

Bedrifts-o-løp 19.09.2017

Strekktider

Vangsvegen 73-19.09.2017

Plass **Navn** **Klasse**

D 1,5

Tid

1	Anine Aaslund					Sparebank 1 Østlandet				
03:04=	03:44=	05:27=	06:40=	08:00=	09:14=	11:29=	12:42=	13:12=	13:27=	13:39=
03:04=	00:40=	01:43=	01:13=	01:20=	01:14=	02:15=	01:13=	00:30=	00:15=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marit Holmgren					Arve Hagen BIL				
01:27-	14:16+	15:41+	16:10+							
01:27-	12:49+	01:25-	00:29-							
01:37-	11:08@	01:18-	00:44-							
3	Mette Bjertingstad					Hikt				
02:54-	03:33-	04:35-	06:13-	07:41-	08:48-	14:26+	15:48+	17:00+	17:20+	17:37+
02:54-	00:39-	01:02-	01:38+	01:28+	01:07-	05:38+	01:22+	01:12+	00:20+	00:17+
00:10-	01:01-	00:11-	00:25&	00:08+	00:07-	03:23-	00:24@	01:44@	00:05&	00:05&
4	Irene Øien					Sparebank 1 Østlandet				
03:47+	04:53+	06:30+	07:48+	08:58+	10:42+	14:22+	16:00+	17:12+	17:34+	17:52+
03:47+	01:06+	01:37-	01:18+	01:10-	01:44+	03:40+	01:38+	01:12+	00:22+	00:18+
00:43#	00:26&	00:06-	00:05+	00:10-	00:30&	01:25#	00:25&	00:42@	00:07&	00:06&
5	Tora Kleven					Hamar Post				
03:56+	04:51+	06:23+	07:35+	09:00+	10:30+	14:31+	16:12+	17:11+	17:32+	18:02+
03:56+	00:55+	01:32-	01:12-	01:25+	01:30+	04:01+	01:41+	00:59+	00:21+	00:30+
00:52&	00:15&	00:13-	00:05+	00:16#		01:46#	00:13-	00:24@	00:05&	00:18@
6	Rita Foråsveen					Sparebank 1 Østlandet				
03:30+	04:35+	06:25+	07:28+	08:35+	10:05+	13:10+	15:17+	17:00+	17:30+	18:10+
03:30+	01:05+	01:50+	01:03-	01:07-	01:30+	03:05+	02:07+	01:43+	00:30+	00:40+
00:26#	00:25&	00:07+	00:10-	00:13-	00:16#	00:50-	00:54&	01:12@	00:15&	00:28@
7	Vera Børresen					Sparebank 1 Østlandet				
03:20+	06:43+	07:40+	08:40+	09:53+	11:10+	16:55+	18:05+	18:57+	19:14+	19:32+
03:20+	03:23+	00:57-	01:00-	01:13-	01:17+	05:45+	01:10-	00:52+	00:17+	00:18+
00:16+	00:48@	00:46+	00:11-	00:07-	00:03+	03:30-	00:03-	00:22@	00:02+	00:06&
8	Stine Bratli Danielsen					Sparebank 1 Østlandet				
02:36-	03:37-	05:00-	06:00-	07:23-	11:19+	16:25+	17:44+	18:53+	19:13+	19:34+
02:36-	01:01+	01:23-	01:00-	01:23+	03:56+	05:06+	01:19+	01:09+	00:20+	00:21+
00:28-	00:21&	00:20-	00:13-	00:03+	02:42@	02:51@	00:06-	00:39-	00:05&	00:09&
9	Margareth T. Dyresen					Arve Hagen BIL				
04:39+	08:18+	09:13+	10:19+	12:11+	13:46+	16:37+	18:09+	19:44+	20:05+	20:22+
04:39+	03:39+	00:55-	01:06-	01:52+	01:35+	02:51+	01:32+	01:35+	00:21+	00:17+
01:35&	01:59@	00:48-	00:07-	00:32&	00:21&	00:36@	00:18-	01:05-	00:06&	00:05&
10	Heiga Hansen					Arve Hagen BIL				
04:58+	07:49+	10:13+	13:01+	14:36+	16:37+	20:07+	21:28+	23:26+	24:10+	24:44+
04:58+	02:51+	02:24+	02:48+	01:35+	02:01+	03:30+	01:21+	01:58+	00:44+	00:34+
01:54&	07:11@	00:41&	01:36@	00:15#	00:47&	01:15@	00:08#	01:28@	00:29@	00:22@
11	Gerd Grønvold					Arve Hagen BIL				
06:38+	07:35+	09:35+	12:17+	14:16+	16:05+	20:58+	22:34+	23:50+	24:19+	24:46+
06:38+	00:57+	02:00+	02:42+	01:59+	01:49+	04:53+	01:36+	01:16+	00:29+	00:27+
00:34@	00:17&	00:17#	01:29@	00:39&	00:35&	02:38@	00:28-	00:46-	00:14&	00:15@
12	Karin Jevanord					Arve Hagen BIL				
09:43+	11:17+	13:33+	15:19+	17:27+	19:30+	24:04+	26:12+	27:28+	28:03+	28:39+
09:43+	01:34+	02:16+	01:46+	02:08+	02:03+	04:34+	02:08+	01:16+	00:35+	00:36+
06:39@	00:54@	00:33-	00:23&	00:48&	00:49&	02:19@	00:05&	00:46@	00:20@	00:24@
13	Aase Sørflaten					Gunders				
06:14+	11:38+	13:10+	14:47+	17:09+	18:55+	23:28+	25:30+	27:38+	28:47+	29:13+
06:14+	05:24+	01:32-	01:37+	02:22+	01:46+	04:33+	02:02+	02:08+	01:09+	00:26+
00:10@	00:14@	00:11-	00:24&	01:02&	00:32&	02:18@	00:48-	01:38-	00:54@	00:14@
14	Lise Trønstad					Arve Hagen BIL				
11:17+	12:18+	13:48+	16:21+	20:56+	22:16+	25:38+	27:16+	28:34+	29:03+	29:24+
11:17+	01:01+	01:30-	02:33+	04:35+	01:20+	03:22+	01:38+	01:18+	00:29+	00:21+
06:13@	00:21&	00:11-	01:20@	02:15@	00:06+	01:07@	00:26-	00:48-	00:14&	00:09&
15	Solveig Johannessen					Arve Hagen BIL				
11:10+	15:15+	16:29+	17:49+	26:07+	28:37+	33:00+	34:33+	35:40+	36:15+	36:40+
11:10+	04:05+	01:14-	01:20+	08:18+	02:30+	04:23+	01:33+	01:07+	00:35+	00:25+
00:06@	00:25@	00:29-	01:07+	06:58@	01:16@	02:08@	00:20-	00:37-	00:20@	00:13@
16	Turid Kolseth					Arve Hagen BIL				
11:16+	15:13+	16:19+	17:31+	25:38+	27:08+	34:11+	35:43+	36:48+	37:11+	37:35+
11:16+	03:57+	01:06-	01:12-	08:07+	01:30+	07:03+	01:32+	01:05+	00:23+	00:24+
00:12@	00:17@	00:27-	00:01-	06:47@	00:16#	04:48@	00:19-	00:25@	00:08&	00:12&
17	Eva Stensby					Løten kommune				
04:39+	08:53+	11:03+	13:22+	15:17+	17:28+	33:10+	34:59+	36:57+	37:50+	38:16+
04:39+	04:14+	02:10+	02:19+	01:55+	02:11+	15:42+	01:49+	01:58+	00:53+	00:26+
01:35&	03:34@	00:27&	01:06&	00:35&	00:57&	13:27@	00:36&	01:28@	00:38@	00:14@

