

Bedrifts-o-løp 04.07.2017

Strekktider

Vollkoia-04.07.2017

Plass Navn

Klasse

Tid

D 1,5

1	Vera Børresen	Sparebank 1 Østlandet	26:21				
03:10=	04:58=	09:49=	16:14=	19:41=	22:51=	25:03=	26:21=
03:10=	01:48=	04:51=	06:25=	03:27=	03:10=	02:12=	01:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Rita Foråsveien	Sparebank 1 Østlandet	27:23				
04:15+	06:07+	10:58+	17:22+	20:54+	23:57+	26:06+	27:23+
04:15+	01:52+	04:51=	06:24-	03:32+	03:03-	02:09-	01:17-
01:05&	00:04+	00:00=	00:01-	00:05+	00:07-	00:03-	00:01-
3	Marit Holmgren	Arve Hagen BIL	30:58				
09:02+	10:43+	16:59+	21:38+	25:11+	27:14+	29:32+	30:58+
09:02+	01:41-	06:16+	04:39-	03:33+	02:03-	02:18+	01:26+
05:52@	00:07-	01:25&	01:46-	00:06+	01:07-	00:06+	00:08+
4	Eva Stensby	Løten kommune	31:07				
03:41+	05:33+	13:47+	19:26+	22:46+	26:10+	29:17+	31:07+
03:41+	01:52+	08:14+	05:39-	03:20-	03:24+	03:07+	01:50+
00:31#	00:04+	08:23&	00:46-	00:07-	00:14+	00:55+	00:12&
5	Mari Norstad Opsahl	Norsk Tipping	31:56				
04:15+	06:14+	10:58+	17:47+	21:48+	25:06+	29:35+	31:56+
04:15+	01:59+	04:44-	06:49+	04:01+	03:18+	04:29+	02:21+
01:05&	00:11#	00:07-	00:51	00:34#	00:08+	02:17@	01:08+
6	Marie Rustadbakken	Arve Hagen BIL	32:42				
03:54+	05:54+	13:12+	18:56+	24:48+	27:55+	30:45+	32:42+
03:54+	02:00+	07:18+	05:44-	05:52+	03:07-	02:50+	01:57+
00:44#	00:12#	02:27&	00:41-	02:25&	00:03-	00:38&	00:30&
7	Heiga Hansen	Arve Hagen BIL	34:53				
03:03-	07:50+	15:50+	21:31+	27:38+	30:23+	33:05+	34:53+
03:03-	04:47+	08:00+	05:41-	06:07+	02:45-	02:42+	01:48+
00:07-	05:50+	03:09&	00:44-	02:40&	00:25-	00:30+	00:30+
8	Gerd Grønvold	Arve Hagen BIL	35:11				
05:09+	07:04+	15:06+	20:43+	26:44+	30:00+	33:06+	35:11+
05:09+	01:55+	08:02+	05:37-	06:01+	03:16+	03:06+	02:05+
01:59&	00:07+	02:11&	00:48-	02:34&	00:06+	00:54&	00:47&
9	Mette Bjertingstad	Hikt	37:23				
12:50+	14:52+	22:29+	27:09+	29:47+	34:30+	36:15+	37:23+
12:50+	02:02+	07:37+	04:40-	02:38-	04:43+	01:45-	01:08-
00:40@	00:14#	02:46&	01:45-	00:49-	01:33&	00:27-	00:10-
10	Tund Kolseth	Arve Hagen BIL	37:31				
08:32+	10:43+	17:49+	24:27+	29:36+	32:26+	35:31+	37:31+
08:32+	02:11+	07:06+	06:38+	05:09+	02:50-	03:05+	02:00+
05:22@	00:23#	02:15&	00:13+	01:42&	00:20-	00:53&	00:42&
11	Lise Tronstad	Arve Hagen BIL	37:34				
08:21+	10:41+	17:42+	24:30+	29:25+	32:24+	35:28+	37:34+
08:21+	02:20+	07:01+	06:48+	04:55+	02:59-	03:04+	02:06+
05:11@	00:32&	02:10&	00:23+	01:28&	00:11-	00:52&	00:48&
12	Margareth T. Dyresen	Arve Hagen BIL	38:18				
13:02+	14:41+	22:33+	27:13+	29:52+	34:34+	36:45+	38:18+
13:02+	01:39-	07:52+	04:40-	02:39-	04:42+	02:11-	01:33+
00:52@	00:09-	03:01&	01:45-	00:48-	01:32&	00:01-	00:15+
13	Solveig Johannessen	Arve Hagen BIL	38:44				
07:44+	10:16+	17:45+	24:06+	29:57+	33:03+	36:33+	38:44+
07:44+	02:32+	07:29+	06:21-	05:51+	03:06-	03:30+	02:11+
00:34@	00:41&	02:38&	00:04-	02:24&	00:04-	01:18-	00:38-
14	Aase Sørlaten	Gunders	43:27				
05:10+	07:53+	16:53+	24:37+	29:19+	38:17+	41:43+	43:27+
05:10+	02:43+	09:00+	07:44+	04:42+	08:58+	03:26+	01:44+
02:00&	00:55&	04:00&	01:10#	01:15&	05:48@	01:14&	00:26&
15	Susanne Granheim	Sparebank 1 Østlandet	1:08:52				
19:40+	21:34+	32:23+	43:44+	61:14+	64:10+	67:33+	68:52+
19:40+	01:54+	10:49+	11:21+	17:30+	02:56-	03:23+	01:19+
16:30@	00:06+	05:58@	01:56&	01:20@	00:14-	01:11&	00:01+
16	Stine Bratli Danielsen	Sparebank 1 Østlandet	1:09:07				
19:39+	21:39+	32:25+	43:34+	61:22+	64:36+	67:40+	69:07+
19:39+	02:00+	10:46+	11:09+	17:48+	03:14+	03:04+	01:27+
16:20@	00:17#	05:56@	01:48-	14:21@	00:04+	00:52&	00:09#

