

Bedrifts-o-løp 08.05.2018

Strekktider

Mosjømarka-08.05.2018

Plass Navn

Klasse

Tid

D 1,5

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

Plass	Navn	Klasse	Tid
14	Solveig Johannessen	Arve Hagen BIL	38:12
04:21+	11:36+ 20:46+ 26:44+ 30:28+ 33:30+ 36:43+ 38:12+		
04:21+	07:15+ 09:10+ 05:58- 03:44+ 03:02- 03:13- 01:29+		
02:24@	01:35& 06:51@ 00:46- 01:28& 00:39- 00:02- 00:12#		
16	Elise Jevanord	Geno	40:29
03:35+	10:25+ 14:01+ 20:29+ 25:06+ 30:10+ 39:03+ 40:29+		
03:35+	06:50+ 03:36+ 06:28- 04:37+ 05:04+ 08:53+ 01:26+		
01:38&	01:10# 01:17& 00:16- 02:21@ 01:23& 05:38@ 00:09#		
Beste strekktid for klassen			
	01:57 05:06 02:06 04:32 02:16 02:15 02:39 00:53		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 2,5			
1	Inga Kroken	Norsk Tipping	36:23
01:55=	03:44= 12:45= 14:07= 22:37= 25:46= 29:29= 32:33= 35:43= 36:23=		
01:55=	01:49= 09:01= 01:22= 08:30= 03:09= 03:43= 03:04= 03:10= 00:40=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Elisabet Rise	Geno	38:04
02:38+	04:46+ 13:33+ 15:10+ 22:57+ 27:03+ 30:10+ 33:58+ 36:45+ 38:04+		
02:38+	02:08+ 08:47- 01:37+ 07:47- 04:06+ 03:07- 03:48+ 02:47- 01:19+		
00:43&	00:19# 00:14- 00:15# 00:43- 00:57& 00:36- 00:44# 00:23- 00:39&		
3	Bjørge Sorprud	Løten kommune	38:17
02:01+	04:04+ 12:58+ 14:33+ 24:45+ 27:54+ 31:31+ 34:53+ 37:20+ 38:17+		
02:01+	02:03+ 08:54- 01:35+ 10:12+ 03:09= 03:37- 03:22+ 02:27- 00:57+		
00:06+	00:14# 00:07- 00:13# 01:42# 00:00= 00:06- 00:18+ 00:43- 00:17&		
4	Liv Reidun Reiersen	Mjøse Retail	39:14
02:30+	04:51+ 13:50+ 15:27+ 25:49+ 29:00+ 32:23+ 35:57+ 38:15+ 39:14+		
02:30+	02:21+ 08:59- 01:37+ 10:22+ 03:11+ 03:23- 03:34+ 02:18- 00:59+		
00:35&	00:32& 00:02- 00:15# 01:52# 00:02+ 00:20- 00:30# 00:52- 00:19&		
5	Anne Karin Elisenberg	Stange kommune	40:21
02:12+	05:47+ 16:48+ 18:27+ 25:34+ 29:53+ 33:29+ 37:16+ 39:25+ 40:21+		
02:12+	03:35+ 11:01+ 01:39+ 07:07- 04:19+ 03:36- 03:47+ 02:09- 00:56+		
00:17#	01:46& 02:00# 00:17# 01:23- 01:10& 00:07- 00:43# 01:01- 00:16&		
6	Anita Tollefsen	Treningskompaniet	42:18
02:32+	05:35+ 16:11+ 18:06+ 25:46+ 29:28+ 33:43+ 38:31+ 41:18+ 42:18+		
02:32+	03:03+ 10:36+ 01:55+ 07:40- 03:42+ 04:15+ 04:48+ 02:47- 01:00+		
00:37&	01:14& 01:35# 00:33& 00:50- 00:33# 00:32# 01:44& 00:23- 00:20&		
7	Anita Stensby Bekkelund	Løten kommune	43:29
02:33+	07:12+ 18:07+ 20:15+ 29:09+ 32:48+ 36:51+ 40:05+ 42:32+ 43:29+		
02:33+	04:39+ 10:55+ 02:08+ 08:54+ 03:39+ 04:03+ 03:14+ 02:27- 00:57+		
00:38&	02:50@ 01:54# 00:46& 00:24+ 00:30# 00:20+ 00:10+ 00:43- 00:17&		
8	Rønnaug Sagbakken	Sparebank 1 Østlandet	44:11
03:02+	05:32+ 14:54+ 16:42+ 26:23+ 30:38+ 34:53+ 39:07+ 43:08+ 44:11+		
03:02+	02:30+ 09:22+ 01:48+ 09:41+ 04:15+ 04:15+ 04:14+ 04:01+ 01:03+		
01:07&	00:41& 00:21+ 00:26& 01:11# 01:06& 00:32# 01:10& 00:51& 00:23&		
9	Mette Marit Jensen	Vegvesenet	44:38
02:34+	04:46+ 17:43+ 19:34+ 29:22+ 33:03+ 36:45+ 41:08+ 43:47+ 44:38+		
02:34+	02:12+ 12:57+ 01:51+ 09:48+ 03:41+ 03:42- 04:23+ 02:39- 00:51+		
00:39&	00:23# 03:56& 00:29& 01:18# 00:32# 00:01- 01:19& 00:31- 00:11&		
10	Oddny Gudmundsdottir	Hamar kommune	45:59
03:00+	05:25+ 18:07+ 20:17+ 29:18+ 33:04+ 37:16+ 41:36+ 45:06+ 45:59+		
03:00+	02:25+ 12:42+ 02:10+ 09:01+ 03:46+ 04:12+ 04:20+ 03:30+ 00:53+		
01:05&	00:36& 03:41& 00:48& 00:31+ 00:37# 00:29# 01:16& 00:20# 00:13&		
11	Claire Bant	Vegvesenet	46:03
04:46+	06:52+ 20:17+ 21:45+ 29:53+ 33:38+ 38:50+ 42:37+ 45:24+ 46:03+		
04:46+	02:06+ 13:25+ 01:28+ 08:08- 03:45+ 05:12+ 03:47+ 02:47- 00:39-		
02:51@	00:17# 04:24& 00:06+ 00:22- 00:36# 01:29& 00:43# 00:23- 00:01-		

