

| Bogafjell |                              |        |        |        |        |        |        |        |        |        |        |        | Strekktider |  | -17.09.2025 |
|-----------|------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------|--|-------------|
| Plass     | Navn                         |        | Klasse |        |        |        |        |        |        |        |        |        | Tid         |  |             |
| D16       |                              |        |        |        |        |        |        |        |        |        |        |        |             |  |             |
| 1         | Mari-Marthe Aamold           |        | 880    |        |        |        |        |        |        |        |        |        | 44:04       |  |             |
| 03:32=    | 05:30=                       | 18:57= | 20:31= | 23:19= | 26:19= | 28:47= | 34:33= | 37:16= | 38:33= | 41:16= | 42:52= | 44:04= |             |  |             |
| 03:32=    | 01:58=                       | 13:27= | 01:34= | 02:48= | 03:00= | 02:28= | 05:46= | 02:43= | 01:17= | 02:43= | 01:36= | 01:12= |             |  |             |
| 00:00=    | 00:00=                       | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |             |  |             |
| 2         | Nora Svendsen                |        | 892    |        |        |        |        |        |        |        |        |        | 45:58       |  |             |
| 03:36+    | 05:31+                       | 14:29- | 15:57- | 18:01- | 20:11- | 22:37- | 27:42- | 29:36- | 30:34- | 32:22- | 33:38- | 45:58+ |             |  |             |
| 03:36+    | 01:55-                       | 08:58- | 01:28- | 02:04- | 02:10- | 02:26- | 05:05- | 01:54- | 00:58- | 01:48- | 01:16- | 12:20+ |             |  |             |
| 00:04+    | 00:03-                       | 04:29- | 00:06- | 00:44- | 00:50- | 00:02- | 00:41- | 00:49- | 00:19- | 00:55- | 00:20- | 11:08@ |             |  |             |
| 3         | Åsne Salte Håland            |        | 3559   |        |        |        |        |        |        |        |        |        | 47:21       |  |             |
| 03:26-    | 05:16-                       | 18:43- | 20:09- | 22:06- | 26:10- | 28:34- | 34:59+ | 37:41+ | 39:13+ | 42:47+ | 46:04+ | 47:21+ |             |  |             |
| 03:26-    | 01:50-                       | 13:27= | 01:26- | 01:57- | 04:04+ | 02:24- | 06:25+ | 02:42- | 01:32+ | 03:34+ | 03:17+ | 01:17+ |             |  |             |
| 00:06-    | 00:08-                       | 00:00= | 00:08- | 00:51- | 01:04& | 00:04- | 00:39# | 00:01- | 00:15# | 00:51& | 01:41@ | 00:05+ |             |  |             |
| 4         | Eli Karine Klungre           |        | 1754   |        |        |        |        |        |        |        |        |        | 47:37       |  |             |
| 04:39+    | 06:50+                       | 18:13- | 20:15- | 22:50- | 25:50- | 29:25+ | 36:45+ | 39:46+ | 41:17+ | 44:03+ | 45:54+ | 47:37+ |             |  |             |
| 04:39+    | 02:11+                       | 11:23- | 02:02+ | 02:35- | 03:00= | 03:35+ | 07:20+ | 03:01+ | 01:31+ | 02:46+ | 01:51+ | 01:43+ |             |  |             |
| 01:07&    | 00:13#                       | 02:04- | 00:28& | 00:13- | 00:00= | 01:07& | 01:34& | 00:18# | 00:14# | 00:03+ | 00:15# | 00:31& |             |  |             |
| 5         | Ingvild Amalixsen            |        | 1683   |        |        |        |        |        |        |        |        |        | 51:19       |  |             |
| 04:29+    | 06:23+                       | 17:34- | 19:11- | 22:46- | 29:12+ | 32:52+ | 40:02+ | 42:46+ | 44:20+ | 47:24+ | 49:55+ | 51:19+ |             |  |             |
| 04:29+    | 01:54-                       | 11:11- | 01:37+ | 03:35+ | 06:26+ | 03:40+ | 07:10+ | 02:44+ | 01:34+ | 03:04+ | 02:31+ | 01:24+ |             |  |             |
| 00:57&    | 00:04-                       | 02:16- | 00:03+ | 00:47& | 03:26@ | 01:12& | 01:24# | 00:01+ | 00:17# | 00:21# | 00:55& | 00:12# |             |  |             |
| 6         | Hanne Berg Aspøy             |        | 896    |        |        |        |        |        |        |        |        |        | 54:18       |  |             |
| 09:03+    | 11:11+                       | 22:47+ | 24:26+ | 26:48+ | 29:11+ | 32:21+ | 40:28+ | 47:39+ | 49:00+ | 51:40+ | 52:57+ | 54:18+ |             |  |             |
| 09:03+    | 02:08+                       | 11:36- | 01:39+ | 02:22- | 02:23- | 03:10+ | 08:07+ | 07:11+ | 01:21+ | 02:40- | 01:17- | 01:21+ |             |  |             |
| 05:31@    | 00:10+                       | 01:51- | 00:05+ | 00:26- | 00:37- | 00:42& | 02:21& | 04:28@ | 00:04+ | 00:03- | 00:19- | 00:09# |             |  |             |
| 7         | Hege Bakken                  |        | 1754   |        |        |        |        |        |        |        |        |        | 55:15       |  |             |
| 08:26+    | 11:20+                       | 24:37+ | 27:54+ | 30:41+ | 33:40+ | 36:58+ | 43:39+ | 46:58+ | 48:19+ | 51:14+ | 53:23+ | 55:15+ |             |  |             |
| 08:26+    | 02:54+                       | 13:17- | 03:17+ | 02:47- | 02:59- | 03:18+ | 06:41+ | 03:19+ | 01:21+ | 02:55+ | 02:09+ | 01:52+ |             |  |             |
| 04:54@    | 00:56&                       | 00:10- | 01:43@ | 00:01- | 00:01- | 00:50& | 00:55# | 00:36# | 00:04+ | 00:12+ | 00:33& | 00:40& |             |  |             |
| 8         | Siri Eppeland                |        | 1884   |        |        |        |        |        |        |        |        |        | 56:37       |  |             |
| 09:42+    | 11:54+                       | 26:44+ | 28:40+ | 31:12+ | 33:47+ | 37:17+ | 43:45+ | 47:39+ | 49:43+ | 52:57+ | 55:13+ | 56:37+ |             |  |             |
| 09:42+    | 02:12+                       | 14:50+ | 01:56+ | 02:32- | 02:35- | 03:30+ | 06:28+ | 03:54+ | 02:04+ | 03:14+ | 02:16+ | 01:24+ |             |  |             |
| 06:10@    | 00:14#                       | 01:23# | 00:22# | 00:16- | 00:25- | 01:02& | 00:42# | 01:11& | 00:47& | 00:31# | 00:40& | 00:12# |             |  |             |
| 9         | Christina Skår               |        | 3523   |        |        |        |        |        |        |        |        |        | 57:45       |  |             |
| 04:30+    | 07:10+                       | 24:47+ | 27:02+ | 30:35+ | 33:18+ | 37:43+ | 45:23+ | 49:03+ | 51:02+ | 53:47+ | 55:53+ | 57:45+ |             |  |             |
| 04:30+    | 02:40+                       | 17:37+ | 02:15+ | 03:33+ | 02:43- | 04:25+ | 07:40+ | 03:40+ | 01:59+ | 02:45+ | 02:06+ | 01:52+ |             |  |             |
| 00:58&    | 00:42&                       | 04:10& | 00:41& | 00:45& | 00:17- | 01:57& | 01:54& | 00:57& | 00:42& | 00:02+ | 00:30& | 00:40& |             |  |             |
| 10        | Ingunn Landsnes              |        | 892    |        |        |        |        |        |        |        |        |        | 1:00:52     |  |             |
| 05:49+    | 09:24+                       | 26:25+ | 28:42+ | 32:04+ | 35:10+ | 39:21+ | 47:35+ | 50:56+ | 52:55+ | 56:03+ | 59:06+ | 60:52+ |             |  |             |
| 05:49+    | 03:35+                       | 17:01+ | 02:17+ | 03:22+ | 03:06+ | 04:11+ | 08:14+ | 03:21+ | 01:59+ | 03:08+ | 03:03+ | 01:46+ |             |  |             |
| 02:17&    | 01:37&                       | 03:34& | 00:43& | 00:34# | 00:06+ | 01:43& | 02:28& | 00:38# | 00:42& | 00:25# | 01:27& | 00:34& |             |  |             |
| 11        | Hanna Haaland Sømme          |        | 874    |        |        |        |        |        |        |        |        |        | 1:03:05     |  |             |
| 06:06+    | 08:20+                       | 21:03+ | 23:21+ | 29:58+ | 33:23+ | 36:11+ | 43:47+ | 49:31+ | 51:21+ | 55:54+ | 61:25+ | 63:05+ |             |  |             |
| 06:06+    | 02:14+                       | 12:43- | 02:18+ | 06:37+ | 03:25+ | 02:48+ | 07:36+ | 05:44+ | 01:50+ | 04:33+ | 05:31+ | 01:40+ |             |  |             |
| 02:34&    | 00:16#                       | 00:44- | 00:44& | 03:49@ | 00:25# | 00:20# | 01:50& | 03:01@ | 00:33& | 01:50& | 03:55@ | 00:28& |             |  |             |
| 12        | Idunn Husøy Naustdal         |        | 722    |        |        |        |        |        |        |        |        |        | 1:03:36     |  |             |
| 03:39+    | 10:31+                       | 20:58+ | 22:57+ | 29:07+ | 32:07+ | 35:12+ | 52:21+ | 54:19+ | 56:20+ | 58:02+ | 61:46+ | 63:36+ |             |  |             |
| 03:39+    | 06:52+                       | 10:27- | 01:59+ | 06:10+ | 03:00= | 03:05+ | 17:09+ | 01:58- | 02:01+ | 01:42- | 03:44+ | 01:50+ |             |  |             |
| 00:07+    | 04:54@                       | 03:00- | 00:25& | 03:22@ | 00:00= | 00:37# | 11:23@ | 00:45- | 00:44& | 01:01- | 02:08@ | 00:38& |             |  |             |
| 13        | Elizabeth Moats              |        | 4248   |        |        |        |        |        |        |        |        |        | 1:06:30     |  |             |
| 04:40+    | 07:17+                       | 23:33+ | 26:21+ | 29:26+ | 33:40+ | 37:21+ | 50:00+ | 53:53+ | 55:55+ | 62:23+ | 64:38+ | 66:30+ |             |  |             |
| 04:40+    | 02:37+                       | 16:16+ | 02:48+ | 03:05+ | 04:14+ | 03:41+ | 12:39+ | 03:53+ | 02:02+ | 06:28+ | 02:15+ | 01:52+ |             |  |             |
| 01:08&    | 00:39&                       | 02:49# | 01:14& | 00:17# | 01:14& | 01:13& | 06:53@ | 01:10& | 00:45& | 03:45@ | 00:39& | 00:40& |             |  |             |
| 14        | Karoline Blyberg Lillehammer |        | 1758   |        |        |        |        |        |        |        |        |        | 1:08:28     |  |             |
| 04:52+    | 07:45+                       | 33:10+ | 35:17+ | 38:50+ | 41:49+ | 45:11+ | 52:44+ | 59:26+ | 61:29+ | 65:15+ | 67:03+ | 68:28+ |             |  |             |
| 04:52+    | 02:53+                       | 25:25+ | 02:07+ | 03:33+ | 02:59- | 03:22+ | 07:33+ | 06:42+ | 02:03+ | 03:46+ | 01:48+ | 01:25+ |             |  |             |
| 01:20&    | 00:55&                       | 11:58& | 00:33& | 00:45& | 00:01- | 00:54& | 01:47& | 03:59@ | 00:46& | 01:03& | 00:12# | 00:13# |             |  |             |

| Plass                                                                       | Navn                  | Klasse |        |        |        |        |        |        |        |        |         |        | Tid |
|-----------------------------------------------------------------------------|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|-----|
| D16                                                                         |                       |        |        |        |        |        |        |        |        |        |         |        |     |
|                                                                             |                       |        |        |        |        |        |        |        |        |        |         |        |     |
| 15                                                                          | Ingrid Lycke Austbø   |        |        |        |        | 989    |        |        |        |        | 1:25:36 |        |     |
| 05:42+                                                                      | 09:48+                | 42:56+ | 46:37+ | 51:42+ | 61:24+ | 65:07+ | 75:01+ | 77:28+ | 78:56+ | 81:34+ | 83:38+  | 85:36+ |     |
| 05:42+                                                                      | 04:06+                | 33:08+ | 03:41+ | 05:05+ | 09:42+ | 03:43+ | 09:54+ | 02:27- | 01:28+ | 02:38- | 02:04+  | 01:58+ |     |
| 02:10&                                                                      | 02:08@                | 19:41@ | 02:07@ | 02:17& | 06:42@ | 01:15& | 04:08& | 00:16- | 00:11# | 00:05- | 00:28&  | 00:46& |     |
| Beste strekktid for klassen                                                 |                       |        |        |        |        |        |        |        |        |        |         |        |     |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                       |        |        |        |        |        |        |        |        |        |         |        |     |
|                                                                             |                       |        |        |        |        |        |        |        |        |        |         |        |     |
| D40                                                                         |                       |        |        |        |        |        |        |        |        |        |         |        |     |
|                                                                             |                       |        |        |        |        |        |        |        |        |        |         |        |     |
| 1                                                                           | Brit Nilsen           |        |        |        |        | 1830   |        |        |        |        | 49:30   |        |     |
| 04:00=                                                                      | 05:33=                | 21:00= | 23:34= | 26:12= | 29:29= | 39:45= | 42:36= | 44:08= | 46:47= | 48:05= | 49:30=  |        |     |
| 04:00=                                                                      | 01:33=                | 15:27= | 02:34= | 02:38= | 03:17= | 10:16= | 02:51= | 01:32= | 02:39= | 01:18= | 01:25=  |        |     |
| 00:00=                                                                      | 00:00=                | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00=  |        |     |
| 2                                                                           | Helene Lie            |        |        |        |        | 3565   |        |        |        |        | 52:44   |        |     |
| 04:43+                                                                      | 06:25+                | 18:20- | 24:15+ | 27:19+ | 31:08+ | 38:31- | 42:45+ | 45:01+ | 48:47+ | 51:16+ | 52:44+  |        |     |
| 04:43+                                                                      | 01:42+                | 11:55- | 05:55+ | 03:04+ | 03:49+ | 07:23- | 04:14+ | 02:16+ | 03:46+ | 02:29+ | 01:28+  |        |     |
| 00:43#                                                                      | 00:09+                | 03:32- | 03:21@ | 00:26# | 00:32# | 02:53- | 01:23& | 00:44& | 01:07& | 01:11& | 00:03+  |        |     |
| 3                                                                           | Torill Østraat        |        |        |        |        | 1884   |        |        |        |        | 54:16   |        |     |
| 05:26+                                                                      | 07:15+                | 20:23- | 24:24+ | 27:42+ | 31:22+ | 40:19+ | 45:02+ | 46:31+ | 49:39+ | 52:08+ | 54:16+  |        |     |
| 05:26+                                                                      | 01:49+                | 13:08- | 04:01+ | 03:18+ | 03:40+ | 08:57- | 04:43+ | 01:29- | 03:08+ | 02:29+ | 02:08+  |        |     |
| 01:26&                                                                      | 00:16#                | 02:19- | 01:27& | 00:40& | 00:23# | 01:19- | 01:52& | 00:03- | 00:29# | 01:11& | 00:43&  |        |     |
| 4                                                                           | Marianne Strøm Uthaug |        |        |        |        | 3551   |        |        |        |        | 54:17   |        |     |
| 04:51+                                                                      | 06:33+                | 21:49+ | 24:40+ | 26:44+ | 29:14- | 44:06+ | 47:44+ | 49:04+ | 50:57+ | 52:43+ | 54:17+  |        |     |
| 04:51+                                                                      | 01:42+                | 15:16- | 02:51+ | 02:04- | 02:30- | 14:52+ | 03:38+ | 01:20- | 01:53- | 01:46+ | 01:34+  |        |     |
| 00:51#                                                                      | 00:09+                | 00:11- | 00:17# | 00:34- | 00:47- | 04:36& | 00:47& | 00:12- | 00:46- | 00:28& | 00:09#  |        |     |
| 5                                                                           | Hege Jangsett         |        |        |        |        | 1884   |        |        |        |        | 1:00:44 |        |     |
| 05:30+                                                                      | 09:04+                | 25:42+ | 29:15+ | 32:33+ | 37:22+ | 48:58+ | 53:04+ | 54:29+ | 56:52+ | 58:27+ | 60:44+  |        |     |
| 05:30+                                                                      | 03:34+                | 16:38+ | 03:33+ | 03:18+ | 04:49+ | 11:36+ | 04:06+ | 01:25- | 02:23- | 01:35+ | 02:17+  |        |     |
| 01:30&                                                                      | 02:01@                | 01:11+ | 00:59& | 00:40& | 01:32& | 01:20# | 01:15& | 00:07- | 00:16- | 00:17# | 00:52&  |        |     |
| 6                                                                           | Marit L. Undheim      |        |        |        |        | 3529   |        |        |        |        | 1:03:26 |        |     |
| 10:35+                                                                      | 12:16+                | 27:24+ | 30:23+ | 33:23+ | 36:39+ | 47:44+ | 51:52+ | 55:50+ | 58:35+ | 62:00+ | 63:26+  |        |     |
| 10:35+                                                                      | 01:41+                | 15:08- | 02:59+ | 03:00+ | 03:16- | 11:05+ | 04:08+ | 03:58+ | 02:45+ | 03:25+ | 01:26+  |        |     |
| 06:35@                                                                      | 00:08+                | 00:19- | 00:25# | 00:22# | 00:01- | 00:49+ | 01:17& | 02:26@ | 00:06+ | 02:07@ | 00:01+  |        |     |
| 7                                                                           | Ane Hatteland Nese    |        |        |        |        | 769    |        |        |        |        | 1:05:33 |        |     |
| 05:12+                                                                      | 11:27+                | 26:27+ | 33:10+ | 36:33+ | 40:37+ | 48:53+ | 53:06+ | 58:03+ | 60:56+ | 63:28+ | 65:33+  |        |     |
| 05:12+                                                                      | 06:15+                | 15:00- | 06:43+ | 03:23+ | 04:04+ | 08:16- | 04:13+ | 04:57+ | 02:53+ | 02:32+ | 02:05+  |        |     |
| 01:12&                                                                      | 04:42@                | 00:27- | 04:09@ | 00:45& | 00:47# | 02:00- | 01:22& | 03:25@ | 00:14+ | 01:14& | 00:40&  |        |     |
| 8                                                                           | Christel Dahl         |        |        |        |        | 896    |        |        |        |        | 1:09:01 |        |     |
| 07:16+                                                                      | 09:58+                | 29:30+ | 38:37+ | 41:20+ | 44:39+ | 52:38+ | 58:47+ | 61:05+ | 64:55+ | 67:01+ | 69:01+  |        |     |
| 07:16+                                                                      | 02:42+                | 19:32+ | 09:07+ | 02:43+ | 03:19+ | 07:59- | 06:09+ | 02:18+ | 03:50+ | 02:06+ | 02:00+  |        |     |
| 03:16&                                                                      | 01:09&                | 04:05& | 06:33@ | 00:05+ | 00:02+ | 02:17- | 03:18@ | 00:46& | 01:11& | 00:48& | 00:35&  |        |     |
| 9                                                                           | Ann Torill Bakken     |        |        |        |        | 1683   |        |        |        |        | 1:14:41 |        |     |
| 03:56-                                                                      | 05:32-                | 22:00+ | 27:13+ | 29:50+ | 33:37+ | 56:29+ | 65:15+ | 67:30+ | 70:37+ | 72:57+ | 74:41+  |        |     |
| 03:56-                                                                      | 01:36+                | 16:28+ | 05:13+ | 02:37- | 03:47+ | 22:52+ | 08:46+ | 02:15+ | 03:07+ | 02:20+ | 01:44+  |        |     |
| 00:04-                                                                      | 00:03+                | 01:01+ | 02:39@ | 00:01- | 00:30# | 12:36@ | 05:55@ | 00:43& | 00:28# | 01:02& | 00:19#  |        |     |
| 10                                                                          | Ritva Halsne          |        |        |        |        | 722    |        |        |        |        | 1:24:09 |        |     |
| 09:19+                                                                      | 12:27+                | 34:55+ | 41:28+ | 45:39+ | 50:57+ | 64:51+ | 71:09+ | 74:34+ | 79:32+ | 82:14+ | 84:09+  |        |     |
| 09:19+                                                                      | 03:08+                | 22:28+ | 06:33+ | 04:11+ | 05:18+ | 13:54+ | 06:18+ | 03:25+ | 04:58+ | 02:42+ | 01:55+  |        |     |
| 05:19@                                                                      | 01:35@                | 07:01& | 03:59@ | 01:33& | 02:01& | 03:38& | 03:27@ | 01:53@ | 02:19& | 01:24@ | 00:30&  |        |     |
| Beste strekktid for klassen                                                 |                       |        |        |        |        |        |        |        |        |        |         |        |     |
| 03:56                                                                       | 01:33                 | 11:55  | 02:34  | 02:04  | 02:30  | 07:23  | 02:51  | 01:20  | 01:53  | 01:18  | 01:25   |        |     |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                       |        |        |        |        |        |        |        |        |        |         |        |     |

| Plass                                                                                                                                                                                                                                                             | Navn                     | Klasse | Tid   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------|-------|
| D50                                                                                                                                                                                                                                                               |                          |        |       |
| 1                                                                                                                                                                                                                                                                 | Marit Haavardsholm       | 1683   | 41:34 |
| 04:41= 06:36= 17:08= 19:33= 22:05= 25:32= 31:28= 35:13= 36:33= 38:29= 40:03= 41:34=<br>04:41= 01:55= 10:32= 02:25= 02:32= 03:27= 05:56= 03:45= 01:20= 01:56= 01:34= 01:31=<br>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                                                                                                                                                                                                                                                                 | Grethe Anda Fuglestad    | 1683   | 45:27 |
| 04:41= 05:52= 17:56+ 21:25+ 23:54+ 27:12+ 33:52+ 37:24+ 38:58+ 41:17+ 43:31+ 45:27+<br>04:41= 01:11= 12:04+ 03:29+ 02:29= 03:18= 06:40+ 03:32= 01:34+ 02:19+ 02:14+ 01:56+<br>00:00= 00:44= 01:32# 01:04& 00:03= 00:09= 00:44# 00:13= 00:14# 00:23# 00:40& 00:25& |                          |        |       |
| 3                                                                                                                                                                                                                                                                 | Mariann Sveinsvoll       | 3504   | 46:20 |
| 04:03= 05:41= 17:51+ 21:01+ 23:33+ 27:11+ 34:04+ 39:50+ 41:06+ 43:21+ 44:53+ 46:20+<br>04:03= 01:38= 12:10+ 03:10+ 02:32= 03:38+ 06:53+ 05:46+ 01:16= 02:15+ 01:32= 01:27=                                                                                        |                          |        |       |
| 00:38= 00:17= 01:38# 00:45& 00:00= 00:11+ 00:57# 02:01& 00:04= 00:19# 00:02= 00:04=                                                                                                                                                                               |                          |        |       |
| 4                                                                                                                                                                                                                                                                 | Keth Berggraf            | 1683   | 46:35 |
| 05:11+ 06:35= 18:41+ 21:24+ 24:13+ 27:52+ 35:36+ 40:07+ 41:26+ 43:25+ 45:01+ 46:35+<br>05:11+ 01:24= 12:06+ 02:43+ 02:49+ 03:39+ 07:44+ 04:31+ 01:19= 01:59+ 01:36+ 01:34+<br>00:30# 00:31= 01:34# 00:18# 00:17# 00:12+ 01:48& 00:46# 00:01= 00:03+ 00:02+ 00:03+ |                          |        |       |
| 5                                                                                                                                                                                                                                                                 | Marie-Elizabeth Reinseth | 882    | 46:39 |
| 05:37+ 07:00+ 19:18+ 22:41+ 25:10+ 28:25+ 35:07+ 38:31+ 40:12+ 42:38+ 44:48+ 46:39+<br>05:37+ 01:23= 12:18+ 03:23+ 02:29= 03:15= 06:42+ 03:24= 01:41+ 02:26+ 02:10+ 01:51+<br>00:56# 00:32= 01:46# 00:58& 00:03= 00:12= 00:46# 00:21= 00:21& 00:30& 00:36& 00:20# |                          |        |       |
| 6                                                                                                                                                                                                                                                                 | Marianne Fuglestad       | 896    | 48:17 |
| 04:30= 06:33= 19:40+ 23:23+ 25:37+ 28:08+ 38:31+ 41:19+ 42:53+ 45:49+ 47:10+ 48:17+<br>04:30= 02:03+ 13:07+ 03:43+ 02:14= 02:31= 10:23+ 02:48= 01:34+ 02:56+ 01:21= 01:07=                                                                                        |                          |        |       |
| 00:11= 00:08+ 02:35# 01:18& 00:18= 00:56= 04:27& 00:57= 00:14# 01:00& 00:13= 00:24=                                                                                                                                                                               |                          |        |       |
| 7                                                                                                                                                                                                                                                                 | Anita Glenne Kallhovd    | 3502   | 48:41 |
| 04:13= 05:30= 19:08+ 22:09+ 24:53+ 29:11+ 38:02+ 41:42+ 42:49+ 45:17+ 47:19+ 48:41+<br>04:13= 01:17= 13:38+ 03:01+ 02:44+ 04:18+ 08:51+ 03:40= 01:07= 02:28+ 02:02+ 01:22=                                                                                        |                          |        |       |
| 00:28= 00:38= 03:06& 00:36# 00:12+ 00:51# 02:55& 00:05= 00:13= 00:32& 00:28& 00:09=                                                                                                                                                                               |                          |        |       |
| 8                                                                                                                                                                                                                                                                 | Åse Sellereite           | 882    | 49:21 |
| 05:07+ 06:42+ 20:33+ 24:16+ 27:17+ 30:10+ 37:33+ 41:57+ 43:09+ 45:50+ 47:44+ 49:21+<br>05:07+ 01:35= 13:51+ 03:43+ 03:01+ 02:53= 07:23+ 04:24+ 01:12= 02:41+ 01:54+ 01:37+<br>00:26+ 00:20= 03:19& 01:18& 00:29# 00:34= 01:27# 00:39# 00:08= 00:45& 00:20# 00:06+ |                          |        |       |
| 9                                                                                                                                                                                                                                                                 | Inger Johanne Klausen    | 3529   | 50:32 |
| 04:50+ 06:41+ 20:52+ 24:17+ 26:55+ 30:29+ 38:47+ 43:15+ 44:50+ 47:13+ 48:43+ 50:32+<br>04:50+ 01:51= 14:11+ 03:25+ 02:38+ 03:34+ 08:18+ 04:28+ 01:35+ 02:23+ 01:30= 01:49+<br>00:09+ 00:04= 03:39& 01:00& 00:06+ 00:07+ 02:22& 00:43# 00:15# 00:27# 00:04= 00:18# |                          |        |       |
| 10                                                                                                                                                                                                                                                                | Ingunn Anda Haug         | 2342   | 51:18 |
| 04:23= 05:46= 21:36+ 24:33+ 28:09+ 31:44+ 39:39+ 43:19+ 44:46+ 48:00+ 49:40+ 51:18+<br>04:23= 01:23= 15:50+ 02:57+ 03:36+ 03:35+ 07:55+ 03:40= 01:27+ 03:14+ 01:40+ 01:38+<br>00:18= 00:32= 05:18& 00:32# 01:04& 00:08+ 01:59& 00:05= 00:07+ 01:18& 00:06+ 00:07+ |                          |        |       |
| 11                                                                                                                                                                                                                                                                | Iren Undheim Øgreid      | 769    | 52:32 |
| 04:09= 05:39= 18:17+ 24:50+ 28:39+ 32:50+ 40:59+ 44:50+ 46:12+ 48:35+ 50:41+ 52:32+<br>04:09= 01:30= 12:38+ 06:33+ 03:49+ 04:11+ 08:09+ 03:51+ 01:22+ 02:23+ 02:06+ 01:51+<br>00:32= 00:25= 02:06# 04:08# 01:17& 00:44# 02:13& 00:06+ 00:02+ 00:27# 00:32& 00:20# |                          |        |       |
| 12                                                                                                                                                                                                                                                                | Berit Aksland            | 1683   | 53:30 |
| 04:06= 05:37= 19:11+ 22:55+ 25:48+ 28:59+ 35:30+ 39:53+ 41:12+ 50:08+ 51:59+ 53:30+<br>04:06= 01:31= 13:34+ 03:44+ 02:53+ 03:11= 06:31+ 04:23+ 01:19= 08:56+ 01:51+ 01:31=                                                                                        |                          |        |       |
| 00:35= 00:24= 03:02& 01:19& 00:21# 00:16= 00:35+ 00:38# 00:01= 07:00# 00:17# 00:00=                                                                                                                                                                               |                          |        |       |
| 13                                                                                                                                                                                                                                                                | Randi Ladsten            | 1832   | 53:40 |
| 05:45+ 07:16+ 21:04+ 24:42+ 27:42+ 31:21+ 38:58+ 42:41+ 44:31+ 49:18+ 51:23+ 53:40+<br>05:45+ 01:31= 13:48+ 03:38+ 03:00+ 03:39+ 07:37+ 03:43= 01:50+ 04:47+ 02:05+ 02:17+<br>01:04# 00:24= 03:16& 01:13& 00:28# 00:12+ 01:41& 00:02= 00:30& 02:51# 00:31& 00:46& |                          |        |       |
| 14                                                                                                                                                                                                                                                                | Torill Andersen          | 1683   | 54:23 |
| 04:13= 06:21= 23:36+ 26:50+ 30:13+ 33:28+ 42:27+ 46:20+ 47:42+ 50:50+ 52:51+ 54:23+<br>04:13= 02:08+ 17:15+ 03:14+ 03:23+ 03:15= 08:59+ 03:53+ 01:22+ 03:08+ 02:01+ 01:32+<br>00:28= 00:13# 06:43& 00:49& 00:51& 00:12= 03:03& 00:08+ 00:02+ 01:12& 00:27& 00:01+ |                          |        |       |

21.09.2025 17:06:13

Side:4

| Plass  | Navn           |        |        |        |        |         |         |         |         |         | Klasse  | Tid     |  |  |  |  |  |  |  |  |  |
|--------|----------------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|--|--|--|--|--|--|--|--|--|
| D50    |                |        |        |        |        |         |         |         |         |         |         |         |  |  |  |  |  |  |  |  |  |
| 29     | Irene Sirevåg  |        |        |        |        |         |         |         |         |         | 1754    | 1:19:32 |  |  |  |  |  |  |  |  |  |
| 04:51+ | 07:01+         | 27:22+ | 44:16+ | 48:26+ | 52:21+ | 61:39+  | 68:24+  | 70:24+  | 74:52+  | 77:25+  | 79:32+  |         |  |  |  |  |  |  |  |  |  |
| 04:51+ | 02:10+         | 20:21+ | 16:54+ | 04:10+ | 03:55+ | 09:18+  | 06:45+  | 02:00+  | 04:28+  | 02:33+  | 02:07+  |         |  |  |  |  |  |  |  |  |  |
| 04:51+ | 02:10+         | 20:21+ | 16:54+ | 04:10+ | 03:55+ | 09:18+  | 06:45+  | 02:00+  | 04:28+  | 02:33+  | 02:07+  |         |  |  |  |  |  |  |  |  |  |
| 30     | Siw Gjerdingen |        |        |        |        |         |         |         |         |         | 3676    | 2:15:12 |  |  |  |  |  |  |  |  |  |
| 07:18+ | 10:36+         | 76:07+ | 81:30+ | 86:02+ | 90:16+ | 100:49+ | 107:44+ | 109:33+ | 129:35+ | 132:37+ | 135:12+ |         |  |  |  |  |  |  |  |  |  |
| 07:18+ | 03:18+         | 65:31+ | 05:23+ | 04:32+ | 04:14+ | 10:33+  | 06:55+  | 01:49+  | 20:02+  | 03:02+  | 02:35+  |         |  |  |  |  |  |  |  |  |  |
| 07:18+ | 03:18+         | 65:31+ | 05:23+ | 04:32+ | 04:14+ | 10:33+  | 06:55+  | 01:49+  | 20:02+  | 03:02+  | 02:35+  |         |  |  |  |  |  |  |  |  |  |

