

Bedriftsløp_Melshei_R11											Strekktider		-18.06.2025
Plass	Navn		Klasse								Tid		
D16													
1	Helene Omdal		1376								37:25		
05:19=	12:05=	14:55=	25:55=	27:26=	31:08=	31:49=	33:11=	34:53=	36:23=	37:25=			
05:19=	06:46=	02:50=	11:00=	01:31=	03:42=	00:41=	01:22=	01:42=	01:30=	01:02=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Nora Svendsen		892								39:31		
05:32+	12:49+	15:52+	27:19+	29:23+	32:47+	33:39+	35:17+	36:55+	38:20+	39:31+			
05:32+	07:17+	03:03+	11:27+	02:04+	03:24+	00:52+	01:38+	01:38+	01:25+	01:11+			
00:13+	00:31+	00:13+	00:27+	00:33&	00:18+	00:11&	00:16#	00:04+	00:05+	00:09#			
3	Sina Thu Randulff		643								46:40		
05:06+	12:18+	19:25+	34:03+	35:54+	39:46+	41:13+	42:45+	44:14+	45:57+	46:40+			
05:06+	07:12+	07:07+	14:38+	01:51+	03:52+	01:27+	01:32+	01:29+	01:43+	00:43+			
00:13+	00:26+	04:17@	03:38&	00:20#	00:10+	00:46@	00:10#	00:13+	00:13#	00:19+			
4	Mari-Marthe Aamold		880								47:30		
06:05+	15:09+	18:51+	30:34+	33:31+	38:39+	40:01+	42:24+	44:23+	46:19+	47:30+			
06:05+	09:04+	03:42+	11:43+	02:57+	05:08+	01:22+	02:23+	01:59+	01:56+	01:11+			
00:46#	02:18&	00:52&	00:43+	01:26&	01:26&	00:41&	01:01&	00:17#	00:26&	00:09#			
5	Helene Salte Håland		1376								48:01		
07:48+	16:03+	25:28+	35:09+	37:44+	41:26+	42:17+	43:57+	45:42+	47:12+	48:01+			
07:48+	08:15+	09:25+	09:41+	02:35+	03:42=	00:51+	01:40+	01:45+	01:30=	00:49+			
02:29&	01:29#	06:35@	01:19+	01:04&	00:00=	00:10#	00:18#	00:03+	00:00=	00:13+			
6	Åsne Salte Håland		3559								48:55		
05:41+	17:02+	23:50+	35:34+	37:57+	42:25+	43:19+	44:55+	46:37+	48:07+	48:55+			
05:41+	11:21+	06:48+	11:44+	02:23+	04:28+	00:54+	01:36+	01:42=	01:30=	00:48+			
00:22+	04:35&	03:58@	00:44+	00:52&	00:46#	00:13&	00:14#	00:00=	00:00=	00:14+			
7	Guro Fuglestad		878								49:25		
07:16+	15:43+	19:03+	34:01+	36:01+	41:43+	42:54+	45:06+	46:52+	48:25+	49:25+			
07:16+	08:27+	03:20+	14:58+	02:00+	05:42+	01:11+	02:12+	01:46+	01:33+	01:00+			
01:57&	01:41#	00:30#	03:58&	00:29&	02:00&	00:30&	00:50&	00:04+	00:03+	00:02+			
8	Hanne Berg Aspøy		896								50:32		
05:46+	14:27+	19:19+	33:29+	36:11+	42:16+	43:12+	46:05+	47:51+	49:29+	50:32+			
05:46+	08:41+	04:52+	14:10+	02:42+	06:05+	00:56+	02:53+	01:46+	01:38+	01:03+			
00:27+	01:55&	02:02&	03:10&	01:11&	02:23&	00:15&	01:31@	00:04+	00:08+	00:01+			
9	Hege Bakken		1754								57:23		
07:32+	18:10+	22:45+	38:30+	41:41+	47:01+	49:12+	51:50+	54:02+	55:42+	57:23+			
07:32+	10:38+	04:35+	15:45+	03:11+	05:20+	02:11+	02:38+	02:12+	01:40+	01:41+			
02:13&	03:52&	01:45&	04:45&	01:40@	01:38&	01:30@	01:16&	00:30&	00:10#	00:39&			
10	Ingvild Amalixsen		1683								58:58		
08:13+	17:58+	23:23+	38:25+	42:48+	48:28+	50:47+	52:59+	55:14+	57:33+	58:58+			
08:13+	09:45+	05:25+	15:02+	04:23+	05:40+	02:19+	02:12+	02:15+	02:19+	01:25+			
02:54&	02:59&	02:35&	04:02&	02:52@	01:58&	01:38@	00:50&	00:33&	00:49&	00:23&			
11	Idunn Husøy Naustdal		722								1:01:32		
09:54+	20:58+	24:51+	40:21+	43:32+	49:26+	50:57+	55:48+	58:14+	60:21+	61:32+			
09:54+	11:04+	03:53+	15:30+	03:11+	05:54+	01:31+	04:51+	02:26+	02:07+	01:11+			
04:35&	04:18&	01:03&	04:30&	01:40@	02:12&	00:50@	03:29@	00:44&	00:37&	00:09#			
12	Kristine Samnøen		722								1:02:27		
10:43+	21:54+	25:55+	41:17+	44:32+	50:38+	51:52+	57:02+	59:09+	61:16+	62:27+			
10:43+	11:11+	04:01+	15:22+	03:15+	06:06+	01:14+	05:10+	02:07+	02:07+	01:11+			
05:24@	04:25&	01:11&	04:22&	01:44@	02:24&	00:33&	03:48@	00:25#	00:37&	00:09#			
13	Christina Skår		3523								1:04:06		
08:26+	20:12+	25:18+	40:35+	44:06+	50:53+	52:22+	54:50+	58:17+	62:23+	64:06+			
08:26+	11:46+	05:06+	15:17+	03:31+	06:47+	01:29+	02:28+	03:27+	04:06+	01:43+			
03:07&	05:00&	02:16&	04:17&	02:00@	03:05&	00:48@	01:06&	01:45@	02:36@	00:41&			
14	Siri Eppeland		1884								1:07:53		
06:46+	16:42+	22:12+	35:52+	39:14+	49:50+	59:17+	62:20+	64:57+	66:41+	67:53+			
06:46+	09:56+	05:30+	13:40+	03:22+	10:36+	09:27+	03:03+	02:37+	01:44+	01:12+			
01:27&	03:10&	02:40&	02:40#	01:51@	06:54@	08:46@	01:41@	00:55&	00:14#	00:10#			

Plass	Navn	Klasse	Tid
D16			
15	Ingunn Landsnes	892	1:15:48
10:56+	24:16+	29:18+	51:55+
55:35+	64:08+	66:11+	69:19+
71:48+	73:54+	75:48+	
10:56+	13:20+	05:02+	22:37+
03:40+	08:33+	02:03+	03:08+
02:29+	02:06+	01:54+	
05:37@	06:34&	02:12&	11:37@
02:09@	04:51@	01:22@	01:46@
00:47&	00:36&	00:52&	
16	Svitlana Rasheva	1683	1:22:30
07:54+	26:17+	30:52+	55:34+
61:08+	69:07+	70:38+	75:09+
78:03+	80:26+	82:30+	
07:54+	18:23+	04:35+	24:42+
05:34+	07:59+	01:31+	04:31+
02:54+	02:23+	02:04+	
07:54+	18:23+	04:35+	24:42+
05:34+	07:59+	01:31+	04:31+
02:54+	02:23+	02:04+	
17	Randi Sørhus	722	1:38:47
08:58+	26:56+	33:47+	61:45+
66:08+	73:21+	77:51+	83:10+
85:38+	96:49+	98:47+	
08:58+	17:58+	06:51+	27:58+
04:23+	07:13+	04:30+	05:19+
02:28+	11:11+	01:58+	
08:58+	17:58+	06:51+	27:58+
04:23+	07:13+	04:30+	05:19+
02:28+	11:11+	01:58+	
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D40			
1	Torill Østraat	1884	1:00:07
08:24=	18:54=	24:54=	31:35=
42:19=	48:03=	49:19=	52:51=
55:37=	59:04=	60:07=	
08:24=	10:30=	06:00=	06:41=
10:44=	05:44=	01:16=	03:32=
02:46=	03:27=	01:03=	
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Ingvild Marthinussen	3524	1:09:50
13:51+	24:21+	30:21+	38:35+
49:51+	59:28+	60:52+	63:15+
65:32+	69:03+	69:50+	
13:51+	10:30=	06:00=	08:14+
11:16+	09:37+	01:24+	02:23-
02:17-	03:31+	00:47-	
05:27&	00:00=	00:00=	01:33#
00:32+	03:53&	00:08#	01:09-
00:29-	00:04+	00:16-	
3	Lise Nessa Di Lorenzo	1884	1:11:08
12:58+	23:18+	32:09+	39:10+
55:08+	61:45+	63:22+	65:54+
68:21+	70:13+	71:08+	
12:58+	10:20-	08:51+	07:01+
15:58+	06:37+	01:37+	02:32-
02:27-	01:52-	00:55-	
04:34&	00:10-	02:51&	00:20+
05:14&	00:53#	00:21&	01:00-
00:19-	01:35-	00:08-	
4	Helene Lie	3565	1:11:42
09:26+	21:31+	34:46+	42:26+
51:28+	57:41+	59:17+	65:08+
67:40+	70:56+	71:42+	
09:26+	12:05+	13:15+	07:40+
09:02-	06:13+	01:36+	05:51+
02:32-	03:16-	00:46-	
01:02#	01:35#	07:15@	00:59#
01:42-	00:29+	00:20&	02:19&
00:14-	00:11-	00:17-	
5	Ane Odland	1683	1:31:20
31:43+	43:41+	49:52+	56:29+
67:59+	80:09+	81:14+	85:05+
87:25+	90:22+	91:20+	
31:43+	11:58+	06:11+	06:37-
11:30+	12:10+	01:05-	03:51+
02:20-	02:57-	00:58-	
23:19@	01:28#	00:11+	00:04-
00:46+	06:26@	00:11-	00:19+
00:26-	00:30-	00:05-	
6	Cecilie Johnson	892	1:35:33
24:26+	34:00+	37:43+	46:44+
57:49+	83:04+	84:04+	87:58+
90:19+	94:47+	95:33+	
24:26+	09:34-	03:43-	09:01+
11:05+	25:15+	01:00-	03:54+
02:21-	04:28+	00:46-	
16:02@	00:56-	02:17-	02:20&
00:21+	19:31@	00:16-	00:22#
00:25-	01:01&	00:17-	
7	Marit L. Undheim	3529	1:39:22
09:08+	25:52+	56:52+	65:39+
75:11+	87:21+	88:06+	90:35+
93:17+	98:33+	99:22+	
09:08+	16:44+	31:00+	08:47+
09:32-	12:10+	00:45-	02:29-
02:42-	05:16+	00:49-	
00:44+	06:14&	25:00@	02:06&
01:12-	06:26@	00:31-	01:03-
00:04-	01:49&	00:14-	
Beste strekktid for klassen			
08:24	09:34	03:43	06:37
09:02	05:44	00:45	02:23
02:17	01:52	00:46	

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

D50

Plass	Navn	Klasse										Tid
D50												
1	Marit Haavardsholm		1683								39:08	
06:23=	11:48=	14:39=	19:52=	27:30=	31:12=	32:01=	34:58=	36:54=	38:22=	39:08=		
06:23=	05:25=	02:51=	05:13=	07:38=	03:42=	00:49=	02:57=	01:56=	01:28=	00:46=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ingunn Anda Haug		2342								48:18	
07:27+	14:33+	18:05+	24:27+	33:51+	38:48+	40:42+	42:36+	44:47+	47:23+	48:18+		
07:27+	07:06+	03:32+	06:22+	09:24+	04:57+	01:54+	01:54+	02:11+	02:36+	00:55+		
07:27+	07:06+	03:32+	06:22+	09:24+	04:57+	01:54+	01:54+	02:11+	02:36+	00:55+		
3	Grethe Anda Fuglestad		1683								49:23	
07:04+	14:56+	19:53+	25:49+	37:07+	41:41+	42:56+	45:05+	47:16+	48:38+	49:23+		
07:04+	07:52+	04:57+	05:56+	11:18+	04:34+	01:15+	02:09+	02:11+	01:22+	00:45+		
07:04+	07:52+	04:57+	05:56+	11:18+	04:34+	01:15+	02:09+	02:11+	01:22+	00:45+		
4	Mariann Sveinsvoll		3504								55:16	
07:19+	16:08+	24:44+	31:36+	40:43+	46:21+	47:44+	50:07+	52:30+	54:25+	55:16+		
07:19+	08:49+	08:36+	06:52+	09:07+	05:38+	01:23+	02:23+	02:23+	01:55+	00:51+		
07:19+	08:49+	08:36+	06:52+	09:07+	05:38+	01:23+	02:23+	02:23+	01:55+	00:51+		
5	Anita Glenne Kallhovd		3502								55:52	
07:58+	15:55+	26:34+	32:44+	41:29+	47:53+	49:20+	51:15+	53:22+	55:02+	55:52+		
07:58+	07:57+	10:39+	06:10+	08:45+	06:24+	01:27+	01:55+	02:07+	01:40+	00:50+		
07:58+	07:57+	10:39+	06:10+	08:45+	06:24+	01:27+	01:55+	02:07+	01:40+	00:50+		
6	Randi Ladsten		1832								55:55	
07:52+	17:31+	23:04+	30:05+	40:07+	46:36+	47:44+	50:25+	52:56+	55:09+	55:55+		
07:52+	09:39+	05:33+	07:01+	10:02+	06:29+	01:08+	02:41+	02:31+	02:13+	00:46+		
07:52+	09:39+	05:33+	07:01+	10:02+	06:29+	01:08+	02:41+	02:31+	02:13+	00:46+		
7	Astri Sandanger		896								56:10	
10:51+	20:08+	25:02+	32:11+	41:57+	47:57+	49:07+	51:55+	54:09+	55:28+	56:10+		
10:51+	09:17+	04:54+	07:09+	09:46+	06:00+	01:10+	02:48+	02:14+	01:19+	00:42+		
10:51+	09:17+	04:54+	07:09+	09:46+	06:00+	01:10+	02:48+	02:14+	01:19+	00:42+		
8	Gerd Olaug Vikeså		1758								1:00:10	
06:46+	16:10+	30:13+	36:21+	45:13+	50:31+	51:35+	55:34+	57:55+	59:24+	60:10+		
06:46+	09:24+	14:03+	06:08+	08:52+	05:18+	01:04+	03:59+	02:21+	01:29+	00:46+		
06:46+	09:24+	14:03+	06:08+	08:52+	05:18+	01:04+	03:59+	02:21+	01:29+	00:46+		
9	Berit Aksland		1683								1:01:26	
06:58+	16:56+	32:40+	38:22+	45:59+	51:21+	52:39+	55:50+	58:08+	60:33+	61:26+		
06:58+	09:58+	15:44+	05:42+	07:37+	05:22+	01:18+	03:11+	02:18+	02:25+	00:53+		
06:58+	09:58+	15:44+	05:42+	07:37+	05:22+	01:18+	03:11+	02:18+	02:25+	00:53+		
10	Tone Cecilie Nystrøm		874								1:02:09	
07:47+	18:32+	23:03+	29:34+	39:11+	47:00+	48:53+	52:46+	55:38+	61:08+	62:09+		
07:47+	10:45+	04:31+	06:31+	09:37+	07:49+	01:53+	03:53+	02:52+	05:30+	01:01+		
07:47+	10:45+	04:31+	06:31+	09:37+	07:49+	01:53+	03:53+	02:52+	05:30+	01:01+		
11	Gøril Braut Aarsand		2539								1:04:58	
07:50+	20:21+	25:14+	32:02+	41:38+	55:53+	57:08+	59:57+	62:32+	64:01+	64:58+		
07:50+	12:31+	04:53+	06:48+	09:36+	14:15+	01:15+	02:49+	02:35+	01:29+	00:57+		
07:50+	12:31+	04:53+	06:48+	09:36+	14:15+	01:15+	02:49+	02:35+	01:29+	00:57+		
12	Ingjerd Haddeland		3507								1:07:03	
08:57+	21:32+	29:39+	37:19+	49:02+	55:48+	57:58+	60:22+	63:51+	66:15+	67:03+		
08:57+	12:35+	08:07+	07:40+	11:43+	06:46+	02:10+	02:24+	03:29+	02:24+	00:48+		
08:57+	12:35+	08:07+	07:40+	11:43+	06:46+	02:10+	02:24+	03:29+	02:24+	00:48+		
13	Anne Botne		3559								1:07:52	
06:44+	16:32+	29:13+	35:39+	45:09+	50:03+	61:36+	63:05+	65:25+	67:01+	67:52+		
06:44+	09:48+	12:41+	06:26+	09:30+	04:54+	11:33+	01:29+	02:20+	01:36+	00:51+		
06:44+	09:48+	12:41+	06:26+	09:30+	04:54+	11:33+	01:29+	02:20+	01:36+	00:51+		
14	Marianne Gjesdal Lyngås		892								1:07:54	
08:54+	21:27+	29:37+	39:00+	50:48+	56:38+	58:12+	61:24+	64:14+	67:07+	67:54+		
08:54+	12:33+	08:10+	09:23+	11:48+	05:50+	01:34+	03:12+	02:50+	02:53+	00:47+		
08:54+	12:33+	08:10+	09:23+	11:48+	05:50+	01:34+	03:12+	02:50+	02:53+	00:47+		

Plass	Navn	Klasse	Tid
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D50

15	Turid Eikebu Alfsen										1683	1:10:14
11:44+	22:23+	29:26+	37:25+	47:30+	57:04+	59:05+	63:33+	66:56+	69:26+	70:14+		
11:44+	10:39+	07:03+	07:59+	10:05+	09:34+	02:01+	04:28+	03:23+	02:30+	00:48+		
11:44+	10:39+	07:03+	07:59+	10:05+	09:34+	02:01+	04:28+	03:23+	02:30+	00:48+		
16	Andrea Tapken										3529	1:10:55
08:25+	21:10+	27:22+	36:08+	48:19+	55:47+	57:14+	61:14+	67:48+	69:54+	70:55+		
08:25+	12:45+	06:12+	08:46+	12:11+	07:28+	01:27+	04:00+	06:34+	02:06+	01:01+		
08:25+	12:45+	06:12+	08:46+	12:11+	07:28+	01:27+	04:00+	06:34+	02:06+	01:01+		
17	Tove Irene Asheim										1683	1:15:15
08:35+	20:13+	37:34+	46:32+	58:03+	64:00+	65:25+	68:33+	71:35+	74:13+	75:15+		
08:35+	11:38+	17:21+	08:58+	11:31+	05:57+	01:25+	03:08+	03:02+	02:38+	01:02+		
08:35+	11:38+	17:21+	08:58+	11:31+	05:57+	01:25+	03:08+	03:02+	02:38+	01:02+		
18	Signe Ottesen										1683	1:15:24
26:05+	36:30+	40:53+	47:22+	57:32+	64:20+	65:42+	69:26+	71:58+	74:32+	75:24+		
26:05+	10:25+	04:23+	06:29+	10:10+	06:48+	01:22+	03:44+	02:32+	02:34+	00:52+		
26:05+	10:25+	04:23+	06:29+	10:10+	06:48+	01:22+	03:44+	02:32+	02:34+	00:52+		
19	Tonje Tiley										882	1:15:36
09:43+	18:14+	32:28+	39:54+	49:49+	58:35+	60:48+	63:51+	73:30+	74:52+	75:36+		
09:43+	08:31+	14:14+	07:26+	09:55+	08:46+	02:13+	03:03+	09:39+	01:22+	00:44+		
09:43+	08:31+	14:14+	07:26+	09:55+	08:46+	02:13+	03:03+	09:39+	01:22+	00:44+		
20	Synnøve Westermoen										1683	1:17:11
08:54+	26:29+	35:41+	47:30+	58:08+	66:18+	67:28+	71:29+	74:12+	75:56+	77:11+		
08:54+	17:35+	09:12+	11:49+	10:38+	08:10+	01:10+	04:01+	02:43+	01:44+	01:15+		
08:54+	17:35+	09:12+	11:49+	10:38+	08:10+	01:10+	04:01+	02:43+	01:44+	01:15+		
21	Iren Undheim Øgreid										769	1:17:20
07:09+	17:54+	36:02+	42:13+	55:56+	62:07+	63:31+	66:41+	69:26+	76:25+	77:20+		
07:09+	10:45+	18:08+	06:11+	13:43+	06:11+	01:24+	03:10+	02:45+	06:59+	00:55+		
07:09+	10:45+	18:08+	06:11+	13:43+	06:11+	01:24+	03:10+	02:45+	06:59+	00:55+		
22	Toril Dahle										1683	1:24:05
10:04+	22:12+	46:37+	54:13+	64:49+	69:46+	71:09+	75:50+	78:58+	83:14+	84:05+		
10:04+	12:08+	24:25+	07:36+	10:36+	04:57+	01:23+	04:41+	03:08+	04:16+	00:51+		
10:04+	12:08+	24:25+	07:36+	10:36+	04:57+	01:23+	04:41+	03:08+	04:16+	00:51+		
23	Ragnhild Båtnes Berntsen										1758	1:31:25
12:53+	23:55+	48:40+	56:45+	68:45+	78:41+	80:11+	82:45+	85:20+	90:37+	91:25+		
12:53+	11:02+	24:45+	08:05+	12:00+	09:56+	01:30+	02:34+	02:35+	05:17+	00:48+		
12:53+	11:02+	24:45+	08:05+	12:00+	09:56+	01:30+	02:34+	02:35+	05:17+	00:48+		
24	Janne Frantzen										1683	1:35:23
10:24+	22:38+	41:51+	52:58+	70:19+	81:30+	83:16+	88:07+	91:47+	94:06+	95:23+		
10:24+	12:14+	19:13+	11:07+	17:21+	11:11+	01:46+	04:51+	03:40+	02:19+	01:17+		
10:24+	12:14+	19:13+	11:07+	17:21+	11:11+	01:46+	04:51+	03:40+	02:19+	01:17+		

