

Plass Navn Klasse
D 1,5

	Berit Kristiansen				Vegvesenet				21:17
01:19=	04:23=	06:36=	09:31=	11:53=	13:58=	19:07=	20:37=	21:17=	
01:19=	03:04=	02:13=	02:55=	02:22=	02:05=	05:09=	01:30=	00:40=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Vera Børresen				Sparebanken 1 Østlandet				23:48
01:33+	06:11+	08:30+	11:28+	15:18+	17:49+	20:43+	23:01+	23:48+	
01:33+	04:38+	02:19+	02:58+	03:50+	02:31+	02:54-	02:18+	00:47+	
00:14#	01:34#	00:06+	00:03+	01:28#	00:26#	02:15-	00:46#	00:07+	
3	Marit Holmgren				Arve Hagen BIL				24:21
02:13+	06:17+	08:15+	13:42+	15:53+	18:19+	22:12+	23:58+	24:21+	
02:13+	04:04+	01:58-	05:27+	02:11-	02:26+	03:53-	01:46+	00:23-	
00:54#	01:00#	00:15-	02:12#	00:11-	00:21#	01:16-	00:16#	00:17+	
4	Gerd Grønvold				Arve Hagen BIL				25:04
01:51+	06:01+	08:53+	12:34+	15:01+	18:10+	22:16+	24:24+	25:04+	
01:51+	04:10+	02:52+	03:41+	02:27+	03:09+	04:06-	02:08+	00:40=	
00:32#	01:06#	00:30#	00:46#	00:05+	01:04#	01:03-	00:38#	00:00=	
5	Tora Kieven				Hamar Post				25:24
01:40+	06:01+	08:18+	11:34+	14:19+	19:02+	22:49+	24:56+	25:24+	
01:40+	04:21+	02:17+	03:16+	02:45+	04:43+	03:47-	02:07+	00:28-	
00:21#	01:17#	00:00=	00:21#	00:23#	02:38@	01:22-	00:57+	00:12-	
6	Tund Kolseth				Arve Hagen BIL				26:03
02:03+	06:27+	09:25+	12:54+	15:38+	18:43+	22:52+	25:24+	26:03+	
02:03+	04:24+	02:58+	03:29+	02:44+	03:05+	04:09-	02:32+	00:39-	
00:44#	01:20#	00:45#	00:34#	00:22#	01:00#	01:00-	01:02#	00:01-	
7	Marie Rustadbakken				Arve Hagen BIL				26:07
02:08+	06:06+	09:18+	12:51+	15:52+	19:09+	23:00+	25:15+	26:07+	
02:08+	03:58+	03:12+	03:33+	03:01+	03:17+	03:51-	02:15+	00:52+	
00:49#	00:54#	00:50#	00:38#	00:39#	01:12#	01:18-	00:46#	00:12-	
7	Lise Tronstad				Arve Hagen BIL				26:07
02:02+	06:30+	09:14+	12:55+	15:44+	18:50+	23:03+	25:31+	26:07+	
02:02+	04:28+	02:44+	03:41+	02:49+	03:06+	04:13-	02:28+	00:36-	
00:43#	01:24#	00:31#	00:46#	00:27#	01:01#	00:56-	00:58#	00:04-	
9	Solveig Johannessen				Arve Hagen BIL				26:11
02:16+	06:29+	09:39+	13:05+	15:45+	18:38+	22:52+	25:31+	26:11+	
02:16+	04:13+	03:10+	03:26+	02:40+	02:53+	04:14-	02:39+	00:40=	
00:57#	01:09#	00:57#	00:31#	00:18#	00:48#	00:55-	01:00#	00:00=	
10	Heiga Hansen				Arve Hagen BIL				29:01
01:46+	06:20+	09:30+	12:56+	18:13+	21:16+	26:04+	28:08+	29:01+	
01:46+	04:34+	03:10+	03:26+	05:17+	03:03+	04:48-	02:04+	00:53+	
00:27#	01:30#	00:57#	00:31#	02:55@	00:58#	00:21-	00:34#	00:13#	
11	Aase Sørflaten				Gunders				30:08
02:16+	07:39+	10:54+	15:30+	18:30+	22:23+	27:24+	29:32+	30:08+	
02:16+	05:23+	03:15+	04:36+	03:00+	03:53+	05:01-	02:08+	00:36-	
00:57#	01:10#	01:00#	01:41#	00:38#	01:48#	00:08-	00:38#	00:04-	
12	Rita Forårsveen				Sparebanken 1 Østlandet				30:24
01:54+	06:31+	10:33+	14:08+	16:35+	22:00+	28:06+	30:01+	30:24+	
01:54+	04:37+	04:02+	03:35+	02:27+	05:25+	06:06+	01:55+	00:23-	
00:35#	00:33#	01:40#	00:40#	00:05+	03:20@	00:57#	00:25+	00:17-	
13	Eva Stensby				Løten kommune				30:52
02:23+	07:03+	10:36+	15:12+	18:05+	21:46+	27:21+	30:13+	30:52+	
02:23+	04:40+	03:33+	04:36+	02:53+	03:41+	05:35+	02:52+	00:39-	
00:04#	00:36#	01:20#	00:31#	01:36#	00:26-	01:22#	00:01-	00:01-	
14	Margareth T. Dyresen				Arve Hagen BIL				31:59
01:30+	05:08+	17:59+	21:20+	23:35+	26:05+	29:38+	31:34+	31:59+	
01:30+	03:38+	12:51+	03:21+	02:15-	02:30+	03:33-	01:56+	00:25-	
00:11#	00:34#	10:38@	00:20#	00:07-	00:25#	01:36-	00:26#	00:15-	
15	Karin Jevanord				Arve Hagen BIL				33:42
02:31+	08:00+	11:51+	16:41+	20:03+	24:47+	29:44+	32:37+	33:42+	
02:31+	05:29+	03:51+	04:50+	03:22+	04:44+	04:57-	02:53+	01:05+	
00:12#	00:25#	01:30#	01:55#	01:00#	02:39@	00:12-	00:23#	00:25#	
16	Stine Holmen				Sofies stuer				36:25
03:34+	09:25+	14:03+	18:10+	20:21+	24:14+	32:08+	36:03+	36:25+	
03:34+	05:51+	04:38+	04:07+	02:11-	03:53+	07:54+	03:55+	00:22-	
00:15@	00:47#	02:25#	01:12#	00:11-	01:48#	02:45#	02:25@	00:18-	
18	Unni Vold				Møelven				37:19
03:21+	08:20+	11:57+	15:43+	24:26+	29:05+	34:07+	36:26+	37:19+	
03:21+	04:59+	03:37+	03:46+	08:43+	04:39+	05:02-	02:19+	00:53+	
00:02@	01:55#	00:21#	00:51#	06:21@	02:34@	00:07-	00:29+	00:13#	
19	Julie Skjeset				NOTEAM				49:19
04:08+	11:18+	17:24+	25:34+	31:52+	39:01+	45:33+	48:40+	49:19+	
04:08+	07:10+	06:06+	08:10+	06:18+	07:09+	06:32+	03:07+	00:39-	
02:49@	04:06@	03:53@	05:15@	03:56@	05:04@	01:23#	01:37@	00:01-	

Pllass	Navn	Klasse	Tid
20	Stine Bratli Danielsen	Sparebanken 1 Østlandet	50:23
01:31+	05:23+ 17:20+ 19:42+ 24:46+ 28:48+ 33:06+ 49:45+ 50:23+		
01:31+	03:52+ 11:57+ 02:22- 05:04+ 04:02+ 04:18- 16:39+ 00:38-		
00:18#	00:48# 00:41# 00:33- 02:42@ 01:57& 00:51- 15:09@ 00:02-		
01:19	03:04 01:58 02:22 02:11 02:05 02:54 01:30 00:22		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 2,5			
1	Liv Feiring	HIL	36:45
01:08=	06:23= 10:16= 12:06= 16:06= 26:12= 27:49= 30:39= 32:49= 36:05= 36:45=		
01:08=	05:15= 03:53= 01:50= 04:00= 10:06= 01:37= 02:50= 02:10= 03:16= 00:40=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Liv Reidun Refersen	Mjøø Retail	38:38
01:15+	06:31+ 11:58+ 14:03+ 18:15+ 28:12+ 29:46+ 32:16+ 35:08+ 38:02+ 38:38+		
01:15+	05:16+ 05:27+ 02:05+ 04:12+ 09:57- 01:34- 02:30- 02:52+ 02:54- 00:36-		
00:07#	00:01+ 01:34& 00:05# 00:12+ 00:09 00:03 00:20 00:42# 00:22- 00:04-		
3	Emma Rustadbakken Hagen	Arve Hagen BIL	39:18
00:58-	06:09- 10:35+ 12:34+ 16:39+ 26:11- 30:14+ 33:22+ 35:38+ 38:43+ 39:18+		
00:58-	05:11- 04:26+ 01:59+ 04:05+ 09:32- 04:03+ 03:08+ 02:16+ 03:05- 00:35-		
00:10-	00:04 00:02# 00:09+ 00:05+ 00:34- 02:26@ 00:18# 00:06+ 00:11- 00:05-		
4	Marith Brekke	Hamar kommune	39:50
01:15+	06:18- 10:43+ 12:41+ 16:40+ 26:06- 27:47- 31:01+ 35:48+ 39:17+ 39:50+		
01:15+	05:03- 04:25+ 01:58+ 03:59- 09:26- 01:41+ 03:14+ 04:47+ 03:29+ 00:33-		
00:07#	00:12 00:22# 00:08+ 00:01- 00:40- 00:04 00:24# 02:27@ 00:13+ 00:07-		
5	Björg Sorprud	Løten kommune	41:07
01:25+	06:44+ 11:06+ 13:20+ 18:30+ 28:08+ 29:54+ 33:34+ 36:11+ 40:25+ 41:07+		
01:25+	05:19+ 04:22+ 02:14+ 05:10+ 09:38- 01:46+ 03:40+ 02:37+ 04:14+ 00:42+		
00:17#	00:04+ 00:29# 00:24# 01:10& 00:28- 00:09 00:50& 00:27# 00:58& 00:02+		
6	Linda Stenbakken	Løten kommune	41:42
01:26+	07:07+ 11:30+ 13:33+ 17:53+ 27:37+ 29:21+ 32:35+ 36:43+ 40:57+ 41:42+		
01:26+	05:41+ 04:23+ 02:03+ 04:20+ 09:44- 01:44+ 03:14+ 04:08+ 04:14+ 00:45+		
00:18&	00:26+ 00:20# 00:13# 00:20+ 00:22- 00:07 00:24# 01:58& 00:58& 00:05#		
7	Mette Alvstad Wernberg	Sparebanken 1 Østlandet	41:57
01:21+	06:23= 11:47+ 13:38+ 17:43+ 27:00+ 29:12+ 32:37+ 37:19+ 41:09+ 41:57+		
01:21+	05:02- 05:24+ 01:51+ 04:05+ 09:17- 02:12+ 03:25+ 04:42+ 03:50+ 00:48+		
00:13#	00:13 01:31& 00:01 00:05+ 00:49- 00:35& 00:25# 02:32@ 00:34# 00:08#		
8	Randi Aas Fjæstad	Løten kommune	43:26
01:46+	08:10+ 13:30+ 15:34+ 20:01+ 30:58+ 32:58+ 36:39+ 38:52+ 42:41+ 43:26+		
01:46+	06:24+ 05:20+ 02:04+ 04:27+ 10:57+ 02:00+ 03:41+ 02:13+ 03:49+ 00:45+		
00:38&	01:09# 01:27& 00:14# 00:27# 00:51+ 00:23# 00:51& 00:03+ 00:33# 00:05#		
9	Sigrd Steig	Vegvesenet	43:47
01:10+	09:11+ 13:27+ 14:59+ 18:59+ 28:23+ 30:00+ 36:58+ 40:14+ 43:08+ 43:47+		
01:10+	08:01+ 04:16+ 01:32- 04:00= 09:24- 01:37= 06:58+ 03:16+ 02:54- 00:39-		
00:02+	02:46& 00:23+ 00:18 00:00= 00:42- 00:00= 04:08@ 01:06& 00:22- 00:01-		
10	Anne Karin Eilisenberg	Stange kommune	44:27
01:28+	06:40+ 11:15+ 13:36+ 19:02+ 30:45+ 32:42+ 36:53+ 39:46+ 43:40+ 44:27+		
01:28+	05:12- 04:35+ 02:21+ 05:26+ 11:43+ 01:57+ 04:11+ 02:53+ 03:54+ 00:47+		
00:20&	00:03 00:42# 00:31& 01:26& 01:37# 00:20# 01:21& 00:43& 00:38# 00:07#		
11	Mette Marit Jensen	Vegvesenet	44:37
01:15+	08:38+ 13:17+ 15:30+ 19:50+ 30:50+ 33:01+ 36:53+ 39:15+ 43:53+ 44:37+		
01:15+	07:23+ 04:39+ 02:13+ 04:20+ 11:00+ 02:11+ 03:52+ 02:22+ 04:38+ 00:44+		
00:07#	00:08& 00:16# 00:23# 00:29 00:54+ 00:34& 01:02 00:12 00:22& 00:04#		
12	Anita Stensby Bekkelund	Løten kommune	45:58
01:35+	07:39+ 12:30+ 14:44+ 19:37+ 30:04+ 31:52+ 35:39+ 38:36+ 45:15+ 45:58+		
01:35+	06:04+ 04:51+ 02:14+ 04:53+ 10:27+ 01:48+ 03:47+ 02:57+ 06:39+ 00:43+		
00:27&	00:49# 00:58# 00:04# 00:53# 00:21+ 00:11& 00:57& 00:47& 03:23@ 00:02+		
13	Rønnaug Sagbakken	Sparebanken 1 Østlandet	46:13
01:44+	07:26+ 12:30+ 14:42+ 19:53+ 31:25+ 33:39+ 36:56+ 41:38+ 45:22+ 46:13+		
01:44+	05:42+ 05:04+ 02:12+ 05:11+ 11:32+ 02:14+ 03:17+ 04:42+ 03:44+ 00:51+		
00:36&	00:27+ 01:11& 00:22# 01:11& 01:26# 00:37& 00:27& 02:52@ 00:28# 00:11&		
14	Claire Baht	Vegvesenet	47:19
01:19+	05:54- 19:32+ 20:45+ 24:34+ 34:57+ 36:51+ 40:13+ 42:55+ 46:39+ 47:19+		
01:19+	04:35- 13:38+ 01:13- 03:49- 10:23+ 01:54+ 03:22+ 02:42+ 03:44+ 00:40=		
00:11#	00:40 00:45@ 00:37- 00:11- 00:17+ 00:17+ 00:82# 00:32# 00:28# 00:00=		
15	Anita Tøllersen	Treningskompaniet	47:47
05:22+	11:08+ 16:29+ 18:31+ 23:06+ 35:55+ 38:09+ 41:38+ 43:59+ 47:15+ 47:47+		
05:22+	05:46+ 05:21+ 02:02+ 04:35+ 12:49+ 02:14+ 03:29+ 02:21+ 03:16= 00:32-		
04:14@	00:31+ 01:28& 00:35# 02:43& 00:37& 00:39+ 00:11+ 00:00= 00:08-		
16	Annie O Ginhemoen	Løten kommune	48:38
01:35+	07:58+ 13:16+ 15:33+ 20:22+ 33:48+ 35:53+ 39:36+ 43:40+ 47:46+ 48:38+		
01:35+	06:23+ 05:18+ 02:17+ 04:49+ 13:26+ 02:05+ 03:43+ 04:04+ 04:06+ 00:52+		
00:27&	01:08# 01:25& 00:27# 00:49# 03:20& 00:28& 00:53& 01:54& 00:50& 00:12&		

