

Pluss	Navn	Klasse	Tid
D 1,5			
1	Anine Aaslund	Sparebanken 1 Østlandet	30:30
04:18=	06:50=	13:34=	17:39=
04:18=	02:32=	06:44=	04:05=
05:03+	03:07+	07:17+	02:58-
00:00=	00:00=	00:00=	00:00=
2	Tora Kløven	Hamar Post	33:57
05:03+	08:10+	15:27+	18:25+
05:03+	03:07+	07:17+	02:58-
00:45#	01:35#	06:03+	01:07-
3	Linda Therese Støeng	Vegvesenet	37:01
05:24+	08:38+	16:29+	20:19+
05:24+	03:14+	07:51+	03:50-
01:06&	00:49&	01:07#	01:15#
4	Rønnaug Sagbakken	Sparebanken 1 Østlandet	37:38
04:55+	07:36+	18:52+	21:54+
04:55+	02:41+	11:16+	03:02-
00:37#	00:00#	04:39&	01:03-
5	Rita Forårsveen	Sparebanken 1 Østlandet	39:30
04:15-	07:45+	15:48+	19:31+
04:15-	03:30+	08:03+	03:43-
00:03-	00:28#	00:20#	00:50#
6	Margareth T. Dyresen	Arve Hagen BIL	40:09
04:04-	06:22-	15:39+	22:05+
04:04-	02:18-	09:17+	06:26+
00:14-	00:14-	02:33&	02:21&
7	Berit Kristiansen	Vegvesenet	40:48
05:35+	11:09+	23:40+	27:51+
05:35+	05:34+	12:31+	04:11+
01:17&	00:02#	06:47&	00:06+
8	Eva Stensby	Løten kommune	41:08
04:39+	07:59+	16:17+	21:28+
04:39+	03:20+	08:18+	05:11+
00:21+	00:48&	01:34#	01:06&
9	Irene Øien	Sparebanken 1 Østlandet	45:17
09:30+	13:36+	21:32+	25:23+
09:30+	04:06+	07:56+	03:51-
06:12@	01:34&	01:12#	00:14-
10	Aud Grønvold	Arve Hagen BIL	53:42
23:48+	27:12+	33:24+	37:54+
23:48+	03:24+	06:12-	04:30+
19:30@	00:52&	00:32-	00:25#
11	Heiga Hansen	Arve Hagen BIL	54:53
25:15+	28:23+	35:14+	39:06+
25:15+	03:08+	06:51+	03:52-
29:57@	00:36#	00:07-	00:13-
12	Turid Kolseth	Arve Hagen BIL	55:27
11:36+	17:17+	26:21+	32:13+
11:36+	05:41+	09:04+	05:52+
09:18@	00:09#	02:20#	01:47&
13	Solveig Johannessen	Arve Hagen BIL	55:34
11:30+	17:03+	26:14+	31:45+
11:30+	05:33+	09:11+	05:31+
07:12@	00:01#	00:22&	01:26&
14	Gerd Grønvold	Arve Hagen BIL	56:00
25:58+	29:03+	36:13+	40:07+
25:58+	03:05+	07:10+	03:54-
15:40@	00:33#	00:26#	00:11-
15	Aase Sørflaten	Gunders	1:02:26
18:26+	23:55+	33:06+	38:53+
18:26+	05:29+	09:11+	05:47+
14:08@	00:57&	02:27#	01:40#
16	Wenche Brobakken	Ringsaker kommune	1:23:11
14:33+	22:58+	40:30+	54:18+
14:33+	08:25+	17:32+	13:48+
10:15@	05:53@	10:42@	01:40#
Beste strekktid for klassen:	04:04	02:18	06:12
	02:58	07:26	02:59
	01:21	00:24	

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

Class	Navn	Klasse	Tid						
D 2,5									
1	Marith Brekke	Hamar kommune	42:15						
07:20=	08:56=	13:01=	21:48=	25:25=	30:44=	37:36=	40:35=	41:47=	42:15=
07:20=	01:36=	04:05=	08:47=	03:37=	05:19=	06:52=	02:59=	01:12=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anne Karin Eliisenberg	Stange kommune	42:50						
06:22-	08:21-	12:05-	21:17-	24:43-	29:47-	37:23-	40:43+	42:08+	42:50+
06:22-	01:59+	03:44-	09:12+	03:26-	05:04-	07:36+	03:20+	01:25+	00:42+
00:58-	00:23#	00:22#	00:25#	00:11-	00:15-	00:44#	00:21#	00:13#	00:14#
3	Randi Aas Fjæstad	Løten kommune	43:01						
05:35-	07:53-	11:54-	19:39-	23:46-	28:50-	37:47+	40:49+	42:20+	43:01+
05:35-	02:18+	04:01-	07:45-	04:07+	05:04-	08:57+	03:02+	01:31+	00:41+
01:45-	00:43#	00:07#	01:03#	00:30#	00:15-	02:05#	00:03+	00:19#	00:13#
4	Bente Wikstrøm	Geno	43:34						
06:41-	08:05-	13:58+	19:23-	24:09-	29:04-	38:48+	41:13+	42:59+	43:34+
06:41-	01:24-	05:53+	05:25-	04:46+	04:55-	09:44+	02:25-	01:46+	00:35+
00:39-	00:11#	01:48#	03:22-	01:09#	00:24-	02:52#	00:34#	00:34#	00:07#
5	Laila Sørlien	Vang O-lag	46:39						
05:11-	07:23-	12:14-	19:12-	24:28-	30:41-	40:59+	44:41+	46:01+	46:39+
05:11-	02:12+	04:51+	06:58-	05:16+	06:13+	10:18+	03:42+	01:20+	00:38+
02:09-	00:56#	00:46#	01:49#	01:39#	00:54#	03:26#	00:43#	00:08#	00:10#
6	Liv Reidun Reiersen	Mjøso Retail	46:50						
08:22+	10:26+	14:10+	22:37+	26:12+	31:24+	42:06+	44:51+	46:17+	46:50+
08:22+	02:04+	03:44-	08:27-	03:35-	05:12-	10:42+	02:45-	01:26+	00:33+
01:02#	00:28#	00:51-	00:00-	00:02-	00:07-	03:50#	00:14#	00:05#	00:05#
7	Emma Rustadbakken Hagen	Arve Hagen BIL	47:43						
05:05-	06:25-	09:53-	16:44-	22:59-	27:27-	41:21+	46:40+	47:14+	47:43+
05:05-	01:20-	03:28-	06:51-	06:15+	04:28-	13:54+	05:19+	00:34-	00:29+
02:15-	00:16-	00:37#	01:56-	02:38#	00:51-	07:02#	02:20#	00:38-	00:01+
8	Elisabet Rise	Geno	53:30						
13:38+	15:15+	19:10+	26:46+	33:04+	40:16+	48:05+	51:22+	52:58+	53:30+
13:38+	01:37+	03:55-	07:36-	06:18+	07:12+	07:49+	03:17+	01:36+	00:32+
06:18#	00:01#	00:19#	01:11-	02:41#	01:53#	00:57#	00:18#	00:24#	00:04#
9	Anita Tollerens	Treningskompaniet	55:08						
17:44+	19:34+	23:31+	32:01+	37:35+	43:18+	50:04+	53:19+	54:44+	55:08+
17:44+	01:50+	03:57-	08:30-	05:34+	05:43+	06:46-	03:15+	01:25+	00:24-
10:24@	00:14#	00:08-	00:17-	01:57#	00:24+	00:06-	00:16+	00:13#	00:04-
10	Björg Sorprud	Løten kommune	55:13						
05:29-	07:14-	11:01-	17:19-	23:58-	29:55-	45:34+	49:56+	53:58+	54:39+
05:29-	01:45+	03:47-	06:18-	06:39+	05:57+	15:39+	04:22+	04:02+	00:41+
01:51-	00:39#	00:03-	01:29#	03:02#	00:38#	08:47#	01:23#	00:50#	00:13#
11	Mirjam Engelsjord	Statens Hus	55:16						
10:51+	12:19+	18:06+	28:04+	33:34+	39:24+	50:00+	53:12+	54:49+	55:16+
10:51+	01:28-	05:47+	09:58+	05:30+	05:50+	10:36+	03:12+	01:37+	00:27-
00:31#	00:08#	01:43#	01:13#	01:53#	00:31+	03:44#	00:13#	00:25#	00:01-
12	Annie O Gihlemoen	Løten kommune	55:44						
06:42-	09:06+	13:54+	22:36+	27:09+	40:31+	50:09+	53:37+	55:05+	55:44+
06:42-	02:24+	04:48+	08:42-	04:33+	13:22+	09:38+	03:28+	01:28+	00:39+
00:38-	00:48#	00:03#	00:05-	00:56#	08:03#	02:46#	00:19#	00:36#	00:11#
13	Bodil Wiik	Norsk Tipping	56:14						
20:05+	22:33+	28:02+	33:26+	38:18+	42:48+	52:40+	55:03+	55:48+	56:14+
20:05+	02:28+	05:29+	05:24-	04:52+	04:30-	09:52+	02:23-	00:45-	00:26-
10:45@	00:58#	01:24#	03:23-	01:15#	00:49-	03:00#	00:36#	00:27-	00:02-
14	Siri Hestad	Hamar kommune	56:16						
10:38+	12:40+	16:43+	25:06+	29:09+	39:05+	49:26+	53:41+	55:20+	56:16+
10:38+	02:02+	04:03-	08:23-	04:03+	09:56+	10:21+	04:15+	01:39+	00:56+
00:18#	00:26#	00:24#	00:24#	00:26#	04:37#	03:29#	01:16#	00:27#	00:28#
15	Kitty Rustadbakken	Arve Hagen BIL	57:45						
13:06+	15:26+	21:17+	30:16+	35:51+	41:47+	52:10+	55:18+	57:02+	57:45+
13:06+	02:20+	05:51+	08:59+	05:35+	05:56+	10:23+	03:08+	01:44+	00:43+
05:46#	00:24#	00:46#	01:11#	01:18#	00:37#	03:31#	00:09+	00:32#	00:15#
16	Bente Grøndalen	SIF	57:56						
17:27+	19:32+	23:22+	31:48+	36:52+	43:15+	52:22+	55:44+	57:11+	57:56+
17:27+	02:05+	03:50-	08:26-	05:04+	06:23+	09:07+	03:22+	01:27+	00:45+
10:07@	00:29#	00:15-	00:20#	01:27#	01:04#	02:15#	00:23#	00:15#	00:17#
17	Anita Stensby Bekkelund	Løten kommune	59:09						
14:46+	16:44+	21:00+	29:23+	33:28+	42:54+	50:28+	57:16+	58:36+	59:09+
14:46+	01:58+	04:16+	08:23-	04:05+	09:26+	07:34+	06:48+	01:20+	00:33+
07:26@	00:22#	00:11+	00:24#	00:28#	04:07#	00:42#	03:49#	00:08#	00:05#
18	Mette Marit Jensen	Vegvesenet	1:00:40						
13:08+	15:59+	20:36+	31:21+	36:00+	43:13+	54:49+	58:26+	59:57+	60:40+
13:08+	02:51+	04:37+	10:45+	04:39+	07:13+	11:36+	03:37+	01:31+	00:43+
05:48#	01:15#	00:32#	01:58#	01:02#	01:54#	04:44#	00:38#	00:19#	00:15#