Plass	Navn	Klasse	Tid
12	Anne Marie Stenberg	Sykehuset Innlandet	46:04
02:14+	04:55+ 15:31+ 17:14+ 25:12+ 28:48+ 37:04+ 42:28+ 45:15+ 46:04+		
02:14+	02:41+ 10:36+ 01:43+ 07:58- 03:36+ 08:16+ 05:24+ 02:47- 00:49+		
00:19#	00:52& 01:35# 00:21& 00:32- 00:27# 04:33@ 02:20& 00:23- 00:09#		
13	Mette Alvstad Wernberg	Sparebank 1 Østlandet	49:48
07:30+	09:31+ 19:48+ 21:35+ 31:30+ 35:03+ 38:10+ 45:01+ 48:57+ 49:48+		
07:30+	02:01+ 10:17+ 01:47+ 09:55+ 03:33+ 03:07- 06:51+ 03:56+ 00:51+		
05:35@	00:12# 01:16# 00:25& 01:25# 00:24# 00:36- 03:47@ 00:46# 00:11&		
14	Inger Brøndbo	Romedal Almenning	50:34
03:30+	06:18+ 27:55+ 29:13+ 37:48+ 41:21+ 44:36+ 48:05+ 49:57+ 50:34+		
03:30+	02:48+ 21:37+ 01:18- 08:35+ 03:33+ 03:15- 03:29+ 01:52- 00:37-		
01:35&	00:59& 12:36@ 00:04- 00:05+ 00:24# 00:28- 00:25# 01:18- 00:03-		
15	Kari Østbye	If	51:14
03:01+	06:07+ 22:49+ 24:19+ 34:03+ 37:21+ 40:15+ 47:09+ 50:23+ 51:14+		
03:01+	03:06+ 16:42+ 01:30+ 09:44+ 03:18+ 02:54- 06:54+ 03:14+ 00:51+		
01:06&	01:17& 07:41& 00:08+ 01:14# 00:09+ 00:49- 03:50@ 00:04+ 00:11&		
16	Inger G. Lund	Telenor	52:42
08:16+	10:35+ 21:17+ 23:11+ 32:48+ 37:59+ 44:17+ 48:45+ 51:52+ 52:42+		
08:16+	02:19+ 10:42+ 01:54+ 09:37+ 05:11+ 06:18+ 04:28+ 03:07- 00:50+		
06:21@	00:30& 01:41# 00:32& 01:07# 02:02& 02:35& 01:24& 00:03- 00:10#		
17	Berit Røste	Sykehuset Innlandet	52:44
03:05+	06:18+ 17:13+ 19:45+ 31:49+ 38:36+ 42:32+ 48:23+ 51:43+ 52:44+		
03:05+	03:13+ 10:55+ 02:32+ 12:04+ 06:47+ 03:56+ 05:51+ 03:20+ 01:01+		
01:10&	01:24& 01:54# 01:10& 03:34& 03:38@ 00:13+ 02:47& 00:10+ 00:21&		
18	Inger Bakken	If	53:35
02:47+	08:04+ 19:00+ 20:57+ 38:31+ 41:33+ 45:11+ 49:36+ 52:36+ 53:35+		
02:47+	05:17+ 10:56+ 01:57+ 17:34+ 03:02- 03:38- 04:25+ 03:00- 00:59+		
00:52&	03:28@ 01:55# 00:35& 09:04@ 00:07- 00:05- 01:21& 00:10- 00:19&		
19	Liv Feiring	HIL	54:56
02:16+	04:02+ 26:38+ 28:11+ 41:48+ 45:33+ 48:35+ 51:54+ 54:16+ 54:56+		
02:16+	01:46- 22:36+ 01:33+ 13:37+ 03:45+ 03:02- 03:19+ 02:22- 00:40=		
00:21#	00:03- 13:35@ 00:11# 05:07& 00:36# 00:41- 00:15+ 00:48- 00:00=		
20	Bente Grøndalen	SIHF	1:02:42
02:53+	06:21+ 16:21+ 18:09+ 26:58+ 38:00+ 44:28+ 58:47+ 61:46+ 62:42+		
02:53+	03:28+ 10:00+ 01:48+ 08:49+ 11:02+ 06:28+ 14:19+ 02:59- 00:56+		
00:58&	01:39& 00:59# 00:26& 00:19+ 07:53@ 02:45& 11:15@ 00:11- 00:16&		
21	Oddveig Anne Sagbakken	Lokal revisjon as	1:03:06
02:48+	05:25+ 21:57+ 23:35+ 41:52+ 46:09+ 51:04+ 58:39+ 62:09+ 63:06+		
02:48+	02:37+ 16:32+ 01:38+ 18:17+ 04:17+ 04:55+ 07:35+ 03:30+ 00:57+		
00:53&	00:48& 07:31& 00:16# 09:47@ 01:08& 01:12& 04:31@ 00:20# 00:17&		
22	Anne Kathrine Fossum	Statens Hus	1:03:39
02:54+	05:34+ 26:24+ 28:23+ 38:21+ 44:30+ 49:40+ 59:29+ 62:49+ 63:39+		
02:54+	02:40+ 20:50+ 01:59+ 09:58+ 06:09+ 05:10+ 09:49+ 03:20+ 00:50+		
00:59&	00:51& 11:49@ 00:37& 01:28# 03:00& 01:27& 06:45@ 00:10+ 00:10#		
23	Annie O Gihlemoen	Løten kommune	1:25:43
04:23+	07:04+ 31:58+ 33:55+ 48:18+ 63:48+ 68:21+ 78:47+ 83:58+ 85:43+		
04:23+	02:41+ 24:54+ 01:57+ 14:23+ 15:30+ 04:33+ 10:26+ 05:11+ 01:45+		
02:28@	00:52& 15:53@ 00:35& 05:53& 12:21@ 00:50# 07:22@ 02:01& 01:05@		
Beste strekktid for klassen			
	01:55	01:46	08:47
	01:18	07:07	03:02
	02:54	03:04	01:52
	00:37		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 3,5			
1	Kristine Haugtomt	Hamar Katedralskole	43:55
04:59=	07:30= 11:24= 15:08= 21:15= 25:02= 31:25= 36:52= 38:58= 41:47= 43:19= 43:55=		
04:59=	02:31= 03:54= 03:44= 06:07= 03:47= 06:23= 05:27= 02:06= 02:49= 01:32= 00:36=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Pllass	Navn												Klasse	Tid											
2	Unni Øygard												Norsk Tipping	46:38											
	06:21+	08:41+	10:55-	15:14+	21:55+	28:01+	33:04+	36:52=	40:33+	43:22+	45:53+	46:38+													
	06:21+	02:20-	02:14-	04:19+	06:41+	06:06+	05:03-	03:48-	03:41+	02:49=	02:31+	00:45+													
	01:22&	00:11-	01:40-	00:35#	00:34+	02:19&	01:20-	01:39-	01:35&	00:00=	00:59&	00:09#													
3	Eirin Lodgaard												Sintef Raufoss	47:06											
	05:17+	07:33+	09:44-	14:03-	23:52+	28:17+	35:38+	38:32+	40:19+	43:33+	46:20+	47:06+													
	05:17+	02:16-	02:11-	04:19+	09:49+	04:25+	07:21+	02:54-	01:47-	03:14+	02:47+	00:46+													
	00:18+	00:15-	01:43-	00:35#	03:42&	00:38#	00:58#	02:33-	00:19-	00:25#	01:15&	00:10&													
4	Kjersti Narum												Romedal Almenning	47:10											
	05:15+	07:42+	10:32-	17:47+	24:45+	29:01+	37:41+	40:36+	42:36+	44:34+	46:32+	47:10+													
	05:15+	02:27-	02:50-	07:15+	06:58+	04:16+	08:40+	02:55-	02:00-	01:58-	01:58+	00:38+													
	00:16+	00:04-	01:04-	03:31&	00:51#	00:29#	02:17&	02:32-	00:06-	00:51-	00:26&	00:02+													
5	Anne Karin Westby												Sparebank 1 Østlandet	47:49											
	05:28+	08:05+	10:34-	16:04+	22:54+	31:35+	36:26+	40:42+	42:42+	44:51+	47:03+	47:49+													
	05:28+	02:37+	02:29-	05:30+	06:50+	08:41+	04:51-	04:16-	02:00-	02:09-	02:12+	00:46+													
	00:29+	00:06+	01:25-	01:46&	00:43#	04:54@	01:32-	01:11-	00:06-	00:40-	00:40&	00:10&													
6	Anne Sørum												Statens Hus	48:55											
	06:11+	09:33+	12:14+	17:18+	25:12+	30:34+	35:51+	42:05+	43:53+	46:01+	48:26+	48:55+													
	06:11+	03:22+	02:41-	05:04+	07:54+	05:22+	05:17-	06:14+	01:48-	02:08-	02:25+	00:29-													
	01:12#	00:51&	01:13-	01:20&	01:47&	01:35&	01:06-	00:47#	00:18-	00:41-	00:53&	00:07-													
7	Bodil Wiik												Norsk Tipping	54:35											
	04:52-	08:14+	12:05+	16:27+	28:53+	34:06+	40:50+	46:41+	49:31+	51:51+	53:56+	54:35+													
	04:52-	03:22+	03:51-	04:22+	12:26+	05:13+	06:44+	05:51+	02:50+	02:20-	02:05+	00:39+													
	00:07-	00:51&	00:03-	00:38#	06:19@	01:26&	00:21+	00:24+	00:44&	00:29-	00:33&	00:03+													
8	Mona Hesselberg												Løten kommune	55:23											
	06:10+	09:47+	12:51+	19:03+	29:50+	35:02+	41:57+	48:45+	50:43+	52:38+	54:40+	55:23+													
	06:10+	03:37+	03:04-	06:12+	10:47+	05:12+	06:55+	06:48+	01:58-	01:55-	02:02+	00:43+													
	01:11#	01:06&	00:50-	02:28&	04:40&	01:25&	00:32+	01:21#	00:08-	00:54-	00:30&	00:07#													
9	Grete Storsveen												Sparebank 1 Østlandet	55:52											
	06:48+	09:52+	12:29+	19:21+	28:56+	35:39+	43:15+	47:46+	49:57+	52:42+	55:07+	55:52+													
	06:48+	03:04+	02:37-	06:52+	09:35+	06:43+	07:36+	04:31-	02:11+	02:45-	02:25+	00:45+													
	01:49&	00:33#	01:17-	03:08&	03:28&	02:56&	01:13#	00:56-	00:05+	00:04-	00:53&	00:09#													
10	Anne-Guri Jevne												SIHF	57:19											
	15:27+	18:13+	21:48+	26:41+	34:00+	40:33+	47:30+	50:40+	52:48+	54:41+	56:37+	57:19+													
	15:27+	02:46+	03:35-	04:53+	07:19+	06:33+	06:57+	03:10-	02:08+	01:53-	01:56+	00:42+													
	10:28@	00:15+	00:19-	01:09&	01:12#	02:46&	00:34+	02:17-	00:02+	00:56-	00:24&	00:06#													
11	Rita H Aaslund												Sparebank 1 Østlandet	59:02											
	05:47+	09:32+	16:12+	22:57+	31:25+	36:17+	41:56+	46:30+	48:29+	56:28+	58:24+	59:02+													
	05:47+	03:45+	06:40+	06:45+	08:28+	04:52+	05:39-	04:34-	01:59-	07:59+	01:56+	00:38+													
	00:48#	01:14&	02:46&	03:01&	02:21&	01:05&	00:44-	00:53-	00:07-	05:10@	00:24&	00:02+													
12	Karen Tomter												Utstillingsplassen	1:03:59											
	07:26+	11:51+	15:36+	22:56+	32:36+	42:55+	49:32+	54:15+	57:37+	60:20+	63:09+	63:59+													
	07:26+	04:25+	03:45-	07:20+	09:40+	10:19+	06:37+	04:43-	03:22+	02:43-	02:49+	00:50+													
	02:27&	01:54&	00:09-	03:36&	03:33&	06:32@	00:14+	00:44-	01:16&	00:06-	01:17&	00:14&													
13	Eli Stensli												LMF	1:05:34											
	07:02+	10:02+	14:41+	21:40+	31:25+	37:57+	50:34+	56:35+	58:59+	61:25+	64:48+	65:34+													
	07:02+	03:00+	04:39+	06:59+	09:45+	06:32+	12:37+	06:01+	02:24+	02:26-	03:23+	00:46+													
	02:03&	00:29#	00:45#	03:15&	03:38&	02:45&	06:14&	00:34#	00:18#	00:23-	01:51@	00:10&													
14	Gunnhild Ljones												Hamar Post	1:09:19											
	11:02+	14:29+	17:33+	23:23+	32:34+	39:41+	46:35+	50:14+	53:14+	65:37+	68:24+	69:19+													
	11:02+	03:27+	03:04-	05:50+	09:11+	07:07+	06:54+	03:39-	03:00+	12:23+	02:47+	00:55+													
	06:03@	00:56&	00:50-	02:06&	03:04&	03:20&	00:31+	01:48-	00:54&	09:34@	01:15&	00:19&													
15	Rigmor Lømo Aas												Mjøs Retail	1:25:46											
	24:25+	28:13+	31:42+	37:33+	50:42+	60:19+	68:40+	73:53+	79:51+	82:24+	84:54+	85:46+													
	24:25+	03:48+	03:29-	05:51+	13:09+	09:37+	08:21+	05:13-	05:58+	02:33-	02:30+	00:52+													
	19:26@	01:17&	00:25-	02:07&	07:02@	05:50@	01:58&	00:14-	03:52@	00:16-	00:58&	00:16&													
Beste strekktid for klassen																									
	04:52	02:16	02:11	03:44	06:07	03:47	04:51	02:54	01:47	01:53	01:32	00:29													