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Pluss	Navn	Klasse										Tid
9	Anita Høie	Arve Hagen BIL										51:12
	02:45+	12:17+	18:13+	20:33+	23:58+	26:16+	39:35+	41:48+	45:07+	48:25+	50:39+	51:12+
	02:45+	09:32+	05:56+	02:20+	03:25-	02:18+	13:19+	02:13+	03:19-	03:18-	02:14+	00:33-
10	Mona Hesselberg	Løten kommune										51:58
	00:48&	01:07#	00:03+	00:11+	00:03-	00:58&	05:23&	00:31+	00:10-	00:03-	00:07+	00:01-
	02:00+	11:24+	17:49+	20:16+	24:14+	26:13+	37:52+	40:44+	44:32+	48:03+	50:57+	51:58+
	02:00+	09:24+	06:25+	02:27+	03:58+	01:59+	11:39+	02:52+	03:48+	03:31+	02:54+	01:01+
11	Anne Karin Westby	Sparebanken 1 Østlandet										52:14
	00:03+	00:50#	00:22+	00:18+	00:30#	00:39&	03:43&	01:10&	00:10+	00:12+	00:17&	00:27&
	03:04+	19:05+	24:16+	26:29+	30:02+	31:47+	40:20+	42:01+	45:11+	49:43+	51:42+	52:14+
	03:04+	16:01+	05:11-	02:13+	03:33+	01:45+	08:33+	01:41-	03:10-	04:32+	01:59-	00:32-
12	Inger Marie Dygaard	Løten kommune										52:15
	01:07&	01:36&	00:42+	00:04+	00:05+	00:25&	00:37+	00:01-	00:10-	01:11&	00:08-	00:02-
	02:10+	12:19+	18:01+	20:05+	24:25+	27:25+	40:03+	41:58+	46:04+	49:17+	51:40+	52:15+
	02:10+	10:09+	05:42-	02:04-	04:20+	03:00+	12:38+	01:55+	04:06+	03:13-	02:23+	00:35+
13	Kristine Haugtomt	Hamar Katedralskole										54:25
	00:13#	01:44#	00:11+	00:05-	00:52#	01:40@	04:42@	00:13#	00:37#	00:08-	00:16#	00:01+
	02:45+	12:56+	28:04+	29:40+	32:32+	34:04+	40:33+	41:48+	49:14+	52:16+	53:53+	54:25+
	02:45+	10:11+	15:08+	01:36-	02:52-	01:32+	06:29-	01:15-	07:26+	03:02-	01:37-	00:32-
14	Karen Tømter	Utsiftingsplassen										56:24
	00:48&	01:46#	00:15@	00:33-	00:36-	00:12#	01:27+	00:27+	03:57@	00:19-	00:30-	00:02-
	02:39+	15:56+	24:14+	27:02+	31:44+	33:33+	42:16+	44:23+	49:01+	53:08+	55:38+	56:24+
	02:39+	13:17+	08:18+	02:48+	04:42+	01:49+	08:43+	02:07+	04:38+	04:07+	02:30+	00:46+
15	May Rognlien	Statens Hus										57:42
	00:42&	01:52&	02:25&	00:39&	01:14&	00:29&	00:47+	00:25#	01:09&	00:46#	00:23#	00:12&
	02:25+	16:23+	23:53+	26:42+	31:33+	34:06+	43:28+	45:50+	50:03+	54:03+	56:56+	57:42+
	02:25+	13:58+	07:30+	02:49+	04:51+	02:33+	09:22+	02:22+	04:13+	04:00+	02:53+	00:46+
16	Anita Bekkum	Arve Hagen BIL										58:14
	00:28#	05:32#	00:18+	00:40&	01:23&	01:13&	01:26#	00:40&	00:44#	00:39#	00:46&	00:12&
	02:11+	20:56+	27:24+	30:06+	34:47+	36:43+	45:55+	47:52+	51:34+	55:21+	57:30+	58:14+
	02:11+	18:45+	06:28+	02:42+	04:41+	01:56+	09:12+	01:57+	03:42+	03:47+	02:09+	00:44+
17	Dyfrid Larsen Moen	Ntnu Gjøvik										58:36
	00:14#	10:20@	00:35+	00:32&	01:13&	00:36&	01:16#	00:15#	00:13+	00:26#	00:02+	00:10&
	02:28+	14:37+	22:00+	26:02+	31:07+	34:02+	45:09+	47:03+	51:34+	55:10+	57:51+	58:36+
	02:28+	12:09+	07:23+	04:02+	05:05+	02:55+	11:07+	01:54+	04:31+	03:36+	02:41+	00:45+
18	Elin D. Maurud	Hamar kommune										1:05:53
	00:31&	02:44&	01:30&	01:53&	01:37&	01:35@	03:11@	00:12#	01:02&	00:15+	00:34&	00:11&
	01:54-	16:39+	25:35+	27:49+	40:41+	43:10+	50:13+	5				

D 4,5

1	Ingvald Gjessing					Enoro Consulting					43:01			
	01:28=	12:27=	14:10=	18:54=	21:14=	23:04=	25:56=	35:00=	36:23=	39:01=	40:50=	42:28=	43:01=	
	01:28=	10:59=	01:43=	04:44=	02:20=	01:50=	02:52=	09:04=	01:23=	02:38=	01:49=	01:38=	00:33=	
2	May Kristin Tøngren					Ringsaker OK					45:50			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
	02:39+	14:31+	16:24+	20:58+	23:21+	25:41+	28:12+	37:15+	38:48+	41:43+	43:41+	45:14+	45:50+	
3	Iren Skyttbekk					Løten kommune					49:58			
	02:39+	11:52+	01:53+	04:34=	02:23+	02:20+	02:31=	09:03=	01:33+	02:55+	01:58+	01:33=	00:36+	
	01:11&	00:53+	00:10+	00:10=	00:03+	00:30&	00:21=	00:01=	00:10#	00:17#	00:09+	00:05=	00:03+	
4	Marte Skårhølen					Hamar kommune					52:08			
	02:36+	16:17+	18:28+	23:33+	26:18+	28:13+	31:03+	41:21+	42:53+	45:55+	47:43+	49:27+	49:58+	
	02:36+	13:41+	02:11+	05:05+	02:45+	01:55+	02:50=	10:18+	01:32+	03:02+	01:48=	01:44+	00:31=	
5	Wenche Bjørnstad					Geno					53:07			
	01:08&	02:42#	00:22&	00:21+	00:25#	00:05+	00:02=	01:14#	00:09#	00:24#	00:01=	00:06+	00:02=	
	01:31+	11:39=	13:29=	17:41=	22:30+	28:54+	32:20+	40:51+	42:26+	45:41+	48:38+	51:36+	52:08+	
6	Ingrid Løvsem					Hamar Katedralskole					53:57			
	01:31+	10:08=	01:50+	04:12=	04:49+	06:24+	03:26+	08:31=	01:35+	03:15+	02:57+	02:58+	00:32=	
	00:03+	00:51=	00:07=	00:32=	02:29@	04:34@	00:34#	00:33=	00:12#	00:37#	01:08&	01:20&	00:01=	
	01:38+	13:02+	14:59+	19:31+	21:54+	24:50+	28:15+	39:48+	41:15+	45:03+	50:32+	52:30+	53:07+	
	01:38+	11:24+	01:57+	04:32=	02:23+	02:56+	03:25+	11:33+	01:27+	03:48+	05:29+	01:58+	00:37+	
	00:10#	00:25=	00:14#	00:12=	00:03+	01:06&	00:33#	02:29&	00:04=	01:10&	03:40@	00:20#	00:04#	
	01:43+	13:43+	15:35+	19:50+	24:10+	30:57+	34:28+	44:38+	46:10+	49:42+	51:34+	53:21+	53:57+	
	01:43+	12:00+	01:52+	04:15=	04:20+	06:47+	03:31+	10:10+	01:32+	03:32+	01:52+	01:47+	00:36+	
	00:15#	01:01+	00:09+	00:29=	02:00&	04:57@	00:39#	01:06#	00:09#	00:54&	00:03+	00:09+	00:03+	

