

Plass	Navn	Klasse	Tid
D 1,5			

1	Irene Øien	Sparebank 1 Østlandet	27:21
05:44= 10:24= 15:19= 17:38= 21:33= 25:42= 27:21=			
05:44= 04:40= 04:55= 02:19= 03:55= 04:09= 01:39=			
2	Tora Klevan	Hamar Post	27:34
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
05:23- 10:18- 15:25+ 18:19+ 22:24+ 26:00+ 27:34+			
05:23- 04:55+ 05:07+ 02:54+ 04:05+ 03:36- 01:34-			
3	Rita Foråsveen	Sparebank 1 Østlandet	29:02
00:21- 00:16+ 00:18+ 00:35# 00:10+ 00:33- 00:05			
04:04- 11:32+ 17:06+ 19:38+ 22:47+ 27:26+ 29:02+			
04:04- 07:28+ 05:34+ 02:32+ 03:09- 04:39+ 01:36-			
4	Anne Aaslund	Sparebank 1 Østlandet	31:42
01:40- 03:48# 00:30# 00:16+ 00:46- 00:30# 00:03			
04:03- 08:58- 18:15+ 24:48+ 27:41+ 30:28+ 31:42+			
04:03- 04:55+ 09:17+ 06:33+ 02:53- 02:47- 01:14-			
5	Lise Tronstad	Arve Hagen BIL	32:43
01:41- 00:15+ 04:22# 04:14@ 01:02- 01:22- 00:25			
05:44= 12:04+ 18:53+ 21:43+ 26:04+ 31:15+ 32:43+			
05:44= 06:20+ 06:49+ 02:50+ 04:21+ 05:11+ 01:28-			
6	Solveig Johannessen	Arve Hagen BIL	33:11
00:00= 00:19# 00:54# 00:37# 00:26# 01:02# 00:11			
05:58+ 12:25+ 19:17+ 22:02+ 26:18+ 31:10+ 33:11+			
05:58+ 06:27+ 06:52+ 02:45+ 04:16+ 04:52+ 02:01+			
7	Gerd Grønvold	Arve Hagen BIL	35:21
00:14+ 01:47# 01:57# 00:26# 00:21+ 00:43# 00:22#			
06:17+ 11:51+ 18:13+ 24:14+ 28:50+ 33:35+ 35:21+			
06:17+ 05:34+ 06:22+ 06:01+ 04:36+ 04:45+ 01:46+			
8	Aud Grønvold	Arve Hagen BIL	35:30
00:33+ 00:54# 01:27# 00:42@ 00:41# 00:36# 00:07			
06:19+ 13:20+ 20:19+ 24:56+ 29:32+ 33:30+ 35:30+			
06:19+ 07:01+ 06:59+ 04:37+ 04:36+ 03:58- 02:00+			
9	Vera Børresen	Sparebank 1 Østlandet	37:42
00:35# 02:21# 02:04# 02:18# 00:41# 00:11- 00:21#			
07:02+ 12:20+ 19:53+ 27:49+ 33:40+ 36:22+ 37:42+			
07:02+ 05:18+ 07:33+ 07:56+ 05:51+ 02:42- 01:20-			
10	Marie Rustadbakken	Arve Hagen BIL	39:33
01:18# 00:38# 00:38# 00:37@ 01:56# 01:27- 00:19			
05:14- 11:19+ 17:37+ 30:21+ 33:48+ 37:59+ 39:33+			
05:14- 06:05+ 06:18+ 12:44+ 03:27- 04:11+ 01:34-			
11	Helga Hansen	Arve Hagen BIL	41:10
00:30- 01:25# 01:23# 10:25@ 00:28- 00:02+ 00:05			
06:03+ 12:22+ 18:29+ 31:02+ 34:52+ 39:24+ 41:10+			
06:03+ 06:19+ 06:07+ 12:33+ 03:50- 04:32+ 01:46+			
12	Eva Stensby	Løten kommune	45:32
00:19+ 01:39# 01:12# 10:14@ 00:05- 00:23+ 00:07			
17:25+ 23:23+ 29:19+ 31:44+ 35:28+ 41:35+ 45:32+			
17:25+ 05:58+ 05:56+ 02:25+ 03:44- 06:07+ 03:57+			
11:41@ 01:18# 01:01# 00:06+ 00:11- 01:58# 02:18@			
Beste strekktid for klassen			
04:03 04:40 04:55 02:19 02:53 02:42 01:14			

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

D 2,5

1	132150 U1 Ukjent løper132150	NOTEAM	28:06
04:10= 08:10= 10:31= 12:00= 15:27= 16:41= 21:22= 24:27= 26:57= 28:06=			
04:10= 04:00= 02:21= 01:29= 03:27= 01:14= 04:41= 03:05= 02:30= 01:09=			
2	Grete Aalstad	NVE	32:09
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
03:33- 07:44- 10:05- 12:30+ 16:57+ 19:27+ 24:03+ 27:19+ 30:54+ 32:09+			
03:33- 04:11+ 02:21= 02:25+ 02:30+ 04:36- 03:16+ 03:35+ 01:15+			
3	Bente Wikstrøm	Genø	32:14
00:37- 00:11+ 00:09# 01:00# 01:00# 01:16@ 00:05 00:11+ 01:05# 00:06+			
03:53- 07:45- 10:55+ 13:04+ 17:10+ 19:25+ 23:27+ 27:45+ 30:46+ 32:14+			
03:53- 03:52- 03:10+ 02:09+ 04:06+ 02:15+ 04:02- 04:18+ 03:01+ 01:28+			
00:17- 00:08- 00:49# 00:40# 00:39# 01:01# 00:39- 01:13# 00:31# 00:19#			

