

1	Hege Bakken										1754					44:53									
01:41=	03:48=	07:46=	09:51=	11:40=	13:20=	15:35=	17:32=	18:56=	22:30=	24:53=	26:00=	29:17=	30:40=	31:50=	34:42=	36:38=	39:24=	42:02=	44:04=	44:53=					
01:41=	02:07=	03:58=	02:05=	01:49=	01:40=	02:15=	01:57=	01:24=	03:34=	02:23=	01:07=	03:17=	01:23=	01:10=	02:52=	01:56=	02:46=	02:38=	02:02=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Siri Eppeland										1884					45:08									
01:55+	03:48=	06:48-	09:12-	10:54-	12:19-	14:22-	16:59-	18:13-	21:28-	23:46-	24:46-	28:32-	30:03-	31:04-	34:09-	35:46-	40:29+	42:57+	44:28+	45:08+					
01:55+	01:53-	03:00-	02:24+	01:42-	01:25-	02:03-	02:37+	01:14-	03:15-	02:18-	01:00-	03:46+	01:31+	01:01-	03:05+	01:37-	04:43+	02:28-	01:31-	00:40-					
00:14#	00:14-	00:58-	00:19#	00:07-	00:15-	00:12-	00:40&	00:10-	00:19-	00:05-	00:07-	00:29#	00:08+	00:09-	00:13+	00:19-	01:57&	00:10-	00:31-	00:09-					
3	Ragnhild Thorset Våge										896					47:36									
01:56+	08:20+	10:08+	12:15+	13:33+	15:15+	17:56+	19:24+	20:28+	23:45+	27:02+	27:55+	30:23+	32:49+	33:47+	36:40+	38:11+	40:51+	43:21+	46:54+	47:36+					
01:56+	06:24+	01:48-	02:07+	01:18-	01:42+	02:41+	01:28-	01:04-	03:17-	03:17+	00:53-	02:28-	02:26+	00:58-	02:53+	01:31-	02:40-	02:30-	03:33+	00:42-					
00:15#	04:17@	02:10-	00:02+	00:31-	00:02+	00:26#	00:29-	00:20-	00:17-	00:54&	00:14-	00:49-	01:03&	00:12-	00:01+	00:25-	00:06-	00:08-	01:31&	00:07-					
4	Ingunn Landsnes										892					53:10									
02:23+	04:55+	07:26-	10:12+	12:14+	14:08+	17:26+	20:22+	21:56+	25:38+	28:29+	29:45+	33:12+	34:46+	36:24+	39:55+	42:14+	46:38+	49:52+	52:07+	53:10+					
02:23+	02:32+	02:31-	02:46+	02:02+	01:54+	03:18+	02:56+	01:34+	03:42+	02:51+	01:16+	03:27+	01:34+	01:38+	03:31+	02:19+	04:24+	03:14+	02:15+	01:03+					
00:42&	00:25#	01:27-	00:41&	00:13#	00:14#	01:03&	00:59&	00:10#	00:08+	00:28#	00:09#	00:10+	00:11#	00:28&	00:39#	00:23#	01:38&	00:36#	00:13#	00:14&					
5	Katja Eliassen										722					1:16:51									
02:45+	05:16+	11:07+	15:24+	17:46+	20:20+	23:25+	32:12+	34:05+	39:14+	42:10+	43:36+	50:04+	55:04+	58:11+	61:57+	64:11+	68:21+	73:02+	75:53+	76:51+					
02:45+	02:31+	05:51+	04:17+	02:22+	02:34+	03:05+	08:47+	01:53+	05:09+	02:56+	01:26+	06:28+	05:00+	03:07+	03:46+	02:14+	04:10+	04:41+	02:51+	00:58+					
01:04&	00:24#	01:53&	02:12@	00:33&	00:54&	00:50&	06:50@	00:29&	01:35&	00:33#	00:19&	03:11&	03:37@	01:57@	00:54&	00:18#	01:24&	02:03&	00:49&	00:09#					

Beste strekktid for klassen

01:41 01:53 01:48 02:05 01:18 01:25 02:03 01:28 01:04 03:15 02:18 00:53 02:28 01:23 00:58 02:52 01:31 02:40 02:28 01:31 00:40

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

D40

1	Cecilie Johnson	892	40:41																
02:18=	05:52=	07:13=	09:57=	11:45=	14:21=	16:14=	19:19=	21:05=	23:32=	25:12=	27:37=	30:17=	31:36=	34:19=	36:18=	38:24=	39:59=	40:41=	
02:18=	03:34=	01:21=	02:44=	01:48=	02:36=	01:53=	03:05=	01:46=	02:27=	01:40=	02:25=	02:40=	01:19=	02:43=	01:59=	02:06=	01:35=	00:42=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kari-Anne Bakke	1683	41:13																
01:20-	04:25-	05:42-	10:33+	12:07+	14:38+	16:02-	18:31-	21:28+	23:14-	25:26+	28:16+	30:26+	31:39+	34:08-	37:04+	39:15+	40:25+	41:13+	
01:20-	03:05-	01:17-	04:51+	01:34-	02:31-	01:24-	02:29-	02:57+	01:46-	02:12+	02:50+	02:10-	01:13-	02:29-	02:56+	02:11+	01:10-	00:48+	
00:58-	00:29-	00:04-	02:07&	00:14-	00:05-	00:29-	00:36-	01:11&	00:41-	00:32&	00:25#	00:30-	00:06-	00:14-	00:57&	00:05+	00:25-	00:06#	
3	Brit Nilsen	1830	41:20																
01:26-	04:43-	06:40-	10:05+	11:48+	14:23+	16:09-	19:24+	21:16+	23:42+	25:25+	27:52+	30:01-	31:32-	34:32+	37:00+	38:54+	40:27+	41:20+	
01:26-	03:17-	01:57+	03:25+	01:43-	02:35-	01:46-	03:15+	01:52+	02:26-	01:43+	02:27+	02:09-	01:31+	03:00+	02:28+	01:54-	01:33-	00:53+	
00:52-	00:17-	00:36&	00:41#	00:05-	00:01-	00:07-	00:10+	00:06+	00:01-	00:03+	00:02+	00:31-	00:12#	00:17#	00:29#	00:12-	00:02-	00:11&	
4	Marit L. Undheim	3529	45:36																
01:04-	05:09-	06:39-	10:00+	11:41-	15:21+	16:52+	19:47+	22:34+	24:49+	26:45+	29:02+	31:18+	32:52+	35:33+	41:13+	43:36+	44:53+	45:36+	
01:04-	04:05+	01:30+	03:21+	01:41-	03:40+	01:31-	02:55-	02:47+	02:15-	01:56+	02:17-	02:16-	01:34+	02:41-	05:40+	02:23+	01:17-	00:43+	
01:14-	00:31#	00:09#	00:37#	00:07-	01:04&	00:22-	00:10-	01:01&	00:12-	00:16#	00:08-	00:24-	00:15#	00:02-	03:41@	00:17#	00:18-	00:01+	
5	Ann Torill Bakken	1683	51:47																
01:30-	05:14-	06:41-	10:15+	12:07+	15:45+	18:00+	21:50+	23:54+	26:48+	28:40+	31:09+	33:53+	35:35+	38:39+	41:29+	45:20+	51:02+	51:47+	
01:30-	03:44+	01:27+	03:34+	01:52+	03:38+	02:15+	03:50+	02:04+	02:54+	01:52+	02:29+	02:44+	01:42+	03:04+	02:50+	03:51+	05:42+	00:45+	
00:48-	00:10+	00:06+	00:50&	00:04+	01:02&	00:22#	00:45#	00:18#	00:27#	00:12#	00:04+	00:04+	00:23&	00:21#	00:51&	01:45&	04:07@	00:03+	
6	Anne Mette Riskjell Høyland	3524	1:04:28																
01:34-	07:57+	09:22+	14:54+	17:05+	21:31+	24:58+	31:31+	34:17+	37:24+	39:22+	41:58+	44:23+	46:08+	49:13+	59:50+	62:19+	63:41+	64:28+	
01:34-	06:23+	01:25+	05:32+	02:11+	04:26+	03:27+	06:33+	02:46+	03:07+	01:58+	02:36+	02:25-	01:45+	03:05+	10:37+	02:29+	01:22-	00:47+	
00:44-	02:49&	00:04+	02:48@	00:23#	01:50&	01:34&	03:28@	01:00&	00:40&	00:18#	00:11+	00:15-	00:26&	00:22#	08:38@	00:23#	00:13-	00:05#	
7	Ritva Halsne	722	1:13:26																
02:18=	11:43+	13:12+	19:51+	22:33+	27:14+	34:30+	38:01+	44:10+	47:36+	50:10+	53:10+	57:43+	59:43+	63:42+	67:07+	71:06+	72:31+	73:26+	
02:18=	09:25+	01:29+	06:39+	02:42+	04:41+	07:16+	03:31+	06:09+	03:26+	02:34+	03:00+	04:33+	02:00+	03:59+	03:25+	03:59+	01:25-	00:55+	
00:00=	05:51@	00:08+	03:55@	00:54&	02:05&	05:23@	00:26#	04:23@	00:59&	00:54&	00:35#	01:53&	00:41&	01:16&	01:26&	01:53&	00:10-	00:13&	

Plass	Navn	Klasse										Tid						
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D40

Beste strekktid for klassen

01:04	03:05	01:17	02:44	01:34	02:31	01:24	02:29	01:46	01:46	01:40	02:17	02:09	01:13	02:29	01:59	01:54	01:10	00:42
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D50

1	Grethe Anda Fuglestad										1683	36:41						
01:05=	03:56=	05:12=	08:02=	09:39=	12:08=	13:38=	16:35=	18:13=	20:25=	22:02=	24:14=	26:09=	27:26=	30:20=	32:27=	34:38=	35:54=	36:41=
01:05=	02:51=	01:16=	02:50=	01:37=	02:29=	01:30=	02:57=	01:38=	02:12=	01:37=	02:12=	01:55=	01:17=	02:54=	02:07=	02:11=	01:16=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Keth Berggraf										1683	39:32						
01:09+	04:20+	05:42+	08:31+	10:08+	12:38+	14:12+	17:31+	19:30+	21:49+	23:20+	26:00+	28:11+	29:32+	32:53+	34:58+	37:14+	38:50+	39:32+
01:09+	03:11+	01:22+	02:49-	01:37=	02:30+	01:34+	03:19+	01:59+	02:19+	01:31-	02:40+	02:11+	01:21+	03:21+	02:05-	02:16+	01:36+	00:42-
00:04+	00:20#	00:06+	00:01-	00:00=	00:01+	00:04+	00:22#	00:21#	00:07+	00:06-	00:28#	00:16#	00:04+	00:27#	00:02-	00:05+	00:20&	00:05-
3	Anita Glenne Kallhovd										3502	39:33						
01:29+	04:46+	06:20+	09:03+	10:41+	13:35+	15:13+	18:33+	20:22+	22:46+	24:22+	26:47+	28:50+	30:13+	32:45+	35:03+	37:23+	38:49+	39:33+
01:29+	03:17+	01:34+	02:43-	01:38+	02:54+	01:38+	03:20+	01:49+	02:24+	01:36-	02:25+	02:03+	01:23+	02:32-	02:18+	02:20+	01:26+	00:44-
00:24&	00:26#	00:18#	00:07-	00:01+	00:25#	00:08+	00:23#	00:11#	00:12+	00:01-	00:13+	00:08+	00:06+	00:22-	00:11+	00:09+	00:10#	00:03-
4	Inger Johanne Klausen										3529	40:41						
01:18+	04:14+	05:35+	08:25+	10:03+	12:50+	14:34+	17:38+	19:48+	24:06+	25:38+	28:08+	30:16+	31:36+	33:58+	36:04+	38:25+	39:58+	40:41+
01:18+	02:56+	01:21+	02:50=	01:38+	02:47+	01:44+	03:04+	02:10+	04:18+	01:32-	02:30+	02:08+	01:20+	02:22-	02:06-	02:21+	01:33+	00:43-
00:13#	00:05+	00:05+	00:00=	00:01+	00:18#	00:14#	00:07+	00:32&	02:06&	00:05-	00:18#	00:13#	00:03+	00:32-	00:01-	00:10+	00:17#	00:04-
5	Iren Undheim Øgreid										769	42:35						
01:08+	03:58+	05:58+	08:52+	10:53+	14:28+	16:29+	19:42+	21:45+	23:52+	25:40+	28:31+	30:42+	32:22+	35:11+	37:34+	40:02+	41:44+	42:35+
01:08+	02:50-	02:00+	02:54+	02:01+	03:35+	02:01+	03:13+	02:03+	02:07-	01:48+	02:51+	02:11+	01:40+	02:49-	02:23+	02:28+	01:42+	00:51+
00:03+	00:01-	00:44&	00:04+	00:24#	01:06&	00:31&	00:16+	00:25&	00:05-	00:11#	00:39&	00:16#	00:23&	00:05-	00:16#	00:17#	00:26&	00:04+
6	Ingunn Anda Haug										2342	42:44						
01:26+	04:40+	06:18+	09:21+	11:11+	13:55+	16:46+	20:05+	21:47+	24:30+	26:13+	29:12+	31:44+	33:15+	36:13+	38:14+	40:30+	41:53+	42:44+
01:26+	03:14+	01:38+	03:03+	01:50+	02:44+	02:51+	03:19+	01:42+	02:43+	01:43+	02:59+	02:32+	01:31+	02:58+	02:01-	02:16+	01:23+	00:51+
00:21&	00:23#	00:22&	00:13+	00:13#	00:15#	01:21&	00:22#	00:04+	00:31#	00:06+	00:47&	00:37&	00:14#	00:04+	00:06-	00:05+	00:07+	00:04+
7	Toril Dahle										1683	42:54						
01:05=	05:12+	06:28+	10:28+	12:09+	14:25+	16:03+	19:24+	21:49+	23:59+	25:36+	28:50+	30:57+	32:27+	35:37+	38:11+	39:22+	40:59+	42:07+
01:05=	04:07+	01:16=	04:00+	01:41+	02:16-	01:38+	03:21+	02:25+	02:10-	01:37=	03:14+	02:07+	01:30+	03:10+	02:34+	01:11-	01:37+	01:08+
00:00=	01:16&	00:00=	01:10&	00:04+	00:13-	00:08+	00:24#	00:47&	00:02-	00:00=	01:02&	00:12#	00:13#	00:16+	00:27#	01:00-	00:21&	00:47+
8	Mariann Sveinsvoll										3504	44:31						
01:38+	05:56+	07:26+	10:29+	12:23+	15:11+	16:57+	20:11+	22:20+	24:51+	26:23+	29:19+	31:58+	33:47+	37:12+	39:36+	42:21+	43:37+	44:31+
01:38+	04:18+	01:30+	03:03+	01:54+	02:48+	01:46+	03:14+	02:09+	02:31+	01:32-	02:56+	02:39+	01:49+	03:25+	02:24+	02:45+	01:16=	00:54+
00:33&	01:27&	00:14#	00:13+	00:17#	00:19#	00:16#	00:17+	00:31&	00:19#	00:05-	00:44&	00:44&	00:32&	00:31#	00:17#	00:34&	00:00=	00:07#
9	Helen Haneferd										882	44:47						
01:16+	04:35+	07:06+	10:11+	11:58+	14:45+	16:23+	19:36+	21:25+	23:58+	25:47+	27:56+	30:03+	31:40+	34:19+	40:10+	42:38+	44:01+	44:47+
01:16+	03:19+	02:31+	03:05+	01:47+	02:47+	01:38+	03:13+	01:49+	02:33+	01:49+	02:09-	02:07+	01:37+	02:39-	05:51+	02:28+	01:23+	00:46-
00:11#	00:28#	01:15&	00:15+	00:10#	00:18#	00:08+	00:16+	00:11#	00:21#	00:12#	00:03-	00:12#	00:20&	00:15-	03:44@	00:17#	00:07+	00:01-
10	Trude Hermanrud										896	45:11						
01:14+	05:18+	06:51+	09:53+	11:47+	15:39+	17:32+	20:47+	22:53+	25:38+	27:31+	30:23+	32:38+	34:25+	37:14+	40:12+	42:56+	44:14+	45:11+
01:14+	04:04+	01:33+	03:02+	01:54+	03:52+	01:53+	03:15+	02:06+	02:45+	01:53+	02:52+	02:15+	01:47+	02:49-	02:58+	02:44+	01:18+	00:57+
00:09#	01:13&	00:17#	00:12+	00:17#	01:23&	00:23&	00:18#	00:28&	00:33#	00:16#	00:40&	00:20#	00:30&	00:05-	00:51&	00:33&	00:02+	00:10#
11	Tone Cecilie Nystrom										874	45:21						
02:01+	05:04+	06:25+	10:46+	12:45+	15:34+	17:37+	21:04+	23:07+	25:31+	27:33+	30:07+	32:44+	34:18+	37:33+	40:28+	42:53+	44:23+	45:21+
02:01+	03:03+	01:21+	04:21+	01:59+	02:49+	02:03+	03:27+	02:03+	02:24+	02:02+	02:34+	02:37+	01:34+	03:15+	02:55+	02:25+	01:30+	00:58+
00:56&	00:12+	00:05+	01:31&	00:22#	00:20#	00:33&	00:30#	00:25&	00:12+	00:25&	00:22#	00:42&	00:17#	00:21#	00:48&	00:14#	00:14#	00:11#
12	Tonje Tiley										882	47:48						
01:10+	05:51+	07:26+	10:42+	12:32+	15:40+	17:23+	21:18+	23:27+	26:12+	28:15+	30:50+	33:09+	35:35+	39:30+	42:36+	45:26+	46:57+	47:48+
01:10+	04:41+	01:35+	03:16+	01:50+	03:08+	01:43+	03:55+	02:09+	02:45+	02:03+	02:35+	02:19+	02:26+	03:55+	03:06+	02:50+	01:31+	00:51+
00:05+	01:50&	00:19#	00:26#	00:13#	00:39&	00:13#	00:58&	00:31&	00:33#	00:26&	00:23#	00:24#	01:09&	01:01&	00:59&	00:39&	00:15#	00:04+

Plass	Navn					Klasse					Tid							
D50																		
13	Gerd Olaug Vikeså					1758					49:15							
01:16+	09:10+	10:27+	13:31+	15:35+	18:25+	20:09+	23:21+	25:49+	28:36+	31:29+	34:13+	36:43+	39:18+	42:40+	45:08+	47:07+	48:26+	49:15+
01:16+	07:54+	01:17+	03:04+	02:04+	02:50+	01:44+	03:12+	02:28+	02:47+	02:53+	02:44+	02:30+	02:35+	03:22+	02:28+	01:59+	01:19+	00:49+
00:11#	05:03#	00:01+	00:14+	00:27#	00:21#	00:14#	00:15+	00:50#	00:35#	01:16#	00:32#	00:35#	01:18#	00:28#	00:21#	00:12+	00:03+	00:02+
14	Ingjerd Haddeland					3507					49:17							
01:27+	04:54+	06:49+	11:15+	13:22+	16:49+	18:49+	22:35+	24:53+	27:28+	29:21+	31:59+	34:35+	36:33+	40:12+	43:02+	46:55+	48:20+	49:17+
01:27+	03:27+	01:55+	04:26+	02:07+	03:27+	02:00+	03:46+	02:18+	02:35+	01:53+	02:38+	02:36+	01:58+	03:39+	02:50+	03:53+	01:25+	00:57+
01:27+	03:27+	01:55+	04:26+	02:07+	03:27+	02:00+	03:46+	02:18+	02:35+	01:53+	02:38+	02:36+	01:58+	03:39+	02:50+	03:53+	01:25+	00:57+
15	Torill Andersen					1683					53:15							
01:20+	05:02+	06:38+	09:45+	11:47+	14:32+	16:20+	26:57+	28:43+	30:46+	32:44+	35:13+	37:43+	39:21+	45:36+	47:52+	50:35+	52:08+	53:15+
01:20+	03:42+	01:36+	03:07+	02:02+	02:45+	01:48+	10:37+	01:46+	02:03+	01:58+	02:29+	02:30+	01:38+	06:15+	02:16+	02:43+	01:33+	01:07+
01:20+	03:42+	01:36+	03:07+	02:02+	02:45+	01:48+	10:37+	01:46+	02:03+	01:58+	02:29+	02:30+	01:38+	06:15+	02:16+	02:43+	01:33+	01:07+
16	Andrea Tapken					3529					54:10							
02:03+	06:38+	08:47+	13:30+	15:48+	19:29+	21:36+	26:05+	28:21+	31:09+	33:51+	37:02+	39:47+	41:32+	45:04+	48:23+	51:07+	53:08+	54:10+
02:03+	04:35+	02:09+	04:43+	02:18+	03:41+	02:07+	04:29+	02:16+	02:48+	02:42+	03:11+	02:45+	01:45+	03:32+	03:19+	02:44+	02:01+	01:02+
02:03+	04:35+	02:09+	04:43+	02:18+	03:41+	02:07+	04:29+	02:16+	02:48+	02:42+	03:11+	02:45+	01:45+	03:32+	03:19+	02:44+	02:01+	01:02+
17	Ragnhild Båtnes Berntsen					1758					54:45							
01:49+	08:02+	10:03+	13:42+	15:57+	19:15+	24:20+	28:32+	30:45+	34:05+	36:13+	39:07+	41:59+	43:45+	46:57+	49:32+	51:51+	53:52+	54:45+
01:49+	06:13+	02:01+	03:39+	02:15+	03:18+	05:05+	04:12+	02:13+	03:20+	02:08+	02:54+	02:52+	01:46+	03:12+	02:35+	02:19+	02:01+	00:53+
01:49+	06:13+	02:01+	03:39+	02:15+	03:18+	05:05+	04:12+	02:13+	03:20+	02:08+	02:54+	02:52+	01:46+	03:12+	02:35+	02:19+	02:01+	00:53+
18	Åse Sellereite					882					55:29							
01:21+	05:36+	08:44+	13:52+	15:57+	18:57+	21:23+	25:37+	27:42+	30:02+	32:25+	36:13+	38:55+	41:08+	44:52+	47:19+	53:13+	54:32+	55:29+
01:21+	04:15+	03:08+	05:08+	02:05+	03:00+	02:26+	04:14+	02:05+	02:20+	02:23+	03:48+	02:42+	02:13+	03:44+	02:27+	05:54+	01:19+	00:57+
01:21+	04:15+	03:08+	05:08+	02:05+	03:00+	02:26+	04:14+	02:05+	02:20+	02:23+	03:48+	02:42+	02:13+	03:44+	02:27+	05:54+	01:19+	00:57+
19	Hilde Frøyttlog Karlsen					1284					56:02							
02:05+	06:23+	08:33+	12:32+	14:43+	18:21+	20:55+	24:56+	28:01+	31:10+	33:30+	37:25+	40:08+	42:08+	46:47+	49:39+	53:13+	55:02+	56:02+
02:05+	04:18+	02:10+	03:59+	02:11+	03:38+	02:34+	04:01+	03:05+	03:09+	02:20+	03:55+	02:43+	02:00+	04:39+	02:52+	03:34+	01:49+	01:00+
02:05+	04:18+	02:10+	03:59+	02:11+	03:38+	02:34+	04:01+	03:05+	03:09+	02:20+	03:55+	02:43+	02:00+	04:39+	02:52+	03:34+	01:49+	01:00+
20	Marie-Elizabeth Reinseth					882					59:38							
01:36+	06:12+	08:09+	11:48+	13:59+	22:36+	24:24+	28:37+	31:21+	33:37+	35:53+	40:54+	44:29+	46:18+	49:47+	53:37+	56:50+	58:33+	59:38+
01:36+	04:36+	01:57+	03:39+	02:11+	08:37+	01:48+	04:13+	02:44+	02:16+	02:16+	05:01+	03:35+	01:49+	03:29+	03:50+	03:13+	01:43+	01:05+
01:36+	04:36+	01:57+	03:39+	02:11+	08:37+	01:48+	04:13+	02:44+	02:16+	02:16+	05:01+	03:35+	01:49+	03:29+	03:50+	03:13+	01:43+	01:05+
21	Liv Margot Sviland					3529					1:00:38							
02:47+	07:39+	09:51+	19:08+	21:08+	24:00+	26:17+	29:35+	36:49+	39:39+	41:51+	44:58+	47:40+	49:25+	52:39+	55:12+	57:51+	59:44+	60:38+
02:47+	04:52+	02:12+	09:17+	02:00+	02:52+	02:17+	03:18+	07:14+	02:50+	02:12+	03:07+	02:42+	01:45+	03:14+	02:33+	02:39+	01:53+	00:54+
02:47+	04:52+	02:12+	09:17+	02:00+	02:52+	02:17+	03:18+	07:14+	02:50+	02:12+	03:07+	02:42+	01:45+	03:14+	02:33+	02:39+	01:53+	00:54+
22	Astri Sandanger					896					1:08:17							
03:40+	06:44+	08:22+	11:45+	13:46+	18:45+	26:36+	37:06+	40:16+	42:59+	45:04+	47:59+	50:41+	52:40+	59:26+	62:33+	65:25+	67:23+	68:17+
03:40+	03:04+	01:38+	03:23+	02:01+	04:59+	07:51+	10:30+	03:10+	02:43+	02:05+	02:55+	02:42+	01:59+	06:46+	03:07+	02:52+	01:58+	00:54+
03:40+	03:04+	01:38+	03:23+	02:01+	04:59+	07:51+	10:30+	03:10+	02:43+	02:05+	02:55+	02:42+	01:59+	06:46+	03:07+	02:52+	01:58+	00:54+
23	Janne Frantzen					1683					1:10:58							
01:41+	05:28+	07:26+	13:21+	15:40+	19:26+	21:42+	25:37+	29:51+	33:48+	35:55+	43:22+	46:09+	48:21+	62:37+	65:06+	67:46+	69:40+	70:58+
01:41+	03:47+	01:58+	05:55+	02:19+	03:46+	02:16+	03:55+	04:14+	03:57+	02:07+	07:27+	02:47+	02:12+	14:16+	02:29+	02:40+	01:54+	01:18+
01:41+	03:47+	01:58+	05:55+	02:19+	03:46+	02:16+	03:55+	04:14+	03:57+	02:07+	07:27+	02:47+	02:12+	14:16+	02:29+	02:40+	01:54+	01:18+
24	Elisabeth Melbø					879					1:11:44							
01:36+	09:39+	11:02+	15:11+	17:06+	20:37+	24:16+	28:11+	34:36+	37:47+	39:35+	48:46+	51:23+	53:08+	56:18+	66:47+	69:15+	70:45+	71:44+
01:36+	08:03+	01:23+	04:09+	01:55+	03:31+	03:39+	03:55+	06:25+	03:11+	01:48+	09:11+	02:37+	01:45+	03:10+	10:29+	02:28+	01:30+	00:59+
01:36+	08:03+	01:23+	04:09+	01:55+	03:31+	03:39+	03:55+	06:25+	03:11+	01:48+	09:11+	02:37+	01:45+	03:10+	10:29+	02:28+	01:30+	00:59+
25	Anne Hilde Halleraker					882					1:14:45							
01:45+	10:27+	15:13+	25:49+	28:38+	34:03+	36:52+	41:50+	45:25+	49:26+	52:35+	55:44+	60:29+	62:28+	66:12+	69:17+	72:19+	73:49+	74:45+
01:45+	08:42+	04:46+	10:36+	02:49+	05:25+	02:49+	04:58+	03:35+	04:01+	03:09+	03:09+	04:45+	01:59+	03:44+	03:05+	03:02+	01:30+	00:56+
01:45+	08:42+	04:46+	10:36+	02:49+	05:25+	02:49+	04:58+	03:35+	04:01+	03:09+	03:09+	04:45+	01:59+	03:44+	03:05+	03:02+	01:30+	00:56+
26	Siw Gjerdingen					3676					1:30:07							
03:09+	10:00+	12:41+	24:04+	27:38+	32:44+	35:48+	41:15+	44:00+	47:02+	49:23+	57:00+	60:50+	63:13+	68:47+	78:42+	86:26+	88:48+	90:07+
03:09+	06:51+	02:41+	11:23+	03:34+	05:06+	03:04+	05:27+	02:45+	03:02+	02:21+	07:37+	03:50+	02:23+	05:34+	09:55+	07:44+	02:22+	01:19+
03:09+	06:51+	02:41+	11:23+	03:34+	05:06+	03:04+	05:27+	02:45+	03:02+	02:21+	07:37+	03:50+	02:23+	05:34+	09:55+	07:44+	02:22+	01:19+

