

Bedrifts o-løp 11082020**Strekktider****Flyplassen, Løten-11.08.2020****Plass Navn****Klasse****Tid****D 1,5****1 Eva Stensby 89****28:09**

05:15= 08:28= 16:11= 18:58= 21:55= 26:01= 28:09=
 05:15= 03:13= 07:43= 02:47= 02:57= 04:06= 02:08=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Helga Hansen 7**37:23**

06:34+ 10:24+ 21:09+ 25:07+ 28:18+ 35:20+ 37:23+
 06:34+ 03:50+ 10:45+ 03:58+ 03:11+ 07:02+ 02:03-
 01:19& 00:37# 03:02& 01:11& 00:14+ 02:56& 00:05-

3 Gerd Grønvold 7**37:46**

05:46+ 09:06+ 19:23+ 22:20+ 31:42+ 35:38+ 37:46+
 05:46+ 03:20+ 10:17+ 02:57+ 09:22+ 03:56- 02:08=
 00:31+ 00:07+ 02:34& 00:10+ 06:25@ 00:10- 00:00=

4 Marie Rustadbakken 7**38:20**

07:44+ 12:22+ 22:00+ 28:08+ 30:55+ 35:55+ 38:20+
 07:44+ 04:38+ 09:38+ 06:08+ 02:47- 05:00+ 02:25+
 02:29& 01:25& 01:55# 03:21@ 00:10- 00:54# 00:17#

5 Linda Thorvaldsen 7**38:29**

08:31+ 12:09+ 23:13+ 26:38+ 30:01+ 35:54+ 38:29+
 08:31+ 03:38+ 11:04+ 03:25+ 03:23+ 05:53+ 02:35+
 03:16& 00:25# 03:21& 00:38# 00:26# 01:47& 00:27#

6 Solveig Johannessen 7**38:53**

08:32+ 11:59+ 23:24+ 26:59+ 30:15+ 36:25+ 38:53+
 08:32+ 03:27+ 11:25+ 03:35+ 03:16+ 06:10+ 02:28+
 03:17& 00:14+ 03:42& 00:48& 00:19# 02:04& 00:20#

7 Linda Stensby Stenbakken 89**41:52**

05:16+ 09:31+ 18:19+ 21:09+ 34:38+ 39:17+ 41:52+
 05:16+ 04:15+ 08:48+ 02:50+ 13:29+ 04:39+ 02:35+
 00:01+ 01:02& 01:05# 00:03+ 10:32@ 00:33# 00:27#

Beste strekktid for klassen

05:15 03:13 07:43 02:47 02:47 03:56 02:03

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

D 2,5**1 Rønnaug Sagbakken 1071****44:21**

05:05= 07:46= 14:53= 23:43= 25:32= 29:11= 35:32= 38:34= 42:21= 44:21=
 05:05= 02:41= 07:07= 08:50= 01:49= 03:39= 06:21= 03:02= 03:47= 02:00=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Elisabet Høgset Rise Geno**44:58**

03:58- 06:36- 15:01+ 25:52+ 27:26+ 30:03+ 37:58+ 40:00+ 43:07+ 44:58+
 03:58- 02:38- 08:25+ 10:51+ 01:34- 02:37- 07:55+ 02:02- 03:07- 01:51-
 01:07- 00:03- 01:18# 02:01# 00:15- 01:02- 01:34# 01:00- 00:40- 00:09-

3 Bente Tangen Wikstrøm Geno**49:12**

04:04- 10:07+ 18:19+ 25:24+ 26:42+ 33:43+ 38:09+ 41:55+ 44:30+ 47:38+ 49:12+
 04:04- 06:03+ 08:12+ 07:05- 01:18- 07:01+ 04:26- 03:46+ 02:35- 03:08+ 01:34+
 01:01- 03:22@ 01:05# 01:45- 00:31- 03:22& 01:55- 00:44# 01:12- 01:08& 01:34+