Plass	Navn					Klasse					Tid							
7	Line Merete Libak					Løten kommune					57:09							
	01:55+	17:27+	19:43+	25:01+	29:01+	31:36+	35:18+	46:56+	48:31+	52:01+	54:51+	56:30+	57:09+					
	01:55+	15:32+	02:16+	05:18+	04:00+	02:35+	03:42+	11:38+	01:35+	03:30+	02:50+	01:39+	00:39+					
8	Ingunn Lund Nordstrøm					Norsk Tipping					57:24							
	00:27&	00:33&	00:33&	00:01#	01:40&	00:45&	00:50&	02:14&	00:12#	00:52&	01:01&	00:01+	00:06#					
	02:01+	19:49+	22:04+	28:08+	30:23+	32:41+	35:44+	46:28+	48:03+	51:39+	54:38+	56:50+	57:24+					
	02:01+	17:48+	02:15+	06:04+	02:15-	02:18+	03:03+	10:44+	01:35+	03:36+	02:59+	02:12+	00:34+					
9	Erlanne Ødegård Haneberg					Handelsbanken					58:38							
	00:33&	00:09&	00:30&	01:30&	00:05	00:28&	00:11	01:10	00:12#	00:58&	01:10&	00:34&	00:01+					
	03:05+	15:59+	17:58+	23:16+	26:05+	32:13+	38:04+	48:39+	50:06+	53:02+	56:23+	58:05+	58:38+					
	03:05+	12:54+	01:59+	05:18+	02:49+	06:08+	05:51+	10:35+	01:27+	02:56+	03:21+	01:42+	00:33=					
10	Mari Norstad Opsahl					Norsk Tipping					59:01							
	01:37@	01:55#	00:16#	00:21#	00:29#	04:18@	02:59&	01:11#	00:04+	00:18#	01:32&	00:04+	00:00=					
	01:45+	15:14+	17:43+	23:20+	25:54+	34:08+	37:28+	48:59+	50:37+	53:43+	56:18+	58:22+	59:01+					
	01:45+	13:29+	02:29+	05:37+	02:34+	08:14+	03:20+	11:31+	01:38+	03:06+	02:35+	02:04+	00:39+					
11	Sylvia Andersen					Elverum kommune					1:08:27							
	00:17#	02:30#	00:46&	00:53#	00:14#	06:24@	00:28#	02:27&	00:15#	00:28#	00:46&	00:26&	00:06#					
	02:27+	20:19+	23:21+	31:17+	34:40+	37:43+	41:29+	56:14+	58:16+	62:21+	65:26+	67:47+	68:27+					
	02:27+	17:52+	03:02+	07:56+	03:23+	03:03+	03:46+	14:45+	02:02+	04:05+	03:05+	02:21+	00:40+					
	00:50&	06:51&	01:10&	01:12&	01:03&	01:13&	00:54&	05:41&	00:39&	01:27&	01:16&	00:43&	00:07#					
Beste strekktid for klassen																		
	01:28	10:08	01:43	04:12	02:15	01:50	02:31	08:31	01:23	02:38	01:48	01:33	00:31					
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		
D 5,5																		
1	Sofie Johansson					Hamar Katedralskole					50:48							
	06:39=	10:58=	12:42=	18:20=	21:04=	22:11=	26:40=	28:44=	30:13=	32:37=	36:05=	42:17=	43:40=	44:47=	46:49=	48:33=	50:15=	50:48=
	06:39=	04:19=	01:44=	05:38=	02:44=	01:07=	04:29=	02:04=	01:29=	02:24=	03:28=	06:12=	01:23=	01:07=	02:02=	01:44=	01:42=	00:33=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
Beste strekktid for klassen																		
	06:39	04:19	01:44	05:38	02:44	01:07	04:29	02:04	01:29	02:24	03:28	06:12	01:23	01:07	02:02	01:44	01:42	00:33
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		
H 1,5																		
1	Johan Nerheim					Løten kommune					19:00							
	01:38=	05:02=	06:57=	09:21=	11:22=	13:40=	16:33=	18:16=	19:00=									
	01:38=	03:24=	01:55=	02:24=	02:01=	02:18=	02:53=	01:43=	00:44=									
2	Arnfinn Nordhagen					Geno					19:56							
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
	01:21-	04:42-	07:02+	09:37+	11:31+	14:09+	17:12+	19:10+	19:56+									
	01:21-	03:21-	02:20+	02:35+	01:54-	02:38+	03:03+	01:58+	00:46+									
3	Trygve Jan Bjerke					Hamar Post					20:04							
	00:17-	00:03-	00:25#	00:11+	00:07-	00:20#	00:10+	00:15#	00:02+									
	01:29-	04:29-	07:07+	09:28+	11:24+	13:49+	17:11+	19:34+	20:04+									
	01:29-	03:00-	02:38+	02:21-	01:56-	02:25+	03:22+	02:23+	00:30-									
4	Steinar Jøten					Toneheim					20:29							
	00:09-	00:24-	00:43&	00:03-	00:05-	00:07+	00:29+	00:40&	00:14-									
	01:43+	05:09+	07:41+	10:27+	12:38+	15:00+	18:16+	20:01+	20:29+									
	01:43+	03:26+	02:32+	02:46+	02:11+	02:22+	03:16+	01:45+	00:28-									
5	Geir-Hakon Øverby					If					21:34							
	00:05+	00:02+	00:27&	00:22#	00:10+	00:04+	00:23#	00:02+	00:16-									
	01:33-	04:36-	07:18+	09:53+	12:05+	14:14+	19:15+	20:52+	21:34+									
	01:33-	03:03-	02:42+	02:35+	02:12+	02:09-	05:01+	01:37-	00:42-									
	00:05-	00:21-	00:47&	00:11+	00:11+	00:09-	02:08&	00:06-	00:02-									
6	Erik Gundersen					Nestle					22:00							
	01:28-	05:31+	07:54+	10:41+	12:34+	15:14+	19:17+	21:29+	22:00+									
	01:28-	04:03+	02:23+	02:47+	01:53-	02:40+	04:03+	02:12+	00:31-									
	00:10-	00:39+	00:28#	00:23#	00:08-	00:22#	01:10&	00:29&	00:13-									
7	Hallstein Ødegård					Løten kommune					22:04							
	01:26-	04:50-	08:06+	10:59+	13:00+	15:07+	19:40+	21:33+	22:04+									
	01:26-	03:24=	03:16+	02:53+	02:01=	02:07-	04:33+	01:53+	00:31-									
	00:12-	00:00=	01:21&	00:20=	00:00=	00:11-	01:40&	00:10+	00:13-									
8	Arve Nils Børresen					If					23:06							
	01:40+	05:41+	08:43+	11:47+	14:12+	16:47+	20:25+	22:20+	23:06+									
	01:40+	04:01+	03:02+	03:04+	02:25+	02:35+	03:38+	01:55+	00:46+									
	00:02+	00:37#	01:07&	00:40&	00:24#	00:17#	00:45&	00:12#	00:02+									

Plass	Navn			Klasse					Tid
9	Oddvar Dalby			Hamar kommune					24:42
	02:24+	07:33+	10:02+	12:53+	15:07+	17:52+	21:36+	24:08+	24:42+
	02:24+	05:09+	02:29+	02:51+	02:14+	02:45+	03:44+	02:32+	00:34-
10	Arne Sveen			Stabburet					25:40
	00:46&	01:45&	03:24&	00:27#	00:13#	00:27#	00:51&	00:10&	00:10-
	01:57+	06:04+	08:53+	12:14+	14:43+	17:48+	22:16+	24:54+	25:40+
	01:57+	04:07+	02:49+	03:21+	02:29+	03:05+	04:28+	02:38+	00:46+
11	Ingvald Federsén			Statens Hus					26:10
	00:19#	00:43#	00:53#	00:57&	00:28#	00:47&	01:35	00:55&	00:02+
	01:34-	06:00+	08:56+	11:52+	15:59+	19:06+	23:22+	25:41+	26:10+
	01:34-	04:34+	02:48+	02:56+	04:07+	03:07+	04:16+	02:19+	00:29-
12	Kjell Sagbakken			Hamar Post					26:49
	00:04-	00:10#	00:52&	00:33#	02:06@	00:49&	01:23&	00:36&	00:15-
	01:25-	04:48-	08:34+	13:01+	15:18+	17:29+	23:30+	26:23+	26:49+
	01:25-	03:23-	03:46+	04:27+	02:17+	02:11-	06:01+	02:53+	00:26-
13	Torkel Bache			Sanderud sykehus					27:14
	00:13-	00:01-	01:51&	02:03&	00:16#	00:07-	03:08&	01:10&	00:18-
	01:47+	07:47+	10:44+	14:02+	16:35+	19:33+	24:02+	26:27+	27:14+
	01:47+	06:00+	02:57+	03:18+	02:33+	02:58+	04:29+	02:25+	00:47+
14	Helleik Nylund			Løten kommune					27:15
	00:09+	02:36&	01:03&	00:54&	00:32&	00:40&	01:36&	00:42&	00:03+
	01:48+	06:59+	09:47+	12:42+	17:04+	20:10+	24:24+	26:40+	27:15+
	01:48+	05:11+	02:48+	02:55+	04:22+	03:06+	04:14+	02:16+	00:35-
15	Jon Lindgren			Romedal Almenning					28:06
	00:10#	01:47&	00:58&	00:31#	02:21@	00:48&	01:21&	00:33&	00:09-
	01:53+	05:49+	08:28+	13:52+	16:41+	21:15+	25:08+	27:30+	28:06+
	01:53+	03:56+	02:39+	05:24+	02:49+	04:34+	03:53+	02:22+	00:36-
16	Tore Lindaas			Elverum kommune					28:31
	00:15#	00:32#	00:44&	03:00@	00:48&	02:16&	01:00&	00:29&	00:08-
	02:22+	07:45+	10:52+	14:39+	17:07+	20:46+	25:19+	27:51+	28:31+
	02:22+	05:23+	03:07+	03:47+	02:28+	03:39+	04:33+	02:32+	00:40-
17	Edgar Myrvoid			Statens Hus					29:52
	00:44&	01:50&	01:12&	01:23&	00:27#	01:21&	01:40&	00:49&	00:04-
	01:49+	05:48+	08:17+	14:20+	16:37+	19:07+	22:28+	29:06+	29:52+
	01:49+	03:59+	02:29+	06:03+	02:17+	02:30+	03:21+	06:38+	00:46+
18	Ragnar Høsjøen			Hamar Post					30:55
	01:11#	00:35#	00:34&	03:39@	00:16#	00:12+	00:28#	04:55@	00:02+
	02:15+	07:12+	10:22+	13:59+	19:24+	22:36+	27:19+	29:55+	30:55+
	02:15+	04:57+	03:10+	03:37+	05:25+	03:12+	04:43+	02:36+	01:00+
19	Niels Høimen Storslett			Solnes stuer					37:18
	00:37&	00:36&	01:15&	01:46&	00:21@	00:54&	01:50&	00:53&	00:16&
	03:29+	09:45+	13:49+	17:51+	20:28+	24:14+	32:05+	36:34+	37:18+
	03:29+	06:16+	04:04+	04:02+	02:37+	03:46+	07:51+	04:29+	00:44=
20	Hans Narbuvold			Nestle					43:56
	01:51@	03:52&	00:00&	01:30&	00:36&	01:28&	04:58@	02:16@	00:00=
	02:12+	11:05+	21:50+	26:25+	29:27+	32:37+	36:29+	43:10+	43:56+
	02:12+	08:53+	10:45+	04:35+	03:02+	03:10+	03:52+	06:41+	00:46+
21	Arne G. Barho			Løten kommune					1:03:25
	00:34&	05:29@	00:50&	00:11&	01:01&	00:52&	00:59&	04:58@	00:02+
	03:01+	10:36+	26:17+	32:27+	37:20+	45:56+	53:37+	62:19+	63:25+
	03:01+	07:35+	15:41+	06:10+	04:53+	08:36+	07:41+	08:42+	01:06+
22	Erik Skarås			Sparebanken Hedmark					1:04:10
	01:23&	04:11@	12:46&	03:46@	02:52@	06:18@	04:48@	06:59@	00:22&
	04:08+	15:58+	24:40+	27:21+	30:12+	38:14+	41:26+	63:22+	64:10+
	04:08+	11:50+	08:42+	02:41+	02:51+	08:02+	03:12+	21:56+	00:48+
	02:30&	00:21@	00:47@	00:17#	00:50&	05:44@	00:19#	20:13@	00:04+
Beste strekk tid for klassen									
	01:21	03:00	01:55	02:21	01:53	02:07	02:53	01:37	00:26

