59-	24:33-	25:09-	26:38-	28:15-	30:19-	31:16-	32:56-	39:12+	39:50+
01:37-	00:31+	00:51-	01:18-	01:40-	00:42-	01:18-	00:46-	00:31-	02:05-	00:47-	05:02+	00:55+	01:45-	00:44-	00:47-	01:40+	01:34=	00:36-	01:29=	01:37-	02:04-	00:57-	01:40-	06:16+	00:38-
01:21-	00:01+	00:08-	00:06-	00:11-	00:04-	01:05-	00:20-	00:05-	00:02-	00:04-	02:40@	00:13&	00:35-	00:15-	00:34-	00:12#	00:00=	00:04-	00:00=	00:06-	00:18-	00:45-	01:08-	05:18@	00:01-
40:10+																									
00:20+																									
00:05&																									
4	Kjell Seland				3547								41:44												
02:12-	02:46-	03:52-	05:31-	06:53-	07:48-	09:30-	10:32-	11:09-	13:31-	14:51-	17:33-	18:36+	20:29-	21:35-	22:37-	24:15-	26:00-	26:44-	28:25-	34:51+	37:05+	37:59+	39:18+	40:22+	41:24+
02:12-	00:34+	01:06+	01:39+	01:22-	00:55+	01:42-	01:02-	00:37+	02:22+	01:20+	02:42+	01:03+	01:53-	01:06+	01:02-	01:38+	01:45+	00:44+	01:41+	06:26+	02:14-	00:54-	01:19-	01:04+	01:02+
00:46-	00:04#	00:07#	00:15#	00:29-	00:09#	00:41-	00:04-	00:01+	00:15#	00:29&	00:20#	00:21&	00:27-	00:07#	00:19-	00:10#	00:11#	00:04#	00:12#	04:43@	00:08-	00:48-	01:29-	00:06#	00:23&
41:44+																									
00:20+																									
00:05&																									
5	Håvard Håland				3507								41:46												
01:39-	02:14-	03:19-	05:07-	06:41-	08:08-	10:11-	11:14-	12:04-	14:35-	15:54+	19:11+	20:14+	22:58+	24:02+	25:27+	27:05+	29:10+	29:49+	31:41+	33:52+	36:18+	37:33+	39:25+	40:46+	41:29+
01:39-	00:35+	01:05+	01:48+	01:34-	01:27+	02:03-	01:03-	00:50+	02:31+	01:19+	03:17+	01:03+	02:44+	01:04+	01:25+	01:38+	02:05+	00:39-	01:52+	02:11+	02:26+	01:15-	01:52-	01:21+	00:43+
01:19-	00:05#	00:06#	00:24&	00:17-	00:41&	00:20-	00:03-	00:14&	00:24#	00:28&	00:55&	00:21&	00:24#	00:05+	00:04+	00:10#	00:31&	00:01-	00:23&	00:28&	00:04+	00:27-	00:56-	00:23&	00:04#
41:46+																									
00:17+																									
00:02#																									

Plass	Navn										Klasse	Tid									
H60																					
6	Sturle Omdal										1683	42:44									
	01:38-	02:13-	03:17-	04:51-	06:20-	07:12-	10:08-	10:57-	11:35-	13:44-		14:34-	16:34-	22:54+	24:53+	25:52+	26:59+	28:31+	30:05+	30:44+	32:41+
	01:38-	00:35+	01:04+	01:34+	01:29-	00:52+	02:56+	00:49-	00:38+	02:09+		00:50-	02:00-	06:20+	01:59-	00:59=	01:07-	01:32+	01:34=	00:39-	01:57+
	01:20-	00:05#	00:05+	00:10#	00:22-	00:06#	00:33#	00:17-	00:02+	00:02+		00:01-	00:22-	05:38#	00:21-	00:00=	00:14-	00:04+	00:00=	00:01-	00:28#
	42:44+	00:16+	00:01+																		00:12#
7	Per Ingar Hadland										793	43:19									
	02:04+	02:42+	03:58+	05:53+	07:40+	08:44+	10:40+	12:26+	13:13+	16:30+		17:27+	19:54+	21:04+	23:08+	24:09+	26:06+	28:10+	30:06+	30:55+	32:39+
	02:04+	00:38+	01:16+	01:55+	01:47+	01:04+	01:56+	01:46+	00:47+	03:17+		00:57+	02:27+	01:10+	02:04+	01:01+	01:57+	02:04+	01:56+	00:49+	01:44+
	02:04+	00:38+	01:16+	01:55+	01:47+	01:04+	01:56+	01:46+	00:47+	03:17+		00:57+	02:27+	01:10+	02:04+	01:01+	01:57+	02:04+	01:56+	00:49+	01:44+
	43:19+	00:17+	00:17+																		02:08+
8	John Carsten Sinnes										1884	44:31									
	02:29+	03:08+	04:19+	06:20+	08:00+	09:12+	11:24+	12:25+	13:15+	15:44+		16:36+	19:35+	20:29+	22:55+	24:11+	26:05+	28:20+	30:34+	31:25+	33:23+
	02:29+	00:39+	01:11+	02:01+	01:40+	01:12+	02:12+	01:01+	00:50+	02:29+		00:52+	02:59+	00:54+	02:26+	01:16+	01:54+	02:15+	02:14+	00:51+	01:58+
	02:29+	00:39+	01:11+	02:01+	01:40+	01:12+	02:12+	01:01+	00:50+	02:29+		00:52+	02:59+	00:54+	02:26+	01:16+	01:54+	02:15+	02:14+	00:51+	01:58+
	44:31+	00:18+	00:18+																		03:22+
9	Frank Hansen										3502	44:44									
	02:18+	03:00+	04:20+	06:09+	08:24+	09:19+	11:08+	12:32+	13:19+	15:45+		16:33+	19:01+	23:11+	25:16+	26:40+	27:53+	29:45+	31:27+	32:12+	34:39+
	02:18+	00:42+	01:20+	01:49+	02:15+	00:55+	01:49+	01:24+	00:47+	02:26+		00:48+	02:28+	04:10+	02:05+	01:24+	01:13+	01:52+	01:42+	00:45+	02:27+
	02:18+	00:42+	01:20+	01:49+	02:15+	00:55+	01:49+	01:24+	00:47+	02:26+		00:48+	02:28+	04:10+	02:05+	01:24+	01:13+	01:52+	01:42+	00:45+	02:27+
	44:44+	00:18+	00:18+																		02:04+
10	John Lage Bergan										1683	46:16									
	02:02+	02:43+	04:07+	06:07+	07:38+	08:58+	15:27+	16:29+	17:25+	19:52+		20:53+	23:48+	24:38+	26:54+	27:58+	29:07+	30:58+	33:03+	33:39+	35:45+
	02:02+	00:41+	01:24+	02:00+	01:31+	01:20+	06:29+	01:02+	00:56+	02:27+		01:01+	02:55+	00:50+	02:16+	01:04+	01:09+	01:51+	02:05+	00:36+	02:06+
	02:02+	00:41+	01:24+	02:00+	01:31+	01:20+	06:29+	01:02+	00:56+	02:27+		01:01+	02:55+	00:50+	02:16+	01:04+	01:09+	01:51+	02:05+	00:36+	02:06+
	46:16+	00:32+	00:32+																		02:40+
11	Stein Sigbjørnsen										882	46:57									
	01:55+	02:39+	03:43+	05:25+	07:54+	09:12+	11:14+	12:20+	13:08+	16:10+		17:11+	23:14+	24:11+	27:40+	28:51+	30:08+	32:09+	34:21+	35:05+	36:50+
	01:55+	00:44+	01:04+	01:42+	02:29+	01:18+	02:02+	01:06+	00:48+	03:02+		01:01+	06:03+	00:57+	03:29+	01:11+	01:17+	02:01+	02:12+	00:44+	01:45+
	01:55+	00:44+	01:04+	01:42+	02:29+	01:18+	02:02+	01:06+	00:48+	03:02+		01:01+	06:03+	00:57+	03:29+	01:11+	01:17+	02:01+	02:12+	00:44+	01:45+
	46:57+	00:17+	00:17+																		02:42+
12	Inge Skretting										1384	48:03									
	01:54+	02:30+	03:38+	05:11+	07:03+	08:16+	11:21+	12:19+	13:09+	15:53+		17:04+	22:38+	23:23+	26:32+	27:46+	28:49+	30:35+	32:41+	33:47+	35:48+
	01:54+	00:36+	01:08+	01:33+	01:52+	01:13+	03:05+	00:58+	00:50+	02:44+		01:11+	05:34+	00:45+	03:09+	01:14+	01:03+	01:46+	02:06+	01:06+	02:01+
	01:54+	00:36+	01:08+	01:33+	01:52+	01:13+	03:05+	00:58+	00:50+	02:44+		01:11+	05:34+	00:45+	03:09+	01:14+	01:03+	01:46+	02:06+	01:06+	02:01+
	48:03+	00:18+	00:18+																		02:29+
13	Harald Syse										4246	49:15									
	01:45+	02:13+	03:44+	05:01+	08:07+	09:05+	14:14+	15:07+	17:46+	19:38+		21:33+	24:24+	24:59+	28:54+	29:40+	31:56+	33:24+	35:19+	35:58+	37:21+
	01:45+	00:28+	01:31+	01:17+	03:06+	00:58+	05:09+	00:53+	02:39+	01:52+		01:55+	02:51+	00:35+	03:55+	00:46+	02:16+	01:28+	01:55+	00:39+	01:23+
	01:45+	00:28+	01:31+	01:17+	03:06+	00:58+	05:09+	00:53+	02:39+	01:52+		01:55+	02:51+	00:35+	03:55+	00:46+	02:16+	01:28+	01:55+	00:39+	01:23+
	49:15+	00:16+	00:16+																		04:09+

Plass	Navn				Klasse								Tid													
H60																										
14	Magnar Mathias Møller				769								49:21													
	02:01+	02:42+	04:01+	05:30+	07:10+	08:08+	10:38+	11:46+	12:30+	14:56+	15:56+	20:17+	21:25+	24:34+	27:15+	28:17+	31:08+	33:17+	34:05+	35:59+	40:19+	42:46+	44:06+	46:20+	48:02+	48:58+
	02:01+	00:41+	01:19+	01:29+	01:40+	00:58+	02:30+	01:08+	00:44+	02:26+	01:00+	04:21+	01:08+	03:09+	02:41+	01:02+	02:51+	02:09+	00:48+	01:54+	04:20+	02:27+	01:20+	02:14+	01:42+	00:56+
	02:01+	00:41+	01:19+	01:29+	01:40+	00:58+	02:30+	01:08+	00:44+	02:26+	01:00+	04:21+	01:08+	03:09+	02:41+	01:02+	02:51+	02:09+	00:48+	01:54+	04:20+	02:27+	01:20+	02:14+	01:42+	00:56+
	49:21+																									
00:23+																										
00:23+																										
15	Svein Magne Gloppen				1884								50:45													
	02:12+	02:52+	04:15+	06:01+	07:59+	09:02+	10:58+	12:07+	13:01+	15:38+	17:04+	21:53+	23:18+	27:18+	28:53+	30:16+	33:30+	36:24+	37:17+	39:29+	42:24+	45:03+	47:01+	48:54+	49:42+	50:28+
	02:12+	00:40+	01:23+	01:46+	01:58+	01:03+	01:56+	01:09+	00:54+	02:37+	01:26+	04:49+	01:25+	04:00+	01:35+	01:23+	03:14+	02:54+	00:53+	02:12+	02:55+	02:39+	01:58+	01:53+	00:48+	00:46+
	02:12+	00:40+	01:23+	01:46+	01:58+	01:03+	01:56+	01:09+	00:54+	02:37+	01:26+	04:49+	01:25+	04:00+	01:35+	01:23+	03:14+	02:54+	00:53+	02:12+	02:55+	02:39+	01:58+	01:53+	00:48+	00:46+
	50:45+																									
00:17+																										
00:17+																										
16	Tor Inge Halvorsen				880								51:20													
	01:59+	02:36+	03:59+	05:50+	07:23+	08:21+	13:21+	14:19+	15:19+	17:55+	18:56+	22:39+	23:52+	26:35+	27:39+	29:35+	31:49+	34:20+	35:22+	37:25+	42:59+	45:14+	47:11+	49:00+	50:04+	51:00+
	01:59+	00:37+	01:23+	01:51+	01:33+	00:58+	05:00+	00:58+	01:00+	02:36+	01:01+	03:43+	01:13+	02:43+	01:04+	01:56+	02:14+	02:31+	01:02+	02:03+	05:34+	02:15+	01:57+	01:49+	01:04+	00:56+
	01:59+	00:37+	01:23+	01:51+	01:33+	00:58+	05:00+	00:58+	01:00+	02:36+	01:01+	03:43+	01:13+	02:43+	01:04+	01:56+	02:14+	02:31+	01:02+	02:03+	05:34+	02:15+	01:57+	01:49+	01:04+	00:56+
	51:20+																									
00:20+																										
00:20+																										
17	Harald Taksdal				3547								51:32													
	02:18+	03:06+	04:39+	06:25+	08:49+	10:00+	12:16+	13:20+	14:12+	16:40+	18:01+	23:35+	24:18+	26:58+	27:57+	29:46+	31:49+	34:43+	35:28+	37:17+	43:40+	46:16+	47:36+	49:31+	50:20+	51:13+
	02:18+	00:48+	01:33+	01:46+	02:24+	01:11+	02:16+	01:04+	00:52+	02:28+	01:21+	05:34+	00:43+	02:40+	00:59+	01:49+	02:03+	02:54+	00:45+	01:49+	06:23+	02:36+	01:20+	01:55+	00:49+	00:53+
	02:18+	00:48+	01:33+	01:46+	02:24+	01:11+	02:16+	01:04+	00:52+	02:28+	01:21+	05:34+	00:43+	02:40+	00:59+	01:49+	02:03+	02:54+	00:45+	01:49+	06:23+	02:36+	01:20+	01:55+	00:49+	00:53+
	51:32+																									
00:19+																										
00:19+																										
18	Kjell Ove Aksland				882								51:43													
	02:57+	03:25+	04:36+	06:22+	08:48+	09:54+	11:56+	13:03+	14:10+	17:10+	18:10+	25:22+	28:24+	32:36+	33:58+	35:00+	37:08+	39:05+	39:53+	41:30+	44:14+	46:16+	47:46+	49:44+	50:32+	51:26+
	02:57+	00:28+	01:11+	01:46+	02:26+	01:06+	02:02+	01:07+	01:07+	03:00+	01:00+	07:12+	03:02+	04:12+	01:22+	01:02+	02:08+	01:57+	00:48+	01:37+	02:44+	02:02+	01:30+	01:58+	00:48+	00:54+
	02:57+	00:28+	01:11+	01:46+	02:26+	01:06+	02:02+	01:07+	01:07+	03:00+	01:00+	07:12+	03:02+	04:12+	01:22+	01:02+	02:08+	01:57+	00:48+	01:37+	02:44+	02:02+	01:30+	01:58+	00:48+	00:54+
	51:43+																									
00:17+																										
00:17+																										
19	Arnfinn Rømuld				1683								51:50													
	01:44+	02:21+	03:42+	05:28+	13:35+	14:30+	16:22+	17:57+	18:38+	21:17+	22:33+	26:08+	26:45+	28:43+	32:31+	34:31+	36:34+	38:25+	39:12+	41:14+	43:38+	46:14+	47:32+	49:24+	50:43+	51:31+
	01:44+	00:37+	01:21+	01:46+	08:07+	00:55+	01:52+	01:35+	00:41+	02:39+	01:16+	03:35+	00:37+	01:58+	03:48+	02:00+	02:03+	01:51+	00:47+	02:02+	02:24+	02:36+	01:18+	01:52+	01:19+	00:48+
	01:44+	00:37+	01:21+	01:46+	08:07+	00:55+	01:52+	01:35+	00:41+	02:39+	01:16+	03:35+	00:37+	01:58+	03:48+	02:00+	02:03+	01:51+	00:47+	02:02+	02:24+	02:36+	01:18+	01:52+	01:19+	00:48+
	51:50+																									
00:19+																										
00:19+																										
20	Sveinung Rosenvinge				1683								58:19													
	02:29+	03:17+	04:59+	07:22+	10:08+	11:43+	14:26+	16:20+	17:29+	21:08+	22:18+	25:45+	26:50+	29:38+	30:55+	32:49+	35:37+	38:27+	39:42+	41:55+	45:36+	48:40+	50:14+	52:47+	57:05+	57:55+
	02:29+	00:48+	01:42+	02:23+	02:46+	01:35+	02:43+	01:54+	01:09+	03:39+	01:10+	03:27+	01:05+	02:48+	01:17+	01:54+	02:48+	02:50+	01:15+	02:13+	03:41+	03:04+	01:34+	02:33+	04:18+	00:50+
	02:29+	00:48+	01:42+	02:23+	02:46+	01:35+	02:43+	01:54+	01:09+	03:39+	01:10+	03:27+	01:05+	02:48+	01:17+	01:54+	02:48+	02:50+	01:15+	02:13+	03:41+	03:04+	01:34+	02:33+	04:18+	00:50+
	58:19+																									
00:24+																										
00:24+																										
21	Bent Horpestad				722								1:06:50													
	02:09+	02:51+	04:17+	06:33+	09:39+	11:17+	25:53+	27:04+	28:04+	31:14+	32:44+	37:05+	38:03+	41:22+	42:26+	44:37+	47:08+	49:36+	50:20+	52:23+	55:32+	58:44+	61:41+	64:28+	65:29+	66:33+
	02:09+	00:42+	01:26+	02:16+	03:06+	01:38+	14:36+	01:11+	01:00+	03:10+	01:30+	04:21+	00:58+	03:19+	01:04+	02:11+	02:31+	02:28+	00:44+	02:03+	03:09+	03:12+	02:57+	02:47+	01:01+	01:04+
	02:09+	00:42+	01:26+	02:16+	03:06+	01:38+	14:36+	01:11+	01:00+	03:10+	01:30+	04:21+	00:58+	03:19+	01:04+	02:11+	02:31+	02:28+	00:44+	02:03+	03:09+	03:12+	02:57+	02:47+	01:01+	01:04+
	66:50+																									
00:17+																										
00:17+																										

