

Plass

Navn

Klasse

D 1,5

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

Beste strekktid for klassen

00:5701:1202:5302:5303:0702:1402:0603:5700:47

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

Plass	Navn												Klasse	Tid
D 2,5														
1	Liv Feiring												HIL	41:30
	02:46=	10:08=	13:53=	19:31=	22:00=	24:00=	27:34=	31:21=	35:06=	37:45=	40:38=	41:30=		
	02:46=	07:22=	03:45=	05:38=	02:29=	02:00=	03:34=	03:47=	03:45=	02:39=	02:53=	00:52=		
	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	Elisabet Rise												Geno	43:10
	02:42-	08:53-	11:58-	19:55+	23:02+	25:16+	28:44+	32:12+	36:09+	38:38+	42:07+	43:10+		
	02:42-	06:11-	03:05-	07:57+	03:07+	02:14+	03:28-	03:28-	03:57+	02:29-	03:29+	01:03+		
	00:04-	01:11-	00:40-	02:19&	00:38&	00:14#	00:06-	00:19-	00:12+	00:10-	00:36#	00:11#		
3	Inger K. Brøndbo												Romedal Almenning	44:14
	02:30-	07:48-	10:38-	17:29-	19:37-	25:27+	29:16+	32:37+	36:35+	39:23+	43:32+	44:14+		
	02:30-	05:18-	02:50-	06:51+	02:08-	05:50+	03:49+	03:21-	03:58+	02:48+	04:09+	00:42-		
	00:16-	02:04-	00:55-	01:13#	00:21-	03:50@	00:15+	00:26-	00:13+	00:09+	01:16&	00:10-		
4	Björg Sorprud												Løten kommune	44:21
	02:45-	09:18-	13:13-	18:41-	21:23-	25:35+	29:56+	33:28+	37:11+	40:41+	43:29+	44:21+		
	02:45-	06:33-	03:55+	05:28-	02:42+	04:12+	04:21+	03:32-	03:43-	03:30+	02:48-	00:52=		
	00:01-	00:49-	00:10+	00:10-	00:13+	02:12@	00:47#	00:15-	00:02-	00:51&	00:05-	00:00=		
5	Bente Wikstrøm												Geno	46:56
	04:54+	10:05-	13:08-	19:08-	22:01+	24:31+	27:40+	34:15+	39:07+	42:06+	45:57+	46:56+		
	04:54+	05:11-	03:03-	06:00+	02:53+	02:30+	03:09-	06:35+	04:52+	02:59+	03:51+	00:59+		
	02:08&	02:11-	00:42-	00:22+	00:24#	00:30#	00:25-	02:48&	01:07&	00:20#	00:58&	00:07#		
6	Marith Brekke												Hamar kommune	47:04
	02:06-	11:33+	14:30+	23:32+	26:32+	28:26+	32:02+	35:24+	39:14+	41:48+	46:10+	47:04+		
	02:06-	09:27+	02:57-	09:02+	03:00+	01:54-	03:36+	03:22-	03:50+	02:34-	04:22+	00:54+		
	00:40-	02:05&	00:48-	03:24&	00:31#	00:06-	00:02+	00:25-	00:05+	00:05-	01:29&	00:02+		
7	Berit Røste												Sykehuset Innlandet	47:39
	03:05+	09:10-	13:23-	20:43+	23:47+	26:17+	31:16+	35:01+	40:43+	43:31+	46:45+	47:39+		
	03:05+	06:05-	04:13+	07:20+	03:04+	02:30+	04:59+	03:45-	05:42+	02:48+	03:14+	00:54+		
	00:19#	01:17-	00:28#	01:42&	00:35#	00:30#	01:25&	00:02-	01:57&	00:09+	00:21#	00:02+		
8	Anne Karin Elisenberg												Stange kommune	49:24
	03:13+	08:13-	11:07-	22:58+	25:42+	27:52+	31:19+	35:29+	41:15+	43:55+	48:36+	49:24+		
	03:13+	05:00-	02:54-	11:51+	02:44+	02:10+	03:27-	04:10+	05:46+	02:40+	04:41+	00:48-		
	00:27#	02:22-	00:51-	06:13@	00:15#	00:10+	00:07-	00:23#	02:01&	00:01+	01:48&	00:04-		
9	Inger G. Lund												Telenor	49:36
	02:40-	08:41-	11:56-	18:54-	25:12+	27:47+	31:36+	36:51+	42:54+	45:28+	48:50+	49:36+		
	02:40-	06:01-	03:15-	06:58+	06:18+	02:35+	03:49+	05:15+	06:03+	02:34-	03:22+	00:46-		
	00:06-	01:21-	00:30-	01:20#	03:49@	00:35&	00:15+	01:28&	02:18&	00:05-	00:29#	00:06-		
10	Anita Stensby Bekkelund												Løten kommune	50:29
	02:51+	10:39+	13:43-	21:22+	25:31+	28:38+	32:16+	35:42+	41:28+	45:17+	49:42+	50:29+		
	02:51+	07:48+	03:04-	07:39+	04:09+	03:07+	03:38+	03:26-	05:46+	03:49+	04:25+	00:47-		
	00:05+	00:26+	00:41-	02:01&	01:40&	01:07&	00:04+	00:21-	02:01&	01:10&	01:32&	00:05-		
10	Kari Østbye												If	50:29
	04:09+	11:15+	15:27+	23:32+	26:42+	29:08+	34:07+	38:23+	42:10+	45:33+	49:33+	50:29+		
	04:09+	07:06-	04:12+	08:05+	03:10+	02:26+	04:59+	04:16+	03:47+	03:23+	04:00+	00:56+		
	01:23&	00:16-	00:27#	02:27&	00:41&	00:26#	01:25&	00:29#	00:02+	00:44&	01:07&	00:04+		
12	Inger Johanne Ruud												Hamar kommune	51:15
	03:26+	10:34+	15:14+	22:41+	25:34+	28:01+	31:55+	37:13+	43:45+	46:10+	50:26+	51:15+		
	03:26+	07:08-	04:40+	07:27+	02:53+	02:27+	03:54+	05:18+	06:32+	02:25-	04:16+	00:49-		
	00:40#	00:14-	00:55#	01:49&	00:24#	00:27#	00:20+	01:31&	02:47&	00:14-	01:23&	00:03-		
13	Oddveig Anne Sagbakken												Lokal revisjon as	53:27
	03:26+	10:15+	13:53=	22:34+	26:01+	28:45+	32:38+	36:58+	45:03+	48:34+	52:31+	53:27+		
	03:26+	06:49-	03:38-	08:41+	03:27+	02:44+	03:53+	04:20+	08:05+	03:31+	03:57+	00:56+		
	00:40#	00:33-	00:07-	03:03&	00:58&	00:44&	00:19+	00:33#	04:20@	00:52&	01:04&	00:04+		
14	Inger E. Vamnes												Hamar OK	54:07
	03:34+	11:52+	15:37+	24:14+	28:03+	30:32+	35:27+	39:51+	45:19+	48:06+	52:47+	54:07+		
	03:34+	08:18+	03:45=	08:37+	03:49+	02:29+	04:55+	04:24+	05:28+	02:47+	04:41+	01:20+		
	00:48&	00:56#	00:00=	02:59&	01:20&	00:29#	01:21&	00:37#	01:43&	00:08+	01:48&	00:28&		

Pllass	Navn	Klasse										Tid
15	Inger Bakken	lf										55:49
	03:36+	09:52-	14:46+	22:50+	25:51+	28:23+	34:58+	39:13+	45:25+	51:03+	54:35+	55:49+
	03:36+	06:16-	04:54+	08:04+	03:01+	02:32+	06:35+	04:15+	06:12+	05:38+	03:32+	01:14+
	00:50&	01:06-	01:09&	02:26&	00:32#	00:32&	03:01&	00:28#	02:27&	02:59@	00:39#	00:22&
16	Liv Reidun Reiersen	Mjøs Retail										1:00:13
	03:33+	09:50-	17:13+	25:21+	37:08+	39:42+	43:39+	47:07+	52:38+	55:30+	59:23+	60:13+
	03:33+	06:17-	07:23+	08:08+	11:47+	02:34+	03:57+	03:28-	05:31+	02:52+	03:53+	00:50-
	00:47&	01:05-	03:38&	02:30&	09:18@	00:34&	00:23#	00:19-	01:46&	00:13+	01:00&	00:02-
17	Marit Holmgren	Arve Hagen BIL										1:02:48
	03:05+	10:58+	18:47+	29:07+	34:40+	37:36+	42:18+	47:49+	54:10+	57:26+	61:20+	62:48+
	03:05+	07:53+	07:49+	10:20+	05:33+	02:56+	04:42+	05:31+	06:21+	03:16+	03:54+	01:28+
	00:19#	00:31+	04:04@	04:42&	03:04@	00:56&	01:08&	01:44&	02:36&	00:37#	01:01&	00:36&
18	Bente Grøndalen	SIHF										1:03:39
	04:16+	10:36+	13:54+	32:11+	38:40+	41:50+	46:04+	49:46+	55:57+	58:47+	62:44+	63:39+
	04:16+	06:20-	03:18-	18:17+	06:29+	03:10+	04:14+	03:42-	06:11+	02:50+	03:57+	00:55+
	01:30&	01:02-	00:27-	12:39@	04:00@	01:10&	00:40#	00:05-	02:26&	00:11+	01:04&	00:03+
19	Anita Tollefsen	Treningskompaniet										1:11:06
	02:36-	09:08-	13:08-	23:45+	41:31+	44:27+	49:39+	53:23+	64:17+	66:55+	70:16+	71:06+
	02:36-	06:32-	04:00+	10:37+	17:46+	02:56+	05:12+	03:44-	10:54+	02:38-	03:21+	00:50-
	00:10-	00:50-	00:15+	04:59&	15:17@	00:56&	01:38&	00:03-	07:09@	00:01-	00:28#	00:02-
20	Wenche Brobakken	Ringsaker kommune										1:13:33
	02:32-	12:04+	15:19+	33:04+	44:39+	47:54+	52:53+	57:15+	63:03+	66:51+	72:45+	73:33+
	02:32-	09:32+	03:15-	17:45+	11:35+	03:15+	04:59+	04:22+	05:48+	03:48+	05:54+	00:48-
	00:14-	02:10&	00:30-	12:07@	09:06@	01:15&	01:25&	00:35#	02:03&	01:09&	03:01@	00:04-
21	Ingunn Lund Nordstrøm	Norsk Tipping										1:14:17
	05:12+	13:29+	21:08+	30:23+	36:55+	42:26+	48:50+	56:20+	63:11+	66:59+	73:02+	74:17+
	05:12+	08:17+	07:39+	09:15+	06:32+	05:31+	06:24+	07:30+	06:51+	03:48+	06:03+	01:15+
	02:26&	00:55#	03:54@	03:37&	04:03@	03:31@	02:50&	03:43&	03:06&	01:09&	03:10@	00:23&
Beste strekktid for klassen												
	02:06	05:00	02:50	05:28	02:08	01:54	03:09	03:21	03:43	02:25	02:48	00:42
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												

