

Bedrifts-o-løp 15.08.2017

Strekktider

Øst Sandbekken/ Rokosjøsaga -15.08.2017

Plass	Navn	Klasse	Tid
D 1,5			

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

Beste strekkid for klassen

03:32 02:03 02:18 03:36 02:43 04:11 04:58 00:52

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

D 2,5

1	Liv Feiring	HIL	39:09
02:53= 07:53= 09:47= 13:21= 23:16= 26:44= 33:00= 38:13= 39:09=			
02:53= 05:00= 01:54= 03:34= 09:55= 03:28= 06:16= 05:13= 00:56=			
2	Inger Brøndbo	Romedal Almenning	39:24
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
02:40- 07:50- 10:07+ 15:13+ 21:34- 26:09- 32:57- 38:34+ 39:24+			
02:40- 05:10+ 02:17+ 05:06+ 06:21- 04:35+ 06:48+ 05:37+ 00:50-			
3	Linda Therese Støeng	Vegvesenet	42:04
00:13- 00:10+ 00:23# 01:32& 03:34- 01:07& 00:32+ 00:24+ 00:06-			
05:54+ 10:50+ 13:56+ 17:40+ 25:15+ 28:51+ 35:56+ 41:17+ 42:04+			
05:54+ 04:56- 03:06+ 03:44+ 07:35- 03:36+ 07:05+ 05:21+ 00:47-			
4	Bente Wikstrøm	Geno	43:18
03:01@ 00:04- 01:13& 00:16+ 02:20- 00:08+ 00:49+ 00:08+ 00:09-			
02:49- 12:00+ 14:27+ 18:10+ 26:13+ 30:54+ 36:51+ 42:20+ 43:18+			
02:49- 09:11+ 02:27+ 03:43+ 08:03- 04:41+ 05:57- 05:29+ 00:58+			
00:04- 04:11& 00:33& 00:09+ 01:52- 01:13& 00:19- 00:16+ 00:02+			

Plass	Navn			Klasse						Tid
5	Björg Sorprud			Løten kommune						44:13
	02:55+	13:18+	15:18+	19:14+	27:08+	31:38+	37:49+	43:17+	44:13+	
	02:55+	10:23+	02:00+	03:56+	07:54-	04:30+	06:11-	05:28+	00:56=	
6	Oddveig Anne Sagbakken			Lokal revisjon as						46:02
	00:02+	05:23#	05:06+	00:22#	02:01-	01:02#	00:05-	00:15+	00:00=	
	03:19+	09:31+	11:34+	15:39+	24:27+	29:09+	36:41+	44:52+	46:02+	
	03:19+	06:12+	02:03+	04:05+	08:48-	04:42+	07:32+	08:11+	01:10+	
7	Anita Tøllersen			Treningskompaniet						47:44
	00:26#	01:12#	01:01#	00:31#	01:07-	01:14#	01:16#	02:58#	00:14#	
	03:46+	16:00+	19:17+	24:16+	31:26+	35:07+	41:20+	46:46+	47:44+	
	03:46+	12:14+	03:17+	04:59+	07:10-	03:41+	06:13-	05:26+	00:58+	
8	Claire Bant			Vegvesenet						49:33
	00:53#	02:44#	01:23#	01:25#	02:45-	00:13+	00:03-	00:12+	00:02+	
	04:38+	11:59+	15:27+	20:57+	31:07+	36:07+	43:03+	48:43+	49:33+	
	04:38+	07:21+	03:28+	05:30+	10:10+	05:00+	06:56+	05:40+	00:50-	
	01:45#	02:21#	01:34#	01:56#	00:15+	01:32#	00:40#	00:27+	00:06-	
9	Inger E. Vannæs			Hamar OK						50:38
	04:02+	11:03+	15:08+	20:54+	28:24+	32:38+	39:02+	49:13+	50:38+	
	04:02+	07:01+	04:05+	05:46+	07:30-	04:14+	06:24+	10:11+	01:25+	
	01:09#	02:01#	02:11#	02:12#	02:25-	00:46#	00:08#	04:58#	00:29#	
10	Annie O Gillemoen			Løten kommune						52:27
	03:51+	10:56+	13:44+	19:05+	30:38+	35:43+	43:14+	51:01+	52:27+	
	03:51+	07:05+	02:48+	05:21+	11:33+	05:05+	07:31+	07:47+	01:26+	
	00:58#	02:05#	00:54#	01:47#	01:38#	01:37#	01:15#	02:34#	00:30#	
11	Rønnaug Sagbakken			Sparebank 1 Østlandet						52:39
	03:43+	11:36+	14:36+	20:18+	29:57+	34:50+	43:43+	51:24+	52:39+	
	03:43+	07:53+	03:00+	05:42+	09:39-	04:53+	08:53+	07:41+	01:15+	
	00:50#	02:53#	01:06#	02:08#	00:16-	01:25#	02:37#	02:28#	00:19#	
12	Mette Alvsstad Wernberg			Sparebank 1 Østlandet						53:33
	02:44-	13:39+	17:43+	21:46+	28:09+	31:57+	47:07+	52:29+	53:33+	
	02:44-	10:55+	04:04+	04:03+	06:23-	03:48+	15:10+	05:22+	01:04+	
	00:09-	05:55#	02:10#	00:29#	03:32-	00:20+	08:54#	00:09+	00:08#	
13	Mette Marit Jensen			Vegvesenet						54:08
	03:22+	13:46+	18:17+	22:50+	31:13+	36:17+	45:16+	53:05+	54:08+	
	03:22+	10:24+	04:31+	04:33+	08:23-	05:04+	08:59+	07:49+	01:03+	
	00:29#	05:24#	02:37#	00:59#	01:32-	01:36#	02:43#	02:36#	00:07#	
14	Anita Stensby Bekkelund			Løten kommune						54:24
	03:05+	09:43+	13:18+	18:02+	27:26+	37:15+	44:14+	53:19+	54:24+	
	03:05+	06:38+	03:35+	04:44+	09:24-	09:49+	06:59+	09:05+	01:05+	
	00:12+	00:38#	01:41#	01:10#	00:31-	06:21#	00:43#	03:52#	00:09#	
15	Kari Østbye			H						54:46
	15:15+	21:30+	23:58+	29:23+	37:19+	41:13+	48:01+	53:44+	54:46+	
	15:15+	06:15+	02:28+	05:25+	07:56-	03:54+	06:48+	05:43+	01:02+	
	02:22#	01:15#	00:34#	01:51#	01:59-	00:26#	00:32#	00:30#	00:06#	
16	Synnøve Kaul			Mjøso Retail						56:03
	04:16+	11:21+	15:52+	21:24+	31:05+	36:19+	45:10+	54:31+	56:03+	
	04:16+	07:05+	04:31+	05:32+	09:41-	05:14+	08:51+	09:21+	01:32+	
	01:23#	02:05#	02:37#	01:58#	00:14-	01:46#	02:35#	04:08#	00:36#	
17	Anne Kathrine Fossum			Statens Hus						56:37
	04:36+	12:18+	15:10+	24:19+	36:46+	41:41+	49:01+	55:26+	56:37+	
	04:36+	07:42+	02:52+	09:09+	12:27+	04:55+	07:20+	06:25+	01:11+	
	01:43#	02:42#	00:58#	05:35#	02:32#	01:27#	01:04#	01:12#	00:15#	
18	Inger Lund			Telenor						58:09
	02:54+	19:03+	23:47+	30:18+	38:15+	43:45+	50:29+	57:08+	58:09+	
	02:54+	16:09+	04:44+	06:31+	07:57-	05:30+	06:44+	06:39+	01:01+	
	00:01+	11:09#	02:50#	02:57#	01:58-	02:02#	00:28#	01:26#	00:05+	
19	Liv Reidun Reiersen			Mjøso Retail						59:03
	03:38+	20:02+	25:01+	31:16+	39:25+	44:41+	51:33+	58:05+	59:03+	
	03:38+	16:24+	04:59+	06:15+	08:09-	05:16+	06:52+	06:32+	00:58+	
	00:45#	11:21#	03:05#	00:41#	01:46-	01:48#	00:36#	01:19#	00:02+	
20	Grete Aarstad			NVE						1:01:02
	03:11+	16:18+	22:06+	30:13+	42:31+	47:34+	53:24+	60:11+	61:02+	
	03:11+	13:07+	05:48+	08:07+	12:18+	05:03+	05:50-	06:47+	00:51-	
	00:18#	06:01#	02:51#	02:23#	01:35#	00:26-	01:34#	00:05-		
Beste strekketid for klassen										
	02:40	04:56	01:54	03:34	06:21	03:28	05:50	05:13	00:47	

