

Plass Navn

Klasse

Tid

D16

1	Nora Svendsen	892	29:02													
01:28=	04:50=	07:57=	10:30=	11:34=	11:58=	13:50=	15:23=	21:23=	21:56=	24:14=	26:49=	27:38=	28:04=	28:44=	29:02=	
01:28=	03:22=	03:07=	02:33=	01:04=	00:24=	01:52=	01:33=	06:00=	00:33=	02:18=	02:35=	00:49=	00:26=	00:40=	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	Mari-Marthe Aamold	880	35:42													
01:20-	04:34-	08:08+	10:47+	14:21+	14:43+	17:06+	18:44+	26:47+	27:34+	30:06+	33:09+	34:18+	34:47+	35:24+	35:42+	
01:20-	03:14-	03:34+	02:39+	03:34+	00:22-	02:23+	01:38+	08:03+	00:47+	02:32+	03:03+	01:09+	00:29+	00:37-	00:18=	
00:08-	00:08-	00:27#	00:06+	02:30@	00:02-	00:31&	00:05+	02:03&	00:14&	00:14#	00:28#	00:20&	00:03#	00:03-	00:00=	
3	Siri Eppeland	1884	39:21													
01:59+	06:08+	10:37+	14:12+	15:35+	16:11+	18:24+	20:33+	29:20+	29:56+	32:47+	36:31+	37:42+	38:13+	39:01+	39:21+	
01:59+	04:09+	04:29+	03:35+	01:23+	00:36+	02:13#	02:09+	08:47+	00:36+	02:51+	03:44+	01:11+	00:31+	00:48+	00:20+	
00:31&	00:47#	01:22&	01:02&	00:19&	00:12&	00:21#	00:36&	02:47&	00:03+	00:33#	01:09&	00:22&	00:05#	00:08#	00:02#	
4	Frida Richter	4518	41:36													
02:03+	06:21+	13:48+	16:39+	17:59+	18:37+	20:46+	22:31+	31:57+	32:33+	35:00+	38:22+	39:42+	40:17+	41:07+	41:36+	
02:03+	04:18+	07:27+	02:51+	01:20+	00:38+	02:09+	01:45+	09:26+	00:36+	02:27+	03:22+	01:20+	00:35+	00:50+	00:29+	
00:35&	00:56&	04:20@	00:18#	00:16#	00:14&	00:17#	00:12#	03:26&	00:03+	00:09+	00:47&	00:31&	00:09&	00:10#	00:11&	
5	Johanne Trandum Næss	3512	47:15													
03:01+	07:37+	13:06+	17:21+	19:13+	20:23+	23:00+	26:51+	35:51+	36:35+	40:21+	44:18+	45:27+	46:06+	46:58+	47:15+	
03:01+	04:36+	05:29+	04:15+	01:52+	01:10+	02:37+	03:51+	09:00+	00:44+	03:46+	03:57+	01:09+	00:39+	00:52+	00:17-	
01:33@	01:14&	02:22&	01:42&	00:48&	00:46@	00:45&	02:18@	03:00&	00:11&	01:28&	01:22&	00:20&	00:13&	00:12&	00:01-	
6	Ragnhild Thorset Våge	896	47:47													
02:32+	06:17+	10:12+	13:28+	14:59+	15:53+	21:44+	23:25+	37:26+	38:25+	39:00+	41:53+	45:02+	46:07+	46:37+	47:28+	47:47+
02:32+	03:45+	03:55+	03:16+	01:31+	00:54+	05:51+	01:41+	14:01+	00:59+	00:35-	02:53+	03:09+	01:05+	00:30-	00:51+	00:19+
01:04&	00:23#	00:48&	00:43&	00:27&	00:30@	03:59@	00:08+	08:01@	00:26&	01:43-	00:18#	02:20@	00:39@	00:10-	00:33@	00:19+
7	Idunn Husøy Naustdal	722	48:02													
02:10+	09:38+	13:23+	18:01+	19:15+	19:58+	23:48+	26:29+	36:48+	37:29+	40:51+	44:49+	46:14+	46:51+	47:39+	48:02+	
02:10+	07:28+	03:45+	04:38+	01:14+	00:43+	03:50+	02:41+	10:19+	00:41+	03:22+	03:58+	01:25+	00:37+	00:48+	00:23+	
00:42&	04:06@	00:38#	02:05&	00:10#	00:19&	01:58@	01:08&	04:19&	00:08#	01:04&	01:23&	00:36&	00:11&	00:08#	00:05&	
8	Hege Bakken	1754	50:21													
01:47+	06:51+	19:56+	23:27+	24:43+	26:07+	28:48+	30:43+	39:37+	40:21+	43:39+	47:17+	48:38+	49:13+	50:00+	50:21+	
01:47+	05:04+	13:05+	03:31+	01:16+	01:24+	02:41+	01:55+	08:54+	00:44+	03:18+	03:38+	01:21+	00:35+	00:47+	00:21+	
00:19#	01:42&	09:58@	00:58&	00:12#	01:00@	00:49&	00:22#	02:54&	00:11&	01:00&	01:03&	00:32&	00:09&	00:07#	00:03#	
9	Juliane Tytlandsvik Nødland	3512	51:42													
02:41+	08:07+	12:42+	17:00+	18:39+	19:20+	22:25+	24:57+	37:25+	38:18+	42:09+	47:24+	49:13+	50:00+	51:14+	51:42+	
02:41+	05:26+	04:35+	04:18+	01:39+	00:41+	03:05+	02:32+	12:28+	00:53+	03:51+	05:15+	01:49+	00:47+	01:14+	00:28+	
01:13&	02:04&	01:28&	01:45&	00:35&	00:17&	01:13&	00:59&	06:28@	00:20&	01:33&	02:40@	01:00@	00:21&	00:34&	00:10&	
10	Christina Skår	3523	52:32													
02:33+	07:10+	17:25+	21:20+	22:59+	24:01+	27:04+	29:12+	40:52+	41:35+	45:22+	49:20+	50:39+	51:16+	52:06+	52:32+	
02:33+	04:37+	10:15+	03:55+	01:39+	01:02+	03:03+	02:08+	11:40+	00:43+	03:47+	03:58+	01:19+	00:37+	00:50+	00:26+	
01:05&	01:15&	07:08@	01:22&	00:35&	00:38@	01:11&	00:35&	05:40&	00:10&	01:29&	01:23&	00:30&	00:11&	00:10#	00:08&	
11	Ingunn Landsnes	892	55:54													
04:08+	11:27+	16:55+	22:28+	24:25+	25:09+	27:56+	30:48+	43:01+	43:57+	47:57+	52:11+	53:45+	54:28+	55:27+	55:54+	
04:08+	07:19+	05:28+	05:33+	01:57+	00:44+	02:47+	02:52+	12:13+	00:56+	04:00+	04:14+	01:34+	00:43+	00:59+	00:27+	
02:40@	03:57@	02:21&	03:00@	00:53&	00:20&	00:55&	01:19&	06:13@	00:23&	01:42&	01:39&	00:45&	00:17&	00:19&	00:09&	
12	Karoline Blyberg Lillehammer	1758	1:00:09													
02:20+	06:59+	12:53+	16:14+	18:57+	19:24+	22:05+	24:00+	34:05+	34:49+	38:41+	56:43+	57:52+	58:37+	59:46+	60:09+	
02:20+	04:39+	05:54+	03:21+	02:43+	00:27+	02:41+	01:55+	10:05+	00:44+	03:52+	18:02+	01:09+	00:45+	01:09+	00:23+	
00:52&	01:17&	02:47&	00:48&	01:39@	00:03#	00:49&	00:22#	04:05&	00:11&	01:34&	15:27@	00:20&	00:19&	00:29&	00:05&	

Beste strekketid for klassen

01:20 03:14 03:07 02:33 01:04 00:22 01:52 01:33 06:00 00:33 00:35 02:35 00:49 00:26 00:30 00:17

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

D40

D40

Beste strekktid for klassen

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

D50

1	Grethe Anda Fuglestad	1683	34:51																
01:52=	07:01=	09:11=	09:50=	12:46=	14:16=	15:09=	15:34=	17:37=	20:35=	24:21=	25:22=	29:03=	29:48=	31:09=	32:52=	33:15=	33:47=	34:28=	34:51=
01:52=	05:09=	02:10=	00:39=	02:56=	01:30=	00:53=	00:25=	02:03=	02:58=	03:46=	01:01=	03:41=	00:45=	01:21=	01:43=	00:23=	00:32=	00:41=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anita Glenne Kallhovd	3502	36:19																
02:09+	06:55-	08:24-	09:02-	12:21-	14:01-	15:11+	15:37+	18:00+	21:03+	25:49+	26:54+	30:13+	31:05+	32:33+	34:17+	34:44+	35:13+	35:59+	36:19+
02:09+	04:46-	01:29-	00:38-	03:19+	01:40+	01:10+	00:26+	02:23+	03:03+	04:46+	01:05+	03:19-	00:52+	01:28+	01:44+	00:27+	00:29-	00:46+	00:20-
00:17#	00:23-	00:41-	00:01-	00:23#	00:10#	00:17#	00:01+	00:20#	00:05+	01:00#	00:04+	00:22-	00:07#	00:07+	00:01+	00:04#	00:03-	00:05#	00:03-
3	Tonje Tiley	882	38:19																
01:52=	06:28-	08:30-	09:06-	12:18-	14:05-	15:05-	15:30-	18:35+	22:30+	26:49+	27:48+	31:36+	32:23+	34:11+	36:01+	36:27+	37:02+	37:53+	38:19+
01:52=	04:36-	02:02-	00:36-	03:12+	01:47+	01:00+	00:25=	03:05+	03:55+	04:19+	00:59-	03:48+	00:47+	01:48+	01:50+	00:26+	00:35+	00:51+	00:26+
00:00=	00:33-	00:08-	00:03-	00:16+	00:17#	00:07#	00:00=	01:02#	00:57#	00:33#	00:02-	00:07+	00:02+	00:27#	00:07+	00:03#	00:03+	00:10#	00:03#
4	Irene Rummelhoff	1683	40:49																
02:00+	06:54-	08:49-	09:28-	12:46=	14:36+	15:33+	16:14+	19:08+	22:13+	26:28+	27:37+	33:32+	34:29+	36:22+	38:36+	38:56+	39:35+	40:25+	40:49+
02:00+	04:54-	01:55-	00:39=	03:18+	01:50+	00:57+	00:41+	02:54+	03:05+	04:15+	01:09+	05:55+	00:57+	01:53+	02:14+	00:20-	00:39+	00:50+	00:24+
00:08+	00:15-	00:15-	00:00=	00:22#	00:20#	00:04+	00:16#	00:51#	00:07+	00:29#	00:08#	02:14#	00:12#	00:32#	00:31#	00:03-	00:07#	00:09#	00:01+
5	Ingunn Anda Haug	2342	41:15																
01:54+	07:19+	09:04-	10:01+	13:20+	15:26+	16:31+	17:15+	19:42+	23:06+	27:24+	28:35+	34:42+	35:30+	37:10+	38:58+	39:26+	40:02+	40:49+	41:15+
01:54+	05:25+	01:45-	00:57+	03:19+	02:06+	01:05+	00:44+	02:27+	03:24+	04:18+	01:11+	06:07+	00:48+	01:40+	01:48+	00:28+	00:36+	00:47+	00:26+
00:02+	00:16+	00:25-	00:18#	00:23#	00:36#	00:12#	00:19#	00:24#	00:26#	00:32#	00:10#	02:26#	00:03+	00:19#	00:05+	00:05#	00:04#	00:06#	00:03#
6	Mariann Sveinsvoll	3504	41:16																
01:48-	06:00-	07:49-	08:33-	11:51-	13:46-	14:48-	15:14-	17:42+	21:24+	25:45+	26:45+	34:50+	35:35+	37:16+	39:09+	39:33+	40:08+	40:53+	41:16+
01:48-	04:12-	01:49-	00:44+	03:18+	01:55+	01:02+	00:26+	02:28+	03:42+	04:21+	01:00-	08:05+	00:45=	01:41+	01:53+	00:24+	00:35+	00:45+	00:23=
00:04-	00:57-	00:21-	00:05#	00:22#	00:25#	00:09#	00:01+	00:25#	00:44#	00:35#	00:01-	04:24#	00:00=	00:20#	00:10+	00:01+	00:03+	00:04+	00:00=
7	Astri Sandanger	896	41:49																
01:53+	07:28+	09:13+	10:05+	13:42+	15:41+	16:49+	17:20+	19:55+	23:40+	28:56+	30:12+	34:51+	35:46+	37:54+	39:32+	40:00+	40:34+	41:24+	41:49+
01:53+	05:35+	01:45-	00:52+	03:37+	01:59+	01:08+	00:31+	02:35+	03:45+	05:16+	01:16+	04:39+	00:55+	02:08+	01:38-	00:28+	00:34+	00:50+	00:25+
00:01+	00:26+	00:25-	00:13#	00:41#	00:29#	00:15#	00:06#	00:32#	00:47#	01:30#	00:15#	00:58#	00:10#	00:47#	00:05-	00:05#	00:02+	00:09#	00:02+
8	Keth Berggraf	1683	41:50																
03:15+	07:52+	09:48+	10:45+	14:02+	15:37+	16:44+	18:40+	21:37+	25:08+	29:39+	30:46+	34:55+	35:40+	37:17+	39:12+	40:11+	40:39+	41:25+	41:50+
03:15+	04:37-	01:56-	00:57+	03:17+	01:35+	01:07+	01:56+	02:57+	03:31+	04:31+	01:07+	04:09+	00:45=	01:37+	01:55+	00:59+	00:28-	00:46+	00:25+
01:23#	00:32-	00:14-	00:18#	00:21#	00:05+	00:14#	01:31#	00:54#	00:33#	00:45#	00:06+	00:28#	00:00=	00:16#	00:12#	00:36#	00:04-	00:05#	00:02+
9	Gerd Olaug Vikeså	1758	41:55																
02:04+	06:23-	08:14-	08:51-	13:24+	16:53+	17:59+	18:33+	20:53+	24:25+	29:38+	30:58+	35:37+	36:27+	38:00+	39:41+	40:17+	40:46+	41:33+	41:55+
02:04+	04:19-	01:51-	00:37-	04:33+	03:29+	01:06+	00:34+	02:20+	03:32+	05:13+	01:20+	04:39+	00:50+	01:33+	01:41-	00:36+	00:29-	00:47+	00:22-
00:12#	00:50-	00:19-	00:02-	01:37#	01:59#	00:13#	00:09#	00:17#	00:34#	01:27#	00:19#	00:58#	00:05#	00:12#	00:02-	00:13#	00:03-	00:06#	00:01-
10	Toril Dahle	1683	41:58																
03:16+	07:22+	08:44-	09:25-	13:07+	15:29+	16:15+	16:38+	18:42+	21:27+	26:47+	28:57+	32:34+	33:13+	35:14+	36:58+	40:05+	40:42+	41:34+	41:58+
03:16+	04:06-	01:22-	00:41+	03:42+	02:22+	00:46-	00:23-	02:04+	02:45-	05:20+	02:10+	03:37-	00:39-	02:01+	01:44+	03:07+	00:37+	00:52+	00:24+
01:24#	01:03-	00:48-	00:02+	00:46#	00:52#	00:07-	00:02-	00:01+	00:13-	01:34#	01:09#	00:04-	00:06-	00:40#	00:01+	02:44#	00:05#	00:11#	00:01+
11	Ragnhild Båtnes Berntsen	1758	42:23																
02:03+	07:21+	09:48+	10:49+	14:38+	16:41+	18:01+	18:40+	21:14+	24:50+	29:32+	30:40+	35:19+	36:21+	37:53+	39:49+	40:14+	40:51+	41:58+	42:23+
02:03+	05:18#	02:27+	01:01+	03:49+	02:03+	01:20+	00:39+	02:34+	03:36+	04:42+	01:08+	04:39+	01:02+	01:32+	01:56+	00:25+	00:37+	01:07+	00:25+
00:11+	00:09+	00:17#	00:22#	00:53#	00:33#	00:27#	00:14#	00:31#	00:38#	00:56#	00:07#	00:58#	00:17#	00:11#	00:13#	00:02+	00:05#	00:26#	00:02+
12	Tone Cecilie Nystrom	874	42:53																
02:27+	07:14+	09:03-	09:46-	13:36+	15:41+	16:48+	17:24+	20:04+	24:17+	28:58+	30:11+	35:22+	36:17+	38:23+	40:30+	40:57+	41:29+	42:22+	42:53+
02:27+	04:47-	01:49-	00:43+	03:50+	02:05+	01:07+	00:36+	02:40+	04:13+	04:41+	01:13+	05:11+	00:55+	02:06+	02:07+	00:27+	00:32=	00:53+	00:31+
00:35#	00:22-	00:21-	00:04#	00:54#	00:35#	00:14#	00:11#	00:37#	01:15#	00:55#	00:12#	01:30#	00:10#	00:45#	00:24#	00:04#	00:00=	00:12#	00:08#

D50

13	Trude Hermanrud	896	44:14																
03:14+	09:48+	12:19+	13:04+	17:00+	18:51+	19:52+	20:25+	22:56+	26:34+	30:46+	31:54+	36:20+	37:18+	38:59+	41:52+	42:15+	42:51+	43:47+	44:14+
03:14+	06:34+	02:31+	00:45+	03:56+	01:51+	01:01+	00:33+	02:31+	03:38+	04:12+	01:08+	04:26+	00:58+	01:41+	02:53+	00:23+	00:36+	00:56+	00:27+
01:22&	01:25&	00:21#	00:06#	01:00&	00:21#	00:08#	00:08&	00:28#	00:40#	00:26#	00:07#	00:45#	00:13&	00:20#	01:10&	00:00=	00:04#	00:15&	00:04#
14	Irene Sirevåg	1754	46:52																
02:49+	08:25+	10:46+	11:33+	16:15+	18:20+	19:31+	20:04+	23:36+	27:40+	32:39+	33:53+	39:34+	40:23+	42:01+	44:24+	44:57+	45:39+	46:26+	46:52+
02:49+	05:36+	02:21+	00:47+	04:42+	02:05+	01:11+	00:33+	03:32+	04:04+	04:59+	01:14+	05:41+	00:49+	01:38+	02:23+	00:33+	00:42+	00:47+	00:26+
02:49+	05:36+	02:21+	00:47+	04:42+	02:05+	01:11+	00:33+	03:32+	04:04+	04:59+	01:14+	05:41+	00:49+	01:38+	02:23+	00:33+	00:42+	00:47+	00:26+
15	Ingjerd Haddeland	3507	47:55																
02:40+	08:28+	10:36+	11:48+	17:01+	19:08+	20:40+	21:17+	24:55+	28:24+	33:28+	34:56+	40:47+	41:47+	43:45+	45:43+	46:07+	46:35+	47:29+	47:55+
02:40+	05:48+	02:08+	01:12+	05:13+	02:07+	01:32+	00:37+	03:38+	03:29+	05:04+	01:28+	05:51+	01:00+	01:58+	01:58+	00:24+	00:28+	00:54+	00:26+
02:40+	05:48+	02:08+	01:12+	05:13+	02:07+	01:32+	00:37+	03:38+	03:29+	05:04+	01:28+	05:51+	01:00+	01:58+	01:58+	00:24+	00:28+	00:54+	00:26+
16	Inger Johanne Klausen	3529	48:11																
01:55+	06:20+	08:24+	09:10+	12:23+	14:13+	15:18+	15:47+	18:39+	26:33+	37:11+	38:18+	42:00+	43:03+	44:14+	46:03+	46:28+	47:06+	47:49+	48:11+
01:55+	04:25+	02:04+	00:46+	03:13+	01:50+	01:05+	00:29+	02:52+	07:54+	10:38+	01:07+	03:42+	01:03+	01:11+	01:49+	00:25+	00:38+	00:43+	00:22+
01:55+	04:25+	02:04+	00:46+	03:13+	01:50+	01:05+	00:29+	02:52+	07:54+	10:38+	01:07+	03:42+	01:03+	01:11+	01:49+	00:25+	00:38+	00:43+	00:22+
17	Randi Ladsten	1832	48:52																
02:16+	07:49+	09:39+	10:18+	14:32+	16:35+	17:35+	18:19+	21:06+	24:37+	33:19+	34:24+	38:49+	39:52+	44:25+	46:27+	46:46+	47:24+	48:27+	48:52+
02:16+	05:33+	01:50+	00:39+	04:14+	02:03+	01:00+	00:44+	02:47+	03:31+	08:42+	01:05+	04:25+	01:03+	04:33+	02:02+	00:19+	00:38+	01:03+	00:25+
02:16+	05:33+	01:50+	00:39+	04:14+	02:03+	01:00+	00:44+	02:47+	03:31+	08:42+	01:05+	04:25+	01:03+	04:33+	02:02+	00:19+	00:38+	01:03+	00:25+
18	Torill Andersen	1683	49:35																
04:02+	11:26+	14:23+	15:03+	21:21+	23:11+	24:06+	24:32+	26:52+	31:18+	35:36+	36:46+	43:01+	43:58+	45:25+	47:12+	47:36+	48:12+	49:10+	49:35+
04:02+	07:24+	02:57+	00:40+	06:18+	01:50+	00:55+	00:26+	02:20+	04:26+	04:18+	01:10+	06:15+	00:57+	01:27+	01:47+	00:24+	00:36+	00:58+	00:25+
04:02+	07:24+	02:57+	00:40+	06:18+	01:50+	00:55+	00:26+	02:20+	04:26+	04:18+	01:10+	06:15+	00:57+	01:27+	01:47+	00:24+	00:36+	00:58+	00:25+
19	Turid Eikebu Alfsen	1683	50:15																
02:41+	09:01+	11:10+	11:59+	16:15+	18:53+	20:06+	21:14+	25:07+	28:26+	34:20+	35:48+	41:18+	42:04+	46:05+	47:54+	48:27+	49:00+	49:52+	50:15+
02:41+	06:20+	02:09+	00:49+	04:16+	02:38+	01:13+	01:08+	03:53+	03:19+	05:54+	01:28+	05:30+	00:46+	04:01+	01:49+	00:33+	00:33+	00:52+	00:23+
02:41+	06:20+	02:09+	00:49+	04:16+	02:38+	01:13+	01:08+	03:53+	03:19+	05:54+	01:28+	05:30+	00:46+	04:01+	01:49+	00:33+	00:33+	00:52+	00:23+
20	Marianne Fuglestad	896	50:58																
02:09+	06:01+	07:53+	08:40+	15:27+	17:00+	17:52+	18:18+	21:03+	25:17+	35:37+	36:46+	42:07+	42:40+	46:56+	48:37+	49:03+	49:44+	50:35+	50:58+
02:09+	03:52+	01:52+	00:47+	06:47+	01:33+	00:52+	00:26+	02:45+	04:14+	10:20+	01:09+	05:21+	00:33+	04:16+	01:41+	00:26+	00:41+	00:51+	00:23+
02:09+	03:52+	01:52+	00:47+	06:47+	01:33+	00:52+	00:26+	02:45+	04:14+	10:20+	01:09+	05:21+	00:33+	04:16+	01:41+	00:26+	00:41+	00:51+	00:23+
21	Gøril Braut Aarsand	2539	52:40																
02:36+	08:23+	12:02+	12:57+	20:21+	22:34+	23:39+	24:08+	26:44+	31:18+	39:57+	41:04+	45:29+	46:18+	48:00+	50:12+	50:44+	51:19+	52:12+	52:40+
02:36+	05:47+	03:39+	00:55+	07:24+	02:13+	01:05+	00:29+	02:36+	04:34+	08:39+	01:07+	04:25+	00:49+	01:42+	02:12+	00:32+	00:35+	00:53+	00:28+
02:36+	05:47+	03:39+	00:55+	07:24+	02:13+	01:05+	00:29+	02:36+	04:34+	08:39+	01:07+	04:25+	00:49+	01:42+	02:12+	00:32+	00:35+	00:53+	00:28+
22	Iren Undheim Øgreid	769	54:08																
08:44+	13:57+	15:49+	16:36+	23:18+	25:30+	26:44+	27:35+	30:36+	33:59+	38:54+	40:36+	45:34+	46:38+	48:40+	50:57+	51:27+	52:11+	53:28+	54:08+
08:44+	05:13+	01:52+	00:47+	06:42+	02:12+	01:14+	00:51+	03:01+	03:23+	04:55+	01:42+	04:58+	01:04+	02:02+	02:17+	00:30+	00:44+	01:17+	00:40+
08:44+	05:13+	01:52+	00:47+	06:42+	02:12+	01:14+	00:51+	03:01+	03:23+	04:55+	01:42+	04:58+	01:04+	02:02+	02:17+	00:30+	00:44+	01:17+	00:40+
23	Janne Frantzen	1683	57:23																
02:28+	09:48+	12:08+	13:00+	17:51+	20:12+	21:25+	22:01+	28:18+	33:41+	39:46+	41:56+	49:14+	50:15+	52:16+	54:48+	55:13+	55:51+	56:51+	57:23+
02:28+	07:20+	02:20+	00:52+	04:51+	02:21+	01:13+	00:36+	06:17+	05:23+	06:05+	02:10+	07:18+	01:01+	02:01+	02:32+	00:25+	00:38+	01:00+	00:32+
02:28+	07:20+	02:20+	00:52+	04:51+	02:21+	01:13+	00:36+	06:17+	05:23+	06:05+	02:10+	07:18+	01:01+	02:01+	02:32+	00:25+	00:38+	01:00+	00:32+
24	Helen Haneferd	882	57:39																
01:50+	07:09+	11:42+	12:35+	19:24+	21:22+	22:15+	22:59+	24:56+	29:06+	34:07+	35:08+	40:01+	40:52+	53:29+	55:16+	55:40+	56:20+	57:12+	57:39+
01:50+	05:19+	04:33+	00:53+	06:49+	01:58+	00:53+	00:44+	01:57+	04:10+	05:01+	01:01+	04:53+	00:51+	12:37+	01:47+	00:24+	00:40+	00:52+	00:27+
01:50+	05:19+	04:33+	00:53+	06:49+	01:58+	00:53+	00:44+	01:57+	04:10+	05:01+	01:01+	04:53+	00:51+	12:37+	01:47+	00:24+	00:40+	00:52+	00:27+
25	Hilde Frøytlog Karlsen	1284	58:27																
02:28+	10:16+	13:39+	14:35+	19:06+	21:37+	22:51+	23:31+	26:37+	30:56+	40:44+	42:04+	48:39+	49:41+	52:26+	55:25+	55:51+	56:46+	57:51+	58:27+
02:28+	07:48+	03:23+	00:56+	04:31+	02:31+	01:14+	00:40+	03:06+	04:19+	09:48+	01:20+	06:35+	01:02+	02:45+	02:59+	00:26+	00:55+	01:05+	00:36+
02:28+	07:48+	03:23+	00:56+	04:31+	02:31+	01:14+	00:40+	03:06+	04:19+	09:48+	01:20+	06:35+	01:02+	02:45+	02:59+	00:26+	00:55+	01:05+	00:36+
26	Åse Sellereite	882	1:00:58																
02:09+	22:06+	24:38+	27:22+	30:59+	33:02+	33:59+	34:31+	37:19+	41:21+	45:58+	47:10+	52:28+	53:03+	54:57+	57:13+	57:53+	59:33+	60:33+	60:58+
02:09+	19:57+	02:32+	02:44+	03:37+	02:03+	00:57+	00:32+	02:48+	04:02+	04:37+	01:12+	05:18+	00:35+	01:54+	02:16+	00:40+	01:40+	01:00+	00:25+
02:09+	19:57+	02:32+	02:44+	03:37+	02:03+	00:57+	00:32+	02:48+	04:02+	04:37+	01:12+	05:18+	00:35+	01:54+	02:16+	00:40+	01:40+	01:00+	00:25+

D50

27	Andrea Tapken	3529	1:02:46
06:19+	12:35+ 15:50+ 16:56+	22:18+ 25:19+	26:39+ 28:42+ 31:34+ 37:29+ 44:02+ 45:44+ 52:33+ 53:19+ 57:43+ 60:11+ 60:38+ 61:27+ 62:20+ 62:46+
06:19+	06:16+ 03:15+ 01:06+	05:22+ 03:01+	01:20+ 02:03+ 02:52+ 05:55+ 06:33+ 01:42+ 06:49+ 00:46+ 04:24+ 02:28+ 00:27+ 00:49+ 00:53+ 00:26+
06:19+	06:16+ 03:15+ 01:06+	05:22+ 03:01+	01:20+ 02:03+ 02:52+ 05:55+ 06:33+ 01:42+ 06:49+ 00:46+ 04:24+ 02:28+ 00:27+ 00:49+ 00:53+ 00:26+
28	Elisabeth Melbø	879	1:07:15
02:07+	08:06+ 18:15+ 19:16+	22:53+ 24:44+	25:40+ 26:18+ 29:15+ 45:52+ 51:05+ 52:21+ 57:07+ 58:11+ 59:42+ 62:34+ 62:56+ 64:29+ 65:43+ 66:40+ 67:15+
02:07+	05:59+ 10:09+ 01:01+	03:37+ 01:51+	00:56+ 00:38+ 02:57+ 16:37+ 05:13+ 01:16+ 04:46+ 01:04+ 01:31+ 02:52+ 00:22+ 01:33+ 01:14+ 00:57+ 00:35+
02:07+	05:59+ 10:09+ 01:01+	03:37+ 01:51+	00:56+ 00:38+ 02:57+ 16:37+ 05:13+ 01:16+ 04:46+ 01:04+ 01:31+ 02:52+ 00:22+ 01:33+ 01:14+ 00:57+ 00:35+
29	Anne Hilde Halleraker	882	1:18:24
05:57+	12:53+ 20:00+ 20:42+	27:14+ 29:25+	30:40+ 31:15+ 36:35+ 40:26+ 58:43+ 60:41+ 67:16+ 69:48+ 73:09+ 75:10+ 75:49+ 76:46+ 77:48+ 78:24+
05:57+	06:56+ 07:07+ 00:42+	06:32+ 02:11+	01:15+ 00:35+ 05:20+ 03:51+ 18:17+ 01:58+ 06:35+ 02:32+ 03:21+ 02:01+ 00:39+ 00:57+ 01:02+ 00:36+
05:57+	06:56+ 07:07+ 00:42+	06:32+ 02:11+	01:15+ 00:35+ 05:20+ 03:51+ 18:17+ 01:58+ 06:35+ 02:32+ 03:21+ 02:01+ 00:39+ 00:57+ 01:02+ 00:36+

Beste strekktid for klassen

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

D60

1	Ingrid E. I. Øxnevad	3516	33:32
00:31=	02:12= 05:25= 08:21=	09:44= 10:11=	11:33= 19:22= 21:56= 23:21= 24:13= 24:54= 25:20= 28:02= 32:08= 33:10= 33:32=
00:31=	01:41= 03:13= 02:56=	01:23= 00:27=	01:22= 07:49= 02:34= 01:25= 00:52= 00:41= 00:26= 02:42= 04:06= 01:02= 00:22=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Anne Sæbø Vik	1683	37:55
00:33+	02:04= 05:53+ 09:12+	12:17+ 12:34+	14:08+ 24:27+ 25:58+ 27:27+ 28:21+ 28:43+ 32:05+ 36:34+ 37:32+ 37:55+
00:33+	01:31= 03:49+ 03:19+	03:05+ 00:17=	01:34+ 10:19+ 01:31= 01:29+ 00:54+ 00:22= 03:22+ 04:29+ 00:58= 00:23=
00:02+	00:10= 00:36#	00:23# 01:42@	00:10= 00:12# 02:30& 01:03= 00:04+ 00:02+ 00:19= 02:56@ 01:47& 03:08= 00:39=
3	Mona Berntsen	1832	39:41
00:45+	03:27+ 08:09+ 11:18+	12:44+ 13:12+	14:54+ 24:17+ 26:30+ 28:09+ 29:05+ 29:29+ 32:58+ 38:11+ 39:15+ 39:41+
00:45+	02:42+ 04:42+ 03:09+	01:26+ 00:28+	01:42+ 09:23+ 02:13= 01:39+ 00:56+ 00:24= 03:29+ 05:13+ 01:04= 00:26=
00:14&	01:01& 01:29& 00:13+	00:03+ 00:01+	00:20# 01:34# 00:21= 00:14# 00:04+ 00:17= 03:03@ 02:31& 03:02= 00:36=
4	Kristin Skadsem	3516	40:16
00:37+	02:13+ 06:14+ 11:12+	13:01+ 13:25+	15:04+ 23:33+ 25:34+ 27:21+ 28:38+ 29:06+ 32:54+ 38:35+ 39:44+ 40:16+
00:37+	01:36= 04:01+ 04:58+	01:49+ 00:24=	01:39+ 08:29+ 02:01= 01:47+ 01:17+ 00:28= 03:48+ 05:41+ 01:09= 00:32=
00:06#	00:05= 00:48# 02:02&	00:26& 00:03=	00:17# 00:40+ 00:33= 00:22& 00:25& 00:13= 03:22@ 02:59@ 02:57= 00:30=
5	Ragnhild Auglænd	769	41:13
00:41+	02:15+ 05:46+ 08:53+	11:02+ 11:28+	13:09+ 20:55+ 27:08+ 29:41+ 30:37+ 31:02+ 34:43+ 39:37+ 40:46+ 41:13+
00:41+	01:34= 03:31+ 03:07+	02:09+ 00:26=	01:41+ 07:46= 06:13+ 02:33+ 00:56+ 00:25= 03:41+ 04:54+ 01:09= 00:27=
00:10&	00:07= 00:18+ 00:11+	00:46& 00:01=	00:19# 00:03= 03:39@ 01:08& 00:04+ 00:16= 03:15@ 02:12& 02:57= 00:35=
6	Anne-Siv Gjertsen	882	41:30
00:35+	02:35+ 06:42+ 10:04+	11:29+ 11:51+	13:37+ 23:05+ 25:14+ 27:18+ 28:25+ 29:08+ 32:45+ 39:53+ 41:03+ 41:30+
00:35+	02:00+ 04:07+ 03:22+	01:25+ 00:22=	01:46+ 09:28+ 02:09= 02:04+ 01:07+ 00:43+ 03:37+ 07:08+ 01:10= 00:27=
00:04#	00:19# 00:54& 00:26#	00:02+ 00:05=	00:24& 01:39# 00:25= 00:39& 00:15& 00:02+ 03:11@ 04:26@ 02:56= 00:35=
7	Nina Christiansen	722	42:49
00:35+	02:09= 06:10+ 10:58+	13:05+ 13:50+	15:59+ 25:46+ 27:57+ 29:38+ 30:55+ 31:28+ 34:42+ 41:16+ 42:24+ 42:49+
00:35+	01:34= 04:01+ 04:48+	02:07+ 00:45+	02:09+ 09:47+ 02:11= 01:41+ 01:17+ 00:33= 03:14+ 06:34+ 01:08= 00:25=
00:04#	00:07= 00:48# 01:52&	00:44& 00:18&	00:47& 01:58& 00:23= 00:16# 00:25& 00:08= 02:48@ 03:52@ 02:58= 00:37=
8	Elisabeth Christie Ørke	722	49:45
00:32+	02:02= 09:24+ 12:57+	14:12+ 14:35+	15:47+ 25:32+ 27:16+ 29:09+ 30:03+ 30:56+ 33:46+ 48:15+ 49:25+ 49:45+
00:32+	01:30= 07:22+ 03:33+	01:15= 00:23=	01:12= 09:45+ 01:44= 01:53+ 00:54+ 00:53+ 02:50+ 14:29+ 01:10= 00:20=
00:01+	00:11= 04:09@ 00:37#	00:08= 00:04=	00:10= 01:56# 00:50= 00:28& 00:02+ 00:12& 02:24@ 11:47@ 02:56= 00:42=
9	Liv Omdal	1683	50:54
00:42+	02:30+ 10:30+ 18:52+	20:27+ 21:01+	22:55+ 33:29+ 35:36+ 37:22+ 38:23+ 38:56+ 42:18+ 49:28+ 50:32+ 50:54+
00:42+	01:48+ 08:00+ 08:22+	01:35+ 00:34+	01:54+ 10:34+ 02:07= 01:46+ 01:01+ 00:33= 03:22+ 07:10+ 01:04= 00:22=
00:11&	00:07+ 04:47@ 05:26@	00:12# 00:07&	00:32& 02:45& 00:27= 00:21# 00:09# 00:08= 02:56@ 04:28@ 03:02= 00:40=

Class	Navn	Klasse	Tid
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D60

10	Kari Anstensrud	896	58:10													
00:35+	02:12=	15:53+	21:30+	24:38+	25:21+	27:06+	40:06+	43:05+	45:05+	46:04+	46:40+	50:33+	56:24+	57:43+	58:10+	
00:35+	01:37-	13:41+	05:37+	03:08+	00:43+	01:45+	13:00+	02:59+	02:00+	00:59+	00:36-	03:53+	05:51+	01:19-	00:27-	
00:04#	00:04-	10:28@	02:41&	01:45@	00:16&	00:23&	05:11&	00:25#	00:35&	00:07#	00:05-	03:27@	03:09@	02:47-	00:35-	
11	Ellinor Hoemsnes	1683	1:02:17													
00:48+	03:32+	10:10+	15:02+	16:51+	17:18+	19:00+	33:57+	36:38+	38:47+	39:51+	40:28+	45:26+	60:25+	61:51+	62:17+	
00:48+	02:44+	06:38+	04:52+	01:49+	00:27+	01:42+	14:57+	02:41+	02:09+	01:04+	00:37+	04:58+	14:59+	01:26+	00:26+	
00:48+	02:44+	06:38+	04:52+	01:49+	00:27+	01:42+	14:57+	02:41+	02:09+	01:04+	00:37+	04:58+	14:59+	01:26+	00:26+	
12	Marit Aandahl	3523	1:03:50													
00:46+	03:39+	10:12+	16:30+	18:35+	20:38+	21:06+	23:00+	36:21+	38:52+	40:48+	41:56+	42:33+	46:35+	61:31+	63:10+	63:50+
00:46+	02:53+	06:33+	06:18+	02:05+	02:03+	00:28+	01:54+	13:21+	02:31+	01:56+	01:08+	00:37+	04:02+	14:56+	01:39+	00:40+
00:46+	02:53+	06:33+	06:18+	02:05+	02:03+	00:28+	01:54+	13:21+	02:31+	01:56+	01:08+	00:37+	04:02+	14:56+	01:39+	00:40+
13	Marianne Høie	1683	1:15:57													
01:04+	02:58+	10:01+	17:35+	20:09+	20:49+	24:16+	42:54+	47:14+	50:16+	52:13+	53:02+	57:08+	73:10+	75:25+	75:57+	
01:04+	01:54+	07:03+	07:34+	02:34+	00:40+	03:27+	18:38+	04:20+	03:02+	01:57+	00:49+	04:06+	16:02+	02:15+	00:32+	
01:04+	01:54+	07:03+	07:34+	02:34+	00:40+	03:27+	18:38+	04:20+	03:02+	01:57+	00:49+	04:06+	16:02+	02:15+	00:32+	

