

Bedrifts-o-løp 30.08.2016

Strekktider

Grundsetmarka nord-30.08.2016

Plass

Navn

Klasse

Tid

D 1,5

1	Rita H Aaslund	Sparebanken Hedmark	19:05
04:50= 07:43= 11:14= 15:31= 17:49= 19:05=			
04:50= 02:53= 03:31= 04:17= 02:18= 01:16=			
2	Mari Norstad Opsahl	Norsk Tipping	25:16
00:00= 00:00= 00:00= 00:00= 00:00=			
06:57+ 10:47+ 15:24+ 19:59+ 23:20+ 25:16+			
06:57+ 03:50+ 04:37+ 04:35+ 03:21+ 01:56+			
3	Heiga Hansen	Arve Hagen BIL	25:26
02:07& 00:57& 01:06& 00:18+ 01:03& 00:40&			
06:39+ 10:58+ 15:15+ 20:51+ 23:48+ 25:26+			
06:39+ 04:19+ 04:17+ 05:36+ 02:57+ 01:38+			
4	Tora Kleven	Hamar Post	26:35
01:49& 01:26& 00:46# 01:19& 00:39& 00:22&			
06:55+ 11:27+ 16:25+ 21:23+ 24:40+ 26:35+			
06:55+ 04:32+ 04:58+ 04:58+ 03:17+ 01:55+			
5	Gerd Grønvold	Arve Hagen BIL	26:54
02:05& 01:39& 01:27& 00:41# 00:59& 00:39&			
07:41+ 12:03+ 16:27+ 21:54+ 25:13+ 26:54+			
07:41+ 04:22+ 04:24+ 05:27+ 03:19+ 01:41+			
6	Solveig Johannessen	Arve Hagen BIL	29:31
02:51& 00:20# 00:59& 01:10& 00:01& 00:25&			
08:25+ 12:46+ 18:08+ 23:22+ 27:11+ 29:31+			
08:25+ 04:21+ 05:22+ 05:14+ 03:49+ 02:20+			
7	Anita Tøllersen	Tunvold barnehage	29:32
03:35& 01:28& 01:51& 00:57# 01:31& 01:04&			
07:42+ 14:06+ 18:50+ 23:58+ 27:25+ 29:32+			
07:42+ 06:24+ 04:44+ 05:08+ 03:27+ 02:07+			
8	Tund Opsahl	Løten kommune	30:15
02:52& 01:31& 01:13& 00:51# 01:09& 00:51&			
08:45+ 13:08+ 18:23+ 23:46+ 27:47+ 30:15+			
08:45+ 04:23+ 05:15+ 05:23+ 04:01+ 02:28+			
9	Unni Vold	Moelven	31:01
03:55& 01:30& 01:41& 01:06& 01:43& 01:12&			
07:13+ 13:34+ 19:27+ 25:55+ 29:16+ 31:01+			
07:13+ 06:21+ 05:53+ 06:28+ 03:21+ 01:45+			
10	Rita Foråsveen	Sparebanken Hedmark	34:23
02:23& 01:28& 02:28& 02:11& 01:03& 00:29&			
06:38+ 21:10+ 25:23+ 29:48+ 32:39+ 34:23+			
06:38+ 14:32+ 04:13+ 04:25+ 02:51+ 01:44+			
11	Aase Sørflaten	Gunders	44:20
01:48& 11:39@ 08:42+ 00:08+ 00:33# 00:28&			
09:22+ 23:49+ 28:43+ 38:02+ 42:19+ 44:20+			
09:22+ 14:27+ 04:54+ 09:19+ 04:17+ 02:01+			
12	Eva Stensby	Løten kommune	51:56
04:32& 11:34@ 01:23& 05:02@ 01:59& 00:45&			
13:07+ 21:07+ 32:32+ 44:47+ 49:27+ 51:56+			
13:07+ 08:00+ 11:25+ 12:15+ 04:40+ 02:29+			
08:17@ 05:01@ 07:51@ 01:58@ 02:22@ 01:13&			
Beste strekktid for klassen			
04:50 02:53 03:31 04:17 02:18 01:16			

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

D 2,5

1	Inger Brøndbo	Romedal Almenning	30:42
04:40= 12:39= 17:50= 22:46= 27:42= 29:46= 30:42=			
04:40= 07:59= 05:11= 04:56= 04:56= 02:04= 00:56=			
2	Elisabet Rise	Geno	35:21
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
05:58+ 14:17+ 19:16+ 24:50+ 31:03+ 34:03+ 35:21+			
05:58+ 08:19+ 04:59+ 05:34+ 06:13+ 03:00+ 01:18+			
3	Marith Brekke	Hamar kommune	36:30
01:18& 01:20+ 00:52- 00:38# 01:17& 00:56& 00:22&			
05:48+ 13:28+ 18:27+ 25:27+ 31:45+ 34:59+ 36:30+			
05:48+ 07:40- 04:59- 07:00+ 06:18+ 03:14+ 01:31+			
01:08# 00:19- 00:12- 02:04& 01:22& 01:10& 00:35&			

Plass	Navn						Klasse	Tid
4	Liv Reidun Reiersen						Mjøs Retail	37:18
	05:28+	15:26+	23:55+	28:54+	33:38+	36:06+	37:18+	
	05:28+	09:58+	08:29+	04:59+	04:44-	02:28+	01:12+	
5	00:48#	Bente Grøndalen						37:23
		05:53+	15:02+	21:08+	26:40+	33:05+	36:11+	37:23+
		05:53+	09:09+	06:06+	05:32+	06:25+	03:06+	01:12+
6	01:13&	Randi Aas Fjæstad						38:03
		00:10#	00:55#	00:26#	01:29&	01:02&	00:16&	
	07:10+	14:53+	20:37+	26:20+	32:50+	36:31+	38:03+	
	07:10+	07:43-	05:44+	05:43+	06:30+	03:41+	01:32+	
7	02:30&	Rita Helene Wiest						38:25
		00:16#	00:33#	00:57#	01:34&	01:37&	00:36&	
	06:44+	15:56+	22:05+	27:34+	33:54+	37:12+	38:25+	
	06:44+	09:12+	06:09+	05:29+	06:20+	03:18+	01:13+	
8	02:04&	Rønnaug Sagbakken						39:00
		01:13#	00:58#	00:33#	01:24&	01:14&	00:17&	
	06:42+	15:26+	21:28+	27:19+	33:44+	37:37+	39:00+	
	06:42+	08:44+	06:02+	05:51+	06:25+	03:53+	01:23+	
9	02:02&	Bjørn Sorrud						39:12
		00:45+	00:51#	00:55#	01:29&	01:49&	00:27&	
	05:48+	13:19+	17:57+	27:20+	34:41+	37:38+	39:12+	
	05:48+	07:31-	04:38-	09:23+	07:21+	02:57+	01:34+	
10	01:08#	Anne Karin Eilsenberg						40:45
		00:28-	00:33-	01:27&	00:25&	00:53&	00:38&	
	05:21+	13:01+	25:50+	30:36+	36:46+	39:29+	40:45+	
	05:21+	07:40-	12:49+	04:46-	06:10+	02:43+	01:16+	
11	00:41#	Anita Stensby Bekkelund						41:01
		00:19+	07:38&	00:10-	01:14#	00:39&	00:20&	
	05:02+	14:37+	18:56+	29:18+	36:46+	39:30+	41:01+	
	05:02+	09:35+	04:19-	10:22+	07:28+	02:44+	01:31+	
12	00:22+	Annie O Gihlemoen						41:08
		01:36#	00:52-	05:26&	02:32&	00:40&	00:35&	
	06:45+	15:17+	21:01+	28:29+	36:15+	39:39+	41:08+	
	06:45+	08:32+	05:44+	07:28+	07:46+	03:24+	01:29+	
13	02:05&	Synnøve Kaul						42:51
		00:33+	00:33#	02:32&	02:50&	01:20&	00:33&	
	07:36+	17:08+	23:32+	30:24+	37:48+	41:27+	42:51+	
	07:36+	09:32+	06:24+	06:52+	07:24+	03:39+	01:24+	
14	02:56&	Elise Jevanord						46:13
		00:33#	01:13#	01:56&	02:28&	01:35&	00:28&	
	07:54+	18:10+	25:19+	32:27+	41:05+	44:39+	46:13+	
	07:54+	10:16+	07:09+	07:08+	08:38+	03:34+	01:34+	
15	03:14&	Kitty Rustadbakken						48:05
		00:17&	01:58&	01:13&	03:42&	01:30&	00:38&	
	06:58+	16:50+	25:04+	32:32+	42:57+	46:43+	48:05+	
	06:58+	09:52+	08:14+	07:28+	10:25+	03:46+	01:22+	
16	02:18&	Kari Østbye						48:11
		01:53#	03:08&	02:32&	05:29@	01:42&	00:26&	
	05:46+	15:43+	20:24+	37:47+	43:51+	46:56+	48:11+	
	05:46+	09:57+	04:41-	17:23+	06:04+	03:05+	01:15+	
17	01:06#	Vera Børresen						49:02
		01:58#	00:30-	12:27@	01:08#	01:01&	00:19&	
	06:35+	16:56+	21:34+	38:39+	44:54+	47:50+	49:02+	
	06:35+	10:21+	04:38-	17:05+	06:15+	02:56+	01:12+	
18	01:55&	Emma Rustadbakken Hagen						50:20
		00:22&	00:33-	12:09@	01:19&	00:52&	00:16&	
	05:47+	30:18+	35:26+	40:48+	46:54+	49:26+	50:20+	
	05:47+	24:31+	05:08-	05:22+	06:06+	02:32+	00:54-	
19	04:07#	Inger Bakken						50:23
		11:32@	00:03-	00:26+	01:10#	00:28#	00:02#	
	06:11+	18:43+	23:34+	39:43+	45:48+	49:04+	50:23+	
	06:11+	12:32+	04:51-	16:09+	06:05+	03:16+	01:19+	
20	01:31&	Tund Kolseth						51:05
		04:33&	00:20-	11:13@	01:09#	01:12&	00:23&	
	09:07+	22:37+	29:23+	38:00+	45:42+	49:26+	51:05+	
	09:07+	13:30+	06:46+	08:37+	07:42+	03:44+	01:39+	
21	04:27&	Lise Tronstad						51:08
		05:31&	01:35&	03:41&	02:46&	01:40&	00:43&	
	09:04+	22:41+	29:26+	38:05+	45:44+	49:27+	51:08+	
	09:04+	13:37+	06:45+	08:39+	07:39+	03:43+	01:41+	
22	01:24&	Anne Kathrine Fossum						54:03
		05:38&	01:24+	03:43&	02:42&	01:39&	00:45&	
	06:21+	18:44+	30:13+	41:00+	50:17+	52:58+	54:03+	
	06:21+	12:23+	11:29+	10:47+	09:17+	02:41+	01:05+	
	01:41&	04:24&	06:18@	05:51@	04:21&	00:37&	00:09#	

