

1	Ragnhild Thorset Våge												896		46:54											
03:15=	08:13=	09:26=	11:27=	15:09=	20:40=	24:31=	26:28=	30:16=	31:47=	35:27=	38:02=	41:16=	44:11=	45:19=	46:30=	46:54=										
03:15=	04:58=	01:13=	02:01=	03:42=	05:31=	03:51=	01:57=	03:48=	01:31=	03:40=	02:35=	03:14=	02:55=	01:08=	01:11=	00:24=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Mari-Marthe Aamold												880		53:29											
08:46+	09:53+	11:05+	14:27+	17:12+	22:00+	26:28+	28:34+	32:09+	33:43+	37:12+	39:46+	43:25+	48:49+	51:43+	53:03+	53:29+										
08:46+	01:07-	01:12-	03:22+	02:45-	04:48-	04:28+	02:06+	03:35-	01:34+	03:29-	02:34-	03:39+	05:24+	02:54+	01:20+	00:26+										
05:31@	03:51-	00:01-	01:21&	00:57-	00:43-	00:37#	00:09+	00:13-	00:03+	00:11-	00:01-	00:25#	02:29&	01:46@	00:09#	00:02+										
3	Eli Karine Klungre												1754		54:13											
03:14-	04:46-	06:11-	08:09-	12:14-	18:19-	22:15-	25:14-	32:02+	34:14+	40:16+	43:54+	46:15+	49:59+	52:30+	53:51+	54:13+										
03:14-	01:32-	01:25+	01:58-	04:05+	06:05+	03:56+	02:59+	06:48+	02:12+	06:02+	03:38+	02:21-	03:44+	02:31+	01:21+	00:22-										
00:01-	03:26-	00:12#	00:03-	00:23#	00:34#	00:05+	01:02&	03:00&	00:41&	02:22&	01:03&	00:53-	00:49&	01:23@	00:10#	00:02-										
4	Ingunn Landsnes												892		1:29:32											
03:55+	05:57-	12:14+	15:39+	21:52+	31:38+	38:27+	42:53+	52:05+	58:21+	67:14+	72:07+	76:08+	82:39+	86:52+	88:38+	89:32+										
03:55+	02:02-	06:17+	03:25+	06:13+	09:46+	06:49+	04:26+	09:12+	06:16+	08:53+	04:53+	04:01+	06:31+	04:13+	01:46+	00:54+										
00:40#	02:56-	05:04@	01:24&	02:31&	04:15&	02:58&	02:29@	05:24@	04:45@	05:13@	02:18&	00:47#	03:36@	03:05@	00:35&	00:30@										

Beste strekktid for klassen

03:14	01:07	01:12	01:58	02:45	04:48	03:51	01:57	03:35	01:31	03:29	02:34	02:21	02:55	01:08	01:11	00:22
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D40

1	Torill Østraat												1884				55:16
04:24=	07:59=	12:00=	18:12=	23:08=	30:27=	32:26=	38:20=	41:17=	43:28=	46:16=	52:51=	54:36=	55:16=				
04:24=	03:35=	04:01=	06:12=	04:56=	07:19=	01:59=	05:54=	02:57=	02:11=	02:48=	06:35=	01:45=	00:40=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Marit L. Undheim												3529				57:03
04:21-	07:48-	11:31-	23:17+	28:24+	36:46+	38:36+	44:16+	46:05+	47:44+	49:44+	55:00+	56:36+	57:03+				
04:21-	03:27-	03:43-	11:46+	05:07+	08:22+	01:50-	05:40-	01:49-	01:39-	02:00-	05:16-	01:36-	00:27-				
00:03-	00:08-	00:18-	05:34&	00:11+	01:03#	00:09-	00:14-	01:08-	00:32-	00:48-	01:19-	00:09-	00:13-				
3	Ingvild Marthinussen												3524				1:19:33
04:52+	08:39+	13:15+	19:33+	27:25+	36:54+	38:52+	44:38+	47:41+	49:26+	53:13+	77:00+	79:00+	79:33+				
04:52+	03:47+	04:36+	06:18+	07:52+	09:29+	01:58-	05:46-	03:03+	01:45-	03:47+	23:47+	02:00+	00:33-				
00:28#	00:12+	00:35#	00:06+	02:56&	02:10&	00:01-	00:08-	00:06+	00:26-	00:59&	17:12@	00:15#	00:07-				

Beste strekktid for klassen

04:21	03:27	03:43	06:12	04:56	07:19	01:50	05:40	01:49	01:39	02:00	05:16	01:36	00:27
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D50

1	Grethe Anda Fuglestad												1683				38:43
03:35=	06:23=	09:46=	14:04=	16:46=	23:03=	24:44=	28:14=	30:02=	31:36=	33:16=	37:14=	38:18=	38:43=				
03:35=	02:48=	03:23=	04:18=	02:42=	06:17=	01:41=	03:30=	01:48=	01:34=	01:40=	03:58=	01:04=	00:25=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Anita Glenne Kallhovd												3502				49:15
05:34+	08:20+	11:46+	16:39+	20:34+	28:47+	30:30+	35:05+	36:57+	38:26+	42:09+	47:27+	48:51+	49:15+				
05:34+	02:46-	03:26+	04:53+	03:55+	08:13+	01:43+	04:35+	01:52+	01:29-	03:43+	05:18+	01:24+	00:24-				
01:59&	00:02-	00:03+	00:35#	01:13&	01:56&	00:02+	01:05&	00:04+	00:05-	02:03@	01:20&	00:20&	00:01-				
3	Torill Andersen												1683				52:20
03:55+	07:48+	11:33+	16:48+	22:40+	30:15+	33:34+	38:48+	41:02+	42:41+	44:41+	50:20+	51:49+	52:20+				
03:55+	03:53+	03:45+	05:15+	05:52+	07:35+	03:19+	05:14+	02:14+	01:39+	02:00+	05:39+	01:29+	00:31+				
00:20+	01:05&	00:22#	00:57#	03:10@	01:18#	01:38&	01:44&	00:26#	00:05+	00:20#	01:41&	00:25&	00:06#				

Plass	Navn										Klasse										Tid												
D50																																	
4	Helen Haneferd										882										53:16												
03:36+	06:33+	09:53+	14:45+	19:01+	26:46+	28:33+	32:55+	35:15+	36:43+	38:42+	51:21+	52:47+	53:16+																				
03:36+	02:57+	03:20-	04:52+	04:16+	07:45+	01:47+	04:22+	02:20+	01:28-	01:59+	12:39+	01:26+	00:29+																				
00:01+	00:09+	00:03-	00:34#	01:34&	01:28#	00:06+	00:52#	00:32&	00:06-	00:19#	08:41@	00:22&	00:04#																				
5	Elisabeth Melbø										879										54:31												
05:23+	08:33+	13:48+	21:52+	25:40+	33:59+	35:38+	40:17+	42:05+	43:33+	47:02+	52:33+	53:59+	54:31+																				
05:23+	03:10+	05:15+	08:04+	03:48+	08:19+	01:39+	04:39+	01:48+	01:28+	03:29+	05:31+	01:26+	00:32+																				
05:23+	03:10+	05:15+	08:04+	03:48+	08:19+	01:39+	04:39+	01:48+	01:28+	03:29+	05:31+	01:26+	00:32+																				
6	Mariann Sveinsvoll										3504										57:05												
03:28+	09:18+	14:10+	20:34+	27:50+	35:04+	36:54+	41:11+	43:52+	46:55+	48:56+	53:58+	56:31+	57:05+																				
03:28+	05:50+	04:52+	06:24+	07:16+	07:14+	01:50+	04:17+	02:41+	03:03+	02:01+	05:02+	02:33+	00:34+																				
03:28+	05:50+	04:52+	06:24+	07:16+	07:14+	01:50+	04:17+	02:41+	03:03+	02:01+	05:02+	02:33+	00:34+																				
7	Trude Hermanrud										896										58:25												
04:06+	07:39+	13:05+	21:26+	26:57+	36:10+	37:53+	43:00+	46:43+	48:50+	51:07+	56:37+	57:54+	58:25+																				
04:06+	03:33+	05:26+	08:21+	05:31+	09:13+	01:43+	05:07+	03:43+	02:07+	02:17+	05:30+	01:17+	00:31+																				
04:06+	03:33+	05:26+	08:21+	05:31+	09:13+	01:43+	05:07+	03:43+	02:07+	02:17+	05:30+	01:17+	00:31+																				
8	Inger Johanne Klausen										3529										1:00:15												
04:30+	09:43+	15:32+	24:33+	29:45+	38:40+	40:19+	46:13+	48:29+	51:04+	53:04+	58:43+	59:48+	60:15+																				
04:30+	05:13+	05:49+	09:01+	05:12+	08:55+	01:39+	05:54+	02:16+	02:35+	02:00+	05:39+	01:05+	00:27+																				
04:30+	05:13+	05:49+	09:01+	05:12+	08:55+	01:39+	05:54+	02:16+	02:35+	02:00+	05:39+	01:05+	00:27+																				
9	Marie-Elizabeth Reinseth										882										1:01:47												
05:06+	08:38+	12:39+	20:44+	26:29+	36:55+	39:23+	47:44+	49:51+	51:41+	53:54+	59:52+	61:11+	61:47+																				
05:06+	03:32+	04:01+	08:05+	05:45+	10:26+	02:28+	08:21+	02:07+	01:50+	02:13+	05:58+	01:19+	00:36+																				
05:06+	03:32+	04:01+	08:05+	05:45+	10:26+	02:28+	08:21+	02:07+	01:50+	02:13+	05:58+	01:19+	00:36+																				
10	Marit Reitan										874										1:03:14												
05:07+	08:33+	12:44+	19:52+	24:39+	37:27+	39:13+	48:33+	51:00+	52:29+	54:27+	60:15+	62:38+	63:14+																				
05:07+	03:26+	04:11+	07:08+	04:47+	12:48+	01:46+	09:20+	02:27+	01:29+	01:58+	05:48+	02:23+	00:36+																				
05:07+	03:26+	04:11+	07:08+	04:47+	12:48+	01:46+	09:20+	02:27+	01:29+	01:58+	05:48+	02:23+	00:36+																				
11	Ingjerd Haddeland										3507										1:03:17												
04:13+	09:18+	13:28+	20:12+	25:39+	35:05+	37:53+	47:13+	49:16+	51:15+	54:10+	61:01+	62:51+	63:17+																				
04:13+	05:05+	04:10+	06:44+	05:27+	09:26+	02:48+	09:20+	02:03+	01:59+	02:55+	06:51+	01:50+	00:26+																				
04:13+	05:05+	04:10+	06:44+	05:27+	09:26+	02:48+	09:20+	02:03+	01:59+	02:55+	06:51+	01:50+	00:26+																				
12	Toril Dahle										1683										1:06:01												
05:06+	13:53+	20:32+	28:18+	34:10+	42:22+	44:47+	49:38+	52:15+	54:23+	56:48+	64:21+	65:34+	66:01+																				
05:06+	08:47+	06:39+	07:46+	05:52+	08:12+	02:25+	04:51+	02:37+	02:08+	02:25+	07:33+	01:13+	00:27+																				
05:06+	08:47+	06:39+	07:46+	05:52+	08:12+	02:25+	04:51+	02:37+	02:08+	02:25+	07:33+	01:13+	00:27+																				
13	Hilde Frøytlog Karlsen										1284										1:09:12												
05:11+	09:48+	15:06+	22:49+	28:50+	42:48+	45:24+	51:15+	54:53+	57:08+	59:49+	66:25+	68:16+	69:12+																				
05:11+	04:37+	05:18+	07:43+	06:01+	13:58+	02:36+	05:51+	03:38+	02:15+	02:41+	06:36+	01:51+	00:56+																				
05:11+	04:37+	05:18+	07:43+	06:01+	13:58+	02:36+	05:51+	03:38+	02:15+	02:41+	06:36+	01:51+	00:56+																				
14	Marianne Gjesdal Lyngås										892										1:49:21												
06:55+	15:53+	21:44+	30:34+	36:50+	63:01+	68:57+	85:14+	88:50+	91:50+	94:22+	103:33+	108:27+	109:21+																				
06:55+	08:58+	05:51+	08:50+	06:16+	26:11+	05:56+	16:17+	03:36+	03:00+	02:32+	09:11+	04:54+	00:54+																				
06:55+	08:58+	05:51+	08:50+	06:16+	26:11+	05:56+	16:17+	03:36+	03:00+	02:32+	09:11+	04:54+	00:54+																				
15	Siw Gjerdingen										3676										2:02:27												
06:44+	14:00+	25:24+	34:11+	46:52+	57:26+	64:38+	71:38+	75:01+	91:04+	108:01+	115:30+	121:30+	122:27+																				
06:44+	07:16+	11:24+	08:47+	12:41+	10:34+	07:12+	07:00+	03:23+	16:03+	16:57+	07:29+	06:00+	00:57+																				
06:44+	07:16+	11:24+	08:47+	12:41+	10:34+	07:12+	07:00+	03:23+	16:03+	16:57+	07:29+	06:00+	00:57+																				
Beste strekktid for klassen																																	

Plass	Navn	Klasse	Tid
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D60

1	Ingrid E. I. Øxnevad															3516				48:56			
01:30=	04:40=	07:35=	08:22=	11:16=	13:26=	15:32=	17:21=	21:53=	26:28=	30:25=	33:12=	35:13=	37:53=	43:51=	47:10=	48:26=	48:56=						
01:30=	03:10=	02:55=	00:47=	02:54=	02:10=	02:06=	01:49=	04:32=	04:35=	03:57=	02:47=	02:01=	02:40=	05:58=	03:19=	01:16=	00:30=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						

Beste strekktid for klassen

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

D65

1	Ingunn Voilås	3502	45:28														
01:17=	02:55=	05:51=	07:24=	10:14=	13:19=	15:43=	17:18=	19:26=	23:56=	26:04=	31:31=	33:20=	35:31=	39:08=	42:12=	44:51=	45:28=
01:17=	01:38=	02:56=	01:33=	02:50=	03:05=	02:24=	01:35=	02:08=	04:30=	02:08=	05:27=	01:49=	02:11=	03:37=	03:04=	02:39=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	May Meling	3553	51:30														
01:33+	04:27+	07:34+	09:09+	13:29+	18:52+	21:16+	23:30+	25:52+	29:14+	31:29+	34:17+	38:26+	42:24+	46:51+	49:52+	51:00+	51:30+
01:33+	02:54+	03:07+	01:35+	04:20+	05:23+	02:24=	02:14+	02:22+	03:22-	02:15+	02:48-	04:09+	03:58+	04:27+	03:01-	01:08-	00:30-
00:16#	01:16&	00:11+	00:02+	01:30&	02:18&	00:00=	00:39&	00:14#	01:08-	00:07+	02:39-	02:20@	01:47&	00:50#	00:03-	01:31-	00:07-
3	Margot Asheim	722	58:18														
01:37+	05:05+	09:27+	11:38+	14:41+	17:21+	19:50+	21:29+	24:50+	32:15+	35:00+	37:49+	41:12+	46:19+	51:13+	56:13+	57:48+	58:18+
01:37+	03:28+	04:22+	02:11+	03:03+	02:40-	02:29+	01:39+	03:21+	07:25+	02:45+	02:49-	03:23+	05:07+	04:54+	05:00+	01:35-	00:30-
00:20&	01:50@	01:26&	00:38&	00:13+	00:25-	00:05+	00:04+	01:13&	02:55&	00:37&	02:38-	01:34&	02:56@	01:17&	01:56&	01:04-	00:07-
4	Anne Katrine Lycke	1884	1:04:29														
01:49+	04:15+	08:42+	09:48+	15:44+	18:11+	20:36+	22:44+	27:17+	40:30+	42:06+	44:57+	47:05+	50:46+	57:13+	60:54+	63:48+	64:29+
01:49+	02:26+	04:27+	01:06-	05:56+	02:27-	02:25+	02:08+	04:33+	13:13+	01:36-	02:51-	02:08+	03:41+	06:27+	03:41+	02:54+	00:41+
00:32&	00:48&	01:31&	00:27-	03:06@	00:38-	00:01+	00:33&	02:25@	08:43@	00:32-	02:36-	00:19#	01:30&	02:50&	00:37#	00:15+	00:04#
5	Inger Narvestad Anda	896	1:08:26														
02:15+	06:48+	10:52+	11:59+	15:30+	20:01+	22:37+	24:48+	27:36+	33:11+	39:43+	42:58+	51:00+	56:29+	61:06+	65:16+	67:43+	68:26+
02:15+	04:33+	04:04+	01:07-	03:31+	04:31+	02:36+	02:11+	02:48+	05:35+	06:32+	03:15-	08:02+	05:29+	04:37+	04:10+	02:27-	00:43+
00:58&	02:55@	01:08&	00:26-	00:41#	01:26&	00:12+	00:36&	00:40&	01:05#	04:24@	02:12-	06:13@	03:18@	01:00&	01:06&	00:12-	00:06#