Plass	Navn	Klasse	Tid
D 2,5			
4	Inger E. Vamnes	NOTEAM	50:23
04:18-	07:29-	17:06+	27:18+
04:18-	03:11+	09:37+	10:12+
00:47-	00:30#	02:30&	01:22#
29:38+	33:18+	39:32+	42:44+
06:14-	03:12+	05:00+	02:39+
00:07-	00:10+	01:13&	00:39&
5	Berit Røste	152	50:23
04:43+	07:47+	17:10+	27:12+
04:43+	03:04+	09:23+	10:02+
04:43+	03:04+	09:23+	10:02+
29:09+	32:34+	42:19+	44:35+
01:57+	03:25+	09:45+	02:16+
01:57+	03:25+	09:45+	02:16+
48:18+	50:23+	03:43+	02:05+
03:43+	02:05+	03:43+	02:05+
6	Anita Stensby Bekkelund	89	51:05
07:12+	10:08+	20:31+	32:02+
07:12+	02:56+	10:23+	11:31+
07:12+	02:56+	10:23+	11:31+
34:00+	37:19+	43:09+	46:03+
01:58+	03:19+	05:50+	02:54+
01:58+	03:19+	05:50+	02:54+
49:34+	51:05+	03:31+	01:31+
03:31+	01:31+	03:31+	01:31+
7	Bente Grøndalen	152	1:01:34
04:22+	09:35+	22:17+	30:35+
04:22+	05:13+	12:42+	08:18+
04:22+	05:13+	12:42+	08:18+
32:11+	35:17+	54:20+	56:22+
19:03+	02:02+	03:24+	01:48+
19:03+	02:02+	03:24+	01:48+
8	Marit Holmgren	7	1:15:48
08:23+	14:41+	43:49+	52:43+
08:23+	06:18+	29:08+	08:54+
08:23+	06:18+	29:08+	08:54+
54:27+	57:16+	65:37+	68:31+
02:49+	08:21+	02:54+	02:00+
02:49+	08:21+	02:54+	02:00+
70:31+	73:53+	75:48+	01:55+
03:22+	01:55+	03:22+	01:55+
9	Inger Margrethe Bakken	If	1:24:18
07:59+	09:56+	46:32+	55:03+
07:59+	01:57+	36:36+	08:31+
07:59+	01:57+	36:36+	08:31+
59:26+	78:07+	80:12+	84:18+
02:47+	18:41+	02:05+	04:06+
02:47+	18:41+	02:05+	04:06+
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 3,5			
1	Kjersti Narum	165	43:31
08:09=	10:32=	12:30=	15:52=
08:09=	02:23=	01:58=	03:22=
00:00=	00:00=	00:00=	00:00=
19:55=	30:48=	31:57=	34:04=
01:09=	02:07=	04:25=	01:36=
00:00=	00:00=	00:00=	00:00=
2	Anne Sørum	147	44:43
07:49-	10:26-	12:32+	15:23-
07:49-	02:37+	02:06+	02:51-
00:20-	00:14+	00:08+	00:31-
19:19-	27:42-	28:54-	31:04-
01:12+	02:10+	08:11+	01:25-
00:03+	00:03+	03:46&	00:11-
3	Grete Storsveen	1071	51:22
09:38+	12:47+	15:32+	18:59+
09:38+	03:09+	02:45+	03:27+
01:29#	00:46&	00:47&	00:05+
23:54+	35:24+	37:07+	40:10+
01:43+	03:03+	04:28+	02:00+
00:34&	00:56&	00:03+	00:24#
4	Sidsel Storihle	Geno	54:06
08:56+	11:13+	13:45+	17:21+
08:56+	02:17-	02:32+	03:36+
00:47+	00:06-	00:34&	00:14+
22:24+	33:06+	34:22+	36:26+
05:03+	10:42-	01:16+	02:04-
00:11-	00:07#	00:03-	07:19@
49:47+	52:37+	54:06+	01:29+
01:37+	02:50+	00:30#	00:23&

Plass	Navn	Klasse	Tid
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D 3,5

5	Randi Fallbakken Berge	90	1:03:36
15:35+	21:08+ 24:19+ 28:14+ 34:36+ 47:40+	48:58+ 51:40+ 56:59+ 58:58+ 62:02+ 63:36+	
15:35+	05:33+ 03:11+ 03:55+ 06:22+ 13:04+	01:18+ 02:42+ 05:19+ 01:59+ 03:04+ 01:34+	
07:26&	03:10@ 01:13& 00:33# 02:19& 02:11#	00:09# 00:35& 00:54# 00:23# 00:44& 00:28&	