Pllass	Navn								Klasse	Tid
23	Mirjam Engelsjord								Statens Hus	54:07
	06:22+	18:46+	31:04+	40:40+	50:11+	52:50+	54:07+			
	06:22+	12:24+	12:18+	09:36+	09:31+	02:39+	01:17+			
24	Oddveig Anne Sagbakken								Lokal revisjon as	1:08:17
	04:42&	00:21&	07:07&	04:40&	04:35&	00:35&	00:21&			
	06:58+	40:45+	50:40+	56:53+	63:49+	66:57+	68:17+			
	06:58+	33:47+	09:55+	06:13+	06:56+	03:08+	01:20+			
Beste strekketid for klassen										
	04:40	07:31	04:19	04:46	04:44	02:04	00:54			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
D 3,5										
1	Stine Holmen								Sofies stuer	34:36
	04:28=	12:07=	15:30=	19:33=	27:44=	32:10=	33:47=	34:36=		
	04:28=	07:39=	03:23=	04:03=	08:11=	04:26=	01:37=	00:49=		
2	Marianne Sveen								Martin M. Bakken	36:51
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
	06:16+	11:50-	15:05-	19:50+	28:06+	34:00+	35:55+	36:51+		
	06:16+	05:34-	03:15-	04:45+	08:16+	05:54+	01:55+	00:56+		
3	Nina Søndmør								Hamar kommune	37:03
	01:48&	01:05-	09:09-	09:42#	00:05+	01:28&	00:18#	00:07#		
	04:31+	09:36-	12:27-	18:21-	29:57+	34:22+	36:08+	37:03+		
	04:31+	05:05-	02:51-	05:54+	11:36+	04:25-	01:46+	00:55+		
4	Lis Dæhli								Løten kommune	38:45
	00:03+	01:34-	00:12#	01:51&	03:25&	00:01-	00:09-	00:06#		
	05:28+	11:35-	15:06-	19:32-	30:00+	35:40+	37:31+	38:45+		
	05:28+	06:07-	03:31+	04:26+	10:28+	05:40+	01:51+	01:14+		
	01:00#	01:23-	00:08+	00:23+	02:17&	01:14&	00:14#	00:25&		
5	Sidsel Størnille								Geno	38:46
	04:51+	11:03-	14:23-	18:39-	31:03+	36:07+	37:50+	38:46+		
	04:51+	06:12-	03:20-	04:16+	12:24+	05:04+	01:43+	00:56+		
	00:23+	01:27-	00:03-	00:13-	04:13&	00:38#	00:06-	00:07#		
6	Inger-Lise Skårholen								Løten kommune	39:04
	04:31+	09:47-	13:12-	20:25+	32:04+	36:28+	38:10+	39:04+		
	04:31+	05:16-	03:25+	07:13+	11:39+	04:24-	01:42+	00:54+		
	00:03+	00:23-	00:02+	03:10&	03:28&	00:02-	00:05-	00:05#		
7	Anne-Guri Jevne								SIRF	41:00
	04:27-	09:25-	11:47-	16:17-	33:53+	38:18+	40:02+	41:00+		
	04:27-	04:58-	02:22-	04:30+	17:36+	04:25-	01:44+	00:58+		
	00:01-	02:41-	01:01-	00:27#	09:25@	00:01-	00:07-	00:09#		
8	Anne Karin Westby								Sparebanken Hedmark	42:14
	04:14-	09:40-	12:51-	22:17+	33:29+	39:34+	41:20+	42:14+		
	04:14-	05:26-	03:11-	09:26+	11:12+	06:05+	01:46+	00:54+		
	00:14-	02:13-	00:12-	05:23@	03:01&	01:39&	00:09+	00:05#		
9	Anne Sørum								Statens Hus	42:20
	08:58+	14:21+	17:58+	22:32+	31:40+	39:40+	41:30+	42:20+		
	08:58+	05:23-	03:37+	04:34+	09:08+	08:00+	01:50+	00:50+		
	04:30@	02:16-	00:14-	00:31#	00:57#	03:34&	00:13#	00:01+		
10	Bodil Wik								Norsk Tipping	44:07
	05:11+	11:54-	15:46+	21:09+	33:51+	40:47+	43:12+	44:07+		
	05:11+	06:43-	03:52+	05:23+	12:42+	06:56+	02:25+	00:55+		
	00:43#	00:54+	00:20#	01:20&	04:31&	02:30&	00:48&	00:06#		
11	Grete Storsveen								Sparebanken Hedmark	44:18
	07:54+	14:22+	17:51+	23:26+	34:28+	41:08+	43:15+	44:18+		
	07:54+	06:28-	03:29+	05:35+	11:02+	06:40+	02:07+	01:03+		
	09:26&	01:11-	00:00+	01:32&	02:51&	02:14&	00:30&	00:14&		
12	Anita Bekkum								Arve Hagen BIL	47:37
	06:13+	13:25+	17:54+	24:04+	36:17+	44:08+	46:38+	47:37+		
	06:13+	07:12-	04:29+	06:10+	12:13+	07:51+	02:30+	00:59+		
	04:45&	04:27-	01:06&	02:07&	04:02&	03:25&	00:53&	00:10#		
13	Kristin Haga								Arve Hagen BIL	47:56
	05:34+	14:12+	18:00+	22:58+	34:41+	45:04+	47:00+	47:56+		
	05:34+	08:38+	03:48+	04:58+	11:43+	10:23+	01:56+	00:56+		
	01:06#	00:59#	00:25#	00:55#	03:32&	05:57@	00:19#	00:07#		
14	Karen Tomter								Utstillingsplassen	51:40
	06:33+	16:07+	20:54+	28:29+	40:56+	48:32+	50:36+	51:40+		
	06:33+	09:34+	04:47+	07:35+	12:27+	07:36+	02:04+	01:04+		
	02:05&	02:55&	01:24&	03:32&	04:16&	03:10&	00:27&	00:15&		
15	Oddny Gudmundsdottir								Vegvesenet	52:01
	08:42+	17:16+	21:17+	28:14+	41:43+	49:11+	51:10+	52:01+		
	08:42+	08:34+	04:01+	06:57+	13:29+	07:28+	01:59+	00:51+		
	04:14&	00:55#	00:38#	02:54&	05:18&	03:02&	00:22#	00:02+		