Beste strekketid for klassen

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

Plass	Navn	Klasse	Tid
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H65

1	Kjell Dale				1884				35:25																
01:42=	02:16=	03:20=	04:41=	06:39=	07:45=	09:25=	10:22=	10:56=	12:57=	13:49=	16:43=	17:23=	19:39=	20:55=	21:51=	23:52=	25:26=	26:03=	27:35=	29:16=	30:45=	32:02=	33:38=	34:30=	35:09=
01:42=	00:34=	01:04=	01:21=	01:58=	01:06=	01:40=	00:57=	00:34=	02:01=	00:52=	02:54=	00:40=	02:16=	01:16=	00:56=	02:01=	01:34=	00:37=	01:32=	01:41=	01:29=	01:17=	01:36=	00:52=	00:39=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
35:25=																									
00:16=																									
00:00=																									
2	Ernst Kristensen				1683				44:40																
02:17+	03:07+	04:19+	06:22+	08:03+	09:13+	11:21+	12:23+	13:15+	16:05+	17:05+	20:09+	20:59+	23:37+	24:53+	27:08+	29:16+	31:30+	32:28+	34:34+	36:58+	39:19+	40:43+	42:33+	43:35+	44:24+
02:17+	00:50+	01:12+	02:03+	01:41-	01:10+	02:08+	01:02+	00:52+	02:50+	01:00+	03:04+	00:50+	02:38+	01:16=	02:15+	02:08+	02:14+	00:58+	02:06+	02:24+	02:21+	01:24+	01:50+	01:02+	00:49+
00:35&	00:16&	00:08#	00:42&	00:17-	00:04+	00:28&	00:05+	00:18&	00:49&	00:08#	00:10+	00:10#	00:22#	00:00=	01:19@	00:07+	00:40&	00:21&	00:34&	00:43&	00:52&	00:07+	00:14#	00:10#	00:10&
44:40+																									
00:16=																									
00:00=																									
3	Sveinung Svebestad				878				45:37																
01:59+	02:38+	03:50+	05:22+	07:07+	08:11+	10:17+	11:20+	12:10+	15:31+	16:32+	19:56+	21:22+	23:41+	24:49+	26:11+	28:36+	30:37+	31:17+	33:21+	37:31+	39:28+	41:03+	43:01+	44:28+	45:17+
01:59+	00:39+	01:12+	01:32+	01:45-	01:04-	02:06+	01:03+	00:50+	03:21+	01:01+	03:24+	01:26+	02:19+	01:08-	01:22+	02:25+	02:01+	00:40+	02:04+	04:10+	01:57+	01:35+	01:58+	01:27+	00:49+
00:17#	00:05#	00:08#	00:11#	00:13-	00:02-	00:26&	00:06#	00:16&	01:20&	00:09#	00:30#	00:46@	00:03+	00:08-	00:26&	00:24#	00:27&	00:03+	00:32&	02:29@	00:28&	00:18#	00:22#	00:35&	00:10&
45:37+																									
00:20+																									
00:04#																									
4	Ivar Knutsen				1683				50:49																
02:05+	02:47+	04:07+	06:23+	08:22+	09:41+	12:00+	13:08+	13:56+	17:04+	18:20+	23:16+	24:41+	28:44+	29:47+	31:32+	33:49+	36:35+	37:05+	39:15+	41:29+	43:46+	45:33+	48:06+	49:41+	50:30+
02:05+	00:42+	01:20+	02:16+	01:59+	01:19+	02:19+	01:08+	00:48+	03:08+	01:16+	04:56+	01:25+	04:03+	01:03-	01:45+	02:17+	02:46+	00:30-	02:10+	02:14+	02:17+	01:47+	02:33+	01:35+	00:49+
00:23#	00:08#	00:16#	00:55&	00:01+	00:13#	00:39&	00:11#	00:14&	01:07&	00:24&	02:02&	00:45@	01:47&	00:13-	00:49&	00:16#	01:12&	00:07-	00:38&	00:33&	00:48&	00:30&	00:57&	00:43&	00:10&
50:49+																									
00:19+																									
00:03#																									
5	Per Kolbein Tonstad				3507				1:08:14																
03:03+	04:00+	05:35+	13:24+	15:20+	16:48+	19:50+	21:14+	22:39+	26:48+	28:00+	32:07+	33:35+	36:49+	38:07+	41:20+	44:14+	47:07+	48:18+	50:56+	54:36+	57:24+	59:16+	62:28+	65:57+	67:51+
03:03+	00:57+	01:35+	07:49+	01:56-	01:28+	03:02+	01:24+	01:25+	04:09+	01:12+	04:07+	01:28+	03:14+	01:18+	03:13+	02:54+	02:53+	01:11+	02:38+	03:40+	02:48+	01:52+	03:12+	03:29+	01:54+
01:21&	00:23&	00:31&	06:28@	00:02-	00:22&	01:22&	00:27&	00:51@	02:08@	00:20&	01:13&	00:48@	00:58&	00:02+	02:17@	00:53&	01:19&	00:34&	01:06&	01:59@	01:19&	00:35&	01:36&	02:37@	01:15@
68:14+																									
00:23+																									
00:07&																									
6	Ommund Bakkevold				874				1:22:13																
03:54+	04:41+	06:30+	09:23+	12:27+	17:59+	21:17+	25:42+	27:11+	33:26+	35:04+	39:31+	41:21+	42:23+	46:53+	49:10+	51:05+	55:02+	58:42+	60:09+	62:52+	66:53+	70:56+	73:05+	76:37+	80:12+
03:54+	00:47+	01:49+	02:53+	03:04+	05:32+	03:18+	04:25+	01:29+	06:15+	01:38+	04:27+	01:50+	01:02-	04:30+	02:17+	01:55-	03:57+	03:40+	01:27-	02:43+	04:01+	04:03+	02:09+	03:32+	03:35+
02:12@	00:13&	00:45&	01:32@	01:06&	04:26@	01:38&	03:28@	00:55@	04:14@	00:46&	01:33&	01:10@	01:14-	03:14@	01:21@	00:06-	02:23@	03:03@	00:05-	01:02&	02:32@	02:46@	00:33&	02:40@	02:56@
81:48+	82:13+																								
01:36+	00:25+																								
01:20@	00:25+																								
7	Jan Inge Engeseth				1758				1:27:58																
02:32+	03:16+	05:34+	07:55+	09:29+	12:50+	14:47+	16:01+	16:48+	19:14+	25:00+	30:43+	31:20+	34:23+	46:26+	54:18+	56:01+	59:21+	59:52+	62:10+	76:16+	77:13+	80:14+	81:17+	84:31+	86:41+
02:32+	00:44+	02:18+	02:21+	01:34-	03:21+	01:57+	01:14+	00:47+	02:26+	05:46+	05:43+	00:37-	03:03+	12:03+	07:52+	01:43-	03:20+	00:31-	02:18+	14:06+	00:57-	03:01+	01:03-	03:14+	02:10+
00:50&	00:10&	01:14@	01:00&	00:24-	02:15@	00:17#	00:17&	00:13&	00:25#	04:54@	02:49&	00:03-	00:47&	10:47@	06:56@	00:18-	01:46@	00:06-	00:46&	12:25@	00:32-	01:44@	00:33-	02:22@	01:31@
87:38+	87:58+																								
00:57+	00:20+																								
00:41@	00:20+																								

Beste strekktid for klassen

01:42 00:34 01:04 01:21 01:34 01:04 01:40 00:57 00:34 02:01 00:52 02:54 00:37 01:02 01:03 00:56 01:43 01:34 00:30 01:27 01:41 00:57 01:17 01:03 00:52 00:39 00:16