Plass	Navn	Klasse	Tid
4	Mette Marit Jensen	Vegvesenet	32:56
03:56-	08:45+ 11:47+ 13:29+ 17:11+	20:16+ 24:22+ 29:10+ 31:48+	32:56+
03:56-	04:49+ 03:02+ 01:42+ 03:42+	03:05+ 04:06- 04:48+ 02:38+	01:08-
00:14-	00:40# 00:41# 00:13# 00:15#	01:51@ 00:35# 01:42# 00:08+	00:01-
5	Anne Kathrine Fossum	Statens Hus	33:46
04:24+	08:51+ 11:20+ 14:19+ 17:44+	19:52+ 25:31+ 29:29+ 32:22+	33:46+
04:24+	04:27+ 02:29+ 02:59+ 03:25-	02:08+ 05:39+ 03:58+ 02:53+	01:24+
00:14+	00:27# 00:08+ 01:30@ 00:02-	00:54& 00:58# 00:53# 00:33#	00:15#
6	Inger Brøndbo	Romedal Almehning	35:07
03:35-	07:50- 13:06+ 17:24+ 20:45+	22:10+ 27:53+ 31:21+ 34:07+	35:07+
03:35-	04:15+ 05:16+ 04:18+ 03:21-	01:25+ 05:43+ 03:28+ 02:46+	01:00-
00:35-	00:15+ 02:56# 02:40@ 00:06-	00:11# 01:02# 00:28# 00:16#	00:09-
7	Liv Reidun Refersen	Mjøs Retail	37:05
03:51-	08:41+ 11:57+ 14:02+ 18:14+	21:03+ 25:36+ 33:07+ 35:56+	37:05+
03:51-	04:50+ 03:16+ 02:05+ 04:12+	02:49+ 04:33- 07:31+ 02:49+	01:09=
00:19-	01:50# 00:55# 00:36# 00:45#	01:35@ 00:08# 04:26@ 00:19#	00:00=
8	Randi Aas Fjæstad	Løten kommune	38:41
04:57+	10:08+ 14:21+ 16:18+ 20:43+	24:04+ 29:16+ 33:20+ 37:12+	38:41+
04:57+	05:11+ 04:13+ 01:57+ 04:25+	03:21+ 05:12+ 04:04+ 03:52+	01:29+
00:47#	01:11# 01:52# 00:28# 00:58#	02:07@ 00:31# 00:59# 01:22#	00:20#
9	Anne Karin Elisenberg	Stange kommune	39:15
03:57-	09:25+ 13:27+ 15:32+ 19:13+	21:08+ 27:50+ 34:26+ 38:03+	39:15+
03:57-	05:28+ 04:02+ 02:05+ 03:41+	01:55+ 06:42+ 06:36+ 03:37+	01:12+
00:13-	01:28# 01:41# 00:36# 00:14+	00:41& 02:01# 03:31@ 01:07&	00:03+
10	Inger Lund	Telenor	40:27
03:52-	08:28+ 12:16+ 15:12+ 20:05+	22:43+ 27:27+ 35:03+ 39:16+	40:27+
03:52-	04:36+ 03:48+ 02:56+ 04:53+	02:38+ 04:44+ 07:36+ 04:13+	01:11+
00:18-	00:36# 01:27# 01:27& 01:26&	01:24@ 00:03# 04:31@ 01:43#	00:02+
11	Synnøve Kaur	Mjøs Retail	41:44
05:30+	11:24+ 14:46+ 17:19+ 22:47+	25:29+ 30:38+ 36:10+ 39:58+	41:44+
05:30+	05:54+ 03:22+ 02:33+ 05:28+	02:42+ 05:09+ 05:32+ 03:48+	01:46+
01:20&	01:54& 01:01# 01:04& 02:01&	01:28@ 00:28# 02:27# 01:18#	00:37&
12	Annie O Ginhemoen	Løten kommune	41:57
05:35+	10:57+ 16:23+ 18:32+ 23:21+	25:29+ 32:08+ 37:09+ 40:26+	41:57+
05:35+	05:22+ 05:26+ 02:09+ 04:49+	02:08+ 06:39+ 05:01+ 03:17+	01:31+
01:25&	01:22# 02:06# 00:40# 01:22&	00:54& 01:58# 01:56# 00:47&	00:22&
13	Inger E. Vannes	Hamar OK	42:36
04:53+	11:00+ 14:03+ 16:05+ 23:50+	26:11+ 32:08+ 36:50+ 40:44+	42:36+
04:53+	06:07+ 03:03+ 02:02+ 07:45+	02:21+ 05:57+ 04:42+ 03:54+	01:52+
00:43#	02:07# 00:41# 00:33& 04:18@	01:07& 01:16# 01:57# 01:24#	00:43#
14	Anita Tøffersen	Treningskompaniet	43:07
04:02-	09:18+ 13:12+ 16:46+ 21:25+	24:08+ 28:34+ 35:54+ 40:32+	43:07+
04:02-	05:16+ 03:54+ 03:34+ 04:39+	02:43+ 04:26- 07:20+ 04:38+	02:35+
00:08-	01:16# 01:33# 00:05# 01:12&	01:29@ 00:15# 01:15@ 02:08&	01:26@
15	Bente Grøndalen	SIRF	44:53
05:36+	10:54+ 14:43+ 17:48+ 22:22+	27:52+ 32:31+ 40:15+ 43:36+	44:53+
05:36+	05:18+ 03:49+ 03:05+ 04:34+	05:30+ 04:39- 07:44+ 03:21+	01:17+
01:26&	01:18# 01:28# 01:36@ 01:07&	04:16@ 00:02# 04:39@ 00:51&	00:08#
16	Inger Bakken	If	1:13:49
04:26+	09:23+ 13:08+ 24:46+ 48:35+	50:36+ 54:44+ 69:20+ 72:16+	73:49+
04:26+	04:57+ 03:45+ 11:38+ 23:49+	02:01+ 04:08- 14:36+ 02:56+	01:33+
00:16#	00:57# 01:21# 01:00# 20:22@	00:47& 00:33- 11:31@ 00:26#	00:24&
Beste strekkid for klassen			
03:33	03:52	02:21	01:29
03:21	01:14	04:02	03:05
02:30	01:00		

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

D 3,5

1	Heidi Therese Wiest	Vang O-lag	32:43
02:55=	06:29= 09:46= 12:47= 15:07=	18:34= 20:28= 24:29= 27:13=	30:00= 31:49= 32:43=
02:55=	03:34= 03:17= 03:01= 02:20=	03:27= 01:54= 04:01= 02:44=	02:47= 01:49= 00:54=
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	Anne-Guri Jevne	SIRF	34:28
03:01+	06:23- 10:14+ 13:05+ 15:48+	20:43+ 22:36+ 28:26+ 29:12+	31:32+ 33:33+ 34:28+
03:01+	03:22- 03:51+ 02:51-	02:43+ 04:55+ 01:53-	05:50+ 00:46- 02:20-
00:06+	00:12- 00:34# 00:10-	00:23# 01:28& 00:01-	01:49# 01:58# 00:27-
3	Marianne Sveen	Martin M. Bakken	35:33
02:58+	06:17- 11:50+ 15:02+ 17:43+	21:36+ 23:56+ 28:40+ 29:45+	32:36+ 34:35+ 35:33+
02:58+	03:19- 05:33+ 03:12+ 02:41+	03:53+ 02:20+ 04:44+ 01:05-	02:51+ 01:59+ 00:58+
00:03+	00:15# 02:16# 00:11+ 00:21#	00:26# 00:26# 00:43# 01:29-	00:04+ 00:10+ 00:04+
4	Eirin Lodgaard	Sintel Raufoss	36:22
02:57+	06:23- 09:11- 12:53+ 16:14+	20:36+ 22:53+ 28:23+ 29:21+	32:56+ 35:25+ 36:22+
02:57+	03:26- 02:48- 03:42+ 03:21+	04:22+ 02:17+ 05:30+ 00:58-	03:35+ 02:29+ 00:57+
00:02+	00:08- 00:29- 00:41# 01:01&	00:55& 00:23# 01:29& 01:46-	00:48& 00:40& 00:03+

