

Bedrifts-o-løp 14.06.2016

Strekktider

Gåsbu-14.06.2016

Plass	Navn	Klasse	Tid
D 1,5			
1	Anne Marie Nesbakk	Eidsiva	28:54
03:13= 07:22= 16:20= 21:01= 24:39= 28:04= 28:54=			
2	Tora Klevan	Hamar Post	31:00
03:13= 04:09= 08:58= 04:41= 03:38= 03:25= 00:50=			
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
3	Margareth T. Dyresen	Arve Hagen BIL	31:21
03:35+ 09:02+ 16:42+ 21:42+ 26:11+ 30:02+ 31:00+			
03:35+ 05:27+ 07:40- 05:00+ 04:29+ 03:51+ 00:58+			
00:22# 01:18# 01:16# 00:54+ 00:51# 00:26# 00:08#			
4	Irene Øien	Sparebanken Hedmark	35:25
05:22+ 09:34+ 17:34+ 24:11+ 27:51+ 30:42+ 31:21+			
05:22+ 04:12+ 08:00- 06:37+ 03:40+ 02:51- 00:39-			
02:09& 00:03+ 00:58- 01:56& 00:02+ 00:34- 00:11-			
5	Gerd Grønvold	Arve Hagen BIL	35:41
03:41+ 11:07+ 20:44+ 25:54+ 30:58+ 34:34+ 35:25+			
03:41+ 07:26+ 09:37+ 05:10+ 05:04+ 03:36+ 00:51+			
00:28# 02:17# 00:39+ 00:20# 01:26& 00:11+ 00:01+			
6	Eva Stensby	Løten kommune	36:59
05:38+ 10:35+ 19:34+ 25:22+ 30:22+ 34:27+ 35:41+			
05:38+ 04:57+ 08:59+ 05:48+ 05:00+ 04:05+ 01:14+			
02:25& 00:43+ 00:01# 01:07# 01:22& 00:40# 00:24&			
7	Inger E. Vamnes	Hamar OK	37:28
04:38+ 10:27+ 18:17+ 28:06+ 32:40+ 36:11+ 36:59+			
04:38+ 05:49+ 07:50- 09:49+ 04:34+ 03:31+ 00:48-			
01:25& 01:40& 01:00- 05:08@ 00:56& 00:06+ 00:02-			
8	Björg Riise	Sparebanken Hedmark	39:36
07:03+ 11:57+ 21:12+ 27:08+ 32:33+ 36:17+ 37:28+			
07:03+ 04:54+ 09:15+ 05:56+ 05:25+ 03:44+ 01:11+			
03:50@ 00:45# 00:17+ 01:15& 01:47& 00:19+ 00:21+			
9	Berit Kristiansen	Vegvesenet	40:35
04:09+ 07:55+ 19:01+ 27:40+ 35:26+ 38:16+ 39:36+			
04:09+ 03:46- 11:06+ 08:39+ 07:46+ 02:50- 01:20+			
00:56& 00:23- 02:08# 03:58& 04:08@ 00:35- 00:30&			
10	Rita Foråsveen	Sparebanken Hedmark	42:31
07:49+ 11:09+ 18:31+ 24:26+ 35:40+ 37:54+ 39:58+ 40:35+			
07:49+ 03:20- 07:22- 05:55+ 11:14+ 02:14- 02:04+ 00:37+			
04:36@ 00:40- 01:36- 01:14& 07:36@ 01:11- 01:14& 00:37+			
11	Tund Kolseth	Arve Hagen BIL	42:50
03:02- 17:50+ 26:21+ 32:17+ 37:26+ 41:28+ 42:31+			
03:02- 14:48+ 08:31- 05:56+ 05:09+ 04:02+ 01:03+			
00:11- 10:39@ 00:27- 01:15& 01:31& 00:37# 00:13&			
12	Unni Vold	Moelven	58:20
05:40+ 12:06+ 23:17+ 31:09+ 36:37+ 41:04+ 42:50+			
05:40+ 06:26+ 11:11+ 07:52+ 05:28+ 04:27+ 01:46+			
02:27& 02:17& 02:13# 03:11& 01:50& 01:02& 00:56@			
13	Helga Hansen	Arve Hagen BIL	1:04:16
10:36+ 27:01+ 38:30+ 45:11+ 52:21+ 57:01+ 58:20+			
10:36+ 16:25+ 11:29+ 06:41+ 07:10+ 04:40+ 01:19+			
07:23@ 12:16@ 02:01& 02:00& 03:32& 01:15& 00:29&			
03:17+ 31:56+ 40:41+ 48:29+ 59:26+ 62:55+ 64:16+			
03:17+ 28:39+ 08:45- 07:48+ 10:57+ 03:29+ 01:21+			
00:04+ 24:30@ 00:16- 01:07& 07:19@ 00:04+ 00:31&			
Beste strekk tid for klassen			
03:02 03:20 07:22 04:41 03:38 02:14 00:39			

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

D 2,5

1	Bente Wikstrøm	Geno	29:22
03:03= 08:00= 10:43= 13:53= 19:13= 23:15= 27:53= 28:39= 29:22=			
03:03= 04:57= 02:43= 03:10= 05:20= 04:02= 04:38= 00:46= 00:43=			
2	Inger K Brøndbo	Romedal Almenning	31:34
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
02:56- 07:47- 10:24- 13:18- 19:54+ 24:14+ 30:24+ 31:05+ 31:34+			
02:56- 04:51- 02:37- 02:54- 06:36+ 04:20+ 06:10+ 00:41- 00:29-			
00:07- 00:06- 00:06- 00:16- 01:16# 00:18+ 01:32& 00:05- 00:14-			