Plass	Navn	Klasse	Tid
D50			

Beste strekktid for klassen

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

D60

1	Anne Sæbø Vik												1683				35:21			
01:08=	03:50=	07:31=	09:34=	11:04=	14:22=	16:28=	18:48=	20:47=	22:23=	24:47=	26:32=	28:45=	31:30=	33:19=	34:37=	35:21=				
01:08=	02:42=	03:41=	02:03=	01:30=	03:18=	02:06=	02:20=	01:59=	01:36=	02:24=	01:45=	02:13=	02:45=	01:49=	01:18=	00:44=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Anne-Siv Gjertsen												882				40:37			
01:20+	03:49-	07:46+	09:46+	11:32+	14:59+	17:59+	20:38+	22:58+	25:20+	28:10+	30:56+	33:31+	36:40+	38:23+	39:52+	40:37+				
01:20+	02:29-	03:57+	02:00-	01:46+	03:27+	03:00+	02:39+	02:20+	02:22+	02:50+	02:46+	02:35+	03:09+	01:43-	01:29+	00:45+				
00:12#	00:13-	00:16+	00:03-	00:16#	00:09+	00:54&	00:19#	00:21#	00:46&	00:26#	01:01&	00:22#	00:24#	00:06-	00:11#	00:01+				
3	Ingrid E. I. Øxnevad												3516				41:49			
01:31+	04:30+	08:58+	12:38+	14:08+	17:26+	19:36+	21:54+	23:54+	26:11+	29:26+	31:47+	33:25+	36:46+	39:52+	41:03+	41:49+				
01:31+	02:59+	04:28+	03:40+	01:30=	03:18=	02:10+	02:18-	02:00+	02:17+	03:15+	02:21+	01:38-	03:21+	03:06+	01:11-	00:46+				
00:23&	00:17#	00:47#	01:37&	00:00=	00:00=	00:04+	00:02-	00:01+	00:41&	00:51&	00:36&	00:35-	00:36#	01:17&	00:07-	00:02+				
4	Ragnhild Auglænd												769				44:54			
01:43+	04:21+	08:47+	12:26+	14:00+	17:46+	20:28+	23:01+	26:33+	29:00+	31:46+	33:57+	36:04+	40:47+	42:42+	44:03+	44:54+				
01:43+	02:38-	04:26+	03:39+	01:34+	03:46+	02:42+	02:33+	03:32+	02:27+	02:46+	02:11+	02:07-	04:43+	01:55+	01:21+	00:51+				
00:35&	00:04-	00:45#	01:36&	00:04+	00:28#	00:36&	00:13+	01:33&	00:51&	00:22#	00:26#	00:06-	01:58&	00:06+	00:03+	00:07#				
5	Kristin Skadsem												3516				45:16			
01:26+	04:10+	09:17+	14:27+	16:12+	19:13+	22:07+	24:46+	26:52+	28:45+	31:28+	34:40+	37:28+	41:07+	43:03+	44:26+	45:16+				
01:26+	02:44+	05:07+	05:10+	01:45+	03:01-	02:54+	02:39+	02:06+	01:53+	02:43+	03:12+	02:48+	03:39+	01:56+	01:23+	00:50+				
00:18&	00:02+	01:26&	03:07@	00:15#	00:17-	00:48&	00:19#	00:07+	00:17#	00:19#	01:27&	00:35&	00:54&	00:07+	00:05+	00:06#				
6	Nina Christiansen												722				51:06			
02:05+	06:15+	10:36+	13:56+	15:31+	21:43+	24:45+	28:16+	30:48+	33:00+	37:12+	39:48+	41:48+	45:34+	48:10+	50:10+	51:06+				
02:05+	04:10+	04:21+	03:20+	01:35+	06:12+	03:02+	03:31+	02:32+	02:12+	04:12+	02:36+	02:00-	03:46+	02:36+	02:00+	00:56+				
00:57&	01:28&	00:40#	01:17&	00:05+	02:54&	00:56&	01:11&	00:33&	00:36&	01:48&	00:51&	00:13-	01:01&	00:47&	00:42&	00:12&				
7	Liv Omdal												1683				56:34			
01:29+	04:53+	15:55+	21:04+	23:12+	25:59+	29:27+	32:22+	34:33+	36:27+	40:36+	43:20+	45:28+	51:07+	54:11+	55:48+	56:34+				
01:29+	03:24+	11:02+	05:09+	02:08+	02:47-	03:28+	02:55+	02:11+	01:54+	04:09+	02:44+	02:08-	05:39+	03:04+	01:37+	00:46+				
00:21&	00:42&	07:21@	03:06@	00:38&	00:31-	01:22&	00:35#	00:12#	00:18#	01:45&	00:59&	00:05-	02:54@	01:15&	00:19#	00:02+				
8	Eli Tjøland Stokka												1141				58:23			
02:09+	05:29+	10:06+	12:35+	14:33+	18:36+	22:39+	25:45+	29:29+	32:03+	36:15+	39:06+	46:16+	49:55+	55:05+	56:58+	58:23+				
02:09+	03:20+	04:37+	02:29+	01:58+	04:03+	04:03+	03:06+	03:44+	02:34+	04:12+	02:51+	07:10+	03:39+	05:10+	01:53+	01:25+				
01:01&	00:38#	00:56&	00:26#	00:28&	00:45#	01:57&	00:46&	01:45&	00:58&	01:48&	01:06&	04:57@	00:54&	03:21@	00:35&	00:41&				
9	Mona Berntsen												1832				1:00:09			
01:58+	06:00+	10:40+	14:12+	16:08+	20:26+	23:30+	26:26+	33:39+	40:07+	43:29+	46:01+	48:22+	51:48+	57:42+	59:10+	60:09+				
01:58+	04:02+	04:40+	03:32+	01:56+	04:18+	03:04+	02:56+	07:13+	06:28+	03:22+	02:32+	02:21+	03:26+	05:54+	01:28+	00:59+				
00:50&	01:20&	00:59&	01:29&	00:26&	01:00&	00:58&	00:36&	05:14@	04:52@	00:58&	00:47&	00:08+	00:41#	04:05@	00:10#	00:15&				
10	Ellinor Hoemsnes												1683				1:07:25			
01:53+	06:51+	12:10+	17:15+	22:12+	32:58+	37:05+	40:32+	43:03+	46:25+	52:00+	54:55+	57:26+	61:28+	64:35+	66:42+	67:25+				
01:53+	04:58+	05:19+	05:05+	04:57+	10:46+	04:07+	03:27+	02:31+	03:22+	05:35+	02:55+	02:31+	04:02+	03:07+	02:07+	00:43-				
00:45&	02:16&	01:38&	03:02@	03:27@	07:28@	02:01&	01:07&	00:32&	01:46@	03:11@	01:10&	00:18#	01:17&	01:18&	00:49&	00:01-				

Beste strekktid for klassen

01:08 02:29 03:41 02:00 01:30 02:47 02:06 02:18 01:59 01:36 02:24 01:45 01:38 02:45 01:43 01:11 00:43

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

D65

Plass	Navn										Klasse										Tid								
D65																													
1	Ingunn Voilås										3502										43:05								
01:14=	04:26=	08:44=	10:34=	12:12=	17:59=	20:51=	23:08=	25:17=	27:10=	30:28=	32:44=	34:59=	38:02=	40:18=	42:12=	43:05=													
01:14=	03:12=	04:18=	01:50=	01:38=	05:47=	02:52=	02:17=	02:09=	01:53=	03:18=	02:16=	02:15=	03:03=	02:16=	01:54=	00:53=													
00:00=	00:00=	00:00=	00:00=	00:00=	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										47:53								
01:34+	04:29+	10:23+	12:26+	14:55+	18:52+	22:30+	25:49+	28:24+	30:30+	34:35+	36:55+	39:06+	42:37+	45:22+	47:01+	47:53+													
01:34+	02:55+	05:54+	02:03+	02:29+	03:57+	03:38+	03:19+	02:35+	02:06+	04:05+	02:20+	02:11+	03:31+	02:45+	01:39+	00:52+													
01:34+	02:55+	05:54+	02:03+	02:29+	03:57+	03:38+	03:19+	02:35+	02:06+	04:05+	02:20+	02:11+	03:31+	02:45+	01:39+	00:52+													
3	Eli Frafjord										1141										49:28								
01:49+	04:54+	10:15+	12:43+	14:55+	18:30+	22:16+	25:11+	27:51+	30:14+	34:02+	36:34+	38:44+	44:08+	47:02+	48:28+	49:28+													
01:49+	03:05+	05:21+	02:28+	02:12+	03:35+	03:46+	02:55+	02:40+	02:23+	03:48+	02:32+	02:10+	05:24+	02:54+	01:26+	01:00+													
01:49+	03:05+	05:21+	02:28+	02:12+	03:35+	03:46+	02:55+	02:40+	02:23+	03:48+	02:32+	02:10+	05:24+	02:54+	01:26+	01:00+													
4	Berit Bakken										1884										53:03								
01:43+	10:02+	14:00+	16:10+	18:10+	22:48+	25:57+	28:58+	31:19+	33:23+	37:44+	40:35+	43:08+	47:04+	50:26+	52:05+	53:03+													
01:43+	08:19+	03:58+	02:10+	02:00+	04:38+	03:09+	03:01+	02:21+	02:04+	04:21+	02:51+	02:33+	03:56+	03:22+	01:39+	00:58+													
01:43+	08:19+	03:58+	02:10+	02:00+	04:38+	03:09+	03:01+	02:21+	02:04+	04:21+	02:51+	02:33+	03:56+	03:22+	01:39+	00:58+													
5	Margot Asheim										722										53:23								
01:27+	04:01+	12:32+	14:20+	16:22+	22:23+	25:23+	28:52+	31:19+	36:59+	40:22+	42:43+	45:11+	48:19+	50:42+	52:16+	53:23+													
01:27+	02:34+	08:31+	01:48+	02:02+	06:01+	03:00+	03:29+	02:27+	05:40+	03:23+	02:21+	02:28+	03:08+	02:23+	01:34+	01:07+													
01:27+	02:34+	08:31+	01:48+	02:02+	06:01+	03:00+	03:29+	02:27+	05:40+	03:23+	02:21+	02:28+	03:08+	02:23+	01:34+	01:07+													
6	Ingrid Eik										1830										53:23								
01:35+	05:03+	09:27+	11:32+	13:33+	27:08+	29:58+	32:25+	34:26+	36:33+	39:20+	41:35+	43:38+	47:13+	50:28+	52:27+	53:23+													
01:35+	03:28+	04:24+	02:05+	02:01+	13:35+	02:50+	02:27+	02:01+	02:07+	02:47+	02:15+	02:03+	03:35+	03:15+	01:59+	00:56+													
01:35+	03:28+	04:24+	02:05+	02:01+	13:35+	02:50+	02:27+	02:01+	02:07+	02:47+	02:15+	02:03+	03:35+	03:15+	01:59+	00:56+													
7	May Meling										3553										56:42								
01:29+	05:15+	09:35+	11:24+	13:22+	21:25+	24:18+	26:50+	29:04+	32:09+	37:45+	40:24+	42:56+	50:27+	54:13+	55:47+	56:42+													
01:29+	03:46+	04:20+	01:49+	01:58+	08:03+	02:53+	02:32+	02:14+	03:05+	05:36+	02:39+	02:32+	07:31+	03:46+	01:34+	00:55+													
01:29+	03:46+	04:20+	01:49+	01:58+	08:03+	02:53+	02:32+	02:14+	03:05+	05:36+	02:39+	02:32+	07:31+	03:46+	01:34+	00:55+													
8	Anne Katrine Lycke										1884										1:19:02								
03:02+	08:48+	14:11+	16:24+	22:57+	36:57+	41:10+	45:34+	48:21+	57:37+	61:25+	64:46+	68:15+	72:07+	76:06+	78:02+	79:02+													
03:02+	05:46+	05:23+	02:13+	06:33+	14:00+	04:13+	04:24+	02:47+	09:16+	03:48+	03:21+	03:29+	03:52+	03:59+	01:56+	01:00+													
03:02+	05:46+	05:23+	02:13+	06:33+	14:00+	04:13+	04:24+	02:47+	09:16+	03:48+	03:21+	03:29+	03:52+	03:59+	01:56+	01:00+													

Beste strekktid for klassen

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

D70

1	Lillian Dahl Fitjar										896										1:00:15										
	02:45=	10:08=	16:22=	19:07=	21:13=	24:47=	28:26=	31:51=	34:51=	38:18=	43:09=	46:24=	49:17=	53:45=	57:02=	59:03=	60:15=														
	02:45=	07:23=	06:14=	02:45=	02:06=	03:34=	03:39=	03:25=	03:00=	03:27=	04:51=	03:15=	02:53=	04:28=	03:17=	02:01=	01:12=														
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														
2	Hanne Eik										896										1:01:49										
	01:44-	05:26-	10:38-	13:45-	15:48-	24:27-	29:53+	35:25+	38:03+	41:17+	45:15+	47:52+	50:38+	55:04+	58:58+	60:46+	61:49+														
	01:44-	03:42-	05:12-	03:07+	02:03-	08:39+	05:26+	05:32+	02:38-	03:14-	03:58-	02:37-	02:46-	04:26-	03:54+	01:48-	01:03-														
	01:01-	03:41-	01:02-	00:22#	00:03-	05:05#	01:47#	02:07#	00:22-	00:13-	00:53-	00:38-	00:07-	00:02-	00:37#	00:13-	00:09-														
3	Berit Gramstad										3551										1:15:16										
	02:28-	07:13-	14:36-	34:03+	35:52+	39:44+	43:34+	46:57+	50:17+	53:17+	58:20+	61:31+	64:24+	68:52+	72:04+	74:08+	75:16+														
	02:28-	04:45-	07:23+	19:27+	01:49-	03:52+	03:50+	03:23-	03:20+	03:00-	05:03+	03:11-	02:53=	04:28=	03:12-	02:04+	01:08-														
	00:17-	02:38-	01:09#	16:42#	00:17-	00:18+	00:11+	00:02-	00:20#	00:27-	00:12+	00:04-	00:00=	00:00=	00:05-	00:03+	00:04-														

Beste strekktid for klassen

01:44	03:42	05:12	02:45	01:49	03:34	03:39	03:23	02:38	03:00	03:58	02:37	02:46	04:26	03:12	01:48	01:03															
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse										Tid									
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D75

1	Haldis Glendrange												874		1:03:56											
01:49=	06:26=	13:00=	15:31=	18:02=	23:56=	27:42=	31:25=	34:29=	41:00=	45:14=	48:15=	51:20=	57:29=	60:56=	62:49=	63:56=										
01:49=	04:37=	06:34=	02:31=	02:31=	05:54=	03:46=	03:43=	03:04=	06:31=	04:14=	03:01=	03:05=	06:09=	03:27=	01:53=	01:07=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Hedvig Anda												1683		1:15:49											
02:36+	07:14+	13:47+	16:20+	18:20+	34:05+	38:03+	41:45+	45:25+	48:22+	53:38+	56:54+	59:53+	67:03+	71:27+	74:41+	75:49+										
02:36+	04:38+	06:33-	02:33+	02:00-	15:45+	03:58+	03:42-	03:40+	02:57-	05:16+	03:16+	02:59-	07:10+	04:24+	03:14+	01:08+										
00:47&	00:01+	00:01-	00:02+	00:31-	09:51@	00:12+	00:01-	00:36#	03:34-	01:02#	00:15+	00:06-	01:01#	00:57&	01:21&	00:01+										
3	Helga Klausen												769		1:25:22											
02:05+	06:18-	14:39+	17:35+	20:13+	38:13+	42:33+	46:34+	50:30+	59:44+	64:07+	67:51+	71:05+	78:09+	82:25+	84:12+	85:22+										
02:05+	04:13-	08:21+	02:56+	02:38+	18:00+	04:20+	04:01+	03:56+	09:14+	04:23+	03:44+	03:14+	07:04+	04:16+	01:47-	01:10+										
00:16#	00:24-	01:47&	00:25#	00:07+	12:06@	00:34#	00:18+	00:52&	02:43&	00:09+	00:43#	00:09+	00:55#	00:49#	00:06-	00:03+										
4	Aslaug Lura												1141		1:30:48											
02:32+	08:06+	18:07+	23:51+	26:34+	35:55+	40:54+	45:09+	48:24+	56:03+	62:51+	66:03+	69:27+	81:32+	86:20+	89:16+	90:48+										
02:32+	05:34+	10:01+	05:44+	02:43+	09:21+	04:59+	04:15+	03:15+	07:39+	06:48+	03:12+	03:24+	12:05+	04:48+	02:56+	01:32+										
00:43&	00:57#	03:27&	03:13@	00:12+	03:27&	01:13&	00:32#	00:11+	01:08#	02:34&	00:11+	00:19#	05:56&	01:21&	01:03&	00:25&										
5	Brynhild Haaland												1758		1:32:49											
04:32+	09:54+	20:16+	25:56+	28:42+	38:00+	42:44+	47:10+	50:30+	57:54+	64:39+	68:11+	71:33+	83:39+	88:03+	91:26+	92:49+										
04:32+	05:22+	10:22+	05:40+	02:46+	09:18+	04:44+	04:26+	03:20+	07:24+	06:45+	03:32+	03:22+	12:06+	04:24+	03:23+	01:23+										
02:43@	00:45#	03:48&	03:09@	00:15+	03:24&	00:58&	00:43#	00:16+	00:53#	02:31&	00:31#	00:17+	05:57&	00:57&	01:30&	00:16#										
6	Brit Skjelbred												1141		1:32:57											
04:41+	10:02+	20:12+	25:56+	28:41+	37:52+	42:51+	47:13+	50:38+	58:06+	64:48+	68:08+	71:32+	83:34+	88:14+	91:22+	92:57+										
04:41+	05:21+	10:10+	05:44+	02:45+	09:11+	04:59+	04:22+	03:25+	07:28+	06:42+	03:20+	03:24+	12:02+	04:40+	03:08+	01:35+										
02:52@	00:44#	03:36&	03:13@	00:14+	03:17&	01:13&	00:39#	00:21#	00:57#	02:28&	00:19#	00:19#	05:53&	01:13&	01:15&	00:28&										

Beste strekktid for klassen

01:49	04:13	06:33	02:31	02:00	05:54	03:46	03:42	03:04	02:57	04:14	03:01	02:59	06:09	03:27	01:47	01:07
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D80

1	Helga Aaslid													3529		43:00	
	00:59=	03:51=	07:30=	12:01=	14:57=	17:20=	20:30=	26:06=	28:23=	31:29=	34:22=	36:32=	39:21=	41:53=	43:00=		
	00:59=	02:52=	03:39=	04:31=	02:56=	02:23=	03:10=	05:36=	02:17=	03:06=	02:53=	02:10=	02:49=	02:32=	01:07=		
	00:00=	00:00=	00:00=	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		44:35	
	00:43-	04:06+	08:19+	12:51+	15:19+	17:09-	18:52-	24:16-	26:35-	30:02-	32:03-	34:09-	40:54+	43:38+	44:35+		
	00:43-	03:23+	04:13+	04:32+	02:28-	01:50-	01:43-	05:24-	02:19+	03:27+	02:01-	02:06-	06:45+	02:44+	00:57-		
	00:16-	00:31#	00:34#	00:01+	00:28-	00:33-	01:27-	00:12-	00:02+	00:21#	00:52-	00:04-	03:56@	00:12+	00:10-		
3	Turid Nystrøm													874		45:58	
	03:57+	07:32+	11:04+	15:05+	17:57+	20:23+	23:31+	29:00+	30:58+	34:20+	36:19+	38:19+	40:23+	44:49+	45:58+		
	03:57+	03:35+	03:32-	04:01-	02:52-	02:26+	03:08-	05:29-	01:58-	03:22+	01:59-	02:00-	02:04-	04:26+	01:09+		
	02:58@	00:43#	00:07-	00:30-	00:04-	00:03+	00:02-	00:07-	00:19-	00:16+	00:54-	00:10-	00:45-	01:54&	00:02+		

Beste strekktid for klassen

00:43	02:52	03:32	04:01	02:28	01:50	01:43	05:24	01:58	03:06	01:59	02:00	02:04	02:32	00:57
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

DA

1	Aud Hognestad Taksdal											892		34:29										
00:46=	02:33=	05:55=	07:10=	08:10=	09:50=	12:02=	13:06=	14:04=	15:52=	16:52=	17:21=	18:21=	20:49=	23:23=	25:30=	27:05=	27:50=	28:52=	31:04=	32:22=	32:46=	33:55=	34:29=	
00:46=	01:47=	03:22=	01:15=	01:00=	01:40=	02:12=	01:04=	00:58=	01:48=	01:00=	00:29=	01:00=	02:28=	02:34=	02:07=	01:35=	00:45=	01:02=	02:12=	01:18=	00:24=	01:09=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	

Plass	Navn	Klasse	Tid
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DA

2	Marie Line Furland												769	38:26											
00:55+	02:48+	05:47-	07:17+	08:29+	10:23+	12:51+	14:06+	15:08+	17:17+	18:31+	19:01+	19:39+	22:21+	25:08+	27:52+	29:33+	30:19+	31:36+	34:40+	36:00+	36:27+	37:46+	38:26+		
00:55+	01:53+	02:59-	01:30+	01:12+	01:54+	02:28+	01:15+	01:02+	02:09+	01:14+	00:30+	00:38-	02:42+	02:47+	02:44+	01:41+	00:46+	01:17+	03:04+	01:20+	00:27+	01:19+	00:40+		
00:09#	00:06+	00:23-	00:15#	00:12#	00:14#	00:16#	00:11#	00:04+	00:21#	00:14#	00:01+	00:22-	00:14+	00:13+	00:37&	00:06+	00:01+	00:15#	00:52&	00:02+	00:03#	00:10#	00:06#		
3	Trine Bolstad Scheie												769	40:56											
01:22+	03:27+	06:53+	08:18+	09:23+	11:31+	13:57+	15:19+	16:32+	18:45+	19:51+	20:22+	21:06+	24:19+	27:20+	30:21+	32:07+	33:18+	34:21+	36:56+	38:27+	38:58+	40:13+	40:56+		
01:22+	02:05+	03:26+	01:25+	01:05+	02:08+	02:26+	01:22+	01:13+	02:13+	01:06+	00:31+	00:44+	03:13+	03:01+	03:01+	01:46+	01:11+	01:03+	02:35+	01:31+	00:31+	01:15+	00:43+		
01:22+	02:05+	03:26+	01:25+	01:05+	02:08+	02:26+	01:22+	01:13+	02:13+	01:06+	00:31+	00:44+	03:13+	03:01+	03:01+	01:46+	01:11+	01:03+	02:35+	01:31+	00:31+	01:15+	00:43+		
4	Katrine Haaland Leveraas												896	41:32											
01:11+	02:57+	06:04+	08:01+	09:02+	11:16+	14:53+	16:32+	17:38+	19:27+	21:11+	21:44+	22:31+	25:04+	28:13+	30:51+	32:45+	33:30+	35:23+	37:40+	39:06+	39:50+	40:59+	41:32+		
01:11+	01:46+	03:07+	01:57+	01:01+	02:14+	03:37+	01:39+	01:06+	01:49+	01:44+	00:33+	00:47+	02:33+	03:09+	02:38+	01:54+	00:45+	01:53+	02:17+	01:26+	00:44+	01:09+	00:33+		
01:11+	01:46+	03:07+	01:57+	01:01+	02:14+	03:37+	01:39+	01:06+	01:49+	01:44+	00:33+	00:47+	02:33+	03:09+	02:38+	01:54+	00:45+	01:53+	02:17+	01:26+	00:44+	01:09+	00:33+		
5	Jorunn Hadland												3502	43:20											
01:39+	03:27+	06:32+	08:02+	09:05+	10:43+	13:19+	14:52+	15:57+	18:13+	20:16+	20:58+	23:39+	26:21+	29:35+	32:06+	33:41+	34:26+	35:32+	38:55+	40:18+	41:24+	42:41+	43:20+		
01:39+	01:48+	03:05+	01:30+	01:03+	01:38+	02:36+	01:33+	01:05+	02:16+	02:03+	00:42+	02:41+	02:42+	03:14+	02:31+	01:35+	00:45+	01:06+	03:23+	01:23+	01:06+	01:17+	00:39+		
01:39+	01:48+	03:05+	01:30+	01:03+	01:38+	02:36+	01:33+	01:05+	02:16+	02:03+	00:42+	02:41+	02:42+	03:14+	02:31+	01:35+	00:45+	01:06+	03:23+	01:23+	01:06+	01:17+	00:39+		
6	Aina Kalsaas Urstad												4232	48:36											
01:03+	03:07+	06:51+	08:51+	10:22+	13:03+	16:00+	17:40+	19:20+	21:47+	23:12+	23:48+	24:52+	28:24+	32:20+	35:21+	38:06+	39:15+	40:35+	43:35+	45:24+	46:20+	47:55+	48:36+		
01:03+	02:04+	03:44+	02:00+	01:31+	02:41+	02:57+	01:40+	01:40+	02:27+	01:25+	00:36+	01:04+	03:32+	03:56+	03:01+	02:45+	01:09+	01:20+	03:00+	01:49+	00:56+	01:35+	00:41+		
01:03+	02:04+	03:44+	02:00+	01:31+	02:41+	02:57+	01:40+	01:40+	02:27+	01:25+	00:36+	01:04+	03:32+	03:56+	03:01+	02:45+	01:09+	01:20+	03:00+	01:49+	00:56+	01:35+	00:41+		
7	Matilde Skjæveland Skår												3486	48:53											
00:55+	02:59+	08:05+	09:35+	11:02+	13:52+	16:24+	19:25+	20:41+	23:17+	24:41+	25:12+	26:47+	29:52+	32:52+	35:51+	38:33+	39:17+	40:48+	44:09+	45:48+	46:39+	48:12+	48:53+		
00:55+	02:04+	05:06+	01:30+	01:27+	02:50+	02:32+	03:01+	01:16+	02:36+	01:24+	00:31+	01:35+	03:05+	03:00+	02:59+	02:42+	00:44+	01:31+	03:21+	01:39+	00:51+	01:33+	00:41+		
00:55+	02:04+	05:06+	01:30+	01:27+	02:50+	02:32+	03:01+	01:16+	02:36+	01:24+	00:31+	01:35+	03:05+	03:00+	02:59+	02:42+	00:44+	01:31+	03:21+	01:39+	00:51+	01:33+	00:41+		