Plass	Navn										Klasse	Tid									
5	Anne Sørum										Statens Hus	37:11									
	03:10+	06:24-	09:40-	13:14+	16:18+	20:01+	22:52+	27:50+	31:06+	34:16+	36:12+	37:11+									
	03:10+	03:14-	03:16-	03:34+	03:04+	03:43+	02:51+	04:58+	03:16+	03:10+	01:56+	00:59+									
6	Kjersti Narum										Romedal Almenning	37:34									
	00:15+	00:20-	00:01-	00:33#	00:44&	00:16+	00:57+	00:57+	00:32#	00:23#	00:07+	00:05+									
	03:28+	07:01+	10:09+	14:07+	18:16+	22:38+	24:34+	30:21+	31:27+	34:20+	36:32+	37:34+									
	03:28+	03:33-	03:08-	03:58+	04:09+	04:22+	01:56+	05:47+	01:06-	02:53+	02:12+	01:02+									
7	Bodil Wilk										Norsk Tipping	38:20									
	00:33#	00:01-	00:03-	00:57&	01:49&	00:55&	00:02-	01:46&	01:38-	00:06+	00:23#	00:08#									
	03:11+	06:53+	10:19+	13:54+	18:43+	22:43+	24:56+	30:19+	31:40+	35:08+	37:26+	38:20+									
	03:11+	03:42+	03:26+	03:35+	04:49+	04:00+	02:13+	05:23+	01:21-	03:28+	02:18+	00:54=									
8	Anne Karin Westby										Sparebank 1 Østlandet	39:25									
	00:16+	00:08+	00:00-	00:34#	02:29@	00:33#	00:19+	01:22-	01:22-	00:11#	00:29&	00:00=									
	03:04+	07:10+	10:57+	14:59+	19:41+	23:47+	26:04+	31:07+	32:46+	35:59+	38:30+	39:25+									
	03:04+	04:06+	03:47+	04:02+	04:42+	04:06+	02:17+	05:03+	01:39-	03:13+	02:31+	00:55+									
9	Rita H Aaslund										Sparebank 1 Østlandet	40:37									
	00:09+	00:32#	00:30#	01:01&	02:22@	00:39#	00:23#	01:02&	01:05-	00:26#	00:42&	00:01+									
	03:23+	10:49+	14:05+	17:50+	21:00+	24:56+	27:35+	32:52+	34:15+	37:30+	39:36+	40:37+									
	03:23+	07:26+	03:16-	03:45+	03:10+	03:56+	02:39+	05:17+	01:23-	03:15+	02:06+	01:01+									
10	Mona Hesselberg										Løten kommune	41:18									
	00:28#	02:52@	00:01-	00:44#	00:50&	00:29#	00:45&	01:16&	01:21-	00:28#	00:17#	00:07#									
	03:29+	07:27+	12:13+	16:59+	20:30+	25:28+	28:29+	33:57+	35:11+	38:21+	40:16+	41:18+									
	03:29+	03:58+	04:46+	04:46+	03:31+	04:58+	03:01+	05:28+	01:14-	03:10+	01:55+	01:02+									
11	Grete Storsveen										Sparebank 1 Østlandet	41:56									
	00:34#	00:24#	00:20&	01:45&	01:11&	01:31&	01:07&	01:27&	01:30-	00:23#	00:06+	00:08#									
	03:47+	07:35+	12:20+	17:24+	21:48+	25:50+	28:24+	33:53+	35:09+	38:22+	40:50+	41:56+									
	03:47+	03:48+	04:45+	05:04+	04:24+	04:02+	02:34+	05:29+	01:16-	03:13+	02:28+	01:06+									
12	Sidsel Stornfle										Geno	42:04									
	00:52&	00:14+	01:28&	02:03&	02:04&	00:35#	00:40&	01:28&	01:28-	00:26#	00:39&	00:12#									
	03:31+	07:16+	11:26+	15:44+	20:02+	24:28+	27:12+	33:21+	34:25+	37:38+	40:51+	42:04+									
	03:31+	03:45+	04:10+	04:18+	04:18+	04:26+	02:44+	06:09+	01:04-	03:13+	03:13+	01:13+									
13	Inger-Lise Skarhoien										Løten kommune	43:56									
	00:36#	00:11+	00:53&	01:57&	01:58&	00:59&	00:50&	02:08&	01:40-	00:26#	01:24&	00:19&									
	03:20+	09:12+	15:42+	19:47+	22:51+	27:09+	30:05+	36:48+	37:54+	40:53+	42:56+	43:56+									
	03:20+	05:52+	06:30+	04:05+	03:04+	04:18+	02:56+	06:43+	01:06-	02:59+	02:03+	01:00+									
14	Dyfrid Larsen Moen										Ntnu Gjøvik	47:25									
	00:25#	02:18&	03:13&	01:04&	00:44&	00:51#	01:02&	02:42&	01:28-	00:12+	00:14#	00:06#									
	03:40+	07:59+	12:22+	16:32+	20:15+	27:33+	30:33+	37:35+	40:04+	43:48+	46:15+	47:25+									
	03:40+	04:19+	04:23+	04:10+	03:43+	07:18+	03:00+	07:02+	02:29-	03:44+	02:27+	01:10+									
15	Monica Storsveen										Martin M. Bakken	49:46									
	00:45&	00:45#	01:06&	01:09&	01:23&	03:51@	01:06&	03:01&	00:15-	00:57&	00:38&	00:16&									
	03:53+	09:09+	16:53+	21:38+	25:56+	31:45+	34:56+	41:07+	42:39+	46:11+	48:36+	49:46+									
	03:53+	05:16+	07:44+	04:45+	04:18+	05:49+	03:11+	06:11+	01:32-	03:32+	02:25+	01:10+									
16	Karen Tomter										Utstillingsplassen	51:50									
	00:58&	04:42&	04:27@	01:44&	01:58&	02:22&	01:17&	03:10&	01:18-	00:45&	00:36&	00:16&									
	04:32+	10:32+	16:28+	21:21+	25:12+	29:45+	32:40+	39:31+	40:51+	48:09+	50:43+	51:50+									
	04:32+	06:00+	05:56+	04:53+	03:51+	04:33+	02:55+	06:51+	01:20-	07:18+	02:34+	01:07+									
17	Rigmor Lomo Aas										Mjøss Retail	52:16									
	01:37&	02:26&	02:30&	01:52&	01:31&	01:06&	01:01&	02:50&	01:24-	04:31@	00:45&	00:13#									
	04:48+	08:46+	12:43+	17:07+	23:24+	28:14+	31:19+	36:46+	41:44+	45:13+	48:28+	50:58+	52:16+								
	04:48+	03:58+	03:57+	04:24+	06:17+	04:50+	03:05+	05:27+	04:58+	03:29+	03:15+	02:30+	01:18+								
Beste strekkid for klassen																					
	01:58&	00:24#	00:40+	00:22&	01:57@	01:23&	01:11&	01:26&	02:14&	00:42&	01:26&	01:36@	01:18+								
	02:55	03:14	02:48	02:51	02:20	03:27	01:53	04:01	00:46	02:20	01:49	00:54									

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

D 4,5

1	Wenche Bjørnstad						Geno						44:19							
	03:34=	10:12=	13:10=	20:59=	22:05=	26:19=	28:52=	33:55=	36:41=	39:01=	41:28=	43:18=	44:19=							
	03:34=	06:38=	02:58=	07:49=	01:06=	04:14=	02:33=	05:03=	02:46=	02:20=	02:27=	01:50=	01:01=							
	00:00=	00:00=	00:10=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Ingunn Lund Nordstrøm						Norsk Tipping						55:47							
	03:44+	09:47+	13:02-	31:12+	32:25+	37:57+	41:00+	43:18+	46:34+	49:58+	52:47+	54:54+	55:47+							
	03:44+	06:03-	03:15+	18:10+	01:13+	05:32+	03:03+	02:18-	03:16+	03:24+	02:49+	02:07+	00:53-							
	00:10+	00:35-	00:17+	10:21@	00:07#	01:18&	00:30#	02:45-	00:30#	01:04&	00:22#	00:17#	00:08-							
3	Margrethe Nilsen						Hamar Katedralskole						1:06:53							
	04:53+	10:27+	14:28+	27:08+	28:51+	43:35+	47:19+	49:21+	52:20+	57:13+	63:39+	66:04+	66:53+							
	04:53+	05:34-	04:01+	12:40+	01:43+	14:44+	03:44+	02:02-	02:59+	04:53+	06:26+	02:25+	00:49-							
	01:19&	01:04-	01:03&	04:54+	00:37&	10:30@	01:11&	03:01-	00:13+	02:33@	03:59@	00:35&	00:12-							
4	Marianne Rød Skjærstad						Løten kommune						1:15:30							
	04:50+	16:21+	19:39+	32:16+	33:15+	45:44+	51:36+	60:38+	63:09+	65:51+	70:02+	72:30+	74:35+	75:30+						
	04:50+	11:31+	03:18+	12:37+	00:59-	12:29+	05:52+	09:02+	02:31-	02:42+	04:11+	02:28+	02:05+	00:55+						
	01:16&	04:53&	00:20#	04:48&	00:07-	08:15@	03:19@	03:59@	00:15-	00:22#	01:44&	00:38&	01:04@	00:55+						