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

H 2,5

1	Snorre Fauske			Løten kommune					28:15
	02:01=	05:44=	08:07=	09:08=	11:31=	17:10=	18:28=	19:44=	23:23=
	02:01=	03:43=	02:23=	01:01=	02:23=	05:39=	01:18=	01:16=	03:39=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	John Tangen			ASKO					31:05
	01:27-	06:35+	09:51+	11:25+	14:28+	22:25+	24:05+	25:56+	27:57+
	01:27-	05:08+	03:16+	01:34+	03:03+	07:57+	01:40+	01:51+	02:01-
	00:34-	04:25&	00:53&	00:33&	00:40&	02:18&	00:22&	00:35&	01:38-
3	Tore Stensby			Matilsynet					34:18
	01:38-	07:03+	10:23+	11:55+	15:22+	25:29+	27:18+	29:04+	31:43+
	01:38-	05:25+	03:20+	01:32+	03:27+	10:07+	01:49+	01:46+	02:39-
	00:23-	01:42&	00:57&	00:31&	01:04&	04:28&	00:31&	00:30&	01:00-
								02:30-	00:13&

Plass	Navn		Klasse								Tid
4	Terje Lien		Telenor								34:20
02:15+	07:21+	11:06+	12:35+	16:18+	24:41+	26:31+	28:16+	32:05+	33:43+	34:20+	
02:15+	05:06+	03:45+	01:29+	03:43+	08:23+	01:50+	01:45+	03:49+	01:38-	00:37+	
00:14#	07:23&	01:21&	00:20&	01:20&	02:44&	00:32&	00:29&	01:10-	02:50-	00:13&	
5	Hans Asbjørn Tingvold		System-Tre Gjøvik								35:03
02:00-	08:00+	12:02+	13:49+	17:33+	26:12+	28:10+	30:06+	32:13+	34:20+	35:03+	
02:00-	06:00+	04:02+	01:47+	03:44+	08:39+	01:58+	01:56+	02:07-	02:07-	00:43+	
00:01-	07:17&	01:20&	00:46&	01:21&	03:00&	00:40&	00:40&	01:12-	02:21-	00:19&	
6	Morten Døe		Furnes Almennhing								35:37
02:12+	07:28+	11:41+	13:29+	17:18+	26:36+	28:45+	30:30+	32:44+	34:42+	35:37+	
02:12+	05:16+	04:13+	01:48+	03:49+	09:18+	02:09+	01:45+	02:14-	01:58-	00:55+	
00:11+	07:23&	01:50&	00:17&	01:26&	03:39&	00:51&	00:29&	01:25-	02:30-	00:31@	
7	Bjørn Ericksrud		System-Tre Gjøvik								36:06
03:01+	09:04+	13:09+	14:53+	18:38+	27:20+	29:18+	31:09+	33:18+	35:24+	36:06+	
03:01+	06:03+	04:05+	01:44+	03:45+	08:42+	01:58+	01:51+	02:09-	02:06-	00:42+	
01:00&	07:20&	01:42&	00:43&	01:22&	03:03&	00:40&	00:35&	01:30-	02:22-	00:18&	
8	Einar Stensby		Løten kommune								37:21
02:18+	08:09+	12:26+	14:12+	18:26+	27:21+	29:18+	31:13+	34:36+	36:46+	37:21+	
02:18+	05:51+	04:17+	01:46+	04:14+	08:55+	01:57+	01:55+	03:23-	02:10-	00:35+	
00:17#	02:08&	01:54&	00:45&	01:51&	03:16&	00:39&	00:39&	00:16-	02:18-	00:11&	
8	Haavard Ecstrand		Fylkeshuset								37:21
03:38+	09:40+	13:25+	15:45+	19:47+	28:01+	30:22+	32:06+	34:17+	36:40+	37:21+	
03:38+	06:02+	03:45+	02:20+	04:02+	08:14+	02:21+	01:44+	02:11-	02:23-	00:41+	
01:37&	07:19&	01:22&	01:19@	01:39&	02:35&	01:03&	00:28&	01:28-	02:05-	00:17&	
10	Morten Moen		Norconsult								37:45
02:38+	07:56+	12:42+	15:31+	19:33+	28:36+	31:04+	33:22+	35:29+	37:14+	37:45+	
02:38+	05:18+	04:46+	02:49+	04:02+	09:03+	02:28+	02:18+	02:07-	01:45-	00:31+	
00:37&	01:35&	02:23&	01:48@	01:39&	03:24&	01:10&	01:02&	01:32-	02:43-	00:07&	
11	Per Vold		Moelven								38:10
04:54+	09:53+	13:22+	14:58+	17:55+	24:45+	26:12+	27:33+	36:07+	37:37+	38:10+	
04:54+	04:59+	03:29+	01:36+	02:57+	06:50+	01:27+	01:21+	08:34+	01:30-	00:33+	
02:53@	01:16&	01:06&	00:35&	00:34#	01:11#	00:09#	00:05+	04:55@	02:58-	00:09&	
12	Torbjørn Hakensen		Gunders								38:45
01:54-	09:29+	13:08+	15:25+	18:46+	26:20+	28:09+	29:58+	34:24+	38:05+	38:45+	
01:54-	07:35+	03:39+	02:17+	03:21+	07:34+	01:49+	01:49+	04:26+	03:41-	00:40+	
00:07-	02:52@	01:16&	01:16@	00:58&	01:55&	00:31&	00:33&	00:47#	00:47-	00:16&	
13	Torbjørn Ødegaard		Hamar Lærnehøgskole								39:01
02:41+	08:44+	12:57+	15:14+	19:08+	29:17+	31:22+	33:10+	36:01+	38:16+	39:01+	
02:41+	06:03+	04:13+	02:17+	03:54+	10:09+	02:05+	01:48+	02:51-	02:15-	00:45+	
00:40&	07:20&	01:50&	01:16@	01:31&	04:30&	00:47&	00:12&	00:48-	02:13-	00:21&	
14	Ole-Johan Vangen		Norsk Tipping								39:16
02:21+	10:37+	14:29+	16:19+	19:49+	27:37+	29:20+	31:09+	35:08+	38:38+	39:16+	
02:21+	08:16+	03:52+	01:50+	03:30+	07:48+	01:43+	01:49+	03:59+	03:30-	00:38+	
00:20#	04:23@	01:29&	00:49&	01:07&	02:09&	00:25&	00:33&	00:20+	00:58-	00:14&	
15	Jan Erik Johansen		Hamar Post								40:04
02:31+	08:37+	12:48+	14:28+	18:39+	28:01+	30:56+	33:03+	36:49+	39:22+	40:04+	
02:31+	06:06+	04:11+	01:40+	04:11+	09:22+	02:55+	02:07+	03:46+	02:33-	00:42+	
00:30#	07:23&	01:48&	00:39&	01:48&	03:43&	01:37@	00:51&	00:07+	01:55-	00:18&	
16	Stein Sandaker		Ahlsein								40:12
01:50-	07:50+	12:21+	14:47+	19:06+	28:24+	31:17+	33:21+	37:31+	39:34+	40:12+	
01:50-	06:00+	04:31+	02:26+	04:19+	09:18+	02:53+	02:04+	04:10+	02:03-	00:38+	
00:11-	02:17&	02:08&	01:25@	01:56&	03:39&	01:35@	00:48&	00:31#	02:25-	00:14&	
17	Stein Edvardsen		Elverum kommune								41:17
04:46+	10:57+	15:27+	17:21+	21:13+	30:54+	33:18+	35:06+	37:56+	40:31+	41:17+	
04:46+	06:11+	04:30+	01:54+	03:52+	09:41+	02:24+	01:48+	02:50-	02:35-	00:46+	
02:45@	07:28&	07:07&	00:53&	01:29&	04:02&	01:06&	00:32&	00:49-	01:53-	00:22&	
18	Svein Iver Jevne		Arve Hagen BIL								41:30
02:14+	08:36+	13:04+	15:02+	19:34+	29:12+	31:29+	33:28+	37:25+	40:54+	41:30+	
02:14+	06:22+	04:28+	01:58+	04:32+	09:38+	02:17+	01:59+	03:57+	03:29-	00:36+	
00:13#	02:38&	00:05&	00:57&	02:09&	03:59&	00:59&	00:42&	00:08+	00:59-	00:12&	
19	Kjell Vidar Holmen		Arve Hagen BIL								41:49
02:07+	08:44+	13:19+	15:10+	19:36+	29:27+	31:36+	33:39+	37:32+	41:00+	41:49+	
02:07+	06:37+	04:35+	01:51+	04:26+	09:51+	02:09+	02:03+	03:53+	03:28-	00:49+	
00:06+	02:54&	07:12&	00:50&	02:03&	04:12&	00:51&	00:47&	00:14+	01:00-	00:25@	
20	Hans Petter Jevanord		Geno								42:20
02:32+	09:13+	13:58+	15:48+	20:06+	30:07+	33:06+	35:11+	38:45+	41:24+	42:20+	
02:32+	06:41+	04:45+	01:50+	04:18+	10:01+	02:59+	02:05+	03:34-	02:39-	00:56+	
00:31&	07:58&	07:22&	00:49&	01:55&	04:22&	01:41&	00:40&	00:05-	01:49-	00:32@	
21	Knut Røhrsveen		Arve Hagen BIL								42:25
02:47+	09:27+	14:14+	16:03+	20:48+	30:48+	33:19+	35:18+	37:55+	41:42+	42:25+	
02:47+	06:40+	04:47+	01:49+	04:45+	10:00+	02:31+	01:59+	02:37-	03:47-	00:43+	
00:46&	07:57&	07:24@	00:48&	02:22&	04:21&	01:13&	00:42&	01:02-	00:41-	00:19&	
22	Odd Tangen		Norsk Tipping								42:44
01:49-	07:24+	11:39+	13:16+	17:27+	30:36+	32:41+	34:29+	39:29+	42:06+	42:44+	
01:49-	05:35+	04:15+	01:37+	04:11+	13:09+	02:05+	01:48+	05:00+	02:37-	00:38+	
00:12-	01:52&	01:52&	00:36&	01:48&	07:30@	00:47&	00:32&	01:21&	01:51-	00:14&	

