

1	Nora Svendsen	892	43:09
03:41=	05:46= 08:47= 16:49= 20:51= 24:57= 27:14= 29:51= 33:28= 35:19= 38:19= 40:53= 42:18= 43:09=		
03:41=	02:05= 03:01= 08:02= 04:02= 04:06= 02:17= 02:37= 03:37= 01:51= 03:00= 02:34= 01:25= 00:51=		
00:00=	00:00= 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	Ragnhild Thorset Våge	896	48:30
04:51+	06:44+ 10:17+ 17:07+ 21:25+ 27:03+ 31:32+ 34:53+ 38:40+ 40:33+ 43:38+ 46:07+ 47:37+ 48:30+		
04:51+	01:53- 03:33+ 06:50- 04:18+ 05:38+ 04:29+ 03:21+ 03:47+ 01:53+ 03:05+ 02:29- 01:30+ 00:53+		
01:10&	00:12- 00:32# 01:12- 00:16+ 01:32& 02:12& 00:44& 00:10+ 00:02+ 00:05+ 00:05- 00:05+ 00:02+		
3	Ingvild Amaliksen	1683	54:29
04:12+	06:15+ 09:29+ 17:04+ 22:09+ 29:54+ 32:48+ 35:56+ 39:42+ 41:41+ 49:13+ 51:52+ 53:36+ 54:29+		
04:12+	02:03- 03:14+ 07:35- 05:05+ 07:45+ 02:54+ 03:08+ 03:46+ 01:59+ 07:32+ 02:39+ 01:44+ 00:53+		
00:31#	00:02- 00:13+ 00:27- 01:03& 03:39& 00:37& 00:31# 00:09+ 00:08+ 04:32@ 00:05+ 00:19# 00:02+		
4	Siri Eppeland	1884	55:37
05:32+	08:10+ 11:35+ 20:07+ 26:35+ 31:10+ 34:17+ 38:00+ 42:46+ 46:20+ 50:03+ 53:12+ 54:48+ 55:37+		
05:32+	02:38+ 03:25+ 08:32+ 06:28+ 04:35+ 03:07+ 03:43+ 04:46+ 03:34+ 03:43+ 03:09+ 01:36+ 00:49-		
01:51&	00:33& 00:24# 00:30+ 02:26& 00:29# 00:50& 01:06& 01:09& 01:43& 00:43# 00:35# 00:11# 00:02-		
5	Åsne Salte Håland	3559	56:57
04:31+	06:33+ 09:16+ 21:04+ 26:19+ 34:57+ 39:15+ 42:21+ 45:26+ 48:02+ 51:51+ 54:31+ 56:04+ 56:57+		
04:31+	02:02- 02:43- 11:48+ 05:15+ 08:38+ 04:18+ 03:06+ 03:05- 02:36+ 03:49+ 02:40+ 01:33+ 00:53+		
00:50#	00:03- 00:18- 03:46& 01:13& 04:32@ 02:01& 00:29# 00:32- 00:45& 00:49& 00:06+ 00:08+ 00:02+		
6	Eli Karine Klungre	1754	58:21
04:43+	07:29+ 11:01+ 19:09+ 25:06+ 34:50+ 39:00+ 42:27+ 46:51+ 49:20+ 53:11+ 55:58+ 57:32+ 58:21+		
04:43+	02:46+ 03:32+ 08:08+ 05:57+ 09:44+ 04:10+ 03:27+ 04:24+ 02:29+ 03:51+ 02:47+ 01:34+ 00:49-		
01:02&	00:41& 00:31# 00:06+ 01:55& 05:38@ 01:53& 00:50& 00:47# 00:38& 00:51& 00:13+ 00:09# 00:02-		
7	Hanne Berg Aspøy	896	1:01:24
05:31+	07:42+ 10:51+ 18:07+ 23:41+ 27:31+ 37:59+ 41:37+ 46:22+ 48:39+ 52:26+ 56:02+ 60:22+ 61:24+		
05:31+	02:11+ 03:09+ 07:16- 05:34+ 03:50- 10:28+ 03:38+ 04:45+ 02:17+ 03:47+ 03:36+ 04:20+ 01:02+		
01:50&	00:06+ 00:08+ 00:46- 01:32& 00:16- 08:11@ 01:01& 01:08& 00:26# 00:47& 01:02& 02:55@ 00:11#		
8	Hege Bakken	1754	1:04:31
04:54+	08:37+ 13:01+ 25:38+ 31:29+ 38:49+ 45:05+ 48:56+ 53:01+ 55:25+ 58:25+ 61:47+ 63:32+ 64:31+		
04:54+	03:43+ 04:24+ 12:37+ 05:51+ 07:20+ 06:16+ 03:51+ 04:05+ 02:24+ 03:00= 03:22+ 01:45+ 00:59+		
01:13&	01:38& 01:23& 04:35& 01:49& 03:14& 03:59@ 01:14& 00:28# 00:33& 00:00= 00:48& 00:20# 00:08#		
9	Frida Richter	4518	1:09:47
05:34+	08:29+ 13:54+ 25:39+ 32:35+ 38:05+ 44:10+ 47:55+ 53:26+ 58:44+ 63:08+ 67:10+ 68:51+ 69:47+		
05:34+	02:55+ 05:25+ 11:45+ 06:56+ 05:30+ 06:05+ 03:45+ 05:31+ 05:18+ 04:24+ 04:02+ 01:41+ 00:56+		
01:53&	00:50& 02:24& 03:43& 02:54& 01:24& 03:48@ 01:08& 01:54& 03:27@ 01:24& 01:28& 00:16# 00:05+		
10	Christina Skår	3523	1:15:16
06:33+	10:35+ 16:24+ 25:49+ 35:02+ 44:05+ 52:21+ 56:38+ 62:17+ 64:50+ 68:57+ 72:16+ 74:08+ 75:16+		
06:33+	04:02+ 05:49+ 09:25+ 09:13+ 09:03+ 08:16+ 04:17+ 05:39+ 02:33+ 04:07+ 03:19+ 01:52+ 01:08+		
02:52&	01:57& 02:48& 01:23# 05:11@ 04:57@ 05:59@ 01:40& 02:02& 00:42& 01:07& 00:45& 00:27& 00:17&		
11	Ingunn Landsnes	892	1:29:42
07:19+	10:48+ 15:54+ 27:47+ 34:37+ 54:01+ 58:56+ 64:11+ 69:46+ 72:47+ 82:34+ 86:24+ 88:30+ 89:42+		
07:19+	03:29+ 05:06+ 11:53+ 06:50+ 19:24+ 04:55+ 05:15+ 05:35+ 03:01+ 09:47+ 03:50+ 02:06+ 01:12+		
03:38&	01:24& 02:05& 03:51& 02:48& 15:18@ 02:38@ 02:38@ 01:58& 01:10& 06:47@ 01:16& 00:41& 00:21&		
12	Elizabeth Moats	4248	1:37:59
05:35+	12:08+ 20:42+ 46:23+ 55:46+ 63:27+ 68:51+ 73:40+ 77:29+ 80:38+ 88:40+ 94:12+ 96:53+ 97:59+		
05:35+	06:33+ 08:34+ 25:41+ 09:23+ 07:41+ 05:24+ 04:49+ 03:49+ 03:09+ 08:02+ 05:32+ 02:41+ 01:06+		
01:54&	04:28@ 05:33@ 17:39@ 05:21@ 03:35& 03:07@ 02:12& 00:12+ 01:18& 05:02@ 02:58@ 01:16& 00:15&		

Beste strekktid for klassen

03:41	01:53	02:43	06:50	04:02	03:50	02:17	02:37	03:05	01:51	03:00	02:29	01:25	00:49
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn			Klasse												Tid
D40																
1	Brit Nilsen			1830												54:37
02:19=	06:54=	15:42=	25:02=	28:54=	30:48=	37:31=	40:49=	44:51=	47:41=	49:52=	53:35=	54:37=				
02:19=	04:35=	08:48=	09:20=	03:52=	01:54=	06:43=	03:18=	04:02=	02:50=	02:11=	03:43=	01:02=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Hanne Thu			3516												58:22
02:40+	06:46+	15:13+	23:30+	27:28+	29:13+	37:25+	41:15+	49:19+	52:29+	54:37+	57:27+	58:22+				
02:40+	04:06+	08:27+	08:17+	03:58+	01:45+	08:12+	03:50+	08:04+	03:10+	02:08+	02:50+	00:55+				
02:40+	04:06+	08:27+	08:17+	03:58+	01:45+	08:12+	03:50+	08:04+	03:10+	02:08+	02:50+	00:55+				
3	Torill Østraat			1884												1:05:55
02:43+	07:54+	17:36+	27:04+	31:55+	36:27+	47:49+	51:08+	55:17+	58:22+	60:25+	64:37+	65:55+				
02:43+	05:11+	09:42+	09:28+	04:51+	04:32+	11:22+	03:19+	04:09+	03:05+	02:03+	04:12+	01:18+				
02:43+	05:11+	09:42+	09:28+	04:51+	04:32+	11:22+	03:19+	04:09+	03:05+	02:03+	04:12+	01:18+				
4	Hege Jangsett			1884												1:07:12
02:32+	07:50+	18:06+	26:41+	30:41+	33:35+	45:48+	49:36+	55:21+	58:37+	60:58+	65:03+	67:12+				
02:32+	05:18+	10:16+	08:35+	04:00+	02:54+	12:13+	03:48+	05:45+	03:16+	02:21+	04:05+	02:09+				
02:32+	05:18+	10:16+	08:35+	04:00+	02:54+	12:13+	03:48+	05:45+	03:16+	02:21+	04:05+	02:09+				
5	Helene Lie			3565												1:07:29
02:26+	07:04+	16:36+	24:54+	29:41+	39:50+	47:47+	51:12+	55:50+	58:39+	62:17+	66:14+	67:29+				
02:26+	04:38+	09:32+	08:18+	04:47+	10:09+	07:57+	03:25+	04:38+	02:49+	03:38+	03:57+	01:15+				
02:26+	04:38+	09:32+	08:18+	04:47+	10:09+	07:57+	03:25+	04:38+	02:49+	03:38+	03:57+	01:15+				
6	Anette Strand			1683												1:11:08
02:27+	07:37+	18:17+	29:14+	33:49+	36:19+	45:24+	49:07+	58:12+	63:24+	65:44+	69:51+	71:08+				
02:27+	05:10+	10:40+	10:57+	04:35+	02:30+	09:05+	03:43+	09:05+	05:12+	02:20+	04:07+	01:17+				
02:27+	05:10+	10:40+	10:57+	04:35+	02:30+	09:05+	03:43+	09:05+	05:12+	02:20+	04:07+	01:17+				
7	Christel Dahl			896												1:25:45
02:56+	15:29+	25:59+	38:11+	42:47+	46:17+	58:19+	62:20+	75:02+	78:22+	80:27+	84:25+	85:45+				
02:56+	12:33+	10:30+	12:12+	04:36+	03:30+	12:02+	04:01+	12:42+	03:20+	02:05+	03:58+	01:20+				
02:56+	12:33+	10:30+	12:12+	04:36+	03:30+	12:02+	04:01+	12:42+	03:20+	02:05+	03:58+	01:20+				
8	Johanna Rajala			885												1:36:49
03:11+	09:52+	24:05+	39:43+	46:55+	51:40+	61:31+	69:15+	79:27+	82:55+	86:11+	95:40+	96:49+				
03:11+	06:41+	14:13+	15:38+	07:12+	04:45+	09:51+	07:44+	10:12+	03:28+	03:16+	09:29+	01:09+				
03:11+	06:41+	14:13+	15:38+	07:12+	04:45+	09:51+	07:44+	10:12+	03:28+	03:16+	09:29+	01:09+				
9	Ingvild Marthinussen			3524												1:38:04
02:29+	34:20+	45:13+	56:05+	60:11+	63:20+	70:20+	75:07+	80:00+	83:09+	85:34+	96:41+	98:04+				
02:29+	31:51+	10:53+	10:52+	04:06+	03:09+	07:00+	04:47+	04:53+	03:09+	02:25+	11:07+	01:23+				
02:29+	31:51+	10:53+	10:52+	04:06+	03:09+	07:00+	04:47+	04:53+	03:09+	02:25+	11:07+	01:23+				

Beste strekktid for klassen

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

D50

1	Marit Haavardsholm	1683												46:27
	02:03=	05:55=	13:31=	19:59=	23:08=	24:37=	30:42=	33:28=	36:56=	39:28=	41:23=	45:18=	46:27=	
	02:03=	03:52=	07:36=	06:28=	03:09=	01:29=	06:05=	02:46=	03:28=	02:32=	01:55=	03:55=	01:09=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Keth Berggraf	1683												55:11
	02:00-	06:18+	14:26+	22:27+	25:37+	28:41+	35:41+	38:52+	45:06+	47:53+	50:18+	54:12+	55:11+	
	02:00-	04:18+	08:08+	08:01+	03:10+	03:04+	07:00+	03:11+	06:14+	02:47+	02:25+	03:54-	00:59-	
	00:03-	00:26#	00:32+	01:33#	00:01+	01:35@	00:55#	00:25#	02:46&	00:15+	00:30&	00:01-	00:10-	
3	Anne Botne	3559												55:23
	02:20+	06:16+	13:54+	25:37+	29:55+	31:58+	39:48+	42:36+	46:27+	49:04+	51:01+	54:16+	55:23+	
	02:20+	03:56+	07:38+	11:43+	04:18+	02:03+	07:50+	02:48+	03:51+	02:37+	01:57+	03:15-	01:07-	
	00:17#	00:04+	00:02+	05:15&	01:09&	00:34&	01:45&	00:02+	00:23#	00:05+	00:02+	00:40-	00:02-	

Plass	Navn												Klasse	Tid
D50														
4	Gerd Olaug Vikeså												1758	56:22
02:15+	06:31+	17:09+	24:39+	27:49+	29:33+	38:34+	41:49+	45:39+	49:26+	51:55+	55:10+	56:22+		
02:15+	04:16+	10:38+	07:30+	03:10+	01:44+	09:01+	03:15+	03:50+	03:47+	02:29+	03:15-	01:12+		
00:12+	00:24#	03:02&	01:02#	00:01+	00:15#	02:56&	00:29#	00:22#	01:15&	00:34&	00:40-	00:03+		
5	Helen Haneferd												882	57:20
02:25+	06:45+	16:15+	23:43+	27:34+	29:38+	36:39+	39:56+	47:11+	50:11+	52:29+	56:14+	57:20+		
02:25+	04:20+	09:30+	07:28+	03:51+	02:04+	07:01+	03:17+	07:15+	03:00+	02:18+	03:45+	01:06+		
02:25+	04:20+	09:30+	07:28+	03:51+	02:04+	07:01+	03:17+	07:15+	03:00+	02:18+	03:45+	01:06+		
6	Grethe Anda Fuglestad												1683	57:27
02:09+	06:16+	14:01+	20:42+	28:24+	30:10+	37:44+	40:32+	44:17+	47:06+	49:06+	56:25+	57:27+		
02:09+	04:07+	07:45+	06:41+	07:42+	01:46+	07:34+	02:48+	03:45+	02:49+	02:00+	07:19+	01:02+		
02:09+	04:07+	07:45+	06:41+	07:42+	01:46+	07:34+	02:48+	03:45+	02:49+	02:00+	07:19+	01:02+		
7	Ingunn Anda Haug												2342	57:49
02:22+	07:04+	16:50+	24:56+	28:37+	30:34+	39:36+	43:45+	48:01+	50:45+	52:56+	56:33+	57:49+		
02:22+	04:42+	09:46+	08:06+	03:41+	01:57+	09:02+	04:09+	04:16+	02:44+	02:11+	03:37+	01:16+		
02:22+	04:42+	09:46+	08:06+	03:41+	01:57+	09:02+	04:09+	04:16+	02:44+	02:11+	03:37+	01:16+		
8	Inger Johanne Klausen												3529	1:00:28
02:44+	07:38+	17:55+	27:04+	31:57+	34:09+	42:03+	45:41+	50:26+	53:48+	55:57+	59:18+	60:28+		
02:44+	04:54+	10:17+	09:09+	04:53+	02:12+	07:54+	03:38+	04:45+	03:22+	02:09+	03:21+	01:10+		
02:44+	04:54+	10:17+	09:09+	04:53+	02:12+	07:54+	03:38+	04:45+	03:22+	02:09+	03:21+	01:10+		
9	Mariann Sveinsvoll												3504	1:04:23
02:31+	07:24+	18:36+	26:41+	30:56+	33:00+	42:33+	45:55+	52:45+	55:51+	58:53+	63:09+	64:23+		
02:31+	04:53+	11:12+	08:05+	04:15+	02:04+	09:33+	03:22+	06:50+	03:06+	03:02+	04:16+	01:14+		
02:31+	04:53+	11:12+	08:05+	04:15+	02:04+	09:33+	03:22+	06:50+	03:06+	03:02+	04:16+	01:14+		
10	Ragnhild Båtnes Berntsen												1758	1:07:02
02:36+	09:11+	20:48+	29:52+	34:29+	36:56+	45:08+	48:39+	53:13+	56:21+	59:19+	65:53+	67:02+		
02:36+	06:35+	11:37+	09:04+	04:37+	02:27+	08:12+	03:31+	04:34+	03:08+	02:58+	06:34+	01:09+		
02:36+	06:35+	11:37+	09:04+	04:37+	02:27+	08:12+	03:31+	04:34+	03:08+	02:58+	06:34+	01:09+		
11	Trude Hermanrud												896	1:08:32
02:37+	07:31+	18:04+	27:10+	31:28+	35:21+	48:07+	52:22+	57:20+	60:30+	62:51+	66:49+	68:32+		
02:37+	04:54+	10:33+	09:06+	04:18+	03:53+	12:46+	04:15+	04:58+	03:10+	02:21+	03:58+	01:43+		
02:37+	04:54+	10:33+	09:06+	04:18+	03:53+	12:46+	04:15+	04:58+	03:10+	02:21+	03:58+	01:43+		
12	Anita Glenne Kallhovd												3502	1:08:42
02:35+	07:16+	17:08+	25:53+	30:28+	32:12+	48:39+	51:54+	58:01+	61:12+	63:38+	67:25+	68:42+		
02:35+	04:41+	09:52+	08:45+	04:35+	01:44+	16:27+	03:15+	06:07+	03:11+	02:26+	03:47+	01:17+		
02:35+	04:41+	09:52+	08:45+	04:35+	01:44+	16:27+	03:15+	06:07+	03:11+	02:26+	03:47+	01:17+		
13	Marie-Elizabeth Reinseth												882	1:10:19
02:42+	08:31+	20:44+	29:31+	33:53+	36:21+	46:44+	50:08+	56:01+	59:23+	62:06+	68:49+	70:19+		
02:42+	05:49+	12:13+	08:47+	04:22+	02:28+	10:23+	03:24+	05:53+	03:22+	02:43+	06:43+	01:30+		
02:42+	05:49+	12:13+	08:47+	04:22+	02:28+	10:23+	03:24+	05:53+	03:22+	02:43+	06:43+	01:30+		
14	Gøril Braut Aarsand												2539	1:11:20
02:48+	09:00+	21:34+	30:39+	34:47+	37:41+	47:42+	51:06+	56:48+	60:21+	63:15+	69:50+	71:20+		
02:48+	06:12+	12:34+	09:05+	04:08+	02:54+	10:01+	03:24+	05:42+	03:33+	02:54+	06:35+	01:30+		
02:48+	06:12+	12:34+	09:05+	04:08+	02:54+	10:01+	03:24+	05:42+	03:33+	02:54+	06:35+	01:30+		
15	Astri Sandanger												896	1:13:30
02:42+	09:06+	23:29+	31:55+	37:12+	41:55+	51:06+	55:00+	61:05+	64:18+	67:05+	72:31+	73:30+		
02:42+	06:24+	14:23+	08:26+	05:17+	04:43+	09:11+	03:54+	06:05+	03:13+	02:47+	05:26+	00:59+		
02:42+	06:24+	14:23+	08:26+	05:17+	04:43+	09:11+	03:54+	06:05+	03:13+	02:47+	05:26+	00:59+		
16	Randi Ladsten												1832	1:14:48
03:47+	10:39+	20:50+	33:40+	39:42+	42:21+	52:36+	56:04+	61:10+	64:48+	67:37+	73:16+	74:48+		
03:47+	06:52+	10:11+	12:50+	06:02+	02:39+	10:15+	03:28+	05:06+	03:38+	02:49+	05:39+	01:32+		
03:47+	06:52+	10:11+	12:50+	06:02+	02:39+	10:15+	03:28+	05:06+	03:38+	02:49+	05:39+	01:32+		
17	Marianne Fuglestad												896	1:15:46
01:51+	06:43+	13:53+	23:19+	30:54+	40:41+	50:05+	53:08+	64:37+	67:27+	69:48+	74:48+	75:46+		
01:51+	04:52+	07:10+	09:26+	07:35+	09:47+	09:24+	03:03+	11:29+	02:50+	02:21+	05:00+	00:58+		
01:51+	04:52+	07:10+	09:26+	07:35+	09:47+	09:24+	03:03+	11:29+	02:50+	02:21+	05:00+	00:58+		