Beste strekktid for klassen

01:17	01:38	02:56	01:06	02:50	02:27	02:24	01:35	02:08	03:22	01:36	02:48	01:49	02:11	03:37	03:01	01:08	00:30
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D70

1	Mette Dagsland	874	1:03:23														
02:24=	03:50=	07:55=	09:11=	14:39=	17:19=	19:39=	21:37=	28:43=	32:04=	33:48=	36:30=	38:40=	49:58=	56:01=	60:23=	62:38=	63:23=
02:24=	01:26=	04:05=	01:16=	05:28=	02:40=	02:20=	01:58=	07:06=	03:21=	01:44=	02:42=	02:10=	11:18=	06:03=	04:22=	02:15=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hanne Eik	896	1:04:26														
01:40-	04:26+	08:29+	11:06+	14:38-	17:27+	20:23+	22:20+	33:41+	37:32+	39:58+	43:27+	46:15+	50:29+	56:12+	61:40+	63:46+	64:26+
01:40-	02:46+	04:03-	02:37+	03:32-	02:49+	02:56+	01:57-	11:21+	03:51+	02:26+	03:29+	02:48+	04:14-	05:43-	05:28+	02:06-	00:40-
00:44-	01:20&	00:02-	01:21@	01:56-	00:09+	00:36&	00:01-	04:15&	00:30#	00:42&	00:47&	00:38&	07:04-	00:20-	01:06&	00:09-	00:05-
3	Berit Gramstad	3551	1:32:21														
02:43+	06:13+	12:07+	16:27+	28:31+	32:02+	39:23+	41:43+	48:30+	52:41+	54:15+	62:49+	64:51+	67:38+	75:34+	89:54+	91:39+	92:21+
02:43+	03:30+	05:54+	04:20+	12:04+	03:31+	07:21+	02:20+	06:47-	04:11+	01:34-	08:34+	02:02-	02:47-	07:56+	14:20+	01:45-	00:42-
00:19#	02:04@	01:49&	03:04@	06:36@	00:51&	05:01@	00:22#	00:19-	00:50#	00:10-	05:52@	00:08-	08:31-	01:53&	09:58@	00:30-	00:03-

Beste strekktid for klassen

01:40	01:26	04:03	01:16	03:32	02:40	02:20	01:57	06:47	03:21	01:34	02:42	02:02	02:47	05:43	04:22	01:45	00:40
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse	Tid
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D75

1	Inger Skretting Opstad										3529				56:26			
02:05=	04:25=	08:27=	10:18=	14:14=	18:42=	21:31=	23:27=	26:10=	30:21=	31:54=	40:23=	42:23=	45:02=	50:23=	54:21=	55:50=	56:26=	
02:05=	02:20=	04:02=	01:51=	03:56=	04:28=	02:49=	01:56=	02:43=	04:11=	01:33=	08:29=	02:00=	02:39=	05:21=	03:58=	01:29=	00:36=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2

Haldis Glendrange

874

57:44

01:54-	03:52-	08:17-	10:35+	14:35+	18:36-	21:40+	23:32+	28:04+	32:57+	35:09+	38:55-	41:38-	45:04+	51:08+	55:34+	57:04+	57:44+
01:54-	01:58-	04:25+	02:18+	04:00+	04:01-	03:04+	01:52-	04:32+	04:53+	02:12+	03:46-	02:43+	03:26+	06:04+	04:26+	01:30+	00:40+
00:11-	00:22-	00:23+	00:27#	00:04+	00:27-	00:15+	00:04-	01:49&	00:42#	00:39&	04:43-	00:43&	00:47&	00:43#	00:28#	00:01+	00:04#

3

Hedvig Anda

1683

1:08:01

02:17+04:00-08:46+10:19+14:03-19:59+23:10+24:53+29:38+34:23+36:35+40:49+43:06+47:17+53:47+64:37+67:17+68:01+

02:17+01:43-04:46+01:33-03:44-05:56+03:11+01:43-04:45+04:45+02:12+04:14-02:17+04:11+06:30+10:50+02:40+00:44+

00:12+00:37-00:44#00:18-00:12-01:28&00:22#00:13-02:02&00:34#00:39&04:15-00:17#01:32&01:09#06:52@01:11&00:08#

Beste strekktid for klassen																	
01:54	01:43	04:02	01:33	03:44	04:01	02:49	01:43	02:43	04:11	01:33	03:46	02:00	02:39	05:21	03:58	01:29	00:36

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

D80

1	Gry Vikhamar Thengs					874					38:25				
03:51=	04:55=	06:45=	08:30=	11:43=	13:48=	16:09=	18:24=	20:42=	22:13=	25:47=	29:16=	32:14=	35:56=	37:52=	38:25=
03:51=	01:04=	01:50=	01:45=	03:13=	02:05=	02:21=	02:15=	02:18=	01:31=	03:34=	03:29=	02:58=	03:42=	01:56=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Turid Nystrøm				874				40:31						
03:07-	04:17-	06:17-	08:21-	11:53+	14:34+	17:09+	20:15+	23:01+	24:38+	27:05+	31:02+	33:45+	37:58+	39:46+	40:31+
03:07-	01:10+	02:00+	02:04+	03:32+	02:41+	02:35+	03:06+	02:46+	01:37+	02:27-	03:57+	02:43-	04:13+	01:48-	00:45+
00:44-	00:06+	00:10+	00:19#	00:19+	00:36&	00:14+	00:51&	00:28#	00:06+	01:07-	00:28#	00:15-	00:31#	00:08-	00:12&

3

Helga Aaslid

3529

47:54

08:03+

10:04+

13:49+

17:09+

20:39+

22:59+

25:21+

27:43+

29:54+

31:22+

35:00+

38:38+

41:26+

45:10+

47:09+

47:54+

08:03+

02:01+

03:45+

03:20+

03:30+

02:20+

02:22+

02:11-

01:28-

03:38+

03:38+

02:48-

03:44+

01:59+

00:45+

04:12@

00:57&

01:55@

01:35&

00:17+

00:15#

00:01+

00:07+

00:07-

00:03-

00:04+

00:09+

00:10-

00:02+

00:03+

00:12&

Beste strekktid for klassen															
03:07	01:04	01:50	01:45	03:13	02:05	02:21	02:15	02:11	01:28	02:27	03:29	02:43	03:42	01:48	00:33

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

DA

1	Aud Hognestad Taksdal										892	36:57									
00:51=	02:53=	06:12=	10:41=	11:55=	13:27=	14:10=	16:51=	19:14=	20:22=	22:07=	23:22=	25:09=	26:08=	28:15=	29:58=	31:35=	33:37=	36:02=	36:39=	36:57=	
00:51=	02:02=	03:19=	04:29=	01:14=	01:32=	00:43=	02:41=	02:23=	01:08=	01:45=	01:15=	01:47=	00:59=	02:07=	01:43=	01:37=	02:02=	02:25=	00:37=	00:18=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Jorunn Hadland										3502					39:14									
00:49-	02:47-	06:21+	09:34-	10:53-	12:19-	13:07-	16:20-	18:48-	20:06-	22:09+	23:19-	25:08-	26:20+	28:36+	30:26+	32:15+	35:43+	38:02+	38:50+	39:14+					
00:49-	01:58-	03:34+	03:13-	01:19+	01:26-	00:48+	03:13+	02:28+	01:18+	02:03+	01:10-	01:49+	01:12+	02:16+	01:50+	01:49+	03:28+	02:19-	00:48+	00:24+					
00:02-	00:04-	00:15+	01:16-	00:05+	00:06-	00:05#	00:32#	00:05+	00:10#	00:18#	00:05-	00:02+	00:13#	00:09+	00:07+	00:12#	01:26&	00:06-	00:11&	00:06&					

3

Silje Skorve Skarpeid

1758

49:27

00:57+	03:44+	08:09+	11:21+	13:00+	14:50+	15:57+	20:07+	23:51+	25:21+	27:36+	29:20+	31:12+	32:27+	34:58+	37:58+	40:19+	43:37+	48:06+	48:55+	49:27+
00:57+	02:47+	04:25+	03:12-	01:39+	01:50+	01:07+	04:10+	03:44+	01:30+	02:15+	01:44+	01:52+	01:15+	02:31+	03:00+	02:21+	03:18+	04:29+	00:49+	00:32+
00:06#	00:45&	01:06&	01:17-	00:25&	00:18#	00:24&	01:29&	01:21&	00:22&	00:30&	00:29&	00:05+	00:16&	00:24#	01:17&	00:44&	01:16&	02:04&	00:12&	00:14&

4	Helen Lomeland										722	1:08:08									
01:02+	09:52+	14:06+	31:42+	33:19+	35:11+	36:27+	40:20+	43:42+	45:09+	47:26+	49:19+	51:32+	52:44+	55:34+	58:13+	61:07+	63:57+	66:32+	67:45+	68:08+	
01:02+	08:50+	04:14+	17:36+	01:37+	01:52+	01:16+	03:53+	03:22+	01:27+	02:17+	01:53+	02:13+	01:12+	02:50+	02:39+	02:54+	02:50+	02:35+	01:13+	00:23+	
00:11#	06:48@	00:55&	13:07@	00:23&	00:20#	00:33&	01:12&	00:59&	00:19&	00:32&	00:38&	00:26#	00:13#	00:43&	00:56&	01:17&	00:48&	00:10+	00:36&	00:05&	

Beste strekktid for klassen

00:49	01:58	03:19	03:12	01:14	01:26	00:43	02:41	02:23	01:08	01:45	01:10	01:47	00:59	02:07	01:43	01:37	02:02	02:19	00:37	00:18
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

DB

1	Inger Tone Nygård										3502		39:45									
03:47=	06:21=	10:38=	12:08=	18:06=	19:23=	20:48=	23:04=	24:36=	27:21=	29:45=	31:44=	32:16=	33:50=	35:11=	36:26=	37:29=	38:26=	39:23=	39:45=			
03:47=	02:34=	04:17=	01:30=	05:58=	01:17=	01:25=	02:16=	01:32=	02:45=	02:24=	01:59=	00:32=	01:34=	01:21=	01:15=	01:03=	00:57=	00:57=	00:22=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Ida Kolstø										3502		47:27									
04:14+	07:37+	12:07+	14:02+	20:25+	21:48+	23:26+	26:04+	28:13+	30:53+	33:18+	36:38+	37:16+	38:55+	40:32+	42:02+	43:29+	46:05+	47:02+	47:27+			
04:14+	03:23+	04:30+	01:55+	06:23+	01:23+	01:38+	02:38+	02:09+	02:40=	02:25+	03:20+	00:38+	01:39+	01:37+	01:30+	01:27+	02:36+	00:57=	00:25+			
00:27#	00:49&	00:13+	00:25&	00:25+	00:06+	00:13#	00:22#	00:37&	00:05=	00:01+	01:21&	00:06#	00:05+	00:16#	00:15#	00:24&	01:39@	00:00=	00:03#			
3	Anne Garsrud										3518		51:08									
04:41+	07:54+	13:30+	15:31+	22:56+	24:42+	26:33+	29:15+	31:01+	34:07+	36:55+	39:15+	39:50+	42:27+	44:07+	46:29+	47:57+	49:35+	50:44+	51:08+			
04:41+	03:13+	05:36+	02:01+	07:25+	01:46+	01:51+	02:42+	01:46+	03:06+	02:48+	02:20+	00:35+	02:37+	01:40+	02:22+	01:28+	01:38+	01:09+	00:24+			
00:54#	00:39&	01:19&	00:31&	01:27#	00:29&	00:26&	00:26#	00:14#	00:21#	00:24#	00:21#	00:03+	01:03&	00:19#	01:07&	00:25&	00:41&	00:12#	00:02+			
4	Ann-Cathrin Nybak Urdal										3595		51:23									
03:47=	06:53+	13:55+	16:12+	23:49+	25:26+	27:09+	30:25+	32:12+	35:37+	38:50+	41:20+	41:58+	43:38+	45:23+	47:16+	48:28+	49:42+	50:55+	51:23+			
03:47=	03:06+	07:02+	02:17+	07:37+	01:37+	01:43+	03:16+	01:47+	03:25+	03:13+	02:30+	00:38+	01:40+	01:45+	01:53+	01:12+	01:14+	01:13+	00:28+			
00:00=	00:32#	02:45&	00:47&	01:39&	00:20&	00:18#	01:00&	00:15#	00:40#	00:49&	00:31&	00:06#	00:06+	00:24&	00:38&	00:09#	00:17&	00:16&	00:06&			
5	Jorunn Johannesen										1683		56:08									
04:02+	06:54+	16:51+	18:29+	26:06+	27:25+	29:12+	32:32+	34:43+	37:33+	39:44+	41:53+	42:29+	46:30+	48:06+	49:42+	50:56+	54:41+	55:39+	56:08+			
04:02+	02:52+	09:57+	01:38+	07:37+	01:19+	01:47+	03:20+	02:11+	02:50+	02:11=	02:09+	00:36+	04:01+	01:36+	01:36+	01:14+	03:45+	00:58+	00:29+			
00:15+	00:18#	05:40@	00:08+	01:39&	00:02+	00:22&	01:04&	00:39&	00:05+	00:13=	00:10+	00:04#	02:27@	00:15#	00:21&	00:11#	02:48@	00:01+	00:07&			
6	Anina Hadland										3502		56:31									
04:27+	07:54+	21:16+	23:00+	29:34+	30:55+	32:39+	35:56+	37:45+	40:53+	43:01+	45:51+	46:22+	47:53+	49:32+	51:20+	52:34+	55:15+	56:06+	56:31+			
04:27+	03:27+	13:22+	01:44+	06:34+	01:21+	01:44+	03:17+	01:49+	03:08+	02:08=	02:50+	00:31=	01:31=	01:39+	01:48+	01:14+	02:41+	00:51=	00:25+			
00:40#	00:53&	09:05@	00:14#	00:36#	00:04+	00:19#	01:01&	00:17#	00:23#	00:16=	00:51&	00:01=	00:03=	00:18#	00:33&	00:11#	01:44@	00:06=	00:03#			
7	Heidi Martby-Skogsholm										3522		1:10:14									
09:24+	14:50+	21:14+	24:04+	33:36+	35:54+	37:51+	40:41+	42:40+	46:21+	49:20+	55:01+	55:44+	58:35+	60:30+	62:32+	63:48+	68:27+	69:43+	70:14+			
09:24+	05:26+	06:24+	02:50+	09:32+	02:18+	01:57+	02:50+	01:59+	03:41+	02:59+	05:41+	00:43+	02:51+	01:55+	02:02+	01:16+	04:39+	01:16+	00:31+			
05:37@	02:52@	02:07&	01:20&	03:34&	01:01&	00:32&	00:34#	00:27&	00:56&	00:35#	03:42@	00:11&	01:17&	00:34&	00:47&	00:13#	03:42@	00:19&	00:09&			