Plass	Navn				Klasse				Tid
3	Liv Reidun Reiersen				Mjøs Retail				31:45
	03:29+	09:15+	12:52+	16:20+	22:51+	26:46+	30:18+	31:09+	31:45+
	03:29+	05:46+	03:37+	03:28+	06:31+	03:55-	03:32-	00:51+	00:36-
4	Claire Bant				Vegvesenet				32:14
	00:26#	00:18+	00:51#	00:18+	01:11#	00:07-	01:06-	00:05#	00:07-
	02:37-	07:40-	12:48+	16:06+	23:20+	26:58+	30:47+	31:41+	32:14+
	02:37-	05:03+	05:08+	03:18+	07:14+	03:38-	03:49-	00:54+	00:33-
5	Marith Brekke				Hamar kommune				32:34
	00:26-	00:06+	02:35#	00:08+	01:54#	00:24-	00:49-	00:08#	00:10-
	03:17+	10:22+	13:17+	17:08+	22:54+	27:06+	31:11+	32:02+	32:34+
	03:17+	07:05+	02:55+	03:51+	05:46+	04:12+	04:05-	00:51+	00:32-
6	Vera Børresen				Sparebanken Hedmark				33:17
	00:14+	00:08#	00:12+	00:41#	00:26+	00:10+	00:33-	00:05#	00:11-
	04:23+	10:12+	13:55+	17:28+	23:56+	27:51+	31:31+	32:35+	33:17+
	04:23+	05:49+	03:43+	03:33+	06:28+	03:55-	03:40-	01:04+	00:42-
7	Bente Grøndalen				SIHF				37:31
	01:20#	00:52#	01:00#	00:23#	01:08#	00:07-	00:58-	00:18#	00:01-
	03:41+	11:17+	15:00+	19:07+	27:17+	31:33+	35:52+	36:46+	37:31+
	03:41+	07:36+	03:43+	04:07+	08:10+	04:16+	04:19-	00:54+	00:45+
8	Anne Karin Eilsenberg				Stange kommune				37:40
	00:38#	02:39#	01:00#	00:57#	02:50#	00:14+	00:19-	00:08#	00:02+
	03:43+	09:50+	12:50+	16:13+	23:26+	30:16+	35:57+	36:57+	37:40+
	03:43+	06:07+	03:00+	03:23+	07:13+	06:50+	05:41+	01:00+	00:43=
9	Rønnaug Sagbakken				Sparebanken Hedmark				38:10
	00:40#	00:10#	00:17#	00:13+	01:53#	02:48#	01:03#	00:14#	00:00=
	03:44+	10:07+	13:33+	17:40+	26:14+	30:46+	36:24+	37:23+	38:10+
	03:44+	06:23+	03:26+	04:07+	08:34+	04:32+	05:38+	00:59+	00:47+
10	Mette Marit Jensen				Vegvesenet				38:38
	00:41#	01:26#	00:43#	00:57#	03:14#	00:30#	01:00#	00:13#	00:04+
	03:49+	10:39+	14:18+	18:33+	27:42+	32:11+	37:05+	37:57+	38:38+
	03:49+	06:50+	03:39+	04:15+	09:09+	04:29+	04:54+	00:52+	00:41-
11	Oddveig Anne Sagbakken				Lokal revisjon as				39:18
	00:46#	01:53#	00:56#	01:05#	03:49#	00:27#	00:16-	00:06#	00:02-
	03:55+	11:07+	16:02+	22:19+	28:02+	33:03+	37:38+	38:34+	39:18+
	03:55+	07:12+	04:55+	06:17+	05:43+	05:01+	04:35-	00:56+	00:44+
12	Randi Aas Fjæstad				Løten kommune				40:04
	00:52#	02:15#	02:12#	03:07#	00:23+	00:59#	00:03-	00:10#	00:01+
	03:55+	10:50+	14:47+	19:20+	28:23+	33:45+	38:17+	39:23+	40:04+
	03:55+	06:55+	03:57+	04:33+	09:03+	05:22+	04:32-	01:06+	00:41-
13	Berit Røste				Sykenhuset Innlandet				41:09
	00:52#	00:58#	00:14#	01:23#	03:43#	01:20#	00:06-	00:20#	00:00-
	03:44+	10:18+	13:58+	17:52+	30:21+	34:26+	39:25+	40:28+	41:09+
	03:44+	06:34+	03:40+	03:54+	12:29+	04:05+	04:59+	01:03+	00:41-
14	Elisabet Rise				Geno				43:05
	00:41#	00:07#	00:57#	00:44#	07:09@	00:03+	00:21-	00:17#	00:02-
	03:23+	09:12+	11:56+	15:28+	32:42+	37:21+	41:33+	42:28+	43:05+
	03:23+	05:49+	02:44+	03:32+	17:14+	04:39+	04:12-	00:55+	00:37-
15	Aud Grønvold				Arve Hagen BIL				43:17
	00:20#	00:52#	00:01+	00:22#	11:54@	00:37#	00:26-	00:00#	00:06-
	04:13+	12:27+	16:47+	21:43+	30:11+	35:48+	41:16+	42:19+	43:17+
	04:13+	08:14+	04:20+	04:56+	08:28+	05:37+	05:28+	01:03+	00:58+
16	Anita Tølfersen				Tunvold barnehage				46:38
	01:10#	03:17#	04:37#	01:46#	03:08#	01:35#	00:50#	00:17#	00:15#
	03:04+	09:58+	15:01+	19:04+	34:29+	39:40+	45:28+	46:08+	46:38+
	03:04+	06:54+	05:03+	04:03+	15:25+	05:11+	05:48+	00:40-	00:30-
17	Lise Tronstad				Arve Hagen BIL				53:19
	00:01+	01:57#	02:20#	00:53#	10:05@	01:09#	01:10#	00:06-	00:13-
	05:11+	16:05+	20:50+	27:14+	39:13+	45:46+	51:09+	52:26+	53:19+
	05:11+	10:54+	04:45+	06:24+	11:59+	06:33+	05:23+	01:17+	00:53+
18	Solveig Johannessen				Arve Hagen BIL				53:44
	00:08#	05:57#	02:03#	03:14#	00:39@	02:31#	00:45#	00:14#	00:10#
	05:07+	16:13+	20:57+	27:26+	38:33+	45:58+	51:28+	52:39+	53:44+
	05:07+	11:06+	04:44+	06:29+	11:07+	07:25+	05:30+	01:11+	01:05+
Beste strekketid for klassen									
	02:37	04:51	02:37	02:54	05:20	03:38	03:32	00:40	00:29