Class	Navn	Klasse	Tid
19	Synnøve Kaul	Mjøes Retail	1:04:08
14:17+	17:21+ 23:02+ 33:12+ 40:04+ 48:20+ 57:33+ 61:36+ 63:18+ 64:08+		
14:17+	03:04+ 05:41+ 10:10+ 06:52+ 08:16+ 09:13+ 04:03+ 01:42+ 00:50+		
20	Inger Bakken	If	1:04:17
05:57&	01:28& 00:23# 01:23# 03:15& 02:57& 02:21# 01:04& 00:30& 00:22&		
06:09-	08:44- 13:14+ 20:23- 24:31- 30:48+ 47:59+ 62:50+ 63:32+ 64:17+		
06:09-	02:35+ 04:30+ 07:09- 04:08+ 06:17+ 17:11+ 14:51+ 00:42- 00:45+		
21	Vera Børresen	Sparebanken 1 Østlandet	1:06:48
01:11-	00:59< 01:35# 01:38- 00:31# 00:58# 10:19# 11:32# 00:30 00:22#		
06:08-	09:12+ 14:32+ 25:21+ 44:56+ 53:34+ 60:57+ 64:31+ 66:13+ 66:48+		
06:08-	03:04+ 05:20+ 10:49+ 19:35+ 08:38+ 07:23+ 03:34+ 01:42+ 00:35+		
22	Kari Østbye	If	1:07:46
09:12-	01:28# 01:45< 02:02# 15:58@ 03:19& 00:31# 00:35# 00:30& 00:07#		
05:16-	08:34- 29:22+ 36:40+ 50:45+ 55:45+ 62:51+ 66:06+ 67:12+ 67:46+		
05:16-	03:18+ 20:48+ 07:18- 14:05+ 05:00- 07:06+ 03:15+ 01:06- 00:34+		
23	Mette Alfstad Wernberg	Sparebanken 1 Østlandet	1:09:40
02:04-	00:42@ 16:43@ 01:12# 10:28@ 00:19- 00:14 00:16# 00:06- 00:06#		
15:47+	17:11+ 21:09+ 37:44+ 41:26+ 48:24+ 62:11+ 68:09+ 68:51+ 69:40+		
15:47+	01:24- 03:58- 16:35+ 03:42+ 06:58+ 13:47+ 05:58+ 00:42- 00:49+		
24	Inger Lund	Telenor	1:29:03
08:27@	00:12- 00:07 07:48& 00:05+ 01:39& 06:55# 02:59# 00:30- 00:21&		
13:31+	20:33+ 28:48+ 44:01+ 51:19+ 64:43+ 76:39+ 84:59+ 87:48+ 89:03+		
13:31+	07:02+ 08:15+ 15:13+ 07:18+ 13:24+ 11:56+ 08:20+ 02:49+ 01:15+		
24	Birgit Bakkene	Ringerike Kommune	1:29:03
06:11&	00:26@ 01:10@ 06:26& 03:41@ 08:05@ 05:04 05:21@ 01:17@ 00:47@		
13:48+	20:45+ 28:56+ 44:30+ 51:21+ 64:49+ 77:01+ 85:11+ 87:59+ 89:03+		
13:48+	06:57+ 08:11+ 15:34+ 06:51+ 13:28+ 12:12+ 08:10+ 02:48+ 01:04+		
06:28&	05:21# 04:05# 04:26 02:14& 08:09@ 05:20& 05:11@ 01:36@ 00:36@		
Beste strekketid for klassen			
05:05	01:20 03:28 05:24 03:26 04:28 06:46 02:23 00:34 00:24		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 3,5			
1	Inga Ekeberg Schjerve	Sykehuset Innlandet	37:52
01:40=	03:44= 11:12= 18:30= 21:39= 23:01= 33:45= 35:44= 36:33= 37:32= 37:52=		
01:40=	02:04= 07:28= 07:18= 03:09= 01:22= 10:44= 01:59= 00:49= 00:59= 00:20=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Olav Mølstad	Vegvesenet	52:10
02:03+	05:31+ 13:40+ 23:12+ 27:43+ 29:29+ 45:45+ 48:37+ 50:25+ 51:46+ 52:10+		
02:03+	03:28+ 08:09+ 09:32+ 04:31+ 01:46+ 16:16+ 02:52+ 01:48+ 01:21+ 00:24+		
00:23#	01:24& 00:41+ 02:44# 00:24& 05:32# 00:53# 00:59@ 00:22& 00:04#		
3	Inger-Lise Skårhøien	Løten kommune	53:19
02:49+	06:07+ 15:39+ 25:30+ 29:14+ 31:00+ 45:47+ 49:05+ 51:34+ 52:48+ 53:19+		
02:49+	03:18+ 09:32+ 09:51+ 03:44+ 01:46+ 14:47+ 03:18+ 02:29+ 01:14+ 00:31+		
01:09&	01:14& 02:04& 02:33& 00:35# 00:24& 04:03# 01:19& 01:40@ 00:15& 00:11&		
4	Anne Sørum	Statens Hus	53:27
01:36-	04:45+ 12:20+ 24:57+ 28:18+ 30:35+ 44:49+ 49:32+ 51:51+ 53:04+ 53:27+		
01:36-	03:09+ 07:35+ 12:37+ 03:21+ 02:17+ 14:14+ 04:43+ 02:19+ 01:13+ 00:23+		
00:04-	01:05& 00:07+ 05:19& 00:12+ 00:55& 03:30 02:44@ 01:30@ 00:14# 00:03#		
5	Rita H Aaslund	Sparebanken 1 Østlandet	55:09
01:43+	07:55+ 16:34+ 27:06+ 31:12+ 32:57+ 47:45+ 51:14+ 53:28+ 54:41+ 55:09+		
01:43+	06:12+ 08:39+ 10:32+ 04:06+ 01:45+ 14:48+ 03:29+ 02:14+ 01:13+ 00:28+		
00:03+	00:00# 01:00# 02:00# 00:57& 00:23& 04:04# 01:30# 01:05# 00:14# 00:08&		
6	Eirin Lodgaard	Sintel Raufoss	55:50
01:44+	04:28+ 10:17- 18:55+ 23:52+ 25:33+ 41:23+ 47:23+ 54:08+ 55:15+ 55:50+		
01:44+	02:44+ 05:49- 08:38+ 04:57+ 01:41+ 15:50+ 06:00+ 06:45+ 01:07+ 00:35+		
00:04+	00:40# 00:29# 01:48# 00:19# 05:06# 04:01# 05:56@ 00:08# 00:15&		
7	Inger Marie Øygard	Løten kommune	56:25
01:50+	05:06+ 13:51+ 23:25+ 27:22+ 29:24+ 50:02+ 53:16+ 54:28+ 56:00+ 56:25+		
01:50+	03:16+ 08:45+ 09:34+ 03:57+ 02:02+ 20:38+ 03:14+ 01:12+ 01:32+ 00:25+		
00:10+	00:17& 00:17# 02:16& 00:48& 00:40& 09:54# 01:55# 06:25# 00:33# 00:05#		
8	Ane Lodgaard	Raufoss Orientering	56:48
02:41+	05:34+ 11:22+ 20:00+ 25:00+ 26:39+ 42:32+ 48:27+ 55:04+ 56:18+ 56:48+		
02:41+	02:53+ 05:48- 08:38+ 05:00+ 01:39+ 15:53+ 05:55+ 06:37+ 01:14+ 00:30+		
01:01&	00:49& 01:40- 01:20# 01:51& 00:17# 05:09# 03:56@ 05:48@ 00:15& 00:10&		
9	Sidsel Storhøle	Geno	59:25
01:56+	06:46+ 16:50+ 26:25+ 30:28+ 32:18+ 53:33+ 56:10+ 57:20+ 58:56+ 59:25+		
01:56+	04:50+ 10:04+ 09:35+ 04:03+ 01:50+ 21:15+ 02:37+ 01:10+ 01:36+ 00:29+		
00:16#	00:46@ 02:36# 02:17# 00:28& 10:31# 00:28# 00:21# 00:37& 00:09&		
10	Kirsten Merete Nerheim	Løten kommune	1:04:25
04:09+	08:17+ 15:27+ 25:04+ 29:03+ 30:47+ 51:08+ 60:12+ 62:43+ 63:52+ 64:25+		
04:09+	04:08+ 07:10- 09:37+ 03:59+ 01:44+ 20:21+ 09:04+ 02:31+ 01:09+ 00:33+		
02:29@	02:04& 00:18- 02:19& 00:50& 00:22& 09:37& 07:05@ 01:42@ 00:10# 00:13&		

Class	Navn	Klasse	Tid
11	Grete Storsveen	Sparebanken 1 Østlandet	1:04:54
01:58+	06:32+ 13:38+ 24:42+ 29:30+ 33:03+	55:09+ 59:05+ 62:22+ 64:15+ 64:54+	
01:58+	04:34+ 07:06- 11:04+ 04:48+	03:33+ 22:06+ 03:56+ 03:17+ 01:53+	00:39+
00:18#	00:20# 00:22# 00:46#	01:39# 02:11# 11:22# 01:57# 02:38#	00:54# 00:19#
12	Mona Hesselberg	Løten kommune	1:06:34
01:58+	04:38+ 19:31+ 29:53+ 34:37+ 36:22+	50:28+ 62:24+ 64:10+ 66:00+ 66:34+	
01:58+	02:40+ 14:53+ 10:22+ 04:44+	01:45+ 14:06+ 11:56+ 01:46+ 01:50+	00:34+
00:18#	00:20# 00:21# 00:44#	01:35# 00:23# 03:22# 00:55# 00:57#	00:51# 00:14#
13	Anita Bekkum	Arve Hagen BIL	1:08:13
02:21+	08:05+ 16:48+ 29:54+ 34:54+ 36:44+	57:23+ 64:44+ 66:00+ 67:49+ 68:13+	
02:21+	05:44+ 08:43+ 13:06+ 05:00+	01:50+ 20:39+ 07:21+ 01:16+ 01:49+	00:24+
00:41#	00:44# 01:15# 05:48#	01:51# 00:28# 09:55# 05:29# 00:27#	00:50# 00:04#
14	Kristin Haga	Arve Hagen BIL	1:09:07
02:45+	09:28+ 17:28+ 30:03+ 35:46+ 37:41+	61:16+ 65:29+ 67:11+ 68:44+ 69:07+	
02:45+	06:43+ 08:00+ 12:35+ 05:43+	01:55+ 23:35+ 04:13+ 01:42+ 01:33+	00:23+
01:05#	00:30# 00:32# 05:17#	02:34# 00:33# 12:51# 03:15# 00:58#	00:34# 00:03#
15	Karen Tomter	Utstillingsplassen	1:09:51
02:41+	11:49+ 20:42+ 33:02+ 38:33+ 40:36+	60:31+ 64:10+ 67:26+ 69:10+ 69:51+	
02:41+	09:08+ 08:53+ 12:20+ 05:31+	02:03+ 19:55+ 03:39+ 03:16+ 01:44+	00:41+
01:01#	00:04# 01:25# 05:02#	02:22# 00:41# 09:11# 01:40# 00:27#	00:45# 00:21#
16	May Rognlien	Statens Hus	1:12:30
03:48+	08:03+ 18:57+ 34:14+ 39:00+ 40:52+	62:29+ 68:38+ 70:05+ 71:55+ 72:30+	
03:48+	04:15+ 10:54+ 15:17+ 04:46+	01:52+ 21:37+ 06:09+ 01:27+ 01:50+	00:35+
00:08@	00:11@ 00:26# 07:59#	01:37# 00:30# 10:53# 04:10# 00:38#	00:51# 00:15#
17	Gunnhild Ljones	Hamar Post	1:17:12
04:52+	09:51+ 20:10+ 36:31+ 41:29+ 43:41+	68:15+ 72:05+ 74:45+ 76:40+ 77:12+	
04:52+	04:59+ 10:19+ 16:21+ 04:58+	02:12+ 24:34+ 03:50+ 02:40+ 01:55+	00:32+
00:12@	00:55# 02:51# 08:00#	01:49# 00:50# 13:50# 01:51# 01:51#	00:56# 00:12#
18	Dyfrid Larsen Moen	Ntnu Gjøvik	1:19:41
08:19+	12:56+ 24:46+ 40:59+ 45:58+ 47:59+	69:42+ 75:51+ 77:18+ 79:08+ 79:41+	
08:19+	04:37+ 11:50+ 16:13+ 04:59+	02:01+ 21:43+ 06:09+ 01:27+ 01:50+	00:33+
00:39@	00:33@ 04:22# 08:55#	01:50# 00:39# 10:59# 04:10# 00:38#	00:51# 00:13#
19	Elin Moe Græslil	Hamar OK	
1646:37+	1650:39+ 1659:33+ 1669:36+ 1673:19+ 1674:58+	1698:28+ 1702:20+ 1708:02+ 1709:49+	1710:19+
1646:37+	04:02+ 08:54+ 10:03+ 03:43+	01:39+ 23:30+ 03:52+ 05:42+ 01:47+	00:30+
04:45@	01:18# 01:25# 01:45#	00:34# 00:17# 12:46# 01:53# 04:53#	00:48# 00:10#
	01:36 02:04 05:48 07:18	03:09 01:22 10:44 01:59 00:49	00:59 00:20