Beste strekktid for klassen

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

D65

1	May Meling	3553	39:22												
01:03=	02:59=	07:03=	10:31=	12:39=	13:11=	14:45=	24:06=	26:17=	28:16=	29:10=	29:37=	32:55=	37:37=	38:55=	39:22=
01:03=	01:56=	04:04=	03:28=	02:08=	00:32=	01:34=	09:21=	02:11=	01:59=	00:54=	00:27=	03:18=	04:42=	01:18=	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=	00:00=	00:00=
2	Marit Karin Skretting Nygård	892	40:31												
00:48-	02:30-	08:19+	12:01+	13:42+	14:06+	15:50+	25:23+	27:13+	28:57+	29:57+	30:23+	33:54+	38:46+	39:59+	40:31+
00:48-	01:42-	05:49+	03:42+	01:41-	00:24-	01:44+	09:33+	01:50-	01:44-	01:00+	00:26-	03:31+	04:52+	01:13-	00:32+
00:15-	00:14-	01:45&	00:14+	00:27-	00:08-	00:10#	00:12+	00:21-	00:15-	00:06#	00:01-	00:13+	00:10+	00:05-	00:05#
3	Liv-Grete Obrestad	3551	41:11												
00:39-	02:28-	08:24+	12:30+	14:10+	14:37+	15:57+	24:06=	27:29+	29:02+	29:59+	30:25+	33:39+	39:29+	40:43+	41:11+
00:39-	01:49-	05:56+	04:06+	01:40-	00:27-	01:20-	08:09-	03:23+	01:33-	00:57+	00:26-	03:14-	05:50+	01:14-	00:28+
00:24-	00:07-	01:52&	00:38#	00:28-	00:05-	00:14-	01:12-	01:12&	00:26-	00:03+	00:01-	00:04-	01:08#	00:04-	00:01+
4	Amanda Renshaw	1758	44:25												
00:38-	02:19-	09:29+	14:19+	16:17+	16:39+	18:46+	28:33+	31:49+	33:32+	34:17+	34:43+	38:05+	42:44+	44:01+	44:25+
00:38-	01:41-	07:10+	04:50+	01:58-	00:22-	02:07+	09:47+	03:16+	01:43-	00:45-	00:26-	03:22+	04:39-	01:17-	00:24-
00:25-	00:15-	03:06&	01:22&	00:10-	00:10-	00:33&	00:26+	01:05&	00:16-	00:09-	00:01-	00:04+	00:03-	00:01-	00:03-
5	Ingrid Eik	1830	45:03												
00:35-	02:15-	06:26-	10:00-	11:31-	12:02-	13:38-	22:29-	24:39-	26:22-	27:16-	27:51-	34:49+	43:21+	44:38+	45:03+
00:35-	01:40-	04:11+	03:34+	01:31-	00:31-	01:36+	08:51-	02:10-	01:43-	00:54=	00:35+	06:58+	08:32+	01:17-	00:25-
00:28-	00:16-	00:07+	00:06+	00:37-	00:01-	00:02+	00:30-	00:01-	00:16-	00:00=	00:08&	03:40@	03:50&	00:01-	00:02-
6	Margot Asheim	722	45:15												
00:42-	02:37-	09:40+	13:14+	14:51+	15:20+	17:12+	26:48+	29:47+	31:33+	32:31+	32:56+	36:26+	43:37+	44:52+	45:15+
00:42-	01:55-	07:03+	03:34+	01:37-	00:29-	01:52+	09:36+	02:59+	01:46-	00:58+	00:25-	03:30+	07:11+	01:15-	00:23-
00:21-	00:01-	02:59&	00:06+	00:31-	00:03-	00:18#	00:15+	00:48&	00:13-	00:04+	00:02-	00:12+	02:29&	00:03-	00:04-
7	Eli Frafjord	1141	45:51												
00:42-	02:48-	07:37+	12:25+	14:21+	14:52+	16:44+	26:14+	29:00+	31:40+	32:43+	33:12+	37:16+	44:17+	45:25+	45:51+
00:42-	02:06+	04:49+	04:48+	01:56-	00:31-	01:52+	09:30+	02:46+	02:40+	01:03+	00:29+	04:04+	07:01+	01:08-	00:26-
00:21-	00:10+	00:45#	01:20&	00:12-	00:01-	00:18#	00:09+	00:35&	00:41&	00:09#	00:02+	00:46#	02:19&	00:10-	00:01-
8	Olaug F Mydland	3502	46:13												
00:40-	03:10+	07:22+	12:31+	14:18+	14:48+	17:14+	27:37+	30:02+	32:10+	33:39+	34:06+	37:48+	44:17+	45:47+	46:13+
00:40-	02:30+	04:12+	05:09+	01:47-	00:30-	02:26+	10:23+	02:25+	02:08+	01:29+	00:27=	03:42+	06:29+	01:30+	00:26-
00:23-	00:34&	00:08+	01:41&	00:21-	00:02-	00:52&	01:02#	00:14#	00:09+	00:35&	00:00=	00:24#	01:47&	00:12#	00:01-

Class	Navn	Klasse	Tid
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D65

9	Ingunn Voilås	3502	52:22												
00:34-	02:06-	05:55-	10:35+	14:28+	15:22+	17:04+	33:19+	35:10+	36:51+	37:57+	38:41+	42:46+	50:29+	51:51+	52:22+
00:34-	01:32-	03:49-	04:40+	03:53+	00:54+	01:42+	16:15+	01:51-	01:41-	01:06+	00:44+	04:05+	07:43+	01:22+	00:31+
00:29-	00:24-	00:15-	01:12&	01:45&	00:22&	00:08+	06:54&	00:20-	00:18-	00:12#	00:17&	00:47#	03:01&	00:04+	00:04#
10	Berit Bakken	1884	54:38												
00:45+	02:35+	14:47+	19:58+	21:52+	22:23+	24:26+	33:52+	37:04+	39:21+	40:32+	41:07+	47:03+	52:28+	54:10+	54:38+
00:45+	01:50+	12:12+	05:11+	01:54+	00:31+	02:03+	09:26+	03:12+	02:17+	01:11+	00:35+	05:56+	05:25+	01:42+	00:28+
00:45+	01:50+	12:12+	05:11+	01:54+	00:31+	02:03+	09:26+	03:12+	02:17+	01:11+	00:35+	05:56+	05:25+	01:42+	00:28+
11	Anne Katrine Lycke	1884	1:00:19												
00:53+	02:48+	08:45+	13:14+	15:44+	16:23+	18:25+	32:28+	38:34+	44:12+	45:44+	46:18+	51:22+	58:24+	59:52+	60:19+
00:53+	01:55+	05:57+	04:29+	02:30+	00:39+	02:02+	14:03+	06:06+	05:38+	01:32+	00:34+	05:04+	07:02+	01:28+	00:27+
00:53+	01:55+	05:57+	04:29+	02:30+	00:39+	02:02+	14:03+	06:06+	05:38+	01:32+	00:34+	05:04+	07:02+	01:28+	00:27+
12	Liv Sissel Obrestad	3529	1:07:28												
01:10+	03:20+	08:07+	15:32+	18:32+	19:03+	20:54+	34:58+	37:37+	40:05+	41:09+	41:47+	47:29+	65:41+	67:00+	67:28+
01:10+	02:10+	04:47+	07:25+	03:00+	00:31+	01:51+	14:04+	02:39+	02:28+	01:04+	00:38+	05:42+	18:12+	01:19+	00:28+
01:10+	02:10+	04:47+	07:25+	03:00+	00:31+	01:51+	14:04+	02:39+	02:28+	01:04+	00:38+	05:42+	18:12+	01:19+	00:28+
13	Hanne Hermanrud	3530	1:13:22												
01:21+	03:19+	12:09+	17:48+	20:04+	20:44+	22:52+	39:27+	42:00+	44:44+	46:31+	47:11+	52:26+	71:01+	72:41+	73:22+
01:21+	01:58+	08:50+	05:39+	02:16+	00:40+	02:08+	16:35+	02:33+	02:44+	01:47+	00:40+	05:15+	18:35+	01:40+	00:41+
01:21+	01:58+	08:50+	05:39+	02:16+	00:40+	02:08+	16:35+	02:33+	02:44+	01:47+	00:40+	05:15+	18:35+	01:40+	00:41+

Beste strekktid for klassen

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

D70

1	Hanne Eik	896	57:11												
00:43=	02:54=	07:50=	18:36=	20:31=	21:06=	23:13=	33:59=	37:06=	39:26=	40:50=	41:28=	46:36=	55:07=	56:36=	57:11=
00:43=	02:11=	04:56=	10:46=	01:55=	00:35=	02:07=	10:46=	03:07=	02:20=	01:24=	00:38=	05:08=	08:31=	01:29=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Berit Gramstad	3551	1:13:33												
04:38+	06:54+	12:26+	20:27+	25:41+	26:19+	28:29+	43:47+	46:20+	48:17+	50:02+	50:41+	55:35+	71:22+	73:00+	73:33+
04:38+	02:16+	05:32+	08:01-	05:14+	00:38+	02:10+	15:18+	02:33-	01:57-	01:45+	00:39+	04:54-	15:47+	01:38+	00:33-
03:55@	00:05+	00:36#	02:45-	03:19@	00:03+	00:03+	04:32&	00:34-	00:23-	00:21#	00:01+	00:14-	07:16&	00:09#	00:02-

Beste strekktid for klassen

00:43 02:11 04:56 08:01 01:55 00:35 02:07 10:46 02:33 01:57 01:24 00:38 04:54 08:31 01:29 00:33

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

D75

1	Haldis Glendrange	874	48:36												
00:47=	03:01=	07:51=	11:56=	14:14=	14:46=	16:56=	29:23=	31:37=	34:01=	35:21=	35:52=	40:36=	46:33=	48:06=	48:36=
00:47=	02:14=	04:50=	04:05=	02:18=	00:32=	02:10=	12:27=	02:14=	02:24=	01:20=	00:31=	04:44=	05:57=	01:33=	00:30=
00:00=	00:00=	00:00=	00:00=	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 Skretting Opstad	3529	51:32												
00:53+	03:04+	08:14+	13:11+	15:11+	15:46+	17:55+	29:41+	34:12+	36:18+	37:34+	38:11+	42:52+	49:22+	50:59+	51:32+
00:53+	02:11-	05:10+	04:57+	02:00-	00:35+	02:09-	11:46-	04:31+	02:06-	01:16-	00:37+	04:41-	06:30+	01:37+	00:33+
00:06#	00:03-	00:20+	00:52#	00:18-	00:03+	00:01-	00:41-	02:17@	00:18-	00:04-	00:06#	00:03-	00:33+	00:04+	00:03#
3	Hedvig Anda	1683	53:45												
01:07+	03:23+	08:50+	13:25+	15:25+	16:00+	18:36+	31:10+	33:59+	36:42+	38:15+	38:56+	42:52+	51:38+	53:15+	53:45+
01:07+	02:16+	05:27+	04:35+	02:00-	00:35+	02:36+	12:34+	02:49+	02:43+	01:33+	00:41+	03:56-	08:46+	01:37+	00:30=
00:20&	00:02+	00:37#	00:30#	00:18-	00:03+	00:26#	00:07+	00:35&	00:19#	00:13#	00:10&	00:48-	02:49&	00:04+	00:00=

D75

4	Aslaug Lura	1141	1:22:34												
01:22+	07:42+	17:17+	24:19+	29:28+	30:07+	32:47+	52:35+	59:06+	62:09+	64:07+	64:52+	70:36+	80:19+	81:52+	82:34+
01:22+	06:20+	09:35+	07:02+	05:09+	00:39+	02:40+	19:48+	06:31+	03:03+	01:58+	00:45+	05:44+	09:43+	01:33=	00:42+
00:35&	04:06&	04:45&	02:57&	02:51@	00:07#	00:30#	07:21&	04:17@	00:39&	00:38&	00:14&	01:00#	03:46&	00:00=	00:12&
5	Brynhild Haaland	1758	1:23:37												
02:15+	08:33+	18:21+	25:28+	30:10+	30:54+	33:49+	53:45+	59:55+	63:20+	65:12+	65:59+	71:36+	81:19+	83:00+	83:37+
02:15+	06:18+	09:48+	07:07+	04:42+	00:44+	02:55+	19:56+	06:10+	03:25+	01:52+	00:47+	05:37+	09:43+	01:41+	00:37+
02:15+	06:18+	09:48+	07:07+	04:42+	00:44+	02:55+	19:56+	06:10+	03:25+	01:52+	00:47+	05:37+	09:43+	01:41+	00:37+
6	Brit Skjelbred	1141	1:23:39												
02:25+	08:30+	18:30+	25:29+	30:20+	31:05+	34:00+	53:41+	60:11+	63:19+	65:26+	66:07+	71:32+	81:18+	82:59+	83:39+
02:25+	06:05+	10:00+	06:59+	04:51+	00:45+	02:55+	19:41+	06:30+	03:08+	02:07+	00:41+	05:25+	09:46+	01:41+	00:40+
02:25+	06:05+	10:00+	06:59+	04:51+	00:45+	02:55+	19:41+	06:30+	03:08+	02:07+	00:41+	05:25+	09:46+	01:41+	00:40+

Beste strekktid for klassen

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

D80

1	Helga Aaslid	3529	31:55															
02:35=	06:35=	07:13=	10:14=	12:41=	13:21=	15:18=	17:36=	18:35=	20:38=	23:37=	25:27=	26:32=	27:44=	28:51=	29:50=	30:21=	31:21=	31:55=
02:35=	04:00=	00:38=	03:01=	02:27=	00:40=	01:57=	02:18=	00:59=	02:03=	02:59=	01:50=	01:05=	01:12=	01:07=	00:59=	00:31=	01:00=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gry Vikhamar Thengs	874	32:37															
01:36-	05:31-	06:13-	09:39-	12:26-	13:41+	16:12+	18:25+	19:22+	21:33+	24:15+	26:02+	27:05+	28:19+	29:33+	30:36+	31:10+	32:08+	32:37+
01:36-	03:55-	00:42+	03:26+	02:47+	01:15+	02:31+	02:13-	00:57-	02:11+	02:42-	01:47-	01:03-	01:14+	01:14+	01:03+	00:34+	00:58-	00:29-
00:59-	00:05-	00:04#	00:25#	00:20#	00:35&	00:34&	00:05-	00:02-	00:08+	00:17-	00:03-	00:02-	00:02+	00:07#	00:04+	00:03+	00:02-	00:05-
3	Turid Nystrøm	874	35:03															
01:36-	04:37-	05:19-	08:36-	10:46-	11:25-	13:13-	15:32-	16:23-	19:03-	23:04-	27:41+	28:44+	30:06+	31:50+	32:55+	33:29+	34:32+	35:03+
01:36-	03:01-	00:42+	03:17+	02:10-	00:39-	01:48-	02:19+	00:51-	02:40+	04:01+	04:37+	01:03-	01:22+	01:44+	01:05+	00:34+	01:03+	00:31-
00:59-	00:59-	00:04#	00:16+	00:17-	00:01-	00:09-	00:01+	00:08-	00:37&	01:02&	02:47@	00:02-	00:10#	00:37&	00:06#	00:03+	00:03+	00:03-
4	Berit Ebbell Olsen	874	53:03															
02:51+	07:28+	08:40+	13:48+	17:59+	19:07+	22:30+	26:32+	27:42+	30:51+	35:28+	39:02+	40:55+	43:37+	46:13+	49:00+	50:15+	52:08+	53:03+
02:51+	04:37+	01:12+	05:08+	04:11+	01:08+	03:23+	04:02+	01:10+	03:09+	04:37+	03:34+	01:53+	02:42+	02:36+	02:47+	01:15+	01:53+	00:55+
00:16#	00:37#	00:34&	02:07&	01:44&	00:28&	01:26&	01:44&	00:11#	01:06&	01:38&	01:44&	00:48&	01:30@	01:29@	01:48@	00:44@	00:53&	00:21&

Beste strekktid for klassen

01:36 03:01 00:38 03:01 02:10 00:39 01:48 02:13 00:51 02:03 02:42 01:47 01:03 01:12 01:07 00:59 00:31 00:58 00:29

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

DA

1	Aud Hognestad Taksdal	892	33:53																						
00:52=	03:13=	05:16=	07:20=	08:37=	09:00=	09:29=	11:15=	13:32=	18:16=	19:25=	20:27=	21:07=	21:26=	22:55=	24:57=	27:20=	28:03=	28:55=	30:19=	30:57=	31:23=	32:28=	32:45=	33:07=	33:37=
00:52=	02:21=	02:03=	02:04=	01:17=	00:23=	00:29=	01:46=	02:17=	04:44=	01:09=	01:02=	00:40=	00:19=	01:29=	02:02=	02:23=	00:43=	00:52=	01:24=	00:38=	00:26=	01:05=	00:17=	00:22=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
33:53=																									
00:16=																									
00:00=																									
2	Marie Line Furland	769	38:45																						
01:02+	03:32+	06:39+	09:15+	10:38+	10:58+	11:26+	13:29+	15:20+	21:07+	22:17+	23:27+	24:07+	24:27+	26:10+	28:33+	31:32+	32:19+	33:06+	34:41+	35:28+	35:55+	37:12+	37:30+	37:53+	38:28+
01:02+	02:30+	03:07+	02:36+	01:23+	00:20-	00:28-	02:03+	01:51-	05:47+	01:10+	01:10+	00:40=	00:20+	01:43+	02:23+	02:59+	00:47+	00:47-	01:35+	00:47+	00:27+	01:17+	00:18+	00:23+	00:35+
00:10#	00:09+	01:04&	00:32&	00:06+	00:03-	00:01-	00:17#	00:26-	01:03#	00:01+	00:08#	00:00=	00:01+	00:14#	00:21#	00:36&	00:04+	00:05-	00:11#	00:09#	00:01+	00:12#	00:01+	00:01+	00:05#
38:45+																									
00:17+																									
00:01+																									

DA

3	Jorunn Hadland	3502	39:05																						
01:17+	03:46+	07:27+	09:38+	11:11+	11:30+	11:57+	13:35+	15:05+	20:24+	21:47+	22:54+	23:37+	24:17+	25:53+	29:30+	32:07+	32:53+	33:40+	35:19+	35:58+	36:18+	37:30+	37:50+	38:14+	38:49+
01:17+	02:29+	03:41+	02:11+	01:33+	00:19-	00:27-	01:38-	01:30-	05:19+	01:23+	01:07+	00:43+	00:40+	01:36+	03:37+	02:37+	00:46+	00:47-	01:39+	00:39+	00:20-	01:12+	00:20+	00:24+	00:35+
00:25#	00:08+	01:38#	00:07+	00:16#	00:04-	00:02-	00:08-	00:47-	00:35#	00:14#	00:05+	00:03+	00:21#	00:07+	01:35#	00:14+	00:03+	00:05-	00:15#	00:01+	00:06-	00:07#	00:03#	00:02+	00:05#
39:05+																									
00:16=																									
00:00=																									

4	Katrine Haaland Leveraas	896	40:21																						
00:58+	04:13+	06:56+	09:19+	10:32+	10:56+	12:08+	13:43+	15:18+	22:14+	23:36+	24:43+	25:22+	25:58+	27:30+	29:30+	32:34+	33:23+	34:21+	36:06+	36:45+	37:16+	38:47+	39:03+	39:27+	40:05+
00:58+	03:15+	02:43+	02:23+	01:13+	00:24+	01:12+	01:35+	01:35+	06:56+	01:22+	01:07+	00:39+	00:36+	01:32+	02:00+	03:04+	00:49+	00:58+	01:45+	00:39+	00:31+	01:31+	00:16+	00:24+	00:38+
00:58+	03:15+	02:43+	02:23+	01:13+	00:24+	01:12+	01:35+	01:35+	06:56+	01:22+	01:07+	00:39+	00:36+	01:32+	02:00+	03:04+	00:49+	00:58+	01:45+	00:39+	00:31+	01:31+	00:16+	00:24+	00:38+
40:21+																									
00:16+																									
00:16+																									

5	Trine Bolstad Scheie	769	40:32																						
01:07+	04:05+	06:37+	09:15+	10:45+	11:06+	11:36+	13:30+	15:23+	21:24+	22:43+	23:57+	24:44+	25:03+	26:55+	29:37+	32:35+	33:26+	34:23+	36:17+	37:03+	37:35+	38:52+	39:11+	39:35+	40:11+
01:07+	02:58+	02:32+	02:38+	01:30+	00:21+	00:30+	01:54+	01:53+	06:01+	01:19+	01:14+	00:47+	00:19+	01:52+	02:42+	02:58+	00:51+	00:57+	01:54+	00:46+	00:32+	01:17+	00:19+	00:24+	00:36+
01:07+	02:58+	02:32+	02:38+	01:30+	00:21+	00:30+	01:54+	01:53+	06:01+	01:19+	01:14+	00:47+	00:19+	01:52+	02:42+	02:58+	00:51+	00:57+	01:54+	00:46+	00:32+	01:17+	00:19+	00:24+	00:36+
40:32+																									
00:21+																									
00:21+																									

6	Matilde Skjæveland Skår	3486	41:37																						
02:36+	05:37+	08:25+	10:57+	12:24+	12:45+	13:14+	15:19+	17:07+	23:15+	24:37+	25:50+	26:38+	26:58+	28:44+	31:11+	33:50+	34:39+	35:25+	37:31+	38:13+	38:40+	39:57+	40:14+	40:40+	41:16+
02:36+	03:01+	02:48+	02:32+	01:27+	00:21+	00:29+	02:05+	01:48+	06:08+	01:22+	01:13+	00:48+	00:20+	01:46+	02:27+	02:39+	00:49+	00:46+	02:06+	00:42+	00:27+	01:17+	00:17+	00:26+	00:36+
02:36+	03:01+	02:48+	02:32+	01:27+	00:21+	00:29+	02:05+	01:48+	06:08+	01:22+	01:13+	00:48+	00:20+	01:46+	02:27+	02:39+	00:49+	00:46+	02:06+	00:42+	00:27+	01:17+	00:17+	00:26+	00:36+
41:37+																									
00:21+																									
00:21+																									

7	Silje Skorve Skarpeid	1758	43:39																						
01:02+	04:02+	07:25+	09:50+	11:49+	12:14+	12:41+	14:26+	17:04+	22:33+	24:57+	26:24+	26:56+	27:15+	28:55+	31:36+	34:44+	35:42+	36:47+	38:58+	39:49+	40:23+	41:44+	42:09+	42:40+	43:19+
01:02+	03:00+	03:23+	02:25+	01:59+	00:25+	00:27+	01:45+	02:38+	05:29+	02:24+	01:27+	00:32+	00:19+	01:40+	02:41+	03:08+	00:58+	01:05+	02:11+	00:51+	00:34+	01:21+	00:25+	00:31+	00:39+
01:02+	03:00+	03:23+	02:25+	01:59+	00:25+	00:27+	01:45+	02:38+	05:29+	02:24+	01:27+	00:32+	00:19+	01:40+	02:41+	03:08+	00:58+	01:05+	02:11+	00:51+	00:34+	01:21+	00:25+	00:31+	00:39+
43:39+																									
00:20+																									
00:20+																									

8	Clare Leveridge	877	44:07																						
01:04+	03:58+	06:52+	09:25+	10:46+	11:09+	11:36+	13:38+	15:26+	22:43+	24:14+	25:32+	26:17+	26:36+	28:44+	31:44+	35:01+	35:50+	36:45+	39:20+	40:07+	40:45+	42:16+	42:33+	43:03+	43:46+
01:04+	02:54+	02:54+	02:33+	01:21+	00:23+	00:27+	02:02+	01:48+	07:17+	01:31+	01:18+	00:45+	00:19+	02:08+	03:00+	03:17+	00:49+	00:55+	02:35+	00:47+	00:38+	01:31+	00:17+	00:30+	00:43+
01:04+	02:54+	02:54+	02:33+	01:21+	00:23+	00:27+	02:02+	01:48+	07:17+	01:31+	01:18+	00:45+	00:19+	02:08+	03:00+	03:17+	00:49+	00:55+	02:35+	00:47+	00:38+	01:31+	00:17+	00:30+	00:43+
44:07+																									
00:21+																									
00:21+																									

9	Tone Torgersen	882	44:26																						
01:02+	04:54+	08:04+	10:31+	12:05+	12:28+	13:02+	14:50+	17:07+	23:36+	24:57+	26:21+	27:08+	27:31+	29:28+	32:08+	35:16+	36:05+	36:57+	38:59+	40:35+	41:05+	42:41+	42:58+	43:26+	44:05+
01:02+	03:52+	03:10+	02:27+	01:34+	00:23+	00:34+	01:48+	02:17+	06:29+	01:21+	01:24+	00:47+	00:23+	01:57+	02:40+	03:08+	00:49+	00:52+	02:02+	01:36+	00:30+	01:36+	00:17+	00:28+	00:39+
01:02+	03:52+	03:10+	02:27+	01:34+	00:23+	00:34+	01:48+	02:17+	06:29+	01:21+	01:24+	00:47+	00:23+	01:57+	02:40+	03:08+	00:49+	00:52+	02:02+	01:36+	00:30+	01:36+	00:17+	00:28+	00:39+
44:26+																									
00:21+																									
00:21+																									

10	Aina Kalsaas Urstad	4232	49:40																						
01:15+	08:03+	11:04+	13:47+	15:31+	16:00+	16:29+	18:37+	20:38+	27:25+	29:23+	30:52+	31:43+	32:12+	34:04+	36:48+	40:17+	41:20+	42:28+	44:47+	45:38+	46:11+	47:43+	48:05+	48:36+	49:19+
01:15+	06:48+	03:01+	02:43+	01:44+	00:29+	00:29+	02:08+	02:01+	06:47+	01:58+	01:29+	00:51+	00:29+	01:52+	02:44+	03:29+	01:03+	01:08+	02:19+	00:51+	00:33+	01:32+	00:22+	00:31+	00:43+
01:15+	06:48+	03:01+	02:43+	01:44+	00:29+	00:29+	02:08+	02:01+	06:47+	01:58+	01:29+	00:51+	00:29+	01:52+	02:44+	03:29+	01:03+	01:08+	02:19+	00:51+	00:33+	01:32+	00:22+	00:31+	00:43+
49:40+																									
00:21+																									
00:21+																									

DA

11	Maren Benjaminsen	1832	49:41																						
02:00+	07:19+	10:16+	13:20+	15:03+	15:36+	16:05+	18:24+	20:25+	26:55+	28:45+	30:16+	31:06+	31:32+	33:40+	36:35+	40:14+	41:16+	42:24+	44:43+	45:33+	46:10+	47:40+	48:10+	48:38+	49:20+
02:00+	05:19+	02:57+	03:04+	01:43+	00:33+	00:29+	02:19+	02:01+	06:30+	01:50+	01:31+	00:50+	00:26+	02:08+	02:55+	03:39+	01:02+	01:08+	02:19+	00:50+	00:37+	01:30+	00:30+	00:28+	00:42+
02:00+	05:19+	02:57+	03:04+	01:43+	00:33+	00:29+	02:19+	02:01+	06:30+	01:50+	01:31+	00:50+	00:26+	02:08+	02:55+	03:39+	01:02+	01:08+	02:19+	00:50+	00:37+	01:30+	00:30+	00:28+	00:42+
49:41+																									
00:21+																									
00:21+																									

Beste strekktid for klassen

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

DB

1	Inger Tone Nygård	3502	33:33																							
01:43=	05:28=	06:49=	09:30=	10:59=	11:51=	13:56=	19:51=	21:18=	22:35=	23:25=	23:46=	27:48=	28:52=	29:44=	30:15=	31:43=	32:02=	32:30=	33:14=	33:33=						
01:43=	03:45=	01:21=	02:41=	01:29=	00:23=	00:29=	02:05=	05:55=	01:27=	01:17=	00:50=	00:21=	04:02=	01:04=	00:52=	00:31=	01:28=	00:19=	00:28=	00:44=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anne Garsrud	3518	35:52																							
01:56+	05:37+	07:04+	09:41+	12:00+	12:24+	12:56+	14:58+	20:26+	22:02+	23:17+	24:00+	24:46+	29:57+	30:58+	32:02+	32:32+	33:53+	34:18+	34:50+	35:33+	35:52+					
01:56+	03:41-	01:27+	02:37-	02:19+	00:24+	00:32+	02:02-	05:28-	01:36+	01:15-	00:43-	00:46+	05:11+	01:01-	01:04+	00:30-	01:21-	00:25+	00:32+	00:43-	00:19=					
00:13#	00:04-	00:06+	00:04-	00:50&	00:01+	00:03#	00:03-	00:27-	00:09#	00:02-	00:07-	00:25@	01:09&	00:03-	00:12#	00:01-	00:07-	00:06&	00:04#	00:01-	00:00=					
3	Vibeke Lamark	878	37:17																							
02:24+	06:20+	08:00+	10:39+	12:23+	12:56+	13:29+	15:59+	22:08+	23:37+	25:21+	26:10+	26:36+	31:03+	32:13+	33:02+	33:35+	35:07+	35:28+	36:05+	36:51+	37:17+					
02:24+	03:56+	01:40+	02:39-	01:44+	00:33+	00:33+	02:30+	06:09+	01:29+	01:44+	00:49-	00:26+	04:27+	01:10+	00:49-	00:33+	01:32+	00:21+	00:37+	00:46+	00:26+					
00:41&	00:11+	00:19#	00:02-	00:15#	00:10&	00:04#	00:25#	00:14+	00:02+	00:27&	00:01-	00:05#	00:25#	00:06+	00:03-	00:02+	00:04+	00:02#	00:09&	00:02+	00:07&					
4	Ida Kolstø	3502	38:25																							
01:33-	05:47+	07:34+	10:34+	12:28+	12:57+	13:21+	15:25+	21:19+	22:51+	24:12+	25:09+	25:43+	31:38+	33:39+	34:41+	35:11+	36:41+	37:02+	37:27+	38:08+	38:25+					
01:33-	04:14+	01:47+	03:00+	01:54+	00:29+	00:24-	02:04-	05:54-	01:32+	01:21+	00:57+	00:34+	05:55+	02:01+	01:02+	00:30-	01:30+	00:21+	00:25-	00:41-	00:17-					
00:10-	00:29#	00:26&	00:19#	00:25&	00:06&	00:05-	00:01-	00:01-	00:05+	00:04+	00:07#	00:13&	01:53&	00:57&	00:10#	00:01-	00:02+	00:02#	00:03-	00:03-	00:02-					
5	Ann-Cathrin Nybak Urdal	3595	38:32																							
01:38-	05:45+	07:08+	10:08+	11:57+	12:22+	12:55+	15:11+	21:19+	22:51+	24:17+	25:16+	26:55+	31:42+	32:59+	33:58+	34:41+	36:26+	36:50+	37:23+	38:08+	38:32+					
01:38-	04:07+	01:23+	03:00+	01:49+	00:25+	00:33+	02:16+	06:08+	01:32+	01:26+	00:59+	01:39+	04:47+	01:17+	00:59+	00:43+	01:45+	00:24+	00:33+	00:45+	00:24+					
00:05-	00:22+	00:02+	00:19#	00:20#	00:02+	00:04#	00:11+	00:13+	00:05+	00:09#	00:09#	01:18@	00:45#	00:13#	00:07#	00:12&	00:17#	00:05&	00:05#	00:01+	00:05&					
6	Lise Isachsen	1384	38:45																							
01:41-	05:26-	10:44+	13:18+	16:08+	16:31+	16:58+	18:48+	23:47+	25:22+	26:46+	27:32+	27:59+	32:36+	33:44+	34:48+	35:22+	36:46+	37:13+	37:43+	38:26+	38:45+					
01:41-	03:45=	05:18+	02:34-	02:50+	00:23=	00:27-	01:50-	04:59-	01:35+	01:24+	00:46-	00:27+	04:37+	01:08+	01:04+	00:34+	01:24-	00:27+	00:30+	00:43-	00:19=					
00:02-	00:00=	03:57@	00:07-	01:21&	00:00=	00:02-	00:15-	00:56-	00:08+	00:07+	00:04-	00:06&	00:35#	00:04+	00:12#	00:03+	00:04-	00:08&	00:02+	00:01-	00:00=					
7	Toyah Bråtveit	1832	39:04																							
01:36-	05:22-	07:11+	10:13+	12:45+	13:07+	13:34+	16:23+	21:48+	25:24+	27:00+	27:55+	28:18+	32:45+	33:49+	34:39+	35:20+	37:16+	37:34+	38:06+	38:48+	39:04+					
01:36-	03:46+	01:49+	03:02+	02:32+	00:22-	00:27-	02:49+	05:25-	03:36+	01:36+	00:55+	00:23+	04:27+	01:04=	00:50-	00:41+	01:56+	00:18-	00:32+	00:42-	00:16-					
00:07-	00:01+	00:28&	00:21#	01:03&	00:01-	00:02-	00:44&	00:30-	02:09@	00:19#	00:05#	00:02+	00:25#	00:00=	00:02-	00:10&	00:28&	00:01-	00:04#	00:02-	00:03-					
8	Ellen Tindeland	882	39:08																							
02:02+	06:10+	07:37+	10:22+	12:08+	12:49+	13:17+	15:36+	22:34+	24:10+	25:45+	26:35+	28:06+	32:58+	34:03+	34:55+	35:31+	37:00+	37:25+	37:57+	38:46+	39:08+					
02:02+	04:08+	01:27+	02:45+	01:46+	00:41+	00:28-	02:19+	06:58+	01:36+	01:35+	00:50=	01:31+	04:52+	01:05+	00:52=	00:36+	01:29+	00:25+	00:32+	00:49+	00:22+					
00:19#	00:23#	00:06+	00:04+	00:17#	00:18&	00:01-	00:14#	01:03#	00:09#	00:18#	00:00=	01:10@	00:50#	00:01+	00:00=	00:05#	00:01+	00:06&	00:04#	00:05#	00:03#					
9	Helen Lomeland	722	39:18																							
01:52+	05:48+	07:36+	10:52+	12:44+	13:14+	13:48+	15:46+	21:28+	24:07+	25:38+	26:33+	26:57+	31:41+	33:04+	33:54+	34:33+	36:56+	37:32+	37:56+	38:59+	39:18+					
01:52+	03:56+	01:48+	03:16+	01:52+	00:30+	00:34+	01:58-	05:42-	02:39+	01:31+	00:55+	00:24+	04:44+	01:23+	00:50-	00:39+	02:23+	00:36+	00:24-	01:03+	00:19=					
00:09+	00:11+	00:27&	00:35#	00:23&	00:07&	00:05#	00:07-	00:13-	01:12&	00:14#	00:05#	00:03#	00:42#	00:19&	00:02-	00:08&	00:55&	00:17&	00:04-	00:19&	00:00=					
10	Jorunn Johannesen	1683	39:28																							
01:52+	06:20+	07:50+	11:07+	12:55+	13:34+	14:11+	16:30+	22:29+	24:10+	25:36+	26:41+	27:07+	32:40+	33:56+	35:01+	35:38+	37:17+	37:40+	38:15+	39:01+	39:28+					
01:52+	04:28+	01:30+	03:17+	01:48+	00:39+	00:37+	02:19+	05:59+	01:41+	01:26+	01:05+	00:26+	05:33+	01:16+	01:05+	00:37+	01:39+	00:23+	00:35+	00:46+	00:27+					
00:09+	00:43#	00:09#	00:36#	00:19#	00:16&	00:08&	00:14#	00:04+	00:14#	00:09#	00:15&	00:05#	01:31&	00:12#	00:13#	00:06#	00:11#	00:04#	00:07#	00:02+	00:08&					
11	Kristin Breivold	892	40:33																							
02:11+	06:18+	08:17+	11:29+	13:24+	13:51+	14:24+	16:41+	22:58+	24:45+	26:13+	27:16+	28:48+	33:33+	34:51+	35:55+	36:32+	38:23+	38:45+	39:18+	40:10+	40:33+					
02:11+	04:07+	01:59+	03:12+	01:55+	00:27+	00:33+	02:17+	06:17+	01:47+	01:28+	01:03+	01:32+	04:45+	01:18+	01:04+	00:37+	01:51+	00:22+	00:33+	00:52+	00:23+					
00:28&	00:22+	00:38&	00:31#	00:26&	00:04#	00:04+	00:12+	00:22+	00:20#	00:11#	00:13&	01:11@	00:43#	00:14#	00:12#	00:06#	00:23&	00:03#	00:05#	00:08#	00:04#					

Class	Navn	Klasse	Tid
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DB

12	Marita Skorpe Falnes	3568	43:17
01:43=	07:01+ 09:48+ 12:41+ 14:42+ 15:07+ 15:38+ 18:08+ 25:27+ 27:03+ 28:39+ 29:39+ 30:03+ 35:04+ 36:28+ 37:58+ 38:43+ 40:40+ 41:02+ 42:03+ 42:55+ 43:17+		
01:43=	05:18+ 02:47+ 02:53+ 02:01+ 00:25+ 00:31+ 02:30+ 07:19+ 01:36+ 01:36+ 01:00+ 00:24+ 05:01+ 01:24+ 01:30+ 00:45+ 01:57+ 00:22+ 01:01+ 00:52+ 00:22+		
00:00=	01:33& 01:26@ 00:12+ 00:32& 00:02+ 00:02+ 00:25# 01:24# 00:09# 00:19# 00:10# 00:03# 00:59# 00:20& 00:38& 00:14& 00:29& 00:03# 00:33@ 00:08# 00:03#		
13	Guro Myhre	4371	1:06:48
02:41+	09:45+ 11:07+ 25:24+ 29:23+ 29:50+ 30:28+ 35:55+ 44:45+ 46:50+ 49:06+ 50:09+ 50:49+ 56:43+ 58:10+ 60:26+ 60:53+ 64:25+ 65:00+ 65:35+ 66:24+ 66:48+		
02:41+	07:04+ 01:22+ 14:17+ 03:59+ 00:27+ 00:38+ 05:27+ 08:50+ 02:05+ 02:16+ 01:03+ 00:40+ 05:54+ 01:27+ 02:16+ 00:27+ 03:32+ 00:35+ 00:35+ 00:49+ 00:24+		
02:41+	07:04+ 01:22+ 14:17+ 03:59+ 00:27+ 00:38+ 05:27+ 08:50+ 02:05+ 02:16+ 01:03+ 00:40+ 05:54+ 01:27+ 02:16+ 00:27+ 03:32+ 00:35+ 00:35+ 00:49+ 00:24+		

Beste strekktid for klassen

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

DNY

1	Bente Klausen	769	25:46
00:48=	03:16= 04:31= 05:48= 08:12= 08:52= 10:23= 13:40= 15:17= 18:10= 21:10= 22:27= 23:52= 25:16= 25:46=		
00:48=	02:28= 01:15= 01:17= 02:24= 00:40= 01:31= 03:17= 01:37= 02:53= 03:00= 01:17= 01:25= 01:24= 00:30=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Anne Linn Olsen	3528	27:32
00:36-	04:16+ 05:27+ 06:45+ 10:49+ 11:15+ 12:29+ 17:10+ 18:32+ 20:58+ 21:51+ 24:41+ 25:51+ 27:05+ 27:32+		
00:36-	03:40+ 01:11- 01:18+ 04:04+ 00:26- 01:14- 04:41+ 01:22- 02:26- 00:53- 02:50+ 01:10- 01:14- 00:27-		
00:12-	01:12& 00:04- 00:01+ 01:40& 00:14- 00:17- 01:24& 00:15- 00:27- 02:07- 01:33@ 00:15- 00:10- 00:03-		
3	June Stensland	3529	29:34
00:47-	08:31+ 09:54+ 11:29+ 13:52+ 14:30+ 17:34+ 20:37+ 22:25+ 24:58+ 25:41+ 26:43+ 28:04+ 29:09+ 29:34+		
00:47-	07:44+ 01:23+ 01:35+ 02:23- 00:38- 03:04+ 03:03- 01:48+ 02:33- 00:43- 01:02- 01:21- 01:05- 00:25-		
00:01-	05:16@ 00:08# 00:18# 00:01- 00:02- 01:33@ 00:14- 00:11# 00:20- 02:17- 00:15- 00:04- 00:19- 00:05-		

