

Plass Navn

Klasse

Tid

D16

1 Siri Eppeland**1884****25:16**

00:59= 01:20= 03:02= 03:35= 06:20= 06:49= 08:13= 09:14= 10:25= 11:24= 11:49= 12:36= 12:58= 14:10= 15:55= 17:31= 18:53= 20:35= 20:57= 22:20= 23:45= 24:39= 25:02= 25:16=
 00:59= 00:21= 01:42= 00:33= 02:45= 00:29= 01:24= 01:01= 01:11= 00:59= 00:25= 00:47= 00:22= 01:12= 01:45= 01:36= 01:22= 01:42= 00:22= 01:23= 01:25= 00:54= 00:23= 00:14=
 00:00=

2 Hanne Berg Aspøy**896****27:14**

01:05+ 01:25+ 03:12+ 03:44+ 06:41+ 07:07+ 08:47+ 09:56+ 11:12+ 12:08+ 12:39+ 13:22+ 13:38+ 15:00+ 16:47+ 18:20+ 19:40+ 22:20+ 22:41+ 23:53+ 25:25+ 26:34+ 26:58+ 27:14+
 01:05+ 00:20= 01:47+ 00:32= 02:57+ 00:26= 01:40+ 01:09+ 01:16+ 00:56= 00:31+ 00:43= 00:16= 01:22+ 01:47+ 01:33= 01:20= 02:40+ 00:21= 01:12= 01:32+ 01:09+ 00:24+ 00:16+
 00:06# 00:01= 00:26& 00:04= 00:12+ 00:03= 00:16# 00:08# 00:05+ 00:03= 00:06# 00:04= 00:06= 00:10# 00:02+ 00:03= 00:02= 00:58& 00:01= 00:11= 00:07+ 00:15& 00:01+ 00:02# 00:02#

3 Eli Karine Klungre**1754****28:58**

01:05+ 01:25+ 03:33+ 04:02+ 07:18+ 07:50+ 08:16+ 10:09+ 11:07+ 12:18+ 13:20+ 13:55+ 14:44+ 14:56+ 16:01+ 18:14+ 20:02+ 21:46+ 23:32+ 23:54+ 25:37+ 27:03+ 28:07+ 28:41+ 28:58+
 01:05+ 00:20= 02:08+ 00:29= 03:16+ 00:32+ 00:26= 01:53+ 00:58= 01:11+ 01:02+ 00:35= 00:49+ 00:12= 01:05= 02:13+ 01:48+ 01:44+ 01:46+ 00:22= 01:43+ 01:26+ 01:04+ 00:34+ 00:17+
 00:06# 00:01= 00:26& 00:04= 00:31# 00:03# 00:58= 00:52& 00:13= 00:12# 00:37@ 00:12= 00:27@ 01:00= 00:40= 00:37& 00:26& 00:02+ 01:24@ 01:01= 00:18# 00:32& 00:41@ 00:20@ 00:17+

4 Ingvild Amalixsen**1683****29:34**

01:02+ 01:23+ 03:15+ 03:44+ 07:29+ 08:00+ 09:32+ 10:44+ 12:08+ 13:03+ 13:33+ 14:30+ 14:45+ 15:49+ 17:40+ 20:16+ 21:59+ 24:18+ 24:40+ 26:04+ 27:45+ 28:48+ 29:18+ 29:34+
 01:02+ 00:21= 01:52+ 00:29= 03:45+ 00:31+ 01:32+ 01:12+ 01:24+ 00:55= 00:30+ 00:57+ 00:15= 01:04= 01:51+ 02:36+ 01:43+ 00:22= 01:24+ 01:41+ 01:03+ 00:30+ 00:16+
 00:03+ 00:00= 00:10+ 00:04= 01:00& 00:02+ 00:08+ 00:11# 00:13# 00:04= 00:05# 00:10# 00:07= 00:08= 00:06+ 01:00& 00:21& 00:37& 00:00= 00:01+ 00:16# 00:09# 00:07& 00:02#

5 Åsne Salte Håland**3559****29:56**

01:04+ 01:23+ 03:45+ 04:30+ 07:23+ 08:01+ 09:36+ 10:42+ 12:01+ 13:09+ 13:32+ 14:56+ 15:09+ 16:57+ 20:01+ 21:33+ 22:55+ 24:57+ 25:34+ 26:47+ 28:14+ 29:17+ 29:41+ 29:56+
 01:04+ 00:19= 02:22+ 00:45+ 02:53+ 00:38+ 01:35+ 01:06+ 01:19+ 01:08+ 00:23= 01:24+ 00:13= 01:48+ 03:04+ 01:32= 01:22= 02:02+ 00:37+ 01:13= 01:27+ 01:03+ 00:24+ 00:15+
 00:05+ 00:02= 00:40& 00:12& 00:08+ 00:09& 00:11# 00:05+ 00:08# 00:09# 00:02= 00:37& 00:09= 00:36& 01:19& 00:04= 00:00= 00:20# 00:15& 00:10= 00:02+ 00:09# 00:01+ 00:01+

6 Marita Navjord Nicolaysen**1284****30:11**

01:09+ 01:38+ 03:46+ 04:30+ 07:29+ 07:59+ 09:38+ 10:50+ 12:03+ 13:30+ 14:04+ 14:54+ 15:43+ 16:50+ 18:38+ 20:25+ 22:56+ 24:46+ 25:12+ 26:48+ 28:22+ 29:31+ 29:56+ 30:11+
 01:09+ 00:29+ 02:08+ 00:44+ 02:59+ 00:30+ 01:39+ 01:12+ 01:13+ 01:27+ 00:34+ 00:50+ 00:49+ 01:07= 01:48+ 01:47+ 02:31+ 01:50+ 00:26+ 01:36+ 01:34+ 01:09+ 00:25+ 00:15+
 00:10# 00:08& 00:26& 00:11& 00:14+ 00:01+ 00:15# 00:11# 00:02+ 00:28& 00:09& 00:03+ 00:27@ 00:05= 00:03+ 00:11# 01:09& 00:08+ 00:04# 00:13# 00:09# 00:15& 00:02+ 00:01+

7 Johanne Trandum Næss**3512****30:13**

00:57= 01:20= 03:18+ 04:38+ 07:25+ 08:04+ 09:37+ 10:48+ 12:07+ 12:59+ 13:26+ 14:32+ 14:47+ 16:07+ 18:15+ 20:05+ 21:34+ 24:09+ 24:36+ 26:05+ 27:48+ 29:16+ 30:00+ 30:13+
 00:57= 00:23+ 01:58+ 01:20+ 02:47+ 00:39+ 01:33+ 01:11+ 01:19+ 00:52= 00:27+ 01:06+ 00:15= 01:20+ 02:08+ 01:50+ 01:29+ 02:35+ 00:27+ 01:29+ 01:43+ 01:28+ 00:44+ 00:13= 00:02= 00:02+ 00:16# 00:47@ 00:10# 00:08# 00:07= 00:02+ 00:19& 00:07= 00:19& 00:07= 00:05# 00:06+ 00:18# 00:34& 00:21& 00:01=

8 Hanna Haaland Sømme**874****31:03**

01:15+ 01:40+ 03:42+ 04:25+ 08:00+ 08:33+ 10:19+ 11:23+ 12:47+ 14:06+ 14:27+ 15:13+ 15:25+ 17:59+ 20:01+ 21:47+ 23:35+ 25:36+ 26:01+ 27:27+ 29:12+ 30:27+ 30:48+ 31:03+
 01:15+ 00:25+ 02:02+ 00:43+ 03:35+ 00:33+ 01:46+ 01:04+ 01:24+ 01:19+ 00:21= 00:46= 00:12= 02:34+ 02:02+ 01:46+ 01:48+ 02:01+ 00:25+ 01:26+ 01:45+ 01:15+ 00:21= 00:15+
 00:16& 00:04# 00:20# 00:10& 00:50& 00:04# 00:22& 00:10# 00:08# 00:07= 00:02+ 00:19& 00:04= 00:01= 00:10= 01:22@ 00:17# 00:10# 00:26& 00:19# 00:03# 00:03+ 00:20# 00:21& 00:02= 00:01+

9 Ingunn Landsnes**892****33:07**

01:17+ 01:48+ 03:45+ 04:18+ 07:57+ 08:37+ 10:42+ 11:57+ 13:34+ 14:49+ 15:29+ 16:36+ 17:01+ 18:12+ 20:33+ 22:25+ 24:12+ 26:30+ 27:01+ 28:50+ 30:50+ 32:05+ 32:46+ 33:07+
 01:17+ 00:31+ 01:57+ 00:33= 03:39+ 00:40+ 02:05+ 01:15+ 01:37+ 01:15+ 00:40+ 01:07+ 00:25+ 01:11= 02:21+ 01:52+ 01:47+ 02:18+ 00:31+ 01:49+ 02:00+ 01:15+ 00:41+ 00:21+
 00:18& 00:10& 00:15# 00:00= 00:54& 00:11& 00:41& 00:15# 00:02+ 00:26& 00:16& 00:15& 00:20& 00:03# 00:01= 00:36& 00:16# 00:25& 00:36& 00:09& 00:26& 00:35& 00:21& 00:18& 00:07&

10 Christina Skår**3523****33:07**

01:27+ 01:52+ 03:58+ 04:32+ 07:38+ 08:19+ 10:34+ 11:47+ 13:24+ 14:33+ 15:16+ 16:07+ 16:21+ 18:23+ 20:49+ 22:43+ 24:22+ 26:41+ 27:13+ 28:54+ 31:00+ 32:17+ 32:47+ 33:07+
 01:27+ 00:25+ 02:06+ 00:34+ 03:06+ 00:41+ 02:15+ 01:13+ 01:37+ 01:09+ 00:43+ 00:51+ 00:14= 02:02+ 02:26+ 01:54+ 01:39+ 02:19+ 00:32+ 01:41+ 02:06+ 01:17+ 00:30+ 00:20+
 00:28& 00:04# 00:24# 00:01+ 00:21# 00:12& 00:51& 00:12# 00:26& 00:10# 00:18& 00:04+ 00:08= 00:50& 00:41& 00:18# 00:17# 00:37& 00:10& 00:18# 00:41& 00:23& 00:07& 00:06&

11 Thea Sophie Johannessen**3503****34:42**

02:31+ 02:59+ 05:02+ 05:54+ 08:53+ 09:23+ 12:52+ 13:45+ 15:02+ 16:00+ 16:38+ 17:28+ 18:05+ 19:12+ 23:13+ 25:40+ 26:56+ 29:07+ 29:38+ 31:07+ 32:47+ 33:55+ 34:26+ 34:42+
 02:31+ 00:28+ 02:03+ 00:52+ 02:59+ 00:30+ 03:29+ 00:53= 01:17+ 00:58= 00:38+ 00:50+ 00:37+ 01:07= 04:01+ 02:27+ 01:16= 02:11+ 00:31+ 01:29+ 01:40+ 01:08+ 00:31+ 00:16+
 01:32@ 00:07& 00:21# 00:19& 00:14+ 00:01+ 02:05@ 00:08= 00:06+ 00:01= 00:13& 00:03+ 00:15& 00:05= 02:16@ 00:51& 00:06= 00:29& 00:09& 00:06+ 00:15# 00:14& 00:08& 00:02#

12 Kristine Samnøen**722****36:57**

01:24+ 01:42+ 03:36+ 05:03+ 08:11+ 08:43+ 11:07+ 12:07+ 13:17+ 14:20+ 14:49+ 15:37+ 16:17+ 23:21+ 25:15+ 26:47+ 28:02+ 30:28+ 31:01+ 32:36+ 34:21+ 36:16+ 36:42+ 36:57+
 01:24+ 00:18= 01:54+ 01:27+ 03:08+ 00:32+ 02:24+ 01:00= 01:10= 01:03+ 00:29+ 00:48+ 00:40+ 07:04+ 01:54+ 01:32= 01:15= 02:26+ 00:33+ 01:35+ 01:45+ 01:55+ 00:26+ 00:15+
 00:25& 00:03= 00:12# 00:54@ 00:23# 00:03# 01:00& 00:01= 00:01= 00:04+ 00:04# 00:01+ 00:18& 05:52@ 00:09+ 00:04= 00:07= 00:44& 00:11& 00:12# 00:20# 01:01@ 00:03# 00:01+

13 Anastasiia Chistiakova**3578****39:57**

05:51+ 06:23+ 09:08+ 10:09+ 14:13+ 14:50+ 18:00+ 19:05+ 20:23+ 21:44+ 22:19+ 23:34+ 23:50+ 24:57+ 27:47+ 30:07+ 31:27+ 34:08+ 34:30+ 36:07+ 37:41+ 39:12+ 39:39+ 39:57+
 05:51+ 00:32+ 02:45+ 01:01+ 04:04+ 00:37+ 03:10+ 01:05+ 01:18+ 01:21+ 00:35+ 01:15+ 00:16= 01:07= 02:50+ 02:20+ 01:20= 02:41+ 00:22= 01:37+ 01:34+ 01:31+ 00:27+ 00:18+
 04:52@ 00:11& 01:03& 00:28& 01:19& 00:08& 01:46@ 00:04+ 00:07+ 00:22& 00:10& 00:28& 00:06= 00:05= 01:05& 00:44& 00:02= 00:59& 00:00= 00:14# 00:09# 00:37& 00:04# 00:04&

Beste strekketid for klassen

00:57 00:18 01:42 00:29 02:45 00:26 00:26 00:53 00:58 00:52 00:21 00:35 00:12 00:12 01:05 01:32 01:15 01:42 00:21 00:22 01:25 00:54 00:21 00:13

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

D40

1	Marit L. Undheim	3529	27:13
00:55=	01:56= 04:04= 07:06= 07:56= 09:26= 10:21= 12:18= 13:44= 14:16= 15:13= 15:41= 18:51= 19:42= 22:00= 22:39= 24:42= 25:04= 25:33= 26:23= 26:53= 27:13=		
00:55=	01:01= 02:08= 03:02= 00:50= 01:30= 00:55= 01:57= 01:26= 00:32= 00:57= 00:28= 03:10= 00:51= 02:18= 00:39= 02:03= 00:22= 00:29= 00:50= 00:30= 00:20=		
00:00=	00:00= 00:00=		
2	Christel Dahl	896	29:50
01:21+	02:30+ 03:49- 07:09+ 09:02+ 10:36+ 11:25+ 13:25+ 15:20+ 15:56+ 16:57+ 17:36+ 20:16+ 21:14+ 23:47+ 24:53+ 27:24+ 27:45+ 28:12+ 28:58+ 29:31+ 29:50+		
01:21+	01:09+ 01:19- 03:20+ 01:53+ 01:34+ 00:49- 02:00+ 01:55+ 00:36+ 01:01+ 00:39+ 02:40- 00:58+ 02:33+ 01:06+ 02:31+ 00:21- 00:27- 00:46- 00:33+ 00:19-		
00:26&	00:08# 00:49- 00:18+ 01:03# 00:04+ 00:06- 00:03+ 00:29& 00:04# 00:04+ 00:11& 00:30-		
3	Ane Odland	1683	31:13
00:46-	01:56= 03:44- 07:01- 08:39+ 10:05+ 10:59+ 16:15+ 17:14+ 17:47+ 18:57+ 19:49+ 22:15+ 23:19+ 25:57+ 26:45+ 28:38+ 28:57+ 29:32+ 30:20+ 30:53+ 31:13+		
00:46-	01:10+ 01:23- 03:17+ 01:38+ 01:26- 00:54- 05:16+ 00:59- 00:33+ 01:10+ 00:52+ 02:26- 01:04+ 02:38+ 00:48+ 01:53- 00:19- 00:35+ 00:48- 00:33+ 00:20=		
00:09-	00:09# 00:20- 00:15+ 00:48& 00:04- 00:01- 03:19# 00:27- 00:01+ 00:13# 00:24& 00:44-		
4	Torill Østraat	1884	33:35
00:48-	01:55- 03:18- 07:12+ 09:01+ 10:49+ 12:15+ 14:22+ 16:12+ 16:51+ 18:15+ 18:49+ 22:16+ 23:16+ 26:47+ 27:48+ 30:29+ 30:56+ 31:32+ 32:29+ 33:12+ 33:35+		
00:48-	01:07+ 01:23- 03:54+ 01:49+ 01:48+ 01:26+ 02:07+ 01:50+ 00:39+ 01:24+ 00:34+ 03:27+ 01:00+ 03:31+ 01:01+ 02:41+ 00:27+ 00:36+ 00:57+ 00:43+ 00:23+		
00:07-	00:06+ 00:45- 00:52& 00:59# 00:18# 00:31& 00:10+ 00:24& 00:07# 00:27& 00:06# 00:17+		
5	Anne Mette Riskjell Høyland	3524	35:36
00:50-	02:03+ 05:41+ 10:04+ 11:25+ 14:09+ 15:04+ 17:25+ 18:38+ 19:11+ 20:18+ 20:54+ 23:55+ 25:21+ 27:52+ 28:42+ 33:11+ 33:30+ 34:02+ 34:40+ 35:21+ 35:36+		
00:50-	01:13+ 03:38+ 04:23+ 01:21+ 02:44+ 00:55= 02:21+ 01:13- 00:33+ 01:07+ 00:36+ 03:01- 01:26+ 02:31+ 00:50+ 04:29+ 00:19- 00:32+ 00:38- 00:41+ 00:15-		
00:05-	00:12# 01:30& 01:21& 00:31& 01:14& 00:00= 00:24# 00:13- 00:01+ 00:10# 00:08& 00:09-		
6	Ritva Halsne	722	36:14
00:47-	02:13+ 03:46- 08:48+ 10:50+ 12:45+ 14:08+ 16:44+ 18:34+ 19:59+ 21:42+ 22:32+ 25:37+ 26:38+ 29:45+ 30:37+ 33:23+ 33:48+ 34:19+ 35:20+ 35:55+ 36:14+		
00:47-	01:26+ 01:33- 05:02+ 02:02+ 01:55+ 01:23+ 02:36+ 01:50+ 01:25+ 01:43+ 00:50+ 03:05- 01:01+ 03:07+ 00:52+ 02:46+ 00:25+ 00:31+ 01:01+ 00:35+ 00:19-		
00:08-	00:25& 00:35- 02:00& 01:12# 00:25& 00:28& 00:39& 00:24& 00:53# 00:46& 00:22& 00:05-		
7	Elin Norveel	722	37:52
00:48-	02:07+ 04:25+ 08:43+ 09:45+ 11:39+ 12:51+ 15:09+ 17:51+ 18:30+ 21:11+ 22:52+ 26:01+ 27:00+ 30:37+ 31:50+ 34:48+ 35:09+ 35:45+ 36:46+ 37:30+ 37:52+		
00:48-	01:19+ 02:18+ 04:18+ 01:02+ 01:54+ 01:12+ 02:18+ 02:42+ 00:39+ 02:41+ 01:41+ 03:09- 00:59+ 03:37+ 01:13+ 02:58+ 00:21- 00:36+ 01:01+ 00:44+ 00:22+		
00:07-	00:18& 00:10+ 01:16& 00:12# 00:24& 00:17& 00:21# 01:16& 00:07# 01:44# 01:13# 00:01-		

Beste strekktid for klassen

00:46 01:01 01:19 03:02 00:50 01:26 00:49 01:57 00:59 00:32 00:57 00:28 02:26 00:51 02:18 00:39 01:53 00:19 00:27 00:38 00:30 00:15

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

D50

1	Berit Aksland	1683	24:52
01:06=	02:13= 03:29= 06:05= 07:15= 08:38= 09:28= 11:32= 12:36= 13:07= 14:13= 14:41= 16:51= 17:36= 19:37= 20:35= 22:40= 22:59= 23:26= 24:14= 24:39= 24:52=		
01:06=	01:07= 01:16= 02:36= 01:10= 01:23= 00:50= 02:04= 01:04= 00:31= 01:06= 00:28= 02:10= 00:45= 02:01= 00:58= 02:05= 00:19= 00:27= 00:48= 00:25= 00:13=		
00:00=	00:00= 00:00=		
2	Anita Glenne Kallhovd	3502	25:31
00:38-	01:37- 02:56- 05:53- 07:09- 08:44+ 09:35+ 11:26- 12:48+ 13:36+ 14:37+ 15:12+ 17:37+ 18:28+ 20:37+ 21:18+ 23:23+ 23:44+ 24:12+ 24:52+ 25:16+ 25:31+		
00:38-	00:59- 01:19+ 02:57+ 01:16+ 01:35+ 00:51+ 01:51- 01:22+ 00:48+ 01:01- 00:35+ 02:25+ 00:51+ 02:09+ 00:41- 02:05= 00:21+ 00:28+ 00:40- 00:24- 00:15+		
00:28-	00:08- 00:03+ 00:21# 00:06+ 00:12# 00:01+ 00:13- 00:18& 00:17& 00:05- 00:07# 00:15# 00:06# 00:08+ 00:17- 00:00= 00:02# 00:01+ 00:08- 00:01- 00:02#		
3	Tone Cecilie Nystrom	874	26:31
00:39-	01:45- 02:57- 06:26+ 07:34+ 09:06+ 10:12+ 12:27+ 13:45+ 14:19+ 15:17+ 15:55+ 18:32+ 19:23+ 21:23+ 22:04+ 24:09+ 24:31+ 25:01+ 25:47+ 26:15+ 26:31+		
00:39-	01:06- 01:12- 03:29+ 01:08- 01:32+ 01:06+ 02:15+ 01:18+ 00:34+ 00:58- 00:38+ 02:37+ 00:51+ 02:00- 00:41- 02:05= 00:22+ 00:30+ 00:46- 00:28+ 00:16+		
00:27-	00:01- 00:04- 00:53& 00:02- 00:09# 00:16& 00:11+ 00:14# 00:03+ 00:08- 00:10& 00:27# 00:06# 00:01- 00:17- 00:00= 00:03# 00:03# 00:02- 00:03# 00:03#		
4	Grethe Anda Fuglestad	1683	26:35
00:40-	01:35- 02:49- 06:14+ 07:27+ 08:57+ 09:51+ 12:00+ 13:23+ 14:15+ 15:11+ 15:43+ 18:03+ 19:05+ 21:47+ 22:30+ 24:19+ 24:38+ 25:05+ 25:47+ 26:19+ 26:35+		
00:40-	00:55- 01:14- 03:25+ 01:13+ 01:30+ 00:54+ 02:09+ 01:23+ 00:52+ 00:56- 00:32+ 02:20+ 01:02+ 02:42+ 00:43- 01:49- 00:19= 00:27= 00:42- 00:32+ 00:16+		
00:26-	00:12- 00:02- 00:49& 00:03+ 00:07+ 00:04+ 00:05+ 00:19& 00:21& 00:10- 00:04# 00:10+ 00:17& 00:41& 00:15- 00:16- 00:00= 00:00= 00:06- 00:07& 00:03#		
5	Helen Haneferd	882	28:02
00:37-	01:38- 03:47+ 07:30+ 08:54+ 10:26+ 11:16+ 13:03+ 14:34+ 15:12+ 16:10+ 16:43+ 19:32+ 20:18+ 22:50+ 23:28+ 25:17+ 25:40+ 26:09+ 27:10+ 27:44+ 28:02+		
00:37-	01:01- 02:09+ 03:43+ 01:24+ 01:32+ 00:50= 01:47- 01:31+ 00:38+ 00:58- 00:33+ 02:49+ 00:46+ 02:32+ 00:38- 01:49- 00:23+ 00:29+ 01:01+ 00:34+ 00:18+		
00:29-	00:06- 00:53& 01:07& 00:14# 00:09# 00:00= 00:17- 00:27& 00:07# 00:08- 00:05# 00:39& 00:01+ 00:31& 00:20- 00:16- 00:04# 00:02+ 00:13& 00:09& 00:05&		

Class	Navn	Klasse	Tid
D50			
6	Signe Ottesen	1683	28:44
00:40-	01:54-	03:16-	07:00+
00:40-	01:14+	01:22+	03:44+
00:26-	00:07#	00:06+	01:08&
	00:27&	00:08+	00:08+
	11:12+	13:06+	14:11+
	14:45+	15:44+	16:20+
	19:03+	20:24+	23:09+
	24:15+	26:18+	26:38+
	27:07+	27:50+	28:25+
	28:44+	28:44+	28:44+
	01:04+	01:54-	01:05+
	00:34+	00:59-	00:36+
	02:43+	01:21+	02:45+
	00:33&	00:36&	00:44&
	00:08#	00:02-	00:01+
	00:02+	00:05-	00:10&
	00:06&	00:06&	00:06&
7	Gerd Olaus Vikeså	1758	29:02
00:36+	01:38+	02:48+	08:12+
00:36+	01:02+	01:10+	05:24+
00:36+	01:02+	01:10+	05:24+
	11:03+	12:18+	14:23+
	15:45+	16:20+	17:17+
	17:52+	20:16+	21:20+
	23:44+	24:29+	26:34+
	26:58+	27:32+	28:16+
	28:48+	29:02+	29:02+
	01:15+	02:05+	01:22+
	00:35+	00:57+	00:35+
	02:24+	01:04+	02:24+
	00:35+	00:57+	00:35+
	02:24+	01:04+	02:24+
	00:45+	02:05+	00:24+
	00:34+	00:34+	00:44+
	00:32+	00:14+	00:14+
8	Ingunn Anda Haug	2342	29:06
00:38+	01:40+	03:13+	06:52+
00:38+	01:02+	01:33+	03:39+
00:38+	01:02+	01:33+	03:39+
	08:19+	09:56+	10:59+
	13:01+	14:21+	15:22+
	16:27+	17:03+	19:51+
	20:50+	23:38+	24:24+
	26:37+	27:01+	27:31+
	28:20+	28:49+	29:06+
	01:03+	02:02+	01:20+
	01:01+	01:05+	00:36+
	02:48+	00:59+	02:48+
	00:46+	00:46+	02:13+
	00:24+	00:30+	00:49+
	00:29+	00:17+	00:17+
	01:03+	02:02+	01:20+
	01:01+	01:05+	00:36+
	02:48+	00:59+	02:48+
	00:46+	00:46+	02:13+
	00:24+	00:30+	00:49+
	00:29+	00:17+	00:17+
9	Marianne Fuglestad	896	29:29
00:39+	02:19+	03:56+	06:44+
00:39+	01:40+	01:37+	02:48+
00:39+	01:40+	01:37+	02:48+
	07:44+	09:08+	10:37+
	12:47+	15:25+	16:07+
	17:03+	17:37+	20:54+
	22:06+	24:09+	25:19+
	27:11+	27:25+	28:04+
	28:50+	29:15+	29:29+
	01:03+	02:10+	01:20+
	01:01+	01:05+	00:36+
	02:48+	00:59+	02:48+
	00:46+	00:46+	02:13+
	00:24+	00:30+	00:49+
	00:29+	00:17+	00:17+
	01:29+	02:10+	02:38+
	00:42+	00:56+	00:34+
	03:17+	01:12+	02:03+
	01:10+	01:52+	00:14+
	00:39+	00:46+	00:25+
	00:14+	00:39+	00:46+
	00:25+	00:14+	00:39+
	00:46+	00:25+	00:14+
10	Turid Eikebu Afsen	1683	29:35
00:39+	01:39+	02:56+	06:13+
00:39+	01:00+	01:17+	03:17+
00:39+	01:00+	01:17+	03:17+
	07:18+	08:59+	10:02+
	12:04+	14:46+	15:41+
	17:21+	17:52+	20:29+
	21:24+	24:03+	24:42+
	26:58+	27:23+	27:53+
	28:41+	29:18+	29:35+
	01:03+	02:02+	02:42+
	00:55+	01:40+	00:31+
	02:37+	00:55+	02:39+
	00:39+	02:16+	00:25+
	00:30+	00:48+	00:37+
	00:17+	00:17+	00:17+
	01:03+	02:02+	02:42+
	00:55+	01:40+	00:31+
	02:37+	00:55+	02:39+
	00:39+	02:16+	00:25+
	00:30+	00:48+	00:37+
	00:17+	00:17+	00:17+
11	Trude Hermanrud	896	30:01
00:39+	01:40+	03:32+	07:23+
00:39+	01:01+	01:52+	03:51+
00:39+	01:01+	01:52+	03:51+
	08:59+	10:36+	11:51+
	14:03+	15:25+	15:58+
	17:07+	17:39+	20:29+
	21:33+	24:13+	24:59+
	27:16+	27:34+	28:09+
	28:55+	29:43+	30:01+
	01:15+	02:12+	01:22+
	00:33+	01:09+	00:32+
	02:50+	01:04+	02:40+
	00:46+	00:46+	02:17+
	00:18+	00:35+	00:46+
	00:48+	00:18+	00:35+
	00:48+	00:18+	00:35+
	01:15+	02:12+	01:22+
	00:33+	01:09+	00:32+
	02:50+	01:04+	02:40+
	00:46+	00:46+	02:17+
	00:18+	00:35+	00:46+
	00:48+	00:18+	00:35+
	00:48+	00:18+	00:35+
12	Marit Reitan	874	30:01
00:43+	01:49+	03:06+	07:28+
00:43+	01:06+	01:17+	04:22+
00:43+	01:06+	01:17+	04:22+
	08:19+	09:49+	10:52+
	13:09+	14:37+	15:13+
	16:28+	17:06+	20:48+
	21:44+	24:22+	25:13+
	27:27+	27:48+	28:19+
	29:02+	29:42+	30:01+
	01:03+	02:17+	01:28+
	00:36+	01:15+	00:38+
	03:42+	00:56+	02:38+
	00:51+	02:14+	00:21+
	00:31+	00:43+	00:40+
	00:19+	00:19+	00:19+
	01:03+	02:17+	01:28+
	00:36+	01:15+	00:38+
	03:42+	00:56+	02:38+
	00:51+	02:14+	00:21+
	00:43+	00:40+	00:19+
13	Keth Berggraf	1683	30:19
00:39+	01:37+	02:59+	06:17+
00:39+	00:58+	01:22+	03:18+
00:39+	00:58+	01:22+	03:18+
	07:57+	11:06+	12:10+
	14:03+	15:24+	15:55+
	17:11+	17:42+	18:04+
	20:45+	21:39+	24:20+
	25:05+	27:34+	27:54+
	28:51+	29:29+	30:06+
	30:19+	30:19+	30:19+
	01:04+	01:53+	01:21+
	00:31+	01:16+	00:31+
	00:22+	02:41+	00:54+
	02:41+	00:54+	02:41+
	00:45+	02:29+	00:20+
	00:57+	00:38+	00:37+
	00:13+	00:13+	00:13+
	01:04+	01:53+	01:21+
	00:31+	01:16+	00:31+
	00:22+	02:41+	00:54+
	02:41+	00:45+	02:29+
	00:20+	00:57+	00:38+
	00:37+	00:13+	00:13+
14	Randi Ladsten	1832	30:27
00:50+	02:05+	03:28+	07:34+
00:50+	01:15+	01:23+	04:06+
00:50+	01:15+	01:23+	04:06+
	08:31+	10:09+	11:03+
	13:27+	14:40+	15:11+
	16:17+	16:52+	20:58+
	21:55+	25:17+	25:59+
	28:00+	28:18+	28:45+
	29:32+	30:06+	30:27+
	00:54+	02:24+	01:13+
	00:31+	01:06+	00:35+
	04:06+	00:57+	03:22+
	00:42+	02:01+	00:18+
	00:27+	00:47+	00:34+
	00:21+	00:21+	00:21+
	00:54+	02:24+	01:13+
	00:31+	01:06+	00:35+
	04:06+	00:57+	03:22+
	00:42+	02:01+	00:18+
	00:27+	00:47+	00:34+
	00:21+	00:21+	00:21+
15	Inger Johanne Klausen	3529	30:47
01:14+	02:12+	03:25+	07:18+
01:14+	00:58+	01:13+	03:53+
01:14+	00:58+	01:13+	03:53+
	08:30+	10:07+	11:25+
	13:17+	15:58+	16:27+
	17:29+	18:12+	22:13+
	23:07+	25:31+	26:24+
	28:23+	28:48+	29:14+
	29:54+	30:30+	30:47+
	01:18+	01:52+	02:41+
	00:29+	01:02+	00:43+
	04:01+	00:54+	02:24+
	00:53+	01:59+	00:25+
	00:26+	00:40+	00:36+
	00:17+	00:17+	00:17+
	01:18+	01:52+	02:41+
	00:29+	01:02+	00:43+
	04:01+	00:54+	02:24+
	00:53+	01:59+	00:25+
	00:26+	00:40+	00:36+
	00:17+	00:17+	00:17+
16	Irene Sirevåg	1754	30:50
00:45+	02:03+	03:25+	07:18+
00:45+	01:18+	01:22+	03:53+
00:45+	01:18+	01:22+	03:53+
	09:06+	10:44+	11:49+
	14:31+	15:50+	16:28+
	17:33+	18:04+	20:55+
	21:48+	24:28+	25:23+
	27:56+	28:19+	28:50+
	29:54+	30:31+	30:50+
	01:05+	02:42+	01:19+
	00:38+	01:05+	00:31+
	02:51+	00:53+	02:40+
	00:55+	02:33+	00:23+
	00:31+	01:04+	00:37+
	00:19+	00:19+	00:19+
	01:05+	02:42+	01:19+
	00:38+	01:05+	00:31+
	02:51+	00:53+	02:40+
	00:55+	02:33+	00:23+
	00:31+	01:04+	00:37+
	00:19+	00:19+	00:19+
17	Marie-Elizabeth Reinseth	882	31:17
00:37+	01:37+	03:26+	06:58+
00:37+	01:00+	01:49+	03:32+
00:37+	01:00+	01:49+	03:32+
	09:39+	11:22+	12:13+
	14:11+	16:33+	17:07+
	18:30+	19:22+	21:57+
	22:44+	25:49+	26:33+
	28:44+	29:05+	29:49+
	30:32+	31:01+	31:17+
	00:51+	01:58+	02:22+
	00:34+	01:23+	00:52+
	02:35+	00:47+	03:05+
	00:44+	02:11+	00:21+
	00:44+	00:43+	00:29+
	00:16+	00:16+	00:16+
	00:51+	01:58+	02:22+
	00:34+	01:23+	00:52+
	02:35+	00:47+	03:05+
	00:44+	02:11+	00:21+
	00:44+	00:43+	00:29+
	00:16+	00:16+	00:16+
18	Ragnhild Båtnes Berntsen	1758	32:08
00:44+	01:58+</		

Class	Navn	Klasse	Tid
D50			
20	Gøril Braut Aarsand	2539	32:33
	01:21+ 02:48+ 04:13+ 08:05+ 09:23+ 11:10+ 12:20+ 14:39+ 16:54+ 17:30+ 18:32+ 19:06+ 22:01+ 22:59+ 25:57+ 26:52+ 29:16+ 29:39+ 30:15+ 31:30+ 32:03+ 32:33+		
	01:21+ 01:27+ 01:25+ 03:52+ 01:18+ 01:47+ 01:10+ 02:19+ 02:15+ 00:36+ 01:02+ 00:34+ 02:55+ 00:58+ 02:58+ 00:55+ 02:24+ 00:23+ 00:36+ 01:15+ 00:33+ 00:30+		
	01:21+ 01:27+ 01:25+ 03:52+ 01:18+ 01:47+ 01:10+ 02:19+ 02:15+ 00:36+ 01:02+ 00:34+ 02:55+ 00:58+ 02:58+ 00:55+ 02:24+ 00:23+ 00:36+ 01:15+ 00:33+ 00:30+		
21	Hilde Frøylog Karlsen	1284	32:47
	00:46+ 02:05+ 03:36+ 07:42+ 08:59+ 10:43+ 11:50+ 14:14+ 15:45+ 16:22+ 17:46+ 18:28+ 22:10+ 23:09+ 26:08+ 27:02+ 29:48+ 30:13+ 30:48+ 31:45+ 32:26+ 32:47+		
	00:46+ 01:19+ 01:31+ 04:06+ 01:17+ 01:44+ 01:07+ 02:24+ 01:31+ 00:37+ 01:24+ 00:42+ 03:42+ 00:59+ 02:59+ 00:54+ 02:46+ 00:25+ 00:35+ 00:57+ 00:41+ 00:21+		
	00:46+ 01:19+ 01:31+ 04:06+ 01:17+ 01:44+ 01:07+ 02:24+ 01:31+ 00:37+ 01:24+ 00:42+ 03:42+ 00:59+ 02:59+ 00:54+ 02:46+ 00:25+ 00:35+ 00:57+ 00:41+ 00:21+		
22	Andrea Tapken	3529	32:53
	00:47+ 02:01+ 03:23+ 07:17+ 08:30+ 11:12+ 12:21+ 14:40+ 16:15+ 17:00+ 18:13+ 18:58+ 21:51+ 22:52+ 25:59+ 27:04+ 29:40+ 30:04+ 30:49+ 31:54+ 32:33+ 32:53+		
	00:47+ 01:14+ 01:22+ 03:54+ 01:13+ 02:42+ 01:09+ 02:19+ 01:35+ 00:45+ 01:13+ 00:45+ 02:53+ 01:01+ 03:07+ 01:05+ 02:36+ 00:24+ 00:45+ 01:05+ 00:39+ 00:20+		
	00:47+ 01:14+ 01:22+ 03:54+ 01:13+ 02:42+ 01:09+ 02:19+ 01:35+ 00:45+ 01:13+ 00:45+ 02:53+ 01:01+ 03:07+ 01:05+ 02:36+ 00:24+ 00:45+ 01:05+ 00:39+ 00:20+		
23	Tonje Tiley	882	33:04
	00:44+ 01:48+ 03:13+ 06:51+ 08:25+ 09:58+ 11:35+ 13:42+ 15:03+ 15:39+ 17:34+ 18:00+ 22:18+ 23:29+ 27:07+ 28:01+ 30:19+ 30:43+ 31:14+ 32:13+ 32:47+ 33:04+		
	00:44+ 01:04+ 01:25+ 03:38+ 01:34+ 01:33+ 01:37+ 02:07+ 01:21+ 00:36+ 01:55+ 00:26+ 04:18+ 01:11+ 03:38+ 00:54+ 02:18+ 00:24+ 00:31+ 00:59+ 00:34+ 00:17+		
	00:44+ 01:04+ 01:25+ 03:38+ 01:34+ 01:33+ 01:37+ 02:07+ 01:21+ 00:36+ 01:55+ 00:26+ 04:18+ 01:11+ 03:38+ 00:54+ 02:18+ 00:24+ 00:31+ 00:59+ 00:34+ 00:17+		
24	Iren Undheim Øgreid	769	34:21
	00:32+ 01:25+ 02:58+ 10:46+ 11:40+ 14:45+ 15:43+ 17:41+ 19:06+ 20:01+ 21:04+ 21:39+ 23:48+ 25:15+ 28:24+ 29:07+ 31:17+ 31:38+ 32:08+ 33:39+ 34:05+ 34:21+		
	00:32+ 00:53+ 01:33+ 07:48+ 00:54+ 03:05+ 00:58+ 01:58+ 01:25+ 00:55+ 01:03+ 00:35+ 02:09+ 01:27+ 03:09+ 00:43+ 02:10+ 00:21+ 00:30+ 01:31+ 00:26+ 00:16+		
	00:32+ 00:53+ 01:33+ 07:48+ 00:54+ 03:05+ 00:58+ 01:58+ 01:25+ 00:55+ 01:03+ 00:35+ 02:09+ 01:27+ 03:09+ 00:43+ 02:10+ 00:21+ 00:30+ 01:31+ 00:26+ 00:16+		
25	Ase Sellereite	882	36:18
	00:49+ 04:45+ 06:32+ 10:37+ 11:32+ 14:07+ 15:13+ 17:47+ 19:39+ 20:11+ 21:49+ 22:31+ 25:35+ 26:33+ 29:10+ 30:49+ 33:09+ 33:26+ 34:14+ 35:17+ 36:01+ 36:18+		
	00:49+ 03:56+ 01:47+ 04:05+ 00:55+ 02:35+ 01:06+ 02:34+ 01:52+ 00:32+ 01:38+ 00:42+ 03:04+ 00:58+ 02:37+ 01:39+ 02:20+ 00:17+ 00:48+ 01:03+ 00:44+ 00:17+		
	00:49+ 03:56+ 01:47+ 04:05+ 00:55+ 02:35+ 01:06+ 02:34+ 01:52+ 00:32+ 01:38+ 00:42+ 03:04+ 00:58+ 02:37+ 01:39+ 02:20+ 00:17+ 00:48+ 01:03+ 00:44+ 00:17+		
26	Marianne Gjesdal Lyngås	892	36:41
	00:50+ 02:09+ 03:45+ 07:42+ 09:19+ 11:16+ 12:37+ 15:09+ 16:45+ 17:27+ 20:15+ 20:46+ 25:49+ 26:55+ 30:05+ 30:54+ 33:25+ 33:52+ 34:30+ 35:38+ 36:19+ 36:41+		
	00:50+ 01:19+ 01:36+ 03:57+ 01:37+ 01:57+ 01:21+ 02:32+ 01:36+ 00:42+ 02:48+ 00:31+ 05:03+ 01:06+ 03:10+ 00:49+ 02:31+ 00:27+ 00:38+ 01:08+ 00:41+ 00:22+		
	00:50+ 01:19+ 01:36+ 03:57+ 01:37+ 01:57+ 01:21+ 02:32+ 01:36+ 00:42+ 02:48+ 00:31+ 05:03+ 01:06+ 03:10+ 00:49+ 02:31+ 00:27+ 00:38+ 01:08+ 00:41+ 00:22+		
27	Toril Dahle	1683	41:52
	00:43+ 02:01+ 03:16+ 04:07+ 08:45+ 09:51+ 11:20+ 12:36+ 15:20+ 17:00+ 17:33+ 19:00+ 19:37+ 22:12+ 23:19+ 28:54+ 29:28+ 31:35+ 37:58+ 38:20+ 38:41+ 39:25+ 41:37+ 41:52+		
	00:43+ 01:18+ 01:15+ 00:51+ 04:38+ 01:06+ 01:29+ 01:16+ 02:44+ 01:40+ 00:33+ 01:27+ 00:37+ 02:35+ 01:07+ 05:35+ 00:34+ 02:07+ 06:23+ 00:22+ 00:21+ 00:44+ 02:12+ 00:15+		
	00:43+ 01:18+ 01:15+ 00:51+ 04:38+ 01:06+ 01:29+ 01:16+ 02:44+ 01:40+ 00:33+ 01:27+ 00:37+ 02:35+ 01:07+ 05:35+ 00:34+ 02:07+ 06:23+ 00:22+ 00:21+ 00:44+ 02:12+ 00:15+		
28	Elisabeth Melbø	879	44:42
	00:36+ 01:38+ 05:40+ 09:53+ 11:26+ 13:04+ 14:23+ 25:13+ 26:38+ 27:12+ 28:41+ 29:23+ 34:01+ 35:06+ 38:06+ 39:11+ 42:05+ 42:31+ 43:01+ 43:51+ 44:23+ 44:42+		
	00:36+ 01:02+ 04:02+ 04:13+ 01:33+ 01:38+ 01:19+ 10:50+ 01:25+ 00:34+ 01:29+ 00:42+ 04:38+ 01:05+ 03:00+ 01:05+ 02:54+ 00:26+ 00:30+ 00:50+ 00:32+ 00:19+		
	00:36+ 01:02+ 04:02+ 04:13+ 01:33+ 01:38+ 01:19+ 10:50+ 01:25+ 00:34+ 01:29+ 00:42+ 04:38+ 01:05+ 03:00+ 01:05+ 02:54+ 00:26+ 00:30+ 00:50+ 00:32+ 00:19+		
29	Siw Gjerdingen	3676	50:52
	01:20+ 03:05+ 05:16+ 10:48+ 12:25+ 14:44+ 16:11+ 20:09+ 23:08+ 23:59+ 25:34+ 26:29+ 31:05+ 33:10+ 37:18+ 39:57+ 43:38+ 44:10+ 45:01+ 49:30+ 50:21+ 50:52+		
	01:20+ 01:45+ 02:11+ 05:32+ 01:37+ 02:19+ 01:27+ 03:58+ 02:59+ 00:51+ 01:35+ 00:55+ 04:36+ 02:05+ 04:08+ 02:39+ 03:41+ 00:32+ 00:51+ 04:29+ 00:51+ 00:31+		
	01:20+ 01:45+ 02:11+ 05:32+ 01:37+ 02:19+ 01:27+ 03:58+ 02:59+ 00:51+ 01:35+ 00:55+ 04:36+ 02:05+ 04:08+ 02:39+ 03:41+ 00:32+ 00:51+ 04:29+ 00:51+ 00:31+		
30	Anne Hilde Halleraker	882	54:31
	02:52+ 05:15+ 11:15+ 16:07+ 17:29+ 19:37+ 21:10+ 24:00+ 26:01+ 26:47+ 28:37+ 29:54+ 34:39+ 41:29+ 44:46+ 48:26+ 51:27+ 51:52+ 52:29+ 53:33+ 54:12+ 54:31+		
	02:52+ 02:23+ 06:00+ 04:52+ 01:22+ 02:08+ 01:33+ 02:50+ 02:01+ 00:46+ 01:50+ 01:17+ 04:45+ 06:50+ 03:17+ 03:40+ 03:01+ 00:25+ 00:37+ 01:04+ 00:39+ 00:19+		
	02:52+ 02:23+ 06:00+ 04:52+ 01:22+ 02:08+ 01:33+ 02:50+ 02:01+ 00:46+ 01:50+ 01:17+ 04:45+ 06:50+ 03:17+ 03:40+ 03:01+ 00:25+ 00:37+ 01:04+ 00:39+ 00:19+		
31	Janne Frantzen	1683	59:00
	00:52+ 02:32+ 04:28+ 16:16+ 18:27+ 32:27+ 33:58+ 37:18+ 39:00+ 40:01+ 41:32+ 42:11+ 46:55+ 48:28+ 51:59+ 52:54+ 55:48+ 56:19+ 56:53+ 57:58+ 58:39+ 59:00+		
	00:52+ 01:40+ 01:56+ 11:48+ 02:11+ 14:00+ 01:31+ 03:20+ 01:42+ 01:01+ 01:31+ 00:39+ 04:44+ 01:33+ 03:31+ 00:55+ 02:54+ 00:31+ 00:34+ 01:05+ 00:41+ 00:21+		
	00:52+ 01:40+ 01:56+ 11:48+ 02:11+ 14:00+ 01:31+ 03:20+ 01:42+ 01:01+ 01:31+ 00:39+ 04:44+ 01:33+ 03:31+ 00:55+ 02:54+ 00:31+ 00:34+ 01:05+ 00:41+ 00:21+		