Plass	Navn												Klasse	Tid											
D50																									
18	Hilde Frøytlog Karlsen												1284	1:18:03											
03:04+	09:30+	21:48+	32:34+	38:21+	40:53+	52:36+	57:28+	63:02+	67:33+	70:32+	76:07+	78:03+													
03:04+	06:26+	12:18+	10:46+	05:47+	02:32+	11:43+	04:52+	05:34+	04:31+	02:59+	05:35+	01:56+													
03:04+	06:26+	12:18+	10:46+	05:47+	02:32+	11:43+	04:52+	05:34+	04:31+	02:59+	05:35+	01:56+													
19	Åse Sellereite												882	1:18:09											
14:08+	18:28+	27:33+	34:37+	39:39+	41:40+	52:31+	55:52+	67:16+	70:20+	72:42+	77:01+	78:09+													
14:08+	04:20+	09:05+	07:04+	05:02+	02:01+	10:51+	03:21+	11:24+	03:04+	02:22+	04:19+	01:08+													
14:08+	04:20+	09:05+	07:04+	05:02+	02:01+	10:51+	03:21+	11:24+	03:04+	02:22+	04:19+	01:08+													
20	Andrea Tapken												3529	1:25:00											
02:58+	08:45+	20:08+	30:12+	37:26+	40:29+	56:01+	60:41+	66:26+	76:38+	78:44+	83:32+	85:00+													
02:58+	05:47+	11:23+	10:04+	07:14+	03:03+	15:32+	04:40+	05:45+	10:12+	02:06+	04:48+	01:28+													
02:58+	05:47+	11:23+	10:04+	07:14+	03:03+	15:32+	04:40+	05:45+	10:12+	02:06+	04:48+	01:28+													
21	Torill Andersen												1683	1:25:06											
03:25+	07:48+	18:18+	44:32+	49:18+	51:26+	63:43+	66:57+	73:30+	76:50+	79:32+	83:35+	85:06+													
03:25+	04:23+	10:30+	26:14+	04:46+	02:08+	12:17+	03:14+	06:33+	03:20+	02:42+	04:03+	01:31+													
03:25+	04:23+	10:30+	26:14+	04:46+	02:08+	12:17+	03:14+	06:33+	03:20+	02:42+	04:03+	01:31+													
22	Marianne Gjesdal Lyngås												892	1:27:27											
02:54+	09:06+	23:40+	34:45+	42:29+	45:35+	56:53+	61:32+	71:13+	75:01+	78:21+	85:53+	87:27+													
02:54+	06:12+	14:34+	11:05+	07:44+	03:06+	11:18+	04:39+	09:41+	03:48+	03:20+	07:32+	01:34+													
02:54+	06:12+	14:34+	11:05+	07:44+	03:06+	11:18+	04:39+	09:41+	03:48+	03:20+	07:32+	01:34+													
23	Elisabeth Melbø												879	1:31:02											
02:33+	08:20+	18:44+	26:45+	33:42+	41:27+	58:25+	62:06+	75:09+	78:22+	80:52+	89:32+	91:02+													
02:33+	05:47+	10:24+	08:01+	06:57+	07:45+	16:58+	03:41+	13:03+	03:13+	02:30+	08:40+	01:30+													
02:33+	05:47+	10:24+	08:01+	06:57+	07:45+	16:58+	03:41+	13:03+	03:13+	02:30+	08:40+	01:30+													
24	Anne Hilde Halleraker												882	1:39:51											
03:18+	09:29+	23:24+	51:33+	56:12+	58:13+	68:23+	73:07+	82:45+	91:53+	94:23+	98:42+	99:51+													
03:18+	06:11+	13:55+	28:09+	04:39+	02:01+	10:10+	04:44+	09:38+	09:08+	02:30+	04:19+	01:09+													
03:18+	06:11+	13:55+	28:09+	04:39+	02:01+	10:10+	04:44+	09:38+	09:08+	02:30+	04:19+	01:09+													
25	Ingjerd Haddeland												3507	1:41:46											
03:05+	08:53+	21:23+	34:45+	42:28+	45:42+	60:25+	65:16+	81:02+	88:28+	90:59+	100:20+	101:46+													
03:05+	05:48+	12:30+	13:22+	07:43+	03:14+	14:43+	04:51+	15:46+	07:26+	02:31+	09:21+	01:26+													
03:05+	05:48+	12:30+	13:22+	07:43+	03:14+	14:43+	04:51+	15:46+	07:26+	02:31+	09:21+	01:26+													
26	Renate Furenes												892	1:55:44											
02:29+	24:08+	36:28+	51:13+	58:58+	61:08+	76:42+	80:24+	102:23+	105:50+	108:33+	114:25+	115:44+													
02:29+	21:39+	12:20+	14:45+	07:45+	02:10+	15:34+	03:42+	21:59+	03:27+	02:43+	05:52+	01:19+													
02:29+	21:39+	12:20+	14:45+	07:45+	02:10+	15:34+	03:42+	21:59+	03:27+	02:43+	05:52+	01:19+													
27	Siw Gjerdengen												3676	2:04:23											
04:08+	11:22+	27:31+	55:17+	60:21+	63:06+	80:07+	86:05+	95:52+	101:03+	108:00+	122:39+	124:23+													
04:08+	07:14+	16:09+	27:46+	05:04+	02:45+	17:01+	05:58+	09:47+	05:11+	06:57+	14:39+	01:44+													
04:08+	07:14+	16:09+	27:46+	05:04+	02:45+	17:01+	05:58+	09:47+	05:11+	06:57+	14:39+	01:44+													

Beste strekktid for klassen

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

D60

1	Ingrid E. I. Øxnevad										3516	41:27									
02:11=	08:26=	10:38=	13:13=	17:14=	22:39=	24:05=	28:54=	30:41=	35:15=	37:57=	40:30=	41:27=									
02:11=	06:15=	02:12=	02:35=	04:01=	05:25=	01:26=	04:49=	01:47=	04:34=	02:42=	02:33=	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=									
2	Anne Sæbø Vik										1683	42:11									
02:10-	06:26-	09:05-	11:52-	16:03-	21:27-	23:01-	28:01-	30:10-	35:17+	38:06+	41:17+	42:11+									
02:10-	04:16-	02:39+	02:47+	04:11+	05:24-	01:34+	05:00+	02:09+	05:07+	02:49+	03:11+	00:54-									
00:01-	01:59-	00:27#	00:12+	00:10+	00:01-	00:08+	00:11+	00:22#	00:33#	00:07+	00:38#	00:03-									

Plass	Navn	Klasse	Tid
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D60

3 Ragnhild Auglænd 769 44:07

02:24+	07:06-	09:44-	12:30-	16:52-	21:47-	23:29-	29:04+	31:00+	36:01+	38:39+	42:57+	44:07+
02:24+	04:42-	02:38+	02:46+	04:22+	04:55-	01:42+	05:35+	01:56+	05:01+	02:38-	04:18+	01:10+
00:13+	01:33-	00:26#	00:11+	00:21+	00:30-	00:16#	00:46#	00:09+	00:27+	00:04-	01:45&	00:13#

4 Anne-Siv Gjertsen 882 46:20

02:20+	07:08+	09:54+	12:44+	18:52+	24:54+	26:51+	33:09+	35:15+	40:09+	43:00+	45:07+	46:20+
02:20+	04:48+	02:46+	02:50+	06:08+	06:02+	01:57+	06:18+	02:06+	04:54+	02:51+	02:07+	01:13+
02:20+	04:48+	02:46+	02:50+	06:08+	06:02+	01:57+	06:18+	02:06+	04:54+	02:51+	02:07+	01:13+

5 Mona Berntsen 1832 57:50

02:58+	07:46+	10:19+	14:25+	24:53+	32:08+	34:25+	40:31+	46:23+	51:33+	54:22+	56:28+	57:50+
02:58+	04:48+	02:33+	04:06+	10:28+	07:15+	02:17+	06:06+	05:52+	05:10+	02:49+	02:06+	01:22+
02:58+	04:48+	02:33+	04:06+	10:28+	07:15+	02:17+	06:06+	05:52+	05:10+	02:49+	02:06+	01:22+

6 Nina Christiansen 722 1:02:57

02:27+	10:52+	17:51+	20:57+	25:48+	33:58+	35:50+	42:31+	45:12+	49:31+	55:12+	61:39+	62:57+
02:27+	08:25+	06:59+	03:06+	04:51+	08:10+	01:52+	06:41+	02:41+	04:19+	05:41+	06:27+	01:18+
02:27+	08:25+	06:59+	03:06+	04:51+	08:10+	01:52+	06:41+	02:41+	04:19+	05:41+	06:27+	01:18+

7 Eli Tjåland Stokka 1141 1:11:54

02:49+	08:34+	15:58+	19:55+	25:51+	34:06+	36:33+	47:26+	50:30+	57:06+	64:09+	70:18+	71:54+
02:49+	05:45+	07:24+	03:57+	05:56+	08:15+	02:27+	10:53+	03:04+	06:36+	07:03+	06:09+	01:36+
02:49+	05:45+	07:24+	03:57+	05:56+	08:15+	02:27+	10:53+	03:04+	06:36+	07:03+	06:09+	01:36+

8 Ellinor Hoemsnes 1683 1:14:03

03:13+	16:00+	18:55+	22:54+	30:42+	37:36+	39:36+	45:19+	47:38+	57:52+	61:53+	72:49+	74:03+
03:13+	12:47+	02:55+	03:59+	07:48+	06:54+	02:00+	05:43+	02:19+	10:14+	04:01+	10:56+	01:14+
03:13+	12:47+	02:55+	03:59+	07:48+	06:54+	02:00+	05:43+	02:19+	10:14+	04:01+	10:56+	01:14+

Beste strekktid for klassen

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

D65

1 Ingunn Voilås 3502 41:43

02:14=	06:27=	08:57=	11:35=	15:56=	22:07=	23:44=	28:50=	30:46=	35:16=	38:12=	40:34=	41:43=
02:14=	04:13=	02:30=	02:38=	04:21=	06:11=	01:37=	05:06=	01:56=	04:30=	02:56=	02:22=	01:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Ingrid Eik 1830 43:26

02:13-	06:43+	11:01+	13:52+	18:30+	24:12+	25:55+	30:59+	32:58+	37:43+	40:19+	42:30+	43:26+
02:13-	04:30+	04:18+	02:51+	04:38+	05:42-	01:43+	05:04-	01:59+	04:45+	02:36-	02:11-	00:56-
00:01-	00:17+	01:48&	00:13+	00:17+	00:29-	00:06+	00:02-	00:03+	00:15+	00:20-	00:11-	00:13-

3 Eli Frafjord 1141 51:17

02:35+	07:57+	11:02+	14:35+	20:08+	26:37+	28:36+	34:53+	37:11+	43:59+	47:16+	50:12+	51:17+
02:35+	05:22+	03:05+	03:33+	05:33+	06:29+	01:59+	06:17+	02:18+	06:48+	03:17+	02:56+	01:05-
00:21#	01:09&	00:35#	00:55&	01:12&	00:18+	00:22#	01:11#	00:22#	02:18&	00:21#	00:34#	00:04-

4 Liv Sissel Obrestad 3529 59:09

02:52+	08:34+	12:37+	17:21+	22:59+	29:53+	32:08+	38:47+	41:13+	47:48+	52:01+	57:37+	59:09+
02:52+	05:42+	04:03+	04:44+	05:38+	06:54+	02:15+	06:39+	02:26+	06:35+	04:13+	05:36+	01:32+
00:38&	01:29&	01:33&	02:06&	01:17&	00:43#	00:38&	01:33&	00:30&	02:05&	01:17&	03:14@	00:23&

5 Margot Asheim 722 1:12:42

02:17+	07:12+	10:41+	16:52+	22:37+	48:21+	50:09+	57:00+	61:19+	66:32+	69:26+	71:26+	72:42+
02:17+	04:55+	03:29+	06:11+	05:45+	25:44+	01:48+	06:51+	04:19+	05:13+	02:54-	02:00-	01:16+
00:03+	00:42#	00:59&	03:33@	01:24&	19:33@	00:11#	01:45&	02:23@	00:43#	00:02-	00:22-	00:07#

6 May Meling 3553 1:13:39

02:37+	17:05+	19:44+	23:31+	32:00+	41:50+	43:55+	50:20+	52:36+	58:56+	63:58+	71:55+	73:39+
02:37+	14:28+	02:39+	03:47+	08:29+	09:50+	02:05+	06:25+	02:16+	06:20+	05:02+	07:57+	01:44+
00:23#	10:15@	00:09+	01:09&	04:08&	03:39&	00:28&	01:19&	00:20#	01:50&	02:06&	05:35@	00:35&

Plass	Navn	Klasse	Tid
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D65

7	Hanne Hermanud												3530	1:17:04
04:20+	11:42+	16:29+	23:45+	32:46+	41:11+	44:30+	53:06+	56:37+	64:25+	68:50+	74:19+	77:04+		
04:20+	07:22+	04:47+	07:16+	09:01+	08:25+	03:19+	08:36+	03:31+	07:48+	04:25+	05:29+	02:45+		
02:06&	03:09&	02:17&	04:38@	04:40@	02:14&	01:42@	03:30&	01:35&	03:18&	01:29&	03:07@	01:36@		
8	Anne Katrine Lycke												1884	1:23:37
05:02+	10:35+	14:54+	18:39+	34:11+	53:11+	54:57+	61:23+	64:21+	72:06+	77:11+	82:06+	83:37+		
05:02+	05:33+	04:19+	03:45+	15:32+	19:00+	01:46+	06:26+	02:58+	07:45+	05:05+	04:55+	01:31+		
05:02+	05:33+	04:19+	03:45+	15:32+	19:00+	01:46+	06:26+	02:58+	07:45+	05:05+	04:55+	01:31+		

Beste strekktid for klassen

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

D70

1	Hanne Eik												896	1:10:54
03:12=	08:51=	11:48=	15:50=	26:05=	33:02=	35:19=	42:39=	49:01=	55:27=	65:08=	69:24=	70:54=		
03:12=	05:39=	02:57=	04:02=	10:15=	06:57=	02:17=	07:20=	06:22=	06:26=	09:41=	04:16=	01:30=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Berit Gramstad												3551	1:24:54
03:19+	10:51+	23:32+	28:41+	46:32+	55:26+	57:41+	66:06+	68:52+	75:18+	79:55+	82:50+	84:54+		
03:19+	07:32+	12:41+	05:09+	17:51+	08:54+	02:15-	08:25+	02:46-	06:26=	04:37-	02:55-	02:04+		
00:07+	01:53&	09:44@	01:07&	07:36&	01:57&	00:02-	01:05#	03:36-	00:00=	05:04-	01:21-	00:34&		

Beste strekktid for klassen

03:12 05:39 02:57 04:02 10:15 06:57 02:15 07:20 02:46 06:26 04:37 02:55 01:30

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

D75

1	Ingrid W. Hestness											896	39:20
02:06=	06:01=	08:02=	10:33=	14:42=	19:30=	21:10=	26:11=	27:55=	32:01=	34:51=	38:12=	39:20=	
02:06=	03:55=	02:01=	02:31=	04:09=	04:48=	01:40=	05:01=	01:44=	04:06=	02:50=	03:21=	01:08=	
00:00=	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	1:05:52
03:33+	10:13+	13:29+	18:51+	27:45+	36:06+	38:23+	46:36+	49:32+	55:36+	60:51+	63:41+	65:52+	
03:33+	06:40+	03:16+	05:22+	08:54+	08:21+	02:17+	08:13+	02:56+	06:04+	05:15+	02:50-	02:11+	
01:27&	02:45&	01:15&	02:51@	04:45@	03:33&	00:37&	03:12&	01:12&	01:58&	02:25&	00:31-	01:03&	
3	Inger Skretting Opstad											3529	1:06:04
03:28+	10:18+	14:14+	19:50+	26:41+	34:13+	36:45+	44:33+	47:45+	56:25+	60:33+	63:45+	66:04+	
03:28+	06:50+	03:56+	05:36+	06:51+	07:32+	02:32+	07:48+	03:12+	08:40+	04:08+	03:12-	02:19+	
01:22&	02:55&	01:55&	03:05@	02:42&	02:44&	00:52&	02:47&	01:28&	04:34@	01:18&	00:09-	01:11@	
4	Haldis Glendrange											874	1:10:14
03:25+	09:39+	14:10+	21:37+	28:59+	37:21+	39:56+	49:19+	52:40+	61:25+	65:43+	68:44+	70:14+	
03:25+	06:14+	04:31+	07:27+	07:22+	08:22+	02:35+	09:23+	03:21+	08:45+	04:18+	03:01-	01:30+	
01:19&	02:19&	02:30@	04:56@	03:13&	03:34&	00:55&	04:22&	01:37&	04:39@	01:28&	00:20-	00:22&	
5	Helga Klausen											769	1:16:20
03:22+	10:59+	16:35+	21:57+	32:51+	42:25+	45:02+	52:43+	55:36+	67:35+	71:00+	74:11+	76:20+	
03:22+	07:37+	05:36+	05:22+	10:54+	09:34+	02:37+	07:41+	02:53+	11:59+	03:25+	03:11-	02:09+	
01:16&	03:42&	03:35@	02:51@	06:45@	04:46&	00:57&	02:40&	01:09&	07:53@	00:35#	00:10-	01:01&	
6	Aslaug Lura											1141	1:19:41
03:18+	10:26+	15:23+	21:42+	29:22+	40:28+	43:13+	52:12+	55:44+	69:38+	74:48+	77:58+	79:41+	
03:18+	07:08+	04:57+	06:19+	07:40+	11:06+	02:45+	08:59+	03:32+	13:54+	05:10+	03:10-	01:43+	
01:12&	03:13&	02:56@	03:48@	03:31&	06:18@	01:05&	03:58&	01:48@	09:48@	02:20&	00:11-	00:35&	

Plass	Navn	Klasse	Tid													
D75																
Beste strekktid for klassen																
02:06	03:55	02:01	02:31	04:09	04:48	01:40	05:01	01:44	04:06	02:50	02:50	01:08				
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
D80																
1	Gry Vikhamar Thengs	874	53:47													
07:23=	14:00=	22:23=	26:31=	33:04=	35:16=	44:28=	48:04=	50:29=	52:38=	53:47=						
07:23=	06:37=	08:23=	04:08=	06:33=	02:12=	09:12=	03:36=	02:25=	02:09=	01:09=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Turid Nystrøm	874	55:34													
07:26+	13:29-	20:32-	25:02-	33:10+	35:49+	44:48+	48:59+	51:50+	54:14+	55:34+						
07:26+	06:03-	07:03-	04:30+	08:08+	02:39+	08:59-	04:11+	02:51+	02:24+	01:20+						
00:03+	00:34-	01:20-	00:22+	01:35#	00:27#	00:13-	00:35#	00:26#	00:15#	00:11#						
Beste strekktid for klassen																
07:23	06:03	07:03	04:08	06:33	02:12	08:59	03:36	02:25	02:09	01:09						
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
DA																
1	Aud Hognestad Taksdal	892	50:27													
01:25=	06:23=	10:44=	17:47=	21:14=	23:35=	27:42=	29:46=	31:47=	34:37=	36:33=	39:23=	45:28=	47:32=	48:22=	49:43=	50:27=
01:25=	04:58=	04:21=	07:03=	03:27=	02:21=	04:07=	02:04=	02:01=	02:50=	01:56=	02:50=	06:05=	02:04=	00:50=	01:21=	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	Jorunn Hadland	3502	53:10													
01:29+	05:39-	10:06-	17:51+	21:46+	23:44+	28:00+	29:56+	32:57+	35:57+	37:55+	40:44+	47:52+	49:47+	50:39+	52:30+	53:10+
01:29+	04:10-	04:27+	07:45+	03:55+	01:58-	04:16+	01:56-	03:01+	03:00+	01:58+	02:49-	07:08+	01:55-	00:52+	01:51+	00:40-
00:04+	00:48-	00:06+	00:42+	00:28#	00:23-	00:09+	00:08-	01:00&	00:10+	00:02+	00:01-	01:03#	00:09-	00:02+	00:30&	00:04-
3	Marie Line Furland	769	1:02:25													
01:34+	07:08+	11:18+	19:27+	23:09+	25:58+	31:04+	34:07+	36:39+	40:54+	43:23+	46:52+	56:47+	59:11+	60:06+	61:41+	62:25+
01:34+	05:34+	04:10-	08:09+	03:42+	02:49+	05:06+	03:03+	02:32+	04:15+	02:29+	03:29+	09:55+	02:24+	00:55+	01:35+	00:44=
00:09#	00:36#	00:11-	01:06#	00:15+	00:28#	00:59#	00:59&	00:31&	01:25&	00:33&	00:39#	03:50&	00:20#	00:05#	00:14#	00:00=
4	Tone Torgersen	882	1:03:36													
01:36+	07:31+	11:54+	20:32+	24:37+	26:47+	32:20+	35:10+	37:52+	41:29+	43:52+	48:04+	57:10+	60:00+	61:05+	62:40+	63:36+
01:36+	05:55+	04:23+	08:38+	04:05+	02:10-	05:33+	02:50+	02:42+	03:37+	02:23+	04:12+	09:06+	02:50+	01:05+	01:35+	00:56+
00:11#	00:57#	00:02+	01:35#	00:38#	00:11-	01:26&	00:46&	00:41&	00:47&	00:27#	01:22&	03:01&	00:46&	00:15&	00:14#	00:12&
5	Katrine Haaland Leveraas	896	1:09:48													
01:43+	09:12+	14:23+	24:39+	29:22+	31:39+	36:12+	40:22+	43:03+	46:16+	48:56+	52:07+	60:57+	64:22+	65:26+	69:01+	69:48+
01:43+	07:29+	05:11+	10:16+	04:43+	02:17-	04:33+	04:10+	02:41+	03:13+	02:40+	03:11+	08:50+	03:25+	01:04+	03:35+	00:47+
00:18#	02:31&	00:50#	03:13&	01:16&	00:04-	00:26#	02:06@	00:40&	00:23#	00:44&	00:21#	02:45&	01:21&	00:14&	02:14@	00:03+
6	Matilde Skjæveland Skår	3486	1:11:29													
01:43+	07:32+	12:37+	22:37+	26:55+	29:06+	34:07+	38:00+	40:43+	44:13+	46:51+	50:36+	61:00+	66:54+	67:56+	70:23+	71:29+
01:43+	05:49+	05:05+	10:00+	04:18+	02:11-	05:01+	03:53+	02:43+	03:30+	02:38+	03:45+	10:24+	05:54+	01:02+	02:27+	01:06+
00:18#	00:51#	00:44#	02:57&	00:51#	00:10-	00:54#	01:49&	00:42&	00:40#	00:42&	00:55&	04:19&	03:50@	00:12#	01:06&	00:22&
7	Helen Lomeland	722	1:14:44													
01:56+	07:32+	13:18+	22:00+	26:30+	30:21+	37:29+	45:29+	48:00+	51:39+	53:52+	57:56+	68:38+	70:57+	72:00+	73:48+	74:44+
01:56+	05:36+	05:46+	08:42+	04:30+	03:51+	07:08+	08:00+	02:31+	03:39+	02:13+	04:04+	10:42+	02:19+	01:03+	01:48+	00:56+
00:31&	00:38#	01:25&	01:39#	01:03&	01:30&	03:01&	05:56@	00:30#	00:49&	00:17#	01:14&	04:37&	00:15#	00:13&	00:27&	00:12&
8	Aina Kalsaas Urstad	4232	1:38:13													
02:00+	13:52+	20:11+	32:27+	37:23+	39:50+	46:41+	52:40+	56:21+	61:24+	63:56+	76:12+	86:42+	89:49+	91:03+	97:04+	98:13+
02:00+	11:52+	06:19+	12:16+	04:56+	02:27+	06:51+	05:59+	03:41+	05:03+	02:32+	12:16+	10:30+	03:07+	01:14+	06:01+	01:09+
00:35&	06:54@	01:58&	05:13&	01:29&	00:06+	02:44&	03:55@	01:40&	02:13&	00:36&	09:26@	04:25&	01:03&	00:24&	04:40@	00:25&