Beste strekktid for klassen

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

DB

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

Plass	Navn	Klasse	Tid
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DB

7	Agnes Haker											1284	50:56										
01:47-	04:22-	07:22-	11:16+	11:51+	14:41+	18:57+	19:51+	21:50+	23:14+	25:52+	27:51+	31:55+	32:58+	34:13+	37:13+	38:59+	40:19+	41:21+	45:41+	48:03+	50:05+	50:56+	
01:47-	02:35-	03:00-	03:54+	00:35-	02:50+	04:16+	00:54-	01:59+	01:24-	02:38+	01:59+	04:04+	01:03+	01:15-	03:00+	01:46+	01:20+	01:02+	04:20+	02:22+	02:02+	00:51+	
00:06-	00:10-	00:59-	02:01@	00:09-	00:49&	01:11&	00:13-	00:18#	00:10-	00:16#	00:04+	00:39#	00:30&	00:14-	00:39&	00:02+	00:08#	00:08#	02:39@	00:05+	00:09+	00:11&	
8	Kristin Breivold											892	51:46										
02:18+	05:04+	07:55+	10:21+	11:09+	14:05+	17:42+	19:07+	20:52+	22:42+	25:28+	27:32+	31:56+	32:47+	34:18+	37:52+	40:00+	41:32+	42:33+	46:31+	48:55+	51:01+	51:46+	
02:18+	02:46+	02:51+	02:26+	00:48+	02:56+	03:37+	01:25+	01:45+	01:50+	02:46+	02:04+	04:24+	00:51+	01:31+	03:34+	02:08+	01:32+	01:01+	03:58+	02:24+	02:06+	00:45+	
02:18+	02:46+	02:51+	02:26+	00:48+	02:56+	03:37+	01:25+	01:45+	01:50+	02:46+	02:04+	04:24+	00:51+	01:31+	03:34+	02:08+	01:32+	01:01+	03:58+	02:24+	02:06+	00:45+	
9	Heidi Martby-Skogsholm											3522	58:10										
02:34+	05:43+	08:48+	15:05+	15:55+	18:32+	20:35+	22:13+	24:06+	26:12+	29:17+	31:38+	37:19+	38:37+	41:03+	44:10+	46:23+	48:06+	49:29+	51:45+	54:32+	57:33+	58:10+	
02:34+	03:09+	03:05+	06:17+	00:50+	02:37+	02:03+	01:38+	01:53+	02:06+	03:05+	02:21+	05:41+	01:18+	02:26+	03:07+	02:13+	01:43+	01:23+	02:16+	02:47+	03:01+	00:37+	
02:34+	03:09+	03:05+	06:17+	00:50+	02:37+	02:03+	01:38+	01:53+	02:06+	03:05+	02:21+	05:41+	01:18+	02:26+	03:07+	02:13+	01:43+	01:23+	02:16+	02:47+	03:01+	00:37+	
10	Guro Myhre											4371	1:11:50										
03:46+	10:39+	14:02+	17:00+	17:53+	21:51+	25:11+	26:27+	28:43+	31:09+	34:09+	37:05+	44:04+	44:41+	48:33+	51:58+	54:45+	56:32+	58:05+	61:04+	64:58+	71:03+	71:50+	
03:46+	06:53+	03:23+	02:58+	00:53+	03:58+	03:20+	01:16+	02:16+	02:26+	03:00+	02:56+	06:59+	00:37+	03:52+	03:25+	02:47+	01:47+	01:33+	02:59+	03:54+	06:05+	00:47+	
03:46+	06:53+	03:23+	02:58+	00:53+	03:58+	03:20+	01:16+	02:16+	02:26+	03:00+	02:56+	06:59+	00:37+	03:52+	03:25+	02:47+	01:47+	01:33+	02:59+	03:54+	06:05+	00:47+	

Beste strekktid for klassen

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

DNY

1	June Stensland										3529									
01:56=	03:23=	05:31=	06:51=	08:46=	10:25=	12:24=	14:43=	15:58=	17:14=	18:17=										
01:56=	01:27=	02:08=	01:20=	01:55=	01:39=	01:59=	02:19=	01:15=	01:16=	01:03=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										

Beste strekktid for klassen

01:56	01:27	02:08	01:20	01:55	01:39	01:59	02:19	01:15	01:16	01:03
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

DT

1	Sigrund Serigstad												879					32:10
02:02=	04:21=	05:22=	08:31=	09:46=	14:26=	15:50=	17:41=	23:04=	25:55=	27:22=	28:24=	31:32=	32:10=					
02:02=	02:19=	01:01=	03:09=	01:15=	04:40=	01:24=	01:51=	05:23=	02:51=	01:27=	01:02=	03:08=	00:38=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Camilla Lillebø Gundersen												793					32:17
01:29-	03:59-	04:56-	08:24-	09:13-	14:42+	16:18+	18:21+	22:51-	25:40-	27:49+	29:01+	31:34+	32:17+					
01:29-	02:30+	00:57-	03:28+	00:49-	05:29+	01:36+	02:03+	04:30-	02:49-	02:09+	01:12+	02:33-	00:43+					
00:33-	00:11+	00:04-	00:19#	00:26-	00:49#	00:12#	00:12#	00:53-	00:02-	00:42&	00:10#	00:35-	00:05#					
3	Elisa Møller												769					35:35
01:38-	04:18-	05:16-	09:25+	10:27+	15:27+	17:00+	21:11+	25:20+	27:51+	30:53+	32:13+	34:49+	35:35+					
01:38-	02:40+	00:58-	04:09+	01:02-	05:00+	01:33+	04:11+	04:09-	02:31-	03:02+	01:20+	02:36-	00:46+					
00:24-	00:21#	00:03-	01:00&	00:13-	00:20+	00:09#	02:20@	01:14-	00:20-	01:35@	00:18&	00:32-	00:08#					
4	Therese Østbø												896					36:26
02:00-	04:27+	05:45+	09:38+	10:44+	16:17+	17:58+	20:14+	25:40+	29:06+	31:00+	32:16+	35:33+	36:26+					
02:00-	02:27+	01:18+	03:53+	01:06-	05:33+	01:41+	02:16+	05:26+	03:26+	01:54+	01:16+	03:17+	00:53+					
00:02-	00:08+	00:17&	00:44#	00:09-	00:53#	00:17#	00:25#	00:03+	00:35#	00:27&	00:14#	00:09+	00:15&					
5	Goedele Taveirne												896					36:31
02:42+	05:18+	06:34+	10:21+	11:25+	16:54+	18:55+	22:53+	27:00+	29:39+	31:30+	32:52+	35:35+	36:31+					
02:42+	02:36+	01:16+	03:47+	01:04-	05:29+	02:01+	03:58+	04:07-	02:39-	01:51+	01:22+	02:43-	00:56+					
00:40&	00:17#	00:15#	00:38#	00:11-	00:49#	00:37&	02:07@	01:16-	00:12-	00:24&	00:20&	00:25-	00:18&					



Plass	Navn			Klasse						Tid					
DT															
6	Anna Nærland			3559						36:40					
02:29+	04:54+	07:26+	10:58+	11:55+	16:41+	21:05+	23:06+	27:01+	29:30+	31:39+	33:07+	35:40+	36:40+		
02:29+	02:25+	02:32+	03:32+	00:57-	04:46+	04:24+	02:01+	03:55-	02:29-	02:09+	01:28+	02:33-	01:00+		
00:27#	00:06+	01:31@	00:23#	00:18-	00:06+	03:00@	00:10+	01:28-	00:22-	00:42&	00:26&	00:35-	00:22&		
7	Anna Hole			3503						37:48					
01:54+	04:29+	05:47+	10:09+	11:15+	18:16+	20:00+	21:54+	27:05+	30:04+	32:14+	33:48+	36:55+	37:48+		
01:54+	02:35+	01:18+	04:22+	01:06+	07:01+	01:44+	01:54+	05:11+	02:59+	02:10+	01:34+	03:07+	00:53+		
01:54+	02:35+	01:18+	04:22+	01:06+	07:01+	01:44+	01:54+	05:11+	02:59+	02:10+	01:34+	03:07+	00:53+		
8	Silje Myklebust			3529						38:16					
01:23+	03:50+	04:51+	09:04+	10:04+	15:00+	17:21+	19:23+	27:34+	30:27+	33:04+	34:24+	37:21+	38:16+		
01:23+	02:27+	01:01+	04:13+	01:00+	04:56+	02:21+	02:02+	08:11+	02:53+	02:37+	01:20+	02:57+	00:55+		
01:23+	02:27+	01:01+	04:13+	01:00+	04:56+	02:21+	02:02+	08:11+	02:53+	02:37+	01:20+	02:57+	00:55+		
9	Bergljot Brekken			3529						42:15					
01:13+	03:53+	04:44+	08:38+	09:33+	14:43+	20:46+	25:49+	31:06+	33:54+	35:49+	37:08+	41:18+	42:15+		
01:13+	02:40+	00:51+	03:54+	00:55+	05:10+	06:03+	05:03+	05:17+	02:48+	01:55+	01:19+	04:10+	00:57+		
01:13+	02:40+	00:51+	03:54+	00:55+	05:10+	06:03+	05:03+	05:17+	02:48+	01:55+	01:19+	04:10+	00:57+		
10	Bente Klausen			769						42:33					
03:06+	06:04+	07:46+	13:23+	15:11+	20:48+	22:57+	26:07+	30:59+	34:24+	36:20+	37:55+	41:41+	42:33+		
03:06+	02:58+	01:42+	05:37+	01:48+	05:37+	02:09+	03:10+	04:52+	03:25+	01:56+	01:35+	03:46+	00:52+		
03:06+	02:58+	01:42+	05:37+	01:48+	05:37+	02:09+	03:10+	04:52+	03:25+	01:56+	01:35+	03:46+	00:52+		
11	Kristine Aasland			3524						43:05					
01:52+	04:29+	05:46+	09:52+	10:44+	16:05+	18:09+	22:55+	29:50+	34:32+	36:36+	38:47+	41:56+	43:05+		
01:52+	02:37+	01:17+	04:06+	00:52+	05:21+	02:04+	04:46+	06:55+	04:42+	02:04+	02:11+	03:09+	01:09+		
01:52+	02:37+	01:17+	04:06+	00:52+	05:21+	02:04+	04:46+	06:55+	04:42+	02:04+	02:11+	03:09+	01:09+		
12	Karolina Lenart			1376						43:23					
02:10+	04:55+	05:54+	10:01+	10:54+	16:07+	17:51+	27:54+	32:43+	35:31+	38:23+	39:40+	42:28+	43:23+		
02:10+	02:45+	00:59+	04:07+	00:53+	05:13+	01:44+	10:03+	04:49+	02:48+	02:52+	01:17+	02:48+	00:55+		
02:10+	02:45+	00:59+	04:07+	00:53+	05:13+	01:44+	10:03+	04:49+	02:48+	02:52+	01:17+	02:48+	00:55+		
13	Elin Norveel			722						43:58					
01:55+	05:03+	06:13+	10:30+	11:34+	17:42+	19:41+	26:08+	31:14+	36:04+	38:21+	39:51+	42:52+	43:58+		
01:55+	03:08+	01:10+	04:17+	01:04+	06:08+	01:59+	06:27+	05:06+	04:50+	02:17+	01:30+	03:01+	01:06+		
01:55+	03:08+	01:10+	04:17+	01:04+	06:08+	01:59+	06:27+	05:06+	04:50+	02:17+	01:30+	03:01+	01:06+		
14	Inger Narvestad Anda			896						44:26					
02:02+	04:38+	06:06+	11:29+	12:51+	18:38+	21:00+	28:42+	33:10+	36:22+	38:22+	40:03+	43:22+	44:26+		
02:02+	02:36+	01:28+	05:23+	01:22+	05:47+	02:22+	07:42+	04:28+	03:12+	02:00+	01:41+	03:19+	01:04+		
02:02+	02:36+	01:28+	05:23+	01:22+	05:47+	02:22+	07:42+	04:28+	03:12+	02:00+	01:41+	03:19+	01:04+		
15	Cecilie Lidal			722						44:56					
01:59+	04:30+	06:44+	12:15+	13:04+	19:09+	20:52+	27:25+	32:33+	36:15+	38:39+	40:12+	44:08+	44:56+		
01:59+	02:31+	02:14+	05:31+	00:49+	06:05+	01:43+	06:33+	05:08+	03:42+	02:24+	01:33+	03:56+	00:48+		
01:59+	02:31+	02:14+	05:31+	00:49+	06:05+	01:43+	06:33+	05:08+	03:42+	02:24+	01:33+	03:56+	00:48+		
16	Randi Sørhus			722						45:02					
02:01+	04:35+	06:42+	12:17+	13:06+	19:13+	21:03+	27:35+	32:30+	36:20+	38:46+	40:19+	44:11+	45:02+		
02:01+	02:34+	02:07+	05:35+	00:49+	06:07+	01:50+	06:32+	04:55+	03:50+	02:26+	01:33+	03:52+	00:51+		
02:01+	02:34+	02:07+	05:35+	00:49+	06:07+	01:50+	06:32+	04:55+	03:50+	02:26+	01:33+	03:52+	00:51+		
17	Ruth Grødem			722						45:54					
02:08+	05:43+	07:39+	12:56+	14:29+	21:55+	24:35+	27:40+	33:00+	36:12+	38:36+	40:31+	44:38+	45:54+		
02:08+	03:35+	01:56+	05:17+	01:33+	07:26+	02:40+	03:05+	05:20+	03:12+	02:24+	01:55+	04:07+	01:16+		
02:08+	03:35+	01:56+	05:17+	01:33+	07:26+	02:40+	03:05+	05:20+	03:12+	02:24+	01:55+	04:07+	01:16+		
18	Linda Haukås			3551						46:54					
02:16+	07:18+	08:32+	15:58+	17:10+	23:27+	25:28+	28:16+	33:54+	37:04+	40:00+	41:48+	45:40+	46:54+		
02:16+	05:02+	01:14+	07:26+	01:12+	06:17+	02:01+	02:48+	05:38+	03:10+	02:56+	01:48+	03:52+	01:14+		
02:16+	05:02+	01:14+	07:26+	01:12+	06:17+	02:01+	02:48+	05:38+	03:10+	02:56+	01:48+	03:52+	01:14+		
19	Elisabet Horpestad			896						47:41					
06:57+	10:17+	11:19+	17:04+	18:05+	24:01+	28:09+	30:31+	34:48+	38:32+	42:28+	43:45+	46:58+	47:41+		
06:57+	03:20+	01:02+	05:45+	01:01+	05:56+	04:08+	02:22+	04:17+	03:44+	03:56+	01:17+	03:13+	00:43+		
06:57+	03:20+	01:02+	05:45+	01:01+	05:56+	04:08+	02:22+	04:17+	03:44+	03:56+	01:17+	03:13+	00:43+		

Plass	Navn				Klasse				Tid							
DT																
20	Solbjørg Borgersen				3536				48:21							
02:05+	06:10+	07:32+	12:55+	14:07+	23:37+	25:31+	29:34+	34:07+	39:29+	41:53+	43:29+	47:12+	48:21+			
02:05+	04:05+	01:22+	05:23+	01:12+	09:30+	01:54+	04:03+	04:33+	05:22+	02:24+	01:36+	03:43+	01:09+			
02:05+	04:05+	01:22+	05:23+	01:12+	09:30+	01:54+	04:03+	04:33+	05:22+	02:24+	01:36+	03:43+	01:09+			
21	Tone M. Seglem Giske				1683				48:38							
01:56+	05:33+	06:59+	13:47+	15:00+	22:38+	26:01+	29:09+	35:02+	38:17+	41:16+	43:58+	47:39+	48:38+			
01:56+	03:37+	01:26+	06:48+	01:13+	07:38+	03:23+	03:08+	05:53+	03:15+	02:59+	02:42+	03:41+	00:59+			
01:56+	03:37+	01:26+	06:48+	01:13+	07:38+	03:23+	03:08+	05:53+	03:15+	02:59+	02:42+	03:41+	00:59+			
22	Kate Evensen				3556				49:26							
01:26+	04:15+	07:27+	15:04+	16:15+	21:57+	23:48+	26:08+	30:40+	33:20+	41:40+	43:12+	48:21+	49:26+			
01:26+	02:49+	03:12+	07:37+	01:11+	05:42+	01:51+	02:20+	04:32+	02:40+	08:20+	01:32+	05:09+	01:05+			
01:26+	02:49+	03:12+	07:37+	01:11+	05:42+	01:51+	02:20+	04:32+	02:40+	08:20+	01:32+	05:09+	01:05+			
23	Margretha Almedal				1376				50:08							
04:39+	07:21+	10:32+	19:06+	20:31+	28:32+	30:03+	33:51+	39:10+	41:49+	43:49+	45:36+	49:15+	50:08+			
04:39+	02:42+	03:11+	08:34+	01:25+	08:01+	01:31+	03:48+	05:19+	02:39+	02:00+	01:47+	03:39+	00:53+			
04:39+	02:42+	03:11+	08:34+	01:25+	08:01+	01:31+	03:48+	05:19+	02:39+	02:00+	01:47+	03:39+	00:53+			
24	Eli Thorset Våge				896				50:52							
03:57+	07:21+	08:46+	13:56+	15:15+	22:12+	24:57+	29:37+	36:29+	40:40+	43:16+	45:27+	49:09+	50:52+			
03:57+	03:24+	01:25+	05:10+	01:19+	06:57+	02:45+	04:40+	06:52+	04:11+	02:36+	02:11+	03:42+	01:43+			
03:57+	03:24+	01:25+	05:10+	01:19+	06:57+	02:45+	04:40+	06:52+	04:11+	02:36+	02:11+	03:42+	01:43+			
25	Kate Lie				892				1:01:12							
03:16+	10:33+	12:38+	18:54+	20:28+	28:13+	32:11+	36:37+	44:22+	49:41+	52:56+	55:19+	59:25+	61:12+			
03:16+	07:17+	02:05+	06:16+	01:34+	07:45+	03:58+	04:26+	07:45+	05:19+	03:15+	02:23+	04:06+	01:47+			
03:16+	07:17+	02:05+	06:16+	01:34+	07:45+	03:58+	04:26+	07:45+	05:19+	03:15+	02:23+	04:06+	01:47+			
26	Monica Nesse				892				1:02:09							
04:11+	11:37+	13:39+	19:38+	21:23+	29:08+	33:05+	37:43+	45:17+	50:36+	53:52+	56:09+	60:22+	62:09+			
04:11+	07:26+	02:02+	05:59+	01:45+	07:45+	03:57+	04:38+	07:34+	05:19+	03:16+	02:17+	04:13+	01:47+			
04:11+	07:26+	02:02+	05:59+	01:45+	07:45+	03:57+	04:38+	07:34+	05:19+	03:16+	02:17+	04:13+	01:47+			
27	May Kristin Haaland				3511				1:05:30							
03:02+	07:57+	10:03+	17:50+	19:55+	29:55+	34:29+	38:48+	46:54+	51:45+	55:14+	57:41+	63:45+	65:30+			
03:02+	04:55+	02:06+	07:47+	02:05+	10:00+	04:34+	04:19+	08:06+	04:51+	03:29+	02:27+	06:04+	01:45+			
03:02+	04:55+	02:06+	07:47+	02:05+	10:00+	04:34+	04:19+	08:06+	04:51+	03:29+	02:27+	06:04+	01:45+			
28	Helene Verdal Hidle				1830				1:07:20							
02:10+	05:19+	06:35+	10:54+	12:16+	18:12+	19:55+	22:43+	46:35+	53:45+	58:59+	60:55+	66:40+	67:20+			
02:10+	03:09+	01:16+	04:19+	01:22+	05:56+	01:43+	02:48+	23:52+	07:10+	05:14+	01:56+	05:45+	00:40+			
02:10+	03:09+	01:16+	04:19+	01:22+	05:56+	01:43+	02:48+	23:52+	07:10+	05:14+	01:56+	05:45+	00:40+			
29	Agnete Dedekam Stabel				1758				1:14:35							
14:53+	19:38+	23:03+	30:07+	31:12+	38:01+	40:27+	47:48+	55:12+	61:20+	64:02+	65:39+	73:27+	74:35+			
14:53+	04:45+	03:25+	07:04+	01:05+	06:49+	02:26+	07:21+	07:24+	06:08+	02:42+	01:37+	07:48+	01:08+			
14:53+	04:45+	03:25+	07:04+	01:05+	06:49+	02:26+	07:21+	07:24+	06:08+	02:42+	01:37+	07:48+	01:08+			
30	Karin Jensvold				722				1:38:22							
09:00+	16:24+	19:28+	43:16+	45:36+	56:48+	60:47+	66:59+	75:49+	81:04+	84:38+	87:13+	96:20+	98:22+			
09:00+	07:24+	03:04+	23:48+	02:20+	11:12+	03:59+	06:12+	08:50+	05:15+	03:34+	02:35+	09:07+	02:02+			
09:00+	07:24+	03:04+	23:48+	02:20+	11:12+	03:59+	06:12+	08:50+	05:15+	03:34+	02:35+	09:07+	02:02+			
31	Ingrid Lohne				722				1:39:48							
10:24+	17:48+	20:56+	44:41+	46:56+	58:13+	62:19+	68:22+	77:14+	82:28+	86:09+	88:37+	97:52+	99:48+			
10:24+	07:24+	03:08+	23:45+	02:15+	11:17+	04:06+	06:03+	08:52+	05:14+	03:41+	02:28+	09:15+	01:56+			
10:24+	07:24+	03:08+	23:45+	02:15+	11:17+	04:06+	06:03+	08:52+	05:14+	03:41+	02:28+	09:15+	01:56+			