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

H70

Plass	Navn	Klasse										Tid													
H70																									
1	Arne Kristian Espedal										874	32:18													
01:30=	02:02=	02:58=	04:05=	05:27=	06:15=	07:47=	08:31=	09:32=	11:21=	11:59=	13:25=	14:27=	14:57=	16:43=	17:26=	18:30=	19:54=	21:53=	22:20=	23:37=	25:25=	26:52=	27:51=	29:17=	31:21=
01:30=	00:32=	00:56=	01:07=	01:22=	00:48=	01:32=	00:44=	01:01=	01:49=	00:38=	01:26=	01:02=	00:30=	01:46=	00:43=	01:04=	01:24=	01:59=	00:27=	01:17=	01:48=	01:27=	00:59=	01:26=	02:04=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
32:02=	32:18=																								
00:41=	00:16=																								
00:00=	00:00=																								
2	Bjørn Martin Alsaker										3530	37:45													
01:38+	02:17+	03:20+	04:44+	06:10+	07:03+	08:44+	09:39+	10:14+	12:41+	13:23+	15:51+	16:35+	18:48+	19:51+	20:57+	22:54+	24:34+	25:16+	27:02+	29:08+	30:50+	32:00+	33:43+	36:55+	37:30+
01:38+	00:39+	01:03+	01:24+	01:26+	00:53+	01:41+	00:55+	00:35+	02:27+	00:42+	02:28+	00:44+	02:13+	01:03+	01:06+	01:57+	01:40+	00:42+	01:46+	02:06+	01:42+	01:10+	01:43+	03:12+	00:35+
01:38+	00:39+	01:03+	01:24+	01:26+	00:53+	01:41+	00:55+	00:35+	02:27+	00:42+	02:28+	00:44+	02:13+	01:03+	01:06+	01:57+	01:40+	00:42+	01:46+	02:06+	01:42+	01:10+	01:43+	03:12+	00:35+
37:45+																									
00:15+																									
00:15+																									
3	Harry Breiland										3507	40:00													
01:54+	02:36+	03:51+	05:20+	07:00+	08:05+	09:46+	10:47+	11:33+	14:17+	15:18+	17:52+	18:35+	20:38+	21:38+	22:45+	24:41+	26:31+	27:06+	28:58+	31:10+	32:53+	33:59+	35:42+	38:51+	39:37+
01:54+	00:42+	01:15+	01:29+	01:40+	01:05+	01:41+	01:01+	00:46+	02:44+	01:01+	02:34+	00:43+	02:03+	01:00+	01:07+	01:56+	01:50+	00:35+	01:52+	02:12+	01:43+	01:06+	01:43+	03:09+	00:46+
01:54+	00:42+	01:15+	01:29+	01:40+	01:05+	01:41+	01:01+	00:46+	02:44+	01:01+	02:34+	00:43+	02:03+	01:00+	01:07+	01:56+	01:50+	00:35+	01:52+	02:12+	01:43+	01:06+	01:43+	03:09+	00:46+
40:00+																									
00:23+																									
00:23+																									
4	Ragnvald Frøyland										879	46:41													
02:12+	02:52+	04:14+	06:11+	07:50+	08:56+	11:09+	12:14+	13:05+	15:42+	16:39+	19:51+	20:46+	23:17+	25:27+	26:43+	27:46+	29:48+	32:05+	32:53+	34:49+	37:41+	40:59+	42:26+	44:24+	45:23+
02:12+	00:40+	01:22+	01:57+	01:39+	01:06+	02:13+	01:05+	00:51+	02:37+	00:57+	03:12+	00:55+	02:31+	02:10+	01:16+	01:03+	02:02+	02:17+	00:48+	01:56+	02:52+	03:18+	01:27+	01:58+	00:59+
02:12+	00:40+	01:22+	01:57+	01:39+	01:06+	02:13+	01:05+	00:51+	02:37+	00:57+	03:12+	00:55+	02:31+	02:10+	01:16+	01:03+	02:02+	02:17+	00:48+	01:56+	02:52+	03:18+	01:27+	01:58+	00:59+
46:24+	46:41+																								
01:01+	00:17+																								
01:01+	00:17+																								
5	Jan Hetland										3502	47:00													
02:25+	03:01+	04:13+	05:52+	07:46+	09:13+	11:16+	12:23+	13:14+	16:18+	17:10+	22:07+	23:06+	25:40+	26:29+	28:23+	30:29+	32:17+	33:05+	34:52+	37:10+	39:06+	42:15+	44:36+	45:43+	46:43+
02:25+	00:36+	01:12+	01:39+	01:54+	01:27+	02:03+	01:07+	00:51+	03:04+	00:52+	04:57+	00:59+	02:34+	00:49+	01:54+	02:06+	01:48+	00:48+	01:47+	02:18+	01:56+	03:09+	02:21+	01:07+	01:00+
02:25+	00:36+	01:12+	01:39+	01:54+	01:27+	02:03+	01:07+	00:51+	03:04+	00:52+	04:57+	00:59+	02:34+	00:49+	01:54+	02:06+	01:48+	00:48+	01:47+	02:18+	01:56+	03:09+	02:21+	01:07+	01:00+
47:00+																									
00:17+																									
00:17+																									
6	Jan Inge Lunde										1830	47:26													
02:40+	04:05+	05:36+	07:16+	08:58+	10:13+	12:15+	13:31+	14:21+	17:01+	17:55+	20:45+	21:34+	24:33+	25:48+	27:57+	29:56+	31:56+	32:40+	34:37+	37:13+	41:19+	43:03+	45:03+	46:12+	47:05+
02:40+	01:25+	01:31+	01:40+	01:42+	01:15+	02:02+	01:16+	00:50+	02:40+	00:54+	02:50+	00:49+	02:59+	01:15+	02:09+	01:59+	02:00+	00:44+	01:57+	02:36+	04:06+	01:44+	02:00+	01:09+	00:53+
02:40+	01:25+	01:31+	01:40+	01:42+	01:15+	02:02+	01:16+	00:50+	02:40+	00:54+	02:50+	00:49+	02:59+	01:15+	02:09+	01:59+	02:00+	00:44+	01:57+	02:36+	04:06+	01:44+	02:00+	01:09+	00:53+
47:26+																									
00:21+																									
00:21+																									
7	Sveinung Tveit										3547	49:52													
02:20+	03:07+	04:35+	06:59+	08:52+	10:17+	12:27+	13:41+	14:33+	17:21+	18:48+	21:53+	22:43+	26:22+	27:32+	28:33+	30:45+	32:56+	35:16+	36:11+	38:13+	41:14+	43:41+	45:02+	47:16+	48:36+
02:20+	00:47+	01:28+	02:24+	01:53+	01:25+	02:10+	01:14+	00:52+	02:48+	01:27+	03:05+	00:50+	03:39+	01:10+	01:01+	02:12+	02:11+	02:20+	00:55+	02:02+	03:01+	02:27+	01:21+	02:14+	01:20+
02:20+	00:47+	01:28+	02:24+	01:53+	01:25+	02:10+	01:14+	00:52+	02:48+	01:27+	03:05+	00:50+	03:39+	01:10+	01:01+	02:12+	02:11+	02:20+	00:55+	02:02+	03:01+	02:27+	01:21+	02:14+	01:20+
49:32+	49:52+																								
00:56+	00:20+																								
00:56+	00:20+																								
8	Bjarne Gimre										1830	50:07													
02:32+	03:17+	04:49+	06:43+	08:41+	09:48+	12:31+	13:52+	14:55+	17:42+	19:00+	22:48+	23:41+	26:31+	28:00+	30:01+	32:05+	34:42+	35:54+	38:07+	40:51+	43:28+	45:02+	47:26+	48:34+	49:41+
02:32+	00:45+	01:32+	01:54+	01:58+	01:07+	02:43+	01:21+	01:03+	02:47+	01:18+	03:48+	00:53+	02:50+	01:29+	02:01+	02:04+	02:37+	01:12+	02:13+	02:44+	02:37+	01:34+	02:24+	01:08+	01:07+
02:32+	00:45+	01:32+	01:54+	01:58+	01:07+	02:43+	01:21+	01:03+	02:47+	01:18+	03:48+	00:53+	02:50+	01:29+	02:01+	02:04+	02:37+	01:12+	02:13+	02:44+	02:37+	01:34+	02:24+	01:08+	01:07+
50:07+																									
00:26+																									
00:26+																									

Plass	Navn	Klasse	Tid
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H70

9	Leif Kåre Lende												879												53:37											
02:21+	03:08+	04:21+	06:12+	08:10+	09:36+	11:40+	12:55+	13:52+	16:44+	17:35+	20:43+	21:40+	24:24+	26:26+	27:40+	28:37+	30:44+	35:18+	36:15+	38:26+	42:34+	45:22+	46:53+	49:09+	51:51+											
02:21+	00:47+	01:13+	01:51+	01:58+	01:26+	02:04+	01:15+	00:57+	02:52+	00:51+	03:08+	00:57+	02:44+	02:02+	01:14+	00:57+	02:07+	04:34+	00:57+	02:11+	04:08+	02:48+	01:31+	02:16+	02:42+											
02:21+	00:47+	01:13+	01:51+	01:58+	01:26+	02:04+	01:15+	00:57+	02:52+	00:51+	03:08+	00:57+	02:44+	02:02+	01:14+	00:57+	02:07+	04:34+	00:57+	02:11+	04:08+	02:48+	01:31+	02:16+	02:42+											
53:18+	53:37+																																			
01:27+	00:19+																																			
01:27+	00:19+																																			
10	Per Marthon Mæland												880												56:07											
02:23+	03:06+	04:32+	06:13+	07:57+	09:54+	12:01+	13:16+	14:14+	17:37+	18:49+	21:59+	25:23+	27:52+	29:14+	31:58+	34:48+	37:53+	38:58+	41:00+	43:29+	47:01+	48:55+	52:39+	54:48+	55:46+											
02:23+	00:43+	01:26+	01:41+	01:44+	01:57+	02:07+	01:15+	00:58+	03:23+	01:12+	03:10+	03:24+	02:29+	01:22+	02:44+	02:50+	03:05+	01:05+	02:02+	02:29+	03:32+	01:54+	03:44+	02:09+	00:58+											
02:23+	00:43+	01:26+	01:41+	01:44+	01:57+	02:07+	01:15+	00:58+	03:23+	01:12+	03:10+	03:24+	02:29+	01:22+	02:44+	02:50+	03:05+	01:05+	02:02+	02:29+	03:32+	01:54+	03:44+	02:09+	00:58+											
56:07+																																				
00:21+																																				
00:21+																																				
11	Arne Magne Handeland												892												59:41											
02:16+	03:27+	05:38+	07:47+	09:57+	11:25+	13:44+	15:20+	16:15+	19:32+	21:04+	25:12+	29:01+	31:30+	33:03+	34:31+	36:54+	41:00+	43:08+	45:06+	47:44+	52:55+	54:27+	56:58+	58:25+	59:22+											
02:16+	01:11+	02:11+	02:09+	02:10+	01:28+	02:19+	01:36+	00:55+	03:17+	01:32+	04:08+	03:49+	02:29+	01:33+	01:28+	02:23+	04:06+	02:08+	01:58+	02:38+	05:11+	01:32+	02:31+	01:27+	00:57+											
02:16+	01:11+	02:11+	02:09+	02:10+	01:28+	02:19+	01:36+	00:55+	03:17+	01:32+	04:08+	03:49+	02:29+	01:33+	01:28+	02:23+	04:06+	02:08+	01:58+	02:38+	05:11+	01:32+	02:31+	01:27+	00:57+											
59:41+																																				
00:19+																																				
00:19+																																				

Beste strekktid for klassen

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

H75

1	Paul Andreas Paulsen					896					42:29														
02:09=	03:28=	04:53=	06:45=	07:51=	08:53=	10:19=	11:35=	14:21=	15:57=	19:35=	21:24=	23:29=	25:09=	25:44=	28:49=	30:05=	32:03=	36:02=	36:32=	37:43=	39:57=	41:11=	42:09=	42:29=	
02:09=	01:19=	01:25=	01:52=	01:06=	01:02=	01:26=	01:16=	02:46=	01:36=	03:38=	01:49=	02:05=	01:40=	00:35=	03:05=	01:16=	01:58=	03:59=	00:30=	01:11=	02:14=	01:14=	00:58=	00:20=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Jostein Tunheim					1683					47:07														
02:32+	03:15=	04:35=	06:18=	07:37=	08:34=	09:52=	11:13=	13:57=	17:36+	22:45+	23:41+	26:01+	27:41+	28:21+	32:33+	33:30+	35:40+	38:29+	38:58+	42:02+	44:41+	45:47+	46:47+	47:07+	
02:32+	00:43=	01:20=	01:43=	01:19+	00:57=	01:18=	01:21+	02:44=	03:39+	05:09+	00:56=	02:20+	01:40=	00:40+	04:12+	00:57=	02:10+	02:49=	00:29=	03:04+	02:39+	01:06=	01:00+	00:20=	
00:23#	00:36=	00:05=	00:09=	00:13#	00:05=	00:08=	00:05+	00:02=	02:03#	01:31#	00:53=	00:15#	00:00=	00:05#	01:07#	00:19=	00:12#	01:10=	00:01=	01:53#	00:25#	00:08=	00:02+	00:00=	
3	Kjell-Ingar Olsen					1119					51:13														
02:43+	03:31+	05:02+	06:55+	09:55+	10:54+	13:01+	16:14+	19:23+	20:51+	25:40+	28:01+	30:05+	33:30+	34:08+	36:46+	37:39+	39:23+	42:57+	43:35+	46:17+	48:09+	49:32+	50:52+	51:13+	
02:43+	00:48=	01:31+	01:53+	03:00+	00:59=	02:07+	03:13+	03:09+	01:28=	04:49+	02:21+	02:04=	03:25+	00:38+	02:38=	00:53=	01:44=	03:34=	00:38+	02:42+	01:52=	01:23+	01:20+	00:21+	
00:34#	00:31=	00:06+	00:01+	01:54#	00:03=	00:41#	01:57#	00:23#	00:08=	01:11#	00:32#	00:01=	01:45#	00:03+	00:27=	00:23=	00:14=	00:25=	00:08#	01:31#	00:22=	00:09#	00:22#	00:01+	
4	Arne Østensen					3518					55:11														
02:19+	03:31+	05:02+	06:52+	09:59+	10:42+	12:33+	18:55+	21:24+	22:21+	25:34+	27:41+	31:35+	32:58+	33:39+	36:24+	37:25+	39:27+	42:52+	43:19+	48:02+	51:25+	52:56+	53:51+	54:49+	55:11+
02:19+	01:12=	01:31+	01:50=	03:07+	00:43=	01:51+	06:22+	02:29=	00:57=	03:13=	02:07+	03:54+	01:23=	00:41+	02:45=	01:01=	02:02+	03:25=	00:27=	04:43+	03:23+	01:31+	00:55=	00:58+	00:22+
00:10+	00:07=	00:06+	00:02=	02:01#	00:19=	00:25#	05:06#	00:17=	00:39=	00:25=	00:18#	01:49#	00:17=	00:06#	00:20=	00:15=	00:04+	00:34=	00:03=	03:32#	01:09#	00:17#	00:03=	00:38#	00:22+
5	Norvald Skretting					1832					56:33														
02:47+	03:43+	05:45+	08:15+	09:50+	11:23+	14:01+	15:43+	18:32+	20:14+	24:11+	27:10+	30:00+	32:45+	33:30+	37:54+	39:06+	41:54+	47:52+	48:33+	50:32+	53:18+	54:48+	56:04+	56:33+	
02:47+	00:56=	02:02+	02:30+	01:35+	01:33+	02:38+	01:42+	02:49+	01:42+	03:57+	02:59+	02:50+	02:45+	00:45+	04:24+	01:12=	02:48+	05:58+	00:41+	01:59+	02:46+	01:30+	01:16+	00:29+	
00:38#	00:23=	00:37#	00:38#	00:29#	00:31#	01:12#	00:26#	00:03+	00:06+	00:19+	01:10#	00:45#	01:05#	00:10#	01:19#	00:04=	00:50#	01:59#	00:11#	00:48#	00:32#	00:16#	00:18#	00:09#	
6	Kjell Svihus					892					1:11:18														
03:44+	04:43+	06:47+	09:21+	11:01+	15:24+	17:56+	19:35+	22:15+	23:38+	29:12+	32:38+	36:45+	40:08+	41:00+	45:03+	46:33+	49:24+	55:04+	55:36+	64:15+	67:19+	69:00+	70:43+	71:18+	
03:44+	00:59=	02:04+	02:34+	01:40+	04:23+	02:32+	01:39+	02:40+	01:23=	05:34+	03:26+	04:07+	03:23+	00:52+	04:03+	01:30+	02:51+	05:40+	00:32+	08:39+	03:04+	01:41+	01:43+	00:35+	
01:35#	00:20=	00:39#	00:42#	00:34#	03:21#	01:06#	00:23#	00:06=	00:13=	01:56#	01:37#	02:02#	01:43#	00:17#	00:58#	00:14#	00:53#	01:41#	00:02+	07:28#	00:50#	00:27#	00:45#	00:15#	