Beste strekktid for klassen

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

D60

|   |                      |        |        |        |        |        |        |        |        |        |        |         |  |  |  |  |  |  |  |  |  |
|---|----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--|--|--|--|--|--|--|--|--|
| 1 | Anne Sæbø Vik        |        |        |        |        |        |        |        |        |        | 1683   | 44:30   |  |  |  |  |  |  |  |  |  |
|   | 03:53=               | 06:15= | 19:49= | 22:38= | 25:01= | 27:57= | 29:39= | 34:44= | 41:38= | 42:33= | 44:05= | 44:30=  |  |  |  |  |  |  |  |  |  |
|   | 03:53=               | 02:22= | 13:34= | 02:49= | 02:23= | 02:56= | 01:42= | 05:05= | 06:54= | 00:55= | 01:32= | 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=  |  |  |  |  |  |  |  |  |  |
| 2 | Ragnhild Auglænd     |        |        |        |        |        |        |        |        |        | 769    | 44:46   |  |  |  |  |  |  |  |  |  |
|   | 04:26+               | 06:34+ | 18:02- | 22:53+ | 27:06+ | 30:21+ | 32:20+ | 37:39+ | 41:06- | 42:24- | 44:18+ | 44:46+  |  |  |  |  |  |  |  |  |  |
|   | 04:26+               | 02:08- | 11:28- | 04:51+ | 04:13+ | 03:15+ | 01:59+ | 05:19+ | 03:27- | 01:18+ | 01:54+ | 00:28+  |  |  |  |  |  |  |  |  |  |
|   | 00:33#               | 00:14- | 02:06- | 02:02& | 01:50& | 00:19# | 00:17# | 00:14+ | 03:27- | 00:23& | 00:22# | 00:03#  |  |  |  |  |  |  |  |  |  |
| 3 | Anne-Siv Gjertsen    |        |        |        |        |        |        |        |        |        | 882    | 52:58   |  |  |  |  |  |  |  |  |  |
|   | 05:14+               | 08:38+ | 21:13+ | 25:35+ | 28:42+ | 32:26+ | 34:29+ | 41:07+ | 49:00+ | 50:22+ | 52:26+ | 52:58+  |  |  |  |  |  |  |  |  |  |
|   | 05:14+               | 03:24+ | 12:35- | 04:22+ | 03:07+ | 03:44+ | 02:03+ | 06:38+ | 07:53+ | 01:22+ | 02:04+ | 00:32+  |  |  |  |  |  |  |  |  |  |
|   | 01:21&               | 01:02& | 00:59- | 01:33& | 00:44& | 00:48& | 00:21# | 01:33& | 00:59# | 00:27& | 00:32& | 00:07&  |  |  |  |  |  |  |  |  |  |
| 4 | Mona Berntsen        |        |        |        |        |        |        |        |        |        | 1832   | 56:51   |  |  |  |  |  |  |  |  |  |
|   | 06:42+               | 09:14+ | 29:01+ | 32:16+ | 34:55+ | 38:13+ | 40:11+ | 47:27+ | 53:31+ | 54:44+ | 56:21+ | 56:51+  |  |  |  |  |  |  |  |  |  |
|   | 06:42+               | 02:32+ | 19:47+ | 03:15+ | 02:39+ | 03:18+ | 01:58+ | 07:16+ | 06:04- | 01:13+ | 01:37+ | 00:30+  |  |  |  |  |  |  |  |  |  |
|   | 02:49&               | 00:10+ | 06:13& | 00:26# | 00:16# | 00:22# | 00:16# | 02:11& | 00:50- | 00:18& | 00:05+ | 00:05#  |  |  |  |  |  |  |  |  |  |
| 5 | Liv Omdal            |        |        |        |        |        |        |        |        |        | 1683   | 59:17   |  |  |  |  |  |  |  |  |  |
|   | 08:50+               | 13:07+ | 25:06+ | 29:25+ | 32:42+ | 36:44+ | 38:57+ | 48:19+ | 55:25+ | 56:58+ | 58:50+ | 59:17+  |  |  |  |  |  |  |  |  |  |
|   | 08:50+               | 04:17+ | 11:59- | 04:19+ | 03:17+ | 04:02+ | 02:13+ | 09:22+ | 07:06+ | 01:33+ | 01:52+ | 00:27+  |  |  |  |  |  |  |  |  |  |
|   | 04:57@               | 01:55& | 01:35- | 01:30& | 00:54& | 01:06& | 00:31& | 04:17& | 00:12+ | 00:38& | 00:20# | 00:02+  |  |  |  |  |  |  |  |  |  |
| 6 | Ingrid E. I. Øxnevad |        |        |        |        |        |        |        |        |        | 3516   | 1:02:10 |  |  |  |  |  |  |  |  |  |
|   | 12:05+               | 14:58+ | 26:00+ | 29:06+ | 31:40+ | 37:16+ | 38:47+ | 46:52+ | 58:20+ | 60:24+ | 61:47+ | 62:10+  |  |  |  |  |  |  |  |  |  |
|   | 12:05+               | 02:53+ | 11:02- | 03:06+ | 02:34+ | 05:36+ | 01:31- | 08:05+ | 11:28+ | 02:04+ | 01:23- | 00:23-  |  |  |  |  |  |  |  |  |  |
|   | 08:12@               | 00:31# | 02:32- | 00:17# | 00:11+ | 02:40& | 00:11- | 03:00& | 04:34& | 01:09@ | 00:09- | 00:02-  |  |  |  |  |  |  |  |  |  |
| 7 | Nina Christiansen    |        |        |        |        |        |        |        |        |        | 722    | 1:04:35 |  |  |  |  |  |  |  |  |  |
|   | 04:58+               | 08:05+ | 25:42+ | 44:38+ | 47:13+ | 50:17+ | 52:13+ | 57:05+ | 60:38+ | 62:04+ | 64:12+ | 64:35+  |  |  |  |  |  |  |  |  |  |
|   | 04:58+               | 03:07+ | 17:37+ | 18:56+ | 02:35+ | 03:04+ | 01:56+ | 04:52- | 03:33- | 01:26+ | 02:08+ | 00:23-  |  |  |  |  |  |  |  |  |  |
|   | 01:05&               | 00:45& | 04:03& | 16:07@ | 00:12+ | 00:08+ | 00:14# | 00:13- | 03:21- | 00:31& | 00:36& | 00:02-  |  |  |  |  |  |  |  |  |  |
| 8 | Ellinor Hoemsnes     |        |        |        |        |        |        |        |        |        | 1683   | 1:19:25 |  |  |  |  |  |  |  |  |  |
|   | 05:34+               | 08:15+ | 30:24+ | 33:51+ | 37:47+ | 42:08+ | 48:57+ | 59:11+ | 74:22+ | 75:48+ | 78:50+ | 79:25+  |  |  |  |  |  |  |  |  |  |
|   | 05:34+               | 02:41+ | 22:09+ | 03:27+ | 03:56+ | 04:21+ | 06:49+ | 10:14+ | 15:11+ | 01:26+ | 03:02+ | 00:35+  |  |  |  |  |  |  |  |  |  |
|   | 01:41&               | 00:19# | 08:35& | 00:38# | 01:33& | 01:25& | 05:07@ | 05:09@ | 08:17@ | 00:31& | 01:30& | 00:10&  |  |  |  |  |  |  |  |  |  |

Beste strekktid for klassen

03:53 02:08 11:02 02:49 02:23 02:56 01:31 04:52 03:27 00:55 01:23 00:23

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

D65

| Plass                                                                       | Navn                                                                                | Klasse | Tid     |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------|---------|
| D65                                                                         |                                                                                     |        |         |
| 1                                                                           | Ingrid Eik                                                                          | 1830   | 44:55   |
|                                                                             | 04:04= 06:17= 20:03= 22:46= 25:12= 28:37= 30:30= 36:09= 41:51= 42:54= 44:26= 44:55= |        |         |
|                                                                             | 04:04= 02:13= 13:46= 02:43= 02:26= 03:25= 01:53= 05:39= 05:42= 01:03= 01:32= 00:29= |        |         |
|                                                                             | 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= |        |         |
| 2                                                                           | Ingunn Voilås                                                                       | 3502   | 50:09   |
|                                                                             | 05:28+ 07:37+ 21:16+ 26:32+ 29:19+ 33:21+ 35:39+ 42:59+ 46:46+ 47:50+ 49:33+ 50:09+ |        |         |
|                                                                             | 05:28+ 02:09+ 13:39+ 05:16+ 02:47+ 04:02+ 02:18+ 07:20+ 03:47+ 01:04+ 01:43+ 00:36+ |        |         |
|                                                                             | 05:28+ 02:09+ 13:39+ 05:16+ 02:47+ 04:02+ 02:18+ 07:20+ 03:47+ 01:04+ 01:43+ 00:36+ |        |         |
| 3                                                                           | Eli Frafjord                                                                        | 1141   | 54:12   |
|                                                                             | 05:13+ 07:53+ 23:43+ 28:16+ 31:14+ 34:52+ 36:53+ 45:21+ 50:33+ 51:49+ 53:42+ 54:12+ |        |         |
|                                                                             | 05:13+ 02:40+ 15:50+ 04:33+ 02:58+ 03:38+ 02:01+ 08:28+ 05:12+ 01:16+ 01:53+ 00:30+ |        |         |
|                                                                             | 05:13+ 02:40+ 15:50+ 04:33+ 02:58+ 03:38+ 02:01+ 08:28+ 05:12+ 01:16+ 01:53+ 00:30+ |        |         |
| 4                                                                           | Margot Asheim                                                                       | 722    | 54:22   |
|                                                                             | 05:39+ 08:56+ 23:37+ 27:57+ 31:08+ 34:51+ 36:44+ 43:33+ 51:11+ 52:33+ 53:55+ 54:22+ |        |         |
|                                                                             | 05:39+ 03:17+ 14:41+ 04:20+ 03:11+ 03:43+ 01:53+ 06:49+ 07:38+ 01:22+ 01:22+ 00:27+ |        |         |
|                                                                             | 05:39+ 03:17+ 14:41+ 04:20+ 03:11+ 03:43+ 01:53+ 06:49+ 07:38+ 01:22+ 01:22+ 00:27+ |        |         |
| 5                                                                           | Berit Bakken                                                                        | 1884   | 56:22   |
|                                                                             | 06:09+ 09:21+ 24:32+ 29:52+ 33:13+ 36:45+ 38:43+ 47:21+ 52:18+ 53:54+ 55:51+ 56:22+ |        |         |
|                                                                             | 06:09+ 03:12+ 15:11+ 05:20+ 03:21+ 03:32+ 01:58+ 08:38+ 04:57+ 01:36+ 01:57+ 00:31+ |        |         |
|                                                                             | 06:09+ 03:12+ 15:11+ 05:20+ 03:21+ 03:32+ 01:58+ 08:38+ 04:57+ 01:36+ 01:57+ 00:31+ |        |         |
| 6                                                                           | Marit Karin Skretting Nygård                                                        | 892    | 58:19   |
|                                                                             | 05:39+ 09:21+ 28:59+ 32:55+ 36:38+ 40:23+ 42:31+ 48:52+ 54:12+ 56:03+ 57:50+ 58:19+ |        |         |
|                                                                             | 05:39+ 03:42+ 19:38+ 03:56+ 03:43+ 03:45+ 02:08+ 06:21+ 05:20+ 01:51+ 01:47+ 00:29+ |        |         |
|                                                                             | 05:39+ 03:42+ 19:38+ 03:56+ 03:43+ 03:45+ 02:08+ 06:21+ 05:20+ 01:51+ 01:47+ 00:29+ |        |         |
| 7                                                                           | May Meling                                                                          | 3553   | 1:01:47 |
|                                                                             | 05:01+ 07:42+ 22:58+ 34:20+ 38:45+ 42:02+ 43:49+ 51:24+ 56:21+ 59:07+ 61:10+ 61:47+ |        |         |
|                                                                             | 05:01+ 02:41+ 15:16+ 11:22+ 04:25+ 03:17+ 01:47+ 07:35+ 04:57+ 02:46+ 02:03+ 00:37+ |        |         |
|                                                                             | 05:01+ 02:41+ 15:16+ 11:22+ 04:25+ 03:17+ 01:47+ 07:35+ 04:57+ 02:46+ 02:03+ 00:37+ |        |         |
| 8                                                                           | Inger Narvestad Anda                                                                | 896    | 1:08:45 |
|                                                                             | 04:44+ 09:33+ 31:36+ 35:51+ 39:07+ 43:00+ 45:08+ 52:41+ 57:32+ 66:16+ 68:11+ 68:45+ |        |         |
|                                                                             | 04:44+ 04:49+ 22:03+ 04:15+ 03:16+ 03:53+ 02:08+ 07:33+ 04:51+ 08:44+ 01:55+ 00:34+ |        |         |
|                                                                             | 04:44+ 04:49+ 22:03+ 04:15+ 03:16+ 03:53+ 02:08+ 07:33+ 04:51+ 08:44+ 01:55+ 00:34+ |        |         |
| 9                                                                           | Anne Katrine Lycke                                                                  | 1884   | 1:16:37 |
|                                                                             | 05:58+ 09:02+ 29:12+ 43:37+ 46:51+ 50:55+ 52:50+ 61:41+ 71:12+ 73:50+ 76:06+ 76:37+ |        |         |
|                                                                             | 05:58+ 03:04+ 20:10+ 14:25+ 03:14+ 04:04+ 01:55+ 08:51+ 09:31+ 02:38+ 02:16+ 00:31+ |        |         |
|                                                                             | 05:58+ 03:04+ 20:10+ 14:25+ 03:14+ 04:04+ 01:55+ 08:51+ 09:31+ 02:38+ 02:16+ 00:31+ |        |         |
| 10                                                                          | Hanne Hermanrud                                                                     | 3530   | 1:24:40 |
|                                                                             | 05:54+ 09:58+ 30:03+ 42:03+ 45:53+ 51:44+ 55:26+ 71:28+ 77:41+ 80:18+ 83:32+ 84:40+ |        |         |
|                                                                             | 05:54+ 04:04+ 20:05+ 12:00+ 03:50+ 05:51+ 03:42+ 16:02+ 06:13+ 02:37+ 03:14+ 01:08+ |        |         |
|                                                                             | 05:54+ 04:04+ 20:05+ 12:00+ 03:50+ 05:51+ 03:42+ 16:02+ 06:13+ 02:37+ 03:14+ 01:08+ |        |         |
| Beste strekktid for klassen                                                 |                                                                                     |        |         |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                                                                                     |        |         |
| D70                                                                         |                                                                                     |        |         |
| 1                                                                           | Mette Dagsland                                                                      | 874    | 56:44   |
|                                                                             | 06:10= 08:58= 26:21= 29:50= 33:02= 37:36= 39:38= 46:51= 51:52= 53:23= 55:53= 56:44= |        |         |
|                                                                             | 06:10= 02:48= 17:23= 03:29= 03:12= 04:34= 02:02= 07:13= 05:01= 01:31= 02:30= 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= |        |         |
| 2                                                                           | Lillian Dahl Fitjar                                                                 | 896    | 1:12:13 |
|                                                                             | 05:55- 09:27+ 33:33+ 38:06+ 41:47+ 46:08+ 48:41+ 61:49+ 66:40+ 68:46+ 71:37+ 72:13+ |        |         |
|                                                                             | 05:55- 03:32+ 24:06+ 04:33+ 03:41+ 04:21- 02:33+ 13:08+ 04:51- 02:06+ 02:51+ 00:36- |        |         |
|                                                                             | 00:15- 00:44& 06:43& 01:04& 00:29# 00:13- 00:31& 05:55& 00:10- 00:35& 00:21# 00:15- |        |         |

| Plass | Navn           |        |        |        |        |        |        |        |        |        |        |        | Klasse | Tid     |
|-------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| D70   |                |        |        |        |        |        |        |        |        |        |        |        |        |         |
| 3     | Hanne Eik      |        |        |        |        |        |        |        |        |        |        |        | 896    | 1:17:45 |
|       | 04:48-         | 09:08+ | 37:09+ | 43:29+ | 47:00+ | 51:14+ | 53:42+ | 63:38+ | 72:31+ | 74:33+ | 77:03+ | 77:45+ |        |         |
|       | 04:48-         | 04:20+ | 28:01+ | 06:20+ | 03:31+ | 04:14- | 02:28+ | 09:56+ | 08:53+ | 02:02+ | 02:30= | 00:42- |        |         |
|       | 01:22-         | 01:32& | 10:38& | 02:51& | 00:19+ | 00:20- | 00:26# | 02:43& | 03:52& | 00:31& | 00:00= | 00:09- |        |         |
| 4     | Berit Gramstad |        |        |        |        |        |        |        |        |        |        |        | 3551   | 1:27:02 |
|       | 08:33+         | 12:13+ | 32:26+ | 35:55+ | 39:20+ | 44:23+ | 47:03+ | 69:03+ | 82:41+ | 83:59+ | 86:27+ | 87:02+ |        |         |
|       | 08:33+         | 03:40+ | 20:13+ | 03:29+ | 03:25+ | 05:03+ | 02:40+ | 22:00+ | 13:38+ | 01:18+ | 02:28+ | 00:35+ |        |         |
|       | 08:33+         | 03:40+ | 20:13+ | 03:29+ | 03:25+ | 05:03+ | 02:40+ | 22:00+ | 13:38+ | 01:18+ | 02:28+ | 00:35+ |        |         |

Beste strekktid for klassen

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

D75

|   |                        |        |        |        |        |        |        |        |        |        |        |        |         |
|---|------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 1 | Ingrid W. Hestness     |        | 896    |        |        |        |        |        |        |        |        |        | 43:23   |
|   | 03:42=                 | 06:02= | 16:45= | 19:23= | 21:45= | 24:40= | 26:25= | 36:56= | 40:11= | 41:16= | 42:55= | 43:23= |         |
|   | 03:42=                 | 02:20= | 10:43= | 02:38= | 02:22= | 02:55= | 01:45= | 10:31= | 03:15= | 01:05= | 01:39= | 00:28= |         |
|   | 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   |        |        |        |        |        |        |        |        |        | 56:36   |
|   | 05:06+                 | 09:33+ | 23:45+ | 29:14+ | 32:56+ | 37:02+ | 39:40+ | 47:05+ | 52:03+ | 53:38+ | 56:03+ | 56:36+ |         |
|   | 05:06+                 | 04:27+ | 14:12+ | 05:29+ | 03:42+ | 04:06+ | 02:38+ | 07:25- | 04:58+ | 01:35+ | 02:25+ | 00:33+ |         |
|   | 01:24&                 | 02:07& | 03:29& | 02:51@ | 01:20& | 01:11& | 00:53& | 03:06- | 01:43& | 00:30& | 00:46& | 00:05# |         |
| 3 | Inger Skretting Opstad |        | 3529   |        |        |        |        |        |        |        |        |        | 57:11   |
|   | 05:51+                 | 09:16+ | 26:41+ | 30:33+ | 34:12+ | 38:58+ | 41:41+ | 48:13+ | 52:44+ | 54:13+ | 56:30+ | 57:11+ |         |
|   | 05:51+                 | 03:25+ | 17:25+ | 03:52+ | 03:39+ | 04:46+ | 02:43+ | 06:32- | 04:31+ | 01:29+ | 02:17+ | 00:41+ |         |
|   | 02:09&                 | 01:05& | 06:42& | 01:14& | 01:17& | 01:51& | 00:58& | 03:59- | 01:16& | 00:24& | 00:38& | 00:13& |         |
| 4 | Haldis Glendrange      |        | 874    |        |        |        |        |        |        |        |        |        | 1:07:39 |
|   | 09:17+                 | 14:10+ | 32:02+ | 35:45+ | 39:22+ | 44:03+ | 46:39+ | 55:27+ | 62:25+ | 65:14+ | 67:06+ | 67:39+ |         |
|   | 09:17+                 | 04:53+ | 17:52+ | 03:43+ | 03:37+ | 04:41+ | 02:36+ | 08:48- | 06:58+ | 02:49+ | 01:52+ | 00:33+ |         |
|   | 05:35@                 | 02:33@ | 07:09& | 01:05& | 01:15& | 01:46& | 00:51& | 01:43- | 03:43@ | 01:44@ | 00:13# | 00:05# |         |
| 5 | Helga Klausen          |        | 769    |        |        |        |        |        |        |        |        |        | 1:19:12 |
|   | 08:02+                 | 12:22+ | 30:26+ | 36:28+ | 40:15+ | 45:25+ | 48:41+ | 58:25+ | 70:34+ | 75:43+ | 78:36+ | 79:12+ |         |
|   | 08:02+                 | 04:20+ | 18:04+ | 06:02+ | 03:47+ | 05:10+ | 03:16+ | 09:44- | 12:09+ | 05:09+ | 02:53+ | 00:36+ |         |
|   | 04:20@                 | 02:00& | 07:21& | 03:24@ | 01:25& | 02:15& | 01:31& | 00:47- | 08:54@ | 04:04@ | 01:14& | 00:08& |         |
| 6 | Aslaug Lura            |        | 1141   |        |        |        |        |        |        |        |        |        | 1:19:27 |
|   | 06:55+                 | 11:23+ | 31:11+ | 38:11+ | 42:15+ | 46:59+ | 50:23+ | 60:43+ | 72:25+ | 73:49+ | 78:42+ | 79:27+ |         |
|   | 06:55+                 | 04:28+ | 19:48+ | 07:00+ | 04:04+ | 04:44+ | 03:24+ | 10:20- | 11:42+ | 01:24+ | 04:53+ | 00:45+ |         |
|   | 03:13&                 | 02:08& | 09:05& | 04:22@ | 01:42& | 01:49& | 01:39& | 00:11- | 08:27@ | 00:19& | 03:14@ | 00:17& |         |

Beste strekktid for klassen

03:42 02:20 10:43 02:38 02:22 02:55 01:45 06:32 03:15 01:05 01:39 00:28

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

D80

|   |               |        |        |        |        |        |        |        |        |        |        |  |       |
|---|---------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|-------|
| 1 | Helga Aaslid  |        | 3529   |        |        |        |        |        |        |        |        |  | 52:26 |
|   | 03:49=        | 09:16= | 13:38= | 22:45= | 27:24= | 32:37= | 39:01= | 44:31= | 47:08= | 51:49= | 52:26= |  |       |
|   | 03:49=        | 05:27= | 04:22= | 09:07= | 04:39= | 05:13= | 06:24= | 05:30= | 02:37= | 04:41= | 00:37= |  |       |
|   | 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    |        |        |        |        |        |        |        |        |  | 56:26 |
|   | 02:40-        | 09:29+ | 12:43- | 27:40+ | 31:27+ | 35:13+ | 39:41+ | 51:34+ | 54:03+ | 55:56+ | 56:26+ |  |       |
|   | 02:40-        | 06:49+ | 03:14- | 14:57+ | 03:47- | 03:46- | 04:28- | 11:53+ | 02:29- | 01:53- | 00:30- |  |       |
|   | 01:09-        | 01:22& | 01:08- | 05:50& | 00:52- | 01:27- | 01:56- | 06:23@ | 00:08- | 02:48- | 00:07- |  |       |

| Plass                                                                       | Navn                     | Klasse | Tid     |        |        |        |        |        |        |        |        |        |        |        |
|-----------------------------------------------------------------------------|--------------------------|--------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| D80                                                                         |                          |        |         |        |        |        |        |        |        |        |        |        |        |        |
| 3                                                                           | Gry Vikhamar Thengs      | 874    | 59:25   |        |        |        |        |        |        |        |        |        |        |        |
| 07:26+                                                                      | 12:33+                   | 15:51+ | 29:11+  | 33:01+ | 37:02+ | 42:14+ | 54:43+ | 56:55+ | 58:52+ | 59:25+ |        |        |        |        |
| 07:26+                                                                      | 05:07-                   | 03:18- | 13:20+  | 03:50- | 04:01- | 05:12- | 12:29+ | 02:12- | 01:57- | 00:33- |        |        |        |        |
| 03:37%                                                                      | 00:20-                   | 01:04- | 04:13%  | 00:49- | 01:12- | 01:12- | 06:59% | 00:25- | 02:44- | 00:04- |        |        |        |        |
| Beste strekktid for klassen                                                 |                          |        |         |        |        |        |        |        |        |        |        |        |        |        |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                          |        |         |        |        |        |        |        |        |        |        |        |        |        |
| DA                                                                          |                          |        |         |        |        |        |        |        |        |        |        |        |        |        |
| 1                                                                           | Aud Hognestad Taksdal    | 892    | 40:12   |        |        |        |        |        |        |        |        |        |        |        |
| 04:29=                                                                      | 05:29=                   | 08:05= | 13:05=  | 18:47= | 20:56= | 22:32= | 23:20= | 27:32= | 29:32= | 35:24= | 37:06= | 38:16= | 39:29= | 40:12= |
| 04:29=                                                                      | 01:00=                   | 02:36= | 05:00=  | 05:42= | 02:09= | 01:36= | 00:48= | 04:12= | 02:00= | 05:52= | 01:42= | 01:10= | 01:13= | 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= | 00:00= |
| 2                                                                           | Katrine Haaland Leveraas | 896    | 41:25   |        |        |        |        |        |        |        |        |        |        |        |
| 03:22-                                                                      | 04:38-                   | 06:14- | 11:39-  | 18:10- | 21:04+ | 24:15+ | 25:04+ | 29:58+ | 32:01+ | 36:04+ | 38:15+ | 39:17+ | 40:43+ | 41:25+ |
| 03:22-                                                                      | 01:16+                   | 01:36- | 05:25+  | 06:31+ | 02:54+ | 03:11+ | 00:49+ | 04:54+ | 02:03+ | 04:03- | 02:11+ | 01:02- | 01:26+ | 00:42- |
| 01:07-                                                                      | 00:16%                   | 01:00- | 00:25+  | 00:49# | 00:45% | 01:35% | 00:01+ | 00:42# | 00:03+ | 01:49- | 00:29% | 00:08- | 00:13# | 00:01- |
| 3                                                                           | Jorunn Hadland           | 3502   | 42:37   |        |        |        |        |        |        |        |        |        |        |        |
| 03:33-                                                                      | 05:23-                   | 06:58- | 12:55-  | 19:09+ | 21:45+ | 23:49+ | 24:45+ | 31:03+ | 33:03+ | 37:18+ | 39:18+ | 40:09+ | 41:46+ | 42:37+ |
| 03:33-                                                                      | 01:50+                   | 01:35- | 05:57+  | 06:14+ | 02:36+ | 02:04+ | 00:56+ | 06:18+ | 02:00= | 04:15- | 02:00+ | 00:51- | 01:37+ | 00:51+ |
| 00:56-                                                                      | 00:50%                   | 01:01- | 00:57#  | 00:32+ | 00:27# | 00:28% | 00:08# | 02:06% | 00:00= | 01:37- | 00:18# | 00:19- | 00:24% | 00:08# |
| 4                                                                           | Clare Leveridge          | 877    | 52:21   |        |        |        |        |        |        |        |        |        |        |        |
| 04:06-                                                                      | 05:37+                   | 08:05= | 15:03+  | 24:18+ | 27:09+ | 29:38+ | 30:51+ | 36:33+ | 39:33+ | 46:08+ | 48:39+ | 49:39+ | 51:19+ | 52:21+ |
| 04:06-                                                                      | 01:31+                   | 02:28- | 06:58+  | 09:15+ | 02:51+ | 02:29+ | 01:13+ | 05:42+ | 03:00+ | 06:35+ | 02:31+ | 01:00- | 01:40+ | 01:02+ |
| 00:23-                                                                      | 00:31%                   | 00:08- | 01:58%  | 03:33% | 00:42% | 00:53% | 00:25% | 01:30% | 01:00% | 00:43# | 00:49% | 00:10- | 00:27% | 00:19% |
| 5                                                                           | Silje Skorve Skarpeid    | 1758   | 52:58   |        |        |        |        |        |        |        |        |        |        |        |
| 04:40+                                                                      | 06:20+                   | 10:36+ | 17:32+  | 26:31+ | 29:45+ | 32:59+ | 34:04+ | 38:43+ | 41:02+ | 45:54+ | 48:54+ | 50:08+ | 52:00+ | 52:58+ |
| 04:40+                                                                      | 01:40+                   | 04:16+ | 06:56+  | 08:59+ | 03:14+ | 03:14+ | 01:05+ | 04:39+ | 02:19+ | 04:52- | 03:00+ | 01:14+ | 01:52+ | 00:58+ |
| 00:11+                                                                      | 00:40%                   | 01:40% | 01:56%  | 03:17% | 01:05% | 01:38% | 00:17% | 00:27# | 00:19# | 01:00- | 01:18% | 00:04+ | 00:39% | 00:15% |
| 6                                                                           | Trine Bolstad Scheie     | 769    | 54:51   |        |        |        |        |        |        |        |        |        |        |        |
| 04:37+                                                                      | 06:12+                   | 08:23+ | 15:46+  | 24:07+ | 26:44+ | 31:10+ | 32:54+ | 40:08+ | 42:49+ | 48:48+ | 51:00+ | 51:59+ | 53:58+ | 54:51+ |
| 04:37+                                                                      | 01:35+                   | 02:11- | 07:23+  | 08:21+ | 02:37+ | 04:26+ | 01:44+ | 07:14+ | 02:41+ | 05:59+ | 02:12+ | 00:59- | 01:59+ | 00:53+ |
| 00:08+                                                                      | 00:35%                   | 00:25- | 02:23%  | 02:39% | 00:28# | 02:50% | 00:56% | 03:02% | 00:41% | 00:07+ | 00:30% | 00:11- | 00:46% | 00:10# |
| 7                                                                           | Matilde Skjæveland Skår  | 3486   | 55:58   |        |        |        |        |        |        |        |        |        |        |        |
| 04:49+                                                                      | 07:00+                   | 09:36+ | 16:44+  | 27:21+ | 30:26+ | 34:01+ | 35:18+ | 41:50+ | 44:30+ | 49:36+ | 51:48+ | 53:16+ | 54:54+ | 55:58+ |
| 04:49+                                                                      | 02:11+                   | 02:36= | 07:08+  | 10:37+ | 03:05+ | 03:35+ | 01:17+ | 06:32+ | 02:40+ | 05:06- | 02:12+ | 01:28+ | 01:38+ | 01:04+ |
| 00:20+                                                                      | 01:11%                   | 00:00= | 02:08%  | 04:55% | 00:56% | 01:59% | 00:29% | 02:20% | 00:40% | 00:46- | 00:30% | 00:18% | 00:25% | 00:21% |
| 8                                                                           | Helen Lomeland           | 722    | 57:24   |        |        |        |        |        |        |        |        |        |        |        |
| 04:32+                                                                      | 05:53+                   | 10:18+ | 17:19+  | 26:51+ | 30:24+ | 33:29+ | 34:28+ | 41:30+ | 44:02+ | 50:43+ | 53:34+ | 54:41+ | 56:30+ | 57:24+ |
| 04:32+                                                                      | 01:21+                   | 04:25+ | 07:01+  | 09:32+ | 03:33+ | 03:05+ | 00:59+ | 07:02+ | 02:32+ | 06:41+ | 02:51+ | 01:07- | 01:49+ | 00:54+ |
| 00:03+                                                                      | 00:21%                   | 01:49% | 02:01%  | 03:50% | 01:24% | 01:29% | 00:11# | 02:50% | 00:32% | 00:49# | 01:09% | 00:03- | 00:36% | 00:11% |
| 9                                                                           | Maren Benjaminsen        | 1832   | 59:30   |        |        |        |        |        |        |        |        |        |        |        |
| 04:18-                                                                      | 05:48+                   | 08:50+ | 16:57+  | 25:22+ | 29:24+ | 32:49+ | 35:14+ | 41:28+ | 44:05+ | 50:51+ | 54:48+ | 56:09+ | 58:38+ | 59:30+ |
| 04:18-                                                                      | 01:30+                   | 03:02+ | 08:07+  | 08:25+ | 04:02+ | 03:25+ | 02:25+ | 06:14+ | 02:37+ | 06:46+ | 03:57+ | 01:21+ | 02:29+ | 00:52+ |
| 00:11-                                                                      | 00:30%                   | 00:26# | 03:07%  | 02:43% | 01:53% | 01:49% | 01:37% | 02:02% | 00:37% | 00:54# | 02:15% | 00:11# | 01:16% | 00:09# |
| 10                                                                          | Aina Kalsaas Urstad      | 4232   | 1:11:05 |        |        |        |        |        |        |        |        |        |        |        |
| 04:28-                                                                      | 06:25+                   | 08:24+ | 16:39+  | 28:34+ | 37:01+ | 39:54+ | 41:24+ | 49:20+ | 52:12+ | 59:52+ | 66:27+ | 67:58+ | 70:04+ | 71:05+ |
| 04:28-                                                                      | 01:57+                   | 01:59- | 08:15+  | 11:55+ | 08:27+ | 02:53+ | 01:30+ | 07:56+ | 02:52+ | 07:40+ | 06:35+ | 01:31+ | 02:06+ | 01:01+ |
| 00:01-                                                                      | 00:57%                   | 00:37- | 03:15%  | 06:13% | 06:18% | 01:17% | 00:42% | 03:44% | 00:52% | 01:48% | 04:53% | 00:21% | 00:53% | 00:18% |
| Beste strekktid for klassen                                                 |                          |        |         |        |        |        |        |        |        |        |        |        |        |        |
| 03:22                                                                       | 01:00                    | 01:35  | 05:00   | 05:42  | 02:09  | 01:36  | 00:48  | 04:12  | 02:00  | 04:03  | 01:42  | 00:51  | 01:13  | 00:42  |

| Plass                       | Navn                   | Klasse | Tid     |
|-----------------------------|------------------------|--------|---------|
| DB                          |                        |        |         |
| 1                           | Anne Garsrud           | 3518   | 45:44   |
| 04:23=                      | 10:01=                 | 19:49= | 21:37=  |
| 04:23=                      | 05:38=                 | 09:48= | 01:48=  |
| 00:00=                      | 00:00=                 | 00:00= | 00:00=  |
| 2                           | Jorunn Johannesen      | 1683   | 48:18   |
| 04:22=                      | 10:11+                 | 21:12+ | 23:02+  |
| 04:22=                      | 05:49+                 | 11:01+ | 01:50+  |
| 00:01=                      | 00:11+                 | 01:13# | 00:02+  |
| 3                           | Ellen Tindeland        | 882    | 52:22   |
| 04:32+                      | 10:41+                 | 21:35+ | 23:09+  |
| 04:32+                      | 06:09+                 | 10:54+ | 01:34=  |
| 00:09+                      | 00:31+                 | 01:06# | 00:14=  |
| 4                           | Agnes Haker            | 1284   | 52:55   |
| 03:38=                      | 09:06=                 | 26:37+ | 27:57+  |
| 03:38=                      | 05:28=                 | 17:31+ | 01:20=  |
| 00:45=                      | 00:10=                 | 07:43& | 00:28=  |
| 5                           | Vibeke Lamark          | 878    | 56:38   |
| 05:10+                      | 11:29+                 | 25:38+ | 27:31+  |
| 05:10+                      | 06:19+                 | 14:09+ | 01:53+  |
| 00:47#                      | 00:41#                 | 04:21& | 00:05+  |
| 6                           | Marita Skorpe Falnes   | 3568   | 56:48   |
| 05:12+                      | 11:28+                 | 24:59+ | 27:20+  |
| 05:12+                      | 06:16+                 | 13:31+ | 02:21+  |
| 00:49#                      | 00:38#                 | 03:43& | 00:33&  |
| 7                           | Kristin Breivold       | 892    | 57:30   |
| 04:55+                      | 12:42+                 | 26:27+ | 29:33+  |
| 04:55+                      | 07:47+                 | 13:45+ | 03:06+  |
| 00:32#                      | 02:09&                 | 03:57& | 01:18&  |
| 8                           | Lise Isachsen          | 1384   | 1:01:37 |
| 04:59+                      | 10:52+                 | 23:58+ | 25:50+  |
| 04:59+                      | 05:53+                 | 13:06+ | 01:52+  |
| 00:36#                      | 00:15+                 | 03:18& | 00:04+  |
| 9                           | Ida Kolstø             | 3502   | 1:03:29 |
| 04:32+                      | 10:18+                 | 26:12+ | 30:08+  |
| 04:32+                      | 05:46+                 | 15:54+ | 03:56+  |
| 00:09+                      | 00:08+                 | 06:06& | 02:08@  |
| 10                          | Anina Hadland          | 3502   | 1:03:36 |
| 04:59+                      | 11:50+                 | 31:02+ | 33:07+  |
| 04:59+                      | 06:51+                 | 19:12+ | 02:05+  |
| 00:36#                      | 01:13#                 | 09:24& | 00:17#  |
| 11                          | Heidi Martby-Skogsholm | 3522   | 1:08:57 |
| 05:58+                      | 12:28+                 | 28:47+ | 35:23+  |
| 05:58+                      | 06:30+                 | 16:19+ | 06:36+  |
| 01:35&                      | 00:52#                 | 06:31& | 04:48@  |
| 12                          | Kari-Anne Bakke        | 1683   | 1:14:35 |
| 04:06=                      | 09:44=                 | 20:43+ | 22:21+  |
| 04:06=                      | 05:38=                 | 10:59+ | 01:38=  |
| 00:17=                      | 00:00=                 | 01:11# | 00:10=  |
| Beste strekktid for klassen |                        |        |         |
| 03:38                       | 05:28                  | 09:48  | 01:20   |