Beste strekktid for klassen

03:47	02:34	04:17	01:30	05:58	01:17	01:25	02:16	01:32	02:40	02:08	01:59	00:31	01:31	01:21	01:15	01:03	00:57	00:51	00:22
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

DT

1	Karine Ditlevsen												896		34:28	
02:13=	04:15=	06:45=	09:19=	10:38=	14:42=	17:05=	18:51=	20:48=	23:41=	25:12=	28:20=	29:13=	33:59=	34:28=		
02:13=	02:02=	02:30=	02:34=	01:19=	04:04=	02:23=	01:46=	01:57=	02:53=	01:31=	03:08=	00:53=	04:46=	00:29=		
00:00=	00:00=	00:00=	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	Silje Myklebust												3529		36:11	
01:29=	02:49=	08:32+	11:19+	12:34+	15:50+	18:01+	19:27+	23:24+	26:00+	27:47+	30:16+	31:08+	35:40+	36:11+		
01:29=	01:20=	05:43+	02:47+	01:15=	03:16=	02:11=	01:26=	03:57+	02:36=	01:47+	02:29=	00:52=	04:32=	00:31+		
00:44=	00:42=	03:13@	00:13+	00:04=	00:48=	00:12=	00:20=	02:00@	00:17=	00:16#	00:39=	00:01=	00:14=	00:02+		
3	Cecilie Lidal												722		36:51	
01:54=	03:23=	06:24=	09:06=	10:43+	13:19=	15:40=	19:29+	22:01+	25:09+	27:07+	31:10+	31:47+	36:24+	36:51+		
01:54=	01:29=	03:01+	02:42+	01:37+	02:36=	02:21=	03:49+	02:32+	03:08+	01:58+	04:03+	00:37=	04:37=	00:27=		
00:19=	00:33=	00:31#	00:08+	00:18#	01:28=	00:02=	02:03@	00:35&	00:15+	00:27&	00:55&	00:16=	00:09=	00:02=		

Plass	Navn						Klasse						Tid					
DT																		
4	Camilla Lillebø Gundersen						793						36:53					
03:10+	05:02+	07:17+	10:55+	12:36+	15:31+	18:56+	20:20+	22:38+	25:11+	26:27+	29:15+	30:04+	36:25+	36:53+				
03:10+	01:52-	02:15-	03:38+	01:41+	02:55-	03:25+	01:24-	02:18+	02:33-	01:16-	02:48-	00:49-	06:21+	00:28-				
00:57%	00:10-	00:15-	01:04%	00:22%	01:09-	01:02%	00:22-	00:21#	00:20-	00:15-	00:20-	00:04-	01:35%	00:01-				
5	Solbjørg Eikeland						722						36:59					
01:50+	03:26+	06:18+	09:18+	10:39+	13:27+	15:44+	19:27+	22:13+	25:06+	27:14+	31:14+	32:00+	36:29+	36:59+				
01:50+	01:36+	02:52+	03:00+	01:21+	02:48+	02:17+	03:43+	02:46+	02:53+	02:08+	04:00+	00:46+	04:29+	00:30+				
01:50+	01:36+	02:52+	03:00+	01:21+	02:48+	02:17+	03:43+	02:46+	02:53+	02:08+	04:00+	00:46+	04:29+	00:30+				
6	Randi Sørhus						722						37:30					
01:58+	03:40+	06:23+	09:16+	10:46+	13:38+	16:00+	19:33+	22:09+	25:17+	27:21+	31:25+	32:12+	36:50+	37:30+				
01:58+	01:42+	02:43+	02:53+	01:30+	02:52+	02:22+	03:33+	02:36+	03:08+	02:04+	04:04+	00:47+	04:38+	00:40+				
01:58+	01:42+	02:43+	02:53+	01:30+	02:52+	02:22+	03:33+	02:36+	03:08+	02:04+	04:04+	00:47+	04:38+	00:40+				
7	Bjørge Elen Abrahamsen						3502						38:30					
02:20+	04:34+	08:35+	11:10+	12:46+	15:20+	18:01+	19:47+	22:17+	25:55+	27:17+	31:02+	32:05+	37:45+	38:30+				
02:20+	02:14+	04:01+	02:35+	01:36+	02:34+	02:41+	01:46+	02:30+	03:38+	01:22+	03:45+	01:03+	05:40+	00:45+				
02:20+	02:14+	04:01+	02:35+	01:36+	02:34+	02:41+	01:46+	02:30+	03:38+	01:22+	03:45+	01:03+	05:40+	00:45+				
8	Kristine Aasland						3524						38:39					
02:45+	04:35+	07:37+	10:38+	12:13+	14:57+	17:24+	20:03+	22:32+	26:47+	28:35+	32:35+	33:21+	38:02+	38:39+				
02:45+	01:50+	03:02+	03:01+	01:35+	02:44+	02:27+	02:39+	02:29+	04:15+	01:48+	04:00+	00:46+	04:41+	00:37+				
02:45+	01:50+	03:02+	03:01+	01:35+	02:44+	02:27+	02:39+	02:29+	04:15+	01:48+	04:00+	00:46+	04:41+	00:37+				
9	Elisa Møller						769						38:57					
01:58+	03:50+	06:35+	09:12+	10:51+	14:10+	20:57+	23:10+	25:50+	28:46+	31:08+	33:58+	34:54+	38:28+	38:57+				
01:58+	01:52+	02:45+	02:37+	01:39+	03:19+	06:47+	02:13+	02:40+	02:56+	02:22+	02:50+	00:56+	03:34+	00:29+				
01:58+	01:52+	02:45+	02:37+	01:39+	03:19+	06:47+	02:13+	02:40+	02:56+	02:22+	02:50+	00:56+	03:34+	00:29+				
10	Kate Evensen						3556						41:38					
01:54+	03:43+	06:10+	08:35+	09:51+	15:22+	17:44+	19:30+	23:56+	28:36+	29:49+	32:14+	33:08+	41:00+	41:38+				
01:54+	01:49+	02:27+	02:25+	01:16+	05:31+	02:22+	01:46+	04:26+	04:40+	01:13+	02:25+	00:54+	07:52+	00:38+				
01:54+	01:49+	02:27+	02:25+	01:16+	05:31+	02:22+	01:46+	04:26+	04:40+	01:13+	02:25+	00:54+	07:52+	00:38+				
11	Ritva Halsne						722						43:14					
01:44+	04:53+	07:14+	10:02+	11:29+	18:41+	20:45+	22:18+	26:59+	30:59+	32:23+	35:41+	37:38+	42:37+	43:14+				
01:44+	03:09+	02:21+	02:48+	01:27+	07:12+	02:04+	01:33+	04:41+	04:00+	01:24+	03:18+	01:57+	04:59+	00:37+				
01:44+	03:09+	02:21+	02:48+	01:27+	07:12+	02:04+	01:33+	04:41+	04:00+	01:24+	03:18+	01:57+	04:59+	00:37+				
12	Kirsti Strand Salvesen						3540						43:55					
02:59+	05:26+	08:57+	12:20+	14:30+	17:58+	21:07+	23:17+	26:29+	30:25+	32:31+	35:57+	37:19+	42:56+	43:55+				
02:59+	02:27+	03:31+	03:23+	02:10+	03:28+	03:09+	02:10+	03:12+	03:56+	02:06+	03:26+	01:22+	05:37+	00:59+				
02:59+	02:27+	03:31+	03:23+	02:10+	03:28+	03:09+	02:10+	03:12+	03:56+	02:06+	03:26+	01:22+	05:37+	00:59+				
13	June Stensland						3529						48:06					
02:07+	04:10+	07:08+	10:11+	11:50+	14:56+	19:19+	24:42+	31:11+	37:45+	39:37+	42:22+	43:15+	47:32+	48:06+				
02:07+	02:03+	02:58+	03:03+	01:39+	03:06+	04:23+	05:23+	06:29+	06:34+	01:52+	02:45+	00:53+	04:17+	00:34+				
02:07+	02:03+	02:58+	03:03+	01:39+	03:06+	04:23+	05:23+	06:29+	06:34+	01:52+	02:45+	00:53+	04:17+	00:34+				
14	Goedele Taveirne						896						54:30					
01:48+	04:22+	06:43+	09:45+	11:16+	14:36+	17:54+	19:27+	21:37+	38:49+	40:03+	47:16+	48:26+	53:53+	54:30+				
01:48+	02:34+	02:21+	03:02+	01:31+	03:20+	03:18+	01:33+	02:10+	17:12+	01:14+	07:13+	01:10+	05:27+	00:37+				
01:48+	02:34+	02:21+	03:02+	01:31+	03:20+	03:18+	01:33+	02:10+	17:12+	01:14+	07:13+	01:10+	05:27+	00:37+				
15	Maria Fjelde						892						1:00:27					
03:09+	06:39+	10:10+	14:40+	16:52+	22:51+	28:55+	31:29+	34:54+	41:29+	43:27+	48:40+	50:08+	59:43+	60:27+				
03:09+	03:30+	03:31+	04:30+	02:12+	05:59+	06:04+	02:34+	03:25+	06:35+	01:58+	05:13+	01:28+	09:35+	00:44+				
03:09+	03:30+	03:31+	04:30+	02:12+	05:59+	06:04+	02:34+	03:25+	06:35+	01:58+	05:13+	01:28+	09:35+	00:44+				
16	Solbjørg Borgersen						3536						1:00:42					
03:03+	05:59+	08:51+	22:19+	24:07+	28:25+	31:53+	33:56+	40:27+	43:33+	45:19+	46:43+	50:25+	51:27+	60:01+				
03:03+	02:56+	02:52+	13:28+	01:48+	04:18+	03:28+	02:03+	06:31+	03:06+	01:46+	01:24+	03:42+	01:02+	08:34+				
03:03+	02:56+	02:52+	13:28+	01:48+	04:18+	03:28+	02:03+	06:31+	03:06+	01:46+	01:24+	03:42+	01:02+	08:34+				

Beste strekktid for klassen

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

Plass	Navn	Klasse										Tid									
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H16

1	Erling Byberg										793	51:29									
	08:49=	11:50=	19:16=	20:41=	27:10=	28:28=	30:04=	32:13=	33:40=	36:17=	38:27=	41:01=	41:33=	44:31=	46:01=	47:42=	48:57=	50:20=	51:11=	51:29=	
	08:49=	03:01=	07:26=	01:25=	06:29=	01:18=	01:36=	02:09=	01:27=	02:37=	02:10=	02:34=	00:32=	02:58=	01:30=	01:41=	01:15=	01:23=	00:51=	00:18=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Thor Hesselsøe										1376	52:34									
	09:01+	15:11+	18:41-	20:24-	26:18-	27:35-	28:58-	31:28-	33:08-	37:10+	40:26+	42:21+	42:49+	45:12+	47:00+	48:47+	50:27+	51:22+	52:14+	52:34+	
	09:01+	06:10+	03:30-	01:43+	05:54-	01:17-	01:23-	02:30+	01:40+	04:02+	03:16+	01:55-	00:28-	02:23-	01:48+	01:47+	01:40+	00:55-	00:52+	00:20+	
	00:12+	03:09@	03:56-	00:18#	00:35-	00:01-	00:13-	00:21#	00:13#	01:25&	01:06&	00:39-	00:04-	00:35-	00:18#	00:06+	00:25&	00:28-	00:01+	00:02#	

Beste strekktid for klassen

08:49	03:01	03:30	01:25	05:54	01:17	01:23	02:09	01:27	02:37	02:10	01:55	00:28	02:23	01:30	01:41	01:15	00:55	00:51	00:18	
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	--

