

Plass Navn

Klasse

Tid

D 1,5

1	Vera Børresen	Sparebank 1 Østlandet	26:13
04:37=	11:30= 15:34= 17:40= 21:53= 25:30= 26:13=		
04:37=	06:53= 04:04= 02:06= 04:13= 03:37= 00:43=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Stine Holmen	Sykehuset Innlandet	26:39
07:28+	11:49+ 14:39- 16:54- 20:25- 25:18- 26:39+		
07:28+	04:21- 02:50- 02:15+ 03:31- 04:53+ 01:21+		
02:51&	02:32- 01:14- 00:09+ 00:42- 01:16& 00:38&		
3	Tora Kleven	Hamar Post	31:53
08:36+	14:51+ 18:17+ 20:38+ 27:07+ 31:10+ 31:53+		
08:36+	06:15- 03:26- 02:21+ 06:29+ 04:03+ 00:43=		
03:59&	00:38- 00:38- 00:15# 02:16& 00:26# 00:00=		
4	Lise Tronstad	Arve Hagen BIL	31:54
06:43+	13:12+ 17:34+ 20:04+ 26:07+ 30:53+ 31:54+		
06:43+	06:29- 04:22+ 02:30+ 06:03+ 04:46+ 01:01+		
02:06&	00:24- 00:18+ 00:24# 01:50& 01:09& 00:18&		
4	Turid Kolseth	Arve Hagen BIL	31:54
06:48+	13:16+ 17:42+ 19:56+ 25:59+ 30:53+ 31:54+		
06:48+	06:28- 04:26+ 02:14+ 06:03+ 04:54+ 01:01+		
02:11&	00:25- 00:22+ 00:08+ 01:50& 01:17& 00:18&		
6	Eva Stensby	Løten kommune	34:08
08:27+	15:44+ 19:45+ 22:14+ 28:06+ 33:04+ 34:08+		
08:27+	07:17+ 04:01- 02:29+ 05:52+ 04:58+ 01:04+		
03:50&	00:24+ 00:03- 00:23# 01:39& 01:21& 00:21&		
7	Mette Bjertingstad	Hikt	34:11
10:32+	16:30+ 20:04+ 23:19+ 28:59+ 33:39+ 34:11+		
10:32+	05:58- 03:34- 03:15+ 05:40+ 04:40+ 00:32-		
05:55@	00:55- 00:30- 01:09& 01:27& 01:03& 00:11-		
8	Linda Stensby Stenbakken	Løten kommune	36:18
06:26+	21:56+ 25:55+ 27:54+ 31:51+ 35:31+ 36:18+		
06:26+	15:30+ 03:59- 01:59- 03:57- 03:40+ 00:47+		
01:49&	08:37@ 00:05- 00:07- 00:16- 00:03+ 00:04+		
9	Helga Hansen	Arve Hagen BIL	42:33
17:10+	23:47+ 28:36+ 31:59+ 35:25+ 41:37+ 42:33+		
17:10+	06:37- 04:49+ 03:23+ 03:26- 06:12+ 00:56+		
12:33@	00:16- 00:45# 01:17& 00:47- 02:35& 00:13&		
10	Solveig Johannessen	Arve Hagen BIL	43:26
17:50+	24:23+ 29:33+ 32:43+ 36:23+ 42:17+ 43:26+		
17:50+	06:33- 05:10+ 03:10+ 03:40- 05:54+ 01:09+		
13:13@	00:20- 01:06& 01:04& 00:33- 02:17& 00:26&		
11	Aase Sørflaten	Vallset/Stange OL	45:32
20:11+	26:33+ 31:35+ 35:03+ 38:25+ 44:26+ 45:32+		
20:11+	06:22- 05:02+ 03:28+ 03:22- 06:01+ 01:06+		
15:34@	00:31- 00:58# 01:22& 00:51- 02:24& 00:23&		

Beste strekktid for klassen

04:37 04:21 02:50 01:59 03:22 03:37 00:32

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

Class	Navn	Klasse	Tid
D 2,5			
1	Berit Røste	Sykehuset Innlandet	35:23
	04:00= 08:34= 12:48= 17:41= 20:23= 29:09= 31:50= 34:38= 35:23=		
	04:00= 04:34= 04:14= 04:53= 02:42= 08:46= 02:41= 02:48= 00:45=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Bente Wikstrøm	Geno	39:27
	04:36+ 08:29- 13:24+ 18:25+ 20:59+ 33:44+ 35:49+ 38:41+ 39:27+		
	04:36+ 03:53- 04:55+ 05:01+ 02:34- 12:45+ 02:05- 02:52+ 00:46+		
	00:36# 00:41- 00:41# 00:08+ 00:08- 03:59& 00:36- 00:04+ 00:01+		
3	Marith Brekke	Hamar kommune	42:26
	04:43+ 11:07+ 17:47+ 22:38+ 26:04+ 36:41+ 39:11+ 41:52+ 42:26+		
	04:43+ 06:24+ 06:40+ 04:51- 03:26+ 10:37+ 02:30- 02:41- 00:34-		
	00:43# 01:50& 02:26& 00:02- 00:44& 01:51# 00:11- 00:07- 00:11-		
4	Elisabet Rise	Geno	44:04
	03:52- 08:41+ 13:20+ 18:52+ 21:27+ 30:54+ 38:09+ 43:18+ 44:04+		
	03:52- 04:49+ 04:39+ 05:32+ 02:35- 09:27+ 07:15+ 05:09+ 00:46+		
	00:08- 00:15+ 00:25+ 00:39# 00:07- 00:41+ 04:34@ 02:21& 00:01+		
5	Liv Reidun Reiersen	Mjøs Retail	45:14
	05:48+ 11:21+ 20:03+ 26:05+ 30:21+ 39:46+ 42:01+ 44:35+ 45:14+		
	05:48+ 05:33+ 08:42+ 06:02+ 04:16+ 09:25+ 02:15- 02:34- 00:39-		
	01:48& 00:59# 04:28@ 01:09# 01:34& 00:39+ 00:26- 00:14- 00:06-		
6	Randi Aas Fjæstad	Løten kommune	46:12
	06:31+ 14:52+ 19:20+ 25:22+ 28:34+ 39:00+ 41:50+ 45:16+ 46:12+		
	06:31+ 08:21+ 04:28+ 06:02+ 03:12+ 10:26+ 02:50+ 03:26+ 00:56+		
	02:31& 03:47& 00:14+ 01:09# 00:30# 01:40# 00:09+ 00:38# 00:11#		
7	Inger K. Brøndbo	Vallset/Stange OL	46:16
	05:36+ 12:18+ 21:45+ 27:06+ 31:34+ 40:07+ 42:54+ 45:44+ 46:16+		
	05:36+ 06:42+ 09:27+ 05:21+ 04:28+ 08:33- 02:47+ 02:50+ 00:32-		
	01:36& 02:08& 05:13@ 00:28+ 01:46& 00:13- 00:06+ 00:02+ 00:13-		
8	Rønnaug Sagbakken	Sparebank 1 Østlandet	49:06
	05:25+ 12:05+ 17:53+ 25:39+ 29:36+ 40:21+ 43:46+ 48:05+ 49:06+		
	05:25+ 06:40+ 05:48+ 07:46+ 03:57+ 10:45+ 03:25+ 04:19+ 01:01+		
	01:25& 02:06& 01:34& 02:53& 01:15& 01:59# 00:44& 01:31& 00:16&		
9	Kari Østbye	If	52:46
	04:05+ 10:46+ 16:09+ 21:54+ 24:23+ 42:47+ 49:22+ 52:10+ 52:46+		
	04:05+ 06:41+ 05:23+ 05:45+ 02:29- 18:24+ 06:35+ 02:48= 00:36-		
	00:05+ 02:07& 01:09& 00:52# 00:13- 09:38@ 03:54@ 00:00= 00:09-		
10	Inger Bakken	If	52:53
	08:36+ 15:13+ 26:20+ 32:06+ 36:11+ 45:47+ 48:36+ 51:57+ 52:53+		
	08:36+ 06:37+ 11:07+ 05:46+ 04:05+ 09:36+ 02:49+ 03:21+ 00:56+		
	04:36@ 02:03& 06:53@ 00:53# 01:23& 00:50+ 00:08+ 00:33# 00:11#		
11	Bente Grøndalen	Sykehuset Innlandet	56:01
	08:09+ 20:32+ 26:45+ 34:55+ 38:56+ 49:10+ 52:03+ 55:19+ 56:01+		
	08:09+ 12:23+ 06:13+ 08:10+ 04:01+ 10:14+ 02:53+ 03:16+ 00:42-		
	04:09@ 07:49@ 01:59& 03:17& 01:19& 01:28# 00:12+ 00:28# 00:03-		
12	Marit Holmgren	Arve Hagen BIL	58:09
	05:46+ 11:27+ 28:57+ 36:01+ 40:38+ 50:55+ 54:05+ 57:21+ 58:09+		
	05:46+ 05:41+ 17:30+ 07:04+ 04:37+ 10:17+ 03:10+ 03:16+ 00:48+		
	01:46& 01:07# 13:16@ 02:11& 01:55& 01:31# 00:29# 00:28# 00:03+		
13	Annie O Gihlemon	Løten kommune	1:01:37
	06:30+ 15:09+ 20:49+ 30:18+ 34:51+ 51:46+ 55:17+ 60:15+ 61:37+		
	06:30+ 08:39+ 05:40+ 09:29+ 04:33+ 16:55+ 03:31+ 04:58+ 01:22+		
	02:30& 04:05& 01:26& 04:36& 01:51& 08:09& 00:50& 02:10& 00:37&		
14	Elin Riise	Norsk Vann	1:30:13
	03:24- 08:45+ 57:32+ 63:59+ 70:13+ 84:11+ 86:43+ 89:33+ 90:13+		
	03:24- 05:21+ 48:47+ 06:27+ 06:14+ 13:58+ 02:32- 02:50+ 00:40-		
	00:36- 00:47# 44:33@ 01:34& 03:32@ 05:12& 00:09- 00:02+ 00:05-		