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

Plass	Navn					Klasse					Tid				
D 4,5															
1	Yngvild Malmo					Kartverket					47:22				
01:38=	04:51=	07:28=	08:28=	12:47=	14:38=	25:27=	31:48=	33:44=	38:16=	40:34=	42:51=	45:00=	46:50=	47:22=	
01:38=	03:13=	02:37=	01:00=	04:19=	01:51=	10:49=	06:21=	01:56=	04:32=	02:18=	02:17=	02:09=	01:50=	00:32=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Wenche Bjørnstad					Geno					47:24				
01:52+	05:39+	08:02+	08:59+	12:45-	14:27-	26:17+	32:20+	34:34+	38:27+	40:23-	42:37-	44:30-	46:46-	47:24+	
01:52+	03:47+	02:23-	00:57-	03:46-	01:42-	11:50+	06:03-	02:14+	03:53-	01:56-	02:14-	01:53-	02:16+	00:38+	
00:14#	00:34#	00:14-	00:03-	00:33-	00:09-	01:01+	00:18-	00:18#	00:39-	00:22-	00:03-	00:16-	00:26#	00:06#	
3	Ingrid Løvseth					Hamar Katedralskole					47:55				
01:56+	07:40+	10:24+	11:20+	15:17+	16:51+	27:35+	32:32+	34:47+	38:41+	40:27-	42:43-	44:46-	46:51+	47:55+	
01:56+	05:44+	02:44+	00:56-	03:57-	01:34-	10:44-	04:57-	02:15+	03:54-	01:46-	02:16-	02:03-	02:05+	01:04+	
00:18#	02:31&	00:07+	00:04-	00:22-	00:17-	00:05-	01:24-	00:19#	00:38-	00:32-	00:01-	00:06-	00:15#	00:32&	
4	Ragnhild Jetlund					Vang O-lag					48:17				
01:29-	05:12+	09:32+	10:31+	14:25+	16:11+	26:25+	32:32+	35:18+	39:31+	41:18+	43:23+	45:21+	47:11+	48:17+	
01:29-	03:43+	04:20+	00:59-	03:54-	01:46-	10:14-	06:07-	02:46+	04:13-	01:47-	02:05-	01:58-	01:50=	01:06+	
00:09-	00:30#	01:43&	00:01-	00:25-	00:05-	00:35-	00:14-	00:50&	00:19-	00:31-	00:12-	00:11-	00:00=	00:34@	
5	Margrethe Nilsen					Hamar Katedralskole					49:17				
02:05+	06:35+	09:55+	11:47+	16:24+	18:25+	28:40+	33:59+	36:22+	39:52+	42:05+	44:30+	47:00+	48:44+	49:17+	
02:05+	04:30+	03:20+	01:52+	04:37+	02:01+	10:15-	05:19-	02:23+	03:30-	02:13-	02:25+	02:30+	01:44-	00:33+	
00:27&	01:17&	00:43&	00:52&	00:18+	00:10+	00:34-	01:02-	00:27#	01:02-	00:05-	00:08+	00:21#	00:06-	00:01+	
6	Anne Marit Bordal					Ringsaker OK					49:36				
01:35-	05:06+	07:28=	08:37+	13:48+	15:25+	25:20-	30:26-	33:01-	40:52+	42:32+	45:00+	47:14+	49:01+	49:36+	
01:35-	03:31+	02:22-	01:09+	05:11+	01:37-	09:55-	05:06-	02:35+	07:51+	01:40-	02:28+	02:14+	01:47-	00:35+	
00:03-	00:18+	00:15-	00:09#	00:52#	00:14-	00:54-	01:15-	00:39&	03:19&	00:38-	00:11+	00:05+	00:03-	00:03+	
7	Stine Holmen					Sofies stuer					50:03				
02:04+	06:36+	09:31+	10:38+	14:51+	16:28+	29:40+	34:53+	36:31+	41:13+	43:51+	46:00+	47:40+	49:25+	50:03+	
02:04+	04:32+	02:55+	01:07+	04:13-	01:37-	13:12+	05:13-	01:38-	04:42+	02:38+	02:09-	01:40-	01:45-	00:38+	
00:26&	01:19&	00:18#	00:07#	00:06-	00:14-	02:23#	01:08-	00:18-	00:10+	00:20#	00:08-	00:29-	00:05-	00:06#	
8	Mari Norstad Opsahl					Norsk Tipping					55:40				
01:39+	05:31+	08:27+	09:46+	16:12+	18:00+	30:19+	38:39+	40:55+	46:08+	48:09+	50:38+	52:26+	55:00+	55:40+	
01:39+	03:52+	02:56+	01:19+	06:26+	01:48-	12:19+	08:20+	02:16+	05:13+	02:01-	02:29+	01:48-	02:34+	00:40+	
00:01+	00:39#	00:19#	00:19&	02:07&	00:03-	01:30#	01:59&	00:20#	00:41#	00:17-	00:12+	00:21-	00:44&	00:08#	
9	Line Merete Libak					Løten kommune					56:05				
02:01+	06:24+	09:40+	10:52+	15:36+	17:47+	31:02+	37:16+	40:17+	46:31+	48:34+	51:00+	53:08+	55:26+	56:05+	
02:01+	04:23+	03:16+	01:12+	04:44+	02:11+	13:15+	06:14-	03:01+	06:14+	02:03-	02:26+	02:08-	02:18+	00:39+	
00:23#	01:10&	00:39#	00:12#	00:25+	00:20#	02:26#	00:07-	01:05&	01:42&	00:15-	00:09+	00:01-	00:28&	00:07#	
10	Ingunn Lund Nordstrøm					Norsk Tipping					1:02:44				
02:32+	07:27+	12:38+	14:37+	19:59+	22:05+	38:33+	44:21+	46:46+	53:44+	55:47+	58:15+	60:01+	62:05+	62:44+	
02:32+	04:55+	05:11+	01:59+	05:22+	02:06+	16:28+	05:48-	02:25+	06:58+	02:03-	02:28+	01:46-	02:04+	00:39+	
00:54&	01:42&	02:34&	00:59&	01:03#	00:15#	05:39&	00:33-	00:29#	02:26&	00:15-	00:11+	00:23-	00:14#	00:07#	
11	Mona Bugge Haug					Stange kommune					1:04:21				
02:05+	06:25+	09:27+	10:56+	17:17+	19:29+	33:13+	39:41+	44:20+	49:48+	52:36+	55:58+	60:34+	62:40+	64:21+	
02:05+	04:20+	03:02+	01:29+	06:21+	02:12+	13:44+	06:28+	04:39+	05:28+	02:48+	03:22+	04:36+	02:06+	01:41+	
00:27&	01:07&	00:25#	00:29&	02:02&	00:21#	02:55&	00:07+	02:43@	00:56#	00:30#	01:05&	02:27@	00:16#	01:09@	
Beste strekktid for klassen															
01:29	03:13	02:22	00:56	03:46	01:34	09:55	04:57	01:38	03:30	01:40	02:05	01:40	01:44	00:32	

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

D 5,5

1	Sofie Johansson					Hamar Katedralskole					47:47				
	01:19=	07:14=	11:50=	18:15=	19:57=	21:45=	25:35=	27:58=	32:05=	34:08=	36:15=	40:27=	42:37=	44:08=	45:50=
	01:19=	05:55=	04:36=	06:25=	01:42=	01:48=	03:50=	02:23=	04:07=	02:03=	02:07=	04:12=	02:10=	01:31=	01:42=
	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=

Plass	Navn	Klasse								Tid							
Beste strekktid for klassen																	
	01:19	05:55	04:36	06:25	01:42	01:48	03:50	02:23	04:07	02:03	02:07	04:12	02:10	01:31	01:42	01:15	00:42
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
H 1,5																	
1	Geir-Håkon Øverby								If	24:27							
	02:35=	07:39=	10:21=	14:04=	16:51=	19:58=	23:24=	24:27=									
	02:35=	05:04=	02:42=	03:43=	02:47=	03:07=	03:26=	01:03=									
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	Steinar Joten								Toneheim	25:32							
	03:04+	07:34-	10:11-	16:32+	19:21+	21:37+	24:26+	25:32+									
	03:04+	04:30-	02:37-	06:21+	02:49+	02:16-	02:49-	01:06+									
	00:29#	00:34-	00:05-	02:38&	00:02+	00:51-	00:37-	00:03+									
3	Jan Olav Sæther								Vallset/Stange OL	26:16							
	03:05+	07:47+	10:46+	15:50+	19:28+	22:04+	25:20+	26:16+									
	03:05+	04:42-	02:59+	05:04+	03:38+	02:36-	03:16-	00:56-									
	00:30#	00:22-	00:17#	01:21&	00:51&	00:31-	00:10-	00:07-									
4	Hans petter Jevanord								Geno	27:57							
	02:52+	07:56+	13:34+	18:00+	21:18+	23:44+	26:51+	27:57+									
	02:52+	05:04=	05:38+	04:26+	03:18+	02:26-	03:07-	01:06+									
	00:17#	00:00=	02:56@	00:43#	00:31#	00:41-	00:19-	00:03+									
5	Ingvald Pedersen								Statens Hus	27:59							
	03:08+	08:18+	13:11+	18:04+	20:54+	23:30+	26:43+	27:59+									
	03:08+	05:10+	04:53+	04:53+	02:50+	02:36-	03:13-	01:16+									
	00:33#	00:06+	02:11&	01:10&	00:03+	00:31-	00:13-	00:13#									
6	Kjell Høgseth								Geno	28:31							
	02:34-	07:00-	13:05+	17:31+	20:38+	25:13+	27:39+	28:31+									
	02:34-	04:26-	06:05+	04:26+	03:07+	04:35+	02:26-	00:52-									
	00:01-	00:38-	03:23@	00:43#	00:20#	01:28&	01:00-	00:11-									
7	Oddvar Dalby								Hamar kommune	29:34							
	03:09+	09:33+	12:25+	18:01+	21:12+	24:56+	28:23+	29:34+									
	03:09+	06:24+	02:52+	05:36+	03:11+	03:44+	03:27+	01:11+									
	00:34#	01:20&	00:10+	01:53&	00:24#	00:37#	00:01+	00:08#									
8	Finn Røise								Moelven	30:47							
	02:41+	11:25+	14:48+	20:00+	24:23+	26:54+	29:43+	30:47+									
	02:41+	08:44+	03:23+	05:12+	04:23+	02:31-	02:49-	01:04+									
	00:06+	03:40&	00:41&	01:29&	01:36&	00:36-	00:37-	00:01+									
9	Arne Sveen								Stabburet	32:55							
	04:07+	10:31+	13:51+	20:23+	24:14+	27:42+	31:37+	32:55+									
	04:07+	06:24+	03:20+	06:32+	03:51+	03:28+	03:55+	01:18+									
	01:32&	01:20&	00:38#	02:49&	01:04&	00:21#	00:29#	00:15#									
10	Kjell Sagbakken								Hamar Post	33:07							
	04:58+	12:12+	17:58+	22:29+	25:35+	30:19+	32:27+	33:07+									
	04:58+	07:14+	05:46+	04:31+	03:06+	04:44+	02:08-	00:40-									
	02:23&	02:10&	03:04@	00:48#	00:19#	01:37&	01:18-	00:23-									
11	Dag Erik Hovde								Eidsiva	35:28							
	04:08+	10:24+	13:48+	19:52+	26:24+	29:42+	33:59+	35:28+									
	04:08+	06:16+	03:24+	06:04+	06:32+	03:18+	04:17+	01:29+									
	01:33&	01:12#	00:42&	02:21&	03:45@	00:11+	00:51#	00:26&									
12	Erik Skårås								Sparebank 1 Østlandet	35:41							
	03:03+	14:56+	18:30+	24:07+	28:10+	30:49+	34:28+	35:41+									
	03:03+	11:53+	03:34+	05:37+	04:03+	02:39-	03:39+	01:13+									
	00:28#	06:49@	00:52&	01:54&	01:16&	00:28-	00:13+	00:10#									
13	Torkel Bache								Sanderud sykehus	35:46							
	06:50+	13:38+	17:11+	22:19+	26:04+	29:25+	34:14+	35:46+									
	06:50+	06:48+	03:33+	05:08+	03:45+	03:21+	04:49+	01:32+									
	04:15@	01:44&	00:51&	01:25&	00:58&	00:14+	01:23&	00:29&									