Plass	Navn	Klasse										Tid
Beste strekktid for klassen												
	01:27	00:39	00:55	00:29	01:07	01:07	02:15	01:10	00:30	00:15	00:12	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
D 2,5												
1	Claire Bant	Vegvesenet										18:50
	02:23=	04:03=	07:09=	09:36=	10:12=	12:05=	12:37=	13:58=	14:56=	17:33=	18:18=	18:40=
	02:23=	01:40=	03:06=	02:27=	00:36=	01:53=	00:32=	01:21=	00:58=	02:37=	00:45=	00:22=
2	Kari Østbye	if										19:07
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
	03:26+	04:29+	05:15=	08:10=	08:51=	10:58=	11:43=	13:16=	14:27=	17:54+	18:39+	18:54+
	03:26+	01:03=	00:46=	02:55+	00:41+	02:07+	00:45+	01:33+	01:11+	03:27+	00:45=	00:15=
3	Liv Reidun Reiersen	Mjøso Retail										19:13
	01:03&	00:17=	01:10=	00:00=	00:05#	00:14#	00:13=	00:17=	00:13#	00:50&	00:00=	00:07=
	03:54+	05:04+	05:52=	08:31=	09:14=	11:25=	12:10=	13:38=	14:55=	18:01+	18:40+	18:58+
	03:54+	01:10=	00:48=	02:39+	00:43+	02:11+	00:45+	01:28+	01:17+	03:06+	00:39=	00:18=
4	Berit Røste	Sykehuset Innlandet										19:16
	01:31&	00:20=	00:18=	00:12+	00:07#	00:18#	00:13=	00:07=	00:18=	00:28#	00:06=	00:04=
	01:19=	01:44=	10:33+	14:26+	17:18+	19:16+						
	01:19=	00:25=	08:49+	03:53+	02:52+	01:58+						
5	Susanne Granheim	Sparebank 1 Østlandet										20:06
	01:04=	00:15=	05:43&	01:25=	00:16@	00:05+						
	02:55+	04:13+	05:12=	08:05=	08:53=	11:24=	12:30=	14:03+	15:21+	18:42+	19:26+	19:50+
	02:55+	01:18=	00:59=	02:53+	00:48+	02:31+	01:06+	01:33+	01:18+	03:21+	00:44=	00:24+
6	Anne Karin Eilisenberg	Stange kommune										20:17
	00:32#	00:22=	00:07=	00:12#	00:12#	00:38&	00:34=	00:12#	00:20=	00:14&	00:01=	00:02+
	03:11+	04:36+	05:24=	08:27=	09:10=	11:19=	12:00=	13:33=	14:56=	18:47+	19:39+	20:01+
	03:11+	01:25=	00:48=	03:03+	00:43+	02:09+	00:41+	01:33+	01:23+	03:51+	00:52+	00:22=
	00:48&	00:15=	00:18=	00:36#	00:07#	00:16#	00:09&	00:12#	00:25&	01:34&	00:07#	00:00=
7	Anita Tøllersen	Treningskompaniet										20:47
	02:18=	04:30+	05:27=	08:26=	09:19=	11:41=	12:31=	14:06+	15:25+	18:50+	20:04+	20:30+
	02:18=	02:12+	00:57=	02:59+	00:53+	02:22+	00:50+	01:35+	01:19+	03:25+	01:14+	00:26+
	00:05=	00:22&	02:09=	00:32#	00:17&	00:29&	00:18=	00:14#	00:21&	00:48&	00:29&	00:04#
8	Elisabet Rise	Geno										21:16
	04:00+	05:01+	06:02=	09:18=	10:03=	12:38+	13:20+	15:12+	16:29+	19:54+	20:40+	21:01+
	04:00+	01:01=	01:01=	03:16+	00:45+	02:35+	00:42+	01:52+	01:17+	03:25+	00:46+	00:21=
9	Anne Kathrine Fossum	Statens Hus										21:17
	01:37&	00:39=	00:05=	00:09#	00:09#	00:42&	00:10=	00:31&	00:19&	00:48&	00:01+	00:01=
	02:52+	04:05+	05:13=	08:07=	08:57=	11:03=	11:55=	13:20=	15:42+	19:57+	20:44+	21:02+
	02:52+	01:13=	01:08=	02:54+	00:50+	02:06+	00:52+	01:25+	02:22+	04:15+	00:47+	00:18=
	00:29#	00:27=	01:58=	00:27#	00:14&	00:13#	00:20=	00:04+	01:24@	01:38&	00:02+	00:04=
10	Mirjam Engelsjord	Statens Hus										21:22
	03:00+	03:59=	05:22=	08:38=	09:17=	11:55=	12:40+	14:47+	16:06+	20:13+	20:54+	21:09+
	03:00+	00:59=	01:23=	03:16+	00:39+	02:38+	00:45+	02:07+	01:19+	04:07+	00:41=	00:15=
	00:37&	00:41=	01:43=	00:49=	00:03=	00:45&	00:13=	00:46&	00:31&	01:30&	00:04=	00:07=
11	Oddveig Anne Sagbakken	Lokal revisjon as										21:49
	03:39+	05:03+	06:00=	09:17=	10:05=	12:53+	13:41+	15:26+	16:53+	20:23+	21:20+	21:35+
	03:39+	01:24=	00:57=	03:17+	00:48+	02:48+	00:48+	01:45+	01:27+	03:30+	00:57+	00:15=
	01:16&	00:16=	00:09=	00:50&	00:12&	00:55&	00:16&	00:24&	00:29&	00:53&	00:12&	00:07=
12	Bente Wikstrøm	Geno										21:56
	03:01+	04:49+	06:40=	07:28=	10:25+	11:09=	13:31+	14:09+	15:40+	16:51=	19:43+	20:24+
	03:01+	01:48+	01:51=	00:48=	02:57+	00:44=	02:22+	00:38=	01:31+	01:11=	02:52+	00:41+
	00:38&	00:38+	00:15=	01:33=	02:21@	01:09=	01:50=	00:43=	00:23=	01:26=	02:07@	00:19&
13	Linda Stenbakken	Løten kommune										22:14
	03:52+	04:57+	05:56=	09:23=	10:07=	12:38+	13:28+	15:08+	16:25+	19:34+	21:22+	21:58+
	03:52+	01:05=	00:59=	03:27+	00:44+	02:31+	00:50+	01:40+	01:17+	03:09+	01:48+	00:36+
	00:29&	00:35=	00:07=	01:00&	00:08#	00:38&	00:18=	00:19#	00:19&	00:32#	01:03@	00:14&
14	Inger Lund	Telenor										22:29
	03:08+	04:41+	05:33=	08:33=	09:16=	11:46=	13:08+	15:13+	16:49+	19:38+	20:34+	22:13+
	03:08+	01:33=	00:52=	03:00+	00:43+	02:30+	01:22+	02:05+	01:36+	02:49+	00:56+	01:39+
	00:45&	00:07=	02:14=	00:13#	00:07#	00:37&	00:50=	00:44&	00:39&	00:12=	00:11#	01:17@
15	Rønnaug Sagbakken	Sparebank 1 Østlandet										22:36
	02:57+	04:25+	05:26=	08:53=	09:52=	13:26+	14:16+	16:16+	17:47+	21:01+	21:54+	22:18+
	02:57+	01:28=	01:01=	03:27+	00:59+	03:34+	00:50+	02:00+	01:31+	03:14+	00:53+	00:24+
	00:34#	00:12=	00:05=	01:00&	00:23&	01:41&	00:18=	00:39&	00:33&	00:37#	00:08#	00:02+
16	Inger Bakken	if										23:37
	04:38+	06:00+	07:06=	10:07+	10:53+	13:38+	14:20+	15:53+	17:26+	21:39+	22:52+	23:22+
	04:38+	01:22=	01:06=	03:01+	00:46+	02:45+	00:42+	01:33+	01:33+	04:13+	01:13+	00:30+
	02:15&	00:18=	00:00=	00:14#	00:10&	00:52&	00:10=	00:12#	00:35&	01:36&	00:28&	00:08&
17	Bente Grøndalen	SIHF										23:42
	01:56=	02:30=	15:16+	18:58+	21:58+	23:42+						
	01:56=	00:34=	12:46+	03:42+	03:00+	01:44=						
	00:27=	01:06=	09:40@	01:15&	02:24@	00:09=						

Class	Navn										Klasse	Tid					
12	Sylvia Andersen										Elverum kommune	24:35					
	02:55+	04:09+	04:58+	08:27+	09:08+	10:45+	11:22+	12:37+	17:51+	18:24+	19:54+	21:07+	23:11+	24:20+	24:35+		
	02:55+	01:14+	00:49+	03:29+	00:41+	01:37+	00:37+	01:15+	05:14+	00:33+	01:30+	01:13+	02:04+	01:09+	00:15+		
	01:00#	00:31#	00:13#	00:12#	00:12#	00:26#	00:12#	00:29#	02:11#	00:03+	00:27#	00:25#	00:39#	00:31#	00:01+		
	01:46	00:43	00:36	01:50	00:19	01:01	00:24	00:46	03:03	00:29	01:03	00:48	01:25	00:38	00:12		