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

D 4,5

1	Kjersti Rønning	Fylkeshuset	47:52
03:42=	13:09= 14:49= 16:40= 19:37= 21:59=	23:44= 25:01= 26:44= 40:01= 41:14=	42:02= 44:53= 46:50= 47:28= 47:52=
03:42=	09:27= 01:40= 01:51= 02:57= 02:22=	01:45= 01:17= 01:43= 13:17= 01:13=	00:48= 02:51= 01:57= 00:38= 00:24=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=
2	May Kristin Tangen	Ringsaker OK	56:12
03:17-	16:31+ 19:03+ 21:14+ 24:01+ 26:38+	28:36+ 30:19+ 35:19+ 47:33+ 48:54+	50:20+ 51:47+ 52:23+ 55:07+ 55:49+
03:17-	13:14+ 02:32+ 02:11+ 02:47-	02:37+ 01:58+ 01:43+ 05:00+ 12:14-	01:21+ 01:26+ 01:27- 00:36- 02:44+
00:25-	00:47# 00:52# 00:20#	00:10- 00:15# 00:13# 00:26# 03:17#	01:03- 00:08# 00:38# 01:24- 01:22-
3	Mona Bugge Haug	Stange kommune	57:35
03:41-	16:26+ 20:22+ 22:23+ 26:53+ 30:45+	33:19+ 34:56+ 37:42+ 50:50+ 52:21+	53:28+ 54:26+ 56:37+ 57:09+ 57:35+
03:41-	12:45+ 03:56+ 02:01+ 04:30+ 03:52+	02:34+ 01:37+ 02:46+ 13:08-	01:31+ 01:07+ 00:58- 02:11+ 00:32-
00:01-	00:11# 00:11# 00:20#	00:49# 00:19# 00:19# 00:09-	00:18# 00:19# 01:53- 00:06- 00:02+
4	Elfranne Ødegård Haneberg	Handelsbanken	59:18
03:13-	17:21+ 19:36+ 26:16+ 29:42+ 35:15+	37:14+ 38:45+ 40:43+ 52:50+ 53:55+	54:36+ 55:19+ 58:01+ 58:53+ 59:18+
03:13-	14:08+ 02:15+ 06:40+ 03:26+ 05:33+	01:59+ 01:31+ 01:58+ 12:07-	01:05- 00:41- 00:43- 02:42+ 00:52+
00:29-	00:41# 00:15# 00:49#	00:14# 00:14# 00:15# 00:10-	00:08- 00:07- 02:08- 00:53# 00:14#
5	Margrethe Nilsen	Hamar Katedralskole	1:07:05
07:26+	25:33+ 27:58+ 29:53+ 32:55+ 39:32+	42:02+ 43:27+ 45:17+ 59:29+ 60:49+	61:40+ 62:31+ 65:11+ 66:41+ 67:05+
07:26+	18:07+ 02:25+ 01:55+ 03:02+ 06:37+	02:30+ 01:25+ 01:50+ 14:12+	01:20+ 00:51+ 00:51- 02:40+ 01:30+
03:44@	00:40# 00:45# 00:05+	00:05+ 00:45# 00:08# 00:07-	00:55+ 00:07+ 00:03+ 02:00- 00:52#
6	Lise Merete Libak	Løten kommune	1:09:14
04:47+	19:46+ 22:20+ 25:53+ 32:43+ 37:02+	45:02+ 46:56+ 49:09+ 62:15+ 64:03+	64:51+ 65:39+ 68:05+ 68:46+ 69:14+
04:47+	14:59+ 02:34+ 03:33+ 06:50+ 04:19+	08:00+ 01:54+ 02:13+ 13:06-	01:48+ 00:48= 00:48- 02:26+ 00:41+
01:05#	00:32# 00:54# 01:42# 03:53#	01:57# 06:15# 00:37# 00:30# 00:11-	00:35# 00:00= 02:03- 00:03# 00:04#
7	Marianne Rud Skjærstad	Løten kommune	1:15:40
06:22+	22:56+ 26:40+ 28:59+ 31:47+ 36:27+	46:05+ 48:39+ 50:08+ 52:37+ 67:39+	69:10+ 70:01+ 70:57+ 74:13+ 75:12+
06:22+	16:34+ 03:44+ 02:19+ 02:48-	04:40+ 09:38+ 02:34+ 01:29-	02:29- 15:02+ 01:31+ 00:51-
02:40#	07:07# 02:04@ 00:28#	00:09- 02:18# 07:53@ 01:17#	00:14- 10:48- 13:49@ 00:43#
			02:00- 01:01- 02:38@ 00:35@ 00:28+

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

03:13 09:27 01:40 01:51 02:47 02:22 01:45 01:17 01:29 02:29 01:05 00:41 00:43 00:36 00:32 00:24

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

D 5,5

1 Nikoline Ekeberg Schjerve Norconsult 57:51

03:02= 04:07= 09:40= 16:27= 18:09= 19:27= 21:02= 24:41= 28:06= 30:06= 31:56= 34:49= 36:49= 48:16= 50:16= 52:03= 54:04= 56:57= 57:24= 57:51=
 03:02= 01:05= 05:33= 06:47= 01:42= 01:18= 01:35= 03:39= 03:25= 02:00= 01:50= 02:53= 02:00= 11:27= 02:00= 01:47= 02:01= 02:53= 00:27= 00:27=

Beste strekktid for klassen

03:02 01:05 05:33 06:47 01:42 01:18 01:35 03:39 03:25 02:00 01:50 02:53 02:00 11:27 02:00 01:47 02:01 02:53 00:27 00:27

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

H 1,5

1 Johan Nerheim Løten kommune 28:34

05:52= 08:17= 12:39= 15:15= 23:06= 26:32= 27:57= 28:34=
 05:52= 02:25= 04:22= 02:36= 07:51= 03:26= 01:25= 00:37=

2 Erik Gundersen Nestle 28:46

00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
 03:58- 06:21- 11:19- 15:11- 22:12- 27:30+ 28:09+ 28:46+
 03:58- 02:23- 04:58+ 03:52+ 07:01- 05:18+ 00:39- 00:37=

3 Herleik Nylund Løten kommune 31:58

01:54- 04:09- 06:15+ 01:15# 00:50- 01:52# 00:46# 00:00#
 04:57- 07:48- 14:53+ 18:13+ 25:15+ 29:06+ 31:09+ 31:58+
 04:57- 02:51+ 07:05+ 03:20+ 07:02- 03:51+ 02:03+ 00:49+

4 Hallstein Ødegård Løten kommune 34:00

00:55- 00:29# 03:43# 00:40# 00:49- 00:25# 00:38# 00:12#
 34:00+
 34:00+

5 Trygve Jan Bjerke Hamar Post 34:35

28:08@
 03:49- 06:20- 16:43+ 19:25+ 29:00+ 32:26+ 33:59+ 34:35+
 03:49- 02:31+ 10:23+ 02:42+ 09:35+ 03:26= 01:33+ 00:36-

6 Erik Skarås Sparebanken Hedmark 34:51

02:03- 00:05# 06:21# 00:06+ 01:44# 00:00= 00:08# 00:01#
 04:28- 07:27- 13:45+ 17:48+ 25:31+ 31:51+ 34:03+ 34:51+
 04:28- 02:59+ 06:18+ 04:03+ 07:43- 06:20+ 02:12+ 00:48+

7 Edgar Myrvold Statens Hus 35:10

01:24- 00:28# 01:59# 00:07# 00:08- 02:54# 00:47# 00:11#
 04:21- 07:44- 12:18- 14:41- 27:12+ 33:03+ 34:27+ 35:10+
 04:21- 03:23+ 04:34+ 02:23- 12:31+ 05:51+ 01:24- 00:43+

8 Jan Olav Tuterud Hamar Post 35:17

01:31- 00:58# 00:12# 00:13- 04:40# 02:25# 00:01- 00:06#
 10:45+ 13:21+ 17:43+ 20:38+ 30:47+ 33:32+ 34:41+ 35:17+
 10:45+ 02:36+ 04:22= 02:55+ 10:09+ 02:45- 01:09- 00:36-

9 Kjell Sagbakken Hamar Post 35:22

04:53# 00:11# 00:00# 00:19# 02:18# 00:41- 00:16# 00:01#
 03:54- 06:59- 17:30+ 20:15+ 30:05+ 33:32+ 34:52+ 35:22+
 03:54- 03:05+ 10:31+ 02:45+ 09:50+ 03:27+ 01:20- 00:30-

10 Arve Nils Børresen If 38:19

01:58- 00:40# 00:09# 00:09+ 01:59# 00:01+ 00:05# 00:07-
 04:34- 07:14- 18:30+ 22:19+ 30:53+ 35:29+ 37:24+ 38:19+
 04:34- 02:40+ 11:16+ 03:49+ 08:34+ 04:36+ 01:55+ 00:55+

11 Arild Rønning Nestle 38:30

01:18- 00:15# 05:54# 01:13# 00:43+ 01:10# 00:30# 00:18#
 05:01- 07:26- 15:50+ 18:54+ 32:33+ 36:45+ 37:47+ 38:30+
 05:01- 02:25= 08:24+ 03:04+ 13:39+ 04:12+ 01:02- 00:43+

12 Ingvald Pedersen Statens Hus 39:06

00:51- 00:00= 04:03# 00:28# 05:48# 00:46# 00:23# 00:06#
 03:56- 10:27+ 15:38+ 18:56+ 31:24+ 36:28+ 38:16+ 39:06+
 03:56- 06:31+ 05:11+ 03:18+ 12:28+ 05:04+ 01:48+ 00:50+

13 Hans Narbuvoild Nestle 40:25

01:56- 01:06# 00:49# 00:42# 04:37# 01:38# 00:23# 00:3#
 08:18+ 12:01+ 18:07+ 22:33+ 31:57+ 37:32+ 39:33+ 40:25+
 08:18+ 03:43+ 06:06+ 04:26+ 09:24+ 05:35+ 02:01+ 00:52+