Plass	Navn	Klasse	Tid
Beste strekktid for klassen			
03:34	05:34	02:58	07:49
00:59	04:14	02:33	02:02
02:31	02:20	02:27	01:50
00:49			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 1,5			
1	Geir-Håkon Øverby	If	22:15
04:43=	08:37=	13:37=	15:36=
04:43=	03:54=	05:00=	01:59=
00:00=	00:00=	00:00=	00:00=
2	Edgar Myrvold	Statens Hus	24:25
05:11+	09:09+	13:14-	15:11-
05:11+	03:58+	04:05-	01:57-
00:28+	00:04+	01:55-	00:02-
05:57+	10:44+	15:18+	17:40+
05:57+	04:47+	04:34-	02:22+
01:14&	00:53&	00:26-	00:23#
4	Arild Rønning	Nestle	26:07
05:03+	09:19+	14:08+	16:31+
05:03+	04:16+	04:49-	02:23+
00:20+	00:22+	00:11-	00:24#
5	Bjørn Jenssen	Mjøs Retail	26:47
04:17-	08:23-	12:44-	18:34+
04:17-	04:06+	04:21-	05:50+
00:26-	00:12+	00:20-	03:51@
6	Arne Sveen	Stabburet	28:34
05:49+	11:06+	16:21+	18:51+
05:49+	05:17+	05:15+	02:30+
01:06#	01:23&	00:15+	00:31&
7	Harald Normann	Ringsaker kommune	30:22
05:51+	11:22+	17:16+	20:24+
05:51+	05:31+	05:54+	03:08+
01:08#	01:37&	00:54#	01:09&
8	Øyvind Strand	Arve Hagen BIL	30:26
04:55+	11:45+	17:29+	20:46+
04:55+	06:50+	05:44+	03:17+
00:12+	02:56&	00:04#	01:18&
9	Erik Skarås	Sparebank 1 Østlandet	32:55
04:47+	09:22+	19:28+	24:38+
04:47+	04:35+	10:06+	05:10+
00:04+	00:41#	05:06@	03:11@
10	Harald Brekke	Hamar kommune	38:31
06:37+	12:40+	19:31+	23:35+
06:37+	06:03+	06:51+	04:04+
01:54&	02:09&	01:51&	02:05@
11	Ragnar Høsoien	Hamar Post	39:15
06:38+	12:58+	20:06+	26:09+
06:38+	06:20+	07:08+	06:03+
01:55&	02:26&	02:08&	04:04@
12	Knut Martinsen	Sparebank 1 Østlandet	42:07
05:12+	12:25+	18:08+	26:22+
05:12+	07:13+	05:43+	08:14+
00:29#	00:10&	00:41#	06:15@
13	Finn Røise	Moelven	43:20
19:30+	25:37+	33:01+	36:10+
19:30+	06:07+	07:24+	03:09+
14:47@	00:13&	02:24&	01:10&
14	Frank Evensen	Telenor	43:52
05:17+	10:55+	16:58+	19:28+
05:17+	05:38+	06:03+	02:30+
00:34#	00:44&	01:03+	00:30&
15	Hans Narbuvoild	Nestle	50:07
06:22+	19:52+	27:54+	31:36+
06:22+	13:30+	08:02+	03:42+
01:39&	00:36@	03:02&	01:43&
16	Torger Bache	Sanderud sykehus	52:57
05:55+	19:20+	27:02+	30:42+
05:55+	13:25+	07:42+	03:40+
01:12&	00:31@	02:42&	01:41&
17	Arne G. Barne	Løten kommune	1:00:03
11:00+	23:34+	34:00+	39:27+
11:00+	12:34+	10:26+	05:27+
06:17@	08:40@	05:26@	03:28@

Plass	Navn	Klasse	Tid
Beste strekktid for klassen			
	04:17	03:54	04:05
	01:57	02:53	02:35
	01:11		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 2,5			
1	Magnar Nybakk	Sparebank 1 Østlandet	29:21
	03:17=	07:11=	10:54=
	03:17=	03:54=	03:43=
			03:48=
			02:12=
			04:29=
			01:12=
			03:17=
			02:23=
			01:06=
2	Einar Stensby	Løten kommune	30:16
	00:00=	00:00=	00:00=
			00:00=
			00:00=
			00:00=
			00:00=
			00:00=
			00:00=
			00:00=
			00:00=
3	Hans Asbjørn Tingvold	System-Tre Gjøvik	30:30
	00:21#	03:38+	07:59+
		03:38+	11:21+
			15:21+
			17:45+
			21:57+
			23:19+
			26:29+
			29:08+
			30:16+
			04:12-
			03:22-
			04:00+
			02:24+
			00:17-
			00:10-
			00:07-
			00:16-
			00:02+
			04:02+
			08:06+
			11:50+
			16:21+
			18:26+
			22:53+
			24:00+
			26:49+
			29:21+
			30:30+
			04:02+
			04:04+
			03:44+
			04:31+
			02:05-
			04:27-
			01:07-
			02:49-
			02:32+
			01:09+
4	John Vangen	ASKO	31:03
	00:45#	00:10+	07:01+
			00:43#
			00:07-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-
			00:05-
			00:23-
			00:09+
			00:03+
			03:07-
			06:06-
			14:32+
			17:53+
			20:10+
			23:35+
			24:45+
			27:56+
			30:02+
			31:03+
			03:07-
			02:59-
			08:26+
			03:21-
			02:17+
			03:25-
			01:10-
			03:11-
			02:06-
			01:01-
			00:15-
			00:43#
			00:27-
			00:05+
			01:04-
			00:02-