Pllass	Navn								Klasse	Tid
14	Harald Normann								Ringsaker kommune	36:07
	05:23+	12:28+	16:14+	21:51+	27:00+	31:06+	34:51+	36:07+		
	05:23+	07:05+	03:46+	05:37+	05:09+	04:06+	03:45+	01:16+		
	02:48@	02:01&	01:04&	01:54&	02:22&	00:59&	00:19+	00:13#		
15	Bjørn Eriksrud								Raufoss I.L. Orientering	36:35
	03:08+	16:19+	18:41+	27:01+	29:54+	32:45+	35:33+	36:35+		
	03:08+	13:11+	02:22-	08:20+	02:53+	02:51-	02:48-	01:02-		
	00:33#	08:07@	00:20-	04:37@	00:06+	00:16-	00:38-	00:01-		
16	Ragnar Høsøien								Hamar Post	37:31
	04:12+	13:09+	17:29+	24:29+	28:20+	31:39+	35:54+	37:31+		
	04:12+	08:57+	04:20+	07:00+	03:51+	03:19+	04:15+	01:37+		
	01:37&	03:53&	01:38&	03:17&	01:04&	00:12+	00:49#	00:34&		
17	Steinar Sørlien								Geno	40:01
	02:51+	15:21+	22:50+	29:39+	32:48+	35:39+	38:18+	40:01+		
	02:51+	12:30+	07:29+	06:49+	03:09+	02:51-	02:39-	01:43+		
	00:16#	07:26@	04:47@	03:06&	00:22#	00:16-	00:47-	00:40&		
18	John Fallbakken								Vallset/Stange OL	40:47
	03:31+	14:52+	18:53+	26:47+	30:44+	34:31+	38:36+	40:47+		
	03:31+	11:21+	04:01+	07:54+	03:57+	03:47+	04:05+	02:11+		
	00:56&	06:17@	01:19&	04:11@	01:10&	00:40#	00:39#	01:08@		
19	Odd Håkensen								Vallset/Stange OL	43:21
	04:33+	11:30+	15:15+	25:14+	31:30+	35:08+	40:55+	43:21+		
	04:33+	06:57+	03:45+	09:59+	06:16+	03:38+	05:47+	02:26+		
	01:58&	01:53&	01:03&	06:16@	03:29@	00:31#	02:21&	01:23@		
Beste strekktid for klassen										
	02:34	04:26	02:22	03:43	02:47	02:16	02:08	00:40		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
H 2,5										
1	Tore Stensby								Mattilsynet	33:28
	01:48=	09:38=	13:55=	17:09=	22:45=	25:25=	28:05=	30:24=	32:45=	33:28=
	01:48=	07:50=	04:17=	03:14=	05:36=	02:40=	02:40=	02:19=	02:21=	00:43=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Trond Søberg								Løten kommune	35:47
	01:53+	09:22-	12:58-	16:51-	22:54+	26:41+	30:06+	32:27+	34:55+	35:47+
	01:53+	07:29-	03:36-	03:53+	06:03+	03:47+	03:25+	02:21+	02:28+	00:52+
	00:05+	00:21-	00:41-	00:39#	00:27+	01:07&	00:45&	00:02+	00:07+	00:09#
3	Morten Øie								Furnes Almending	36:23
	02:06+	10:31+	14:24+	18:39+	24:38+	27:14+	30:12+	32:46+	35:30+	36:23+
	02:06+	08:25+	03:53-	04:15+	05:59+	02:36-	02:58+	02:34+	02:44+	00:53+
	00:18#	00:35+	00:24-	01:01&	00:23+	00:04-	00:18#	00:15#	00:23#	00:10#
4	Terje Malm								Statens Hus	36:36
	02:15+	10:36+	14:52+	18:12+	24:34+	28:00+	30:50+	33:28+	35:57+	36:36+
	02:15+	08:21+	04:16-	03:20+	06:22+	03:26+	02:50+	02:38+	02:29+	00:39-
	00:27#	00:31+	00:01-	00:06+	00:46#	00:46&	00:10+	00:19#	00:08+	00:04-
5	Hans Asbjørn Tingvold								Raufoss I.L. Orientering	37:32
	02:13+	10:23+	14:53+	18:43+	25:10+	28:36+	31:31+	34:04+	36:48+	37:32+
	02:13+	08:10+	04:30+	03:50+	06:27+	03:26+	02:55+	02:33+	02:44+	00:44+
	00:25#	00:20+	00:13+	00:36#	00:51#	00:46&	00:15+	00:14#	00:23#	00:01+
6	Magne Smeland								Vegvesenet	38:32
	02:11+	09:31-	14:02+	18:35+	24:50+	27:38+	31:43+	34:20+	37:11+	38:32+
	02:11+	07:20-	04:31+	04:33+	06:15+	02:48+	04:05+	02:37+	02:51+	01:21+
	00:23#	00:30-	00:14+	01:19&	00:39#	00:08+	01:25&	00:18#	00:30#	00:38&
7	Ottar Evensen								Elverum kommune	39:10
	02:19+	10:30+	15:21+	19:07+	25:54+	30:05+	32:51+	35:39+	38:21+	39:10+
	02:19+	08:11+	04:51+	03:46+	06:47+	04:11+	02:46+	02:48+	02:42+	00:49+
	00:31&	00:21+	00:34#	00:32#	01:11#	01:31&	00:06+	00:29#	00:21#	00:06#

Plass	Navn	Klasse	Tid						
8	Ludvig Bjerke-Narud	Geno	39:12						
01:57+	10:21+	14:18+	18:08+	24:37+	28:42+	33:33+	36:32+	38:35+	39:12+
01:57+	08:24+	03:57-	03:50+	06:29+	04:05+	04:51+	02:59+	02:03-	00:37-
00:09+	00:34+	00:20-	00:36#	00:53#	01:25&	02:11&	00:40&	00:18-	00:06-
9	Magnar Nybakk	Sparebank 1 Østlandet	40:17						
02:46+	11:26+	16:06+	20:02+	25:42+	29:39+	33:22+	36:56+	39:32+	40:17+
02:46+	08:40+	04:40+	03:56+	05:40+	03:57+	03:43+	03:34+	02:36+	00:45+
00:58&	00:50#	00:23+	00:42#	00:04+	01:17&	01:03&	01:15&	00:15#	00:02+
10	Stein Edvardsen	Elverum kommune	40:42						
02:39+	11:51+	17:08+	21:24+	27:38+	30:59+	34:15+	37:04+	39:50+	40:42+
02:39+	09:12+	05:17+	04:16+	06:14+	03:21+	03:16+	02:49+	02:46+	00:52+
00:51&	01:22#	01:00#	01:02&	00:38#	00:41&	00:36#	00:30#	00:25#	00:09#
11	Ole-Johan Vangen	Norsk Tipping	41:26						
01:59+	12:04+	17:34+	21:17+	27:25+	31:56+	35:19+	37:52+	40:43+	41:26+
01:59+	10:05+	05:30+	03:43+	06:08+	04:31+	03:23+	02:33+	02:51+	00:43=
00:11#	02:15&	01:13&	00:29#	00:32+	01:51&	00:43&	00:14#	00:30#	00:00=
12	Einar Stensby	Løten kommune	41:55						
02:11+	14:38+	19:25+	23:30+	29:21+	32:26+	35:27+	38:35+	41:08+	41:55+
02:11+	12:27+	04:47+	04:05+	05:51+	03:05+	03:01+	03:08+	02:33+	00:47+
00:23#	04:37&	00:30#	00:51&	00:15+	00:25#	00:21#	00:49&	00:12+	00:04+
13	Hans Jørgen Røste	Sykehuset Innlandet	44:26						
02:29+	13:58+	18:57+	22:38+	29:15+	32:55+	37:01+	40:31+	43:20+	44:26+
02:29+	11:29+	04:59+	03:41+	06:37+	03:40+	04:06+	03:30+	02:49+	01:06+
00:41&	03:39&	00:42#	00:27#	01:01#	01:00&	01:26&	01:11&	00:28#	00:23&
14	Arnfinn Nordhagen	Geno	44:51						
02:24+	15:11+	20:45+	24:22+	31:03+	35:01+	38:39+	41:24+	44:04+	44:51+
02:24+	12:47+	05:34+	03:37+	06:41+	03:58+	03:38+	02:45+	02:40+	00:47+
00:36&	04:57&	01:17&	00:23#	01:05#	01:18&	00:58&	00:26#	00:19#	00:04+
15	Odd Rise	Geno	45:28						
02:24+	13:56+	19:14+	24:44+	32:23+	35:45+	39:05+	41:50+	44:31+	45:28+
02:24+	11:32+	05:18+	05:30+	07:39+	03:22+	03:20+	02:45+	02:41+	00:57+
00:36&	03:42&	01:01#	02:16&	02:03&	00:42&	00:40#	00:26#	00:20#	00:14&
16	Olav Skjærbekk	Vallset/Stange OL	45:37						
02:21+	13:53+	18:58+	24:38+	32:27+	35:39+	39:01+	41:48+	44:43+	45:37+
02:21+	11:32+	05:05+	05:40+	07:49+	03:12+	03:22+	02:47+	02:55+	00:54+
00:33&	03:42&	00:48#	02:26&	02:13&	00:32#	00:42&	00:28#	00:34#	00:11&
17	Knut Røhrsveen	Arve Hagen BIL	45:54						
02:49+	16:17+	21:50+	25:30+	32:11+	36:17+	39:54+	42:36+	45:11+	45:54+
02:49+	13:28+	05:33+	03:40+	06:41+	04:06+	03:37+	02:42+	02:35+	00:43=
01:01&	05:38&	01:16&	00:26#	01:05#	01:26&	00:57&	00:23#	00:14+	00:00=
18	Jan Erik Johansen	Hamar Post	46:27						
02:28+	12:18+	17:49+	23:02+	30:08+	34:40+	38:20+	42:07+	45:24+	46:27+
02:28+	09:50+	05:31+	05:13+	07:06+	04:32+	03:40+	03:47+	03:17+	01:03+
00:40&	02:00&	01:14&	01:59&	01:30&	01:52&	01:00&	01:28&	00:56&	00:20&
19	Ole Rostad	Eidsiva	46:29						
02:59+	12:53+	19:58+	25:14+	34:21+	37:59+	41:02+	43:22+	45:49+	46:29+
02:59+	09:54+	07:05+	05:16+	09:07+	03:38+	03:03+	02:20+	02:27+	00:40-
01:11&	02:04&	02:48&	02:02&	03:31&	00:58&	00:23#	00:01+	00:06+	00:03-
20	Torbjørn Ødegaard	Hamar Lærerhøgskole	48:13						
02:48+	13:03+	18:32+	24:52+	31:40+	36:34+	40:14+	43:59+	47:01+	48:13+
02:48+	10:15+	05:29+	06:20+	06:48+	04:54+	03:40+	03:45+	03:02+	01:12+
01:00&	02:25&	01:12&	03:06&	01:12#	02:14&	01:00&	01:26&	00:41&	00:29&
21	Harald Grønvold	Arve Hagen BIL	49:19						
02:14+	13:22+	18:54+	29:04+	35:32+	40:01+	43:11+	45:45+	48:46+	49:19+
02:14+	11:08+	05:32+	10:10+	06:28+	04:29+	03:10+	02:34+	03:01+	00:33-
00:26#	03:18&	01:15&	06:56@	00:52#	01:49&	00:30#	00:15#	00:40&	00:10-
22	Hallstein Ødegård	Løten kommune	50:51						
04:01+	14:41+	21:00+	26:45+	34:48+	39:35+	43:37+	46:53+	49:48+	50:51+
04:01+	10:40+	06:19+	05:45+	08:03+	04:47+	04:02+	03:16+	02:55+	01:03+
02:13@	02:50&	02:02&	02:31&	02:27&	02:07&	01:22&	00:57&	00:34#	00:20&