Class	Navn								Klasse	Tid
16	Monica Storsveen								Martin M. Bakken	52:19
	05:57+	14:51+	18:51+	26:34+	42:31+	49:05+	51:15+	52:19+		
	05:57+	08:54+	04:00+	07:43+	15:57+	06:34+	02:10+	01:04+		
17	Marit Holmgren								Arve Hagen BIL	53:58
	07:00+	15:51+	20:45+	27:31+	40:50+	49:52+	52:35+	53:58+		
	07:00+	08:51+	04:54+	06:46+	13:19+	09:02+	02:43+	01:23+		
18	Mari N Petershagen								Stange kommune	58:37
	05:25+	12:52+	16:33+	32:11+	48:14+	55:29+	57:32+	58:37+		
	05:25+	07:27-	03:41+	15:38+	16:03+	07:15+	02:03+	01:05+		
19	Anita Høie								Arve Hagen BIL	1:07:04
	05:19+	27:58+	32:10+	38:06+	56:09+	64:07+	66:01+	67:04+		
	05:19+	22:39+	04:12+	05:56+	18:03+	07:58+	01:54+	01:03+		
20	Ane Storødegård								Hamar Katedralskole	1:08:09
	06:56+	15:50+	26:47+	36:03+	57:18+	64:53+	67:17+	68:09+		
	06:56+	08:54+	10:57+	09:16+	21:15+	07:35+	02:24+	00:52+		
	02:28&	01:15#	07:31@	01:12@	13:04@	03:09&	00:47&	00:03+		
Beste strekketid for klassen										
	04:14	04:58	02:22	04:03	08:11	04:24	01:37	00:49		

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

D 4,5

1	Heidi Therese Wiest								BDO Aktiva	42:29
	03:21=	10:20=	19:18=	24:04=	29:30=	35:04=	38:23=	40:27=	41:45=	42:29=
	03:21=	06:59=	08:58=	04:46=	05:26=	05:34=	03:19=	02:04=	01:18=	00:44=
2	Marte Skårhøien								Løten kommune	43:39
	03:25+	11:17+	18:40-	23:52-	30:28+	35:47+	39:00+	41:44+	42:58+	43:39+
	03:25+	07:52+	07:23-	05:12+	06:36+	05:19-	03:13-	02:44+	01:14-	00:41-
3	Wenche Bjørnstad								Genø	44:35
	03:53+	11:34+	20:39+	25:41+	30:36+	36:16+	39:43+	41:59+	43:40+	44:35+
	03:53+	07:41+	09:05+	05:02+	04:55-	05:40+	03:27+	02:16+	01:41+	00:55+
4	May Kristin Tangen								Ringsaker OK	47:50
	03:35+	11:40+	19:46+	24:42+	32:44+	39:09+	42:59+	45:13+	46:49+	47:50+
	03:35+	08:05+	08:06-	04:56+	08:02+	06:25+	03:50+	02:14+	01:36+	01:01+
5	Nina Smestad								Løten O-Lag	49:04
	03:24+	10:33+	19:35+	25:37+	33:42+	39:43+	42:57+	46:54+	48:20+	49:04+
	03:24+	07:09+	09:02+	06:02+	08:05+	06:01+	03:14-	03:57+	01:26+	00:44=
6	Marianne Skjærstad								Løten kommune	52:13
	03:39+	11:37+	22:51+	28:49+	36:54+	43:41+	47:24+	49:48+	51:24+	52:13+
	03:39+	07:58+	11:14+	05:58+	08:05+	06:47+	03:43+	02:24+	01:36+	00:49+
7	Ingunn Lund Nordstrøm								Norsk Tipping	54:19
	03:36+	12:09+	21:30+	27:31+	34:21+	40:31+	49:40+	51:44+	53:26+	54:19+
	03:36+	08:33+	09:21+	06:01+	06:50+	06:10+	09:09+	02:04=	01:42+	00:53+
8	Line Merete Libak								Løten kommune	56:15
	04:27+	13:54+	23:25+	30:07+	38:51+	46:33+	50:20+	53:10+	55:01+	56:15+
	04:27+	09:27+	09:31+	06:42+	08:44+	07:42+	03:47+	02:50+	01:51+	01:14+
9	Mona Hesselberg								Løten kommune	1:08:46
	04:14+	15:36+	29:23+	37:17+	46:12+	57:56+	62:32+	66:05+	67:48+	68:46+
	04:14+	11:22+	13:47+	07:54+	08:55+	11:44+	04:36+	03:33+	01:43+	00:58+
	02:28&	00:33+	01:56&	03:18&	02:08&	00:28#	00:46+	00:33&	00:30&	
Beste strekketid for klassen										
	03:21	06:59	07:23	04:46	04:55	05:19	03:13	02:04	01:14	00:41

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

H 1,5

Plass	Navn	Klasse	Tid
1	Arnfinn Nordhagen	Geno	18:02
	05:39= 08:19= 11:43= 14:53= 16:50= 18:02=		
	05:39= 02:40= 03:24= 03:10= 01:57= 01:12=		
2	Kjell Sagbakken	Hamar Post	18:55
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
	04:53- 08:24+ 11:46+ 15:12+ 17:34+ 18:55+		
	04:53- 03:31+ 03:22- 03:26+ 02:22+ 01:21+		
3	Geir-Hakon Øverby	If	20:03
	00:46- 00:51# 00:02 00:16+ 00:25# 00:09#		
	05:42+ 08:27+ 13:05+ 16:32+ 18:52+ 20:03+		
	05:42+ 02:45+ 04:38+ 03:27+ 02:20+ 01:11-		
4	Bjørn Ericksrud	System-Tre Gjøvik	20:18
	00:03+ 00:05+ 00:18# 00:27+ 00:23# 00:01-		
	06:04+ 10:23+ 13:48+ 16:56+ 18:53+ 20:18+		
	06:04+ 04:19+ 03:25+ 03:08- 01:57= 01:25+		
	00:25+ 01:39# 00:01+ 00:07- 00:00= 00:13#		
5	Johan Nerheim	Løten kommune	21:23
	05:37- 08:59+ 12:49+ 17:51+ 20:00+ 21:23+		
	05:37- 03:22+ 03:50+ 05:02+ 02:09+ 01:23+		
	00:02- 00:12# 00:26# 01:52# 00:12# 00:11#		
6	Finn Røise	Moelven	21:25
	05:21- 09:19+ 12:58+ 16:18+ 18:44+ 21:25+		
	05:21- 03:58+ 03:39+ 03:20+ 02:26+ 02:41+		
	00:18- 01:18# 00:15+ 00:10+ 00:29# 01:29@		
7	Erik Gundersen	Nestle	21:27
	06:34+ 09:46+ 13:58+ 17:31+ 20:00+ 21:27+		
	06:34+ 03:12+ 04:12+ 03:33+ 02:29+ 01:27+		
	00:55# 00:32# 00:48# 00:23# 00:32# 00:15#		
8	Edgar Myrvold	Statens Hus	22:12
	06:41+ 09:48+ 13:41+ 17:39+ 20:21+ 22:12+		
	06:41+ 03:07+ 03:53+ 03:58+ 02:42+ 01:51+		
	01:02# 00:27# 00:20# 00:48# 00:45# 00:39#		
9	Ingvald Pedersen	Statens Hus	22:51
	06:30+ 10:08+ 15:40+ 19:18+ 21:38+ 22:51+		
	06:30+ 03:38+ 05:32+ 03:38+ 02:20+ 01:13+		
	00:51# 00:58# 02:08# 00:28# 00:23# 00:01+		
10	Hans Narbuold	Nestle	23:48
	06:45+ 09:56+ 14:45+ 19:15+ 22:13+ 23:48+		
	06:45+ 03:11+ 04:49+ 04:30+ 02:58+ 01:35+		
	01:06# 00:31# 01:25# 01:20# 01:01# 00:23#		
11	Oddvar Dalby	Hamar kommune	24:35
	07:39+ 11:11+ 17:18+ 20:46+ 23:05+ 24:35+		
	07:39+ 03:32+ 06:07+ 03:28+ 02:19+ 01:30+		
	00:00# 00:52# 02:48# 00:18+ 00:22# 00:18#		
12	Jon Lindgren	Romedal Almenning	24:39
	06:58+ 10:42+ 15:13+ 19:41+ 22:53+ 24:39+		
	06:58+ 03:44+ 04:31+ 04:28+ 03:12+ 01:46+		
	01:19# 01:04# 01:07# 01:18# 01:15# 00:34#		
13	Stein Sandaker	Ahlsell	24:41
	07:18+ 10:52+ 15:10+ 19:22+ 22:43+ 24:41+		
	07:18+ 03:34+ 04:18+ 04:12+ 03:21+ 01:58+		
	01:39# 00:54# 00:54# 01:02# 01:24# 00:46#		
14	Erik Skarås	Sparebanken Hedmark	24:43
	07:05+ 11:33+ 15:47+ 20:18+ 22:52+ 24:43+		
	07:05+ 04:28+ 04:14+ 04:31+ 02:34+ 01:51+		
	01:26# 01:49# 00:50# 01:21# 00:37# 00:39#		
15	John Falbakken	Gunders	28:12
	07:43+ 12:01+ 16:45+ 23:31+ 26:35+ 28:12+		
	07:43+ 04:18+ 04:44+ 06:46+ 03:04+ 01:37+		
	02:04# 00:38# 00:20# 03:36# 01:07# 00:25#		
16	Ragnar Høstøien	Hamar Post	28:26
	07:40+ 12:18+ 18:22+ 23:30+ 26:38+ 28:26+		
	07:40+ 04:38+ 06:04+ 05:08+ 03:08+ 01:48+		
	02:01# 01:58# 02:40# 01:58# 01:11# 00:36#		
17	Arne Sveen	Stabburet	29:17
	08:05+ 11:58+ 17:43+ 23:36+ 27:03+ 29:17+		
	08:05+ 03:53+ 05:45+ 05:53+ 03:27+ 02:14+		
	02:26# 00:18# 00:27# 01:43# 01:30# 01:02#		
18	Bjørn Simensen	Arve Hagen BIL	29:38
	08:45+ 12:51+ 18:06+ 23:29+ 27:05+ 29:38+		
	08:45+ 04:06+ 05:15+ 05:23+ 03:36+ 02:33+		
	00:06# 01:26# 01:51# 02:12# 01:39# 01:21@		
19	Jan Olav Hanstad	If	30:12
	05:11- 12:52+ 16:47+ 25:23+ 28:24+ 30:12+		
	05:11- 07:41+ 03:55+ 08:36+ 03:01+ 01:48+		
	00:28- 05:01@ 00:31# 05:26@ 01:04# 00:36#		