Beste strekktid for klassen

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

D60

1	Ragnhild Auglænd									769	50:41
07:48=	09:54=	16:07=	19:53=	32:06=	36:02=	41:10=	44:24=	49:20=	50:41=		
07:48=	02:06=	06:13=	03:46=	12:13=	03:56=	05:08=	03:14=	04:56=	01:21=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ingrid E. I. Øxnevad									3516	51:18
08:52+	11:59+	18:14+	21:36+	30:01-	35:08-	40:51-	45:02+	49:55+	51:18+		
08:52+	03:07+	06:15+	03:22-	08:25-	05:07+	05:43+	04:11+	04:53-	01:23+		
01:04#	01:01&	00:02+	00:24-	03:48-	01:11&	00:35#	00:57&	00:03-	00:02+		

Plass	Navn	Klasse	Tid
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D60

3	Mona Berntsen	1832	56:39						
07:54+	09:20-	16:39+	20:59+	30:42-	39:50+	45:15+	50:02+	54:33+	56:39+
07:54+	01:26-	07:19+	04:20+	09:43-	09:08+	05:25+	04:47+	04:31-	02:06+
00:06+	00:40-	01:06#	00:34#	02:30-	05:12@	00:17+	01:33&	00:25-	00:45&
4	Kristin Skadsem	3516	57:45						
10:23+	17:43+	24:29+	27:39+	39:07+	42:46+	49:19+	52:18+	56:25+	57:45+
10:23+	07:20+	06:46+	03:10+	11:28+	03:39+	06:33+	02:59+	04:07+	01:20+
10:23+	07:20+	06:46+	03:10+	11:28+	03:39+	06:33+	02:59+	04:07+	01:20+
5	Nina Christiansen	722	1:05:22						
08:58+	14:12+	21:28+	24:47+	34:49+	49:52+	55:18+	59:30+	63:34+	65:22+
08:58+	05:14+	07:16+	03:19+	10:02+	15:03+	05:26+	04:12+	04:04+	01:48+
08:58+	05:14+	07:16+	03:19+	10:02+	15:03+	05:26+	04:12+	04:04+	01:48+
6	Marianne Høie	1683	1:08:00						
12:04+	14:02+	21:55+	26:36+	39:32+	47:11+	56:28+	60:15+	66:24+	68:00+
12:04+	01:58+	07:53+	04:41+	12:56+	07:39+	09:17+	03:47+	06:09+	01:36+
12:04+	01:58+	07:53+	04:41+	12:56+	07:39+	09:17+	03:47+	06:09+	01:36+
7	Ellinor Hoemsnes	1683	1:14:29						
10:31+	12:26+	19:24+	29:33+	45:21+	59:07+	64:12+	68:43+	72:49+	74:29+
10:31+	01:55+	06:58+	10:09+	15:48+	13:46+	05:05+	04:31+	04:06+	01:40+
10:31+	01:55+	06:58+	10:09+	15:48+	13:46+	05:05+	04:31+	04:06+	01:40+
8	Kari Anstensrud	896	1:20:57						
12:37+	15:26+	23:19+	28:03+	51:53+	58:54+	67:08+	71:09+	79:14+	80:57+
12:37+	02:49+	07:53+	04:44+	23:50+	07:01+	08:14+	04:01+	08:05+	01:43+
12:37+	02:49+	07:53+	04:44+	23:50+	07:01+	08:14+	04:01+	08:05+	01:43+

Beste strekktid for klassen

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

D65

1	Ann Karin Tjørhom					1884					45:54
07:19=	08:50=	15:11=	18:11=	26:59=	31:47=	36:05=	40:45=	44:40=	45:54=		
07:19=	01:31=	06:21=	03:00=	08:48=	04:48=	04:18=	04:40=	03:55=	01:14=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ingunn Voilås					3502					48:26
06:40-	07:52-	13:41-	17:09-	26:29-	34:37+	39:46+	42:53+	47:00+	48:26+		
06:40-	01:12-	05:49-	03:28+	09:20+	08:08+	05:09+	03:07-	04:07+	01:26+		
00:39-	00:19-	00:32-	00:28#	00:32+	03:20&	00:51#	01:33-	00:12+	00:12#		
3	Ingrid Eik					1830					49:25
07:34+	09:22+	15:16+	18:59+	28:38+	33:41+	40:02+	42:40+	47:49+	49:25+		
07:34+	01:48+	05:54-	03:43+	09:39+	05:03+	06:21+	02:38-	05:09+	01:36+		
00:15+	00:17#	00:27-	00:43#	00:51+	00:15+	02:03&	02:02-	01:14&	00:22&		
4	Eli Frafjord					1141					1:00:48
11:00+	12:28+	18:52+	22:57+	33:42+	43:14+	48:49+	52:51+	58:58+	60:48+		
11:00+	01:28-	06:24+	04:05+	10:45+	09:32+	05:35+	04:02-	06:07+	01:50+		
03:41&	00:03-	00:03+	01:05&	01:57#	04:44&	01:17&	00:38-	02:12&	00:36&		
5	Vigdis Løseth					722					1:01:36
10:06+	12:27+	22:47+	29:45+	41:15+	44:47+	50:06+	53:13+	60:04+	61:36+		
10:06+	02:21+	10:20+	06:58+	11:30+	03:32-	05:19+	03:07-	06:51+	01:32+		
02:47&	00:50&	03:59&	03:58@	02:42&	01:16-	01:01#	01:33-	02:56&	00:18#		
6	Liv Sissel Obrestad					3529					1:14:58
13:04+	14:45+	21:36+	25:51+	40:40+	53:39+	59:43+	65:06+	73:12+	74:58+		
13:04+	01:41+	06:51+	04:15+	14:49+	12:59+	06:04+	05:23+	08:06+	01:46+		
05:45&	00:10#	00:30+	01:15&	06:01&	08:11@	01:46&	00:43#	04:11@	00:32&		

Plass	Navn	Klasse	Tid
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D65

7	Anne Katrine Lycke						1884			1:17:59
17:44+	19:26+	26:27+	30:09+	48:52+	54:55+	61:25+	70:21+	76:03+	77:59+	
17:44+	01:42+	07:01+	03:42+	18:43+	06:03+	06:30+	08:56+	05:42+	01:56+	
10:25@	00:11#	00:40#	00:42#	09:55@	01:15&	02:12&	04:16&	01:47&	00:42&	

8	Margot Asheim				722					1:39:51
46:16+	51:41+	59:17+	62:23+	72:40+	81:13+	87:47+	91:22+	97:15+	99:51+	
46:16+	05:25+	07:36+	03:06+	10:17+	08:33+	06:34+	03:35+	05:53+	02:36+	
46:16+	05:25+	07:36+	03:06+	10:17+	08:33+	06:34+	03:35+	05:53+	02:36+	

Beste strekktid for klassen

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

D70

1	Lillian Dahl Fitjar					896					1:09:57				
11:13=	13:34=	22:38=	28:14=	41:45=	48:13=	56:32=	62:07=	68:18=	69:57=						
11:13=	02:21=	09:04=	05:36=	13:31=	06:28=	08:19=	05:35=	06:11=	01:39=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						

2	Berit Gramstad									3551	1:11:04
12:02+	14:41+	23:36+	29:25+	42:59+	49:22+	57:45+	63:12+	69:28+	71:04+		
12:02+	02:39+	08:55-	05:49+	13:34+	06:23+	08:23+	05:27-	06:16+	01:36-		
00:49+	00:18#	00:09-	00:13+	00:03+	00:05-	00:04+	00:08-	00:05+	00:03-		

3

Hanne Eik

896

1:31:37

28:39+ 30:25+ 38:22+ 43:20+ 55:22+ 71:34+ 78:33+ 82:05+ 89:23+ 91:37+

28:39+ 01:46- 07:57- 04:58- 12:02- 16:12+ 06:59- 03:32- 07:18+ 02:14+

17:26@ 00:35- 01:07- 00:38- 01:29- 09:44@ 01:20- 02:03- 01:07# 00:35&

Beste strekktid for klassen

11:13 01:46 07:57 04:58 12:02 06:23 06:59 03:32 06:11 01:36

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

D75

1	Ingrid W. Hestness					896					1:01:19
06:18=	07:30=	19:35=	26:45=	35:25=	39:56=	51:40=	53:43=	60:07=	61:19=		
06:18=	01:12=	12:05=	07:10=	08:40=	04:31=	11:44=	02:03=	06:24=	01:12=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

2	Inger Skretting Opstad								3529	1:08:20
12:26+	16:20+	24:28+	29:32+	43:58+	50:23+	56:29+	60:34+	65:48+	68:20+	
12:26+	03:54+	08:08-	05:04-	14:26+	06:25+	06:06-	04:05+	05:14-	02:32+	
06:08&	02:42@	03:57-	02:06-	05:46&	01:54&	05:38-	02:02&	01:10-	01:20@	

3

Helga Klausen

769

1:08:57

10:08+ 12:30+ 21:25+ 27:02+ 40:45+ 47:13+ 55:33+ 61:12+ 67:20+ 68:57+

10:08+ 02:22+ 08:55- 05:37- 13:43+ 06:28+ 08:20- 05:39+ 06:08- 01:37+

03:50& 01:10& 03:10- 01:33- 05:03& 01:57& 03:24- 03:36@ 00:16- 00:25&

4	Haldis Glendrange					874				1:14:46
10:32+	12:48+	21:41+	26:34-	41:19+	50:34+	57:41+	63:17+	72:16+	74:46+	
10:32+	02:16+	08:53-	04:53-	14:45+	09:15+	07:07-	05:36+	08:59+	02:30+	
04:14&	01:04&	03:12-	02:17-	06:05&	04:44@	04:37-	03:33@	02:35&	01:18@	

5	Hedvig Anda									1683	1:20:00
10:57+	13:02+	21:49+	27:48+	40:52+	52:13+	63:11+	68:13+	76:53+	80:00+		
10:57+	02:05+	08:47-	05:59-	13:04+	11:21+	10:58-	05:02+	08:40+	03:07+		
04:39&	00:53&	03:18-	01:11-	04:24&	06:50@	00:46-	02:59@	02:16&	01:55@		

Plass	Navn	Klasse	Tid									
D75												
6	Aslaug Lura	1141	1:29:18									
12:39+	16:24+	27:32+	31:44+	45:15+	60:08+	68:02+	79:20+	86:39+	89:18+			
12:39+	03:45+	11:08-	04:12-	13:31+	14:53+	07:54-	11:18+	07:19+	02:39+			
06:21@	02:33@	00:57-	02:58-	04:51&	10:22@	03:50-	09:15@	00:55#	01:27@			
Beste strekktid for klassen												
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
D80												
1	Gry Vikhamar Thengs	874	43:52									
06:14=	07:41=	11:58=	13:31=	22:39=	29:31=	32:37=	39:23=	42:15=	43:52=			
06:14=	01:27=	04:17=	01:33=	09:08=	06:52=	03:06=	06:46=	02:52=	01:37=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Turid Nystrøm	874	46:27									
06:19+	07:30-	11:45-	13:22-	21:54-	29:33+	33:18+	41:35+	44:18+	46:27+			
06:19+	01:11-	04:15-	01:37+	08:32-	07:39+	03:45+	08:17+	02:43-	02:09+			
00:05+	00:16-	00:02-	00:04+	00:36-	00:47#	00:39#	01:31#	00:09-	00:32&			
3	Berit Ebbell Olsen	874	1:38:58									
10:41+	14:37+	22:34+	25:35+	42:40+	58:59+	67:18+	89:58+	94:41+	98:58+			
10:41+	03:56+	07:57+	03:01+	17:05+	16:19+	08:19+	22:40+	04:43+	04:17+			
04:27&	02:29@	03:40&	01:28&	07:57&	09:27@	05:13@	15:54@	01:51&	02:40@			
Beste strekktid for klassen												
06:14	01:11	04:15	01:33	08:32	06:52	03:06	06:46	02:43	01:37			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
DA												
1	Aud Hognestad Taksdal	892	49:32									
05:42=	08:33=	09:55=	12:46=	25:50=	32:25=	36:32=	38:38=	40:20=	46:06=	47:24=	48:49=	49:32=
05:42=	02:51=	01:22=	02:51=	13:04=	06:35=	04:07=	02:06=	01:42=	05:46=	01:18=	01:25=	00:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jorunn Hadland	3502	52:39									
05:36-	08:36+	10:02+	12:57+	26:13+	32:28+	37:45+	39:54+	41:33+	48:34+	50:11+	51:42+	52:39+
05:36-	03:00+	01:26+	02:55+	13:16+	06:15-	05:17+	02:09+	01:39-	07:01+	01:37+	01:31+	00:57+
00:06-	00:09+	00:04+	00:04+	00:12+	00:20-	01:10&	00:03+	00:03-	01:15#	00:19#	00:06+	00:14&
3	Silje Skorve Skarpeid	1758	1:01:25									
06:25+	09:46+	11:26+	14:50+	29:36+	41:25+	47:33+	50:04+	52:18+	57:23+	58:58+	60:31+	61:25+
06:25+	03:21+	01:40+	03:24+	14:46+	11:49+	06:08+	02:31+	02:14+	05:05-	01:35+	01:33+	00:54+
00:43#	00:30#	00:18#	00:33#	01:42#	05:14&	02:01&	00:25#	00:32&	00:41-	00:17#	00:08+	00:11&
4	Trine Bolstad Scheie	769	1:02:56									
08:29+	12:41+	14:04+	17:23+	32:35+	40:40+	49:30+	52:17+	54:23+	58:52+	60:23+	61:41+	62:56+
08:29+	04:12+	01:23+	03:19+	15:12+	08:05+	08:50+	02:47+	02:06+	04:29-	01:31+	01:18-	01:15+
02:47&	01:21&	00:01+	00:28#	02:08#	01:30#	04:43@	00:41&	00:24#	01:17-	00:13#	00:07-	00:32&
5	Wibeke Lende	3503	1:03:48									
08:10+	11:45+	13:27+	18:36+	34:29+	41:49+	48:48+	52:29+	54:42+	59:25+	60:59+	62:52+	63:48+
08:10+	03:35+	01:42+	05:09+	15:53+	07:20+	06:59+	03:41+	02:13+	04:43-	01:34+	01:53+	00:56+
02:28&	00:44&	00:20#	02:18&	02:49#	00:45#	02:52&	01:35&	00:31&	01:03-	00:16#	00:28&	00:13&
6	Matilde Skjæveland Skår	3486	1:07:54									
10:07+	13:57+	15:43+	19:30+	34:27+	44:25+	51:47+	54:24+	57:35+	63:33+	65:15+	66:44+	67:54+
10:07+	03:50+	01:46+	03:47+	14:57+	09:58+	07:22+	02:37+	03:11+	05:58+	01:42+	01:29+	01:10+
04:25&	00:59&	00:24&	00:56&	01:53#	03:23&	03:15&	00:31#	01:29&	00:12+	00:24&	00:04+	00:27&