Beste strekktid for klassen

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

H16

Plass	Navn	Klasse										Tid													
H16																									
1	Børge Grødem										3619										39:07				
01:57=	04:15=	06:28=	08:20=	08:54=	12:16=	13:57=	14:52=	16:35=	18:04=	20:00=	21:28=	25:13=	25:45=	27:25=	29:35=	31:10=	32:25=	33:16=	35:04=	36:57=	38:21=	39:07=			
01:57=	02:18=	02:13=	01:52=	00:34=	03:22=	01:41=	00:55=	01:43=	01:29=	01:56=	01:28=	03:45=	00:32=	01:40=	02:10=	01:35=	01:15=	00:51=	01:48=	01:53=	01:24=	00:46=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Truls Thorkildsen										2074										43:56				
01:54+	04:11+	06:46+	10:43+	11:13+	13:41+	15:40+	16:38+	17:53+	19:12+	21:30+	23:17+	27:33+	28:39+	30:05+	32:37+	34:10+	36:08+	37:05+	39:45+	41:43+	43:19+	43:56+			
01:54+	02:17+	02:35+	03:57+	00:30+	02:28+	01:59+	00:58+	01:15+	01:19+	02:18+	01:47+	04:16+	01:06+	01:26+	02:32+	01:33+	01:58+	00:57+	02:40+	01:58+	01:36+	00:37+			
01:54+	02:17+	02:35+	03:57+	00:30+	02:28+	01:59+	00:58+	01:15+	01:19+	02:18+	01:47+	04:16+	01:06+	01:26+	02:32+	01:33+	01:58+	00:57+	02:40+	01:58+	01:36+	00:37+			
3	Alexander Romanov										3562										45:34				
02:06+	04:46+	07:27+	09:16+	10:12+	13:29+	14:51+	15:45+	17:15+	19:18+	21:32+	23:10+	26:42+	27:37+	29:16+	31:39+	33:16+	34:45+	36:07+	39:31+	43:14+	44:54+	45:34+			
02:06+	02:40+	02:41+	01:49+	00:56+	03:17+	01:22+	00:54+	01:30+	02:03+	02:14+	01:38+	03:32+	00:55+	01:39+	02:23+	01:37+	01:29+	01:22+	03:24+	03:43+	01:40+	00:40+			
02:06+	02:40+	02:41+	01:49+	00:56+	03:17+	01:22+	00:54+	01:30+	02:03+	02:14+	01:38+	03:32+	00:55+	01:39+	02:23+	01:37+	01:29+	01:22+	03:24+	03:43+	01:40+	00:40+			
4	Anders Frøylog										3502										45:42				
02:05+	04:20+	06:44+	09:05+	09:40+	12:36+	17:33+	18:37+	20:06+	21:33+	24:07+	26:03+	29:54+	31:03+	32:34+	35:34+	37:18+	38:21+	39:14+	40:58+	43:14+	45:00+	45:42+			
02:05+	02:15+	02:24+	02:21+	00:35+	02:56+	04:57+	01:04+	01:29+	01:27+	02:34+	01:56+	03:51+	01:09+	01:31+	03:00+	01:44+	01:03+	00:53+	01:44+	02:16+	01:46+	00:42+			
02:05+	02:15+	02:24+	02:21+	00:35+	02:56+	04:57+	01:04+	01:29+	01:27+	02:34+	01:56+	03:51+	01:09+	01:31+	03:00+	01:44+	01:03+	00:53+	01:44+	02:16+	01:46+	00:42+			
5	Bendix Gjøstad Smith										892										46:38				
02:18+	04:39+	07:27+	09:34+	10:11+	12:38+	14:27+	15:51+	17:40+	19:27+	22:30+	24:42+	29:39+	30:38+	32:10+	34:30+	36:32+	38:18+	39:24+	41:51+	44:15+	46:02+	46:38+			
02:18+	02:21+	02:48+	02:07+	00:37+	02:27+	01:49+	01:24+	01:49+	01:47+	03:03+	02:12+	04:57+	00:59+	01:32+	02:20+	02:02+	01:46+	01:06+	02:27+	02:24+	01:47+	00:36+			
02:18+	02:21+	02:48+	02:07+	00:37+	02:27+	01:49+	01:24+	01:49+	01:47+	03:03+	02:12+	04:57+	00:59+	01:32+	02:20+	02:02+	01:46+	01:06+	02:27+	02:24+	01:47+	00:36+			
6	Bernt Christian Bugge										3676										49:39				
01:53+	04:33+	06:50+	08:41+	09:23+	11:55+	14:04+	15:21+	17:10+	18:36+	21:20+	23:07+	27:21+	28:25+	32:10+	34:34+	36:35+	39:52+	40:39+	44:42+	46:57+	49:03+	49:39+			
01:53+	02:40+	02:17+	01:51+	00:42+	02:32+	02:09+	01:17+	01:49+	01:26+	02:44+	01:47+	04:14+	01:04+	03:45+	02:24+	02:01+	03:17+	00:47+	04:03+	02:15+	02:06+	00:36+			
01:53+	02:40+	02:17+	01:51+	00:42+	02:32+	02:09+	01:17+	01:49+	01:26+	02:44+	01:47+	04:14+	01:04+	03:45+	02:24+	02:01+	03:17+	00:47+	04:03+	02:15+	02:06+	00:36+			
7	Øyvind Rustan										722										49:47				
02:20+	11:14+	13:38+	15:25+	16:10+	19:30+	21:10+	22:13+	23:52+	25:21+	27:32+	29:20+	34:25+	34:50+	36:14+	38:19+	39:56+	41:15+	42:13+	44:48+	47:25+	49:04+	49:47+			
02:20+	08:54+	02:24+	01:47+	00:45+	03:20+	01:40+	01:03+	01:39+	01:29+	02:11+	01:48+	05:05+	00:25+	01:24+	02:05+	01:37+	01:19+	00:58+	02:35+	02:37+	01:39+	00:43+			
02:20+	08:54+	02:24+	01:47+	00:45+	03:20+	01:40+	01:03+	01:39+	01:29+	02:11+	01:48+	05:05+	00:25+	01:24+	02:05+	01:37+	01:19+	00:58+	02:35+	02:37+	01:39+	00:43+			
8	Magnus Kristoffersen										3676										52:52				
02:25+	05:09+	07:50+	11:18+	12:12+	15:40+	17:50+	19:27+	22:16+	24:14+	26:46+	29:05+	34:10+	35:03+	37:06+	39:27+	42:16+	43:24+	44:28+	46:35+	50:13+	52:16+	52:52+			
02:25+	02:44+	02:41+	03:28+	00:54+	03:28+	02:10+	01:37+	02:49+	01:58+	02:32+	02:19+	05:05+	00:53+	02:03+	02:21+	02:49+	01:08+	01:04+	02:07+	03:38+	02:03+	00:36+			
02:25+	02:44+	02:41+	03:28+	00:54+	03:28+	02:10+	01:37+	02:49+	01:58+	02:32+	02:19+	05:05+	00:53+	02:03+	02:21+	02:49+	01:08+	01:04+	02:07+	03:38+	02:03+	00:36+			
9	Rune Hagen Maudal										3524										1:02:46				
03:28+	06:46+	10:16+	14:36+	15:19+	19:16+	22:02+	24:37+	26:59+	29:02+	32:31+	35:19+	39:59+	40:57+	42:33+	45:49+	49:01+	51:00+	52:31+	56:16+	59:29+	61:56+	62:46+			
03:28+	03:18+	03:30+	04:20+	00:43+	03:57+	02:46+	02:35+	02:22+	02:03+	03:29+	02:48+	04:40+	00:58+	01:36+	03:16+	03:12+	01:59+	01:31+	03:45+	03:13+	02:27+	00:50+			
03:28+	03:18+	03:30+	04:20+	00:43+	03:57+	02:46+	02:35+	02:22+	02:03+	03:29+	02:48+	04:40+	00:58+	01:36+	03:16+	03:12+	01:59+	01:31+	03:45+	03:13+	02:27+	00:50+			
Beste strekktid for klassen																									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																									
H40																									
1	Rune Dahl Fitjar										1754										41:30				
01:54=	04:14=	07:01=	08:58=	09:37=	11:50=	13:39=	14:49=	16:23=	18:06=	20:42=	22:52=	26:24=	27:01=	28:20=	30:47=	32:30=	33:36=	34:38=	36:29=	38:55=	40:55=	41:30=			
01:54=	02:20=	02:47=	01:57=	00:39=	02:13=	01:49=	01:10=	01:34=	01:43=	02:36=	02:10=	03:32=	00:37=	01:19=	02:27=	01:43=	01:06=	01:02=	01:51=	02:26=	02:00=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Per Simensen										3725										43:38				
02:46+	05:12+	07:34+	09:49+	10:29+	13:10+	15:02+	16:25+	18:05+	19:35+	22:08+	23:51+	27:41+	28:27+	29:52+	32:34+	34:21+	35:35+	36:39+	38:45+	41:07+	42:58+	43:38+			
02:46+	02:26+	02:22=	02:15+	00:40+	02:41+	01:52+	01:23+	01:40+	01:30=	02:33=	01:43=	03:50+	00:46+	01:25+	02:42+	01:47+	01:14+	01:04+	02:06+	02:22=	01:51=	00:40+			
00:52#	00:06+	00:25=	00:18#	00:01+	00:28#	00:03+	00:13#	00:06+	00:13=	00:03=	00:27=	00:18+	00:09#	00:06+	00:15#	00:04+	00:08#	00:02+	00:15#	00:04=	00:09=	00:05#			
3	Anders Presterud										903										43:57				
01:40=	05:13+	07:29+	09:24+	09:57+	12:50+	14:33+	15:59+	17:39+	19:04+	21:40+	23:38+	26:51+	27:35+	29:04+	31:34+	33:27+	34:30+	35:31+	37:27+	41:15+	43:22+	43:57+			
01:40=	03:33+	02:16=	01:55=	00:33=	02:53+	01:43=	01:26+	01:40+	01:25=	02:36=	01:58=	03:13=	00:44+	01:29+	02:30+	01:53+	01:03=	01:01=	01:56+	03:48+	02:07+	00:35=			
00:14=	01:13#	00:31=	00:02=	00:06=	00:40#	00:06=	00:16#	00:06+	00:18=	00:00=	00:12=	00:19=	00:07#	00:10#	00:03+	00:10+	00:03=	00:01=	00:05+	01:22#	00:07+	00:00=			

Plass	Navn				Klasse								Tid															
H40																												
4	Stian Gunstensen				892								45:49															
02:05+	04:29+	06:45-	08:51-	09:22-	12:14+	15:09+	15:58+	17:27+	19:02+	21:32+	23:21+	27:07+	28:35+	30:25+	32:51+	34:40+	35:46+	36:55+	40:01+	43:13+	45:09+	45:49+						
02:05+	02:24+	02:16-	02:06+	00:31-	02:52+	02:55+	00:49-	01:29-	01:35-	02:30-	01:49-	03:46+	01:28+	01:50+	02:26-	01:49+	01:06=	01:09+	03:06+	03:12+	01:56-	00:40+						
00:11+	00:04+	00:31-	00:09+	00:08-	00:39=	01:06=	00:21-	00:05-	00:08-	00:06-	00:21-	00:14+	00:51=	00:31=	00:01-	00:06+	00:00=	00:07#	01:15=	00:46=	00:04-	00:05#						
5	Arild Stave				3676								46:08															
02:18+	04:17+	06:27+	08:18+	08:59+	11:34+	13:07+	14:45+	16:59+	18:12+	20:43+	22:17+	27:14+	27:55+	29:36+	31:51+	33:29+	35:20+	39:08+	42:15+	44:09+	45:33+	46:08+						
02:18+	01:59+	02:10+	01:51+	00:41+	02:35+	01:33+	01:38+	02:14+	01:13+	02:31+	01:34+	04:57+	00:41+	01:41+	02:15+	01:38+	01:51+	03:48+	03:07+	01:54+	01:24+	00:35+						
02:18+	01:59+	02:10+	01:51+	00:41+	02:35+	01:33+	01:38+	02:14+	01:13+	02:31+	01:34+	04:57+	00:41+	01:41+	02:15+	01:38+	01:51+	03:48+	03:07+	01:54+	01:24+	00:35+						
6	Gunnar Thorset				896								46:14															
02:07+	07:54+	10:40+	12:33+	13:11+	15:31+	17:23+	18:34+	20:25+	21:53+	24:22+	26:19+	29:35+	30:26+	31:49+	34:26+	36:22+	37:47+	38:51+	40:55+	43:13+	45:34+	46:14+						
02:07+	05:47+	02:46+	01:53+	00:38+	02:20+	01:52+	01:11+	01:51+	01:28+	02:29+	01:57+	03:16+	00:51+	01:23+	02:37+	01:56+	01:25+	01:04+	02:04+	02:18+	02:21+	00:40+						
02:07+	05:47+	02:46+	01:53+	00:38+	02:20+	01:52+	01:11+	01:51+	01:28+	02:29+	01:57+	03:16+	00:51+	01:23+	02:37+	01:56+	01:25+	01:04+	02:04+	02:18+	02:21+	00:40+						
7	Alexander Khorunzhiy				1456								46:50															
02:31+	05:24+	08:08+	11:11+	11:54+	15:04+	16:52+	18:03+	19:43+	21:13+	23:46+	25:41+	31:16+	32:01+	33:36+	35:45+	37:31+	38:45+	39:52+	41:53+	44:28+	46:12+	46:50+						
02:31+	02:53+	02:44+	03:03+	00:43+	03:10+	01:48+	01:11+	01:40+	01:30+	02:33+	01:55+	05:35+	00:45+	01:35+	02:09+	01:46+	01:14+	01:07+	02:01+	02:35+	01:44+	00:38+						
02:31+	02:53+	02:44+	03:03+	00:43+	03:10+	01:48+	01:11+	01:40+	01:30+	02:33+	01:55+	05:35+	00:45+	01:35+	02:09+	01:46+	01:14+	01:07+	02:01+	02:35+	01:44+	00:38+						
8	Ole-Tobias Frich				1683								47:52															
02:02+	04:31+	07:18+	09:09+	09:56+	12:21+	15:13+	16:37+	18:21+	20:00+	22:54+	26:12+	29:33+	30:33+	32:17+	34:56+	37:04+	38:43+	39:43+	42:45+	45:19+	47:10+	47:52+						
02:02+	02:29+	02:47+	01:51+	00:47+	02:25+	02:52+	01:24+	01:44+	01:39+	02:54+	03:18+	03:21+	01:00+	01:44+	02:39+	02:08+	01:39+	01:00+	03:02+	02:34+	01:51+	00:42+						
02:02+	02:29+	02:47+	01:51+	00:47+	02:25+	02:52+	01:24+	01:44+	01:39+	02:54+	03:18+	03:21+	01:00+	01:44+	02:39+	02:08+	01:39+	01:00+	03:02+	02:34+	01:51+	00:42+						
9	Inge Arild Leknes				3548								55:09															
03:00+	05:34+	08:06+	11:09+	11:48+	15:21+	18:52+	20:03+	23:00+	24:45+	27:14+	28:58+	32:44+	33:34+	35:13+	41:10+	43:51+	45:19+	46:47+	49:07+	51:30+	54:23+	55:09+						
03:00+	02:34+	02:32+	03:03+	00:39+	03:33+	03:31+	01:11+	02:57+	01:45+	02:29+	01:44+	03:46+	00:50+	01:39+	05:57+	02:41+	01:28+	01:28+	02:20+	02:23+	02:53+	00:46+						
03:00+	02:34+	02:32+	03:03+	00:39+	03:33+	03:31+	01:11+	02:57+	01:45+	02:29+	01:44+	03:46+	00:50+	01:39+	05:57+	02:41+	01:28+	01:28+	02:20+	02:23+	02:53+	00:46+						
10	Glenn Madland				879								55:43															
02:13+	08:11+	11:36+	14:07+	14:51+	17:12+	20:07+	21:26+	23:14+	24:46+	27:17+	29:25+	34:40+	36:15+	36:47+	38:36+	41:05+	43:37+	45:10+	46:15+	50:35+	53:02+	55:02+	55:43+					
02:13+	05:58+	03:25+	02:31+	00:44+	02:21+	02:55+	01:19+	01:48+	01:32+	02:31+	02:08+	05:15+	01:35+	00:32+	01:49+	02:29+	02:32+	01:33+	01:05+	04:20+	02:27+	02:00+	00:41+					
02:13+	05:58+	03:25+	02:31+	00:44+	02:21+	02:55+	01:19+	01:48+	01:32+	02:31+	02:08+	05:15+	01:35+	00:32+	01:49+	02:29+	02:32+	01:33+	01:05+	04:20+	02:27+	02:00+	00:41+					
11	Bjarte Harbo				1830								56:36															
03:47+	12:08+	15:09+	17:12+	18:09+	20:48+	23:14+	24:38+	26:29+	28:08+	30:48+	33:05+	37:22+	38:18+	39:57+	42:27+	44:36+	46:24+	47:38+	49:45+	53:44+	55:49+	56:36+						
03:47+	08:21+	03:01+	02:03+	00:57+	02:39+	02:26+	01:24+	01:51+	01:39+	02:40+	02:17+	04:17+	00:56+	01:39+	02:30+	02:09+	01:48+	01:14+	02:07+	03:59+	02:05+	00:47+						
03:47+	08:21+	03:01+	02:03+	00:57+	02:39+	02:26+	01:24+	01:51+	01:39+	02:40+	02:17+	04:17+	00:56+	01:39+	02:30+	02:09+	01:48+	01:14+	02:07+	03:59+	02:05+	00:47+						
12	Kay Roar Harila				643								1:02:17															
02:34+	05:47+	10:07+	12:04+	12:53+	15:46+	18:22+	20:13+	22:53+	25:03+	28:15+	30:49+	36:52+	38:20+	40:22+	43:11+	45:29+	47:02+	48:49+	56:14+	58:59+	61:27+	62:17+						
02:34+	03:13+	04:20+	01:57+	00:49+	02:53+	02:36+	01:51+	02:40+	02:10+	03:12+	02:34+	06:03+	01:28+	02:02+	02:49+	02:18+	01:33+	01:47+	07:25+	02:45+	02:28+	00:50+						
02:34+	03:13+	04:20+	01:57+	00:49+	02:53+	02:36+	01:51+	02:40+	02:10+	03:12+	02:34+	06:03+	01:28+	02:02+	02:49+	02:18+	01:33+	01:47+	07:25+	02:45+	02:28+	00:50+						
13	Håkon André Waage				1683								1:04:57															
02:43+	10:01+	12:54+	14:56+	15:43+	19:00+	21:08+	22:25+	24:19+	25:54+	28:19+	30:18+	39:05+	40:39+	43:55+	46:37+	48:28+	53:16+	54:35+	59:08+	62:03+	64:21+	64:57+						
02:43+	07:18+	02:53+	02:02+	00:47+	03:17+	02:08+	01:17+	01:54+	01:35+	02:25+	01:59+	08:47+	01:34+	03:16+	02:42+	01:51+	04:48+	01:19+	04:33+	02:55+	02:18+	00:36+						
02:43+	07:18+	02:53+	02:02+	00:47+	03:17+	02:08+	01:17+	01:54+	01:35+	02:25+	01:59+	08:47+	01:34+	03:16+	02:42+	01:51+	04:48+	01:19+	04:33+	02:55+	02:18+	00:36+						
14	Lars Terje Vaaland				1683								1:07:31															
02:51+	13:23+	15:49+	17:49+	18:27+	21:12+	24:06+	27:34+	31:09+	33:23+	36:36+	38:55+	43:09+	44:14+	46:30+	49:20+	51:32+	53:07+	54:21+	62:01+	64:40+	66:47+	67:31+						
02:51+	10:32+	02:26+	02:00+	00:38+	02:45+	02:54+	03:28+	03:35+	02:14+	03:13+	02:19+	04:14+	01:05+	02:16+	02:50+	02:12+	01:35+	01:14+	07:40+	02:39+	02:07+	00:44+						
02:51+	10:32+	02:26+	02:00+	00:38+	02:45+	02:54+	03:28+	03:35+	02:14+	03:13+	02:19+	04:14+	01:05+	02:16+	02:50+	02:12+	01:35+	01:14+	07:40+	02:39+	02:07+	00:44+						
15	Lars Lone Rasmussen				4248								1:10:02															
04:46+	09:36+	12:45+	14:51+	15:40+	18:50+	20:52+	22:20+	25:43+	27:48+	31:08+	33:29+	38:35+	39:39+	41:49+	54:40+	57:04+	58:44+	60:08+	63:50+	66:56+	69:13+	70:02+						
04:46+	04:50+	03:09+	02:06+	00:49+	03:10+	02:02+	01:28+	03:23+	02:05+	03:20+	02:21+	05:06+	01:04+	02:10+	12:51+	02:24+	01:40+	01:24+	03:42+	03:06+	02:17+	00:49+						
04:46+	04:50+	03:09+	02:06+	00:49+	03:10+	02:02+	01:28+	03:23+	02:05+	03:20+	02:21+	05:06+	01:04+	02:10+	12:51+	02:24+	01:40+	01:24+	03:42+	03:06+	02:17+	00:49+						
16	Anders Hagen				3528								1:15:17															
02:40+	12:48+	15:58+	17:58+	18:54+	24:11+	27:10+	28:52+	30:57+	33:39+	37:42+	39:34+	44:26+	45:44+	50:11+	53:20+	55:35+	58:25+	60:21+	68:42+	71:03+	74:10+	75:17+						
02:40+	10:08+	03:10+	02:00+	00:56+	05:17+	02:59+	01:42+	02:05+	02:42+	04:03+	01:52+	04:52+	01:18+	04:27+	03:09+	02:15+	02:50+	01:56+	08:21+	02:21+	03:07+	01:07+						
02:40+	10:08+	03:10+	02:00+	00:56+	05:17+	02:59+	01:42+	02:05+	02:42+	04:03+	01:52+	04:52+	01:18+	04:27+	03:09+	02:15+	02:50+	01:56+	08:21+	02:21+	03:07+	01:07+						

Plass	Navn					Klasse					Tid														
H50																									
1	Øyvind Madland					3522					34:55														
00:51=	02:09=	04:43=	06:20=	09:22=	10:31=	12:18=	14:08=	15:23=	16:34=	17:25=	18:24=	20:11=	22:15=	23:20=	26:48=	28:21=	31:01=	32:55=	34:19=	34:55=					
00:51=	01:18=	02:34=	01:37=	03:02=	01:09=	01:47=	01:50=	01:15=	01:11=	00:51=	00:59=	01:47=	02:04=	01:05=	03:28=	01:33=	02:40=	01:54=	01:24=	00:36=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Bjørn Ove Olsen Moi					989					36:15														
00:44=	02:01=	03:56=	06:46+	11:05+	12:07+	13:48+	15:43+	16:53+	17:54+	18:54+	19:54+	21:38+	23:36+	24:50+	27:58+	29:43+	32:17+	34:24+	35:39+	36:15+					
00:44=	01:17=	01:55=	02:50+	04:19+	01:02=	01:41=	01:55+	01:10=	01:01=	01:00+	01:00+	01:44=	01:58=	01:14+	03:08=	01:45+	02:34=	02:07+	01:15=	00:36=					
00:07=	00:01=	00:39=	01:13&	01:17&	00:07=	00:06=	00:05+	00:05=	00:10=	00:09#	00:01+	00:03=	00:06=	00:09#	00:20=	00:12#	00:06=	00:13#	00:09=	00:00=					
3	Trond Lamark					878					36:44														
01:02+	02:45+	04:55+	06:48+	09:51+	10:59+	12:34+	14:31+	15:53+	17:00+	18:14+	19:18+	21:20+	23:27+	24:40+	28:00+	29:45+	32:30+	34:35+	36:06+	36:44+					
01:02+	01:43+	02:10=	01:53+	03:03+	01:08=	01:35=	01:57+	01:22+	01:07=	01:14+	01:04+	02:02+	02:07+	01:13+	03:20=	01:45+	02:45+	02:05+	01:31+	00:38+					
00:11#	00:25&	00:24=	00:16#	00:01+	00:01=	00:12=	00:07+	00:07+	00:04=	00:23&	00:05+	00:15#	00:03+	00:08#	00:08=	00:12#	00:05+	00:11+	00:07+	00:02+					
4	John Breiland					3694					38:55														
01:00+	02:57+	05:22+	07:15+	10:16+	11:24+	13:00+	14:51+	16:01+	19:05+	19:57+	20:52+	23:09+	25:09+	26:30+	29:43+	31:39+	34:39+	36:54+	38:12+	38:55+					
01:00+	01:57+	02:25=	01:53+	03:01=	01:08=	01:36=	01:51+	01:10=	03:04+	00:52+	00:55=	02:17+	02:00=	01:21+	03:13=	01:56+	03:00+	02:15+	01:18=	00:43+					
00:09#	00:39&	00:09=	00:16#	00:01=	00:01=	00:11=	00:01+	00:05=	01:53&	00:01+	00:04=	00:30&	00:04=	00:16#	00:15=	00:23#	00:20#	00:21#	00:06=	00:07#					
5	Anders Glenne					793					39:32														
00:54+	02:33+	06:41+	08:32+	12:25+	13:35+	15:22+	17:13+	18:23+	19:36+	20:29+	21:28+	23:17+	25:09+	26:23+	29:48+	31:26+	34:23+	37:34+	38:52+	39:32+					
00:54+	01:39+	04:08+	01:51+	03:53+	01:10+	01:47=	01:51+	01:10=	01:13+	00:53+	00:59=	01:49+	01:52=	01:14+	03:25=	01:38+	02:57+	03:11+	01:18=	00:40+					
00:03+	00:21&	01:34&	00:14#	00:51&	00:01+	00:00=	00:01+	00:05=	00:02+	00:02+	00:00=	00:02+	00:12=	00:09#	00:03=	00:05+	00:17#	01:17&	00:06=	00:04#					
6	Øystein Fuglestad					878					41:26														
00:52+	02:17+	04:34=	06:44+	10:25+	12:01+	13:43+	15:47+	17:14+	18:33+	20:04+	21:11+	23:27+	25:50+	27:06+	30:50+	33:14+	36:42+	38:59+	40:30+	41:26+					
00:52+	01:25+	02:17=	02:10+	03:41+	01:36+	01:42=	02:04+	01:27+	01:19+	01:31+	01:07+	02:16+	02:23+	01:16+	03:44+	02:24+	03:28+	02:17+	01:31+	00:56+					
00:01+	00:07+	00:17=	00:33&	00:39#	00:27&	00:05=	00:14#	00:12#	00:08#	00:40&	00:08#	00:29&	00:19#	00:11#	00:16+	00:51&	00:48&	00:23#	00:07+	00:20&					
7	Asbjørn Bråndland					879					42:05														
00:55+	03:10+	05:51+	07:50+	12:00+	13:26+	15:19+	17:23+	18:41+	20:00+	21:01+	22:13+	24:24+	26:34+	27:57+	31:43+	34:05+	37:16+	39:43+	41:11+	42:05+					
00:55+	02:15+	02:41+	01:59+	04:10+	01:26+	01:53+	02:04+	01:18+	01:19+	01:01+	01:12+	02:11+	02:10+	01:23+	03:46+	02:22+	03:11+	02:27+	01:28+	00:54+					
00:04+	00:57&	00:07+	00:22#	01:08&	00:17#	00:06+	00:14#	00:03+	00:08#	00:10#	00:13#	00:24#	00:06+	00:18&	00:18+	00:49&	00:31#	00:33&	00:04+	00:18&					
8	Erling Knutzen					879					42:45														
00:57+	02:31+	04:48+	06:58+	10:35+	12:03+	13:44+	15:41+	17:08+	18:35+	19:33+	20:40+	23:12+	25:55+	27:43+	32:04+	34:27+	37:56+	40:33+	42:10+	42:45+					
00:57+	01:34+	02:17=	02:10+	03:37+	01:28+	01:41=	01:57+	01:27+	01:27+	00:58+	01:07+	02:32+	02:43+	01:48+	04:21+	02:23+	03:29+	02:37+	01:37+	00:35=					
00:06#	00:16#	00:17=	00:33&	00:35#	00:19&	00:06=	00:07+	00:12#	00:16#	00:07#	00:08#	00:45&	00:39&	00:43&	00:53&	00:50&	00:49&	00:43&	00:13#	00:01=					
9	Arngrim Utskarpen					896					42:52														
01:00+	02:43+	05:31+	07:44+	11:08+	12:23+	14:29+	16:18+	17:40+	19:01+	20:01+	21:01+	23:24+	25:34+	27:09+	31:14+	33:56+	37:19+	40:10+	42:05+	42:52+					
01:00+	01:43+	02:48+	02:13+	03:24+	01:15+	02:06+	01:49=	01:22+	01:21+	01:00+	01:00+	02:23+	02:10+	01:35+	04:05+	02:42+	03:23+	02:51+	01:55+	00:47+					
00:09#	00:25&	00:14+	00:36&	00:22#	00:06+	00:19#	00:01=	00:07+	00:10#	00:09#	00:01+	00:36&	00:06+	00:30&	00:37#	01:09&	00:43&	00:57&	00:31&	00:11&					
10	Jerome Renoult					3524					43:38														
01:23+	02:56+	05:19+	07:30+	11:41+	13:06+	15:45+	17:41+	18:52+	20:22+	21:27+	22:37+	24:51+	27:13+	28:47+	33:02+	35:44+	38:41+	41:21+	42:55+	43:38+					
01:23+	01:33+	02:23=	02:11+	04:11+	01:25+	02:39+	01:56+	01:11=	01:30+	01:05+	01:10+	02:14+	02:22+	01:34+	04:15+	02:42+	02:57+	02:40+	01:34+	00:43+					
00:32&	00:15#	00:11=	00:34&	01:09&	00:16#	00:52&	00:06+	00:04=	00:19&	00:14&	00:11#	00:27&	00:18#	00:29&	00:47#	01:09&	00:17#	00:46&	00:10#	00:07#					
11	Jone Kalheim					879					44:13														
00:46=	03:24+	07:16+	10:37+	13:50+	15:03+	18:54+	20:54+	22:08+	23:14+	24:21+	25:38+	27:36+	29:16+	30:48+	33:55+	37:21+	40:09+	42:09+	43:32+	44:13+					
00:46=	02:38+	03:52+	03:21+	03:13+	01:13+	03:51+	02:00+	01:14=	01:06=	01:07+	01:17+	01:58+	01:40=	01:32+	03:07=	03:26+	02:48+	02:00+	01:23=	00:41+					
00:05=	01:20&	01:18&	01:44&	00:11+	00:04+	02:04&	00:10+	00:01=	00:05=	00:16&	00:18&	00:11#	00:24=	00:27&	00:21=	01:53&	00:08+	00:06+	00:01=	00:05#					
12	Geir Inge Høivik					3522					45:04														
00:38=	02:21+	04:19=	06:09=	10:32+	11:43+	15:42+	17:38+	19:52+	21:06+	22:25+	23:25+	26:01+	28:07+	29:44+	34:34+	36:23+	39:22+	41:49+	44:24+	45:04+					
00:38=	01:43+	01:58=	01:50+	04:23+	01:11+	03:59+	01:56+	02:14+	01:14+	01:19+	01:00+	02:36+	02:06+	01:37+	04:50+	01:49+	02:59+	02:27+	02:35+	00:40+					
00:13=	00:25&	00:36=	00:13#	01:21&	00:02+	02:12&	00:06+	00:59&	00:03+	00:28&	00:01+	00:49&	00:02+	00:32&	01:22&	00:16#	00:19#	00:33&	01:11&	00:04#					
13	Svend Vihovde					1683					45:29														
01:04+	02:47+	05:22+	07:39+	11:31+	13:34+	15:45+	18:01+	19:28+	20:49+	21:56+	23:12+	25:42+	28:16+	29:48+	34:02+	36:46+	39:58+	42:49+	44:36+	45:29+					
01:04+	01:43+	02:35+	02:17+	03:52+	02:03+	02:11+	02:16+	01:27+	01:21+	01:07+	01:16+	02:30+	02:34+	01:32+	04:14+	02:44+	03:12+	02:51+	01:47+	00:53+					
00:13&	00:25&	00:01+	00:40&	00:50&	00:54&	00:24#	00:26#	00:12#	00:10#	00:16&	00:17&	00:43&	00:30#	00:27&	00:46#	01:11&	00:32#	00:57&	00:23&	00:17&					
14	Tore Halset					3486					47:11														
01:05+	02:45+	05:18+	07:47+	12:22+	14:11+	16:48+	19:05+	21:29+	22:54+	24:01+	25:18+	27:45+	30:08+	31:51+	36:15+	38:17+	41:52+	44:43+	46:26+	47:11+					
01:05+	01:40+	02:33=	02:29+	04:35+	01:49+	02:37+	02:17+	02:24+	01:25+	01:07+	01:17+	02:27+	02:23+	01:43+	04:24+	02:02+	03:35+	02:51+	01:43+	00:45+					
00:14&	00:22&	00:01=	00:52&	01:33&	00:40&	00:50&	00:27#	01:09&	00:14#	00:16&	00:18&	00:40&	00:19#	00:38&	00:56&	00:29&	00:55&	00:57&	00:19#	00:09#					