Plass	Navn						Klasse	Tid
20	Arve Nils Børresen						If	32:29
	07:21+	11:55+	16:16+	26:44+	30:14+	32:29+		
	07:21+	04:34+	04:21+	10:28+	03:30+	02:15+		
21	Arne G. Barfjell						Løten kommune	40:44
	01:42&	01:54&	03:55&	04:18@	01:33&	01:03&		
	12:29+	17:50+	25:20+	32:38+	38:01+	40:44+		
	12:29+	05:21+	07:30+	07:18+	05:23+	02:43+		
22	Tore Stensby						Mattilsynet	52:14
	06:50@	03:41@	04:06@	04:08@	03:26@	01:31@		
	13:10+	21:02+	32:17+	44:42+	49:36+	52:14+		
	13:10+	07:52+	11:15+	12:25+	04:54+	02:38+		
Beste strekketid for klassen								
	04:53	02:40	03:22	03:08	01:57	01:11		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.								
H 2,5								
1	Per Vold						Moelven	26:30
	03:42=	07:51=	11:18=	16:06=	18:41=	23:42=	25:44=	26:30=
	03:42=	04:09=	03:27=	04:48=	02:35=	05:01=	02:02=	00:46=
2	Karl Petter Opsahl						Løten kommune	28:02
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
	03:53+	07:55+	12:21+	18:08+	21:22+	25:13+	27:08+	28:02+
	03:53+	04:02-	04:26+	05:47+	03:14+	03:51-	01:55-	00:54+
3	Torbjørn Hakensen						Gunders	30:47
	00:11+	00:07-	00:50#	00:50#	00:39&	01:10-	00:07-	00:08#
	04:19+	09:03+	13:25+	20:18+	23:43+	27:31+	29:45+	30:47+
	04:19+	04:44+	04:22+	06:53+	03:25+	03:48-	02:14+	01:02+
4	Magnar Nybakk						Sparebanken Hedmark	31:23
	00:37#	00:35#	00:55#	02:05&	00:50&	01:13-	00:12+	00:16&
	04:23+	09:26+	14:44+	21:01+	24:19+	28:30+	30:30+	31:23+
	04:23+	05:03+	05:18+	06:17+	03:18+	04:11-	02:00-	00:53+
	00:41#	00:54#	01:53&	01:29&	00:43&	00:50-	00:02-	00:07#
5	Odin Høie Vollum						Arve Hagen BIL	31:51
	03:02-	06:20-	09:57-	24:24+	26:44+	29:40+	31:15+	31:51+
	03:02-	03:18-	03:37+	14:27+	02:20-	02:56-	01:35-	00:36-
	00:40-	00:51-	00:10-	09:39@	00:15-	02:05-	00:27-	00:10-
6	Morten Die						Furnes Almenning	32:09
	05:02+	10:40+	15:40+	22:06+	25:12+	28:56+	31:02+	32:09+
	05:02+	05:38+	05:00+	06:26+	03:06+	03:44-	02:06+	01:07+
	01:20&	01:29&	01:33&	01:38&	00:31#	01:17-	00:04-	00:21&
7	Jan Erik Johansen						Hamar Post	33:32
	04:32+	09:44+	14:48+	21:35+	26:13+	30:10+	32:23+	33:32+
	04:32+	05:12+	05:04+	06:47+	04:38+	03:57-	02:13+	01:09+
	00:50#	01:03&	01:37&	01:59&	02:03&	01:04-	00:11+	00:23&
8	Hans Petter Jevanord						Genø	34:43
	05:01+	10:37+	15:47+	23:09+	26:59+	31:04+	33:25+	34:43+
	05:01+	05:36+	05:10+	07:22+	03:50+	04:05-	02:21+	01:18+
	01:19&	01:27&	01:43&	02:34&	01:15&	00:56-	00:19#	00:32&
9	Einar Stensby						Løten kommune	35:18
	05:12+	10:30+	15:41+	22:37+	27:45+	32:01+	34:08+	35:18+
	05:12+	05:18+	05:11+	06:56+	05:08+	04:16-	02:07+	01:10+
	04:30&	04:09&	04:44&	02:08&	02:33&	00:45-	00:05-	00:24&
10	Odd Rise						Genø	35:36
	04:28+	09:27+	14:15+	21:09+	26:33+	32:30+	34:28+	35:36+
	04:28+	04:59+	04:48+	06:54+	05:24+	05:57+	01:58-	01:08+
	00:46#	00:50#	01:21&	02:06&	02:49@	00:56#	00:04-	00:12&
11	Ole Johan Vangen						Norsk Tipping	35:41
	04:14+	09:35+	14:07+	24:38+	28:15+	32:27+	34:32+	35:41+
	04:14+	05:21+	04:32+	10:31+	03:37+	04:12-	02:05+	01:09+
	00:32#	00:12&	01:05&	01:43@	01:02&	00:49-	00:03-	00:13&
12	Harald Haugen						Genø	36:11
	05:44+	11:35+	16:56+	24:18+	27:55+	32:06+	34:36+	36:11+
	05:44+	05:51+	05:21+	07:22+	03:37+	04:11-	02:30+	01:35+
	02:02&	01:42&	01:54&	02:34&	01:02&	00:50-	00:28#	00:49@
13	Torbjørn Ødegaard						Hamar Lærerhøgskole	36:34
	05:09+	10:52+	17:12+	23:39+	27:31+	32:59+	35:21+	36:34+
	05:09+	05:43+	06:20+	06:27+	03:52+	05:28+	02:22+	01:13+
	04:127&	04:34&	02:52&	01:39&	01:17&	00:27+	00:20#	00:27&
14	Magnar Sveen						Moelven	36:37
	04:25+	09:56+	15:10+	21:52+	27:36+	33:32+	35:37+	36:37+
	04:25+	05:31+	05:14+	06:42+	05:44+	05:56+	02:05+	01:00+
	00:43#	01:22&	01:47&	01:54&	03:09@	00:55#	00:03+	00:14&