Plass	Navn	Klasse	Tid
DA			

Beste strekktid for klassen

01:25 04:10 04:10 07:03 03:27 01:58 04:07 01:56 02:01 02:50 01:56 02:49 06:05 01:55 00:50 01:21 00:40

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

DB

1	Inger Tone Nygård												3502	51:45
03:40=	06:57=	09:16=	12:26=	19:18=	21:40=	25:12=	30:14=	31:52=	35:20=	47:43=	48:42=	50:27=	51:45=	
03:40=	03:17=	02:19=	03:10=	06:52=	02:22=	03:32=	05:02=	01:38=	03:28=	12:23=	00:59=	01:45=	01:18=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Jorunn Johannesen												1683	54:09
04:52+	08:15+	11:00+	14:16+	21:25+	23:36+	27:37+	33:20+	35:49+	39:49+	50:24+	51:39+	53:09+	54:09+	
04:52+	03:23+	02:45+	03:16+	07:09+	02:11-	04:01+	05:43+	02:29+	04:00+	10:35-	01:15+	01:30-	01:00-	
01:12&	00:06+	00:26#	00:06+	00:17+	00:11-	00:29#	00:41#	00:51&	00:32#	01:48-	00:16&	00:15-	00:18-	
3	Ann-Cathrin Nybak Urdal												3595	59:35
04:19+	08:52+	11:34+	15:09+	24:41+	27:17+	31:55+	39:11+	41:58+	46:24+	55:56+	57:06+	58:37+	59:35+	
04:19+	04:33+	02:42+	03:35+	09:32+	02:36+	04:38+	07:16+	02:47+	04:26+	09:32-	01:10+	01:31-	00:58-	
00:39#	01:16&	00:23#	00:25#	02:40&	00:14+	01:06&	02:14&	01:09&	00:58&	02:51-	00:11#	00:14-	00:20-	
4	Anne Garsrud												3518	1:02:45
04:04+	08:20+	10:41+	14:03+	21:21+	25:28+	30:18+	35:33+	37:45+	41:45+	58:57+	60:09+	61:43+	62:45+	
04:04+	04:16+	02:21+	03:22+	07:18+	04:07+	04:50+	05:15+	02:12+	04:00+	17:12+	01:12+	01:34-	01:02-	
00:24#	00:59&	00:02+	00:12+	00:26+	01:45&	01:18&	00:13+	00:34&	00:32#	04:49&	00:13#	00:11-	00:16-	
5	Lise Isachsen												1384	1:05:37
04:03+	07:47+	10:41+	14:06+	26:58+	29:52+	33:49+	39:44+	44:58+	49:18+	61:17+	62:45+	64:35+	65:37+	
04:03+	03:44+	02:54+	03:25+	12:52+	02:54+	03:57+	05:55+	05:14+	04:20+	11:59-	01:28+	01:50+	01:02-	
00:23#	00:27#	00:35&	00:15+	06:00&	00:32#	00:25#	00:53#	03:36@	00:52#	00:24-	00:29&	00:05+	00:16-	
6	Vibeke Lamark												878	1:06:07
04:15+	08:27+	11:23+	14:56+	25:40+	28:23+	32:28+	40:18+	42:47+	47:51+	61:54+	63:18+	64:58+	66:07+	
04:15+	04:12+	02:56+	03:33+	10:44+	02:43+	04:05+	07:50+	02:29+	05:04+	14:03+	01:24+	01:40-	01:09-	
00:35#	00:55&	00:37&	00:23#	03:52&	00:21#	00:33#	02:48&	00:51&	01:36&	01:40#	00:25&	00:05-	00:09-	
7	Marita Skorpe Falnes												3568	1:14:36
04:48+	09:18+	13:52+	18:14+	27:23+	31:12+	35:46+	45:33+	51:53+	56:34+	70:11+	71:57+	73:42+	74:36+	
04:48+	04:30+	04:34+	04:22+	09:09+	03:49+	04:34+	09:47+	06:20+	04:41+	13:37+	01:46+	01:45=	00:54-	
01:08&	01:13&	02:15&	01:12&	02:17&	01:27&	01:02&	04:45&	04:42@	01:13&	01:14+	00:47&	00:00=	00:24-	
8	Kristin Breivold												892	1:22:09
05:13+	09:59+	12:53+	22:32+	36:44+	42:50+	47:20+	55:10+	57:56+	62:03+	78:13+	79:35+	81:17+	82:09+	
05:13+	04:46+	02:54+	09:39+	14:12+	06:06+	04:30+	07:50+	02:46+	04:07+	16:10+	01:22+	01:42-	00:52-	
01:33&	01:29&	00:35&	06:29@	07:20@	03:44@	00:58&	02:48&	01:08&	00:39#	03:47&	00:23&	00:03-	00:26-	
9	Maira Andersone												1884	1:24:30
05:46+	10:34+	15:16+	19:38+	30:25+	36:39+	41:34+	49:21+	57:34+	62:56+	80:19+	81:46+	83:28+	84:30+	
05:46+	04:48+	04:42+	04:22+	10:47+	06:14+	04:55+	07:47+	08:13+	05:22+	17:23+	01:27+	01:42-	01:02-	
02:06&	01:31&	02:23@	01:12&	03:55&	03:52@	01:23&	02:45&	06:35@	01:54&	05:00&	00:28&	00:03-	00:16-	
10	Heidi Martby-Skogsholm												3522	1:32:01
06:11+	14:20+	17:52+	23:21+	41:04+	45:13+	50:20+	58:08+	60:39+	69:17+	87:26+	89:05+	91:00+	92:01+	
06:11+	08:09+	03:32+	05:29+	17:43+	04:09+	05:07+	07:48+	02:31+	08:38+	18:09+	01:39+	01:55+	01:01-	
02:31&	04:52@	01:13&	02:19&	10:51@	01:47&	01:35&	02:46&	00:53&	05:10@	05:46&	00:40&	00:10+	00:17-	
11	Guro Myhre												4371	2:14:02
05:35+	14:24+	18:34+	24:35+	40:55+	48:24+	54:06+	100:58+	103:34+	109:42+	128:44+	130:41+	133:00+	134:02+	
05:35+	08:49+	04:10+	06:01+	16:20+	07:29+	05:42+	46:52+	02:36+	06:08+	19:02+	01:57+	02:19+	01:02-	
01:55&	05:32@	01:51&	02:51&	09:28@	05:07@	02:10&	41:50@	00:58&	02:40&	06:39&	00:58&	00:34&	00:16-	

Beste strekktid for klassen

03:40 03:17 02:19 03:10 06:52 02:11 03:32 05:02 01:38 03:28 09:32 00:59 01:30 00:52

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

Plass	Navn	Klasse	Tid
DNY			
1	Anne Linn Olsen	3528	37:27
	04:51= 11:14= 25:45= 29:16= 30:51= 34:18= 36:21= 37:27=		
	04:51= 06:23= 14:31= 03:31= 01:35= 03:27= 02:03= 01:06=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	June Stensland	3529	41:11
	04:41- 16:24+ 28:27+ 32:04+ 33:54+ 37:25+ 40:04+ 41:11+		
	04:41- 11:43+ 12:03- 03:37+ 01:50+ 03:31+ 02:39+ 01:07+		
	00:10- 05:20& 02:28- 00:06+ 00:15# 00:04+ 00:36& 00:01+		
Beste strekktid for klassen			
	04:41 06:23 12:03 03:31 01:35 03:27 02:03 01:06		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
DT			
1	Thea Karoline Mork Aamodt	3512	33:05
	06:38= 11:43= 13:30= 17:55= 21:50= 26:21= 27:56= 29:54= 32:01= 33:05=		
	06:38= 05:05= 01:47= 04:25= 03:55= 04:31= 01:35= 01:58= 02:07= 01:04=		
	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	33:32
	06:19- 10:24- 12:46- 17:25- 21:12- 26:10- 27:43- 30:52+ 32:35+ 33:32+		
	06:19- 04:05- 02:22+ 04:39+ 03:47- 04:58+ 01:33- 03:09+ 01:43- 00:57-		
	00:19- 01:00- 00:35& 00:14+ 00:08- 00:27+ 00:02- 01:11& 00:24- 00:07-		
3	Julie Kristine Hovet	892	35:15
	05:07- 09:31- 11:07- 15:55- 18:56- 23:24- 29:16+ 31:39+ 33:33+ 35:15+		
	05:07- 04:24- 01:36- 04:48+ 03:01- 04:28- 05:52+ 02:23+ 01:54- 01:42+		
	01:31- 00:41- 00:11- 00:23+ 00:54- 00:03- 04:17@ 00:25# 00:13- 00:38&		
4	Siv-Elin Bogfjældal	3507	37:33
	06:47+ 12:40+ 14:42+ 20:11+ 24:13+ 30:19+ 32:04+ 34:31+ 36:31+ 37:33+		
	06:47+ 05:53+ 02:02+ 05:29+ 04:02+ 06:06+ 01:45+ 02:27+ 02:00- 01:02-		
	00:09+ 00:48# 00:15# 01:04# 00:07+ 01:35& 00:10# 00:29# 00:07- 00:02-		
5	Inger Narvestad Anda	896	40:38
	06:57+ 12:25+ 14:49+ 20:18+ 24:55+ 32:00+ 33:51+ 36:38+ 39:20+ 40:38+		
	06:57+ 05:28+ 02:24+ 05:29+ 04:37+ 07:05+ 01:51+ 02:47+ 02:42+ 01:18+		
	00:19+ 00:23+ 00:37& 01:04# 00:42# 02:34& 00:16# 00:49& 00:35& 00:14#		
6	Jeanett Mjølhøus	896	40:49
	07:47+ 12:52+ 15:13+ 20:05+ 24:28+ 29:25+ 31:07+ 34:03+ 39:45+ 40:49+		
	07:47+ 05:05= 02:21+ 04:52+ 04:23+ 04:57+ 01:42+ 02:56+ 05:42+ 01:04=		
	01:09# 00:00= 00:34& 00:27# 00:28# 00:26+ 00:07+ 00:58& 03:35@ 00:00=		
7	Stephanie Loin	877	41:42
	10:26+ 17:17+ 19:41+ 24:38+ 28:33+ 34:08+ 35:56+ 38:40+ 40:40+ 41:42+		
	10:26+ 06:51+ 02:24+ 04:57+ 03:55= 05:35+ 01:48+ 02:44+ 02:00- 01:02-		
	03:48& 01:46& 00:37& 00:32# 00:00= 01:04# 00:13# 00:46& 00:07- 00:02-		
8	Anne Lill Njå	896	41:45
	09:12+ 13:44+ 16:09+ 21:01+ 25:23+ 30:21+ 32:02+ 34:59+ 40:38+ 41:45+		
	09:12+ 04:32- 02:25+ 04:52+ 04:22+ 04:58+ 01:41+ 02:57+ 05:39+ 01:07+		
	02:34& 00:33- 00:38& 00:27# 00:27# 00:27+ 00:06+ 00:59& 03:32@ 00:03+		
9	Kate Evensen	3556	42:32
	08:45+ 13:32+ 16:26+ 22:27+ 27:47+ 33:53+ 35:42+ 38:24+ 41:16+ 42:32+		
	08:45+ 04:47- 02:54+ 06:01+ 05:20+ 06:06+ 01:49+ 02:42+ 02:52+ 01:16+		
	02:07& 00:18- 01:07& 01:36& 01:25& 01:35& 00:14# 00:44& 00:45& 00:12#		
10	Inger Martinsen	4248	42:48
	07:46+ 13:45+ 16:53+ 23:57+ 27:55+ 33:46+ 35:47+ 39:09+ 41:34+ 42:48+		
	07:46+ 05:59+ 03:08+ 07:04+ 03:58+ 05:51+ 02:01+ 03:22+ 02:25+ 01:14+		
	01:08# 00:54# 01:21& 02:39& 00:03+ 01:20& 00:26& 01:24& 00:18# 00:10#		

Plass	Navn										Klasse	Tid
DT												
11	Elisabet Horpestad										896	42:49
11:36+	16:06+	18:47+	23:49+	27:42+	32:52+	34:44+	38:09+	41:58+	42:49+			
11:36+	04:30-	02:41+	05:02+	03:53-	05:10+	01:52+	03:25+	03:49+	00:51-			
04:58&	00:35-	00:54&	00:37#	00:02-	00:39#	00:17#	01:27&	01:42&	00:13-			
12	Goedele Taveirne										896	43:00
07:52+	14:29+	19:11+	24:07+	28:09+	34:54+	36:42+	39:24+	41:46+	43:00+			
07:52+	06:37+	04:42+	04:56+	04:02+	06:45+	01:48+	02:42+	02:22+	01:14+			
07:52+	06:37+	04:42+	04:56+	04:02+	06:45+	01:48+	02:42+	02:22+	01:14+			
13	Karine Ditlevsen										896	44:07
07:21+	13:38+	18:46+	25:46+	30:32+	36:44+	38:34+	40:40+	43:04+	44:07+			
07:21+	06:17+	05:08+	07:00+	04:46+	06:12+	01:50+	02:06+	02:24+	01:03+			
07:21+	06:17+	05:08+	07:00+	04:46+	06:12+	01:50+	02:06+	02:24+	01:03+			
14	Therese Østbø										896	44:09
07:32+	13:41+	18:45+	25:42+	30:31+	36:46+	38:30+	40:44+	43:06+	44:09+			
07:32+	06:09+	05:04+	06:57+	04:49+	06:15+	01:44+	02:14+	02:22+	01:03+			
07:32+	06:09+	05:04+	06:57+	04:49+	06:15+	01:44+	02:14+	02:22+	01:03+			
15	Solbjørg Eikeland										722	45:49
09:45+	15:53+	21:27+	27:17+	31:39+	38:13+	39:57+	42:48+	44:48+	45:49+			
09:45+	06:08+	05:34+	05:50+	04:22+	06:34+	01:44+	02:51+	02:00+	01:01+			
09:45+	06:08+	05:34+	05:50+	04:22+	06:34+	01:44+	02:51+	02:00+	01:01+			
16	Cecilie Lidal										722	45:50
09:41+	15:50+	21:32+	27:22+	31:37+	38:11+	39:54+	42:56+	44:51+	45:50+			
09:41+	06:09+	05:42+	05:50+	04:15+	06:34+	01:43+	03:02+	01:55+	00:59+			
09:41+	06:09+	05:42+	05:50+	04:15+	06:34+	01:43+	03:02+	01:55+	00:59+			
17	Randi Sørhus										722	45:56
09:51+	15:58+	21:39+	27:24+	31:42+	38:16+	40:02+	43:05+	44:55+	45:56+			
09:51+	06:07+	05:41+	05:45+	04:18+	06:34+	01:46+	03:03+	01:50+	01:01+			
09:51+	06:07+	05:41+	05:45+	04:18+	06:34+	01:46+	03:03+	01:50+	01:01+			
18	Kristin Barvik										892	46:50
08:56+	17:16+	20:19+	26:09+	30:05+	36:12+	37:58+	42:40+	45:39+	46:50+			
08:56+	08:20+	03:03+	05:50+	03:56+	06:07+	01:46+	04:42+	02:59+	01:11+			
08:56+	08:20+	03:03+	05:50+	03:56+	06:07+	01:46+	04:42+	02:59+	01:11+			
19	Marianne Steinkopf										880	47:03
07:13+	14:45+	17:28+	22:57+	27:55+	39:00+	40:44+	44:01+	46:01+	47:03+			
07:13+	07:32+	02:43+	05:29+	04:58+	11:05+	01:44+	03:17+	02:00+	01:02+			
07:13+	07:32+	02:43+	05:29+	04:58+	11:05+	01:44+	03:17+	02:00+	01:02+			
20	Helene Verdal Hidle										1830	47:16
06:57+	16:34+	22:16+	27:22+	33:01+	39:27+	41:22+	44:06+	46:07+	47:16+			
06:57+	09:37+	05:42+	05:06+	05:39+	06:26+	01:55+	02:44+	02:01+	01:09+			
06:57+	09:37+	05:42+	05:06+	05:39+	06:26+	01:55+	02:44+	02:01+	01:09+			
21	Anne Turid Vestbakke										1683	47:34
08:05+	14:58+	20:05+	25:48+	31:51+	39:22+	41:11+	43:47+	46:01+	47:34+			
08:05+	06:53+	05:07+	05:43+	06:03+	07:31+	01:49+	02:36+	02:14+	01:33+			
08:05+	06:53+	05:07+	05:43+	06:03+	07:31+	01:49+	02:36+	02:14+	01:33+			
22	Anna Hole										3503	47:48
08:21+	14:46+	18:01+	24:42+	30:22+	37:27+	39:14+	44:26+	46:44+	47:48+			
08:21+	06:25+	03:15+	06:41+	05:40+	07:05+	01:47+	05:12+	02:18+	01:04+			
08:21+	06:25+	03:15+	06:41+	05:40+	07:05+	01:47+	05:12+	02:18+	01:04+			
23	Ann Helen Reinen Tveit										892	50:34
09:48+	16:06+	23:26+	28:59+	34:21+	40:36+	42:26+	45:18+	49:05+	50:34+			
09:48+	06:18+	07:20+	05:33+	05:22+	06:15+	01:50+	02:52+	03:47+	01:29+			
09:48+	06:18+	07:20+	05:33+	05:22+	06:15+	01:50+	02:52+	03:47+	01:29+			
24	Kirsti Strand Salvesen										3540	51:47
08:41+	15:19+	18:40+	24:42+	31:38+	41:06+	43:42+	46:52+	49:51+	51:47+			
08:41+	06:38+	03:21+	06:02+	06:56+	09:28+	02:36+	03:10+	02:59+	01:56+			
08:41+	06:38+	03:21+	06:02+	06:56+	09:28+	02:36+	03:10+	02:59+	01:56+			