6	Karen Tomter	163	1:04:50
12:53+	16:33+ 19:50+ 24:03+ 32:41+ 47:31+	48:51+ 51:45+ 57:23+ 59:55+ 63:17+ 64:50+	
12:53+	03:40+ 03:17+ 04:13+ 08:38+ 14:50+	01:20+ 02:54+ 05:38+ 02:32+ 03:22+ 01:33+	
12:53+	03:40+ 03:17+ 04:13+ 08:38+ 14:50+	01:20+ 02:54+ 05:38+ 02:32+ 03:22+ 01:33+	

Beste strekktid for klassen

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

D 4,5

1	Unn Mette Klopbakken	43	48:59
06:17=	09:52= 12:25= 18:06= 30:36= 38:48=	40:43= 43:44= 45:44= 47:57= 48:59=	
06:17=	03:35= 02:33= 05:41= 12:30= 08:12=	01:55= 03:01= 02:00= 02:13= 01:02=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	

2	Mari Norstad Opsahl	105	49:22
06:44+	10:21+ 12:54+ 16:22- 27:48- 37:05-	38:48- 44:06+ 46:04+ 48:16+ 49:22+	
06:44+	03:37+ 02:33= 03:28- 11:26- 09:17+	01:43- 05:18+ 01:58- 02:12- 01:06+	
00:27+	00:02+ 00:00= 02:13- 01:04- 01:05#	00:12- 02:17& 00:02- 00:01- 00:04+	

3	Marianne Rud Skjærstad	89	51:17
08:13+	11:57+ 14:37+ 18:12+ 30:15- 39:09+	40:57+ 45:59+ 48:01+ 50:06+ 51:17+	
08:13+	03:44+ 02:40+ 03:35- 12:03- 08:54+	01:48- 05:02+ 02:02+ 02:05- 01:11+	
01:56&	00:09+ 00:07+ 02:06- 00:27- 00:42+	00:07- 02:01& 00:02+ 00:08- 00:09#	

4	Ingunn Lund Nordstrøm	105	53:06
09:32+	13:20+ 15:46+ 19:01+ 32:35+ 40:29+	42:22+ 48:00+ 50:07+ 52:08+ 53:06+	
09:32+	03:48+ 02:26- 03:15- 13:34+ 07:54-	01:53- 05:38+ 02:07+ 02:01- 00:58-	
03:15&	00:13+ 00:07- 02:26- 01:04+ 00:18-	00:02- 02:37& 00:07+ 00:12- 00:04-	

5	Wenche Bjørnstad	Geno	57:38
07:59+	11:45+ 14:52+ 18:17+ 31:22+ 40:12+	42:04+ 52:38+ 54:37+ 56:37+ 57:38+	
07:59+	03:46+ 03:07+ 03:25- 13:05+ 08:50+	01:52- 10:34+ 01:59- 02:00- 01:01-	
01:42&	00:11+ 00:34# 02:16- 00:35+ 00:38+	00:03- 07:33@ 00:01- 00:13- 00:01-	

6	Line Merete Libak	89	1:00:58
12:24+	16:55+ 19:48+ 23:47+ 38:13+ 47:09+	49:20+ 55:05+ 57:22+ 59:44+ 60:58+	
12:24+	04:31+ 02:53+ 03:59- 14:26+ 08:56+	02:11+ 05:45+ 02:17+ 02:22+ 01:14+	
06:07&	00:56& 00:20# 01:42- 01:56#	00:44+ 00:16# 02:44& 00:17# 00:09+ 00:12#	

Beste strekktid for klassen

06:17 03:35 02:26 03:15 11:26 07:54 01:43 03:01 01:58 02:00 00:58

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

D 5,5

1	Sofie Johansson					49					46:34				
07:31=	09:21=	11:19=	13:51=	17:31=	21:59=	33:36=	35:44=	37:28=	39:33=	41:03=	41:46=	44:09=	45:44=	46:34=	
07:31=	01:50=	01:58=	02:32=	03:40=	04:28=	11:37=	02:08=	01:44=	02:05=	01:30=	00:43=	02:23=	01:35=	00:50=	
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=	