Beste strekktid for klassen

00:36	02:28	01:11	01:17	02:23	00:26	01:14	03:03	01:22	02:26	00:43	01:02	01:10	01:05	00:25
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

DT

1	Kristin Ye-Eun Yoon	3533	26:41
00:46=	03:10= 05:26= 06:11= 07:41= 08:57= 11:00= 12:30= 14:26= 18:28= 21:43= 22:22= 23:19= 24:40= 25:28= 26:20= 26:41=		
00:46=	02:24= 02:16= 00:45= 01:30= 01:16= 02:03= 01:30= 01:56= 04:02= 03:15= 00:39= 00:57= 01:21= 00:48= 00:52= 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	Line Skaar	4235	28:23
00:45-	03:59+ 06:20+ 06:50+ 08:30+ 10:01+ 12:31+ 14:16+ 16:21+ 20:36+ 22:28+ 23:25+ 24:37+ 25:45+ 26:40+ 27:58+ 28:23+		
00:45-	03:14+ 02:21+ 00:30- 01:40+ 01:31+ 02:30+ 01:45+ 02:05+ 04:15+ 01:52- 00:57+ 01:12+ 01:08- 00:55+ 01:18+ 00:25+		
00:01-	00:50& 00:05+ 00:15- 00:10# 00:15# 00:27# 00:15# 00:09+ 00:13+ 01:23- 00:18& 00:15& 00:13- 00:07# 00:26& 00:04#		
3	Sigrund Serigstad	879	31:50
00:38-	03:40+ 06:20+ 06:41+ 09:25+ 10:39+ 12:42+ 14:25+ 16:18+ 23:07+ 24:31+ 27:10+ 27:57+ 29:36+ 30:17+ 31:28+ 31:50+		
00:38-	03:02+ 02:40+ 00:21- 02:44+ 01:14- 02:03= 01:43+ 01:53- 06:49+ 01:24- 02:39+ 00:47- 01:39+ 00:41- 01:11+ 00:22+		
00:08-	00:38& 00:24# 00:24- 01:14& 00:02- 00:00= 00:13# 00:03- 02:47& 01:51- 02:00@ 00:10- 00:18# 00:07- 00:19& 00:01+		
4	Mette Baardsgaard	1884	32:03
00:32-	03:21+ 05:46+ 09:14+ 10:28+ 11:45+ 13:58+ 15:59+ 18:43+ 23:28+ 25:37+ 26:28+ 27:32+ 29:38+ 30:40+ 31:44+ 32:03+		
00:32-	02:49+ 02:25+ 03:28+ 01:14- 01:17+ 02:13+ 02:01+ 02:44+ 04:45+ 02:09- 00:51+ 01:04+ 02:06+ 01:02+ 01:04+ 00:19-		
00:14-	00:25# 00:09+ 02:43@ 00:16- 00:01+ 00:10+ 00:31& 00:48& 00:43# 01:06- 00:12& 00:07# 00:45& 00:14& 00:12# 00:02-		
5	Kari Mjølhus	882	32:36
00:36-	03:37+ 06:06+ 06:26+ 07:52+ 10:56+ 13:04+ 14:33+ 16:14+ 25:28+ 27:09+ 28:29+ 29:27+ 30:37+ 31:24+ 32:16+ 32:36+		
00:36-	03:01+ 02:29+ 00:20- 01:26- 03:04+ 02:08+ 01:29- 01:41- 09:14+ 01:41- 01:20+ 00:58+ 01:10- 00:47- 00:52= 00:20-		
00:10-	00:37& 00:13+ 00:25- 00:04- 01:48@ 00:05+ 00:01- 00:15- 05:12@ 01:34- 00:41@ 00:01+ 00:11- 00:01- 00:00= 00:01-		

Class	Navn	Klasse														Tid			
DT																			
6	Sara Dudzinska	1376														32:54			
	00:42-	03:36+	07:06+	07:24+	09:29+	10:47+	13:36+	15:18+	19:38+	23:57+	26:04+	27:37+	28:47+	30:49+	31:36+	32:33+	32:54+		
	00:42-	02:54+	03:30+	00:18-	02:05+	01:18+	02:49+	01:42+	04:20+	04:19+	02:07-	01:33+	01:10+	02:02+	00:47-	00:57+	00:21=		
	00:04-	00:30#	01:14&	00:27-	00:35&	00:02+	00:46&	00:12#	02:24@	00:17+	01:08-	00:54@	00:13#	00:41&	00:01-	00:05+	00:00=		
7	Anette Tronstad	1832														32:56			
	00:37+	02:58+	05:17+	05:59+	08:00+	09:55+	13:38+	15:25+	17:40+	22:41+	24:27+	25:25+	27:24+	29:47+	30:46+	32:26+	32:56+		
	00:37+	02:21+	02:19+	00:42+	02:01+	01:55+	03:43+	01:47+	02:15+	05:01+	01:46+	00:58+	01:59+	02:23+	00:59+	01:40+	00:30+		
	00:37+	02:21+	02:19+	00:42+	02:01+	01:55+	03:43+	01:47+	02:15+	05:01+	01:46+	00:58+	01:59+	02:23+	00:59+	01:40+	00:30+		
8	Anastasia Ollestad	3676														33:06			
	00:39+	03:03+	05:41+	07:25+	09:00+	10:34+	12:50+	14:36+	16:27+	20:58+	25:36+	26:39+	27:49+	30:46+	31:38+	32:41+	33:06+		
	00:39+	02:24+	02:38+	01:44+	01:35+	01:34+	02:16+	01:46+	01:51+	04:31+	04:38+	01:03+	01:10+	02:57+	00:52+	01:03+	00:25+		
	00:39+	02:24+	02:38+	01:44+	01:35+	01:34+	02:16+	01:46+	01:51+	04:31+	04:38+	01:03+	01:10+	02:57+	00:52+	01:03+	00:25+		
9	Esther Boenheim	2539														34:36			
	00:35+	02:56+	05:38+	06:07+	07:55+	09:38+	12:33+	14:16+	16:48+	25:13+	27:13+	28:33+	30:02+	32:25+	33:17+	34:13+	34:36+		
	00:35+	02:21+	02:42+	00:29+	01:48+	01:43+	02:55+	01:43+	02:32+	08:25+	02:00+	01:20+	01:29+	02:23+	00:52+	00:56+	00:23+		
	00:35+	02:21+	02:42+	00:29+	01:48+	01:43+	02:55+	01:43+	02:32+	08:25+	02:00+	01:20+	01:29+	02:23+	00:52+	00:56+	00:23+		
10	Camilla Lillebø Gundersen	793														35:19			
	00:47+	03:01+	06:00+	06:34+	08:06+	09:35+	12:18+	14:11+	16:21+	26:24+	28:51+	29:52+	31:01+	32:53+	33:47+	34:56+	35:19+		
	00:47+	02:14+	02:59+	00:34+	01:32+	01:29+	02:43+	01:53+	02:10+	10:03+	02:27+	01:01+	01:09+	01:52+	00:54+	01:09+	00:23+		
	00:47+	02:14+	02:59+	00:34+	01:32+	01:29+	02:43+	01:53+	02:10+	10:03+	02:27+	01:01+	01:09+	01:52+	00:54+	01:09+	00:23+		
11	Elin Norveel	722														35:35			
	00:55+	03:52+	07:24+	08:01+	10:15+	12:09+	15:19+	18:01+	20:42+	26:24+	29:02+	30:08+	31:25+	32:59+	34:07+	35:05+	35:35+		
	00:55+	02:57+	03:32+	00:37+	02:14+	01:54+	03:10+	02:42+	02:41+	05:42+	02:38+	01:06+	01:17+	01:34+	01:08+	00:58+	00:30+		
	00:55+	02:57+	03:32+	00:37+	02:14+	01:54+	03:10+	02:42+	02:41+	05:42+	02:38+	01:06+	01:17+	01:34+	01:08+	00:58+	00:30+		
12	Therese Østbø	896														35:43			
	00:40+	03:11+	05:51+	07:45+	09:28+	11:02+	13:53+	15:39+	17:51+	26:19+	28:18+	29:44+	31:17+	33:11+	34:14+	35:18+	35:43+		
	00:40+	02:31+	02:40+	01:54+	01:43+	01:34+	02:51+	01:46+	02:12+	08:28+	01:59+	01:26+	01:33+	01:54+	01:03+	01:04+	00:25+		
	00:40+	02:31+	02:40+	01:54+	01:43+	01:34+	02:51+	01:46+	02:12+	08:28+	01:59+	01:26+	01:33+	01:54+	01:03+	01:04+	00:25+		
13	Karolina Lenart	1376														36:31			
	00:31+	03:13+	05:41+	06:19+	08:23+	09:38+	12:36+	16:26+	19:01+	23:50+	29:06+	30:47+	32:11+	33:41+	34:54+	36:05+	36:31+		
	00:31+	02:42+	02:28+	00:38+	02:04+	01:15+	02:58+	03:50+	02:35+	04:49+	05:16+	01:41+	01:24+	01:30+	01:13+	01:11+	00:26+		
	00:31+	02:42+	02:28+	00:38+	02:04+	01:15+	02:58+	03:50+	02:35+	04:49+	05:16+	01:41+	01:24+	01:30+	01:13+	01:11+	00:26+		
14	Tone M. Seglem Giske	1683														37:14			
	00:44+	03:48+	06:35+	09:00+	11:19+	13:20+	16:53+	19:24+	22:14+	28:35+	30:30+	31:41+	33:07+	34:42+	35:39+	36:42+	37:14+		
	00:44+	03:04+	02:47+	02:25+	02:19+	02:01+	03:33+	02:31+	02:50+	06:21+	01:55+	01:11+	01:26+	01:35+	00:57+	01:03+	00:32+		
	00:44+	03:04+	02:47+	02:25+	02:19+	02:01+	03:33+	02:31+	02:50+	06:21+	01:55+	01:11+	01:26+	01:35+	00:57+	01:03+	00:32+		
15	Helena Almedal	1376														37:18			
	00:43+	04:15+	06:57+	07:45+	09:27+	11:02+	14:27+	17:46+	20:27+	26:15+	29:33+	31:15+	32:55+	34:27+	35:51+	36:54+	37:18+		
	00:43+	03:32+	02:42+	00:48+	01:42+	01:35+	03:25+	03:19+	02:41+	05:48+	03:18+	01:42+	01:40+	01:32+	01:24+	01:03+	00:24+		
	00:43+	03:32+	02:42+	00:48+	01:42+	01:35+	03:25+	03:19+	02:41+	05:48+	03:18+	01:42+	01:40+	01:32+	01:24+	01:03+	00:24+		
16	Margretha Almedal	1376														38:26			
	00:41+	03:22+	06:10+	06:55+	09:05+	10:44+	13:27+	16:41+	20:32+	27:21+	30:56+	32:30+	34:02+	35:32+	36:55+	38:00+	38:26+		
	00:41+	02:41+	02:48+	00:45+	02:10+	01:39+	02:43+	03:14+	03:51+	06:49+	03:35+	01:34+	01:32+	01:30+	01:23+	01:05+	00:26+		
	00:41+	02:41+	02:48+	00:45+	02:10+	01:39+	02:43+	03:14+	03:51+	06:49+	03:35+	01:34+	01:32+	01:30+	01:23+	01:05+	00:26+		
17	Anna Hole	3503														38:55			
	00:47+	03:16+	05:50+	06:23+	08:21+	14:11+	17:02+	19:22+	22:01+	29:23+	31:53+	33:11+	34:19+	36:22+	37:20+	38:31+	38:55+		
	00:47+	02:29+	02:34+	00:33+	01:58+	05:50+	02:51+	02:20+	02:39+	07:22+	02:30+	01:18+	01:08+	02:03+	00:58+	01:11+	00:24+		
	00:47+	02:29+	02:34+	00:33+	01:58+	05:50+	02:51+	02:20+	02:39+	07:22+	02:30+	01:18+	01:08+	02:03+	00:58+	01:11+	00:24+		
18	Kate Evensen	3556														38:57			
	00:42+	03:23+	05:53+	06:43+	08:28+	10:12+	13:30+	15:41+	18:42+	27:57+	32:35+	33:31+	34:44+	36:13+	37:15+	38:27+	38:57+		
	00:42+	02:41+	02:30+	00:50+	01:45+	01:44+	03:18+	02:11+	03:01+	09:15+	04:38+	00:56+	01:13+	01:29+	01:02+	01:12+	00:30+		
	00:42+	02:41+	02:30+	00:50+	01:45+	01:44+	03:18+	02:11+	03:01+	09:15+	04:38+	00:56+	01:13+	01:29+	01:02+	01:12+	00:30+		
19	Solbjørg Borgersen	3536														39:57			
	01:02+	03:51+	08:00+	08:29+	10:26+	12:32+	15:32+	17:39+	20:07+	26:26+	30:59+	32:29+	33:59+	36:24+	38:03+	39:25+	39:57+		
	01:02+	02:49+	04:09+	00:29+	01:57+	02:06+	03:00+	02:07+	02:28+	06:19+	04:33+	01:30+	01:30+	02:25+	01:39+	01:22+	00:32+		
	01:02+	02:49+	04:09+	00:29+	01:57+	02:06+	03:00+	02:07+	02:28+	06:19+	04:33+	01:30+	01:30+	02:25+	01:39+	01:22+	00:32+		

Class	Navn	Klasse	Tid
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DT

20	Unni Byberg Mæstad	892	40:07
00:46+	04:12+ 07:48+ 08:49+ 10:54+ 12:42+	16:30+ 19:08+ 21:58+ 27:28+ 32:41+	33:29+ 35:30+ 36:57+ 37:59+ 39:40+ 40:07+
00:46+	03:26+ 03:36+ 01:01+ 02:05+ 01:48+	03:48+ 02:38+ 02:50+ 05:30+ 05:13+	00:48+ 02:01+ 01:27+ 01:02+ 01:41+ 00:27+
00:46+	03:26+ 03:36+ 01:01+ 02:05+ 01:48+	03:48+ 02:38+ 02:50+ 05:30+ 05:13+	00:48+ 02:01+ 01:27+ 01:02+ 01:41+ 00:27+
21	Linn Kristin Askø	3507	40:38
00:48+	03:16+ 07:10+ 07:50+ 10:04+ 11:40+	14:50+ 17:37+ 20:14+ 25:47+ 30:30+	32:10+ 33:53+ 37:44+ 38:47+ 40:10+ 40:38+
00:48+	02:28+ 03:54+ 00:40+ 02:14+ 01:36+	03:10+ 02:47+ 02:37+ 05:33+ 04:43+	01:40+ 01:43+ 03:51+ 01:03+ 01:23+ 00:28+
00:48+	02:28+ 03:54+ 00:40+ 02:14+ 01:36+	03:10+ 02:47+ 02:37+ 05:33+ 04:43+	01:40+ 01:43+ 03:51+ 01:03+ 01:23+ 00:28+
22	Lina Dahle	3533	41:00
00:50+	03:20+ 05:41+ 06:32+ 09:11+ 10:49+	13:44+ 16:36+ 19:49+ 24:25+ 27:10+	28:53+ 30:25+ 37:33+ 38:41+ 40:35+ 41:00+
00:50+	02:30+ 02:21+ 00:51+ 02:39+ 01:38+	02:55+ 02:52+ 03:13+ 04:36+ 02:45+	01:43+ 01:32+ 07:08+ 01:08+ 01:54+ 00:25+
00:50+	02:30+ 02:21+ 00:51+ 02:39+ 01:38+	02:55+ 02:52+ 03:13+ 04:36+ 02:45+	01:43+ 01:32+ 07:08+ 01:08+ 01:54+ 00:25+
23	Liv Janne Fandrem Biland	892	41:04
00:42+	03:54+ 06:59+ 08:21+ 10:19+ 12:02+	15:05+ 19:18+ 23:37+ 29:11+ 33:02+	34:24+ 36:14+ 38:07+ 39:11+ 40:34+ 41:04+
00:42+	03:12+ 03:05+ 01:22+ 01:58+ 01:43+	03:03+ 04:13+ 04:19+ 05:34+ 03:51+	01:22+ 01:50+ 01:53+ 01:04+ 01:23+ 00:30+
00:42+	03:12+ 03:05+ 01:22+ 01:58+ 01:43+	03:03+ 04:13+ 04:19+ 05:34+ 03:51+	01:22+ 01:50+ 01:53+ 01:04+ 01:23+ 00:30+
24	Linda Haukås	3551	41:27
00:57+	04:45+ 07:53+ 08:40+ 10:59+ 12:52+	16:45+ 19:27+ 23:00+ 29:10+ 32:15+	33:34+ 35:30+ 38:06+ 39:21+ 40:53+ 41:27+
00:57+	03:48+ 03:08+ 00:47+ 02:19+ 01:53+	03:53+ 02:42+ 03:33+ 06:10+ 03:05+	01:19+ 01:56+ 02:36+ 01:15+ 01:32+ 00:34+
00:57+	03:48+ 03:08+ 00:47+ 02:19+ 01:53+	03:53+ 02:42+ 03:33+ 06:10+ 03:05+	01:19+ 01:56+ 02:36+ 01:15+ 01:32+ 00:34+
25	Kirsti Strand Salvesen	3540	42:14
01:08+	04:28+ 08:00+ 08:49+ 11:21+ 13:35+	17:09+ 20:12+ 22:58+ 28:42+ 31:37+	33:14+ 35:14+ 37:48+ 39:58+ 41:34+ 42:14+
01:08+	03:20+ 03:32+ 00:49+ 02:32+ 02:14+	03:34+ 03:03+ 02:46+ 05:44+ 02:55+	01:37+ 02:00+ 02:34+ 02:10+ 01:36+ 00:40+
01:08+	03:20+ 03:32+ 00:49+ 02:32+ 02:14+	03:34+ 03:03+ 02:46+ 05:44+ 02:55+	01:37+ 02:00+ 02:34+ 02:10+ 01:36+ 00:40+
26	Benedicte Kvalevåg	769	42:15
00:32+	03:21+ 06:17+ 06:55+ 08:47+ 10:07+	12:35+ 16:14+ 19:35+ 32:22+ 36:21+	37:16+ 38:38+ 40:16+ 41:10+ 41:57+ 42:15+
00:32+	02:49+ 02:56+ 00:38+ 01:52+ 01:20+	02:28+ 03:39+ 03:21+ 12:47+ 03:59+	00:55+ 01:22+ 01:38+ 00:54+ 00:47+ 00:18+
00:32+	02:49+ 02:56+ 00:38+ 01:52+ 01:20+	02:28+ 03:39+ 03:21+ 12:47+ 03:59+	00:55+ 01:22+ 01:38+ 00:54+ 00:47+ 00:18+
27	Goedele Taveirne	896	43:41
00:43+	04:01+ 07:30+ 08:06+ 10:03+ 13:04+	16:15+ 18:29+ 21:20+ 27:16+ 36:20+	38:27+ 39:40+ 41:09+ 42:15+ 43:14+ 43:41+
00:43+	03:18+ 03:29+ 00:36+ 01:57+ 03:01+	03:11+ 02:14+ 02:51+ 05:56+ 09:04+	02:07+ 01:13+ 01:29+ 01:06+ 00:59+ 00:27+
00:43+	03:18+ 03:29+ 00:36+ 01:57+ 03:01+	03:11+ 02:14+ 02:51+ 05:56+ 09:04+	02:07+ 01:13+ 01:29+ 01:06+ 00:59+ 00:27+
28	Bente Skagseth	3558	43:43
00:40+	04:10+ 07:26+ 08:20+ 10:19+ 12:00+	15:36+ 18:03+ 23:16+ 32:40+ 34:56+	36:20+ 37:48+ 39:55+ 41:53+ 43:11+ 43:43+
00:40+	03:30+ 03:16+ 00:54+ 01:59+ 01:41+	03:36+ 02:27+ 05:13+ 09:24+ 02:16+	01:24+ 01:28+ 02:07+ 01:58+ 01:18+ 00:32+
00:40+	03:30+ 03:16+ 00:54+ 01:59+ 01:41+	03:36+ 02:27+ 05:13+ 09:24+ 02:16+	01:24+ 01:28+ 02:07+ 01:58+ 01:18+ 00:32+
29	Stephanie Loin	877	43:57
01:16+	03:32+ 07:22+ 07:47+ 09:34+ 11:04+	13:32+ 16:21+ 18:29+ 34:14+ 36:38+	38:00+ 39:28+ 41:14+ 42:22+ 43:33+ 43:57+
01:16+	02:16+ 03:50+ 00:25+ 01:47+ 01:30+	02:28+ 02:49+ 02:08+ 15:45+ 02:24+	01:22+ 01:28+ 01:46+ 01:08+ 01:11+ 00:24+
01:16+	02:16+ 03:50+ 00:25+ 01:47+ 01:30+	02:28+ 02:49+ 02:08+ 15:45+ 02:24+	01:22+ 01:28+ 01:46+ 01:08+ 01:11+ 00:24+
30	Kristine Aasland	3524	45:02
00:51+	04:00+ 07:00+ 07:55+ 09:56+ 11:33+	14:41+ 17:08+ 19:31+ 32:02+ 38:42+	39:41+ 40:45+ 41:54+ 43:08+ 44:34+ 45:02+
00:51+	03:09+ 03:00+ 00:55+ 02:01+ 01:37+	03:08+ 02:27+ 02:23+ 12:31+ 06:40+	00:59+ 01:04+ 01:09+ 01:14+ 01:26+ 00:28+
00:51+	03:09+ 03:00+ 00:55+ 02:01+ 01:37+	03:08+ 02:27+ 02:23+ 12:31+ 06:40+	00:59+ 01:04+ 01:09+ 01:14+ 01:26+ 00:28+
31	Elisabet Horpestad	896	45:05
00:41+	04:00+ 06:30+ 07:14+ 08:48+ 10:07+	12:20+ 14:45+ 16:26+ 29:14+ 31:57+	33:12+ 34:14+ 42:41+ 43:37+ 44:45+ 45:05+
00:41+	03:19+ 02:30+ 00:44+ 01:34+ 01:19+	02:13+ 02:25+ 01:41+ 12:48+ 02:43+	01:15+ 01:02+ 08:27+ 00:56+ 01:08+ 00:20+
00:41+	03:19+ 02:30+ 00:44+ 01:34+ 01:19+	02:13+ 02:25+ 01:41+ 12:48+ 02:43+	01:15+ 01:02+ 08:27+ 00:56+ 01:08+ 00:20+
32	Inger Martinsen	4248	47:04
00:47+	04:11+ 07:21+ 07:58+ 10:02+ 11:47+	15:33+ 17:51+ 20:43+ 30:56+ 38:25+	40:16+ 41:30+ 43:45+ 44:56+ 46:29+ 47:04+
00:47+	03:24+ 03:10+ 00:37+ 02:04+ 01:45+	03:46+ 02:18+ 02:52+ 10:13+ 07:29+	01:51+ 01:14+ 02:15+ 01:11+ 01:33+ 00:35+
00:47+	03:24+ 03:10+ 00:37+ 02:04+ 01:45+	03:46+ 02:18+ 02:52+ 10:13+ 07:29+	01:51+ 01:14+ 02:15+ 01:11+ 01:33+ 00:35+
33	Kristine Vik	1284	50:19
00:37+	06:59+ 09:53+ 10:26+ 12:29+ 14:18+	17:25+ 19:16+ 21:31+ 38:40+ 42:13+	43:45+ 45:10+ 47:39+ 48:49+ 49:55+ 50:19+
00:37+	06:22+ 02:54+ 00:33+ 02:03+ 01:49+	03:07+ 01:51+ 02:15+ 17:09+ 03:33+	01:32+ 01:25+ 02:29+ 01:10+ 01:06+ 00:24+
00:37+	06:22+ 02:54+ 00:33+ 02:03+ 01:49+	03:07+ 01:51+ 02:15+ 17:09+ 03:33+	01:32+ 01:25+ 02:29+ 01:10+ 01:06+ 00:24+

DT

34	Marianne Berge	3512	50:20													
00:39+	03:22+	06:30+	07:12+	09:04+	10:37+	13:18+	16:44+	18:51+	37:57+	40:02+	43:21+	44:48+	45:56+	49:00+	49:51+	50:20+
00:39+	02:43+	03:08+	00:42+	01:52+	01:33+	02:41+	03:26+	02:07+	19:06+	02:05+	03:19+	01:27+	01:08+	03:04+	00:51+	00:29+
00:39+	02:43+	03:08+	00:42+	01:52+	01:33+	02:41+	03:26+	02:07+	19:06+	02:05+	03:19+	01:27+	01:08+	03:04+	00:51+	00:29+

35	Marianne Steinkopf	880	51:07													
00:44+	05:57+	08:32+	09:29+	12:40+	16:56+	19:58+	21:58+	24:20+	36:26+	44:25+	45:46+	46:52+	48:43+	49:30+	50:40+	51:07+
00:44+	05:13+	02:35+	00:57+	03:11+	04:16+	03:02+	02:00+	02:22+	12:06+	07:59+	01:21+	01:06+	01:51+	00:47+	01:10+	00:27+
00:44+	05:13+	02:35+	00:57+	03:11+	04:16+	03:02+	02:00+	02:22+	12:06+	07:59+	01:21+	01:06+	01:51+	00:47+	01:10+	00:27+

36	Kitty Garborg	1754	51:24													
00:51+	04:12+	07:51+	08:51+	11:50+	15:00+	18:50+	24:40+	27:41+	35:42+	41:34+	42:35+	44:42+	47:59+	49:31+	50:49+	51:24+
00:51+	03:21+	03:39+	01:00+	02:59+	03:10+	03:50+	05:50+	03:01+	08:01+	05:52+	01:01+	02:07+	03:17+	01:32+	01:18+	00:35+
00:51+	03:21+	03:39+	01:00+	02:59+	03:10+	03:50+	05:50+	03:01+	08:01+	05:52+	01:01+	02:07+	03:17+	01:32+	01:18+	00:35+

37	Bergljot Brekken	3529	53:10													
01:23+	07:53+	11:59+	13:12+	15:16+	17:19+	21:00+	24:04+	27:32+	33:05+	42:24+	43:44+	45:31+	49:22+	50:37+	52:45+	53:10+
01:23+	06:30+	04:06+	01:13+	02:04+	02:03+	03:41+	03:04+	03:28+	05:33+	09:19+	01:20+	01:47+	03:51+	01:15+	02:08+	00:25+
01:23+	06:30+	04:06+	01:13+	02:04+	02:03+	03:41+	03:04+	03:28+	05:33+	09:19+	01:20+	01:47+	03:51+	01:15+	02:08+	00:25+

38	Åse Kristensen	1141	53:53													
01:51+	08:51+	12:55+	14:19+	16:23+	18:26+	22:11+	25:09+	28:39+	34:20+	43:27+	44:55+	46:34+	50:26+	51:42+	53:16+	53:53+
01:51+	07:00+	04:04+	01:24+	02:04+	02:03+	03:45+	02:58+	03:30+	05:41+	09:07+	01:28+	01:39+	03:52+	01:16+	01:34+	00:37+
01:51+	07:00+	04:04+	01:24+	02:04+	02:03+	03:45+	02:58+	03:30+	05:41+	09:07+	01:28+	01:39+	03:52+	01:16+	01:34+	00:37+

39	Cecilie Lidal	722	56:44													
00:42+	04:06+	08:01+	08:36+	10:22+	12:19+	15:15+	17:25+	20:57+	35:17+	48:46+	50:19+	51:35+	53:43+	54:52+	56:19+	56:44+
00:42+	03:24+	03:55+	00:35+	01:46+	01:57+	02:56+	02:10+	03:32+	14:20+	13:29+	01:33+	01:16+	02:08+	01:09+	01:27+	00:25+
00:42+	03:24+	03:55+	00:35+	01:46+	01:57+	02:56+	02:10+	03:32+	14:20+	13:29+	01:33+	01:16+	02:08+	01:09+	01:27+	00:25+

40	Randi Sørhus	722	56:45													
00:43+	04:02+	07:55+	08:33+	10:24+	12:22+	15:18+	17:27+	20:59+	35:17+	48:46+	50:16+	51:31+	53:46+	54:53+	56:20+	56:45+
00:43+	03:19+	03:53+	00:38+	01:51+	01:58+	02:56+	02:09+	03:32+	14:18+	13:29+	01:30+	01:15+	02:15+	01:07+	01:27+	00:25+
00:43+	03:19+	03:53+	00:38+	01:51+	01:58+	02:56+	02:09+	03:32+	14:18+	13:29+	01:30+	01:15+	02:15+	01:07+	01:27+	00:25+

41	Maria Fjelde	892	59:55													
00:58+	04:52+	09:47+	10:58+	13:46+	16:54+	22:31+	31:19+	35:03+	45:30+	49:32+	51:25+	53:31+	55:44+	57:44+	59:19+	59:55+
00:58+	03:54+	04:55+	01:11+	02:48+	03:08+	05:37+	08:48+	03:44+	10:27+	04:02+	01:53+	02:06+	02:13+	02:00+	01:35+	00:36+
00:58+	03:54+	04:55+	01:11+	02:48+	03:08+	05:37+	08:48+	03:44+	10:27+	04:02+	01:53+	02:06+	02:13+	02:00+	01:35+	00:36+

42	Julie Kristine Hovet	892	1:00:36													
00:44+	03:04+	06:10+	06:37+	08:41+	10:26+	12:57+	14:51+	16:32+	50:01+	55:00+	56:07+	57:18+	58:30+	59:24+	60:15+	60:36+
00:44+	02:20+	03:06+	00:27+	02:04+	01:45+	02:31+	01:54+	01:41+	33:29+	04:59+	01:07+	01:11+	01:12+	00:54+	00:51+	00:21+
00:44+	02:20+	03:06+	00:27+	02:04+	01:45+	02:31+	01:54+	01:41+	33:29+	04:59+	01:07+	01:11+	01:12+	00:54+	00:51+	00:21+

43	Signe Lise Haaland	3507	1:00:42													
01:49+	05:16+	08:56+	10:02+	12:55+	15:12+	20:06+	22:48+	26:20+	34:10+	37:19+	39:09+	41:08+	55:50+	57:31+	59:53+	60:42+
01:49+	03:27+	03:40+	01:06+	02:53+	02:17+	04:54+	02:42+	03:32+	07:50+	03:09+	01:50+	01:59+	14:42+	01:41+	02:22+	00:49+
01:49+	03:27+	03:40+	01:06+	02:53+	02:17+	04:54+	02:42+	03:32+	07:50+	03:09+	01:50+	01:59+	14:42+	01:41+	02:22+	00:49+

44	Jannecke A. Moe	1758	1:03:55													
00:48+	05:25+	09:55+	11:20+	14:06+	15:59+	21:31+	24:28+	27:41+	46:40+	50:20+	54:26+	56:28+	59:20+	61:15+	63:18+	63:55+
00:48+	04:37+	04:30+	01:25+	02:46+	01:53+	05:32+	02:57+	03:13+	18:59+	03:40+	04:06+	02:02+	02:52+	01:55+	02:03+	00:37+
00:48+	04:37+	04:30+	01:25+	02:46+	01:53+	05:32+	02:57+	03:13+	18:59+	03:40+	04:06+	02:02+	02:52+	01:55+	02:03+	00:37+

45	Ragnhild Christiansen	1884	1:04:04													
02:08+	07:17+	12:57+	14:58+	18:45+	21:48+	27:53+	35:23+	39:15+	48:32+	51:49+	53:47+	56:28+	59:12+	61:12+	63:09+	64:04+
02:08+	05:09+	05:40+	02:01+	03:47+	03:03+	06:05+	07:30+	03:52+	09:17+	03:17+	01:58+	02:41+	02:44+	02:00+	01:57+	00:55+
02:08+	05:09+	05:40+	02:01+	03:47+	03:03+	06:05+	07:30+	03:52+	09:17+	03:17+	01:58+	02:41+	02:44+	02:00+	01:57+	00:55+

46	Else Marie Furland	1884	1:04:07													
02:03+	07:25+	13:11+	15:03+	18:53+	22:02+	27:48+	35:48+	39:17+	48:38+	51:51+	53:52+	56:31+	59:17+	61:17+	63:06+	64:07+
02:03+	05:22+	05:46+	01:52+	03:50+	03:09+	05:46+	08:00+	03:29+	09:21+	03:13+	02:01+	02:39+	02:46+	02:00+	01:49+	01:01+
02:03+	05:22+	05:46+	01:52+	03:50+	03:09+	05:46+	08:00+	03:29+	09:21+	03:13+	02:01+	02:39+	02:46+	02:00+	01:49+	01:01+

47	Helene Verdal Hidle	1830	1:13:08													
01:39+	07:50+	11:24+	11:52+	15:21+	17:33+	24:02+	31:10+	34:01+	59:28+	62:44+	64:21+	66:19+	70:36+	71:27+	72:39+	73:08+
01:39+	06:11+	03:34+	00:28+	03:29+	02:12+	06:29+	07:08+	02:51+	25:27+	03:16+	01:37+	01:58+	04:17+	00:51+	01:12+	00:29+
01:39+	06:11+	03:34+	00:28+	03:29+	02:12+	06:29+	07:08+	02:51+	25:27+	03:16+	01:37+	01:58+	04:17+	00:51+	01:12+	00:29+

DT

48	Ingrid Lohne	722														1:20:39			
	01:21+	06:06+	10:51+	12:41+	17:02+	20:03+	29:04+	40:26+	45:05+	60:21+	64:53+	68:26+	71:04+	75:08+	77:26+	79:42+	80:39+		
	01:21+	04:45+	04:45+	01:50+	04:21+	03:01+	09:01+	11:22+	04:39+	15:16+	04:32+	03:33+	02:38+	04:04+	02:18+	02:16+	00:57+		
	01:21+	04:45+	04:45+	01:50+	04:21+	03:01+	09:01+	11:22+	04:39+	15:16+	04:32+	03:33+	02:38+	04:04+	02:18+	02:16+	00:57+		
49	Karin Jensvold	722														1:20:39			
	01:18+	06:11+	10:53+	12:44+	17:07+	20:06+	29:06+	40:30+	45:09+	60:23+	64:55+	68:29+	71:06+	75:01+	77:28+	79:44+	80:39+		
	01:18+	04:53+	04:42+	01:51+	04:23+	02:59+	09:00+	11:24+	04:39+	15:14+	04:32+	03:34+	02:37+	03:55+	02:27+	02:16+	00:55+		
	01:18+	04:53+	04:42+	01:51+	04:23+	02:59+	09:00+	11:24+	04:39+	15:14+	04:32+	03:34+	02:37+	03:55+	02:27+	02:16+	00:55+		
50	May Kristin Haaland	3511														1:24:06			
	01:16+	09:16+	22:58+	24:37+	28:34+	31:45+	38:22+	42:10+	46:28+	62:16+	70:13+	72:19+	74:27+	78:38+	81:14+	83:15+	84:06+		
	01:16+	08:00+	13:42+	01:39+	03:57+	03:11+	06:37+	03:48+	04:18+	15:48+	07:57+	02:06+	02:08+	04:11+	02:36+	02:01+	00:51+		
	01:16+	08:00+	13:42+	01:39+	03:57+	03:11+	06:37+	03:48+	04:18+	15:48+	07:57+	02:06+	02:08+	04:11+	02:36+	02:01+	00:51+		
51	Agnete Dedekam Stabel	1758														1:37:04			
	00:47+	35:51+	41:53+	45:27+	48:19+	51:42+	55:01+	60:31+	65:04+	74:40+	80:39+	83:26+	85:33+	92:19+	95:06+	96:34+	97:04+		
	00:47+	35:04+	06:02+	03:34+	02:52+	03:23+	03:19+	05:30+	04:33+	09:36+	05:59+	02:47+	02:07+	06:46+	02:47+	01:28+	00:30+		
	00:47+	35:04+	06:02+	03:34+	02:52+	03:23+	03:19+	05:30+	04:33+	09:36+	05:59+	02:47+	02:07+	06:46+	02:47+	01:28+	00:30+		