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

H40

1	Per Simensen										3725	40:58									
	03:25=	05:59=	10:40=	13:08=	18:37=	20:11=	21:35=	24:17=	25:47=	28:20=	30:49=	32:48=	33:21=	34:49=	36:15=	37:55=	38:57=	39:56=	40:42=	40:58=	
	03:25=	02:34=	04:41=	02:28=	05:29=	01:34=	01:24=	02:42=	01:30=	02:33=	02:29=	01:59=	00:33=	01:28=	01:26=	01:40=	01:02=	00:59=	00:46=	00:16=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Sturla Stokkeland										3522	41:03									
	03:51+	06:40+	10:14-	11:54-	17:56-	19:21-	20:43-	23:10-	24:47-	27:35-	29:32-	31:59-	32:31-	34:33-	35:58-	37:28-	38:39-	39:42-	40:38-	41:03+	
	03:51+	02:49+	03:34-	01:40-	06:02+	01:25-	01:22-	02:27-	01:37+	02:48+	01:57-	02:27+	00:32-	02:02+	01:25-	01:30-	01:11+	01:03+	00:56+	00:25+	
	00:26#	00:15+	01:07-	00:48-	00:33#	00:09-	00:02-	00:15-	00:07+	00:15+	00:32-	00:28#	00:01-	00:34&	00:01-	00:10-	00:09#	00:04+	00:10#	00:09&	
3	Magne Habbestad										3531	43:27									
	03:11-	05:41-	09:23-	10:59-	17:22-	18:51-	20:20-	22:47-	24:24-	27:22-	30:49=	33:07+	33:43+	35:29+	37:09+	38:43+	39:59+	41:00+	42:58+	43:27+	
	03:11-	02:30-	03:42-	01:36-	06:23+	01:29-	01:29+	02:27-	01:37+	02:58+	03:27+	02:18+	00:36+	01:46+	01:40+	01:34-	01:16+	01:01+	01:58+	00:29+	
	00:14-	00:04-	00:59-	00:52-	00:54#	00:05-	00:05+	00:15-	00:07+	00:25#	00:58&	00:19#	00:03+	00:18#	00:14#	00:06-	00:14#	00:02+	01:12@	00:13&	
4	Bjarne Bore										3529	48:18									
	03:34+	06:40+	14:02+	15:45+	21:58+	23:35+	24:56+	27:32+	28:58+	31:41+	34:06+	38:52+	39:15+	41:23+	42:45+	44:29+	45:36+	46:31+	47:57+	48:18+	
	03:34+	03:06+	07:22+	01:43-	06:13+	01:37+	01:21-	02:36-	01:26-	02:43+	02:25-	04:46+	00:23-	02:08+	01:22-	01:44+	01:07+	00:55-	01:26+	00:21+	
	00:09+	00:32#	02:41&	00:45-	00:44#	00:03+	00:03-	00:06-	00:04-	00:10+	00:04-	02:47@	00:10-	00:40&	00:04-	00:04+	00:05+	00:04-	00:40&	00:05&	
5	Jan-Kenneth Polle										3525	49:32									
	02:50-	05:18-	11:34+	13:12+	22:07+	23:57+	25:16+	27:47+	29:36+	32:34+	35:39+	38:39+	39:13+	41:13+	43:03+	45:39+	46:34+	48:15+	49:12+	49:32+	
	02:50-	02:28-	06:16+	01:38-	08:55+	01:50+	01:19-	02:31-	01:49+	02:58+	03:05+	03:00+	00:34+	02:00+	01:50+	02:36+	00:55-	01:41+	00:57+	00:20+	
	00:35-	00:06-	01:35&	00:50-	03:26&	00:16#	00:05-	00:11-	00:19#	00:25#	00:36#	01:01&	00:01+	00:32&	00:24&	00:56&	00:07-	00:42&	00:11#	00:04#	
6	Frode Stangeland										3516	57:59									
	03:21-	06:09+	10:59+	12:37-	19:58+	22:58+	25:30+	27:59+	29:53+	37:07+	39:43+	42:42+	43:25+	46:00+	47:35+	49:47+	53:08+	56:32+	57:33+	57:59+	
	03:21-	02:48+	04:50+	01:38-	07:21+	03:00+	02:32+	02:29-	01:54+	07:14+	02:36+	02:59+	00:43+	02:35+	01:35+	02:12+	03:21+	03:24+	01:01+	00:26+	
	00:04-	00:14+	00:09+	00:50-	01:52&	01:26&	01:08&	00:13-	00:24&	04:41@	00:07+	01:00&	00:10&	01:07&	00:09#	00:32&	02:19@	02:25@	00:15&	00:10&	
7	Anders Klungre										3548	58:07									
	08:53+	11:38+	21:24+	23:05+	29:48+	32:28+	33:53+	36:00+	37:48+	41:01+	43:05+	45:55+	46:31+	48:39+	50:18+	54:14+	55:11+	56:24+	57:45+	58:07+	
	08:53+	02:45+	09:46+	01:41-	06:43+	02:40+	01:25+	02:07-	01:48+	03:13+	02:04-	02:50+	00:36+	02:08+	01:39+	03:56+	00:57-	01:13+	01:21+	00:22+	
	05:28@	00:11+	05:05@	00:47-	01:14#	01:06&	00:01+	00:35-	00:18#	00:40&	00:25-	00:51&	00:03+	00:40&	00:13#	02:16@	00:05-	00:14#	00:35&	00:06&	
8	Lars Lone Rasmussen										4248	1:02:20									
	05:43+	09:40+	14:50+	17:26+	26:28+	28:50+	30:56+	34:54+	37:12+	40:46+	43:19+	47:08+	48:00+	52:27+	54:29+	56:58+	58:41+	60:01+	61:45+	62:20+	
	05:43+	03:57+	05:10+	02:36+	09:02+	02:22+	02:06+	03:58+	02:18+	03:34+	02:33+	03:49+	00:52+	04:27+	02:02+	02:29+	01:43+	01:20+	01:44+	00:35+	
	02:18&	01:23&	00:29#	00:08+	03:33&	00:48&	00:42&	01:16&	00:48&	01:01&	00:04+	01:50&	00:19&	02:59@	00:36&	00:49&	00:41&	00:21&	00:58@	00:19@	
9	Håkon André Waage										1683	1:12:47									
	04:56+	08:00+	30:46+	32:22+	41:31+	43:03+	44:37+	47:49+	49:38+	54:10+	56:26+	58:53+	59:35+	62:04+	63:33+	65:16+	67:20+	70:25+	72:15+	72:47+	
	04:56+	03:04+	22:46+	01:36-	09:09+	01:32-	01:34+	03:12+	01:49+	04:32+	02:16-	02:27+	00:42+	02:29+	01:29+	01:43+	02:04+	03:05+	01:50+	00:32+	
	01:31&	00:30#	18:05@	00:52-	03:40&	00:02-	00:10-	00:30#	00:19#	01:59&	00:13-	00:28#	00:09&	01:01&	00:03+	00:03+	01:02&	02:06@	01:04@	00:16&	
10	Glenn Madland										879	1:22:28									
	21:32+	24:40+	38:06+	39:49+	50:26+	52:46+	54:47+	57:40+	59:45+	63:21+	65:59+	69:09+	69:49+	72:53+	74:59+	77:14+	78:30+	81:06+	82:06+	82:28+	
	21:32+	03:08+	13:26+	01:43-	10:37+	02:20+	02:01+	02:53+	02:05+	03:36+	02:38+	03:10+	00:40+	03:04+	02:06+	02:15+	01:16+	02:36+	01:00+	00:22+	
	18:07@	00:34#	08:45@	00:45-	05:08&	00:46&	00:37&	00:11+	00:35&	01:03&	00:09+	01:11&	00:07#	01:36@	00:40&	00:35&	00:14#	01:37@	00:14&	00:06&	

Plass	Navn				Klasse										Tid						
H40																					
Beste strekktid for klassen																					
	02:50	02:28	03:34	01:36	05:29	01:25	01:19	02:07	01:26	02:33	01:57	01:59	00:23	01:28	01:22	01:30	00:55	00:55	00:46	00:16	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
H50																					
1	Geir Inge Høivik										3522					48:45					
03:50=	05:33=	06:50=	08:24=	12:36=	17:43=	18:44=	22:48=	26:36=	30:08=	31:58=	34:39=	37:24=	38:33=	40:35=	43:05=	46:39=	48:08=	48:45=			
03:50=	01:43=	01:17=	01:34=	04:12=	05:07=	01:01=	04:04=	03:48=	03:32=	01:50=	02:41=	02:45=	01:09=	02:02=	02:30=	03:34=	01:29=	00:37=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Svein Roar Aas										3565					49:52					
03:54+	05:43+	06:53+	08:19=	11:51=	15:03=	16:38=	20:31=	24:47=	27:57=	29:34=	31:11=	35:05=	36:28=	38:58=	42:25=	46:31=	49:30+	49:52+			
03:54+	01:49+	01:10=	01:26=	03:32=	03:12=	01:35+	03:53=	04:16+	03:10=	01:37=	01:37=	03:54+	01:23+	02:30+	03:27+	04:06+	02:59+	00:22=			
00:04+	00:06+	00:07=	00:08=	00:40=	01:55=	00:34&	00:11=	00:28#	00:22=	00:13=	01:04=	01:09&	00:14#	00:28#	00:57&	00:32#	01:30@	00:15=			
3	Øystein Fuglestad										878					51:18					
04:35+	06:20+	07:35+	08:55+	15:59+	19:05+	20:27+	24:28+	28:23+	32:19+	33:50+	35:22+	39:08+	40:30+	42:44+	45:42+	49:19+	50:47+	51:18+			
04:35+	01:45+	01:15=	01:20=	07:04+	03:06=	01:22+	04:01=	03:55+	03:56+	01:31=	01:32=	03:46+	01:22+	02:14+	02:58+	03:37+	01:28=	00:31=			
00:45#	00:02+	00:02=	00:14=	02:52&	02:01=	00:21&	00:03=	00:07+	00:24#	00:19=	01:09=	01:01&	00:13#	00:12+	00:28#	00:03+	00:01=	00:06=			
4	Jone Kalheim										879					51:24					
04:08+	05:31=	06:38=	07:56=	11:54=	14:50=	16:07=	24:46+	29:07+	32:31+	33:44+	35:03+	37:51+	38:59+	40:43+	43:42+	49:39+	51:04+	51:24+			
04:08+	01:23=	01:07=	01:18=	03:58=	02:56=	01:17+	08:39+	04:21+	03:24=	01:13=	01:19=	02:48+	01:08=	01:44=	02:59+	05:57+	01:25=	00:20=			
00:18+	00:20=	00:10=	00:16=	00:14=	02:11=	00:16&	04:35@	00:33#	00:08=	00:37=	01:22=	00:03+	00:01=	00:18=	00:29#	02:23&	00:04=	00:17=			
5	Arngrim Utskarpen										896					52:48					
04:51+	06:20+	07:50+	09:34+	13:17+	16:47=	17:49=	22:43=	26:52+	32:38+	34:48+	36:09+	39:47+	41:08+	44:13+	46:50+	51:04+	52:28+	52:48+			
04:51+	01:29=	01:30+	01:44+	03:43=	03:30=	01:02+	04:54+	04:09+	05:46+	02:10+	01:21=	03:38+	01:21+	03:05+	02:37+	04:14+	01:24=	00:20=			
01:01&	00:14=	00:13#	00:10#	00:29=	01:37=	00:01+	00:50#	00:21+	02:14&	00:20#	01:20=	00:53&	00:12#	01:03&	00:07+	00:40#	00:05=	00:17=			
6	Svend Vihovde										1683					56:33					
03:45=	05:44+	07:21+	09:16+	13:54+	17:53+	19:23+	24:06+	29:49+	33:38+	35:25+	37:24+	40:58+	42:33+	45:27+	48:52+	54:21+	55:52+	56:33+			
03:45=	01:59+	01:37+	01:55+	04:38+	03:59=	01:30+	04:43+	05:43+	03:49+	01:47=	01:59=	03:34+	01:35+	02:54+	03:25+	05:29+	01:31+	00:41+			
00:05=	00:16#	00:20&	00:21#	00:26#	01:08=	00:29&	00:39#	01:55&	00:17+	00:03=	00:42=	00:49&	00:26&	00:52&	00:55&	01:55&	00:02+	00:04#			
7	Tore Halset										3486					56:53					
03:44=	06:43+	07:57+	10:25+	14:19+	18:38+	19:50+	24:32+	28:22+	31:39+	33:16+	35:10+	38:34+	40:01+	43:09+	46:26+	53:54+	56:22+	56:53+			
03:44=	02:59+	01:14=	02:28+	03:54=	04:19=	01:12+	04:42+	03:50+	03:17=	01:37=	01:54=	03:24+	01:27+	03:08+	03:17+	07:28+	02:28+	00:31=			
00:06=	01:16&	00:03=	00:54&	00:18=	00:48=	00:11#	00:38#	00:02+	00:15=	00:13=	00:47=	00:39#	00:18&	01:06&	00:47&	03:54@	00:59&	00:06=			
8	Arne Hetlelid										3508					57:39					
04:21+	05:56+	07:13+	11:03+	15:18+	19:03+	20:37+	24:35+	29:14+	32:53+	36:41+	38:55+	43:07+	44:46+	47:22+	50:56+	55:19+	57:00+	57:39+			
04:21+	01:35=	01:17=	03:50+	04:15+	03:45=	01:34+	03:58=	04:39+	03:39+	03:48+	02:14=	04:12+	01:39+	02:36+	03:34+	04:23+	01:41+	00:39+			
00:31#	00:08=	00:00=	02:16@	00:03+	01:22=	00:33&	00:06=	00:51#	00:07+	01:58@	00:27=	01:27&	00:30&	00:34&	01:04&	00:49#	00:12#	00:02+			
9	Erling Knutzen										879					58:50					
03:00=	04:26=	05:45=	07:18=	11:26=	16:06=	17:16=	20:42=	24:29=	28:11=	29:47=	33:56=	36:57=	38:14=	40:31=	44:53+	56:53+	58:25+	58:50+			
03:00=	01:26=	01:19+	01:33=	04:08=	04:40=	01:10+	03:26=	03:47=	03:42+	01:36=	04:09+	03:01+	01:17+	02:17+	04:22+	12:00+	01:32+	00:25=			
00:50=	00:17=	00:02+	00:01=	00:04=	00:27=	00:09#	00:38=	00:01=	00:10+	00:14=	01:28&	00:16+	00:08#	00:15#	01:52&	08:26@	00:03+	00:12=			
10	Ådne Hausberg										793					59:21					
03:41=	05:22=	06:58+	08:22=	12:38+	18:32+	19:43+	23:39+	28:12+	32:35+	34:21+	36:04+	39:43+	41:15+	44:26+	47:44+	57:19+	58:50+	59:21+			
03:41=	01:41=	01:36+	01:24=	04:16+	05:54+	01:11+	03:56=	04:33+	04:23+	01:46=	01:43=	03:39+	01:32+	03:11+	03:18+	09:35+	01:31+	00:31=			
00:09=	00:02=	00:19#	00:10=	00:04+	00:47#	00:10#	00:08=	00:45#	00:51#	00:04=	00:58=	00:54&	00:23&	01:09&	00:48&	06:01@	00:02+	00:06=			
11	Trygve Michaelsen										896					1:00:02					
03:48=	05:18=	06:52+	10:08+	13:52+	17:29=	19:05+	24:25+	29:32+	33:47+	36:36+	39:30+	43:19+	44:48+	47:46+	54:21+	58:15+	59:36+	60:02+			
03:48=	01:30=	01:34+	03:16+	03:44=	03:37=	01:36+	05:20+	05:07+	04:15+	02:49+	02:54+	03:49+	01:29+	02:58+	06:35+	03:54+	01:21=	00:26=			
00:02=	00:13=	00:17#	01:42@	00:28=	01:30=	00:35&	01:16&	01:19&	00:43#	00:59&	00:13+	01:04&	00:20&	00:56&	04:05@	00:20+	00:08=	00:11=			
12	Asbjørn Bråndland										879					1:06:24					
03:12=	04:54=	05:58=	07:22=	26:28+	32:04+	33:01+	38:44+	42:48+	46:15+	47:56+	49:30+	52:29+	53:49+	55:48+	59:35+	64:05+	66:00+	66:24+			
03:12=	01:42=	01:04=	01:24=	19:06+	05:36+	00:57=	05:43+	04:04+	03:27=	01:41=	01:34=	02:59+	01:20+	01:59=	03:47+	04:30+	01:55+	00:24=			
00:38=	00:01=	00:13=	00:10=	14:54@	00:29+	00:04=	01:39&	00:16+	00:05=	00:09=	01:07=	00:14+	00:11#	00:03=	01:17&	00:56&	00:26&	00:13=			

Plass	Navn	Klasse										Tid							
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H50