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

D 5,5

1	Nikoline Ekeberg Schjerve										Norconsult	14:27					
	01:55=	02:26=	03:54=	04:19=	05:15=	05:35=	06:10=	08:32=	08:54=	09:46=	10:23=	11:54=	12:29=	12:55=	13:27=	13:47=	14:27=
	01:55=	00:31=	01:28=	00:25=	00:20=	00:20=	00:35=	02:22=	00:22=	00:52=	00:37=	01:31=	00:35=	00:26=	00:32=	00:20=	00:30=
	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=
	01:50-	02:26=	04:08+	04:34+	05:37+	05:56+	06:36+	09:15+	09:40+	10:36+	11:19+	12:43+	13:27+	14:00+	14:35+	14:56+	15:37+
	01:50-	00:36+	01:42+	00:26+	01:03+	00:19-	00:40+	02:39+	00:25+	00:56+	00:43+	01:24-	00:44+	00:33+	00:35+	00:21+	00:41+
	00:05-	00:08#	00:04#	00:01+	00:07#	00:01-	00:05#	00:17#	00:03#	00:04+	00:06#	00:07-	00:09#	00:06#	00:03+	00:01+	00:11#
	03:27+	05:21+	17:36+														
	03:27+	01:54+	12:15+														
	01:32#	00:22#	10:45#														
4	Marit Sveen										Hamar OK	19:15					
	02:09+	02:55+	05:00+	05:35+	07:00+	07:25+	08:20+	11:50+	12:24+	13:33+	14:23+	16:06+	16:52+	17:22+	18:05+	18:29+	19:05+
	02:09+	00:46+	02:05+	00:35+	01:25+	00:25+	00:55+	03:30+	00:34+	01:09+	00:50+	01:43+	00:46+	00:30+	00:43+	00:24+	00:36+
	00:14#	00:15#	00:37#	00:09#	00:29#	00:05#	00:20#	00:18#	00:12#	00:17#	00:13#	00:12#	00:11#	00:10#	00:11#	00:04#	00:06#
	02:02+	02:43+	04:58+	05:30+	06:49+	07:19+	08:12+	11:47+	12:21+	13:40+	14:37+	16:20+	17:16+	17:49+	18:49+	19:20+	20:05+
	02:02+	00:41+	02:15+	00:32+	01:19+	00:30+	00:53+	03:35+	00:34+	01:19+	00:57+	01:43+	00:56+	00:33+	01:00+	00:31+	00:45+
	00:07+	00:10#	00:47#	00:07#	00:23#	00:10#	00:18#	00:13#	00:12#	00:27#	00:20#	00:12#	00:21#	00:07#	00:28#	00:11#	00:15#
	02:30+	03:15+	05:38+	06:14+	07:40+	08:09+	09:03+	12:52+	13:25+	14:52+	15:52+	17:54+	18:52+	19:28+	20:24+	21:00+	21:51+
	02:30+	00:45+	02:23+	00:36+	01:26+	00:29+	00:54+	03:49+	00:33+	01:27+	01:00+	02:02+	00:58+	00:36+	00:56+	00:36+	00:51+
	00:35#	00:18#	00:55#	00:11#	00:30#	00:09#	00:19#	01:27#	00:11#	00:25#	00:23#	00:31#	00:23#	00:16#	00:24#	00:16#	00:21#
7	Margrethe Nilsen										Hamar Katedralskole	23:34					
	01:10-	01:27-	02:37-	03:43-	03:57-	04:49-	06:50+	10:25+	11:13+	11:40+	12:32+	13:06+	14:43+	16:53+	21:27+	22:12+	23:34+
	01:10-	00:17-	01:10-	01:06+	00:14-	00:52+	02:01+	03:35+	00:48+	00:27-	00:52+	00:34-	01:37+	02:10+	04:34+	00:45+	01:22+
	00:11#	00:11#	00:11#	00:42-	00:32#	01:26#	01:13#	00:26#	00:25-	00:15#	00:57-	01:02#	01:44#	04:02#	00:25#	00:52#	
	01:10	00:17	01:10	00:25	00:14	00:19	00:35	02:22	00:22	00:27	00:37	00:34	00:35	00:26	00:32	00:20	00:30

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

H 1,5

1	Steinar Sørlien										Gunders	17:02					
	03:22=	04:18=	05:43=	06:40=	08:02=	09:36=	13:27=	15:07=	16:00=	16:30=	17:02=						
	03:22=	00:56=	01:25=	00:57=	01:22=	01:34=	03:51=	01:40=	00:53=	00:30=	00:32=						
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Edgar Myrvoid										Statens Hus	17:42					
	04:04+	05:13+	06:25+	08:06+	10:22+	11:47+	14:53+	16:14+	17:05+	17:27+	17:42+						
	04:04+	01:09+	01:12-	01:41+	02:16+	01:25-	03:06-	01:21-	00:51-	00:22-	00:15-						
	00:42#	00:13#	00:13-	00:44#	00:54#	00:09-	00:45-	00:19-	00:02-	00:08-	00:17-						
3	Arve Nils Børresen										If	17:53					
	03:42+	04:47+	06:10+	07:29+	09:14+	10:48+	14:25+	16:02+	17:07+	17:31+	17:53+						
	03:42+	01:05+	01:23-	01:19+	01:45+	01:34=	03:37-	01:37-	01:05+	00:24-	00:22-						
	00:20+	00:08#	00:02-	00:22#	00:23#	00:00=	00:14-	00:03-	00:12#	00:06-	00:10-						
4	Arvid Haug										Gunders	18:57					
	03:29+	04:28+	06:05+	08:42+	10:32+	12:04+	15:53+	17:14+	18:14+	18:42+	18:57+						
	03:29+	00:59+	01:37+	02:37+	01:50+	01:32-	03:49-	01:21-	01:00+	00:28-	00:15-						
	00:07+	00:03+	00:12#	01:40#	00:28#	00:02-	00:02-	00:10-	00:07#	00:02-	00:17-						
5	Bjørn Jenssen										Mjøen Retail	19:00					
	03:08-	16:54+	18:32+	19:00+													
	03:08-	13:46+	01:38+	00:28-													
	00:14-	10:50#	00:18#	00:29-													
6	Steinar Jøten										Toneheim	19:14					
	01:56-	02:25-	17:02+	18:44+	19:14+												
	01:56-	00:29-	14:37+	01:42+	00:30-												
	01:26-	00:27-	13:12#	00:45#	00:52-												