Beste strekktid for klassen

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

D60

D60

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

Beste strekktid for klassen

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

D65

1	Marit Karin Skretting Nygård	892	30:41
00:40=	01:30= 03:24= 03:54= 04:06= 07:28= 07:59= 09:55= 11:55= 13:09= 14:34= 16:08= 18:18= 19:33= 20:53= 23:15= 25:48= 26:16= 27:01= 28:54= 30:12= 30:41=		
00:40=	00:50= 01:54= 00:30= 00:12= 03:22= 00:31= 01:56= 02:00= 01:14= 01:25= 01:34= 02:10= 01:15= 01:20= 02:22= 02:33= 00:28= 00:45= 01:53= 01:18= 00:29=		
00:00=	00:00= 00:00=		
2	Ingrid Eik	1830	32:15
00:38-	01:17- 04:45+ 05:19+ 05:30+ 09:09+ 09:41+ 11:38+ 14:24+ 15:58+ 16:56+ 18:29+ 20:20+ 21:30+ 22:25+ 24:41+ 27:10+ 27:42+ 28:21+ 30:19+ 31:59+ 32:15+		
00:38-	00:39- 03:28+ 00:34+ 00:11- 03:39+ 00:32+ 01:57+ 02:46+ 01:34+ 00:58- 01:33- 01:51- 01:10- 00:55- 02:16- 02:29- 00:32+ 00:39- 01:58+ 01:40+ 00:16-		
00:02-	00:11- 01:34& 00:04# 00:01- 00:17+ 00:01+ 00:01+ 00:46& 00:20& 00:27- 00:01- 00:19- 00:05- 00:25- 00:06- 00:04- 00:04# 00:06- 00:05+ 00:22& 00:13-		
3	Ann Karin Tjørhom	1884	32:27
00:47+	01:42+ 03:46+ 04:19+ 04:34+ 08:33+ 09:06+ 10:56+ 13:19+ 14:49+ 16:07+ 17:48+ 20:05+ 21:29+ 22:39+ 24:26+ 27:03+ 27:30+ 28:28+ 30:37+ 32:03+ 32:27+		
00:47+	00:55+ 02:04+ 00:33+ 00:15+ 03:59+ 00:33+ 01:50- 02:23+ 01:30+ 01:18- 01:41+ 02:17+ 01:24+ 01:10- 01:47- 02:37+ 00:27- 00:58+ 02:09+ 01:26+ 00:24-		
00:07#	00:05+ 00:10+ 00:03+ 00:03# 00:37# 00:02+ 00:06- 00:23# 00:16# 00:07- 00:07+ 00:07+ 00:09# 00:10- 00:35- 00:04+ 00:01- 00:13& 00:16# 00:08# 00:05-		
4	Eli Frafjord	1141	35:05
00:45+	02:04+ 04:06+ 04:40+ 05:39+ 05:49- 10:39+ 11:16+ 13:14+ 15:20+ 16:46+ 17:52+ 19:18+ 21:30+ 22:54+ 24:34+ 27:13+ 29:54+ 30:21+ 31:24+ 33:23+ 34:44+ 35:05+		
00:45+	01:19+ 02:02+ 00:34+ 00:59+ 00:10- 04:50+ 00:37- 01:58- 02:06+ 01:26+ 01:06- 01:26- 02:12+ 01:24+ 01:40- 02:39+ 02:41+ 00:27- 01:03- 01:59+ 01:21+ 00:21+		
00:05#	00:29& 00:08+ 00:04# 00:47@ 03:12- 04:19@ 01:19- 00:02- 00:52& 00:01+ 00:28- 00:44- 00:57& 00:04+ 00:42- 00:06+ 02:13@ 00:18- 00:50- 00:41& 00:52@ 00:21+		
5	Margot Asheim	722	35:43
00:46+	01:41+ 03:40+ 04:22+ 04:36+ 08:12+ 08:50+ 10:44+ 13:22+ 15:04+ 16:48+ 19:02+ 22:29+ 24:13+ 25:46+ 27:58+ 30:05+ 30:32+ 31:26+ 34:04+ 35:25+ 35:43+		
00:46+	00:55+ 01:59+ 00:42+ 00:14+ 03:36+ 00:38+ 01:54- 02:38+ 01:42+ 01:44+ 02:14+ 03:27+ 01:44+ 01:33+ 02:12- 02:07- 00:27- 00:54+ 02:38+ 01:21+ 00:18-		
00:06#	00:05+ 00:05+ 00:12& 00:02# 00:14+ 00:07# 00:02- 00:38& 00:28& 00:19# 00:40& 01:17& 00:29& 00:13# 00:10- 00:26- 00:01- 00:09# 00:45& 00:03+ 00:11-		
6	Ingunn Voilås	3502	38:07
00:40=	01:46+ 03:52+ 04:22+ 05:32+ 05:43- 09:31+ 10:03+ 12:33+ 14:55+ 17:27+ 18:40+ 21:22+ 23:33+ 24:51+ 25:43+ 28:12+ 30:49+ 31:15+ 34:00+ 36:22+ 37:40+ 38:07+		
00:40=	01:06+ 02:06+ 00:30= 01:10+ 00:11- 03:48+ 00:32- 02:30+ 02:22+ 02:32+ 01:13- 02:42+ 02:11+ 01:18- 00:52- 02:29- 02:37+ 00:26- 02:45+ 02:22+ 01:18+ 00:27+		
00:00=	00:16& 00:12# 00:00= 00:58@ 03:11- 03:17@ 01:24- 00:30# 01:08& 01:07& 00:21- 00:32# 00:56& 00:02- 01:30- 00:04- 02:09@ 00:19- 00:52& 01:04& 00:49@ 00:27+		

Class	Navn	Klasse	Tid
-------	------	--------	-----

D65

7	Hanne Hermanrud	3530	42:15																			
00:55+	02:28+	05:33+	06:18+	06:38+	11:08+	11:53+	14:06+	16:31+	18:25+	19:54+	21:52+	24:22+	27:04+	30:02+	32:12+	36:23+	36:55+	37:51+	40:16+	41:51+	42:15+	
00:55+	01:33+	03:05+	00:45+	00:20+	04:30+	00:45+	02:13+	02:25+	01:54+	01:29+	01:58+	02:30+	02:42+	02:58+	02:10-	04:11+	00:32+	00:56+	02:25+	01:35+	00:24-	
00:15&	00:43&	01:11&	00:15&	00:08&	01:08&	00:14&	00:17#	00:25#	00:40&	00:04+	00:24&	00:20#	01:27@	01:38@	00:12-	01:38&	00:04#	00:11#	00:32&	00:17#	00:05-	
8	May Meling	3553	44:59																			
01:33+	02:35+	04:53+	05:30+	06:01+	06:12+	10:32+	11:05+	13:21+	15:37+	18:16+	20:14+	21:32+	24:40+	25:42+	26:36+	29:01+	31:05+	31:37+	40:57+	43:28+	44:37+	44:59+
01:33+	01:02+	02:18+	00:37+	00:31+	00:11+	04:20+	00:33+	02:16+	02:16+	02:39+	01:58+	01:18+	03:08+	01:02+	00:54+	02:25+	02:04+	00:32+	09:20+	02:31+	01:09+	00:22+
01:33+	01:02+	02:18+	00:37+	00:31+	00:11+	04:20+	00:33+	02:16+	02:16+	02:39+	01:58+	01:18+	03:08+	01:02+	00:54+	02:25+	02:04+	00:32+	09:20+	02:31+	01:09+	00:22+
9	Ase Kristensen	1141	45:51																			
00:50+	02:19+	05:09+	06:30+	06:48+	11:17+	12:01+	15:41+	18:18+	19:51+	21:13+	23:18+	26:15+	28:21+	30:45+	33:18+	36:42+	37:27+	38:33+	43:42+	45:15+	45:51+	
00:50+	01:29+	02:50+	01:21+	00:18+	04:29+	00:44+	03:40+	02:37+	01:33+	01:22+	02:05+	02:57+	02:06+	02:24+	02:33+	03:24+	00:45+	01:06+	05:09+	01:33+	00:36+	
00:50+	01:29+	02:50+	01:21+	00:18+	04:29+	00:44+	03:40+	02:37+	01:33+	01:22+	02:05+	02:57+	02:06+	02:24+	02:33+	03:24+	00:45+	01:06+	05:09+	01:33+	00:36+	
10	Inger Narvestad Anda	896	48:24																			
00:47+	01:46+	03:53+	04:41+	04:56+	08:56+	09:40+	11:50+	14:36+	21:25+	24:58+	26:46+	30:42+	32:00+	34:09+	38:22+	41:12+	41:43+	43:04+	45:15+	48:03+	48:24+	
00:47+	00:59+	02:07+	00:48+	00:15+	04:00+	00:44+	02:10+	02:46+	06:49+	03:33+	01:48+	03:56+	01:18+	02:09+	04:13+	02:50+	00:31+	01:21+	02:11+	02:48+	00:21+	
00:47+	00:59+	02:07+	00:48+	00:15+	04:00+	00:44+	02:10+	02:46+	06:49+	03:33+	01:48+	03:56+	01:18+	02:09+	04:13+	02:50+	00:31+	01:21+	02:11+	02:48+	00:21+	

Beste strekktid for klassen

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

D70

1	Hanne Eik	896	38:44																		
00:44=	01:45=	04:16=	04:53=	05:07=	09:53=	10:36=	12:37=	15:09=	16:56=	19:48=	21:34=	25:13=	26:30=	27:47=	30:02=	32:59=	33:22=	34:09=	36:34=	38:14=	38:44=
00:44=	01:01=	02:31=	00:37=	00:14=	04:46=	00:43=	02:01=	02:32=	01:47=	02:52=	01:46=	03:39=	01:17=	01:17=	02:15=	02:57=	00:23=	00:47=	02:25=	01:40=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Mette Dagsland	874	46:01																		
00:56+	02:07+	04:31+	05:17+	05:31+	10:00+	10:37+	12:46+	16:01+	17:55+	19:08-	20:57-	23:16-	25:56-	28:28+	30:09+	35:14+	35:43+	36:38+	44:16+	45:33+	46:01+
00:56+	01:11+	02:24-	00:46+	00:14=	04:29-	00:37-	02:09+	03:15+	01:54+	01:13-	01:49+	02:19-	02:40+	02:32+	01:41-	05:05+	00:29+	00:55+	07:38+	01:17-	00:28-
00:12&	00:10#	00:07-	00:09#	00:00=	00:17-	00:06-	00:08+	00:43&	00:07+	01:39-	00:03+	01:20-	01:23@	01:15&	00:34-	02:08&	00:06&	00:08#	05:13@	00:23-	00:02-
3	Kirsten Carlsen	1884	46:05																		
00:53+	01:54+	04:14-	05:00+	05:13+	09:00-	09:39-	12:09-	14:25-	21:20+	22:59+	25:06+	27:45+	29:59+	33:15+	36:08+	40:35+	41:02+	41:58+	44:22+	45:46+	46:05+
00:53+	01:01=	02:20-	00:46+	00:13-	03:47-	00:39-	02:30+	02:16-	06:55+	01:39-	02:07+	02:39-	02:14+	03:16+	02:53+	04:27+	00:27+	00:56+	02:24-	01:24-	00:19-
00:09#	00:00=	00:11-	00:09#	00:01-	00:59-	00:04-	00:29#	00:16-	05:08@	01:13-	00:21#	01:00-	00:57&	01:59@	00:38&	01:30&	00:04#	00:09#	00:01-	00:16-	00:11-
4	Lillian Dahl Fitjar	896	47:18																		
00:50+	01:58+	05:07+	06:03+	06:16+	10:19+	11:04+	13:26+	15:48+	22:15+	24:02+	26:06+	28:57+	30:54+	34:15+	37:05+	41:39+	42:09+	43:02+	45:24+	46:54+	47:18+
00:50+	01:08+	03:09+	00:56+	00:13-	04:03-	00:45+	02:22+	02:22-	06:27+	01:47-	02:04+	02:51-	01:57+	03:21+	02:50+	04:34+	00:30+	00:53+	02:22-	01:30-	00:24-
00:06#	00:07#	00:38&	00:19&	00:01-	00:43-	00:02+	00:21#	00:10-	04:40@	01:05-	00:18#	00:48-	00:40&	02:04@	00:35&	01:37&	00:07&	00:06#	00:03-	00:10-	00:06-
5	Berit Gramstad	3551	51:13																		
00:57+	02:16+	04:48+	05:20+	06:11+	13:54+	14:46+	17:18+	19:35+	26:24+	28:04+	30:02+	32:58+	34:56+	38:18+	41:12+	45:37+	46:06+	47:03+	49:27+	50:49+	51:13+
00:57+	01:19+	02:32+	00:32-	00:51+	07:43+	00:52+	02:32+	02:17-	06:49+	01:40-	01:58+	02:56-	01:58+	03:22+	02:54+	04:25+	00:29+	00:57+	02:24-	01:22-	00:24-
00:13&	00:18&	00:01+	00:05-	00:37@	02:57&	00:09#	00:31&	00:15-	05:02@	01:12-	00:12#	00:43-	00:41&	02:05@	00:39&	01:28&	00:06&	00:10#	00:01-	00:18-	00:06-

Beste strekktid for klassen

00:44 01:01 02:20 00:32 00:13 03:47 00:37 02:01 02:16 01:47 01:13 01:46 02:19 01:17 01:17 01:41 02:57 00:23 00:47 02:22 01:17 00:19

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

D75

1	Ingrid W. Hestness	896	31:31																		
00:38=	01:37=	03:34=	04:14=	07:17=	07:46=	09:25=	12:20=	14:04=	14:57=	16:26=	20:06=	21:28=	22:36=	24:37=	27:09=	27:32=	28:16=	29:58=	31:11=	31:31=	
00:38=	00:59=	01:57=	00:26=	00:14=	03:03=	00:29=	01:39=	02:55=	01:44=	00:53=	01:29=	03:40=	01:22=	01:08=	02:01=	02:32=	00:23=	00:44=	01:42=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
-------	------	--------	-----

D75

2	Inger Skretting Opstad	3529	38:46
00:56+	01:58+ 04:35+ 05:16+ 05:33+ 09:48+	10:38+ 13:16+ 16:35+ 18:23+ 19:56+	22:00+ 24:47+ 26:17+ 27:22+ 29:33+ 32:31+ 33:05+ 34:06+ 36:33+ 38:20+ 38:46+
00:56+	01:02+ 02:37+ 00:41+ 00:17+ 04:15+	00:50+ 02:38+ 03:19+ 01:48+ 01:33+ 02:04+ 02:47-	01:30+ 01:05- 02:11+ 02:58+ 00:34+ 01:01+ 02:27+ 01:47+ 00:26+
00:18&	00:03+ 00:40& 00:15& 00:03# 01:12&	00:21& 00:59& 00:24# 00:04+ 00:40&	00:35& 00:53- 00:08+ 00:03- 00:10+ 00:26# 00:11& 00:17& 00:45& 00:34& 00:06&
3	Haldis Glendrange	874	39:16
00:53+	01:56+ 04:02+ 05:21+ 05:31+ 09:52+	10:37+ 13:13+ 15:46+ 17:35+ 19:46+	21:36+ 24:16+ 25:46+ 27:55+ 29:58+ 33:38+ 34:10+ 35:06+ 37:20+ 38:49+ 39:16+
00:53+	01:03+ 02:06+ 01:19+ 00:10+ 04:21+	00:45+ 02:36+ 02:33+ 01:49+ 02:11+ 01:50+ 02:40+	01:30+ 02:09+ 02:03+ 03:40+ 00:32+ 00:56+ 02:14+ 01:29+ 00:27+
00:53+	01:03+ 02:06+ 01:19+ 00:10+ 04:21+	00:45+ 02:36+ 02:33+ 01:49+ 02:11+ 01:50+ 02:40+	01:30+ 02:09+ 02:03+ 03:40+ 00:32+ 00:56+ 02:14+ 01:29+ 00:27+
4	Hedvig Anda	1683	41:28
00:49+	02:11+ 05:02+ 05:51+ 06:05+ 09:53+	10:33+ 13:31+ 16:22+ 17:51+ 20:06+	22:36+ 26:13+ 27:44+ 29:11+ 31:30+ 34:25+ 34:54+ 35:37+ 39:27+ 41:01+ 41:28+
00:49+	01:22+ 02:51+ 00:49+ 00:14+ 03:48+	00:40+ 02:58+ 02:51+ 01:29+ 02:15+ 02:30+ 03:37+	01:31+ 01:27+ 02:19+ 02:55+ 00:29+ 00:43+ 03:50+ 01:34+ 00:27+
00:49+	01:22+ 02:51+ 00:49+ 00:14+ 03:48+	00:40+ 02:58+ 02:51+ 01:29+ 02:15+ 02:30+ 03:37+	01:31+ 01:27+ 02:19+ 02:55+ 00:29+ 00:43+ 03:50+ 01:34+ 00:27+
5	Helga Klausen	769	50:26
01:03+	02:48+ 06:34+ 07:23+ 08:17+ 08:32+	14:53+ 15:39+ 18:32+ 21:45+ 23:54+	25:58+ 28:44+ 31:33+ 33:05+ 37:06+ 39:28+ 43:13+ 43:47+ 44:50+ 47:44+ 49:38+ 50:26+
01:03+	01:45+ 03:46+ 00:49+ 00:54+ 00:15+	06:21+ 00:46+ 02:53+ 03:13+ 02:09+ 02:04+ 02:46+	02:49+ 01:32+ 04:01+ 02:22+ 03:45+ 00:34+ 01:03+ 02:54+ 01:54+ 00:48+
01:03+	01:45+ 03:46+ 00:49+ 00:54+ 00:15+	06:21+ 00:46+ 02:53+ 03:13+ 02:09+ 02:04+ 02:46+	02:49+ 01:32+ 04:01+ 02:22+ 03:45+ 00:34+ 01:03+ 02:54+ 01:54+ 00:48+
6	Aslaug Lura	1141	53:37
00:55+	02:14+ 06:40+ 07:21+ 07:45+ 12:38+	13:23+ 16:45+ 19:34+ 21:27+ 26:02+	28:50+ 32:56+ 35:19+ 38:23+ 41:30+ 45:17+ 46:21+ 48:13+ 50:52+ 53:12+ 53:37+
00:55+	01:19+ 04:26+ 00:41+ 00:24+ 04:53+	00:45+ 03:22+ 02:49+ 01:53+ 04:35+	02:48+ 04:06+ 02:23+ 03:04+ 03:07+ 03:47+ 01:04+ 01:52+ 02:39+ 02:20+ 00:25+
00:55+	01:19+ 04:26+ 00:41+ 00:24+ 04:53+	00:45+ 03:22+ 02:49+ 01:53+ 04:35+	02:48+ 04:06+ 02:23+ 03:04+ 03:07+ 03:47+ 01:04+ 01:52+ 02:39+ 02:20+ 00:25+
7	Brit Skjelbred	1141	54:40
01:57+	03:17+ 07:43+ 08:24+ 08:47+ 13:35+	14:29+ 17:49+ 20:38+ 22:32+ 27:04+	29:45+ 34:00+ 36:17+ 39:27+ 42:35+ 46:19+ 47:23+ 49:16+ 51:55+ 54:16+ 54:40+
01:57+	01:20+ 04:26+ 00:41+ 00:23+ 04:48+	00:54+ 03:20+ 02:49+ 01:54+ 04:32+	02:41+ 04:15+ 02:17+ 03:10+ 03:08+ 03:44+ 01:04+ 01:53+ 02:39+ 02:21+ 00:24+
01:57+	01:20+ 04:26+ 00:41+ 00:23+ 04:48+	00:54+ 03:20+ 02:49+ 01:54+ 04:32+	02:41+ 04:15+ 02:17+ 03:10+ 03:08+ 03:44+ 01:04+ 01:53+ 02:39+ 02:21+ 00:24+

Beste strekktid for klassen

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

D80

1	Turid Nystrøm	874	34:46
01:15=	02:20= 03:08= 08:17= 08:54= 10:17=	11:23= 13:42= 15:43= 17:42= 18:51=	20:31= 24:31= 26:21= 28:48= 31:38= 32:20= 32:57= 33:49= 34:28= 34:46=
01:15=	01:05= 00:48= 05:09= 00:37= 01:23=	01:06= 02:19= 02:01= 01:59= 01:09=	01:40= 04:00= 01:50= 02:27= 02:50= 00:42= 00:37= 00:52= 00:39= 00:18=
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Gry Vikhamar Thengs	874	42:46
01:44+	02:56+ 04:19+ 08:44+ 09:25+ 11:07+	12:24+ 14:48+ 16:48+ 20:11+ 21:13+	23:50+ 26:50+ 28:16+ 36:43+ 39:37+ 40:24+ 41:03+ 41:53+ 42:28+ 42:46+
01:44+	01:12+ 01:23+ 04:25- 00:41+ 01:42+	01:17+ 02:24+ 02:00- 03:23+ 01:02-	02:37+ 03:00- 01:26- 08:27+ 02:54+ 00:47+ 00:39+ 00:50- 00:35- 00:18=
00:29&	00:07# 00:35& 00:44- 00:04# 00:19#	00:11# 00:05+ 00:01- 01:24& 00:07-	00:57& 01:00- 00:24- 06:00# 00:04+ 00:05# 00:02+ 00:02- 00:04- 00:00=
3	Helga Aaslid	3529	1:01:11
01:26+	02:44+ 09:37+ 18:23+ 19:20+ 20:09+	21:42+ 25:58+ 30:43+ 33:23+ 34:48+	37:18+ 43:29+ 46:17+ 51:44+ 55:57+ 57:23+ 58:32+ 59:50+ 60:40+ 61:11+
01:26+	01:18+ 06:53+ 08:46+ 00:57+ 00:49-	01:33+ 04:16+ 04:45+ 02:40+ 01:25+	02:30+ 06:11+ 02:48+ 05:27+ 04:13+ 01:26+ 01:09+ 01:18+ 00:50+ 00:31+
00:11#	00:13# 06:05@ 03:37& 00:20& 00:34-	00:27& 01:57& 02:44@ 00:41& 00:16#	00:50& 02:11& 00:58& 03:00# 01:23& 00:44@ 00:32& 00:26& 00:11& 00:13&

Beste strekktid for klassen

01:15 01:05 00:48 04:25 00:37 00:49 01:06 02:19 02:00 01:59 01:02 01:40 03:00 01:26 02:27 02:50 00:42 00:37 00:50 00:35 00:18

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

DA

1	Aud Hognestad Taksdal	892	28:23
00:30=	01:03= 01:14= 01:48= 02:20= 03:38=	03:54= 04:12= 04:29= 06:54= 07:47=	10:01= 11:22= 12:17= 12:35= 13:40= 14:12= 14:42= 16:28= 18:17= 19:56= 21:03= 22:00= 22:43= 23:42= 24:21=
00:30=	00:33= 00:11= 00:34= 00:32= 01:18=	00:16= 00:18= 00:17= 02:25= 00:53=	02:14= 01:21= 00:55= 00:18= 01:05= 00:32= 00:30= 01:46= 01:49= 01:39= 01:07= 00:57= 00:43= 00:59= 00:39=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
24:52=	26:21= 27:26= 28:11= 28:23=		
00:31=	01:29= 01:05= 00:45= 00:12=		
00:00=	00:00= 00:00= 00:00= 00:00=		

DA

2	Katrine Haaland Leveraas	896	31:51																						
00:29-	01:03=	01:17+	01:50+	02:19-	03:58+	04:14+	04:32+	04:50+	06:55+	07:55+	10:35+	11:45+	12:55+	14:07+	14:42+	16:12+	16:58+	18:14+	20:54+	22:18+	23:11+	24:07+	25:11+	26:15+	27:01+
00:29-	00:34+	00:14+	00:33-	00:29-	01:39+	00:16=	00:18=	00:18+	02:05-	01:00+	02:40+	01:10-	01:10+	01:12+	00:35-	01:30+	00:46+	01:16-	02:40+	01:24-	00:53-	00:56-	01:04+	01:04+	00:46+
00:01-	00:01+	00:03&	00:01-	00:03-	00:21&	00:00=	00:00=	00:01+	00:20-	00:07#	00:26#	00:11-	00:15&	00:54#	00:30-	00:58#	00:16&	00:30-	00:51&	00:15-	00:14-	00:01-	00:21&	00:05+	00:07#
27:34+	29:33+	30:38+	31:38+	31:51+																					
00:33+	01:59+	01:05=	01:00+	00:13+																					
00:02+	00:30&	00:00=	00:15&	00:01+																					

3	Matilde Skjæveland Skår	3486	32:36																						
00:35+	01:09+	01:28+	02:01+	02:32+	04:16+	04:40+	05:01+	05:23+	08:14+	09:21+	12:31+	13:51+	14:57+	15:23+	16:03+	16:47+	17:28+	19:02+	21:03+	22:56+	23:51+	24:53+	25:43+	26:51+	27:52+
00:35+	00:34+	00:19+	00:33+	00:31+	01:44+	00:24+	00:21+	00:22+	02:51+	01:07+	03:10+	01:20+	01:06+	00:26+	00:40+	00:44+	00:41+	01:34+	02:01+	01:53+	00:55+	01:02+	00:50+	01:08+	01:01+
00:35+	00:34+	00:19+	00:33+	00:31+	01:44+	00:24+	00:21+	00:22+	02:51+	01:07+	03:10+	01:20+	01:06+	00:26+	00:40+	00:44+	00:41+	01:34+	02:01+	01:53+	00:55+	01:02+	00:50+	01:08+	01:01+
28:30+	30:15+	31:29+	32:23+	32:36+																					
00:38+	01:45+	01:14+	00:54+	00:13+																					
00:38+	01:45+	01:14+	00:54+	00:13+																					

4	Trine Bolstad Scheie	769	33:11																						
00:35+	01:11+	01:22+	01:56+	02:31+	04:08+	04:26+	04:50+	05:13+	08:19+	09:22+	11:56+	13:30+	14:40+	15:01+	15:32+	16:16+	17:05+	18:57+	21:03+	23:09+	24:09+	25:17+	26:06+	27:10+	28:05+
00:35+	00:36+	00:11+	00:34+	00:35+	01:37+	00:18+	00:24+	00:23+	03:06+	01:03+	02:34+	01:34+	01:10+	00:21+	00:31+	00:44+	00:49+	01:52+	02:06+	02:06+	01:00+	01:08+	00:49+	01:04+	00:55+
00:35+	00:36+	00:11+	00:34+	00:35+	01:37+	00:18+	00:24+	00:23+	03:06+	01:03+	02:34+	01:34+	01:10+	00:21+	00:31+	00:44+	00:49+	01:52+	02:06+	02:06+	01:00+	01:08+	00:49+	01:04+	00:55+
28:51+	30:46+	32:05+	32:57+	33:11+																					
00:46+	01:55+	01:19+	00:52+	00:14+																					
00:46+	01:55+	01:19+	00:52+	00:14+																					

5	Silje Skorve Skarpeid	1758	33:47																						
00:38+	01:12+	01:26+	02:01+	02:32+	04:07+	05:04+	05:23+	05:48+	08:08+	09:20+	12:12+	13:38+	14:45+	15:18+	15:51+	16:41+	17:18+	18:59+	21:06+	23:04+	24:10+	25:22+	26:15+	27:38+	28:34+
00:38+	00:34+	00:14+	00:35+	00:31+	01:35+	00:57+	00:19+	00:25+	02:20+	01:12+	02:52+	01:26+	01:07+	00:33+	00:33+	00:50+	00:37+	01:41+	02:07+	01:58+	01:06+	01:12+	00:53+	01:23+	00:56+
00:38+	00:34+	00:14+	00:35+	00:31+	01:35+	00:57+	00:19+	00:25+	02:20+	01:12+	02:52+	01:26+	01:07+	00:33+	00:33+	00:50+	00:37+	01:41+	02:07+	01:58+	01:06+	01:12+	00:53+	01:23+	00:56+
29:11+	30:58+	32:19+	33:28+	33:47+																					
00:37+	01:47+	01:21+	01:09+	00:19+																					
00:37+	01:47+	01:21+	01:09+	00:19+																					

6	Tone Torgersen	882	34:47																						
00:36+	01:22+	01:38+	02:13+	02:47+	05:08+	05:26+	05:49+	06:15+	09:04+	10:03+	12:39+	14:18+	15:29+	16:06+	16:46+	17:32+	18:07+	19:59+	22:23+	24:06+	25:00+	26:17+	27:34+	28:52+	29:37+
00:36+	00:46+	00:16+	00:35+	00:34+	02:21+	00:18+	00:23+	00:26+	02:49+	00:59+	02:36+	01:39+	01:11+	00:37+	00:40+	00:46+	00:35+	01:52+	02:24+	01:43+	00:54+	01:17+	01:17+	01:18+	00:45+
00:36+	00:46+	00:16+	00:35+	00:34+	02:21+	00:18+	00:23+	00:26+	02:49+	00:59+	02:36+	01:39+	01:11+	00:37+	00:40+	00:46+	00:35+	01:52+	02:24+	01:43+	00:54+	01:17+	01:17+	01:18+	00:45+
30:16+	32:17+	33:36+	34:31+	34:47+																					
00:39+	02:01+	01:19+	00:55+	00:16+																					
00:39+	02:01+	01:19+	00:55+	00:16+																					

7	Aina Kalsaas Urstad	4232	36:58																						
00:34+	01:10+	01:26+	02:01+	02:37+	05:03+	05:27+	05:54+	06:18+	08:57+	10:04+	12:59+	14:29+	17:22+	18:00+	18:47+	19:35+	20:11+	22:10+	24:26+	26:17+	27:14+	28:24+	29:22+	30:37+	31:29+
00:34+	00:36+	00:16+	00:35+	00:36+	02:26+	00:24+	00:27+	00:24+	02:39+	01:07+	02:55+	01:30+	02:53+	00:38+	00:47+	00:48+	00:36+	01:59+	02:16+	01:51+	00:57+	01:10+	00:58+	01:15+	00:52+
00:34+	00:36+	00:16+	00:35+	00:36+	02:26+	00:24+	00:27+	00:24+	02:39+	01:07+	02:55+	01:30+	02:53+	00:38+	00:47+	00:48+	00:36+	01:59+	02:16+	01:51+	00:57+	01:10+	00:58+	01:15+	00:52+
32:15+	34:11+	35:37+	36:41+	36:58+																					
00:46+	01:56+	01:26+	01:04+	00:17+																					
00:46+	01:56+	01:26+	01:04+	00:17+																					

8	Maren Benjaminsen	1832	37:09																						
00:41+	01:26+	01:39+	02:13+	02:59+	05:20+	05:38+	06:04+	06:29+	09:12+	10:23+	13:22+	15:17+	16:35+	17:14+	18:05+	19:04+	19:50+	21:29+	23:48+	25:48+	26:48+	28:01+	29:05+	30:37+	31:44+
00:41+	00:45+	00:13+	00:34+	00:46+	02:21+	00:18+	00:26+	00:25+	02:43+	01:11+	02:59+	01:55+	01:18+	00:39+	00:51+	00:59+	00:46+	01:39+	02:19+	02:00+	01:00+	01:13+	01:04+	01:32+	01:07+
00:41+	00:45+	00:13+	00:34+	00:46+	02:21+	00:18+	00:26+	00:25+	02:43+	01:11+	02:59+	01:55+	01:18+	00:39+	00:51+	00:59+	00:46+	01:39+	02:19+	02:00+	01:00+	01:13+	01:04+	01:32+	01:07+
32:21+	34:30+	35:56+	36:55+	37:09+																					
00:37+	02:09+	01:26+	00:59+	00:14+																					
00:37+	02:09+	01:26+	00:59+	00:14+																					

Beste strekktid for klassen

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

DB

DB

1	Ida Kolstø	3502	30:55																						
00:48=	02:08=	02:54=	03:19=	04:41=	05:08=	05:26=	06:00=	08:26=	08:56=	09:39=	12:51=	14:15=	15:25=	16:13=	16:39=	17:00=	17:38=	18:29=	19:51=	22:06=	24:20=	25:25=	25:56=	26:49=	27:39=
00:48=	01:20=	00:46=	00:25=	01:22=	00:27=	00:18=	00:34=	02:26=	00:30=	00:43=	03:12=	01:24=	01:10=	00:48=	00:26=	00:21=	00:38=	00:51=	01:22=	02:15=	02:14=	01:05=	00:31=	00:53=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
29:22=	29:43=	30:23=	30:44=	30:55=																					
01:43=	00:21=	00:40=	00:21=	00:11=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					

2	Marita Skorpe Falnes	3568	35:49																						
00:59+	02:17+	03:03+	03:37+	05:38+	06:14+	06:33+	07:13+	10:39+	11:08+	11:55+	14:47+	16:30+	17:59+	19:01+	19:30+	19:55+	20:36+	21:24+	22:57+	25:40+	28:06+	29:27+	29:56+	30:57+	31:56+
00:59+	01:18+	00:46+	00:34+	02:01+	00:36+	00:19+	00:40+	03:26+	00:29+	00:47+	02:52+	01:43+	01:29+	01:02+	00:29+	00:25+	00:41+	00:48+	01:33+	02:43+	02:26+	01:21+	00:29+	01:01+	00:59+
00:59+	01:18+	00:46+	00:34+	02:01+	00:36+	00:19+	00:40+	03:26+	00:29+	00:47+	02:52+	01:43+	01:29+	01:02+	00:29+	00:25+	00:41+	00:48+	01:33+	02:43+	02:26+	01:21+	00:29+	01:01+	00:59+
33:54+	34:14+	35:00+	35:33+	35:49+																					
01:58+	00:20+	00:46+	00:33+	00:16+																					
01:58+	00:20+	00:46+	00:33+	00:16+																					

3	Ann-Cathrin Nybak Urdal	3595	35:52																						
00:57+	02:14+	02:56+	03:41+	05:12+	05:40+	06:06+	06:40+	09:59+	10:29+	11:30+	14:44+	16:29+	17:51+	18:47+	19:28+	19:46+	20:34+	21:18+	22:58+	25:44+	28:03+	29:12+	29:44+	30:54+	31:48+
00:57+	01:17+	00:42+	00:45+	01:31+	00:28+	00:26+	00:34+	03:19+	00:30+	01:01+	03:14+	01:45+	01:22+	00:56+	00:41+	00:18+	00:48+	00:44+	01:40+	02:46+	02:19+	01:09+	00:32+	01:10+	00:54+
00:57+	01:17+	00:42+	00:45+	01:31+	00:28+	00:26+	00:34+	03:19+	00:30+	01:01+	03:14+	01:45+	01:22+	00:56+	00:41+	00:18+	00:48+	00:44+	01:40+	02:46+	02:19+	01:09+	00:32+	01:10+	00:54+
33:54+	34:19+	35:06+	35:34+	35:52+																					
02:06+	00:25+	00:47+	00:28+	00:18+																					
02:06+	00:25+	00:47+	00:28+	00:18+																					

4	Agnes Haker	1284	36:47																						
00:43+	02:04+	02:49+	03:18+	04:38+	05:05+	05:23+	06:03+	09:12+	09:36+	10:37+	14:10+	15:44+	17:05+	17:52+	18:27+	19:22+	20:12+	21:02+	22:41+	24:53+	26:46+	29:52+	30:41+	31:41+	32:48+
00:43+	01:21+	00:45+	00:29+	01:20+	00:27+	00:18+	00:40+	03:09+	00:24+	01:01+	03:33+	01:34+	01:21+	00:47+	00:35+	00:55+	00:50+	00:50+	01:39+	02:12+	01:53+	03:06+	00:49+	01:00+	01:07+
00:43+	01:21+	00:45+	00:29+	01:20+	00:27+	00:18+	00:40+	03:09+	00:24+	01:01+	03:33+	01:34+	01:21+	00:47+	00:35+	00:55+	00:50+	00:50+	01:39+	02:12+	01:53+	03:06+	00:49+	01:00+	01:07+
34:45+	35:04+	35:43+	36:34+	36:47+																					
01:57+	00:19+	00:39+	00:51+	00:13+																					
01:57+	00:19+	00:39+	00:51+	00:13+																					

5	Anina Hadland	3502	38:44																						
00:55+	02:16+	02:55+	03:22+	05:04+	05:32+	06:04+	06:49+	10:16+	10:45+	11:53+	15:22+	17:06+	18:22+	19:23+	19:54+	20:19+	20:57+	21:56+	23:48+	26:49+	29:22+	31:07+	31:42+	32:55+	33:55+
00:55+	01:21+	00:39+	00:27+	01:42+	00:28+	00:32+	00:45+	03:27+	00:29+	01:08+	03:29+	01:44+	01:16+	01:01+	00:31+	00:25+	00:38+	00:59+	01:52+	03:01+	02:33+	01:45+	00:35+	01:13+	01:00+
00:55+	01:21+	00:39+	00:27+	01:42+	00:28+	00:32+	00:45+	03:27+	00:29+	01:08+	03:29+	01:44+	01:16+	01:01+	00:31+	00:25+	00:38+	00:59+	01:52+	03:01+	02:33+	01:45+	00:35+	01:13+	01:00+
36:50+	37:11+	38:04+	38:32+	38:44+																					
02:55+	00:21+	00:53+	00:28+	00:12+																					
02:55+	00:21+	00:53+	00:28+	00:12+																					

6	Ellen Tindeland	882	38:45																						
00:58+	02:18+	03:16+	03:49+	06:04+	06:32+	06:52+	07:30+	10:54+	11:48+	13:01+	16:37+	18:03+	19:29+	20:26+	21:05+	21:30+	22:47+	23:34+	26:00+	28:27+	30:49+	32:08+	32:38+	33:42+	34:57+
00:58+	01:20+	00:58+	00:33+	02:15+	00:28+	00:20+	00:38+	03:24+	00:54+	01:13+	03:36+	01:26+	01:26+	00:57+	00:39+	00:25+	01:17+	00:47+	02:26+	02:27+	02:22+	01:19+	00:30+	01:04+	01:15+
00:58+	01:20+	00:58+	00:33+	02:15+	00:28+	00:20+	00:38+	03:24+	00:54+	01:13+	03:36+	01:26+	01:26+	00:57+	00:39+	00:25+	01:17+	00:47+	02:26+	02:27+	02:22+	01:19+	00:30+	01:04+	01:15+
36:59+	37:20+	38:07+	38:30+	38:45+																					
02:02+	00:21+	00:47+	00:23+	00:15+																					
02:02+	00:21+	00:47+	00:23+	00:15+																					

7	Anne Garsrud	3518	39:37																						
00:57+	02:59+	03:42+	04:13+	06:15+	07:06+	07:31+	08:23+	12:58+	13:40+	14:32+	17:36+	19:02+	20:22+	21:15+	22:40+	23:06+	23:58+	25:08+	26:48+	29:21+	31:45+	32:54+	33:27+	34:37+	35:33+
00:57+	02:02+	00:43+	00:31+	02:02+	00:51+	00:25+	00:52+	04:35+	00:42+	00:52+	03:04+	01:26+	01:20+	00:53+	01:25+	00:26+	00:52+	01:10+	01:40+	02:33+	02:24+	01:09+	00:33+	01:10+	00:56+
00:57+	02:02+	00:43+	00:31+	02:02+	00:51+	00:25+	00:52+	04:35+	00:42+	00:52+	03:04+	01:26+	01:20+	00:53+	01:25+	00:26+	00:52+	01:10+	01:40+	02:33+	02:24+	01:09+	00:33+	01:10+	00:56+
37:31+	37:59+	38:52+	39:22+	39:37+																					
01:58+	00:28+	00:53+	00:30+	00:15+																					
01:58+	00:28+	00:53+	00:30+	00:15+																					

8	Kristin Breivold	892	41:15																						
00:56+	02:20+	03:33+	03:59+	05:38+	06:34+	06:55+	07:32+	10:43+	11:28+	12:39+	16:54+	18:39+	20:21+	21:24+	22:00+	22:32+	23:37+	24:32+	26:10+	29:22+	32:41+	34:20+	34:56+	36:01+	36:56+
00:56+	01:24+	01:13+	00:26+	01:39+	00:56+	00:21+	00:37+	03:11+	00:45+	01:11+	04:15+	01:45+	01:42+	01:03+	00:36+	00:32+	01:05+	00:55+	01:38+	03:12+	03:19+	01:39+	00:36+	01:05+	00:55+
00:56+	01:24+	01:13+	00:26+	01:39+	00:56+	00:21+	00:37+	03:11+	00:45+	01:11+	04:15+	01:45+	01:42+	01:03+	00:36+	00:32+	01:05+	00:55+	01:38+	03:12+	03:19+	01:39+	00:36+	01:05+	00:55+
39:10+	39:32+	40:21+	40:56+	41:15+																					
02:14+	00:22+	00:49+	00:35+	00:19+																					
02:14+	00:22+	00:49+	00:35+	00:19+																					

DB

9	Maira Andersone	1884	44:29																						
00:55+	02:29+	03:12+	03:39+	05:58+	06:28+	06:55+	07:43+	12:32+	13:09+	14:25+	18:10+	20:09+	21:42+	22:55+	25:16+	25:39+	26:28+	27:24+	29:23+	32:16+	34:45+	35:58+	36:34+	38:35+	39:50+
00:55+	01:34+	00:43+	00:27+	02:19+	00:30+	00:27+	00:48+	04:49+	00:37+	01:16+	03:45+	01:59+	01:33+	01:13+	02:21+	00:23+	00:49+	00:56+	01:59+	02:53+	02:29+	01:13+	00:36+	02:01+	01:15+
00:55+	01:34+	00:43+	00:27+	02:19+	00:30+	00:27+	00:48+	04:49+	00:37+	01:16+	03:45+	01:59+	01:33+	01:13+	02:21+	00:23+	00:49+	00:56+	01:59+	02:53+	02:29+	01:13+	00:36+	02:01+	01:15+
42:25+	42:50+	43:43+	44:15+	44:29+																					
02:35+	00:25+	00:53+	00:32+	00:14+																					
02:35+	00:25+	00:53+	00:32+	00:14+																					