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

D 3,5

1 Bodil Wiik Norsk Tipping 43:23

03:16=	06:03=	08:17=	18:45=	21:33=	28:36=	32:44=	34:30=	37:25=	42:38=	43:23=
03:16=	02:47=	02:14=	10:28=	02:48=	07:03=	04:08=	01:46=	02:55=	05:13=	00:45=
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	Inger-Lise Skårholen	Løten kommune	43:28
03:32+	07:30+ 09:33+ 19:31+ 21:47+	29:43+ 33:24+ 35:02+ 38:08+ 42:38=	43:28+
03:32+	03:58+ 02:03- 09:58- 02:16-	07:56+ 03:41- 01:38- 03:06+ 04:30-	00:50+
00:16+	07:11# 06:11- 00:30- 00:32-	00:53# 00:27# 00:08- 00:11+ 00:43-	00:05#
3	Anne Sørum	Statens Hus	44:35
03:25+	06:46+ 10:25+ 20:52+ 23:33+	31:24+ 34:44+ 36:33+ 39:22+ 43:51+	44:35+
03:25+	03:21+ 03:39+ 10:27- 02:41-	07:51+ 03:20- 01:49+ 02:49- 04:29-	00:44-
00:09+	06:21# 09:25# 00:01- 00:07-	00:48# 00:48# 00:03+ 00:00- 00:11+ 00:01-	
4	Grete Storsveen	Sparebank 1 Østlandet	45:31
03:08-	06:57+ 09:20+ 20:38+ 23:20+	30:49+ 34:15+ 36:05+ 38:59+ 44:33+	45:31+
03:08-	03:49+ 02:23+ 11:18+ 02:42-	07:29+ 03:26- 01:50+ 02:54- 05:34+	00:58+
00:08-	00:02# 00:09+ 00:50+ 00:06-	00:26+ 00:42# 00:04+ 00:01- 00:21+ 00:13#	
5	Inger Marie Øygard	Løten kommune	49:34
03:03-	07:02+ 10:16+ 21:32+ 27:35+	34:43+ 39:20+ 41:08+ 43:55+ 48:45+	49:34+
03:03-	03:59+ 03:14+ 11:16+ 06:03+	07:08+ 04:37+ 01:48+ 02:47- 04:50-	00:49+
00:13-	01:12# 01:00# 00:48+ 03:15@	00:05+ 00:29# 00:02+ 00:08- 00:23- 00:04+	
6	Kjersti Narum	Romedal Almenning	50:32
03:08-	06:44+ 08:44+ 18:24- 21:07-	33:25+ 41:01+ 42:26+ 45:27+ 49:41+	50:32+
03:08-	03:36+ 02:00- 09:40- 02:43-	12:18+ 07:36+ 01:25- 03:01+ 04:14-	00:51+
00:08-	00:49# 00:14- 00:48- 00:05-	05:15# 03:28# 00:21- 00:06+ 00:59- 00:06#	
7	Anne Karin Westby	Sparebank 1 Østlandet	51:17
03:32+	11:33+ 14:04+ 24:00+ 29:32+	36:45+ 41:13+ 42:58+ 45:52+ 50:32+	51:17+
03:32+	08:01+ 02:31+ 09:56- 05:32+	07:13+ 04:28+ 01:45- 02:54- 04:40-	00:45=
00:16+	06:14@ 00:17# 00:32- 02:44#	00:10+ 00:20# 00:01- 00:01- 00:33- 00:00=	
8	Eirin Lodgaard	Sintef Raufoss	52:32
02:27-	06:56+ 13:24+ 25:41+ 27:44+	33:59+ 40:09+ 42:08+ 44:32+ 51:46+	52:32+
02:27-	04:29+ 06:28+ 12:17+ 02:03-	06:15- 06:10+ 01:59+ 02:24- 07:14+	00:46+
00:49-	01:42# 04:14@ 01:40# 00:45-	00:48- 02:02# 00:12# 00:01- 02:01# 00:01+	
9	Øyfrid Larsen Moen	Ntnu Gjøvik	55:28
03:31+	07:35+ 11:15+ 23:34+ 31:23+	40:08+ 43:38+ 45:45+ 49:16+ 54:25+	55:28+
03:31+	04:04+ 03:40+ 12:19+ 07:49+	08:45+ 03:30- 02:07+ 03:31+ 05:09-	01:03+
00:15+	01:17# 01:26# 01:51# 05:01@	01:42# 00:38# 00:21# 00:36# 00:04-	00:18#
10	Gunnhild Ljones	Hamar Post	1:02:28
04:18+	11:08+ 16:09+ 29:14+ 32:39+	43:47+ 49:38+ 51:31+ 55:27+ 61:29+	62:28+
04:18+	06:50+ 05:01+ 13:05+ 03:25+	11:08+ 05:51+ 01:53+ 03:56+ 06:02+	00:59+
01:02#	04:03@ 02:47@ 02:37# 00:37#	04:05# 01:43# 00:07- 01:01# 00:49# 00:14#	
11	Anita Høie	Arve Hagen BIL	1:04:43
03:26+	15:26+ 20:34+ 33:46+ 37:26+	47:27+ 53:11+ 54:50+ 57:35+ 63:52+	64:43+
03:26+	12:00+ 05:08+ 13:12+ 03:40+	10:01+ 05:44+ 01:39- 02:45- 06:17+	00:51+
00:10+	00:13@ 02:54@ 02:44# 00:52#	02:58# 01:36# 00:07- 00:10- 01:04# 00:06#	
12	Karen Tomter	Utsillingsplassen	1:11:04
09:16+	24:56+ 27:31+ 40:08+ 43:41+	53:08+ 58:10+ 60:09+ 63:33+ 70:01+	71:04+
09:16+	15:40+ 02:35+ 12:37+ 03:33+	09:27+ 05:02+ 01:59+ 03:24+ 06:28+	01:03+
06:00@	12:53# 00:21# 02:09# 00:45#	02:24# 00:54# 00:18# 00:29# 01:15# 00:18#	
13	Anita Bekkum	Arve Hagen BIL	1:15:51
03:08-	18:12+ 23:30+ 43:51+ 49:30+	59:26+ 63:59+ 66:02+ 69:09+ 74:48+	75:51+
03:08-	15:04+ 05:18+ 20:21+ 05:39+	09:56+ 04:33+ 02:03+ 03:07+ 05:39+	01:03+
00:00-	10:11@ 02:01@ 00:52# 02:51@	02:53# 00:25# 00:17# 00:12+ 00:26+ 00:18#	
Beste strekk tid for klassen			
	02:27 02:47 02:00 09:40 02:03 06:15 03:20 01:25 02:24 04:14 00:44		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 4,5			
1	Kjersti Rønning	Fylkeshuset	46:05
02:26=	10:57= 16:38= 22:16= 27:06=	38:25= 39:29= 41:44= 45:22= 46:05=	
02:26=	08:31= 05:41= 05:38= 04:50=	11:19= 01:04= 02:15= 03:38= 00:43=	
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	
2	May Kristin Tøngem	Ringsaker OK	47:44
03:14+	10:01- 17:14+ 22:57+ 27:58+	39:07+ 40:19+ 42:21+ 46:57+ 47:44+	
03:14+	06:47- 07:13+ 05:43+ 05:01+	11:09- 01:12+ 02:02- 04:36+ 00:47+	
00:48#	00:45- 01:32# 00:05+ 00:11# 00:10-	00:08# 00:03- 00:58# 00:04+	
3	Ellenhe Ødegård Haneberg	Handelsbanken	48:45
02:15-	09:03- 15:36- 21:59- 28:40+	41:15+ 42:36+ 44:36+ 48:01+ 48:45+	
02:15-	06:48- 06:33+ 06:23+ 06:41+	12:35+ 01:21+ 02:00- 03:25- 00:44+	
00:11-	01:43- 00:52# 00:45# 01:51# 01:16#	00:17# 00:15 00:13- 00:01+	
4	Marianne Rud Skjærstad	Løten kommune	51:58
02:11-	11:33+ 17:58+ 25:28+ 30:17+	44:19+ 45:29+ 47:24+ 51:06+ 51:58+	
02:11-	09:22+ 06:25+ 07:30+ 04:49-	14:02+ 01:10+ 01:55- 03:42+ 00:52+	
00:15-	00:51+ 00:44# 01:08# 00:01-	02:43# 00:06+ 00:10- 00:04+ 00:09#	
5	Mari Norstad Opsahl	Norsk Tipping	55:39
02:27+	11:12+ 17:44+ 24:58+ 31:01+	45:49+ 47:16+ 49:35+ 54:52+ 55:39+	
02:27+	08:45+ 06:32+ 07:14+ 06:03+	14:48+ 01:27+ 02:19+ 05:17+ 00:47+	
00:01+	00:14+ 00:51# 01:36# 01:13#	03:29# 00:23# 00:04+ 01:39# 00:04+	

