

1	Mari-Marthe Aamold												880	37:39											
01:26=	05:28=	07:26=	10:09=	18:26=	19:55=	22:59=	24:39=	25:32=	27:29=	29:36=	31:56=	35:46=	36:50=	37:07=	37:22=	37:39=									
01:26=	04:02=	01:58=	02:43=	08:17=	01:29=	03:04=	01:40=	00:53=	01:57=	02:07=	02:20=	03:50=	01:04=	00:17=	00:15=	00:17=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	Nora Svendsen												892	38:03											
01:52+	07:01+	09:14+	11:46+	17:46=	19:19=	23:50+	25:24+	26:25+	28:47+	31:30+	33:55+	36:02+	37:12+	37:31+	37:46+	38:03+									
01:52+	05:09+	02:13+	02:32=	06:00=	01:33+	04:31+	01:34=	01:01+	02:22+	02:43+	02:25+	02:07=	01:10+	00:19+	00:15=	00:17=									
00:26&	01:07&	00:15#	00:11=	02:17=	00:04+	01:27&	00:06=	00:08#	00:25#	00:36&	00:05+	01:43=	00:06+	00:02#	00:00=	00:00=									
3	Ragnhild Thorset Våge												896	42:01											
01:50+	06:46+	11:01+	14:02+	19:46+	21:31+	25:11+	26:58+	28:04+	30:01+	34:02+	36:16+	38:16+	41:13+	41:29+	41:44+	42:01+									
01:50+	04:56+	04:15+	03:01+	05:44=	01:45+	03:40+	01:47+	01:06+	01:57=	04:01+	02:14=	02:00=	02:57+	00:16=	00:15=	00:17=									
00:24&	00:54#	02:17@	00:18#	02:33=	00:16#	00:36#	00:07+	00:13#	00:00=	01:54&	00:06=	01:50=	01:53@	00:01=	00:00=	00:00=									
4	Ingvild Amalixsen												1683	42:48											
01:49+	06:22+	08:37+	11:39+	18:56+	20:55+	23:54+	25:48+	26:46+	28:53+	32:43+	37:45+	40:45+	41:54+	42:10+	42:26+	42:48+									
01:49+	04:33+	02:15+	03:02+	07:17=	01:59+	02:59=	01:54+	00:58+	02:07+	03:50+	05:02+	03:00=	01:09+	00:16=	00:16+	00:22+									
00:23&	00:31#	00:17#	00:19#	01:00=	00:30&	00:05=	00:14#	00:05+	00:10+	01:43&	02:42@	00:50=	00:05+	00:01=	00:01+	00:05&									
5	Guro Fuglestad												878	45:42											
02:07+	08:16+	10:45+	13:10+	24:54+	28:01+	30:26+	32:08+	32:51+	35:18+	38:15+	41:22+	43:37+	44:59+	45:15+	45:30+	45:42+									
02:07+	06:09+	02:29+	02:25=	11:44+	03:07+	02:25=	01:42+	00:43=	02:27+	02:57+	03:07+	02:15=	01:22+	00:16=	00:15=	00:12=									
00:41&	02:07&	00:31&	00:18=	03:27&	01:38@	00:39=	00:02+	00:10=	00:30&	00:50&	00:47&	01:35=	00:18&	00:01=	00:00=	00:05=									
6	Siri Eppeland												1884	46:07											
01:54+	08:20+	10:49+	13:59+	22:50+	25:21+	29:16+	32:23+	33:23+	36:15+	39:16+	41:57+	44:02+	45:16+	45:34+	45:48+	46:07+									
01:54+	06:26+	02:29+	03:10+	08:51+	02:31+	03:55+	03:07+	01:00+	02:52+	03:01+	02:41+	02:05=	01:14+	00:18+	00:14=	00:19+									
00:28&	02:24&	00:31&	00:27#	00:34+	01:02&	00:51&	01:27&	00:07#	00:55&	00:54&	00:21#	01:45=	00:10#	00:01+	00:01=	00:02#									
7	Hanna Haaland Sømme												874	46:30											
01:59+	06:57+	09:32+	13:51+	21:51+	24:30+	28:58+	31:10+	32:10+	34:41+	37:27+	40:02+	44:35+	45:37+	45:56+	46:12+	46:30+									
01:59+	04:58+	02:35+	04:19+	08:00=	02:39+	04:28+	02:12+	01:00+	02:31+	02:46+	02:35+	04:33+	01:02=	00:19+	00:16+	00:18+									
00:33&	00:56#	00:37&	01:36&	00:17=	01:10&	01:24&	00:32&	00:07#	00:34&	00:39&	00:15#	00:43#	00:02=	00:02#	00:01+	00:01+									
8	Helene Salte Håland												1376	46:49											
01:39+	06:06+	08:31+	12:34+	19:53+	21:54+	25:08+	27:06+	34:24+	36:36+	38:34+	42:09+	44:31+	46:02+	46:20+	46:34+	46:49+									
01:39+	04:27+	02:25+	04:03+	07:19=	02:01+	03:14+	01:58+	07:18+	02:12+	01:58=	03:35+	02:22=	01:31+	00:18+	00:14=	00:15=									
00:13#	00:25#	00:27#	01:20&	00:58=	00:32&	00:10+	00:18#	06:25@	00:15#	00:09=	01:15&	01:28=	00:27&	00:01+	00:01=	00:02=									
9	Kjersti Fandrem Høivik												874	46:53											
01:31+	08:25+	10:27+	12:39+	21:42+	24:36+	28:12+	30:56+	31:51+	37:23+	39:57+	43:15+	45:07+	46:12+	46:26+	46:39+	46:53+									
01:31+	06:54+	02:02+	02:12=	09:03+	02:54+	03:36+	02:44+	00:55+	05:32+	02:34+	03:18+	01:52=	01:05+	00:14=	00:13=	00:14=									
00:05+	02:52&	00:04+	00:31=	00:46+	01:25&	00:32#	01:04&	00:02+	03:35@	00:27#	00:58&	01:58=	00:01+	00:03=	00:02=	00:03=									
10	Karoline Blyberg Lillehammer												1758	47:25											
01:48+	07:36+	10:35+	13:46+	21:45+	23:59+	28:06+	30:43+	31:56+	34:50+	37:57+	41:04+	45:12+	46:25+	46:47+	47:05+	47:25+									
01:48+	05:48+	02:59+	03:11+	07:59=	02:14+	04:07+	02:37+	01:13+	02:54+	03:07+	03:07+	04:08+	01:13+	00:22+	00:18+	00:20+									
00:22&	01:46&	01:01&	00:28#	00:18=	00:45&	01:03&	00:57&	00:20&	00:57&	01:00&	00:47&	00:18+	00:09#	00:05&	00:03#	00:03#									
11	Christina Skår												3523	51:01											
02:31+	08:19+	11:25+	14:37+	23:58+	26:21+	30:22+	33:08+	34:38+	38:05+	42:12+	45:32+	48:16+	49:49+	50:14+	50:36+	51:01+									
02:31+	05:48+	03:06+	03:12+	09:21+	02:23+	04:01+	02:46+	01:30+	03:27+	04:07+	03:20+	02:44=	01:33+	00:25+	00:22+	00:25+									
01:05&	01:46&	01:08&	00:29#	01:04#	00:54&	00:57&	01:06&	00:37&	01:30&	02:00&	01:00&	01:06=	00:29&	00:08&	00:07&	00:08&									
12	Kristine Samnøen												722	56:23											
01:56+	06:47+	09:12+	11:59+	19:59+	23:24+	28:46+	31:56+	42:48+	45:15+	48:45+	51:26+	53:50+	55:25+	55:48+	56:00+	56:23+									
01:56+	04:51+	02:25+	02:47+	08:00=	03:25+	05:22+	03:10+	10:52+	02:27+	03:30+	02:41+	02:24=	01:35+	00:23+	00:12=	00:23+									
00:30&	00:49#	00:27#	00:04+	00:17=	01:56@	02:18&	01:30&	09:59@	00:30&	01:23&	00:21#	01:26=	00:31&	00:06&	00:03=	00:06&									
13	Hege Bakken												1754	56:36											
03:37+	09:06+	12:01+	15:58+	30:58+	33:12+	38:22+	40:47+	42:05+	45:23+	48:39+	51:43+	54:17+	55:38+	55:59+	56:15+	56:36+									
03:37+	05:29+	02:55+	03:57+	15:00+	02:14+	05:10+	02:25+	01:18+	03:18+	03:16+	03:04+	02:34=	01:21+	00:21+	00:16+	00:21+									
02:11@	01:27&	00:57&	01:14&	06:43&	00:45&	02:06&	00:45&	00:25&	01:21&	01:09&	00:44&	01:16=	00:17&	00:04#	00:01+	00:04#									
14	Idunn Husøy Naustdal												722	1:00:07											
02:41+	08:48+	12:04+	16:10+	23:48+	27:36+	39:59+	43:45+	44:36+	48:26+	51:26+	54:14+	57:06+	59:08+	59:30+	59:47+	60:07+									
02:41+	06:07+	03:16+	04:06+	07:38=	03:48+	12:23+	03:46+	00:51=	03:50+	03:00+	02:48+	02:52=	02:02+	00:22+	00:17+	00:20+									
01:15&	02:05&	01:18&	01:23&	00:39=	02:19@	09:19@	02:06@	00:02=	01:53&	00:53&	00:28#	00:58=	00:58&	00:05&	00:02#	00:03#									

Plass	Navn					Klasse					Tid							
D16																		
15	Ingunn Landsnes					892					1:06:27							
02:30+	11:21+	14:48+	17:55+	29:00+	37:47+	43:21+	46:30+	48:38+	52:39+	56:43+	60:36+	63:31+	65:15+	65:39+	66:00+	66:27+		
02:30+	08:51+	03:27+	03:07+	11:05+	08:47+	05:34+	03:09+	02:08+	04:01+	04:04+	03:53+	02:55-	01:44+	00:24+	00:21+	00:27+		
01:04&	04:49@	01:29&	00:24#	02:48&	07:18@	02:30&	01:29&	01:15@	02:04@	01:57&	01:33&	00:55-	00:40&	00:07&	00:06&	00:10&		
16	Elizabeth Moats					4248					1:07:41							
03:43+	11:55+	15:39+	21:34+	31:30+	35:01+	40:10+	43:36+	45:37+	50:20+	57:46+	61:54+	65:02+	66:40+	67:05+	67:21+	67:41+		
03:43+	08:12+	03:44+	05:55+	09:56+	03:31+	05:09+	03:26+	02:01+	04:43+	07:26+	04:08+	03:08+	01:38+	00:25+	00:16+	00:20+		
03:43+	08:12+	03:44+	05:55+	09:56+	03:31+	05:09+	03:26+	02:01+	04:43+	07:26+	04:08+	03:08+	01:38+	00:25+	00:16+	00:20+		

Beste strekktid for klassen

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

D40

1	Brit Nilsen												1830				38:56			
01:17=	05:53=	09:05=	10:03=	12:46=	20:26=	24:08=	25:52=	28:20=	30:54=	33:26=	34:25=	34:59=	36:59=	38:19=	38:35=	38:56=				
01:17=	04:36=	03:12=	00:58=	02:43=	07:40=	03:42=	01:44=	02:28=	02:34=	02:32=	00:59=	00:34=	02:00=	01:20=	00:16=	00:21=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Hanne Thu												3516				41:56			
01:15=-	06:30+	09:22+	10:35+	13:11+	21:16+	25:58+	28:21+	31:06+	34:02+	37:03+	37:47+	40:07+	41:19+	41:36+	41:56+					
01:15=-	05:15+	02:52=-	01:13+	02:36=-	08:05+	04:42+	02:23+	02:45+	02:56+	03:01+	00:44=-	02:20+	01:12=-	00:17=-	00:20+					
00:02=-	00:39#	00:20=-	00:15&	00:07=-	00:25+	01:00&	00:39&	00:17#	00:22#	00:29#	00:15=-	01:46@	00:48=-	01:03=-	00:04#					
3	Kari-Anne Bakke												1683				46:25			
01:11=-	06:13+	09:35+	11:05+	13:30+	28:40+	33:11+	34:59+	37:22+	39:53+	42:15+	43:07+	44:49+	45:49+	46:05+	46:25+					
01:11=-	05:02+	03:22+	01:30+	02:25=-	15:10+	04:31+	01:48+	02:23=-	02:31=-	02:22=-	00:52=-	01:42+	01:00=-	00:16=-	00:20+					
00:06=-	00:26+	00:10+	00:32&	00:18=-	07:30&	00:49#	00:04+	00:05=-	00:03=-	00:10=-	00:07=-	01:08@	01:00=-	01:04=-	00:04#					
4	Helene Lie												3565				49:03			
01:16=-	05:52=-	08:43=-	09:59=-	12:21=-	26:42+	31:29+	33:31+	36:12+	39:45+	42:53+	43:41+	47:09+	48:26+	48:44+	49:03+					
01:16=-	04:36=	02:51=-	01:16+	02:22=-	14:21+	04:47+	02:02+	02:41+	03:33+	03:08+	00:48=-	03:28+	01:17=-	00:18=-	00:19+					
00:01=-	00:00=	00:21=-	00:18&	00:21=-	06:41&	01:05&	00:18#	00:13+	00:59&	00:36#	00:11=-	02:54@	00:43=-	01:02=-	00:03#					
5	Marianne Strøm Uthaug												3551				51:34			
00:59=-	04:46=-	07:23=-	09:20=-	12:05=-	21:58+	26:37+	33:50+	37:15+	41:21+	44:52+	47:54+	49:56+	51:07+	51:19+	51:34+					
00:59=-	03:47=-	02:37=-	01:57+	02:45+	09:53+	04:39+	07:13+	03:25+	04:06+	03:31+	03:02+	02:02+	01:11=-	00:12=-	00:15=-					
00:18=-	00:49=-	00:35=-	00:59@	00:02+	02:13&	00:57&	05:29@	00:57&	01:32&	00:59&	02:03@	01:28@	00:49=-	01:08=-	00:01=-					
6	Ane Odland												1683				51:48			
01:32+	07:42+	13:02+	14:08+	17:44+	29:49+	34:56+	37:25+	40:09+	43:21+	46:31+	47:22+	49:27+	51:08+	51:28+	51:48+					
01:32+	06:10+	05:20+	01:06+	03:36+	12:05+	05:07+	02:29+	02:44+	03:12+	03:10+	00:51=-	02:05+	01:41=-	00:20=-	00:20+					
00:15#	01:34&	02:08&	00:08#	00:53&	04:25&	01:25&	00:45&	00:16#	00:38#	00:38#	00:08=-	01:31@	00:19=-	01:00=-	00:04#					
7	Lise Nessa Di Lorenzo												1884				52:13			
01:14=-	06:25+	08:48=-	09:51=-	13:08+	20:55+	34:46+	36:53+	40:05+	43:39+	46:30+	47:11+	49:18+	50:41+	51:55+	52:13+					
01:14=-	05:11+	02:23=-	01:03+	03:17+	07:47+	13:51+	02:07+	03:12+	03:34+	02:51+	00:41=-	02:07+	01:23=-	01:14=-	00:18+					
00:03=-	00:35#	00:49=-	00:05+	00:34#	00:07+	10:09@	00:23#	00:44&	01:00&	00:19#	00:18=-	01:33@	00:37=-	00:06=-	00:02#					
8	Ane Hatteland Nese												769				53:50			
01:45+	08:03+	11:19+	12:27+	15:59+	27:05+	32:44+	34:46+	38:04+	42:32+	47:21+	48:26+	51:22+	52:54+	53:17+	53:50+					
01:45+	06:18+	03:16+	01:08+	03:32+	11:06+	05:39+	02:02+	03:18+	04:28+	04:49+	01:05+	02:56+	01:32=-	00:23=-	00:33+					
00:28&	01:42&	00:04+	00:10#	00:49&	03:26&	01:57&	00:18#	00:50&	01:54&	02:17&	00:06#	02:22@	00:28=-	00:57=-	00:17@					
9	Torill Østraat												1884				54:05			
01:40+	07:36+	10:54+	12:36+	16:26+	26:40+	33:23+	36:30+	40:18+	44:14+	47:59+	49:02+	51:30+	53:18+	53:39+	54:05+					
01:40+	05:56+	03:18+	01:42+	03:50+	10:14+	06:43+	03:07+	03:48+	03:56+	03:45+	01:03+	02:28+	01:48=-	00:21=-	00:26+					
00:23&	01:20&	00:06+	00:44&	01:07&	02:34&	03:01&	01:23&	01:20&	01:22&	01:13&	00:04+	01:54@	00:12=-	00:59=-	00:10&					
10	Ingvild Marthinussen												3524				56:42			
01:21+	07:42+	10:49+	12:31+	15:40+	29:52+	36:11+	42:01+	44:54+	48:45+	51:33+	52:24+	54:40+	56:02+	56:22+	56:42+					
01:21+	06:21+	03:07=-	01:42+	03:09+	14:12+	06:19+	05:50+	02:53+	03:51+	02:48+	00:51=-	02:16+	01:22=-	00:20=-	00:20+					
00:04+	01:45&	00:05=-	00:44&	00:26#	06:32&	02:37&	04:06@	00:25#	01:17&	00:16#	00:08=-	01:42@	00:38=-	01:00=-	00:04#					

Plass	Navn						Klasse						Tid					
D40																		
11	Anne Mette Riskjell Høyland						3524						1:05:42					
01:45+	07:15+	10:00+	13:17+	17:59+	35:28+	40:55+	48:00+	51:33+	54:43+	59:23+	60:17+	63:41+	65:06+	65:25+	65:42+			
01:45+	05:30+	02:45-	03:17+	04:42+	17:29+	05:27+	07:05+	03:33+	03:10+	04:40+	00:54-	03:24+	01:25-	00:19-	00:17+			
00:28&	00:54#	00:27-	02:19@	01:59&	09:49@	01:45&	05:21@	01:05&	00:36#	02:08&	00:05-	02:50@	00:35-	01:01-	00:01+			
12	Ritva Halsne						722						1:28:37					
05:41+	15:51+	19:31+	21:13+	29:51+	53:13+	60:59+	70:34+	74:47+	78:56+	82:37+	83:24+	86:41+	87:58+	88:19+	88:37+			
05:41+	10:10+	03:40+	01:42+	08:38+	23:22+	07:46+	09:35+	04:13+	04:09+	03:41+	00:47+	03:17+	01:17+	00:21+	00:18+			
05:41+	10:10+	03:40+	01:42+	08:38+	23:22+	07:46+	09:35+	04:13+	04:09+	03:41+	00:47+	03:17+	01:17+	00:21+	00:18+			

Beste strekktid for klassen

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

D50

1	Grethe Anda Fuglestad												1683			39:54		
01:29=	06:10=	08:39=	09:31=	12:17=	20:33=	25:06=	27:05=	29:56=	32:52=	35:25=	36:05=	37:57=	39:21=	39:36=	39:54=			
01:29=	04:41=	02:29=	00:52=	02:46=	08:16=	04:33=	01:59=	02:51=	02:56=	02:33=	00:40=	01:52=	01:24=	00:15=	00:18=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Marianne Fuglestad												896			42:13		
01:13-	06:58+	09:46+	10:51+	13:03+	22:11+	27:15+	29:17+	32:17+	34:59+	37:21+	38:32+	40:21+	41:42+	41:57+	42:13+			
01:13-	05:45+	02:48+	01:05+	02:12-	09:08+	05:04+	02:02+	03:00+	02:42-	02:22-	01:11+	01:49-	01:21-	00:15=	00:16-			
00:16-	01:04#	00:19#	00:13#	00:34-	00:52#	00:31#	00:03+	00:09+	00:14-	00:11-	00:31&	00:03-	00:03-	00:00=	00:02-			
3	Helen Haneferd												882			43:11		
01:26-	07:21+	10:09+	11:12+	13:48+	21:17+	26:54+	29:19+	31:59+	35:05+	38:10+	38:51+	41:07+	42:34+	42:53+	43:11+			
01:26-	05:55+	02:48+	01:03+	02:36-	07:29-	05:37+	02:25+	02:40-	03:06+	03:05+	00:41+	02:16+	01:27+	00:19+	00:18=			
00:03-	01:14&	00:19#	00:11#	00:10-	00:47-	01:04#	00:26#	00:11-	00:10+	00:32#	00:01+	00:24#	00:03+	00:04&	00:00=			
4	Berit Aksland												1683			43:16		
01:23-	07:46+	10:36+	11:28+	13:59+	21:31+	26:20+	28:30+	31:54+	35:22+	37:59+	38:55+	41:22+	42:28+	42:54+	43:16+			
01:23-	06:23+	02:50+	00:52=	02:31-	07:32-	04:49+	02:10+	03:24+	03:28+	02:37+	00:56+	02:27+	01:06-	00:26+	00:22+			
00:06-	01:42&	00:21#	00:00=	00:15-	00:44-	00:16+	00:11+	00:33#	00:32#	00:04+	00:16&	00:35&	00:18-	00:11&	00:04#			
5	Gerd Olaug Vikeså												1758			46:15		
01:32+	08:13+	10:52+	11:54+	14:32+	22:33+	28:23+	31:00+	34:17+	37:33+	41:10+	41:52+	44:17+	45:38+	45:55+	46:15+			
01:32+	06:41+	02:39+	01:02+	02:38-	08:01-	05:50+	02:37+	03:17+	03:16+	03:37+	00:42+	02:25+	01:21-	00:17+	00:20+			
00:03+	02:00&	00:10+	00:10#	00:08-	00:15-	01:17&	00:38&	00:26#	00:20#	01:04&	00:02+	00:33&	00:03-	00:02#	00:02#			
6	Trude Hermanrud												896			48:37		
01:16-	07:29+	11:06+	11:55+	15:37+	26:33+	31:59+	34:16+	37:13+	40:22+	43:32+	44:22+	46:31+	47:57+	48:15+	48:37+			
01:16-	06:13+	03:37+	00:49-	03:42+	10:56+	05:26+	02:17+	02:57+	03:09+	03:10+	00:50+	02:09+	01:26+	00:18+	00:22+			
00:13-	01:32&	01:08&	00:03-	00:56&	02:40&	00:53#	00:18#	00:06+	00:13+	00:37#	00:10#	00:17#	00:02+	00:03#	00:04#			
7	Toril Dahle												1683			50:30		
01:38+	08:40+	11:53+	12:55+	16:20+	25:28+	30:23+	34:14+	37:40+	41:49+	44:22+	45:05+	48:44+	49:51+	50:11+	50:30+			
01:38+	07:02+	03:13+	01:02+	03:25+	09:08+	04:55+	03:51+	03:26+	04:09+	02:33=	00:43+	03:39+	01:07-	00:20+	00:19+			
00:09#	02:21&	00:44&	00:10#	00:39#	00:52#	00:22+	01:52&	00:35#	01:13&	00:00=	00:03+	01:47&	00:17-	00:05&	00:01+			
8	Ingunn Anda Haug												2342			51:16		
01:33+	07:58+	10:54+	11:43+	14:35+	25:03+	30:21+	34:06+	37:27+	41:20+	44:39+	45:27+	49:04+	50:37+	50:54+	51:16+			
01:33+	06:25+	02:56+	00:49-	02:52+	10:28+	05:18+	03:45+	03:21+	03:53+	03:19+	00:48+	03:37+	01:33+	00:17+	00:22+			
00:04+	01:44&	00:27#	00:03-	00:06+	02:12&	00:45#	01:46&	00:30#	00:57&	00:46&	00:08#	01:45&	00:09#	00:02#	00:04#			
9	Tonje Tiley												882			51:21		
01:33+	07:52+	11:24+	13:13+	17:37+	26:17+	32:06+	34:44+	37:54+	41:18+	45:19+	46:07+	49:37+	50:40+	50:58+	51:21+			
01:33+	06:19+	03:32+	01:49+	04:24+	08:40+	05:49+	02:38+	03:10+	03:24+	04:01+	00:48+	03:30+	01:03-	00:18+	00:23+			
00:04+	01:38&	01:03&	00:57@	01:38&	00:24+	01:16&	00:39&	00:19#	00:28#	01:28&	00:08#	01:38&	00:21-	00:03#	00:05&			
10	Keth Berggraf												1683			51:25		
01:18-	08:48+	11:49+	12:44+	15:46+	30:33+	35:19+	37:11+	40:18+	43:20+	46:28+	47:17+	49:15+	50:48+	51:03+	51:25+			
01:18-	07:30+	03:01+	00:55+	03:02+	14:47+	04:46+	01:52-	03:07+	03:02+	03:08+	00:49+	01:58+	01:33+	00:15=	00:22+			
00:11-	02:49&	00:32#	00:03+	00:16+	06:31&	00:13+	00:07-	00:16+	00:06+	00:35#	00:09#	00:06+	00:09#	00:00=	00:04#			