Plass	Navn										Klasse	Tid
DT												
25	Kristine Aasland										3524	51:49
07:29+	15:18+	24:31+	29:49+	34:14+	41:39+	43:56+	47:40+	50:26+	51:49+			
07:29+	07:49+	09:13+	05:18+	04:25+	07:25+	02:17+	03:44+	02:46+	01:23+			
07:29+	07:49+	09:13+	05:18+	04:25+	07:25+	02:17+	03:44+	02:46+	01:23+			
26	Kristine Vik										1284	52:34
09:19+	15:05+	20:56+	25:23+	31:35+	43:15+	46:10+	48:57+	51:20+	52:34+			
09:19+	05:46+	05:51+	04:27+	06:12+	11:40+	02:55+	02:47+	02:23+	01:14+			
09:19+	05:46+	05:51+	04:27+	06:12+	11:40+	02:55+	02:47+	02:23+	01:14+			
27	Tone M. Seglem Giske										1683	53:04
08:42+	15:37+	21:32+	27:40+	32:57+	40:44+	44:19+	48:00+	51:10+	53:04+			
08:42+	06:55+	05:55+	06:08+	05:17+	07:47+	03:35+	03:41+	03:10+	01:54+			
08:42+	06:55+	05:55+	06:08+	05:17+	07:47+	03:35+	03:41+	03:10+	01:54+			
28	Linda Haukås										3551	53:52
09:23+	17:25+	26:25+	32:06+	36:23+	43:38+	46:06+	49:44+	52:35+	53:52+			
09:23+	08:02+	09:00+	05:41+	04:17+	07:15+	02:28+	03:38+	02:51+	01:17+			
09:23+	08:02+	09:00+	05:41+	04:17+	07:15+	02:28+	03:38+	02:51+	01:17+			
29	Solbjørg Borgersen										3536	57:01
09:33+	21:02+	30:53+	37:42+	42:11+	48:34+	50:51+	53:31+	55:47+	57:01+			
09:33+	11:29+	09:51+	06:49+	04:29+	06:23+	02:17+	02:40+	02:16+	01:14+			
09:33+	11:29+	09:51+	06:49+	04:29+	06:23+	02:17+	02:40+	02:16+	01:14+			
30	Helena Almedal										1376	57:28
09:28+	17:45+	27:09+	34:24+	40:17+	49:03+	50:45+	53:26+	56:05+	57:28+			
09:28+	08:17+	09:24+	07:15+	05:53+	08:46+	01:42+	02:41+	02:39+	01:23+			
09:28+	08:17+	09:24+	07:15+	05:53+	08:46+	01:42+	02:41+	02:39+	01:23+			
31	Margretha Almedal										1376	57:29
09:39+	17:41+	26:47+	34:27+	40:12+	49:06+	50:50+	53:22+	56:09+	57:29+			
09:39+	08:02+	09:06+	07:40+	05:45+	08:54+	01:44+	02:32+	02:47+	01:20+			
09:39+	08:02+	09:06+	07:40+	05:45+	08:54+	01:44+	02:32+	02:47+	01:20+			
32	Hilde Meisingset										1456	58:52
12:59+	20:20+	28:17+	34:33+	38:59+	48:01+	50:04+	54:08+	57:32+	58:52+			
12:59+	07:21+	07:57+	06:16+	04:26+	09:02+	02:03+	04:04+	03:24+	01:20+			
12:59+	07:21+	07:57+	06:16+	04:26+	09:02+	02:03+	04:04+	03:24+	01:20+			
33	Ritva Halsne										722	59:59
07:45+	15:04+	18:23+	28:34+	33:34+	47:06+	51:58+	55:45+	58:51+	59:59+			
07:45+	07:19+	03:19+	10:11+	05:00+	13:32+	04:52+	03:47+	03:06+	01:08+			
07:45+	07:19+	03:19+	10:11+	05:00+	13:32+	04:52+	03:47+	03:06+	01:08+			
34	Sigrund Serigstad										879	1:00:53
08:01+	16:14+	18:22+	25:51+	30:30+	46:50+	55:05+	57:37+	59:53+	60:53+			
08:01+	08:13+	02:08+	07:29+	04:39+	16:20+	08:15+	02:32+	02:16+	01:00+			
08:01+	08:13+	02:08+	07:29+	04:39+	16:20+	08:15+	02:32+	02:16+	01:00+			
35	Lisbeth Davidsen										722	1:04:13
16:48+	23:29+	27:57+	37:50+	46:32+	55:18+	57:24+	60:33+	62:54+	64:13+			
16:48+	06:41+	04:28+	09:53+	08:42+	08:46+	02:06+	03:09+	02:21+	01:19+			
16:48+	06:41+	04:28+	09:53+	08:42+	08:46+	02:06+	03:09+	02:21+	01:19+			
36	Eli Thorset Våge										896	1:04:20
09:36+	17:47+	29:44+	36:41+	42:58+	52:20+	55:03+	59:02+	62:37+	64:20+			
09:36+	08:11+	11:57+	06:57+	06:17+	09:22+	02:43+	03:59+	03:35+	01:43+			
09:36+	08:11+	11:57+	06:57+	06:17+	09:22+	02:43+	03:59+	03:35+	01:43+			
37	Agnete Dedekam Stabel										1758	1:14:17
10:38+	22:39+	25:07+	33:28+	42:16+	53:49+	56:26+	68:24+	72:48+	74:17+			
10:38+	12:01+	02:28+	08:21+	08:48+	11:33+	02:37+	11:58+	04:24+	01:29+			
10:38+	12:01+	02:28+	08:21+	08:48+	11:33+	02:37+	11:58+	04:24+	01:29+			
38	Solveig Marie Grønning										3511	1:30:38
12:46+	35:07+	53:20+	60:11+	67:30+	77:18+	80:24+	84:43+	88:48+	90:38+			
12:46+	22:21+	18:13+	06:51+	07:19+	09:48+	03:06+	04:19+	04:05+	01:50+			
12:46+	22:21+	18:13+	06:51+	07:19+	09:48+	03:06+	04:19+	04:05+	01:50+			

Plass	Navn	Klasse	Tid
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DT

39	Ingunn Johanne Fandrem	3511	1:30:46
12:37+	35:09+ 53:16+ 60:25+ 67:33+ 77:22+	80:27+ 84:50+ 88:55+ 90:46+	
12:37+	22:32+ 18:07+ 07:09+ 07:08+ 09:49+	03:05+ 04:23+ 04:05+ 01:51+	
12:37+	22:32+ 18:07+ 07:09+ 07:08+ 09:49+	03:05+ 04:23+ 04:05+ 01:51+	
40	Else Marie Furland	1884	1:37:12
14:53+	34:08+ 39:50+ 52:32+ 60:04+ 81:27+	84:35+ 89:44+ 94:17+ 97:12+	
14:53+	19:15+ 05:42+ 12:42+ 07:32+ 21:23+	03:08+ 05:09+ 04:33+ 02:55+	
14:53+	19:15+ 05:42+ 12:42+ 07:32+ 21:23+	03:08+ 05:09+ 04:33+ 02:55+	

Beste strekktid for klassen

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

H16

1	Henrik Aasheim	2342	49:30
03:29=	06:54= 08:53= 11:39= 18:33= 21:42=	25:33= 30:28= 32:30= 35:21= 44:59=	45:55= 48:43= 49:30=
03:29=	03:25= 01:59= 02:46= 06:54= 03:09=	03:51= 04:55= 02:02= 02:51= 09:38=	00:56= 02:48= 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=
2	Erlend Sølvberg	3524	50:09
03:04-	05:47- 07:54- 10:40- 18:35+ 21:19-	24:50- 29:16- 34:40+ 37:53+ 46:20+	47:31+ 49:19+ 50:09+
03:04-	02:43- 02:07+ 02:46= 07:55+ 02:44-	03:31- 04:26- 05:24+ 03:13+ 08:27-	01:11+ 01:48- 00:50+
00:25-	00:42- 00:08+ 00:00= 01:01# 00:25-	00:20- 00:29- 03:22@ 00:22# 01:11-	00:15& 01:00- 00:03+
3	Kristian Henriksen	793	52:12
03:52+	08:03+ 10:00+ 13:50+ 20:24+ 23:06+	27:33+ 33:11+ 35:23+ 39:44+ 48:44+	49:42+ 51:19+ 52:12+
03:52+	04:11+ 01:57- 03:50+ 06:34- 02:42-	04:27+ 05:38+ 02:12+ 04:21+ 09:00-	00:58+ 01:37- 00:53+
00:23#	00:46# 00:02- 01:04& 00:20- 00:27-	00:36# 00:43# 00:10+ 01:30& 00:38-	00:02+ 01:11- 00:06#
4	Vegard Kyllingstad	3507	53:12
02:58-	05:51- 08:05- 11:32- 21:16+ 23:35+	27:09+ 35:30+ 37:24+ 42:40+ 50:13+	51:15+ 52:28+ 53:12+
02:58-	02:53- 02:14+ 03:27+ 09:44+ 02:19-	03:34- 08:21+ 01:54- 05:16+ 07:33-	01:02+ 01:13- 00:44-
00:31-	00:32- 00:15# 00:41# 02:50& 00:50-	00:17- 03:26& 00:08- 02:25& 02:05-	00:06# 01:35- 00:03-
5	Anders Frøytlog	3502	54:05
04:05+	07:28+ 10:16+ 13:30+ 22:17+ 25:34+	29:01+ 34:18+ 37:44+ 41:19+ 50:38+	51:53+ 53:17+ 54:05+
04:05+	03:23- 02:48+ 03:14+ 08:47+ 03:17+	03:27- 05:17+ 03:26+ 03:35+ 09:19-	01:15+ 01:24- 00:48+
00:36#	00:02- 00:49& 00:28# 01:53& 00:08+	00:24- 00:22+ 01:24& 00:44& 00:19-	00:19& 01:24- 00:01+
6	Henrik Friis	3516	57:53
04:03+	09:28+ 11:31+ 14:04+ 21:21+ 23:19+	27:33+ 33:54+ 35:24+ 38:12+ 53:50+	54:56+ 56:47+ 57:53+
04:03+	05:25+ 02:03+ 02:33- 07:17+ 01:58-	04:14+ 06:21+ 01:30- 02:48- 15:38+	01:06+ 01:51- 01:06+
00:34#	02:00& 00:04+ 00:13- 00:23+ 01:11-	00:23+ 01:26& 00:32- 00:03- 06:00&	00:10# 00:57- 00:19&
7	David Wade	1683	1:05:28
03:45+	07:45+ 10:18+ 13:56+ 25:17+ 34:15+	37:36+ 42:32+ 47:55+ 52:03+ 62:05+	63:10+ 64:39+ 65:28+
03:45+	04:00+ 02:33+ 03:38+ 11:21+ 08:58+	03:21- 04:56+ 05:23+ 04:08+ 10:02+	01:05+ 01:29- 00:49+
00:16+	00:35# 00:34& 00:52& 04:27& 05:49@	00:30- 00:01+ 03:21@ 01:17& 00:24+	00:09# 01:19- 00:02+
8	Thor Hesselsøe	1376	1:07:41
03:23-	06:38- 08:43- 11:34- 26:52+ 28:27+	31:45+ 37:03+ 38:42+ 47:15+ 58:17+	65:49+ 66:54+ 67:41+
03:23-	03:15- 02:05+ 02:51+ 15:18+ 01:35-	03:18- 05:18+ 01:39- 08:33+ 11:02+	07:32+ 01:05- 00:47=
00:06-	00:10- 00:06+ 00:05+ 08:24@ 01:34-	00:33- 00:23+ 00:23- 05:42@ 01:24#	06:36@ 01:43- 00:00=
9	Håvard Aase	3558	1:12:13
05:31+	10:57+ 14:18+ 19:22+ 29:00+ 34:15+	38:50+ 44:18+ 47:59+ 53:00+ 68:21+	69:44+ 71:22+ 72:13+
05:31+	05:26+ 03:21+ 05:04+ 09:38+ 05:15+	04:35+ 05:28+ 03:41+ 05:01+ 15:21+	01:23+ 01:38- 00:51+
02:02&	02:01& 01:22& 02:18& 02:44& 02:06&	00:44# 00:33# 01:39& 02:10& 05:43&	00:27& 01:10- 00:04+
10	Vidar Haus	3528	1:13:35
04:55+	08:30+ 10:53+ 14:19+ 24:16+ 27:33+	42:23+ 47:38+ 52:31+ 56:12+ 69:34+	70:47+ 72:40+ 73:35+
04:55+	03:35+ 02:23+ 03:26+ 09:57+ 03:17+	14:50+ 05:15+ 04:53+ 03:41+ 13:22+	01:13+ 01:53- 00:55+
01:26&	00:10+ 00:24# 00:40# 03:03& 00:08+	10:59@ 00:20+ 02:51@ 00:50& 03:44&	00:17& 00:55- 00:08#

Plass	Navn				Klasse				Tid			
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H16

11	Håvard Landråk												3676			1:17:01		
22:57+	29:19+	32:03+	35:06+	42:47+	45:05+	48:24+	55:35+	59:08+	62:37+	72:45+	74:23+	76:17+	77:01+					
22:57+	06:22+	02:44+	03:03+	07:41+	02:18-	03:19-	07:11+	03:33+	03:29+	10:08+	01:38+	01:54-	00:44-					
19:28ø	02:57&	00:45&	00:17#	00:47#	00:51-	00:32-	02:16&	01:31&	00:38#	00:30+	00:42&	00:54-	00:03-					
12	Truls Thorkildsen												2074			1:20:14		
03:39+	07:17+	11:19+	17:26+	52:17+	54:18+	57:19+	62:54+	65:51+	69:28+	77:00+	77:59+	79:14+	80:14+					
03:39+	03:38+	04:02+	06:07+	34:51+	02:01+	03:01+	05:35+	02:57+	03:37+	07:32+	00:59+	01:15+	01:00+					
03:39+	03:38+	04:02+	06:07+	34:51+	02:01+	03:01+	05:35+	02:57+	03:37+	07:32+	00:59+	01:15+	01:00+					
13	Rune Hagen Maudal												3524			1:21:02		
08:13+	13:09+	16:53+	25:16+	37:46+	41:11+	45:52+	53:21+	56:31+	61:17+	75:44+	77:31+	80:02+	81:02+					
08:13+	04:56+	03:44+	08:23+	12:30+	03:25+	04:41+	07:29+	03:10+	04:46+	14:27+	01:47+	02:31+	01:00+					
08:13+	04:56+	03:44+	08:23+	12:30+	03:25+	04:41+	07:29+	03:10+	04:46+	14:27+	01:47+	02:31+	01:00+					
14	Alexander Romanov												3562			1:21:28		
03:08+	06:35+	08:44+	14:00+	40:46+	46:07+	49:30+	54:33+	58:13+	62:39+	78:18+	79:09+	80:33+	81:28+					
03:08+	03:27+	02:09+	05:16+	26:46+	05:21+	03:23+	05:03+	03:40+	04:26+	15:39+	00:51+	01:24+	00:55+					
03:08+	03:27+	02:09+	05:16+	26:46+	05:21+	03:23+	05:03+	03:40+	04:26+	15:39+	00:51+	01:24+	00:55+					
15	Gisle Sølvberg												4301			1:35:55		
06:37+	11:43+	14:59+	21:37+	44:14+	48:38+	53:43+	62:22+	70:41+	76:38+	90:45+	92:18+	94:55+	95:55+					
06:37+	05:06+	03:16+	06:38+	22:37+	04:24+	05:05+	08:39+	08:19+	05:57+	14:07+	01:33+	02:37+	01:00+					
06:37+	05:06+	03:16+	06:38+	22:37+	04:24+	05:05+	08:39+	08:19+	05:57+	14:07+	01:33+	02:37+	01:00+					
16	Martin Bjelland Gjerstad												3676			1:46:27		
05:18+	09:22+	11:57+	15:29+	37:03+	40:49+	45:04+	52:05+	62:16+	70:15+	102:51+	104:33+	105:43+	106:27+					
05:18+	04:04+	02:35+	03:32+	21:34+	03:46+	04:15+	07:01+	10:11+	07:59+	32:36+	01:42+	01:10+	00:44+					
05:18+	04:04+	02:35+	03:32+	21:34+	03:46+	04:15+	07:01+	10:11+	07:59+	32:36+	01:42+	01:10+	00:44+					
17	Stewart Smith												3508			1:46:43		
04:38+	10:30+	13:15+	16:47+	52:18+	54:27+	58:38+	65:17+	72:27+	84:15+	102:38+	104:00+	105:54+	106:43+					
04:38+	05:52+	02:45+	03:32+	35:31+	02:09+	04:11+	06:39+	07:10+	11:48+	18:23+	01:22+	01:54+	00:49+					
04:38+	05:52+	02:45+	03:32+	35:31+	02:09+	04:11+	06:39+	07:10+	11:48+	18:23+	01:22+	01:54+	00:49+					

Beste strekktid for klassen

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

H40

1	Anders Presterud												903			48:50		
04:02=	07:01=	09:07=	11:51=	18:49=	21:10=	24:24=	30:10=	32:18=	35:47=	44:55=	45:59=	48:07=	48:50=					
04:02=	02:59=	02:06=	02:44=	06:58=	02:21=	03:14=	05:46=	02:08=	03:29=	09:08=	01:04=	02:08=	00:43=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Per Simensen												3725			53:07		
03:28-	06:23-	08:22-	11:12-	20:56+	23:04+	26:09+	31:06+	32:57+	38:00+	47:22+	50:44+	52:15+	53:07+					
03:28-	02:55-	01:59-	02:50+	09:44+	02:08-	03:05-	04:57-	01:51-	05:03+	09:22+	03:22+	01:31-	00:52+					
00:34-	00:04-	00:07-	00:06+	02:46&	00:13-	00:09-	00:49-	00:17-	01:34&	00:14+	02:18ø	00:37-	00:09#					
3	Magne Habbestad												3531			53:09		
03:36-	06:45-	09:24+	12:33+	20:28+	22:54+	26:15+	31:59+	34:09+	38:32+	49:08+	50:26+	52:11+	53:09+					
03:36-	03:09+	02:39+	03:09+	07:55+	02:26+	03:21+	05:44-	02:10+	04:23+	10:36+	01:18+	01:45-	00:58+					
00:26-	00:10+	00:33&	00:25#	00:57#	00:05+	00:07+	00:02-	00:02+	00:54&	01:28#	00:14#	00:23-	00:15&					
4	Gunnar Thorset												896			54:38		
03:53-	08:58+	11:32+	14:33+	21:52+	25:05+	28:23+	33:42+	35:57+	40:07+	50:44+	51:55+	53:48+	54:38+					
03:53-	05:05+	02:34+	03:01+	07:19+	03:13+	03:18+	05:19-	02:15+	04:10+	10:37+	01:11+	01:53-	00:50+					
00:09-	02:06&	00:28#	00:17#	00:21+	00:52&	00:04+	00:27-	00:07+	00:41#	01:29#	00:07#	00:15-	00:07#					
5	Anders Klungre												3548			56:13		
03:14-	06:17-	08:37-	11:30-	20:09+	22:55+	26:05+	31:08+	32:53+	36:36+	51:07+	52:13+	55:25+	56:13+					
03:14-	03:03+	02:20+	02:53+	08:39+	02:46+	03:10-	05:03-	01:45-	03:43+	14:31+	01:06+	03:12+	00:48+					
00:48-	00:04+	00:14#	00:09+	01:41#	00:25#	00:04-	00:43-	00:23-	00:14+	05:23&	00:02+	01:04&	00:05#					