Beste strekktid for klassen

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

DNY

1	Anne Linn Olsen	3528	24:31																							
00:36=	01:14=	01:40=	02:10=	03:29=	04:20=	06:37=	07:50=	08:33=	09:13=	11:09=	11:24=	12:16=	13:17=	14:37=	15:13=	19:02=	20:09=	23:03=	24:13=	24:31=						
00:36=	00:38=	00:26=	00:30=	01:19=	00:51=	02:17=	01:13=	00:43=	00:40=	01:56=	00:15=	00:52=	01:01=	01:20=	00:36=	03:49=	01:07=	02:54=	01:10=	00:18=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Kristine Ruud	3502	35:24																							
01:23+	02:17+	02:49+	03:50+	04:24+	04:59+	08:29+	09:12+	10:41+	13:12+	16:22+	16:41+	18:19+	20:34+	22:03+	23:01+	25:52+	28:05+	32:46+	34:48+	35:24+						
01:23+	00:54+	00:32+	01:01+	00:34-	00:35-	03:30+	00:43-	01:29+	02:31+	03:10+	00:19+	01:38+	02:15+	01:29+	00:58+	02:51-	02:13+	04:41+	02:02+	00:36+						
00:47@	00:16&	00:06#	00:31@	00:45-	00:16-	01:13&	00:30-	00:46@	01:51@	01:14&	00:04&	00:46&	01:14@	00:09#	00:22&	00:58-	01:06&	01:47&	00:52&	00:18&						
3	Ida Wedøe Grimstad	892	43:42																							
01:52+	02:52+	03:38+	04:38+	06:02+	06:50+	11:24+	13:01+	14:33+	17:09+	20:42+	21:05+	25:12+	27:21+	29:08+	30:32+	32:58+	35:53+	40:36+	43:02+	43:42+						
01:52+	01:00+	00:46+	01:00+	01:24+	00:48-	04:34+	01:37+	01:32+	02:36+	03:33+	00:23+	04:07+	02:09+	01:47+	01:24+	02:26-	02:55+	04:43+	02:26+	00:40+						
01:16@	00:22&	00:20&	00:30&	00:05+	00:03-	02:17&	00:24&	00:49@	01:56@	01:37&	00:08&	03:15@	01:08@	00:27&	00:48@	01:23-	01:48@	01:49&	01:16@	00:22@						

Beste strekktid for klassen

00:36	00:38	00:26	00:30	00:34	00:35	02:17	00:43	00:43	00:40	01:56	00:15	00:52	01:01	01:20	00:36	02:26	01:07	02:54	01:10	00:18
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

DT

1	Ane Mogstad	1376	21:44																							
00:38=	01:10=	02:36=	03:00=	04:40=	06:13=	06:52=	07:32=	08:39=	10:12=	11:37=	14:10=	14:29=	14:51=	16:27=	17:13=	17:43=	18:47=	19:35=	21:02=	21:30=	21:44=					
00:38=	00:32=	01:26=	00:24=	01:40=	01:33=	00:39=	00:40=	01:07=	01:33=	01:25=	02:33=	00:19=	00:22=	01:36=	00:46=	00:30=	01:04=	00:48=	01:27=	00:28=	00:14=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Mette Baardsgaard	1884	22:12																							
00:34-	01:07-	02:34-	03:03+	04:12-	04:34-	05:45-	06:26-	06:54-	07:43-	09:11-	10:50-	13:27-	13:54-	14:16-	16:30-	17:04-	17:34-	18:43-	20:28-	21:28-	21:58+	22:12+				
00:34-	00:33+	01:27+	00:29+	01:09-	00:22-	01:11+	00:41+	00:28-	00:49-	01:28+	01:39-	02:37+	00:27+	00:22-	02:14+	00:34+	00:30-	01:09+	01:45+	01:00+	00:30+	00:14+				
00:04-	00:01+	00:01+	00:05#	00:31-	01:11-	00:32&	00:01+	00:39-	00:44-	00:03+	00:54-	02:18@	00:05#	01:14-	01:28@	00:04#	00:34-	00:21&	00:18#	00:32@	00:16@	00:14+				
3	Camilla Lillebø Gundersen	793	22:49																							
00:37-	01:16+	02:47+	03:09+	04:07-	05:24-	06:35-	07:06-	08:16-	09:32-	11:08-	13:58-	14:19-	14:53+	16:57+	17:36+	18:17+	19:55+	20:50+	22:00+	22:35+	22:49+					
00:37-	00:39+	01:31+	00:22-	00:58-	01:17-	01:11+	00:31-	01:10+	01:16-	01:36+	02:50+	00:21+	00:34+	02:04+	00:39-	00:41+	01:38+	00:55+	01:10-	00:35+	00:14=					
00:01-	00:07#	00:05+	00:02-	00:42-	00:16-	00:32&	00:09-	00:03+	00:17-	00:11#	00:17#	00:02#	00:12&	00:28&	00:07-	00:11&	00:34&	00:07#	00:17-	00:07#	00:00=					
4	Line Skaar	4235	23:16																							
00:49+	01:24+	02:47+	03:12+	04:07-	05:31-	06:24+	06:59-	08:08-	09:54-	11:44+	14:18+	14:40+	15:10+	17:43+	18:35+	19:09+	20:33+	21:25+	22:33+	23:02+	23:16+					
00:49+	00:35+	01:23-	00:25+	00:55-	01:24-	00:53+	00:35-	01:09+	01:46+	01:50+	02:34+	00:22+	00:30+	02:33+	00:52+	00:34+	01:24+	00:52+	01:08-	00:29+	00:14=					
00:11&	00:03+	00:03-	00:01+	00:45-	00:09-	00:14&	00:05-	00:02+	00:13#	00:25&	00:01+	00:03#	00:08&	00:57&	00:06#	00:04#	00:20&	00:04+	00:19-	00:01+	00:00=					
5	Marta Bertolaso	1832	25:36																							
00:49+	01:31+	03:12+	03:45+	05:03+	06:30+	07:24+	08:04+	09:13+	10:56+	12:48+	15:48+	16:17+	16:43+	19:27+	20:08+	20:55+	22:28+	23:29+	24:41+	25:16+	25:36+					
00:49+	00:42+	01:41+	00:33+	01:18-	01:27-	00:54+	00:40=	01:09+	01:43+	01:52+	03:00+	00:29+	00:26+	02:44+	00:41-	00:47+	01:33+	01:01+	01:12-	00:35+	00:20+					
00:11&	00:10&	00:15#	00:09&	00:22-	00:06-	00:15&	00:00=	00:02+	00:10#	00:27&	00:27#	00:10&	00:04#	01:08&	00:05-	00:17&	00:29&	00:13&	00:15-	00:07#	00:06&					
6	Silje Rese	1832	25:36																							
00:44+	01:31+	03:12+	03:40+	04:52+	06:25+	07:24+	08:04+	09:09+	11:01+	12:44+	15:48+	16:13+	16:44+	19:26+	20:09+	20:50+	22:24+	23:24+	24:41+	25:17+	25:36+					
00:44+	00:47+	01:41+	00:28+	01:12-	01:33=	00:59+	00:40=	01:05-	01:52+	01:43+	03:04+	00:25+	00:31+	02:42+	00:43-	00:41+	01:34+	01:00+	01:17-	00:36+	00:19+					
00:06#	00:15&	00:15#	00:04#	00:28-	00:00=	00:20&	00:00=	00:02-	00:19#	00:18#	00:31#	00:06&	00:09&	01:06&	00:03-	00:11&	00:30&	00:12#	00:10-	00:08&	00:05&					

Class	Navn	Klasse	Tid
-------	------	--------	-----

DT

7	Karine Ditlevsen	896	26:12																		
00:44+	01:28+	03:15+	03:53+	05:30+	07:07+	08:16+	09:06+	10:18+	11:56+	13:54+	16:58+	17:24+	18:05+	20:16+	21:01+	21:33+	22:57+	23:57+	25:17+	25:58+	26:12+
00:44+	00:44+	01:47+	00:38+	01:37-	01:37+	01:09+	00:50+	01:12+	01:38+	01:58+	03:04+	00:26+	00:41+	02:11+	00:45-	00:32+	01:24+	01:00+	01:20-	00:41+	00:14=
00:06#	00:12&	00:21#	00:14&	00:03-	00:04+	00:30&	00:10#	00:05+	00:05+	00:33&	00:31#	00:07&	00:19&	00:35&	00:01-	00:02+	00:20&	00:12#	00:07-	00:13&	00:00=

8	Therese Østbø	896	26:18																		
00:46+	01:27+	03:14+	03:54+	05:28+	07:05+	08:14+	09:04+	10:20+	11:54+	13:50+	17:00+	17:22+	18:07+	20:13+	21:04+	21:37+	22:59+	23:59+	25:19+	26:03+	26:18+
00:46+	00:41+	01:47+	00:40+	01:34+	01:37+	01:09+	00:50+	01:16+	01:34+	01:56+	03:10+	00:22+	00:45+	02:06+	00:51+	00:33+	01:22+	01:00+	01:20+	00:44+	00:15+
00:46+	00:41+	01:47+	00:40+	01:34+	01:37+	01:09+	00:50+	01:16+	01:34+	01:56+	03:10+	00:22+	00:45+	02:06+	00:51+	00:33+	01:22+	01:00+	01:20+	00:44+	00:15+

9	Anne Lill Njå	896	26:29																		
00:40+	01:29+	03:16+	03:45+	05:26+	07:09+	08:09+	08:46+	09:46+	11:22+	13:19+	16:19+	16:55+	17:28+	20:13+	21:06+	21:38+	23:13+	24:08+	25:37+	26:13+	26:29+
00:40+	00:49+	01:47+	00:29+	01:41+	01:43+	01:00+	00:37+	01:00+	01:36+	01:57+	03:00+	00:36+	00:33+	02:45+	00:53+	00:32+	01:35+	00:55+	01:29+	00:36+	00:16+
00:40+	00:49+	01:47+	00:29+	01:41+	01:43+	01:00+	00:37+	01:00+	01:36+	01:57+	03:00+	00:36+	00:33+	02:45+	00:53+	00:32+	01:35+	00:55+	01:29+	00:36+	00:16+

10	Kristine Aasland	3524	26:36																		
01:07+	01:53+	03:56+	04:29+	06:01+	07:56+	09:01+	09:36+	10:39+	12:03+	14:24+	17:55+	18:16+	18:46+	20:38+	21:22+	22:12+	23:23+	24:17+	25:31+	26:20+	26:36+
01:07+	00:46+	02:03+	00:33+	01:32+	01:55+	01:05+	00:35+	01:03+	01:24+	02:21+	03:31+	00:21+	00:30+	01:52+	00:44+	00:50+	01:11+	00:54+	01:14+	00:49+	00:16+
01:07+	00:46+	02:03+	00:33+	01:32+	01:55+	01:05+	00:35+	01:03+	01:24+	02:21+	03:31+	00:21+	00:30+	01:52+	00:44+	00:50+	01:11+	00:54+	01:14+	00:49+	00:16+

11	Elisa Møller	769	27:00																		
01:05+	01:48+	03:50+	04:17+	05:19+	06:39+	07:42+	08:20+	10:37+	12:32+	14:05+	17:08+	17:27+	17:53+	20:57+	21:37+	22:50+	24:03+	25:00+	26:17+	26:46+	27:00+
01:05+	00:43+	02:02+	00:27+	01:02+	01:20+	01:03+	00:38+	02:17+	01:55+	01:33+	03:03+	00:19+	00:26+	03:04+	00:40+	01:13+	01:13+	00:57+	01:17+	00:29+	00:14+
01:05+	00:43+	02:02+	00:27+	01:02+	01:20+	01:03+	00:38+	02:17+	01:55+	01:33+	03:03+	00:19+	00:26+	03:04+	00:40+	01:13+	01:13+	00:57+	01:17+	00:29+	00:14+

12	Anna Hole	3503	27:08																		
00:37+	01:25+	03:24+	03:56+	05:15+	06:45+	07:58+	08:49+	10:29+	12:47+	14:25+	17:30+	17:52+	18:23+	20:56+	21:40+	22:29+	24:18+	25:01+	26:22+	26:55+	27:08+
00:37+	00:48+	01:59+	00:32+	01:19+	01:30+	01:13+	00:51+	01:40+	02:18+	01:38+	03:05+	00:22+	00:31+	02:33+	00:44+	00:49+	01:49+	00:43+	01:21+	00:33+	00:13+
00:37+	00:48+	01:59+	00:32+	01:19+	01:30+	01:13+	00:51+	01:40+	02:18+	01:38+	03:05+	00:22+	00:31+	02:33+	00:44+	00:49+	01:49+	00:43+	01:21+	00:33+	00:13+

13	Siv Bogfjelldal	3507	27:11																		
01:42+	02:32+	04:16+	04:51+	06:46+	08:25+	09:20+	09:55+	11:07+	13:35+	15:06+	17:52+	18:25+	18:58+	21:10+	21:52+	22:30+	23:55+	24:43+	26:09+	26:52+	27:11+
01:42+	00:50+	01:44+	00:35+	01:55+	01:39+	00:55+	00:35+	01:12+	02:28+	01:31+	02:46+	00:33+	00:33+	02:12+	00:42+	00:38+	01:25+	00:48+	01:26+	00:43+	00:19+
01:42+	00:50+	01:44+	00:35+	01:55+	01:39+	00:55+	00:35+	01:12+	02:28+	01:31+	02:46+	00:33+	00:33+	02:12+	00:42+	00:38+	01:25+	00:48+	01:26+	00:43+	00:19+

14	Goedele Taveirne	896	27:22																		
00:45+	01:26+	03:19+	03:57+	05:06+	06:41+	07:34+	08:09+	10:18+	11:38+	14:03+	17:30+	18:11+	18:44+	21:42+	22:19+	23:05+	24:26+	25:14+	26:26+	27:05+	27:22+
00:45+	00:41+	01:53+	00:38+	01:09+	01:35+	00:53+	00:35+	02:09+	01:20+	02:25+	03:27+	00:41+	00:33+	02:58+	00:37+	00:46+	01:21+	00:48+	01:12+	00:39+	00:17+
00:45+	00:41+	01:53+	00:38+	01:09+	01:35+	00:53+	00:35+	02:09+	01:20+	02:25+	03:27+	00:41+	00:33+	02:58+	00:37+	00:46+	01:21+	00:48+	01:12+	00:39+	00:17+

15	Cecilie Lidal	722	27:39																		
00:45+	01:35+	03:19+	03:55+	05:24+	06:45+	07:35+	08:31+	09:40+	11:48+	13:28+	18:51+	19:20+	19:51+	22:05+	22:54+	23:28+	24:39+	25:27+	26:52+	27:27+	27:39+
00:45+	00:50+	01:44+	00:36+	01:29+	01:21+	00:50+	00:56+	01:09+	02:08+	01:40+	05:23+	00:29+	00:31+	02:14+	00:49+	00:34+	01:11+	00:48+	01:25+	00:35+	00:12+
00:45+	00:50+	01:44+	00:36+	01:29+	01:21+	00:50+	00:56+	01:09+	02:08+	01:40+	05:23+	00:29+	00:31+	02:14+	00:49+	00:34+	01:11+	00:48+	01:25+	00:35+	00:12+

16	Kristine Vik	1284	28:17																		
00:47+	01:33+	03:26+	04:00+	05:22+	06:47+	07:54+	08:48+	10:03+	12:02+	14:08+	17:54+	18:21+	18:58+	21:23+	22:17+	23:05+	24:37+	25:28+	27:21+	28:01+	28:17+
00:47+	00:46+	01:53+	00:34+	01:22+	01:25+	01:07+	00:54+	01:15+	01:59+	02:06+	03:46+	00:27+	00:37+	02:25+	00:54+	00:48+	01:32+	00:51+	01:53+	00:40+	00:16+
00:47+	00:46+	01:53+	00:34+	01:22+	01:25+	01:07+	00:54+	01:15+	01:59+	02:06+	03:46+	00:27+	00:37+	02:25+	00:54+	00:48+	01:32+	00:51+	01:53+	00:40+	00:16+

17	Kristin Barvik	892	29:22																		
00:44+	01:39+	03:39+	04:20+	06:22+	07:43+	08:45+	09:15+	11:31+	13:34+	15:35+	18:48+	19:09+	19:45+	22:31+	23:23+	24:09+	25:51+	26:47+	28:16+	29:02+	29:22+
00:44+	00:55+	02:00+	00:41+	02:02+	01:21+	01:02+	00:30+	02:16+	02:03+	02:01+	03:13+	00:21+	00:36+	02:46+	00:52+	00:46+	01:42+	00:56+	01:29+	00:46+	00:20+
00:44+	00:55+	02:00+	00:41+	02:02+	01:21+	01:02+	00:30+	02:16+	02:03+	02:01+	03:13+	00:21+	00:36+	02:46+	00:52+	00:46+	01:42+	00:56+	01:29+	00:46+	00:20+

18	Linn Kristin Askø	3507	30:03																		
00:42+	01:27+	03:14+	03:45+	04:53+	06:30+	07:32+	09:57+	11:07+	12:49+	15:39+	18:36+	20:13+	20:49+	23:32+	24:26+	25:07+	26:45+	27:44+	29:07+	29:45+	30:03+
00:42+	00:45+	01:47+	00:31+	01:08+	01:37+	01:02+	02:25+	01:10+	01:42+	02:50+	02:57+	01:37+	00:36+	02:43+	00:54+	00:41+	01:38+	00:59+	01:23+	00:38+	00:18+
00:42+	00:45+	01:47+	00:31+	01:08+	01:37+	01:02+	02:25+	01:10+	01:42+	02:50+	02:57+	01:37+	00:36+	02:43+	00:54+	00:41+	01:38+	00:59+	01:23+	00:38+	00:18+

19	Esther Boenheim	2539	30:14																		
02:41+	03:21+	05:13+	05:44+	07:51+	09:24+	11:18+	11:58+	13:25+	15:16+	17:22+	20:08+	20:36+	21:05+	23:50+	24:47+	25:23+	26:56+	27:51+	29:20+	29:59+	30:14+
02:41+	00:40+	01:52+	00:31+	02:07+	01:33+	01:54+	00:40+	01:27+	01:51+	02:06+	02:46+	00:28+	00:29+	02:45+	00:57+	00:36+	01:33+	00:55+	01:29+	00:39+	00:15+
02:41+	00:40+	01:52+	00:31+	02:07+	01:33+	01:54+	00:40+	01:27+	01:51+	02:06+	02:46+	00:28+	00:29+	02:45+	00:57+	00:36+	01:33+	00:55+	01:29+	00:39+	00:15+

20	Randi Sørhus	722	30:36																		
00:41+	01:31+	03:36+	04:07+	05:55+	07:21+	08:22+	09:03+	10:54+	12:34+	14:32+	19:24+	19:49+	20:26+	23:17+	23:59+	24:55+	27:01+	27:56+	29:37+	30:17+	30:36+
00:41+	00:50+	02:05+	00:31+	01:48+	01:26+	01:01+	00:41+	01:51+	01:40+	01:58+	04:52+	00:25+	00:37+	02:51+	00:42+	00:56+	02:06+	00:55+	01:41+	00:40+	00:19+
00:41+	00:50+	02:05+	00:31+	01:48+	01:26+	01:01+	00:41+	01:51+	01:40+	01:58+	04:52+	00:25+	00:37+	02:51+	00:42+	00:56+	02:06+	00:55+	01:41+	00:40+	00:19+

Class	Navn	Klasse	Tid
-------	------	--------	-----

DT

21	Anne Turid Vestbakke	1683	31:57
00:49+	01:36+ 04:21+ 05:02+ 06:20+ 08:13+ 09:11+ 09:55+ 11:06+ 12:43+ 14:58+ 19:30+ 19:57+	20:31+ 24:28+ 25:20+ 26:07+ 27:27+ 28:40+ 31:07+ 31:35+ 31:57+	
00:49+	00:47+ 02:45+ 00:41+ 01:18+ 01:53+ 00:58+ 00:44+ 01:11+ 01:37+ 02:15+ 04:32+ 00:27+	00:34+ 03:57+ 00:52+ 00:47+ 01:20+ 01:13+ 02:27+ 00:28+ 00:22+	
00:49+	00:47+ 02:45+ 00:41+ 01:18+ 01:53+ 00:58+ 00:44+ 01:11+ 01:37+ 02:15+ 04:32+ 00:27+	00:34+ 03:57+ 00:52+ 00:47+ 01:20+ 01:13+ 02:27+ 00:28+ 00:22+	
22	Bergljot Brekken	3529	32:07
00:52+	01:50+ 03:39+ 04:11+ 05:19+ 06:59+ 08:18+ 09:24+ 11:02+ 13:09+ 16:51+ 21:34+ 21:55+	22:19+ 25:14+ 26:01+ 26:37+ 28:19+ 29:08+ 31:04+ 31:46+ 32:07+	
00:52+	00:58+ 01:49+ 00:32+ 01:08+ 01:40+ 01:19+ 01:06+ 01:38+ 02:07+ 03:42+ 04:43+ 00:21+	00:24+ 02:55+ 00:47+ 00:36+ 01:42+ 00:49+ 01:56+ 00:42+ 00:21+	
00:52+	00:58+ 01:49+ 00:32+ 01:08+ 01:40+ 01:19+ 01:06+ 01:38+ 02:07+ 03:42+ 04:43+ 00:21+	00:24+ 02:55+ 00:47+ 00:36+ 01:42+ 00:49+ 01:56+ 00:42+ 00:21+	
23	Tiril Søndervik Pedersen	1141	32:33
01:04+	01:56+ 04:52+ 05:25+ 06:52+ 08:51+ 09:58+ 10:51+ 11:58+ 13:36+ 15:49+ 19:17+ 19:58+	20:35+ 22:57+ 23:41+ 24:28+ 26:08+ 27:16+ 31:53+ 32:14+ 32:33+	
01:04+	00:52+ 02:56+ 00:33+ 01:27+ 01:59+ 01:07+ 00:53+ 01:07+ 01:38+ 02:13+ 03:28+ 00:41+	00:37+ 02:22+ 00:44+ 00:47+ 01:40+ 01:08+ 04:37+ 00:21+ 00:19+	
01:04+	00:52+ 02:56+ 00:33+ 01:27+ 01:59+ 01:07+ 00:53+ 01:07+ 01:38+ 02:13+ 03:28+ 00:41+	00:37+ 02:22+ 00:44+ 00:47+ 01:40+ 01:08+ 04:37+ 00:21+ 00:19+	
24	Maren Oftedal	3676	33:44
01:10+	04:08+ 06:45+ 07:28+ 09:13+ 11:28+ 12:41+ 13:41+ 14:57+ 17:05+ 18:57+ 23:51+ 24:20+	24:46+ 27:26+ 27:53+ 28:38+ 30:05+ 31:28+ 32:59+ 33:30+ 33:44+	
01:10+	02:58+ 02:37+ 00:43+ 01:45+ 02:15+ 01:13+ 01:00+ 01:16+ 02:08+ 01:52+ 04:54+ 00:29+	00:26+ 02:40+ 00:27+ 00:45+ 01:27+ 01:23+ 01:31+ 00:31+ 00:14+	
01:10+	02:58+ 02:37+ 00:43+ 01:45+ 02:15+ 01:13+ 01:00+ 01:16+ 02:08+ 01:52+ 04:54+ 00:29+	00:26+ 02:40+ 00:27+ 00:45+ 01:27+ 01:23+ 01:31+ 00:31+ 00:14+	
25	Inger Martinsen	4248	33:47
01:03+	01:55+ 04:09+ 05:16+ 07:02+ 11:47+ 12:56+ 13:32+ 14:44+ 16:36+ 18:34+ 22:34+ 22:56+	23:28+ 26:44+ 27:31+ 28:16+ 29:41+ 30:55+ 32:41+ 33:28+ 33:47+	
01:03+	00:52+ 02:14+ 01:07+ 01:46+ 04:45+ 01:09+ 00:36+ 01:12+ 01:52+ 01:58+ 04:00+ 00:22+	00:32+ 03:16+ 00:47+ 00:45+ 01:25+ 01:14+ 01:46+ 00:47+ 00:19+	
01:03+	00:52+ 02:14+ 01:07+ 01:46+ 04:45+ 01:09+ 00:36+ 01:12+ 01:52+ 01:58+ 04:00+ 00:22+	00:32+ 03:16+ 00:47+ 00:45+ 01:25+ 01:14+ 01:46+ 00:47+ 00:19+	
26	Helene Verdal Hidle	1830	33:53
00:47+	01:35+ 03:36+ 04:08+ 05:24+ 06:53+ 07:51+ 08:43+ 09:54+ 12:11+ 14:12+ 19:05+ 19:29+	19:52+ 22:34+ 25:59+ 26:25+ 27:55+ 31:10+ 32:49+ 33:38+ 33:53+	
00:47+	00:48+ 02:01+ 00:32+ 01:16+ 01:29+ 00:58+ 00:52+ 01:11+ 02:17+ 02:01+ 04:53+ 00:24+	00:23+ 02:42+ 03:25+ 00:26+ 01:30+ 03:15+ 01:39+ 00:49+ 00:15+	
00:47+	00:48+ 02:01+ 00:32+ 01:16+ 01:29+ 00:58+ 00:52+ 01:11+ 02:17+ 02:01+ 04:53+ 00:24+	00:23+ 02:42+ 03:25+ 00:26+ 01:30+ 03:15+ 01:39+ 00:49+ 00:15+	
27	Isabell Ellefsen	3507	34:52
00:59+	02:50+ 04:49+ 05:34+ 07:22+ 09:11+ 11:41+ 12:35+ 15:08+ 17:12+ 19:20+ 23:06+ 23:35+	24:11+ 26:52+ 27:35+ 28:37+ 29:58+ 31:10+ 33:19+ 34:26+ 34:52+	
00:59+	01:51+ 01:59+ 00:45+ 01:48+ 01:49+ 02:30+ 00:54+ 02:33+ 02:04+ 02:08+ 03:46+ 00:29+	00:36+ 02:41+ 00:43+ 01:02+ 01:21+ 01:12+ 02:09+ 01:07+ 00:26+	
00:59+	01:51+ 01:59+ 00:45+ 01:48+ 01:49+ 02:30+ 00:54+ 02:33+ 02:04+ 02:08+ 03:46+ 00:29+	00:36+ 02:41+ 00:43+ 01:02+ 01:21+ 01:12+ 02:09+ 01:07+ 00:26+	
28	Renate Furenes	892	35:22
00:46+	01:35+ 03:19+ 04:07+ 06:49+ 09:01+ 10:11+ 10:49+ 12:45+ 14:37+ 16:39+ 21:56+ 22:31+	23:52+ 27:10+ 28:05+ 29:05+ 30:45+ 32:43+ 34:14+ 34:58+ 35:22+	
00:46+	00:49+ 01:44+ 00:48+ 02:42+ 02:12+ 01:10+ 00:38+ 01:56+ 01:52+ 02:02+ 05:17+ 00:35+	01:21+ 03:18+ 00:55+ 01:00+ 01:40+ 01:58+ 01:31+ 00:44+ 00:24+	
00:46+	00:49+ 01:44+ 00:48+ 02:42+ 02:12+ 01:10+ 00:38+ 01:56+ 01:52+ 02:02+ 05:17+ 00:35+	01:21+ 03:18+ 00:55+ 01:00+ 01:40+ 01:58+ 01:31+ 00:44+ 00:24+	
29	Sigrund Serigstad	879	35:37
01:17+	02:14+ 03:54+ 04:26+ 10:33+ 12:25+ 13:12+ 14:26+ 15:33+ 17:44+ 19:46+ 25:47+ 26:32+	27:03+ 29:47+ 30:25+ 31:19+ 32:40+ 33:38+ 34:55+ 35:24+ 35:37+	
01:17+	00:57+ 01:40+ 00:32+ 06:07+ 01:52+ 00:47+ 01:14+ 01:07+ 02:11+ 02:02+ 06:01+ 00:45+	00:31+ 02:44+ 00:38+ 00:54+ 01:21+ 00:58+ 01:17+ 00:29+ 00:13+	
01:17+	00:57+ 01:40+ 00:32+ 06:07+ 01:52+ 00:47+ 01:14+ 01:07+ 02:11+ 02:02+ 06:01+ 00:45+	00:31+ 02:44+ 00:38+ 00:54+ 01:21+ 00:58+ 01:17+ 00:29+ 00:13+	
30	Kate Evensen	3556	36:02
00:46+	01:34+ 03:22+ 03:54+ 07:06+ 11:06+ 12:08+ 12:45+ 14:43+ 16:27+ 18:25+ 26:04+ 26:27+	27:00+ 29:19+ 30:03+ 30:45+ 32:13+ 33:14+ 35:15+ 35:43+ 36:02+	
00:46+	00:48+ 01:48+ 00:32+ 03:12+ 04:00+ 01:02+ 00:37+ 01:58+ 01:44+ 01:58+ 07:39+ 00:23+	00:33+ 02:19+ 00:44+ 00:42+ 01:28+ 01:01+ 02:01+ 00:28+ 00:19+	
00:46+	00:48+ 01:48+ 00:32+ 03:12+ 04:00+ 01:02+ 00:37+ 01:58+ 01:44+ 01:58+ 07:39+ 00:23+	00:33+ 02:19+ 00:44+ 00:42+ 01:28+ 01:01+ 02:01+ 00:28+ 00:19+	
31	Synnøve Vidstein	3558	36:07
00:53+	01:58+ 05:18+ 05:58+ 08:09+ 11:05+ 12:13+ 13:03+ 14:13+ 16:08+ 18:59+ 23:14+ 23:51+	24:20+ 26:58+ 28:11+ 29:07+ 31:02+ 32:54+ 34:50+ 35:48+ 36:07+	
00:53+	01:05+ 03:20+ 00:40+ 02:11+ 02:56+ 01:08+ 00:50+ 01:10+ 01:55+ 02:51+ 04:15+ 00:37+	00:29+ 02:38+ 01:13+ 00:56+ 01:55+ 01:52+ 01:56+ 00:58+ 00:19+	
00:53+	01:05+ 03:20+ 00:40+ 02:11+ 02:56+ 01:08+ 00:50+ 01:10+ 01:55+ 02:51+ 04:15+ 00:37+	00:29+ 02:38+ 01:13+ 00:56+ 01:55+ 01:52+ 01:56+ 00:58+ 00:19+	
32	Jeanett Mjølhus	896	36:24
00:59+	02:24+ 04:10+ 04:48+ 06:12+ 08:03+ 09:04+ 09:42+ 10:33+ 16:16+ 17:53+ 23:05+ 23:37+	24:07+ 27:21+ 28:17+ 29:01+ 30:52+ 33:40+ 35:22+ 36:08+ 36:24+	
00:59+	01:25+ 01:46+ 00:38+ 01:24+ 01:51+ 01:01+ 00:38+ 00:51+ 05:43+ 01:37+ 05:12+ 00:32+	00:30+ 03:14+ 00:56+ 00:44+ 01:51+ 02:48+ 01:42+ 00:46+ 00:16+	
00:59+	01:25+ 01:46+ 00:38+ 01:24+ 01:51+ 01:01+ 00:38+ 00:51+ 05:43+ 01:37+ 05:12+ 00:32+	00:30+ 03:14+ 00:56+ 00:44+ 01:51+ 02:48+ 01:42+ 00:46+ 00:16+	
33	Solbjørg Eikeland	722	36:33
00:41+	01:30+ 03:11+ 04:44+ 07:00+ 11:10+ 12:11+ 12:55+ 13:50+ 16:01+ 20:28+ 24:41+ 25:02+	25:32+ 28:57+ 29:43+ 30:24+ 31:52+ 33:53+ 35:27+ 36:17+ 36:33+	
00:41+	00:49+ 01:41+ 01:33+ 02:16+ 04:10+ 01:01+ 00:44+ 00:55+ 02:11+ 04:27+ 04:13+ 00:21+	00:30+ 03:25+ 00:46+ 00:41+ 01:28+ 02:01+ 01:34+ 00:50+ 00:16+	
00:41+	00:49+ 01:41+ 01:33+ 02:16+ 04:10+ 01:01+ 00:44+ 00:55+ 02:11+ 04:27+ 04:13+ 00:21+	00:30+ 03:25+ 00:46+ 00:41+ 01:28+ 02:01+ 01:34+ 00:50+ 00:16+	
34	Heidi Camilla Raugstad Hovet	769	36:35
00:40+	03:13+ 05:08+ 05:38+ 07:05+ 09:43+ 10:38+ 11:30+ 12:52+ 15:18+ 19:02+ 23:24+ 23:52+	24:19+ 27:01+ 27:50+ 29:00+ 33:04+ 33:59+ 35:41+ 36:22+ 36:35+	
00:40+	02:33+ 01:55+ 00:30+ 01:27+ 02:38+ 00:55+ 00:52+ 01:22+ 02:26+ 03:44+ 04:22+ 00:28+	00:27+ 02:42+ 00:49+ 01:10+ 04:04+ 00:55+ 01:42+ 00:41+ 00:13+	
00:40+	02:33+ 01:55+ 00:30+ 01:27+ 02:38+ 00:55+ 00:52+ 01:22+ 02:26+ 03:44+ 04:22+ 00:28+	00:27+ 02:42+ 00:49+ 01:10+ 04:04+ 00:55+ 01:42+ 00:41+ 00:13+	

DT

35	Julie Kristine Hovet	892	36:44																		
00:49+	01:23+	03:55+	04:18+	08:41+	10:07+	10:47+	11:18+	12:43+	14:31+	16:43+	23:08+	23:33+	24:48+	27:11+	31:51+	32:12+	33:36+	34:17+	35:57+	36:31+	36:44+
00:49+	00:34+	02:32+	00:23+	04:23+	01:26+	00:40+	00:31+	01:25+	01:48+	02:12+	06:25+	00:25+	01:15+	02:23+	04:40+	00:21+	01:24+	00:41+	01:40+	00:34+	00:13+
00:49+	00:34+	02:32+	00:23+	04:23+	01:26+	00:40+	00:31+	01:25+	01:48+	02:12+	06:25+	00:25+	01:15+	02:23+	04:40+	00:21+	01:24+	00:41+	01:40+	00:34+	00:13+

36	Signe Lise Haaland	3507	36:57																		
01:22+	02:31+	05:12+	05:58+	07:32+	10:06+	11:21+	12:06+	14:22+	16:53+	19:26+	24:01+	24:35+	25:12+	28:25+	29:19+	30:15+	32:14+	33:32+	35:38+	36:25+	36:57+
01:22+	01:09+	02:41+	00:46+	01:34+	02:34+	01:15+	00:45+	02:16+	02:31+	02:33+	04:35+	00:34+	00:37+	03:13+	00:54+	00:56+	01:59+	01:18+	02:06+	00:47+	00:32+
01:22+	01:09+	02:41+	00:46+	01:34+	02:34+	01:15+	00:45+	02:16+	02:31+	02:33+	04:35+	00:34+	00:37+	03:13+	00:54+	00:56+	01:59+	01:18+	02:06+	00:47+	00:32+

37	Marita Joswig	3676	38:07																		
01:07+	04:08+	06:45+	07:30+	09:09+	11:28+	12:48+	13:35+	14:57+	17:02+	18:58+	23:47+	24:20+	24:49+	29:37+	30:40+	31:58+	33:57+	35:03+	37:00+	37:45+	38:07+
01:07+	03:01+	02:37+	00:45+	01:39+	02:19+	01:20+	00:47+	01:22+	02:05+	01:56+	04:49+	00:33+	00:29+	04:48+	01:03+	01:18+	01:59+	01:06+	01:57+	00:45+	00:22+
01:07+	03:01+	02:37+	00:45+	01:39+	02:19+	01:20+	00:47+	01:22+	02:05+	01:56+	04:49+	00:33+	00:29+	04:48+	01:03+	01:18+	01:59+	01:06+	01:57+	00:45+	00:22+

38	Unni Byberg Mæstad	892	38:38																		
00:54+	01:47+	03:58+	04:38+	05:55+	08:11+	09:20+	10:06+	12:07+	14:07+	17:25+	27:18+	27:44+	28:26+	31:40+	32:30+	33:21+	35:06+	36:03+	37:39+	38:20+	38:38+
00:54+	00:53+	02:11+	00:40+	01:17+	02:16+	01:09+	00:46+	02:01+	02:00+	03:18+	09:53+	00:26+	00:42+	03:14+	00:50+	00:51+	01:45+	00:57+	01:36+	00:41+	00:18+
00:54+	00:53+	02:11+	00:40+	01:17+	02:16+	01:09+	00:46+	02:01+	02:00+	03:18+	09:53+	00:26+	00:42+	03:14+	00:50+	00:51+	01:45+	00:57+	01:36+	00:41+	00:18+

39	Solveig Vik	903	39:00																		
00:52+	01:37+	03:37+	04:13+	05:23+	07:20+	08:21+	08:57+	10:55+	12:40+	14:54+	19:05+	19:32+	20:01+	23:00+	24:09+	24:55+	26:45+	27:30+	29:12+	38:43+	39:00+
00:52+	00:45+	02:00+	00:36+	01:10+	01:57+	01:01+	00:36+	01:58+	01:45+	02:14+	04:11+	00:27+	00:29+	02:59+	01:09+	00:46+	01:50+	00:45+	01:42+	09:31+	00:17+
00:52+	00:45+	02:00+	00:36+	01:10+	01:57+	01:01+	00:36+	01:58+	01:45+	02:14+	04:11+	00:27+	00:29+	02:59+	01:09+	00:46+	01:50+	00:45+	01:42+	09:31+	00:17+

40	Karine Hagesæther Foss	3522	39:27																		
01:42+	03:04+	06:02+	06:56+	08:27+	11:10+	12:46+	13:39+	15:40+	17:42+	20:18+	25:27+	26:03+	26:53+	30:55+	32:03+	33:07+	35:11+	36:21+	38:09+	38:51+	39:27+
01:42+	01:22+	02:58+	00:54+	01:31+	02:43+	01:36+	00:53+	02:01+	02:02+	02:36+	05:09+	00:36+	00:50+	04:02+	01:08+	01:04+	02:04+	01:10+	01:48+	00:42+	00:36+
01:42+	01:22+	02:58+	00:54+	01:31+	02:43+	01:36+	00:53+	02:01+	02:02+	02:36+	05:09+	00:36+	00:50+	04:02+	01:08+	01:04+	02:04+	01:10+	01:48+	00:42+	00:36+

41	Anna Kaia Søreide	1384	40:00																		
01:47+	02:32+	04:40+	07:20+	11:24+	12:40+	13:39+	14:29+	16:21+	18:03+	19:58+	28:50+	30:40+	31:08+	34:26+	35:10+	35:52+	37:22+	38:11+	39:14+	39:45+	40:00+
01:47+	00:45+	02:08+	02:40+	04:04+	01:16+	00:59+	00:50+	01:52+	01:42+	01:55+	08:52+	01:50+	00:28+	03:18+	00:44+	00:42+	01:30+	00:49+	01:03+	00:31+	00:15+
01:47+	00:45+	02:08+	02:40+	04:04+	01:16+	00:59+	00:50+	01:52+	01:42+	01:55+	08:52+	01:50+	00:28+	03:18+	00:44+	00:42+	01:30+	00:49+	01:03+	00:31+	00:15+

42	Monica Nesse	892	40:20																		
02:21+	03:33+	06:22+	07:12+	08:56+	11:31+	13:14+	14:09+	16:07+	18:47+	21:45+	25:37+	26:14+	27:00+	30:55+	31:54+	33:18+	35:09+	36:10+	39:05+	39:53+	40:20+
02:21+	01:12+	02:49+	00:50+	01:44+	02:35+	01:43+	00:55+	01:58+	02:40+	02:58+	03:52+	00:37+	00:46+	03:55+	00:59+	01:24+	01:51+	01:01+	02:55+	00:48+	00:27+
02:21+	01:12+	02:49+	00:50+	01:44+	02:35+	01:43+	00:55+	01:58+	02:40+	02:58+	03:52+	00:37+	00:46+	03:55+	00:59+	01:24+	01:51+	01:01+	02:55+	00:48+	00:27+

43	Tonje Kilhavn	3503	40:49																		
01:51+	02:46+	05:22+	06:04+	08:07+	10:12+	11:33+	13:26+	15:32+	17:51+	20:25+	25:50+	26:16+	26:57+	30:13+	31:08+	32:01+	34:08+	35:21+	37:10+	40:28+	40:49+
01:51+	00:55+	02:36+	00:42+	02:03+	02:05+	01:21+	01:53+	02:06+	02:19+	02:34+	05:25+	00:26+	00:41+	03:16+	00:55+	00:53+	02:07+	01:13+	01:49+	03:18+	00:21+
01:51+	00:55+	02:36+	00:42+	02:03+	02:05+	01:21+	01:53+	02:06+	02:19+	02:34+	05:25+	00:26+	00:41+	03:16+	00:55+	00:53+	02:07+	01:13+	01:49+	03:18+	00:21+

44	Marianne Steinkopf	880	40:59																		
00:52+	01:49+	03:56+	04:28+	05:44+	08:58+	10:09+	10:51+	12:04+	13:59+	17:45+	25:27+	26:14+	26:35+	29:12+	29:58+	30:47+	32:11+	33:23+	40:16+	40:43+	40:59+
00:52+	00:57+	02:07+	00:32+	01:16+	03:14+	01:11+	00:42+	01:13+	01:55+	03:46+	07:42+	00:47+	00:21+	02:37+	00:46+	00:49+	01:24+	01:12+	06:53+	00:27+	00:16+
00:52+	00:57+	02:07+	00:32+	01:16+	03:14+	01:11+	00:42+	01:13+	01:55+	03:46+	07:42+	00:47+	00:21+	02:37+	00:46+	00:49+	01:24+	01:12+	06:53+	00:27+	00:16+

45	Kate Lie	892	41:27																		
03:21+	04:36+	07:19+	08:14+	09:58+	12:36+	14:19+	15:12+	17:10+	19:46+	22:43+	26:40+	27:18+	28:03+	31:57+	32:58+	34:21+	36:13+	37:13+	40:02+	40:53+	41:27+
03:21+	01:15+	02:43+	00:55+	01:44+	02:38+	01:43+	00:53+	01:58+	02:36+	02:57+	03:57+	00:38+	00:45+	03:54+	01:01+	01:23+	01:52+	01:00+	02:49+	00:51+	00:34+
03:21+	01:15+	02:43+	00:55+	01:44+	02:38+	01:43+	00:53+	01:58+	02:36+	02:57+	03:57+	00:38+	00:45+	03:54+	01:01+	01:23+	01:52+	01:00+	02:49+	00:51+	00:34+

46	Ingunn Johanne Fandrem	3511	41:32																		
00:57+	02:02+	04:45+	05:31+	07:06+	10:48+	12:09+	13:06+	14:40+	17:02+	19:44+	25:32+	26:06+	26:55+	32:06+	33:09+	34:08+	36:57+	38:15+	40:16+	41:10+	41:32+
00:57+	01:05+	02:43+	00:46+	01:35+	03:42+	01:21+	00:57+	01:34+	02:22+	02:42+	05:48+	00:34+	00:49+	05:11+	01:03+	00:59+	02:49+	01:18+	02:01+	00:54+	00:22+
00:57+	01:05+	02:43+	00:46+	01:35+	03:42+	01:21+	00:57+	01:34+	02:22+	02:42+	05:48+	00:34+	00:49+	05:11+	01:03+	00:59+	02:49+	01:18+	02:01+	00:54+	00:22+

47	Solveig Marie Grønning	3511	41:34																		
01:00+	01:59+	04:43+	05:29+	07:04+	10:53+	12:12+	13:13+	14:35+	17:04+	19:42+	25:36+	26:10+	26:52+	32:04+	33:08+	34:13+	37:00+	38:18+	40:14+	41:12+	41:34+
01:00+	00:59+	02:44+	00:46+	01:35+	03:49+	01:19+	01:01+	01:22+	02:29+	02:38+	05:54+	00:34+	00:42+	05:12+	01:04+	01:05+	02:47+	01:18+	01:56+	00:58+	00:22+
01:00+	00:59+	02:44+	00:46+	01:35+	03:49+	01:19+	01:01+	01:22+	02:29+	02:38+	05:54+	00:34+	00:42+	05:12+	01:04+	01:05+	02:47+	01:18+	01:56+	00:58+	00:22+

48	Bente Klausen	769	41:59																		
04:39+	05:41+	07:55+	08:33+	09:56+	12:21+	13:42+	14:44+	16:13+	18:09+	21:48+	26:13+	30:17+	30:55+	33:55+	34:50+	36:13+	37:46+	39:06+	40:58+	41:39+	41:59+
04:39+	01:02+	02:14+	00:38+	01:23+	02:25+	01:21+	01:02+	01:29+	01:56+	03:39+	04:25+	04:04+	00:38+	03:00+	00:55+	01:23+	01:33+	01:20+	01:52+	00:41+	00:20+
04:39+	01:02+	02:14+	00:38+	01:23+	02:25+	01:21+	01:02+	01:29+	01:56+	03:39+	04:25+	04:04+	00:38+	03:00+	00:55+	01:23+	01:33+	01:20+	01:52+	00:41+	00:20+