02:26# 01:18# 01:44# 01:50# 01:33# 02:09# 00:36# 00:15#

Class	Navn	Klasse	Tid
14	Jon Lindgren	Romedal Almenning	43:06
	05:26- 08:55+ 18:04+ 28:25+ 36:26+ 40:24+ 42:15+ 43:06+		
	05:26- 03:29+ 09:09+ 10:21+ 08:01+ 03:58+ 01:51+ 00:51+		
15	Geir-Håkon Øverby	IF	43:15
	05:26- 00:04# 01:27# 00:45# 00:10+ 00:32# 00:26# 00:14#		
	05:43- 07:43- 22:28+ 26:31+ 32:51+ 41:11+ 42:31+ 43:15+		
	05:43- 02:00- 14:45+ 04:03+ 06:20- 08:20+ 01:20- 00:44+		
16	Arne Sveen	Stabburet	45:59
	05:09- 07:25- 03:23# 01:27# 01:31- 04:54# 00:05# 01:37#		
	05:05- 08:16- 19:23+ 25:25+ 37:50+ 42:51+ 44:50+ 45:59+		
	05:05- 03:11+ 11:07+ 06:02+ 12:25+ 05:01+ 01:59+ 01:09+		
17	Ragnar Høsbøien	Hamar Post	46:50
	07:47- 04:55+ 06:49# 03:26# 04:34# 01:35# 00:34# 00:33#		
	05:10- 08:26+ 20:56+ 26:21+ 38:44+ 43:41+ 45:43+ 46:50+		
	05:10- 03:16+ 12:30+ 05:25+ 12:23+ 04:57+ 02:02+ 01:07+		
	00:42- 00:51# 08:08# 02:49# 04:32# 01:31# 00:37# 00:30#		
18	Finn Røise	MoeiVEN	47:15
	14:29+ 18:01+ 24:53+ 28:26+ 37:14+ 43:36+ 45:15+ 46:37+ 47:15+		
	14:29+ 03:32+ 06:52+ 03:33+ 08:48+ 06:22+ 01:39+ 01:22+ 00:38+		
	08:37# 01:07# 02:30# 00:57# 00:57# 02:56# 00:14# 00:45# 00:38#		
19	Torkel Bache	Sanderud sykehus	47:36
	09:27+ 13:19+ 19:28+ 23:43+ 35:54+ 44:38+ 46:49+ 47:36+		
	09:27+ 03:52+ 06:09+ 04:15+ 12:11+ 08:44+ 02:11+ 00:47+		
	03:35# 00:27# 01:47# 01:39# 04:20# 05:18# 00:46# 00:10#		
20	Steinar Jøten	Toneheim	56:10
	17:55+ 20:30+ 34:59+ 40:40+ 49:55+ 53:43+ 55:23+ 56:10+		
	17:55+ 02:35+ 14:29+ 05:41+ 09:15+ 03:48+ 01:40+ 00:47+		
	12:08# 00:11# 10:07# 01:05# 01:24# 00:22# 00:15# 00:10#		
Beste strekketid for klassen			
	03:49 02:00 04:22 02:23 06:20 02:45 00:39 00:30		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 2,5			
1	Ludvig Bjerke-Narud	Geno	36:18
	02:22= 05:55= 09:22= 14:11= 19:30= 22:34= 24:31= 29:10= 32:23= 34:53= 35:54= 36:18=		
	02:22= 03:33= 03:27= 04:49= 05:19= 03:04= 01:57= 04:39= 03:13= 02:30= 01:01= 00:24=		
2	Morten Døe	Funes Almenning	36:56
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
	01:56- 06:50+ 10:00+ 16:03+ 20:06+ 23:25+ 25:40+ 29:54+ 32:58+ 35:30+ 36:20+ 36:56+		
	01:56- 04:54+ 03:10- 06:03+ 04:03- 03:19+ 02:15+ 04:14- 03:04- 02:32+ 00:50- 00:36+		
	00:26- 01:21# 00:17- 01:14# 01:16- 00:15+ 00:18# 00:25- 00:09- 00:02+ 00:11- 00:12#		
3	John Tangen	ASKO	38:03
	01:36- 04:32- 08:16- 17:08# 19:45+ 23:19+ 24:58+ 28:58- 31:43- 35:53+ 37:36+ 38:03+		
	01:36- 02:56- 03:44+ 08:52+ 02:37- 03:34+ 01:39- 04:00- 02:45- 04:10+ 01:43+ 00:27+		
	00:46- 00:31# 00:15# 01:03# 02:42- 00:30# 00:18- 00:39- 00:28- 01:40# 00:42# 00:03#		
4	Odin Håie Vollum	Arve Hagen BIL	39:18
	05:31+ 11:03+ 13:09+ 21:53+ 24:17+ 27:03+ 28:23+ 32:30+ 36:34+ 38:19+ 39:04+ 39:18+		
	05:31+ 05:32+ 02:06- 08:44+ 02:24- 02:46- 01:20- 04:07- 04:04+ 01:45- 00:45- 00:14-		
	03:09# 01:59# 01:21- 03:55# 02:55- 00:18- 00:37- 00:32- 00:51# 00:45- 00:16- 00:10-		
5	Hans Petter Jevanord	Geno	39:24
	02:51+ 06:26+ 09:36+ 16:05+ 19:46+ 23:55+ 26:24+ 31:22+ 34:44+ 37:32+ 38:46+ 39:24+		
	02:51+ 03:35+ 03:10- 06:29+ 03:41- 04:09+ 02:29+ 04:58+ 03:22+ 02:48+ 01:14+ 00:38+		
	00:29# 00:01# 00:10# 01:40# 01:38- 01:05# 00:32# 00:09- 00:08- 01:18# 00:13# 00:14#		
6	Einar Stensby	Løten kommune	39:31
	02:13- 05:35- 08:51- 14:29+ 18:05- 21:44- 23:49- 32:21+ 35:50+ 38:28+ 39:02+ 39:31+		
	02:13- 03:22- 03:16- 05:38+ 03:36- 03:39+ 02:05+ 08:32+ 03:29+ 02:38+ 00:34- 00:29+		
	00:09- 00:11 00:11 00:11# 01:43- 00:35# 00:08# 03:53# 00:16+ 00:08# 00:07# 00:05#		
7	Magnar Nybakk	Sparebanken 1 Østlandet	40:13
	01:57- 05:08- 08:35- 15:13+ 19:21- 23:03+ 25:27+ 30:19+ 35:27+ 38:32+ 39:46+ 40:13+		
	01:57- 03:11- 03:27= 06:38+ 04:08- 03:42+ 02:24+ 04:52+ 05:08+ 03:05+ 01:14+ 00:27+		
	00:25- 00:27# 00:01# 01:49# 01:11 00:38# 00:27# 00:31# 01:55# 00:36# 00:13# 00:03#		
8	Hans Asbjørn Tingvold	System-Tre Gjøvik	40:47
	02:08- 07:08+ 10:48+ 18:06+ 21:40+ 25:41+ 28:01+ 32:38+ 36:24+ 39:02+ 40:14+ 40:47+		
	02:08- 05:00+ 03:40+ 07:18+ 03:34- 04:01+ 02:20+ 04:37- 03:46+ 02:38+ 01:12+ 00:33+		
	00:14- 01:27# 00:18# 02:29# 01:45- 00:57# 00:23# 00:02# 00:33# 00:08# 00:09# 00:09#		
9	Bjørn Eriksrud	System-Tre Gjøvik	41:54
	03:12+ 08:13+ 11:57+ 19:14+ 22:49+ 26:47+ 29:05+ 33:43+ 37:31+ 40:07+ 41:19+ 41:54+		
	03:12+ 05:01+ 03:44+ 07:17+ 03:35- 03:58+ 02:18+ 04:38- 03:48+ 02:36+ 01:12+ 00:35+		
	00:50# 00:28# 00:17# 02:28# 01:44- 00:54# 00:21# 00:01- 00:35# 00:06+ 00:11# 00:11#		
10	Kjell Høgseth	Geno	43:05
	02:23+ 08:55+ 12:33+ 18:17+ 22:06+ 26:37+ 29:06+ 34:15+ 38:56+ 41:24+ 42:33+ 43:05+		
	02:23+ 06:32+ 03:38+ 05:44+ 03:49- 04:31+ 02:29+ 05:09+ 04:41+ 02:28- 01:09+ 00:32+		
	00:01+ 02:59# 00:11+ 00:55# 01:30- 01:27# 00:32# 00:30# 01:28# 00:02- 00:08# 00:08#		