Beste strekktid for klassen

03:24 03:53 04:14 04:51 02:29 08:33 02:05 02:34 00:32

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

Class	Navn	Klasse	Tid
D 3,5			
1	Kjersti Narum	Vallset/Stange OL	37:03
	05:54= 07:32= 09:39= 14:55= 16:52= 22:00= 24:12= 27:47= 29:31= 33:34= 36:26= 37:03=		
	05:54= 01:38= 02:07= 05:16= 01:57= 05:08= 02:12= 03:35= 01:44= 04:03= 02:52= 00:37=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Anne-Guri Jevne	SIHF	37:56
	08:09+ 10:14+ 12:23+ 17:52+ 21:22+ 25:23+ 26:58+ 30:14+ 31:47+ 35:04+ 37:23+ 37:56+		
	08:09+ 02:05+ 02:09+ 05:29+ 03:30+ 04:01- 01:35- 03:16- 01:33- 03:17- 02:19- 00:33-		
	02:15& 00:27& 00:02+ 00:13+ 01:33& 01:07- 00:37- 00:19- 00:11- 00:46- 00:33- 00:04-		
3	Eirin Lodgaard	Sintef Raufoss	39:30
	04:28- 06:14- 08:58- 15:37+ 19:15+ 24:56+ 26:51+ 30:15+ 32:31+ 36:17+ 38:56+ 39:30+		
	04:28- 01:46+ 02:44+ 06:39+ 03:38+ 05:41+ 01:55- 03:24- 02:16+ 03:46- 02:39- 00:34-		
	01:26- 00:08+ 00:37& 01:23& 01:41& 00:33# 00:17- 00:11- 00:32& 00:17- 00:13- 00:03-		
4	Rita H Aaslund	Sparebank 1 Østlandet	40:32
	05:08- 07:08- 09:58+ 15:55+ 18:02+ 23:48+ 26:10+ 29:37+ 31:47+ 36:30+ 39:51+ 40:32+		
	05:08- 02:00+ 02:50+ 05:57+ 02:07+ 05:46+ 02:22+ 03:27- 02:10+ 04:43+ 03:21+ 00:41+		
	00:46- 00:22# 00:43& 00:41# 00:10+ 00:38# 00:10+ 00:08- 00:26# 00:40# 00:29# 00:04#		
5	Anne Karin Westby	Sparebank 1 Østlandet	41:37
	04:03- 06:04- 08:16- 14:00- 16:40- 23:14+ 25:25+ 29:45+ 33:26+ 37:22+ 41:06+ 41:37+		
	04:03- 02:01+ 02:12+ 05:44+ 02:40+ 06:34+ 02:11- 04:20+ 03:41+ 03:56- 03:44+ 00:31-		
	01:51- 00:23# 00:05+ 00:28+ 00:43& 01:26& 00:01- 00:45# 01:57@ 00:07- 00:52& 00:06-		
6	Ane Storødegård	Storhamar Vgs	42:52
	05:43- 08:01+ 11:06+ 18:22+ 20:35+ 26:16+ 28:24+ 32:00+ 34:28+ 38:52+ 42:23+ 42:52+		
	05:43- 02:18+ 03:05+ 07:16+ 02:13+ 05:41+ 02:08- 03:36+ 02:28+ 04:24+ 03:31+ 00:29-		
	00:11- 00:40& 00:58& 02:00& 00:16# 00:33# 00:04- 00:01+ 00:44& 00:21+ 00:39# 00:08-		
7	Anita Høie	Arve Hagen BIL	45:07
	04:23- 06:49- 09:31- 16:13+ 18:27+ 26:09+ 28:16+ 31:52+ 34:12+ 38:40+ 44:36+ 45:07+		
	04:23- 02:26+ 02:42+ 06:42+ 02:14+ 07:42+ 02:07- 03:36+ 02:20+ 04:28+ 05:56+ 00:31-		
	01:31- 00:48& 00:35& 01:26& 00:17# 02:34& 00:05- 00:01+ 00:36& 00:25# 03:04@ 00:06-		
8	Marit Tyldum	RIL	45:43
	04:32- 07:07- 09:46+ 17:17+ 20:06+ 26:12+ 28:25+ 32:19+ 34:42+ 41:27+ 44:58+ 45:43+		
	04:32- 02:35+ 02:39+ 07:31+ 02:49+ 06:06+ 02:13+ 03:54+ 02:23+ 06:45+ 03:31+ 00:45+		
	01:22- 00:57& 00:32& 02:15& 00:52& 00:58# 00:01+ 00:19+ 00:39& 02:42& 00:39# 00:08#		
9	Grete Storsveen	Sparebank 1 Østlandet	46:50
	04:53- 07:19- 10:14+ 19:23+ 22:04+ 28:25+ 30:29+ 35:34+ 37:52+ 42:23+ 46:08+ 46:50+		
	04:53- 02:26+ 02:55+ 09:09+ 02:41+ 06:21+ 02:04- 05:05+ 02:18+ 04:31+ 03:45+ 00:42+		
	01:01- 00:48& 00:48& 03:53& 00:44& 01:13# 00:08- 01:30& 00:34& 00:28# 00:53& 00:05#		
10	Gunnhild Ljones	Hamar Post	47:03
	04:18- 06:35- 09:45+ 18:39+ 21:25+ 28:01+ 32:06+ 35:19+ 37:42+ 43:17+ 46:26+ 47:03+		
	04:18- 02:17+ 03:10+ 08:54+ 02:46+ 06:36+ 04:05+ 03:13- 02:23+ 05:35+ 03:09+ 00:37=		
	01:36- 00:39& 01:03& 03:38& 00:49& 01:28& 01:53& 00:22- 00:39& 01:32& 00:17+ 00:00=		
11	Rigmor Lømo Aas	Mjøs Retail	47:39
	47:39+		
	47:39+		
	41:45@		
12	Karen Tomter	Utstillingsplassen	49:11
	06:26+ 08:58+ 12:04+ 18:47+ 21:59+ 28:37+ 31:18+ 36:05+ 38:56+ 44:34+ 48:25+ 49:11+		
	06:26+ 02:32+ 03:06+ 06:43+ 03:12+ 06:38+ 02:41+ 04:47+ 02:51+ 05:38+ 03:51+ 00:46+		
	00:32+ 00:54& 00:59& 01:27& 01:15& 01:30& 00:29# 01:12& 01:07& 01:35& 00:59& 00:09#		
13	Eli Stensli	LMF	51:35
	10:38+ 13:00+ 15:40+ 22:53+ 28:43+ 34:56+ 37:02+ 40:51+ 43:19+ 47:50+ 51:01+ 51:35+		
	10:38+ 02:22+ 02:40+ 07:13+ 05:50+ 06:13+ 02:06- 03:49+ 02:28+ 04:31+ 03:11+ 00:34-		
	04:44& 00:44& 00:33& 01:57& 03:53@ 01:05# 00:06- 00:14+ 00:44& 00:28# 00:19# 00:03-		
14	Inger-Lise Skårholen	Løten kommune	53:58
	07:41+ 10:50+ 14:39+ 24:34+ 27:30+ 33:45+ 37:32+ 40:37+ 45:39+ 50:17+ 53:17+ 53:58+		
	07:41+ 03:09+ 03:49+ 09:55+ 02:56+ 06:15+ 03:47+ 03:05- 05:02+ 04:38+ 03:00+ 00:41+		
	01:47& 01:31& 01:42& 04:39& 00:59& 01:07# 01:35& 00:30- 03:18@ 00:35# 00:08+ 00:04#		

Class	Navn	Klasse										Tid
15	Sidsel Storihle	Geno										57:08
	13:44+	15:51+	19:33+	31:48+	34:21+	40:07+	42:17+	46:15+	48:20+	52:59+	56:28+	57:08+
	13:44+	02:07+	03:42+	12:15+	02:33+	05:46+	02:10-	03:58+	02:05+	04:39+	03:29+	00:40+
	07:50@	00:29&	01:35&	06:59@	00:36&	00:38#	00:02-	00:23#	00:21#	00:36#	00:37#	00:03+
16	Kristin Haga	Arve Hagen BIL										1:03:29
	07:55+	15:39+	18:01+	25:25+	28:14+	34:21+	36:57+	42:05+	44:20+	48:35+	63:04+	63:29+
	07:55+	07:44+	02:22+	07:24+	02:49+	06:07+	02:36+	05:08+	02:15+	04:15+	14:29+	00:25-
	02:01&	06:06@	00:15#	02:08&	00:52&	00:59#	00:24#	01:33&	00:31&	00:12+	11:37@	00:12-
17	Randi Fallbakken Berge	BAS Elverum										1:17:14
	25:07+	27:41+	31:00+	38:32+	41:40+	55:36+	57:59+	61:48+	64:50+	70:57+	76:03+	77:14+
	25:07+	02:34+	03:19+	07:32+	03:08+	13:56+	02:23+	03:49+	03:02+	06:07+	05:06+	01:11+
	19:13@	00:56&	01:12&	02:16&	01:11&	08:48@	00:11+	00:14+	01:18&	02:04&	02:14&	00:34&
Beste strekktid for klassen												
	04:03	01:38	02:07	05:16	01:57	04:01	01:35	03:05	01:33	03:17	02:19	00:25