Class	Navn										Klasse	Tid
6	Margrethe Nilsen										Hamar Katedralskole	55:46
	02:59+	11:23+	19:25+	28:08+	36:21+	47:47+	49:31+	51:39+	55:07+	55:46+		
	02:59+	08:24-	08:02+	08:43+	08:13+	11:26+	01:44+	02:08-	03:28-	00:39-		
7	Line Merete Libak										Løten kommune	56:49
	00:33#	00:07-	00:21#	01:06#	03:23&	00:07+	00:40#	00:07-	00:10-	00:04-		
	02:40+	11:24+	18:16+	25:53+	33:00+	46:26+	47:54+	50:49+	55:55+	56:49+		
	02:40+	08:44+	06:52+	07:37+	07:07+	13:26+	01:28+	02:55+	05:06+	00:54+		
8	Ingunn Lund Nordstrøm										Norsk Tipping	58:22
	00:14+	00:13+	01:11#	01:56#	02:47#	02:07#	00:24+	00:40#	01:23#	00:11&		
	02:46+	15:35+	22:50+	31:15+	37:35+	49:30+	50:53+	53:27+	57:35+	58:22+		
	02:46+	12:49+	07:15+	08:25+	06:20+	11:55+	01:23+	02:34+	04:08+	00:47+		
9	Mona Hesselberg										Løten kommune	1:02:27
	00:20#	01:18#	00:34#	01:47#	01:30&	00:36+	00:19#	00:39+	00:20+	00:04+		
	03:20+	15:10+	23:44+	31:55+	39:15+	53:58+	55:16+	57:30+	61:35+	62:27+		
	03:20+	11:50+	08:34+	08:11+	07:20+	14:43+	01:18+	02:14-	04:05+	00:52+		
10	Anne Marit Børdal										Ringsaker OK	1:07:29
	00:54&	03:19#	02:53#	03:33#	02:30&	03:24&	00:14+	00:01-	00:27+	00:09#		
	02:37+	16:47+	24:32+	31:48+	43:19+	54:13+	55:23+	62:01+	66:27+	67:29+		
	02:37+	14:10+	07:45+	07:16+	11:31+	10:54-	01:10+	06:38+	04:26+	01:02+		
Beste strekktid for klassen												
	00:11#	05:39#	02:01#	01:38#	06:41@	00:25-	00:06+	04:23@	00:48#	00:19&		
	02:11	06:47	05:41	05:38	04:49	10:54	01:04	01:55	03:25	00:39		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
D 5,5												
1	Emilie Westli Andersen										Løten O-Lag	1:04:12
	02:24=	12:01=	18:08=	24:33=	33:30=	35:13=	42:06=	44:53=	56:42=	57:57=	63:38=	64:12=
	02:24=	09:37=	06:07=	06:25=	08:57=	01:43=	06:53=	02:47=	11:49=	01:15=	05:41=	00:34=
2	Heidi Therese Wiest										Vang O-lag	1:04:55
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
	01:55-	10:49-	17:34-	23:56-	32:26-	34:30-	41:42-	44:06-	56:33-	57:50-	64:11+	64:55+
	01:55-	08:54-	06:45+	06:22-	08:30-	02:04+	07:12+	02:24-	12:27+	01:17+	06:21+	00:44+
Beste strekktid for klassen												
	00:20	00:41	00:36#	01:02	00:27-	00:21#	00:19+	00:23-	00:38+	00:02+	00:40#	00:10&
	01:55	08:54	06:07	06:22	08:30	01:43	06:53	02:24	11:49	01:15	05:41	00:34
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H 1,5												
1	Geir-Håkon Øverby										If	25:20
	03:26=	05:29=	07:46=	11:01=	13:25=	17:54=	24:22=	25:20=				
	03:26=	02:03=	02:17=	03:15=	02:24=	04:29=	06:28=	00:58=				
2	Stein Edvardsen										Elverum kommune	25:24
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
	04:38+	06:55+	09:06+	12:32+	14:41+	18:29+	23:56-	25:24+				
	04:38+	02:17+	02:11-	03:26+	02:09-	03:48-	05:27-	01:28+				
3	Finn Røise										MoeIven	27:32
	01:12&	00:14#	00:06-	00:11+	00:15-	00:41-	01:01-	00:30#				
	03:40+	05:39+	07:45-	10:58-	14:44+	19:14+	26:15+	27:32+				
	03:40+	01:59-	02:06-	03:13-	03:46+	04:30+	07:01+	01:17+				
4	Edgar Myrvold										Statens Hus	28:08
	00:14+	00:04-	00:11-	00:02-	01:22&	00:01+	00:33+	00:19#				
	04:34+	07:21+	09:54+	13:27+	16:09+	19:41+	26:37+	28:08+				
	04:34+	02:47+	02:33+	03:33+	02:42+	03:32-	06:56+	01:31+				
5	Arve Nils Børresen										If	28:10
	01:08&	00:44#	00:16#	00:18+	00:18#	00:57-	00:28-	00:33&				
	04:59+	07:39+	09:53+	13:20+	15:45+	20:12+	26:40+	28:10+				
	04:59+	02:40+	02:14-	03:27+	02:25+	04:27-	06:28=	01:30+				
6	Øyvind Strand										Arve Hagen BIL	30:26
	01:33&	00:37#	00:03-	00:12+	00:01+	00:02-	00:00=	00:32#				
	04:46+	07:15+	10:10+	14:12+	17:00+	21:23+	29:07+	30:26+				
	04:46+	02:29+	02:55+	04:02+	02:48+	04:23-	07:44+	01:19+				
7	Ingvald Pedersen										Statens Hus	31:07
	01:20&	00:26#	00:36#	00:47#	00:24#	00:06-	01:16#	00:21#				
	08:40+	11:52+	14:01+	17:31+	20:35+	23:57+	30:02+	31:07+				
	08:40+	03:12+	02:09-	03:30+	03:04+	03:22-	06:05-	01:05+				
	05:14@	01:09&	00:08-	00:15+	00:40&	01:07-	00:23-	00:07#				

Plass	Navn		Klasse						Tid
8	Arvid Haug		Gunders						33:29
	11:05+	13:36+	16:06+	19:41+	21:54+	25:37+	32:08+	33:29+	
	11:05+	02:31+	02:30+	03:35+	02:13-	03:43-	06:31+	01:21+	
9	Bjørn Jenssen		Mjørs Retail						35:02
	07:39@	00:28#	00:13+	00:20#	00:11-	00:46-	00:03#	00:20#	
	04:02+	06:25+	14:23+	18:05+	20:27+	25:00+	33:35+	35:02+	
	04:02+	02:23+	07:58+	03:42+	02:22-	04:33+	08:35+	01:27+	
10	Harald Normann		Ringsaker kommune						35:24
	00:36#	00:20#	00:10#	00:27#	00:02-	00:04+	02:07#	00:20#	
	05:22+	08:48+	11:47+	16:11+	19:34+	24:32+	33:49+	35:24+	
	05:22+	03:26+	02:59+	04:24+	03:23+	04:58+	09:17+	01:35+	
11	Jan Olav Tuterud		Hamar Post						35:27
	01:56&	01:23#	00:42&	04:00&	00:59&	00:29#	02:49&	00:27&	
	08:20+	11:17+	15:52+	19:33+	21:40+	25:40+	34:14+	35:27+	
	08:20+	02:57+	04:35+	03:41+	02:07-	04:00-	08:34+	01:13+	
12	John Falbakken		Gunders						35:35
	04:54@	00:54&	02:10@	00:26#	00:17-	00:29-	02:06#	00:15&	
	05:44+	09:31+	12:55+	17:17+	20:31+	25:30+	33:45+	35:35+	
	05:44+	03:47+	03:24+	04:22+	03:14+	04:59+	08:15+	01:50+	
13	Frank Evensen		Telenor						36:14
	02:18&	01:44&	01:07&	01:07&	00:50&	00:30#	01:47&	00:52&	
	04:25+	06:45+	09:06+	12:53+	21:58+	27:16+	34:52+	36:14+	
	04:25+	02:20+	02:21+	03:47+	09:05+	05:18+	07:36+	01:22+	
14	Jon Lindgren		Romedal Almenning						38:42
	00:59&	00:17#	00:04+	00:32#	06:41@	00:49#	01:08#	00:24&	
	04:34+	07:29+	09:59+	15:32+	22:49+	27:15+	37:06+	38:42+	
	04:34+	02:55+	02:30+	05:33+	07:17+	04:26-	09:51+	01:36+	
15	Hans Narbuviold		Nestle						39:33
	01:08&	00:52&	00:13#	02:18&	04:53@	00:03-	03:23&	00:28&	
	05:50+	08:32+	11:23+	15:44+	19:29+	25:22+	38:00+	39:33+	
	05:50+	02:42+	02:51+	04:21+	03:45+	05:53+	12:38+	01:33+	
16	Torkel Bache		Sanderud sykehus						39:37
	02:24&	00:39&	00:34#	01:06&	01:21&	01:24&	06:10&	00:25&	
	07:15+	10:02+	13:00+	17:56+	21:48+	32:07+	38:04+	39:37+	
	07:15+	02:47+	02:58+	04:56+	03:52+	10:19+	05:57-	01:33+	
17	Erik Skarås		Sparebank 1 Østlandet						39:49
	02:49@	00:44&	00:01&	01:41&	01:28&	05:50@	00:31-	00:35&	
	16:10+	18:34+	21:08+	25:19+	27:49+	32:44+	38:40+	39:49+	
	16:10+	02:24+	02:34+	04:11+	02:30+	04:55+	05:56-	01:09+	
18	Roger Sterud		Hamar Regnskap						41:54
	12:44@	00:21#	00:37#	00:56&	00:06+	00:26+	00:32-	00:11#	
	06:51+	09:21+	13:11+	19:26+	24:17+	30:24+	40:32+	41:54+	
	06:51+	02:30+	03:50+	06:15+	04:51+	06:07+	10:08+	01:22+	
19	Kjell Sagbakken		Hamar Post						49:38
	03:25&	00:27#	01:33&	03:00&	02:27@	01:38&	03:40&	00:24&	
	26:20+	29:06+	32:36+	38:16+	39:59+	42:39+	48:39+	49:38+	
	26:20+	02:46+	03:30+	05:40+	01:43-	02:40-	06:00-	00:59+	
20	Arild Rønning		Nestle						53:00
	22:54@	00:43&	01:13&	02:25&	00:41-	01:49-	00:28-	00:01+	
	04:13+	06:55+	09:53+	15:08+	39:55+	44:40+	51:54+	53:00+	
	04:13+	02:42+	02:58+	05:15+	24:47+	04:45+	07:14+	01:06+	
21	Arne Sveen		Stabburet						54:00
	00:47#	00:39&	00:41&	02:00&	22:23@	00:16+	00:46#	00:08#	
	06:05+	09:24+	12:12+	17:19+	21:12+	40:46+	52:08+	54:00+	
	06:05+	03:19+	02:48+	05:07+	03:53+	19:34+	11:22+	01:52+	
22	Ragnar Høsjøen		Hamar Post						58:24
	02:39&	01:16&	00:31#	01:52&	01:29&	15:05@	04:54&	00:54&	
	21:36+	27:07+	30:36+	36:45+	40:07+	45:22+	56:31+	58:24+	
	21:36+	05:31+	03:29+	06:09+	03:22+	05:15+	11:09+	01:53+	
Beste strekkrid for klassen									
	03:26	01:59	02:06	03:13	01:43	02:40	05:27	00:58	