Class	Navn	Klasse										Tid									
DT																					
49	June Stensland	3529										43:01									
00:59+	02:03+	05:23+	06:24+	08:04+	13:35+	14:41+	19:31+	16:51+	21:17+	24:21+	28:23+	28:54+	29:24+	33:32+	36:01+	36:23+	38:04+	38:53+	41:49+	42:48+	43:01+
00:59+	01:04+	03:20+	01:01+	01:40+	05:31+	01:06+	00:50+	01:20+	04:26+	03:04+	04:02+	00:31+	00:30+	04:08+	02:29+	00:22+	01:41+	00:49+	02:56+	00:59+	00:13+
00:59+	01:04+	03:20+	01:01+	01:40+	05:31+	01:06+	00:50+	01:20+	04:26+	03:04+	04:02+	00:31+	00:30+	04:08+	02:29+	00:22+	01:41+	00:49+	02:56+	00:59+	00:13+
50	Brit Svihus	892										45:50									
00:55+	01:59+	04:27+	05:08+	06:49+	09:34+	10:59+	12:24+	14:00+	20:19+	22:21+	26:21+	27:03+	27:40+	30:49+	31:57+	33:21+	35:43+	37:08+	44:39+	45:25+	45:50+
00:55+	01:04+	02:28+	00:41+	01:41+	02:45+	01:25+	01:25+	01:36+	06:19+	02:02+	04:00+	00:42+	00:37+	03:09+	01:08+	01:24+	02:22+	01:25+	07:31+	00:46+	00:25+
00:55+	01:04+	02:28+	00:41+	01:41+	02:45+	01:25+	01:25+	01:36+	06:19+	02:02+	04:00+	00:42+	00:37+	03:09+	01:08+	01:24+	02:22+	01:25+	07:31+	00:46+	00:25+
51	Sølvi Ballestad	722										46:06									
01:30+	02:35+	05:14+	06:32+	08:11+	11:02+	12:50+	13:48+	15:12+	18:09+	21:21+	25:21+	25:51+	26:35+	29:38+	30:38+	31:46+	40:57+	42:24+	44:41+	45:42+	46:06+
01:30+	01:05+	02:39+	01:18+	01:39+	02:51+	01:48+	00:58+	01:24+	02:57+	03:12+	04:00+	00:30+	00:44+	03:03+	01:00+	01:08+	09:11+	01:27+	02:17+	01:01+	00:24+
01:30+	01:05+	02:39+	01:18+	01:39+	02:51+	01:48+	00:58+	01:24+	02:57+	03:12+	04:00+	00:30+	00:44+	03:03+	01:00+	01:08+	09:11+	01:27+	02:17+	01:01+	00:24+
52	Ruth Grødem	722										47:51									
01:05+	02:06+	04:53+	05:40+	07:26+	11:47+	13:03+	14:36+	15:56+	21:40+	24:16+	28:31+	29:01+	29:43+	32:55+	33:56+	35:18+	37:38+	39:04+	46:36+	47:28+	47:51+
01:05+	01:01+	02:47+	00:47+	01:46+	04:21+	01:16+	01:33+	01:20+	05:44+	02:36+	04:15+	00:30+	00:42+	03:12+	01:01+	01:22+	02:20+	01:26+	07:32+	00:52+	00:23+
01:05+	01:01+	02:47+	00:47+	01:46+	04:21+	01:16+	01:33+	01:20+	05:44+	02:36+	04:15+	00:30+	00:42+	03:12+	01:01+	01:22+	02:20+	01:26+	07:32+	00:52+	00:23+
53	Kitty Garborg	1754										49:08									
01:03+	03:17+	06:03+	09:36+	11:22+	13:15+	14:55+	15:51+	18:04+	20:24+	23:23+	30:50+	31:32+	32:27+	36:59+	39:24+	40:06+	42:12+	43:51+	47:23+	48:46+	49:08+
01:03+	02:14+	02:46+	03:33+	01:46+	01:53+	01:40+	00:56+	02:13+	02:20+	02:59+	07:27+	00:42+	00:55+	04:32+	02:25+	00:42+	02:06+	01:39+	03:32+	01:23+	00:22+
01:03+	02:14+	02:46+	03:33+	01:46+	01:53+	01:40+	00:56+	02:13+	02:20+	02:59+	07:27+	00:42+	00:55+	04:32+	02:25+	00:42+	02:06+	01:39+	03:32+	01:23+	00:22+
54	Lisbeth Davidsen	722										50:02									
01:03+	02:02+	16:40+	18:02+	20:00+	22:10+	23:11+	24:26+	26:46+	30:03+	32:58+	37:15+	37:46+	38:22+	40:58+	42:05+	43:10+	45:04+	46:53+	48:43+	49:42+	50:02+
01:03+	00:59+	14:38+	01:22+	01:58+	02:10+	01:01+	01:15+	02:20+	03:17+	02:55+	04:17+	00:31+	00:36+	02:36+	01:07+	01:05+	01:54+	01:49+	01:50+	00:59+	00:20+
01:03+	00:59+	14:38+	01:22+	01:58+	02:10+	01:01+	01:15+	02:20+	03:17+	02:55+	04:17+	00:31+	00:36+	02:36+	01:07+	01:05+	01:54+	01:49+	01:50+	00:59+	00:20+
55	Liv Janne Fandrem Biland	892										54:58									
04:07+	05:09+	07:31+	09:34+	11:46+	19:52+	21:16+	22:06+	23:16+	25:14+	28:03+	35:39+	36:19+	37:00+	41:37+	42:58+	44:02+	46:29+	47:50+	53:45+	54:34+	54:58+
04:07+	01:02+	02:22+	02:03+	02:12+	08:06+	01:24+	00:50+	01:10+	01:58+	02:49+	07:36+	00:40+	00:41+	04:37+	01:21+	01:04+	02:27+	01:21+	05:55+	00:49+	00:24+
04:07+	01:02+	02:22+	02:03+	02:12+	08:06+	01:24+	00:50+	01:10+	01:58+	02:49+	07:36+	00:40+	00:41+	04:37+	01:21+	01:04+	02:27+	01:21+	05:55+	00:49+	00:24+
56	Agnete Dedekam Stabel	1758										58:53									
02:44+	03:56+	12:52+	13:41+	16:09+	22:13+	23:32+	24:32+	25:48+	29:19+	36:14+	41:54+	42:50+	43:35+	48:24+	50:15+	51:25+	53:20+	54:52+	57:33+	58:33+	58:53+
02:44+	01:12+	08:56+	00:49+	02:28+	06:04+	01:19+	01:00+	01:16+	03:31+	06:55+	05:40+	00:56+	00:45+	04:49+	01:51+	01:10+	01:55+	01:32+	02:41+	01:00+	00:20+
02:44+	01:12+	08:56+	00:49+	02:28+	06:04+	01:19+	01:00+	01:16+	03:31+	06:55+	05:40+	00:56+	00:45+	04:49+	01:51+	01:10+	01:55+	01:32+	02:41+	01:00+	00:20+
57	Karin Jensvold	722										59:52									
02:04+	03:33+	07:44+	08:54+	11:49+	14:46+	16:28+	17:38+	20:43+	24:46+	28:23+	35:11+	35:58+	36:45+	43:42+	45:16+	46:32+	49:48+	52:22+	57:38+	59:13+	59:52+
02:04+	01:29+	04:11+	01:10+	02:55+	02:57+	01:42+	01:10+	03:05+	04:03+	03:37+	06:48+	00:47+	00:47+	06:57+	01:34+	01:16+	03:16+	02:34+	05:16+	01:35+	00:39+
02:04+	01:29+	04:11+	01:10+	02:55+	02:57+	01:42+	01:10+	03:05+	04:03+	03:37+	06:48+	00:47+	00:47+	06:57+	01:34+	01:16+	03:16+	02:34+	05:16+	01:35+	00:39+
58	Ingrid Lohne	722										59:55									
02:04+	03:32+	07:45+	08:54+	11:49+	14:49+	16:27+	17:36+	20:45+	24:46+	28:26+	35:15+	35:57+	36:41+	43:45+	45:12+	46:36+	49:51+	52:24+	57:42+	59:19+	59:55+
02:04+	01:28+	04:13+	01:09+	02:55+	03:00+	01:38+	01:09+	03:09+	04:01+	03:40+	06:49+	00:42+	00:44+	07:04+	01:27+	01:24+	03:15+	02:33+	05:18+	01:37+	00:36+
02:04+	01:28+	04:13+	01:09+	02:55+	03:00+	01:38+	01:09+	03:09+	04:01+	03:40+	06:49+	00:42+	00:44+	07:04+	01:27+	01:24+	03:15+	02:33+	05:18+	01:37+	00:36+
59	Else Marie Furland	1884										1:01:59									
01:41+	03:13+	06:52+	07:53+	10:18+	15:16+	17:15+	19:09+	21:30+	26:30+	30:36+	37:58+	38:56+	39:59+	46:10+	47:48+	49:19+	53:27+	55:41+	58:31+	61:20+	61:59+
01:41+	01:32+	03:39+	01:01+	02:25+	04:58+	01:59+	01:54+	02:21+	05:00+	04:06+	07:22+	00:58+	01:03+	06:11+	01:38+	01:31+	04:08+	02:14+	02:50+	02:49+	00:39+
01:41+	01:32+	03:39+	01:01+	02:25+	04:58+	01:59+	01:54+	02:21+	05:00+	04:06+	07:22+	00:58+	01:03+	06:11+	01:38+	01:31+	04:08+	02:14+	02:50+	02:49+	00:39+
60	Marit Kløvstad Braut	892										1:02:08									
01:35+	03:21+	06:58+	07:56+	10:24+	15:21+	17:25+	19:16+	21:38+	26:37+	30:33+	38:21+	39:05+	40:05+	46:16+	47:52+	49:24+	54:10+	55:50+	58:37+	61:30+	62:08+
01:35+	01:46+	03:37+	00:58+	02:28+	04:57+	02:04+	01:51+	02:22+	04:59+	03:56+	07:48+	00:44+	01:00+	06:11+	01:36+	01:32+	04:46+	01:40+	02:47+	02:53+	00:38+
01:35+	01:46+	03:37+	00:58+	02:28+	04:57+	02:04+	01:51+	02:22+	04:59+	03:56+	07:48+	00:44+	01:00+	06:11+	01:36+	01:32+	04:46+	01:40+	02:47+	02:53+	00:38+
61	May Kristin Haaland	3511										1:08:30									
01:26+	03:22+	07:44+	08:39+	11:57+	15:37+	17:41+	19:07+	21:15+	25:26+	30:14+	41:50+	42:44+	43:52+	49:35+	50:44+	52:30+	55:51+	58:04+	66:23+	67:56+	68:30+
01:26+	01:56+	04:22+	00:55+	03:18+	03:40+	02:04+	01:26+	02:08+	04:11+	04:48+	11:36+	00:54+	01:08+	05:43+	01:09+	01:46+	03:21+	02:13+	08:19+	01:33+	00:34+
01:26+	01:56+	04:22+	00:55+	03:18+	03:40+	02:04+	01:26+	02:08+	04:11+	04:48+	11:36+	00:54+	01:08+	05:43+	01:09+	01:46+	03:21+	02:13+	08:19+	01:33+	00:34+

Beste strekktid for klassen

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

H16

1	Erlend Sølvberg	3524	29:22																						
00:47=	02:06=	02:48=	03:15=	04:34=	04:59=	05:26=	05:59=	08:31=	08:56=	09:48=	12:52=	13:59=	15:00=	15:41=	16:10=	16:33=	17:09=	17:55=	19:10=	21:07=	22:49=	23:44=	24:13=	25:20=	26:16=
00:47=	01:19=	00:42=	00:27=	01:19=	00:25=	00:27=	00:33=	02:32=	00:25=	00:52=	03:04=	01:07=	01:01=	00:41=	00:29=	00:23=	00:36=	00:46=	01:15=	01:57=	01:42=	00:55=	00:29=	01:07=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
27:44=	28:03=	28:48=	29:09=	29:22=																					
01:28=	00:19=	00:45=	00:21=	00:13=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					

2	David Wade	1683	29:32																						
00:36=	01:27=	02:00=	02:22=	03:35=	03:55=	04:11=	04:50=	08:03=	08:24=	09:15=	12:20=	13:35=	14:44=	15:38=	16:05=	16:19=	16:58=	17:35=	18:56=	21:14+	23:06+	23:54+	24:20+	25:15=	26:27+
00:36=	00:51=	00:33=	00:22=	01:13=	00:20=	00:16=	00:39+	03:13+	00:21=	00:51=	03:05+	01:15+	01:09+	00:54+	00:27=	00:14=	00:39+	00:37=	01:21+	02:18+	01:52+	00:48=	00:26=	00:55=	01:12+
00:11=	00:28=	00:09=	00:05=	00:06=	00:05=	00:11=	00:06#	00:41&	00:04=	00:01=	00:01+	00:08#	00:08#	00:13&	00:02=	00:09=	00:03+	00:09=	00:06+	00:21#	00:10+	00:07=	00:03=	00:12=	00:16&
28:02+	28:18+	28:55+	29:20+	29:32+																					
01:35+	00:16=	00:37=	00:25+	00:12=																					
00:07+	00:03=	00:08=	00:04#	00:01=																					

3	Christian Schmidt	2342	29:57																						
00:40=	01:36=	02:08=	02:28=	04:37+	05:04+	05:19=	06:03+	08:15=	08:39=	08:59=	11:32=	12:41=	13:34=	14:14=	14:35=	16:27=	16:36=	17:04=	17:43=	19:01=	21:06=	22:46=	24:36+	24:58=	25:49=
00:40=	00:56=	00:32=	00:20=	02:09+	00:27+	00:15=	00:44+	02:12=	00:24=	00:20=	02:33=	01:09+	00:53=	00:40=	00:21=	01:52+	00:09=	00:28=	00:39=	01:18=	02:05+	01:40+	01:50+	00:22=	00:51=
00:07=	00:23=	00:10=	00:07=	00:50&	00:02+	00:12=	00:11&	00:20=	00:01=	00:32=	00:31=	00:02+	00:08=	00:01=	00:08=	01:29@	00:27=	00:18=	00:36=	00:39=	00:23#	00:45&	01:21@	00:45=	00:05=
26:42=	28:19+	28:37=	29:15+	29:42+	29:57+																				
00:53=	01:37+	00:18=	00:38+	00:27+	00:15+																				
00:35=	01:18@	00:27=	00:17&	00:14@	00:15+																				

4	Erling Byberg	793	30:07																						
00:38=	01:47=	02:18=	02:39=	04:18=	04:38=	04:53=	05:47=	08:11=	08:32=	09:33=	12:08=	13:34=	14:34=	15:23=	16:28+	16:44+	17:07=	18:09+	19:46+	21:43+	23:24+	24:12+	24:36+	25:26+	26:53+
00:38=	01:09=	00:31=	00:21=	01:39+	00:20=	00:15=	00:54+	02:24=	00:21=	01:01+	02:35=	01:26+	01:00=	00:49+	01:05+	00:16=	00:23=	01:02+	01:37+	01:57=	01:41=	00:48=	00:24=	00:50=	01:27+
00:09=	00:10=	00:11=	00:06=	00:20&	00:05=	00:12=	00:21&	00:08=	00:04=	00:09#	00:29=	00:19&	00:01=	00:08#	00:36@	00:07=	00:13=	00:16&	00:22&	00:00=	00:01=	00:07=	00:05=	00:17=	00:31&
28:25+	28:56+	29:35+	29:55+	30:07+																					
01:32+	00:31+	00:39=	00:20=	00:12=																					
00:04+	00:12&	00:06=	00:01=	00:01=																					

5	Håvard Landråk	3676	30:08																						
00:46=	01:58=	02:34=	02:55=	04:21=	04:51=	05:09=	05:36=	07:47=	08:10=	09:05=	11:50=	13:10=	14:12=	14:55=	15:53=	16:38+	17:28+	18:06+	19:28+	21:26+	23:35+	24:28+	24:55+	25:51+	26:47+
00:46=	01:12=	00:36=	00:21=	01:26+	00:30+	00:18=	00:27=	02:11=	00:23=	00:55+	02:45=	01:20+	01:02+	00:43+	00:58+	00:45+	00:50+	00:38=	01:22+	01:58+	02:09+	00:53=	00:27=	00:56=	00:56=
00:01=	00:07=	00:06=	00:06=	00:07+	00:05#	00:09=	00:06=	00:21=	00:02=	00:03+	00:19=	00:13#	00:01+	00:02+	00:29&	00:22&	00:14&	00:08=	00:07+	00:01+	00:27&	00:02=	00:02=	00:11=	00:00=
28:45+	29:00+	29:35+	29:56+	30:08+																					
01:58+	00:15=	00:35=	00:21=	00:12=																					
00:30&	00:04=	00:10=	00:00=	00:01=																					

6	Henrik Friis	3516	30:32																						
00:40=	01:37=	02:21=	02:55=	04:09=	04:38=	05:08=	05:36=	07:44=	08:07=	09:03=	11:28=	12:40=	13:46=	14:44=	16:03=	16:49+	17:23+	18:07+	19:28+	21:06=	22:50+	24:15+	24:52+	25:54+	26:56+
00:40=	00:57=	00:44+	00:34+	01:14=	00:29+	00:30+	00:28=	02:08=	00:23=	00:56+	02:25=	01:12+	01:06+	00:58+	01:19+	00:46+	00:34=	00:44=	01:21+	01:38=	01:44+	01:25+	00:37+	01:02=	01:02+
00:07=	00:22=	00:02+	00:07&	00:05=	00:04#	00:03#	00:05=	00:24=	00:02=	00:04+	00:39=	00:05+	00:05+	00:17&	00:50@	00:23&	00:02=	00:02=	00:06+	00:19=	00:02+	00:30&	00:08&	00:05=	00:06#
28:28+	28:46+	29:21+	29:41+	30:32+																					
01:32+	00:18=	00:35=	00:20=	00:51+																					
00:04+	00:01=	00:10=	00:01=	00:38@																					

7	Thor Hesselsoe	1376	31:40																						
00:39=	01:36=	02:19=	02:42=	04:44+	05:06+	05:23=	05:52=	08:45+	09:06+	09:36=	12:58+	14:26+	15:31+	16:09+	16:33+	16:51+	17:19+	18:07+	19:17+	22:11+	23:43+	24:39+	25:09+	26:02+	27:48+
00:39=	00:57=	00:43+	00:23=	02:02+	00:22=	00:17=	00:29=	02:53+	00:21=	00:30=	03:22+	01:28+	01:05+	00:38=	00:24=	00:18=	00:28=	00:48+	01:10=	02:54+	01:32=	00:56+	00:30+	00:53=	01:46+
00:08=	00:22=	00:01+	00:04=	00:43&	00:03=	00:10=	00:04=	00:21#	00:04=	00:22=	00:18+	00:21&	00:04+	00:03=	00:05=	00:05=	00:08=	00:02+	00:05=	00:57&	00:10=	00:01+	00:01+	00:14=	00:50&
30:00+	30:19+	31:02+	31:28+	31:40+																					
02:12+	00:19=	00:43=	00:26+	00:12=																					
00:44&	00:00=	00:02=	00:05#	00:01=																					

8	Håvard Hageberg	3568	32:03																						
00:48+	01:53=	02:28=	02:53=	04:12=	04:39=	05:07=	05:39=	08:13=	08:44=	09:46=	12:31=	14:05+	15:13+	16:02+	16:33+	16:51+	17:35+	18:25+	19:57+	21:51+	23:41+	24:48+	25:23+	26:23+	28:25+
00:48+	01:05=	00:35=	00:25=	01:19=	00:27+	00:28+	00:32=	02:34+	00:31+	01:02+	02:45=	01:34+	01:08+	00:49+	00:31+	00:18=	00:44+	00:50+	01:32+	01:54=	01:50+	01:07+	00:35+	01:00=	02:02+
00:01+	00:14=	00:07=	00:02=	00:00=	00:02+	00:01+	00:01=	00:02+	00:06#	00:10#	00:19=	00:27&	00:07#	00:08#	00:02+	00:05=	00:08#	00:04+	00:17#	00:03=	00:08+	00:12#	00:06#	00:07=	01:06@
30:23+	30:48+	31:27+	31:50+	32:03+																					
01:58+	00:25+	00:39=	00:23+	00:13=																					
00:30&	00:06&	00:06=	00:02+	00:00=																					

H16

9	Alexander Romanov	3562	32:33																						
00:46-	01:49-	02:24-	02:46-	03:55-	04:20-	04:36-	05:03-	08:27-	09:15+	09:38-	13:27+	14:47+	15:46+	16:28+	17:20+	17:52+	18:18+	19:18+	20:43+	22:47+	24:35+	26:48+	27:27+	28:22+	29:11+
00:46-	01:03-	00:35-	00:22-	01:09-	00:25=	00:16-	00:27-	03:24+	00:48+	00:23-	03:49+	01:20+	00:59-	00:42+	00:52+	00:32+	00:26-	01:00+	01:25+	02:04+	01:48+	02:13+	00:39+	00:55-	00:49-
00:01-	00:16-	00:07-	00:05-	00:10-	00:00=	00:11-	00:06-	00:52&	00:23&	00:29-	00:45#	00:13#	00:02-	00:01+	00:23&	00:09&	00:10-	00:14&	00:10#	00:07+	00:06+	01:18@	00:10&	00:12-	00:07-
30:50+	31:09+	31:55+	32:19+	32:33+																					
01:39+	00:19=	00:46+	00:24+	00:14+																					
00:11#	00:00=	00:01+	00:03#	00:01+																					

10	Øyvind Rustan	722	32:45																						
00:43+	01:38+	02:16+	02:41+	04:19+	04:44+	05:06+	06:26+	08:57+	09:25+	10:32+	13:13+	14:34+	15:30+	16:14+	16:49+	17:07+	17:51+	18:39+	19:55+	21:46+	23:56+	26:20+	26:50+	27:47+	29:19+
00:43+	00:55+	00:38+	00:25+	01:38+	00:25+	00:22+	01:20+	02:31+	00:28+	01:07+	02:41+	01:21+	00:56+	00:44+	00:35+	00:18+	00:44+	00:48+	01:16+	01:51+	02:10+	02:24+	00:30+	00:57+	01:32+
00:43+	00:55+	00:38+	00:25+	01:38+	00:25+	00:22+	01:20+	02:31+	00:28+	01:07+	02:41+	01:21+	00:56+	00:44+	00:35+	00:18+	00:44+	00:48+	01:16+	01:51+	02:10+	02:24+	00:30+	00:57+	01:32+
30:59+	31:19+	32:08+	32:34+	32:45+																					
01:40+	00:20+	00:49+	00:26+	00:11+																					
01:40+	00:20+	00:49+	00:26+	00:11+																					

11	Kristian Dyrnes	3503	32:50																						
00:39+	01:48+	02:32+	02:55+	05:30+	06:00+	06:16+	07:06+	09:29+	09:52+	10:47+	12:57+	14:04+	15:10+	15:51+	17:45+	18:06+	19:39+	20:18+	21:31+	23:41+	25:27+	26:21+	26:49+	27:40+	28:58+
00:39+	01:09+	00:44+	00:23+	02:35+	00:30+	00:16+	00:50+	02:23+	00:23+	00:55+	02:10+	01:07+	01:06+	00:41+	01:54+	00:21+	01:33+	00:39+	01:13+	02:10+	01:46+	00:54+	00:28+	00:51+	01:18+
00:39+	01:09+	00:44+	00:23+	02:35+	00:30+	00:16+	00:50+	02:23+	00:23+	00:55+	02:10+	01:07+	01:06+	00:41+	01:54+	00:21+	01:33+	00:39+	01:13+	02:10+	01:46+	00:54+	00:28+	00:51+	01:18+
30:31+	31:21+	32:19+	32:40+	32:50+																					
01:33+	00:50+	00:58+	00:21+	00:10+																					
01:33+	00:50+	00:58+	00:21+	00:10+																					

12	Truls Thorkildsen	2074	33:24																						
00:46+	01:50+	02:31+	02:55+	04:10+	04:33+	04:55+	05:52+	09:36+	10:04+	11:00+	13:37+	15:09+	16:07+	18:28+	19:08+	19:37+	20:08+	21:01+	22:29+	24:33+	26:23+	27:32+	28:11+	29:06+	29:50+
00:46+	01:04+	00:41+	00:24+	01:15+	00:23+	00:22+	00:57+	03:44+	00:28+	00:56+	02:37+	01:32+	00:58+	02:21+	00:40+	00:29+	00:31+	00:53+	01:28+	02:04+	01:50+	01:09+	00:39+	00:55+	00:44+
00:46+	01:04+	00:41+	00:24+	01:15+	00:23+	00:22+	00:57+	03:44+	00:28+	00:56+	02:37+	01:32+	00:58+	02:21+	00:40+	00:29+	00:31+	00:53+	01:28+	02:04+	01:50+	01:09+	00:39+	00:55+	00:44+
31:51+	32:10+	32:45+	33:12+	33:24+																					
02:01+	00:19+	00:35+	00:27+	00:12+																					
02:01+	00:19+	00:35+	00:27+	00:12+																					

13	Stian Bentsen Malmanger	3676	34:33																						
00:53+	02:07+	02:47+	03:16+	04:44+	05:15+	05:42+	06:14+	10:15+	10:41+	11:46+	14:54+	16:29+	17:40+	18:36+	19:06+	19:28+	20:06+	20:58+	22:39+	24:59+	27:16+	28:16+	28:50+	29:53+	30:45+
00:53+	01:14+	00:40+	00:29+	01:28+	00:31+	00:27+	00:32+	04:01+	00:26+	01:05+	03:08+	01:35+	01:11+	00:56+	00:30+	00:22+	00:38+	00:52+	01:41+	02:20+	02:17+	01:00+	00:34+	01:03+	00:52+
00:53+	01:14+	00:40+	00:29+	01:28+	00:31+	00:27+	00:32+	04:01+	00:26+	01:05+	03:08+	01:35+	01:11+	00:56+	00:30+	00:22+	00:38+	00:52+	01:41+	02:20+	02:17+	01:00+	00:34+	01:03+	00:52+
32:50+	33:14+	33:56+	34:18+	34:33+																					
02:05+	00:24+	00:42+	00:22+	00:15+																					
02:05+	00:24+	00:42+	00:22+	00:15+																					

14	Bendix Gjølstad Smith	892	34:34																						
00:53+	02:05+	02:41+	03:06+	04:42+	05:09+	05:33+	06:28+	09:55+	10:33+	11:36+	14:23+	15:57+	17:14+	18:07+	18:33+	19:44+	20:26+	21:04+	22:43+	25:17+	27:13+	28:16+	28:59+	30:05+	30:55+
00:53+	01:12+	00:36+	00:25+	01:36+	00:27+	00:24+	00:55+	03:27+	00:38+	01:03+	02:47+	01:34+	01:17+	00:53+	00:26+	01:11+	00:42+	00:38+	01:39+	02:34+	01:56+	01:03+	00:43+	01:06+	00:50+
00:53+	01:12+	00:36+	00:25+	01:36+	00:27+	00:24+	00:55+	03:27+	00:38+	01:03+	02:47+	01:34+	01:17+	00:53+	00:26+	01:11+	00:42+	00:38+	01:39+	02:34+	01:56+	01:03+	00:43+	01:06+	00:50+
32:51+	33:09+	33:56+	34:21+	34:34+																					
01:56+	00:18+	00:47+	00:25+	00:13+																					
01:56+	00:18+	00:47+	00:25+	00:13+																					

15	Lars Kartevoll	3548	35:02																						
00:42+	02:06+	02:49+	03:15+	05:15+	05:49+	06:05+	06:46+	09:36+	10:09+	11:05+	14:31+	16:06+	17:26+	18:16+	19:22+	19:38+	20:07+	21:16+	23:13+	25:21+	27:26+	28:39+	29:09+	30:08+	30:58+
00:42+	01:24+	00:43+	00:26+	02:00+	00:34+	00:16+	00:41+	02:50+	00:33+	00:56+	03:26+	01:35+	01:20+	00:50+	01:06+	00:16+	00:29+	01:09+	01:57+	02:08+	02:05+	01:13+	00:30+	00:59+	00:50+
00:42+	01:24+	00:43+	00:26+	02:00+	00:34+	00:16+	00:41+	02:50+	00:33+	00:56+	03:26+	01:35+	01:20+	00:50+	01:06+	00:16+	00:29+	01:09+	01:57+	02:08+	02:05+	01:13+	00:30+	00:59+	00:50+
33:17+	33:38+	34:27+	34:49+	35:02+																					
02:19+	00:21+	00:49+	00:22+	00:13+																					
02:19+	00:21+	00:49+	00:22+	00:13+																					

16	Vidar Haus	3528	35:34																						
01:10+	02:26+	03:06+	03:32+	05:01+	05:32+	05:51+	06:23+	09:02+	09:31+	10:01+	14:31+	16:28+	17:48+	18:38+	19:08+	19:29+	20:11+	21:20+	23:02+	25:13+	27:38+	28:55+	29:29+	30:51+	31:46+
01:10+	01:16+	00:40+	00:26+	01:29+	00:31+	00:19+	00:32+	02:39+	00:29+	00:30+	04:30+	01:57+	01:20+	00:50+	00:30+	00:21+	00:42+	01:09+	01:42+	02:11+	02:25+	01:17+	00:34+	01:22+	00:55+
01:10+	01:16+	00:40+	00:26+	01:29+	00:31+	00:19+	00:32+	02:39+	00:29+	00:30+	04:30+	01:57+	01:20+	00:50+	00:30+	00:21+	00:42+	01:09+	01:42+	02:11+	02:25+	01:17+	00:34+	01:22+	00:55+
33:40+	34:03+	34:55+	35:21+	35:34+																					
01:54+	00:23+	00:52+	00:26+	00:13+																					
01:54+	00:23+	00:52+	00:26+	00:13+																					

Class	Navn	Klasse										Tid													
H16																									
17	Sondre Aspøy	2074										35:37													
00:49+	01:57+	02:39+	03:03+	04:57+	05:28+	05:47+	06:22+	09:16+	09:43+	10:49+	15:03+	16:39+	18:00+	19:27+	20:24+	20:45+	21:27+	22:19+	23:57+	26:06+	28:38+	29:48+	30:20+	31:14+	32:12+
00:49+	01:08+	00:42+	00:24+	01:54+	00:31+	00:19+	00:35+	02:54+	00:27+	01:06+	04:14+	01:36+	01:21+	01:27+	00:57+	00:21+	00:42+	00:52+	01:38+	02:09+	02:32+	01:10+	00:32+	00:54+	00:58+
00:49+	01:08+	00:42+	00:24+	01:54+	00:31+	00:19+	00:35+	02:54+	00:27+	01:06+	04:14+	01:36+	01:21+	01:27+	00:57+	00:21+	00:42+	00:52+	01:38+	02:09+	02:32+	01:10+	00:32+	00:54+	00:58+
34:01+	34:20+	34:57+	35:24+	35:37+																					
01:49+	00:19+	00:37+	00:27+	00:13+																					
01:49+	00:19+	00:37+	00:27+	00:13+																					
18	Ole Andre Brandsberg	3502										36:08													
00:43+	01:46+	02:23+	02:49+	04:57+	05:30+	05:51+	06:30+	09:16+	09:46+	10:48+	15:29+	17:04+	18:17+	19:05+	20:12+	20:30+	20:57+	21:54+	23:32+	25:57+	28:18+	29:20+	29:50+	31:06+	31:55+
00:43+	01:03+	00:37+	00:26+	02:08+	00:33+	00:21+	00:39+	02:46+	00:30+	01:02+	04:41+	01:35+	01:13+	00:48+	01:07+	00:18+	00:27+	00:57+	01:38+	02:25+	02:21+	01:02+	00:30+	01:16+	00:49+
00:43+	01:03+	00:37+	00:26+	02:08+	00:33+	00:21+	00:39+	02:46+	00:30+	01:02+	04:41+	01:35+	01:13+	00:48+	01:07+	00:18+	00:27+	00:57+	01:38+	02:25+	02:21+	01:02+	00:30+	01:16+	00:49+
34:22+	34:46+	35:29+	35:53+	36:08+																					
02:27+	00:24+	00:43+	00:24+	00:15+																					
02:27+	00:24+	00:43+	00:24+	00:15+																					
19	Anders Frøylog	3502										36:24													
00:42+	01:49+	02:25+	02:50+	04:42+	05:10+	05:29+	06:24+	09:28+	09:53+	10:58+	14:05+	15:57+	17:31+	18:15+	20:14+	20:36+	21:20+	22:06+	24:23+	26:40+	29:18+	30:23+	30:54+	31:57+	32:48+
00:42+	01:07+	00:36+	00:25+	01:52+	00:28+	00:19+	00:55+	03:04+	00:25+	01:05+	03:07+	01:52+	01:34+	00:44+	01:59+	00:22+	00:44+	00:46+	02:17+	02:17+	02:38+	01:05+	00:31+	01:03+	00:51+
00:42+	01:07+	00:36+	00:25+	01:52+	00:28+	00:19+	00:55+	03:04+	00:25+	01:05+	03:07+	01:52+	01:34+	00:44+	01:59+	00:22+	00:44+	00:46+	02:17+	02:17+	02:38+	01:05+	00:31+	01:03+	00:51+
34:39+	34:59+	35:46+	36:11+	36:24+																					
01:51+	00:20+	00:47+	00:25+	00:13+																					
01:51+	00:20+	00:47+	00:25+	00:13+																					
20	Anders Utbø Sakseid	3578										36:39													
01:46+	02:50+	03:34+	03:59+	05:18+	06:04+	07:11+	08:25+	10:46+	11:25+	12:17+	16:27+	17:42+	20:04+	21:06+	21:55+	22:25+	22:59+	23:52+	25:01+	26:48+	29:17+	30:24+	30:55+	32:01+	33:01+
01:46+	01:04+	00:44+	00:25+	01:19+	00:46+	01:07+	01:14+	02:21+	00:39+	00:52+	04:10+	01:15+	02:22+	01:02+	00:49+	00:30+	00:34+	00:53+	01:09+	01:47+	02:29+	01:07+	00:31+	01:06+	01:00+
01:46+	01:04+	00:44+	00:25+	01:19+	00:46+	01:07+	01:14+	02:21+	00:39+	00:52+	04:10+	01:15+	02:22+	01:02+	00:49+	00:30+	00:34+	00:53+	01:09+	01:47+	02:29+	01:07+	00:31+	01:06+	01:00+
34:36+	34:55+	35:39+	36:26+	36:39+																					
01:35+	00:19+	00:44+	00:47+	00:13+																					
01:35+	00:19+	00:44+	00:47+	00:13+																					
21	Magnus Kristoffersen	3676										37:46													
00:51+	01:59+	02:42+	03:05+	04:45+	05:13+	05:46+	06:35+	09:31+	10:04+	11:09+	14:49+	16:31+	18:11+	19:01+	20:08+	20:33+	21:19+	22:10+	23:49+	27:30+	29:24+	30:44+	31:13+	32:13+	33:14+
00:51+	01:08+	00:43+	00:23+	01:40+	00:28+	00:33+	00:49+	02:56+	00:33+	01:05+	03:40+	01:42+	01:40+	00:50+	01:07+	00:25+	00:46+	00:51+	01:39+	03:41+	01:54+	01:20+	00:29+	01:00+	01:01+
00:51+	01:08+	00:43+	00:23+	01:40+	00:28+	00:33+	00:49+	02:56+	00:33+	01:05+	03:40+	01:42+	01:40+	00:50+	01:07+	00:25+	00:46+	00:51+	01:39+	03:41+	01:54+	01:20+	00:29+	01:00+	01:01+
35:05+	35:28+	36:27+	36:51+	37:34+	37:46+																				
01:51+	00:23+	00:59+	00:24+	00:43+	00:12+																				
01:51+	00:23+	00:59+	00:24+	00:43+	00:12+																				
22	Håvard Aase	3558										37:46													
00:48+	03:27+	04:32+	05:00+	06:14+	06:42+	07:29+	08:21+	10:53+	11:24+	11:54+	14:33+	16:30+	18:03+	18:51+	19:52+	21:04+	21:52+	22:38+	24:02+	26:25+	28:17+	29:24+	29:55+	30:58+	31:45+
00:48+	02:39+	01:05+	00:28+	01:14+	00:28+	00:47+	00:52+	02:32+	00:31+	00:30+	02:39+	01:57+	01:33+	00:48+	01:01+	01:12+	00:48+	00:46+	01:24+	02:23+	01:52+	01:07+	00:31+	01:03+	00:47+
00:48+	02:39+	01:05+	00:28+	01:14+	00:28+	00:47+	00:52+	02:32+	00:31+	00:30+	02:39+	01:57+	01:33+	00:48+	01:01+	01:12+	00:48+	00:46+	01:24+	02:23+	01:52+	01:07+	00:31+	01:03+	00:47+
35:19+	35:39+	36:27+	37:30+	37:46+																					
03:34+	00:20+	00:48+	01:03+	00:16+																					
03:34+	00:20+	00:48+	01:03+	00:16+																					
23	Trym Hustoft	3497										40:07													
00:50+	02:03+	02:59+	03:24+	05:20+	06:03+	06:22+	07:04+	11:00+	11:30+	12:37+	15:54+	18:22+	20:11+	21:03+	21:43+	22:08+	23:23+	24:20+	25:58+	28:31+	31:22+	32:47+	33:17+	34:24+	35:41+
00:50+	01:13+	00:56+	00:25+	01:56+	00:43+	00:19+	00:42+	03:56+	00:30+	01:07+	03:17+	02:28+	01:49+	00:52+	00:40+	00:25+	01:15+	00:57+	01:38+	02:33+	02:51+	01:25+	00:30+	01:07+	01:17+
00:50+	01:13+	00:56+	00:25+	01:56+	00:43+	00:19+	00:42+	03:56+	00:30+	01:07+	03:17+	02:28+	01:49+	00:52+	00:40+	00:25+	01:15+	00:57+	01:38+	02:33+	02:51+	01:25+	00:30+	01:07+	01:17+
37:40+	38:01+	39:31+	39:51+	40:07+																					
01:59+	00:21+	01:30+	00:20+	00:16+																					
01:59+	00:21+	01:30+	00:20+	00:16+																					
24	Martin Bjelland Gjerstad	3676										41:52													
01:00+	02:12+	02:57+	04:51+	07:26+	07:55+	08:15+	09:02+	12:18+	12:44+	14:11+	17:16+	18:47+	20:26+	21:14+	22:39+	22:59+	23:54+	26:26+	27:59+	31:45+	34:14+	35:29+	36:09+	37:05+	37:59+
01:00+	01:12+	00:45+	01:54+	02:35+	00:29+	00:20+	00:47+	03:16+	00:26+	01:27+	03:05+	01:31+	01:39+	00:48+	01:25+	00:20+	00:55+	02:32+	01:33+	03:46+	02:29+	01:15+	00:40+	00:56+	00:54+
01:00+	01:12+	00:45+	01:54+	02:35+	00:29+	00:20+	00:47+	03:16+	00:26+	01:27+	03:05+	01:31+	01:39+	00:48+	01:25+	00:20+	00:55+	02:32+	01:33+	03:46+	02:29+	01:15+	00:40+	00:56+	00:54+
40:02+	40:21+	41:11+	41:42+	41:52+																					
02:03+	00:19+	00:50+	00:31+	00:10+																					
02:03+	00:19+	00:50+	00:31+	00:10+																					

H16

25 Gisle Sølberg

4301

43:45

01:00+	02:40+	03:32+	04:21+	06:25+	06:57+	07:31+	08:13+	11:39+	12:23+	13:22+	18:35+	20:14+	21:53+	23:04+	23:47+	24:15+	25:04+	26:04+	27:53+	31:06+	33:18+	34:33+	35:18+	36:53+	38:48+
01:00+	01:40+	00:52+	00:29+	02:24+	00:32+	00:34+	00:42+	03:26+	00:44+	00:59+	05:13+	01:39+	01:39+	01:11+	00:43+	00:28+	00:49+	01:00+	01:49+	03:13+	02:12+	01:15+	00:45+	01:35+	01:55+
01:00+	01:40+	00:52+	00:29+	02:24+	00:32+	00:34+	00:42+	03:26+	00:44+	00:59+	05:13+	01:39+	01:39+	01:11+	00:43+	00:28+	00:49+	01:00+	01:49+	03:13+	02:12+	01:15+	00:45+	01:35+	01:55+
41:21+	41:52+	42:48+	43:27+	43:45+																					
02:33+	00:31+	00:56+	00:39+	00:18+																					
02:33+	00:31+	00:56+	00:39+	00:18+																					

26 Rune Hagen Maudal

3524

45:44

01:03+	02:17+	03:06+	03:37+	05:47+	06:20+	06:43+	07:23+	11:17+	12:05+	12:51+	16:59+	19:32+	21:23+	22:39+	23:39+	24:07+	24:57+	26:05+	28:13+	31:18+	34:18+	37:04+	37:40+	38:52+	40:03+
01:03+	01:14+	00:49+	00:31+	02:10+	00:33+	00:23+	00:40+	03:54+	00:48+	00:46+	04:08+	02:33+	01:51+	01:16+	01:00+	00:28+	00:50+	01:08+	02:08+	03:05+	03:00+	02:46+	00:36+	01:12+	01:11+
01:03+	01:14+	00:49+	00:31+	02:10+	00:33+	00:23+	00:40+	03:54+	00:48+	00:46+	04:08+	02:33+	01:51+	01:16+	01:00+	00:28+	00:50+	01:08+	02:08+	03:05+	03:00+	02:46+	00:36+	01:12+	01:11+
43:01+	43:32+	44:32+	45:22+	45:44+																					
02:58+	00:31+	01:00+	00:50+	00:22+																					
02:58+	00:31+	01:00+	00:50+	00:22+																					

27 Bernt Christian Bugge

3676

46:06

00:54+	02:25+	03:39+	04:52+	07:25+	07:58+	08:20+	10:47+	14:05+	14:34+	15:34+	19:34+	21:12+	22:21+	23:12+	23:49+	24:34+	25:26+	26:21+	28:07+	35:45+	37:35+	38:44+	39:14+	40:08+	41:00+
00:54+	01:31+	01:14+	01:13+	02:33+	00:33+	00:22+	02:27+	03:18+	00:29+	01:00+	04:00+	01:38+	01:09+	00:51+	00:37+	00:45+	00:52+	00:55+	01:46+	07:38+	01:50+	01:09+	00:30+	00:54+	00:52+
00:54+	01:31+	01:14+	01:13+	02:33+	00:33+	00:22+	02:27+	03:18+	00:29+	01:00+	04:00+	01:38+	01:09+	00:51+	00:37+	00:45+	00:52+	00:55+	01:46+	07:38+	01:50+	01:09+	00:30+	00:54+	00:52+
42:46+	43:04+	44:51+	45:52+	46:06+																					
01:46+	00:18+	01:47+	01:01+	00:14+																					
01:46+	00:18+	01:47+	01:01+	00:14+																					

Beste strekktid for klassen

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

H40

1 Anders Presterud

903

32:06

00:48=	01:53=	02:29=	02:51=	04:48=	05:15=	05:37=	06:43=	09:28=	09:53=	10:36=	13:25=	14:54=	16:13=	17:03=	17:54=	18:22=	19:02=	19:40=	21:13=	23:18=	25:37=	26:38=	27:03=	27:59=	28:49=
00:48=	01:05=	00:36=	00:22=	01:57=	00:27=	00:22=	01:06=	02:45=	00:25=	00:43=	02:49=	01:29=	01:19=	00:50=	00:51=	00:28=	00:40=	00:38=	01:33=	02:05=	02:19=	01:01=	00:25=	00:56=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
30:31=	30:51=	31:33=	31:54=	32:06=																					
01:42=	00:20=	00:42=	00:21=	00:12=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					