Beste strekktid for klassen

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

H 1,5

1	Geir-Håkon Øverby	If	20:59			
03:44=	05:49=	11:38=	14:40=	16:34=	19:26=	20:59=
03:44=	02:05=	05:49=	03:02=	01:54=	02:52=	01:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jan Erik Johansen	55	22:45			
04:31+	06:33+	11:18-	13:26-	17:31+	21:14+	22:45+
04:31+	02:02-	04:45-	02:08-	04:05+	03:43+	01:31-
00:47#	00:03-	01:04-	00:54-	02:11@	00:51&	00:02-
3	Hans Jørgen Røste	152	27:55			
04:49+	07:32+	15:19+	21:16+	23:34+	26:26+	27:55+
04:49+	02:43+	07:47+	05:57+	02:18+	02:52=	01:29-
01:05&	00:38&	01:58&	02:55&	00:24#	00:00=	00:04-
4	Knut Røhrsveen	7	31:22			
14:11+	16:37+	22:48+	25:01+	26:48+	29:46+	31:22+
14:11+	02:26+	06:11+	02:13-	01:47-	02:58+	01:36+
10:27@	00:21#	00:22+	00:49-	00:07-	00:06+	00:03+
5	Dag Erik Hovde	25	32:24			
06:31+	10:00+	18:29+	21:43+	25:36+	30:00+	32:24+
06:31+	03:29+	08:29+	03:14+	03:53+	04:24+	02:24+
02:47&	01:24&	02:40&	00:12+	01:59@	01:32&	00:51&
6	Erik Skårås	1071	34:22			
06:25+	10:54+	17:27+	20:03+	28:25+	32:15+	34:22+
06:25+	04:29+	06:33+	02:36-	08:22+	03:50+	02:07+
02:41&	02:24@	00:44#	00:26-	06:28@	00:58&	00:34&
7	Ragnar Høsøien	55	38:26			
06:19+	10:13+	20:50+	25:25+	29:16+	35:15+	38:26+
06:19+	03:54+	10:37+	04:35+	03:51+	05:59+	03:11+
02:35&	01:49&	04:48&	01:33&	01:57@	03:07@	01:38@
8	Arne Gunnar Barflo	89	46:54			
08:57+	13:43+	27:44+	32:57+	37:07+	43:44+	46:54+
08:57+	04:46+	14:01+	05:13+	04:10+	06:37+	03:10+
05:13@	02:41@	08:12@	02:11&	02:16@	03:45@	01:37@