Plass	Navn				Klasse				Tid			
7	Jon Lindgren				Romedal Almenning				19:34			
	04:18+	05:23+	07:02+	08:24+	10:12+	11:59+	15:23+	17:23+	18:34+	19:03+	19:34+	
	04:18+	01:05+	01:39+	01:22+	01:48+	01:47+	03:24-	02:00+	01:11+	00:29-	00:31-	
8	Ingvald Pedersen				Statens Hus				19:59			
	00:56&	00:08#	00:10#	00:25&	00:26&	00:13#	00:27	00:20#	00:18&	00:01-	00:01-	
	05:27+	07:01+	08:21+	09:19+	10:42+	12:48+	16:40+	18:16+	19:09+	19:41+	19:59+	
	05:27+	01:34+	01:20-	00:58+	01:23+	02:06+	03:52+	01:36-	00:53=	00:32+	00:18-	
9	Erik Gundersen				Nestle				21:08			
	02:05&	00:28#	00:05#	00:01+	00:01+	00:32&	00:01	00:04-	00:00=	00:02+	00:14-	
	05:22+	08:22+	09:44+	10:58+	12:49+	14:47+	17:57+	19:20+	20:19+	20:44+	21:08+	
	05:22+	03:00+	01:22-	01:14+	01:51+	01:58+	03:10-	01:23-	00:59+	00:25-	00:24-	
10	Erik Skarås				Sparebank 1 Østlandet				22:14			
	03:00&	00:09#	00:03#	00:17&	00:29&	00:24&	00:41	00:17	00:04#	00:05-	00:08-	
	07:08+	08:05+	10:05+	11:16+	12:27+	14:30+	18:01+	19:19+	21:33+	21:53+	22:14+	
	07:08+	00:57+	02:00+	01:11+	01:11-	02:03+	03:31-	01:18-	02:14+	00:20-	00:21-	
11	Knut Martinsen				Sparebank 1 Østlandet				22:23			
	03:46@	00:01+	00:35&	00:14#	00:11-	00:29&	00:20	00:22	01:21@	00:10-	00:11-	
	06:06+	07:06+	08:19+	09:25+	11:34+	13:11+	18:57+	20:17+	21:38+	22:01+	22:23+	
	06:06+	01:00+	01:13-	01:06+	02:09+	01:37+	05:46+	01:20-	01:21+	00:23-	00:22-	
12	Arne Sveen				Stabburet				22:37			
	02:44&	00:04+	00:12-	00:09#	00:47&	00:03+	01:55&	00:00-	00:28&	00:07-	00:10-	
	04:32+	05:47+	07:56+	09:18+	12:12+	14:00+	18:48+	20:29+	21:44+	22:11+	22:37+	
	04:32+	01:15+	02:09+	01:22+	02:54+	01:48+	04:48+	01:41+	01:15+	00:27-	00:26-	
13	Geir-Hakon Øverby				If				22:46			
	03:10-	04:11-	05:36-	07:52+	09:13+	10:38+	16:15+	21:29+	22:05+	22:28+	22:46+	
	03:10-	01:01+	01:25=	02:16+	01:21-	01:25-	05:37+	05:14+	00:36-	00:23-	00:18-	
14	Kjell Sagbakken				Hamar Post				23:37			
	00:12-	00:05	00:00	01:19&	00:01-	00:09-	01:46&	03:34@	00:17-	00:07-	00:14-	
	04:00+	07:48+	08:31+	09:45+	12:18+	14:06+	18:45+	20:49+	21:40+	22:55+	23:22+	23:37+
	04:00+	03:48+	00:43-	01:14+	02:33+	01:48+	04:39+	02:04+	00:51-	01:15+	00:27-	00:15+
15	Kjell Vidar Holmen				Arve Hagen BIL				23:41			
	00:38#	00:52@	00:12-	00:17&	01:11&	00:14#	00:48#	00:24+	00:02	00:45@	00:05-	00:15+
	02:03-	21:18+	23:04+	23:41+								
	02:03-	19:15+	01:46+	00:37-								
16	Arild Rønning				Nestle				24:39			
	01:19-	10:18@	00:21#	00:20-								
	03:42+	05:56+	07:13+	08:34+	13:40+	16:51+	21:11+	22:36+	23:45+	24:17+	24:39+	
	03:42+	02:14+	01:17-	01:21+	05:06+	03:11+	04:20+	01:25-	01:09+	00:32+	00:22-	
17	Finn Røise				MoeIven				25:50			
	00:20+	00:13@	00:08-	00:24&	03:44@	01:37@	00:29	00:15	00:16&	00:02+	00:10-	
	06:17+	10:13+	11:47+	12:42+	14:50+	16:23+	23:00+	24:01+	25:12+	25:35+	25:50+	
	06:17+	03:56+	01:34+	00:55-	02:08+	01:33-	06:37+	01:01-	01:11+	00:23-	00:15-	
18	Harald Normann				Ringsaker kommune				26:11			
	03:55&	00:00@	00:00#	00:02	00:46&	00:01-	02:46	00:38	00:18	00:07	00:17-	
	05:30+	06:56+	09:19+	11:47+	14:00+	15:56+	20:22+	23:26+	24:48+	25:38+	26:11+	
	05:30+	01:26+	02:23+	02:28+	02:13+	01:56+	04:26+	03:04+	01:22+	00:50+	00:33+	
19	Hans Narbuvoid				Nestle				28:33			
	00:08&	00:30&	00:58#	01:31@	00:51&	00:22#	00:35#	01:04&	00:29&	00:20&	00:01+	
	04:24+	05:25+	13:16+	14:38+	16:45+	18:45+	24:00+	25:57+	27:31+	28:11+	28:33+	
	04:24+	01:01+	07:51+	01:22+	02:07+	02:00+	05:15+	01:57+	01:34+	00:40+	00:22-	
20	Torkel Bache				Sanderud sykehus				29:04			
	01:02&	00:05+	06:06@	00:25&	00:45&	00:26&	01:24&	00:17#	00:41&	00:10&	00:10-	
	06:06+	11:38+	13:12+	14:33+	16:56+	18:43+	23:16+	25:22+	27:31+	28:40+	29:04+	
	06:06+	05:32+	01:34+	01:21+	02:23+	01:47+	04:33+	02:06+	02:09+	01:09+	00:24-	
21	Arne G. Barilo				Løten kommune				52:17			
	02:44&	04:36@	00:00#	00:24&	01:01&	00:13#	00:42#	00:26&	01:16@	00:39@	00:08-	
	09:13+	11:24+	14:47+	21:41+	26:12+	30:56+	43:05+	47:16+	49:40+	51:04+	52:17+	
	09:13+	02:11+	03:23+	06:54+	04:31+	04:44+	12:09+	04:11+	02:24+	01:24+	01:13+	
Beste strekketid for klassen												
	01:56	00:29	00:43	00:28	00:30	01:25	03:06	01:01	00:36	00:20	00:15	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												

H 2,5

1	Trond Søberg				Løten kommune				16:49			
	01:48=	03:02=	03:48=	06:06=	06:44=	07:22=	09:06=	09:45=	11:12=	12:15=	14:33=	15:31=
	01:48=	01:14=	00:46=	02:18=	00:38=	00:38=	01:44=	00:39=	01:27=	01:03=	02:18=	00:58=
2	Per Vold				MoeIven				17:03			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
	01:09-	04:47+	06:01+	08:47+	10:06+	11:37+	14:47+	17:03+				
	01:09-	03:38+	01:14+	02:46+	01:19+	01:31+	03:10+	02:16+				
	00:39-	02:24@	00:28&	00:28#	00:41@	00:53@	01:26&	01:37@				