Plass	Navn															Klasse					Tid				
D50																									
11	Gøril Braut Aarsand															2539					53:33				
01:39+	08:15+	12:00+	13:46+	17:16+	27:06+	32:44+	38:04+	41:15+	45:03+	48:19+	49:04+	51:24+	52:48+	53:09+	53:33+										
01:39+	06:36+	03:45+	01:46+	03:30+	09:50+	05:38+	05:20+	03:11+	03:48+	03:16+	00:45+	02:20+	01:24=	00:21+	00:24+										
00:10#	01:55&	01:16&	00:54@	00:44&	01:34#	01:05#	03:21@	00:20#	00:52&	00:43&	00:05#	00:28#	00:00=	00:06&	00:06&										
12	Andrea Tapken															3529					56:06				
01:38+	08:19+	11:31+	12:41+	16:42+	26:51+	35:19+	38:39+	42:30+	46:11+	50:18+	51:13+	53:50+	55:20+	55:40+	56:06+										
01:38+	06:41+	03:12+	01:10+	04:01+	10:09+	08:28+	03:20+	03:51+	03:41+	04:07+	00:55+	02:37+	01:30+	00:20+	00:26+										
01:38+	06:41+	03:12+	01:10+	04:01+	10:09+	08:28+	03:20+	03:51+	03:41+	04:07+	00:55+	02:37+	01:30+	00:20+	00:26+										
13	Marie-Elizabeth Reinseth															882					57:33				
01:24+	12:48+	15:28+	16:49+	19:56+	30:56+	36:20+	38:11+	42:00+	46:31+	50:45+	51:29+	55:21+	56:53+	57:10+	57:33+										
01:24+	11:24+	02:40+	01:21+	03:07+	11:00+	05:24+	01:51+	03:49+	04:31+	04:14+	00:44+	03:52+	01:32+	00:17+	00:23+										
01:24+	11:24+	02:40+	01:21+	03:07+	11:00+	05:24+	01:51+	03:49+	04:31+	04:14+	00:44+	03:52+	01:32+	00:17+	00:23+										
14	Ingjerd Haddeland															3507					58:06				
01:37+	07:01+	11:27+	13:28+	16:59+	27:53+	36:16+	38:30+	42:19+	47:08+	50:36+	51:55+	55:55+	57:22+	57:44+	58:06+										
01:37+	05:24+	04:26+	02:01+	03:31+	10:54+	08:23+	02:14+	03:49+	04:49+	03:28+	01:19+	04:00+	01:27+	00:22+	00:22+										
01:37+	05:24+	04:26+	02:01+	03:31+	10:54+	08:23+	02:14+	03:49+	04:49+	03:28+	01:19+	04:00+	01:27+	00:22+	00:22+										
15	Astri Sandanger															896					59:05				
01:32+	07:08+	10:13+	11:09+	15:18+	33:20+	38:13+	40:38+	44:05+	49:28+	53:15+	54:16+	56:44+	58:25+	58:44+	59:05+										
01:32+	05:36+	03:05+	00:56+	04:09+	18:02+	04:53+	02:25+	03:27+	05:23+	03:47+	01:01+	02:28+	01:41+	00:19+	00:21+										
01:32+	05:36+	03:05+	00:56+	04:09+	18:02+	04:53+	02:25+	03:27+	05:23+	03:47+	01:01+	02:28+	01:41+	00:19+	00:21+										
16	Irene Sirevåg															1754					59:14				
01:46+	07:51+	11:11+	12:31+	16:34+	27:11+	36:04+	40:25+	44:20+	48:33+	52:29+	53:18+	57:10+	58:28+	58:48+	59:14+										
01:46+	06:05+	03:20+	01:20+	04:03+	10:37+	08:53+	04:21+	03:55+	04:13+	03:56+	00:49+	03:52+	01:18+	00:20+	00:26+										
01:46+	06:05+	03:20+	01:20+	04:03+	10:37+	08:53+	04:21+	03:55+	04:13+	03:56+	00:49+	03:52+	01:18+	00:20+	00:26+										
17	Torill Andersen															1683					1:01:15				
01:34+	09:50+	13:58+	15:04+	17:54+	38:48+	45:58+	47:40+	50:10+	53:13+	56:09+	56:52+	58:58+	60:33+	60:52+	61:15+										
01:34+	08:16+	04:08+	01:06+	02:50+	20:54+	07:10+	01:42+	02:30+	03:03+	02:56+	00:43+	02:06+	01:35+	00:19+	00:23+										
01:34+	08:16+	04:08+	01:06+	02:50+	20:54+	07:10+	01:42+	02:30+	03:03+	02:56+	00:43+	02:06+	01:35+	00:19+	00:23+										
18	Ragnhild Båtnes Berntsen															1758					1:02:45				
01:43+	10:22+	16:03+	17:23+	22:03+	37:53+	43:32+	45:47+	49:16+	53:09+	56:31+	57:27+	59:57+	62:06+	62:24+	62:45+										
01:43+	08:39+	05:41+	01:20+	04:40+	15:50+	05:39+	02:15+	03:29+	03:53+	03:22+	00:56+	02:30+	02:09+	00:18+	00:21+										
01:43+	08:39+	05:41+	01:20+	04:40+	15:50+	05:39+	02:15+	03:29+	03:53+	03:22+	00:56+	02:30+	02:09+	00:18+	00:21+										
19	Mariann Sveinsvoll															3504					1:05:28				
01:12+	05:30+	08:09+	09:03+	11:48+	44:39+	49:11+	51:01+	54:00+	57:05+	60:30+	61:20+	63:26+	64:55+	65:11+	65:28+										
01:12+	04:18+	02:39+	00:54+	02:45+	32:51+	04:32+	01:50+	02:59+	03:05+	03:25+	00:50+	02:06+	01:29+	00:16+	00:17+										
01:12+	04:18+	02:39+	00:54+	02:45+	32:51+	04:32+	01:50+	02:59+	03:05+	03:25+	00:50+	02:06+	01:29+	00:16+	00:17+										
20	Janne Frantzen															1683					1:05:52				
01:49+	10:55+	14:29+	15:47+	19:11+	31:28+	39:51+	42:48+	47:10+	52:31+	57:15+	58:21+	61:17+	65:01+	65:24+	65:52+										
01:49+	09:06+	03:34+	01:18+	03:24+	12:17+	08:23+	02:57+	04:22+	05:21+	04:44+	01:06+	02:56+	03:44+	00:23+	00:28+										
01:49+	09:06+	03:34+	01:18+	03:24+	12:17+	08:23+	02:57+	04:22+	05:21+	04:44+	01:06+	02:56+	03:44+	00:23+	00:28+										
21	Elisabet Horpestad															896					1:09:58				
06:11+	15:45+	19:08+	20:31+	25:24+	39:50+	44:45+	48:12+	52:04+	56:25+	62:37+	64:25+	67:33+	69:29+	69:41+	69:58+										
06:11+	09:34+	03:23+	01:23+	04:53+	14:26+	04:55+	03:27+	03:52+	04:21+	06:12+	01:48+	03:08+	01:56+	00:12+	00:17+										
06:11+	09:34+	03:23+	01:23+	04:53+	14:26+	04:55+	03:27+	03:52+	04:21+	06:12+	01:48+	03:08+	01:56+	00:12+	00:17+										
22	Renate Furenes															892					1:55:11				
01:24+	35:32+	38:22+	40:12+	46:46+	79:32+	87:29+	90:38+	97:10+	105:50+	109:16+	110:14+	112:44+	114:20+	114:50+	115:11+										
01:24+	34:08+	02:50+	01:50+	06:34+	32:46+	07:57+	03:09+	06:32+	08:40+	03:26+	00:58+	02:30+	01:36+	00:30+	00:21+										
01:24+	34:08+	02:50+	01:50+	06:34+	32:46+	07:57+	03:09+	06:32+	08:40+	03:26+	00:58+	02:30+	01:36+	00:30+	00:21+										

Beste strekktid for klassen

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

D60

Plass	Navn	Klasse												Tid
D60														
1	Anne Sæbø Vik	1683												28:05
	01:43=	02:57=	07:54=	09:10=	11:28=	13:54=	15:06=	15:55=	18:07=	22:06=	23:46=	25:30=	26:49=	27:38= 28:05=
	01:43=	01:14=	04:57=	01:16=	02:18=	02:26=	01:12=	00:49=	02:12=	03:59=	01:40=	01:44=	01:19=	00:49= 00:27=
	00:00=	00:00=	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	Nina Christiansen	722												31:15
	02:36+	03:54+	09:18+	10:26+	12:50+	15:18+	16:56+	17:40+	19:57+	24:35+	26:19+	28:16+	30:19+	30:52+ 31:15+
	02:36+	01:18+	05:24+	01:08+	02:24+	02:28+	01:38+	00:44+	02:17+	04:38+	01:44+	01:57+	02:03+	00:33+ 00:23+
	02:36+	01:18+	05:24+	01:08+	02:24+	02:28+	01:38+	00:44+	02:17+	04:38+	01:44+	01:57+	02:03+	00:33+ 00:23+
3	Elisabeth Christie Ørke	722												31:21
	01:43+	04:12+	09:39+	10:45+	14:40+	18:14+	19:10+	19:46+	21:32+	25:57+	27:45+	29:30+	30:35+	31:04+ 31:21+
	01:43+	02:29+	05:27+	01:06+	03:55+	03:34+	00:56+	00:36+	01:46+	04:25+	01:48+	01:45+	01:05+	00:29+ 00:17+
	01:43+	02:29+	05:27+	01:06+	03:55+	03:34+	00:56+	00:36+	01:46+	04:25+	01:48+	01:45+	01:05+	00:29+ 00:17+
4	Ragnhild Auglænd	769												34:11
	02:11+	03:34+	09:14+	10:43+	15:13+	18:21+	19:11+	20:04+	22:45+	27:46+	29:37+	31:47+	33:18+	33:50+ 34:11+
	02:11+	01:23+	05:40+	01:29+	04:30+	03:08+	00:50+	00:53+	02:41+	05:01+	01:51+	02:10+	01:31+	00:32+ 00:21+
	02:11+	01:23+	05:40+	01:29+	04:30+	03:08+	00:50+	00:53+	02:41+	05:01+	01:51+	02:10+	01:31+	00:32+ 00:21+
5	Ingrid E. I. Øxnevad	3516												36:48
	01:38+	02:44+	07:27+	08:47+	11:26+	13:55+	15:50+	16:45+	19:18+	28:57+	30:07+	34:40+	35:59+	36:33+ 36:48+
	01:38+	01:06+	04:43+	01:20+	02:39+	02:29+	01:55+	00:55+	02:33+	09:39+	01:10+	04:33+	01:19+	00:34+ 00:15+
	01:38+	01:06+	04:43+	01:20+	02:39+	02:29+	01:55+	00:55+	02:33+	09:39+	01:10+	04:33+	01:19+	00:34+ 00:15+
6	Kari Anstensrud	896												42:51
	01:59+	03:49+	16:15+	17:43+	21:29+	24:56+	26:07+	27:06+	29:56+	35:41+	37:37+	40:27+	41:57+	42:29+ 42:51+
	01:59+	01:50+	12:26+	01:28+	03:46+	03:27+	01:11+	00:59+	02:50+	05:45+	01:56+	02:50+	01:30+	00:32+ 00:22+
	01:59+	01:50+	12:26+	01:28+	03:46+	03:27+	01:11+	00:59+	02:50+	05:45+	01:56+	02:50+	01:30+	00:32+ 00:22+
7	Eli Tjåland Stokka	1141												44:23
	02:24+	04:25+	11:51+	13:33+	17:19+	20:46+	22:09+	23:03+	26:27+	37:07+	39:10+	41:36+	43:16+	43:54+ 44:23+
	02:24+	02:01+	07:26+	01:42+	03:46+	03:27+	01:23+	00:54+	03:24+	10:40+	02:03+	02:26+	01:40+	00:38+ 00:29+
	02:24+	02:01+	07:26+	01:42+	03:46+	03:27+	01:23+	00:54+	03:24+	10:40+	02:03+	02:26+	01:40+	00:38+ 00:29+
8	Kristin Skadsem	3516												50:23
	02:15+	03:46+	22:53+	24:28+	27:34+	31:00+	32:15+	33:20+	37:12+	42:42+	44:48+	47:34+	49:20+	49:58+ 50:23+
	02:15+	01:31+	19:07+	01:35+	03:06+	03:26+	01:15+	01:05+	03:52+	05:30+	02:06+	02:46+	01:46+	00:38+ 00:25+
	02:15+	01:31+	19:07+	01:35+	03:06+	03:26+	01:15+	01:05+	03:52+	05:30+	02:06+	02:46+	01:46+	00:38+ 00:25+
9	Ellinor Hoemsnes	1683												52:03
	02:35+	04:36+	14:03+	16:12+	21:14+	26:42+	28:21+	29:14+	32:13+	40:39+	43:24+	48:51+	50:47+	51:38+ 52:03+
	02:35+	02:01+	09:27+	02:09+	05:02+	05:28+	01:39+	00:53+	02:59+	08:26+	02:45+	05:27+	01:56+	00:51+ 00:25+
	02:35+	02:01+	09:27+	02:09+	05:02+	05:28+	01:39+	00:53+	02:59+	08:26+	02:45+	05:27+	01:56+	00:51+ 00:25+
Beste strekktid for klassen														
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
D65														
1	Ingunn Voilås	3502												35:09
	02:08=	03:44=	09:55=	11:22=	13:48=	16:46=	17:42=	18:29=	20:46=	26:02=	30:22=	32:35=	34:09=	34:44= 35:09=
	02:08=	01:36=	06:11=	01:27=	02:26=	02:58=	00:56=	00:47=	02:17=	05:16=	04:20=	02:13=	01:34=	00:35= 00:25=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Eik	1830												35:42
	01:48-	03:13-	11:01+	12:28+	15:08+	18:11+	20:05+	21:02+	23:08+	28:39+	30:50+	33:24+	34:48+	35:22+ 35:42+
	01:48-	01:25-	07:48+	01:27=	02:40+	03:03+	01:54+	00:57+	02:06-	05:31+	02:11-	02:34+	01:24-	00:34- 00:20-
	00:20-	00:11-	01:37&	00:00=	00:14+	00:05+	00:58@	00:10#	00:11-	00:15+	02:09-	00:21#	00:10-	00:01- 00:05-
3	Amanda Renshaw	1758												36:35
	01:52-	03:08-	09:28-	10:52-	15:49+	18:45+	21:02+	22:02+	24:21+	29:26+	31:10+	34:00+	35:19+	36:00+ 36:35+
	01:52-	01:16-	06:20+	01:24-	04:57+	02:56-	02:17+	01:00+	02:19+	05:05-	01:44-	02:50+	01:19-	00:41+ 00:35+
	00:16-	00:20-	00:09+	00:03-	02:31@	00:02-	01:21@	00:13&	00:02+	00:11-	02:36-	00:37&	00:15-	00:06# 00:10&

Plass	Navn						Klasse						Tid					
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D65

4	Marit Karin Skretting Nygård						892							36:48		
02:14+	03:49+	10:22+	11:55+	15:36+	18:52+	19:56+	21:14+	23:53+	29:36+	31:38+	34:18+	35:50+	36:24+	36:48+		
02:14+	01:35-	06:33+	01:33+	03:41+	03:16+	01:04+	01:18+	02:39+	05:43+	02:02-	02:40+	01:32-	00:34-	00:24-		
00:06+	00:01-	00:22+	00:06+	01:15&	00:18#	00:08#	00:31&	00:22#	00:27+	02:18-	00:27#	00:02-	00:01-	00:01-		
5	May Meling						3553							37:20		
02:24+	03:52+	10:21+	11:45+	15:03+	18:02+	19:20+	20:17+	23:22+	29:50+	32:40+	34:59+	36:20+	36:58+	37:20+		
02:24+	01:28+	06:29+	01:24+	03:18+	02:59+	01:18+	00:57+	03:05+	06:28+	02:50+	02:19+	01:21+	00:38+	00:22+		
02:24+	01:28+	06:29+	01:24+	03:18+	02:59+	01:18+	00:57+	03:05+	06:28+	02:50+	02:19+	01:21+	00:38+	00:22+		
6	Eli Frafjord						1141							38:15		
02:27+	04:01+	10:20+	11:52+	17:36+	20:44+	21:47+	22:46+	25:36+	30:50+	32:38+	35:38+	37:13+	37:55+	38:15+		
02:27+	01:34+	06:19+	01:32+	05:44+	03:08+	01:03+	00:59+	02:50+	05:14+	01:48+	03:00+	01:35+	00:42+	00:20+		
02:27+	01:34+	06:19+	01:32+	05:44+	03:08+	01:03+	00:59+	02:50+	05:14+	01:48+	03:00+	01:35+	00:42+	00:20+		
7	Margot Asheim						722							42:59		
01:55+	03:33+	13:18+	14:58+	18:18+	23:45+	25:01+	26:21+	29:15+	35:17+	38:04+	40:37+	42:09+	42:40+	42:59+		
01:55+	01:38+	09:45+	01:40+	03:20+	05:27+	01:16+	01:20+	02:54+	06:02+	02:47+	02:33+	01:32+	00:31+	00:19+		
01:55+	01:38+	09:45+	01:40+	03:20+	05:27+	01:16+	01:20+	02:54+	06:02+	02:47+	02:33+	01:32+	00:31+	00:19+		
8	Anne Katrine Lycke						1884							53:41		
03:40+	05:10+	17:49+	20:02+	22:48+	25:40+	27:11+	32:42+	38:29+	44:25+	48:22+	50:44+	52:32+	53:15+	53:41+		
03:40+	01:30+	12:39+	02:13+	02:46+	02:52+	01:31+	05:31+	05:47+	05:56+	03:57+	02:22+	01:48+	00:43+	00:26+		
03:40+	01:30+	12:39+	02:13+	02:46+	02:52+	01:31+	05:31+	05:47+	05:56+	03:57+	02:22+	01:48+	00:43+	00:26+		

Beste strekktid for klassen

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

D70

1	Mette Dagsland														874		42:50													
	03:16=	04:49=	15:34=	17:20=	22:14=	25:17=	26:17=	27:17=	30:29=	35:33=	37:48=	40:05=	41:33=	42:26=	42:50=															
	03:16=	01:33=	10:45=	01:46=	04:54=	03:03=	01:00=	01:00=	03:12=	05:04=	02:15=	02:17=	01:28=	00:53=	00:24=															
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															
2	Berit Gramstad														3551		58:31													
	04:19+	06:59+	19:25+	21:14+	25:15+	30:03+	31:28+	32:57+	36:50+	45:22+	50:40+	54:03+	56:56+	58:05+	58:31+															
	04:19+	02:40+	12:26+	01:49+	04:01-	04:48+	01:25+	01:29+	03:53+	08:32+	05:18+	03:23+	02:53+	01:09+	00:26+															
	01:03&	01:07&	01:41#	00:03+	00:53-	01:45&	00:25&	00:29&	00:41#	03:28&	03:03@	01:06&	01:25&	00:16&	00:02+															
3	Lillian Dahl Fitjar														896		59:30													
	07:41+	09:02+	20:25+	22:12+	26:30+	30:56+	32:18+	33:47+	37:39+	46:12+	51:34+	54:52+	57:51+	59:00+	59:30+															
	07:41+	01:21-	11:23+	01:47+	04:18-	04:26+	01:22+	01:29+	03:52+	08:33+	05:22+	03:18+	02:59+	01:09+	00:30+															
	04:25@	00:12-	00:38+	00:01+	00:36-	01:23&	00:22&	00:29&	00:40#	03:29&	03:07@	01:01&	01:31@	00:16&	00:06#															

Beste strekktid for klassen

03:16	01:21	10:45	01:46	04:01	03:03	01:00	01:00	03:12	05:04	02:15	02:17	01:28	00:53	00:24				
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D75

1	Ingrid W. Hestness														896															39:23
02:00=	10:04=	18:42=	20:12=	22:49=	25:31=	26:24=	27:08=	29:33=	34:10=	35:46=	37:21=	38:34=	39:03=	39:23=																
02:00=	08:04=	08:38=	01:30=	02:37=	02:42=	00:53=	00:44=	02:25=	04:37=	01:36=	01:35=	01:13=	00:29=	00:20=																
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																
2	Haldis Glendrange														874															45:58
02:29+	04:10-	12:53-	14:33-	18:15-	22:14-	23:33-	24:38-	27:45-	34:05-	36:45+	43:01+	45:02+	45:35+	45:58+																
02:29+	01:41-	08:43+	01:40+	03:42+	03:59+	01:19+	01:05+	03:07+	06:20+	02:40+	06:16+	02:01+	00:33+	00:23+																
00:29#	06:23-	00:05+	00:10#	01:05&	01:17&	00:26&	00:21&	00:42&	01:43&	01:04&	04:41@	00:48&	00:04#	00:03#																

Plass	Navn					Klasse					Tid				
D75															
3	Inger Skretting Opstad					3529					48:56				
	02:51+	05:29-	14:01-	16:07-	21:53-	25:50+	27:19+	28:23+	32:18+	39:05+	41:40+	45:52+	47:47+	48:28+	48:56+
	02:51+	02:38-	08:32-	02:06+	05:46+	03:57+	01:29+	01:04+	03:55+	06:47+	02:35+	04:12+	01:55+	00:41+	00:28+
	00:51&	05:26-	00:06-	00:36&	03:09&	01:15&	00:36&	00:20&	01:30&	02:10&	00:59&	02:37&	00:42&	00:12&	00:08&
4	Hedvig Anda					1683					51:37				
	03:25+	05:32+	13:56+	15:52+	20:01+	24:55+	26:27+	28:00+	31:14+	40:00+	42:28+	48:39+	50:27+	51:12+	51:37+
	03:25+	02:07+	08:24+	01:56+	04:09+	04:54+	01:32+	01:33+	03:14+	08:46+	02:28+	06:11+	01:48+	00:45+	00:25+
	03:25+	02:07+	08:24+	01:56+	04:09+	04:54+	01:32+	01:33+	03:14+	08:46+	02:28+	06:11+	01:48+	00:45+	00:25+
5	Helga Klausen					769					1:00:40				
	03:56+	05:51+	16:55+	19:06+	24:11+	31:01+	33:32+	35:41+	40:06+	47:47+	51:05+	55:14+	59:18+	60:10+	60:40+
	03:56+	01:55+	11:04+	02:11+	05:05+	06:50+	02:31+	02:09+	04:25+	07:41+	03:18+	04:09+	04:04+	00:52+	00:30+
	03:56+	01:55+	11:04+	02:11+	05:05+	06:50+	02:31+	02:09+	04:25+	07:41+	03:18+	04:09+	04:04+	00:52+	00:30+

Beste strekktid for klassen

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

D80

1	Turid Nystrøm												874		29:11	
	02:23=	03:34=	08:14=	12:40=	13:30=	14:24=	18:27=	19:35=	22:47=	24:26=	26:56=	28:29=	28:48=	29:11=		
	02:23=	01:11=	04:40=	04:26=	00:50=	00:54=	04:03=	01:08=	03:12=	01:39=	02:30=	01:33=	00:19=	00:23=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Gry Vikhamar Thengs												874		33:55	
	03:24+	04:28+	08:08-	12:43+	13:26-	14:22-	20:03+	21:17+	24:59+	26:41+	30:59+	32:38+	33:33+	33:55+		
	03:24+	01:04-	03:40-	04:35+	00:43-	00:56+	05:41+	01:14+	03:42+	01:42+	04:18+	01:39+	00:55+	00:22-		
	01:01&	00:07-	01:00-	00:09+	00:07-	00:02+	01:38&	00:06+	00:30#	00:03+	01:48&	00:06+	00:36&	00:01-		
3	Helga Aaslid												3529		42:16	
	03:45+	05:16+	10:57+	15:03+	15:45+	17:27+	23:40+	25:35+	33:18+	35:24+	38:44+	41:06+	41:49+	42:16+		
	03:45+	01:31+	05:41+	04:06-	00:42-	01:42+	06:13+	01:55+	07:43+	02:06+	03:20+	02:22+	00:43+	00:27+		
	01:22&	00:20&	01:01#	00:20-	00:08-	00:48&	02:10&	00:47&	04:31@	00:27&	00:50&	00:49&	00:24@	00:04#		
4	Berit Ebbell Olsen												874		49:56	
	09:52+	11:30+	17:37+	22:37+	23:31+	24:37+	30:28+	33:19+	38:35+	41:18+	45:48+	48:35+	49:21+	49:56+		
	09:52+	01:38+	06:07+	05:00+	00:54+	01:06+	05:51+	02:51+	05:16+	02:43+	04:30+	02:47+	00:46+	00:35+		
	07:29@	00:27&	01:27&	00:34#	00:04+	00:12#	01:48&	01:43@	02:04&	01:04&	02:00&	01:14&	00:27@	00:12&		

Beste strekktid for klassen

02:23 01:04 03:40 04:06 00:42 00:54 04:03 01:08 03:12 01:39 02:30 01:33 00:19 00:22

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

DA

1	Marie Line Furland										769				33:54					
	01:22=	05:52=	06:48=	08:39=	10:33=	11:05=	12:27=	18:24=	19:42=	21:34=	23:00=	23:58=	26:14=	28:33=	30:12=	31:06=	33:05=	33:35=	33:54=	
	01:22=	04:30=	00:56=	01:51=	01:54=	00:32=	01:22=	05:57=	01:18=	01:52=	01:26=	00:58=	02:16=	02:19=	01:39=	00:54=	01:59=	00:30=	00:19=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Katrine Haaland Leveraas										896				36:19					
	01:32+	06:10+	07:07+	08:56+	11:06+	11:40+	13:07+	20:28+	21:49+	24:09+	25:49+	26:40+	28:32+	30:48+	32:20+	33:21+	35:08+	36:06+	36:19+	
	01:32+	04:38+	00:57+	01:49-	02:10+	00:34+	01:27+	07:21+	01:21+	02:20+	01:40+	00:51-	01:52-	02:16-	01:32-	01:01+	01:47-	00:58+	00:13-	
	00:10#	00:08+	00:01+	00:02-	00:16#	00:02+	00:05+	01:24#	00:03+	00:28#	00:14#	00:07-	00:24-	00:03-	00:07-	00:07#	00:12-	00:28&	00:06-	
3	Aud Hognestad Taksdal										892				36:34					
	01:21-	05:39-	06:33-	08:09-	09:48-	10:16-	11:29-	23:01+	24:12+	26:04+	27:56+	28:30+	30:04+	31:47+	33:20+	34:07+	35:44+	36:19+	36:34+	
	01:21-	04:18-	00:54-	01:36-	01:39-	00:28-	01:13-	11:32+	01:11-	01:52=	01:52+	00:34-	01:34-	01:43-	01:33-	00:47-	01:37-	00:35+	00:15-	
	00:01-	00:12-	00:02-	00:15-	00:15-	00:04-	00:09-	05:35&	00:07-	00:00=	00:26&	00:24-	00:42-	00:36-	00:06-	00:07-	00:22-	00:05#	00:04-	

Plass	Navn					Klasse					Tid				
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DA

4	Matilde Skjæveland Skår						3486						36:41					
01:49+	06:41+	07:40+	09:26+	11:31+	12:04+	13:53+	20:01+	21:38+	24:07+	26:01+	26:50+	28:53+	31:04+	32:53+	33:54+	35:52+	36:21+	36:41+
01:49+	04:52+	00:59+	01:46-	02:05+	00:33+	01:49+	06:08+	01:37+	02:29+	01:54+	00:49-	02:03-	02:11-	01:49+	01:01+	01:58-	00:29-	00:20+
00:27&	00:22+	00:03+	00:05-	00:11+	00:01+	00:27&	00:11+	00:19#	00:37&	00:28&	00:09-	00:13-	00:08-	00:10#	00:07#	00:01-	00:01-	00:01+
5	Silje Skorve Skarpeid						1758						37:45					
01:27+	06:09+	07:19+	09:14+	10:56+	11:47+	13:18+	18:58+	20:45+	24:31+	26:12+	27:06+	29:10+	31:25+	32:58+	33:58+	36:46+	37:26+	37:45+
01:27+	04:42+	01:10+	01:55+	01:42+	00:51+	01:31+	05:40+	01:47+	03:46+	01:41+	00:54+	02:04+	02:15+	01:33+	01:00+	02:48+	00:40+	00:19+
01:27+	04:42+	01:10+	01:55+	01:42+	00:51+	01:31+	05:40+	01:47+	03:46+	01:41+	00:54+	02:04+	02:15+	01:33+	01:00+	02:48+	00:40+	00:19+
6	Clare Leveridge						877						40:25					
01:29+	06:31+	07:34+	09:44+	11:59+	12:39+	14:36+	21:40+	23:23+	26:22+	27:47+	28:52+	31:11+	35:05+	36:49+	37:46+	39:37+	40:08+	40:25+
01:29+	05:02+	01:03+	02:10+	02:15+	00:40+	01:57+	07:04+	01:43+	02:59+	01:25+	01:05+	02:19+	03:54+	01:44+	00:57+	01:51+	00:31+	00:17+
01:29+	05:02+	01:03+	02:10+	02:15+	00:40+	01:57+	07:04+	01:43+	02:59+	01:25+	01:05+	02:19+	03:54+	01:44+	00:57+	01:51+	00:31+	00:17+
7	Trine Bolstad Scheie						769						41:44					
01:38+	07:04+	08:11+	10:23+	12:44+	13:18+	15:06+	23:19+	25:01+	28:45+	30:18+	31:14+	33:26+	35:58+	37:41+	38:44+	40:57+	41:27+	41:44+
01:38+	05:26+	01:07+	02:12+	02:21+	00:34+	01:48+	08:13+	01:42+	03:44+	01:33+	00:56+	02:12+	02:32+	01:43+	01:03+	02:13+	00:30+	00:17+
01:38+	05:26+	01:07+	02:12+	02:21+	00:34+	01:48+	08:13+	01:42+	03:44+	01:33+	00:56+	02:12+	02:32+	01:43+	01:03+	02:13+	00:30+	00:17+
8	Maren Benjaminsen						1832						42:33					
01:42+	07:59+	09:03+	11:11+	13:37+	14:20+	16:13+	23:33+	26:12+	28:45+	30:43+	31:40+	34:09+	36:38+	38:38+	39:34+	41:40+	42:17+	42:33+
01:42+	06:17+	01:04+	02:08+	02:26+	00:43+	01:53+	07:20+	02:39+	02:33+	01:58+	00:57+	02:29+	02:29+	02:00+	00:56+	02:06+	00:37+	00:16+
01:42+	06:17+	01:04+	02:08+	02:26+	00:43+	01:53+	07:20+	02:39+	02:33+	01:58+	00:57+	02:29+	02:29+	02:00+	00:56+	02:06+	00:37+	00:16+