Beste strekktid for klassen

03:44 02:02 04:45 02:08 01:47 02:52 01:29

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

Plass	Navn	Klasse	Tid
H 2,5			
1	Per Vold	96	29:21
02:54= 05:20= 09:08= 14:54= 16:02= 18:19= 24:04= 26:14= 28:21= 29:21= 02:54= 02:26= 03:48= 05:46= 01:08= 02:17= 05:45= 02:10= 02:07= 01:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Morten Øie	39	29:36
02:38- 05:18- 09:29+ 15:59+ 17:10+ 19:25+ 23:15- 25:43- 28:15- 29:36+ 02:38- 02:40+ 04:11+ 06:30+ 01:11+ 02:15- 03:50- 02:28+ 02:32+ 01:21+ 00:16- 00:14+ 00:23# 00:44# 00:03+ 00:02- 01:55- 00:18# 00:25# 00:21&			
3	Magnar Nybakk	1071	31:00
02:50- 05:46+ 11:14+ 17:40+ 18:42+ 21:02+ 25:06+ 27:20+ 29:43+ 31:00+ 02:50- 02:56+ 05:28+ 06:26+ 01:02- 02:20+ 04:04- 02:14+ 02:23+ 01:17+ 00:04- 00:30# 01:40& 00:40# 00:06- 00:03+ 01:41- 00:04+ 00:16# 00:17&			
4	Karl Petter Opsahl	89	32:05
03:30+ 06:58+ 12:02+ 18:00+ 19:09+ 21:32+ 25:07+ 27:39+ 30:39+ 32:05+ 03:30+ 03:28+ 05:04+ 05:58+ 01:09+ 02:23+ 03:35- 02:32+ 03:00+ 01:26+ 00:36# 01:02& 01:16& 00:12+ 00:01+ 00:06+ 02:10- 00:22# 00:53& 00:26&			
5	Einar Stensby	89	32:21
03:21+ 06:53+ 11:53+ 18:16+ 19:55+ 21:59+ 25:36+ 28:18+ 30:59+ 32:21+ 03:21+ 03:32+ 05:00+ 06:23+ 01:39+ 02:04- 03:37- 02:42+ 02:41+ 01:22+ 00:27# 01:06& 01:12& 00:37# 00:31& 00:13- 02:08- 00:32# 00:34& 00:22&			
6	Arne Hagen	167	33:16
03:06+ 06:20+ 10:44+ 17:17+ 18:41+ 21:24+ 26:07+ 28:55+ 31:45+ 33:16+ 03:06+ 03:14+ 04:24+ 06:33+ 01:24+ 02:43+ 04:43- 02:48+ 02:50+ 01:31+ 00:12+ 00:48& 00:36# 00:47# 00:16# 00:26# 01:02- 00:38& 00:43& 00:31&			
7	Terje Malm	147	33:49
03:53+ 07:37+ 13:06+ 19:54+ 21:04+ 23:30+ 27:23+ 29:45+ 32:24+ 33:49+ 03:53+ 03:44+ 05:29+ 06:48+ 01:10+ 02:26+ 03:53- 02:22+ 02:39+ 01:25+ 00:59& 01:18& 01:41& 01:02# 00:02+ 00:09+ 01:52- 00:12+ 00:32& 00:25&			
8	Jan Olav Sæther	165	36:46
04:33+ 07:58+ 12:49+ 20:00+ 21:37+ 24:20+ 29:44+ 32:51+ 35:35+ 36:46+ 04:33+ 03:25+ 04:51+ 07:11+ 01:37+ 02:43+ 05:24- 03:07+ 02:44+ 01:11+ 01:39& 00:59& 01:03& 01:25# 00:29& 00:26# 00:21- 00:57& 00:37& 00:11#			
9	Magne Smeland	167	36:47
02:58+ 05:37+ 10:26+ 19:09+ 20:11+ 26:25+ 30:30+ 33:01+ 35:33+ 36:47+ 02:58+ 02:39+ 04:49+ 08:43+ 01:02- 06:14+ 04:05- 02:31+ 02:32+ 01:14+ 00:04+ 00:13+ 01:01& 02:57& 00:06- 03:57@ 01:40- 00:21# 00:25# 00:14#			
10	Elias Falch-Ytter	NOTEAM	37:41
01:58- 18:12+ 21:10+ 26:06+ 26:46+ 29:18+ 32:31+ 35:19+ 36:56+ 37:41+ 01:58- 16:14+ 02:58- 04:56- 00:40- 02:32+ 03:13- 02:48+ 01:37- 00:45- 00:56- 13:48@ 00:50- 00:50- 00:28- 00:15# 02:32- 00:38& 00:30- 00:15-			
11	Magne Johansen	1032	39:22
03:23+ 06:49+ 13:00+ 21:01+ 22:40+ 25:43+ 30:58+ 34:07+ 37:44+ 39:22+ 03:23+ 03:26+ 06:11+ 08:01+ 01:39+ 03:03+ 05:15- 03:09+ 03:37+ 01:38+ 00:29# 01:00& 02:23& 02:15& 00:31& 00:46& 00:30- 00:59& 01:30& 00:38&			
12	Olav Skjærbekk	165	40:10
03:55+ 07:45+ 13:12+ 20:53+ 22:29+ 25:22+ 32:18+ 35:17+ 38:27+ 40:10+ 03:55+ 03:50+ 05:27+ 07:41+ 01:36+ 02:53+ 06:56+ 02:59+ 03:10+ 01:43+ 01:01& 01:24& 01:39& 01:55& 00:28& 00:36& 01:11# 00:49& 01:03& 00:43&			