Plass	Navn	Klasse										Tid
23	Harald Haugen	Geno										43:38
03:03+	09:57+	14:58+	17:12+	21:13+	31:54+	34:30+	37:05+	39:57+	42:31+	43:38+		
03:03+	06:54+	05:01+	02:14+	04:01+	10:41+	02:36+	02:35+	02:52-	02:34-	01:07+		
04:02&	02:11&	02:28@	01:13@	01:38&	05:02&	01:18@	01:19@	00:47-	01:54-	00:43@		
24	Ottar Evensen	Elverum kommune										44:42
02:06+	08:06+	12:29+	14:08+	18:31+	34:39+	36:57+	38:57+	41:34+	43:56+	44:42+		
02:06+	06:00+	04:23+	01:39+	04:23+	16:08+	02:18+	02:00+	02:37-	02:22-	00:46+		
00:05+	00:17&	02:00&	00:38&	02:00&	10:29@	01:00@	00:14&	01:02-	02:06-	00:22&		
25	Trond Sørum	Byggmakker										44:53
05:35+	10:57+	14:44+	16:59+	21:12+	31:26+	34:11+	36:06+	40:58+	44:13+	44:53+		
05:35+	05:22+	03:47+	02:15+	04:13+	10:14+	02:45+	01:55+	04:52+	03:15-	00:40+		
08:34@	01:28&	01:24&	01:14@	01:50&	04:35&	01:27@	00:29&	01:13&	01:13-	00:16&		
26	Arvid Haug	Gunders										45:18
02:30+	10:15+	16:03+	18:15+	22:48+	33:49+	36:30+	38:27+	41:41+	44:31+	45:18+		
02:30+	07:45+	05:48+	02:12+	04:33+	11:01+	02:41+	01:57+	03:14-	02:50-	00:47+		
00:29#	04:02@	03:25@	01:11@	02:10&	05:22&	01:23@	00:41&	00:25-	01:38-	00:23&		
27	Trygve Hestad	Hamar kommune										46:01
02:10+	09:34+	13:55+	17:39+	21:58+	32:48+	35:10+	37:22+	42:29+	45:21+	46:01+		
02:10+	07:24+	04:21+	03:44+	04:19+	10:50+	02:22+	02:12+	05:07+	02:52-	00:40+		
00:09+	02:41&	01:58&	02:43@	01:56&	05:11&	01:04&	00:56&	01:28&	01:36-	00:16&		
28	Henrik Bache	Sanderud sykehus										46:44
03:51+	13:44+	18:20+	20:17+	24:43+	34:26+	36:36+	38:44+	42:05+	46:02+	46:44+		
03:51+	09:53+	04:36+	01:57+	04:26+	09:43+	02:10+	02:08+	03:21-	03:57-	00:42+		
01:50&	00:10@	02:13&	00:56&	02:03&	04:04&	00:52&	00:52&	00:18-	00:31-	00:18&		
28	Odd Rise	Geno										46:44
08:40+	14:44+	19:28+	22:13+	26:45+	36:17+	38:32+	40:13+	43:05+	46:00+	46:44+		
08:40+	06:04+	04:44+	02:45+	04:32+	09:32+	02:15+	01:41+	02:52-	02:55-	00:44+		
06:39@	02:21&	02:21&	01:44@	02:09&	03:53&	00:57&	00:25&	00:47-	01:33-	00:20&		
30	Knut Fjæstad	Løten kommune										47:18
04:44+	11:32+	20:52+	22:43+	27:24+	37:29+	39:39+	41:36+	44:07+	46:34+	47:18+		
04:44+	06:48+	09:20+	01:51+	04:41+	10:05+	02:10+	01:57+	02:31-	02:27-	00:44+		
02:43@	02:05&	06:57@	00:50&	02:18&	04:26&	00:52&	00:41&	01:08-	02:01-	00:20&		
31	Kåre Garmager	Telenor										47:35
02:21+	08:22+	12:58+	14:48+	18:56+	35:32+	38:06+	39:57+	44:06+	46:47+	47:35+		
02:21+	06:01+	04:36+	01:50+	04:08+	16:36+	02:34+	01:51+	04:09+	02:41-	00:48+		
00:20#	02:18&	02:13&	00:49&	01:45&	10:57@	01:16&	00:35&	00:20+	01:47-	00:24&		
32	Harald Grønvold	Arve Hagen BIL										48:04
02:09+	09:25+	13:43+	15:18+	19:43+	36:42+	39:04+	41:42+	45:07+	47:23+	48:04+		
02:09+	07:16+	04:18+	01:35+	04:25+	16:59+	02:22+	02:38+	03:25-	02:16-	00:41+		
00:08+	00:33&	01:55&	00:24&	02:02&	11:20@	01:04&	01:28@	00:14-	02:12-	00:17&		
33	Bjørn Jenssen	Mjørs Retail										48:50
03:20+	11:01+	15:49+	18:49+	23:53+	35:58+	38:26+	40:57+	44:01+	47:55+	48:50+		
03:20+	07:41+	04:48+	03:00+	05:04+	12:05+	02:28+	02:31+	03:04-	03:54-	00:55+		
04:19&	03:58@	00:25@	01:50@	02:41@	06:26@	01:10@	01:15&	00:35-	00:24-	00:31@		
34	Peter Nagtzaam	EAB Engineering										50:35
08:12+	14:58+	18:28+	23:53+	28:29+	36:45+	38:35+	41:11+	46:41+	50:00+	50:35+		
08:12+	06:46+	03:30+	05:25+	04:36+	08:16+	01:50+	02:36+	05:30+	03:19-	00:35+		
06:11@	02:03&	01:07&	04:24@	02:13&	02:37&	00:32&	01:20@	01:51&	01:09-	00:11&		
35	Dag Erik Hovde	Eidsiva										53:06
03:08+	11:28+	17:16+	19:43+	25:14+	39:09+	42:02+	44:22+	48:38+	51:53+	53:06+		
03:08+	08:20+	05:48+	02:27+	05:31+	13:55+	02:53+	02:20+	04:16+	03:15-	01:13+		
01:07&	04:37@	03:25@	01:26@	03:08@	08:16@	01:35@	01:04&	00:37#	01:13-	00:49@		
36	Magnar Sveen	MoeIVEN										55:02
04:54+	13:01+	17:43+	19:40+	23:52+	40:20+	43:02+	45:02+	51:46+	54:12+	55:02+		
04:54+	08:07+	04:42+	01:57+	04:12+	16:28+	02:42+	02:00+	06:44+	02:26-	00:50+		
02:53@	01:24@	02:19&	00:56&	01:49&	10:49@	01:24@	00:44&	03:05&	02:02-	00:26@		
37	Frank Evensen	Telenor										1:01:46
03:17+	16:49+	21:19+	25:40+	30:36+	44:57+	47:31+	49:31+	57:49+	60:48+	61:46+		
03:17+	13:32+	04:30+	04:21+	04:56+	14:21+	02:34+	02:00+	08:18+	02:59-	00:58+		
00:16&	02:04@	02:07&	03:20@	02:33@	08:42@	01:16&	00:44&	00:39@	01:29-	00:34@		
38	Jon Kjelrand	Hamar OK										1:03:13
02:56+	17:57+	22:33+	24:38+	28:43+	44:27+	46:15+	48:26+	59:55+	62:37+	63:13+		
02:56+	15:01+	04:36+	02:05+	04:05+	15:44+	01:48+	02:11+	11:29+	02:42-	00:36+		
00:55&	10:11@	02:13&	01:42&	10:05@	00:30&	00:55&	07:50@	01:46-	00:12&			
Beste strekketid for klassen												
01:27	03:43	02:23	01:01	02:23	05:39	01:18	01:16	02:01	01:30	00:24		