Plass	Navn	Klasse	Tid
D 3,5			
1	Eirin Lodgaard	Sintef Raufoss	39:52
01:39=	05:40=	08:11=	10:45=
01:39=	04:01=	02:31=	02:34=
00:00=	00:00=	00:00=	00:00=
2	Sidsel Storihle	Geno	44:22
02:00+	06:58+	09:57+	12:23+
02:00+	04:58+	02:59+	02:26-
00:21#	00:57#	00:28#	00:08-
3	Anne Karin Westby	Sparebank 1 Østlandet	44:53
02:02+	06:41+	09:33+	12:09+
02:02+	04:39+	02:52+	02:36+
00:23#	00:38#	00:21#	00:02+
4	Kjersti Narum	Romedal Almenning	48:37
05:07+	09:37+	12:26+	15:28+
05:07+	04:30+	02:49+	03:02+
03:28@	00:29#	00:18#	00:28#
5	Gunnhild Ljones	Hamar Post	50:42
02:11+	06:55+	10:40+	13:27+
02:11+	04:44+	03:45+	02:47+
00:32&	00:43#	01:14&	00:13+
6	Anne Sørum	Statens Hus	52:28
03:18+	08:00+	10:38+	13:35+
03:18+	04:42+	02:38+	02:57+
01:39&	00:41#	00:07+	00:23#
7	Øyfrid Larsen Moen	Ntnu Gjøvik	56:49
02:28+	07:03+	15:13+	19:36+
02:28+	04:35+	08:10+	04:23+
00:49&	00:34#	05:39@	01:49&
8	Karen Tomter	Utstillingsplassen	1:00:51
02:55+	08:50+	11:58+	20:51+
02:55+	05:55+	03:08+	08:53+
01:16&	01:54&	00:37#	06:19@
9	Kristin Haga	Arve Hagen BIL	1:03:03
04:26+	09:42+	13:36+	17:31+
04:26+	05:16+	03:54+	03:55+
02:47@	01:15&	01:23&	01:21&
10	Randi Fallbakken Berge	BAS Elverum	1:03:57
02:30+	08:39+	12:36+	18:43+
02:30+	06:09+	03:57+	06:07+
00:51&	02:08&	01:26&	03:33@
11	Grete Aalstad	NVE	1:08:14
02:48+	08:24+	19:42+	24:28+
02:48+	05:36+	11:18+	04:46+
01:09&	01:35&	08:47@	02:12&
12	Anita Bekkum	Arve Hagen BIL	1:13:05
03:27+	09:13+	13:07+	18:06+
03:27+	05:46+	03:54+	04:59+
01:48@	01:45&	01:23&	02:25&
13	Anita Høie	Arve Hagen BIL	1:23:40
03:31+	08:27+	18:51+	32:02+
03:31+	04:56+	10:24+	13:11+
01:52@	00:55#	07:53@	10:37@
Beste strekktid for klassen			
01:39	04:01	02:31	02:26
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			

Tid

1	Kjersti Rønning	Fylkeshuset	40:54
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[illegible]

2	Anne Marit Bordal	Ringsaker OK	41:17
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01:38+	04:24-	06:57+	09:08-	11:17-	13:04-	14:37-	17:39-	19:05-	22:34-	24:52+	27:07+	28:24+	30:22+	33:51+	38:28+	40:40+	41:17+
01:38+	02:46-	02:33+	02:11-	02:09-	01:47-	01:33-	03:02+	01:26-	03:29+	02:18+	02:15+	01:17+	01:58-	03:29+	04:37-	02:12-	00:37-
00:03+	00:12-	00:10+	00:15-	00:01-	00:01-	00:44-	00:16+	00:03-	00:28#	01:00#	00:10+	00:27#	00:44-	00:18+	00:18-	00:11-	00:00=

3 Line Merete Libak Løten kommune 50:28

01:45+	05:11+	07:56+	10:53+	14:23+	16:46+	18:55+	22:35+	24:21+	28:25+	30:07+	32:38+	35:00+	37:27+	41:10+	46:37+	49:45+	50:28+
01:45+	03:26+	02:45+	02:57+	03:30+	02:23+	02:09+	03:40+	01:46+	04:04+	01:42+	02:31+	01:22+	02:27+	03:43+	05:27+	03:08+	00:43+
00:10#	00:28#	00:22#	00:31#	01:20#	00:35#	00:08-	00:54#	00:17#	01:03#	00:24#	00:26#	01:32#	00:15-	00:32#	00:32#	00:45#	00:06#

4	Margrethe Nilsen	Hamar Katedralskole	50:59
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01:31-	05:45+	08:44+	12:01+	14:21+	16:27+	18:12+	21:24+	23:05+	26:02+	27:18+	29:24+	30:15+	39:19+	42:52+	47:54+	50:21+	50:59+
01:31-	04:14+	02:59+	03:17+	02:20+	02:06+	01:45-	03:12+	01:41+	02:57-	01:16-	02:06+	00:51+	09:04+	03:33+	05:02+	02:27+	00:38+
00:04-	01:16#	00:36#	00:51#	00:10#	00:18#	00:32-	00:26#	00:12#	00:04-	00:02-	00:01+	00:01+	06:22#	00:22#	00:07+	00:04+	00:01+

5 Wenche Bjørnstad Geno 54:58

01:49+	05:57+	08:41+	11:27+	14:20+	16:59+	20:11+	23:24+	28:30+	32:37+	34:38+	37:25+	38:51+	41:41+	45:39+	50:51+	54:12+	54:58+
01:49+	04:08+	02:44+	02:46+	02:53+	02:39+	03:12+	03:13+	05:06+	04:07+	02:01+	02:47+	01:26+	02:50+	03:58+	05:12+	03:21+	00:46+
00:14#	01:10#	00:21#	00:20#	00:43#	00:51#	00:55#	00:27#	03:37@	01:06#	00:43#	00:42#	00:36#	00:08+	00:47#	00:17+	00:58#	00:09#

Beste strekktid for klassen

01:31	02:46	02:23	02:11	02:09	01:47	01:33	02:46	01:26	02:57	01:16	02:05	00:50	01:58	03:11	04:37	02:12	00:37
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= Som klassevinner, - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse										Tid														
D 5,5																										
1	Tone Bleken Rud					Eidsiva					55:41															
00:56=	02:44=	06:08=	07:34=	10:21=	13:01=	15:08=	17:11=	19:23=	22:45=	24:23=	27:55=	29:41=	31:35=	33:21=	35:33=	37:21=	39:33=	40:32=	42:50=	45:07=	47:36=	52:31=	54:59=	55:41=		
00:56=	01:48=	03:24=	01:26=	02:47=	02:40=	02:07=	02:03=	02:12=	03:22=	01:38=	03:32=	01:46=	01:54=	01:46=	02:12=	01:48=	02:12=	00:59=	02:18=	02:17=	02:29=	04:55=	02:28=	00:42=		
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ingrid Løvseth					Hamar Katedralskole					1:10:56															
00:57+	02:48+	08:41+	10:06+	20:37+	22:51+	24:56+	27:02+	28:37+	31:08+	32:48+	36:17+	38:57+	40:57+	42:48+	45:12+	49:04+	51:33+	52:42+	56:09+	58:33+	61:24+	66:43+	69:52+	70:56+		
00:57+	01:51+	05:53+	01:25-	10:31+	02:14-	02:05-	02:06+	01:35-	02:31-	01:40+	03:29-	02:40+	02:00+	01:51+	02:24+	03:52+	02:29+	01:09+	03:27+	02:24+	02:51+	05:19+	03:09+	01:04+		
00:01+	00:03+	02:29&	00:01-	07:44@	00:26-	00:02-	00:03+	00:37-	00:51-	00:02+	00:03-	00:54&	00:06+	00:05+	00:12+	02:04@	00:17#	00:10#	01:09&	00:07+	00:22#	00:24+	00:41&	00:22&		
Beste strekktid for klassen																										
00:56	01:48	03:24	01:25	02:47	02:14	02:05	02:03	01:35	02:31	01:38	03:29	01:46	01:54	01:46	02:12	01:48	02:12	00:59	02:18	02:17	02:29	04:55	02:28	00:42		

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

Plass	Navn	Klasse	Tid
H 1,5			
1	Kjell Høgseth	Geno	18:37
	00:57= 02:41= 04:37= 07:41= 11:03= 12:51= 14:38= 17:55= 18:37=		
	00:57= 01:44= 01:56= 03:04= 03:22= 01:48= 01:47= 03:17= 00:42=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Geir-Håkon Øverby	If	19:41
	00:52- 02:10- 04:33- 07:18- 10:23- 12:27- 14:26- 18:49+ 19:41+		
	00:52- 01:18- 02:23+ 02:45- 03:05- 02:04+ 01:59+ 04:23+ 00:52+		
	00:05- 00:26- 00:27# 00:19- 00:17- 00:16# 00:12# 01:06& 00:10#		
3	Trygve Jan Bjerke	Hamar Post	21:04
	00:52- 02:19- 04:41+ 07:42+ 11:16+ 13:21+ 15:38+ 20:08+ 21:04+		
	00:52- 01:27- 02:22+ 03:01- 03:34+ 02:05+ 02:17+ 04:30+ 00:56+		
	00:05- 00:17- 00:26# 00:03- 00:12+ 00:17# 00:30& 01:13& 00:14&		
4	Jan Olav Tuterud	Hamar Post	22:21
	01:13+ 02:43+ 05:14+ 08:05+ 11:48+ 13:45+ 17:16+ 21:33+ 22:21+		
	01:13+ 01:30- 02:31+ 02:51- 03:43+ 01:57+ 03:31+ 04:17+ 00:48+		
	00:16& 00:14- 00:35& 00:13- 00:21# 00:09+ 01:44& 01:00& 00:06#		
5	Kjell Sagbakken	Hamar Post	23:09
	01:06+ 02:40- 06:07+ 09:02+ 12:37+ 15:02+ 19:02+ 22:25+ 23:09+		
	01:06+ 01:34- 03:27+ 02:55- 03:35+ 02:25+ 04:00+ 03:23+ 00:44+		
	00:09# 00:10- 01:31& 00:09- 00:13+ 00:37& 02:13@ 00:06+ 00:02+		
6	Håkon Nesbakk	Eidsiva	23:47
	01:21+ 02:55+ 06:59+ 10:21+ 14:06+ 16:34+ 18:54+ 22:53+ 23:47+		
	01:21+ 01:34- 04:04+ 03:22+ 03:45+ 02:28+ 02:20+ 03:59+ 00:54+		
	00:24& 00:10- 02:08@ 00:18+ 00:23# 00:40& 00:33& 00:42# 00:12&		
7	Ingvald Pedersen	Statens Hus	24:22
	01:15+ 03:11+ 06:03+ 09:17+ 13:31+ 15:52+ 19:00+ 23:19+ 24:22+		
	01:15+ 01:56+ 02:52+ 03:14+ 04:14+ 02:21+ 03:08+ 04:19+ 01:03+		
	00:18& 00:12# 00:56& 00:10+ 00:52& 00:33& 01:21& 01:02& 00:21&		
8	Finn Røise	Moelven	25:00
	01:17+ 02:55+ 06:14+ 09:57+ 13:42+ 16:00+ 19:26+ 24:05+ 25:00+		
	01:17+ 01:38- 03:19+ 03:43+ 03:45+ 02:18+ 03:26+ 04:39+ 00:55+		
	00:20& 00:06- 01:23& 00:39# 00:23# 00:30& 01:39& 01:22& 00:13&		
9	Erik Gundersen	Nestle	25:57
	01:17+ 03:11+ 06:37+ 10:16+ 14:21+ 16:40+ 19:25+ 24:51+ 25:57+		
	01:17+ 01:54+ 03:26+ 03:39+ 04:05+ 02:19+ 02:45+ 05:26+ 01:06+		
	00:20& 00:10+ 01:30& 00:35# 00:43# 00:31& 00:58& 02:09& 00:24&		
10	Bjørn Jenssen	Mjøs Retail	26:04
	00:59+ 02:27- 05:09+ 07:51+ 15:08+ 17:40+ 20:02+ 25:08+ 26:04+		
	00:59+ 01:28- 02:42+ 02:42- 07:17+ 02:32+ 02:22+ 05:06+ 00:56+		
	00:02+ 00:16- 00:46& 00:22- 03:55@ 00:44& 00:35& 01:49& 00:14&		
11	Jon Lindgren	Vallset/Stange OL	26:18
	01:20+ 02:47+ 07:02+ 10:23+ 14:52+ 17:11+ 20:30+ 25:02+ 26:18+		
	01:20+ 01:27- 04:15+ 03:21+ 04:29+ 02:19+ 03:19+ 04:32+ 01:16+		
	00:23& 00:17- 02:19@ 00:17+ 01:07& 00:31& 01:32& 01:15& 00:34&		
12	Sven Marken	Løten kommune	28:14
	02:08+ 03:53+ 08:19+ 12:01+ 16:38+ 19:25+ 22:00+ 26:58+ 28:14+		
	02:08+ 01:45+ 04:26+ 03:42+ 04:37+ 02:47+ 02:35+ 04:58+ 01:16+		
	01:11@ 00:01+ 02:30@ 00:38# 01:15& 00:59& 00:48& 01:41& 00:34&		
13	Arild Rønning	Nestle	29:00
	00:59+ 03:04+ 09:41+ 13:19+ 17:37+ 19:57+ 22:20+ 28:00+ 29:00+		
	00:59+ 02:05+ 06:37+ 03:38+ 04:18+ 02:20+ 02:23+ 05:40+ 01:00+		
	00:02+ 00:21# 04:41@ 00:34# 00:56& 00:32& 00:36& 02:23& 00:18&		
14	Knut Martinsen	Sparebank 1 Østlandet	29:59
	01:02+ 06:03+ 08:58+ 12:30+ 18:57+ 21:16+ 23:51+ 28:38+ 29:59+		
	01:02+ 05:01+ 02:55+ 03:32+ 06:27+ 02:19+ 02:35+ 04:47+ 01:21+		
	00:05+ 03:17@ 00:59& 00:28# 03:05& 00:31& 00:48& 01:30& 00:39&		