Plass	Navn	Klasse	Tid
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DA

7

Clare Leveridge

877

1:11:37

07:51+

14:31+

16:17+

19:32+

36:42+

46:50+

53:40+

56:39+

59:52+

66:25+

68:37+

70:17+

71:37+

07:51+

06:40+

01:46+

03:15+

17:10+

10:08+

06:50+

02:59+

03:13+

06:33+

02:12+

01:40+

01:20+

02:09&

03:49@

00:24&

00:24#

04:06&

03:33&

02:43&

00:53&

01:31&

00:47#

00:54&

00:15#

00:37&

8

Maren Benjaminsen

1832

1:20:17

09:54+

15:09+

16:59+

21:13+

41:16+

50:48+

60:10+

64:40+

67:24+

75:46+

77:38+

79:12+

80:17+

09:54+

05:15+

01:50+

04:14+

20:03+

09:32+

09:22+

04:30+

02:44+

08:22+

01:52+

01:34+

01:05+

09:54+

05:15+

01:50+

04:14+

20:03+

09:32+

09:22+

04:30+

02:44+

08:22+

01:52+

01:34+

01:05+

9

Aina Kalsaas Urstad

4232

1:33:28

12:10+

17:56+

20:19+

25:35+

54:44+

64:18+

72:07+

75:50+

81:37+

87:17+

89:20+

92:18+

93:28+

12:10+

05:46+

02:23+

05:16+

29:09+

09:34+

07:49+

03:43+

05:47+

05:40+

02:03+

02:58+

01:10+

12:10+

05:46+

02:23+

05:16+

29:09+

09:34+

07:49+

03:43+

05:47+

05:40+

02:03+

02:58+

01:10+

Beste strekktid for klassen

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

DB

1

Tone Torgersen

882

1:00:07

06:55=

10:43=

16:04=

19:11=

38:23=

46:25=

51:53=

54:56=

57:08=

58:47=

60:07=

06:55=

03:48=

05:21=

03:07=

19:12=

08:02=

05:28=

03:03=

02:12=

01:39=

01:20=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

2

Inger Tone Nygård

3502

1:00:31

11:34+

15:04+

19:56+

22:45+

39:58+

47:48+

52:58+

55:30+

57:27+

59:10+

60:31+

11:34+

03:30-

04:52-

02:49-

17:13-

07:50-

05:10-

02:32-

01:57-

01:43+

01:21+

04:39&

00:18-

00:29-

00:18-

01:59-

00:12-

00:18-

00:31-

00:15-

00:04+

00:01+

3

Toyah Bråttevit

1832

1:00:52

07:25+

14:33+

22:51+

27:16+

44:47+

50:06+

54:29+

56:55+

58:32+

59:53+

60:52+

07:25+

07:08+

08:18+

04:25+

17:31-

05:19-

04:23-

02:26-

01:37-

01:21-

00:59-

00:30+

03:20&

02:57&

01:18&

01:41-

02:43-

01:05-

00:37-

00:35-

00:18-

00:21-

4

Anne Garsrud

3518

1:01:05

07:11+

11:46+

23:47+

27:19+

44:02+

49:29+

54:36+

56:45+

58:33+

60:04+

61:05+

07:11+

04:35+

12:01+

03:32+

16:43-

05:27-

05:07-

02:09-

01:48-

01:31-

01:01-

00:16+

00:47#

06:40@

00:25#

02:29-

02:35-

00:21-

00:54-

00:24-

00:08-

00:19-

5

Agnes Haker

1284

1:04:15

07:41+

12:29+

17:47+

20:52+

39:03+

45:22-

57:40+

59:34+

61:13+

63:24+

64:15+

07:41+

04:48+

05:18-

03:05-

18:11-

06:19-

12:18+

01:54-

01:39-

02:11+

00:51-

00:46#

01:00&

00:03-

00:02-

01:01-

01:43-

06:50@

01:09-

00:33-

00:32&

00:29-

6

Lise Isachsen

1384

1:12:29

15:07+

22:06+

28:11+

34:06+

53:47+

60:14+

65:46+

68:11+

69:54+

71:20+

72:29+

15:07+

06:59+

06:05+

05:55+

19:41+

06:27-

05:32+

02:25-

01:43-

01:26-

01:09-

08:12@

03:11&

00:44#

02:48&

00:29+

01:35-

00:04+

00:38-

00:29-

00:13-

00:11-

7

Marita Skorpe Falnes

3568

1:16:56

08:55+

15:09+

22:30+

28:37+

52:26+

60:41+

68:08+

71:05+

73:38+

75:41+

76:56+

08:55+

06:14+

07:21+

06:07+

23:49+

08:15+

07:27+

02:57-

02:33+

02:03+

01:15-

02:00&

02:26&

02:00&

03:00&

04:37#

00:13+

01:59&

00:06-

00:21#

00:24#

00:05-

8

Ann-Cathrin Nybak Urdal

3595

1:17:26

12:56+

20:24+

26:54+

31:03+

53:07+

62:17+

69:36+

72:12+

74:15+

76:02+

77:26+

12:56+

07:28+

06:30+

04:09+

22:04+

09:10+

07:19+

02:36-

02:03-

01:47+

01:24+

06:01&

03:40&

01:09#

01:02&

02:52#

01:08#

01:51&

00:27-

00:09-

00:08+

00:04+

9

Ellen Tindeland

882

1:19:29

09:16+

13:01+

18:17+

21:31+

39:55+

52:03+

69:29+

71:36+

76:38+

78:11+

79:29+

09:16+

03:45-

05:16-

03:14+

18:24-

12:08+

17:26+

02:07-

05:02+

01:33-

01:18-

02:21&

00:03-

00:05-

00:07+

00:48-

04:06&

11:58@

00:56-

02:50@

00:06-

00:02-

Plass	Navn	Klasse	Tid
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DB

10	Kristin Breivold										892	1:23:22
08:52+	20:39+	27:25+	33:18+	53:20+	65:01+	75:59+	78:18+	80:08+	81:53+	83:22+		
08:52+	11:47+	06:46+	05:53+	20:02+	11:41+	10:58+	02:19-	01:50-	01:45+	01:29+		
01:57&	07:59@	01:25&	02:46&	00:50+	03:39&	05:30@	00:44-	00:22-	00:06+	00:09#		
11	Ida Kolstø										3502	1:25:07
08:00+	17:21+	26:44+	33:41+	64:19+	71:34+	76:51+	79:43+	82:03+	83:49+	85:07+		
08:00+	09:21+	09:23+	06:57+	30:38+	07:15+	05:17+	02:52+	02:20+	01:46+	01:18+		
08:00+	09:21+	09:23+	06:57+	30:38+	07:15+	05:17+	02:52+	02:20+	01:46+	01:18+		
12	Heidi Martby-Skogsholm										3522	1:26:06
11:10+	19:29+	28:55+	37:07+	60:12+	69:13+	76:32+	80:14+	82:55+	84:46+	86:06+		
11:10+	08:19+	09:26+	08:12+	23:05+	09:01+	07:19+	03:42+	02:41+	01:51+	01:20+		
11:10+	08:19+	09:26+	08:12+	23:05+	09:01+	07:19+	03:42+	02:41+	01:51+	01:20+		

Beste strekktid for klassen

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

DT

1	Line Skaar							4235	40:21
05:06=	08:27=	14:07=	25:41=	30:30=	36:30=	39:20=	40:21=		
05:06=	03:21=	05:40=	11:34=	04:49=	06:00=	02:50=	01:01=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Mette Baardsgaard							1884	41:55
07:02+	09:22+	14:41+	23:03-	26:51-	38:49+	40:42+	41:55+		
07:02+	02:20-	05:19-	08:22-	03:48-	11:58+	01:53-	01:13+		
01:56&	01:01-	00:21-	03:12-	01:01-	05:58&	00:57-	00:12#		
3	Renate Furenes							892	49:17
09:57+	14:16+	20:22+	30:53+	35:36+	41:59+	45:21+	49:17+		
09:57+	04:19+	06:06+	10:31-	04:43-	06:23+	03:22+	03:56+		
04:51&	00:58&	00:26+	01:03-	00:06-	00:23+	00:32#	02:55@		
4	Esther Boenheim							2539	49:52
07:27+	10:51+	17:33+	31:13+	36:31+	45:39+	48:14+	49:52+		
07:27+	03:24+	06:42+	13:40+	05:18+	09:08+	02:35-	01:38+		
02:21&	00:03+	01:02#	02:06#	00:29#	03:08&	00:15-	00:37&		
5	Juliane Nødland							3512	52:07
09:08+	14:17+	22:44+	34:17+	39:39+	47:07+	50:03+	52:07+		
09:08+	05:09+	08:27+	11:33-	05:22+	07:28+	02:56+	02:04+		
04:02&	01:48&	02:47&	00:01-	00:33#	01:28#	00:06+	01:03@		
6	Anastasia Ollestad							3676	53:49
10:43+	13:47+	19:58+	38:44+	42:54+	49:15+	52:35+	53:49+		
10:43+	03:04-	06:11+	18:46+	04:10-	06:21+	03:20+	01:14+		
05:37@	00:17-	00:31+	07:12&	00:39-	00:21+	00:30#	00:13#		
7	Karine Ditlevsen							896	54:55
11:06+	15:09+	22:23+	34:22+	38:58+	50:52+	53:19+	54:55+		
11:06+	04:03+	07:14+	11:59+	04:36-	11:54+	02:27-	01:36+		
06:00@	00:42#	01:34&	00:25+	00:13-	05:54&	00:23-	00:35&		
8	Therese Østbø							896	54:59
11:12+	15:17+	22:28+	34:30+	39:01+	50:54+	53:19+	54:59+		
11:12+	04:05+	07:11+	12:02+	04:31-	11:53+	02:25-	01:40+		
06:06@	00:44#	01:31&	00:28+	00:18-	05:53&	00:25-	00:39&		
9	Anna Hole							3503	55:30
11:03+	16:34+	24:38+	36:35+	41:11+	50:59+	53:33+	55:30+		
11:03+	05:31+	08:04+	11:57+	04:36-	09:48+	02:34-	01:57+		
05:57@	02:10&	02:24&	00:23+	00:13-	03:48&	00:16-	00:56&		

Plass	Navn	Klasse	Tid
DT			
10	Kirsti Strand Salvesen	3540	58:04
09:26+	13:28+ 22:32+ 35:03+ 41:15+ 51:49+ 55:19+ 58:04+		
09:26+	04:02+ 09:04+ 12:31+ 06:12+ 10:34+ 03:30+ 02:45+		
04:20&	00:41# 03:24& 00:57+ 01:23& 04:34& 00:40# 01:44@		
11	Marie Hernæs Larsen	3565	1:00:06
11:39+	16:07+ 24:02+ 35:10+ 41:50+ 53:36+ 57:11+ 60:06+		
11:39+	04:28+ 07:55+ 11:08+ 06:40+ 11:46+ 03:35+ 02:55+		
11:39+	04:28+ 07:55+ 11:08+ 06:40+ 11:46+ 03:35+ 02:55+		
12	Cecilie Lidal	722	1:02:09
07:58+	15:57+ 22:02+ 44:28+ 49:12+ 56:42+ 60:42+ 62:09+		
07:58+	07:59+ 06:05+ 22:26+ 04:44+ 07:30+ 04:00+ 01:27+		
07:58+	07:59+ 06:05+ 22:26+ 04:44+ 07:30+ 04:00+ 01:27+		
13	Tiril Søndervik Pedersen	1141	1:03:52
14:33+	19:27+ 27:38+ 38:43+ 50:26+ 58:22+ 61:01+ 63:52+		
14:33+	04:54+ 08:11+ 11:05+ 11:43+ 07:56+ 02:39+ 02:51+		
14:33+	04:54+ 08:11+ 11:05+ 11:43+ 07:56+ 02:39+ 02:51+		
14	Unni Byberg Mæstad	892	1:05:54
19:44+	23:30+ 32:09+ 43:15+ 48:43+ 59:29+ 63:07+ 65:54+		
19:44+	03:46+ 08:39+ 11:06+ 05:28+ 10:46+ 03:38+ 02:47+		
19:44+	03:46+ 08:39+ 11:06+ 05:28+ 10:46+ 03:38+ 02:47+		
15	Marianne Steinkopf	880	1:06:28
24:21+	28:57+ 36:13+ 46:22+ 50:32+ 61:42+ 64:30+ 66:28+		
24:21+	04:36+ 07:16+ 10:09+ 04:10+ 11:10+ 02:48+ 01:58+		
24:21+	04:36+ 07:16+ 10:09+ 04:10+ 11:10+ 02:48+ 01:58+		
16	Maria Boge Lauvsnes	722	1:08:18
12:45+	19:53+ 27:28+ 45:23+ 49:41+ 62:14+ 65:59+ 68:18+		
12:45+	07:08+ 07:35+ 17:55+ 04:18+ 12:33+ 03:45+ 02:19+		
12:45+	07:08+ 07:35+ 17:55+ 04:18+ 12:33+ 03:45+ 02:19+		
17	Solbjørg Eikeland	722	1:09:58
26:17+	28:42+ 35:35+ 51:30+ 55:08+ 66:43+ 68:51+ 69:58+		
26:17+	02:25+ 06:53+ 15:55+ 03:38+ 11:35+ 02:08+ 01:07+		
26:17+	02:25+ 06:53+ 15:55+ 03:38+ 11:35+ 02:08+ 01:07+		
18	Anne Hilde Halleraker	882	1:10:07
27:34+	32:32+ 39:42+ 50:09+ 54:10+ 65:22+ 68:08+ 70:07+		
27:34+	04:58+ 07:10+ 10:27+ 04:01+ 11:12+ 02:46+ 01:59+		
27:34+	04:58+ 07:10+ 10:27+ 04:01+ 11:12+ 02:46+ 01:59+		
19	Kristine Vik	1284	1:12:08
31:55+	36:02+ 42:57+ 55:07+ 59:10+ 68:15+ 70:16+ 72:08+		
31:55+	04:07+ 06:55+ 12:10+ 04:03+ 09:05+ 02:01+ 01:52+		
31:55+	04:07+ 06:55+ 12:10+ 04:03+ 09:05+ 02:01+ 01:52+		
20	Margretha Almedal	1376	1:12:15
10:25+	15:42+ 23:54+ 47:48+ 54:00+ 66:02+ 69:49+ 72:15+		
10:25+	05:17+ 08:12+ 23:54+ 06:12+ 12:02+ 03:47+ 02:26+		
10:25+	05:17+ 08:12+ 23:54+ 06:12+ 12:02+ 03:47+ 02:26+		
21	Kristine Aasland	3524	1:14:07
27:13+	30:41+ 38:04+ 50:20+ 57:07+ 67:49+ 71:28+ 74:07+		
27:13+	03:28+ 07:23+ 12:16+ 06:47+ 10:42+ 03:39+ 02:39+		
27:13+	03:28+ 07:23+ 12:16+ 06:47+ 10:42+ 03:39+ 02:39+		
22	Helena Almedal	1376	1:25:08
35:43+	40:45+ 49:03+ 61:45+ 68:46+ 78:35+ 82:48+ 85:08+		
35:43+	05:02+ 08:18+ 12:42+ 07:01+ 09:49+ 04:13+ 02:20+		
35:43+	05:02+ 08:18+ 12:42+ 07:01+ 09:49+ 04:13+ 02:20+		
23	Solbjørg Borgersen	3536	1:29:02
26:36+	49:41+ 58:31+ 68:34+ 72:57+ 84:01+ 87:06+ 89:02+		
26:36+	23:05+ 08:50+ 10:03+ 04:23+ 11:04+ 03:05+ 01:56+		
26:36+	23:05+ 08:50+ 10:03+ 04:23+ 11:04+ 03:05+ 01:56+		

Plass	Navn	Klasse	Tid
DT			
24	Goedele Taveirne	896	1:32:47
08:00+	10:45+ 34:20+ 49:43+ 70:22+ 86:26+ 90:43+ 92:47+		
08:00+	02:45+ 23:35+ 15:23+ 20:39+ 16:04+ 04:17+ 02:04+		
08:00+	02:45+ 23:35+ 15:23+ 20:39+ 16:04+ 04:17+ 02:04+		
25	Else Marie Furland	1884	1:38:17
13:50+	20:03+ 35:44+ 65:40+ 73:23+ 87:13+ 92:54+ 98:17+		
13:50+	06:13+ 15:41+ 29:56+ 07:43+ 13:50+ 05:41+ 05:23+		
13:50+	06:13+ 15:41+ 29:56+ 07:43+ 13:50+ 05:41+ 05:23+		
26	Ragnhild Christiansen	1884	1:38:22
13:41+	19:54+ 35:22+ 65:30+ 73:17+ 87:00+ 92:46+ 98:22+		
13:41+	06:13+ 15:28+ 30:08+ 07:47+ 13:43+ 05:46+ 05:36+		
13:41+	06:13+ 15:28+ 30:08+ 07:47+ 13:43+ 05:46+ 05:36+		
27	Marit Kløvstad Braut	892	1:38:28
14:53+	20:05+ 40:35+ 65:41+ 73:24+ 87:22+ 93:11+ 98:28+		
14:53+	05:12+ 20:30+ 25:06+ 07:43+ 13:58+ 05:49+ 05:17+		
14:53+	05:12+ 20:30+ 25:06+ 07:43+ 13:58+ 05:49+ 05:17+		
28	Heidi Camilla Raugstad Hovet	769	1:39:47
14:19+	22:27+ 30:50+ 47:37+ 73:34+ 93:20+ 97:45+ 99:47+		
14:19+	08:08+ 08:23+ 16:47+ 25:57+ 19:46+ 04:25+ 02:02+		
14:19+	08:08+ 08:23+ 16:47+ 25:57+ 19:46+ 04:25+ 02:02+		
29	Maren Oftedal	3676	1:49:09
35:52+	44:53+ 57:15+ 72:17+ 79:09+ 101:55+ 106:12+ 109:09+		
35:52+	09:01+ 12:22+ 15:02+ 06:52+ 22:46+ 04:17+ 02:57+		
35:52+	09:01+ 12:22+ 15:02+ 06:52+ 22:46+ 04:17+ 02:57+		
30	Marita Joswig	3676	1:49:39
35:56+	44:40+ 57:19+ 72:28+ 79:12+ 102:07+ 106:17+ 109:39+		
35:56+	08:44+ 12:39+ 15:09+ 06:44+ 22:55+ 04:10+ 03:22+		
35:56+	08:44+ 12:39+ 15:09+ 06:44+ 22:55+ 04:10+ 03:22+		
31	Lisbeth Davidsen	722	2:12:07
40:18+	49:08+ 59:38+ 88:16+ 108:20+ 124:20+ 128:43+ 132:07+		
40:18+	08:50+ 10:30+ 28:38+ 20:04+ 16:00+ 04:23+ 03:24+		
40:18+	08:50+ 10:30+ 28:38+ 20:04+ 16:00+ 04:23+ 03:24+		
32	Ingrid Lohne	722	2:13:09
41:15+	50:07+ 60:35+ 89:14+ 109:27+ 125:26+ 129:51+ 133:09+		
41:15+	08:52+ 10:28+ 28:39+ 20:13+ 15:59+ 04:25+ 03:18+		
41:15+	08:52+ 10:28+ 28:39+ 20:13+ 15:59+ 04:25+ 03:18+		
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H16			
1	Brostrup Landstad	3507	47:40
10:45=	13:50= 18:15= 21:03= 33:06= 37:07= 41:24= 43:50= 45:36= 46:46= 47:40=		
10:45=	03:05= 04:25= 02:48= 12:03= 04:01= 04:17= 02:26= 01:46= 01:10= 00:54=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Ole Andre Brandsberg	3502	1:01:24
11:03+	18:48+ 25:00+ 28:21+ 44:58+ 50:42+ 55:42+ 57:35+ 59:10+ 60:40+ 61:24+		
11:03+	07:45+ 06:12+ 03:21+ 16:37+ 05:44+ 05:00+ 01:53- 01:35- 01:30+ 00:44-		
00:18+	04:40@ 01:47& 00:33# 04:34& 01:43& 00:43# 00:33- 00:11- 00:20& 00:10-		
3	Omund Thu Landstad	3507	1:02:26
09:23-	16:08+ 22:19+ 30:16+ 45:38+ 51:46+ 56:08+ 58:23+ 60:01+ 61:32+ 62:26+		
09:23-	06:45+ 06:11+ 07:57+ 15:22+ 06:08+ 04:22+ 02:15- 01:38- 01:31+ 00:54=		
01:22-	03:40@ 01:46& 05:09@ 03:19& 02:07& 00:05+ 00:11- 00:08- 00:21& 00:00=		