Plass	Navn		Klasse								Tid
H 2,5											
13	Odd Rise		Geno								40:28
	05:38+	09:04+	14:43+	22:52+	24:22+	26:49+	33:05+	36:29+	39:07+	40:28+	
	05:38+	03:26+	05:39+	08:09+	01:30+	02:27+	06:16+	03:24+	02:38+	01:21+	
	02:44&	01:00&	01:51&	02:23&	00:22&	00:10+	00:31+	01:14&	00:31#	00:21&	
14	Jan Roald Bøgeberg		89								42:43
	03:56+	08:33+	17:14+	23:33+	25:04+	27:36+	32:27+	38:37+	41:11+	42:43+	
	03:56+	04:37+	08:41+	06:19+	01:31+	02:32+	04:51+	06:10+	02:34+	01:32+	
	03:56+	04:37+	08:41+	06:19+	01:31+	02:32+	04:51+	06:10+	02:34+	01:32+	
15	Kåre Garmager		155								43:33
	03:55+	07:37+	12:55+	23:41+	25:36+	28:34+	35:40+	38:41+	41:52+	43:33+	
	03:55+	03:42+	05:18+	10:46+	01:55+	02:58+	07:06+	03:01+	03:11+	01:41+	
	03:55+	03:42+	05:18+	10:46+	01:55+	02:58+	07:06+	03:01+	03:11+	01:41+	
16	Steinar Libak		89								43:36
	02:59+	05:53+	16:09+	22:46+	24:01+	26:22+	36:41+	39:30+	42:13+	43:36+	
	02:59+	02:54+	10:16+	06:37+	01:15+	02:21+	10:19+	02:49+	02:43+	01:23+	
	02:59+	02:54+	10:16+	06:37+	01:15+	02:21+	10:19+	02:49+	02:43+	01:23+	
17	Thorvald Sæhlie		120								44:16
	04:32+	09:15+	15:35+	25:33+	27:32+	30:42+	35:58+	39:09+	42:30+	44:16+	
	04:32+	04:43+	06:20+	09:58+	01:59+	03:10+	05:16+	03:11+	03:21+	01:46+	
	04:32+	04:43+	06:20+	09:58+	01:59+	03:10+	05:16+	03:11+	03:21+	01:46+	
18	Reidar Syversen		155								47:23
	05:54+	09:49+	14:51+	22:49+	24:28+	35:14+	39:27+	42:40+	46:07+	47:23+	
	05:54+	03:55+	05:02+	07:58+	01:39+	10:46+	04:13+	03:13+	03:27+	01:16+	
	05:54+	03:55+	05:02+	07:58+	01:39+	10:46+	04:13+	03:13+	03:27+	01:16+	
19	Hallstein Ødegård		89								49:58
	06:26+	10:16+	17:29+	26:14+	28:02+	31:19+	41:26+	45:01+	48:24+	49:58+	
	06:26+	03:50+	07:13+	08:45+	01:48+	03:17+	10:07+	03:35+	03:23+	01:34+	
	06:26+	03:50+	07:13+	08:45+	01:48+	03:17+	10:07+	03:35+	03:23+	01:34+	
20	Torbjørn Ødegaard		1058								52:30
	04:20+	07:58+	14:01+	21:01+	22:29+	29:52+	45:54+	48:16+	50:55+	52:30+	
	04:20+	03:38+	06:03+	07:00+	01:28+	07:23+	16:02+	02:22+	02:39+	01:35+	
	04:20+	03:38+	06:03+	07:00+	01:28+	07:23+	16:02+	02:22+	02:39+	01:35+	
Beste strekktid for klassen											
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.											
H 3,5											
1	Tor Haugstulen		55								32:15
	09:13=	11:21=	15:04=	22:31=	23:23=	25:03=	29:28=	31:22=	32:15=		
	09:13=	02:08=	03:43=	07:27=	00:52=	01:40=	04:25=	01:54=	00:53=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Roland Mortvedt		SVEAF								32:29
	05:13-	08:31-	10:32-	14:19-	21:54-	22:37-	24:10-	27:17-	28:49-	31:18+	32:29+
	05:13-	03:18+	02:01-	03:47-	07:35+	00:43-	01:33-	03:07+	01:32+	02:29+	01:11+
	04:00-	01:10&	01:42-	03:40-	06:43@	00:57-	02:52-	01:13&	00:39&	02:29+	01:11+