Beste strekktid for klassen

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

DB

1	Tone Torgersen										882					35:15				
01:02=	05:36=	06:23=	07:52=	09:53=	11:51=	17:54=	20:52=	22:39=	23:33=	25:43=	28:17=	30:25=	31:19=	33:42=	34:23=	34:40=	34:55=	35:15=		
01:02=	04:34=	00:47=	01:29=	02:01=	01:58=	06:03=	02:58=	01:47=	00:54=	02:10=	02:34=	02:08=	00:54=	02:23=	00:41=	00:17=	00:15=	00:20=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Inger Tone Nygård										3502					37:56				
00:49-	05:23-	06:09-	07:44-	09:53=	11:59+	19:38+	23:24+	25:15+	26:16+	28:28+	30:53+	33:00+	34:00+	36:35+	37:11+	37:27+	37:40+	37:56+		
00:49-	04:34=	00:46-	01:35+	02:09+	02:06+	07:39+	03:46+	01:51+	01:01+	02:12+	02:25-	02:07-	01:00+	02:35+	00:36-	00:16-	00:13-	00:16-		
00:13-	00:00=	00:01-	00:06+	00:08+	00:08+	01:36&	00:48&	00:04+	00:07#	00:02+	00:09-	00:01-	00:06#	00:12+	00:05-	00:01-	00:02-	00:04-		
3	Ann-Cathrin Nybak Urdal										3595					44:29				
01:04+	06:16+	07:10+	08:52+	11:32+	14:12+	23:02+	26:25+	28:29+	29:30+	33:23+	35:58+	38:20+	39:32+	42:47+	43:29+	43:52+	44:09+	44:29+		
01:04+	05:12+	00:54+	01:42+	02:40+	02:40+	08:50+	03:23+	02:04+	01:01+	03:53+	02:35+	02:22+	01:12+	03:15+	00:42+	00:23+	00:17+	00:20=		
00:02+	00:38#	00:07#	00:13#	00:39&	00:42&	02:47&	00:25#	00:17#	00:07#	01:43&	00:01+	00:14#	00:18&	00:52&	00:01+	00:06&	00:02#	00:00=		
4	Lise Isachsen										1384					44:39				
00:55-	05:20-	06:09-	09:05+	11:36+	14:14+	25:02+	29:14+	31:36+	32:31+	34:38+	37:07+	39:07+	40:17+	42:55+	43:30+	43:46+	44:19+	44:39+		
00:55-	04:25-	00:49+	02:56+	02:31+	02:38+	10:48+	04:12+	02:22+	00:55+	02:07-	02:29-	02:00-	01:10+	02:38+	00:35-	00:16-	00:33+	00:20=		
00:07-	00:09-	00:02+	01:27&	00:30#	00:40&	04:45&	01:14&	00:35&	00:01+	00:03-	00:05-	00:08-	00:16&	00:15#	00:06-	00:01-	00:18@	00:00=		
5	Anne Marie Gausel										722					45:30				
00:56-	06:05+	06:58+	08:37+	11:22+	13:59+	22:18+	26:42+	28:46+	29:48+	32:58+	36:59+	39:46+	41:02+	43:57+	44:37+	44:56+	45:11+	45:30+		
00:56-	05:09+	00:53+	01:39+	02:45+	02:37+	08:19+	04:24+	02:04+	01:02+	03:10+	04:01+	02:47+	01:16+	02:55+	00:40-	00:19+	00:15=	00:19-		
00:06-	00:35#	00:06#	00:10#	00:44&	00:39&	02:16&	01:26&	00:17#	00:08#	01:00&	01:27&	00:39&	00:22&	00:32#	00:01-	00:02#	00:00=	00:01-		
6	Toyah Bråtveit										1832					46:48				
00:55-	06:09+	06:58+	08:57+	12:12+	15:37+	22:57+	28:15+	30:12+	33:26+	34:13+	36:20+	38:59+	40:51+	42:05+	45:04+	45:53+	46:17+	46:33+	46:48+	
00:55-	05:14+	00:49+	01:59+	03:15+	03:25+	07:20+	05:18+	01:57+	03:14+	00:47-	02:07-	02:39+	01:52+	01:14-	02:59+	00:49+	00:24+	00:16-	00:15+	
00:07-	00:40#	00:02+	00:30&	01:14&	01:27&	01:17#	02:20&	00:10+	02:20@	01:23-	00:27-	00:31#	00:58@	01:09-	02:18@	00:32@	00:09&	00:04-	00:15+	
7	Vibeke Lamark										878					47:19				
00:54-	06:04+	06:57+	09:40+	12:17+	15:07+	23:35+	29:41+	31:26+	32:31+	35:41+	38:19+	40:30+	42:11+	45:38+	46:24+	46:44+	46:59+	47:19+		
00:54-	05:10+	00:53+	02:43+	02:37+	02:50+	08:28+	06:06+	01:45-	01:05+	03:10+	02:38+	02:11+	01:41+	03:27+	00:46+	00:20+	00:15=	00:20=		
00:08-	00:36#	00:06#	01:14&	00:36&	00:52&	02:25&	03:08@	00:02-	00:11#	01:00&	00:04+	00:03+	00:47&	01:04&	00:05#	00:03#	00:00=	00:00=		



Plass	Navn	Klasse	Tid
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DB

8	Kristin Breivold				892									47:24					
00:55-	06:09+	06:57+	08:57+	11:22+	14:24+	23:31+	29:07+	31:23+	32:26+	35:22+	38:23+	40:42+	42:08+	45:30+	46:18+	46:46+	47:07+	47:24+	
00:55-	05:14+	00:48+	02:00+	02:25+	03:02+	09:07+	05:36+	02:16+	01:03+	02:56+	03:01+	02:19+	01:26+	03:22+	00:48+	00:28+	00:21+	00:17-	
00:07-	00:40#	00:01+	00:31&	00:24#	01:04&	03:04&	02:38&	00:29&	00:09#	00:46&	00:27#	00:11+	00:32&	00:59&	00:07#	00:11&	00:06&	00:03-	
9	Anne Garsrud				3518									47:33					
00:52+	05:59+	06:50+	08:39+	10:56+	13:23+	26:45+	32:37+	34:13+	35:04+	37:21+	39:31+	41:35+	42:44+	45:58+	46:36+	46:59+	47:15+	47:33+	
00:52+	05:07+	00:51+	01:49+	02:17+	02:27+	13:22+	05:52+	01:36+	00:51+	02:17+	02:10+	02:04+	01:09+	03:14+	00:38+	00:23+	00:16+	00:18+	
00:52+	05:07+	00:51+	01:49+	02:17+	02:27+	13:22+	05:52+	01:36+	00:51+	02:17+	02:10+	02:04+	01:09+	03:14+	00:38+	00:23+	00:16+	00:18+	
10	Marita Skorpe Falnes				3568									52:59					
00:55+	05:50+	06:43+	08:46+	12:06+	14:23+	28:46+	33:17+	36:04+	37:32+	41:40+	44:21+	46:43+	47:57+	51:23+	52:07+	52:24+	52:39+	52:59+	
00:55+	04:55+	00:53+	02:03+	03:20+	02:17+	14:23+	04:31+	02:47+	01:28+	04:08+	02:41+	02:22+	01:14+	03:26+	00:44+	00:17+	00:15+	00:20+	
00:55+	04:55+	00:53+	02:03+	03:20+	02:17+	14:23+	04:31+	02:47+	01:28+	04:08+	02:41+	02:22+	01:14+	03:26+	00:44+	00:17+	00:15+	00:20+	
11	Cecilie Johnson				892									1:02:11					
00:59+	07:28+	08:28+	11:34+	14:33+	17:36+	28:59+	35:49+	38:20+	39:45+	48:56+	52:55+	55:46+	56:54+	60:32+	61:17+	61:38+	61:54+	62:11+	
00:59+	06:29+	01:00+	03:06+	02:59+	03:03+	11:23+	06:50+	02:31+	01:25+	09:11+	03:59+	02:51+	01:08+	03:38+	00:45+	00:21+	00:16+	00:17+	
00:59+	06:29+	01:00+	03:06+	02:59+	03:03+	11:23+	06:50+	02:31+	01:25+	09:11+	03:59+	02:51+	01:08+	03:38+	00:45+	00:21+	00:16+	00:17+	

Beste strekktid for klassen

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

DNY

1	Cecilie M. Skretting										3529
01:43=	05:06=	07:20=	10:20=	11:06=	13:55=	17:19=	19:44=	22:11=	24:03=	24:37=	
01:43=	03:23=	02:14=	03:00=	00:46=	02:49=	03:24=	02:25=	02:27=	01:52=	00:34=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Nora Dahl										896
01:33-	05:52+	08:32+	11:58+	13:09+	16:31+	21:10+	24:12+	27:22+	28:35+	28:59+	
01:33-	04:19+	02:40+	03:26+	01:11+	03:22+	04:39+	03:02+	03:10+	01:13-	00:24-	
00:10-	00:56&	00:26#	00:26#	00:25&	00:33#	01:15&	00:37&	00:43&	00:39-	00:10-	
3	Bente Klausen										769
01:26-	05:41+	07:40+	10:40+	11:36+	14:07+	17:04-	19:26-	29:17+	30:41+	31:26+	
01:26-	04:15+	01:59-	03:00=	00:56+	02:31-	02:57-	02:22-	09:51+	01:24-	00:45+	
00:17-	00:52&	00:15-	00:00=	00:10#	00:18-	00:27-	00:03-	07:24@	00:28-	00:11&	
4	Judith Kuhnert										3525
02:17+	07:40+	11:00+	16:21+	17:37+	20:57+	26:45+	31:10+	37:19+	38:45+	39:09+	
02:17+	05:23+	03:20+	05:21+	01:16+	03:20+	05:48+	04:25+	06:09+	01:26-	00:24-	
00:34&	02:00&	01:06&	02:21&	00:30&	00:31#	02:24&	02:00&	03:42@	00:26-	00:10-	
5	June Stensland										3529
00:59-	03:41-	06:50-	16:28+	17:10+	19:53+	34:02+	36:48+	39:12+	40:11+	40:32+	
00:59-	02:42-	03:09+	09:38+	00:42-	02:43-	14:09+	02:46+	02:24-	00:59-	00:21-	
00:44-	00:41-	00:55&	06:38@	00:04-	00:06-	10:45@	00:21#	00:03-	00:53-	00:13-	

Beste strekktid for klassen

00:59 02:42 01:59 03:00 00:42 02:31 02:57 02:22 02:24 00:59 00:21

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

DT

1	Line Skaar												4235			
01:29=	02:53=	06:02=	09:26=	10:31=	12:32=	13:23=	15:44=	18:45=	20:57=	22:20=	22:45=	23:00=				
01:29=	01:24=	03:09=	03:24=	01:05=	02:01=	00:51=	02:21=	03:01=	02:12=	01:23=	00:25=	00:15=				
00:00=	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
DT														
2	Marta Bertolaso			1832										24:03
	01:49+	03:15+	06:59+	09:55+	10:56+	13:19+	14:23+	17:04+	18:39-	22:00+	23:19+	23:39+	24:03+	
	01:49+	01:26+	03:44+	02:56-	01:01-	02:23+	01:04+	02:41+	01:35-	03:21+	01:19-	00:20-	00:24+	
	00:20#	00:02+	00:35#	00:28-	00:04-	00:22#	00:13#	00:20#	01:26-	01:09&	00:04-	00:05-	00:09&	
3	Kari Mjølhus			882										24:31
	01:39+	03:11+	08:11+	11:07+	12:18+	14:20+	15:50+	18:26+	19:49+	22:07+	23:58+	24:14+	24:31+	
	01:39+	01:32+	05:00+	02:56+	01:11+	02:02+	01:30+	02:36+	01:23+	02:18+	01:51+	00:16+	00:17+	
	01:39+	01:32+	05:00+	02:56+	01:11+	02:02+	01:30+	02:36+	01:23+	02:18+	01:51+	00:16+	00:17+	
4	Julie Kristine Hovet			892										25:06
	01:56+	03:23+	07:29+	10:53+	12:25+	14:25+	15:46+	18:46+	20:17+	22:59+	24:30+	24:48+	25:06+	
	01:56+	01:27+	04:06+	03:24+	01:32+	02:00+	01:21+	03:00+	01:31+	02:42+	01:31+	00:18+	00:18+	
	01:56+	01:27+	04:06+	03:24+	01:32+	02:00+	01:21+	03:00+	01:31+	02:42+	01:31+	00:18+	00:18+	
5	Ingrid Overegseth Foss			896										25:27
	01:52+	03:13+	07:33+	10:53+	11:54+	14:08+	15:14+	18:54+	20:13+	22:59+	24:46+	25:09+	25:27+	
	01:52+	01:21+	04:20+	03:20+	01:01+	02:14+	01:06+	03:40+	01:19+	02:46+	01:47+	00:23+	00:18+	
	01:52+	01:21+	04:20+	03:20+	01:01+	02:14+	01:06+	03:40+	01:19+	02:46+	01:47+	00:23+	00:18+	
6	Benedicte Kvalevåg			769										26:57
	02:01+	03:41+	08:50+	12:47+	13:51+	16:43+	18:24+	20:59+	22:33+	24:50+	26:25+	26:43+	26:57+	
	02:01+	01:40+	05:09+	03:57+	01:04+	02:52+	01:41+	02:35+	01:34+	02:17+	01:35+	00:18+	00:14+	
	02:01+	01:40+	05:09+	03:57+	01:04+	02:52+	01:41+	02:35+	01:34+	02:17+	01:35+	00:18+	00:14+	
7	Camilla Lillebø Gundersen			793										29:16
	01:50+	03:54+	07:59+	11:37+	12:43+	15:29+	16:45+	19:21+	21:08+	27:37+	28:41+	28:57+	29:16+	
	01:50+	02:04+	04:05+	03:38+	01:06+	02:46+	01:16+	02:36+	01:47+	06:29+	01:04+	00:16+	00:19+	
	01:50+	02:04+	04:05+	03:38+	01:06+	02:46+	01:16+	02:36+	01:47+	06:29+	01:04+	00:16+	00:19+	
8	Lina Dahle			3533										29:34
	01:38+	03:02+	09:21+	13:28+	14:39+	17:35+	18:42+	21:52+	23:34+	26:54+	28:55+	29:13+	29:34+	
	01:38+	01:24+	06:19+	04:07+	01:11+	02:56+	01:07+	03:10+	01:42+	03:20+	02:01+	00:18+	00:21+	
	01:38+	01:24+	06:19+	04:07+	01:11+	02:56+	01:07+	03:10+	01:42+	03:20+	02:01+	00:18+	00:21+	
9	Therese Østbø			896										29:56
	01:56+	03:23+	08:58+	12:23+	13:30+	16:04+	17:30+	21:44+	23:35+	27:47+	29:13+	29:33+	29:56+	
	01:56+	01:27+	05:35+	03:25+	01:07+	02:34+	01:26+	04:14+	01:51+	04:12+	01:26+	00:20+	00:23+	
	01:56+	01:27+	05:35+	03:25+	01:07+	02:34+	01:26+	04:14+	01:51+	04:12+	01:26+	00:20+	00:23+	
10	Randi Sørhus			722										30:59
	02:43+	04:35+	10:21+	14:32+	15:45+	18:47+	20:18+	23:41+	25:22+	28:20+	30:21+	30:40+	30:59+	
	02:43+	01:52+	05:46+	04:11+	01:13+	03:02+	01:31+	03:23+	01:41+	02:58+	02:01+	00:19+	00:19+	
	02:43+	01:52+	05:46+	04:11+	01:13+	03:02+	01:31+	03:23+	01:41+	02:58+	02:01+	00:19+	00:19+	
11	Cecilie Lidal			722										31:00
	02:45+	04:33+	10:24+	14:35+	15:48+	18:45+	20:12+	23:39+	25:20+	28:27+	30:19+	30:41+	31:00+	
	02:45+	01:48+	05:51+	04:11+	01:13+	02:57+	01:27+	03:27+	01:41+	03:07+	01:52+	00:22+	00:19+	
	02:45+	01:48+	05:51+	04:11+	01:13+	02:57+	01:27+	03:27+	01:41+	03:07+	01:52+	00:22+	00:19+	
12	Sara Dudzinska			1376										31:16
	05:48+	08:02+	13:13+	16:42+	17:40+	19:58+	21:16+	24:01+	25:34+	29:09+	30:42+	30:58+	31:16+	
	05:48+	02:14+	05:11+	03:29+	00:58+	02:18+	01:18+	02:45+	01:33+	03:35+	01:33+	00:16+	00:18+	
	05:48+	02:14+	05:11+	03:29+	00:58+	02:18+	01:18+	02:45+	01:33+	03:35+	01:33+	00:16+	00:18+	
13	Anna Hole			3503										31:31
	02:17+	03:44+	08:36+	12:50+	13:59+	16:51+	19:02+	22:32+	24:34+	29:16+	30:49+	31:12+	31:31+	
	02:17+	01:27+	04:52+	04:14+	01:09+	02:52+	02:11+	03:30+	02:02+	04:42+	01:33+	00:23+	00:19+	
	02:17+	01:27+	04:52+	04:14+	01:09+	02:52+	02:11+	03:30+	02:02+	04:42+	01:33+	00:23+	00:19+	
14	Inger Martinsen			4248										32:23
	02:42+	04:38+	10:22+	14:12+	15:26+	18:25+	20:07+	24:06+	26:05+	29:23+	31:26+	31:58+	32:23+	
	02:42+	01:56+	05:44+	03:50+	01:14+	02:59+	01:42+	03:59+	01:59+	03:18+	02:03+	00:32+	00:25+	
	02:42+	01:56+	05:44+	03:50+	01:14+	02:59+	01:42+	03:59+	01:59+	03:18+	02:03+	00:32+	00:25+	
15	Kirsti Strand Salvesen			3540										33:03
	02:49+	04:55+	10:22+	14:23+	15:56+	18:51+	20:12+	25:04+	27:11+	30:27+	31:59+	32:28+	33:03+	
	02:49+	02:06+	05:27+	04:01+	01:33+	02:55+	01:21+	04:52+	02:07+	03:16+	01:32+	00:29+	00:35+	
	02:49+	02:06+	05:27+	04:01+	01:33+	02:55+	01:21+	04:52+	02:07+	03:16+	01:32+	00:29+	00:35+	

Plass	Navn												Klasse	Tid												
DT																										
16	Anna Nærland												3559	33:13												
	02:19+	03:54+	09:34+	13:12+	14:19+	16:48+	19:19+	23:53+	25:54+	30:02+	31:54+	32:27+														33:13+
	02:19+	01:35+	05:40+	03:38+	01:07+	02:29+	02:31+	04:34+	02:01+	04:08+	01:52+	00:33+														00:46+
	02:19+	01:35+	05:40+	03:38+	01:07+	02:29+	02:31+	04:34+	02:01+	04:08+	01:52+	00:33+														00:46+
17	Linn Kristin Askø												3507	33:18												
	01:47+	03:23+	08:32+	16:27+	18:03+	20:39+	21:42+	25:31+	27:07+	30:48+	32:38+	33:00+														33:18+
	01:47+	01:36+	05:09+	07:55+	01:36+	02:36+	01:03+	03:49+	01:36+	03:41+	01:50+	00:22+														00:18+
	01:47+	01:36+	05:09+	07:55+	01:36+	02:36+	01:03+	03:49+	01:36+	03:41+	01:50+	00:22+														00:18+
18	Bergliot Brekken												3529	34:15												
	03:28+	05:06+	10:45+	14:16+	15:31+	17:57+	20:22+	25:02+	26:58+	31:05+	33:04+	33:36+														34:15+
	03:28+	01:38+	05:39+	03:31+	01:15+	02:26+	02:25+	04:40+	01:56+	04:07+	01:59+	00:32+														00:39+
	03:28+	01:38+	05:39+	03:31+	01:15+	02:26+	02:25+	04:40+	01:56+	04:07+	01:59+	00:32+														00:39+
19	Goedele Taveirne												896	34:30												
	02:25+	09:12+	13:25+	16:51+	18:20+	20:40+	22:00+	25:33+	27:33+	32:04+	33:54+	34:12+														34:30+
	02:25+	06:47+	04:13+	03:26+	01:29+	02:20+	01:20+	03:33+	02:00+	04:31+	01:50+	00:18+														00:18+
	02:25+	06:47+	04:13+	03:26+	01:29+	02:20+	01:20+	03:33+	02:00+	04:31+	01:50+	00:18+														00:18+
20	Kristine Vik												1284	34:35												
	02:30+	05:50+	11:53+	15:29+	16:47+	21:05+	22:37+	26:25+	28:22+	31:35+	33:50+	34:17+														34:35+
	02:30+	03:20+	06:03+	03:36+	01:18+	04:18+	01:32+	03:48+	01:57+	03:13+	02:15+	00:27+														00:18+
	02:30+	03:20+	06:03+	03:36+	01:18+	04:18+	01:32+	03:48+	01:57+	03:13+	02:15+	00:27+														00:18+
21	Unni Byberg Mæstad												892	34:45												
	02:20+	04:51+	11:01+	14:53+	16:10+	18:56+	20:25+	25:44+	27:46+	32:29+	34:02+	34:22+														34:45+
	02:20+	02:31+	06:10+	03:52+	01:17+	02:46+	01:29+	05:19+	02:02+	04:43+	01:33+	00:20+														00:23+
	02:20+	02:31+	06:10+	03:52+	01:17+	02:46+	01:29+	05:19+	02:02+	04:43+	01:33+	00:20+														00:23+
22	Cesilia Svegård Sørensen												3533	34:45												
	01:43+	05:09+	16:42+	19:51+	21:07+	23:40+	25:05+	27:51+	29:23+	32:25+	34:02+	34:24+														34:45+
	01:43+	03:26+	11:33+	03:09+	01:16+	02:33+	01:25+	02:46+	01:32+	03:02+	01:37+	00:22+														00:21+
	01:43+	03:26+	11:33+	03:09+	01:16+	02:33+	01:25+	02:46+	01:32+	03:02+	01:37+	00:22+														00:21+
23	Kristine Aasland												3524	35:08												
	02:45+	04:49+	10:16+	16:32+	17:46+	20:35+	22:01+	25:50+	27:56+	31:36+	34:07+	34:45+														35:08+
	02:45+	02:04+	05:27+	06:16+	01:14+	02:49+	01:26+	03:49+	02:06+	03:40+	02:31+	00:38+														00:23+
	02:45+	02:04+	05:27+	06:16+	01:14+	02:49+	01:26+	03:49+	02:06+	03:40+	02:31+	00:38+														00:23+
24	Maria Fjelde												892	36:15												
	02:54+	05:15+	10:47+	15:47+	17:24+	21:07+	23:26+	27:46+	30:11+	34:00+	35:26+	35:47+														36:15+
	02:54+	02:21+	05:32+	05:00+	01:37+	03:43+	02:19+	04:20+	02:25+	03:49+	01:26+	00:21+														00:28+
	02:54+	02:21+	05:32+	05:00+	01:37+	03:43+	02:19+	04:20+	02:25+	03:49+	01:26+	00:21+														00:28+
25	Marianne Berge												3512	37:45												
	02:19+	04:06+	09:30+	13:18+	14:22+	16:58+	17:57+	28:35+	30:22+	34:41+	36:59+	37:21+														37:45+
	02:19+	01:47+	05:24+	03:48+	01:04+	02:36+	00:59+	10:38+	01:47+	04:19+	02:18+	00:22+														00:24+
	02:19+	01:47+	05:24+	03:48+	01:04+	02:36+	00:59+	10:38+	01:47+	04:19+	02:18+	00:22+														00:24+
26	Ann-Mari Vold												3529	38:07												
	03:12+	05:11+	11:08+	15:50+	17:39+	21:05+	23:18+	27:22+	29:50+	34:37+	36:56+	37:25+														38:07+
	03:12+	01:59+	05:57+	04:42+	01:49+	03:26+	02:13+	04:04+	02:28+	04:47+	02:19+	00:29+														00:42+
	03:12+	01:59+	05:57+	04:42+	01:49+	03:26+	02:13+	04:04+	02:28+	04:47+	02:19+	00:29+														00:42+
27	Signe Lise Haaland												3507	38:46												
	02:53+	06:06+	12:43+	17:02+	18:51+	21:51+	24:07+	28:10+	30:25+	35:22+	37:30+	38:03+														38:46+
	02:53+	03:13+	06:37+	04:19+	01:49+	03:00+	02:16+	04:03+	02:15+	04:57+	02:08+	00:33+														00:43+
	02:53+	03:13+	06:37+	04:19+	01:49+	03:00+	02:16+	04:03+	02:15+	04:57+	02:08+	00:33+														00:43+
28	Kate Lie												892	38:48												
	03:56+	06:17+	12:46+	17:21+	19:05+	22:18+	24:14+	29:05+	31:38+	35:25+	37:33+	38:07+														38:48+
	03:56+	02:21+	06:29+	04:35+	01:44+	03:13+	01:56+	04:51+	02:33+	03:47+	02:08+	00:34+														00:41+
	03:56+	02:21+	06:29+	04:35+	01:44+	03:13+	01:56+	04:51+	02:33+	03:47+	02:08+	00:34+														00:41+
29	Monica Nesse												892	39:43												
	04:50+	07:09+	13:34+	18:17+	19:59+	23:13+	25:07+	30:00+	32:33+	36:20+	38:28+	39:02+														39:43+
	04:50+	02:19+	06:25+	04:43+	01:42+	03:14+	01:54+	04:53+	02:33+	03:47+	02:08+	00:34+														00:41+
	04:50+	02:19+	06:25+	04:43+	01:42+	03:14+	01:54+	04:53+	02:33+	03:47+	02:08+	00:34+														00:41+