Plass	Navn									Klasse	Tid
15	Edgar Myrvold									Statens Hus	30:45
	01:39+	04:00+	07:06+	12:04+	16:46+	19:42+	23:09+	29:08+	30:45+		
	01:39+	02:21+	03:06+	04:58+	04:42+	02:56+	03:27+	05:59+	01:37+		
	00:42&	00:37&	01:10&	01:54&	01:20&	01:08&	01:40&	02:42&	00:55@		
16	Erik Skårås									Sparebank 1 Østlandet	31:30
	01:59+	03:33+	12:31+	15:40+	19:58+	22:47+	25:32+	30:35+	31:30+		
	01:59+	01:34-	08:58+	03:09+	04:18+	02:49+	02:45+	05:03+	00:55+		
	01:02@	00:10-	07:02@	00:05+	00:56&	01:01&	00:58&	01:46&	00:13&		
17	Helge Busterud									Eidsiva	31:42
	03:14+	05:13+	09:28+	13:10+	18:06+	21:15+	25:09+	30:28+	31:42+		
	03:14+	01:59+	04:15+	03:42+	04:56+	03:09+	03:54+	05:19+	01:14+		
	02:17@	00:15#	02:19@	00:38#	01:34&	01:21&	02:07@	02:02&	00:32&		
18	Steinar Sørlien									Geno	32:11
	02:16+	04:00+	06:48+	10:15+	14:33+	17:45+	20:35+	30:47+	32:11+		
	02:16+	01:44=	02:48+	03:27+	04:18+	03:12+	02:50+	10:12+	01:24+		
	01:19@	00:00=	00:52&	00:23#	00:56&	01:24&	01:03&	06:55@	00:42&		
19	Dag Erik Hovde									Eidsiva	34:42
	02:44+	04:35+	10:34+	15:22+	20:27+	23:11+	27:01+	33:22+	34:42+		
	02:44+	01:51+	05:59+	04:48+	05:05+	02:44+	03:50+	06:21+	01:20+		
	01:47@	00:07+	04:03@	01:44&	01:43&	00:56&	02:03@	03:04&	00:38&		
20	Hans NarbuvoId									Nestle	35:11
	02:21+	04:14+	08:46+	12:55+	21:09+	23:57+	29:00+	34:09+	35:11+		
	02:21+	01:53+	04:32+	04:09+	08:14+	02:48+	05:03+	05:09+	01:02+		
	01:24@	00:09+	02:36@	01:05&	04:52@	01:00&	03:16@	01:52&	00:20&		
21	Bjørn Eriksrud									Raufoss I.L. Orientering	38:00
	01:04+	02:53+	06:14+	09:16+	27:36+	29:59+	33:17+	37:11+	38:00+		
	01:04+	01:49+	03:21+	03:02-	18:20+	02:23+	03:18+	03:54+	00:49+		
	00:07#	00:05+	01:25&	00:02-	14:58@	00:35&	01:31&	00:37#	00:07#		
22	Harald Normann									Ringsaker kommune	38:39
	01:32+	04:00+	07:48+	15:56+	20:15+	29:00+	31:51+	37:14+	38:39+		
	01:32+	02:28+	03:48+	08:08+	04:19+	08:45+	02:51+	05:23+	01:25+		
	00:35&	00:44&	01:52&	05:04@	00:57&	06:57@	01:04&	02:06&	00:43@		
23	John Fallbakken									Vallset/Stange OL	42:50
	01:32+	03:37+	09:46+	14:18+	20:05+	28:05+	34:27+	41:12+	42:50+		
	01:32+	02:05+	06:09+	04:32+	05:47+	08:00+	06:22+	06:45+	01:38+		
	00:35&	00:21#	04:13@	01:28&	02:25&	06:12@	04:35@	03:28@	00:56@		
24	Odd Håkensen									Vallset/Stange OL	49:22
	03:06+	05:11+	08:40+	13:16+	24:27+	32:11+	40:49+	47:38+	49:22+		
	03:06+	02:05+	03:29+	04:36+	11:11+	07:44+	08:38+	06:49+	01:44+		
	02:09@	00:21#	01:33&	01:32&	07:49@	05:56@	06:51@	03:32@	01:02@		
25	Øyvind Strand									Arve Hagen BIL	50:12
	06:47+	08:12+	12:00+	16:35+	24:24+	27:11+	31:23+	49:20+	50:12+		
	06:47+	01:25-	03:48+	04:35+	07:49+	02:47+	04:12+	17:57+	00:52+		
	05:50@	00:19-	01:52&	01:31&	04:27@	00:59&	02:25@	14:40@	00:10#		
26	Arne G. Barflo									Løten kommune	1:02:24
	02:35+	05:38+	11:48+	18:36+	28:58+	33:55+	46:44+	59:44+	62:24+		
	02:35+	03:03+	06:10+	06:48+	10:22+	04:57+	12:49+	13:00+	02:40+		
	01:38@	01:19&	04:14@	03:44@	07:00@	03:09@	11:02@	09:43@	01:58@		
Beste strekktid for klassen											
	00:52	01:18	01:56	02:42	03:05	01:48	01:47	03:17	00:42		

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

Plass	Navn	Klasse	Tid
H 2,5			
1	Odd Erik Jordheim	Statens Hus	32:50
00:47=	02:45=	07:06=	08:36=
00:47=	01:58=	04:21=	01:30=
00:00=	00:00=	00:00=	00:00=
2	Trond Søberg	Løten kommune	33:40
00:45-	02:40-	07:02-	08:19-
00:45-	01:55-	04:22+	01:17-
00:02-	00:03-	00:01+	00:13-
3	Hans Asbjørn Tingvold	Raufoss I.L. Orientering	34:54
01:06+	02:49+	07:26+	09:02+
01:06+	01:43-	04:37+	01:36+
00:19&	00:15-	00:16+	00:06+
4	Magne Smeland	Vegvesenet	35:47
00:49+	02:44-	08:19+	09:57+
00:49+	01:55-	05:35+	01:38+
00:02+	00:03-	01:14&	00:08+
5	Terje Malm	Statens Hus	37:21
00:55+	03:13+	07:57+	09:27+
00:55+	02:18+	04:44+	01:30=
00:08#	00:20#	00:23+	00:00=
6	Per Vold	Moelven	38:33
00:52+	03:14+	07:40+	09:49+
00:52+	02:22+	04:26+	02:09+
00:05#	00:24#	00:05+	00:39&
7	Ole Nashoug	Vang O-lag	39:54
00:50+	03:52+	08:54+	10:55+
00:50+	03:02+	05:02+	02:01+
00:03+	01:04&	00:41#	00:30#
8	Torbjørn Håkensen	Vallset/Stange OL	40:04
00:53+	05:14+	10:34+	12:16+
00:53+	04:21+	05:20+	01:42+
00:06#	02:23@	00:59#	00:12#
9	Harald Grønvold	Arve Hagen BIL	40:25
00:47=	03:57+	08:29+	10:11+
00:47=	03:10+	04:32+	01:42+
00:00=	01:12&	00:11+	00:12#
10	Morten Øie	Furnes Almenning	40:47
00:56+	04:07+	10:06+	11:43+
00:56+	03:11+	05:59+	01:37+
00:09#	01:13&	01:38&	00:07+
11	Karl Petter Opsahl	Løten kommune	41:04
01:37+	05:19+	10:16+	12:05+
01:37+	03:42+	04:57+	01:49+
00:50@	01:44&	00:36#	00:19#
12	Arnfinn Nordhagen	Geno	42:03
01:23+	03:56+	09:23+	11:36+
01:23+	02:33+	05:27+	02:13+
00:36&	00:35&	01:06&	00:43&
13	Jan Erik Johansen	Hamar Post	42:50
01:01+	03:48+	09:24+	10:55+
01:01+	02:47+	05:36+	01:31+
00:14&	00:49&	01:15&	00:01+
14	Stein Edvardsen	Elverum kommune	43:12
01:03+	04:46+	11:15+	13:19+
01:03+	03:43+	06:29+	02:04+
00:16&	01:45&	02:08&	00:34&