Plass	Navn										Klasse	Tid
23	Stein Sandaker										Ahlsell	51:43
	01:55+	11:03+	16:02+	20:57+	30:07+	42:50+	46:00+	48:36+	50:58+	51:43+		
	01:55+	09:08+	04:59+	04:55+	09:10+	12:43+	03:10+	02:36+	02:22+	00:45+		
	00:07+	01:18#	00:42#	01:41&	03:34&	10:03@	00:30#	00:17#	00:01+	00:02+		
24	Magnar Sveen										Moelven	52:23
	02:15+	12:35+	17:53+	22:32+	35:13+	41:26+	44:55+	48:34+	51:32+	52:23+		
	02:15+	10:20+	05:18+	04:39+	12:41+	06:13+	03:29+	03:39+	02:58+	00:51+		
	00:27#	02:30&	01:01#	01:25&	07:05@	03:33@	00:49&	01:20&	00:37&	00:08#		
25	Jon Kåre Myrene										Sparebank 1 Østlandet	54:01
	02:26+	11:50+	15:55+	20:56+	40:04+	44:23+	47:29+	50:32+	53:11+	54:01+		
	02:26+	09:24+	04:05-	05:01+	19:08+	04:19+	03:06+	03:03+	02:39+	00:50+		
	00:38&	01:34#	00:12-	01:47&	13:32@	01:39&	00:26#	00:44&	00:18#	00:07#		
26	Henrik Bache										Sanderud sykehus	54:05
	02:15+	15:42+	22:08+	29:44+	37:14+	41:51+	45:41+	48:40+	52:49+	54:05+		
	02:15+	13:27+	06:26+	07:36+	07:30+	04:37+	03:50+	02:59+	04:09+	01:16+		
	00:27#	05:37&	02:09&	04:22@	01:54&	01:57&	01:10&	00:40&	01:48&	00:33&		
27	Knut Fjæstad										Løten kommune	54:36
	04:25+	15:45+	21:37+	27:58+	36:25+	40:21+	45:25+	49:19+	53:23+	54:36+		
	04:25+	11:20+	05:52+	06:21+	08:27+	03:56+	05:04+	03:54+	04:04+	01:13+		
	02:37@	03:30&	01:35&	03:07&	02:51&	01:16&	02:24&	01:35&	01:43&	00:30&		
28	Espen Paulsen										Infosofs	54:45
	03:16+	15:28+	21:01+	26:15+	34:47+	45:12+	48:33+	51:45+	54:05+	54:45+		
	03:16+	12:12+	05:33+	05:14+	08:32+	10:25+	03:21+	03:12+	02:20-	00:40-		
	01:28&	04:22&	01:16&	02:00&	02:56&	07:45@	00:41&	00:53&	00:01-	00:03-		
29	Arvid Haug										Vallset/Stange OL	54:54
	02:45+	20:16+	26:30+	31:25+	39:19+	43:15+	47:28+	51:02+	53:55+	54:54+		
	02:45+	17:31+	06:14+	04:55+	07:54+	03:56+	04:13+	03:34+	02:53+	00:59+		
	00:57&	09:41@	01:57&	01:41&	02:18&	01:16&	01:33&	01:15&	00:32#	00:16&		
30	Kjell Vidar Holmen										Arve Hagen BIL	56:04
	02:25+	21:09+	27:14+	32:34+	40:29+	44:31+	48:35+	52:08+	55:10+	56:04+		
	02:25+	18:44+	06:05+	05:20+	07:55+	04:02+	04:04+	03:33+	03:02+	00:54+		
	00:37&	10:54@	01:48&	02:06&	02:19&	01:22&	01:24&	01:14&	00:41&	00:11&		
31	Stein Gamme										Storhamar Vgs	1:01:48
	04:25+	17:01+	21:58+	27:00+	37:49+	41:29+	51:13+	57:43+	61:08+	61:48+		
	04:25+	12:36+	04:57+	05:02+	10:49+	03:40+	09:44+	06:30+	03:25+	00:40-		
	02:37@	04:46&	00:40#	01:48&	05:13&	01:00&	07:04@	04:11@	01:04&	00:03-		
32	Jonny Rudi										Arve Hagen BIL	1:04:30
	03:48+	26:56+	31:49+	37:23+	46:37+	54:20+	57:43+	60:27+	63:46+	64:30+		
	03:48+	23:08+	04:53+	05:34+	09:14+	07:43+	03:23+	02:44+	03:19+	00:44+		
	02:00@	15:18@	00:36#	02:20&	03:38&	05:03@	00:43&	00:25#	00:58&	00:01+		
33	Robert Fauli										Hamar Katedralskole	1:09:19
	03:07+	14:25+	23:29+	32:58+	45:33+	50:41+	63:08+	66:17+	68:43+	69:19+		
	03:07+	11:18+	09:04+	09:29+	12:35+	05:08+	12:27+	03:09+	02:26+	00:36-		
	01:19&	03:28&	04:47@	06:15@	06:59@	02:28&	09:47@	00:50&	00:05+	00:07-		
Beste strekktid for klassen												
	01:48	07:20	03:36	03:14	05:36	02:36	02:40	02:19	02:03	00:33		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H 3,5												
1	Morten Eriksen										Norsk Tipping	46:37
	03:37=	06:25=	12:29=	14:32=	16:54=	28:18=	34:34=	40:52=	43:52=	45:59=	46:37=	
	03:37=	02:48=	06:04=	02:03=	02:22=	11:24=	06:16=	06:18=	03:00=	02:07=	00:38=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Knut Malmo										Vegvesenet	47:10
	02:56-	05:28-	10:55-	13:10-	15:55-	26:08-	32:05-	40:48-	44:11+	46:19+	47:10+	
	02:56-	02:32-	05:27-	02:15+	02:45+	10:13-	05:57-	08:43+	03:23+	02:08+	00:51+	
	00:41-	00:16-	00:37-	00:12+	00:23#	01:11-	00:19-	02:25&	00:23#	00:01+	00:13&	