Plass	Navn										Klasse	Tid									
DT																					
30	Katharina Mauersberger										3486	40:00									
02:24+	07:29+	11:54+	20:33+	22:29+	25:25+	26:46+	30:57+	32:58+	36:03+	39:10+	39:38+	40:00+									
02:24+	05:05+	04:25+	08:39+	01:56+	02:56+	01:21+	04:11+	02:01+	03:05+	03:07+	00:28+	00:22+									
02:24+	05:05+	04:25+	08:39+	01:56+	02:56+	01:21+	04:11+	02:01+	03:05+	03:07+	00:28+	00:22+									
31	Liv Janne Fandrem Biland										892	40:25									
02:32+	09:28+	15:08+	19:34+	21:14+	25:04+	27:12+	30:50+	32:42+	36:05+	39:25+	40:01+	40:25+									
02:32+	06:56+	05:40+	04:26+	01:40+	03:50+	02:08+	03:38+	01:52+	03:23+	03:20+	00:36+	00:24+									
02:32+	06:56+	05:40+	04:26+	01:40+	03:50+	02:08+	03:38+	01:52+	03:23+	03:20+	00:36+	00:24+									
32	Tiril Søndervik Pedersen										1141	41:13									
01:27+	02:39+	10:47+	13:41+	14:53+	30:59+	32:10+	34:11+	35:33+	39:27+	40:42+	40:56+	41:13+									
01:27+	01:12+	08:08+	02:54+	01:12+	16:06+	01:11+	02:01+	01:22+	03:54+	01:15+	00:14+	00:17+									
01:27+	01:12+	08:08+	02:54+	01:12+	16:06+	01:11+	02:01+	01:22+	03:54+	01:15+	00:14+	00:17+									
33	Åse Kristensen										1141	41:15									
02:41+	04:14+	10:02+	15:05+	16:44+	25:05+	27:04+	31:57+	34:05+	37:49+	40:17+	40:49+	41:15+									
02:41+	01:33+	05:48+	05:03+	01:39+	08:21+	01:59+	04:53+	02:08+	03:44+	02:28+	00:32+	00:26+									
02:41+	01:33+	05:48+	05:03+	01:39+	08:21+	01:59+	04:53+	02:08+	03:44+	02:28+	00:32+	00:26+									
34	Anne Turid Vestbakke										1683	44:42									
02:13+	04:20+	23:34+	26:37+	28:03+	30:47+	32:14+	36:34+	38:33+	42:07+	44:03+	44:23+	44:42+									
02:13+	02:07+	19:14+	03:03+	01:26+	02:44+	01:27+	04:20+	01:59+	03:34+	01:56+	00:20+	00:19+									
02:13+	02:07+	19:14+	03:03+	01:26+	02:44+	01:27+	04:20+	01:59+	03:34+	01:56+	00:20+	00:19+									
35	Kitty Garborg										1754	46:06									
02:40+	05:20+	15:11+	19:47+	21:50+	26:37+	28:10+	36:39+	39:05+	42:50+	45:15+	45:41+	46:06+									
02:40+	02:40+	09:51+	04:36+	02:03+	04:47+	01:33+	08:29+	02:26+	03:45+	02:25+	00:26+	00:25+									
02:40+	02:40+	09:51+	04:36+	02:03+	04:47+	01:33+	08:29+	02:26+	03:45+	02:25+	00:26+	00:25+									
36	Anne Hilde Halleraker										882	48:51									
03:41+	05:13+	18:47+	23:50+	25:42+	35:36+	37:00+	40:08+	41:59+	45:29+	48:03+	48:25+	48:51+									
03:41+	01:32+	13:34+	05:03+	01:52+	09:54+	01:24+	03:08+	01:51+	03:30+	02:34+	00:22+	00:26+									
03:41+	01:32+	13:34+	05:03+	01:52+	09:54+	01:24+	03:08+	01:51+	03:30+	02:34+	00:22+	00:26+									
37	Ukjent løper										1493	52:07									
03:18+	13:48+	19:25+	24:44+	26:16+	30:48+	33:28+	41:49+	44:32+	48:05+	50:36+	51:22+	51:38+	52:07+								
03:18+	10:30+	05:37+	05:19+	01:32+	04:32+	02:40+	08:21+	02:43+	03:33+	02:31+	00:46+	00:16+	00:29+								
03:18+	10:30+	05:37+	05:19+	01:32+	04:32+	02:40+	08:21+	02:43+	03:33+	02:31+	00:46+	00:16+	00:29+								
38	Solveig Marie Grønning										3511	52:42									
02:50+	08:19+	16:00+	20:30+	22:42+	32:49+	35:12+	41:26+	43:43+	49:21+	51:43+	52:21+	52:42+									
02:50+	05:29+	07:41+	04:30+	02:12+	10:07+	02:23+	06:14+	02:17+	05:38+	02:22+	00:38+	00:21+									
02:50+	05:29+	07:41+	04:30+	02:12+	10:07+	02:23+	06:14+	02:17+	05:38+	02:22+	00:38+	00:21+									
39	Ingunn Johanne Fandrem										3511	52:43									
02:57+	08:22+	15:56+	20:36+	22:40+	32:47+	35:07+	41:30+	43:47+	49:15+	51:47+	52:19+	52:43+									
02:57+	05:25+	07:34+	04:40+	02:04+	10:07+	02:20+	06:23+	02:17+	05:28+	02:32+	00:32+	00:24+									
02:57+	05:25+	07:34+	04:40+	02:04+	10:07+	02:20+	06:23+	02:17+	05:28+	02:32+	00:32+	00:24+									
40	Ragnhild Christiansen										1884	53:29									
04:05+	07:50+	16:20+	22:09+	24:24+	28:58+	30:48+	38:51+	42:09+	47:50+	51:08+	52:14+	52:46+	53:29+								
04:05+	03:45+	08:30+	05:49+	02:15+	04:34+	01:50+	08:03+	03:18+	05:41+	03:18+	01:06+	00:32+	00:43+								
04:05+	03:45+	08:30+	05:49+	02:15+	04:34+	01:50+	08:03+	03:18+	05:41+	03:18+	01:06+	00:32+	00:43+								
41	Bente Skagseth										3558	54:29									
03:55+	17:28+	25:32+	31:52+	33:45+	37:04+	38:59+	44:13+	47:17+	51:12+	53:26+	53:45+	54:29+									
03:55+	13:33+	08:04+	06:20+	01:53+	03:19+	01:55+	05:14+	03:04+	03:55+	02:14+	00:19+	00:44+									
03:55+	13:33+	08:04+	06:20+	01:53+	03:19+	01:55+	05:14+	03:04+	03:55+	02:14+	00:19+	00:44+									
42	May Kristin Haaland										3511	56:48									
04:59+	08:25+	18:55+	25:52+	28:31+	32:54+	35:38+	41:56+	45:26+	50:04+	55:23+	56:13+	56:48+									
04:59+	03:26+	10:30+	06:57+	02:39+	04:23+	02:44+	06:18+	03:30+	04:38+	05:19+	00:50+	00:35+									
04:59+	03:26+	10:30+	06:57+	02:39+	04:23+	02:44+	06:18+	03:30+	04:38+	05:19+	00:50+	00:35+									
43	Ingrid Lohne										722	1:00:19									
05:15+	09:14+	17:20+	24:00+	26:46+	31:48+	34:31+	40:25+	50:34+	55:28+	59:06+	59:39+	60:19+									
05:15+	03:59+	08:06+	06:40+	02:46+	05:02+	02:43+	05:54+	10:09+	04:54+	03:38+	00:33+	00:40+									
05:15+	03:59+	08:06+	06:40+	02:46+	05:02+	02:43+	05:54+	10:09+	04:54+	03:38+	00:33+	00:40+									

Plass	Navn	Klasse	Tid
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DT

44

Karin Jensvold

722

1:00:21

05:16+

09:19+

17:23+

24:03+

26:51+

31:47+

34:31+

40:23+

50:38+

55:27+

59:09+

59:39+

60:21+

05:16+

04:03+

08:04+

06:40+

02:48+

04:56+

02:44+

05:52+

10:15+

04:49+

03:42+

00:30+

00:42+

05:16+

04:03+

08:04+

06:40+

02:48+

04:56+

02:44+

05:52+

10:15+

04:49+

03:42+

00:30+

00:42+

45	Agnete Dedekam Stabel					1758							1:13:19	
06:56+	18:27+	25:20+	30:56+	32:56+	47:32+	49:36+	53:36+	56:26+	68:54+	72:30+	72:55+	73:19+		
06:56+	11:31+	06:53+	05:36+	02:00+	14:36+	02:04+	04:00+	02:50+	12:28+	03:36+	00:25+	00:24+		
06:56+	11:31+	06:53+	05:36+	02:00+	14:36+	02:04+	04:00+	02:50+	12:28+	03:36+	00:25+	00:24+		

Beste strekktid for klassen

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

H16

1	Børge Grødem										3619				31:06					
00:45=	04:46=	06:08=	07:20=	08:55=	11:15=	16:22=	19:12=	20:38=	21:30=	23:18=	25:17=	26:46=	27:42=	29:49=	30:22=	30:38=	30:50=	31:06=		
00:45=	04:01=	01:22=	01:12=	01:35=	02:20=	05:07=	02:50=	01:26=	00:52=	01:48=	01:59=	01:29=	00:56=	02:07=	00:33=	00:16=	00:12=	00:16=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

2

Thor Hesselsøe

1376

34:11

00:44-04:38-05:25-06:54-08:39-10:53-16:59+20:08+21:30+22:12+23:52+26:44+28:23+29:20+32:02+33:20+33:40+33:57+34:11+

00:44-03:54-00:47-01:29+01:45+02:14-06:06+03:09+01:22-00:42-01:40-02:52+01:39+00:57+02:42+01:18+00:20+00:17+00:14-

00:01-00:07-00:35-00:17#00:10#00:06-00:59#00:19#00:04-00:10-00:08-00:53&00:10#00:01+00:35&00:45@00:04#00:05&00:02-

3 Erling Byberg 793 34:12

00:34-05:10+05:44-07:15-09:03+10:55-15:32-19:38+21:28+22:17+24:56+27:00+28:28+29:49+32:49+33:31+33:45+34:01+34:12+

00:34-04:36+00:34-01:31+01:48+01:52-04:37-04:06+01:50+00:49-02:39+02:04+01:28-01:21+03:00+00:42+00:14-00:16+00:11-

00:11-00:35#00:48-00:19&00:13#00:28-00:30-01:16&00:24&00:03-00:51&00:05+00:01-00:25&00:53&00:09&00:02-00:04&00:05-

4	Truls Thorkildsen										2074				36:46				
00:47+	05:06+	05:50-	07:44+	09:40+	11:48+	19:31+	23:02+	25:39+	26:18+	28:22+	30:30+	32:18+	33:14+	35:29+	35:58+	36:17+	36:30+	36:46+	
00:47+	04:19+	00:44-	01:54+	01:56+	02:08-	07:43+	03:31+	02:37+	00:39-	02:04+	02:08+	01:48+	00:56=	02:15+	00:29-	00:19+	00:13+	00:16=	
00:02+	00:18+	00:38-	00:42&	00:21#	00:12-	02:36&	00:41#	01:11&	00:13-	00:16#	00:09+	00:19#	00:00=	00:08+	00:04-	00:03#	00:01+	00:00=	

5	Ole Andre Brandsberg				3502								39:01						
00:42-	05:11+	05:57-	07:41+	09:48+	12:22+	20:53+	23:58+	25:23+	26:31+	29:15+	31:53+	33:52+	34:53+	37:37+	38:12+	38:30+	38:43+	39:01+	
00:42-	04:29+	00:46-	01:44+	02:07+	02:34+	08:31+	03:05+	01:25-	01:08+	02:44+	02:38+	01:59+	01:01+	02:44+	00:35+	00:18+	00:13+	00:18+	
00:03-	00:28#	00:36-	00:32&	00:32&	00:14#	03:24&	00:15+	00:01-	00:16&	00:56&	00:39&	00:30&	00:05+	00:37&	00:02+	00:02#	00:01+	00:02#	

6	Håvard Landråk												3676	41:19							
00:56+	05:26+	06:16+	10:08+	12:12+	15:17+	21:21+	27:28+	29:06+	30:11+	32:21+	34:56+	36:54+	37:55+	40:15+	40:42+	40:56+	41:06+	41:19+			
00:56+	04:30+	00:50-	03:52+	02:04+	03:05+	06:04+	06:07+	01:38+	01:05+	02:10+	02:35+	01:58+	01:01+	02:20+	00:27-	00:14-	00:10-	00:13-			
00:11#	00:29#	00:32-	02:40@	00:29&	00:45&	00:57#	03:17@	00:12#	00:13#	00:22#	00:36&	00:29&	00:05+	00:13#	00:06-	00:02-	00:02-	00:03-			

7	Bendix Gjølstad Smith										892				43:14			
01:20+	05:45+	06:32+	08:24+	10:55+	13:34+	22:43+	26:09+	28:38+	29:36+	32:35+	35:27+	37:41+	39:00+	41:40+	42:24+	42:42+	42:59+	43:14+
01:20+	04:25+	00:47-	01:52+	02:31+	02:39+	09:09+	03:26+	02:29+	00:58+	02:59+	02:52+	02:14+	01:19+	02:40+	00:44+	00:18+	00:17+	00:15-
00:35&	00:24+	00:35-	00:40&	00:56&	00:19#	04:02&	00:36#	01:03&	00:06#	01:11&	00:53&	00:45&	00:23&	00:33&	00:11&	00:02#	00:05&	00:01-

8	Bernt Christian Bugge										3676				46:20			
00:53+	06:21+	07:14+	09:08+	11:15+	14:08+	22:25+	28:27+	30:33+	31:34+	33:53+	37:10+	39:13+	40:43+	44:29+	45:22+	45:49+	46:03+	46:20+
00:53+	05:28+	00:53-	01:54+	02:07+	02:53+	08:17+	06:02+	02:06+	01:01+	02:19+	03:17+	02:03+	01:30+	03:46+	00:53+	00:27+	00:14+	00:17+
00:08#	01:27&	00:29-	00:42&	00:32&	00:33#	03:10&	03:12@	00:40&	00:09#	00:31&	01:18&	00:34&	00:34&	01:39&	00:20&	00:11&	00:02#	00:01+

9	David Wade												1683				47:03			
00:37-	05:13+	06:00-	08:42+	11:08+	13:47+	26:36+	31:32+	33:21+	34:49+	37:56+	40:28+	42:21+	43:12+	45:43+	46:16+	46:33+	46:47+	47:03+		
00:37-	04:36+	00:47-	02:42+	02:26+	02:39+	12:49+	04:56+	01:49+	01:28+	03:07+	02:32+	01:53+	00:51-	02:31+	00:33=	00:17+	00:14+	00:16=		
00:08-	00:35#	00:35-	01:30@	00:51&	00:19#	07:42@	02:06&	00:23&	00:36&	01:19&	00:33&	00:24&	00:05-	00:24#	00:00=	00:01+	00:02#	00:00=		

10	Alexander Romanov										3562				48:10				
00:49+	04:31-	05:09-	06:30-	08:26-	10:40-	25:15+	31:05+	32:48+	33:51+	37:17+	40:03+	42:04+	43:17+	46:37+	47:18+	47:35+	47:50+	48:10+	
00:49+	03:42-	00:38-	01:21+	01:56+	02:14-	14:35+	05:50+	01:43+	01:03+	03:26+	02:46+	02:01+	01:13+	03:20+	00:41+	00:17+	00:15+	00:20+	
00:04+	00:19-	00:44-	00:09#	00:21#	00:06-	09:28@	03:00@	00:17#	00:11#	01:38&	00:47&	00:32&	00:17&	01:13&	00:08#	00:01+	00:03#	00:04#	

Plass	Navn	Klasse										Tid									
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H16

11	Bjørn Morten Bøe Brunstøl					2023							50:23						
00:53+	07:19+	08:00+	10:28+	14:00+	16:30+	27:39+	31:58+	34:55+	36:12+	38:39+	41:19+	43:03+	43:57+	47:47+	49:24+	49:53+	50:06+	50:23+	
00:53+	06:26+	00:41-	02:28+	03:32+	02:30+	11:09+	04:19+	02:57+	01:17+	02:27+	02:40+	01:44+	00:54-	03:50+	01:37+	00:29+	00:13+	00:17+	
00:08#	02:25#	00:41-	01:16#	01:57#	00:10+	06:02#	01:29#	01:31#	00:25#	00:39#	00:41#	00:15#	00:02-	01:43#	01:04#	00:13#	00:01+	00:01+	
12	Eivind Brimsø					3559							50:51						
00:54+	06:49+	07:49+	10:47+	13:07+	15:47+	32:00+	35:42+	37:30+	38:39+	40:48+	43:18+	45:23+	46:23+	49:23+	49:51+	50:17+	50:35+	50:51+	
00:54+	05:55+	01:00+	02:58+	02:20+	02:40+	16:13+	03:42+	01:48+	01:09+	02:09+	02:30+	02:05+	01:00+	03:00+	00:28+	00:26+	00:18+	00:16+	
00:54+	05:55+	01:00+	02:58+	02:20+	02:40+	16:13+	03:42+	01:48+	01:09+	02:09+	02:30+	02:05+	01:00+	03:00+	00:28+	00:26+	00:18+	00:16+	
13	Stian Bentsen Malmanger					3676							51:26						
01:03+	05:56+	06:54+	09:04+	11:21+	14:43+	29:32+	33:32+	35:40+	36:59+	39:29+	43:24+	45:29+	46:31+	49:50+	50:27+	50:53+	51:07+	51:26+	
01:03+	04:53+	00:58+	02:10+	02:17+	03:22+	14:49+	04:00+	02:08+	01:19+	02:30+	03:55+	02:05+	01:02+	03:19+	00:37+	00:26+	00:14+	00:19+	
01:03+	04:53+	00:58+	02:10+	02:17+	03:22+	14:49+	04:00+	02:08+	01:19+	02:30+	03:55+	02:05+	01:02+	03:19+	00:37+	00:26+	00:14+	00:19+	
14	Vidar Haus					3528							52:29						
01:02+	05:42+	06:37+	09:35+	12:05+	14:16+	25:11+	31:39+	34:03+	35:16+	38:24+	43:02+	45:44+	47:05+	50:42+	51:21+	51:46+	52:03+	52:29+	
01:02+	04:40+	00:55+	02:58+	02:30+	02:11+	10:55+	06:28+	02:24+	01:13+	03:08+	04:38+	02:42+	01:21+	03:37+	00:39+	00:25+	00:17+	00:26+	
01:02+	04:40+	00:55+	02:58+	02:30+	02:11+	10:55+	06:28+	02:24+	01:13+	03:08+	04:38+	02:42+	01:21+	03:37+	00:39+	00:25+	00:17+	00:26+	
15	Stewart Smith					3508							52:43						
02:04+	08:01+	08:51+	10:27+	12:55+	16:37+	23:45+	31:20+	33:53+	35:21+	38:07+	41:54+	45:43+	47:15+	50:39+	51:30+	51:59+	52:24+	52:43+	
02:04+	05:57+	00:50+	01:36+	02:28+	03:42+	07:08+	07:35+	02:33+	01:28+	02:46+	03:47+	03:49+	01:32+	03:24+	00:51+	00:29+	00:25+	00:19+	
02:04+	05:57+	00:50+	01:36+	02:28+	03:42+	07:08+	07:35+	02:33+	01:28+	02:46+	03:47+	03:49+	01:32+	03:24+	00:51+	00:29+	00:25+	00:19+	
16	Magnus Kristoffersen					3676							55:30						
00:53+	06:26+	07:26+	10:18+	12:57+	16:55+	31:27+	36:40+	39:19+	40:52+	43:45+	46:34+	48:44+	50:17+	53:57+	54:36+	55:01+	55:16+	55:30+	
00:53+	05:33+	01:00+	02:52+	02:39+	03:58+	14:32+	05:13+	02:39+	01:33+	02:53+	02:49+	02:10+	01:33+	03:40+	00:39+	00:25+	00:15+	00:14+	
00:53+	05:33+	01:00+	02:52+	02:39+	03:58+	14:32+	05:13+	02:39+	01:33+	02:53+	02:49+	02:10+	01:33+	03:40+	00:39+	00:25+	00:15+	00:14+	
17	Martin Bjelland Gjerstad					3676							55:39						
00:55+	07:21+	08:25+	13:56+	16:33+	19:07+	32:19+	37:23+	39:21+	40:44+	44:03+	47:12+	50:00+	51:10+	53:49+	54:31+	55:02+	55:28+	55:39+	
00:55+	06:26+	01:04+	05:31+	02:37+	02:34+	13:12+	05:04+	01:58+	01:23+	03:19+	03:09+	02:48+	01:10+	02:39+	00:42+	00:31+	00:26+	00:11+	
00:55+	06:26+	01:04+	05:31+	02:37+	02:34+	13:12+	05:04+	01:58+	01:23+	03:19+	03:09+	02:48+	01:10+	02:39+	00:42+	00:31+	00:26+	00:11+	
18	Henrik Aasheim					2342							56:54						
00:49+	04:42+	05:28+	07:09+	09:17+	11:23+	37:05+	41:23+	43:16+	44:27+	47:46+	50:21+	51:57+	52:55+	55:18+	55:54+	56:21+	56:38+	56:54+	
00:49+	03:53+	00:46+	01:41+	02:08+	02:06+	25:42+	04:18+	01:53+	01:11+	03:19+	02:35+	01:36+	00:58+	02:23+	00:36+	00:27+	00:17+	00:16+	
00:49+	03:53+	00:46+	01:41+	02:08+	02:06+	25:42+	04:18+	01:53+	01:11+	03:19+	02:35+	01:36+	00:58+	02:23+	00:36+	00:27+	00:17+	00:16+	
19	Isaac Shiffman					3508							58:09						
00:47+	06:51+	07:38+	09:03+	15:33+	18:47+	27:53+	40:50+	43:27+	44:31+	47:02+	49:12+	51:43+	53:06+	54:05+	56:40+	57:16+	57:34+	57:51+	58:09+
00:47+	06:04+	00:47+	01:25+	06:30+	03:14+	09:06+	12:57+	02:37+	01:04+	02:31+	02:10+	02:31+	01:23+	00:59+	02:35+	00:36+	00:18+	00:17+	00:18+
00:47+	06:04+	00:47+	01:25+	06:30+	03:14+	09:06+	12:57+	02:37+	01:04+	02:31+	02:10+	02:31+	01:23+	00:59+	02:35+	00:36+	00:18+	00:17+	00:18+
20	Håvard Aase					3558							1:10:20						
00:56+	08:20+	09:22+	16:35+	22:21+	24:48+	32:16+	44:58+	47:15+	48:33+	57:45+	60:23+	62:13+	63:12+	67:36+	69:15+	69:39+	70:01+	70:20+	
00:56+	07:24+	01:02+	07:13+	05:46+	02:27+	07:28+	12:42+	02:17+	01:18+	09:12+	02:38+	01:50+	00:59+	04:24+	01:39+	00:24+	00:22+	00:19+	
00:56+	07:24+	01:02+	07:13+	05:46+	02:27+	07:28+	12:42+	02:17+	01:18+	09:12+	02:38+	01:50+	00:59+	04:24+	01:39+	00:24+	00:22+	00:19+	

Beste strekktid for klassen

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

H40

1	Anders Klungre										3548					35:42				
00:39=	04:21=	05:03=	07:03=	08:54=	11:09=	17:24=	20:41=	22:15=	23:11=	26:09=	28:29=	30:23=	31:35=	34:28=	35:02=	35:15=	35:27=	35:42=		
00:39=	03:42=	00:42=	02:00=	01:51=	02:15=	06:15=	03:17=	01:34=	00:56=	02:58=	02:20=	01:54=	01:12=	02:53=	00:34=	00:13=	00:12=	00:15=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Anders Presterud										903					36:16				
00:50+	05:13+	05:59+	07:33+	09:29+	11:39+	18:45+	21:56+	23:40+	24:26+	26:26+	29:02+	30:51+	31:52+	34:56+	35:28+	35:46+	36:01+	36:16+		
00:50+	04:23+	00:46+	01:34-	01:56+	02:10-	07:06+	03:11-	01:44+	00:46-	02:00-	02:36+	01:49-	01:01-	03:04+	00:32-	00:18+	00:15+	00:15=		
00:11#	00:41#	00:04+	00:26-	00:05+	00:05-	00:51#	00:06-	00:10#	00:10-	00:58-	00:16#	00:05-	00:11-	00:11+	00:02-	00:05#	00:03#	00:00=		

Plass	Navn				Klasse				Tid												
H40																					
3	Arild Stave				3676				37:16												
	00:51+	04:27+	05:13+	06:48-	09:28+	12:22+	17:51+	23:21+	25:00+	26:07+	28:27+	31:07+	32:57+	34:00+	36:05+	36:43+	36:57+	37:06+	37:16+		
	00:51+	03:36-	00:46+	01:35-	02:40+	02:54+	05:29-	05:30+	01:39+	01:07+	02:20-	02:40+	01:50-	01:03-	02:05-	00:38+	00:14+	00:09-	00:10-		
	00:12&	00:06-	00:04+	00:25-	00:49&	00:39&	00:46-	02:13&	00:05+	00:11#	00:38-	00:20#	00:04-	00:09-	00:48-	00:04#	00:01+	00:03-	00:05-		
4	Bjarne Bore				3529				38:34												
	00:46+	04:48+	05:32+	07:59+	10:24+	12:36+	18:46+	23:03+	25:02+	26:02+	28:17+	30:49+	32:36+	33:27+	37:09+	37:46+	38:20+	38:34+	49:22+	49:36+	49:56+
	00:46+	04:02+	00:44+	02:27+	02:25+	02:12+	06:10+	04:17+	01:59+	01:00+	02:15+	02:32+	01:47+	00:51+	03:42+	00:37+	00:34+	00:14+	10:48+	00:14+	00:20+
	00:46+	04:02+	00:44+	02:27+	02:25+	02:12+	06:10+	04:17+	01:59+	01:00+	02:15+	02:32+	01:47+	00:51+	03:42+	00:37+	00:34+	00:14+	10:48+	00:14+	00:20+
5	Jan-Kenneth Polle				3525				38:39												
	00:45+	04:37+	05:22+	06:50+	08:50+	11:32+	19:59+	23:05+	24:27+	25:17+	27:24+	29:37+	32:58+	33:58+	37:13+	37:51+	38:09+	38:22+	38:39+		
	00:45+	03:52+	00:45+	01:28+	02:00+	02:42+	08:27+	03:06+	01:22+	00:50+	02:07+	02:13+	03:21+	01:00+	03:15+	00:38+	00:18+	00:13+	00:17+		
	00:45+	03:52+	00:45+	01:28+	02:00+	02:42+	08:27+	03:06+	01:22+	00:50+	02:07+	02:13+	03:21+	01:00+	03:15+	00:38+	00:18+	00:13+	00:17+		
6	Jone Hodne				3563				39:32												
	00:44+	05:01+	05:48+	07:54+	09:55+	12:14+	18:56+	23:40+	26:08+	27:07+	30:31+	32:52+	34:25+	35:40+	38:04+	38:46+	39:05+	39:17+	39:32+		
	00:44+	04:17+	00:47+	02:06+	02:01+	02:19+	06:42+	04:44+	02:28+	00:59+	03:24+	02:21+	01:33+	01:15+	02:24+	00:42+	00:19+	00:12+	00:15+		
	00:44+	04:17+	00:47+	02:06+	02:01+	02:19+	06:42+	04:44+	02:28+	00:59+	03:24+	02:21+	01:33+	01:15+	02:24+	00:42+	00:19+	00:12+	00:15+		
7	Magnus Rønning				3528				39:43												
	00:52+	05:53+	06:49+	08:32+	11:27+	13:45+	19:48+	23:27+	25:06+	26:13+	28:38+	31:23+	33:50+	34:56+	38:07+	38:49+	39:08+	39:23+	39:43+		
	00:52+	05:01+	00:56+	01:43+	02:55+	02:18+	06:03+	03:39+	01:39+	01:07+	02:25+	02:45+	02:27+	01:06+	03:11+	00:42+	00:19+	00:15+	00:20+		
	00:52+	05:01+	00:56+	01:43+	02:55+	02:18+	06:03+	03:39+	01:39+	01:07+	02:25+	02:45+	02:27+	01:06+	03:11+	00:42+	00:19+	00:15+	00:20+		
8	Alexander Khorunzhiy				1456				41:06												
	00:52+	05:35+	06:23+	08:27+	10:35+	13:06+	21:38+	25:41+	27:53+	29:10+	31:27+	34:20+	36:18+	37:21+	39:43+	40:17+	40:37+	40:51+	41:06+		
	00:52+	04:43+	00:48+	02:04+	02:08+	02:31+	08:32+	04:03+	02:12+	01:17+	02:17+	02:53+	01:58+	01:03+	02:22+	00:34+	00:20+	00:14+	00:15+		
	00:52+	04:43+	00:48+	02:04+	02:08+	02:31+	08:32+	04:03+	02:12+	01:17+	02:17+	02:53+	01:58+	01:03+	02:22+	00:34+	00:20+	00:14+	00:15+		
9	Anders Hagen				3528				41:39												
	01:05+	05:26+	06:16+	07:47+	09:55+	12:46+	20:44+	23:51+	26:02+	27:06+	29:22+	32:02+	34:03+	35:12+	37:50+	40:49+	41:13+	41:26+	41:39+		
	01:05+	04:21+	00:50+	01:31+	02:08+	02:51+	07:58+	03:07+	02:11+	01:04+	02:16+	02:40+	02:01+	01:09+	02:38+	02:59+	00:24+	00:13+	00:13+		
	01:05+	04:21+	00:50+	01:31+	02:08+	02:51+	07:58+	03:07+	02:11+	01:04+	02:16+	02:40+	02:01+	01:09+	02:38+	02:59+	00:24+	00:13+	00:13+		
10	Gunnar Thorset				896				43:49												
	00:51+	05:09+	06:07+	07:57+	10:45+	13:43+	20:37+	25:56+	27:50+	29:36+	32:15+	34:55+	37:06+	38:06+	42:13+	42:52+	43:16+	43:31+	43:49+		
	00:51+	04:18+	00:58+	01:50+	02:48+	02:58+	06:54+	05:19+	01:54+	01:46+	02:39+	02:40+	02:11+	01:00+	04:07+	00:39+	00:24+	00:15+	00:18+		
	00:51+	04:18+	00:58+	01:50+	02:48+	02:58+	06:54+	05:19+	01:54+	01:46+	02:39+	02:40+	02:11+	01:00+	04:07+	00:39+	00:24+	00:15+	00:18+		
11	Jens Otto Hatlevold				2023				43:55												
	00:51+	04:59+	05:49+	07:42+	09:48+	12:52+	19:15+	28:14+	30:18+	31:36+	34:37+	37:06+	38:55+	40:16+	42:47+	43:17+	43:30+	43:43+	43:55+		
	00:51+	04:08+	00:50+	01:53+	02:06+	03:04+	06:23+	08:59+	02:04+	01:18+	03:01+	02:29+	01:49+	01:21+	02:31+	00:30+	00:13+	00:13+	00:12+		
	00:51+	04:08+	00:50+	01:53+	02:06+	03:04+	06:23+	08:59+	02:04+	01:18+	03:01+	02:29+	01:49+	01:21+	02:31+	00:30+	00:13+	00:13+	00:12+		
12	Håkon Andrè Waage				1683				44:29												
	00:54+	05:31+	06:33+	08:27+	10:49+	13:40+	21:54+	28:46+	31:13+	32:18+	34:44+	36:56+	38:55+	39:57+	42:40+	43:25+	43:58+	44:12+	44:29+		
	00:54+	04:37+	01:02+	01:54+	02:22+	02:51+	08:14+	06:52+	02:27+	01:05+	02:26+	02:12+	01:59+	01:02+	02:43+	00:45+	00:33+	00:14+	00:17+		
	00:54+	04:37+	01:02+	01:54+	02:22+	02:51+	08:14+	06:52+	02:27+	01:05+	02:26+	02:12+	01:59+	01:02+	02:43+	00:45+	00:33+	00:14+	00:17+		
13	Magne Habbestad				3531				47:36												
	00:51+	04:56+	05:43+	07:24+	10:11+	12:29+	22:07+	28:58+	31:43+	32:57+	35:35+	38:39+	41:15+	42:32+	45:59+	46:37+	47:01+	47:17+	47:36+		
	00:51+	04:05+	00:47+	01:41+	02:47+	02:18+	09:38+	06:51+	02:45+	01:14+	02:38+	03:04+	02:36+	01:17+	03:27+	00:38+	00:24+	00:16+	00:19+		
	00:51+	04:05+	00:47+	01:41+	02:47+	02:18+	09:38+	06:51+	02:45+	01:14+	02:38+	03:04+	02:36+	01:17+	03:27+	00:38+	00:24+	00:16+	00:19+		
14	Christian Ask				3563				47:50												
	00:47+	05:39+	06:27+	08:07+	10:19+	12:31+	20:28+	27:21+	29:01+	29:58+	32:54+	38:24+	40:20+	41:24+	46:24+	47:02+	47:20+	47:34+	47:50+		
	00:47+	04:52+	00:48+	01:40+	02:12+	02:12+	07:57+	06:53+	01:40+	00:57+	02:56+	05:30+	01:56+	01:04+	05:00+	00:38+	00:18+	00:14+	00:16+		
	00:47+	04:52+	00:48+	01:40+	02:12+	02:12+	07:57+	06:53+	01:40+	00:57+	02:56+	05:30+	01:56+	01:04+	05:00+	00:38+	00:18+	00:14+	00:16+		
15	Ole-Tobias Frich				1683				48:13												
	00:57+	07:42+	08:32+	11:18+	13:51+	16:39+	24:17+	29:14+	31:20+	32:28+	34:45+	37:23+	39:27+	40:33+	46:32+	47:17+	47:36+	47:52+	48:13+		
	00:57+	06:45+	00:50+	02:46+	02:33+	02:48+	07:38+	04:57+	02:06+	01:08+	02:17+	02:38+	02:04+	01:06+	05:59+	00:45+	00:19+	00:16+	00:21+		
	00:57+	06:45+	00:50+	02:46+	02:33+	02:48+	07:38+	04:57+	02:06+	01:08+	02:17+	02:38+	02:04+	01:06+	05:59+	00:45+	00:19+	00:16+	00:21+		
16	Frode Ungar				1683				48:14												
	00:56+	05:45+	06:45+	10:22+	12:40+	15:32+	29:10+	32:44+	34:42+	35:34+	37:44+	40:11+	42:16+	43:23+	46:38+	47:15+	47:41+	47:56+	48:14+		
	00:56+	04:49+	01:00+	03:37+	02:18+	02:52+	13:38+	03:34+	01:58+	00:52+	02:10+	02:27+	02:05+	01:07+	03:15+	00:37+	00:26+	00:15+	00:18+		
	00:56+	04:49+	01:00+	03:37+	02:18+	02:52+	13:38+	03:34+	01:58+	00:52+	02:10+	02:27+	02:05+	01:07+	03:15+	00:37+	00:26+	00:15+	00:18+		