Plass	Navn				Klasse				Tid
15	Kjell Høgseth				Geno				37:41
	05:14+	10:37+	19:09+	26:00+	30:14+	34:28+	36:30+	37:41+	
	05:14+	05:23+	08:32+	06:51+	04:14+	04:14-	02:02=	01:11+	
16	Olav Skjærbekk				Gunders				38:46
	05:14+	11:09+	16:56+	24:21+	29:04+	35:03+	37:28+	38:46+	
	05:14+	05:55+	05:47+	07:25+	04:43+	05:59+	02:25+	01:18+	
17	Stein Gamme				Storhamar Vgs				39:22
	04:29+	09:30+	16:15+	23:07+	29:06+	35:32+	38:06+	39:22+	
	04:29+	05:01+	06:45+	06:52+	05:59+	06:26+	02:34+	01:16+	
18	Knut Fjæstad				Løten kommune				39:23
	04:58+	10:33+	17:01+	26:23+	31:20+	35:25+	38:02+	39:23+	
	04:58+	05:35+	06:28+	09:22+	04:57+	04:05-	02:37+	01:21+	
19	Bjørn Jenssen				Mjøs Retail				41:24
	05:16+	12:30+	18:16+	26:15+	32:35+	37:41+	40:03+	41:24+	
	05:16+	07:14+	05:46+	07:59+	06:20+	05:06+	02:22+	01:21+	
20	Willy Johansen				Arve Hagen BIL				41:40
	04:59+	11:03+	17:53+	26:06+	32:42+	37:40+	40:22+	41:40+	
	04:59+	06:04+	06:50+	08:13+	06:36+	04:58-	02:42+	01:18+	
21	Arvid Haug				Gunders				41:47
	05:48+	11:59+	18:31+	26:36+	31:50+	37:56+	40:31+	41:47+	
	05:48+	06:11+	06:32+	08:05+	05:14+	06:06+	02:35+	01:16+	
22	Knut Røhrsveen				Arve Hagen BIL				43:26
	05:23+	10:59+	17:09+	32:45+	36:13+	40:12+	42:20+	43:26+	
	05:23+	05:36+	06:10+	15:36+	03:28+	03:59-	02:08+	01:06+	
23	Kåre Garmager				Telenor				47:15
	05:24+	19:42+	25:07+	32:42+	37:06+	43:06+	45:48+	47:15+	
	05:24+	14:18+	05:25+	07:35+	04:24+	06:00+	02:42+	01:27+	
24	Harald Brekke				Hamar kommune				51:21
	06:06+	13:19+	21:05+	31:13+	39:28+	45:29+	49:06+	51:21+	
	06:06+	07:13+	07:46+	10:08+	08:15+	06:01+	03:37+	02:15+	
25	Henrik Bache				Sanderud sykehus				51:48
	09:41+	20:28+	28:35+	36:46+	41:54+	48:09+	50:33+	51:48+	
	09:41+	10:47+	08:07+	08:11+	05:08+	06:15+	02:24+	01:15+	
26	Peter Nagtzaam				EAB Engineering				53:01
	03:25-	29:18+	35:34+	43:08+	45:45+	49:23+	52:13+	53:01+	
	03:25-	25:53+	06:16+	07:34+	02:37+	03:38-	02:50+	00:48+	
27	Knut Martinsen				Sparebanken Hedmark				53:57
	05:56+	12:20+	23:00+	32:18+	38:14+	49:11+	52:14+	53:57+	
	05:56+	06:24+	10:40+	09:18+	05:56+	10:57+	03:03+	01:43+	
28	Oyvind Strand				Arve Hagen BIL				55:06
	05:39+	12:07+	30:02+	42:05+	46:56+	51:49+	53:59+	55:06+	
	05:39+	06:28+	17:55+	12:03+	04:51+	04:53-	02:10+	01:07+	
29	Frank Evensen				Telenor				1:00:10
	05:53+	26:37+	33:03+	45:52+	50:48+	56:18+	58:39+	60:10+	
	05:53+	20:44+	06:26+	12:49+	04:56+	05:30+	02:21+	01:31+	
30	Hege Bøsterud				Eidsiva				1:00:52
	03:11&	16:35@	09:58&	00:01@	02:21&	00:29+	00:19#	00:45&	
	08:08+	15:19+	33:26+	43:17+	48:55+	56:15+	59:14+	60:52+	
	08:08+	07:11+	18:07+	09:51+	05:38+	07:20+	02:59+	01:38+	
Beste strekketid for klassen									
	03:02	03:18	03:27	04:48	02:20	02:56	01:35	00:36	

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

H 3,5

1	Stian Lundteppen				Elverum OK				32:26
	03:53=	10:55=	12:57=	20:26=	24:58=	27:49=	29:26=	31:34=	32:26=
	03:53=	07:02=	02:02=	07:29=	04:32=	02:51=	01:37=	02:08=	00:52=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Plass	Navn		Klasse							Tid
2	Tom S Helgesen		Hamar Post							32:34
	04:46+	11:21+	13:04+	20:15-	25:14+	28:36+	30:11+	31:52+	32:34+	
	04:46+	06:35-	01:43-	07:11-	04:59+	03:22+	01:35-	01:41-	00:42-	
3	Lars Storslett		Moenven							34:38
	00:53#	00:27	00:10	00:18-	00:27+	00:31#	00:02	00:27	00:10-	
	03:48-	11:27+	14:43+	23:32+	27:58+	30:42+	32:00+	33:47+	34:38+	
	03:48-	07:39+	03:16+	08:49+	04:26-	02:44-	01:18-	01:47-	00:51-	
4	Tore Jørgensen		Norsk Tipping							35:20
	00:05-	00:27#	01:11#	01:20#	00:06-	00:07-	00:19-	00:11-	00:01-	
	04:47+	12:44+	15:11+	22:05+	27:03+	29:47+	31:25+	35:20+	38:19+	39:20+
	04:47+	07:57+	02:27+	06:54-	04:58+	02:44-	01:38+	03:55+	02:59+	01:01+
5	Erik Neby		Norsk Tipping							35:26
	00:54#	00:55#	00:25#	00:35-	00:26+	00:07-	00:01	01:47#	02:07#	01:01+
	05:03+	13:14+	15:11+	22:52+	27:47+	30:44+	32:25+	34:28+	35:26+	
	05:03+	08:11+	01:57-	07:41+	04:55+	02:57+	01:41+	02:03-	00:58+	
6	Ove Tasasen		Mjøs Retail							35:37
	01:10&	01:09#	00:08	00:12+	00:23+	00:06+	00:04	00:06	00:06#	
	04:51+	12:18+	14:03+	21:43+	27:59+	31:15+	32:58+	34:42+	35:37+	
	04:51+	07:27+	01:45-	07:40+	06:16+	03:16+	01:43+	01:44-	00:55+	
7	Erik Haugen		Statens Hus							36:04
	00:58#	00:25+	00:17-	00:11+	01:44&	00:25#	00:06	00:24-	00:03+	
	04:56+	12:45+	14:43+	22:34+	27:52+	31:32+	33:12+	35:18+	36:04+	
	04:56+	07:49+	01:58-	07:51+	05:18+	03:40+	01:40+	02:06-	00:46-	
7	Lars Skramstad		LMF							36:04
	01:03&	00:47#	00:04-	00:22+	00:46#	00:49&	00:03	00:02-	00:06-	
	04:27+	13:12+	15:09+	23:08+	28:41+	31:36+	33:12+	35:06+	36:04+	
	04:27+	08:45+	01:57-	07:59+	05:33+	02:55+	01:36-	01:54-	00:58+	
9	Knut Wikstrøm		Kartverket							36:06
	00:34#	01:43#	00:05	00:30+	01:01#	00:04+	00:01	00:14-	00:06#	
	04:48+	13:16+	15:10+	22:27+	28:22+	31:15+	32:52+	35:07+	36:06+	
	04:48+	08:28+	01:54-	07:17-	05:55+	02:53+	01:37=	02:15+	00:59+	
10	John Tangen		ASKO							36:52
	00:55#	01:26#	00:08-	00:12-	01:23&	00:02+	00:00#	00:07+	00:07#	
	04:34+	12:11+	14:17+	23:46+	28:59+	32:13+	33:44+	35:44+	36:52+	
	04:34+	07:37+	02:06+	09:29+	05:13+	03:14+	01:31-	02:00-	01:08+	
11	Arvid Bratlie		LMF							37:00
	00:41#	00:35+	00:04+	02:00&	00:41#	00:23#	00:06	00:08-	00:16&	
	06:13+	14:30+	16:23+	23:44+	29:15+	32:34+	34:16+	36:09+	37:00+	
	06:13+	08:17+	01:53-	07:21-	05:31+	03:19+	01:42+	01:53-	00:51-	
12	Jo Gisle Jørgensen		Norsk Tipping							37:07
	02:20&	01:15#	00:09	00:08-	00:59#	00:28#	00:05	00:15-	00:01-	
	04:53+	13:38+	15:28+	23:12+	28:24+	32:01+	33:49+	36:10+	37:07+	
	04:53+	08:45+	01:50-	07:44+	05:12+	03:37+	01:48+	02:21+	00:57+	
13	Morten Eriksen		Norsk Tipping							37:13
	01:00&	01:23#	00:10	00:15-	00:40#	00:46&	00:11#	00:13#	00:05+	
	04:14+	12:33+	15:26+	23:38+	29:01+	32:36+	34:21+	36:21+	37:13+	
	04:14+	08:19+	02:53+	08:12+	05:23+	03:35+	01:45+	02:00-	00:52=	
14	Einar Flønvold		Skaaret As							37:28
	00:21+	01:17#	00:51&	00:43+	00:51#	00:44&	00:08	00:08-	00:00=	
	05:03+	13:31+	15:28+	24:21+	29:22+	33:09+	34:47+	36:39+	37:28+	
	05:03+	08:28+	01:57-	08:53+	05:01+	03:47+	01:38+	01:52-	00:49-	
15	Terje Malm		Statens Hus							37:29
	01:10&	01:26#	00:05	01:24#	00:29#	00:56&	00:01	00:16-	00:03-	
	04:56+	13:17+	15:28+	23:46+	29:21+	32:47+	34:28+	36:35+	37:29+	
	04:56+	08:21+	02:11+	08:18+	05:35+	03:26+	01:41+	02:07-	00:54+	
16	Per Anders Aas		Mjøs Retail							37:38
	01:03&	01:19#	00:09+	00:49#	01:03#	00:35#	00:04	00:01	00:02+	
	05:45+	13:18+	15:06+	24:51+	29:56+	32:48+	34:44+	36:38+	37:38+	
	05:45+	07:33+	01:48-	09:45+	05:05+	02:52+	01:56+	01:54-	01:00+	
17	Odd Erik Jordheim		Statens Hus							37:45
	01:52&	00:37#	00:14-	02:08	00:33#	00:01+	00:19#	00:14-	00:08#	
	04:20+	12:03+	15:00+	23:15+	29:51+	33:11+	34:54+	36:48+	37:45+	
	04:20+	07:43+	02:57+	08:15+	06:36+	03:20+	01:43+	01:54-	00:57+	
18	Steinar Libak		Løten kommune							37:59
	00:27#	00:41+	00:55&	00:46#	02:04&	00:29#	00:06	00:14	00:05+	
	04:38+	13:11+	15:09+	23:10+	28:39+	32:29+	34:21+	36:45+	37:59+	
	04:38+	08:33+	01:58-	08:01+	05:29+	03:50+	01:52+	02:24+	01:14+	
19	Hans Asbjørn Tingvold		System-Tre Gjøvik							39:03
	00:45#	00:31#	00:08	00:31+	00:57#	00:59&	00:15#	00:16#	00:22+	
	05:19+	13:47+	16:11+	24:25+	30:18+	33:55+	35:41+	37:59+	39:03+	
	05:19+	08:28+	02:24+	08:14+	05:53+	03:37+	01:46+	02:18+	01:04+	
20	Trond Øre		Sparebanken Hedmark							39:41
	01:26&	01:26#	00:02#	00:45#	01:21&	00:46&	00:09	00:10#	00:12#	
	05:28+	14:16+	16:18+	24:55+	30:35+	34:21+	36:43+	38:53+	39:41+	
	05:28+	08:48+	02:02=	08:37+	05:40+	03:46+	02:22+	02:10+	00:48-	
	01:35&	01:46&	00:00=	01:08#	01:08#	00:55&	00:45&	00:02+	00:04-	