Plass	Navn											Klasse	Tid
H16													
4	Thor Hesselsøe											1376	1:04:44
07:36-	11:34-	18:58+	21:48+	46:34+	52:32+	56:51+	60:22+	62:08+	63:43+	64:44+			
07:36-	03:58+	07:24+	02:50+	24:46+	05:58+	04:19+	03:31+	01:46=	01:35+	01:01+			
03:09-	00:53&	02:59&	00:02+	12:43&	01:57&	00:02+	01:05&	00:00=	00:25&	00:07#			
5	David Wade											1683	1:05:02
06:31+	15:20+	21:19+	26:52+	45:11+	51:03+	56:32+	59:49+	62:07+	64:02+	65:02+			
06:31+	08:49+	05:59+	05:33+	18:19+	05:52+	05:29+	03:17+	02:18+	01:55+	01:00+			
06:31+	08:49+	05:59+	05:33+	18:19+	05:52+	05:29+	03:17+	02:18+	01:55+	01:00+			
6	Sondre Aspøy											2074	1:06:31
06:54+	11:00+	17:29+	22:12+	41:48+	52:21+	58:15+	61:46+	63:32+	65:20+	66:31+			
06:54+	04:06+	06:29+	04:43+	19:36+	10:33+	05:54+	03:31+	01:46+	01:48+	01:11+			
06:54+	04:06+	06:29+	04:43+	19:36+	10:33+	05:54+	03:31+	01:46+	01:48+	01:11+			
7	Bernt Christian Bugge											3676	1:08:07
08:28+	14:23+	21:17+	25:00+	49:04+	54:48+	60:46+	62:54+	64:56+	67:05+	68:07+			
08:28+	05:55+	06:54+	03:43+	24:04+	05:44+	05:58+	02:08+	02:02+	02:09+	01:02+			
08:28+	05:55+	06:54+	03:43+	24:04+	05:44+	05:58+	02:08+	02:02+	02:09+	01:02+			
8	Erlend Sølvberg											3524	1:09:32
06:31+	10:59+	15:48+	22:14+	52:01+	56:55+	60:55+	65:04+	67:06+	68:38+	69:32+			
06:31+	04:28+	04:49+	06:26+	29:47+	04:54+	04:00+	04:09+	02:02+	01:32+	00:54+			
06:31+	04:28+	04:49+	06:26+	29:47+	04:54+	04:00+	04:09+	02:02+	01:32+	00:54+			
9	Bendix Gjølstad Smith											892	1:11:43
09:49+	16:47+	23:38+	28:26+	48:13+	57:29+	63:46+	66:38+	69:03+	70:30+	71:43+			
09:49+	06:58+	06:51+	04:48+	19:47+	09:16+	06:17+	02:52+	02:25+	01:27+	01:13+			
09:49+	06:58+	06:51+	04:48+	19:47+	09:16+	06:17+	02:52+	02:25+	01:27+	01:13+			
10	Øyvind Rustan											722	1:14:31
06:39+	13:20+	25:30+	31:35+	51:37+	59:54+	65:38+	70:02+	71:47+	73:39+	74:31+			
06:39+	06:41+	12:10+	06:05+	20:02+	08:17+	05:44+	04:24+	01:45+	01:52+	00:52+			
06:39+	06:41+	12:10+	06:05+	20:02+	08:17+	05:44+	04:24+	01:45+	01:52+	00:52+			
11	Stian Bentsen Malmanger											3676	1:14:43
07:59+	12:54+	19:39+	24:04+	51:28+	58:10+	64:53+	68:42+	71:04+	73:24+	74:43+			
07:59+	04:55+	06:45+	04:25+	27:24+	06:42+	06:43+	03:49+	02:22+	02:20+	01:19+			
07:59+	04:55+	06:45+	04:25+	27:24+	06:42+	06:43+	03:49+	02:22+	02:20+	01:19+			
12	Truls Thorkildsen											2074	1:16:37
11:10+	16:07+	23:12+	27:25+	47:29+	60:51+	70:48+	72:50+	74:20+	75:40+	76:37+			
11:10+	04:57+	07:05+	04:13+	20:04+	13:22+	09:57+	02:02+	01:30+	01:20+	00:57+			
11:10+	04:57+	07:05+	04:13+	20:04+	13:22+	09:57+	02:02+	01:30+	01:20+	00:57+			
13	Henrik Aasheim											2342	1:18:35
07:07+	12:51+	19:12+	23:32+	43:54+	58:29+	69:36+	72:58+	75:24+	77:05+	78:35+			
07:07+	05:44+	06:21+	04:20+	20:22+	14:35+	11:07+	03:22+	02:26+	01:41+	01:30+			
07:07+	05:44+	06:21+	04:20+	20:22+	14:35+	11:07+	03:22+	02:26+	01:41+	01:30+			
14	Magnus Kristoffersen											3676	1:19:32
07:45+	14:15+	21:02+	26:59+	50:20+	58:49+	68:08+	73:18+	75:48+	77:55+	79:32+			
07:45+	06:30+	06:47+	05:57+	23:21+	08:29+	09:19+	05:10+	02:30+	02:07+	01:37+			
07:45+	06:30+	06:47+	05:57+	23:21+	08:29+	09:19+	05:10+	02:30+	02:07+	01:37+			
15	Bjørn Morten Bøe Brunstøl											2023	1:24:35
09:47+	19:10+	26:31+	32:48+	54:47+	63:59+	74:17+	78:14+	80:53+	83:00+	84:35+			
09:47+	09:23+	07:21+	06:17+	21:59+	09:12+	10:18+	03:57+	02:39+	02:07+	01:35+			
09:47+	09:23+	07:21+	06:17+	21:59+	09:12+	10:18+	03:57+	02:39+	02:07+	01:35+			
16	Håvard Landråk											3676	1:24:55
07:35+	11:32+	17:50+	29:17+	54:24+	60:25+	75:45+	78:46+	81:05+	83:20+	84:55+			
07:35+	03:57+	06:18+	11:27+	25:07+	06:01+	15:20+	03:01+	02:19+	02:15+	01:35+			
07:35+	03:57+	06:18+	11:27+	25:07+	06:01+	15:20+	03:01+	02:19+	02:15+	01:35+			
17	Eivind Baltzersen											1283	1:25:45
10:11+	16:38+	32:56+	38:11+	61:45+	69:10+	75:14+	80:04+	82:24+	84:13+	85:45+			
10:11+	06:27+	16:18+	05:15+	23:34+	07:25+	06:04+	04:50+	02:20+	01:49+	01:32+			
10:11+	06:27+	16:18+	05:15+	23:34+	07:25+	06:04+	04:50+	02:20+	01:49+	01:32+			

Plass	Navn											Klasse											Tid
H16																							
18	Trym Hustoft										3497											1:28:39	
07:02+	12:45+	19:50+	27:45+	50:37+	58:23+	81:40+	83:18+	85:20+	87:18+	88:39+													
07:02+	05:43+	07:05+	07:55+	22:52+	07:46+	23:17+	01:38+	02:02+	01:58+	01:21+													
07:02+	05:43+	07:05+	07:55+	22:52+	07:46+	23:17+	01:38+	02:02+	01:58+	01:21+													
19	Lars Kartevoll										3548											1:32:07	
16:54+	23:20+	31:37+	37:48+	58:33+	72:49+	83:12+	85:45+	88:46+	90:54+	92:07+													
16:54+	06:26+	08:17+	06:11+	20:45+	14:16+	10:23+	02:33+	03:01+	02:08+	01:13+													
16:54+	06:26+	08:17+	06:11+	20:45+	14:16+	10:23+	02:33+	03:01+	02:08+	01:13+													
20	Håvard Aase										3558											1:40:17	
08:20+	15:25+	25:25+	29:01+	76:37+	83:35+	90:49+	94:18+	96:42+	98:34+	100:17+													
08:20+	07:05+	10:00+	03:36+	47:36+	06:58+	07:14+	03:29+	02:24+	01:52+	01:43+													
08:20+	07:05+	10:00+	03:36+	47:36+	06:58+	07:14+	03:29+	02:24+	01:52+	01:43+													
21	Henrik Friis										3516											1:40:21	
36:23+	41:57+	52:18+	57:24+	82:17+	88:02+	93:00+	95:51+	97:53+	99:18+	100:21+													
36:23+	05:34+	10:21+	05:06+	24:53+	05:45+	04:58+	02:51+	02:02+	01:25+	01:03+													
36:23+	05:34+	10:21+	05:06+	24:53+	05:45+	04:58+	02:51+	02:02+	01:25+	01:03+													
Beste strekktid for klassen																							
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																							
H40																							
1	Magne Habbestad										3531											58:07	
08:46=	12:00=	18:00=	21:39=	38:28=	45:11=	50:43=	53:18=	55:09=	56:49=	58:07=													
08:46=	03:14=	06:00=	03:39=	16:49=	06:43=	05:32=	02:35=	01:51=	01:40=	01:18=													
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													
2	Anders Presterud										903											58:50	
07:10-	11:57-	17:30-	21:08-	37:33-	46:33+	51:43+	54:13+	55:59+	57:48+	58:50+													
07:10-	04:47+	05:33-	03:38-	16:25-	09:00+	05:10-	02:30-	01:46-	01:49+	01:02-													
01:36-	01:33&	00:27-	00:01-	00:24-	02:17&	00:22-	00:05-	00:05-	00:09+	00:16-													
3	Christian Ask										3563											1:04:28	
06:50-	10:39-	17:22-	21:24-	44:58+	51:06+	57:15+	59:52+	61:49+	63:21+	64:28+													
06:50-	03:49+	06:43+	04:02+	23:34+	06:08-	06:09+	02:37+	01:57+	01:32-	01:07-													
01:56-	00:35#	00:43#	00:23#	06:45&	00:35-	00:37#	00:02+	00:06+	00:08-	00:11-													
4	Alexander Khorunzhiy										1456											1:09:31	
11:20+	16:43+	23:53+	28:53+	47:18+	55:23+	61:46+	64:00+	66:18+	68:08+	69:31+													
11:20+	05:23+	07:10+	05:00+	18:25+	08:05+	06:23+	02:14-	02:18+	01:50+	01:23+													
02:34&	02:09&	01:10#	01:21&	01:36+	01:22#	00:51#	00:21-	00:27#	00:10#	00:05+													
5	Gunnar Thorset										896											1:09:53	
07:41-	12:01+	17:48-	23:45+	41:24+	48:35+	58:24+	65:14+	67:05+	68:36+	69:53+													
07:41-	04:20+	05:47-	05:57+	17:39+	07:11+	09:49+	06:50+	01:51=	01:31-	01:17-													
01:05-	01:06&	00:13-	02:18&	00:50+	00:28+	04:17&	04:15@	00:00=	00:09-	00:01-													
6	Ole-Tobias Frich										1683											1:11:38	
08:01-	13:05+	20:19+	24:42+	44:11+	57:23+	62:56+	65:02+	66:57+	70:26+	71:38+													
08:01-	05:04+	07:14+	04:23+	19:29+	13:12+	05:33+	02:06-	01:55+	03:29+	01:12-													
00:45-	01:50&	01:14#	00:44#	02:40#	06:29&	00:01+	00:29-	00:04+	01:49@	00:06-													
7	Frode Ungar										1683											1:11:59	
07:34-	12:29+	19:31+	24:31+	48:56+	55:01+	62:10+	66:11+	68:33+	70:35+	71:59+													
07:34-	04:55+	07:02+	05:00+	24:25+	06:05-	07:09+	04:01+	02:22+	02:02+	01:24+													
01:12-	01:41&	01:02#	01:21&	07:36&	00:38-	01:37&	01:26&	00:31&	00:22#	00:06+													
8	Jan-Kenneth Polle										3525											1:13:44	
08:50+	16:13+	21:58+	25:48+	43:15+	61:37+	65:50+	69:28+	71:06+	72:39+	73:44+													
08:50+	07:23+	05:45-	03:50+	17:27+	18:22+	04:13-	03:38+	01:38-	01:33-	01:05-													
00:04+	04:09@	00:15-	00:11+	00:38+	11:39@	01:19-	01:03&	00:13-	00:07-	00:13-													

Plass	Navn	Klasse	Tid
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H40

9	Arild Stave										3676	1:20:27
07:45-	13:08+	26:46+	33:17+	60:01+	67:13+	73:22+	75:59+	78:08+	79:33+	80:27+		
07:45-	05:23+	13:38+	06:31+	26:44+	07:12+	06:09+	02:37+	02:09+	01:25-	00:54-		
01:01-	02:09&	07:38@	02:52&	09:55&	00:29+	00:37#	00:02+	00:18#	00:15-	00:24-		
10	Lars Terje Vaaland										1683	1:20:54
12:46+	17:47+	28:04+	31:33+	57:30+	65:24+	71:51+	75:27+	77:37+	79:32+	80:54+		
12:46+	05:01+	10:17+	03:29+	25:57+	07:54+	06:27+	03:36+	02:10+	01:55+	01:22+		
12:46+	05:01+	10:17+	03:29+	25:57+	07:54+	06:27+	03:36+	02:10+	01:55+	01:22+		
11	Per Simensen										3725	1:21:14
08:59+	13:21+	19:25+	36:19+	62:15+	69:30+	74:14+	76:26+	78:41+	80:17+	81:14+		
08:59+	04:22+	06:04+	16:54+	25:56+	07:15+	04:44+	02:12+	02:15+	01:36+	00:57+		
08:59+	04:22+	06:04+	16:54+	25:56+	07:15+	04:44+	02:12+	02:15+	01:36+	00:57+		
12	Rune Dahl Fitjar										1754	1:21:53
08:37+	18:53+	24:50+	28:15+	49:34+	57:18+	68:08+	76:58+	79:09+	80:51+	81:53+		
08:37+	10:16+	05:57+	03:25+	21:19+	07:44+	10:50+	08:50+	02:11+	01:42+	01:02+		
08:37+	10:16+	05:57+	03:25+	21:19+	07:44+	10:50+	08:50+	02:11+	01:42+	01:02+		
13	Glenn Madland										879	1:34:37
21:50+	35:45+	42:29+	46:10+	68:53+	76:38+	85:10+	89:40+	91:44+	93:39+	94:37+		
21:50+	13:55+	06:44+	03:41+	22:43+	07:45+	08:32+	04:30+	02:04+	01:55+	00:58+		
21:50+	13:55+	06:44+	03:41+	22:43+	07:45+	08:32+	04:30+	02:04+	01:55+	00:58+		
14	Bjarne Bore										3529	1:37:36
07:58+	17:57+	24:37+	35:31+	59:13+	78:29+	89:03+	92:28+	94:32+	96:18+	97:36+		
07:58+	09:59+	06:40+	10:54+	23:42+	19:16+	10:34+	03:25+	02:04+	01:46+	01:18+		
07:58+	09:59+	06:40+	10:54+	23:42+	19:16+	10:34+	03:25+	02:04+	01:46+	01:18+		
15	Kay Roar Harila										643	1:53:27
13:22+	22:21+	32:28+	39:37+	71:22+	84:22+	96:45+	100:21+	109:01+	111:23+	113:27+		
13:22+	08:59+	10:07+	07:09+	31:45+	13:00+	12:23+	03:36+	08:40+	02:22+	02:04+		
13:22+	08:59+	10:07+	07:09+	31:45+	13:00+	12:23+	03:36+	08:40+	02:22+	02:04+		

Beste strekktid for klassen

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

H50

1	Bjørn Ove Olsen Moi										989	46:44
06:35=	12:44=	16:00=	19:24=	29:56=	35:42=	37:37=	42:42=	44:20=	45:37=	46:44=		
06:35=	06:09=	03:16=	03:24=	10:32=	05:46=	01:55=	05:05=	01:38=	01:17=	01:07=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Øystein Fuglestad										878	54:32
07:19+	13:57+	19:52+	23:23+	35:23+	40:41+	43:05+	49:44+	51:54+	53:35+	54:32+		
07:19+	06:38+	05:55+	03:31+	12:00+	05:18-	02:24+	06:39+	02:10+	01:41+	00:57-		
00:44#	00:29+	02:39&	00:07+	01:28#	00:28-	00:29&	01:34&	00:32&	00:24&	00:10-		
3	Arngrim Utskarpen										896	57:23
07:37+	15:00+	18:27+	22:12+	34:22+	40:08+	42:15+	51:09+	54:20+	56:07+	57:23+		
07:37+	07:23+	03:27+	03:45+	12:10+	05:46=	02:07+	08:54+	03:11+	01:47+	01:16+		
01:02#	01:14#	00:11+	00:21#	01:38#	00:00=	00:12#	03:49&	01:33&	00:30&	00:09#		
4	Erik Bjørnbom										3558	1:02:55
08:06+	16:24+	21:43+	26:15+	38:59+	46:31+	49:43+	57:22+	59:26+	61:07+	62:55+		
08:06+	08:18+	05:19+	04:32+	12:44+	07:32+	03:12+	07:39+	02:04+	01:41+	01:48+		
01:31#	02:09&	02:03&	01:08&	02:12#	01:46&	01:17&	02:34&	00:26&	00:24&	00:41&		
5	Jone Kalheim										879	1:05:04
15:07+	21:31+	26:50+	31:14+	42:33+	49:23+	51:58+	59:17+	61:32+	64:01+	65:04+		
15:07+	06:24+	05:19+	04:24+	11:19+	06:50+	02:35+	07:19+	02:15+	02:29+	01:03-		
08:32@	00:15+	02:03&	01:00&	00:47+	01:04#	00:40&	02:14&	00:37&	01:12&	00:04-		

Plass	Navn										Klasse	Tid
H50												
6	Erling Knutzen										879	1:06:32
12:14+	19:18+	22:40+	26:50+	39:03+	49:56+	52:43+	61:57+	63:40+	65:15+	66:32+		
12:14+	07:04+	03:22+	04:10+	12:13+	10:53+	02:47+	09:14+	01:43+	01:35+	01:17+		
05:39&	00:55#	00:06+	00:46#	01:41#	05:07&	00:52&	04:09&	00:05+	00:18#	00:10#		
7	Anders Glenne										793	1:08:47
08:05+	20:26+	27:14+	31:20+	42:02+	50:42+	52:52+	64:04+	65:51+	67:35+	68:47+		
08:05+	12:21+	06:48+	04:06+	10:42+	08:40+	02:10+	11:12+	01:47+	01:44+	01:12+		
08:05+	12:21+	06:48+	04:06+	10:42+	08:40+	02:10+	11:12+	01:47+	01:44+	01:12+		
8	Jerome Renoult										3524	1:10:45
12:23+	22:23+	27:09+	32:25+	46:15+	54:10+	57:08+	64:19+	67:12+	69:14+	70:45+		
12:23+	10:00+	04:46+	05:16+	13:50+	07:55+	02:58+	07:11+	02:53+	02:02+	01:31+		
12:23+	10:00+	04:46+	05:16+	13:50+	07:55+	02:58+	07:11+	02:53+	02:02+	01:31+		
9	Arne Hetlelid										3508	1:10:57
09:54+	18:38+	25:51+	30:27+	44:12+	51:27+	54:51+	63:03+	66:04+	68:52+	70:57+		
09:54+	08:44+	07:13+	04:36+	13:45+	07:15+	03:24+	08:12+	03:01+	02:48+	02:05+		
09:54+	08:44+	07:13+	04:36+	13:45+	07:15+	03:24+	08:12+	03:01+	02:48+	02:05+		
10	Thomas Chruickshank										3545	1:11:28
07:01+	13:37+	39:03+	42:53+	52:44+	59:10+	61:20+	67:41+	69:22+	70:43+	71:28+		
07:01+	06:36+	25:26+	03:50+	09:51+	06:26+	02:10+	06:21+	01:41+	01:21+	00:45+		
07:01+	06:36+	25:26+	03:50+	09:51+	06:26+	02:10+	06:21+	01:41+	01:21+	00:45+		
11	Svein Roar Aas										3565	1:11:29
08:52+	17:27+	28:55+	32:59+	45:51+	52:28+	58:34+	65:14+	67:49+	70:33+	71:29+		
08:52+	08:35+	11:28+	04:04+	12:52+	06:37+	06:06+	06:40+	02:35+	02:44+	00:56+		
08:52+	08:35+	11:28+	04:04+	12:52+	06:37+	06:06+	06:40+	02:35+	02:44+	00:56+		
12	TorSverre E. Skåra										1841	1:17:29
08:11+	16:43+	27:31+	31:41+	46:14+	53:22+	56:08+	71:45+	74:12+	75:56+	77:29+		
08:11+	08:32+	10:48+	04:10+	14:33+	07:08+	02:46+	15:37+	02:27+	01:44+	01:33+		
08:11+	08:32+	10:48+	04:10+	14:33+	07:08+	02:46+	15:37+	02:27+	01:44+	01:33+		
13	Ove Mæstad										2342	1:19:18
10:40+	19:28+	24:29+	29:48+	46:33+	60:35+	64:14+	73:11+	75:51+	78:08+	79:18+		
10:40+	08:48+	05:01+	05:19+	16:45+	14:02+	03:39+	08:57+	02:40+	02:17+	01:10+		
10:40+	08:48+	05:01+	05:19+	16:45+	14:02+	03:39+	08:57+	02:40+	02:17+	01:10+		
14	Lars Primstad										769	1:19:41
06:29+	16:06+	21:57+	25:28+	37:01+	60:54+	68:24+	74:55+	76:36+	78:25+	79:41+		
06:29+	09:37+	05:51+	03:31+	11:33+	23:53+	07:30+	06:31+	01:41+	01:49+	01:16+		
06:29+	09:37+	05:51+	03:31+	11:33+	23:53+	07:30+	06:31+	01:41+	01:49+	01:16+		
15	Trygve Michaelsen										896	1:20:17
16:39+	25:23+	35:53+	40:13+	53:54+	59:51+	62:38+	74:02+	76:10+	78:42+	80:17+		
16:39+	08:44+	10:30+	04:20+	13:41+	05:57+	02:47+	11:24+	02:08+	02:32+	01:35+		
16:39+	08:44+	10:30+	04:20+	13:41+	05:57+	02:47+	11:24+	02:08+	02:32+	01:35+		
16	Ingve Vold										3529	1:21:12
17:28+	25:53+	31:19+	35:39+	49:36+	61:38+	65:46+	68:08+	75:38+	77:45+	79:57+	81:12+	
17:28+	08:25+	05:26+	04:20+	13:57+	12:02+	04:08+	02:22+	07:30+	02:07+	02:12+	01:15+	
17:28+	08:25+	05:26+	04:20+	13:57+	12:02+	04:08+	02:22+	07:30+	02:07+	02:12+	01:15+	
17	Kjetil Solbakken										3507	1:21:15
09:06+	15:32+	20:58+	24:10+	33:47+	55:29+	57:32+	74:36+	76:40+	80:00+	81:15+		
09:06+	06:26+	05:26+	03:12+	09:37+	21:42+	02:03+	17:04+	02:04+	03:20+	01:15+		
09:06+	06:26+	05:26+	03:12+	09:37+	21:42+	02:03+	17:04+	02:04+	03:20+	01:15+		
18	Tore Halset										3486	1:22:22
08:06+	14:35+	18:42+	24:38+	35:57+	65:12+	67:49+	76:56+	79:05+	80:55+	82:22+		
08:06+	06:29+	04:07+	05:56+	11:19+	29:15+	02:37+	09:07+	02:09+	01:50+	01:27+		
08:06+	06:29+	04:07+	05:56+	11:19+	29:15+	02:37+	09:07+	02:09+	01:50+	01:27+		
19	André Sirevåg										1683	1:22:33
09:29+	19:40+	36:34+	40:09+	52:07+	57:36+	60:49+	77:16+	79:28+	81:03+	82:33+		
09:29+	10:11+	16:54+	03:35+	11:58+	05:29+	03:13+	16:27+	02:12+	01:35+	01:30+		
09:29+	10:11+	16:54+	03:35+	11:58+	05:29+	03:13+	16:27+	02:12+	01:35+	01:30+		