2 Alexander Khorunzhiy

1456

32:37

01:02+	02:18+	02:58+	03:24+	05:27+	05:55+	06:17+	06:50+	09:47+	10:29+	11:32+	14:15+	15:47+	16:53+	17:38+	18:07+	18:30+	19:06+	19:52+	21:25+	23:29+	25:27=	26:38=	27:08+	28:08+	29:09+
01:02+	01:16+	00:40+	00:26+	02:03+	00:28+	00:22=	00:33=	02:57+	00:42+	01:03+	02:43=	01:32+	01:06=	00:45=	00:29=	00:23=	00:36=	00:46+	01:33=	02:04=	01:58=	01:11+	00:30+	01:00+	01:01+
00:14&	00:11#	00:04#	00:04#	00:06+	00:01+	00:00=	00:33=	00:12+	00:17&	00:20&	00:06=	00:03+	00:13=	00:05=	00:22=	00:05=	00:04=	00:08#	00:00=	00:01=	00:21=	00:10#	00:05#	00:04+	00:11#
30:53+	31:12+	31:59+	32:23+	32:37+																					
01:44+	00:19=	00:47+	00:24+	00:14+																					
00:02+	00:01=	00:05#	00:03#	00:02#																					

3 Gunnar Thorset

896

32:41

00:52+	02:04+	02:45+	03:11+	04:39=	05:05=	05:25=	05:59=	08:37=	09:06=	10:03=	12:57=	14:21=	15:30=	16:27=	17:06=	17:32=	18:39=	19:39=	21:13=	23:38+	25:32=	26:34=	27:03=	28:04+	28:56+
00:52+	01:12+	00:41+	00:26+	01:28=	00:26=	00:20=	00:34=	02:38=	00:29+	00:57+	02:54+	01:24=	01:09=	00:57+	00:39=	00:26=	01:07+	01:00+	01:34+	02:25+	01:54=	01:02+	00:29+	01:01+	00:52+
00:04+	00:07#	00:05#	00:04#	00:29=	00:01=	00:02=	00:32=	00:07=	00:04#	00:14&	00:05+	00:05=	00:10=	00:07#	00:12=	00:02=	00:27&	00:22&	00:01+	00:20#	00:25=	00:01+	00:04#	00:05+	00:02+
30:42+	31:05+	31:48+	32:25+	32:41+																					
01:46+	00:23+	00:43+	00:37+	00:16+																					
00:04+	00:03#	00:01+	00:16&	00:04&																					

4 Rune Dahl Fitjar

1754

32:46

00:54+	02:04+	02:42+	03:05+	04:25=	04:56=	05:14=	05:47=	08:19=	08:46=	09:49=	12:55=	14:14=	15:41=	16:25=	17:17=	17:35=	18:15=	19:28=	21:05=	23:15=	25:28=	26:35=	27:03=	28:06+	29:14+
00:54+	01:10+	00:38+	00:23+	01:20=	00:31+	00:18=	00:33=	02:32=	00:27+	01:03+	03:06+	01:19=	01:27+	00:44=	00:52+	00:18=	00:40=	01:13+	01:37+	02:10+	02:13=	01:07+	00:28+	01:03+	01:08+
00:06#	00:05+	00:02+	00:01+	00:37=	00:04#	00:04=	00:33=	00:13=	00:02+	00:20&	00:17#	00:10=	00:08#	00:06=	00:01+	00:10=	00:00=	00:35&	00:04+	00:05+	00:06=	00:06+	00:03#	00:07#	00:18&
31:03+	31:22+	32:09+	32:31+	32:46+																					
01:49+	00:19=	00:47+	00:22+	00:15+																					
00:07+	00:01=	00:05#	00:01+	00:03#																					

H40

5	Jan-Kenneth Polle	3525	32:49																						
00:42-	01:45-	02:22-	02:48-	04:42-	05:14-	05:34-	06:28-	08:45-	09:14-	10:26-	13:37+	15:07+	16:24+	17:13+	18:13+	18:35+	19:01-	19:58+	21:20+	23:27+	25:34-	26:45+	27:15+	28:14+	29:33+
00:42-	01:03-	00:37+	00:26+	01:54-	00:32+	00:20-	00:54-	02:17-	00:29+	01:12+	03:11+	01:30+	01:17-	00:49-	01:00+	00:22-	00:26-	00:57+	01:22-	02:07+	02:07-	01:11+	00:30+	00:59+	01:19+
00:06-	00:02-	00:01+	00:04#	00:03-	00:05#	00:02-	00:12-	00:28-	00:04#	00:29#	00:22#	00:01+	00:02-	00:01-	00:09#	00:06-	00:14-	00:19#	00:11-	00:02+	00:12-	00:10#	00:05#	00:03+	00:29#
31:13+	31:32+	32:15+	32:37+	32:49+																					
01:40-	00:19-	00:43+	00:22+	00:12=																					
00:02-	00:01-	00:01+	00:01+	00:00=																					

6	Sven Undheim	793	34:44																						
00:47+	01:57+	02:31+	02:57+	05:45+	06:18+	06:44+	07:41+	10:08+	10:30+	11:49+	15:23+	17:02+	18:15+	19:08+	20:28+	20:46+	21:12+	22:06+	23:26+	26:56+	28:26+	29:32+	30:03+	31:00+	31:44+
00:47+	01:10+	00:34+	00:26+	02:48+	00:33+	00:26+	00:57+	02:27+	00:22+	01:19+	03:34+	01:39+	01:13+	00:53+	01:20+	00:18+	00:26+	00:54+	01:20+	03:30+	01:30+	01:06+	00:31+	00:57+	00:44+
00:47+	01:10+	00:34+	00:26+	02:48+	00:33+	00:26+	00:57+	02:27+	00:22+	01:19+	03:34+	01:39+	01:13+	00:53+	01:20+	00:18+	00:26+	00:54+	01:20+	03:30+	01:30+	01:06+	00:31+	00:57+	00:44+
33:05+	33:22+	34:11+	34:33+	34:44+																					
01:21+	00:17+	00:49+	00:22+	00:11+																					
01:21+	00:17+	00:49+	00:22+	00:11+																					

7	Magne Habbestad	3531	34:50																						
00:53+	01:55+	03:23+	03:52+	05:08+	05:40+	05:59+	06:28+	09:46+	10:51+	11:42+	14:28+	16:02+	17:11+	18:00+	18:39+	18:58+	19:45+	20:36+	22:21+	24:42+	26:28+	27:33+	28:06+	29:12+	30:22+
00:53+	01:02+	01:28+	00:29+	01:16+	00:32+	00:19+	00:29+	03:18+	01:05+	00:51+	02:46+	01:34+	01:09+	00:49+	00:39+	00:19+	00:47+	00:51+	01:45+	02:21+	01:46+	01:05+	00:33+	01:06+	01:10+
00:53+	01:02+	01:28+	00:29+	01:16+	00:32+	00:19+	00:29+	03:18+	01:05+	00:51+	02:46+	01:34+	01:09+	00:49+	00:39+	00:19+	00:47+	00:51+	01:45+	02:21+	01:46+	01:05+	00:33+	01:06+	01:10+
32:26+	32:46+	33:29+	34:34+	34:50+																					
02:04+	00:20+	00:43+	01:05+	00:16+																					
02:04+	00:20+	00:43+	01:05+	00:16+																					

8	Bjarne Bore	3529	35:31																						
00:46+	01:55+	02:43+	03:07+	05:36+	06:07+	06:26+	07:18+	10:11+	10:38+	11:38+	14:26+	15:55+	17:17+	18:09+	18:39+	18:55+	19:47+	20:48+	22:14+	24:28+	26:30+	28:45+	29:17+	30:23+	31:17+
00:46+	01:09+	00:48+	00:24+	02:29+	00:31+	00:19+	00:52+	02:53+	00:27+	01:00+	02:48+	01:29+	01:22+	00:52+	00:30+	00:16+	00:52+	01:01+	01:26+	02:14+	02:02+	02:15+	00:32+	01:06+	00:54+
00:46+	01:09+	00:48+	00:24+	02:29+	00:31+	00:19+	00:52+	02:53+	00:27+	01:00+	02:48+	01:29+	01:22+	00:52+	00:30+	00:16+	00:52+	01:01+	01:26+	02:14+	02:02+	02:15+	00:32+	01:06+	00:54+
33:18+	33:35+	34:44+	35:17+	35:31+																					
02:01+	00:17+	01:09+	00:33+	00:14+																					
02:01+	00:17+	01:09+	00:33+	00:14+																					

9	Frode Ungar	1683	36:03																						
00:47+	02:05+	03:00+	03:26+	04:53+	05:28+	05:46+	06:59+	09:53+	10:21+	11:34+	14:45+	16:32+	17:52+	18:44+	19:52+	20:14+	20:42+	21:48+	23:32+	25:56+	27:49+	29:27+	29:53+	30:54+	31:40+
00:47+	01:18+	00:55+	00:26+	01:27+	00:35+	00:18+	01:13+	02:54+	00:28+	01:13+	03:11+	01:47+	01:20+	00:52+	01:08+	00:22+	00:28+	01:06+	01:44+	02:24+	01:53+	01:38+	00:26+	01:01+	00:46+
00:47+	01:18+	00:55+	00:26+	01:27+	00:35+	00:18+	01:13+	02:54+	00:28+	01:13+	03:11+	01:47+	01:20+	00:52+	01:08+	00:22+	00:28+	01:06+	01:44+	02:24+	01:53+	01:38+	00:26+	01:01+	00:46+
34:15+	34:39+	35:18+	35:48+	36:03+																					
02:35+	00:24+	00:39+	00:30+	00:15+																					
02:35+	00:24+	00:39+	00:30+	00:15+																					

10	Jens Otto Hatlevold	2023	36:26																						
00:47+	01:55+	02:46+	03:09+	05:02+	05:33+	05:51+	06:35+	09:08+	09:33+	10:35+	15:22+	16:37+	17:41+	18:40+	19:08+	19:58+	21:24+	22:14+	23:51+	25:55+	28:02+	30:34+	31:22+	32:13+	33:25+
00:47+	01:08+	00:51+	00:23+	01:53+	00:31+	00:18+	00:44+	02:33+	00:25+	01:02+	04:47+	01:15+	01:04+	00:59+	00:28+	00:50+	01:26+	00:50+	01:37+	02:04+	02:07+	02:32+	00:48+	00:51+	01:12+
00:47+	01:08+	00:51+	00:23+	01:53+	00:31+	00:18+	00:44+	02:33+	00:25+	01:02+	04:47+	01:15+	01:04+	00:59+	00:28+	00:50+	01:26+	00:50+	01:37+	02:04+	02:07+	02:32+	00:48+	00:51+	01:12+
35:00+	35:18+	35:55+	36:15+	36:26+																					
01:35+	00:18+	00:37+	00:20+	00:11+																					
01:35+	00:18+	00:37+	00:20+	00:11+																					

11	Bjørn Kristian Røyland	3503	36:42																						
00:53+	02:06+	02:55+	03:20+	05:11+	05:33+	06:26+	09:23+	09:52+	10:36+	13:12+	14:47+	16:05+	18:25+	19:04+	19:24+	20:14+	21:04+	22:38+	27:03+	28:59+	30:18+	30:57+	31:59+	32:54+	
00:53+	01:13+	00:49+	00:25+	01:25+	00:26+	00:22+	00:53+	02:57+	00:29+	00:44+	02:36+	01:35+	01:18+	02:20+	00:39+	00:20+	00:50+	00:50+	01:34+	04:25+	01:56+	01:19+	00:39+	01:02+	00:55+
00:53+	01:13+	00:49+	00:25+	01:25+	00:26+	00:22+	00:53+	02:57+	00:29+	00:44+	02:36+	01:35+	01:18+	02:20+	00:39+	00:20+	00:50+	00:50+	01:34+	04:25+	01:56+	01:19+	00:39+	01:02+	00:55+
35:00+	35:19+	36:05+	36:29+	36:42+																					
02:06+	00:19+	00:46+	00:24+	00:13+																					
02:06+	00:19+	00:46+	00:24+	00:13+																					

12	Rune Hatle	903	37:04																						
00:45+	01:57+	02:36+	03:04+	04:38+	05:19+	05:43+	06:29+	10:18+	10:46+	11:52+	15:42+	17:19+	18:28+	19:31+	20:05+	20:23+	21:05+	22:01+	23:48+	26:19+	28:56+	30:09+	31:07+	32:21+	33:14+
00:45+	01:12+	00:39+	00:28+	01:34+	00:41+	00:24+	00:46+	03:49+	00:28+	01:06+	03:50+	01:37+	01:09+	01:03+	00:34+	00:18+	00:42+	00:56+	01:47+	02:31+	02:37+	01:13+	00:58+	01:14+	00:53+
00:45+	01:12+	00:39+	00:28+	01:34+	00:41+	00:24+	00:46+	03:49+	00:28+	01:06+	03:50+	01:37+	01:09+	01:03+	00:34+	00:18+	00:42+	00:56+	01:47+	02:31+	02:37+	01:13+	00:58+	01:14+	00:53+
35:18+	35:37+	36:25+	36:49+	37:04+																					
02:04+	00:19+	00:48+	00:24+	00:15+																					
02:04+	00:19+	00:48+	00:24+	00:15+																					

Class	Navn	Klasse	Tid
-------	------	--------	-----

H40

13 Glenn Madland

879

37:07

00:48+	02:09+	02:51+	03:21+	04:48+	05:19+	05:42+	06:52+	09:43+	10:10+	10:59+	14:09+	15:51+	17:09+	18:39+	20:26+	22:11+	22:51+	24:19+	26:08+	28:26+	30:26+	31:26+	31:58+	32:54+	33:52+
00:48+	01:21+	00:42+	00:30+	01:27+	00:31+	00:23+	01:10+	02:51+	00:27+	00:49+	03:10+	01:42+	01:18+	01:30+	01:47+	01:45+	00:40+	01:28+	01:49+	02:18+	02:00+	01:00+	00:32+	00:56+	00:58+
00:48+	01:21+	00:42+	00:30+	01:27+	00:31+	00:23+	01:10+	02:51+	00:27+	00:49+	03:10+	01:42+	01:18+	01:30+	01:47+	01:45+	00:40+	01:28+	01:49+	02:18+	02:00+	01:00+	00:32+	00:56+	00:58+
35:37+	35:55+	36:34+	36:55+	37:07+																					
01:45+	00:18+	00:39+	00:21+	00:12+																					
01:45+	00:18+	00:39+	00:21+	00:12+																					

14 Håkon André Waage

1683

37:52

00:49+	02:03+	02:52+	03:19+	04:37+	05:02+	05:24+	06:15+	09:11+	10:31+	11:14+	16:09+	17:33+	18:52+	19:48+	21:23+	21:48+	22:22+	23:13+	24:32+	27:41+	30:05+	31:20+	32:01+	32:54+	33:54+
00:49+	01:14+	00:49+	00:27+	01:18+	00:25+	00:22+	00:51+	02:56+	01:20+	00:43+	04:55+	01:24+	01:19+	00:56+	01:35+	00:25+	00:34+	00:51+	01:19+	03:09+	02:24+	01:15+	00:41+	00:53+	01:00+
00:49+	01:14+	00:49+	00:27+	01:18+	00:25+	00:22+	00:51+	02:56+	01:20+	00:43+	04:55+	01:24+	01:19+	00:56+	01:35+	00:25+	00:34+	00:51+	01:19+	03:09+	02:24+	01:15+	00:41+	00:53+	01:00+
35:59+	36:16+	37:06+	37:40+	37:52+																					
02:05+	00:17+	00:50+	00:34+	00:12+																					
02:05+	00:17+	00:50+	00:34+	00:12+																					

15 Lars Lone Rasmussen

4248

38:01

00:55+	02:06+	02:46+	03:12+	05:02+	05:31+	05:52+	06:27+	09:21+	09:49+	11:22+	15:00+	16:58+	18:41+	19:38+	20:17+	20:39+	21:19+	22:02+	23:38+	27:01+	29:08+	30:20+	30:51+	32:05+	33:59+
00:55+	01:11+	00:40+	00:26+	01:50+	00:29+	00:21+	00:35+	02:54+	00:28+	01:33+	03:38+	01:58+	01:43+	00:57+	00:39+	00:22+	00:40+	00:43+	01:36+	03:23+	02:07+	01:12+	00:31+	01:14+	01:54+
00:55+	01:11+	00:40+	00:26+	01:50+	00:29+	00:21+	00:35+	02:54+	00:28+	01:33+	03:38+	01:58+	01:43+	00:57+	00:39+	00:22+	00:40+	00:43+	01:36+	03:23+	02:07+	01:12+	00:31+	01:14+	01:54+
36:09+	36:29+	37:19+	37:46+	38:01+																					
02:10+	00:20+	00:50+	00:27+	00:15+																					
02:10+	00:20+	00:50+	00:27+	00:15+																					

16 Bjarte Harbo

1830

38:29

00:52+	02:25+	03:06+	03:30+	05:03+	05:28+	05:53+	06:41+	10:23+	10:52+	11:30+	16:54+	18:33+	19:51+	20:49+	21:49+	22:09+	22:47+	23:46+	25:39+	28:02+	30:03+	31:29+	32:01+	32:57+	34:11+
00:52+	01:33+	00:41+	00:24+	01:33+	00:25+	00:25+	00:48+	03:42+	00:29+	00:38+	05:24+	01:39+	01:18+	00:58+	01:00+	00:20+	00:38+	00:59+	01:53+	02:23+	02:01+	01:26+	00:32+	00:56+	01:14+
00:52+	01:33+	00:41+	00:24+	01:33+	00:25+	00:25+	00:48+	03:42+	00:29+	00:38+	05:24+	01:39+	01:18+	00:58+	01:00+	00:20+	00:38+	00:59+	01:53+	02:23+	02:01+	01:26+	00:32+	00:56+	01:14+
36:38+	36:59+	37:48+	38:14+	38:29+																					
02:27+	00:21+	00:49+	00:26+	00:15+																					
02:27+	00:21+	00:49+	00:26+	00:15+																					

17 Frode Stangeland

3516

40:51

00:57+	02:25+	03:04+	03:34+	05:39+	06:07+	06:56+	07:31+	10:29+	10:56+	12:24+	16:54+	18:31+	19:47+	20:42+	22:19+	22:42+	23:08+	24:03+	25:41+	28:16+	31:47+	32:55+	33:27+	34:28+	36:48+
00:57+	01:28+	00:39+	00:30+	02:05+	00:28+	00:49+	00:35+	02:58+	00:27+	01:28+	04:30+	01:37+	01:16+	00:55+	01:37+	00:23+	00:26+	00:55+	01:38+	02:35+	03:31+	01:08+	00:32+	01:01+	02:20+
00:57+	01:28+	00:39+	00:30+	02:05+	00:28+	00:49+	00:35+	02:58+	00:27+	01:28+	04:30+	01:37+	01:16+	00:55+	01:37+	00:23+	00:26+	00:55+	01:38+	02:35+	03:31+	01:08+	00:32+	01:01+	02:20+
39:00+	39:21+	40:07+	40:37+	40:51+																					
02:12+	00:21+	00:46+	00:30+	00:14+																					
02:12+	00:21+	00:46+	00:30+	00:14+																					

18 Lars Terje Vaaland

1683

40:58

00:56+	02:09+	02:51+	03:19+	05:02+	05:43+	06:11+	07:10+	11:24+	11:50+	12:26+	15:57+	18:19+	19:38+	21:38+	23:39+	23:58+	24:56+	26:03+	27:58+	30:27+	32:55+	34:09+	34:45+	35:50+	36:48+
00:56+	01:13+	00:42+	00:28+	01:43+	00:41+	00:28+	00:59+	04:14+	00:26+	00:36+	03:31+	02:22+	01:19+	02:00+	02:01+	00:19+	00:58+	01:07+	01:55+	02:29+	02:28+	01:14+	00:36+	01:05+	00:58+
00:56+	01:13+	00:42+	00:28+	01:43+	00:41+	00:28+	00:59+	04:14+	00:26+	00:36+	03:31+	02:22+	01:19+	02:00+	02:01+	00:19+	00:58+	01:07+	01:55+	02:29+	02:28+	01:14+	00:36+	01:05+	00:58+
39:02+	39:22+	40:17+	40:42+	40:58+																					
02:14+	00:20+	00:55+	00:25+	00:16+																					
02:14+	00:20+	00:55+	00:25+	00:16+																					

19 Kay Roar Harila

643

43:09

00:49+	02:08+	02:58+	03:27+	05:52+	06:20+	06:39+	07:24+	10:37+	11:09+	11:40+	15:13+	17:21+	20:06+	21:15+	21:59+	22:29+	23:06+	24:10+	25:50+	29:04+	32:08+	33:31+	34:20+	35:23+	38:13+
00:49+	01:19+	00:50+	00:29+	02:25+	00:28+	00:19+	00:45+	03:13+	00:32+	00:31+	03:33+	02:08+	02:45+	01:09+	00:44+	00:30+	00:37+	01:04+	01:40+	03:14+	03:04+	01:23+	00:49+	01:03+	02:50+
00:49+	01:19+	00:50+	00:29+	02:25+	00:28+	00:19+	00:45+	03:13+	00:32+	00:31+	03:33+	02:08+	02:45+	01:09+	00:44+	00:30+	00:37+	01:04+	01:40+	03:14+	03:04+	01:23+	00:49+	01:03+	02:50+
40:56+	41:35+	42:18+	42:57+	43:09+																					
02:43+	00:39+	00:43+	00:39+	00:12+																					
02:43+	00:39+	00:43+	00:39+	00:12+																					

Beste strekktid for klassen

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

H50

1 Bjørn Ove Olsen Moi

989

22:36

00:31=	01:10=	01:46=	02:17=	05:01=	05:46=	07:34=	08:50=	09:38=	11:34=	12:12=	12:59=	13:20=	14:30=	14:51=	16:54=	17:35=	19:11=	19:35=	20:43=	21:12=	21:48=	22:23=	22:36=
00:31=	00:39=	00:36=	00:31=	02:44=	00:45=	01:48=	01:16=	00:48=	01:56=	00:38=	00:47=	00:21=	01:10=	00:21=	02:03=	00:41=	01:36=	00:24=	01:08=	00:29=	00:36=	00:35=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
-------	------	--------	-----

H50

2	Øyvind Madland	3522	24:33																					
00:32+	01:19+	02:03+	02:45+	05:17+	06:00+	08:31+	09:43+	10:28+	12:24+	12:50+	13:59+	14:25+	15:36+	15:56+	17:52+	18:36+	19:12+	20:49+	21:14+	22:27+	23:02+	23:42+	24:17+	24:33+
00:32+	00:47+	00:44+	00:42+	02:32-	00:43-	02:31+	01:12-	00:45-	01:56+	00:26-	01:09+	00:26+	01:11+	00:20-	01:56-	00:44+	00:36-	01:37+	00:25-	01:13+	00:35-	00:40+	00:35+	00:16+
00:01+	00:08#	00:08#	00:11&	00:12-	00:02-	00:43&	00:04-	00:03-	00:00=	00:12-	00:22&	00:05#	00:01+	00:01-	00:07-	00:03+	01:00-	01:13#	00:43-	00:44#	00:01-	00:05#	00:22#	00:16+
3	Sigurd Ravndal	769	25:37																					
00:53+	01:45+	02:25+	03:04+	06:09+	06:55+	08:47+	10:07+	11:18+	13:39+	14:04+	14:54+	15:19+	16:35+	16:53+	18:55+	19:45+	21:20+	21:47+	23:02+	23:46+	24:26+	25:23+	25:37+	
00:53+	00:52+	00:40+	00:39+	03:05+	00:46+	01:52+	01:20+	01:11+	02:21+	00:25+	00:50+	00:25+	01:16+	00:18+	02:02+	00:50+	01:35+	00:27+	01:15+	00:44+	00:40+	00:57+	00:14+	
00:53+	00:52+	00:40+	00:39+	03:05+	00:46+	01:52+	01:20+	01:11+	02:21+	00:25+	00:50+	00:25+	01:16+	00:18+	02:02+	00:50+	01:35+	00:27+	01:15+	00:44+	00:40+	00:57+	00:14+	
4	Thomas Chruickshank	3545	25:51																					
00:33+	01:22+	02:24+	02:57+	05:57+	06:53+	08:23+	09:36+	10:26+	12:47+	13:13+	14:05+	14:34+	16:00+	16:23+	18:51+	19:46+	21:15+	21:45+	23:00+	23:53+	24:37+	25:37+	25:51+	
00:33+	00:49+	01:02+	00:33+	03:00+	00:56+	01:30+	01:13+	00:50+	02:21+	00:26+	00:52+	00:29+	01:26+	00:23+	02:28+	00:55+	01:29+	00:30+	01:15+	00:53+	00:44+	01:00+	00:14+	
00:33+	00:49+	01:02+	00:33+	03:00+	00:56+	01:30+	01:13+	00:50+	02:21+	00:26+	00:52+	00:29+	01:26+	00:23+	02:28+	00:55+	01:29+	00:30+	01:15+	00:53+	00:44+	01:00+	00:14+	
5	Jone Kalheim	879	26:03																					
00:31+	01:27+	02:06+	02:37+	05:07+	05:57+	08:05+	11:09+	11:54+	14:45+	15:13+	15:58+	16:28+	17:45+	18:21+	19:55+	20:39+	22:11+	22:34+	23:34+	24:26+	25:24+	25:53+	26:03+	
00:31+	00:56+	00:39+	00:31+	02:30+	00:50+	02:08+	03:04+	00:45+	02:51+	00:28+	00:45+	00:30+	01:17+	00:36+	01:34+	00:44+	01:32+	00:23+	01:00+	00:52+	00:58+	00:29+	00:10+	
00:31+	00:56+	00:39+	00:31+	02:30+	00:50+	02:08+	03:04+	00:45+	02:51+	00:28+	00:45+	00:30+	01:17+	00:36+	01:34+	00:44+	01:32+	00:23+	01:00+	00:52+	00:58+	00:29+	00:10+	
6	Svein Roar Aas	3565	26:17																					
00:34+	01:27+	02:28+	03:07+	06:02+	06:59+	08:27+	09:49+	10:46+	12:55+	13:29+	14:32+	15:07+	16:27+	16:51+	19:34+	20:30+	22:17+	22:51+	24:11+	24:50+	25:30+	26:05+	26:17+	
00:34+	00:53+	01:01+	00:39+	02:55+	00:57+	01:28+	01:22+	00:57+	02:09+	00:34+	01:03+	00:35+	01:20+	00:24+	02:43+	00:56+	01:47+	00:34+	01:20+	00:39+	00:40+	00:35+	00:12+	
00:34+	00:53+	01:01+	00:39+	02:55+	00:57+	01:28+	01:22+	00:57+	02:09+	00:34+	01:03+	00:35+	01:20+	00:24+	02:43+	00:56+	01:47+	00:34+	01:20+	00:39+	00:40+	00:35+	00:12+	
7	Anders Glenne	793	26:28																					
01:40+	02:28+	03:12+	03:53+	06:29+	07:18+	09:17+	10:40+	11:40+	14:09+	14:35+	15:27+	15:57+	17:18+	17:38+	20:03+	20:58+	22:29+	22:56+	24:11+	24:53+	25:34+	26:13+	26:28+	
01:40+	00:48+	00:44+	00:41+	02:36+	00:49+	01:59+	01:23+	01:00+	02:29+	00:26+	00:52+	00:30+	01:21+	00:20+	02:25+	00:55+	01:31+	00:27+	01:15+	00:42+	00:41+	00:39+	00:15+	
01:40+	00:48+	00:44+	00:41+	02:36+	00:49+	01:59+	01:23+	01:00+	02:29+	00:26+	00:52+	00:30+	01:21+	00:20+	02:25+	00:55+	01:31+	00:27+	01:15+	00:42+	00:41+	00:39+	00:15+	
8	Øystein Fuglestad	878	26:39																					
00:34+	01:21+	02:08+	02:52+	05:50+	06:43+	08:44+	10:06+	11:18+	13:36+	14:10+	15:14+	15:47+	17:08+	17:30+	20:04+	20:52+	22:30+	22:57+	24:22+	25:09+	25:46+	26:23+	26:39+	
00:34+	00:47+	00:47+	00:44+	02:58+	00:53+	02:01+	01:22+	01:12+	02:18+	00:34+	01:04+	00:33+	01:21+	00:22+	02:34+	00:48+	01:38+	00:27+	01:25+	00:47+	00:37+	00:37+	00:16+	
00:34+	00:47+	00:47+	00:44+	02:58+	00:53+	02:01+	01:22+	01:12+	02:18+	00:34+	01:04+	00:33+	01:21+	00:22+	02:34+	00:48+	01:38+	00:27+	01:25+	00:47+	00:37+	00:37+	00:16+	
9	Erling Knutzen	879	27:02																					
00:39+	01:34+	02:27+	03:10+	06:08+	07:00+	09:06+	10:34+	11:33+	13:57+	14:34+	15:28+	16:03+	17:44+	18:13+	20:39+	21:30+	23:08+	23:29+	24:58+	25:35+	26:13+	26:49+	27:02+	
00:39+	00:55+	00:53+	00:43+	02:58+	00:52+	02:06+	01:28+	00:59+	02:24+	00:37+	00:54+	00:35+	01:41+	00:29+	02:26+	00:51+	01:38+	00:21+	01:29+	00:37+	00:38+	00:36+	00:13+	
00:39+	00:55+	00:53+	00:43+	02:58+	00:52+	02:06+	01:28+	00:59+	02:24+	00:37+	00:54+	00:35+	01:41+	00:29+	02:26+	00:51+	01:38+	00:21+	01:29+	00:37+	00:38+	00:36+	00:13+	
10	Arne Hetlelid	3508	27:58																					
00:37+	01:29+	02:16+	03:02+	06:27+	07:17+	09:29+	10:49+	11:43+	14:29+	15:03+	16:03+	16:39+	17:56+	18:17+	20:29+	21:28+	23:16+	23:42+	25:31+	26:06+	26:50+	27:35+	27:58+	
00:37+	00:52+	00:47+	00:46+	03:25+	00:50+	02:12+	01:20+	00:54+	02:46+	00:34+	01:00+	00:36+	01:17+	00:21+	02:12+	00:59+	01:48+	00:26+	01:49+	00:35+	00:44+	00:45+	00:23+	
00:37+	00:52+	00:47+	00:46+	03:25+	00:50+	02:12+	01:20+	00:54+	02:46+	00:34+	01:00+	00:36+	01:17+	00:21+	02:12+	00:59+	01:48+	00:26+	01:49+	00:35+	00:44+	00:45+	00:23+	
11	John Breiland	3694	28:38																					
00:55+	01:45+	02:25+	02:59+	06:41+	07:31+	08:46+	10:36+	11:35+	14:09+	14:36+	15:40+	16:21+	17:31+	18:51+	22:03+	22:49+	24:20+	24:44+	25:55+	26:28+	27:10+	27:43+	28:38+	
00:55+	00:50+	00:40+	00:34+	03:42+	00:50+	01:15+	01:50+	00:59+	02:34+	00:27+	01:04+	00:41+	01:10+	01:20+	03:12+	00:46+	01:31+	00:24+	01:11+	00:33+	00:42+	00:33+	00:55+	
00:55+	00:50+	00:40+	00:34+	03:42+	00:50+	01:15+	01:50+	00:59+	02:34+	00:27+	01:04+	00:41+	01:10+	01:20+	03:12+	00:46+	01:31+	00:24+	01:11+	00:33+	00:42+	00:33+	00:55+	
12	Jerome Renoult	3524	28:51																					
00:36+	01:55+	02:42+	03:30+	06:41+	07:54+	09:55+	11:18+	12:38+	15:08+	15:38+	17:09+	17:32+	19:08+	19:29+	21:55+	22:43+	24:37+	25:11+	26:35+	27:14+	27:57+	28:35+	28:51+	
00:36+	01:19+	00:47+	00:48+	03:11+	01:13+	02:01+	01:23+	01:20+	02:30+	00:30+	01:31+	00:23+	01:36+	00:21+	02:26+	00:48+	01:54+	00:34+	01:24+	00:39+	00:43+	00:38+	00:16+	
00:36+	01:19+	00:47+	00:48+	03:11+	01:13+	02:01+	01:23+	01:20+	02:30+	00:30+	01:31+	00:23+	01:36+	00:21+	02:26+	00:48+	01:54+	00:34+	01:24+	00:39+	00:43+	00:38+	00:16+	
13	André Sirevåg	1683	28:52																					
00:41+	01:33+	02:19+	02:54+	07:03+	07:46+	09:47+	10:58+	11:50+	14:32+	15:04+	16:29+	17:03+	18:35+	18:58+	22:12+	22:50+	24:53+	25:18+	26:48+	27:21+	27:57+	28:33+	28:52+	
00:41+	00:52+	00:46+	00:35+	04:09+	00:43+	02:01+	01:11+	00:52+	02:42+	00:32+	01:25+	00:34+	01:32+	00:23+	03:14+	00:38+	02:03+	00:25+	01:30+	00:33+	00:36+	00:36+	00:19+	
00:41+	00:52+	00:46+	00:35+	04:09+	00:43+	02:01+	01:11+	00:52+	02:42+	00:32+	01:25+	00:34+	01:32+	00:23+	03:14+	00:38+	02:03+	00:25+	01:30+	00:33+	00:36+	00:36+	00:19+	
14	Trondr Breiland	4248	29:20																					
02:29+	03:19+	03:56+	04:27+	08:00+	08:53+	10:25+	11:43+	12:41+	14:51+	15:24+	16:26+	16:48+	18:27+	19:03+	22:41+	23:26+	25:12+	25:35+	26:51+	27:24+	28:06+	29:05+	29:20+	
02:29+	00:50+	00:37+	00:31+	03:33+	00:53+	01:32+	01:18+	00:58+	02:10+	00:33+	01:02+	00:22+	01:39+	00:36+	03:38+	00:45+	01:46+	00:23+	01:16+	00:33+	00:42+	00:59+	00:15+	
02:29+	00:50+	00:37+	00:31+	03:33+	00:53+	01:32+	01:18+	00:58+	02:10+	00:33+	01:02+	00:22+	01:39+	00:36+	03:38+	00:45+	01:46+	00:23+	01:16+	00:33+	00:42+	00:59+	00:15+	
15	Svend Vihovde	1683	30:14																					
00:42+	01:48+	02:40+	03:22+	06:46+	07:45+	10:18+	11:53+	12:56+	15:46+	16:23+	17:34+	18:09+	19:57+	20:22+	22:44+	23:36+	25:23+	26:02+	27:39+	28:20+	29:06+	29:51+	30:14+	
00:42+	01:06+	00:52+	00:42+	03:24+	00:59+	02:33+	01:35+	01:03+	02:50+	00:37+	01:11+	00:35+	01:48+	00:25+	02:22+	00:52+	01:47+	00:39+	01:37+	00:41+	00:46+	00:45+	00:23+	
00:42+	01:06+	00:52+	00:42+	03:24+	00:59+	02:33+	01:35+	01:03+	02:50+	00:37+	01:11+	00:35+	01:48+	00:25+	02:22+	00:52+	01:47+							

Class	Navn	Klasse	Tid
-------	------	--------	-----

H50

16	Erik Bjørnbom	3559	30:25																					
01:32+	02:25+	03:08+	03:48+	07:01+	07:55+	10:12+	11:47+	12:51+	15:29+	16:03+	17:13+	17:52+	19:21+	20:30+	22:52+	23:37+	25:25+	25:56+	27:37+	28:37+	29:18+	30:05+	30:25+	
01:32+	00:53+	00:43+	00:40+	03:13+	00:54+	02:17+	01:35+	01:04+	02:38+	00:34+	01:10+	00:39+	01:29+	01:09+	02:22+	00:45+	01:48+	00:31+	01:41+	01:00+	00:41+	00:47+	00:20+	
01:32+	00:53+	00:43+	00:40+	03:13+	00:54+	02:17+	01:35+	01:04+	02:38+	00:34+	01:10+	00:39+	01:29+	01:09+	02:22+	00:45+	01:48+	00:31+	01:41+	01:00+	00:41+	00:47+	00:20+	
17	Tore Halset	3486	30:40																					
00:35+	01:28+	02:17+	02:57+	05:53+	06:49+	09:59+	11:42+	12:33+	15:10+	15:49+	17:19+	17:50+	19:30+	19:58+	22:15+	23:29+	25:31+	26:02+	27:55+	28:39+	29:43+	30:24+	30:40+	
00:35+	00:53+	00:49+	00:40+	02:56+	00:56+	03:10+	01:43+	00:51+	02:37+	00:39+	01:30+	00:31+	01:40+	00:28+	02:17+	01:14+	02:02+	00:31+	01:53+	00:44+	01:04+	00:41+	00:16+	
00:35+	00:53+	00:49+	00:40+	02:56+	00:56+	03:10+	01:43+	00:51+	02:37+	00:39+	01:30+	00:31+	01:40+	00:28+	02:17+	01:14+	02:02+	00:31+	01:53+	00:44+	01:04+	00:41+	00:16+	
18	Rune Paulsen	3508	30:40																					
00:44+	01:37+	02:22+	03:02+	06:55+	08:04+	10:49+	12:00+	13:14+	15:36+	16:13+	17:25+	17:54+	19:36+	20:01+	22:36+	24:20+	26:20+	26:49+	28:27+	29:03+	29:53+	30:29+	30:40+	
00:44+	00:53+	00:45+	00:40+	03:53+	01:09+	02:45+	01:11+	01:14+	02:22+	00:37+	01:12+	00:29+	01:42+	00:25+	02:35+	01:44+	02:00+	00:29+	01:38+	00:36+	00:50+	00:36+	00:11+	
00:44+	00:53+	00:45+	00:40+	03:53+	01:09+	02:45+	01:11+	01:14+	02:22+	00:37+	01:12+	00:29+	01:42+	00:25+	02:35+	01:44+	02:00+	00:29+	01:38+	00:36+	00:50+	00:36+	00:11+	
19	Ingve Vold	3529	31:15																					
00:55+	01:53+	02:30+	03:13+	08:23+	09:29+	11:34+	12:55+	13:48+	16:30+	17:01+	18:23+	19:21+	20:37+	21:23+	23:25+	24:28+	26:32+	27:07+	28:45+	29:18+	30:14+	30:58+	31:15+	
00:55+	00:58+	00:37+	00:43+	05:10+	01:06+	02:05+	01:21+	00:53+	02:42+	00:31+	01:22+	00:58+	01:16+	00:46+	02:02+	01:03+	02:04+	00:35+	01:38+	00:33+	00:56+	00:44+	00:17+	
00:55+	00:58+	00:37+	00:43+	05:10+	01:06+	02:05+	01:21+	00:53+	02:42+	00:31+	01:22+	00:58+	01:16+	00:46+	02:02+	01:03+	02:04+	00:35+	01:38+	00:33+	00:56+	00:44+	00:17+	
20	Trygve Michaelsen	896	32:20																					
00:41+	01:35+	02:20+	03:18+	07:09+	08:56+	11:15+	13:08+	13:58+	17:23+	17:55+	19:12+	19:45+	21:18+	21:38+	24:02+	25:00+	27:43+	28:20+	29:47+	30:27+	31:26+	32:03+	32:20+	
00:41+	00:54+	00:45+	00:58+	03:51+	01:47+	02:19+	01:53+	00:50+	03:25+	00:32+	01:17+	00:33+	01:33+	00:20+	02:24+	00:58+	02:43+	00:37+	01:27+	00:40+	00:59+	00:37+	00:17+	
00:41+	00:54+	00:45+	00:58+	03:51+	01:47+	02:19+	01:53+	00:50+	03:25+	00:32+	01:17+	00:33+	01:33+	00:20+	02:24+	00:58+	02:43+	00:37+	01:27+	00:40+	00:59+	00:37+	00:17+	
21	Kjetil Hommersand	1683	32:27																					
00:39+	01:55+	03:19+	04:00+	06:32+	07:36+	09:47+	11:34+	12:28+	16:11+	16:43+	17:55+	18:21+	19:49+	21:02+	23:56+	25:04+	26:52+	27:43+	29:39+	30:24+	31:19+	32:12+	32:27+	
00:39+	01:16+	01:24+	00:41+	02:32+	01:04+	02:11+	01:47+	00:54+	03:43+	00:32+	01:12+	00:26+	01:28+	01:13+	02:54+	01:08+	01:48+	00:51+	01:56+	00:45+	00:55+	00:53+	00:15+	
00:39+	01:16+	01:24+	00:41+	02:32+	01:04+	02:11+	01:47+	00:54+	03:43+	00:32+	01:12+	00:26+	01:28+	01:13+	02:54+	01:08+	01:48+	00:51+	01:56+	00:45+	00:55+	00:53+	00:15+	
22	Thomas Romstad	1683	33:21																					
01:17+	02:13+	03:08+	03:42+	08:50+	09:54+	11:58+	13:21+	14:48+	17:32+	17:59+	19:30+	19:54+	21:26+	21:49+	24:18+	25:14+	29:16+	29:50+	31:07+	31:43+	32:29+	33:04+	33:21+	
01:17+	00:56+	00:55+	00:34+	05:08+	01:04+	02:04+	01:23+	01:27+	02:44+	00:27+	01:31+	00:24+	01:32+	00:23+	02:29+	00:56+	04:02+	00:34+	01:17+	00:36+	00:46+	00:35+	00:17+	
01:17+	00:56+	00:55+	00:34+	05:08+	01:04+	02:04+	01:23+	01:27+	02:44+	00:27+	01:31+	00:24+	01:32+	00:23+	02:29+	00:56+	04:02+	00:34+	01:17+	00:36+	00:46+	00:35+	00:17+	
23	Lars Solvang	1683	34:02																					
00:40+	01:48+	02:49+	03:39+	07:32+	08:35+	11:06+	12:53+	13:57+	18:22+	18:59+	20:08+	20:39+	22:13+	22:45+	25:22+	26:18+	28:25+	29:01+	31:03+	31:50+	32:50+	33:44+	34:02+	
00:40+	01:08+	01:01+	00:50+	03:53+	01:03+	02:31+	01:47+	01:04+	04:25+	00:37+	01:09+	00:31+	01:34+	00:32+	02:37+	00:56+	02:07+	00:36+	02:02+	00:47+	01:00+	00:54+	00:18+	
00:40+	01:08+	01:01+	00:50+	03:53+	01:03+	02:31+	01:47+	01:04+	04:25+	00:37+	01:09+	00:31+	01:34+	00:32+	02:37+	00:56+	02:07+	00:36+	02:02+	00:47+	01:00+	00:54+	00:18+	
24	Ove Mæstad	2342	35:19																					
00:45+	01:47+	02:45+	03:26+	08:34+	10:24+	12:54+	14:33+	15:33+	18:23+	18:54+	20:11+	20:47+	22:15+	22:36+	25:44+	28:07+	30:13+	30:41+	32:30+	33:12+	34:13+	35:06+	35:19+	
00:45+	01:02+	00:58+	00:41+	05:08+	01:50+	02:30+	01:39+	01:00+	02:50+	00:31+	01:17+	00:36+	01:28+	00:21+	03:08+	02:23+	02:06+	00:28+	01:49+	00:42+	01:01+	00:53+	00:13+	
00:45+	01:02+	00:58+	00:41+	05:08+	01:50+	02:30+	01:39+	01:00+	02:50+	00:31+	01:17+	00:36+	01:28+	00:21+	03:08+	02:23+	02:06+	00:28+	01:49+	00:42+	01:01+	00:53+	00:13+	
25	Kjetil Solbakken	3507	35:48																					
00:51+	01:46+	02:25+	03:06+	07:42+	08:55+	11:37+	12:58+	14:10+	16:45+	17:14+	18:05+	18:31+	19:51+	20:12+	26:54+	28:52+	30:41+	31:08+	33:09+	33:50+	34:47+	35:29+	35:48+	
00:51+	00:55+	00:39+	00:41+	04:36+	01:13+	02:42+	01:21+	01:12+	02:35+	00:29+	00:51+	00:26+	01:20+	00:21+	06:42+	01:58+	01:49+	00:27+	02:01+	00:41+	00:57+	00:42+	00:19+	
00:51+	00:55+	00:39+	00:41+	04:36+	01:13+	02:42+	01:21+	01:12+	02:35+	00:29+	00:51+	00:26+	01:20+	00:21+	06:42+	01:58+	01:49+	00:27+	02:01+	00:41+	00:57+	00:42+	00:19+	
26	Jarl Steinar Berntsen	882	36:42																					
00:33+	01:34+	02:26+	03:03+	06:49+	07:47+	09:17+	11:07+	12:57+	18:27+	18:54+	20:33+	21:18+	24:01+	24:30+	27:38+	28:42+	31:46+	32:25+	34:04+	34:50+	35:35+	36:23+	36:42+	
00:33+	01:01+	00:52+	00:37+	03:46+	00:58+	01:30+	01:50+	01:50+	05:30+	00:27+	01:39+	00:45+	02:43+	00:29+	03:08+	01:04+	03:04+	00:39+	01:39+	00:46+	00:45+	00:48+	00:19+	
00:33+	01:01+	00:52+	00:37+	03:46+	00:58+	01:30+	01:50+	01:50+	05:30+	00:27+	01:39+	00:45+	02:43+	00:29+	03:08+	01:04+	03:04+	00:39+	01:39+	00:46+	00:45+	00:48+	00:19+	
27	Øystein Endresen	3504	37:37																					
00:44+	01:40+	02:38+	03:23+	06:33+	08:14+	10:12+	14:04+	15:32+	18:28+	19:03+	21:05+	21:43+	24:36+	26:11+	28:51+	30:14+	32:29+	33:24+	34:52+	35:33+	36:36+	37:20+	37:37+	
00:44+	00:56+	00:58+	00:45+	03:10+	01:41+	01:58+	03:52+	01:28+	02:56+	00:35+	02:02+	00:38+	02:53+	01:35+	02:40+	01:23+	02:15+	00:55+	01:28+	00:41+	01:03+	00:44+	00:17+	
00:44+	00:56+	00:58+	00:45+	03:10+	01:41+	01:58+	03:52+	01:28+	02:56+	00:35+	02:02+	00:38+	02:53+	01:35+	02:40+	01:23+	02:15+	00:55+	01:28+	00:41+	01:03+	00:44+	00:17+	
28	Tor Erik Skretting	1683	38:54																					
00:39+	01:38+	02:24+	03:02+	06:21+	07:13+	08:39+	10:02+	19:17+	21:45+	22:17+	23:21+	23:49+	26:10+	26:40+	31:16+	32:16+	34:23+	34:50+	36:09+	36:53+	37:49+	38:37+	38:54+	
00:39+	00:59+	00:46+	00:38+	03:19+	00:52+	01:26+	09:23+	01:15+	02:28+	00:32+	01:04+	00:28+	02:21+	00:30+	04:36+	01:00+	02:07+	00:27+	01:19+	00:44+	00:56+	00:48+	00:17+	
00:39+	00:59+	00:46+	00:38+	03:19+	00:52+	01:26+	09:23+	01:15+	02:28+	00:32+	01:04+	00:28+	02:21+	00:30+	04:36+	01:00+	02:07+	00:27+	01:19+	00:44+	00:56+	00:48+	00:17+	
29	Trond Birkeland	882	46:42																					
02:50+	03:43+	04:26+	05:05+	08:12+	09:39+	11:59+	13:35+	14:46+	19:04+	19:33+	21:05+	21:37+	23:34+	24:36+	24:54+	27:27+	34:07+	36:55+	37:29+	43:13+	44:29+	45:32+	46:25+	46:42+
02:50+	00:53+	00:43+	00:39+	03:07+	01:27+	02:20+	01:36+	01:11+	04:18+	00:29+	01:32+	00:32+	01:57+	01:02+	00:18+	02:33+	06:40+	02:48+	00:34+	05:44+	01:16+	01:03+	00:53+	00:17+
02:50+	00:53+	00:43+	00:39+	03:07+	01:27+	02:20+	01:36+	01:11+	04:18+	00:29+	01:32+	00:32+	01:57+	01:02+	00:18+	02:33+	06:40+	02:48+	00:34+					