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

DNY

| Plass                                                                       | Navn                 | Klasse | Tid   |
|-----------------------------------------------------------------------------|----------------------|--------|-------|
| DNY                                                                         |                      |        |       |
| 1                                                                           | Judith Kuhnert       | 3525   | 50:58 |
| 01:33= 06:54= 16:27= 24:03= 25:01= 29:10= 46:48= 50:26= 50:58=              |                      |        |       |
| 01:33= 05:21= 09:33= 07:36= 00:58= 04:09= 17:38= 03:38= 00:32=              |                      |        |       |
| 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. |                      |        |       |
| DT                                                                          |                      |        |       |
| 1                                                                           | Johanne Trandem Næss | 3512   | 32:43 |
| 04:12= 06:24= 20:33= 24:11= 25:39= 27:08= 29:00= 30:30= 32:22= 32:43=       |                      |        |       |
| 04:12= 02:12= 14:09= 03:38= 01:28= 01:29= 01:52= 01:30= 01:52= 00:21=       |                      |        |       |
| 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=       |                      |        |       |
| 2                                                                           | Lina Dahle           | 3533   | 35:34 |
| 05:15+ 08:24+ 18:07- 23:17- 25:12- 27:42+ 30:38+ 32:56+ 35:05+ 35:34+       |                      |        |       |
| 05:15+ 03:09+ 09:43- 05:10+ 01:55+ 02:30+ 02:56+ 02:18+ 02:09+ 00:29+       |                      |        |       |
| 01:03# 00:57& 04:26- 01:32& 00:27& 01:01& 01:04& 00:48& 00:17# 00:08&       |                      |        |       |
| 3                                                                           | Line Skaar           | 4235   | 36:32 |
| 05:17+ 07:56+ 21:46+ 25:31+ 27:29+ 30:39+ 32:48+ 34:32+ 36:04+ 36:32+       |                      |        |       |
| 05:17+ 02:39+ 13:50- 03:45+ 01:58+ 03:10+ 02:09+ 01:44+ 01:32- 00:28+       |                      |        |       |
| 01:05& 00:27# 00:19- 00:07+ 00:30& 01:41@ 00:17# 00:14# 00:20- 00:07&       |                      |        |       |
| 4                                                                           | Silje Myklebust      | 3529   | 37:47 |
| 05:10+ 08:15+ 18:15- 23:07- 25:01- 30:35+ 33:38+ 35:44+ 37:16+ 37:47+       |                      |        |       |
| 05:10+ 03:05+ 10:00- 04:52+ 01:54+ 05:34+ 03:03+ 02:06+ 01:32- 00:31+       |                      |        |       |
| 00:58# 00:53& 04:09- 01:14& 00:26& 04:05@ 01:11& 00:36& 00:20- 00:10&       |                      |        |       |
| 5                                                                           | Kate Evensen         | 3556   | 39:00 |
| 06:06+ 09:32+ 18:46- 24:18+ 28:44+ 30:44+ 33:34+ 36:31+ 38:27+ 39:00+       |                      |        |       |
| 06:06+ 03:26+ 09:14- 05:32+ 04:26+ 02:00+ 02:50+ 02:57+ 01:56+ 00:33+       |                      |        |       |
| 01:54& 01:14& 04:55- 01:54& 02:58@ 00:31& 00:58& 01:27& 00:04+ 00:12&       |                      |        |       |
| 6                                                                           | Elisa Møller         | 769    | 39:39 |
| 06:20+ 10:04+ 23:13+ 28:37+ 31:03+ 33:12+ 35:48+ 37:42+ 39:13+ 39:39+       |                      |        |       |
| 06:20+ 03:44+ 13:09- 05:24+ 02:26+ 02:09+ 02:36+ 01:54+ 01:31- 00:26+       |                      |        |       |
| 02:08& 01:32& 01:00- 01:46& 00:58& 00:40& 00:44& 00:24& 00:21- 00:05#       |                      |        |       |
| 7                                                                           | Anastasia Ollestad   | 3676   | 40:44 |
| 05:01+ 07:35+ 19:13- 24:09- 25:58+ 27:38+ 30:00+ 38:19+ 40:21+ 40:44+       |                      |        |       |
| 05:01+ 02:34+ 11:38- 04:56+ 01:49+ 01:40+ 02:22+ 08:19+ 02:02+ 00:23+       |                      |        |       |
| 00:49# 00:22# 02:31- 01:18& 00:21# 00:11# 00:30& 06:49@ 00:10+ 00:02+       |                      |        |       |
| 8                                                                           | Kristine Aasland     | 3524   | 42:24 |
| 05:59+ 09:06+ 23:22+ 30:23+ 32:12+ 35:05+ 37:30+ 39:47+ 41:55+ 42:24+       |                      |        |       |
| 05:59+ 03:07+ 14:16+ 07:01+ 01:49+ 02:53+ 02:25+ 02:17+ 02:08+ 00:29+       |                      |        |       |
| 01:47& 00:55& 00:07+ 03:23& 00:21# 01:24& 00:33& 00:47& 00:16# 00:08&       |                      |        |       |
| 9                                                                           | Esther Boenheim      | 2539   | 45:48 |
| 06:40+ 09:32+ 24:25+ 33:42+ 35:10+ 39:11+ 41:21+ 43:20+ 45:16+ 45:48+       |                      |        |       |
| 06:40+ 02:52+ 14:53+ 09:17+ 01:28= 04:01+ 02:10+ 01:59+ 01:56+ 00:32+       |                      |        |       |
| 02:28& 00:40& 00:44+ 05:39@ 00:00= 02:32@ 00:18# 00:29& 00:04+ 00:11&       |                      |        |       |
| 10                                                                          | Helena Almedal       | 1376   | 47:11 |
| 06:10+ 09:18+ 27:37+ 32:56+ 34:53+ 38:02+ 41:41+ 43:52+ 46:47+ 47:11+       |                      |        |       |
| 06:10+ 03:08+ 18:19+ 05:19+ 01:57+ 03:09+ 03:39+ 02:11+ 02:55+ 00:24+       |                      |        |       |
| 01:58& 00:56& 04:10& 01:41& 00:29& 01:40@ 01:47& 00:41& 01:03& 00:03#       |                      |        |       |
| 11                                                                          | Margretha Almedal    | 1376   | 47:15 |
| 06:06+ 09:21+ 27:32+ 33:02+ 34:58+ 38:04+ 41:42+ 43:54+ 46:48+ 47:15+       |                      |        |       |
| 06:06+ 03:15+ 18:11+ 05:30+ 01:56+ 03:06+ 03:38+ 02:12+ 02:54+ 00:27+       |                      |        |       |
| 01:54& 01:03& 04:02& 01:52& 00:28& 01:37@ 01:46& 00:42& 01:02& 00:06&       |                      |        |       |

| Plass  | Navn                   |        |        |        |        |        |        |        |        |        | Klasse | Tid   |  |
|--------|------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|--|
| DT     |                        |        |        |        |        |        |        |        |        |        |        |       |  |
| 12     | Elisabet Horpestad     |        |        |        |        |        |        |        |        |        | 896    | 48:22 |  |
| 05:11+ | 08:15+                 | 24:55+ | 36:18+ | 37:55+ | 39:51+ | 43:53+ | 45:57+ | 48:01+ | 48:22+ |        |        |       |  |
| 05:11+ | 03:04+                 | 16:40+ | 11:23+ | 01:37+ | 01:56+ | 04:02+ | 02:04+ | 02:04+ | 00:21= |        |        |       |  |
| 00:59# | 00:52&                 | 02:31# | 07:45@ | 00:09# | 00:27& | 02:10@ | 00:34& | 00:12# | 00:00= |        |        |       |  |
| 13     | Ane Mogstad            |        |        |        |        |        |        |        |        |        | 1376   | 48:33 |  |
| 07:53+ | 17:45+                 | 34:30+ | 38:56+ | 40:31+ | 42:21+ | 44:21+ | 46:07+ | 48:02+ | 48:33+ |        |        |       |  |
| 07:53+ | 09:52+                 | 16:45+ | 04:26+ | 01:35+ | 01:50+ | 02:00+ | 01:46+ | 01:55+ | 00:31+ |        |        |       |  |
| 07:53+ | 09:52+                 | 16:45+ | 04:26+ | 01:35+ | 01:50+ | 02:00+ | 01:46+ | 01:55+ | 00:31+ |        |        |       |  |
| 14     | Anne Turid Vestbakke   |        |        |        |        |        |        |        |        |        | 1683   | 48:50 |  |
| 06:33+ | 09:46+                 | 26:34+ | 33:01+ | 34:53+ | 37:00+ | 42:18+ | 45:38+ | 48:23+ | 48:50+ |        |        |       |  |
| 06:33+ | 03:13+                 | 16:48+ | 06:27+ | 01:52+ | 02:07+ | 05:18+ | 03:20+ | 02:45+ | 00:27+ |        |        |       |  |
| 06:33+ | 03:13+                 | 16:48+ | 06:27+ | 01:52+ | 02:07+ | 05:18+ | 03:20+ | 02:45+ | 00:27+ |        |        |       |  |
| 15     | Anne Lill Njå          |        |        |        |        |        |        |        |        |        | 896    | 48:57 |  |
| 05:53+ | 09:05+                 | 32:40+ | 36:33+ | 38:27+ | 40:46+ | 43:31+ | 45:40+ | 48:20+ | 48:57+ |        |        |       |  |
| 05:53+ | 03:12+                 | 23:35+ | 03:53+ | 01:54+ | 02:19+ | 02:45+ | 02:09+ | 02:40+ | 00:37+ |        |        |       |  |
| 05:53+ | 03:12+                 | 23:35+ | 03:53+ | 01:54+ | 02:19+ | 02:45+ | 02:09+ | 02:40+ | 00:37+ |        |        |       |  |
| 16     | Goedele Taveirne       |        |        |        |        |        |        |        |        |        | 896    | 49:04 |  |
| 06:56+ | 15:11+                 | 31:24+ | 35:38+ | 37:17+ | 40:47+ | 43:39+ | 45:49+ | 48:39+ | 49:04+ |        |        |       |  |
| 06:56+ | 08:15+                 | 16:13+ | 04:14+ | 01:39+ | 03:30+ | 02:52+ | 02:10+ | 02:50+ | 00:25+ |        |        |       |  |
| 06:56+ | 08:15+                 | 16:13+ | 04:14+ | 01:39+ | 03:30+ | 02:52+ | 02:10+ | 02:50+ | 00:25+ |        |        |       |  |
| 17     | Anastasiia Chistiakova |        |        |        |        |        |        |        |        |        | 3578   | 49:17 |  |
| 10:19+ | 14:15+                 | 30:01+ | 35:39+ | 37:33+ | 39:47+ | 42:50+ | 45:38+ | 48:15+ | 49:17+ |        |        |       |  |
| 10:19+ | 03:56+                 | 15:46+ | 05:38+ | 01:54+ | 02:14+ | 03:03+ | 02:48+ | 02:37+ | 01:02+ |        |        |       |  |
| 10:19+ | 03:56+                 | 15:46+ | 05:38+ | 01:54+ | 02:14+ | 03:03+ | 02:48+ | 02:37+ | 01:02+ |        |        |       |  |
| 18     | Björg Elen Abrahamsen  |        |        |        |        |        |        |        |        |        | 3502   | 50:02 |  |
| 07:12+ | 11:04+                 | 27:05+ | 33:06+ | 35:45+ | 38:21+ | 41:19+ | 47:09+ | 49:19+ | 50:02+ |        |        |       |  |
| 07:12+ | 03:52+                 | 16:01+ | 06:01+ | 02:39+ | 02:36+ | 02:58+ | 05:50+ | 02:10+ | 00:43+ |        |        |       |  |
| 07:12+ | 03:52+                 | 16:01+ | 06:01+ | 02:39+ | 02:36+ | 02:58+ | 05:50+ | 02:10+ | 00:43+ |        |        |       |  |
| 19     | Karine Ditlevsen       |        |        |        |        |        |        |        |        |        | 896    | 51:05 |  |
| 06:28+ | 09:35+                 | 32:26+ | 39:04+ | 41:08+ | 43:38+ | 46:20+ | 48:47+ | 50:36+ | 51:05+ |        |        |       |  |
| 06:28+ | 03:07+                 | 22:51+ | 06:38+ | 02:04+ | 02:30+ | 02:42+ | 02:27+ | 01:49+ | 00:29+ |        |        |       |  |
| 06:28+ | 03:07+                 | 22:51+ | 06:38+ | 02:04+ | 02:30+ | 02:42+ | 02:27+ | 01:49+ | 00:29+ |        |        |       |  |
| 20     | Therese Østbø          |        |        |        |        |        |        |        |        |        | 896    | 51:08 |  |
| 06:29+ | 09:34+                 | 32:25+ | 39:02+ | 41:17+ | 43:42+ | 46:22+ | 48:55+ | 50:38+ | 51:08+ |        |        |       |  |
| 06:29+ | 03:05+                 | 22:51+ | 06:37+ | 02:15+ | 02:25+ | 02:40+ | 02:33+ | 01:43+ | 00:30+ |        |        |       |  |
| 06:29+ | 03:05+                 | 22:51+ | 06:37+ | 02:15+ | 02:25+ | 02:40+ | 02:33+ | 01:43+ | 00:30+ |        |        |       |  |
| 21     | Randi Sørhus           |        |        |        |        |        |        |        |        |        | 722    | 51:27 |  |
| 06:31+ | 10:04+                 | 29:44+ | 36:17+ | 38:46+ | 41:08+ | 45:26+ | 48:19+ | 50:54+ | 51:27+ |        |        |       |  |
| 06:31+ | 03:33+                 | 19:40+ | 06:33+ | 02:29+ | 02:22+ | 04:18+ | 02:53+ | 02:35+ | 00:33+ |        |        |       |  |
| 06:31+ | 03:33+                 | 19:40+ | 06:33+ | 02:29+ | 02:22+ | 04:18+ | 02:53+ | 02:35+ | 00:33+ |        |        |       |  |
| 22     | June Stensland         |        |        |        |        |        |        |        |        |        | 3529   | 51:48 |  |
| 05:54+ | 08:57+                 | 29:45+ | 36:43+ | 38:25+ | 44:37+ | 47:24+ | 48:57+ | 51:19+ | 51:48+ |        |        |       |  |
| 05:54+ | 03:03+                 | 20:48+ | 06:58+ | 01:42+ | 06:12+ | 02:47+ | 01:33+ | 02:22+ | 00:29+ |        |        |       |  |
| 05:54+ | 03:03+                 | 20:48+ | 06:58+ | 01:42+ | 06:12+ | 02:47+ | 01:33+ | 02:22+ | 00:29+ |        |        |       |  |
| 23     | Julie Kristine Hovet   |        |        |        |        |        |        |        |        |        | 892    | 52:04 |  |
| 07:51+ | 10:14+                 | 26:24+ | 30:09+ | 42:25+ | 43:56+ | 45:42+ | 47:41+ | 49:37+ | 51:40+ | 52:04+ |        |       |  |
| 07:51+ | 02:23+                 | 16:10+ | 03:45+ | 12:16+ | 01:31+ | 01:46+ | 01:59+ | 01:56+ | 02:03+ | 00:24+ |        |       |  |
| 07:51+ | 02:23+                 | 16:10+ | 03:45+ | 12:16+ | 01:31+ | 01:46+ | 01:59+ | 01:56+ | 02:03+ | 00:24+ |        |       |  |
| 24     | Kristin Barvik         |        |        |        |        |        |        |        |        |        | 892    | 52:25 |  |
| 06:09+ | 09:54+                 | 29:55+ | 36:34+ | 38:52+ | 41:29+ | 45:55+ | 49:07+ | 51:53+ | 52:25+ |        |        |       |  |
| 06:09+ | 03:45+                 | 20:01+ | 06:39+ | 02:18+ | 02:37+ | 04:26+ | 03:12+ | 02:46+ | 00:32+ |        |        |       |  |
| 06:09+ | 03:45+                 | 20:01+ | 06:39+ | 02:18+ | 02:37+ | 04:26+ | 03:12+ | 02:46+ | 00:32+ |        |        |       |  |
| 25     | Bente Klausen          |        |        |        |        |        |        |        |        |        | 769    | 53:52 |  |
| 07:08+ | 20:56+                 | 30:36+ | 36:26+ | 39:28+ | 42:42+ | 48:08+ | 50:46+ | 53:18+ | 53:52+ |        |        |       |  |
| 07:08+ | 13:48+                 | 09:40+ | 05:50+ | 03:02+ | 03:14+ | 05:26+ | 02:38+ | 02:32+ | 00:34+ |        |        |       |  |
| 07:08+ | 13:48+                 | 09:40+ | 05:50+ | 03:02+ | 03:14+ | 05:26+ | 02:38+ | 02:32+ | 00:34+ |        |        |       |  |

| Plass  | Navn                     |        | Klasse |        |        |        |        |        |        | Tid     |
|--------|--------------------------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| DT     |                          |        |        |        |        |        |        |        |        |         |
| 26     | Anna Hole                |        | 3503   |        |        |        |        |        |        | 55:04   |
| 06:23+ | 10:19+                   | 36:06+ | 41:26+ | 43:53+ | 47:10+ | 51:04+ | 52:38+ | 54:38+ | 55:04+ |         |
| 06:23+ | 03:56+                   | 25:47+ | 05:20+ | 02:27+ | 03:17+ | 03:54+ | 01:34+ | 02:00+ | 00:26+ |         |
| 06:23+ | 03:56+                   | 25:47+ | 05:20+ | 02:27+ | 03:17+ | 03:54+ | 01:34+ | 02:00+ | 00:26+ |         |
| 27     | Helene Verdal Hidle      |        | 1830   |        |        |        |        |        |        | 55:23   |
| 06:19+ | 09:19+                   | 40:57+ | 46:11+ | 48:07+ | 50:15+ | 51:47+ | 53:31+ | 54:58+ | 55:23+ |         |
| 06:19+ | 03:00+                   | 31:38+ | 05:14+ | 01:56+ | 02:08+ | 01:32+ | 01:44+ | 01:27+ | 00:25+ |         |
| 06:19+ | 03:00+                   | 31:38+ | 05:14+ | 01:56+ | 02:08+ | 01:32+ | 01:44+ | 01:27+ | 00:25+ |         |
| 28     | Kirsti Strand Salvesen   |        | 3540   |        |        |        |        |        |        | 58:52   |
| 07:53+ | 11:58+                   | 31:07+ | 37:58+ | 41:05+ | 44:35+ | 52:46+ | 55:23+ | 57:57+ | 58:52+ |         |
| 07:53+ | 04:05+                   | 19:09+ | 06:51+ | 03:07+ | 03:30+ | 08:11+ | 02:37+ | 02:34+ | 00:55+ |         |
| 07:53+ | 04:05+                   | 19:09+ | 06:51+ | 03:07+ | 03:30+ | 08:11+ | 02:37+ | 02:34+ | 00:55+ |         |
| 29     | Unni Byberg Mæstad       |        | 892    |        |        |        |        |        |        | 1:03:57 |
| 06:50+ | 10:55+                   | 42:21+ | 47:46+ | 50:04+ | 53:00+ | 57:20+ | 60:22+ | 63:26+ | 63:57+ |         |
| 06:50+ | 04:05+                   | 31:26+ | 05:25+ | 02:18+ | 02:56+ | 04:20+ | 03:02+ | 03:04+ | 00:31+ |         |
| 06:50+ | 04:05+                   | 31:26+ | 05:25+ | 02:18+ | 02:56+ | 04:20+ | 03:02+ | 03:04+ | 00:31+ |         |
| 30     | Liv Janne Fandrem Biland |        | 892    |        |        |        |        |        |        | 1:03:59 |
| 06:39+ | 10:41+                   | 42:32+ | 47:54+ | 50:30+ | 53:03+ | 57:22+ | 60:28+ | 63:29+ | 63:59+ |         |
| 06:39+ | 04:02+                   | 31:51+ | 05:22+ | 02:36+ | 02:33+ | 04:19+ | 03:06+ | 03:01+ | 00:30+ |         |
| 06:39+ | 04:02+                   | 31:51+ | 05:22+ | 02:36+ | 02:33+ | 04:19+ | 03:06+ | 03:01+ | 00:30+ |         |
| 31     | Marianne Berge           |        | 3512   |        |        |        |        |        |        | 1:06:21 |
| 07:24+ | 31:17+                   | 46:57+ | 52:20+ | 54:38+ | 57:01+ | 60:44+ | 63:28+ | 65:47+ | 66:21+ |         |
| 07:24+ | 23:53+                   | 15:40+ | 05:23+ | 02:18+ | 02:23+ | 03:43+ | 02:44+ | 02:19+ | 00:34+ |         |
| 07:24+ | 23:53+                   | 15:40+ | 05:23+ | 02:18+ | 02:23+ | 03:43+ | 02:44+ | 02:19+ | 00:34+ |         |
| 32     | Signe Lise Haaland       |        | 3507   |        |        |        |        |        |        | 1:06:31 |
| 09:36+ | 15:03+                   | 40:19+ | 46:07+ | 49:44+ | 52:46+ | 57:28+ | 61:55+ | 65:30+ | 66:31+ |         |
| 09:36+ | 05:27+                   | 25:16+ | 05:48+ | 03:37+ | 03:02+ | 04:42+ | 04:27+ | 03:35+ | 01:01+ |         |
| 09:36+ | 05:27+                   | 25:16+ | 05:48+ | 03:37+ | 03:02+ | 04:42+ | 04:27+ | 03:35+ | 01:01+ |         |
| 33     | Ruth Grødem              |        | 722    |        |        |        |        |        |        | 1:09:12 |
| 08:38+ | 12:49+                   | 44:59+ | 50:08+ | 52:38+ | 55:38+ | 59:40+ | 62:09+ | 68:28+ | 69:12+ |         |
| 08:38+ | 04:11+                   | 32:10+ | 05:09+ | 02:30+ | 03:00+ | 04:02+ | 02:29+ | 06:19+ | 00:44+ |         |
| 08:38+ | 04:11+                   | 32:10+ | 05:09+ | 02:30+ | 03:00+ | 04:02+ | 02:29+ | 06:19+ | 00:44+ |         |
| 34     | Jannecke A. Moe          |        | 1758   |        |        |        |        |        |        | 1:10:09 |
| 07:38+ | 11:45+                   | 46:12+ | 53:53+ | 55:58+ | 59:18+ | 63:54+ | 66:28+ | 69:36+ | 70:09+ |         |
| 07:38+ | 04:07+                   | 34:27+ | 07:41+ | 02:05+ | 03:20+ | 04:36+ | 02:34+ | 03:08+ | 00:33+ |         |
| 07:38+ | 04:07+                   | 34:27+ | 07:41+ | 02:05+ | 03:20+ | 04:36+ | 02:34+ | 03:08+ | 00:33+ |         |
| 35     | Lisbeth Davidsen         |        | 722    |        |        |        |        |        |        | 1:10:29 |
| 05:57+ | 09:09+                   | 29:50+ | 35:27+ | 40:23+ | 43:11+ | 62:38+ | 66:57+ | 69:58+ | 70:29+ |         |
| 05:57+ | 03:12+                   | 20:41+ | 05:37+ | 04:56+ | 02:48+ | 19:27+ | 04:19+ | 03:01+ | 00:31+ |         |
| 05:57+ | 03:12+                   | 20:41+ | 05:37+ | 04:56+ | 02:48+ | 19:27+ | 04:19+ | 03:01+ | 00:31+ |         |
| 36     | Sigrund Serigstad        |        | 879    |        |        |        |        |        |        | 1:12:18 |
| 05:34+ | 08:27+                   | 26:19+ | 33:04+ | 34:56+ | 46:12+ | 64:57+ | 69:36+ | 71:53+ | 72:18+ |         |
| 05:34+ | 02:53+                   | 17:52+ | 06:45+ | 01:52+ | 11:16+ | 18:45+ | 04:39+ | 02:17+ | 00:25+ |         |
| 05:34+ | 02:53+                   | 17:52+ | 06:45+ | 01:52+ | 11:16+ | 18:45+ | 04:39+ | 02:17+ | 00:25+ |         |
| 37     | Solbjørg Borgersen       |        | 3536   |        |        |        |        |        |        | 1:14:37 |
| 07:31+ | 13:03+                   | 47:31+ | 53:48+ | 57:00+ | 59:37+ | 69:29+ | 72:00+ | 74:00+ | 74:37+ |         |
| 07:31+ | 05:32+                   | 34:28+ | 06:17+ | 03:12+ | 02:37+ | 09:52+ | 02:31+ | 02:00+ | 00:37+ |         |
| 07:31+ | 05:32+                   | 34:28+ | 06:17+ | 03:12+ | 02:37+ | 09:52+ | 02:31+ | 02:00+ | 00:37+ |         |
| 38     | Bergljot Brekken         |        | 3529   |        |        |        |        |        |        | 1:15:40 |
| 07:42+ | 11:26+                   | 43:38+ | 53:50+ | 56:09+ | 62:03+ | 69:31+ | 72:33+ | 75:06+ | 75:40+ |         |
| 07:42+ | 03:44+                   | 32:12+ | 10:12+ | 02:19+ | 05:54+ | 07:28+ | 03:02+ | 02:33+ | 00:34+ |         |
| 07:42+ | 03:44+                   | 32:12+ | 10:12+ | 02:19+ | 05:54+ | 07:28+ | 03:02+ | 02:33+ | 00:34+ |         |
| 39     | Solveig Marie Grønning   |        | 3511   |        |        |        |        |        |        | 1:15:44 |
| 09:12+ | 14:48+                   | 44:56+ | 54:28+ | 57:14+ | 60:45+ | 68:41+ | 72:20+ | 75:07+ | 75:44+ |         |
| 09:12+ | 05:36+                   | 30:08+ | 09:32+ | 02:46+ | 03:31+ | 07:56+ | 03:39+ | 02:47+ | 00:37+ |         |
| 09:12+ | 05:36+                   | 30:08+ | 09:32+ | 02:46+ | 03:31+ | 07:56+ | 03:39+ | 02:47+ | 00:37+ |         |

| Plass | Navn | Klasse | Tid |
|-------|------|--------|-----|
|-------|------|--------|-----|

DT

|        |                                    |                             |         |
|--------|------------------------------------|-----------------------------|---------|
| 40     | Ingunn Johanne Fandrem             | 3511                        | 1:15:46 |
| 09:35+ | 14:48+ 45:00+ 54:26+ 57:11+ 60:44+ | 68:40+ 72:20+ 75:07+ 75:46+ |         |
| 09:35+ | 05:13+ 30:12+ 09:26+ 02:45+ 03:33+ | 07:56+ 03:40+ 02:47+ 00:39+ |         |
| 09:35+ | 05:13+ 30:12+ 09:26+ 02:45+ 03:33+ | 07:56+ 03:40+ 02:47+ 00:39+ |         |
| 41     | Jeanett Mjølhus                    | 896                         | 1:16:30 |
| 05:24+ | 18:11+ 36:19+ 41:12+ 46:16+ 48:56+ | 68:34+ 72:53+ 75:56+ 76:30+ |         |
| 05:24+ | 12:47+ 18:08+ 04:53+ 05:04+ 02:40+ | 19:38+ 04:19+ 03:03+ 00:34+ |         |
| 05:24+ | 12:47+ 18:08+ 04:53+ 05:04+ 02:40+ | 19:38+ 04:19+ 03:03+ 00:34+ |         |
| 42     | Linn Kristin Askø                  | 3507                        | 1:16:53 |
| 05:58+ | 09:16+ 33:07+ 39:44+ 42:24+ 44:32+ | 50:34+ 73:45+ 76:19+ 76:53+ |         |
| 05:58+ | 03:18+ 23:51+ 06:37+ 02:40+ 02:08+ | 06:02+ 23:11+ 02:34+ 00:34+ |         |
| 05:58+ | 03:18+ 23:51+ 06:37+ 02:40+ 02:08+ | 06:02+ 23:11+ 02:34+ 00:34+ |         |
| 43     | Maria Fjelde                       | 892                         | 1:21:43 |
| 10:00+ | 15:06+ 54:47+ 62:24+ 67:04+ 71:20+ | 74:57+ 78:02+ 80:40+ 81:43+ |         |
| 10:00+ | 05:06+ 39:41+ 07:37+ 04:40+ 04:16+ | 03:37+ 03:05+ 02:38+ 01:03+ |         |
| 10:00+ | 05:06+ 39:41+ 07:37+ 04:40+ 04:16+ | 03:37+ 03:05+ 02:38+ 01:03+ |         |
| 44     | Kitty Garborg                      | 1754                        | 1:23:30 |
| 07:28+ | 11:59+ 39:25+ 46:18+ 48:30+ 52:07+ | 71:32+ 80:09+ 82:52+ 83:30+ |         |
| 07:28+ | 04:31+ 27:26+ 06:53+ 02:12+ 03:37+ | 19:25+ 08:37+ 02:43+ 00:38+ |         |
| 07:28+ | 04:31+ 27:26+ 06:53+ 02:12+ 03:37+ | 19:25+ 08:37+ 02:43+ 00:38+ |         |
| 45     | Karin Jensvold                     | 722                         | 1:34:16 |
| 11:59+ | 16:39+ 62:44+ 71:26+ 74:05+ 76:48+ | 81:59+ 86:15+ 93:11+ 94:16+ |         |
| 11:59+ | 04:40+ 46:05+ 08:42+ 02:39+ 02:43+ | 05:11+ 04:16+ 06:56+ 01:05+ |         |
| 11:59+ | 04:40+ 46:05+ 08:42+ 02:39+ 02:43+ | 05:11+ 04:16+ 06:56+ 01:05+ |         |
| 46     | Ingrid Lohne                       | 722                         | 1:34:19 |
| 11:55+ | 16:45+ 63:00+ 71:27+ 74:04+ 77:00+ | 82:01+ 86:23+ 93:15+ 94:19+ |         |
| 11:55+ | 04:50+ 46:15+ 08:27+ 02:37+ 02:56+ | 05:01+ 04:22+ 06:52+ 01:04+ |         |
| 11:55+ | 04:50+ 46:15+ 08:27+ 02:37+ 02:56+ | 05:01+ 04:22+ 06:52+ 01:04+ |         |