Beste strekktid for klassen

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

H16

1	Børge Grødem	3619														28:10						
	01:18=	04:27=	05:36=	08:08=	09:26=	09:50=	10:23=	11:55=	16:47=	18:22=	19:24=	19:59=	20:19=	23:13=	24:06=	24:48=	25:10=	26:47=	27:03=	27:24=	27:57=	28:10=
	01:18=	03:09=	01:09=	02:32=	01:18=	00:24=	00:33=	01:32=	04:52=	01:35=	01:02=	00:35=	00:20=	02:54=	00:53=	00:42=	00:22=	01:37=	00:16=	00:21=	00:33=	00:13=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Erling Byberg	793														30:19						
	01:23+	04:48+	06:07+	08:33+	09:47+	10:09+	10:31+	12:09+	17:36+	19:27+	20:32+	21:10+	21:32+	24:44+	26:20+	27:03+	27:24+	28:46+	28:59+	29:31+	30:04+	30:19+
	01:23+	03:25+	01:19+	02:26-	01:14-	00:22-	00:22-	01:38+	05:27+	01:51+	01:05+	00:38+	00:22+	03:12+	01:36+	00:43+	00:21-	01:22-	00:13-	00:32+	00:33=	00:15+
	00:05+	00:16+	00:10#	00:06-	00:04-	00:02-	00:11-	00:06+	00:35#	00:16#	00:03+	00:03+	00:02#	00:18#	00:43#	00:01+	00:01-	00:15-	00:03-	00:11#	00:00=	00:02#
3	Henrik Friis	3516														32:21						
	02:11+	05:11+	06:26+	10:07+	11:41+	12:02+	12:23+	14:15+	18:30+	19:52+	20:56+	21:35+	22:23+	25:31+	27:18+	28:56+	29:12+	30:36+	31:06+	31:29+	32:06+	32:21+
	02:11+	03:00-	01:15+	03:41+	01:34+	00:21-	00:21-	01:52+	04:15-	01:22-	01:04+	00:39+	00:48+	03:08+	01:47+	01:38+	00:16-	01:24-	00:30+	00:23+	00:37+	00:15+
	00:53#	00:09-	00:06+	01:09#	00:16#	00:03-	00:12-	00:20#	00:37-	00:13-	00:02+	00:04#	00:28#	00:14+	00:54#	00:56#	00:06-	00:13-	00:14#	00:02+	00:04#	00:02#
4	Truls Thorkildsen	2074														33:05						
	02:36+	06:02+	07:10+	09:35+	10:55+	11:41+	11:59+	14:05+	19:09+	20:43+	22:42+	23:25+	23:44+	27:24+	28:25+	29:39+	30:06+	31:32+	31:50+	32:16+	32:48+	33:05+
	02:36+	03:26+	01:08-	02:25-	01:20+	00:46+	00:18-	02:06+	05:04+	01:34-	01:59+	00:43+	00:19-	03:40+	01:01+	01:14+	00:27+	01:26-	00:18+	00:26+	00:32-	00:17+
	01:18#	00:17+	00:01-	00:07-	00:02+	00:22#	00:15-	00:34#	00:12+	00:01-	00:57#	00:08#	00:01-	00:46#	00:08#	00:32#	00:05#	00:11-	00:02#	00:05#	00:01-	00:04#
5	Alexander Romanov	3562														33:28						
	02:36+	06:40+	07:52+	10:12+	12:06+	12:50+	14:32+	19:28+	21:03+	22:34+	23:16+	23:36+	27:39+	28:35+	29:20+	29:50+	31:32+	31:59+	32:31+	33:10+	33:28+	
	02:36+	04:04+	01:12+	02:20-	01:54+	00:20-	00:24-	01:42+	04:56+	01:35=	01:31+	00:42+	00:20=	04:03+	00:56+	00:45+	00:30+	01:42+	00:27+	00:32+	00:39+	00:18+
	01:18#	00:55#	00:03+	00:12-	00:36#	00:04-	00:09-	00:10#	00:04+	00:00=	00:29#	00:07#	00:00=	01:09#	00:03+	00:03+	00:08#	00:05+	00:11#	00:11#	00:06#	00:05#
6	Håvard Landråk	3676														34:35						
	01:33+	05:09+	06:35+	09:09+	10:26+	10:52+	11:14+	14:19+	19:33+	21:11+	22:29+	23:12+	23:44+	27:45+	28:47+	29:44+	31:08+	33:01+	33:14+	33:39+	34:20+	34:35+
	01:33+	03:36+	01:26+	02:34+	01:17-	00:26+	00:22-	03:05+	05:14+	01:38+	01:18+	00:43+	00:32+	04:01+	01:02+	00:57+	01:24+	01:53+	00:13-	00:25+	00:41+	00:15+
	00:15#	00:27#	00:17#	00:02+	00:01-	00:02+	00:11-	01:33#	00:22+	00:03+	00:16#	00:08#	00:12#	01:07#	00:09#	00:15#	01:02#	00:16#	00:03-	00:04#	00:08#	00:02#
7	Kristian Henriksen	793														34:42						
	01:45+	05:35+	07:13+	09:32+	11:10+	12:53+	13:17+	15:10+	21:01+	22:37+	23:54+	24:40+	25:09+	28:54+	29:51+	30:41+	31:13+	32:26+	33:22+	33:45+	34:21+	34:42+
	01:45+	03:50+	01:38+	02:19-	01:38+	01:43+	00:24-	01:53+	05:51+	01:36+	01:17+	00:46+	00:29+	03:45+	00:57+	00:50+	00:32+	01:13-	00:56+	00:23+	00:36+	00:21+
	00:27#	00:41#	00:29#	00:13-	00:20#	01:19#	00:09-	00:21#	00:59#	00:01+	00:15#	00:11#	00:09#	00:51#	00:04+	00:08#	00:10#	00:24-	00:40#	00:02+	00:03+	00:08#
8	Bendix Gjølstad Smith	892														34:55						
	01:32+	05:38+	07:04+	09:45+	11:19+	11:47+	12:23+	14:39+	20:04+	21:30+	22:53+	23:41+	24:20+	28:45+	29:56+	30:52+	31:44+	33:21+	33:41+	34:03+	34:38+	34:55+
	01:32+	04:06+	01:26+	02:41+	01:34+	00:28+	00:36+	02:16+	05:25+	01:26-	01:23+	00:48+	00:39+	04:25+	01:11+	00:56+	00:52+	01:37=	00:20+	00:22+	00:35+	00:17+
	00:14#	00:57#	00:17#	00:09+	00:16#	00:04#	00:03+	00:44#	00:33#	00:09-	00:21#	00:13#	00:19#	01:31#	00:18#	00:14#	00:30#	00:00=	00:04#	00:01+	00:02+	00:04#

H16

9	Thor Hesselsøe	1376	35:31																			
01:24+	04:48+	06:06+	11:43+	12:41+	13:46+	14:06+	17:06+	22:18+	23:56+	25:16+	25:59+	26:20+	30:22+	31:17+	32:29+	32:51+	34:02+	34:21+	34:43+	35:15+	35:31+	
01:24+	03:24+	01:18+	05:37+	00:58-	01:05+	00:20-	03:00+	05:12+	01:38+	01:20+	00:43+	00:21+	04:02+	00:55+	01:12+	00:22-	01:11-	00:19+	00:22+	00:32-	00:16+	
00:06+	00:15+	00:09#	03:05@	00:20-	00:41@	00:13-	01:28&	00:20+	00:03+	00:18&	00:08#	00:01+	01:08&	00:02+	00:30&	00:00=	00:26-	00:03#	00:01+	00:01-	00:03#	
10	Henrik Aasheim	2342	36:27																			
02:03+	05:46+	07:06+	09:45+	11:46+	12:18+	12:45+	14:43+	21:28+	23:28+	25:01+	25:51+	26:17+	29:44+	31:07+	32:01+	32:35+	34:37+	34:58+	35:27+	36:08+	36:27+	
02:03+	03:43+	01:20+	02:39+	02:01+	00:32+	00:27+	01:58+	06:45+	02:00+	01:33+	00:50+	00:26+	03:27+	01:23+	00:54+	00:34+	02:02+	00:21+	00:29+	00:41+	00:19+	
02:03+	03:43+	01:20+	02:39+	02:01+	00:32+	00:27+	01:58+	06:45+	02:00+	01:33+	00:50+	00:26+	03:27+	01:23+	00:54+	00:34+	02:02+	00:21+	00:29+	00:41+	00:19+	
11	Bernt Christian Bugge	3676	36:55																			
01:44+	05:34+	07:08+	10:16+	12:13+	12:56+	13:23+	15:22+	21:16+	22:58+	24:11+	25:02+	26:02+	30:54+	32:01+	33:10+	33:39+	34:55+	35:16+	35:57+	36:37+	36:55+	
01:44+	03:50+	01:34+	03:08+	01:57+	00:43+	00:27+	01:59+	05:54+	01:42+	01:13+	00:51+	01:00+	04:52+	01:07+	01:09+	00:29+	01:16+	00:21+	00:41+	00:40+	00:18+	
01:44+	03:50+	01:34+	03:08+	01:57+	00:43+	00:27+	01:59+	05:54+	01:42+	01:13+	00:51+	01:00+	04:52+	01:07+	01:09+	00:29+	01:16+	00:21+	00:41+	00:40+	00:18+	
12	Christian Schmidt	2342	37:09																			
01:22+	04:20+	05:43+	08:31+	09:39+	10:08+	10:30+	12:10+	17:57+	27:12+	28:16+	28:50+	29:07+	32:18+	33:10+	33:45+	34:07+	35:42+	35:58+	36:21+	36:54+	37:09+	
01:22+	02:58+	01:23+	02:48+	01:08+	00:29+	00:22+	01:40+	05:47+	09:15+	01:04+	00:34+	00:17+	03:11+	00:52+	00:35+	00:22+	01:35+	00:16+	00:23+	00:33+	00:15+	
01:22+	02:58+	01:23+	02:48+	01:08+	00:29+	00:22+	01:40+	05:47+	09:15+	01:04+	00:34+	00:17+	03:11+	00:52+	00:35+	00:22+	01:35+	00:16+	00:23+	00:33+	00:15+	
13	Anders Frøytlog	3502	38:50																			
01:35+	05:38+	07:10+	10:37+	12:31+	13:05+	13:34+	15:40+	23:04+	25:06+	26:30+	27:13+	27:42+	31:52+	33:04+	33:57+	35:03+	37:00+	37:17+	37:47+	38:28+	38:50+	
01:35+	04:03+	01:32+	03:27+	01:54+	00:34+	00:29+	02:06+	07:24+	02:02+	01:24+	00:43+	00:29+	04:10+	01:12+	00:53+	01:06+	01:57+	00:17+	00:30+	00:41+	00:22+	
01:35+	04:03+	01:32+	03:27+	01:54+	00:34+	00:29+	02:06+	07:24+	02:02+	01:24+	00:43+	00:29+	04:10+	01:12+	00:53+	01:06+	01:57+	00:17+	00:30+	00:41+	00:22+	
14	Håvard Aase	3558	38:50																			
01:46+	05:22+	07:17+	10:17+	12:48+	13:12+	13:46+	15:49+	21:40+	23:53+	25:18+	26:02+	26:28+	30:43+	32:14+	34:04+	34:23+	36:21+	37:06+	37:42+	38:30+	38:50+	
01:46+	03:36+	01:55+	03:00+	02:31+	00:24+	00:34+	02:03+	05:51+	02:13+	01:25+	00:44+	00:26+	04:15+	01:31+	01:50+	00:19+	01:58+	00:45+	00:36+	00:48+	00:20+	
01:46+	03:36+	01:55+	03:00+	02:31+	00:24+	00:34+	02:03+	05:51+	02:13+	01:25+	00:44+	00:26+	04:15+	01:31+	01:50+	00:19+	01:58+	00:45+	00:36+	00:48+	00:20+	
15	Lars Kartevoll	3548	39:17																			
01:51+	05:58+	07:34+	10:35+	12:31+	12:49+	13:14+	15:42+	23:18+	24:44+	26:07+	27:09+	27:32+	32:26+	33:27+	34:30+	35:13+	37:28+	37:49+	38:17+	39:00+	39:17+	
01:51+	04:07+	01:36+	03:01+	01:56+	00:18+	00:25+	02:28+	07:36+	01:26+	01:23+	01:02+	00:23+	04:54+	01:01+	01:03+	00:43+	02:15+	00:21+	00:28+	00:43+	00:17+	
01:51+	04:07+	01:36+	03:01+	01:56+	00:18+	00:25+	02:28+	07:36+	01:26+	01:23+	01:02+	00:23+	04:54+	01:01+	01:03+	00:43+	02:15+	00:21+	00:28+	00:43+	00:17+	
16	Vidar Haus	3528	40:27																			
01:55+	06:17+	08:04+	12:09+	13:35+	14:00+	14:33+	16:47+	23:07+	24:51+	26:17+	27:17+	27:46+	32:13+	34:21+	36:15+	36:37+	38:31+	38:51+	39:30+	40:07+	40:27+	
01:55+	04:22+	01:47+	04:05+	01:26+	00:25+	00:33+	02:14+	06:20+	01:44+	01:26+	01:00+	00:29+	04:27+	02:08+	01:54+	00:22+	01:54+	00:20+	00:39+	00:37+	00:20+	
01:55+	04:22+	01:47+	04:05+	01:26+	00:25+	00:33+	02:14+	06:20+	01:44+	01:26+	01:00+	00:29+	04:27+	02:08+	01:54+	00:22+	01:54+	00:20+	00:39+	00:37+	00:20+	
17	Eivind Brimsø	3559	40:47																			
01:51+	05:20+	06:42+	15:27+	16:55+	17:18+	17:49+	19:46+	26:52+	28:33+	29:44+	30:31+	31:02+	35:10+	36:08+	37:02+	37:24+	38:52+	39:09+	39:41+	40:30+	40:47+	
01:51+	03:29+	01:22+	08:45+	01:28+	00:23+	00:31+	01:57+	07:06+	01:41+	01:11+	00:47+	00:31+	04:08+	00:58+	00:54+	00:22+	01:28+	00:17+	00:32+	00:49+	00:17+	
01:51+	03:29+	01:22+	08:45+	01:28+	00:23+	00:31+	01:57+	07:06+	01:41+	01:11+	00:47+	00:31+	04:08+	00:58+	00:54+	00:22+	01:28+	00:17+	00:32+	00:49+	00:17+	
18	Stewart Smith	3508	40:53																			
01:55+	06:27+	08:18+	12:43+	14:23+	14:47+	15:25+	17:26+	23:30+	25:11+	27:11+	27:51+	28:24+	32:46+	36:00+	36:52+	37:25+	38:59+	39:18+	39:44+	40:31+	40:53+	
01:55+	04:32+	01:51+	04:25+	01:40+	00:24+	00:38+	02:01+	06:04+	01:41+	02:00+	00:40+	00:33+	04:22+	03:14+	00:52+	00:33+	01:34+	00:19+	00:26+	00:47+	00:22+	
01:55+	04:32+	01:51+	04:25+	01:40+	00:24+	00:38+	02:01+	06:04+	01:41+	02:00+	00:40+	00:33+	04:22+	03:14+	00:52+	00:33+	01:34+	00:19+	00:26+	00:47+	00:22+	
19	Magnus Kristoffersen	3676	41:28																			
01:53+	06:06+	08:19+	11:26+	13:10+	13:55+	14:19+	16:29+	22:14+	25:58+	27:30+	28:25+	28:48+	33:39+	35:00+	36:17+	37:09+	37:30+	39:05+	39:25+	40:03+	41:10+	41:28+
01:53+	04:13+	02:13+	03:07+	01:44+	00:45+	00:24+	02:10+	05:45+	03:44+	01:32+	00:55+	00:23+	04:51+	01:21+	01:17+	00:52+	00:21+	01:35+	00:20+	00:38+	01:07+	00:18+
01:53+	04:13+	02:13+	03:07+	01:44+	00:45+	00:24+	02:10+	05:45+	03:44+	01:32+	00:55+	00:23+	04:51+	01:21+	01:17+	00:52+	00:21+	01:35+	00:20+	00:38+	01:07+	00:18+
20	Rune Hagen Maudal	3524	51:47																			
02:13+	07:47+	09:40+	13:55+	16:10+	16:39+	17:15+	21:02+	29:36+	32:17+	34:08+	35:19+	35:52+	42:07+	43:50+	44:55+	46:15+	48:59+	49:27+	50:03+	51:19+	51:47+	
02:13+	05:34+	01:53+	04:15+	02:15+	00:29+	00:36+	03:47+	08:34+	02:41+	01:51+	01:11+	00:33+	06:15+	01:43+	01:05+	01:20+	02:44+	00:28+	00:36+	01:16+	00:28+	
02:13+	05:34+	01:53+	04:15+	02:15+	00:29+	00:36+	03:47+	08:34+	02:41+	01:51+	01:11+	00:33+	06:15+	01:43+	01:05+	01:20+	02:44+	00:28+	00:36+	01:16+	00:28+	

Beste strekktid for klassen

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

H40

Class	Navn	Klasse										Tid											
H40																							
1	Arild Stave	3676										31:18											
	01:31=	04:50=	06:51=	09:32=	10:56=	11:14=	11:37=	13:10=	17:38=	19:06=	20:33=	21:11=	21:39=	25:24=	27:01=	27:45=	28:09=	29:44=	29:59=	30:29=	31:02=	31:18=	
	01:31=	03:19=	02:01=	02:41=	01:24=	00:18=	00:23=	01:33=	04:28=	01:28=	01:27=	00:38=	00:28=	03:45=	01:37=	00:44=	00:24=	01:35=	00:15=	00:30=	00:33=	00:16=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Anders Klungre	3548										32:21											
	01:27+	04:51+	06:00+	08:22+	09:59+	10:21+	10:47+	12:35+	17:47+	19:10+	20:25+	21:16+	21:39+	25:27+	26:48+	28:00+	28:41+	30:40+	31:04+	31:27+	32:04+	32:21+	
	01:27+	03:20+	02:09+	02:22+	01:37+	00:22+	00:26+	01:48+	05:12+	01:23+	01:15+	00:51+	00:23+	03:48+	01:21+	01:12+	00:41+	01:59+	00:24+	00:23+	00:37+	00:17+	
	01:27+	03:24+	01:09+	02:22+	01:37+	00:22+	00:26+	01:48+	05:12+	01:23+	01:15+	00:51+	00:23+	03:48+	01:21+	01:12+	00:41+	01:59+	00:24+	00:23+	00:37+	00:17+	
3	Jan-Kenneth Polle	3525										33:06											
	01:32+	04:52+	07:17+	09:39+	11:05+	11:27+	11:53+	13:54+	19:04+	20:54+	22:20+	23:07+	23:33+	27:16+	28:28+	29:12+	29:45+	31:16+	31:40+	32:09+	32:51+	33:06+	
	01:32+	03:20+	02:25+	02:22+	01:26+	00:22+	00:26+	02:01+	05:10+	01:50+	01:26+	00:47+	00:26+	03:43+	01:12+	00:44+	00:33+	01:31+	00:24+	00:29+	00:42+	00:15+	
	01:32+	03:20+	02:25+	02:22+	01:26+	00:22+	00:26+	02:01+	05:10+	01:50+	01:26+	00:47+	00:26+	03:43+	01:12+	00:44+	00:33+	01:31+	00:24+	00:29+	00:42+	00:15+	
4	Anders Presterud	903										33:11											
	01:37+	05:03+	06:23+	08:52+	10:34+	11:05+	11:31+	13:25+	20:05+	21:46+	22:56+	23:41+	24:03+	27:49+	28:43+	29:31+	30:00+	31:28+	31:47+	32:15+	32:53+	33:11+	
	01:37+	03:26+	01:20+	02:29+	01:42+	00:31+	00:26+	01:54+	06:40+	01:41+	01:10+	00:45+	00:22+	03:46+	00:54+	00:48+	00:29+	01:28+	00:19+	00:28+	00:38+	00:18+	
	01:37+	03:26+	01:20+	02:29+	01:42+	00:31+	00:26+	01:54+	06:40+	01:41+	01:10+	00:45+	00:22+	03:46+	00:54+	00:48+	00:29+	01:28+	00:19+	00:28+	00:38+	00:18+	
5	Inge Arild Leknes	3548										35:30											
	02:13+	05:38+	07:05+	09:52+	11:37+	11:53+	12:19+	14:56+	21:05+	23:04+	24:28+	25:14+	25:34+	29:31+	30:44+	31:24+	31:59+	33:28+	33:56+	34:14+	34:36+	35:11+	35:30+
	02:13+	03:25+	01:27+	02:47+	01:45+	00:16+	00:26+	02:37+	06:09+	01:59+	01:24+	00:46+	00:20+	03:57+	01:13+	00:40+	00:35+	01:29+	00:28+	00:18+	00:22+	00:35+	00:19+
	02:13+	03:25+	01:27+	02:47+	01:45+	00:16+	00:26+	02:37+	06:09+	01:59+	01:24+	00:46+	00:20+	03:57+	01:13+	00:40+	00:35+	01:29+	00:28+	00:18+	00:22+	00:35+	00:19+
6	Alexander Khorunzhiy	1456										36:13											
	01:44+	05:33+	07:08+	11:04+	12:57+	13:16+	13:44+	15:47+	21:00+	22:37+	23:54+	24:37+	24:58+	29:19+	30:32+	31:33+	32:23+	33:44+	34:16+	34:46+	35:55+	36:13+	
	01:44+	03:49+	01:35+	03:56+	01:53+	00:19+	00:28+	02:03+	05:13+	01:37+	01:17+	00:43+	00:21+	04:21+	01:13+	01:01+	00:50+	01:21+	00:32+	00:30+	01:09+	00:18+	
	01:44+	03:49+	01:35+	03:56+	01:53+	00:19+	00:28+	02:03+	05:13+	01:37+	01:17+	00:43+	00:21+	04:21+	01:13+	01:01+	00:50+	01:21+	00:32+	00:30+	01:09+	00:18+	
7	Magne Habbestad	3531										36:20											
	01:29+	05:09+	07:37+	10:11+	11:40+	12:02+	12:31+	14:25+	19:48+	21:39+	22:59+	23:47+	24:18+	29:15+	30:23+	32:13+	32:47+	34:24+	34:45+	35:18+	35:59+	36:20+	
	01:29+	03:40+	02:28+	02:34+	01:29+	00:22+	00:29+	01:54+	05:23+	01:51+	01:20+	00:48+	00:31+	04:57+	01:08+	01:50+	00:34+	01:37+	00:21+	00:33+	00:41+	00:21+	
	01:29+	03:40+	02:28+	02:34+	01:29+	00:22+	00:29+	01:54+	05:23+	01:51+	01:20+	00:48+	00:31+	04:57+	01:08+	01:50+	00:34+	01:37+	00:21+	00:33+	00:41+	00:21+	
8	Frode Ungar	1683										36:34											
	01:39+	05:41+	08:06+	11:09+	12:47+	13:11+	13:43+	15:30+	21:01+	22:35+	24:08+	25:12+	25:38+	30:01+	31:24+	32:22+	32:58+	34:29+	34:54+	35:30+	36:11+	36:34+	
	01:39+	04:02+	02:25+	03:03+	01:38+	00:24+	00:32+	01:47+	05:31+	01:34+	01:33+	01:04+	00:26+	04:23+	01:23+	00:58+	00:36+	01:31+	00:25+	00:36+	00:41+	00:23+	
	01:39+	04:02+	02:25+	03:03+	01:38+	00:24+	00:32+	01:47+	05:31+	01:34+	01:33+	01:04+	00:26+	04:23+	01:23+	00:58+	00:36+	01:31+	00:25+	00:36+	00:41+	00:23+	
9	Rune Dahl Fitjar	1754										36:47											
	01:40+	05:53+	07:33+	10:33+	12:24+	12:48+	13:14+	15:41+	21:20+	23:09+	24:30+	25:23+	25:55+	30:17+	31:31+	32:19+	32:49+	34:28+	35:05+	35:44+	36:26+	36:47+	
	01:40+	04:13+	01:40+	03:00+	01:51+	00:24+	00:26+	02:27+	05:39+	01:49+	01:21+	00:53+	00:32+	04:22+	01:14+	00:48+	00:30+	01:39+	00:37+	00:39+	00:42+	00:21+	
	01:40+	04:13+	01:40+	03:00+	01:51+	00:24+	00:26+	02:27+	05:39+	01:49+	01:21+	00:53+	00:32+	04:22+	01:14+	00:48+	00:30+	01:39+	00:37+	00:39+	00:42+	00:21+	
10	Håkon André Waage	1683										37:03											
	01:48+	05:30+	06:54+	09:53+	11:55+	12:20+	12:47+	15:30+	21:23+	23:13+	24:30+	25:24+	26:01+	30:16+	31:38+	32:45+	33:30+	35:21+	35:41+	36:06+	36:47+	37:03+	
	01:48+	03:42+	01:24+	02:59+	02:02+	00:25+	00:27+	02:43+	05:53+	01:50+	01:17+	00:54+	00:37+	04:15+	01:22+	01:07+	00:45+	01:51+	00:20+	00:25+	00:41+	00:16+	
	01:48+	03:42+	01:24+	02:59+	02:02+	00:25+	00:27+	02:43+	05:53+	01:50+	01:17+	00:54+	00:37+	04:15+	01:22+	01:07+	00:45+	01:51+	00:20+	00:25+	00:41+	00:16+	
11	Stian Gunstensen	892										37:54											
	01:52+	05:39+	07:58+	10:49+	12:46+	13:14+	13:45+	15:35+	21:31+	23:55+	25:44+	26:33+	26:57+	30:54+	32:04+	32:59+	33:36+	35:53+	36:28+	36:53+	37:39+	37:54+	
	01:52+	03:47+	02:19+	02:51+	01:57+	00:28+	00:31+	01:50+	05:56+	02:24+	01:49+	00:49+	00:24+	03:57+	01:10+	00:55+	00:37+	02:17+	00:35+	00:25+	00:46+	00:15+	
	01:52+	03:47+	02:19+	02:51+	01:57+	00:28+	00:31+	01:50+	05:56+	02:24+	01:49+	00:49+	00:24+	03:57+	01:10+	00:55+	00:37+	02:17+	00:35+	00:25+	00:46+	00:15+	
12	Jens Otto Hatlevold	2023										38:41											
	01:45+	05:28+	08:23+	11:14+	12:55+	13:38+	14:05+	15:59+	21:34+	26:09+	27:26+	28:01+	28:19+	32:31+	33:53+	35:21+	35:43+	37:08+	37:22+	37:49+	38:22+	38:41+	
	01:45+	03:43+	02:55+	02:51+	01:41+	00:43+	00:27+	01:54+	05:35+	04:35+	01:17+	00:35+	00:18+	04:12+	01:22+	01:28+	00:22+	01:25+	00:14+	00:27+	00:33+	00:19+	
	01:45+	03:43+	02:55+	02:51+	01:41+	00:43+	00:27+	01:54+	05:35+	04:35+	01:17+	00:35+	00:18+	04:12+	01:22+	01:28+	00:22+	01:25+	00:14+	00:27+	00:33+	00:19+	
13	Anders Hagen	3528										39:18											
	02:14+	08:22+	09:50+	12:33+	14:19+	15:12+	15:31+	17:17+	22:38+	24:49+	26:07+	26:54+	27:21+	30:54+	33:29+	34:34+	35:29+	35:48+	37:34+	37:54+	38:20+	39:01+	39:18+
	02:14+	06:08+	01:28+	02:43+	01:46+	00:53+	00:19+	01:46+	05:21+	02:11+	01:18+	00:47+	00:27+	03:33+	02:35+	01:05+	00:55+	00:19+	01:46+	00:20+	00:26+	00:41+	00:17+
	02:14+	06:08+	01:28+	02:43+	01:46+	00:53+	00:19+	01:46+	05:21+	02:11+	01:18+	00:47+	00:27+	03:33+	02:35+	01:05+	00:55+	00:19+	01:46+	00:20+	00:26+	00:41+	00:17+
14	Ole-Tobias Frich	1683										39:58											
	02:46+	10:42+	11:49+	14:31+	16:09+	16:34+	16:59+	18:51+	24:11+	25:58+	27:23+	28:13+	28:46+	33:26+	34:31+	35:41+	36:11+	38:09+	38:27+	38:56+	39:39+	39:58+	
	02:46+	07:56+	01:07+	02:42+	01:38+	00:25+	00:25+	01:52+	05:20+	01:47+	01:25+	00:50+	00:33+	04:40+	01:05+	01:10+	00:30+	01:58+	00:18+	00:29+	00:43+	00:19+	
	02:46+	07:56+	01:07+	02:42+	01:38+	00:25+	00:25+	01:52+	05:20+	01:47+	01:25+	00:50+	00:33+	04:40+	01:05+	01:10+	00:30+	01:58+	00:18+	00:29+	00:43+	00:19+	

H40

15	Frode Stangeland	3516	40:12
02:22+	06:22+ 07:58+ 11:07+ 12:47+ 13:14+	13:43+ 16:36+ 23:33+ 25:16+ 26:54+ 27:53+ 28:21+	33:29+ 34:49+ 36:10+ 36:37+ 38:08+ 38:40+ 39:09+ 39:54+ 40:12+
02:22+	04:00+ 01:36+ 03:09+ 01:40+ 00:27+	00:29+ 02:53+ 06:57+ 01:43+ 01:38+ 00:59+ 00:28+	05:08+ 01:20+ 01:21+ 00:27+ 01:31+ 00:32+ 00:29+ 00:45+ 00:18+
02:22+	04:00+ 01:36+ 03:09+ 01:40+ 00:27+	00:29+ 02:53+ 06:57+ 01:43+ 01:38+ 00:59+ 00:28+	05:08+ 01:20+ 01:21+ 00:27+ 01:31+ 00:32+ 00:29+ 00:45+ 00:18+
16	Per Simensen	3725	40:22
01:45+	05:16+ 08:28+ 11:08+ 14:30+ 15:09+	15:41+ 18:19+ 23:19+ 25:01+ 26:20+ 27:11+ 29:10+	33:27+ 34:33+ 35:33+ 36:12+ 38:16+ 38:38+ 39:12+ 39:57+ 40:22+
01:45+	03:31+ 03:12+ 02:40+ 03:22+ 00:39+	00:32+ 02:38+ 05:00+ 01:42+ 01:19+ 00:51+ 01:59+	04:17+ 01:06+ 01:00+ 00:39+ 02:04+ 00:22+ 00:34+ 00:45+ 00:25+
01:45+	03:31+ 03:12+ 02:40+ 03:22+ 00:39+	00:32+ 02:38+ 05:00+ 01:42+ 01:19+ 00:51+ 01:59+	04:17+ 01:06+ 01:00+ 00:39+ 02:04+ 00:22+ 00:34+ 00:45+ 00:25+
17	Bjarne Bore	3529	41:51
01:49+	05:26+ 08:07+ 11:42+ 13:28+ 13:50+	14:39+ 17:08+ 22:44+ 24:31+ 25:55+ 26:47+ 27:16+	33:35+ 36:39+ 37:36+ 38:04+ 39:30+ 39:54+ 40:27+ 41:30+ 41:51+
01:49+	03:37+ 02:41+ 03:35+ 01:46+ 00:22+	00:49+ 02:29+ 05:36+ 01:47+ 01:24+ 00:52+ 00:29+	06:19+ 03:04+ 00:57+ 00:28+ 01:26+ 00:24+ 00:33+ 01:03+ 00:21+
01:49+	03:37+ 02:41+ 03:35+ 01:46+ 00:22+	00:49+ 02:29+ 05:36+ 01:47+ 01:24+ 00:52+ 00:29+	06:19+ 03:04+ 00:57+ 00:28+ 01:26+ 00:24+ 00:33+ 01:03+ 00:21+
18	Rune Hatle	903	43:15
02:31+	06:42+ 08:09+ 11:11+ 13:36+ 13:58+	14:28+ 16:30+ 24:14+ 28:17+ 29:54+ 30:54+ 31:24+	37:03+ 38:16+ 39:10+ 39:52+ 41:22+ 41:46+ 42:16+ 42:57+ 43:15+
02:31+	04:11+ 01:27+ 03:02+ 02:25+ 00:22+	00:30+ 02:02+ 07:44+ 04:03+ 01:37+ 01:00+ 00:30+	05:39+ 01:13+ 00:54+ 00:42+ 01:30+ 00:24+ 00:30+ 00:41+ 00:18+
02:31+	04:11+ 01:27+ 03:02+ 02:25+ 00:22+	00:30+ 02:02+ 07:44+ 04:03+ 01:37+ 01:00+ 00:30+	05:39+ 01:13+ 00:54+ 00:42+ 01:30+ 00:24+ 00:30+ 00:41+ 00:18+
19	Bjarte Harbo	1830	43:43
01:36+	10:30+ 12:13+ 15:21+ 16:55+ 17:19+	17:45+ 20:02+ 26:35+ 28:32+ 30:03+ 30:57+ 31:26+	35:41+ 37:18+ 39:31+ 39:57+ 41:47+ 42:07+ 42:37+ 43:21+ 43:43+
01:36+	08:54+ 01:43+ 03:08+ 01:34+ 00:24+	00:26+ 02:17+ 06:33+ 01:57+ 01:31+ 00:54+ 00:29+	04:15+ 01:37+ 02:13+ 00:26+ 01:50+ 00:20+ 00:30+ 00:44+ 00:22+
01:36+	08:54+ 01:43+ 03:08+ 01:34+ 00:24+	00:26+ 02:17+ 06:33+ 01:57+ 01:31+ 00:54+ 00:29+	04:15+ 01:37+ 02:13+ 00:26+ 01:50+ 00:20+ 00:30+ 00:44+ 00:22+
20	Vegard Rødum	4270	46:30
02:49+	06:43+ 08:41+ 11:45+ 13:43+ 14:15+	14:44+ 18:14+ 23:49+ 25:31+ 26:50+ 27:49+ 28:17+	32:48+ 40:41+ 41:45+ 42:30+ 44:13+ 44:36+ 45:11+ 45:59+ 46:30+
02:49+	03:54+ 01:58+ 03:04+ 01:58+ 00:32+	00:29+ 03:30+ 05:35+ 01:42+ 01:19+ 00:59+ 00:28+	04:31+ 07:53+ 01:04+ 00:45+ 01:43+ 00:23+ 00:35+ 00:48+ 00:31+
02:49+	03:54+ 01:58+ 03:04+ 01:58+ 00:32+	00:29+ 03:30+ 05:35+ 01:42+ 01:19+ 00:59+ 00:28+	04:31+ 07:53+ 01:04+ 00:45+ 01:43+ 00:23+ 00:35+ 00:48+ 00:31+
21	Gunnar Thorset	896	47:05
01:48+	17:07+ 18:56+ 22:05+ 24:06+ 24:29+	25:00+ 27:42+ 33:08+ 34:28+ 35:54+ 36:47+ 37:10+	41:17+ 42:31+ 43:18+ 43:54+ 45:13+ 45:33+ 46:03+ 46:44+ 47:05+
01:48+	15:19+ 01:49+ 03:09+ 02:01+ 00:23+	00:31+ 02:42+ 05:26+ 01:20+ 01:26+ 00:53+ 00:23+	04:07+ 01:14+ 00:47+ 00:36+ 01:19+ 00:20+ 00:30+ 00:41+ 00:21+
01:48+	15:19+ 01:49+ 03:09+ 02:01+ 00:23+	00:31+ 02:42+ 05:26+ 01:20+ 01:26+ 00:53+ 00:23+	04:07+ 01:14+ 00:47+ 00:36+ 01:19+ 00:20+ 00:30+ 00:41+ 00:21+
22	Glenn Madland	879	52:42
02:01+	06:56+ 08:49+ 12:00+ 14:07+ 14:29+	15:07+ 20:51+ 35:28+ 37:42+ 39:35+ 40:30+ 40:59+	45:35+ 46:53+ 48:00+ 48:42+ 50:42+ 51:03+ 51:37+ 52:21+ 52:42+
02:01+	04:55+ 01:53+ 03:11+ 02:07+ 00:22+	00:38+ 05:44+ 14:37+ 02:14+ 01:53+ 00:55+ 00:29+	04:36+ 01:18+ 01:07+ 00:42+ 02:00+ 00:21+ 00:34+ 00:44+ 00:21+
02:01+	04:55+ 01:53+ 03:11+ 02:07+ 00:22+	00:38+ 05:44+ 14:37+ 02:14+ 01:53+ 00:55+ 00:29+	04:36+ 01:18+ 01:07+ 00:42+ 02:00+ 00:21+ 00:34+ 00:44+ 00:21+
23	Robert Hooper	1683	1:06:13
02:47+	09:20+ 12:34+ 17:41+ 21:02+ 21:44+	22:21+ 25:44+ 36:55+ 40:26+ 43:28+ 45:06+ 46:13+	55:00+ 57:10+ 58:33+ 59:26+ 63:08+ 63:45+ 64:16+ 65:41+ 66:13+
02:47+	06:33+ 03:14+ 05:07+ 03:21+ 00:42+	00:37+ 03:23+ 11:11+ 03:31+ 03:02+ 01:38+ 01:07+	08:47+ 02:10+ 01:23+ 00:53+ 03:42+ 00:37+ 00:31+ 01:25+ 00:32+
02:47+	06:33+ 03:14+ 05:07+ 03:21+ 00:42+	00:37+ 03:23+ 11:11+ 03:31+ 03:02+ 01:38+ 01:07+	08:47+ 02:10+ 01:23+ 00:53+ 03:42+ 00:37+ 00:31+ 01:25+ 00:32+

Beste strekktid for klassen

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

H50

1	Bjørn Ove Olsen Moi	989	29:02
00:55=	03:33= 06:25= 08:36= 08:57= 09:25=	11:20= 12:29= 17:45= 19:44= 21:03= 21:47= 22:39=	24:57= 25:42= 26:06= 27:26= 27:47= 28:12= 28:45= 29:02=
00:55=	02:38= 02:52= 02:11= 00:21= 00:28=	01:55= 01:09= 05:16= 01:59= 01:19= 00:44= 00:52=	02:18= 00:45= 00:24= 01:20= 00:21= 00:25= 00:33= 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=
2	Trond Lamark	878	29:12
01:02+	04:05+ 06:31+ 08:49+ 09:12+ 09:43+	11:43+ 13:01+ 17:41- 19:41- 20:54- 21:35- 22:27-	24:46- 25:29- 26:04- 27:27+ 27:47= 28:14+ 28:51+ 29:12+
01:02+	03:03+ 02:26- 02:18+ 00:23+ 00:31+	02:00+ 01:18+ 04:40- 02:00+ 01:13- 00:41- 00:52=	02:19+ 00:43- 00:35+ 01:23+ 00:20- 00:27+ 00:37+ 00:21+
00:07#	00:25# 00:26- 00:07+ 00:02+ 00:03#	00:05+ 00:09# 00:36- 00:01+ 00:06- 00:03- 00:00=	00:01+ 00:02- 00:11& 00:03+ 00:01- 00:02+ 00:04# 00:04#
3	Remi Olsen	4270	29:27
00:58+	03:47+ 06:00- 08:45+ 09:04+ 09:30+	11:13- 12:20- 16:50- 19:07- 20:18- 20:56- 21:43-	24:25- 25:54+ 26:15+ 27:41+ 28:01+ 28:28+ 29:05+ 29:27+
00:58+	02:49+ 02:13- 02:45+ 00:19- 00:26-	01:43- 01:07- 04:30- 02:17+ 01:11- 00:38- 00:47-	02:42+ 01:29+ 00:21- 01:26+ 00:20- 00:27+ 00:37+ 00:22+
00:03+	00:11+ 00:39- 00:34& 00:02- 00:02-	00:12- 00:02- 00:46- 00:18# 00:08- 00:06- 00:05-	00:24# 00:44& 00:03- 00:06+ 00:01- 00:02+ 00:04# 00:05&

