

Bedrifts-o-løp 02.05.2018**Strekktider****Mosjømarka-02.05.2018****Plass Navn****Klasse****Tid****D 1,5**

1	Marit Holmgren	Arve Hagen BIL	29:08
03:00=	05:41= 12:36= 16:45= 23:34= 27:49= 29:08=		
03:00=	02:41= 06:55= 04:09= 06:49= 04:15= 01:19=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Anne Marie Nesbakk	Eidsiva	30:02
02:51-	05:44+ 13:19+ 17:39+ 24:15+ 28:34+ 30:02+		
02:51-	02:53+ 07:35+ 04:20+ 06:36- 04:19+ 01:28+		
00:09-	00:12+ 00:40+ 00:11+ 00:13- 00:04+ 00:09#		
3	Margareth T. Dyresen	Arve Hagen BIL	30:43
02:47-	11:04+ 17:05+ 20:35+ 25:27+ 29:25+ 30:43+		
02:47-	08:17+ 06:01- 03:30- 04:52- 03:58- 01:18-		
00:13-	05:36@ 00:54- 00:39- 01:57- 00:17- 00:01-		
4	Vera Børresen	Sparebank 1 Østlandet	32:05
03:20+	06:47+ 12:59+ 17:19+ 23:06- 30:52+ 32:05+		
03:20+	03:27+ 06:12- 04:20+ 05:47- 07:46+ 01:13-		
00:20#	00:46& 00:43- 00:11+ 01:02- 03:31& 00:06-		
5	Rita Forårsveen	Sparebank 1 Østlandet	32:27
03:22+	06:28+ 13:32+ 17:36+ 23:19- 31:05+ 32:27+		
03:22+	03:06+ 07:04+ 04:04- 05:43- 07:46+ 01:22+		
00:22#	00:25# 00:09+ 00:05- 01:06- 03:31& 00:03+		
6	Randi Aas Fjæstad	Løten kommune	32:29
03:12+	06:17+ 12:56+ 17:22+ 25:00+ 30:54+ 32:29+		
03:12+	03:05+ 06:39- 04:26+ 07:38+ 05:54+ 01:35+		
00:12+	00:24# 00:16- 00:17+ 00:49# 01:39& 00:16#		
7	Tora Kleven	Hamar Post	34:45
03:28+	06:26+ 13:11+ 19:08+ 26:37+ 33:01+ 34:45+		
03:28+	02:58+ 06:45- 05:57+ 07:29+ 06:24+ 01:44+		
00:28#	00:17# 00:10- 01:48& 00:40+ 02:09& 00:25&		
8	Gerd Grønvold	Arve Hagen BIL	34:49
03:24+	07:15+ 15:51+ 20:12+ 26:33+ 32:59+ 34:49+		
03:24+	03:51+ 08:36+ 04:21+ 06:21- 06:26+ 01:50+		
00:24#	01:10& 01:41# 00:12+ 00:28- 02:11& 00:31&		
9	Sigrid Bøgeberg	Løten kommune	36:23
04:14+	09:13+ 17:51+ 23:32+ 30:59+ 35:24+ 36:23+		
04:14+	04:59+ 08:38+ 05:41+ 07:27+ 04:25+ 00:59-		
01:14&	02:18& 01:43# 01:32& 00:38+ 00:10+ 00:20-		
10	Helga Hansen	Arve Hagen BIL	37:00
04:12+	07:57+ 15:36+ 20:36+ 28:06+ 34:45+ 37:00+		
04:12+	03:45+ 07:39+ 05:00+ 07:30+ 06:39+ 02:15+		
01:12&	01:04& 00:44# 00:51# 00:41# 02:24& 00:56&		
11	Marie Rustadbakken	Arve Hagen BIL	37:44
05:39+	08:58+ 17:52+ 22:39+ 30:26+ 36:07+ 37:44+		
05:39+	03:19+ 08:54+ 04:47+ 07:47+ 05:41+ 01:37+		
02:39&	00:38# 01:59& 00:38# 00:58# 01:26& 00:18#		
12	Unni Fladsrud Vold	Moelven	39:10
05:02+	08:34+ 15:50+ 22:46+ 31:46+ 37:19+ 39:10+		
05:02+	03:32+ 07:16+ 06:56+ 09:00+ 05:33+ 01:51+		
02:02&	00:51& 00:21+ 02:47& 02:11& 01:18& 00:32&		
13	Anine Aaslund	Sparebank 1 Østlandet	39:44
02:38-	09:26+ 22:06+ 25:01+ 30:43+ 38:31+ 39:44+		
02:38-	06:48+ 12:40+ 02:55- 05:42- 07:48+ 01:13-		
00:22-	04:07@ 05:45& 01:14- 01:07- 03:33& 00:06-		
14	Turid Kolset	Arve Hagen BIL	42:34
04:22+	11:18+ 22:08+ 27:22+ 34:37+ 40:55+ 42:34+		
04:22+	06:56+ 10:50+ 05:14+ 07:15+ 06:18+ 01:39+		
01:22&	04:15@ 03:55& 01:05& 00:26+ 02:03& 00:20&		

Plass	Navn							Klasse	Tid
15	Lise Tronstad							Arve Hagen BIL	42:50
	04:45+	11:31+	22:29+	27:37+	35:05+	41:09+	42:50+		
	04:45+	06:46+	10:58+	05:08+	07:28+	06:04+	01:41+		
	01:45&	04:05@	04:03&	00:59#	00:39+	01:49&	00:22&		
16	Mette Bjertingstad							Hikt	45:53
	03:55+	08:26+	20:35+	30:32+	38:28+	44:37+	45:53+		
	03:55+	04:31+	12:09+	09:57+	07:56+	06:09+	01:16-		
	00:55&	01:50&	05:14&	05:48@	01:07#	01:54&	00:03-		
16	Kjersti Øvereng							Hikt	45:53
	03:57+	08:27+	20:35+	30:39+	38:38+	44:42+	45:53+		
	03:57+	04:30+	12:08+	10:04+	07:59+	06:04+	01:11-		
	00:57&	01:49&	05:13&	05:55@	01:10#	01:49&	00:08-		
18	Eva Stensby							Løten kommune	51:32
	05:07+	08:48+	20:22+	29:33+	41:23+	49:02+	51:32+		
	05:07+	03:41+	11:34+	09:11+	11:50+	07:39+	02:30+		
	02:07&	01:00&	04:39&	05:02@	05:01&	03:24&	01:11&		
19	Elise Jevanord							Geno	55:38
	05:04+	09:07+	17:55+	31:57+	43:16+	53:22+	55:38+		
	05:04+	04:03+	08:48+	14:02+	11:19+	10:06+	02:16+		
	02:04&	01:22&	01:53&	09:53@	04:30&	05:51@	00:57&		
20	Aud Grønvold							Arve Hagen BIL	1:17:25
	07:34+	29:01+	37:54+	55:30+	67:15+	75:25+	77:25+		
	07:34+	21:27+	08:53+	17:36+	11:45+	08:10+	02:00+		
	04:34@	18:46@	01:58&	13:27@	04:56&	03:55&	00:41&		
21	Solveig Johannessen							Arve Hagen BIL	1:17:33
	07:50+	29:12+	37:30+	55:40+	67:23+	75:31+	77:33+		
	07:50+	21:22+	08:18+	18:10+	11:43+	08:08+	02:02+		
	04:50@	18:41@	01:23#	14:01@	04:54&	03:53&	00:43&		
Beste strekktid for klassen									
	02:38	02:41	06:01	02:55	04:52	03:58	00:59		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.									
D 2,5									
1	Inger Brøndbo							Romedal Almenning	32:31
	02:40=	04:16=	10:23=	13:19=	17:20=	20:47=	26:52=	31:36=	32:31=
	02:40=	01:36=	06:07=	02:56=	04:01=	03:27=	06:05=	04:44=	00:55=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Liv Feiring							HIL	33:36
	01:55-	03:44-	10:48+	14:03+	19:22+	22:33+	27:45+	32:27+	33:36+
	01:55-	01:49+	07:04+	03:15+	05:19+	03:11-	05:12-	04:42-	01:09+
	00:45-	00:13#	00:57#	00:19#	01:18&	00:16-	00:53-	00:02-	00:14&
3	Bente Wikstrøm							Geno	34:54
	02:15-	03:58-	10:35+	13:44+	18:46+	21:49+	27:28+	33:51+	34:54+
	02:15-	01:43+	06:37+	03:09+	05:02+	03:03-	05:39-	06:23+	01:03+
	00:25-	00:07+	00:30+	00:13+	01:01&	00:24-	00:26-	01:39&	00:08#
4	Marith Brekke							Hamar kommune	39:33
	02:42+	04:27+	12:21+	16:59+	22:38+	25:55+	32:43+	38:31+	39:33+
	02:42+	01:45+	07:54+	04:38+	05:39+	03:17-	06:48+	05:48+	01:02+
	00:02+	00:09+	01:47&	01:42&	01:38&	00:10-	00:43#	01:04#	00:07#
5	Liv Reidun Reiersen							Mjøs Retail	39:55
	02:17-	04:06-	12:15+	17:04+	22:29+	26:42+	32:54+	38:54+	39:55+
	02:17-	01:49+	08:09+	04:49+	05:25+	04:13+	06:12+	06:00+	01:01+
	00:23-	00:13#	02:02&	01:53&	01:24&	00:46#	00:07+	01:16&	00:06#
6	Elisabet Rise							Geno	40:06
	02:35-	04:16=	12:16+	16:43+	23:33+	27:06+	33:44+	38:43+	40:06+
	02:35-	01:41+	08:00+	04:27+	06:50+	03:33+	06:38+	04:59+	01:23+
	00:05-	00:05+	01:53&	01:31&	02:49&	00:06+	00:33+	00:15+	00:28&