Beste strekktid for klassen

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

H16

|        |                                    |                                    |       |
|--------|------------------------------------|------------------------------------|-------|
| 1      | Børge Grødem                       | 3619                               | 37:37 |
| 03:19= | 07:38= 16:25= 17:41= 23:12= 24:21= | 25:42= 30:25= 32:24= 36:56= 37:37= |       |
| 03:19= | 04:19= 08:47= 01:16= 05:31= 01:09= | 01:21= 04:43= 01:59= 04:32= 00:41= |       |
| 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                               | 42:27 |
| 03:15- | 07:34- 17:04+ 18:28+ 22:59- 27:51+ | 29:01+ 33:50+ 36:06+ 41:44+ 42:27+ |       |
| 03:15- | 04:19= 09:30+ 01:24+ 04:31- 04:52+ | 01:10- 04:49+ 02:16+ 05:38+ 00:43+ |       |
| 00:04- | 00:00= 00:43+ 00:08# 01:00- 03:43# | 00:11- 00:06+ 00:17# 01:06# 00:02+ |       |
| 3      | Erling Byberg                      | 793                                | 43:10 |
| 04:26+ | 09:16+ 18:22+ 19:27+ 26:55+ 29:40+ | 30:56+ 35:59+ 37:56+ 42:28+ 43:10+ |       |
| 04:26+ | 04:50+ 09:06+ 01:05- 07:28+ 02:45+ | 01:16- 05:03+ 01:57- 04:32= 00:42+ |       |
| 01:07& | 00:31# 00:19+ 00:11- 01:57& 01:36# | 00:05- 00:20+ 00:02- 00:00= 00:01+ |       |
| 4      | Truls Thorkildsen                  | 2074                               | 43:57 |
| 04:01+ | 09:59+ 19:53+ 21:15+ 27:33+ 29:16+ | 30:12+ 35:41+ 38:04+ 43:04+ 43:57+ |       |
| 04:01+ | 05:58+ 09:54+ 01:22+ 06:18+ 01:43+ | 00:56- 05:29+ 02:23+ 05:00+ 00:53+ |       |
| 00:42# | 01:39& 01:07# 00:06+ 00:47# 00:34& | 00:25- 00:46# 00:24# 00:28# 00:12& |       |
| 5      | Ole Andre Brandsberg               | 3502                               | 45:48 |
| 03:45+ | 09:35+ 19:31+ 21:20+ 26:37+ 28:19+ | 29:40+ 36:17+ 38:25+ 45:07+ 45:48+ |       |
| 03:45+ | 05:50+ 09:56+ 01:49+ 05:17- 01:42+ | 01:21= 06:37+ 02:08+ 06:42+ 00:41= |       |
| 00:26# | 01:31& 01:09# 00:33& 00:14- 00:33& | 00:00= 01:54& 00:09+ 02:10& 00:00= |       |

| Plass  | Navn                     |        |        |        |        |        |        |        |        |        | Klasse | Tid     |
|--------|--------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| H16    |                          |        |        |        |        |        |        |        |        |        |        |         |
| 6      | David Wade               |        |        |        |        |        |        |        |        |        | 1683   | 48:08   |
| 04:18+ | 09:38+                   | 20:48+ | 22:09+ | 26:43+ | 30:16+ | 33:20+ | 39:14+ | 41:29+ | 47:09+ | 48:08+ |        |         |
| 04:18+ | 05:20+                   | 11:10+ | 01:21+ | 04:34- | 03:33+ | 03:04+ | 05:54+ | 02:15+ | 05:40+ | 00:59+ |        |         |
| 00:59& | 01:01#                   | 02:23& | 00:05+ | 00:57- | 02:24& | 01:43& | 01:11& | 00:16# | 01:08# | 00:18& |        |         |
| 7      | Alexander Romanov        |        |        |        |        |        |        |        |        |        | 3562   | 48:13   |
| 03:42+ | 08:44+                   | 19:08+ | 20:51+ | 28:21+ | 29:45+ | 32:48+ | 38:08+ | 40:18+ | 47:14+ | 48:13+ |        |         |
| 03:42+ | 05:02+                   | 10:24+ | 01:43+ | 07:30+ | 01:24+ | 03:03+ | 05:20+ | 02:10+ | 06:56+ | 00:59+ |        |         |
| 03:42+ | 05:02+                   | 10:24+ | 01:43+ | 07:30+ | 01:24+ | 03:03+ | 05:20+ | 02:10+ | 06:56+ | 00:59+ |        |         |
| 8      | Håvard Hageberg          |        |        |        |        |        |        |        |        |        | 3568   | 48:16   |
| 04:33+ | 10:31+                   | 21:33+ | 23:27+ | 28:41+ | 30:01+ | 31:16+ | 38:50+ | 41:44+ | 47:22+ | 48:16+ |        |         |
| 04:33+ | 05:58+                   | 11:02+ | 01:54+ | 05:14+ | 01:20+ | 01:15+ | 07:34+ | 02:54+ | 05:38+ | 00:54+ |        |         |
| 04:33+ | 05:58+                   | 11:02+ | 01:54+ | 05:14+ | 01:20+ | 01:15+ | 07:34+ | 02:54+ | 05:38+ | 00:54+ |        |         |
| 9      | Martin Skogland          |        |        |        |        |        |        |        |        |        | 3508   | 49:08   |
| 03:43+ | 10:25+                   | 24:39+ | 26:32+ | 32:25+ | 33:54+ | 34:57+ | 41:02+ | 43:18+ | 48:27+ | 49:08+ |        |         |
| 03:43+ | 06:42+                   | 14:14+ | 01:53+ | 05:53+ | 01:29+ | 01:03+ | 06:05+ | 02:16+ | 05:09+ | 00:41+ |        |         |
| 03:43+ | 06:42+                   | 14:14+ | 01:53+ | 05:53+ | 01:29+ | 01:03+ | 06:05+ | 02:16+ | 05:09+ | 00:41+ |        |         |
| 10     | Håvard Landråk           |        |        |        |        |        |        |        |        |        | 3676   | 49:18   |
| 03:38+ | 09:52+                   | 25:59+ | 27:42+ | 33:22+ | 35:08+ | 36:16+ | 41:21+ | 43:17+ | 48:33+ | 49:18+ |        |         |
| 03:38+ | 06:14+                   | 16:07+ | 01:43+ | 05:40+ | 01:46+ | 01:08+ | 05:05+ | 01:56+ | 05:16+ | 00:45+ |        |         |
| 03:38+ | 06:14+                   | 16:07+ | 01:43+ | 05:40+ | 01:46+ | 01:08+ | 05:05+ | 01:56+ | 05:16+ | 00:45+ |        |         |
| 11     | Sondre Svenningsen       |        |        |        |        |        |        |        |        |        | 1683   | 53:28   |
| 04:55+ | 10:27+                   | 20:52+ | 22:52+ | 32:04+ | 34:14+ | 36:31+ | 44:16+ | 46:36+ | 52:28+ | 53:28+ |        |         |
| 04:55+ | 05:32+                   | 10:25+ | 02:00+ | 09:12+ | 02:10+ | 02:17+ | 07:45+ | 02:20+ | 05:52+ | 01:00+ |        |         |
| 04:55+ | 05:32+                   | 10:25+ | 02:00+ | 09:12+ | 02:10+ | 02:17+ | 07:45+ | 02:20+ | 05:52+ | 01:00+ |        |         |
| 12     | Magnus Kristoffersen     |        |        |        |        |        |        |        |        |        | 3676   | 53:35   |
| 04:18+ | 11:02+                   | 23:02+ | 24:31+ | 32:27+ | 34:30+ | 35:47+ | 41:55+ | 44:55+ | 52:52+ | 53:35+ |        |         |
| 04:18+ | 06:44+                   | 12:00+ | 01:29+ | 07:56+ | 02:03+ | 01:17+ | 06:08+ | 03:00+ | 07:57+ | 00:43+ |        |         |
| 04:18+ | 06:44+                   | 12:00+ | 01:29+ | 07:56+ | 02:03+ | 01:17+ | 06:08+ | 03:00+ | 07:57+ | 00:43+ |        |         |
| 13     | Thor Hesselsøe           |        |        |        |        |        |        |        |        |        | 1376   | 55:34   |
| 04:40+ | 09:29+                   | 25:59+ | 28:01+ | 38:22+ | 39:48+ | 40:47+ | 45:48+ | 48:02+ | 54:43+ | 55:34+ |        |         |
| 04:40+ | 04:49+                   | 16:30+ | 02:02+ | 10:21+ | 01:26+ | 00:59+ | 05:01+ | 02:14+ | 06:41+ | 00:51+ |        |         |
| 04:40+ | 04:49+                   | 16:30+ | 02:02+ | 10:21+ | 01:26+ | 00:59+ | 05:01+ | 02:14+ | 06:41+ | 00:51+ |        |         |
| 14     | Stian Bentsen Malmanger  |        |        |        |        |        |        |        |        |        | 3676   | 57:05   |
| 08:05+ | 14:12+                   | 25:05+ | 26:55+ | 34:36+ | 36:49+ | 38:12+ | 45:02+ | 48:04+ | 56:17+ | 57:05+ |        |         |
| 08:05+ | 06:07+                   | 10:53+ | 01:50+ | 07:41+ | 02:13+ | 01:23+ | 06:50+ | 03:02+ | 08:13+ | 00:48+ |        |         |
| 08:05+ | 06:07+                   | 10:53+ | 01:50+ | 07:41+ | 02:13+ | 01:23+ | 06:50+ | 03:02+ | 08:13+ | 00:48+ |        |         |
| 15     | Anders Utbø Sakseid      |        |        |        |        |        |        |        |        |        | 3578   | 58:10   |
| 03:53+ | 09:38+                   | 22:34+ | 24:24+ | 34:43+ | 38:59+ | 41:03+ | 47:10+ | 49:10+ | 57:13+ | 58:10+ |        |         |
| 03:53+ | 05:45+                   | 12:56+ | 01:50+ | 10:19+ | 04:16+ | 02:04+ | 06:07+ | 02:00+ | 08:03+ | 00:57+ |        |         |
| 03:53+ | 05:45+                   | 12:56+ | 01:50+ | 10:19+ | 04:16+ | 02:04+ | 06:07+ | 02:00+ | 08:03+ | 00:57+ |        |         |
| 16     | Martin Bjelland Gjerstad |        |        |        |        |        |        |        |        |        | 3676   | 58:37   |
| 04:48+ | 13:47+                   | 27:06+ | 30:38+ | 37:45+ | 39:44+ | 41:04+ | 47:57+ | 49:54+ | 57:59+ | 58:37+ |        |         |
| 04:48+ | 08:59+                   | 13:19+ | 03:32+ | 07:07+ | 01:59+ | 01:20+ | 06:53+ | 01:57+ | 08:05+ | 00:38+ |        |         |
| 04:48+ | 08:59+                   | 13:19+ | 03:32+ | 07:07+ | 01:59+ | 01:20+ | 06:53+ | 01:57+ | 08:05+ | 00:38+ |        |         |
| 17     | Trym Hustoft             |        |        |        |        |        |        |        |        |        | 3497   | 59:51   |
| 04:56+ | 12:07+                   | 26:09+ | 29:13+ | 38:04+ | 39:46+ | 41:04+ | 48:04+ | 51:10+ | 58:43+ | 59:51+ |        |         |
| 04:56+ | 07:11+                   | 14:02+ | 03:04+ | 08:51+ | 01:42+ | 01:18+ | 07:00+ | 03:06+ | 07:33+ | 01:08+ |        |         |
| 04:56+ | 07:11+                   | 14:02+ | 03:04+ | 08:51+ | 01:42+ | 01:18+ | 07:00+ | 03:06+ | 07:33+ | 01:08+ |        |         |
| 18     | Stewart Smith            |        |        |        |        |        |        |        |        |        | 3508   | 1:02:51 |
| 07:37+ | 14:30+                   | 33:05+ | 34:53+ | 41:07+ | 43:43+ | 45:11+ | 52:38+ | 55:45+ | 62:02+ | 62:51+ |        |         |
| 07:37+ | 06:53+                   | 18:35+ | 01:48+ | 06:14+ | 02:36+ | 01:28+ | 07:27+ | 03:07+ | 06:17+ | 00:49+ |        |         |
| 07:37+ | 06:53+                   | 18:35+ | 01:48+ | 06:14+ | 02:36+ | 01:28+ | 07:27+ | 03:07+ | 06:17+ | 00:49+ |        |         |
| 19     | Vidar Haus               |        |        |        |        |        |        |        |        |        | 3528   | 1:03:42 |
| 04:06+ | 11:33+                   | 29:35+ | 31:08+ | 36:47+ | 41:18+ | 42:24+ | 50:31+ | 53:36+ | 62:42+ | 63:42+ |        |         |
| 04:06+ | 07:27+                   | 18:02+ | 01:33+ | 05:39+ | 04:31+ | 01:06+ | 08:07+ | 03:05+ | 09:06+ | 01:00+ |        |         |
| 04:06+ | 07:27+                   | 18:02+ | 01:33+ | 05:39+ | 04:31+ | 01:06+ | 08:07+ | 03:05+ | 09:06+ | 01:00+ |        |         |

| Plass                                                                       | Navn                 |        |        |        |        |        |        |        |        |        | Klasse | Tid     |  |  |  |  |  |  |  |  |  |
|-----------------------------------------------------------------------------|----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--|--|--|--|--|--|--|--|--|
| H16                                                                         |                      |        |        |        |        |        |        |        |        |        |        |         |  |  |  |  |  |  |  |  |  |
|                                                                             |                      |        |        |        |        |        |        |        |        |        |        |         |  |  |  |  |  |  |  |  |  |
| 20                                                                          | Gisle Sølvsberg      |        |        |        |        |        |        |        |        |        | 4301   | 1:03:55 |  |  |  |  |  |  |  |  |  |
| 05:12+                                                                      | 13:37+               | 27:46+ | 30:03+ | 38:50+ | 41:50+ | 43:17+ | 51:55+ | 55:44+ | 62:41+ | 63:55+ |        |         |  |  |  |  |  |  |  |  |  |
| 05:12+                                                                      | 08:25+               | 14:09+ | 02:17+ | 08:47+ | 03:00+ | 01:27+ | 08:38+ | 03:49+ | 06:57+ | 01:14+ |        |         |  |  |  |  |  |  |  |  |  |
| 05:12+                                                                      | 08:25+               | 14:09+ | 02:17+ | 08:47+ | 03:00+ | 01:27+ | 08:38+ | 03:49+ | 06:57+ | 01:14+ |        |         |  |  |  |  |  |  |  |  |  |
| 21                                                                          | Lars Kartevoll       |        |        |        |        |        |        |        |        |        | 3548   | 1:08:06 |  |  |  |  |  |  |  |  |  |
| 04:16+                                                                      | 12:08+               | 27:39+ | 32:08+ | 45:11+ | 47:55+ | 49:25+ | 55:36+ | 59:14+ | 67:04+ | 68:06+ |        |         |  |  |  |  |  |  |  |  |  |
| 04:16+                                                                      | 07:52+               | 15:31+ | 04:29+ | 13:03+ | 02:44+ | 01:30+ | 06:11+ | 03:38+ | 07:50+ | 01:02+ |        |         |  |  |  |  |  |  |  |  |  |
| 04:16+                                                                      | 07:52+               | 15:31+ | 04:29+ | 13:03+ | 02:44+ | 01:30+ | 06:11+ | 03:38+ | 07:50+ | 01:02+ |        |         |  |  |  |  |  |  |  |  |  |
| 22                                                                          | Håvard Aase          |        |        |        |        |        |        |        |        |        | 3558   | 1:13:31 |  |  |  |  |  |  |  |  |  |
| 05:48+                                                                      | 27:51+               | 39:59+ | 41:38+ | 50:45+ | 52:36+ | 55:08+ | 62:00+ | 64:18+ | 72:38+ | 73:31+ |        |         |  |  |  |  |  |  |  |  |  |
| 05:48+                                                                      | 22:03+               | 12:08+ | 01:39+ | 09:07+ | 01:51+ | 02:32+ | 06:52+ | 02:18+ | 08:20+ | 00:53+ |        |         |  |  |  |  |  |  |  |  |  |
| 05:48+                                                                      | 22:03+               | 12:08+ | 01:39+ | 09:07+ | 01:51+ | 02:32+ | 06:52+ | 02:18+ | 08:20+ | 00:53+ |        |         |  |  |  |  |  |  |  |  |  |
| 23                                                                          | Christian Schmidt    |        |        |        |        |        |        |        |        |        | 2342   | 1:28:05 |  |  |  |  |  |  |  |  |  |
| 09:46+                                                                      | 17:35+               | 38:02+ | 41:15+ | 50:44+ | 52:56+ | 55:26+ | 71:36+ | 74:55+ | 86:06+ | 88:05+ |        |         |  |  |  |  |  |  |  |  |  |
| 09:46+                                                                      | 07:49+               | 20:27+ | 03:13+ | 09:29+ | 02:12+ | 02:30+ | 16:10+ | 03:19+ | 11:11+ | 01:59+ |        |         |  |  |  |  |  |  |  |  |  |
| 09:46+                                                                      | 07:49+               | 20:27+ | 03:13+ | 09:29+ | 02:12+ | 02:30+ | 16:10+ | 03:19+ | 11:11+ | 01:59+ |        |         |  |  |  |  |  |  |  |  |  |
| 24                                                                          | Rune Hagen Maudal    |        |        |        |        |        |        |        |        |        | 3524   | 1:34:38 |  |  |  |  |  |  |  |  |  |
| 15:33+                                                                      | 23:32+               | 45:22+ | 53:09+ | 65:22+ | 67:40+ | 68:57+ | 77:26+ | 81:40+ | 93:13+ | 94:38+ |        |         |  |  |  |  |  |  |  |  |  |
| 15:33+                                                                      | 07:59+               | 21:50+ | 07:47+ | 12:13+ | 02:18+ | 01:17+ | 08:29+ | 04:14+ | 11:33+ | 01:25+ |        |         |  |  |  |  |  |  |  |  |  |
| 15:33+                                                                      | 07:59+               | 21:50+ | 07:47+ | 12:13+ | 02:18+ | 01:17+ | 08:29+ | 04:14+ | 11:33+ | 01:25+ |        |         |  |  |  |  |  |  |  |  |  |
| Beste strekktid for klassen                                                 |                      |        |        |        |        |        |        |        |        |        |        |         |  |  |  |  |  |  |  |  |  |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                      |        |        |        |        |        |        |        |        |        |        |         |  |  |  |  |  |  |  |  |  |
|                                                                             |                      |        |        |        |        |        |        |        |        |        |        |         |  |  |  |  |  |  |  |  |  |
| H40                                                                         |                      |        |        |        |        |        |        |        |        |        |        |         |  |  |  |  |  |  |  |  |  |
|                                                                             |                      |        |        |        |        |        |        |        |        |        |        |         |  |  |  |  |  |  |  |  |  |
| 1                                                                           | Anders Klungre       |        |        |        |        |        |        |        |        |        | 3548   | 42:50   |  |  |  |  |  |  |  |  |  |
| 03:16=                                                                      | 08:40=               | 19:41= | 21:02= | 25:59= | 27:46= | 28:49= | 34:07= | 36:36= | 42:06= | 42:50= |        |         |  |  |  |  |  |  |  |  |  |
| 03:16=                                                                      | 05:24=               | 11:01= | 01:21= | 04:57= | 01:47= | 01:03= | 05:18= | 02:29= | 05:30= | 00:44= |        |         |  |  |  |  |  |  |  |  |  |
| 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   | 45:18   |  |  |  |  |  |  |  |  |  |
| 03:40+                                                                      | 08:32=               | 20:43+ | 22:51+ | 27:26+ | 29:10+ | 31:29+ | 37:03+ | 39:29+ | 44:27+ | 45:18+ |        |         |  |  |  |  |  |  |  |  |  |
| 03:40+                                                                      | 04:52=               | 12:11+ | 02:08+ | 04:35= | 01:44= | 02:19+ | 05:34+ | 02:26= | 04:58= | 00:51+ |        |         |  |  |  |  |  |  |  |  |  |
| 00:24#                                                                      | 00:32=               | 01:10# | 00:47& | 00:22= | 00:03= | 01:16# | 00:16+ | 00:03= | 00:32= | 00:07# |        |         |  |  |  |  |  |  |  |  |  |
| 3                                                                           | Gunnar Thorset       |        |        |        |        |        |        |        |        |        | 896    | 46:54   |  |  |  |  |  |  |  |  |  |
| 04:08+                                                                      | 09:52+               | 20:11+ | 21:47+ | 27:03+ | 30:53+ | 32:17+ | 38:10+ | 40:50+ | 46:00+ | 46:54+ |        |         |  |  |  |  |  |  |  |  |  |
| 04:08+                                                                      | 05:44+               | 10:19= | 01:36+ | 05:16+ | 03:50+ | 01:24+ | 05:53+ | 02:40+ | 05:10= | 00:54+ |        |         |  |  |  |  |  |  |  |  |  |
| 00:52&                                                                      | 00:20+               | 00:42= | 00:15# | 00:19+ | 02:03# | 00:21& | 00:35# | 00:11+ | 00:20= | 00:10# |        |         |  |  |  |  |  |  |  |  |  |
| 4                                                                           | Alexander Khorunzhiy |        |        |        |        |        |        |        |        |        | 1456   | 47:08   |  |  |  |  |  |  |  |  |  |
| 04:09+                                                                      | 09:36+               | 20:19+ | 22:27+ | 27:26+ | 29:52+ | 31:15+ | 37:03+ | 39:41+ | 46:14+ | 47:08+ |        |         |  |  |  |  |  |  |  |  |  |
| 04:09+                                                                      | 05:27+               | 10:43= | 02:08+ | 04:59+ | 02:26+ | 01:23+ | 05:48+ | 02:38+ | 06:33+ | 00:54+ |        |         |  |  |  |  |  |  |  |  |  |
| 00:53&                                                                      | 00:03+               | 00:18= | 00:47& | 00:02+ | 00:39& | 00:20& | 00:30+ | 00:09+ | 01:03# | 00:10# |        |         |  |  |  |  |  |  |  |  |  |
| 5                                                                           | Christian Ask        |        |        |        |        |        |        |        |        |        | 3563   | 47:34   |  |  |  |  |  |  |  |  |  |
| 03:49+                                                                      | 09:55+               | 20:26+ | 23:26+ | 28:20+ | 30:25+ | 32:04+ | 38:44+ | 41:33+ | 46:42+ | 47:34+ |        |         |  |  |  |  |  |  |  |  |  |
| 03:49+                                                                      | 06:06+               | 10:31= | 03:00+ | 04:54= | 02:05+ | 01:39+ | 06:40+ | 02:49+ | 05:09= | 00:52+ |        |         |  |  |  |  |  |  |  |  |  |
| 00:33#                                                                      | 00:42#               | 00:30= | 01:39# | 00:03= | 00:18# | 00:36& | 01:22& | 00:20# | 00:21= | 00:08# |        |         |  |  |  |  |  |  |  |  |  |
| 6                                                                           | Jan-Kenneth Polle    |        |        |        |        |        |        |        |        |        | 3525   | 49:08   |  |  |  |  |  |  |  |  |  |
| 04:09+                                                                      | 09:46+               | 20:13+ | 22:02+ | 29:10+ | 30:40+ | 32:07+ | 38:11+ | 41:00+ | 48:11+ | 49:08+ |        |         |  |  |  |  |  |  |  |  |  |
| 04:09+                                                                      | 05:37+               | 10:27= | 01:49+ | 07:08+ | 01:30= | 01:27+ | 06:04+ | 02:49+ | 07:11+ | 00:57+ |        |         |  |  |  |  |  |  |  |  |  |
| 00:53&                                                                      | 00:13+               | 00:34= | 00:28& | 02:11& | 00:17= | 00:24& | 00:46# | 00:20# | 01:41& | 00:13& |        |         |  |  |  |  |  |  |  |  |  |
| 7                                                                           | Per Jan Ersland      |        |        |        |        |        |        |        |        |        | 3510   | 49:14   |  |  |  |  |  |  |  |  |  |
| 04:12+                                                                      | 10:00+               | 21:51+ | 24:13+ | 30:33+ | 32:22+ | 33:36+ | 38:46+ | 41:21+ | 48:22+ | 49:14+ |        |         |  |  |  |  |  |  |  |  |  |
| 04:12+                                                                      | 05:48+               | 11:51+ | 02:22+ | 06:20+ | 01:49+ | 01:14+ | 05:10= | 02:35+ | 07:01+ | 00:52+ |        |         |  |  |  |  |  |  |  |  |  |
| 00:56&                                                                      | 00:24+               | 00:50+ | 01:01& | 01:23& | 00:02+ | 00:11# | 00:08= | 00:06+ | 01:31& | 00:08# |        |         |  |  |  |  |  |  |  |  |  |

| Plass  | Navn                   |        |        |        |        |        |        |        |        |        | Klasse | Tid     |
|--------|------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| H40    |                        |        |        |        |        |        |        |        |        |        |        |         |
| 8      | Ole-Tobias Frich       |        |        |        |        |        |        |        |        |        | 1683   | 49:38   |
| 04:35+ | 09:58+                 | 20:58+ | 23:01+ | 31:00+ | 32:38+ | 33:55+ | 39:49+ | 42:09+ | 48:44+ | 49:38+ |        |         |
| 04:35+ | 05:23-                 | 11:00- | 02:03+ | 07:59+ | 01:38- | 01:17+ | 05:54+ | 02:20- | 06:35+ | 00:54+ |        |         |
| 01:19& | 00:01-                 | 00:01- | 00:42& | 03:02& | 00:09- | 00:14# | 00:36# | 00:09- | 01:05# | 00:10# |        |         |
| 9      | Bjørn Kristian Røyland |        |        |        |        |        |        |        |        |        | 3503   | 51:35   |
| 04:11+ | 10:14+                 | 21:37+ | 23:13+ | 31:04+ | 32:50+ | 34:35+ | 40:48+ | 44:04+ | 50:39+ | 51:35+ |        |         |
| 04:11+ | 06:03+                 | 11:23+ | 01:36+ | 07:51+ | 01:46+ | 01:45+ | 06:13+ | 03:16+ | 06:35+ | 00:56+ |        |         |
| 04:11+ | 06:03+                 | 11:23+ | 01:36+ | 07:51+ | 01:46+ | 01:45+ | 06:13+ | 03:16+ | 06:35+ | 00:56+ |        |         |
| 10     | Frode Stangeland       |        |        |        |        |        |        |        |        |        | 3516   | 52:28   |
| 04:16+ | 11:04+                 | 22:36+ | 24:40+ | 30:23+ | 34:21+ | 35:38+ | 41:40+ | 44:42+ | 51:29+ | 52:28+ |        |         |
| 04:16+ | 06:48+                 | 11:32+ | 02:04+ | 05:43+ | 03:58+ | 01:17+ | 06:02+ | 03:02+ | 06:47+ | 00:59+ |        |         |
| 04:16+ | 06:48+                 | 11:32+ | 02:04+ | 05:43+ | 03:58+ | 01:17+ | 06:02+ | 03:02+ | 06:47+ | 00:59+ |        |         |
| 11     | Frode Ungar            |        |        |        |        |        |        |        |        |        | 1683   | 53:26   |
| 04:18+ | 10:16+                 | 24:50+ | 26:43+ | 32:23+ | 34:06+ | 35:53+ | 42:51+ | 45:18+ | 52:18+ | 53:26+ |        |         |
| 04:18+ | 05:58+                 | 14:34+ | 01:53+ | 05:40+ | 01:43+ | 01:47+ | 06:58+ | 02:27+ | 07:00+ | 01:08+ |        |         |
| 04:18+ | 05:58+                 | 14:34+ | 01:53+ | 05:40+ | 01:43+ | 01:47+ | 06:58+ | 02:27+ | 07:00+ | 01:08+ |        |         |
| 12     | Glenn Madland          |        |        |        |        |        |        |        |        |        | 879    | 54:59   |
| 04:05+ | 10:41+                 | 22:01+ | 23:54+ | 35:29+ | 36:39+ | 38:15+ | 43:49+ | 46:37+ | 54:06+ | 54:59+ |        |         |
| 04:05+ | 06:36+                 | 11:20+ | 01:53+ | 11:35+ | 01:10+ | 01:36+ | 05:34+ | 02:48+ | 07:29+ | 00:53+ |        |         |
| 04:05+ | 06:36+                 | 11:20+ | 01:53+ | 11:35+ | 01:10+ | 01:36+ | 05:34+ | 02:48+ | 07:29+ | 00:53+ |        |         |
| 13     | Torbjørn Haus          |        |        |        |        |        |        |        |        |        | 3528   | 55:04   |
| 03:43+ | 09:43+                 | 22:29+ | 25:41+ | 33:07+ | 38:12+ | 39:20+ | 44:45+ | 47:11+ | 54:13+ | 55:04+ |        |         |
| 03:43+ | 06:00+                 | 12:46+ | 03:12+ | 07:26+ | 05:05+ | 01:08+ | 05:25+ | 02:26+ | 07:02+ | 00:51+ |        |         |
| 03:43+ | 06:00+                 | 12:46+ | 03:12+ | 07:26+ | 05:05+ | 01:08+ | 05:25+ | 02:26+ | 07:02+ | 00:51+ |        |         |
| 14     | Rune Hatle             |        |        |        |        |        |        |        |        |        | 903    | 56:01   |
| 04:14+ | 10:09+                 | 26:33+ | 28:28+ | 34:18+ | 36:02+ | 37:28+ | 44:24+ | 47:23+ | 54:57+ | 56:01+ |        |         |
| 04:14+ | 05:55+                 | 16:24+ | 01:55+ | 05:50+ | 01:44+ | 01:26+ | 06:56+ | 02:59+ | 07:34+ | 01:04+ |        |         |
| 04:14+ | 05:55+                 | 16:24+ | 01:55+ | 05:50+ | 01:44+ | 01:26+ | 06:56+ | 02:59+ | 07:34+ | 01:04+ |        |         |
| 15     | Lars Terje Vaaland     |        |        |        |        |        |        |        |        |        | 1683   | 57:07   |
| 04:27+ | 10:12+                 | 24:01+ | 26:09+ | 32:53+ | 35:42+ | 37:01+ | 43:41+ | 47:00+ | 56:15+ | 57:07+ |        |         |
| 04:27+ | 05:45+                 | 13:49+ | 02:08+ | 06:44+ | 02:49+ | 01:19+ | 06:40+ | 03:19+ | 09:15+ | 00:52+ |        |         |
| 04:27+ | 05:45+                 | 13:49+ | 02:08+ | 06:44+ | 02:49+ | 01:19+ | 06:40+ | 03:19+ | 09:15+ | 00:52+ |        |         |
| 16     | Stian Gunstensen       |        |        |        |        |        |        |        |        |        | 892    | 59:32   |
| 04:34+ | 09:52+                 | 24:16+ | 26:32+ | 35:38+ | 37:09+ | 38:20+ | 47:14+ | 50:20+ | 58:44+ | 59:32+ |        |         |
| 04:34+ | 05:18+                 | 14:24+ | 02:16+ | 09:06+ | 01:31+ | 01:11+ | 08:54+ | 03:06+ | 08:24+ | 00:48+ |        |         |
| 04:34+ | 05:18+                 | 14:24+ | 02:16+ | 09:06+ | 01:31+ | 01:11+ | 08:54+ | 03:06+ | 08:24+ | 00:48+ |        |         |
| 17     | Håkon André Waage      |        |        |        |        |        |        |        |        |        | 1683   | 1:00:05 |
| 03:53+ | 10:20+                 | 23:19+ | 25:01+ | 41:12+ | 44:59+ | 46:04+ | 51:44+ | 53:51+ | 59:23+ | 60:05+ |        |         |
| 03:53+ | 06:27+                 | 12:59+ | 01:42+ | 16:11+ | 03:47+ | 01:05+ | 05:40+ | 02:07+ | 05:32+ | 00:42+ |        |         |
| 03:53+ | 06:27+                 | 12:59+ | 01:42+ | 16:11+ | 03:47+ | 01:05+ | 05:40+ | 02:07+ | 05:32+ | 00:42+ |        |         |
| 18     | Lars Lone Rasmussen    |        |        |        |        |        |        |        |        |        | 4248   | 1:03:55 |
| 04:52+ | 11:48+                 | 29:29+ | 31:33+ | 38:43+ | 41:36+ | 43:58+ | 51:57+ | 55:28+ | 62:46+ | 63:55+ |        |         |
| 04:52+ | 06:56+                 | 17:41+ | 02:04+ | 07:10+ | 02:53+ | 02:22+ | 07:59+ | 03:31+ | 07:18+ | 01:09+ |        |         |
| 04:52+ | 06:56+                 | 17:41+ | 02:04+ | 07:10+ | 02:53+ | 02:22+ | 07:59+ | 03:31+ | 07:18+ | 01:09+ |        |         |
| 19     | Kay Roar Harila        |        |        |        |        |        |        |        |        |        | 643    | 1:17:51 |
| 05:00+ | 11:52+                 | 35:59+ | 38:19+ | 51:07+ | 54:44+ | 56:27+ | 63:37+ | 66:22+ | 76:33+ | 77:51+ |        |         |
| 05:00+ | 06:52+                 | 24:07+ | 02:20+ | 12:48+ | 03:37+ | 01:43+ | 07:10+ | 02:45+ | 10:11+ | 01:18+ |        |         |
| 05:00+ | 06:52+                 | 24:07+ | 02:20+ | 12:48+ | 03:37+ | 01:43+ | 07:10+ | 02:45+ | 10:11+ | 01:18+ |        |         |
| 20     | Bjarte Harbo           |        |        |        |        |        |        |        |        |        | 1830   | 1:20:11 |
| 07:56+ | 24:35+                 | 38:15+ | 40:14+ | 55:14+ | 57:25+ | 59:06+ | 66:01+ | 69:02+ | 79:03+ | 80:11+ |        |         |
| 07:56+ | 16:39+                 | 13:40+ | 01:59+ | 15:00+ | 02:11+ | 01:41+ | 06:55+ | 03:01+ | 10:01+ | 01:08+ |        |         |
| 07:56+ | 16:39+                 | 13:40+ | 01:59+ | 15:00+ | 02:11+ | 01:41+ | 06:55+ | 03:01+ | 10:01+ | 01:08+ |        |         |