Class	Navn	Klasse	Tid
-------	------	--------	-----

H50

Beste strekktid for klassen

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

H60

1	Inge Løland	1119	25:09																				
00:56=	01:23=	03:04=	03:32=	06:09=	06:39=	07:55=	08:50=	09:57=	10:47=	11:14=	11:51=	12:00=	12:48=	15:25=	17:07=	18:23=	20:10=	20:37=	21:50=	23:21=	24:23=	24:53=	25:09=
00:56=	00:27=	01:41=	00:28=	02:37=	00:30=	01:16=	00:55=	01:07=	00:50=	00:27=	00:37=	00:09=	00:48=	02:37=	01:42=	01:16=	01:47=	00:27=	01:13=	01:31=	01:02=	00:30=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sturle Omdal	1683	25:13																				
01:00+	01:25+	03:02-	03:37+	06:28+	06:59+	08:43+	09:52+	11:05+	11:54+	12:20+	13:07+	13:22+	14:17+	15:54+	17:19+	18:46+	20:31+	20:55+	22:06+	23:35+	24:33+	24:59+	25:13+
01:00+	00:25-	01:37-	00:35+	02:51+	00:31+	01:44+	01:09+	01:13+	00:49-	00:26-	00:47+	00:15+	00:55+	01:37-	01:25-	01:27+	01:45-	00:24-	01:11-	01:29-	00:58-	00:26-	00:14-
00:04+	00:02-	00:04-	00:07#	00:14+	00:01+	00:28&	00:14&	00:06+	00:01-	00:01-	00:10&	00:06&	00:07#	01:00-	00:17-	00:11#	00:02-	00:03-	00:02-	00:02-	00:04-	00:04-	00:02-
3	Geir Frøyttlog	3502	25:38																				
00:55-	01:13-	02:56-	03:35+	06:33+	07:02+	08:30+	09:28+	10:35+	11:37+	12:02+	12:45+	12:59+	14:07+	15:53+	17:22+	18:51+	20:36+	21:00+	22:15+	23:46+	24:58+	25:24+	25:38+
00:55-	00:18-	01:43+	00:39+	02:58+	00:29-	01:28+	00:58+	01:07=	01:02+	00:25-	00:43+	00:14+	01:08+	01:46-	01:29-	01:29+	01:45-	00:24-	01:15+	01:31=	01:12+	00:26-	00:14-
00:01-	00:09-	00:02+	00:11&	00:21#	00:01-	00:12#	00:03+	00:00=	00:12#	00:02-	00:06#	00:05&	00:20&	00:51-	00:13-	00:13#	00:02-	00:03-	00:02+	00:00=	00:10#	00:04-	00:02-
4	Frank Hansen	3502	29:30																				
01:00+	01:24+	03:08+	04:03+	07:02+	07:39+	09:12+	11:07+	13:00+	14:11+	14:46+	15:38+	15:51+	16:48+	18:47+	20:17+	22:02+	23:54+	24:23+	25:47+	27:48+	28:47+	29:15+	29:30+
01:00+	00:24-	01:44+	00:55+	02:59+	00:37+	01:33+	01:55+	01:53+	01:11+	00:35+	00:52+	00:13+	00:57+	01:59-	01:30-	01:45+	01:52+	00:29+	01:24+	02:01+	00:59-	00:28-	00:15-
00:04+	00:03-	00:03+	00:27&	00:22#	00:07#	00:17#	01:00#	00:46&	00:21&	00:08&	00:15&	00:04&	00:09#	00:38-	00:12-	00:29&	00:05+	00:02+	00:11#	00:30&	00:03-	00:02-	00:01-
5	Håvard Håland	3507	30:29																				
01:02+	01:27+	03:30+	04:34+	07:57+	08:28+	09:54+	10:51+	11:52+	12:41+	13:04+	13:43+	13:56+	15:50+	17:48+	19:52+	22:00+	24:26+	24:59+	26:45+	28:31+	29:44+	30:15+	30:29+
01:02+	00:25-	02:03+	01:04+	03:23+	00:31+	01:26+	00:57+	01:01-	00:49-	00:23-	00:39+	00:13+	01:54+	01:58-	02:04+	02:08+	02:26+	00:33+	01:46+	01:46+	01:13+	00:31+	00:14-
00:06#	00:02-	00:22#	00:36#	00:46&	00:01+	00:10#	00:02+	00:06-	00:01-	00:04-	00:02+	00:04&	01:06#	00:39-	00:22#	00:52&	00:39&	00:06#	00:33&	00:15#	00:11#	00:01+	00:02-
6	Kjell Seland	3547	31:44																				
01:15+	01:56+	03:55+	04:30+	07:52+	08:22+	10:10+	11:20+	12:44+	13:55+	14:33+	15:22+	15:40+	16:42+	18:40+	20:36+	22:09+	24:08+	24:43+	27:44+	29:51+	30:58+	31:29+	31:44+
01:15+	00:41+	01:59+	00:35+	03:22+	00:30=	01:48+	01:10+	01:24+	01:11+	00:38+	00:49+	00:18+	01:02+	01:58-	01:56+	01:33+	01:59+	00:35+	03:01+	02:07+	01:07+	00:31+	00:15-
00:19&	00:14&	00:18#	00:17#	00:45&	00:00=	00:32&	00:15&	00:17&	00:21&	00:11&	00:12&	00:09&	00:14&	00:39-	00:14#	00:17#	00:12#	00:08&	01:48#	00:36&	00:05+	00:01+	00:01-
7	Per Ingar Hadland	793	31:53																				
01:12+	01:36+	03:27+	04:33+	08:18+	08:47+	10:23+	11:37+	13:06+	14:04+	14:43+	15:47+	16:03+	17:37+	19:42+	21:47+	23:28+	25:22+	25:51+	27:23+	30:02+	31:11+	31:39+	31:53+
01:12+	00:24-	01:51+	01:06+	03:45+	00:29-	01:36+	01:14+	01:29+	00:58+	00:39+	01:04+	00:16+	01:34+	02:05-	02:05+	01:41+	01:54+	00:29+	01:32+	02:39+	01:09+	00:28-	00:14-
00:16&	00:03-	00:10+	00:38#	01:08&	00:01-	00:20&	00:19&	00:22&	00:08#	00:12&	00:27&	00:07&	00:46&	00:32-	00:23#	00:25&	00:07+	00:02+	00:19&	01:08&	00:07#	00:02-	00:02-
8	Inge Skretting	1384	32:37																				
01:14+	01:39+	03:39+	05:00+	08:13+	08:48+	10:30+	11:49+	13:19+	14:23+	14:58+	15:51+	16:03+	17:59+	20:08+	22:03+	23:48+	26:28+	26:58+	28:33+	30:19+	31:52+	32:22+	32:37+
01:14+	00:25-	02:00+	01:21+	03:13+	00:35+	01:42+	01:19+	01:30+	01:04+	00:35+	00:53+	00:12+	01:56+	02:09-	01:55+	01:45+	02:40+	00:30+	01:35+	01:46+	01:33+	00:30=	00:15-
00:18&	00:02-	00:19#	00:53#	00:36#	00:05#	00:26&	00:24&	00:23&	00:14&	00:08&	00:16&	00:03&	01:08#	00:28-	00:13#	00:29&	00:53&	00:03#	00:22&	00:15#	00:31&	00:00=	00:01-
9	Magnar Mathias Møller	769	32:41																				
01:08+	01:33+	03:21+	04:19+	07:17+	07:47+	09:39+	10:40+	11:59+	12:58+	13:41+	14:25+	15:03+	16:14+	19:14+	21:10+	23:40+	26:33+	27:03+	28:30+	30:41+	31:54+	32:21+	32:41+
01:08+	00:25-	01:48+	00:58+	02:58+	00:30=	01:52+	01:01+	01:19+	00:59+	00:43+	00:44+	00:38+	01:11+	03:00+	01:56+	02:30+	02:53+	00:30+	01:27+	02:11+	01:13+	00:27-	00:20+
00:12#	00:02-	00:07+	00:30#	00:21#	00:00=	00:36&	00:06#	00:12#	00:09#	00:16&	00:07#	00:29#	00:23&	00:23#	00:14#	01:14&	01:06&	00:03#	00:14#	00:40&	00:11#	00:03-	00:04#
10	Stein Sigbjørnsen	882	33:49																				
01:06+	01:32+	03:34+	04:14+	07:21+	07:54+	09:52+	11:03+	12:09+	13:22+	13:52+	14:44+	14:57+	16:59+	19:43+	24:32+	25:52+	27:46+	28:21+	30:15+	31:53+	33:00+	33:31+	33:49+
01:06+	00:26-	02:02+	00:40+	03:07+	00:33+	01:58+	01:11+	01:06-	01:13+	00:30+	00:52+	00:13+	02:02+	02:44+	04:49+	01:20+	01:54+	00:35+	01:54+	01:38+	01:07+	00:31+	00:18+
00:10#	00:01-	00:21#	00:12&	00:30#	00:03+	00:42&	00:16&	00:01-	00:23&	00:03#	00:15&	00:04&	01:14#	00:07+	03:07#	00:04+	00:07+	00:08&	00:41&	00:07+	00:05+	00:01+	00:02#
11	Tor Inge Halvorsen	880	35:37																				
01:15+	01:41+	03:50+	04:30+	07:44+	08:17+	10:02+	11:35+	13:00+	14:08+	14:47+	15:42+	16:00+	17:28+	20:07+	22:56+	24:05+	28:01+	28:49+	30:17+	33:10+	34:31+	35:22+	35:37+
01:15+	00:26-	02:09+	00:40+	03:14+	00:33+	01:45+	01:33+	01:25+	01:08+	00:39+	00:55+	00:18+	01:28+	02:39+	02:49+	01:09-	03:56+	00:48+	01:28+	02:53+	01:21+	00:51+	00:15-
00:19&	00:01-	00:28&	00:12&	00:37#	00:03+	00:29&	00:38&	00:18&	00:18&	00:12&	00:18&	00:09&	00:40&	00:02+	01:07&	00:07-	02:09#	00:21&	00:15#	01:22&	00:19&	00:21&	00:01-
12	Bent Horpestad	722	39:34																				
01:26+	01:59+	04:44+	05:54+	09:17+	09:55+	11:43+	13:03+	14:19+	15:18+	16:00+	17:14+	17:58+	19:32+	22:27+	25:15+	28:29+	32:11+	32:55+	34:39+	37:12+	38:47+	39:15+	39:34+
01:26+	00:33+	02:45+	01:10+	03:23+	00:38+	01:48+	01:20+	01:16+	00:59+	00:42+	01:14+	00:44+	01:34+	02:55+	02:48+	03:14+	03:42+	00:44+	01:44+	02:33+	01:35+	00:28-	00:19+
00:30&	00:06#	01:04&	00:42#	00:46&	00:08&	00:32&	00:25&	00:09#	00:09#	00:15&	00:37&	00:35#	00:46&	00:18#	01:06&	01:58#	01:55#	00:17&	00:31&	01:02&	00:33&	00:02-	00:03#

H60

13	Oddvar Jonassen	3507	39:38																				
02:23+	02:57+	05:14+	06:11+	10:24+	11:07+	12:52+	14:33+	16:19+	18:09+	18:41+	20:13+	20:37+	21:48+	23:51+	26:35+	29:06+	32:34+	33:10+	35:13+	36:57+	38:35+	39:14+	39:38+
02:23+	00:34+	02:17+	00:57+	04:13+	00:43+	01:45+	01:41+	01:46+	01:50+	00:32+	01:32+	00:24+	01:11+	02:03-	02:44+	02:31+	03:28+	00:36+	02:03+	01:44+	01:38+	00:39+	00:24+
01:27@	00:07&	00:36&	00:29@	01:36&	00:13&	00:29&	00:46&	00:39&	01:00@	00:05#	00:55@	00:15@	00:23&	00:34-	01:02&	01:15&	01:41&	00:09&	00:50&	00:13#	00:36&	00:09&	00:08&
14	Svein Magne Gloppen	1884	44:44																				
04:22+	05:03+	07:30+	08:52+	12:04+	12:38+	14:36+	16:07+	17:26+	18:26+	19:03+	20:10+	21:03+	22:27+	29:48+	32:09+	34:11+	36:16+	36:47+	38:58+	41:37+	43:39+	44:28+	44:44+
04:22+	00:41+	02:27+	01:22+	03:12+	00:34+	01:58+	01:31+	01:19+	01:00+	00:37+	01:07+	00:53+	01:24+	07:21+	02:21+	02:02+	02:05+	00:31+	02:11+	02:39+	02:02+	00:49+	00:16+
04:22+	00:41+	02:27+	01:22+	03:12+	00:34+	01:58+	01:31+	01:19+	01:00+	00:37+	01:07+	00:53+	01:24+	07:21+	02:21+	02:02+	02:05+	00:31+	02:11+	02:39+	02:02+	00:49+	00:16+
15	John Carsten Sinnes	1884	46:13																				
01:27+	01:53+	04:09+	05:17+	09:26+	10:01+	11:58+	17:12+	18:37+	19:55+	20:46+	24:13+	24:27+	26:06+	28:28+	31:37+	33:54+	37:03+	37:32+	39:25+	42:22+	45:10+	45:52+	46:13+
01:27+	00:26+	02:16+	01:08+	04:09+	00:35+	01:57+	05:14+	01:25+	01:18+	00:51+	03:27+	00:14+	01:39+	02:22+	03:09+	02:17+	03:09+	00:29+	01:53+	02:57+	02:48+	00:42+	00:21+
01:27+	00:26+	02:16+	01:08+	04:09+	00:35+	01:57+	05:14+	01:25+	01:18+	00:51+	03:27+	00:14+	01:39+	02:22+	03:09+	02:17+	03:09+	00:29+	01:53+	02:57+	02:48+	00:42+	00:21+

Beste strekktid for klassen

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

H65

1	Kjell Dale	1884	24:50																				
00:55=	01:13=	02:44=	03:25=	06:04=	06:31=	07:45=	09:04=	10:29=	11:15=	11:45=	12:32=	12:42=	13:46=	16:20=	17:41=	18:59=	20:32=	20:57=	22:00=	23:22=	24:13=	24:37=	24:50=
00:55=	00:18=	01:31=	00:41=	02:39=	00:27=	01:14=	01:19=	01:25=	00:46=	00:30=	00:47=	00:10=	01:04=	02:34=	01:21=	01:18=	01:33=	00:25=	01:03=	01:22=	00:51=	00:24=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Geir Bjaanes	1683	25:40																				
00:55=	01:12-	02:43-	03:23-	05:54-	06:19-	07:32-	08:29-	09:30-	10:40-	11:01-	11:39-	11:52-	12:49-	16:40+	18:17+	19:35+	21:12+	21:34+	22:42+	24:09+	25:03+	25:25+	25:40+
00:55=	00:17-	01:31=	00:40-	02:31-	00:25-	01:13-	00:57-	01:01-	01:10+	00:21-	00:38-	00:13+	00:57-	03:51+	01:37+	01:18=	01:37+	00:22-	01:08+	01:27+	00:54+	00:22-	00:15+
00:00=	00:01-	00:00=	00:01-	00:08-	00:02-	00:01-	00:22-	00:24-	00:24&	00:09-	00:09-	00:03&	00:07-	01:17&	00:16#	00:00=	00:04+	00:03-	00:05+	00:05+	00:03+	00:02-	00:02#
3	Otte Omdal	903	26:27																				
00:51-	01:16+	02:48+	03:28+	05:59-	06:27-	07:48+	08:44-	09:46-	10:31-	10:56-	11:38-	11:50-	12:56-	14:52-	18:18+	19:47+	21:24+	22:01+	23:16+	24:49+	25:50+	26:14+	26:27+
00:51-	00:25+	01:32+	00:40-	02:31-	00:28+	01:21+	00:56-	01:02-	00:45-	00:25-	00:42-	00:12+	01:06+	01:56-	03:26+	01:29+	01:37+	00:37+	01:15+	01:33+	01:01+	00:24=	00:13=
00:04-	00:07&	00:01+	00:03-	00:08-	00:01+	00:07&	00:23-	00:23-	00:01-	00:05-	00:05-	00:02#	00:02+	00:38-	02:05@	00:11#	00:04+	00:12&	00:12#	00:11#	00:10#	00:00=	00:00=
4	Kjell Skjæveland	3515	28:19																				
01:07+	01:27+	03:16+	03:54+	06:45+	07:14+	09:11+	10:15+	11:24+	12:22+	12:54+	13:35+	13:56+	14:57+	18:16+	19:51+	21:18+	23:15+	23:36+	24:48+	26:15+	27:32+	28:04+	28:19+
01:07+	00:20+	01:49+	00:38-	02:51+	00:29+	01:57+	01:04-	01:09-	00:58+	00:32+	00:41-	00:21+	01:01-	03:19+	01:35+	01:27+	01:57+	00:21-	01:12+	01:27+	01:17+	00:32+	00:15+
00:12#	00:02#	00:18#	00:03-	00:12+	00:02+	00:43#	00:15-	00:16-	00:12&	00:02+	00:06-	00:11@	00:03-	00:45&	00:14#	00:09#	00:24&	00:04-	00:09#	00:05+	00:26&	00:08&	00:02#
5	Olav Tunheim	1884	29:02																				
01:02+	01:36+	03:33+	04:14+	07:21+	07:57+	09:38+	10:47+	12:19+	13:11+	13:48+	14:29+	14:49+	16:30+	18:25+	20:31+	22:04+	23:48+	24:17+	25:29+	27:08+	28:16+	28:46+	29:02+
01:02+	00:34+	01:57+	00:41=	03:07+	00:36+	01:41+	01:09-	01:32+	00:52+	00:37+	00:41-	00:20+	01:41+	01:55-	02:06+	01:33+	01:44+	00:29+	01:12+	01:39+	01:08+	00:30+	00:16+
00:07#	00:16&	00:26&	00:00=	00:28#	00:09&	00:27&	00:10-	00:07+	00:06#	00:07#	00:06-	00:10&	00:37&	00:39-	00:45&	00:15#	00:11#	00:04#	00:09#	00:17#	00:17&	00:06#	00:03#
6	Sveinung Svebestad	878	29:37																				
01:05+	01:28+	03:16+	03:52+	06:47+	07:20+	09:15+	10:22+	11:35+	12:33+	13:00+	13:52+	14:08+	15:16+	17:40+	19:57+	21:53+	23:53+	24:18+	25:55+	27:41+	28:51+	29:19+	29:37+
01:05+	00:23+	01:48+	00:36-	02:55+	00:33+	01:55+	01:07-	01:13-	00:58+	00:27-	00:52+	00:16+	01:08+	02:24-	02:17+	01:56+	02:00+	00:25=	01:37+	01:46+	01:10+	00:28+	00:18+
00:10#	00:05&	00:17#	00:05-	00:16#	00:06#	00:41&	00:12-	00:12-	00:12&	00:03-	00:05#	00:06&	00:04+	00:10-	00:56&	00:38&	00:27&	00:00=	00:34&	00:24&	00:19&	00:04#	00:05&
7	Ivar Knutsen	1683	31:38																				
01:15+	01:44+	03:52+	04:26+	07:54+	08:57+	10:34+	11:58+	13:16+	14:19+	14:58+	15:57+	16:08+	17:18+	20:01+	21:55+	23:53+	25:40+	26:28+	27:51+	29:31+	30:41+	31:17+	31:38+
01:15+	00:29+	02:08+	00:34-	03:28+	01:03+	01:37+	01:24+	01:18-	01:03+	00:39+	00:59+	00:11+	01:10+	02:43+	01:54+	01:58+	01:47+	00:48+	01:23+	01:40+	01:10+	00:36+	00:21+
00:20&	00:11&	00:37&	00:07-	00:49&	00:36@	00:23&	00:05+	00:07-	00:17&	00:09&	00:12&	00:01+	00:06+	00:09+	00:33&	00:40&	00:14#	00:23&	00:20&	00:18#	00:19&	00:12&	00:08&
8	Arnstein Skretting	3529	33:20																				
01:34+	02:02+	04:09+	04:45+	07:59+	08:41+	10:40+	11:44+	13:10+	14:17+	14:51+	15:47+	16:07+	17:21+	19:27+	22:35+	24:23+	26:56+	27:23+	29:07+	31:04+	32:32+	33:05+	33:20+
01:34+	00:28+	02:07+	00:36-	03:14+	00:42+	01:59+	01:04-	01:26+	01:07+	00:34+	00:56+	00:20+	01:14+	02:06-	03:08+	01:48+	02:33+	00:27+	01:44+	01:57+	01:28+	00:33+	00:15+
00:39&	00:10&	00:36&	00:05-	00:35#	00:15&	00:45&	00:15-	00:01+	00:21&	00:04#	00:09#	00:10&	00:10#	00:28-	01:47@	00:30&	01:00&	00:02+	00:41&	00:35&	00:37&	00:09&	00:02#
9	Jan Arendal	1683	36:12																				
01:27+	01:57+	04:27+	05:18+	09:07+	09:45+	12:10+	13:34+	15:09+	16:22+	17:08+	18:12+	18:32+	20:24+	22:57+	25:04+	27:00+	29:17+	29:46+	31:31+	33:36+	35:05+	35:47+	36:12+
01:27+	00:30+	02:30+	00:51+	03:49+	00:38+	02:25+	01:24+	01:35+	01:13+	00:46+	01:04+	00:20+	01:52+	02:33-	02:07+	01:56+	02:17+	00:29+	01:45+	02:05+	01:29+	00:42+	00:25+
00:32&	00:12&	00:59&	00:10#	01:10&	00:11&	01:11&	00:05+	00:10#	00:27&	00:16&	00:17&	00:10&	00:48&	00:01-	00:46&	00:38&	00:44&	00:04#	00:42&	00:43&	00:38&	00:18&	00:12&

H65

10	Ernst Kristensen	1683	41:01																				
01:09+	01:47+	03:46+	05:19+	08:21+	08:54+	14:01+	15:07+	16:29+	17:38+	18:14+	19:04+	19:19+	20:47+	28:10+	30:19+	32:36+	34:49+	35:20+	37:22+	39:01+	40:08+	40:44+	41:01+
01:09+	00:38+	01:59+	01:33+	03:02+	00:33+	05:07+	01:06-	01:22-	01:09+	00:36+	00:50+	00:15+	01:28+	07:23+	02:09+	02:17+	02:13+	00:31+	02:02+	01:39+	01:07+	00:36+	00:17+
00:14&	00:20&	00:28&	00:52&	00:23#	00:06#	03:53&	00:13-	00:03-	00:23&	00:06#	00:03+	00:05&	00:24&	04:49&	00:48&	00:59&	00:40&	00:06#	00:59&	00:17#	00:16&	00:12&	00:04&
11	Per Kolbein Tonstad	3507	45:22																				
01:23+	01:51+	04:42+	05:23+	09:12+	10:01+	13:19+	15:05+	16:46+	18:49+	19:13+	20:29+	20:53+	23:26+	27:08+	30:17+	32:51+	36:48+	37:25+	39:16+	42:56+	44:31+	45:02+	45:22+
01:23+	00:28+	02:51+	00:41+	03:49+	00:49+	03:18+	01:46+	01:41+	02:03+	00:24+	01:16+	00:24+	02:33+	03:42+	03:09+	02:34+	03:57+	00:37+	01:51+	03:40+	01:35+	00:31+	00:20+
01:23+	00:28+	02:51+	00:41+	03:49+	00:49+	03:18+	01:46+	01:41+	02:03+	00:24+	01:16+	00:24+	02:33+	03:42+	03:09+	02:34+	03:57+	00:37+	01:51+	03:40+	01:35+	00:31+	00:20+
12	Sverre Magnar Nordal	1683	46:13																				
01:22+	01:55+	04:52+	06:05+	09:49+	10:29+	13:40+	15:09+	16:55+	18:11+	19:13+	20:25+	21:22+	24:57+	28:06+	30:56+	32:58+	37:00+	37:28+	41:19+	43:40+	45:20+	45:53+	46:13+
01:22+	00:33+	02:57+	01:13+	03:44+	00:40+	03:11+	01:29+	01:46+	01:16+	01:02+	01:12+	00:57+	03:35+	03:09+	02:50+	02:02+	04:02+	00:28+	03:51+	02:21+	01:40+	00:33+	00:20+
01:22+	00:33+	02:57+	01:13+	03:44+	00:40+	03:11+	01:29+	01:46+	01:16+	01:02+	01:12+	00:57+	03:35+	03:09+	02:50+	02:02+	04:02+	00:28+	03:51+	02:21+	01:40+	00:33+	00:20+

Beste strekktid for klassen

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

H70

1	Svein Berge	643	25:56																				
01:01=	01:24=	02:59=	03:27=	06:20=	06:50=	08:25=	09:50=	10:57=	12:05=	12:34=	13:23=	13:34=	14:36=	16:19=	17:30=	18:59=	20:55=	21:25=	22:46=	24:14=	25:16=	25:42=	25:56=
01:01=	00:23=	01:35=	00:28=	02:53=	00:30=	01:35=	01:25=	01:07=	01:08=	00:29=	00:49=	00:11=	01:02=	01:43=	01:11=	01:29=	01:56=	00:30=	01:21=	01:28=	01:02=	00:26=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arne Kristian Espedal	874	26:11																				
00:53-	01:13-	02:53-	03:24-	06:30+	06:58+	10:19+	11:25+	12:26+	13:17+	13:44+	14:27+	14:38+	15:27+	16:56+	18:24+	19:44+	21:15+	21:34+	22:34-	24:06-	25:36+	25:56+	26:11+
00:53-	00:20-	01:40+	00:31+	03:06+	00:28-	03:21+	01:06-	01:01-	00:51-	00:27-	00:43-	00:11=	00:49-	01:29-	01:28+	01:20-	01:31-	00:19-	01:00-	01:32+	01:30+	00:20-	00:15+
00:08-	00:03-	00:05+	00:03#	00:13+	00:02-	01:46&	00:19-	00:06-	00:17-	00:02-	00:06-	00:00=	00:13-	00:14-	00:17#	00:09-	00:25-	00:11-	00:21-	00:04+	00:28&	00:06-	00:01+
3	Bjørn Martin Alsaker	3530	26:19																				
01:00-	01:20-	02:56-	04:03+	06:47+	07:16+	09:03+	10:09+	11:22+	12:11+	12:35+	13:17-	13:29-	14:26-	16:21+	17:58+	19:46+	21:30+	22:01+	23:13+	24:43+	25:41+	26:03+	26:19+
01:00-	00:20-	01:36+	01:07+	02:44-	00:29-	01:47+	01:06-	01:13+	00:49-	00:24-	00:42-	00:12+	00:57-	01:55+	01:37+	01:48+	01:44-	00:31+	01:12-	01:30+	00:58-	00:22-	00:16+
00:01-	00:03-	00:01+	00:39&	00:09-	00:01-	00:12#	00:19-	00:06+	00:19-	00:05-	00:07-	00:01+	00:05-	00:12#	00:26&	00:19#	00:12-	00:01+	00:09-	00:02+	00:04-	00:04-	00:02#
4	Harry Breiland	3507	28:26																				
01:08+	01:31+	03:18+	04:18+	06:58+	07:33+	09:21+	10:22+	11:43+	12:40+	13:14+	14:05+	14:31+	15:34+	17:32+	19:37+	21:16+	23:10+	23:35+	25:10+	26:42+	27:43+	28:09+	28:26+
01:08+	00:23=	01:47+	01:00+	02:40-	00:35+	01:48+	01:01-	01:21+	00:57-	00:34+	00:51+	00:26+	01:03+	01:58+	02:05+	01:39+	01:54-	00:25-	01:35+	01:32+	01:01-	00:26=	00:17+
00:07#	00:00=	00:12#	00:32&	00:13-	00:05#	00:13#	00:24-	00:14#	00:11-	00:05#	00:02+	00:15&	00:01+	00:15#	00:54&	00:10#	00:02-	00:05-	00:14#	00:04+	00:01-	00:00=	00:03#
5	Tor Geir Espedal	3530	32:35																				
01:11+	01:33+	03:22+	04:56+	08:20+	08:50+	10:41+	11:54+	14:05+	15:00+	15:39+	16:53+	17:07+	18:16+	20:14+	22:54+	24:31+	26:26+	26:53+	28:49+	30:35+	31:46+	32:17+	32:35+
01:11+	00:22-	01:49+	01:34+	03:24+	00:30=	01:51+	01:13-	02:11+	00:55-	00:39+	01:14+	00:14+	01:09+	01:58+	02:40+	01:37+	01:55-	00:27-	01:56+	01:46+	01:11+	00:31+	00:18+
00:10#	00:01-	00:14#	01:06&	00:31#	00:00=	00:16#	00:12-	01:04&	00:13-	00:10&	00:25&	00:03&	00:07#	00:15#	01:29&	00:08+	00:01-	00:03-	00:35&	00:18#	00:09#	00:05#	00:04&
6	Ragnvald Frøyland	879	34:12																				
01:21+	01:57+	04:47+	06:33+	09:41+	10:18+	12:22+	13:28+	14:49+	15:52+	16:29+	17:21+	17:48+	18:53+	21:16+	23:40+	25:24+	27:32+	28:12+	29:51+	31:51+	33:25+	33:53+	34:12+
01:21+	00:36+	02:50+	01:46+	03:08+	00:37+	02:04+	01:06-	01:21+	01:03-	00:37+	00:52+	00:27+	01:05+	02:23+	02:24+	01:44+	02:08+	00:40+	01:39+	02:00+	01:34+	00:28+	00:19+
00:20&	00:13&	01:15&	01:18&	00:15+	00:07#	00:29&	00:19-	00:14#	00:05-	00:08&	00:03+	00:16&	00:03+	00:40&	01:13&	00:15#	00:12#	00:10&	00:18#	00:32&	00:32&	00:02+	00:05&
7	Arne Magne Handeland	892	35:49																				
01:18+	01:55+	04:22+	05:16+	08:40+	09:17+	10:54+	12:07+	13:27+	14:32+	15:17+	16:08+	16:25+	19:07+	21:36+	24:18+	26:22+	28:41+	29:21+	31:30+	33:21+	34:48+	35:30+	35:49+
01:18+	00:37+	02:27+	00:54+	03:24+	00:37+	01:37+	01:13-	01:20+	01:05-	00:45+	00:51+	00:17+	02:42+	02:29+	02:42+	02:04+	02:19+	00:40+	02:09+	01:51+	01:27+	00:42+	00:19+
00:17&	00:14&	00:52&	00:26&	00:31#	00:07#	00:02+	00:12-	00:13#	00:03-	00:16&	00:02+	00:06&	01:40&	00:46&	01:31&	00:35&	00:23#	00:10&	00:48&	00:23&	00:25&	00:16&	00:05&
8	Jan Inge Lunde	1830	36:07																				
01:18+	01:43+	04:31+	06:02+	09:57+	10:34+	13:45+	15:00+	16:58+	18:00+	18:37+	19:29+	19:42+	20:59+	23:17+	24:59+	27:14+	29:36+	30:17+	32:00+	34:03+	35:20+	35:49+	36:07+
01:18+	00:25+	02:48+	01:31+	03:55+	00:37+	03:11+	01:15-	01:58+	01:02-	00:37+	00:52+	00:13+	01:17+	02:18+	01:42+	02:15+	02:22+	00:41+	01:43+	02:03+	01:17+	00:29+	00:18+
00:17&	00:02+	01:13&	01:03&	01:02&	00:07#	01:36&	00:10-	00:51&	00:06-	00:08&	00:03+	00:02#	00:15#	00:35&	00:31&	00:46&	00:26#	00:11&	00:22&	00:35&	00:15#	00:03#	00:04&
9	Ivar Aalbu	3505	37:05																				
02:56+	03:57+	05:07+	08:59+	09:39+	14:35+	17:55+	19:13+	25:57+	28:34+	30:53+	31:54+	35:43+	36:44+	37:05+									
02:56+	01:01+	01:10-	03:52+	00:40-	04:56+	03:20+	01:18-	06:44+	02:37+	02:19+	01:01+	03:49+	01:01-	00:21-									
01:55&	00:38&	00:25-	03:24&	02:13-	04:26&	01:45&	00:07-	05:37&	01:29&	01:50&	00:12#	03:38&	00:01-	01:22-									

H70

10	Bjørn Bjelland	3541	40:50																				
01:30+	02:01+	04:16+	04:55+	09:17+	09:54+	11:44+	12:58+	14:17+	15:22+	16:00+	16:47+	17:10+	18:15+	21:36+	24:03+	25:24+	30:50+	31:18+	33:32+	38:23+	39:56+	40:31+	40:50+
01:30+	00:31+	02:15+	00:39+	04:22+	00:37+	01:50+	01:14-	01:19+	01:05-	00:38+	00:47-	00:23+	01:05+	03:21+	02:27+	01:21-	05:26+	00:28-	02:14+	04:51+	01:33+	00:35+	00:19+
00:29&	00:08&	00:40&	00:11&	01:29&	00:07#	00:15#	00:11-	00:12#	00:03-	00:09&	00:02-	00:12@	00:03+	01:38&	01:16@	00:08-	03:30@	00:02-	00:53&	03:23@	00:31&	00:09&	00:05&
11	Leif Kåre Lende	879	41:21																				
01:26+	01:57+	05:23+	06:25+	10:49+	11:21+	13:51+	15:34+	17:27+	18:56+	20:46+	22:05+	22:29+	23:53+	26:17+	28:10+	30:09+	33:00+	33:32+	35:54+	38:16+	40:18+	40:57+	41:21+
01:26+	00:31+	03:26+	01:02+	04:24+	00:32+	02:30+	01:43+	01:53+	01:29+	01:50+	01:19+	00:24+	01:24+	02:24+	01:53+	01:59+	02:51+	00:32+	02:22+	02:22+	02:02+	00:39+	00:24+
01:26+	00:31+	03:26+	01:02+	04:24+	00:32+	02:30+	01:43+	01:53+	01:29+	01:50+	01:19+	00:24+	01:24+	02:24+	01:53+	01:59+	02:51+	00:32+	02:22+	02:22+	02:02+	00:39+	00:24+
12	Svein Ims	903	42:21																				
01:15+	01:51+	04:09+	05:46+	09:11+	10:47+	13:37+	14:58+	16:38+	17:46+	18:18+	20:11+	20:29+	22:02+	25:07+	27:05+	28:51+	31:37+	33:43+	35:30+	39:51+	41:09+	42:03+	42:21+
01:15+	00:36+	02:18+	01:37+	03:25+	01:36+	02:50+	01:21+	01:40+	01:08+	00:32+	01:53+	00:18+	01:33+	03:05+	01:58+	01:46+	02:06+	01:47+	04:21+	01:18+	00:54+	00:18+	
01:15+	00:36+	02:18+	01:37+	03:25+	01:36+	02:50+	01:21+	01:40+	01:08+	00:32+	01:53+	00:18+	01:33+	03:05+	01:58+	01:46+	02:06+	01:47+	04:21+	01:18+	00:54+	00:18+	
13	Tor Harald Lunde	3511	50:33																				
02:39+	03:00+	05:41+	06:41+	10:42+	11:48+	14:16+	15:35+	17:17+	18:57+	20:00+	22:02+	23:41+	25:14+	28:20+	34:40+	37:03+	40:20+	40:50+	42:50+	46:44+	49:37+	50:15+	50:33+
02:39+	00:21+	02:41+	01:00+	04:01+	01:06+	02:28+	01:19+	01:42+	01:40+	01:03+	02:02+	01:39+	01:33+	03:06+	06:20+	02:23+	03:17+	00:30+	02:00+	03:54+	02:53+	00:38+	00:18+
02:39+	00:21+	02:41+	01:00+	04:01+	01:06+	02:28+	01:19+	01:42+	01:40+	01:03+	02:02+	01:39+	01:33+	03:06+	06:20+	02:23+	03:17+	00:30+	02:00+	03:54+	02:53+	00:38+	00:18+
14	Olav Habbestad	1683	59:33																				
01:14+	01:50+	04:33+	06:35+	10:11+	10:51+	17:16+	18:23+	19:41+	20:53+	21:47+	23:06+	23:39+	25:25+	38:03+	42:02+	45:52+	51:04+	51:31+	54:31+	57:27+	58:39+	59:10+	59:33+
01:14+	00:36+	02:43+	02:02+	03:36+	00:40+	06:25+	01:07+	01:18+	01:12+	00:54+	01:19+	00:33+	01:46+	12:38+	03:59+	03:50+	05:12+	00:27+	03:00+	02:56+	01:12+	00:31+	00:23+
01:14+	00:36+	02:43+	02:02+	03:36+	00:40+	06:25+	01:07+	01:18+	01:12+	00:54+	01:19+	00:33+	01:46+	12:38+	03:59+	03:50+	05:12+	00:27+	03:00+	02:56+	01:12+	00:31+	00:23+

Beste strekktid for klassen

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

H75

1	Olav A. Hognestad	892	32:54																		
00:47=	01:57=	04:01=	05:10=	05:27=	08:57=	09:30=	11:37=	13:33=	14:47=	15:54=	17:15=	19:24=	20:59=	22:27=	24:22=	27:40=	28:04=	28:53=	31:12=	32:34=	32:54=
00:47=	01:10=	02:04=	01:09=	00:17=	03:30=	00:33=	02:07=	01:56=	01:14=	01:07=	01:21=	02:09=	01:35=	01:28=	01:55=	03:18=	00:24=	00:49=	02:19=	01:22=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Finn-Morten Årstad	3530	34:14																		
00:45-	01:40-	06:15+	06:48+	07:04+	10:25+	11:03+	12:58+	15:15+	16:29+	18:49+	20:17+	22:21+	23:29+	25:04+	27:11+	29:25+	29:50+	30:35+	32:38+	33:55+	34:14+
00:45-	00:55-	04:35+	00:33-	00:16-	03:21-	00:38+	01:55-	02:17+	01:14+	02:20+	01:28+	02:04-	01:08-	01:35+	02:07+	02:14-	00:25+	00:45-	02:03-	01:17-	00:19-
00:02-	00:15-	02:31@	00:36-	00:01-	00:09-	00:05#	00:12-	00:21#	00:00=	01:13@	00:07+	00:05-	00:27-	00:07+	00:12#	01:04-	00:01+	00:04-	00:16-	00:05-	00:01-
3	Paul Andreas Paulsen	896	39:21																		
01:35+	02:51+	05:16+	05:59+	06:13+	10:14+	10:59+	13:48+	16:37+	18:06+	19:51+	21:30+	23:59+	25:25+	26:29+	28:38+	33:35+	34:03+	35:06+	37:28+	38:58+	39:21+
01:35+	01:16+	02:25+	00:43-	00:14-	04:01+	00:45+	02:49+	02:49+	01:29+	01:45+	01:39+	02:29+	01:26-	01:04-	02:09+	04:57+	00:28+	01:03+	02:22+	01:30+	00:23+
00:48@	00:06+	00:21#	00:26-	00:03-	00:31#	00:12&	00:42&	00:53&	00:15#	00:38&	00:18#	00:20#	00:09-	00:24-	00:14#	01:39&	00:04#	00:14&	00:03+	00:08+	00:03#
4	Kjell Svihus	892	39:24																		
00:54+	02:03+	04:27+	05:25+	05:41+	10:08+	11:02+	13:43+	16:06+	17:38+	19:13+	21:01+	24:02+	25:48+	26:48+	29:33+	32:55+	33:29+	34:40+	37:19+	39:00+	39:24+
00:54+	01:09-	02:24+	00:58-	00:16-	04:27+	00:54+	02:41+	02:23+	01:32+	01:35+	01:48+	03:01+	01:46+	01:00-	02:45+	03:22+	00:34+	01:11+	02:39+	01:41+	00:24+
00:07#	00:01-	00:20#	00:11-	00:01-	00:57&	00:21&	00:34&	00:27#	00:18#	00:28&	00:27&	00:52&	00:11#	00:28-	00:50&	00:04+	00:10&	00:22&	00:20#	00:19#	00:04#
5	Kjell-Ingar Olsen	1119	39:34																		
02:20+	03:22+	05:35+	06:04+	06:18+	10:33+	11:21+	13:57+	17:09+	18:50+	20:16+	22:04+	24:18+	27:32+	29:20+	31:54+	34:21+	34:47+	35:32+	37:55+	39:13+	39:34+
02:20+	01:02-	02:13+	00:29-	00:14-	04:15+	00:48+	02:36+	03:12+	01:41+	01:26+	01:48+	02:14+	03:14+	01:48+	02:34+	02:27-	00:26+	00:45-	02:23+	01:18-	00:21+
01:33@	00:08-	00:09+	00:40-	00:03-	00:45#	00:15&	00:29#	01:16&	00:27&	00:19&	00:27&	00:05+	01:39@	00:20#	00:39&	00:51-	00:02+	00:04-	00:04+	00:04-	00:01+
6	Ole Auklend	885	41:41																		
00:56+	01:54-	04:31+	05:29+	05:47+	10:04+	10:50+	13:25+	16:05+	18:18+	20:09+	22:07+	25:03+	26:51+	28:37+	31:22+	34:54+	35:30+	36:39+	39:20+	41:03+	41:41+
00:56+	00:58-	02:37+	00:58-	00:18+	04:17+	00:46+	02:35+	02:40+	02:13+	01:51+	01:58+	02:56+	01:48+	01:46+	02:45+	03:32+	00:36+	01:09+	02:41+	01:43+	00:38+
00:09#	00:12-	00:33&	00:11-	00:01+	00:47#	00:13&	00:28#	00:44&	00:59&	00:44&	00:37&	00:47&	00:13#	00:18#	00:50&	00:14+	00:12&	00:20&	00:22#	00:21&	00:18&
7	Norvald Skretting	1832	49:55																		
01:28+	04:09+	07:04+	07:42+	08:00+	12:01+	12:42+	14:58+	17:26+	19:32+	20:59+	22:57+	29:42+	31:24+	33:21+	36:26+	40:41+	41:15+	42:12+	45:01+	49:25+	49:55+
01:28+	02:41+	02:55+	00:38-	00:18+	04:01+	00:41+	02:16+	02:28+	02:06+	01:27+	01:58+	06:45+	01:42+	01:57+	03:05+	04:15+	00:34+	00:57+	02:49+	04:24+	00:30+
00:41&	01:31@	00:51&	00:31-	00:01+	00:31#	00:08#	00:09+	00:32&	00:52&	00:20&	00:37&	04:36@	00:07+	00:29&	01:10&	00:57&	00:10&	00:08#	00:30#	03:02@	00:10&