Plass	Navn		Klasse										Tid											
H75																								
7	Olav A. Hognestad										892					1:16:32								
02:19+	03:05-	04:34-	06:52+	18:27+	19:40+	21:29+	22:44+	26:27+	38:58+	43:17+	45:47+	48:16+	50:19+	51:28+	56:00+	57:16+	59:09+	63:12+	63:37+	64:45+	72:44+	74:39+	76:08+	76:32+
02:19+	00:46-	01:29+	02:18+	11:35+	01:13+	01:49+	01:15-	03:43+	12:31+	04:19+	02:30+	02:29+	02:03+	01:09+	04:32+	01:16=	01:53-	04:03+	00:25-	01:08-	07:59+	01:55+	01:29+	00:24+
00:10+	00:33-	00:04+	00:26#	10:29#	00:11#	00:23#	00:01-	00:57#	10:55#	00:41#	00:41#	00:24#	00:23#	00:34#	01:27#	00:00=	00:05-	00:04+	00:05-	00:03-	05:45#	00:41#	00:31#	00:04#
Beste strekktid for klassen																								
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																								
H80																								
1	Øyvind Egeskog										880					44:31								
02:06=	03:11=	04:24=	06:13=	07:32=	10:51=	12:15=	12:41=	15:08=	16:28=	19:02=	20:08=	24:10=	25:37=	27:09=	29:17=	31:31=	34:18=	35:54=	39:06=	40:37=	43:16=	44:10=	44:31=	
02:06=	01:05=	01:13=	01:49=	01:19=	03:19=	01:24=	00:26=	02:27=	01:20=	02:34=	01:06=	04:02=	01:27=	01:32=	02:08=	02:14=	02:47=	01:36=	03:12=	01:31=	02:39=	00:54=	00:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Steinar Undheim										3529					48:48								
02:01-	03:45+	05:02+	07:04+	09:14+	12:05+	13:42+	14:05+	17:24+	18:40+	21:14+	22:30+	27:00+	28:44+	31:09+	33:12+	35:09+	38:08+	39:53+	41:46+	44:51+	47:41+	48:25+	48:48+	
02:01-	01:44+	01:17+	02:02+	02:10+	02:51-	01:37+	00:23-	03:19+	01:16-	02:34=	01:16+	04:30+	01:44+	02:25+	02:03-	01:57-	02:59+	01:45+	01:53-	03:05+	02:50+	00:44-	00:23+	
00:05-	00:39#	00:04+	00:13#	00:51#	00:28-	00:13#	00:03-	00:52#	00:04-	00:00=	00:10#	00:28#	00:17#	00:53#	00:05-	00:17-	00:12+	00:09+	01:19-	01:34#	00:11+	00:10-	00:02+	
3	Terje Braut										892					49:55								
02:17+	03:18+	04:28+	06:25+	08:04+	10:43-	13:57+	14:18+	17:19+	23:16+	26:11+	27:25+	29:24+	30:52+	32:51+	34:48+	36:29+	39:44+	41:13+	43:04+	46:04+	48:44+	49:32+	49:55+	
02:17+	01:01-	01:10-	01:57+	01:39+	02:39-	03:14+	00:21-	03:01+	05:57+	02:55+	01:14+	01:59-	01:28+	01:59+	01:57-	01:41-	03:15+	01:29-	01:51-	03:00+	02:40+	00:48-	00:23+	
00:11+	00:04-	00:03-	00:08+	00:20#	00:40-	01:50#	00:05-	00:34#	04:37#	00:21#	00:08#	02:03-	00:01+	00:27#	00:11-	00:33-	00:28#	00:07-	01:21-	01:29#	00:01+	00:06-	00:02+	
4	Harald Vatne										2342					52:44								
02:11+	03:42+	05:05+	07:15+	09:12+	13:25+	15:39+	16:22+	19:08+	20:42+	23:50+	25:47+	30:04+	31:51+	34:56+	37:57+	39:57+	42:51+	44:31+	46:18+	48:37+	51:30+	52:22+	52:44+	
02:11+	01:31+	01:23+	02:10+	01:57+	04:13+	02:14+	00:43+	02:46+	01:34+	03:08+	01:57+	04:17+	01:47+	03:05+	03:01+	02:00-	02:54+	01:40+	01:47-	02:19+	02:53+	00:52-	00:22+	
00:05+	00:26#	00:10#	00:21#	00:38#	00:54#	00:50#	00:17#	00:19#	00:14#	00:34#	00:51#	00:15+	00:20#	01:33#	00:53#	00:14-	00:07+	00:04+	01:25-	00:48#	00:14+	00:02-	00:01+	
5	Svein Glendrange										874					1:00:39								
02:46+	04:14+	05:52+	08:10+	09:52+	16:22+	18:34+	19:09+	22:25+	24:03+	26:58+	28:58+	32:24+	34:05+	36:20+	38:39+	41:44+	44:15+	47:44+	49:45+	51:52+	55:02+	59:13+	60:09+	60:39+
02:46+	01:28+	01:38+	02:18+	01:42+	06:30+	02:12+	00:35+	03:16+	01:38+	02:55+	02:00+	03:26-	01:41+	02:15+	02:19+	03:05+	02:31-	03:29+	02:01-	02:07+	03:10+	04:11+	00:56+	00:30+
00:40#	00:23#	00:25#	00:29#	00:23#	03:11#	00:48#	00:09#	00:49#	00:18#	00:21#	00:54#	00:36-	00:14#	00:43#	00:11+	00:51#	00:16-	01:53#	01:11-	00:36#	00:31#	03:17#	00:35#	00:30+
6	Sigurd Krosli										1884					1:04:15								
02:26+	03:40+	06:20+	09:20+	11:16+	15:17+	17:16+	17:56+	21:48+	23:36+	26:49+	28:29+	34:20+	36:52+	40:23+	42:57+	45:10+	48:50+	51:07+	53:24+	58:51+	62:51+	63:51+	64:15+	
02:26+	01:14+	02:40+	03:00+	01:56+	04:01+	01:59+	00:40+	03:52+	01:48+	03:13+	01:40+	05:51+	02:32+	03:31+	02:34+	02:13-	03:40+	02:17+	02:17-	05:27+	04:00+	01:00+	00:24+	
00:20#	00:09#	01:27#	01:11#	00:37#	00:42#	00:35#	00:14#	01:25#	00:28#	00:39#	00:34#	01:49#	01:05#	01:59#	00:26#	00:01-	00:53#	00:41#	00:55-	03:56#	01:21#	00:06#	00:03#	
7	Tormod Aaslid										3529					1:13:46								
02:47+	04:39+	06:16+	09:19+	11:10+	17:59+	20:04+	20:39+	24:35+	26:51+	31:53+	34:18+	37:23+	40:06+	42:50+	46:19+	49:43+	54:32+	62:18+	63:46+	68:11+	72:07+	73:13+	73:46+	
02:47+	01:52+	01:37+	03:03+	01:51+	06:49+	02:05+	00:35+	03:56+	02:16+	05:02+	02:25+	03:05-	02:43+	02:44+	03:29+	03:24+	04:49+	07:46+	01:28-	04:25+	03:56+	01:06+	00:33+	
00:41#	00:47#	00:24#	01:14#	00:32#	03:30#	00:41#	00:09#	01:29#	00:56#	02:28#	01:19#	00:57-	01:16#	01:12#	01:21#	01:10#	02:02#	06:10#	01:44-	02:54#	01:17#	00:12#	00:12#	
8	Magne Jakobsen										3524					1:18:19								
02:44+	04:23+	06:00+	08:24+	10:45+	15:37+	18:12+	18:52+	23:25+	25:24+	29:14+	30:56+	36:07+	38:18+	41:34+	44:32+	47:05+	54:06+	55:56+	59:02+	72:10+	76:30+	77:46+	78:19+	
02:44+	01:39+	01:37+	02:24+	02:21+	04:52+	02:35+	00:40+	04:33+	01:59+	03:50+	01:42+	05:11+	02:11+	03:16+	02:58+	02:33+	07:01+	01:50+	03:06-	13:08+	04:20+	01:16+	00:33+	
00:38#	00:34#	00:24#	00:35#	01:02#	01:33#	01:11#	00:14#	02:06#	00:39#	01:16#	00:36#	01:09#	00:44#	01:44#	00:50#	00:19#	04:14#	00:14#	00:06-	11:37#	01:41#	00:22#	00:12#	
9	Torleiv Møgedal										874					1:20:13								
06:08+	09:33+	11:29+	14:29+	16:24+	21:04+	23:35+	24:13+	31:09+	33:05+	38:04+	39:58+	43:47+	47:07+	50:42+	53:56+	57:35+	61:45+	64:18+	67:31+	73:25+	78:12+	79:33+	80:13+	
06:08+	03:25+	01:56+	03:00+	01:55+	04:40+	02:31+	00:38+	06:56+	01:56+	04:59+	01:54+	03:49-	03:20+	03:35+	03:14+	03:39+	04:10+	02:33+	03:13+	05:54+	04:47+	01:21+	00:40+	
04:02#	02:20#	00:43#	01:11#	00:36#	01:21#	01:07#	00:12#	04:29#	00:36#	02:25#	00:48#	00:13-	01:53#	02:03#	01:06#	01:25#	01:23#	00:57#	00:01+	04:23#	02:08#	00:27#	00:19#	
10	Kjell Audun Maudal										3524					1:32:17								
04:38+	06:39+	08:44+	12:45+	15:35+	22:44+	25:42+	26:45+	32:58+	34:56+	39:26+	42:31+	46:11+	48:48+	53:08+	57:17+	62:13+	67:01+	73:41+	76:16+	82:59+	89:57+	91:32+	92:17+	
04:38+	02:01+	02:05+	04:01+	02:50+	07:09+	02:58+	01:03+	06:13+	01:58+	04:30+	03:05+	03:40-	02:37+	04:20+	04:09+	04:56+	04:48+	06:40+	02:35-	06:43+	06:58+	01:35+	00:45+	
02:32#	00:56#	00:52#	02:12#	01:31#	03:50#	01:34#	00:37#	03:46#	00:38#	01:56#	01:59#	00:22-	01:10#	02:48#	02:01#	02:42#	02:01#	05:04#	00:37-	05:12#	04:19#	00:41#	00:24#	
Beste strekktid for klassen																								
02:01	01:01	01:10	01:49	01:19	02:39	01:24	00:21	02:27	01:16	02:34	01:06	01:59	01:27	01:32	01:57	01:41	02:31	01:29	01:28	01:31	02:39	00:44	00:21	