Plass	Navn					Klasse					Tid				
H40															
6	Frode Ungar					1683					57:21				
03:57-	07:29+	09:53+	13:22+	21:27+	24:19+	29:46+	35:24+	38:11+	42:07+	53:14+	54:26+	56:25+	57:21+		
03:57-	03:32+	02:24+	03:29+	08:05+	02:52+	05:27+	05:38-	02:47+	03:56+	11:07+	01:12+	01:59-	00:56+		
00:05-	00:33#	00:18#	00:45&	01:07#	00:31#	02:13&	00:08-	00:39&	00:27#	01:59#	00:08#	00:09-	00:13&		
7	Ole-Tobias Frich					1683					58:27				
03:46+	07:00+	09:28+	12:19+	20:25+	24:46+	28:30+	34:03+	36:52+	40:36+	54:58+	56:11+	57:41+	58:27+		
03:46+	03:14+	02:28+	02:51+	08:06+	04:21+	03:44+	05:33+	02:49+	03:44+	14:22+	01:13+	01:30+	00:46+		
03:46+	03:14+	02:28+	02:51+	08:06+	04:21+	03:44+	05:33+	02:49+	03:44+	14:22+	01:13+	01:30+	00:46+		
8	Anders Hagen					3528					59:53				
03:58+	08:58+	11:55+	15:39+	25:22+	28:14+	31:32+	36:28+	41:50+	45:52+	56:19+	57:42+	59:11+	59:53+		
03:58+	05:00+	02:57+	03:44+	09:43+	02:52+	03:18+	04:56+	05:22+	04:02+	10:27+	01:23+	01:29+	00:42+		
03:58+	05:00+	02:57+	03:44+	09:43+	02:52+	03:18+	04:56+	05:22+	04:02+	10:27+	01:23+	01:29+	00:42+		
9	Frode Stangeland					3516					1:00:45				
04:09+	08:27+	11:09+	14:40+	22:27+	24:43+	30:15+	37:01+	38:59+	44:26+	54:43+	55:59+	59:52+	60:45+		
04:09+	04:18+	02:42+	03:31+	07:47+	02:16+	05:32+	06:46+	01:58+	05:27+	10:17+	01:16+	03:53+	00:53+		
04:09+	04:18+	02:42+	03:31+	07:47+	02:16+	05:32+	06:46+	01:58+	05:27+	10:17+	01:16+	03:53+	00:53+		
10	Torbjørn Haus					3528					1:01:28				
03:52+	08:01+	09:44+	11:59+	18:24+	24:27+	28:44+	34:06+	35:49+	43:47+	57:41+	59:09+	60:40+	61:28+		
03:52+	04:09+	01:43+	02:15+	06:25+	06:03+	04:17+	05:22+	01:43+	07:58+	13:54+	01:28+	01:31+	00:48+		
03:52+	04:09+	01:43+	02:15+	06:25+	06:03+	04:17+	05:22+	01:43+	07:58+	13:54+	01:28+	01:31+	00:48+		
11	Håkon André Waage					1683					1:04:12				
03:41+	08:17+	10:44+	15:55+	24:41+	27:42+	33:59+	42:25+	44:24+	48:14+	60:06+	61:14+	63:25+	64:12+		
03:41+	04:36+	02:27+	05:11+	08:46+	03:01+	06:17+	08:26+	01:59+	03:50+	11:52+	01:08+	02:11+	00:47+		
03:41+	04:36+	02:27+	05:11+	08:46+	03:01+	06:17+	08:26+	01:59+	03:50+	11:52+	01:08+	02:11+	00:47+		
12	Glenn Madland					879					1:05:42				
04:15+	08:07+	11:08+	15:31+	24:31+	29:07+	33:14+	39:17+	41:17+	45:39+	61:10+	62:34+	64:52+	65:42+		
04:15+	03:52+	03:01+	04:23+	09:00+	04:36+	04:07+	06:03+	02:00+	04:22+	15:31+	01:24+	02:18+	00:50+		
04:15+	03:52+	03:01+	04:23+	09:00+	04:36+	04:07+	06:03+	02:00+	04:22+	15:31+	01:24+	02:18+	00:50+		
13	Bjarne Bore					3529					1:05:47				
05:58+	09:54+	13:01+	17:58+	26:21+	30:15+	34:34+	39:59+	43:31+	49:16+	61:43+	62:59+	64:50+	65:47+		
05:58+	03:56+	03:07+	04:57+	08:23+	03:54+	04:19+	05:25+	03:32+	05:45+	12:27+	01:16+	01:51+	00:57+		
05:58+	03:56+	03:07+	04:57+	08:23+	03:54+	04:19+	05:25+	03:32+	05:45+	12:27+	01:16+	01:51+	00:57+		
14	Rune Dahl Fitjar					1754					1:08:59				
04:42+	09:03+	11:59+	15:33+	23:39+	32:44+	36:46+	42:49+	44:58+	49:08+	65:03+	66:14+	68:02+	68:59+		
04:42+	04:21+	02:56+	03:34+	08:06+	09:05+	04:02+	06:03+	02:09+	04:10+	15:55+	01:11+	01:48+	00:57+		
04:42+	04:21+	02:56+	03:34+	08:06+	09:05+	04:02+	06:03+	02:09+	04:10+	15:55+	01:11+	01:48+	00:57+		
15	Jone Klemo Øverland					1384					1:12:12				
05:48+	10:09+	13:09+	16:43+	27:14+	32:46+	37:01+	43:52+	49:06+	54:38+	68:00+	69:17+	71:26+	72:12+		
05:48+	04:21+	03:00+	03:34+	10:31+	05:32+	04:15+	06:51+	05:14+	05:32+	13:22+	01:17+	02:09+	00:46+		
05:48+	04:21+	03:00+	03:34+	10:31+	05:32+	04:15+	06:51+	05:14+	05:32+	13:22+	01:17+	02:09+	00:46+		
16	Alexander Khorunzhiy					1456					1:15:21				
04:41+	08:18+	11:46+	15:30+	38:46+	41:34+	47:06+	52:52+	55:50+	59:25+	70:44+	72:03+	74:27+	75:21+		
04:41+	03:37+	03:28+	03:44+	23:16+	02:48+	05:32+	05:46+	02:58+	03:35+	11:19+	01:19+	02:24+	00:54+		
04:41+	03:37+	03:28+	03:44+	23:16+	02:48+	05:32+	05:46+	02:58+	03:35+	11:19+	01:19+	02:24+	00:54+		
17	Lars Lone Rasmussen					4248					1:16:32				
05:36+	10:21+	13:39+	19:30+	31:11+	35:02+	39:44+	47:06+	50:26+	55:29+	71:48+	73:08+	75:26+	76:32+		
05:36+	04:45+	03:18+	05:51+	11:41+	03:51+	04:42+	07:22+	03:20+	05:03+	16:19+	01:20+	02:18+	01:06+		
05:36+	04:45+	03:18+	05:51+	11:41+	03:51+	04:42+	07:22+	03:20+	05:03+	16:19+	01:20+	02:18+	01:06+		
18	Lars Terje Vaaland					1683					1:27:21				
04:26+	08:50+	11:51+	15:17+	38:19+	41:16+	44:39+	51:41+	53:19+	59:04+	81:35+	82:46+	86:26+	87:21+		
04:26+	04:24+	03:01+	03:26+	23:02+	02:57+	03:23+	07:02+	01:38+	05:45+	22:31+	01:11+	03:40+	00:55+		
04:26+	04:24+	03:01+	03:26+	23:02+	02:57+	03:23+	07:02+	01:38+	05:45+	22:31+	01:11+	03:40+	00:55+		
19	Kay Roar Harila					643					1:35:33				
07:12+	19:23+	23:46+	29:54+	42:47+	48:08+	55:13+	63:15+	67:26+	74:14+	89:38+	92:23+	94:16+	95:33+		
07:12+	12:11+	04:23+	06:08+	12:53+	05:21+	07:05+	08:02+	04:11+	06:48+	15:24+	02:45+	01:53+	01:17+		
07:12+	12:11+	04:23+	06:08+	12:53+	05:21+	07:05+	08:02+	04:11+	06:48+	15:24+	02:45+	01:53+	01:17+		

Plass	Navn														Klasse	Tid													
H40																													

Plass	Navn				Klasse				Tid			
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H50

12	Trond Birkeland						882						1:17:34			
02:26+	07:02+	09:30+	15:10+	21:24+	25:03+	46:32+	55:19+	61:15+	67:39+	73:20+	74:50+	76:44+	77:34+			
02:26+	04:36+	02:28+	05:40+	06:14+	03:39-	21:29+	08:47+	05:56+	06:24+	05:41+	01:30+	01:54-	00:50-			
00:37&	00:46#	00:14#	01:42&	01:47&	00:20-	10:49#	06:24@	02:39&	02:32&	00:40#	00:22&	00:02-	00:04-			
13	Arne Hetlelid						3508						1:17:49			
02:45+	07:22+	10:11+	18:06+	25:14+	30:22+	44:21+	50:47+	54:57+	59:57+	72:17+	74:32+	76:44+	77:49+			
02:45+	04:37+	02:49+	07:55+	07:08+	05:08+	13:59+	06:26+	04:10+	05:00+	12:20+	02:15+	02:12+	01:05+			
02:45+	04:37+	02:49+	07:55+	07:08+	05:08+	13:59+	06:26+	04:10+	05:00+	12:20+	02:15+	02:12+	01:05+			
14	Rune Paulsen						3508						1:20:55			
02:01+	05:37+	08:09+	15:24+	21:37+	25:35+	45:43+	54:29+	65:54+	70:21+	75:21+	76:33+	80:07+	80:55+			
02:01+	03:36+	02:32+	07:15+	06:13+	03:58+	20:08+	08:46+	11:25+	04:27+	05:00+	01:12+	03:34+	00:48+			
02:01+	03:36+	02:32+	07:15+	06:13+	03:58+	20:08+	08:46+	11:25+	04:27+	05:00+	01:12+	03:34+	00:48+			
15	Kjetil Solbakken						3507						1:21:32			
05:51+	09:07+	11:03+	21:52+	26:19+	30:22+	51:10+	55:20+	60:08+	63:54+	69:54+	71:11+	80:35+	81:32+			
05:51+	03:16+	01:56+	10:49+	04:27+	04:03+	20:48+	04:10+	04:48+	03:46+	06:00+	01:17+	09:24+	00:57+			
05:51+	03:16+	01:56+	10:49+	04:27+	04:03+	20:48+	04:10+	04:48+	03:46+	06:00+	01:17+	09:24+	00:57+			
16	Trondr Breiland						4248						1:22:50			
01:48+	04:52+	07:09+	17:52+	21:49+	25:38+	47:06+	53:32+	57:31+	61:41+	77:54+	79:50+	81:46+	82:50+			
01:48+	03:04+	02:17+	10:43+	03:57+	03:49+	21:28+	06:26+	03:59+	04:10+	16:13+	01:56+	01:56+	01:04+			
01:48+	03:04+	02:17+	10:43+	03:57+	03:49+	21:28+	06:26+	03:59+	04:10+	16:13+	01:56+	01:56+	01:04+			
17	Ingve Vold						3529						1:23:31			
01:49+	05:50+	09:33+	16:36+	23:42+	27:41+	44:32+	51:59+	55:19+	59:00+	79:05+	80:28+	82:34+	83:31+			
01:49+	04:01+	03:43+	07:03+	07:06+	03:59+	16:51+	07:27+	03:20+	03:41+	20:05+	01:23+	02:06+	00:57+			
01:49+	04:01+	03:43+	07:03+	07:06+	03:59+	16:51+	07:27+	03:20+	03:41+	20:05+	01:23+	02:06+	00:57+			
18	Christof Schätz						3598						1:39:04			
02:32+	07:23+	10:40+	24:43+	38:27+	43:53+	63:10+	70:56+	76:50+	81:44+	91:20+	93:23+	97:48+	99:04+			
02:32+	04:51+	03:17+	14:03+	13:44+	05:26+	19:17+	07:46+	05:54+	04:54+	09:36+	02:03+	04:25+	01:16+			
02:32+	04:51+	03:17+	14:03+	13:44+	05:26+	19:17+	07:46+	05:54+	04:54+	09:36+	02:03+	04:25+	01:16+			

Beste strekketid for klassen

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

H60

1	Svein-Erik Kvame												1683		36:32	
03:24=	04:59=	07:39=	13:08=	16:52=	19:13=	21:46=	24:05=	27:39=	29:25=	31:48=	34:11=	35:43=	36:32=			
03:24=	01:35=	02:40=	05:29=	03:44=	02:21=	02:33=	02:19=	03:34=	01:46=	02:23=	02:23=	01:32=	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=			
2	Inge Løland												1119		38:50	
03:25+	04:54-	07:15-	12:42-	16:27-	20:25+	23:01+	25:21+	28:45+	30:46+	34:21+	36:34+	38:03+	38:50+			
03:25+	01:29-	02:21-	05:27-	03:45+	03:58+	02:36+	02:20+	03:24-	02:01+	03:35+	02:13-	01:29-	00:47-			
00:01+	00:06-	00:19-	00:02-	00:01+	01:37&	00:03+	00:01+	00:10-	00:15#	01:12&	00:10-	00:03-	00:02-			
3	Arnfinn Rømuld												1683		44:22	
03:50+	05:28+	08:26+	15:06+	19:21+	25:21+	28:01+	30:29+	34:05+	35:46+	39:38+	42:05+	43:32+	44:22+			
03:50+	01:38+	02:58+	06:40+	04:15+	06:00+	02:40+	02:28+	03:36+	01:41-	03:52+	02:27+	01:27-	00:50+			
00:26#	00:03+	00:18#	01:11#	00:31#	03:39@	00:07+	00:09+	00:02+	00:05-	01:29&	00:04+	00:05-	00:01+			
4	Per Ingar Hadland												793		46:08	
04:19+	06:29+	09:26+	16:19+	21:11+	24:45+	28:15+	31:26+	35:18+	38:00+	41:02+	43:48+	45:17+	46:08+			
04:19+	02:10+	02:57+	06:53+	04:52+	03:34+	03:30+	03:11+	03:52+	02:42+	03:02+	02:46+	01:29-	00:51+			
00:55&	00:35&	00:17#	01:24&	01:08&	01:13&	00:57&	00:52&	00:18+	00:56&	00:39&	00:23#	00:03-	00:02+			
5	John Carsten Sinnes												1884		49:07	
04:43+	06:44+	10:12+	18:19+	23:37+	26:42+	30:08+	33:15+	37:46+	40:02+	43:19+	46:11+	48:00+	49:07+			
04:43+	02:01+	03:28+	08:07+	05:18+	03:05+	03:26+	03:07+	04:31+	02:16+	03:17+	02:52+	01:49+	01:07+			
01:19&	00:26&	00:48&	02:38&	01:34&	00:44&	00:53&	00:48&	00:57&	00:30&	00:54&	00:29#	00:17#	00:18&			

Plass	Navn														Klasse	Tid
H60																
6	Frank Hansen														3502	51:53
04:12+	06:54+	10:15+	19:27+	23:54+	29:26+	35:27+	38:18+	42:01+	44:05+	46:38+	49:30+	51:07+	51:53+			
04:12+	02:42+	03:21+	09:12+	04:27+	05:32+	06:01+	02:51+	03:43+	02:04+	02:33+	02:52+	01:37+	00:46-			
00:48#	01:07&	00:41&	03:43&	00:43#	03:11@	03:28@	00:32#	00:09+	00:18#	00:10+	00:29#	00:05+	00:03-			
7	Håvard Håland														3507	52:36
04:07+	05:54+	09:58+	16:54+	22:11+	28:17+	31:32+	34:13+	38:08+	43:15+	46:51+	49:57+	51:41+	52:36+			
04:07+	01:47+	04:04+	06:56+	05:17+	06:06+	03:15+	02:41+	03:55+	05:07+	03:36+	03:06+	01:44+	00:55+			
04:07+	01:47+	04:04+	06:56+	05:17+	06:06+	03:15+	02:41+	03:55+	05:07+	03:36+	03:06+	01:44+	00:55+			
8	Tor Inge Halvorsen														880	53:12
04:08+	06:12+	09:17+	16:57+	23:07+	28:06+	31:23+	34:33+	39:07+	42:22+	46:32+	50:04+	52:10+	53:12+			
04:08+	02:04+	03:05+	07:40+	06:10+	04:59+	03:17+	03:10+	04:34+	03:15+	04:10+	03:32+	02:06+	01:02+			
04:08+	02:04+	03:05+	07:40+	06:10+	04:59+	03:17+	03:10+	04:34+	03:15+	04:10+	03:32+	02:06+	01:02+			
9	Knut Feldmann														882	53:44
03:36+	05:16+	07:53+	14:13+	18:42+	23:15+	29:11+	31:50+	35:27+	45:26+	47:56+	51:14+	52:53+	53:44+			
03:36+	01:40+	02:37+	06:20+	04:29+	04:33+	05:56+	02:39+	03:37+	09:59+	02:30+	03:18+	01:39+	00:51+			
03:36+	01:40+	02:37+	06:20+	04:29+	04:33+	05:56+	02:39+	03:37+	09:59+	02:30+	03:18+	01:39+	00:51+			
10	Kjell Ove Aksland														882	53:55
04:05+	06:26+	12:12+	19:34+	25:04+	31:30+	34:58+	37:51+	42:24+	44:50+	47:43+	51:23+	53:04+	53:55+			
04:05+	02:21+	05:46+	07:22+	05:30+	06:26+	03:28+	02:53+	04:33+	02:26+	02:53+	03:40+	01:41+	00:51+			
04:05+	02:21+	05:46+	07:22+	05:30+	06:26+	03:28+	02:53+	04:33+	02:26+	02:53+	03:40+	01:41+	00:51+			
11	Sveinung Rosenvinge														1683	58:37
05:26+	08:09+	12:03+	20:33+	26:50+	31:33+	34:45+	38:22+	42:46+	48:40+	52:11+	55:35+	57:32+	58:37+			
05:26+	02:43+	03:54+	08:30+	06:17+	04:43+	03:12+	03:37+	04:24+	05:54+	03:31+	03:24+	01:57+	01:05+			
05:26+	02:43+	03:54+	08:30+	06:17+	04:43+	03:12+	03:37+	04:24+	05:54+	03:31+	03:24+	01:57+	01:05+			
12	Magnar Mathias Møller														769	59:31
04:36+	06:38+	09:45+	18:04+	23:25+	28:01+	38:18+	41:28+	46:10+	49:26+	52:52+	56:30+	58:29+	59:31+			
04:36+	02:02+	03:07+	08:19+	05:21+	04:36+	10:17+	03:10+	04:42+	03:16+	03:26+	03:38+	01:59+	01:02+			
04:36+	02:02+	03:07+	08:19+	05:21+	04:36+	10:17+	03:10+	04:42+	03:16+	03:26+	03:38+	01:59+	01:02+			
13	Stein Sigbjørnsen														882	1:01:55
04:27+	06:27+	10:15+	18:04+	25:29+	34:04+	38:54+	42:26+	46:58+	52:36+	56:33+	59:20+	61:05+	61:55+			
04:27+	02:00+	03:48+	07:49+	07:25+	08:35+	04:50+	03:32+	04:32+	05:38+	03:57+	02:47+	01:45+	00:50+			
04:27+	02:00+	03:48+	07:49+	07:25+	08:35+	04:50+	03:32+	04:32+	05:38+	03:57+	02:47+	01:45+	00:50+			
14	John Lage Bergan														1683	1:08:37
05:44+	08:58+	12:16+	27:20+	38:50+	44:15+	47:31+	50:23+	54:06+	59:27+	62:47+	65:53+	67:39+	68:37+			
05:44+	03:14+	03:18+	15:04+	11:30+	05:25+	03:16+	02:52+	03:43+	05:21+	03:20+	03:06+	01:46+	00:58+			
05:44+	03:14+	03:18+	15:04+	11:30+	05:25+	03:16+	02:52+	03:43+	05:21+	03:20+	03:06+	01:46+	00:58+			
Beste strekktid for klassen																
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
H65																
1	Kjell Dale														1884	39:44
03:43=	05:17=	07:42=	13:00=	16:37=	19:18=	23:24=	25:33=	28:33=	30:07=	33:56=	37:26=	38:54=	39:44=			
03:43=	01:34=	02:25=	05:18=	03:37=	02:41=	04:06=	02:09=	03:00=	01:34=	03:49=	03:30=	01:28=	00:50=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Morten Johannessen														793	42:33
03:50+	05:52+	09:02+	15:43+	19:45+	23:39+	26:47+	29:27+	32:54+	34:42+	37:31+	40:14+	41:40+	42:33+			
03:50+	02:02+	03:10+	06:41+	04:02+	03:54+	03:08-	02:40+	03:27+	01:48+	02:49-	02:43-	01:26-	00:53+			
00:07+	00:28&	00:45&	01:23&	00:25#	01:13&	00:58-	00:31#	00:27#	00:14#	01:00-	00:47-	00:02-	00:03+			
3	Otte Omdal														903	45:39
03:47+	05:41+	08:32+	14:24+	19:23+	23:45+	29:34+	31:55+	35:17+	37:35+	40:58+	43:10+	44:44+	45:39+			
03:47+	01:54+	02:51+	05:52+	04:59+	04:22+	05:49+	02:21+	03:22+	02:18+	03:23-	02:12-	01:34+	00:55+			
00:04+	00:20#	00:26#	00:34#	01:22&	01:41&	01:43&	00:12+	00:22#	00:44&	00:26-	01:18-	00:06+	00:05#			