Plass	Navn											Klasse											Tid
H50																							
20	Lars Solvang										1683											1:24:02	
10:10+	17:49+	28:52+	32:32+	45:05+	54:42+	57:25+	77:46+	80:27+	82:40+	84:02+													
10:10+	07:39+	11:03+	03:40+	12:33+	09:37+	02:43+	20:21+	02:41+	02:13+	01:22+													
10:10+	07:39+	11:03+	03:40+	12:33+	09:37+	02:43+	20:21+	02:41+	02:13+	01:22+													
21	Asbjørn Bråndland										879											1:25:31	
12:34+	20:32+	27:54+	31:43+	43:25+	58:06+	66:43+	68:51+	79:47+	82:21+	84:13+	85:31+												
12:34+	07:58+	07:22+	03:49+	11:42+	14:41+	08:37+	02:08+	10:56+	02:34+	01:52+	01:18+												
12:34+	07:58+	07:22+	03:49+	11:42+	14:41+	08:37+	02:08+	10:56+	02:34+	01:52+	01:18+												
22	Steinar Hansen										882											1:28:02	
17:08+	24:35+	29:35+	34:00+	45:11+	60:20+	68:54+	81:43+	84:07+	86:11+	88:02+													
17:08+	07:27+	05:00+	04:25+	11:11+	15:09+	08:34+	12:49+	02:24+	02:04+	01:51+													
17:08+	07:27+	05:00+	04:25+	11:11+	15:09+	08:34+	12:49+	02:24+	02:04+	01:51+													
23	Jarl Steinar Berntsen										882											1:43:07	
19:33+	34:24+	47:42+	53:08+	70:06+	85:34+	88:32+	96:33+	99:20+	101:45+	103:07+													
19:33+	14:51+	13:18+	05:26+	16:58+	15:28+	02:58+	08:01+	02:47+	02:25+	01:22+													
19:33+	14:51+	13:18+	05:26+	16:58+	15:28+	02:58+	08:01+	02:47+	02:25+	01:22+													
Beste strekktid for klassen																							
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																							
H60																							
1	Svein-Erik Kvame										1683											40:27	
06:26=	13:53=	16:56=	27:44=	29:40=	33:40=	34:32=	36:33=	38:08=	39:30=	40:27=													
06:26=	07:27=	03:03=	10:48=	01:56=	04:00=	00:52=	02:01=	01:35=	01:22=	00:57=													
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													
2	Inge Løland										1119											45:15	
04:49-	14:49+	18:02+	30:57+	34:14+	38:49+	39:37+	41:02+	42:42+	44:16+	45:15+													
04:49-	10:00+	03:13+	12:55+	03:17+	04:35+	00:48-	01:25-	01:40+	01:34+	00:59+													
01:37-	02:33&	00:10+	02:07#	01:21&	00:35#	00:04-	00:36-	00:05+	00:12#	00:02+													
3	Harald Syse										4246											45:32	
06:12-	12:46-	16:28-	28:22+	32:09+	35:48+	36:46+	39:50+	42:41+	44:43+	45:32+													
06:12-	06:34-	03:42+	11:54+	03:47+	03:39-	00:58+	03:04+	02:51+	02:02+	00:49-													
00:14-	00:53-	00:39#	01:06#	01:51&	00:21-	00:06#	01:03&	01:16&	00:40&	00:08-													
4	Inge Skretting										1384											49:14	
06:56+	15:47+	21:59+	34:49+	37:28+	41:47+	42:35+	44:26+	46:28+	48:06+	49:14+													
06:56+	08:51+	06:12+	12:50+	02:39+	04:19+	00:48-	01:51-	02:02+	01:38+	01:08+													
00:30+	01:24#	03:09@	02:02#	00:43&	00:19+	00:04-	00:10-	00:27&	00:16#	00:11#													
5	Per Ingar Hadland										793											50:07	
06:53+	16:39+	21:56+	36:01+	38:15+	42:28+	43:19+	44:46+	46:43+	48:44+	50:07+													
06:53+	09:46+	05:17+	14:05+	02:14+	04:13+	00:51-	01:27-	01:57+	02:01+	01:23+													
00:27+	02:19&	02:14&	03:17&	00:18#	00:13+	00:01-	00:34-	00:22#	00:39&	00:26&													
6	Frank Hansen										3502											53:48	
07:21+	18:18+	22:31+	35:29+	38:10+	43:34+	46:47+	49:02+	51:03+	52:42+	53:48+													
07:21+	10:57+	04:13+	12:58+	02:41+	05:24+	03:13+	02:15+	02:01+	01:39+	01:06+													
00:55#	03:30&	01:10&	02:10#	00:45&	01:24&	02:21@	00:14#	00:26&	00:17#	00:09#													
7	Knut Feldmann										882											57:00	
07:05+	15:56+	26:40+	39:15+	45:11+	49:48+	50:47+	52:26+	54:18+	55:48+	57:00+													
07:05+	08:51+	10:44+	12:35+	05:56+	04:37+	00:59+	01:39-	01:52+	01:30+	01:12+													
00:39#	01:24#	07:41@	01:47#	04:00@	00:37#	00:07#	00:22-	00:17#	00:08+	00:15&													
8	Geir Frøyttlog										3502											57:43	
08:05+	29:55+	33:28+	45:11+	47:05+	51:18+	51:59+	53:25+	55:06+	56:35+	57:43+													
08:05+	21:50+	03:33+	11:43+	01:54-	04:13+	00:41-	01:26-	01:41+	01:29+	01:08+													
01:39&	14:23@	00:30#	00:55+	00:02-	00:13+	00:11-	00:35-	00:06+	00:07+	00:11#													

Plass	Navn	Klasse	Tid
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H60

9	Stein Sigbjørnsen					882					57:54
06:19-	15:46+	19:48+	38:34+	41:39+	46:57+	48:24+	51:59+	54:20+	56:29+	57:54+	
06:19-	09:27+	04:02+	18:46+	03:05+	05:18+	01:27+	03:35+	02:21+	02:09+	01:25+	
00:07-	02:00&	00:59&	07:58&	01:09&	01:18&	00:35&	01:34&	00:46&	00:47&	00:28&	
10	Magnar Mathias Møller					769					57:54
06:40+	17:22+	22:21+	38:49+	41:45+	47:11+	48:30+	51:50+	54:01+	56:30+	57:54+	
06:40+	10:42+	04:59+	16:28+	02:56+	05:26+	01:19+	03:20+	02:11+	02:29+	01:24+	
06:40+	10:42+	04:59+	16:28+	02:56+	05:26+	01:19+	03:20+	02:11+	02:29+	01:24+	
11	Harald Taksdal					3547					1:00:22
07:46+	18:07+	24:53+	42:01+	44:47+	51:04+	51:46+	53:25+	54:59+	59:09+	60:22+	
07:46+	10:21+	06:46+	17:08+	02:46+	06:17+	00:42+	01:39+	01:34+	04:10+	01:13+	
07:46+	10:21+	06:46+	17:08+	02:46+	06:17+	00:42+	01:39+	01:34+	04:10+	01:13+	
12	Kjell Seland					3547					1:01:18
08:53+	21:36+	25:20+	40:41+	42:45+	51:53+	52:37+	54:08+	55:41+	60:03+	61:18+	
08:53+	12:43+	03:44+	15:21+	02:04+	09:08+	00:44+	01:31+	01:33+	04:22+	01:15+	
08:53+	12:43+	03:44+	15:21+	02:04+	09:08+	00:44+	01:31+	01:33+	04:22+	01:15+	
13	John Carsten Sinnes					1884					1:03:04
08:27+	21:04+	25:36+	43:53+	47:12+	53:35+	54:40+	56:28+	59:01+	61:17+	63:04+	
08:27+	12:37+	04:32+	18:17+	03:19+	06:23+	01:05+	01:48+	02:33+	02:16+	01:47+	
08:27+	12:37+	04:32+	18:17+	03:19+	06:23+	01:05+	01:48+	02:33+	02:16+	01:47+	
14	Sturle Omdal					1683					1:03:10
06:09+	13:35+	17:40+	43:06+	45:56+	52:50+	54:01+	57:39+	60:13+	61:55+	63:10+	
06:09+	07:26+	04:05+	25:26+	02:50+	06:54+	01:11+	03:38+	02:34+	01:42+	01:15+	
06:09+	07:26+	04:05+	25:26+	02:50+	06:54+	01:11+	03:38+	02:34+	01:42+	01:15+	
15	Kjell Ove Aksland					882					1:13:17
10:28+	30:00+	35:54+	54:51+	58:18+	66:03+	66:59+	68:37+	70:29+	72:04+	73:17+	
10:28+	19:32+	05:54+	18:57+	03:27+	07:45+	00:56+	01:38+	01:52+	01:35+	01:13+	
10:28+	19:32+	05:54+	18:57+	03:27+	07:45+	00:56+	01:38+	01:52+	01:35+	01:13+	
16	Svein Magne Gloppen					1884					1:27:26
10:00+	40:47+	45:02+	66:43+	73:48+	78:42+	79:41+	81:33+	83:49+	85:34+	87:26+	
10:00+	30:47+	04:15+	21:41+	07:05+	04:54+	00:59+	01:52+	02:16+	01:45+	01:52+	
10:00+	30:47+	04:15+	21:41+	07:05+	04:54+	00:59+	01:52+	02:16+	01:45+	01:52+	

Beste strekktid for klassen

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

H65

1	Kjell Dale										1884	37:51
05:16=	11:58=	14:52=	24:58=	27:39=	31:02=	31:57=	33:33=	35:08=	36:46=	37:51=		
05:16=	06:42=	02:54=	10:06=	02:41=	03:23=	00:55=	01:36=	01:35=	01:38=	01:05=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Paul Terje Haarr										769	46:30
06:35+	14:55+	18:47+	32:23+	34:29+	38:41+	39:53+	42:02+	43:56+	45:27+	46:30+		
06:35+	08:20+	03:52+	13:36+	02:06-	04:12+	01:12+	02:09+	01:54+	01:31-	01:03-		
01:19#	01:38#	00:58&	03:30&	00:35-	00:49#	00:17&	00:33&	00:19#	00:07-	00:02-		
3	Espen Krogh										793	47:52
05:22+	14:58+	19:35+	32:46+	35:02+	39:32+	40:25+	43:06+	45:01+	46:44+	47:52+		
05:22+	09:36+	04:37+	13:11+	02:16-	04:30+	00:53-	02:41+	01:55+	01:43+	01:08+		
00:06+	02:54&	01:43&	03:05&	00:25-	01:07&	00:02-	01:05&	00:20#	00:05+	00:03+		
4	Olav Tunheim										1884	50:52
06:22+	16:12+	20:51+	33:36+	36:29+	42:00+	42:52+	45:41+	47:47+	49:29+	50:52+		
06:22+	09:50+	04:39+	12:45+	02:53+	05:31+	00:52-	02:49+	02:06+	01:42+	01:23+		
01:06#	03:08&	01:45&	02:39&	00:12+	02:08&	00:03-	01:13&	00:31&	00:04+	00:18&		

Plass	Navn										Klasse	Tid
H65												
5	Ivar Knutsen										1683	51:56
06:45+	16:53+	24:15+	36:20+	38:51+	43:41+	44:40+	46:37+	48:38+	50:28+	51:56+		
06:45+	10:08+	07:22+	12:05+	02:31-	04:50+	00:59+	01:57+	02:01+	01:50+	01:28+		
01:29&	03:26&	04:28@	01:59#	00:10-	01:27&	00:04+	00:21#	00:26&	00:12#	00:23&		
6	Morten Johannessen										793	54:40
05:57+	19:35+	25:03+	37:57+	39:59+	44:38+	45:21+	47:11+	49:10+	52:38+	54:40+		
05:57+	13:38+	05:28+	12:54+	02:02+	04:39+	00:43+	01:50+	01:59+	03:28+	02:02+		
05:57+	13:38+	05:28+	12:54+	02:02+	04:39+	00:43+	01:50+	01:59+	03:28+	02:02+		
7	Otte Omdal										903	55:12
08:53+	17:42+	21:42+	35:23+	39:10+	46:11+	47:16+	49:22+	51:26+	53:51+	55:12+		
08:53+	08:49+	04:00+	13:41+	03:47+	07:01+	01:05+	02:06+	02:04+	02:25+	01:21+		
08:53+	08:49+	04:00+	13:41+	03:47+	07:01+	01:05+	02:06+	02:04+	02:25+	01:21+		
8	Ernst Kristensen										1683	57:32
09:28+	19:32+	24:28+	38:36+	42:30+	48:29+	50:00+	52:08+	54:13+	55:57+	57:32+		
09:28+	10:04+	04:56+	14:08+	03:54+	05:59+	01:31+	02:08+	02:05+	01:44+	01:35+		
09:28+	10:04+	04:56+	14:08+	03:54+	05:59+	01:31+	02:08+	02:05+	01:44+	01:35+		
9	Sverre Austrheim										4248	58:59
07:45+	18:08+	22:56+	40:36+	44:24+	49:46+	50:51+	52:59+	55:17+	57:21+	58:59+		
07:45+	10:23+	04:48+	17:40+	03:48+	05:22+	01:05+	02:08+	02:18+	02:04+	01:38+		
07:45+	10:23+	04:48+	17:40+	03:48+	05:22+	01:05+	02:08+	02:18+	02:04+	01:38+		
10	Sveinung Svebestad										878	1:00:31
07:47+	17:06+	22:13+	43:20+	46:04+	51:25+	52:37+	54:28+	56:56+	58:51+	60:31+		
07:47+	09:19+	05:07+	21:07+	02:44+	05:21+	01:12+	01:51+	02:28+	01:55+	01:40+		
07:47+	09:19+	05:07+	21:07+	02:44+	05:21+	01:12+	01:51+	02:28+	01:55+	01:40+		
11	Kjell Skjæveland										3515	1:05:38
19:58+	28:58+	32:59+	46:47+	51:32+	56:34+	57:47+	60:23+	62:35+	64:24+	65:38+		
19:58+	09:00+	04:01+	13:48+	04:45+	05:02+	01:13+	02:36+	02:12+	01:49+	01:14+		
19:58+	09:00+	04:01+	13:48+	04:45+	05:02+	01:13+	02:36+	02:12+	01:49+	01:14+		
12	Sverre Magnar Nordal										1683	1:11:22
10:00+	31:55+	37:07+	52:17+	55:22+	61:27+	63:29+	65:38+	67:57+	69:47+	71:22+		
10:00+	21:55+	05:12+	15:10+	03:05+	06:05+	02:02+	02:09+	02:19+	01:50+	01:35+		
10:00+	21:55+	05:12+	15:10+	03:05+	06:05+	02:02+	02:09+	02:19+	01:50+	01:35+		
13	Steinar Barmen										722	1:14:05
13:06+	36:26+	41:19+	54:55+	59:43+	64:45+	65:52+	68:38+	70:45+	72:44+	74:05+		
13:06+	23:20+	04:53+	13:36+	04:48+	05:02+	01:07+	02:46+	02:07+	01:59+	01:21+		
13:06+	23:20+	04:53+	13:36+	04:48+	05:02+	01:07+	02:46+	02:07+	01:59+	01:21+		
14	Per Kolbein Tonstad										3507	1:14:48
12:16+	25:40+	39:22+	54:04+	57:10+	62:38+	64:09+	67:16+	70:12+	72:48+	74:48+		
12:16+	13:24+	13:42+	14:42+	03:06+	05:28+	01:31+	03:07+	02:56+	02:36+	02:00+		
12:16+	13:24+	13:42+	14:42+	03:06+	05:28+	01:31+	03:07+	02:56+	02:36+	02:00+		
15	Jan Arendal										1683	1:18:56
08:38+	21:29+	31:32+	54:35+	58:50+	65:10+	67:39+	70:40+	73:55+	76:36+	78:56+		
08:38+	12:51+	10:03+	23:03+	04:15+	06:20+	02:29+	03:01+	03:15+	02:41+	02:20+		
08:38+	12:51+	10:03+	23:03+	04:15+	06:20+	02:29+	03:01+	03:15+	02:41+	02:20+		
16	Ommund Bakkevold										874	1:21:31
10:24+	25:59+	33:42+	52:09+	55:59+	65:28+	67:48+	71:45+	74:56+	79:20+	81:31+		
10:24+	15:35+	07:43+	18:27+	03:50+	09:29+	02:20+	03:57+	03:11+	04:24+	02:11+		
10:24+	15:35+	07:43+	18:27+	03:50+	09:29+	02:20+	03:57+	03:11+	04:24+	02:11+		
17	Rolf Kleppe										3524	1:54:01
11:51+	27:55+	49:22+	78:57+	86:57+	97:35+	99:56+	105:31+	109:06+	112:14+	114:01+		
11:51+	16:04+	21:27+	29:35+	08:00+	10:38+	02:21+	05:35+	03:35+	03:08+	01:47+		
11:51+	16:04+	21:27+	29:35+	08:00+	10:38+	02:21+	05:35+	03:35+	03:08+	01:47+		