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

H 3,5

1	Terje Tangen	Ringsaker OK										31:32
03:53=	07:09=	11:30=	13:18=	16:03=	21:53=	23:16=	24:25=	26:06=	27:21=	29:07=	30:57=	31:32=
03:53=	03:16=	04:21=	01:48=	02:45=	05:50=	01:23=	01:09=	01:41=	01:15=	01:46=	01:50=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Plass	Navn				Klasse				Tid			
2	Tom Røise				Høgskolen i Gjøvik				31:59			
03:38-	06:40-	10:59-	13:25+	16:01-	22:04+	23:19+	24:31+	26:07+	27:13-	29:17+	31:26+	31:59+
03:38-	03:02-	04:19-	02:26+	02:36-	06:03+	01:15-	01:12+	01:36-	01:06-	02:04+	02:09+	00:33-
00:15-	00:14-	00:02-	00:38&	00:09-	00:13+	00:08-	00:03+	00:05-	00:09-	00:18#	00:19#	00:02-
04:29+	08:11+	13:05+	15:13+	18:27+	25:34+	27:17+	28:37+	29:56+	31:26+	33:20+	35:18+	35:55+
04:29+	03:42+	04:54+	02:08+	03:14+	07:07+	01:43+	01:20+	01:19-	01:30+	01:54+	01:58+	00:37+
00:36#	00:26#	00:13#	00:10#	00:29#	01:17#	00:20#	00:11#	00:22-	00:15#	00:08+	00:08+	00:02+
4	Einar Flenvold				Skaaret AS				36:33			
05:39+	09:01+	13:39+	15:44+	18:29+	25:20+	27:19+	29:25+	30:43+	32:03+	33:43+	36:07+	36:33+
05:39+	03:22+	04:38+	02:05+	02:45=	06:51+	01:59+	02:06+	01:18-	01:20+	01:40-	02:24+	00:26-
01:46&	00:06+	00:17+	00:17#	00:00=	01:01#	00:36&	00:57+	00:20-	00:05+	00:06-	00:34&	00:09-
04:17+	08:06+	12:53+	14:55+	18:02+	25:48+	27:35+	28:46+	30:08+	31:29+	34:16+	36:56+	37:33+
04:17+	03:49+	04:47+	02:02+	03:07+	07:46+	01:47+	01:11+	01:22-	01:21+	02:47+	02:40+	00:37+
00:24#	00:23#	00:26+	00:14#	00:22#	01:56&	00:24&	00:02-	00:19-	00:06+	01:01&	00:50&	00:02+
6	Stein Arne Bekkum				Arve Hagen BIL				37:35			
05:25+	09:12+	14:17+	16:15+	19:24+	26:39+	28:29+	30:39+	31:50+	33:16+	34:58+	37:12+	37:35+
05:25+	03:47+	05:05+	01:58+	03:09+	07:15+	01:50+	02:10+	01:11-	01:26+	01:42-	02:14+	00:23-
01:32&	00:31#	00:44#	00:10+	00:24#	01:25#	00:27&	01:01&	00:30-	00:11#	00:04-	00:24#	00:12-
7	Arve Smestad				Løten kommune				37:43			
04:47+	08:40+	13:41+	15:38+	18:46+	26:35+	28:05+	29:43+	31:00+	32:33+	34:22+	37:08+	37:43+
04:47+	03:53+	05:01+	01:57+	03:08+	07:49+	01:30+	01:38+	01:17-	01:33+	01:49+	02:46+	00:35=
00:54#	00:37#	00:40#	00:09+	00:23#	01:59&	00:07+	00:29&	00:24-	00:18#	00:03+	00:56&	00:00=
8	Arvid Bratlie				LMF				38:17			
05:04+	08:54+	14:53+	17:16+	20:08+	27:37+	29:21+	30:38+	31:59+	33:38+	35:19+	37:48+	38:17+
05:04+	03:50+	05:59+	02:23+	02:52+	07:29+	01:44+	01:17+	01:21-	01:39+	01:41-	02:29+	00:29-
01:11&	00:34#	01:38&	00:35&	00:07+	01:39&	00:21&	00:08#	00:20-	00:24&	00:05-	00:39&	00:06-
9	Morten Eriksen				Norsk Tipping				39:24			
04:11+	08:14+	13:48+	15:50+	19:06+	28:44+	30:30+	31:42+	33:03+	34:42+	36:09+	38:54+	39:24+
04:11+	04:03+	05:34+	02:02+	03:16+	09:38+	01:46+	01:12+	01:21-	01:39+	01:27-	02:45+	00:30-
00:18+	00:47#	01:13&	00:14#	00:31#	03:48&	00:23&	00:03-	00:20-	00:24&	00:19-	00:55&	00:05-
10	Steinar Libak				Løten kommune				39:33			
04:41+	08:44+	13:21+	15:25+	18:33+	28:40+	30:27+	32:08+	33:27+	35:00+	36:37+	38:58+	39:33+
04:41+	04:03+	04:37+	02:04+	03:08+	10:07+	01:47+	01:41+	01:19-	01:33+	01:37-	02:21+	00:35=
00:48#	00:47#	00:16+	00:16#	00:23#	04:17&	00:24&	00:32&	00:22-	00:18#	00:09-	00:31&	00:00=
11	Tore Gustav Tømter				Plan 1				39:35			
04:59+	09:03+	14:25+	16:37+	19:44+	26:58+	28:45+	30:08+	31:21+	32:52+	34:48+	39:04+	39:35+
04:59+	04:04+	05:22+	02:12+	03:07+	07:14+	01:47+	01:23+	01:13-	01:31+	01:56+	04:16+	00:31-
01:06&	00:48#	00:09#	00:24#	00:22#	01:24#	00:24&	00:10#	00:18-	00:16#	00:10+	02:26@	00:04-
12	Ove Tasasen				Mjørs Retail				39:40			
04:36+	08:10+	13:03+	15:26+	18:01+	28:54+	30:20+	31:40+	32:59+	34:25+	36:04+	39:09+	39:40+
04:36+	03:34+	04:53+	02:23+	02:35-	10:53+	01:26+	01:20+	01:19-	01:26+	01:39-	03:05+	00:31-
00:43#	00:18#	00:32#	00:35&	00:10-	05:03&	00:03+	00:11#	00:22-	00:11#	00:07-	01:15&	00:04-
13	Erik Grøndalen				Jernbanens Idrettslag				39:51			
04:54+	08:30+	13:33+	15:25+	18:11+	29:55+	31:18+	32:33+	33:47+	34:58+	37:17+	39:23+	39:51+
04:54+	03:36+	05:03+	01:52+	02:46+	11:44+	01:23=	01:15+	01:14-	01:11-	02:19+	02:06+	00:28-
01:01&	00:20#	00:12#	00:04+	00:01+	05:54@	00:00-	00:06+	00:27-	00:04-	00:33&	00:16#	00:07-
13	Hasse Bergstrøm				Ski VGS				39:51			
05:11+	09:04+	13:34+	15:39+	19:23+	29:37+	31:20+	32:55+	34:01+	35:31+	37:16+	39:20+	39:51+
05:11+	03:53+	04:30+	02:05+	03:44+	10:14+	01:43+	01:35+	01:06-	01:30+	01:45-	02:04+	00:31-
01:18&	00:37#	00:09+	00:17#	00:59&	04:24&	00:20#	00:26&	00:35-	00:15#	00:01-	00:14#	00:04-
15	Helge Brynestad				Kpmg				40:46			
04:44+	08:04+	13:46+	16:02+	19:03+	27:06+	29:33+	30:48+	32:09+	34:26+	37:19+	40:11+	40:46+
04:44+	03:20+	05:42+	02:16+	03:01+	08:03+	02:27+	01:15+	01:21-	02:17+	02:53+	02:52+	00:35=
00:51#	00:04+	01:21&	00:28&	00:16+	02:13&	01:04&	00:06+	00:20-	01:02&	01:07&	01:02&	00:00=
16	Terje Malm				Statens Hus				40:49			
05:07+	09:25+	15:13+	17:28+	21:04+	28:33+	30:10+	31:37+	33:03+	34:58+	37:49+	40:19+	40:49+
05:07+	04:18+	05:48+	02:15+	03:36+	07:29+	01:37+	01:27+	01:26-	01:55+	02:51+	02:30+	00:30-
00:14&	01:02&	01:13&	00:27#	00:51&	01:39&	00:14#	00:16&	00:15-	00:40&	01:05&	00:40&	00:05-
17	Tom S Helgesen				Hamar Post				41:36			
05:03+	08:58+	13:48+	15:50+	19:47+	31:59+	33:26+	34:38+	35:51+	37:06+	39:04+	41:10+	41:36+
05:03+	03:55+	04:50+	02:02+	03:57+	12:12+	01:27+	01:12+	01:13-	01:15=	01:58+	02:06+	00:26-
01:10&	00:39#	00:29#	00:14#	01:12&	06:22@	00:04+	00:02+	00:28-	00:00=	00:12#	00:16#	00:09-
18	Tore Stenseth				Mjørs Retail				41:53			
05:10+	09:46+	15:29+	17:40+	21:13+	30:42+	32:38+	34:18+	35:46+	37:17+	38:52+	41:16+	41:53+
05:10+	04:36+	05:43+	02:11+	03:33+	09:29+	01:56+	01:40+	01:28-	01:31+	01:35-	02:24+	00:37+
00:17&	00:10&	01:22&	00:28&	00:48&	03:39&	00:33&	00:34&	00:13-	00:16#	00:11-	00:34&	00:02+
19	Ole Peter Saxrud				EAB Engineering				42:09			
05:14+	09:23+	15:23+	17:47+	21:16+	29:08+	30:55+	32:32+	34:05+	35:49+	38:57+	41:28+	42:09+
05:14+	04:09+	06:00+	02:24+	03:29+	07:52+	01:47+	01:37+	01:33-	01:44+	03:08+	02:31+	00:41+
00:21&	00:52&	00:30&	00:28&	00:44&	02:02&	00:24&	00:26&	00:08-	00:29&	01:22&	00:41&	00:06#
20	Bjørn Vidar Bekkum				Arve Hagen BIL				42:31			
05:06+	09:20+	15:11+	17:35+	21:01+	31:32+	32:55+	34:11+	35:24+	37:05+	38:58+	42:04+	42:31+
05:06+	04:14+	05:51+	02:24+	03:26+	10:31+	01:23=	01:16+	01:13-	01:41+	01:53+	03:06+	00:27-
01:13&	00:58&	01:30&	00:36&	00:41#	04:41&	00:00=	00:07#	00:28-	00:26&	00:07+	01:16&	00:08-

Plass	Navn	Klasse	Tid									
21	Jo Gisle Jørgensen	Norsk Tipping	44:14									
05:28+	10:22+	16:01+	18:24+	22:12+	30:28+	32:06+	33:43+	35:14+	36:58+	40:48+	43:38+	44:14+
05:28+	04:54+	05:39+	02:23+	03:48+	08:16+	01:38+	01:37+	01:31-	01:44+	03:50+	02:50+	00:36+
01:35&	01:28&	01:18&	00:35&	01:03&	02:26&	00:15&	00:28&	00:10-	00:29&	02:04@	01:00&	00:01+
22	Yngve Lorch-Falch	Elverum kommune	44:35									
06:20+	11:17+	16:17+	18:35+	21:53+	32:32+	34:18+	36:01+	37:20+	38:53+	41:31+	43:52+	44:35+
06:20+	04:57+	05:00+	02:18+	03:18+	10:39+	01:46+	01:43+	01:19-	01:33+	02:38+	02:21+	00:43+
02:27&	00:41&	00:30+	00:30&	00:33#	04:49&	00:23&	00:34+	00:22-	00:18#	00:52&	00:31&	00:08#
23	Trond Søberg	Løten kommune	45:50									
05:49+	10:12+	17:11+	19:31+	23:08+	32:46+	34:34+	37:06+	38:27+	40:18+	42:24+	45:11+	45:50+
05:49+	04:23+	06:59+	02:20+	03:37+	09:38+	01:48+	02:32+	01:21-	01:51+	02:06+	02:47+	00:39+
01:56&	00:07&	02:39&	00:23+	00:52&	03:48&	00:25&	01:23&	00:20-	00:36&	00:20#	00:57&	00:04#
24	Roland Mortvedt	Svea Finans	46:16									
11:01+	15:00+	20:40+	22:59+	26:12+	33:36+	36:40+	37:58+	39:22+	41:26+	43:08+	45:50+	46:16+
11:01+	03:59+	05:40+	02:19+	03:13+	07:24+	03:04+	01:18+	01:24-	02:04+	01:42-	02:42+	00:26-
07:08@	00:43#	01:19&	00:31&	00:28#	01:34&	01:41@	00:09#	00:17-	00:49&	00:04-	00:52&	00:09-
25	Kjetil Liven	LMF	46:40									
05:04+	09:15+	15:34+	18:15+	22:18+	34:31+	35:46+	37:06+	38:10+	40:45+	42:18+	46:09+	46:40+
05:04+	04:11+	06:19+	02:41+	04:03+	12:13+	01:15-	01:20+	01:04-	02:35+	01:33-	03:51+	00:31-
01:11&	00:55&	01:58&	00:53&	01:18&	06:23@	00:08-	00:11#	00:37-	01:20@	00:13-	02:01@	00:04-
26	Espen Melby	Løten kommune	47:31									
05:46+	10:09+	16:52+	19:08+	23:23+	31:35+	33:43+	35:16+	36:40+	38:19+	43:24+	46:55+	47:31+
05:46+	04:23+	06:43+	02:16+	04:15+	08:12+	02:08+	01:33+	01:24-	01:39+	05:05+	03:31+	00:36+
01:53&	01:07&	02:22&	00:28&	01:30&	02:22&	00:45&	00:24&	00:17-	00:24&	03:19@	01:41&	00:01+
27	Odd Nysæter	Byggmakker	47:55									
06:17+	11:18+	16:43+	19:17+	23:03+	33:11+	35:32+	37:31+	39:40+	41:42+	43:54+	47:07+	47:55+
06:17+	05:01+	05:25+	02:34+	03:46+	10:08+	02:21+	01:59+	02:09+	02:02+	02:12+	03:13+	00:48+
02:24&	01:45&	01:04#	00:46&	01:01&	04:18&	00:58&	00:50&	00:28&	00:47&	00:26#	01:23&	00:13&
28	Karl Petter Opsahl	Løten kommune	48:00									
06:50+	11:34+	17:38+	20:08+	23:39+	32:13+	33:50+	35:56+	40:27+	42:39+	44:34+	47:25+	48:00+
06:50+	04:44+	06:04+	02:30+	03:31+	08:34+	01:37+	02:06+	04:31+	02:12+	01:55+	02:51+	00:35=
02:57&	01:28&	01:43&	00:42&	00:46&	02:44&	00:14#	00:57&	02:50@	00:57&	00:09+	01:01&	00:00=
29	Audun Jenssen	Norsk Tipping	49:06									
05:46+	11:04+	19:23+	21:49+	26:10+	35:13+	36:49+	39:15+	40:51+	42:49+	45:30+	48:31+	49:06+
05:46+	05:18+	08:19+	02:26+	04:21+	09:03+	01:36+	02:26+	01:36-	01:58+	02:41+	03:01+	00:35=
01:53&	02:02&	03:58&	00:38&	01:36&	03:13&	00:13#	01:17@	00:05-	00:43&	00:55&	01:11&	00:00=
30	Jonny Johansen	Løten kommune	49:47									
06:20+	12:33+	18:25+	21:07+	25:10+	35:19+	38:27+	41:10+	42:33+	44:22+	46:27+	49:09+	49:47+
06:20+	06:13+	05:52+	02:42+	04:03+	10:09+	03:08+	02:43+	01:23-	01:49+	02:05+	02:42+	00:38+
02:27&	00:57&	01:31&	00:54&	01:18&	04:19&	01:45@	01:24@	00:18-	00:34&	00:19#	00:52&	00:03+
31	Torleif Finstad	Hamar Post	49:50									
05:29+	09:55+	14:46+	17:26+	25:47+	35:48+	37:22+	39:37+	41:22+	43:24+	46:03+	49:07+	49:50+
05:29+	04:26+	04:51+	02:40+	08:21+	10:01+	01:34+	02:15+	01:45+	02:02+	02:39+	03:04+	00:43+
01:36&	00:10&	00:30#	00:52&	05:36@	04:11&	00:11#	01:06&	00:04+	00:47&	00:53&	01:14&	00:08#
32	Knut Wikstrøm	Kartverket	50:39									
06:54+	10:57+	16:24+	20:09+	23:34+	37:52+	40:20+	42:05+	43:30+	45:14+	46:54+	50:04+	50:39+
06:54+	04:03+	05:27+	03:45+	03:25+	14:18+	02:28+	01:45+	01:25-	01:44+	01:40-	03:10+	00:35=
03:01&	00:47#	01:06&	01:57@	00:40#	08:28@	01:05&	00:36&	00:16-	00:29&	00:06-	01:20&	00:00=
33	Ola Molstad	Vegvesenet	51:25									
05:36+	09:59+	15:34+	17:41+	21:20+	38:52+	40:28+	41:53+	43:17+	45:24+	47:09+	50:41+	51:25+
05:36+	04:23+	05:35+	02:07+	03:39+	17:32+	01:36+	01:25+	01:24-	02:07+	01:45-	03:32+	00:44+
01:43&	01:07&	01:14&	00:19#	00:54&	11:42@	00:13#	00:16#	00:17-	00:52&	00:01-	01:42&	00:09&
34	Trond Øie	Sparebanken i Østlandet	51:34									
06:57+	12:19+	20:31+	23:10+	27:15+	37:48+	39:36+	41:15+	42:55+	44:56+	47:28+	50:57+	51:34+
06:57+	05:22+	08:12+	02:39+	04:05+	10:33+	01:48+	01:39+	01:40-	02:01+	02:32+	03:29+	00:37+
02:04&	02:06&	03:51&	00:51&	01:20&	04:43&	00:25&	00:30&	00:01-	00:46&	00:46&	01:39&	00:02+
35	John Mikalsen	Vegvesenet	53:49									
07:00+	12:11+	20:28+	22:56+	27:42+	40:03+	41:44+	43:42+	45:34+	47:13+	49:25+	53:18+	53:49+
07:00+	05:11+	08:17+	02:28+	04:46+	12:21+	01:41+	01:58+	01:52+	01:39+	02:12+	03:53+	00:31-
03:07&	01:55&	03:58&	00:40&	02:01&	06:31@	00:18#	00:49&	00:11#	00:24&	00:26#	02:03@	00:04-
36	Jan Roald Bøgeberg	Løten kommune	55:08									
06:45+	12:34+	20:40+	25:11+	30:14+	39:20+	41:40+	44:43+	46:21+	48:16+	50:57+	54:29+	55:08+
06:45+	05:49+	08:06+	04:31+	05:03+	09:06+	02:20+	03:03+	01:38-	01:55+	02:41+	03:32+	00:39+
02:52&	02:33&	03:45&	02:43@	02:18&	03:16&	00:57&	01:54@	00:03-	00:40&	00:55&	01:42&	00:04#
37	Sven Marken	Løten kommune	55:48									
09:09+	14:27+	20:40+	23:30+	27:02+	38:07+	41:15+	44:59+	46:44+	48:29+	50:55+	55:02+	55:48+
09:09+	05:18+	06:13+	02:50+	03:32+	11:05+	03:08+	03:44+	01:45+	01:45+	02:26+	04:07+	00:46+
05:16@	00:02&	01:52&	01:02&	00:47&	05:15&	01:45@	02:35@	00:04+	00:30&	00:40&	02:17@	00:11&
37	Steinar Tønsager	BDO Aktiva	55:48									
07:31+	12:04+	18:30+	20:50+	28:19+	43:58+	45:49+	47:36+	48:50+	50:13+	52:02+	55:15+	55:48+
07:31+	04:33+	06:26+	02:20+	07:29+	15:39+	01:51+	01:47+	01:14-	01:23+	01:49+	03:13+	00:33-
00:38&	00:17&	02:55&	00:22&	04:44@	09:49@	00:28&	00:32&	00:27-	00:08#	00:03+	01:23&	00:02-
39	Magne Johansen	Headit	56:09									
06:30+	12:35+	20:26+	23:29+	28:20+	39:31+	41:54+	44:11+	46:36+	48:50+	51:42+	55:21+	56:09+
06:30+	06:05+	07:51+	03:03+	04:51+	11:11+	02:23+	02:17+	02:25+	02:14+	02:52+	03:39+	00:48+
02:37&	02:49&	03:30&	01:15&	02:06&	05:21&	01:00&	01:08&	00:44&	00:59&	01:06&	01:49&	00:13&