Beste strekktid for klassen

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

| Plass                                                                               | Navn                | Klasse | Tid   |
|-------------------------------------------------------------------------------------|---------------------|--------|-------|
| H50                                                                                 |                     |        |       |
| 1                                                                                   | Trond Lamark        | 878    | 38:56 |
| 03:24= 05:30= 10:20= 17:16= 20:17= 25:25= 28:22= 33:18= 35:11= 36:18= 38:03= 38:56= |                     |        |       |
| 03:24= 02:06= 04:50= 06:56= 03:01= 05:08= 02:57= 04:56= 01:53= 01:07= 01:45= 00:53= |                     |        |       |
| 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= |                     |        |       |
| 2                                                                                   | Lars Primstad       | 769    | 39:16 |
| 03:30+ 05:39+ 09:45= 16:49= 19:55= 25:23= 27:37= 32:14= 34:14= 37:13+ 38:32+ 39:16+ |                     |        |       |
| 03:30+ 02:09+ 04:06= 07:04+ 03:06+ 05:28+ 02:14= 04:37= 02:00+ 02:59+ 01:19= 00:44= |                     |        |       |
| 00:06+ 00:03+ 00:44= 00:08+ 00:05+ 00:20+ 00:43= 00:19= 00:07+ 01:520 00:26= 00:09= |                     |        |       |
| 3                                                                                   | Bjørn Ove Olsen Moi | 989    | 40:39 |
| 03:12= 05:14= 09:36= 19:57+ 22:42+ 28:24+ 30:49+ 35:37+ 37:21+ 38:24+ 39:51+ 40:39+ |                     |        |       |
| 03:12= 02:02= 04:22= 10:21+ 02:45= 05:42+ 02:25= 04:48= 01:44= 01:03= 01:27= 00:48= |                     |        |       |
| 00:12= 00:04= 00:28= 03:25& 00:16= 00:34# 00:32= 00:08= 00:09= 00:04= 00:18= 00:05= |                     |        |       |
| 4                                                                                   | Erling Knutzen      | 879    | 43:00 |
| 03:37+ 05:53+ 10:35+ 19:02+ 22:02+ 27:47+ 30:47+ 36:21+ 38:42+ 39:57+ 42:06+ 43:00+ |                     |        |       |
| 03:37+ 02:16+ 04:42= 08:27+ 03:00= 05:45+ 03:00+ 05:34+ 02:21+ 01:15+ 02:09+ 00:54+ |                     |        |       |
| 00:13+ 00:10+ 00:08= 01:31# 00:01= 00:37# 00:03+ 00:38# 00:28# 00:08# 00:24# 00:01+ |                     |        |       |
| 5                                                                                   | Jone Kalheim        | 879    | 43:08 |
| 02:54= 07:13+ 11:05+ 19:05+ 22:06+ 27:21+ 30:08+ 35:42+ 38:04+ 39:34+ 42:25+ 43:08+ |                     |        |       |
| 02:54= 04:19+ 03:52= 08:00+ 03:01= 05:15+ 02:47= 05:34+ 02:22+ 01:30+ 02:51+ 00:43= |                     |        |       |
| 00:30= 02:130 00:58= 01:04# 00:00= 00:07+ 00:10= 00:38# 00:29& 00:23& 01:06& 00:10= |                     |        |       |
| 6                                                                                   | John Breiland       | 3694   | 43:24 |
| 03:08= 05:09= 09:33= 17:02= 19:33= 30:44+ 33:04+ 37:49+ 39:48+ 41:15+ 42:33+ 43:24+ |                     |        |       |
| 03:08= 02:01= 04:24= 07:29+ 02:31= 11:11+ 02:20= 04:45= 01:59+ 01:27+ 01:18= 00:51= |                     |        |       |
| 00:16= 00:05= 00:26= 00:33+ 00:30= 06:030 00:37= 00:11= 00:06+ 00:20& 00:27= 00:02= |                     |        |       |
| 7                                                                                   | Arngrim Utskarpen   | 896    | 44:10 |
| 03:51+ 06:06+ 11:41+ 19:50+ 22:59+ 28:57+ 31:55+ 37:44+ 40:04+ 41:13+ 43:14+ 44:10+ |                     |        |       |
| 03:51+ 02:15+ 05:35+ 08:09+ 03:09+ 05:58+ 02:58+ 05:49+ 02:20+ 01:09+ 02:01+ 00:56+ |                     |        |       |
| 00:27# 00:09+ 00:45# 01:13# 00:08+ 00:50# 00:01+ 00:53# 00:27# 00:02+ 00:16# 00:03+ |                     |        |       |
| 8                                                                                   | Øystein Fuglestad   | 878    | 44:53 |
| 03:25+ 05:38+ 10:44+ 17:49+ 21:10+ 27:00+ 30:14+ 38:28+ 40:52+ 42:03+ 43:57+ 44:53+ |                     |        |       |
| 03:25+ 02:13+ 05:06+ 07:05+ 03:21+ 05:50+ 03:14+ 08:14+ 02:24+ 01:11+ 01:54+ 00:56+ |                     |        |       |
| 00:01+ 00:07+ 00:16+ 00:09+ 00:20# 00:42# 00:17+ 03:18& 00:31& 00:04+ 00:09+ 00:03+ |                     |        |       |
| 9                                                                                   | Kjetil Solbakken    | 3507   | 44:57 |
| 03:17= 05:20= 10:37+ 20:12+ 23:31+ 29:38+ 32:12+ 37:55+ 40:29+ 41:27+ 43:58+ 44:57+ |                     |        |       |
| 03:17= 02:03= 05:17+ 09:35+ 03:19+ 06:07+ 02:34= 05:43+ 02:34+ 00:58= 02:31+ 00:59+ |                     |        |       |
| 00:07= 00:03= 00:27+ 02:39& 00:18+ 00:59# 00:23= 00:47# 00:41& 00:09= 00:46& 00:06# |                     |        |       |
| 10                                                                                  | Øyvind Madland      | 3522   | 46:44 |
| 04:27+ 07:29+ 12:48+ 24:45+ 27:37+ 33:15+ 35:42+ 40:41+ 43:07+ 44:07+ 45:46+ 46:44+ |                     |        |       |
| 04:27+ 03:02+ 05:19+ 11:57+ 02:52= 05:38+ 02:27= 04:59+ 02:26+ 01:00= 01:39= 00:58+ |                     |        |       |
| 01:03& 00:56& 00:29+ 05:01& 00:09= 00:30+ 00:30= 00:03+ 00:33& 00:07= 00:06= 00:05+ |                     |        |       |
| 11                                                                                  | Geir Inge Høivik    | 3522   | 47:48 |
| 03:46+ 05:49+ 13:37+ 25:51+ 28:34+ 33:55+ 36:40+ 42:00+ 44:04+ 45:03+ 46:56+ 47:48+ |                     |        |       |
| 03:46+ 02:03= 07:48+ 12:14+ 02:43= 05:21+ 02:45= 05:20+ 02:04+ 00:59= 01:53+ 00:52= |                     |        |       |
| 00:22# 00:03= 02:58& 05:18& 00:18= 00:13+ 00:12= 00:24+ 00:11+ 00:08= 00:08+ 00:01= |                     |        |       |
| 12                                                                                  | Thomas Chruickshank | 3545   | 48:25 |
| 03:59+ 06:39+ 13:24+ 21:27+ 26:47+ 33:11+ 35:44+ 42:04+ 45:02+ 46:02+ 47:44+ 48:25+ |                     |        |       |
| 03:59+ 02:40+ 06:45+ 08:03+ 05:20+ 06:24+ 02:33= 06:20+ 02:58+ 01:00= 01:42= 00:41= |                     |        |       |
| 00:35# 00:34& 01:55& 01:07# 02:19& 01:16# 00:24= 01:24& 01:05& 00:07= 00:03= 00:12= |                     |        |       |
| 13                                                                                  | Jerome Renoult      | 3524   | 50:00 |
| 03:52+ 06:13+ 11:23+ 21:38+ 26:34+ 34:22+ 37:10+ 43:30+ 45:50+ 47:03+ 48:59+ 50:00+ |                     |        |       |
| 03:52+ 02:21+ 05:10+ 10:15+ 04:56+ 07:48+ 02:48= 06:20+ 02:20+ 01:13+ 01:56+ 01:01+ |                     |        |       |
| 00:28# 00:15# 00:20+ 03:19& 01:55& 02:40& 00:09= 01:24& 00:27# 00:06+ 00:11# 00:08# |                     |        |       |
| 14                                                                                  | Svein Roar Aas      | 3565   | 51:20 |
| 03:36+ 07:59+ 12:58+ 21:49+ 26:07+ 33:18+ 35:57+ 41:23+ 45:22+ 47:54+ 50:26+ 51:20+ |                     |        |       |
| 03:36+ 04:23+ 04:59+ 08:51+ 04:18+ 07:11+ 02:39= 05:26+ 03:59+ 02:32+ 02:32+ 00:54+ |                     |        |       |
| 00:12+ 02:170 00:09+ 01:55& 01:17& 02:03& 00:18= 00:30# 02:060 01:250 00:47& 00:01+ |                     |        |       |

| Plass  | Navn                 |        |        |        |        |        |        |        |        |        |        |  | Klasse | Tid     |
|--------|----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|--------|---------|
| H50    |                      |        |        |        |        |        |        |        |        |        |        |  |        |         |
| 15     | Asbjørn Brådland     |        |        |        |        |        |        |        |        |        |        |  | 879    | 51:34   |
| 03:30+ | 06:26+               | 11:26+ | 23:19+ | 28:25+ | 34:18+ | 37:06+ | 43:58+ | 46:49+ | 48:22+ | 50:38+ | 51:34+ |  |        |         |
| 03:30+ | 02:56+               | 05:00+ | 11:53+ | 05:06+ | 05:53+ | 02:48- | 06:52+ | 02:51+ | 01:33+ | 02:16+ | 00:56+ |  |        |         |
| 00:06+ | 00:50&               | 00:10+ | 04:57& | 02:05& | 00:45# | 00:09- | 01:56& | 00:58& | 00:26& | 00:31& | 00:03+ |  |        |         |
| 16     | Tore Halset          |        |        |        |        |        |        |        |        |        |        |  | 3486   | 51:44   |
| 03:22+ | 08:00+               | 13:51+ | 23:27+ | 27:30+ | 34:12+ | 37:04+ | 43:48+ | 46:45+ | 48:07+ | 50:33+ | 51:44+ |  |        |         |
| 03:22+ | 04:38+               | 05:51+ | 09:36+ | 04:03+ | 06:42+ | 02:52+ | 06:44+ | 02:57+ | 01:22+ | 02:26+ | 01:11+ |  |        |         |
| 03:22+ | 04:38+               | 05:51+ | 09:36+ | 04:03+ | 06:42+ | 02:52+ | 06:44+ | 02:57+ | 01:22+ | 02:26+ | 01:11+ |  |        |         |
| 17     | Trondr Breiland      |        |        |        |        |        |        |        |        |        |        |  | 4248   | 52:14   |
| 03:21+ | 05:14+               | 09:38+ | 17:27+ | 20:31+ | 28:21+ | 30:39+ | 42:09+ | 45:18+ | 47:22+ | 51:15+ | 52:14+ |  |        |         |
| 03:21+ | 01:53+               | 04:24+ | 07:49+ | 03:04+ | 07:50+ | 02:18+ | 11:30+ | 03:09+ | 02:04+ | 03:53+ | 00:59+ |  |        |         |
| 03:21+ | 01:53+               | 04:24+ | 07:49+ | 03:04+ | 07:50+ | 02:18+ | 11:30+ | 03:09+ | 02:04+ | 03:53+ | 00:59+ |  |        |         |
| 18     | Anders Glenne        |        |        |        |        |        |        |        |        |        |        |  | 793    | 52:18   |
| 04:06+ | 07:12+               | 11:30+ | 21:37+ | 24:56+ | 30:37+ | 33:04+ | 40:03+ | 48:23+ | 49:31+ | 51:25+ | 52:18+ |  |        |         |
| 04:06+ | 03:06+               | 04:18+ | 10:07+ | 03:19+ | 05:41+ | 02:27+ | 06:59+ | 08:20+ | 01:08+ | 01:54+ | 00:53+ |  |        |         |
| 04:06+ | 03:06+               | 04:18+ | 10:07+ | 03:19+ | 05:41+ | 02:27+ | 06:59+ | 08:20+ | 01:08+ | 01:54+ | 00:53+ |  |        |         |
| 19     | Arne Hetlelid        |        |        |        |        |        |        |        |        |        |        |  | 3508   | 55:42   |
| 04:00+ | 06:23+               | 12:41+ | 24:42+ | 28:16+ | 34:43+ | 37:46+ | 46:44+ | 49:44+ | 52:05+ | 54:34+ | 55:42+ |  |        |         |
| 04:00+ | 02:23+               | 06:18+ | 12:01+ | 03:34+ | 06:27+ | 03:03+ | 08:58+ | 03:00+ | 02:21+ | 02:29+ | 01:08+ |  |        |         |
| 04:00+ | 02:23+               | 06:18+ | 12:01+ | 03:34+ | 06:27+ | 03:03+ | 08:58+ | 03:00+ | 02:21+ | 02:29+ | 01:08+ |  |        |         |
| 20     | Erik Bjørnbom        |        |        |        |        |        |        |        |        |        |        |  | 3558   | 57:05   |
| 03:50+ | 06:33+               | 12:33+ | 22:19+ | 27:15+ | 35:50+ | 39:11+ | 46:10+ | 51:40+ | 53:21+ | 55:54+ | 57:05+ |  |        |         |
| 03:50+ | 02:43+               | 06:00+ | 09:46+ | 04:56+ | 08:35+ | 03:21+ | 06:59+ | 05:30+ | 01:41+ | 02:33+ | 01:11+ |  |        |         |
| 03:50+ | 02:43+               | 06:00+ | 09:46+ | 04:56+ | 08:35+ | 03:21+ | 06:59+ | 05:30+ | 01:41+ | 02:33+ | 01:11+ |  |        |         |
| 21     | Steinar Hansen       |        |        |        |        |        |        |        |        |        |        |  | 882    | 58:29   |
| 04:43+ | 11:03+               | 15:47+ | 27:44+ | 30:53+ | 38:05+ | 40:36+ | 46:26+ | 53:05+ | 54:24+ | 57:33+ | 58:29+ |  |        |         |
| 04:43+ | 06:20+               | 04:44+ | 11:57+ | 03:09+ | 07:12+ | 02:31+ | 05:50+ | 06:39+ | 01:19+ | 03:09+ | 00:56+ |  |        |         |
| 04:43+ | 06:20+               | 04:44+ | 11:57+ | 03:09+ | 07:12+ | 02:31+ | 05:50+ | 06:39+ | 01:19+ | 03:09+ | 00:56+ |  |        |         |
| 22     | Sigurd Ravndal       |        |        |        |        |        |        |        |        |        |        |  | 769    | 59:11   |
| 04:26+ | 08:40+               | 13:01+ | 20:40+ | 30:53+ | 36:54+ | 44:36+ | 49:26+ | 53:35+ | 55:03+ | 57:56+ | 59:11+ |  |        |         |
| 04:26+ | 04:14+               | 04:21+ | 07:39+ | 10:13+ | 06:01+ | 07:42+ | 04:50+ | 04:09+ | 01:28+ | 02:53+ | 01:15+ |  |        |         |
| 04:26+ | 04:14+               | 04:21+ | 07:39+ | 10:13+ | 06:01+ | 07:42+ | 04:50+ | 04:09+ | 01:28+ | 02:53+ | 01:15+ |  |        |         |
| 23     | Trygve Michaelsen    |        |        |        |        |        |        |        |        |        |        |  | 896    | 59:45   |
| 03:34+ | 10:13+               | 15:26+ | 26:39+ | 33:54+ | 43:13+ | 45:40+ | 51:37+ | 54:59+ | 56:16+ | 58:48+ | 59:45+ |  |        |         |
| 03:34+ | 06:39+               | 05:13+ | 11:13+ | 07:15+ | 09:19+ | 02:27+ | 05:57+ | 03:22+ | 01:17+ | 02:32+ | 00:57+ |  |        |         |
| 03:34+ | 06:39+               | 05:13+ | 11:13+ | 07:15+ | 09:19+ | 02:27+ | 05:57+ | 03:22+ | 01:17+ | 02:32+ | 00:57+ |  |        |         |
| 24     | Christof Schätz      |        |        |        |        |        |        |        |        |        |        |  | 3598   | 1:01:04 |
| 06:00+ | 08:45+               | 14:46+ | 27:30+ | 32:32+ | 40:44+ | 43:29+ | 50:58+ | 55:53+ | 57:39+ | 59:57+ | 61:04+ |  |        |         |
| 06:00+ | 02:45+               | 06:01+ | 12:44+ | 05:02+ | 08:12+ | 02:45+ | 07:29+ | 04:55+ | 01:46+ | 02:18+ | 01:07+ |  |        |         |
| 06:00+ | 02:45+               | 06:01+ | 12:44+ | 05:02+ | 08:12+ | 02:45+ | 07:29+ | 04:55+ | 01:46+ | 02:18+ | 01:07+ |  |        |         |
| 25     | Lars Solvang         |        |        |        |        |        |        |        |        |        |        |  | 1683   | 1:01:07 |
| 04:23+ | 06:57+               | 13:26+ | 22:56+ | 32:57+ | 40:40+ | 43:54+ | 51:47+ | 54:38+ | 56:24+ | 59:58+ | 61:07+ |  |        |         |
| 04:23+ | 02:34+               | 06:29+ | 09:30+ | 10:01+ | 07:43+ | 03:14+ | 07:53+ | 02:51+ | 01:46+ | 03:34+ | 01:09+ |  |        |         |
| 04:23+ | 02:34+               | 06:29+ | 09:30+ | 10:01+ | 07:43+ | 03:14+ | 07:53+ | 02:51+ | 01:46+ | 03:34+ | 01:09+ |  |        |         |
| 26     | Stein Arve Finnestad |        |        |        |        |        |        |        |        |        |        |  | 1456   | 1:07:38 |
| 04:30+ | 07:48+               | 14:44+ | 26:08+ | 32:18+ | 40:15+ | 43:35+ | 50:53+ | 56:04+ | 64:14+ | 66:16+ | 67:38+ |  |        |         |
| 04:30+ | 03:18+               | 06:56+ | 11:24+ | 06:10+ | 07:57+ | 03:20+ | 07:18+ | 05:11+ | 08:10+ | 02:02+ | 01:22+ |  |        |         |
| 04:30+ | 03:18+               | 06:56+ | 11:24+ | 06:10+ | 07:57+ | 03:20+ | 07:18+ | 05:11+ | 08:10+ | 02:02+ | 01:22+ |  |        |         |
| 27     | Øystein Endresen     |        |        |        |        |        |        |        |        |        |        |  | 3504   | 1:12:59 |
| 06:45+ | 12:03+               | 17:43+ | 33:32+ | 41:10+ | 50:08+ | 53:23+ | 61:44+ | 65:25+ | 68:11+ | 71:46+ | 72:59+ |  |        |         |
| 06:45+ | 05:18+               | 05:40+ | 15:49+ | 07:38+ | 08:58+ | 03:15+ | 08:21+ | 03:41+ | 02:46+ | 03:35+ | 01:13+ |  |        |         |
| 06:45+ | 05:18+               | 05:40+ | 15:49+ | 07:38+ | 08:58+ | 03:15+ | 08:21+ | 03:41+ | 02:46+ | 03:35+ | 01:13+ |  |        |         |
| 28     | André Sirevåg        |        |        |        |        |        |        |        |        |        |        |  | 1683   | 1:13:45 |
| 03:53+ | 07:13+               | 12:38+ | 24:22+ | 43:04+ | 53:40+ | 56:26+ | 62:36+ | 66:49+ | 69:49+ | 72:50+ | 73:45+ |  |        |         |
| 03:53+ | 03:20+               | 05:25+ | 11:44+ | 18:42+ | 10:36+ | 02:46+ | 06:10+ | 04:13+ | 03:00+ | 03:01+ | 00:55+ |  |        |         |
| 03:53+ | 03:20+               | 05:25+ | 11:44+ | 18:42+ | 10:36+ | 02:46+ | 06:10+ | 04:13+ | 03:00+ | 03:01+ | 00:55+ |  |        |         |

| Plass                                                                       | Navn                  | Klasse | Tid     |        |        |        |        |        |        |        |        |        |
|-----------------------------------------------------------------------------|-----------------------|--------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| H50                                                                         |                       |        |         |        |        |        |        |        |        |        |        |        |
| 29                                                                          | Hans Frode Andersen   | 3548   | 1:19:46 |        |        |        |        |        |        |        |        |        |
| 04:44+                                                                      | 09:52+                | 14:52+ | 25:15+  | 35:40+ | 48:06+ | 50:48+ | 64:59+ | 73:25+ | 75:29+ | 78:44+ | 79:46+ |        |
| 04:44+                                                                      | 05:08+                | 05:00+ | 10:23+  | 10:25+ | 12:26+ | 02:42+ | 14:11+ | 08:26+ | 02:04+ | 03:15+ | 01:02+ |        |
| 04:44+                                                                      | 05:08+                | 05:00+ | 10:23+  | 10:25+ | 12:26+ | 02:42+ | 14:11+ | 08:26+ | 02:04+ | 03:15+ | 01:02+ |        |
| Beste strekktid for klassen                                                 |                       |        |         |        |        |        |        |        |        |        |        |        |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                       |        |         |        |        |        |        |        |        |        |        |        |
| H60                                                                         |                       |        |         |        |        |        |        |        |        |        |        |        |
| 1                                                                           | Svein-Erik Kvame      | 1683   | 33:54   |        |        |        |        |        |        |        |        |        |
| 03:14=                                                                      | 04:57=                | 13:36= | 15:04=  | 16:38= | 18:39= | 21:14= | 27:00= | 28:43= | 29:46= | 31:32= | 32:40= | 33:54= |
| 03:14=                                                                      | 01:43=                | 08:39= | 01:28=  | 01:34= | 02:01= | 02:35= | 05:46= | 01:43= | 01:03= | 01:46= | 01:08= | 01:14= |
| 00:00=                                                                      | 00:00=                | 00:00= | 00:00=  | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 2                                                                           | Inge Løland           | 1119   | 35:57   |        |        |        |        |        |        |        |        |        |
| 03:57+                                                                      | 05:37+                | 14:36+ | 16:12+  | 18:07+ | 20:22+ | 22:58+ | 27:57+ | 30:47+ | 31:53+ | 33:32+ | 34:43+ | 35:57+ |
| 03:57+                                                                      | 01:40=                | 08:59+ | 01:36+  | 01:55+ | 02:15+ | 02:36+ | 04:59= | 02:50+ | 01:06+ | 01:39= | 01:11+ | 01:14= |
| 00:43#                                                                      | 00:03=                | 00:20+ | 00:08+  | 00:21# | 00:14# | 00:01+ | 00:47= | 01:07& | 00:03+ | 00:07= | 00:03+ | 00:00= |
| 3                                                                           | Håvard Håland         | 3507   | 39:25   |        |        |        |        |        |        |        |        |        |
| 03:19+                                                                      | 05:22+                | 15:19+ | 17:49+  | 20:03+ | 22:10+ | 24:40+ | 30:49+ | 33:02+ | 34:21+ | 36:33+ | 38:10+ | 39:25+ |
| 03:19+                                                                      | 02:03+                | 09:57+ | 02:30+  | 02:14+ | 02:07+ | 02:30= | 06:09+ | 02:13+ | 01:19+ | 02:12+ | 01:37+ | 01:15+ |
| 00:05+                                                                      | 00:20#                | 01:18# | 01:02&  | 00:40& | 00:06+ | 00:05= | 00:23+ | 00:30& | 00:16& | 00:26# | 00:29& | 00:01+ |
| 4                                                                           | Frank Hansen          | 3502   | 41:34   |        |        |        |        |        |        |        |        |        |
| 05:10+                                                                      | 07:44+                | 18:10+ | 19:48+  | 21:47+ | 23:50+ | 26:29+ | 32:42+ | 35:11+ | 36:33+ | 38:30+ | 40:16+ | 41:34+ |
| 05:10+                                                                      | 02:34+                | 10:26+ | 01:38+  | 01:59+ | 02:03+ | 02:39+ | 06:13+ | 02:29+ | 01:22+ | 01:57+ | 01:46+ | 01:18+ |
| 01:56&                                                                      | 00:51&                | 01:47# | 00:10#  | 00:25& | 00:02+ | 00:04+ | 00:27+ | 00:46& | 00:19& | 00:11# | 00:38& | 00:04+ |
| 5                                                                           | Knut Feldmann         | 882    | 41:56   |        |        |        |        |        |        |        |        |        |
| 03:34+                                                                      | 05:40+                | 18:33+ | 20:12+  | 21:54+ | 24:14+ | 26:33+ | 32:03+ | 35:27+ | 36:39+ | 38:24+ | 40:28+ | 41:56+ |
| 03:34+                                                                      | 02:06+                | 12:53+ | 01:39+  | 01:42+ | 02:20+ | 02:19= | 05:30= | 03:24+ | 01:12+ | 01:45= | 02:04+ | 01:28+ |
| 00:20#                                                                      | 00:23#                | 04:14& | 00:11#  | 00:08+ | 00:19# | 00:16= | 00:16= | 01:41& | 00:09# | 00:01= | 00:56& | 00:14# |
| 6                                                                           | Magnar Mathias Møller | 769    | 42:34   |        |        |        |        |        |        |        |        |        |
| 03:47+                                                                      | 05:52+                | 15:37+ | 17:38+  | 19:58+ | 22:26+ | 25:32+ | 32:44+ | 34:58+ | 36:14+ | 38:39+ | 40:56+ | 42:34+ |
| 03:47+                                                                      | 02:05+                | 09:45+ | 02:01+  | 02:20+ | 02:28+ | 03:06+ | 07:12+ | 02:14+ | 01:16+ | 02:25+ | 02:17+ | 01:38+ |
| 00:33#                                                                      | 00:22#                | 01:06# | 00:33&  | 00:46& | 00:27# | 00:31# | 01:26# | 00:31& | 00:13# | 00:39& | 01:09@ | 00:24& |
| 7                                                                           | Sturle Omdal          | 1683   | 42:43   |        |        |        |        |        |        |        |        |        |
| 03:13=                                                                      | 04:58+                | 15:01+ | 16:36+  | 18:35+ | 21:02+ | 24:34+ | 30:14+ | 32:42+ | 34:11+ | 37:40+ | 41:24+ | 42:43+ |
| 03:13=                                                                      | 01:45+                | 10:03+ | 01:35+  | 01:59+ | 02:27+ | 03:32+ | 05:40= | 02:28+ | 01:29+ | 03:29+ | 03:44+ | 01:19+ |
| 00:01=                                                                      | 00:02+                | 01:24# | 00:07+  | 00:25& | 00:26# | 00:57& | 00:06= | 00:45& | 00:26& | 01:43& | 02:36@ | 00:05+ |
| 8                                                                           | Kjell Seland          | 3547   | 43:17   |        |        |        |        |        |        |        |        |        |
| 04:40+                                                                      | 06:50+                | 20:46+ | 22:18+  | 24:15+ | 26:33+ | 29:25+ | 34:38+ | 36:57+ | 38:15+ | 40:28+ | 42:02+ | 43:17+ |
| 04:40+                                                                      | 02:10+                | 13:56+ | 01:32+  | 01:57+ | 02:18+ | 02:52+ | 05:13= | 02:19+ | 01:18+ | 02:13+ | 01:34+ | 01:15+ |
| 01:26&                                                                      | 00:27&                | 05:17& | 00:04+  | 00:23# | 00:17# | 00:17# | 00:33= | 00:36& | 00:15# | 00:27& | 00:26& | 00:01+ |
| 9                                                                           | Per Ingar Hadland     | 793    | 44:01   |        |        |        |        |        |        |        |        |        |
| 04:02+                                                                      | 05:55+                | 17:12+ | 19:02+  | 21:46+ | 24:22+ | 27:43+ | 35:38+ | 38:05+ | 39:05+ | 40:59+ | 42:26+ | 44:01+ |
| 04:02+                                                                      | 01:53+                | 11:17+ | 01:50+  | 02:44+ | 02:36+ | 03:21+ | 07:55+ | 02:27+ | 01:00= | 01:54+ | 01:27+ | 01:35+ |
| 00:48#                                                                      | 00:10+                | 02:38& | 00:22#  | 01:10& | 00:35& | 00:46& | 02:09& | 00:44& | 00:03= | 00:08+ | 00:19& | 00:21& |
| 10                                                                          | Harald Taksdal        | 3547   | 50:15   |        |        |        |        |        |        |        |        |        |
| 04:12+                                                                      | 06:33+                | 20:37+ | 22:24+  | 24:41+ | 27:27+ | 30:51+ | 39:45+ | 42:20+ | 43:38+ | 46:38+ | 48:31+ | 50:15+ |
| 04:12+                                                                      | 02:21+                | 14:04+ | 01:47+  | 02:17+ | 02:46+ | 03:24+ | 08:54+ | 02:35+ | 01:18+ | 03:00+ | 01:53+ | 01:44+ |
| 00:58&                                                                      | 00:38&                | 05:25& | 00:19#  | 00:43& | 00:45& | 00:49& | 03:08& | 00:52& | 00:15# | 01:14& | 00:45& | 00:30& |
| 11                                                                          | Kjell Ove Aksland     | 882    | 50:53   |        |        |        |        |        |        |        |        |        |
| 04:32+                                                                      | 07:08+                | 20:47+ | 22:27+  | 24:43+ | 28:57+ | 32:19+ | 38:42+ | 42:22+ | 43:57+ | 47:40+ | 49:21+ | 50:53+ |
| 04:32+                                                                      | 02:36+                | 13:39+ | 01:40+  | 02:16+ | 04:14+ | 03:22+ | 06:23+ | 03:40+ | 01:35+ | 03:43+ | 01:41+ | 01:32+ |
| 01:18&                                                                      | 00:53&                | 05:00& | 00:12#  | 00:42& | 02:13@ | 00:47& | 00:37# | 01:57@ | 00:32& | 01:57@ | 00:33& | 00:18# |

| Plass | Navn | Klasse | Tid |
|-------|------|--------|-----|
|-------|------|--------|-----|

H60

|        |                     |        |        |        |        |        |        |        |        |        |        |        |      |  |  |  |  |         |
|--------|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|------|--|--|--|--|---------|
| 12     | John Lage Bergan    |        |        |        |        |        |        |        |        |        |        |        | 1683 |  |  |  |  | 51:32   |
| 05:11+ | 07:21+              | 21:36+ | 23:36+ | 26:45+ | 29:21+ | 32:27+ | 39:00+ | 41:53+ | 45:25+ | 47:49+ | 49:59+ | 51:32+ |      |  |  |  |  |         |
| 05:11+ | 02:10+              | 14:15+ | 02:00+ | 03:09+ | 02:36+ | 03:06+ | 06:33+ | 02:53+ | 03:32+ | 02:24+ | 02:10+ | 01:33+ |      |  |  |  |  |         |
| 01:57& | 00:27&              | 05:36& | 00:32& | 01:35@ | 00:35& | 00:31# | 00:47# | 01:10& | 02:29@ | 00:38& | 01:02& | 00:19& |      |  |  |  |  |         |
| 13     | Sveinung Rosenvinge |        |        |        |        |        |        |        |        |        |        |        | 1683 |  |  |  |  | 52:12   |
| 06:16+ | 08:48+              | 20:38+ | 22:38+ | 25:55+ | 29:24+ | 33:13+ | 41:26+ | 44:03+ | 45:31+ | 47:54+ | 50:12+ | 52:12+ |      |  |  |  |  |         |
| 06:16+ | 02:32+              | 11:50+ | 02:00+ | 03:17+ | 03:29+ | 03:49+ | 08:13+ | 02:37+ | 01:28+ | 02:23+ | 02:18+ | 02:00+ |      |  |  |  |  |         |
| 06:16+ | 02:32+              | 11:50+ | 02:00+ | 03:17+ | 03:29+ | 03:49+ | 08:13+ | 02:37+ | 01:28+ | 02:23+ | 02:18+ | 02:00+ |      |  |  |  |  |         |
| 14     | Inge Skretting      |        |        |        |        |        |        |        |        |        |        |        | 1384 |  |  |  |  | 54:49   |
| 09:09+ | 11:45+              | 28:18+ | 30:11+ | 32:55+ | 35:26+ | 38:26+ | 44:30+ | 47:23+ | 48:31+ | 51:06+ | 53:19+ | 54:49+ |      |  |  |  |  |         |
| 09:09+ | 02:36+              | 16:33+ | 01:53+ | 02:44+ | 02:31+ | 03:00+ | 06:04+ | 02:53+ | 01:08+ | 02:35+ | 02:13+ | 01:30+ |      |  |  |  |  |         |
| 09:09+ | 02:36+              | 16:33+ | 01:53+ | 02:44+ | 02:31+ | 03:00+ | 06:04+ | 02:53+ | 01:08+ | 02:35+ | 02:13+ | 01:30+ |      |  |  |  |  |         |
| 15     | Oddvar Jonassen     |        |        |        |        |        |        |        |        |        |        |        | 3507 |  |  |  |  | 56:59   |
| 04:29+ | 07:00+              | 22:51+ | 25:08+ | 27:53+ | 30:44+ | 34:18+ | 41:41+ | 46:41+ | 48:36+ | 51:39+ | 55:00+ | 56:59+ |      |  |  |  |  |         |
| 04:29+ | 02:31+              | 15:51+ | 02:17+ | 02:45+ | 02:51+ | 03:34+ | 07:23+ | 05:00+ | 01:55+ | 03:03+ | 03:21+ | 01:59+ |      |  |  |  |  |         |
| 04:29+ | 02:31+              | 15:51+ | 02:17+ | 02:45+ | 02:51+ | 03:34+ | 07:23+ | 05:00+ | 01:55+ | 03:03+ | 03:21+ | 01:59+ |      |  |  |  |  |         |
| 16     | John Carsten Sinnes |        |        |        |        |        |        |        |        |        |        |        | 1884 |  |  |  |  | 1:00:52 |
| 04:27+ | 08:15+              | 29:50+ | 31:32+ | 34:27+ | 36:57+ | 40:16+ | 47:14+ | 53:38+ | 54:41+ | 57:13+ | 59:03+ | 60:52+ |      |  |  |  |  |         |
| 04:27+ | 03:48+              | 21:35+ | 01:42+ | 02:55+ | 02:30+ | 03:19+ | 06:58+ | 06:24+ | 01:03+ | 02:32+ | 01:50+ | 01:49+ |      |  |  |  |  |         |
| 04:27+ | 03:48+              | 21:35+ | 01:42+ | 02:55+ | 02:30+ | 03:19+ | 06:58+ | 06:24+ | 01:03+ | 02:32+ | 01:50+ | 01:49+ |      |  |  |  |  |         |
| 17     | Svein Magne Gloppen |        |        |        |        |        |        |        |        |        |        |        | 1884 |  |  |  |  | 1:02:36 |
| 04:24+ | 07:53+              | 22:57+ | 24:37+ | 26:58+ | 29:36+ | 34:38+ | 40:26+ | 44:23+ | 46:14+ | 58:54+ | 60:57+ | 62:36+ |      |  |  |  |  |         |
| 04:24+ | 03:29+              | 15:04+ | 01:40+ | 02:21+ | 02:38+ | 05:02+ | 05:48+ | 03:57+ | 01:51+ | 12:40+ | 02:03+ | 01:39+ |      |  |  |  |  |         |
| 04:24+ | 03:29+              | 15:04+ | 01:40+ | 02:21+ | 02:38+ | 05:02+ | 05:48+ | 03:57+ | 01:51+ | 12:40+ | 02:03+ | 01:39+ |      |  |  |  |  |         |

