

Bedrifts-o-løp 21.08.2018**Strekktider****Moskogen, Moelv-21.08.2018****Plass Navn****Klasse****Tid****D 1,5****1 Mette Bjertingstad Hikt 13:19**00:38= 01:58= 05:22= 07:25= 09:16= 12:51= 13:19=
00:38= 01:20= 03:24= 02:03= 01:51= 03:35= 00:28=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=**2 Tora Kleven Hamar Post 13:43**00:46+ 02:55+ 06:34+ 09:21+ 11:00+ 13:02+ 13:43+
00:46+ 02:09+ 03:39+ 02:47+ 01:39- 02:02- 00:41+
00:08# 00:49% 00:15+ 00:44% 00:12- 01:33- 00:13%**3 Lise Tronstad Arve Hagen BIL 14:08**00:54+ 02:46+ 06:45+ 09:35+ 11:18+ 13:30+ 14:08+
00:54+ 01:52+ 03:59+ 02:50+ 01:43- 02:12- 00:38+
00:16% 00:32% 00:35# 00:47% 00:08- 01:23- 00:10%**4 Irene Øien Sparebank 1 Østlandet 15:12**00:55+ 03:32+ 07:51+ 10:47+ 12:29+ 14:38+ 15:12+
00:55+ 02:37+ 04:19+ 02:56+ 01:42- 02:09- 00:34+
00:17% 01:17% 00:55% 00:53% 00:09- 01:26- 00:06#**5 Anne Marie Nesbakk Eidsiva 16:19**00:33- 03:32+ 07:51+ 10:56+ 12:39+ 15:41+ 16:19+
00:33- 02:59+ 04:19+ 03:05+ 01:43- 03:02- 00:38+
00:05- 01:39@ 00:55% 01:02% 00:08- 00:33- 00:10%**6 Unni Fladsrud Vold Moelven 16:24**00:52+ 04:08+ 08:48+ 11:44+ 13:31+ 15:45+ 16:24+
00:52+ 03:16+ 04:40+ 02:56+ 01:47- 02:14- 00:39+
00:14% 01:56@ 01:16% 00:53% 00:04- 01:21- 00:11%**7 Helga Hansen Arve Hagen BIL 18:48**00:59+ 03:36+ 08:28+ 12:13+ 14:03+ 17:55+ 18:48+
00:59+ 02:37+ 04:52+ 03:45+ 01:50- 03:52+ 00:53+
00:21% 01:17% 01:28% 01:42% 00:01- 00:17+ 00:25%**8 Synnøve Kaul Mjøs Retail 18:54**00:40+ 03:19+ 11:18+ 14:09+ 16:00+ 17:57+ 18:54+
00:40+ 02:39+ 07:59+ 02:51+ 01:51= 01:57- 00:57+
00:02+ 01:19% 04:35@ 00:48% 00:00= 01:38- 00:29@**9 Solveig Johannessen Arve Hagen BIL 19:36**01:32+ 04:49+ 10:24+ 13:58+ 16:13+ 18:47+ 19:36+
01:32+ 03:17+ 05:35+ 03:34+ 02:15+ 02:34- 00:49+
00:54@ 01:57@ 02:11% 01:31% 00:24# 01:01- 00:21%**10 Gerd Grønvold Arve Hagen BIL 19:57**03:33+ 06:02+ 10:45+ 14:26+ 16:41+ 19:07+ 19:57+
03:33+ 02:29+ 04:43+ 03:41+ 02:15+ 02:26- 00:50+
02:55@ 01:09% 01:19% 01:38% 00:24# 01:09- 00:22%**11 Marie Rustadbakken Arve Hagen BIL 20:22**00:56+ 04:41+ 09:11+ 13:00+ 14:49+ 19:32+ 20:22+
00:56+ 03:45+ 04:30+ 03:49+ 01:49- 04:43+ 00:50+
00:18% 02:25@ 01:06% 01:46% 00:02- 01:08% 00:22%**12 Turid Opsahl Løten kommune 21:35**00:57+ 03:23+ 09:56+ 14:06+ 16:53+ 20:22+ 21:35+
00:57+ 02:26+ 06:33+ 04:10+ 02:47+ 03:29- 01:13+
00:19% 01:06% 03:09% 02:07@ 00:56% 00:06- 00:45@**13 Kjersti Øvereng Hikt 22:30**08:06+ 10:36+ 14:25+ 16:46+ 18:41+ 21:58+ 22:30+
08:06+ 02:30+ 03:49+ 02:21+ 01:55+ 03:17- 00:32+
07:28@ 01:10% 00:25# 00:18# 00:04+ 00:18- 00:04#**14 Karin Jevanord Arve Hagen BIL 22:42**01:15+ 04:40+ 11:06+ 15:23+ 18:08+ 21:18+ 22:42+
01:15+ 03:25+ 06:26+ 04:17+ 02:45+ 03:10- 01:24+
00:37% 02:05@ 03:02% 02:14@ 00:54% 00:25- 00:56@

Plass	Navn	Klasse	Tid
15	Aase Sørflaten	Vallset/Stange OL	25:46
	01:17+ 05:59+ 14:23+ 18:24+ 21:18+ 24:31+ 25:46+		
	01:17+ 04:42+ 08:24+ 04:01+ 02:54+ 03:13- 01:15+		
	00:39@ 03:22@ 05:00@ 01:58& 01:03& 00:22- 00:47@		
Beste strekktid for klassen			
	00:33 01:20 03:24 02:03 01:39 01:57 00:28		

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

Plass	Navn	Klasse	Tid
D 2,5			
1	Inger K. Brøndbo	Vallset/Stange OL	28:39
	02:06= 05:58= 09:56= 12:48= 17:12= 23:00= 24:16= 25:54= 27:59= 28:39=		
	02:06= 03:52= 03:58= 02:52= 04:24= 05:48= 01:16= 01:38= 02:05= 00:40=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Claire Bant	Vegvesenet	31:00
	01:41- 06:19+ 09:35- 13:55+ 18:23+ 25:44+ 27:01+ 29:09+ 30:30+ 31:00+		
	01:41- 04:38+ 03:16- 04:20+ 04:28+ 07:21+ 01:17+ 02:08+ 01:21- 00:30-		
	00:25- 00:46# 00:42- 01:28& 00:04+ 01:33& 00:01+ 00:30& 00:44- 00:10-		
3	Elisabet Rise	Geno	31:01
	01:48- 06:11+ 09:23- 12:46- 17:55+ 25:42+ 27:05+ 28:41+ 30:22+ 31:01+		
	01:48- 04:23+ 03:12- 03:23+ 05:09+ 07:47+ 01:23+ 01:36- 01:41- 00:39-		
	00:18- 00:31# 00:46- 00:31# 00:45# 01:59& 00:07+ 00:02- 00:24- 00:01-		
4	Liv Feiring	HIL	31:48
	00:49- 05:39- 12:20+ 13:50+ 16:07- 17:13- 17:52- 25:22- 28:14+ 30:37+ 31:48+		
	00:49- 04:50+ 06:41+ 01:30- 02:17- 01:06- 00:39- 07:30+ 02:52+ 02:23+ 01:11+		
	01:17- 00:58# 02:43& 01:22- 02:07- 04:42- 00:37- 05:52@ 00:47& 01:43@ 01:11+		
5	Inger G. Lund	Telenor	32:20
	02:37+ 06:55+ 11:20+ 14:53+ 19:30+ 25:47+ 27:21+ 29:26+ 31:42+ 32:20+		
	02:37+ 04:18+ 04:25+ 03:33+ 04:37+ 06:17+ 01:34+ 02:05+ 02:16+ 00:38-		
	00:31# 00:26# 00:27# 00:41# 00:13+ 00:29+ 00:18# 00:27& 00:11+ 00:02-		
6	Bjørge Sorprud	Løten kommune	32:23
	01:39- 07:02+ 10:34+ 14:17+ 18:57+ 25:41+ 27:13+ 29:26+ 31:45+ 32:23+		
	01:39- 05:23+ 03:32- 03:43+ 04:40+ 06:44+ 01:32+ 02:13+ 02:19+ 00:38-		
	00:27- 01:31& 00:26- 00:51& 00:16+ 00:56# 00:16# 00:35& 00:14# 00:02-		
7	Nn Ukjent Løper	NOTEAM	32:48
	02:25+ 07:30+ 11:10+ 14:41+ 19:51+ 27:19+ 28:50+ 30:37+ 32:06+ 32:48+		
	02:25+ 05:05+ 03:40- 03:31+ 05:10+ 07:28+ 01:31+ 01:47+ 01:29- 00:42+		
	00:19# 01:13& 00:18- 00:39# 00:46# 01:40& 00:15# 00:09+ 00:36- 00:02+		
8	Bente Grøndalen	SIHF	33:10
	02:11+ 06:40+ 09:52- 13:36+ 19:16+ 27:20+ 28:55+ 31:06+ 32:21+ 33:10+		
	02:11+ 04:29+ 03:12- 03:44+ 05:40+ 08:04+ 01:35+ 02:11+ 01:15- 00:49+		
	00:05+ 00:37# 00:46- 00:52& 01:16& 02:16& 00:19# 00:33& 00:50- 00:09#		
9	Bente Wikstrøm	Geno	33:13
	01:40- 05:18- 10:21+ 13:12+ 21:21+ 27:47+ 29:06+ 31:02+ 32:06+ 33:13+		
	01:40- 03:38- 05:03+ 02:51- 08:09+ 06:26+ 01:19+ 01:56+ 01:04- 01:07+		
	00:26- 00:14- 01:05& 00:01- 03:45& 00:38# 00:03+ 00:18# 01:01- 00:27&		
10	Berit Røste	Sykehuset Innlandet	33:24
	01:59- 07:17+ 11:03+ 14:22+ 20:07+ 26:31+ 28:07+ 30:17+ 32:41+ 33:24+		
	01:59- 05:18+ 03:46- 03:19+ 05:45+ 06:24+ 01:36+ 02:10+ 02:24+ 00:43+		
	00:07- 01:26& 00:12- 00:27# 01:21& 00:36# 00:20& 00:32& 00:19# 00:03+		
11	Rønnaug Sagbakken	Sparebank 1 Østlandet	35:27
	02:09+ 07:30+ 11:13+ 14:57+ 21:15+ 29:33+ 31:06+ 33:02+ 34:38+ 35:27+		
	02:09+ 05:21+ 03:43- 03:44+ 06:18+ 08:18+ 01:33+ 01:56+ 01:36- 00:49+		
	00:03+ 01:29& 00:15- 00:52& 01:54& 02:30& 00:17# 00:18# 00:29- 00:09#		
12	Mette Alvstad Wernberg	Sparebank 1 Østlandet	36:37
	01:46- 08:19+ 13:50+ 19:18+ 24:41+ 30:59+ 32:12+ 33:49+ 35:55+ 36:37+		
	01:46- 06:33+ 05:31+ 05:28+ 05:23+ 06:18+ 01:13- 01:37- 02:06+ 00:42+		
	00:20- 02:41& 01:33& 02:36& 00:59# 00:30+ 00:03- 00:01- 00:01+ 00:02+		
13	Oddveig Anne Sagbakken	Lokal revisjon as	37:04
	02:01- 09:45+ 13:19+ 17:46+ 23:38+ 31:13+ 32:46+ 34:46+ 36:17+ 37:04+		
	02:01- 07:44+ 03:34- 04:27+ 05:52+ 07:35+ 01:33+ 02:00+ 01:31- 00:47+		
	00:05- 03:52& 00:24- 01:35& 01:28& 01:47& 00:17# 00:22# 00:34- 00:07#		
14	Anita Tollefsen	Treningskompaniet	38:22
	01:50- 14:02+ 18:01+ 22:12+ 26:58+ 33:05+ 34:26+ 36:12+ 37:49+ 38:22+		
	01:50- 12:12+ 03:59+ 04:11+ 04:46+ 06:07+ 01:21+ 01:46+ 01:37- 00:33-		
	00:16- 08:20@ 00:01+ 01:19& 00:22+ 00:19+ 00:05+ 00:08+ 00:28- 00:07-		