23

Lars Solvang

1683

1:03:59

06:55+	09:18+	12:26+	16:06+	22:18+	24:17+	27:37+	30:21+	32:03+	34:02+	35:32+	37:01+	39:55+	43:04+	44:51+	50:18+	53:09+	57:12+	61:12+	63:09+	63:59+
06:55+	02:23+	03:08+	03:40+	06:12+	01:59+	03:20+	02:44+	01:42+	01:59+	01:30+	01:29+	02:54+	03:09+	01:47+	05:27+	02:51+	04:03+	04:00+	01:57+	00:50+
06:55+	02:23+	03:08+	03:40+	06:12+	01:59+	03:20+	02:44+	01:42+	01:59+	01:30+	01:29+	02:54+	03:09+	01:47+	05:27+	02:51+	04:03+	04:00+	01:57+	00:50+

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

1	Svein-Erik Kvame										1683										33:56																				
01:21=		03:14=		05:02=		06:39=		07:59=		09:06=		11:00=		12:58=		14:01=		16:10=		18:11=		19:51=		21:40=		22:25=		23:17=		25:30=		27:01=		29:49=		31:58=		33:15=		33:56=	
01:21=		01:53=		01:48=		01:37=		01:20=		01:07=		01:54=		01:58=		01:03=		02:09=		02:01=		01:40=		01:49=		00:45=		00:52=		02:13=		01:31=		02:48=		02:09=		01:17=		00:41=	
00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=			
2	Knut Feldmann										882										34:06																				
01:14=		03:16+		05:00=		06:33=		08:05+		09:23+		11:50+		13:45+		15:01+		17:29+		19:21+		20:27+		22:12+		23:02+		24:00+		26:05+		27:36+		29:45=		32:17+		33:28+		34:06+	
01:14=		02:02+		01:44=		01:33=		01:32+		01:18+		02:27+		01:55=		01:16+		02:28+		01:52=		01:06=		01:45=		00:50+		00:58+		02:05=		01:31=		02:09=		02:32+		01:11=		00:38=	
00:07=		00:09+		00:04=		00:04=		00:12#		00:11#		00:33#		00:03=		00:13#		00:19#		00:09=		00:34=		00:04=		00:05#		00:06#		02:08=		00:00=		00:39=		00:23#		00:06=		00:03=	
3	Sturle Omdal										1683										35:39																				
01:18=		03:04=		05:51+		07:33+		08:47+		09:52+		11:33+		13:24+		14:50+		16:58+		18:48+		19:37=		21:56+		23:13+		24:06=		26:28+		28:05+		31:27+		33:53+		35:03+		35:39=	
01:18=		01:46=		02:47+		01:42+		01:14=		01:05=		01:41=		01:51=		01:26+		02:08=		01:50=		00:49=		02:19+		01:17+		00:53+		02:22+		01:37+		03:22+		02:26+		01:10=		00:36=	
00:03=		00:07=		00:59#		00:05+		00:06=		00:02=		00:13=		00:07=		00:23#		00:01=		00:11=		00:51=		00:30#		00:32#		00:01+		00:09+		00:06+		00:34#		00:17#		00:07=		00:05=	

Plass	Navn						Klasse						Tid							
H60																				
4	Geir Frøyttlog						3502						36:28							
01:19-	03:17+	05:35+	07:27+	08:45+	09:58+	11:47+	13:15+	14:20+	17:54+	19:39+	20:35+	22:53+	23:36+	24:34+	27:19+	28:47+	31:20+	33:38+	35:35+	36:28+
01:19-	01:58+	02:18+	01:52+	01:18-	01:13+	01:49-	01:28-	01:05+	03:34+	01:45-	00:56-	02:18+	00:43-	00:58+	02:45+	01:28-	02:33-	02:18+	01:57+	00:53+
00:02-	00:05+	00:30#	00:15#	00:02-	00:06+	00:05-	00:30-	00:02+	01:25#	00:16-	00:44-	00:29#	00:02-	00:06#	00:32#	00:03-	00:15-	00:09+	00:40#	00:12#
5	Inge Løland						1119						36:42							
01:18+	02:57+	04:35+	06:28+	07:50+	08:56+	12:25+	13:57+	14:58+	17:07+	19:58+	20:47+	22:34+	24:17+	25:41+	28:08+	29:45+	31:56+	34:39+	35:58+	36:42+
01:18+	01:39+	01:38+	01:53+	01:22+	01:06+	03:29+	01:32+	01:01+	02:09+	02:51+	00:49+	01:47+	01:43+	01:24+	02:27+	01:37+	02:11+	02:43+	01:19+	00:44+
01:18+	01:39+	01:38+	01:53+	01:22+	01:06+	03:29+	01:32+	01:01+	02:09+	02:51+	00:49+	01:47+	01:43+	01:24+	02:27+	01:37+	02:11+	02:43+	01:19+	00:44+
6	Frank Hansen						3502						37:26							
01:21+	03:17+	05:49+	08:41+	10:24+	11:40+	13:32+	15:19+	16:34+	18:46+	20:31+	21:24+	23:39+	24:49+	25:42+	28:21+	29:56+	32:38+	35:31+	36:47+	37:26+
01:21+	01:56+	02:32+	02:52+	01:43+	01:16+	01:52+	01:47+	01:15+	02:12+	01:45+	00:53+	02:15+	01:10+	00:53+	02:39+	01:35+	02:42+	02:53+	01:16+	00:39+
01:21+	01:56+	02:32+	02:52+	01:43+	01:16+	01:52+	01:47+	01:15+	02:12+	01:45+	00:53+	02:15+	01:10+	00:53+	02:39+	01:35+	02:42+	02:53+	01:16+	00:39+
7	Kjell Seland						3547						39:18							
02:08+	04:01+	06:02+	08:12+	09:40+	11:13+	13:27+	15:04+	16:26+	19:06+	21:26+	22:29+	24:51+	25:42+	26:50+	29:46+	31:27+	34:12+	36:54+	38:25+	39:18+
02:08+	01:53+	02:01+	02:10+	01:28+	01:33+	02:14+	01:37+	01:22+	02:40+	02:20+	01:03+	02:22+	00:51+	01:08+	02:56+	01:41+	02:45+	02:42+	01:31+	00:53+
02:08+	01:53+	02:01+	02:10+	01:28+	01:33+	02:14+	01:37+	01:22+	02:40+	02:20+	01:03+	02:22+	00:51+	01:08+	02:56+	01:41+	02:45+	02:42+	01:31+	00:53+
8	Magnar Mathias Møller						769						41:25							
01:35+	03:38+	05:47+	08:07+	09:36+	10:56+	13:01+	15:04+	16:22+	19:25+	21:44+	22:47+	26:41+	27:27+	28:29+	31:24+	33:25+	36:19+	38:56+	40:33+	41:25+
01:35+	02:03+	02:09+	02:20+	01:29+	01:20+	02:05+	02:03+	01:18+	03:03+	02:19+	01:03+	03:54+	00:46+	01:02+	02:55+	02:01+	02:54+	02:37+	01:37+	00:52+
01:35+	02:03+	02:09+	02:20+	01:29+	01:20+	02:05+	02:03+	01:18+	03:03+	02:19+	01:03+	03:54+	00:46+	01:02+	02:55+	02:01+	02:54+	02:37+	01:37+	00:52+
9	Harald Jansen						3593						41:36							
01:38+	03:26+	05:21+	07:50+	09:07+	10:10+	11:57+	14:10+	15:32+	18:15+	20:06+	21:10+	23:09+	24:35+	25:42+	28:15+	30:16+	36:53+	39:22+	40:53+	41:36+
01:38+	01:48+	01:55+	02:29+	01:17+	01:03+	01:47+	02:13+	01:22+	02:43+	01:51+	01:04+	01:59+	01:26+	01:07+	02:33+	02:01+	06:37+	02:29+	01:31+	00:43+
01:38+	01:48+	01:55+	02:29+	01:17+	01:03+	01:47+	02:13+	01:22+	02:43+	01:51+	01:04+	01:59+	01:26+	01:07+	02:33+	02:01+	06:37+	02:29+	01:31+	00:43+
10	Harald Taksdal						3547						43:26							
01:47+	04:06+	06:20+	09:00+	10:46+	12:19+	15:01+	17:12+	18:35+	21:42+	24:12+	26:06+	28:40+	29:45+	30:51+	33:48+	35:32+	38:15+	40:55+	42:26+	43:26+
01:47+	02:19+	02:14+	02:40+	01:46+	01:33+	02:42+	02:11+	01:23+	03:07+	02:30+	01:54+	02:34+	01:05+	01:06+	02:57+	01:44+	02:43+	02:40+	01:31+	01:00+
01:47+	02:19+	02:14+	02:40+	01:46+	01:33+	02:42+	02:11+	01:23+	03:07+	02:30+	01:54+	02:34+	01:05+	01:06+	02:57+	01:44+	02:43+	02:40+	01:31+	01:00+
11	Harald Syse						4246						44:00							
01:42+	04:07+	05:32+	07:10+	08:23+	10:22+	13:45+	15:19+	16:22+	18:43+	21:43+	22:44+	24:58+	26:42+	27:36+	30:06+	31:29+	35:04+	38:17+	43:17+	44:00+
01:42+	02:25+	01:25+	01:38+	01:13+	01:59+	03:23+	01:34+	01:03+	02:21+	03:00+	01:01+	02:14+	01:44+	00:54+	02:30+	01:23+	03:35+	03:13+	05:00+	00:43+
01:42+	02:25+	01:25+	01:38+	01:13+	01:59+	03:23+	01:34+	01:03+	02:21+	03:00+	01:01+	02:14+	01:44+	00:54+	02:30+	01:23+	03:35+	03:13+	05:00+	00:43+
12	Håvard Håland						3507						44:07							
01:54+	03:42+	05:47+	07:36+	09:02+	10:27+	12:43+	14:30+	15:50+	18:54+	20:59+	21:58+	24:36+	25:58+	29:07+	31:41+	33:19+	37:29+	41:43+	43:27+	44:07+
01:54+	01:48+	02:05+	01:49+	01:26+	01:25+	02:16+	01:47+	01:20+	03:04+	02:05+	00:59+	02:38+	01:22+	03:09+	02:34+	01:38+	04:10+	04:14+	01:44+	00:40+
01:54+	01:48+	02:05+	01:49+	01:26+	01:25+	02:16+	01:47+	01:20+	03:04+	02:05+	00:59+	02:38+	01:22+	03:09+	02:34+	01:38+	04:10+	04:14+	01:44+	00:40+
13	Kjell Ove Aksland						882						44:40							
01:22+	03:23+	05:35+	07:33+	09:06+	10:26+	16:05+	17:55+	19:07+	22:12+	24:21+	25:23+	28:09+	30:03+	31:34+	34:33+	36:19+	39:41+	42:34+	43:58+	44:40+
01:22+	02:01+	02:12+	01:58+	01:33+	01:20+	05:39+	01:50+	01:12+	03:05+	02:09+	01:02+	02:46+	01:54+	01:31+	02:59+	01:46+	03:22+	02:53+	01:24+	00:42+
01:22+	02:01+	02:12+	01:58+	01:33+	01:20+	05:39+	01:50+	01:12+	03:05+	02:09+	01:02+	02:46+	01:54+	01:31+	02:59+	01:46+	03:22+	02:53+	01:24+	00:42+
14	Stein Sigbjørnsen						882						45:56							
01:51+	03:30+	07:29+	10:16+	11:44+	13:28+	15:21+	17:41+	19:10+	22:33+	25:21+	26:08+	29:32+	31:03+	32:03+	35:13+	37:11+	40:47+	43:35+	45:13+	45:56+
01:51+	01:39+	03:59+	02:47+	01:28+	01:44+	01:53+	02:20+	01:29+	03:23+	02:48+	00:47+	03:24+	01:31+	01:00+	03:10+	01:58+	03:36+	02:48+	01:38+	00:43+
01:51+	01:39+	03:59+	02:47+	01:28+	01:44+	01:53+	02:20+	01:29+	03:23+	02:48+	00:47+	03:24+	01:31+	01:00+	03:10+	01:58+	03:36+	02:48+	01:38+	00:43+
15	Inge Skretting						1384						50:45							
02:11+	04:03+	09:51+	11:56+	13:32+	14:56+	18:33+	20:20+	21:34+	25:32+	28:14+	29:08+	31:56+	35:07+	36:06+	38:40+	40:29+	43:15+	46:28+	49:56+	50:45+
02:11+	01:52+	05:48+	02:05+	01:36+	01:24+	03:37+	01:47+	01:14+	03:58+	02:42+	00:54+	02:48+	03:11+	00:59+	02:34+	01:49+	02:46+	03:13+	03:28+	00:49+
02:11+	01:52+	05:48+	02:05+	01:36+	01:24+	03:37+	01:47+	01:14+	03:58+	02:42+	00:54+	02:48+	03:11+	00:59+	02:34+	01:49+	02:46+	03:13+	03:28+	00:49+
16	John Carsten Sinnes						1884						55:31							
01:50+	04:03+	06:42+	08:59+	10:41+	12:03+	14:44+	16:40+	18:11+	21:19+	24:02+	25:00+	28:27+	30:53+	32:00+	35:03+	48:28+	51:04+	53:26+	54:47+	55:31+
01:50+	02:13+	02:39+	02:17+	01:42+	01:22+	02:41+	01:56+	01:31+	03:08+	02:43+	00:58+	03:27+	02:26+	01:07+	03:03+	13:25+	02:36+	02:22+	01:21+	00:44+
01:50+	02:13+	02:39+	02:17+	01:42+	01:22+	02:41+	01:56+	01:31+	03:08+	02:43+	00:58+	03:27+	02:26+	01:07+	03:03+	13:25+	02:36+	02:22+	01:21+	00:44+
17	Svein Magne Gloppen						1884						58:41							
02:01+	04:36+	06:49+	09:10+	10:46+	12:28+	15:41+	17:47+	20:13+	23:32+	31:15+	33:50+	39:44+	40:44+	41:46+	45:02+	48:14+	51:17+	55:29+	57:56+	58:41+
02:01+	02:35+	02:13+	02:21+	01:36+	01:42+	03:13+	02:06+	02:26+	03:19+	07:43+	02:35+	05:54+	01:00+	01:02+	03:16+	03:12+	03:03+	04:12+	02:27+	00:45+
02:01+	02:35+	02:13+	02:21+	01:36+	01:42+	03:13+	02:06+	02:26+	03:19+	07:43+	02:35+	05:54+	01:00+	01:02+	03:16+	03:12+	03:03+	04:12+	02:27+	00:45+

Plass	Navn										Klasse										Tid									
H60																														
18	John Lage Bergan										1683										1:03:27									
01:57+	03:48+	06:49+	08:57+	10:37+	15:32+	18:25+	24:02+	25:31+	30:01+	33:31+	34:37+	38:31+	45:34+	46:53+	51:03+	52:58+	55:47+	59:37+	62:36+	63:27+										
01:57+	01:51+	03:01+	02:08+	01:40+	04:55+	02:53+	05:37+	01:29+	04:30+	03:30+	01:06+	03:54+	07:03+	01:19+	04:10+	01:55+	02:49+	03:50+	02:59+	00:51+										
01:57+	01:51+	03:01+	02:08+	01:40+	04:55+	02:53+	05:37+	01:29+	04:30+	03:30+	01:06+	03:54+	07:03+	01:19+	04:10+	01:55+	02:49+	03:50+	02:59+	00:51+										
Beste strekktid for klassen																														
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																														
H65																														
1	Kjell Dale										1884										29:45									
01:13=	02:48=	04:26=	06:07=	07:18=	08:15=	10:12=	11:36=	12:31=	14:37=	16:17=	17:00=	18:40=	19:49=	20:37=	22:38=	23:54=	26:05=	27:54=	29:05=	29:45=										
01:13=	01:35=	01:38=	01:41=	01:11=	00:57=	01:57=	01:24=	00:55=	02:06=	01:40=	00:43=	01:40=	01:09=	00:48=	02:01=	01:16=	02:11=	01:49=	01:11=	00:40=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Espen Krogh										793										36:01									
01:32+	03:09+	05:06+	06:42+	08:03+	09:09+	10:56+	13:40+	14:42+	17:14+	18:58+	19:47+	22:30+	23:25+	24:19+	26:33+	27:54+	30:43+	33:53+	35:17+	36:01+										
01:32+	01:37+	01:57+	01:36=	01:21+	01:06+	01:47=	02:44+	01:02+	02:32+	01:44+	00:49+	02:43+	00:55=	00:54+	02:14+	01:21+	02:49+	03:10+	01:24+	00:44+										
00:19&	00:02+	00:19#	00:05=	00:10#	00:09#	00:10=	01:20&	00:07#	00:26#	00:04+	00:06#	01:03&	00:14=	00:06#	00:13#	00:05+	00:38&	01:21&	00:13#	00:04#										
3	Sveinung Svebestad										878										39:13									
01:27+	03:25+	05:47+	07:45+	09:22+	10:52+	12:56+	14:45+	16:00+	18:45+	21:08+	22:03+	24:16+	25:11+	26:14+	29:00+	30:47+	33:51+	36:36+	38:22+	39:13+										
01:27+	01:58+	02:22+	01:58+	01:37+	01:30+	02:04+	01:49+	01:15+	02:45+	02:23+	00:55+	02:13+	00:55=	01:03+	02:46+	01:47+	03:04+	02:45+	01:46+	00:51+										
00:14#	00:23#	00:44&	00:17#	00:26&	00:33&	00:07+	00:25&	00:20&	00:39&	00:43&	00:12&	00:33&	00:14=	00:15&	00:45&	00:31&	00:53&	00:56&	00:35&	00:11&										
4	Per Frode Sandal										3502										41:00									
01:28+	03:35+	07:06+	09:09+	10:32+	11:38+	14:23+	16:17+	17:34+	20:26+	22:43+	23:36+	26:12+	27:48+	28:46+	31:48+	33:38+	36:28+	38:45+	40:18+	41:00+										
01:28+	02:07+	03:31+	02:03+	01:23+	01:06+	02:45+	01:54+	01:17+	02:52+	02:17+	00:53+	02:36+	01:36+	00:58+	03:02+	01:50+	02:50+	02:17+	01:33+	00:42+										
00:15#	00:32&	01:53@	00:22#	00:12#	00:09#	00:48&	00:30&	00:22&	00:46&	00:37&	00:10#	00:56&	00:27&	00:10#	01:01&	00:34&	00:39&	00:28&	00:22&	00:02+										
5	Olav Tunheim										1884										41:32									
01:34+	03:22+	05:27+	08:13+	09:46+	11:06+	13:33+	15:43+	17:01+	20:55+	23:18+	24:27+	26:42+	28:11+	29:12+	31:54+	33:31+	36:19+	38:59+	40:48+	41:32+										
01:34+	01:48+	02:05+	02:46+	01:33+	01:20+	02:27+	02:10+	01:18+	03:54+	02:23+	01:09+	02:15+	01:29+	01:01+	02:42+	01:37+	02:48+	02:40+	01:49+	00:44+										
00:21&	00:13#	00:27&	01:05&	00:22&	00:23&	00:30&	00:46&	00:23&	01:48&	00:43&	00:26&	00:35&	00:20&	00:13&	00:41&	00:21&	00:37&	00:51&	00:38&	00:04#										
6	Arnstein Skretting										3529										44:01									
01:39+	03:53+	06:02+	08:23+	09:59+	11:24+	14:24+	16:17+	17:33+	20:31+	22:57+	24:30+	27:25+	28:32+	29:44+	32:53+	35:10+	38:37+	41:27+	43:13+	44:01+										
01:39+	02:14+	02:09+	02:21+	01:36+	01:25+	03:00+	01:53+	01:16+	02:58+	02:26+	01:33+	02:55+	01:07=	01:12+	03:09+	02:17+	03:27+	02:50+	01:46+	00:48+										
00:26&	00:39&	00:31&	00:40&	00:25&	00:28&	01:03&	00:29&	00:21&	00:52&	00:46&	00:50@	01:15&	00:02=	00:24&	01:08&	01:01&	01:16&	01:01&	00:35&	00:08#										
7	Ivar Knutsen										1683										44:08									
02:04+	04:08+	06:43+	08:49+	10:16+	11:47+	14:01+	16:08+	17:31+	20:46+	23:07+	24:13+	27:02+	28:26+	29:41+	32:27+	34:29+	38:15+	41:36+	43:19+	44:08+										
02:04+	02:04+	02:35+	02:06+	01:27+	01:31+	02:14+	02:07+	01:23+	03:15+	02:21+	01:06+	02:49+	01:24+	01:15+	02:46+	02:02+	03:46+	03:21+	01:43+	00:49+										
00:51&	00:29&	00:57&	00:25#	00:16#	00:34&	00:17#	00:43&	00:28&	01:09&	00:41&	00:23&	01:09&	00:15#	00:27&	00:45&	00:46&	01:35&	01:32&	00:32&	00:09#										
8	Ernst Kristensen										1683										46:30									
01:33+	03:48+	05:54+	08:07+	09:42+	11:22+	13:40+	15:46+	17:08+	20:08+	22:48+	23:47+	27:03+	29:06+	30:19+	33:28+	35:26+	38:19+	41:31+	45:08+	46:30+										
01:33+	02:15+	02:06+	02:13+	01:35+	01:40+	02:18+	02:06+	01:22+	03:00+	02:40+	00:59+	03:16+	02:03+	01:13+	03:09+	01:58+	02:53+	03:12+	03:37+	01:22+										
00:20&	00:40&	00:28&	00:32&	00:24&	00:43&	00:21#	00:42&	00:27&	00:54&	01:00&	00:16&	01:36&	00:54&	00:25&	01:08&	00:42&	00:42&	01:23&	02:26@	00:42@										
9	Steinar Barmen										722										49:16									
01:55+	04:33+	06:49+	09:09+	10:58+	12:35+	15:33+	18:15+	19:40+	23:04+	26:24+	27:25+	31:10+	32:31+	33:50+	37:01+	39:02+	42:17+	45:47+	48:19+	49:16+										
01:55+	02:38+	02:16+	02:20+	01:49+	01:37+	02:58+	02:42+	01:25+	03:24+	03:20+	01:01+	03:45+	01:21+	01:19+	03:11+	02:01+	03:15+	03:30+	02:32+	00:57+										
00:42&	01:03&	00:38&	00:39&	00:38&	00:40&	01:01&	01:18&	00:30&	01:18&	01:40&	00:18&	02:05@	00:12#	00:31&	01:10&	00:45&	01:04&	01:41&	01:21@	00:17&										
10	Torbjørn Evensen										3556										49:33									
02:13+	04:07+	05:45+	07:53+	09:37+	11:03+	13:19+	21:01+	22:39+	25:46+	28:32+	29:32+	32:10+	33:11+	34:21+	37:31+	39:31+	42:57+	45:53+	48:46+	49:33+										
02:13+	01:54+	01:38=	02:08+	01:44+	01:26+	02:16+	07:42+	01:38+	03:07+	02:46+	01:00+	02:38+	01:01=	01:10+	03:10+	02:00+	03:26+	02:56+	02:53+	00:47+										
01:00&	00:19#	00:00=	00:27&	00:33&	00:29&	00:19#	06:18@	00:43&	01:01&	01:06&	00:17&	00:58&	00:08=	00:22&	01:09&	00:44&	01:15&	01:07&	01:42@	00:07#										
11	Jan Arendal										1683										51:22									
02:34+	04:59+	07:56+	10:18+	12:20+	14:01+	17:03+	19:42+	21:16+	24:57+	27:58+	29:18+	32:40+	33:59+	35:37+	39:08+	41:31+	44:55+	48:13+	50:18+	51:22+										
02:34+	02:25+	02:57+	02:22+	02:02+	01:41+	03:02+	02:39+	01:34+	03:41+	03:01+	01:20+	03:22+	01:19+	01:38+	03:31+	02:23+	03:24+	03:18+	02:05+	01:04+										
01:21@	00:50&	01:19&	00:41&	00:51&	00:44&	01:05&	01:15&	00:39&	01:35&	01:21&	00:37&	01:42@	00:10#	00:50@	01:30&	01:07&	01:13&	01:29&	00:54&	00:24&										