Plass	Navn	Klasse	Tid
7	Claire Bant	Vegvesenet	40:12
04:01+	06:06+ 13:59+ 17:18+ 22:46+ 28:52+ 35:06+ 39:16+ 40:12+		
04:01+	02:05+ 07:53+ 03:19+ 05:28+ 06:06+ 06:14+ 04:10- 00:56+		
01:21&	00:29& 01:46& 00:23# 01:27& 02:39& 00:09+ 00:34- 00:01+		
8	Anne Karin Elisenberg	Stange kommune	40:49
02:23-	04:23+ 11:54+ 18:36+ 23:54+ 27:05+ 33:40+ 39:39+ 40:49+		
02:23-	02:00+ 07:31+ 06:42+ 05:18+ 03:11- 06:35+ 05:59+ 01:10+		
00:17-	00:24# 01:24# 03:46@ 01:17& 00:16- 00:30+ 01:15& 00:15&		
9	Mette Marit Jensen	Vegvesenet	41:01
02:46+	05:03+ 13:17+ 17:17+ 22:56+ 27:33+ 34:42+ 39:43+ 41:01+		
02:46+	02:17+ 08:14+ 04:00+ 05:39+ 04:37+ 07:09+ 05:01+ 01:18+		
00:06+	00:41& 02:07& 01:04& 01:38& 01:10& 01:04# 00:17+ 00:23&		
10	Bjørge Sorprud	Løten kommune	41:54
02:27-	06:12+ 14:18+ 17:53+ 24:19+ 27:53+ 34:45+ 40:44+ 41:54+		
02:27-	03:45+ 08:06+ 03:35+ 06:26+ 03:34+ 06:52+ 05:59+ 01:10+		
00:13-	02:09@ 01:59& 00:39# 02:25& 00:07+ 00:47# 01:15& 00:15&		
11	Elin Riise	Norsk Vann	42:43
02:20-	04:11- 13:12+ 17:16+ 23:51+ 29:03+ 35:57+ 41:29+ 42:43+		
02:20-	01:51+ 09:01+ 04:04+ 06:35+ 05:12+ 06:54+ 05:32+ 01:14+		
00:20-	00:15# 02:54& 01:08& 02:34& 01:45& 00:49# 00:48# 00:19&		
12	Anita Stensby Bekkelund	Løten kommune	43:21
02:46+	04:43+ 14:19+ 18:18+ 23:57+ 29:57+ 36:52+ 42:13+ 43:21+		
02:46+	01:57+ 09:36+ 03:59+ 05:39+ 06:00+ 06:55+ 05:21+ 01:08+		
00:06+	00:21# 03:29& 01:03& 01:38& 02:33& 00:50# 00:37# 00:13#		
13	Oddveig Anne Sagbakken	Lokal revisjon as	48:13
03:05+	05:06+ 13:16+ 21:39+ 28:26+ 33:40+ 41:03+ 46:50+ 48:13+		
03:05+	02:01+ 08:10+ 08:23+ 06:47+ 05:14+ 07:23+ 05:47+ 01:23+		
00:25#	00:25& 02:03& 05:27@ 02:46& 01:47& 01:18# 01:03# 00:28&		
14	Rønnaug Sagbakken	Sparebank 1 Østlandet	48:59
02:55+	05:11+ 13:53+ 22:15+ 30:39+ 34:57+ 41:52+ 47:28+ 48:59+		
02:55+	02:16+ 08:42+ 08:22+ 08:24+ 04:18+ 06:55+ 05:36+ 01:31+		
00:15+	00:40& 02:35& 05:26@ 04:23@ 00:51# 00:50# 00:52# 00:36&		
15	Linda Stensby Stenbakken	Løten kommune	52:05
03:37+	06:38+ 16:23+ 21:41+ 27:47+ 33:04+ 42:05+ 50:36+ 52:05+		
03:37+	03:01+ 09:45+ 05:18+ 06:06+ 05:17+ 09:01+ 08:31+ 01:29+		
00:57&	01:25& 03:38& 02:22& 02:05& 01:50& 02:56& 03:47& 00:34&		
16	Anita Tollefsen	Treningskompaniet	53:53
02:45+	05:06+ 20:20+ 24:07+ 34:23+ 40:44+ 47:40+ 52:45+ 53:53+		
02:45+	02:21+ 15:14+ 03:47+ 10:16+ 06:21+ 06:56+ 05:05+ 01:08+		
00:05+	00:45& 09:07@ 00:51& 06:15@ 02:54& 00:51# 00:21+ 00:13#		
17	Berit Røste	Sykehuset Innlandet	53:56
03:05+	05:25+ 14:31+ 25:26+ 31:32+ 36:26+ 44:41+ 52:24+ 53:56+		
03:05+	02:20+ 09:06+ 10:55+ 06:06+ 04:54+ 08:15+ 07:43+ 01:32+		
00:25#	00:44& 02:59& 07:59@ 02:05& 01:27& 02:10& 02:59& 00:37&		
18	Anne Kathrine Fossum	Statens Hus	54:25
02:57+	04:39+ 14:54+ 19:59+ 28:16+ 34:29+ 46:28+ 53:01+ 54:25+		
02:57+	01:42+ 10:15+ 05:05+ 08:17+ 06:13+ 11:59+ 06:33+ 01:24+		
00:17#	00:06+ 04:08& 02:09& 04:16@ 02:46& 05:54& 01:49& 00:29&		
19	Inger E. Vamnes	Hamar OK	55:48
03:32+	05:32+ 17:00+ 22:49+ 29:50+ 35:31+ 45:24+ 53:51+ 55:48+		
03:32+	02:00+ 11:28+ 05:49+ 07:01+ 05:41+ 09:53+ 08:27+ 01:57+		
00:52&	00:24# 05:21& 02:53& 03:00& 02:14& 03:48& 03:43& 01:02@		
20	Inger G. Lund	Telenor	1:00:03
04:10+	06:19+ 23:24+ 31:26+ 39:21+ 43:34+ 51:14+ 58:53+ 60:03+		
04:10+	02:09+ 17:05+ 08:02+ 07:55+ 04:13+ 07:40+ 07:39+ 01:10+		
01:30&	00:33& 10:58@ 05:06@ 03:54& 00:46# 01:35& 02:55& 00:15&		
21	Kari Østbye	If	1:04:35
04:16+	06:07+ 26:49+ 36:26+ 45:13+ 50:03+ 57:56+ 63:20+ 64:35+		
04:16+	01:51+ 20:42+ 09:37+ 08:47+ 04:50+ 07:53+ 05:24+ 01:15+		
01:36&	00:15# 14:35@ 06:41@ 04:46@ 01:23& 01:48& 00:40# 00:20&		

Pllass	Navn								Klasse	Tid
22	Inger Bakken								If	1:09:57
	05:09+	07:02+	17:47+	26:35+	47:14+	51:23+	61:36+	68:32+	69:57+	
	05:09+	01:53+	10:45+	08:48+	20:39+	04:09+	10:13+	06:56+	01:25+	
	02:29&	00:17#	04:38&	05:52@	16:38@	00:42#	04:08&	02:12&	00:30&	
23	Berit Svevad								Norsk Tipping	1:11:38
	03:48+	08:02+	22:01+	29:52+	39:30+	51:06+	61:57+	69:53+	71:38+	
	03:48+	04:14+	13:59+	07:51+	09:38+	11:36+	10:51+	07:56+	01:45+	
	01:08&	02:38@	07:52@	04:55@	05:37@	08:09@	04:46&	03:12&	00:50&	
Beste strekktid for klassen										
	01:55	01:36	06:07	04:01	03:03	05:12	04:10	00:55		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
D 3,5										
1	Kjersti Narum								Romedal Almenning	42:57
	04:19=	13:21=	17:01=	21:52=	28:58=	37:07=	41:57=	42:57=		
	04:19=	09:02=	03:40=	04:51=	07:06=	08:09=	04:50=	01:00=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Sidsel Storihle								Geno	48:58
	04:48+	18:30+	21:12+	26:35+	34:34+	43:31+	47:50+	48:58+		
	04:48+	13:42+	02:42-	05:23+	07:59+	08:57+	04:19-	01:08+		
	00:29#	04:40&	00:58-	00:32#	00:53#	00:48+	00:31-	00:08#		
3	Mona Hesselberg								Løten kommune	49:39
	05:05+	15:03+	21:01+	29:04+	36:11+	44:23+	48:41+	49:39+		
	05:05+	09:58+	05:58+	08:03+	07:07+	08:12+	04:18-	00:58-		
	00:46#	00:56#	02:18&	03:12&	00:01+	00:03+	00:32-	00:02-		
4	Rita H Aaslund								Sparebank 1 Østlandet	54:17
	04:36+	24:41+	26:36+	33:34+	40:09+	49:24+	53:15+	54:17+		
	04:36+	20:05+	01:55-	06:58+	06:35-	09:15+	03:51-	01:02+		
	00:17+	11:03@	01:45-	02:07&	00:31-	01:06#	00:59-	00:02+		
5	Anne Sørum								Statens Hus	54:55
	04:05-	17:06+	19:02+	25:52+	40:42+	49:24+	53:56+	54:55+		
	04:05-	13:01+	01:56-	06:50+	14:50+	08:42+	04:32-	00:59-		
	00:14-	03:59&	01:44-	01:59&	07:44@	00:33+	00:18-	00:01-		
6	Anne-Guri Jevne								SIHF	56:01
	12:34+	25:49+	29:02+	33:20+	43:15+	51:26+	55:04+	56:01+		
	12:34+	13:15+	03:13-	04:18-	09:55+	08:11+	03:38-	00:57-		
	08:15@	04:13&	00:27-	00:33-	02:49&	00:02+	01:12-	00:03-		
7	Øyfrid Larsen Moen								Ntnu Gjøvik	58:54
	13:35+	25:36+	27:51+	34:52+	43:11+	53:26+	57:49+	58:54+		
	13:35+	12:01+	02:15-	07:01+	08:19+	10:15+	04:23-	01:05+		
	09:16@	02:59&	01:25-	02:10&	01:13#	02:06&	00:27-	00:05+		
8	Grete Aalstad								NVE	1:05:19
	06:17+	19:59+	23:17+	29:19+	46:55+	59:33+	64:21+	65:19+		
	06:17+	13:42+	03:18-	06:02+	17:36+	12:38+	04:48-	00:58-		
	01:58&	04:40&	00:22-	01:11#	10:30@	04:29&	00:02-	00:02-		
9	Karen Tomter								Utstillingsplassen	1:05:48
	08:53+	21:25+	23:55+	32:31+	47:39+	59:23+	64:37+	65:48+		
	08:53+	12:32+	02:30-	08:36+	15:08+	11:44+	05:14+	01:11+		
	04:34@	03:30&	01:10-	03:45&	08:02@	03:35&	00:24+	00:11#		
Beste strekktid for klassen										
	04:05	09:02	01:55	04:18	06:35	08:09	03:38	00:57		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
D 4,5										