Plass	Navn					Klasse					Tid				
15	Ole-Johan Vangen					Norsk Tipping					43:50				
	01:32+	04:08+	09:02+	10:38+	13:59+	20:03+	23:40+	25:44+	32:41+	38:53+	40:39+	43:10+	43:50+		
	01:32+	02:36+	04:54+	01:36+	03:21+	06:04+	03:37+	02:04+	06:57+	06:12+	01:46+	02:31-	00:40-		
	00:45&	00:38&	00:33#	00:06+	00:44&	01:27&	01:21&	00:24#	04:26@	00:42#	00:04+	00:01-	00:09-		
16	Einar Stensby					Løten kommune					45:01				
	01:23+	03:42+	08:20+	09:42+	12:39+	15:05-	20:12+	25:56+	27:38+	31:29+	36:57+	39:54+	41:02+	44:17+	45:01+
	01:23+	02:19+	04:38+	01:22-	02:57+	02:26-	05:07+	05:44+	01:42-	03:51-	05:28+	02:57+	01:08+	03:15+	00:44+
	00:36&	00:21#	00:17+	00:08-	00:20#	02:11-	02:51@	04:04@	00:49-	01:39-	03:46@	00:25#	00:19&	03:15+	00:44+
17	Magnar Sveen					Moelven					46:45				
	00:54+	04:42+	09:44+	11:58+	15:05+	21:36+	25:37+	28:10+	31:55+	38:29+	42:08+	45:53+	46:45+		
	00:54+	03:48+	05:02+	02:14+	03:07+	06:31+	04:01+	02:33+	03:45+	06:34+	03:39+	03:45+	00:52+		
	00:07#	01:50&	00:41#	00:44&	00:30#	01:54&	01:45&	00:53&	01:14&	01:04#	01:57@	01:13&	00:03+		
18	Kåre Garmager					Telenor					48:20				
	00:58+	03:49+	09:45+	11:29+	14:27+	20:59+	24:17+	26:48+	31:01+	39:29+	43:47+	47:19+	48:20+		
	00:58+	02:51+	05:56+	01:44+	02:58+	06:32+	03:18+	02:31+	04:13+	08:28+	04:18+	03:32+	01:01+		
	00:11#	00:53&	01:35&	00:14#	00:21#	01:55&	01:02&	00:51&	01:42&	02:58&	02:36@	01:00&	00:12#		
19	Olav Skjærbekk					Vallset/Stange OL					48:28				
	01:00+	06:44+	13:18+	15:24+	18:56+	26:40+	29:47+	32:01+	36:08+	41:46+	44:21+	47:28+	48:28+		
	01:00+	05:44+	06:34+	02:06+	03:32+	07:44+	03:07+	02:14+	04:07+	05:38+	02:35+	03:07+	01:00+		
	00:13&	03:46@	02:13&	00:36&	00:55&	03:07&	00:51&	00:34&	01:36&	00:08+	00:53&	00:35#	00:11#		
20	Svein Iver Jevne					Arve Hagen BIL					48:47				
	01:10+	05:28+	10:30+	12:10+	16:01+	27:10+	30:01+	33:12+	36:12+	42:47+	45:00+	48:00+	48:47+		
	01:10+	04:18+	05:02+	01:40+	03:51+	11:09+	02:51+	03:11+	03:00+	06:35+	02:13+	03:00+	00:47-		
	00:23&	02:20@	00:41#	00:10#	01:14&	06:32@	00:35&	01:31&	00:29#	01:05#	00:31&	00:28#	00:02-		
21	Knut Røhrsveen					Arve Hagen BIL					48:53				
	01:16+	05:16+	10:38+	12:21+	16:00+	27:27+	30:12+	33:05+	36:19+	43:09+	45:08+	48:14+	48:53+		
	01:16+	04:00+	05:22+	01:43+	03:39+	11:27+	02:45+	02:53+	03:14+	06:50+	01:59+	03:06+	00:39-		
	00:29&	02:02@	01:01#	00:13#	01:02&	06:50@	00:29#	01:13&	00:43&	01:20#	00:17#	00:34#	00:10-		
22	Stein Sandaker					Ahlseil					49:20				
	01:36+	03:54+	09:47+	11:56+	14:38+	29:38+	32:58+	35:15+	38:20+	43:41+	45:49+	48:37+	49:20+		
	01:36+	02:18+	05:53+	02:09+	02:42+	15:00+	03:20+	02:17+	03:05+	05:21-	02:08+	02:48+	00:43-		
	00:49@	00:20#	01:32&	00:39&	00:05+	10:23@	01:04&	00:37&	00:34#	00:09-	00:26&	00:16#	00:06-		
23	Torbjørn Ødegaard					Hamar Lærerhøgskole					49:36				
	02:02+	04:37+	10:53+	12:51+	15:50+	21:57+	25:32+	28:00+	32:12+	42:36+	45:24+	48:38+	49:36+		
	02:02+	02:35+	06:16+	01:58+	02:59+	06:07+	03:35+	02:28+	04:12+	10:24+	02:48+	03:14+	00:58+		
	01:15@	00:37&	01:55&	00:28&	00:22#	01:30&	01:19&	00:48&	01:41&	04:54&	01:06&	00:42&	00:09#		
24	Jonny Rudi					Arve Hagen BIL					49:45				
	08:10+	09:21+	16:35+	18:13+	21:01+	26:51+	29:45+	31:41+	35:33+	43:57+	46:30+	48:59+	49:45+		
	08:10+	01:11-	07:14+	01:38+	02:48+	05:50+	02:54+	01:56+	03:52+	08:24+	02:33+	02:29-	00:46-		
	07:23@	00:47-	02:53&	00:08+	00:11+	01:13&	00:38&	00:16#	01:21&	02:54&	00:51&	00:03-	00:03-		
25	Hans Jørgen Røste					Sykehuset Innlandet					50:33				
	01:00+	05:18+	10:20+	12:46+	17:18+	27:13+	30:06+	32:20+	35:48+	42:51+	46:13+	49:42+	50:33+		
	01:00+	04:18+	05:02+	02:26+	04:32+	09:55+	02:53+	02:14+	03:28+	07:03+	03:22+	03:29+	00:51+		
	00:13&	02:20@	00:41#	00:56&	01:55&	05:18@	00:37&	00:34&	00:57&	01:33&	01:40&	00:57&	00:02+		
26	Espen Paulsen					Infosofs					51:18				
	01:27+	04:47+	14:03+	15:37+	18:34+	27:58+	30:55+	33:41+	36:59+	44:25+	47:23+	50:34+	51:18+		
	01:27+	03:20+	09:16+	01:34+	02:57+	09:24+	02:57+	02:46+	03:18+	07:26+	02:58+	03:11+	00:44-		
	00:40&	01:22&	04:55@	00:04+	00:20#	04:47@	00:41&	01:06&	00:47&	01:56&	01:16&	00:39&	00:05-		
27	Trond Sørum					Byggmakker					52:07				
	01:03+	04:12+	10:17+	12:28+	15:55+	23:27+	26:31+	31:02+	34:32+	42:07+	47:51+	51:19+	52:07+		
	01:03+	03:09+	06:05+	02:11+	03:27+	07:32+	03:04+	04:31+	03:30+	07:35+	05:44+	03:28+	00:48-		
	00:16&	01:11&	01:44&	00:41&	00:50&	02:55&	00:48&	02:51@	00:59&	02:05&	04:02@	00:56&	00:01-		
28	Helge Storsveen					Løten kommune					55:51				
	01:25+	05:58+	14:09+	16:08+	19:44+	28:45+	32:25+	35:12+	39:40+	47:32+	50:43+	54:52+	55:51+		
	01:25+	04:33+	08:11+	01:59+	03:36+	09:01+	03:40+	02:47+	04:28+	07:52+	03:11+	04:09+	00:59+		
	00:38&	02:35@	03:50&	00:29&	00:59&	04:24&	01:24&	01:07&	01:57&	02:22&	01:29&	01:37&	00:10#		
29	Henrik Bache					Sanderud sykehus					56:15				
	01:36+	06:04+	12:26+	16:42+	20:33+	29:31+	34:06+	36:36+	40:46+	47:44+	51:34+	55:24+	56:15+		
	01:36+	04:28+	06:22+	04:16+	03:51+	08:58+	04:35+	02:30+	04:10+	06:58+	03:50+	03:50+	00:51+		
	00:49@	02:30@	02:01&	02:46@	01:14&	04:21&	02:19@	00:50&	01:39&	01:28&	02:08@	01:18&	00:02+		

Plass	Navn				Klasse								Tid
30	Thorvald Sæhlie				Ringsaker kommune								1:07:55
	01:46+	05:22+	18:37+	20:48+	27:16+	34:57+	40:29+	43:35+	48:19+	60:25+	63:15+	66:53+	67:55+
	01:46+	03:36+	13:15+	02:11+	06:28+	07:41+	05:32+	03:06+	04:44+	12:06+	02:50+	03:38+	01:02+
	00:59@	01:38&	08:54@	00:41&	03:51@	03:04&	03:16@	01:26&	02:13&	06:36@	01:08&	01:06&	00:13&
31	Hallstein Ødegård				Løten kommune								1:13:01
	01:41+	07:26+	14:27+	16:33+	19:53+	31:23+	34:34+	37:30+	41:14+	63:09+	68:07+	71:45+	73:01+
	01:41+	05:45+	07:01+	02:06+	03:20+	11:30+	03:11+	02:56+	03:44+	21:55+	04:58+	03:38+	01:16+
	00:54@	03:47@	02:40&	00:36&	00:43&	06:53@	00:55&	01:16&	01:13&	16:25@	03:16@	01:06&	00:27&
32	Stein Gamme				Storhamar Vgs								1:18:59
	03:04+	19:47+	26:52+	29:46+	34:52+	46:32+	50:58+	55:24+	58:32+	66:32+	74:04+	77:51+	78:59+
	03:04+	16:43+	07:05+	02:54+	05:06+	11:40+	04:26+	04:26+	03:08+	08:00+	07:32+	03:47+	01:08+
	02:17@	14:45@	02:44&	01:24&	02:29&	07:03@	02:10&	02:46@	00:37#	02:30&	05:50@	01:15&	00:19&
Beste strekktid for klassen													
	00:45	01:11	04:21	01:17	02:24	02:26	02:10	01:35	01:42	03:51	01:42	02:18	00:32