Plass	Navn										Klasse	Tid
15	Anita Stensby Bekkelund										Løten kommune	38:45
	02:32+	07:37+	11:20+	15:07+	22:04+	30:04+	31:47+	34:38+	38:01+	38:45+		
	02:32+	05:05+	03:43-	03:47+	06:57+	08:00+	01:43+	02:51+	03:23+	00:44+		
	00:26#	01:13&	00:15-	00:55&	02:33&	02:12&	00:27&	01:13&	01:18&	00:04#		
16	Liv Reidun Reiersen										Mjøs Retail	39:52
	03:13+	09:28+	13:29+	17:15+	23:12+	32:59+	35:02+	37:26+	38:59+	39:52+		
	03:13+	06:15+	04:01+	03:46+	05:57+	09:47+	02:03+	02:24+	01:33-	00:53+		
	01:07&	02:23&	00:03+	00:54&	01:33&	03:59&	00:47&	00:46&	00:32-	00:13&		
17	Randi Aas Fjæstad										Løten kommune	40:54
	02:11+	12:20+	15:56+	19:41+	26:50+	34:47+	36:34+	38:43+	40:04+	40:54+		
	02:11+	10:09+	03:36-	03:45+	07:09+	07:57+	01:47+	02:09+	01:21-	00:50+		
	00:05+	06:17@	00:22-	00:53&	02:45&	02:09&	00:31&	00:31&	00:44-	00:10#		
18	Marit Tyldum										RIL	41:46
	01:49-	07:27+	11:24+	14:32+	29:06+	35:39+	37:01+	38:38+	40:59+	41:46+		
	01:49-	05:38+	03:57-	03:08+	14:34+	06:33+	01:22+	01:37-	02:21+	00:47+		
	00:17-	01:46&	00:01-	00:16+	10:10@	00:45#	00:06+	00:01-	00:16#	00:07#		
19	Inger E. Vamnes										Hamar OK	42:49
	02:23+	10:07+	14:02+	19:36+	27:24+	35:59+	37:34+	40:06+	42:00+	42:49+		
	02:23+	07:44+	03:55-	05:34+	07:48+	08:35+	01:35+	02:32+	01:54-	00:49+		
	00:17#	03:52&	00:03-	02:42&	03:24&	02:47&	00:19#	00:54&	00:11-	00:09#		
20	Annie O Gihlemon										Løten kommune	43:05
	02:58+	09:14+	13:43+	17:55+	25:26+	35:30+	37:38+	40:20+	42:07+	43:05+		
	02:58+	06:16+	04:29+	04:12+	07:31+	10:04+	02:08+	02:42+	01:47-	00:58+		
	00:52&	02:24&	00:31#	01:20&	03:07&	04:16&	00:52&	01:04&	00:18-	00:18&		
21	Inger Bakken										If	45:18
	02:45+	12:58+	16:34+	21:25+	30:48+	38:04+	39:54+	42:46+	44:21+	45:18+		
	02:45+	10:13+	03:36-	04:51+	09:23+	07:16+	01:50+	02:52+	01:35-	00:57+		
	00:39&	06:21@	00:22-	01:59&	04:59@	01:28&	00:34&	01:14&	00:30-	00:17&		
22	Berit Myhrmoen										Hamar Katedralskole	46:24
	01:38-	20:48+	24:10+	27:34+	33:56+	41:39+	43:04+	44:39+	45:40+	46:24+		
	01:38-	19:10+	03:22-	03:24+	06:22+	07:43+	01:25+	01:35-	01:01-	00:44+		
	00:28-	15:18@	00:36-	00:32#	01:58&	01:55&	00:09#	00:03-	01:04-	00:04#		
Beste strekktid for klassen												
	00:49	03:38	03:12	01:30	02:17	01:06	00:39	01:35	01:01	00:30		

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

Plass	Navn	Klasse												Tid
D 3,5														
1	Anne-Guri Jevne	SIHF												31:21
01:05=	02:03=	04:22=	10:41=	13:36=	17:04=	18:34=	23:58=	25:27=	26:38=	28:37=	30:46=	31:21=		
01:05=	00:58=	02:19=	06:19=	02:55=	03:28=	01:30=	05:24=	01:29=	01:11=	01:59=	02:09=	00:35=		
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	Eirin Lodgaard	Sintef Raufoss												32:27
00:53-	01:43-	04:10-	11:14+	14:30+	18:17+	19:49+	24:50+	26:31+	27:49+	29:40+	31:55+	32:27+		
00:53-	00:50-	02:27+	07:04+	03:16+	03:47+	01:32+	05:01-	01:41+	01:18+	01:51-	02:15+	00:32-		
00:12-	00:08-	00:08+	00:45#	00:21#	00:19+	00:02+	00:23-	00:12#	00:07+	00:08-	00:06+	00:03-		
3	Kjersti Narum	Vallset/Stange OL												33:32
01:08+	02:08+	04:45+	11:33+	15:19+	19:00+	20:45+	26:00+	27:45+	28:56+	30:34+	33:00+	33:32+		
01:08+	01:00+	02:37+	06:48+	03:46+	03:41+	01:45+	05:15-	01:45+	01:11=	01:38-	02:26+	00:32-		
00:03+	00:02+	00:18#	00:29+	00:51&	00:13+	00:15#	00:09-	00:16#	00:00=	00:21-	00:17#	00:03-		
4	Bodil Wiik	Norsk Tipping												35:32
01:00-	01:52-	04:10-	12:34+	16:57+	20:51+	22:35+	27:43+	29:25+	30:43+	32:33+	35:00+	35:32+		
01:00-	00:52-	02:18-	08:24+	04:23+	03:54+	01:44+	05:08-	01:42+	01:18+	01:50-	02:27+	00:32-		
00:05-	00:06-	00:01-	02:05&	01:28&	00:26#	00:14#	00:16-	00:13#	00:07+	00:09-	00:18#	00:03-		
5	Anne Karin Westby	Sparebank 1 Østlandet												39:54
00:57-	01:57-	04:05-	12:24+	16:58+	22:24+	25:28+	31:15+	33:13+	34:43+	36:41+	39:22+	39:54+		
00:57-	01:00+	02:08-	08:19+	04:34+	05:26+	03:04+	05:47+	01:58+	01:30+	01:58-	02:41+	00:32-		
00:08-	00:02+	00:11-	02:00&	01:39&	01:58&	01:34@	00:23+	00:29&	00:19&	00:01-	00:32#	00:03-		
6	Sidsel Storihle	Geno												45:21
01:13+	02:16+	05:11+	15:41+	20:40+	25:40+	27:48+	34:52+	37:11+	38:37+	41:05+	44:39+	45:21+		
01:13+	01:03+	02:55+	10:30+	04:59+	05:00+	02:08+	07:04+	02:19+	01:26+	02:28+	03:34+	00:42+		
00:08#	00:05+	00:36&	04:11&	02:04&	01:32&	00:38&	01:40&	00:50&	00:15#	00:29#	01:25&	00:07#		
7	Grete Storsveen	Sparebank 1 Østlandet												45:45
01:11+	02:40+	05:41+	14:53+	21:11+	26:28+	28:46+	36:21+	38:25+	39:55+	42:21+	45:11+	45:45+		
01:11+	01:29+	03:01+	09:12+	06:18+	05:17+	02:18+	07:35+	02:04+	01:30+	02:26+	02:50+	00:34-		
00:06+	00:31&	00:42&	02:53&	03:23@	01:49&	00:48&	02:11&	00:35&	00:19&	00:27#	00:41&	00:01-		
8	Karen Tomter	Utstillingsplassen												45:58
01:20+	02:31+	05:20+	15:45+	20:48+	26:01+	28:44+	35:21+	37:44+	39:11+	42:48+	45:19+	45:58+		
01:20+	01:11+	02:49+	10:25+	05:03+	05:13+	02:43+	06:37+	02:23+	01:27+	03:37+	02:31+	00:39+		
00:15#	00:13#	00:30#	04:06&	02:08&	01:45&	01:13&	01:13#	00:54&	00:16#	01:38&	00:22#	00:04#		
9	Øyfrid Larsen Moen	Ntnu Gjøvik												47:47
01:20+	02:49+	05:58+	14:59+	21:07+	26:15+	29:32+	35:51+	38:01+	40:05+	43:17+	46:52+	47:47+		
01:20+	01:29+	03:09+	09:01+	06:08+	05:08+	03:17+	06:19+	02:10+	02:04+	03:12+	03:35+	00:55+		
00:15#	00:31&	00:50&	02:42&	03:13@	01:40&	01:47@	00:55#	00:41&	00:53&	01:13&	01:26&	00:20&		
10	Randi Fallbakken Berge	BAS Elverum												50:24
01:23+	02:27+	05:39+	16:21+	22:39+	28:57+	31:09+	38:36+	40:51+	42:26+	45:12+	49:22+	50:24+		
01:23+	01:04+	03:12+	10:42+	06:18+	06:18+	02:12+	07:27+	02:15+	01:35+	02:46+	04:10+	01:02+		
00:18&	00:06#	00:53&	04:23&	03:23@	02:50&	00:42&	02:03&	00:46&	00:24&	00:47&	02:01&	00:27&		
11	Gunnhild Ljones	Hamar Post												51:22
01:13+	02:11+	04:51+	14:35+	19:30+	27:12+	33:22+	40:24+	43:23+	44:58+	47:19+	50:41+	51:22+		
01:13+	00:58=	02:40+	09:44+	04:55+	07:42+	06:10+	07:02+	02:59+	01:35+	02:21+	03:22+	00:41+		
00:08#	00:00=	00:21#	03:25&	02:00&	04:14@	04:40@	01:38&	01:30@	00:24&	00:22#	01:13&	00:06#		
Beste strekktid for klassen														
00:53	00:50	02:08	06:19	02:55	03:28	01:30	05:01	01:29	01:11	01:38	02:09	00:32		