Plass	Navn				Klasse				Tid																			
HA																												
1	Ørjan Ravndal				3522				34:42																			
00:54=	01:21=	01:42=	02:15=	03:12=	03:42=	04:19=	04:54=	06:05=	07:02=	07:47=	08:53=	09:18=	10:37=	11:08=	13:41=	14:23=	15:46=	16:37=	17:42=	20:37=	21:08=	21:31=	22:43=	23:11=	24:09=			
00:54=	00:27=	00:21=	00:33=	00:57=	00:30=	00:37=	00:35=	01:11=	00:57=	00:45=	01:06=	00:25=	01:19=	00:31=	02:33=	00:42=	01:23=	00:51=	01:05=	02:55=	00:31=	00:23=	01:12=	00:28=	00:58=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
25:12=	26:28=	27:22=	28:56=	29:19=	30:07=	30:20=	31:07=	31:43=	32:56=	33:22=	34:07=	34:30=	34:42=															
01:03=	01:16=	00:54=	01:34=	00:23=	00:48=	00:13=	00:47=	00:36=	01:13=	00:26=	00:45=	00:23=	00:12=															
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															
2	Sven Hatteland				3528				41:09																			
00:55+	01:18=	01:40=	02:14=	03:10=	03:41=	04:17=	05:02+	06:13+	07:11+	09:37+	13:20+	14:40+	15:51+	16:26+	18:20+	19:13+	21:08+	22:09+	23:10+	25:58+	26:33+	26:53+	28:15+	29:06+	30:10+			
00:55+	00:23=	00:22+	00:34+	00:56=	00:31+	00:36=	00:45+	01:11=	00:58+	02:26+	03:43+	01:20+	01:11=	00:35+	01:54=	00:53+	01:55+	01:01+	01:01=	02:48=	00:35+	00:20=	01:22+	00:51+	01:04+			
00:01+	00:04=	00:01+	00:01+	00:01=	00:01+	00:01=	00:10&	00:00=	00:01+	01:41@	02:37@	00:55@	00:08=	00:04#	00:39=	00:11&	00:32&	00:10#	00:04=	00:07=	00:04#	00:03=	00:10#	00:23&	00:06#			
31:13+	32:50+	33:47+	35:13+	35:42+	36:45+	37:07+	37:45+	38:32+	39:30+	39:55+	40:27+	40:54+	41:09+															
01:03=	01:37+	00:57+	01:26=	00:29+	01:03+	00:22+	00:38=	00:47+	00:58=	00:25=	00:32=	00:27+	00:15+															
00:00=	00:21&	00:03+	00:08=	00:06&	00:15&	00:09&	00:09=	00:11&	00:15=	00:01=	00:13=	00:04#	00:03#															
3	Martin Blystad				3530				44:20																			
01:08+	01:37+	02:04+	02:46+	03:58+	05:11+	06:02+	06:58+	08:15+	10:00+	10:58+	12:05+	12:33+	13:57+	14:38+	16:59+	17:44+	19:43+	20:59+	22:31+	25:10+	25:51+	26:23+	28:26+	28:57+	30:21+			
01:08+	00:29+	00:27+	00:42+	01:12+	01:13+	00:51+	00:56+	01:17+	01:45+	00:58+	01:07+	00:28+	01:24+	00:41+	02:21=	00:45+	01:59+	01:16+	01:32+	02:39=	00:41+	00:32+	02:03+	00:31+	01:24+			
00:14&	00:02+	00:06&	00:09&	00:15&	00:43@	00:14&	00:21&	00:06+	00:48&	00:13&	00:01+	00:03#	00:05+	00:10&	00:12=	00:03+	00:36&	00:25&	00:27&	00:16=	00:10&	00:09&	00:51&	00:03#	00:26&			
31:59+	33:44+	34:54+	37:13+	37:51+	39:04+	39:21+	40:11+	41:01+	42:00+	42:46+	43:37+	44:08+	44:20+															
01:38+	01:45+	01:10+	02:19+	00:38+	01:13+	00:17+	00:50+	00:50+	00:59=	00:46+	00:51+	00:31+	00:12=															
00:35&	00:29&	00:16&	00:45&	00:15&	00:25&	00:04&	00:03+	00:14&	00:14=	00:20&	00:06#	00:08&	00:00=															
4	Lars Erik Malde				3676				45:57																			
01:04+	01:33+	01:57+	02:34+	03:38+	05:58+	07:00+	07:44+	08:53+	09:52+	10:50+	14:03+	14:42+	15:57+	16:40+	19:22+	20:21+	22:36+	23:42+	24:57+	27:59+	28:41+	29:09+	30:47+	31:18+	32:35+			
01:04+	00:29+	00:24+	00:37+	01:04+	02:20+	01:02+	00:44+	01:09=	00:59+	00:58+	03:13+	00:39+	01:15=	00:43+	02:42+	00:59+	02:15+	01:06+	01:15+	03:02+	00:42+	00:28+	01:38+	00:31+	01:17+			
00:10#	00:02+	00:03#	00:04#	00:07#	01:50@	00:25&	00:09&	00:02=	00:02+	00:13&	02:07@	00:14&	00:04=	00:12&	00:09+	00:17&	00:52&	00:15&	00:10#	00:07+	00:11&	00:05#	00:26&	00:03#	00:19&			
33:51+	35:29+	36:41+	38:24+	39:04+	40:20+	40:39+	41:57+	43:06+	43:55+	44:25+	45:14+	45:43+	45:57+															
01:16+	01:38+	01:12+	01:43+	00:40+	01:16+	00:19+	01:18+	01:09+	00:49=	00:30+	00:49+	00:29+	00:14+															
00:13#	00:22&	00:18&	00:09+	00:17&	00:28&	00:06&	00:31&	00:33&	00:24=	00:04#	00:04+	00:06&	00:02#															
5	Bernhard Haver Vagle				643				48:30																			
01:15+	01:47+	02:15+	02:51+	04:14+	04:49+	06:20+	07:04+	08:30+	09:50+	10:53+	12:16+	12:46+	14:04+	15:05+	17:27+	18:25+	21:48+	23:06+	24:48+	27:41+	29:13+	32:17+	33:41+	34:18+	35:44+			
01:15+	00:32+	00:28+	00:36+	01:23+	00:35+	01:31+	00:44+	01:26+	01:20+	01:03+	01:23+	00:30+	01:18=	01:01+	02:22=	00:58+	03:23+	01:18+	01:42+	02:53=	01:32+	03:04+	01:24+	00:37+	01:26+			
00:21&	00:05#	00:07&	00:03+	00:26&	00:05#	00:54@	00:09&	00:15#	00:23&	00:18&	00:17&	00:05#	00:01=	00:30&	00:11=	00:16&	02:00@	00:27&	00:37&	00:02=	01:01@	02:41@	00:12#	00:09&	00:28&			
37:14+	38:54+	40:04+	42:08+	42:39+	43:38+	43:52+	44:48+	45:41+	46:40+	47:06+	47:51+	48:17+	48:30+															
01:30+	01:40+	01:10+	02:04+	00:31+	00:59+	00:14+	00:56+	00:53+	00:59=	00:26=	00:45=	00:26+	00:13+															
00:27&	00:24&	00:16&	00:30&	00:08&	00:11#	00:01+	00:09#	00:17&	00:14=	00:00=	00:00=	00:03#	00:01+															
6	Håkon Eggebø				1284				50:55																			
01:19+	01:56+	02:27+	03:18+	04:28+	05:15+	06:08+	07:06+	08:27+	09:40+	10:51+	12:44+	13:45+	15:28+	16:17+	19:09+	19:59+	22:30+	23:46+	25:09+	29:53+	31:11+	31:53+	33:30+	34:03+	35:24+			
01:19+	00:37+	00:31+	00:51+	01:10+	00:47+	00:53+	00:58+	01:21+	01:13+	01:11+	01:53+	01:01+	01:43+	00:49+	02:52+	00:50+	02:31+	01:16+	01:23+	04:44+	01:18+	00:42+	01:37+	00:33+	01:21+			
00:25&	00:10&	00:10&	00:18&	00:13#	00:17&	00:16&	00:23&	00:10#	00:16&	00:26&	00:47&	00:36@	00:24&	00:18&	00:19#	00:08#	01:08&	00:25&	00:18&	01:49&	00:47@	00:19&	00:25&	00:05#	00:23&			
36:35+	38:34+	40:12+	42:45+	43:20+	44:32+	44:54+	46:18+	47:20+	48:05+	48:37+	49:01+	50:09+	50:39+	50:55+														
01:11+	01:59+	01:38+	02:33+	00:35+	01:12+	00:22+	01:24+	01:02+	00:45=	00:32+	00:24=	01:08+	00:30+	00:16+														
00:08#	00:43&	00:44&	00:59&	00:12&	00:24&	00:09&	00:37&	00:26&	00:28=	00:06#	00:21=	00:45@	00:18@	00:16+														
7	Torbjørn Fuglestad				878				50:56																			
01:18+	01:46+	02:17+	03:05+	04:21+	05:17+	06:08+	06:55+	08:17+	09:36+	10:55+	12:28+	12:56+	14:19+	15:05+	17:29+	21:46+	24:18+	25:16+	26:28+	30:12+	31:01+	31:34+	36:10+	36:39+	38:13+			
01:18+	00:28+	00:31+	00:48+	01:16+	00:56+	00:51+	00:47+	01:22+	01:19+	01:19+	01:33+	00:28+	01:23+	00:46+	02:24=	04:17+	02:32+	00:58+	01:12+	03:44+	00:49+	00:33+	04:36+	00:29+	01:34+			
00:24&	00:01+	00:10&	00:15&	00:19&	00:26&	00:14&	00:12&	00:11#	00:22&	00:34&	00:27&	00:03#	00:04+	00:15&	00:09=	03:35@	01:09&	00:07#	00:07#	00:49&	00:18&	00:10&	03:24@	00:01+	00:36&			
39:24+	40:50+	41:59+	43:52+	44:27+	45:23+	45:38+	46:26+	47:20+	49:08+	49:37+	50:19+	50:44+	50:56+															
01:11+	01:26+	01:09+	01:53+	00:35+	00:56+	00:15+	00:48+	00:54+	01:48+	00:29+	00:42=	00:25+	00:12=															
00:08#	00:10#	00:15&	00:19#	00:12&	00:08#	00:02#	00:01+	00:18&	00:35&	00:03#	00:03=	00:02+	00:00=															

HB

11.06.2025 22:06:10

Plass	Navn				Klasse				Tid			
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HB

9	Pontus Christensson				1884				47:00			
01:13+	01:35+	01:58+	02:31+	03:37+	04:15+	04:56+	05:41+	07:29+	08:56+	09:57+	12:39+	13:46+
01:13+	00:22+	00:23+	00:33+	01:06+	00:38+	00:41+	00:45+	01:48+	01:27+	01:01+	02:42+	01:07+
01:13+	00:22+	00:23+	00:33+	01:06+	00:38+	00:41+	00:45+	01:48+	01:27+	01:01+	02:42+	01:07+
34:33+	36:50+	38:25+	40:15+	40:52+	41:37+	41:50+	42:37+	43:32+	45:04+	45:42+	46:20+	46:47+
01:15+	02:17+	01:35+	01:50+	00:37+	00:45+	00:13+	00:47+	00:55+	01:32+	00:38+	00:38+	00:27+
01:15+	02:17+	01:35+	01:50+	00:37+	00:45+	00:13+	00:47+	00:55+	01:32+	00:38+	00:38+	00:27+

10	Magnus Landstad				3507				51:25			
01:15+	01:42+	02:08+	02:46+	03:49+	04:29+	05:14+	06:09+	07:26+	08:38+	09:59+	13:30+	14:01+
01:15+	00:27+	00:26+	00:38+	01:03+	00:40+	00:45+	00:55+	01:17+	01:12+	01:21+	03:31+	00:31+
01:15+	00:27+	00:26+	00:38+	01:03+	00:40+	00:45+	00:55+	01:17+	01:12+	01:21+	03:31+	00:31+
36:04+	37:40+	38:55+	40:25+	40:56+	42:30+	43:04+	44:01+	44:19+	45:02+	48:23+	49:31+	49:59+
01:23+	01:36+	01:15+	01:30+	00:31+	01:34+	00:34+	00:57+	00:18+	00:43+	03:21+	01:08+	00:28+
01:23+	01:36+	01:15+	01:30+	00:31+	01:34+	00:34+	00:57+	00:18+	00:43+	03:21+	01:08+	00:28+

11	Per Christian Munkhaug				3516				52:27			
01:08+	01:32+	01:58+	02:56+	03:55+	04:27+	05:09+	05:52+	07:04+	08:09+	09:10+	12:36+	13:08+
01:08+	00:24+	00:26+	00:58+	00:59+	00:32+	00:42+	00:43+	01:12+	01:05+	01:01+	03:26+	00:32+
01:08+	00:24+	00:26+	00:58+	00:59+	00:32+	00:42+	00:43+	01:12+	01:05+	01:01+	03:26+	00:32+
37:35+	38:58+	40:14+	42:58+	43:28+	44:37+	44:55+	45:44+	46:24+	50:45+	51:07+	51:50+	52:14+
01:21+	01:23+	01:16+	02:44+	00:30+	01:09+	00:18+	00:49+	00:40+	04:21+	00:22+	00:43+	00:24+
01:21+	01:23+	01:16+	02:44+	00:30+	01:09+	00:18+	00:49+	00:40+	04:21+	00:22+	00:43+	00:24+

12	Trond Sigurd Fotland				3507				53:52			
01:20+	01:48+	02:16+	04:04+	05:30+	06:23+	08:52+	09:41+	11:13+	12:39+	13:42+	15:03+	15:39+
01:20+	00:28+	00:28+	01:48+	01:26+	00:53+	02:29+	00:49+	01:32+	01:26+	01:03+	01:21+	00:36+
01:20+	00:28+	00:28+	01:48+	01:26+	00:53+	02:29+	00:49+	01:32+	01:26+	01:03+	01:21+	00:36+
41:06+	42:26+	43:52+	45:16+	46:59+	47:29+	48:31+	48:45+	49:31+	50:18+	51:51+	52:15+	53:13+
01:36+	01:20+	01:26+	01:24+	01:43+	00:30+	01:02+	00:14+	00:46+	00:47+	01:33+	00:24+	00:58+
01:36+	01:20+	01:26+	01:24+	01:43+	00:30+	01:02+	00:14+	00:46+	00:47+	01:33+	00:24+	00:58+

Beste strekktid for klassen

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

HC

1	Kjetil Wirak				3486				33:46			
01:06=	01:48=	03:37=	04:02=	04:41=	05:46=	06:22=	07:06=	08:06=	09:14=	10:21=	11:52=	13:02=
01:06=	00:42=	01:49=	00:25=	00:39=	01:05=	00:36=	00:44=	01:00=	01:08=	01:07=	01:31=	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=
30:38=	32:33=	32:59=	33:31=	33:46=								
01:36=	01:55=	00:26=	00:32=	00:15=								
00:00=	00:00=	00:00=	00:00=	00:00=								

2	Lars Drage				3583				35:26			
01:12+	01:50+	02:32=	03:01=	03:27=	04:27=	05:01=	05:44=	06:32=	07:42=	11:09+	12:27+	13:43+
01:12+	00:38=	00:42=	00:29+	00:26=	01:00=	00:34=	00:43=	00:48=	01:10+	03:27+	01:18=	01:16+
00:06+	00:04=	01:07=	00:04#	00:13=	00:05=	00:02=	00:01=	00:12=	00:02+	02:20#	00:13=	00:06+
32:35+	34:15+	34:40+	35:11+	35:26+								
01:39+	01:40=	00:25=	00:31=	00:15=								
00:03+	00:15=	00:01=	00:00=	00:00=								

3	Morten Aamodt				1683				37:43			
01:19+	01:59+	02:37=	03:06=	03:41=	04:47=	05:26=	06:12=	07:09=	08:31=	09:41=	12:07+	13:28+
01:19+	00:40=	00:38=	00:29+	00:35=	01:06+	00:39+	00:46+	00:57=	01:22+	01:10+	02:26+	01:21+
00:13#	00:02=	01:11=	00:04#	00:04=	00:01+	00:03+	00:02+	00:03=	00:14#	00:03+	00:55#	00:11#
34:31+	36:21+	36:48+	37:25+	37:43+								
02:03+	01:50=	00:27+	00:37+	00:18+								
00:27#	00:05=	00:01+	00:05#	00:03#								

11.06.2025 22:06:10

Side:33

Plass	Navn				Klasse				Tid			
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HC