Plass	Navn					Klasse					Tid				
1	Stine Holmen					Sofies stuer					44:23				
	02:31=	08:00=	09:39=	11:41=	17:25=	24:47=	26:14=	30:46=	38:27=	41:08=	43:32=	44:23=			
	02:31=	05:29=	01:39=	02:02=	05:44=	07:22=	01:27=	04:32=	07:41=	02:41=	02:24=	00:51=			
	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	Kjersti Rønning					Fylkeshuset					47:40				
	02:16-	07:41-	09:10-	11:13-	15:55-	24:08-	30:51+	35:06+	41:46+	44:39+	46:48+	47:40+			
	02:16-	05:25-	01:29-	02:03+	04:42-	08:13+	06:43+	04:15-	06:40-	02:53+	02:09-	00:52+			
	00:15-	00:04-	00:10-	00:01+	01:02-	00:51#	05:16@	00:17-	01:01-	00:12+	00:15-	00:01+			
3	Nina Smestad					Løten O-Lag					49:00				
	02:28-	07:55-	09:23-	11:47+	17:45+	28:51+	30:48+	35:11+	42:59+	45:39+	48:13+	49:00+			
	02:28-	05:27-	01:28-	02:24+	05:58+	11:06+	01:57+	04:23-	07:48+	02:40-	02:34+	00:47-			
	00:03-	00:02-	00:11-	00:22#	00:14+	03:44&	00:30&	00:09-	00:07+	00:01-	00:10+	00:04-			
4	Yngvild Malmö					Kartverket					49:29				
	02:31=	09:06+	10:42+	12:58+	18:57+	28:22+	29:47+	35:24+	43:17+	45:58+	48:35+	49:29+			
	02:31=	06:35+	01:36-	02:16+	05:59+	09:25+	01:25-	05:37+	07:53+	02:41=	02:37+	00:54+			
	00:00=	01:06#	00:03-	00:14#	00:15+	02:03&	00:02-	01:05#	00:12+	00:00=	00:13+	00:03+			
4	Elianne Ødegård Haneberg					Handelsbanken					49:29				
	00:40-	06:29-	08:24-	10:48-	17:14-	27:05+	28:45+	33:12+	41:28+	44:06+	46:33+	47:26+			
	00:40-	05:49+	01:55+	02:24+	06:26+	09:51+	01:40+	04:27-	08:16+	02:38-	02:27+	00:53+			
	01:51-	00:20+	00:16#	00:22#	00:42#	02:29&	00:13#	00:05-	00:35+	00:03-	00:03+	00:02+			
6	Ingrid Løvseth					Hamar Katedralskole					50:28				
	02:28-	08:17+	09:48+	12:08+	17:15-	25:04+	29:22+	33:43+	40:37+	46:06+	49:32+	50:28+			
	02:28-	05:49+	01:31-	02:20+	05:07-	07:49+	04:18+	04:21-	06:54-	05:29+	03:26+	00:56+			
	00:03-	00:20+	00:08-	00:18#	00:37-	00:27+	02:51@	00:11-	00:47-	02:48@	01:02&	00:05+			
7	Jenni Hesselberg Indby					Bækkelagets SK					51:04				
	03:10+	09:17+	10:55+	13:16+	19:18+	28:16+	30:28+	35:28+	44:30+	47:39+	50:14+	51:04+			
	03:10+	06:07+	01:38-	02:21+	06:02+	08:58+	02:12+	05:00+	09:02+	03:09+	02:35+	00:50-			
	00:39&	00:38#	00:01-	00:19#	00:18+	01:36#	00:45&	00:28#	01:21#	00:28#	00:11+	00:01-			
8	Wenche Bjørnstad					Geno					52:01				
	02:33+	09:09+	10:36+	12:41+	18:07+	29:34+	33:00+	37:23+	45:12+	48:49+	51:03+	52:01+			
	02:33+	06:36+	01:27-	02:05+	05:26-	11:27+	03:26+	04:23-	07:49+	03:37+	02:14-	00:58+			
	00:02+	01:07#	00:12-	00:03+	00:18-	04:05&	01:59@	00:09-	00:08+	00:56&	00:10-	00:07#			
9	Line Merete Libak					Løten kommune					53:22				
	02:55+	10:37+	12:31+	14:42+	20:44+	30:15+	31:52+	37:03+	45:41+	49:41+	52:30+	53:22+			
	02:55+	07:42+	01:54+	02:11+	06:02+	09:31+	01:37+	05:11+	08:38+	04:00+	02:49+	00:52+			
	00:24#	02:13&	00:15#	00:09+	00:18+	02:09&	00:10#	00:39#	00:57#	01:19&	00:25#	00:01+			
10	Mari Norstad Opsahl					Norsk Tipping					53:28				
	02:55+	08:34+	10:19+	13:08+	19:29+	30:03+	31:54+	37:00+	46:30+	49:45+	52:24+	53:28+			
	02:55+	05:39+	01:45+	02:49+	06:21+	10:34+	01:51+	05:06+	09:30+	03:15+	02:39+	01:04+			
	00:24#	00:10+	00:06+	00:47&	03:12&	03:12&	00:24&	00:34#	01:49#	00:34#	00:15#	00:13&			
11	Ingunn Lund Nordstrøm					Norsk Tipping					55:11				
	03:20+	09:29+	11:09+	13:32+	20:26+	31:01+	33:45+	41:02+	49:33+	51:59+	54:24+	55:11+			
	03:20+	06:09+	01:40+	02:23+	06:54+	10:35+	02:44+	07:17+	08:31+	02:26-	02:25+	00:47-			
	00:49&	00:40#	00:01+	00:21#	01:10#	03:13&	01:17&	02:45&	00:50#	00:15-	00:01+	00:04-			
12	Marianne Rud Skjærstad					Løten kommune					55:16				
	02:48+	15:21+	17:10+	19:31+	25:38+	34:55+	36:51+	41:21+	48:55+	51:51+	54:27+	55:16+			
	02:48+	12:33+	01:49+	02:21+	06:07+	09:17+	01:56+	04:30-	07:34-	02:56+	02:36+	00:49-			
	00:17#	07:04@	00:10#	00:19#	00:23+	01:55&	00:29&	00:02-	00:07-	00:15+	00:12+	00:02-			
Beste strekktid for klassen															
	00:40	05:25	01:27	02:02	04:42	07:22	01:25	04:15	06:40	02:26	02:09	00:47			