Plass	Navn					Klasse					Tid				
H40															
17	Lars Lone Rasmussen					4248					50:04				
00:53+	05:47+	06:41+	09:48+	12:40+	15:19+	23:45+	30:51+	33:17+	34:27+	37:17+	40:59+	43:42+	45:11+	48:28+	49:08+
00:53+	04:54+	00:54+	03:07+	02:52+	02:39+	08:26+	07:06+	02:26+	01:10+	02:50+	03:42+	02:43+	01:29+	03:17+	00:40+
00:53+	04:54+	00:54+	03:07+	02:52+	02:39+	08:26+	07:06+	02:26+	01:10+	02:50+	03:42+	02:43+	01:29+	03:17+	00:40+
00:53+	04:54+	00:54+	03:07+	02:52+	02:39+	08:26+	07:06+	02:26+	01:10+	02:50+	03:42+	02:43+	01:29+	03:17+	00:40+
18	Rune Hatle					903					51:23				
00:46+	05:49+	06:38+	09:23+	11:35+	14:05+	29:58+	33:23+	35:47+	36:43+	40:00+	43:25+	45:50+	46:54+	49:57+	50:37+
00:46+	05:03+	00:49+	02:45+	02:12+	02:30+	15:53+	03:25+	02:24+	00:56+	03:17+	03:25+	02:25+	01:04+	03:03+	00:40+
00:46+	05:03+	00:49+	02:45+	02:12+	02:30+	15:53+	03:25+	02:24+	00:56+	03:17+	03:25+	02:25+	01:04+	03:03+	00:40+
19	Christoffer Soma					903					59:47				
00:55+	07:06+	07:59+	10:18+	13:18+	17:26+	28:30+	34:32+	37:05+	38:18+	41:42+	48:16+	53:00+	54:20+	58:00+	58:51+
00:55+	06:11+	00:53+	02:19+	03:00+	04:08+	11:04+	06:02+	02:33+	01:13+	03:24+	06:34+	04:44+	01:20+	03:40+	00:51+
00:55+	06:11+	00:53+	02:19+	03:00+	04:08+	11:04+	06:02+	02:33+	01:13+	03:24+	06:34+	04:44+	01:20+	03:40+	00:51+
20	Frode Stangeland					3516					1:00:52				
00:48+	05:35+	06:23+	08:22+	14:22+	17:29+	36:16+	42:14+	44:11+	45:26+	47:48+	50:16+	52:24+	53:29+	59:11+	60:01+
00:48+	04:47+	00:48+	01:59+	06:00+	03:07+	18:47+	05:58+	01:57+	01:15+	02:22+	02:28+	02:08+	01:05+	05:42+	00:50+
00:48+	04:47+	00:48+	01:59+	06:00+	03:07+	18:47+	05:58+	01:57+	01:15+	02:22+	02:28+	02:08+	01:05+	05:42+	00:50+
21	Trond Jan Øglend					3523					1:19:05				
01:01+	07:00+	07:44+	10:40+	14:45+	17:08+	46:33+	57:13+	60:47+	61:32+	63:53+	68:46+	72:07+	73:31+	77:21+	77:57+
01:01+	05:59+	00:44+	02:56+	04:05+	02:23+	29:25+	10:40+	03:34+	00:45+	02:21+	04:53+	03:21+	01:24+	03:50+	00:36+
01:01+	05:59+	00:44+	02:56+	04:05+	02:23+	29:25+	10:40+	03:34+	00:45+	02:21+	04:53+	03:21+	01:24+	03:50+	00:36+
Beste strekktid for klassen															
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
H50															
1	Trond Lamark					878					33:50				
01:36=	06:59=	08:49=	09:14=	10:18=	13:32=	15:25=	21:24=	22:46=	24:22=	27:14=	29:27=	30:02=	30:36=	32:21=	33:16=
01:36=	05:23=	01:50=	00:25=	01:04=	03:14=	01:53=	05:59=	01:22=	01:36=	02:52=	02:13=	00:35=	00:34=	01:45=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjørn Ove Olsen Moi					989					35:27				
01:28-	06:04-	08:51+	09:17+	10:14-	13:15-	15:18-	23:49+	25:12+	27:01+	29:15+	31:32+	32:01+	32:31+	34:06+	35:00+
01:28-	04:36-	02:47+	00:26+	00:57-	03:01-	02:03+	08:31+	01:23+	01:49+	02:14-	02:17+	00:29-	00:30-	01:35-	00:54-
00:08-	00:47-	00:57&	00:01+	00:07-	00:13-	00:10+	02:32&	00:01+	00:13#	00:38-	00:04+	00:06-	00:04-	00:10-	00:01-
3	Rune Paulsen					3508					36:27				
01:36=	06:33-	09:06+	09:29+	10:30+	13:41+	15:45+	22:23+	24:26+	27:20+	30:06+	32:17+	32:52+	33:39+	35:15+	36:01+
01:36=	04:57-	02:33+	00:23-	01:01-	03:11-	02:04+	06:38+	02:03+	02:54+	02:46-	02:11-	00:35=	00:47+	01:36-	00:46-
00:00=	00:26-	00:43&	00:02-	00:03-	00:03-	00:11+	00:39#	00:41&	01:18&	00:06-	00:02-	00:00=	00:13&	00:09-	00:09-
4	Øyvind Madland					3522					38:24				
01:34-	07:06+	09:36+	10:03+	11:05+	15:18+	17:27+	24:03+	25:37+	28:26+	31:06+	33:30+	34:05+	35:09+	36:39+	37:53+
01:34-	05:32+	02:30+	00:27+	01:02-	04:13+	02:09+	06:36+	01:34+	02:49+	02:40-	02:24+	00:35=	01:04+	01:30-	01:14+
00:02-	00:09+	00:40&	00:02+	00:02-	00:59&	00:16#	00:37#	00:12#	01:13&	00:12-	00:11+	00:00=	00:30&	00:15-	00:19&
5	Jerome Renoult					3524					40:26				
01:50+	07:42+	10:10+	10:34+	11:42+	15:34+	17:55+	25:50+	27:46+	30:24+	32:57+	35:42+	36:19+	37:02+	38:49+	39:52+
01:50+	05:52+	02:28+	00:24-	01:08+	03:52+	02:21+	07:55+	01:56+	02:38+	02:33-	02:45+	00:37+	00:43+	01:47+	01:03+
00:14#	00:29+	00:38&	00:01-	00:04+	00:38#	00:28#	01:56&	00:34&	01:02&	00:19-	00:32#	00:02+	00:09&	00:02+	00:08#
6	Ingve Vold					3529					42:26				
01:27-	08:04+	11:18+	11:45+	12:50+	16:52+	19:17+	26:49+	29:27+	31:58+	34:45+	37:33+	38:13+	39:13+	41:01+	42:00+
01:27-	06:37+	03:14+	00:27+	01:05+	04:02+	02:25+	07:32+	02:38+	02:31+	02:47-	02:48+	00:40+	01:00+	01:48+	00:59+
00:09-	01:14#	01:24&	00:02+	00:01+	00:48#	00:32&	01:33&	01:16&	00:55&	00:05-	00:35&	00:05#	00:26&	00:03+	00:04+
7	Hans Frode Andersen					3548					42:28				
01:28-	07:14+	10:39+	11:24+	12:34+	16:11+	18:34+	26:30+	29:13+	32:09+	34:34+	37:19+	38:22+	38:58+	41:04+	41:58+
01:28-	05:46+	03:25+	00:45+	01:10+	03:37+	02:23+	07:56+	02:43+	02:56+	02:25-	02:45+	01:03+	00:36+	02:06+	00:54-
00:08-	00:23+	01:35&	00:20&	00:06+	00:23#	00:30&	01:57&	01:21&	01:20&	00:27-	00:32#	00:28&	00:02+	00:21#	00:01-



Plass	Navn					Klasse					Tid									
H50																				
8	Anders Glenne					793					43:10									
01:39+	07:35+	10:43+	11:08+	12:12+	15:57+	18:34+	26:16+	28:22+	29:38+	33:40+	36:06+	38:26+	39:03+	39:49+	41:33+	42:37+	42:52+	43:10+		
01:39+	05:56+	03:08+	00:25=	01:04=	03:45+	02:37+	07:42+	02:06+	01:16=	04:02+	02:26+	02:20+	00:37+	00:46=	01:44+	01:04+	00:15=	00:18+		
00:03+	00:33#	01:18&	00:00=	00:00=	00:31#	00:44&	01:43&	00:44&	00:20=	01:10&	00:13+	01:45@	00:03+	00:59=	00:49&	00:48@	00:03=	00:18+		
9	Øystein Fuglestad					878					45:07									
01:37+	06:40+	08:53+	09:25+	10:35+	14:07+	16:20+	27:00+	28:43+	32:19+	35:11+	38:35+	39:23+	40:18+	43:09+	44:27+	44:44+	45:07+			
01:37+	05:03+	02:13+	00:32+	01:10+	03:32+	02:13+	10:40+	01:43+	03:36+	02:52+	03:24+	00:48+	00:55+	02:51+	01:18+	00:17+	00:23+			
01:37+	05:03+	02:13+	00:32+	01:10+	03:32+	02:13+	10:40+	01:43+	03:36+	02:52+	03:24+	00:48+	00:55+	02:51+	01:18+	00:17+	00:23+			
10	Asbjørn Brådland					879					45:11									
02:53+	09:12+	11:53+	12:25+	13:34+	17:40+	21:03+	29:35+	31:27+	34:16+	36:58+	39:50+	40:34+	41:26+	43:27+	44:37+	44:52+	45:11+			
02:53+	06:19+	02:41+	00:32+	01:09+	04:06+	03:23+	08:32+	01:52+	02:49+	02:42+	02:52+	00:44+	00:52+	02:01+	01:10+	00:15+	00:19+			
02:53+	06:19+	02:41+	00:32+	01:09+	04:06+	03:23+	08:32+	01:52+	02:49+	02:42+	02:52+	00:44+	00:52+	02:01+	01:10+	00:15+	00:19+			
11	Svein Roar Aas					3565					46:05									
01:36+	06:30+	09:22+	10:07+	11:16+	15:09+	18:39+	28:49+	31:04+	34:27+	37:20+	40:32+	41:53+	42:32+	44:22+	45:26+	45:44+	46:05+			
01:36+	04:54+	02:52+	00:45+	01:09+	03:53+	03:30+	10:10+	02:15+	03:23+	02:53+	03:12+	01:21+	00:39+	01:50+	01:04+	00:18+	00:21+			
01:36+	04:54+	02:52+	00:45+	01:09+	03:53+	03:30+	10:10+	02:15+	03:23+	02:53+	03:12+	01:21+	00:39+	01:50+	01:04+	00:18+	00:21+			
12	Svend Vihovde					1683					46:32									
02:05+	07:54+	10:53+	11:27+	12:54+	17:03+	19:49+	28:04+	31:19+	33:56+	37:59+	40:58+	41:42+	42:29+	44:40+	45:53+	46:09+	46:32+			
02:05+	05:49+	02:59+	00:34+	01:27+	04:09+	02:46+	08:15+	03:15+	02:37+	04:03+	02:59+	00:44+	00:47+	02:11+	01:13+	00:16+	00:23+			
02:05+	05:49+	02:59+	00:34+	01:27+	04:09+	02:46+	08:15+	03:15+	02:37+	04:03+	02:59+	00:44+	00:47+	02:11+	01:13+	00:16+	00:23+			
13	Arngrim Utskarpen					896					46:48									
01:50+	07:57+	10:35+	11:03+	12:18+	16:13+	18:59+	29:38+	31:41+	34:30+	37:57+	40:39+	41:36+	42:23+	45:21+	46:19+	46:32+	46:48+			
01:50+	06:07+	02:38+	00:28+	01:15+	03:55+	02:46+	10:39+	02:03+	02:49+	03:27+	02:42+	00:57+	00:47+	02:58+	00:58+	00:13+	00:16+			
01:50+	06:07+	02:38+	00:28+	01:15+	03:55+	02:46+	10:39+	02:03+	02:49+	03:27+	02:42+	00:57+	00:47+	02:58+	00:58+	00:13+	00:16+			
14	Thomas Chruickshank					3545					47:49									
01:39+	07:31+	10:24+	10:53+	11:53+	15:05+	18:24+	28:08+	30:04+	37:34+	40:03+	42:49+	43:47+	44:27+	45:55+	47:20+	47:34+	47:49+			
01:39+	05:52+	02:53+	00:29+	01:00+	03:12+	03:19+	09:44+	01:56+	07:30+	02:29+	02:46+	00:58+	00:40+	01:28+	01:25+	00:14+	00:15+			
01:39+	05:52+	02:53+	00:29+	01:00+	03:12+	03:19+	09:44+	01:56+	07:30+	02:29+	02:46+	00:58+	00:40+	01:28+	01:25+	00:14+	00:15+			
15	John Breiland					3694					47:53									
01:44+	07:30+	10:05+	10:27+	11:26+	14:52+	17:35+	24:32+	27:28+	34:32+	37:38+	40:18+	42:48+	44:01+	46:08+	47:12+	47:30+	47:53+			
01:44+	05:46+	02:35+	00:22+	00:59+	03:26+	02:43+	06:57+	02:56+	07:04+	03:06+	02:40+	02:30+	01:13+	02:07+	01:04+	00:18+	00:23+			
01:44+	05:46+	02:35+	00:22+	00:59+	03:26+	02:43+	06:57+	02:56+	07:04+	03:06+	02:40+	02:30+	01:13+	02:07+	01:04+	00:18+	00:23+			
16	Tore Halset					3486					48:41									
02:05+	07:29+	09:54+	10:21+	11:38+	15:51+	18:18+	32:15+	34:06+	36:48+	39:52+	42:48+	43:33+	44:20+	46:30+	48:03+	48:20+	48:41+			
02:05+	05:24+	02:25+	00:27+	01:17+	04:13+	02:27+	13:57+	01:51+	02:42+	03:04+	02:56+	00:45+	00:47+	02:10+	01:33+	00:17+	00:21+			
02:05+	05:24+	02:25+	00:27+	01:17+	04:13+	02:27+	13:57+	01:51+	02:42+	03:04+	02:56+	00:45+	00:47+	02:10+	01:33+	00:17+	00:21+			
17	Trygve Michaelsen					896					48:54									
02:26+	09:09+	12:28+	13:00+	14:18+	18:25+	21:19+	30:19+	32:14+	35:03+	37:46+	42:05+	42:45+	45:38+	46:52+	48:19+	48:35+	48:54+			
02:26+	06:43+	03:19+	00:32+	01:18+	04:07+	02:54+	09:00+	01:55+	02:49+	02:43+	04:19+	00:40+	02:53+	01:14+	01:27+	00:16+	00:19+			
02:26+	06:43+	03:19+	00:32+	01:18+	04:07+	02:54+	09:00+	01:55+	02:49+	02:43+	04:19+	00:40+	02:53+	01:14+	01:27+	00:16+	00:19+			
18	Erik Bjørnbom					3558					49:19									
01:46+	08:29+	10:54+	11:25+	12:34+	18:06+	21:29+	29:31+	32:00+	34:27+	39:06+	43:19+	44:15+	45:02+	47:27+	48:34+	48:56+	49:19+			
01:46+	06:43+	02:25+	00:31+	01:09+	05:32+	03:23+	08:02+	02:29+	02:27+	04:39+	04:13+	00:56+	00:47+	02:25+	01:07+	00:22+	00:23+			
01:46+	06:43+	02:25+	00:31+	01:09+	05:32+	03:23+	08:02+	02:29+	02:27+	04:39+	04:13+	00:56+	00:47+	02:25+	01:07+	00:22+	00:23+			
19	Frode Halvor Lund					3516					49:32									
01:40+	06:46+	10:08+	10:41+	11:48+	15:47+	18:24+	33:01+	35:32+	38:00+	40:50+	43:51+	44:34+	45:29+	47:51+	48:56+	49:15+	49:32+			
01:40+	05:06+	03:22+	00:33+	01:07+	03:59+	02:37+	14:37+	02:31+	02:28+	02:50+	03:01+	00:43+	00:55+	02:22+	01:05+	00:19+	00:17+			
01:40+	05:06+	03:22+	00:33+	01:07+	03:59+	02:37+	14:37+	02:31+	02:28+	02:50+	03:01+	00:43+	00:55+	02:22+	01:05+	00:19+	00:17+			
20	Fredrik Jomaas					4270					49:32									
01:36+	07:39+	10:10+	10:35+	11:44+	15:44+	18:14+	32:09+	35:28+	37:47+	40:22+	43:44+	44:28+	45:06+	47:38+	48:47+	49:08+	49:32+			
01:36+	06:03+	02:31+	00:25+	01:09+	04:00+	02:30+	13:55+	03:19+	02:19+	02:35+	03:22+	00:44+	00:38+	02:32+	01:09+	00:21+	00:24+			
01:36+	06:03+	02:31+	00:25+	01:09+	04:00+	02:30+	13:55+	03:19+	02:19+	02:35+	03:22+	00:44+	00:38+	02:32+	01:09+	00:21+	00:24+			
21	Steinar Hansen					882					50:13									
01:46+	09:23+	12:01+	12:23+	13:26+	16:49+	19:09+	35:14+	37:07+	39:27+	43:04+	45:46+	46:21+	46:56+	48:39+	49:42+	49:58+	50:13+			
01:46+	07:37+	02:38+	00:22+	01:03+	03:23+	02:20+	16:05+	01:53+	02:20+	03:37+	02:42+	00:35+	00:35+	01:43+	01:03+	00:16+	00:15+			
01:46+	07:37+	02:38+	00:22+	01:03+	03:23+	02:20+	16:05+	01:53+	02:20+	03:37+	02:42+	00:35+	00:35+	01:43+	01:03+	00:16+	00:15+			

Plass	Navn	Klasse										Tid					
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H50

22	Erling Knutzen												879			51:21				
02:34+	07:38+	09:56+	10:21+	11:38+	15:18+	17:43+	26:28+	28:30+	39:18+	42:22+	45:54+	46:33+	47:19+	49:42+	50:40+	50:58+	51:21+			
02:34+	05:04+	02:18+	00:25+	01:17+	03:40+	02:25+	08:45+	02:02+	10:48+	03:04+	03:32+	00:39+	00:46+	02:23+	00:58+	00:18+	00:23+			
02:34+	05:04+	02:18+	00:25+	01:17+	03:40+	02:25+	08:45+	02:02+	10:48+	03:04+	03:32+	00:39+	00:46+	02:23+	00:58+	00:18+	00:23+			
23	Lars Primstad												769			51:49				
01:43+	09:29+	14:35+	14:57+	15:58+	21:10+	26:33+	33:43+	35:33+	37:34+	42:41+	46:25+	46:59+	47:32+	50:10+	51:15+	51:31+	51:49+			
01:43+	07:46+	05:06+	00:22+	01:01+	05:12+	05:23+	07:10+	01:50+	02:01+	05:07+	03:44+	00:34+	00:33+	02:38+	01:05+	00:16+	00:18+			
01:43+	07:46+	05:06+	00:22+	01:01+	05:12+	05:23+	07:10+	01:50+	02:01+	05:07+	03:44+	00:34+	00:33+	02:38+	01:05+	00:16+	00:18+			
24	Stein Arve Finnestad												1456			52:26				
01:54+	09:38+	13:08+	13:34+	15:01+	19:41+	22:37+	31:23+	34:18+	36:46+	40:05+	42:57+	43:38+	47:40+	50:09+	51:44+	52:01+	52:26+			
01:54+	07:44+	03:30+	00:26+	01:27+	04:40+	02:56+	08:46+	02:55+	02:28+	03:19+	02:52+	00:41+	04:02+	02:29+	01:35+	00:17+	00:25+			
01:54+	07:44+	03:30+	00:26+	01:27+	04:40+	02:56+	08:46+	02:55+	02:28+	03:19+	02:52+	00:41+	04:02+	02:29+	01:35+	00:17+	00:25+			
25	Arne Hetlelid												3508			52:56				
01:43+	08:33+	11:14+	11:46+	13:06+	16:54+	20:18+	31:08+	35:51+	38:26+	42:27+	46:31+	47:17+	48:09+	50:47+	52:10+	52:28+	52:56+			
01:43+	06:50+	02:41+	00:32+	01:20+	03:48+	03:24+	10:50+	04:43+	02:35+	04:01+	04:04+	00:46+	00:52+	02:38+	01:23+	00:18+	00:28+			
01:43+	06:50+	02:41+	00:32+	01:20+	03:48+	03:24+	10:50+	04:43+	02:35+	04:01+	04:04+	00:46+	00:52+	02:38+	01:23+	00:18+	00:28+			
26	Cedric Fayemendy												3559			54:08				
02:36+	09:04+	11:22+	11:51+	12:49+	17:01+	19:29+	27:05+	29:33+	40:22+	45:30+	48:43+	49:23+	50:14+	51:50+	53:38+	53:51+	54:08+			
02:36+	06:28+	02:18+	00:29+	00:58+	04:12+	02:28+	07:36+	02:28+	10:49+	05:08+	03:13+	00:40+	00:51+	01:36+	01:48+	00:13+	00:17+			
02:36+	06:28+	02:18+	00:29+	00:58+	04:12+	02:28+	07:36+	02:28+	10:49+	05:08+	03:13+	00:40+	00:51+	01:36+	01:48+	00:13+	00:17+			
27	Jarl Steinar Berntsen												882			57:29				
01:55+	09:22+	13:11+	13:59+	15:14+	20:35+	23:37+	37:45+	39:56+	45:07+	48:18+	51:11+	52:03+	52:49+	55:16+	56:49+	57:08+	57:29+			
01:55+	07:27+	03:49+	00:48+	01:15+	05:21+	03:02+	14:08+	02:11+	05:11+	03:11+	02:53+	00:52+	00:46+	02:27+	01:33+	00:19+	00:21+			
01:55+	07:27+	03:49+	00:48+	01:15+	05:21+	03:02+	14:08+	02:11+	05:11+	03:11+	02:53+	00:52+	00:46+	02:27+	01:33+	00:19+	00:21+			