Class	Navn	Klasse	Tid
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H50

4	Øyvind Madland	3522	31:12
01:03+	03:53+	06:17-	08:43+
01:03+	02:50+	02:24-	02:26+
00:08#	00:12+	00:28-	00:15#
09:15+	09:42+	11:35+	12:57+
01:53-	01:22+	06:05+	02:10+
00:02-	00:13#	00:49#	00:11+
11:35+	12:57+	19:02+	21:12+
22:36+	23:21+	24:11+	26:50+
27:40+	28:11+	29:27+	29:49+
30:14+	30:52+	31:12+	02:39+
00:50+	00:31+	01:16-	00:22+
00:21#	00:05#	00:07#	00:04-
00:01+	00:02-	00:01+	00:00=
00:05#	00:05#	00:03#	00:03#
5	John Breiland	3694	32:21
01:42+	04:28+	07:42+	10:07+
01:42+	02:46+	03:14+	02:25+
01:42+	02:46+	03:14+	02:25+
10:33+	10:59+	13:35+	14:53+
19:35+	21:48+	23:07+	23:49+
24:45+	27:25+	28:21+	28:49+
30:09+	30:32+	30:49+	31:17+
32:00+	32:21+	32:49+	33:12+
33:00+	33:21+	33:49+	34:17+
34:42+	35:30+	36:18+	37:06+
04:42+	02:13+	01:19+	00:42+
00:42+	00:56+	02:40+	00:56+
00:56+	00:28+	01:20+	00:23+
00:17+	00:28+	00:43+	00:21+
6	Øystein Fuglestad	878	33:34
01:10+	04:08+	07:00+	09:32+
01:10+	02:58+	02:52+	02:32+
01:10+	02:58+	02:52+	02:32+
09:57+	10:26+	12:49+	14:11+
19:41+	22:24+	23:44+	24:26+
25:29+	28:27+	29:25+	30:02+
31:35+	31:58+	32:29+	33:12+
33:34+	34:17+	34:43+	35:00+
35:00+	35:34+	36:08+	36:46+
37:06+	37:50+	38:34+	39:18+
10:26+	10:26+	02:36+	01:18+
04:42+	02:13+	01:19+	00:42+
00:42+	00:56+	02:40+	00:56+
00:28+	01:20+	00:23+	00:17+
00:28+	01:20+	00:23+	00:17+
7	Anders Glenne	793	33:44
01:23+	04:31+	07:39+	10:11+
01:23+	03:08+	03:08+	02:32+
01:23+	03:08+	03:08+	02:32+
10:34+	11:00+	13:04+	14:19+
19:50+	22:09+	23:45+	24:28+
25:23+	28:50+	29:53+	30:29+
32:00+	32:19+	32:49+	33:25+
33:44+	34:17+	34:43+	35:00+
35:00+	35:34+	36:08+	36:46+
37:06+	37:50+	38:34+	39:18+
11:00+	00:23+	00:26+	02:04+
01:15+	05:31+	02:19+	01:36+
00:43+	00:55+	03:27+	01:03+
00:36+	01:31+	00:19+	00:30+
00:36+	00:19+	00:30+	00:36+
8	Fredrik Jomaas	4270	34:44
01:13+	04:17+	06:57+	10:02+
01:13+	03:04+	02:40+	03:05+
01:13+	03:04+	02:40+	03:05+
10:22+	10:50+	13:11+	14:37+
20:29+	23:27+	24:54+	25:36+
26:35+	29:38+	30:27+	31:11+
32:44+	33:07+	33:37+	34:20+
34:44+	35:00+	35:34+	36:08+
36:46+	37:06+	37:50+	38:34+
39:18+	40:02+	40:46+	41:30+
42:14+	43:02+	43:50+	44:38+
45:26+	46:14+	47:02+	47:50+
48:38+	49:26+	50:14+	51:02+
51:50+	52:38+	53:26+	54:14+
55:02+	55:50+	56:38+	57:26+
58:14+	59:02+	59:50+	60:38+
61:26+	62:14+	63:02+	63:50+
64:38+	65:26+	66:14+	67:02+
67:50+	68:38+	69:26+	70:14+
71:02+	71:50+	72:38+	73:26+
74:14+	75:02+	75:50+	76:38+
77:26+	78:14+	79:02+	79:50+
80:38+	81:26+	82:14+	83:02+
83:50+	84:38+	85:26+	86:14+
87:02+	87:50+	88:38+	89:26+
90:14+	91:02+	91:50+	92:38+
93:26+	94:14+	95:02+	95:50+
96:38+	97:26+	98:14+	99:02+
99:50+	100:38+	101:26+	102:14+
103:02+	103:50+	104:38+	105:26+
106:14+	107:02+	107:50+	108:38+
109:26+	110:14+	111:02+	111:50+
112:38+	113:26+	114:14+	115:02+
115:50+	116:38+	117:26+	118:14+
119:02+	119:50+	120:38+	121:26+
122:14+	123:02+	123:50+	124:38+
125:26+	126:14+	127:02+	127:50+
128:38+	129:26+	130:14+	131:02+
131:50+	132:38+	133:26+	134:14+
135:02+	135:50+	136:38+	137:26+
138:14+	139:02+	139:50+	140:38+
141:26+	142:14+	143:02+	143:50+
144:38+	145:26+	146:14+	147:02+
147:50+	148:38+	149:26+	150:14+
151:02+	151:50+	152:38+	153:26+
154:14+	155:02+	155:50+	156:38+
157:26+	158:14+	159:02+	159:50+
160:38+	161:26+	162:14+	163:02+
163:50+	164:38+	165:26+	166:14+
167:02+	167:50+	168:38+	169:26+
170:14+	171:02+	171:50+	172:38+
173:26+	174:14+	175:02+	175:50+
176:38+	177:26+	178:14+	179:02+
179:50+	180:38+	181:26+	182:14+
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186:14+	187:02+	187:50+	188:38+
189:26+	190:14+	191:02+	191:50+
192:38+	193:26+	194:14+	195:02+
195:50+	196:38+	197:26+	198:14+
199:02+	199:50+	200:38+	201:26+
202:14+	203:02+	203:50+	204:38+
205:26+	206:14+	207:02+	207:50+
208:38+	209:26+	210:14+	211:02+
211:50+	212:38+	213:26+	214:14+
215:02+	215:50+	216:38+	217:26+
218:14+	219:02+	219:50+	220:38+
221:26+	222:14+	223:02+	223:50+
224:38+	225:26+	226:14+	227:02+
227:50+	228:38+	229:26+	230:14+
231:02+	231:50+	232:38+	233:26+
234:14+	235:02+	235:50+	236:38+
237:26+	238:14+	239:02+	239:50+
240:38+	241:26+	242:14+	243:02+
243:50+	244:38+	245:26+	246:14+
247:02+	247:50+	248:38+	249:26+
250:14+	251:02+	251:50+	252:38+
253:26+	254:14+	255:02+	255:50+
256:38+	257:26+	258:14+	259:02+
259:50+	260:38+	261:26+	262:14+
263:02+	263:50+	264:38+	265:26+
266:14+	267:02+	267:50+	268:38+
269:26+	270:14+	271:02+	271:50+
272:38+	273:26+	274:14+	275:02+
275:50+	276:38+	277:26+	278:14+
279:02+	279:50+	280:38+	281:26+
282:14+	283:02+	283:50+	284:38+
285:26+	286:14+	287:02+	287:50+
288:38+	289:26+	290:14+	291:02+
291:50+	292:38+	293:26+	294:14+
295:02+	295:50+	296:38+	297:26+
298:14+	299:02+	299:50+	300:38+
301:26+	302:14+	303:02+	303:50+
304:38+	305:26+	306:14+	307:02+
307:50+	308:38+	309:26+	310:14+
311:02+	311:50+	312:38+	313:26+
314:14+	315:02+	315:50+	316:38+
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330:14+	331:02+	331:50+	332:38+
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336:38+	337:26+	338:14+	339:02+
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368:38+	369:26+	370:14+	371:02+
371:50+	372:38+	373:26+	374:14+
375:02+	375:50+	376:38+	377:26+
378:14+	379:02+	379:50+	380:38+
381:26+	382:14+	383:02+	383:50+
384:38+	385:26+	386:14+	387:02+
387:50+	388:38+	389:26+	390:14+
391:02+	391:50+	392:38+	393:26+
394:14+	395:02+	395:50+	396:38+
397:26+	398:14+	399:02+	399:50+
400:38+	401:26+	402:14+	403:02+
403:50+	404:38+	405:26+	406:14+
407:02+	407:50+	408:38+	409:26+
410:14+	411:02+	411:50+	412:38+
413:26+	414:14+	415:02+	415:50+
416:38+	417:26+	418:14+	419:02+
419:50+	420:38+	421:26+	422:14+
423:02+	423:50+	424:38+	425:26+
426:14+	427:02+	427:50+	428:38+
429:26+	430:14+	431:02+	431:50+
432:38+	433:26+	434:14+	435:02+
435:50+	436:38+	437:26+	438:14+
439:02+	439:50+	440:38+	441:26+
442:14+	443:02+	443:50+	444:38+
445:26+	446:14+	447:02+	447:50+
448:38+	449:26+	450:14+	451:02+
451:50+	452:38+	453:26+	454:14+
455:02+	455:50+	456:38+	457:26+
458:14+	459:02+	459:50+	460:38+
461:26+	462:14+	463:02+	463:50+
464:38+	465:26+	466:14+	467:02+
467:50+	468:38+	469:26+	470:14+
471:02+	471:50+	472:38+	473:26+
474:14+	475:02+	475:50+	476:38+
477:26+	478:14+	479:02+	479:50+
480:38+	481:26+	482:14+	483:02+
483:50+	484:38+	485:26+	486:14+
487:02+	487:50+	488:38+	489:26+
490:14+	491:02+	491:50+	492:38+
493:26+	493:50+	494:38+	495:26+
496:14+	497:02+	497:50+	498:38+
499:26+	500:14+	501:02+	501:50+
502:38+	503:26+	504:14+	505:02+
505:50+	506:38+	507:26+	508:14+
509:02+	509:50+	510:38+	511:26+
512:14+	513:02+	513:50+	514:38+
515:26+	516:14+	517:02+	517:50+
518:38+	519:26+	520:14+	521:02+
521:50+	522:38+	523:26+	524:14+
525:02+	525:50+	526:38+	527:26+
528:14+	529:02+	529:50+	530:38+
531:26+	532:14+	533:02+	533:50+
534:38+	535:26+	536:14+	

Class	Navn	Klasse	Tid
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H50

18	Svend Vihovde	1683	38:41
01:17+	05:11+ 08:15+ 11:21+ 11:48+ 12:34+	15:15+ 16:57+ 23:49+ 26:23+ 27:57+ 28:53+ 29:54+	32:59+ 33:55+ 34:51+ 36:34+ 36:57+ 37:32+ 38:19+ 38:41+
01:17+	03:54+ 03:04+ 03:06+ 00:27+ 00:46+	02:41+ 01:42+ 06:52+ 02:34+ 01:34+ 00:56+ 01:01+	03:05+ 00:56+ 00:56+ 01:43+ 00:23+ 00:35+ 00:47+ 00:22+
01:17+	03:54+ 03:04+ 03:06+	02:41+ 01:42+ 06:52+ 02:34+ 01:34+	03:05+ 00:56+ 00:56+ 01:43+ 00:23+ 00:35+ 00:47+ 00:22+

19	Erik Bjørnbom	3558	38:52
01:23+	05:08+ 08:22+ 11:49+ 12:12+ 12:39+	15:51+ 17:32+ 23:45+ 26:34+ 28:26+ 29:22+ 30:26+	33:35+ 34:33+ 35:08+ 36:51+ 37:12+ 37:48+ 38:30+ 38:52+
01:23+	03:45+ 03:14+ 03:27+ 00:23+ 00:27+	03:12+ 01:41+ 06:13+ 02:49+ 01:52+ 00:56+ 01:04+	03:09+ 00:58+ 00:35+ 01:43+ 00:21+ 00:36+ 00:42+ 00:22+
01:23+	03:45+ 03:14+ 03:27+	03:12+ 01:41+ 06:13+ 02:49+ 01:52+	03:09+ 00:58+ 00:35+ 01:43+ 00:21+ 00:36+ 00:42+ 00:22+

20	Ådne Hausberg	793	38:53
01:14+	04:37+ 08:26+ 11:43+ 12:07+ 12:32+	15:17+ 16:39+ 23:30+ 26:16+ 27:53+ 28:41+ 29:45+	33:32+ 34:30+ 35:09+ 37:00+ 37:21+ 37:53+ 38:32+ 38:53+
01:14+	03:23+ 03:06+ 03:23+ 00:24+ 00:25+	02:45+ 01:22+ 06:51+ 02:46+ 01:37+ 00:48+ 01:04+	03:47+ 00:58+ 00:39+ 01:51+ 00:21+ 00:32+ 00:39+ 00:21+
01:14+	03:23+ 03:49+ 03:17+ 00:24+ 00:25+	02:45+ 01:22+ 06:51+ 02:46+ 01:37+	00:48+ 01:04+ 03:47+ 00:58+ 00:39+ 01:51+ 00:21+ 00:32+ 00:39+ 00:21+

21	Trygve Michaelsen	896	39:06
01:01+	04:39+ 07:45+ 11:08+ 11:31+ 12:01+	15:17+ 16:46+ 23:05+ 25:59+ 27:37+ 28:28+ 29:39+	33:03+ 34:06+ 34:44+ 36:52+ 37:12+ 37:41+ 38:28+ 39:06+
01:01+	03:38+ 03:06+ 03:23+ 00:23+ 00:30+	03:16+ 01:29+ 06:19+ 02:54+ 01:38+ 00:51+ 01:11+	03:24+ 01:03+ 00:38+ 02:08+ 00:20+ 00:29+ 00:47+ 00:38+
01:01+	03:38+ 03:06+ 03:23+	03:16+ 01:29+ 06:19+ 02:54+ 01:38+	00:51+ 01:11+ 03:24+ 01:03+ 00:38+ 02:08+ 00:20+ 00:29+ 00:47+ 00:38+

22	Sigurd Ravndal	769	40:30
01:41+	05:56+ 09:31+ 12:28+ 12:55+ 13:29+	16:51+ 18:25+ 24:36+ 27:25+ 29:02+ 29:56+ 31:00+	34:25+ 35:36+ 36:10+ 38:23+ 38:43+ 39:17+ 40:04+ 40:30+
01:41+	04:15+ 03:35+ 02:57+ 00:27+ 00:34+	03:22+ 01:34+ 06:11+ 02:49+ 01:37+ 00:54+ 01:04+	03:25+ 01:11+ 00:34+ 02:13+ 00:20+ 00:34+ 00:47+ 00:26+
01:41+	04:15+ 03:35+ 02:57+	03:22+ 01:34+ 06:11+ 02:49+ 01:37+	00:54+ 01:04+ 03:25+ 01:11+ 00:34+ 02:13+ 00:20+ 00:34+ 00:47+ 00:26+

23	Ingve Vold	3529	42:55
04:09+	07:39+ 12:07+ 16:49+ 17:21+ 17:52+	20:18+ 21:40+ 28:15+ 30:45+ 32:04+ 32:56+ 33:59+	37:15+ 38:23+ 38:57+ 40:49+ 41:25+ 41:51+ 42:37+ 42:55+
04:09+	03:30+ 04:28+ 04:42+ 00:32+ 00:31+	02:26+ 01:22+ 06:35+ 02:30+ 01:19+ 00:52+ 01:03+	03:16+ 01:08+ 00:34+ 01:52+ 00:36+ 00:26+ 00:46+ 00:18+
04:09+	03:30+ 04:28+ 04:42+	02:26+ 01:22+ 06:35+ 02:30+ 01:19+	00:52+ 01:03+ 03:16+ 01:08+ 00:34+ 01:52+ 00:36+ 00:26+ 00:46+ 00:18+

24	Frode Halvor Lund	3516	44:46
01:18+	04:52+ 09:05+ 12:05+ 12:37+ 13:09+	15:45+ 17:17+ 25:27+ 29:13+ 31:30+ 32:29+ 33:35+	37:42+ 39:02+ 40:37+ 42:49+ 43:11+ 43:42+ 44:24+ 44:46+
01:18+	03:34+ 04:13+ 03:00+ 00:32+ 00:32+	02:36+ 01:32+ 08:10+ 03:46+ 02:17+ 00:59+ 01:06+	04:07+ 01:20+ 01:35+ 02:12+ 00:22+ 00:31+ 00:42+ 00:22+
01:18+	03:34+ 04:13+ 03:00+	02:36+ 01:32+ 08:10+ 03:46+ 02:17+	00:59+ 01:06+ 04:07+ 01:20+ 01:35+ 02:12+ 00:22+ 00:31+ 00:42+ 00:22+

25	Geir Inge Høivik	3522	45:15
08:04+	11:38+ 14:16+ 17:02+ 17:27+ 17:56+	20:19+ 22:01+ 31:21+ 33:47+ 35:45+ 36:23+ 37:13+	40:04+ 40:57+ 41:35+ 43:02+ 43:36+ 44:08+ 44:52+ 45:15+
08:04+	03:34+ 02:38+ 02:46+ 00:25+ 00:29+	02:23+ 01:42+ 09:20+ 02:26+ 01:58+ 00:38+ 00:50+	02:51+ 00:53+ 00:38+ 01:27+ 00:34+ 00:32+ 00:44+ 00:23+
08:04+	03:34+ 02:38+ 02:46+	02:23+ 01:42+ 09:20+ 02:26+ 01:58+	00:38+ 00:50+ 02:51+ 00:53+ 00:38+ 01:27+ 00:34+ 00:32+ 00:44+ 00:23+

26	Ove Mæstad	2342	45:24
01:21+	07:18+ 10:17+ 13:21+ 13:44+ 14:15+	18:09+ 19:37+ 27:15+ 31:59+ 33:48+ 34:40+ 35:55+	39:16+ 40:25+ 40:59+ 42:52+ 43:14+ 44:01+ 44:58+ 45:24+
01:21+	05:57+ 02:59+ 03:04+ 00:23+ 00:31+	03:54+ 01:28+ 07:38+ 04:44+ 01:49+ 00:52+ 01:15+	03:21+ 01:09+ 00:34+ 01:53+ 00:22+ 00:47+ 00:57+ 00:26+
01:21+	05:57+ 02:59+ 03:04+	03:54+ 01:28+ 07:38+ 04:44+ 01:49+	00:52+ 01:15+ 03:21+ 01:09+ 00:34+ 01:53+ 00:22+ 00:47+ 00:57+ 00:26+

27	Ingebret Folkvord	3563	46:14
04:35+	12:36+ 16:28+ 18:46+ 19:11+ 20:07+	22:19+ 23:34+ 29:32+ 31:39+ 33:17+ 33:57+ 34:54+	37:33+ 38:29+ 38:57+ 42:45+ 43:00+ 44:38+ 45:50+ 46:14+
04:35+	08:01+ 03:52+ 02:18+ 00:25+ 00:56+	02:12+ 01:15+ 05:58+ 02:07+ 01:38+ 00:40+ 00:57+	02:39+ 00:56+ 00:28+ 03:48+ 00:15+ 01:38+ 01:12+ 00:24+
04:35+	08:01+ 03:52+ 02:18+	02:12+ 01:15+ 05:58+ 02:07+ 01:38+	00:40+ 00:57+ 02:39+ 00:56+ 00:28+ 03:48+ 00:15+ 01:38+ 01:12+ 00:24+

28	Arne Hetlelid	3508	48:17
02:17+	05:46+ 13:11+ 15:54+ 16:22+ 16:56+	19:22+ 22:16+ 29:52+ 33:24+ 35:14+ 36:05+ 37:09+	40:38+ 42:43+ 43:21+ 45:21+ 46:25+ 46:55+ 47:47+ 48:17+
02:17+	03:29+ 07:25+ 02:43+ 00:28+ 00:34+	02:26+ 02:54+ 07:36+ 03:32+ 01:50+ 00:51+ 01:04+	03:29+ 02:05+ 00:38+ 02:00+ 01:04+ 00:30+ 00:52+ 00:30+
02:17+	03:29+ 07:25+ 02:43+	02:26+ 02:54+ 07:36+ 03:32+ 01:50+	00:51+ 01:04+ 03:29+ 02:05+ 00:38+ 02:00+ 01:04+ 00:30+ 00:52+ 00:30+

29	Lars Solvang	1683	50:50
01:20+	05:27+ 10:12+ 13:30+ 14:11+ 14:51+	18:26+ 20:20+ 29:27+ 32:55+ 34:46+ 36:34+ 37:54+	44:41+ 46:09+ 46:52+ 48:39+ 49:01+ 49:33+ 50:26+ 50:50+
01:20+	04:07+ 04:45+ 03:18+ 00:41+ 00:40+	03:35+ 01:54+ 09:07+ 03:28+ 01:51+ 01:48+ 01:20+	06:47+ 01:28+ 00:43+ 01:47+ 00:22+ 00:32+ 00:53+ 00:24+
01:20+	04:07+ 04:45+ 03:18+	03:35+ 01:54+ 09:07+ 03:28+ 01:51+	01:48+ 01:20+ 06:47+ 01:28+ 00:43+ 01:47+ 00:22+ 00:32+ 00:53+ 00:24+

30	Terje Hatlem	1683	51:05
03:09+	06:56+ 11:14+ 17:48+ 19:20+ 19:46+	22:34+ 24:40+ 30:48+ 33:43+ 36:26+ 37:38+ 39:03+	43:12+ 45:05+ 46:00+ 48:21+ 48:56+ 49:31+ 50:42+ 51:05+
03:09+	03:47+ 04:18+ 06:34+ 01:32+ 00:26+	02:48+ 02:06+ 06:08+ 02:55+ 02:43+ 01:12+ 01:25+	04:09+ 01:53+ 00:55+ 02:21+ 00:35+ 00:35+ 01:11+ 00:23+
03:09+	03:47+ 04:18+ 06:34+	02:48+ 02:06+ 06:08+ 02:55+ 02:43+	01:12+ 01:25+ 04:09+ 01:53+ 00:55+ 02:21+ 00:35+ 00:35+ 01:11+ 00:23+

31	Øystein Endresen	3504	51:49
02:24+	06:45+ 10:37+ 14:25+ 14:54+ 15:29+	20:21+ 24:16+ 31:57+ 35:31+ 39:45+ 40:37+ 41:43+	46:00+ 47:01+ 47:37+ 49:30+ 50:06+ 50:37+ 51:24+ 51:49+
02:24+	04:21+ 03:52+ 03:48+ 00:29+ 00:35+	04:52+ 03:55+ 07:41+ 03:34+ 04:14+ 00:52+ 01:06+	04:17+ 01:01+ 00:36+ 01:53+ 00:36+ 00:31+ 00:47+ 00:25+
02:24+	04:21+ 03:52+ 03:48+	04:52+ 03:55+ 07:41+ 03:34+ 04:14+	00:52+ 01:06+ 04:17+ 01:01+ 00:36+ 01:53+ 00:36+ 00:31+ 00:47+ 00:25+

Class	Navn	Klasse	Tid
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H50

32	André Sirevåg	1683	54:42																	
01:18+	06:08+	16:43+	21:32+	22:08+	23:38+	26:03+	28:02+	35:28+	38:11+	41:50+	42:49+	43:51+	48:47+	49:51+	50:27+	52:32+	53:04+	53:35+	54:21+	54:42+
01:18+	04:50+	10:35+	04:49+	00:36+	01:30+	02:25+	01:59+	07:26+	02:43+	03:39+	00:59+	01:02+	04:56+	01:04+	00:36+	02:05+	00:32+	00:31+	00:46+	00:21+
01:18+	04:50+	10:35+	04:49+	00:36+	01:30+	02:25+	01:59+	07:26+	02:43+	03:39+	00:59+	01:02+	04:56+	01:04+	00:36+	02:05+	00:32+	00:31+	00:46+	00:21+
33	Trond Birkeland	882	55:29																	
01:18+	11:58+	25:33+	28:47+	29:05+	29:32+	32:14+	33:52+	39:39+	42:40+	44:11+	45:09+	46:17+	50:36+	51:28+	51:51+	53:26+	53:47+	54:16+	55:12+	55:29+
01:18+	10:40+	13:35+	03:14+	00:18+	00:27+	02:42+	01:38+	05:47+	03:01+	01:31+	00:58+	01:08+	04:19+	00:52+	00:23+	01:35+	00:21+	00:29+	00:56+	00:17+
01:18+	10:40+	13:35+	03:14+	00:18+	00:27+	02:42+	01:38+	05:47+	03:01+	01:31+	00:58+	01:08+	04:19+	00:52+	00:23+	01:35+	00:21+	00:29+	00:56+	00:17+
34	Stein Arve Finnestad	1456	59:29																	
01:25+	05:57+	26:45+	29:53+	30:25+	31:01+	33:49+	35:37+	42:11+	45:00+	46:59+	48:06+	49:25+	53:22+	54:28+	55:11+	57:04+	57:32+	58:05+	59:05+	59:29+
01:25+	04:32+	20:48+	03:08+	00:32+	00:36+	02:48+	01:48+	06:34+	02:49+	01:59+	01:07+	01:19+	03:57+	01:06+	00:43+	01:53+	00:28+	00:33+	01:00+	00:24+
01:25+	04:32+	20:48+	03:08+	00:32+	00:36+	02:48+	01:48+	06:34+	02:49+	01:59+	01:07+	01:19+	03:57+	01:06+	00:43+	01:53+	00:28+	00:33+	01:00+	00:24+

Beste strekktid for klassen

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

H60

1	Svein-Erik Kvame	1683	30:29												
01:31=	05:30=	08:06=	10:33=	11:33=	12:04=	13:50=	15:17=	22:05=	22:36=	25:01=	28:13=	29:07=	29:33=	30:08=	30:29=
01:31=	03:59=	02:36=	02:27=	01:00=	00:31=	01:46=	01:27=	06:48=	00:31=	02:25=	03:12=	00:54=	00:26=	00:35=	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=
2	Knut Feldmann	882	31:25												
01:29-	04:39-	08:04-	10:33=	11:30-	11:56-	13:39-	15:13-	22:09+	22:44+	25:41+	28:41+	29:41+	30:16+	31:00+	31:25+
01:29-	03:10-	03:25+	02:29+	00:57-	00:26-	01:43-	01:34+	06:56+	00:35+	02:57+	03:00-	01:00+	00:35+	00:44+	00:25+
00:02-	00:49-	00:49&	00:02+	00:03-	00:05-	00:03-	00:07+	00:08+	00:04#	00:32#	00:12-	00:06#	00:09&	00:09&	00:04#
3	Sturle Omdal	1683	33:08												
01:46+	05:36+	09:10+	12:01+	13:04+	13:39+	15:30+	17:09+	24:47+	25:19+	27:42+	30:43+	31:35+	32:05+	32:50+	33:08+
01:46+	03:50-	03:34+	02:51+	01:03+	00:35+	01:51+	01:39+	07:38+	00:32+	02:23-	03:01-	00:52-	00:30+	00:45+	00:18-
00:15#	00:09-	00:58&	00:24#	00:03+	00:04#	00:05+	00:12#	00:50#	00:01+	00:02-	00:11-	00:02-	00:04#	00:10&	00:03-
4	Geir Frøylog	3502	35:05												
01:46+	07:21+	09:52+	12:32+	13:35+	14:07+	16:16+	19:01+	26:49+	27:18+	29:48+	32:35+	33:35+	34:05+	34:44+	35:05+
01:46+	05:35+	02:31-	02:40+	01:03+	00:32+	02:09+	02:45+	07:48+	00:29-	02:30+	02:47-	01:00+	00:30+	00:39+	00:21=
00:15#	01:36&	00:05-	00:13+	00:03+	00:01+	00:23#	01:18&	01:00#	00:02-	00:05+	00:25-	00:06#	00:04#	00:04#	00:00=
5	Per Ingar Hadland	793	37:06												
01:59+	06:06+	09:38+	13:04+	14:34+	14:58+	17:34+	19:32+	27:21+	27:58+	31:06+	34:25+	35:26+	36:00+	36:42+	37:06+
01:59+	04:07+	03:32+	03:26+	01:30+	00:24-	02:36+	01:58+	07:49+	00:37+	03:08+	03:19+	01:01+	00:34+	00:42+	00:24+
00:28&	00:08+	00:56&	00:59&	00:30&	00:07-	00:50&	00:31&	01:01#	00:06#	00:43&	00:07+	00:07#	00:08&	00:07#	00:03#
6	Frank Hansen	3502	37:10												
01:40+	05:32+	09:09+	12:09+	13:16+	14:32+	16:38+	18:18+	26:12+	26:50+	29:32+	33:24+	34:46+	35:24+	36:50+	37:10+
01:40+	03:52-	03:37+	03:00+	01:07+	01:16+	02:06+	01:40+	07:54+	00:38+	02:42+	03:52+	01:22+	00:38+	01:26+	00:20-
00:09+	00:07-	01:01&	00:33#	00:07#	00:45&	00:20#	00:13#	01:06#	00:07#	00:17#	00:40#	00:28&	00:12&	00:51&	00:01-
7	Inge Skretting	1384	38:02												
02:05+	07:06+	12:25+	15:29+	16:29+	16:58+	19:27+	20:58+	28:17+	28:57+	32:07+	35:21+	36:25+	36:57+	37:38+	38:02+
02:05+	05:01+	05:19+	03:04+	01:00=	00:29-	02:29+	01:31+	07:19+	00:40+	03:10+	03:14+	01:04+	00:32+	00:41+	00:24+
00:34&	01:02&	02:43@	00:37&	00:00=	00:02-	00:43&	00:04+	00:31+	00:09&	00:45&	00:02+	00:10#	00:06#	00:06#	00:03#
8	Håvard Håland	3507	38:02												
03:57+	08:45+	11:25+	14:22+	15:44+	16:22+	18:48+	20:30+	28:05+	28:47+	31:50+	35:22+	36:20+	36:56+	37:40+	38:02+
03:57+	04:48+	02:40+	02:57+	01:22+	00:38+	02:26+	01:42+	07:35+	00:42+	03:03+	03:32+	00:58+	00:36+	00:44+	00:22+
02:26@	00:49#	00:04+	00:30#	00:22&	00:07#	00:40&	00:15#	00:47#	00:11&	00:38&	00:20#	00:04+	00:10&	00:09&	00:01+
9	Magnar Mathias Møller	769	38:30												
01:40+	05:55+	09:15+	12:41+	14:03+	14:44+	17:01+	18:51+	28:30+	29:09+	32:22+	35:30+	36:57+	37:29+	38:09+	38:30+
01:40+	04:15+	03:20+	03:26+	01:22+	00:41+	02:17+	01:50+	09:39+	00:39+	03:13+	03:08-	01:27+	00:32+	00:40+	00:21=
00:09+	00:16+	00:44&	00:59&	00:22&	00:10&	00:31&	00:23&	02:51&	00:08&	00:48&	00:04-	00:33&	00:06#	00:05#	00:00=

Class	Navn	Klasse													Tid		
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H60

10	Lars Bergersen	1683													39:18			
01:48+	06:48+	10:27+	13:49+	15:11+	15:41+	18:16+	21:09+	28:48+	29:29+	32:37+	36:28+	37:17+	38:06+	38:53+	39:18+			
01:48+	05:00+	03:39+	03:22+	01:22+	00:30-	02:35+	02:53+	07:39+	00:41+	03:08+	03:51+	00:49-	00:49+	00:47+	00:25+			
00:17#	01:01&	01:03&	00:55&	00:22&	00:01-	00:49&	01:26&	00:51#	00:10&	00:43&	00:39#	00:05-	00:23&	00:12&	00:04#			
11	Harald Jansen	3593													41:13			
01:27+	05:25+	08:27+	11:39+	12:54+	13:25+	15:41+	17:36+	26:39+	27:29+	30:54+	38:24+	39:23+	40:01+	40:50+	41:13+			
01:27+	03:58+	03:02+	03:12+	01:15+	00:31+	02:16+	01:55+	09:03+	00:50+	03:25+	07:30+	00:59+	00:38+	00:49+	00:23+			
01:27+	03:58+	03:02+	03:12+	01:15+	00:31+	02:16+	01:55+	09:03+	00:50+	03:25+	07:30+	00:59+	00:38+	00:49+	00:23+			
12	Harald Taksdal	3547													43:00			
02:27+	07:32+	10:58+	14:29+	16:00+	16:36+	18:43+	20:35+	30:29+	31:15+	35:14+	38:48+	40:05+	41:51+	42:36+	43:00+			
02:27+	05:05+	03:26+	03:31+	01:31+	00:36+	02:07+	01:52+	09:54+	00:46+	03:59+	03:34+	01:17+	01:46+	00:45+	00:24+			
02:27+	05:05+	03:26+	03:31+	01:31+	00:36+	02:07+	01:52+	09:54+	00:46+	03:59+	03:34+	01:17+	01:46+	00:45+	00:24+			
13	Kjell Ove Aksland	882													43:05			
02:50+	07:26+	13:01+	16:27+	17:45+	18:35+	20:49+	22:48+	32:20+	33:01+	36:04+	40:07+	41:11+	41:41+	42:46+	43:05+			
02:50+	04:36+	05:35+	03:26+	01:18+	00:50+	02:14+	01:59+	09:32+	00:41+	03:03+	04:03+	01:04+	00:30+	01:05+	00:19+			
02:50+	04:36+	05:35+	03:26+	01:18+	00:50+	02:14+	01:59+	09:32+	00:41+	03:03+	04:03+	01:04+	00:30+	01:05+	00:19+			
14	John Carsten Sinnes	1884													44:54			
02:03+	09:03+	13:18+	17:37+	19:07+	19:45+	22:07+	24:10+	33:23+	34:07+	37:49+	41:55+	43:05+	43:43+	44:33+	44:54+			
02:03+	07:00+	04:15+	04:19+	01:30+	00:38+	02:22+	02:03+	09:13+	00:44+	03:42+	04:06+	01:10+	00:38+	00:50+	00:21+			
02:03+	07:00+	04:15+	04:19+	01:30+	00:38+	02:22+	02:03+	09:13+	00:44+	03:42+	04:06+	01:10+	00:38+	00:50+	00:21+			
15	Sveinung Rosenvinge	1683													45:55			
02:32+	07:21+	12:05+	15:36+	17:21+	17:59+	20:52+	23:11+	32:46+	33:36+	37:24+	41:54+	43:12+	44:28+	45:27+	45:55+			
02:32+	04:49+	04:44+	03:31+	01:45+	00:38+	02:53+	02:19+	09:35+	00:50+	03:48+	04:30+	01:18+	01:16+	00:59+	00:28+			
02:32+	04:49+	04:44+	03:31+	01:45+	00:38+	02:53+	02:19+	09:35+	00:50+	03:48+	04:30+	01:18+	01:16+	00:59+	00:28+			
16	John Lage Bergan	1683													46:49			
02:07+	06:07+	10:23+	13:37+	14:44+	15:19+	17:31+	19:18+	30:06+	30:47+	34:04+	43:34+	44:55+	45:31+	46:27+	46:49+			
02:07+	04:00+	04:16+	03:14+	01:07+	00:35+	02:12+	01:47+	10:48+	00:41+	03:17+	09:30+	01:21+	00:36+	00:56+	00:22+			
02:07+	04:00+	04:16+	03:14+	01:07+	00:35+	02:12+	01:47+	10:48+	00:41+	03:17+	09:30+	01:21+	00:36+	00:56+	00:22+			
17	Stein Sigbjørnsen	882													50:35			
02:24+	07:03+	14:51+	21:13+	22:51+	23:24+	25:59+	29:06+	37:59+	38:41+	43:40+	47:43+	48:48+	49:20+	50:14+	50:35+			
02:24+	04:39+	07:48+	06:22+	01:38+	00:33+	02:35+	03:07+	08:53+	00:42+	04:59+	04:03+	01:05+	00:32+	00:54+	00:21+			
02:24+	04:39+	07:48+	06:22+	01:38+	00:33+	02:35+	03:07+	08:53+	00:42+	04:59+	04:03+	01:05+	00:32+	00:54+	00:21+			
18	Harald Syse	4246													57:15			
03:07+	08:44+	25:35+	28:34+	29:53+	30:22+	32:43+	34:21+	47:20+	47:52+	50:59+	54:34+	55:33+	56:15+	56:55+	57:15+			
03:07+	05:37+	16:51+	02:59+	01:19+	00:29+	02:21+	01:38+	12:59+	00:32+	03:07+	03:35+	00:59+	00:42+	00:40+	00:20+			
03:07+	05:37+	16:51+	02:59+	01:19+	00:29+	02:21+	01:38+	12:59+	00:32+	03:07+	03:35+	00:59+	00:42+	00:40+	00:20+			

Beste strekktid for klassen

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

H65

1	Kjell Dale	1884													26:27			
01:39=	04:57=	07:15=	09:36=	10:34=	11:09=	12:48=	14:05=	19:28=	19:56=	22:03=	24:19=	25:05=	25:30=	26:07=	26:27=			
01:39=	03:18=	02:18=	02:21=	00:58=	00:35=	01:39=	01:17=	05:23=	00:28=	02:07=	02:16=	00:46=	00:25=	00:37=	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=			
2	Morten Johannessen	793													31:43			
01:38-	05:05+	07:36+	10:12+	11:19+	11:43+	13:27+	15:07+	23:10+	23:41+	26:10+	29:11+	30:07+	30:37+	31:23+	31:43+			
01:38-	03:27+	02:31+	02:36+	01:07+	00:24-	01:44+	01:40+	08:03+	00:31+	02:29+	03:01+	00:56+	00:30+	00:46+	00:20=			
00:01-	00:09+	00:13+	00:15#	00:09#	00:11-	00:05+	00:23&	02:40&	00:03#	00:22#	00:45&	00:10#	00:05#	00:09#	00:00=			
3	Arvid Mydland	3502													31:52			
01:25-	04:40-	08:14+	12:23+	13:19+	13:57+	15:55+	17:19+	23:28+	23:57+	26:37+	29:22+	30:21+	30:55+	31:35+	31:52+			
01:25-	03:15-	03:34+	04:09+	00:56-	00:38+	01:58+	01:24+	06:09+	00:29+	02:40+	02:45+	00:59+	00:34+	00:40+	00:17-			
00:14-	00:03-	01:16&	01:48&	00:02-	00:03+	00:19#	00:07+	00:46#	00:01+	00:33&	00:29#	00:13&	00:09&	00:03+	00:03-			