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

D 4,5

1	Mari Norstad Opsahl	Norsk Tipping	44:08														
02:40=	05:45=	10:00=	10:51=	12:14=	15:39=	20:27=	24:04=	27:03=	29:21=	32:06=	34:44=	38:12=	39:02=	40:19=	43:39=	44:08=	
02:40=	03:05=	04:15=	00:51=	01:23=	03:25=	04:48=	03:37=	02:59=	02:18=	02:45=	02:38=	03:28=	00:50=	01:17=	03:20=	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=	
2	Elianne Haneberg	Handelsbanken	46:30														
03:23+	05:35-	08:42-	09:26-	10:58-	14:14-	19:02-	22:54-	25:32-	28:46-	32:30+	35:51+	39:41+	40:55+	42:37+	45:52+	46:30+	
03:23+	02:12-	03:07-	00:44-	01:32+	03:16-	04:48=	03:52+	02:38-	03:14+	03:44+	03:21+	03:50+	01:14+	01:42+	03:15-	00:38+	
00:43&	00:53-	01:08-	00:07-	00:09#	00:09-	00:00=	00:15+	00:21-	00:56&	00:59&	00:43&	00:22#	00:24&	00:25&	00:05-	00:09&	
3	Ragnhild Jetlund	Vang O-lag	46:48														
03:41+	06:31+	12:08+	13:15+	14:43+	18:12+	22:36+	26:18+	29:46+	31:56+	34:52+	37:08+	40:48+	42:00+	43:41+	46:21+	46:48+	
03:41+	02:50-	05:37+	01:07+	01:28+	03:29+	04:24-	03:42+	03:28+	02:10-	02:56+	02:16-	03:40+	01:12+	01:41+	02:40-	00:27-	
01:01&	00:15-	01:22&	00:16&	00:05+	00:04+	00:24-	00:05+	00:29#	00:08-	00:11+	00:22-	00:12+	00:22&	00:24&	00:40-	00:02-	
4	Ingunn Lund Nordstrøm	Norsk Tipping	47:45														
04:13+	07:49+	10:48+	11:41+	12:57+	19:35+	25:28+	29:30+	32:19+	34:16+	36:58+	39:15+	42:34+	43:27+	44:40+	47:12+	47:45+	
04:13+	03:36+	02:59-	00:53+	01:16-	06:38+	05:53+	04:02+	02:49-	01:57-	02:42-	02:17-	03:19-	00:53+	01:13-	02:32-	00:33+	
01:33&	00:31#	01:16-	00:02+	00:07-	03:13&	01:05#	00:25#	00:10-	00:21-	00:03-	00:21-	00:09-	00:03+	00:04-	00:48-	00:04#	
5	Lis Dæhli	Sykehuset Innlandet	47:46														
03:39+	07:13+	10:26+	11:28+	12:56+	16:48+	22:38+	26:53+	29:27+	31:57+	34:57+	37:18+	41:19+	42:38+	44:09+	47:07+	47:46+	
03:39+	03:34+	03:13-	01:02+	01:28+	03:52+	05:50+	04:15+	02:34-	02:30+	03:00+	02:21-	04:01+	01:19+	01:31+	02:58-	00:39+	
00:59&	00:29#	01:02-	00:11#	00:05+	00:27#	01:02#	00:38#	00:25-	00:12+	00:15+	00:17-	00:33#	00:29&	00:14#	00:22-	00:10&	
6	Line Merete Libak	Løten kommune	49:22														
04:22+	07:23+	12:37+	13:31+	14:56+	18:18+	23:53+	28:10+	30:49+	32:43+	35:59+	39:20+	43:13+	44:31+	45:56+	48:43+	49:22+	
04:22+	03:01-	05:14+	00:54+	01:25+	03:22-	05:35+	04:17+	02:39-	01:54-	03:16+	03:21+	03:53+	01:18+	01:25+	02:47-	00:39+	
01:42&	00:04-	00:59#	00:03+	00:02+	00:03-	00:47#	00:40#	00:20-	00:24-	00:31#	00:43&	00:25#	00:28&	00:08#	00:33-	00:10&	
7	Kristine Haugtomt	Hamar Katedralskole	51:25														
06:26+	09:01+	12:57+	13:42+	15:10+	18:24+	23:12+	26:56+	29:03+	31:25+	34:25+	36:50+	44:06+	46:55+	48:33+	50:56+	51:25+	
06:26+	02:35-	03:56-	00:45-	01:28+	03:14-	04:48=	03:44+	02:07-	02:22+	03:00+	02:25-	07:16+	02:49+	01:38+	02:23-	00:29=	
03:46@	00:30-	00:19-	00:06-	00:05+	00:11-	00:00=	00:07+	00:52-	00:04+	00:15+	00:13-	03:48@	01:59@	00:21&	00:57-	00:00=	
8	Turid Wiik Melve	Norkart Geoservice	54:06														
04:14+	06:44+	10:04+	11:03+	12:04-	15:27-	21:51+	25:43+	28:25+	35:15+	41:13+	43:56+	48:20+	49:39+	51:09+	53:33+	54:06+	
04:14+	02:30-	03:20-	00:59+	01:01-	03:23-	06:24+	03:52+	02:42-	06:50+	05:58+	02:43+	04:24+	01:19+	01:30+	02:24-	00:33+	
01:34&	00:35-	00:55-	00:08#	00:22-	00:02-	01:36&	00:15+	00:17-	04:32@	03:13@	00:05+	00:56&	00:29&	00:13#	00:56-	00:04#	
9	May Kristin Tangen	Ringsaker OK	58:07														
04:56+	08:50+	11:56+	12:49+	14:34+	20:29+	26:41+	30:28+	33:03+	35:57+	38:30+	41:35+	43:13+	47:38+	52:49+	54:27+	57:30+	58:07+
04:56+	03:54+	03:06-	00:53+	01:45+	05:55+	06:12+	03:47+	02:35-	02:54+	02:33-	03:05+	01:38-	04:25+	05:11+	01:38-	03:03+	00:37+
02:16&	00:49&	01:09-	00:02+	00:22&	02:30&	01:24&	00:10+	00:24-	00:36&	00:12-	00:27#	01:50-	03:35@	03:54@	01:42-	02:34@	00:37+
10	Unn Mette Klopbakken	Gjøvik Kommune	1:00:22														
04:08+	10:42+	20:25+	22:39+	23:56+	27:15+	32:02+	36:20+	38:22+	40:36+	43:49+	46:16+	54:19+	55:25+	56:53+	59:50+	60:22+	
04:08+	06:34+	09:43+	02:14+	01:17-	03:19-	04:47+	04:18+	02:02-	02:14-	03:13+	02:27-	08:03+	01:06+	01:28+	02:57-	00:32+	
01:28&	03:29@	05:28@	01:23@	00:06-	00:06-	00:01-	00:41#	00:57-	00:04-	00:28#	00:11-	04:35@	00:16&	00:11#	00:23-	00:03#	
11	Wenche Bjørnstad	Geno	1:02:43														
06:43+	10:06+	18:02+	18:51+	20:02+	27:24+	32:17+	37:09+	39:41+	42:26+	45:30+	50:50+	54:45+	58:16+	59:44+	62:09+	62:43+	
06:43+	03:23+	07:56+	00:49-	01:11-	07:22+	04:53+	04:52+	02:32-	02:45+	03:04+	05:20+	03:55+	03:31+	01:28+	02:25-	00:34+	
04:03@	00:18+	03:41&	00:02-	00:12-	03:57@	00:05+	01:15&	00:27-	00:27#	00:19#	02:42@	00:27#	02:41@	00:11#	00:55-	00:05#	
12	Marianne Rud Skjærstad	Løten kommune	1:23:18														
22:50+	26:17+	30:00+	31:25+	32:52+	37:46+	43:58+	48:51+	51:13+	55:40+	61:14+	64:28+	70:07+	77:08+	79:13+	82:41+	83:18+	
22:50+	03:27+	03:43-	01:25+	01:27+	04:54+	06:12+	04:53+	02:22-	04:27+	05:34+	03:14+	05:39+	07:01+	02:05+	03:28+	00:37+	
20:10@	00:22#	00:32-	00:34&	00:04+	01:29&	01:24&	01:16&	00:37-	02:09&	02:49@	00:36#	02:11&	06:11@	00:48&	00:08+	00:08&	

Beste strekketid for klassen

02:40 02:12 02:59 00:44 01:01 03:14 04:24 03:37 02:02 01:54 02:33 02:16 01:38 00:50 01:13 01:38 00:27

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

D 5,5

1	Sofie Johansson	Hamar Katedralskole	37:20												
03:44=	05:33=	06:25=	07:44=	13:15=	16:59=	19:10=	21:30=	24:19=	26:38=	29:47=	30:41=	33:17=	34:48=	36:51=	37:20=
03:44=	01:49=	00:52=	01:19=	05:31=	03:44=	02:11=	02:20=	02:49=	02:19=	03:09=	00:54=	02:36=	01:31=	02:03=	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=

2	Nikoline Ekeberg Schjerve	Norconsult	38:05												
03:49+	05:54+	06:49+	08:17+	13:48+	17:36+	20:41+	23:06+	26:02+	27:31+	30:55+	31:48+	34:15+	35:52+	37:39+	38:05+
03:49+	02:05+	00:55+	01:28+	05:31=	03:48+	03:05+	02:25+	02:56+	01:29-	03:24+	00:53-	02:27-	01:37+	01:47-	00:26-
00:05+	00:16#	00:03+	00:09#	00:00=	00:04+	00:54&	00:05+	00:07+	00:50-	00:15+	00:01-	00:09-	00:06+	00:16-	00:03-

3	Tone Bleken Rud	Eidsiva	58:04												
07:44+	11:50+	13:02+	14:40+	21:58+	26:09+	29:38+	32:58+	37:13+	39:13+	48:09+	49:17+	52:42+	54:46+	57:29+	58:04+
07:44+	04:06+	01:12+	01:38+	07:18+	04:11+	03:29+	03:20+	04:15+	02:00-	08:56+	01:08+	03:25+	02:04+	02:43+	00:35+
04:00@	02:17@	00:20&	00:19#	01:47&	00:27#	01:18&	01:00&	01:26&	00:19-	05:47@	00:14&	00:49&	00:33&	00:40&	00:06#