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

Plass	Navn					Klasse					Tid				
H 3,5															
1	Odin Høie Vollum					Arve Hagen BIL					34:38				
01:01=	02:01=	05:23=	08:30=	10:20=	11:51=	14:37=	17:28=	19:35=	20:55=	24:31=	26:05=	27:55=	32:05=	34:12=	34:38=
01:01=	01:00=	03:22=	03:07=	01:50=	01:31=	02:46=	02:51=	02:07=	01:20=	03:36=	01:34=	01:50=	04:10=	02:07=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Erik Haugen					Statens Hus					41:01				
00:54-	02:26+	07:02+	09:38+	12:06+	14:10+	17:01+	19:38+	23:13+	24:50+	27:05+	29:03+	31:19+	37:28+	40:20+	41:01+
00:54-	01:32+	04:36+	02:36-	02:28+	02:04+	02:51+	02:37-	03:35+	01:37+	02:15-	01:58+	02:16+	06:09+	02:52+	00:41+
00:07-	00:32&	01:14&	00:31-	00:38&	00:33&	00:05+	00:14-	01:28&	00:17#	01:21-	00:24&	00:26#	01:59&	00:45&	00:15&
3	Jan Åsmund Sætaberget					Jernbanens Idrettslag					41:38				
00:56-	01:59-	06:07+	08:38+	11:01+	13:01+	16:04+	18:51+	22:13+	23:47+	26:31+	28:38+	31:02+	37:51+	40:55+	41:38+
00:56-	01:03+	04:08+	02:31-	02:23+	02:00+	03:03+	02:47-	03:22+	01:34+	02:44-	02:07+	02:24+	06:49+	03:04+	00:43+
00:05-	00:03+	00:46#	00:36-	00:33&	00:29&	00:17#	00:04-	01:15&	00:14#	00:52-	00:33&	00:34&	02:39&	00:57&	00:17&
4	Morten Eriksen					Norsk Tipping					41:52				
00:40-	01:52-	05:57+	08:07-	10:23+	12:40+	15:43+	18:53+	22:08+	23:29+	27:21+	29:11+	31:20+	38:33+	41:20+	41:52+
00:40-	01:12+	04:05+	02:10-	02:16+	02:17+	03:03+	03:10+	03:15+	01:21+	03:52+	01:50+	02:09+	07:13+	02:47+	00:32+
00:21-	00:12#	00:43#	00:57-	00:26#	00:46&	00:17#	00:19#	01:08&	00:01+	00:16+	00:16#	00:19#	03:03&	00:40&	00:06#
5	Ole Petter Saxrud					EAB Engineering					41:55				
00:52-	02:05+	06:26+	09:03+	11:26+	13:41+	16:46+	19:09+	22:24+	24:07+	26:41+	28:42+	31:03+	38:18+	41:15+	41:55+
00:52-	01:13+	04:21+	02:37-	02:23+	02:15+	03:05+	02:23-	03:15+	01:43+	02:34-	02:01+	02:21+	07:15+	02:57+	00:40+
00:09-	00:13#	00:59&	00:30-	00:33&	00:44&	00:19#	00:28-	01:08&	00:23&	01:02-	00:27&	00:31&	03:05&	00:50&	00:14&
6	Jesper Øygdarden					Raufoss Technology					44:44				
01:37+	03:03+	07:37+	10:15+	12:38+	18:35+	21:18+	23:33+	26:10+	27:50+	30:35+	33:10+	35:52+	41:21+	44:04+	44:44+
01:37+	01:26+	04:34+	02:38-	02:23+	05:57+	02:43-	02:15-	02:37+	01:40+	02:45-	02:35+	02:42+	05:29+	02:43+	00:40+
00:36&	00:26&	01:12&	00:29-	00:33&	04:26@	00:03-	00:36-	00:30#	00:20#	00:51-	01:01&	00:52&	01:19&	00:36&	00:14&
7	Gjermund Nedgård					Norsk Tipping					44:47				
03:44+	04:55+	09:04+	11:02+	12:59+	15:27+	17:49+	20:22+	23:35+	25:00+	28:38+	30:07+	31:57+	41:26+	44:16+	44:47+
03:44+	01:11+	04:09+	01:58-	01:57+	02:28+	02:22-	02:33-	03:13+	01:25+	03:38+	01:29-	01:50-	09:29+	02:50+	00:31+
02:43@	00:11#	00:47#	01:09-	00:07+	00:57&	00:24-	00:18-	01:06&	00:05+	00:02+	00:05-	00:00=	05:19@	00:43&	00:05#
8	Stein Arne Bekkum					Arve Hagen BIL					44:55				
03:54+	05:04+	09:16+	12:07+	14:25+	17:02+	19:44+	22:37+	26:09+	27:52+	30:44+	32:38+	35:17+	41:32+	44:34+	44:55+
03:54+	01:10+	04:12+	02:51-	02:18+	02:37+	02:42-	02:53+	03:32+	01:43+	02:52-	01:54+	02:39+	06:15+	03:02+	00:21-
02:53@	00:10#	00:50#	00:16-	00:28&	01:06&	00:04-	00:02+	01:25&	00:23&	00:44-	00:20#	00:49&	02:05&	00:55&	00:05-
9	Kjetil Liven					LMF					45:39				
01:08+	03:00+	07:45+	10:29+	13:06+	16:02+	19:24+	22:30+	27:05+	28:33+	31:00+	32:50+	35:15+	41:43+	44:56+	45:39+
01:08+	01:52+	04:45+	02:44-	02:37+	02:56+	03:22+	03:06+	04:35+	01:28+	02:27-	01:50+	02:25+	06:28+	03:13+	00:43+
00:07#	00:52&	01:23&	00:23-	00:47&	01:25&	00:36#	00:15+	02:28@	00:08+	01:09-	00:16#	00:35&	02:18&	01:06&	00:17&
10	Knut Malmo					Vegvesenet					46:07				
06:00+	06:47+	10:17+	12:36+	15:10+	18:09+	20:51+	25:04+	28:30+	29:56+	32:23+	34:20+	36:34+	42:55+	45:28+	46:07+
06:00+	00:47-	03:30+	02:19-	02:34+	02:59+	02:42-	04:13+	03:26+	01:26+	02:27-	01:57+	02:14+	06:21+	02:33+	00:39+
04:59@	00:13-	00:08+	00:48-	00:44&	01:28&	00:04-	01:22&	01:19&	00:06+	01:09-	00:23#	00:24#	02:11&	00:26#	00:13&
11	Einar Flenvold					Skaaret As					46:10				
01:01=	02:16+	06:51+	09:24+	12:12+	14:40+	18:51+	21:27+	25:23+	26:49+	29:49+	31:46+	35:43+	42:09+	45:39+	46:10+
01:01=	01:15+	04:35+	02:33-	02:48+	02:28+	04:11+	02:36-	03:56+	01:26+	03:00-	01:57+	03:57+	06:26+	03:30+	00:31+
00:00=	00:15#	01:13&	00:34-	00:58&	00:57&	01:25&	00:15-	01:49&	00:06+	00:36-	00:23#	02:07@	02:16&	01:23&	00:05#
12	Ove Tåsåsen					Mjøs Retail					46:25				
03:36+	04:49+	09:10+	11:43+	14:10+	16:23+	19:07+	21:42+	25:32+	26:59+	29:16+	31:07+	33:32+	42:28+	45:40+	46:25+
03:36+	01:13+	04:21+	02:33-	02:27+	02:13+	02:44-	02:35-	03:50+	01:27+	02:17-	01:51+	02:25+	08:56+	03:12+	00:45+
02:35@	00:13#	00:59&	00:34-	00:37&	00:42&	00:02-	00:16-	01:43&	00:07+	01:19-	00:17#	00:35&	04:46@	01:05&	00:19&
13	Peter Nagtzaam					EAB Engineering					46:39				
03:16+	04:26+	09:01+	11:13+	14:02+	17:08+	19:55+	23:19+	27:26+	29:01+	32:50+	34:49+	37:21+	43:38+	46:11+	46:39+
03:16+	01:10+	04:35+	02:12-	02:49+	03:06+	02:47+	03:24+	04:07+	01:35+	03:49+	01:59+	02:32+	06:17+	02:33+	00:28+
02:15@	00:10#	01:13&	00:55-	00:59&	01:35@	00:01+	00:33#	02:00&	00:15#	00:13+	00:25&	00:42&	02:07&	00:26#	00:02+
14	Rune Engen					Telenor					47:27				
01:30+	03:46+	07:54+	10:45+	13:24+	16:19+	19:16+	22:44+	26:23+	27:56+	31:31+	34:40+	36:56+	43:21+	46:47+	47:27+
01:30+	02:16+	04:08+	02:51-	02:39+	02:55+	02:57+	03:28+	03:39+	01:33+	03:35-	03:09+	02:16+	06:25+	03:26+	00:40+
00:29&	01:16@	00:46#	00:16-	00:49&	01:24&	00:11+	00:37#	01:32&	00:13#	00:01-	01:35@	00:26#	02:15&	01:19&	00:14&