Plass	Navn										Klasse										Tid												
H65																																	
12	Tore Karlsen										722											1:00:36											
02:03+	04:19+	07:23+	09:39+	11:49+	14:43+	17:36+	19:43+	21:25+	27:37+	30:03+	31:25+	37:31+	38:47+	40:02+	43:05+	45:32+	49:54+	57:55+	59:35+	60:36+													
02:03+	02:16+	03:04+	02:16+	02:10+	02:54+	02:53+	02:07+	01:42+	06:12+	02:26+	01:22+	06:06+	01:16+	01:15+	03:03+	02:27+	04:22+	08:01+	01:40+	01:01+													
00:50&	00:41&	01:26&	00:35&	00:59&	01:57@	00:56&	00:43&	00:47&	04:06@	00:46&	00:39&	04:26@	00:07#	00:27&	01:02&	01:11&	02:11&	06:12@	00:29&	00:21&													
13	Kjell Lervik										3598											1:04:03											
03:43+	06:16+	08:35+	11:03+	13:11+	15:15+	23:04+	25:19+	26:42+	34:18+	36:58+	38:34+	44:23+	46:39+	47:53+	51:32+	53:30+	56:48+	61:12+	63:09+	64:03+													
03:43+	02:33+	02:19+	02:28+	02:08+	02:04+	07:49+	02:15+	01:23+	07:36+	02:40+	01:36+	05:49+	02:16+	01:14+	03:39+	01:58+	03:18+	04:24+	01:57+	00:54+													
03:43+	02:33+	02:19+	02:28+	02:08+	02:04+	07:49+	02:15+	01:23+	07:36+	02:40+	01:36+	05:49+	02:16+	01:14+	03:39+	01:58+	03:18+	04:24+	01:57+	00:54+													
14	Rolf Kleppe										3524											1:06:35											
02:14+	05:14+	08:37+	11:46+	14:02+	15:52+	19:09+	22:36+	24:41+	30:32+	34:09+	36:17+	39:57+	44:27+	45:57+	49:53+	52:21+	57:01+	61:41+	64:59+	66:35+													
02:14+	03:00+	03:23+	03:09+	02:16+	01:50+	03:17+	03:27+	02:05+	05:51+	03:37+	02:08+	03:40+	04:30+	01:30+	03:56+	02:28+	04:40+	04:40+	03:18+	01:36+													
02:14+	03:00+	03:23+	03:09+	02:16+	01:50+	03:17+	03:27+	02:05+	05:51+	03:37+	02:08+	03:40+	04:30+	01:30+	03:56+	02:28+	04:40+	04:40+	03:18+	01:36+													
Beste strekktid for klassen																																	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																	
H70																																	
1	Arne Kristian Espedal										874											31:09											
01:39=	03:07=	04:39=	06:06=	07:18=	08:34=	10:12=	11:39=	12:35=	14:34=	16:16=	16:59=	18:38=	19:16=	20:09=	22:05=	23:35=	27:06=	29:17=	30:31=	31:09=													
01:39=	01:28=	01:32=	01:27=	01:12=	01:16=	01:38=	01:27=	00:56=	01:59=	01:42=	00:43=	01:39=	00:38=	00:53=	01:56=	01:30=	03:31=	02:11=	01:14=	00:38=													
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													
2	Bjørn Martin Alsaker										3530											36:13											
01:20-	03:05-	05:02+	06:39+	08:06+	09:19+	11:15+	14:40+	15:41+	18:14+	20:30+	21:15+	23:07+	24:00+	24:53+	27:29+	29:00+	31:22+	34:13+	35:35+	36:13+													
01:20-	01:45+	01:57+	01:37+	01:27+	01:13-	01:56+	03:25+	01:01+	02:33+	02:16+	00:45+	01:52+	00:53+	00:53=	02:36+	01:31+	02:22-	02:51+	01:22+	00:38=													
00:19-	00:17#	00:25&	00:10#	00:15#	00:03-	00:18#	01:58@	00:05+	00:34&	00:34&	00:02+	00:13#	00:15&	00:00=	00:40&	00:01+	01:09-	00:40&	00:08#	00:00=													
3	Svein Berge										643											42:51											
01:38-	04:35+	07:40+	09:23+	11:06+	12:33+	16:01+	18:21+	19:31+	23:47+	25:37+	26:27+	29:17+	30:10+	31:06+	33:30+	35:07+	37:31+	40:06+	42:06+	42:51+													
01:38-	02:57+	03:05+	01:43+	01:43+	01:27+	03:28+	02:20+	01:10+	04:16+	01:50+	00:50+	02:50+	00:53+	00:56+	02:24+	01:37+	02:24-	02:35+	02:00+	00:45+													
00:01-	01:29@	01:33@	00:16#	00:31&	00:11#	01:50@	00:53&	00:14#	02:17@	00:08+	00:07#	01:11&	00:15&	00:03+	00:28#	00:07+	01:07-	00:24#	00:46&	00:07#													
4	Ragnvald Frøyland										879											43:03											
02:14+	04:19+	06:37+	09:11+	10:46+	12:07+	14:17+	16:23+	17:43+	20:42+	23:35+	24:33+	27:14+	28:46+	29:51+	32:50+	34:48+	37:43+	40:37+	42:16+	43:03+													
02:14+	02:05+	02:18+	02:34+	01:35+	01:21+	02:10+	02:06+	01:20+	02:59+	02:53+	00:58+	02:41+	01:32+	01:05+	02:59+	01:58+	02:55-	02:54+	01:39+	00:47+													
00:35&	00:37&	00:46&	01:07&	00:23&	00:05+	00:32&	00:39&	00:24&	01:00&	01:11&	00:15&	01:02&	00:54@	00:12#	01:03&	00:28&	00:36-	00:43&	00:25&	00:09#													
5	Tor Geir Espedal										3530											44:11											
01:38-	03:49+	06:11+	08:21+	09:55+	11:12+	13:47+	16:58+	18:16+	21:13+	23:32+	24:27+	27:11+	28:10+	29:14+	32:52+	34:55+	38:17+	41:16+	43:25+	44:11+													
01:38-	02:11+	02:22+	02:10+	01:34+	01:17+	02:35+	03:11+	01:18+	02:57+	02:19+	00:55+	02:44+	00:59+	01:04+	03:38+	02:03+	03:22-	02:59+	02:09+	00:46+													
00:01-	00:43&	00:50&	00:43&	00:22&	00:01+	00:57&	01:44@	00:22&	00:58&	00:37&	00:12&	01:05&	00:21&	00:11#	01:42&	00:33&	00:09-	00:48&	00:55&	00:08#													
6	Harry Breiland										3507											45:04											
01:32-	03:28+	09:32+	11:14+	12:37+	13:39+	15:42+	17:18+	18:59+	22:13+	25:35+	27:43+	28:47+	30:47+	31:55+	32:48+	35:21+	36:55+	39:31+	42:46+	44:17+	45:04+												
01:32-	01:56+	06:04+	01:42+	01:23+	01:02-	02:03+	01:36+	01:41+	03:14+	03:22+	02:08+	01:04-	02:00+	01:08+	00:53-	02:33+	01:34-	02:36+	03:15+	01:31+	00:47+												
00:07-	00:28&	04:32@	00:15#	00:11#	00:14-	00:25&	00:09#	00:45&	01:15&	01:40&	01:25@	00:35-	01:22@	00:15&	01:03-	01:03&	01:57-	00:25#	02:01@	00:53@	00:47+												
7	Kjell Ivar Skjørestad										892											48:10											
03:07+	05:01+	07:28+	09:37+	11:08+	13:59+	16:50+	18:45+	20:00+	22:59+	25:25+	26:28+	29:05+	31:01+	32:04+	35:02+	37:03+	42:03+	45:11+	47:13+	48:10+													
03:07+	01:54+	02:27+	02:09+	01:31+	02:51+	02:51+	01:55+	01:15+	02:59+	02:26+	01:03+	02:37+	01:56+	01:03+	02:58+	02:01+	05:00+	03:08+	02:02+	00:57+													
01:28&	00:26&	00:55&	00:42&	00:19&	01:35@	01:13&	00:28&	00:19&	01:00&	00:44&	00:20&	00:58&	01:18@	00:10#	01:02&	00:31&	01:29&	00:57&	00:48&	00:19&													
8	Arne Magne Handeland										892											57:46											
02:42+	05:06+	11:50+	15:06+	17:07+	18:55+	21:48+	24:04+	25:26+	29:28+	32:03+	33:14+	37:02+	39:45+	41:46+	45:12+	47:14+	51:01+	54:06+	56:27+	57:46+													
02:42+	02:24+	06:44+	03:16+	02:01+	01:48+	02:53+	02:16+	01:22+	04:02+	02:35+	01:11+	03:48+	02:43+	02:01+	03:26+	02:02+	03:47+	03:05+	02:21+	01:19+													
01:03&	00:56&	05:12@	01:49@	00:49&	00:32&	01:15&	00:49&	00:26&	02:03@	00:53&	00:28&	02:09@	02:05@	01:08@	01:30&	00:32&	00:16+	00:54&	01:07&	00:41@													
9	Tore Romon Tvedt										3518											57:48											
02:17+	05:17+	08:08+	10:52+	13:27+	14:56+	17:14+	19:14+	21:12+	25:56+	28:16+	29:18+	32:36+	34:13+	35:24+	38:46+	40:49+	44:34+	54:11+	56:47+	57:48+													
02:17+	03:00+	02:51+	02:44+	02:35+	01:29+	02:18+	02:00+	01:58+	04:44+	02:20+	01:02+	03:18+	01:37+	01:11+	03:22+	02:03+	03:45+	09:37+	02:36+	01:01+													
00:38&	01:32@	01:19&	01:17&	01:23@	00:13#	00:40&	00:33&	01:02@	02:45@	00:38&	00:19&	01:39&	00:59@	00:18&	01:26&	00:33&	00:14+	07:26@	01:22@	00:23&													

Plass	Navn										Klasse										Tid												
H70																																	
10	Olav Habbestad										1683										58:21												
02:11+	04:33+	07:39+	09:40+	11:21+	12:52+	17:03+	20:40+	22:17+	27:15+	29:49+	30:45+	34:21+	36:37+	38:09+	46:08+	49:08+	52:34+	55:46+	57:30+	58:21+													
02:11+	02:22+	03:06+	02:01+	01:41+	01:31+	04:11+	03:37+	01:37+	04:58+	02:34+	00:56+	03:36+	02:16+	01:32+	07:59+	03:00+	03:26-	03:12+	01:44+	00:51+													
00:32&	00:54&	01:34@	00:34&	00:29&	00:15#	02:33@	02:10@	00:41&	02:59@	00:52&	00:13&	01:57@	01:38@	00:39&	06:03@	01:30&	00:05-	01:01&	00:30&	00:13&													
11	Eivind Lars Rake										892										1:01:09												
01:51+	04:12+	07:06+	09:52+	12:37+	13:50+	16:05+	18:04+	21:45+	24:44+	27:15+	28:15+	31:15+	33:09+	34:17+	37:44+	39:50+	43:20+	58:22+	60:12+	61:09+													
01:51+	02:21+	02:54+	02:46+	02:45+	01:13+	02:15+	01:59+	03:41+	02:59+	02:31+	01:00+	03:00+	01:54+	01:08+	03:27+	02:06+	03:30+	15:02+	01:50+	00:57+													
01:51+	02:21+	02:54+	02:46+	02:45+	01:13+	02:15+	01:59+	03:41+	02:59+	02:31+	01:00+	03:00+	01:54+	01:08+	03:27+	02:06+	03:30+	15:02+	01:50+	00:57+													
12	Per Marthon Møland										880										1:01:41												
01:41+	04:04+	06:06+	08:05+	10:04+	11:30+	14:01+	15:56+	17:17+	20:10+	24:17+	25:31+	28:51+	30:49+	32:02+	35:57+	38:27+	41:56+	59:13+	60:53+	61:41+													
01:41+	02:23+	02:02+	01:59+	01:59+	01:26+	02:31+	01:55+	01:21+	02:53+	04:07+	01:14+	03:20+	01:58+	01:13+	03:55+	02:30+	03:29+	17:17+	01:40+	00:48+													
01:41+	02:23+	02:02+	01:59+	01:59+	01:26+	02:31+	01:55+	01:21+	02:53+	04:07+	01:14+	03:20+	01:58+	01:13+	03:55+	02:30+	03:29+	17:17+	01:40+	00:48+													
13	Leif Kåre Lende										879										1:09:30												
03:14+	06:34+	09:26+	12:28+	15:08+	17:35+	22:04+	25:21+	27:36+	31:45+	35:42+	39:03+	43:01+	48:49+	51:04+	55:23+	57:39+	61:42+	66:05+	68:16+	69:30+													
03:14+	03:20+	02:52+	03:02+	02:40+	02:27+	04:29+	03:17+	02:15+	04:09+	03:57+	03:21+	03:58+	05:48+	02:15+	04:19+	02:16+	04:03+	04:23+	02:11+	01:14+													
03:14+	03:20+	02:52+	03:02+	02:40+	02:27+	04:29+	03:17+	02:15+	04:09+	03:57+	03:21+	03:58+	05:48+	02:15+	04:19+	02:16+	04:03+	04:23+	02:11+	01:14+													
Beste strekktid for klassen																																	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																	
H75																																	
1	Asgeir Bell										896										38:51												
01:03=	03:26=	07:24=	08:57=	10:46=	13:23=	15:57=	18:20=	20:21=	21:50=	24:23=	26:21=	28:07=	34:35=	36:36=	38:03=	38:51=																	
01:03=	02:23=	03:58=	01:33=	01:49=	02:37=	02:34=	02:23=	02:01=	01:29=	02:33=	01:58=	01:46=	06:28=	02:01=	01:27=	00:48=																	
00:00=	00:00=	00:00=	00:00=	00:00=	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										42:24												
01:18+	04:06+	08:13+	10:14+	12:06+	14:51+	17:48+	21:32+	24:26+	26:41+	30:09+	32:17+	34:33+	38:03+	40:18+	41:41+	42:24+																	
01:18+	02:48+	04:07+	02:01+	01:52+	02:45+	02:57+	03:44+	02:54+	02:15+	03:28+	02:08+	02:16+	03:30-	02:15+	01:23-	00:43-																	
00:15#	00:25#	00:09+	00:28&	00:03+	00:08+	00:23#	01:21&	00:53&	00:46&	00:55&	00:10+	00:30&	02:58-	00:14#	00:04-	00:05-																	
3	Paul Andreas Paulsen										896										43:27												
01:24+	04:19+	08:37+	10:36+	12:24+	15:34+	18:14+	20:45+	23:02+	25:06+	28:22+	30:49+	33:15+	38:51+	40:55+	42:32+	43:27+																	
01:24+	02:55+	04:18+	01:59+	01:48-	03:10+	02:40+	02:31+	02:17+	02:04+	03:16+	02:27+	02:26+	05:36-	02:04+	01:37+	00:55+																	
00:21&	00:32#	00:20+	00:26&	00:01-	00:33#	00:06+	00:08+	00:16#	00:35&	00:43&	00:29#	00:40&	00:52-	00:03+	00:10#	00:07#																	
4	Jostein Tunheim										1683										45:07												
01:10+	09:28+	13:34+	15:24+	17:06+	20:38+	22:59+	24:59+	27:07+	29:33+	32:41+	35:03+	36:53+	39:57+	43:03+	44:22+	45:07+																	
01:10+	08:18+	04:06+	01:50+	01:42-	03:32+	02:21-	02:00-	02:08+	02:26+	03:08+	02:22+	01:50+	03:04-	03:06+	01:19-	00:45-																	
00:07#	05:55@	00:08+	00:17#	00:07-	00:55&	00:13-	00:23-	00:07+	00:57&	00:35#	00:24#	00:04+	03:24-	01:05&	00:08-	00:03-																	
5	Arne Østensen										3518										52:03												
01:04+	03:47+	17:23+	19:14+	23:03+	26:42+	29:12+	31:48+	33:51+	35:45+	38:40+	41:12+	42:59+	46:53+	49:24+	50:54+	52:03+																	
01:04+	02:43+	13:36+	01:51+	03:49+	03:39+	02:30-	02:36+	02:03+	01:54+	02:55+	02:32+	01:47+	03:54-	02:31+	01:30+	01:09+																	
00:01+	00:20#	09:38@	00:18#	02:00@	01:02&	00:04-	00:13+	00:02+	00:25&	00:22#	00:34&	00:01+	02:34-	00:30#	00:03+	00:21&																	
6	Kjell-Ingar Olsen										1119										54:25												
02:21+	05:18+	13:26+	15:21+	17:16+	23:23+	26:18+	29:52+	32:15+	37:54+	41:24+	43:43+	46:14+	49:19+	51:42+	53:16+	54:25+																	
02:21+	02:57+	08:08+	01:55+	01:55+	06:07+	02:55+	03:34+	02:23+	05:39+	03:30+	02:19+	02:31+	03:05-	02:23+	01:34+	01:09+																	
01:18@	00:34#	04:10@	00:22#	00:06+	03:30@	00:21#	01:11&	00:22#	04:10@	00:57&	00:21#	00:45&	03:23-	00:22#	00:07+	00:21&																	
7	Ole Auklend										885										55:02												
01:21+	05:55+	11:44+	14:06+	16:35+	20:18+	24:01+	27:51+	31:09+	33:21+	37:58+	41:08+	44:12+	48:53+	51:40+	53:40+	55:02+																	
01:21+	04:34+	05:49+	02:22+	02:29+	03:43+	03:43+	03:50+	03:18+	02:12+	04:37+	03:10+	03:04+	04:41-	02:47+	02:00+	01:22+																	
00:18&	02:11&	01:51&	00:49&	00:40&	01:06&	01:09&	01:27&	01:17&	00:43&	02:04&	01:12&	01:18&	01:47-	00:46&	00:33&	00:34&																	
8	Kjell Svihus										892										1:00:12												
01:39+	05:12+	10:18+	12:33+	14:41+	18:45+	22:54+	25:45+	35:24+	38:37+	43:15+	46:00+	48:51+	53:39+	57:01+	59:00+	60:12+																	
01:39+	03:33+	05:06+	02:15+	02:08+	04:04+	04:09+	02:51+	09:39+	03:13+	04:38+	02:45+	02:51+	04:48-	03:22+	01:59+	01:12+																	
00:36&	01:10&	01:08&	00:42&	00:19#	01:27&	01:35&	00:28#	07:38@	01:44@	02:05&	00:47&	01:05&	01:40-	01:21&	00:32&	00:24&																	

Plass	Navn					Klasse					Tid					
H75																
9	Leif Gunnar Wikene					1832					1:05:10					
06:28+	15:15+	21:11+	23:46+	25:31+	29:11+	33:12+	36:59+	40:01+	43:16+	48:13+	51:20+	54:03+	58:30+	61:46+	64:00+	65:10+
06:28+	08:47+	05:56+	02:35+	01:45-	03:40+	04:01+	03:47+	03:02+	03:15+	04:57+	03:07+	02:43+	04:27-	03:16+	02:14+	01:10+
05:25@	06:24@	01:58&	01:02&	00:04-	01:03&	01:27&	01:24&	01:01&	01:46@	02:24&	01:09&	00:57&	02:01-	01:15&	00:47&	00:22&
10	Olav Dag Borgersen					3536					1:06:05					
01:32+	07:00+	11:46+	13:53+	16:20+	34:45+	38:13+	41:17+	44:08+	46:29+	50:52+	53:40+	56:10+	60:06+	63:13+	64:50+	66:05+
01:32+	05:28+	04:46+	02:07+	02:27+	18:25+	03:28+	03:04+	02:51+	02:21+	04:23+	02:48+	02:30+	03:56+	03:07+	01:37+	01:15+
01:32+	05:28+	04:46+	02:07+	02:27+	18:25+	03:28+	03:04+	02:51+	02:21+	04:23+	02:48+	02:30+	03:56+	03:07+	01:37+	01:15+
11	Norvald Skretting					1832					1:18:12					
01:49+	05:56+	33:12+	35:57+	38:31+	42:19+	46:19+	50:07+	53:06+	56:14+	61:08+	64:21+	67:12+	71:38+	74:59+	77:00+	78:12+
01:49+	04:07+	27:16+	02:45+	02:34+	03:48+	04:00+	03:48+	02:59+	03:08+	04:54+	03:13+	02:51+	04:26+	03:21+	02:01+	01:12+
01:49+	04:07+	27:16+	02:45+	02:34+	03:48+	04:00+	03:48+	02:59+	03:08+	04:54+	03:13+	02:51+	04:26+	03:21+	02:01+	01:12+
Beste strekktid for klassen																
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
H80																
1	Øyvind Egeskog					880					37:41					
00:33=	04:58=	08:13=	13:17=	15:33=	17:34=	19:23=	24:00=	25:46=	28:39=	30:30=	32:29=	34:31=	36:44=	37:41=		
00:33=	04:25=	03:15=	05:04=	02:16=	02:01=	01:49=	04:37=	01:46=	02:53=	01:51=	01:59=	02:02=	02:13=	00:57=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Knut Skjæveland					1884					40:31					
00:47+	03:19-	06:35-	11:24-	14:17-	16:16-	18:29-	25:25+	27:48+	30:31+	32:52+	34:45+	36:55+	39:28+	40:31+		
00:47+	02:32-	03:16+	04:49-	02:53+	01:59-	02:13+	06:56+	02:23+	02:43-	02:21+	01:53-	02:10+	02:33+	01:03+		
00:14&	01:53-	00:01+	00:15-	00:37&	00:02-	00:24#	02:19&	00:37&	00:10-	00:30&	00:06-	00:08+	00:20#	00:06#		
3	Kjell Langvik					1884					41:19					
05:03+	07:36+	11:48+	16:47+	19:01+	20:44+	22:39+	27:11+	29:29+	32:02+	33:42+	35:36+	37:30+	40:29+	41:19+		
05:03+	02:33-	04:12+	04:59-	02:14-	01:43-	01:55+	04:32-	02:18+	02:33-	01:40-	01:54-	01:54-	02:59+	00:50-		
04:30@	01:52-	00:57&	00:05-	00:02-	00:18-	00:06+	00:05-	00:32&	00:20-	00:11-	00:05-	00:08-	00:46&	00:07-		
4	Steinar Undheim					3529					42:34					
00:44+	03:45-	07:25-	12:00-	14:28-	16:41-	19:09-	24:17+	26:17+	32:05+	34:27+	36:42+	39:04+	41:43+	42:34+		
00:44+	03:01-	03:40+	04:35-	02:28+	02:13+	02:28+	05:08+	02:00+	05:48+	02:22+	02:15+	02:22+	02:39+	00:51-		
00:11&	01:24-	00:25#	00:29-	00:12+	00:12+	00:39&	00:31#	00:14#	02:55@	00:31&	00:16#	00:20#	00:26#	00:06-		
5	Tormod Aaslid					3529					43:04					
01:01+	03:45-	07:42-	12:03-	15:01-	17:34=	20:37+	26:12+	28:27+	31:35+	34:28+	36:38+	39:17+	41:51+	43:04+		
01:01+	02:44-	03:57+	04:21-	02:58+	02:33+	03:03+	05:35+	02:15+	03:08+	02:53+	02:10+	02:39+	02:34+	01:13+		
00:28&	01:41-	00:42#	00:43-	00:42&	00:32&	01:14&	00:58#	00:29&	00:15+	01:02&	00:11+	00:37&	00:21#	00:16&		
6	Alf Gyland					892					46:42					
00:53+	03:47-	07:11-	13:49+	16:34+	19:16+	21:48+	29:53+	32:04+	35:22+	37:58+	40:15+	42:44+	45:34+	46:42+		
00:53+	02:54-	03:24+	06:38+	02:45+	02:42+	02:32+	08:05+	02:11+	03:18+	02:36+	02:17+	02:29+	02:50+	01:08+		
00:20&	01:31-	00:09+	01:34&	00:29#	00:41&	00:43&	03:28&	00:25#	00:25#	00:45&	00:18#	00:27#	00:37&	00:11#		
7	Harald Vatne					2342					47:25					
04:52+	08:19+	11:56+	16:33+	19:20+	21:28+	23:36+	29:25+	32:32+	36:35+	38:38+	40:52+	43:28+	46:26+	47:25+		
04:52+	03:27-	03:37+	04:37-	02:47+	02:08+	02:08+	05:49+	03:07+	04:03+	02:03+	02:14+	02:36+	02:58+	00:59+		
04:19@	00:58-	00:22#	00:27-	00:31#	00:07+	00:19#	01:12&	01:21&	01:10&	00:12#	00:15#	00:34&	00:45&	00:02+		
8	Hermann Skogsholm					1754					50:30					
01:18+	04:00-	07:09-	12:11-	14:35-	16:25-	18:59-	23:30-	25:32-	40:42+	42:44+	44:41+	46:42+	49:35+	50:30+		
01:18+	02:42-	03:09-	05:02-	02:24+	01:50-	02:34+	04:31-	02:02+	15:10+	02:02+	01:57-	02:01-	02:53+	00:55-		
00:45@	01:43-	00:06-	00:02-	00:08+	00:11-	00:45&	00:06-	00:16#	12:17@	00:11+	00:02-	00:01-	00:40&	00:02-		
9	Sigurd Krosli					1884					50:34					
01:00+	04:50-	08:35+	17:27+	20:44+	23:09+	25:44+	32:04+	35:01+	38:13+	40:59+	43:19+	45:41+	49:27+	50:34+		
01:00+	03:50-	03:45+	08:52+	03:17+	02:25+	02:35+	06:20+	02:57+	03:12+	02:46+	02:20+	02:22+	03:46+	01:07+		
00:27&	00:35-	00:30#	03:48&	01:01&	00:24#	00:46&	01:43&	01:11&	00:19#	00:55&	00:21#	00:20#	01:33&	00:10#		

Plass	Navn										Klasse										Tid									
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H80

10	Svein Glendrange										874											52:06		
01:20+	04:44-	08:13=	12:26-	15:20-	17:19-	19:40+	26:00+	28:06+	39:38+	42:26+	44:46+	47:01+	50:45+	52:06+										
01:20+	03:24-	03:29+	04:13-	02:54+	01:59-	02:21+	06:20+	02:06+	11:32+	02:48+	02:20+	02:15+	03:44+	01:21+										
00:47#	01:01-	00:14+	00:51-	00:38#	00:02-	00:32#	01:43#	00:20#	08:39#	00:57#	00:21#	00:13#	01:31#	00:24#										
11	Magne Jakobsen										3524											58:31		
01:02+	05:38+	10:47+	15:54+	20:08+	23:18+	25:49+	36:46+	39:35+	43:03+	45:10+	48:01+	54:00+	57:18+	58:31+										
01:02+	04:36+	05:09+	05:07+	04:14+	03:10+	02:31+	10:57+	02:49+	03:28+	02:07+	02:51+	05:59+	03:18+	01:13+										
01:02+	04:36+	05:09+	05:07+	04:14+	03:10+	02:31+	10:57+	02:49+	03:28+	02:07+	02:51+	05:59+	03:18+	01:13+										
12	Torleiv Møgedal										874											1:02:47		
02:32+	07:15+	12:19+	19:54+	23:52+	26:21+	29:42+	37:56+	41:01+	46:35+	49:29+	53:21+	56:43+	60:59+	62:47+										
02:32+	04:43+	05:04+	07:35+	03:58+	02:29+	03:21+	08:14+	03:05+	05:34+	02:54+	03:52+	03:22+	04:16+	01:48+										
02:32+	04:43+	05:04+	07:35+	03:58+	02:29+	03:21+	08:14+	03:05+	05:34+	02:54+	03:52+	03:22+	04:16+	01:48+										
13	Kjell Audun Maudal										3524											1:06:07		
01:24+	06:34+	11:52+	19:21+	24:17+	27:24+	30:30+	39:16+	43:23+	47:51+	52:05+	56:21+	60:52+	64:32+	66:07+										
01:24+	05:10+	05:18+	07:29+	04:56+	03:07+	03:06+	08:46+	04:07+	04:28+	04:14+	04:16+	04:31+	03:40+	01:35+										
01:24+	05:10+	05:18+	07:29+	04:56+	03:07+	03:06+	08:46+	04:07+	04:28+	04:14+	04:16+	04:31+	03:40+	01:35+										
14	Magne Andreas Westerheim										1884											1:53:03		
16:25+	30:31+	36:17+	40:42+	45:38+	49:05+	52:55+	68:36+	71:10+	94:21+	97:47+	105:17+	108:15+	111:39+	113:03+										
16:25+	14:06+	05:46+	04:25+	04:56+	03:27+	03:50+	15:41+	02:34+	23:11+	03:26+	07:30+	02:58+	03:24+	01:24+										
16:25+	14:06+	05:46+	04:25+	04:56+	03:27+	03:50+	15:41+	02:34+	23:11+	03:26+	07:30+	02:58+	03:24+	01:24+										