Beste strekktid for klassen

03:03 01:39 04:44 04:39 02:38 02:03 01:45 01:08

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

Plass	Navn	Klasse					Tid								
D 2,5															
1	Liv Reidun Reiersen					Mjøs Retail					43:16				
	04:17=	07:27=	09:27=	12:14=	14:35=	17:25=	23:14=	28:17=	34:59=	37:38=	39:52=	42:00=	43:16=		
	04:17=	03:10=	02:00=	02:47=	02:21=	02:50=	05:49=	05:03=	06:42=	02:39=	02:14=	02:08=	01:16=		
2	Marith Brekke					Hamar kommune					46:08				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
	04:39+	06:55-	15:28+	17:49+	20:10+	22:56+	27:20+	32:06+	36:54+	40:21+	42:43+	44:52+	46:08+		
	04:39+	02:16-	08:33+	02:21-	02:21=	02:46-	04:24-	04:46-	04:48-	03:27+	02:22+	02:09+	01:16=		
3	Mette Alnstad Wernberg					Sparebank 1 Østlandet					47:22				
	00:22+	00:54+	00:130	00:120	00:00=	00:04-	01:25-	00:17-	01:51-	00:130	00:08+	00:01+	00:00=		
	05:38+	08:13+	12:03+	15:21+	17:52+	21:34+	26:16+	34:03+	39:11+	42:12+	44:17+	46:10+	47:22+		
	05:38+	02:35-	03:50+	03:18+	02:31+	03:42+	04:42-	07:47+	05:08-	03:01+	02:05-	01:53-	01:12-		
4	Oddveig Anne Sagbakken					Lokal revisjon as					48:30				
	01:21&	00:25-	01:500	00:310	00:100	00:52&	01:07-	02:440	01:310	00:22#	00:09-	00:15-	00:04-		
	03:26-	06:20-	09:01-	13:23+	15:47+	19:35+	25:19+	32:26+	38:25+	42:07+	44:26+	46:55+	48:30+		
	03:26-	02:54-	02:41+	04:22+	02:24+	03:48+	05:44-	07:07+	05:59-	03:42+	02:19+	02:29+	01:35+		
5	Inger Lund					Telenor					48:37				
	00:51-	00:16-	00:41&	01:35&	00:03+	00:58&	00:05-	02:04&	00:43-	01:03&	00:05+	00:21#	00:19#		
	03:10-	06:10-	08:37-	11:56-	14:36+	17:28+	24:45+	31:21+	38:12+	40:53+	44:59+	47:14+	48:37+		
	03:10-	03:00-	02:27+	03:19+	02:40+	02:52+	07:17+	06:36+	06:51+	02:41+	04:06+	02:15+	01:23+		
6	Anne Karin Eilsenberg					Stange kommune					51:04				
	01:07-	00:10-	00:27+	00:32#	00:19#	00:02+	01:280	01:330	00:09+	00:02+	01:52&	00:07+	00:07+		
	04:10-	07:21-	10:10+	16:48+	19:22+	24:37+	30:11+	35:26+	42:04+	45:09+	47:35+	49:45+	51:04+		
	04:10-	03:11+	02:49+	06:38+	02:34+	05:15+	05:34-	05:15+	06:38-	03:05+	02:26+	02:10+	01:19+		
7	Rønnaug Sagbakken					Sparebank 1 Østlandet					51:21				
	00:07-	00:01+	00:49&	03:510	00:13+	02:25&	00:15-	00:12+	00:04-	00:26#	00:12+	00:02+	00:03+		
	03:26-	06:24-	08:50-	12:23+	14:59+	18:48+	24:40+	34:05+	40:45+	44:16+	46:50+	49:47+	51:21+		
	03:26-	02:58-	02:26+	03:33+	02:36+	03:49+	05:52+	09:25+	06:40-	03:31+	02:34+	02:57+	01:34+		
8	Bente Wikstrøm					Geno					52:20				
	00:51-	00:12-	00:26#	00:46&	00:15#	00:59&	00:03-	04:22&	00:02-	00:52&	00:20#	00:49&	00:18#		
	10:50+	14:02+	15:57+	19:51+	21:40+	24:27+	28:52+	34:30+	43:22+	45:52+	48:27+	50:53+	52:20+		
	10:50+	03:12+	01:55-	03:54+	01:49-	02:47-	04:25-	05:38+	08:52+	02:30-	02:35+	02:26+	01:27+		
9	Bente Grøndalen					SIFF					53:15				
	06:330	00:02+	00:05-	01:07&	00:32-	00:03-	01:24-	00:35#	02:10&	00:09-	00:21#	00:18#	00:11#		
	04:15-	10:04+	14:56+	18:31+	21:13+	26:31+	32:18+	37:15+	44:08+	47:23+	49:39+	51:58+	53:15+		
	04:15-	05:49+	04:52+	03:35+	02:42+	05:18+	05:47-	04:57-	06:53+	03:15+	02:16+	02:19+	01:17+		
10	Annie O Ginhemoen					Løten kommune					55:16				
	00:02-	02:39&	02:520	00:480	00:21#	02:28&	00:02-	00:06-	00:11+	00:36#	00:02+	00:11+	00:01+		
	03:20-	06:12-	09:00-	15:29+	18:42+	24:06+	29:20+	35:57+	43:29+	47:00+	50:29+	53:20+	55:16+		
	03:20-	02:52-	02:48+	06:29+	03:13+	05:24+	05:14-	06:37+	07:32+	03:31+	03:29+	02:51+	01:56+		
11	Claire Bant					Vegvesenet					56:12				
	00:57-	00:23-	00:480	03:420	00:52&	02:34&	00:35-	01:34&	00:50#	00:52&	01:15&	00:43&	00:40&		
	06:35+	10:31+	13:32+	17:27+	20:01+	23:17+	32:42+	39:18+	45:56+	51:10+	53:24+	55:17+	56:12+		
	06:35+	03:56+	03:01+	03:55+	02:34+	03:16+	09:25+	06:36+	06:38-	05:14+	02:14=	01:53-	00:55-		
12	Inger Bakken					ff					56:37				
	00:18&	00:46#	00:010	01:08&	00:13+	00:26#	03:360	01:33&	00:04-	02:35&	00:00=	00:15-	00:21-		
	03:31-	06:59-	11:32+	14:07+	19:23+	22:37+	31:34+	38:12+	46:14+	50:16+	52:47+	55:02+	56:37+		
	03:31-	03:28+	04:33+	02:35-	05:16+	03:14+	08:57+	06:38+	08:02+	04:02+	02:31+	02:15+	01:35+		
13	Anita Stensby Bekkelund					Løten kommune					58:33				
	00:46-	00:18+	00:330	00:110	01:550	00:24+	03:080	01:350	01:20#	01:230	00:17#	00:07+	00:19#		
	08:03+	11:16+	13:46+	19:39+	22:41+	28:00+	33:59+	39:59+	48:41+	52:10+	54:49+	57:12+	58:33+		
	08:03+	03:13+	02:30+	05:53+	03:02+	05:19+	05:59+	06:00+	08:42+	03:29+	02:39+	02:23+	01:21+		
14	Inger Brøndbo					Romedal Almennning					58:39				
	02:46&	00:03+	00:30#	00:060	00:41&	02:29&	00:10-	00:57#	02:000	00:500	00:25#	00:15#	00:05+		
	12:19+	16:09+	18:57+	22:14+	24:41+	27:24+	31:21+	36:51+	46:47+	53:45+	55:48+	57:32+	58:39+		
	12:19+	03:50+	02:48+	03:17+	02:27+	02:43-	03:57-	05:30+	09:56+	06:58+	02:03-	01:44-	01:07-		
15	Mirjam Engelsjord					Statens Hus					59:54				
	00:020	00:40#	00:480	00:30#	00:06+	00:07-	01:52-	00:27+	00:14&	04:190	00:11-	00:24-	00:09-		
	04:13-	08:31+	12:56+	17:04+	19:40+	23:03+	28:09+	40:10+	48:36+	52:15+	55:57+	58:47+	59:54+		
	04:13-	04:18+	04:25+	04:08+	02:36+	03:23+	05:06-	12:01+	08:26+	03:39+	03:42+	02:50+	01:07-		
16	Emma Rustadbakken Hagen					Arve Hagen BIL					1:03:18				
	00:04-	00:080	02:500	01:010	00:15#	00:33#	00:43-	00:580	01:440	01:00&	01:28&	00:42&	00:09-		
	02:48-	08:48+	10:54+	13:38+	21:21+	24:23+	28:40+	39:44+	46:53+	56:50+	60:00+	62:01+	63:18+		
	02:48-	06:00+	02:06+	02:44-	07:43+	03:02+	04:17-	11:04+	07:09+	09:57+	03:10+	02:01-	01:17+		
17	Elisabet Rise					Geno					1:04:02				
	01:29-	02:500	00:06-	00:03-	05:220	00:12+	01:32-	06:010	00:27+	07:180	00:56&	00:07-	00:01+		
	03:59-	06:04-	22:01+	24:22+	26:29+	29:34+	34:08+	38:54+	52:27+	57:16+	59:37+	62:30+	64:02+		
	03:59-	02:05-	15:57+	02:21-	02:07-	03:05+	04:34-	04:46-	13:33+	04:49+	02:21+	02:53+	01:32+		
18	Anne Marie Nesbakk					Eidsiva					1:04:41				
	00:18-	00:05-	10:570	00:26-	00:14-	00:15+	01:15-	00:17-	06:510	02:10&	00:07+	00:45&	00:16#		
	03:10-	13:28+	24:05+	26:31+	28:44+	31:41+	36:15+	40:59+	53:03+	56:43+	60:05+	62:52+	64:41+		
	03:10-	10:18+	10:37+	02:26-	02:13-	02:57+	04:34-	04:44-	12:04+	03:40+	03:22+	02:47+	01:49+		
	01:07-	07:080	08:370	00:21-	00:08-	00:07+	01:15-	00:19-	05:22&	01:01&	01:08&	00:39&	00:33&		

Pllass	Navn				Klasse								Tid			
19	Kitty Rustadbakken				Arve Hagen BIL								1:05:41			
	05:40+	09:57+	13:31+	19:17+	22:04+	26:58+	33:38+	41:55+	50:35+	54:50+	61:16+	64:05+	65:41+			
	05:40+	04:17+	03:34+	05:46+	02:47+	04:54+	06:40+	08:17+	08:40+	04:15+	06:26+	02:49+	01:36+			
20	Inger E. Vannes				Hamar OK								1:06:55			
	01:23&	01:07&	01:31&	02:50@	00:26#	02:04&	00:51#	02:14&	01:58&	01:36&	04:12@	00:41&	00:20&			
	07:07+	10:18+	12:51+	16:26+	19:05+	26:11+	35:18+	46:00+	53:08+	56:52+	62:12+	65:08+	66:55+			
	07:07+	03:11+	02:33+	03:35+	02:39+	07:06+	09:07+	10:42+	07:08+	03:44+	05:20+	02:56+	01:47+			
Beste strekktid for klassen																
	02:50&	00:01+	00:33&	01:18&	00:18#	04:16@	03:18&	05:39@	00:26+	01:05&	03:06@	00:48&	00:31&			
	02:48	02:05	01:55	02:21	01:49	02:43	03:57	04:44	04:48	02:30	02:03	01:44	00:55			