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

Plass	Navn					Klasse					Tid						
D 4,5																	
1	Anne Marit Bordal					Ringsaker OK					34:45						
	00:54=	02:12=	04:26=	08:46=	09:44=	10:52=	15:26=	17:15=	20:02=	23:16=	26:10=	29:29=	30:26=	31:14=	32:01=	34:18=	34:45=
	00:54=	01:18=	02:14=	04:20=	00:58=	01:08=	04:34=	01:49=	02:47=	03:14=	02:54=	03:19=	00:57=	00:48=	00:47=	02:17=	00:27=
	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	Wenche Bjørnstad					Geno					39:56						
	00:56+	02:13+	04:35+	09:25+	10:36+	12:09+	17:46+	19:50+	22:44+	26:05+	29:27+	33:17+	34:19+	35:15+	37:02+	39:24+	39:56+
	00:56+	01:17-	02:22+	04:50+	01:11+	01:33+	05:37+	02:04+	02:54+	03:21+	03:22+	03:50+	01:02+	00:56+	01:47+	02:22+	00:32+
	00:02+	00:01-	00:08+	00:30#	00:13#	00:25&	01:03#	00:15#	00:07+	00:07+	00:28#	00:31#	00:05+	00:08#	01:00#	00:05+	00:05#
3	Ingunn Lund Nordstrøm					Norsk Tipping					44:03						
	01:14+	02:38+	05:18+	10:52+	12:09+	13:45+	19:36+	22:14+	25:37+	29:04+	32:35+	36:55+	38:01+	39:28+	40:43+	43:27+	44:03+
	01:14+	01:24+	02:40+	05:34+	01:17+	01:36+	05:51+	02:38+	03:23+	03:27+	03:31+	04:20+	01:06+	01:27+	01:15+	02:44+	00:36+
	00:20&	00:06+	00:26#	01:14&	00:19&	00:28&	01:17&	00:49&	00:36#	00:13+	00:37#	01:01&	00:09#	00:39&	00:28&	00:27#	00:09&
4	Margrethe Nilsen					Hamar Katedralskole					46:06						
	01:04+	02:22+	04:59+	09:58+	11:17+	12:39+	19:43+	22:08+	26:24+	30:46+	34:28+	38:23+	39:29+	40:45+	42:52+	45:30+	46:06+
	01:04+	01:18=	02:37+	04:59+	01:19+	01:22+	07:04+	02:25+	04:16+	04:22+	03:42+	03:55+	01:06+	01:16+	02:07+	02:38+	00:36+
	00:10#	00:00=	00:23#	00:39#	00:21&	00:14#	02:30&	00:36&	01:29&	01:08&	00:48&	00:36#	00:09#	00:28&	01:20#	00:21#	00:09&
5	May Kristin Tangen					Ringsaker OK					46:50						
	01:14+	03:00+	05:34+	11:34+	12:53+	14:33+	21:00+	23:15+	27:34+	32:05+	35:24+	40:55+	41:52+	42:51+	44:10+	46:22+	46:50+
	01:14+	01:46+	02:34+	06:00+	01:19+	01:40+	06:27+	02:15+	04:19+	04:31+	03:19+	05:31+	00:57=	00:59+	01:19+	02:12-	00:28+
	00:20&	00:28&	00:20#	01:40&	00:21&	00:32&	01:53&	00:26#	01:32&	01:17&	00:25#	02:12&	00:00=	00:11#	00:32&	00:05-	00:01+
6	Line Merete Libak					Løten kommune					49:25						
	01:03+	02:31+	05:20+	11:58+	13:19+	15:28+	21:55+	25:04+	29:12+	34:20+	38:21+	43:06+	44:20+	45:53+	46:26+	48:51+	49:25+
	01:03+	01:28+	02:49+	06:38+	01:21+	02:09+	06:27+	03:09+	04:08+	05:08+	04:01+	04:45+	01:14+	01:33+	00:33-	02:25+	00:34+
	00:09#	00:10#	00:35&	02:18&	00:23&	01:01&	01:53&	01:20&	01:21&	01:54&	01:07&	01:26&	00:17&	00:45&	00:14-	00:08+	00:07&
7	Marianne Rud Skjærstad					Løten kommune					53:57						
	01:07+	02:26+	04:55+	11:07+	15:13+	16:37+	26:08+	29:17+	34:21+	37:38+	41:15+	45:13+	46:21+	48:24+	50:45+	53:15+	53:57+
	01:07+	01:19+	02:29+	06:12+	04:06+	01:24+	09:31+	03:09+	05:04+	03:17+	03:37+	03:58+	01:08+	02:03+	02:21+	02:30+	00:42+
	00:13#	00:01+	00:15#	01:52&	03:08#	00:16#	04:57#	01:20&	02:17&	00:03+	00:43#	00:39#	00:11#	01:15#	01:34#	00:13+	00:15&
Beste strekktid for klassen																	
	00:54	01:17	02:14	04:20	00:58	01:08	04:34	01:49	02:47	03:14	02:54	03:19	00:57	00:48	00:33	02:12	00:27

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

Plass	Navn	Klasse	Tid
H 1,5			
1	Roar Åsheim	Søndre Land kommune	10:50
	00:29= 01:36= 04:57= 07:29= 08:51= 10:12= 10:50=		
	00:29= 01:07= 03:21= 02:32= 01:22= 01:21= 00:38=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Kjell Høgseth	Geno	12:14
	00:31+ 02:09+ 05:31+ 08:28+ 09:50+ 11:40+ 12:14+		
	00:31+ 01:38+ 03:22+ 02:57+ 01:22= 01:50+ 00:34=		
	00:02+ 00:31& 00:01+ 00:25# 00:00= 00:29& 00:04=		
3	Steinar Libak	Løten kommune	12:38
	00:33+ 01:59+ 05:41+ 08:19+ 09:56+ 11:47+ 12:38+		
	00:33+ 01:26+ 03:42+ 02:38+ 01:37+ 01:51+ 00:51+		
	00:04# 00:19& 00:21# 00:06+ 00:15# 00:30& 00:13&		
4	Erik Skårås	Sparebank 1 Østlandet	13:12
	00:31+ 02:06+ 06:15+ 09:01+ 10:36+ 12:37+ 13:12+		
	00:31+ 01:35+ 04:09+ 02:46+ 01:35+ 02:01+ 00:35=		
	00:02+ 00:28& 00:48# 00:14+ 00:13# 00:40& 00:03=		
5	Geir-Håkon Øverby	If	13:28
	00:41+ 02:15+ 06:16+ 08:59+ 10:34+ 12:44+ 13:28+		
	00:41+ 01:34+ 04:01+ 02:43+ 01:35+ 02:10+ 00:44+		
	00:12& 00:27& 00:40# 00:11+ 00:13# 00:49& 00:06#		
6	Trygve Jan Bjerke	Hamar Post	13:31
	00:35+ 02:13+ 06:45+ 09:11+ 10:56+ 12:55+ 13:31+		
	00:35+ 01:38+ 04:32+ 02:26= 01:45+ 01:59+ 00:36=		
	00:06# 00:31& 01:11& 00:06= 00:23& 00:38& 00:02=		
7	Thomas Martinsen	Nortura	13:46
	01:34+ 03:48+ 06:59+ 09:46+ 11:15+ 13:06+ 13:46+		
	01:34+ 02:14+ 03:11= 02:47+ 01:29+ 01:51+ 00:40+		
	01:05@ 01:07& 00:10= 00:15+ 00:07+ 00:30& 00:02+		
8	Finn Røise	Moelven	14:55
	00:39+ 02:46+ 06:51+ 10:16+ 11:43+ 14:03+ 14:55+		
	00:39+ 02:07+ 04:05+ 03:25+ 01:27+ 02:20+ 00:52+		
	00:10& 01:00& 00:44# 00:53& 00:05+ 00:59& 00:14&		
9	Håkon Nesbakk	Eidsiva	15:05
	00:38+ 02:14+ 06:02+ 08:48+ 10:34+ 14:26+ 15:05+		
	00:38+ 01:36+ 03:48+ 02:46+ 01:46+ 03:52+ 00:39+		
	00:09& 00:29& 00:27# 00:14+ 00:24& 02:31@ 00:01+		
10	Erik Gundersen	Nestle	15:11
	00:33+ 02:38+ 06:45+ 09:59+ 11:38+ 14:31+ 15:11+		
	00:33+ 02:05+ 04:07+ 03:14+ 01:39+ 02:53+ 00:40+		
	00:04# 00:58& 00:46# 00:42& 00:17# 01:32@ 00:02+		
11	Arvid Haug	Vallset/Stange OL	15:15
	00:25= 02:06+ 08:07+ 11:04+ 12:41+ 14:43+ 15:15+		
	00:25= 01:41+ 06:01+ 02:57+ 01:37+ 02:02+ 00:32=		
	00:04= 00:34& 02:40& 00:25# 00:15# 00:41& 00:06=		
12	Bjørn Jenssen	Mjøs Retail	15:22
	00:29= 01:58+ 06:21+ 08:47+ 10:17+ 14:32+ 15:22+		
	00:29= 01:29+ 04:23+ 02:26= 01:30+ 04:15+ 00:50+		
	00:00= 00:22& 01:02& 00:06= 00:08+ 02:54@ 00:12&		
13	Steinar Sørlien	Geno	15:47
	00:49+ 02:44+ 08:11+ 10:56+ 12:44+ 14:57+ 15:47+		
	00:49+ 01:55+ 05:27+ 02:45+ 01:48+ 02:13+ 00:50+		
	00:20& 00:48& 02:06& 00:13+ 00:26& 00:52& 00:12&		
14	Ragnar Høsøien	Hamar Post	16:17
	00:45+ 02:44+ 07:43+ 11:06+ 13:04+ 15:34+ 16:17+		
	00:45+ 01:59+ 04:59+ 03:23+ 01:58+ 02:30+ 00:43+		
	00:16& 00:52& 01:38& 00:51& 00:36& 01:09& 00:05#		

Plass	Navn							Klasse	Tid
15	Arne Sveen							Stabburet	17:13
	00:54+	03:05+	08:03+	11:43+	13:50+	16:20+	17:13+		
	00:54+	02:11+	04:58+	03:40+	02:07+	02:30+	00:53+		
	00:25&	01:04&	01:37&	01:08&	00:45&	01:09&	00:15&		
16	Edgar Myrvold							Statens Hus	17:32
	00:44+	02:24+	09:39+	12:52+	14:35+	16:47+	17:32+		
	00:44+	01:40+	07:15+	03:13+	01:43+	02:12+	00:45+		
	00:15&	00:33&	03:54@	00:41&	00:21&	00:51&	00:07#		
17	Bjørn Eriksrud							Raufoss I.L. Orientering	17:33
	00:46+	04:10+	08:48+	11:17+	12:31+	16:38+	17:33+		
	00:46+	03:24+	04:38+	02:29-	01:14-	04:07+	00:55+		
	00:17&	02:17@	01:17&	00:03-	00:08-	02:46@	00:17&		
18	Ingvald Pedersen							Statens Hus	17:55
	00:41+	02:27+	09:02+	11:58+	13:33+	17:08+	17:55+		
	00:41+	01:46+	06:35+	02:56+	01:35+	03:35+	00:47+		
	00:12&	00:39&	03:14&	00:24#	00:13#	02:14@	00:09#		
19	Dag Erik Hovde							Eidsiva	18:06
	00:53+	02:59+	08:07+	12:05+	14:08+	17:11+	18:06+		
	00:53+	02:06+	05:08+	03:58+	02:03+	03:03+	00:55+		
	00:24&	00:59&	01:47&	01:26&	00:41&	01:42@	00:17&		
20	Hallstein Ødegård							Løten kommune	18:12
	00:33+	03:09+	08:01+	10:47+	12:23+	17:36+	18:12+		
	00:33+	02:36+	04:52+	02:46+	01:36+	05:13+	00:36-		
	00:04#	01:29@	01:31&	00:14+	00:14#	03:52@	00:02-		
21	Jon Lindgren							Vallset/Stange OL	18:29
	00:43+	03:14+	09:17+	12:28+	14:46+	17:36+	18:29+		
	00:43+	02:31+	06:03+	03:11+	02:18+	02:50+	00:53+		
	00:14&	01:24@	02:42&	00:39&	00:56&	01:29@	00:15&		
22	Torkel Bache							Sanderud sykehus	19:28
	00:55+	03:04+	08:27+	12:12+	14:46+	18:39+	19:28+		
	00:55+	02:09+	05:23+	03:45+	02:34+	03:53+	00:49+		
	00:26&	01:02&	02:02&	01:13&	01:12&	02:32@	00:11&		
23	Arve Nils Børresen							If	19:34
	00:51+	02:56+	08:27+	12:13+	14:43+	18:38+	19:34+		
	00:51+	02:05+	05:31+	03:46+	02:30+	03:55+	00:56+		
	00:22&	00:58&	02:10&	01:14&	01:08&	02:34@	00:18&		
24	Helge Busterud							Eidsiva	19:52
	00:58+	04:08+	10:30+	13:47+	15:57+	18:51+	19:52+		
	00:58+	03:10+	06:22+	03:17+	02:10+	02:54+	01:01+		
	00:29&	02:03@	03:01&	00:45&	00:48&	01:33@	00:23&		
25	Hans NarbuvoId							Nestle	20:20
	01:32+	06:53+	11:20+	14:43+	16:48+	19:34+	20:20+		
	01:32+	05:21+	04:27+	03:23+	02:05+	02:46+	00:46+		
	01:03@	04:14@	01:06&	00:51&	00:43&	01:25@	00:08#		
26	Arild Rønning							Nestle	26:25
	00:37+	02:58+	07:34+	10:20+	11:51+	25:44+	26:25+		
	00:37+	02:21+	04:36+	02:46+	01:31+	13:53+	00:41+		
	00:08&	01:14@	01:15&	00:14+	00:09#	12:32@	00:03+		
27	Tore Stensby							Mattilsynet	28:58
	01:22+	04:05+	14:44+	21:05+	24:15+	28:03+	28:58+		
	01:22+	02:43+	10:39+	06:21+	03:10+	03:48+	00:55+		
	00:53@	01:36@	07:18@	03:49@	01:48@	02:27@	00:17&		
28	Arne Gunnar Barflo							Løten kommune	31:02
	01:51+	06:08+	14:37+	20:34+	24:16+	29:35+	31:02+		
	01:51+	04:17+	08:29+	05:57+	03:42+	05:19+	01:27+		
	01:22@	03:10@	05:08@	03:25@	02:20@	03:58@	00:49@		
29	Kjell Sagbakken							Hamar Post	31:06
	01:01+	03:16+	07:51+	10:15+	11:51+	13:56+	31:06+		
	01:01+	02:15+	04:35+	02:24-	01:36+	02:05+	17:10+		
	00:32@	01:08@	01:14&	00:08-	00:14#	00:44&	16:32@		