Beste strekketid for klassen

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

Plass	Navn	Klasse	Tid
H70			
1	Arne Kristian Espedal	874	37:58
	05:04= 11:36= 15:19= 24:43= 26:26= 30:48= 31:48= 33:19= 35:03= 37:07= 37:58=		
	05:04= 06:32= 03:43= 09:24= 01:43= 04:22= 01:00= 01:31= 01:44= 02:04= 00:51=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Bjørn Martin Alsaker	3530	43:53
	05:42+ 14:59+ 19:28+ 31:13+ 33:34+ 37:11+ 37:58+ 39:35+ 41:12+ 42:45+ 43:53+		
	05:42+ 09:17+ 04:29+ 11:45+ 02:21+ 03:37= 00:47= 01:37+ 01:37= 01:33= 01:08+		
	00:38# 02:45& 00:46# 02:21# 00:38& 00:45= 00:13= 00:06+ 00:07= 00:31= 00:17&		
3	Bjarne Gimre	1830	53:37
	08:08+ 18:42+ 22:32+ 37:38+ 40:11+ 44:44+ 46:06+ 48:03+ 50:16+ 52:30+ 53:37+		
	08:08+ 10:34+ 03:50+ 15:06+ 02:33+ 04:33+ 01:22+ 01:57+ 02:13+ 02:14+ 01:07+		
	03:04& 04:02& 00:07+ 05:42& 00:50& 00:11+ 00:22& 00:26& 00:29& 00:10+ 00:16&		
4	Tor Geir Espedal	3530	54:26
	06:57+ 19:20+ 23:15+ 37:09+ 39:51+ 44:48+ 46:13+ 48:19+ 50:43+ 52:47+ 54:26+		
	06:57+ 12:23+ 03:55+ 13:54+ 02:42+ 04:57+ 01:25+ 02:06+ 02:24+ 02:04= 01:39+		
	01:53& 05:51& 00:12+ 04:30& 00:59& 00:35# 00:25& 00:35& 00:40& 00:00= 00:48&		
5	Ragnvald Frøyland	879	56:46
	07:19+ 20:05+ 24:30+ 38:20+ 42:22+ 47:52+ 49:14+ 51:12+ 53:24+ 55:38+ 56:46+		
	07:19+ 12:46+ 04:25+ 13:50+ 04:02+ 05:30+ 01:22+ 01:58+ 02:12+ 02:14+ 01:08+		
	02:15& 06:14& 00:42# 04:26& 02:19& 01:08& 00:22& 00:27& 00:28& 00:10+ 00:17&		
6	Jan Inge Lunde	1830	1:02:50
	07:30+ 17:48+ 30:17+ 44:26+ 48:42+ 53:42+ 54:48+ 57:30+ 59:42+ 61:41+ 62:50+		
	07:30+ 10:18+ 12:29+ 14:09+ 04:16+ 05:00+ 01:06+ 02:42+ 02:12+ 01:59= 01:09+		
	02:26& 03:46& 08:46@ 04:45& 02:33@ 00:38# 00:06# 01:11& 00:28& 00:05= 00:18&		
7	Bjørn Bjelland	3541	1:05:14
	13:14+ 25:25+ 30:42+ 45:11+ 49:28+ 56:09+ 57:16+ 59:13+ 61:19+ 63:44+ 65:14+		
	13:14+ 12:11+ 05:17+ 14:29+ 04:17+ 06:41+ 01:07+ 01:57+ 02:06+ 02:25+ 01:30+		
	08:10@ 05:39& 01:34& 05:05& 02:34@ 02:19& 00:07# 00:26& 00:22# 00:21# 00:39&		
8	Arne Magne Handeland	892	1:07:41
	07:34+ 17:17+ 22:19+ 45:19+ 51:03+ 56:50+ 57:57+ 60:14+ 63:25+ 65:54+ 67:41+		
	07:34+ 09:43+ 05:02+ 23:00+ 05:44+ 05:47+ 01:07+ 02:17+ 03:11+ 02:29+ 01:47+		
	02:30& 03:11& 01:19& 13:36@ 04:01@ 01:25& 00:07# 00:46& 01:27& 00:25# 00:56@		
9	Kjell Ivar Skjørestad	892	1:08:05
	07:18+ 30:18+ 35:05+ 50:09+ 52:16+ 56:04+ 61:03+ 62:48+ 64:46+ 66:45+ 68:05+		
	07:18+ 23:00+ 04:47+ 15:04+ 02:07+ 03:48= 04:59+ 01:45+ 01:58+ 01:59= 01:20+		
	02:14& 16:28@ 01:04& 05:40& 00:24# 00:34= 03:59@ 00:14# 00:14# 00:05= 00:29&		
10	Leif Kåre Lende	879	1:20:16
	25:03+ 40:30+ 44:45+ 60:54+ 64:00+ 71:41+ 72:45+ 74:38+ 76:47+ 78:32+ 80:16+		
	25:03+ 15:27+ 04:15+ 16:09+ 03:06+ 07:41+ 01:04+ 01:53+ 02:09+ 01:45= 01:44+		
	19:59@ 08:55@ 00:32# 06:45& 01:23& 03:19& 00:04+ 00:22# 00:25# 00:19= 00:53@		
11	Per Marthon Mæland	880	1:21:05
	09:22+ 24:04+ 28:58+ 48:48+ 53:08+ 67:33+ 69:06+ 72:36+ 77:00+ 79:08+ 81:05+		
	09:22+ 14:42+ 04:54+ 19:50+ 04:20+ 14:25+ 01:33+ 03:30+ 04:24+ 02:08+ 01:57+		
	04:18& 08:10@ 01:11& 10:26@ 02:37@ 10:03@ 00:33& 01:59@ 02:40@ 00:04+ 01:06@		
12	Svein Ims	903	1:28:56
	10:51+ 28:32+ 35:32+ 56:44+ 60:16+ 76:02+ 77:08+ 80:40+ 83:16+ 86:19+ 88:56+		
	10:51+ 17:41+ 07:00+ 21:12+ 03:32+ 15:46+ 01:06+ 03:32+ 02:36+ 03:03+ 02:37+		
	05:47@ 11:09@ 03:17& 11:48@ 01:49@ 11:24@ 00:06# 02:01@ 00:52& 00:59& 01:46@		
Beste strekktid for klassen			
	05:04 06:32 03:43 09:24 01:43 03:37 00:47 01:31 01:37 01:33 00:51		

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

H75

Plass	Navn										Klasse	Tid
H75												
1	Asgeir Bell										896	44:00
	06:37=	07:44=	13:31=	15:59=	24:30=	27:35=	36:38=	38:42=	42:41=	44:00=		
	06:37=	01:07=	05:47=	02:28=	08:31=	03:05=	09:03=	02:04=	03:59=	01:19=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Arne Østensen										3518	45:02
	06:27+	08:07+	13:53+	17:26+	26:35+	30:40+	35:42+	38:36+	43:23+	45:02+		
	06:27+	01:40+	05:46+	03:33+	09:09+	04:05+	05:02+	02:54+	04:47+	01:39+		
	06:27+	01:40+	05:46+	03:33+	09:09+	04:05+	05:02+	02:54+	04:47+	01:39+		
3	Jostein Tunheim										1683	46:00
	07:35+	09:01+	14:58+	18:50+	27:59+	31:48+	36:18+	41:03+	44:57+	46:00+		
	07:35+	01:26+	05:57+	03:52+	09:09+	03:49+	04:30+	04:45+	03:54+	01:03+		
	07:35+	01:26+	05:57+	03:52+	09:09+	03:49+	04:30+	04:45+	03:54+	01:03+		
4	Paul Andreas Paulsen										896	48:22
	09:23+	11:39+	18:13+	22:09+	31:56+	35:32+	40:17+	43:14+	47:03+	48:22+		
	09:23+	02:16+	06:34+	03:56+	09:47+	03:36+	04:45+	02:57+	03:49+	01:19+		
	09:23+	02:16+	06:34+	03:56+	09:47+	03:36+	04:45+	02:57+	03:49+	01:19+		
5	Finn-Morten Årstad										3530	49:35
	09:24+	10:32+	17:04+	20:15+	28:50+	33:43+	38:15+	42:26+	48:24+	49:35+		
	09:24+	01:08+	06:32+	03:11+	08:35+	04:53+	04:32+	04:11+	05:58+	01:11+		
	09:24+	01:08+	06:32+	03:11+	08:35+	04:53+	04:32+	04:11+	05:58+	01:11+		
6	Kjell Svihus										892	59:07
	09:54+	11:32+	21:30+	25:02+	36:29+	41:50+	48:07+	51:24+	57:05+	59:07+		
	09:54+	01:38+	09:58+	03:32+	11:27+	05:21+	06:17+	03:17+	05:41+	02:02+		
	09:54+	01:38+	09:58+	03:32+	11:27+	05:21+	06:17+	03:17+	05:41+	02:02+		
7	Kjell-Ingar Olsen										1119	1:02:44
	08:10+	09:40+	16:56+	20:45+	40:00+	47:05+	52:05+	56:06+	60:54+	62:44+		
	08:10+	01:30+	07:16+	03:49+	19:15+	07:05+	05:00+	04:01+	04:48+	01:50+		
	08:10+	01:30+	07:16+	03:49+	19:15+	07:05+	05:00+	04:01+	04:48+	01:50+		
8	Ole Auklend										885	1:03:54
	10:29+	12:21+	23:31+	27:48+	40:22+	44:18+	53:10+	56:45+	62:05+	63:54+		
	10:29+	01:52+	11:10+	04:17+	12:34+	03:56+	08:52+	03:35+	05:20+	01:49+		
	10:29+	01:52+	11:10+	04:17+	12:34+	03:56+	08:52+	03:35+	05:20+	01:49+		
9	Norvald Skretting										1832	1:07:42
	12:10+	14:26+	22:22+	27:05+	45:01+	49:17+	55:44+	59:34+	65:33+	67:42+		
	12:10+	02:16+	07:56+	04:43+	17:56+	04:16+	06:27+	03:50+	05:59+	02:09+		
	12:10+	02:16+	07:56+	04:43+	17:56+	04:16+	06:27+	03:50+	05:59+	02:09+		
10	Gudmund Gausel										3530	1:13:11
	12:56+	17:50+	25:06+	29:22+	51:50+	56:30+	61:28+	65:49+	70:47+	73:11+		
	12:56+	04:54+	07:16+	04:16+	22:28+	04:40+	04:58+	04:21+	04:58+	02:24+		
	12:56+	04:54+	07:16+	04:16+	22:28+	04:40+	04:58+	04:21+	04:58+	02:24+		
11	Olav Dag Borgersen										3536	1:13:26
	22:36+	23:30+	29:22+	38:56+	47:24+	52:29+	63:51+	65:51+	72:12+	73:26+		
	22:36+	00:54+	05:52+	09:34+	08:28+	05:05+	11:22+	02:00+	06:21+	01:14+		
	22:36+	00:54+	05:52+	09:34+	08:28+	05:05+	11:22+	02:00+	06:21+	01:14+		

Beste strekktid for klassen

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

H80

1	Hermann Skogsholm									1754	35:49
	05:25=	06:32=	10:00=	11:33=	18:13=	22:52=	25:30=	31:33=	34:05=	35:49=	
	05:25=	01:07=	03:28=	01:33=	06:40=	04:39=	02:38=	06:03=	02:32=	01:44=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Plass	Navn	Klasse								Tid
H80										
2	Kjell Langvik								1884	42:00
06:57+	08:19+	12:02+	13:29+	21:51+	26:59+	29:05+	38:15+	40:15+	42:00+	
06:57+	01:22+	03:43+	01:27-	08:22+	05:08+	02:06-	09:10+	02:00-	01:45+	
01:32&	00:15#	00:15+	00:06-	01:42&	00:29#	00:32-	03:07&	00:32-	00:01+	
3	Knut Skjæveland								1884	42:35
07:04+	08:24+	12:23+	14:36+	23:45+	28:54+	31:40+	37:25+	40:35+	42:35+	
07:04+	01:20+	03:59+	02:13+	09:09+	05:09+	02:46+	05:45+	03:10+	02:00+	
07:04+	01:20+	03:59+	02:13+	09:09+	05:09+	02:46+	05:45+	03:10+	02:00+	
4	Geir Husdal								1884	42:47
06:43+	07:51+	11:54+	13:41+	21:14+	28:35+	32:24+	38:31+	40:40+	42:47+	
06:43+	01:08+	04:03+	01:47+	07:33+	07:21+	03:49+	06:07+	02:09+	02:07+	
06:43+	01:08+	04:03+	01:47+	07:33+	07:21+	03:49+	06:07+	02:09+	02:07+	
5	Steinar Undheim								3529	44:48
06:24+	07:34+	11:13+	12:46+	20:12+	27:44+	30:16+	40:16+	43:06+	44:48+	
06:24+	01:10+	03:39+	01:33+	07:26+	07:32+	02:32+	10:00+	02:50+	01:42+	
06:24+	01:10+	03:39+	01:33+	07:26+	07:32+	02:32+	10:00+	02:50+	01:42+	
6	Harald Vatne								2342	53:13
07:35+	08:54+	13:31+	15:28+	24:21+	30:36+	34:00+	47:53+	51:02+	53:13+	
07:35+	01:19+	04:37+	01:57+	08:53+	06:15+	03:24+	13:53+	03:09+	02:11+	
07:35+	01:19+	04:37+	01:57+	08:53+	06:15+	03:24+	13:53+	03:09+	02:11+	
7	Terje Braut								892	58:03
06:44+	08:17+	12:28+	14:16+	21:42+	27:00+	30:12+	53:42+	56:20+	58:03+	
06:44+	01:33+	04:11+	01:48+	07:26+	05:18+	03:12+	23:30+	02:38+	01:43+	
06:44+	01:33+	04:11+	01:48+	07:26+	05:18+	03:12+	23:30+	02:38+	01:43+	
8	Øyvind Egeskog								880	58:23
06:11+	07:18+	11:35+	13:07+	34:09+	43:48+	46:41+	53:21+	55:58+	58:23+	
06:11+	01:07+	04:17+	01:32+	21:02+	09:39+	02:53+	06:40+	02:37+	02:25+	
06:11+	01:07+	04:17+	01:32+	21:02+	09:39+	02:53+	06:40+	02:37+	02:25+	
9	Alf Gyland								892	59:09
06:58+	08:29+	13:18+	15:06+	29:42+	40:05+	44:00+	52:58+	56:23+	59:09+	
06:58+	01:31+	04:49+	01:48+	14:36+	10:23+	03:55+	08:58+	03:25+	02:46+	
06:58+	01:31+	04:49+	01:48+	14:36+	10:23+	03:55+	08:58+	03:25+	02:46+	
10	Arne Brandsberg								3502	1:01:14
08:54+	10:34+	16:24+	18:58+	30:34+	41:30+	45:10+	54:26+	57:53+	61:14+	
08:54+	01:40+	05:50+	02:34+	11:36+	10:56+	03:40+	09:16+	03:27+	03:21+	
08:54+	01:40+	05:50+	02:34+	11:36+	10:56+	03:40+	09:16+	03:27+	03:21+	
11	Svein Glendrange								874	1:04:25
06:48+	08:20+	13:43+	15:44+	25:22+	32:49+	36:39+	55:46+	61:39+	64:25+	
06:48+	01:32+	05:23+	02:01+	09:38+	07:27+	03:50+	19:07+	05:53+	02:46+	
06:48+	01:32+	05:23+	02:01+	09:38+	07:27+	03:50+	19:07+	05:53+	02:46+	
12	Mangor Eikeland								892	1:08:20
10:09+	12:07+	17:59+	20:51+	33:07+	43:43+	48:36+	61:25+	65:04+	68:20+	
10:09+	01:58+	05:52+	02:52+	12:16+	10:36+	04:53+	12:49+	03:39+	03:16+	
10:09+	01:58+	05:52+	02:52+	12:16+	10:36+	04:53+	12:49+	03:39+	03:16+	
13	Albert Moe								3529	1:14:31
09:03+	10:43+	16:48+	19:27+	35:13+	49:44+	54:01+	66:46+	71:15+	74:31+	
09:03+	01:40+	06:05+	02:39+	15:46+	14:31+	04:17+	12:45+	04:29+	03:16+	
09:03+	01:40+	06:05+	02:39+	15:46+	14:31+	04:17+	12:45+	04:29+	03:16+	
14	Sigurd Krosli								1884	1:25:55
07:06+	08:43+	14:25+	16:48+	26:56+	39:03+	42:59+	81:15+	83:34+	85:55+	
07:06+	01:37+	05:42+	02:23+	10:08+	12:07+	03:56+	38:16+	02:19+	02:21+	
07:06+	01:37+	05:42+	02:23+	10:08+	12:07+	03:56+	38:16+	02:19+	02:21+	
15	Kjell Audun Maudal								3524	1:35:04
11:16+	13:56+	21:11+	23:48+	40:33+	61:41+	67:14+	86:01+	90:47+	95:04+	
11:16+	02:40+	07:15+	02:37+	16:45+	21:08+	05:33+	18:47+	04:46+	04:17+	
11:16+	02:40+	07:15+	02:37+	16:45+	21:08+	05:33+	18:47+	04:46+	04:17+	

Plass	Navn	Klasse	Tid
H80			

Beste strekktid for klassen

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

HA

1	Erik Lima										1832				1:01:52			
07:33=	11:31=	16:09=	17:28=	19:29=	21:11=	25:27=	35:43=	41:06=	44:36=	46:51=	49:28=	51:24=	53:55=	58:39=	60:28=	61:20=	61:52=	
09:00+	03:58=	04:38=	01:19=	02:01=	01:42=	04:16=	10:16=	05:23=	03:30=	02:15=	02:37=	01:56=	02:31=	04:44=	01:49=	00:52=	00:32=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Sven Hatteland										3528				1:02:08			
06:08-	08:41-	12:30-	13:43-	15:39-	17:28-	20:59-	33:12-	38:30-	45:53+	48:13+	50:31+	52:02+	54:16+	59:04+	60:41+	61:31+	62:08+	
06:08-	02:33-	03:49-	01:13-	01:56-	01:49+	03:31-	12:13+	05:18-	07:23+	02:20+	02:18-	01:31-	02:14-	04:48+	01:37-	00:50-	00:37+	
01:25-	01:25-	00:49-	00:06-	00:05-	00:07+	00:45-	01:57#	00:05-	03:53@	00:05+	00:19-	00:25-	00:17-	00:04+	00:12-	00:02-	00:05#	
3	Kristian Frafjord Haarr										882				1:08:19			
07:15-	10:28-	14:49-	16:28-	19:21-	21:51+	25:18-	37:35+	44:00+	49:53+	52:12+	55:20+	58:04+	60:39+	64:59+	66:24+	67:36+	68:19+	
07:15-	03:13-	04:21-	01:39+	02:53+	02:30+	03:27-	12:17+	06:25+	05:53+	02:19+	03:08+	02:44+	02:35+	04:20-	01:25-	01:12+	00:43+	
00:18-	00:45-	00:17-	00:20&	00:52&	00:48&	00:49-	02:01#	01:02#	02:23&	00:04+	00:31#	00:48&	00:04+	00:24-	00:24-	00:20&	00:11&	
4	Andreas Terjesen										1832				1:17:37			
08:03+	12:11+	18:09+	19:32+	21:55+	24:00+	28:24+	42:54+	50:31+	54:51+	58:17+	61:42+	64:23+	69:22+	74:25+	76:11+	77:10+	77:37+	
08:03+	04:08+	05:58+	01:23+	02:23+	02:05+	04:24+	14:30+	07:37+	04:20+	03:26+	03:25+	02:41+	04:59+	05:03+	01:46-	00:59+	00:27-	
00:30+	00:10+	01:20&	00:04+	00:22#	00:23#	00:08+	04:14&	02:14&	00:50#	01:11&	00:48&	00:45&	02:28&	00:19+	00:03-	00:07#	00:05-	
5	Bernhard Haver Vagle										643				1:26:13			
08:37+	21:17+	27:10+	28:39+	32:09+	34:25+	39:47+	52:42+	61:56+	66:21+	69:55+	72:02+	73:32+	76:20+	83:11+	84:37+	85:39+	86:13+	
08:37+	12:40+	05:53+	01:29+	03:30+	02:16+	05:22+	12:55+	09:14+	04:25+	03:34+	02:07-	01:30-	02:48+	06:51+	01:26-	01:02+	00:34+	
01:04#	08:42@	01:15&	00:10#	01:29&	00:34&	01:06&	02:39&	03:51&	00:55&	01:19&	00:30-	00:26-	00:17#	02:07&	00:23-	00:10#	00:02+	
6	Ole Morten Haaland										3528				1:32:43			
11:34+	16:24+	21:11+	22:55+	25:38+	27:45+	35:53+	52:13+	59:59+	64:19+	70:43+	73:39+	76:14+	81:49+	88:32+	90:45+	92:09+	92:43+	
11:34+	04:50+	04:47+	01:44+	02:43+	02:07+	08:08+	16:20+	07:46+	04:20+	06:24+	02:56+	02:35+	05:35+	06:43+	02:13+	01:24+	00:34+	
04:01&	00:52#	00:09+	00:25&	00:42&	00:25#	03:52&	06:04&	02:23&	00:50#	04:09@	00:19#	00:39&	03:04@	01:59&	00:24#	00:32&	00:02+	
7	Martin Blystad										3530				1:34:17			
09:00+	18:28+	27:01+	28:40+	31:13+	33:04+	38:11+	54:05+	62:52+	70:57+	75:06+	78:22+	80:22+	84:53+	90:59+	92:35+	93:48+	94:17+	
09:00+	09:28+	08:33+	01:39+	02:33+	01:51+	05:07+	15:54+	08:47+	08:05+	04:09+	03:16+	02:00+	04:31+	06:06+	01:36-	01:13+	00:29-	
01:27#	05:30@	03:55&	00:20&	00:32&	00:09+	00:51#	05:38&	03:24&	04:35@	01:54&	00:39#	00:04+	02:00&	01:22&	00:13-	00:21&	00:03-	
8	Lars Erik Malde										3676				1:41:10			
06:43-	10:41-	23:23+	25:25+	27:51+	29:46+	36:08+	66:55+	73:18+	77:40+	80:54+	83:26+	86:30+	90:17+	97:39+	99:09+	100:38+	101:10+	
06:43-	03:58=	12:42+	02:02+	02:26+	01:55+	06:22+	30:47+	06:23+	04:22+	03:14+	02:32-	03:04+	03:47+	07:22+	01:30-	01:29+	00:32=	
00:50-	00:00=	08:04@	00:43&	00:25#	00:13#	02:06&	20:31@	01:00#	00:52#	00:59&	00:05-	01:08&	01:16&	02:38&	00:19-	00:37&	00:00=	
9	Fredrik Svendal										1376				2:25:42			
51:13+	62:39+	68:05+	70:05+	73:50+	76:09+	83:01+	98:38+	114:58+	119:15+	122:38+	125:47+	128:00+	136:48+	141:48+	143:35+	145:05+	145:42+	
51:13+	11:26+	05:26+	02:00+	03:45+	02:19+	06:52+	15:37+	16:20+	04:17+	03:23+	03:09+	02:13+	08:48+	05:00+	01:47-	01:30+	00:37+	
43:40@	07:28@	00:48#	00:41&	01:44&	00:37&	02:36&	05:21&	10:57@	00:47#	01:08&	00:32#	00:17#	06:17@	00:16+	00:02-	00:38&	00:05#	