Plass	Navn	Klasse	Tid												
3	Halvard Haugtomt	NOTEAM	17:05												
01:39-	02:35-	03:21-	05:50-	06:31-	07:18-	09:16+	09:56+	11:19+	12:32+	15:15+	16:06+	16:45+	16:55+	17:05+	
01:39-	00:56-	00:46=	02:29+	00:41+	00:47+	01:58+	00:40+	01:23-	01:13+	02:43+	00:51-	00:39-	00:10-	00:10-	
4	Magnar Nybakk	Sparebank 1 Østlandet	17:30												
00:09-	00:18-	00:00-	00:31+	00:03+	00:09#	00:14-	00:01-	00:04-	00:09#	00:25#	00:07-	00:05-	00:03-	00:02-	
02:20+	03:14+	04:01+	06:30+	07:07+	07:49+	09:51+	10:30+	11:47+	13:04+	15:20+	16:25+	17:04+	17:19+	17:30+	
02:20+	00:54-	00:47+	02:29+	00:37-	00:42+	02:02+	00:39=	01:17-	01:17+	02:16-	01:05+	00:39-	00:15-	00:11-	
5	Einar Stensby	Løten kommune	18:30												
00:32&	00:20-	00:00-	00:11+	00:01-	00:04#	00:18#	00:00-	00:10-	00:14#	00:02-	00:07#	00:05-	00:03-	00:01-	
02:16+	03:24+	04:07+	06:41+	07:24+	08:02+	10:03+	10:39+	12:10+	13:21+	16:02+	17:14+	18:00+	18:17+	18:30+	
02:16+	01:08-	00:43-	02:34+	00:43+	00:38=	02:01+	00:36-	01:31+	01:11+	02:41+	01:12+	00:46+	00:17-	00:13+	
6	Magne Smeland	Vegvesenet	18:43												
00:28&	00:06-	00:03-	00:16#	00:05#	00:00=	00:17#	00:03-	00:04+	00:08#	00:23#	00:14#	00:02+	00:05-	00:01+	
02:06+	03:57+	04:44+	07:24+	08:06+	08:49+	10:58+	11:35+	12:56+	13:58+	16:31+	17:29+	18:11+	18:30+	18:43+	
02:06+	01:51+	00:47+	02:40+	00:42+	00:43+	02:09+	00:37-	01:21-	01:02-	02:33+	00:58=	00:42-	00:19-	00:13+	
7	Espen Paulsen	Infosofs	20:26												
00:18#	00:27&	00:01+	00:22#	00:04#	00:05#	00:25#	00:02+	00:06-	00:01-	00:15#	00:00=	00:02-	00:02-	00:01+	
03:19+	04:27+	05:18+	07:47+	08:17+	09:00+	11:05+	11:53+	13:16+	14:51+	17:34+	18:55+	19:49+	20:11+	20:26+	
03:19+	01:08-	00:51+	02:29+	00:30-	00:43+	02:05+	00:48+	01:23-	01:35+	02:43+	01:21+	00:54+	00:22=	00:15+	
8	Morten Die	Furnes Almennig	20:34												
01:31&	00:06+	00:05#	00:11+	00:08-	00:05#	00:21#	00:09#	00:04-	00:32&	00:25#	00:23&	00:10#	00:08-	00:03#	
02:44+	03:50+	04:50+	07:54+	08:43+	09:33+	11:58+	12:39+	14:26+	15:38+	18:05+	19:07+	19:52+	20:18+	20:34+	
02:44+	01:06-	01:00+	03:04+	00:49+	00:50+	02:25+	00:41+	01:47+	01:12+	02:27+	01:02+	00:45+	00:26+	00:16+	
9	Hans Jørgen Røste	Sykenhuset Innlandet	21:51												
00:56&	00:08-	00:14&	00:05&	00:11&	00:12&	00:41-	00:02+	00:20#	00:09#	00:09+	00:04+	00:01+	00:04#	00:04&	
04:45+	06:44+	08:22+	12:26+	14:12+	15:44+	19:12+	21:51+								
04:45+	01:59+	01:38+	04:04+	01:46+	01:32+	03:28+	02:39+								
10	Thorvald Sæhle	Ringsaker kommune	22:54												
02:57@	00:15&	00:58&	01:46&	01:08@	00:54@	01:44#	02:00@								
02:20+	04:02+	06:13+	10:57+	12:50+	14:37+	19:05+	22:54+								
02:20+	01:42+	02:11+	04:44+	01:53+	01:47+	04:28+	03:49+								
11	Magnar Sveen	Moelven	23:10												
00:32&	00:28&	01:26&	02:26@	01:15@	01:09@	02:44#	03:10@								
02:21+	03:54+	05:05+	08:21+	09:04+	09:54+	12:07+	12:54+	14:22+	15:35+	18:32+	21:35+	22:28+	22:52+	23:10+	
02:21+	01:33+	01:11+	03:16+	00:43+	00:50+	02:13+	00:47+	01:28+	01:13+	02:57+	03:03+	00:53+	00:24+	00:18+	
00:33&	00:19&	00:25&	00:58&	00:05#	00:12&	00:29#	00:08#	00:01+	00:10#	00:39&	02:05@	00:09#	00:02+	00:06&	
12	Stein Edvardsen	Elverum kommune	23:22												
03:55+	04:59+	06:02+	09:07+	10:00+	10:56+	13:26+	14:13+	16:13+	17:29+	20:14+	21:27+	22:43+	23:02+	23:22+	
03:55+	01:04-	01:03+	03:05+	00:53+	00:56+	02:30+	00:47+	02:00+	01:16+	02:45+	01:13+	01:16+	00:19-	00:20+	
13	Morten Moen	Norconsult	24:09												
00:07@	00:10-	00:11-	00:47&	00:15&	00:18&	00:46-	00:08#	00:33&	00:13#	00:27#	00:15&	00:32&	00:06-	00:08&	
02:33+	05:50+	06:37+	08:40+	09:19+	10:10+	12:03+	12:44+	14:19+	15:31+	19:53+	20:36+	23:37+	23:58+	24:09+	
02:33+	03:17+	00:47+	02:03-	00:39+	00:51+	01:53+	00:41+	01:35+	01:12+	04:22+	00:43-	03:01+	00:21-	00:11-	
14	Henning H Christensen	Hamar Media	24:30												
00:45&	00:03&	00:01-	00:13-	00:01-	00:13&	00:09#	00:02+	00:08-	00:09#	02:04&	00:15-	02:17@	00:06-	00:01-	
05:57+	07:12+	08:22+	10:36+	11:17+	12:03+	14:45+	15:36+	17:03+	18:47+	21:54+	23:09+	24:01+	24:16+	24:30+	
05:57+	01:15+	01:10+	02:14-	00:41+	00:46+	02:42+	00:51+	01:27=	01:44+	03:07+	01:15+	00:52+	00:15-	00:14+	
15	Torbjørn Ødegaard	Hamar Lærernøgskole	24:43												
00:09@	00:01+	00:24&	00:04-	00:03+	00:08#	00:58#	00:12&	00:00-	00:41#	00:49&	00:17&	00:08#	00:05-	00:02#	
03:22+	04:44+	05:41+	08:39+	09:31+	10:22+	12:36+	13:20+	14:54+	16:13+	20:37+	22:23+	23:14+	24:08+	24:27+	24:43+
03:22+	01:22+	00:57+	02:58+	00:52+	00:51+	02:14+	00:44+	01:34+	01:19+	04:24+	01:46+	00:51+	00:54+	00:19+	00:16+
16	Hans Petter Jevanord	Geno	25:05												
01:34&	00:08#	00:11#	00:40&	00:14&	00:13&	00:30#	00:05#	00:07+	00:16&	02:06&	00:48&	00:07#	00:32@	00:07&	00:16+
03:45+	05:10+	06:13+	09:52+	10:47+	11:45+	14:54+	15:43+	17:50+	19:16+	22:11+	23:28+	24:23+	24:45+	25:05+	
03:45+	01:25+	01:03+	03:39+	00:55+	00:58+	03:09+	00:49+	02:07+	01:26+	02:55+	01:17+	00:55+	00:22=	00:20+	
17	Ottar Evensen	Elverum kommune	25:28												
00:57@	00:11#	00:17&	01:21&	00:17&	00:20&	01:25-	00:10&	00:40&	00:23&	00:37&	00:19&	00:11#	00:09=	00:08&	
02:25+	03:39+	05:08+	07:42+	08:26+	09:08+	12:30+	13:07+	14:49+	16:05+	20:16+	22:56+	24:07+	24:55+	25:12+	25:28+
02:25+	01:14=	01:29+	02:34+	00:44+	00:42+	03:22+	00:37-	01:42+	01:16+	04:11+	02:40+	01:11+	00:48+	00:17+	00:16+
18	Stein Gammle	Storhamar Vgs	25:31												
00:37&	00:07+	00:43&	00:16#	00:06#	00:04#	01:38#	00:12-	00:11#	00:13#	01:53&	01:42@	00:27&	00:24@	00:05&	00:16+
04:14+	05:41+	06:58+	10:12+	10:53+	11:50+	14:49+	15:29+	17:03+	18:25+	21:58+	23:37+	25:01+	25:18+	25:31+	
04:14+	01:27+	01:17+	03:14+	00:41+	00:57+	02:59+	00:40+	01:34+	01:22+	03:33+	01:39+	01:24+	00:17-	00:13+	
19	Torbjørn Hakensen	Gunders	25:42												
00:26@	00:13#	00:31&	00:56&	00:03+	00:19&	01:15#	00:01+	00:07+	00:19&	01:15&	00:41&	00:40&	00:05-	00:01+	
06:04+	07:08+	07:58+	10:39+	11:22+	12:13+	14:18+	15:21+	16:46+	18:32+	22:41+	24:11+	24:55+	25:23+	25:42+	
06:04+	01:04-	00:50+	02:41+	00:43+	00:51+	02:05+	01:03+	01:25-	01:46+	04:09+	01:30+	00:44=	00:28+	00:19+	
20	Håkon Beitnes	Hamar Katedralskole	27:19												
00:16@	00:09#	00:09#	00:23#	00:05#	00:13&	00:21-	00:24&	00:02-	00:13#	01:51&	00:32&	00:00=	00:06&	00:07&	
06:00+	07:13+	08:21+	12:26+	13:20+	14:18+	17:01+	17:40+	19:39+	21:00+	23:52+	25:44+	26:32+	26:54+	27:19+	
06:00+	01:13-	01:08+	04:05+	00:54+	00:58+	02:43+	00:39=	01:59+	01:21+	02:52+	01:52+	00:48+	00:22=	00:25+	
21	Trygve Jan Bjerke	Hamar Post	27:29												
00:12@	00:01-	00:20&	00:37&	00:16&	00:20&	00:59#	00:00-	00:32&	00:18&	00:34#	00:54&	00:04+	00:09=	00:13@	
03:08+	04:50+	05:55+	09:58+	10:52+	11:51+	15:22+	16:36+	18:34+	20:02+	24:05+	25:38+	26:34+	27:12+	27:29+	
03:08+	01:42+	01:05+	04:03+	00:54+	00:59+	03:31+	01:14+	01:58+	01:28+	04:03+	01:33+	00:56+	00:38+	00:17+	
01:20&	00:28&	00:19&	01:45&	00:16&	00:21&	01:47@	00:35&	00:31&	00:25&	01:45&	00:35&	00:12&	00:16&	00:05&	