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

H 2,5

1	Geir Bjørlo		Hamar Katedralskole						28:24
	02:14=	05:21=	12:17=	14:18=	17:51=	21:50=	24:21=	27:41=	28:24=
	02:14=	03:07=	06:56=	02:01=	03:33=	03:59=	02:31=	03:20=	00:43=
2	Per Vold		MoeIven						32:05
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
	02:49+	07:27+	11:33-	13:52-	18:22+	25:22+	27:32+	31:23+	32:05+
	02:49+	04:38+	04:06-	02:19+	04:30+	07:00+	02:10-	03:51+	00:42-
	00:35&	01:31&	02:50-	00:18#	00:57&	03:01&	00:21-	00:31#	00:01-

Plass	Navn			Klasse			Tid		
3	Tore Stensby			Mattilsynet			33:53		
	03:05+	07:26+	10:36-	13:45-	19:36+	24:31+	27:32+	32:52+	33:53+
	03:05+	04:21+	03:10-	03:09+	05:51+	04:55+	03:01+	05:20+	01:01+
4	Torbjørn Hakenssen			Gunders			34:11		
	00:51&	07:14@	03:46-	01:08&	02:18&	00:56#	00:30#	02:00&	00:18&
	03:08+	09:15+	12:38+	15:41+	20:17+	25:09+	28:20+	33:14+	34:11+
	03:08+	06:07+	03:23-	03:03+	04:36+	04:52+	03:11+	04:54+	00:57+
5	Magne Smeland			Vegvesenet			34:44		
	00:54&	00:00#	03:31-	01:02@	01:03&	00:53#	00:40#	01:24&	00:14&
	03:06+	07:38+	11:00-	13:43-	19:20+	24:38+	27:42+	33:36+	34:44+
	03:06+	04:32+	03:22-	02:43+	05:37+	05:18+	03:04+	05:54+	01:08+
6	Hakon Beitnes			Hamar Katedralskole			35:24		
	00:52&	00:29#	03:34-	00:42&	02:04&	01:19&	00:33#	02:24&	00:25#
	06:26+	11:10+	14:26+	17:11+	21:42+	28:29+	30:44+	34:38+	35:24+
	06:26+	04:44+	03:16-	02:45+	04:31+	06:47+	02:15-	03:54+	00:46+
	04:12@	01:37&	02:40-	00:44&	00:58&	02:48&	00:16#	00:34#	00:03#
7	Hans Asbjørn Tingvold			System-Tre Gjøvik			35:41		
	03:20+	08:36+	11:54-	14:46+	20:59+	26:26+	29:10+	34:41+	35:41+
	03:20+	05:16+	03:18-	02:52+	06:13+	05:27+	02:44+	05:31+	01:00+
8	Trond Sørum			Byggmakker			37:20		
	01:06&	02:09&	03:38-	00:51&	02:40&	01:28&	00:13#	02:11&	00:17&
	03:30+	10:09+	13:57+	17:07+	22:44+	28:24+	31:43+	36:32+	37:20+
	03:30+	06:39+	03:48-	03:10+	05:37+	05:40+	03:19+	04:49+	00:48+
9	Magnar Nybakk			Sparebank 1 Østlandet			37:45		
	01:16&	02:32@	03:08-	01:09&	02:04&	01:41&	00:48&	01:29&	00:05#
	02:52+	07:18+	11:11-	14:18-	22:50+	29:20+	32:09+	36:54+	37:45+
	02:52+	04:26+	03:53-	03:07+	08:32+	06:30+	02:49+	04:45+	00:51+
10	Morten Døie			Furnes Almønning			38:33		
	00:38&	01:19&	03:03-	01:06&	04:59@	02:31&	00:18#	01:25&	00:08#
	03:25+	08:38+	12:15-	15:14+	21:32+	27:11+	29:53+	37:31+	38:33+
	03:25+	05:13+	03:37-	02:59+	06:18+	05:39+	02:42+	07:38+	01:02+
11	Kåre Garmager			Telenor			38:51		
	01:11&	02:06&	03:19-	00:58&	02:45&	01:40&	00:11#	04:18@	00:19&
	03:49+	09:03+	13:07+	16:50+	22:43+	28:41+	32:26+	37:40+	38:51+
	03:49+	05:14+	04:04-	03:43+	05:53+	05:58+	03:45+	05:14+	01:11+
12	Bjørn Eriksrud			System-Tre Gjøvik			38:59		
	01:35&	02:07&	02:52-	01:42&	02:20&	01:59&	01:14&	01:54&	00:28&
	05:25+	10:40+	14:04+	16:57+	23:05+	28:34+	31:45+	37:41+	38:59+
	05:25+	05:15+	03:24-	02:53+	06:08+	05:29+	03:11+	05:56+	01:18+
13	Sven Marken			Løten kommune			39:30		
	00:11@	02:08&	03:32-	00:52&	02:35&	01:30&	00:40&	02:26&	00:35&
	04:07+	10:12+	14:02+	18:16+	23:52+	29:54+	33:17+	38:21+	39:30+
	04:07+	06:05+	03:50-	04:14+	05:36+	06:02+	03:23+	05:04+	01:09+
14	Olav Rustadbakken			Arve Hagen BIL			39:33		
	01:53&	02:58&	02:06-	01:13@	02:03&	02:03&	00:52&	01:41&	00:26&
	03:22+	09:01+	12:57+	16:01+	23:08+	30:25+	33:34+	38:37+	39:33+
	03:22+	05:39+	03:56-	03:04+	07:07+	07:17+	03:09+	05:03+	00:56+
15	Odd Tangen			Norsk Tipping			39:38		
	01:08&	02:32&	03:00-	01:03&	03:34@	03:18&	00:38&	01:43&	00:13&
	02:59+	09:21+	15:21+	18:39+	24:56+	30:21+	33:46+	38:47+	39:38+
	02:59+	06:22+	06:00-	03:18+	06:17+	05:25+	03:25+	05:01+	00:51+
16	Olav Skjærbekk			Gunders			39:40		
	00:45&	02:15@	00:56-	01:17&	02:44&	01:26&	00:54&	01:41&	00:08#
	03:58+	10:17+	14:08+	17:43+	23:33+	29:36+	33:03+	38:28+	39:40+
	03:58+	06:19+	03:51-	03:35+	05:50+	06:03+	03:27+	05:25+	01:12+
17	Ottar Evensen			Elverum kommune			40:15		
	01:44&	02:12@	02:05-	01:34&	02:17&	02:04&	00:56&	02:05&	00:29&
	03:17+	07:59+	14:28+	17:30+	24:11+	29:55+	32:49+	39:22+	40:15+
	03:17+	04:42+	06:29-	03:02+	06:41+	05:44+	02:54+	06:33+	00:53+
18	Knut Røhrsveen			Arve Hagen BIL			40:25		
	00:03&	02:35&	00:23-	01:01&	03:08&	01:45&	00:23#	03:22&	00:10#
	03:37+	09:22+	13:23+	16:49+	23:57+	31:17+	34:28+	39:33+	40:25+
	03:37+	05:45+	04:01-	03:26+	07:08+	07:20+	03:11+	05:05+	00:52+
19	Torbjørn Ødegaard			Hamar Lærernøgskole			40:48		
	01:23&	02:38&	02:55-	01:25&	03:35@	03:21&	00:40&	01:45&	00:09#
	04:09+	09:49+	14:11+	18:08+	24:40+	31:12+	34:43+	39:47+	40:48+
	04:09+	05:40+	04:22-	03:57+	06:32+	06:32+	03:31+	05:04+	01:01+
20	Arnfinn Nordhagen			Geno			41:28		
	01:55&	02:33&	02:30-	01:58&	02:59&	02:33&	01:00&	01:44&	00:18&
	03:52+	09:36+	13:24+	16:33+	24:16+	32:05+	35:40+	40:38+	41:28+
	03:52+	05:44+	03:48-	03:09+	07:43+	07:49+	03:35+	04:58+	00:50+
21	Magnar Sveen			MoeIven			41:42		
	01:38&	02:37&	03:00-	01:08&	04:10@	03:50&	01:04#	01:39&	00:07#
	03:50+	09:02+	12:49+	16:34+	22:40+	32:19+	35:28+	40:40+	41:42+
	03:50+	05:12+	03:47-	03:45+	06:06+	09:39+	03:09+	05:12+	01:02+
	01:36&	02:05&	03:09-	01:44&	02:33&	05:40@	00:38&	01:52&	00:19&