Plass	Navn										Klasse	Tid									
3	Tore Stenseth										Mjøs Retail	49:36									
03:07-	06:15-	12:01-	13:56-	17:34+	29:08+	36:04+	43:42+	46:46+	49:00+	49:36+											
03:07-	03:08+	05:46-	01:55-	03:38+		11:34+	06:56+	07:38+	03:04+	02:14+	00:36-										
00:30-	00:20#	00:18-	00:08-	01:16&	00:10+	00:40#	01:20#	00:04+	00:07+	00:02-											
4	Tore Gustav Tomter										Plan 1	51:29									
05:03+	08:23+	14:16+	16:12+	18:57+	30:58+	37:29+	44:54+	48:30+	50:53+	51:29+											
05:03+	03:20+	05:53-	01:56-	02:45+	12:01+	06:31+	07:25+	03:36+	02:23+	00:36-											
01:26&	00:32#	00:11-	00:07-	00:23#	00:37+	00:15+	01:07#	00:36#	00:16#	00:02-											
5	Ola Molstad										Vegvesenet	51:43									
03:23-	06:08-	11:45-	13:37-	16:18-	30:04+	36:59+	45:12+	48:24+	50:59+	51:43+											
03:23-	02:45-	05:37-	01:52-	02:41+	13:46+	06:55+	08:13+	03:12+	02:35+	00:44+											
00:14-	00:03-	00:27-	00:11-	00:19#	02:22#	00:39#	01:55&	00:12+	00:28#	00:06#											
6	Steinar Libak										Løten kommune	51:44									
03:37=	06:46+	12:26-	14:27-	17:11+	28:37+	35:49+	45:04+	48:43+	51:06+	51:44+											
03:37=	03:09+	05:40-	02:01-	02:44+	11:26+	07:12+	09:15+	03:39+	02:23+	00:38=											
00:00=	00:21#	00:24-	00:02-	00:22#	00:02+	00:56#	02:57&	00:39#	00:16#	00:00=											
7	Knut Wikstrøm										Kartverket	54:47									
03:20-	06:11-	11:50-	14:16-	17:02+	27:55-	35:23+	48:39+	52:03+	54:09+	54:47+											
03:20-	02:51+	05:39-	02:26+	02:46+	10:53-	07:28+	13:16+	03:24+	02:06-	00:38=											
00:17-	00:03+	00:25-	00:23#	00:24#	00:31-	01:12#	06:58@	00:24#	00:01-	00:00=											
8	Bård Bjøntegaard										Stange Energi	55:08									
03:07-	05:59-	11:02-	12:49-	16:06-	24:45-	35:39+	44:38+	52:19+	54:34+	55:08+											
03:07-	02:52+	05:03-	01:47-	03:17+	08:39-	10:54+	08:59+	07:41+	02:15+	00:34-											
00:30-	00:04+	01:01-	00:16-	00:55&	02:45-	04:38&	02:41&	04:41@	00:08+	00:04-											
9	Kjetil Liven										LMF	55:14									
03:51+	07:38+	13:03+	15:06+	20:46+	31:56+	36:58+	48:19+	51:29+	53:59+	55:14+											
03:51+	03:47+	05:25-	02:03=	05:40+	11:10-	05:02-	11:21+	03:10+	02:30+	01:15+											
00:14+	00:59&	00:39-	00:00=	03:18@	00:14-	01:14-	05:03&	00:10+	00:23#	00:37&											
10	Stein Arne Bekkum										Arve Hagen BIL	55:21									
03:14-	06:37+	14:09+	16:06+	18:34+	28:59+	36:34+	48:55+	52:47+	54:57+	55:21+											
03:14-	03:23+	07:32+	01:57-	02:28+	10:25-	07:35+	12:21+	03:52+	02:10+	00:24-											
00:23-	00:35#	01:28#	00:06-	00:06+	00:59-	01:19#	06:03&	00:52&	00:03+	00:14-											
11	Jo Gisle Jørgensen										Norsk Tipping	55:37									
04:20+	07:33+	13:47+	15:56+	18:52+	30:26+	39:23+	48:02+	52:15+	54:51+	55:37+											
04:20+	03:13+	06:14+	02:09+	02:56+	11:34+	08:57+	08:39+	04:13+	02:36+	00:46+											
00:43#	00:25#	00:10+	00:06+	00:34#	00:10+	02:41&	02:21&	01:13&	00:29#	00:08#											
12	Odd Erik Jordheim										Statens Hus	55:55									
03:32-	06:49+	17:08+	19:36+	22:24+	33:56+	40:12+	49:01+	52:54+	55:16+	55:55+											
03:32-	03:17+	10:19+	02:28+	02:48+	11:32+	06:16=	08:49+	03:53+	02:22+	00:39+											
00:05-	00:29#	04:15&	00:25#	00:26#	00:08+	00:00=	02:31&	00:53&	00:15#	00:01+											
13	Odd Nysæter										Byggmakker	55:57									
03:59+	07:27+	13:48+	16:29+	19:30+	31:12+	38:51+	47:09+	52:13+	54:59+	55:57+											
03:59+	03:28+	06:21+	02:41+	03:01+	11:42+	07:39+	08:18+	05:04+	02:46+	00:58+											
00:22#	00:40#	00:17+	00:38&	00:39&	00:18+	01:23#	02:00&	02:04&	00:39&	00:20&											
14	Einar Flenvold										Skaaret As	56:23									
05:22+	08:15+	13:59+	16:07+	18:43+	35:38+	41:34+	50:29+	53:49+	55:50+	56:23+											
05:22+	02:53+	05:44-	02:08+	02:36+	16:55+	05:56-	08:55+	03:20+	02:01-	00:33-											
01:45&	00:05+	00:20-	00:05+	00:14+	05:31&	00:20-	02:37&	00:20#	00:06-	00:05-											
15	Ove Tåsåsen										Mjøs Retail	56:29									
03:32-	08:24+	13:49+	15:52+	18:12+	29:01+	35:31+	50:04+	53:28+	55:51+	56:29+											
03:32-	04:52+	05:25-	02:03=	02:20-	10:49-	06:30+	14:33+	03:24+	02:23+	00:38=											
00:05-	02:04&	00:39-	00:00=	00:02-	00:35-	00:14+	08:15@	00:24#	00:16#	00:00=											
16	Trond Feiring										HIL	58:04									
05:47+	09:09+	14:21+	15:58+	19:18+	30:27+	37:24+	51:02+	54:47+	57:03+	58:04+											
05:47+	03:22+	05:12-	01:37-	03:20+	11:09-	06:57+	13:38+	03:45+	02:16+	01:01+											
02:10&	00:34#	00:52-	00:26-	00:58&	00:15-	00:41#	07:20@	00:45#	00:09+	00:23&											
17	Rune Waaler										Raufoss Technology	59:51									
05:02+	08:21+	15:34+	17:49+	20:55+	35:12+	42:11+	50:15+	55:45+	58:59+	59:51+											
05:02+	03:19+	07:13+	02:15+	03:06+	14:17+	06:59+	08:04+	05:30+	03:14+	00:52+											
01:25&	00:31#	01:09#	00:12+	00:44&	02:53&	00:43#	01:46&	02:30&	01:07&	00:14&											

Pllass	Navn										Klasse	Tid									
18	Arvid Bratlie										LMF	1:04:35									
	03:49+	07:11+	13:08+	15:05+	18:47+	30:14+	36:14+	55:53+	59:48+	63:55+	64:35+										
	03:49+	03:22+	06:57-	01:57-	03:42+	11:27+	06:00-	19:39+	03:55+	04:07+	00:40+										
	00:12+	00:34#	00:07-	00:06-	01:20&	00:03+	00:16-	13:21@	00:55&	02:00&	00:02+										
19	Espen Melby										Løten kommune	1:05:31									
	04:15+	12:16+	19:02+	21:55+	26:51+	41:40+	50:17+	58:55+	62:23+	64:49+	65:31+										
	04:15+	08:01+	06:46+	02:53+	04:56+	14:49+	08:37+	08:38+	03:28+	02:26+	00:42+										
	00:38#	05:13@	00:42#	00:50&	02:34@	03:25&	02:21&	02:20&	00:28#	00:19#	00:04#										
20	Trond Øie										Sparebank 1 Østlandet	1:06:59									
	04:36+	08:01+	15:52+	18:01+	21:46+	32:59+	40:53+	59:04+	63:40+	66:17+	66:59+										
	04:36+	03:25+	07:51+	02:09+	03:45+	11:13-	07:54+	18:11+	04:36+	02:37+	00:42+										
	00:59&	00:37#	01:47&	00:06+	01:23&	00:11-	01:38&	11:53@	01:36&	00:30#	00:04#										
21	Torleif Finstad										Hamar Post	1:07:31									
	06:10+	09:18+	15:09+	17:23+	31:25+	43:37+	51:17+	59:26+	64:53+	66:55+	67:31+										
	06:10+	03:08+	05:51-	02:14+	14:02+	12:12+	07:40+	08:09+	05:27+	02:02-	00:36-										
	02:33&	00:20#	00:13-	00:11+	11:40@	00:48+	01:24#	01:51&	02:27&	00:05-	00:02-										
22	Knut Olav Strætkvern										Høgskolen Innlandet	1:09:42									
	04:49+	08:37+	16:46+	19:00+	24:35+	40:33+	50:35+	61:53+	66:15+	69:00+	69:42+										
	04:49+	03:48+	08:09+	02:14+	05:35+	15:58+	10:02+	11:18+	04:22+	02:45+	00:42+										
	01:12&	01:00&	02:05&	00:11+	03:13@	04:34&	03:46&	05:00&	01:22&	00:38&	00:04#										
23	Johnny Johansen										Løten kommune	1:11:39									
	06:39+	11:11+	18:36+	20:58+	24:09+	45:54+	54:39+	64:26+	68:18+	70:55+	71:39+										
	06:39+	04:32+	07:25+	02:22+	03:11+	21:45+	08:45+	09:47+	03:52+	02:37+	00:44+										
	03:02&	01:44&	01:21#	00:19#	00:49&	10:21&	02:29&	03:29&	00:52&	00:30#	00:06#										
24	Magne Johansen										Headit	1:14:44									
	05:45+	10:36+	19:33+	22:37+	26:55+	42:31+	52:24+	63:48+	68:59+	73:30+	74:44+										
	05:45+	04:51+	08:57+	03:04+	04:18+	15:36+	09:53+	11:24+	05:11+	04:31+	01:14+										
	02:08&	02:03&	02:53&	01:01&	01:56&	04:12&	03:37&	05:06&	02:11&	02:24@	00:36&										
25	Jesper Øygarden										Raufoss Technology	1:15:30									
	04:20+	20:03+	25:04+	27:56+	30:58+	42:58+	49:12+	64:49+	72:44+	75:05+	75:30+										
	04:20+	15:43+	05:01-	02:52+	03:02+	12:00+	06:14-	15:37+	07:55+	02:21+	00:25-										
	00:43#	12:55@	01:03-	00:49&	00:40&	00:36+	00:02-	09:19@	04:55@	00:14#	00:13-										
26	Leif Martin Kjos										Sparebank 1 Østlandet	1:20:39									
	15:13+	18:45+	27:12+	29:07+	32:31+	44:25+	51:24+	71:15+	77:16+	79:59+	80:39+										
	15:13+	03:32+	08:27+	01:55-	03:24+	11:54+	06:59+	19:51+	06:01+	02:43+	00:40+										
	11:36@	00:44&	02:23&	00:08-	01:02&	00:30+	00:43#	13:33@	03:01@	00:36&	00:02+										
27	Terje Uthushagen										Uplan	1:28:39									
	04:26+	27:27+	35:24+	38:52+	42:54+	58:04+	66:48+	78:35+	84:00+	87:25+	88:39+										
	04:26+	23:01+	07:57+	03:28+	04:02+	15:10+	08:44+	11:47+	05:25+	03:25+	01:14+										
	00:49#	20:13@	01:53&	01:25&	01:40&	03:46&	02:28&	05:29&	02:25&	01:18&	00:36&										
28	Eystein Linnerud										Norsk Tipping	1:33:58									
	06:07+	09:49+	18:47+	22:00+	25:41+	40:51+	48:12+	84:27+	89:11+	92:56+	93:58+										
	06:07+	03:42+	08:58+	03:13+	03:41+	15:10+	07:21+	36:15+	04:44+	03:45+	01:02+										
	02:30&	00:54&	02:54&	01:10&	01:19&	03:46&	01:05#	29:57@	01:44&	01:38&	00:24&										
Beste strekktid for klassen																					
	02:56	02:32	05:01	01:37	02:20	08:39	05:02	06:18	03:00	02:01	00:24										