Class	Navn				Klasse				Tid			
12	Tore Gustav Tomter				Plan 1				22:29			
02:46+	03:45+	04:43+	05:30-	07:48-	08:21-	09:50-	10:24-	11:20+	14:15+	15:20+	18:14+	19:22+
02:46+	00:59-	00:58-	00:47-	02:18+	00:33-	01:29+	00:34-	00:56+	02:55+	01:05+	02:54+	01:08+
02:05@	00:08-	00:09-	04:52-	00:28&	03:32-	00:44-	00:42-	00:56+	02:55+	01:05+	02:54+	01:08+
02:35+	03:21+	04:29+	05:16-	08:00-	08:40-	10:05-	10:38-	11:42+	14:59+	16:03+	18:09+	19:12+
02:35+	00:46-	01:08+	00:47-	02:44+	00:40-	01:25+	00:33-	01:04+	03:17+	01:04+	02:06+	01:03+
01:54@	00:15-	00:00-	04:55+	00:54&	03:25-	00:40-	00:46-	00:57+	03:17+	01:04+	02:06+	01:03+
14	Ole Petter Saxrud				EAB Engineering				22:49			
02:44+	03:30+	04:27+	05:18-	07:42-	08:21-	10:03-	10:33-	11:31+	14:46+	15:58+	18:21+	19:27+
02:44+	00:46-	00:57-	00:51-	02:24+	00:39-	01:42+	00:30-	00:58+	03:15+	01:12+	02:23+	01:06+
02:03@	00:21-	00:10-	04:48-	00:34&	03:26-	00:57-	00:47-	00:58+	03:15+	01:12+	02:23+	01:06+
02:30+	03:45+	04:51+	05:31-	06:28-	09:05-	09:40-	10:58-	11:24+	12:16+	15:42+	16:52+	18:48+
02:30+	01:15+	01:06-	00:40-	00:57-	02:37-	00:35-	01:18+	00:26+	00:52+	03:26+	01:10+	01:56+
01:49@	00:08#	00:01-	04:59-	00:53-	01:28-	00:10-	00:33-	00:26+	00:52+	03:26+	01:10+	01:56+
03:07+	03:52+	04:57+	05:41-	08:07-	08:49-	10:16-	10:50-	11:51+	15:03+	16:17+	18:27+	19:23+
03:07+	00:45-	01:05-	00:44-	02:26+	00:42-	01:27+	00:34-	01:01+	03:12+	01:14+	02:10+	00:56+
02:26@	00:22-	00:02-	04:55-	00:36&	03:23-	00:42-	00:48-	01:01+	03:12+	01:14+	02:10+	00:56+
01:58+	02:38+	03:34+	04:20-	06:53-	07:30-	09:11-	09:45-	10:58+	14:27+	15:37+	18:04+	19:05+
01:58+	00:40-	00:56-	00:46-	02:33+	00:37-	01:41+	00:34-	01:13+	03:29+	01:10+	02:27+	01:01+
01:17@	00:27-	00:11-	04:53-	00:43&	03:28-	00:56-	00:43-	00:53+	03:29+	01:10+	02:27+	01:01+
18	Karl Petter Opsahl				Løten kommune				23:28			
02:31+	04:27+	05:18+	05:59-	08:21-	09:02-	10:31-	11:05-	12:02+	15:13+	16:20+	18:50+	19:59+
02:31+	01:56+	00:51-	00:41-	02:22+	00:41-	01:29+	00:34-	00:57+	03:11+	01:07+	02:30+	01:09+
01:50@	00:48-	00:16-	04:58-	00:32&	03:24-	00:44-	00:43-	00:57+	03:11+	01:07+	02:30+	01:09+
03:00+	03:41+	04:39+	05:18-	07:38-	08:17-	09:56-	10:25-	11:26+	15:32+	16:36+	19:00+	20:01+
03:00+	00:41-	00:58-	00:39-	02:20+	00:39-	01:39+	00:29-	01:01+	04:06+	01:04+	02:24+	01:01+
02:19@	00:26-	00:09-	05:00-	00:30&	03:26-	00:54-	00:48-	01:01+	04:06+	01:04+	02:24+	01:01+
03:58+	04:56+	06:07+	06:55-	08:59-	09:42-	11:05-	11:37-	12:41+	15:46+	17:11+	19:07+	20:03+
03:58+	00:58-	01:11+	00:48-	02:04+	00:43-	01:23+	00:32-	01:04+	03:05+	01:25+	01:56+	00:56+
02:17@	00:03-	00:04-	04:51-	00:14#	03:22-	00:38-	00:45-	01:04+	03:05+	01:25+	01:56+	00:56+
21	Steinar Libak				Løten kommune				24:11			
02:20+	03:07+	04:03+	04:49-	07:19-	08:02-	09:39-	10:12-	11:23+	15:51+	17:10+	19:19+	20:26+
02:20+	00:47-	00:56-	00:46-	02:30+	00:43-	01:37+	00:33-	01:11+	04:28+	01:19+	02:09+	01:07+
01:39@	00:20-	00:10-	04:53-	00:40&	03:22-	00:52-	00:44-	01:11+	04:28+	01:19+	02:09+	01:07+
03:14+	04:02+	05:28+	06:21-	08:40-	09:19-	10:40-	11:15-	12:13+	16:12+	17:11+	20:03+	21:08+
03:14+	00:48-	01:26+	00:53-	02:19+	00:39-	01:21+	00:35-	00:58+	03:59+	00:59+	02:52+	01:05+
02:33@	00:13-	00:38-	04:46-	00:29&	03:26-	00:36-	00:40-	00:58+	03:59+	00:59+	02:52+	01:05+
23	Olav Høias				Statens Hus				24:38			
02:30+	03:19+	04:24+	05:12-	07:45-	08:27-	10:54-	11:28-	12:44+	16:30+	17:40+	20:03+	21:05+
02:30+	00:49-	01:05-	00:48-	02:33+	00:42-	02:27+	00:34-	01:16+	03:46+	01:10+	02:23+	01:02+
01:49@	00:18-	00:02-	04:51-	00:43&	03:23-	01:42-	00:48-	01:16+	03:46+	01:10+	02:23+	01:02+
24	Per Anders Aas				Mjørs Retail				25:06			
02:36+	03:51+	04:47+	05:27-	07:37-	08:08-	09:41-	10:13-	11:09+	16:41+	17:36+	19:28+	21:55+
02:36+	01:15+	00:56-	00:40-	02:10+	00:31-	01:33+	00:32-	00:56+	05:32+	00:55+	01:52+	02:27+
01:55@	00:08#	00:11-	04:59-	00:20#	03:34-	00:48-	00:45-	00:56+	05:32+	00:55+	01:52+	02:27+
25	Ludvig Bjerke-Narud				Geno				25:19			
02:17+	04:47+	05:48+	06:33-	08:58-	09:37-	11:27-	12:04-	13:10+	16:59+	18:23+	20:31+	21:29+
02:17+	02:30+	01:01-	00:45-	02:25+	00:39-	01:50+	00:37-	01:06+	03:49+	01:24+	02:08+	00:58+
01:36@	00:22@	00:05-	04:54-	00:35&	03:26-	01:05-	00:40-	01:06+	03:49+	01:24+	02:08+	00:58+
26	Trond Ole				Sparebank 1 Østlandet				25:30			
02:51+	03:32+	04:25+	05:12-	07:44-	08:25-	09:58-	10:31-	11:29+	15:51+	17:18+	20:07+	21:12+
02:51+	00:41-	00:53-	00:47-	02:32+	00:41-	01:33+	00:33-	00:58+	04:22+	01:27+	02:49+	01:05+
02:10@	00:24-	00:04-	04:52-	00:42&	03:24-	00:48-	00:44-	00:58+	04:22+	01:27+	02:49+	01:05+
27	Arvid Bratlie				LMF				26:09			
02:01+	03:21+	04:17+	08:50+	11:23+	12:05-	13:31-	13:56-	14:44+	18:16+	19:33+	21:38+	22:40+
02:01+	01:20+	00:56-	04:33+	00:42-	00:42-	01:26+	00:25-	00:48+	03:32+	01:17+	02:05+	01:02+
01:20@	00:13-	00:11-	04:06-	00:43&	03:23-	00:41-	00:52-	00:49+	03:32+	01:17+	02:05+	01:02+
02:06+	02:54+	03:54+	04:41-	06:53-	07:34-	09:09-	11:26-	12:43+	16:30+	17:42+	20:26+	22:52+
02:06+	00:48-	01:00-	00:47-	02:12+	00:41-	01:35+	02:17+	01:17+	03:47+	01:12+	02:44+	02:26+
01:25@	00:11-	00:01-	04:52-	00:22#	03:24-	00:50-	01:00-	01:17+	03:47+	01:12+	02:44+	02:26+
29	Odd Nysæter				Byggmakker				27:17			
02:41+	03:31+	04:37+	05:35-	08:52-	09:35-	11:21-	11:59-	13:19+	17:30+	18:51+	22:03+	23:14+
02:41+	00:50-	01:06-	00:58-	03:17+	00:43-	01:46+	00:38-	01:20+	04:11+	01:21+	03:12+	01:11+
01:00@	00:17-	00:01-	04:41-	01:27&	03:22-	01:01-	00:38-	01:20+	04:11+	01:21+	03:12+	01:11+
30	Jan Olav Sæther				Gunders				27:21			
03:05+	04:03+	05:11+	06:07-	09:12-	09:52-	11:44-	12:22-	13:32+	18:11+	19:32+	22:10+	23:22+
03:05+	00:58-	01:08+	00:56-	03:05+	00:40-	01:52+	00:38-	01:10+	04:39+	01:21+	02:38+	01:12+
02:24@	00:09-	00:01+	04:43-	01:15&	03:25-	01:07@	00:39-	01:10+	04:39+	01:21+	02:38+	01:12+