Plass	Navn	Klasse	Tid
22	Hallstein Ødegård	Løten kommune	41:49
06:36+	12:07+ 16:04+ 19:53+ 25:46+ 31:45+ 35:21+ 40:37+ 41:49+		
06:36+	05:31+ 03:57- 03:49+ 05:53+ 05:59+ 03:36+ 05:16+ 01:12+		
23	Einar Stensby	Løten kommune	42:16
03:22@	05:24# 06:59# 01:48# 02:20# 02:00# 01:05# 01:56# 00:20#		
03:23+	08:28+ 16:17+ 20:32+ 25:50+ 30:48+ 33:56+ 41:23+ 42:16+		
03:23+	05:05+ 07:49+ 04:15+ 05:18+ 04:58+ 03:08+ 07:27+ 00:53+		
24	Stein Gamme	Storhamar Vgs	43:31
01:09#	05:58# 06:53# 02:14@ 01:45# 00:59# 00:37# 04:10# 00:10#		
04:59+	14:04+ 18:41+ 22:03+ 28:25+ 34:04+ 37:20+ 42:43+ 43:31+		
04:59+	09:05+ 04:37- 03:22+ 06:22+ 05:39+ 03:16+ 05:23+ 00:48+		
25	Helge Storsveen	Løten kommune	47:04
02:45@	05:50# 02:10- 01:21# 02:49# 01:40# 00:45# 02:03# 00:05#		
04:26+	12:23+ 18:07+ 21:47+ 28:45+ 35:47+ 39:29+ 45:50+ 47:04+		
04:26+	07:57+ 05:44- 03:40+ 06:58+ 07:02+ 03:42+ 06:21+ 01:14+		
02:12#	01:50@ 01:12- 01:39# 03:25# 03:03# 01:11# 03:01# 00:31#		
26	Henrik Bache	Sanderud sykehus	49:13
07:02+	12:44+ 18:57+ 23:50+ 29:58+ 35:58+ 41:00+ 48:09+ 49:13+		
07:02+	05:42+ 06:13- 04:53+ 06:08+ 06:00+ 05:02+ 07:09+ 01:04+		
04:48@	02:25# 08:43- 02:52@ 02:35# 02:01# 02:31# 03:40# 00:21#		
27	Stein Sandaker	Ahlseil	49:17
03:06+	08:13+ 11:43- 16:41+ 22:56+ 40:18+ 43:42+ 48:21+ 49:17+		
03:06+	05:07+ 03:30- 04:58+ 06:15+ 17:22+ 03:24+ 04:39+ 00:56+		
00:52#	02:00# 03:26- 02:57@ 02:42# 13:23@ 00:53# 01:19# 00:13#		
28	Bjørnar Aasen	Norsk Tipping	57:26
03:40+	13:00+ 16:54+ 25:01+ 33:22+ 48:02+ 51:04+ 56:34+ 57:26+		
03:40+	09:20+ 03:54- 08:07+ 08:21+ 14:40+ 03:02+ 05:30+ 00:52+		
01:26#	06:13@ 03:02- 06:06@ 04:48@ 10:41@ 00:31# 02:10# 00:09#		
29	Helge Busterud	Eidsiva	1:07:28
05:11+	13:24+ 19:45+ 25:34+ 37:12+ 48:53+ 55:09+ 65:47+ 67:28+		
05:11+	08:13+ 06:21- 05:49+ 11:38+ 11:41+ 06:16+ 10:38+ 01:41+		
02:57@	05:06@ 00:35- 03:48@ 08:05@ 07:42@ 03:45@ 07:48@ 00:58@		
30	Dag Erik Hovde	Eidsiva	1:15:27
17:05+	24:29+ 35:21+ 40:32+ 51:18+ 60:36+ 65:26+ 73:39+ 75:27+		
17:05+	07:24+ 10:52+ 05:11+ 10:46+ 09:18+ 04:50+ 08:13+ 01:48+		
14:54@	04:17@ 02:56# 01:10# 07:13@ 05:19@ 02:19# 04:53@ 01:05@		
Beste strekketid for klassen			
02:14	03:07	03:10	02:01
03:33	03:59	02:10	03:20
00:42			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 3,5			
1	Ove Tåsåsen	Mjøс Retail	37:14
01:52=	05:19= 13:59= 15:42= 22:56= 26:10= 28:06= 29:22= 33:17= 36:35= 37:14=		
01:52=	03:27= 08:40= 01:43= 07:14= 03:14= 01:56= 01:16= 03:55= 03:18= 00:39=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Einar Flenvold	Skaaret AS	38:26
01:58+	06:58+ 14:51+ 16:49+ 24:03+ 27:07+ 29:12+ 30:23+ 34:21+ 37:48+ 38:26+		
01:58+	05:00+ 07:53- 01:58+ 07:14= 03:04- 02:05+ 01:11- 03:58+ 03:27+ 00:38-		
00:06+	01:33# 00:47- 00:15# 00:00= 00:10- 00:09+ 00:05- 00:03+ 00:09+ 00:01-		
3	Tom S Helgesen	Hamar Post	38:33
02:06+	05:47+ 14:12+ 16:30+ 23:07+ 26:57+ 28:58+ 30:17+ 33:31+ 37:56+ 38:33+		
02:06+	03:41+ 08:25- 02:18+ 06:37- 03:50+ 02:01+ 01:19+ 03:14- 04:25+ 00:37-		
00:14#	01:14# 00:15# 00:35# 00:37- 00:36# 00:05# 00:03+ 00:41- 01:07# 00:02-		
4	Trond Fering	HIL	39:19
02:10+	06:43+ 15:44+ 17:39+ 24:42+ 28:18+ 30:23+ 31:47+ 35:05+ 38:32+ 39:19+		
02:10+	04:33+ 09:01+ 01:55+ 07:03- 03:36+ 02:05+ 01:24+ 03:18- 03:27+ 00:47+		
00:18#	00:06# 00:21+ 00:12# 00:11- 00:22# 00:09# 00:08# 00:37- 00:09+ 00:08#		
5	Kjetil Liven	LMP	39:27
02:02+	05:33+ 14:14+ 16:49+ 23:39+ 27:20+ 29:55+ 31:19+ 34:55+ 38:44+ 39:27+		
02:02+	03:31+ 08:41+ 02:35+ 06:50- 03:41+ 02:35+ 01:24+ 03:36- 03:49+ 00:43+		
00:10+	00:04+ 00:01+ 00:52# 00:24- 00:27# 00:39# 00:08# 00:19- 00:31# 00:04#		
6	Henning Dahl	Biff	41:19
02:12+	06:10+ 15:31+ 17:48+ 24:11+ 28:06+ 30:22+ 31:57+ 35:44+ 40:19+ 41:19+		
02:12+	03:58+ 09:21+ 02:17+ 06:23- 03:55+ 02:16+ 01:35+ 03:47- 04:35+ 01:00+		
00:20#	00:31# 00:41+ 00:34# 00:51- 00:41# 00:20# 00:19# 00:08# 01:17# 00:21#		
7	Torgeir Volden	Azets Insight-Hamar	43:09
02:01+	05:57+ 14:59+ 17:03+ 23:23+ 31:11+ 33:14+ 34:33+ 38:10+ 42:19+ 43:09+		
02:01+	03:56+ 09:02+ 02:04+ 06:20- 07:48+ 02:03+ 01:19+ 03:37- 04:09+ 00:50+		
00:09+	02:29# 00:22+ 00:21# 00:54- 04:34@ 00:07# 00:03+ 00:18# 00:51# 00:11#		
8	Erik Neby	Norsk Tipping	43:23
02:06+	09:41+ 18:28+ 20:32+ 26:54+ 30:45+ 32:53+ 34:19+ 37:45+ 42:36+ 43:23+		
02:06+	07:35+ 08:47+ 02:04+ 06:22- 03:51+ 02:08+ 01:26+ 03:26- 04:51+ 00:47+		
00:14#	04:08@ 00:07+ 00:21# 00:52- 00:37# 00:12# 00:10# 00:29- 01:33# 00:08#		
eTiming Timing. Copyright 1999 Emit as. www.emit.no			15.08.2017 22:54:47
			Side:7