Beste strekktid for klassen

03:44	01:49	00:52	01:19	05:31	03:44	02:11	02:20	02:49	01:29	03:09	00:53	02:27	01:31	01:47	00:26
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Pluss	Navn	Klasse	Tid
H 1,5			
1	Jan Erik Johansen	Hamar Post	19:24
01:40=	06:24= 09:40= 11:45= 15:18= 18:45= 19:24=		
01:40=	04:44= 03:16= 02:05= 03:33= 03:27= 00:39=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Steinar Sørlien	Geno	24:50
02:37+	08:43+ 12:54+ 16:03+ 19:12+ 23:51+ 24:50+		
02:37+	06:06+ 04:11+ 03:09+ 03:09- 04:39+ 00:59+		
00:57&	01:22& 00:55& 01:04& 00:24- 01:12& 00:20&		
3	Trygve Jan Bjerke	Hamar Post	26:37
02:55+	08:14+ 12:43+ 15:45+ 21:39+ 25:47+ 26:37+		
02:55+	05:19+ 04:29+ 03:02+ 05:54+ 04:08+ 00:50+		
01:15&	00:35# 01:13& 00:57& 02:21& 00:41# 00:11&		
4	Arnfinn Nordhagen	Geno	26:42
02:36+	09:04+ 13:15+ 16:58+ 21:50+ 25:56+ 26:42+		
02:36+	06:28+ 04:11+ 03:43+ 04:52+ 04:06+ 00:46+		
00:56&	01:44& 00:55& 01:38& 01:19& 00:39# 00:07#		
5	Dag Erik Hovde	Eidsiva	29:34
02:27+	09:45+ 15:04+ 18:42+ 23:44+ 28:32+ 29:34+		
02:27+	07:18+ 05:19+ 03:38+ 05:02+ 04:48+ 01:02+		
00:47&	02:34& 02:03& 01:33& 01:29& 01:21& 00:23&		
6	Svein Iver Jevne	Arve Hagen BIL	29:35
02:11+	08:50+ 16:34+ 19:32+ 24:58+ 28:53+ 29:35+		
02:11+	06:39+ 07:44+ 02:58+ 05:26+ 03:55+ 00:42+		
00:31&	01:55& 04:28@ 00:53& 01:53& 00:28# 00:03+		
7	Erik Skårås	Sparebank 1 Østlandet	29:58
03:51+	10:00+ 17:00+ 20:52+ 24:17+ 28:59+ 29:58+		
03:51+	06:09+ 07:00+ 03:52+ 03:25- 04:42+ 00:59+		
02:11@	01:25& 03:44@ 01:47& 00:08- 01:15& 00:20&		
8	Geir-Håkon Øverby	If	30:37
04:47+	10:55+ 18:14+ 21:33+ 25:02+ 29:42+ 30:37+		
04:47+	06:08+ 07:19+ 03:19+ 03:29- 04:40+ 00:55+		
03:07@	01:24& 04:03@ 01:14& 00:04- 01:13& 00:16&		
9	Håkon Nesbakk	Eidsiva	31:14
02:07+	08:54+ 17:29+ 20:34+ 25:49+ 30:25+ 31:14+		
02:07+	06:47+ 08:35+ 03:05+ 05:15+ 04:36+ 00:49+		
00:27&	02:03& 05:19@ 01:00& 01:42& 01:09& 00:10&		
10	Arne Sveen	Stabburet	31:34
03:16+	10:25+ 15:32+ 20:16+ 24:23+ 29:46+ 31:34+		
03:16+	07:09+ 05:07+ 04:44+ 04:07+ 05:23+ 01:48+		
01:36&	02:25& 01:51& 02:39@ 00:34# 01:56& 01:09@		
11	Bjørn Jenssen	Mjøs Retail	32:32
03:42+	11:04+ 14:56+ 18:00+ 25:11+ 31:28+ 32:32+		
03:42+	07:22+ 03:52+ 03:04+ 07:11+ 06:17+ 01:04+		
02:02@	02:38& 00:36# 00:59& 03:38@ 02:50& 00:25&		
12	Kjell Sagbakken	Hamar Post	32:39
08:42+	13:30+ 19:02+ 22:41+ 27:55+ 31:57+ 32:39+		
08:42+	04:48+ 05:32+ 03:39+ 05:14+ 04:02+ 00:42+		
07:02@	00:04+ 02:16& 01:34& 01:41& 00:35# 00:03+		
13	Arvid Haug	Vallset/Stange OL	32:56
05:59+	13:09+ 17:07+ 20:06+ 27:02+ 32:10+ 32:56+		
05:59+	07:10+ 03:58+ 02:59+ 06:56+ 05:08+ 00:46+		
04:19@	02:26& 00:42# 00:54& 03:23& 01:41& 00:07#		
14	Erik Gundersen	Nestle	33:18
03:00+	10:58+ 17:19+ 21:02+ 26:45+ 32:08+ 33:18+		
03:00+	07:58+ 06:21+ 03:43+ 05:43+ 05:23+ 01:10+		
01:20&	03:14& 03:05& 01:38& 02:10& 01:56& 00:31&		

Class	Navn	Klasse	Tid
15	Ragnar Høsøien	Hamar Post	33:39
03:00+	12:14+	18:14+	22:28+
03:00+	09:14+	06:00+	04:14+
01:20&	04:30&	02:44&	02:09@
	01:11&	01:59&	00:22&
16	Edgar Myrvold	Statens Hus	33:49
03:19+	11:10+	16:45+	21:40+
03:19+	07:51+	05:35+	04:55+
01:39&	03:07&	02:19&	02:50@
	01:45&	02:01&	00:44@
17	Reidar Syversen	Telenor	34:50
05:08+	11:59+	20:20+	24:50+
05:08+	06:51+	08:21+	04:30+
03:28@	02:07&	05:05@	02:25@
	01:02&	01:11&	00:08#
18	Kjell Høgseth	Geno	35:03
01:55+	06:47+	17:18+	24:04+
01:55+	04:52+	10:31+	06:46+
00:15#	00:08+	07:15@	04:41@
	02:47&	00:24#	00:09#
19	Helge Busterud	Eidsiva	36:45
04:58+	12:40+	18:07+	23:26+
04:58+	07:42+	05:27+	05:19+
03:18@	02:58&	02:11&	03:14@
	02:37&	02:43&	00:20&
20	Hallstein Ødegård	Løten kommune	42:50
05:01+	15:47+	21:53+	29:56+
05:01+	10:46+	06:06+	08:03+
03:21@	06:02@	02:50&	05:58@
	03:29&	01:19&	00:27&
21	Øyvind Strand	Arve Hagen BIL	43:01
03:08+	10:35+	19:03+	23:54+
03:08+	07:27+	08:28+	04:51+
01:28&	02:43&	05:12@	02:46@
	00:33#	10:34@	00:21&
22	Finn Røise	Moelven	46:21
10:02+	23:03+	31:08+	37:45+
10:02+	13:01+	08:05+	06:37+
08:22@	08:17@	04:49@	04:32@
	00:48#	00:07+	00:02+
23	John Fallbakken	Vallset/Stange OL	47:45
07:56+	19:16+	26:41+	31:08+
07:56+	11:20+	07:25+	04:27+
06:16@	06:36@	04:09@	02:22@
	02:47&	05:39@	00:32&
Beste strekktid for klassen			
01:40	04:44	03:16	02:05
	03:09	03:27	00:39

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

Class	Navn	Klasse	Tid
H 2,5			
1	Tormod Pedersen	Arve Hagen BIL	25:01
	02:02= 06:37= 11:02= 12:49= 15:39= 17:43= 20:44= 22:27= 24:29= 25:01=		
	02:02= 04:35= 04:25= 01:47= 02:50= 02:04= 03:01= 01:43= 02:02= 00:32=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Trond Feiring	Høgskolen Innlandet	31:12
	01:51- 07:01+ 12:12+ 14:46+ 18:13+ 20:26+ 24:30+ 28:24+ 30:37+ 31:12+		
	01:51- 05:10+ 05:11+ 02:34+ 03:27+ 02:13+ 04:04+ 03:54+ 02:13+ 00:35+		
	00:11- 00:35# 00:46# 00:47& 00:37# 00:09+ 01:03& 02:11@ 00:11+ 00:03+		
3	Erik Neby	Norsk Tipping	31:15
	01:22- 06:27- 12:33+ 14:55+ 18:20+ 22:05+ 25:38+ 27:46+ 30:31+ 31:15+		
	01:22- 05:05+ 06:06+ 02:22+ 03:25+ 03:45+ 03:33+ 02:08+ 02:45+ 00:44+		
	00:40- 00:30# 01:41& 00:35& 00:35# 01:41& 00:32# 00:25# 00:43& 00:12&		
4	Ludvig Bjerke-Narud	Geno	31:58
	01:58- 07:29+ 12:55+ 15:44+ 20:02+ 23:29+ 27:05+ 29:10+ 31:26+ 31:58+		
	01:58- 05:31+ 05:26+ 02:49+ 04:18+ 03:27+ 03:36+ 02:05+ 02:16+ 00:32=		
	00:04- 00:56# 01:01# 01:02& 01:28& 01:23& 00:35# 00:22# 00:14# 00:00=		
5	Yngvar Aarebrot	Hamar kommune	32:26
	01:40- 07:10+ 12:58+ 15:17+ 18:37+ 23:17+ 27:05+ 29:05+ 31:47+ 32:26+		
	01:40- 05:30+ 05:48+ 02:19+ 03:20+ 04:40+ 03:48+ 02:00+ 02:42+ 00:39+		
	00:22- 00:55# 01:23& 00:32& 00:30# 02:36@ 00:47& 00:17# 00:40& 00:07#		
6	Morten Øie	Furnes Almending	34:07
	03:02+ 08:19+ 14:26+ 16:36+ 21:46+ 24:15+ 28:07+ 30:22+ 33:23+ 34:07+		
	03:02+ 05:17+ 06:07+ 02:10+ 05:10+ 02:29+ 03:52+ 02:15+ 03:01+ 00:44+		
	01:00& 00:42# 01:42& 00:23# 02:20& 00:25# 00:51& 00:32& 00:59& 00:12&		
7	Hans Asbjørn Tingvoll	Raufoss I.L. Orientering	35:40
	03:42+ 09:34+ 15:57+ 18:25+ 22:25+ 25:11+ 29:25+ 31:57+ 34:48+ 35:40+		
	03:42+ 05:52+ 06:23+ 02:28+ 04:00+ 02:46+ 04:14+ 02:32+ 02:51+ 00:52+		
	01:40& 01:17& 01:58& 00:41& 01:10& 00:42& 01:13& 00:49& 00:49& 00:20&		
8	Bjørn Eriksrud	Raufoss I.L. Orientering	36:39
	04:46+ 10:37+ 17:00+ 19:27+ 23:29+ 26:13+ 30:33+ 33:00+ 35:53+ 36:39+		
	04:46+ 05:51+ 06:23+ 02:27+ 04:02+ 02:44+ 04:20+ 02:27+ 02:53+ 00:46+		
	02:44@ 01:16& 01:58& 00:40& 01:12& 00:40& 01:19& 00:44& 00:51& 00:14&		
9	Magne Smeland	Vegvesenet	37:51
	01:24- 12:12+ 18:22+ 20:42+ 25:05+ 28:27+ 32:25+ 34:38+ 37:12+ 37:51+		
	01:24- 10:48+ 06:10+ 02:20+ 04:23+ 03:22+ 03:58+ 02:13+ 02:34+ 00:39+		
	00:38- 06:13@ 01:45& 00:33& 01:33& 01:18& 00:57& 00:30& 00:32& 00:07#		
10	Magnar Nybakk	Sparebank 1 Østlandet	37:53
	03:00+ 09:38+ 16:38+ 19:00+ 23:17+ 26:50+ 31:39+ 34:23+ 37:12+ 37:53+		
	03:00+ 06:38+ 07:00+ 02:22+ 04:17+ 03:33+ 04:49+ 02:44+ 02:49+ 00:41+		
	00:58& 02:03& 02:35& 00:35& 01:27& 01:29& 01:48& 01:01& 00:47& 00:09&		
11	Espen Melby	Løten kommune	38:36
	04:15+ 11:03+ 17:28+ 20:26+ 24:26+ 27:35+ 31:39+ 35:22+ 37:55+ 38:36+		
	04:15+ 06:48+ 06:25+ 02:58+ 04:00+ 03:09+ 04:04+ 03:43+ 02:33+ 00:41+		
	02:13@ 02:13& 02:00& 01:11& 01:10& 01:05& 01:03& 02:00@ 00:31& 00:09&		
12	Odd Rise	Geno	38:41
	04:10+ 12:39+ 19:11+ 21:36+ 25:36+ 28:22+ 32:42+ 35:12+ 37:57+ 38:41+		
	04:10+ 08:29+ 06:32+ 02:25+ 04:00+ 02:46+ 04:20+ 02:30+ 02:45+ 00:44+		
	02:08@ 03:54& 02:07& 00:38& 01:10& 00:42& 01:19& 00:47& 00:43& 00:12&		
13	Knut Fjæstad	Løten kommune	39:11
	01:52- 08:16+ 15:16+ 18:03+ 23:01+ 26:43+ 31:43+ 34:59+ 38:28+ 39:11+		
	01:52- 06:24+ 07:00+ 02:47+ 04:58+ 03:42+ 05:00+ 03:16+ 03:29+ 00:43+		
	00:10- 01:49& 02:35& 01:00& 02:08& 01:38& 01:59& 01:33& 01:27& 00:11&		
14	Stein Sandaker	Ahlsell	40:33
	05:56+ 13:14+ 19:13+ 22:18+ 26:52+ 30:28+ 35:12+ 37:36+ 39:59+ 40:33+		
	05:56+ 07:18+ 05:59+ 03:05+ 04:34+ 03:36+ 04:44+ 02:24+ 02:23+ 00:34+		
	03:54@ 02:43& 01:34& 01:18& 01:44& 01:32& 01:43& 00:41& 00:21# 00:02+		