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

D 5,5

1	Emilie Westli Andersen					Løten O-Lag					45:30				
	05:31=	06:45=	08:37=	12:24=	19:15=	23:15=	26:40=	31:21=	33:06=	37:58=	41:16=	43:04=	44:52=	45:30=	
	05:31=	01:14=	01:52=	03:47=	06:51=	04:00=	03:25=	04:41=	01:45=	04:52=	03:18=	01:48=	01:48=	00:38=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Plass	Navn				Klasse				Tid			
2	Tone Bleken Rud				Eidsiva				56:24			
	07:17+	08:43+	10:45+	16:09+	23:44+	25:26+	29:44+	36:06+	38:50+	46:08+	50:16+	52:56+
	07:17+	01:26+	02:02+	05:24+	07:35+	01:42-	04:18+	06:22+	02:44+	07:18+	04:08+	02:40+
	01:46&	00:12#	00:10+	01:37&	00:44#	02:18-	00:53&	01:41&	00:59&	02:26&	00:50&	00:52&
											00:44&	00:18&
Beste strekktid for klassen												
	05:31	01:14	01:52	03:47	06:51	01:42	03:25	04:41	01:45	04:52	03:18	01:48
											01:48	00:38
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H 1,5												
1	Arnfinn Nordhagen				Geno				23:51			
	04:13=	06:27=	10:23=	13:47=	19:21=	22:42=	23:51=					
	04:13=	02:14=	03:56=	03:24=	05:34=	03:21=	01:09=					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Trygve Jan Bjerke				Hamar Post				27:16			
	02:46-	05:35-	11:10+	16:28+	22:16+	25:59+	27:16+					
	02:46-	02:49+	05:35+	05:18+	05:48+	03:43+	01:17+					
	01:27-	00:35&	01:39&	01:54&	00:14+	00:22#	00:08#					
3	Kjell Sagbakken				Hamar Post				28:09			
	03:49-	06:39+	12:16+	17:30+	23:10+	26:56+	28:09+					
	03:49-	02:50+	05:37+	05:14+	05:40+	03:46+	01:13+					
	00:24-	00:36&	01:41&	01:50&	00:06+	00:25#	00:04+					
4	Steinar Joten				Toneheim				30:56			
	02:50-	05:46-	13:26+	17:15+	25:01+	29:19+	30:56+					
	02:50-	02:56+	07:40+	03:49+	07:46+	04:18+	01:37+					
	01:23-	00:42&	03:44&	00:25#	02:12&	00:57&	00:28&					
5	Øyvind Strand				Arve Hagen BIL				32:06			
	04:23+	07:35+	14:17+	18:28+	26:00+	30:46+	32:06+					
	04:23+	03:12+	06:42+	04:11+	07:32+	04:46+	01:20+					
	00:10+	00:58&	02:46&	00:47#	01:58&	01:25&	00:11#					
6	Ingvald Pedersen				Statens Hus				32:23			
	02:10-	05:13-	12:16+	18:58+	24:47+	30:03+	31:48+					
	02:10-	03:03+	07:03+	06:42+	05:49+	05:16+	01:45+					
	02:03-	00:49&	03:07&	03:18&	00:15+	01:55&	00:36&					
7	Edgar Myrvold				Statens Hus				33:48			
	03:21-	06:47+	14:11+	19:10+	26:18+	31:59+	33:48+					
	03:21-	03:26+	07:24+	04:59+	07:08+	05:41+	01:49+					
	00:52-	01:12&	03:28&	01:35&	01:34&	02:20&	00:40&					
8	Finn Røise				Moelven				33:49			
	02:12-	06:36+	13:08+	20:00+	28:19+	32:38+	33:49+					
	02:12-	04:24+	06:32+	06:52+	08:19+	04:19+	01:11+					
	02:01-	02:10&	02:36&	03:28@	02:45&	00:58&	00:02+					
9	Knut Martinsen				Sparebank 1 Østlandet				34:03			
	02:59-	05:56-	13:08+	17:57+	26:58+	32:12+	34:03+					
	02:59-	02:57+	07:12+	04:49+	09:01+	05:14+	01:51+					
	01:14-	00:43&	03:16&	01:25&	03:27&	01:53&	00:42&					
10	Oddvar Dalby				Hamar kommune				34:07			
	02:51-	06:37+	13:51+	19:06+	27:35+	32:35+	34:07+					
	02:51-	03:46+	07:14+	05:15+	08:29+	05:00+	01:32+					
	01:22-	01:32&	03:18&	01:51&	02:55&	01:39&	00:23&					
11	Erik Gundersen				Nestle				34:45			
	03:12-	06:52+	14:40+	19:37+	26:54+	33:18+	34:45+					
	03:12-	03:40+	07:48+	04:57+	07:17+	06:24+	01:27+					
	01:01-	01:26&	03:52&	01:33&	01:43&	03:03&	00:18&					
12	Arild Rønning				Nestle				35:11			
	03:10-	06:20-	16:35+	21:27+	28:38+	33:51+	35:11+					
	03:10-	03:10+	10:15+	04:52+	07:11+	05:13+	01:20+					
	01:03-	00:56&	06:19@	01:28&	01:37&	01:52&	00:11#					

Plass	Navn							Klasse	Tid
13	Steinar Sørlien							Geno	35:20
	03:56-	07:43+	13:14+	18:36+	27:39+	33:09+	35:20+		
	03:56-	03:47+	05:31+	05:22+	09:03+	05:30+	02:11+		
	00:17-	01:33&	01:35&	01:58&	03:29&	02:09&	01:02&		
14	Torkel Bache							Sanderud sykehus	35:47
	03:53-	09:50+	15:48+	20:47+	27:53+	34:00+	35:47+		
	03:53-	05:57+	05:58+	04:59+	07:06+	06:07+	01:47+		
	00:20-	03:43@	02:02&	01:35&	01:32&	02:46&	00:38&		
15	Arne Sveen							Stabburet	39:46
	03:36-	07:03+	17:54+	23:07+	31:47+	37:44+	39:46+		
	03:36-	03:27+	10:51+	05:13+	08:40+	05:57+	02:02+		
	00:37-	01:13&	06:55@	01:49&	03:06&	02:36&	00:53&		
16	Jon Lindgren							Vallset/Stange OL	41:47
	03:26-	08:12+	17:44+	24:49+	32:44+	39:52+	41:47+		
	03:26-	04:46+	09:32+	07:05+	07:55+	07:08+	01:55+		
	00:47-	02:32@	05:36@	03:41@	02:21&	03:47@	00:46&		
17	Ragnar Høsøien							Hamar Post	43:05
	05:03+	09:34+	20:23+	26:01+	34:07+	41:09+	43:05+		
	05:03+	04:31+	10:49+	05:38+	08:06+	07:02+	01:56+		
	00:50#	02:17@	06:53@	02:14&	02:32&	03:41@	00:47&		
18	Dag Erik Hovde							Eidsiva	45:10
	04:11-	08:03+	15:34+	22:32+	36:31+	42:47+	45:10+		
	04:11-	03:52+	07:31+	06:58+	13:59+	06:16+	02:23+		
	00:02-	01:38&	03:35&	03:34@	08:25@	02:55&	01:14@		
19	John Fallbakken							Vallset/Stange OL	48:27
	05:58+	10:09+	26:19+	32:05+	39:53+	46:18+	48:27+		
	05:58+	04:11+	16:10+	05:46+	07:48+	06:25+	02:09+		
	01:45&	01:57&	12:14@	02:22&	02:14&	03:04&	01:00&		
20	Roger Sterud							Arve Hagen BIL	48:49
	08:30+	13:19+	19:54+	27:11+	40:17+	46:08+	48:49+		
	08:30+	04:49+	06:35+	07:17+	13:06+	05:51+	02:41+		
	04:17@	02:35@	02:39&	03:53@	07:32@	02:30&	01:32@		
21	Tore Stensby							Mattilsynet	51:29
	05:08+	08:56+	20:42+	29:32+	41:20+	48:58+	51:29+		
	05:08+	03:48+	11:46+	08:50+	11:48+	07:38+	02:31+		
	00:55#	01:34&	07:50@	05:26@	06:14@	04:17@	01:22@		
22	Erik Skårås							Sparebank 1 Østlandet	51:42
	03:11-	05:55-	12:08+	17:10+	43:52+	49:58+	51:42+		
	03:11-	02:44+	06:13+	05:02+	26:42+	06:06+	01:44+		
	01:02-	00:30#	02:17&	01:38&	21:08@	02:45&	00:35&		
Beste strekktid for klassen									
	02:10	02:14	03:56	03:24	05:34	03:21	01:09		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.									
H 2,5									
1	Per Vold							Moelven	28:23
	02:55=	07:02=	10:34=	12:51=	18:49=	21:18=	24:47=	27:35=	28:23=
	02:55=	04:07=	03:32=	02:17=	05:58=	02:29=	03:29=	02:48=	00:48=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Torbjørn Løkken							Idrettens Hus	30:45
	03:10+	08:40+	12:46+	15:20+	20:00+	23:07+	26:50+	29:49+	30:45+
	03:10+	05:30+	04:06+	02:34+	04:40-	03:07+	03:43+	02:59+	00:56+
	00:15+	01:23&	00:34#	00:17#	01:18-	00:38&	00:14+	00:11+	00:08#
3	Morten Øie							Furnes Almenning	31:27
	03:17+	08:13+	12:27+	15:17+	19:36+	22:22+	26:49+	30:14+	31:27+
	03:17+	04:56+	04:14+	02:50+	04:19-	02:46+	04:27+	03:25+	01:13+
	00:22#	00:49#	00:42#	00:33#	01:39-	00:17#	00:58&	00:37#	00:25&