H65

4	Paul Terje Haarr	769	32:53
01:41+	05:44+ 08:28+ 11:15+ 12:26+ 12:57+ 15:08+ 16:50+ 24:20+ 25:00+ 27:45+ 30:34+ 31:33+ 32:00+ 32:34+ 32:53+		
01:41+	04:03+ 02:44+ 02:47+ 01:11+ 00:31- 02:11+ 01:42+ 07:30+ 00:40+ 02:45+ 02:49+ 00:59+ 00:27+ 00:34- 00:19-		
00:02+	00:45# 00:26# 00:26# 00:13# 00:04- 00:32& 00:25& 02:07& 00:12& 00:38& 00:33# 00:13& 00:02+ 00:03- 00:01-		
5	Sveinung Svebestad	878	37:08
01:36+	05:24+ 08:27+ 11:36+ 13:47+ 14:21+ 16:30+ 18:16+ 26:51+ 27:31+ 30:26+ 34:13+ 35:23+ 35:58+ 36:44+ 37:08+		
01:36+	03:48+ 03:03+ 03:09+ 02:11+ 00:34+ 02:09+ 01:46+ 08:35+ 00:40+ 02:55+ 03:47+ 01:10+ 00:35+ 00:46+ 00:24+		
01:36+	03:48+ 03:03+ 03:09+ 02:11+ 00:34+ 02:09+ 01:46+ 08:35+ 00:40+ 02:55+ 03:47+ 01:10+ 00:35+ 00:46+ 00:24+		
6	Olav Tunheim	1884	37:13
01:51+	07:55+ 10:42+ 13:38+ 14:57+ 15:25+ 17:39+ 19:40+ 27:02+ 27:50+ 30:56+ 34:32+ 35:31+ 36:09+ 36:53+ 37:13+		
01:51+	06:04+ 02:47+ 02:56+ 01:19+ 00:28+ 02:14+ 02:01+ 07:22+ 00:48+ 03:06+ 03:36+ 00:59+ 00:38+ 00:44+ 00:20+		
01:51+	06:04+ 02:47+ 02:56+ 01:19+ 00:28+ 02:14+ 02:01+ 07:22+ 00:48+ 03:06+ 03:36+ 00:59+ 00:38+ 00:44+ 00:20+		
7	Per Frode Sandal	3502	37:24
01:44+	06:11+ 09:39+ 12:42+ 14:17+ 14:54+ 17:14+ 19:05+ 26:44+ 27:25+ 30:16+ 33:47+ 35:45+ 36:16+ 37:01+ 37:24+		
01:44+	04:27+ 03:28+ 03:03+ 01:35+ 00:37+ 02:20+ 01:51+ 07:39+ 00:41+ 02:51+ 03:31+ 01:58+ 00:31+ 00:45+ 00:23+		
01:44+	04:27+ 03:28+ 03:03+ 01:35+ 00:37+ 02:20+ 01:51+ 07:39+ 00:41+ 02:51+ 03:31+ 01:58+ 00:31+ 00:45+ 00:23+		
8	Ivar Knutsen	1683	38:31
01:55+	06:39+ 11:44+ 15:08+ 16:23+ 16:56+ 19:08+ 21:13+ 28:42+ 29:20+ 31:58+ 35:32+ 36:40+ 37:13+ 38:08+ 38:31+		
01:55+	04:44+ 05:05+ 03:24+ 01:15+ 00:33+ 02:12+ 02:05+ 07:29+ 00:38+ 02:38+ 03:34+ 01:08+ 00:33+ 00:55+ 00:23+		
01:55+	04:44+ 05:05+ 03:24+ 01:15+ 00:33+ 02:12+ 02:05+ 07:29+ 00:38+ 02:38+ 03:34+ 01:08+ 00:33+ 00:55+ 00:23+		
9	Torbjørn Evensen	3556	39:33
01:59+	05:58+ 09:31+ 12:42+ 13:56+ 14:27+ 16:58+ 18:44+ 26:54+ 27:34+ 31:00+ 36:01+ 37:33+ 38:20+ 39:06+ 39:33+		
01:59+	03:59+ 03:33+ 03:11+ 01:14+ 00:31+ 02:31+ 01:46+ 08:10+ 00:40+ 03:26+ 05:01+ 01:32+ 00:47+ 00:46+ 00:27+		
01:59+	03:59+ 03:33+ 03:11+ 01:14+ 00:31+ 02:31+ 01:46+ 08:10+ 00:40+ 03:26+ 05:01+ 01:32+ 00:47+ 00:46+ 00:27+		
10	Arnstein Skretting	3529	40:05
02:16+	06:54+ 10:11+ 13:41+ 15:00+ 15:30+ 17:56+ 20:06+ 29:40+ 30:17+ 33:28+ 36:55+ 38:09+ 38:44+ 39:36+ 40:05+		
02:16+	04:38+ 03:17+ 03:30+ 01:19+ 00:30+ 02:26+ 02:10+ 09:34+ 00:37+ 03:11+ 03:27+ 01:14+ 00:35+ 00:52+ 00:29+		
02:16+	04:38+ 03:17+ 03:30+ 01:19+ 00:30+ 02:26+ 02:10+ 09:34+ 00:37+ 03:11+ 03:27+ 01:14+ 00:35+ 00:52+ 00:29+		
11	Torbjørn Dahle	892	45:42
02:06+	07:11+ 10:40+ 14:16+ 15:43+ 16:31+ 19:24+ 21:49+ 33:31+ 34:15+ 38:03+ 42:39+ 43:50+ 44:27+ 45:14+ 45:42+		
02:06+	05:05+ 03:29+ 03:36+ 01:27+ 00:48+ 02:53+ 02:25+ 11:42+ 00:44+ 03:48+ 04:36+ 01:11+ 00:37+ 00:47+ 00:28+		
02:06+	05:05+ 03:29+ 03:36+ 01:27+ 00:48+ 02:53+ 02:25+ 11:42+ 00:44+ 03:48+ 04:36+ 01:11+ 00:37+ 00:47+ 00:28+		
12	Sverre Austrheim	4248	47:26
04:06+	11:07+ 15:29+ 19:30+ 20:55+ 21:33+ 24:01+ 27:17+ 36:26+ 37:04+ 40:24+ 43:54+ 45:18+ 46:01+ 47:01+ 47:26+		
04:06+	07:01+ 04:22+ 04:01+ 01:25+ 00:38+ 02:28+ 03:16+ 09:09+ 00:38+ 03:20+ 03:30+ 01:24+ 00:43+ 01:00+ 00:25+		
04:06+	07:01+ 04:22+ 04:01+ 01:25+ 00:38+ 02:28+ 03:16+ 09:09+ 00:38+ 03:20+ 03:30+ 01:24+ 00:43+ 01:00+ 00:25+		
13	Jan Arendal	1683	48:57
02:26+	11:04+ 15:28+ 19:18+ 20:49+ 21:35+ 24:21+ 26:34+ 36:59+ 37:47+ 41:12+ 45:10+ 46:34+ 47:22+ 48:24+ 48:57+		
02:26+	08:38+ 04:24+ 03:50+ 01:31+ 00:46+ 02:46+ 02:13+ 10:25+ 00:48+ 03:25+ 03:58+ 01:24+ 00:48+ 01:02+ 00:33+		
02:26+	08:38+ 04:24+ 03:50+ 01:31+ 00:46+ 02:46+ 02:13+ 10:25+ 00:48+ 03:25+ 03:58+ 01:24+ 00:48+ 01:02+ 00:33+		
14	Steinar Barmen	722	1:00:24
03:30+	13:41+ 18:37+ 23:07+ 24:52+ 25:32+ 28:34+ 30:42+ 41:42+ 42:56+ 47:26+ 56:27+ 57:53+ 58:26+ 59:59+ 60:24+		
03:30+	10:11+ 04:56+ 04:30+ 01:45+ 00:40+ 03:02+ 02:08+ 11:00+ 01:14+ 04:30+ 09:01+ 01:26+ 00:33+ 01:33+ 00:25+		
03:30+	10:11+ 04:56+ 04:30+ 01:45+ 00:40+ 03:02+ 02:08+ 11:00+ 01:14+ 04:30+ 09:01+ 01:26+ 00:33+ 01:33+ 00:25+		
15	Tore Karlsen	722	1:03:42
04:06+	09:32+ 13:20+ 18:28+ 19:49+ 24:18+ 27:36+ 29:58+ 40:12+ 41:00+ 47:58+ 54:57+ 61:27+ 62:05+ 63:13+ 63:42+		
04:06+	05:26+ 03:48+ 05:08+ 01:21+ 04:29+ 03:18+ 02:22+ 10:14+ 00:48+ 06:58+ 06:59+ 06:30+ 00:38+ 01:08+ 00:29+		
04:06+	05:26+ 03:48+ 05:08+ 01:21+ 04:29+ 03:18+ 02:22+ 10:14+ 00:48+ 06:58+ 06:59+ 06:30+ 00:38+ 01:08+ 00:29+		

Beste strekktid for klassen

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

H70

H70

1	Arne Kristian Espedal	874	27:11												
01:19=	04:29=	06:43=	08:53=	09:44=	10:06=	11:54=	13:19=	18:42=	19:16=	22:08=	24:41=	25:43=	26:07=	26:50=	27:11=
01:19=	03:10=	02:14=	02:10=	00:51=	00:22=	01:48=	01:25=	05:23=	00:34=	02:52=	02:33=	01:02=	00:24=	00:43=	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=
2	Bjørn Martin Alsaker	3530	32:15												
01:35+	05:35+	08:20+	11:12+	12:19+	12:44+	14:38+	16:12+	23:06+	23:44+	26:54+	29:44+	30:45+	31:12+	31:52+	32:15+
01:35+	04:00+	02:45+	02:52+	01:07+	00:25+	01:54+	01:34+	06:54+	00:38+	03:10+	02:50+	01:01+	00:27+	00:40+	00:23+
01:35+	04:00+	02:45+	02:52+	01:07+	00:25+	01:54+	01:34+	06:54+	00:38+	03:10+	02:50+	01:01+	00:27+	00:40+	00:23+
3	Harry Breiland	3507	32:37												
01:50+	05:43+	08:37+	11:14+	12:22+	13:02+	15:00+	16:35+	22:58+	23:31+	26:04+	29:45+	30:42+	31:11+	32:14+	32:37+
01:50+	03:53+	02:54+	02:37+	01:08+	00:40+	01:58+	01:35+	06:23+	00:33+	02:33+	03:41+	00:57+	00:29+	01:03+	00:23+
01:50+	03:53+	02:54+	02:37+	01:08+	00:40+	01:58+	01:35+	06:23+	00:33+	02:33+	03:41+	00:57+	00:29+	01:03+	00:23+
4	Svein Berge	643	35:24												
01:45+	05:49+	09:01+	12:13+	13:11+	13:40+	15:30+	17:31+	24:45+	25:22+	29:02+	32:53+	33:58+	34:25+	35:05+	35:24+
01:45+	04:04+	03:12+	03:12+	00:58+	00:29+	01:50+	02:01+	07:14+	00:37+	03:40+	03:51+	01:05+	00:27+	00:40+	00:19+
01:45+	04:04+	03:12+	03:12+	00:58+	00:29+	01:50+	02:01+	07:14+	00:37+	03:40+	03:51+	01:05+	00:27+	00:40+	00:19+
5	Bjarne Gimre	1830	39:39												
02:09+	06:41+	10:02+	13:22+	14:45+	15:20+	17:45+	19:52+	29:18+	29:58+	33:09+	36:32+	37:54+	38:30+	39:17+	39:39+
02:09+	04:32+	03:21+	03:20+	01:23+	00:35+	02:25+	02:07+	09:26+	00:40+	03:11+	03:23+	01:22+	00:36+	00:47+	00:22+
02:09+	04:32+	03:21+	03:20+	01:23+	00:35+	02:25+	02:07+	09:26+	00:40+	03:11+	03:23+	01:22+	00:36+	00:47+	00:22+
6	Tor Geir Espedal	3530	39:46												
01:49+	06:01+	09:30+	13:04+	14:37+	15:05+	17:34+	19:33+	28:14+	28:53+	32:06+	36:45+	37:52+	38:26+	39:24+	39:46+
01:49+	04:12+	03:29+	03:34+	01:33+	00:28+	02:29+	01:59+	08:41+	00:39+	03:13+	04:39+	01:07+	00:34+	00:58+	00:22+
01:49+	04:12+	03:29+	03:34+	01:33+	00:28+	02:29+	01:59+	08:41+	00:39+	03:13+	04:39+	01:07+	00:34+	00:58+	00:22+
7	Eivind Lars Rake	892	40:30												
02:01+	06:17+	09:24+	12:48+	15:05+	15:35+	18:08+	20:20+	29:06+	29:51+	33:28+	37:00+	38:26+	39:02+	40:00+	40:30+
02:01+	04:16+	03:07+	03:24+	02:17+	00:30+	02:33+	02:12+	08:46+	00:45+	03:37+	03:32+	01:26+	00:36+	00:58+	00:30+
02:01+	04:16+	03:07+	03:24+	02:17+	00:30+	02:33+	02:12+	08:46+	00:45+	03:37+	03:32+	01:26+	00:36+	00:58+	00:30+
8	Sveinung Tveit	3547	42:22												
02:06+	07:02+	10:45+	14:25+	15:44+	16:21+	18:54+	20:54+	31:20+	32:07+	35:27+	39:06+	40:18+	41:00+	41:56+	42:22+
02:06+	04:56+	03:43+	03:40+	01:19+	00:37+	02:33+	02:00+	10:26+	00:47+	03:20+	03:39+	01:12+	00:42+	00:56+	00:26+
02:06+	04:56+	03:43+	03:40+	01:19+	00:37+	02:33+	02:00+	10:26+	00:47+	03:20+	03:39+	01:12+	00:42+	00:56+	00:26+
9	Kjell Ivar Skjørestad	892	42:23												
01:53+	06:27+	10:17+	13:21+	16:09+	16:49+	19:09+	22:35+	31:33+	32:11+	35:23+	39:10+	40:24+	41:02+	41:59+	42:23+
01:53+	04:34+	03:50+	03:04+	02:48+	00:40+	02:20+	03:26+	08:58+	00:38+	03:12+	03:47+	01:14+	00:38+	00:57+	00:24+
01:53+	04:34+	03:50+	03:04+	02:48+	00:40+	02:20+	03:26+	08:58+	00:38+	03:12+	03:47+	01:14+	00:38+	00:57+	00:24+
10	Ragnvald Frøyland	879	43:16												
02:20+	07:26+	11:28+	14:28+	17:25+	18:36+	21:39+	23:41+	33:13+	33:48+	36:52+	40:17+	41:38+	42:07+	42:53+	43:16+
02:20+	05:06+	04:02+	03:00+	02:57+	01:11+	03:03+	02:02+	09:32+	00:35+	03:04+	03:25+	01:21+	00:29+	00:46+	00:23+
02:20+	05:06+	04:02+	03:00+	02:57+	01:11+	03:03+	02:02+	09:32+	00:35+	03:04+	03:25+	01:21+	00:29+	00:46+	00:23+
11	Jan Inge Lunde	1830	43:34												
02:03+	08:26+	11:49+	15:17+	16:44+	17:57+	20:55+	22:48+	30:40+	31:24+	34:45+	40:36+	41:43+	42:19+	43:10+	43:34+
02:03+	06:23+	03:23+	03:28+	01:27+	01:13+	02:58+	01:53+	07:52+	00:44+	03:21+	05:51+	01:07+	00:36+	00:51+	00:24+
02:03+	06:23+	03:23+	03:28+	01:27+	01:13+	02:58+	01:53+	07:52+	00:44+	03:21+	05:51+	01:07+	00:36+	00:51+	00:24+
12	Bjørn Bjelland	3541	43:43												
02:24+	07:39+	10:54+	14:16+	16:03+	16:47+	22:22+	24:43+	33:55+	34:36+	37:29+	40:59+	41:55+	42:23+	43:19+	43:43+
02:24+	05:15+	03:15+	03:22+	01:47+	00:44+	05:35+	02:21+	09:12+	00:41+	02:53+	03:30+	00:56+	00:28+	00:56+	00:24+
02:24+	05:15+	03:15+	03:22+	01:47+	00:44+	05:35+	02:21+	09:12+	00:41+	02:53+	03:30+	00:56+	00:28+	00:56+	00:24+
13	Per Marthon Møland	880	44:47												
02:08+	07:28+	12:15+	15:35+	17:04+	18:26+	20:46+	22:58+	32:55+	33:43+	37:28+	41:50+	43:05+	43:35+	44:24+	44:47+
02:08+	05:20+	04:47+	03:20+	01:29+	01:22+	02:20+	02:12+	09:57+	00:48+	03:45+	04:22+	01:15+	00:30+	00:49+	00:23+
02:08+	05:20+	04:47+	03:20+	01:29+	01:22+	02:20+	02:12+	09:57+	00:48+	03:45+	04:22+	01:15+	00:30+	00:49+	00:23+
14	Arne Magne Handeland	892	49:46												
02:22+	07:05+	10:40+	14:14+	16:02+	16:51+	19:32+	21:45+	31:23+	32:12+	40:38+	46:42+	47:47+	48:25+	49:21+	49:46+
02:22+	04:43+	03:35+	03:34+	01:48+	00:49+	02:41+	02:13+	09:38+	00:49+	08:26+	06:04+	01:05+	00:38+	00:56+	00:25+
02:22+	04:43+	03:35+	03:34+	01:48+	00:49+	02:41+	02:13+	09:38+	00:49+	08:26+	06:04+	01:05+	00:38+	00:56+	00:25+

H70

15	Tore Romon Tvedt	3518	55:26												
02:20+	09:11+	17:49+	21:03+	22:22+	22:59+	25:31+	27:36+	37:26+	44:25+	48:29+	52:24+	53:26+	54:00+	54:56+	55:26+
02:20+	06:51+	08:38+	03:14+	01:19+	00:37+	02:32+	02:05+	09:50+	06:59+	04:04+	03:55+	01:02+	00:34+	00:56+	00:30+
02:20+	06:51+	08:38+	03:14+	01:19+	00:37+	02:32+	02:05+	09:50+	06:59+	04:04+	03:55+	01:02+	00:34+	00:56+	00:30+
16	Leif Kåre Lende	879	57:49												
03:19+	09:24+	14:59+	20:24+	22:07+	23:11+	27:08+	29:40+	44:00+	45:12+	49:31+	53:34+	55:21+	56:16+	57:19+	57:49+
03:19+	06:05+	05:35+	05:25+	01:43+	01:04+	03:57+	02:32+	14:20+	01:12+	04:19+	04:03+	01:47+	00:55+	01:03+	00:30+
03:19+	06:05+	05:35+	05:25+	01:43+	01:04+	03:57+	02:32+	14:20+	01:12+	04:19+	04:03+	01:47+	00:55+	01:03+	00:30+
17	Svein Ims	903	58:01												
03:17+	09:08+	22:06+	25:47+	27:16+	28:01+	30:39+	32:44+	43:53+	44:49+	48:24+	54:39+	55:39+	56:31+	57:35+	58:01+
03:17+	05:51+	12:58+	03:41+	01:29+	00:45+	02:38+	02:05+	11:09+	00:56+	03:35+	06:15+	01:00+	00:52+	01:04+	00:26+
03:17+	05:51+	12:58+	03:41+	01:29+	00:45+	02:38+	02:05+	11:09+	00:56+	03:35+	06:15+	01:00+	00:52+	01:04+	00:26+
18	Olav Habbestad	1683	1:07:35												
02:11+	07:45+	14:22+	17:53+	19:46+	20:16+	37:35+	40:06+	54:01+	54:42+	59:14+	64:08+	65:32+	66:10+	67:11+	67:35+
02:11+	05:34+	06:37+	03:31+	01:53+	00:30+	17:19+	02:31+	13:55+	00:41+	04:32+	04:54+	01:24+	00:38+	01:01+	00:24+
02:11+	05:34+	06:37+	03:31+	01:53+	00:30+	17:19+	02:31+	13:55+	00:41+	04:32+	04:54+	01:24+	00:38+	01:01+	00:24+

Beste strekktid for klassen

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

H75

1	Asgeir Bell	896	32:51												
00:34=	01:55=	05:35=	08:22=	09:46=	10:06=	11:28=	19:31=	21:10=	22:36=	23:32=	23:56=	26:55=	31:19=	32:24=	32:51=
00:34=	01:21=	03:40=	02:47=	01:24=	00:20=	01:22=	08:03=	01:39=	01:26=	00:56=	00:24=	02:59=	04:24=	01:05=	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=	00:00=	00:00=
2	Finn-Morten Årstad	3530	38:21												
00:39+	02:12+	06:33+	11:04+	12:45+	13:08+	14:47+	23:58+	25:44+	27:28+	28:24+	28:54+	32:23+	36:47+	37:55+	38:21+
00:39+	01:33+	04:21+	04:31+	01:41+	00:23+	01:39+	09:11+	01:46+	01:44+	00:56=	00:30+	03:29+	04:24=	01:08+	00:26-
00:05#	00:12#	00:41#	01:44&	00:17#	00:03#	00:17#	01:08#	00:07+	00:18#	00:00=	00:06#	00:30#	00:00=	00:03+	00:01-
3	Paul Andreas Paulsen	896	39:10												
00:36+	02:10+	06:17+	09:56+	11:33+	11:57+	13:30+	23:06+	24:57+	26:39+	27:45+	28:13+	31:41+	37:25+	38:43+	39:10+
00:36+	01:34+	04:07+	03:39+	01:37+	00:24+	01:33+	09:36+	01:51+	01:42+	01:06+	00:28+	03:28+	05:44+	01:18+	00:27=
00:02+	00:13#	00:27#	00:52&	00:13#	00:04#	00:11#	01:33#	00:12#	00:16#	00:10#	00:04#	00:29#	01:20&	00:13#	00:00=
4	Jostein Tunheim	1683	39:35												
00:38+	02:41+	06:53+	11:01+	12:43+	13:14+	14:55+	24:37+	26:58+	28:48+	29:49+	30:29+	33:43+	37:58+	39:12+	39:35+
00:38+	02:03+	04:12+	04:08+	01:42+	00:31+	01:41+	09:42+	02:21+	01:50+	01:01+	00:40+	03:14+	04:15-	01:14+	00:23-
00:04#	00:42&	00:32#	01:21&	00:18#	00:11&	00:19#	01:39#	00:42&	00:24&	00:05+	00:16&	00:15+	00:09-	00:09#	00:04-
5	Hans Klausen	769	42:17												
00:47+	02:19+	06:51+	12:42+	14:40+	15:08+	16:48+	25:46+	28:10+	30:13+	31:13+	31:45+	35:22+	40:46+	41:53+	42:17+
00:47+	01:32+	04:32+	05:51+	01:58+	00:28+	01:40+	08:58+	02:24+	02:03+	01:00+	00:32+	03:37+	05:24+	01:07+	00:24-
00:13&	00:11#	00:52#	03:04@	00:34&	00:08&	00:18#	00:55#	00:45&	00:37&	00:04+	00:08&	00:38#	01:00#	00:02+	00:03-
6	Ole Auklend	885	43:40												
00:37+	02:40+	08:28+	12:02+	13:40+	14:13+	16:03+	26:16+	28:21+	30:21+	31:39+	32:08+	36:21+	41:38+	43:11+	43:40+
00:37+	02:03+	05:48+	03:34+	01:38+	00:33+	01:50+	10:13+	02:05+	02:00+	01:18+	00:29+	04:13+	05:17+	01:33+	00:29+
00:03+	00:42&	02:08&	00:47&	00:14#	00:13&	00:28&	02:10&	00:26&	00:34&	00:22&	00:05#	01:14&	00:53#	00:28&	00:02+
7	Arne Østensen	3518	44:05												
00:38+	07:09+	11:41+	15:51+	17:27+	19:01+	20:39+	29:56+	31:35+	33:21+	34:14+	34:41+	38:00+	42:29+	43:39+	44:05+
00:38+	06:31+	04:32+	04:10+	01:36+	01:34+	01:38+	09:17+	01:39=	01:46+	00:53-	00:27+	03:19+	04:29+	01:10+	00:26-
00:04#	05:10@	00:52#	01:23&	00:12#	01:14@	00:16#	01:14#	00:00=	00:20#	00:03-	00:03#	00:20#	00:05+	00:05+	00:01-
8	Olav A. Hognestad	892	44:51												
00:42+	02:35+	07:25+	11:08+	12:39+	13:07+	15:02+	25:34+	27:33+	29:27+	30:34+	31:03+	34:44+	43:06+	44:22+	44:51+
00:42+	01:53+	04:50+	03:43+	01:31+	00:28+	01:55+	10:32+	01:59+	01:54+	01:07+	00:29+	03:41+	08:22+	01:16+	00:29+
00:08#	00:32&	01:10&	00:56&	00:07+	00:08&	00:33&	02:29&	00:20#	00:28&	00:11#	00:05#	00:42#	03:58&	00:11#	00:02+

Class	Navn	Klasse	Tid
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H75

9	Olav Dag Borgersen	3536	46:20												
00:35+	02:11+	05:52+	09:23+	10:57+	11:20+	12:59+	30:34+	32:26+	34:05+	34:56+	36:43+	40:07+	44:52+	45:59+	46:20+
00:35+	01:36+	03:41+	03:31+	01:34+	00:23+	01:39+	17:35+	01:52+	01:39+	00:51-	01:47+	03:24+	04:45+	01:07+	00:21-
00:01+	00:15#	00:01+	00:44&	00:10#	00:03#	00:17#	09:32@	00:13#	00:13#	00:05-	01:23@	00:25#	00:21+	00:02+	00:06-
10	Kjell Svihus	892	47:11												
01:05+	03:10+	08:40+	12:51+	15:01+	15:30+	17:38+	28:03+	30:28+	32:45+	33:58+	34:35+	39:20+	45:10+	46:42+	47:11+
01:05+	02:05+	05:30+	04:11+	02:10+	00:29+	02:08+	10:25+	02:25+	02:17+	01:13+	00:37+	04:45+	05:50+	01:32+	00:29+
01:05+	02:05+	05:30+	04:11+	02:10+	00:29+	02:08+	10:25+	02:25+	02:17+	01:13+	00:37+	04:45+	05:50+	01:32+	00:29+
11	Gudmund Gausel	3530	47:39												
00:48+	03:13+	07:15+	10:44+	12:30+	13:07+	14:50+	26:06+	29:14+	31:14+	32:21+	33:18+	37:52+	45:35+	47:06+	47:39+
00:48+	02:25+	04:02+	03:29+	01:46+	00:37+	01:43+	11:16+	03:08+	02:00+	01:07+	00:57+	04:34+	07:43+	01:31+	00:33+
00:48+	02:25+	04:02+	03:29+	01:46+	00:37+	01:43+	11:16+	03:08+	02:00+	01:07+	00:57+	04:34+	07:43+	01:31+	00:33+
12	Norvald Skretting	1832	1:01:38												
00:47+	03:00+	11:13+	15:43+	22:19+	22:53+	26:01+	38:57+	43:13+	45:34+	47:07+	47:42+	52:11+	59:17+	60:55+	61:38+
00:47+	02:13+	08:13+	04:30+	06:36+	00:34+	03:08+	12:56+	04:16+	02:21+	01:33+	00:35+	04:29+	07:06+	01:38+	00:43+
00:47+	02:13+	08:13+	04:30+	06:36+	00:34+	03:08+	12:56+	04:16+	02:21+	01:33+	00:35+	04:29+	07:06+	01:38+	00:43+
13	Leif Gunnar Wikene	1832	1:06:27												
00:45+	03:06+	07:09+	12:11+	14:15+	14:41+	16:39+	30:24+	32:54+	35:39+	37:31+	37:58+	53:10+	63:44+	65:54+	66:27+
00:45+	02:21+	04:03+	05:02+	02:04+	00:26+	01:58+	13:45+	02:30+	02:45+	01:52+	00:27+	15:12+	10:34+	02:10+	00:33+
00:45+	02:21+	04:03+	05:02+	02:04+	00:26+	01:58+	13:45+	02:30+	02:45+	01:52+	00:27+	15:12+	10:34+	02:10+	00:33+

Beste strekktid for klassen

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

H80

1	Geir Husdal	1884	27:36															
01:40=	04:39=	05:09=	08:15=	10:00=	10:34=	12:14=	14:26=	15:08=	17:03=	19:22=	21:02=	21:56=	23:05=	25:05=	25:53=	26:20=	27:10=	27:36=
01:40=	02:59=	00:30=	03:06=	01:45=	00:34=	01:40=	02:12=	00:42=	01:55=	02:19=	01:40=	00:54=	01:09=	02:00=	00:48=	00:27=	00:50=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Knut Skjæveland	1884	29:34															
01:34-	04:29-	05:03-	08:07-	10:22+	11:00+	13:04+	15:28+	16:20+	18:32+	21:11+	22:58+	24:00+	25:16+	26:25+	27:34+	28:07+	29:03+	29:34+
01:34-	02:55-	00:34+	03:04-	02:15+	00:38+	02:04+	02:24+	00:52+	02:12+	02:39+	01:47+	01:02+	01:16+	01:09-	01:09+	00:33+	00:56+	00:31+
00:06-	00:04-	00:04#	00:02-	00:30&	00:04#	00:24#	00:12+	00:10#	00:17#	00:20#	00:07+	00:08#	00:07#	00:51-	00:21&	00:06#	00:06#	00:05#
3	Hermann Skogsholm	1754	31:01															
01:37-	05:11+	05:46+	08:46+	11:25+	12:04+	13:51+	16:10+	17:01+	19:12+	22:19+	24:04+	25:08+	26:23+	28:02+	28:55+	29:28+	30:26+	31:01+
01:37-	03:34+	00:35+	03:00-	02:39+	00:39+	01:47+	02:19+	00:51+	02:11+	03:07+	01:45+	01:04+	01:15+	01:39-	00:53+	00:33+	00:58+	00:35+
00:03-	00:35#	00:05#	00:06-	00:54&	00:05#	00:07+	00:07+	00:09#	00:16#	00:48&	00:05+	00:10#	00:06+	00:21-	00:05#	00:06#	00:08#	00:09&
4	Tormod Aaslid	3529	31:50															
02:32+	06:40+	07:09+	10:11+	12:27+	13:15+	15:09+	17:31+	18:30+	20:43+	23:34+	25:20+	26:20+	27:42+	28:49+	29:46+	30:18+	31:17+	31:50+
02:32+	04:08+	00:29-	03:02-	02:16+	00:48+	01:54+	02:22+	00:59+	02:13+	02:51+	01:46+	01:00+	01:22+	01:07-	00:57+	00:32+	00:59+	00:33+
00:52&	01:09&	00:01-	00:04-	00:31&	00:14&	00:14#	00:10+	00:17&	00:18#	00:32#	00:06+	00:06#	00:13#	00:53-	00:09#	00:05#	00:09#	00:07&
5	Steinar Undheim	3529	32:50															
01:50+	05:11+	06:05+	09:22+	11:40+	12:25+	14:41+	17:43+	18:26+	20:54+	23:46+	25:37+	26:40+	27:51+	29:41+	30:45+	31:30+	32:26+	32:50+
01:50+	03:21+	00:54+	03:17+	02:18+	00:45+	02:16+	03:02+	00:43+	02:28+	02:52+	01:51+	01:03+	01:11+	01:50-	01:04+	00:45+	00:56+	00:24-
00:10#	00:22#	00:24&	00:11+	00:33&	00:11&	00:36&	00:50&	00:01+	00:33&	00:33#	00:11#	00:09#	00:02+	00:10-	00:16&	00:18&	00:06#	00:02-
6	Kjell Langvik	1884	33:52															
01:37-	04:47+	08:30+	11:29+	13:37+	14:10+	16:01+	18:36+	19:34+	21:46+	24:33+	26:19+	27:11+	28:15+	31:11+	32:14+	32:37+	33:28+	33:52+
01:37-	03:10+	03:43+	02:59-	02:08+	00:33-	01:51+	02:35+	00:58+	02:12+	02:47+	01:46+	00:52-	01:04-	02:56+	01:03+	00:23-	00:51+	00:24-
00:03-	00:11+	03:13@	00:07-	00:23#	00:01-	00:11#	00:23#	00:16&	00:17#	00:28#	00:06+	00:02-	00:05-	00:56&	00:15&	00:04-	00:01+	00:02-
7	Terje Braut	892	35:19															
02:00+	05:21+	06:05+	09:19+	12:31+	13:23+	15:31+	18:37+	19:10+	21:28+	24:14+	27:04+	28:49+	30:37+	32:11+	33:08+	33:40+	34:51+	35:19+
02:00+	03:21+	00:44+	03:14+	03:12+	00:52+	02:08+	03:06+	00:33-	02:18+	02:46+	02:50+	01:45+	01:48+	01:34-	00:57+	00:32+	01:11+	00:28+
00:20#	00:22#	00:14&	00:08+	01:27&	00:18&	00:28&	00:54&	00:09-	00:23#	00:27#	01:10&	00:51&	00:39&	00:26-	00:09#	00:05#	00:21&	00:02+

Class	Navn	Klasse	Tid
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H80

8	Svein Glendrange	874	38:38															
01:55+	05:15+	05:54+	09:32+	12:06+	12:48+	14:48+	17:30+	18:21+	21:01+	23:49+	28:39+	29:51+	31:23+	32:59+	36:10+	36:42+	37:56+	38:38+
01:55+	03:20+	00:39+	03:38+	02:34+	00:42+	02:00+	02:42+	00:51+	02:40+	02:48+	04:50+	01:12+	01:32+	01:36-	03:11+	00:32+	01:14+	00:42+
00:15#	00:21#	00:09&	00:32#	00:49&	00:08#	00:20#	00:30#	00:09#	00:45&	00:29#	03:10&	00:18&	00:23&	00:24-	02:23&	00:05#	00:24&	00:16&
9	Harald Vatne	2342	40:53															
02:01+	06:02+	07:00+	11:12+	13:29+	14:24+	16:50+	20:00+	21:07+	23:34+	26:59+	30:07+	31:31+	33:10+	37:26+	38:32+	39:19+	40:24+	40:53+
02:01+	04:01+	00:58+	04:12+	02:17+	00:55+	02:26+	03:10+	01:07+	02:27+	03:25+	03:08+	01:24+	01:39+	04:16+	01:06+	00:47+	01:05+	00:29+
02:01+	04:01+	00:58+	04:12+	02:17+	00:55+	02:26+	03:10+	01:07+	02:27+	03:25+	03:08+	01:24+	01:39+	04:16+	01:06+	00:47+	01:05+	00:29+
10	Torleiv Møgedal	874	54:24															
02:43+	08:38+	10:01+	15:06+	17:57+	18:58+	23:06+	27:10+	28:25+	33:20+	38:06+	40:47+	42:40+	45:37+	48:46+	50:59+	52:05+	53:41+	54:24+
02:43+	05:55+	01:23+	05:05+	02:51+	01:01+	04:08+	04:04+	01:15+	04:55+	04:46+	02:41+	01:53+	02:57+	03:09+	02:13+	01:06+	01:36+	00:43+
02:43+	05:55+	01:23+	05:05+	02:51+	01:01+	04:08+	04:04+	01:15+	04:55+	04:46+	02:41+	01:53+	02:57+	03:09+	02:13+	01:06+	01:36+	00:43+
11	Reidar Liland	3507	1:01:22															
07:16+	12:46+	13:46+	19:13+	22:52+	24:12+	26:58+	30:10+	31:50+	36:28+	43:09+	46:58+	49:17+	51:28+	54:53+	57:37+	59:01+	60:40+	61:22+
07:16+	05:30+	01:00+	05:27+	03:39+	01:20+	02:46+	03:12+	01:40+	04:38+	06:41+	03:49+	02:19+	02:11+	03:25+	02:44+	01:24+	01:39+	00:42+
07:16+	05:30+	01:00+	05:27+	03:39+	01:20+	02:46+	03:12+	01:40+	04:38+	06:41+	03:49+	02:19+	02:11+	03:25+	02:44+	01:24+	01:39+	00:42+
12	Kjell Audun Maudal	3524	1:03:21															
08:10+	13:34+	14:42+	20:32+	23:58+	25:09+	28:04+	31:21+	32:54+	37:37+	43:55+	48:05+	50:20+	52:34+	55:44+	57:57+	61:14+	62:40+	63:21+
08:10+	05:24+	01:08+	05:50+	03:26+	01:11+	02:55+	03:17+	01:33+	04:43+	06:18+	04:10+	02:15+	02:14+	03:10+	02:13+	03:17+	01:26+	00:41+
08:10+	05:24+	01:08+	05:50+	03:26+	01:11+	02:55+	03:17+	01:33+	04:43+	06:18+	04:10+	02:15+	02:14+	03:10+	02:13+	03:17+	01:26+	00:41+
13	Albert Moe	3529	1:06:42															
03:40+	09:30+	10:57+	15:52+	18:52+	20:03+	23:41+	27:45+	29:01+	32:20+	47:11+	53:50+	55:18+	57:17+	59:45+	62:55+	64:20+	65:51+	66:42+
03:40+	05:50+	01:27+	04:55+	03:00+	01:11+	03:38+	04:04+	01:16+	03:19+	14:51+	06:39+	01:28+	01:59+	02:28+	03:10+	01:25+	01:31+	00:51+
03:40+	05:50+	01:27+	04:55+	03:00+	01:11+	03:38+	04:04+	01:16+	03:19+	14:51+	06:39+	01:28+	01:59+	02:28+	03:10+	01:25+	01:31+	00:51+

Beste strekktid for klassen

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

HA

1	Morten Bjerga Sundli	3522	31:08																						
01:06=	03:47=	05:32=	07:25=	08:24=	08:40=	09:03=	11:22=	15:43=	16:42=	17:35=	18:06=	18:24=	19:44=	21:30=	23:18=	24:34=	25:01=	25:40=	27:39=	28:06=	28:39=	28:58=	29:54=	30:08=	30:27=
01:06=	02:41=	01:45=	01:53=	00:59=	00:16=	00:23=	02:19=	04:21=	00:59=	00:53=	00:31=	00:18=	01:20=	01:46=	01:48=	01:16=	00:27=	00:39=	01:59=	00:27=	00:33=	00:19=	00:56=	00:14=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
30:53=	31:08=																								
00:26=	00:15=																								
00:00=	00:00=																								
2	Jonas Klausen Espedal	3522	32:31																						
01:22+	04:01+	06:14+	08:07+	09:01+	09:17+	09:38+	11:54+	16:29+	17:28+	18:23+	18:53+	19:54+	21:10+	22:53+	24:42+	25:51+	26:24+	27:04+	29:05+	29:31+	30:00+	30:20+	31:16+	31:29+	31:48+
01:22+	02:39+	02:13+	01:53+	00:54-	00:16=	00:21-	02:16-	04:35+	00:59=	00:55+	00:30-	01:01+	01:16-	01:43-	01:49+	01:09-	00:33+	00:40+	02:01+	00:26-	00:29-	00:20+	00:56=	00:13-	00:19=
00:16#	00:02-	00:28&	00:00=	00:05-	00:00=	00:02-	00:03-	00:14+	00:00=	00:02+	00:01-	00:43&	00:04-	00:03-	00:01+	00:07-	00:06#	00:01+	00:02+	00:01-	00:04-	00:01+	00:00=	00:01-	00:00=
32:16+	32:31+																								
00:28+	00:15=																								
00:02+	00:00=																								
3	Fredrik Sandal	1830	32:43																						
01:12+	03:39-	05:23-	07:18-	08:24=	08:43+	09:05+	11:37+	16:06+	17:04+	17:58+	18:33+	18:53+	20:22+	22:11+	24:08+	25:20+	25:49+	26:31+	28:31+	28:58+	30:00+	30:22+	31:24+	31:39+	32:00+
01:12+	02:27-	01:44-	01:55+	01:06+	00:19+	00:22-	02:32+	04:29+	00:58-	00:54+	00:35+	00:20+	01:29+	01:49+	01:57+	01:12-	00:29+	00:42+	02:00+	00:27=	01:02+	00:22+	01:02+	00:15+	00:21+
00:06+	00:14-	00:01-	00:02+	00:07#	00:03#	00:01-	00:13+	00:08+	00:01-	00:01+	00:04#	00:02#	00:09#	00:03+	00:09+	00:04-	00:02+	00:03+	00:01+	00:00=	00:29&	00:03#	00:06#	00:01+	00:02#
32:29+	32:43+																								
00:29+	00:14-																								
00:03#	00:01-																								
4	Harald Kalager	793	34:24																						
01:32+	04:15+	06:15+	08:16+	09:19+	09:38+	10:00+	12:37+	17:15+	18:20+	19:19+	19:57+	20:14+	21:38+	23:25+	25:28+	26:45+	27:15+	27:57+	30:03+	30:34+	31:08+	31:32+	32:39+	32:55+	33:21+
01:32+	02:43+	02:00+	02:01+	01:03+	00:19+	00:22-	02:37+	04:38+	01:05+	00:59+	00:38+	00:17-	01:24+	01:47+	02:03+	01:17+	00:30+	00:42+	02:06+	00:31+	00:34+	00:24+	01:07+	00:16+	00:26+
00:26&	00:02+	00:15#	00:08+	00:04+	00:03#	00:01-	00:18#	00:17+	00:06#	00:06#	00:07#	00:01-	00:04+	00:01+	00:15#	00:01+	00:03#	00:03+	00:07+	00:04#	00:01+	00:05&	00:11#	00:02#	00:07&
34:07+	34:24+																								
00:46+	00:17+																								
00:20&	00:02#																								

HA

5	Sven Hatteland	3528	35:05																						
01:06=	03:50+	06:09+	08:19+	09:14+	09:32+	09:54+	12:51+	17:55+	18:57+	19:51+	20:21+	20:38+	22:09+	24:10+	26:19+	27:38+	28:08+	28:51+	31:07+	31:37+	32:13+	32:32+	33:37+	33:53+	34:16+
01:06=	02:44+	02:19+	02:10+	00:55-	00:18+	00:22-	02:57+	05:04+	01:02+	00:54+	00:30-	00:17-	01:31+	02:01+	02:09+	01:19+	00:30+	00:43+	02:16+	00:30+	00:36+	00:19=	01:05+	00:16+	00:23+
00:00=	00:03+	00:34&	00:17#	00:04-	00:02#	00:01-	00:38&	00:43#	00:03+	00:01+	00:01-	00:01-	00:11#	00:15#	00:21#	00:03+	00:03#	00:04#	00:17#	00:03#	00:03+	00:00=	00:09#	00:02#	00:04#
34:47+	35:05+																								
00:31+	00:18+																								
00:05#	00:03#																								