Plass	Navn	Klasse	Tid
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Beste strekktid for klassen

00:25 01:07 03:11 02:24 01:14 01:21 00:32

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

Plass	Navn										Klasse	Tid
H 2,5												
1	Per Vold										Moelven	24:59
	01:02=	01:51=	04:28=	10:21=	12:21=	13:35=	18:30=	19:32=	20:36=	24:32=	24:59=	
	01:02=	00:49=	02:37=	05:53=	02:00=	01:14=	04:55=	01:02=	01:04=	03:56=	00:27=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Jan Åsmund Sætaberget										Jernbanens Idrettslag	25:09
	00:58=	01:42=	04:00=	09:56=	11:23=	12:55=	19:28+	20:50+	22:01+	24:31=	25:09+	
	00:58=	00:44=	02:18=	05:56+	01:27=	01:32+	06:33+	01:22+	01:11+	02:30=	00:38+	
	00:04=	00:05=	00:19=	00:03+	00:33=	00:18#	01:38&	00:20&	00:07#	01:26=	00:11&	
3	Magne Smeland										Vegvesenet	25:21
	01:07+	01:59+	04:42+	11:15+	12:44+	13:56+	20:03+	21:19+	22:25+	24:44+	25:21+	
	01:07+	00:52+	02:43+	06:33+	01:29=	01:12=	06:07+	01:16+	01:06+	02:19=	00:37+	
	00:05+	00:03+	00:06+	00:40#	00:31=	00:02=	01:12#	00:14#	00:02+	01:37=	00:10&	
4	Morten Øie										Furnes Almenning	25:41
	01:15+	02:10+	04:52+	11:08+	12:43+	14:00+	20:31+	21:54+	23:11+	25:08+	25:41+	
	01:15+	00:55+	02:42+	06:16+	01:35=	01:17+	06:31+	01:23+	01:17+	01:57=	00:33+	
	00:13#	00:06#	00:05+	00:23+	00:25=	00:03+	01:36&	00:21&	00:13#	01:59=	00:06#	
5	Hans Asbjørn Tingvold										Raufoss I.L. Orientering	25:46
	01:08+	02:09+	05:02+	10:54+	12:26+	13:53+	19:47+	20:59+	22:46+	24:59+	25:46+	
	01:08+	01:01+	02:53+	05:52=	01:32=	01:27+	05:54+	01:12+	01:47+	02:13=	00:47+	
	00:06+	00:12#	00:16#	00:01=	00:28=	00:13#	00:59#	00:10#	00:43&	01:43=	00:20&	
6	Trond Søberg										Løten kommune	26:19
	00:58=	01:53+	04:33+	12:03+	13:34+	14:51+	20:52+	22:04+	23:27+	25:45+	26:19+	
	00:58=	00:55+	02:40+	07:30+	01:31=	01:17+	06:01+	01:12+	01:23+	02:18=	00:34+	
	00:04=	00:06#	00:03+	01:37&	00:29=	00:03+	01:06#	00:10#	00:19&	01:38=	00:07&	
7	Einar Stensby										Løten kommune	26:32
	01:11+	02:09+	04:48+	11:56+	13:20+	14:44+	21:17+	22:36+	23:45+	25:59+	26:32+	
	01:11+	00:58+	02:39+	07:08+	01:24=	01:24+	06:33+	01:19+	01:09+	02:14=	00:33+	
	00:09#	00:09#	00:02+	01:15#	00:36=	00:10#	01:38&	00:17&	00:05+	01:42=	00:06#	
8	Ole Rostad										Eidsiva	26:43
	02:37+	03:41+	06:15+	13:26+	14:52+	16:57+	22:19+	23:19+	24:22+	26:13+	26:43+	
	02:37+	01:04+	02:34=	07:11+	01:26=	02:05+	05:22+	01:00=	01:03=	01:51=	00:30+	
	01:35@	00:15&	00:03=	01:18#	00:34=	00:51&	00:27+	00:02=	00:01=	02:05=	00:03#	
9	Espen Paulsen										Infosofs	26:49
	01:20+	02:18+	05:00+	11:52+	13:24+	15:54+	21:08+	22:28+	23:55+	26:13+	26:49+	
	01:20+	00:58+	02:42+	06:52+	01:32=	02:30+	05:14+	01:20+	01:27+	02:18=	00:36+	
	00:18&	00:09#	00:05+	00:59#	00:28=	01:16@	00:19+	00:18&	00:23&	01:38=	00:09&	
10	Stein Edvardsen										Elverum kommune	27:48
	01:17+	02:16+	05:09+	11:34+	13:35+	15:25+	21:51+	23:12+	25:06+	27:13+	27:48+	
	01:17+	00:59+	02:53+	06:25+	02:01+	01:50+	06:26+	01:21+	01:54+	02:07=	00:35+	
	00:15#	00:10#	00:16#	00:32+	00:01+	00:36&	01:31&	00:19&	00:50&	01:49=	00:08&	
11	Ottar Evensen										Elverum kommune	28:02
	01:11+	02:21+	05:00+	11:40+	13:52+	15:40+	22:06+	23:29+	24:45+	27:20+	28:02+	
	01:11+	01:10+	02:39+	06:40+	02:12+	01:48+	06:26+	01:23+	01:16+	02:35=	00:42+	
	00:09#	00:21&	00:02+	00:47#	00:12#	00:34&	01:31&	00:21&	00:12#	01:21=	00:15&	
12	Jan Olav Sæther										Vallset/Stange OL	28:44
	01:14+	02:22+	05:14+	12:40+	14:49+	16:12+	22:51+	24:10+	25:32+	28:11+	28:44+	
	01:14+	01:08+	02:52+	07:26+	02:09+	01:23+	06:39+	01:19+	01:22+	02:39=	00:33+	
	00:12#	00:19&	00:15+	01:33&	00:09+	00:09#	01:44&	00:17&	00:18&	01:17=	00:06#	
13	Stein Sandaker										Ahlsell	29:19
	01:12+	02:22+	05:11+	13:02+	15:32+	17:44+	23:14+	24:23+	25:42+	28:44+	29:19+	
	01:12+	01:10+	02:49+	07:51+	02:30+	02:12+	05:30+	01:09+	01:19+	03:02=	00:35+	
	00:10#	00:21&	00:12+	01:58&	00:30#	00:58&	00:35#	00:07#	00:15#	00:54=	00:08&	
14	Magnar Nybakk										Sparebank 1 Østlandet	29:51
	01:11+	02:13+	05:24+	14:02+	15:45+	17:31+	24:08+	25:22+	26:37+	29:16+	29:51+	
	01:11+	01:02+	03:11+	08:38+	01:43=	01:46+	06:37+	01:14+	01:15+	02:39=	00:35+	
	00:09#	00:13&	00:34#	02:45&	00:17=	00:32&	01:42&	00:12#	00:11#	01:17=	00:08&	