Beste strekktid for klassen

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

HA

1	Torbjørn Fuglestad										878	40:18																								
01:30=	03:08=	06:40=	07:54=	09:02=	11:01=	12:47=	14:47=	16:59=	18:36=	19:55=	20:16=	21:46=	24:00=	25:16=	26:55=	28:10=	29:59=	31:08=	33:07=	34:35=	36:24=	37:27=	38:42=	39:45=	40:18=											
01:30=	01:38=	03:32=	01:14=	01:08=	01:59=	01:46=	02:00=	02:12=	01:37=	01:19=	00:21=	01:30=	02:14=	01:16=	01:39=	01:15=	01:49=	01:09=	01:59=	01:28=	01:49=	01:03=	01:15=	01:03=	00:33=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Lars Erik Malde										3676	41:27																								
01:33+	02:54-	06:15-	07:22-	08:24-	10:15-	11:56-	13:56-	16:24-	17:42-	18:54-	19:17-	20:50-	23:03-	24:18-	25:55-	27:12-	28:52-	30:06-	32:09-	34:08-	37:25+	38:19+	39:41+	40:56+	41:27+											
01:33+	01:21-	03:21-	01:07-	01:02-	01:51-	01:41-	02:00=	02:28+	01:18-	01:12-	00:23+	01:33+	02:13-	01:15-	01:37-	01:17+	01:40-	01:14+	02:03+	01:59+	03:17+	00:54-	01:22+	01:15+	00:31-											
00:03+	00:17-	00:11-	00:07-	00:06-	00:08-	00:05-	00:00=	00:16#	00:19-	00:07-	00:02+	00:03+	00:01-	00:01-	00:02-	00:02+	00:09-	00:05+	00:04+	00:31#	01:28#	00:09-	00:07+	00:12#	00:02-											
3	Kristian Frafjord Haarr										882	41:31																								
01:36+	02:47-	06:29-	07:32-	08:30-	10:16-	12:00-	13:52-	15:50-	16:53-	18:09-	18:29-	20:12-	22:28-	23:47-	26:59+	28:17+	30:17+	31:16+	33:12+	34:40+	37:23+	38:15+	39:41+	40:53+	41:31+											
01:36+	01:11-	03:42+	01:03-	00:58-	01:46-	01:44-	01:52-	01:58-	01:03-	01:16-	00:20-	01:43+	02:16+	01:19+	03:12+	01:18+	02:00+	00:59-	01:56-	01:28=	02:43+	00:52-	01:26+	01:12+	00:38+											
00:06+	00:27-	00:10+	00:11-	00:10-	00:13-	00:02-	00:08-	00:14-	00:34-	00:03-	00:01-	00:13#	00:02+	00:03+	01:33#	00:03+	00:11#	00:10-	00:03-	00:00=	00:54#	00:11-	00:11#	00:09#	00:05#											
4	Martin Blystad										3530	42:00																								
01:26-	02:39-	06:27-	07:46-	08:52-	10:52-	12:53+	14:51+	17:10+	18:10-	19:34-	19:51-	21:26-	24:09+	25:28+	27:36+	28:55+	30:55+	32:12+	34:22+	35:51+	37:49+	38:43+	40:00+	41:22+	42:00+											
01:26-	01:13-	03:48+	01:19+	01:06-	02:00+	02:01+	01:58-	02:19+	01:00-	01:24+	00:17-	01:35+	02:43+	01:19+	02:08+	01:19+	02:00+	01:17+	02:10+	01:29+	01:58+	00:54-	01:17+	01:22+	00:38+											
00:04+	00:25-	00:16+	00:05+	00:02-	00:01+	00:15#	00:08-	00:07+	00:37-	00:05+	00:04-	00:05+	00:29#	00:03+	00:29#	00:04+	00:11#	00:08#	00:11+	00:01+	00:09+	00:09-	00:02+	00:19#	00:05#											
5	Jørgen Strømstad										1786	45:58																								
01:48+	02:58-	06:54+	08:00+	09:05+	11:02+	15:19+	17:32+	19:54+	21:32+	22:43+	22:59+	24:32+	26:53+	28:11+	29:51+	31:09+	33:09+	34:38+	37:37+	39:16+	41:27+	42:51+	44:12+	45:26+	45:58+											
01:48+	01:10-	03:56+	01:06-	01:05-	01:57-	04:17+	02:13+	02:22+	01:38+	01:11-	00:16-	01:33+	02:21+	01:18+	01:40+	01:18+	02:00+	01:29+	02:59+	01:39+	02:11+	01:24+	01:21+	01:14+	00:32-											
00:18#	00:28-	00:24#	00:08-	00:03-	00:02-	02:31#	00:13#	00:10+	00:01+	00:08-	00:05-	00:03+	00:07+	00:02+	00:01+	00:03+	00:11#	00:20#	01:00#	00:11#	00:22#	00:21#	00:06+	00:11#	00:01-											
6	Ole Morten Haaland										3528	50:09																								
01:39+	02:55-	06:50+	08:09+	09:28+	11:55+	13:52+	15:46+	18:27+	22:15+	23:49+	24:10+	25:46+	28:36+	29:53+	32:01+	33:31+	35:38+	37:01+	39:05+	41:06+	44:24+	46:58+	48:25+	49:39+	50:09+											
01:39+	01:16-	03:55+	01:19+	01:19+	02:27+	01:57+	01:54-	02:41+	03:48+	01:34+	00:21=	01:36+	02:50+	01:17+	02:08+	01:30+	02:07+	01:23+	02:04+	02:01+	03:18+	02:34+	01:27+	01:14+	00:30-											
00:09#	00:22-	00:23#	00:05+	00:11#	00:28#	00:11#	00:06-	00:29#	02:11#	00:15#	00:00=	00:06+	00:36#	00:01+	00:29#	00:15#	00:18#	00:14#	00:05+	00:33#	01:29#	01:31#	00:12#	00:11#	00:03-											

Plass	Navn										Klasse	Tid													
HB																									
1	Torgeir Nevland										3522	36:24													
01:22=	02:31=	05:58=	06:58=	07:55=	09:42=	11:15=	13:06=	14:59=	16:00=	17:08=	17:22=	18:45=	20:54=	22:18=	23:50=	24:59=	26:35=	27:43=	29:20=	30:55=	32:34=	33:21=	34:34=	35:51=	36:24=
01:22=	01:09=	03:27=	01:00=	00:57=	01:47=	01:33=	01:51=	01:53=	01:01=	01:08=	00:14=	01:23=	02:09=	01:24=	01:32=	01:09=	01:36=	01:08=	01:37=	01:35=	01:39=	00:47=	01:13=	01:17=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Svein Magnus Halsne										3634	36:54													
01:12=	02:18=	05:30=	06:35=	07:34=	09:21=	11:06=	13:05=	15:12+	16:13+	17:21+	17:36+	19:03+	21:10+	22:29+	24:26+	25:35+	27:18+	28:36+	30:18+	31:39+	33:10+	33:56+	35:09+	36:19+	36:54+
01:12=	01:06=	03:12=	01:05+	00:59+	01:47=	01:45+	01:59+	02:07+	01:01=	01:08=	00:15+	01:27+	02:07=	01:19=	01:57+	01:09=	01:43+	01:18+	01:42+	01:21=	01:31=	00:46=	01:13=	01:10=	00:35+
00:10=	00:03=	00:15=	00:05+	00:02+	00:00=	00:12#	00:08+	00:14#	00:00=	00:00=	00:01+	00:04+	00:02=	00:05=	00:25#	00:00=	00:07+	00:10#	00:05+	00:14=	00:08=	00:01=	00:00=	00:07=	00:02+
3	Oddvar Taksdal										3522	38:33													
01:27+	02:43+	05:54=	06:58=	08:03+	10:03+	11:42+	13:34+	15:38+	16:41+	17:58+	18:13+	20:00+	22:22+	23:40+	25:20+	26:44+	28:41+	29:52+	31:32+	32:58+	34:25+	35:41+	36:48+	37:58+	38:33+
01:27+	01:16+	03:11=	01:04+	01:05+	02:00+	01:39+	01:52+	02:04+	01:03+	01:17+	00:15+	01:47+	02:22+	01:18=	01:40+	01:24+	01:57+	01:11+	01:40+	01:26=	01:27=	01:16+	01:07=	01:10=	00:35+
00:05+	00:07#	00:16=	00:04+	00:08#	00:13#	00:06+	00:01+	00:11+	00:02+	00:09#	00:01+	00:24#	00:13#	00:06=	00:08+	00:15#	00:21#	00:03+	00:03+	00:09=	00:12=	00:29#	00:06=	00:07=	00:02+
4	Arne Eirik Nielsen										3588	39:10													
01:26+	02:54+	06:16+	07:29+	08:30+	10:07+	11:48+	13:45+	15:44+	16:52+	18:16+	18:32+	20:09+	22:37+	23:54+	25:33+	26:56+	28:51+	30:01+	31:51+	33:16+	35:23+	36:13+	37:30+	38:37+	39:10+
01:26+	01:28+	03:22=	01:13+	01:01+	01:37=	01:41+	01:57+	01:59+	01:08+	01:24+	00:16+	01:37+	02:28+	01:17=	01:39+	01:23+	01:55+	01:10+	01:50+	01:25=	02:07+	00:50+	01:17+	01:07=	00:33=
00:04+	00:19#	00:05=	00:13#	00:04+	00:10=	00:08+	00:06+	00:06+	00:07#	00:16#	00:02#	00:14#	00:19#	00:07=	00:07+	00:14#	00:19#	00:02+	00:13#	00:10=	00:28#	00:03+	00:04+	00:10=	00:00=
5	Oddgeir Eikeskog										1884	40:11													
01:30+	02:50+	06:07+	07:15+	08:21+	10:04+	11:52+	13:48+	15:52+	17:04+	18:24+	18:40+	21:00+	23:27+	24:41+	26:23+	27:39+	29:40+	30:45+	32:42+	34:05+	35:44+	36:42+	38:22+	39:32+	40:11+
01:30+	01:20+	03:17=	01:08+	01:06+	01:43=	01:48+	01:56+	02:04+	01:12+	01:20+	00:16+	02:20+	02:27+	01:14=	01:42+	01:16+	02:01+	01:05=	01:57+	01:23=	01:39=	00:58+	01:40+	01:10=	00:39+
00:08+	00:11#	00:10=	00:08#	00:09#	00:04=	00:15#	00:05+	00:11+	00:11#	00:12#	00:02#	00:57#	00:18#	00:10=	00:10#	00:07#	00:25#	00:03=	00:20#	00:12=	00:00=	00:11#	00:27#	00:07=	00:06#
6	Tom Furland										769	40:14													
01:36+	02:53+	06:16+	07:28+	08:41+	10:43+	12:32+	14:37+	16:40+	17:46+	19:07+	19:25+	21:40+	24:06+	25:22+	27:04+	28:27+	30:35+	31:37+	33:21+	34:43+	36:13+	37:01+	38:19+	39:31+	40:14+
01:36+	01:17+	03:23=	01:12+	01:13+	02:02+	01:49+	02:05+	02:03+	01:06+	01:21+	00:18+	02:15+	02:26+	01:16=	01:42+	01:23+	02:08+	01:02=	01:44+	01:22=	01:30=	00:48+	01:18+	01:12=	00:43+
00:14#	00:08#	00:04=	00:12#	00:16#	00:15#	00:16#	00:14#	00:10+	00:05+	00:13#	00:04#	00:52#	00:17#	00:08=	00:10#	00:14#	00:32#	00:06=	00:07+	00:13=	00:09=	00:01+	00:05+	00:05=	00:10#
7	Trond Sigurd Fotland										3507	42:24													
01:20=	03:20+	06:25+	07:40+	08:51+	10:44+	12:37+	14:38+	16:44+	18:24+	19:52+	20:08+	21:54+	24:21+	25:46+	27:35+	28:55+	30:59+	32:15+	34:33+	36:16+	38:12+	39:06+	40:31+	41:47+	42:24+
01:20=	02:00+	03:05=	01:15+	01:11+	01:53+	01:53+	02:01+	02:06+	01:40+	01:28+	00:16+	01:46+	02:27+	01:25+	01:49+	01:20+	02:04+	01:16+	02:18+	01:43+	01:56+	00:54+	01:25+	01:16=	00:37+
00:02=	00:51#	00:22=	00:15#	00:14#	00:06+	00:20#	00:10+	00:13#	00:39#	00:20#	00:02#	00:23#	00:18#	00:01+	00:17#	00:11#	00:28#	00:08#	00:41#	00:08+	00:17#	00:07#	00:12#	00:01=	00:04#
8	Geir Sand										722	43:42													
01:51+	03:08+	06:24+	07:32+	08:34+	10:33+	12:12+	14:03+	16:00+	17:20+	18:36+	18:51+	20:49+	23:05+	24:31+	27:44+	30:26+	32:11+	33:29+	35:38+	37:44+	39:27+	40:33+	41:51+	43:06+	43:42+
01:51+	01:17+	03:16=	01:08+	01:02+	01:59+	01:39+	01:51=	01:57+	01:20+	01:16+	00:15+	01:58+	02:16+	01:26+	03:13+	02:42+	01:45+	01:18+	02:09+	02:06+	01:43+	01:06+	01:18+	01:15=	00:36+
00:29#	00:08#	00:11=	00:08#	00:05+	00:12#	00:06+	00:00=	00:04+	00:19#	00:08#	00:01+	00:35#	00:07+	00:02+	01:41#	01:33#	00:09+	00:10#	00:32#	00:31#	00:04+	00:19#	00:05+	00:02=	00:03+
9	Joar Eilevstjønn										2342	43:53													
01:39+	02:54+	06:51+	08:25+	09:31+	11:34+	13:19+	15:18+	17:28+	20:05+	21:22+	21:39+	23:33+	26:02+	27:32+	29:17+	30:35+	32:22+	33:57+	36:11+	37:54+	39:57+	40:48+	42:11+	43:18+	43:53+
01:39+	01:15+	03:57+	01:34+	01:06+	02:03+	01:45+	01:59+	02:10+	02:37+	01:17+	00:17+	01:54+	02:29+	01:30+	01:45+	01:18+	01:47+	01:35+	02:14+	01:43+	02:03+	00:51+	01:23+	01:07=	00:35+
00:17#	00:06+	00:30#	00:34#	00:09#	00:16#	00:12#	00:08+	00:17#	01:36#	00:09#	00:03#	00:31#	00:20#	00:06+	00:13#	00:09#	00:11#	00:27#	00:37#	00:08+	00:24#	00:04+	00:10#	00:10=	00:02+
10	Bård Martby-Skogsholm										3522	45:00													
01:32+	05:08+	08:58+	10:02+	11:01+	12:48+	14:41+	16:54+	19:05+	20:05+	21:31+	21:49+	24:22+	27:24+	29:00+	30:53+	32:28+	34:32+	35:56+	37:55+	39:17+	41:05+	41:54+	43:23+	44:27+	45:00+
01:32+	03:36+	03:50+	01:04+	00:59+	01:47=	01:53+	02:13+	02:11+	01:00=	01:26+	00:18+	02:33+	03:02+	01:36+	01:53+	01:35+	02:04+	01:24+	01:59+	01:22=	01:48+	00:49+	01:29+	01:04=	00:33=
00:10#	02:27#	00:23#	00:04+	00:02+	00:00=	00:20#	00:22#	00:18#	00:01=	00:18#	00:04#	01:10#	00:53#	00:12#	00:21#	00:26#	00:28#	00:16#	00:22#	00:13=	00:09+	00:02+	00:16#	00:13=	00:00=
11	Jørgen Breivold										3529	45:15													
01:36+	03:22+	08:07+	09:21+	10:26+	13:08+	14:55+	17:54+	20:46+	22:03+	23:37+	23:54+	25:44+	28:11+	29:33+	31:28+	32:59+	34:57+	36:11+	38:15+	39:35+	41:15+	42:16+	43:36+	44:43+	45:15+
01:36+	01:46+	04:45+	01:14+	01:05+	02:42+	01:47+	02:59+	02:52+	01:17+	01:34+	00:17+	01:50+	02:27+	01:22=	01:55+	01:31+	01:58+	01:14+	02:04+	01:20=	01:40+	01:01+	01:20+	01:07=	00:32=
00:14#	00:37#	01:18#	00:14#	00:08#	00:55#	00:14#	01:08#	00:59#	00:16#	00:26#	00:03#	00:27#	00:18#	00:02=	00:23#	00:22#	00:22#	00:06+	00:27#	00:15=	00:01+	00:14#	00:07+	00:10=	00:01=
Beste strekktid for klassen																									
01:12	01:06	03:05	01:00	00:57	01:37	01:33	01:51	01:53	01:00	01:08	00:14	01:23	02:07	01:14	01:32	01:09	01:36	01:02	01:37	01:20	01:27	00:46	01:07	01:04	00:32

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

Plass	Navn					Klasse					Tid														
HC																									
2	Kjetil Wirak					3486					39:25														
00:44=	02:43=	05:37=	07:14+	08:19+	10:04=	12:32=	13:45=	14:52=	17:05=	18:12=	18:41=	19:20=	21:51=	25:02=	27:43=	29:36=	30:49=	32:00=	35:08+	36:28+	37:24+	38:47+	39:25+		
00:44=	01:59=	02:54=	01:37+	01:05=	01:45=	02:28+	01:13=	01:07=	02:13+	01:07=	00:29=	00:39=	02:31=	03:11+	02:41+	01:53+	01:13+	01:11+	03:08+	01:20=	00:56+	01:23+	00:38=		
00:00=	00:00=	00:00=	00:18#	00:03=	00:28=	00:03+	00:18=	00:04=	00:15#	00:17=	00:03=	00:34=	00:22=	00:41#	00:08+	00:04+	00:24#	00:10#	00:40#	00:04=	00:25#	00:05+	00:02=		
3	Jan-Einar Øvremo					1119					39:30														
00:49+	02:56+	06:06+	07:29+	08:35+	10:47+	13:14+	14:35+	15:44+	17:45+	18:55+	19:42+	20:21+	23:12+	26:18+	29:19+	31:06+	31:49+	33:01+	35:38+	37:05+	37:34+	38:56+	39:30+		
00:49+	02:07+	03:10+	01:23+	01:06+	02:12+	02:27+	01:21+	01:09+	02:01+	01:10+	00:47+	00:39+	02:51+	03:06+	03:01+	01:47+	00:43+	01:12+	02:37+	01:27+	00:29+	01:22+	00:34+		
00:49+	02:07+	03:10+	01:23+	01:06+	02:12+	02:27+	01:21+	01:09+	02:01+	01:10+	00:47+	00:39+	02:51+	03:06+	03:01+	01:47+	00:43+	01:12+	02:37+	01:27+	00:29+	01:22+	00:34+		
4	Stein Arne Olsen					874					40:04														
00:49+	02:50+	05:51+	07:21+	08:29+	10:29+	13:28+	14:52+	16:00+	18:11+	19:18+	20:01+	21:38+	24:26+	27:10+	29:53+	31:33+	32:22+	33:25+	36:04+	37:32+	38:14+	39:24+	40:04+		
00:49+	02:01+	03:01+	01:30+	01:08+	02:00+	02:59+	01:24+	01:08+	02:11+	01:07+	00:43+	01:37+	02:48+	02:44+	02:43+	01:40+	00:49+	01:03+	02:39+	01:28+	00:42+	01:10+	00:40+		
00:49+	02:01+	03:01+	01:30+	01:08+	02:00+	02:59+	01:24+	01:08+	02:11+	01:07+	00:43+	01:37+	02:48+	02:44+	02:43+	01:40+	00:49+	01:03+	02:39+	01:28+	00:42+	01:10+	00:40+		
5	Henning Sundby					3486					40:07														
00:48+	02:47+	06:09+	07:25+	09:13+	11:15+	13:34+	14:54+	16:04+	18:03+	19:07+	20:02+	20:44+	24:01+	27:31+	30:01+	32:01+	32:47+	34:11+	36:38+	37:55+	38:20+	39:33+	40:07+		
00:48+	01:59+	03:22+	01:16+	01:48+	02:02+	02:19+	01:20+	01:10+	01:59+	01:04+	00:55+	00:42+	03:17+	03:30+	02:30+	02:00+	00:46+	01:24+	02:27+	01:17+	00:25+	01:13+	00:34+		
00:48+	01:59+	03:22+	01:16+	01:48+	02:02+	02:19+	01:20+	01:10+	01:59+	01:04+	00:55+	00:42+	03:17+	03:30+	02:30+	02:00+	00:46+	01:24+	02:27+	01:17+	00:25+	01:13+	00:34+		
6	Terje Michaelsen					3511					40:28														
00:44+	02:34+	05:56+	07:47+	08:53+	10:50+	13:14+	14:33+	15:59+	17:54+	18:59+	19:27+	20:09+	22:48+	25:43+	29:33+	32:15+	33:01+	34:22+	36:38+	38:16+	38:51+	39:56+	40:28+		
00:44+	01:50+	03:22+	01:51+	01:06+	01:57+	02:24+	01:19+	01:26+	01:55+	01:05+	00:28+	00:42+	02:39+	02:55+	03:50+	02:42+	00:46+	01:21+	02:16+	01:38+	00:35+	01:05+	00:32+		
00:44+	01:50+	03:22+	01:51+	01:06+	01:57+	02:24+	01:19+	01:26+	01:55+	01:05+	00:28+	00:42+	02:39+	02:55+	03:50+	02:42+	00:46+	01:21+	02:16+	01:38+	00:35+	01:05+	00:32+		
7	Leif Kjetil Hinna Gausel					1683					43:41														
01:08+	03:11+	06:49+	08:37+	10:01+	11:57+	14:51+	16:16+	17:30+	19:30+	20:50+	21:19+	22:24+	25:38+	28:53+	31:39+	33:21+	34:12+	35:19+	38:30+	40:56+	41:37+	43:00+	43:41+		
01:08+	02:03+	03:38+	01:48+	01:24+	01:56+	02:54+	01:25+	01:14+	02:00+	01:20+	00:29+	01:05+	03:14+	03:15+	02:46+	01:42+	00:51+	01:07+	03:11+	02:26+	00:41+	01:23+	00:41+		
01:08+	02:03+	03:38+	01:48+	01:24+	01:56+	02:54+	01:25+	01:14+	02:00+	01:20+	00:29+	01:05+	03:14+	03:15+	02:46+	01:42+	00:51+	01:07+	03:11+	02:26+	00:41+	01:23+	00:41+		
8	Pål Bårdsen					3497					45:07														
00:54+	03:08+	07:00+	08:36+	09:55+	12:06+	15:36+	17:08+	18:24+	20:39+	22:02+	22:40+	24:03+	27:16+	30:34+	33:30+	35:44+	36:34+	37:47+	40:46+	42:19+	42:58+	44:22+	45:07+		
00:54+	02:14+	03:52+	01:36+	01:19+	02:11+	03:30+	01:32+	01:16+	02:15+	01:23+	00:38+	01:23+	03:13+	03:18+	02:56+	02:14+	00:50+	01:13+	02:59+	01:33+	00:39+	01:24+	00:45+		
00:54+	02:14+	03:52+	01:36+	01:19+	02:11+	03:30+	01:32+	01:16+	02:15+	01:23+	00:38+	01:23+	03:13+	03:18+	02:56+	02:14+	00:50+	01:13+	02:59+	01:33+	00:39+	01:24+	00:45+		
9	Eivind Lie					1683					47:45														
00:49+	02:55+	06:47+	10:34+	11:52+	14:09+	16:52+	18:41+	20:16+	22:14+	23:43+	24:22+	25:11+	28:06+	31:36+	34:36+	37:41+	38:50+	40:54+	43:10+	44:43+	45:31+	46:59+	47:45+		
00:49+	02:06+	03:52+	03:47+	01:18+	02:17+	02:43+	01:49+	01:35+	01:58+	01:29+	00:39+	00:49+	02:55+	03:30+	03:00+	03:05+	01:09+	02:04+	02:16+	01:33+	00:48+	01:28+	00:46+		
00:49+	02:06+	03:52+	03:47+	01:18+	02:17+	02:43+	01:49+	01:35+	01:58+	01:29+	00:39+	00:49+	02:55+	03:30+	03:00+	03:05+	01:09+	02:04+	02:16+	01:33+	00:48+	01:28+	00:46+		
10	Øivind Berggraf					1683					48:04														
00:54+	03:02+	06:21+	08:31+	11:03+	13:44+	16:16+	17:53+	19:08+	21:22+	23:12+	24:44+	25:18+	28:39+	32:03+	35:35+	38:06+	39:02+	40:41+	43:45+	45:17+	45:56+	47:26+	48:04+		
00:54+	02:08+	03:19+	02:10+	02:32+	02:41+	02:32+	01:37+	01:15+	02:14+	01:50+	01:32+	00:34+	03:21+	03:24+	03:32+	02:31+	00:56+	01:39+	03:04+	01:32+	00:39+	01:30+	00:38+		
00:54+	02:08+	03:19+	02:10+	02:32+	02:41+	02:32+	01:37+	01:15+	02:14+	01:50+	01:32+	00:34+	03:21+	03:24+	03:32+	02:31+	00:56+	01:39+	03:04+	01:32+	00:39+	01:30+	00:38+		
11	Bertrand Denieul					877					49:05														
01:05+	02:57+	05:50+	07:21+	08:35+	12:58+	15:41+	17:25+	18:33+	22:05+	24:05+	25:02+	25:53+	28:40+	31:35+	34:23+	36:25+	37:15+	42:10+	44:55+	46:29+	47:00+	48:19+	49:05+		
01:05+	01:52+	02:53+	01:31+	01:14+	04:23+	02:43+	01:44+	01:08+	03:32+	02:00+	00:57+	00:51+	02:47+	02:55+	02:48+	02:02+	00:50+	04:55+	02:45+	01:34+	00:31+	01:19+	00:46+		
01:05+	01:52+	02:53+	01:31+	01:14+	04:23+	02:43+	01:44+	01:08+	03:32+	02:00+	00:57+	00:51+	02:47+	02:55+	02:48+	02:02+	00:50+	04:55+	02:45+	01:34+	00:31+	01:19+	00:46+		
12	Nils Tore Puntervold					793					49:58														
00:54+	02:53+	06:30+	08:18+	09:58+	12:49+	15:31+	16:50+	18:20+	20:48+	22:10+	22:55+	23:58+	27:11+	32:26+	35:55+	38:26+	40:17+	41:54+	45:07+	46:45+	47:37+	49:15+	49:58+		
00:54+	01:59+	03:37+	01:48+	01:40+	02:51+	02:42+	01:19+	01:30+	02:28+	01:22+	00:45+	01:03+	03:13+	05:15+	03:29+	02:31+	01:51+	01:37+	03:13+	01:38+	00:52+	01:38+	00:43+		
00:54+	01:59+	03:37+	01:48+	01:40+	02:51+	02:42+	01:19+	01:30+	02:28+	01:22+	00:45+	01:03+	03:13+	05:15+	03:29+	02:31+	01:51+	01:37+	03:13+	01:38+	00:52+	01:38+	00:43+		
13	Pål H. Gjerden					1683					50:02														
00:55+	03:04+	06:20+	07:57+	09:14+	11:27+	14:18+	15:55+	17:22+	19:40+	21:04+	21:48+	25:35+	29:11+	32:58+	36:26+	38:45+	39:44+	41:11+	44:17+	46:02+	47:19+	49:08+	50:02+		
00:55+	02:09+	03:16+	01:37+	01:17+	02:13+	02:51+	01:37+	01:27+	02:18+	01:24+	00:44+	03:47+	03:36+	03:47+	03:28+	02:19+	00:59+	01:27+	03:06+	01:45+	01:17+	01:49+	00:54+		
00:55+	02:09+	03:16+	01:37+	01:17+	02:13+	02:51+	01:37+	01:27+	02:18+	01:24+	00:44+	03:47+	03:36+	03:47+	03:28+	02:19+	00:59+	01:27+	03:06+	01:45+	01:17+	01:49+	00:54+		
14	Erling Mauland					3541					56:31														
01:02+	03:21+	13:22+	16:41+	18:01+	20:26+	23:30+	25:13+	26:42+	30:23+	31:47+	32:33+	33:35+	36:51+	39:50+	42:55+	45:17+	46:06+	47:09+	49:54+	52:17+	52:54+	55:48+	56:31+		
01:02+	02:19+	10:01+	03:19+	01:20+	02:25+	03:04+	01:43+	01:29+	03:41+	01:24+	00:46+	01:02+	03:16+	02:59+	03:05+	02:22+	00:49+	01:03+	02:45+	02:23+	00:37+	02:54+	00:43+		
01:02+	02:19+	10:01+	03:19+	01:20+	02:25+	03:04+	01:43+	01:29+	03:41+	01:24+	00:46+	01:02+	03:16+	02:59+	03:05+	02:22+	00:49+	01:03+	02:45+	02:23+	00:37+	02:54+	00:43+		
15	Ove Oaland					1683					1:14:03														
01:16+	08:43+	13:01+	15:20+	17:13+	20:10+	23:40+	25:54+	31:33+	34:39+	36:23+	37:14+	38:15+	41:54+	47:53+	55:34+	58:55+	60:27+	63:05+	67:01+	69:53+	70:56+	72:58+	74:03+		
01:16+	07:27+	04:18+	02:19+	01:53+	02:57+	03:30+	02:14+	05:39+	03:06+	01:44+	00:51+	01:01+	03:39+	05:59+	07:41+	03:21+	01:32+	02:38+	03:56+	02:52+	01:03+	02:02+	01:05+		
01:16+	07:27+	04:18+	02:19+	01:53+	02:57+	03:30+	02:14+	05:39+	03:06+	01:44+	00:51+	01:01+	03:39+	05:59+	07:41+	03:21+	01:32+	02:38+	03:56+	02:52+	01:03+	02:02+	01:05+		