6	Kristian Frafjord Haarr	882	35:51																						
01:19+	04:08+	06:01+	08:11+	09:26+	09:42+	10:05+	12:52+	17:46+	18:45+	19:43+	20:25+	20:40+	22:11+	24:10+	26:26+	27:42+	28:10+	28:51+	31:11+	31:41+	32:57+	33:20+	34:25+	34:40+	35:03+
01:19+	02:49+	01:53+	02:10+	01:15+	00:16+	00:23+	02:47+	04:54+	00:59+	00:58+	00:42+	00:15+	01:31+	01:59+	02:16+	01:16+	00:28+	00:41+	02:20+	00:30+	01:16+	00:23+	01:05+	00:15+	00:23+
01:19+	02:49+	01:53+	02:10+	01:15+	00:16+	00:23+	02:47+	04:54+	00:59+	00:58+	00:42+	00:15+	01:31+	01:59+	02:16+	01:16+	00:28+	00:41+	02:20+	00:30+	01:16+	00:23+	01:05+	00:15+	00:23+
35:33+	35:51+																								
00:30+	00:18+																								
00:30+	00:18+																								

7	Jørgen Strømstad	1786	38:25																						
01:11+	03:51+	06:18+	08:18+	09:37+	09:55+	11:19+	13:59+	19:28+	20:35+	21:41+	22:23+	22:41+	24:08+	26:12+	28:34+	30:01+	30:34+	31:21+	33:51+	34:27+	35:07+	35:40+	36:50+	37:05+	37:32+
01:11+	02:40+	02:27+	02:00+	01:19+	00:18+	01:24+	02:40+	05:29+	01:07+	01:06+	00:42+	00:18+	01:27+	02:04+	02:22+	01:27+	00:33+	00:47+	02:30+	00:36+	00:40+	00:33+	01:10+	00:15+	00:27+
01:11+	02:40+	02:27+	02:00+	01:19+	00:18+	01:24+	02:40+	05:29+	01:07+	01:06+	00:42+	00:18+	01:27+	02:04+	02:22+	01:27+	00:33+	00:47+	02:30+	00:36+	00:40+	00:33+	01:10+	00:15+	00:27+
38:10+	38:25+																								
00:38+	00:15+																								
00:38+	00:15+																								

8	Torbjørn Fuglestad	878	38:44																						
01:20+	04:47+	07:10+	09:31+	10:54+	11:37+	12:04+	15:05+	20:20+	21:27+	22:28+	23:08+	23:29+	25:03+	27:11+	29:33+	30:56+	31:27+	32:13+	34:36+	35:13+	35:51+	36:11+	37:19+	37:35+	37:58+
01:20+	03:27+	02:23+	02:21+	01:23+	00:43+	00:27+	03:01+	05:15+	01:07+	01:01+	00:40+	00:21+	01:34+	02:08+	02:22+	01:23+	00:31+	00:46+	02:23+	00:37+	00:38+	00:20+	01:08+	00:16+	00:23+
01:20+	03:27+	02:23+	02:21+	01:23+	00:43+	00:27+	03:01+	05:15+	01:07+	01:01+	00:40+	00:21+	01:34+	02:08+	02:22+	01:23+	00:31+	00:46+	02:23+	00:37+	00:38+	00:20+	01:08+	00:16+	00:23+
38:30+	38:44+																								
00:32+	00:14+																								
00:32+	00:14+																								

9	Lars Erik Malde	3676	41:07																						
01:17+	04:21+	06:34+	08:40+	10:05+	10:34+	11:23+	14:09+	18:56+	20:17+	21:19+	21:58+	22:26+	23:52+	26:11+	28:22+	32:02+	32:39+	33:21+	36:37+	37:09+	37:53+	38:27+	39:41+	39:56+	40:17+
01:17+	03:04+	02:13+	02:06+	01:25+	00:29+	00:49+	02:46+	04:47+	01:21+	01:02+	00:39+	00:28+	01:26+	02:19+	02:11+	03:40+	00:37+	00:42+	03:16+	00:32+	00:44+	00:34+	01:14+	00:15+	00:21+
01:17+	03:04+	02:13+	02:06+	01:25+	00:29+	00:49+	02:46+	04:47+	01:21+	01:02+	00:39+	00:28+	01:26+	02:19+	02:11+	03:40+	00:37+	00:42+	03:16+	00:32+	00:44+	00:34+	01:14+	00:15+	00:21+
40:50+	41:07+																								
00:33+	00:17+																								
00:33+	00:17+																								

10	Bernhard Haver Vagle	643	41:52																						
01:48+	05:21+	08:15+	10:29+	11:38+	11:59+	12:25+	15:20+	21:30+	22:54+	24:04+	24:43+	25:03+	26:36+	28:40+	30:59+	32:33+	33:01+	33:48+	36:42+	37:16+	37:54+	39:15+	40:20+	40:37+	40:58+
01:48+	03:33+	02:54+	02:14+	01:09+	00:21+	00:26+	02:55+	06:10+	01:24+	01:10+	00:39+	00:20+	01:33+	02:04+	02:19+	01:34+	00:28+	00:47+	02:54+	00:34+	00:38+	01:21+	01:05+	00:17+	00:21+
01:48+	03:33+	02:54+	02:14+	01:09+	00:21+	00:26+	02:55+	06:10+	01:24+	01:10+	00:39+	00:20+	01:33+	02:04+	02:19+	01:34+	00:28+	00:47+	02:54+	00:34+	00:38+	01:21+	01:05+	00:17+	00:21+
41:37+	41:52+																								
00:39+	00:15+																								
00:39+	00:15+																								

11	Ole Morten Haaland	3528	43:03																						
01:53+	05:26+	09:03+	11:19+	12:30+	12:47+	13:08+	16:08+	22:08+	23:27+	24:32+	25:07+	25:25+	26:56+	29:02+	32:30+	34:11+	34:48+	35:38+	38:32+	39:04+	39:44+	40:19+	41:40+	41:55+	42:18+
01:53+	03:33+	03:37+	02:16+	01:11+	00:17+	00:21+	03:00+	06:00+	01:19+	01:05+	00:35+	00:18+	01:31+	02:06+	03:28+	01:41+	00:37+	00:50+	02:54+	00:32+	00:40+	00:35+	01:21+	00:15+	00:23+
01:53+	03:33+	03:37+	02:16+	01:11+	00:17+	00:21+	03:00+	06:00+	01:19+	01:05+	00:35+	00:18+	01:31+	02:06+	03:28+	01:41+	00:37+	00:50+	02:54+	00:32+	00:40+	00:35+	01:21+	00:15+	00:23+
42:47+	43:03+																								
00:29+	00:16+																								
00:29+	00:16+																								

12	Håkon Eggebø	1284	43:49																						
01:30+	04:57+	07:34+	09:56+	11:34+	11:55+	12:19+	15:30+	21:42+	23:04+	24:13+	24:57+	25:19+	27:04+	31:32+	34:24+	35:48+	36:19+	37:03+	39:30+	40:03+	40:43+	41:12+	42:21+	42:36+	42:58+
01:30+	03:27+	02:37+	02:22+	01:38+	00:21+	00:24+	03:11+	06:12+	01:22+	01:09+	00:44+	00:22+	01:45+	04:28+	02:52+	01:24+	00:31+	00:44+	02:27+	00:33+	00:40+	00:29+	01:09+	00:15+	00:22+
01:30+	03:27+	02:37+	02:22+	01:38+	00:21+	00:24+	03:11+	06:12+	01:22+	01:09+	00:44+	00:22+	01:45+	04:28+	02:52+	01:24+	00:31+	00:44+	02:27+	00:33+	00:40+	00:29+	01:09+	00:15+	00:22+
43:33+	43:49+																								
00:35+	00:16+																								
00:35+	00:16+																								

HA

13	Fredrik Svendal	1376	44:02
01:19+	04:20+	07:59+	10:15+
01:19+	03:01+	03:39+	02:16+
01:19+	03:01+	03:39+	02:16+
43:45+	44:02+		
00:35+	00:17+		
00:35+	00:17+		

14	Andreas Terjesen	1832	45:32
01:17+	07:19+	09:25+	11:37+
01:17+	06:02+	02:06+	02:12+
01:17+	06:02+	02:06+	02:12+
45:16+	45:32+		
00:35+	00:16+		
00:35+	00:16+		

Beste strekktid for klassen

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

HB

1	Svein Magnus Halsne	3634	34:59
01:07=	03:49=	05:48=	07:42=
01:07=	02:42=	01:59=	01:54=
00:00=	00:00=	00:00=	00:00=
34:43=	34:59=		
00:34=	00:16=		
00:00=	00:00=		

2	Aart Joakim in't Veld	1884	35:04
01:44+	04:23+	06:21+	08:19+
01:44+	02:39+	01:58+	01:58+
00:37&	00:03-	00:01-	00:04+
34:47+	35:04+		
00:27-	00:17+		
00:07-	00:01+		

3	Torgeir Nevland	3522	35:41
01:23+	04:22+	06:51+	08:56+
01:23+	02:59+	02:29+	02:05+
00:16#	00:17#	00:30&	00:11+
35:25+	35:41+		
00:35+	00:16=		
00:01+	00:00=		

4	Jon Åsmund Espedal	4242	36:41
01:34+	04:51+	07:01+	09:12+
01:34+	03:17+	02:10+	02:11+
00:27&	00:35#	00:11+	00:17#
36:24+	36:41+		
00:32-	00:17+		
00:02-	00:01+		

5	Lars Sigve Oftedal	772	37:10
01:12+	03:51+	05:52+	07:53+
01:12+	02:39-	02:01+	02:01+
00:05+	00:03-	00:02+	00:07+
36:54+	37:10+		
00:30-	00:16=		
00:04-	00:00=		

HB

6	Oddgeir Eikeskog	1884	37:33																						
01:09+	03:59+	06:47+	08:59+	10:17+	10:36+	11:03+	13:53+	18:51+	19:59+	21:00+	21:39+	22:11+	23:48+	25:55+	28:13+	29:42+	30:13+	30:58+	33:09+	33:42+	34:20+	34:46+	35:55+	36:12+	36:35+
01:09+	02:50+	02:48+	02:12+	01:18+	00:19-	00:27-	02:50+	04:58-	01:08+	01:01+	00:39+	00:32+	01:37+	02:07+	02:18+	01:29+	00:31-	00:45+	02:11+	00:33+	00:38+	00:26+	01:09-	00:17+	00:23-
00:02+	00:08+	00:49&	00:18#	00:09#	00:04-	00:22-	00:20#	00:19-	00:03+	00:05+	00:04#	00:16&	00:11#	00:20#	00:11+	00:12#	00:09-	00:01+	00:04+	00:02+	00:05#	00:06&	00:07-	00:02#	00:01-
37:14+	37:33+																								
00:39+	00:19+																								
00:05#	00:03#																								

7	Joar Eilevstjønn	2342	37:43																						
01:17+	04:04+	06:10+	08:20+	09:33+	09:55+	10:18+	13:03+	18:36+	19:41+	20:49+	21:27+	21:48+	23:13+	25:20+	27:59+	29:23+	29:57+	30:54+	33:13+	33:43+	34:59+	35:18+	36:21+	36:36+	36:57+
01:17+	02:47+	02:06+	02:10+	01:13+	00:22+	00:23+	02:45+	05:33+	01:05+	01:08+	00:38+	00:21+	01:25+	02:07+	02:39+	01:24+	00:34+	00:57+	02:19+	00:30+	01:16+	00:19+	01:03+	00:15+	00:21+
01:17+	02:47+	02:06+	02:10+	01:13+	00:22+	00:23+	02:45+	05:33+	01:05+	01:08+	00:38+	00:21+	01:25+	02:07+	02:39+	01:24+	00:34+	00:57+	02:19+	00:30+	01:16+	00:19+	01:03+	00:15+	00:21+
37:27+	37:43+																								
00:30+	00:16+																								
00:30+	00:16+																								

8	Njål F. Vadla	1884	37:50																						
01:17+	04:14+	06:17+	08:31+	09:41+	10:08+	10:33+	13:32+	18:44+	19:49+	20:53+	21:32+	21:51+	23:28+	25:49+	28:15+	29:37+	30:24+	31:10+	33:26+	34:01+	34:39+	35:07+	36:15+	36:32+	36:57+
01:17+	02:57+	02:03+	02:14+	01:10+	00:27+	00:25+	02:59+	05:12+	01:05+	01:04+	00:39+	00:19+	01:37+	02:21+	02:26+	01:22+	00:47+	00:46+	02:16+	00:35+	00:38+	00:28+	01:08+	00:17+	00:25+
01:17+	02:57+	02:03+	02:14+	01:10+	00:27+	00:25+	02:59+	05:12+	01:05+	01:04+	00:39+	00:19+	01:37+	02:21+	02:26+	01:22+	00:47+	00:46+	02:16+	00:35+	00:38+	00:28+	01:08+	00:17+	00:25+
37:29+	37:50+																								
00:32+	00:21+																								
00:32+	00:21+																								

9	Thomas Tveit	3588	38:38																						
01:14+	03:56+	06:40+	09:15+	10:29+	10:51+	11:13+	14:17+	20:10+	21:27+	22:29+	23:11+	23:36+	25:00+	26:50+	29:24+	31:07+	31:37+	32:20+	34:52+	35:22+	35:53+	36:14+	37:17+	37:32+	37:56+
01:14+	02:42+	02:44+	02:35+	01:14+	00:22+	00:22+	03:04+	05:53+	01:17+	01:02+	00:42+	00:25+	01:24+	01:50+	02:34+	01:43+	00:30+	00:43+	02:32+	00:30+	00:31+	00:21+	01:03+	00:15+	00:24+
01:14+	02:42+	02:44+	02:35+	01:14+	00:22+	00:22+	03:04+	05:53+	01:17+	01:02+	00:42+	00:25+	01:24+	01:50+	02:34+	01:43+	00:30+	00:43+	02:32+	00:30+	00:31+	00:21+	01:03+	00:15+	00:24+
38:22+	38:38+																								
00:26+	00:16+																								
00:26+	00:16+																								

10	Tom Furland	769	38:39																						
01:27+	04:28+	06:35+	08:44+	09:59+	10:18+	10:44+	13:55+	19:09+	20:16+	21:21+	22:01+	22:20+	24:00+	26:22+	28:37+	30:07+	30:38+	31:50+	34:08+	34:40+	35:27+	35:56+	37:05+	37:22+	37:46+
01:27+	03:01+	02:07+	02:09+	01:15+	00:19+	00:26+	03:11+	05:14+	01:07+	01:05+	00:40+	00:19+	01:40+	02:22+	02:15+	01:30+	00:31+	01:12+	02:18+	00:32+	00:47+	00:29+	01:09+	00:17+	00:24+
01:27+	03:01+	02:07+	02:09+	01:15+	00:19+	00:26+	03:11+	05:14+	01:07+	01:05+	00:40+	00:19+	01:40+	02:22+	02:15+	01:30+	00:31+	01:12+	02:18+	00:32+	00:47+	00:29+	01:09+	00:17+	00:24+
38:20+	38:39+																								
00:34+	00:19+																								
00:34+	00:19+																								

11	Tor Gunnar Aksland	1683	39:33																						
01:15+	04:06+	06:17+	08:31+	09:49+	10:12+	10:38+	13:45+	19:32+	20:45+	21:48+	22:24+	22:41+	24:17+	26:20+	28:58+	30:22+	30:59+	32:01+	34:45+	35:16+	36:10+	36:36+	37:52+	38:07+	38:32+
01:15+	02:51+	02:11+	02:14+	01:18+	00:23+	00:26+	03:07+	05:47+	01:13+	01:03+	00:36+	00:17+	01:36+	02:03+	02:38+	01:24+	00:37+	01:02+	02:44+	00:31+	00:54+	00:26+	01:16+	00:15+	00:25+
01:15+	02:51+	02:11+	02:14+	01:18+	00:23+	00:26+	03:07+	05:47+	01:13+	01:03+	00:36+	00:17+	01:36+	02:03+	02:38+	01:24+	00:37+	01:02+	02:44+	00:31+	00:54+	00:26+	01:16+	00:15+	00:25+
39:11+	39:33+																								
00:39+	00:22+																								
00:39+	00:22+																								

12	Geir Sand	722	39:57																						
01:15+	04:14+	06:15+	08:15+	09:21+	09:40+	10:02+	12:41+	18:27+	19:35+	20:43+	21:23+	21:46+	23:18+	25:18+	29:54+	31:30+	32:03+	33:04+	35:47+	36:16+	36:53+	37:26+	38:34+	38:49+	39:10+
01:15+	02:59+	02:01+	02:00+	01:06+	00:19+	00:22+	02:39+	05:46+	01:08+	01:08+	00:40+	00:23+	01:32+	02:00+	04:36+	01:36+	00:33+	01:01+	02:43+	00:29+	00:37+	00:33+	01:08+	00:15+	00:21+
01:15+	02:59+	02:01+	02:00+	01:06+	00:19+	00:22+	02:39+	05:46+	01:08+	01:08+	00:40+	00:23+	01:32+	02:00+	04:36+	01:36+	00:33+	01:01+	02:43+	00:29+	00:37+	00:33+	01:08+	00:15+	00:21+
39:41+	39:57+																								
00:31+	00:16+																								
00:31+	00:16+																								

13	Trond Sigurd Fotland	3507	40:27																						
01:27+	04:54+	07:19+	09:28+	10:40+	11:07+	11:29+	14:30+	20:01+	21:26+	22:33+	23:08+	23:28+	25:00+	27:16+	29:46+	31:25+	32:09+	32:58+	35:45+	36:16+	36:54+	37:22+	38:49+	39:06+	39:35+
01:27+	03:27+	02:25+	02:09+	01:12+	00:27+	00:22+	03:01+	05:31+	01:25+	01:07+	00:35+	00:20+	01:32+	02:16+	02:30+	01:39+	00:44+	00:49+	02:47+	00:31+	00:38+	00:28+	01:27+	00:17+	00:29+
01:27+	03:27+	02:25+	02:09+	01:12+	00:27+	00:22+	03:01+	05:31+	01:25+	01:07+	00:35+	00:20+	01:32+	02:16+	02:30+	01:39+	00:44+	00:49+	02:47+	00:31+	00:38+	00:28+	01:27+	00:17+	00:29+
40:10+	40:27+																								
00:35+	00:17+																								
00:35+	00:17+																								

Class	Navn	Klasse	Tid																						
HB																									
14	Torbjørn Ims Østby	3507	40:41																						
01:21+	04:29+	06:48+	08:56+	10:16+	10:38+	11:03+	14:14+	19:28+	20:47+	21:55+	22:39+	22:57+	24:36+	26:51+	29:44+	31:09+	31:47+	32:53+	35:53+	36:26+	37:16+	37:43+	39:04+	39:22+	39:51+
01:21+	03:08+	02:19+	02:08+	01:20+	00:22+	00:25+	03:11+	05:14+	01:19+	01:08+	00:44+	00:18+	01:39+	02:15+	02:53+	01:25+	00:38+	01:06+	03:00+	00:33+	00:50+	00:27+	01:21+	00:18+	00:29+
01:21+	03:08+	02:19+	02:08+	01:20+	00:22+	00:25+	03:11+	05:14+	01:19+	01:08+	00:44+	00:18+	01:39+	02:15+	02:53+	01:25+	00:38+	01:06+	03:00+	00:33+	00:50+	00:27+	01:21+	00:18+	00:29+
40:20+	40:41+																								
00:29+	00:21+																								
00:29+	00:21+																								
15	Jørgen Breivold	3529	41:02																						
01:24+	04:18+	06:34+	08:57+	10:23+	10:44+	11:14+	14:22+	20:03+	21:26+	22:34+	23:16+	23:37+	25:26+	27:43+	31:13+	32:38+	33:10+	34:04+	36:37+	37:08+	37:47+	38:15+	39:30+	39:46+	40:12+
01:24+	02:54+	02:16+	02:23+	01:26+	00:21+	00:30+	03:08+	05:41+	01:23+	01:08+	00:42+	00:21+	01:49+	02:17+	03:30+	01:25+	00:32+	00:54+	02:33+	00:31+	00:39+	00:28+	01:15+	00:16+	00:26+
01:24+	02:54+	02:16+	02:23+	01:26+	00:21+	00:30+	03:08+	05:41+	01:23+	01:08+	00:42+	00:21+	01:49+	02:17+	03:30+	01:25+	00:32+	00:54+	02:33+	00:31+	00:39+	00:28+	01:15+	00:16+	00:26+
40:45+	41:02+																								
00:33+	00:17+																								
00:33+	00:17+																								
16	Per Christian Munkhaug	3516	41:59																						
01:13+	04:29+	06:45+	09:07+	10:26+	10:44+	11:09+	14:05+	20:26+	23:28+	24:29+	25:07+	25:38+	27:07+	29:35+	32:05+	33:28+	34:03+	34:50+	37:30+	38:11+	38:52+	39:17+	40:27+	40:43+	41:13+
01:13+	03:16+	02:16+	02:22+	01:19+	00:18+	00:25+	02:56+	06:21+	03:02+	01:01+	00:38+	00:31+	01:29+	02:28+	02:30+	01:23+	00:35+	00:47+	02:40+	00:41+	00:41+	00:25+	01:10+	00:16+	00:30+
01:13+	03:16+	02:16+	02:22+	01:19+	00:18+	00:25+	02:56+	06:21+	03:02+	01:01+	00:38+	00:31+	01:29+	02:28+	02:30+	01:23+	00:35+	00:47+	02:40+	00:41+	00:41+	00:25+	01:10+	00:16+	00:30+
41:45+	41:59+																								
00:32+	00:14+																								
00:32+	00:14+																								
17	Bård Martby-Skogsholm	3522	43:36																						
01:28+	04:54+	07:12+	09:59+	11:17+	11:50+	12:16+	15:08+	21:49+	22:55+	23:57+	24:40+	25:01+	26:42+	29:24+	32:00+	33:34+	34:24+	35:20+	38:16+	38:56+	40:21+	40:48+	42:00+	42:18+	42:45+
01:28+	03:26+	02:18+	02:47+	01:18+	00:33+	00:26+	02:52+	06:41+	01:06+	01:02+	00:43+	00:21+	01:41+	02:42+	02:36+	01:34+	00:50+	00:56+	02:56+	00:40+	01:25+	00:27+	01:12+	00:18+	00:27+
01:28+	03:26+	02:18+	02:47+	01:18+	00:33+	00:26+	02:52+	06:41+	01:06+	01:02+	00:43+	00:21+	01:41+	02:42+	02:36+	01:34+	00:50+	00:56+	02:56+	00:40+	01:25+	00:27+	01:12+	00:18+	00:27+
43:17+	43:36+																								
00:32+	00:19+																								
00:32+	00:19+																								
18	Kristoffer Johannessen	1830	43:48																						
01:24+	04:42+	07:20+	09:43+	11:16+	11:38+	12:02+	14:52+	21:26+	22:45+	23:52+	24:35+	24:55+	26:33+	29:15+	31:54+	33:31+	34:05+	34:52+	39:04+	39:35+	40:17+	40:45+	42:06+	42:23+	42:50+
01:24+	03:18+	02:38+	02:23+	01:33+	00:22+	00:24+	02:50+	06:34+	01:19+	01:07+	00:43+	00:20+	01:38+	02:42+	02:39+	01:37+	00:34+	00:47+	04:12+	00:31+	00:42+	00:28+	01:21+	00:17+	00:27+
01:24+	03:18+	02:38+	02:23+	01:33+	00:22+	00:24+	02:50+	06:34+	01:19+	01:07+	00:43+	00:20+	01:38+	02:42+	02:39+	01:37+	00:34+	00:47+	04:12+	00:31+	00:42+	00:28+	01:21+	00:17+	00:27+
43:29+	43:48+																								
00:39+	00:19+																								
00:39+	00:19+																								
19	Morten Sørli Ronæss	882	45:55																						
01:39+	05:08+	07:31+	10:03+	11:42+	12:08+	12:35+	15:56+	22:12+	23:36+	24:48+	25:40+	26:00+	28:00+	30:36+	33:22+	35:22+	36:06+	37:13+	40:46+	41:19+	42:11+	42:48+	44:13+	44:31+	44:58+
01:39+	03:29+	02:23+	02:32+	01:39+	00:26+	00:27+	03:21+	06:16+	01:24+	01:12+	00:52+	00:20+	02:00+	02:36+	02:46+	02:00+	00:44+	01:07+	03:33+	00:33+	00:52+	00:37+	01:25+	00:18+	00:27+
01:39+	03:29+	02:23+	02:32+	01:39+	00:26+	00:27+	03:21+	06:16+	01:24+	01:12+	00:52+	00:20+	02:00+	02:36+	02:46+	02:00+	00:44+	01:07+	03:33+	00:33+	00:52+	00:37+	01:25+	00:18+	00:27+
45:35+	45:55+																								
00:37+	00:20+																								
00:37+	00:20+																								
20	Svein Kyllingstad	1284	46:23																						
01:47+	05:22+	08:02+	10:57+	12:30+	13:02+	13:47+	17:08+	23:15+	24:45+	26:11+	27:04+	27:34+	29:26+	32:34+	35:28+	37:30+	38:01+	38:44+	41:19+	42:09+	43:01+	43:31+	44:50+	45:07+	45:30+
01:47+	03:35+	02:40+	02:55+	01:33+	00:32+	00:45+	03:21+	06:07+	01:30+	01:26+	00:53+	00:30+	01:52+	03:08+	02:54+	02:02+	00:31+	00:43+	02:35+	00:50+	00:52+	00:30+	01:19+	00:17+	00:23+
01:47+	03:35+	02:40+	02:55+	01:33+	00:32+	00:45+	03:21+	06:07+	01:30+	01:26+	00:53+	00:30+	01:52+	03:08+	02:54+	02:02+	00:31+	00:43+	02:35+	00:50+	00:52+	00:30+	01:19+	00:17+	00:23+
46:07+	46:23+																								
00:37+	00:16+																								
00:37+	00:16+																								
21	Asgeir Nærland	1830	50:07																						
02:58+	06:16+	09:41+	11:59+	13:22+	13:42+	14:08+	17:24+	23:57+	25:56+	27:14+	28:00+	29:04+	31:03+	33:49+	36:39+	39:50+	40:36+	41:27+	44:49+	45:32+	46:19+	46:56+	48:29+	48:46+	49:13+
02:58+	03:18+	03:25+	02:18+	01:23+	00:20+	00:26+	03:16+	06:33+	01:59+	01:18+	00:46+	01:04+	01:59+	02:46+	02:50+	03:11+	00:46+	00:51+	03:22+	00:43+	00:47+	00:37+	01:33+	00:17+	00:27+
02:58+	03:18+	03:25+	02:18+	01:23+	00:20+	00:26+	03:16+	06:33+	01:59+	01:18+	00:46+	01:04+	01:59+	02:46+	02:50+	03:11+	00:46+	00:51+	03:22+	00:43+	00:47+	00:37+	01:33+	00:17+	00:27+
49:52+	50:07+																								
00:39+	00:15+																								
00:39+	00:15+																								

HB

22	Espen Fyhn Nilsen	1683	55:50	03:12+	07:08+	10:09+	13:08+	15:09+	15:38+	16:12+	20:34+	27:30+	29:11+	30:47+	31:54+	32:25+	34:44+	37:43+	40:58+	43:17+	44:02+	45:12+	48:57+	49:48+	51:01+	51:44+	53:35+	53:59+	54:34+
				03:12+	03:56+	03:01+	02:59+	02:01+	00:29+	00:34+	04:22+	06:56+	01:41+	01:36+	01:07+	00:31+	02:19+	02:59+	03:15+	02:19+	00:45+	01:10+	03:45+	00:51+	01:13+	00:43+	01:51+	00:24+	00:35+
				03:12+	03:56+	03:01+	02:59+	02:01+	00:29+	00:34+	04:22+	06:56+	01:41+	01:36+	01:07+	00:31+	02:19+	02:59+	03:15+	02:19+	00:45+	01:10+	03:45+	00:51+	01:13+	00:43+	01:51+	00:24+	00:35+
				55:25+	55:50+																								
				00:51+	00:25+																								
				00:51+	00:25+																								
23	Joar Overland	1683	56:46	01:21+	05:54+	11:47+	14:27+	15:44+	16:02+	16:27+	19:45+	26:37+	33:08+	34:15+	34:53+	35:22+	37:04+	39:13+	46:01+	47:28+	48:10+	49:00+	52:00+	52:37+	53:17+	53:44+	55:03+	55:19+	55:44+
				01:21+	04:33+	05:53+	02:40+	01:17+	00:18+	00:25+	03:18+	06:52+	06:31+	01:07+	00:38+	00:29+	01:42+	02:09+	06:48+	01:27+	00:42+	00:50+	03:00+	00:37+	00:40+	00:27+	01:19+	00:16+	00:25+
				01:21+	04:33+	05:53+	02:40+	01:17+	00:18+	00:25+	03:18+	06:52+	06:31+	01:07+	00:38+	00:29+	01:42+	02:09+	06:48+	01:27+	00:42+	00:50+	03:00+	00:37+	00:40+	00:27+	01:19+	00:16+	00:25+
				56:25+	56:46+																								
				00:41+	00:21+																								
				00:41+	00:21+																								
24	Lars Terje Vaaland	1683	1:27:51	02:42+	12:26+	17:31+	21:09+	23:36+	24:40+	25:18+	30:02+	42:00+	45:06+	47:24+	48:28+	49:14+	55:06+	61:11+	67:30+	71:51+	72:37+	74:14+	79:16+	79:48+	81:18+	82:25+	85:21+	85:51+	86:27+
				02:42+	09:44+	05:05+	03:38+	02:27+	01:04+	00:38+	04:44+	11:58+	03:06+	02:18+	01:04+	00:46+	05:52+	06:05+	06:19+	04:21+	00:46+	01:37+	05:02+	00:32+	01:30+	01:07+	02:56+	00:30+	00:36+
				02:42+	09:44+	05:05+	03:38+	02:27+	01:04+	00:38+	04:44+	11:58+	03:06+	02:18+	01:04+	00:46+	05:52+	06:05+	06:19+	04:21+	00:46+	01:37+	05:02+	00:32+	01:30+	01:07+	02:56+	00:30+	00:36+
				87:23+	87:51+																								
				00:56+	00:28+																								
				00:56+	00:28+																								

Beste strekktid for klassen

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

HC

1	Kjetil Wirak	3486	34:57	00:53=	03:19=	05:45=	07:52=	09:03=	09:22=	09:46=	11:23=	13:01=	17:57=	19:17=	20:25=	21:05=	21:31=	23:10=	25:23=	28:02=	28:54=	29:39=	31:11=	31:52=	32:15=	33:27=	33:42=	34:11=	34:41=
				00:53=	02:26=	02:26=	02:07=	01:11=	00:19=	00:24=	01:37=	01:38=	04:56=	01:20=	01:08=	00:40=	00:26=	01:39=	02:13=	02:39=	00:52=	00:45=	01:32=	00:41=	00:23=	01:12=	00:15=	00:29=	00:30=
				00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
				34:57=																									
				00:16=																									
				00:00=																									
2	Per Olav Haarr	769	35:50	00:55+	03:35+	05:44-	07:49-	09:08+	09:24+	09:46=	11:19-	12:56-	18:12+	19:22+	20:27+	21:12+	21:32+	22:58-	25:31+	28:15+	29:12+	29:57+	31:34+	32:15+	32:43+	34:17+	34:34+	34:58+	35:33+
				00:55+	02:40+	02:09-	02:05-	01:19+	00:16-	00:22-	01:33-	01:37-	05:16+	01:10-	01:05-	00:45+	00:20-	01:26-	02:33+	02:44+	00:57+	00:45=	01:37+	00:41=	00:28+	01:34+	00:17+	00:24-	00:35+
				00:02+	00:14+	00:17-	00:02-	00:08#	00:03-	00:02-	00:04-	00:01-	00:20+	00:10-	00:03-	00:05#	00:06-	00:13-	00:20#	00:05+	00:05+	00:00=	00:05+	00:00=	00:05#	00:22&	00:02#	00:05-	00:05#
				35:50+																									
				00:17+																									
				00:01+																									
3	Henning Sundby	3486	35:53	01:22+	04:10+	06:06+	08:19+	09:25+	10:08+	10:30+	12:11+	13:58+	19:29+	20:43+	21:48+	22:24+	22:45+	24:12+	26:29+	28:45+	29:31+	30:27+	31:53+	32:49+	33:12+	34:21+	34:37+	35:00+	35:34+
				01:22+	02:48+	01:56-	02:13+	01:06-	00:43+	00:22-	01:41+	01:47+	05:31+	01:14-	01:05-	00:36-	00:21-	01:27-	02:17+	02:16-	00:46-	00:56+	01:26-	00:56+	00:23=	01:09-	00:16+	00:23-	00:34+
				00:29&	00:22#	00:30-	00:06+	00:05-	00:24@	00:02-	00:04+	00:09+	00:35#	00:06-	00:03-	00:04-	00:05-	00:12-	00:04+	00:23-	00:06-	00:11#	00:06-	00:15&	00:00=	00:03-	00:01+	00:06-	00:04#
				35:53+																									
				00:19+																									
				00:03#																									
4	Morten Aamodt	1683	36:58	00:58+	04:11+	06:23+	08:33+	10:01+	10:23+	10:50+	12:28+	14:42+	19:33+	20:46+	21:48+	22:27+	22:47+	24:41+	26:51+	29:16+	30:05+	30:52+	32:31+	33:14+	34:06+	35:23+	35:41+	36:06+	36:40+
				00:58+	03:13+	02:12-	02:10+	01:28+	00:22+	00:27+	01:38+	02:14+	04:51-	01:13-	01:02-	00:39-	00:20-	01:54+	02:10-	02:25-	00:49-	00:47+	01:39+	00:43+	00:52+	01:17+	00:18+	00:25-	00:34+
				00:05+	00:47&	00:14-	00:03+	00:17#	00:03#	00:03#	00:01+	00:36&	00:05-	00:07-	00:06-	00:01-	00:06-	00:15#	00:03-	00:14-	00:03-	00:02+	00:07+	00:02+	00:29@	00:05+	00:03#	00:04-	00:04#
				36:58+																									
				00:18+																									
				00:02#																									

Class	Navn	Klasse																			Tid									
HC																														
5	Stein Arne Olsen	874																			37:16									
00:57+	03:29+	06:32+	08:57+	10:16+	10:39+	11:07+	12:57+	14:37+	19:56+	21:07+	22:16+	23:01+	23:27+	25:11+	27:19+	30:03+	30:52+	31:39+	33:23+	34:00+	34:22+	35:40+	36:01+	36:24+	36:58+					
00:57+	02:32+	03:03+	02:25+	01:19+	00:23+	00:28+	01:50+	01:40+	05:19+	01:11-	01:09+	00:45+	00:26+	01:44+	02:08-	02:44+	00:49-	00:47+	01:44+	00:37-	00:22-	01:18+	00:21+	00:23-	00:34+					
00:04+	00:06+	00:37&	00:18#	00:08#	00:04#	00:04#	00:13#	00:02+	00:23+	00:09-	00:01+	00:05#	00:00=	00:05+	00:05-	00:05+	00:03-	00:02+	00:12#	00:04-	00:01-	00:06+	00:06&	00:06-	00:04#					
37:16+																														
00:18+																														
00:02#																														
6	Lars Drage	3583																			37:36									
00:52+	03:22+	05:53+	08:06+	09:26+	09:45+	10:11+	11:49+	13:25+	18:55+	20:07+	21:18+	21:59+	22:17+	24:16+	26:45+	30:00+	30:50+	31:34+	33:10+	34:20+	34:48+	36:03+	36:20+	36:46+	37:21+					
00:52+	02:30+	02:31+	02:13+	01:20+	00:19+	00:26+	01:38+	01:36+	05:30+	01:12+	01:11+	00:41+	00:18+	01:59+	02:29+	03:15+	00:50+	00:44+	01:36+	01:10+	00:28+	01:15+	00:17+	00:26+	00:35+					
00:52+	02:30+	02:31+	02:13+	01:20+	00:19+	00:26+	01:38+	01:36+	05:30+	01:12+	01:11+	00:41+	00:18+	01:59+	02:29+	03:15+	00:50+	00:44+	01:36+	01:10+	00:28+	01:15+	00:17+	00:26+	00:35+					
37:36+																														
00:15+																														
00:15+																														
7	Oddmund Nordgård	722																			39:24									
01:18+	03:53+	06:18+	08:40+	10:23+	10:42+	11:29+	13:15+	15:07+	21:20+	22:40+	23:56+	24:40+	25:02+	26:58+	29:03+	31:45+	32:34+	33:32+	35:12+	35:56+	36:26+	37:47+	38:06+	38:34+	39:08+					
01:18+	02:35+	02:25+	02:22+	01:43+	00:19+	00:47+	01:46+	01:52+	06:13+	01:20+	01:16+	00:44+	00:22+	01:56+	02:05+	02:42+	00:49+	00:58+	01:40+	00:44+	00:30+	01:21+	00:19+	00:28+	00:34+					
01:18+	02:35+	02:25+	02:22+	01:43+	00:19+	00:47+	01:46+	01:52+	06:13+	01:20+	01:16+	00:44+	00:22+	01:56+	02:05+	02:42+	00:49+	00:58+	01:40+	00:44+	00:30+	01:21+	00:19+	00:28+	00:34+					
39:24+																														
00:16+																														
00:16+																														
8	Terje Michaelsen	3511																			41:12									
01:08+	03:39+	06:05+	08:19+	09:32+	10:03+	10:32+	12:11+	13:52+	19:15+	20:36+	21:56+	23:06+	23:27+	25:28+	27:50+	30:16+	31:58+	32:46+	33:47+	36:47+	37:27+	38:00+	39:41+	39:58+	40:24+					
01:08+	02:31+	02:26+	02:14+	01:13+	00:31+	00:29+	01:39+	01:41+	05:23+	01:21+	01:20+	01:10+	00:21+	02:01+	02:22+	02:26+	01:42+	00:48+	01:01+	03:00+	00:40+	00:33+	01:41+	00:17+	00:26+					
01:08+	02:31+	02:26+	02:14+	01:13+	00:31+	00:29+	01:39+	01:41+	05:23+	01:21+	01:20+	01:10+	00:21+	02:01+	02:22+	02:26+	01:42+	00:48+	01:01+	03:00+	00:40+	00:33+	01:41+	00:17+	00:26+					
40:54+	41:12+																													
00:30+	00:18+																													
00:30+	00:18+																													
9	Jan-Einar Øvremo	1119																			42:43									
00:56+	03:29+	06:11+	08:27+	10:14+	10:58+	12:16+	13:59+	15:52+	21:03+	22:47+	23:07+	23:44+	25:07+	26:18+	27:04+	27:25+	29:14+	32:09+	35:04+	35:57+	36:48+	38:34+	39:25+	39:50+	41:05+					
00:56+	02:33+	02:42+	02:16+	01:47+	00:44+	01:18+	01:43+	01:53+	05:11+	01:44+	00:20+	00:37+	01:23+	01:11+	00:46+	00:21+	01:49+	02:55+	02:55+	00:53+	00:51+	01:46+	00:51+	00:25+	01:15+					
00:56+	02:33+	02:42+	02:16+	01:47+	00:44+	01:18+	01:43+	01:53+	05:11+	01:44+	00:20+	00:37+	01:23+	01:11+	00:46+	00:21+	01:49+	02:55+	02:55+	00:53+	00:51+	01:46+	00:51+	00:25+	01:15+					
41:26+	41:50+	42:24+	42:43+																											
00:21+	00:24+	00:34+	00:19+																											
00:21+	00:24+	00:34+	00:19+																											
10	Pål H. Gjerden	1683																			42:49									
01:36+	04:23+	07:09+	09:43+	11:21+	11:53+	12:24+	14:14+	16:09+	22:14+	23:38+	25:01+	25:50+	26:09+	28:22+	31:06+	34:15+	35:10+	36:12+	38:07+	38:56+	39:30+	41:03+	41:25+	41:53+	42:29+					
01:36+	02:47+	02:46+	02:34+	01:38+	00:32+	00:31+	01:50+	01:55+	06:05+	01:24+	01:23+	00:49+	00:19+	02:13+	02:44+	03:09+	00:55+	01:02+	01:55+	00:49+	00:34+	01:33+	00:22+	00:28+	00:36+					
01:36+	02:47+	02:46+	02:34+	01:38+	00:32+	00:31+	01:50+	01:55+	06:05+	01:24+	01:23+	00:49+	00:19+	02:13+	02:44+	03:09+	00:55+	01:02+	01:55+	00:49+	00:34+	01:33+	00:22+	00:28+	00:36+					
42:49+																														
00:20+																														
00:20+																														
11	Svein Oddvar Netland	1683																			43:48									
01:05+	04:02+	06:30+	09:08+	10:51+	11:14+	11:42+	13:39+	15:57+	23:09+	24:37+	26:05+	26:51+	27:12+	29:13+	31:51+	35:09+	35:58+	36:53+	38:58+	39:49+	40:19+	41:46+	42:05+	42:47+	43:29+					
01:05+	02:57+	02:28+	02:38+	01:43+	00:23+	00:28+	01:57+	02:18+	07:12+	01:28+	01:28+	00:46+	00:21+	02:01+	02:38+	03:18+	00:49+	00:55+	02:05+	00:51+	00:30+	01:27+	00:19+	00:42+	00:42+					
01:05+	02:57+	02:28+	02:38+	01:43+	00:23+	00:28+	01:57+	02:18+	07:12+	01:28+	01:28+	00:46+	00:21+	02:01+	02:38+	03:18+	00:49+	00:55+	02:05+	00:51+	00:30+	01:27+	00:19+	00:42+	00:42+					
43:48+																														
00:19+																														
00:19+																														
12	Bertrand Denieul	877																			44:22									
01:05+	03:36+	06:31+	09:08+	10:39+	11:03+	11:24+	13:22+	15:31+	22:35+	24:33+	25:52+	26:32+	26:53+	28:44+	31:53+	34:59+	35:50+	37:07+	40:03+	40:47+	41:15+	42:44+	43:01+	43:28+	44:04+					
01:05+	02:31+	02:55+	02:37+	01:31+	00:24+	00:21+	01:58+	02:09+	07:04+	01:58+	01:19+	00:40+	00:21+	01:51+	03:09+	03:06+	00:51+	01:17+	02:56+	00:44+	00:28+	01:29+	00:17+	00:27+	00:36+					
01:05+	02:31+	02:55+	02:37+	01:31+	00:24+	00:21+	01:58+	02:09+	07:04+	01:58+	01:19+	00:40+	00:21+	01:51+	03:09+	03:06+	00:51+	01:17+	02:56+	00:44+	00:28+	01:29+	00:17+	00:27+	00:36+					
44:22+																														
00:18+																														
00:18+																														