Beste strekktid for klassen

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

H65

|        |                    |        |        |        |        |        |        |        |        |        |        |        |      |       |
|--------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|------|-------|
| 1      | Kjell Dale         |        |        |        |        |        |        |        |        |        |        |        | 1884 | 31:46 |
| 03:12= | 04:59=             | 12:45= | 14:15= | 16:23= | 19:26= | 21:35= | 25:33= | 27:07= | 27:59= | 29:18= | 30:28= | 31:46= |      |       |
| 03:12= | 01:47=             | 07:46= | 01:30= | 02:08= | 03:03= | 02:09= | 03:58= | 01:34= | 00:52= | 01:19= | 01:10= | 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= |      |       |
| 2      | Otte Omdal         |        |        |        |        |        |        |        |        |        |        |        | 903  | 33:28 |
| 02:58- | 04:48-             | 13:07+ | 14:34+ | 16:07- | 18:20- | 21:03- | 25:55+ | 27:47+ | 29:03+ | 30:57+ | 32:18+ | 33:28+ |      |       |
| 02:58- | 01:50+             | 08:19+ | 01:27- | 01:33- | 02:13- | 02:43+ | 04:52+ | 01:52+ | 01:16+ | 01:54+ | 01:21+ | 01:10- |      |       |
| 00:14- | 00:03+             | 00:33+ | 00:03- | 00:35- | 00:50- | 00:34& | 00:54# | 00:18# | 00:24& | 00:35& | 00:11# | 00:08- |      |       |
| 3      | Geir Bjaanes       |        |        |        |        |        |        |        |        |        |        |        | 1683 | 36:43 |
| 03:00- | 04:46-             | 13:51+ | 15:28+ | 17:14+ | 19:41+ | 22:37+ | 28:46+ | 31:03+ | 32:11+ | 34:00+ | 35:19+ | 36:43+ |      |       |
| 03:00- | 01:46-             | 09:05+ | 01:37+ | 01:46- | 02:27- | 02:56+ | 06:09+ | 02:17+ | 01:08+ | 01:49+ | 01:19+ | 01:24+ |      |       |
| 00:12- | 00:01-             | 01:19# | 00:07+ | 00:22- | 00:36- | 00:47& | 02:11& | 00:43& | 00:16& | 00:30& | 00:09# | 00:06+ |      |       |
| 4      | Morten Johannessen |        |        |        |        |        |        |        |        |        |        |        | 793  | 39:07 |
| 03:32+ | 05:17+             | 14:05+ | 15:35+ | 17:31+ | 20:06+ | 22:51+ | 29:18+ | 31:51+ | 32:56+ | 35:05+ | 37:29+ | 39:07+ |      |       |
| 03:32+ | 01:45-             | 08:48+ | 01:30= | 01:56- | 02:35- | 02:45+ | 06:27+ | 02:33+ | 01:05+ | 02:09+ | 02:24+ | 01:38+ |      |       |
| 00:20# | 00:02-             | 01:02# | 00:00= | 00:12- | 00:28- | 00:36& | 02:29& | 00:59& | 00:13# | 00:50& | 01:14@ | 00:20& |      |       |
| 5      | Kjell Skjæveland   |        |        |        |        |        |        |        |        |        |        |        | 3515 | 41:38 |
| 03:40+ | 05:50+             | 16:26+ | 18:09+ | 20:25+ | 22:49+ | 25:51+ | 33:39+ | 35:57+ | 37:03+ | 38:49+ | 40:20+ | 41:38+ |      |       |
| 03:40+ | 02:10+             | 10:36+ | 01:43+ | 02:16+ | 02:24- | 03:02+ | 07:48+ | 02:18+ | 01:06+ | 01:46+ | 01:31+ | 01:18= |      |       |
| 00:28# | 00:23#             | 02:50& | 00:13# | 00:08+ | 00:39- | 00:53& | 03:50& | 00:44& | 00:14& | 00:27& | 00:21& | 00:00= |      |       |
| 6      | Espen Krogh        |        |        |        |        |        |        |        |        |        |        |        | 793  | 42:20 |
| 02:53- | 04:43-             | 13:52+ | 15:17+ | 17:15+ | 19:09- | 21:45+ | 28:19+ | 35:34+ | 36:45+ | 38:40+ | 40:44+ | 42:20+ |      |       |
| 02:53- | 01:50+             | 09:09+ | 01:25- | 01:58- | 01:54- | 02:36+ | 06:34+ | 07:15+ | 01:11+ | 01:55+ | 02:04+ | 01:36+ |      |       |
| 00:19- | 00:03+             | 01:23# | 00:05- | 00:10- | 01:09- | 00:27# | 02:36& | 05:41@ | 00:19& | 00:36& | 00:54& | 00:18# |      |       |

| Plass  | Navn                 |        |        |        |        |        |        |        |        |        |        |        |  | Klasse | Tid     |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------|----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|--------|---------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| H65    |                      |        |        |        |        |        |        |        |        |        |        |        |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7      | Ivar Knutsen         |        |        |        |        |        |        |        |        |        |        |        |  | 1683   | 43:53   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:06+ | 06:26+               | 18:24+ | 20:20+ | 22:48+ | 25:19+ | 28:19+ | 34:55+ | 37:05+ | 38:37+ | 40:38+ | 42:07+ | 43:53+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:06+ | 02:20+               | 11:58+ | 01:56+ | 02:28+ | 02:31- | 03:00+ | 06:36+ | 02:10+ | 01:32+ | 02:01+ | 01:29+ | 01:46+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 00:54& | 00:33&               | 04:12& | 00:26& | 00:20# | 00:32- | 00:51& | 02:38& | 00:36& | 00:40& | 00:42& | 00:19& | 00:28& |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8      | Per Frode Sandal     |        |        |        |        |        |        |        |        |        |        |        |  | 3502   | 44:15   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 03:59+ | 05:55+               | 15:53+ | 17:30+ | 19:26+ | 22:05+ | 25:33+ | 33:18+ | 36:52+ | 38:07+ | 40:47+ | 42:40+ | 44:15+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 03:59+ | 01:56+               | 09:58+ | 01:37+ | 01:56+ | 02:39+ | 03:28+ | 07:45+ | 03:34+ | 01:15+ | 02:40+ | 01:53+ | 01:35+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 03:59+ | 01:56+               | 09:58+ | 01:37+ | 01:56+ | 02:39+ | 03:28+ | 07:45+ | 03:34+ | 01:15+ | 02:40+ | 01:53+ | 01:35+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9      | Paul Terje Haarr     |        |        |        |        |        |        |        |        |        |        |        |  | 769    | 44:37   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:40+ | 07:15+               | 17:07+ | 18:45+ | 21:03+ | 23:41+ | 27:10+ | 33:27+ | 36:25+ | 38:28+ | 40:46+ | 42:53+ | 44:37+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:40+ | 02:35+               | 09:52+ | 01:38+ | 02:18+ | 02:38+ | 03:29+ | 06:17+ | 02:58+ | 02:03+ | 02:18+ | 02:07+ | 01:44+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:40+ | 02:35+               | 09:52+ | 01:38+ | 02:18+ | 02:38+ | 03:29+ | 06:17+ | 02:58+ | 02:03+ | 02:18+ | 02:07+ | 01:44+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10     | Helge Hundeide       |        |        |        |        |        |        |        |        |        |        |        |  | 769    | 46:34   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:18+ | 06:59+               | 17:49+ | 19:28+ | 21:49+ | 24:39+ | 28:16+ | 34:55+ | 40:00+ | 41:26+ | 43:42+ | 45:05+ | 46:34+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:18+ | 02:41+               | 10:50+ | 01:39+ | 02:21+ | 02:50+ | 03:37+ | 06:39+ | 05:05+ | 01:26+ | 02:16+ | 01:23+ | 01:29+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:18+ | 02:41+               | 10:50+ | 01:39+ | 02:21+ | 02:50+ | 03:37+ | 06:39+ | 05:05+ | 01:26+ | 02:16+ | 01:23+ | 01:29+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11     | Sveinung Svebestad   |        |        |        |        |        |        |        |        |        |        |        |  | 878    | 46:48   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:17+ | 06:39+               | 19:33+ | 21:41+ | 24:39+ | 27:39+ | 30:58+ | 36:56+ | 39:14+ | 40:51+ | 43:00+ | 44:44+ | 46:48+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:17+ | 02:22+               | 12:54+ | 02:08+ | 02:58+ | 03:00+ | 03:19+ | 05:58+ | 02:18+ | 01:37+ | 02:09+ | 01:44+ | 02:04+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:17+ | 02:22+               | 12:54+ | 02:08+ | 02:58+ | 03:00+ | 03:19+ | 05:58+ | 02:18+ | 01:37+ | 02:09+ | 01:44+ | 02:04+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12     | Sverre Austrheim     |        |        |        |        |        |        |        |        |        |        |        |  | 4248   | 50:20   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:17+ | 07:01+               | 18:28+ | 20:33+ | 22:55+ | 25:43+ | 30:09+ | 37:20+ | 40:05+ | 42:10+ | 44:41+ | 48:28+ | 50:20+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:17+ | 02:44+               | 11:27+ | 02:05+ | 02:22+ | 02:48+ | 04:26+ | 07:11+ | 02:45+ | 02:05+ | 02:31+ | 03:47+ | 01:52+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:17+ | 02:44+               | 11:27+ | 02:05+ | 02:22+ | 02:48+ | 04:26+ | 07:11+ | 02:45+ | 02:05+ | 02:31+ | 03:47+ | 01:52+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13     | Olav Tunheim         |        |        |        |        |        |        |        |        |        |        |        |  | 1884   | 50:20   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 03:38+ | 05:48+               | 20:24+ | 22:08+ | 24:23+ | 29:43+ | 33:07+ | 39:27+ | 42:20+ | 44:42+ | 47:19+ | 48:59+ | 50:20+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 03:38+ | 02:10+               | 14:36+ | 01:44+ | 02:15+ | 05:20+ | 03:24+ | 06:20+ | 02:53+ | 02:22+ | 02:37+ | 01:40+ | 01:21+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 03:38+ | 02:10+               | 14:36+ | 01:44+ | 02:15+ | 05:20+ | 03:24+ | 06:20+ | 02:53+ | 02:22+ | 02:37+ | 01:40+ | 01:21+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14     | Arnstein Skretting   |        |        |        |        |        |        |        |        |        |        |        |  | 3529   | 53:00   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:52+ | 07:06+               | 18:58+ | 21:06+ | 23:30+ | 26:10+ | 29:30+ | 38:58+ | 44:09+ | 45:53+ | 48:35+ | 50:42+ | 53:00+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:52+ | 02:14+               | 11:52+ | 02:08+ | 02:24+ | 02:40+ | 03:20+ | 09:28+ | 05:11+ | 01:44+ | 02:42+ | 02:07+ | 02:18+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:52+ | 02:14+               | 11:52+ | 02:08+ | 02:24+ | 02:40+ | 03:20+ | 09:28+ | 05:11+ | 01:44+ | 02:42+ | 02:07+ | 02:18+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15     | Torbjørn Evensen     |        |        |        |        |        |        |        |        |        |        |        |  | 3556   | 53:34   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 03:50+ | 06:05+               | 20:08+ | 22:50+ | 26:28+ | 29:28+ | 32:46+ | 41:32+ | 44:13+ | 46:02+ | 48:47+ | 51:36+ | 53:34+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 03:50+ | 02:15+               | 14:03+ | 02:42+ | 03:38+ | 03:00+ | 03:18+ | 08:46+ | 02:41+ | 01:49+ | 02:45+ | 02:49+ | 01:58+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 03:50+ | 02:15+               | 14:03+ | 02:42+ | 03:38+ | 03:00+ | 03:18+ | 08:46+ | 02:41+ | 01:49+ | 02:45+ | 02:49+ | 01:58+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16     | Steinar Barmen       |        |        |        |        |        |        |        |        |        |        |        |  | 722    | 55:31   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:27+ | 07:23+               | 21:59+ | 23:42+ | 25:52+ | 28:44+ | 33:44+ | 41:28+ | 44:29+ | 46:07+ | 48:55+ | 53:43+ | 55:31+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:27+ | 02:56+               | 14:36+ | 01:43+ | 02:10+ | 02:52+ | 05:00+ | 07:44+ | 03:01+ | 01:38+ | 02:48+ | 04:48+ | 01:48+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:27+ | 02:56+               | 14:36+ | 01:43+ | 02:10+ | 02:52+ | 05:00+ | 07:44+ | 03:01+ | 01:38+ | 02:48+ | 04:48+ | 01:48+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17     | Sverre Magnar Nordal |        |        |        |        |        |        |        |        |        |        |        |  | 1683   | 57:39   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:25+ | 08:12+               | 21:24+ | 23:39+ | 26:32+ | 30:06+ | 33:54+ | 43:21+ | 48:08+ | 50:19+ | 53:46+ | 55:53+ | 57:39+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:25+ | 03:47+               | 13:12+ | 02:15+ | 02:53+ | 03:34+ | 03:48+ | 09:27+ | 04:47+ | 02:11+ | 03:27+ | 02:07+ | 01:46+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:25+ | 03:47+               | 13:12+ | 02:15+ | 02:53+ | 03:34+ | 03:48+ | 09:27+ | 04:47+ | 02:11+ | 03:27+ | 02:07+ | 01:46+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18     | Jan Arendal          |        |        |        |        |        |        |        |        |        |        |        |  | 1683   | 59:12   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:40+ | 07:53+               | 20:41+ | 23:06+ | 26:13+ | 30:09+ | 33:46+ | 40:46+ | 49:53+ | 52:06+ | 54:38+ | 56:54+ | 59:12+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:40+ | 03:13+               | 12:48+ | 02:25+ | 03:07+ | 03:56+ | 03:37+ | 07:00+ | 09:07+ | 02:13+ | 02:32+ | 02:16+ | 02:18+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:40+ | 03:13+               | 12:48+ | 02:25+ | 03:07+ | 03:56+ | 03:37+ | 07:00+ | 09:07+ | 02:13+ | 02:32+ | 02:16+ | 02:18+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19     | Tore Karlsen         |        |        |        |        |        |        |        |        |        |        |        |  | 722    | 1:08:52 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:13+ | 07:27+               | 23:20+ | 26:27+ | 29:21+ | 34:35+ | 38:07+ | 51:59+ | 54:41+ | 57:05+ | 62:39+ | 66:38+ | 68:52+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:13+ | 03:14+               | 15:53+ | 03:07+ | 02:54+ | 05:14+ | 03:32+ | 13:52+ | 02:42+ | 02:24+ | 05:34+ | 03:59+ | 02:14+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 04:13+ | 03:14+               | 15:53+ | 03:07+ | 02:54+ | 05:14+ | 03:32+ | 13:52+ | 02:42+ | 02:24+ | 05:34+ | 03:59+ | 02:14+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20     | Rolf Kleppe          |        |        |        |        |        |        |        |        |        |        |        |  | 3524   | 1:35:19 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 05:15+ | 08:25+               | 44:14+ | 58:28+ | 61:26+ | 64:49+ | 68:40+ | 81:21+ | 84:09+ | 87:14+ | 90:21+ | 93:25+ | 95:19+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 05:15+ | 03:10+               | 35:49+ | 14:14+ | 02:58+ | 03:23+ | 03:51+ | 12:41+ | 02:48+ | 03:05+ | 03:07+ | 03:04+ | 01:54+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 05:15+ | 03:10+               | 35:49+ | 14:14+ | 02:58+ | 03:23+ | 03:51+ | 12:41+ | 02:48+ | 03:05+ | 03:07+ | 03:04+ | 01:54+ |  |        |         |  |  |  |  |  |  |  |  |  |  |  |  |  |

| Plass                                                                       | Navn                  | Klasse | Tid    |
|-----------------------------------------------------------------------------|-----------------------|--------|--------|
| H65                                                                         |                       |        |        |
| Beste strekktid for klassen                                                 |                       |        |        |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                       |        |        |
| H70                                                                         |                       |        |        |
| 1                                                                           | Bjørn Martin Alsaker  | 3530   | 36:46  |
| 03:24=                                                                      | 05:14=                | 14:37= | 16:26= |
| 03:24=                                                                      | 01:50=                | 09:23= | 01:49= |
| 00:00=                                                                      | 00:00=                | 00:00= | 00:00= |
| 2                                                                           | Harry Breiland        | 3507   | 38:26  |
| 03:35+                                                                      | 05:47+                | 15:27+ | 16:52+ |
| 03:35+                                                                      | 02:12+                | 09:40+ | 01:25- |
| 00:11+                                                                      | 00:22#                | 00:17+ | 00:24- |
| 3                                                                           | Jan Inge Lunde        | 1830   | 47:31  |
| 04:39+                                                                      | 06:54+                | 18:52+ | 20:48+ |
| 04:39+                                                                      | 02:15+                | 11:58+ | 01:56+ |
| 01:15&                                                                      | 00:25#                | 02:35& | 00:07+ |
| 4                                                                           | Kjell Ivar Skjørestad | 892    | 48:37  |
| 04:16+                                                                      | 06:10+                | 16:34+ | 18:33+ |
| 04:16+                                                                      | 01:54+                | 10:24+ | 01:59+ |
| 00:52&                                                                      | 00:04+                | 01:01# | 00:10+ |
| 5                                                                           | Lars Stangeland       | 879    | 50:23  |
| 03:25+                                                                      | 05:12-                | 14:59+ | 16:27+ |
| 03:25+                                                                      | 01:47-                | 09:47+ | 01:28- |
| 00:01+                                                                      | 00:03-                | 00:24+ | 00:21- |
| 6                                                                           | Ragnvald Frøyland     | 879    | 50:32  |
| 04:18+                                                                      | 06:48+                | 22:03+ | 23:50+ |
| 04:18+                                                                      | 02:30+                | 15:15+ | 01:47- |
| 00:54&                                                                      | 00:40&                | 05:52& | 00:02- |
| 7                                                                           | Bjørn Bjelland        | 3541   | 51:09  |
| 05:29+                                                                      | 08:41+                | 20:41+ | 22:55+ |
| 05:29+                                                                      | 03:12+                | 12:00+ | 02:14+ |
| 02:05&                                                                      | 01:22&                | 02:37& | 00:25# |
| 8                                                                           | Svein Berge           | 643    | 53:42  |
| 03:45+                                                                      | 05:57+                | 23:02+ | 24:58+ |
| 03:45+                                                                      | 02:12+                | 17:05+ | 01:56+ |
| 00:21#                                                                      | 00:22#                | 07:42& | 00:07+ |
| 9                                                                           | Tor Geir Espedal      | 3530   | 53:57  |
| 04:39+                                                                      | 06:42+                | 19:07+ | 20:57+ |
| 04:39+                                                                      | 02:03+                | 12:25+ | 01:50+ |
| 01:15&                                                                      | 00:13#                | 03:02& | 00:01+ |
| 10                                                                          | Arne Magne Handeland  | 892    | 54:19  |
| 04:59+                                                                      | 07:21+                | 22:22+ | 24:19+ |
| 04:59+                                                                      | 02:22+                | 15:01+ | 01:57+ |
| 01:35&                                                                      | 00:32&                | 05:38& | 00:08+ |
| 11                                                                          | Bjarne Gimre          | 1830   | 54:51  |
| 07:36+                                                                      | 09:51+                | 21:58+ | 23:56+ |
| 07:36+                                                                      | 02:15+                | 12:07+ | 01:58+ |
| 04:12@                                                                      | 00:25#                | 02:44& | 00:09+ |
| 12                                                                          | Eivind Lars Rake      | 892    | 55:28  |
| 05:38+                                                                      | 09:09+                | 21:52+ | 23:52+ |
| 05:38+                                                                      | 03:31+                | 12:43+ | 02:00+ |
| 02:14&                                                                      | 01:41&                | 03:20& | 00:11# |

| Plass                                                                       | Navn               |        | Klasse |        |        |        |        |        |        |        |        |        | Tid     |
|-----------------------------------------------------------------------------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| H70                                                                         |                    |        |        |        |        |        |        |        |        |        |        |        |         |
| 13                                                                          | Per Marthon Mæland |        | 880    |        |        |        |        |        |        |        |        |        | 55:38   |
|                                                                             | 04:36+             | 09:10+ | 24:40+ | 27:17+ | 29:57+ | 32:31+ | 35:45+ | 43:13+ | 45:56+ | 48:45+ | 51:04+ | 53:57+ | 55:38+  |
|                                                                             | 04:36+             | 04:34+ | 15:30+ | 02:37+ | 02:40+ | 02:34- | 03:14+ | 07:28+ | 02:43+ | 02:49+ | 02:19+ | 02:53+ | 01:41+  |
|                                                                             | 01:12&             | 02:44@ | 06:07& | 00:48& | 00:49& | 00:10- | 00:37# | 02:17& | 00:23# | 01:40@ | 00:39& | 01:21& | 00:25&  |
| 14                                                                          | Svein Ims          |        | 903    |        |        |        |        |        |        |        |        |        | 1:00:27 |
|                                                                             | 05:47+             | 10:21+ | 28:53+ | 30:57+ | 33:42+ | 37:43+ | 41:29+ | 48:49+ | 51:30+ | 53:11+ | 56:21+ | 58:24+ | 60:27+  |
|                                                                             | 05:47+             | 04:34+ | 18:32+ | 02:04+ | 02:45+ | 04:01+ | 03:46+ | 07:20+ | 02:41+ | 01:41+ | 03:10+ | 02:03+ | 02:03+  |
|                                                                             | 05:47+             | 04:34+ | 18:32+ | 02:04+ | 02:45+ | 04:01+ | 03:46+ | 07:20+ | 02:41+ | 01:41+ | 03:10+ | 02:03+ | 02:03+  |
| 15                                                                          | Tore Romon Tvedt   |        | 3518   |        |        |        |        |        |        |        |        |        | 1:02:48 |
|                                                                             | 04:54+             | 09:12+ | 23:18+ | 26:14+ | 32:31+ | 36:50+ | 40:32+ | 49:18+ | 52:29+ | 53:55+ | 56:50+ | 59:22+ | 62:48+  |
|                                                                             | 04:54+             | 04:18+ | 14:06+ | 02:56+ | 06:17+ | 04:19+ | 03:42+ | 08:46+ | 03:11+ | 01:26+ | 02:55+ | 02:32+ | 03:26+  |
|                                                                             | 04:54+             | 04:18+ | 14:06+ | 02:56+ | 06:17+ | 04:19+ | 03:42+ | 08:46+ | 03:11+ | 01:26+ | 02:55+ | 02:32+ | 03:26+  |
| 16                                                                          | Sveinung Tveit     |        | 3547   |        |        |        |        |        |        |        |        |        | 1:04:01 |
|                                                                             | 04:45+             | 08:26+ | 28:33+ | 30:39+ | 33:21+ | 36:36+ | 40:42+ | 48:23+ | 54:18+ | 56:35+ | 59:29+ | 62:01+ | 64:01+  |
|                                                                             | 04:45+             | 03:41+ | 20:07+ | 02:06+ | 02:42+ | 03:15+ | 04:06+ | 07:41+ | 05:55+ | 02:17+ | 02:54+ | 02:32+ | 02:00+  |
|                                                                             | 04:45+             | 03:41+ | 20:07+ | 02:06+ | 02:42+ | 03:15+ | 04:06+ | 07:41+ | 05:55+ | 02:17+ | 02:54+ | 02:32+ | 02:00+  |
| 17                                                                          | Leif Kåre Lende    |        | 879    |        |        |        |        |        |        |        |        |        | 1:09:45 |
|                                                                             | 06:03+             | 09:31+ | 27:16+ | 29:59+ | 33:06+ | 36:32+ | 43:01+ | 52:47+ | 58:16+ | 61:49+ | 65:09+ | 67:20+ | 69:45+  |
|                                                                             | 06:03+             | 03:28+ | 17:45+ | 02:43+ | 03:07+ | 03:26+ | 06:29+ | 09:46+ | 05:29+ | 03:33+ | 03:20+ | 02:11+ | 02:25+  |
|                                                                             | 06:03+             | 03:28+ | 17:45+ | 02:43+ | 03:07+ | 03:26+ | 06:29+ | 09:46+ | 05:29+ | 03:33+ | 03:20+ | 02:11+ | 02:25+  |
| 18                                                                          | Tom Hetland        |        | 880    |        |        |        |        |        |        |        |        |        | 1:15:46 |
|                                                                             | 09:48+             | 12:13+ | 41:54+ | 43:56+ | 46:32+ | 49:22+ | 52:37+ | 60:40+ | 66:20+ | 68:01+ | 70:50+ | 73:35+ | 75:46+  |
|                                                                             | 09:48+             | 02:25+ | 29:41+ | 02:02+ | 02:36+ | 02:50+ | 03:15+ | 08:03+ | 05:40+ | 01:41+ | 02:49+ | 02:45+ | 02:11+  |
|                                                                             | 09:48+             | 02:25+ | 29:41+ | 02:02+ | 02:36+ | 02:50+ | 03:15+ | 08:03+ | 05:40+ | 01:41+ | 02:49+ | 02:45+ | 02:11+  |
| Beste strekktid for klassen                                                 |                    |        |        |        |        |        |        |        |        |        |        |        |         |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                    |        |        |        |        |        |        |        |        |        |        |        |         |
| H75                                                                         |                    |        |        |        |        |        |        |        |        |        |        |        |         |
| 1                                                                           | Asgeir Bell        |        | 896    |        |        |        |        |        |        |        |        |        | 39:55   |
|                                                                             | 04:15=             | 07:33= | 18:50= | 21:06= | 23:27= | 26:23= | 27:58= | 32:48= | 36:56= | 37:54= | 39:27= | 39:55= |         |
|                                                                             | 04:15=             | 03:18= | 11:17= | 02:16= | 02:21= | 02:56= | 01:35= | 04:50= | 04:08= | 00:58= | 01:33= | 00:28= |         |
|                                                                             | 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   |        |        |        |        |        |        |        |        |        | 41:20   |
|                                                                             | 04:20+             | 06:29- | 19:00+ | 21:29+ | 24:12+ | 27:18+ | 30:06+ | 35:02+ | 38:10+ | 39:20+ | 40:53+ | 41:20+ |         |
|                                                                             | 04:20+             | 02:09- | 12:31+ | 02:29+ | 02:43+ | 03:06+ | 02:48+ | 04:56+ | 03:08- | 01:10+ | 01:33= | 00:27- |         |
|                                                                             | 00:05+             | 01:09- | 01:14# | 00:13+ | 00:22# | 00:10+ | 01:13& | 00:06+ | 01:00- | 00:12# | 00:00= | 00:01- |         |
| 3                                                                           | Jostein Tunheim    |        | 1683   |        |        |        |        |        |        |        |        |        | 46:53   |
|                                                                             | 03:59-             | 06:18- | 19:06+ | 25:22+ | 27:41+ | 30:45+ | 32:32+ | 38:11+ | 41:27+ | 44:32+ | 46:25+ | 46:53+ |         |
|                                                                             | 03:59-             | 02:19- | 12:48+ | 06:16+ | 02:19- | 03:04+ | 01:47+ | 05:39+ | 03:16- | 03:05+ | 01:53+ | 00:28= |         |
|                                                                             | 00:16-             | 00:59- | 01:31# | 04:00@ | 00:02- | 00:08+ | 00:12# | 00:49# | 00:52- | 02:07@ | 00:20# | 00:00= |         |
| 4                                                                           | Olav Dag Borgersen |        | 3536   |        |        |        |        |        |        |        |        |        | 47:48   |
|                                                                             | 04:28+             | 06:57- | 20:01+ | 23:31+ | 28:43+ | 31:49+ | 33:43+ | 39:36+ | 44:41+ | 45:40+ | 47:25+ | 47:48+ |         |
|                                                                             | 04:28+             | 02:29- | 13:04+ | 03:30+ | 05:12+ | 03:06+ | 01:54+ | 05:53+ | 05:05+ | 00:59+ | 01:45+ | 00:23- |         |
|                                                                             | 00:13+             | 00:49- | 01:47# | 01:14& | 02:51@ | 00:10+ | 00:19# | 01:03# | 00:57# | 00:01+ | 00:12# | 00:05- |         |
| 5                                                                           | Kjell-Ingar Olsen  |        | 1119   |        |        |        |        |        |        |        |        |        | 53:37   |
|                                                                             | 05:55+             | 08:22+ | 22:41+ | 27:00+ | 30:19+ | 34:09+ | 36:16+ | 42:38+ | 50:18+ | 51:37+ | 53:05+ | 53:37+ |         |
|                                                                             | 05:55+             | 02:27- | 14:19+ | 04:19+ | 03:19+ | 03:50+ | 02:07+ | 06:22+ | 07:40+ | 01:19+ | 01:28- | 00:32+ |         |
|                                                                             | 01:40&             | 00:51- | 03:02& | 02:03& | 00:58& | 00:54& | 00:32& | 01:32& | 03:32& | 00:21& | 00:05- | 00:04# |         |
| 6                                                                           | Kjell Svihus       |        | 892    |        |        |        |        |        |        |        |        |        | 56:51   |
|                                                                             | 08:52+             | 12:10+ | 26:03+ | 30:29+ | 33:48+ | 39:11+ | 41:47+ | 47:38+ | 52:42+ | 54:28+ | 56:19+ | 56:51+ |         |
|                                                                             | 08:52+             | 03:18= | 13:53+ | 04:26+ | 03:19+ | 05:23+ | 02:36+ | 05:51+ | 05:04+ | 01:46+ | 01:51+ | 00:32+ |         |
|                                                                             | 04:37@             | 00:00= | 02:36# | 02:10& | 00:58& | 02:27& | 01:01& | 01:01# | 00:56# | 00:48& | 00:18# | 00:04# |         |

| Plass                                                                       | Navn                 |        |        |        |        |        |        |        |        |        |        | Klasse | Tid     |
|-----------------------------------------------------------------------------|----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| H75                                                                         |                      |        |        |        |        |        |        |        |        |        |        |        |         |
| 7                                                                           | Ole Auklend          |        |        |        |        |        |        |        |        |        |        | 885    | 1:01:09 |
|                                                                             | 05:21+               | 09:10+ | 22:40+ | 27:17+ | 31:21+ | 37:12+ | 39:50+ | 49:36+ | 54:30+ | 57:32+ | 60:07+ | 61:09+ |         |
|                                                                             | 05:21+               | 03:49+ | 13:30+ | 04:37+ | 04:04+ | 05:51+ | 02:38+ | 09:46+ | 04:54+ | 03:02+ | 02:35+ | 01:02+ |         |
|                                                                             | 01:06&               | 00:31# | 02:13# | 02:21@ | 01:43& | 02:55& | 01:03& | 04:56@ | 00:46# | 02:04@ | 01:02& | 00:34@ |         |
| 8                                                                           | Paul Andreas Paulsen |        |        |        |        |        |        |        |        |        |        | 896    | 1:04:46 |
|                                                                             | 05:06+               | 08:19+ | 33:11+ | 36:45+ | 40:06+ | 44:36+ | 47:10+ | 54:18+ | 60:20+ | 61:39+ | 63:50+ | 64:46+ |         |
|                                                                             | 05:06+               | 03:13+ | 24:52+ | 03:34+ | 03:21+ | 04:30+ | 02:34+ | 07:08+ | 06:02+ | 01:19+ | 02:11+ | 00:56+ |         |
|                                                                             | 05:06+               | 03:13+ | 24:52+ | 03:34+ | 03:21+ | 04:30+ | 02:34+ | 07:08+ | 06:02+ | 01:19+ | 02:11+ | 00:56+ |         |
| 9                                                                           | Olav A. Hognestad    |        |        |        |        |        |        |        |        |        |        | 892    | 1:06:01 |
|                                                                             | 04:56+               | 08:02+ | 30:31+ | 36:39+ | 39:32+ | 43:10+ | 45:19+ | 59:30+ | 62:40+ | 63:49+ | 65:29+ | 66:01+ |         |
|                                                                             | 04:56+               | 03:06+ | 22:29+ | 06:08+ | 02:53+ | 03:38+ | 02:09+ | 14:11+ | 03:10+ | 01:09+ | 01:40+ | 00:32+ |         |
|                                                                             | 04:56+               | 03:06+ | 22:29+ | 06:08+ | 02:53+ | 03:38+ | 02:09+ | 14:11+ | 03:10+ | 01:09+ | 01:40+ | 00:32+ |         |
| 10                                                                          | Arne Østensen        |        |        |        |        |        |        |        |        |        |        | 3518   | 1:06:02 |
|                                                                             | 05:02+               | 07:18+ | 28:06+ | 33:45+ | 37:19+ | 40:50+ | 42:43+ | 49:49+ | 62:28+ | 63:29+ | 65:31+ | 66:02+ |         |
|                                                                             | 05:02+               | 02:16+ | 20:48+ | 05:39+ | 03:34+ | 03:31+ | 01:53+ | 07:06+ | 12:39+ | 01:01+ | 02:02+ | 00:31+ |         |
|                                                                             | 05:02+               | 02:16+ | 20:48+ | 05:39+ | 03:34+ | 03:31+ | 01:53+ | 07:06+ | 12:39+ | 01:01+ | 02:02+ | 00:31+ |         |
| 11                                                                          | Knut Jonas Espedal   |        |        |        |        |        |        |        |        |        |        | 1754   | 1:34:50 |
|                                                                             | 08:49+               | 17:50+ | 46:47+ | 55:31+ | 60:56+ | 66:20+ | 68:37+ | 80:00+ | 87:29+ | 90:02+ | 93:37+ | 94:50+ |         |
|                                                                             | 08:49+               | 09:01+ | 28:57+ | 08:44+ | 05:25+ | 05:24+ | 02:17+ | 11:23+ | 07:29+ | 02:33+ | 03:35+ | 01:13+ |         |
|                                                                             | 08:49+               | 09:01+ | 28:57+ | 08:44+ | 05:25+ | 05:24+ | 02:17+ | 11:23+ | 07:29+ | 02:33+ | 03:35+ | 01:13+ |         |
| Beste strekktid for klassen                                                 |                      |        |        |        |        |        |        |        |        |        |        |        |         |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                      |        |        |        |        |        |        |        |        |        |        |        |         |
| H80                                                                         |                      |        |        |        |        |        |        |        |        |        |        |        |         |
| 1                                                                           | Knut Skjæveland      |        |        |        |        |        |        |        |        |        |        | 1884   | 42:59   |
|                                                                             | 02:36=               | 07:06= | 11:04= | 21:58= | 25:41= | 29:29= | 33:56= | 37:02= | 40:23= | 42:22= | 42:59= |        |         |
|                                                                             | 02:36=               | 04:30= | 03:58= | 10:54= | 03:43= | 03:48= | 04:27= | 03:06= | 03:21= | 01:59= | 00:37= |        |         |
|                                                                             | 00:00=               | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |        |         |
| 2                                                                           | Steinar Undheim      |        |        |        |        |        |        |        |        |        |        | 3529   | 45:22   |
|                                                                             | 02:29-               | 06:44- | 10:11- | 27:02+ | 30:43+ | 34:05+ | 38:58+ | 40:53+ | 42:54+ | 44:49+ | 45:22+ |        |         |
|                                                                             | 02:29-               | 04:15- | 03:27- | 16:51+ | 03:41- | 03:22- | 04:53+ | 01:55- | 02:01- | 01:55- | 00:33- |        |         |
|                                                                             | 00:07-               | 00:15- | 00:31- | 05:57& | 00:02- | 00:26- | 00:26+ | 01:11- | 01:20- | 00:04- | 00:04- |        |         |
| 3                                                                           | Hermann Skogsholm    |        |        |        |        |        |        |        |        |        |        | 1754   | 45:25   |
|                                                                             | 02:29-               | 10:13+ | 13:35+ | 26:11+ | 29:44+ | 33:03+ | 38:13+ | 41:07+ | 43:04+ | 44:55+ | 45:25+ |        |         |
|                                                                             | 02:29-               | 07:44+ | 03:22- | 12:36+ | 03:33- | 03:19- | 05:10+ | 02:54- | 01:57- | 01:51- | 00:30- |        |         |
|                                                                             | 00:07-               | 03:14& | 00:36- | 01:42# | 00:10- | 00:29- | 00:43# | 00:12- | 01:24- | 00:08- | 00:07- |        |         |
| 4                                                                           | Harald Vatne         |        |        |        |        |        |        |        |        |        |        | 2342   | 50:05   |
|                                                                             | 02:43+               | 07:33+ | 11:22+ | 28:39+ | 32:43+ | 36:30+ | 41:27+ | 44:02+ | 47:12+ | 49:29+ | 50:05+ |        |         |
|                                                                             | 02:43+               | 04:50+ | 03:49- | 17:17+ | 04:04+ | 03:47- | 04:57+ | 02:35- | 03:10- | 02:17+ | 00:36- |        |         |
|                                                                             | 00:07+               | 00:20+ | 00:09- | 06:23& | 00:21+ | 00:01- | 00:30# | 00:31- | 00:11- | 00:18# | 00:01- |        |         |
| 5                                                                           | Øyvind Egeskog       |        |        |        |        |        |        |        |        |        |        | 880    | 50:06   |
|                                                                             | 02:18-               | 07:17+ | 10:26- | 25:19+ | 28:37+ | 32:19+ | 37:28+ | 40:43+ | 44:51+ | 49:35+ | 50:06+ |        |         |
|                                                                             | 02:18-               | 04:59+ | 03:09- | 14:53+ | 03:18- | 03:42- | 05:09+ | 03:15+ | 04:08+ | 04:44+ | 00:31- |        |         |
|                                                                             | 00:18-               | 00:29# | 00:49- | 03:59& | 00:25- | 00:06- | 00:42# | 00:09+ | 00:47# | 02:45@ | 00:06- |        |         |
| 6                                                                           | Tormod Aaslid        |        |        |        |        |        |        |        |        |        |        | 3529   | 52:28   |
|                                                                             | 03:45+               | 09:28+ | 13:32+ | 22:51+ | 27:22+ | 32:47+ | 38:57+ | 44:37+ | 46:57+ | 51:53+ | 52:28+ |        |         |
|                                                                             | 03:45+               | 05:43+ | 04:04+ | 09:19- | 04:31+ | 05:25+ | 06:10+ | 05:40+ | 02:20- | 04:56+ | 00:35- |        |         |
|                                                                             | 01:09&               | 01:13& | 00:06+ | 01:35- | 00:48# | 01:37& | 01:43& | 02:34& | 01:01- | 02:57@ | 00:02- |        |         |
| 7                                                                           | Sigurd Krosli        |        |        |        |        |        |        |        |        |        |        | 1884   | 57:50   |
|                                                                             | 02:53+               | 11:23+ | 15:10+ | 33:05+ | 37:20+ | 41:19+ | 48:20+ | 52:36+ | 54:37+ | 57:15+ | 57:50+ |        |         |
|                                                                             | 02:53+               | 08:30+ | 03:47- | 17:55+ | 04:15+ | 03:59+ | 07:01+ | 04:16+ | 02:01- | 02:38+ | 00:35- |        |         |
|                                                                             | 00:17#               | 04:00& | 00:11- | 07:01& | 00:32# | 00:11+ | 02:34& | 01:10& | 01:20- | 00:39& | 00:02- |        |         |