Plass	Navn				Klasse				Tid			
31	Odd Erik Jordheim				Statens Hus				28:44			
02:27+	03:12+	04:12+	04:57-	07:20-	07:57-	09:24-	09:50-	10:44+	14:51+	15:58+	24:19+	25:12+
02:27+	00:45-	01:00-	00:45-	02:23+	00:37-	01:27+	00:26-	00:54+	04:07+	01:07+	08:21+	00:53+
02:46@	00:22-	00:27-	01:54-	00:33&	03:28-	00:42&	00:51-	00:54+	04:07+	01:07+	08:21+	00:53+
32	Knut Fjæstad				Løten kommune				29:16			
04:18+	05:09+	06:29+	07:23-	10:12-	10:56-	12:48-	13:24-	14:37+	18:38+	19:53+	23:02+	24:20+
04:18+	00:51-	01:20+	00:54-	02:49+	00:44-	01:52+	00:36-	01:13+	04:01+	01:15+	03:09+	01:18+
03:37@	00:15-	00:20+	00:45-	00:59&	03:21-	01:07+	00:45-	01:13+	04:01+	01:15+	03:09+	01:18+
33	Magne Johansen				Headit				29:37			
02:56+	04:08+	05:15+	06:19-	09:51-	10:32-	12:40-	13:48-	15:10+	19:33+	20:50+	24:06+	25:20+
02:56+	01:12+	01:07=	01:04-	03:32+	00:41-	02:08+	01:08-	01:22+	04:23+	01:17+	03:16+	01:14+
02:15@	00:05+	00:09+	04:35-	01:42&	03:24-	01:23@	00:49-	01:22+	04:23+	01:17+	03:16+	01:14+
34	Knut Andersen				Løten O-Lag				29:52			
01:51+	03:43+	05:57+	15:26+	18:59+	26:02+	27:33+	29:52+					
01:51+	01:52+	02:14+	09:29+	03:33+	07:03+	01:31+	02:19+					
01:10@	00:45&	01:07&	03:50&	01:43&	02:58&	00:46@	01:02&					
35	Ola Molstad				Vegvesenet				30:35			
03:09+	03:54+	05:16+	08:05-	10:37+	11:19-	12:55-	13:53-	15:15+	19:00+	20:06+	22:46+	25:55+
03:09+	00:45-	01:22+	02:49-	02:32+	00:42-	01:36+	00:58-	01:22+	03:45+	01:06+	02:40+	03:09+
02:28@	00:23-	00:15#	02:50-	00:42&	03:23-	00:51@	00:19-	01:22+	03:45+	01:06+	02:40+	03:09+
36	Johnny Johansen				Løten kommune				34:03			
02:27+	03:19+	04:41+	05:30-	08:19-	09:02-	11:02-	12:21-	13:46+	23:48+	25:16+	28:11+	29:23+
02:27+	00:52-	01:22+	00:49-	02:49+	00:43-	02:00+	01:19+	01:25+	10:02+	01:28+	02:55+	01:12+
01:46@	00:15-	00:25#	04:56-	00:59&	03:22-	01:15@	00:02-	01:25-	10:02+	01:28+	02:55+	01:12+
37	Harald Grønvold				Arve Hagen BIL				35:29			
03:51+	04:22+	05:23+	06:25-	10:04-	10:46-	12:22-	13:10-	14:19+	22:35+	23:54+	30:02+	30:48+
03:51+	00:31-	01:01-	01:02-	03:39+	00:42-	01:36+	00:48-	01:09+	08:16+	01:19+	06:08+	00:46+
02:10@	00:35-	00:06-	04:37-	01:49&	03:23-	00:51@	00:29-	01:09+	08:16+	01:19+	06:08+	00:46+
38	Sven Marken				Løten kommune				38:48			
04:27+	05:29+	07:11+	08:13-	11:35+	12:32-	14:39-	15:20-	17:30+	23:50+	25:28+	28:25+	31:35+
04:27+	01:02-	01:42+	01:02-	03:22+	00:57-	02:07+	00:41-	02:10+	06:20+	01:38+	02:57+	03:10+
02:46@	00:01-	00:25&	00:32-	01:32&	03:08-	01:22@	00:36-	02:10+	06:20+	01:38+	02:57+	03:10+
Beste strekktid for klassen												
	00:41	00:31	00:45	00:39	00:57	00:31	00:35	00:25				

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

H 4,5

1	Sverre Lutnes				Norsk Tipping				13:00			
01:16=	01:57=	02:27=	04:01=	04:29=	05:28=	05:48=	06:31=	09:19=	09:48=	10:44=	11:23=	12:21=
01:16=	00:41=	00:30=	01:34=	00:28=	00:59=	00:20=	00:43=	02:48=	00:29=	00:56=	00:39=	00:58=
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	Terje Wikstrøm				Geno				14:54			
01:34+	02:16+	02:52+	04:47+	05:15+	06:25+	06:48+	07:33+	10:33+	10:59+	12:05+	12:55+	14:03+
01:34+	00:42+	00:36+	01:55+	00:28=	01:10+	00:23+	00:45+	03:00+	00:26-	01:06+	00:50+	01:08+
00:18#	00:01+	00:05#	00:21#	00:00=	00:11#	00:03#	00:02+	00:12+	00:03-	00:10#	00:11&	00:10#
3	Morten Lillejordet				Byggmakker				16:37			
01:34+	02:27+	03:08+	05:07+	05:39+	06:56+	07:21+	08:07+	11:23+	11:50+	12:57+	13:50+	15:31+
01:34+	00:53+	00:41+	01:59+	00:32+	01:17+	00:25+	00:46+	03:16+	00:27-	01:07+	00:53+	01:41+
00:18#	00:12&	00:11&	00:25&	00:04#	00:18&	00:05#	00:03+	00:28#	00:02-	00:11#	00:14&	00:43&
4	Knut Skjeset				Stange kommune				17:03			
01:37+	02:38+	03:16+	05:18+	05:52+	07:07+	07:34+	08:29+	11:44+	12:14+	13:27+	14:18+	16:03+
01:37+	01:01+	00:38+	02:02+	00:34+	01:15+	00:27+	00:55+	03:15+	00:30+	01:13+	00:51+	01:45+
00:21&	00:01+	00:01+	00:28&	00:06#	00:16&	00:07@	00:07+	00:27#	00:01+	00:17&	00:12&	00:47&
5	Tom Hagen				Byggmakker				17:17			
02:05+	03:04+	03:39+	05:37+	06:08+	07:32+	07:59+	08:47+	12:00+	12:24+	13:33+	14:23+	16:28+
02:05+	00:59+	00:35+	01:58+	00:31+	01:24+	00:27+	00:48+	03:13+	00:24-	01:09+	00:50+	02:05+
00:49&	00:18&	00:06#	00:24&	00:03#	00:25&	00:07@	00:05-	00:25#	00:05-	00:13#	00:11&	01:07@
6	Harald Østbye				Østerdal Garnison				17:21			
02:10+	03:03+	03:43+	05:49+	06:20+	07:37+	08:07+	08:59+	12:21+	12:48+	14:08+	15:02+	16:22+
02:10+	00:53+	00:40+	02:06+	00:31+	01:17+	00:30+	00:52+	03:22+	00:27-	01:20+	00:54+	01:20+
00:54&	00:10&	00:10&	00:32&	00:03#	00:18&	00:10&	00:09&	00:37&	00:02-	00:24&	00:15&	00:22&
7	Terje Tangen				Ringsaker OK				17:42			
02:44+	03:23+	04:03+	06:00+	06:34+	07:44+	08:09+	09:03+	12:46+	13:09+	14:15+	15:09+	16:56+
02:44+	00:39-	00:40+	01:57+	00:34+	01:10+	00:25+	00:54+	03:43+	00:23-	01:06+	00:54+	01:47+
01:28@	00:02-	00:10#	00:23#	00:06#	00:11#	00:05#	00:11&	00:55&	00:06-	00:10#	00:15&	00:49&
8	Avie Chr Bjørn				Idrettsens Hus				18:01			
01:45+	02:36+	03:11+	05:07+	05:36+	06:47+	07:25+	08:08+	12:08+	12:36+	13:44+	14:49+	16:58+
01:45+	00:51+	00:35+	01:56+	00:29+	01:11+	00:38+	00:43=	04:00+	00:28-	01:08+	01:05+	02:09+
00:29&	00:10#	00:05#	00:22#	00:01+	00:12#	00:18#	00:00#	01:12&	00:01-	00:12#	00:26&	01:11@
9	Terje Fjæstad				Gjensidige				18:25			
02:03+	03:16+	03:52+	05:36+	06:04+	07:12+	07:35+	08:25+	13:14+	13:36+	14:38+	15:28+	17:12+
02:03+	01:13+	00:36+	01:44+	00:28=	01:08+	00:23+	00:50+	04:49+	00:22-	01:02+	00:50+	01:44+
00:47&	00:32&	00:06#	00:10#	00:00=	00:09#	00:03#	00:07#	02:01&	00:07-	00:06#	00:11&	00:46&