Class	Navn	Klasse	Tid
11	Torbjørn Ødegaard	Hamar Lærerhøgskole	43:06
02:58+	07:02+ 10:27+ 16:36+ 21:18+ 27:17+	29:52+ 35:05+ 38:40+ 41:16+ 42:36+	43:06+
02:58+	04:04+ 03:25- 06:09+ 04:42- 05:59+	02:35+ 05:13+ 03:35+ 02:36+ 01:20+	00:30+
00:36&	00:21# 00:42 00:20# 00:37- 02:55&	00:38 00:24# 00:22# 00:06# 00:19&	00:06#
12	Stein Edvardsen	Elverum kommune	43:36
03:25+	07:26+ 10:51+ 16:36+ 20:40+ 25:20+	27:47+ 34:48+ 38:25+ 41:39+ 42:59+	43:36+
03:25+	04:01+ 03:25- 05:45+ 04:04- 04:40+	02:27+ 07:01+ 03:37+ 03:14+ 01:20+	00:37+
00:03&	00:28# 00:09 01:05# 01:15- 01:36&	00:30# 01:2# 00:24# 00:44&	00:19&
13	Stein Sandaker	Ahlsen	44:41
01:47-	07:57+ 12:17+ 19:25+ 24:09+ 27:47+	30:31+ 35:42+ 40:28+ 42:51+ 44:16+	44:41+
01:47-	06:10+ 04:20+ 07:08+ 04:44- 03:38+	02:44+ 05:11+ 04:46+ 02:23- 01:25+	00:25+
00:35-	00:37 00:58 03:19& 00:35- 00:34#	00:47 00:32# 01:33& 00:07- 00:24&	00:01+
14	Magnar Sveen	Moelven	45:19
03:22+	10:44+ 14:28+ 20:59+ 25:15+ 29:48+	32:23+ 37:05+ 40:31+ 43:23+ 44:41+	45:19+
03:22+	07:22+ 03:44+ 06:31+ 04:16- 04:33+	02:35+ 04:42+ 03:26+ 02:52+ 01:18+	00:38+
01:00&	00:49# 00:17 01:42# 01:03- 01:29&	00:38# 00:03# 00:13+ 00:22# 00:17&	00:14&
15	Torbjørn Hakensen	Gunders	45:28
02:32+	07:15+ 10:19+ 15:14+ 18:18- 27:24+	28:57+ 38:13+ 41:05+ 43:48+ 44:49+	45:28+
02:32+	04:43+ 03:04- 04:55+ 03:04- 09:06+	01:33- 09:16+ 02:52- 02:43+ 01:01=	00:39+
00:10+	01:10# 00:23 00:06+ 02:15- 06:02@	00:24 04:37# 00:21- 00:13+ 00:00=	00:15&
16	Arvid Haug	Gunders	45:58
02:47+	08:36+ 11:56+ 18:24+ 22:17+ 26:02+	28:05+ 37:22+ 40:51+ 44:33+ 45:26+	45:58+
02:47+	05:49+ 03:20- 06:28+ 03:53- 03:45+	02:03+ 09:17+ 03:29+ 03:42+ 00:53-	00:32+
00:25#	00:16# 00:07- 01:39& 01:26- 00:41#	00:06# 04:38# 00:16# 01:12# 00:08-	00:08&
17	Ottar Evensen	Elverum kommune	48:30
02:14-	05:24- 08:42- 21:00+ 25:45+ 30:48+	33:17+ 38:32+ 42:55+ 46:43+ 47:55+	48:30+
02:14-	03:10- 03:18- 12:18+ 04:45- 05:03+	02:29+ 05:15+ 04:23+ 03:48+ 01:12+	00:35+
00:08-	00:33 00:09 07:29@ 00:34- 01:59&	00:32# 00:33# 01:00# 01:18& 00:11#	00:11&
18	Bjørn Jenssen	Mjøso Retail	48:46
02:33+	07:02+ 11:08+ 18:06+ 22:15+ 30:07+	32:43+ 38:28+ 42:37+ 46:16+ 48:06+	48:46+
02:33+	04:29+ 04:06+ 06:58+ 04:09- 07:52+	02:36+ 05:45+ 04:09+ 03:39+ 01:50+	00:40+
00:11+	00:56# 00:30# 02:09# 01:10- 04:48@	00:39# 01:06# 00:56& 01:09& 00:49&	00:16&
19	Ole Mads Øvergaard	Gunders	49:22
03:30+	08:11+ 12:11+ 19:22+ 23:09+ 32:30+	34:48+ 39:31+ 43:42+ 47:03+ 48:29+	49:22+
03:30+	04:41+ 04:00+ 07:11+ 03:47- 09:21+	02:18+ 04:43+ 04:11+ 03:21+ 01:26+	00:53+
01:08&	00:08# 00:33# 02:32& 01:32- 06:17@	00:21# 00:04+ 00:58# 00:51& 00:25&	00:29@
20	Trygve Hestad	Hamar kommune	50:47
04:23+	08:53+ 12:44+ 19:52+ 25:37+ 30:37+	33:35+ 39:03+ 45:28+ 48:45+ 50:12+	50:47+
04:23+	04:30+ 03:51+ 07:08+ 05:45+ 05:00+	02:58+ 05:28+ 06:25+ 03:17+ 01:27+	00:35+
00:01&	00:57# 00:24# 02:19& 00:26+ 01:56&	01:01# 00:19# 03:10# 00:47& 00:26&	00:11&
21	Stein Gamme	Storhamar Vgs	51:25
02:30+	11:20+ 15:20+ 21:39+ 25:52+ 35:12+	37:13+ 42:11+ 46:18+ 49:22+ 50:54+	51:25+
02:30+	08:50+ 04:00+ 06:19+ 04:13- 09:20+	02:01+ 04:58+ 04:07+ 03:04+ 01:32+	00:31+
00:08+	00:17# 00:03# 01:30# 01:06- 06:16@	00:04# 00:18# 00:54# 00:34# 00:31&	00:07&
22	Harald Grønvold	Arve Hagen BIL	52:42
02:15-	07:47+ 10:48+ 21:54+ 25:26+ 33:27+	35:10+ 39:55+ 45:55+ 51:31+ 52:10+	52:42+
02:15-	05:32+ 03:01- 11:06+ 03:32- 08:01+	01:43- 04:45+ 06:00+ 05:36+ 00:39-	00:32+
00:07-	00:59# 00:26 06:17@ 01:47- 04:57@	00:14 00:06 02:47# 03:06@ 00:22-	00:08&
23	Knut Fjæstad	Løten kommune	55:13
03:04+	09:59+ 13:30+ 24:36+ 28:48+ 36:29+	39:02+ 43:56+ 47:50+ 53:39+ 54:31+	55:13+
03:04+	06:55+ 03:31+ 11:06+ 04:12- 07:41+	02:33+ 04:54+ 03:54+ 05:49+ 00:52-	00:42+
00:42&	00:22# 00:04 06:17@ 01:07- 04:37@	00:36# 00:15+ 00:41# 03:19@ 00:09-	00:18&
24	Knut Anders Fossum	Statens Hus	56:55
02:37+	08:45+ 12:31+ 19:44+ 23:37+ 32:07+	35:36+ 46:12+ 51:40+ 55:18+ 56:22+	56:55+
02:37+	06:08+ 03:46+ 07:13+ 03:53- 08:30+	03:29+ 10:36+ 05:28+ 03:38+ 01:04+	00:33+
00:15#	00:35# 00:19+ 02:24& 01:26- 05:26@	01:32# 05:57@ 02:15& 01:08# 00:03+	00:09&
25	Odd Rise	Geno	59:14
03:35+	08:37+ 21:56+ 29:53+ 33:51+ 38:46+	42:19+ 48:18+ 53:44+ 57:14+ 58:36+	59:14+
03:35+	05:02+ 13:19+ 07:57+ 03:58- 04:55+	03:33+ 05:59+ 05:26+ 03:30+ 01:22+	00:38+
00:13&	00:29# 00:08 00:08# 01:21- 01:51&	01:36# 00:13# 02:13& 01:00# 00:21&	00:14&
26	Dag Erik Hovde	Eidsiva	1:00:51
03:30+	12:57+ 17:22+ 25:54+ 31:50+ 37:59+	42:17+ 49:28+ 54:29+ 58:26+ 59:55+	60:51+
03:30+	09:27+ 04:25+ 08:32+ 05:56+ 06:09+	04:18+ 07:11+ 05:01+ 03:57+ 01:29+	00:56+
01:08&	00:54# 00:58# 03:43# 00:37# 03:05@	02:21# 02:32# 01:48& 01:27& 00:28&	00:32@
27	Heige Buserud	Eidsiva	1:08:03
03:17+	07:49+ 13:28+ 23:27+ 28:46+ 35:30+	39:03+ 52:32+ 60:18+ 64:33+ 67:10+	68:03+
03:17+	04:32+ 05:39+ 09:59+ 05:19- 06:44+	03:33+ 13:29+ 07:46+ 04:15+ 02:37+	00:53+
00:55&	00:59# 00:28 05:10@ 00:00+ 03:40@	01:36# 00:50# 04:33# 01:25# 01:26#	00:29@
28	Knut Martinsen	Sparebanken i Østlandet	1:13:28
03:13+	12:21+ 16:59+ 37:42+ 43:06+ 48:41+	52:11+ 59:41+ 66:08+ 70:26+ 72:34+	73:28+
03:13+	09:08+ 04:38+ 20:43+ 05:24+ 05:35+	03:30+ 07:30+ 06:27+ 04:18+ 02:08+	00:54+
00:51&	00:29# 00:11 16:54@ 00:05+ 02:31&	01:33# 00:50# 00:14# 01:18# 01:07@	00:30@
29	Peter Nagtzaam	EAB Engineering	1:18:00
08:34+	17:45+ 27:04+ 32:22+ 41:40+ 48:59+	52:30+ 69:35+ 72:23+ 76:49+ 77:40+	78:00+
08:34+	09:11+ 09:19+ 05:18+ 09:18+ 07:19+	03:31+ 17:05+ 02:48- 04:26+ 00:51-	00:20-
06:12@	05:38@ 05:52@ 00:29# 03:59&	04:15@ 01:34& 12:26@ 00:25-	01:56&

Class	Navn	Klasse	Tid								
30	Jan Roald Bøgeberg	Løten kommune	1:21:56								
02:34+	19:30+	24:04+	34:27+	38:28+	63:46+	65:51+	71:33+	76:17+	79:54+	81:25+	81:56+
02:34+	16:56+	04:34+	10:23+	04:01-	25:18+	02:05+	05:42+	04:44+	03:37+	01:31+	00:31+
00:18-	18:21-	01:07-	02:46-	01:18-	22:14@	00:08+	01:03#	01:31&	01:07&	00:30&	00:07&
01:36	02:56	02:06	04:49	02:24	02:46	01:20	04:00	02:45	01:45	00:34	00:14

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

H 3,5

1	Terje Tangen	Ringsaker OK	40:21											
04:40=	07:56=	17:32=	19:42=	22:15=	23:35=	26:03=	30:25=	32:44=	35:23=	37:10=	38:00=	39:03=	39:56=	40:21=
04:40=	03:16=	09:36=	02:10=	02:33=	01:20=	02:28=	04:22=	02:19=	02:39=	01:47=	00:50=	01:03=	00:53=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
02:40-	04:13-	15:13-	18:16-	21:24-	23:18-	25:20-	31:31+	34:36+	38:04+	41:59+	43:50+	45:08+	46:00+	46:22+
02:40-	01:33-	11:00+	03:03+	03:08+	01:54+	02:02-	06:11+	03:05+	03:28+	03:55+	01:51+	01:18+	00:52-	00:22-
02:00-	01:13-	01:22#	00:53&	00:35#	00:34#	00:26-	00:11-	00:46-	00:49-	02:08@	01:01@	00:15#	00:21-	00:03-
02:48-	04:22-	15:21-	17:40-	23:43+	26:27+	29:19+	34:19+	38:41+	41:36+	44:25+	45:27+	46:36+	47:00+	47:21+
02:48-	01:34-	10:59+	02:19+	06:03+	02:44+	02:52+	05:00+	04:22+	02:55+	02:49+	01:02+	01:09+	00:24-	00:21-
01:52-	01:42-	01:23#	00:09+	03:30@	01:24@	00:24#	00:28#	00:33#	00:16#	01:02&	00:12#	00:06+	00:04-	00:04-
03:01-	04:35-	16:49-	19:39-	22:56+	24:40+	30:01+	35:09+	38:05+	41:25+	44:10+	45:16+	46:33+	47:32+	47:59+
03:01-	01:34-	12:14+	02:50+	03:17+	01:44+	05:21+	05:08+	02:56+	03:20+	02:45+	01:06+	01:17+	00:59+	00:27+
01:39-	00:43-	00:33#	00:40#	00:44&	00:24&	02:53-	00:46#	00:37#	00:41&	00:58&	00:16&	00:14#	00:02-	00:02+
02:41-	04:23-	14:57-	17:41-	21:20-	23:11-	25:29-	32:45+	35:54+	39:33+	44:35+	45:47+	48:07+	49:04+	49:27+
02:41-	01:42-	10:34+	02:44+	03:39+	01:51+	02:18-	07:16+	03:09+	03:39+	05:02+	01:12+	02:20+	00:57+	00:23-
01:59-	01:34-	00:59#	00:34&	01:06&	00:31&	00:10-	02:54-	08:50&	01:00-	03:15@	00:22&	01:17@	00:02-	00:02-
04:43+	06:16-	17:58+	20:38+	24:25+	26:04+	29:16+	35:02+	38:19+	42:25+	45:19+	47:09+	48:35+	49:34+	50:02+
04:43+	01:33-	11:42+	02:40+	03:47+	01:39+	03:12+	05:46+	03:17+	04:06+	02:54+	01:50+	01:26+	00:59+	00:28+
00:03+	01:43-	02:06#	00:30#	01:14&	00:19#	00:44#	01:24&	00:58&	01:27&	01:07&	01:00@	00:23&	00:06#	00:03#
04:28-	06:28-	16:27-	21:15+	26:10+	28:11+	33:24+	38:42+	41:34+	44:46+	47:36+	48:37+	49:58+	50:53+	51:17+
04:28-	02:00-	09:59+	04:48+	04:55+	02:01+	05:13+	05:18+	02:52+	03:12+	02:50+	01:01+	01:21+	00:55+	00:24-
00:12-	00:16-	00:23-	00:38@	02:22&	00:41&	02:45#	00:56#	00:33#	00:33#	01:03&	00:11#	00:18&	00:18+	00:01-
03:40-	05:17-	15:44-	18:12-	21:27-	23:33-	29:19+	34:45+	37:38+	41:42+	47:21+	48:34+	49:41+	51:07+	51:41+
03:40-	01:37-	10:27+	02:28+	03:15+	02:06+	05:46+	05:26+	02:53+	04:04+	05:39+	01:13+	01:07+	01:26+	00:34+
01:00-	01:39-	00:51+	00:42#	00:46&	03:18#	01:04#	00:34#	01:25#	03:52@	00:23&	00:04+	00:32&	00:09&	00:27+
02:16-	04:37-	17:31-	20:15+	24:26+	26:09+	28:30+	35:13+	39:50+	44:18+	47:55+	49:20+	51:17+	52:05+	52:41+
02:16-	02:21-	12:54+	02:44+	04:11+	01:43+	02:21-	06:43+	04:37+	04:28+	03:37+	01:25+	01:57+	00:48-	00:36+
02:24-	00:55-	03:11#	00:34&	01:38&	00:23&	00:07-	02:53-	00:18-	01:49#	01:50@	00:35&	00:54&	00:05-	00:11&
03:16-	05:17-	16:40-	19:26+	24:23+	26:16+	28:59+	35:30+	40:35+	45:03+	48:19+	49:41+	51:36+	52:18+	52:50+
03:16-	02:01-	11:23+	02:46+	04:57+	01:53+	02:43+	06:31+	05:05+	04:28+	03:16+	01:22+	01:55+	00:42-	00:32+
01:24-	01:15-	01:47#	00:36&	02:24&	00:33&	00:15#	00:09&	02:46@	01:49&	01:29&	00:32&	00:52&	00:11-	00:07&
03:04-	04:40-	18:03+	20:49+	24:28+	26:27+	29:23+	35:46+	39:57+	44:45+	48:23+	49:58+	51:49+	52:38+	53:01+
03:04-	01:36-	13:23+	02:46+	03:39+	01:59+	02:56+	06:23+	04:11+	04:48+	03:38+	01:35+	01:51+	00:49-	00:23-
01:36-	01:10-	00:42#	00:06&	00:39&	00:28#	00:10-	00:52#	02:09&	01:51@	00:45&	00:48&	00:48&	00:02-	00:02-
02:22-	04:49-	17:10-	19:50+	25:08+	26:37+	29:06+	37:55+	40:31+	45:27+	49:33+	50:15+	51:25+	52:44+	53:06+
02:22-	02:27-	12:21+	02:40+	05:18+	01:29+	02:29+	08:49+	02:36+	04:56+	04:06+	00:42-	01:10+	01:19+	00:22-
00:18-	00:49-	02:19#	00:30#	02:45@	00:09#	00:01-	04:27@	00:17#	02:17&	02:19@	00:08-	00:07#	00:47&	00:03-
02:23-	03:42-	22:37+	25:00+	28:21+	30:14+	34:27+	39:54+	42:44+	46:56+	50:23+	52:21+	53:29+	53:56+	54:17+
02:23-	01:19-	18:55+	02:23+	03:21+	01:53+	04:13+	05:27+	02:50+	04:12+	03:27+	01:58+	01:08+	00:27-	00:21-
02:17-	01:07-	01:19#	00:35-	00:48&	00:33&	01:45-	01:05#	00:31&	01:33&	01:40&	01:08@	00:05+	00:05-	00:04-
03:21-	06:14-	18:19+	21:56+	25:31+	27:20+	29:17+	35:09+	38:57+	43:22+	49:31+	50:53+	53:07+	54:00+	54:25+
03:21-	02:53-	12:05+	03:37+	03:35+	01:49+	01:57-	05:52+	03:48+	04:25+	06:09+	01:22+	02:14+	00:53+	00:25-
01:19-	00:33-	00:29&	01:27&	01:02&	00:29&	00:31-	01:30#	01:29&	01:46&	04:22@	00:32&	01:11@	00:00=	00:00=
02:58-	04:25-	15:36-	17:49-	21:14-	24:25+	27:00+	34:32+	41:18+	45:10+	48:19+	49:52+	53:40+	54:16+	54:40+
02:58-	01:27-	11:11+	02:13+	03:25+	03:01+	02:45+	07:32+	06:46+	03:52+	03:09+	01:33+	03:48+	00:36-	00:24-
01:42-	01:49-	00:25#	00:03+	00:52&	01:41@	00:17-	03:10&	04:27@	01:23-	00:43&	02:45@	00:17-	00:17-	00:01-
02:46-	05:04-	18:43+	21:53+	26:25+	28:34+	30:40+	37:04+	41:29+	45:19+	50:07+	51:50+	53:23+	54:37+	55:11+
02:46-	02:18-	13:39+	03:10+	04:32+	02:06-	02:06-	06:24+	04:25+	03:50+	04:48+	01:43+	01:33+	01:14+	00:34+
01:54-	00:58-	04:03&	01:00&	01:59&	00:49&	00:22-	02:02&	02:06&	01:11&	03:01@	00:53@	00:30&	00:21&	00:09&