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

D 3,5

1	Sidsel Storihle				Geno				44:47
	02:05=	05:08=	09:31=	13:51=	16:37=	19:44=	22:20=	29:46=	32:34=
	02:05=	03:03=	04:23=	04:20=	02:46=	03:07=	02:36=	07:26=	02:48=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Plass	Navn					Klasse					Tid			
2	Lene Jordheim					Norsk Tipping					46:01			
00:59-	04:11-	09:25-	14:16+	17:20+	20:23+	24:15+	30:14+	33:43+	38:43+	40:20+	44:43+	45:28+	46:01+	
00:59-	03:12+	05:14+	04:51+	03:04+	03:03-	03:52+	05:59-	03:29+	05:00-	01:37+	04:23+	00:45+	00:33=	
3	Bodil Wiik					Norsk Tipping					46:25			
01:06-	00:09+	00:31#	00:18#	00:04-	00:04-	01:16#	01:17-	00:11#	00:24-	00:05+	00:23+	00:01+	00:02=	
01:26-	04:39-	09:31=	14:19+	17:06+	20:00+	22:53+	28:41-	32:51+	38:02+	39:52+	45:11+	45:54+	46:25+	
01:26-	03:13+	04:52+	04:48+	02:47+	02:54-	02:53+	05:48-	04:10+	05:11-	01:50+	05:19+	00:43-	00:31-	
4	Inger-Lise Skårhøien					Løten kommune					46:33			
00:39-	00:10+	00:29#	00:28#	00:01+	00:13-	00:17#	01:18-	01:22#	00:13-	00:18#	01:19&	00:01-	00:02-	
05:51+	09:09+	13:21+	17:20+	20:10+	22:56+	25:43+	31:22+	34:10+	39:00+	40:29+	45:13+	45:50+	46:33+	
05:51+	03:18+	04:12-	03:59-	02:50+	02:46-	02:47+	05:39-	02:48=	04:50-	01:29-	04:44+	00:37-	00:43+	
5	Gunnhild Ljones					Hamar Post					49:07			
03:46@	00:15+	00:11+	00:21+	00:04+	00:21-	00:11+	01:47-	00:00=	00:34-	00:03-	00:44#	00:07-	00:02&	
02:09+	06:26+	10:59+	15:41+	18:31+	21:54+	24:53+	31:48+	35:01+	41:07+	42:53+	47:46+	48:32+	49:07+	
02:09+	04:17+	04:33+	04:42+	02:50+	03:23+	02:59+	06:55-	03:13+	06:06+	01:46+	04:53+	00:46+	00:35+	
6	Anita Høie					Arve Hagen BIL					52:33			
00:04+	01:14&	00:10+	00:22+	00:04+	00:16+	00:23#	00:31-	00:25#	00:42#	00:14#	00:53#	00:02+	00:03+	
02:33+	05:49+	13:30+	18:19+	21:07+	24:05+	27:35+	34:39+	38:33+	43:39+	45:36+	51:05+	51:51+	52:33+	
02:33+	03:16+	07:41+	04:49+	02:48+	02:58-	03:30+	07:04-	03:54+	05:06-	01:57+	05:29+	00:46+	00:42+	
7	Randi Fallbakken Berge					BAS Elverum					52:46			
00:28#	00:13+	03:18&	00:29#	00:02+	00:09-	00:54&	00:22-	01:06&	00:18-	00:25&	01:29&	00:02+	00:09&	
01:12-	05:00-	11:06+	15:57+	19:41+	23:11+	26:19+	33:34+	37:14+	43:43+	45:31+	51:05+	52:03+	52:46+	
01:12-	03:48+	06:06+	04:51+	03:44+	03:30+	03:08+	07:15-	03:40+	06:29+	01:48+	05:34+	00:58+	00:43+	
00:53-	00:45#	00:43&	00:31#	00:58&	00:23#	00:32#	00:11-	00:52&	01:05#	00:16#	01:34&	00:14&	00:10&	
8	Anne Sørum					Statens Hus					56:45			
04:40+	07:30+	12:07+	19:11+	22:36+	25:47+	29:49+	38:14+	41:17+	48:45+	50:59+	55:43+	56:16+	56:45+	
04:40+	02:50-	04:37+	07:04+	03:25+	03:11+	04:02+	08:25+	03:03+	07:28+	02:14+	04:44+	00:33-	00:29-	
9	Helga Størlén					Ringsaker kommune					1:00:34			
02:35@	00:13-	00:14+	02:44&	00:39#	00:04+	01:26&	00:59#	00:15+	02:04&	00:42&	00:44#	00:11-	00:04-	
05:13+	16:11+	22:14+	26:21+	28:52+	31:54+	38:20+	44:54+	48:29+	53:23+	54:56+	58:52+	59:45+	60:34+	
05:13+	10:58+	06:03+	04:07-	02:31-	03:02-	06:26+	06:34-	03:35+	04:54-	01:33+	03:56-	00:53+	00:49+	
10	Kirsten Merete Nerheim					Løten kommune					1:00:36			
03:08@	07:55@	01:40&	00:13-	00:15-	00:05-	03:50@	00:52-	00:47&	00:30-	00:01+	00:04-	00:09#	00:16&	
02:04-	14:10+	19:29+	23:39+	27:17+	31:05+	34:13+	41:50+	45:22+	52:04+	53:43+	59:02+	59:56+	60:36+	
02:04-	12:06+	05:19+	04:10-	03:38+	03:48+	03:08+	07:37+	03:32+	06:42+	01:39+	05:19+	00:54+	00:40+	
00:01-	00:03@	00:56#	00:10-	00:52&	00:41#	00:32#	00:11+	00:44&	01:19#	00:07+	01:19&	00:10#	00:07-	
11	Dyfrid Larsen Moen					Høgskolen i Gjøvik					1:00:51			
03:26+	07:07+	14:43+	21:09+	25:03+	29:51+	33:15+	42:18+	45:39+	51:42+	54:47+	59:20+	60:16+	60:51+	
03:26+	03:41+	07:36+	06:26+	03:54+	04:48+	03:24+	09:03+	03:21+	06:03+	03:05+	04:33+	00:56+	00:35+	
01:21&	00:38#	00:13&	07:06&	01:08&	01:41&	00:48&	01:37#	00:33#	00:39#	01:33@	00:33#	00:12&	00:02+	
12	Grete Storsveen					Sparebanken Hedmark					1:02:38			
06:05+	16:01+	20:55+	25:25+	30:23+	34:01+	38:03+	43:56+	48:15+	54:02+	55:54+	61:02+	61:52+	62:38+	
06:05+	09:56+	04:54+	04:30+	04:58+	03:38+	04:02+	05:53-	04:19+	05:47+	01:52+	05:08+	00:50+	00:46+	
13	Karen Tomter					Utstillingsplassen					1:08:23			
01:00@	00:53@	00:31#	00:10+	02:12&	00:31#	01:26&	01:39-	01:21&	00:23+	00:20#	01:08&	00:06#	00:13+	
06:24+	10:28+	19:31+	25:19+	29:16+	33:40+	37:27+	45:37+	49:36+	57:05+	59:32+	66:47+	67:39+	68:23+	
06:24+	04:04+	09:03+	05:48+	03:57+	04:24+	03:47+	08:10+	03:59+	07:29+	02:27+	07:15+	00:52+	00:44+	
14	Anita Bekkum					Arve Hagen BIL					1:10:55			
01:19@	01:01&	00:40#	01:28&	01:11&	01:17&	01:11&	00:44-	01:11&	02:05&	00:55&	03:15&	00:08#	00:11&	
03:33+	07:38+	14:32+	24:21+	28:39+	32:41+	36:13+	49:29+	53:02+	60:25+	62:36+	68:59+	70:11+	70:55+	
03:33+	04:05+	06:54+	09:49+	04:18+	04:02+	03:32+	13:16+	03:33+	07:23+	02:11+	06:23+	01:12+	00:44+	
15	Elfr Stensli					LMF					1:12:41			
01:28&	01:02&	02:31&	05:29@	01:32&	00:55&	00:56&	00:50&	00:45&	01:59&	00:39&	02:23&	00:28&	00:11&	
07:08+	11:37+	17:00+	30:03+	34:21+	38:04+	41:34+	48:18+	52:20+	61:55+	64:02+	71:07+	72:03+	72:41+	
07:08+	04:29+	05:23+	13:03+	04:18+	03:43+	03:30+	06:44-	04:02+	09:35+	02:07+	07:05+	00:56+	00:38+	
16	Rigmor Lømo Aas					Mjørs Retail					1:13:40			
05:03@	01:26&	01:00#	08:43@	01:32&	00:36#	00:54&	00:42-	01:14&	04:11&	00:35&	03:05&	00:12&	00:05#	
01:24-	13:39+	20:07+	27:17+	31:58+	41:36+	46:21+	53:27+	56:31+	64:38+	66:41+	72:04+	72:57+	73:40+	
01:24-	12:15+	06:28+	07:10+	04:41+	09:38+	04:45+	07:06-	03:04+	08:07+	02:03+	05:23+	00:53+	00:43+	
17	Kristin Haga					Arve Hagen BIL					1:13:54			
00:41-	00:12@	02:05&	02:50&	01:55&	00:31@	02:09&	00:29-	00:16+	02:43&	00:31&	01:23&	00:09#	00:10&	
03:19+	07:18+	16:09+	21:06+	24:14+	30:10+	42:22+	50:17+	54:41+	62:26+	64:21+	72:53+	73:29+	73:54+	
03:19+	03:59+	08:51+	04:57+	03:08+	05:56+	12:12+	07:55+	04:24+	07:45+	01:55+	08:32+	00:36-	00:25-	
18	Grete Aalstad					NVE					1:25:34			
01:14&	00:56&	04:28@	00:37#	00:22#	02:49&	09:36@	00:29+	01:36&	02:21&	00:23#	04:32@	00:08-	00:03-	
04:49+	08:47+	13:40+	34:56+	40:15+	46:39+	50:48+	57:54+	64:57+	73:35+	76:34+	83:43+	84:58+	85:34+	
04:49+	03:58+	04:53+	21:16+	05:19+	06:24+	04:09+	07:06-	07:03+	08:38+	02:59+	07:09+	01:15+	00:36+	
Beste strekkid for klassen	00:59	02:50	04:12	03:59	02:31	02:46	02:36	05:39	02:48	04:50	01:29	03:56	00:33	00:25