Plass	Navn				Klasse				Tid			
40	Terje Uthushagen				Uplan				58:16			
06:37+	12:10+	18:27+	21:30+	25:48+	41:27+	43:58+	46:09+	48:38+	51:11+	54:24+	57:25+	58:16+
06:37+	05:33+	06:17+	03:03+	04:18+	15:39+	02:31+	02:11+	02:29+	02:33+	03:13+	03:01+	00:51+
02:44&	02:11#	01:50&	01:15&	01:33&	09:49@	01:08&	01:03&	00:48&	01:08@	01:27@	01:11&	00:16&
41	Leif Martin Kjos				Sparebanken 1 Østlandet				1:05:35			
06:55+	11:09+	17:36+	20:00+	24:13+	52:17+	54:08+	55:32+	56:46+	58:22+	60:28+	64:57+	65:35+
06:55+	04:14+	06:27+	02:24+	04:13+	28:04+	01:51+	01:24+	01:14-	01:36+	02:06+	04:29+	00:38+
09:02&	00:58&	07:06&	00:26&	01:28&	22:14@	00:28#	00:15#	00:27#	00:21&	00:20#	02:39@	00:03+
42	Eystein Linnerud				Norsk Tipping				1:10:01			
07:48+	13:39+	21:45+	25:04+	29:27+	48:46+	51:10+	57:47+	59:30+	61:40+	65:13+	69:13+	70:01+
07:48+	05:51+	08:06+	03:19+	04:23+	19:19+	02:24+	06:37+	01:43+	02:10+	03:33+	04:00+	00:48+
23:56&	00:21#	02:45&	02:48	01:38&	13:29@	01:01&	05:28@	00:02+	00:55&	01:47@	02:10@	00:13&
Beste strekketid for klassen												
03:38	03:02	04:19	01:48	02:35	05:50	01:15	01:09	01:04	01:06	01:27	01:50	00:23

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

H 4,5

1	Sindre Skjærbekk				Byggmakker				38:45			
01:21=	11:21=	12:58=	16:33=	18:26=	19:36=	22:26=	31:36=	32:47=	35:28=	36:59=	38:17=	38:45=
01:21=	10:00=	01:37=	03:35=	01:53=	01:10=	02:50=	09:10=	01:11=	02:41=	01:31=	01:18=	00:28=
2	Arild Nordsveen				Hamar Rø				40:14			
00:00=	00:00#	00:00#	00:00#	00:00=	00:00=	00:00#	00:00#	00:00=	00:00=	00:00=	00:00=	00:00=
01:33+	10:23-	11:53-	15:20-	16:52-	18:00-	20:24-	33:11+	34:22+	36:26+	38:15+	39:48+	40:14+
01:33+	08:50-	01:30-	03:27-	01:32-	01:08-	02:24-	12:47+	01:11=	02:04-	01:49+	01:33+	00:26-
3	Terje Wikstrøm				Geno				40:22			
00:12#	00:10+	00:07-	00:08-	00:21-	00:02-	00:26#	03:37&	00:00=	00:37-	00:18#	00:15#	00:02-
01:30+	11:07-	12:34-	16:03-	17:42-	19:03-	21:32-	34:02+	35:09+	37:13+	38:28+	39:53+	40:22+
01:30+	09:37-	01:27-	03:29-	01:39-	01:21+	02:29-	12:30+	01:07-	02:04-	01:15-	01:25+	00:29+
4	Svein Godager				Løten O-Lag				41:32			
00:09#	00:23-	00:10-	00:06-	00:14-	00:11#	00:21-	03:20&	00:04-	00:37-	00:16-	00:07+	00:01+
01:25+	11:59+	13:43+	18:14+	20:08+	21:33+	24:12+	33:47+	35:07+	37:44+	39:26+	41:04+	41:32+
01:25+	10:34+	01:44+	04:31+	01:54+	01:25+	02:39-	09:35+	01:20+	02:37-	01:42+	01:38+	00:28=
00:04+	00:24+	00:07+	00:56&	00:01+	00:15#	00:11-	00:25+	00:09#	00:04-	00:11#	00:20&	00:00=
5	Vidar Nomerstad				Sparebanken 1 Østlandet				43:44			
01:24+	12:01+	13:41+	17:30+	19:16+	21:24+	25:27+	33:39+	35:02+	38:01+	41:50+	43:15+	43:44+
01:24+	10:37+	01:40+	03:49+	01:46-	02:08+	04:03+	08:12-	01:23+	02:59+	03:49+	01:25+	00:29+
00:03+	00:37+	00:03+	00:14+	00:07-	00:58&	01:13&	00:58-	00:12#	00:18#	02:18@	00:07+	00:01+
6	Olav Julfussen				Hamar Post				44:41			
01:26+	12:36+	14:24+	19:00+	21:01+	23:27+	26:51+	36:09+	37:28+	40:11+	42:17+	44:11+	44:41+
01:26+	11:10+	01:48+	04:36+	02:01+	02:26+	03:24+	09:18+	01:19+	02:43+	02:06+	01:54+	00:30+
00:05+	01:10#	00:11#	01:01&	00:08+	01:16@	00:34#	00:08+	00:08#	00:02+	00:35&	00:36&	00:02+
7	Tom Hagen				Byggmakker				46:46			
01:21=	14:36+	16:32+	20:34+	22:51+	24:22+	29:24+	39:36+	41:07+	43:36+	44:50+	46:15+	46:46+
01:21=	13:15+	01:56+	04:02+	02:17+	01:31+	05:02+	10:12+	01:31+	02:29-	01:14-	01:25+	00:31+
8	Harald Østbye				Østerdal Garnison				48:06			
00:00=	02:15&	00:19#	00:27#	00:24#	00:21&	02:12&	01:02#	00:20&	00:12-	00:17-	00:07+	00:03#
01:42+	13:58+	15:54+	20:37+	23:03+	25:01+	28:39+	38:26+	40:11+	43:11+	45:56+	47:32+	48:06+
01:42+	12:16+	01:56+	04:43+	02:26+	01:58+	03:38+	09:47+	01:45+	03:00+	02:45+	01:36+	00:34+
9	Stein Nordvi				Elverum kommune				49:54			
00:21&	02:16#	00:19#	01:08&	00:33&	00:48&	00:48&	00:37+	00:34&	00:19#	01:14&	00:18#	00:06#
01:44+	13:49+	15:49+	20:32+	22:58+	25:43+	29:09+	40:38+	41:59+	45:40+	47:28+	49:16+	49:54+
01:44+	12:05+	02:00+	04:43+	02:26+	02:45+	03:26+	11:29+	01:21+	03:41+	01:48+	01:48+	00:38+
10	Tore Jørgensen				Norsk Tipping				50:37			
00:23&	00:05#	00:22#	00:08&	00:33&	01:35@	00:36#	02:19&	00:10#	01:00&	00:17#	00:30&	00:10&
01:45+	14:44+	16:57+	23:01+	25:14+	27:08+	30:47+	41:16+	43:14+	46:08+	48:19+	50:03+	50:37+
01:45+	12:59+	02:13+	06:04+	02:13+	01:54+	03:39+	10:29+	01:58+	02:54+	02:11+	01:44+	00:34+
11	Gjermund Nedgard				Norsk Tipping				50:46			
00:24&	02:59&	00:36&	02:10&	00:20#	00:44&	00:49&	01:19#	00:47&	00:13+	00:40&	00:26&	00:06#
02:40+	14:30+	17:08+	23:27+	26:20+	28:46+	32:46+	42:01+	43:34+	46:43+	48:46+	50:18+	50:46+
02:40+	11:50+	02:38+	06:19+	02:53+	02:26+	04:00+	09:15+	01:33+	03:09+	02:03+	01:32+	00:28=
12	Knut Malmø				Vegvesenet				52:39			
01:19&	00:50#	00:01&	02:44&	01:00&	01:16@	01:10&	00:05#	00:22&	00:28#	00:32&	00:14#	00:00=
01:43+	14:10+	16:13+	22:21+	24:57+	26:59+	33:00+	42:52+	44:27+	48:19+	50:31+	52:10+	52:39+
01:43+	12:27+	02:03+	06:08+	02:36+	02:02+	06:01+	09:52+	01:35+	03:52+	02:12+	01:39+	00:29+
13	Pål Hagen				Arve Hagen BIL				53:12			
00:22&	02:27#	00:26&	02:33&	00:43&	00:52&	03:11@	00:42-	00:24&	01:11&	00:41&	00:21&	00:01+
01:25+	13:45+	15:35+	21:01+	24:04+	27:30+	32:51+	43:03+	44:40+	48:11+	50:48+	52:43+	53:12+
01:25+	12:20+	01:50+	05:26+	03:03+	03:26+	05:21+	10:12+	01:37+	03:31+	02:37+	01:55+	00:29+
14	Jon Bjørnstad				Sparebanken 1 Østlandet				54:55			
00:04+	02:20#	00:13#	01:51&	01:10&	02:16@	02:31#	01:02#	00:26&	00:50&	01:06&	00:37&	00:01+
01:29+	15:08+	17:12+	22:25+	24:55+	27:38+	31:36+	44:28+	45:59+	51:01+	53:02+	54:23+	54:55+
01:29+	13:39+	02:04+	05:13+	02:30+	02:43+	03:58+	12:52+	01:31+	05:02+	02:01+	01:21+	00:32+
00:08+	03:39&	00:27&	01:38&	00:37&	01:33@	01:08&	03:42&	00:20&	02:21&	00:30&	00:03+	00:04#