Class	Navn	Klasse	Tid
15	Terje Lien	Telenor	41:03
03:59+	11:03+ 19:33+ 21:55+ 26:05+ 29:32+	34:28+ 37:14+ 40:15+ 41:03+	
03:59+	07:04+ 08:30+ 02:22+ 04:10+ 03:27+	04:56+ 02:46+ 03:01+ 00:48+	
01:57&	02:29& 04:05& 00:35& 01:20& 01:23&	01:55& 01:03& 00:59& 00:16&	
16	Gunnar Alu	Høgskolen Innlandet	41:37
01:19-	08:29+ 18:29+ 20:42+ 25:42+ 28:49+	33:10+ 36:20+ 40:29+ 41:37+	
01:19-	07:10+ 10:00+ 02:13+ 05:00+ 03:07+	04:21+ 03:10+ 04:09+ 01:08+	
00:43-	02:35& 05:35@ 00:26# 02:10& 01:03&	01:20& 01:27& 02:07@ 00:36@	
17	Kåre Garmager	Telenor	41:47
03:03+	11:44+ 18:15+ 20:41+ 24:56+ 28:09+	32:42+ 37:22+ 40:51+ 41:47+	
03:03+	08:41+ 06:31+ 02:26+ 04:15+ 03:13+	04:33+ 04:40+ 03:29+ 00:56+	
01:01&	04:06& 02:06& 00:39& 01:25& 01:09&	01:32& 02:57@ 01:27& 00:24&	
18	Ole Rostad	Eidsiva	42:45
03:11+	12:34+ 20:31+ 26:39+ 30:59+ 34:20+	38:30+ 40:30+ 42:17+ 42:45+	
03:11+	09:23+ 07:57+ 06:08+ 04:20+ 03:21+	04:10+ 02:00+ 01:47- 00:28-	
01:09&	04:48@ 03:32& 04:21@ 01:30& 01:17&	01:09& 00:17# 00:15- 00:04-	
19	Ottar Evensen	Elverum kommune	45:12
04:14+	12:34+ 19:30+ 22:26+ 26:51+ 30:01+	35:33+ 39:47+ 44:29+ 45:12+	
04:14+	08:20+ 06:56+ 02:56+ 04:25+ 03:10+	05:32+ 04:14+ 04:42+ 00:43+	
02:12@	03:45& 02:31& 01:09& 01:35& 01:06&	02:31& 02:31@ 02:40@ 00:11&	
20	Tore Lindaas	Elverum kommune	47:10
04:54+	14:06+ 21:20+ 24:24+ 31:34+ 34:44+	39:37+ 42:23+ 46:07+ 47:10+	
04:54+	09:12+ 07:14+ 03:04+ 07:10+ 03:10+	04:53+ 02:46+ 03:44+ 01:03+	
02:52@	04:37@ 02:49& 01:17& 04:20@ 01:06&	01:52& 01:03& 01:42& 00:31&	
21	Jan Olav Sæther	Vallset/Stange OL	48:41
02:23+	09:56+ 26:28+ 29:07+ 33:50+ 36:58+	41:25+ 45:21+ 47:57+ 48:41+	
02:23+	07:33+ 16:32+ 02:39+ 04:43+ 03:08+	04:27+ 03:56+ 02:36+ 00:44+	
00:21#	02:58& 12:07@ 00:52& 01:53& 01:04&	01:26& 02:13@ 00:34& 00:12&	
22	Henrik Bache	Sanderud sykehus	50:02
03:06+	11:16+ 19:34+ 24:26+ 30:15+ 33:45+	43:32+ 46:23+ 49:24+ 50:02+	
03:06+	08:10+ 08:18+ 04:52+ 05:49+ 03:30+	09:47+ 02:51+ 03:01+ 00:38+	
01:04&	03:35& 03:53& 03:05@ 02:59@ 01:26&	06:46@ 01:08& 00:59& 00:06#	
23	Harald Grønvold	Arve Hagen BIL	50:05
09:35+	17:56+ 24:53+ 27:41+ 32:17+ 35:04+	44:44+ 46:34+ 49:26+ 50:05+	
09:35+	08:21+ 06:57+ 02:48+ 04:36+ 02:47+	09:40+ 01:50+ 02:52+ 00:39+	
07:33@	03:46& 02:32& 01:01& 01:46& 00:43&	06:39@ 00:07+ 00:50& 00:07#	
24	Magnar Sveen	Moelven	50:10
01:56-	11:11+ 21:46+ 25:25+ 36:57+ 39:31+	43:53+ 46:46+ 49:29+ 50:10+	
01:56-	09:15+ 10:35+ 03:39+ 11:32+ 02:34+	04:22+ 02:53+ 02:43+ 00:41+	
00:06-	04:40@ 06:10@ 01:52@ 08:42@ 00:30#	01:21& 01:10& 00:41& 00:09&	
25	Torbjørn Håkensen	Vallset/Stange OL	52:23
02:29+	10:39+ 18:48+ 21:32+ 28:20+ 31:33+	37:08+ 41:28+ 46:33+ 47:26+ 51:21+ 52:23+	
02:29+	08:10+ 08:09+ 02:44+ 06:48+ 03:13+	05:35+ 04:20+ 05:05+ 00:53+ 03:55+ 01:02+	
00:27#	03:35& 03:44& 00:57& 03:58@ 01:09&	02:34& 02:37@ 03:03@ 00:21& 03:55+ 01:02+	
26	Ole-Johan Vangen	Norsk Tipping	52:55
01:27-	08:22+ 22:57+ 25:06+ 34:15+ 37:14+	42:16+ 49:42+ 52:55+	
01:27-	06:55+ 14:35+ 02:09+ 09:09+ 02:59+	05:02+ 07:26+ 03:13+	
00:35-	02:20& 10:10@ 00:22# 06:19@ 00:55&	02:01& 05:43@ 01:11&	
27	Einar Stensby	Løten kommune	53:12
07:34+	19:09+ 32:15+ 34:47+ 38:35+ 41:45+	46:11+ 49:57+ 52:28+ 53:12+	
07:34+	11:35+ 13:06+ 02:32+ 03:48+ 03:10+	04:26+ 03:46+ 02:31+ 00:44+	
05:32@	07:00@ 08:41@ 00:45& 00:58& 01:06&	01:25& 02:03@ 00:29# 00:12&	
28	Helge Storsveen	Løten kommune	55:49
02:09+	15:13+ 23:51+ 27:11+ 38:39+ 42:11+	47:55+ 51:31+ 54:57+ 55:49+	
02:09+	13:04+ 08:38+ 03:20+ 11:28+ 03:32+	05:44+ 03:36+ 03:26+ 00:52+	
00:07+	08:29@ 04:13& 01:33& 08:38@ 01:28&	02:43& 01:53@ 01:24& 00:20&	
29	Espen Paulsen	Infosofs	58:49
05:27+	14:03+ 21:38+ 26:03+ 45:06+ 48:35+	53:26+ 55:33+ 58:10+ 58:49+	
05:27+	08:36+ 07:35+ 04:25+ 19:03+ 03:29+	04:51+ 02:07+ 02:37+ 00:39+	
03:25@	04:01& 03:10& 02:38@ 16:13@ 01:25&	01:50& 00:24# 00:35& 00:07#	