Class	Navn	Klasse										Tid		
18	Ove Tåsåsen	Mjøso Retail										56:10		
02:44-	04:17-	20:01+	21:52+	30:44+	32:13+	34:13+	40:15+	43:07+	47:09+	50:19+	51:42+	55:05+	55:47+	56:10+
02:44-	01:33-	15:44+	01:51-	08:52+	01:29+	02:00-	06:02+	02:52+	04:02+	03:10+	01:23+	03:23+	00:42-	00:23-
19	Knut Wikstrøm	Kartverket										56:54		
04:57+	06:26-	18:20+	20:46+	24:44+	28:16+	31:19+	37:00+	40:25+	49:16+	52:39+	54:02+	55:24+	56:30+	56:54+
04:57+	01:29-	11:54+	02:26+	03:58+	03:32+	03:03+	05:41+	03:25+	08:51+	03:23+	01:23+	01:22+	01:06+	00:24-
20	Stein Arne Bekkum	Arve Hagen BIL										59:09		
06:40+	08:27+	19:11+	23:24+	29:01+	39:50+	46:22+	49:11+	52:38+	55:21+	56:37+	58:00+	58:53+	59:09+	
06:40+	01:47-	10:44+	04:13+	03:46+	01:51+	10:49+	06:32+	02:49+	03:27+	02:43+	01:16+	01:23+	00:53+	00:16-
21	Einar Flønvold	Skaaret As										1:00:32		
02:53-	05:21-	15:54-	18:14-	21:37-	23:15-	25:41-	42:42+	46:02+	53:06+	55:36+	56:57+	57:59+	59:04+	60:05+
02:53-	02:28-	10:33+	02:20+	03:23+	01:38+	02:26-	17:01+	03:20+	07:04+	02:30+	01:21+	01:02-	01:05+	01:01+
22	Tore Stenseth	Mjøso Retail										1:02:17		
09:17+	11:50+	24:27+	28:17+	32:47+	34:52+	37:06+	45:16+	49:25+	53:49+	57:16+	58:26+	61:02+	61:44+	62:17+
09:17+	02:33-	12:37+	03:50+	04:30+	02:05+	02:14-	08:10+	04:09+	04:24+	03:27+	01:10+	02:36+	00:42-	00:33+
23	Jan Olav Sæther	Gundersen										1:05:35		
03:03-	05:17-	20:24+	24:00+	28:50+	31:02+	34:36+	41:22+	50:20+	54:48+	59:59+	62:39+	64:15+	65:09+	65:35+
03:03-	02:14-	15:07+	03:36+	04:50+	02:12+	03:34+	06:46+	08:58+	04:28+	05:11+	02:40+	01:36+	00:54+	00:26+
24	Magne Johansen	Headit										1:06:08		
03:31-	05:51-	21:44+	25:50+	30:55+	33:35+	36:45+	45:30+	50:57+	56:40+	60:45+	62:18+	64:28+	65:32+	66:08+
03:31-	02:20-	15:53+	04:06+	05:05+	02:40+	03:10+	08:45+	05:27+	05:43+	04:05+	01:33+	02:10+	01:04+	00:36+
25	Yngven Lorch-Falch	Elverum kommune										1:07:41		
07:31+	10:09+	25:53+	28:24+	41:06+	43:05+	45:50+	52:42+	56:02+	59:28+	62:36+	64:51+	66:24+	67:18+	67:41+
07:31+	02:38-	15:44+	02:31+	12:42+	01:59+	02:45+	06:52+	03:20+	03:26+	03:08+	02:15+	01:33+	00:54+	00:23-
26	Johnny Johansen	Løten kommune										1:08:40		
03:34-	05:29-	22:30+	29:13+	33:26+	35:29+	39:55+	48:31+	53:07+	58:50+	62:19+	64:36+	66:16+	68:09+	68:40+
03:34-	01:55-	17:01+	06:43+	04:13+	02:03+	04:26+	08:36+	04:36+	05:43+	03:29+	02:17+	01:40+	01:53+	00:31+
27	Leif Martin Kjos	Spårebanken i Østlandet										1:10:22		
10:31+	13:17+	25:48+	28:44+	32:06+	35:22+	37:57+	51:05+	55:01+	62:31+	65:19+	67:25+	68:42+	69:48+	70:22+
10:31+	02:46-	12:31+	02:56+	03:22+	03:16+	02:35+	13:08+	03:56+	07:30+	02:48+	02:06+	01:17+	01:06+	00:34+
28	Kjetil Liven	LMF										1:11:15		
04:30-	07:12-	20:16+	23:07+	27:27+	29:25+	32:03+	38:36+	57:59+	61:52+	65:29+	66:51+	70:02+	70:32+	71:15+
04:30-	02:42-	13:04+	02:51+	04:20+	01:58+	02:38+	06:33+	19:23+	03:53+	03:37+	01:22+	03:11+	00:30-	00:43+
29	Bård Bjøntegaard	Stange Energi										1:11:42		
08:28+	10:29+	20:35+	25:36+	29:06+	30:47+	32:41+	38:43+	56:28+	59:26+	65:24+	66:43+	70:50+	71:18+	71:42+
08:28+	02:01-	10:06+	05:01+	03:30+	01:41+	01:54-	06:02+	17:45+	02:58+	05:58+	01:19+	04:07+	00:28-	00:24-
30	Espen Melby	Løten kommune										1:12:54		
02:59-	04:51-	24:42+	27:32+	32:28+	34:52+	45:12+	51:19+	55:54+	63:39+	68:29+	70:18+	71:37+	72:26+	72:54+
02:59-	01:52-	19:51+	02:50+	04:56+	02:24+	10:20+	06:07+	04:35+	07:45+	04:50+	01:49+	01:19+	00:49-	00:28+
31	Terje Uthushagen	Upland										1:14:51		
04:13-	07:08-	25:31+	29:53+	34:53+	37:05+	41:01+	50:36+	54:53+	62:03+	66:01+	67:57+	73:03+	74:10+	74:51+
04:13-	02:55-	18:23+	04:22+	05:00+	02:12+	03:56+	09:35+	04:17+	07:10+	03:58+	01:56+	05:06+	01:07+	00:41+
32	Sven Marken	Løten kommune										1:16:21		
04:02-	06:13-	33:20+	36:04+	41:22+	43:39+	47:03+	54:28+	59:32+	67:17+	69:41+	71:50+	73:10+	74:39+	75:44+
04:02-	02:11-	27:07+	02:44+	05:18+	02:17+	03:24+	07:25+	05:04+	07:45+	02:24+	02:09+	01:20+	01:29+	01:05+
33	Knut Olav Stråtkvern	Høgskolen Innlandet										1:17:24		
03:39-	08:04+	26:32+	31:42+	36:30+	39:37+	42:16+	48:53+	62:43+	66:57+	71:47+	73:26+	75:58+	76:56+	77:24+
03:39-	04:25+	18:28+	05:10+	04:48+	03:07+	02:39+	06:37+	13:50+	04:14+	04:50+	01:39+	02:32+	00:58+	00:28+
34	Tore Gustav Tomter	Plan 1										1:20:19		
03:31-	05:27-	18:17+	21:20+	24:33+	36:21+	49:15+	60:19+	68:23+	71:56+	74:06+	75:26+	76:29+	78:55+	79:54+
03:31-	01:56-	12:50+	03:03+	03:13+	11:48+	12:54+	11:04+	08:04+	03:33+	02:10+	01:20+	01:03+	02:26+	00:59+
Beste strekketid for klassen														
02:16	01:19	09:36	01:51	02:33	01:20	01:54	04:22	02:19	02:39	01:47	00:42	01:02	00:24	00:16