Plass	Navn					Klasse					Tid				
15	Trond Feiring					HIL					47:50				
05:23+	06:24+	11:24+	13:57+	16:48+	19:57+	22:23+	24:51+	28:10+	29:25+	33:17+	35:04+	37:24+	44:15+	47:08+	47:50+
05:23+	01:01+	05:00+	02:33-	02:51+	03:09+	02:26-	02:28-	03:19+	01:15-	03:52+	01:47+	02:20+	06:51+	02:53+	00:42+
04:22@	00:01+	01:38&	00:34-	01:01&	01:38@	00:20-	00:23-	01:12&	00:05-	00:16+	00:13#	00:30&	02:41&	00:46&	00:16&
16	Tore Gustav Tomter					Plan 1					49:34				
02:31+	03:44+	07:45+	10:51+	13:59+	16:19+	19:34+	22:17+	28:11+	31:38+	34:07+	36:00+	38:40+	46:29+	49:00+	49:34+
02:31+	01:13+	04:01+	03:06-	03:08+	02:20+	03:15+	02:43-	05:54+	03:27+	02:29-	01:53+	02:40+	07:49+	02:31+	00:34+
01:30@	00:13#	00:39#	00:01-	01:18&	00:49&	00:29#	00:08-	03:47@	02:07@	01:07-	00:19#	00:50&	03:39&	00:24#	00:08&
17	Espen Melby					Løten kommune					51:59				
04:09+	05:28+	09:58+	12:43+	15:14+	17:20+	21:30+	24:57+	28:40+	30:24+	33:05+	35:10+	41:16+	48:06+	51:13+	51:59+
04:09+	01:19+	04:30+	02:45-	02:31+	02:06+	04:10+	03:27+	03:43+	01:44+	02:41-	02:05+	06:06+	06:50+	03:07+	00:46+
03:08@	00:19&	01:08&	00:22-	00:41&	00:35&	01:24&	00:36#	01:36&	00:24&	00:55-	00:31&	04:16@	02:40&	01:00&	00:20&
18	Olav Høiås					Statens Hus					52:07				
06:11+	07:25+	11:35+	14:24+	18:49+	21:04+	24:22+	26:36+	30:28+	31:56+	34:55+	38:31+	41:38+	48:31+	51:26+	52:07+
06:11+	01:14+	04:10+	02:49-	04:25+	02:15+	03:18+	02:14-	03:52+	01:28+	02:59-	03:36+	03:07+	06:53+	02:55+	00:41+
05:10@	00:14#	00:48#	00:18-	02:35@	00:44&	00:32#	00:37-	01:45&	00:08+	00:37-	02:02@	01:17&	02:43&	00:48&	00:15&
19	Steinar Libak					Løten kommune					53:00				
00:55-	02:20+	07:38+	11:06+	17:30+	20:28+	23:52+	26:41+	30:15+	31:56+	36:35+	38:48+	41:16+	48:33+	52:16+	53:00+
00:55-	01:25+	05:18+	03:28+	06:24+	02:58+	03:24+	02:49-	03:34+	01:41+	04:39+	02:13+	02:28+	07:17+	03:43+	00:44+
00:06-	00:25&	01:56&	00:21#	04:34@	01:27&	00:38#	00:02-	01:27&	00:21&	01:03&	00:39&	00:38&	03:07&	01:36&	00:18&
20	Jo Gisle Jørgensen					Norsk Tipping					53:45				
05:35+	06:42+	11:30+	15:57+	19:02+	21:25+	24:33+	27:18+	31:38+	33:15+	35:59+	38:47+	41:23+	49:10+	52:59+	53:45+
05:35+	01:07+	04:48+	04:27+	03:05+	02:23+	03:08+	02:45-	04:20+	01:37+	02:44-	02:48+	02:36+	07:47+	03:49+	00:46+
04:34@	00:07#	01:26&	01:20&	01:15&	00:52&	00:22#	00:06-	02:13@	00:17#	00:52-	01:14&	00:46&	03:37&	01:42&	00:20&
21	Torleif Finstad					Hamar Post					54:01				
00:51-	02:50+	07:29+	15:19+	18:18+	21:00+	24:20+	31:40+	34:59+	36:43+	39:42+	41:32+	44:31+	50:22+	53:16+	54:01+
00:51-	01:59+	04:39+	07:50+	02:59+	02:42+	03:20+	07:20+	03:19+	01:44+	02:59-	01:50+	02:59+	05:51+	02:54+	00:45+
00:10-	00:59&	01:17&	04:43@	01:09&	01:11&	00:34#	04:29@	01:12&	00:24&	00:37-	00:16#	01:09&	01:41&	00:47&	00:19&
22	Odd Nysæter					Byggmakker					55:21				
04:50+	06:12+	10:52+	13:50+	16:47+	20:09+	23:37+	26:26+	31:17+	33:12+	37:29+	40:20+	43:04+	51:04+	54:28+	55:21+
04:50+	01:22+	04:40+	02:58-	02:57+	03:22+	03:28+	02:49-	04:51+	01:55+	04:17+	02:51+	02:44+	08:00+	03:24+	00:53+
03:49@	00:22&	01:18&	00:09-	01:07&	01:51@	00:42&	00:02-	02:44@	00:35&	00:41#	01:17&	00:54&	03:50&	01:17&	00:27@
23	Leif Martin Kjos					Sparebank 1 Østlandet					56:05				
00:52-	02:50+	08:11+	11:01+	14:03+	19:06+	22:20+	26:47+	33:32+	35:21+	38:22+	40:28+	43:34+	52:28+	55:21+	56:05+
00:52-	01:58+	05:21+	02:50-	03:02+	05:03+	03:14+	04:27+	06:45+	01:49+	03:01-	02:06+	03:06+	08:54+	02:53+	00:44+
00:09-	00:58&	01:59&	00:17-	01:12&	03:32@	00:28#	01:36&	04:38@	00:29&	00:35-	00:32&	01:16&	04:44@	00:46&	00:18&
24	Steinar Tønsager					BDO Aktiva					57:42				
01:25+	03:42+	08:55+	12:48+	16:39+	21:36+	24:42+	31:04+	36:08+	37:46+	40:55+	42:49+	45:34+	53:37+	57:04+	57:42+
01:25+	02:17+	05:13+	03:53+	03:51+	04:57+	03:06+	06:22+	05:04+	01:38+	03:09-	01:54+	02:45+	08:03+	03:27+	00:38+
00:24&	01:17@	01:51&	00:46#	02:01@	03:26@	00:20#	03:31@	02:57@	00:18#	00:27-	00:20#	00:55&	03:53&	01:20&	00:12&
25	Tore Stenseth					Mjøс Retail					57:44				
02:48+	03:46+	08:42+	13:16+	15:51+	23:49+	27:04+	31:25+	35:41+	37:18+	40:07+	42:14+	44:55+	52:57+	56:58+	57:44+
02:48+	00:58-	04:56+	04:34+	02:35+	07:58+	03:15+	04:21+	04:16+	01:37+	02:49-	02:07+	02:41+	08:02+	04:01+	00:46+
01:47@	00:02-	01:34&	01:27&	00:45&	06:27@	00:29#	01:30&	02:09@	00:17#	00:47-	00:33&	00:51&	03:52&	01:54&	00:20&
26	Jan Olav Sæther					Vallset/Stange OL					59:05				
01:15+	03:06+	08:13+	12:59+	17:23+	22:44+	27:30+	30:42+	35:00+	37:06+	41:31+	44:16+	47:10+	54:24+	58:22+	59:05+
01:15+	01:51+	05:07+	04:46+	04:24+	05:21+	04:46+	03:12+	04:18+	02:06+	04:25+	02:45+	02:54+	07:14+	03:58+	00:43+
00:14#	00:51&	01:45&	01:39&	02:34@	03:50@	02:00&	00:21#	02:11@	00:46&	00:49#	01:11&	01:04&	03:04&	01:51&	00:17&
27	Rune Waaler					Raufoss Technology					1:00:47				
06:40+	07:37+	11:54+	20:07+	22:59+	25:50+	28:49+	33:23+	37:40+	40:28+	43:35+	45:47+	48:20+	56:28+	60:03+	60:47+
06:40+	00:57-	04:17+	08:13+	02:52+	02:51+	02:59+	04:34+	04:17+	02:48+	03:07-	02:12+	02:33+	08:08+	03:35+	00:44+
05:39@	00:03-	00:55&	05:06@	01:02&	01:20&	00:13+	01:43&	02:10@	01:28@	00:29-	00:38&	00:43&	03:58&	01:28&	00:18&
28	Johnny Johansen					Løten kommune					1:02:58				
04:55+	06:15+	12:33+	16:47+	20:18+	24:22+	28:10+	31:50+	36:57+	38:52+	44:11+	47:12+	50:46+	58:27+	62:11+	62:58+
04:55+	01:20+	06:18+	04:14+	03:31+	04:04+	03:48+	03:40+	05:07+	01:55+	05:19+	03:01+	03:34+	07:41+	03:44+	00:47+
03:54@	00:20&	02:56&	01:07&	01:41&	02:33@	01:02&	00:49&	03:00@	00:35&	01:43&	01:27&	01:44&	03:31&	01:37&	00:21&
29	Jan Roald Bøgeberg					Løten kommune					1:03:45				
01:54+	03:34+	08:41+	12:01+	15:10+	19:21+	24:00+	29:16+	34:20+	36:05+	39:15+	41:37+	46:36+	57:58+	62:56+	63:45+
01:54+	01:40+	05:07+	03:20+	03:09+	04:11+	04:39+	05:16+	05:04+	01:45+	03:10-	02:22+	04:59+	11:22+	04:58+	00:49+
00:53&	00:40&	01:45&	00:13+	01:19&	02:40@	01:53&	02:25&	02:57@	00:25&	00:26-	00:48&	03:09@	07:12@	02:51@	00:23&

Class	Navn															Klasse	Tid												
30	Terje Uthushagen															Uplan	1:04:11												
	09:09+	10:28+	15:32+	19:57+	23:26+	26:52+	30:59+	34:00+	39:11+	41:23+	44:50+	47:13+	50:18+	59:38+	63:15+	64:11+													
	09:09+	01:19+	05:04+	04:25+	03:29+	03:26+	04:07+	03:01+	05:11+	02:12+	03:27-	02:23+	03:05+	09:20+	03:37+	00:56+													
	08:08@	00:19&	01:42&	01:18&	01:39&	01:55@	01:21&	00:10+	03:04@	00:52&	00:09-	00:49&	01:15&	05:10@	01:30&	00:30@													
31	Eystein Linnerud															Norsk Tipping	1:25:19												
	03:07+	07:52+	14:55+	18:54+	22:20+	26:06+	33:40+	37:41+	42:00+	50:37+	52:57+	62:00+	64:41+	68:22+	79:22+	84:11+	85:19+												
	03:07+	04:45+	07:03+	03:59+	03:26+	03:46+	07:34+	04:01+	04:19+	08:37+	02:20-	09:03+	02:41+	03:41-	11:00+	04:49+	01:08+												
	02:06@	03:45@	03:41@	00:52&	01:36&	02:15@	04:48@	01:10&	02:12@	07:17@	01:16-	07:29@	00:51&	00:29-	08:53@	04:23@	01:08+												
32	Odd Tangen															Norsk Tipping	1:31:53												
	10:01+	11:50+	30:11+	34:09+	37:47+	49:51+	53:58+	62:23+	67:41+	69:22+	72:37+	75:00+	79:56+	87:47+	91:02+	91:53+													
	10:01+	01:49+	18:21+	03:58+	03:38+	12:04+	04:07+	08:25+	05:18+	01:41+	03:15-	02:23+	04:56+	07:51+	03:15+	00:51+													
	09:00@	00:49&	14:59@	00:51&	01:48&	10:33@	01:21&	05:34@	03:11@	00:21&	00:21-	00:49&	03:06@	03:41&	01:08&	00:25&													
Beste strekktid for klassen																													
	00:40	00:47	03:22	01:58	01:50	01:31	02:22	02:14	02:07	01:15	02:15	01:29	01:50	03:41	02:07	00:21													