12	Nils John Vestøl				3541				43:37																
01:27+	02:14+	03:03+	03:38+	04:14+	05:36+	06:22+	07:26+	08:45+	10:25+	11:54+	13:56+	15:49+	18:13+	20:06+	21:15+	23:03+	24:10+	25:07+	26:58+	29:38+	32:04+	33:05+	35:24+	36:01+	37:24+
01:27+	00:47+	00:49+	00:35+	00:36+	01:22+	00:46+	01:04+	01:19+	01:40+	01:29+	02:02+	01:53+	02:24+	01:53+	01:09+	01:48+	01:07+	00:57+	01:51+	02:40+	02:26+	01:01+	02:19+	00:37+	01:23+
01:27+	00:47+	00:49+	00:35+	00:36+	01:22+	00:46+	01:04+	01:19+	01:40+	01:29+	02:02+	01:53+	02:24+	01:53+	01:09+	01:48+	01:07+	00:57+	01:51+	02:40+	02:26+	01:01+	02:19+	00:37+	01:23+
39:43+	42:02+	42:37+	43:21+	43:37+																					
02:19+	02:19+	00:35+	00:44+	00:16+																					
02:19+	02:19+	00:35+	00:44+	00:16+																					
13	Svein Oddvar Netland				1683				44:36																
01:20+	02:05+	03:19+	03:52+	04:25+	07:16+	07:54+	08:51+	09:50+	11:32+	13:15+	15:17+	16:52+	18:38+	20:25+	21:28+	23:06+	23:54+	24:47+	26:10+	28:40+	30:57+	32:09+	34:16+	34:47+	36:14+
01:20+	00:45+	01:14+	00:33+	00:33+	02:51+	00:38+	00:57+	00:59+	01:42+	01:43+	02:02+	01:35+	01:46+	01:47+	01:03+	01:38+	00:48+	00:53+	01:23+	02:30+	02:17+	01:12+	02:07+	00:31+	01:27+
01:20+	00:45+	01:14+	00:33+	00:33+	02:51+	00:38+	00:57+	00:59+	01:42+	01:43+	02:02+	01:35+	01:46+	01:47+	01:03+	01:38+	00:48+	00:53+	01:23+	02:30+	02:17+	01:12+	02:07+	00:31+	01:27+
38:23+	43:13+	43:39+	44:21+	44:36+																					
02:09+	04:50+	00:26+	00:42+	00:15+																					
02:09+	04:50+	00:26+	00:42+	00:15+																					
14	Øivind Berggraf				1683				45:11																
01:30+	02:24+	03:14+	03:44+	04:16+	05:58+	06:47+	07:43+	08:48+	10:48+	12:10+	14:09+	15:53+	17:39+	19:30+	22:27+	24:32+	25:16+	26:51+	28:19+	30:54+	33:18+	34:18+	36:57+	37:24+	38:52+
01:30+	00:54+	00:50+	00:30+	00:32+	01:42+	00:49+	00:56+	01:05+	02:00+	01:22+	01:59+	01:44+	01:46+	01:51+	02:57+	02:05+	00:44+	01:35+	01:28+	02:35+	02:24+	01:00+	02:39+	00:27+	01:28+
01:30+	00:54+	00:50+	00:30+	00:32+	01:42+	00:49+	00:56+	01:05+	02:00+	01:22+	01:59+	01:44+	01:46+	01:51+	02:57+	02:05+	00:44+	01:35+	01:28+	02:35+	02:24+	01:00+	02:39+	00:27+	01:28+
41:10+	43:42+	44:12+	44:54+	45:11+																					
02:18+	02:32+	00:30+	00:42+	00:17+																					
02:18+	02:32+	00:30+	00:42+	00:17+																					
15	Terje Michaelsen				3511				46:24																
01:04+	01:41+	02:17+	02:42+	03:09+	04:20+	04:50+	05:32+	06:18+	07:29+	08:30+	10:00+	11:18+	12:34+	15:43+	21:00+	21:40+	26:20+	27:01+	30:36+	31:49+	33:51+	35:53+	37:31+	39:59+	40:25+
01:04+	00:37+	00:36+	00:25+	00:27+	01:11+	00:30+	00:42+	00:46+	01:11+	01:01+	01:30+	01:18+	01:16+	03:09+	05:17+	00:40+	04:40+	00:41+	03:35+	01:13+	02:02+	02:02+	01:38+	02:28+	00:26+
01:04+	00:37+	00:36+	00:25+	00:27+	01:11+	00:30+	00:42+	00:46+	01:11+	01:01+	01:30+	01:18+	01:16+	03:09+	05:17+	00:40+	04:40+	00:41+	03:35+	01:13+	02:02+	02:02+	01:38+	02:28+	00:26+
41:47+	43:40+	45:22+	45:47+	46:10+	46:24+																				
01:22+	01:53+	01:42+	00:25+	00:23+	00:14+																				
01:22+	01:53+	01:42+	00:25+	00:23+	00:14+																				
16	Per Olav Haarr				769				50:58																
01:19+	01:56+	02:42+	03:13+	03:47+	05:05+	05:45+	06:26+	07:19+	08:36+	09:46+	18:25+	22:33+	24:06+	25:41+	29:01+	30:50+	31:49+	32:52+	34:15+	36:45+	39:33+	40:45+	43:14+	43:45+	45:20+
01:19+	00:37+	00:46+	00:31+	00:34+	01:18+	00:40+	00:41+	00:53+	01:17+	01:10+	08:39+	04:08+	01:33+	01:35+	03:20+	01:49+	00:59+	01:03+	01:23+	02:30+	02:48+	01:12+	02:29+	00:31+	01:35+
01:19+	00:37+	00:46+	00:31+	00:34+	01:18+	00:40+	00:41+	00:53+	01:17+	01:10+	08:39+	04:08+	01:33+	01:35+	03:20+	01:49+	00:59+	01:03+	01:23+	02:30+	02:48+	01:12+	02:29+	00:31+	01:35+
47:16+	49:16+	49:45+	50:40+	50:58+																					
01:56+	02:00+	00:29+	00:55+	00:18+																					
01:56+	02:00+	00:29+	00:55+	00:18+																					
17	Ove Oaland				1683				56:04																
01:43+	02:39+	03:35+	04:14+	05:13+	08:10+	10:54+	12:08+	13:18+	15:19+	17:17+	20:02+	21:50+	25:20+	27:40+	28:57+	31:06+	32:11+	33:25+	35:11+	37:54+	40:59+	42:39+	45:39+	46:18+	48:16+
01:43+	00:56+	00:56+	00:39+	00:59+	02:57+	02:44+	01:14+	01:10+	02:01+	01:58+	02:45+	01:48+	03:30+	02:20+	01:17+	02:09+	01:05+	01:14+	01:46+	02:43+	03:05+	01:40+	03:00+	00:39+	01:58+
01:43+	00:56+	00:56+	00:39+	00:59+	02:57+	02:44+	01:14+	01:10+	02:01+	01:58+	02:45+	01:48+	03:30+	02:20+	01:17+	02:09+	01:05+	01:14+	01:46+	02:43+	03:05+	01:40+	03:00+	00:39+	01:58+
50:41+	54:24+	55:00+	55:46+	56:04+																					
02:25+	03:43+	00:36+	00:46+	00:18+																					
02:25+	03:43+	00:36+	00:46+	00:18+																					

Beste strekktid for klassen

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

HNY

1	Arild Opstad													3529	48:54												
01:20=	03:38=	06:56=	10:06=	15:08=	19:22=	20:32=	25:40=	27:57=	30:51=	40:17=	43:19=	48:31=	48:54=														
01:20=	02:18=	03:18=	03:10=	05:02=	04:14=	01:10=	05:08=	02:17=	02:54=	09:26=	03:02=	05:12=	00:23=														
00:00=	00:00=	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	Marius Usvaltas													3529	51:16												
01:58+	03:37=	06:25=	08:44=	15:39+	17:59=	18:32=	25:15=	29:37+	33:54+	47:18+	49:21+	50:54+	51:16+														
01:58+	01:39=	02:48=	02:19=	06:55+	02:20=	00:33=	06:43+	04:22+	04:17+	13:24+	02:03=	01:33=	00:22=														
00:38&	00:39=	00:30=	00:51=	01:53&	01:54=	00:37=	01:35&	02:05&	01:23&	03:58&	00:59=	03:39=	00:01=														

Plass	Navn													Klasse													Tid												
HNY																																							
3	Thor Hesselsøe													1376													58:13												
	01:41+	06:02+	11:00+	14:51+	23:40+	28:25+	29:29+	33:39+	39:34+	43:15+	49:29+	53:15+	57:44+	58:13+																									
	01:41+	04:21+	04:58+	03:51+	08:49+	04:45+	01:04-	04:10-	05:55+	03:41+	06:14-	03:46+	04:29-	00:29+																									
	00:21&	02:03&	01:40&	00:41#	03:47&	00:31#	00:06-	00:58-	03:38@	00:47&	03:12-	00:44#	00:43-	00:06&																									
Beste strekktid for klassen																																							
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																							
HT																																							
1	Stig E. Ollestad													3519													30:46												
	01:21=	03:36=	04:21=	05:32=	06:33=	08:13=	09:21=	09:41=	11:52=	12:34=	14:33=	15:38=	17:35=	18:44=	19:54=	21:07=	22:18=	24:55=	25:58=	27:08=	28:23=	29:55=	30:28=	30:46=															
	01:21=	02:15=	00:45=	01:11=	01:01=	01:40=	01:08=	00:20=	02:11=	00:42=	01:59=	01:05=	01:57=	01:09=	01:10=	01:13=	01:11=	02:37=	01:03=	01:10=	01:15=	01:32=	00:33=	00:18=															
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															
2	Hans Østebø													793													31:18												
	02:06+	02:53-	03:35-	04:49-	05:43-	07:16-	09:30+	09:47+	11:11-	11:59-	13:47-	16:02+	18:25+	19:26+	20:28+	22:00+	23:26+	25:37+	26:35+	27:35+	28:31+	30:29+	31:03+	31:18+															
	02:06+	00:47-	00:42-	01:14+	00:54-	01:33-	02:14+	00:17-	01:24-	00:48+	01:48-	02:15+	02:23+	01:01-	01:02-	01:32+	01:26+	02:11-	00:58-	01:00-	00:56-	01:58+	00:34+	00:15-															
	00:45&	01:28-	00:03-	00:03+	00:07-	00:07-	01:06&	00:03-	00:47-	00:06#	00:11-	01:10@	00:26#	00:08-	00:08-	00:19&	00:15#	00:26-	00:05-	00:10-	00:19-	00:26&	00:01+	00:03-															
3	Anders Frøyttlog													3502													32:13												
	01:24+	02:09-	03:08-	04:22-	05:32-	08:59+	10:00+	10:21+	11:53+	14:47+	16:40+	17:25+	18:48+	20:07+	21:38+	22:54+	23:59+	25:50+	27:01+	28:24+	29:43+	31:22+	31:59+	32:13+															
	01:24+	00:45-	00:59+	01:14+	01:10+	03:27+	01:01-	00:21+	01:32-	02:54+	01:53-	00:45-	01:23-	01:19+	01:31+	01:16+	01:05-	01:51-	01:11+	01:23+	01:19+	01:39+	00:37+	00:14-															
	00:03+	01:30-	00:14&	00:03+	00:09#	01:47@	00:07-	00:01+	00:39-	02:12@	00:06-	00:20-	00:34-	00:10#	00:21&	00:03+	00:06-	00:46-	00:08#	00:13#	00:04+	00:07+	00:04#	00:04-															
4	Birk Halseth													896													33:16												
	01:36+	02:49-	03:35-	05:03-	06:25-	08:13=	09:12-	09:40-	11:38-	12:35+	14:30-	15:24-	17:34-	18:38-	19:50-	21:24+	22:36+	24:06-	26:02+	28:14+	30:11+	32:16+	33:02+	33:16+															
	01:36+	01:13-	00:46+	01:28+	01:22+	01:48+	00:59-	00:28+	01:58-	00:57+	01:55-	00:54-	02:10+	01:04-	01:12+	01:34+	01:12+	01:30-	01:56+	02:12+	01:57+	02:05+	00:46+	00:14-															
	00:15#	01:02-	00:01+	00:17#	00:21&	00:08+	00:09-	00:08&	00:13-	00:15&	00:04-	00:11-	00:13#	00:05-	00:02+	00:21&	00:01+	01:07-	00:53&	01:02&	00:42&	00:33&	00:13&	00:04-															
5	Aksel Kleppa Hartmann													793													33:39												
	01:21=	02:11-	03:11-	04:30-	05:33-	08:08-	09:35+	10:57+	13:35+	14:35+	16:51+	17:48+	20:30+	21:46+	22:50+	24:18+	25:25+	26:54+	28:21+	29:28+	31:17+	32:45+	33:22+	33:39+															
	01:21=	00:50-	01:00+	01:19+	01:03+	02:35+	01:27+	01:22+	02:38+	01:00+	02:16+	00:57-	02:42+	01:16+	01:04-	01:28+	01:07-	01:29-	01:27+	01:07-	01:49+	01:28-	00:37+	00:17-															
	00:00=	01:25-	00:15&	00:08#	00:02+	00:55&	00:19&	01:02@	00:27#	00:18&	00:17#	00:08-	00:45&	00:07#	00:06-	00:15#	00:04-	01:08-	00:24&	00:03-	00:34&	00:04-	00:04#	00:01-															
6	Per Olof Wallerstedt													3516													34:13												
	01:43+	02:36-	03:54-	05:31-	06:35+	09:36+	11:02+	11:24+	14:14+	15:35+	17:51+	18:36+	19:47+	20:43+	21:51+	23:47+	25:09+	26:59+	28:20+	29:29+	31:04+	33:24+	33:56+	34:13+															
	01:43+	00:53-	01:18+	01:37+	01:04+	03:01+	01:26+	00:22+	02:50+	01:21+	02:16+	00:45-	01:11-	00:56-	01:08-	01:56+	01:22+	01:50-	01:21+	01:09-	01:35+	02:20+	00:32-	00:17-															
	00:22&	01:22-	00:33&	00:26&	00:03+	01:21&	00:18&	00:02#	00:39&	00:39&	00:17#	00:20-	00:46-	00:13-	00:02-	00:43&	00:11#	00:47-	00:18&	00:01-	00:20&	00:48&	00:01-	00:01-															
7	Håvard Stensland													3503													34:39												
	01:24+	02:11-	03:47-	05:06-	06:26-	09:02+	10:07+	10:33+	13:22+	14:24+	16:29+	17:17+	18:53+	20:07+	21:44+	23:34+	24:54+	26:57+	28:26+	30:04+	31:35+	33:36+	34:20+	34:39+															
	01:24+	00:47-	01:36+	01:19+	01:20+	02:36+	01:05-	00:26+	02:49+	01:02+	02:05+	00:48-	01:36-	01:14+	01:37+	01:50+	01:20+	02:03-	01:29+	01:38+	01:31+	02:01+	00:44+	00:19+															
	00:03+	01:28-	00:51@	00:08#	00:19&	00:56&	00:03-	00:06&	00:38&	00:20&	00:06+	00:17-	00:21-	00:05+	00:27&	00:37&	00:09#	00:34-	00:26&	00:28&	00:16#	00:29&	00:11&	00:01+															
8	Erland Båtnes Berntsen													643													35:11												
	01:24+	02:09-	03:01-	04:20-	05:24-	07:58-	09:16-	09:40-	12:23+	13:25+	15:28+	16:06+	21:27+	22:41+	24:10+	25:55+	26:55+	29:01+	30:06+	31:04+	32:35+	34:19+	34:55+	35:11+															
	01:24+	00:45-	00:52+	01:19+	01:04+	02:34+	01:18+	00:24+	02:43+	01:02+	02:03+	00:38-	05:21+	01:14+	01:29+	01:45+	01:00-	02:06-	01:05+	00:58-	01:31+	01:44+	00:36+	00:16-															
	00:03+	01:30-	00:07#	00:08#	00:03+	00:54&	00:10#	00:04#	00:32#	00:20&	00:04+	00:27-	03:24@	00:05+	00:19&	00:32&	00:11-	00:31-	00:02+	00:12-	00:16#	00:12#	00:03+	00:02-															
9	Steven Repa													1832													37:06												
	01:36+	02:35-	04:04-	05:26-	06:31-	08:41+	09:50+	10:14+	13:31+	14:32+	16:32+	18:57+	20:32+	21:45+	23:18+	24:51+	26:08+	28:30+	30:16+	32:12+	34:30+	36:04+	36:46+	37:06+															
	01:36+	00:59-	01:29+	01:22+	01:05+	02:10+	01:09+	00:24+	03:17+	01:01+	02:00+	02:25+	01:35-	01:13+	01:33+	01:33+	01:17+	02:22-	01:46+	01:56+	02:18+	01:34+	00:42+	00:20+															
	00:15#	01:16-	00:44&	00:11#	00:04+	00:30&	00:01+	00:04#	01:06&	00:19&	00:01+	01:20@	00:22-	00:04+	00:23&	00:20&	00:06+	00:15-	00:43&	00:46&	01:03&	00:02+	00:09&	00:02#															
10	Roger Endre Nyseth													892													39:11												
	02:04+	03:01-	04:06-	05:50+	07:14+	09:46+	11:25+	11:50+	15:38+	16:45+	18:44+	20:05+	21:47+	23:11+	24:50+	26:44+	28:12+	30:23+	32:07+	33:35+	35:27+	38:03+	38:47+	39:11+															
	02:04+	00:57-	01:05+	01:44+	01:24+	02:32+	01:39+	00:25+	03:48+	01:07+	01:59=	01:21+	01:42-	01:24+	01:39+	01:54+	01:28+	02:11-	01:44+	01:28+	01:52+	02:36+	00:44+	00:24+															
	00:43&	01:18-	00:20&	00:33&	00:23&	00:52&	00:31&	00:05#	01:37&	00:25&	00:00=	00:16#	00:15-	00:15#	00:29&	00:41&	00:17#	00:26-	00:41&	00:18&	00:37&	01:04&	00:11&	00:06&															
11	Stein Nordal													4242													40:33												
	02:33+	03:24-	04:26+	05:41+	06:51+	08:36+	09:59+	10:28+	12:31+	13:58+	21:57+	23:01+	25:20+	26:24+	28:10+	29:56+	31:04+	33:09+	34:28+	35:55+	37:14+	39:45+	40:17+	40:33+															
	02:33+	00:51-	01:02+	01:15+	01:10+	01:45+	01:23+	00:29+	02:03-	01:27+	07:59+	01:04-	02:19+	01:04-	01:46+	01:46+	01:08-	02:05-	01:19+	01:27+	01:19+	02:31+	00:32-	00:16-															
	01:12&	01:24-	00:17&	00:04+	00:09#	00:05+	00:15#	00:09&	00:08-	00:45@	06:00@	00:01-	00:22#	00:05-	00:36&	00:33&	00:03-	00:32-	00:16&	00:17#	00:04+	00:59&	00:01-	00:02-															