H75

8 Sverre Uhlving

722

50:48

00:52+	02:12+	05:04+	05:46+	06:03+	12:03+	12:54+	15:56+	19:22+	23:16+	25:02+	27:34+	30:54+	33:02+	36:07+	38:55+	42:07+	43:29+	44:41+	47:30+	49:04+	50:48+
00:52+	01:20+	02:52+	00:42-	00:17=	06:00+	00:51+	03:02+	03:26+	03:54+	01:46+	02:32+	03:20+	02:08+	03:05+	02:48+	03:12-	01:22+	01:12+	02:49+	01:34+	01:44+
00:05#	00:10#	00:48&	00:27-	00:00=	02:30&	00:18&	00:55&	01:30&	02:40#	00:39&	01:11&	01:11&	00:33&	01:37#	00:53&	00:06-	00:58#	00:23&	00:30#	00:12#	01:24#

Beste strekktid for klassen

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

H80

1 Hermann Skogsholm

1754

35:36

01:10=	02:14=	02:53=	06:22=	07:07=	08:53=	10:00=	12:21=	13:54=	18:57=	20:29=	22:08=	25:56=	26:51=	28:58=	32:11=	32:49=	33:21=	34:06=	35:15=	35:36=
01:10=	01:04=	00:39=	03:29=	00:45=	01:46=	01:07=	02:21=	01:33=	05:03=	01:32=	01:39=	03:48=	00:55=	02:07=	03:13=	00:38=	00:32=	00:45=	01:09=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Steinar Undheim

3529

35:43

01:16+	02:25+	03:17+	07:08+	07:54+	08:41-	10:24+	12:50+	14:59+	17:17-	18:44-	20:21-	24:44-	26:09-	29:42+	32:25+	33:07+	33:48+	34:45+	35:23+	35:43+
01:16+	01:09+	00:52+	03:51+	00:46+	00:47-	01:43+	02:26+	02:09+	02:18-	01:27-	01:37-	04:23+	01:25+	03:33+	02:43-	00:42+	00:41+	00:57+	00:38-	00:20-
00:06+	00:05+	00:13&	00:22#	00:01+	00:59-	00:36&	00:05+	00:36&	02:45-	00:05-	00:02-	00:35#	00:30&	01:26&	00:30-	00:04#	00:09&	00:12&	00:31-	00:01-

3 Øyvind Egeskog

880

35:58

01:05-	02:11-	03:39+	08:08+	09:10+	10:19+	11:42+	13:50+	15:21+	16:59-	18:11-	20:39-	26:30+	27:45+	30:03+	32:57+	33:40+	34:15+	35:08+	35:39+	35:58+
01:05-	01:06+	01:28+	04:29+	01:02+	01:09-	01:23+	02:08-	01:31-	01:38-	01:12-	02:28+	05:51+	01:15+	02:18+	02:54-	00:43+	00:35+	00:53+	00:31-	00:19-
00:05-	00:02+	00:49#	01:00&	00:17&	00:37-	00:16#	00:13-	00:02-	03:25-	00:20-	00:49&	02:03&	00:20&	00:11+	00:19-	00:05#	00:03+	00:08#	00:38-	00:02-

4 Svein Glendrange

874

37:33

01:21+	02:28+	03:16+	07:27+	08:13+	10:22+	11:42+	14:43+	16:22+	18:42-	19:54-	21:58-	25:38-	26:56+	30:02+	33:28+	34:28+	35:15+	36:22+	37:05+	37:33+
01:21+	01:07+	00:48+	04:11+	00:46+	02:09+	01:20+	03:01+	01:39+	02:20-	01:12-	02:04+	03:40-	01:18+	03:06+	03:26+	01:00+	00:47+	01:07+	00:43-	00:28+
00:11#	00:03+	00:09#	00:42#	00:01+	00:23#	00:13#	00:40&	00:06+	02:43-	00:20-	00:25&	00:08-	00:23&	00:05#	00:13+	00:22&	00:15&	00:22&	00:26-	00:07&

5 Harald Vatne

2342

41:09

01:15+	02:28+	03:20+	07:46+	08:44+	11:36+	13:03+	15:39+	17:17+	19:33+	20:47+	23:03+	26:52+	28:22+	32:08+	37:07+	38:01+	39:02+	40:02+	40:46+	41:09+
01:15+	01:13+	00:52+	04:26+	00:58+	02:52+	01:27+	02:36+	01:38+	02:16-	01:14-	02:16+	03:49+	01:30+	03:46+	04:59+	00:54+	01:01+	01:00+	00:44-	00:23+
00:05+	00:09#	00:13&	00:57&	00:13&	01:06&	00:20&	00:15#	00:05+	02:47-	00:18-	00:37&	00:01+	00:35&	01:39&	01:46&	00:16&	00:29&	00:15&	00:25-	00:02+

6 Terje Braut

892

50:10

01:37+	02:53+	03:51+	10:48+	12:41+	13:20+	15:05+	20:34+	22:33+	25:21+	26:54+	28:53+	32:38+	35:13+	37:52+	42:23+	44:11+	45:41+	49:11+	49:51+	50:10+
01:37+	01:16+	00:58+	06:57+	01:53+	00:39-	01:45+	05:29+	01:59+	02:48-	01:33+	01:59+	03:45-	02:35+	02:39+	04:31+	01:48+	01:30+	03:30+	00:40-	00:19-
00:27&	00:12#	00:19&	03:28&	01:08#	01:07-	00:38&	03:08#	00:26&	02:15-	00:01+	00:20#	00:03-	01:40#	00:32&	01:18&	01:10#	00:58#	02:45#	00:29-	00:02-

7 Magne Jakobsen

3524

56:13

04:13+	05:39+	07:56+	15:22+	16:20+	17:20+	20:26+	23:22+	25:14+	27:31+	29:19+	31:52+	39:04+	40:47+	45:22+	49:53+	50:39+	51:30+	54:56+	55:48+	56:13+
04:13+	01:26+	02:17+	07:26+	00:58+	01:00-	03:06+	02:56+	01:52+	02:17-	01:48+	02:33+	07:12+	01:43+	04:35+	04:31+	00:46+	00:51+	03:26+	00:52-	00:25+
03:03#	00:22&	01:38#	03:57#	00:13&	00:46-	01:59#	00:35#	00:19#	02:46-	00:16#	00:54&	03:24&	00:48&	02:28#	01:18&	00:08#	00:19&	02:41#	00:17-	00:04#

8 Arne Brandsberg

3502

56:58

02:01+	03:41+	04:54+	17:00+	18:01+	20:41+	22:42+	26:15+	28:31+	31:20+	32:52+	35:21+	41:46+	43:38+	47:25+	52:02+	53:08+	54:05+	55:29+	56:20+	56:58+
02:01+	01:40+	01:13+	12:06+	01:01+	02:40+	02:01+	03:33+	02:16+	02:49-	01:32=	02:29+	06:25+	01:52+	03:47+	04:37+	01:06+	00:57+	01:24+	00:51-	00:38+
00:51&	00:36&	00:34&	08:37#	00:16&	00:54&	00:54&	01:12&	00:43&	02:14-	00:00=	00:50&	02:37&	00:57#	01:40&	01:24&	00:28&	00:25&	00:39&	00:18-	00:17&

9 Tormod Aaslid

3529

1:01:15

01:28+	02:44+	09:30+	18:19+	19:23+	20:15+	21:45+	26:01+	31:00+	33:28+	34:43+	37:26+	43:30+	46:28+	51:45+	56:45+	57:24+	58:38+	59:51+	60:51+	61:15+
01:28+	01:16+	06:46+	08:49+	01:04+	00:52-	01:30+	04:16+	04:59+	02:28-	01:15-	02:43+	06:04+	02:58+	05:17+	05:00+	00:39+	01:14+	01:13+	01:00-	00:24+
00:18&	00:12#	06:07#	05:20#	00:19&	00:54-	00:23&	01:55&	03:26#	02:35-	00:17-	01:04&	02:16&	02:03#	03:10#	01:47&	00:01+	00:42#	00:28&	00:09-	00:03#

10 Sigurd Krosli

1884

1:01:23

08:15+	09:21+	10:41+	16:04+	16:45+	17:39+	18:51+	21:48+	25:32+	27:49+	29:19+	31:23+	36:45+	42:53+	47:08+	52:37+	53:43+	54:39+	55:46+	61:01+	61:23+
08:15+	01:06+	01:20+	05:23+	00:41-	00:54-	01:12+	02:57+	03:44+	02:17-	01:30-	02:04+	05:22+	06:08+	04:15+	05:29+	01:06+	00:56+	01:07+	05:15+	00:22+
07:05#	00:02+	00:41#	01:54&	00:04-	00:52-	00:05+	00:36&	02:11#	02:46-	00:02-	00:25&	01:34&	05:13#	02:08#	02:16&	00:28&	00:24&	00:22&	04:06#	00:01+

11 Reidar Liland

3507

1:11:17

03:26+	05:15+	06:18+	13:10+	14:37+	15:48+	19:23+	22:58+	25:11+	27:56+	30:21+	34:50+	55:17+	57:26+	62:09+	66:30+	67:34+	68:37+	69:52+	70:46+	71:17+
03:26+	01:49+	01:03+	06:52+	01:27+	01:11-	03:35+	03:35+	02:13+	02:45-	02:25+	04:29+	20:27+	02:09+	04:43+	04:21+	01:04+	01:03+	01:15+	00:54-	00:31+
02:16#	00:45&	00:24&	03:23&	00:42&	00:35-	02:28#	01:14&	00:40&	02:18-	00:53&	02:50#	16:39#	01:14#	02:36#	01:08&	00:26&	00:31&	00:30&	00:15-	00:10&

H80

12 Kjell Audun Maudal

3524

1:11:47

03:57+	05:46+	06:58+	13:50+	15:14+	16:31+	19:53+	23:39+	25:51+	28:33+	30:53+	35:30+	55:55+	58:06+	62:29+	66:59+	68:04+	69:04+	70:24+	71:27+	71:47+
03:57+	01:49+	01:12+	06:52+	01:24+	01:17-	03:22+	03:46+	02:12+	02:42-	02:20+	04:37+	20:25+	02:11+	04:23+	04:30+	01:05+	01:00+	01:20+	01:03-	00:20-
02:47@	00:45&	00:33&	03:23&	00:39&	00:29-	02:15@	01:25&	00:39&	02:21-	00:48&	02:58@	16:37@	01:16@	02:16@	01:17&	00:27&	00:28&	00:35&	00:06-	00:01-

13 Magne Andreas Westerheim

1884

1:16:20

09:20+	10:38+	11:41+	18:26+	19:51+	21:09+	24:22+	28:03+	30:32+	33:09+	35:32+	40:11+	60:30+	62:45+	66:40+	71:28+	72:42+	73:47+	75:03+	75:57+	76:20+
09:20+	01:18+	01:03+	06:45+	01:25+	01:18+	03:13+	03:41+	02:29+	02:37+	02:23+	04:39+	20:19+	02:15+	03:55+	04:48+	01:14+	01:05+	01:16+	00:54+	00:23+
09:20+	01:18+	01:03+	06:45+	01:25+	01:18+	03:13+	03:41+	02:29+	02:37+	02:23+	04:39+	20:19+	02:15+	03:55+	04:48+	01:14+	01:05+	01:16+	00:54+	00:23+

Beste strekktid for klassen

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

HA

1 Jonas Klausen Espedal

3522

24:33

00:27=	00:51=	01:28=	01:55=	02:03=	03:49=	04:37=	06:53=	07:51=	08:39=	08:59=	09:16=	09:30=	10:00=	10:23=	11:27=	13:33=	14:16=	16:04=	16:45=	17:21=	17:42=	18:14=	19:06=	19:33=	20:03=
00:27=	00:24=	00:37=	00:27=	00:08=	01:46=	00:48=	02:16=	00:58=	00:48=	00:20=	00:17=	00:14=	00:30=	00:23=	01:04=	02:06=	00:43=	01:48=	00:41=	00:36=	00:21=	00:32=	00:52=	00:27=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
21:03=	22:06=	22:22=	23:40=	24:20=	24:33=																				
01:00=	01:03=	00:16=	01:18=	00:40=	00:13=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

2 Morten Bjerga Sundli

3522

25:27

00:26-	00:49-	01:33+	02:01+	02:09+	04:06+	04:53+	06:46-	07:54+	08:43+	09:01+	09:18+	09:33+	10:06+	10:31+	11:50+	13:25-	14:09-	16:25+	17:09+	17:47+	18:09+	18:41+	19:52+	20:20+	20:51+
00:26-	00:23-	00:44+	00:28+	00:08=	01:57+	00:47-	01:53-	01:08+	00:49+	00:18-	00:17=	00:15+	00:33+	00:25+	01:19+	01:35-	00:44+	02:16+	00:44+	00:38+	00:22+	00:32=	01:11+	00:28+	00:31+
00:01-	00:01-	00:07#	00:01+	00:00=	00:11#	00:01-	00:23-	00:10#	00:01+	00:02-	00:00=	00:01+	00:03+	00:02+	00:15#	00:31-	00:01+	00:28&	00:03+	00:02+	00:01+	00:00=	00:19&	00:01+	00:01+
21:51+	22:57+	23:13+	24:35+	25:15+	25:27+																				
01:00=	01:06+	00:16=	01:22+	00:40=	00:12-																				
00:00=	00:03+	00:00=	00:04+	00:00=	00:01-																				

3 Harald Kalager

793

26:50

00:30+	00:54+	01:47+	02:19+	02:36+	04:37+	05:28+	07:37+	08:47+	09:44+	10:07+	10:25+	10:44+	11:38+	12:03+	13:14+	14:52+	15:32+	17:30+	18:17+	18:58+	19:22+	19:55+	20:55+	21:22+	21:55+
00:30+	00:24=	00:53+	00:32+	00:17+	02:01+	00:51+	02:09-	01:10+	00:57+	00:23+	00:18+	00:19+	00:54+	00:25+	01:11+	01:38-	00:40-	01:58+	00:47+	00:41+	00:24+	00:33+	01:00+	00:27=	00:33+
00:03#	00:00=	00:16&	00:05#	00:09@	00:15#	00:03+	00:07-	00:12#	00:09#	00:03#	00:01+	00:05&	00:24&	00:02+	00:07#	00:28-	00:03-	00:10+	00:06#	00:05#	00:03#	00:01+	00:08#	00:00=	00:03+
22:58+	24:07+	24:24+	25:52+	26:37+	26:50+																				
01:03+	01:09+	00:17+	01:28+	00:45+	00:13=																				
00:03+	00:06+	00:01+	00:10#	00:05#	00:00=																				

4 Lars Erik Malde

3676

27:57

00:32+	00:52+	01:32+	02:04+	02:15+	04:17+	05:04+	07:45+	08:49+	09:37+	10:30+	10:48+	11:19+	11:55+	12:38+	13:36+	15:22+	16:08+	18:10+	19:03+	19:53+	20:17+	21:01+	21:58+	22:26+	22:58+
00:32+	00:20-	00:40+	00:32+	00:11+	02:02+	00:47-	02:41+	01:04+	00:48=	00:53+	00:18+	00:31+	00:36+	00:43+	00:58-	01:46-	00:46+	02:02+	00:53+	00:50+	00:24+	00:44+	00:57+	00:28+	00:32+
00:05#	00:04-	00:03+	00:05#	00:03&	00:16#	00:01-	00:25#	00:06#	00:00=	00:33@	00:01+	00:17@	00:06#	00:20&	00:06-	00:20-	00:03+	00:14#	00:12&	00:14&	00:03#	00:12&	00:05+	00:01+	00:02+
24:22+	25:22+	25:40+	27:07+	27:47+	27:57+																				
01:24+	01:00-	00:18+	01:27+	00:40=	00:10-																				
00:24&	00:03-	00:02#	00:09#	00:00=	00:03-																				

5 Ørjan Ravndal

3522

28:13

00:26-	00:48-	01:30+	02:00+	02:08+	04:11+	05:00+	08:04+	09:03+	09:59+	10:28+	10:50+	11:06+	11:48+	12:21+	13:34+	15:15+	15:56+	18:34+	19:21+	20:10+	20:31+	21:07+	22:05+	22:32+	23:06+
00:26-	00:22-	00:42+	00:30+	00:08=	02:03+	00:49+	03:04+	00:59+	00:56+	00:29+	00:22+	00:16+	00:42+	00:33+	01:13+	01:41-	00:41-	02:38+	00:47+	00:49+	00:21=	00:36+	00:58+	00:27=	00:34+
00:01-	00:02-	00:05#	00:03#	00:00=	00:17#	00:01+	00:48&	00:01+	00:08#	00:09&	00:05&	00:02#	00:12&	00:10&	00:09#	00:25-	00:02-	00:50&	00:06#	00:13&	00:00=	00:04#	00:06#	00:00=	00:04#
24:09+	25:23+	25:39+	27:21+	28:00+	28:13+																				
01:03+	01:14+	00:16=	01:42+	00:39-	00:13=																				
00:03+	00:11#	00:00=	00:24&	00:01-	00:00=																				

6 Kristian Frafjord Haarr

882

28:27

00:36+	01:04+	02:07+	02:40+	02:48+	05:10+	06:04+	08:24+	09:37+	10:37+	10:58+	11:17+	11:33+	12:13+	12:43+	13:56+	15:51+	16:33+	18:44+	19:32+	20:22+	20:47+	21:22+	22:24+	22:52+	23:26+
00:36+	00:28+	01:03+	00:33+	00:08=	02:22+	00:54+	02:20+	01:13+	01:00+	00:21+	00:19+	00:16+	00:40+	00:30+	01:13+	01:55-	00:42-	02:11+	00:48+	00:50+	00:25+	00:35+	01:02+	00:28+	00:34+
00:09&	00:04#	00:26&	00:06#	00:00=	00:36&	00:06#	00:04+	00:15&	00:12#	00:01+	00:02#	00:02#	00:10&	00:07&	00:09#	00:11-	00:01-	00:23#	00:07#	00:14&	00:04#	00:03+	00:10#	00:01+	00:04#
24:35+	25:46+	26:01+	27:29+	28:15+	28:27+																				
01:09+	01:11+	00:15-	01:28+	00:46+	00:12-																				
00:09#	00:08#	00:01-	00:10#	00:06#	00:01-																				

Class	Navn	Klasse										Tid									
-------	------	--------	--	--	--	--	--	--	--	--	--	-----	--	--	--	--	--	--	--	--	--

HA

7	Jørgen Strømstad	1786	30:00	00:25-	00:52+	01:36+	02:08+	02:19+	04:33+	05:22+	08:41+	09:50+	10:49+	11:43+	12:01+	12:27+	13:02+	13:42+	14:53+	16:38+	17:22+	19:40+	20:25+	21:09+	21:27+	22:12+	23:30+	23:58+	24:39+	
				00:25-	00:27+	00:44+	00:32+	00:11+	02:14+	00:49+	03:19+	01:09+	00:59+	00:54+	00:18+	00:26+	00:35+	00:40+	01:11+	01:45-	00:44+	02:18+	00:45+	00:44+	00:18-	00:45+	01:18+	00:28+	00:41+	
				00:02-	00:03#	00:07#	00:05#	00:03&	00:28&	00:01+	01:03&	00:11#	00:11#	00:34@	00:01+	00:12&	00:05#	00:17&	00:07#	00:21-	00:01+	00:30&	00:04+	00:08#	00:03-	00:13&	00:26&	00:01+	00:11&	
				25:55+	27:13+	27:31+	29:05+	29:48+	30:00+																					
				01:16+	01:18+	00:18+	01:34+	00:43+	00:12-																					
				00:16&	00:15#	00:02#	00:16#	00:03+	00:01-																					
8	Erik Lima	1832	30:36	00:25+	00:53+	01:40+	02:13+	02:27+	04:56+	05:50+	09:25+	10:59+	11:54+	12:19+	12:37+	12:53+	13:37+	14:07+	15:40+	17:29+	18:11+	20:37+	21:25+	22:10+	22:30+	23:13+	24:16+	24:47+	25:23+	
				00:25+	00:28+	00:47+	00:33+	00:14+	02:29+	00:54+	03:35+	01:34+	00:55+	00:25+	00:18+	00:16+	00:44+	00:30+	01:33+	01:49+	00:42+	02:26+	00:48+	00:45+	00:20+	00:43+	01:03+	00:31+	00:36+	
				00:25+	00:28+	00:47+	00:33+	00:14+	02:29+	00:54+	03:35+	01:34+	00:55+	00:25+	00:18+	00:16+	00:44+	00:30+	01:33+	01:49+	00:42+	02:26+	00:48+	00:45+	00:20+	00:43+	01:03+	00:31+	00:36+	
				26:34+	27:55+	28:12+	29:44+	30:24+	30:36+																					
				01:11+	01:21+	00:17+	01:32+	00:40+	00:12+																					
				01:11+	01:21+	00:17+	01:32+	00:40+	00:12+																					
9	Bernhard Haver Vagle	643	30:51	00:36+	01:01+	02:00+	02:29+	02:38+	04:55+	06:01+	08:35+	09:52+	10:59+	11:25+	12:02+	12:18+	12:42+	13:26+	13:55+	15:11+	17:01+	18:03+	20:41+	21:32+	22:16+	22:36+	23:12+	24:18+	24:50+	
				00:36+	00:25+	00:59+	00:29+	00:09+	02:17+	01:06+	02:34+	01:17+	01:07+	00:26+	00:37+	00:16+	00:24+	00:44+	00:29+	01:16+	01:50+	01:02+	02:38+	00:51+	00:44+	00:20+	00:36+	01:06+	00:32+	
				00:36+	00:25+	00:59+	00:29+	00:09+	02:17+	01:06+	02:34+	01:17+	01:07+	00:26+	00:37+	00:16+	00:24+	00:44+	00:29+	01:16+	01:50+	01:02+	02:38+	00:51+	00:44+	00:20+	00:36+	01:06+	00:32+	
				25:29+	26:41+	27:56+	28:14+	29:55+	30:40+	30:51+																				
				00:39+	01:12+	01:15+	00:18+	01:41+	00:45+	00:11+																				
				00:39+	01:12+	01:15+	00:18+	01:41+	00:45+	00:11+																				
10	Fredrik Svendal	1376	30:56	00:27+	00:52+	01:37+	02:16+	02:26+	04:31+	05:20+	07:59+	09:08+	10:07+	11:47+	12:01+	12:24+	13:19+	13:50+	15:11+	17:13+	17:54+	20:41+	21:41+	22:22+	22:51+	23:37+	24:37+	25:05+	25:57+	
				00:27+	00:25+	00:45+	00:39+	00:10+	02:05+	00:49+	02:39+	01:09+	00:59+	01:40+	00:14+	00:23+	00:55+	00:31+	01:21+	02:02+	00:41+	02:47+	01:00+	00:41+	00:29+	00:46+	01:00+	00:28+	00:52+	
				00:27+	00:25+	00:45+	00:39+	00:10+	02:05+	00:49+	02:39+	01:09+	00:59+	01:40+	00:14+	00:23+	00:55+	00:31+	01:21+	02:02+	00:41+	02:47+	01:00+	00:41+	00:29+	00:46+	01:00+	00:28+	00:52+	
				27:07+	28:20+	28:38+	29:55+	30:45+	30:56+																					
				01:10+	01:13+	00:18+	01:17+	00:50+	00:11+																					
				01:10+	01:13+	00:18+	01:17+	00:50+	00:11+																					
11	Ole Morten Haaland	3528	31:52	00:27+	00:55+	01:42+	02:14+	02:24+	04:22+	05:28+	08:01+	09:14+	10:13+	11:00+	11:38+	12:01+	13:18+	13:50+	15:03+	16:49+	17:33+	20:01+	21:01+	21:50+	22:07+	23:02+	24:06+	24:39+	25:22+	
				00:27+	00:28+	00:47+	00:32+	00:10+	01:58+	01:06+	02:33+	01:13+	00:59+	00:47+	00:38+	00:23+	01:17+	00:32+	01:13+	01:46+	00:44+	02:28+	01:00+	00:49+	00:17+	00:55+	01:04+	00:33+	00:43+	
				00:27+	00:28+	00:47+	00:32+	00:10+	01:58+	01:06+	02:33+	01:13+	00:59+	00:47+	00:38+	00:23+	01:17+	00:32+	01:13+	01:46+	00:44+	02:28+	01:00+	00:49+	00:17+	00:55+	01:04+	00:33+	00:43+	
				26:42+	29:00+	29:18+	31:02+	31:42+	31:52+																					
				01:20+	02:18+	00:18+	01:44+	00:40+	00:10+																					
				01:20+	02:18+	00:18+	01:44+	00:40+	00:10+																					
12	Håkon Eggebø	1284	33:10	00:29+	00:53+	01:38+	02:11+	02:21+	04:33+	05:24+	08:24+	09:41+	10:40+	11:11+	11:30+	11:57+	12:44+	13:29+	14:45+	17:42+	18:30+	21:32+	22:25+	23:13+	23:34+	24:30+	25:56+	26:32+	27:10+	
				00:29+	00:24+	00:45+	00:33+	00:10+	02:12+	00:51+	03:00+	01:17+	00:59+	00:31+	00:19+	00:27+	00:47+	00:45+	01:16+	02:57+	00:48+	03:02+	00:53+	00:48+	00:21+	00:56+	01:26+	00:36+	00:38+	
				00:29+	00:24+	00:45+	00:33+	00:10+	02:12+	00:51+	03:00+	01:17+	00:59+	00:31+	00:19+	00:27+	00:47+	00:45+	01:16+	02:57+	00:48+	03:02+	00:53+	00:48+	00:21+	00:56+	01:26+	00:36+	00:38+	
				28:24+	30:11+	30:28+	32:14+	32:58+	33:10+																					
				01:14+	01:47+	00:17+	01:46+	00:44+	00:12+																					
				01:14+	01:47+	00:17+	01:46+	00:44+	00:12+																					
13	Thomas Barvik Møland	3507	37:15	00:50+	01:20+	02:30+	03:10+	03:21+	06:09+	07:19+	09:55+	11:34+	12:47+	13:22+	13:49+	14:09+	15:00+	15:44+	17:30+	19:42+	20:41+	23:33+	24:45+	25:39+	26:29+	27:23+	28:47+	29:35+	30:22+	
				00:50+	00:30+	01:10+	00:40+	00:11+	02:48+	01:10+	02:36+	01:39+	01:13+	00:35+	00:27+	00:20+	00:51+	00:44+	01:46+	02:12+	00:59+	02:52+	01:12+	00:54+	00:50+	00:54+	01:24+	00:48+	00:47+	
				00:50+	00:30+	01:10+	00:40+	00:11+	02:48+	01:10+	02:36+	01:39+	01:13+	00:35+	00:27+	00:20+	00:51+	00:44+	01:46+	02:12+	00:59+	02:52+	01:12+	00:54+	00:50+	00:54+	01:24+	00:48+	00:47+	
				31:57+	33:33+	33:54+	36:02+	37:04+	37:15+																					
				01:35+	01:36+	00:21+	02:08+	01:02+	00:11+																					
				01:35+	01:36+	00:21+	02:08+	01:02+	00:11+																					

Beste strekktid for klassen

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

HB

HB

1	Aart Joakim in't Veld	1884	27:02																						
00:26=	00:49=	01:32=	02:00=	02:09=	04:12=	05:00=	08:06=	09:11=	10:06=	10:26=	10:42=	11:00=	11:41=	12:14=	13:19=	14:55=	15:37=	17:45=	18:31=	19:16=	19:39=	20:15=	21:14=	21:43=	22:18=
00:26=	00:23=	00:43=	00:28=	00:09=	02:03=	00:48=	03:06=	01:05=	00:55=	00:20=	00:16=	00:18=	00:41=	00:33=	01:05=	01:36=	00:42=	02:08=	00:46=	00:45=	00:23=	00:36=	00:59=	00:29=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
23:20=	24:27=	24:45=	26:09=	26:49=	27:02=																				
01:02=	01:07=	00:18=	01:24=	00:40=	00:13=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

2	Svein Magnus Halsne	3634	27:06																						
00:29+	00:55+	01:37+	02:16+	02:24+	04:22+	05:13+	07:28+	08:43+	09:36+	10:12+	10:32+	10:48+	11:23+	11:55+	13:07+	14:55+	15:39+	17:54+	18:42+	19:26+	19:47+	20:23+	21:23+	21:49+	22:23+
00:29+	00:26+	00:42+	00:39+	00:08+	01:58+	00:51+	02:15+	01:15+	00:53+	00:36+	00:20+	00:16+	00:35+	00:32+	01:12+	01:48+	00:44+	02:15+	00:48+	00:44+	00:21+	00:36+	01:00+	00:26+	00:34+
00:29+	00:26+	00:42+	00:39+	00:08+	01:58+	00:51+	02:15+	01:15+	00:53+	00:36+	00:20+	00:16+	00:35+	00:32+	01:12+	01:48+	00:44+	02:15+	00:48+	00:44+	00:21+	00:36+	01:00+	00:26+	00:34+
23:24+	24:26+	24:42+	26:03+	26:53+	27:06+																				
01:01+	01:02+	00:16+	01:21+	00:50+	00:13+																				
01:01+	01:02+	00:16+	01:21+	00:50+	00:13+																				

3	Torgeir Nevland	3522	28:01																						
00:38+	01:05+	01:51+	02:24+	02:33+	04:52+	05:50+	08:17+	09:23+	10:18+	10:51+	11:09+	11:25+	11:59+	12:49+	14:10+	15:50+	16:32+	18:33+	19:19+	20:02+	20:20+	20:56+	21:55+	22:23+	23:00+
00:38+	00:27+	00:46+	00:33+	00:09+	02:19+	00:58+	02:27+	01:06+	00:55+	00:33+	00:18+	00:16+	00:34+	00:50+	01:21+	01:40+	00:42+	02:01+	00:46+	00:43+	00:18+	00:36+	00:59+	00:28+	00:37+
00:38+	00:27+	00:46+	00:33+	00:09+	02:19+	00:58+	02:27+	01:06+	00:55+	00:33+	00:18+	00:16+	00:34+	00:50+	01:21+	01:40+	00:42+	02:01+	00:46+	00:43+	00:18+	00:36+	00:59+	00:28+	00:37+
24:02+	25:10+	25:34+	27:09+	27:48+	28:01+																				
01:02+	01:08+	00:24+	01:35+	00:39+	00:13+																				
01:02+	01:08+	00:24+	01:35+	00:39+	00:13+																				

4	Geir Sand	722	28:37																						
00:29+	00:53+	01:36+	02:04+	02:12+	04:31+	05:26+	08:54+	10:02+	10:57+	11:19+	11:43+	12:02+	12:46+	13:15+	14:26+	16:10+	16:51+	19:06+	20:03+	20:45+	21:10+	21:46+	22:46+	23:14+	23:51+
00:29+	00:24+	00:43+	00:28+	00:08+	02:19+	00:55+	03:28+	01:08+	00:55+	00:22+	00:24+	00:19+	00:44+	00:29+	01:11+	01:44+	00:41+	02:15+	00:57+	00:42+	00:25+	00:36+	01:00+	00:28+	00:37+
00:29+	00:24+	00:43+	00:28+	00:08+	02:19+	00:55+	03:28+	01:08+	00:55+	00:22+	00:24+	00:19+	00:44+	00:29+	01:11+	01:44+	00:41+	02:15+	00:57+	00:42+	00:25+	00:36+	01:00+	00:28+	00:37+
24:54+	26:03+	26:20+	27:47+	28:26+	28:37+																				
01:03+	01:09+	00:17+	01:27+	00:39+	00:11+																				
01:03+	01:09+	00:17+	01:27+	00:39+	00:11+																				

5	Pontus Christensson	1884	28:45																						
00:27+	00:51+	01:31+	01:59+	02:07+	04:09+	05:01+	07:12+	08:27+	09:22+	10:42+	11:06+	11:32+	12:49+	13:26+	14:38+	16:20+	17:11+	19:15+	20:05+	20:46+	21:10+	21:55+	22:51+	23:23+	23:59+
00:27+	00:24+	00:40+	00:28+	00:08+	02:02+	00:52+	02:11+	01:15+	00:55+	01:20+	00:24+	00:26+	01:17+	00:37+	01:12+	01:42+	00:51+	02:04+	00:50+	00:41+	00:24+	00:45+	00:56+	00:32+	00:36+
00:27+	00:24+	00:40+	00:28+	00:08+	02:02+	00:52+	02:11+	01:15+	00:55+	01:20+	00:24+	00:26+	01:17+	00:37+	01:12+	01:42+	00:51+	02:04+	00:50+	00:41+	00:24+	00:45+	00:56+	00:32+	00:36+
25:05+	26:16+	26:32+	27:53+	28:33+	28:45+																				
01:06+	01:11+	00:16+	01:21+	00:40+	00:12+																				
01:06+	01:11+	00:16+	01:21+	00:40+	00:12+																				

6	Joar Eilevstjønn	2342	28:56																						
00:28+	00:55+	01:42+	02:13+	02:22+	04:51+	05:42+	08:07+	09:19+	10:20+	10:43+	11:05+	11:57+	12:42+	13:09+	14:28+	16:12+	16:52+	19:09+	20:08+	20:50+	21:18+	21:54+	22:55+	23:24+	23:59+
00:28+	00:27+	00:47+	00:31+	00:09+	02:29+	00:51+	02:25+	01:12+	01:01+	00:23+	00:22+	00:52+	00:45+	00:27+	01:19+	01:44+	00:40+	02:17+	00:59+	00:42+	00:28+	00:36+	01:01+	00:29+	00:35+
00:28+	00:27+	00:47+	00:31+	00:09+	02:29+	00:51+	02:25+	01:12+	01:01+	00:23+	00:22+	00:52+	00:45+	00:27+	01:19+	01:44+	00:40+	02:17+	00:59+	00:42+	00:28+	00:36+	01:01+	00:29+	00:35+
25:12+	26:22+	26:40+	28:03+	28:46+	28:56+																				
01:13+	01:10+	00:18+	01:23+	00:43+	00:10+																				
01:13+	01:10+	00:18+	01:23+	00:43+	00:10+																				

7	Arne Eirik Nielsen	3588	29:08																						
00:28+	00:51+	01:36+	02:17+	02:26+	04:35+	05:51+	08:04+	09:14+	10:12+	10:53+	11:12+	11:32+	12:12+	12:39+	13:48+	15:40+	16:33+	18:47+	19:38+	20:21+	20:46+	21:24+	22:25+	22:58+	23:38+
00:28+	00:23+	00:45+	00:41+	00:09+	02:09+	01:16+	02:13+	01:10+	00:58+	00:41+	00:19+	00:20+	00:40+	00:27+	01:09+	01:52+	00:53+	02:14+	00:51+	00:43+	00:25+	00:38+	01:01+	00:33+	00:40+
00:28+	00:23+	00:45+	00:41+	00:09+	02:09+	01:16+	02:13+	01:10+	00:58+	00:41+	00:19+	00:20+	00:40+	00:27+	01:09+	01:52+	00:53+	02:14+	00:51+	00:43+	00:25+	00:38+	01:01+	00:33+	00:40+
25:05+	26:20+	26:39+	28:13+	28:56+	29:08+																				
01:27+	01:15+	00:19+	01:34+	00:43+	00:12+																				
01:27+	01:15+	00:19+	01:34+	00:43+	00:12+																				

8	Oddgeir Eikeskog	1884	29:40																						
00:29+	00:54+	01:40+	02:11+	02:20+	04:37+	05:35+	07:58+	09:15+	10:13+	10:34+	10:52+	11:12+	11:51+	12:28+	13:52+	15:56+	16:46+	19:02+	19:52+	20:38+	21:05+	21:44+	22:51+	23:20+	23:58+
00:29+	00:25+	00:46+	00:31+	00:09+	02:17+	00:58+	02:23+	01:17+	00:58+	00:21+	00:18+	00:20+	00:39+	00:37+	01:24+	02:04+	00:50+	02:16+	00:50+	00:46+	00:27+	00:39+	01:07+	00:29+	00:38+
00:29+	00:25+	00:46+	00:31+	00:09+	02:17+	00:58+	02:23+	01:17+	00:58+	00:21+	00:18+	00:20+	00:39+	00:37+	01:24+	02:04+	00:50+	02:16+	00:50+	00:46+	00:27+	00:39+	01:07+	00:29+	00:38+
25:13+	26:35+	26:54+	28:25+	29:26+	29:40+																				
01:15+	01:22+	00:19+	01:31+	01:01+	00:14+																				
01:15+	01:22+	00:19+	01:31+	01:01+	00:14+																				

HB

9	Kristoffer Johannessen	1830	30:30																						
00:30+	00:57+	01:51+	02:23+	02:32+	05:27+	06:30+	09:06+	10:27+	11:35+	11:59+	12:23+	12:50+	13:36+	14:17+	15:31+	17:15+	17:57+	20:12+	21:03+	21:49+	22:12+	22:49+	23:51+	24:20+	24:59+
00:30+	00:27+	00:54+	00:32+	00:09+	02:55+	01:03+	02:36+	01:21+	01:08+	00:24+	00:24+	00:27+	00:46+	00:41+	01:14+	01:44+	00:42+	02:15+	00:51+	00:46+	00:23+	00:37+	01:02+	00:29+	00:39+
00:30+	00:27+	00:54+	00:32+	00:09+	02:55+	01:03+	02:36+	01:21+	01:08+	00:24+	00:24+	00:27+	00:46+	00:41+	01:14+	01:44+	00:42+	02:15+	00:51+	00:46+	00:23+	00:37+	01:02+	00:29+	00:39+
26:08+	27:30+	27:48+	29:25+	30:17+	30:30+																				
01:09+	01:22+	00:18+	01:37+	00:52+	00:13+																				
01:09+	01:22+	00:18+	01:37+	00:52+	00:13+																				

10	Tom Furland	769	31:11																						
00:32+	00:59+	01:47+	02:20+	02:30+	04:58+	05:58+	08:33+	09:50+	10:52+	11:12+	11:29+	11:47+	12:27+	12:56+	14:19+	16:23+	17:09+	19:34+	20:27+	21:14+	21:40+	22:18+	23:27+	24:02+	24:41+
00:32+	00:27+	00:48+	00:33+	00:10+	02:28+	01:00+	02:35+	01:17+	01:02+	00:20+	00:17+	00:18+	00:40+	00:29+	01:23+	02:04+	00:46+	02:25+	00:53+	00:47+	00:26+	00:38+	01:09+	00:35+	00:39+
00:32+	00:27+	00:48+	00:33+	00:10+	02:28+	01:00+	02:35+	01:17+	01:02+	00:20+	00:17+	00:18+	00:40+	00:29+	01:23+	02:04+	00:46+	02:25+	00:53+	00:47+	00:26+	00:38+	01:09+	00:35+	00:39+
25:55+	27:37+	28:07+	28:25+	30:07+	30:54+	31:11+																			
01:14+	01:42+	00:30+	00:18+	01:42+	00:47+	00:17+																			
01:14+	01:42+	00:30+	00:18+	01:42+	00:47+	00:17+																			

11	Svein Kyllingstad	1284	32:52																						
00:33+	01:00+	01:56+	02:31+	02:41+	05:20+	06:17+	08:49+	10:11+	11:11+	12:03+	12:52+	13:07+	13:24+	14:06+	14:38+	15:54+	17:51+	18:42+	21:19+	22:17+	23:02+	23:24+	24:18+	25:20+	25:53+
00:33+	00:27+	00:56+	00:35+	00:10+	02:39+	00:57+	02:32+	01:22+	01:00+	00:52+	00:49+	00:15+	00:17+	00:42+	00:32+	01:16+	01:57+	00:51+	02:37+	00:58+	00:45+	00:22+	00:54+	01:02+	00:33+
00:33+	00:27+	00:56+	00:35+	00:10+	02:39+	00:57+	02:32+	01:22+	01:00+	00:52+	00:49+	00:15+	00:17+	00:42+	00:32+	01:16+	01:57+	00:51+	02:37+	00:58+	00:45+	00:22+	00:54+	01:02+	00:33+
26:38+	27:56+	29:21+	29:39+	31:50+	32:38+	32:52+																			
00:45+	01:18+	01:25+	00:18+	02:11+	00:48+	00:14+																			
00:45+	01:18+	01:25+	00:18+	02:11+	00:48+	00:14+																			

12	Jørgen Breivold	3529	32:57																						
00:32+	00:58+	01:59+	02:33+	02:41+	04:48+	05:53+	08:24+	09:35+	10:54+	11:36+	11:56+	12:32+	13:17+	13:53+	15:18+	17:04+	17:56+	20:21+	21:56+	22:39+	23:03+	23:43+	24:49+	25:17+	25:57+
00:32+	00:26+	01:01+	00:34+	00:08+	02:07+	01:05+	02:22+	01:20+	01:19+	00:42+	00:20+	00:36+	00:45+	00:36+	01:25+	01:46+	00:52+	02:25+	01:35+	00:43+	00:24+	00:40+	01:06+	00:28+	00:40+
00:32+	00:26+	01:01+	00:34+	00:08+	02:07+	01:05+	02:22+	01:20+	01:19+	00:42+	00:20+	00:36+	00:45+	00:36+	01:25+	01:46+	00:52+	02:25+	01:35+	00:43+	00:24+	00:40+	01:06+	00:28+	00:40+
27:15+	27:52+	29:04+	29:23+	32:07+	32:45+	32:57+																			
01:18+	00:37+	01:12+	00:19+	02:44+	00:38+	00:12+																			
01:18+	00:37+	01:12+	00:19+	02:44+	00:38+	00:12+																			

13	Njål F. Vadla	1884	33:06																						
00:31+	01:11+	01:58+	02:32+	02:44+	05:42+	06:39+	09:18+	10:36+	11:39+	12:29+	13:40+	13:55+	14:34+	15:10+	16:34+	18:38+	19:31+	22:23+	23:14+	24:03+	24:27+	25:07+	26:20+	26:54+	27:35+
00:31+	00:40+	00:47+	00:34+	00:12+	02:58+	00:57+	02:39+	01:18+	01:03+	00:50+	01:11+	00:15+	00:39+	00:36+	01:24+	02:04+	00:53+	02:52+	00:51+	00:49+	00:24+	00:40+	01:13+	00:34+	00:41+
00:31+	00:40+	00:47+	00:34+	00:12+	02:58+	00:57+	02:39+	01:18+	01:03+	00:50+	01:11+	00:15+	00:39+	00:36+	01:24+	02:04+	00:53+	02:52+	00:51+	00:49+	00:24+	00:40+	01:13+	00:34+	00:41+
28:43+	30:00+	30:21+	32:03+	32:51+	33:06+																				
01:08+	01:17+	00:21+	01:42+	00:48+	00:15+																				
01:08+	01:17+	00:21+	01:42+	00:48+	00:15+																				

14	Espen Fyhn Nilsen	1683	39:30																						
00:33+	01:08+	02:11+	02:53+	03:05+	06:01+	07:13+	10:24+	12:35+	13:54+	15:02+	15:32+	15:55+	16:58+	17:38+	19:18+	21:52+	22:55+	25:49+	26:57+	28:04+	28:40+	29:29+	30:56+	31:34+	32:26+
00:33+	00:35+	01:03+	00:42+	00:12+	02:56+	01:12+	03:11+	02:11+	01:19+	01:08+	00:30+	00:23+	01:03+	00:40+	01:40+	02:34+	01:03+	02:54+	01:08+	01:07+	00:36+	00:49+	01:27+	00:38+	00:52+
00:33+	00:35+	01:03+	00:42+	00:12+	02:56+	01:12+	03:11+	02:11+	01:19+	01:08+	00:30+	00:23+	01:03+	00:40+	01:40+	02:34+	01:03+	02:54+	01:08+	01:07+	00:36+	00:49+	01:27+	00:38+	00:52+
34:03+	35:36+	36:08+	38:17+	39:12+	39:30+																				
01:37+	01:33+	00:32+	02:09+	00:55+	00:18+																				
01:37+	01:33+	00:32+	02:09+	00:55+	00:18+																				