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

Plass	Navn				Klasse				Tid								
H 4,5																	
1	Tom Røise				Ntnu Gjøvik				37:36								
01:04=	03:43=	05:53=	08:18=	10:03=	11:53=	13:18=	16:09=	17:27=	20:21=	22:09=	24:08=	25:02=	27:08=	30:36=	34:52=	37:03=	37:36=
01:04=	02:39=	02:10=	02:25=	01:45=	01:50=	01:25=	02:51=	01:18=	02:54=	01:48=	01:59=	00:54=	02:06=	03:28=	04:16=	02:11=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Andreas Huber				NAV				38:50								
01:56+	04:56+	07:06+	09:13+	11:10+	12:59+	14:52+	17:44+	19:10+	22:09+	23:20+	25:26+	26:19+	28:35+	31:42+	36:01+	38:11+	38:50+
01:56+	03:00+	02:10=	02:07-	01:57+	01:49-	01:53+	02:52+	01:26+	02:59+	01:11-	02:06+	00:53-	02:16+	03:07-	04:19+	02:10-	00:39+
00:52&	00:21#	00:00=	00:18-	00:12#	00:01-	00:28&	00:01+	00:08#	00:05+	00:37-	00:07+	00:01-	00:10+	00:21-	00:03+	00:01-	00:06#
3	Terje Tangen				Ringsaker OK				40:33								
01:16+	04:10+	06:35+	08:42+	10:37+	12:23+	14:01+	16:43+	18:17+	21:29+	23:51+	27:15+	28:09+	30:23+	33:27+	37:44+	39:58+	40:33+
01:16+	02:54+	02:25+	02:07-	01:55+	01:46-	01:38+	02:42-	01:34+	03:12+	02:22+	03:24+	00:54=	02:14+	03:04-	04:17+	02:14+	00:35+
00:12#	00:15+	00:15#	00:18-	00:10+	00:04-	00:13#	00:09-	00:16#	00:18#	00:34&	01:25&	00:00=	00:08+	00:24-	00:01+	00:03+	00:02+
4	Per M Lefdal				Oec				42:21								
01:43+	04:41+	07:14+	09:55+	12:05+	15:29+	17:18+	20:04+	21:55+	24:54+	26:19+	28:46+	29:57+	32:20+	35:20+	39:35+	41:49+	42:21+
01:43+	02:58+	02:33+	02:41+	02:10+	03:24+	01:49+	02:46-	01:51+	02:59+	01:25-	02:27+	01:11+	02:23+	03:00-	04:15-	02:14+	00:32-
00:39&	00:19#	00:23#	00:16#	00:25#	01:34&	00:24&	00:05-	00:33&	00:05+	00:23-	00:28#	00:17&	00:17#	00:28-	00:01-	00:03+	00:01-
5	Lars Storslett				Moelven				43:21								
01:31+	04:48+	07:59+	12:54+	14:41+	17:06+	18:31+	21:12+	22:52+	26:02+	27:23+	29:54+	30:53+	32:52+	36:30+	40:46+	42:45+	43:21+
01:31+	03:17+	03:11+	04:55+	01:47+	02:25+	01:25=	02:41-	01:40+	03:10+	01:21-	02:31+	00:59+	01:59-	03:38+	04:16=	01:59-	00:36+
00:27&	00:38#	01:01&	02:30@	00:02+	00:35&	00:00=	00:10-	00:22&	00:16+	00:27-	00:32&	00:05+	00:07-	00:10+	00:00=	00:12-	00:03+
6	Sindre Skjærbekk				Byggmakker				44:11								
01:26+	04:31+	07:11+	12:38+	14:21+	16:13+	17:41+	20:23+	21:50+	26:14+	27:34+	29:29+	30:26+	32:25+	36:15+	41:12+	43:33+	44:11+
01:26+	03:05+	02:40+	05:27+	01:43-	01:52+	01:28+	02:42-	01:27+	04:24+	01:20-	01:55-	00:57+	01:59-	03:50+	04:57+	02:21+	00:38+
00:22&	00:26#	00:30#	03:02@	00:02-	00:02+	00:03+	00:09-	00:09#	01:30&	00:28-	00:04-	00:03+	00:07-	00:22#	00:41#	00:10+	00:05#
7	Vidar Nomerstad				Sparebank 1 Østlandet				44:35								
01:07+	04:04+	06:49+	08:47+	10:32+	15:43+	17:14+	20:44+	22:22+	27:22+	28:34+	30:36+	31:47+	33:54+	37:17+	41:20+	44:00+	44:35+
01:07+	02:57+	02:45+	01:58-	01:45=	05:11+	01:31+	03:30+	01:38+	05:00+	01:12-	02:02+	01:11+	02:07+	03:23-	04:03-	02:40+	00:35+
00:03+	00:18#	00:35&	00:27-	00:00=	03:21@	00:06+	00:39#	00:20&	02:06&	00:36-	00:03+	00:17&	00:01+	00:05-	00:13-	00:29#	00:02+
8	Frank Robert Nybråten				Ringsaker vgs				44:58								
02:15+	05:27+	07:51+	10:43+	12:33+	14:39+	16:56+	19:56+	21:37+	24:51+	26:57+	29:08+	30:16+	34:04+	37:59+	42:11+	44:22+	44:58+
02:15+	03:12+	02:24+	02:52+	01:50+	02:06+	02:17+	03:00+	01:41+	03:14+	02:06+	02:11+	01:08+	03:48+	03:55+	04:12-	02:11=	00:36+
01:11@	00:33#	00:14#	00:27#	00:05+	00:16#	00:52&	00:09+	00:23&	00:20#	00:18#	00:12#	00:14&	01:42&	00:27#	00:04-	00:00=	00:03+
9	Olav Juliussen				Hamar Post				45:04								
01:36+	05:11+	07:46+	10:08+	12:17+	14:34+	16:19+	19:39+	21:23+	24:56+	26:35+	28:55+	31:03+	33:17+	36:59+	41:31+	44:24+	45:04+
01:36+	03:35+	02:35+	02:22-	02:09+	02:17+	01:45+	03:20+	01:44+	03:33+	01:39-	02:20+	02:08+	02:14+	03:42+	04:32+	02:53+	00:40+
00:32&	00:56&	00:25#	00:03-	00:24#	00:27#	00:20#	00:29#	00:26&	00:39#	00:09-	00:21#	01:14@	00:08+	00:14+	00:16+	00:42&	00:07#
10	Knut Skjeset				Stange kommune				45:47								
01:21+	04:41+	07:02+	09:23+	11:55+	14:23+	16:22+	19:24+	22:39+	26:02+	27:30+	30:37+	31:32+	34:05+	37:41+	42:55+	45:08+	45:47+
01:21+	03:20+	02:21+	02:21-	02:32+	02:28+	01:59+	03:02+	03:15+	03:23+	01:28-	03:07+	00:55+	02:33+	03:36+	05:14+	02:13+	00:39+
00:17&	00:41&	00:11+	00:04-	00:47&	00:38&	00:34&	00:11+	01:57@	00:29#	00:20-	01:08&	00:01+	00:27#	00:08+	00:58#	00:02+	00:06#
11	Arne Arnesen				Eidsiva				46:37								
01:31+	04:56+	07:42+	10:05+	12:17+	14:25+	16:14+	19:15+	21:21+	24:49+	27:43+	30:04+	31:23+	33:40+	38:09+	42:54+	46:02+	46:37+
01:31+	03:25+	02:46+	02:23-	02:12+	02:08+	01:49+	03:01+	02:06+	03:28+	02:54+	02:21+	01:19+	02:17+	04:29+	04:45+	03:08+	00:35+
00:27&	00:46&	00:36&	00:02-	00:27&	00:18#	00:24&	00:10+	00:48&	00:34#	01:06&	00:22#	00:25&	00:11+	01:01&	00:29#	00:57&	00:02+
12	Tor Haugstulen				Hamar Post				47:01								
02:59+	06:50+	09:07+	11:33+	13:58+	17:55+	19:46+	22:38+	24:25+	27:56+	29:54+	32:54+	34:11+	36:29+	39:39+	44:04+	46:22+	47:01+
02:59+	03:51+	02:17+	02:26+	02:25+	03:57+	01:51+	02:52+	01:47+	03:31+	01:58+	03:00+	01:17+	02:18+	03:10-	04:25+	02:18+	00:39+
01:55@	01:12&	00:07+	00:01+	00:40&	02:07@	00:26&	00:01+	00:29&	00:37#	00:10+	01:01&	00:23&	00:12+	00:18-	00:09+	00:07+	00:06#
13	Bjørn J Sørum				Jernbanens Idrettslag				47:30								
02:29+	05:36+	08:04+	10:40+	14:21+	16:31+	18:11+	20:53+	22:50+	28:04+	29:53+	32:10+	33:54+	35:59+	39:09+	44:30+	46:56+	47:30+
02:29+	03:07+	02:28+	02:36+	03:41+	02:10+	01:40+	02:42-	01:57+	05:14+	01:49+	02:17+	01:44+	02:05-	03:10-	05:21+	02:26+	00:34+
01:25@	00:28#	00:18#	00:11+	01:56@	00:20#	00:15#	00:09-	00:39&	02:20&	00:01+	00:18#	00:50&	00:01-	00:18-	01:05&	00:15#	00:01+
14	Tom Hagen				Byggmakker				48:21								
01:44+	05:13+	08:09+	10:42+	13:05+	15:48+	17:39+	21:12+	22:55+	26:52+	29:19+	31:57+	33:02+	36:27+	40:08+	45:26+	47:45+	48:21+
01:44+	03:29+	02:56+	02:33+	02:23+	02:43+	01:51+	03:33+	01:43+	03:57+	02:27+	02:38+	01:05+	03:25+	03:41+	05:18+	02:19+	00:36+
00:40&	00:50&	00:46&	00:08+	00:38&	00:53&	00:26&	00:42#	00:25&	01:03&	00:39&	00:39&	00:11#	01:19&	00:13+	01:02#	00:08+	00:03+

Plass	Navn										Klasse										Tid							
15	Stein Nordvi										Elverum kommune										48:49							
	01:38+	05:00+	07:40+	10:22+	13:07+	15:25+	17:22+	20:30+	22:18+	25:54+	30:05+	32:38+	33:45+	37:16+	40:44+	45:25+	48:06+	48:49+										
	01:38+	03:22+	02:40+	02:42+	02:45+	02:18+	01:57+	03:08+	01:48+	03:36+	04:11+	02:33+	01:07+	03:31+	03:28+	04:41+	02:41+	00:43+										
	00:34&	00:43&	00:30#	00:17#	01:00&	00:28&	00:32&	00:17+	00:30&	00:42#	02:23@	00:34&	00:13#	01:25&	00:00=	00:25+	00:30#	00:10&										
16	Avle Chr Bjørn										Idrettens Hus										49:07							
	01:28+	06:35+	09:14+	11:38+	13:38+	15:42+	18:04+	21:07+	22:50+	26:22+	28:54+	33:18+	35:20+	36:08+	38:39+	41:58+	46:14+	48:32+	49:07+									
	01:28+	05:07+	02:39+	02:24-	02:00+	02:04+	02:22+	03:03+	01:43+	03:32+	02:32+	04:24+	02:02+	00:48-	02:31-	03:19-	04:16+	02:18+	00:35+									
	00:24&	02:28&	00:29#	00:01-	00:15#	00:14#	00:57&	00:12+	00:25&	00:38#	00:44&	02:25@	01:08#	01:18-	00:57-	00:57-	02:05&	01:45@	00:35+									
17	Knut Vidar Lund										Telenor										51:36							
	01:35+	05:21+	08:44+	11:31+	14:10+	16:39+	19:31+	23:25+	25:31+	29:40+	31:58+	34:58+	36:04+	39:02+	42:57+	48:07+	50:53+	51:36+										
	01:35+	03:46+	03:23+	02:47+	02:39+	02:29+	02:52+	03:54+	02:06+	04:09+	02:18+	03:00+	01:06+	02:58+	03:55+	05:10+	02:46+	00:43+										
	00:31&	01:07&	01:13&	00:22#	00:54&	00:39&	01:27@	01:03&	00:48&	01:15&	00:30&	01:01&	00:12#	00:52&	00:27#	00:54#	00:35&	00:10&										
18	Harald Volden										Jernbanens Idrettslag										54:08							
	02:01+	05:27+	09:16+	15:47+	18:36+	20:54+	24:14+	27:54+	29:43+	33:18+	34:46+	37:23+	38:37+	40:54+	44:34+	50:41+	53:28+	54:08+										
	02:01+	03:26+	03:49+	06:31+	02:49+	02:18+	03:20+	03:40+	01:49+	03:35+	01:28-	02:37+	01:14+	02:17+	03:40+	06:07+	02:47+	00:40+										
	00:57&	00:47&	01:39&	04:06@	01:04&	00:28&	01:55@	00:49&	00:31&	00:41#	00:20-	00:38&	00:20&	00:11+	00:12+	01:51&	00:36&	00:07#										
19	Erik Grøndalen										Jernbanens Idrettslag										54:25							
	01:24+	06:25+	09:06+	11:47+	14:50+	17:08+	19:27+	24:10+	26:42+	32:05+	35:59+	38:40+	39:44+	42:03+	45:45+	50:45+	53:46+	54:25+										
	01:24+	05:01+	02:41+	02:41+	03:03+	02:18+	02:19+	04:43+	02:32+	05:23+	03:54+	02:41+	01:04+	02:19+	03:42+	05:00+	03:01+	00:39+										
	00:20&	02:22&	00:31#	00:16#	01:18&	00:28&	00:54&	01:52&	01:14&	02:29&	02:06@	00:42&	00:10#	00:13#	00:14+	00:50&	00:06#											
20	Torbjørn Løkken										Vang O-lag										54:40							
	02:47+	06:55+	10:41+	14:24+	17:44+	20:13+	23:58+	27:29+	29:19+	33:38+	35:56+	38:26+	39:30+	41:50+	45:37+	50:48+	53:52+	54:40+										
	02:47+	04:08+	03:46+	03:43+	03:20+	02:29+	03:45+	03:31+	01:50+	04:19+	02:18+	02:30+	01:04+	02:20+	03:47+	05:11+	03:04+	00:48+										
	01:43@	01:29&	01:36&	01:18&	01:35&	00:39&	02:20@	00:40#	00:32&	01:25&	00:30&	00:31&	00:10#	00:14#	00:19+	00:55#	00:53&	00:15&										
21	Odd Arne Blystad										Eidsiva										55:51							
	02:42+	08:18+	11:55+	15:14+	17:51+	20:15+	23:59+	27:30+	29:33+	33:15+	35:13+	37:40+	40:06+	42:38+	46:24+	51:52+	55:08+	55:51+										
	02:42+	05:36+	03:37+	03:19+	02:37+	02:24+	03:44+	03:31+	02:03+	03:42+	01:58+	02:27+	02:26+	02:32+	03:46+	05:28+	03:16+	00:43+										
	01:38@	02:57@	01:27&	00:54&	00:52&	00:34&	02:19@	00:40#	00:45&	00:48&	00:10+	00:28#	01:32@	00:26#	00:18+	01:12&	01:05&	00:10&										
22	Tore Jørgensen										Norsk Tipping										56:17							
	01:40+	05:15+	08:11+	10:50+	13:06+	15:21+	17:28+	20:40+	22:35+	26:43+	31:53+	34:31+	35:38+	38:01+	43:46+	52:35+	55:27+	56:17+										
	01:40+	03:35+	02:56+	02:39+	02:16+	02:15+	02:07+	03:12+	01:55+	04:08+	05:10+	02:38+	01:07+	02:23+	05:45+	08:49+	02:52+	00:50+										
	00:36&	00:56&	00:46&	00:14+	00:31&	00:25#	00:42&	00:21#	00:37&	01:14&	03:22@	00:39&	00:13#	00:17#	02:17&	04:33@	00:41&	00:17&										
23	Tormod Lundberg										Vegvesenet										57:54							
	02:01+	05:59+	09:52+	12:52+	16:02+	19:05+	21:48+	25:20+	27:25+	31:45+	35:39+	39:57+	41:27+	44:34+	48:53+	54:12+	57:19+	57:54+										
	02:01+	03:58+	03:53+	03:00+	03:10+	03:03+	02:43+	03:32+	02:05+	04:20+	03:54+	04:18+	01:30+	03:07+	04:19+	05:19+	03:07+	00:35+										
	00:57&	01:19&	01:43&	00:35#	01:25&	01:13&	01:18&	00:41#	00:47&	01:26&	02:06@	02:19@	00:36&	01:01&	00:51#	01:03#	00:56&	00:02+										
24	Arne Hagen										Vegvesenet										1:02:45							
	02:35+	06:08+	09:49+	13:16+	16:08+	18:58+	21:48+	26:01+	28:30+	33:31+	36:10+	40:54+	42:23+	45:56+	51:40+	58:44+	62:04+	62:45+										
	02:35+	03:33+	03:41+	03:27+	02:52+	02:50+	02:50+	04:13+	02:29+	05:01+	02:39+	04:44+	01:29+	03:33+	05:44+	07:04+	03:20+	00:41+										
	01:31@	00:54&	01:31&	01:02&	01:07&	01:00&	01:25&	01:22&	01:11&	02:07&	00:51&	02:45@	00:35&	01:27&	02:16&	02:48&	01:09&	00:08#										
Beste strekketid for klassen																												
	01:04	02:39	02:10	01:58	01:43	01:46	01:25	02:41	01:18	02:54	01:11	01:55	00:53	00:48	02:31	03:19	01:59	00:32										