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

H 4,5

Class	Navn	Klasse	Tid												
1	Sindre Skjærbekk	Byggmakker	41:18												
02:39=	12:55=	14:57=	16:34=	19:28=	21:55=	23:39=	24:53=	26:47=	36:07=	37:00=	37:36=	38:19=	40:09=	40:56=	41:18=
02:39=	10:16=	02:02=	01:37=	02:54=	02:27=	01:44=	01:14=	01:54=	09:20=	00:53=	00:36=	00:43=	01:50=	00:47=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Frank Robert Nybråten	Ringsaker Vgs	43:10												
03:13+	13:14+	15:16+	17:20+	20:22+	23:01+	25:05+	26:20+	28:07+	37:40+	39:02+	39:38+	40:19+	41:53+	42:47+	43:10+
03:13+	10:01-	02:02=	02:04+	03:02+	02:39+	02:04+	01:15+	01:47-	09:33+	01:22+	00:36=	00:41-	01:34-	00:54+	00:23+
00:34#	00:11#	00:00#	00:27#	00:08+	00:12+	00:20+	00:01#	00:07-	00:00=	00:00=	00:00=	00:02-	00:00=	00:07#	00:01+
3	Asbjørn Schjerve	Norsvin	44:50												
02:51+	12:00-	14:34-	16:40+	19:49+	22:15+	24:05+	25:19+	26:46-	37:01+	38:27+	40:17+	41:36+	43:57+	44:29+	44:50+
02:51+	09:09-	02:34+	02:06+	03:09+	02:26-	01:50+	01:14=	01:27-	10:15+	01:26+	01:50+	01:19+	02:21+	00:32-	00:21-
00:12+	00:00#	00:32#	00:29#	00:15+	00:01-	00:06#	00:00#	00:27-	00:55+	00:33#	01:14@	00:36#	00:06#	00:15-	00:01-
4	Arild Nordsvæen	Hamar Rør	45:09												
02:49+	14:17+	16:10+	17:42+	23:23+	25:40+	27:19+	28:35+	29:55+	39:08+	40:28+	41:25+	42:59+	44:26+	44:50+	45:09+
02:49+	11:28+	01:53-	01:32-	05:41+	02:17-	01:39-	01:16+	01:20-	09:13-	01:20+	00:57+	01:34+	01:27-	00:24-	00:19-
00:10+	00:12#	00:09#	00:05-	02:47&	00:10-	00:05@	00:00#	00:34-	00:07-	00:27&	00:21&	00:51@	00:00#	00:23-	00:03-
5	Arne Arnesen	Eidsiva	46:22												
03:15+	13:27+	15:18+	17:07+	20:11+	23:06+	25:15+	27:10+	29:16+	39:16+	40:54+	41:59+	42:59+	45:26+	45:57+	46:22+
03:15+	10:12-	01:51-	01:49+	03:04+	02:55+	02:09+	01:55+	02:06+	10:00+	01:38+	01:05+	01:00+	02:27+	00:31-	00:25+
00:36#	00:04-	00:11-	00:12#	00:10+	00:28#	00:25#	00:41#	00:12#	00:40-	00:15#	00:29&	00:17&	00:00#	00:16-	00:03#
6	Vidar Nomerstad	Sparebanken i Østlandet	46:43												
02:34-	14:31+	16:06+	17:44+	20:26+	22:50+	24:42+	26:07+	27:39+	37:20+	41:15+	41:57+	42:38+	44:42+	46:23+	46:43+
02:34-	11:57+	01:35-	01:38+	02:42-	02:24-	01:52+	01:25+	01:32-	09:41+	03:55+	00:42+	00:41-	02:04+	01:41+	00:20-
00:05-	00:41#	00:27-	00:01+	00:12-	00:24-	00:08#	00:11#	00:12#	00:21+	03:02@	00:06#	00:02-	00:01#	00:54@	00:02-
7	Knut Skjeset	Stange kommune	48:07												
03:21+	14:13+	16:12+	18:03+	20:55+	23:44+	25:30+	28:14+	29:58+	41:13+	42:41+	43:27+	44:50+	46:54+	47:43+	48:07+
03:21+	10:52+	01:59-	01:51+	02:52-	02:49+	01:46+	02:44+	01:44-	11:15+	01:28+	00:46+	01:23+	02:04+	00:49+	00:24+
00:42&	00:35+	00:03#	00:14#	00:02-	00:22#	00:02#	01:30#	00:10-	01:55#	00:35&	00:10&	00:40&	00:01#	00:02+	00:02+
8	Harald Østbye	Østerdal Garnison	48:59												
03:21+	14:05+	16:08+	18:27+	21:49+	24:46+	26:38+	28:13+	30:15+	41:26+	42:51+	44:44+	45:41+	47:54+	48:31+	48:59+
03:21+	10:44+	02:03+	02:19+	03:22+	02:57+	01:52+	01:35+	02:02+	11:11+	01:25+	01:53+	00:57+	02:13+	00:37-	00:28+
00:42&	00:28+	00:01-	00:42#	00:28#	00:30#	00:08#	00:21#	00:08#	01:51#	00:32&	01:17@	00:14&	00:00#	00:10-	00:06&
9	Morten Lillejordet	Byggmakker	51:35												
03:33+	16:22+	18:25+	20:21+	23:14+	25:50+	27:27+	31:25+	33:05+	44:25+	45:43+	46:35+	47:41+	50:02+	51:08+	51:35+
03:33+	12:49+	02:03+	01:56+	02:53-	02:36+	01:37-	03:58+	01:40-	11:20+	01:18+	00:52+	01:06+	02:21+	01:06+	00:27+
00:54&	02:33#	00:03-	00:19#	00:01-	00:09+	00:07-	02:44@	00:14-	02:00#	00:25&	00:16&	00:23&	00:03&	00:19&	00:05#
05:24+	21:06+	23:14+	25:14+	28:33+	31:09+	32:55+	34:15+	36:13+	46:08+	47:05+	47:43+	48:25+	50:33+	51:31+	51:55+
05:24+	15:42+	02:08+	02:00+	03:19+	02:36+	01:46+	01:20+	01:58+	09:55+	00:57+	00:38+	00:42-	02:08+	00:58+	00:24+
00:45@	05:26&	00:06#	00:23#	00:25#	00:09+	00:02#	00:06+	00:04+	00:35+	00:04+	00:02+	00:01-	00:11#	00:11#	00:02+
11	Jon Kristiansen	GD	53:13												
06:56+	18:18+	20:29+	22:54+	26:34+	29:47+	31:50+	33:21+	35:08+	46:26+	47:43+	48:42+	49:47+	51:57+	52:52+	53:13+
06:56+	11:22+	02:11+	02:25+	03:40+	03:13+	02:03+	01:31+	01:47-	11:18+	01:17+	00:59+	01:05+	02:10+	00:55+	00:21-
01:17@	01:05#	00:09#	00:18&	00:46&	00:46&	00:19#	00:17#	00:07-	01:58#	00:07-	00:23&	00:22&	00:00#	00:08#	00:01-
12	Jon Bjørnstad	Sparebanken i Østlandet	57:12												
03:57+	17:38+	19:55+	21:48+	25:39+	28:45+	30:43+	32:16+	34:25+	49:58+	51:32+	53:09+	53:59+	56:01+	56:51+	57:12+
03:57+	13:41+	02:17+	01:53+	03:51+	03:06+	01:58+	01:33+	02:09+	15:33+	01:34+	01:37+	00:50+	02:02+	00:50+	00:21-
01:18&	00:25&	00:16#	00:16#	00:57&	00:39&	00:14#	00:19#	00:15#	06:13&	00:41&	01:01@	00:07#	00:17#	00:03+	00:01-
13	Knut Vidar Lund	Telenor	58:00												
03:28+	15:41+	17:39+	19:32+	22:24+	25:27+	27:28+	29:01+	31:35+	44:03+	45:16+	45:58+	51:53+	57:04+	57:33+	58:00+
03:28+	12:13+	01:58-	01:53+	02:52-	03:03+	02:01+	01:33+	02:34+	12:28+	01:13+	00:42+	05:55+	05:11+	00:29-	00:27+
00:49&	01:57#	00:00#	00:16#	00:02-	00:36#	00:17#	00:19#	00:40&	03:08&	00:20&	00:06#	05:12@	00:01#	00:18-	00:05#
14	Knut Malmo	Vegvesenet	1:00:15												
04:19+	18:26+	21:13+	23:47+	29:29+	33:07+	35:33+	37:19+	39:39+	52:21+	54:16+	54:56+	56:27+	58:38+	59:51+	60:15+
04:19+	14:07+	02:47+	02:34+	05:42+	03:38+	02:26+	01:46+	02:20+	12:42+	01:55+	00:40+	01:31+	02:11+	01:13+	00:24+
01:40&	00:51&	00:45&	00:57&	02:48&	01:11&	00:42#	00:32#	00:26#	03:22&	01:02@	00:04#	00:48@	00:21#	00:26&	00:02+
15	Tor Haugstulen	Hamar Post	1:00:32												
03:17+	15:55+	20:34+	22:31+	25:39+	28:03+	29:39+	31:11+	34:59+	53:59+	55:18+	56:10+	57:02+	58:48+	60:04+	60:32+
03:17+	12:38+	04:39+	01:57+	03:08+	02:24-	01:36-	01:32+	03:48+	19:00+	01:19+	00:52+	00:52+	01:46-	01:16+	00:28+
00:38#	00:28#	00:37#	00:20#	00:14+	00:03-	00:08#	00:16#	00:18#	09:40@	00:26&	00:16&	00:09#	00:15#	00:29&	00:06&
16	Tom Hagen	Byggmakker	1:01:31												
03:17+	16:14+	18:17+	20:49+	26:10+	31:55+	39:23+	40:45+	42:57+	54:13+	55:52+	56:55+	58:04+	60:13+	61:07+	61:31+
03:17+	12:57+	02:03+	02:32+	05:21+	05:45+	07:28+	01:22+	02:12+	11:16+	01:39+	01:03+	01:09+	02:09+	00:54+	00:24+
00:38#	00:41#	00:01#	00:55&	02:27&	03:18@	05:44@	00:08#	00:18#	01:56#	00:46&	00:27&	00:26&	00:53#	00:07#	00:02+
17	Henning Olsen	Løten kommune	1:02:26												
03:31+	16:09+	18:22+	23:31+	28:00+	31:19+	33:33+	35:00+	37:33+	52:52+	55:17+	57:04+	57:54+	61:21+	61:56+	62:26+
03:31+	12:38+	02:13+	05:09+	04:29+	03:19+	02:14+	01:27+	02:33+	15:19+	02:25+	01:47+	00:50+	03:27+	00:35-	00:30+
00:52&	02:22#	00:13#	03:32@	01:35&	00:52&	00:30#	00:31#	00:39#	05:59&	01:32@	01:11@	00:07#	00:12-	00:12-	00:08&
18	Jarle Buserud	Elverum kommune	1:03:00												
05:08+	20:34+	22:53+	29:05+	32:08+	35:02+	37:05+	39:09+	41:20+	54:55+	56:16+	57:08+	58:14+	61:15+	62:02+	62:35+
05:08+	15:26+	02:19+	06:12+	03:03+	02:54+	02:03+	02:04+	02:11+	13:35+	01:21+	00:52+	01:06+	03:01+	00:47+	00:33+
00:29&	00:10#	00:07#	01:35@	00:09+	00:27#	00:19#	00:50#	00:17#	04:15#	00:28#	00:16&	00:23&	00:15#	00:00=	00:11&
19	Harald Volden	Jernbanens Idrettslag	1:13:43												
05:32+	18:21+	20:43+	33:59+	38:33+	41:40+	43:52+	45:16+	48:14+	63:09+	64:31+	65:27+	70:11+	72:22+	73:14+	73:43+
05:32+	12:49+	02:22+	13:16+	04:34+	03:07+	02:12+	01:24+	02:58+	14:55+	01:22+	00:56+	04:44+	02:11+	00:52+	00:29+
02:53@	02:33#	00:20#	11:39@	01:40&	00:40&	00:28&	00:10#	01:04&	05:35&	00:29&	00:20&	04:01@	00:21#	00:05#	00:07&