Plass	Navn									Klasse	Tid
4	Ole-Johan Vangen									Norsk Tipping	32:38
	03:19+	08:27+	12:33+	15:08+	19:24+	24:00+	28:19+	31:21+	32:38+		
	03:19+	05:08+	04:06+	02:35+	04:16-	04:36+	04:19+	03:02+	01:17+		
	00:24#	01:01#	00:34#	00:18#	01:42-	02:07&	00:50#	00:14+	00:29&		
5	Einar Stensby									Løten kommune	32:50
	03:37+	09:38+	14:22+	16:58+	21:34+	24:44+	28:38+	31:50+	32:50+		
	03:37+	06:01+	04:44+	02:36+	04:36-	03:10+	03:54+	03:12+	01:00+		
	00:42#	01:54&	01:12&	00:19#	01:22-	00:41&	00:25#	00:24#	00:12#		
6	Hans Asbjørn Tingvold									Raufoss I.L. Orientering	33:00
	03:32+	08:51+	13:17+	16:03+	20:39+	24:03+	28:23+	31:51+	33:00+		
	03:32+	05:19+	04:26+	02:46+	04:36-	03:24+	04:20+	03:28+	01:09+		
	00:37#	01:12&	00:54&	00:29#	01:22-	00:55&	00:51#	00:40#	00:21&		
7	Bjørn Eriksrud									Raufoss I.L. Orientering	34:12
	04:34+	09:57+	14:23+	17:09+	21:43+	25:07+	29:29+	32:57+	34:12+		
	04:34+	05:23+	04:26+	02:46+	04:34-	03:24+	04:22+	03:28+	01:15+		
	01:39&	01:16&	00:54&	00:29#	01:24-	00:55&	00:53&	00:40#	00:27&		
8	Terje Lien									Telenor	34:20
	03:37+	10:31+	15:55+	19:00+	23:23+	26:17+	30:13+	33:10+	34:20+		
	03:37+	06:54+	05:24+	03:05+	04:23-	02:54+	03:56+	02:57+	01:10+		
	00:42#	02:47&	01:52&	00:48&	01:35-	00:25#	00:27#	00:09+	00:22&		
9	Ole Rostad									Eidsiva	34:38
	03:51+	08:26+	11:56+	14:29+	19:39+	25:31+	31:08+	33:55+	34:38+		
	03:51+	04:35+	03:30-	02:33+	05:10-	05:52+	05:37+	02:47-	00:43-		
	00:56&	00:28#	00:02-	00:16#	00:48-	03:23@	02:08&	00:01-	00:05-		
10	Harald Grønvold									Arve Hagen BIL	35:08
	03:44+	09:24+	13:34+	16:56+	22:51+	26:51+	31:04+	34:01+	35:08+		
	03:44+	05:40+	04:10+	03:22+	05:55-	04:00+	04:13+	02:57+	01:07+		
	00:49&	01:33&	00:38#	01:05&	00:03-	01:31&	00:44#	00:09+	00:19&		
11	Knut Røhrsveen									Arve Hagen BIL	35:43
	04:22+	10:10+	15:17+	18:30+	22:38+	26:01+	31:10+	34:27+	35:43+		
	04:22+	05:48+	05:07+	03:13+	04:08-	03:23+	05:09+	03:17+	01:16+		
	01:27&	01:41&	01:35&	00:56&	01:50-	00:54&	01:40&	00:29#	00:28&		
12	Torbjørn Håkensen									Vallset/Stange OL	35:53
	03:45+	09:09+	14:24+	16:59+	22:50+	26:57+	31:19+	34:50+	35:53+		
	03:45+	05:24+	05:15+	02:35+	05:51-	04:07+	04:22+	03:31+	01:03+		
	00:50&	01:17&	01:43&	00:18#	00:07-	01:38&	00:53&	00:43&	00:15&		
13	Magne Smeland									Vegvesenet	35:54
	03:28+	08:27+	14:25+	19:48+	24:28+	27:36+	31:45+	34:51+	35:54+		
	03:28+	04:59+	05:58+	05:23+	04:40-	03:08+	04:09+	03:06+	01:03+		
	00:33#	00:52#	02:26&	03:06@	01:18-	00:39&	00:40#	00:18#	00:15&		
14	Svein Iver Jevne									Arve Hagen BIL	36:07
	03:56+	11:01+	16:15+	19:14+	23:29+	26:55+	31:54+	35:06+	36:07+		
	03:56+	07:05+	05:14+	02:59+	04:15-	03:26+	04:59+	03:12+	01:01+		
	01:01&	02:58&	01:42&	00:42&	01:43-	00:57&	01:30&	00:24#	00:13&		
15	Torbjørn Ødegaard									Hamar Lærerhøgskole	37:14
	04:25+	10:03+	15:35+	18:24+	23:40+	27:08+	32:08+	36:02+	37:14+		
	04:25+	05:38+	05:32+	02:49+	05:16-	03:28+	05:00+	03:54+	01:12+		
	01:30&	01:31&	02:00&	00:32#	00:42-	00:59&	01:31&	01:06&	00:24&		
16	Odd Rise									Geno	37:29
	04:11+	10:28+	15:32+	18:26+	24:40+	28:05+	32:27+	36:12+	37:29+		
	04:11+	06:17+	05:04+	02:54+	06:14+	03:25+	04:22+	03:45+	01:17+		
	01:16&	02:10&	01:32&	00:37&	00:16+	00:56&	00:53&	00:57&	00:29&		
17	Ottar Evensen									Elverum kommune	37:32
	04:46+	10:09+	14:31+	19:09+	26:08+	29:12+	32:58+	36:22+	37:32+		
	04:46+	05:23+	04:22+	04:38+	06:59+	03:04+	03:46+	03:24+	01:10+		
	01:51&	01:16&	00:50#	02:21@	01:01#	00:35#	00:17+	00:36#	00:22&		
18	Stein Sandaker									Ahlsell	37:47
	03:35+	11:32+	15:52+	18:53+	23:37+	27:29+	33:28+	36:50+	37:47+		
	03:35+	07:57+	04:20+	03:01+	04:44-	03:52+	05:59+	03:22+	00:57+		
	00:40#	03:50&	00:48#	00:44&	01:14-	01:23&	02:30&	00:34#	00:09#		

Plass	Navn								Klasse	Tid
19	Stein Edvardsen								Elverum kommune	40:34
	04:04+	11:54+	16:48+	19:40+	25:21+	31:24+	35:39+	39:17+	40:34+	
	04:04+	07:50+	04:54+	02:52+	05:41-	06:03+	04:15+	03:38+	01:17+	
	01:09&	03:43&	01:22&	00:35&	00:17-	03:34@	00:46#	00:50&	00:29&	
20	Kjell Vidar Holmen								Arve Hagen BIL	41:33
	04:05+	10:45+	16:33+	19:38+	25:42+	29:12+	33:55+	39:57+	41:33+	
	04:05+	06:40+	05:48+	03:05+	06:04+	03:30+	04:43+	06:02+	01:36+	
	01:10&	02:33&	02:16&	00:48&	00:06+	01:01&	01:14&	03:14@	00:48&	
21	Helge Storsveen								Løten kommune	42:28
	05:06+	12:57+	18:48+	22:15+	27:33+	31:17+	36:45+	41:05+	42:28+	
	05:06+	07:51+	05:51+	03:27+	05:18-	03:44+	05:28+	04:20+	01:23+	
	02:11&	03:44&	02:19&	01:10&	00:40-	01:15&	01:59&	01:32&	00:35&	
22	Jan Erik Johansen								Hamar Post	46:35
	04:01+	11:09+	16:19+	19:30+	33:11+	36:33+	41:28+	45:22+	46:35+	
	04:01+	07:08+	05:10+	03:11+	13:41+	03:22+	04:55+	03:54+	01:13+	
	01:06&	03:01&	01:38&	00:54&	07:43@	00:53&	01:26&	01:06&	00:25&	
23	Knut Fjæstad								Løten kommune	47:27
	04:32+	11:22+	19:11+	25:53+	31:41+	35:28+	41:26+	46:10+	47:27+	
	04:32+	06:50+	07:49+	06:42+	05:48-	03:47+	05:58+	04:44+	01:17+	
	01:37&	02:43&	04:17@	04:25@	00:10-	01:18&	02:29&	01:56&	00:29&	
24	Arvid Haug								Gunders	47:31
	04:50+	11:53+	18:16+	24:20+	31:20+	36:22+	41:49+	46:08+	47:31+	
	04:50+	07:03+	06:23+	06:04+	07:00+	05:02+	05:27+	04:19+	01:23+	
	01:55&	02:56&	02:51&	03:47@	01:02#	02:33@	01:58&	01:31&	00:35&	
25	Trond Sørum								Byggmakker	48:05
	03:51+	19:33+	24:42+	27:30+	32:53+	37:16+	42:11+	46:43+	48:05+	
	03:51+	15:42+	05:09+	02:48+	05:23-	04:23+	04:55+	04:32+	01:22+	
	00:56&	11:35@	01:37&	00:31#	00:35-	01:54&	01:26&	01:44&	00:34&	
26	Kåre Garmager								Telenor	51:13
	04:19+	16:57+	28:19+	31:25+	36:28+	40:25+	45:54+	49:45+	51:13+	
	04:19+	12:38+	11:22+	03:06+	05:03-	03:57+	05:29+	03:51+	01:28+	
	01:24&	08:31@	07:50@	00:49&	00:55-	01:28&	02:00&	01:03&	00:40&	
27	Stein Gamme								Storhamar Vgs	54:20
	03:41+	11:08+	30:15+	33:21+	39:24+	42:53+	49:23+	53:14+	54:20+	
	03:41+	07:27+	19:07+	03:06+	06:03+	03:29+	06:30+	03:51+	01:06+	
	00:46&	03:20&	15:35@	00:49&	00:05+	01:00&	03:01&	01:03&	00:18&	
28	Espen Paulsen								Infosofs	58:22
	04:57+	12:12+	21:46+	30:48+	38:18+	44:38+	52:31+	57:19+	58:22+	
	04:57+	07:15+	09:34+	09:02+	07:30+	06:20+	07:53+	04:48+	01:03+	
	02:02&	03:08&	06:02@	06:45@	01:32&	03:51@	04:24@	02:00&	00:15&	
29	Henrik Bache								Sanderud sykehus	1:02:00
	07:38+	17:34+	39:11+	42:05+	46:47+	51:58+	57:14+	60:36+	62:00+	
	07:38+	09:56+	21:37+	02:54+	04:42-	05:11+	05:16+	03:22+	01:24+	
	04:43@	05:49@	18:05@	00:37&	01:16-	02:42@	01:47&	00:34#	00:36&	
Beste strekktid for klassen										
	02:55	04:07	03:30	02:17	04:08	02:29	03:29	02:47	00:43	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
H 3,5										
1	Erik Grøndalen								Jernbanens Idrettslag	38:50
	01:47=	06:17=	14:51=	20:38=	26:33=	34:16=	37:48=	38:50=		
	01:47=	04:30=	08:34=	05:47=	05:55=	07:43=	03:32=	01:02=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Knut Malmo								Vegvesenet	39:02
	01:49+	07:25+	16:24+	21:42+	28:00+	35:03+	38:12+	39:02+		
	01:49+	05:36+	08:59+	05:18-	06:18+	07:03-	03:09-	00:50-		
	00:02+	01:06#	00:25+	00:29-	00:23+	00:40-	00:23-	00:12-		