Plass	Navn					Klasse					Tid				
H65															
4	Espen Krogh					793					46:22				
03:56+	05:39+	08:15+	14:21+	18:27+	23:25+	25:51+	28:26+	31:49+	33:37+	41:50+	44:07+	45:34+	46:22+		
03:56+	01:43+	02:36+	06:06+	04:06+	04:58+	02:26-	02:35+	03:23+	01:48+	08:13+	02:17-	01:27-	00:48-		
00:13+	00:09+	00:11+	00:48#	00:29#	02:17#	01:40-	00:26#	00:23#	00:14#	04:24#	01:13-	00:01-	00:02-		
5	Olav Tunheim					1884					46:44				
04:07+	06:29+	09:23+	16:18+	22:39+	25:45+	28:42+	31:36+	35:38+	37:36+	41:13+	44:22+	45:53+	46:44+		
04:07+	02:22+	02:54+	06:55+	06:21+	03:06+	02:57+	02:54+	04:02+	01:58+	03:37+	03:09+	01:31+	00:51+		
04:07+	02:22+	02:54+	06:55+	06:21+	03:06+	02:57+	02:54+	04:02+	01:58+	03:37+	03:09+	01:31+	00:51+		
6	Ivar Knutsen					1683					51:22				
05:12+	07:32+	11:02+	18:17+	23:30+	26:58+	32:45+	35:46+	39:30+	41:43+	45:56+	48:45+	50:25+	51:22+		
05:12+	02:20+	03:30+	07:15+	05:13+	03:28+	05:47+	03:01+	03:44+	02:13+	04:13+	02:49+	01:40+	00:57+		
05:12+	02:20+	03:30+	07:15+	05:13+	03:28+	05:47+	03:01+	03:44+	02:13+	04:13+	02:49+	01:40+	00:57+		
7	Arnstein Skretting					3529					55:18				
05:35+	10:17+	13:41+	21:33+	27:25+	31:32+	35:48+	39:23+	43:59+	46:12+	49:36+	52:38+	54:23+	55:18+		
05:35+	04:42+	03:24+	07:52+	05:52+	04:07+	04:16+	03:35+	04:36+	02:13+	03:24+	03:02+	01:45+	00:55+		
05:35+	04:42+	03:24+	07:52+	05:52+	04:07+	04:16+	03:35+	04:36+	02:13+	03:24+	03:02+	01:45+	00:55+		
8	Per Frode Sandal					3502					58:34				
04:55+	07:01+	10:13+	17:00+	22:03+	33:02+	36:07+	38:57+	42:50+	45:11+	52:53+	56:07+	57:41+	58:34+		
04:55+	02:06+	03:12+	06:47+	05:03+	10:59+	03:05+	02:50+	03:53+	02:21+	07:42+	03:14+	01:34+	00:53+		
04:55+	02:06+	03:12+	06:47+	05:03+	10:59+	03:05+	02:50+	03:53+	02:21+	07:42+	03:14+	01:34+	00:53+		
9	Torbjørn Evensen					3556					1:03:13				
04:39+	07:48+	14:46+	24:46+	31:00+	37:42+	41:03+	44:45+	49:15+	52:16+	55:59+	60:03+	61:56+	63:13+		
04:39+	03:09+	06:58+	10:00+	06:14+	06:42+	03:21+	03:42+	04:30+	03:01+	03:43+	04:04+	01:53+	01:17+		
04:39+	03:09+	06:58+	10:00+	06:14+	06:42+	03:21+	03:42+	04:30+	03:01+	03:43+	04:04+	01:53+	01:17+		
10	Kjell Skjæveland					3515					1:04:01				
05:13+	07:10+	11:06+	18:08+	24:02+	33:03+	37:14+	40:39+	44:39+	55:16+	58:09+	61:10+	63:03+	64:01+		
05:13+	01:57+	03:56+	07:02+	05:54+	09:01+	04:11+	03:25+	04:00+	10:37+	02:53+	03:01+	01:53+	00:58+		
05:13+	01:57+	03:56+	07:02+	05:54+	09:01+	04:11+	03:25+	04:00+	10:37+	02:53+	03:01+	01:53+	00:58+		
11	Sverre Magnar Nordal					1683					1:08:32				
05:31+	08:06+	12:29+	22:13+	31:28+	39:26+	44:07+	47:12+	52:13+	58:00+	62:12+	65:34+	67:30+	68:32+		
05:31+	02:35+	04:23+	09:44+	09:15+	07:58+	04:41+	03:05+	05:01+	05:47+	04:12+	03:22+	01:56+	01:02+		
05:31+	02:35+	04:23+	09:44+	09:15+	07:58+	04:41+	03:05+	05:01+	05:47+	04:12+	03:22+	01:56+	01:02+		
12	Steinar Barmen					722					1:09:38				
04:55+	07:22+	12:09+	25:50+	31:55+	40:34+	44:27+	47:55+	52:50+	56:05+	63:09+	66:40+	68:23+	69:38+		
04:55+	02:27+	04:47+	13:41+	06:05+	08:39+	03:53+	03:28+	04:55+	03:15+	07:04+	03:31+	01:43+	01:15+		
04:55+	02:27+	04:47+	13:41+	06:05+	08:39+	03:53+	03:28+	04:55+	03:15+	07:04+	03:31+	01:43+	01:15+		
13	Sverre Austrheim					4248					1:11:23				
06:28+	10:11+	14:45+	24:49+	32:35+	41:22+	46:08+	50:43+	56:32+	59:59+	64:42+	68:14+	70:13+	71:23+		
06:28+	03:43+	04:34+	10:04+	07:46+	08:47+	04:46+	04:35+	05:49+	03:27+	04:43+	03:32+	01:59+	01:10+		
06:28+	03:43+	04:34+	10:04+	07:46+	08:47+	04:46+	04:35+	05:49+	03:27+	04:43+	03:32+	01:59+	01:10+		
14	Jan Arendal					1683					1:11:55				
05:29+	08:17+	12:49+	23:13+	29:55+	40:06+	45:05+	49:04+	54:33+	57:31+	62:36+	66:59+	70:01+	71:55+		
05:29+	02:48+	04:32+	10:24+	06:42+	10:11+	04:59+	03:59+	05:29+	02:58+	05:05+	04:23+	03:02+	01:54+		
05:29+	02:48+	04:32+	10:24+	06:42+	10:11+	04:59+	03:59+	05:29+	02:58+	05:05+	04:23+	03:02+	01:54+		
15	Per Kolbein Tonstad					3507					1:22:40				
07:00+	10:59+	17:18+	29:50+	37:52+	43:27+	53:27+	58:19+	65:06+	68:49+	72:52+	77:45+	80:48+	82:40+		
07:00+	03:59+	06:19+	12:32+	08:02+	05:35+	10:00+	04:52+	06:47+	03:43+	04:03+	04:53+	03:03+	01:52+		
07:00+	03:59+	06:19+	12:32+	08:02+	05:35+	10:00+	04:52+	06:47+	03:43+	04:03+	04:53+	03:03+	01:52+		
16	Rolf Kleppe					3524					1:32:01				
07:23+	10:35+	15:02+	26:06+	40:08+	52:02+	56:21+	60:23+	66:16+	79:44+	84:06+	88:01+	90:34+	92:01+		
07:23+	03:12+	04:27+	11:04+	14:02+	11:54+	04:19+	04:02+	05:53+	13:28+	04:22+	03:55+	02:33+	01:27+		
07:23+	03:12+	04:27+	11:04+	14:02+	11:54+	04:19+	04:02+	05:53+	13:28+	04:22+	03:55+	02:33+	01:27+		
17	Kjell Lervik					3598					1:33:56				
09:53+	23:20+	27:56+	37:22+	47:23+	62:10+	68:33+	72:43+	78:03+	81:59+	86:21+	90:25+	92:41+	93:56+		
09:53+	13:27+	04:36+	09:26+	10:01+	14:47+	06:23+	04:10+	05:20+	03:56+	04:22+	04:04+	02:16+	01:15+		
09:53+	13:27+	04:36+	09:26+	10:01+	14:47+	06:23+	04:10+	05:20+	03:56+	04:22+	04:04+	02:16+	01:15+		

Plass	Navn	Klasse	Tid
H65			

Beste strekktid for klassen

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

H70

1	Arne Kristian Espedal												874	36:09
03:22=	04:58=	07:31=	13:04=	16:51=	19:25=	22:01=	24:15=	27:32=	29:27=	31:56=	34:00=	35:25=	36:09=	
03:22=	01:36=	02:33=	05:33=	03:47=	02:34=	02:36=	02:14=	03:17=	01:55=	02:29=	02:04=	01:25=	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=	
2	Bjørn Martin Alsaker												3530	43:24
03:57+	05:43+	08:27+	14:50+	19:20+	22:00+	25:03+	27:36+	31:45+	33:58+	37:33+	40:55+	42:32+	43:24+	
03:57+	01:46+	02:44+	06:23+	04:30+	02:40+	03:03+	02:33+	04:09+	02:13+	03:35+	03:22+	01:37+	00:52+	
00:35#	00:10#	00:11+	00:50#	00:43#	00:06+	00:27#	00:19#	00:52&	00:18#	01:06&	01:18&	00:12#	00:08#	
3	Harry Breiland												3507	44:19
04:07+	06:06+	09:09+	16:04+	20:34+	23:33+	26:41+	29:28+	33:25+	36:01+	38:45+	41:46+	43:26+	44:19+	
04:07+	01:59+	03:03+	06:55+	04:30+	02:59+	03:08+	02:47+	03:57+	02:36+	02:44+	03:01+	01:40+	00:53+	
00:45#	00:23#	00:30#	01:22#	00:43#	00:25#	00:32#	00:33#	00:40#	00:41&	00:15#	00:57&	00:15#	00:09#	
4	Kjell Ivar Skjørestad												892	50:23
04:38+	06:48+	10:07+	17:26+	22:12+	25:40+	31:40+	34:35+	38:40+	40:40+	44:28+	47:50+	49:31+	50:23+	
04:38+	02:10+	03:19+	07:19+	04:46+	03:28+	06:00+	02:55+	04:05+	02:00+	03:48+	03:22+	01:41+	00:52+	
01:16&	00:34&	00:46&	01:46&	00:59&	00:54&	03:24&	00:41&	00:48#	00:05+	01:19&	01:18&	00:16#	00:08#	
5	Ragnvald Frøyland												879	52:36
05:12+	07:21+	10:55+	18:54+	24:06+	28:39+	32:10+	35:35+	39:46+	43:24+	46:20+	49:40+	51:42+	52:36+	
05:12+	02:09+	03:34+	07:59+	05:12+	04:33+	03:31+	03:25+	04:11+	03:38+	02:56+	03:20+	02:02+	00:54+	
01:50&	00:33&	01:01&	02:26&	01:25&	01:59&	00:55&	01:11&	00:54&	01:43&	00:27#	01:16&	00:37&	00:10#	
6	Bjarne Gimre												1830	54:04
05:42+	08:23+	12:06+	20:26+	25:58+	30:12+	34:33+	38:01+	42:36+	44:55+	48:16+	51:19+	53:11+	54:04+	
05:42+	02:41+	03:43+	08:20+	05:32+	04:14+	04:21+	03:28+	04:35+	02:19+	03:21+	03:03+	01:52+	00:53+	
02:20&	01:05&	01:10&	02:47&	01:45&	01:40&	01:45&	01:14&	01:18&	00:24#	00:52&	00:59&	00:27&	00:09#	
7	Sveinung Tveit												3547	57:23
05:19+	07:54+	12:06+	19:50+	25:39+	33:09+	37:06+	41:01+	45:24+	48:07+	51:06+	54:19+	56:20+	57:23+	
05:19+	02:35+	04:12+	07:44+	05:49+	07:30+	03:57+	03:55+	04:23+	02:43+	02:59+	03:13+	02:01+	01:03+	
01:57&	00:59&	01:39&	02:11&	02:02&	04:56&	01:21&	01:41&	01:06&	00:48&	00:30#	01:09&	00:36&	00:19&	
8	Arne Magne Handeland												892	59:29
06:20+	08:49+	12:55+	21:35+	29:14+	34:27+	37:56+	41:31+	46:23+	49:10+	53:11+	56:39+	58:30+	59:29+	
06:20+	02:29+	04:06+	08:40+	07:39+	05:13+	03:29+	03:35+	04:52+	02:47+	04:01+	03:28+	01:51+	00:59+	
02:58&	00:53&	01:33&	03:07&	03:52&	02:39&	00:53&	01:21&	01:35&	00:52&	01:32&	01:24&	00:26&	00:15&	
9	Eivind Lars Rake												892	1:02:58
05:06+	07:43+	11:52+	21:11+	27:15+	34:53+	38:58+	42:39+	47:14+	51:56+	56:54+	59:59+	61:51+	62:58+	
05:06+	02:37+	04:09+	09:19+	06:04+	07:38+	04:05+	03:41+	04:35+	04:42+	04:58+	03:05+	01:52+	01:07+	
01:44&	01:01&	01:36&	03:46&	02:17&	05:04&	01:29&	01:27&	01:18&	02:47&	02:29&	01:01&	00:27&	00:23&	
10	Olav Habbestad												1683	1:20:09
06:31+	08:48+	13:03+	21:09+	27:22+	42:07+	47:11+	50:40+	55:08+	61:19+	65:33+	76:51+	79:09+	80:09+	
06:31+	02:17+	04:15+	08:06+	06:13+	14:45+	05:04+	03:29+	04:28+	06:11+	04:14+	11:18+	02:18+	01:00+	
03:09&	00:41&	01:42&	02:33&	02:26&	12:11&	02:28&	01:15&	01:11&	04:16&	01:45&	09:14&	00:53&	00:16&	
11	Per Marthon Møland												880	1:21:24
05:16+	07:53+	11:24+	24:19+	30:58+	42:14+	47:11+	51:09+	56:07+	69:19+	73:05+	77:10+	79:53+	81:24+	
05:16+	02:37+	03:31+	12:55+	06:39+	11:16+	04:57+	03:58+	04:58+	13:12+	03:46+	04:05+	02:43+	01:31+	
01:54&	01:01&	00:58&	07:22&	02:52&	08:42&	02:21&	01:44&	01:41&	11:17&	01:17&	02:01&	01:18&	00:47&	

Beste strekktid for klassen

03:22 01:36 02:33 05:33 03:47 02:34 02:36 02:14 03:17 01:55 02:29 02:04 01:25 00:44

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

Plass	Navn										Klasse	Tid					
H75																	
1	Asgeir Bell										896	39:22					
	02:16=	06:39=	09:11=	11:52=	16:00=	20:48=	22:38=	27:46=	29:34=	33:57=	36:16=	38:24=	39:22=				
	02:16=	04:23=	02:32=	02:41=	04:08=	04:48=	01:50=	05:08=	01:48=	04:23=	02:19=	02:08=	00:58=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Finn-Morten Årstad										3530	39:26					
	02:17+	06:46+	08:55=	11:23=	15:38=	20:35=	22:22=	27:55+	29:50+	33:54=	36:34+	38:27+	39:26+				
	02:17+	04:29+	02:09=	02:28=	04:15+	04:57+	01:47=	05:33+	01:55+	04:04=	02:40+	01:53=	00:59+				
	00:01+	00:06+	00:23=	00:13=	00:07+	00:09+	00:03=	00:25+	00:07+	00:19=	00:21#	00:15=	00:01+				
3	Jostein Tunheim										1683	43:30					
	02:09=	06:39=	09:12+	12:50+	17:07+	22:59+	24:49+	29:56+	31:51+	35:46+	38:42+	42:25+	43:30+				
	02:09=	04:30+	02:33+	03:38+	04:17+	05:52+	01:50=	05:07=	01:55+	03:55=	02:56+	03:43+	01:05+				
	00:07=	00:07+	00:01+	00:57&	00:09+	01:04#	00:00=	00:01=	00:07+	00:28=	00:37&	01:35&	00:07#				
4	Kjell-Ingar Olsen										1119	48:23					
	02:39+	08:07+	11:00+	14:32+	19:35+	25:13+	27:02+	33:14+	35:21+	41:41+	45:02+	47:16+	48:23+				
	02:39+	05:28+	02:53+	03:32+	05:03+	05:38+	01:49=	06:12+	02:07+	06:20+	03:21+	02:14+	01:07+				
	00:23#	01:05#	00:21#	00:51&	00:55#	00:50#	00:01=	01:04#	00:19#	01:57&	01:02&	00:06+	00:09#				
5	Paul Andreas Paulsen										896	49:32					
	02:07=	06:57+	09:38+	12:48+	17:41+	23:13+	25:08+	31:09+	33:18+	41:10+	43:56+	47:43+	49:32+				
	02:07=	04:50+	02:41+	03:10+	04:53+	05:32+	01:55+	06:01+	02:09+	07:52+	02:46+	03:47+	01:49+				
	00:09=	00:27#	00:09+	00:29#	00:45#	00:44#	00:05+	00:53#	00:21#	03:29&	00:27#	01:39&	00:51&				
6	Arne Østensen										3518	54:38					
	02:28+	06:52+	09:48+	14:23+	19:31+	24:29+	26:18+	32:06+	36:18+	45:03+	51:32+	53:39+	54:38+				
	02:28+	04:24+	02:56+	04:35+	05:08+	04:58+	01:49=	05:48+	04:12+	08:45+	06:29+	02:07=	00:59+				
	00:12+	00:01+	00:24#	01:54&	01:00#	00:10+	00:01=	00:40#	02:24@	04:22&	04:10@	00:01=	00:01+				
7	Olav Dag Borgersen										3536	55:05					
	02:07=	06:51+	09:18+	12:05+	24:58+	30:51+	32:47+	38:34+	40:44+	48:03+	51:15+	54:07+	55:05+				
	02:07=	04:44+	02:27=	02:47+	12:53+	05:53+	01:56+	05:47+	02:10+	07:19+	03:12+	02:52+	00:58=				
	00:09=	00:21+	00:05=	00:06+	08:45@	01:05#	00:06+	00:39#	00:22#	02:56&	00:53&	00:44&	00:00=				
8	Ole Auklend										885	58:45					
	03:11+	09:26+	12:51+	17:22+	23:37+	30:28+	32:51+	40:25+	43:43+	49:09+	52:53+	57:13+	58:45+				
	03:11+	06:15+	03:25+	04:31+	06:15+	06:51+	02:23+	07:34+	03:18+	05:26+	03:44+	04:20+	01:32+				
	00:55&	01:52&	00:53&	01:50&	02:07&	02:03&	00:33&	02:26&	01:30&	01:03#	01:25&	02:12@	00:34&				
9	Norvald Skretting										1832	1:04:15					
	03:24+	09:59+	12:59+	18:36+	29:35+	36:09+	38:28+	45:52+	49:21+	55:14+	60:13+	62:38+	64:15+				
	03:24+	06:35+	03:00+	05:37+	10:59+	06:34+	02:19+	07:24+	03:29+	05:53+	04:59+	02:25+	01:37+				
	01:08&	02:12&	00:28#	02:56@	06:51@	01:46&	00:29&	02:16&	01:41&	01:30&	02:40@	00:17#	00:39&				
10	Kjell Svihus										892	1:05:55					
	03:41+	10:28+	13:51+	19:31+	25:56+	33:13+	35:29+	45:18+	50:40+	56:31+	60:02+	64:23+	65:55+				
	03:41+	06:47+	03:23+	05:40+	06:25+	07:17+	02:16+	09:49+	05:22+	05:51+	03:31+	04:21+	01:32+				
	01:25&	02:24&	00:51&	02:59@	02:17&	02:29&	00:26#	04:41&	03:34@	01:28&	01:12&	02:13@	00:34&				
11	Sverre Uhlving										722	1:30:52					
	03:57+	10:38+	14:23+	20:03+	37:01+	47:20+	50:02+	59:16+	63:14+	73:16+	85:02+	88:58+	90:52+				
	03:57+	06:41+	03:45+	05:40+	16:58+	10:19+	02:42+	09:14+	03:58+	10:02+	11:46+	03:56+	01:54+				
	01:41&	02:18&	01:13&	02:59@	12:50@	05:31@	00:52&	04:06&	02:10@	05:39@	09:27@	01:48&	00:56&				
Beste strekktid for klassen																	
	02:07	04:23	02:09	02:28	04:08	04:48	01:47	05:07	01:48	03:55	02:19	01:53	00:58				

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

H80

1	Geir Husdal										1884	40:37					
	06:10=	11:08=	17:42=	20:40=	26:24=	28:34=	31:48=	35:24=	37:43=	39:34=	40:37=						
	06:10=	04:58=	06:34=	02:58=	05:44=	02:10=	03:14=	03:36=	02:19=	01:51=	01:03=						
	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									
H80																					
2	Kjell Langvik										1884	41:44									
07:13+	11:24+	17:24-	20:16-	26:31+	28:27-	32:47+	36:17+	38:51+	40:43+	41:44+											
07:13+	04:11-	06:00-	02:52-	06:15+	01:56-	04:20+	03:30-	02:34+	01:52+	01:01-											
01:03#	00:47-	00:34-	00:06-	00:31+	00:14-	01:06&	00:06-	00:15#	00:01+	00:02-											
3	Hermann Skogsholm										1754	41:47									
05:48+	09:55+	17:01+	20:42+	26:52+	28:49+	33:18+	36:34+	38:45+	40:40+	41:47+											
05:48+	04:07+	07:06+	03:41+	06:10+	01:57+	04:29+	03:16+	02:11+	01:55+	01:07+											
05:48+	04:07+	07:06+	03:41+	06:10+	01:57+	04:29+	03:16+	02:11+	01:55+	01:07+											
4	Knut Skjæveland										1884	43:47									
06:33+	11:23+	18:36+	22:13+	28:37+	30:25+	34:29+	38:01+	40:27+	42:31+	43:47+											
06:33+	04:50+	07:13+	03:37+	06:24+	01:48+	04:04+	03:32+	02:26+	02:04+	01:16+											
06:33+	04:50+	07:13+	03:37+	06:24+	01:48+	04:04+	03:32+	02:26+	02:04+	01:16+											
5	Øyvind Egeskog										880	45:33									
07:11+	12:30+	18:58+	22:44+	30:00+	32:04+	36:35+	40:00+	42:10+	44:23+	45:33+											
07:11+	05:19+	06:28+	03:46+	07:16+	02:04+	04:31+	03:25+	02:10+	02:13+	01:10+											
07:11+	05:19+	06:28+	03:46+	07:16+	02:04+	04:31+	03:25+	02:10+	02:13+	01:10+											
6	Steinar Undheim										3529	47:40									
07:14+	12:30+	19:55+	24:13+	31:10+	33:25+	38:30+	41:58+	44:22+	46:33+	47:40+											
07:14+	05:16+	07:25+	04:18+	06:57+	02:15+	05:05+	03:28+	02:24+	02:11+	01:07+											
07:14+	05:16+	07:25+	04:18+	06:57+	02:15+	05:05+	03:28+	02:24+	02:11+	01:07+											
7	Svein Glendrange										874	52:11									
07:57+	13:21+	20:38+	25:00+	32:49+	35:02+	41:29+	45:01+	48:09+	50:47+	52:11+											
07:57+	05:24+	07:17+	04:22+	07:49+	02:13+	06:27+	03:32+	03:08+	02:38+	01:24+											
07:57+	05:24+	07:17+	04:22+	07:49+	02:13+	06:27+	03:32+	03:08+	02:38+	01:24+											
8	Magne Jakobsen										3524	58:15									
09:20+	14:58+	23:34+	27:31+	35:20+	37:54+	44:16+	48:31+	51:53+	56:49+	58:15+											
09:20+	05:38+	08:36+	03:57+	07:49+	02:34+	06:22+	04:15+	03:22+	04:56+	01:26+											
09:20+	05:38+	08:36+	03:57+	07:49+	02:34+	06:22+	04:15+	03:22+	04:56+	01:26+											
9	Harald Vatne										2342	58:32									
09:20+	15:00+	22:55+	27:48+	39:18+	41:20+	48:19+	51:56+	54:47+	57:27+	58:32+											
09:20+	05:40+	07:55+	04:53+	11:30+	02:02+	06:59+	03:37+	02:51+	02:40+	01:05+											
09:20+	05:40+	07:55+	04:53+	11:30+	02:02+	06:59+	03:37+	02:51+	02:40+	01:05+											
10	Sigurd Krosli										1884	1:01:16									
07:27+	18:53+	27:58+	32:58+	40:10+	42:38+	49:36+	54:08+	57:37+	60:00+	61:16+											
07:27+	11:26+	09:05+	05:00+	07:12+	02:28+	06:58+	04:32+	03:29+	02:23+	01:16+											
07:27+	11:26+	09:05+	05:00+	07:12+	02:28+	06:58+	04:32+	03:29+	02:23+	01:16+											
11	Albert Moe										3529	1:08:44									
10:18+	18:00+	28:31+	34:11+	44:25+	47:52+	54:23+	59:23+	63:21+	66:33+	68:44+											
10:18+	07:42+	10:31+	05:40+	10:14+	03:27+	06:31+	05:00+	03:58+	03:12+	02:11+											
10:18+	07:42+	10:31+	05:40+	10:14+	03:27+	06:31+	05:00+	03:58+	03:12+	02:11+											
12	Kjell Audun Maudal										3524	1:50:53									
12:53+	32:56+	51:11+	58:11+	69:40+	74:22+	89:27+	100:15+	104:30+	108:51+	110:53+											
12:53+	20:03+	18:15+	07:00+	11:29+	04:42+	15:05+	10:48+	04:15+	04:21+	02:02+											
12:53+	20:03+	18:15+	07:00+	11:29+	04:42+	15:05+	10:48+	04:15+	04:21+	02:02+											