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

D 4,5

Plass	Navn	Klasse	Tid
1	Marte Skårholen	Løten kommune	43:10
03:47=	09:11=	10:56=	14:55=
03:47=	05:24=	01:45=	03:59=
00:00=	00:00=	00:00=	00:00=
2	Nina Smestad	Løten O-Lag	45:17
03:50+	08:56-	10:26-	13:47-
03:50+	05:06-	01:30-	03:21-
00:03+	00:18	00:19	00:38-
3	Stine Holmen	Sofies stuer	47:11
04:06+	09:41+	11:22+	15:09+
04:06+	05:35+	01:41-	03:47-
00:19+	00:11	00:01	00:12-
4	Iren Skjeltbekk	Løten kommune	48:28
04:42+	10:13+	11:47+	15:23+
04:42+	05:31+	01:34-	03:36-
00:55#	00:07+	00:11	00:23
5	Wenche Bjørnstad	Genø	49:54
04:45+	09:47+	11:12+	14:25-
04:45+	05:02-	01:25-	03:13-
00:58&	00:22-	00:20-	00:46
6	Lise Merete Libak	Løten kommune	53:16
04:43+	10:24+	12:14+	17:05+
04:43+	05:41+	01:50+	04:51+
00:56#	00:17+	00:05+	00:52#
7	May Kristin Tangen	Ringsaker OK	54:06
03:45-	10:23+	15:57+	18:55+
03:45-	06:38+	05:34+	02:58-
00:02-	01:14#	03:49&	01:01
8	Ingunn Lund Nordstrøm	Norsk Tipping	55:01
04:32+	11:28+	13:12+	16:59+
04:32+	06:56+	01:44-	03:47-
00:45#	01:22&	00:01-	00:12-
9	Sissel Ravnsborg	Vegvesenet	1:01:40
04:54+	12:10+	14:27+	19:12+
04:54+	07:16+	02:17+	04:45+
01:07&	01:52&	00:32&	00:46#
10	Mona Hesselberg	Løten kommune	1:05:45
05:38+	11:54+	13:57+	19:04+
05:38+	06:16+	02:03+	05:07+
01:54&	00:57#	00:16#	01:08&
Beste strekktid for klassen			
03:45	05:02	01:25	02:58

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

D 5,5

1	Sofie Johansson	Hamar Katedralskole	44:18
03:36=	07:49=	09:03=	11:30=
03:36=	04:13=	01:14=	02:27=
00:00=	00:00=	00:00=	00:00=
2	Margrethe Nilsen	Hamar Katedralskole	1:16:50
05:38+	12:14+	13:46+	17:33+
05:38+	06:36+	01:32+	03:47+
01:08&	00:22&	00:12&	00:16#
Beste strekktid for klassen			
03:36	04:13	01:14	02:27

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

H 1,5

1	Johan Nerheim	Løten kommune	24:20
03:10=	07:29=	13:44=	17:47=
03:10=	04:19=	06:15=	04:03=
00:00=	00:00=	00:00=	00:00=
2	Edgar Myrvold	Statens Hus	27:18
02:53-	07:01-	14:14+	19:56+
02:53-	04:08-	07:13+	05:42+
00:17-	00:11-	00:58#	01:39&