Beste strekktid for klassen

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

H60

1	Kjell Seland												3547				43:52			
02:46=	09:33=	12:00=	15:13=	22:52=	24:38=	28:04=	29:40=	30:58=	33:27=	36:11=	39:02=	41:33=	42:45=	43:09=	43:28=	43:52=				
02:46=	06:47=	02:27=	03:13=	07:39=	01:46=	03:26=	01:36=	01:18=	02:29=	02:44=	02:51=	02:31=	01:12=	00:24=	00:19=	00:24=				
00:00=	00:00=	00:00=	00:00=	00:00=	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 Bergersen												1683				45:04			
02:33-	07:56-	10:40-	13:34-	21:35-	23:47-	26:32-	28:47-	30:04-	32:58-	36:32+	39:59+	42:29+	44:00+	44:28+	44:45+	45:04+				
02:33-	05:23-	02:44+	02:54-	08:01+	02:12+	02:45-	02:15+	01:17-	02:54+	03:34+	03:27+	02:30-	01:31+	00:28+	00:17-	00:19-				
00:13-	01:24-	00:17#	00:19-	00:22+	00:26#	00:41-	00:39#	00:01-	00:25#	00:50#	00:36#	00:01-	00:19#	00:04#	00:02-	00:05-				
3	Frank Hansen												3502				46:04			
01:33-	06:27-	09:06-	11:50-	24:17+	26:00+	30:15+	32:01+	34:05+	36:08+	39:12+	41:34+	43:51+	45:02+	45:29+	45:46+	46:04+				
01:33-	04:54-	02:39+	02:44-	12:27+	01:43-	04:15+	01:46+	02:04+	02:03-	03:04+	02:22-	02:17-	01:11-	00:27+	00:17-	00:18-				
01:13-	01:53-	00:12+	00:29-	04:48#	00:03-	00:49#	00:10#	00:46#	00:26-	00:20#	00:29-	00:14-	00:01-	00:03#	00:02-	00:06-				
4	John Carsten Sinnes												1884				49:14			
02:13-	09:28-	12:33+	15:28+	24:42+	27:09+	30:21+	32:47+	34:02+	36:52+	40:47+	43:58+	46:31+	48:13+	48:32+	48:53+	49:14+				
02:13-	07:15+	03:05+	02:55-	09:14+	02:27+	03:12-	02:26+	01:15-	02:50+	03:55+	03:11+	02:33+	01:42+	00:19-	00:21+	00:21-				
00:33-	00:28+	00:38#	00:18-	01:35#	00:41#	00:14-	00:50#	00:03-	00:21#	01:11#	00:20#	00:02+	00:30#	00:05-	00:02#	00:03-				
5	Per Ingar Hadland												793				49:31			
02:19-	07:43-	10:45-	13:52-	23:47+	27:32+	30:47+	33:55+	35:52+	38:33+	41:37+	44:36+	46:58+	48:25+	48:48+	49:07+	49:31+				
02:19-	05:24-	03:02+	03:07-	09:55+	03:45+	03:15-	03:08+	01:57+	02:41+	03:04+	02:59+	02:22-	01:27+	00:23-	00:19=	00:24=				
00:27-	01:23-	00:35#	00:06-	02:16#	01:59#	00:11-	01:32#	00:39#	00:12+	00:20#	00:08+	00:09-	00:15#	00:01-	00:00=	00:00=				
6	Harald Taksdal												3547				49:46			
02:32-	10:58+	13:38+	16:29+	24:30+	27:25+	31:24+	33:46+	35:01+	37:59+	41:04+	44:03+	46:52+	48:41+	49:02+	49:23+	49:46+				
02:32-	08:26+	02:40+	02:51-	08:01+	02:55+	03:59+	02:22+	01:15-	02:58+	03:05+	02:59+	02:49+	01:49+	00:21-	00:21+	00:23-				
00:14-	01:39#	00:13+	00:22-	00:22+	01:09#	00:33#	00:46#	00:03-	00:29#	00:21#	00:08+	00:18#	00:37#	00:03-	00:02#	00:01-				

Plass	Navn												Klasse				Tid			
H60																				
7	Håvard Håland												3507				50:39			
01:40-	13:06+	15:27+	18:43+	27:27+	29:27+	32:50+	34:55+	36:04+	38:12+	42:01+	44:39+	48:17+	49:35+	50:00+	50:18+	50:39+				
01:40-	11:26+	02:21-	03:16+	08:44+	02:00+	03:23-	02:05+	01:09-	02:08-	03:49+	02:38-	03:38+	01:18+	00:25+	00:18-	00:21-				
01:06-	04:39%	00:06-	00:03+	01:05#	00:14#	00:03-	00:29%	00:09-	00:21-	01:05%	00:13-	01:07%	00:06+	00:01+	00:01-	00:03-				
8	Harald Jansen												3593				52:09			
03:00+	12:30+	15:23+	17:45+	25:09+	27:27+	31:31+	33:42+	38:19+	40:45+	43:35+	47:15+	49:40+	51:06+	51:36+	51:53+	52:09+				
03:00+	09:30+	02:53+	02:22+	07:24+	02:18+	04:04+	02:11+	04:37+	02:26+	02:50+	03:40+	02:25+	01:26+	00:30+	00:17+	00:16+				
03:00+	09:30+	02:53+	02:22+	07:24+	02:18+	04:04+	02:11+	04:37+	02:26+	02:50+	03:40+	02:25+	01:26+	00:30+	00:17+	00:16+				
9	Inge Skretting												1384				52:27			
01:45+	09:25+	12:19+	15:13+	26:50+	29:57+	32:39+	35:10+	36:23+	38:54+	42:33+	47:50+	50:17+	51:29+	51:51+	52:07+	52:27+				
01:45+	07:40+	02:54+	02:54+	11:37+	03:07+	02:42+	02:31+	01:13+	02:31+	03:39+	05:17+	02:27+	01:12+	00:22+	00:16+	00:20+				
01:45+	07:40+	02:54+	02:54+	11:37+	03:07+	02:42+	02:31+	01:13+	02:31+	03:39+	05:17+	02:27+	01:12+	00:22+	00:16+	00:20+				
10	Magnar Mathias Møller												769				52:57			
02:03+	07:20+	10:18+	13:07+	23:22+	27:12+	34:49+	36:45+	37:47+	40:23+	43:32+	46:21+	50:35+	51:53+	52:14+	52:32+	52:57+				
02:03+	05:17+	02:58+	02:49+	10:15+	03:50+	07:37+	01:56+	01:02+	02:36+	03:09+	02:49+	04:14+	01:18+	00:21+	00:18+	00:25+				
02:03+	05:17+	02:58+	02:49+	10:15+	03:50+	07:37+	01:56+	01:02+	02:36+	03:09+	02:49+	04:14+	01:18+	00:21+	00:18+	00:25+				
11	Harald Syse												4246				54:13			
01:58+	13:26+	16:08+	18:32+	32:42+	33:58+	37:27+	39:27+	40:38+	43:37+	46:13+	48:43+	52:16+	53:20+	53:38+	53:54+	54:13+				
01:58+	11:28+	02:42+	02:24+	14:10+	01:16+	03:29+	02:00+	01:11+	02:59+	02:36+	02:30+	03:33+	01:04+	00:18+	00:16+	00:19+				
01:58+	11:28+	02:42+	02:24+	14:10+	01:16+	03:29+	02:00+	01:11+	02:59+	02:36+	02:30+	03:33+	01:04+	00:18+	00:16+	00:19+				
12	Stein Sigbjørnsen												882				58:23			
01:46+	08:04+	11:05+	16:42+	29:24+	32:46+	37:30+	40:39+	42:16+	46:59+	50:19+	53:11+	55:53+	57:28+	57:47+	58:02+	58:23+				
01:46+	06:18+	03:01+	05:37+	12:42+	03:22+	04:44+	03:09+	01:37+	04:43+	03:20+	02:52+	02:42+	01:35+	00:19+	00:15+	00:21+				
01:46+	06:18+	03:01+	05:37+	12:42+	03:22+	04:44+	03:09+	01:37+	04:43+	03:20+	02:52+	02:42+	01:35+	00:19+	00:15+	00:21+				
13	John Lage Bergan												1683				1:00:32			
01:52+	17:55+	21:51+	26:38+	36:56+	39:23+	43:47+	46:25+	47:50+	50:18+	53:16+	56:06+	58:29+	59:30+	59:53+	60:16+	60:32+				
01:52+	16:03+	03:56+	04:47+	10:18+	02:27+	04:24+	02:38+	01:25+	02:28+	02:58+	02:50+	02:23+	01:01+	00:23+	00:23+	00:16+				
01:52+	16:03+	03:56+	04:47+	10:18+	02:27+	04:24+	02:38+	01:25+	02:28+	02:58+	02:50+	02:23+	01:01+	00:23+	00:23+	00:16+				
14	Svein Magne Gloppen												1884				1:02:48			
02:06+	07:55+	10:42+	13:35+	25:37+	28:29+	43:20+	45:20+	46:28+	49:13+	52:01+	54:59+	58:46+	61:41+	62:04+	62:24+	62:48+				
02:06+	05:49+	02:47+	02:53+	12:02+	02:52+	14:51+	02:00+	01:08+	02:45+	02:48+	02:58+	03:47+	02:55+	00:23+	00:20+	00:24+				
02:06+	05:49+	02:47+	02:53+	12:02+	02:52+	14:51+	02:00+	01:08+	02:45+	02:48+	02:58+	03:47+	02:55+	00:23+	00:20+	00:24+				
15	Bent Horpestad												722				1:11:13			
01:50+	07:51+	10:35+	16:20+	39:12+	41:28+	46:49+	49:02+	50:55+	55:09+	59:38+	62:33+	69:04+	70:12+	70:35+	70:53+	71:13+				
01:50+	06:01+	02:44+	05:45+	22:52+	02:16+	05:21+	02:13+	01:53+	04:14+	04:29+	02:55+	06:31+	01:08+	00:23+	00:18+	00:20+				
01:50+	06:01+	02:44+	05:45+	22:52+	02:16+	05:21+	02:13+	01:53+	04:14+	04:29+	02:55+	06:31+	01:08+	00:23+	00:18+	00:20+				
Beste strekktid for klassen																				
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
H65																				
1	Paul Terje Haarr												769				40:19			
01:59=	07:27=	10:38=	12:56=	20:14=	21:50=	24:50=	26:53=	28:18=	30:28=	33:04=	35:49=	38:32=	39:32=	39:48=	40:03=	40:19=				
01:59=	05:28=	03:11=	02:18=	07:18=	01:36=	03:00=	02:03=	01:25=	02:10=	02:36=	02:45=	02:43=	01:00=	00:16=	00:15=	00:16=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Morten Johannessen												793				40:59			
01:33-	09:03+	11:13+	13:25+	21:24+	22:54+	25:25+	27:18+	28:13-	30:19-	33:04=	35:33-	38:59+	40:06+	40:25+	40:39+	40:59+				
01:33-	07:30+	02:10-	02:12-	07:59+	01:30-	02:31-	01:53-	00:55-	02:06-	02:45+	02:29-	03:26+	01:07+	00:19+	00:14-	00:20+				
00:26-	02:02%	01:01-	00:06-	00:41+	00:06-	00:29-	00:10-	00:30-	00:04-	00:09+	00:16-	00:43%	00:07#	00:03#	00:01-	00:04#				
3	Sverre Magnar Nordal												1683				50:03			
02:21+	09:58+	12:46+	16:00+	24:27+	27:32+	31:52+	34:30+	35:38+	38:21+	41:30+	44:45+	47:14+	48:49+	49:24+	49:43+	50:03+				
02:21+	07:37+	02:48-	03:14+	08:27+	03:05+	04:20+	02:38+	01:08-	02:43+	03:09+	03:15+	02:29-	01:35+	00:35+	00:19+	00:20+				
00:22#	02:09%	00:23-	00:56%	01:09#	01:29%	01:20%	00:35%	00:17-	00:33%	00:33#	00:30#	00:14-	00:35%	00:19%	00:04%	00:04#				

Plass	Navn				Klasse				Tid			
H65												
4	Ivar Knutsen				1683				53:20			
02:09+	09:45+	12:33+	15:28+	25:37+	27:57+	30:54+	32:58+	39:10+	42:17+	45:36+	48:31+	51:12+
02:09+	07:36+	02:48-	02:55+	10:09+	02:20+	02:57-	02:04+	06:12+	03:07+	03:19+	02:55+	02:41-
00:10+	02:08&	00:23-	00:37&	02:51&	00:44&	00:03-	00:01+	04:47@	00:57&	00:43&	00:10+	00:02-
5	Steinar Barmen				722				59:37			
02:35+	10:25+	13:39+	17:04+	26:35+	29:32+	39:14+	41:58+	43:25+	46:17+	49:12+	52:03+	55:52+
02:35+	07:50+	03:14+	03:25+	09:31+	02:57+	09:42+	02:44+	01:27+	02:52+	02:55+	02:51+	03:49+
02:35+	07:50+	03:14+	03:25+	09:31+	02:57+	09:42+	02:44+	01:27+	02:52+	02:55+	02:51+	03:49+
6	Jan Arendal				1683				1:01:51			
02:20+	08:22+	11:14+	14:37+	25:22+	27:52+	32:22+	42:49+	44:39+	48:03+	51:50+	55:31+	58:42+
02:20+	06:02+	02:52+	03:23+	10:45+	02:30+	04:30+	10:27+	01:50+	03:24+	03:47+	03:41+	03:11+
02:20+	06:02+	02:52+	03:23+	10:45+	02:30+	04:30+	10:27+	01:50+	03:24+	03:47+	03:41+	03:11+
7	Rolf Kleppe				3524				1:13:15			
03:49+	11:43+	15:04+	18:30+	39:23+	41:31+	46:08+	49:36+	51:03+	56:56+	61:00+	65:05+	68:54+
03:49+	07:54+	03:21+	03:26+	20:53+	02:08+	04:37+	03:28+	01:27+	05:53+	04:04+	04:05+	03:49+
03:49+	07:54+	03:21+	03:26+	20:53+	02:08+	04:37+	03:28+	01:27+	05:53+	04:04+	04:05+	03:49+
Beste strekktid for klassen												
= Som klassevinner ,   - raskere,   + senere,   # 10% tap,   & 25% tap,   @ 100% tap.												
H70												
1	Bjørn Martin Alsaker				3530				38:08			
01:43=	05:58=	08:07=	10:19=	18:04=	19:36=	22:14=	23:49=	24:47=	27:25=	30:12=	32:30=	36:03=
01:43=	04:15=	02:09=	02:12=	07:45=	01:32=	02:38=	01:35=	00:58=	02:38=	02:47=	02:18=	03:33=
00:00=	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	Arne Kristian Espedal				874				38:34			
01:32-	05:19-	08:19+	10:04-	20:29+	21:41+	23:47+	25:19+	26:11+	27:56+	31:30+	33:35+	36:43+
01:32-	03:47-	03:00+	01:45-	10:25+	01:12-	02:06-	01:32-	00:52-	01:45-	03:34+	02:05-	03:08-
00:11-	00:28-	00:51&	00:27-	02:40&	00:20-	00:32-	00:03-	00:06-	00:53-	00:47&	00:13-	00:25-
3	Harry Breiland				3507				43:17			
02:03+	07:49+	10:17+	12:46+	20:38+	22:36+	25:14+	28:18+	29:28+	32:03+	35:32+	38:37+	40:57+
02:03+	05:46+	02:28+	02:29+	07:52+	01:58+	02:38=	03:04+	01:10+	02:35-	03:29+	03:05+	02:20-
00:20#	01:31&	00:19#	00:17#	00:07+	00:26&	00:00=	01:29&	00:12#	00:03-	00:42&	00:47&	01:13-
4	Tor Geir Espedal				3530				47:21			
02:01+	07:14+	10:21+	14:11+	23:18+	25:19+	28:51+	31:07+	32:20+	35:19+	38:23+	41:35+	44:42+
02:01+	05:13+	03:07+	03:50+	09:07+	02:01+	03:32+	02:16+	01:13+	02:59+	03:04+	03:12+	03:07-
00:18#	00:58#	00:58&	01:38&	01:22#	00:29&	00:54&	00:41&	00:15&	00:21#	00:17#	00:54&	00:26-
5	Svein Berge				643				49:34			
01:50+	07:10+	09:37+	12:18+	23:05+	24:55+	28:09+	31:05+	32:15+	34:40+	36:55+	44:39+	46:57+
01:50+	05:20+	02:27+	02:41+	10:47+	01:50+	03:14+	02:56+	01:10+	02:25-	02:15-	07:44+	02:18-
00:07+	01:05&	00:18#	00:29#	03:02&	00:18#	00:36#	01:21&	00:12#	00:13-	00:32-	05:26@	01:15-
6	Jan Inge Lunde				1830				49:47			
02:28+	08:20+	11:16+	14:22+	24:54+	27:05+	29:55+	31:53+	33:00+	37:01+	40:39+	43:50+	47:27+
02:28+	05:52+	02:56+	03:06+	10:32+	02:11+	02:50+	01:58+	01:07+	04:01+	03:38+	03:11+	03:37+
00:45&	01:37&	00:47&	00:54&	02:47&	00:39&	00:12+	00:23#	00:09#	01:23&	00:51&	00:53&	00:04+
7	Bjarne Gimre				1830				51:34			
02:34+	08:18+	11:21+	14:13+	23:33+	25:49+	29:04+	31:43+	32:58+	35:49+	40:45+	44:08+	48:58+
02:34+	05:44+	03:03+	02:52+	09:20+	02:16+	03:15+	02:39+	01:15+	02:51+	04:56+	03:23+	04:50+
00:51&	01:29&	00:54&	00:40&	01:35#	00:44&	00:37#	01:04&	00:17&	00:13+	02:09&	01:05&	01:17&
8	Bjørn Bjelland				3541				53:42			
02:32+	08:43+	12:22+	15:31+	24:41+	27:44+	31:22+	33:54+	35:09+	37:59+	43:05+	46:06+	51:04+
02:32+	06:11+	03:39+	03:09+	09:10+	03:03+	03:38+	02:32+	01:15+	02:50+	05:06+	03:01+	04:58+
00:49&	01:56&	01:30&	00:57&	01:25#	01:31&	01:00&	00:57&	00:17&	00:12+	02:19&	00:43&	01:25&

Plass	Navn																Klasse																Tid															
H70																																																

H75

4	Hans Klausen												769	43:51	
02:11-	06:31+	12:42+	14:35+	17:21+	20:51+	23:42+	24:21+	26:29+	36:05+	38:17+	40:59+	42:33+	43:13+	43:51+	
02:11-	04:20+	06:11-	01:53+	02:46-	03:30+	02:51+	00:39-	02:08-	09:36+	02:12+	02:42-	01:34+	00:40-	00:38+	
00:35-	02:38#	01:21-	00:15#	00:26-	00:30#	01:47#	00:17-	00:44-	04:26&	00:21#	00:17-	00:04+	00:06-	00:19&	
5	Leif Gunnar Wikene												1832	44:47	
02:10+	03:35+	17:53+	20:16+	23:55+	27:23+	28:26+	29:18+	32:28+	37:46+	39:47+	42:10+	43:33+	44:24+	44:47+	
02:10+	01:25+	14:18+	02:23+	03:39+	03:28+	01:03+	00:52+	03:10+	05:18+	02:01+	02:23+	01:23+	00:51+	00:23+	
02:10+	01:25+	14:18+	02:23+	03:39+	03:28+	01:03+	00:52+	03:10+	05:18+	02:01+	02:23+	01:23+	00:51+	00:23+	
6	Ole Auklend												885	45:44	
02:41+	04:28+	13:16+	15:09+	18:36+	22:11+	23:32+	24:38+	27:57+	35:33+	38:31+	41:47+	44:03+	45:02+	45:44+	
02:41+	01:47+	08:48+	01:53+	03:27+	03:35+	01:21+	01:06+	03:19+	07:36+	02:58+	03:16+	02:16+	00:59+	00:42+	
02:41+	01:47+	08:48+	01:53+	03:27+	03:35+	01:21+	01:06+	03:19+	07:36+	02:58+	03:16+	02:16+	00:59+	00:42+	
7	Jostein Tunheim												1683	46:38	
01:58+	03:43+	10:14+	11:44+	14:32+	17:25+	18:29+	20:16+	21:44+	29:19+	36:19+	41:46+	44:02+	45:26+	46:15+	46:38+
01:58+	01:45+	06:31+	01:30+	02:48+	02:53+	01:04+	01:47+	01:28+	07:35+	07:00+	05:27+	02:16+	01:24+	00:49+	00:23+
01:58+	01:45+	06:31+	01:30+	02:48+	02:53+	01:04+	01:47+	01:28+	07:35+	07:00+	05:27+	02:16+	01:24+	00:49+	00:23+
8	Kjell Svihus												892	50:44	
02:54+	04:34+	12:13+	21:18+	26:10+	30:04+	31:13+	32:37+	36:00+	43:19+	45:44+	47:54+	49:33+	50:18+	50:44+	
02:54+	01:40+	07:39+	09:05+	04:52+	03:54+	01:09+	01:24+	03:23+	07:19+	02:25+	02:10+	01:39+	00:45+	00:26+	
02:54+	01:40+	07:39+	09:05+	04:52+	03:54+	01:09+	01:24+	03:23+	07:19+	02:25+	02:10+	01:39+	00:45+	00:26+	
9	Norvald Skretting												1832	52:59	
02:32+	04:22+	12:03+	13:48+	17:33+	23:22+	25:23+	26:42+	30:45+	43:05+	45:29+	49:49+	51:34+	52:26+	52:59+	
02:32+	01:50+	07:41+	01:45+	03:45+	05:49+	02:01+	01:19+	04:03+	12:20+	02:24+	04:20+	01:45+	00:52+	00:33+	
02:32+	01:50+	07:41+	01:45+	03:45+	05:49+	02:01+	01:19+	04:03+	12:20+	02:24+	04:20+	01:45+	00:52+	00:33+	
10	Olav A. Hognestad												892	59:46	
02:08+	03:32+	17:14+	18:46+	21:43+	24:48+	25:52+	26:53+	41:25+	47:16+	51:47+	57:07+	58:45+	59:20+	59:46+	
02:08+	01:24+	13:42+	01:32+	02:57+	03:05+	01:04+	01:01+	14:32+	05:51+	04:31+	05:20+	01:38+	00:35+	00:26+	
02:08+	01:24+	13:42+	01:32+	02:57+	03:05+	01:04+	01:01+	14:32+	05:51+	04:31+	05:20+	01:38+	00:35+	00:26+	

Beste strekktid for klassen

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

H80

1	Øyvind Egeskog												880	28:54
02:29=	03:26=	08:19=	11:47=	12:28=	13:17=	17:19=	18:18=	21:32=	23:23=	26:09=	28:08=	28:30=	28:54=	
02:29=	00:57=	04:53=	03:28=	00:41=	00:49=	04:02=	00:59=	03:14=	01:51=	02:46=	01:59=	00:22=	00:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kjell Langvik												1884	28:58
02:42+	03:38+	07:36=	11:02=	11:48=	12:38=	16:31=	17:46=	20:54=	22:38=	26:24+	28:08=	28:36+	28:58+	
02:42+	00:56=	03:58=	03:26=	00:46+	00:50+	03:53=	01:15+	03:08=	01:44=	03:46+	01:44=	00:28+	00:22=	
00:13+	00:01=	00:55=	00:02=	00:05#	00:01+	00:09=	00:16&	00:06=	00:07=	01:00&	00:15=	00:06&	00:02=	
3	Knut Skjæveland												1884	30:58
02:32+	03:44+	08:27+	12:08+	13:05+	13:57+	18:04+	19:44+	23:18+	24:59+	28:25+	30:09+	30:34+	30:58+	
02:32+	01:12+	04:43=	03:41+	00:57+	00:52+	04:07+	01:40+	03:34+	01:41=	03:26+	01:44=	00:25+	00:24=	
00:03+	00:15&	00:10=	00:13+	00:16&	00:03+	00:05+	00:41&	00:20#	00:10=	00:40#	00:15=	00:03#	00:00=	
4	Harald Vatne												2342	39:49
02:45+	03:42+	10:28+	15:22+	16:04+	17:11+	21:58+	23:14+	27:15+	28:58+	36:55+	38:57+	39:27+	39:49+	
02:45+	00:57=	06:46+	04:54+	00:42+	01:07+	04:47+	01:16+	04:01+	01:43=	07:57+	02:02+	00:30+	00:22=	
00:16#	00:00=	01:53&	01:26&	00:01+	00:18&	00:45#	00:17&	00:47#	00:08=	05:11@	00:03+	00:08&	00:02=	
5	Arne Brandsberg												3502	40:04
03:14+	04:45+	10:29+	14:55+	15:45+	16:47+	21:36+	22:52+	27:24+	29:49+	37:14+	38:59+	39:27+	40:04+	
03:14+	01:31+	05:44+	04:26+	00:50+	01:02+	04:49+	01:16+	04:32+	02:25+	07:25+	01:45=	00:28+	00:37+	
00:45&	00:34&	00:51#	00:58&	00:09#	00:13&	00:47#	00:17&	01:18&	00:34&	04:39@	00:14=	00:06&	00:13&	

Plass	Navn			Klasse						Tid				
H80														
6	Svein Glendrange						874						42:12	
02:36+	03:48+	08:15-	12:13+	12:58+	13:53+	18:50+	28:09+	32:04+	34:15+	39:20+	41:05+	41:37+	42:12+	
02:36+	01:12+	04:27-	03:58+	00:45+	00:55+	04:57+	09:19+	03:55+	02:11+	05:05+	01:45-	00:32+	00:35+	
00:07+	00:15&	00:26-	00:30#	00:04+	00:06#	00:55#	08:20@	00:41#	00:20#	02:19&	00:14-	00:10&	00:11&	
7	Tormod Aaslid						3529						42:18	
03:50+	05:20+	10:51+	14:59+	15:47+	17:29+	23:35+	25:40+	33:22+	35:25+	38:47+	41:12+	41:52+	42:18+	
03:50+	01:30+	05:31+	04:08+	00:48+	01:42+	06:06+	02:05+	07:42+	02:03+	03:22+	02:25+	00:40+	00:26+	
03:50+	01:30+	05:31+	04:08+	00:48+	01:42+	06:06+	02:05+	07:42+	02:03+	03:22+	02:25+	00:40+	00:26+	
8	Mangor Eikeland						892						42:28	
03:25+	05:01+	10:55+	16:01+	16:56+	18:02+	23:32+	25:18+	29:36+	31:58+	39:03+	41:13+	41:49+	42:28+	
03:25+	01:36+	05:54+	05:06+	00:55+	01:06+	05:30+	01:46+	04:18+	02:22+	07:05+	02:10+	00:36+	00:39+	
03:25+	01:36+	05:54+	05:06+	00:55+	01:06+	05:30+	01:46+	04:18+	02:22+	07:05+	02:10+	00:36+	00:39+	
9	Alf Gyland						892						44:04	
02:30+	03:49+	11:03+	15:53+	16:34+	24:53+	29:43+	31:20+	35:15+	37:29+	40:56+	42:59+	43:37+	44:04+	
02:30+	01:19+	07:14+	04:50+	00:41+	08:19+	04:50+	01:37+	03:55+	02:14+	03:27+	02:03+	00:38+	00:27+	
02:30+	01:19+	07:14+	04:50+	00:41+	08:19+	04:50+	01:37+	03:55+	02:14+	03:27+	02:03+	00:38+	00:27+	
10	Reidar Liland						3507						48:21	
04:10+	06:03+	15:18+	21:05+	22:07+	23:46+	31:20+	32:59+	38:35+	41:13+	45:09+	47:14+	47:50+	48:21+	
04:10+	01:53+	09:15+	05:47+	01:02+	01:39+	07:34+	01:39+	05:36+	02:38+	03:56+	02:05+	00:36+	00:31+	
04:10+	01:53+	09:15+	05:47+	01:02+	01:39+	07:34+	01:39+	05:36+	02:38+	03:56+	02:05+	00:36+	00:31+	
11	Kjell Audun Maudal						3524						49:03	
05:04+	06:55+	16:12+	21:50+	22:58+	24:44+	32:31+	34:05+	39:28+	42:07+	46:02+	48:06+	48:36+	49:03+	
05:04+	01:51+	09:17+	05:38+	01:08+	01:46+	07:47+	01:34+	05:23+	02:39+	03:55+	02:04+	00:30+	00:27+	
05:04+	01:51+	09:17+	05:38+	01:08+	01:46+	07:47+	01:34+	05:23+	02:39+	03:55+	02:04+	00:30+	00:27+	
12	Albert Moe						3529						54:07	
03:29+	05:00+	10:03+	17:44+	18:40+	25:48+	33:44+	35:45+	41:57+	44:57+	49:14+	52:08+	53:26+	54:07+	
03:29+	01:31+	05:03+	07:41+	00:56+	07:08+	07:56+	02:01+	06:12+	03:00+	04:17+	02:54+	01:18+	00:41+	
03:29+	01:31+	05:03+	07:41+	00:56+	07:08+	07:56+	02:01+	06:12+	03:00+	04:17+	02:54+	01:18+	00:41+	