Plass	Navn					Klasse					Tid				
15	Harald Volden					Jernbanens Idrettslag					55:08				
	01:41+	12:59+	15:18+	21:04+	23:55+	25:43+	31:51+	46:50+	48:22+	51:17+	53:09+	54:36+	55:08+		
	01:41+	11:18+	02:19+	05:46+	02:51+	01:48+	06:08+	14:59+	01:32+	02:55+	01:52+	01:27+	00:32+		
16	Jon Kristiansen					GD					56:12				
	09:20#	01:18#	00:42#	02:11#	00:58&	00:38&	03:18&	05:49&	00:21&	00:14+	00:21#	00:09#	00:04#		
	01:37+	15:09+	17:07+	22:06+	27:37+	30:32+	33:59+	43:18+	44:46+	47:55+	53:54+	55:41+	56:12+		
	01:37+	13:32+	01:58+	04:59+	05:31+	02:55+	03:27+	09:19+	01:28+	03:09+	05:59+	01:47+	00:31+		
17	Knut Vidar Lund					Telenor					57:17				
	09:16#	00:22#	00:21#	01:22#	03:38@	01:45@	00:37#	01:09+	00:17#	00:28#	04:28@	00:29&	00:03#		
	02:56+	16:04+	18:09+	29:47+	32:09+	34:06+	37:00+	47:41+	49:27+	52:44+	55:12+	56:47+	57:17+		
	02:56+	13:08+	02:05+	11:38+	02:22+	01:57+	02:54+	10:41+	01:46+	03:17+	02:28+	01:35+	00:30+		
18	Morten Lillefjorden					Bygghammer					59:44				
	01:35@	01:08+	00:28#	03:03#	00:29&	00:47&	00:04#	01:31#	00:25#	00:36#	00:57&	00:17#	00:02+		
	01:48+	13:31+	15:45+	22:16+	26:49+	31:06+	38:50+	49:47+	51:24+	54:17+	56:55+	59:02+	59:44+		
	01:48+	11:43+	02:14+	06:31+	04:33+	04:17+	07:44+	10:57+	01:37+	02:53+	02:38+	02:07+	00:42+		
19	Henning Olsen					Løten kommune					1:01:26				
	09:27&	01:43#	00:37#	02:56&	02:40@	03:07@	04:54@	01:47#	00:26#	00:12+	01:07&	00:49&	00:14&		
	01:44+	23:20+	25:48+	31:26+	34:22+	36:25+	40:09+	51:45+	53:22+	57:20+	59:06+	60:52+	61:26+		
	01:44+	21:36+	02:28+	05:38+	02:56+	02:03+	03:44+	11:36+	01:37+	03:58+	01:46+	01:46+	00:34+		
20	Ola Tronsrud					Handelsbanken					1:02:33				
	09:23&	11:36@	00:51#	02:03&	01:03&	00:53&	00:54#	02:26#	00:26#	01:17&	00:15#	00:28&	00:06#		
	01:47+	12:27+	14:37+	25:16+	30:00+	36:09+	38:54+	52:01+	53:44+	57:01+	60:29+	62:02+	62:33+		
	01:47+	10:40+	02:10+	10:39+	04:44+	06:09+	02:45-	13:07+	01:43+	03:17+	03:28+	01:33+	00:31+		
Beste strekktid for klassen															
	00:26#	00:40#	00:33#	01:04@	07:51@	04:59@	00:05-	03:57&	00:32&	00:36#	01:57@	00:15#	00:03#		
	01:21	08:50	01:27	03:27	01:32	01:08	02:24	08:12	01:07	02:04	01:14	01:18	00:26		

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

H 5,5

1	Henrik Bleken Rud						Byggmakker						46:40					
	05:18=	08:37=	10:06=	15:15=	17:37=	18:33=	22:52=	24:43=	26:02=	31:22=	33:32=	38:31=	39:34=	40:59=	43:08=	44:36=	46:11=	46:40=
	05:18=	03:19=	01:29=	05:09=	02:22=	00:56=	04:19=	01:51=	01:19=	05:20=	02:10=	04:59=	01:03=	01:25=	02:09=	01:28=	01:35=	00:29=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Stein Arne Negård						Byggmakker						55:53					
	07:18+	11:37+	13:26+	20:27+	23:16+	24:23+	29:24+	31:43+	33:40+	36:12+	39:44+	46:38+	48:09+	49:24+	51:40+	53:43+	55:21+	55:53+
	07:18+	04:19+	01:49+	07:01+	02:49+	01:07+	05:01+	02:19+	01:57+	02:32-	03:32+	06:54+	01:31+	01:15-	02:16+	02:03+	01:38+	00:32+
	02:00&	01:00&	00:20#	01:52#	00:27#	00:11#	00:42#	00:28#	00:38#	02:48-	01:22&	01:55&	00:28&	00:10-	00:07+	00:35&	00:03+	00:03#
3	Henning Wernøe						Hamar Katedralskole						56:41					
	07:55+	13:21+	15:29+	22:47+	25:50+	26:58+	31:50+	34:17+	36:02+	38:26+	40:58+	47:26+	48:51+	49:59+	52:00+	54:35+	56:13+	56:41+
	07:55+	05:26+	02:08+	07:18+	03:03+	01:08+	04:52+	02:27+	01:45+	02:24-	02:32+	06:28+	01:25+	01:08-	02:01-	02:35+	01:38+	00:28-
	02:37&	02:07&	00:39&	02:09&	00:41#	00:12#	00:33#	00:36#	00:26#	02:06-	00:22#	01:29&	00:22&	00:17-	00:08-	01:07&	00:03+	00:01-
4	Tore Borchgrevink Aflv						Hamar Katedralskole						56:55					
	06:36+	10:43+	12:43+	22:09+	25:01+	26:00+	31:03+	33:18+	34:55+	37:07+	40:05+	49:14+	50:21+	51:23+	53:21+	55:00+	56:24+	56:55+
	06:36+	04:07+	02:00+	09:26+	02:52+	00:59+	05:03+	02:15+	01:37+	02:12-	02:58+	09:09+	01:07+	01:02-	01:58-	01:39+	01:24-	00:31+
	01:18#	00:48#	00:31#	04:17#	00:30#	00:03+	00:44#	00:24#	00:18#	03:08-	00:48&	04:10&	00:04+	00:23-	00:11-	00:11#	00:11-	00:02+
5	Trond Svanøe-Haistad						Sb-Skog						59:23					
	07:12+	11:56+	14:34+	22:34+	26:02+	27:09+	31:32+	37:23+	39:19+	42:13+	45:10+	51:01+	52:28+	53:37+	55:53+	57:30+	59:00+	59:23+
	07:12+	04:44+	02:38+	08:00+	03:28+	01:07+	04:23+	05:51+	01:56+	02:54-	02:57+	05:51+	01:27+	01:09-	02:16+	01:37+	01:30-	00:23-
	01:54&	01:25#	01:09&	02:51&	01:06&	00:11#	00:04#	04:00@	03:37&	02:26-	00:47&	00:52#	00:24&	00:16-	00:07+	00:09#	00:05-	00:06-
6	Frøde Hjorth						Statens Hus						59:50					
	06:50+	11:07+	12:51+	23:56+	26:47+	27:40+	33:58+	36:21+	37:58+	43:20+	45:43+	51:30+	52:53+	54:04+	56:09+	57:53+	59:21+	59:50+
	06:50+	04:17+	01:44+	11:05+	02:51+	00:53-	06:18+	02:23+	01:37+	05:22+	02:23+	05:47+	01:23+	01:11-	02:05-	01:44+	01:28-	00:29=
	01:32&	00:38#	00:11#	00:59#	00:29#	00:03-	01:59#	00:32#	00:18#	00:02+	00:13#	00:48#	00:20&	00:04#	00:04-	00:16#	00:07-	00:00=
7	Michael Sætedt						EAB Engineering						1:00:05					
	12:39+	16:31+	19:13+	26:53+	30:16+	31:11+	36:10+	38:06+	40:07+	42:05+	44:39+	53:23+	54:30+	55:33+	57:05+	58:26+	59:39+	60:05+
	12:39+	03:52+	02:42+	07:40+	03:23+	00:55-	04:59+	01:56+	02:01+	01:58-	02:34+	08:44+	01:07+	01:03-	01:32-	01:21-	01:13-	00:26-
	07:21@	00:33#	01:13#	02:31&	01:01&	00:01-	00:40#	00:05+	00:42#	00:22-	00:24#	03:45&	00:04+	00:22-	00:37-	00:07-	00:22-	00:03-
8	Geir Bjørlo						Hamar Katedralskole						1:27:57					
	06:10+	11:20+	13:05+	29:16+	32:10+	37:34+	41:42+	44:18+	48:55+	54:00+	56:36+	70:48+	75:28+	78:03+	81:53+	85:14+	87:26+	87:57+
	06:10+	05:10+	01:45+	16:11+	02:54+	05:24+	04:08-	02:36+	04:37+	05:05-	02:36+	14:12+	04:40+	02:35+	03:50+	03:21+	02:12+	00:31+
	00:57#	00:11-	00:45&	03:18@	00:15-	00:26#	00:11-	00:45&	03:18@	00:15-	00:26#	09:13@	03:37@	01:10&	01:41&	01:53@	00:37&	00:02+