Beste strekktid for klassen

06:08	02:33	03:49	01:13	01:56	01:42	03:27	10:16	05:18	03:30	02:15	02:07	01:30	02:14	04:20	01:25	00:50	00:27
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

HB

1	Tom Furland															769					59:32				
06:56=	09:42=	14:14=	15:19=	16:59=	18:46=	23:05=	34:38=	39:48=	43:53=	45:57=	48:06=	50:19=	52:36=	56:47=	57:57=	58:50=	59:32=								
06:56=	02:46=	04:32=	01:05=	01:40=	01:47=	04:19=	11:33=	05:10=	04:05=	02:04=	02:09=	02:13=	02:17=	04:11=	01:10=	00:53=	00:42=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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						
HB																	
2	Lars Sigve Oftedal					772					59:33						
06:59+	09:41-	14:04-	15:36+	17:46+	19:29+	23:46+	37:11+	42:00+	45:26+	47:36+	49:22+	50:53+	53:10+	57:00+	58:16+	59:00+	59:33+
06:59+	02:42-	04:23-	01:32+	02:10+	01:43-	04:17-	13:25+	04:49-	03:26-	02:10+	01:46-	01:31-	02:17=	03:50-	01:16+	00:44-	00:33-
00:03+	00:04-	00:09-	00:27=	00:30=	00:04-	00:02-	01:52#	00:21-	00:39-	00:06+	00:23-	00:42-	00:00=	00:21-	00:06+	00:09-	00:09-
3	Jon Åsmund Espedal					4242					59:50						
07:05+	09:44+	13:26+	15:00+	16:49+	19:23+	22:44+	32:17+	38:49+	42:34+	45:30+	47:56+	49:37+	51:54+	56:44+	58:14+	59:10+	59:50+
07:05+	02:39+	03:42+	01:34+	01:49+	02:34+	03:21+	09:33+	06:32+	03:45+	02:56+	02:26+	01:41+	02:17+	04:50+	01:30+	00:56+	00:40+
07:05+	02:39+	03:42+	01:34+	01:49+	02:34+	03:21+	09:33+	06:32+	03:45+	02:56+	02:26+	01:41+	02:17+	04:50+	01:30+	00:56+	00:40+
4	Aart Joakim in't Veld					1884					1:02:34						
06:08+	09:17+	15:47+	16:54+	19:00+	20:38+	27:26+	37:14+	42:07+	46:05+	48:54+	51:00+	52:36+	55:11+	58:56+	60:24+	62:00+	62:34+
06:08+	03:09+	06:30+	01:07+	02:06+	01:38+	06:48+	09:48+	04:53+	03:58+	02:49+	02:06+	01:36+	02:35+	03:45+	01:28+	01:36+	00:34+
06:08+	03:09+	06:30+	01:07+	02:06+	01:38+	06:48+	09:48+	04:53+	03:58+	02:49+	02:06+	01:36+	02:35+	03:45+	01:28+	01:36+	00:34+
5	Njål F. Vadla					1884					1:04:46						
06:10+	09:33+	13:47+	15:10+	17:02+	18:47+	23:11+	34:20+	40:56+	47:11+	49:55+	52:12+	54:05+	56:32+	61:08+	62:31+	63:59+	64:46+
06:10+	03:23+	04:14+	01:23+	01:52+	01:45+	04:24+	11:09+	06:36+	06:15+	02:44+	02:17+	01:53+	02:27+	04:36+	01:23+	01:28+	00:47+
06:10+	03:23+	04:14+	01:23+	01:52+	01:45+	04:24+	11:09+	06:36+	06:15+	02:44+	02:17+	01:53+	02:27+	04:36+	01:23+	01:28+	00:47+
6	Geir Sand					722					1:04:54						
07:04+	10:03+	13:45+	15:28+	17:48+	19:24+	24:16+	37:15+	43:45+	47:38+	50:09+	52:39+	54:18+	56:48+	61:44+	63:23+	64:24+	64:54+
07:04+	02:59+	03:42+	01:43+	02:20+	01:36+	04:52+	12:59+	06:30+	03:53+	02:31+	02:30+	01:39+	02:30+	04:56+	01:39+	01:01+	00:30+
07:04+	02:59+	03:42+	01:43+	02:20+	01:36+	04:52+	12:59+	06:30+	03:53+	02:31+	02:30+	01:39+	02:30+	04:56+	01:39+	01:01+	00:30+
7	Magnus Landstad					3507					1:06:07						
07:28+	10:50+	15:10+	17:03+	19:02+	20:44+	24:49+	36:28+	43:23+	48:16+	50:52+	53:30+	55:22+	58:05+	62:58+	64:21+	65:19+	66:07+
07:28+	03:22+	04:20+	01:53+	01:59+	01:42+	04:05+	11:39+	06:55+	04:53+	02:36+	02:38+	01:52+	02:43+	04:53+	01:23+	00:58+	00:48+
07:28+	03:22+	04:20+	01:53+	01:59+	01:42+	04:05+	11:39+	06:55+	04:53+	02:36+	02:38+	01:52+	02:43+	04:53+	01:23+	00:58+	00:48+
8	Jan-Rune Larsen Basso					1376					1:06:18						
07:17+	10:33+	15:48+	17:22+	20:04+	22:23+	26:47+	37:29+	43:48+	48:22+	50:46+	53:15+	55:35+	58:25+	63:05+	64:36+	65:45+	66:18+
07:17+	03:16+	05:15+	01:34+	02:42+	02:19+	04:24+	10:42+	06:19+	04:34+	02:24+	02:29+	02:20+	02:50+	04:40+	01:31+	01:09+	00:33+
07:17+	03:16+	05:15+	01:34+	02:42+	02:19+	04:24+	10:42+	06:19+	04:34+	02:24+	02:29+	02:20+	02:50+	04:40+	01:31+	01:09+	00:33+
9	Joar Eilevstjønn					2342					1:08:39						
07:47+	13:25+	18:58+	20:14+	22:48+	26:37+	34:14+	45:53+	51:23+	54:38+	56:40+	58:34+	60:01+	62:16+	66:06+	67:21+	68:07+	68:39+
07:47+	05:38+	05:33+	01:16+	02:34+	03:49+	07:37+	11:39+	05:30+	03:15+	02:02+	01:54+	01:27+	02:15+	03:50+	01:15+	00:46+	00:32+
07:47+	05:38+	05:33+	01:16+	02:34+	03:49+	07:37+	11:39+	05:30+	03:15+	02:02+	01:54+	01:27+	02:15+	03:50+	01:15+	00:46+	00:32+
10	Pontus Christensson					1884					1:18:57						
07:58+	14:13+	17:43+	18:58+	21:17+	25:00+	32:18+	45:31+	52:17+	56:53+	60:01+	64:29+	66:31+	69:58+	74:56+	76:49+	78:24+	78:57+
07:58+	06:15+	03:30+	01:15+	02:19+	03:43+	07:18+	13:13+	06:46+	04:36+	03:08+	04:28+	02:02+	03:27+	04:58+	01:53+	01:35+	00:33+
07:58+	06:15+	03:30+	01:15+	02:19+	03:43+	07:18+	13:13+	06:46+	04:36+	03:08+	04:28+	02:02+	03:27+	04:58+	01:53+	01:35+	00:33+
11	Arne Eirik Nielsen					3588					1:19:37						
14:15+	17:45+	22:11+	23:36+	26:15+	28:15+	32:06+	42:39+	52:59+	59:43+	62:34+	64:43+	67:14+	70:20+	76:11+	78:00+	79:06+	79:37+
14:15+	03:30+	04:26+	01:25+	02:39+	02:00+	03:51+	10:33+	10:20+	06:44+	02:51+	02:09+	02:31+	03:06+	05:51+	01:49+	01:06+	00:31+
14:15+	03:30+	04:26+	01:25+	02:39+	02:00+	03:51+	10:33+	10:20+	06:44+	02:51+	02:09+	02:31+	03:06+	05:51+	01:49+	01:06+	00:31+
12	Bård Martby-Skogsholm					3522					1:21:00						
12:00+	15:05+	19:52+	22:33+	27:48+	29:52+	33:45+	47:40+	55:10+	60:00+	64:39+	66:54+	68:37+	71:39+	78:00+	79:27+	80:24+	81:00+
12:00+	03:05+	04:47+	02:41+	05:15+	02:04+	03:53+	13:55+	07:30+	04:50+	04:39+	02:15+	01:43+	03:02+	06:21+	01:27+	00:57+	00:36+
12:00+	03:05+	04:47+	02:41+	05:15+	02:04+	03:53+	13:55+	07:30+	04:50+	04:39+	02:15+	01:43+	03:02+	06:21+	01:27+	00:57+	00:36+
13	Trond Sigurd Fotland					3507					1:23:29						
07:49+	11:29+	20:18+	22:20+	25:06+	28:06+	32:30+	46:34+	52:25+	61:10+	64:22+	68:58+	71:11+	74:02+	78:09+	79:36+	82:52+	83:29+
07:49+	03:40+	08:49+	02:02+	02:46+	03:00+	04:24+	14:04+	05:51+	08:45+	03:12+	04:36+	02:13+	02:51+	04:07+	01:27+	03:16+	00:37+
07:49+	03:40+	08:49+	02:02+	02:46+	03:00+	04:24+	14:04+	05:51+	08:45+	03:12+	04:36+	02:13+	02:51+	04:07+	01:27+	03:16+	00:37+
14	Øystein Amundrud					3518					1:26:33						
07:55+	11:09+	16:48+	18:21+	21:33+	23:23+	27:31+	45:23+	52:27+	57:13+	60:27+	64:07+	71:27+	76:42+	82:29+	84:34+	85:41+	86:33+
07:55+	03:14+	05:39+	01:33+	03:12+	01:50+	04:08+	17:52+	07:04+	04:46+	03:14+	03:40+	07:20+	05:15+	05:47+	02:05+	01:07+	00:52+
07:55+	03:14+	05:39+	01:33+	03:12+	01:50+	04:08+	17:52+	07:04+	04:46+	03:14+	03:40+	07:20+	05:15+	05:47+	02:05+	01:07+	00:52+
15	Morten Sørli Ronæss					882					1:27:12						
08:31+	12:15+	16:37+	18:44+	21:12+	23:23+	28:59+	46:32+	54:00+	65:41+	69:07+	71:58+	74:02+	77:16+	83:15+	85:09+	86:19+	87:12+
08:31+	03:44+	04:22+	02:07+	02:28+	02:11+	05:36+	17:33+	07:28+	11:41+	03:26+	02:51+	02:04+	03:14+	05:59+	01:54+	01:10+	00:53+
08:31+	03:44+	04:22+	02:07+	02:28+	02:11+	05:36+	17:33+	07:28+	11:41+	03:26+	02:51+	02:04+	03:14+	05:59+	01:54+	01:10+	00:53+

Plass	Navn													Klasse	Tid	
HB																
Beste strekktid for klassen																
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
HC																
1	Kjetil Wirak													3486	50:21	
	07:24=	10:17=	11:44=	13:55=	27:42=	34:21=	38:54=	41:02=	42:52=	46:58=	48:16=	49:38=	50:21=			
	07:24=	02:53=	01:27=	02:11=	13:47=	06:39=	04:33=	02:08=	01:50=	04:06=	01:18=	01:22=	00:43=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Lars Drage													3583	53:54	
	08:15+	10:53+	12:15+	15:03+	29:01+	36:16+	41:10+	43:27+	45:18+	50:08+	51:30+	52:54+	53:54+			
	08:15+	02:38-	01:22-	02:48+	13:58+	07:15+	04:54+	02:17+	01:51+	04:50+	01:22+	01:24+	01:00+			
	00:51#	00:15-	00:05-	00:37&	00:11+	00:36+	00:21+	00:09+	00:01+	00:44#	00:04+	00:02+	00:17&			
3	Jan-Einar Øvremo													1119	57:00	
	09:14+	12:50+	14:36+	17:15+	31:32+	38:34+	43:35+	46:00+	47:55+	52:42+	54:24+	55:57+	57:00+			
	09:14+	03:36+	01:46+	02:39+	14:17+	07:02+	05:01+	02:25+	01:55+	04:47+	01:42+	01:33+	01:03+			
	01:50#	00:43#	00:19#	00:28#	00:30+	00:23+	00:28#	00:17#	00:05+	00:41#	00:24&	00:11#	00:20&			
4	Terje Michaelsen													3511	57:19	
	06:56-	10:02-	11:23-	15:03+	29:10+	37:42+	43:06+	46:47+	49:26+	53:26+	55:01+	56:22+	57:19+			
	06:56-	03:06+	01:21-	03:40+	14:07+	08:32+	05:24+	03:41+	02:39+	04:00-	01:35+	01:21-	00:57+			
	00:28-	00:13+	00:06-	01:29&	00:20+	01:53&	00:51#	01:33&	00:49&	00:06-	00:17#	00:01-	00:14&			
5	Per Olav Haarr													769	57:45	
	07:30+	11:20+	12:56+	16:02+	30:23+	38:14+	43:39+	46:30+	48:28+	53:42+	55:13+	56:39+	57:45+			
	07:30+	03:50+	01:36+	03:06+	14:21+	07:51+	05:25+	02:51+	01:58+	05:14+	01:31+	01:26+	01:06+			
	00:06+	00:57&	00:09#	00:55&	00:34+	01:12#	00:52#	00:43&	00:08+	01:08&	00:13#	00:04+	00:23&			
6	Oddmund Nordgård													722	59:19	
	07:17-	10:53+	12:48+	15:46+	31:09+	39:37+	45:22+	48:24+	50:14+	55:04+	56:51+	58:12+	59:19+			
	07:17-	03:36+	01:55+	02:58+	15:23+	08:28+	05:45+	03:02+	01:50=	04:50+	01:47+	01:21-	01:07+			
	00:07-	00:43#	00:28&	00:47&	01:36#	01:49&	01:12&	00:54&	00:00=	00:44#	00:29&	00:01-	00:24&			
7	Leif Kjetil Hinna Gausel													1683	1:02:14	
	06:34-	09:41-	12:06+	15:36+	32:38+	40:48+	46:32+	49:12+	52:14+	58:18+	60:00+	61:19+	62:14+			
	06:34-	03:07+	02:25+	03:30+	17:02+	08:10+	05:44+	02:40+	03:02+	06:04+	01:42+	01:19-	00:55+			
	00:50-	00:14+	00:58&	01:19&	03:15#	01:31#	01:11&	00:32#	01:12&	01:58&	00:24&	00:03-	00:12&			
8	Stein Arne Olsen													874	1:03:36	
	06:52-	11:20+	12:59+	16:01+	35:16+	43:00+	48:43+	51:14+	53:15+	58:56+	60:32+	62:15+	63:36+			
	06:52-	04:28+	01:39+	03:02+	19:15+	07:44+	05:43+	02:31+	02:01+	05:41+	01:36+	01:43+	01:21+			
	00:32-	01:35&	00:12#	00:51&	05:28&	01:05#	01:10&	00:23#	00:11#	01:35&	00:18#	00:21&	00:38&			
9	Geir Haugvaldstad													1683	1:03:36	
	13:02+	16:13+	18:27+	22:08+	39:08+	45:53+	51:13+	53:14+	55:18+	59:46+	61:27+	62:57+	63:36+			
	13:02+	03:11+	02:14+	03:41+	17:00+	06:45+	05:20+	02:01-	02:04+	04:28+	01:41+	01:30+	00:39-			
	05:38&	00:18#	00:47&	01:30&	03:13#	00:06+	00:47#	00:07-	00:14#	00:22+	00:23&	00:08+	00:04-			
10	Pål Bårdsen													3497	1:05:07	
	07:39+	11:24+	13:08+	17:09+	34:20+	42:50+	49:15+	52:20+	54:23+	60:46+	62:22+	63:56+	65:07+			
	07:39+	03:45+	01:44+	04:01+	17:11+	08:30+	06:25+	03:05+	02:03+	06:23+	01:36+	01:34+	01:11+			
	00:15+	00:52&	00:17#	01:50&	03:24#	01:51&	01:52&	00:57&	00:13#	02:17&	00:18#	00:12#	00:28&			
11	Eivind Lie													1683	1:05:57	
	07:20-	11:38+	13:49+	17:21+	35:06+	43:01+	49:41+	52:33+	55:39+	61:28+	63:13+	64:50+	65:57+			
	07:20-	04:18+	02:11+	03:32+	17:45+	07:55+	06:40+	02:52+	03:06+	05:49+	01:45+	01:37+	01:07+			
	00:04-	01:25&	00:44&	01:21&	03:58&	01:16#	02:07&	00:44&	01:16&	01:43&	00:27&	00:15#	00:24&			
12	Øivind Berggraf													1683	1:06:08	
	07:06-	10:37+	12:23+	16:12+	33:07+	40:59+	48:41+	51:31+	54:20+	60:51+	62:44+	64:40+	66:08+			
	07:06-	03:31+	01:46+	03:49+	16:55+	07:52+	07:42+	02:50+	02:49+	06:31+	01:53+	01:56+	01:28+			
	00:18-	00:38#	00:19#	01:38&	03:08#	01:13#	03:09&	00:42&	00:59&	02:25&	00:35&	00:34&	00:45@			