Plass	Navn										Klasse	Tid
15	Knut Fjæstad										Løten kommune	31:02
	01:50+	03:06+	06:06+	12:24+	14:42+	17:11+	24:28+	25:55+	27:30+	30:22+	31:02+	
	01:50+	01:16+	03:00+	06:18+	02:18+	02:29+	07:17+	01:27+	01:35+	02:52-	00:40+	
	00:48&	00:27&	00:23#	00:25+	00:18#	01:15@	02:22&	00:25&	00:31&	01:04-	00:13&	
16	Torbjørn Ødegaard										Hamar Lærerhøgskole	31:15
	01:44+	03:04+	06:18+	13:27+	15:16+	17:39+	24:17+	25:45+	27:30+	30:33+	31:15+	
	01:44+	01:20+	03:14+	07:09+	01:49-	02:23+	06:38+	01:28+	01:45+	03:03-	00:42+	
	00:42&	00:31&	00:37#	01:16#	00:11-	01:09&	01:43&	00:26&	00:41&	00:53-	00:15&	
17	Ole-Johan Vangen										Norsk Tipping	31:26
	01:02=	02:02+	04:46+	11:09+	13:16+	14:47+	23:50+	25:32+	27:13+	30:48+	31:26+	
	01:02=	01:00+	02:44+	06:23+	02:07+	01:31+	09:03+	01:42+	01:41+	03:35-	00:38+	
	00:00=	00:11#	00:07+	00:30+	00:07+	00:17#	04:08&	00:40&	00:37&	00:21-	00:11&	
18	Odd Rise										Geno	31:55
	01:11+	02:33+	05:38+	12:32+	14:15+	19:04+	25:35+	27:00+	29:04+	31:14+	31:55+	
	01:11+	01:22+	03:05+	06:54+	01:43-	04:49+	06:31+	01:25+	02:04+	02:10-	00:41+	
	00:09#	00:33&	00:28#	01:01#	00:17-	03:35@	01:36&	00:23&	01:00&	01:46-	00:14&	
19	Håkon Beitnes										Hamar Katedralskole	32:03
	01:10+	02:01+	04:28=	16:35+	18:05+	19:25+	24:33+	25:43+	28:29+	31:29+	32:03+	
	01:10+	00:51+	02:27-	12:07+	01:30-	01:20+	05:08+	01:10+	02:46+	03:00-	00:34+	
	00:08#	00:02+	00:10-	06:14@	00:30-	00:06+	00:13+	00:08#	01:42@	00:56-	00:07&	
20	Kåre Garmager										Telenor	32:08
	01:23+	02:38+	05:41+	13:32+	15:41+	17:37+	25:26+	27:00+	28:23+	31:27+	32:08+	
	01:23+	01:15+	03:03+	07:51+	02:09+	01:56+	07:49+	01:34+	01:23+	03:04-	00:41+	
	00:21&	00:26&	00:26#	01:58&	00:09+	00:42&	02:54&	00:32&	00:19&	00:52-	00:14&	
21	Olav Skjærbekk										Vallset/Stange OL	33:24
	01:15+	02:34+	06:02+	14:06+	16:14+	18:06+	26:11+	27:38+	29:20+	32:35+	33:24+	
	01:15+	01:19+	03:28+	08:04+	02:08+	01:52+	08:05+	01:27+	01:42+	03:15-	00:49+	
	00:13#	00:30&	00:51&	02:11&	00:08+	00:38&	03:10&	00:25&	00:38&	00:41-	00:22&	
22	Tore Lindaas										Elverum kommune	33:28
	01:47+	02:58+	06:46+	14:54+	17:07+	18:46+	27:04+	28:38+	29:55+	32:41+	33:28+	
	01:47+	01:11+	03:48+	08:08+	02:13+	01:39+	08:18+	01:34+	01:17+	02:46-	00:47+	
	00:45&	00:22&	01:11&	02:15&	00:13#	00:25&	03:23&	00:32&	00:13#	01:10-	00:20&	
23	Torbjørn Håkensen										Vallset/Stange OL	33:38
	01:09+	01:58+	05:06+	12:15+	13:54+	21:49+	28:01+	29:27+	30:56+	33:04+	33:38+	
	01:09+	00:49=	03:08+	07:09+	01:39-	07:55+	06:12+	01:26+	01:29+	02:08-	00:34+	
	00:07#	00:00=	00:31#	01:16#	00:21-	06:41@	01:17&	00:24&	00:25&	01:48-	00:07&	
24	Magnar Sveen										Moelven	33:42
	01:11+	02:34+	05:25+	12:25+	14:30+	20:02+	26:02+	27:51+	29:39+	33:00+	33:42+	
	01:11+	01:23+	02:51+	07:00+	02:05+	05:32+	06:00+	01:49+	01:48+	03:21-	00:42+	
	00:09#	00:34&	00:14+	01:07#	00:05+	04:18@	01:05#	00:47&	00:44&	00:35-	00:15&	
25	Ole Nashoug										Vang O-lag	34:33
	01:15+	02:41+	06:18+	15:07+	17:38+	19:34+	27:48+	29:17+	30:34+	33:43+	34:33+	
	01:15+	01:26+	03:37+	08:49+	02:31+	01:56+	08:14+	01:29+	01:17+	03:09-	00:50+	
	00:13#	00:37&	01:00&	02:56&	00:31&	00:42&	03:19&	00:27&	00:13#	00:47-	00:23&	
26	Hans Jørgen Røste										Sykehuset Innlandet	37:10
	01:29+	02:31+	05:25+	12:28+	22:35+	24:32+	31:17+	32:41+	34:01+	36:31+	37:10+	
	01:29+	01:02+	02:54+	07:03+	10:07+	01:57+	06:45+	01:24+	01:20+	02:30-	00:39+	
	00:27&	00:13&	00:17#	01:10#	08:07@	00:43&	01:50&	00:22&	00:16#	01:26-	00:12&	
27	Henrik Bache										Sanderud sykehus	38:17
	01:44+	03:16+	06:31+	13:56+	15:44+	21:46+	28:52+	30:40+	33:27+	37:29+	38:17+	
	01:44+	01:32+	03:15+	07:25+	01:48-	06:02+	07:06+	01:48+	02:47+	04:02+	00:48+	
	00:42&	00:43&	00:38#	01:32&	00:12-	04:48@	02:11&	00:46&	01:43@	00:06+	00:21&	
28	Bjørn Myhrmoen										Søndre Land kommune	38:24
	01:25+	02:41+	07:12+	14:22+	16:31+	18:58+	27:05+	28:55+	34:42+	37:37+	38:24+	
	01:25+	01:16+	04:31+	07:10+	02:09+	02:27+	08:07+	01:50+	05:47+	02:55-	00:47+	
	00:23&	00:27&	01:54&	01:17#	00:09+	01:13&	03:12&	00:48&	04:43@	01:01-	00:20&	
29	Stein Gamme										Storhamar Vgs	39:21
	01:28+	02:26+	05:19+	13:07+	19:37+	24:49+	32:11+	33:33+	35:21+	38:42+	39:21+	
	01:28+	00:58+	02:53+	07:48+	06:30+	05:12+	07:22+	01:22+	01:48+	03:21-	00:39+	
	00:26&	00:09#	00:16#	01:55&	04:30@	03:58@	02:27&	00:20&	00:44&	00:35-	00:12&	

Plass	Navn										Klasse	Tid
30	Knut Martinsen										Sparebank 1 Østlandet	42:30
	01:28+	02:59+	06:59+	17:25+	20:32+	22:52+	31:47+	34:24+	36:38+	41:30+	42:30+	
	01:28+	01:31+	04:00+	10:26+	03:07+	02:20+	08:55+	02:37+	02:14+	04:52+	01:00+	
	00:26&	00:42&	01:23&	04:33&	01:07&	01:06&	04:00&	01:35@	01:10@	00:56#	00:33@	
31	Harald Haugen										Geno	42:37
	02:10+	03:39+	08:13+	17:30+	20:01+	22:30+	33:49+	35:53+	37:52+	41:33+	42:37+	
	02:10+	01:29+	04:34+	09:17+	02:31+	02:29+	11:19+	02:04+	01:59+	03:41-	01:04+	
	01:08@	00:40&	01:57&	03:24&	00:31&	01:15@	06:24@	01:02&	00:55&	00:15-	00:37@	
32	Knut Anders Fossum										Statens Hus	45:03
	01:23+	02:42+	05:45+	13:43+	15:53+	27:43+	37:35+	39:09+	40:25+	44:23+	45:03+	
	01:23+	01:19+	03:03+	07:58+	02:10+	11:50+	09:52+	01:34+	01:16+	03:58+	00:40+	
	00:21&	00:30&	00:26#	02:05&	00:10+	10:36@	04:57@	00:32&	00:12#	00:02+	00:13&	
Beste strekktid for klassen												
	00:58	00:44	02:18	05:52	01:24	01:12	04:55	01:00	01:03	01:51	00:27	

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

Plass	Navn					Klasse					Tid				
H 3,5															
1	Tom S Helgesen					Hamar Post					33:49				
01:13=	02:20=	04:39=	09:53=	11:17=	13:11=	16:37=	19:42=	22:59=	27:39=	29:05=	30:16=	31:21=	33:22=	33:49=	
01:13=	01:07=	02:19=	05:14=	01:24=	01:54=	03:26=	03:05=	03:17=	04:40=	01:26=	01:11=	01:05=	02:01=	00:27=	
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	Gjermund Nedgård					Norsk Tipping					35:36				
01:21+	02:21+	04:30=	09:38=	11:07=	12:32=	18:08+	21:22+	25:08+	29:43+	31:03+	32:08+	33:07+	35:10+	35:36+	
01:21+	01:00=	02:09=	05:08=	01:29+	01:25=	05:36+	03:14+	03:46+	04:35=	01:20=	01:05=	00:59=	02:03+	00:26=	
00:08#	00:07=	00:10=	00:06=	00:05+	00:29=	02:10#	00:09+	00:29#	00:05=	00:06=	00:06=	00:06=	00:02+	00:01=	
3	Ove Tåsåsen					Mjøs Retail					37:11				
01:10=	02:04=	04:33=	10:27+	11:44+	13:03=	17:21+	20:53+	24:00+	29:59+	32:02+	33:09+	34:29+	36:41+	37:11+	
01:10=	00:54=	02:29+	05:54+	01:17=	01:19=	04:18+	03:32+	03:07=	05:59+	02:03+	01:07=	01:20+	02:12+	00:30+	
00:03=	00:13=	00:10+	00:40#	00:07=	00:35=	00:52#	00:27#	00:10=	01:19#	00:37#	00:04=	00:15#	00:11+	00:03#	
4	Ole Hans Øie					LMF					37:43				
01:40+	03:00+	06:23+	12:32+	13:49+	15:33+	19:06+	22:40+	26:08+	31:13+	32:42+	33:58+	35:06+	37:14+	37:43+	
01:40+	01:20+	03:23+	06:09+	01:17=	01:44=	03:33+	03:34+	03:28+	05:05+	01:29+	01:16+	01:08+	02:08+	00:29+	
00:27#	00:13#	01:04#	00:55#	00:07=	00:10=	00:07+	00:29#	00:11+	00:25+	00:03+	00:05+	00:03+	00:07+	00:02+	
5	Knut Malmo					Vegvesenet					38:20				
01:19+	02:24+	05:04+	10:45+	12:25+	13:48+	18:46+	22:10+	25:34+	30:41+	33:15+	34:19+	35:42+	37:53+	38:20+	
01:19+	01:05=	02:40+	05:41+	01:40+	01:23=	04:58+	03:24+	03:24+	05:07+	02:34+	01:04=	01:23+	02:11+	00:27=	
00:06+	00:02=	00:21#	00:27+	00:16#	00:31=	01:32#	00:19#	00:07+	00:27+	01:08#	00:07=	00:18#	00:10+	00:00=	
6	Odd Erik Jordheim					Statens Hus					38:55				
01:22+	02:29+	05:04+	11:21+	12:46+	14:13+	17:45+	22:09+	25:22+	31:04+	32:49+	34:02+	36:35+	38:28+	38:55+	
01:22+	01:07=	02:35+	06:17+	01:25+	01:27=	03:32+	04:24+	03:13=	05:42+	01:45+	01:13+	02:33+	01:53=	00:27=	
00:09#	00:00=	00:16#	01:03#	00:01+	00:27=	00:06+	01:19#	00:04=	01:02#	00:19#	00:02+	01:28@	00:08=	00:00=	
7	Erik Haugen					Statens Hus					39:28				
01:25+	02:34+	05:21+	11:11+	12:34+	14:36+	18:56+	22:51+	26:51+	32:29+	34:05+	35:24+	37:01+	38:57+	39:28+	
01:25+	01:09+	02:47+	05:50+	01:23=	02:02+	04:20+	03:55+	04:00+	05:38+	01:36+	01:19+	01:37+	01:56=	00:31+	
00:12#	00:02+	00:28#	00:36#	00:01=	00:08+	00:54#	00:50#	00:43#	00:58#	00:10#	00:08#	00:32#	00:05=	00:04#	
8	Ole Petter Saxrud					EAB Engineering					40:23				
01:29+	02:57+	05:54+	11:39+	13:22+	14:54+	18:56+	23:06+	26:42+	33:04+	34:57+	36:18+	37:39+	39:43+	40:23+	
01:29+	01:28+	02:57+	05:45+	01:43+	01:32=	04:02+	04:10+	03:36+	06:22+	01:53+	01:21+	01:21+	02:04+	00:40+	
00:16#	00:21#	00:38#	00:31+	00:19#	00:22=	00:36#	01:05#	00:19+	01:42#	00:27#	00:10#	00:16#	00:03+	00:13#	
9	Knut Wikstrøm					Kartverket					40:29				
01:12=	02:25+	05:14+	10:43+	12:10+	14:04+	18:22+	22:48+	26:52+	32:56+	35:04+	36:23+	37:41+	39:51+	40:29+	
01:12=	01:13+	02:49+	05:29+	01:27+	01:54=	04:18+	04:26+	04:04+	06:04+	02:08+	01:19+	01:18+	02:10+	00:38+	
00:01=	00:06+	00:30#	00:15+	00:03+	00:00=	00:52#	01:21#	00:47#	01:24#	00:42#	00:08#	00:13#	00:09+	00:11#	
10	Morten Eriksen					Norsk Tipping					41:18				
01:19+	02:23+	04:59+	09:53=	11:23+	12:38=	17:13+	22:11+	28:23+	33:33+	35:09+	36:49+	38:58+	40:46+	41:18+	
01:19+	01:04=	02:36+	04:54=	01:30+	01:15=	04:35+	04:58+	06:12+	05:10+	01:36+	01:40+	02:09+	01:48=	00:32+	
00:06+	00:03=	00:17#	00:20=	00:06+	00:39=	01:09#	01:53#	02:55#	00:30#	00:10#	00:29#	01:04#	00:13=	00:05#	
11	Hasse Bergstrøm					Hb Consult					41:28				
01:19+	02:54+	05:45+	11:49+	13:26+	14:59+	19:20+	23:41+	27:44+	33:19+	35:37+	37:23+	38:23+	40:52+	41:28+	
01:19+	01:35+	02:51+	06:04+	01:37+	01:33=	04:21+	04:21+	04:03+	05:35+	02:18+	01:46+	01:00=	02:29+	00:36+	
00:06+	00:28#	00:32#	00:50#	00:13#	00:21=	00:55#	01:16#	00:46#	00:55#	00:52#	00:35#	00:05=	00:28#	00:09#	
12	Halvard Haugtomt					Storhamar Vgs					41:37				
01:47+	03:12+	05:52+	11:40+	13:07+	14:52+	22:09+	25:52+	29:26+	34:49+	36:32+	37:37+	38:52+	41:09+	41:37+	
01:47+	01:25+	02:40+	05:48+	01:27+	01:45=	07:17+	03:43+	03:34+	05:23+	01:43+	01:05=	01:15+	02:17+	00:28+	
00:34#	00:18#	00:21#	00:34#	00:03+	00:09=	03:51@	00:38#	00:17+	00:43#	00:17#	00:06=	00:10#	00:16#	00:01+	
13	Bård Bjøntegaard					Stange Energi					42:01				
01:34+	02:35+	05:12+	11:51+	14:00+	15:41+	20:14+	24:18+	27:59+	33:22+	35:20+	36:52+	38:25+	41:14+	42:01+	
01:34+	01:01=	02:37+	06:39+	02:09+	01:41=	04:33+	04:04+	03:41+	05:23+	01:58+	01:32+	01:33+	02:49+	00:47+	
00:21#	00:06=	00:18#	01:25#	00:45#	00:13=	01:07#	00:59#	00:24#	00:43#	00:32#	00:21#	00:28#	00:48#	00:20#	
14	Einar Flenvold					Skaaret As					42:11				
02:25+	03:41+	06:32+	12:15+	14:04+	17:03+	21:15+	24:43+	28:30+	34:07+	35:46+	37:19+	39:06+	41:43+	42:11+	
02:25+	01:16+	02:51+	05:43+	01:49+	02:59+	04:12+	03:28+	03:47+	05:37+	01:39+	01:33+	01:47+	02:37+	00:28+	
01:12#	00:09#	00:32#	00:29+	00:25#	01:05#	00:46#	00:23#	00:30#	00:57#	00:13#	00:22#	00:42#	00:36#	00:01+	