Plass	Navn	Klasse	Tid
18	Knut Røhrsveen	Arve Hagen BIL	42:38
04:09+	09:53+ 13:20+ 17:43+ 20:19+ 25:50+	30:15+ 37:57+ 41:30+ 42:38+	
04:09+	05:44+ 03:27- 04:23+ 02:36+ 05:31+	04:25+ 07:42+ 03:33+ 01:08+	
19	Olav Rustadbakken	Arve Hagen BIL	43:37
00:52&	00:08 00:16 00:25# 00:24# 01:02#	03:130 04:250 01:100 00:02+	
04:59+	10:43+ 14:25+ 18:50+ 21:24+ 27:22+	31:19+ 39:05+ 42:19+ 43:37+	
04:59+	05:44+ 03:42- 04:25+ 02:34+ 05:58+	03:57+ 07:46+ 03:14+ 01:18+	
20	Henrik Bache	Sanderud sykehus	47:47
00:42&	00:50& 00:09 00:37# 00:22# 01:29&	02:450 04:580 00:510 00:112#	
06:05+	12:17+ 18:50+ 24:20+ 27:18+ 38:11+	39:30+ 42:41+ 46:34+ 47:47+	
06:05+	06:12+ 06:33+ 05:30+ 02:58+ 10:53+	01:19+ 03:11- 03:53+ 01:13+	
21	Stein Gamme	Storhamar Vgs	49:05
02:48&	00:180 00:500 01:42& 00:46& 06:24@	00:07 00:06 01:300 00:07#	
05:59+	11:29+ 18:01+ 30:02+ 32:48+ 38:44+	40:16+ 44:33+ 47:43+ 49:05+	
05:59+	05:30+ 06:32+ 12:01+ 02:46+ 05:56+	01:32+ 04:17+ 03:10+ 01:22+	
22	Torbjørn Hakensen	Gunders	56:47
02:42&	01:36& 02:40& 00:130 00:34& 01:27&	00:200 01:000 00:47& 00:16#	
03:41+	08:10+ 12:38+ 17:33+ 39:16+ 44:09+	45:44+ 46:47+ 52:42+ 55:39+ 56:47+	
03:41+	04:29+ 04:28+ 04:55+ 21:43+ 04:53+	01:35+ 01:03- 05:55+ 02:57+ 01:08+	
Beste strekketid for klassen			
00:24#	00:35# 00:45# 00:070 10:31@	00:24+ 00:23& 02:14- 03:32@	01:51@ 01:08+
03:07	02:59 03:22 03:21 02:05	03:25 01:04 01:03 01:55	00:57
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 3,5			
1	Edvard Dahl	Romedal Almenning	34:39
05:08=	08:34= 11:27= 13:47= 17:39= 20:12=	23:13= 25:30= 28:54= 32:05= 33:56=	34:39=
05:08=	03:26= 02:53= 02:20= 03:52= 02:33=	03:01= 02:17= 03:24= 03:11= 01:51=	00:43=
2	Erik Grøndalen	Jernbanens Idrettslag	34:54
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00=
05:20+	08:19- 11:50+ 14:51+ 17:45+ 20:43+	23:59+ 26:32+ 29:18+ 32:02- 33:57+	34:54+
05:20+	02:59- 03:31+ 03:01+ 02:54- 02:58+	03:16+ 02:33+ 02:46- 02:44- 01:55+	00:57+
00:12+	00:27- 00:38# 00:41& 00:58- 00:25#	00:15+ 00:16# 00:38- 00:27- 00:04+	00:14&
3	Knut Malmö	Vegvesenet	36:07
05:28+	08:22- 11:55+ 14:29+ 18:20+ 21:09+	24:18+ 26:36+ 29:51+ 33:29+ 35:13+	36:07+
05:28+	02:54- 03:33+ 02:34+ 03:51- 02:49+	03:09+ 02:18+ 03:15- 03:38+ 01:44-	00:54+
00:20+	00:32 00:40# 00:14+ 00:01- 00:16#	00:080 00:01+ 00:00 00:27# 00:07-	00:11&
4	Jo Gisle Jørgensen	Norsk Tipping	38:38
06:13+	09:29+ 13:14+ 16:30+ 19:57+ 23:12+	27:15+ 29:53+ 32:50+ 35:34+ 37:32+	38:38+
06:13+	03:16- 03:45+ 03:16+ 03:27- 03:15+	04:03+ 02:38+ 02:57- 02:44- 01:58+	01:06+
01:05#	00:10- 00:520 00:560 00:25- 00:42&	01:020 00:21# 00:27 00:27- 00:07+	00:23&
5	Bjørn Vidar Bekkum	Arve Hagen BIL	38:51
05:51+	08:33- 12:05+ 15:15+ 20:01+ 23:36+	26:40+ 30:07+ 32:49+ 36:15+ 38:02+	38:51+
05:51+	02:42- 03:32+ 03:10+ 04:46+ 03:35+	03:04+ 03:27+ 02:42- 03:26+ 01:47-	00:49+
00:43#	00:44- 00:39# 00:500 00:54# 01:02&	00:03+ 01:100 00:42 00:15+ 00:04-	00:06#
6	Stein Arne Bekkum	Arve Hagen BIL	39:37
05:45+	09:19+ 13:00+ 15:25+ 21:26+ 24:40+	27:47+ 30:40+ 33:40+ 37:20+ 38:57+	39:37+
05:45+	03:34+ 03:41+ 02:25+ 06:01+ 03:14+	03:07+ 02:53+ 03:00- 03:40+ 01:37-	00:40-
00:37#	00:00+ 00:480 00:05+ 02:090 00:41&	00:06+ 00:360 00:24- 00:29# 00:14-	00:03-
7	Håkon Mørtén	Elverum kommune	40:35
06:04+	09:38+ 13:46+ 16:53+ 20:30+ 23:47+	27:06+ 30:12+ 34:15+ 37:19+ 39:34+	40:35+
06:04+	03:34+ 04:08+ 03:07+ 03:37- 03:17+	03:19+ 03:06+ 04:03+ 03:04- 02:15+	01:01+
00:56#	00:00+ 00:34 00:120 00:15 01:000	00:180 00:00 00:39# 00:07- 00:24#	00:18&
8	215634 U1 Ukjent løper215634	NOTEAM	40:42
06:10+	09:30+ 13:23+ 15:59+ 19:19+ 23:00+	26:52+ 29:47+ 33:12+ 37:04+ 39:34+	40:42+
06:10+	03:20- 03:53+ 02:36+ 03:20- 03:41+	03:52+ 02:55+ 03:25+ 03:52+ 02:30+	01:08+
01:02#	00:05 00:000 00:16# 00:32- 01:080	00:510 00:380 00:01+ 00:41# 00:390	00:25&
9	Bård Bjøntegaard	Stange Energi	40:48
05:21+	12:12+ 15:37+ 18:36+ 21:06+ 24:24+	27:38+ 30:12+ 35:10+ 38:03+ 39:53+	40:48+
05:21+	06:51+ 03:25+ 02:59+ 02:30- 03:18+	03:14+ 02:34+ 04:58+ 02:53- 01:50-	00:55+
00:13+	00:250 00:32# 00:390 01:22- 00:450	00:13+ 00:17# 01:340 00:18- 00:01-	00:12&
10	Erik Haugen	Statens Hus	40:50
06:14+	10:37+ 14:11+ 18:04+ 21:09+ 24:29+	28:09+ 31:12+ 34:43+ 37:23+ 39:49+	40:50+
06:14+	04:23+ 03:34+ 03:53+ 03:05- 03:20+	03:40+ 03:03+ 03:31+ 02:40- 02:26+	01:01+
01:06#	00:570 00:41# 01:330 00:47- 00:47&	00:39+ 00:460 00:07+ 00:31- 00:350	00:180
11	Terje Malm	Statens Hus	41:20
06:38+	09:53+ 14:19+ 17:54+ 20:45+ 24:29+	27:50+ 30:53+ 34:25+ 38:02+ 40:26+	41:20+
06:38+	03:15- 04:26+ 03:35+ 02:51- 03:44+	03:21+ 03:03+ 03:32+ 03:37+ 02:24+	00:54+
01:30&	00:11 01:330 01:150 01:01- 01:110	00:20# 00:460 00:08+ 00:26# 00:330	00:11&
12	Steinar Libak	Løten kommune	42:32
06:26+	11:11+ 15:07+ 18:14+ 21:32+ 25:25+	29:11+ 32:07+ 35:47+ 38:49+ 41:25+	42:32+
06:26+	04:45+ 03:56+ 03:07+ 03:18- 03:53+	03:46+ 02:56+ 03:40+ 03:02- 02:36+	01:07+
01:180	01:190 01:030 00:470 00:34- 01:200	00:45# 00:390 00:16+ 00:09- 00:450	00:240
eTiming Timing. Copyright 1999 Emit as. www.emit.no			06.09.2017 00:04:38
			Side:6