HC

21	Øistein Haaland	1683	53:18																						
01:30+	05:57+	09:59+	12:57+	14:32+	15:17+	15:42+	17:36+	20:02+	28:04+	30:32+	31:56+	32:41+	33:23+	35:38+	38:22+	42:41+	43:55+	44:49+	47:42+	49:23+	49:50+	51:18+	51:40+	52:11+	52:53+
01:30+	04:27+	04:02+	02:58+	01:35+	00:45+	00:25+	01:54+	02:26+	08:02+	02:28+	01:24+	00:45+	00:42+	02:15+	02:44+	04:19+	01:14+	00:54+	02:53+	01:41+	00:27+	01:28+	00:22+	00:31+	00:42+
01:30+	04:27+	04:02+	02:58+	01:35+	00:45+	00:25+	01:54+	02:26+	08:02+	02:28+	01:24+	00:45+	00:42+	02:15+	02:44+	04:19+	01:14+	00:54+	02:53+	01:41+	00:27+	01:28+	00:22+	00:31+	00:42+
53:18+																									
00:25+																									
00:25+																									

22	Ove Oaland	1683	56:17																						
01:21+	05:04+	08:59+	11:58+	13:52+	14:23+	16:29+	19:22+	22:02+	29:32+	32:26+	34:01+	34:56+	35:23+	37:36+	40:59+	44:28+	45:41+	46:50+	49:15+	51:27+	51:53+	53:38+	54:08+	54:44+	55:53+
01:21+	03:43+	03:55+	02:59+	01:54+	00:31+	02:06+	02:53+	02:40+	07:30+	02:54+	01:35+	00:55+	00:27+	02:13+	03:23+	03:29+	01:13+	01:09+	02:25+	02:12+	00:26+	01:45+	00:30+	00:36+	01:09+
01:21+	03:43+	03:55+	02:59+	01:54+	00:31+	02:06+	02:53+	02:40+	07:30+	02:54+	01:35+	00:55+	00:27+	02:13+	03:23+	03:29+	01:13+	01:09+	02:25+	02:12+	00:26+	01:45+	00:30+	00:36+	01:09+
56:17+																									
00:24+																									
00:24+																									

Beste strekktid for klassen

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

HNY

1	Arild Opstad	3529	33:09																							
01:30=	05:04=	07:20=	09:05=	12:46=	13:43=	15:37=	20:06=	22:12=	25:19=	26:27=	28:07=	29:44=	32:20=	33:09=												
01:30=	03:34=	02:16=	01:45=	03:41=	00:57=	01:54=	04:29=	02:06=	03:07=	01:08=	01:40=	01:37=	02:36=	00:49=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Marius Usvaltas	3529	35:24																							
01:13-	04:54-	07:26+	08:52-	13:44+	14:13+	15:43+	22:05+	24:23+	29:48+	30:31+	31:42+	33:26+	34:45+	35:24+												
01:13-	03:41+	02:32+	01:26-	04:52+	00:29-	01:30-	06:22+	02:18+	05:25+	00:43-	01:11-	01:44+	01:19-	00:39-												
00:17-	00:07+	00:16#	00:19-	01:11&	00:28-	00:24-	01:53&	00:12+	02:18&	00:25-	00:29-	00:07+	01:17-	00:10-												

Beste strekktid for klassen

01:13 03:34 02:16 01:26 03:41 00:29 01:30 04:29 02:06 03:07 00:43 01:11 01:37 01:19 00:39

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

HT

1	Hans Østebø	793	21:47																							
00:54=	03:00=	03:20=	05:23=	06:39=	06:59=	08:30=	10:23=	10:47=	12:06=	14:39=	17:34=	18:07=	18:58=	20:01=	20:37=	20:58=	21:33=	21:47=								
00:54=	02:06=	00:20=	02:03=	01:16=	00:20=	01:31=	01:53=	00:24=	01:19=	02:33=	02:55=	00:33=	00:51=	01:03=	00:36=	00:21=	00:35=	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=								
2	Adam Alfred Brennhagen	3512	21:50																							
01:32+	03:41+	04:14+	06:24+	07:51+	08:09+	09:31+	11:02+	11:34+	13:14+	15:18+	16:47-	17:29-	18:26-	19:56-	20:35-	20:54-	21:33=	21:50+								
01:32+	02:09+	00:33+	02:10+	01:27+	00:18-	01:22-	01:31-	00:32+	01:40+	02:04-	01:29-	00:42+	00:57+	01:30+	00:39+	00:19-	00:39+	00:17+								
00:38&	00:03+	00:13&	00:07+	00:11#	00:02-	00:09-	00:22-	00:08&	00:21&	00:29-	01:26-	00:09&	00:06#	00:27&	00:03+	00:02-	00:04#	00:03#								
3	Per Olof Wallerstedt	3516	23:26																							
01:03+	03:29+	04:15+	07:29+	08:53+	09:19+	10:48+	12:29+	13:03+	14:33+	16:44+	18:11+	19:02+	20:11+	21:11+	21:55+	22:21+	23:07+	23:26+								
01:03+	02:26+	00:46+	03:14+	01:24+	00:26+	01:29-	01:41-	00:34+	01:30+	02:11-	01:27-	00:51+	01:09+	01:00-	00:44+	00:26+	00:46+	00:19+								
00:09#	00:20#	00:26@	01:11&	00:08#	00:06&	00:02-	00:12-	00:10&	00:11#	00:22-	01:28-	00:18&	00:18&	00:03-	00:08#	00:05#	00:11&	00:05&								
4	Svein Erik Bjørnsen	1376	24:50																							
01:48+	04:07+	04:35+	07:03+	08:51+	09:12+	10:48+	12:38+	13:25+	15:12+	17:53+	19:11+	20:13+	21:13+	22:37+	23:23+	23:44+	24:32+	24:50+								
01:48+	02:19+	00:28+	02:28+	01:48+	00:21+	01:36+	01:50-	00:47+	01:47+	02:41+	01:18-	01:02+	01:00+	01:24+	00:46+	00:21=	00:48+	00:18+								
00:54&	00:13#	00:08&	00:25#	00:32&	00:01+	00:05+	00:03-	00:23&	00:28&	00:08+	01:37-	00:29&	00:09#	00:21&	00:10&	00:00=	00:13&	00:04&								
5	Olav Nybru	3531	24:54																							
01:22+	04:12+	05:02+	07:26+	09:07+	09:33+	11:09+	12:53+	13:40+	15:14+	17:31+	19:06+	19:55+	20:55+	22:01+	22:55+	23:31+	24:23+	24:54+								
01:22+	02:50+	00:50+	02:24+	01:41+	00:26+	01:36+	01:44-	00:47+	01:34+	02:17-	01:35-	00:49+	01:00+	01:06+	00:54+	00:36+	00:52+	00:31+								
00:28&	00:44&	00:30@	00:21#	00:25&	00:06&	00:05+	00:09-	00:23&	00:15#	00:16-	01:20-	00:16&	00:09#	00:03+	00:18&	00:15&	00:17&	00:17@								

Class	Navn	Klasse	Tid
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HT

6	Håvard Stensland	3503	26:26															
01:17+	03:25+	03:48+	06:20+	08:12+	08:42+	10:27+	12:41+	13:25+	16:56+	19:09+	20:54+	21:47+	22:55+	24:11+	25:00+	25:24+	26:09+	26:26+
01:17+	02:08+	00:23+	02:32+	01:52+	00:30+	01:45+	02:14+	00:44+	03:31+	02:13-	01:45-	00:53+	01:08+	01:16+	00:49+	00:24+	00:45+	00:17+
00:23&	00:02+	00:03#	00:29#	00:36&	00:10&	00:14#	00:21#	00:20&	02:12&	00:20-	01:10-	00:20&	00:17&	00:13#	00:13&	00:03#	00:10&	00:03#
7	Aksel Kleppa Hartmann	793	26:58															
01:30+	03:38+	04:12+	06:49+	08:56+	09:24+	10:42+	12:44+	13:33+	16:19+	19:24+	20:46+	21:41+	22:55+	24:25+	25:40+	25:53+	26:37+	26:58+
01:30+	02:08+	00:34+	02:37+	02:07+	00:28+	01:18+	02:02+	00:49+	02:46+	03:05+	01:22+	00:55+	01:14+	01:30+	01:15+	00:13+	00:44+	00:21+
01:30+	02:08+	00:34+	02:37+	02:07+	00:28+	01:18+	02:02+	00:49+	02:46+	03:05+	01:22+	00:55+	01:14+	01:30+	01:15+	00:13+	00:44+	00:21+
8	Amund Hval	4226	27:16															
01:22+	05:18+	05:47+	07:59+	09:39+	10:00+	12:43+	14:38+	15:23+	18:10+	20:18+	21:49+	22:41+	23:44+	24:55+	25:44+	26:09+	26:51+	27:16+
01:22+	03:56+	00:29+	02:12+	01:40+	00:21+	02:43+	01:55+	00:45+	02:47+	02:08+	01:31+	00:52+	01:03+	01:11+	00:49+	00:25+	00:42+	00:25+
01:22+	03:56+	00:29+	02:12+	01:40+	00:21+	02:43+	01:55+	00:45+	02:47+	02:08+	01:31+	00:52+	01:03+	01:11+	00:49+	00:25+	00:42+	00:25+
9	Bartłomiej Lenart	1376	27:19															
01:03+	03:21+	04:31+	06:40+	08:19+	08:50+	11:50+	16:54+	17:20+	18:34+	20:45+	22:13+	22:59+	24:07+	25:08+	25:58+	26:19+	26:56+	27:19+
01:03+	02:18+	01:10+	02:09+	01:39+	00:31+	03:00+	05:04+	00:26+	01:14+	02:11+	01:28+	00:46+	01:08+	01:01+	00:50+	00:21+	00:37+	00:23+
01:03+	02:18+	01:10+	02:09+	01:39+	00:31+	03:00+	05:04+	00:26+	01:14+	02:11+	01:28+	00:46+	01:08+	01:01+	00:50+	00:21+	00:37+	00:23+
10	Arne Magne Sondresen	722	28:05															
03:14+	05:54+	06:28+	09:09+	10:50+	11:20+	12:53+	14:45+	15:17+	17:26+	19:48+	22:30+	23:22+	24:27+	25:35+	26:25+	26:47+	27:36+	28:05+
03:14+	02:40+	00:34+	02:41+	01:41+	00:30+	01:33+	01:52+	00:32+	02:09+	02:22+	02:42+	00:52+	01:05+	01:08+	00:50+	00:22+	00:49+	00:29+
03:14+	02:40+	00:34+	02:41+	01:41+	00:30+	01:33+	01:52+	00:32+	02:09+	02:22+	02:42+	00:52+	01:05+	01:08+	00:50+	00:22+	00:49+	00:29+
11	Sven Undheim	793	28:33															
01:42+	03:56+	04:29+	06:54+	08:29+	08:53+	10:18+	11:54+	12:36+	14:07+	19:15+	21:25+	22:20+	23:24+	26:03+	26:55+	27:26+	28:15+	28:33+
01:42+	02:14+	00:33+	02:25+	01:35+	00:24+	01:25+	01:36+	00:42+	01:31+	05:08+	02:10+	00:55+	01:04+	02:39+	00:52+	00:31+	00:49+	00:18+
01:42+	02:14+	00:33+	02:25+	01:35+	00:24+	01:25+	01:36+	00:42+	01:31+	05:08+	02:10+	00:55+	01:04+	02:39+	00:52+	00:31+	00:49+	00:18+
12	Roger Andre Nyseth	892	28:48															
01:29+	04:24+	04:55+	08:04+	09:52+	10:39+	12:27+	14:34+	15:26+	17:54+	20:24+	22:03+	22:59+	24:14+	26:01+	26:56+	27:25+	28:21+	28:48+
01:29+	02:55+	00:31+	03:09+	01:48+	00:47+	01:48+	02:07+	00:52+	02:28+	02:30+	01:39+	00:56+	01:15+	01:47+	00:55+	00:29+	00:56+	00:27+
01:29+	02:55+	00:31+	03:09+	01:48+	00:47+	01:48+	02:07+	00:52+	02:28+	02:30+	01:39+	00:56+	01:15+	01:47+	00:55+	00:29+	00:56+	00:27+
13	Tore Stensland	3529	29:11															
02:35+	05:20+	05:51+	08:21+	10:07+	10:39+	12:26+	14:04+	14:46+	16:37+	21:55+	23:29+	24:23+	25:25+	26:54+	27:42+	28:07+	28:48+	29:11+
02:35+	02:45+	00:31+	02:30+	01:46+	00:32+	01:47+	01:38+	00:42+	01:51+	05:18+	01:34+	00:54+	01:02+	01:29+	00:48+	00:25+	00:41+	00:23+
02:35+	02:45+	00:31+	02:30+	01:46+	00:32+	01:47+	01:38+	00:42+	01:51+	05:18+	01:34+	00:54+	01:02+	01:29+	00:48+	00:25+	00:41+	00:23+
14	Sjur Bjerke	3525	29:15															
01:49+	04:51+	05:16+	08:26+	10:05+	10:33+	12:31+	14:32+	15:32+	17:15+	19:30+	21:25+	22:21+	23:47+	26:35+	27:29+	27:57+	28:49+	29:15+
01:49+	03:02+	00:25+	03:10+	01:39+	00:28+	01:58+	02:01+	01:00+	01:43+	02:15+	01:55+	00:56+	01:26+	02:48+	00:54+	00:28+	00:52+	00:26+
01:49+	03:02+	00:25+	03:10+	01:39+	00:28+	01:58+	02:01+	01:00+	01:43+	02:15+	01:55+	00:56+	01:26+	02:48+	00:54+	00:28+	00:52+	00:26+
15	Christian Nilsen	3525	29:34															
02:45+	05:26+	05:57+	08:46+	10:35+	11:11+	12:57+	15:23+	16:07+	18:33+	21:17+	23:05+	24:02+	25:21+	27:10+	28:00+	28:26+	29:14+	29:34+
02:45+	02:41+	00:31+	02:49+	01:49+	00:36+	01:46+	02:26+	00:44+	02:26+	02:44+	01:48+	00:57+	01:19+	01:49+	00:50+	00:26+	00:48+	00:20+
02:45+	02:41+	00:31+	02:49+	01:49+	00:36+	01:46+	02:26+	00:44+	02:26+	02:44+	01:48+	00:57+	01:19+	01:49+	00:50+	00:26+	00:48+	00:20+
16	Nils Egil Lie	3548	29:34															
01:23+	03:59+	04:22+	07:16+	08:55+	09:32+	11:21+	14:29+	15:19+	18:28+	21:33+	23:44+	24:39+	25:41+	27:14+	28:03+	28:25+	29:13+	29:34+
01:23+	02:36+	00:23+	02:54+	01:39+	00:37+	01:49+	03:08+	00:50+	03:09+	03:05+	02:11+	00:55+	01:02+	01:33+	00:49+	00:22+	00:48+	00:21+
01:23+	02:36+	00:23+	02:54+	01:39+	00:37+	01:49+	03:08+	00:50+	03:09+	03:05+	02:11+	00:55+	01:02+	01:33+	00:49+	00:22+	00:48+	00:21+
17	Lars Salvesen	1119	29:39															
01:37+	04:29+	05:02+	08:05+	09:57+	10:33+	13:33+	15:54+	16:34+	18:32+	21:19+	23:23+	24:16+	25:24+	26:42+	27:46+	28:18+	29:13+	29:39+
01:37+	02:52+	00:33+	03:03+	01:52+	00:36+	03:00+	02:21+	00:40+	01:58+	02:47+	02:04+	00:53+	01:08+	01:18+	01:04+	00:32+	00:55+	00:26+
01:37+	02:52+	00:33+	03:03+	01:52+	00:36+	03:00+	02:21+	00:40+	01:58+	02:47+	02:04+	00:53+	01:08+	01:18+	01:04+	00:32+	00:55+	00:26+
18	Steinar Amundsen	3520	30:40															
01:28+	04:46+	05:22+	08:37+	10:29+	11:06+	13:09+	15:41+	16:25+	18:25+	21:15+	23:31+	24:30+	25:42+	28:03+	28:55+	29:19+	30:17+	30:40+
01:28+	03:18+	00:36+	03:15+	01:52+	00:37+	02:03+	02:32+	00:44+	02:00+	02:50+	02:16+	00:59+	01:12+	02:21+	00:52+	00:24+	00:58+	00:23+
01:28+	03:18+	00:36+	03:15+	01:52+	00:37+	02:03+	02:32+	00:44+	02:00+	02:50+	02:16+	00:59+	01:12+	02:21+	00:52+	00:24+	00:58+	00:23+
19	Arild Svihus	892	32:07															
01:32+	04:29+	05:04+	08:17+	10:04+	10:38+	12:27+	14:36+	15:17+	17:34+	23:35+	25:15+	26:43+	28:01+	29:29+	30:24+	30:45+	31:41+	32:07+
01:32+	02:57+	00:35+	03:13+	01:47+	00:34+	01:49+	02:09+	00:41+	02:17+	06:01+	01:40+	01:28+	01:18+	01:28+	00:55+	00:21+	00:56+	00:26+
01:32+	02:57+	00:35+	03:13+	01:47+	00:34+	01:49+	02:09+	00:41+	02:17+	06:01+	01:40+	01:28+	01:18+	01:28+	00:55+	00:21+	00:56+	00:26+

Class	Navn	Klasse										Tid					
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HT

20	Trond Vigesdal	896	32:19															
01:52+	05:12+	05:51+	08:45+	11:16+	11:48+	13:46+	15:52+	16:33+	18:45+	21:24+	25:49+	27:00+	28:16+	29:41+	30:37+	31:01+	31:56+	32:19+
01:52+	03:20+	00:39+	02:54+	02:31+	00:32+	01:58+	02:06+	00:41+	02:12+	02:39+	04:25+	01:11+	01:16+	01:25+	00:56+	00:24+	00:55+	00:23+
01:52+	03:20+	00:39+	02:54+	02:31+	00:32+	01:58+	02:06+	00:41+	02:12+	02:39+	04:25+	01:11+	01:16+	01:25+	00:56+	00:24+	00:55+	00:23+
21	Jan Henrik Neuenkirchen	896	33:08															
01:32+	04:39+	05:04+	08:11+	10:45+	11:18+	12:57+	18:09+	18:46+	20:45+	23:35+	25:53+	27:00+	28:22+	30:13+	31:08+	31:46+	32:43+	33:08+
01:32+	03:07+	00:25+	03:07+	02:34+	00:33+	01:39+	05:12+	00:37+	01:59+	02:50+	02:18+	01:07+	01:22+	01:51+	00:55+	00:38+	00:57+	00:25+
01:32+	03:07+	00:25+	03:07+	02:34+	00:33+	01:39+	05:12+	00:37+	01:59+	02:50+	02:18+	01:07+	01:22+	01:51+	00:55+	00:38+	00:57+	00:25+
22	Tor Erik Skretting	1683	33:30															
01:31+	04:21+	04:59+	08:02+	10:25+	11:07+	14:06+	16:39+	17:30+	19:13+	22:41+	24:48+	25:58+	27:24+	29:57+	31:31+	31:53+	33:05+	33:30+
01:31+	02:50+	00:38+	03:03+	02:23+	00:42+	02:59+	02:33+	00:51+	01:43+	03:28+	02:07+	01:10+	01:26+	02:33+	01:34+	00:22+	01:12+	00:25+
01:31+	02:50+	00:38+	03:03+	02:23+	00:42+	02:59+	02:33+	00:51+	01:43+	03:28+	02:07+	01:10+	01:26+	02:33+	01:34+	00:22+	01:12+	00:25+
23	Jon Wegner Hausken	3503	33:57															
04:40+	08:37+	09:29+	12:09+	14:15+	14:58+	16:43+	18:58+	19:33+	21:33+	24:08+	26:02+	26:55+	28:02+	29:26+	30:23+	32:37+	33:37+	33:57+
04:40+	03:57+	00:38+	02:40+	02:06+	00:43+	01:45+	02:15+	00:35+	02:00+	02:35+	01:54+	00:53+	01:07+	01:24+	00:57+	02:14+	01:00+	00:20+
04:40+	03:57+	00:38+	02:40+	02:06+	00:43+	01:45+	02:15+	00:35+	02:00+	02:35+	01:54+	00:53+	01:07+	01:24+	00:57+	02:14+	01:00+	00:20+
24	Tom Leveraas	1884	34:04															
01:39+	05:01+	05:47+	08:51+	10:56+	11:29+	14:35+	17:19+	18:26+	20:24+	23:42+	25:42+	27:10+	28:43+	30:46+	32:00+	32:30+	33:39+	34:04+
01:39+	03:22+	00:46+	03:04+	02:05+	00:33+	03:06+	02:44+	01:07+	01:58+	03:18+	02:00+	01:28+	01:33+	02:03+	01:14+	00:30+	01:09+	00:25+
01:39+	03:22+	00:46+	03:04+	02:05+	00:33+	03:06+	02:44+	01:07+	01:58+	03:18+	02:00+	01:28+	01:33+	02:03+	01:14+	00:30+	01:09+	00:25+
25	John Øgreid	882	34:21															
01:51+	05:08+	05:58+	09:09+	11:07+	11:36+	13:35+	19:20+	20:27+	22:29+	25:04+	27:12+	28:23+	29:56+	31:20+	32:17+	32:50+	33:53+	34:21+
01:51+	03:17+	00:50+	03:11+	01:58+	00:29+	01:59+	05:45+	01:07+	02:02+	02:35+	02:08+	01:11+	01:33+	01:24+	00:57+	00:33+	01:03+	00:28+
01:51+	03:17+	00:50+	03:11+	01:58+	00:29+	01:59+	05:45+	01:07+	02:02+	02:35+	02:08+	01:11+	01:33+	01:24+	00:57+	00:33+	01:03+	00:28+
26	Bruno Pierfelice	3519	34:45															
00:54+	03:50+	06:51+	11:08+	13:00+	14:29+	19:10+	20:52+	21:30+	23:58+	26:39+	28:53+	29:46+	30:56+	32:21+	33:15+	33:42+	34:24+	34:45+
00:54+	02:56+	03:01+	04:17+	01:52+	01:29+	04:41+	01:42+	00:38+	02:28+	02:41+	02:14+	00:53+	01:10+	01:25+	00:54+	00:27+	00:42+	00:21+
00:54+	02:56+	03:01+	04:17+	01:52+	01:29+	04:41+	01:42+	00:38+	02:28+	02:41+	02:14+	00:53+	01:10+	01:25+	00:54+	00:27+	00:42+	00:21+
27	Stig E. Ollestad	3519	34:57															
01:03+	03:31+	06:38+	08:54+	10:12+	10:42+	12:11+	14:04+	14:29+	15:59+	18:27+	24:30+	25:31+	26:27+	32:03+	32:57+	33:31+	34:38+	34:57+
01:03+	02:28+	03:07+	02:16+	01:18+	00:30+	01:29+	01:53+	00:25+	01:30+	02:28+	06:03+	01:01+	00:56+	05:36+	00:54+	00:34+	01:07+	00:19+
01:03+	02:28+	03:07+	02:16+	01:18+	00:30+	01:29+	01:53+	00:25+	01:30+	02:28+	06:03+	01:01+	00:56+	05:36+	00:54+	00:34+	01:07+	00:19+
28	Alf Morten Johansen	3507	35:46															
03:38+	07:26+	07:57+	11:15+	13:22+	13:55+	16:12+	18:49+	20:23+	22:18+	25:45+	28:07+	29:09+	30:41+	32:33+	33:56+	34:35+	35:24+	35:46+
03:38+	03:48+	00:31+	03:18+	02:07+	00:33+	02:17+	02:37+	01:34+	01:55+	03:27+	02:22+	01:02+	01:32+	01:52+	01:23+	00:39+	00:49+	00:22+
03:38+	03:48+	00:31+	03:18+	02:07+	00:33+	02:17+	02:37+	01:34+	01:55+	03:27+	02:22+	01:02+	01:32+	01:52+	01:23+	00:39+	00:49+	00:22+
29	Ingve Morten Skjaeldal	4226	36:13															
01:31+	04:34+	04:59+	08:28+	11:00+	11:37+	13:24+	16:52+	17:40+	19:38+	26:43+	28:51+	29:52+	31:13+	33:05+	34:23+	34:57+	35:45+	36:13+
01:31+	03:03+	00:25+	03:29+	02:32+	00:37+	01:47+	03:28+	00:48+	01:58+	07:05+	02:08+	01:01+	01:21+	01:52+	01:18+	00:34+	00:48+	00:28+
01:31+	03:03+	00:25+	03:29+	02:32+	00:37+	01:47+	03:28+	00:48+	01:58+	07:05+	02:08+	01:01+	01:21+	01:52+	01:18+	00:34+	00:48+	00:28+
30	Trond Jan Øglend	3523	36:50															
02:58+	05:23+	06:13+	08:56+	10:41+	11:34+	13:15+	18:29+	18:55+	23:25+	25:57+	27:45+	28:35+	29:34+	34:11+	35:09+	35:49+	36:30+	36:50+
02:58+	02:25+	00:50+	02:43+	01:45+	00:53+	01:41+	05:14+	00:26+	04:30+	02:32+	01:48+	00:50+	00:59+	04:37+	00:58+	00:40+	00:41+	00:20+
02:58+	02:25+	00:50+	02:43+	01:45+	00:53+	01:41+	05:14+	00:26+	04:30+	02:32+	01:48+	00:50+	00:59+	04:37+	00:58+	00:40+	00:41+	00:20+
31	Rohan Joseph	1376	37:11															
06:40+	09:58+	10:25+	13:29+	15:35+	16:11+	18:15+	20:18+	21:12+	23:27+	26:52+	28:54+	30:12+	31:37+	33:36+	35:26+	35:58+	36:49+	37:11+
06:40+	03:18+	00:27+	03:04+	02:06+	00:36+	02:04+	02:03+	00:54+	02:15+	03:25+	02:02+	01:18+	01:25+	01:59+	01:50+	00:32+	00:51+	00:22+
06:40+	03:18+	00:27+	03:04+	02:06+	00:36+	02:04+	02:03+	00:54+	02:15+	03:25+	02:02+	01:18+	01:25+	01:59+	01:50+	00:32+	00:51+	00:22+
32	Tore T Berg	793	37:19															
01:45+	04:23+	05:01+	08:23+	09:48+	10:24+	12:14+	16:24+	17:11+	18:42+	28:23+	30:55+	32:10+	33:25+	34:52+	35:33+	36:01+	36:57+	37:19+
01:45+	02:38+	00:38+	03:22+	01:25+	00:36+	01:50+	04:10+	00:47+	01:31+	09:41+	02:32+	01:15+	01:15+	01:27+	00:41+	00:28+	00:56+	00:22+
01:45+	02:38+	00:38+	03:22+	01:25+	00:36+	01:50+	04:10+	00:47+	01:31+	09:41+	02:32+	01:15+	01:15+	01:27+	00:41+	00:28+	00:56+	00:22+
33	Rolf Øystein Kluge	793	37:55															
02:00+	05:54+	06:51+	10:30+	13:27+	14:11+	16:32+	20:20+	21:12+	24:03+	27:45+	30:02+	31:12+	32:49+	34:23+	35:31+	36:21+	37:29+	37:55+
02:00+	03:54+	00:57+	03:39+	02:57+	00:44+	02:21+	03:48+	00:52+	02:51+	03:42+	02:17+	01:10+	01:37+	01:34+	01:08+	00:50+	01:08+	00:26+
02:00+	03:54+	00:57+	03:39+	02:57+	00:44+	02:21+	03:48+	00:52+	02:51+	03:42+	02:17+	01:10+	01:37+	01:34+	01:08+	00:50+	01:08+	00:26+

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34	Ommund Bakkevold	874	38:30															
01:38+	05:13+	06:02+	09:45+	12:08+	13:41+	16:20+	19:21+	20:18+	22:49+	26:37+	29:04+	30:21+	32:04+	34:51+	36:07+	36:43+	37:58+	38:30+
01:38+	03:35+	00:49+	03:43+	02:23+	01:33+	02:39+	03:01+	00:57+	02:31+	03:48+	02:27+	01:17+	01:43+	02:47+	01:16+	00:36+	01:15+	00:32+
01:38+	03:35+	00:49+	03:43+	02:23+	01:33+	02:39+	03:01+	00:57+	02:31+	03:48+	02:27+	01:17+	01:43+	02:47+	01:16+	00:36+	01:15+	00:32+
35	Arne Hope	1832	38:45															
02:07+	05:42+	06:25+	10:20+	13:03+	14:00+	16:37+	19:57+	21:19+	24:04+	27:35+	29:50+	31:03+	32:37+	34:54+	36:11+	36:57+	38:07+	38:45+
02:07+	03:35+	00:43+	03:55+	02:43+	00:57+	02:37+	03:20+	01:22+	02:45+	03:31+	02:15+	01:13+	01:34+	02:17+	01:17+	00:46+	01:10+	00:38+
02:07+	03:35+	00:43+	03:55+	02:43+	00:57+	02:37+	03:20+	01:22+	02:45+	03:31+	02:15+	01:13+	01:34+	02:17+	01:17+	00:46+	01:10+	00:38+
36	Finn Otto Tveit	3507	39:53															
01:37+	04:13+	04:39+	07:21+	08:57+	09:14+	11:29+	23:33+	24:12+	25:38+	32:24+	33:28+	34:34+	35:48+	37:04+	38:03+	38:38+	39:28+	39:53+
01:37+	02:36+	00:26+	02:42+	01:36+	00:17+	02:15+	12:04+	00:39+	01:26+	06:46+	01:04+	01:06+	01:14+	01:16+	00:59+	00:35+	00:50+	00:25+
01:37+	02:36+	00:26+	02:42+	01:36+	00:17+	02:15+	12:04+	00:39+	01:26+	06:46+	01:04+	01:06+	01:14+	01:16+	00:59+	00:35+	00:50+	00:25+
37	Per Bakken	880	42:32															
02:02+	06:24+	07:23+	11:41+	14:18+	15:17+	18:40+	24:19+	26:05+	28:22+	33:31+	35:24+	36:34+	37:47+	39:06+	40:06+	40:39+	41:57+	42:32+
02:02+	04:22+	00:59+	04:18+	02:37+	00:59+	03:23+	05:39+	01:46+	02:17+	05:09+	01:53+	01:10+	01:13+	01:19+	01:00+	00:33+	01:18+	00:35+
02:02+	04:22+	00:59+	04:18+	02:37+	00:59+	03:23+	05:39+	01:46+	02:17+	05:09+	01:53+	01:10+	01:13+	01:19+	01:00+	00:33+	01:18+	00:35+
38	Jan Erik Rasmussen	3519	43:36															
01:49+	05:26+	06:59+	11:00+	13:38+	14:46+	18:47+	23:09+	23:45+	26:28+	30:15+	33:02+	34:38+	36:48+	39:01+	40:50+	41:39+	43:06+	43:36+
01:49+	03:37+	01:33+	04:01+	02:38+	01:08+	04:01+	04:22+	00:36+	02:43+	03:47+	02:47+	01:36+	02:10+	02:13+	01:49+	00:49+	01:27+	00:30+
01:49+	03:37+	01:33+	04:01+	02:38+	01:08+	04:01+	04:22+	00:36+	02:43+	03:47+	02:47+	01:36+	02:10+	02:13+	01:49+	00:49+	01:27+	00:30+
39	Kjell-Ole Topnes	1683	47:24															
02:20+	06:15+	07:07+	10:50+	12:53+	13:31+	16:11+	20:22+	21:19+	23:30+	26:19+	35:23+	36:22+	37:54+	44:27+	45:35+	46:05+	47:00+	47:24+
02:20+	03:55+	00:52+	03:43+	02:03+	00:38+	02:40+	04:11+	00:57+	02:11+	02:49+	09:04+	00:59+	01:32+	06:33+	01:08+	00:30+	00:55+	00:24+
02:20+	03:55+	00:52+	03:43+	02:03+	00:38+	02:40+	04:11+	00:57+	02:11+	02:49+	09:04+	00:59+	01:32+	06:33+	01:08+	00:30+	00:55+	00:24+
40	Glenn-Ove Kingstad	3676	47:36															
10:55+	13:56+	14:37+	17:19+	19:11+	19:44+	21:28+	23:43+	24:21+	26:19+	33:57+	40:20+	41:41+	42:57+	45:00+	45:54+	46:15+	47:10+	47:36+
10:55+	03:01+	00:41+	02:42+	01:52+	00:33+	01:44+	02:15+	00:38+	01:58+	07:38+	06:23+	01:21+	01:16+	02:03+	00:54+	00:21+	00:55+	00:26+
10:55+	03:01+	00:41+	02:42+	01:52+	00:33+	01:44+	02:15+	00:38+	01:58+	07:38+	06:23+	01:21+	01:16+	02:03+	00:54+	00:21+	00:55+	00:26+
41	Frank Gulbrandsen	722	49:39															
09:43+	13:51+	14:26+	19:19+	23:01+	23:42+	26:30+	30:03+	30:52+	35:11+	38:38+	41:44+	42:58+	44:20+	45:59+	47:03+	47:46+	49:16+	49:39+
09:43+	04:08+	00:35+	04:53+	03:42+	00:41+	02:48+	03:33+	00:49+	04:19+	03:27+	03:06+	01:14+	01:22+	01:39+	01:04+	00:43+	01:30+	00:23+
09:43+	04:08+	00:35+	04:53+	03:42+	00:41+	02:48+	03:33+	00:49+	04:19+	03:27+	03:06+	01:14+	01:22+	01:39+	01:04+	00:43+	01:30+	00:23+
42	Svein Olav Høyland	1683	52:23															
02:27+	08:41+	11:06+	15:18+	17:43+	18:31+	23:02+	29:28+	31:29+	34:22+	39:05+	41:43+	43:40+	45:34+	47:59+	49:33+	50:21+	51:52+	52:23+
02:27+	06:14+	02:25+	04:12+	02:25+	00:48+	04:31+	06:26+	02:01+	02:53+	04:43+	02:38+	01:57+	01:54+	02:25+	01:34+	00:48+	01:31+	00:31+
02:27+	06:14+	02:25+	04:12+	02:25+	00:48+	04:31+	06:26+	02:01+	02:53+	04:43+	02:38+	01:57+	01:54+	02:25+	01:34+	00:48+	01:31+	00:31+
43	Erik Campbell Henriksen	1683	52:32															
02:45+	07:19+	08:09+	13:47+	16:50+	17:43+	20:30+	25:21+	26:35+	30:11+	34:39+	40:45+	43:24+	45:06+	47:31+	49:16+	50:24+	51:48+	52:32+
02:45+	04:34+	00:50+	05:38+	03:03+	00:53+	02:47+	04:51+	01:14+	03:36+	04:28+	06:06+	02:39+	01:42+	02:25+	01:45+	01:08+	01:24+	00:44+
02:45+	04:34+	00:50+	05:38+	03:03+	00:53+	02:47+	04:51+	01:14+	03:36+	04:28+	06:06+	02:39+	01:42+	02:25+	01:45+	01:08+	01:24+	00:44+
44	Kjetil Kartevold	3676	58:54															
09:41+	13:28+	14:03+	17:52+	21:02+	22:04+	26:14+	28:58+	30:22+	36:15+	39:43+	43:44+	47:43+	48:52+	53:11+	56:10+	57:20+	58:20+	58:54+
09:41+	03:47+	00:35+	03:49+	03:10+	01:02+	04:10+	02:44+	01:24+	05:53+	03:28+	04:01+	03:59+	01:09+	04:19+	02:59+	01:10+	01:00+	00:34+
09:41+	03:47+	00:35+	03:49+	03:10+	01:02+	04:10+	02:44+	01:24+	05:53+	03:28+	04:01+	03:59+	01:09+	04:19+	02:59+	01:10+	01:00+	00:34+
45	Eirik Hatle	903	1:13:18															
05:48+	08:45+	12:27+	16:18+	19:16+	27:53+	66:37+	67:48+	69:12+	70:04+	71:44+	73:01+	73:18+						
05:48+	02:57+	03:42+	03:51+	02:58+	08:37+	38:44+	01:11+	01:24+	00:52+	01:40+	01:17+	00:17+						
05:48+	02:57+	03:42+	03:51+	02:58+	08:37+	38:44+	01:11+	01:24+	00:52+	01:40+	01:17+	00:17+						

Beste strekktid for klassen

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