Beste strekktid for klassen

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

HA

1	Jonas Klaussen Espedal										3522					26:19									
01:17=	04:27=	05:10=	06:24=	07:41=	08:08=	08:33=	09:36=	13:41=	15:13=	17:00=	17:51=	18:28=	19:56=	21:24=	22:38=	23:49=	25:18=	25:43=	25:55=	26:05=	26:19=				
01:17=	03:10=	00:43=	01:14=	01:17=	00:27=	00:25=	01:03=	04:05=	01:32=	01:47=	00:51=	00:37=	01:28=	01:28=	01:14=	01:11=	01:29=	00:25=	00:12=	00:10=	00:14=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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					27:05									
01:15=-	04:54+	05:42+	07:13+	08:39+	09:08+	09:35+	10:41+	15:08+	16:00+	17:21+	18:18+	18:54+	20:24+	22:11+	23:27+	24:35+	26:06+	26:29+	26:42+	26:52+	27:05+				
01:15=-	03:39+	00:48+	01:31+	01:26+	00:29+	00:27+	01:06+	04:27+	00:52=-	01:21=-	00:57+	00:36=-	01:30+	01:47+	01:16+	01:08=-	01:31+	00:23=-	00:13+	00:10=	00:13=-				
00:02=-	00:29#	00:05#	00:17#	00:09#	00:02+	00:02+	00:03+	00:22+	00:40=-	00:26=-	00:06#	00:01=-	00:02+	00:19#	00:02+	00:03=-	00:02+	00:02=-	00:01+	00:00=	00:01=-				
3	Erik Lima										1832					33:55									
01:21+	05:38+	06:28+	08:25+	10:13+	10:55+	11:32+	12:58+	18:04+	19:18+	21:08+	22:47+	23:26+	25:13+	27:10+	28:53+	30:07+	32:39+	33:13+	33:29+	33:42+	33:55+				
01:21+	04:17+	00:50+	01:57+	01:48+	00:42+	00:37+	01:26+	05:06+	01:14=-	01:50+	01:39+	00:39+	01:47+	01:57+	01:43+	01:14+	02:32+	00:34+	00:16+	00:13+	00:13=-				
00:04+	01:07&	00:07#	00:43&	00:31&	00:15&	00:12&	00:23&	01:01#	00:18=-	00:03+	00:48&	00:02+	00:19#	00:29&	00:29&	00:03+	01:03&	00:09&	00:04&	00:03&	00:01=-				
4	Martin Blystad										3530					34:28									
01:22+	05:32+	06:29+	08:15+	09:55+	10:32+	11:09+	12:28+	17:59+	19:50+	21:58+	23:29+	24:23+	26:26+	28:26+	29:59+	31:09+	33:06+	33:34+	33:49+	34:04+	34:28+				
01:22+	04:10+	00:57+	01:46+	01:40+	00:37+	00:37+	01:19+	05:31+	01:51+	02:08+	01:31+	00:54+	02:03+	02:00+	01:33+	01:10=-	01:57+	00:28+	00:15+	00:15+	00:24+				
00:05+	01:00&	00:14&	00:32&	00:23&	00:10&	00:12&	00:16&	01:26&	00:19#	00:21#	00:40&	00:17&	00:35&	00:32&	00:19&	00:01=-	00:28&	00:03#	00:03#	00:05&	00:10&				
5	Kristian Frafjord Haarr										882					35:12									
01:38+	06:14+	07:11+	08:58+	10:52+	11:35+	12:04+	13:20+	20:10+	21:30+	23:23+	24:42+	25:28+	27:14+	29:26+	31:02+	32:14+	34:00+	34:27+	34:41+	34:54+	35:12+				
01:38+	04:36+	00:57+	01:47+	01:54+	00:43+	00:29+	01:16+	06:50+	01:20=-	01:53+	01:19+	00:46+	01:46+	02:12+	01:36+	01:12+	01:46+	00:27+	00:14+	00:13+	00:18+				
00:21&	01:26&	00:14&	00:33&	00:37&	00:16&	00:04#	00:13#	02:45&	00:12=-	00:06+	00:28&	00:09#	00:18#	00:44&	00:22&	00:01+	00:17#	00:02+	00:02#	00:03&	00:04&				

Plass	Navn					Klasse					Tid				
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HA

6	Håkon Eggebø					1284					37:12										
01:33+	06:24+	07:18+	09:21+	11:01+	11:47+	12:28+	13:57+	19:34+	20:58+	23:35+	25:19+	26:26+	28:22+	30:29+	32:14+	33:29+	35:57+	36:31+	36:45+	36:59+	37:12+
01:33+	04:51+	00:54+	02:03+	01:40+	00:46+	00:41+	01:29+	05:37+	01:24-	02:37+	01:44+	01:07+	01:56+	02:07+	01:45+	01:15+	02:28+	00:34+	00:14+	00:14+	00:13-
00:16#	01:41&	00:11&	00:49&	00:23&	00:19&	00:16&	00:26&	01:32&	00:08-	00:50&	00:53@	00:30&	00:28&	00:39&	00:31&	00:04+	00:59&	00:09&	00:02#	00:04&	00:01-
7	Ole Morten Haaland					3528					37:41										
01:36+	05:59+	06:58+	08:49+	10:38+	11:23+	11:57+	13:34+	20:15+	21:50+	24:57+	26:43+	27:36+	29:41+	31:59+	33:35+	34:57+	36:34+	37:04+	37:16+	37:29+	37:41+
01:36+	04:23+	00:59+	01:51+	01:49+	00:45+	00:34+	01:37+	06:41+	01:35+	03:07+	01:46+	00:53+	02:05+	02:18+	01:36+	01:22+	01:37+	00:30+	00:12+	00:13+	00:12+
01:36+	04:23+	00:59+	01:51+	01:49+	00:45+	00:34+	01:37+	06:41+	01:35+	03:07+	01:46+	00:53+	02:05+	02:18+	01:36+	01:22+	01:37+	00:30+	00:12+	00:13+	00:12+
8	Torbjørn Fuglestad					878					37:53										
01:28+	05:57+	06:51+	08:30+	10:13+	10:49+	11:32+	12:49+	23:01+	24:16+	26:24+	27:38+	28:21+	30:07+	32:03+	33:44+	34:58+	36:49+	37:16+	37:31+	37:42+	37:53+
01:28+	04:29+	00:54+	01:39+	01:43+	00:36+	00:43+	01:17+	10:12+	01:15+	02:08+	01:14+	00:43+	01:46+	01:56+	01:41+	01:14+	01:51+	00:27+	00:15+	00:11+	00:11+
01:28+	04:29+	00:54+	01:39+	01:43+	00:36+	00:43+	01:17+	10:12+	01:15+	02:08+	01:14+	00:43+	01:46+	01:56+	01:41+	01:14+	01:51+	00:27+	00:15+	00:11+	00:11+
9	Lars Erik Malde					3676					39:30										
01:12+	05:07+	06:05+	08:22+	10:00+	10:46+	11:14+	12:36+	18:24+	20:07+	26:37+	29:43+	30:28+	32:22+	34:23+	35:49+	36:58+	38:29+	38:56+	39:11+	39:19+	39:30+
01:12+	03:55+	00:58+	02:17+	01:38+	00:46+	00:28+	01:22+	05:48+	01:43+	06:30+	03:06+	00:45+	01:54+	02:01+	01:26+	01:09+	01:31+	00:27+	00:15+	00:08+	00:11+
01:12+	03:55+	00:58+	02:17+	01:38+	00:46+	00:28+	01:22+	05:48+	01:43+	06:30+	03:06+	00:45+	01:54+	02:01+	01:26+	01:09+	01:31+	00:27+	00:15+	00:08+	00:11+
10	Joar Øverland					1683					40:38										
01:27+	05:52+	06:49+	08:36+	10:26+	12:22+	12:51+	14:20+	26:20+	27:17+	29:02+	30:04+	31:09+	32:47+	34:48+	36:26+	37:42+	39:26+	39:56+	40:11+	40:23+	40:38+
01:27+	04:25+	00:57+	01:47+	01:50+	01:56+	00:29+	01:29+	12:00+	00:57+	01:45+	01:02+	01:05+	01:38+	02:01+	01:38+	01:16+	01:44+	00:30+	00:15+	00:12+	00:15+
01:27+	04:25+	00:57+	01:47+	01:50+	01:56+	00:29+	01:29+	12:00+	00:57+	01:45+	01:02+	01:05+	01:38+	02:01+	01:38+	01:16+	01:44+	00:30+	00:15+	00:12+	00:15+

Beste strekktid for klassen

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

HB

1	Aart Joakim in't Veld										1884					32:23									
01:16=	05:33=	06:23=	07:46=	09:23=	10:07=	10:39=	11:49=	17:53=	18:52=	19:56=	21:36=	22:45=	23:26=	25:05=	27:02=	28:28=	29:34=	31:14=	31:38=	31:53=	32:06=	32:23=			
00:16=	04:17=	00:50=	01:23=	01:37=	00:44=	00:32=	01:10=	06:04=	00:59=	01:04=	01:40=	01:09=	00:41=	01:39=	01:57=	01:26=	01:06=	01:40=	00:24=	00:15=	00:13=	00:17=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Oddvar Taksdal										3522					32:44									
01:25+	05:31-	06:24+	08:08+	09:45+	10:23+	11:02+	12:31+	17:33-	19:04+	20:55+	22:01+	22:49+	25:04+	27:00+	28:43+	29:54+	31:37+	32:02+	32:17+	32:28+	32:44+				
01:25+	04:06-	00:53+	01:44+	01:37=	00:38-	00:39+	01:29+	05:02-	01:31+	01:51+	01:06-	00:48-	02:15+	01:56+	01:43-	01:11-	01:43+	00:25-	00:15-	00:11-	00:16+				
00:09#	00:11-	00:03+	00:21&	00:00=	00:06-	00:07#	00:19&	01:02-	00:32&	00:47&	00:34-	00:21-	01:34@	00:17#	00:14-	00:15-	00:37&	01:15-	00:09-	00:04-	00:03#				
3	Arne Eirik Nielsen										3588					33:16									
01:17+	05:03-	05:55-	07:35-	09:18-	09:53-	10:27-	11:44-	17:47-	19:12+	21:27+	22:45+	23:38+	25:17+	27:19+	28:50+	30:03+	32:03+	32:32+	32:46+	32:59+	33:16+				
01:17+	03:46-	00:52+	01:40+	01:43+	00:35-	00:34+	01:17+	06:03-	01:25+	02:15+	01:18-	00:53-	01:39+	02:02+	01:31-	01:13-	02:00+	00:29-	00:14-	00:13-	00:17+				
00:01+	00:31-	00:02+	00:17#	00:06+	00:09-	00:02+	00:07#	00:01-	00:26&	01:11@	00:22-	00:16-	00:58@	00:23#	00:26-	00:13-	00:54&	01:11-	00:10-	00:02-	00:04&				
4	Per Christian Munkhaug										3516					34:39									
01:24+	05:29-	06:31+	07:59+	09:36+	10:10+	10:41+	12:05+	18:37+	21:16+	23:19+	24:37+	25:20+	26:57+	29:02+	30:35+	31:53+	33:28+	33:59+	34:15+	34:25+	34:39+				
01:24+	04:05-	01:02+	01:28+	01:37=	00:34-	00:31-	01:24+	06:32+	02:39+	02:03+	01:18-	00:43-	01:37+	02:05+	01:33-	01:18-	01:35+	00:31-	00:16-	00:10-	00:14+				
00:08#	00:12-	00:12#	00:05+	00:00=	00:10-	00:01-	00:14#	00:28+	01:40@	00:59&	00:22-	00:26-	00:56@	00:26&	00:24-	00:08-	00:29&	01:09-	00:08-	00:05-	00:01+				
5	Tor Gunnar Aksland										1683					34:59									
01:26+	05:57+	06:51+	08:42+	10:37+	11:16+	11:48+	13:20+	18:48+	20:01+	22:11+	23:26+	24:22+	26:02+	28:06+	29:47+	31:04+	33:46+	34:11+	34:28+	34:43+	34:59+				
01:26+	04:31+	00:54+	01:51+	01:55+	00:39-	00:32=	01:32+	05:28-	01:13+	02:10+	01:15-	00:56-	01:40+	02:04+	01:41-	01:17-	02:42+	00:25-	00:17-	00:15=	00:16+				
00:10#	00:14+	00:04+	00:28&	00:18#	00:05-	00:00=	00:22&	00:36-	00:14#	01:06@	00:25-	00:13-	00:59@	00:25&	00:16-	00:09-	01:36@	01:15-	00:07-	00:00=	00:03#				
6	Geir Sand										722					37:07									
01:14-	05:09-	06:01-	07:46=	09:32+	10:26+	10:59+	12:27+	17:20-	18:55+	24:42+	26:20+	27:36+	29:23+	31:29+	33:00+	34:13+	36:10+	36:31+	36:44+	36:54+	37:07+				
01:14-	03:55-	00:52+	01:45+	01:46+	00:54+	00:33+	01:28+	04:53-	01:35+	05:47+	01:38-	01:16+	01:47+	02:06+	01:31-	01:13-	01:57+	00:21-	00:13-	00:10-	00:13=				
00:02-	00:22-	00:02+	00:22&	00:09+	00:10#	00:01+	00:18&	01:11-	00:36&	04:43@	00:02-	00:07#	01:06@	00:27&	00:26-	00:13-	00:51&	01:19-	00:11-	00:05-	00:00=				
7	Oddgeir Eikeskog										1884					37:16									
01:34+	05:48+	06:47+	08:33+	10:22+	10:58+	11:45+	13:04+	19:50+	20:57+	23:02+	24:53+	25:50+	27:40+	30:12+	31:54+	33:08+	36:02+	36:32+	36:46+	36:59+	37:16+				
01:34+	04:14-	00:59+	01:46+	01:49+	00:36-	00:47+	01:19+	06:46+	01:07+	02:05+	01:51+	00:57-	01:50+	02:32+	01:42-	01:14-	02:54+	00:30-	00:14-	00:13-	00:17+				
00:18#	00:03-	00:09#	00:23&	00:12#	00:08-	00:15&	00:09#	00:42#	00:08#	01:01&	00:11#	00:12-	01:09@	00:53&	00:15-	00:12-	01:48@	01:10-	00:10-	00:02-	00:04&				



Plass	Navn				Klasse				Tid			
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HB

8	Pontus Christensson					1884					37:34											
01:22+	05:11-	06:01-	07:38-	09:12-	09:58-	10:27-	11:41-	18:16+	19:49+	22:37+	24:09+	24:58+	30:03+	32:14+	33:48+	34:53+	36:16+	36:46+	37:06+	37:18+	37:34+	
01:22+	03:49-	00:50=	01:37+	01:34-	00:46+	00:29-	01:14+	06:35+	01:33+	02:48+	01:32-	00:49-	05:05+	02:11+	01:34-	01:05-	01:23+	00:30-	00:20-	00:12-	00:16+	
00:06+	00:28-	00:00=	00:14#	00:03-	00:02+	00:03-	00:04+	00:31+	00:34&	01:44&	00:08-	00:20-	04:24&	00:32&	00:23-	00:21-	00:17&	01:10-	00:04-	00:03-	00:03#	
9	Torgeir Nevland					3522					37:50											
01:28+	06:21+	07:15+	08:53+	10:37+	11:13+	11:43+	13:20+	21:35+	22:45+	26:02+	27:16+	28:49+	30:23+	32:18+	33:41+	34:53+	36:39+	37:05+	37:19+	37:34+	37:50+	
01:28+	04:53+	00:54+	01:38+	01:44+	00:36+	00:30+	01:37+	08:15+	01:10+	03:17+	01:14+	01:33+	01:34+	01:55+	01:23+	01:12+	01:46+	00:26+	00:14+	00:15+	00:16+	
01:28+	04:53+	00:54+	01:38+	01:44+	00:36+	00:30+	01:37+	08:15+	01:10+	03:17+	01:14+	01:33+	01:34+	01:55+	01:23+	01:12+	01:46+	00:26+	00:14+	00:15+	00:16+	
10	Torbjørn Ims Østby					3507					39:04											
01:23+	05:53+	06:52+	08:50+	10:49+	11:37+	12:12+	13:40+	20:01+	21:47+	24:19+	26:12+	27:10+	29:31+	32:00+	33:56+	35:17+	37:37+	38:14+	38:31+	38:46+	39:04+	
01:23+	04:30+	00:59+	01:58+	01:59+	00:48+	00:35+	01:28+	06:21+	01:46+	02:32+	01:53+	00:58+	02:21+	02:29+	01:56+	01:21+	02:20+	00:37+	00:17+	00:15+	00:18+	
01:23+	04:30+	00:59+	01:58+	01:59+	00:48+	00:35+	01:28+	06:21+	01:46+	02:32+	01:53+	00:58+	02:21+	02:29+	01:56+	01:21+	02:20+	00:37+	00:17+	00:15+	00:18+	
11	Joar Eilevstjønn					2342					40:42											
01:19+	05:41+	06:36+	08:24+	10:04+	10:46+	11:17+	12:46+	26:05+	27:09+	29:00+	30:17+	31:05+	31:35+	33:08+	34:52+	36:22+	37:54+	39:37+	40:04+	40:16+	40:28+	40:42+
01:19+	04:22+	00:55+	01:48+	01:40+	00:42+	00:31+	01:29+	13:19+	01:04+	01:51+	01:17+	00:48+	00:30+	01:33+	01:44+	01:30+	01:32+	01:43+	00:27+	00:12+	00:12+	00:14+
01:19+	04:22+	00:55+	01:48+	01:40+	00:42+	00:31+	01:29+	13:19+	01:04+	01:51+	01:17+	00:48+	00:30+	01:33+	01:44+	01:30+	01:32+	01:43+	00:27+	00:12+	00:12+	00:14+
12	Lars Terje Vaaland					1683					58:51											
02:13+	09:29+	11:04+	14:35+	18:18+	19:09+	19:54+	23:02+	30:51+	32:52+	37:27+	40:07+	41:35+	44:17+	47:15+	49:54+	51:46+	54:44+	57:52+	58:15+	58:32+	58:51+	
02:13+	07:16+	01:35+	03:31+	03:43+	00:51+	00:45+	03:08+	07:49+	02:01+	04:35+	02:40+	01:28+	02:42+	02:58+	02:39+	01:52+	02:58+	03:08+	00:23+	00:17+	00:19+	
02:13+	07:16+	01:35+	03:31+	03:43+	00:51+	00:45+	03:08+	07:49+	02:01+	04:35+	02:40+	01:28+	02:42+	02:58+	02:39+	01:52+	02:58+	03:08+	00:23+	00:17+	00:19+	

Beste strekktid for klassen

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

HC

1	Jan-Einar Øvremo						1119						32:51							
01:16=	06:10=	07:08=	08:54=	10:40=	11:11=	12:40=	18:01=	19:32=	21:27=	22:44=	23:34=	25:46=	27:49=	29:34=	30:26=	32:08=	32:36=	32:51=		
01:16=	04:54=	00:58=	01:46=	01:46=	00:31=	01:29=	05:21=	01:31=	01:55=	01:17=	00:50=	02:12=	02:03=	01:45=	00:52=	01:42=	00:28=	00:15=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Stein Arne Olsen						874						34:48							
01:24+	06:22+	07:22+	09:19+	11:05+	11:42+	13:31+	19:25+	20:51+	23:26+	24:55+	25:40+	27:47+	29:53+	31:34+	32:24+	34:03+	34:30+	34:48+		
01:24+	04:58+	01:00+	01:57+	01:46=	00:37+	01:49+	05:54+	01:26-	02:35+	01:29+	00:45-	02:07-	02:06+	01:41-	00:50-	01:39-	00:27-	00:18+		
00:08#	00:04+	00:02+	00:11#	00:00=	00:06#	00:20#	00:33#	00:05-	00:40&	00:12#	00:05-	00:05-	00:03+	00:04-	00:02-	00:03-	00:01-	00:03#		
3	Kjetil Wirak						3486						36:34							
01:15-	05:57-	07:07-	09:35+	12:35+	13:04+	14:30+	21:36+	22:55+	24:49+	26:08+	27:06+	29:48+	31:44+	33:19+	34:11+	35:46+	36:18+	36:34+		
01:15-	04:42-	01:10+	02:28+	03:00+	00:29-	01:26-	07:06+	01:19-	01:54-	01:19+	00:58+	02:42+	01:56-	01:35-	00:52=	01:35-	00:32+	00:16+		
00:01-	00:12-	00:12#	00:42&	01:14&	00:02-	00:03-	01:45&	00:12-	00:01-	00:02+	00:08#	00:30#	00:07-	00:10-	00:00=	00:07-	00:04#	00:01+		
4	Øyvind Rummelhoff						882						36:57							
01:24+	06:43+	07:44+	09:47+	11:44+	12:20+	13:50+	20:20+	21:49+	24:35+	26:29+	27:23+	29:21+	31:25+	33:16+	34:15+	36:12+	36:40+	36:57+		
01:24+	05:19+	01:01+	02:03+	01:57+	00:36+	01:30+	06:30+	01:29-	02:46+	01:54+	00:54+	01:58-	02:04+	01:51+	00:59+	01:57+	00:28=	00:17+		
00:08#	00:25+	00:03+	00:17#	00:11#	00:05#	00:01+	01:09#	00:02-	00:51&	00:37&	00:04+	00:14-	00:01+	00:06+	00:07#	00:15#	00:00=	00:02#		
5	Leif Kjetil Hinna Gausel						1683						37:08							
01:23+	06:20+	07:18+	09:13+	11:00+	11:33+	13:04+	19:36+	20:59+	24:31+	26:00+	26:53+	29:11+	31:29+	33:07+	34:12+	36:24+	36:52+	37:08+		
01:23+	04:57+	00:58=	01:55+	01:47+	00:33+	01:31+	06:32+	01:23-	03:32+	01:29+	00:53+	02:18+	02:18+	01:38-	01:05+	02:12+	00:28=	00:16+		
00:07+	00:03+	00:00=	00:09+	00:01+	00:02+	00:02+	01:11#	00:08-	01:37&	00:12#	00:03+	00:06+	00:15#	00:07-	00:13#	00:30&	00:00=	00:01+		
6	Oddmund Nordgård						722						39:40							
01:27+	07:11+	08:11+	10:07+	12:14+	13:01+	15:09+	21:35+	23:25+	26:02+	27:54+	29:25+	31:45+	34:24+	36:15+	37:07+	38:58+	39:26+	39:40+		
01:27+	05:44+	01:00+	01:56+	02:07+	00:47+	02:08+	06:26+	01:50+	02:37+	01:52+	01:31+	02:20+	02:39+	01:51+	00:52=	01:51+	00:28=	00:14-		
00:11#	00:50#	00:02+	00:10+	00:21#	00:16&	00:39&	01:05#	00:19#	00:42&	00:35&	00:41&	00:08+	00:36&	00:06+	00:00=	00:09+	00:00=	00:01-		
7	Terje Michaelsen						3511						39:45							
01:22+	07:05+	07:58+	09:47+	11:37+	12:10+	13:27+	24:27+	25:26+	27:22+	28:58+	29:48+	31:47+	33:49+	35:39+	36:39+	39:02+	39:30+	39:45+		
01:22+	05:43+	00:53-	01:49+	01:50+	00:33+	01:17-	11:00+	00:59-	01:56+	01:36+	00:50=	01:59-	02:02-	01:50+	01:00+	02:23+	00:28=	00:15=		
00:06+	00:49#	00:05-	00:03+	00:04+	00:02+	00:12-	05:39@	00:32-	00:01+	00:19#	00:00=	00:13-	00:01-	00:05+	00:08#	00:41&	00:00=	00:00=		

Plass	Navn										Klasse	Tid									
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HC

8	Svein Oddvar Netland										1683	40:07									
	01:30+	07:27+	08:30+	11:09+	13:55+	14:26+	16:19+	22:07+	23:50+	26:46+	28:32+	29:49+	32:18+	34:37+	36:38+	37:36+	39:23+	39:52+	40:07+		
	01:30+	05:57+	01:03+	02:39+	02:46+	00:31=	01:53+	05:48+	01:43+	02:56+	01:46+	01:17+	02:29+	02:19+	02:01+	00:58+	01:47+	00:29+	00:15=		
	00:14#	01:03#	00:05+	00:53&	01:00&	00:00=	00:24&	00:27+	00:12#	01:01&	00:29&	00:27&	00:17#	00:16#	00:16#	00:06#	00:05+	00:01+	00:00=		
9	Pål Bårdsen										3497	40:23									
	01:33+	06:46+	07:49+	10:36+	12:44+	13:20+	14:54+	20:48+	23:23+	25:59+	27:55+	28:57+	31:17+	34:01+	36:23+	37:21+	39:34+	40:05+	40:23+		
	01:33+	05:13+	01:03+	02:47+	02:08+	00:36+	01:34+	05:54+	02:35+	02:36+	01:56+	01:02+	02:20+	02:44+	02:22+	00:58+	02:13+	00:31+	00:18+		
	01:33+	05:13+	01:03+	02:47+	02:08+	00:36+	01:34+	05:54+	02:35+	02:36+	01:56+	01:02+	02:20+	02:44+	02:22+	00:58+	02:13+	00:31+	00:18+		
10	Eivind Lie										1683	40:57									
	01:15+	06:13+	07:06+	09:27+	11:19+	11:59+	14:11+	19:38+	21:22+	25:13+	27:54+	28:45+	32:09+	34:19+	36:07+	37:10+	40:06+	40:39+	40:57+		
	01:15+	04:58+	00:53+	02:21+	01:52+	00:40+	02:12+	05:27+	01:44+	03:51+	02:41+	00:51+	03:24+	02:10+	01:48+	01:03+	02:56+	00:33+	00:18+		
	01:15+	04:58+	00:53+	02:21+	01:52+	00:40+	02:12+	05:27+	01:44+	03:51+	02:41+	00:51+	03:24+	02:10+	01:48+	01:03+	02:56+	00:33+	00:18+		
11	Pål H. Gjerden										1683	41:01									
	01:27+	06:21+	07:30+	09:40+	11:59+	12:47+	15:16+	21:51+	23:21+	25:32+	27:11+	28:07+	30:25+	34:29+	36:37+	37:34+	40:05+	40:41+	41:01+		
	01:27+	04:54+	01:09+	02:10+	02:19+	00:48+	02:29+	06:35+	01:30+	02:11+	01:39+	00:56+	02:18+	04:04+	02:08+	00:57+	02:31+	00:36+	00:20+		
	01:27+	04:54+	01:09+	02:10+	02:19+	00:48+	02:29+	06:35+	01:30+	02:11+	01:39+	00:56+	02:18+	04:04+	02:08+	00:57+	02:31+	00:36+	00:20+		
12	Øivind Berggraf										1683	42:52									
	01:28+	06:52+	08:01+	10:22+	12:55+	13:32+	15:36+	22:29+	24:23+	28:21+	30:34+	31:40+	34:23+	36:53+	38:50+	39:49+	42:04+	42:33+	42:52+		
	01:28+	05:24+	01:09+	02:21+	02:33+	00:37+	02:04+	06:53+	01:54+	03:58+	02:13+	01:06+	02:43+	02:30+	01:57+	00:59+	02:15+	00:29+	00:19+		
	01:28+	05:24+	01:09+	02:21+	02:33+	00:37+	02:04+	06:53+	01:54+	03:58+	02:13+	01:06+	02:43+	02:30+	01:57+	00:59+	02:15+	00:29+	00:19+		
13	Per Olav Haarr										769	43:42									
	01:23+	06:11+	07:09+	08:54+	10:46+	11:24+	13:02+	24:49+	26:06+	28:29+	33:28+	34:16+	36:14+	38:51+	40:29+	41:17+	42:57+	43:26+	43:42+		
	01:23+	04:48+	00:58+	01:45+	01:52+	00:38+	01:38+	11:47+	01:17+	02:23+	04:59+	00:48+	01:58+	02:37+	01:38+	00:48+	01:40+	00:29+	00:16+		
	01:23+	04:48+	00:58+	01:45+	01:52+	00:38+	01:38+	11:47+	01:17+	02:23+	04:59+	00:48+	01:58+	02:37+	01:38+	00:48+	01:40+	00:29+	00:16+		
14	Thomas Schanke Eikum										769	52:39									
	01:41+	06:30+	07:56+	09:40+	12:37+	13:06+	15:07+	33:40+	34:41+	37:06+	39:46+	40:19+	42:52+	46:34+	48:29+	49:26+	51:50+	52:22+	52:39+		
	01:41+	04:49+	01:26+	01:44+	02:57+	00:29+	02:01+	18:33+	01:01+	02:25+	02:40+	00:33+	02:33+	03:42+	01:55+	00:57+	02:24+	00:32+	00:17+		
	01:41+	04:49+	01:26+	01:44+	02:57+	00:29+	02:01+	18:33+	01:01+	02:25+	02:40+	00:33+	02:33+	03:42+	01:55+	00:57+	02:24+	00:32+	00:17+		
15	Ove Oaland										1683	1:01:02									
	01:48+	08:49+	10:26+	13:28+	16:15+	17:06+	25:21+	37:07+	39:53+	42:48+	44:44+	45:57+	50:02+	53:40+	56:12+	57:24+	60:03+	60:41+	61:02+		
	01:48+	07:01+	01:37+	03:02+	02:47+	00:51+	08:15+	11:46+	02:46+	02:55+	01:56+	01:13+	04:05+	03:38+	02:32+	01:12+	02:39+	00:38+	00:21+		
	01:48+	07:01+	01:37+	03:02+	02:47+	00:51+	08:15+	11:46+	02:46+	02:55+	01:56+	01:13+	04:05+	03:38+	02:32+	01:12+	02:39+	00:38+	00:21+		