Plass	Navn					Klasse					Tid				
15	Tore Gustav Tomter					Plan 1					42:49				
	01:26+	02:43+	05:24+	11:23+	13:04+	16:23+	20:46+	24:57+	28:39+	33:43+	36:09+	37:16+	39:12+	42:15+	42:49+
	01:26+	01:17+	02:41+	05:59+	01:41+	03:19+	04:23+	04:11+	03:42+	05:04+	02:26+	01:07-	01:56+	03:03+	00:34+
	00:13#	00:10#	00:22#	00:45#	00:17#	01:25#	00:57#	01:06#	00:25#	00:24+	01:00#	00:04-	00:51#	01:02#	00:07#
16	Lars Skramstad					LMF					43:06				
	01:18+	03:32+	06:17+	13:07+	14:52+	16:54+	21:26+	25:25+	29:35+	35:25+	37:15+	38:27+	39:35+	42:34+	43:06+
	01:18+	02:14+	02:45+	06:50+	01:45+	02:02+	04:32+	03:59+	04:10+	05:50+	01:50+	01:12+	01:08+	02:59+	00:32+
	00:05+	01:07#	00:26#	01:36#	00:21#	00:08+	01:06#	00:54#	00:53#	01:10#	00:24#	00:01+	00:03+	00:58#	00:05#
17	Jon Tyldum					RIL					43:18				
	01:39+	02:53+	05:44+	12:31+	15:00+	16:50+	21:05+	26:08+	30:01+	35:40+	37:14+	38:25+	40:01+	42:39+	43:18+
	01:39+	01:14+	02:51+	06:47+	02:29+	01:50-	04:15+	05:03+	03:53+	05:39+	01:34+	01:11=	01:36+	02:38+	00:39+
	00:26#	00:07#	00:32#	01:33#	01:05#	00:04-	00:49#	01:58#	00:36#	00:59#	00:08+	00:00=	00:31#	00:37#	00:12#
18	Trond Feiring					HIL					43:33				
	01:37+	02:46+	05:26+	11:52+	13:17+	19:24+	24:03+	27:45+	31:19+	36:49+	38:12+	39:32+	40:47+	43:01+	43:33+
	01:37+	01:09+	02:40+	06:26+	01:25+	06:07+	04:39+	03:42+	03:34+	05:30+	01:23-	01:20+	01:15+	02:14+	00:32+
	00:24#	00:02+	00:21#	01:12#	00:01+	04:13#	01:13#	00:37#	00:17+	00:50#	00:03-	00:09#	00:10#	00:13#	00:05#
19	Kjetil Liven					LMF					43:43				
	01:36+	02:56+	05:27+	11:15+	12:57+	14:32+	22:47+	27:48+	31:06+	36:17+	38:23+	39:45+	40:58+	43:00+	43:43+
	01:36+	01:20+	02:31+	05:48+	01:42+	01:35-	08:15+	05:01+	03:18+	05:11+	02:06+	01:22+	01:13+	02:02+	00:43+
	00:23#	00:13#	00:12+	00:34#	00:18#	00:19-	04:49#	01:56#	00:01+	00:31#	00:40#	00:11#	00:08#	00:01+	00:16#
20	Jo Gisle Jørgensen					Norsk Tipping					44:31				
	01:34+	02:51+	06:27+	12:32+	14:09+	16:06+	20:01+	25:44+	30:01+	36:27+	38:06+	39:32+	40:40+	43:52+	44:31+
	01:34+	01:17+	03:36+	06:05+	01:37+	01:57+	03:55+	05:43+	04:17+	06:26+	01:39+	01:26+	01:08+	03:12+	00:39+
	00:21#	00:10#	01:17#	00:51#	00:13#	00:03+	00:29#	02:38#	01:00#	01:46#	00:13#	00:15#	00:03+	01:11#	00:12#
21	John Mikalsen					NOTEAM					45:35				
	01:10-	02:20=	06:39+	12:12+	14:03+	15:58+	21:20+	26:02+	30:16+	37:47+	39:37+	40:59+	42:41+	45:06+	45:35+
	01:10-	01:10+	04:19+	05:33+	01:51+	01:55+	05:22+	04:42+	04:14+	07:31+	01:50+	01:22+	01:42+	02:25+	00:29+
	00:03-	00:03+	02:00#	00:19+	00:27#	00:01+	01:56#	01:37#	00:57#	02:51#	00:24#	00:11#	00:37#	00:24#	00:02+
22	Karl Petter Opsahl					Løten kommune					46:26				
	01:49+	04:29+	08:15+	15:00+	16:40+	18:20+	23:04+	27:33+	32:17+	39:27+	41:29+	42:43+	43:54+	45:47+	46:26+
	01:49+	02:40+	03:46+	06:45+	01:40+	01:40-	04:44+	04:29+	04:44+	07:10+	02:02+	01:14+	01:11+	01:53-	00:39+
	00:36#	01:33#	01:27#	01:31#	00:16#	00:14-	01:18#	01:24#	01:27#	02:30#	00:36#	00:03+	00:06+	00:08-	00:12#
23	Leif Martin Kjos					Sparebank 1 Østlandet					46:52				
	01:28+	02:39+	05:20+	11:43+	13:38+	18:24+	25:12+	29:10+	33:11+	38:29+	40:12+	41:41+	42:52+	46:19+	46:52+
	01:28+	01:11+	02:41+	06:23+	01:55+	04:46+	06:48+	03:58+	04:01+	05:18+	01:43+	01:29+	01:11+	03:27+	00:33+
	00:15#	00:04+	00:22#	01:09#	00:31#	02:52#	03:22#	00:53#	00:44#	00:38#	00:17#	00:18#	00:06+	01:26#	00:06#
24	Johnny Johansen					Løten kommune					49:06				
	01:36+	02:54+	06:16+	13:07+	14:47+	16:34+	22:01+	26:44+	31:43+	39:27+	41:49+	43:24+	44:59+	48:28+	49:06+
	01:36+	01:18+	03:22+	06:51+	01:40+	01:47-	05:27+	04:43+	04:59+	07:44+	02:22+	01:35+	01:35+	03:29+	00:38+
	00:23#	00:11#	01:03#	01:37#	00:16#	00:07-	02:01+	01:38#	01:42#	03:04#	00:56#	00:24#	00:30#	01:28#	00:11#
25	Terje Malm					Statens Hus					49:39				
	01:35+	03:01+	05:55+	12:10+	13:28+	14:49+	19:21+	24:20+	30:28+	38:33+	40:44+	43:02+	44:49+	48:53+	49:39+
	01:35+	01:26+	02:54+	06:15+	01:18-	01:21-	04:32+	04:59+	06:08+	08:05+	02:11+	02:18+	01:47+	04:04+	00:46+
	00:22#	00:19#	00:35#	01:01#	00:06-	00:33-	01:06#	01:54#	02:51#	03:25#	00:45#	01:07#	00:42#	02:03#	00:19#
26	Ola Brevig					LMF					49:47				
	01:40+	02:57+	06:31+	14:18+	16:49+	19:21+	25:17+	30:07+	35:17+	41:03+	43:00+	44:17+	45:45+	49:13+	49:47+
	01:40+	01:17+	03:34+	07:47+	02:31+	02:32+	05:56+	04:50+	05:10+	05:46+	01:57+	01:17+	01:28+	03:28+	00:34+
	00:27#	00:10#	01:15#	02:33#	01:07#	00:38#	02:30#	01:45#	01:53#	01:06#	00:31#	00:06+	00:23#	01:27#	00:07#
27	Ola Molstad					Vegvesenet					51:43				
	01:33+	02:58+	06:14+	13:47+	15:36+	17:25+	22:23+	27:32+	32:52+	39:39+	42:40+	44:11+	45:55+	50:37+	51:43+
	01:33+	01:25+	03:16+	07:33+	01:49+	01:49-	04:58+	05:09+	05:20+	06:47+	03:01+	01:31+	01:44+	04:42+	01:06+
	00:20#	00:18#	00:57#	02:19#	00:25#	00:05-	01:32#	02:04#	02:03#	02:07#	01:35#	00:20#	00:39#	02:41#	00:39#
28	Eystein Linnerud					Norsk Tipping					58:58				
	01:47+	03:12+	06:37+	13:46+	16:03+	18:39+	24:42+	30:31+	35:16+	42:48+	44:55+	46:55+	55:20+	58:13+	58:58+
	01:47+	01:25+	03:25+	07:09+	02:17+	02:36+	06:03+	05:49+	04:45+	07:32+	02:07+	02:00+	08:25+	02:53+	00:45+
	00:34#	00:18#	01:06#	01:55#	00:53#	00:42#	02:37#	02:44#	01:28#	02:52#	00:41#	00:49#	07:20#	00:52#	00:18#
29	Espen Melby					Løten kommune					1:01:29				
	01:31+	02:54+	06:08+	14:34+	23:08+	25:36+	31:14+	35:39+	42:28+	49:14+	53:51+	56:00+	58:08+	60:44+	61:29+
	01:31+	01:23+	03:14+	08:26+	08:34+	02:28+	05:38+	04:25+	06:49+	06:46+	04:37+	02:09+	02:08+	02:36+	00:45+
	00:18#	00:16#	00:55#	03:12#	07:10#	00:34#	02:12#	01:20#	03:32#	02:06#	03:11#	00:58#	01:03#	00:35#	00:18#