Class	Navn	Klasse	Tid
30	Sven Marken	Løten kommune	1:01:17
03:43+	18:34+	26:41+	30:00+
03:43+	14:51+	08:07+	03:19+
01:41&	10:16@	03:42&	01:32&
		06:34@	02:05@
		04:12@	02:53@
		02:46@	00:35@
31	Thomas Martinsen	Nortura	1:03:33
03:09+	19:14+	28:54+	36:28+
03:09+	16:05+	09:40+	07:34+
01:07&	11:30@	05:15@	05:47@
		03:27@	04:40@
		04:33@	01:34&
		00:34&	00:05#
32	Torbjørn Ødegaard	Hamar Lærerhøgskole	1:09:56
03:49+	18:11+	26:32+	34:48+
03:49+	14:22+	08:21+	08:16+
01:47&	09:47@	03:56&	06:29@
		02:12&	01:32&
		15:09@	02:25@
		01:11&	00:27&
33	Thorvald Sæhlie	Ringsaker kommune	1:13:33
03:35+	17:44+	32:25+	37:45+
03:35+	14:09+	14:41+	05:20+
01:33&	09:34@	10:16@	03:33@
		07:27@	03:54@
		04:41@	03:32@
		03:12@	00:50@
34	Espen Øyhovden-Nordby	Mjøs Retail	1:21:24
08:37+	17:43+	29:01+	33:16+
08:37+	09:06+	11:18+	04:15+
06:35@	04:31&	06:53@	02:28@
		21:47@	01:22&
		08:41@	02:43@
		01:14&	00:09&
Beste strekktid for klassen			
01:19	04:35	04:25	01:47
		02:50	02:04
		03:01	01:43
		01:47	00:28

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

H 3,5

1	Terje Tangen	Ringsaker OK	31:14
03:49=	05:28= 08:55= 10:56= 12:30= 16:31= 19:02= 22:18= 23:07= 25:56= 28:16= 30:41= 31:14=		
03:49=	01:39= 03:27= 02:01= 01:34= 04:01= 02:31= 03:16= 00:49= 02:49= 02:20= 02:25= 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=		
2	Stein Nordvi	Elverum kommune	34:24
03:49=	05:42+ 09:27+ 11:18+ 13:14+ 17:32+ 20:20+ 24:00+ 24:52+ 28:24+ 31:31+ 33:50+ 34:24+		
03:49=	01:53+ 03:45+ 01:51- 01:56+ 04:18+ 02:48+ 03:40+ 00:52+ 03:32+ 03:07+ 02:19- 00:34+		
00:00=	00:14# 00:18+ 00:10- 00:22# 00:17+ 00:17# 00:24# 00:03+ 00:43& 00:47& 00:06- 00:01+		
3	Avle Chr Bjørn	Idrettens Hus	36:04
03:53+ 06:27+ 10:00+ 12:40+ 14:19+ 19:02+ 22:38+ 26:29+ 27:08+ 30:14+ 33:06+ 35:31+ 36:04+			
03:53+ 02:34+ 03:33+ 02:40+ 01:39+ 04:43+ 03:36+ 03:51+ 00:39- 03:06+ 02:52+ 02:25= 00:33=			
00:04+ 00:55& 00:06+ 00:39& 00:05+ 00:42# 01:05& 00:35# 00:10- 00:17# 00:32# 00:00= 00:00=			
4	Knut Malmo	Vegvesenet	36:24
03:56+ 05:51+ 09:45+ 13:00+ 14:37+ 19:10+ 22:13+ 26:13+ 27:00+ 30:28+ 33:27+ 35:52+ 36:24+			
03:56+ 01:55+ 03:54+ 03:15+ 01:37+ 04:33+ 03:03+ 04:00+ 00:47- 03:28+ 02:59+ 02:25= 00:32-			
00:07+ 00:16# 00:27# 01:14& 00:03+ 00:32# 00:32# 00:44# 00:02- 00:39# 00:39& 00:00= 00:01-			
5	Tom S Helgesen	Hamar Post	36:33
03:42- 06:02+ 09:46+ 12:16+ 14:19+ 18:25+ 22:04+ 26:22+ 27:23+ 30:52+ 33:59+ 36:07+ 36:33+			
03:42- 02:20+ 03:44+ 02:30+ 02:03+ 04:06+ 03:39+ 04:18+ 01:01+ 03:29+ 03:07+ 02:08- 00:26-			
00:07- 00:41& 00:17+ 00:29# 00:29& 00:05+ 01:08& 01:02& 00:12# 00:40# 00:47& 00:17- 00:07-			
6	Erik Grøndalen	Sykehuset Innlandet	37:23
03:35- 05:26- 11:18+ 13:10+ 14:56+ 19:43+ 22:30+ 26:58+ 27:52+ 31:29+ 34:08+ 36:49+ 37:23+			
03:35- 01:51+ 05:52+ 01:52- 01:46+ 04:47+ 02:47+ 04:28+ 00:54+ 03:37+ 02:39+ 02:41+ 00:34+			
00:14- 00:12# 02:25& 00:09- 00:12# 00:46# 00:16# 01:12& 00:05# 00:48& 00:19# 00:16# 00:01+			
7	Knut Wikstrøm	Kartverket	38:37
04:01+ 06:10+ 10:05+ 11:59+ 13:47+ 19:12+ 23:14+ 27:35+ 28:16+ 32:14+ 35:30+ 38:03+ 38:37+			
04:01+ 02:09+ 03:55+ 01:54- 01:48+ 05:25+ 04:02+ 04:21+ 00:41- 03:58+ 03:16+ 02:33+ 00:34+			
00:12+ 00:30& 00:28# 00:07- 00:14# 01:24& 01:31& 01:05& 00:08- 01:09& 00:56& 00:08+ 00:01+			
8	Gjermund Nedgård	Norsk Tipping	39:01
03:44- 05:32+ 11:13+ 15:48+ 17:44+ 21:27+ 24:26+ 28:08+ 28:57+ 33:29+ 36:13+ 40:36+ 41:07+			
03:44- 01:48+ 05:41+ 04:35+ 01:56+ 03:43- 02:59+ 03:42+ 00:49= 04:32+ 02:44+ 04:23+ 00:31-			
00:05- 00:09+ 02:14& 02:34@ 00:22# 00:18- 00:28# 00:26# 00:00= 01:43& 00:24# 01:58& 00:02-			
9	Ove Tåsåsen	Mjøs Retail	39:37
04:03+ 05:56+ 09:30+ 11:32+ 13:54+ 18:11+ 21:28+ 25:42+ 26:36+ 31:04+ 33:57+ 39:01+ 39:37+			
04:03+ 01:53+ 03:34+ 02:02+ 02:22+ 04:17+ 03:17+ 04:14+ 00:54+ 04:28+ 02:53+ 05:04+ 00:36+			
00:14+ 00:14# 00:07+ 00:01+ 00:48& 00:16+ 00:46& 00:58& 00:05# 01:39& 00:33# 02:39@ 00:03+			
10	Morten Eriksen	Norsk Tipping	39:40
03:56+ 06:03+ 09:41+ 11:55+ 15:03+ 20:02+ 24:22+ 28:21+ 29:13+ 32:47+ 36:38+ 39:08+ 39:40+			
03:56+ 02:07+ 03:38+ 02:14+ 03:08+ 04:59+ 04:20+ 03:59+ 00:52+ 03:34+ 03:51+ 02:30+ 00:32-			
00:07+ 00:28& 00:11+ 00:13# 01:34& 00:58# 01:49& 00:43# 00:03+ 00:45& 01:31& 00:05+ 00:01-			
11	Kjetil Liven	LMF	44:23
04:00+ 06:20+ 12:13+ 16:17+ 18:30+ 22:55+ 28:06+ 32:54+ 33:54+ 37:28+ 40:19+ 43:50+ 44:23+			
04:00+ 02:20+ 05:53+ 04:04+ 02:13+ 04:25+ 05:11+ 04:48+ 01:00+ 03:34+ 02:51+ 03:31+ 00:33=			
00:11+ 00:41& 02:26& 02:03@ 00:39& 00:24+ 02:40@ 01:32& 00:11# 00:45& 00:31# 01:06& 00:00=			
12	Jo Gisle Jørgensen	Norsk Tipping	44:46
04:23+ 06:42+ 11:30+ 13:39+ 15:50+ 21:50+ 27:15+ 32:08+ 32:54+ 37:49+ 40:59+ 44:07+ 44:46+			
04:23+ 02:19+ 04:48+ 02:09+ 02:11+ 06:00+ 05:25+ 04:53+ 00:46- 04:55+ 03:10+ 03:08+ 00:39+			
00:34# 00:40& 01:21& 00:08+ 00:37& 01:59& 02:54@ 01:37& 00:03- 02:06& 00:50& 00:43& 00:06#			
13	Tore Gustav Tomter	Plan 1	44:56
04:48+ 07:22+ 12:11+ 14:20+ 17:16+ 22:23+ 26:27+ 31:18+ 32:08+ 37:05+ 39:59+ 44:15+ 44:56+			
04:48+ 02:34+ 04:49+ 02:09+ 02:56+ 05:07+ 04:04+ 04:51+ 00:50+ 04:57+ 02:54+ 04:16+ 00:41+			
00:59& 00:55& 01:22& 00:08+ 01:22& 01:06& 01:33& 01:35& 00:01+ 02:08& 00:34# 01:51& 00:08#			
14	Olav Høiås	Statens Hus	45:06
04:31+ 06:31+ 15:35+ 17:36+ 19:54+ 24:36+ 28:14+ 32:35+ 34:00+ 37:55+ 41:03+ 44:10+ 45:06+			
04:31+ 02:00+ 09:04+ 02:01= 02:18+ 04:42+ 03:38+ 04:21+ 01:25+ 03:55+ 03:08+ 03:07+ 00:56+			
00:42# 00:21# 05:37@ 00:00= 00:44& 00:41# 01:07& 01:05& 00:36& 01:06& 00:48& 00:42& 00:23&			