Beste strekktid for klassen

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

HNY

1	Arild Opstad										3529	32:26									
	01:55=	05:39=	08:57=	13:10=	14:16=	18:15=	23:29=	26:55=	30:25=	31:57=	32:26=										
	01:55=	03:44=	03:18=	04:13=	01:06=	03:59=	05:14=	03:26=	03:30=	01:32=	00:29=										
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Marius Usvaltas										3529	36:35									
	01:44-	06:10+	09:05+	17:09+	18:41+	21:55+	28:02+	31:48+	35:20+	36:13+	36:35+										
	01:44-	04:26+	02:55-	08:04+	01:32+	03:14-	06:07+	03:46+	03:32+	00:53-	00:22-										
	00:11-	00:42#	00:23-	03:51&	00:26&	00:45-	00:53#	00:20+	00:02+	00:39-	00:07-										

Beste strekktid for klassen

01:44 03:44 02:55 04:13 01:06 03:14 05:14 03:26 03:30 00:53 00:22

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

HT

Plass	Navn						Klasse						Tid					
HT																		
1	Adam Alfred Brennhaugen						3512						19:02					
01:28=	02:11=	05:08=	07:27=	07:54=	08:35=	11:36=	12:11=	14:29=	15:45=	17:42=	18:36=	18:48=	19:02=					
01:28=	00:43=	02:57=	02:19=	00:27=	00:41=	03:01=	00:35=	02:18=	01:16=	01:57=	00:54=	00:12=	00:14=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Hans Østebø						793						19:27					
01:17+	01:52+	04:12+	06:09+	06:34+	07:43+	10:04+	10:52+	13:01+	14:00+	18:18+	19:02+	19:16+	19:27+					
01:17+	00:35+	02:20+	01:57+	00:25+	01:09+	02:21+	00:48+	02:09+	00:59+	04:18+	00:44+	00:14+	00:11+					
01:17+	00:35+	02:20+	01:57+	00:25+	01:09+	02:21+	00:48+	02:09+	00:59+	04:18+	00:44+	00:14+	00:11+					
3	Anders Frøytlø						3502						21:17					
01:27+	02:14+	05:01+	07:44+	08:11+	08:40+	11:19+	12:03+	16:15+	17:29+	19:31+	20:48+	21:03+	21:17+					
01:27+	00:47+	02:47+	02:43+	00:27+	00:29+	02:39+	00:44+	04:12+	01:14+	02:02+	01:17+	00:15+	00:14+					
01:27+	00:47+	02:47+	02:43+	00:27+	00:29+	02:39+	00:44+	04:12+	01:14+	02:02+	01:17+	00:15+	00:14+					
4	Kristian Henriksen						793						21:24					
02:09+	02:58+	06:03+	08:41+	09:08+	09:40+	12:19+	13:24+	15:20+	16:30+	19:32+	20:44+	21:09+	21:24+					
02:09+	00:49+	03:05+	02:38+	00:27+	00:32+	02:39+	01:05+	01:56+	01:10+	03:02+	01:12+	00:25+	00:15+					
02:09+	00:49+	03:05+	02:38+	00:27+	00:32+	02:39+	01:05+	01:56+	01:10+	03:02+	01:12+	00:25+	00:15+					
5	Arne Magne Søndresen						722						21:35					
01:50+	02:44+	05:49+	08:24+	08:55+	09:34+	12:46+	13:41+	16:23+	17:48+	19:47+	20:56+	21:13+	21:35+					
01:50+	00:54+	03:05+	02:35+	00:31+	00:39+	03:12+	00:55+	02:42+	01:25+	01:59+	01:09+	00:17+	00:22+					
01:50+	00:54+	03:05+	02:35+	00:31+	00:39+	03:12+	00:55+	02:42+	01:25+	01:59+	01:09+	00:17+	00:22+					
6	Finn Otto Tveit						3507						21:44					
01:56+	02:44+	05:50+	08:44+	09:15+	09:58+	12:51+	13:43+	16:24+	18:02+	20:06+	21:09+	21:28+	21:44+					
01:56+	00:48+	03:06+	02:54+	00:31+	00:43+	02:53+	00:52+	02:41+	01:38+	02:04+	01:03+	00:19+	00:16+					
01:56+	00:48+	03:06+	02:54+	00:31+	00:43+	02:53+	00:52+	02:41+	01:38+	02:04+	01:03+	00:19+	00:16+					
7	Sjur Bjerke						3525						22:43					
02:01+	02:48+	05:52+	08:41+	09:10+	10:03+	13:02+	14:09+	16:57+	18:27+	20:54+	22:07+	22:22+	22:43+					
02:01+	00:47+	03:04+	02:49+	00:29+	00:53+	02:59+	01:07+	02:48+	01:30+	02:27+	01:13+	00:15+	00:21+					
02:01+	00:47+	03:04+	02:49+	00:29+	00:53+	02:59+	01:07+	02:48+	01:30+	02:27+	01:13+	00:15+	00:21+					
8	Per Olof Wallerstedt						3516						22:55					
01:26+	02:07+	06:11+	08:47+	09:37+	10:18+	12:57+	14:16+	17:14+	18:29+	21:17+	22:23+	22:37+	22:55+					
01:26+	00:41+	04:04+	02:36+	00:50+	00:41+	02:39+	01:19+	02:58+	01:15+	02:48+	01:06+	00:14+	00:18+					
01:26+	00:41+	04:04+	02:36+	00:50+	00:41+	02:39+	01:19+	02:58+	01:15+	02:48+	01:06+	00:14+	00:18+					
9	Svein Erik Bjørnsen						1376						23:08					
01:51+	02:38+	06:40+	09:25+	09:56+	10:52+	14:11+	15:11+	17:28+	18:46+	21:14+	22:34+	22:50+	23:08+					
01:51+	00:47+	04:02+	02:45+	00:31+	00:56+	03:19+	01:00+	02:17+	01:18+	02:28+	01:20+	00:16+	00:18+					
01:51+	00:47+	04:02+	02:45+	00:31+	00:56+	03:19+	01:00+	02:17+	01:18+	02:28+	01:20+	00:16+	00:18+					
10	Aksel Kleppa Hartmann						793						23:16					
01:38+	02:25+	06:03+	08:29+	08:57+	09:34+	13:11+	14:45+	17:12+	18:57+	21:39+	22:49+	23:02+	23:16+					
01:38+	00:47+	03:38+	02:26+	00:28+	00:37+	03:37+	01:34+	02:27+	01:45+	02:42+	01:10+	00:13+	00:14+					
01:38+	00:47+	03:38+	02:26+	00:28+	00:37+	03:37+	01:34+	02:27+	01:45+	02:42+	01:10+	00:13+	00:14+					
11	Christian Nilsen						3525						24:43					
02:08+	03:00+	06:04+	09:18+	10:02+	10:39+	14:13+	15:35+	18:23+	20:03+	22:50+	24:07+	24:22+	24:43+					
02:08+	00:52+	03:04+	03:14+	00:44+	00:37+	03:34+	01:22+	02:48+	01:40+	02:47+	01:17+	00:15+	00:21+					
02:08+	00:52+	03:04+	03:14+	00:44+	00:37+	03:34+	01:22+	02:48+	01:40+	02:47+	01:17+	00:15+	00:21+					
12	Arild Svihus						892						25:19					
02:04+	03:03+	06:40+	09:54+	10:28+	11:36+	14:58+	15:50+	19:23+	20:50+	23:22+	24:44+	25:03+	25:19+					
02:04+	00:59+	03:37+	03:14+	00:34+	01:08+	03:22+	00:52+	03:33+	01:27+	02:32+	01:22+	00:19+	00:16+					
02:04+	00:59+	03:37+	03:14+	00:34+	01:08+	03:22+	00:52+	03:33+	01:27+	02:32+	01:22+	00:19+	00:16+					
13	Håvard Stensland						3503						26:08					
01:50+	02:38+	05:48+	12:33+	12:57+	13:34+	16:35+	17:49+	20:22+	21:41+	24:18+	25:35+	25:52+	26:08+					
01:50+	00:48+	03:10+	06:45+	00:24+	00:37+	03:01+	01:14+	02:33+	01:19+	02:37+	01:17+	00:17+	00:16+					
01:50+	00:48+	03:10+	06:45+	00:24+	00:37+	03:01+	01:14+	02:33+	01:19+	02:37+	01:17+	00:17+	00:16+					
14	Lars Salvesen						1119						26:18					
02:10+	03:00+	07:04+	10:00+	10:29+	11:10+	15:36+	16:36+	20:20+	21:54+	24:09+	25:25+	26:00+	26:18+					
02:10+	00:50+	04:04+	02:56+	00:29+	00:41+	04:26+	01:00+	03:44+	01:34+	02:15+	01:16+	00:35+	00:18+					
02:10+	00:50+	04:04+	02:56+	00:29+	00:41+	04:26+	01:00+	03:44+	01:34+	02:15+	01:16+	00:35+	00:18+					

Plass	Navn			Klasse							Tid						
HT																	
15	Tore Stensland			3529							26:52						
01:51+	02:46+	06:48+	11:51+	12:34+	13:20+	16:36+	17:41+	19:47+	21:24+	24:52+	26:15+	26:30+	26:52+				
01:51+	00:55+	04:02+	05:03+	00:43+	00:46+	03:16+	01:05+	02:06+	01:37+	03:28+	01:23+	00:15+	00:22+				
01:51+	00:55+	04:02+	05:03+	00:43+	00:46+	03:16+	01:05+	02:06+	01:37+	03:28+	01:23+	00:15+	00:22+				
16	Nils Egil Lie			3548							27:20						
01:57+	03:01+	06:04+	09:43+	10:10+	11:05+	14:40+	15:52+	18:43+	20:44+	25:31+	26:45+	27:00+	27:20+				
01:57+	01:04+	03:03+	03:39+	00:27+	00:55+	03:35+	01:12+	02:51+	02:01+	04:47+	01:14+	00:15+	00:20+				
01:57+	01:04+	03:03+	03:39+	00:27+	00:55+	03:35+	01:12+	02:51+	02:01+	04:47+	01:14+	00:15+	00:20+				
17	Bruno Pierfelice			3519							28:29						
02:14+	03:12+	06:17+	12:47+	13:12+	13:55+	17:59+	19:19+	22:05+	23:49+	26:16+	27:45+	28:06+	28:29+				
02:14+	00:58+	03:05+	06:30+	00:25+	00:43+	04:04+	01:20+	02:46+	01:44+	02:27+	01:29+	00:21+	00:23+				
02:14+	00:58+	03:05+	06:30+	00:25+	00:43+	04:04+	01:20+	02:46+	01:44+	02:27+	01:29+	00:21+	00:23+				
18	Trond Vigesdal			896							28:41						
02:14+	03:09+	08:23+	11:57+	12:30+	13:38+	17:56+	19:19+	22:12+	23:49+	26:36+	27:57+	28:22+	28:41+				
02:14+	00:55+	05:14+	03:34+	00:33+	01:08+	04:18+	01:23+	02:53+	01:37+	02:47+	01:21+	00:25+	00:19+				
02:14+	00:55+	05:14+	03:34+	00:33+	01:08+	04:18+	01:23+	02:53+	01:37+	02:47+	01:21+	00:25+	00:19+				
19	Ketil Vestbakke			1683							29:13						
02:25+	03:28+	08:12+	11:31+	12:02+	12:51+	16:15+	17:15+	20:53+	22:29+	26:22+	28:25+	28:54+	29:13+				
02:25+	01:03+	04:44+	03:19+	00:31+	00:49+	03:24+	01:00+	03:38+	01:36+	03:53+	02:03+	00:29+	00:19+				
02:25+	01:03+	04:44+	03:19+	00:31+	00:49+	03:24+	01:00+	03:38+	01:36+	03:53+	02:03+	00:29+	00:19+				
20	Ingve Morten Skjældal			4226							29:14						
02:04+	02:55+	09:38+	13:16+	13:49+	14:46+	18:34+	19:39+	22:51+	24:27+	27:10+	28:30+	28:52+	29:14+				
02:04+	00:51+	06:43+	03:38+	00:33+	00:57+	03:48+	01:05+	03:12+	01:36+	02:43+	01:20+	00:22+	00:22+				
02:04+	00:51+	06:43+	03:38+	00:33+	00:57+	03:48+	01:05+	03:12+	01:36+	02:43+	01:20+	00:22+	00:22+				
21	Jon Wegner Hausken			3503							29:19						
02:32+	03:38+	07:42+	11:44+	12:16+	13:14+	17:06+	19:08+	22:20+	23:55+	27:12+	28:45+	29:03+	29:19+				
02:32+	01:06+	04:04+	04:02+	00:32+	00:58+	03:52+	02:02+	03:12+	01:35+	03:17+	01:33+	00:18+	00:16+				
02:32+	01:06+	04:04+	04:02+	00:32+	00:58+	03:52+	02:02+	03:12+	01:35+	03:17+	01:33+	00:18+	00:16+				
22	Per Marthon Mæland			880							29:45						
02:30+	03:24+	06:56+	10:41+	12:07+	12:42+	16:12+	17:03+	20:40+	22:12+	26:36+	29:08+	29:25+	29:45+				
02:30+	00:54+	03:32+	03:45+	01:26+	00:35+	03:30+	00:51+	03:37+	01:32+	04:24+	02:32+	00:17+	00:20+				
02:30+	00:54+	03:32+	03:45+	01:26+	00:35+	03:30+	00:51+	03:37+	01:32+	04:24+	02:32+	00:17+	00:20+				
23	Rohan Joseph			1376							30:15						
02:04+	02:56+	06:57+	10:44+	11:18+	14:17+	18:25+	19:40+	22:56+	25:00+	28:09+	29:39+	29:55+	30:15+				
02:04+	00:52+	04:01+	03:47+	00:34+	02:59+	04:08+	01:15+	03:16+	02:04+	03:09+	01:30+	00:16+	00:20+				
02:04+	00:52+	04:01+	03:47+	00:34+	02:59+	04:08+	01:15+	03:16+	02:04+	03:09+	01:30+	00:16+	00:20+				
24	Svein Sivertsen			3530							30:51						
02:09+	03:04+	09:25+	13:18+	13:55+	14:53+	19:10+	20:26+	23:43+	25:34+	28:54+	30:09+	30:27+	30:51+				
02:09+	00:55+	06:21+	03:53+	00:37+	00:58+	04:17+	01:16+	03:17+	01:51+	03:20+	01:15+	00:18+	00:24+				
02:09+	00:55+	06:21+	03:53+	00:37+	00:58+	04:17+	01:16+	03:17+	01:51+	03:20+	01:15+	00:18+	00:24+				
25	Eirik Hope			643							30:58						
02:58+	03:50+	08:23+	12:07+	12:36+	13:43+	19:06+	20:13+	23:39+	25:42+	28:57+	30:02+	30:37+	30:58+				
02:58+	00:52+	04:33+	03:44+	00:29+	01:07+	05:23+	01:07+	03:26+	02:03+	03:15+	01:05+	00:35+	00:21+				
02:58+	00:52+	04:33+	03:44+	00:29+	01:07+	05:23+	01:07+	03:26+	02:03+	03:15+	01:05+	00:35+	00:21+				
26	Roger Endre Nyseth			892							31:07						
02:19+	03:20+	07:18+	10:58+	11:37+	12:29+	16:05+	17:17+	20:35+	22:26+	26:54+	28:33+	29:18+	30:41+	31:07+			
02:19+	01:01+	03:58+	03:40+	00:39+	00:52+	03:36+	01:12+	03:18+	01:51+	04:28+	01:39+	00:45+	01:23+	00:26+			
02:19+	01:01+	03:58+	03:40+	00:39+	00:52+	03:36+	01:12+	03:18+	01:51+	04:28+	01:39+	00:45+	01:23+	00:26+			
27	Augustine Okafor			1683							32:34						
02:56+	04:00+	10:11+	13:49+	14:20+	15:35+	19:45+	21:31+	24:09+	25:52+	29:09+	31:20+	32:01+	32:34+				
02:56+	01:04+	06:11+	03:38+	00:31+	01:15+	04:10+	01:46+	02:38+	01:43+	03:17+	02:11+	00:41+	00:33+				
02:56+	01:04+	06:11+	03:38+	00:31+	01:15+	04:10+	01:46+	02:38+	01:43+	03:17+	02:11+	00:41+	00:33+				
28	Amund Hval			4226							32:35						
01:56+	02:45+	06:03+	08:15+	08:49+	09:33+	12:46+	13:48+	26:49+	27:59+	30:10+	31:50+	32:14+	32:35+				
01:56+	00:49+	03:18+	02:12+	00:34+	00:44+	03:13+	01:02+	13:01+	01:10+	02:11+	01:40+	00:24+	00:21+				
01:56+	00:49+	03:18+	02:12+	00:34+	00:44+	03:13+	01:02+	13:01+	01:10+	02:11+	01:40+	00:24+	00:21+				

Plass	Navn					Klasse					Tid				
HT															
29	Frode Følgesvold					880					32:41				
02:23+	03:39+	07:58+	12:13+	12:58+	14:13+	18:44+	20:35+	24:04+	26:09+	30:11+	31:56+	32:17+	32:41+		
02:23+	01:16+	04:19+	04:15+	00:45+	01:15+	04:31+	01:51+	03:29+	02:05+	04:02+	01:45+	00:21+	00:24+		
02:23+	01:16+	04:19+	04:15+	00:45+	01:15+	04:31+	01:51+	03:29+	02:05+	04:02+	01:45+	00:21+	00:24+		
30	Harald Paulsen Grøndal					4288					33:39				
01:31+	02:08+	04:47+	14:19+	14:35+	15:20+	22:15+	23:57+	26:02+	27:36+	31:16+	33:07+	33:24+	33:39+		
01:31+	00:37+	02:39+	09:32+	00:16+	00:45+	06:55+	01:42+	02:05+	01:34+	03:40+	01:51+	00:17+	00:15+		
01:31+	00:37+	02:39+	09:32+	00:16+	00:45+	06:55+	01:42+	02:05+	01:34+	03:40+	01:51+	00:17+	00:15+		
31	Jan Henrik Neuenkirchen					896					33:41				
02:21+	03:21+	14:28+	18:32+	19:04+	20:00+	23:37+	25:03+	27:39+	29:14+	31:38+	33:03+	33:22+	33:41+		
02:21+	01:00+	11:07+	04:04+	00:32+	00:56+	03:37+	01:26+	02:36+	01:35+	02:24+	01:25+	00:19+	00:19+		
02:21+	01:00+	11:07+	04:04+	00:32+	00:56+	03:37+	01:26+	02:36+	01:35+	02:24+	01:25+	00:19+	00:19+		
32	Steinar Løgith Aase					2539					35:07				
02:16+	03:35+	07:59+	13:16+	14:13+	15:14+	21:09+	22:34+	26:49+	29:06+	32:22+	34:19+	34:39+	35:07+		
02:16+	01:19+	04:24+	05:17+	00:57+	01:01+	05:55+	01:25+	04:15+	02:17+	03:16+	01:57+	00:20+	00:28+		
02:16+	01:19+	04:24+	05:17+	00:57+	01:01+	05:55+	01:25+	04:15+	02:17+	03:16+	01:57+	00:20+	00:28+		
33	Rolf Øystein Kluge					793					35:36				
02:55+	04:18+	09:07+	14:00+	15:54+	17:06+	22:08+	23:46+	27:11+	29:04+	32:58+	34:45+	35:11+	35:36+		
02:55+	01:23+	04:49+	04:53+	01:54+	01:12+	05:02+	01:38+	03:25+	01:53+	03:54+	01:47+	00:26+	00:25+		
02:55+	01:23+	04:49+	04:53+	01:54+	01:12+	05:02+	01:38+	03:25+	01:53+	03:54+	01:47+	00:26+	00:25+		
34	Frank Gulbrandsen					722					36:29				
02:05+	03:15+	07:28+	17:30+	18:04+	18:59+	22:40+	23:55+	26:31+	28:09+	34:43+	35:45+	36:08+	36:29+		
02:05+	01:10+	04:13+	10:02+	00:34+	00:55+	03:41+	01:15+	02:36+	01:38+	06:34+	01:02+	00:23+	00:21+		
02:05+	01:10+	04:13+	10:02+	00:34+	00:55+	03:41+	01:15+	02:36+	01:38+	06:34+	01:02+	00:23+	00:21+		
35	Kjell-Ole Topnes					1683					36:59				
02:41+	04:00+	09:45+	15:21+	16:10+	17:11+	21:24+	23:00+	26:24+	28:06+	34:26+	36:17+	36:37+	36:59+		
02:41+	01:19+	05:45+	05:36+	00:49+	01:01+	04:13+	01:36+	03:24+	01:42+	06:20+	01:51+	00:20+	00:22+		
02:41+	01:19+	05:45+	05:36+	00:49+	01:01+	04:13+	01:36+	03:24+	01:42+	06:20+	01:51+	00:20+	00:22+		
36	Glenn-Ove Kingestad					3676					39:39				
01:46+	02:51+	08:27+	17:03+	17:33+	18:34+	25:51+	26:52+	29:59+	31:45+	35:37+	39:05+	39:21+	39:39+		
01:46+	01:05+	05:36+	08:36+	00:30+	01:01+	07:17+	01:01+	03:07+	01:46+	03:52+	03:28+	00:16+	00:18+		
01:46+	01:05+	05:36+	08:36+	00:30+	01:01+	07:17+	01:01+	03:07+	01:46+	03:52+	03:28+	00:16+	00:18+		
37	Eivind Baltzersen					1283					39:48				
03:39+	05:13+	12:16+	16:45+	17:36+	18:37+	23:15+	24:35+	30:26+	32:37+	36:50+	38:33+	39:04+	39:48+		
03:39+	01:34+	07:03+	04:29+	00:51+	01:01+	04:38+	01:20+	05:51+	02:11+	04:13+	01:43+	00:31+	00:44+		
03:39+	01:34+	07:03+	04:29+	00:51+	01:01+	04:38+	01:20+	05:51+	02:11+	04:13+	01:43+	00:31+	00:44+		
38	Jon Grepstad					3531					40:01				
03:15+	04:45+	10:46+	15:42+	16:39+	17:46+	23:45+	25:12+	30:48+	33:04+	37:02+	39:02+	39:29+	40:01+		
03:15+	01:30+	06:01+	04:56+	00:57+	01:07+	05:59+	01:27+	05:36+	02:16+	03:58+	02:00+	00:27+	00:32+		
03:15+	01:30+	06:01+	04:56+	00:57+	01:07+	05:59+	01:27+	05:36+	02:16+	03:58+	02:00+	00:27+	00:32+		
39	Erik Campbell Henriksen					1683					41:45				
03:37+	05:15+	10:51+	15:44+	18:27+	20:18+	25:43+	27:14+	31:35+	34:20+	38:32+	40:31+	41:05+	41:45+		
03:37+	01:38+	05:36+	04:53+	02:43+	01:51+	05:25+	01:31+	04:21+	02:45+	04:12+	01:59+	00:34+	00:40+		
03:37+	01:38+	05:36+	04:53+	02:43+	01:51+	05:25+	01:31+	04:21+	02:45+	04:12+	01:59+	00:34+	00:40+		
40	Jan Erik Rasmussen					3519					43:04				
02:16+	03:21+	09:30+	13:47+	14:30+	15:38+	20:13+	21:59+	34:19+	36:13+	39:20+	42:13+	42:39+	43:04+		
02:16+	01:05+	06:09+	04:17+	00:43+	01:08+	04:35+	01:46+	12:20+	01:54+	03:07+	02:53+	00:26+	00:25+		
02:16+	01:05+	06:09+	04:17+	00:43+	01:08+	04:35+	01:46+	12:20+	01:54+	03:07+	02:53+	00:26+	00:25+		
41	Per Bakken					880					44:24				
02:51+	04:06+	09:23+	18:13+	19:00+	20:54+	25:46+	28:42+	32:09+	34:05+	37:33+	43:34+	44:01+	44:24+		
02:51+	01:15+	05:17+	08:50+	00:47+	01:54+	04:52+	02:56+	03:27+	01:56+	03:28+	06:01+	00:27+	00:23+		
02:51+	01:15+	05:17+	08:50+	00:47+	01:54+	04:52+	02:56+	03:27+	01:56+	03:28+	06:01+	00:27+	00:23+		
42	Kjetil Kartevold					3676					45:07				
04:08+	05:32+	10:44+	15:10+	16:17+	17:12+	21:53+	23:23+	26:46+	28:53+	42:09+	44:13+	44:40+	45:07+		
04:08+	01:24+	05:12+	04:26+	01:07+	00:55+	04:41+	01:30+	03:23+	02:07+	13:16+	02:04+	00:27+	00:27+		
04:08+	01:24+	05:12+	04:26+	01:07+	00:55+	04:41+	01:30+	03:23+	02:07+	13:16+	02:04+	00:27+	00:27+		

Plass	Navn	Klasse	Tid
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HT

### Beste strekktid for klassen

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