| Plass                                                                       | Navn                 | Klasse | Tid     |
|-----------------------------------------------------------------------------|----------------------|--------|---------|
| H80                                                                         |                      |        |         |
| 8                                                                           | Magne Jakobsen       | 3524   | 1:02:13 |
| 03:31+                                                                      | 09:32+               | 13:47+ | 37:35+  |
| 03:31+                                                                      | 06:01+               | 04:15+ | 23:48+  |
| 00:55&                                                                      | 01:31&               | 00:17+ | 12:54@  |
| 04:19+                                                                      | 00:23#               | 02:27& | 00:04+  |
| 05:13+                                                                      | 01:13+               | 02:13+ | 62:13+  |
| 02:21-                                                                      | 03:00+               | 01:00+ | 01:00+  |
| 01:01&                                                                      | 00:23&               |        |         |
| 9                                                                           | Mangor Eikeland      | 892    | 1:04:47 |
| 03:37+                                                                      | 10:37+               | 15:42+ | 36:19+  |
| 03:37+                                                                      | 07:00+               | 05:05+ | 20:37+  |
| 03:37+                                                                      | 07:00+               | 05:05+ | 20:37+  |
| 05:31+                                                                      | 05:21+               | 07:23+ | 04:16+  |
| 05:21+                                                                      | 07:23+               | 04:16+ | 02:31+  |
| 02:31+                                                                      | 02:38+               | 00:48+ |         |
| 00:48+                                                                      |                      |        |         |
| 10                                                                          | Svein Glendrange     | 874    | 1:06:18 |
| 04:01+                                                                      | 11:40+               | 16:43+ | 33:41+  |
| 04:01+                                                                      | 07:39+               | 05:03+ | 16:58+  |
| 04:01+                                                                      | 07:39+               | 05:03+ | 16:58+  |
| 06:29+                                                                      | 07:13+               | 06:52+ | 04:11+  |
| 03:12+                                                                      | 03:36+               | 01:04+ |         |
| 01:04+                                                                      |                      |        |         |
| 11                                                                          | Torleiv Møgedal      | 874    | 1:15:07 |
| 04:20+                                                                      | 12:35+               | 22:40+ | 43:31+  |
| 04:20+                                                                      | 08:15+               | 10:05+ | 20:51+  |
| 04:20+                                                                      | 08:15+               | 10:05+ | 20:51+  |
| 06:07+                                                                      | 07:20+               | 07:19+ | 04:25+  |
| 02:29+                                                                      | 02:53+               | 01:03+ |         |
| 01:03+                                                                      |                      |        |         |
| 12                                                                          | Kjell Audun Maudal   | 3524   | 1:47:38 |
| 18:50+                                                                      | 26:56+               | 33:00+ | 69:04+  |
| 18:50+                                                                      | 08:06+               | 06:04+ | 36:04+  |
| 18:50+                                                                      | 08:06+               | 06:04+ | 36:04+  |
| 05:58+                                                                      | 06:28+               | 09:08+ | 04:53+  |
| 05:38+                                                                      | 05:37+               | 00:52+ |         |
| 00:52+                                                                      |                      |        |         |
| Beste strekktid for klassen                                                 |                      |        |         |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                      |        |         |
| HA                                                                          |                      |        |         |
| 1                                                                           | Ørjan Ravndal        | 3522   | 40:04   |
| 03:03=                                                                      | 03:58=               | 05:33= | 07:08=  |
| 03:03=                                                                      | 00:55=               | 01:35= | 01:35=  |
| 00:00=                                                                      | 00:00=               | 00:00= | 00:00=  |
| 10:35=                                                                      | 17:20=               | 18:36= | 22:09=  |
| 23:02=                                                                      | 24:03=               | 28:20= | 30:20=  |
| 34:01=                                                                      | 36:02=               | 36:33= | 37:53=  |
| 38:48=                                                                      | 40:04=               |        |         |
| 03:27=                                                                      | 06:45=               | 01:16= | 03:33=  |
| 00:53=                                                                      | 01:01=               | 04:17= | 02:00=  |
| 03:41=                                                                      | 02:01=               | 00:31= | 01:20=  |
| 00:00=                                                                      | 00:00=               | 00:00= | 00:00=  |
| 00:00=                                                                      | 00:00=               | 00:00= | 00:00=  |
| 2                                                                           | Harald Kalager       | 793    | 40:39   |
| 03:09+                                                                      | 04:09+               | 05:34+ | 07:17+  |
| 03:09+                                                                      | 01:00+               | 01:25- | 01:43+  |
| 00:06+                                                                      | 00:05+               | 00:10- | 00:08+  |
| 11:04+                                                                      | 18:27+               | 19:46+ | 23:27+  |
| 24:29+                                                                      | 25:18+               | 29:56+ | 31:47+  |
| 35:25+                                                                      | 36:57+               | 37:34+ | 38:46+  |
| 39:42+                                                                      | 40:39+               |        |         |
| 01:19+                                                                      | 03:41+               | 01:02+ | 00:49-  |
| 04:38+                                                                      | 01:51-               | 03:38- | 01:32-  |
| 00:09#                                                                      | 00:12-               | 00:21+ | 00:09-  |
| 00:03#                                                                      | 00:08+               | 00:09# | 00:03-  |
| 00:08+                                                                      | 00:09#               | 00:12- | 00:21+  |
| 00:09-                                                                      | 00:03-               | 00:29- | 00:06#  |
| 00:08-                                                                      | 00:01+               | 00:19- |         |
| 3                                                                           | Jørgen Strømstad     | 1786   | 42:50   |
| 03:14+                                                                      | 04:40+               | 05:54+ | 07:42+  |
| 03:14+                                                                      | 01:26+               | 01:14- | 01:48+  |
| 00:11+                                                                      | 00:31&               | 00:21- | 00:13#  |
| 11:20+                                                                      | 18:01+               | 19:15+ | 22:59+  |
| 24:04+                                                                      | 25:04+               | 29:49+ | 31:52+  |
| 36:14+                                                                      | 38:29+               | 39:16+ | 40:45+  |
| 41:54+                                                                      | 42:50+               |        |         |
| 01:14-                                                                      | 03:44+               | 01:05+ | 01:00-  |
| 04:45+                                                                      | 02:03+               | 04:22+ | 02:15+  |
| 00:47+                                                                      | 01:29+               | 01:09+ | 00:56-  |
| 00:11+                                                                      | 00:04-               | 00:02- | 00:11+  |
| 00:04-                                                                      | 00:02-               | 00:11+ | 00:12#  |
| 00:01-                                                                      | 00:28#               | 00:03+ | 00:41#  |
| 00:14#                                                                      | 00:16&               | 00:09# | 00:14&  |
| 00:20-                                                                      |                      |        |         |
| 4                                                                           | Erik Lima            | 1832   | 47:20   |
| 03:31+                                                                      | 04:46+               | 06:54+ | 08:49+  |
| 03:31+                                                                      | 01:15+               | 02:08+ | 01:55+  |
| 00:28#                                                                      | 00:20&               | 00:33& | 00:20#  |
| 12:58+                                                                      | 21:49+               | 23:04+ | 26:57+  |
| 28:03+                                                                      | 28:56+               | 33:56+ | 36:20+  |
| 40:44+                                                                      | 42:45+               | 43:35+ | 45:01+  |
| 46:09+                                                                      | 47:20+               |        |         |
| 01:15-                                                                      | 03:53+               | 01:06+ | 00:53-  |
| 05:00+                                                                      | 02:24+               | 04:24+ | 02:01=  |
| 00:50+                                                                      | 01:26+               | 01:08+ | 01:11-  |
| 00:01-                                                                      | 00:20+               | 00:13# | 00:08-  |
| 00:08-                                                                      | 00:04#               | 00:43# | 00:24#  |
| 00:43#                                                                      | 00:00=               | 00:19& | 00:06+  |
| 00:13#                                                                      | 00:05+               | 00:10# | 00:06#  |
| 00:04-                                                                      |                      |        |         |
| 5                                                                           | Torbjørn Fuglestad   | 878    | 47:57   |
| 04:59+                                                                      | 06:13+               | 08:01+ | 10:16+  |
| 04:59+                                                                      | 01:14+               | 01:48+ | 02:15+  |
| 01:56&                                                                      | 00:19&               | 00:13# | 00:40&  |
| 13:57+                                                                      | 22:36+               | 23:51+ | 28:05+  |
| 29:21+                                                                      | 30:13+               | 34:56+ | 36:57+  |
| 41:01+                                                                      | 43:05+               | 44:14+ | 45:44+  |
| 46:45+                                                                      | 47:57+               |        |         |
| 01:15-                                                                      | 04:14+               | 01:16+ | 00:52-  |
| 04:43+                                                                      | 02:01+               | 04:04+ | 02:04+  |
| 01:09+                                                                      | 01:30+               | 01:01+ | 01:12-  |
| 00:01-                                                                      | 00:41#               | 00:23& | 00:09-  |
| 00:23&                                                                      | 00:09-               | 00:26# | 00:01+  |
| 00:23#                                                                      | 00:03+               | 00:38@ | 00:10#  |
| 00:06#                                                                      | 00:04-               |        |         |
| 6                                                                           | Bernhard Haver Vagle | 643    | 51:00   |
| 04:03+                                                                      | 05:53+               | 07:21+ | 09:56+  |
| 04:03+                                                                      | 01:50+               | 01:28- | 02:35+  |
| 01:00&                                                                      | 00:55&               | 00:07- | 01:00&  |
| 23:26+                                                                      | 24:52+               | 29:27+ | 30:55+  |
| 32:01+                                                                      | 37:01+               | 39:05+ | 43:23+  |
| 45:37+                                                                      | 46:25+               | 47:56+ | 49:52+  |
| 51:00+                                                                      |                      |        |         |
| 01:26+                                                                      | 04:35+               | 01:28+ | 01:06+  |
| 05:00+                                                                      | 02:04+               | 04:18+ | 02:14+  |
| 00:48+                                                                      | 01:31+               | 01:56+ | 01:08-  |
| 00:10&                                                                      | 01:02&               | 00:35& | 00:05+  |
| 00:43#                                                                      | 00:04+               | 00:37# | 00:13#  |
| 00:17&                                                                      | 00:11#               | 01:01@ | 00:08-  |
| 7                                                                           | Lars Erik Maide      | 3676   | 51:02   |
| 03:15+                                                                      | 04:09+               | 06:21+ | 07:57+  |
| 03:15+                                                                      | 00:54-               | 02:12+ | 01:36+  |
| 00:12+                                                                      | 00:01-               | 00:37& | 00:01+  |
| 11:07+                                                                      | 18:44+               | 19:51+ | 30:34+  |
| 32:09+                                                                      | 33:35+               | 37:40+ | 39:25+  |
| 43:39+                                                                      | 45:50+               | 47:03+ | 48:52+  |
| 50:10+                                                                      | 51:02+               |        |         |
| 01:07-                                                                      | 10:43+               | 01:35+ | 01:26+  |
| 04:05-                                                                      | 01:45-               | 04:14+ | 02:11+  |
| 01:13+                                                                      | 01:49+               | 01:18+ | 00:52-  |
| 00:52-                                                                      | 00:24-               |        |         |
| 00:42&                                                                      | 00:25&               | 00:12- | 00:15-  |
| 00:33#                                                                      | 00:10+               | 00:42@ | 00:29&  |
| 00:23&                                                                      | 00:23&               |        |         |

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|-------|------|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|-----|--|--|--|--|--|--|--|--|--|--|--|
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|       |      |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |     |  |  |  |  |  |  |  |  |  |  |  |
|       |      |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |     |  |  |  |  |  |  |  |  |  |  |  |
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|       |      |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |     |  |  |  |  |  |  |  |  |  |  |  |
|       |      |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |     |  |  |  |  |  |  |  |  |  |  |  |
|       |      |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |     |  |  |  |  |  |  |  |  |  |  |  |
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| Plass | Navn |  |  |  |  |  |  |  |  |  | Klasse |  |  |  |  |  |  |  |  |  | Tid |  |  |  |  |  |  |  |  |  |
|-------|------|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|-----|--|--|--|--|--|--|--|--|--|
|-------|------|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|-----|--|--|--|--|--|--|--|--|--|

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|--------|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|--|--|--|--|--|--|--|--|--|
| 10     | Bård Martby-Skogsholm |        |        |        |        |        |        |        |        |        |        |        | 3522   |        |        |        | 52:56  |  |  |  |  |  |  |  |  |  |  |  |
| 03:37+ | 05:40+                | 08:26+ | 10:10+ | 14:19+ | 24:33+ | 26:40+ | 31:03+ | 32:39+ | 33:35+ | 38:42+ | 40:57+ | 45:10+ | 47:14+ | 48:36+ | 50:31+ | 51:39+ | 52:56+ |  |  |  |  |  |  |  |  |  |  |  |
| 03:37+ | 02:03+                | 02:46+ | 01:44+ | 04:09+ | 10:14+ | 02:07+ | 04:23+ | 01:36+ | 00:56- | 05:07+ | 02:15- | 04:13+ | 02:04+ | 01:22+ | 01:55+ | 01:08+ | 01:17+ |  |  |  |  |  |  |  |  |  |  |  |
| 00:32# | 01:10#                | 01:27# | 00:04+ | 00:30# | 03:36# | 01:01# | 00:59# | 00:39# | 00:04- | 00:39# | 00:02- | 00:14+ | 00:05+ | 00:44# | 00:30# | 00:11# | 00:20# |  |  |  |  |  |  |  |  |  |  |  |
| 11     | Jan-Rune Larsen Basso |        |        |        |        |        |        |        |        |        |        |        | 1376   |        |        |        | 53:49  |  |  |  |  |  |  |  |  |  |  |  |
| 03:28+ | 04:51+                | 06:33+ | 08:29+ | 12:37+ | 22:39+ | 24:32+ | 29:14+ | 30:48+ | 31:46+ | 37:00+ | 39:26+ | 46:24+ | 48:35+ | 49:34+ | 51:18+ | 52:31+ | 53:49+ |  |  |  |  |  |  |  |  |  |  |  |
| 03:28+ | 01:23+                | 01:42+ | 01:56+ | 04:08+ | 10:02+ | 01:53+ | 04:42+ | 01:34+ | 00:58+ | 05:14+ | 02:26+ | 06:58+ | 02:11+ | 00:59+ | 01:44+ | 01:13+ | 01:18+ |  |  |  |  |  |  |  |  |  |  |  |
| 03:28+ | 01:23+                | 01:42+ | 01:56+ | 04:08+ | 10:02+ | 01:53+ | 04:42+ | 01:34+ | 00:58+ | 05:14+ | 02:26+ | 06:58+ | 02:11+ | 00:59+ | 01:44+ | 01:13+ | 01:18+ |  |  |  |  |  |  |  |  |  |  |  |
| 12     | Jørgen Breivold       |        |        |        |        |        |        |        |        |        |        |        | 3529   |        |        |        | 59:16  |  |  |  |  |  |  |  |  |  |  |  |
| 04:11+ | 05:57+                | 07:48+ | 10:22+ | 14:54+ | 23:58+ | 25:27+ | 31:46+ | 33:34+ | 34:44+ | 40:10+ | 42:24+ | 47:44+ | 50:39+ | 53:34+ | 56:15+ | 58:01+ | 59:16+ |  |  |  |  |  |  |  |  |  |  |  |
| 04:11+ | 01:46+                | 01:51+ | 02:34+ | 04:32+ | 09:04+ | 01:29+ | 06:19+ | 01:48+ | 01:10+ | 05:26+ | 02:14+ | 05:20+ | 02:55+ | 02:55+ | 02:41+ | 01:46+ | 01:15+ |  |  |  |  |  |  |  |  |  |  |  |
| 04:11+ | 01:46+                | 01:51+ | 02:34+ | 04:32+ | 09:04+ | 01:29+ | 06:19+ | 01:48+ | 01:10+ | 05:26+ | 02:14+ | 05:20+ | 02:55+ | 02:55+ | 02:41+ | 01:46+ | 01:15+ |  |  |  |  |  |  |  |  |  |  |  |
| 13     | Asgeir Nærland        |        |        |        |        |        |        |        |        |        |        |        | 1830   |        |        |        | 59:57  |  |  |  |  |  |  |  |  |  |  |  |
| 03:39+ | 04:52+                | 07:15+ | 09:42+ | 14:01+ | 24:34+ | 25:40+ | 30:20+ | 31:51+ | 32:54+ | 38:21+ | 40:52+ | 46:12+ | 54:03+ | 55:04+ | 56:58+ | 58:37+ | 59:57+ |  |  |  |  |  |  |  |  |  |  |  |
| 03:39+ | 01:13+                | 02:23+ | 02:27+ | 04:19+ | 10:33+ | 01:06+ | 04:40+ | 01:31+ | 01:03+ | 05:27+ | 02:31+ | 05:20+ | 07:51+ | 01:01+ | 01:54+ | 01:39+ | 01:20+ |  |  |  |  |  |  |  |  |  |  |  |
| 03:39+ | 01:13+                | 02:23+ | 02:27+ | 04:19+ | 10:33+ | 01:06+ | 04:40+ | 01:31+ | 01:03+ | 05:27+ | 02:31+ | 05:20+ | 07:51+ | 01:01+ | 01:54+ | 01:39+ | 01:20+ |  |  |  |  |  |  |  |  |  |  |  |

Beste strekktid for klassen

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

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|        |                          |        |        |        |        |        |        |        |        |        |        |        |        |        |  |  |  |  |  |  |  |  |  |       |
|--------|--------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|--|--|--|--|--|--|--|-------|
| 1      | Lars Drage               |        |        |        |        |        |        |        |        |        |        |        | 3583   |        |  |  |  |  |  |  |  |  |  | 42:09 |
| 03:16= | 04:15=                   | 06:09= | 11:58= | 18:36= | 22:12= | 24:02= | 24:56= | 29:55= | 32:08= | 36:37= | 38:51= | 39:42= | 41:21= | 42:09= |  |  |  |  |  |  |  |  |  |       |
| 03:16= | 00:59=                   | 01:54= | 05:49= | 06:38= | 03:36= | 01:50= | 00:54= | 04:59= | 02:13= | 04:29= | 02:14= | 00:51= | 01:39= | 00:48= |  |  |  |  |  |  |  |  |  |       |
| 00:00= | 00:00=                   | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |  |  |  |  |  |  |  |  |  |       |
| 2      | Kjetil Wirak             |        |        |        |        |        |        |        |        |        |        |        | 3486   |        |  |  |  |  |  |  |  |  |  | 42:45 |
| 03:36+ | 04:56+                   | 06:40+ | 12:44+ | 18:54+ | 22:08- | 23:55- | 25:01+ | 30:00+ | 32:07- | 36:27- | 38:21- | 40:12+ | 41:59+ | 42:45+ |  |  |  |  |  |  |  |  |  |       |
| 03:36+ | 01:20+                   | 01:44- | 06:04+ | 06:10- | 03:14- | 01:47- | 01:06+ | 04:59= | 02:07- | 04:20- | 01:54- | 01:51+ | 01:47+ | 00:46- |  |  |  |  |  |  |  |  |  |       |
| 00:20# | 00:21#                   | 00:10- | 00:15+ | 00:28- | 00:22- | 00:03- | 00:12# | 00:00= | 00:06- | 00:09- | 00:20- | 01:00# | 00:08+ | 00:02- |  |  |  |  |  |  |  |  |  |       |
| 3      | Jan-Einar Øvremo         |        |        |        |        |        |        |        |        |        |        |        | 1119   |        |  |  |  |  |  |  |  |  |  | 44:10 |
| 03:40+ | 04:57+                   | 06:33+ | 12:59+ | 19:28+ | 21:57- | 23:49- | 24:56= | 30:26+ | 32:57+ | 39:10+ | 41:05+ | 42:01+ | 43:25+ | 44:10+ |  |  |  |  |  |  |  |  |  |       |
| 03:40+ | 01:17+                   | 01:36- | 06:26+ | 06:29- | 02:29- | 01:52+ | 01:07+ | 05:30+ | 02:31+ | 06:13+ | 01:55- | 00:56+ | 01:24- | 00:45- |  |  |  |  |  |  |  |  |  |       |
| 00:24# | 00:18#                   | 00:18- | 00:37# | 00:09- | 01:07- | 00:02+ | 00:13# | 00:31# | 00:18# | 01:44# | 00:19- | 00:05+ | 00:15- | 00:03- |  |  |  |  |  |  |  |  |  |       |
| 4      | Henning Sundby           |        |        |        |        |        |        |        |        |        |        |        | 3486   |        |  |  |  |  |  |  |  |  |  | 44:34 |
| 04:19+ | 05:52+                   | 07:51+ | 13:38+ | 20:18+ | 22:42+ | 24:31+ | 25:48+ | 30:59+ | 33:13+ | 37:57+ | 39:42+ | 42:02+ | 43:47+ | 44:34+ |  |  |  |  |  |  |  |  |  |       |
| 04:19+ | 01:33+                   | 01:59+ | 05:47- | 06:40+ | 02:24- | 01:49- | 01:17+ | 05:11+ | 02:14+ | 04:44+ | 01:45- | 02:20+ | 01:45+ | 00:47- |  |  |  |  |  |  |  |  |  |       |
| 01:03# | 00:34#                   | 00:05+ | 00:02- | 00:02+ | 01:12- | 00:01- | 00:23# | 00:12+ | 00:01+ | 00:15+ | 00:29- | 01:29# | 00:06+ | 00:01- |  |  |  |  |  |  |  |  |  |       |
| 5      | Morten Aamodt            |        |        |        |        |        |        |        |        |        |        |        | 1683   |        |  |  |  |  |  |  |  |  |  | 46:05 |
| 03:32+ | 04:43+                   | 06:37+ | 14:27+ | 22:25+ | 24:48+ | 26:32+ | 27:27+ | 32:41+ | 35:01+ | 39:57+ | 42:43+ | 43:40+ | 45:08+ | 46:05+ |  |  |  |  |  |  |  |  |  |       |
| 03:32+ | 01:11+                   | 01:54= | 07:50+ | 07:58+ | 02:23- | 01:44- | 00:55+ | 05:14+ | 02:20+ | 04:56+ | 02:46+ | 00:57+ | 01:28- | 00:57+ |  |  |  |  |  |  |  |  |  |       |
| 00:16+ | 00:12#                   | 00:00= | 02:01# | 01:20# | 01:13- | 00:06- | 00:01+ | 00:15+ | 00:07+ | 00:27# | 00:32# | 00:06# | 00:11- | 00:09# |  |  |  |  |  |  |  |  |  |       |
| 6      | Leif Kjetil Hinna Gausel |        |        |        |        |        |        |        |        |        |        |        | 1683   |        |  |  |  |  |  |  |  |  |  | 46:41 |
| 04:03+ | 05:57+                   | 07:40+ | 14:59+ | 22:20+ | 25:20+ | 27:18+ | 28:18+ | 33:49+ | 36:09+ | 41:00+ | 43:05+ | 43:58+ | 45:51+ | 46:41+ |  |  |  |  |  |  |  |  |  |       |
| 04:03+ | 01:54+                   | 01:43- | 07:19+ | 07:21+ | 03:00- | 01:58+ | 01:00+ | 05:31+ | 02:20+ | 04:51+ | 02:05- | 00:53+ | 01:53+ | 00:50+ |  |  |  |  |  |  |  |  |  |       |
| 00:47# | 00:55#                   | 00:11- | 01:30# | 00:43# | 00:36- | 00:08+ | 00:06# | 00:32# | 00:07+ | 00:22+ | 00:09- | 00:02+ | 00:14# | 00:02+ |  |  |  |  |  |  |  |  |  |       |
| 7      | Per Olav Haarr           |        |        |        |        |        |        |        |        |        |        |        | 769    |        |  |  |  |  |  |  |  |  |  | 49:45 |
| 03:22+ | 04:22+                   | 06:00- | 12:27+ | 21:17+ | 23:54+ | 29:17+ | 30:28+ | 35:38+ | 37:54+ | 43:12+ | 46:07+ | 47:09+ | 48:46+ | 49:45+ |  |  |  |  |  |  |  |  |  |       |
| 03:22+ | 01:00+                   | 01:38- | 06:27+ | 08:50+ | 02:37- | 05:23+ | 01:11+ | 05:10+ | 02:16+ | 05:18+ | 02:55+ | 01:02+ | 01:37- | 00:59+ |  |  |  |  |  |  |  |  |  |       |
| 00:06+ | 00:01+                   | 00:16- | 00:38# | 02:12# | 00:59- | 03:33# | 00:17# | 00:11+ | 00:03+ | 00:49# | 00:41# | 00:11# | 00:02- | 00:11# |  |  |  |  |  |  |  |  |  |       |
| 8      | Terje Undheim            |        |        |        |        |        |        |        |        |        |        |        | 3529   |        |  |  |  |  |  |  |  |  |  | 50:25 |
| 03:54+ | 06:22+                   | 08:28+ | 15:48+ | 23:40+ | 27:25+ | 29:40+ | 30:50+ | 35:58+ | 38:11+ | 43:36+ | 46:28+ | 47:17+ | 49:35+ | 50:25+ |  |  |  |  |  |  |  |  |  |       |
| 03:54+ | 02:28+                   | 02:06+ | 07:20+ | 07:52+ | 03:45+ | 02:15+ | 01:10+ | 05:08+ | 02:13= | 05:25+ | 02:52+ | 00:49- | 02:18+ | 00:50+ |  |  |  |  |  |  |  |  |  |       |
| 00:38# | 01:29#                   | 00:12# | 01:31# | 01:14# | 00:09+ | 00:25# | 00:16# | 00:09+ | 00:00= | 00:56# | 00:38# | 00:02- | 00:39# | 00:02+ |  |  |  |  |  |  |  |  |  |       |

| Plass | Navn | Klasse | Tid |
|-------|------|--------|-----|
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|--------|-------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--|
| 9      | Pål H. Gjerden    |        |        |        |        |        |        |        |        |        |        |        |        | 1683   | 50:29   |  |
| 04:11+ | 05:39+            | 07:20+ | 14:09+ | 21:43+ | 25:09+ | 27:42+ | 28:54+ | 34:41+ | 37:46+ | 43:54+ | 46:13+ | 47:10+ | 49:33+ | 50:29+ |         |  |
| 04:11+ | 01:28+            | 01:41- | 06:49+ | 07:34+ | 03:26- | 02:33+ | 01:12+ | 05:47+ | 03:05+ | 06:08+ | 02:19+ | 00:57+ | 02:23+ | 00:56+ |         |  |
| 00:55& | 00:29&            | 00:13- | 01:00# | 00:56# | 00:10- | 00:43& | 00:18& | 00:48# | 00:52& | 01:39& | 00:05+ | 00:06# | 00:44& | 00:08# |         |  |
| 10     | Pål Bårdsen       |        |        |        |        |        |        |        |        |        |        |        |        | 3497   | 52:21   |  |
| 04:33+ | 06:12+            | 08:38+ | 14:51+ | 24:04+ | 27:31+ | 29:38+ | 31:01+ | 37:46+ | 40:32+ | 45:58+ | 48:18+ | 49:23+ | 51:21+ | 52:21+ |         |  |
| 04:33+ | 01:39+            | 02:26+ | 06:13+ | 09:13+ | 03:27+ | 02:07+ | 01:23+ | 06:45+ | 02:46+ | 05:26+ | 02:20+ | 01:05+ | 01:58+ | 01:00+ |         |  |
| 04:33+ | 01:39+            | 02:26+ | 06:13+ | 09:13+ | 03:27+ | 02:07+ | 01:23+ | 06:45+ | 02:46+ | 05:26+ | 02:20+ | 01:05+ | 01:58+ | 01:00+ |         |  |
| 11     | Øyvind Rummelhoff |        |        |        |        |        |        |        |        |        |        |        |        | 882    | 53:28   |  |
| 04:22+ | 06:09+            | 09:12+ | 16:14+ | 25:31+ | 29:17+ | 31:29+ | 32:39+ | 38:02+ | 40:20+ | 47:13+ | 49:24+ | 50:24+ | 52:31+ | 53:28+ |         |  |
| 04:22+ | 01:47+            | 03:03+ | 07:02+ | 09:17+ | 03:46+ | 02:12+ | 01:10+ | 05:23+ | 02:18+ | 06:53+ | 02:11+ | 01:00+ | 02:07+ | 00:57+ |         |  |
| 04:22+ | 01:47+            | 03:03+ | 07:02+ | 09:17+ | 03:46+ | 02:12+ | 01:10+ | 05:23+ | 02:18+ | 06:53+ | 02:11+ | 01:00+ | 02:07+ | 00:57+ |         |  |
| 12     | Geir Haugvaldstad |        |        |        |        |        |        |        |        |        |        |        |        | 1683   | 54:36   |  |
| 03:52+ | 05:00+            | 07:37+ | 13:44+ | 21:55+ | 28:40+ | 34:59+ | 35:45+ | 40:19+ | 42:45+ | 48:35+ | 50:53+ | 52:03+ | 53:55+ | 54:36+ |         |  |
| 03:52+ | 01:08+            | 02:37+ | 06:07+ | 08:11+ | 06:45+ | 06:19+ | 00:46+ | 04:34+ | 02:26+ | 05:50+ | 02:18+ | 01:10+ | 01:52+ | 00:41+ |         |  |
| 03:52+ | 01:08+            | 02:37+ | 06:07+ | 08:11+ | 06:45+ | 06:19+ | 00:46+ | 04:34+ | 02:26+ | 05:50+ | 02:18+ | 01:10+ | 01:52+ | 00:41+ |         |  |
| 13     | Øivind Berggraf   |        |        |        |        |        |        |        |        |        |        |        |        | 1683   | 57:18   |  |
| 04:02+ | 05:59+            | 08:51+ | 15:32+ | 24:08+ | 26:57+ | 31:15+ | 32:47+ | 38:42+ | 41:22+ | 47:00+ | 49:25+ | 50:42+ | 56:16+ | 57:18+ |         |  |
| 04:02+ | 01:57+            | 02:52+ | 06:41+ | 08:36+ | 02:49+ | 04:18+ | 01:32+ | 05:55+ | 02:40+ | 05:38+ | 02:25+ | 01:17+ | 05:34+ | 01:02+ |         |  |
| 04:02+ | 01:57+            | 02:52+ | 06:41+ | 08:36+ | 02:49+ | 04:18+ | 01:32+ | 05:55+ | 02:40+ | 05:38+ | 02:25+ | 01:17+ | 05:34+ | 01:02+ |         |  |
| 14     | Øistein Haaland   |        |        |        |        |        |        |        |        |        |        |        |        | 1683   | 1:14:59 |  |
| 04:11+ | 05:53+            | 08:46+ | 17:48+ | 27:36+ | 32:17+ | 36:22+ | 37:55+ | 56:04+ | 59:08+ | 65:13+ | 69:29+ | 71:05+ | 73:37+ | 74:59+ |         |  |
| 04:11+ | 01:42+            | 02:53+ | 09:02+ | 09:48+ | 04:41+ | 04:05+ | 01:33+ | 18:09+ | 03:04+ | 06:05+ | 04:16+ | 01:36+ | 02:32+ | 01:22+ |         |  |
| 04:11+ | 01:42+            | 02:53+ | 09:02+ | 09:48+ | 04:41+ | 04:05+ | 01:33+ | 18:09+ | 03:04+ | 06:05+ | 04:16+ | 01:36+ | 02:32+ | 01:22+ |         |  |