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

H 4,5

1	Vidar Nomerstad										Sparebank 1 Østlandet	38:34									
	01:15=	03:51=	05:54=	06:53=	10:21=	11:40=	20:21=	25:22=	27:06=	30:47=	32:29=	34:25=	36:14=	37:55=	38:34=						
	01:15=	02:36=	02:03=	00:59=	03:28=	01:19=	08:41=	05:01=	01:44=	03:41=	01:42=	01:56=	01:49=	01:41=	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=	00:00=						
2	Sindre Skjærbekk										Byggmakker	39:35									
	01:22+	04:05+	06:20+	07:03+	10:53+	12:13+	20:53+	27:03+	28:38+	31:38+	33:08+	35:40+	37:19+	39:01+	39:35+						
	01:22+	02:43+	02:15+	00:43-	03:50+	01:20+	08:40-	06:10+	01:35-	03:00-	01:30-	02:32+	01:39-	01:42+	00:34-						
	00:07+	00:07+	00:12+	00:16-	00:22#	00:01+	00:01-	01:09#	00:09-	00:41-	00:12-	00:36&	00:10-	00:01+	00:05-						

Plass	Navn										Klasse	Tid									
3	Tom Røise										Ntnu Gjøvik	41:20									
	01:12-	05:20+	07:35+	08:20+	12:02+	13:38+	22:01+	28:22+	30:20+	33:43+	35:13+	37:13+	38:53+	40:40+	41:20+						
	01:12-	04:08+	02:15+	00:45-	03:42+	01:36+	08:23-	06:21+	01:58+	03:23-	01:30-	02:00+	01:40-	01:47+	00:40+						
	00:03-	01:32&	00:12+	00:14-	00:14+	00:17#	00:18-	01:20&	00:14#	00:18-	00:12-	00:04+	00:09-	00:06+	00:01+						
4	Per M Lefdal										Oec	42:42									
	01:32+	05:06+	07:59+	08:56+	12:32+	14:24+	24:01+	28:26+	30:28+	34:41+	36:31+	38:34+	40:10+	42:12+	42:42+						
	01:32+	03:34+	02:53+	00:57-	03:36+	01:52+	09:37+	04:25-	02:02+	04:13+	01:50+	02:03+	01:36-	02:02+	00:30-						
	00:17#	00:58&	00:50&	00:02-	00:08+	00:33&	00:56#	00:36-	00:18#	00:32#	00:08+	00:07+	00:13-	00:21#	00:09-						
5	Terje Fjæstad										Gjensidige	43:31									
	01:35+	03:58+	07:15+	08:12+	13:50+	15:14+	25:06+	29:39+	31:31+	35:27+	37:11+	39:19+	41:00+	42:51+	43:31+						
	01:35+	02:23-	03:17+	00:57-	05:38+	01:24+	09:52+	04:33-	01:52+	03:56+	01:44+	02:08+	01:41-	01:51+	00:40+						
	00:20&	00:13-	01:14&	00:02-	02:10&	00:05+	01:11#	00:28-	00:08+	00:15+	00:02+	00:12#	00:08-	00:10+	00:01+						
6	Olav Juliussen										Hamar Post	44:23									
	01:41+	05:04+	07:44+	08:52+	12:39+	14:02+	23:46+	29:41+	31:22+	35:49+	37:44+	39:46+	41:51+	43:51+	44:23+						
	01:41+	03:23+	02:40+	01:08+	03:47+	01:23+	09:44+	05:55+	01:41-	04:27+	01:55+	02:02+	02:05+	02:00+	00:32-						
	00:26&	00:47&	00:37&	00:09#	00:04+	01:03#	00:54#	00:03-	00:46#	00:13#	00:06+	00:16#	00:19#	00:07-							
7	Knut Johan Schjerve										LMF	44:51									
	01:22+	04:44+	06:58+	07:55+	11:28+	12:51+	21:26+	26:13+	28:37+	36:46+	38:38+	40:26+	42:20+	44:04+	44:51+						
	01:22+	03:22+	02:14+	00:57-	03:33+	01:23+	08:35-	04:47-	02:24+	08:09+	01:52+	01:48-	01:54+	01:44+	00:47+						
	00:07+	00:46&	00:11+	00:02-	00:05+	00:04+	00:06-	00:14-	00:40&	04:28@	00:10+	00:08-	00:05+	00:03+	00:08#						
8	Asbjørn Schjerve										Norsvin	45:39									
	01:22+	04:15+	06:28+	07:24+	10:58+	12:39+	21:03+	25:33+	32:39+	37:33+	39:18+	41:16+	43:06+	44:47+	45:39+						
	01:22+	02:53+	02:13+	00:56-	03:34+	01:41+	08:24-	04:30-	07:06+	04:54+	01:45+	01:58+	01:50+	01:41-	00:52+						
	00:07+	00:17#	00:10+	00:03-	00:06+	00:22&	00:17-	00:31-	05:22@	01:13&	00:03+	00:02+	00:01+	00:00-	00:13&						
9	Knut Skjeset										Stange kommune	48:11									
	02:00+	05:43+	08:50+	09:49+	13:37+	15:14+	27:32+	33:07+	35:35+	39:30+	41:11+	43:25+	45:21+	47:14+	48:11+						
	02:00+	03:43+	03:07+	00:59-	03:48+	01:37+	12:18+	05:35+	02:28+	03:55+	01:41-	02:14+	01:56+	01:53+	00:57+						
	00:45&	01:07&	01:04&	00:00-	00:20+	00:18#	03:37&	00:34#	00:44&	00:14+	00:01-	00:18#	00:07+	00:12#	00:18&						
10	Arne Arnesen										Eidsiva	48:47									
	01:52+	05:45+	08:35+	09:43+	13:54+	15:33+	28:04+	35:14+	36:59+	40:39+	42:26+	44:41+	46:35+	48:17+	48:47+						
	01:52+	03:53+	02:50+	01:08+	04:11+	01:39+	12:31+	07:10+	01:45+	03:40-	01:47+	02:15+	01:54+	01:42+	00:30-						
	00:37&	01:17&	00:47&	00:09#	00:43#	00:20&	03:50&	02:09&	00:01+	00:01-	00:05+	00:19#	00:05+	00:01+	00:09-						
11	Odd Arne Blystad										Eidsiva	49:15									
	02:22+	05:23+	07:25+	11:47+	13:55+	24:44+	29:54+	31:59+	37:15+	39:07+	41:18+	42:55+	44:42+	45:20+							
	02:22+	03:01+	02:02-	04:22+	02:08-	10:49+	05:10-	02:05-	05:16+	01:52-	02:11+	01:37-	01:47-	00:38-							
	01:07&	00:25#	00:01-	03:23@	01:20-	09:30@	03:31-	02:56-	03:32@	01:49-	00:29&	00:19-	00:02-	01:03-							
12	Tor Haugstulen										Hamar Post	50:02									
	01:40+	06:22+	08:47+	09:40+	13:29+	14:55+	23:41+	29:02+	30:46+	40:19+	41:58+	43:50+	46:13+	48:31+	50:02+						
	01:40+	04:42+	02:25+	00:53-	03:49+	01:26+	08:46+	05:21+	01:44=	09:33+	01:39-	01:52-	02:23+	02:18+	01:31+						
	00:25&	02:06&	00:22#	00:06-	00:21#	00:07+	00:05+	00:20+	00:00-	05:52@	00:03-	00:04-	00:34&	00:37&	00:52@						
13	Morten Lillejordet										Byggmakker	50:15									
	01:33+	05:10+	11:22+	12:13+	16:29+	18:21+	28:11+	34:21+	37:26+	41:45+	43:29+	45:29+	47:42+	49:30+	50:15+						
	01:33+	03:37+	06:12+	00:51-	04:16+	01:52+	09:50+	06:10+	03:05+	04:19+	01:44+	02:00+	02:13+	01:48+	00:45+						
	00:18#	01:01&	04:09@	00:08-	00:48#	00:33&	01:09#	01:09#	01:21&	00:38#	00:02+	00:04+	00:24#	00:07+	00:06#						
14	Harald Østbye										Østerdal Garnison	50:20									
	01:47+	05:42+	08:42+	09:45+	14:12+	16:01+	25:56+	32:30+	34:27+	39:25+	41:41+	44:04+	45:58+	48:03+	48:39+	49:45+	50:20+				
	01:47+	03:55+	03:00+	01:03+	04:27+	01:49+	09:55+	06:34+	01:57+	04:58+	02:16+	02:23+	01:54+	02:05+	00:36-	01:06+	00:35+				
	00:32&	01:19&	00:57&	00:04+	00:59&	00:30&	01:14#	01:33&	00:13#	01:17&	00:34&	00:27#	00:05+	00:24#	00:03-	01:06+	00:35+				
15	Harald Volden										Jernbanens Idrettslag	54:55									
	01:41+	05:59+	08:36+	09:40+	13:58+	15:33+	27:14+	38:44+	41:14+	45:36+	47:42+	50:00+	52:06+	54:09+	54:55+						
	01:41+	04:18+	02:37+	01:04+	04:18+	01:35+	11:41+	11:30+	02:30+	04:22+	02:06+	02:18+	02:06+	02:03+	00:46+						
	00:26&	01:42&	00:34&	00:05+	00:50#	00:16#	03:00&	06:29@	00:46&	00:41#	00:24#	00:22#	00:17#	00:22#	00:07#						
16	Erik Grøndalen										Jernbanens Idrettslag	58:15									
	01:46+	05:16+	08:09+	09:07+	13:54+	15:44+	25:36+	31:00+	38:28+	47:58+	50:47+	53:37+	55:41+	57:42+	58:15+						
	01:46+	03:30+	02:53+	00:58-	04:47+	01:50+	09:52+	05:24+	07:28+	09:30+	02:49+	02:50+	02:04+	02:01+	00:33-						
	00:31&	00:54&	00:50&	00:01-	01:19&	00:31&	01:11#	00:23+	05:44@	05:49@	01:07&	00:54&	00:15#	00:20#	00:06-						
17	Bjarne Harkinn										If	1:00:33									
	01:31+	07:55+	10:49+	12:22+	16:13+	18:15+	28:39+	43:01+	44:53+	50:36+	52:35+	55:09+	57:40+	59:45+	60:33+						
	01:31+	06:24+	02:54+	01:33+	03:51+	02:02+	10:24+	14:22+	01:52+	05:43+	01:59+	02:34+	02:31+	02:05+	00:48+						
	00:16#	03:48@	00:51&	00:34&	00:23#	00:43&	01:43#	09:21@	00:08+	02:02&	00:17#	00:38&	00:42&	00:24#	00:09#						