Plass	Navn							Klasse	Tid
3	Erik Gundersen							Nestle	28:01
	02:41-	08:21+	15:27+	21:20+	24:42+	27:24+	28:01+		
	02:41-	05:40+	07:06+	05:53+	03:22-	02:42+	00:37-		
4	Harald Grønvold							Arve Hagen BIL	28:39
	00:29-	00:21&	00:51#	01:50&	00:03-	00:12+	00:01+		
	02:54-	07:09-	14:20+	19:41+	24:43+	28:00+	28:39+		
	02:54-	04:15-	07:11+	05:21+	05:02+	03:17+	00:39+		
5	Håkon Nesbakk							Eidsiva	28:46
	00:16-	00:04-	00:36#	01:11&	01:37&	00:47&	00:01+		
	03:05-	07:28-	16:24+	20:54+	24:40+	28:02+	28:46+		
	03:05-	04:23+	08:56+	04:30+	03:46+	03:22+	00:44+		
6	Arild Rønning							Nestle	28:53
	00:05-	00:04-	02:41&	00:27#	00:21#	00:52&	00:06#		
	02:52-	09:03+	16:26+	21:13+	25:22+	28:05+	28:53+		
	02:52-	06:11+	07:23+	04:47+	04:09+	02:43+	00:48+		
	00:18-	01:52&	01:09#	00:44#	00:13+	00:10#	00:10#		
7	Ingvald Pedersen							Statens Hus	29:22
	03:03-	07:56+	15:53+	22:06+	26:05+	28:49+	29:22+		
	03:03-	04:53+	07:57+	06:13+	03:59+	02:44+	00:33-		
8	Bjørn Eriksrud							System-Tre Gjøvik	31:01
	00:07-	00:34#	01:42&	02:10&	00:34#	00:14+	00:05		
	02:58-	07:41+	16:29+	21:49+	26:35+	30:13+	31:01+		
	02:58-	04:43+	08:48+	05:20+	04:46+	03:38+	00:48+		
9	Erik Skarås							Sparebanken Hedmark	32:19
	00:12-	00:24+	02:33&	01:17&	01:21&	01:08&	00:10&		
	03:25+	09:12+	17:05+	22:36+	27:19+	31:17+	32:19+		
	03:25+	05:47+	07:53+	05:31+	04:43+	03:58+	01:02+		
10	Jon Lindgren							Romedal Almenning	32:58
	00:15+	01:28&	01:38&	01:28&	01:18&	01:28&	00:24&		
	03:40+	12:42+	20:04+	24:38+	28:42+	32:09+	32:58+		
	03:40+	09:02+	07:22+	04:34+	04:04+	03:27+	00:49+		
11	Arne Sveen							Stabburet	33:30
	00:30#	04:43@	01:07#	00:31#	00:39#	00:57&	00:11&		
	03:24+	08:55+	18:34+	23:42+	28:51+	32:29+	33:30+		
	03:24+	05:31+	09:39+	05:08+	05:09+	03:38+	01:01+		
12	Finn Røise							Moelven	34:39
	00:14+	01:12&	03:24&	01:05&	01:44&	01:08&	00:23&		
	02:37-	08:25+	14:33+	26:35+	30:53+	34:04+	34:39+		
	02:37-	05:48+	06:08-	12:02+	04:18+	03:11+	00:35-		
13	Henrik Nylund							Løten kommune	35:25
	00:33-	00:20&	00:01-	07:50@	00:53&	00:41&	00:03		
	03:33+	09:04+	17:07+	25:49+	30:29+	34:16+	35:25+		
	03:33+	05:31+	08:03+	08:42+	04:40+	03:47+	01:09+		
14	John Falbakken							Gunders	36:26
	00:23#	01:13&	01:40&	04:30@	01:15&	01:17&	00:31&		
	03:27+	09:06+	19:04+	25:54+	31:39+	35:37+	36:26+		
	03:27+	05:39+	09:58+	06:50+	05:45+	03:58+	00:49+		
15	Oddvar Dalby							Hamar kommune	37:50
	00:17+	01:20&	03:42&	02:47&	02:20&	01:28&	00:11&		
	03:03-	09:13+	20:23+	30:30+	34:18+	37:04+	37:50+		
	03:03-	06:10+	11:10+	10:07+	03:48+	02:46+	00:46+		
16	Knut Jahr							Hamar kommune	40:12
	00:07-	01:51&	04:55&	06:04@	00:23#	00:16#	00:08#		
	14:19+	18:35+	26:34+	33:21+	36:47+	39:36+	40:12+		
	14:19+	04:16-	07:59+	06:47+	03:26+	02:49+	00:36-		
17	Ivar Vamnes							Hamar OK	44:51
	00:09@	00:03-	01:44&	02:44&	00:01+	00:19#	00:02		
	08:46+	14:26+	26:21+	33:48+	39:14+	43:47+	44:51+		
	08:46+	05:40+	11:55+	07:27+	05:26+	04:33+	01:04+		
18	Ragnar Høstøien							Hamar Post	47:50
	05:36@	00:21&	00:34&	03:24&	02:01&	02:03&	00:26&		
	08:11+	13:18+	22:30+	37:12+	42:48+	46:59+	47:50+		
	08:11+	05:07+	09:12+	14:42+	05:36+	04:11+	00:51+		
19	Arne G. Barfj							Løten kommune	48:58
	05:01@	00:48#	03:57&	10:39@	02:11&	01:41&	00:13&		
	05:21+	12:44+	25:02+	33:21+	41:56+	47:29+	48:58+		
	05:21+	07:23+	12:18+	08:19+	08:35+	05:33+	01:29+		
20	Trygve Jan Bjerke							Hamar Post	50:28
	02:11&	03:04&	06:03&	03:16@	05:10@	03:03@	00:51@		
	02:36-	07:31+	31:26+	42:32+	46:33+	49:42+	50:28+		
	02:36-	04:55+	23:55+	11:06+	04:01+	03:09+	00:46+		
21	Kjell Sagbakken							Hamar Post	52:14
	00:34-	00:36+	07:40&	07:03@	00:36#	00:39&	00:08#		
	05:32+	20:52+	29:44+	37:20+	48:05+	51:29+	52:14+		
	05:32+	15:20+	08:52+	07:36+	10:45+	03:24+	00:45+		
	02:22&	11:01@	02:37&	03:33&	07:20@	00:54&	00:07#		

Class	Navn								Klasse	Tid
22	Hans Narbuvoold								Nestle	1:01:21
	03:32+	29:36+	38:09+	47:42+	56:32+	60:17+	61:21+			
	03:32+	26:04+	08:33+	09:33+	08:50+	03:45+	01:04+			
23	Torger Bache								Sanderud sykehus	1:50:29
	09:22#	2:45@	02:38@	05:30@	05:25@	01:15&	00:26&			
	53:04+	59:05+	70:18+	98:31+	104:37+	109:27+	110:29+			
	53:04+	06:01+	11:13+	28:13+	06:06+	04:50+	01:02+			
Beste strekkid for klassen										
	08:50&	01:41&	01:58&	2:10@	07:41&	02:20&	00:24&			
	02:36	04:08	06:08	04:03	03:22	02:30	00:33			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
H 2,5										
1	Terje Tangen								Ringsaker OK	22:32
	01:31=	04:17=	07:04=	08:33=	11:41=	14:44=	18:39=	21:24=	22:01=	22:32=
	01:31=	02:46=	02:47=	01:29=	03:08=	03:03=	03:55=	02:45=	00:37=	00:31=
2	Philip Føyen								EAB Engineering	24:08
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
	01:14-	03:47-	07:15+	09:07+	12:55+	16:49+	20:03+	23:10+	23:44+	24:08+
	01:14-	02:33-	03:28+	01:52+	03:48+	03:54+	03:14-	03:07+	00:34-	00:24-
3	Steinar Libak								Løten kommune	26:17
	00:17-	00:12	00:41#	00:23&	00:40#	00:51&	00:41#	00:22+	00:03-	00:07-
	01:34+	04:30+	07:55+	09:36+	13:25+	17:44+	21:27+	25:00+	25:45+	26:17+
	01:34+	02:56+	03:25+	01:41+	03:49+	04:19+	03:43-	03:33+	00:45+	00:32+
4	Per Vold								MoeIven	27:04
	00:03+	00:10+	00:38#	00:12#	00:41#	01:16&	00:12-	00:48&	00:08#	00:01+
	01:16-	03:59-	07:03-	08:47+	12:33+	17:19+	20:45+	26:09+	26:40+	27:04+
	01:16-	02:43-	03:04+	01:44+	03:46+	04:46+	03:26-	05:24+	00:31-	00:24-
5	Ole Nashoug								Vang O-lag	27:17
	00:15-	00:02	00:17#	00:15#	00:38#	01:43&	00:29-	02:38&	00:06-	00:07-
	01:33+	04:32+	07:50+	09:50+	14:22+	19:11+	22:25+	26:00+	26:46+	27:17+
	01:33+	02:59+	03:18+	02:00+	04:32+	04:49+	03:14-	03:35+	00:46+	00:31=
6	Tore Stensby								Mattilsynet	28:43
	00:02+	00:13+	00:31#	00:31&	01:24&	01:46&	00:41-	00:50&	00:09#	00:00=
	01:32+	04:24+	08:11+	10:18+	14:17+	18:56+	22:34+	27:03+	27:55+	28:43+
	01:32+	02:52+	03:47+	02:07+	03:59+	04:39+	03:38-	04:29+	00:52+	00:48+
7	Oddin Høie Voillum								Arve Hagen BIL	29:07
	00:01+	00:00	01:00&	00:30&	00:51&	01:36&	00:17-	01:44&	00:15&	00:17&
	05:59+	08:51+	12:21+	14:03+	18:06+	22:14+	24:53+	28:24+	28:49+	29:07+
	05:59+	02:52+	03:30+	01:42+	04:03+	04:08+	02:39-	03:31+	00:25-	00:18-
8	Ole Johan Vangen								Norsk Tipping	29:30
	04:28@	00:06+	00:43&	00:13#	00:55&	01:05&	01:16-	00:46&	00:12-	00:13-
	02:34+	06:08+	09:28+	11:36+	16:08+	21:07+	24:20+	28:07+	28:59+	29:30+
	02:34+	03:34+	03:20+	02:08+	04:32+	04:59+	03:13-	03:47+	00:52+	00:31=
9	Torbjørn Hakensen								Gunders	29:53
	01:03&	00:48&	00:33#	00:30&	01:24&	01:56&	00:42-	01:02&	00:15&	00:00=
	02:07+	05:04+	08:13+	13:00+	17:05+	22:01+	24:58+	28:42+	29:22+	29:53+
	02:07+	02:57+	03:09+	04:47+	04:05+	04:56+	02:57-	03:44+	00:40+	00:31=
10	Morten Øie								Furnes Almenning	30:29
	00:36&	00:11+	00:22#	03:18@	00:57&	01:53&	00:58-	00:59&	00:03+	00:00=
	01:40+	05:02+	08:51+	10:40+	15:14+	20:08+	24:39+	28:47+	29:47+	30:29+
	01:40+	03:22+	03:49+	01:49+	04:34+	04:54+	04:31+	04:08+	01:00+	00:42+
11	Jan Erik Johansen								Hamar Post	30:31
	00:09+	00:36#	01:02&	00:26&	01:26&	01:51&	00:36-	01:23&	00:13&	00:11&
	01:43+	04:46+	08:31+	10:41+	14:40+	21:49+	24:58+	29:06+	29:56+	30:31+
	01:43+	03:03+	03:45+	02:10+	03:59+	07:09+	03:09-	04:08+	00:50+	00:35+
12	Kjell Høgseth								Geno	30:47
	00:12#	00:17#	00:58&	00:41&	00:51&	04:06@	00:46-	01:23&	00:13&	00:04#
	01:53+	07:19+	11:05+	12:40+	17:39+	22:17+	26:07+	29:39+	30:18+	30:47+
	01:53+	05:26+	03:46+	01:35+	04:59+	04:38+	03:50-	03:32+	00:39+	00:29-
13	Terje Lien								Telenor	31:41
	00:22#	00:40&	00:59&	00:06+	01:51&	01:35&	00:05-	00:47&	00:02+	00:02-
	01:59+	05:13+	08:15+	09:55+	14:38+	20:12+	25:46+	30:24+	31:05+	31:41+
	01:59+	03:14+	03:02+	01:40+	04:43+	05:34+	05:34+	04:38+	00:41+	00:36+
14	Odd Erik Jordheim								Statens Hus	31:43
	00:28&	00:28#	00:15+	00:11#	01:35&	02:31&	01:39&	01:53&	00:04#	00:05#
	01:45+	05:22+	08:27+	13:44+	19:03+	23:06+	26:36+	30:29+	31:09+	31:43+
	01:45+	03:37+	03:05+	05:17+	05:19+	04:03+	03:30-	03:53+	00:40+	00:34+
15	Stein Sandaker								Ahlsein	32:21
	00:14#	00:51&	00:18#	00:48@	02:11&	01:00&	00:25-	01:08&	00:03+	00:03+
	03:04+	06:07+	09:29+	12:07+	17:36+	22:57+	26:17+	30:54+	31:46+	32:21+
	03:04+	03:03+	03:22+	02:38+	05:29+	05:21+	03:20-	04:37+	00:52+	00:35+
	01:33@	00:17#	00:35#	01:09&	02:21&	02:18&	00:35-	01:52&	00:15&	00:04#