Plass	Navn				Klasse								Tid
13	Einar Flenvold				Skaaret As								42:39
	06:11+	09:16+	12:45+	16:07+	19:26+	22:51+	28:17+	32:22+	37:22+	40:08+	41:52+	42:39+	
	06:11+	03:05-	03:29+	03:22+	03:19-	03:25+	05:26+	04:05+	05:00+	02:46-	01:44-	00:47+	
14	04:03#	09:21-	09:26#	01:02#	00:33-	00:52&	02:25&	04:48&	01:36&	00:25-	00:07-	00:04+	43:02
	06:28+	09:42+	13:49+	17:14+	20:42+	24:36+	28:23+	31:13+	36:53+	40:29+	42:06+	43:02+	
	06:28+	03:14-	04:07+	03:25+	03:28-	03:54+	03:47+	02:50+	05:40+	03:36+	01:37-	00:56+	
15	04:20&	09:13-	01:17#	01:05&	00:24-	01:21&	00:46&	00:23#	02:16&	00:25#	00:14-	00:13&	43:44
	06:10+	11:24+	15:44+	18:49+	22:32+	26:23+	30:01+	32:48+	36:52+	40:21+	42:46+	43:44+	
	06:10+	05:14+	04:20+	03:05+	03:43-	03:51+	03:38+	02:47+	04:04+	03:29+	02:25+	00:58+	
16	04:02#	09:48#	01:27&	00:45&	00:09-	01:18&	00:37&	00:20#	00:40#	00:18+	00:34&	00:15&	43:45
	00:49-	10:53+	19:55+	36:03+	43:45+								
	00:49-	10:04+	09:02+	16:08+	07:42+								
17	04:19-	06:38&	06:09&	13:48&	03:50&								44:21
	06:57+	11:06+	15:11+	18:18+	22:00+	25:51+	29:44+	32:53+	37:01+	40:41+	43:11+	44:21+	
	06:57+	04:09+	04:05+	03:07+	03:42-	03:51+	03:53+	03:09+	04:08+	03:40+	02:30+	01:10+	
18	04:49&	00:43#	03:18&	00:47&	00:10-	01:18&	00:52&	00:52&	00:44#	00:29#	00:39&	00:27&	44:25
	05:14+	07:58-	12:23+	21:30+	24:33+	27:34+	30:34+	33:12+	38:49+	41:23+	43:22+	44:25+	
	05:14+	02:44-	04:25+	09:07+	03:03-	03:01+	03:00-	02:38+	05:37+	02:34-	01:59+	01:03+	
19	00:06+	00:42-	01:32&	06:47@	00:49-	00:28#	00:01-	00:21#	02:13&	00:37-	00:08+	00:20&	44:26
	05:49+	09:09+	13:07+	16:45+	23:15+	26:32+	30:51+	34:54+	38:15+	41:12+	43:19+	44:26+	
	05:49+	03:20-	03:58+	03:38+	06:30+	03:17+	04:19+	04:03+	03:21-	02:57-	02:07+	01:07+	
20	00:41#	00:06-	01:05&	01:18&	02:38&	00:44&	01:18&	01:46&	00:03-	00:14-	00:16#	00:24&	44:43
	05:50+	10:16+	14:00+	19:48+	23:40+	27:01+	31:28+	34:22+	37:45+	40:59+	43:38+	44:43+	
	05:50+	04:26+	03:44+	05:48+	03:52=	03:21+	04:27+	02:54+	03:23-	03:14+	02:39+	01:05+	
21	00:42#	01:00&	00:51&	03:28&	00:00=	00:48&	01:26&	00:37&	00:01-	00:03+	00:48&	00:22&	45:41
	06:09+	13:19+	16:40+	23:03+	25:52+	29:04+	32:40+	35:56+	40:02+	42:48+	44:50+	45:41+	
	06:09+	07:10+	03:21+	06:23+	02:49-	03:12+	03:36+	03:16+	04:06+	02:46-	02:02+	00:51+	
22	01:01#	03:44&	00:28#	04:03@	01:03-	00:39&	00:35#	00:59&	00:42#	00:25-	00:11+	00:08#	46:16
	07:38+	11:03+	14:49+	18:19+	21:05+	24:47+	32:17+	35:34+	38:45+	43:18+	45:20+	46:16+	
	07:38+	03:25-	03:46+	03:30+	02:46-	03:42+	07:30+	03:17+	03:11-	04:33+	02:02+	00:56+	
23	02:30&	07:01+	00:53&	01:10&	01:06-	01:09&	04:29&	01:00&	00:13-	01:22&	00:11+	00:13&	47:35
	07:09+	10:38+	14:00+	16:42+	20:38+	31:51+	35:39+	38:09+	42:03+	44:36+	46:37+	47:35+	
	07:09+	03:29+	03:22+	02:42+	03:56+	11:13+	03:48+	02:30+	03:54+	02:33-	02:01+	00:58+	
24	02:01&	00:03-	00:09#	00:22#	00:04+	08:40@	00:47&	00:13+	00:30#	00:38-	00:10+	00:15&	47:46
	06:24+	10:00+	14:02+	17:07+	22:30+	26:08+	30:50+	34:12+	37:54+	44:41+	46:43+	47:46+	
	06:24+	03:36+	04:02+	03:05+	05:23+	03:38+	04:42+	03:22+	03:42+	06:47+	02:02+	01:03+	
25	01:16#	00:10+	01:00&	00:45&	01:31&	01:05&	01:41&	01:05&	00:18+	03:36@	00:11+	00:20&	47:47
	06:35+	10:07+	14:57+	21:59+	26:59+	30:17+	34:06+	37:05+	40:35+	44:15+	46:42+	47:47+	
	06:35+	03:32+	04:50+	07:02+	05:00+	03:18+	03:49+	02:59+	03:30+	03:40+	02:27+	01:05+	
26	01:27&	00:06+	01:57&	04:42@	01:08&	00:45&	00:48&	00:42&	00:06+	00:29#	00:36&	00:22&	51:00
	05:40+	12:14+	15:22+	17:54+	23:20+	29:24+	38:23+	41:08+	44:43+	47:28+	49:44+	51:00+	
	05:40+	06:34+	03:08+	02:32+	05:26+	06:04+	08:59+	02:45+	03:35+	02:45-	02:16+	01:16+	
27	00:32#	03:08&	00:15+	00:12+	01:34&	03:31@	05:58@	00:28#	00:11+	00:26-	00:25#	00:33&	51:39
	08:29+	13:20+	17:56+	22:17+	26:33+	31:28+	36:40+	40:30+	44:30+	47:55+	50:32+	51:39+	
	08:29+	04:51+	04:36+	04:21+	04:16+	04:55+	05:12+	03:50+	04:00+	03:25+	02:37+	01:07+	
28	03:21&	00:25&	00:42&	00:01&	00:24#	02:22&	02:11&	03:38&	00:36#	00:44+	00:46&	00:24&	51:58
	06:02+	09:50+	13:34+	16:28+	30:23+	34:13+	38:18+	41:06+	44:57+	48:13+	50:38+	51:58+	
	06:02+	03:48+	03:44+	02:54+	13:55+	03:50+	04:05+	02:48+	03:51+	03:16+	02:25+	01:20+	
29	00:54#	00:22#	00:51&	00:34#	10:03@	01:17&	01:04&	00:31#	00:27#	00:05+	00:34&	00:37&	53:21
	08:10+	14:50+	18:38+	21:43+	27:42+	31:28+	36:23+	39:15+	42:26+	50:06+	52:12+	53:21+	
	08:10+	06:40+	03:48+	03:05+	05:59+	03:46+	04:55+	02:52+	03:11-	07:40+	02:06+	01:09+	
30	03:02&	00:14&	00:56&	00:45&	02:07&	01:13&	01:54&	00:45&	00:18-	04:29@	00:15#	00:26&	53:39
	06:23+	10:33+	14:47+	23:46+	27:52+	32:34+	37:09+	42:14+	47:17+	50:18+	52:34+	53:39+	
	06:23+	04:10+	04:14+	08:59+	04:06+	04:42+	04:35+	05:05+	05:03+	03:01-	02:16+	01:05+	
31	01:15#	00:41#	00:21&	00:39@	00:14+	02:09&	01:34&	02:48@	01:20&	00:10-	00:25#	00:22&	1:00:11
	11:27+	16:11+	20:47+	25:51+	31:38+	39:35+	44:22+	47:25+	51:37+	55:47+	58:46+	60:11+	
	11:27+	04:44+	04:36+	05:04+	05:47+	07:57+	04:47+	03:03+	04:12+	04:10+	02:59+	01:25+	
	06:19@	01:18&	01:43&	02:44@	01:55&	05:24@	01:46&	00:46&	00:48#	00:59&	01:08&	00:42&	