Class	Navn	Klasse														Tid
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20	Arne Hagen	Vegvesenet														1:16:20
04:25+	20:15+	22:44+	24:38+	28:01+	37:05+	39:21+	40:57+	43:15+	64:56+	67:33+	68:42+	69:29+	70:28+	74:54+	75:55+	76:20+
04:25+	15:50+	02:29+	01:56+	02:18+	01:54+	02:16+	01:36+	02:18+	21:41+	02:37+	01:09+	00:47+	00:59+	04:26+	01:01+	00:25+
01:46#	06:21#	01:27#	01:24#	00:29#	06:37@	00:32&	00:22&	00:24#	12:21@	01:44@	00:33&	00:04+	00:51-	03:39@	00:39@	00:25+
Beste strekketid for klassen																
02:34	09:09	01:35	01:32	02:42	02:17	01:36	01:14	01:20	09:13	00:53	00:36	00:41	00:59	00:24	00:19	

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

H 5,5

1	Frode Haug	Hamar OK														49:18			
03:49=	04:53=	09:51=	16:26=	18:11=	19:15=	20:51=	23:05=	26:11=	28:00=	29:37=	31:33=	33:16=	42:08=	43:39=	44:56=	46:13=	48:13=	48:59=	49:18=
03:49=	01:04=	04:58=	06:35=	01:45=	01:04=	01:36=	02:14=	03:06=	01:49=	01:37=	01:56=	01:43=	08:52=	01:31=	01:17=	01:17=	02:00=	00:46=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
03:53+	05:07+	10:18+	17:18+	18:48+	20:00+	21:43+	23:57+	27:00+	28:57+	30:34+	32:29+	34:08+	42:56+	44:33+	45:47+	47:17+	49:21+	50:05+	50:27+
03:53+	01:14+	05:11+	07:00+	01:30+	01:12+	01:43+	02:14+	03:03+	01:57+	01:37=	01:55-	01:39-	08:48-	01:37+	01:14-	01:30+	02:04+	00:44-	00:22+
00:04+	00:04+	00:11#	00:25#	00:15-	00:08#	00:07#	00:00#	00:03-	00:08+	00:00=	00:01-	00:04-	00:00-	00:06+	00:03-	00:13#	00:04+	00:02-	00:03#
02:33-	03:30-	10:23+	17:27+	20:47+	21:47+	23:04+	25:58+	28:52+	31:07+	32:45+	34:21+	37:16+	46:17+	47:42+	49:17+	52:00+	55:33+	55:56+	56:15+
02:33-	00:57-	06:53+	07:04+	03:20+	01:00-	01:17-	02:54+	02:54-	02:15+	01:38+	01:36-	02:55+	09:01+	01:25-	01:35+	02:43+	03:33+	00:23-	00:19=
01:16-	00:07-	01:55#	00:29#	00:13#	00:04-	00:19#	00:45#	00:12#	00:26#	00:01+	00:20-	01:12#	00:00-	00:06-	00:18#	01:26@	01:33&	00:23-	00:00=
02:40-	03:41-	07:53-	17:00+	19:03+	20:15+	21:47+	24:09+	28:05+	29:36+	31:44+	33:30+	35:03+	43:44+	45:16+	53:15+	54:35+	56:52+	57:39+	58:00+
02:40-	01:01-	04:12-	09:07+	02:03+	01:12+	01:32-	02:22+	03:56+	01:31-	02:08+	01:46-	01:33-	08:41-	01:32+	07:59+	01:20+	02:17+	00:47+	00:21+
01:09-	00:12-	00:14#	00:23#	00:18#	00:08#	00:04#	00:00#	00:50#	00:18-	00:31&	00:10-	00:10-	00:01+	00:01+	06:42@	00:03+	00:17#	00:01+	00:02#
03:05-	04:13-	09:58+	16:58+	19:49+	21:26+	23:19+	27:57+	30:54+	32:39+	34:46+	36:34+	38:45+	49:10+	51:11+	52:44+	54:45+	57:12+	57:53+	58:13+
03:05-	01:08+	05:45+	07:00+	02:51+	01:37+	01:53+	04:38+	02:57-	01:48-	02:07+	01:48-	02:11+	10:25+	02:01+	01:33+	02:01+	02:27+	00:41-	00:20+
00:44-	00:04-	00:47#	08:25#	01:06&	00:33&	00:17#	00:21@	00:09-	00:04-	00:30&	00:08-	00:28&	01:37#	00:30&	00:16#	00:44&	00:27#	00:05-	00:01+
02:59-	04:02-	09:39-	17:24+	19:12+	23:13+	24:51+	27:54+	30:54+	33:00+	35:22+	37:23+	39:15+	49:25+	51:10+	54:11+	56:10+	58:19+	59:04+	59:27+
02:59-	01:03-	05:37+	07:45+	01:48+	04:01+	01:38+	03:03+	03:00-	02:06+	02:22+	02:01+	01:52+	10:10+	01:45+	03:01+	01:59+	02:09+	00:45-	00:23+
00:50-	00:01-	00:39#	01:10#	00:03+	02:57@	00:02#	00:49#	00:06-	00:17#	00:45&	00:05+	00:09+	01:18#	00:14#	01:44@	00:42&	00:09+	00:01-	00:04#
7	Stein Arne Negård	Byggmøkk														1:00:20			
03:38-	04:46-	11:12+	18:57+	20:55+	22:19+	24:24+	28:27+	31:45+	34:17+	36:35+	38:59+	41:24+	51:12+	53:22+	54:51+	56:50+	59:31+	59:58+	60:20+
03:38-	01:08+	06:26+	07:45+	01:58+	01:24+	02:05+	04:03+	03:18+	02:32+	02:18+	02:24+	02:25+	09:48+	02:10+	01:29+	01:59+	02:41+	00:27-	00:22+
00:11-	00:04-	01:23#	01:10#	00:13#	00:20&	00:29#	01:49#	00:12#	00:33#	00:41&	00:28#	00:42&	00:51#	00:39&	00:12#	00:42&	00:41&	00:19-	00:03#
04:14+	05:12+	10:58+	20:05+	24:40+	27:39+	29:46+	32:11+	34:58+	36:52+	39:04+	42:34+	44:11+	53:02+	54:41+	55:50+	57:21+	59:23+	60:07+	60:28+
04:14+	00:58-	05:46+	09:07+	04:35+	02:59+	02:07+	02:25+	02:47-	01:54+	02:12+	03:30+	01:37-	08:51-	01:39+	01:09-	01:31+	02:02+	00:44-	00:21+
00:25#	00:06-	00:48#	02:32#	01:55@	00:31#	00:31#	00:11#	00:19-	00:05#	00:35&	01:34&	00:06-	00:01-	00:08-	00:08-	00:14#	00:02+	00:02-	00:02#
08:25+	09:37+	15:13+	21:38+	23:27+	24:54+	26:56+	29:40+	32:44+	34:55+	36:51+	38:58+	40:51+	52:08+	54:16+	55:40+	57:28+	59:50+	60:20+	60:45+
08:25+	01:12+	05:36+	06:25-	01:49+	01:27+	02:02+	02:44+	03:04-	02:11+	01:56+	02:07+	01:53+	11:17+	02:08+	01:24+	01:48+	02:22+	00:30-	00:25+
04:36@	08:08#	00:38#	00:10-	00:04+	00:23&	00:26#	00:30#	00:02-	00:22#	00:19#	00:11+	00:10+	02:05#	00:37&	00:07+	00:31&	00:22#	00:16-	00:06&
10	Harald Berge	BAS Elverum														1:01:42			
05:02+	06:03+	11:49+	19:53+	22:02+	23:31+	25:44+	28:43+	31:59+	34:01+	36:12+	39:17+	41:36+	52:40+	54:51+	56:27+	58:25+	60:31+	61:18+	61:42+
05:02+	01:01-	05:46+	08:04+	02:09+	01:29+	02:13+	02:59+	03:16+	02:02+	02:11+	03:05+	02:19+	11:04+	02:11+	01:36+	01:58+	02:06+	00:47+	00:24+
01:13&	00:03-	00:40#	01:29#	00:24#	00:25&	00:37#	00:45#	00:10#	00:13#	00:34&	01:09&	00:36&	02:12#	00:40#	00:19#	00:41&	00:06+	00:01+	00:05&
03:57+	05:02+	10:04+	16:42+	18:32+	19:57+	25:34+	29:46+	33:05+	35:03+	36:37+	38:35+	40:19+	49:12+	50:55+	55:28+	58:18+	60:57+	61:46+	62:13+
03:57+	01:05+	05:02+	06:38+	01:50+	01:25+	05:37+	04:12+	03:19+	01:58+	01:34-	01:58+	01:44+	08:53+	01:43+	04:33+	02:50+	02:39+	00:49+	00:27+
00:08+	00:08+	00:08+	00:08+	00:05+	00:21&	04:01#	01:58#	00:53#	00:19#	00:03-	00:02+	00:01+	00:01+	00:12#	03:16@	01:33@	00:39&	00:03+	00:08&
06:04+	07:01+	12:54+	21:28+	23:25+	24:44+	26:34+	29:26+	32:15+	34:22+	36:14+	38:28+	40:58+	51:58+	53:54+	55:40+	58:21+	61:30+	61:56+	62:21+
06:04+	00:57-	05:53+	08:34+	01:57+	01:19+	01:50+	02:52+	02:49-	02:07+	01:52+	02:14+	02:30+	11:00+	01:56+	01:46+	02:41+	03:09+	00:26-	00:25+
02:15&	00:07-	00:55#	01:12#	00:15#	00:14#	00:55#	00:17-	00:18#	00:15#	00:18#	00:47&	00:28#	00:25&	00:29&	01:24@	01:09&	00:20-	00:06&	
02:40-	03:53-	10:12+	16:53+	19:39+	20:54+	25:52+	30:34+	34:07+	36:06+	38:22+	40:31+	42:19+	52:16+	54:05+	55:53+	58:12+	61:06+	62:09+	62:31+
02:40-	01:13+	06:19+	06:41+	02:46+	01:15+	04:58+	04:42+	03:33+	01:59+	02:16+	02:09+	01:48+	09:57+	01:49+	01:48+	02:19+	02:54+	01:03+	00:22+
04:09-	00:09#	01:36#	00:06+	01:01&	00:11#	03:22#	02:38@	00:07#	00:10#	00:39&	00:13#	00:05+	00:18#	00:31&	01:02&	00:54&	00:17&	00:03#	
14	Håkon Beitnes	Hamar Katedralskole														1:29:17			
05:06+	07:35+	14:00+	23:04+	27:36+	30:58+	33:33+	41:00+	44:38+	47:03+	49:26+	53:34+	55:08+	74:34+	77:04+	79:04+	82:40+	87:46+	88:53+	89:17+
05:06+	02:29+	06:25+	09:04+	04:32+	03:22+	02:35+	07:27+	03:38+	02:25+	02:23+	04:08+	01:34-	19:26+	02:30+	02:00+	03:36+	05:06+	01:07+	00:24+
01:17#	00:21#	01:27#	00:28#	02:47@	02:18@	00:59&	05:13@	00:32#	00:36&	00:46&	02:12@	00:09-	10:34@	00:59&	00:43&	02:19@	03:06@	00:21&	00:05&
02:33	00:57	04:12	06:25	01:30	01:00	01:17	02:14	02:47	01:31	01:34	01:36	01:33	08:41	01:25	01:09	01:17	02:00	00:23	00:19

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