Plass	Navn	Klasse	Tid
16	Einar Stensby	Løten kommune	32:32
04:12+	08:17+	11:52+	13:23+
04:12+	04:05+	03:35+	01:31+
02:41@	01:29@	03:48@	00:02+
17	Kåre Garmager	Telenor	33:31
02:01+	05:56+	10:08+	12:14+
02:01+	03:55+	04:12+	02:06+
00:30&	00:00@	01:26@	00:12@
18	Magnar Nybakk	Sparebanken Hedmark	33:35
02:55+	05:57+	09:32+	11:11+
02:55+	03:02+	03:35+	01:39+
01:24&	00:16@	00:48@	00:04#
19	Kjell Vidar Holmen	Arve Hagen BIL	34:41
01:49+	05:04+	08:43+	10:48+
01:49+	03:15+	03:39+	02:05+
00:18#	00:29#	00:52&	00:36&
20	Ottar Evensen	Elverum kommune	34:44
01:45+	07:32+	11:05+	14:24+
01:45+	05:47+	03:33+	03:19+
00:14#	00:01@	00:46&	01:50@
21	Olav Skjærbekk	Gunders	35:12
02:38+	07:03+	10:52+	14:03+
02:38+	04:25+	03:49+	03:11+
01:07&	01:30@	01:02@	01:42@
22	Hållstein Ødegård	Løten kommune	35:16
01:54+	05:25+	10:01+	11:54+
01:54+	03:31+	04:36+	01:53+
00:23&	00:45&	01:40&	00:24&
23	Knut Røhrsveen	Arve Hagen BIL	35:20
02:13+	06:20+	09:56+	12:06+
02:13+	04:07+	03:36+	02:10+
00:42&	01:21&	00:49&	00:41&
24	Bjørn Jenssen	Mjøss Retail	35:59
02:06+	06:17+	12:16+	14:42+
02:06+	04:11+	05:59+	02:26+
00:35&	01:25&	03:12@	00:57&
25	Olav Rustadbakken	Arve Hagen BIL	36:43
01:51+	06:59+	10:53+	12:53+
01:51+	05:08+	03:54+	02:00+
00:20#	00:22&	00:07@	00:01@
26	Hans Petter Jevanord	Geno	37:08
02:01+	05:22+	09:34+	15:29+
02:01+	03:21+	04:12+	05:55+
00:30&	00:35#	01:25&	04:26@
28	Odd Rise	Geno	38:45
01:59+	11:46+	16:04+	17:59+
01:59+	09:47+	04:18+	01:55+
00:28&	07:01@	01:31&	00:26&
29	Hans Jørgen Røste	Sykehuset Innlandet	38:55
02:31+	07:33+	11:37+	14:43+
02:31+	05:02+	04:04+	03:06+
01:00&	02:16&	04:17&	01:37@
30	Harald Brekke	Hamar kommune	38:57
02:27+	06:48+	11:05+	14:56+
02:27+	04:21+	04:17+	03:51+
00:56&	01:35&	01:30&	02:22@
31	Thorvald Sæmle	Ringsaker kommune	40:41
02:22+	06:45+	11:55+	15:07+
02:22+	04:23+	05:10+	03:12+
00:51&	00:17&	00:22&	00:43@
32	Magnar Sveen	Moeiven	43:35
02:07+	09:35+	19:20+	21:47+
02:07+	07:28+	09:45+	02:27+
00:36&	01:42@	00:58@	00:58&
33	Torbjørn Ødegaard	Hamar Lærernøgskole	44:37
02:21+	14:11+	20:52+	23:35+
02:21+	11:50+	06:41+	02:43+
00:50&	00:04@	00:54@	01:14&
34	Heige Bøsterud	Eidsiva	46:57
02:18+	07:41+	13:30+	17:30+
02:18+	05:23+	05:49+	04:00+
00:47&	00:37&	00:02@	02:11@
35	Dag Erik Hovde	Eidsiva	49:35
02:50+	07:45+	12:53+	15:35+
02:50+	04:55+	05:08+	02:42+
01:19&	02:09&	02:21&	01:13&