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

D 3,5

1	Eirin Lodgaard				Sintef Raufoss								41:18			
	03:25=	09:45=	11:06=	17:40=	26:12=	29:30=	31:46=	36:18=	38:49=	40:19=	41:18=					
	03:25=	06:20=	01:21=	06:34=	08:32=	03:18=	02:16=	04:32=	02:31=	01:30=	00:59=					
2	Inger-Lise Skarhoien				Løten kommune								43:10			
	00:00=	00:00=	00:00=	00:20+	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
	04:04+	07:23-	08:55-	16:15-	25:36-	28:48-	31:24-	36:22+	40:03+	42:02+	43:10+					
	04:04+	03:19-	01:32+	07:20+	09:21+	03:12-	02:36+	04:58+	03:41+	01:59+	01:08+					
3	Anne Sørum				Statens Hus								44:06			
	00:39#	00:01-	00:11+	00:46#	00:49+	00:06-	00:20#	00:26+	01:10&	00:29&	00:09#					
	03:49+	07:31-	09:12-	16:30-	26:17+	29:45+	32:34+	37:04+	41:01+	43:06+	44:06+					
	03:49+	03:42-	01:41+	07:18+	09:47+	03:28+	02:49+	04:30-	03:57+	02:05+	01:00+					
4	Lene Jordheim				Norsk Tipping								47:27			
	00:24#	01:28	01:20#	03:14#	01:15#	00:10+	00:33#	00:02-	01:26&	00:35&	00:01+					
	04:53+	10:02+	12:28+	22:05+	31:50+	35:19+	37:39+	42:17+	44:47+	46:24+	47:27+					
	04:53+	05:09-	02:26+	09:37+	09:45+	03:29+	02:20+	04:38+	02:30-	01:37+	01:03+					
5	Bodil Wiik				Norsk Tipping								58:24			
	01:28&	01:11	01:05&	03:03&	01:13#	00:11+	00:04+	00:06+	00:01-	00:07+	00:04+					
	08:11+	11:05+	12:48+	25:54+	37:19+	43:15+	46:09+	51:21+	54:59+	57:08+	58:24+					
	08:11+	02:54-	01:43+	13:06+	11:25+	05:56+	02:54+	05:12+	03:38+	02:09+	01:16+					
6	Anita Bekkum				Arve Hagen BIL								59:15			
	04:46@	03:26-	00:21&	06:32&	02:53&	02:38&	00:38&	00:40#	01:07&	00:39&	00:17&					
	05:38+	09:15-	11:42+	23:26+	35:16+	39:58+	43:13+	51:51+	55:43+	57:56+	59:15+					
	05:38+	03:37-	02:27+	11:44+	11:50+	04:42+	03:15+	08:38+	03:52+	02:13+	01:19+					
7	Karen Tomter				Utstillingsplassen								59:31			
	02:13&	02:43-	01:06&	05:10&	03:18&	01:24&	00:59&	01:06&	01:21&	00:43&	00:20&					
	06:01+	09:51+	13:54+	24:43+	37:07+	41:28+	45:18+	52:43+	55:53+	58:06+	59:31+					
	06:01+	03:50-	04:03+	10:49+	12:24+	04:21+	03:50+	07:25+	03:10+	02:13+	01:25+					
8	May Rognlien				Statens Hus								1:06:50			
	02:36&	01:30-	02:42@	04:15&	03:52&	01:03&	01:34&	02:53&	00:39&	00:43&	00:26&					
	05:25+	09:12-	11:08+	20:24+	36:05+	49:37+	53:22+	59:18+	62:33+	65:37+	66:50+					
	05:25+	03:47-	01:56+	09:16+	15:41+	13:32+	03:45+	05:56+	03:15+	03:04+	01:13+					
9	Grete Storsveen				Sparebank 1 Østlandet								1:12:33			
	02:00&	02:33-	00:35&	02:42&	07:09&	10:14@	01:29&	01:24&	00:44&	01:24@	00:14#					
	10:14+	25:39+	28:05+	36:33+	46:48+	54:21+	58:13+	64:12+	67:19+	71:04+	72:33+					
	10:14+	15:25+	02:26+	08:28+	10:15+	07:33+	03:52+	05:59+	03:07+	03:45+	01:29+					
Beste strekktid for klassen																
	06:40&	00:05@	01:05&	01:54&	01:43#	04:15@	01:36&	01:27&	00:36#	02:15@	00:30&					
	03:25	02:54	01:21	06:34	08:32	03:12	02:16	04:30	02:30	01:30	00:59					

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

D 4,5

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

Place	Navn				Klasse				Tid			
12	Erik Skårås				Sparebank 1 Østlandet				33:08			
	04:05+	06:02+	14:16+	22:14+	25:57+	29:00+	31:36+	33:08+				
	04:05+	01:57+	08:14+	07:58+	03:43+	03:03+	02:36+	01:32-				
13	Øyvind Strand				Arve Hagen BIL				35:06			
	01:50&	07:40&	04:05&	03:18&	01:00&	00:49&	00:09+	00:16+				
	03:18+	05:17+	13:11+	19:23+	26:23+	30:13+	33:13+	35:06+				
	03:18+	01:59+	07:54+	06:12+	07:00+	03:50+	03:00+	01:53+				
14	Hans Narbuold				Nestle				35:47			
	01:03&	04:28	06:54	00:50+	04:17@	01:36&	00:33+	00:16+				
	07:21+	09:17+	16:38+	23:26+	27:09+	30:55+	33:54+	35:47+				
	07:21+	01:56+	07:21+	06:48+	03:43+	03:46+	02:59+	01:53+				
15	Knut Martinsen				Sparebank 1 Østlandet				37:21			
	05:06@	00:20&	03:12&	01:28&	01:00&	01:32&	00:32+	00:05+				
	09:18+	12:55+	17:59+	23:06+	28:54+	31:52+	35:14+	37:21+				
	09:18+	03:37+	05:04+	05:07-	05:48+	02:58+	03:22+	02:07+				
16	Johnny Johansen				Løten kommune				39:15			
	07:03@	02:20@	00:56#	00:13-	03:05@	00:44&	00:55&	00:19#				
	13:50+	15:49+	23:24+	27:54+	30:43+	35:16+	37:42+	39:15+				
	13:50+	01:59+	07:35+	04:30-	02:49+	04:33+	02:26-	01:33-				
17	Harald Brekke				Hamar kommune				39:54			
	14:35@	00:42&	02:37&	00:50-	00:06+	02:19@	00:01-	00:15-				
	07:43+	10:01+	15:43+	23:55+	29:58+	34:14+	37:57+	39:54+				
	07:43+	02:18+	05:42+	08:12+	06:03+	04:16+	03:43+	01:57+				
18	Torger Bache				Sanderud sykehus				40:55			
	05:28@	01:01&	01:34&	02:52&	03:20@	02:02&	01:16&	00:09+				
	03:33+	15:01+	16:54+	24:41+	29:32+	32:13+	36:38+	39:18+	40:55+			
	03:33+	11:28+	01:53-	07:47+	04:51+	02:41+	04:25+	02:40+	01:37+			
19	Arne Sveen				Stabburet				44:35			
	04:18&	10:11@	02:15	02:27&	02:08&	00:27#	01:58&	01:28	01:37+			
	14:14+	16:17+	24:21+	30:17+	35:56+	39:04+	42:28+	44:35+				
	14:14+	02:03+	08:04+	05:56+	05:39+	03:08+	03:24+	02:07+				
20	Hakon Nesbakk				Eidsiva				48:28			
	11:59@	00:46&	03:56&	00:36#	02:56@	00:54&	00:57+	00:19#				
	02:51+	04:59+	09:47+	14:38+	17:58+	44:11+	46:49+	48:28+				
	02:51+	02:08+	04:48+	04:51-	03:20+	26:13+	02:38+	01:39-				
21	Arne G. Barilo				Løten kommune				1:14:36			
	00:36&	00:51&	00:40#	00:29-	00:37#	23:59@	00:11-	00:09				
	13:38+	16:44+	32:17+	46:20+	55:49+	62:23+	70:10+	74:36+				
	13:38+	03:06+	15:33+	14:03+	09:29+	06:34+	07:47+	04:26+				
22	Bernard Theron				EAB Engineering				1:29:41			
	14:23@	00:49@	11:25@	08:43@	06:46@	04:20@	05:20+	02:30@				
	18:37+	21:36+	29:50+	74:23+	79:34+	84:12+	87:22+	89:41+				
	18:37+	02:59+	08:14+	44:33+	05:11+	04:38+	03:10+	02:19+				
Beste strekkid for klassen												
	02:15	01:17	01:53	04:30	02:38	02:14	02:09	01:18				