Plass	Navn				Klasse				Tid
21	Trond Søberg				Løten kommune				39:50
	04:58+	13:55+	16:08+	25:43+	31:36+	34:53+	36:36+	38:44+	39:50+
	04:58+	08:57+	02:13+	09:35+	05:53+	03:17+	01:43+	02:08=	01:06+
22	Leif Martin Kjos				Sparebanken Hedmark				40:11
	05:15+	16:38+	18:39+	26:24+	31:33+	35:25+	37:09+	39:11+	40:11+
	05:15+	11:23+	02:01-	07:45+	05:09+	03:52+	01:44+	02:02-	01:00+
23	Erik Grøndalen				Jernbanens Idrettslag				40:56
	05:39+	15:25+	17:18+	26:37+	31:58+	34:54+	36:39+	39:07+	40:56+
	05:39+	09:46+	01:53-	09:19+	05:21+	02:56+	01:45+	02:28+	01:49+
24	Trond Feiring				HIL				41:31
	04:46&	09:44&	00:00-	01:50#	00:49#	00:05+	00:08-	00:20#	00:57@
	04:25+	11:57+	14:04+	28:18+	33:17+	37:04+	38:38+	40:32+	41:31+
	04:25+	07:32+	02:07+	14:14+	04:59+	03:47+	01:34-	01:54-	00:59+
25	Torleif Finstad				Hamar Post				41:36
	04:52+	12:39+	16:24+	27:24+	33:14+	36:50+	38:47+	40:35+	41:36+
	04:52+	07:47+	03:45+	11:00+	05:50+	03:36+	01:57+	01:48-	01:01+
26	Magne Smeland				Vegvesenet				41:58
	04:58+	15:11+	17:06+	24:39+	30:08+	36:36+	38:32+	40:50+	41:58+
	04:58+	10:13+	01:55-	07:33+	05:29+	06:28+	01:56+	02:18+	01:08+
27	Ola Molstad				Vegvesenet				42:15
	05:08+	13:42+	17:10+	25:49+	33:35+	37:12+	39:11+	41:18+	42:15+
	05:08+	08:34+	03:28+	08:39+	07:46+	03:37+	01:59+	02:07-	00:57+
28	Philip Føyen				EAB Engineering				42:37
	05:18+	14:41+	20:33+	28:02+	33:43+	38:11+	39:51+	41:42+	42:37+
	05:18+	09:23+	05:52+	07:29+	05:41+	04:28+	01:40+	01:51-	00:55+
29	Espen Melby				Løten kommune				42:57
	04:53+	13:40+	17:29+	28:29+	34:31+	38:02+	39:44+	41:46+	42:57+
	04:53+	08:55+	03:41+	11:00+	06:02+	03:31+	01:42+	02:02-	01:11+
30	Audun Jenssen				Norsk Tipping				43:09
	05:22+	15:06+	17:40+	26:41+	32:56+	37:21+	39:19+	42:02+	43:09+
	05:22+	09:44+	02:34+	09:01+	06:15+	04:25+	01:58+	02:43+	01:07+
31	Odd Nysæter				Byggmakker				43:29
	05:31+	14:33+	16:44+	26:06+	33:51+	37:36+	39:37+	42:20+	43:29+
	05:31+	09:02+	02:11+	09:22+	07:45+	03:45+	02:01+	02:43+	01:09+
32	Steinar Tønsager				BDO Aktiva				45:02
	04:47+	14:33+	16:40+	28:33+	36:07+	40:16+	41:56+	43:55+	45:02+
	04:47+	09:46+	02:07+	11:53+	07:34+	04:09+	01:40+	01:59-	01:07+
33	Bård Bjøntegaard				Stange Energi				45:23
	03:59+	11:07+	12:59+	32:29+	37:11+	40:57+	42:40+	44:28+	45:23+
	03:59+	07:08+	01:52-	19:30+	04:42+	03:46+	01:43+	01:48-	00:55+
34	Mads Lindås				Elverum OK				46:48
	05:12+	18:58+	24:42+	32:20+	37:01+	37:34+	41:43+	43:19+	45:18+
	05:12+	13:46+	05:44+	07:38+	04:41+	00:33-	04:09+	01:36-	01:59+
35	Johnny Johansen				Løten kommune				46:53
	07:53+	18:05+	22:06+	31:03+	37:10+	41:21+	43:16+	45:45+	46:53+
	07:53+	10:12+	04:01+	08:57+	06:07+	04:11+	01:55+	02:29+	01:08+
36	Jan Olav Sæther				Gunders				47:19
	06:04+	16:37+	20:05+	29:24+	37:19+	41:23+	43:22+	46:10+	47:19+
	06:04+	10:33+	03:28+	09:19+	07:55+	04:04+	01:59+	02:48+	01:09+
37	Tore Stenseth				Mjøs Retail				48:02
	04:39+	15:19+	17:34+	31:43+	37:53+	42:27+	44:24+	46:53+	48:02+
	04:39+	10:40+	02:15+	14:09+	06:10+	04:34+	01:57+	02:29+	01:09+
38	Sven Marken				Løten kommune				48:14
	06:17+	17:00+	19:25+	30:49+	37:45+	41:41+	44:05+	46:57+	48:14+
	06:17+	10:43+	02:25+	11:24+	06:56+	03:56+	02:24+	02:52+	01:17+
39	Bjørn Vidar Bekkum				Arve Hagen BIL				50:27
	06:11+	14:09+	16:03+	23:48+	41:07+	44:43+	47:36+	49:36+	50:27+
	06:11+	07:58+	01:54-	07:45+	17:19+	03:36+	02:53+	02:00-	00:51-
	02:18&	00:56#	00:08-	00:16+	12:47@	00:45&	01:16&	00:08-	00:01-