13		Jerome Renoult										3524							
04:14+	05:51+	07:08+	09:56+	14:08+	28:12+	29:49+	39:16+	43:53+	47:32+	49:06+	50:33+	54:07+	55:41+	58:26+	62:11+	71:04+	72:46+	73:13+	
04:14+	01:37-	01:17=	02:48+	04:12=	14:04+	01:37+	09:27+	04:37+	03:39+	01:34-	01:27-	03:34+	01:34+	02:45+	03:45+	08:53+	01:42+	00:27-	
00:24#	00:06-	00:00=	01:14&	00:00=	08:57@	00:36&	05:23@	00:49#	00:07+	00:16-	01:14-	00:49&	00:25&	00:43&	01:15&	05:19@	00:13#	00:10-	
14		Ingve Vold										3529							
05:36+	07:18+	08:39+	10:44+	29:05+	32:17+	33:41+	43:06+	47:22+	51:35+	53:39+	55:12+	60:03+	61:16+	63:12+	66:32+	71:45+	73:33+	74:09+	
05:36+	01:42+	01:21+	02:05+	18:21+	03:12+	01:24+	09:25+	04:16+	04:13+	02:04+	01:33+	04:51+	01:13+	01:56+	03:20+	05:13+	01:48+	00:36+	
05:36+	01:42+	01:21+	02:05+	18:21+	03:12+	01:24+	09:25+	04:16+	04:13+	02:04+	01:33+	04:51+	01:13+	01:56+	03:20+	05:13+	01:48+	00:36+	
15		Steinar Hansen										882							
05:17+	06:33+	12:43+	15:59+	27:27+	31:03+	32:51+	37:46+	41:41+	44:53+	46:55+	49:39+	53:58+	55:24+	64:32+	68:51+	74:37+	76:37+	77:00+	
05:17+	01:16+	06:10+	03:16+	11:28+	03:36+	01:48+	04:55+	03:55+	03:12+	02:02+	02:44+	04:19+	01:26+	09:08+	04:19+	05:46+	02:00+	00:23+	
05:17+	01:16+	06:10+	03:16+	11:28+	03:36+	01:48+	04:55+	03:55+	03:12+	02:02+	02:44+	04:19+	01:26+	09:08+	04:19+	05:46+	02:00+	00:23+	
16		André Sirevåg										1683							
07:29+	09:31+	10:48+	12:33+	17:21+	30:45+	32:07+	40:38+	46:36+	51:26+	53:07+	55:52+	59:03+	60:32+	63:39+	69:49+	75:00+	77:02+	77:36+	
07:29+	02:02+	01:17+	01:45+	04:48+	13:24+	01:22+	08:31+	05:58+	04:50+	01:41+	02:45+	03:11+	01:29+	03:07+	06:10+	05:11+	02:02+	00:34+	
07:29+	02:02+	01:17+	01:45+	04:48+	13:24+	01:22+	08:31+	05:58+	04:50+	01:41+	02:45+	03:11+	01:29+	03:07+	06:10+	05:11+	02:02+	00:34+	
17		Rune Paulsen										3508							
03:48+	05:32+	12:03+	16:21+	25:43+	33:53+	35:32+	39:46+	44:43+	49:38+	52:04+	55:16+	62:30+	64:05+	66:46+	70:11+	79:55+	81:57+	82:28+	
03:48+	01:44+	06:31+	04:18+	09:22+	08:10+	01:39+	04:14+	04:57+	04:55+	02:26+	03:12+	07:14+	01:35+	02:41+	03:25+	09:44+	02:02+	00:31+	
03:48+	01:44+	06:31+	04:18+	09:22+	08:10+	01:39+	04:14+	04:57+	04:55+	02:26+	03:12+	07:14+	01:35+	02:41+	03:25+	09:44+	02:02+	00:31+	
18		Christof Schätz										3598							
05:51+	07:25+	09:38+	12:20+	18:05+	27:53+	30:35+	37:14+	47:10+	54:09+	56:42+	58:32+	62:20+	64:19+	67:42+	72:48+	85:13+	87:34+	88:10+	
05:51+	01:34+	02:13+	02:42+	05:45+	09:48+	02:42+	06:39+	09:56+	06:59+	02:33+	01:50+	03:48+	01:59+	03:23+	05:06+	12:25+	02:21+	00:36+	
05:51+	01:34+	02:13+	02:42+	05:45+	09:48+	02:42+	06:39+	09:56+	06:59+	02:33+	01:50+	03:48+	01:59+	03:23+	05:06+	12:25+	02:21+	00:36+	

Beste strekktid for klassen

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

H60

1		Inge Løland										1119							
01:43=	02:49=	03:49=	04:58=	07:32=	11:39=	14:23=	16:23=	19:16=	21:51=	25:43=	27:36=	29:16=	32:06=	32:58=	33:37=	33:59=			
01:43=	01:06=	01:00=	01:09=	02:34=	04:07=	02:44=	02:00=	02:53=	02:35=	03:52=	01:53=	01:40=	02:50=	00:52=	00:39=	00:22=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2		Knut Feldmann										882							
02:07+	03:23+	05:02+	06:24+	09:03+	13:26+	16:14+	18:15+	22:04+	23:14+	26:35+	28:54+	31:24+	34:03+	35:35+	36:44+	37:05+			
02:07+	01:16+	01:39+	01:22+	02:39+	04:23+	02:48+	02:01+	03:49+	01:10-	03:21-	02:19+	02:30+	02:39-	01:32+	01:09+	00:21-			
00:24#	00:10#	00:39&	00:13#	00:05+	00:16+	00:04+	00:01+	00:56&	01:25-	00:31-	00:26#	00:50&	00:11-	00:40&	00:30&	00:01-			
3		Harald Klippenberg										3581							
02:11+	03:26+	04:55+	06:15+	09:04+	13:27+	16:44+	18:48+	23:07+	24:16+	28:02+	30:33+	32:50+	35:37+	36:43+	37:34+	37:58+			
02:11+	01:15+	01:29+	01:20+	02:49+	04:23+	03:17+	02:04+	04:19+	01:09-	03:46-	02:31+	02:17+	02:47-	01:06+	00:51+	00:24+			
00:28&	00:09#	00:29&	00:11#	00:15+	00:16+	00:33#	00:04+	01:26&	01:26-	00:06-	00:38&	00:37&	00:03-	00:14&	00:12&	00:02+			
4		Sturle Omdal										1683							
02:11+	03:32+	04:54+	06:29+	09:44+	14:26+	18:19+	20:13+	24:07+	25:12+	28:25+	30:57+	32:53+	35:52+	38:09+	39:24+	39:49+			
02:11+	01:21+	01:22+	01:35+	03:15+	04:42+	03:53+	01:54-	03:54+	01:05-	03:13-	02:32+	01:56+	02:59+	02:17+	01:15+	00:25+			
00:28&	00:15#	00:22&	00:26&	00:41&	00:35#	01:09&	00:06-	01:01&	01:30-	00:39-	00:39&	00:16#	00:09+	01:25@	00:36&	00:03#			
5		Frank Hansen										3502							
02:32+	04:07+	05:28+	07:02+	10:50+	15:53+	20:00+	22:15+	26:16+	27:38+	31:35+	34:31+	36:50+	39:31+	41:26+	42:33+	43:03+			
02:32+	01:35+	01:21+	01:34+	03:48+	05:03+	04:07+	02:15+	04:01+	01:22-	03:57+	02:56+	02:19+	02:41-	01:55+	01:07+	00:30+			
00:49&	00:29&	00:21&	00:25&	01:14&	00:56#	01:23&	00:15#	01:08&	01:13-	00:05+	01:03&	00:39&	00:09-	01:03@	00:28&	00:08&			
6		Kjell Seland										3547							
02:17+	03:32+	05:41+	07:06+	10:01+	15:14+	18:20+	20:21+	24:25+	28:11+	33:52+	36:37+	39:23+	42:06+	43:36+	44:22+	44:43+			
02:17+	01:15+	02:09+	01:25+	02:55+	05:13+	03:06+	02:01+	04:04+	03:46+	05:41+	02:45+	02:46+	02:43-	01:30+	00:46+	00:21-			
00:34&	00:09#	01:09@	00:16#	00:21#	01:06&	00:22#	00:01+	01:11&	01:11&	01:49&	00:52&	01:06&	00:07-	00:38&	00:07#	00:01-			

Plass	Navn					Klasse					Tid					
H60																
7	Svein Magne Gloppen					1884					44:47					
03:21+	04:48+	06:17+	08:02+	11:23+	17:31+	21:50+	24:02+	28:27+	29:54+	33:43+	36:22+	38:26+	41:22+	42:34+	44:17+	44:47+
03:21+	01:27+	01:29+	01:45+	03:21+	06:08+	04:19+	02:12+	04:25+	01:27-	03:49-	02:39+	02:04+	02:56+	01:12+	01:43+	00:30+
01:38&	00:21&	00:29&	00:36&	00:47&	02:01&	01:35&	00:12#	01:32&	01:08-	00:03-	00:46&	00:24#	00:06+	00:20&	01:04&	00:08&
8	Håvard Håland					3507					46:37					
02:31+	04:08+	05:29+	07:04+	12:34+	17:50+	21:45+	23:57+	28:53+	30:22+	34:21+	38:16+	40:28+	43:38+	44:50+	46:09+	46:37+
02:31+	01:37+	01:21+	01:35+	05:30+	05:16+	03:55+	02:12+	04:56+	01:29+	03:59+	03:55+	02:12+	03:10+	01:12+	01:19+	00:28+
02:31+	01:37+	01:21+	01:35+	05:30+	05:16+	03:55+	02:12+	04:56+	01:29+	03:59+	03:55+	02:12+	03:10+	01:12+	01:19+	00:28+
9	Harald Taksdal					3547					48:16					
02:45+	04:19+	06:09+	08:04+	12:35+	18:25+	22:32+	25:14+	30:26+	32:01+	36:41+	39:40+	42:04+	45:23+	46:43+	47:51+	48:16+
02:45+	01:34+	01:50+	01:55+	04:31+	05:50+	04:07+	02:42+	05:12+	01:35+	04:40+	02:59+	02:24+	03:19+	01:20+	01:08+	00:25+
02:45+	01:34+	01:50+	01:55+	04:31+	05:50+	04:07+	02:42+	05:12+	01:35+	04:40+	02:59+	02:24+	03:19+	01:20+	01:08+	00:25+
10	Magnar Mathias Møller					769					48:42					
02:55+	04:31+	05:50+	07:23+	11:08+	16:19+	19:42+	22:12+	27:09+	28:50+	33:49+	38:12+	41:38+	45:00+	47:11+	48:12+	48:42+
02:55+	01:36+	01:19+	01:33+	03:45+	05:11+	03:23+	02:30+	04:57+	01:41+	04:59+	04:23+	03:26+	03:22+	02:11+	01:01+	00:30+
02:55+	01:36+	01:19+	01:33+	03:45+	05:11+	03:23+	02:30+	04:57+	01:41+	04:59+	04:23+	03:26+	03:22+	02:11+	01:01+	00:30+
11	John Carsten Sinnes					1884					51:39					
03:14+	04:48+	06:25+	08:08+	11:41+	17:35+	21:35+	24:12+	29:14+	30:55+	35:46+	38:54+	41:46+	45:48+	49:16+	51:11+	51:39+
03:14+	01:34+	01:37+	01:43+	03:33+	05:54+	04:00+	02:37+	05:02+	01:41+	04:51+	03:08+	02:52+	04:02+	03:28+	01:55+	00:28+
03:14+	01:34+	01:37+	01:43+	03:33+	05:54+	04:00+	02:37+	05:02+	01:41+	04:51+	03:08+	02:52+	04:02+	03:28+	01:55+	00:28+
12	Stein Sigbjørnsen					882					52:33					
02:24+	03:49+	05:12+	06:51+	10:19+	15:48+	19:25+	22:19+	32:37+	34:53+	39:01+	42:27+	45:37+	48:47+	50:23+	52:06+	52:33+
02:24+	01:25+	01:23+	01:39+	03:28+	05:29+	03:37+	02:54+	10:18+	02:16+	04:08+	03:26+	03:10+	03:10+	01:36+	01:43+	00:27+
02:24+	01:25+	01:23+	01:39+	03:28+	05:29+	03:37+	02:54+	10:18+	02:16+	04:08+	03:26+	03:10+	03:10+	01:36+	01:43+	00:27+
13	Inge Skretting					1384					55:04					
03:43+	05:08+	06:58+	08:50+	13:01+	18:46+	23:05+	25:25+	36:26+	38:04+	42:43+	46:31+	49:09+	52:22+	53:27+	54:39+	55:04+
03:43+	01:25+	01:50+	01:52+	04:11+	05:45+	04:19+	02:20+	11:01+	01:38+	04:39+	03:48+	02:38+	03:13+	01:05+	01:12+	00:25+
03:43+	01:25+	01:50+	01:52+	04:11+	05:45+	04:19+	02:20+	11:01+	01:38+	04:39+	03:48+	02:38+	03:13+	01:05+	01:12+	00:25+
14	Sveinung Rosenvinge					1683					56:49					
03:20+	05:43+	07:15+	08:54+	13:02+	20:53+	25:56+	29:02+	34:43+	37:28+	42:52+	45:53+	49:27+	53:07+	54:38+	56:18+	56:49+
03:20+	02:23+	01:32+	01:39+	04:08+	07:51+	05:03+	03:06+	05:41+	02:45+	05:24+	03:01+	03:34+	03:40+	01:31+	01:40+	00:31+
03:20+	02:23+	01:32+	01:39+	04:08+	07:51+	05:03+	03:06+	05:41+	02:45+	05:24+	03:01+	03:34+	03:40+	01:31+	01:40+	00:31+

Beste strekktid for klassen

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

H65

1	Kjell Dale				1884				31:18			
	01:56=	02:57=	03:56=	04:56=	07:24=	11:38=	14:02=	15:44=	18:41=	19:42=	22:58=	25:11=
	01:56=	01:01=	00:59=	01:00=	02:28=	04:14=	02:24=	01:42=	02:57=	01:01=	03:16=	02:13=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Otte Omdal				903				36:18			
	02:10+	03:22+	04:24+	06:02+	09:24+	14:05+	16:49+	18:49+	23:00+	24:23+	27:51+	29:52+
	02:10+	01:12+	01:02+	01:38+	03:22+	04:41+	02:44+	02:00+	04:11+	01:23+	03:28+	02:01-
	00:14#	00:11#	00:03+	00:38&	00:54&	00:27#	00:20#	00:18#	01:14&	00:22&	00:12+	00:12-
3	Espen Krogh				793				40:27			
	01:39-	02:48-	03:51-	05:23+	08:03+	12:40+	16:01+	18:42+	23:15+	25:08+	28:22+	33:27+
	01:39-	01:09+	01:03+	01:32+	02:40+	04:37+	03:21+	02:41+	04:33+	01:53+	03:14-	05:05+
	00:17-	00:08#	00:04+	00:32&	00:12+	00:23+	00:57&	00:59&	01:36&	00:52&	00:02-	02:52@
4	Per Frode Sandal				3502				41:23			
	02:40+	04:04+	05:21+	07:01+	10:17+	15:13+	18:28+	20:39+	24:58+	26:25+	30:21+	32:57+
	02:40+	01:24+	01:17+	01:40+	03:16+	04:56+	03:15+	02:11+	04:19+	01:27+	03:56+	02:36+
	00:44&	00:23&	00:18&	00:40&	00:48&	00:42#	00:51&	00:29&	01:22&	00:26&	00:40#	00:23&