H 2,5

Plass	Navn	Klasse	Tid
7	Ludvig Bjerke-Narud	Geno	37:44
02:06+	03:57- 06:48- 09:36- 11:17+	13:28+ 21:49+ 30:32+ 33:50+ 36:33+ 37:44+	
02:06+	01:51- 02:51- 02:48+ 01:41+	02:11+ 08:21+ 08:43+ 03:18+ 02:43+ 01:11+	
00:01+	00:11- 00:22- 01:51- 00:22&	00:05+ 04:53@ 03:00# 01:16# 00:26# 00:09#	
8	Olav Rustadbakken	Arve Hagen BIL	37:49
03:06+	05:03+ 09:44+ 12:16+ 14:02+	16:42+ 21:45+ 30:39+ 33:27+ 36:25+ 37:49+	
03:06+	01:57- 04:41+ 02:32+ 01:46+	02:40+ 05:03+ 08:54+ 02:48+ 02:58+ 01:24+	
01:01&	00:35- 01:08- 00:35& 00:27&	00:34& 01:35# 03:13# 01:16# 00:11& 00:22&	
9	Morten Døe	Furnes Almehning	37:50
02:48+	05:11+ 09:20+ 11:50+ 13:39+	16:10+ 21:10+ 29:28+ 32:15+ 35:45+ 37:50+	
02:48+	02:23- 04:09+ 02:30+ 01:49+	02:31+ 05:00+ 08:18+ 02:47+ 03:30+ 02:05+	
00:43&	00:03- 00:56# 00:33# 00:30&	00:25# 01:32# 02:17# 00:15# 01:13& 01:03@	
10	Ole Johan Vangen	Norsk Tipping	38:17
05:30+	07:30+ 10:58+ 13:27+ 15:11+	18:49+ 23:36+ 31:41+ 34:10+ 37:02+ 38:17+	
05:30+	02:00- 03:28+ 02:29+ 01:44+	03:38+ 04:47+ 08:05+ 02:29+ 02:52+ 01:15+	
03:25@	00:32- 00:16+ 00:32& 00:25&	01:32& 01:19# 02:24# 00:27# 00:35& 00:13#	
11	Knut Røhrsveen	Arve Hagen BIL	38:30
02:38+	05:45+ 10:23+ 13:19+ 15:14+	18:17+ 23:13+ 31:08+ 33:54+ 37:15+ 38:30+	
02:38+	03:07+ 04:38+ 02:56+ 01:55+	03:03+ 04:56+ 07:55+ 02:46+ 03:21+ 01:15+	
00:33&	00:35# 01:25# 00:50& 00:36&	00:57& 01:28# 02:14# 00:44# 01:04& 00:13#	
12	Peter Nagtzaam	EAB Engineering	38:46
07:46+	09:14+ 13:11+ 16:05+ 19:12+	21:48+ 25:29+ 32:25+ 35:09+ 37:47+ 38:46+	
07:46+	01:28- 03:57+ 02:54+ 03:07+	02:36+ 03:41+ 06:56+ 02:44+ 02:38+ 00:59-	
05:41@	01:04- 00:44# 00:57& 01:48@	00:30# 00:13# 01:15# 00:42# 00:21# 00:03-	
13	Trond Sørum	Byggmakker	39:04
02:16+	04:32- 10:02+ 12:33+ 14:49+	17:13+ 24:52+ 32:15+ 34:58+ 37:51+ 39:04+	
02:16+	02:16- 05:30+ 02:31+ 02:16+	02:24+ 07:39+ 07:23+ 02:43+ 02:53+ 01:13+	
00:11+	00:16- 02:17# 00:34& 00:57&	00:18# 04:11@ 01:42# 00:41# 00:36& 00:11#	
14	Svein Iver Jevne	Arve Hagen BIL	39:13
06:29+	08:28+ 12:06+ 14:34+ 16:16+	19:04+ 23:18+ 29:39+ 34:43+ 37:49+ 39:13+	
06:29+	01:59- 03:38+ 02:28+ 01:42+	02:48+ 04:14+ 06:21+ 05:04+ 03:06+ 01:24+	
04:24@	00:33- 00:25# 00:31# 00:23&	00:42& 00:46# 00:40# 03:02@ 00:49& 00:22&	
15	Hallstein Ødegård	Løten kommune	39:39
03:23+	05:59+ 10:09+ 12:55+ 14:47+	17:23+ 22:39+ 31:30+ 34:25+ 38:01+ 39:39+	
03:23+	02:36+ 04:10+ 02:46+ 01:52+	02:36+ 05:16+ 08:51+ 02:55+ 03:36+ 01:38+	
01:18&	00:04- 00:57# 00:49& 00:33&	00:30# 01:48# 03:10# 00:53# 01:19& 00:36&	
16	Kjell Vidar Holmen	Arve Hagen BIL	39:48
06:30+	08:49+ 12:20+ 14:48+ 16:30+	19:14+ 23:48+ 31:30+ 35:18+ 38:20+ 39:48+	
06:30+	02:19- 03:31+ 02:28+ 01:42+	02:44+ 04:34+ 07:42+ 03:48+ 03:02+ 01:28+	
01:25@	00:13- 00:16# 00:31# 00:23&	00:38& 01:06# 02:01& 01:46& 00:45& 00:26&	
17	Arnfinn Nordhagen	Geno	41:10
03:03+	06:14+ 10:21+ 13:35+ 16:23+	19:24+ 24:23+ 31:40+ 36:26+ 39:52+ 41:10+	
03:03+	03:11+ 04:07+ 03:14+ 02:48+	03:01+ 04:59+ 07:17+ 04:46+ 03:26+ 01:18+	
00:58&	00:38& 00:54# 01:17# 01:29@	00:55& 01:31# 01:30# 00:44@ 01:00# 00:16&	
18	Magnar Nybakk	Sparebank 1 Østlandet	42:14
02:13+	04:25- 07:37- 10:03+ 11:52+	14:48+ 20:22+ 31:52+ 37:29+ 40:57+ 42:14+	
02:13+	02:12- 03:12- 02:26+ 01:49+	02:56+ 05:34+ 11:30+ 05:37+ 03:28+ 01:17+	
00:08+	00:30- 00:01- 00:29# 00:30&	00:50& 02:06# 05:49@ 03:35@ 01:11& 00:15#	
19	Olav Skjærbekk	Gunders	43:24
04:37+	07:33+ 11:13+ 13:49+ 15:43+	18:42+ 26:40+ 35:14+ 38:19+ 41:59+ 43:24+	
04:37+	02:56+ 03:40+ 02:36+ 01:54+	02:59+ 07:58+ 08:34+ 03:05+ 03:40+ 01:25+	
02:32@	00:24# 00:27# 00:39& 00:35&	00:53& 04:30@ 02:53# 01:03# 01:23& 00:23&	
20	Einar Stensby	Løten kommune	47:01
05:08+	07:33+ 11:44+ 14:16+ 15:59+	18:53+ 31:36+ 39:08+ 42:09+ 45:39+ 47:01+	
05:08+	02:25- 04:11+ 02:32+ 01:43+	02:54+ 12:43+ 07:32+ 03:01+ 03:30+ 01:22+	
03:03@	00:07- 00:58& 00:35& 00:24&	00:48& 09:15@ 01:51# 00:59& 01:13& 00:20&	
21	Stein Sandaker	Ahlsein	47:40
04:29+	12:51+ 17:12+ 21:15+ 23:02+	26:52+ 32:31+ 41:23+ 43:49+ 46:35+ 47:40+	
04:29+	08:22+ 04:21+ 04:03+ 01:47+	03:50+ 05:39+ 08:52+ 02:26+ 02:46+ 01:05+	
02:24@	00:50@ 00:08& 02:06@ 00:28&	01:44& 02:11& 03:11& 00:24# 00:29# 00:03+	
22	Arne Hagen	Vegvesenet	48:13
02:50+	06:26+ 10:31+ 12:59+ 15:06+	20:33+ 32:18+ 42:21+ 44:44+ 47:14+ 48:13+	
02:50+	03:36+ 04:05+ 02:28+ 02:07+	05:27+ 11:45+ 10:03+ 02:23+ 02:30+ 00:59-	
00:45&	01:04& 00:52# 00:31# 00:48&	03:21@ 08:17@ 04:22# 00:21# 00:13+ 00:03-	
23	Magne Johansen	Headit	49:11
03:28+	06:56+ 11:23+ 14:57+ 17:07+	20:17+ 28:15+ 40:13+ 43:48+ 47:29+ 49:11+	
03:28+	03:28+ 04:27+ 03:34+ 02:10+	03:10+ 07:58+ 11:58+ 03:35+ 03:41+ 01:42+	
01:23&	00:56& 00:14# 00:37& 00:51&	01:04& 04:30@ 06:17@ 01:33# 01:24& 00:40&	
24	Stein Gamme	Storhamar Vgs	49:46
03:38+	06:48+ 11:29+ 15:21+ 18:18+	20:59+ 31:21+ 40:47+ 44:12+ 48:30+ 49:46+	
03:38+	03:10+ 04:41+ 03:52+ 02:57+	02:41+ 10:22+ 09:26+ 03:25+ 04:18+ 01:16+	
01:33&	00:28# 01:28# 01:05# 01:28@	00:35& 06:54@ 03:45# 01:22& 02:01& 00:14#	
25	Knut Anders Fossum	Statens Hus	50:10
06:30+	10:19+ 15:14+ 19:27+ 22:12+	25:10+ 34:14+ 42:47+ 45:32+ 48:52+ 50:10+	
06:30+	03:49+ 04:55+ 04:13+ 02:45+	02:58+ 09:04+ 08:33+ 02:45+ 03:20+ 01:18+	
04:25@	01:17& 01:42& 02:16@ 01:26@	00:52& 05:36@ 02:52& 00:43& 01:03& 00:16&	