Plass	Navn										Klasse	Tid									
32	Johnny Johansen										Løten kommune	1:03:45									
	07:11+	13:34+	26:00+	29:43+	35:25+	43:27+	48:12+	51:05+	55:24+	59:52+	62:31+	63:45+									
	07:11+	06:23+	12:26+	03:43+	05:42+	08:02+	04:45+	02:53+	04:19+	04:28+	02:39+	01:14+									
33	Magne Johansen										Headit	1:08:59									
	08:57+	13:45+	19:07+	25:18+	32:12+	38:20+	44:56+	48:48+	55:46+	63:59+	67:19+	68:59+									
	08:57+	04:48+	05:22+	06:11+	06:54+	06:08+	06:36+	03:52+	06:58+	08:13+	03:20+	01:40+									
Beste strekketid for klassen																					
	00:49	02:42	02:53	02:20	02:30	02:33	03:00	02:17	02:42	02:33	01:37	00:40									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
H 4,5																					
1	Tom Røise										Ntnu Gjøvik	33:53									
	02:32=	06:59=	09:25=	16:41=	17:39=	21:08=	23:17=	25:19=	27:08=	29:26=	31:32=	33:07=	33:53=								
	02:32=	04:27=	02:26=	07:16=	00:58=	03:29=	02:09=	02:02=	01:49=	02:18=	02:06=	01:35=	00:46=								
2	Terje Wikstrøm										Geno	34:10									
	02:57+	06:48-	09:27+	16:43+	17:51+	21:10+	23:36+	25:06-	26:57-	29:13-	31:43+	33:19+	34:10+								
	02:57+	03:51-	02:39+	07:16=	01:08+	03:19-	02:26+	01:30-	01:51+	02:16-	02:30+	01:36+	00:51+								
3	Arild Nordsveen										Hamar Rø	37:00									
	02:58+	06:57-	09:30+	16:39-	17:29-	22:46+	25:30+	28:10+	30:14+	32:11+	34:50+	36:15+	37:00+								
	02:58+	03:59-	02:33+	07:09-	00:50-	05:17+	02:44+	02:40+	02:04+	01:57-	02:39+	01:25-	00:45-								
4	Vidar Nomerstad										Spårebank 1 Østlandet	39:58									
	02:40+	07:33+	10:02+	16:50+	17:44+	27:09+	29:21+	30:59+	33:38+	35:45+	37:53+	39:14+	39:58+								
	02:40+	04:53+	02:29+	06:48-	00:54-	09:25+	02:12+	01:38-	02:39+	02:07-	02:08+	01:21-	00:44-								
5	Bjørn J Sørum										Jernbanens Idrettslag	41:37									
	02:42+	07:10+	10:02+	17:37+	18:47+	24:23+	26:36+	31:43+	34:24+	36:47+	38:56+	40:55+	41:37+								
	02:42+	04:28+	02:52+	07:35+	01:10+	05:36+	02:13+	05:07+	02:41+	02:23+	02:09+	01:59+	00:42-								
6	Andreas Huber										Hamar OK	42:02									
	02:56+	08:09+	11:05+	18:41+	19:49+	23:55+	26:32+	28:30+	31:10+	33:58+	38:52+	40:52+	42:02+								
	02:56+	05:13+	02:56+	07:36+	01:08+	04:06+	02:37+	01:58-	02:40+	02:48+	04:54+	02:00+	01:10+								
7	Knut Skjeset										Stange kommune	42:56									
	03:04+	10:04+	13:40+	21:43+	22:41+	26:33+	29:37+	31:42+	34:01+	36:28+	40:18+	42:04+	42:56+								
	03:04+	07:00+	03:36+	08:03+	00:58=	03:52+	03:04+	02:05+	02:19+	02:27+	03:50+	01:46+	00:52+								
8	Svein Godager										Løten O-Lag	43:20									
	06:04+	10:44+	13:54+	22:27+	23:23+	27:37+	30:16+	34:00+	36:08+	38:32+	40:43+	42:24+	43:20+								
	06:04+	04:40+	03:10+	08:33+	00:56-	04:14+	02:39+	03:44+	02:08+	02:24+	02:11+	01:41+	00:56+								
9	Arne Arnesen										Eidsiva	43:27									
	03:35+	08:51+	12:10+	20:45+	21:44+	25:32+	28:11+	30:25+	32:42+	36:13+	40:28+	42:34+	43:27+								
	03:35+	05:16+	03:19+	08:35+	00:59+	03:48+	02:39+	02:14+	02:17+	03:31+	04:15+	02:06+	00:53+								
10	Harald Volden										Jernbanens Idrettslag	45:19									
	04:19+	09:13+	12:34+	24:26+	25:26+	29:48+	32:48+	34:50+	37:13+	40:04+	42:25+	44:23+	45:19+								
	04:19+	04:54+	03:21+	11:52+	01:00+	04:22+	03:00+	02:02=	02:23+	02:51+	02:21+	01:58+	00:56+								
11	Olav Julfussen										Hamar Post	46:20									
	03:06+	08:39+	11:52+	22:51+	24:03+	28:33+	31:03+	36:08+	38:23+	40:50+	43:40+	45:21+	46:20+								
	03:06+	05:33+	03:13+	10:59+	01:12+	04:30+	02:30+	05:05+	02:15+	02:27+	02:50+	01:41+	00:59+								
12	Knut Vidar Lund										Telenor	46:25									
	04:01+	09:21+	12:49+	22:58+	24:07+	29:54+	32:53+	35:18+	38:08+	41:08+	43:45+	45:33+	46:25+								
	04:01+	05:20+	03:28+	10:09+	01:09+	05:47+	02:59+	02:25+	02:50+	03:00+	02:37+	01:48+	00:52+								
13	Odd Arne Bjørstad										Eidsiva	48:03									
	03:15+	08:40+	12:10+	22:24+	23:23+	27:52+	31:51+	38:05+	40:26+	42:52+	45:22+	47:10+	48:03+								
	03:15+	05:25+	03:30+	10:14+	00:59+	04:29+	03:59+	06:14+	02:21+	02:26+	02:30+	01:48+	00:53+								
14	Bjarne Harkinn										fr	49:12									
	03:40+	09:07+	12:33+	27:44+	28:47+	32:45+	35:25+	37:21+	40:09+	43:30+	46:05+	48:19+	49:12+								
	03:40+	05:27+	03:26+	15:11+	01:03+	03:58+	02:40+	01:56-	02:48+	03:21+	02:35+	02:14+	00:53+								
15	Per M Lerdal										Oec	49:47									
	03:02+	07:36+	10:34+	27:48+	29:05+	34:10+	36:43+	38:53+	41:17+	44:03+	47:04+	48:58+	49:47+								
	03:02+	04:34+	02:58+	17:14+	01:17+	05:05+	02:33+	02:10+	02:24+	02:46+	03:01+	01:54+	00:49+								
	00:30#	00:07+	00:32#	09:58@	00:19&	01:36&	00:24#	00:08+	00:35&	00:28#	00:55&	00:19#	00:03+								