Class	Navn										Klasse	Tid
9	Tore Gustav Tomter										Plan 1	43:34
	02:25+	06:28+	16:14+	18:42+	26:06+	30:17+	32:27+	34:05+	37:27+	42:53+	43:34+	
	02:25+	04:03+	09:46+	02:28+	07:24+	04:11+	02:10+	01:38+	03:22-	05:26+	00:41+	
9	00:33&	00:26#	01:06#	00:45&	00:10+	00:57&	00:14#	00:22#	00:13-	02:08&	00:02+	43:34
	02:16+	08:11+	16:29+	18:55+	25:41+	30:19+	32:29+	33:50+	37:27+	42:49+	43:34+	
	02:16+	05:55+	08:18-	02:26+	06:46-	04:38+	02:10+	01:21+	03:37-	05:22+	00:45+	
11	00:24#	02:29&	00:12#	00:42&	00:18-	01:24&	00:14#	00:05+	00:18-	02:04&	00:06#	44:39
	01:55+	10:30+	19:12+	21:30+	29:21+	32:41+	35:13+	36:34+	40:31+	44:03+	44:39+	
	01:55+	08:35+	08:42+	02:18+	07:51+	03:20+	02:32+	01:21+	03:57+	03:32+	00:36-	
12	00:03+	05:08&	00:02+	00:23&	00:37+	00:06+	00:36&	00:05-	00:02-	00:14+	00:03-	45:06
	02:44+	08:04+	18:19+	20:42+	27:45+	32:29+	34:57+	36:35+	40:11+	44:09+	45:06+	
	02:44+	05:20+	10:15+	02:23+	07:03-	04:44+	02:28+	01:38+	03:36-	03:58+	00:57+	
13	00:52&	01:53&	01:35#	00:40&	00:11-	01:30&	00:32#	00:22&	00:19-	00:40#	00:18&	45:14
	02:15+	06:25+	17:04+	19:58+	27:18+	31:31+	33:58+	35:30+	40:23+	44:32+	45:14+	
	02:15+	04:10+	10:39+	02:54+	07:20+	04:13+	02:27+	01:32+	04:53+	04:09+	00:42+	
14	00:23#	00:43#	01:59#	01:11&	00:06+	00:59&	00:31&	00:16#	00:58#	00:51&	00:03+	45:26
	04:10+	09:36+	19:28+	21:34+	28:30+	32:01+	34:27+	36:06+	40:20+	44:30+	45:26+	
	04:10+	05:26+	09:52+	02:06+	06:56-	03:31+	02:26+	01:39+	04:14+	04:10+	00:56+	
15	02:18@	01:59&	01:12#	00:23#	00:18-	00:17+	00:30&	00:23&	00:19+	00:52&	00:17&	45:42
	02:16+	06:53+	17:10+	19:30+	27:48+	32:29+	34:56+	36:37+	40:50+	45:00+	45:42+	
	02:16+	04:37+	10:17+	02:20+	08:18+	04:41+	02:27+	01:41+	04:13+	04:10+	00:42+	
16	00:24#	01:10&	01:37#	00:37&	01:04#	01:27&	00:31&	00:25&	00:18+	00:52&	00:03+	46:01
	02:02+	06:24+	16:38+	21:17+	28:40+	32:59+	35:28+	37:12+	40:55+	45:17+	46:01+	
	02:02+	04:22+	10:14+	04:39+	07:23+	04:19+	02:29+	01:44+	03:43-	04:22+	00:44+	
17	00:10+	00:55&	01:34#	02:56@	00:09+	01:05&	00:33&	00:28&	00:12-	01:04&	00:05#	46:10
	03:24+	12:38+	14:59+	24:30+	28:37+	31:06+	32:44+	36:51+	42:25+	43:14+		
	03:24+	09:14+	02:21-	09:31+	04:07-	02:29-	01:38-	04:07+	05:34+	00:49-		
18	01:32&	05:47&	06:19	07:48@	03:07-	01:45-	00:18-	00:51&	01:39&	02:29-		46:13
	02:26+	07:21+	16:58+	19:51+	27:32+	32:26+	34:40+	36:16+	40:39+	45:11+	46:13+	
	02:26+	04:55+	09:37+	02:53+	07:41+	04:54+	02:14+	01:36+	04:23+	04:32+	01:02+	
19	00:34&	01:28&	00:07#	01:10&	00:27+	01:40&	00:18-	00:20&	00:28#	01:14&	00:23&	46:21
	02:21+	08:04+	17:14+	21:29+	28:47+	32:19+	34:44+	36:16+	40:12+	45:24+	46:21+	
	02:21+	05:43+	09:10+	04:15+	07:18+	03:32+	02:25+	01:32+	03:56+	05:12+	00:57+	
20	00:29&	02:18&	00:30+	02:02@	00:04+	00:18+	00:29#	00:16#	00:01+	01:54&	00:18&	47:04
	05:01+	08:44+	17:37+	19:35+	26:45+	30:31+	32:53+	34:10+	41:13+	46:13+	47:04+	
	05:01+	03:43+	08:53+	01:58+	07:10-	03:46+	02:22+	01:17+	07:03+	05:00+	00:51+	
21	03:09@	00:16+	00:13-	00:15#	00:04-	00:32#	00:26#	00:01-	03:08&	01:42&	00:12&	47:37
	02:22+	08:30+	19:14+	21:33+	29:12+	33:34+	35:54+	37:38+	41:24+	46:42+	47:37+	
	02:22+	06:08+	10:44+	02:19+	07:39+	04:22+	02:20+	01:44+	03:46-	05:18+	00:55+	
22	00:30&	02:41&	02:04#	00:26&	00:25+	01:08&	00:24#	00:28&	00:09-	02:00&	00:16&	47:44
	02:21+	08:16+	30:51+	37:36+	39:19+	46:59+	47:44+					
	02:21+	05:55+	22:35+	06:45+	01:43-	07:40+	00:45-					
23	00:29&	02:28&	13:56@	05:02@	05:31-	04:26@	01:11-					48:11
	04:50+	10:14+	21:56+	24:03+	31:26+	35:38+	37:58+	39:20+	43:16+	47:23+	48:11+	
	04:50+	05:24+	11:42+	02:07+	07:23+	04:12+	02:20+	01:22+	03:56+	04:07+	00:48+	
24	02:58@	00:57&	03:28&	00:24#	00:09+	00:58&	00:24#	00:16+	00:01+	00:49#	00:09#	49:00
	02:19+	09:54+	20:46+	23:02+	31:04+	35:42+	38:08+	40:02+	43:26+	48:14+	49:00+	
	02:19+	07:35+	10:52+	02:16+	08:02+	04:38+	02:26+	01:54+	03:24-	04:48+	00:46+	
25	00:27#	01:08@	02:12&	00:33&	00:48#	01:24&	00:30&	00:38&	00:31-	01:30&	00:07#	49:19
	02:03+	06:09+	14:51+	16:51+	23:39+	37:01+	39:01+	40:30+	44:15+	48:31+	49:19+	
	02:03+	04:06+	08:42+	02:00+	06:48-	13:22+	02:00+	01:29+	03:45-	04:16+	00:48+	
26	00:11+	00:39#	00:02+	00:11#	00:26-	10:08@	00:04-	00:13#	00:10-	00:58&	00:09#	50:12
	02:24+	06:51+	17:22+	19:40+	27:08+	36:42+	39:03+	40:34+	44:28+	49:25+	50:12+	
	02:24+	04:27+	10:31+	02:18+	07:28+	09:34+	02:21+	01:31+	03:54-	04:57+	00:47+	
27	00:32&	00:08&	01:51#	00:25@	00:14+	06:20@	00:25#	00:15#	00:01-	01:29+	00:08#	50:48
	02:34+	08:26+	18:55+	21:31+	29:17+	33:38+	38:29+	40:27+	44:25+	50:04+	50:48+	
	02:34+	05:52+	10:29+	02:36+	07:46+	04:21+	04:51+	01:58+	03:58+	05:39+	00:44+	
	00:42&	02:25&	01:49#	00:53&	00:32+	01:07&	02:55@	00:42&	00:03+	02:21&	00:05#	