Place	Navn										Klasse	Tid	
26	Bjørn Eriksrud										System-Tre Gjøvik	53:26	
	06:26+	08:49+	13:09+	16:27+	19:56+	22:54+	30:49+	42:15+	46:56+	52:01+	53:26+		
	06:26+	02:23-	04:20+	03:18-	03:29+	02:58+	07:55+	11:26+	04:41+	05:05+	01:25+		
	04:26@	00:09+	04:07@	01:21@	02:10@	00:52&	04:27@	05:45@	02:39@	02:48@	00:23&		
Beste strekketid for klassen													
	01:56	01:28	02:51	01:57	01:19	02:06	03:28	05:41	02:02	02:17	00:59		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
H 3,5													
1	Ole Hans Øie										LMF	38:46	
	02:51=	06:09=	09:05=	12:15=	19:05=	21:11=	26:17=	28:29=	30:00=	33:06=	35:53=	37:42=	38:46=
	02:51=	03:18=	02:56=	03:10=	06:50=	02:06=	05:06=	02:12=	01:31=	03:06=	02:47=	01:49=	01:04=
	00:00=	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	Tom S Helgesen										Hamar Post	38:51	
	02:20-	06:44+	09:43+	13:51+	20:25+	22:30+	27:09+	29:12+	30:58+	34:12+	36:35+	38:03+	38:51+
	02:20-	04:24+	02:59+	04:08+	06:34-	02:05-	04:39-	02:03-	01:46+	03:14+	02:23-	01:28-	00:48-
	00:31-	00:06-	04:03+	00:58&	00:16-	00:01-	00:27-	00:09-	00:15#	00:08+	00:24-	00:21-	00:16-
3	Ove Tasasen										Mjøøs Retail	39:05	
	02:24-	05:07-	09:35+	13:32+	19:18+	21:17+	26:42+	28:46+	30:16+	33:34+	36:29+	38:02+	39:05+
	02:24-	02:43-	04:28+	03:57+	05:46-	01:59-	05:25+	02:04-	01:30-	03:18+	02:55+	01:33-	01:03-
	00:27-	00:25-	00:32@	00:47#	01:04-	00:07-	00:19-	00:08-	00:01-	00:12+	00:08+	00:16-	00:01-
4	Knut Malmø										Vegvesenet	40:54	
	03:30+	07:25+	10:41+	14:47+	21:04+	23:09+	27:58+	30:10+	31:47+	35:16+	38:21+	39:56+	40:54+
	03:30+	03:55+	03:16+	04:06+	06:17-	02:05-	04:49-	02:12=	01:37+	03:29+	03:05+	01:35-	00:58-
	00:39#	00:27@	00:10#	00:56&	00:33-	00:01-	00:17-	00:00=	00:06+	00:23#	00:18#	00:14-	00:06-
5	Erik Neby										Norsk Tipping	43:25	
	02:48-	05:53-	08:57-	12:33+	20:14+	22:50+	28:07+	30:36+	33:04+	36:47+	40:16+	42:06+	43:25+
	02:48-	03:05-	03:04+	03:36+	07:41+	02:36+	05:17+	02:29+	02:28+	03:43+	03:29+	01:50+	01:19+
	00:03-	00:13-	00:08+	00:26#	00:51#	00:30#	00:11-	00:17+	00:57&	00:37#	00:42&	00:01+	00:15#
6	Espen Melby										Løten kommune	45:28	
	02:58+	06:28+	09:22+	13:42+	24:59+	27:25+	33:01+	35:04+	36:33+	40:27+	42:56+	44:29+	45:28+
	02:58+	03:30+	02:54-	04:20+	11:17+	02:26+	05:36+	02:03-	01:29-	03:54+	02:29-	01:33-	00:59-
	00:07+	00:12+	00:02-	01:10&	04:27&	00:20#	00:30-	00:09-	00:02-	00:48&	00:18-	00:16-	00:05-
7	Tore Stenseth										Mjøøs Retail	45:51	
	02:45-	05:16-	08:09-	12:55+	21:07+	23:34+	32:13+	34:34+	36:04+	39:49+	42:37+	44:40+	45:51+
	02:45-	02:31-	02:53-	04:46+	08:12+	02:27+	08:39+	02:21+	01:30-	03:45+	02:48+	02:03+	01:11+
	00:06-	00:47-	00:03-	01:36&	01:22#	00:21#	03:33&	00:09+	00:01-	00:39#	00:01+	00:14#	00:07#
8	Steinar Libæk										Løten kommune	47:06	
	02:47-	06:35+	09:49+	13:53+	21:12+	23:52+	30:36+	33:53+	35:49+	40:47+	43:35+	45:44+	47:06+
	02:47-	03:48+	03:14+	04:04+	07:19+	02:40+	06:44+	03:17+	01:56+	04:58+	02:48+	02:09+	01:22+
	00:04-	00:30#	00:18#	00:54&	00:29+	00:34&	01:38#	01:05&	00:25&	01:52&	00:01+	00:20#	00:18&
9	Tore Gustav Tomter										Pian 1	47:24	
	02:57+	08:18+	11:17+	15:36+	26:54+	29:18+	34:57+	36:55+	38:31+	42:24+	44:52+	46:27+	47:24+
	02:57+	05:21+	02:59+	04:19+	11:18+	02:24+	05:39+	01:58-	01:36+	03:53+	02:28-	01:35-	00:57-
	00:06+	02:03&	00:03+	01:09&	04:28&	00:18#	00:33#	00:14-	00:05+	00:47&	00:19-	00:14-	00:07-
10	Ola Molstad										Vegvesenet	47:42	
	02:54+	06:02-	09:35+	16:07+	24:26+	26:36+	33:49+	36:07+	37:39+	41:26+	44:38+	46:23+	47:42+
	02:54+	03:08-	03:33+	06:32+	08:19+	02:10+	07:13+	02:18+	01:32+	03:47+	03:12+	01:45-	01:19+
	00:03+	00:10-	00:37#	03:22@	01:29#	00:04+	02:07&	00:06+	00:01+	00:41#	00:25#	00:04-	00:15#
11	Kjetil Liven										LMF	47:58	
	02:39-	07:12+	10:30+	14:17+	23:31+	25:39+	32:31+	34:45+	36:40+	39:55+	42:46+	45:17+	47:07+
	02:39-	04:33+	03:18+	03:47+	09:14+	02:08+	06:52+	02:14+	01:55+	03:15+	02:51+	02:31+	47:58+
	00:12-	01:15#	00:22#	00:37#	02:24&	00:02+	01:46&	00:02-	00:24&	00:09+	00:04+	00:42&	00:51+
12	Jo Gisle Jørgensen										Norsk Tipping	49:20	
	03:03+	06:43+	10:04+	14:24+	22:42+	24:57+	33:04+	36:50+	38:15+	43:30+	46:01+	48:01+	49:20+
	03:03+	03:40+	03:21+	04:20+	08:18+	02:15+	08:07+	03:46+	01:25-	05:15+	02:31-	02:00+	01:19+
	00:12+	00:22#	00:25#	01:10&	01:28#	00:09+	03:01#	01:34&	00:06-	02:09&	00:16-	00:11#	00:15#
13	Rune Engen										Telenor	49:29	
	03:48+	07:23+	10:51+	14:56+	23:22+	25:39+	32:30+	35:08+	36:50+	41:39+	45:53+	48:06+	49:29+
	03:48+	03:35+	03:28+	04:05+	08:26+	02:17+	06:51+	02:38+	01:42+	04:49+	04:14+	02:13+	01:23+
	00:57&	00:17+	00:32#	00:55&	01:36#	00:11+	01:45&	00:26#	00:11#	01:43&	01:27&	00:24#	00:19&
14	Atle Berg										Norsk Tipping	50:04	
	04:02+	07:18+	10:51+	15:58+	25:24+	28:46+	34:23+	39:28+	41:30+	45:05+	47:42+	49:11+	50:04+
	04:02+	03:16-	03:33+	05:07+	09:26+	03:22+	05:37+	05:05+	02:02+	03:35+	02:37-	01:29-	00:53-
	01:11&	00:07-	00:37#	01:57&	02:36&	01:16&	00:31-	02:53@	00:31&	00:29#	00:10-	00:20-	00:11-
15	Odd Nysæter										Byggmakker	50:11	
	03:22+	06:18+	09:38+	14:34+	23:31+	26:15+	33:18+	36:20+	38:27+	42:59+	46:20+	48:31+	50:11+
	03:22+	02:56-	03:20+	04:56+	08:57+	02:44+	07:03+	03:02+	02:07+	04:32+	03:21+	02:11+	01:40+
	00:31#	00:23-	00:24#	01:46&	02:07&	00:38&	01:57&	00:50&	00:36&	01:26&	00:34#	00:22#	00:36&
16	Erik Grøndalen										Jernbanens Idrettslag	51:05	
	02:20-	05:20-	08:12-	11:40-	25:35+	27:32+	33:03+	38:12+	40:39+	44:04+	48:23+	50:03+	51:05+
	02:20-	03:00-	02:52-	03:28+	13:55+	01:57-	05:31+	05:09+	02:27+	03:25+	04:19+	01:40-	01:02-
	00:31-	00:18-	00:04-	00:18+	07:05@	00:09-	00:25+	02:57@	00:56&	00:19#	01:32&	00:09-	00:02-