Plass	Navn								Klasse	Tid
3	Jan Åsmund Sætaberget								Jernbanens Idrettslag	39:59
	01:38-	07:23+	15:44+	21:43+	27:50+	35:26+	39:04+	39:59+		
	01:38-	05:45+	08:21-	05:59+	06:07+	07:36-	03:38+	00:55-		
	00:09-	01:15&	00:13-	00:12+	00:12+	00:07-	00:06+	00:07-		
4	Ove Tåsåsen								Mjøs Retail	41:35
	01:33-	06:59+	18:00+	24:14+	30:25+	37:06+	40:44+	41:35+		
	01:33-	05:26+	11:01+	06:14+	06:11+	06:41-	03:38+	00:51-		
	00:14-	00:56#	02:27&	00:27+	00:16+	01:02-	00:06+	00:11-		
5	Gjermund Nedgård								Norsk Tipping	42:03
	01:34-	05:41-	15:21+	21:37+	31:19+	38:00+	41:23+	42:03+		
	01:34-	04:07-	09:40+	06:16+	09:42+	06:41-	03:23-	00:40-		
	00:13-	00:23-	01:06#	00:29+	03:47&	01:02-	00:09-	00:22-		
6	Arne Arnesen								Eidsiva	42:09
	01:42-	07:17+	15:49+	21:08+	30:57+	37:52+	41:17+	42:09+		
	01:42-	05:35+	08:32-	05:19-	09:49+	06:55-	03:25-	00:52-		
	00:05-	01:05#	00:02-	00:28-	03:54&	00:48-	00:07-	00:10-		
7	Stein Arne Bekkum								Arve Hagen BIL	42:20
	01:24-	06:21+	17:03+	23:31+	29:58+	37:58+	41:43+	42:20+		
	01:24-	04:57+	10:42+	06:28+	06:27+	08:00+	03:45+	00:37-		
	00:23-	00:27+	02:08#	00:41#	00:32+	00:17+	00:13+	00:25-		
8	Tore Jørgensen								Norsk Tipping	43:35
	01:56+	07:21+	16:57+	23:09+	30:34+	38:30+	42:36+	43:35+		
	01:56+	05:25+	09:36+	06:12+	07:25+	07:56+	04:06+	00:59-		
	00:09+	00:55#	01:02#	00:25+	01:30&	00:13+	00:34#	00:03-		
9	Bård Bjøntegaard								Stange Energi	43:54
	01:51+	07:24+	18:24+	24:01+	30:59+	39:35+	43:04+	43:54+		
	01:51+	05:33+	11:00+	05:37-	06:58+	08:36+	03:29-	00:50-		
	00:04+	01:03#	02:26&	00:10-	01:03#	00:53#	00:03-	00:12-		
10	Morten Eriksen								Norsk Tipping	44:57
	01:34-	06:22+	20:00+	26:14+	32:51+	40:18+	44:06+	44:57+		
	01:34-	04:48+	13:38+	06:14+	06:37+	07:27-	03:48+	00:51-		
	00:13-	00:18+	05:04&	00:27+	00:42#	00:16-	00:16+	00:11-		
11	Trond Feiring								HIL	45:01
	02:43+	08:08+	18:20+	24:41+	30:49+	40:23+	43:57+	45:01+		
	02:43+	05:25+	10:12+	06:21+	06:08+	09:34+	03:34+	01:04+		
	00:56&	00:55#	01:38#	00:34+	00:13+	01:51#	00:02+	00:02+		
12	Odd Nysæter								Byggmakker	46:15
	01:50+	06:47+	17:58+	24:15+	33:02+	41:21+	45:11+	46:15+		
	01:50+	04:57+	11:11+	06:17+	08:47+	08:19+	03:50+	01:04+		
	00:03+	00:27+	02:37&	00:30+	02:52&	00:36+	00:18+	00:02+		
13	John Mikalsen								Vegvesenet	46:39
	01:35-	07:12+	18:22+	25:44+	32:30+	41:51+	45:40+	46:39+		
	01:35-	05:37+	11:10+	07:22+	06:46+	09:21+	03:49+	00:59-		
	00:12-	01:07#	02:36&	01:35&	00:51#	01:38#	00:17+	00:03-		
14	Leif Martin Kjos								Sparebank 1 Østlandet	46:47
	01:36-	07:51+	18:13+	25:17+	33:21+	40:55+	45:37+	46:47+		
	01:36-	06:15+	10:22+	07:04+	08:04+	07:34-	04:42+	01:10+		
	00:11-	01:45&	01:48#	01:17#	02:09&	00:09-	01:10&	00:08#		
15	Olav Høiås								Statens Hus	47:08
	01:49+	08:09+	17:11+	23:27+	30:00+	40:35+	45:59+	47:08+		
	01:49+	06:20+	09:02+	06:16+	06:33+	10:35+	05:24+	01:09+		
	00:02+	01:50&	00:28+	00:29+	00:38#	02:52&	01:52&	00:07#		
16	Arvid Bratlie								LMF	47:11
	01:24-	07:39+	18:23+	25:09+	35:06+	42:45+	46:14+	47:11+		
	01:24-	06:15+	10:44+	06:46+	09:57+	07:39-	03:29-	00:57-		
	00:23-	01:45&	02:10&	00:59#	04:02&	00:04-	00:03-	00:05-		
17	Jo Gisle Jørgensen								Norsk Tipping	47:40
	01:59+	07:57+	18:52+	25:41+	32:52+	42:09+	46:34+	47:40+		
	01:59+	05:58+	10:55+	06:49+	07:11+	09:17+	04:25+	01:06+		
	00:12#	01:28&	02:21&	01:02#	01:16#	01:34#	00:53#	00:04+		