Plass	Navn					Klasse					Tid														
HT																									
12	Nils Egil Lie					3548					41:07														
01:34+	02:38-	03:40-	05:24-	07:18+	10:11+	11:44+	12:08+	14:15+	15:26+	17:27+	18:29+	20:21+	22:42+	24:22+	26:08+	28:01+	30:17+	34:25+	35:56+	38:04+	40:03+	40:50+	41:07+		
01:34+	01:04-	01:02+	01:44+	01:54+	02:53+	01:33+	00:24+	02:07-	01:11+	02:01+	01:02-	01:52-	02:21+	01:40+	01:46+	01:53+	02:16-	04:08+	01:31+	02:08+	01:59+	00:47+	00:17-		
00:13#	01:11-	00:17#	00:33#	00:53#	01:13#	00:25#	00:04#	00:04-	00:29#	00:02+	00:03-	00:05-	01:12#	00:30#	00:33#	00:42#	00:21-	03:05#	00:21#	00:53#	00:27#	00:14#	00:01-		
13	Svein Sivertsen					3530					41:30														
01:47+	02:59+	04:03+	05:46+	07:21+	09:46+	11:27+	11:33+	14:11+	15:10+	17:58+	19:54+	21:52+	23:14+	25:10+	26:59+	28:31+	31:04+	34:20+	35:59+	37:37+	40:21+	41:13+	41:30+		
01:47+	01:12+	01:04+	01:43+	01:35+	02:25+	01:41+	00:26+	02:18+	00:59+	02:48+	01:56+	01:58+	01:22+	01:56+	01:49+	01:32+	02:33+	03:16+	01:39+	01:38+	02:44+	00:52+	00:17+		
01:47+	01:12+	01:04+	01:43+	01:35+	02:25+	01:41+	00:26+	02:18+	00:59+	02:48+	01:56+	01:58+	01:22+	01:56+	01:49+	01:32+	02:33+	03:16+	01:39+	01:38+	02:44+	00:52+	00:17+		
14	Leif Jarle Skåra					3502					42:15														
02:04+	03:13+	04:45+	07:03+	08:26+	11:20+	13:11+	13:34+	16:31+	18:39+	20:44+	23:05+	24:55+	26:16+	27:54+	29:53+	31:19+	33:28+	35:05+	36:42+	38:35+	40:59+	41:50+	42:15+		
02:04+	01:09+	01:32+	02:18+	01:23+	02:54+	01:51+	00:23+	02:57+	02:08+	02:05+	02:21+	01:50+	01:21+	01:38+	01:59+	01:26+	02:09+	01:37+	01:37+	01:53+	02:24+	00:51+	00:25+		
02:04+	01:09+	01:32+	02:18+	01:23+	02:54+	01:51+	00:23+	02:57+	02:08+	02:05+	02:21+	01:50+	01:21+	01:38+	01:59+	01:26+	02:09+	01:37+	01:37+	01:53+	02:24+	00:51+	00:25+		
15	Svein Erik Bjørnsen					1376					42:29														
01:40+	02:35+	03:34+	04:56+	06:00+	10:56+	11:53+	12:13+	21:00+	21:50+	24:03+	25:08+	27:20+	28:22+	30:06+	31:28+	32:47+	34:56+	36:14+	37:23+	39:38+	41:42+	42:12+	42:29+		
01:40+	00:55+	00:59+	01:22+	01:04+	04:56+	00:57+	00:20+	08:47+	00:50+	02:13+	01:05+	02:12+	01:02+	01:44+	01:22+	01:19+	02:09+	01:18+	01:09+	02:15+	02:04+	00:30+	00:17+		
01:40+	00:55+	00:59+	01:22+	01:04+	04:56+	00:57+	00:20+	08:47+	00:50+	02:13+	01:05+	02:12+	01:02+	01:44+	01:22+	01:19+	02:09+	01:18+	01:09+	02:15+	02:04+	00:30+	00:17+		
16	Bruno Pierfelice					3519					43:19														
01:30+	02:15+	03:58+	05:35+	06:46+	09:38+	10:53+	11:14+	14:00+	15:13+	17:19+	18:24+	28:54+	30:08+	31:35+	33:27+	35:06+	37:05+	38:25+	39:34+	40:51+	42:23+	43:00+	43:19+		
01:30+	00:45+	01:43+	01:37+	01:11+	02:52+	01:15+	00:21+	02:46+	01:13+	02:06+	01:05+	10:30+	01:14+	01:27+	01:52+	01:39+	01:59+	01:20+	01:09+	01:17+	01:32+	00:37+	00:19+		
01:30+	00:45+	01:43+	01:37+	01:11+	02:52+	01:15+	00:21+	02:46+	01:13+	02:06+	01:05+	10:30+	01:14+	01:27+	01:52+	01:39+	01:59+	01:20+	01:09+	01:17+	01:32+	00:37+	00:19+		
17	Glenn-Ove Kingestad					3676					44:01														
01:47+	02:43+	05:05+	06:38+	07:49+	11:02+	12:51+	13:19+	15:14+	16:38+	19:51+	20:54+	24:45+	27:07+	28:52+	30:41+	32:44+	35:14+	36:38+	38:09+	40:26+	42:57+	43:42+	44:01+		
01:47+	00:56+	02:22+	01:33+	01:11+	03:13+	01:49+	00:28+	01:55+	01:24+	03:13+	01:03+	03:51+	02:22+	01:45+	01:49+	02:03+	02:30+	01:24+	01:31+	02:17+	02:31+	00:45+	00:19+		
01:47+	00:56+	02:22+	01:33+	01:11+	03:13+	01:49+	00:28+	01:55+	01:24+	03:13+	01:03+	03:51+	02:22+	01:45+	01:49+	02:03+	02:30+	01:24+	01:31+	02:17+	02:31+	00:45+	00:19+		
18	Sjur Bjerke					3525					45:05														
01:45+	02:56+	03:52+	05:52+	07:36+	10:35+	12:10+	12:35+	16:40+	17:36+	20:32+	21:38+	26:16+	28:38+	30:17+	32:31+	34:07+	36:29+	38:05+	39:33+	41:03+	44:02+	44:46+	45:05+		
01:45+	01:11+	00:56+	02:00+	01:44+	02:59+	01:35+	00:25+	04:05+	00:56+	02:56+	01:06+	04:38+	02:22+	01:39+	02:14+	01:36+	02:22+	01:36+	01:28+	01:30+	02:59+	00:44+	00:19+		
01:45+	01:11+	00:56+	02:00+	01:44+	02:59+	01:35+	00:25+	04:05+	00:56+	02:56+	01:06+	04:38+	02:22+	01:39+	02:14+	01:36+	02:22+	01:36+	01:28+	01:30+	02:59+	00:44+	00:19+		
19	Carlos Lluna					2342					46:25														
01:41+	02:26+	03:15+	04:39+	05:43+	08:12+	09:34+	09:56+	12:14+	13:11+	15:58+	16:42+	21:21+	22:34+	24:15+	26:01+	27:25+	29:15+	30:30+	31:50+	43:25+	45:19+	46:01+	46:25+		
01:41+	00:45+	00:49+	01:24+	01:04+	02:29+	01:22+	00:22+	02:18+	00:57+	02:47+	00:44+	04:39+	01:13+	01:41+	01:46+	01:24+	01:50+	01:15+	01:20+	11:35+	01:54+	00:42+	00:24+		
01:41+	00:45+	00:49+	01:24+	01:04+	02:29+	01:22+	00:22+	02:18+	00:57+	02:47+	00:44+	04:39+	01:13+	01:41+	01:46+	01:24+	01:50+	01:15+	01:20+	11:35+	01:54+	00:42+	00:24+		
20	Lars Salvesen					1119					47:57														
02:10+	03:12+	05:12+	07:08+	08:49+	11:08+	12:36+	13:06+	17:18+	18:47+	20:48+	21:45+	26:18+	27:34+	29:13+	30:55+	32:40+	36:56+	38:14+	40:04+	44:20+	46:53+	47:36+	47:57+		
02:10+	01:02+	02:00+	01:56+	01:41+	02:19+	01:28+	00:30+	04:12+	01:29+	02:01+	00:57+	04:33+	01:16+	01:39+	01:42+	01:45+	04:16+	01:18+	01:50+	04:16+	02:33+	00:43+	00:21+		
02:10+	01:02+	02:00+	01:56+	01:41+	02:19+	01:28+	00:30+	04:12+	01:29+	02:01+	00:57+	04:33+	01:16+	01:39+	01:42+	01:45+	04:16+	01:18+	01:50+	04:16+	02:33+	00:43+	00:21+		
21	Jan Henrik Neuenkirchen					896					48:23														
02:20+	03:33+	06:05+	08:03+	09:25+	12:50+	14:34+	13:01+	19:23+	20:51+	23:46+	25:22+	30:05+	31:21+	32:50+	35:03+	36:29+	38:31+	39:47+	41:14+	43:14+	47:27+	48:01+	48:23+		
02:20+	01:13+	02:32+	01:58+	01:22+	03:25+	01:44+	00:27+	04:22+	01:28+	02:55+	01:36+	04:43+	01:16+	01:29+	02:13+	01:26+	02:02+	01:16+	01:27+	02:00+	04:13+	00:34+	00:22+		
02:20+	01:13+	02:32+	01:58+	01:22+	03:25+	01:44+	00:27+	04:22+	01:28+	02:55+	01:36+	04:43+	01:16+	01:29+	02:13+	01:26+	02:02+	01:16+	01:27+	02:00+	04:13+	00:34+	00:22+		
22	Frode Følgesvold					880					48:43														
02:20+	03:38+	05:06+	07:14+	08:46+	12:31+	15:32+	16:01+	19:54+	21:23+	24:17+	25:35+	27:56+	30:06+	32:03+	34:15+	36:06+	38:38+	40:34+	42:36+	44:32+	47:28+	48:15+	48:43+		
02:20+	01:18+	01:28+	02:08+	01:32+	03:45+	03:01+	00:29+	03:53+	01:29+	02:54+	01:18+	02:21+	02:10+	01:57+	02:12+	01:51+	02:32+	01:56+	02:02+	01:56+	02:56+	00:47+	00:28+		
02:20+	01:18+	01:28+	02:08+	01:32+	03:45+	03:01+	00:29+	03:53+	01:29+	02:54+	01:18+	02:21+	02:10+	01:57+	02:12+	01:51+	02:32+	01:56+	02:02+	01:56+	02:56+	00:47+	00:28+		
23	Arild Svihus					892					49:26														
02:13+	03:35+	04:49+	06:56+	08:22+	10:58+	12:35+	13:03+	15:35+	16:43+	19:57+	26:48+	29:15+	30:33+	32:42+	34:52+	36:49+	39:18+	40:59+	42:38+	44:47+	47:56+	49:06+	49:26+		
02:13+	01:22+	01:14+	02:07+	01:26+	02:36+	01:37+	00:28+	02:32+	01:08+	03:14+	06:51+	02:27+	01:18+	02:09+	02:10+	01:57+	02:29+	01:41+	01:39+	02:09+	03:09+	01:10+	00:20+		
02:13+	01:22+	01:14+	02:07+	01:26+	02:36+	01:37+	00:28+	02:32+	01:08+	03:14+	06:51+	02:27+	01:18+	02:09+	02:10+	01:57+	02:29+	01:41+	01:39+	02:09+	03:09+	01:10+	00:20+		
24	Ingve Morten Skjaeldal					4226					49:32														
01:51+	02:38+	03:41+	05:12+	08:27+	11:51+	13:15+	13:39+	16:08+	17:43+	25:44+	27:45+	30:05+	31:31+	33:17+	35:42+	37:48+	40:04+	41:53+	43:28+	45:20+	48:32+	49:13+	49:32+		
01:51+	00:47+	01:03+	01:31+	03:15+	03:24+	01:24+	00:24+	02:29+	01:35+	08:01+	02:01+	02:20+	01:26+	01:46+	02:25+	02:06+	02:16+	01:49+	01:35+	01:52+	03:12+	00:41+	00:19+		
01:51+	00:47+	01:03+	01:31+	03:15+	03:24+	01:24+	00:24+	02:29+	01:35+	08:01+	02:01+	02:20+	01:26+	01:46+	02:25+	02:06+	02:16+	01:49+	01:35+	01:52+	03:12+	00:41+	00:19+		
25	Timothée Maillefer					877					53:24														
03:42+	05:22+	06:36+	08:34+	10:12+	15:26+	17:02+	17:34+	21:41+	23:23+	26:37+	28:31+	31:37+	33:16+	35:02+	37:24+	39:18+	43:07+	44:36+	47:41+	49:18+	52:18+	53:04+	53:24+		
03:42+	01:40+	01:14+	01:58+	01:38+	05:14+	01:36+	00:32+	04:07+	01:42+	03:14+	01:54+	03:06+	01:39+	01:46+	02:22+	01:54+	03:49+	01:29+	03:05+	01:37+	03:00+	00:46+	00:20+		
03:42+	01:40+	01:14+	01:58+	01:38+	05:14+	01:36+	00:32+	04:07+	01:42+	03:14+	01:54+	03:06+	01:39+	01:46+	02:22+	01:54+	03:49+	01:29+	03:05+	01:37+	03:00+	00:46+	00:20+		