Plass	Navn				Klasse				Tid			
17	Knut Wikstrøm				Kartverket				53:12			
02:34-	05:21-	08:58-	13:31+	22:38+	24:50+	33:44+	36:44+	41:57+	45:47+	50:32+	52:05+	53:12+
02:34-	02:47-	03:37+	04:33+	09:07+	02:12+	08:54+	03:00+	05:13+	03:50+	04:45+	01:33-	01:07+
18	Lars Skramstad				LMP				54:24			
00:17-	00:21-	03:41#	01:23+	02:17&	00:06+	03:48&	04:48&	03:42@	00:44#	01:58&	00:16-	00:03+
08:02+	12:31+	15:57+	19:21+	26:58+	31:28+	38:19+	42:34+	44:22+	48:35+	51:36+	53:27+	54:24+
08:02+	04:29+	03:26+	03:24+	07:37+	04:30+	06:51+	04:15+	01:48+	04:13+	03:01+	01:51+	00:57-
19	Jan Olav Sæther				Gunders				55:07			
05:11@	01:11&	00:30#	00:11&	00:47#	02:24@	01:45&	02:03&	00:17#	01:07&	00:14+	00:02+	00:07-
04:01+	08:28+	12:44+	18:05+	27:48+	30:57+	38:20+	41:51+	44:08+	48:34+	51:44+	53:49+	55:07+
04:01+	04:27+	04:16+	05:21+	09:43+	03:09+	07:23+	03:31+	02:17+	04:26+	03:10+	02:05+	01:18+
20	Bjørn Vidar Bekkum				Arve Hagen BIL				55:39			
01:10&	00:08&	01:20&	00:11&	02:53&	01:03&	02:17&	01:18&	00:46&	01:20&	00:23#	00:16#	00:14#
02:22-	08:39+	15:06+	19:53+	28:36+	31:09+	33:04+	38:55+	45:05+	46:51+	50:38+	52:57+	54:37+
02:22-	06:17+	06:27+	04:47+	08:43+	02:33+	01:55-	05:51+	06:10+	01:46-	03:47+	02:19+	01:40+
00:29-	01:50&	03:33@	01:37&	01:53&	00:27#	03:11-	03:39@	04:39@	01:20&	01:00&	00:30&	01:02+
21	Trond Øie				Sparebank 1 Østlandet				56:11			
03:22+	07:00+	10:53+	15:29+	30:16+	33:31+	39:58+	42:31+	44:52+	48:57+	52:33+	55:03+	56:11+
03:22+	03:38+	03:53+	04:36+	14:47+	03:15+	06:27+	02:33+	02:21+	04:05+	03:36+	02:30+	01:08+
00:31#	00:20#	00:57&	01:26&	07:57@	01:09&	01:21&	00:21#	00:50&	00:59&	00:49&	00:41&	00:04+
22	Arvid Bratlie				LMP				57:35			
02:20-	07:53+	10:52+	14:57+	25:28+	28:47+	35:33+	43:20+	45:07+	51:03+	54:37+	56:28+	57:35+
02:20-	05:33+	02:59+	04:05+	10:31+	03:19+	06:46+	07:47+	01:47+	05:56+	03:34+	01:51+	01:07+
00:31-	02:15&	00:03+	00:55&	03:41&	01:13&	01:40&	05:36@	00:16&	02:50&	00:47&	00:02+	00:03+
23	Harald Grønvold				Arve Hagen BIL				58:02			
03:14+	09:54+	14:55+	20:11+	29:51+	33:21+	40:29+	44:20+	45:58+	50:47+	54:49+	56:48+	58:02+
03:14+	06:40+	05:01+	05:16+	09:40+	03:30+	07:08+	03:51+	01:38+	04:49+	04:02+	01:59+	01:14+
00:23#	02:22@	02:05&	02:06&	02:50&	01:24&	02:02&	01:39&	00:07+	01:43&	01:15&	00:10+	00:10#
24	Steinar Tønsager				BDO Aktiva				58:27			
04:22+	09:47+	13:18+	19:14+	28:05+	31:04+	38:15+	41:46+	43:40+	48:34+	55:39+	57:26+	58:27+
04:22+	05:25+	03:31+	05:56+	08:51+	02:59+	07:11+	03:31+	01:54+	04:54+	07:05+	01:47-	01:01-
01:31&	02:07&	00:35#	02:46&	02:01&	00:53&	02:05&	01:19&	00:23&	01:48&	04:18@	00:02-	00:03-
25	Leif Martin Kjos				Sparebank 1 Østlandet				58:53			
02:42-	06:56+	09:51+	15:13+	24:07+	26:25+	32:27+	38:02+	39:39+	53:22+	56:15+	57:49+	58:53+
02:42-	04:14+	02:55-	05:22+	08:54+	02:18+	06:02+	05:35+	01:37+	13:43+	02:53+	01:34-	01:04=
00:09-	00:56&	00:01-	02:12&	02:04&	00:12+	00:56#	03:23@	00:06+	10:37@	00:06+	00:15-	00:00=
26	Eystein Linnerud				Norsk Tipping				1:01:23			
04:07+	08:04+	12:12+	18:26+	30:02+	33:09+	40:38+	44:07+	47:31+	53:59+	57:24+	59:52+	61:23+
04:07+	03:57+	04:08+	06:14+	11:36+	03:07+	07:29+	03:29+	03:24+	06:28+	03:25+	02:28+	01:31+
01:16&	00:39#	01:12&	01:04&	04:46&	01:01&	02:23&	01:17&	01:53@	02:22@	00:38#	00:39&	00:27&
27	Sven Marken				Løten kommune				1:05:58			
04:18+	10:49+	14:51+	20:17+	31:16+	33:48+	43:40+	50:56+	53:02+	57:53+	61:45+	64:14+	65:58+
04:18+	06:31+	04:02+	05:26+	10:59+	02:32+	09:52+	07:16+	02:06+	04:51+	03:52+	02:29+	01:44+
01:27&	00:13&	01:06&	02:16&	04:09&	00:26#	04:46&	05:04@	00:35&	01:45&	01:05&	00:40&	00:40&
28	Terje Umushagen				Upfari				1:10:05			
03:45+	13:16+	17:59+	25:03+	35:21+	38:48+	47:26+	52:37+	55:00+	60:24+	65:06+	68:10+	70:05+
03:45+	09:31+	04:43+	07:04+	10:18+	03:27+	08:38+	05:11+	02:23+	05:24+	04:42+	03:04+	01:55+
00:54&	00:18@	01:47&	03:54@	03:28&	01:21&	03:32&	02:59@	00:52&	02:18&	01:55&	01:15&	00:51&
29	Edvard Dahl				Romedal Almenning				1:12:43			
02:16-	04:42-	07:19-	27:13+	40:04+	42:26+	49:17+	55:52+	59:34+	64:01+	68:45+	71:07+	72:43+
02:16-	02:26-	02:37-	19:54+	12:51+	02:22+	06:51+	06:35+	03:42+	04:27+	04:44+	02:22+	01:36+
00:35-	00:52-	00:19-	16:44@	06:01&	00:16#	01:45&	04:28@	02:11@	01:21&	01:57&	00:33&	00:32&
30	Knut Olav Strætkvern				Høgskolen Innlandet				1:16:40			
05:40+	08:36+	17:02+	25:14+	36:44+	39:54+	48:03+	58:59+	65:11+	70:12+	73:42+	75:38+	76:40+
05:40+	02:56-	08:26+	08:12+	11:30+	03:10+	08:09+	10:56+	06:12+	05:01+	03:30+	01:56+	01:02-
02:49&	00:22-	05:30@	05:02@	04:40&	01:04&	03:03&	08:44@	04:41@	01:55&	00:43&	00:07+	00:02-
31	Jan Roald Bøgeberg				Løten kommune				1:17:45			
03:35+	08:13+	13:08+	17:13+	28:34+	31:00+	40:47+	49:58+	59:45+	66:06+	73:59+	76:28+	77:45+
03:35+	04:38+	04:55+	04:05+	11:21+	02:26+	09:47+	09:11+	09:47+	06:21+	07:53+	02:29+	01:17+
01:4&	00:46	00:55&	00:31&	00:31&	00:20#	04:41&	06:59@	08:16@	03:15@	05:06@	00:40&	00:13#
Beste strekk tid for klassen												
02:16	02:26	02:37	03:10	05:46	01:57	01:55	01:58	01:25	01:46	02:23	01:28	00:48