Plass	Navn					Klasse					Tid						
H65																	
5	Olav Tunheim					1884					44:33						
02:51+	04:13+	05:52+	07:27+	10:31+	17:19+	21:04+	23:28+	28:22+	29:51+	33:16+	36:06+	38:23+	41:22+	42:39+	44:06+	44:33+	
02:51+	01:22+	01:39+	01:35+	03:04+	06:48+	03:45+	02:24+	04:54+	01:29+	03:25+	02:50+	02:17+	02:59+	01:17+	01:27+	00:27+	
00:55&	00:21&	00:40&	00:35&	00:36#	02:34&	01:21&	00:42&	01:57&	00:28&	00:09+	00:37&	00:39&	00:48&	00:25&	00:25&	00:03#	
6	Morten Johannessen					793					44:58						
02:34+	03:41+	04:48+	06:15+	09:10+	13:25+	16:16+	18:25+	21:45+	22:55+	34:04+	36:52+	38:55+	41:28+	43:43+	44:31+	44:58+	
02:34+	01:07+	01:07+	01:27+	02:55+	04:15+	02:51+	02:09+	03:20+	01:10+	11:09+	02:48+	02:03+	02:33+	02:15+	00:48+	00:27+	
02:34+	01:07+	01:07+	01:27+	02:55+	04:15+	02:51+	02:09+	03:20+	01:10+	11:09+	02:48+	02:03+	02:33+	02:15+	00:48+	00:27+	
7	Kjell Skjæveland					3515					47:29						
02:29+	03:51+	05:10+	07:01+	10:15+	15:20+	19:42+	22:19+	30:31+	32:04+	36:01+	38:53+	41:08+	44:27+	45:49+	47:08+	47:29+	
02:29+	01:22+	01:19+	01:51+	03:14+	05:05+	04:22+	02:37+	08:12+	01:33+	03:57+	02:52+	02:15+	03:19+	01:22+	01:19+	00:21+	
02:29+	01:22+	01:19+	01:51+	03:14+	05:05+	04:22+	02:37+	08:12+	01:33+	03:57+	02:52+	02:15+	03:19+	01:22+	01:19+	00:21+	
8	Jan Arendal					1683					58:39						
03:03+	04:49+	06:48+	09:11+	13:35+	20:26+	25:15+	28:49+	35:07+	37:14+	42:48+	46:48+	50:11+	54:30+	56:10+	57:57+	58:39+	
03:03+	01:46+	01:59+	02:23+	04:24+	06:51+	04:49+	03:34+	06:18+	02:07+	05:34+	04:00+	03:23+	04:19+	01:40+	01:47+	00:42+	
03:03+	01:46+	01:59+	02:23+	04:24+	06:51+	04:49+	03:34+	06:18+	02:07+	05:34+	04:00+	03:23+	04:19+	01:40+	01:47+	00:42+	
9	Steinar Barmen					722					1:03:38						
05:52+	09:43+	11:01+	12:47+	16:10+	26:56+	33:32+	36:22+	41:08+	42:50+	47:28+	50:35+	54:42+	60:34+	62:07+	63:11+	63:38+	
05:52+	03:51+	01:18+	01:46+	03:23+	10:46+	06:36+	02:50+	04:46+	01:42+	04:38+	03:07+	04:07+	05:52+	01:33+	01:04+	00:27+	
05:52+	03:51+	01:18+	01:46+	03:23+	10:46+	06:36+	02:50+	04:46+	01:42+	04:38+	03:07+	04:07+	05:52+	01:33+	01:04+	00:27+	
10	Arnstein Skretting					3529					1:06:39						
03:47+	05:39+	07:01+	08:46+	14:09+	21:34+	26:53+	29:30+	33:58+	43:00+	47:21+	52:05+	57:14+	61:32+	62:56+	66:05+	66:39+	
03:47+	01:52+	01:22+	01:45+	05:23+	07:25+	05:19+	02:37+	04:28+	09:02+	04:21+	04:44+	05:09+	04:18+	01:24+	03:09+	00:34+	
03:47+	01:52+	01:22+	01:45+	05:23+	07:25+	05:19+	02:37+	04:28+	09:02+	04:21+	04:44+	05:09+	04:18+	01:24+	03:09+	00:34+	
11	Rolf Kleppe					3524					1:18:01						
04:25+	06:53+	08:33+	10:41+	15:57+	23:54+	31:18+	35:29+	41:23+	44:06+	49:57+	56:15+	66:04+	70:13+	75:23+	77:24+	78:01+	
04:25+	02:28+	01:40+	02:08+	05:16+	07:57+	07:24+	04:11+	05:54+	02:43+	05:51+	06:18+	09:49+	04:09+	05:10+	02:01+	00:37+	
04:25+	02:28+	01:40+	02:08+	05:16+	07:57+	07:24+	04:11+	05:54+	02:43+	05:51+	06:18+	09:49+	04:09+	05:10+	02:01+	00:37+	
12	Sverre Magnar Nordal					1683					1:23:34						
02:59+	04:55+	09:47+	12:24+	17:49+	38:25+	43:49+	47:18+	50:22+	56:58+	59:01+	65:53+	70:54+	74:05+	78:12+	81:45+	83:03+	83:34+
02:59+	01:56+	04:52+	02:37+	05:25+	20:36+	05:24+	03:29+	03:04+	06:36+	02:03+	06:52+	05:01+	03:11+	04:07+	03:33+	01:18+	00:31+
02:59+	01:56+	04:52+	02:37+	05:25+	20:36+	05:24+	03:29+	03:04+	06:36+	02:03+	06:52+	05:01+	03:11+	04:07+	03:33+	01:18+	00:31+

Beste strekktid for klassen

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

H70

1	Harry Breiland				3507								38:32							
	02:03=	03:24=	04:47=	06:12=	10:13=	14:45=	17:46=	19:57=	23:13=	24:36=	28:01=	30:38=	32:36=	35:31=	36:50=	38:08=	38:32=			
	02:03=	01:21=	01:23=	01:25=	04:01=	04:32=	03:01=	02:11=	03:16=	01:23=	03:25=	02:37=	01:58=	02:55=	01:19=	01:18=	00:24=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Bjørn Martin Alsaker				3530								40:31							
	02:19+	03:29+	04:43-	06:01-	08:46-	13:32-	16:22-	18:10-	22:21-	24:18-	28:08+	33:09+	35:09+	37:47+	38:51+	40:08+	40:31+			
	02:19+	01:10-	01:14-	01:18-	02:45-	04:46+	02:50-	01:48-	04:11+	01:57+	03:50+	05:01+	02:00+	02:38-	01:04-	01:17-	00:23-			
	00:16#	00:11-	00:09-	00:07-	01:16-	00:14+	00:11-	00:23-	00:55&	00:34&	00:25#	02:24&	00:02+	00:17-	00:15-	00:01-	00:01-			
3	Lars Stangeland				879								49:04							
	05:52+	06:59+	09:33+	12:00+	14:52+	19:38+	23:25+	25:56+	31:11+	32:54+	37:47+	40:45+	42:49+	46:17+	47:42+	48:36+	49:04+			
	05:52+	01:07-	02:34+	02:27+	02:52-	04:46+	03:47+	02:31+	05:15+	01:43+	04:53+	02:58+	02:04+	03:28+	01:25+	00:54-	00:28+			
	03:49@	00:14-	01:11&	01:02&	01:09-	00:14+	00:46&	00:20#	01:59&	00:20#	01:28&	00:21#	00:06+	00:33#	00:06+	00:24-	00:04#			
4	Arne Magne Handeland				892								50:25							
	02:54+	04:37+	06:17+	07:54+	11:59+	18:08+	22:55+	26:00+	31:03+	32:52+	37:36+	40:30+	43:07+	47:12+	48:34+	49:57+	50:25+			
	02:54+	01:43+	01:40+	01:37+	04:05+	06:09+	04:47+	03:05+	05:03+	01:49+	04:44+	02:54+	02:37+	04:05+	01:22+	01:23+	00:28+			
	00:51&	00:22&	00:17#	00:12#	00:04+	01:37&	01:46&	00:54&	01:47&	00:26&	01:19&	00:17#	00:39&	01:10&	00:03+	00:05+	00:04#			

Plass	Navn				Klasse				Tid			
H70												
5	Sveinung Tveit				3547				51:13			
03:04+	04:44+	06:19+	08:36+	12:44+	20:24+	24:07+	27:16+	33:13+	34:56+	39:39+	42:46+	44:56+
03:04+	01:40+	01:35+	02:17+	04:08+	07:40+	03:43+	03:09+	05:57+	01:43+	04:43+	03:07+	02:10+
01:01&	00:19#	00:12#	00:52&	00:07+	03:08&	00:42#	00:58&	02:41&	00:20#	01:18&	00:30#	00:12#
	</											

Beste strekktid for klassen

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

H75

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

6													Kjell Svihus					892					1:04:05				
01:56+	04:37+	08:18+	09:28+	13:12+	16:02+	18:49+	20:33+	28:32+	38:22+	40:13+	43:54+	46:08+	48:36+	53:56+	62:02+	63:28+	64:05+										
01:56+	02:41+	03:41+	01:10-	03:44+	02:50+	02:47+	01:44+	07:59+	09:50+	01:51+	03:41+	02:14+	02:28+	05:20+	08:06+	01:26+	00:37+										
00:24#	01:05#	00:10+	00:31-	00:41#	00:24#	00:33#	00:18#	05:04#	06:31#	00:48#	01:18#	00:30#	00:41#	02:21#	05:37#	00:27#	00:10#										
7													Ole Auklend					885					1:16:45				
02:20+	04:56+	09:53+	12:50+	19:13+	25:25+	28:14+	30:58+	38:23+	43:43+	45:13+	49:02+	52:21+	56:14+	68:56+	73:38+	75:41+	76:45+										
02:20+	02:36+	04:57+	02:57+	06:23+	06:12+	02:49+	02:44+	07:25+	05:20+	01:30+	03:49+	03:19+	03:53+	12:42+	04:42+	02:03+	01:04+										
02:20+	02:36+	04:57+	02:57+	06:23+	06:12+	02:49+	02:44+	07:25+	05:20+	01:30+	03:49+	03:19+	03:53+	12:42+	04:42+	02:03+	01:04+										

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

1	Øyvind Egeskog												880			36:05		
02:31	03:30=	05:38=	07:37=	10:34=	12:44=	14:45=	17:29=	20:05=	21:31=	23:59=	26:51=	29:11=	32:55=	35:29=	36:05=			
02:31=	00:59=	02:08=	01:59=	02:57=	02:10=	02:01=	02:44=	02:36=	01:26=	02:28=	02:52=	02:20=	03:44=	02:34=	00:36=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Geir Husdal												1884			38:28		
02:45+	03:50+	05:31=	07:13=	10:20=	12:29=	14:52+	17:13=	19:17=	20:36=	23:03=	25:50=	33:08+	36:02+	37:48+	38:28+			
02:45+	01:05+	01:41=	01:42=	03:07+	02:09=	02:23+	02:21=	02:04=	01:19=	02:27=	02:47=	07:18+	02:54=	01:46=	00:40+			
00:14+	00:06#	00:27=	00:17=	00:10+	00:01=	00:22#	00:23=	00:32=	00:07=	00:01=	00:05=	04:58#	00:50=	00:48=	00:04#			
3	Harald Vatne												2342			39:51		
03:12+	04:23+	07:40+	10:17+	13:36+	16:12+	18:59+	21:55+	24:26+	25:59+	28:25+	31:17+	33:35+	37:20+	39:17+	39:51+			
03:12+	01:11+	03:17+	02:37+	03:19+	02:36+	02:47+	02:56+	02:31=	01:33+	02:26=	02:52=	02:18=	03:45+	01:57=	00:34=			
00:41#	00:12#	01:09#	00:38#	00:22#	00:26#	00:46#	00:12+	00:05=	00:07+	00:02=	00:00=	00:02=	00:01+	00:37=	00:02=			
4	Steinar Undheim												3529			43:02		
03:04+	03:59+	06:26+	09:03+	13:35+	15:53+	18:26+	20:58+	27:56+	29:25+	31:49+	34:46+	36:59+	40:32+	42:28+	43:02+			
03:04+	00:55=	02:27+	02:37+	04:32+	02:18+	02:33+	02:32=	06:58+	01:29+	02:24=	02:57+	02:13=	03:33=	01:56=	00:34=			
00:33#	00:04=	00:19#	00:38#	01:35#	00:08+	00:32#	00:12=	04:22#	00:03+	00:04=	00:05+	00:07=	00:11=	00:38=	00:02=			

05:08+	00:46-	01:55-	01:58-	03:50+	02:23+	02:17+	02:59+	02:45+	01:31+	04:43+	03:31+	02:32+	03:26-	02:54+	00:44+
02:37#	00:13-	00:13-	00:01-	00:53#	00:13#	00:16#	00:15+	00:09+	00:05+	02:15#	00:39#	00:12+	00:18-	00:20#	00:08#
6	Knut Skjæveland						1884	47:33							
02:58+	04:11+	07:18+	09:14+	12:39+	20:22+	22:56+	23:12+	27:32+	29:10+	33:47+	37:54+	40:35+	44:33+	46:48+	47:33+
02:58+	01:13+	03:07+	01:56-	03:25+	07:43+	02:34+	02:16-	02:20-	01:38+	04:37+	04:07+	02:41+	03:58+	02:15-	00:45+
00:27#	00:14#	00:59#	00:03-	00:28#	05:33#	00:33#	00:28-	00:16-	00:12#	02:09#	01:15#	00:21#	00:14+	00:19-	00:09#
7	Sigurd Krosli						1884	51:53							
03:55+	05:12+	09:19+	11:40+	18:04+	21:03+	23:28+	26:24+	31:25+	33:08+	37:49+	42:31+	45:16+	49:11+	51:16+	51:53+
03:55+	01:17+	04:07+	02:21+	06:24+	02:59+	02:25+	02:56+	05:01+	01:43+	04:41+	04:42+	02:45+	03:55+	02:05-	00:37+
01:24#	00:18#	01:59#	00:22#	03:27#	00:49#	00:24#	00:12+	02:25#	00:17#	02:13#	01:50#	00:25#	00:11+	00:29-	00:01+

04:14+	01:19+	03:36+	03:25+	04:40+	03:43+	04:18+	04:12+	04:44+	04:02+	04:00+	08:51+	04:18+	05:54+	05:19+	00:15+
01:43#	00:20#	01:28#	01:26#	01:43#	01:33#	02:17#	01:28#	02:08#	02:36#	01:32#	05:59#	01:58#	02:10#	02:45#	00:21+
<div> <div>9</div> <div>Kjell Audun Maudal</div> <div>3524</div> <div>1:09:01</div> </div>															
04:59+	06:48+	11:17+	14:43+	19:41+	23:17+	27:07+	31:49+	36:40+	40:30+	44:29+	53:39+	57:40+	63:49+	67:46+	69:01+
04:59+	01:49+	04:29+	03:26+	04:58+	03:36+	03:50+	04:42+	04:51+	03:50+	03:59+	09:10+	04:01+	06:09+	03:57+	01:15+
02:28#	00:50#	02:21#	01:27#	02:01#	01:26#	01:49#	01:58#	02:15#	02:24#	01:31#	06:18#	01:41#	02:25#	01:23#	00:39#

02:31	00:46	01:41	01:42	02:57	02:09	02:01	02:16	02:04	01:19	02:24	02:47	02:13	02:54	01:46	00:15
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= Som klassevinner, - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse										Tid									
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HA