Beste strekktid for klassen

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

HNY

|        |                       |        |        |        |        |        |        |        |      |       |
|--------|-----------------------|--------|--------|--------|--------|--------|--------|--------|------|-------|
| 1      | Gøran Håland Østensjø |        |        |        |        |        |        |        | 3524 | 30:17 |
| 02:25= | 06:39=                | 12:20= | 18:27= | 19:26= | 23:21= | 27:00= | 29:40= | 30:17= |      |       |
| 02:25= | 04:14=                | 05:41= | 06:07= | 00:59= | 03:55= | 03:39= | 02:40= | 00:37= |      |       |
| 00:00= | 00:00=                | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |      |       |
| 2      | Marius Usvaltas       |        |        |        |        |        |        |        | 3529 | 33:19 |
| 01:06- | 10:48+                | 15:14+ | 19:47+ | 20:30+ | 23:53+ | 30:17+ | 32:50+ | 33:19+ |      |       |
| 01:06- | 09:42+                | 04:26- | 04:33- | 00:43- | 03:23- | 06:24+ | 02:33- | 00:29- |      |       |
| 01:19- | 05:28@                | 01:15- | 01:34- | 00:16- | 00:32- | 02:45& | 00:07- | 00:08- |      |       |
| 3      | Arild Opstad          |        |        |        |        |        |        |        | 3529 | 34:59 |
| 02:11- | 07:43+                | 16:12+ | 22:42+ | 24:03+ | 27:05+ | 30:46+ | 34:25+ | 34:59+ |      |       |
| 02:11- | 05:32+                | 08:29+ | 06:30+ | 01:21+ | 03:02- | 03:41+ | 03:39+ | 00:34- |      |       |
| 00:14- | 01:18&                | 02:48& | 00:23+ | 00:22& | 00:53- | 00:02+ | 00:59& | 00:03- |      |       |

Beste strekktid for klassen

01:06 04:14 04:26 04:33 00:43 03:02 03:39 02:33 00:29

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

HT

|        |                         |        |        |        |        |        |        |        |        |        |      |
|--------|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|------|
| 1      | Adam Alfred Brennhaugen |        |        |        |        |        |        |        |        |        | 3512 |
| 01:25= | 04:21=                  | 06:28= | 16:07= | 18:39= | 21:25= | 25:24= | 26:45= | 28:05= | 29:18= | 29:38= |      |
| 01:25= | 02:56=                  | 02:07= | 09:39= | 02:32= | 02:46= | 03:59= | 01:21= | 01:20= | 01:13= | 00:20= |      |
| 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   |
|--------|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|
| HT     |                         |        |        |        |        |        |        |        |        |        |        |       |
| 2      | Tore Stensland          |        |        |        |        |        |        |        |        |        | 3529   | 31:15 |
| 01:33+ | 04:54+                  | 07:19+ | 14:56- | 17:24- | 20:27- | 24:56- | 27:45+ | 29:28+ | 30:48+ | 31:15+ |        |       |
| 01:33+ | 03:21+                  | 02:25+ | 07:37- | 02:28- | 03:03+ | 04:29+ | 02:49+ | 01:43+ | 01:20+ | 00:27+ |        |       |
| 00:08+ | 00:25#                  | 00:18# | 02:02- | 00:04- | 00:17# | 00:30# | 01:28# | 00:23& | 00:07+ | 00:07& |        |       |
| 3      | Kjetil Hommersand       |        |        |        |        |        |        |        |        |        | 1683   | 33:12 |
| 02:27+ | 06:22+                  | 09:05+ | 18:34+ | 20:55+ | 23:34+ | 27:20+ | 29:58+ | 31:30+ | 32:48+ | 33:12+ |        |       |
| 02:27+ | 03:55+                  | 02:43+ | 09:29+ | 02:21+ | 02:39+ | 03:46+ | 02:38+ | 01:32+ | 01:18+ | 00:24+ |        |       |
| 02:27+ | 03:55+                  | 02:43+ | 09:29+ | 02:21+ | 02:39+ | 03:46+ | 02:38+ | 01:32+ | 01:18+ | 00:24+ |        |       |
| 4      | Olav Nybru              |        |        |        |        |        |        |        |        |        | 3531   | 35:50 |
| 01:19+ | 04:16+                  | 09:00+ | 22:19+ | 24:26+ | 27:00+ | 31:09+ | 32:59+ | 34:21+ | 35:29+ | 35:50+ |        |       |
| 01:19+ | 02:57+                  | 04:44+ | 13:19+ | 02:07+ | 02:34+ | 04:09+ | 01:50+ | 01:22+ | 01:08+ | 00:21+ |        |       |
| 01:19+ | 02:57+                  | 04:44+ | 13:19+ | 02:07+ | 02:34+ | 04:09+ | 01:50+ | 01:22+ | 01:08+ | 00:21+ |        |       |
| 5      | Tore T Berg             |        |        |        |        |        |        |        |        |        | 793    | 36:07 |
| 01:49+ | 05:23+                  | 07:40+ | 19:35+ | 21:59+ | 24:40+ | 28:30+ | 32:26+ | 33:57+ | 35:38+ | 36:07+ |        |       |
| 01:49+ | 03:34+                  | 02:17+ | 11:55+ | 02:24+ | 02:41+ | 03:50+ | 03:56+ | 01:31+ | 01:41+ | 00:29+ |        |       |
| 01:49+ | 03:34+                  | 02:17+ | 11:55+ | 02:24+ | 02:41+ | 03:50+ | 03:56+ | 01:31+ | 01:41+ | 00:29+ |        |       |
| 6      | Aksel Kleppa Hartmann   |        |        |        |        |        |        |        |        |        | 793    | 37:04 |
| 01:56+ | 05:42+                  | 08:01+ | 21:34+ | 24:34+ | 27:29+ | 31:11+ | 32:51+ | 34:12+ | 36:41+ | 37:04+ |        |       |
| 01:56+ | 03:46+                  | 02:19+ | 13:33+ | 03:00+ | 02:55+ | 03:42+ | 01:40+ | 01:21+ | 02:29+ | 00:23+ |        |       |
| 01:56+ | 03:46+                  | 02:19+ | 13:33+ | 03:00+ | 02:55+ | 03:42+ | 01:40+ | 01:21+ | 02:29+ | 00:23+ |        |       |
| 7      | Lars Salvesen           |        |        |        |        |        |        |        |        |        | 1119   | 37:31 |
| 02:09+ | 06:00+                  | 09:03+ | 17:58+ | 21:04+ | 24:50+ | 30:57+ | 33:25+ | 35:33+ | 37:02+ | 37:31+ |        |       |
| 02:09+ | 03:51+                  | 03:03+ | 08:55+ | 03:06+ | 03:46+ | 06:07+ | 02:28+ | 02:08+ | 01:29+ | 00:29+ |        |       |
| 02:09+ | 03:51+                  | 03:03+ | 08:55+ | 03:06+ | 03:46+ | 06:07+ | 02:28+ | 02:08+ | 01:29+ | 00:29+ |        |       |
| 8      | Ketil Vestbakke         |        |        |        |        |        |        |        |        |        | 1683   | 39:40 |
| 02:07+ | 06:20+                  | 09:42+ | 21:03+ | 24:58+ | 28:55+ | 33:30+ | 35:40+ | 37:27+ | 39:11+ | 39:40+ |        |       |
| 02:07+ | 04:13+                  | 03:22+ | 11:21+ | 03:55+ | 03:57+ | 04:35+ | 02:10+ | 01:47+ | 01:44+ | 00:29+ |        |       |
| 02:07+ | 04:13+                  | 03:22+ | 11:21+ | 03:55+ | 03:57+ | 04:35+ | 02:10+ | 01:47+ | 01:44+ | 00:29+ |        |       |
| 9      | Sjur Bjerke             |        |        |        |        |        |        |        |        |        | 3525   | 39:44 |
| 02:12+ | 06:50+                  | 09:31+ | 22:40+ | 25:56+ | 29:06+ | 33:35+ | 35:23+ | 37:43+ | 39:15+ | 39:44+ |        |       |
| 02:12+ | 04:38+                  | 02:41+ | 13:09+ | 03:16+ | 03:10+ | 04:29+ | 01:48+ | 02:20+ | 01:32+ | 00:29+ |        |       |
| 02:12+ | 04:38+                  | 02:41+ | 13:09+ | 03:16+ | 03:10+ | 04:29+ | 01:48+ | 02:20+ | 01:32+ | 00:29+ |        |       |
| 10     | Håvard Stensland        |        |        |        |        |        |        |        |        |        | 3503   | 40:06 |
| 02:00+ | 05:22+                  | 07:59+ | 23:57+ | 26:48+ | 30:04+ | 34:36+ | 36:26+ | 38:02+ | 39:37+ | 40:06+ |        |       |
| 02:00+ | 03:22+                  | 02:37+ | 15:58+ | 02:51+ | 03:16+ | 04:32+ | 01:50+ | 01:36+ | 01:35+ | 00:29+ |        |       |
| 02:00+ | 03:22+                  | 02:37+ | 15:58+ | 02:51+ | 03:16+ | 04:32+ | 01:50+ | 01:36+ | 01:35+ | 00:29+ |        |       |
| 11     | Svein Sivertsen         |        |        |        |        |        |        |        |        |        | 3530   | 40:41 |
| 02:08+ | 06:18+                  | 09:27+ | 18:21+ | 21:34+ | 25:47+ | 31:18+ | 33:36+ | 38:28+ | 40:09+ | 40:41+ |        |       |
| 02:08+ | 04:10+                  | 03:09+ | 08:54+ | 03:13+ | 04:13+ | 05:31+ | 02:18+ | 04:52+ | 01:41+ | 00:32+ |        |       |
| 02:08+ | 04:10+                  | 03:09+ | 08:54+ | 03:13+ | 04:13+ | 05:31+ | 02:18+ | 04:52+ | 01:41+ | 00:32+ |        |       |
| 12     | Svein Erik Bjørnsen     |        |        |        |        |        |        |        |        |        | 1376   | 42:36 |
| 01:48+ | 05:50+                  | 14:06+ | 25:14+ | 27:53+ | 30:52+ | 35:42+ | 37:50+ | 40:36+ | 42:09+ | 42:36+ |        |       |
| 01:48+ | 04:02+                  | 08:16+ | 11:08+ | 02:39+ | 02:59+ | 04:50+ | 02:08+ | 02:46+ | 01:33+ | 00:27+ |        |       |
| 01:48+ | 04:02+                  | 08:16+ | 11:08+ | 02:39+ | 02:59+ | 04:50+ | 02:08+ | 02:46+ | 01:33+ | 00:27+ |        |       |
| 13     | Thomas Romstad          |        |        |        |        |        |        |        |        |        | 1683   | 42:56 |
| 02:00+ | 05:21+                  | 07:41+ | 27:47+ | 30:35+ | 33:29+ | 36:54+ | 39:04+ | 40:53+ | 42:30+ | 42:56+ |        |       |
| 02:00+ | 03:21+                  | 02:20+ | 20:06+ | 02:48+ | 02:54+ | 03:25+ | 02:10+ | 01:49+ | 01:37+ | 00:26+ |        |       |
| 02:00+ | 03:21+                  | 02:20+ | 20:06+ | 02:48+ | 02:54+ | 03:25+ | 02:10+ | 01:49+ | 01:37+ | 00:26+ |        |       |
| 14     | Jan Henrik Neuenkirchen |        |        |        |        |        |        |        |        |        | 896    | 43:08 |
| 02:30+ | 06:32+                  | 09:45+ | 23:41+ | 27:16+ | 30:44+ | 35:27+ | 37:59+ | 40:03+ | 42:38+ | 43:08+ |        |       |
| 02:30+ | 04:02+                  | 03:13+ | 13:56+ | 03:35+ | 03:28+ | 04:43+ | 02:32+ | 02:04+ | 02:35+ | 00:30+ |        |       |
| 02:30+ | 04:02+                  | 03:13+ | 13:56+ | 03:35+ | 03:28+ | 04:43+ | 02:32+ | 02:04+ | 02:35+ | 00:30+ |        |       |
| 15     | Ivar Aalbu              |        |        |        |        |        |        |        |        |        | 3502   | 43:09 |
| 02:52+ | 07:13+                  | 11:03+ | 22:11+ | 25:51+ | 29:32+ | 34:21+ | 37:15+ | 40:32+ | 42:34+ | 43:09+ |        |       |
| 02:52+ | 04:21+                  | 03:50+ | 11:08+ | 03:40+ | 03:41+ | 04:49+ | 02:54+ | 03:17+ | 02:02+ | 00:35+ |        |       |
| 02:52+ | 04:21+                  | 03:50+ | 11:08+ | 03:40+ | 03:41+ | 04:49+ | 02:54+ | 03:17+ | 02:02+ | 00:35+ |        |       |

| Plass  | Navn                 |        |        |        |        |        |        |        |        |        | Klasse | Tid   |
|--------|----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|
| HT     |                      |        |        |        |        |        |        |        |        |        |        |       |
| 16     | Christian Nilsen     |        |        |        |        |        |        |        |        |        | 3525   | 43:44 |
| 02:02+ | 05:58+               | 08:45+ | 25:47+ | 28:35+ | 32:24+ | 38:44+ | 40:38+ | 42:09+ | 43:18+ | 43:44+ |        |       |
| 02:02+ | 03:56+               | 02:47+ | 17:02+ | 02:48+ | 03:49+ | 06:20+ | 01:54+ | 01:31+ | 01:09+ | 00:26+ |        |       |
| 02:02+ | 03:56+               | 02:47+ | 17:02+ | 02:48+ | 03:49+ | 06:20+ | 01:54+ | 01:31+ | 01:09+ | 00:26+ |        |       |
| 17     | Nils Egil Lie        |        |        |        |        |        |        |        |        |        | 3548   | 44:35 |
| 02:14+ | 06:00+               | 09:02+ | 23:50+ | 26:45+ | 31:28+ | 36:56+ | 40:42+ | 42:24+ | 44:06+ | 44:35+ |        |       |
| 02:14+ | 03:46+               | 03:02+ | 14:48+ | 02:55+ | 04:43+ | 05:28+ | 03:46+ | 01:42+ | 01:42+ | 00:29+ |        |       |
| 02:14+ | 03:46+               | 03:02+ | 14:48+ | 02:55+ | 04:43+ | 05:28+ | 03:46+ | 01:42+ | 01:42+ | 00:29+ |        |       |
| 18     | Roger Endre Nyseth   |        |        |        |        |        |        |        |        |        | 892    | 45:54 |
| 02:17+ | 06:24+               | 09:49+ | 23:17+ | 26:36+ | 31:02+ | 36:39+ | 41:13+ | 43:09+ | 45:15+ | 45:54+ |        |       |
| 02:17+ | 04:07+               | 03:25+ | 13:28+ | 03:19+ | 04:26+ | 05:37+ | 04:34+ | 01:56+ | 02:06+ | 00:39+ |        |       |
| 02:17+ | 04:07+               | 03:25+ | 13:28+ | 03:19+ | 04:26+ | 05:37+ | 04:34+ | 01:56+ | 02:06+ | 00:39+ |        |       |
| 19     | Arne Magne Sondresen |        |        |        |        |        |        |        |        |        | 722    | 46:25 |
| 01:54+ | 05:39+               | 08:52+ | 28:34+ | 31:48+ | 35:05+ | 39:49+ | 41:46+ | 43:32+ | 45:54+ | 46:25+ |        |       |
| 01:54+ | 03:45+               | 03:13+ | 19:42+ | 03:14+ | 03:17+ | 04:44+ | 01:57+ | 01:46+ | 02:22+ | 00:31+ |        |       |
| 01:54+ | 03:45+               | 03:13+ | 19:42+ | 03:14+ | 03:17+ | 04:44+ | 01:57+ | 01:46+ | 02:22+ | 00:31+ |        |       |
| 20     | Kjell-Ole Topnes     |        |        |        |        |        |        |        |        |        | 1683   | 49:13 |
| 02:32+ | 07:46+               | 11:22+ | 27:55+ | 31:53+ | 35:39+ | 40:36+ | 43:08+ | 46:20+ | 48:37+ | 49:13+ |        |       |
| 02:32+ | 05:14+               | 03:36+ | 16:33+ | 03:58+ | 03:46+ | 04:57+ | 02:32+ | 03:12+ | 02:17+ | 00:36+ |        |       |
| 02:32+ | 05:14+               | 03:36+ | 16:33+ | 03:58+ | 03:46+ | 04:57+ | 02:32+ | 03:12+ | 02:17+ | 00:36+ |        |       |
| 21     | John Øgreid          |        |        |        |        |        |        |        |        |        | 882    | 49:33 |
| 02:56+ | 07:49+               | 11:22+ | 26:57+ | 30:04+ | 33:33+ | 37:56+ | 41:53+ | 47:09+ | 49:00+ | 49:33+ |        |       |
| 02:56+ | 04:53+               | 03:33+ | 15:35+ | 03:07+ | 03:29+ | 04:23+ | 03:57+ | 05:16+ | 01:51+ | 00:33+ |        |       |
| 02:56+ | 04:53+               | 03:33+ | 15:35+ | 03:07+ | 03:29+ | 04:23+ | 03:57+ | 05:16+ | 01:51+ | 00:33+ |        |       |
| 22     | Ommund Bakkevold     |        |        |        |        |        |        |        |        |        | 874    | 49:58 |
| 03:00+ | 08:16+               | 11:33+ | 27:42+ | 31:41+ | 35:23+ | 41:07+ | 44:11+ | 47:02+ | 49:29+ | 49:58+ |        |       |
| 03:00+ | 05:16+               | 03:17+ | 16:09+ | 03:59+ | 03:42+ | 05:44+ | 03:04+ | 02:51+ | 02:27+ | 00:29+ |        |       |
| 03:00+ | 05:16+               | 03:17+ | 16:09+ | 03:59+ | 03:42+ | 05:44+ | 03:04+ | 02:51+ | 02:27+ | 00:29+ |        |       |
| 23     | Bruno Pierfelice     |        |        |        |        |        |        |        |        |        | 3519   | 50:25 |
| 02:02+ | 05:43+               | 08:38+ | 24:22+ | 28:42+ | 32:13+ | 37:17+ | 42:02+ | 48:22+ | 49:52+ | 50:25+ |        |       |
| 02:02+ | 03:41+               | 02:55+ | 15:44+ | 04:20+ | 03:31+ | 05:04+ | 04:45+ | 06:20+ | 01:30+ | 00:33+ |        |       |
| 02:02+ | 03:41+               | 02:55+ | 15:44+ | 04:20+ | 03:31+ | 05:04+ | 04:45+ | 06:20+ | 01:30+ | 00:33+ |        |       |
| 24     | Trond Jan Øglend     |        |        |        |        |        |        |        |        |        | 3523   | 50:50 |
| 02:28+ | 07:46+               | 10:34+ | 34:07+ | 36:40+ | 39:32+ | 43:16+ | 44:34+ | 48:49+ | 50:22+ | 50:50+ |        |       |
| 02:28+ | 05:18+               | 02:48+ | 23:33+ | 02:33+ | 02:52+ | 03:44+ | 01:18+ | 04:15+ | 01:33+ | 00:28+ |        |       |
| 02:28+ | 05:18+               | 02:48+ | 23:33+ | 02:33+ | 02:52+ | 03:44+ | 01:18+ | 04:15+ | 01:33+ | 00:28+ |        |       |
| 25     | Arne Hope            |        |        |        |        |        |        |        |        |        | 1832   | 51:43 |
| 02:55+ | 08:23+               | 12:18+ | 24:07+ | 29:14+ | 35:05+ | 42:37+ | 45:55+ | 48:22+ | 51:06+ | 51:43+ |        |       |
| 02:55+ | 05:28+               | 03:55+ | 11:49+ | 05:07+ | 05:51+ | 07:32+ | 03:18+ | 02:27+ | 02:44+ | 00:37+ |        |       |
| 02:55+ | 05:28+               | 03:55+ | 11:49+ | 05:07+ | 05:51+ | 07:32+ | 03:18+ | 02:27+ | 02:44+ | 00:37+ |        |       |
| 26     | Trond Vigesdal       |        |        |        |        |        |        |        |        |        | 896    | 51:46 |
| 02:06+ | 06:14+               | 09:13+ | 29:56+ | 33:15+ | 36:52+ | 44:16+ | 47:11+ | 49:21+ | 51:13+ | 51:46+ |        |       |
| 02:06+ | 04:08+               | 02:59+ | 20:43+ | 03:19+ | 03:37+ | 07:24+ | 02:55+ | 02:10+ | 01:52+ | 00:33+ |        |       |
| 02:06+ | 04:08+               | 02:59+ | 20:43+ | 03:19+ | 03:37+ | 07:24+ | 02:55+ | 02:10+ | 01:52+ | 00:33+ |        |       |
| 27     | Finn Otto Tveit      |        |        |        |        |        |        |        |        |        | 3507   | 52:48 |
| 02:26+ | 06:02+               | 16:41+ | 34:52+ | 37:28+ | 40:15+ | 44:18+ | 47:01+ | 50:28+ | 52:18+ | 52:48+ |        |       |
| 02:26+ | 03:36+               | 10:39+ | 18:11+ | 02:36+ | 02:47+ | 04:03+ | 02:43+ | 03:27+ | 01:50+ | 00:30+ |        |       |
| 02:26+ | 03:36+               | 10:39+ | 18:11+ | 02:36+ | 02:47+ | 04:03+ | 02:43+ | 03:27+ | 01:50+ | 00:30+ |        |       |
| 28     | Rolf Øystein Kluge   |        |        |        |        |        |        |        |        |        | 793    | 53:32 |
| 02:52+ | 08:13+               | 13:35+ | 29:46+ | 33:57+ | 38:06+ | 44:55+ | 48:24+ | 50:40+ | 52:49+ | 53:32+ |        |       |
| 02:52+ | 05:21+               | 05:22+ | 16:11+ | 04:11+ | 04:09+ | 06:49+ | 03:29+ | 02:16+ | 02:09+ | 00:43+ |        |       |
| 02:52+ | 05:21+               | 05:22+ | 16:11+ | 04:11+ | 04:09+ | 06:49+ | 03:29+ | 02:16+ | 02:09+ | 00:43+ |        |       |
| 29     | Frode Følgesvold     |        |        |        |        |        |        |        |        |        | 880    | 53:42 |
| 03:45+ | 08:46+               | 12:12+ | 31:08+ | 35:22+ | 39:17+ | 44:27+ | 47:21+ | 50:49+ | 53:07+ | 53:42+ |        |       |
| 03:45+ | 05:01+               | 03:26+ | 18:56+ | 04:14+ | 03:55+ | 05:10+ | 02:54+ | 03:28+ | 02:18+ | 00:35+ |        |       |
| 03:45+ | 05:01+               | 03:26+ | 18:56+ | 04:14+ | 03:55+ | 05:10+ | 02:54+ | 03:28+ | 02:18+ | 00:35+ |        |       |

| Plass  | Navn                    |        |        |        |        |        |         |         |         |         | Klasse | Tid     |
|--------|-------------------------|--------|--------|--------|--------|--------|---------|---------|---------|---------|--------|---------|
| HT     |                         |        |        |        |        |        |         |         |         |         |        |         |
| 30     | Rohan Joseph            |        |        |        |        |        |         |         |         |         | 1376   | 54:05   |
| 03:26+ | 07:30+                  | 15:24+ | 30:31+ | 34:43+ | 38:36+ | 44:34+ | 47:13+  | 51:25+  | 53:28+  | 54:05+  |        |         |
| 03:26+ | 04:04+                  | 07:54+ | 15:07+ | 04:12+ | 03:53+ | 05:58+ | 02:39+  | 04:12+  | 02:03+  | 00:37+  |        |         |
| 03:26+ | 04:04+                  | 07:54+ | 15:07+ | 04:12+ | 03:53+ | 05:58+ | 02:39+  | 04:12+  | 02:03+  | 00:37+  |        |         |
| 31     | Per Bakken              |        |        |        |        |        |         |         |         |         | 880    | 55:35   |
| 03:14+ | 08:54+                  | 12:52+ | 32:08+ | 36:11+ | 40:19+ | 47:17+ | 50:14+  | 52:43+  | 55:03+  | 55:35+  |        |         |
| 03:14+ | 05:40+                  | 03:58+ | 19:16+ | 04:03+ | 04:08+ | 06:58+ | 02:57+  | 02:29+  | 02:20+  | 00:32+  |        |         |
| 03:14+ | 05:40+                  | 03:58+ | 19:16+ | 04:03+ | 04:08+ | 06:58+ | 02:57+  | 02:29+  | 02:20+  | 00:32+  |        |         |
| 32     | Jan Erik Rasmussen      |        |        |        |        |        |         |         |         |         | 3519   | 55:37   |
| 02:37+ | 09:03+                  | 12:35+ | 27:36+ | 32:58+ | 37:41+ | 44:06+ | 49:23+  | 52:18+  | 55:00+  | 55:37+  |        |         |
| 02:37+ | 06:26+                  | 03:32+ | 15:01+ | 05:22+ | 04:43+ | 06:25+ | 05:17+  | 02:55+  | 02:42+  | 00:37+  |        |         |
| 02:37+ | 06:26+                  | 03:32+ | 15:01+ | 05:22+ | 04:43+ | 06:25+ | 05:17+  | 02:55+  | 02:42+  | 00:37+  |        |         |
| 33     | Stein Stornes Nordal    |        |        |        |        |        |         |         |         |         | 4527   | 55:43   |
| 02:07+ | 06:22+                  | 12:56+ | 42:03+ | 44:32+ | 46:49+ | 50:51+ | 52:21+  | 53:49+  | 55:24+  | 55:43+  |        |         |
| 02:07+ | 04:15+                  | 06:34+ | 29:07+ | 02:29+ | 02:17+ | 04:02+ | 01:30+  | 01:28+  | 01:35+  | 00:19+  |        |         |
| 02:07+ | 04:15+                  | 06:34+ | 29:07+ | 02:29+ | 02:17+ | 04:02+ | 01:30+  | 01:28+  | 01:35+  | 00:19+  |        |         |
| 34     | Sindre M. Dyrstad       |        |        |        |        |        |         |         |         |         | 1754   | 56:49   |
| 02:44+ | 12:40+                  | 14:51+ | 35:44+ | 38:19+ | 41:34+ | 44:53+ | 47:10+  | 54:24+  | 56:23+  | 56:49+  |        |         |
| 02:44+ | 09:56+                  | 02:11+ | 20:53+ | 02:35+ | 03:15+ | 03:19+ | 02:17+  | 07:14+  | 01:59+  | 00:26+  |        |         |
| 02:44+ | 09:56+                  | 02:11+ | 20:53+ | 02:35+ | 03:15+ | 03:19+ | 02:17+  | 07:14+  | 01:59+  | 00:26+  |        |         |
| 35     | Augustine Okafor        |        |        |        |        |        |         |         |         |         | 1683   | 56:55   |
| 03:45+ | 09:06+                  | 12:17+ | 32:28+ | 36:43+ | 40:23+ | 50:56+ | 52:48+  | 54:57+  | 56:22+  | 56:55+  |        |         |
| 03:45+ | 05:21+                  | 03:11+ | 20:11+ | 04:15+ | 03:40+ | 10:33+ | 01:52+  | 02:09+  | 01:25+  | 00:33+  |        |         |
| 03:45+ | 05:21+                  | 03:11+ | 20:11+ | 04:15+ | 03:40+ | 10:33+ | 01:52+  | 02:09+  | 01:25+  | 00:33+  |        |         |
| 36     | Arild Svihus            |        |        |        |        |        |         |         |         |         | 892    | 58:32   |
| 02:21+ | 07:26+                  | 10:48+ | 35:53+ | 41:30+ | 45:36+ | 51:05+ | 53:36+  | 55:48+  | 57:56+  | 58:32+  |        |         |
| 02:21+ | 05:05+                  | 03:22+ | 25:05+ | 05:37+ | 04:06+ | 05:29+ | 02:31+  | 02:12+  | 02:08+  | 00:36+  |        |         |
| 02:21+ | 05:05+                  | 03:22+ | 25:05+ | 05:37+ | 04:06+ | 05:29+ | 02:31+  | 02:12+  | 02:08+  | 00:36+  |        |         |
| 37     | Leif Jarle Skåra        |        |        |        |        |        |         |         |         |         | 3502   | 58:56   |
| 02:28+ | 07:39+                  | 11:37+ | 35:16+ | 39:28+ | 43:38+ | 49:37+ | 53:23+  | 55:47+  | 58:10+  | 58:56+  |        |         |
| 02:28+ | 05:11+                  | 03:58+ | 23:39+ | 04:12+ | 04:10+ | 05:59+ | 03:46+  | 02:24+  | 02:23+  | 00:46+  |        |         |
| 02:28+ | 05:11+                  | 03:58+ | 23:39+ | 04:12+ | 04:10+ | 05:59+ | 03:46+  | 02:24+  | 02:23+  | 00:46+  |        |         |
| 38     | Erik Campbell Henriksen |        |        |        |        |        |         |         |         |         | 1683   | 59:50   |
| 03:49+ | 11:49+                  | 15:58+ | 30:00+ | 35:23+ | 40:46+ | 48:55+ | 52:46+  | 55:59+  | 58:54+  | 59:50+  |        |         |
| 03:49+ | 08:00+                  | 04:09+ | 14:02+ | 05:23+ | 05:23+ | 08:09+ | 03:51+  | 03:13+  | 02:55+  | 00:56+  |        |         |
| 03:49+ | 08:00+                  | 04:09+ | 14:02+ | 05:23+ | 05:23+ | 08:09+ | 03:51+  | 03:13+  | 02:55+  | 00:56+  |        |         |
| 39     | Glenn-Ove Kingestad     |        |        |        |        |        |         |         |         |         | 3676   | 1:00:41 |
| 03:44+ | 07:22+                  | 09:54+ | 33:05+ | 36:07+ | 40:01+ | 45:38+ | 54:01+  | 56:15+  | 60:10+  | 60:41+  |        |         |
| 03:44+ | 03:38+                  | 02:32+ | 23:11+ | 03:02+ | 03:54+ | 05:37+ | 08:23+  | 02:14+  | 03:55+  | 00:31+  |        |         |
| 03:44+ | 03:38+                  | 02:32+ | 23:11+ | 03:02+ | 03:54+ | 05:37+ | 08:23+  | 02:14+  | 03:55+  | 00:31+  |        |         |
| 40     | Torgeir Færevåg         |        |        |        |        |        |         |         |         |         | 3553   | 1:00:54 |
| 02:55+ | 07:44+                  | 16:20+ | 36:07+ | 40:08+ | 44:42+ | 50:23+ | 54:59+  | 57:51+  | 60:17+  | 60:54+  |        |         |
| 02:55+ | 04:49+                  | 08:36+ | 19:47+ | 04:01+ | 04:34+ | 05:41+ | 04:36+  | 02:52+  | 02:26+  | 00:37+  |        |         |
| 02:55+ | 04:49+                  | 08:36+ | 19:47+ | 04:01+ | 04:34+ | 05:41+ | 04:36+  | 02:52+  | 02:26+  | 00:37+  |        |         |
| 41     | Steinar Løgth Aase      |        |        |        |        |        |         |         |         |         | 2539   | 1:02:47 |
| 03:10+ | 10:00+                  | 14:30+ | 30:46+ | 35:47+ | 41:39+ | 50:09+ | 56:35+  | 59:36+  | 62:04+  | 62:47+  |        |         |
| 03:10+ | 06:50+                  | 04:30+ | 16:16+ | 05:01+ | 05:52+ | 08:30+ | 06:26+  | 03:01+  | 02:28+  | 00:43+  |        |         |
| 03:10+ | 06:50+                  | 04:30+ | 16:16+ | 05:01+ | 05:52+ | 08:30+ | 06:26+  | 03:01+  | 02:28+  | 00:43+  |        |         |
| 42     | Yiteng Zhang            |        |        |        |        |        |         |         |         |         | 1758   | 1:08:14 |
| 02:37+ | 06:31+                  | 23:12+ | 45:19+ | 49:09+ | 53:02+ | 57:55+ | 62:05+  | 65:49+  | 67:41+  | 68:14+  |        |         |
| 02:37+ | 03:54+                  | 16:41+ | 22:07+ | 03:50+ | 03:53+ | 04:53+ | 04:10+  | 03:44+  | 01:52+  | 00:33+  |        |         |
| 02:37+ | 03:54+                  | 16:41+ | 22:07+ | 03:50+ | 03:53+ | 04:53+ | 04:10+  | 03:44+  | 01:52+  | 00:33+  |        |         |
| 43     | Kjetil Kartevold        |        |        |        |        |        |         |         |         |         | 3676   | 1:47:47 |
| 08:48+ | 13:58+                  | 17:36+ | 82:46+ | 87:59+ | 91:57+ | 97:45+ | 101:13+ | 104:21+ | 106:49+ | 107:47+ |        |         |
| 08:48+ | 05:10+                  | 03:38+ | 65:10+ | 05:13+ | 03:58+ | 05:48+ | 03:28+  | 03:08+  | 02:28+  | 00:58+  |        |         |
| 08:48+ | 05:10+                  | 03:38+ | 65:10+ | 05:13+ | 03:58+ | 05:48+ | 03:28+  | 03:08+  | 02:28+  | 00:58+  |        |         |

HT

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Jacek Jagodzinski

3486

1:54:11

07:04+ 22:22+ 27:19+ 67:17+ 74:28+ 79:50+ 87:02+ 98:59+ 105:28+ 113:09+ 114:11+

07:04+ 15:18+ 04:57+ 39:58+ 07:11+ 05:22+ 07:12+ 11:57+ 06:29+ 07:41+ 01:02+

07:04+ 15:18+ 04:57+ 39:58+ 07:11+ 05:22+ 07:12+ 11:57+ 06:29+ 07:41+ 01:02+

Beste strekktid for klassen

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