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

H 4,5

1	Terje Wikstrøm				Geno				40:04			
02:07=	04:58=	06:31=	08:26=	09:59=	13:11=	15:52=	19:01=	21:21=	25:30=	27:13=	28:38=	31:16=
02:07=	02:51=	01:33=	01:55=	01:33=	03:12=	02:41=	03:09=	02:20=	04:09=	01:43=	01:25=	02:38=
00:00=	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	Tor Haugstulen				Hamar Post				43:45			
03:37+	07:25+	09:23+	11:23+	12:49+	16:06+	18:47+	21:53+	24:13+	28:23+	30:06+	31:19+	34:07+
03:37+	03:48+	01:58+	02:00+	02:00+	03:17+	02:41=	03:06-	02:20=	04:10+	01:43=	01:13-	02:48+
01:30&	00:57&	00:25&	00:05+	00:07-	00:05+	00:00=	00:03-	00:00=	00:01+	00:00=	00:12-	00:10+
												00:56#
												00:06-
												00:01+
												00:01-

Plass	Navn				Klasse				Tid			
3	Sindre Skjærbekk				Byggmakker				44:22			
02:13+	07:19+	08:59+	10:56+	12:26+	15:55+	18:43+	22:01+	24:13+	28:39+	30:46+	32:08+	35:03+
02:13+	05:06+	01:40+	01:57+	01:30-	03:29+	02:48+	03:18+	02:12-	04:26+	02:07+	01:22-	02:55+
00:06+	00:18#	00:07+	00:02+	00:03-	00:17+	00:07	00:09#	00:00-	00:17+	00:24#	00:03-	00:17#
4	Vidar Nømerstad				Sparebank 1 Østlandet				46:03			
02:06-	04:50-	06:19-	08:26=	09:48-	14:30+	19:02+	21:49+	23:56+	30:11+	32:12+	33:22+	35:43+
02:06-	02:44-	01:29-	02:07+	01:22-	04:42+	04:32+	02:47-	02:07-	06:15+	02:01+	01:10-	02:21-
00:01-	00:01#	00:00-	00:13#	00:11-	01:30&	01:51#	00:22	00:13-	02:06&	00:18#	00:15-	00:17-
5	Arild Nordsveen				Hamar Røi				47:09			
01:57-	06:20+	08:09+	12:02+	13:26+	16:47+	19:38+	22:37+	24:40+	29:26+	32:13+	33:46+	36:25+
01:57-	04:23+	01:49+	03:53+	01:24-	03:21+	02:51+	02:59-	02:03-	04:46+	02:47+	01:33+	02:39+
00:10-	00:22#	00:26#	01:58@	00:09-	00:09+	00:10	00:10	00:17	00:27#	01:04&	00:08+	00:01+
6	Knut Skjeset				Stange kommune				47:47			
02:28+	05:23+	07:13+	09:48+	11:39+	16:06+	19:12+	22:48+	25:24+	30:19+	33:17+	34:52+	37:48+
02:28+	02:55+	01:50+	02:35+	01:51+	04:27+	03:06+	03:36+	02:36+	04:55+	02:58+	01:35+	02:56+
00:21#	00:04+	00:17#	00:40&	00:18#	01:15&	00:25#	00:27#	00:16+	00:46#	01:15&	00:10#	00:18#
7	Pål Hagen				Arve Hagen BIL				50:24			
02:18+	05:20+	07:15+	09:32+	11:20+	15:25+	19:49+	23:36+	26:21+	32:31+	35:04+	36:40+	39:23+
02:18+	03:02+	01:55+	02:17+	01:48+	04:05+	04:24+	03:47+	02:45+	06:10+	02:33+	01:36+	02:43+
00:11+	00:11+	00:22#	00:22#	00:15#	00:53&	01:43&	00:38#	00:25#	02:01&	00:50&	00:11#	00:05+
8	Stein Nordvi				Elverum kommune				51:38			
03:04+	05:59+	09:17+	11:32+	13:25+	17:44+	21:37+	25:28+	28:16+	33:58+	36:18+	38:18+	41:31+
03:04+	02:55+	03:18+	02:15+	01:53+	04:19+	03:53+	03:51+	02:48+	05:42+	02:20+	02:00+	03:13+
00:57&	00:04+	01:45@	00:20#	00:20#	01:07&	01:12&	00:42#	00:28#	01:33&	00:35&	00:35#	00:14#
9	Jon Kristiansen				GD				53:50			
02:32+	05:43+	07:25+	09:41+	11:25+	15:46+	19:03+	22:51+	25:24+	30:43+	33:06+	36:05+	39:14+
02:32+	03:11+	01:42+	02:16+	01:44+	04:21+	03:17+	03:48+	02:33+	05:19+	02:23+	02:59+	03:09+
00:25#	00:20#	00:09+	00:21#	00:11#	01:09&	00:36#	00:39#	00:13+	01:10&	00:40&	01:34@	00:31#
10	Knut Vidar Lund				Telenor				54:26			
02:47+	06:03+	08:02+	10:20+	12:20+	16:53+	20:22+	24:39+	27:32+	35:43+	38:26+	40:12+	43:35+
02:47+	03:16+	01:59+	02:18+	02:00+	04:33+	03:29+	04:17+	02:53+	08:11+	02:43+	01:46+	03:23+
00:40&	00:25#	00:26&	00:23#	00:27&	01:21&	00:48&	01:08#	00:33#	04:02&	01:00&	00:21#	00:45&
11	Philip Føyen				EAB Engineering				1:03:03			
02:11+	05:17+	09:08+	11:51+	14:21+	20:12+	25:08+	33:02+	36:10+	42:09+	46:51+	48:36+	51:58+
02:11+	03:06+	03:51+	02:43+	02:30+	05:51+	04:56+	07:54+	03:08+	05:59+	04:42+	01:45+	03:22+
00:04+	00:15+	03:19@	00:48&	00:57&	02:39&	02:15&	04:45@	00:48&	01:50&	02:59@	00:20#	00:44&
12	Per M Lerdal				Oec				1:04:27			
02:20+	04:37-	06:16-	08:10-	09:45-	13:19+	16:46+	21:12+	23:33+	36:31+	48:05+	50:02+	51:21+
02:20+	02:17-	01:39+	01:54-	01:35+	03:34+	03:27+	04:26+	02:21+	12:58+	11:34+	01:57+	01:19-
00:13#	00:34-	00:06+	00:01-	00:02+	00:22#	00:46&	01:17&	00:01+	08:19@	00:51@	00:32&	01:19-
13	Harald Volden				Jernbanens Idrettslag				1:04:59			
02:18+	11:02+	13:22+	15:47+	17:41+	21:15+	27:21+	31:30+	36:02+	41:31+	44:00+	49:04+	52:21+
02:18+	08:44+	02:20+	02:25+	01:54+	03:34+	06:06+	04:09+	04:32+	05:29+	02:29+	05:04+	03:17+
00:11+	05:58@	00:47&	00:30&	00:21#	00:22#	03:25@	01:00&	02:12&	01:20&	00:46&	03:39@	00:39#
14	Odd Arne Blystad				Eidsiva				1:24:17			
03:24+	07:54+	10:24+	13:07+	14:59+	28:19+	33:24+	38:34+	41:42+	47:03+	50:43+	53:00+	56:50+
03:24+	04:30+	02:30+	02:43+	01:52+	13:20+	05:05+	05:10+	03:08+	05:21+	03:40+	02:17+	03:50+
01:17&	01:39&	00:57&	00:48&	00:19#	10:08@	02:24&	02:01&	00:48&	01:12&	01:57@	00:52&	01:12&
15	Tore Syslak				Hamar Post				1:36:31			
02:57+	07:44+	11:18+	14:51+	24:12+	35:08+	43:36+	48:44+	51:38+	63:11+	72:22+	74:00+	78:54+
02:57+	04:47+	03:34+	03:33+	09:21+	10:56+	08:28+	05:08+	02:54+	09:11+	01:38+	04:54+	10:57+
00:50&	01:56&	02:01@	01:38&	07:48@	07:44@	05:47@	01:58&	00:34#	07:24@	07:28@	00:13#	02:16&
16	Håkon Kristiansen				Hamar Post				1:47:38			
20:06+	28:42+	31:06+	39:22+	42:40+	49:04+	62:07+	69:11+	72:02+	85:50+	88:39+	90:39+	95:04+
20:06+	08:36+	02:24+	08:16+	03:18+	06:24+	13:03+	07:04+	02:51+	13:48+	02:49+	02:00+	04:25+
17:59@	05:45@	00:51&	06:21@	01:45@	03:12&	10:22@	03:55@	00:31#	09:39@	01:06&	00:35&	01:47&
17	Per Flatebø				ASKO				1:49:34			
22:12+	30:30+	33:09+	41:31+	44:33+	51:10+	65:48+	71:19+	74:06+	87:41+	90:33+	92:43+	96:55+
22:12+	08:18+	02:39+	08:22+	03:02+	06:37+	14:38+	05:31+	02:47+	13:35+	02:52+	02:10+	04:12+
00:25@	00:26#	00:26#	00:29&	03:25@	11:57@	02:22&	00:27#	09:26@	01:09&	00:45&	01:34&	03:33&
Beste strekketid for klassen												
01:57	02:17	01:29	01:54	01:22	03:12	02:41	02:47	02:03	04:09	01:43	01:10	01:19
												02:42
												01:32
												01:49
												00:46
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H 5,5												
1	Kenneth Bilstad				Byggmakker				39:23			
01:45=	03:35=	06:01=	07:46=	08:30=	10:01=	13:10=	16:35=	21:08=	22:55=	25:38=	27:10=	28:16=
01:45=	01:50=	02:26=	01:45=	00:44=	01:31=	03:09=	03:25=	04:33=	01:47=	02:43=	01:32=	01:06=
00:00=	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	Pål Stenberg				Vang O-lag				53:52			
01:50+	05:36+	07:51+	10:09+	11:21+	13:21+	17:44+	22:30+	27:39+	29:36+	32:49+	35:00+	37:24+
01:50+	03:46+	02:15-	02:18+	01:12+	02:00+	04:23+	04:46+	05:09+	01:57+	03:13+	02:24+	04:00+
00:05+	01:56@	00:11-	00:33&	00:28&	00:29&	01:14&	01:21&	00:36#	00:10+	00:30#	00:39&	01:18@
												00:46#
												00:29&
												01:21&
												02:02@
												00:27&
												00:16&