Plass	Navn	Klasse	Tid
28	Arvid Bratlie	LMF	51:05
01:58+	07:31+ 17:24+ 20:24+ 31:36+ 36:07+	39:29+ 41:01+ 44:56+ 50:13+ 51:05+	
01:58+	05:33+ 09:53+ 03:00+ 11:12+ 04:31+	03:22+ 01:32+ 03:55= 05:17+ 00:52+	
00:06+	02:09# 01:10# 01:17# 03:58& 01:17&	01:26# 00:16# 00:00= 00:15# 00:13&	
29	Leif Martin Kjos	Sparebank 1 Østlandet	54:26
02:23+	07:09+ 21:02+ 23:17+ 31:55+ 41:17+	43:26+ 45:00+ 48:31+ 53:42+ 54:26+	
02:23+	04:46+ 13:53+ 02:15+ 08:38+ 09:22+	02:09+ 01:34+ 03:31- 05:11+ 00:44+	
00:31&	01:08# 05:18# 00:32# 01:24# 06:08@	00:13# 00:18# 00:21# 01:52# 00:05#	
30	Per Ivar Kvammen	Høgskolen i Hedmark	54:34
04:13+	08:39+ 20:03+ 22:41+ 32:56+ 38:36+	42:10+ 43:57+ 48:11+ 53:29+ 54:34+	
04:13+	04:26+ 11:24+ 02:38+ 10:15+ 05:40+	03:34+ 01:47+ 04:14+ 05:18+ 01:05+	
02:21@	00:59# 02:44# 00:55# 03:01& 02:26&	01:38# 00:21# 00:10+ 02:00& 00:26&	
31	Johanny Johansen	Løten kommune	54:53
02:35+	08:29+ 21:46+ 24:46+ 36:20+ 40:49+	43:16+ 44:52+ 49:05+ 53:56+ 54:53+	
02:35+	05:54+ 13:17+ 03:00+ 11:34+ 04:29+	02:27+ 01:36+ 04:13+ 04:51+ 00:57+	
00:43&	02:27& 04:37& 01:17& 04:20& 01:15&	00:31# 00:20# 00:18+ 01:33& 00:18&	
32	Jan Olav Sæther	Gunders	55:37
02:52+	09:26+ 21:25+ 24:29+ 33:17+ 39:09+	42:22+ 44:25+ 49:06+ 54:42+ 55:37+	
02:52+	06:34+ 11:59+ 03:04+ 08:48+ 05:52+	03:13+ 02:03+ 04:41+ 05:36+ 00:55+	
04:00&	02:07& 02:10# 01:21& 01:34# 02:38&	01:17# 00:47& 00:46# 02:18& 00:16&	
33	Olav Høias	Statens Hus	56:35
02:20+	10:21+ 20:18+ 23:00+ 30:04+ 34:16+	36:32+ 38:13+ 50:57+ 55:39+ 56:35+	
02:20+	08:01+ 09:57+ 02:42+ 07:04- 04:12+	02:16+ 01:41+ 12:44+ 04:42+ 00:56+	
00:28#	04:34@ 01:17# 00:59& 00:10- 00:58&	00:20# 00:25& 00:49@ 01:24& 00:17&	
34	Odd Nysæter	Byggmakker	57:15
02:51+	08:51+ 19:49+ 23:08+ 34:18+ 39:22+	42:11+ 44:00+ 50:37+ 56:00+ 57:15+	
02:51+	06:00+ 10:58+ 03:19+ 11:10+ 05:04+	02:49+ 01:49+ 06:37+ 05:23+ 01:15+	
00:59&	02:23& 02:18& 01:36& 03:56& 01:50&	00:53& 00:23# 02:42& 02:05& 00:36&	
35	Ole Røstad	Eidsiva	1:01:11
02:10+	08:45+ 25:38+ 28:49+ 37:40+ 42:29+	45:33+ 47:08+ 51:01+ 60:19+ 61:11+	
02:10+	06:35+ 16:53+ 03:11+ 08:51+ 04:49+	03:04+ 01:35+ 03:53- 09:18+ 00:52+	
00:18#	02:08& 08:12& 01:28& 01:37# 01:35&	01:08& 00:19# 00:02- 06:00@ 00:13&	
36	Steinar Tønsager	BDO Aktiva	1:08:14
02:27+	10:36+ 21:56+ 24:21+ 34:20+ 40:57+	43:44+ 46:22+ 61:14+ 67:36+ 68:14+	
02:27+	08:09+ 11:20+ 02:25+ 09:59+ 06:37+	02:47+ 02:38+ 14:52+ 06:22+ 00:38-	
00:35&	04:42@ 02:40# 00:42# 02:45& 03:23@	00:51# 01:22@ 10:57@ 03:04& 00:01-	
37	Eystein Linnerud	Norsk Tipping	1:12:31
03:15+	08:38+ 21:43+ 33:39+ 45:25+ 51:26+	54:37+ 56:56+ 63:25+ 71:27+ 72:31+	
03:15+	05:23+ 13:05+ 11:56+ 11:46+ 06:01+	03:11+ 02:19+ 06:29+ 08:02+ 01:04+	
01:23&	01:56& 04:35& 10:13@ 04:32& 02:47&	01:15& 01:09& 02:34& 04:44@ 00:25&	
38	Magne Johansen	Headit	1:14:27
03:19+	12:09+ 26:15+ 29:35+ 40:03+ 45:17+	49:14+ 51:24+ 65:22+ 73:03+ 74:27+	
03:19+	08:50+ 14:06+ 03:20+ 10:28+ 05:14+	03:57+ 02:10+ 13:58+ 07:41+ 01:24+	
01:07&	05:20# 05:27# 01:23# 00:14& 02:00&	02:01@ 00:54& 10:03@ 04:23@ 00:45@	
Beste strekketid for klassen			
01:52	03:27	02:21	01:43
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 4,5			
1	Terje Wikstrøm	Geno	41:14
01:54=	08:02= 13:04= 18:15= 25:27= 34:50=	35:50= 37:34= 40:35= 41:14=	
01:54=	06:08= 05:02= 05:11= 07:12= 09:23=	01:00= 01:44= 03:01= 00:39=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	
2	Tom Røise	Ntnu Gjøvik	41:29
01:48-	08:14+ 13:41+ 19:17+ 23:17- 33:21-	35:18- 37:09- 40:51+ 41:29+	
01:48-	06:26+ 05:27+ 05:36+ 04:00- 10:04+	01:57+ 01:51+ 03:42+ 00:38-	
00:06-	00:18# 00:25+ 00:25+ 03:12- 00:41+	00:57# 00:07# 00:41# 00:01-	
3	Arild Nordsveen	Hamar Rør	42:53
01:50-	07:04- 12:40- 18:12- 22:31- 35:23+	36:32+ 38:31+ 42:14+ 42:53+	
01:50-	05:14- 05:36+ 05:32+ 04:19- 12:52+	01:09+ 01:59+ 03:43+ 00:39=	
00:04-	00:54- 00:31# 00:21+ 02:53- 03:29&	00:09# 00:15# 00:42# 00:00=	
4	Sindre Skjærbekk	Byggmakker	43:01
02:17+	08:23+ 13:56+ 19:47+ 24:44- 35:57+	37:07+ 38:49+ 42:14+ 43:01+	
02:17+	06:06- 05:33+ 05:51+ 04:57- 11:13+	01:10+ 01:42- 03:25+ 00:47+	
00:23#	00:02- 00:31# 00:40# 02:15- 01:50#	00:10# 00:02- 00:24# 00:08#	
5	Tor Haugstulen	Hamar Post	44:18
02:48+	09:24+ 15:40+ 21:24+ 25:45+ 37:45+	38:48+ 40:34+ 43:36+ 44:18+	
02:48+	06:36+ 06:16+ 05:44+ 04:21- 12:00+	01:03+ 01:46+ 03:02+ 00:42+	
00:54&	00:28+ 04:14# 00:33# 02:51- 02:37&	00:03# 00:02+ 00:01+ 00:03+	
6	Vidar Nømerstad	Sparebank 1 Østlandet	45:31
01:51-	09:03+ 14:36+ 20:09+ 25:02- 36:01+	37:30+ 39:40+ 44:51+ 45:31+	
01:51-	07:12+ 05:33+ 05:33+ 04:53- 10:59+	01:29+ 02:10+ 05:11+ 00:40+	
00:03-	01:04# 00:31# 00:22+ 02:19- 01:36#	00:29& 00:26# 02:10& 00:01+	

Plass	Navn				Klasse				Tid
7	Frode Hjorth				Statens Hus				45:59
	02:01+	08:15+	14:37+	22:30+	27:11+	39:13+	40:16+	42:14+	45:59+
	02:01+	06:14+	06:22+	07:53+	04:41-	12:02+	01:03+	01:58+	03:03+
8	Tom Hagen				Byggmakker				47:10
	00:07+	00:06+	01:20#	02:42#	02:31-	02:39#	00:03+	00:14#	00:03+
	02:38+	10:43+	16:42+	22:41+	27:28+	39:36+	41:03+	43:07+	46:29+
	02:38+	08:05+	05:59+	05:59+	04:47-	12:08+	01:27+	02:04+	03:22+
9	Harald Østbye				Østerdal Garnison				47:18
	00:44#	00:57#	00:07#	00:48#	02:25-	02:45#	00:27#	00:20#	00:21#
	02:34+	09:15+	15:41+	21:42+	27:12+	38:27+	39:55+	42:45+	46:28+
	02:34+	06:41+	06:26+	06:01+	05:30-	11:15+	01:28+	02:50+	03:43+
10	Olav Jufhusen				Hamar Post				47:27
	00:40#	00:13+	01:17#	00:50#	01:42-	01:52#	00:28#	01:06#	00:42#
	02:25+	11:04+	17:28+	23:56+	28:52+	40:44+	41:50+	43:39+	46:44+
	02:25+	08:39+	06:24+	06:28+	04:56-	11:52+	01:06+	01:49+	03:05+
11	Terje Fjæstad				Gjensidige				47:33
	00:31#	00:31#	01:12#	01:17#	02:16-	02:29#	00:06+	00:05+	00:04+
	02:07+	15:24+	20:50+	26:22+	30:33+	40:18+	41:18+	43:18+	46:49+
	02:07+	13:17+	05:26+	05:32+	04:11-	09:45+	01:00=	02:00+	03:31+
12	Bjørn J Sørum				Jernbanens Idrettslag				47:54
	00:13#	00:13#	00:24+	00:21+	03:01-	00:22+	00:00=	00:16#	00:30#
	02:07+	10:42+	16:44+	22:48+	29:55+	40:54+	42:06+	43:56+	47:15+
	02:07+	08:35+	06:02+	06:04+	07:07-	10:59+	01:12+	01:50+	03:19+
13	Odd Arne Blystad				Eidsiva				51:28
	00:13#	00:27#	01:00#	00:53#	00:05-	01:36#	00:12#	00:06+	00:18+
	02:39+	12:45+	19:51+	25:56+	31:23+	42:42+	43:59+	47:00+	50:37+
	02:39+	10:06+	07:06+	06:05+	05:27-	11:19+	01:17+	03:01+	03:37+
14	Gjermund Nedgård				Norsk Tipping				54:10
	00:45#	00:58#	02:04#	00:54#	01:45-	01:56#	00:17#	01:17#	00:36#
	02:03+	11:00+	16:46+	26:04+	32:17+	43:45+	44:52+	49:24+	53:30+
	02:03+	08:57+	05:46+	09:18+	06:13-	11:28+	01:07+	04:32+	04:06+
15	Ole Christian Bang				Vegvesenet				54:33
	00:09+	00:40#	00:44#	04:07#	00:59-	02:05#	00:07#	02:48#	01:05#
	02:05+	09:56+	15:21+	24:09+	35:11+	46:53+	48:13+	50:19+	53:54+
	02:05+	07:51+	05:25+	08:48+	11:02+	11:42+	01:20+	02:06+	03:35+
16	Harald Volden				Jernbanens Idrettslag				55:01
	00:11+	01:43#	00:23+	03:37#	03:50#	02:19#	00:20#	00:22#	00:34#
	02:29+	10:25+	16:53+	24:22+	30:25+	45:13+	47:05+	49:24+	54:00+
	02:29+	07:56+	06:28+	07:29+	06:03-	14:48+	01:52+	02:19+	04:36+
17	Morten Stenberg				NRK				55:09
	00:35#	01:48#	01:25#	07:19#	01:09-	05:25#	00:52#	00:35#	01:35#
	03:56+	11:32+	18:31+	25:23+	30:37+	44:29+	45:49+	48:55+	54:09+
	03:56+	07:36+	06:59+	06:52+	05:14-	13:52+	01:20+	03:06+	05:14+
18	Lars Lodgaard				Benteler BFL				59:11
	00:02@	01:28#	01:57#	01:41#	01:58-	04:29#	00:20#	01:20#	00:02#
	03:42+	12:17+	18:08+	25:36+	37:28+	51:03+	52:40+	54:52+	58:27+
	03:42+	08:35+	05:51+	07:28+	11:52+	13:35+	01:37+	02:12+	03:35+
19	Jan Asmund Sætaberget				Jernbanens Idrettslag				59:29
	00:14#	02:27#	00:49#	02:17#	04:10#	04:12#	00:37#	00:28#	00:34#
	02:25+	09:47+	17:52+	26:23+	32:39+	49:12+	50:53+	53:31+	58:35+
	02:25+	07:22+	08:05+	08:31+	06:16-	16:33+	01:41+	02:38+	05:04+
20	Avle Chr Bjørn				Idrettens Hus				1:04:49
	00:31#	01:14#	03:03#	03:20#	00:56-	07:10#	00:41#	00:54#	02:03#
	03:58+	13:07+	26:08+	36:58+	43:01+	55:44+	56:55+	59:20+	63:44+
	03:58+	09:09+	13:01+	10:50+	06:03-	12:43+	01:11+	02:25+	04:24+
21	Knut Vidar Lund				Telenor				1:05:24
	02:04@	02:01#	07:50#	05:39#	01:09-	03:20#	00:11+	00:41#	01:23#
	02:43+	11:25+	18:25+	24:52+	41:22+	56:07+	57:37+	60:07+	64:35+
	02:43+	08:42+	07:00+	06:27+	16:30+	14:45+	01:30+	02:30+	04:28+
22	Bjarne Harkinn				If				1:15:51
	00:49#	00:48#	01:58#	00:15#	09:18@	05:22#	00:30#	00:46#	01:27#
	02:57+	22:37+	29:46+	41:34+	48:34+	64:01+	65:56+	68:52+	74:47+
	02:57+	19:40+	07:09+	11:48+	07:00-	15:27+	01:55+	02:56+	05:55+
23	Arne Hagen				Vegvesenet				1:24:43
	01:03#	13:32@	02:07#	06:37@	00:12-	06:04#	00:55#	01:12#	02:54#
	02:58+	12:14+	20:36+	28:08+	47:03+	73:18+	74:50+	77:53+	83:42+
	02:58+	09:16+	08:22+	07:32+	18:55+	26:15+	01:32+	03:03+	05:49+
Beste strekkid for klassen					00:46#	16:52@	00:32#	01:19#	02:48#
					01:48	05:14	05:02	05:11	04:00
					09:23	01:00	01:42	03:01	00:38