Pluss	Navn	Klasse	Tid
40	Terje Uthushagen	Uplan	51:54
	06:18+ 17:10+ 19:52+ 39:40+ 44:46+ 47:38+ 50:31+ 51:54+		
	06:18+ 10:52+ 02:42+ 10:05+ 09:43+ 05:06+ 02:52+ 02:53+ 01:23+		
41	Magne Johansen	Headit	52:31
	02:25& 01:50& 00:10& 02:26& 05:11@ 02:15& 01:15& 00:15& 00:31&		
	06:28+ 17:48+ 20:22+ 31:00+ 38:53+ 44:22+ 47:07+ 50:44+ 52:31+		
	06:28+ 11:20+ 02:34+ 10:38+ 07:53+ 05:29+ 02:45+ 03:37+ 01:47+		
42	Eystein Linnerud	Norsk Tipping	58:57
	02:35& 01:18& 00:32& 03:09& 03:21& 02:38& 01:08& 01:12& 00:55&		
	07:02+ 17:25+ 19:50+ 38:23+ 46:12+ 51:31+ 54:10+ 57:11+ 58:57+		
	07:02+ 10:23+ 02:25+ 18:33+ 07:49+ 05:19+ 02:39+ 03:01+ 01:46+		
43	Ole M. Øvergaard	Gunders	1:00:52
	02:11& 00:23# 11:04@ 03:17& 02:28& 01:02& 00:33& 00:54@		
	09:14+ 19:23+ 22:56+ 33:23+ 47:46+ 52:33+ 55:36+ 59:05+ 60:52+		
	09:14+ 10:09+ 03:33+ 10:27+ 14:23+ 04:47+ 03:03+ 03:29+ 01:47+		
44	Trond Sørum	Byggmakker	1:01:33
	06:21@ 03:07& 01:31& 02:58& 09:51@ 01:56& 01:26& 01:21& 00:55@		
	06:36+ 17:05+ 30:32+ 41:39+ 49:13+ 55:41+ 57:45+ 60:23+ 61:33+		
	06:36+ 10:29+ 13:27+ 11:07+ 07:34+ 06:28+ 02:04+ 02:38+ 01:10+		
45	Stig HM Wiest	BDO Aktiva	1:04:37
	02:43& 02:27& 11:26@ 03:38& 03:02& 03:37@ 00:27& 00:30# 00:18&		
	04:35+ 14:30+ 42:04+ 49:23+ 56:12+ 59:27+ 61:12+ 63:33+ 64:37+		
	04:35+ 09:55+ 27:34+ 07:19- 06:49+ 03:15+ 01:45+ 02:21+ 01:04+		
46	Ole Røstad	Eidsiva	1:06:34
	00:42# 01:53& 25:32@ 00:10- 02:17& 00:24# 00:08- 00:13# 00:12#		
	05:58+ 20:01+ 24:01+ 48:53+ 55:05+ 60:05+ 62:35+ 65:35+ 66:34+		
	05:58+ 14:03+ 04:00+ 24:52+ 06:12+ 05:00+ 02:30+ 03:00+ 00:59+		
	02:05& 07:01& 01:58& 11:22@ 01:40& 02:09& 00:53& 00:52& 00:07#		
Beste strekketid for klassen			
	03:48 06:35 01:43 06:54 04:26 00:33 01:18 01:36 00:42		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 4,5			
1	Sindre Skjærbekk	Byggmakker	39:08
	03:17= 10:04= 17:09= 21:31= 26:36= 31:37= 34:41= 36:52= 38:20= 39:08=		
	03:17= 06:47= 07:05= 04:22= 05:05= 05:01= 03:04= 02:11= 01:28= 00:48=		
2	Vidar Nømerstad	Sparebanken Hedmark	39:22
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
	02:54- 09:34- 16:41- 21:12- 26:34- 31:57+ 35:05+ 37:23+ 38:40+ 39:22+		
	02:54- 06:40- 07:07+ 04:31+ 05:22+ 05:23+ 03:08+ 02:18+ 01:17- 00:42-		
3	Knut Pedersen	Arve Hagen BIL	39:30
	00:23- 00:07- 00:03+ 00:09+ 00:09+ 00:17+ 00:22+ 00:04+ 00:07+ 00:11 00:06-		
	03:17= 10:09+ 17:19+ 21:27- 26:43+ 31:58+ 35:27+ 37:29+ 38:47+ 39:30+		
	03:17= 06:52+ 07:10+ 04:08- 05:16+ 05:15+ 03:29+ 02:02- 01:18- 00:43-		
4	Arve Chr Bjørn	Idrettens Hus	43:14
	00:00= 00:05+ 00:05- 00:14- 00:11+ 00:14+ 00:25# 00:09- 00:10- 00:05-		
	03:17= 10:33+ 18:55+ 23:47+ 29:22+ 36:07+ 39:06+ 41:01+ 42:24+ 43:14+		
	03:17= 07:16+ 08:22+ 04:52+ 05:35+ 06:45+ 02:59- 01:55- 01:23- 00:50+		
5	Tom Hagen	Byggmakker	45:18
	00:00= 00:29+ 01:17# 00:30# 00:30+ 01:44& 00:05 00:16- 00:05- 00:02+		
	03:17= 11:55+ 20:24+ 25:14+ 30:53+ 37:12+ 40:48+ 42:58+ 44:28+ 45:18+		
	03:17= 08:38+ 08:29+ 04:50+ 05:39+ 06:19+ 03:36+ 02:10- 01:30+ 00:50+		
6	Terje Fangen	Ringsaker OK	46:06
	00:00= 01:51& 01:24# 00:28# 00:34# 01:18& 00:32# 00:01 00:00 00:02+		
	03:11- 10:09+ 21:20+ 26:17+ 32:15+ 38:43+ 41:43+ 43:49+ 45:18+ 46:06+		
	03:11- 06:58+ 11:11+ 04:57+ 05:58+ 06:28+ 03:00- 02:06- 01:29+ 00:48=		
7	Tore Nilsen	Eidsiva	46:15
	00:06- 00:11+ 01:06& 00:35# 00:53# 01:27& 00:04+ 00:05 00:01+ 00:00=		
	03:10- 10:01- 20:47+ 25:58+ 32:08+ 38:37+ 41:49+ 44:11+ 45:28+ 46:15+		
	03:10- 06:51+ 10:46+ 05:11+ 06:10+ 06:29+ 03:12+ 02:22+ 01:17- 00:47-		
8	Harald Østbye	Østerdal Garrison	46:44
	00:07- 00:04+ 08:41& 00:49# 01:05# 01:28& 00:08# 00:11+ 00:11- 00:01-		
	03:39+ 11:14+ 19:21+ 24:51+ 31:41+ 38:22+ 41:53+ 44:11+ 45:45+ 46:44+		
	03:39+ 07:35+ 08:07+ 05:30+ 06:50+ 06:41+ 03:31+ 02:18+ 01:34+ 00:59+		
9	Olav Julfussen	Hamar Post	47:08
	00:22# 00:48# 01:02# 01:08& 01:45& 01:40& 00:27# 00:07+ 00:06+ 00:11#		
	03:22+ 10:35+ 18:54+ 23:41+ 29:21+ 38:19+ 42:15+ 44:50+ 46:24+ 47:08+		
	03:22+ 07:13+ 08:19+ 04:47+ 05:40+ 08:58+ 03:56+ 02:35+ 01:34+ 00:44-		
10	Odd Arne Blystad	Eidsiva	48:14
	00:05+ 00:26+ 01:14# 00:25+ 00:35# 03:57& 00:52& 00:24# 00:06+ 00:04-		
	03:52+ 11:48+ 19:56+ 24:50+ 32:21+ 39:08+ 43:17+ 45:52+ 47:27+ 48:14+		
	03:52+ 07:56+ 08:08+ 04:54+ 07:31+ 06:47+ 04:09+ 02:35+ 01:35+ 00:47-		
	00:35# 01:09# 01:03# 00:32# 02:26& 01:46& 01:05& 00:24# 00:07+ 00:01-		