Plass	Navn										Klasse	Tid									
3	Frode Haug										Hamar OK	56:04									
	02:10+	05:13+	08:02+	11:11+	12:06+	14:01+	18:35+	23:36+	28:22+	30:37+	34:30+	36:41+	39:44+	45:11+	47:22+	51:32+	53:58+	55:17+	56:04+		
	02:10+	03:03+	02:49+	03:09+	00:55+	01:55+	04:34+	05:01+	04:46+	02:15+	03:53+	02:11+	03:03+	05:27+	02:11+	04:10+	02:26+	01:19+	00:47+		
4	00:25#	00:13&	00:22#	01:24&	00:17#	00:24&	01:25&	01:36&	00:13-	00:28&	01:10&	00:39&	01:57@	02:10&	00:40&	01:03&	01:05&	00:10#	00:02+		
	01:57+	04:55+	07:23+	09:53+	10:49+	13:09+	18:38+	24:04+	29:35+	31:29+	35:17+	37:58+	39:51+	45:07+	47:35+	54:11+	56:28+	58:12+	59:05+		
	01:57+	02:58+	02:28+	02:30+	00:56+	02:20+	05:29+	05:26+	05:31+	01:54+	03:48+	02:41+	01:53+	05:16+	02:28+	06:36+	02:17+	01:44+	00:53+		
5	00:12#	00:08&	00:02+	00:15&	00:12&	00:49&	02:20&	02:01&	00:58+	00:17-	01:05&	01:09&	00:47&	00:24-	00:57&	03:29@	00:56&	00:35&	00:08#		
	03:12+	06:22+	09:36+	12:24+	13:25+	18:22+	23:52+	29:16+	33:48+	35:55+	40:50+	43:33+	45:48+	50:51+	53:17+	59:14+	61:29+	63:07+	63:59+		
	03:12+	03:10+	03:14+	02:48+	01:01+	04:57+	05:30+	05:24+	04:32-	02:07+	04:55+	02:43+	02:15+	05:03+	02:26+	05:57+	02:15+	01:38+	00:52+		
6	01:27&	01:20&	00:44&	01:03&	00:17&	03:26@	02:21&	01:50&	00:01-	00:20#	02:12&	01:11&	01:09@	01:09-	00:55&	02:50&	00:54&	00:29&	00:07#		
	01:52+	06:45+	08:52+	11:54+	13:12+	13:59+	16:03+	20:26+	24:46+	30:45+	32:30+	35:44+	38:05+	41:02+	48:47+	50:56+	59:16+	61:58+	63:18+	64:05+	
	01:52+	04:53+	02:07-	03:02+	01:18+	00:47-	02:04-	04:23+	04:20-	05:59+	01:45-	03:14+	02:21+	02:57-	07:45+	02:09-	08:20+	02:42+	01:20+	00:47+	
7	00:07+	01:03@	00:19-	01:17&	00:34&	00:44-	01:05-	00:58&	00:13-	04:12@	00:58-	01:42@	01:15@	00:57-	06:14@	00:58-	06:59@	01:33@	00:35&	00:47+	
	02:11+	06:03+	08:54+	11:35+	12:52+	15:10+	20:19+	27:51+	32:40+	34:46+	38:44+	41:42+	44:25+	54:17+	56:46+	61:17+	65:30+	67:18+	68:22+		
	02:11+	03:52+	02:51+	02:41+	01:17+	02:18+	05:09+	07:32+	04:49+	02:06+	03:58+	02:58+	02:43+	09:52+	02:29+	04:31+	04:13+	01:48+	01:04+		
8	00:26#	02:02@	00:25#	00:56&	00:33&	00:47&	02:00&	04:07@	00:16+	00:19#	01:15&	01:26&	01:37@	00:28@	00:58&	01:24&	02:52@	00:39&	00:19&		
	04:27+	07:58+	10:34+	12:56+	13:51+	15:32+	20:04+	25:03+	30:11+	32:23+	44:04+	46:23+	47:52+	58:30+	60:43+	66:19+	68:26+	69:58+	70:56+		
	04:27+	03:31+	02:36+	02:22+	00:55+	01:41+	04:32+	04:59+	05:08+	02:12+	11:41+	02:19+	01:29+	10:38+	02:13+	05:36+	02:07+	01:32+	00:58+		
9	02:42@	01:41&	00:10+	00:37&	00:11#	00:10#	01:23&	01:34&	00:35#	00:25#	08:58@	00:47&	00:23&	07:34@	00:42&	02:29&	00:46&	00:23&	00:13&		
	02:03+	05:16+	07:39+	10:05+	11:16+	14:16+	20:06+	25:03+	30:30+	33:45+	41:48+	44:14+	47:23+	59:00+	62:46+	69:41+	74:27+	76:53+	78:28+		
	02:03+	03:13+	02:23-	02:26+	01:11+	03:00+	05:50+	04:57+	05:27+	03:15+	08:03+	02:26+	03:09+	11:37+	03:46+	06:55+	04:46+	02:26+	01:35+		
10	00:18#	01:23&	00:03-	00:41&	00:27&	01:29&	02:41&	01:32&	00:54+	01:28&	05:20@	00:54&	02:03@	00:23@	02:15@	03:48@	03:25@	01:17@	00:50@		
	02:41+	07:57+	18:50+	22:26+	23:16+	25:23+	29:49+	35:35+	40:36+	42:30+	63:17+	65:44+	69:21+	74:13+	76:37+	90:28+	92:21+	93:59+	95:00+		
	02:41+	05:16+	10:53+	03:36+	00:50+	02:07+	04:26+	05:46+	05:01+	01:54+	20:47+	02:27+	03:37+	04:52+	02:24+	13:51+	01:53+	01:38+	01:01+		
Beste strekketid for klassen																					
	01:45	01:50	02:07	01:45	00:44	00:47	02:04	03:25	04:20	01:47	01:45	01:32	01:06	02:57	01:31	02:09	01:21	01:09	00:45		

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