Pllass	Navn				Klasse				Tid			
18	Torgeir Volden				Azets Insight-Hamar				1:02:21			
	02:10+	06:18+	10:07+	11:33+	18:19+	20:50+	35:27+	42:29+	45:31+	50:21+	52:33+	55:29+
	02:10+	04:08+	03:49+	01:26+	06:46+	02:31+	14:37+	07:02+	03:02+	04:50+	02:12+	02:56+
	00:55&	01:32&	01:46&	00:27&	03:18&	01:12&	05:56&	02:01&	01:18&	01:09&	00:30&	01:00&
											00:52&	01:39&
												00:12&
19	Tormod Lundberg				Vegvesenet				1:14:19			
	01:52+	06:06+	09:48+	10:56+	15:53+	18:30+	32:44+	40:58+	56:22+	61:43+	65:28+	68:37+
	01:52+	04:14+	03:42+	01:08+	04:57+	02:37+	14:14+	08:14+	15:24+	05:21+	03:45+	03:09+
	00:37&	01:38&	01:39&	00:09#	01:29&	01:18&	05:33&	03:13&	13:40@	01:40&	02:03@	01:13&
											00:40&	00:48&
												00:05#
20	Knut Vidar Lund				Telenor				1:24:18			
	01:59+	16:35+	19:57+	21:17+	27:54+	30:05+	44:58+	51:46+	61:22+	71:03+	73:59+	76:51+
	01:59+	14:36+	03:22+	01:20+	06:37+	02:11+	14:53+	06:48+	09:36+	09:41+	02:56+	02:52+
	00:44&	12:00@	01:19&	00:21&	03:09&	00:52&	06:12&	01:47&	07:52@	06:00@	01:14&	00:56&
											02:08@	01:05&
												00:05#
Beste strekktid for klassen												
	01:12	02:23	02:02	00:43	02:08	01:19	05:10	02:05	01:35	01:52	01:30	01:37
											01:36	00:38
												00:30

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

H 5,5

1	Geir Myhr Øien				Kartverket				47:22			
	01:11=	07:16=	11:34=	17:59=	20:52=	22:37=	26:29=	28:45=	33:04=	35:03=	37:07=	40:38=
	01:11=	06:05=	04:18=	06:25=	02:53=	01:45=	03:52=	02:16=	04:19=	01:59=	02:04=	03:31=
	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				48:01			
	01:17+	07:23+	11:28-	17:47-	19:43-	21:27-	24:57-	27:35-	32:18-	34:25-	36:18-	39:16-
	01:17+	06:06+	04:05-	06:19-	01:56-	01:44-	03:30-	02:38+	04:43+	02:07+	01:53-	02:58-
	00:06+	00:01+	00:13-	00:06-	00:57-	00:01-	00:22-	00:22#	00:24+	00:08+	00:11-	00:33-
												00:43&
												01:09&
												00:12#
												00:00=
												00:03-
												00:03-
3	Henning Wernøe				Hamar Katedralskole				57:34			
	01:31+	08:48+	14:15+	23:09+	25:16+	27:35+	33:17+	36:09+	41:14+	43:25+	45:25+	49:06+
	01:31+	07:17+	05:27+	08:54+	02:07-	02:19+	05:42+	02:52+	04:43+	02:07+	01:53-	02:58-
	00:20&	01:12#	01:09&	02:29&	00:46-	00:34&	01:50&	00:36&	00:46#	00:12#	00:04-	00:10+
												00:34&
												00:53&
												00:12#
												00:03+
												00:02+
4	Tore Borchgrevink Alu				Hamar Katedralskole				57:38			
	01:30+	09:15+	14:45+	23:20+	25:23+	27:34+	32:05+	35:35+	41:06+	43:33+	45:56+	49:29+
	01:30+	07:45+	05:30+	08:35+	02:03-	02:11+	04:31+	03:30+	05:31+	02:27+	02:23+	03:33+
	00:19&	01:40&	01:12&	02:10&	00:50-	00:26#	00:39#	01:14&	01:12&	00:28#	00:19#	00:02+
												00:00+
												00:09-
												00:24&
												00:42&
												00:26&
												00:02+
5	Sverre Lutnes				Norsk Tipping				59:36			
	01:16+	07:57+	19:08+	26:25+	28:28+	30:41+	34:58+	38:06+	42:41+	44:41+	47:44+	52:07+
	01:16+	06:41+	11:11+	07:17+	02:03-	02:13+	04:17+	03:08+	04:35+	02:00+	03:03+	04:23+
	00:05+	00:36+	06:53@	00:52#	00:50-	00:28&	00:25#	00:52&	00:16+	00:01+	00:59&	00:52#
												00:00=
												00:07+
												00:49&
												00:06-
												00:05-
6	Frode Haug				Hamar OK				1:00:09			
	01:18+	08:05+	20:31+	27:58+	31:30+	33:33+	37:14+	39:48+	44:31+	46:30+	48:13+	52:32+
	01:18+	06:47+	12:26+	07:27+	03:32+	02:03+	03:41-	02:34+	04:43+	01:59=	01:43-	04:19+
	00:07+	00:42#	08:08@	01:02#	00:39#	00:18#	00:11-	00:18#	00:24+	00:00=	00:21-	00:48#
												00:42&
												00:06+
												00:04+
												00:02-
												00:03+
7	Kristian Storsveen				LMF				1:00:13			
	01:40+	09:42+	14:48+	24:06+	27:08+	29:58+	35:07+	38:07+	43:45+	46:12+	52:56+	54:38+
	01:40+	08:02+	05:06+	09:18+	03:02+	02:50+	05:09+	03:00+	05:38+	02:27+	06:44+	01:42-
	00:29&	01:57&	00:48#	02:53&	00:09+	01:05&	01:17&	00:44&	01:19&	00:28#	04:40@	01:49-
												00:21-
												00:40&
												00:22-
												00:34-
8	Stein Arne Negård				Byggmakker				1:02:52			
	01:58+	11:32+	17:50+	26:58+	28:56+	31:11+	36:03+	39:06+	44:47+	47:24+	50:05+	54:39+
	01:58+	09:34+	06:18+	09:08+	01:58-	02:15+	04:52+	03:03+	05:41+	02:37+	02:41+	04:34+
	00:47&	03:29&	02:00&	02:43&	00:55-	00:30&	01:00&	00:47&	01:22&	00:38&	00:37&	01:03&
												00:38&
												00:14#
												00:14#
												00:15#
												00:08#
9	Ola Skage Sander				Raumar				1:03:12			
	01:22+	09:00+	14:39+	23:01+	24:48+	27:03+	32:38+	35:54+	41:09+	43:30+	48:32+	56:05+
	01:22+	07:38+	05:39+	08:22+	01:47-	02:15+	05:35+	03:16+	05:15+	02:21+	05:02+	07:33+
	00:11#	01:33&	01:21&	01:57&	01:06-	00:30&	01:43&	01:00&	00:56#	00:22#	02:58@	04:02@
												00:12-
												00:08+
												00:12#
												00:12#
												00:03+
10	Ole Christian Bang				Vegvesenet				1:03:22			
	01:30+	08:41+	21:25+	28:36+	30:34+	32:40+	36:46+	40:17+	45:33+	47:18+	49:14+	52:42+
	01:30+	07:11+	12:44+	07:11+	01:58-	02:06+	04:06+	03:31+	05:16+	01:45-	01:56-	03:28-
	00:19&	01:06#	08:26@	00:46#	00:55-	00:21#	00:14+	01:15&	00:57#	00:14-	00:08-	00:03-
												00:00-
												00:14#
												03:26@
												00:02+
												00:17#
												00:03-

Plass	Navn				Klasse								Tid							
11	Michael Sætvedt				Raufoss Technology								1:05:27							
	01:12+	08:11+	15:44+	26:51+	30:35+	33:06+	37:11+	39:39+	47:32+	51:17+	53:46+	57:31+	59:13+	60:38+	62:14+	64:40+	65:27+			
	01:12+	06:59+	07:33+	11:07+	03:44+	02:31+	04:05+	02:28+	07:53+	03:45+	02:29+	03:45+	01:42-	01:25+	01:36-	02:26+	00:47+			
	00:01+	00:54#	03:15&	04:42&	00:51&	00:46&	00:13+	00:12+	03:34&	01:46&	00:25#	00:14+	00:15-	00:03+	00:05-	01:14@	00:15&			
12	Andreas Meyer				Hamar Katedralskole								1:07:17							
	01:24+	16:03+	20:14+	28:20+	30:04+	32:22+	36:17+	42:20+	47:14+	48:59+	53:20+	56:22+	59:08+	63:44+	65:28+	66:50+	67:17+			
	01:24+	14:39+	04:11-	08:06+	01:44-	02:18+	03:55+	06:03+	04:54+	01:45-	04:21+	03:02-	02:46+	04:36+	01:44+	01:22+	00:27-			
	00:13#	08:34@	00:07-	01:41&	01:09-	00:33&	00:03+	03:47@	00:35#	00:14-	02:17@	00:29-	00:49&	03:14@	00:03+	00:10#	00:05-			
Beste strekktid for klassen																				
	01:11	06:05	04:05	06:19	01:44	01:44	03:30	02:16	04:19	01:45	01:43	01:42	01:36	01:22	01:19	00:38	00:27			

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