Plass	Navn					Klasse					Tid				
30	Magne Johansen					Headit					1:03:23				
02:23+	04:08+	08:35+	16:49+	18:59+	21:42+	28:37+	34:44+	41:00+	50:24+	53:46+	55:45+	58:08+	62:09+	63:23+	
02:23+	01:45+	04:27+	08:14+	02:10+	02:43+	06:55+	06:07+	06:16+	09:24+	03:22+	01:59+	02:23+	04:01+	01:14+	
01:10&	00:38&	02:08&	03:00&	00:46&	00:49&	03:29@	03:02&	02:59&	04:44@	01:56@	00:48&	01:18@	02:00&	00:47@	
Beste strekktid for klassen															
01:10	00:54	02:09	04:54	01:17	01:15	03:26	03:05	03:07	04:35	01:20	01:04	00:59	01:48	00:26	

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

Plass	Navn				Klasse				Tid								
H 4,5																	
1	Terje Wikstrøm				Geno				35:03								
	00:55=	02:11=	04:34=	08:39=	09:45=	10:54=	15:50=	17:29=	20:21=	23:22=	26:30=	29:50=	30:47=	31:45=	32:18=	34:33=	35:03=
	00:55=	01:16=	02:23=	04:05=	01:06=	01:09=	04:56=	01:39=	02:52=	03:01=	03:08=	03:20=	00:57=	00:58=	00:33=	02:15=	00:30=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Vidar Nomerstad				Sparebank 1 Østlandet				35:31								
	00:46=	01:51=	03:54=	08:41+	09:45=	10:50=	15:54+	17:48+	20:36+	23:24+	26:33+	30:16+	31:15+	32:14+	32:45+	35:05+	35:31+
	00:46=	01:05=	02:03=	04:47+	01:04=	01:05=	05:04+	01:54+	02:48=	02:48=	03:09+	03:43+	00:59+	00:59+	00:31=	02:20+	00:26=
	00:09=	00:11=	00:20=	00:42#	00:02=	00:04=	00:08+	00:15#	00:04=	00:13=	00:01+	00:23#	00:02+	00:01+	00:02=	00:05+	00:04=
3	Per M Lefdal				Oec				38:01								
	00:53=	02:16+	04:33=	09:18+	10:31+	12:05+	17:36+	19:47+	22:27+	25:30+	28:43+	32:12+	33:11+	34:02+	35:05+	37:25+	38:01+
	00:53=	01:23+	02:17=	04:45+	01:13+	01:34+	05:31+	02:11+	02:40=	03:03+	03:13+	03:29+	00:59+	00:51=	01:03+	02:20+	00:36+
	00:02=	00:07+	00:06=	00:40#	00:07#	00:25&	00:35#	00:32&	00:12=	00:02+	00:05+	00:09+	00:02+	00:07=	00:30&	00:05+	00:06#
4	Knut Johan Schjerve				LMF				39:27								
	00:51=	02:06=	04:25=	08:54+	10:12+	11:27+	16:59+	19:03+	22:39+	26:14+	29:29+	33:02+	33:59+	35:13+	37:07+	39:03+	39:27+
	00:51=	01:15=	02:19=	04:29+	01:18+	01:15+	05:32+	02:04+	03:36+	03:35+	03:15+	03:33+	00:57=	01:14+	01:54+	01:56=	00:24=
	00:04=	00:01=	00:04=	00:24+	00:12#	00:06+	00:36#	00:25&	00:44&	00:34#	00:07+	00:13+	00:00=	00:16&	01:21ø	00:19=	00:06=
5	Bjørn J Sørum				Jernbanens Idrettslag				39:31								
	01:58+	03:15+	05:41+	10:21+	11:37+	13:48+	19:10+	21:13+	24:19+	27:21+	30:41+	34:25+	35:28+	36:30+	37:03+	39:07+	39:31+
	01:58+	01:17+	02:26+	04:40+	01:16+	02:11+	05:22+	02:03+	03:06+	03:02+	03:20+	03:44+	01:03+	01:02+	00:33=	02:04=	00:24=
	01:03ø	00:01+	00:03+	00:35#	00:10#	01:02&	00:26+	00:24#	00:14+	00:01+	00:12+	00:24#	00:06#	00:04+	00:00=	00:11=	00:06=
6	Arne Arnesen				Eidsiva				40:31								
	01:03+	03:03+	05:35+	10:58+	12:12+	13:33+	19:06+	21:40+	24:54+	28:10+	31:43+	35:28+	36:31+	37:22+	37:56+	40:05+	40:31+
	01:03+	02:00+	02:32+	05:23+	01:14+	01:21+	05:33+	02:34+	03:14+	03:16+	03:33+	03:45+	01:03+	00:51=	00:34+	02:09=	00:26=
	00:08#	00:44&	00:09+	01:18&	00:08#	00:12#	00:37#	00:55&	00:22#	00:15+	00:25#	00:25#	00:06#	00:07=	00:01+	00:06=	00:04=
7	Lars Lodgaard				Benteler BIL				41:18								
	01:05+	02:21+	04:58+	09:48+	11:27+	12:54+	17:57+	19:56+	22:51+	25:46+	29:02+	32:38+	33:51+	35:12+	37:04+	40:41+	41:18+
	01:05+	01:16=	02:37+	04:50+	01:39+	01:27+	05:03+	01:59+	02:55+	02:55=	03:16+	03:36+	01:13+	01:21+	01:52+	03:37+	00:37+
	00:10#	00:00=	00:14+	00:45#	00:33&	00:18&	00:07+	00:20#	00:03+	00:06=	00:08+	00:16+	00:16&	00:23&	01:19ø	01:22&	00:07#
8	Harald Østbye				Østerdal Garnison				41:23								
	01:01+	02:20+	04:58+	09:31+	10:49+	12:21+	18:14+	20:01+	23:58+	27:38+	31:14+	35:12+	36:16+	37:24+	38:40+	40:51+	41:23+
	01:01+	01:19+	02:38+	04:33+	01:18+	01:32+	05:53+	01:47+	03:57+	03:40+	03:36+	03:58+	01:04+	01:08+	01:16+	02:11=	00:32+
	00:06#	00:03+	00:15#	00:28#	00:12#	00:23&	00:57#	00:08+	01:05&	00:39#	00:28#	00:38#	00:07#	00:10#	00:43ø	00:04=	00:02+
9	Stein Nordvi				Elverum kommune				41:29								
	00:59+	02:41+	05:17+	11:22+	12:57+	14:24+	19:56+	22:22+	25:55+	29:14+	32:37+	36:22+	37:23+	38:18+	38:53+	41:00+	41:29+
	00:59+	01:42+	02:36+	06:05+	01:35+	01:27+	05:32+	02:26+	03:33+	03:19+	03:23+	03:45+	01:01+	00:55=	00:35+	02:07=	00:29=
	00:04+	00:26&	00:13+	02:00&	00:29&	00:18&	00:36#	00:47&	00:41#	00:18+	00:15+	00:25#	00:04+	00:03=	00:02+	00:08=	00:01=
10	Olav Juliussen				Hamar Post				41:47								
	00:56+	02:12+	04:36+	10:47+	11:58+	13:25+	19:14+	21:04+	24:16+	28:03+	31:25+	35:10+	36:10+	37:07+	38:55+	41:23+	41:47+
	00:56+	01:16=	02:24+	06:11+	01:11+	01:27+	05:49+	01:50+	03:12+	03:47+	03:22+	03:45+	01:00+	00:57=	01:48+	02:28+	00:24=
	00:01+	00:00=	00:01+	02:06&	00:05+	00:18&	00:53#	00:11#	00:20#	00:46&	00:14+	00:25#	00:03+	00:01=	01:15ø	00:13+	00:06=
11	Harald Volden				Jernbanens Idrettslag				42:00								
	01:12+	02:33+	05:07+	10:18+	11:48+	13:02+	18:33+	21:05+	24:40+	28:00+	31:40+	35:29+	36:37+	37:26+	37:55+	41:30+	42:00+
	01:12+	01:21+	02:34+	05:11+	01:30+	01:14+	05:31+	02:32+	03:35+	03:20+	03:40+	03:49+	01:08+	00:49=	00:29=	03:35+	00:30=
	00:17&	00:05+	00:11+	01:06&	00:24&	00:05+	00:35#	00:53&	00:43#	00:19#	00:32#	00:29#	00:11#	00:09=	00:04=	01:20&	00:00=
12	Knut Skjeset				Stange kommune				46:03								
	00:57+	02:11=	05:03+	10:00+	11:24+	12:56+	19:34+	22:28+	26:09+	30:10+	34:13+	38:07+	39:19+	40:21+	41:40+	45:28+	46:03+
	00:57+	01:14=	02:52+	04:57+	01:24+	01:32+	06:38+	02:54+	03:41+	04:01+	04:03+	03:54+	01:12+	01:02+	01:19+	03:48+	00:35+
	00:02+	00:02=	00:29#	00:52#	00:18&	00:23&	01:42&	01:15&	00:49&	01:00&	00:55&	00:34#	00:15&	00:04+	00:46ø	01:33&	00:05#
13	Knut Vidar Lund				Telenor				47:51								
	01:06+	02:30+	05:11+	10:59+	12:30+	14:16+	21:06+	23:28+	27:29+	31:18+	35:34+	40:01+	41:14+	42:26+	43:10+	47:23+	47:51+
	01:06+	01:24+	02:41+	05:48+	01:31+	01:46+	06:50+	02:22+	04:01+	03:49+	04:16+	04:27+	01:13+	01:12+	00:44+	04:13+	00:28=
	00:11#	00:08#	00:18#	01:43&	00:25&	00:37&	01:54&	00:43&	01:09&	00:48&	01:08&	01:07&	00:16&	00:14#	00:11&	01:58&	00:02=
14	Erik Grøndalen				Jernbanens Idrettslag				48:01								
	00:53=	02:33+	05:09+	12:49+	14:08+	16:58+	22:59+	24:54+	28:34+	32:24+	36:14+	40:32+	41:52+	43:08+	44:59+	47:26+	48:01+
	00:53=	01:40+	02:36+	07:40+	01:19+	02:50+	06:01+	01:55+	03:40+	03:50+	03:50+	04:18+	01:20+	01:16+	01:51+	02:27+	00:35+
	00:02=	00:24&	00:13+	03:35&	00:13#	01:41ø	01:05#	00:16#	00:48&	00:49&	00:42#	00:58&	00:23&	00:18&	01:18ø	00:12+	00:05#