Plass	Navn										Klasse	Tid											
HT																							
26	Rolf Øystein Kluge										793	53:28											
02:49+	04:28+	05:49+	07:59+	09:35+	13:15+	14:58+	15:24+	19:28+	20:50+	23:42+	25:21+	27:46+	29:27+	31:34+	34:00+	36:04+	39:14+	43:16+	45:24+	47:25+	51:57+	53:04+	53:28+
02:49+	01:39+	01:21+	02:10+	01:36+	03:40+	01:43+	00:26+	04:04+	01:22+	02:52+	01:39+	02:25+	01:41+	02:07+	02:26+	02:04+	03:10+	04:02+	02:08+	02:01+	04:32+	01:07+	00:24+
02:49+	01:39+	01:21+	02:10+	01:36+	03:40+	01:43+	00:26+	04:04+	01:22+	02:52+	01:39+	02:25+	01:41+	02:07+	02:26+	02:04+	03:10+	04:02+	02:08+	02:01+	04:32+	01:07+	00:24+
27	John Øgreid										882	53:37											
02:32+	04:17+	05:52+	07:50+	09:22+	12:29+	14:09+	14:41+	18:31+	20:55+	23:54+	26:08+	33:02+	34:46+	37:02+	39:24+	41:23+	43:41+	46:02+	47:32+	49:07+	52:15+	53:15+	53:37+
02:32+	01:45+	01:35+	01:58+	01:32+	03:07+	01:40+	00:32+	03:50+	02:24+	02:59+	02:14+	06:54+	01:44+	02:16+	02:22+	01:59+	02:18+	02:21+	01:30+	01:35+	03:08+	01:00+	00:22+
02:32+	01:45+	01:35+	01:58+	01:32+	03:07+	01:40+	00:32+	03:50+	02:24+	02:59+	02:14+	06:54+	01:44+	02:16+	02:22+	01:59+	02:18+	02:21+	01:30+	01:35+	03:08+	01:00+	00:22+
28	Jan Erik Rasmussen										3519	54:14											
02:55+	04:21+	05:43+	08:11+	09:49+	13:00+	15:42+	16:11+	19:08+	21:01+	24:21+	25:53+	28:02+	30:48+	33:01+	35:57+	38:57+	42:35+	44:49+	47:10+	49:14+	52:43+	53:51+	54:14+
02:55+	01:26+	01:22+	02:28+	01:38+	03:11+	02:42+	00:29+	02:57+	01:53+	03:20+	01:32+	02:09+	02:46+	02:13+	02:56+	03:00+	03:38+	02:14+	02:21+	02:04+	03:29+	01:08+	00:23+
02:55+	01:26+	01:22+	02:28+	01:38+	03:11+	02:42+	00:29+	02:57+	01:53+	03:20+	01:32+	02:09+	02:46+	02:13+	02:56+	03:00+	03:38+	02:14+	02:21+	02:04+	03:29+	01:08+	00:23+
29	Frank Gulbrandsen										722	56:37											
02:20+	04:05+	05:30+	08:05+	09:48+	16:43+	18:41+	19:13+	21:55+	23:36+	28:38+	30:17+	32:31+	34:31+	37:24+	40:25+	42:43+	46:00+	48:07+	50:05+	52:21+	55:24+	56:16+	56:37+
02:20+	01:45+	01:25+	02:35+	01:43+	06:55+	01:58+	00:32+	02:42+	01:41+	05:02+	01:39+	02:14+	02:00+	02:53+	03:01+	02:18+	03:17+	02:07+	01:58+	02:16+	03:03+	00:52+	00:21+
02:20+	01:45+	01:25+	02:35+	01:43+	06:55+	01:58+	00:32+	02:42+	01:41+	05:02+	01:39+	02:14+	02:00+	02:53+	03:01+	02:18+	03:17+	02:07+	01:58+	02:16+	03:03+	00:52+	00:21+
30	Tom Leveraas										1884	57:38											
02:03+	03:20+	05:15+	07:14+	08:45+	12:32+	14:42+	15:11+	17:39+	28:33+	31:33+	32:49+	34:13+	35:52+	37:49+	39:45+	41:37+	44:09+	46:50+	52:27+	53:33+	56:21+	57:12+	57:38+
02:03+	01:17+	01:55+	01:59+	01:31+	03:47+	02:10+	00:29+	02:28+	10:54+	03:00+	01:16+	01:24+	01:39+	01:57+	01:56+	01:52+	02:32+	02:41+	05:37+	01:06+	02:48+	00:51+	00:26+
02:03+	01:17+	01:55+	01:59+	01:31+	03:47+	02:10+	00:29+	02:28+	10:54+	03:00+	01:16+	01:24+	01:39+	01:57+	01:56+	01:52+	02:32+	02:41+	05:37+	01:06+	02:48+	00:51+	00:26+
31	Torgeir Færevåg										3553	1:00:35											
02:09+	04:01+	08:14+	10:23+	11:52+	15:05+	16:47+	17:22+	20:46+	22:02+	26:47+	33:20+	37:52+	39:49+	42:08+	44:12+	46:02+	49:33+	51:21+	53:14+	56:02+	59:03+	60:12+	60:35+
02:09+	01:52+	04:13+	02:09+	01:29+	03:13+	01:42+	00:35+	03:24+	01:16+	04:45+	06:33+	04:32+	01:57+	02:19+	02:04+	01:50+	03:31+	01:48+	01:53+	02:48+	03:01+	01:09+	00:23+
02:09+	01:52+	04:13+	02:09+	01:29+	03:13+	01:42+	00:35+	03:24+	01:16+	04:45+	06:33+	04:32+	01:57+	02:19+	02:04+	01:50+	03:31+	01:48+	01:53+	02:48+	03:01+	01:09+	00:23+
32	Igor Muzdeka										643	1:03:45											
02:16+	04:34+	06:03+	08:11+	10:02+	14:15+	16:56+	17:27+	20:34+	22:05+	27:47+	31:01+	37:13+	39:40+	42:06+	46:11+	48:41+	52:45+	54:54+	56:37+	59:35+	62:28+	63:25+	63:45+
02:16+	02:18+	01:29+	02:08+	01:51+	04:13+	02:41+	00:31+	03:07+	01:31+	05:42+	03:14+	06:12+	02:27+	02:26+	04:05+	02:30+	04:04+	02:09+	01:43+	02:58+	02:53+	00:57+	00:20+
02:16+	02:18+	01:29+	02:08+	01:51+	04:13+	02:41+	00:31+	03:07+	01:31+	05:42+	03:14+	06:12+	02:27+	02:26+	04:05+	02:30+	04:04+	02:09+	01:43+	02:58+	02:53+	00:57+	00:20+
33	Kjell-Ole Topnes										1683	1:05:52											
02:29+	04:01+	06:22+	08:48+	11:04+	18:12+	19:55+	20:23+	23:04+	24:11+	28:23+	31:18+	39:10+	41:20+	43:41+	45:59+	47:42+	50:51+	56:21+	58:23+	61:00+	64:42+	65:32+	65:52+
02:29+	01:32+	02:21+	02:26+	02:16+	07:08+	01:43+	00:28+	02:41+	01:07+	04:12+	02:55+	07:52+	02:10+	02:21+	02:18+	01:43+	03:09+	05:30+	02:02+	02:37+	03:42+	00:50+	00:20+
02:29+	01:32+	02:21+	02:26+	02:16+	07:08+	01:43+	00:28+	02:41+	01:07+	04:12+	02:55+	07:52+	02:10+	02:21+	02:18+	01:43+	03:09+	05:30+	02:02+	02:37+	03:42+	00:50+	00:20+
34	Erik Campbell Henriksen										1683	1:06:34											
03:04+	05:58+	07:38+	10:58+	12:56+	16:49+	20:01+	20:40+	24:41+	26:26+	30:19+	32:02+	34:47+	37:55+	40:43+	44:00+	46:47+	50:51+	54:29+	57:13+	59:51+	64:26+	65:51+	66:34+
03:04+	02:54+	01:40+	03:20+	01:58+	03:53+	03:12+	00:39+	04:01+	01:45+	03:53+	01:43+	02:45+	03:08+	02:48+	03:17+	02:47+	04:04+	03:38+	02:44+	02:38+	04:35+	01:25+	00:43+
03:04+	02:54+	01:40+	03:20+	01:58+	03:53+	03:12+	00:39+	04:01+	01:45+	03:53+	01:43+	02:45+	03:08+	02:48+	03:17+	02:47+	04:04+	03:38+	02:44+	02:38+	04:35+	01:25+	00:43+
35	Jon Grepstad										3531	1:10:11											
02:56+	06:38+	08:31+	11:20+	13:27+	18:43+	21:37+	22:17+	26:00+	28:15+	34:44+	36:36+	40:01+	42:36+	45:06+	48:14+	51:49+	55:25+	58:42+	61:05+	63:46+	68:14+	69:34+	70:11+
02:56+	03:42+	01:53+	02:49+	02:07+	05:16+	02:54+	00:40+	03:43+	02:15+	06:29+	01:52+	03:25+	02:35+	02:30+	03:08+	03:35+	03:36+	03:17+	02:23+	02:41+	04:28+	01:20+	00:37+
02:56+	03:42+	01:53+	02:49+	02:07+	05:16+	02:54+	00:40+	03:43+	02:15+	06:29+	01:52+	03:25+	02:35+	02:30+	03:08+	03:35+	03:36+	03:17+	02:23+	02:41+	04:28+	01:20+	00:37+
36	Kjetil Kartevold										3676	1:15:02											
02:44+	04:05+	11:05+	14:06+	15:52+	25:05+	29:07+	29:37+	32:40+	33:49+	37:23+	41:17+	48:24+	51:14+	54:31+	57:13+	59:32+	62:21+	64:13+	67:52+	70:37+	73:26+	74:25+	75:02+
02:44+	01:21+	07:00+	03:01+	01:46+	09:13+	04:02+	00:30+	03:03+	01:09+	03:34+	03:54+	07:07+	02:50+	03:17+	02:42+	02:19+	02:49+	01:52+	03:39+	02:45+	02:49+	00:59+	00:37+
02:44+	01:21+	07:00+	03:01+	01:46+	09:13+	04:02+	00:30+	03:03+	01:09+	03:34+	03:54+	07:07+	02:50+	03:17+	02:42+	02:19+	02:49+	01:52+	03:39+	02:45+	02:49+	00:59+	00:37+
37	Alf Morten Johansen										3507	1:16:16											
03:52+	11:43+	15:40+	18:11+	19:54+	26:30+	27:35+	28:04+	31:23+	32:24+	43:11+	45:11+	52:13+	53:49+	56:50+	58:40+	60:12+	62:37+	65:09+	67:39+	71:19+	74:26+	75:49+	76:16+
03:52+	07:51+	03:57+	02:31+	01:43+	06:36+	01:05+	00:29+	03:19+	01:01+	10:47+	02:00+	07:02+	01:36+	03:01+	01:50+	01:32+	02:25+	02:32+	02:30+	03:40+	03:07+	01:23+	00:27+
03:52+	07:51+	03:57+	02:31+	01:43+	06:36+	01:05+	00:29+	03:19+	01:01+	10:47+	02:00+	07:02+	01:36+	03:01+	01:50+	01:32+	02:25+	02:32+	02:30+	03:40+	03:07+	01:23+	00:27+

Beste strekktid for klassen

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