Plass	Navn				Klasse				Tid			
17	Edvin Elisenberg				Eidsiva				45:36			
02:44-	07:35+	12:18+	15:12+	19:20+	21:44+	27:33+	29:29+	38:29+	40:57+	43:36+	44:57+	45:36+
02:44-	04:51+	04:43+	02:54+	04:08+	02:24-	05:49+	01:56+	09:00+	02:28+	02:39+	01:21+	00:39+
18	Hans Ole Tårneby				NAV				45:42			
00:02-	00:01#	00:51#	00:24#	00:30#	01:03-	00:57#	00:17#	05:14@	01:13#	00:01+	00:25#	00:15#
03:01+	06:58+	11:15+	14:33+	17:25+	20:23+	27:24+	29:48+	35:40+	39:59+	43:46+	45:05+	45:42+
03:01+	03:57+	04:17+	03:18+	02:52-	02:58-	07:01+	02:24+	05:52+	04:19+	03:47+	01:19+	00:37+
19	Knut Busterud				Vang O-lag				45:44			
00:15+	00:07+	03:25#	00:38#	00:46-	00:29-	02:09#	00:15#	02:06#	03:04@	01:09#	00:23#	00:13#
04:11+	08:05+	12:16+	15:13+	18:11+	21:01+	27:24+	30:20+	35:36+	37:47+	42:34+	44:43+	45:44+
04:11+	03:54+	04:11+	02:57+	02:58-	02:50-	06:23+	02:56+	05:16+	02:11+	04:47+	02:09+	01:01+
20	Torleif Finstad				Hamar Post				46:36			
01:25#	00:04+	00:09+	00:17#	00:40-	00:37-	01:31#	01:17#	01:30#	00:56#	02:09#	01:13@	00:37@
02:56+	07:51+	11:27+	13:49+	16:31-	19:20-	24:51-	27:41+	40:28+	41:55+	45:05+	46:04+	46:36+
02:56+	04:55+	03:36-	02:22-	02:42-	02:49-	05:31+	02:50+	12:47+	01:27+	03:10+	00:59+	00:32+
21	Espen Melby				Løten kommune				47:01			
00:10+	01:05#	00:16-	00:08-	00:56-	00:38-	00:39#	01:11#	00:01@	00:12#	00:32#	00:03+	00:08#
06:45+	11:53+	16:19+	19:12+	22:04+	24:40+	31:43+	34:39+	39:52+	41:38+	45:06+	46:19+	47:01+
06:45+	05:08+	04:26+	02:53+	02:52-	02:36-	07:03+	02:56+	05:13+	01:46+	03:28+	01:13+	00:42+
22	Erik Neby				Norsk Tipping				47:34			
00:59@	01:18#	00:34#	00:23#	00:46-	00:51-	02:11#	01:17#	01:27#	00:31#	00:50#	00:17#	00:18#
03:09+	13:03+	17:23+	20:11+	23:07+	26:10+	34:49+	36:28+	40:45+	42:41+	45:48+	47:07+	47:34+
03:09+	09:54+	04:20+	02:48+	02:56-	03:03-	08:39+	01:39+	04:17+	01:56+	03:07+	01:19+	00:27+
23	Morten Eriksen				Norsk Tipping				48:26			
00:23#	00:04@	00:20#	00:18#	00:42-	00:24-	03:47#	00:00+	00:31#	00:41#	00:29#	00:23#	00:03#
02:31-	11:46+	16:02+	19:45+	23:06+	26:31+	32:01+	37:15+	41:57+	43:33+	46:33+	47:54+	48:26+
02:31-	09:15+	04:16+	03:43+	03:21-	03:25-	05:30+	05:14+	04:42+	01:36+	03:00+	01:21+	00:32+
24	Jan Olav Sæther				Gunders				48:41			
00:15-	05:25@	00:24#	01:13#	00:17-	00:02-	00:38#	03:15@	00:56#	00:21#	00:22#	00:25#	00:08#
03:47+	08:55+	14:10+	17:42+	21:57+	25:52+	32:13+	36:06+	41:33+	43:18+	46:55+	48:11+	48:41+
03:47+	05:08+	05:15+	03:32+	04:15+	03:55+	06:21+	03:53+	05:27+	01:45+	03:37+	01:16+	00:30+
25	Bjørn Vidar Bekkum				Arve Hagen BIL				50:24			
01:01#	01:18#	01:23#	00:37#	00:28#	01:29#	02:14@	01:41@	00:30#	00:59#	00:20#	00:06#	00:00#
02:55+	10:26+	15:13+	17:54+	20:20+	23:24+	28:36+	31:46+	44:13+	45:50+	48:59+	50:00+	50:24+
02:55+	07:31+	04:47+	02:41+	02:46-	03:04-	05:12+	03:10+	12:27+	01:37+	03:09+	01:01+	00:24=
26	Tore Stenseth				Mjøso Retail				51:12			
00:09+	03:41#	00:55#	00:11+	01:12-	00:23-	00:20#	01:31#	00:41@	00:22#	00:31#	00:05+	00:00=
02:49+	08:12+	12:07+	20:54+	25:08+	28:22+	35:10+	37:02+	42:15+	43:59+	47:32+	50:39+	51:12+
02:49+	05:23+	03:55+	08:47+	04:14+	03:14-	06:48+	01:52+	05:13+	01:44+	03:33+	03:07+	00:33+
27	Leif Martin Kjos				Sparebanken Hedmark				51:31			
00:03+	01:33#	00:06+	00:17@	00:36#	00:13-	01:56#	00:13#	01:27#	00:29#	00:55#	02:11@	00:09#
04:20+	08:53+	13:33+	16:30+	19:13+	21:58+	33:39+	35:46+	41:17+	44:30+	49:16+	50:41+	51:31+
04:20+	04:33+	04:40+	02:57+	02:43-	02:45-	11:41+	02:07+	05:31+	03:13+	04:46+	01:25+	00:50+
28	Lars Skramstad				LMF				52:35			
01:34#	00:43#	00:48#	00:27#	00:55-	00:42-	06:49@	00:28#	01:45#	01:58@	02:08#	00:29#	00:26@
03:25+	15:40+	19:37+	22:20+	25:06+	28:10+	36:26+	38:42+	44:39+	47:00+	50:41+	52:02+	52:35+
03:25+	12:15+	03:57+	02:43+	03:04-	03:04-	08:16+	02:16+	05:57+	02:21+	03:41+	01:21+	00:33+
29	Eystein Linnerud				Norsk Tipping				52:55			
00:39#	00:25@	00:06+	00:13+	00:52-	00:23-	03:24#	00:17#	02:11#	01:06#	01:03#	00:25#	00:09#
04:24+	10:03+	15:39+	20:20+	26:02+	29:48+	36:02+	38:32+	44:08+	46:46+	50:37+	52:15+	52:55+
04:24+	05:39+	05:36+	04:41+	05:42+	03:46+	06:14+	02:30+	05:36+	02:38+	03:51+	01:38+	00:40+
30	Knut Olav Strætkvern				Høgskolen i Hedmark				53:32			
01:38#	01:49#	01:44#	02:11#	02:04#	00:19+	01:22#	00:51#	01:50#	01:23@	01:13#	00:42#	00:16#
05:53+	10:12+	16:18+	19:45+	22:58+	26:24+	32:59+	35:00+	40:05+	42:08+	46:10+	53:05+	53:32+
05:53+	04:19+	06:06+	03:27+	03:13-	03:26-	06:35+	02:01+	05:05+	02:03+	04:02+	06:55+	00:27+
31	Johnny Johansen				Løten kommune				54:12			
03:07@	00:29#	02:14#	00:57#	00:25-	00:01-	01:43#	00:22#	01:19#	00:48#	01:24#	05:59@	00:03#
04:01+	09:53+	15:00+	19:38+	22:38+	26:59+	33:25+	38:41+	47:53+	49:18+	52:32+	53:37+	54:12+
04:01+	05:52+	05:07+	04:38+	03:00-	04:21+	06:26+	05:16+	09:12+	01:25+	03:14+	01:05+	00:35+
32	Odd Nysæter				Byggmarken				1:00:11			
00:15#	00:07#	01:15#	00:08#	00:38-	00:54#	01:34#	00:27@	01:46@	00:10#	00:36#	00:09#	00:11#
04:09+	08:47+	14:14+	18:02+	21:34+	26:51+	36:21+	38:57+	51:39+	53:33+	57:53+	59:23+	60:11+
04:09+	04:38+	05:27+	03:48+	03:32-	05:17+	09:30+	02:36+	12:42+	01:54+	04:20+	01:30+	00:48+
33	Odd Skruklien				Løten kommune				1:02:49			
01:23#	00:40#	01:35#	01:18#	00:06-	01:50#	04:38#	00:57#	08:56@	00:39#	01:42#	00:34#	00:24#
04:14+	10:35+	16:18+	19:49+	23:35+	27:06+	36:04+	38:56+	54:32+	56:49+	60:43+	62:16+	62:49+
04:14+	06:21+	05:43+	03:31+	03:46+	03:31+	08:58+	02:52+	15:36+	02:17+	03:54+	01:33+	00:33+
34	Jon Kreiland				NOTEAM				1:30:18			
01:28#	02:31#	01:51#	01:01#	00:08+	00:04+	04:06#	01:53#	11:50@	01:02#	01:16#	00:37#	00:09#
03:14+	09:07+	13:49+	17:03+	19:53+	24:17+	62:17+	66:52+	80:18+	83:00+	88:07+	89:36+	90:18+
03:14+	05:53+	04:42+	03:14+	02:50-	04:24+	38:00+	04:35+	13:26+	02:42+	05:07+	01:29+	00:42+
Beste strekketid for klassen	00:28#	02:01#	00:50#	00:14#	00:48-	00:57#	33:08@	02:56@	09:40@	01:27@	02:29#	00:18#
02:27 03:22 03:24 02:22 02:21 02:24 04:11 01:35 03:46 01:09 02:24 00:56 00:20												