Plass	Navn								Klasse	Tid
18	Espen Melby								Løten kommune	48:33
	02:06+	08:44+	20:19+	28:32+	34:56+	42:48+	47:23+	48:33+		
	02:06+	06:38+	11:35+	08:13+	06:24+	07:52+	04:35+	01:10+		
	00:19#	02:08&	03:01&	02:26&	00:29+	00:09+	01:03&	00:08#		
19	Erik Haugen								Statens Hus	48:51
	01:57+	08:22+	22:18+	29:28+	36:15+	44:22+	47:56+	48:51+		
	01:57+	06:25+	13:56+	07:10+	06:47+	08:07+	03:34+	00:55-		
	00:10+	01:55&	05:22&	01:23#	00:52#	00:24+	00:02+	00:07-		
20	Steinar Libak								Løten kommune	49:46
	02:04+	07:39+	18:01+	24:50+	35:39+	44:01+	48:34+	49:46+		
	02:04+	05:35+	10:22+	06:49+	10:49+	08:22+	04:33+	01:12+		
	00:17#	01:05#	01:48#	01:02#	04:54&	00:39+	01:01&	00:10#		
21	Per Ivar Kvammen								Høgskolen I Hedmark	49:58
	05:49+	12:24+	22:06+	29:14+	36:27+	44:52+	48:52+	49:58+		
	05:49+	06:35+	09:42+	07:08+	07:13+	08:25+	04:00+	01:06+		
	04:02@	02:05&	01:08#	01:21#	01:18#	00:42+	00:28#	00:04+		
22	Ola Brevig								LMF	49:59
	02:02+	08:00+	19:25+	27:04+	35:15+	44:09+	48:57+	49:59+		
	02:02+	05:58+	11:25+	07:39+	08:11+	08:54+	04:48+	01:02=		
	00:15#	01:28&	02:51&	01:52&	02:16&	01:11#	01:16&	00:00=		
23	Tore Stenseth								Mjøs Retail	50:37
	01:32-	07:21+	19:37+	27:17+	34:03+	44:49+	49:31+	50:37+		
	01:32-	05:49+	12:16+	07:40+	06:46+	10:46+	04:42+	01:06+		
	00:15-	01:19&	03:42&	01:53&	00:51#	03:03&	01:10&	00:04+		
25	Jan Olav Sæther								Vallset/Stange OL	53:20
	02:13+	08:27+	20:10+	27:55+	36:49+	47:33+	52:15+	53:20+		
	02:13+	06:14+	11:43+	07:45+	08:54+	10:44+	04:42+	01:05+		
	00:26#	01:44&	03:09&	01:58&	02:59&	03:01&	01:10&	00:03+		
26	Tore Gustav Tomter								Plan 1	54:22
	01:59+	14:52+	25:43+	32:51+	39:40+	50:04+	53:38+	54:22+		
	01:59+	12:53+	10:51+	07:08+	06:49+	10:24+	03:34+	00:44-		
	00:12#	08:23@	02:17&	01:21#	00:54#	02:41&	00:02+	00:18-		
27	Trond Øie								Sparebank 1 Østlandet	54:23
	01:47=	09:31+	20:14+	27:59+	38:03+	47:46+	53:21+	54:23+		
	01:47=	07:44+	10:43+	07:45+	10:04+	09:43+	05:35+	01:02=		
	00:00=	03:14&	02:09&	01:58&	04:09&	02:00&	02:03&	00:00=		
28	Steinar Tønsager								BDO Aktiva	57:52
	02:39+	08:14+	21:08+	32:38+	42:55+	52:30+	57:06+	57:52+		
	02:39+	05:35+	12:54+	11:30+	10:17+	09:35+	04:36+	00:46-		
	00:52&	01:05#	04:20&	05:43&	04:22&	01:52#	01:04&	00:16-		
29	Johnny Johansen								Løten kommune	58:43
	02:58+	11:36+	22:43+	31:11+	42:21+	52:53+	57:13+	58:43+		
	02:58+	08:38+	11:07+	08:28+	11:10+	10:32+	04:20+	01:30+		
	01:11&	04:08&	02:33&	02:41&	05:15&	02:49&	00:48#	00:28&		
30	Odd Tangen								Norsk Tipping	1:01:50
	04:03+	15:33+	26:28+	33:52+	45:28+	55:52+	60:46+	61:50+		
	04:03+	11:30+	10:55+	07:24+	11:36+	10:24+	04:54+	01:04+		
	02:16@	07:00@	02:21&	01:37&	05:41&	02:41&	01:22&	00:02+		
31	Jesper Øygarden								Raufoss Technology	1:03:18
	08:16+	15:29+	27:44+	35:27+	43:42+	58:35+	62:35+	63:18+		
	08:16+	07:13+	12:15+	07:43+	08:15+	14:53+	04:00+	00:43-		
	06:29@	02:43&	03:41&	01:56&	02:20&	07:10&	00:28#	00:19-		
32	Torleif Finstad								Hamar Post	1:04:14
	01:48+	06:52+	28:45+	37:16+	52:06+	59:36+	63:10+	64:14+		
	01:48+	05:04+	21:53+	08:31+	14:50+	07:30-	03:34+	01:04+		
	00:01+	00:34#	13:19@	02:44&	08:55@	00:13-	00:02+	00:02+		
33	Rune Waaler								Raufoss Technology	1:10:29
	09:21+	15:00+	31:33+	44:56+	52:37+	63:14+	69:16+	70:29+		
	09:21+	05:39+	16:33+	13:23+	07:41+	10:37+	06:02+	01:13+		
	07:34@	01:09&	07:59&	07:36@	01:46&	02:54&	02:30&	00:11#		

Plass	Navn								Klasse	Tid							
34	Knut Wikstrøm								Kartverket	1:13:45							
	01:42-	07:45+	19:47+	48:27+	57:43+	67:37+	72:31+	73:45+									
	01:42-	06:03+	12:02+	28:40+	09:16+	09:54+	04:54+	01:14+									
	00:05-	01:33&	03:28&	22:53@	03:21&	02:11&	01:22&	00:12#									
Beste strekktid for klassen																	
	01:24	04:07	08:21	05:18	05:55	06:41	03:09	00:37									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
H 4,5																	
1	Vidar Nomerstad								Sparebank 1 Østlandet	38:36							
	02:02=	06:53=	08:13=	10:12=	14:40=	21:19=	22:39=	26:49=	33:49=	35:48=	37:58=	38:36=					
	02:02=	04:51=	01:20=	01:59=	04:28=	06:39=	01:20=	04:10=	07:00=	01:59=	02:10=	00:38=					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Sindre Skjærbekk								Byggmakker	40:01							
	02:02=	06:49-	08:16+	10:11-	15:08+	23:20+	24:40+	28:55+	35:04+	37:07+	39:14+	40:01+					
	02:02=	04:47-	01:27+	01:55-	04:57+	08:12+	01:20=	04:15+	06:09-	02:03+	02:07-	00:47+					
	00:00=	00:04-	00:07+	00:04-	00:29#	01:33#	00:00=	00:05+	00:51-	00:04+	00:03-	00:09#					
3	Tom Røise								Ntnu Gjøvik	40:30							
	01:56-	06:38-	08:01-	09:50-	14:46+	22:07+	23:56+	28:11+	35:14+	37:45+	39:48+	40:30+					
	01:56-	04:42-	01:23+	01:49-	04:56+	07:21+	01:49+	04:15+	07:03+	02:31+	02:03-	00:42+					
	00:06-	00:09-	00:03+	00:10-	00:28#	00:42#	00:29&	00:05+	00:03+	00:32&	00:07-	00:04#					
4	Knut Johan Schjerve								LMF	40:54							
	02:15+	07:10+	08:30+	10:25+	15:38+	23:45+	25:44+	30:05+	36:06+	38:11+	40:12+	40:54+					
	02:15+	04:55+	01:20=	01:55-	05:13+	08:07+	01:59+	04:21+	06:01-	02:05+	02:01-	00:42+					
	00:13#	00:04+	00:00=	00:04-	00:45#	01:28#	00:39&	00:11+	00:59-	00:06+	00:09-	00:04#					
5	Bjørn J Sørum								Jernbanens Idrettslag	43:32							
	02:16+	07:35+	09:04+	11:20+	16:00+	24:16+	26:53+	31:03+	38:21+	40:47+	42:51+	43:32+					
	02:16+	05:19+	01:29+	02:16+	04:40+	08:16+	02:37+	04:10=	07:18+	02:26+	02:04-	00:41+					
	00:14#	00:28+	00:09#	00:17#	00:12+	01:37#	01:17&	00:00=	00:18+	00:27#	00:06-	00:03+					
6	Stein Nordvi								Elverum kommune	44:15							
	02:29+	07:46+	09:28+	11:37+	16:31+	24:36+	26:25+	30:48+	37:59+	40:48+	43:22+	44:15+					
	02:29+	05:17+	01:42+	02:09+	04:54+	08:05+	01:49+	04:23+	07:11+	02:49+	02:34+	00:53+					
	00:27#	00:26+	00:22&	00:10+	00:26+	01:26#	00:29&	00:13+	00:11+	00:50&	00:24#	00:15&					
7	Andreas Huber								NAV	44:45							
	02:24+	07:09+	08:36+	10:58+	15:52+	25:24+	27:03+	31:42+	39:12+	41:27+	43:49+	44:45+					
	02:24+	04:45-	01:27+	02:22+	04:54+	09:32+	01:39+	04:39+	07:30+	02:15+	02:22+	00:56+					
	00:22#	00:06-	00:07+	00:23#	00:26+	02:53&	00:19#	00:29#	00:30+	00:16#	00:12+	00:18&					
8	Ole Christian Bang								Vegvesenet	45:27							
	02:13+	08:47+	10:58+	13:16+	18:08+	26:47+	28:47+	33:07+	40:12+	42:41+	44:48+	45:27+					
	02:13+	06:34+	02:11+	02:18+	04:52+	08:39+	02:00+	04:20+	07:05+	02:29+	02:07-	00:39+					
	00:11+	01:43&	00:51&	00:19#	00:24+	02:00&	00:40&	00:10+	00:05+	00:30&	00:03-	00:01+					
9	Harald Østbye								Østerdal Garnison	47:24							
	02:39+	09:29+	11:20+	13:22+	18:47+	26:20+	28:05+	33:38+	41:30+	43:57+	46:30+	47:24+					
	02:39+	06:50+	01:51+	02:02+	05:25+	07:33+	01:45+	05:33+	07:52+	02:27+	02:33+	00:54+					
	00:37&	01:59&	00:31&	00:03+	00:57#	00:54#	00:25&	01:23&	00:52#	00:28#	00:23#	00:16&					
10	Knut Skjeset								Stange kommune	48:45							
	02:31+	08:26+	10:14+	12:40+	18:15+	27:31+	29:58+	33:58+	42:40+	45:27+	47:54+	48:45+					
	02:31+	05:55+	01:48+	02:26+	05:35+	09:16+	02:27+	04:00-	08:42+	02:47+	02:27+	00:51+					
	00:29#	01:04#	00:28&	00:27#	01:07#	02:37&	01:07&	00:10-	01:42#	00:48&	00:17#	00:13&					
11	Harald Volden								Jernbanens Idrettslag	51:02							
	02:47+	08:17+	09:51+	12:11+	18:35+	28:46+	30:37+	36:50+	45:32+	47:54+	50:14+	51:02+					
	02:47+	05:30+	01:34+	02:20+	06:24+	10:11+	01:51+	06:13+	08:42+	02:22+	02:20+	00:48+					
	00:45&	00:39#	00:14#	00:21#	01:56&	03:32&	00:31&	02:03&	01:42#	00:23#	00:10+	00:10&					
12	Odd Arne Blystad								Eidsiva	53:10							
	02:53+	10:18+	11:48+	14:04+	20:52+	31:26+	33:55+	38:25+	46:44+	49:53+	52:16+	53:10+					
	02:53+	07:25+	01:30+	02:16+	06:48+	10:34+	02:29+	04:30+	08:19+	03:09+	02:23+	00:54+					
	00:51&	02:34&	00:10#	00:17#	02:20&	03:55&	01:09&	00:20+	01:19#	01:10&	00:13+	00:16&					