Plass	Navn						Klasse						Tid									
15	Jon Bjørnstad						Sparebank 1 Østlandet						49:39									
00:58+	02:35+	05:24+	12:51+	13:56+	15:44+	22:53+	25:13+	30:15+	33:56+	38:16+	43:27+	44:37+	45:39+	46:21+	49:03+	49:39+						
00:58+	01:37+	02:49+	07:27+	01:05-	01:48+	07:09+	02:20+	05:02+	03:41+	04:20+	05:11+	01:10+	01:02+	00:42+	02:42+	00:36+						
00:03+	00:21&	00:26#	03:22&	00:01-	00:39&	02:13&	00:41&	02:10&	00:40#	01:12&	01:51&	00:13#	00:04+	00:09&	00:27#	00:06#						
16	Bjarne Harkinn						If						49:45									
00:54-	02:08-	04:26-	11:32+	12:36+	15:08+	29:13+	31:43+	34:46+	37:34+	40:51+	44:23+	45:24+	46:26+	46:57+	49:16+	49:45+						
00:54-	01:14-	02:18-	07:06+	01:04-	02:32+	14:05+	02:30+	03:03+	02:48-	03:17+	03:32+	01:01+	01:02+	00:31-	02:19+	00:29-						
00:01-	00:02-	00:05-	03:01&	00:02-	01:23@	09:09@	00:51&	00:11+	00:13-	00:09+	00:12+	00:04+	00:04+	00:02-	00:04+	00:01-						
17	Tormod Lundberg						Vegvesenet						49:48									
01:09+	02:46+	05:36+	11:42+	13:37+	15:53+	22:16+	24:58+	29:11+	32:41+	36:42+	41:49+	42:59+	44:12+	46:45+	49:18+	49:48+						
01:09+	01:37+	02:50+	06:06+	01:55+	02:16+	06:23+	02:42+	04:13+	03:30+	04:01+	05:07+	01:10+	01:13+	02:33+	02:33+	00:30=						
00:14&	00:21&	00:27#	02:01&	00:49&	01:07&	01:27&	01:03&	01:21&	00:29#	00:53&	01:47&	00:13#	00:15&	02:00@	00:18#	00:00=						
18	Odd Arne Blystad						Eidsiva						50:31									
01:01+	02:30+	05:00+	12:44+	13:54+	15:27+	21:27+	23:12+	27:09+	30:46+	34:29+	44:21+	45:35+	46:35+	47:03+	49:56+	50:31+						
01:01+	01:29+	02:30+	07:44+	01:10+	01:33+	06:00+	01:45+	03:57+	03:37+	03:43+	09:52+	01:14+	01:00+	00:28-	02:53+	00:35+						
00:06#	00:13#	00:07+	03:39&	00:04+	00:24&	01:04#	00:06+	01:05&	00:36#	00:35#	06:32@	00:17&	00:02+	00:05-	00:38&	00:05#						
19	Jon Birger Skansen						RIL						57:14									
01:05+	02:56+	05:58+	11:26+	13:10+	14:51+	27:00+	29:08+	33:31+	38:27+	42:23+	46:51+	48:28+	50:29+	52:39+	56:40+	57:14+						
01:05+	01:51+	03:02+	05:28+	01:44+	01:41+	12:09+	02:08+	04:23+	04:56+	03:56+	04:28+	01:37+	02:01+	02:10+	04:01+	00:34+						
00:10#	00:35&	00:39&	01:23&	00:38&	00:32&	07:13@	00:29&	01:31&	01:55&	00:48&	01:08&	00:40&	01:03@	01:37@	01:46&	00:04#						
Beste strekktid for klassen																						
00:46	01:05	02:03	04:05	01:04	01:05	04:56	01:39	02:40	02:48	03:08	03:20	00:57	00:49	00:28	01:56	00:24						

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

Plass	Navn										Klasse	Tid									
H 5,5																					
1	Kenneth Bilstad										Byggmakker	30:27									
00:42=	01:40=	03:18=	05:59=	06:59=	08:03=	10:20=	12:02=	14:00=	15:42=	17:14=	20:17=	21:43=	25:44=	26:44=	27:49=	28:41=	30:04=	30:27=			
00:42=	00:58=	01:38=	02:41=	01:00=	01:04=	02:17=	01:42=	01:58=	01:42=	01:32=	03:03=	01:26=	04:01=	01:00=	01:05=	00:52=	01:23=	00:23=			
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	Marius Staff										NG Regnskap	37:24									
00:43+	01:47+	03:49+	07:08+	08:36+	10:00+	12:44+	15:28+	17:56+	20:07+	21:27+	25:39+	27:45+	32:54+	34:02+	35:04+	35:27+	37:03+	37:24+			
00:43+	01:04+	02:02+	03:19+	01:28+	01:24+	02:44+	02:44+	02:28+	02:11+	01:20-	04:12+	02:06+	05:09+	01:08+	01:02-	00:23-	01:36+	00:21-			
00:01+	00:06#	00:24#	00:38#	00:28&	00:20&	00:27#	01:02&	00:30&	00:29&	00:12-	01:09&	00:40&	01:08&	00:08#	00:03-	00:29-	00:13#	00:02-			
3	Sverre Lutnes										Norsk Tipping	37:35									
00:48+	01:50+	03:47+	06:59+	08:41+	10:00+	12:21+	14:34+	16:58+	19:11+	20:57+	25:03+	26:52+	31:36+	32:49+	33:55+	35:05+	37:10+	37:35+			
00:48+	01:02+	01:57+	03:12+	01:42+	01:19+	02:21+	02:13+	02:24+	02:13+	01:46+	04:06+	01:49+	04:44+	01:13+	01:06+	01:10+	02:05+	00:25+			
00:06#	00:04+	00:19#	00:31#	00:42&	00:15#	00:04+	00:31&	00:26#	00:31&	00:14#	01:03&	00:23&	00:43#	00:13#	00:01+	00:18&	00:42&	00:02+			
4	Frode Haug										Hamar OK	40:26									
00:49+	01:54+	03:54+	07:22+	09:21+	10:44+	13:31+	15:58+	19:01+	21:16+	22:42+	27:05+	29:01+	34:53+	35:56+	37:31+	38:29+	40:03+	40:26+			
00:49+	01:05+	02:00+	03:28+	01:59+	01:23+	02:47+	02:27+	03:03+	02:15+	01:26-	04:23+	01:56+	05:52+	01:03+	01:35+	00:58+	01:34+	00:23=			
00:07#	00:07#	00:22#	00:47&	00:59&	00:19&	00:30#	00:45&	01:05&	00:33&	00:06-	01:20&	00:30&	01:51&	00:03+	00:30&	00:06#	00:11#	00:00=			
5	Andreas Meyer										Hamar Katedralskole	41:59									
00:44+	01:54+	04:00+	07:39+	09:21+	10:32+	12:55+	15:10+	17:53+	20:11+	24:08+	27:57+	30:24+	36:52+	38:21+	39:39+	40:02+	41:39+	41:59+			
00:44+	01:10+	02:06+	03:39+	01:42+	01:11+	02:23+	02:15+	02:43+	02:18+	03:57+	03:49+	02:27+	06:28+	01:29+	01:18+	00:23-	01:37+	00:20-			
00:02+	00:12#	00:28&	00:58&	00:42&	00:07#	00:06+	00:33&	00:45&	00:36&	02:25@	00:46&	01:01&	02:27&	00:29&	00:13#	00:29-	00:14#	00:03-			
6	Michael Sætvedt										Raufoss Technology	42:29									
00:46+	02:05+	04:31+	09:05+	10:35+	12:05+	14:47+	17:12+	20:06+	22:28+	24:18+	28:36+	30:27+	36:11+	38:01+	39:45+	40:20+	42:08+	42:29+			
00:46+	01:19+	02:26+	04:34+	01:30+	01:30+	02:42+	02:25+	02:54+	02:22+	01:50+	04:18+	01:51+	05:44+	01:50+	01:44+	00:35-	01:48+	00:21-			
00:04+	00:21&	00:48&	01:53&	00:30&	00:26&	00:25#	00:43&	00:56&	00:40&	00:18#	01:15&	00:25&	01:43&	00:50&	00:39&	00:17-	00:25&	00:02-			
7	Harald Berge										BAS Elverum	42:59									
00:51+	01:57+	04:11+	08:19+	10:16+	11:29+	14:15+	16:56+	20:08+	22:40+	24:20+	29:04+	31:28+	36:58+	38:47+	40:30+	40:59+	42:36+	42:59+			
00:51+	01:06+	02:14+	04:08+	01:57+	01:13+	02:46+	02:41+	03:12+	02:32+	01:40+	04:44+	02:24+	05:30+	01:49+	01:43+	00:29-	01:37+	00:23=			
00:09#	00:08#	00:36&	01:27&	00:57&	00:09#	00:29#	00:59&	01:14&	00:50&	00:08+	01:41&	00:58&	01:29&	00:49&	00:38&	00:23-	00:14#	00:00=			
8	Tore Borchgrevink Alu										Hamar Katedralskole	44:59									
00:57+	02:07+	04:43+	08:40+	10:19+	11:47+	14:41+	17:22+	20:07+	23:21+	25:35+	30:23+	32:33+	38:54+	40:42+	41:45+	42:07+	44:15+	44:59+			
00:57+	01:10+	02:36+	03:57+	01:39+	01:28+	02:54+	02:41+	02:45+	03:14+	02:14+	04:48+	02:10+	06:21+	01:48+	01:03-	00:22-	02:08+	00:44+			
00:15&	00:12#	00:58&	01:16&	00:39&	00:24&	00:37&	00:59&	00:47&	01:32&	00:42&	01:45&	00:44&	02:20&	00:48&	00:02-	00:30-	00:45&	00:21&			
9	Arnfinn Pedersen										System-Tre Gjøvik	46:01									
00:59+	02:11+	04:28+	08:50+	11:39+	13:04+	16:10+	18:38+	21:29+	24:05+	25:39+	30:44+	32:40+	38:34+	39:49+	41:51+	42:55+	45:28+	46:01+			
00:59+	01:12+	02:17+	04:22+	02:49+	01:25+	03:06+	02:28+	02:51+	02:36+	01:34+	05:05+	01:56+	05:54+	01:15+	02:02+	01:04+	02:33+	00:33+			
00:17&	00:14#	00:39&	01:41&	01:49@	00:21&	00:49&	00:46&	00:53&	00:54&	00:02+	02:02&	00:30&	01:53&	00:15#	00:57&	00:12#	01:10&	00:10&			
10	Stein Arne Negård										Byggmakker	46:40									
00:59+	02:20+	04:55+	09:09+	11:11+	12:46+	16:21+	19:28+	22:26+	24:49+	26:33+	31:17+	33:32+	39:53+	41:15+	43:20+	44:11+	46:11+	46:40+			
00:59+	01:21+	02:35+	04:14+	02:02+	01:35+	03:35+	03:07+	02:58+	02:23+	01:44+	04:44+	02:15+	06:21+	01:22+	02:05+	00:51-	02:00+	00:29+			
00:17&	00:23&	00:57&	01:33&	01:02@	00:31&	01:18&	01:25&	01:00&	00:41&	00:12#	01:41&	00:49&	02:20&	00:22&	01:00&	00:01-	00:37&	00:06&			
11	Kjetil Kløvrud										System-Tre Gjøvik	49:49									
01:06+	02:34+	05:07+	09:55+	12:01+	13:43+	17:07+	20:08+	24:50+	27:56+	29:41+	34:35+	37:07+	43:20+	44:57+	46:17+	47:15+	49:17+	49:49+			
01:06+	01:28+	02:33+	04:48+	02:06+	01:42+	03:24+	03:01+	04:42+	03:06+	01:45+	04:54+	02:32+	06:13+	01:37+	01:20+	00:58+	02:02+	00:32+			
00:24&	00:30&	00:55&	02:07&	01:06@	00:38&	01:07&	01:19&	02:44@	01:24&	00:13#	01:51&	01:06&	02:12&	00:37&	00:15#	00:06#	00:39&	00:09&			
Beste strekktid for klassen																					
00:42	00:58	01:38	02:41	01:00	01:04	02:17	01:42	01:58	01:42	01:20	03:03	01:26	04:01	01:00	01:02	00:22	01:23	00:20			

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