Plass	Navn				Klasse				Tid			
3	Andreas Meyer				Hamar Katedralskole				17:45			
	01:40+	02:13+	03:49+	04:17+	05:24+	05:50+	06:34+	09:10+	09:31+	10:24+	12:05+	13:37+
	01:40+	00:33+	01:36+	00:28+	01:07+	00:26+	00:44+	02:36+	00:21-	00:53+	01:41+	01:32+
4	Tore Borchgrevink Atu				Hamar Katedralskole				17:54			
	00:17#	00:06#	00:08#	00:09#	00:07#	00:10#	00:21#	00:02-	00:54	01:06@	00:25#	00:15#
	01:47+	02:24+	04:25+	04:52+	06:08+	06:28+	07:16+	10:25+	10:52+	12:08+	12:59+	14:46+
	01:47+	00:37+	02:01+	00:27+	01:16+	00:20+	00:48+	03:09+	00:27+	01:16+	00:51+	01:47+
5	Tom Røise				Ntnu Gjøvik				18:09			
	00:24#	00:10#	00:37#	00:07#	00:13#	00:01+	00:14#	00:57#	00:04#	00:27#	00:16#	00:40#
	01:45+	02:19+	04:03+	04:29+	05:34+	05:55+	06:40+	09:20+	09:48+	10:45+	11:28+	14:29+
	01:45+	00:34+	01:44+	00:26+	01:05+	00:21+	00:45+	02:40+	00:28+	00:57+	00:43+	03:01+
5	Michael Sætvædt				EAB Engineering				18:09			
	00:22#	00:17#	00:11#	00:06#	00:02+	00:02#	00:11#	00:24#	00:05#	00:08#	00:08#	01:54@
	02:05+	02:38+	04:17+	04:44+	05:55+	06:22+	07:06+	10:10+	10:37+	11:36+	12:22+	14:52+
	02:05+	00:33+	01:39+	00:27+	01:11+	00:27+	00:44+	03:04+	00:27+	00:59+	00:46+	02:30+
7	Olé Christian Bang				Vegvesenet				18:14			
	00:42#	00:06#	00:11#	00:03#	00:08#	00:08#	00:10#	00:49#	00:04#	00:10#	00:11#	01:23@
	01:48+	02:33+	04:28+	04:56+	06:04+	06:25+	07:16+	10:10+	10:36+	11:44+	12:29+	14:21+
	01:48+	00:45+	01:55+	00:28+	01:08+	00:21+	00:51+	02:54+	00:26+	01:08+	00:45+	01:52+
8	Henning Wernøe				Hamar Katedralskole				19:05			
	00:25#	00:18#	00:27#	00:08#	00:05+	00:02#	00:17#	00:39#	00:03#	00:19#	00:10#	00:45#
	02:05+	02:47+	04:47+	05:18+	06:34+	07:00+	07:48+	11:06+	11:36+	12:44+	13:37+	15:27+
	02:05+	00:42+	02:00+	00:31+	01:16+	00:26+	00:48+	03:18+	00:30+	01:08+	00:53+	01:50+
9	Stein Arne Negård				Byggmaker				19:23			
	00:42#	00:16#	00:33#	00:11#	00:13#	00:07#	00:14#	01:03#	00:07#	00:19#	00:18#	00:43#
	02:06+	02:50+	04:58+	05:31+	06:53+	07:17+	08:08+	11:31+	12:00+	13:13+	14:05+	15:56+
	02:06+	00:44+	02:08+	00:33+	01:22+	00:24+	00:51+	03:23+	00:29+	01:13+	00:52+	01:51+
10	Håkon Gaute Kvamme				Mjøs Retail				19:34			
	00:43#	00:17#	00:40#	00:13#	00:19#	00:05#	00:17#	01:08#	00:06#	00:24#	00:17#	00:44#
	01:51+	02:24+	04:04+	04:35+	05:44+	06:07+	06:49+	10:03+	10:29+	11:27+	12:04+	13:32+
	01:51+	00:33+	01:40+	00:31+	01:09+	00:23+	00:42+	03:14+	00:26+	00:58+	00:37+	01:28+
10	Sigurd Dæhli				Løten kommune				19:34			
	00:28#	00:06#	00:12#	00:11#	00:06+	00:04#	00:08#	00:59#	00:03#	00:09#	00:02+	00:21#
	00:48-	01:01-	02:02-	02:53-	03:08-	03:51-	05:31-	08:43+	09:37+	09:56+	10:41+	10:59+
	00:48-	00:13-	01:01-	00:51+	00:15-	00:43+	01:40+	03:12+	00:54+	00:19-	00:45+	00:18-
12	Morten Stenberg				NRK				20:11			
	00:35-	00:14-	00:27-	00:31@	00:48-	00:24@	01:06#	00:57#	00:31@	00:30-	00:10#	00:49-
	02:00+	02:40+	04:41+	05:13+	06:32+	06:57+	07:54+	11:36+	12:02+	13:11+	14:12+	16:03+
	02:00+	00:40+	02:01+	00:32+	01:19+	00:25+	00:57+	03:42+	00:26+	01:09+	01:01+	01:51+
13	Frøde Ødegårdstuen				ASKO				21:04			
	00:37#	00:12#	00:08#	00:11#	00:16#	00:06#	00:23#	01:05#	00:03#	00:20#	00:26#	00:44#
	00:57-	01:11-	02:18-	03:29-	03:43-	04:29-	06:12+	09:31+	10:14+	10:35+	11:25+	11:45+
	00:57-	00:14-	01:07-	01:11+	00:14-	00:46+	01:43+	03:19+	00:43+	00:21-	00:50+	00:20-
13	Geir Bjørlo				Hamar Katedralskole				21:04			
	00:26-	00:13-	00:21-	00:51@	00:49-	00:27@	01:09#	01:04#	00:00-	00:28-	00:15#	00:47-
	02:11+	02:52+	04:47+	05:13+	06:26+	06:47+	07:56+	10:50+	11:16+	12:19+	14:35+	16:15+
	02:11+	00:41+	01:55+	00:26#	01:13+	00:21+	01:09+	02:54+	00:26+	01:03+	02:16+	01:40+
15	Henrik Stenberg				NRK				21:08			
	00:48#	00:14#	00:07#	00:06#	00:10#	00:02#	00:35#	00:39#	00:03#	00:14#	01:41@	00:33#
	02:17+	03:00+	04:53+	05:23+	06:31+	06:54+	07:36+	10:55+	11:26+	12:48+	13:37+	15:43+
	02:17+	00:43+	01:53+	00:30+	01:08+	00:23+	00:42+	03:19+	00:31+	01:22+	00:49+	02:06+
Beste strekketid for klassen												
	00:54#	00:11#	00:25#	00:13#	00:05+	00:04#	00:08#	01:04#	00:08#	00:33#	00:14#	00:59#
	00:48	00:13	01:01	00:20	00:14	00:19	00:34	02:11	00:21	00:19	00:35	00:18
												00:32
												00:22
												00:27
												00:18
												00:27
												00:09

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