15	Asgeir Nærland	1830	39:40																						
00:26+	00:53+	01:38+	02:13+	02:24+	07:53+	08:55+	12:44+	14:34+	15:49+	16:46+	17:10+	17:32+	18:05+	18:29+	19:59+	22:04+	22:56+	25:42+	27:17+	28:13+	28:43+	29:39+	30:53+	31:30+	32:14+
00:26+	00:27+	00:45+	00:35+	00:11+	05:29+	01:02+	03:49+	01:50+	01:15+	00:57+	00:24+	00:22+	00:33+	00:24+	01:30+	02:05+	00:52+	02:46+	01:35+	00:56+	00:30+	00:56+	01:14+	00:37+	00:44+
00:26+	00:27+	00:45+	00:35+	00:11+	05:29+	01:02+	03:49+	01:50+	01:15+	00:57+	00:24+	00:22+	00:33+	00:24+	01:30+	02:05+	00:52+	02:46+	01:35+	00:56+	00:30+	00:56+	01:14+	00:37+	00:44+
33:47+	35:56+	36:18+	38:37+	39:27+	39:40+																				
01:33+	02:09+	00:22+	02:19+	00:50+	00:13+																				
01:33+	02:09+	00:22+	02:19+	00:50+	00:13+																				

Beste strekktid for klassen

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

HC

HC

1	Kjetil Wirak	3486	29:18																						
00:28=	01:00=	01:13=	01:46=	02:20=	04:25=	04:41=	04:58=	05:17=	07:23=	08:24=	10:40=	11:46=	12:47=	13:18=	13:45=	14:32=	15:02=	16:28=	18:20=	20:02=	20:52=	21:51=	22:36=	23:34=	24:41=
00:28=	00:32=	00:13=	00:33=	00:34=	02:05=	00:16=	00:17=	00:19=	02:06=	01:01=	02:16=	01:06=	01:01=	00:31=	00:27=	00:47=	00:30=	01:26=	01:52=	01:42=	00:50=	00:59=	00:45=	00:58=	01:07=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
25:14=	26:53=	28:07=	29:05=	29:18=																					
00:33=	01:39=	01:14=	00:58=	00:13=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					

2	Jan-Einar Øvremo	1119	31:23																						
00:46+	01:19+	01:30+	02:05+	02:35+	04:11+	04:29+	04:49+	05:08+	07:30+	08:26+	11:03+	12:17+	13:18+	13:51+	14:16+	14:48+	15:26+	16:58+	19:01+	20:48+	22:13+	23:18+	24:24+	25:36+	26:18+
00:46+	00:33+	00:11+	00:35+	00:30+	01:36+	00:18+	00:20+	00:19+	02:22+	00:56+	02:37+	01:14+	01:01+	00:33+	00:25+	00:32+	00:38+	01:32+	02:03+	01:47+	01:25+	01:05+	01:06+	01:12+	00:42+
00:46+	00:33+	00:11+	00:35+	00:30+	01:36+	00:18+	00:20+	00:19+	02:22+	00:56+	02:37+	01:14+	01:01+	00:33+	00:25+	00:32+	00:38+	01:32+	02:03+	01:47+	01:25+	01:05+	01:06+	01:12+	00:42+
26:54+	28:42+	30:07+	31:11+	31:23+																					
00:36+	01:48+	01:25+	01:04+	00:12+																					
00:36+	01:48+	01:25+	01:04+	00:12+																					

3	Morten Aamodt	1683	31:41																						
00:33+	01:06+	01:17+	01:51+	02:21+	04:05+	04:22+	04:40+	05:00+	07:21+	08:16+	12:03+	13:16+	14:29+	14:50+	15:27+	15:59+	16:30+	17:58+	19:56+	21:52+	22:44+	23:42+	24:44+	25:48+	26:44+
00:33+	00:33+	00:11+	00:34+	00:30+	01:44+	00:17+	00:18+	00:20+	02:21+	00:55+	03:47+	01:13+	01:13+	00:21+	00:37+	00:32+	00:31+	01:28+	01:58+	01:56+	00:52+	00:58+	01:02+	01:04+	00:56+
00:33+	00:33+	00:11+	00:34+	00:30+	01:44+	00:17+	00:18+	00:20+	02:21+	00:55+	03:47+	01:13+	01:13+	00:21+	00:37+	00:32+	00:31+	01:28+	01:58+	01:56+	00:52+	00:58+	01:02+	01:04+	00:56+
27:21+	29:23+	30:32+	31:26+	31:41+																					
00:37+	02:02+	01:09+	00:54+	00:15+																					
00:37+	02:02+	01:09+	00:54+	00:15+																					

4	Henning Sundby	3486	33:03																						
00:30+	01:01+	01:12+	01:43+	02:26+	04:13+	04:28+	04:47+	05:06+	07:21+	08:30+	11:16+	12:39+	13:48+	14:27+	14:59+	16:57+	17:34+	19:02+	21:50+	23:29+	24:22+	25:19+	26:01+	27:11+	28:16+
00:30+	00:31+	00:11+	00:31+	00:43+	01:47+	00:15+	00:19+	00:19+	02:15+	01:09+	02:46+	01:23+	01:09+	00:39+	00:32+	01:58+	00:37+	01:28+	02:48+	01:39+	00:53+	00:57+	00:42+	01:10+	01:05+
00:30+	00:31+	00:11+	00:31+	00:43+	01:47+	00:15+	00:19+	00:19+	02:15+	01:09+	02:46+	01:23+	01:09+	00:39+	00:32+	01:58+	00:37+	01:28+	02:48+	01:39+	00:53+	00:57+	00:42+	01:10+	01:05+
28:52+	30:34+	31:51+	32:49+	33:03+																					
00:36+	01:42+	01:17+	00:58+	00:14+																					
00:36+	01:42+	01:17+	00:58+	00:14+																					

5	Terje Michaelsen	3511	33:44																						
00:29+	01:08+	01:22+	01:51+	02:20+	03:37+	03:52+	04:10+	04:31+	06:59+	07:59+	12:31+	13:40+	14:39+	15:04+	15:44+	16:19+	16:54+	18:27+	21:59+	24:20+	25:15+	26:22+	27:07+	28:06+	29:00+
00:29+	00:39+	00:14+	00:29+	00:29+	01:17+	00:15+	00:18+	00:21+	02:28+	01:00+	04:32+	01:09+	00:59+	00:25+	00:40+	00:35+	00:35+	01:33+	03:32+	02:21+	00:55+	01:07+	00:45+	00:59+	00:54+
00:29+	00:39+	00:14+	00:29+	00:29+	01:17+	00:15+	00:18+	00:21+	02:28+	01:00+	04:32+	01:09+	00:59+	00:25+	00:40+	00:35+	00:35+	01:33+	03:32+	02:21+	00:55+	01:07+	00:45+	00:59+	00:54+
29:40+	31:12+	32:19+	33:30+	33:44+																					
00:40+	01:32+	01:07+	01:11+	00:14+																					
00:40+	01:32+	01:07+	01:11+	00:14+																					

6	Terje Undheim	3529	34:45																						
00:28+	01:07+	01:24+	02:12+	02:45+	04:46+	05:03+	05:22+	05:46+	08:16+	09:45+	12:55+	14:18+	15:29+	16:03+	16:45+	17:37+	18:17+	19:37+	21:29+	23:25+	24:22+	25:31+	27:06+	28:06+	29:33+
00:28+	00:39+	00:17+	00:48+	00:33+	02:01+	00:17+	00:19+	00:24+	02:30+	01:29+	03:10+	01:23+	01:11+	00:34+	00:42+	00:52+	00:40+	01:20+	01:52+	01:56+	00:57+	01:09+	01:35+	01:00+	01:27+
00:28+	00:39+	00:17+	00:48+	00:33+	02:01+	00:17+	00:19+	00:24+	02:30+	01:29+	03:10+	01:23+	01:11+	00:34+	00:42+	00:52+	00:40+	01:20+	01:52+	01:56+	00:57+	01:09+	01:35+	01:00+	01:27+
30:22+	32:15+	33:31+	34:32+	34:45+																					
00:49+	01:53+	01:16+	01:01+	00:13+																					
00:49+	01:53+	01:16+	01:01+	00:13+																					

7	Bertrand Denieul	877	35:16																						
00:33+	01:29+	01:43+	02:12+	02:41+	04:43+	04:58+	05:22+	05:41+	06:01+	09:38+	10:53+	13:29+	15:12+	16:22+	17:19+	17:52+	18:40+	19:14+	21:01+	22:59+	25:19+	26:36+	27:40+	28:29+	29:31+
00:33+	00:56+	00:14+	00:29+	00:29+	02:02+	00:15+	00:24+	00:19+	00:20+	03:37+	01:15+	02:36+	01:43+	01:10+	00:57+	00:33+	00:48+	00:34+	01:47+	01:58+	02:20+	01:17+	01:04+	00:49+	01:02+
00:33+	00:56+	00:14+	00:29+	00:29+	02:02+	00:15+	00:24+	00:19+	00:20+	03:37+	01:15+	02:36+	01:43+	01:10+	00:57+	00:33+	00:48+	00:34+	01:47+	01:58+	02:20+	01:17+	01:04+	00:49+	01:02+
30:37+	31:12+	33:00+	34:08+	35:01+	35:16+																				
01:06+	00:35+	01:48+	01:08+	00:53+	00:15+																				
01:06+	00:35+	01:48+	01:08+	00:53+	00:15+																				

8	Pål Bårdsen	3497	36:09																						
00:33+	01:08+	01:22+	02:02+	02:39+	04:09+	04:35+	04:56+	05:30+	08:25+	09:43+	12:42+	14:45+	15:59+	16:41+	17:51+	18:30+	19:15+	21:03+	23:21+	25:10+	27:00+	28:05+	28:55+	30:07+	31:05+
00:33+	00:35+	00:14+	00:40+	00:37+	01:30+	00:26+	00:21+	00:34+	02:55+	01:18+	02:59+	02:03+	01:14+	00:42+	01:10+	00:39+	00:45+	01:48+	02:18+	01:49+	01:50+	01:05+	00:50+	01:12+	00:58+
00:33+	00:35+	00:14+	00:40+	00:37+	01:30+	00:26+	00:21+	00:34+	02:55+	01:18+	02:59+	02:03+	01:14+	00:42+	01:10+	00:39+	00:45+	01:48+	02:18+	01:49+	01:50+	01:05+	00:50+	01:12+	00:58+
31:46+	33:43+	35:01+	35:55+	36:09+																					
00:41+	01:57+	01:18+	00:54+	00:14+																					
00:41+	01:57+	01:18+	00:54+	00:14+																					

HC

9	Svein Oddvar Netland	1683	36:19																						
00:32+	01:07+	01:21+	01:58+	03:15+	05:08+	05:24+	05:44+	06:04+	08:55+	10:07+	13:44+	15:19+	16:24+	16:57+	18:36+	19:48+	20:23+	22:05+	24:11+	25:57+	27:00+	28:11+	28:59+	30:11+	31:07+
00:32+	00:35+	00:14+	00:37+	01:17+	01:53+	00:16+	00:20+	00:20+	02:51+	01:12+	03:37+	01:35+	01:05+	00:33+	01:39+	01:12+	00:35+	01:42+	02:06+	01:46+	01:03+	01:11+	00:48+	01:12+	00:56+
00:32+	00:35+	00:14+	00:37+	01:17+	01:53+	00:16+	00:20+	00:20+	02:51+	01:12+	03:37+	01:35+	01:05+	00:33+	01:39+	01:12+	00:35+	01:42+	02:06+	01:46+	01:03+	01:11+	00:48+	01:12+	00:56+
31:56+	33:55+	35:13+	36:05+	36:19+																					
00:49+	01:59+	01:18+	00:52+	00:14+																					
00:49+	01:59+	01:18+	00:52+	00:14+																					

10	Eivind Lie	1683	36:35																						
00:32+	01:03+	01:16+	01:56+	02:31+	04:13+	04:29+	04:49+	05:12+	08:01+	09:11+	11:18+	12:30+	13:34+	15:46+	19:00+	19:38+	20:34+	22:05+	23:57+	25:52+	26:57+	27:56+	28:44+	29:47+	30:41+
00:32+	00:31+	00:13+	00:40+	00:35+	01:42+	00:16+	00:20+	00:23+	02:49+	01:10+	02:07+	01:12+	01:04+	02:12+	03:14+	00:38+	00:56+	01:31+	01:52+	01:55+	01:05+	00:59+	00:48+	01:03+	00:54+
00:32+	00:31+	00:13+	00:40+	00:35+	01:42+	00:16+	00:20+	00:23+	02:49+	01:10+	02:07+	01:12+	01:04+	02:12+	03:14+	00:38+	00:56+	01:31+	01:52+	01:55+	01:05+	00:59+	00:48+	01:03+	00:54+
31:18+	33:24+	35:02+	36:23+	36:35+																					
00:37+	02:06+	01:38+	01:21+	00:12+																					
00:37+	02:06+	01:38+	01:21+	00:12+																					

11	Leif Kjetil Hinna Gausel	1683	36:57																						
00:30+	01:06+	01:18+	01:52+	02:22+	04:42+	05:08+	05:27+	05:47+	09:01+	10:05+	14:48+	16:03+	17:10+	17:45+	18:45+	19:32+	20:07+	21:42+	23:52+	25:38+	26:53+	28:00+	28:46+	30:40+	31:40+
00:30+	00:36+	00:12+	00:34+	00:30+	02:20+	00:26+	00:19+	00:20+	03:14+	01:04+	04:43+	01:15+	01:07+	00:35+	01:00+	00:47+	00:35+	01:35+	02:10+	01:46+	01:15+	01:07+	00:46+	01:54+	01:00+
00:30+	00:36+	00:12+	00:34+	00:30+	02:20+	00:26+	00:19+	00:20+	03:14+	01:04+	04:43+	01:15+	01:07+	00:35+	01:00+	00:47+	00:35+	01:35+	02:10+	01:46+	01:15+	01:07+	00:46+	01:54+	01:00+
32:17+	34:04+	35:39+	36:31+	36:57+																					
00:37+	01:47+	01:35+	00:52+	00:26+																					
00:37+	01:47+	01:35+	00:52+	00:26+																					

12	Pål H. Gjerden	1683	37:24																						
00:33+	01:07+	01:23+	02:01+	02:34+	04:04+	04:32+	04:58+	05:30+	07:49+	08:57+	11:18+	12:38+	13:55+	14:34+	15:19+	16:28+	18:08+	19:44+	21:25+	23:44+	26:12+	27:18+	28:26+	29:14+	30:33+
00:33+	00:34+	00:16+	00:38+	00:33+	01:30+	00:28+	00:26+	00:32+	02:19+	01:08+	02:21+	01:20+	01:17+	00:39+	00:45+	01:09+	01:40+	01:36+	01:41+	02:19+	02:28+	01:06+	01:08+	00:48+	01:19+
00:33+	00:34+	00:16+	00:38+	00:33+	01:30+	00:28+	00:26+	00:32+	02:19+	01:08+	02:21+	01:20+	01:17+	00:39+	00:45+	01:09+	01:40+	01:36+	01:41+	02:19+	02:28+	01:06+	01:08+	00:48+	01:19+
31:28+	32:05+	34:40+	36:04+	37:05+	37:24+																				
00:55+	00:37+	02:35+	01:24+	01:01+	00:19+																				
00:55+	00:37+	02:35+	01:24+	01:01+	00:19+																				

13	Øivind Berggraf	1683	38:04																						
00:38+	01:18+	01:34+	02:21+	02:58+	04:47+	05:11+	05:34+	05:54+	09:18+	10:27+	13:19+	14:48+	16:04+	16:47+	17:32+	18:19+	18:53+	20:42+	23:03+	25:11+	28:06+	29:16+	30:10+	31:22+	32:19+
00:38+	00:40+	00:16+	00:47+	00:37+	01:49+	00:24+	00:23+	00:20+	03:24+	01:09+	02:52+	01:29+	01:16+	00:43+	00:45+	00:47+	00:34+	01:49+	02:21+	02:08+	02:55+	01:10+	00:54+	01:12+	00:57+
00:38+	00:40+	00:16+	00:47+	00:37+	01:49+	00:24+	00:23+	00:20+	03:24+	01:09+	02:52+	01:29+	01:16+	00:43+	00:45+	00:47+	00:34+	01:49+	02:21+	02:08+	02:55+	01:10+	00:54+	01:12+	00:57+
33:33+	35:27+	36:47+	37:45+	38:04+																					
01:14+	01:54+	01:20+	00:58+	00:19+																					
01:14+	01:54+	01:20+	00:58+	00:19+																					

14	Øistein Haaland	1683	39:52																						
00:43+	01:23+	01:41+	02:13+	02:50+	05:25+	05:41+	06:00+	06:22+	09:34+	10:55+	15:12+	16:36+	17:54+	18:33+	19:50+	20:38+	21:37+	22:14+	24:18+	26:33+	28:18+	29:20+	30:25+	31:19+	32:32+
00:43+	00:40+	00:18+	00:32+	00:37+	02:35+	00:16+	00:19+	00:22+	03:12+	01:21+	04:17+	01:24+	01:18+	00:39+	01:17+	00:48+	00:59+	00:37+	02:04+	02:15+	01:45+	01:02+	01:05+	00:54+	01:13+
00:43+	00:40+	00:18+	00:32+	00:37+	02:35+	00:16+	00:19+	00:22+	03:12+	01:21+	04:17+	01:24+	01:18+	00:39+	01:17+	00:48+	00:59+	00:37+	02:04+	02:15+	01:45+	01:02+	01:05+	00:54+	01:13+
33:40+	34:25+	36:50+	38:29+	39:33+	39:52+																				
01:08+	00:45+	02:25+	01:39+	01:04+	00:19+																				
01:08+	00:45+	02:25+	01:39+	01:04+	00:19+																				

15	Geir Haugvaldstad	1683	42:36																						
00:35+	01:18+	01:33+	02:21+	03:20+	06:21+	06:34+	08:10+	08:30+	11:11+	12:52+	16:03+	17:31+	18:59+	19:24+	20:05+	21:04+	21:47+	24:04+	26:01+	29:55+	30:44+	31:57+	32:52+	34:13+	35:41+
00:35+	00:43+	00:15+	00:48+	00:59+	03:01+	00:13+	01:36+	00:20+	02:41+	01:41+	03:11+	01:28+	01:28+	00:25+	00:41+	00:59+	00:43+	02:17+	01:57+	03:54+	00:49+	01:13+	00:55+	01:21+	01:28+
00:35+	00:43+	00:15+	00:48+	00:59+	03:01+	00:13+	01:36+	00:20+	02:41+	01:41+	03:11+	01:28+	01:28+	00:25+	00:41+	00:59+	00:43+	02:17+	01:57+	03:54+	00:49+	01:13+	00:55+	01:21+	01:28+
36:46+	39:08+	41:00+	42:20+	42:36+																					
01:05+	02:22+	01:52+	01:20+	00:16+																					
01:05+	02:22+	01:52+	01:20+	00:16+																					

16	Ove Oaland	1683	44:34																						
00:40+	01:39+	01:59+	03:42+	04:33+	06:21+	06:51+	07:20+	07:45+	11:07+	12:40+	19:23+	20:59+	22:21+	23:12+	23:54+	24:47+	25:42+	27:34+	30:04+	32:25+	33:28+	34:55+	35:57+	37:24+	38:19+
00:40+	00:59+	00:20+	01:43+	00:51+	01:48+	00:30+	00:29+	00:25+	03:22+	01:33+	06:43+	01:36+	01:22+	00:51+	00:42+	00:53+	00:55+	01:52+	02:30+	02:21+	01:03+	01:27+	01:02+	01:27+	00:55+
00:40+	00:59+	00:20+	01:43+	00:51+	01:48+	00:30+	00:29+	00:25+	03:22+	01:33+	06:43+	01:36+	01:22+	00:51+	00:42+	00:53+	00:55+	01:52+	02:30+	02:21+	01:03+	01:27+	01:02+	01:27+	00:55+
39:07+	41:26+	43:01+	44:17+	44:34+																					
00:48+	02:19+	01:35+	01:16+	00:17+																					
00:48+	02:19+	01:35+	01:16+	00:17+																					

HC

17	Erling Mauland	3541														47:03									
01:20+	02:09+	02:22+	03:22+	04:01+	06:04+	06:28+	06:36+	07:21+	10:49+	11:58+	16:44+	19:49+	21:02+	21:41+	22:33+	23:14+	23:54+	25:57+	28:00+	30:32+	32:38+	33:49+	35:16+	36:26+	37:51+
01:20+	00:49+	00:13+	01:00+	00:39+	02:03+	00:24+	00:28+	00:25+	03:28+	01:09+	04:46+	03:05+	01:13+	00:39+	00:52+	00:41+	00:40+	02:03+	02:03+	02:32+	02:06+	01:11+	01:27+	01:10+	01:25+
01:20+	00:49+	00:13+	01:00+	00:39+	02:03+	00:24+	00:28+	00:25+	03:28+	01:09+	04:46+	03:05+	01:13+	00:39+	00:52+	00:41+	00:40+	02:03+	02:03+	02:32+	02:06+	01:11+	01:27+	01:10+	01:25+
38:55+	39:40+	44:01+	45:26+	46:47+	47:03+																				
01:04+	00:45+	04:21+	01:25+	01:21+	00:16+																				
01:04+	00:45+	04:21+	01:25+	01:21+	00:16+																				

Beste strekktid for klassen

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

HNY

1	Marius Usvaltas	3529														23:26									
00:42=	01:16=	01:39=	02:16=	04:25=	04:45=	06:32=	07:32=	08:03=	09:10=	11:54=	12:10=	13:48=	14:47=	15:23=	16:19=	17:29=	18:42=	22:13=	23:11=	23:26=					
00:42=	00:34=	00:23=	00:37=	02:09=	00:20=	01:47=	01:00=	00:31=	01:07=	02:44=	00:16=	01:38=	00:59=	00:36=	00:56=	01:10=	01:13=	03:31=	00:58=	00:15=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Arild Opstad	3529														32:07									
01:12+	01:56+	02:38+	03:32+	04:24-	05:16+	09:33+	10:27+	11:13+	12:20+	15:20+	15:43+	17:22+	19:19+	20:52+	21:58+	24:09+	25:55+	29:45+	31:38+	32:07+					
01:12+	00:44+	00:42+	00:54+	00:52-	00:52+	04:17+	00:54-	00:46+	01:07=	03:00+	00:23+	01:39+	01:57+	01:33+	01:06+	02:11+	01:46+	03:50+	01:53+	00:29+					
00:30&	00:10&	00:19&	00:17&	01:17-	00:32@	02:30@	00:06-	00:15&	00:00=	00:16+	00:07&	00:01+	00:58&	00:57@	00:10#	01:01&	00:33&	00:19+	00:55&	00:14&					
3	Tore Grimstad	722														43:41									
01:53+	02:52+	03:40+	04:42+	06:02+	06:50+	11:25+	13:15+	14:36+	17:10+	20:48+	21:07+	25:12+	27:23+	29:09+	30:35+	32:58+	35:54+	40:36+	43:02+	43:41+					
01:53+	00:59+	00:48+	01:02+	01:20-	00:48+	04:35+	01:50+	01:21+	02:34+	03:38+	00:19+	04:05+	02:11+	01:46+	01:26+	02:23+	02:56+	04:42+	02:26+	00:39+					
01:11@	00:25&	00:25@	00:25&	00:49-	00:28@	02:48@	00:50&	00:50@	01:27@	00:54&	00:03#	02:27@	01:12@	01:10@	00:30&	01:13@	01:43@	01:11&	01:28@	00:24@					

Beste strekktid for klassen

00:42	00:34	00:23	00:37	00:52	00:20	01:47	00:54	00:31	01:07	02:44	00:16	01:38	00:59	00:36	00:56	01:10	01:13	03:31	00:58	00:15					
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	--	--	--	--	--

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

HT

1	Adam Alfred Brennhagen	3512														22:16									
01:49=	02:28=	03:00=	05:43=	06:14=	07:03=	07:57=	09:30=	10:37=	11:50=	12:43=	13:53=	15:58=	16:37=	18:10=	20:02=	20:37=	21:06=	21:43=	22:03=	22:16=					
01:49=	00:39=	00:32=	02:43=	00:31=	00:49=	00:54=	01:33=	01:07=	01:13=	00:53=	01:10=	02:05=	00:39=	01:33=	01:52=	00:35=	00:29=	00:37=	00:20=	00:13=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Per Olof Wallerstedt	3516														23:06									
00:59-	01:42-	02:34-	05:01-	05:32-	06:15-	07:05-	08:38-	10:00-	11:21-	12:06-	13:12-	15:33-	16:38+	18:34+	20:38+	21:23+	21:44+	22:23+	22:53+	23:06+					
00:59-	00:43+	00:52+	02:27-	00:31=	00:43-	00:50-	01:33=	01:22+	01:21+	00:45-	01:06-	02:21+	01:05+	01:56+	02:04+	00:45+	00:21-	00:39+	00:30+	00:13=					
00:50-	00:04#	00:20&	00:16-	00:00=	00:06-	00:04-	00:00=	00:15#	00:08#	00:08-	00:04-	00:16#	00:26&	00:23#	00:12#	00:10&	00:08-	00:02+	00:10&	00:00=					
3	Bartłomiej Lenart	1376														24:20									
00:54-	01:47-	02:16-	04:31-	05:02-	05:36-	06:32-	08:54-	10:30-	11:34-	12:36-	13:34-	15:58=	16:48+	18:37+	21:35+	22:18+	22:58+	23:36+	24:03+	24:20+					
00:54-	00:53+	00:29-	02:15-	00:31=	00:34-	00:56+	02:22+	01:36+	01:04-	01:02+	00:58-	02:24+	00:50+	01:49+	02:58+	00:43+	00:40+	00:38+	00:27+	00:17+					
00:55-	00:14&	00:03-	00:28-	00:00=	00:15-	00:02+	00:49&	00:29&	00:09-	00:09#	00:12-	00:19#	00:11&	00:16#	01:06&	00:08#	00:11&	00:01+	00:07&	00:04&					
4	Håvard Stensland	3503														24:35									
00:55-	01:43-	02:18-	05:06-	05:44-	06:43-	07:52-	09:43+	10:56+	12:14+	13:01+	14:29+	16:59+	17:54+	19:45+	22:01+	22:43+	23:13+	23:58+	24:20+	24:35+					
00:55-	00:48+	00:35+	02:48+	00:38+	00:59+	01:09+	01:51+	01:13+	01:18+	00:47-	01:28+	02:30+	00:55+	01:51+	02:16+	00:42+	00:30+	00:45+	00:22+	00:15+					
00:54-	00:09#	00:03+	00:05+	00:07#	00:10#	00:15&	00:18#	00:06+	00:05+	00:06-	00:18&	00:25#	00:16&	00:18#	00:24#	00:07#	00:01+	00:08#	00:02+	00:02#					
5	Stig E. Ollestad	3519														24:35									
00:48-	01:32-	02:21-	02:33-	05:33-	05:58-	07:05-	08:13-	09:42-	11:12-	12:19-	13:16-	14:24-	16:53+	17:58-	19:43-	22:07+	22:46+	23:14+	23:53+	24:23+	24:35+				
00:48-	00:44+	00:49+	00:12-	03:00+	00:25-	01:07+	01:08-	01:29+	01:30+	01:07+	00:57-	01:08-	02:29+	01:05-	01:45-	02:24+	00:39+	00:28-	00:39+	00:30+	00:12+				
01:01-	00:05#	00:17&	02:31-	02:29@	00:24-	00:13#	00:25-	00:22&	00:17#	00:14&	00:13-	00:57-	01:50@	00:28-	00:07-	01:49@	00:10&	00:09-	00:19&	00:17@	00:12+				
6	Aksel Kleppa Hartmann	793														26:03									
00:52-	01:31-	02:01-	07:21+	07:49+	08:54+	09:42+	11:32+	12:38+	14:00+	14:57+	16:09+	18:30+	19:25+	21:03+	23:24+	23:56+	24:17+	24:55+	25:49+	26:03+					
00:52-	00:39=	00:30-	05:20+	00:28-	01:05+	00:48-	01:50+	01:06-	01:22+	00:57+	01:12+	02:21+	00:55+	01:38+	02:21+	00:32-	00:21-	00:38+	00:54+	00:14+					
00:57-	00:00=	00:02-	02:37&	00:03-	00:16&	00:06-	00:17#	00:01-	00:09#	00:04+	00:02+	00:16#	00:16&	00:05+	00:29&	00:03-	00:08-	00:01+	00:34@	00:01+					

HT

21	Stein Stornes Nordal	4527	33:30																		
00:56+	02:50+	03:45+	06:45+	07:16+	07:55+	10:58+	14:46+	16:40+	18:08+	19:18+	21:02+	23:38+	24:55+	28:06+	30:32+	31:27+	32:03+	32:44+	33:15+	33:30+	
00:56+	01:54+	00:55+	03:00+	00:31+	00:39+	03:03+	03:48+	01:54+	01:28+	01:10+	01:44+	02:36+	01:17+	03:11+	02:26+	00:55+	00:36+	00:41+	00:31+	00:15+	
00:56+	01:54+	00:55+	03:00+	00:31+	00:39+	03:03+	03:48+	01:54+	01:28+	01:10+	01:44+	02:36+	01:17+	03:11+	02:26+	00:55+	00:36+	00:41+	00:31+	00:15+	
22	Timothée Maillefer	877	34:09																		
00:59+	01:53+	02:31+	05:35+	06:39+	08:18+	11:19+	14:39+	15:54+	17:18+	18:10+	19:50+	23:10+	24:07+	26:14+	29:35+	31:52+	32:33+	33:22+	33:55+	34:09+	
00:59+	00:54+	00:38+	03:04+	01:04+	01:39+	03:01+	03:20+	01:15+	01:24+	00:52+	01:40+	03:20+	00:57+	02:07+	03:21+	02:17+	00:41+	00:49+	00:33+	00:14+	
00:59+	00:54+	00:38+	03:04+	01:04+	01:39+	03:01+	03:20+	01:15+	01:24+	00:52+	01:40+	03:20+	00:57+	02:07+	03:21+	02:17+	00:41+	00:49+	00:33+	00:14+	
23	Alf Morten Johansen	3507	34:55																		
01:02+	02:03+	02:48+	07:32+	08:11+	09:00+	10:50+	13:23+	14:55+	16:52+	18:13+	19:59+	24:23+	25:56+	28:04+	31:07+	31:54+	32:31+	33:44+	34:34+	34:55+	
01:02+	01:01+	00:45+	04:44+	00:39+	00:49+	01:50+	02:33+	01:32+	01:57+	01:21+	01:46+	04:24+	01:33+	02:08+	03:03+	00:47+	00:37+	01:13+	00:50+	00:21+	
01:02+	01:01+	00:45+	04:44+	00:39+	00:49+	01:50+	02:33+	01:32+	01:57+	01:21+	01:46+	04:24+	01:33+	02:08+	03:03+	00:47+	00:37+	01:13+	00:50+	00:21+	
24	Rohan Joseph	1376	35:41																		
02:51+	03:36+	04:21+	07:50+	08:36+	10:08+	11:40+	14:10+	15:46+	19:21+	20:25+	21:43+	25:00+	26:21+	29:38+	32:55+	33:24+	34:04+	34:57+	35:25+	35:41+	
02:51+	00:45+	00:45+	03:29+	00:46+	01:32+	01:32+	02:30+	01:36+	03:35+	01:04+	01:18+	03:17+	01:21+	03:17+	03:17+	00:29+	00:40+	00:53+	00:28+	00:16+	
02:51+	00:45+	00:45+	03:29+	00:46+	01:32+	01:32+	02:30+	01:36+	03:35+	01:04+	01:18+	03:17+	01:21+	03:17+	03:17+	00:29+	00:40+	00:53+	00:28+	00:16+	
25	Steinar Løgith Aase	2539	35:56																		
01:18+	02:15+	03:04+	07:04+	08:13+	08:54+	10:34+	12:54+	14:04+	15:58+	17:12+	20:19+	23:48+	26:20+	28:50+	32:55+	33:34+	34:10+	34:51+	35:36+	35:56+	
01:18+	00:57+	00:49+	04:00+	01:09+	00:41+	01:40+	02:20+	01:10+	01:54+	01:14+	03:07+	03:29+	02:32+	02:30+	04:05+	00:39+	00:36+	00:41+	00:45+	00:20+	
01:18+	00:57+	00:49+	04:00+	01:09+	00:41+	01:40+	02:20+	01:10+	01:54+	01:14+	03:07+	03:29+	02:32+	02:30+	04:05+	00:39+	00:36+	00:41+	00:45+	00:20+	
26	Frode Følgesvold	880	36:11																		
01:10+	02:19+	03:10+	07:18+	07:54+	09:11+	10:25+	13:07+	15:16+	17:16+	18:19+	20:18+	25:14+	26:33+	29:47+	32:57+	33:38+	34:16+	35:16+	35:50+	36:11+	
01:10+	01:09+	00:51+	04:08+	00:36+	01:17+	01:14+	02:42+	02:09+	02:00+	01:03+	01:59+	04:56+	01:19+	03:14+	03:10+	00:41+	00:38+	01:00+	00:34+	00:21+	
01:10+	01:09+	00:51+	04:08+	00:36+	01:17+	01:14+	02:42+	02:09+	02:00+	01:03+	01:59+	04:56+	01:19+	03:14+	03:10+	00:41+	00:38+	01:00+	00:34+	00:21+	
27	Kjell-Ole Topnes	1683	36:48																		
02:30+	03:31+	04:23+	08:05+	08:46+	09:38+	11:28+	13:47+	16:03+	18:20+	19:33+	21:25+	25:47+	27:15+	30:46+	33:30+	34:09+	34:53+	35:51+	36:28+	36:48+	
02:30+	01:01+	00:52+	03:42+	00:41+	00:52+	01:50+	02:19+	02:16+	02:17+	01:13+	01:52+	04:22+	01:28+	03:31+	02:44+	00:39+	00:44+	00:58+	00:37+	00:20+	
02:30+	01:01+	00:52+	03:42+	00:41+	00:52+	01:50+	02:19+	02:16+	02:17+	01:13+	01:52+	04:22+	01:28+	03:31+	02:44+	00:39+	00:44+	00:58+	00:37+	00:20+	
28	Augustine Okafor	1683	37:27																		
01:15+	02:21+	03:26+	07:55+	08:37+	09:22+	10:39+	13:26+	16:27+	18:25+	19:57+	21:42+	26:14+	27:28+	29:47+	33:22+	34:10+	34:53+	36:30+	37:09+	37:27+	
01:15+	01:06+	01:05+	04:29+	00:42+	00:45+	01:17+	02:47+	03:01+	01:58+	01:32+	01:45+	04:32+	01:14+	02:19+	03:35+	00:48+	00:43+	01:37+	00:39+	00:18+	
01:15+	01:06+	01:05+	04:29+	00:42+	00:45+	01:17+	02:47+	03:01+	01:58+	01:32+	01:45+	04:32+	01:14+	02:19+	03:35+	00:48+	00:43+	01:37+	00:39+	00:18+	
29	Arne Hope	1832	39:03																		
01:24+	02:38+	03:41+	08:10+	08:54+	10:40+	12:38+	16:00+	17:40+	19:26+	21:04+	23:29+	27:00+	28:31+	30:58+	34:50+	35:42+	36:48+	37:58+	38:44+	39:03+	
01:24+	01:14+	01:03+	04:29+	00:44+	01:46+	01:58+	03:22+	01:40+	01:46+	01:38+	02:25+	03:31+	01:31+	02:27+	03:52+	00:52+	01:06+	01:10+	00:46+	00:19+	
01:24+	01:14+	01:03+	04:29+	00:44+	01:46+	01:58+	03:22+	01:40+	01:46+	01:38+	02:25+	03:31+	01:31+	02:27+	03:52+	00:52+	01:06+	01:10+	00:46+	00:19+	
30	Jan Erik Rasmussen	3519	39:26																		
01:09+	03:39+	04:42+	08:34+	09:30+	11:37+	12:57+	15:30+	17:48+	19:42+	21:00+	23:20+	27:56+	29:01+	32:23+	35:40+	36:26+	37:17+	38:27+	39:04+	39:26+	
01:09+	02:30+	01:03+	03:52+	00:56+	02:07+	01:20+	02:33+	02:18+	01:54+	01:18+	02:20+	04:36+	01:05+	03:22+	03:17+	00:46+	00:51+	01:10+	00:37+	00:22+	
01:09+	02:30+	01:03+	03:52+	00:56+	02:07+	01:20+	02:33+	02:18+	01:54+	01:18+	02:20+	04:36+	01:05+	03:22+	03:17+	00:46+	00:51+	01:10+	00:37+	00:22+	
31	Harald Paulsen Grøndal	4288	42:51																		
00:53+	02:00+	02:46+	06:18+	06:50+	08:43+	09:44+	13:13+	15:32+	17:31+	21:16+	23:41+	32:14+	33:29+	35:42+	38:09+	40:21+	40:41+	40:56+	41:58+	42:41+	42:51+
00:53+	01:07+	00:46+	03:32+	00:32+	01:53+	01:01+	03:29+	02:19+	01:59+	03:45+	02:25+	08:33+	01:15+	02:13+	02:27+	02:12+	00:20+	00:15+	01:02+	00:43+	00:10+
00:53+	01:07+	00:46+	03:32+	00:32+	01:53+	01:01+	03:29+	02:19+	01:59+	03:45+	02:25+	08:33+	01:15+	02:13+	02:27+	02:12+	00:20+	00:15+	01:02+	00:43+	00:10+
32	Tom Leveraas	1884	46:49																		
01:41+	02:57+	03:55+	08:15+	09:04+	11:02+	12:44+	16:32+	19:04+	22:09+	24:23+	26:55+	32:09+	34:49+	38:49+	42:25+	43:14+	44:31+	45:45+	46:24+	46:49+	
01:41+	01:16+	00:58+	04:20+	00:49+	01:58+	01:42+	03:48+	02:32+	03:05+	02:14+	02:32+	05:14+	02:40+	04:00+	03:36+	00:49+	01:17+	01:14+	00:39+	00:25+	
01:41+	01:16+	00:58+	04:20+	00:49+	01:58+	01:42+	03:48+	02:32+	03:05+	02:14+	02:32+	05:14+	02:40+	04:00+	03:36+	00:49+	01:17+	01:14+	00:39+	00:25+	
33	Jacek Jagodzinski	3486	51:23																		
02:24+	03:42+	04:38+	11:07+	11:37+	12:28+	15:09+	20:26+	22:52+	25:52+	27:56+	30:41+	36:08+	37:54+	43:00+	47:07+	48:07+	48:47+	50:25+	51:06+	51:23+	
02:24+	01:18+	00:56+	06:29+	00:30+	00:51+	02:41+	05:17+	02:26+	03:00+	02:04+	02:45+	05:27+	01:46+	05:06+	04:07+	01:00+	00:40+	01:38+	00:41+	00:17+	
02:24+	01:18+	00:56+	06:29+	00:30+	00:51+	02:41+	05:17+	02:26+	03:00+	02:04+	02:45+	05:27+	01:46+	05:06+	04:07+	01:00+	00:40+	01:38+	00:41+	00:17+	
34	Ashwin Ashok	1376	51:35																		
03:37+	04:22+	05:01+	08:47+	09:35+	11:20+	12:49+	15:46+	17:32+	20:02+	21:19+	22:48+	26:38+	28:23+	34:46+	41:29+	42:28+	44:21+	50:18+	51:01+	51:35+	
03:37+	00:45+	00:39+	03:46+	00:48+	01:45+	01:29+	02:57+	01:46+	02:30+	01:17+	01:29+	03:50+	01:45+	06:23+	06:43+	00:59+	01:53+	05:57+	00:43+	00:34+	
03:37+	00:45+	00:39+	03:46+	00:48+	01:45+	01:29+	02:57+	01:46+	02:30+	01:17+	01:29+	03:50+	01:45+	06:23+	06:43+	00:59+	01:53+	05:57+	00:43+	00:34+	

HT

35	Per Bakken	880																52:06		
01:19+	02:50+	04:08+	08:08+	08:57+	10:11+	17:10+	20:52+	22:23+	25:19+	29:33+	31:51+	37:41+	39:36+	42:19+	46:32+	47:11+	49:12+	50:28+	51:47+	52:06+
01:19+	01:31+	01:18+	04:00+	00:49+	01:14+	06:59+	03:42+	01:31+	02:56+	04:14+	02:18+	05:50+	01:55+	02:43+	04:13+	00:39+	02:01+	01:16+	01:19+	00:19+
01:19+	01:31+	01:18+	04:00+	00:49+	01:14+	06:59+	03:42+	01:31+	02:56+	04:14+	02:18+	05:50+	01:55+	02:43+	04:13+	00:39+	02:01+	01:16+	01:19+	00:19+
36	Torgeir Færevåg	3553																54:35		
01:00+	02:49+	04:43+	08:35+	09:16+	10:02+	12:09+	15:38+	24:50+	27:14+	34:32+	36:52+	41:31+	42:42+	46:00+	50:53+	51:30+	52:20+	53:42+	54:17+	54:35+
01:00+	01:49+	01:54+	03:52+	00:41+	00:46+	02:07+	03:29+	09:12+	02:24+	07:18+	02:20+	04:39+	01:11+	03:18+	04:53+	00:37+	00:50+	01:22+	00:35+	00:18+
01:00+	01:49+	01:54+	03:52+	00:41+	00:46+	02:07+	03:29+	09:12+	02:24+	07:18+	02:20+	04:39+	01:11+	03:18+	04:53+	00:37+	00:50+	01:22+	00:35+	00:18+
37	Kjetil Kartevold	3676																54:42		
03:36+	04:31+	05:29+	15:39+	16:07+	17:15+	18:29+	21:55+	23:18+	25:24+	27:21+	29:32+	32:57+	37:00+	40:44+	50:56+	51:31+	52:40+	53:40+	54:22+	54:42+
03:36+	00:55+	00:58+	10:10+	00:28+	01:08+	01:14+	03:26+	01:23+	02:06+	01:57+	02:11+	03:25+	04:03+	03:44+	10:12+	00:35+	01:09+	01:00+	00:42+	00:20+
03:36+	00:55+	00:58+	10:10+	00:28+	01:08+	01:14+	03:26+	01:23+	02:06+	01:57+	02:11+	03:25+	04:03+	03:44+	10:12+	00:35+	01:09+	01:00+	00:42+	00:20+
38	Erik Campbell Henriksen	1683																55:56		
04:09+	06:25+	08:01+	13:08+	13:58+	15:09+	17:08+	20:51+	27:41+	30:45+	32:09+	34:28+	40:42+	42:47+	46:28+	51:10+	52:08+	53:06+	54:25+	55:20+	55:56+
04:09+	02:16+	01:36+	05:07+	00:50+	01:11+	01:59+	03:43+	06:50+	03:04+	01:24+	02:19+	06:14+	02:05+	03:41+	04:42+	00:58+	00:58+	01:19+	00:55+	00:36+
04:09+	02:16+	01:36+	05:07+	00:50+	01:11+	01:59+	03:43+	06:50+	03:04+	01:24+	02:19+	06:14+	02:05+	03:41+	04:42+	00:58+	00:58+	01:19+	00:55+	00:36+
39	Svein Inge Sævereid	643																1:12:29		
11:58+	13:38+	14:50+	20:20+	21:36+	22:48+	26:15+	30:54+	39:15+	42:22+	44:17+	47:19+	54:38+	57:08+	62:18+	67:10+	68:18+	69:24+	70:52+	71:48+	72:29+
11:58+	01:40+	01:12+	05:30+	01:16+	01:12+	03:27+	04:39+	08:21+	03:07+	01:55+	03:02+	07:19+	02:30+	05:10+	04:52+	01:08+	01:06+	01:28+	00:56+	00:41+
11:58+	01:40+	01:12+	05:30+	01:16+	01:12+	03:27+	04:39+	08:21+	03:07+	01:55+	03:02+	07:19+	02:30+	05:10+	04:52+	01:08+	01:06+	01:28+	00:56+	00:41+

Beste strekktid for klassen

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