Plass	Navn					Klasse					Tid			
HC														
13	Svein Oddvar Netland					1683					1:06:12			
08:54+	13:29+	15:47+	18:53+	36:04+	44:00+	50:37+	54:40+	56:56+	61:45+	63:44+	65:14+	66:12+		
08:54+	04:35+	02:18+	03:06+	17:11+	07:56+	06:37+	04:03+	02:16+	04:49+	01:59+	01:30+	00:58+		
01:30#	01:42&	00:51&	00:55&	03:24#	01:17#	02:04&	01:55&	00:26#	00:43#	00:41&	00:08+	00:15&		
14	Pål H. Gjerdén					1683					1:08:26			
07:39+	11:36+	13:26+	17:10+	34:37+	43:18+	52:33+	55:25+	57:43+	63:09+	65:11+	67:00+	68:26+		
07:39+	03:57+	01:50+	03:44+	17:27+	08:41+	09:15+	02:52+	02:18+	05:26+	02:02+	01:49+	01:26+		
07:39+	03:57+	01:50+	03:44+	17:27+	08:41+	09:15+	02:52+	02:18+	05:26+	02:02+	01:49+	01:26+		
15	Bertrand Denieul					877					1:09:52			
06:34+	10:44+	12:28+	15:32+	35:30+	43:04+	53:48+	57:47+	59:57+	65:45+	67:30+	69:01+	69:52+		
06:34+	04:10+	01:44+	03:04+	19:58+	07:34+	10:44+	03:59+	02:10+	05:48+	01:45+	01:31+	00:51+		
06:34+	04:10+	01:44+	03:04+	19:58+	07:34+	10:44+	03:59+	02:10+	05:48+	01:45+	01:31+	00:51+		
16	Terje Undheim					3529					1:16:45			
09:44+	15:42+	20:24+	23:18+	40:34+	48:20+	53:48+	57:43+	63:46+	72:01+	74:05+	75:43+	76:45+		
09:44+	05:58+	04:42+	02:54+	17:16+	07:46+	05:28+	03:55+	06:03+	08:15+	02:04+	01:38+	01:02+		
09:44+	05:58+	04:42+	02:54+	17:16+	07:46+	05:28+	03:55+	06:03+	08:15+	02:04+	01:38+	01:02+		
17	Erling Mauland					3541					1:26:42			
10:34+	14:38+	17:13+	26:53+	50:53+	60:24+	67:41+	74:02+	76:52+	82:19+	84:18+	85:51+	86:42+		
10:34+	04:04+	02:35+	09:40+	24:00+	09:31+	07:17+	06:21+	02:50+	05:27+	01:59+	01:33+	00:51+		
10:34+	04:04+	02:35+	09:40+	24:00+	09:31+	07:17+	06:21+	02:50+	05:27+	01:59+	01:33+	00:51+		
18	Stephen Richardson					877					1:28:03			
09:23+	13:33+	16:36+	22:05+	43:48+	53:31+	61:03+	65:37+	68:16+	82:40+	84:56+	86:58+	88:03+		
09:23+	04:10+	03:03+	05:29+	21:43+	09:43+	07:32+	04:34+	02:39+	14:24+	02:16+	02:02+	01:05+		
09:23+	04:10+	03:03+	05:29+	21:43+	09:43+	07:32+	04:34+	02:39+	14:24+	02:16+	02:02+	01:05+		
19	Ove Oaland					1683					1:29:24			
10:42+	16:45+	18:55+	26:49+	48:11+	58:07+	65:38+	69:07+	76:39+	83:51+	85:49+	87:52+	89:24+		
10:42+	06:03+	02:10+	07:54+	21:22+	09:56+	07:31+	03:29+	07:32+	07:12+	01:58+	02:03+	01:32+		
10:42+	06:03+	02:10+	07:54+	21:22+	09:56+	07:31+	03:29+	07:32+	07:12+	01:58+	02:03+	01:32+		
20	Øistein Haaland					1683					1:35:07			
09:54+	23:47+	25:55+	29:47+	49:26+	58:25+	66:06+	70:58+	79:02+	88:54+	91:18+	93:29+	95:07+		
09:54+	13:53+	02:08+	03:52+	19:39+	08:59+	07:41+	04:52+	08:04+	09:52+	02:24+	02:11+	01:38+		
09:54+	13:53+	02:08+	03:52+	19:39+	08:59+	07:41+	04:52+	08:04+	09:52+	02:24+	02:11+	01:38+		

Beste strekktid for klassen

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

HNY

1	Vegar Skoglund		722										22:26
	05:13=	07:45=	11:13=	14:48=	16:43=	18:57=	20:02=	21:39=	22:26=				
	05:13=	02:32=	03:28=	03:35=	01:55=	02:14=	01:05=	01:37=	00:47=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Marius Usvaltas		3529										24:09
	05:39+	07:16-	10:48-	15:28+	19:01+	21:00+	21:53+	23:28+	24:09+				
	05:39+	01:37-	03:32+	04:40+	03:33+	01:59-	00:53-	01:35-	00:41-				
	00:26+	00:55-	00:04+	01:05&	01:38&	00:15-	00:12-	00:02-	00:06-				
3	Arild Opstad		3529										50:22
	11:55+	14:50+	22:28+	29:53+	34:54+	40:34+	43:36+	48:24+	50:22+				
	11:55+	02:55+	07:38+	07:25+	05:01+	05:40+	03:02+	04:48+	01:58+				
	06:42@	00:23#	04:10@	03:50@	03:06@	03:26@	01:57@	03:11@	01:11@				

Beste strekktid for klassen

05:13 01:37 03:28 03:35 01:55 01:59 00:53 01:35 00:41

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

Plass	Navn	Klasse	Tid
HT			
1	Stig E. Ollestad	3519	29:12
	04:23= 05:08= 07:41= 08:48= 14:48= 18:43= 20:29= 25:19= 28:29= 29:12=		
	04:23= 00:45= 02:33= 01:07= 06:00= 03:55= 01:46= 04:50= 03:10= 00:43=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Hans Østebø	793	29:13
	05:31+ 06:00+ 08:45+ 09:46+ 14:37= 18:43= 20:30+ 26:22+ 27:44= 29:13+		
	05:31+ 00:29= 02:45+ 01:01= 04:51= 04:06+ 01:47+ 05:52+ 01:22= 01:29+		
	01:08& 00:16= 00:12+ 00:06= 01:09= 00:11+ 00:01+ 01:02# 01:48= 00:46@		
3	Håvard Stensland	3503	36:19
	05:01+ 06:03+ 09:18+ 10:42+ 17:37+ 23:38+ 26:03+ 30:56+ 33:56+ 36:19+		
	05:01+ 01:02+ 03:15+ 01:24+ 06:55+ 06:01+ 02:25+ 04:53+ 03:00= 02:23+		
	00:38# 00:17& 00:42& 00:17& 00:55# 02:06& 00:39& 00:03+ 00:10= 01:40@		
4	Arne Magne Sondresen	722	36:31
	05:01+ 05:59+ 09:33+ 11:18+ 18:26+ 23:53+ 26:39+ 32:43+ 35:02+ 36:31+		
	05:01+ 00:58+ 03:34+ 01:45+ 07:08+ 05:27+ 02:46+ 06:04+ 02:19= 01:29+		
	00:38# 00:13& 01:01& 00:38& 01:08# 01:32& 01:00& 01:14& 00:51= 00:46@		
5	Lars Salvesen	1119	36:46
	05:54+ 06:57+ 10:35+ 12:00+ 19:05+ 24:01+ 26:28+ 32:43+ 35:05+ 36:46+		
	05:54+ 01:03+ 03:38+ 01:25+ 07:05+ 04:56+ 02:27+ 06:15+ 02:22= 01:41+		
	01:31& 00:18& 01:05& 00:18& 01:05# 01:01& 00:41& 01:25& 00:48= 00:58@		
6	Bruno Pierfelice	3519	37:47
	06:06+ 07:12+ 10:48+ 12:16+ 20:18+ 27:13+ 29:48+ 35:01+ 36:41+ 37:47+		
	06:06+ 01:06+ 03:36+ 01:28+ 08:02+ 06:55+ 02:35+ 05:13+ 01:40= 01:06+		
	01:43& 00:21& 01:03& 00:21& 02:02& 03:00& 00:49& 00:23+ 01:30= 00:23&		
7	Svein Erik Bjørnsen	1376	38:41
	04:43+ 05:39+ 08:45+ 09:54+ 16:56+ 21:39+ 24:06+ 34:12+ 37:30+ 38:41+		
	04:43+ 00:56+ 03:06+ 01:09+ 07:02+ 04:43+ 02:27+ 10:06+ 03:18+ 01:11+		
	00:20+ 00:11# 00:33# 00:02+ 01:02# 00:48# 00:41& 05:16@ 00:08+ 00:28&		
8	Roger Endre Nyseth	892	39:49
	05:40+ 06:44+ 10:28+ 12:02+ 18:57+ 24:30+ 26:54+ 35:48+ 38:01+ 39:49+		
	05:40+ 01:04+ 03:44+ 01:34+ 06:55+ 05:33+ 02:24+ 08:54+ 02:13= 01:48+		
	01:17& 00:19& 01:11& 00:27& 00:55# 01:38& 00:38& 04:04& 00:57= 01:05@		
9	Aksel Kleppa Hartmann	793	39:58
	08:17+ 08:52+ 12:09+ 13:22+ 21:39+ 27:19+ 29:54+ 35:31+ 38:05+ 39:58+		
	08:17+ 00:35= 03:17+ 01:13+ 08:17+ 05:40+ 02:35+ 05:37+ 02:34= 01:53+		
	03:54& 00:10= 00:44& 00:06+ 02:17& 01:45& 00:49& 00:47# 00:36= 01:10@		
10	Ivar Aalbu	3502	40:17
	06:10+ 07:49+ 11:46+ 13:17+ 20:27+ 25:46+ 28:26+ 35:40+ 38:14+ 40:17+		
	06:10+ 01:39+ 03:57+ 01:31+ 07:10+ 05:19+ 02:40+ 07:14+ 02:34= 02:03+		
	01:47& 00:54@ 01:24& 00:24& 01:10# 01:24& 00:54& 02:24& 00:36= 01:20@		
11	Leif Jarle Skåra	3502	41:50
	06:01+ 07:08+ 11:29+ 13:04+ 23:00+ 28:57+ 31:31+ 37:39+ 40:08+ 41:50+		
	06:01+ 01:07+ 04:21+ 01:35+ 09:56+ 05:57+ 02:34+ 06:08+ 02:29= 01:42+		
	01:38& 00:22& 01:48& 00:28& 03:56& 02:02& 00:48& 01:18& 00:41= 00:59@		
12	Christian Nilsen	3525	43:11
	06:23+ 07:18+ 11:00+ 13:00+ 21:56+ 29:24+ 32:14+ 39:13+ 41:21+ 43:11+		
	06:23+ 00:55+ 03:42+ 02:00+ 08:56+ 07:28+ 02:50+ 06:59+ 02:08= 01:50+		
	02:00& 00:10# 01:09& 00:53& 02:56& 03:33& 01:04& 02:09& 01:02= 01:07@		
13	Sjur Bjerke	3525	43:17
	05:26+ 06:36+ 10:04+ 11:28+ 18:59+ 29:18+ 32:20+ 40:10+ 42:04+ 43:17+		
	05:26+ 01:10+ 03:28+ 01:24+ 07:31+ 10:19+ 03:02+ 07:50+ 01:54= 01:13+		
	01:03# 00:25& 00:55& 00:17& 01:31& 06:24@ 01:16& 03:00& 01:16= 00:30&		
14	Viktor Klippen	880	43:55
	08:39+ 09:26+ 13:41+ 14:58+ 21:39+ 28:56+ 31:12+ 40:34+ 42:40+ 43:55+		
	08:39+ 00:47+ 04:15+ 01:17+ 06:41+ 07:17+ 02:16+ 09:22+ 02:06= 01:15+		
	04:16& 00:02+ 01:42& 00:10# 00:41# 03:22& 00:30& 04:32& 01:04= 00:32&		

Plass	Navn										Klasse	Tid
HT												
15	John Øgreid										882	44:29
08:31+	09:27+	13:14+	15:24+	22:49+	28:50+	31:47+	39:59+	42:54+	44:29+			
08:31+	00:56+	03:47+	02:10+	07:25+	06:01+	02:57+	08:12+	02:55-	01:35+			
04:08&	00:11#	01:14&	01:03&	01:25#	02:06&	01:11&	03:22&	00:15-	00:52&			
16	Rolf Øystein Kluge										793	48:15
07:12+	08:29+	12:58+	14:59+	24:13+	30:14+	33:05+	43:31+	46:19+	48:15+			
07:12+	01:17+	04:29+	02:01+	09:14+	06:01+	02:51+	10:26+	02:48+	01:56+			
07:12+	01:17+	04:29+	02:01+	09:14+	06:01+	02:51+	10:26+	02:48+	01:56+			
17	Jan Henrik Neuenkirchen										896	48:22
07:19+	08:58+	12:53+	14:14+	23:56+	33:13+	36:22+	44:29+	46:34+	48:22+			
07:19+	01:39+	03:55+	01:21+	09:42+	09:17+	03:09+	08:07+	02:05+	01:48+			
07:19+	01:39+	03:55+	01:21+	09:42+	09:17+	03:09+	08:07+	02:05+	01:48+			
18	Nils Egil Lie										3548	49:35
06:20+	07:16+	10:41+	11:56+	27:00+	37:05+	40:33+	46:32+	48:28+	49:35+			
06:20+	00:56+	03:25+	01:15+	15:04+	10:05+	03:28+	05:59+	01:56+	01:07+			
06:20+	00:56+	03:25+	01:15+	15:04+	10:05+	03:28+	05:59+	01:56+	01:07+			
19	Per Bakken										880	51:58
08:24+	10:11+	14:44+	16:32+	26:22+	36:23+	39:46+	46:34+	49:37+	51:58+			
08:24+	01:47+	04:33+	01:48+	09:50+	10:01+	03:23+	06:48+	03:03+	02:21+			
08:24+	01:47+	04:33+	01:48+	09:50+	10:01+	03:23+	06:48+	03:03+	02:21+			
20	Adam Alfred Brennhagen										3512	52:35
08:05+	08:42+	14:41+	15:41+	22:17+	35:16+	42:58+	48:48+	51:23+	52:35+			
08:05+	00:37+	05:59+	01:00+	06:36+	12:59+	07:42+	05:50+	02:35+	01:12+			
08:05+	00:37+	05:59+	01:00+	06:36+	12:59+	07:42+	05:50+	02:35+	01:12+			
21	Vidar Eiken										1683	54:01
06:48+	09:16+	12:35+	14:23+	27:52+	38:03+	41:07+	49:04+	51:43+	54:01+			
06:48+	02:28+	03:19+	01:48+	13:29+	10:11+	03:04+	07:57+	02:39+	02:18+			
06:48+	02:28+	03:19+	01:48+	13:29+	10:11+	03:04+	07:57+	02:39+	02:18+			
22	Arild Svihus										892	54:16
08:32+	09:57+	14:57+	16:48+	25:26+	34:00+	40:50+	48:03+	52:16+	54:16+			
08:32+	01:25+	05:00+	01:51+	08:38+	08:34+	06:50+	07:13+	04:13+	02:00+			
08:32+	01:25+	05:00+	01:51+	08:38+	08:34+	06:50+	07:13+	04:13+	02:00+			
23	John Helge Svandal										3531	54:45
09:45+	10:53+	14:41+	16:27+	28:25+	39:42+	43:06+	50:09+	52:49+	54:45+			
09:45+	01:08+	03:48+	01:46+	11:58+	11:17+	03:24+	07:03+	02:40+	01:56+			
09:45+	01:08+	03:48+	01:46+	11:58+	11:17+	03:24+	07:03+	02:40+	01:56+			
24	Olav Nybru										3531	55:05
13:43+	14:21+	18:04+	19:34+	27:05+	40:49+	43:10+	52:24+	53:48+	55:05+			
13:43+	00:38+	03:43+	01:30+	07:31+	13:44+	02:21+	09:14+	01:24+	01:17+			
13:43+	00:38+	03:43+	01:30+	07:31+	13:44+	02:21+	09:14+	01:24+	01:17+			
25	Ingve Morten Skjaeldal										4226	57:53
07:25+	08:54+	12:28+	13:50+	22:20+	33:33+	36:27+	44:57+	56:13+	57:53+			
07:25+	01:29+	03:34+	01:22+	08:30+	11:13+	02:54+	08:30+	11:16+	01:40+			
07:25+	01:29+	03:34+	01:22+	08:30+	11:13+	02:54+	08:30+	11:16+	01:40+			
26	Steinar Løgith Aase										2539	58:51
07:50+	09:24+	14:35+	16:36+	31:30+	40:07+	45:08+	52:58+	56:39+	58:51+			
07:50+	01:34+	05:11+	02:01+	14:54+	08:37+	05:01+	07:50+	03:41+	02:12+			
07:50+	01:34+	05:11+	02:01+	14:54+	08:37+	05:01+	07:50+	03:41+	02:12+			
27	Frode Følgesvold										880	1:01:31
06:38+	07:47+	13:10+	15:15+	37:56+	47:32+	50:46+	57:14+	59:44+	61:31+			
06:38+	01:09+	05:23+	02:05+	22:41+	09:36+	03:14+	06:28+	02:30+	01:47+			
06:38+	01:09+	05:23+	02:05+	22:41+	09:36+	03:14+	06:28+	02:30+	01:47+			
28	Kjell-Ole Topnes										1683	1:01:56
10:39+	11:46+	15:55+	17:40+	27:19+	36:21+	39:30+	57:38+	60:12+	61:56+			
10:39+	01:07+	04:09+	01:45+	09:39+	09:02+	03:09+	18:08+	02:34+	01:44+			
10:39+	01:07+	04:09+	01:45+	09:39+	09:02+	03:09+	18:08+	02:34+	01:44+			

Plass	Navn										Klasse	Tid
HT												
29	Glenn-Ove Kingestad										3676	1:04:06
	06:15+	07:07+	11:51+	13:23+	21:24+	38:40+	42:01+	59:55+	62:31+	64:06+		
	06:15+	00:52+	04:44+	01:32+	08:01+	17:16+	03:21+	17:54+	02:36+	01:35+		
	06:15+	00:52+	04:44+	01:32+	08:01+	17:16+	03:21+	17:54+	02:36+	01:35+		
30	Jan Erik Rasmussen										3519	1:08:18
	06:55+	08:29+	13:33+	15:22+	25:00+	35:07+	39:16+	63:19+	66:03+	68:18+		
	06:55+	01:34+	05:04+	01:49+	09:38+	10:07+	04:09+	24:03+	02:44+	02:15+		
	06:55+	01:34+	05:04+	01:49+	09:38+	10:07+	04:09+	24:03+	02:44+	02:15+		
31	Erik Campbell Henriksen										1683	1:09:43
	11:55+	13:42+	19:35+	22:26+	34:51+	46:03+	53:11+	63:00+	66:39+	69:43+		
	11:55+	01:47+	05:53+	02:51+	12:25+	11:12+	07:08+	09:49+	03:39+	03:04+		
	11:55+	01:47+	05:53+	02:51+	12:25+	11:12+	07:08+	09:49+	03:39+	03:04+		
32	Timothée Maillefer										877	1:10:25
	08:03+	09:00+	12:56+	14:37+	26:12+	33:00+	58:34+	65:23+	68:15+	70:25+		
	08:03+	00:57+	03:56+	01:41+	11:35+	06:48+	25:34+	06:49+	02:52+	02:10+		
	08:03+	00:57+	03:56+	01:41+	11:35+	06:48+	25:34+	06:49+	02:52+	02:10+		
33	Øivind Berentsen										4226	1:18:08
	14:38+	18:19+	32:34+	34:36+	46:11+	54:41+	59:03+	73:01+	76:12+	78:08+		
	14:38+	03:41+	14:15+	02:02+	11:35+	08:30+	04:22+	13:58+	03:11+	01:56+		
	14:38+	03:41+	14:15+	02:02+	11:35+	08:30+	04:22+	13:58+	03:11+	01:56+		
34	Jon Grepstad										3531	1:20:05
	11:00+	12:22+	17:49+	20:56+	40:32+	53:52+	59:28+	73:42+	77:16+	80:05+		
	11:00+	01:22+	05:27+	03:07+	19:36+	13:20+	05:36+	14:14+	03:34+	02:49+		
	11:00+	01:22+	05:27+	03:07+	19:36+	13:20+	05:36+	14:14+	03:34+	02:49+		
35	Kjetil Kartevold										3676	1:31:18
	10:31+	11:44+	16:36+	18:37+	29:19+	35:08+	74:52+	86:40+	89:01+	91:18+		
	10:31+	01:13+	04:52+	02:01+	10:42+	05:49+	39:44+	11:48+	02:21+	02:17+		
	10:31+	01:13+	04:52+	02:01+	10:42+	05:49+	39:44+	11:48+	02:21+	02:17+		

Beste strekktid for klassen

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