Pllass	Navn										Klasse	Tid									
13	Bjarne Harkinn										If	53:26									
	02:46+	09:44+	11:41+	14:34+	21:07+	29:34+	31:13+	36:49+	45:46+	49:44+	52:32+	53:26+									
	02:46+	06:58+	01:57+	02:53+	06:33+	08:27+	01:39+	05:36+	08:57+	03:58+	02:48+	00:54+									
	00:44&	02:07&	00:37&	00:54&	02:05&	01:48&	00:19#	01:26&	01:57&	01:59&	00:38&	00:16&									
14	Jon Bjørnstad										Sparebank 1 Østlandet	56:34									
	02:35+	10:35+	13:02+	15:28+	22:01+	32:34+	35:20+	41:18+	49:55+	53:16+	55:41+	56:34+									
	02:35+	08:00+	02:27+	02:26+	06:33+	10:33+	02:46+	05:58+	08:37+	03:21+	02:25+	00:53+									
	00:33&	03:09&	01:07&	00:27#	02:05&	03:54&	01:26@	01:48&	01:37#	01:22&	00:15#	00:15&									
15	Torgeir Volden										Azets Insight-Hamar	56:37									
	02:49+	08:37+	10:23+	13:00+	19:16+	29:55+	34:46+	40:33+	49:04+	52:30+	55:22+	56:37+									
	02:49+	05:48+	01:46+	02:37+	06:16+	10:39+	04:51+	05:47+	08:31+	03:26+	02:52+	01:15+									
	00:47&	00:57#	00:26&	00:38&	01:48&	04:00&	03:31@	01:37&	01:31#	01:27&	00:42&	00:37&									
16	Knut Vidar Lund										Telenor	56:56									
	03:09+	09:08+	10:57+	13:33+	19:48+	28:36+	30:50+	38:16+	49:02+	53:37+	56:06+	56:56+									
	03:09+	05:59+	01:49+	02:36+	06:15+	08:48+	02:14+	07:26+	10:46+	04:35+	02:29+	00:50+									
	01:07&	01:08#	00:29&	00:37&	01:47&	02:09&	00:54&	03:16&	03:46&	02:36@	00:19#	00:12&									
17	Tom Hagen										Byggmakker	58:11									
	02:52+	08:52+	10:37+	12:52+	25:50+	36:22+	37:54+	43:19+	51:45+	54:44+	57:19+	58:11+									
	02:52+	06:00+	01:45+	02:15+	12:58+	10:32+	01:32+	05:25+	08:26+	02:59+	02:35+	00:52+									
	00:50&	01:09#	00:25&	00:16#	08:30@	03:53&	00:12#	01:15&	01:26#	01:00&	00:25#	00:14&									
18	Arne Hagen										Vegvesenet	1:13:39									
	03:18+	25:27+	27:17+	30:00+	37:26+	46:39+	50:07+	55:57+	65:26+	69:44+	72:32+	73:39+									
	03:18+	22:09+	01:50+	02:43+	07:26+	09:13+	03:28+	05:50+	09:29+	04:18+	02:48+	01:07+									
	01:16&	17:18@	00:30&	00:44&	02:58&	02:34&	02:08@	01:40&	02:29&	02:19@	00:38&	00:29&									
Beste strekktid for klassen																					
	01:56	04:42	01:20	01:49	04:28	06:39	01:20	04:00	06:01	01:59	02:01	00:38									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
H 5,5																					
1	Kenneth Bilstad										Byggmakker	37:19									
	04:23=	05:24=	07:03=	10:28=	16:08=	17:11=	19:53=	24:43=	26:14=	30:31=	33:17=	35:00=	36:40=	37:19=							
	04:23=	01:01=	01:39=	03:25=	05:40=	01:03=	02:42=	04:50=	01:31=	04:17=	02:46=	01:43=	01:40=	00:39=							
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Pål Stenberg										Vang O-lag	44:41									
	05:13+	06:25+	08:10+	12:10+	18:53+	20:07+	23:25+	30:06+	31:58+	36:32+	39:48+	42:11+	44:01+	44:41+							
	05:13+	01:12+	01:45+	04:00+	06:43+	01:14+	03:18+	06:41+	01:52+	04:34+	03:16+	02:23+	01:50+	00:40+							
	00:50#	00:11#	00:06+	00:35#	01:03#	00:11#	00:36#	01:51&	00:21#	00:17+	00:30#	00:40&	00:10+	00:01+							
3	Henrik Bleken Rud										Byggmakker	48:44									
	06:19+	07:26+	09:09+	13:03+	19:24+	20:33+	24:41+	34:09+	35:59+	40:27+	43:57+	46:08+	48:07+	48:44+							
	06:19+	01:07+	01:43+	03:54+	06:21+	01:09+	04:08+	09:28+	01:50+	04:28+	03:30+	02:11+	01:59+	00:37-							
	01:56&	00:06+	00:04+	00:29#	00:41#	00:06+	01:26&	04:38&	00:19#	00:11+	00:44&	00:28&	00:19#	00:02-							
4	Trond Svanøe-Hafstad										Sb-Skog	50:44									
	07:46+	09:20+	11:15+	15:52+	22:27+	23:47+	28:03+	34:20+	36:32+	41:51+	45:29+	47:58+	50:06+	50:44+							
	07:46+	01:34+	01:55+	04:37+	06:35+	01:20+	04:16+	06:17+	02:12+	05:19+	03:38+	02:29+	02:08+	00:38-							
	03:23&	00:33&	00:16#	01:12&	00:55#	00:17&	01:34&	01:27&	00:41&	01:02#	00:52&	00:46&	00:28&	00:01-							
5	Sverre Lutnes										Norsk Tipping	55:32									
	06:11+	07:26+	09:09+	14:56+	21:21+	22:56+	29:14+	37:16+	39:12+	44:40+	50:52+	53:04+	54:55+	55:32+							
	06:11+	01:15+	01:43+	05:47+	06:25+	01:35+	06:18+	08:02+	01:56+	05:28+	06:12+	02:12+	01:51+	00:37-							
	01:48&	00:14#	00:04+	02:22&	00:45#	00:32&	03:36@	03:12&	00:25&	01:11&	03:26@	00:29&	00:11#	00:02-							
6	Frode Hjorth										Statens Hus	57:06									
	05:51+	07:17+	09:32+	14:54+	24:02+	25:41+	30:19+	36:29+	39:20+	46:03+	50:49+	53:51+	56:20+	57:06+							
	05:51+	01:26+	02:15+	05:22+	09:08+	01:39+	04:38+	06:10+	02:51+	06:43+	04:46+	03:02+	02:29+	00:46+							
	01:28&	00:25&	00:36&	01:57&	03:28&	00:36&	01:56&	01:20&	01:20&	02:26&	02:00&	01:19&	00:49&	00:07#							
7	Michael Sætvedt										Raufoss Technology	57:17									
	11:03+	12:45+	15:20+	20:00+	28:50+	30:25+	35:07+	40:27+	42:42+	48:06+	51:16+	54:32+	56:38+	57:17+							
	11:03+	01:42+	02:35+	04:40+	08:50+	01:35+	04:42+	05:20+	02:15+	05:24+	03:10+	03:16+	02:06+	00:39=							
	06:40@	00:41&	00:56&	01:15&	03:10&	00:32&	02:00&	00:30#	00:44&	01:07&	00:24#	01:33&	00:26&	00:00=							

Class	Navn					Klasse					Tid				
8	Stein Arne Negård					Byggmakker					57:43				
	07:15+	09:01+	11:12+	16:11+	25:51+	27:34+	31:52+	37:36+	40:02+	47:14+	51:31+	54:09+	56:50+	57:43+	
	07:15+	01:46+	02:11+	04:59+	09:40+	01:43+	04:18+	05:44+	02:26+	07:12+	04:17+	02:38+	02:41+	00:53+	
	02:52&	00:45&	00:32&	01:34&	04:00&	00:40&	01:36&	00:54#	00:55&	02:55&	01:31&	00:55&	01:01&	00:14&	
9	Henning Wernøe					Hamar Katedralskole					1:00:36				
	06:42+	08:14+	10:25+	15:20+	24:51+	26:40+	31:05+	40:01+	42:28+	50:12+	54:40+	57:14+	59:41+	60:36+	
	06:42+	01:32+	02:11+	04:55+	09:31+	01:49+	04:25+	08:56+	02:27+	07:44+	04:28+	02:34+	02:27+	00:55+	
	02:19&	00:31&	00:32&	01:30&	03:51&	00:46&	01:43&	04:06&	00:56&	03:27&	01:42&	00:51&	00:47&	00:16&	
10	Frode Haug					Hamar OK					1:05:44				
	08:21+	09:35+	11:29+	15:28+	29:59+	31:10+	35:57+	45:20+	48:07+	54:41+	58:13+	61:39+	65:01+	65:44+	
	08:21+	01:14+	01:54+	03:59+	14:31+	01:11+	04:47+	09:23+	02:47+	06:34+	03:32+	03:26+	03:22+	00:43+	
	03:58&	00:13#	00:15#	00:34#	08:51@	00:08#	02:05&	04:33&	01:16&	02:17&	00:46&	01:43&	01:42@	00:04#	
Beste strekktid for klassen															
	04:23	01:01	01:39	03:25	05:40	01:03	02:42	04:50	01:31	04:17	02:46	01:43	01:40	00:37	

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