1	Fredrik Sandal										1830										41:55									
00:53=	03:21=	06:15=	09:00=	10:36=	11:39=	13:19=	16:03=	17:39=	18:53=	21:04=	22:02=	23:38=	25:50=	29:22=	30:03=	33:49=	35:21=	36:51=	40:35=	41:33=	41:55=									
00:53=	02:28=	02:54=	02:45=	01:36=	01:03=	01:40=	02:44=	01:36=	01:14=	02:11=	00:58=	01:36=	02:12=	03:32=	00:41=	03:46=	01:32=	01:30=	03:44=	00:58=	00:22=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	Erik Lima										1832										42:53									
00:46=	03:17=	06:23+	09:09+	10:48+	11:58+	13:47+	17:08+	19:04+	20:17+	22:29+	23:20+	24:31+	26:49+	30:12+	31:04+	35:08+	36:43+	38:14+	41:41+	42:33+	42:53+									
00:46=	02:31+	03:06+	02:46+	01:39+	01:10+	01:49+	03:21+	01:56+	01:13=	02:12+	00:51=	01:11=	02:18+	03:23=	00:52+	04:04+	01:35+	01:31+	03:27=	00:52=	00:20=									
00:07=	00:03+	00:12+	00:01+	00:03+	00:07#	00:09#	00:37#	00:20#	00:01=	00:01+	00:07=	00:25=	00:06+	00:09=	00:11#	00:18+	00:03+	00:01+	00:17=	00:06=	00:02=									
3	Torbjørn Fuglestad										878										43:28									
00:49=	03:30+	06:23+	09:07+	10:54+	12:01+	13:59+	18:06+	19:45+	20:46+	22:41+	23:26+	24:46+	27:06+	30:20+	31:04+	34:52+	36:45+	38:15+	42:12+	43:07+	43:28+									
00:49=	02:41+	02:53=	02:44=	01:47+	01:07+	01:58+	04:07+	01:39+	01:01=	01:55=	00:45=	01:20=	02:20+	03:14=	00:44+	03:48+	01:53+	01:30=	03:57+	00:55=	00:21=									
00:04=	00:13+	00:01=	00:01=	00:11#	00:04+	00:18#	01:23&	00:03+	00:13=	00:16=	00:13=	00:16=	00:08+	00:18=	00:03+	00:02+	00:21#	00:00=	00:13+	00:03=	00:01=									
4	Jørgen Strømstad										1786										47:44									
00:43=	03:00=	06:06=	11:21+	13:08+	14:13+	16:16+	21:27+	23:03+	24:08+	26:02+	27:02+	28:13+	30:31+	33:28+	34:13+	38:02+	39:45+	41:29+	46:27+	47:27+	47:44+									
00:43=	02:17=	03:06+	05:15+	01:47+	01:05+	02:03+	05:11+	01:36=	01:05=	01:54=	01:00+	01:11=	02:18+	02:57=	00:45+	03:49+	01:43+	01:44+	04:58+	01:00+	00:17=									
00:10=	00:11=	00:12+	02:30&	00:11#	00:02+	00:23#	02:27&	00:00=	00:09=	00:17=	00:02+	00:25=	00:06+	00:35=	00:04+	00:03+	00:11#	00:14#	01:14&	00:02+	00:05=									
5	Martin Blystad										3530										50:57									
00:53=	03:16=	06:36+	11:17+	13:10+	14:20+	16:32+	20:17+	22:03+	23:11+	25:13+	26:22+	27:42+	30:26+	34:16+	35:11+	40:15+	42:28+	44:30+	49:21+	50:33+	50:57+									
00:53=	02:23=	03:20+	04:41+	01:53+	01:10+	02:12+	03:45+	01:46+	01:08=	02:02=	01:09+	01:20=	02:44+	03:50+	00:55+	05:04+	02:13+	02:02+	04:51+	01:12+	00:24+									
00:00=	00:05=	00:26#	01:56&	00:17#	00:07#	00:32&	01:01&	00:10#	00:06=	00:09=	00:11#	00:16=	00:32#	00:18+	00:14&	01:18&	00:41&	00:32&	01:07&	00:14#	00:02+									
6	Kenneth Mydland										3502										51:14									
00:49=	03:29+	06:35+	09:51+	11:51+	13:14+	15:41+	19:19+	21:03+	22:16+	24:26+	25:16+	28:24+	32:13+	35:32+	36:13+	41:27+	43:26+	45:08+	49:41+	50:45+	51:14+									
00:49=	02:40+	03:06+	03:16+	02:00+	01:23+	02:27+	03:38+	01:44+	01:13=	02:10=	00:50=	03:08+	03:49+	03:19=	00:41=	05:14+	01:59+	01:42+	04:33+	01:04+	00:29+									
00:04=	00:12+	00:12+	00:31#	00:24#	00:20&	00:47&	00:54&	00:08+	00:01=	00:01=	00:08=	01:32&	01:37&	00:13=	00:00=	01:28&	00:27&	00:12#	00:49#	00:06#	00:07&									
7	Steinar Frøyttlog										3502										55:47									
01:13+	03:58+	07:24+	10:59+	13:15+	14:58+	18:27+	23:01+	25:09+	27:06+	29:37+	30:36+	32:23+	35:25+	39:34+	40:22+	45:33+	47:40+	49:29+	53:59+	55:21+	55:47+									
01:13+	02:45+	03:26+	03:35+	02:16+	01:43+	03:29+	04:34+	02:08+	01:57+	02:31+	00:59+	01:47+	03:02+	04:09+	00:48+	05:11+	02:07+	01:49+	04:30+	01:22+	00:26+									
00:20&	00:17#	00:32#	00:50&	00:40&	00:40&	01:49&	01:50&	00:32&	00:43&	00:20#	00:01+	00:11#	00:50&	00:37#	00:07#	01:25&	00:35&	00:19#	00:46#	00:24&	00:04#									
Beste strekktid for klassen																														
00:43	02:17	02:53	02:44	01:36	01:03	01:40	02:44	01:36	01:01	01:54	00:45	01:11	02:12	02:57	00:41	03:46	01:32	01:30	03:27	00:52	00:17									

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

HB

1	Torgeir Nevland										3522					38:37									
00:45=	02:48=	05:47=	08:27=	10:02=	11:00=	12:55=	15:36=	17:00=	17:58=	19:49=	20:41=	21:50=	23:40=	26:12=	27:16=	30:36=	32:25=	33:47=	37:22=	38:19=	38:37=				
00:45=	02:03=	02:59=	02:40=	01:35=	00:58=	01:55=	02:41=	01:24=	00:58=	01:51=	00:52=	01:09=	01:50=	02:32=	01:04=	03:20=	01:49=	01:22=	03:35=	00:57=	00:18=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Aart Joakim in't Veld										1884					39:47									
00:47+	03:01+	05:34=	08:36+	10:16+	11:19+	13:00+	16:10+	17:45+	18:48+	20:42+	21:28+	22:39+	24:58+	28:01+	29:01+	32:51+	34:16+	35:27+	38:44+	39:28+	39:47+				
00:47+	02:14+	02:33=	03:02+	01:40+	01:03+	01:41=	03:10+	01:35+	01:03+	01:54+	00:46=	01:11+	02:19+	03:03+	01:00=	03:50+	01:25=	01:11=	03:17=	00:44=	00:19+				
00:02+	00:11+	00:26=	00:22#	00:05+	00:05+	00:14=	00:29#	00:11#	00:05+	00:03+	00:06=	00:02+	00:29&	00:31#	00:04=	00:30#	00:24=	00:11=	00:18=	00:13=	00:01+				
3	Magnus Landstad										3507					40:24									
00:50+	03:02+	05:39=	08:29+	10:00=	11:07+	12:50=	15:37+	17:11+	18:08+	20:06+	20:55+	22:11+	24:37+	27:54+	28:43+	32:11+	33:41+	35:11+	39:23+	40:04+	40:24+				
00:50+	02:12+	02:37=	02:50+	01:31=	01:07+	01:43=	02:47+	01:34+	00:57=	01:58+	00:49=	01:16+	02:26+	03:17+	00:49=	03:28+	01:30=	01:30+	04:12+	00:41=	00:20+				
00:05#	00:09+	00:22=	00:10+	00:04=	00:09#	00:12=	00:06+	00:10#	00:01=	00:07+	00:03=	00:07#	00:36&	00:45&	00:15=	00:08+	00:19=	00:08+	00:37#	00:16=	00:02#				
4	Tom Furland										769					41:24									
00:56+	03:26+	06:15+	09:24+	11:10+	12:16+	14:19+	17:15+	18:56+	19:56+	21:49+	22:38+	23:51+	26:16+	29:13+	29:57+	33:48+	35:23+	36:41+	40:16+	41:04+	41:24+				
00:56+	02:30+	02:49=	03:09+	01:46+	01:06+	02:03+	02:56+	01:41+	01:00+	01:53+	00:49=	01:13+	02:25+	02:57+	00:44=	03:51+	01:35=	01:18=	03:35=	00:48=	00:20+				
00:11#	00:27#	00:10=	00:29#	00:11#	00:08#	00:08+	00:15+	00:17#	00:02+	00:02+	00:03=	00:04+	00:35&	00:25#	00:20=	00:31#	00:14=	00:04=	00:00=	00:09=	00:02#				
5	Joar Eilevstjønn										2342					41:48									
00:45=	03:07+	06:00+	09:30+	11:17+	12:24+	14:19+	17:48+	19:27+	20:38+	22:36+	23:30+	24:42+	26:57+	29:52+	31:00+	34:55+	36:19+	37:30+	40:48+	41:32+	41:48+				
00:45=	02:22+	02:53=	03:30+	01:47+	01:07+	01:55=	03:29+	01:39+	01:11+	01:58+	00:54+	01:12+	02:15+	02:55+	01:08+	03:55+	01:24=	01:11=	03:18=	00:44=	00:16=				
00:00=	00:19#	00:06=	00:50&	00:12#	00:09#	00:00=	00:48&	00:15#	00:13#	00:07+	00:02+	00:03+	00:25#	00:23#	00:04+	00:35#	00:25=	00:11=	00:17=	00:13=	00:02=				

Plass	Navn					Klasse					Tid										
HB																					
6	Trond Sigurd Fotland					3507					46:35										
00:56+	03:28+	06:33+	09:46+	11:34+	12:45+	14:44+	17:55+	19:49+	20:53+	23:07+	24:03+	25:28+	27:56+	31:25+	32:37+	36:32+	38:22+	39:46+	44:43+	46:16+	46:35+
00:56+	02:32+	03:05+	03:13+	01:48+	01:11+	01:59+	03:11+	01:54+	01:04+	02:14+	00:56+	01:25+	02:28+	03:29+	01:12+	03:55+	01:50+	01:24+	04:57+	01:33+	00:19+
00:11#	00:29#	00:06+	00:33#	00:13#	00:13#	00:04+	00:30#	00:30&	00:06#	00:23#	00:04+	00:16#	00:38&	00:57&	00:08#	00:35#	00:01+	00:02+	01:22&	00:36&	00:01+

Beste strekktid for klassen

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

HC

1	Jan-Einar Øvremo										1119					41:01									
	00:53=	03:30=	07:10=	11:23=	12:49=	14:18=	15:23=	18:46=	21:17=	22:37=	24:39=	25:52=	27:47=	28:56=	32:00=	33:57=	35:35=	37:42=	40:05=	40:41=	41:01=				
	00:53=	02:37=	03:40=	04:13=	01:26=	01:29=	01:05=	03:23=	02:31=	01:20=	02:02=	01:13=	01:55=	01:09=	03:04=	01:57=	01:38=	02:07=	02:23=	00:36=	00:20=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Terje Michaelsen										3511					42:06									
	00:39-	02:36-	06:05=	08:53-	10:15-	12:00-	12:51-	16:19-	19:42-	20:53-	23:54-	25:09-	26:51-	27:51-	29:59-	32:05-	33:47-	36:25-	41:03+	41:45+	42:06+				
	00:39-	01:57-	03:29-	02:48-	01:22-	01:45+	00:51-	03:28+	03:23+	01:11-	03:01+	01:15+	01:42-	01:00-	02:08-	02:06+	01:42+	02:38+	04:38+	00:42+	00:21+				
	00:14-	00:40-	00:11-	01:25-	00:04-	00:16#	00:14-	00:05+	00:52&	00:09-	00:59&	00:02+	00:13-	00:09-	00:56-	00:09+	00:04+	00:31#	02:15&	00:06#	00:01+				
3	Henning Sundby										3486					43:03									
	00:49-	03:28-	07:14+	11:45+	13:29+	15:03+	17:09+	20:44+	23:13+	24:37+	26:37+	27:57+	29:47+	30:49+	34:13+	36:05+	37:40+	39:40+	42:04+	42:43+	43:03+				
	00:49-	02:39+	03:46+	04:31+	01:44+	01:34+	02:06+	03:35+	02:29-	01:24+	02:00-	01:20+	01:50-	01:02-	03:24+	01:52-	01:35-	02:00-	02:24+	00:39+	00:20=				
	00:04-	00:02+	00:06+	00:18+	00:18#	00:05+	01:01&	00:12+	00:02-	00:04+	00:02-	00:07+	00:05-	00:07-	00:20#	00:05-	00:03-	00:07-	00:01+	00:03+	00:00=				
4	Per Olav Haarr										769					46:14									
	01:03+	03:53+	07:46+	12:20+	14:11+	15:44+	16:42+	20:53+	23:26+	24:41+	27:07+	28:17+	30:20+	31:18+	33:36+	35:41+	38:13+	40:37+	43:26+	45:51+	46:14+				
	01:03+	02:50+	03:53+	04:34+	01:51+	01:33+	00:58-	04:11+	02:33+	01:15-	02:26+	01:10-	02:03+	00:58-	02:18-	02:05+	02:32+	02:24+	02:49+	02:25+	00:23+				
	00:10#	00:13+	00:13+	00:21+	00:25&	00:04+	00:07-	00:48#	00:02+	00:05-	00:24#	00:03-	00:08+	00:11-	00:46-	00:08+	00:54&	00:17#	00:26#	01:49@	00:03#				
5	Pål H. Gjerden										1683					47:33									
	00:57+	03:18-	07:15+	10:51-	12:25-	14:15-	15:16-	19:21+	22:29+	25:55+	28:05+	30:12+	32:34+	33:48+	36:22+	38:45+	40:41+	43:19+	46:16+	47:08+	47:33+				
	00:57+	02:21-	03:57+	03:36-	01:34+	01:50+	01:01-	04:05+	03:08+	03:26+	02:10+	02:07+	02:22+	01:14+	02:34-	02:23+	01:56+	02:38+	02:57+	00:52+	00:25+				
	00:04+	00:16-	00:17+	00:37-	00:08+	00:21#	00:04-	00:42#	00:37#	02:06@	00:08+	00:54&	00:27#	00:05+	00:30-	00:26#	00:18#	00:31#	00:34#	00:16&	00:05#				
6	Leif Kjetil Hinna Gausel										1683					48:19									
	01:16+	03:48+	07:49+	12:43+	14:23+	16:27+	17:27+	21:51+	24:35+	25:50+	28:29+	29:52+	32:13+	33:35+	35:44+	38:24+	40:19+	43:56+	47:02+	47:56+	48:19+				
	01:16+	02:32-	04:01+	04:54+	01:40+	02:04+	01:00-	04:24+	02:44+	01:15-	02:39+	01:23+	02:21+	01:22+	02:09-	02:40+	01:55+	03:37+	03:06+	00:54+	00:23+				
	00:23&	00:05-	00:21+	00:41#	00:14#	00:35&	00:05-	01:01&	00:13+	00:05-	00:37&	00:10#	00:26#	00:13#	00:55-	00:43&	00:17#	01:30&	00:43&	00:18&	00:03#				
7	Nils Tore Puntervold										793					49:24									
	01:20+	03:53+	08:11+	12:56+	14:23+	16:22+	17:22+	23:42+	26:45+	28:14+	30:18+	31:41+	33:35+	35:09+	37:35+	40:33+	42:49+	45:23+	48:00+	48:57+	49:24+				
	01:20+	02:33-	04:18+	04:45+	01:27+	01:59+	01:00-	06:20+	03:03+	01:29+	02:04+	01:23+	01:54-	01:34+	02:26-	02:58+	02:16+	02:34+	02:37+	00:57+	00:27+				
	00:27&	00:04-	00:38#	00:32#	00:01+	00:30&	00:05-	02:57&	00:32#	00:09#	00:02+	00:10#	00:01-	00:25&	00:38-	01:01&	00:38&	00:27#	00:14+	00:21&	00:07&				
8	Pål Bårdsen										3497					52:15									
	01:08+	04:00+	08:33+	14:01+	16:41+	18:34+	19:39+	24:42+	28:13+	29:49+	32:10+	33:42+	35:56+	37:10+	39:50+	42:23+	44:22+	47:16+	50:17+	51:43+	52:15+				
	01:08+	02:52+	04:33+	05:28+	02:40+	01:53+	01:05=	05:03+	03:31+	01:36+	02:21+	01:32+	02:14+	01:14+	02:40-	02:33+	01:59+	02:54+	03:01+	01:26+	00:32+				
	00:15&	00:15+	00:53#	01:15&	01:14&	00:24&	00:00=	01:40&	01:00&	00:16#	00:19#	00:19&	00:19#	00:05+	00:24-	00:36&	00:21#	00:47&	00:38&	00:50@	00:12&				
9	Terje Undheim										3529					59:55									
	01:06+	04:07+	08:25+	15:45+	17:49+	23:44+	24:59+	30:42+	33:38+	34:59+	37:17+	38:43+	41:24+	42:47+	45:33+	49:38+	52:02+	55:22+	58:37+	59:33+	59:55+				
	01:06+	03:01+	04:18+	07:20+	02:04+	05:55+	01:15+	05:43+	02:56+	01:21+	02:18+	01:26+	02:41+	01:23+	02:46-	04:05+	02:24+	03:20+	03:15+	00:56+	00:22+				
	00:13#	00:24#	00:38#	03:07&	00:38&	04:26@	00:10#	02:20&	00:25#	00:01+	00:16#	00:13#	00:46&	00:14#	00:18-	02:08@	00:46&	01:13&	00:52&	00:20&	00:02#				
10	Ove Oaland										1683					1:08:23									
	01:14+	04:06+	09:32+	18:04+	20:36+	23:18+	24:35+	28:33+	31:51+	33:50+	36:29+	38:20+	41:19+	43:07+	45:54+	48:24+	56:07+	59:55+	66:27+	67:52+	68:23+				
	01:14+	02:52+	05:26+	08:32+	02:32+	02:42+	01:17+	03:58+	03:18+	01:59+	02:39+	01:51+	02:59+	01:48+	02:47-	02:30+	07:43+	03:48+	06:32+	01:25+	00:31+				
	00:21&	00:15+	01:46&	04:19@	01:06&	01:13&	00:12#	00:35#	00:47&	00:39&	00:37&	00:38&	01:04&	00:39&	00:17-	00:33&	06:05@	01:41&	04:09@	00:49@	00:11&				
11	Erling Mauland										3541					1:17:24									
	01:02+	13:20+	18:53+	38:22+	39:55+	41:28+	42:41+	47:14+	50:22+	51:38+	53:44+	55:13+	57:40+	59:12+	62:03+	68:09+	70:05+	73:10+	75:56+	76:52+	77:24+				
	01:02+	12:18+	05:33+	19:29+	01:33+	01:33+	01:13+	04:33+	03:08+	01:16-	02:06+	01:29+	02:27+	01:32+	02:51-	06:06+	01:56+	03:05+	02:46+	00:56+	00:32+				
	00:09#	09:41@	01:53&	15:16@	00:07+	00:04+	00:08#	01:10&	00:37#	00:04-	00:04+	00:16#	00:32&	00:23&	00:13-	04:09@	00:18#	00:58&	00:23#	00:20&	00:12&				