Beste strekktid for klassen

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

HA

1	Harald Kalager										793	57:55							
	01:47=	04:39=	08:36=	11:47=	14:02=	28:36=	32:51=	38:55=	41:01=	42:10=	48:48=	51:49=	54:25=	55:20=	56:05=	57:06=	57:55=		
	01:47=	02:52=	03:57=	03:11=	02:15=	14:34=	04:15=	06:04=	02:06=	01:09=	06:38=	03:01=	02:36=	00:55=	00:45=	01:01=	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=		

Plass	Navn					Klasse					Tid				
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HA

2	Kristian Frafjord Haarr					882								1:00:03			
01:48+	05:00+	09:34+	13:03+	15:05+	30:01+	34:48+	37:22-	39:31-	40:32-	48:14-	51:07-	55:16+	57:29+	58:16+	59:17+	60:03+	
01:48+	03:12+	04:34+	03:29+	02:02-	14:56+	04:47+	02:34-	02:09+	01:01-	07:42+	02:53-	04:09+	02:13+	00:47+	01:01=	00:46-	
00:01+	00:20#	00:37#	00:18+	00:13-	00:22+	00:32#	03:30-	00:03+	00:08-	01:04#	00:08-	01:33&	01:180	00:02+	00:00=	00:03-	
3	Jørgen Strømstad					1786								1:05:41			
01:54+	06:19+	11:08+	14:33+	17:01+	31:13+	41:20+	45:25+	47:38+	48:48+	54:47+	57:45+	61:17+	62:17+	63:46+	65:00+	65:41+	
01:54+	04:25+	04:49+	03:25+	02:28+	14:12+	10:07+	04:05+	02:13+	01:10+	05:59+	02:58+	03:32+	01:00+	01:29+	01:14+	00:41+	
01:54+	04:25+	04:49+	03:25+	02:28+	14:12+	10:07+	04:05+	02:13+	01:10+	05:59+	02:58+	03:32+	01:00+	01:29+	01:14+	00:41+	
4	Torbjørn Fuglestad					878								1:09:33			
03:59+	07:16+	11:58+	15:52+	23:33+	41:33+	46:44+	49:41+	51:48+	53:03+	58:46+	61:57+	64:40+	65:54+	67:26+	68:48+	69:33+	
03:59+	03:17+	04:42+	03:54+	07:41+	18:00+	05:11+	02:57+	02:07+	01:15+	05:43+	03:11+	02:43+	01:14+	01:32+	01:22+	00:45+	
03:59+	03:17+	04:42+	03:54+	07:41+	18:00+	05:11+	02:57+	02:07+	01:15+	05:43+	03:11+	02:43+	01:14+	01:32+	01:22+	00:45+	
5	Lars Erik Malde					3676								1:12:36			
02:00+	05:13+	09:20+	12:31+	15:56+	32:32+	48:20+	51:31+	53:43+	54:51+	60:09+	63:07+	66:04+	67:39+	70:28+	71:54+	72:36+	
02:00+	03:13+	04:07+	03:11+	03:25+	16:36+	15:48+	03:11+	02:12+	01:08+	05:18+	02:58+	02:57+	01:35+	02:49+	01:26+	00:42+	
02:00+	03:13+	04:07+	03:11+	03:25+	16:36+	15:48+	03:11+	02:12+	01:08+	05:18+	02:58+	02:57+	01:35+	02:49+	01:26+	00:42+	
6	Steinar Frøytlog					3502								1:21:08			
02:04+	05:36+	11:03+	14:52+	17:36+	33:41+	46:19+	49:45+	53:00+	55:16+	60:17+	63:45+	67:31+	77:20+	78:14+	80:19+	81:08+	
02:04+	03:32+	05:27+	03:49+	02:44+	16:05+	12:38+	03:26+	03:15+	02:16+	05:01+	03:28+	03:46+	09:49+	00:54+	02:05+	00:49+	
02:04+	03:32+	05:27+	03:49+	02:44+	16:05+	12:38+	03:26+	03:15+	02:16+	05:01+	03:28+	03:46+	09:49+	00:54+	02:05+	00:49+	
7	Håkon Eggebø					1284								1:23:42			
02:17+	05:52+	11:52+	16:47+	20:37+	36:49+	48:50+	57:23+	59:56+	60:58+	66:50+	70:22+	74:46+	77:16+	78:15+	82:54+	83:42+	
02:17+	03:35+	06:00+	04:55+	03:50+	16:12+	12:01+	08:33+	02:33+	01:02+	05:52+	03:32+	04:24+	02:30+	00:59+	04:39+	00:48+	
02:17+	03:35+	06:00+	04:55+	03:50+	16:12+	12:01+	08:33+	02:33+	01:02+	05:52+	03:32+	04:24+	02:30+	00:59+	04:39+	00:48+	
8	Ole Morten Haaland					3528								1:32:16			
21:01+	29:36+	34:35+	37:51+	40:22+	58:27+	63:52+	66:58+	69:25+	70:54+	76:19+	80:00+	84:02+	87:26+	89:34+	91:27+	92:16+	
21:01+	08:35+	04:59+	03:16+	02:31+	18:05+	05:25+	03:06+	02:27+	01:29+	05:25+	03:41+	04:02+	03:24+	02:08+	01:53+	00:49+	
21:01+	08:35+	04:59+	03:16+	02:31+	18:05+	05:25+	03:06+	02:27+	01:29+	05:25+	03:41+	04:02+	03:24+	02:08+	01:53+	00:49+	
9	Thomas Barvik Møland					3507								1:44:17			
05:40+	10:35+	17:42+	23:26+	26:54+	47:09+	70:55+	76:21+	80:23+	82:11+	88:33+	93:08+	98:09+	99:37+	101:12+	103:15+	104:17+	
05:40+	04:55+	07:07+	05:44+	03:28+	20:15+	23:46+	05:26+	04:02+	01:48+	06:22+	04:35+	05:01+	01:28+	01:35+	02:03+	01:02+	
05:40+	04:55+	07:07+	05:44+	03:28+	20:15+	23:46+	05:26+	04:02+	01:48+	06:22+	04:35+	05:01+	01:28+	01:35+	02:03+	01:02+	

Beste strekktid for klassen

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

HB

1	Torgeir Nevland													3522				52:43			
01:45=	04:40=	08:38=	12:08=	14:09=	25:51=	30:04=	35:46=	37:51=	38:48=	43:21=	46:06=	48:27=	49:24=	50:21=	51:54=	52:43=					
01:45=	02:55=	03:58=	03:30=	02:01=	11:42=	04:13=	05:42=	02:05=	00:57=	04:33=	02:45=	02:21=	00:57=	00:57=	01:33=	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=					
2	Oddgeir Eikeskog													1884				54:29			
01:46+	05:21+	09:38+	13:21+	15:35+	28:36+	32:47+	35:23-	37:46-	39:02+	43:50+	47:03+	50:36+	51:35+	52:23+	53:40+	54:29+					
01:46+	03:35+	04:17+	03:43+	02:14+	13:01+	04:11-	02:36-	02:23+	01:16+	04:48+	03:13+	03:33+	00:59+	00:48-	01:17-	00:49=					
00:01+	00:40#	00:19+	00:13+	00:13#	01:19#	00:02-	03:06-	00:18#	00:19&	00:15+	00:28#	01:12&	00:02+	00:09-	00:16-	00:00=					
3	Arne Eirik Nielsen													3588				54:40			
01:56+	05:18+	09:57+	13:08+	15:29+	28:29+	33:16+	35:59+	38:16+	39:24+	43:44+	46:47+	49:54+	50:55+	52:47+	53:54+	54:40+					
01:56+	03:22+	04:39+	03:11-	02:21+	13:00+	04:47+	02:43-	02:17+	01:08+	04:20-	03:03+	03:07+	01:01+	01:52+	01:07-	00:46-					
00:11#	00:27#	00:41#	00:19-	00:20#	01:18#	00:34#	02:59-	00:12+	00:11#	00:13-	00:18#	00:46&	00:04+	00:55&	00:26-	00:03-					
4	Tom Furland													769				55:12			
01:50+	05:09+	09:46+	13:35+	15:47+	30:21+	34:24+	37:14+	39:38+	40:37+	45:44+	48:46+	51:22+	52:05+	52:51+	54:26+	55:12+					
01:50+	03:19+	04:37+	03:49+	02:12+	14:34+	04:03-	02:50-	02:24+	00:59+	05:07+	03:02+	02:36+	00:43-	00:46-	01:35+	00:46-					
00:05+	00:24#	00:39#	00:19+	00:11+	02:52#	00:10-	02:52-	00:19#	00:02+	00:34#	00:17#	00:15#	00:14-	00:11-	00:02+	00:03-					

Plass	Navn					Klasse					Tid					
HB																
5	Lars Sigve Oftedal					772					55:21					
01:46+	04:30-	08:24-	11:21-	13:24-	27:04+	31:37+	34:06-	36:32-	37:41-	43:34+	47:01+	50:18+	51:28+	52:46+	54:30+	55:21+
01:46+	02:44-	03:54-	02:57-	02:03+	13:40+	04:33+	02:29-	02:26+	01:09+	05:53+	03:27+	03:17+	01:10+	01:18+	01:44+	00:51+
00:01+	00:11-	00:04-	00:33-	00:02+	01:58#	00:20+	03:13-	00:21#	00:12#	01:20&	00:42&	00:56&	00:13#	00:21&	00:11#	00:02+
6	Aart Joakim in't Veld					1884					58:06					
03:14+	06:46+	11:13+	14:27+	16:32+	31:10+	35:41+	38:22+	40:53+	41:54+	47:34+	50:39+	53:37+	54:35+	55:19+	57:25+	58:06+
03:14+	03:32+	04:27+	03:14+	02:05+	14:38+	04:31+	02:41+	02:31+	01:01+	05:40+	03:05+	02:58+	00:58+	00:44+	02:06+	00:41+
03:14+	03:32+	04:27+	03:14+	02:05+	14:38+	04:31+	02:41+	02:31+	01:01+	05:40+	03:05+	02:58+	00:58+	00:44+	02:06+	00:41+
7	Njål F. Vadla					1884					59:51					
01:59+	05:21+	09:47+	13:08+	15:36+	29:58+	34:18+	39:35+	42:19+	43:47+	48:25+	51:54+	55:01+	55:55+	57:56+	59:03+	59:51+
01:59+	03:22+	04:26+	03:21+	02:28+	14:22+	04:20+	05:17+	02:44+	01:28+	04:38+	03:29+	03:07+	00:54+	02:01+	01:07+	00:48+
01:59+	03:22+	04:26+	03:21+	02:28+	14:22+	04:20+	05:17+	02:44+	01:28+	04:38+	03:29+	03:07+	00:54+	02:01+	01:07+	00:48+
8	Geir Sand					722					1:01:29					
01:58+	05:18+	11:09+	14:25+	17:04+	31:29+	36:43+	39:18+	42:04+	43:19+	48:04+	51:29+	54:10+	55:43+	57:21+	60:40+	61:29+
01:58+	03:20+	05:51+	03:16+	02:39+	14:25+	05:14+	02:35+	02:46+	01:15+	04:45+	03:25+	02:41+	01:33+	01:38+	03:19+	00:49+
01:58+	03:20+	05:51+	03:16+	02:39+	14:25+	05:14+	02:35+	02:46+	01:15+	04:45+	03:25+	02:41+	01:33+	01:38+	03:19+	00:49+
9	Per Christian Munkhaug					3516					1:04:11					
01:45+	08:09+	13:19+	16:39+	18:48+	33:07+	41:38+	44:11+	46:39+	47:47+	52:14+	55:27+	58:09+	59:02+	60:02+	63:23+	64:11+
01:45+	06:24+	05:10+	03:20+	02:09+	14:19+	08:31+	02:33+	02:28+	01:08+	04:27+	03:13+	02:42+	00:53+	01:00+	03:21+	00:48+
01:45+	06:24+	05:10+	03:20+	02:09+	14:19+	08:31+	02:33+	02:28+	01:08+	04:27+	03:13+	02:42+	00:53+	01:00+	03:21+	00:48+
10	Joar Eilevstjønn					2342					1:07:52					
01:54+	05:11+	10:53+	14:42+	17:44+	34:20+	40:14+	43:45+	46:24+	50:59+	57:01+	60:22+	63:07+	64:23+	65:45+	67:02+	67:52+
01:54+	03:17+	05:42+	03:49+	03:02+	16:36+	05:54+	03:31+	02:39+	04:35+	06:02+	03:21+	02:45+	01:16+	01:22+	01:17+	00:50+
01:54+	03:17+	05:42+	03:49+	03:02+	16:36+	05:54+	03:31+	02:39+	04:35+	06:02+	03:21+	02:45+	01:16+	01:22+	01:17+	00:50+
11	Torbjørn Ims Østby					3507					1:08:19					
01:55+	06:28+	11:09+	14:41+	17:06+	33:18+	39:20+	42:37+	45:05+	46:25+	53:26+	56:56+	60:06+	61:25+	62:27+	67:36+	68:19+
01:55+	04:33+	04:41+	03:32+	02:25+	16:12+	06:02+	03:17+	02:28+	01:20+	07:01+	03:30+	03:10+	01:19+	01:02+	05:09+	00:43+
01:55+	04:33+	04:41+	03:32+	02:25+	16:12+	06:02+	03:17+	02:28+	01:20+	07:01+	03:30+	03:10+	01:19+	01:02+	05:09+	00:43+
12	Pontus Christensson					1884					1:15:09					
01:39+	04:31+	09:04+	12:35+	14:52+	30:06+	40:15+	46:24+	48:50+	50:10+	57:05+	60:11+	63:33+	65:01+	71:07+	74:09+	75:09+
01:39+	02:52+	04:33+	03:31+	02:17+	15:14+	10:09+	06:09+	02:26+	01:20+	06:55+	03:06+	03:22+	01:28+	06:06+	03:02+	01:00+
01:39+	02:52+	04:33+	03:31+	02:17+	15:14+	10:09+	06:09+	02:26+	01:20+	06:55+	03:06+	03:22+	01:28+	06:06+	03:02+	01:00+

Beste strekktid for klassen

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

HC

1	Kjetil Wirak													3486				54:49			
01:30=	06:03=	10:09=	17:19=	20:50=	22:54=	27:18=	29:42=	32:16=	35:35=	37:38=	40:32=	48:07=	50:14=	51:19=	53:52=	54:49=					
01:30=	04:33=	04:06=	07:10=	03:31=	02:04=	04:24=	02:24=	02:34=	03:19=	02:03=	02:54=	07:35=	02:07=	01:05=	02:33=	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=	00:00=	00:00=					
2	Lars Drage													3583				57:37			
01:18-	06:18+	10:19+	19:06+	22:55+	24:52+	30:29+	32:52+	35:17+	38:54+	41:13+	44:16+	51:42+	54:02+	55:01+	56:43+	57:37+					
01:18-	05:00+	04:01-	08:47+	03:49+	01:57-	05:37+	02:23-	02:25-	03:37+	02:19+	03:03+	07:26-	02:20+	00:59-	01:42-	00:54-					
00:12-	00:27+	00:05-	01:37#	00:18+	00:07-	01:13&	00:01-	00:09-	00:18+	00:16#	00:09+	00:09-	00:13#	00:06-	00:51-	00:03-					
3	Morten Aamodt													1683				58:34			
01:37+	06:44+	11:08+	18:51+	22:49+	24:59+	29:22+	31:56+	34:36+	37:53+	40:33+	43:30+	51:53+	54:11+	55:06+	57:39+	58:34+					
01:37+	05:07+	04:24+	07:43+	03:58+	02:10+	04:23-	02:34+	02:40+	03:17-	02:40+	02:57+	08:23+	02:18+	00:55-	02:33=	00:55-					
00:07+	00:34#	00:18+	00:33+	00:27#	00:06+	00:01-	00:10+	00:06+	00:02-	00:37&	00:03+	00:48#	00:11+	00:10-	00:00=	00:02-					
4	Geir Haugvaldstad													1683				1:02:16			
01:50+	08:55+	13:02+	20:53+	24:15+	26:38+	30:56+	33:25+	35:36+	38:49+	40:53+	43:48+	51:39+	59:01+	59:59+	61:32+	62:16+					
01:50+	07:05+	04:07+	07:51+	03:22-	02:23+	04:18-	02:29+	02:11-	03:13-	02:04+	02:55+	07:51+	07:22+	00:58-	01:33-	00:44-					
00:20#	02:32&	00:01+	00:41+	00:09-	00:19#	00:06-	00:05+	00:23-	00:06-	00:01+	00:01+	00:16+	05:15@	00:07-	01:00-	00:13-					

Plass	Navn					Klasse					Tid				
HC															
5	Per Olav Haarr					769					1:03:59				
01:30=	07:52+	11:55+	19:40+	23:32+	26:06+	34:42+	37:26+	39:46+	42:44+	44:59+	48:50+	56:41+	59:09+	60:00+	63:02+
01:30=	06:22+	04:03-	07:45+	03:52+	02:34+	08:36+	02:44+	02:20-	02:58-	02:15+	03:51+	07:51+	02:28+	00:51-	03:02+
00:00=	01:49#	00:03-	00:35+	00:21+	00:30#	04:12#	00:20#	00:14-	00:21-	00:12+	00:57#	00:16+	00:21#	00:14-	00:29#
6	Henning Sundby					3486					1:06:17				
01:26+	06:13+	09:53+	17:25+	21:33+	24:16+	29:37+	32:50+	35:32+	39:07+	41:11+	44:14+	52:20+	55:03+	56:02+	65:22+
01:26+	04:47+	03:40+	07:32+	04:08+	02:43+	05:21+	03:13+	02:42+	03:35+	02:04+	03:03+	08:06+	02:43+	00:59+	09:20+
01:26+	04:47+	03:40+	07:32+	04:08+	02:43+	05:21+	03:13+	02:42+	03:35+	02:04+	03:03+	08:06+	02:43+	00:59+	09:20+
7	Øyvind Rummelhoff					882					1:07:28				
01:37+	07:10+	13:14+	23:28+	27:46+	30:23+	35:01+	38:14+	41:28+	44:40+	46:47+	50:28+	60:19+	63:01+	64:15+	66:36+
01:37+	05:33+	06:04+	10:14+	04:18+	02:37+	04:38+	03:13+	03:14+	03:12+	02:07+	03:41+	09:51+	02:42+	01:14+	02:21+
01:37+	05:33+	06:04+	10:14+	04:18+	02:37+	04:38+	03:13+	03:14+	03:12+	02:07+	03:41+	09:51+	02:42+	01:14+	02:21+
8	Leif Kjetil Hinna Gausel					1683					1:07:44				
01:43+	07:27+	14:01+	23:35+	27:38+	30:01+	36:07+	39:25+	42:03+	45:39+	48:26+	52:05+	61:41+	63:37+	64:48+	66:43+
01:43+	05:44+	06:34+	09:34+	04:03+	02:23+	06:06+	03:18+	02:38+	03:36+	02:47+	03:39+	09:36+	01:56+	01:11+	01:55+
01:43+	05:44+	06:34+	09:34+	04:03+	02:23+	06:06+	03:18+	02:38+	03:36+	02:47+	03:39+	09:36+	01:56+	01:11+	01:55+
9	Erling Mauland					3541					1:12:09				
02:00+	07:40+	14:04+	23:43+	30:24+	33:04+	39:04+	41:38+	45:22+	50:38+	53:03+	56:23+	65:29+	68:13+	69:13+	71:20+
02:00+	05:40+	06:24+	09:39+	06:41+	02:40+	06:00+	02:34+	03:44+	05:16+	02:25+	03:20+	09:06+	02:44+	01:00+	02:07+
02:00+	05:40+	06:24+	09:39+	06:41+	02:40+	06:00+	02:34+	03:44+	05:16+	02:25+	03:20+	09:06+	02:44+	01:00+	02:07+
10	Øivind Berggraf					1683					1:13:48				
01:32+	07:14+	12:48+	21:50+	27:12+	30:16+	37:54+	41:38+	44:28+	48:13+	50:34+	54:48+	64:44+	68:43+	70:03+	72:48+
01:32+	05:42+	05:34+	09:02+	05:22+	03:04+	07:38+	03:44+	02:50+	03:45+	02:21+	04:14+	09:56+	03:59+	01:20+	02:45+
01:32+	05:42+	05:34+	09:02+	05:22+	03:04+	07:38+	03:44+	02:50+	03:45+	02:21+	04:14+	09:56+	03:59+	01:20+	02:45+
11	Bertrand Denieul					877					1:14:09				
01:25+	06:31+	20:26+	30:44+	35:25+	37:45+	43:12+	46:11+	48:39+	52:23+	54:45+	58:06+	67:16+	70:07+	71:07+	73:22+
01:25+	05:06+	13:55+	10:18+	04:41+	02:20+	05:27+	02:59+	02:28+	03:44+	02:22+	03:21+	09:10+	02:51+	01:00+	02:15+
01:25+	05:06+	13:55+	10:18+	04:41+	02:20+	05:27+	02:59+	02:28+	03:44+	02:22+	03:21+	09:10+	02:51+	01:00+	02:15+
12	Pål H. Gjerden					1683					1:14:29				
01:43+	08:31+	14:33+	23:46+	28:34+	31:01+	36:49+	40:02+	42:37+	47:55+	50:39+	54:46+	64:11+	67:15+	68:31+	73:32+
01:43+	06:48+	06:02+	09:13+	04:48+	02:27+	05:48+	03:13+	02:35+	05:18+	02:44+	04:07+	09:25+	03:04+	01:16+	05:01+
01:43+	06:48+	06:02+	09:13+	04:48+	02:27+	05:48+	03:13+	02:35+	05:18+	02:44+	04:07+	09:25+	03:04+	01:16+	05:01+
13	Pål Bårdsen					3497					1:16:25				
01:50+	11:53+	16:24+	26:13+	31:19+	33:54+	39:20+	42:06+	44:50+	48:20+	51:11+	54:44+	65:12+	71:05+	72:08+	75:24+
01:50+	10:03+	04:31+	09:49+	05:06+	02:35+	05:26+	02:46+	02:44+	03:30+	02:51+	03:33+	10:28+	05:53+	01:03+	03:16+
01:50+	10:03+	04:31+	09:49+	05:06+	02:35+	05:26+	02:46+	02:44+	03:30+	02:51+	03:33+	10:28+	05:53+	01:03+	03:16+
14	Svein Oddvar Netland					1683					1:25:47				
01:52+	18:01+	23:44+	33:24+	38:21+	41:11+	47:05+	50:31+	53:16+	57:23+	59:53+	68:08+	77:25+	80:29+	81:49+	84:46+
01:52+	16:09+	05:43+	09:40+	04:57+	02:50+	05:54+	03:26+	02:45+	04:07+	02:30+	08:15+	09:17+	03:04+	01:20+	02:57+
01:52+	16:09+	05:43+	09:40+	04:57+	02:50+	05:54+	03:26+	02:45+	04:07+	02:30+	08:15+	09:17+	03:04+	01:20+	02:57+
15	Eivind Lie					1683					1:27:37				
01:18+	19:09+	27:51+	36:28+	40:32+	43:37+	49:42+	52:26+	56:16+	61:18+	63:20+	68:14+	77:19+	83:17+	84:33+	86:30+
01:18+	17:51+	08:42+	08:37+	04:04+	03:05+	06:05+	02:44+	03:50+	05:02+	02:02+	04:54+	09:05+	05:58+	01:16+	01:57+
01:18+	17:51+	08:42+	08:37+	04:04+	03:05+	06:05+	02:44+	03:50+	05:02+	02:02+	04:54+	09:05+	05:58+	01:16+	01:57+
16	Ove Oaland					1683					1:27:57				
02:02+	08:44+	15:53+	27:32+	32:55+	36:20+	43:13+	46:21+	51:24+	56:04+	59:16+	63:52+	77:26+	80:54+	82:34+	86:22+
02:02+	06:42+	07:09+	11:39+	05:23+	03:25+	06:53+	03:08+	05:03+	04:40+	03:12+	04:36+	13:34+	03:28+	01:40+	03:48+
02:02+	06:42+	07:09+	11:39+	05:23+	03:25+	06:53+	03:08+	05:03+	04:40+	03:12+	04:36+	13:34+	03:28+	01:40+	03:48+
17	Øistein Haaland					1683					1:33:59				
03:28+	09:08+	14:36+	32:36+	37:53+	41:40+	54:46+	58:02+	60:33+	64:34+	67:14+	71:10+	81:51+	89:00+	90:22+	92:37+
03:28+	05:40+	05:28+	18:00+	05:17+	03:47+	13:06+	03:16+	02:31+	04:01+	02:40+	03:56+	10:41+	07:09+	01:22+	02:15+
03:28+	05:40+	05:28+	18:00+	05:17+	03:47+	13:06+	03:16+	02:31+	04:01+	02:40+	03:56+	10:41+	07:09+	01:22+	02:15+