Plass	Navn	Klasse	Tid
HC			
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
HNY			
1	Marius Usvaltas	3529	23:26
03:57= 05:38= 08:51= 10:01= 12:48= 15:31= 17:35= 19:57= 21:02= 22:10= 23:26=			
03:57= 01:41= 03:13= 01:10= 02:47= 02:43= 02:04= 02:22= 01:05= 01:08= 01:16=			
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Arild Opstad	3529	34:28
03:24- 05:48+ 09:24+ 11:13+ 18:31+ 21:32+ 24:30+ 28:19+ 30:52+ 32:27+ 34:28+			
03:24- 02:24+ 03:36+ 01:49+ 07:18+ 03:01+ 02:58+ 03:49+ 02:33+ 01:35+ 02:01+			
00:33- 00:43& 00:23# 00:39& 04:31@ 00:18# 00:54& 01:27& 01:28@ 00:27& 00:45&			
Beste strekktid for klassen			
03:24 01:41 03:13 01:10 02:47 02:43 02:04 02:22 01:05 01:08 01:16			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
HT			
1	Bartłomiej Lenart	1376	26:26
02:16= 03:42= 05:51= 08:20= 10:00= 11:26= 13:04= 16:14= 17:32= 19:32= 20:33= 21:58= 23:20= 25:52= 26:26=			
02:16= 01:26= 02:09= 02:29= 01:40= 01:26= 01:38= 03:10= 01:18= 02:00= 01:01= 01:25= 01:22= 02:32= 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=			
2	Tore Stensland	3529	28:32
00:28- 02:16- 04:42- 07:28- 09:50- 11:17- 13:56+ 17:38+ 19:02+ 21:24+ 23:17+ 24:41+ 26:14+ 27:54+ 28:32+			
00:28- 01:48+ 02:26+ 02:46+ 02:22+ 01:27+ 02:39+ 03:42+ 01:24+ 02:22+ 01:53+ 01:24- 01:33+ 01:40- 00:38+			
01:48- 00:22& 00:17# 00:17# 00:42& 00:01+ 01:01& 00:32# 00:06+ 00:22# 00:52& 00:01- 00:11# 00:52- 00:04#			
3	Håvard Aase	3558	29:27
00:59- 04:00+ 06:22+ 09:59+ 11:45+ 13:13+ 14:35+ 18:38+ 19:57+ 22:12+ 24:11+ 25:30+ 26:58+ 28:40+ 29:27+			
00:59- 03:01+ 02:22+ 03:37+ 01:46+ 01:28+ 01:22- 04:03+ 01:19+ 02:15+ 01:59+ 01:19- 01:28+ 01:42- 00:47+			
01:17- 01:35@ 00:13# 01:08& 00:06+ 00:02+ 00:16- 00:53& 00:01+ 00:15# 00:58& 00:06- 00:06+ 00:50- 00:13&			
4	Sven Undheim	793	30:13
02:02- 04:00+ 06:02+ 10:51+ 12:15+ 13:32+ 15:02+ 18:32+ 20:11+ 22:48+ 24:28+ 25:47+ 27:05+ 29:33+ 30:13+			
02:02- 01:58+ 02:02- 04:49+ 01:24- 01:17- 01:30- 03:30+ 01:39+ 02:37+ 01:40+ 01:19- 01:18- 02:28- 00:40+			
00:14- 00:32& 00:07- 02:20& 00:16- 00:09- 00:08- 00:20# 00:21& 00:37& 00:39& 00:06- 00:04- 00:04- 00:04- 00:06#			
5	Hans Østebø	793	30:17
00:19- 01:35- 10:41+ 13:25+ 15:01+ 16:10+ 17:34+ 21:02+ 22:11+ 24:17+ 25:13+ 26:29+ 27:43+ 29:42+ 30:17+			
00:19- 01:16- 09:06+ 02:44+ 01:36- 01:09- 01:24- 03:28+ 01:09- 02:06+ 00:56- 01:16- 01:14- 01:59- 00:35+			
01:57- 00:10- 06:57@ 00:15# 00:04- 00:17- 00:14- 00:18+ 00:09- 00:06+ 00:05- 00:09- 00:08- 00:33- 00:01+			
6	Håvard Stensland	3503	30:51
00:26- 02:29- 05:10- 08:36+ 10:53+ 12:25+ 14:22+ 18:07+ 20:40+ 22:55+ 24:16+ 25:39+ 27:31+ 30:14+ 30:51+			
00:26- 02:03+ 02:41+ 03:26+ 02:17+ 01:32+ 01:57+ 03:45+ 02:33+ 02:15+ 01:21+ 01:23- 01:52+ 02:43+ 00:37+			
01:50- 00:37& 00:32# 00:57& 00:37& 00:06+ 00:19# 00:35# 01:15& 00:15# 00:20& 00:02- 00:30& 00:11+ 00:03+			
7	Aksel Kleppa Hartmann	793	32:27
00:34- 02:47- 05:26- 09:19+ 11:23+ 13:13+ 14:45+ 20:38+ 23:12+ 25:18+ 27:00+ 28:20+ 29:57+ 31:51+ 32:27+			
00:34- 02:13+ 02:39+ 03:53+ 02:04+ 01:50+ 01:32- 05:53+ 02:34+ 02:06+ 01:42+ 01:20- 01:37+ 01:54- 00:36+			
01:42- 00:47& 00:30# 01:24& 00:24# 00:24& 00:06- 02:43& 01:16& 00:06+ 00:41& 00:05- 00:15# 00:38- 00:02+			
8	Per Olof Wallerstedt	3516	32:46
00:21- 03:01- 05:11- 10:09+ 12:16+ 13:35+ 14:44+ 18:09+ 19:30+ 22:00+ 23:06+ 24:28+ 26:01+ 32:07+ 32:46+			
00:21- 02:40+ 02:10+ 04:58+ 02:07+ 01:19- 01:09- 03:25+ 01:21+ 02:30+ 01:06+ 01:22- 01:33+ 06:06+ 00:39+			
01:55- 01:14& 00:01+ 02:29& 00:27& 00:07- 00:29- 00:15+ 00:03+ 00:30# 00:05+ 00:03- 00:11# 03:34@ 00:05#			

Plass	Navn					Klasse					Tid				
HT															
9	Roger Endre Nyseth					892					34:32				
00:30-	02:43-	05:50-	09:48+	13:08+	14:50+	16:40+	21:03+	22:52+	25:33+	27:14+	29:09+	31:05+	33:37+	34:32+	
00:30-	02:13+	03:07+	03:58+	03:20+	01:42+	01:50+	04:23+	01:49+	02:41+	01:41+	01:55+	01:56+	02:32=	00:55+	
01:46-	00:47&	00:58&	01:29&	01:40&	00:16#	00:12#	01:13&	00:31&	00:41&	00:40&	00:30&	00:34&	00:00=	00:21&	
10	Svein Sivertsen					3530					34:57				
00:29+	02:47+	05:49+	11:42+	14:25+	16:06+	17:42+	22:05+	23:42+	26:16+	28:08+	30:02+	32:08+	34:07+	34:57+	
00:29+	02:18+	03:02+	05:53+	02:43+	01:41+	01:36+	04:23+	01:37+	02:34+	01:52+	01:54+	02:06+	01:59+	00:50+	
00:29+	02:18+	03:02+	05:53+	02:43+	01:41+	01:36+	04:23+	01:37+	02:34+	01:52+	01:54+	02:06+	01:59+	00:50+	
11	Tore T Berg					793					36:17				
00:41+	03:07+	05:40+	09:05+	11:01+	12:25+	13:48+	19:09+	20:34+	28:23+	30:13+	31:35+	33:13+	35:34+	36:17+	
00:41+	02:26+	02:33+	03:25+	01:56+	01:24+	01:23+	05:21+	01:25+	07:49+	01:50+	01:22+	01:38+	02:21+	00:43+	
00:41+	02:26+	02:33+	03:25+	01:56+	01:24+	01:23+	05:21+	01:25+	07:49+	01:50+	01:22+	01:38+	02:21+	00:43+	
12	Bruno Pierfelice					3519					36:28				
00:32+	04:14+	07:22+	11:36+	14:55+	16:37+	18:07+	22:21+	24:15+	27:01+	29:10+	30:53+	33:21+	35:33+	36:28+	
00:32+	03:42+	03:08+	04:14+	03:19+	01:42+	01:30+	04:14+	01:54+	02:46+	02:09+	01:43+	02:28+	02:12+	00:55+	
00:32+	03:42+	03:08+	04:14+	03:19+	01:42+	01:30+	04:14+	01:54+	02:46+	02:09+	01:43+	02:28+	02:12+	00:55+	
13	Finn Otto Tveit					3507					36:32				
01:43+	04:26+	08:58+	11:45+	15:01+	16:40+	18:32+	23:09+	24:44+	28:44+	30:08+	31:44+	33:38+	35:45+	36:32+	
01:43+	02:43+	04:32+	02:47+	03:16+	01:39+	01:52+	04:37+	01:35+	04:00+	01:24+	01:36+	01:54+	02:07+	00:47+	
01:43+	02:43+	04:32+	02:47+	03:16+	01:39+	01:52+	04:37+	01:35+	04:00+	01:24+	01:36+	01:54+	02:07+	00:47+	
14	Tor Erik Skretting					1683					37:18				
01:19+	04:30+	07:50+	11:21+	13:07+	15:04+	16:55+	22:33+	24:10+	26:47+	28:46+	30:22+	32:21+	36:18+	37:18+	
01:19+	03:11+	03:20+	03:31+	01:46+	01:57+	01:51+	05:38+	01:37+	02:37+	01:59+	01:36+	01:59+	03:57+	01:00+	
01:19+	03:11+	03:20+	03:31+	01:46+	01:57+	01:51+	05:38+	01:37+	02:37+	01:59+	01:36+	01:59+	03:57+	01:00+	
15	Arne Magne Søndresen					722					37:20				
00:32+	02:41+	08:59+	12:37+	15:06+	16:57+	18:45+	24:30+	26:15+	29:01+	30:39+	32:31+	34:12+	36:20+	37:20+	
00:32+	02:09+	06:18+	03:38+	02:29+	01:51+	01:48+	05:45+	01:45+	02:46+	01:38+	01:52+	01:41+	02:08+	01:00+	
00:32+	02:09+	06:18+	03:38+	02:29+	01:51+	01:48+	05:45+	01:45+	02:46+	01:38+	01:52+	01:41+	02:08+	01:00+	
16	Vidar Eiken					1683					38:38				
00:57+	03:49+	07:33+	11:42+	13:44+	15:33+	17:31+	22:55+	24:02+	27:30+	29:10+	30:48+	33:51+	37:38+	38:38+	
00:57+	02:52+	03:44+	04:09+	02:02+	01:49+	01:58+	05:24+	01:07+	03:28+	01:40+	01:38+	03:03+	03:47+	01:00+	
00:57+	02:52+	03:44+	04:09+	02:02+	01:49+	01:58+	05:24+	01:07+	03:28+	01:40+	01:38+	03:03+	03:47+	01:00+	
17	Nils Egil Lie					3548					40:20				
02:00+	05:01+	12:17+	16:06+	18:38+	20:56+	22:46+	27:03+	28:38+	31:19+	32:59+	34:59+	36:47+	39:39+	40:20+	
02:00+	03:01+	07:16+	03:49+	02:32+	02:18+	01:50+	04:17+	01:35+	02:41+	01:40+	02:00+	01:48+	02:52+	00:41+	
02:00+	03:01+	07:16+	03:49+	02:32+	02:18+	01:50+	04:17+	01:35+	02:41+	01:40+	02:00+	01:48+	02:52+	00:41+	
18	Frode Følgesvold					880					40:40				
00:42+	03:52+	07:23+	11:52+	14:38+	17:20+	19:45+	26:11+	28:35+	31:49+	33:42+	35:35+	37:26+	39:50+	40:40+	
00:42+	03:10+	03:31+	04:29+	02:46+	02:42+	02:25+	06:26+	02:24+	03:14+	01:53+	01:53+	01:51+	02:24+	00:50+	
00:42+	03:10+	03:31+	04:29+	02:46+	02:42+	02:25+	06:26+	02:24+	03:14+	01:53+	01:53+	01:51+	02:24+	00:50+	
19	Sjur Bjerke					3525					41:19				
02:35+	04:53+	07:39+	10:59+	13:06+	14:44+	17:02+	21:42+	23:43+	26:07+	27:51+	29:35+	32:02+	40:17+	41:19+	
02:35+	02:18+	02:46+	03:20+	02:07+	01:38+	02:18+	04:40+	02:01+	02:24+	01:44+	01:44+	02:27+	08:15+	01:02+	
02:35+	02:18+	02:46+	03:20+	02:07+	01:38+	02:18+	04:40+	02:01+	02:24+	01:44+	01:44+	02:27+	08:15+	01:02+	
20	John Øgreid					882					41:50				
00:50+	04:03+	07:57+	12:22+	14:30+	16:23+	18:39+	24:11+	25:57+	29:36+	32:11+	34:04+	36:16+	40:37+	41:50+	
00:50+	03:13+	03:54+	04:25+	02:08+	01:53+	02:16+	05:32+	01:46+	03:39+	02:35+	01:53+	02:12+	04:21+	01:13+	
00:50+	03:13+	03:54+	04:25+	02:08+	01:53+	02:16+	05:32+	01:46+	03:39+	02:35+	01:53+	02:12+	04:21+	01:13+	
21	Jon Wegner Hausken					3503					42:11				
07:28+	09:56+	13:07+	17:01+	19:58+	21:45+	23:24+	27:57+	29:45+	32:54+	35:24+	37:11+	39:06+	41:27+	42:11+	
07:28+	02:28+	03:11+	03:54+	02:57+	01:47+	01:39+	04:33+	01:48+	03:09+	02:30+	01:47+	01:55+	02:21+	00:44+	
07:28+	02:28+	03:11+	03:54+	02:57+	01:47+	01:39+	04:33+	01:48+	03:09+	02:30+	01:47+	01:55+	02:21+	00:44+	
22	Timothée Maillefer					877					44:58				
04:32+	07:05+	10:16+	15:39+	18:00+	20:19+	22:14+	27:05+	29:14+	34:49+	36:41+	38:41+	41:03+	44:10+	44:58+	
04:32+	02:33+	03:11+	05:23+	02:21+	02:19+	01:55+	04:51+	02:09+	05:35+	01:52+	02:00+	02:22+	03:07+	00:48+	
04:32+	02:33+	03:11+	05:23+	02:21+	02:19+	01:55+	04:51+	02:09+	05:35+	01:52+	02:00+	02:22+	03:07+	00:48+	



Plass	Navn				Klasse						Tid					
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HT

23	Arild Svihus				892						45:12					
	05:46+	08:23+	11:29+	15:23+	18:33+	20:23+	22:35+	27:15+	31:27+	34:30+	36:11+	38:20+	40:40+	44:05+	45:12+	
	05:46+	02:37+	03:06+	03:54+	03:10+	01:50+	02:12+	04:40+	04:12+	03:03+	01:41+	02:09+	02:20+	03:25+	01:07+	
	05:46+	02:37+	03:06+	03:54+	03:10+	01:50+	02:12+	04:40+	04:12+	03:03+	01:41+	02:09+	02:20+	03:25+	01:07+	
24	Augustine Okafor				1683						46:06					
	01:24+	05:40+	09:37+	15:03+	17:10+	19:09+	21:09+	27:05+	29:15+	33:32+	36:35+	40:18+	42:50+	45:13+	46:06+	
	01:24+	04:16+	03:57+	05:26+	02:07+	01:59+	02:00+	05:56+	02:10+	04:17+	03:03+	03:43+	02:32+	02:23+	00:53+	
	01:24+	04:16+	03:57+	05:26+	02:07+	01:59+	02:00+	05:56+	02:10+	04:17+	03:03+	03:43+	02:32+	02:23+	00:53+	
25	Tom Leveraas				1884						46:21					
	04:25+	08:17+	11:47+	16:19+	18:34+	20:27+	22:25+	28:49+	30:49+	34:10+	37:15+	39:17+	42:08+	45:21+	46:21+	
	04:25+	03:52+	03:30+	04:32+	02:15+	01:53+	01:58+	06:24+	02:00+	03:21+	03:05+	02:02+	02:51+	03:13+	01:00+	
	04:25+	03:52+	03:30+	04:32+	02:15+	01:53+	01:58+	06:24+	02:00+	03:21+	03:05+	02:02+	02:51+	03:13+	01:00+	
26	Steinar Løgith Aase				2539						46:42					
	00:33+	04:24+	09:38+	14:50+	17:55+	20:35+	23:01+	28:40+	31:05+	34:47+	37:16+	39:56+	42:25+	45:38+	46:42+	
	00:33+	03:51+	05:14+	05:12+	03:05+	02:40+	02:26+	05:39+	02:25+	03:42+	02:29+	02:40+	02:29+	03:13+	01:04+	
	00:33+	03:51+	05:14+	05:12+	03:05+	02:40+	02:26+	05:39+	02:25+	03:42+	02:29+	02:40+	02:29+	03:13+	01:04+	
27	Rolf Øystein Kluge				793						49:27					
	00:44+	04:46+	11:19+	17:08+	20:19+	22:32+	24:48+	30:51+	33:33+	37:02+	39:38+	42:08+	44:45+	48:19+	49:27+	
	00:44+	04:02+	06:33+	05:49+	03:11+	02:13+	02:16+	06:03+	02:42+	03:29+	02:36+	02:30+	02:37+	03:34+	01:08+	
	00:44+	04:02+	06:33+	05:49+	03:11+	02:13+	02:16+	06:03+	02:42+	03:29+	02:36+	02:30+	02:37+	03:34+	01:08+	
28	Glenn-Ove Kingestad				3676						51:28					
	00:51+	04:09+	09:07+	15:57+	18:23+	20:29+	22:17+	26:28+	28:37+	31:44+	34:02+	36:09+	46:05+	50:16+	51:28+	
	00:51+	03:18+	04:58+	06:50+	02:26+	02:06+	01:48+	04:11+	02:09+	03:07+	02:18+	02:07+	09:56+	04:11+	01:12+	
	00:51+	03:18+	04:58+	06:50+	02:26+	02:06+	01:48+	04:11+	02:09+	03:07+	02:18+	02:07+	09:56+	04:11+	01:12+	
29	Bent Horpestad				722						51:32					
	01:00+	04:56+	11:45+	16:55+	19:49+	22:21+	24:54+	31:36+	34:16+	40:34+	42:32+	45:00+	47:27+	50:13+	51:32+	
	01:00+	03:56+	06:49+	05:10+	02:54+	02:32+	02:33+	06:42+	02:40+	06:18+	01:58+	02:28+	02:27+	02:46+	01:19+	
	01:00+	03:56+	06:49+	05:10+	02:54+	02:32+	02:33+	06:42+	02:40+	06:18+	01:58+	02:28+	02:27+	02:46+	01:19+	
30	Ivar Aalbu				3502						51:35					
	00:53+	07:10+	11:06+	16:33+	18:57+	20:54+	23:02+	34:33+	36:32+	39:49+	42:32+	44:41+	46:57+	50:21+	51:35+	
	00:53+	06:17+	03:56+	05:27+	02:24+	01:57+	02:08+	11:31+	01:59+	03:17+	02:43+	02:09+	02:16+	03:24+	01:14+	
	00:53+	06:17+	03:56+	05:27+	02:24+	01:57+	02:08+	11:31+	01:59+	03:17+	02:43+	02:09+	02:16+	03:24+	01:14+	
31	Ommund Bakkevold				874						52:37					
	02:10+	06:13+	11:58+	16:56+	20:23+	22:34+	25:04+	31:40+	34:10+	37:31+	40:12+	44:47+	47:43+	51:23+	52:37+	
	02:10+	04:03+	05:45+	04:58+	03:27+	02:11+	02:30+	06:36+	02:30+	03:21+	02:41+	04:35+	02:56+	03:40+	01:14+	
	02:10+	04:03+	05:45+	04:58+	03:27+	02:11+	02:30+	06:36+	02:30+	03:21+	02:41+	04:35+	02:56+	03:40+	01:14+	
32	Arne Hope				1832						54:14					
	06:21+	09:09+	15:15+	20:19+	24:04+	26:20+	29:13+	35:30+	37:53+	41:16+	44:39+	47:05+	49:39+	53:14+	54:14+	
	06:21+	02:48+	06:06+	05:04+	03:45+	02:16+	02:53+	06:17+	02:23+	03:23+	03:23+	02:26+	02:34+	03:35+	01:00+	
	06:21+	02:48+	06:06+	05:04+	03:45+	02:16+	02:53+	06:17+	02:23+	03:23+	03:23+	02:26+	02:34+	03:35+	01:00+	
33	Jan Erik Rasmussen				3519						54:36					
	01:01+	03:49+	11:27+	16:37+	19:10+	22:32+	25:16+	32:04+	35:30+	39:57+	43:44+	46:51+	49:52+	53:23+	54:36+	
	01:01+	02:48+	07:38+	05:10+	02:33+	03:22+	02:44+	06:48+	03:26+	04:27+	03:47+	03:07+	03:01+	03:31+	01:13+	
	01:01+	02:48+	07:38+	05:10+	02:33+	03:22+	02:44+	06:48+	03:26+	04:27+	03:47+	03:07+	03:01+	03:31+	01:13+	
34	Torgeir Færevåg				3553						55:07					
	01:10+	04:08+	16:46+	21:21+	24:36+	26:52+	29:10+	34:36+	37:16+	42:25+	45:39+	47:58+	50:47+	54:06+	55:07+	
	01:10+	02:58+	12:38+	04:35+	03:15+	02:16+	02:18+	05:26+	02:40+	05:09+	03:14+	02:19+	02:49+	03:19+	01:01+	
	01:10+	02:58+	12:38+	04:35+	03:15+	02:16+	02:18+	05:26+	02:40+	05:09+	03:14+	02:19+	02:49+	03:19+	01:01+	
35	Erik Campbell Henriksen				1683						1:00:21					
	00:56+	05:02+	09:58+	20:33+	24:25+	27:10+	30:25+	38:51+	41:35+	46:18+	48:38+	51:27+	54:26+	58:54+	60:21+	
	00:56+	04:06+	04:56+	10:35+	03:52+	02:45+	03:15+	08:26+	02:44+	04:43+	02:20+	02:49+	02:59+	04:28+	01:27+	
	00:56+	04:06+	04:56+	10:35+	03:52+	02:45+	03:15+	08:26+	02:44+	04:43+	02:20+	02:49+	02:59+	04:28+	01:27+	
36	Per Bakken				880						1:06:32					
	01:07+	05:19+	10:19+	20:59+	24:00+	26:28+	30:56+	39:28+	42:43+	50:23+	55:03+	57:40+	60:36+	65:03+	66:32+	
	01:07+	04:12+	05:00+	10:40+	03:01+	02:28+	04:28+	08:32+	03:15+	07:40+	04:40+	02:37+	02:56+	04:27+	01:29+	
	01:07+	04:12+	05:00+	10:40+	03:01+	02:28+	04:28+	08:32+	03:15+	07:40+	04:40+	02:37+	02:56+	04:27+	01:29+	

Plass	Navn			Klasse								Tid			
HT															
37	Leif Jarle Skåra			3502								1:08:27			
00:51+	04:30+	09:02+	15:45+	19:40+	22:28+	26:13+	35:31+	40:06+	45:44+	51:43+	55:10+	58:16+	66:18+	68:27+	
00:51+	03:39+	04:32+	06:43+	03:55+	02:48+	03:45+	09:18+	04:35+	05:38+	05:59+	03:27+	03:06+	08:02+	02:09+	
00:51+	03:39+	04:32+	06:43+	03:55+	02:48+	03:45+	09:18+	04:35+	05:38+	05:59+	03:27+	03:06+	08:02+	02:09+	
38	Olav Nybru			3531								1:11:55			
01:13+	40:46+	43:05+	46:09+	47:46+	49:37+	51:11+	56:03+	57:31+	63:04+	64:40+	65:50+	68:20+	71:18+	71:55+	
01:13+	39:33+	02:19+	03:04+	01:37+	01:51+	01:34+	04:52+	01:28+	05:33+	01:36+	01:10+	02:30+	02:58+	00:37+	
01:13+	39:33+	02:19+	03:04+	01:37+	01:51+	01:34+	04:52+	01:28+	05:33+	01:36+	01:10+	02:30+	02:58+	00:37+	
39	Kjetil Kartevold			3676								1:52:05			
15:18+	30:17+	47:50+	54:04+	56:59+	59:20+	61:49+	67:55+	70:17+	93:08+	96:45+	104:13+	107:05+	110:35+	112:05+	
15:18+	14:59+	17:33+	06:14+	02:55+	02:21+	02:29+	06:06+	02:22+	22:51+	03:37+	07:28+	02:52+	03:30+	01:30+	
15:18+	14:59+	17:33+	06:14+	02:55+	02:21+	02:29+	06:06+	02:22+	22:51+	03:37+	07:28+	02:52+	03:30+	01:30+	

Beste strekktid for klassen

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