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

Plass	Navn	Klasse										Tid													
H 5,5																									
1	Kenneth Bilstad					Byggmakker										34:29									
00:33=	01:40=	03:56=	04:54=	06:24=	07:57=	09:21=	10:43=	11:48=	13:38=	14:45=	17:00=	18:06=	19:12=	20:19=	21:47=	22:42=	24:11=	24:51=	26:15=	27:43=	29:09=	32:08=	34:00=	34:29=	
00:33=	01:07=	02:16=	00:58=	01:30=	01:33=	01:24=	01:22=	01:05=	01:50=	01:07=	02:15=	01:06=	01:06=	01:07=	01:28=	00:55=	01:29=	00:40=	01:24=	01:28=	01:26=	02:59=	01:52=	00:29=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Geir Myhr Øien					Kartverket										46:26									
00:37+	01:46+	04:47+	05:49+	07:39+	09:40+	11:25+	13:10+	14:31+	16:55+	19:01+	21:58+	23:37+	24:52+	27:10+	28:55+	30:42+	33:25+	34:15+	36:13+	38:09+	39:59+	43:45+	45:55+	46:26+	
00:37+	01:09+	03:01+	01:02+	01:50+	02:01+	01:45+	01:45+	01:21+	02:24+	02:06+	02:57+	01:39+	01:15+	02:18+	01:45+	01:47+	02:43+	00:50+	01:58+	01:56+	01:50+	03:46+	02:10+	00:31+	
00:04#	00:02+	00:45&	00:04+	00:20#	00:28&	00:21#	00:23&	00:16#	00:34&	00:59&	00:42&	00:33&	00:09#	01:11@	00:17#	00:52&	01:14&	00:10#	00:34&	00:28&	00:24&	00:47&	00:18#	00:02+	
3	Harald Berge					BAS Elverum										52:48									
00:36+	02:28+	05:34+	07:00+	09:34+	11:56+	14:02+	16:04+	18:03+	20:59+	22:27+	25:48+	27:31+	29:28+	31:00+	32:59+	34:29+	36:33+	38:07+	40:17+	42:24+	44:30+	49:50+	52:12+	52:48+	
00:36+	01:52+	03:06+	01:26+	02:34+	02:22+	02:06+	02:02+	01:59+	02:56+	01:28+	03:21+	01:43+	01:57+	01:32+	01:59+	01:30+	02:04+	01:34+	02:10+	02:07+	02:06+	05:20+	02:22+	00:36+	
00:03+	00:45&	00:50&	00:28&	01:04&	00:49&	00:42&	00:40&	00:54&	01:06&	00:21&	01:06&	00:37&	00:51&	00:25&	00:31&	00:35&	00:35&	00:54@	00:46&	00:39&	00:40&	02:21&	00:30&	00:07#	
4	Tore Borchgrevink Alu					Hamar Katedralskole										53:05									
00:39+	02:01+	05:14+	06:40+	08:55+	11:33+	13:30+	15:31+	17:11+	20:07+	21:40+	25:22+	27:19+	29:05+	30:42+	33:00+	34:34+	37:07+	38:04+	40:12+	42:59+	45:10+	49:30+	52:20+	53:05+	
00:39+	01:22+	03:13+	01:26+	02:15+	02:38+	01:57+	02:01+	01:40+	02:56+	01:33+	03:42+	01:57+	01:46+	01:37+	02:18+	01:34+	02:33+	00:57+	02:08+	02:47+	02:11+	04:20+	02:50+	00:45+	
00:06#	00:15#	00:57&	00:28&	00:45&	01:05&	00:33&	00:39&	00:35&	01:06&	00:26&	01:27&	00:51&	00:40&	00:30&	00:50&	00:39&	01:04&	00:17&	00:44&	01:19&	00:45&	01:21&	00:58&	00:16&	
5	Tormod Pedersen					Arve Hagen BIL										53:31									
00:40+	01:58+	05:45+	07:11+	09:27+	11:40+	14:07+	16:00+	17:42+	20:33+	22:15+	25:56+	28:05+	29:59+	31:40+	33:52+	35:39+	37:55+	38:51+	40:56+	43:13+	45:28+	50:35+	52:57+	53:31+	
00:40+	01:18+	03:47+	01:26+	02:16+	02:13+	02:27+	01:53+	01:42+	02:51+	01:42+	03:41+	02:09+	01:54+	01:41+	02:12+	01:47+	02:16+	00:56+	02:05+	02:17+	02:15+	05:07+	02:22+	00:34+	
00:07#	00:11#	01:31&	00:28&	00:46&	00:40&	01:03&	00:31&	00:37&	01:01&	00:35&	01:26&	01:03&	00:48&	00:34&	00:44&	00:52&	00:47&	00:16&	00:41&	00:49&	00:49&	02:08&	00:30&	00:05#	
6	Michael Sætvedt					Raufoss Technology										55:05									
00:33=	01:53+	05:12+	06:29+	08:37+	11:02+	13:12+	15:16+	17:37+	20:17+	22:12+	25:14+	27:28+	28:51+	30:18+	32:16+	35:05+	38:02+	40:42+	41:35+	44:27+	46:33+	48:30+	52:22+	54:37+	55:05+
00:33=	01:20+	03:19+	01:17+	02:08+	02:25+	02:10+	02:04+	02:21+	02:40+	01:55+	03:02+	02:14+	01:23+	01:27+	01:58+	02:49+	02:57+	02:40+	00:53-	02:52+	02:06+	01:57-	03:52+	02:15+	00:28+
00:00=	00:13#	01:03&	00:19&	00:38&	00:52&	00:46&	00:42&	01:16@	00:50&	00:48&	00:47&	01:08@	00:17&	00:20&	00:30&	01:54@	01:28&	02:00@	00:31-	01:24&	00:40&	01:02-	02:00@	01:46@	00:28+
7	Frode Haug					Hamar OK										55:25									
00:50+	02:39+	06:13+	07:26+	09:50+	13:18+	15:43+	17:16+	19:46+	21:08+	24:26+	25:58+	29:09+	31:19+	32:55+	35:23+	37:27+	39:24+	41:29+	42:31+	44:19+	46:22+	48:30+	52:34+	54:54+	55:25+
00:50+	01:49+	03:34+	01:13+	02:24+	03:28+	02:25+	01:33+	02:30+	01:22-	03:18+	01:32-	03:11+	02:10+	01:36+	02:28+	02:04+	01:57+	02:05+	01:02-	01:48+	02:03+	02:08-	04:04+	02:20+	00:31+
00:17&	00:42&	01:18&	00:15&	00:54&	01:55@	01:01&	00:11#	01:25@	00:28-	02:11@	00:43-	02:05@	01:04&	00:29&	01:00&	01:09@	00:28&	01:25@	00:22-	00:20#	00:37&	00:51-	02:12@	01:51@	00:31+
8	Frode Ødegårdstuen					ASKO										56:34									
00:38+	02:54+	06:06+	07:22+	09:41+	14:24+	16:27+	18:24+	20:09+	23:48+	25:38+	28:53+	30:48+	32:51+	34:23+	36:49+	38:55+	41:14+	42:07+	44:21+	46:25+	49:06+	53:55+	55:58+	56:34+	
00:38+	02:16+	03:12+	01:16+	02:19+	04:43+	02:03+	01:57+	01:45+	03:39+	01:50+	03:15+	01:55+	02:03+	01:32+	02:26+	02:06+	02:19+	00:53+	02:14+	02:04+	02:41+	04:49+	02:03+	00:36+	
00:05#	01:09@	00:56&	00:18&	00:49&	03:10@	00:39&	00:35&	00:40&	01:49&	00:43&	01:00&	00:49&	00:57&	00:25&	00:58&	01:11@	00:50&	00:13&	00:50&	00:36&	01:15&	01:50&	00:11+	00:07#	
9	Frode Hjorth					Statens Hus										1:04:30									
03:40+	05:48+	11:15+	12:47+	15:37+	18:28+	20:51+	24:04+	26:46+	29:58+	31:34+	35:09+	37:46+	39:35+	41:33+	43:45+	46:01+	48:19+	49:21+	51:35+	53:40+	56:41+	61:35+	63:54+	64:30+	
03:40+	02:08+	05:27+	01:32+	02:50+	02:51+	02:23+	03:13+	02:42+	03:12+	01:36+	03:35+	02:37+	01:49+	01:58+	02:12+	02:16+	02:18+	01:02+	02:14+	02:05+	03:01+	04:54+	02:19+	00:36+	
03:07@	01:01&	03:11@	00:34&	01:20&	01:18&	00:59&	01:51@	01:37@	01:22&	00:29&	01:20&	01:31@	00:43&	00:51&	00:44&	01:21@	00:49&	00:22&	00:50&	00:37&	01:35@	01:55&	00:27#	00:07#	
Beste strekktid for klassen																									
00:33	01:07	02:16	00:58	01:30	01:33	01:24	01:22	01:05	01:22	01:07	01:32	01:06	01:06	01:07	01:28	00:55	01:29	00:40	00:53	01:28	01:26	01:57	01:52	00:29	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																									