Beste strekktid for klassen

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

Plass	Navn	Klasse	Tid
HNY			
1	Victor Emil Clausen	3507	29:26
	04:21= 08:06= 15:46= 18:34= 20:13= 24:29= 27:31= 29:26=		
	04:21= 03:45= 07:40= 02:48= 01:39= 04:16= 03:02= 01:55=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Marius Usvaltas	3529	38:21
	11:42+ 16:08+ 26:07+ 28:30+ 34:11+ 35:45+ 37:23+ 38:21+		
	11:42+ 04:26+ 09:59+ 02:23- 05:41+ 01:34- 01:38- 00:58-		
	07:21@ 00:41# 02:19& 00:25- 04:02@ 02:42- 01:24- 00:57-		
Beste strekktid for klassen			
	04:21 03:45 07:40 02:23 01:39 01:34 01:38 00:58		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
HT			
1	Hans Østebø	793	29:33
	04:11= 07:00= 11:34= 13:52= 17:35= 18:47= 23:15= 25:40= 28:55= 29:33=		
	04:11= 02:49= 04:34= 02:18= 03:43= 01:12= 04:28= 02:25= 01:43= 01:32= 00:38=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Bartłomiej Lenart	1376	32:05
	05:46+ 09:20+ 14:17+ 16:55+ 21:07+ 22:20+ 24:53+ 27:46+ 29:59+ 31:22+ 32:05+		
	05:46+ 03:34+ 04:57+ 02:38+ 04:12+ 01:13+ 02:33- 02:53+ 02:13+ 01:23- 00:43+		
	01:35& 00:45& 00:23+ 00:20# 00:29# 00:01+ 01:55- 00:28# 00:30& 00:09- 00:05#		
3	Aksel Kleppa Hartmann	793	34:36
	04:34+ 08:07+ 13:33+ 16:13+ 21:30+ 22:58+ 25:58+ 28:45+ 31:37+ 33:44+ 34:36+		
	04:34+ 03:33+ 05:26+ 02:40+ 05:17+ 01:28+ 03:00- 02:47+ 02:52+ 02:07+ 00:52+		
	00:23+ 00:44& 00:52# 00:22# 01:34& 00:16# 01:28- 00:22# 01:09& 00:35& 00:14&		
4	Per Olof Wallerstedt	3516	35:00
	05:00+ 09:52+ 15:42+ 18:11+ 23:05+ 24:25+ 28:07+ 30:25+ 32:29+ 33:58+ 35:00+		
	05:00+ 04:52+ 05:50+ 02:29+ 04:54+ 01:20+ 03:42- 02:18- 02:04+ 01:29- 01:02+		
	00:49# 02:03& 01:16& 00:11+ 01:11& 00:08# 00:46- 00:07- 00:21# 00:03- 00:24&		
5	Håvard Stensland	3503	36:47
	05:08+ 09:08+ 14:49+ 17:24+ 23:32+ 25:10+ 28:42+ 31:38+ 34:02+ 35:45+ 36:47+		
	05:08+ 04:00+ 05:41+ 02:35+ 06:08+ 01:38+ 03:32- 02:56+ 02:24+ 01:43+ 01:02+		
	00:57# 01:11& 01:07# 00:17# 02:25& 00:26& 00:56- 00:31# 00:41& 00:11# 00:24&		
6	Arne Magne Sondresen	722	40:30
	06:07+ 10:49+ 17:03+ 20:35+ 27:13+ 28:56+ 32:49+ 35:20+ 37:19+ 39:25+ 40:30+		
	06:07+ 04:42+ 06:14+ 03:32+ 06:38+ 01:43+ 03:53- 02:31+ 01:59+ 02:06+ 01:05+		
	01:56& 01:53& 01:40& 01:14& 02:55& 00:31& 00:35- 00:06+ 00:16# 00:34& 00:27&		
7	Christian Nilsen	3525	41:36
	06:01+ 10:29+ 17:39+ 21:40+ 27:56+ 29:54+ 33:31+ 36:42+ 38:52+ 40:39+ 41:36+		
	06:01+ 04:28+ 07:10+ 04:01+ 06:16+ 01:58+ 03:37- 03:11+ 02:10+ 01:47+ 00:57+		
	01:50& 01:39& 02:36& 01:43& 02:33& 00:46& 00:51- 00:46& 00:27& 00:15# 00:19&		
8	Roger Endre Nyseth	892	42:26
	07:17+ 11:45+ 18:24+ 21:34+ 28:47+ 30:46+ 34:37+ 37:07+ 39:08+ 41:20+ 42:26+		
	07:17+ 04:28+ 06:39+ 03:10+ 07:13+ 01:59+ 03:51- 02:30+ 02:01+ 02:12+ 01:06+		
	03:06& 01:39& 02:05& 00:52& 03:30& 00:47& 00:37- 00:05+ 00:18# 00:40& 00:28&		
9	Finn Otto Tveit	3507	43:10
	07:30+ 12:21+ 18:08+ 21:27+ 29:12+ 30:51+ 34:47+ 37:46+ 39:42+ 42:10+ 43:10+		
	07:30+ 04:51+ 05:47+ 03:19+ 07:45+ 01:39+ 03:56- 02:59+ 01:56+ 02:28+ 01:00+		
	03:19& 02:02& 01:13& 01:01& 04:02@ 00:27& 00:32- 00:34# 00:13# 00:56& 00:22&		
10	Lars Salvesen	1119	43:40
	06:08+ 10:05+ 16:52+ 20:36+ 26:25+ 28:10+ 33:22+ 36:45+ 40:43+ 42:37+ 43:40+		
	06:08+ 03:57+ 06:47+ 03:44+ 05:49+ 01:45+ 05:12+ 03:23+ 03:58+ 01:54+ 01:03+		
	01:57& 01:08& 02:13& 01:26& 02:06& 00:33& 00:44# 00:58& 02:15@ 00:22# 00:25&		

Plass	Navn											Klasse	Tid
HT													
11	Svein Sivertsen											3530	44:02
07:03+	11:51+	18:44+	21:30+	28:09+	30:06+	34:46+	37:56+	41:10+	42:57+	44:02+			
07:03+	04:48+	06:53+	02:46+	06:39+	01:57+	04:40+	03:10+	03:14+	01:47+	01:05+			
02:52&	01:59&	02:19&	00:28#	02:56&	00:45&	00:12+	00:45&	01:31&	00:15#	00:27&			
12	Tor Harald Lunde											3511	44:10
05:47+	10:11+	17:37+	20:57+	27:27+	29:28+	35:01+	38:23+	40:36+	43:06+	44:10+			
05:47+	04:24+	07:26+	03:20+	06:30+	02:01+	05:33+	03:22+	02:13+	02:30+	01:04+			
05:47+	04:24+	07:26+	03:20+	06:30+	02:01+	05:33+	03:22+	02:13+	02:30+	01:04+			
13	Ketil Vestbakke											1683	44:32
07:11+	12:27+	19:56+	24:32+	29:34+	31:37+	34:54+	38:17+	40:51+	42:53+	44:32+			
07:11+	05:16+	07:29+	04:36+	05:02+	02:03+	03:17+	03:23+	02:34+	02:02+	01:39+			
07:11+	05:16+	07:29+	04:36+	05:02+	02:03+	03:17+	03:23+	02:34+	02:02+	01:39+			
14	Sjur Bjerke											3525	45:46
08:04+	13:57+	20:59+	24:29+	30:14+	33:04+	36:57+	40:31+	42:51+	44:43+	45:46+			
08:04+	05:53+	07:02+	03:30+	05:45+	02:50+	03:53+	03:34+	02:20+	01:52+	01:03+			
08:04+	05:53+	07:02+	03:30+	05:45+	02:50+	03:53+	03:34+	02:20+	01:52+	01:03+			
15	Bruno Pierfelice											3519	46:46
06:43+	11:36+	20:26+	25:13+	31:41+	33:38+	38:26+	42:18+	44:15+	45:44+	46:46+			
06:43+	04:53+	08:50+	04:47+	06:28+	01:57+	04:48+	03:52+	01:57+	01:29+	01:02+			
06:43+	04:53+	08:50+	04:47+	06:28+	01:57+	04:48+	03:52+	01:57+	01:29+	01:02+			
16	Bent Horpestad											722	47:18
05:45+	10:18+	17:49+	21:08+	26:58+	28:57+	38:14+	41:29+	43:54+	46:21+	47:18+			
05:45+	04:33+	07:31+	03:19+	05:50+	01:59+	09:17+	03:15+	02:25+	02:27+	00:57+			
05:45+	04:33+	07:31+	03:19+	05:50+	01:59+	09:17+	03:15+	02:25+	02:27+	00:57+			
17	Vidar Eiken											1683	50:01
13:29+	17:59+	24:06+	27:08+	32:20+	34:33+	42:28+	45:30+	47:24+	49:03+	50:01+			
13:29+	04:30+	06:07+	03:02+	05:12+	02:13+	07:55+	03:02+	01:54+	01:39+	00:58+			
13:29+	04:30+	06:07+	03:02+	05:12+	02:13+	07:55+	03:02+	01:54+	01:39+	00:58+			
18	Timothée Maillefer											877	50:10
07:45+	12:33+	19:34+	23:28+	30:27+	32:22+	35:53+	44:31+	47:10+	49:08+	50:10+			
07:45+	04:48+	07:01+	03:54+	06:59+	01:55+	03:31+	08:38+	02:39+	01:58+	01:02+			
07:45+	04:48+	07:01+	03:54+	06:59+	01:55+	03:31+	08:38+	02:39+	01:58+	01:02+			
19	Stein Stornes Nordal											4527	50:20
04:39+	10:50+	16:02+	19:06+	36:20+	37:50+	42:28+	45:27+	48:01+	49:35+	50:20+			
04:39+	06:11+	05:12+	03:04+	17:14+	01:30+	04:38+	02:59+	02:34+	01:34+	00:45+			
04:39+	06:11+	05:12+	03:04+	17:14+	01:30+	04:38+	02:59+	02:34+	01:34+	00:45+			
20	Kjell-Ole Topnes											1683	51:08
07:07+	13:05+	20:58+	25:26+	32:44+	35:03+	40:12+	44:25+	47:08+	49:55+	51:08+			
07:07+	05:58+	07:53+	04:28+	07:18+	02:19+	05:09+	04:13+	02:43+	02:47+	01:13+			
07:07+	05:58+	07:53+	04:28+	07:18+	02:19+	05:09+	04:13+	02:43+	02:47+	01:13+			
21	Ivar Aalbu											3502	51:30
06:33+	11:38+	19:01+	23:00+	30:06+	32:15+	40:05+	43:32+	47:54+	50:18+	51:30+			
06:33+	05:05+	07:23+	03:59+	07:06+	02:09+	07:50+	03:27+	04:22+	02:24+	01:12+			
06:33+	05:05+	07:23+	03:59+	07:06+	02:09+	07:50+	03:27+	04:22+	02:24+	01:12+			
22	Olav Nybru											3531	52:04
06:35+	09:19+	27:38+	30:34+	37:20+	38:22+	42:29+	44:57+	49:50+	51:17+	52:04+			
06:35+	02:44+	18:19+	02:56+	06:46+	01:02+	04:07+	02:28+	04:53+	01:27+	00:47+			
06:35+	02:44+	18:19+	02:56+	06:46+	01:02+	04:07+	02:28+	04:53+	01:27+	00:47+			
23	Arild Svihus											892	54:19
10:34+	15:16+	24:10+	28:17+	35:26+	37:47+	44:07+	47:54+	50:38+	53:00+	54:19+			
10:34+	04:42+	08:54+	04:07+	07:09+	02:21+	06:20+	03:47+	02:44+	02:22+	01:19+			
10:34+	04:42+	08:54+	04:07+	07:09+	02:21+	06:20+	03:47+	02:44+	02:22+	01:19+			
24	Arne Hope											1832	55:04
08:14+	14:08+	22:03+	26:21+	34:08+	36:45+	43:10+	47:12+	50:58+	53:39+	55:04+			
08:14+	05:54+	07:55+	04:18+	07:47+	02:37+	06:25+	04:02+	03:46+	02:41+	01:25+			
08:14+	05:54+	07:55+	04:18+	07:47+	02:37+	06:25+	04:02+	03:46+	02:41+	01:25+			

Plass	Navn										Klasse	Tid
HT												
25	Frode Følgesvold										880	56:43
06:48+	16:38+	25:07+	29:20+	37:16+	39:33+	46:30+	50:55+	53:27+	55:38+	56:43+		
06:48+	09:50+	08:29+	04:13+	07:56+	02:17+	06:57+	04:25+	02:32+	02:11+	01:05+		
06:48+	09:50+	08:29+	04:13+	07:56+	02:17+	06:57+	04:25+	02:32+	02:11+	01:05+		
26	Ole Aamodt										3512	57:34
06:24+	11:41+	18:42+	22:24+	31:50+	33:48+	40:49+	51:41+	54:26+	56:31+	57:34+		
06:24+	05:17+	07:01+	03:42+	09:26+	01:58+	07:01+	10:52+	02:45+	02:05+	01:03+		
06:24+	05:17+	07:01+	03:42+	09:26+	01:58+	07:01+	10:52+	02:45+	02:05+	01:03+		
27	Rolf Øystein Kluge										793	59:05
08:09+	14:51+	25:17+	30:35+	38:02+	40:37+	47:18+	51:20+	54:56+	57:45+	59:05+		
08:09+	06:42+	10:26+	05:18+	07:27+	02:35+	06:41+	04:02+	03:36+	02:49+	01:20+		
08:09+	06:42+	10:26+	05:18+	07:27+	02:35+	06:41+	04:02+	03:36+	02:49+	01:20+		
28	Carlos Lluna										2342	1:07:29
12:47+	20:29+	32:26+	37:26+	45:47+	47:40+	56:46+	61:41+	64:19+	66:19+	67:29+		
12:47+	07:42+	11:57+	05:00+	08:21+	01:53+	09:06+	04:55+	02:38+	02:00+	01:10+		
12:47+	07:42+	11:57+	05:00+	08:21+	01:53+	09:06+	04:55+	02:38+	02:00+	01:10+		
29	Erik Campbell Henriksen										1683	1:07:53
12:57+	18:50+	27:57+	35:35+	45:29+	48:35+	53:36+	58:53+	62:53+	66:02+	67:53+		
12:57+	05:53+	09:07+	07:38+	09:54+	03:06+	05:01+	05:17+	04:00+	03:09+	01:51+		
12:57+	05:53+	09:07+	07:38+	09:54+	03:06+	05:01+	05:17+	04:00+	03:09+	01:51+		
30	Per Bakken										880	1:10:52
08:34+	17:47+	28:40+	35:44+	45:05+	47:39+	58:04+	62:47+	65:58+	69:21+	70:52+		
08:34+	09:13+	10:53+	07:04+	09:21+	02:34+	10:25+	04:43+	03:11+	03:23+	01:31+		
08:34+	09:13+	10:53+	07:04+	09:21+	02:34+	10:25+	04:43+	03:11+	03:23+	01:31+		
31	Øivind Berentsen										4226	1:11:47
08:32+	18:08+	32:03+	37:09+	47:11+	50:36+	59:41+	65:16+	67:46+	70:11+	71:47+		
08:32+	09:36+	13:55+	05:06+	10:02+	03:25+	09:05+	05:35+	02:30+	02:25+	01:36+		
08:32+	09:36+	13:55+	05:06+	10:02+	03:25+	09:05+	05:35+	02:30+	02:25+	01:36+		
32	Amund Hval										4226	1:12:42
05:01+	23:13+	37:19+	41:12+	48:12+	51:39+	60:43+	66:11+	68:36+	71:13+	72:42+		
05:01+	18:12+	14:06+	03:53+	07:00+	03:27+	09:04+	05:28+	02:25+	02:37+	01:29+		
05:01+	18:12+	14:06+	03:53+	07:00+	03:27+	09:04+	05:28+	02:25+	02:37+	01:29+		
33	Augustine Okafor										1683	1:14:05
10:27+	26:17+	37:29+	41:46+	49:25+	51:43+	59:08+	67:39+	70:19+	73:02+	74:05+		
10:27+	15:50+	11:12+	04:17+	07:39+	02:18+	07:25+	08:31+	02:40+	02:43+	01:03+		
10:27+	15:50+	11:12+	04:17+	07:39+	02:18+	07:25+	08:31+	02:40+	02:43+	01:03+		
34	Morten Tønnessen										3507	1:17:34
10:41+	15:05+	43:29+	47:28+	53:17+	55:38+	63:02+	66:22+	74:38+	76:25+	77:34+		
10:41+	04:24+	28:24+	03:59+	05:49+	02:21+	07:24+	03:20+	08:16+	01:47+	01:09+		
10:41+	04:24+	28:24+	03:59+	05:49+	02:21+	07:24+	03:20+	08:16+	01:47+	01:09+		
35	Kjetil Kartevold										3676	1:18:26
12:22+	17:46+	26:02+	30:23+	37:48+	40:34+	61:46+	65:09+	67:56+	76:47+	78:26+		
12:22+	05:24+	08:16+	04:21+	07:25+	02:46+	21:12+	03:23+	02:47+	08:51+	01:39+		
12:22+	05:24+	08:16+	04:21+	07:25+	02:46+	21:12+	03:23+	02:47+	08:51+	01:39+		
36	Yiteng Zhang										1758	1:46:59
27:45+	33:25+	61:21+	67:38+	75:14+	80:56+	91:43+	99:39+	103:04+	105:54+	106:59+		
27:45+	05:40+	27:56+	06:17+	07:36+	05:42+	10:47+	07:56+	03:25+	02:50+	01:05+		
27:45+	05:40+	27:56+	06:17+	07:36+	05:42+	10:47+	07:56+	03:25+	02:50+	01:05+		
Beste strekktid for klassen												

Beste strekktid for klassen

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