Plass	Navn	Klasse	Tid
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HC

12	Bertrand Denieul										877	1:24:03									
01:14+	25:31+	29:41+	45:02+	46:54+	48:47+	49:40+	54:10+	57:05+	58:28+	61:00+	62:33+	64:35+	66:12+	70:37+	73:48+	76:11+	79:58+	82:48+	83:40+	84:03+	
01:14+	24:17+	04:10+	15:21+	01:52+	01:53+	00:53-	04:30+	02:55+	01:23+	02:32+	01:33+	02:02+	01:37+	04:25+	03:11+	02:23+	03:47+	02:50+	00:52+	00:23+	
00:21&	21:40@	00:30#	11:08@	00:26&	00:24&	00:12-	01:07&	00:24#	00:03+	00:30#	00:20&	00:07+	00:28&	01:21&	01:14&	00:45&	01:40&	00:27#	00:16&	00:03#	

Beste strekktid for klassen

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

HNY

1	Marius Usvaltas							3529	11:29
	00:59=	02:22=	03:53=	04:44=	05:35=	07:33=	11:03=	11:29=	
	00:59=	01:23=	01:31=	00:51=	00:51=	01:58=	03:30=	00:26=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Arild Opstad							3529	28:18
	02:15+	05:38+	13:02+	15:31+	17:27+	21:16+	26:52+	28:18+	
	02:15+	03:23+	07:24+	02:29+	01:56+	03:49+	05:36+	01:26+	
	01:16@	02:00@	05:53@	01:38@	01:05@	01:51&	02:06&	01:00@	
3	Ernst Hølland							3529	33:15
	01:56+	05:12+	13:03+	15:31+	17:03+	24:54+	32:16+	33:15+	
	01:56+	03:16+	07:51+	02:28+	01:32+	07:51+	07:22+	00:59+	
	00:57&	01:53@	06:20@	01:37@	00:41&	05:53@	03:52@	00:33@	

Beste strekktid for klassen

00:59 01:23 01:31 00:51 00:51 01:58 03:30 00:26

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

HT

1	Tore Stensland												3529				26:17			
01:39=	02:22=	04:01=	05:49=	07:43=	09:11=	10:33=	12:35=	14:35=	15:47=	17:39=	19:35=	21:49=	24:15=	25:52=	26:17=					
01:39=	00:43=	01:39=	01:48=	01:54=	01:28=	01:22=	02:02=	01:12=	01:52=	01:56=	02:14=	02:26=	01:37=	00:25=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Arne Magne Sondresen												722				32:29			
02:08+	03:06+	04:37+	06:18+	08:51+	10:54+	13:04+	15:06+	17:16+	19:15+	21:21+	24:48+	26:58+	30:28+	31:54+	32:29+					
02:08+	00:58+	01:31-	01:41-	02:33+	02:03+	02:10+	02:02=	02:10+	01:59+	02:06+	03:27+	02:10-	03:30+	01:26-	00:35+					
00:29&	00:15&	00:08-	00:07-	00:39&	00:35&	00:48&	00:00=	00:10+	00:47&	00:14#	01:31&	00:04-	01:04&	00:11-	00:10&					
3	Roger Endre Nyseth												892				32:49			
01:55+	02:50+	04:45+	06:35+	09:02+	11:20+	13:20+	15:34+	18:57+	20:45+	22:47+	25:31+	27:43+	30:30+	32:14+	32:49+					
01:55+	00:55+	01:55+	01:50+	02:27+	02:18+	02:00+	02:14+	03:23+	01:48+	02:02+	02:44+	02:12-	02:47+	01:44+	00:35+					
00:16#	00:12&	00:16#	00:02+	00:33&	00:50&	00:38&	00:12+	01:23&	00:36&	00:10+	00:48&	00:02-	00:21#	00:07+	00:10&					
4	Lars Salvesen												1119				37:00			
02:08+	03:07+	05:06+	06:54+	09:50+	11:54+	13:58+	16:07+	18:29+	24:59+	27:06+	29:49+	31:59+	34:46+	36:28+	37:00+					
02:08+	00:59+	01:59+	01:48=	02:56+	02:04+	02:04+	02:09+	02:22+	06:30+	02:07+	02:43+	02:10-	02:47+	01:42+	00:32+					
00:29&	00:16&	00:20#	00:00=	01:02&	00:36&	00:42&	00:07+	00:22#	05:18@	00:15#	00:47&	00:04-	00:21#	00:05+	00:07&					
5	Stein Stornes Nordal												4527				39:17			
05:34+	06:28+	08:49+	10:17+	13:55+	14:33+	16:35+	18:49+	20:31+	22:54+	24:55+	28:50+	32:20+	34:02+	37:23+	38:51+	39:17+				
05:34+	00:54+	02:21+	01:28-	03:38+	00:38-	02:02+	02:14+	01:42-	02:23+	02:01+	03:55+	03:30+	01:42-	03:21+	01:28+	00:26+				
03:55@	00:11&	00:42&	00:20-	01:44&	00:50-	00:40&	00:12+	00:18-	01:11&	00:09+	01:59@	01:16&	00:44-	01:44@	01:03@	00:26+				
6	Ivar Aalbu												3502				40:34			
02:48+	03:52+	05:57+	08:09+	13:46+	15:48+	17:41+	19:58+	22:21+	24:27+	27:06+	30:38+	33:05+	37:50+	39:51+	40:34+					
02:48+	01:04+	02:05+	02:12+	05:37+	02:02+	01:53+	02:17+	02:23+	02:06+	02:39+	03:32+	02:27+	04:45+	02:01+	00:43+					
01:09&	00:21&	00:26&	00:24#	03:43@	00:34&	00:31&	00:15#	00:23#	00:54&	00:47&	01:36&	00:13+	02:19&	00:24#	00:18&					

Plass	Navn					Klasse					Tid				
HT															
7	Svein Sivertsen					3530					42:09				
05:03+	06:00+	07:56+	09:57+	12:43+	14:56+	17:37+	20:04+	22:41+	28:45+	30:32+	33:21+	35:58+	39:47+	41:31+	42:09+
05:03+	00:57+	01:56+	02:01+	02:46+	02:13+	02:41+	02:27+	02:37+	06:04+	01:47-	02:49+	02:37+	03:49+	01:44+	00:38+
03:24@	00:14&	00:17#	00:13#	00:52&	00:45&	01:19&	00:25#	00:37&	04:52@	00:05-	00:53&	00:23#	01:23&	00:07+	00:13&
8	Frode Følgesvold					880					45:39				
05:20+	06:33+	08:47+	10:58+	14:06+	16:43+	20:13+	23:11+	26:05+	27:48+	30:52+	35:24+	38:32+	42:55+	45:01+	45:39+
05:20+	01:13+	02:14+	02:11+	03:08+	02:37+	03:30+	02:58+	02:54+	01:43+	03:04+	04:32+	03:08+	04:23+	02:06+	00:38+
05:20+	01:13+	02:14+	02:11+	03:08+	02:37+	03:30+	02:58+	02:54+	01:43+	03:04+	04:32+	03:08+	04:23+	02:06+	00:38+
9	Aksel Kleppa Hartmann					793					45:44				
02:40+	03:54+	05:34+	09:29+	11:40+	14:02+	15:50+	17:56+	20:50+	22:06+	26:08+	28:35+	41:06+	43:50+	45:20+	45:44+
02:40+	01:14+	01:40+	03:55+	02:11+	02:22+	01:48+	02:06+	02:54+	01:16+	04:02+	02:27+	12:31+	02:44+	01:30+	00:24+
02:40+	01:14+	01:40+	03:55+	02:11+	02:22+	01:48+	02:06+	02:54+	01:16+	04:02+	02:27+	12:31+	02:44+	01:30+	00:24+
10	Ommund Bakkevold					874					46:22				
03:16+	04:07+	07:06+	09:17+	12:10+	14:52+	18:18+	21:56+	26:48+	29:50+	32:36+	35:51+	39:06+	43:11+	45:36+	46:22+
03:16+	00:51+	02:59+	02:11+	02:53+	02:42+	03:26+	03:38+	04:52+	03:02+	02:46+	03:15+	03:15+	04:05+	02:25+	00:46+
03:16+	00:51+	02:59+	02:11+	02:53+	02:42+	03:26+	03:38+	04:52+	03:02+	02:46+	03:15+	03:15+	04:05+	02:25+	00:46+
11	Vidar Eiken					1683					49:34				
06:21+	08:22+	11:01+	14:23+	17:24+	28:14+	29:40+	31:57+	34:20+	37:04+	39:06+	42:43+	44:40+	47:35+	48:51+	49:34+
06:21+	02:01+	02:39+	03:22+	03:01+	10:50+	01:26+	02:17+	02:23+	02:44+	02:02+	03:37+	01:57+	02:55+	01:16+	00:43+
06:21+	02:01+	02:39+	03:22+	03:01+	10:50+	01:26+	02:17+	02:23+	02:44+	02:02+	03:37+	01:57+	02:55+	01:16+	00:43+
12	Rolf Øystein Kluge					793					51:01				
03:06+	04:51+	08:06+	10:24+	13:29+	16:14+	19:12+	22:08+	24:50+	29:40+	34:25+	39:57+	42:55+	47:52+	50:22+	51:01+
03:06+	01:45+	03:15+	02:18+	03:05+	02:45+	02:58+	02:56+	02:42+	04:50+	04:45+	05:32+	02:58+	04:57+	02:30+	00:39+
03:06+	01:45+	03:15+	02:18+	03:05+	02:45+	02:58+	02:56+	02:42+	04:50+	04:45+	05:32+	02:58+	04:57+	02:30+	00:39+
13	Arild Svihus					892					54:42				
09:48+	10:30+	12:45+	14:49+	18:00+	20:11+	22:24+	25:01+	27:49+	29:36+	33:01+	37:29+	48:01+	51:50+	54:01+	54:42+
09:48+	00:42+	02:15+	02:04+	03:11+	02:11+	02:13+	02:37+	02:48+	01:47+	03:25+	04:28+	10:32+	03:49+	02:11+	00:41+
09:48+	00:42+	02:15+	02:04+	03:11+	02:11+	02:13+	02:37+	02:48+	01:47+	03:25+	04:28+	10:32+	03:49+	02:11+	00:41+
14	Augustine Okafor					1683					1:00:14				
06:14+	11:11+	14:37+	18:03+	21:25+	24:08+	27:23+	30:16+	34:03+	40:43+	44:10+	49:52+	52:16+	57:48+	59:33+	60:14+
06:14+	04:57+	03:26+	03:26+	03:22+	02:43+	03:15+	02:53+	03:47+	06:40+	03:27+	05:42+	02:24+	05:32+	01:45+	00:41+
06:14+	04:57+	03:26+	03:26+	03:22+	02:43+	03:15+	02:53+	03:47+	06:40+	03:27+	05:42+	02:24+	05:32+	01:45+	00:41+
15	Timothée Maillefer					877					1:04:04				
03:00+	11:49+	14:43+	21:56+	25:41+	28:02+	32:30+	34:49+	42:00+	43:58+	46:19+	52:56+	55:27+	61:44+	63:32+	64:04+
03:00+	08:49+	02:54+	07:13+	03:45+	02:21+	04:28+	02:19+	07:11+	01:58+	02:21+	06:37+	02:31+	06:17+	01:48+	00:32+
03:00+	08:49+	02:54+	07:13+	03:45+	02:21+	04:28+	02:19+	07:11+	01:58+	02:21+	06:37+	02:31+	06:17+	01:48+	00:32+

Beste strekktid for klassen

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