Class	Navn	Klasse											Tid
30	Steinar Tønsager	BDO Aktiva											1:00:51
12:14+	14:39+	19:43+	22:50+	25:15+	30:31+	36:39+	42:53+	43:58+	48:32+	57:11+	60:20+	60:51+	
12:14+	02:25+	05:04+	03:07+	02:25+	05:16+	06:08+	06:14+	01:05+	04:34+	08:39+	03:09+	00:31-	
08:25@	00:46&	01:37&	01:06&	00:51&	01:15&	03:37@	02:58&	00:16&	01:45&	06:19@	00:44&	00:02-	
31	Magne Johansen	Headit											1:06:01
06:05+	10:19+	16:28+	20:23+	23:45+	32:10+	38:09+	46:31+	48:28+	55:01+	60:44+	65:10+	66:01+	
06:05+	04:14+	06:09+	03:55+	03:22+	08:25+	05:59+	08:22+	01:57+	06:33+	05:43+	04:26+	00:51+	
02:16&	02:35@	02:42&	01:54&	01:48@	04:24@	03:28@	05:06@	01:08@	03:44@	03:23@	02:01&	00:18&	
32	Trond Øie	Sparebank 1 Østlandet											1:14:02
09:17+	12:21+	21:21+	28:01+	32:47+	42:21+	48:05+	55:16+	57:57+	63:48+	69:22+	73:17+	74:02+	
09:17+	03:04+	09:00+	06:40+	04:46+	09:34+	05:44+	07:11+	02:41+	05:51+	05:34+	03:55+	00:45+	
05:28@	01:25&	05:33@	04:39@	03:12@	05:33@	03:13@	03:55@	01:52@	03:02@	03:14@	01:30&	00:12&	
32	Asbjørn Grønbakken	Sparebank 1 Østlandet											1:14:02
73:00+	74:02+												
73:00+	01:02-												
69:11@	00:37-												
34	Johnny Johansen	Løten kommune											1:20:22
05:43+	08:43+	14:42+	18:44+	22:20+	49:51+	53:44+	60:30+	62:04+	67:09+	71:27+	79:31+	80:22+	
05:43+	03:00+	05:59+	04:02+	03:36+	27:31+	03:53+	06:46+	01:34+	05:05+	04:18+	08:04+	00:51+	
01:54&	01:21&	02:32&	02:01&	02:02@	23:30@	01:22&	03:30@	00:45&	02:16&	01:58&	05:39@	00:18&	
35	Eystein Linnerud	Norsk Tipping											1:26:56
06:26+	09:58+	15:24+	24:57+	29:32+	40:16+	44:56+	69:06+	70:39+	76:06+	80:43+	86:07+	86:56+	
06:26+	03:32+	05:26+	09:33+	04:35+	10:44+	04:40+	24:10+	01:33+	05:27+	04:37+	05:24+	00:49+	
02:37&	01:53@	01:59&	07:32@	03:01@	06:43@	02:09&	20:54@	00:44&	02:38&	02:17&	02:59@	00:16&	
Beste strekktid for klassen													
03:35	01:02	03:22	01:51	01:34	03:43	02:31	03:16	00:39	00:59	02:20	02:08	00:22	

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

H 4,5

1	Terje Fjæstad	Gjensidige	35:08
02:51=	05:35= 07:47= 08:33=	10:04= 12:46= 16:31=	19:31= 21:23= 23:06=
02:51=	02:44= 02:12= 00:46=	01:31= 02:42= 03:45=	03:00= 01:52= 01:43=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00=
2	Terje Wikstrøm	Geno	35:24
02:20=	04:41= 07:19= 08:00=	09:01= 11:57= 15:52=	19:12= 21:07= 23:10=
02:20=	02:21= 02:38+ 00:41=	01:01= 02:56+ 03:55+ 03:20+	01:55+ 02:03+ 02:10=
00:31=	00:23= 00:26# 00:05=	00:30= 00:14= 00:10+ 00:20#	00:03+ 00:20# 00:12=
3	Tom Røise	Ntnu Gjøvik	38:00
04:36+	06:40+ 12:09+ 12:57+	14:05+ 16:40+	19:55+ 22:46+ 24:40+
04:36+	02:04= 05:29+ 00:48+	01:08= 02:35= 03:15=	02:51= 01:54+ 02:27+
01:45&	00:40= 03:17@ 00:02+	00:23= 00:07= 00:30=	00:09= 00:02+ 00:44&
4	Asbjørn Schjerve	Norsvin	38:04
03:11+	05:29= 08:07+ 08:59+	10:08+ 13:03+	17:19+ 20:24+ 23:50+
03:11+	02:18= 02:38+ 00:52+	01:09= 02:55+ 04:16+	03:05+ 03:26+ 01:59+
00:20#	00:26= 00:26# 00:06#	00:22= 00:13+ 00:31#	00:05+ 01:34& 00:16#
5	Olav Juliussen	Hamar Post	39:22
03:06+	05:43+ 08:38+ 09:35+	10:42+ 14:05+	17:52+ 21:14+ 23:48+
03:06+	02:37= 02:55+ 00:57+	01:07= 03:23+ 03:47+	03:22+ 02:34+ 01:59+
00:15+	00:07= 00:43& 00:11#	00:24= 00:41& 00:02+	00:22# 00:42& 00:16#
6	Harald Østbye	Østerdal Garnison	41:42
05:17+	07:43+ 10:14+ 11:02+	12:12+ 15:28+	19:47+ 23:42+ 26:05+
05:17+	02:26= 02:31+ 00:48+	01:10= 03:16+ 04:19+	03:55+ 02:23+ 01:54+
02:26&	00:18= 00:19# 00:02+	00:21= 00:34# 00:34#	00:55& 00:31& 00:11#
7	Harald Volden	Jernbanens Idrettslag	43:23
02:55+	06:29+ 09:19+ 10:08+	11:33+ 14:58+	21:07+ 24:40+ 27:38+
02:55+	03:34+ 02:50+ 00:49+	01:25= 03:25+ 06:09+	03:33+ 02:58+ 02:04+
00:04+	00:50& 00:38& 00:03+	00:06= 00:43& 02:24&	00:33# 01:06& 00:21#
8	Knut Skjeset	Stange kommune	44:21
03:59+	06:27+ 09:56+ 10:57+	12:19+ 15:25+	20:03+ 24:13+ 26:46+
03:59+	02:28= 03:29+ 01:01+	01:22= 03:06+ 04:38+	04:10+ 02:33+ 03:25+
01:08&	00:16= 01:17& 00:15&	00:09= 00:24# 00:53#	01:10& 00:41& 01:42&
9	Bjørn J Sørum	Jernbanens Idrettslag	44:25
03:49+	06:12+ 09:07+ 09:53+	11:08+ 14:24+	21:12+ 25:00+ 27:01+
03:49+	02:23= 02:55+ 00:46=	01:15= 03:16+ 06:48+	03:48+ 02:01+ 01:58+
00:58&	00:21= 00:43& 00:00=	00:16= 00:34# 03:03&	00:48& 00:09+ 00:15#
10	Tore Jørgensen	Norsk Tipping	46:11
03:07+	05:53+ 09:18+ 10:09+	11:26+ 15:07+	20:03+ 25:10+ 27:52+
03:07+	02:46+ 03:25+ 00:51+	01:17= 03:41+ 04:56+	05:07+ 02:42+ 02:47+
00:16+	00:02+ 01:13& 00:05#	00:14= 00:59& 01:11&	02:07& 00:50& 01:04&
11	Svein Godager	Løten O-Lag	47:29
03:01+	05:23= 08:23+ 09:16+	10:27+ 14:35+	22:50+ 27:23+ 30:33+
03:01+	02:22= 03:00+ 00:53+	01:11= 04:08+ 08:15+	04:33+ 03:10+ 01:57+
00:10+	00:22= 00:48& 00:07#	00:20= 01:26& 04:30@	01:33& 01:18& 00:14#
12	Ole Petter Saxrud	EAB Engineering	50:21
03:06+	06:21+ 10:55+ 12:42+	14:07+ 17:48+	24:57+ 29:08+ 31:25+
03:06+	03:15+ 04:34+ 01:47+	01:25= 03:41+ 07:09+	04:11+ 02:17+ 02:51+
00:15+	00:31# 02:22@ 01:01@	00:06= 00:59& 03:24&	01:11& 00:25# 01:08&
13	Jon Erik Fallbakken	Gunders	50:35
03:17+	05:15= 07:53+ 12:52+	13:54+ 15:03+	18:57+ 23:46+ 29:00+
03:17+	01:58= 02:38+ 04:59+	01:02= 01:09= 03:54+	04:49+ 05:14+ 02:24+
00:26#	00:46= 00:26# 04:13@	00:29= 01:33= 00:09+	01:49& 03:22@ 00:41&
14	Knut Vidar Lund	Telenor	50:59
05:17+	08:09+ 12:26+ 13:24+	15:23+ 18:57+	25:21+ 29:57+ 32:49+
05:17+	02:52+ 04:17+ 00:58+	01:59+ 03:34+ 06:24+	04:36+ 02:52+ 02:46+
02:26&	00:08+ 02:05& 00:12&	00:28& 00:52& 02:39&	01:36& 01:00& 01:03&