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

Plass	Navn	Klasse	Tid
H 4,5			
1	Tom Røise	Høgskolen i Gjøvik	41:06
03:49=	09:29=	10:46=	13:50=
03:49=	05:40=	01:17=	03:04=
00:00=	00:00=	00:00=	00:00=
2	Terje Wikstrøm	Geno	41:14
03:16-	08:15-	09:39-	12:37-
03:16-	04:59-	01:24+	02:58-
00:33-	00:41-	00:07-	00:06-
3	Tore Nilsen	Eidsiva	43:06
03:37-	08:15-	09:53-	13:20-
03:37-	04:38-	01:38+	03:27+
00:12-	00:03-	00:21#	00:23#
4	Tom Hagen	Byggmakker	43:40
04:05+	09:08-	10:23-	14:08+
04:05+	05:03-	01:15-	03:45+
00:16+	00:27-	00:02-	00:41#
5	Stein Nordvi	Elverum kommune	44:08
04:10+	09:10-	10:50+	14:10+
04:10+	05:00-	01:40+	03:20+
00:21+	00:40-	00:23#	00:16+
6	Tor Haugstulen	Hamar Post	44:32
03:31-	08:21-	09:51-	14:02+
03:31-	04:50-	01:30+	04:11+
00:18-	00:50-	00:13#	01:07#
7	Morten Lillejordet	Byggmakker	46:18
04:14+	09:31+	10:52+	14:02+
04:14+	05:17-	01:21+	03:10+
00:25#	00:23-	00:04-	00:06+
8	Vidar Nømerstad	Sparebanken Hedmark	47:02
03:46-	08:00-	09:17-	12:03-
03:46-	04:14-	01:17=	02:46-
00:03-	01:26-	00:00=	00:18-
9	Bjørn J Sørum	Jernbanens Idrettslag	47:12
04:27+	09:26-	11:04+	15:05+
04:27+	04:59-	01:38+	04:01+
00:38#	00:41-	00:21#	00:57#
10	Olav Julfussen	Hamar Post	47:26
04:22+	10:10+	11:56+	15:31+
04:22+	05:48+	01:46+	03:35+
00:33#	00:08+	00:20#	00:31#
11	Harald Volden	Jernbanens Idrettslag	47:35
04:17+	09:34+	11:02+	14:55+
04:17+	05:17-	01:28+	03:53+
00:28#	00:23-	00:04#	00:49#
12	Harald Østbye	Østerdal Garnison	48:22
04:05+	09:15-	12:38+	16:02+
04:05+	05:10-	03:23+	03:24+
00:16+	00:30-	00:06#	00:20#
13	Knut Vidar Lund	Telenor	53:06
04:29+	10:53+	12:38+	16:30+
04:29+	06:24+	01:45+	03:52+
00:40#	00:44#	00:28#	00:48#
14	Gjermund Nedgard	Norsk Tipping	55:04
04:16+	11:04+	12:31+	16:31+
04:16+	06:48+	01:27+	04:00+
00:27#	01:08#	00:10#	00:56#
15	Knut Malmø	Vegvesenet	55:13
04:14+	09:47+	11:18+	13:43-
04:14+	05:33-	01:31+	02:25-
00:25#	00:06-	00:16#	00:39-
16	Einar Flenvold	Skaaret AS	58:25
07:02+	12:15+	13:55+	17:11+
07:02+	05:13-	01:40+	03:16+
00:13#	00:27-	00:23#	00:12+
17	Arvid Bratlie	LMF	58:45
05:37+	12:53+	14:47+	19:28+
05:37+	07:16+	01:54+	04:41+
01:48#	01:36#	00:37#	01:57#
18	Tormod Lundberg	Vegvesenet	58:48
04:34+	12:27+	14:08+	17:48+
04:34+	07:53+	01:41+	03:40+
00:45#	02:13#	00:24#	00:36#

Plass	Navn	Klasse	Tid
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Beste strekktid for klassen

02:32 03:19 01:01 02:09 03:36 02:12 02:14 03:29 02:12 03:31 00:50 01:05 01:42 02:10 00:42 00:20

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