Plass	Navn				Klasse				Tid
11	Harald Volden				Jernbanens Idrettslag				48:52
03:13-	11:02+	23:39+	28:41+	35:01+	40:50+	44:23+	46:36+	48:02+	48:52+
03:13-	07:49+	12:37+	05:02+	06:20+	05:49+	03:33+	02:13+	01:26-	00:50+
00:04-	01:02#	05:32#	00:10#	01:15#	00:48#	00:29#	00:03#	00:02-	00:02#
12	Jon Bjørnstad				Sparebanken Hedmark				49:01
03:53+	12:55+	21:20+	27:02+	32:47+	40:30+	44:15+	46:38+	48:08+	49:01+
03:53+	09:02+	08:25+	05:42+	05:45+	07:43+	03:45+	02:23+	01:30+	00:53+
00:36#	00:28#	01:20#	01:20#	00:40#	02:42#	00:41#	00:12#	00:02-	00:05#
13	Pål Hagen				Arve Hagen BIL				50:01
03:25+	11:31+	20:49+	28:39+	34:52+	42:03+	45:31+	47:46+	49:23+	50:01+
03:25+	08:06+	09:18+	07:50+	06:13+	07:11+	03:28+	02:15+	01:37+	00:38-
00:08+	01:10#	02:13#	03:28#	01:08#	02:10#	00:24#	00:04#	00:00#	00:10-
14	Arve Smestad				Løten kommune				50:36
04:08+	14:21+	22:32+	27:52+	35:23+	42:02+	45:45+	48:04+	49:40+	50:36+
04:08+	10:13+	08:11+	05:20+	07:31+	06:39+	03:43+	02:19+	01:36+	00:56+
00:51#	02:26#	01:06#	00:58#	02:26#	01:38#	00:39#	00:08#	00:08+	00:08#
15	Henning Olsen				Løten kommune				50:58
04:04+	12:13+	20:39+	26:14+	34:14+	41:05+	44:57+	48:17+	49:59+	50:58+
04:04+	08:09+	08:26+	05:35+	08:00+	06:51+	03:52+	03:20+	01:42+	00:59+
00:47#	01:22#	01:21#	01:13#	02:55#	01:50#	00:48#	01:09#	00:14#	00:11#
16	Morten Lillefjorder				Byggmakker				51:45
03:05-	10:48+	19:34+	24:44+	34:51+	43:15+	46:53+	49:27+	50:51+	51:45+
03:05-	07:43+	08:46+	05:10+	10:07+	08:24+	03:38+	02:34+	01:24-	00:54+
00:12-	00:56#	01:41#	00:48#	05:02#	03:23#	00:34#	00:23#	00:04-	00:06#
17	Knut Malmø				Vegvesenet				51:46
03:48+	11:30+	20:16+	25:31+	33:04+	41:41+	46:11+	49:15+	50:57+	51:46+
03:48+	07:42+	08:46+	05:15+	07:33+	08:37+	04:30+	03:04+	01:42+	00:49+
00:31#	00:55#	01:41#	00:53#	02:28#	03:36#	01:26#	00:53#	00:14#	00:01+
18	Torodd Lundberg				Vegvesenet				57:27
03:57+	13:08+	22:34+	29:45+	38:58+	48:25+	52:24+	54:56+	56:34+	57:27+
03:57+	09:11+	09:26+	07:11+	09:13+	09:27+	03:59+	02:32+	01:38+	00:53+
00:40#	02:24#	03:21#	02:49#	04:08#	04:26#	00:55#	00:21#	00:10#	00:05#
19	Arne Hagen				Vegvesenet				1:01:32
03:47+	12:59+	22:10+	28:22+	37:49+	50:21+	55:13+	58:27+	60:39+	61:32+
03:47+	09:12+	09:11+	06:12+	09:27+	12:32+	04:52+	03:14+	02:12+	00:53+
00:30#	02:25#	02:06#	01:50#	04:22#	07:31@	01:48#	01:03#	00:44#	00:05#
20	Tor Haugstulen				Hamar Post				1:02:10
03:30+	11:07+	26:25+	31:22+	39:41+	52:32+	56:30+	59:03+	60:59+	62:10+
03:30+	07:37+	15:18+	04:57+	08:19+	12:51+	03:58+	02:33+	01:56+	01:11+
00:13+	00:50#	08:13#	00:35#	03:14#	07:50@	00:54#	00:22#	00:28#	00:23#
21	Hasse Bergstrøm				Ski VGS				1:03:35
04:17+	13:59+	23:48+	29:53+	38:31+	49:51+	53:42+	59:17+	62:35+	63:35+
04:17+	09:42+	09:49+	06:05+	08:38+	11:20+	03:51+	05:35+	03:18+	01:00+
01:00#	02:55#	02:44#	01:43#	03:33#	06:19@	00:47#	03:24@	01:50@	00:12#
22	Bjarne Harkinn				LFF				1:05:00
03:26+	10:39+	22:42+	39:13+	46:00+	56:25+	60:03+	62:21+	63:59+	65:00+
03:26+	07:13+	12:03+	16:31+	06:47+	10:25+	03:38+	02:18+	01:38+	01:01+
00:09+	00:26+	04:58#	12:09@	01:42#	05:24@	00:34#	00:07+	00:10#	00:13#
23	Kjetil Liven				LMP				1:08:25
04:35+	13:44+	39:24+	45:05+	54:33+	60:10+	63:48+	66:14+	67:36+	68:25+
04:35+	09:09+	25:40+	05:41+	09:28+	05:37+	03:38+	02:26+	01:22-	00:49+
01:18#	00:21#	18:36#	01:18#	04:23#	00:36#	00:34#	00:15#	00:06-	00:01+
Beste strekketid for klassen									
02:54	06:40	07:05	04:08	05:05	05:01	02:59	01:55	01:17	00:38

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

H 5,5

1	Sverre Lutnæs					Norsk Tipping							43:33
02:29=	03:59=	06:54=	09:54=	16:06=	23:00=	28:25=	33:54=	36:35=	38:25=	41:22=	42:52=	43:33=	
02:29=	01:30=	02:55=	03:00=	06:12=	06:54=	05:25=	05:29=	02:41=	01:50=	02:57=	01:30=	00:41=	
00:00=	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	Stian Overskold					Forsvaret							45:14
02:48+	04:15+	06:55+	10:16+	17:13+	23:04+	28:25=	34:51+	37:38+	39:42+	43:09+	44:34+	45:14+	
02:48+	01:27-	02:40-	03:21+	06:57+	05:51-	05:21-	06:26+	02:47+	02:04+	03:27+	01:25-	00:40-	
00:19#	00:03-	00:15-	00:21#	00:45#	01:03-	00:04-	00:57#	00:06+	00:14#	00:30#	00:05-	00:01-	
3	Frøde Haug					Hamar OK							47:17
02:50+	04:37+	07:37+	10:43+	18:01+	25:41+	31:23+	37:31+	40:13+	42:16+	45:17+	46:38+	47:17+	
02:50+	01:47+	03:00+	03:06+	07:18+	07:40+	05:42+	06:08+	02:42+	02:03+	03:01+	01:21-	00:39-	
00:21#	00:17#	00:09#	00:06+	01:06#	00:46#	00:17#	00:30#	00:01#	00:13#	00:04+	00:09-	00:02-	
4	Torodd Pedersen					Arve Hagen BIL							49:06
03:29+	05:18+	08:13+	11:36+	18:30+	25:26+	31:26+	37:44+	40:56+	43:08+	46:30+	48:20+	49:06+	
03:29+	01:49+	02:55=	03:23+	06:54+	06:56+	06:00+	06:18+	03:12+	02:12+	03:22+	01:50+	00:46+	
01:00#	00:19#	00:00=	00:23#	00:42#	00:02+	00:35#	00:49#	00:31#	00:22#	00:25#	00:20#	00:05#	

Plass	Navn												Klasse	Tid			
5	Michael Sætvedt												EAB Engineering	50:35			
	03:49+	05:22+	08:25+	11:33+	19:36+	25:55+	33:44+	39:57+	43:00+	45:00+	48:18+	49:50+	50:35+				
	03:49+	01:33+	03:03+	03:08+	08:03+	06:19-	07:49+	06:13+	03:03+	02:00+	03:18+	01:32+	00:45+				
6	Sigurd Dæhli												Løten kommune	51:18			
	01:20&	05:02+	00:08+	06:08+	01:51&	00:35-	02:24&	00:44+	00:22#	00:10+	00:21#	00:02+	00:04+				
	03:31+	05:10+	08:38+	13:15+	20:49+	27:16+	32:56+	39:24+	42:37+	44:57+	48:23+	50:19+	51:18+				
	03:31+	01:39+	03:28+	04:37+	07:34+	06:27-	05:40+	06:28+	03:13+	02:20+	03:26+	01:56+	00:59+				
7	Arild Nordsveen												Hamar Røi	53:30			
	01:02&	00:09+	00:33#	01:37&	01:22#	00:27-	00:15-	00:59#	00:32#	00:30&	00:29#	00:26&	00:18&				
	03:26+	05:01+	08:36+	13:11+	20:24+	27:23+	34:25+	41:31+	44:24+	46:42+	50:51+	52:37+	53:30+				
	03:26+	01:35+	03:35+	04:35+	07:13+	06:59+	07:02+	07:06+	02:53+	02:18+	04:09+	01:46+	00:53+				
8	Knut Skjeset												Stange kommune	53:44			
	00:57&	00:05+	00:50#	01:35&	01:01#	00:05+	01:37&	01:27&	00:12+	00:28&	01:12&	00:16#	00:12&				
	03:54+	05:41+	08:58+	12:46+	20:44+	27:34+	34:16+	41:02+	44:29+	47:10+	50:48+	52:45+	53:44+				
	03:54+	01:47+	03:17+	03:48+	07:58+	06:50-	06:42+	06:46+	03:27+	02:41+	03:38+	01:57+	00:59+				
9	Stein Arne Negård												Byggmakker	56:51			
	01:25&	00:17#	00:22#	00:48&	01:46&	00:04-	01:17#	01:17#	00:46&	00:51&	00:41#	00:27&	00:18&				
	03:50+	05:55+	09:25+	13:51+	23:31+	30:17+	36:49+	43:56+	47:32+	50:08+	54:08+	55:58+	56:51+				
	03:50+	02:05+	03:30+	04:26+	09:40+	06:46-	06:32+	07:07+	03:36+	02:36+	04:00+	01:50+	00:53+				
10	Sjur Grundstuen												Forsvaret	1:09:12			
	01:21&	00:25&	00:35#	01:26&	03:28&	00:08-	01:07#	01:38&	00:55&	00:46&	01:03&	00:20#	00:12&				
	07:04+	08:51+	12:11+	15:55+	24:06+	32:09+	39:17+	46:27+	55:16+	57:58+	66:44+	68:19+	69:12+				
	07:04+	01:47+	03:20+	03:44+	08:11+	08:03+	07:08+	07:10+	08:49+	02:42+	08:46+	01:35+	00:53+				
Beste strekk tid for klassen																	
	02:29	01:27	02:40	03:00	06:12	05:51	05:21	05:29	02:41	01:50	02:57	01:21	00:39				

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