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

H 5,5

Plass	Navn				Klasse				Tid			
1	Marius Wikstrøm				Norconsult				40:48			
	01:22=	05:42=	09:59=	14:04=	20:26=	21:29=	26:19=	27:49=	35:42=	36:40=	40:16=	40:48=
	01:22=	04:20=	04:17=	04:05=	06:22=	01:03=	04:50=	01:30=	07:53=	00:58=	03:36=	00:32=
2	Kenneth Bilstad				Byggmakker				41:17			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
	01:16-	05:38-	09:49-	13:48-	19:13-	20:28-	27:54+	29:25+	36:33+	37:20+	40:45+	41:17+
	01:16-	04:22+	04:11-	03:59-	05:25-	01:15+	07:26+	01:31+	07:08-	00:47-	03:25-	00:32=
3	Pål Stenberg				Vang O-lag				51:02			
	00:06-	00:00+	00:00-	00:06-	00:05-	00:12#	02:36&	00:01-	00:45-	00:11-	00:11-	00:00=
	01:34+	06:43+	11:47+	16:29+	23:11+	24:31+	32:29+	34:40+	44:41+	45:38+	50:19+	51:02+
	01:34+	05:09+	05:04+	04:42+	06:42+	01:20+	07:58+	02:11+	10:01+	00:57-	04:41+	00:43+
4	Jan Ola Pedersen				Byggmakker				52:42			
	00:12#	00:40#	00:40#	00:27#	00:20+	00:17&	03:08&	00:41&	03:08&	00:01-	01:05&	00:11&
	01:29+	09:52+	14:33+	19:27+	26:28+	27:54+	33:17+	36:41+	45:55+	46:57+	51:58+	52:42+
	01:29+	08:23+	04:41+	04:54+	07:01+	01:26+	05:23+	03:24+	09:14+	01:02+	05:01+	00:44+
	00:07+	01:03&	00:24#	00:49#	00:39#	00:23&	00:33#	01:54@	01:21#	00:04+	01:25&	00:12&
5	Marius Staff				NG Regnskap				54:46			
	01:42+	07:46+	13:17+	18:47+	26:34+	28:14+	34:11+	36:36+	47:42+	48:52+	54:07+	54:46+
	01:42+	06:04+	05:31+	05:30+	07:47+	01:40+	05:57+	02:25+	11:06+	01:10+	05:15+	00:39+
	00:20#	01:14&	01:14&	01:25&	01:25#	00:37&	01:07#	00:55&	03:13&	00:12#	01:39&	00:07#
6	Michael Sælvædt				EAB Engineering				55:59			
	01:35+	06:57+	12:27+	17:29+	25:53+	27:40+	34:39+	36:45+	48:14+	49:21+	55:23+	55:59+
	01:35+	05:22+	05:30+	05:02+	08:24+	01:47+	06:59+	02:06+	11:29+	01:07+	06:02+	00:36+
	00:13#	01:02#	01:13&	00:57#	02:02&	00:44&	02:09&	00:36&	03:36&	00:09#	02:26&	00:04#
7	Henning Wernbø				Hamar Katedralskole				59:11			
	02:06+	08:35+	14:25+	20:14+	29:02+	30:53+	37:27+	39:36+	51:09+	52:19+	58:22+	59:11+
	02:06+	06:29+	05:50+	05:49+	08:48+	01:51+	06:34+	02:09+	11:33+	01:10+	06:03+	00:49+
	00:44&	02:09&	01:23&	01:44&	02:26&	00:48&	01:44&	00:39&	03:40&	00:12#	02:27&	00:17&
8	Frode Haug				Hamar OK				59:58			
	01:34+	07:22+	13:04+	18:33+	27:48+	29:42+	41:57+	43:55+	53:39+	54:36+	59:18+	59:58+
	01:34+	05:48+	05:42+	05:29+	09:15+	01:54+	12:15+	01:58+	09:44+	00:57-	04:42+	00:40+
	00:12#	01:28&	01:25&	01:24&	00:53&	00:51&	07:25@	00:28&	01:51+	00:01-	01:06&	00:08#
9	Tore Borchrevink Aul				Hamar Katedralskole				1:03:27			
	01:54+	08:48+	15:28+	23:13+	31:57+	33:46+	42:17+	45:01+	56:01+	57:14+	62:36+	63:27+
	01:54+	06:54+	06:40+	07:45+	08:44+	01:49+	08:31+	02:44+	11:00+	01:13+	05:22+	00:51+
	00:32&	02:24&	02:23&	02:40&	02:22&	00:46&	03:41&	01:14&	03:07&	00:15&	01:46&	00:19&
10	Stein Arne Negård				Byggmakker				1:06:52			
	01:45+	08:19+	15:10+	21:51+	30:03+	31:38+	44:32+	46:59+	58:40+	59:54+	66:04+	66:52+
	01:45+	06:34+	06:51+	06:41+	08:12+	01:35+	12:54+	02:27+	11:41+	01:14+	06:10+	00:48+
	00:23&	00:14&	00:34&	02:36&	01:50&	00:32&	08:04@	00:57&	03:18&	00:16&	02:34&	00:16&
11	Einar Helle				Hamar Media				1:09:40			
	02:22+	09:22+	15:41+	22:43+	31:34+	33:58+	48:52+	51:22+	61:34+	62:54+	68:51+	69:40+
	02:22+	07:00+	06:19+	07:02+	08:51+	02:24+	14:54+	02:30+	10:12+	01:20+	05:57+	00:49+
	01:00&	02:40&	00:02&	02:57&	02:29&	01:21@	10:04@	03:00+	02:19&	00:22&	02:21&	00:17&
12	Harald Berge				BAS Elverum				1:12:33			
	02:10+	09:57+	17:24+	24:49+	34:59+	37:02+	45:29+	48:30+	63:06+	64:31+	71:32+	72:33+
	02:10+	07:47+	07:27+	07:25+	10:10+	02:03+	08:27+	03:01+	14:36+	01:25+	07:01+	01:01+
	00:40&	00:21&	02:10&	01:20&	01:48&	01:00&	03:37&	01:31@	06:43&	00:27&	03:25&	00:29&
Beste strekkid for klassen												
	01:16	04:20	04:11	03:59	05:25	01:03	04:50	01:30	07:08	00:47	03:25	00:32

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