Plass	Navn										Klasse	Tid									
16	Tor Haugstulen										Hamar Post	49:50									
	04:10+	09:14+	12:25+	26:12+	27:14+	31:56+	34:59+	37:14+	39:11+	42:58+	47:16+	48:56+	49:50+								
	04:10+	05:04+	03:11+	13:47+	01:02+	04:42+	03:03+	02:15+	01:57+	03:47+	04:18+	01:40+	00:54+								
17	Jon Bjørnstad										Sparebank 1 Østlandet	51:01									
	01:38&	00:27+	00:45&	06:31&	00:04+	01:13&	00:54+	00:13+	00:00+	01:00&	02:12@	00:05+	00:08#								
	03:58+	09:30+	13:17+	23:21+	24:20+	29:00+	32:28+	39:04+	42:01+	45:10+	47:58+	49:58+	51:01+								
	03:58+	05:32+	03:47+	10:04+	00:59+	04:40+	03:28+	06:36+	02:57+	03:09+	02:48+	02:00+	01:03+								
18	Arne Hagen										Vegvesenet	51:21									
	01:26&	01:05#	01:22&	02:48&	00:01+	01:11&	01:19&	04:24@	01:08&	00:51&	00:42&	00:25&	00:17&								
	04:27+	09:47+	13:05+	25:50+	27:13+	32:39+	35:51+	39:46+	42:19+	45:29+	48:24+	50:26+	51:21+								
	04:27+	05:20+	03:18+	12:45+	01:23+	05:26+	03:12+	03:55+	02:33+	03:10+	02:55+	02:02+	00:55+								
19	Tormod Lundberg										Vegvesenet	52:38									
	01:55&	00:53+	00:51&	05:00&	00:25&	01:57&	01:03&	01:52&	00:44&	00:52&	00:49&	00:27&	00:09#								
	03:45+	09:11+	13:12+	25:01+	26:21+	30:50+	34:14+	36:56+	39:27+	45:02+	49:23+	51:41+	52:38+								
	03:45+	05:26+	04:01+	11:49+	01:20+	04:29+	03:24+	02:42+	02:31+	05:35+	04:21+	02:18+	00:57+								
20	Trond Fjæstad										SG Finans	55:04									
	01:13&	00:59#	01:35&	04:33&	00:22&	01:00&	01:15&	00:40&	00:42&	03:17@	02:15@	00:43&	00:11#								
	04:08+	11:44+	15:18+	27:13+	28:47+	33:48+	40:40+	42:43+	45:04+	49:40+	52:25+	54:02+	55:04+								
	04:08+	07:36+	03:34+	11:55+	01:34+	05:01+	06:52+	02:03+	02:21+	04:36+	02:45+	01:37+	01:02+								
21	Gjermund Nedgård										Norsk Tipping	1:02:34									
	01:36&	02:09&	01:08&	04:39&	00:36&	01:32&	04:43@	00:01+	00:32&	02:18&	00:39&	00:02+	00:16&								
	03:05+	07:30+	10:33+	28:46+	29:51+	45:38+	48:46+	50:37+	53:00+	57:19+	60:04+	61:45+	62:34+								
	03:05+	04:25-	03:03+	18:13+	01:05+	15:47+	03:08+	01:51-	02:23+	04:19+	02:45+	01:41+	00:49+								
Beste strekktid for klassen																					
	02:32	03:51	02:26	06:48	00:50	03:19	02:09	01:30	01:49	01:57	02:06	01:21	00:42								

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

H 5,5

1	Henning Wernøe										Hamar Katedralskole	49:43									
	02:52=	06:11=	09:15=	14:14=	17:05=	21:52=	23:08=	29:09=	31:09=	34:11=	37:41=	39:51=	43:24=	44:22=	46:51=	48:56=	49:43=				
	02:52=	03:19=	03:04=	04:59=	02:51=	04:47=	01:16=	06:01=	02:00=	03:02=	03:30=	02:10=	03:33=	00:58=	02:29=	02:05=	00:47=				
2	Tore Borchgrevink Alu										Hamar Katedralskole	49:46									
	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=				
	02:49-	05:54-	08:23-	13:55-	16:51-	21:52=	23:15+	28:16-	30:00-	33:38-	37:02-	39:39-	43:29+	44:21-	46:57+	48:50-	49:46+				
	02:49-	03:05-	02:29-	05:32+	02:56+	05:01+	01:23+	05:01-	01:44-	03:38+	03:24-	02:37+	03:50+	00:52-	02:36+	01:53-	00:56+				
3	Stein Arne Negård										Byggmakker	54:02									
	00:03-	00:14-	00:35-	00:33#	00:05+	00:14+	00:07+	01:00-	00:16-	00:36#	00:06-	00:27#	00:17+	00:06-	00:07+	00:12-	00:09#				
	03:10+	06:32+	09:21+	14:47+	17:24+	22:19+	23:23+	33:33+	35:15+	38:54+	41:35+	43:59+	47:51+	48:50+	51:21+	53:07+	54:02+				
	03:10+	03:22+	02:49-	05:26+	02:37-	04:55+	01:04-	10:10+	01:42-	03:39+	02:41-	02:24+	03:52+	00:59+	02:31+	01:46-	00:55+				
4	Michael Sætvedt										EAB Engineering	54:48									
	00:18#	00:03+	00:15-	00:27+	00:14-	00:08+	00:12-	04:00&	00:18-	00:37#	00:49-	00:14#	00:19+	00:02+	00:02+	00:19-	00:08#				
	03:29+	06:06-	09:16+	21:42+	25:11+	29:15+	30:17+	34:31+	36:11+	38:48+	41:31+	43:23+	48:11+	49:06+	52:17+	54:00+	54:48+				
	03:29+	02:37-	03:10+	12:26+	03:29+	04:04-	01:02-	04:14-	01:40-	02:37-	02:43-	01:52-	04:48+	00:55-	03:11+	01:43-	00:48+				
5	Andreas Meyer										Hamar Katedralskole	1:11:08									
	00:37#	00:42-	00:06+	07:27@	00:38#	00:43-	00:14-	01:47-	00:20-	00:25-	00:47-	00:18-	01:15&	00:03-	00:42&	00:22-	00:01+				
	03:07+	06:57+	14:49+	26:27+	28:31+	40:41+	41:54+	46:25+	47:53+	54:03+	57:05+	59:14+	62:55+	63:59+	67:54+	70:19+	71:08+				
	03:07+	03:50+	07:52+	11:38+	02:04-	12:10+	01:13-	04:31-	01:28-	06:10+	03:02-	02:09-	03:41+	01:04+	03:55+	02:25+	00:49+				
Beste strekktid for klassen																					
	00:15+	00:31#	00:40&	01:30@	00:47-	07:23@	00:03-	01:30-	00:32-	03:08@	00:28-	00:01-	00:08+	00:06#	01:26&	00:20#	00:02+				
	02:49	02:37	02:29	04:59	02:04	04:04	01:02	04:14	01:28	02:37	02:41	01:52	03:33	00:52	02:29	01:43	00:47				

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