Class	Navn	Klasse														Tid			
15	Morten Lillejordet	Byggmakker														51:07			
07:07+	09:51+	13:18+	14:08+	15:16+	18:29+	26:14+	30:18+	32:55+	35:11+	38:17+	41:08+	45:42+	46:49+	48:15+	50:37+	51:07+			
07:07+	02:44=	03:27+	00:50+	01:08-	03:13+	07:45+	04:04+	02:37+	02:16+	03:06+	02:51+	04:34+	01:07+	01:26+	02:22+	00:30+			
04:16@	00:00=	01:15&	00:04+	00:23-	00:31#	04:00@	01:04&	00:45&	00:33&	00:44&	00:52&	01:46&	00:06+	00:03+	00:21#	00:02+			
16	Torbjørn Løkken	Hamar OK														51:21			
03:36+	06:09+	15:49+	16:46+	18:04+	21:19+	25:46+	29:21+	31:13+	33:07+	35:48+	37:48+	44:09+	45:11+	46:50+	50:47+	51:21+			
03:36+	02:33-	09:40+	00:57+	01:18-	03:15+	04:27+	03:35+	01:52=	01:54+	02:41+	02:00+	06:21+	01:02+	01:39+	03:57+	00:34+			
00:45&	00:11-	07:28@	00:11#	00:13-	00:33#	00:42#	00:35#	00:00=	00:11#	00:19#	00:01+	03:33@	00:01+	00:16#	01:56&	00:06#			
17	Jon Kristiansen	NHO														51:57			
05:17+	08:45+	11:41+	12:36+	14:18+	19:57+	25:22+	29:53+	32:40+	34:59+	38:02+	40:28+	44:46+	46:08+	48:23+	51:20+	51:57+			
05:17+	03:28+	02:56+	00:55+	01:42+	05:39+	05:25+	04:31+	02:47+	02:19+	03:03+	02:26+	04:18+	01:22+	02:15+	02:57+	00:37+			
02:26&	00:44&	00:44&	00:09#	00:11#	02:57@	01:40&	01:31&	00:55&	00:36&	00:41&	00:27#	01:30&	00:21&	00:52&	00:56&	00:09&			
18	Geir Bjørlo	Hamar Katedralskole														1:00:15			
08:05+	15:45+	24:53+	26:39+	29:08+	31:55+	36:25+	39:28+	44:27+	46:15+	48:28+	50:19+	53:16+	55:55+	57:09+	59:46+	60:15+			
08:05+	07:40+	09:08+	01:46+	02:29+	02:47+	04:30+	03:03+	04:59+	01:48+	02:13-	01:51-	02:57+	02:39+	01:14-	02:37+	00:29+			
05:14@	04:56@	06:56@	01:00@	00:58&	00:05+	00:45#	00:03+	03:07@	00:05+	00:09-	00:08-	00:09+	01:38@	00:09-	00:36&	00:01+			
19	Jon Bjørnstad	Sparebank 1 Østlandet														1:02:05			
04:52+	08:25+	11:47+	12:43+	15:34+	20:19+	28:48+	33:23+	36:18+	38:43+	41:52+	44:28+	54:37+	55:35+	57:18+	61:32+	62:05+			
04:52+	03:33+	03:22+	00:56+	02:51+	04:45+	08:29+	04:35+	02:55+	02:25+	03:09+	02:36+	10:09+	00:58-	01:43+	04:14+	00:33+			
02:01&	00:49&	01:10&	00:10#	01:20&	02:03&	04:44@	01:35&	01:03&	00:42&	00:47&	00:37&	07:21@	00:03-	00:20#	02:13@	00:05#			
20	Arne Hagen	Vegvesenet														1:05:05			
03:50+	14:28+	18:32+	19:33+	21:03+	24:23+	35:19+	39:42+	43:35+	45:55+	49:14+	52:21+	56:15+	58:48+	60:51+	64:36+	65:05+			
03:50+	10:38+	04:04+	01:01+	01:30-	03:20+	10:56+	04:23+	03:53+	02:20+	03:19+	03:07+	03:54+	02:33+	02:03+	03:45+	00:29+			
00:59&	07:54@	01:52&	00:15&	00:01-	00:38#	07:11@	01:23&	02:01@	00:37&	00:57&	01:08&	01:06&	01:32@	00:40&	01:44&	00:01+			
Beste strekktid for klassen																			
02:20	01:58	02:12	00:41	01:01	01:09	03:15	02:51	01:52	01:43	02:10	01:36	02:38	00:45	00:56	01:43	00:27			

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

H 5,5

1	Sigurd Dæhli	Løten kommune	38:17													
03:29=	05:33=	06:30=	07:51=	13:15=	17:04=	19:37=	22:18=	25:26=	27:10=	30:34=	31:34=	34:00=	35:47=	37:50=	38:17=	
03:29=	02:04=	00:57=	01:21=	05:24=	03:49=	02:33=	02:41=	03:08=	01:44=	03:24=	01:00=	02:26=	01:47=	02:03=	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=	
2	Tommy Olsen	Wang	41:10													
02:52-	05:19-	06:28-	09:33+	14:36+	18:48+	21:36+	24:18+	27:03+	28:50+	32:14+	33:31+	35:51+	38:07+	40:44+	41:10+	
02:52-	02:27+	01:09+	03:05+	05:03-	04:12+	02:48+	02:42+	02:45-	01:47+	03:24=	01:17+	02:20-	02:16+	02:37+	00:26-	
00:37-	00:23#	00:12#	01:44@	00:21-	00:23#	00:15+	00:01+	00:23-	00:03+	00:00=	00:17&	00:06-	00:29&	00:34&	00:01-	
3	Harald Berge	BAS Elverum	45:30													
04:53+	07:03+	08:01+	09:26+	15:54+	19:48+	24:15+	27:03+	30:13+	32:04+	35:49+	37:04+	39:57+	42:39+	44:57+	45:30+	
04:53+	02:10+	00:58+	01:25+	06:28+	03:54+	04:27+	02:48+	03:10+	01:51+	03:45+	01:15+	02:53+	02:42+	02:18+	00:33+	
01:24&	00:06+	00:01+	00:04+	01:04#	00:05+	01:54&	00:07+	00:02+	00:07+	00:21#	00:15#	00:27#	00:55&	00:15#	00:06#	
4	Stein Arne Negård	Byggmakker	46:00													
04:15+	06:34+	07:42+	09:23+	16:41+	20:54+	23:49+	26:42+	30:25+	32:41+	36:36+	37:42+	40:46+	43:08+	45:32+	46:00+	
04:15+	02:19+	01:08+	01:41+	07:18+	04:13+	02:55+	02:53+	03:43+	02:16+	03:55+	01:06+	03:04+	02:22+	02:24+	00:28+	
00:46#	00:15#	00:11#	00:20#	01:54&	00:24#	00:22#	00:12+	00:35#	00:32&	00:31#	00:06+	00:38&	00:35&	00:21#	00:01+	
5	Henrik Bleken Rud	Byggmakker	48:55													
03:21-	07:12+	10:53+	13:34+	14:49+	20:04+	23:57+	27:38+	30:27+	33:21+	35:18+	38:44+	39:39+	44:47+	46:31+	48:28+	48:55+
03:21-	03:51+	03:41+	02:41+	01:15-	05:15+	03:53+	03:41+	02:49-	02:54+	01:57-	03:26+	00:55-	05:08+	01:44-	01:57+	00:27+
00:08-	01:47&	02:44@	01:20&	04:09-	01:26&	01:20&	01:00&	00:19-	01:10&	01:27-	02:26@	01:31-	03:21@	00:19-	01:30@	00:27+
6	Øyvind Frøisland	Spesialenheten	49:20													
05:05+	08:23+	12:57+	14:24+	20:15+	24:02+	26:47+	29:34+	32:52+	34:57+	39:23+	40:43+	43:41+	46:36+	48:48+	49:20+	
05:05+	03:18+	04:34+	01:27+	05:51+	03:47-	02:45+	02:47+	03:18+	02:05+	04:26+	01:20+	02:58+	02:55+	02:12+	00:32+	
01:36&	01:14&	03:37@	00:06+	00:27+	00:02-	00:12+	00:06+	00:10+	00:21#	01:02&	00:20&	00:32#	01:08&	00:09+	00:05#	
7	Michael Sætvedt	Raufoss Technology	49:46													
03:31+	05:06-	07:27+	08:41+	10:16-	18:36+	23:38+	27:35+	30:20+	33:48+	36:33+	41:02+	42:37+	45:37+	47:19+	49:22+	49:46+
03:31+	01:35-	02:21+	01:14-	01:35-	08:20+	05:02+	03:57+	02:45-	03:28+	02:45-	04:29+	01:35-	03:00+	01:42-	02:03+	00:24+
00:02+	00:29-	01:24@	00:07-	03:49-	04:31@	02:29&	01:16&	00:23-	01:44&	00:39-	03:29@	00:51-	01:13&	00:21-	01:36@	00:24+
8	Knut Jetlund	Vegvesenet	52:46													
04:35+	12:28+	13:45+	17:00+	22:46+	29:07+	32:07+	34:23+	37:39+	39:12+	44:25+	45:36+	48:17+	49:56+	52:19+	52:46+	
04:35+	07:53+	01:17+	03:15+	05:46+	06:21+	03:00+	02:16-	03:16+	01:33-	05:13+	01:11+	02:41+	01:39-	02:23+	00:27=	
01:06&	05:49@	00:20&	01:54@	00:22+	02:32&	00:27#	00:25-	00:08+	00:11-	01:49&	00:11#	00:15#	00:08-	00:20#	00:00=	
9	Andreas Meyer	Hamar Katedralskole	55:27													
04:48+	08:04+	09:24+	12:13+	24:14+	28:16+	31:18+	33:54+	37:15+	40:17+	44:58+	46:40+	49:00+	52:03+	55:01+	55:27+	
04:48+	03:16+	01:20+	02:49+	12:01+	04:02+	03:02+	02:36-	03:21+	03:02+	04:41+	01:42+	02:20-	03:03+	02:58+	00:26-	
01:19&	01:12&	00:23&	01:28@	06:37@	00:13+	00:29#	00:05-	00:13+	01:18&	01:17&	00:42&	00:06-	01:16&	00:55&	00:01-	
10	Frode Ødegårdstuen	ASKO	56:27													
07:25+	11:06+	12:23+	14:10+	20:43+	25:16+	29:19+	32:23+	35:45+	37:53+	42:26+	43:56+	46:56+	52:52+	55:53+	56:27+	
07:25+	03:41+	01:17+	01:47+	06:33+	04:33+	04:03+	03:04+	03:22+	02:08+	04:33+	01:30+	03:00+	05:56+	03:01+	00:34+	
03:56@	01:37&	00:20&	00:26&	01:09#	00:44#	01:30&	00:23#	00:14+	00:24#	01:09&	00:30&	00:34#	04:09@	00:58&	00:07&	
11	Håkon Gaute Kvamme	Mjøs Retail	1:02:10													
06:32+	09:11+	10:19+	11:42+	16:58+	21:15+	23:59+	27:26+	40:10+	44:58+	48:44+	49:53+	52:06+	59:02+	61:48+	62:10+	
06:32+	02:39+	01:08+	01:23+	05:16-	04:17+	02:44+	03:27+	12:44+	04:48+	03:46+	01:09+	02:13-	06:56+	02:46+	00:22-	
03:03&	00:35&	00:11#	00:02+	00:08-	00:28#	00:11+	00:46&	09:36@	03:04@	00:22#	00:09#	00:13-	05:09@	00:43&	00:05-	
12	Kristian Storsveen	LMF	1:04:17													
09:20+	12:18+	13:40+	17:06+	24:36+	30:16+	34:12+	38:24+	42:27+	44:52+	51:37+	55:08+	58:32+	60:34+	63:40+	64:17+	
09:20+	02:58+	01:22+	03:26+	07:30+	05:40+	03:56+	04:12+	04:03+	02:25+	06:45+	03:31+	03:24+	02:02+	03:06+	00:37+	
05:51@	00:54&	00:25&	02:05@	02:06&	01:51&	01:23&	01:31&	00:55&	00:41&	03:21&	02:31@	00:58&	00:15#	01:03&	00:10&	

Beste strekktid for klassen

02:52 01:35 00:57 01:14 01:15 03:47 02:33 02:16 02:45 01:33 01:57 01:00 00:55 01:39 01:42 00:22

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