Plass	Navn										Klasse	Tid
H 3,5												
3	Ove Tåsåsen										1013	34:02
05:19-	09:25-	11:05-	15:14-	22:03-	23:01-	24:50-	28:59-	31:07-	33:03+	34:02+		
05:19-	04:06+	01:40-	04:09-	06:49+	00:58-	01:49-	04:09+	02:08+	01:56+	00:59+		
03:54-	01:58&	02:03-	03:18-	05:57@	00:42-	02:36-	02:15@	01:15@	01:56+	00:59+		
4	Knut Johan Schjerve										LMF	34:14
05:30+	10:20+	12:10+	15:16+	22:00+	22:50+	26:54+	30:06+	31:49+	33:23+	34:14+		
05:30+	04:50+	01:50+	03:06+	06:44+	00:50+	04:04+	03:12+	01:43+	01:34+	00:51+		
05:30+	04:50+	01:50+	03:06+	06:44+	00:50+	04:04+	03:12+	01:43+	01:34+	00:51+		
5	Olav Juliussen										55	36:28
06:49+	10:35+	12:40+	17:15+	26:02+	27:10+	28:51+	31:32+	33:26+	35:31+	36:28+		
06:49+	03:46+	02:05+	04:35+	08:47+	01:08+	01:41+	02:41+	01:54+	02:05+	00:57+		
06:49+	03:46+	02:05+	04:35+	08:47+	01:08+	01:41+	02:41+	01:54+	02:05+	00:57+		
6	Lars Skramstad										LMF	37:56
07:25+	11:24+	13:45+	17:55+	26:15+	27:14+	29:40+	32:45+	35:06+	37:04+	37:56+		
07:25+	03:59+	02:21+	04:10+	08:20+	00:59+	02:26+	03:05+	02:21+	01:58+	00:52+		
07:25+	03:59+	02:21+	04:10+	08:20+	00:59+	02:26+	03:05+	02:21+	01:58+	00:52+		
7	Einar Flenvold										1041	38:10
09:22+	13:31+	15:37+	19:31+	28:05+	29:12+	31:03+	34:06+	35:50+	37:26+	38:10+		
09:22+	04:09+	02:06+	03:54+	08:34+	01:07+	01:51+	03:03+	01:44+	01:36+	00:44+		
09:22+	04:09+	02:06+	03:54+	08:34+	01:07+	01:51+	03:03+	01:44+	01:36+	00:44+		
8	Erik Grøndalen										1002	39:10
05:53+	11:13+	13:24+	18:07+	27:30+	28:19+	30:13+	34:08+	35:58+	38:10+	39:10+		
05:53+	05:20+	02:11+	04:43+	09:23+	00:49+	01:54+	03:55+	01:50+	02:12+	01:00+		
05:53+	05:20+	02:11+	04:43+	09:23+	00:49+	01:54+	03:55+	01:50+	02:12+	01:00+		
9	Tom S Helgesen										55	39:18
07:00+	10:28+	12:25+	16:39+	24:10+	25:10+	27:07+	32:55+	36:49+	38:29+	39:18+		
07:00+	03:28+	01:57+	04:14+	07:31+	01:00+	01:57+	05:48+	03:54+	01:40+	00:49+		
07:00+	03:28+	01:57+	04:14+	07:31+	01:00+	01:57+	05:48+	03:54+	01:40+	00:49+		
10	Erik Haugen										147	40:05
06:34+	11:43+	14:11+	18:11+	27:42+	28:50+	31:25+	34:46+	37:08+	39:11+	40:05+		
06:34+	05:09+	02:28+	04:00+	09:31+	01:08+	02:35+	03:21+	02:22+	02:03+	00:54+		
06:34+	05:09+	02:28+	04:00+	09:31+	01:08+	02:35+	03:21+	02:22+	02:03+	00:54+		
11	Knut Wikstrøm										78	40:30
06:30+	11:22+	13:44+	20:07+	28:55+	30:03+	31:55+	35:22+	37:29+	39:38+	40:30+		
06:30+	04:52+	02:22+	06:23+	08:48+	01:08+	01:52+	03:27+	02:07+	02:09+	00:52+		
06:30+	04:52+	02:22+	06:23+	08:48+	01:08+	01:52+	03:27+	02:07+	02:09+	00:52+		
12	Trond Feiring										1058	41:34
07:42+	13:00+	15:16+	19:10+	28:21+	29:41+	31:51+	36:15+	38:26+	40:32+	41:34+		
07:42+	05:18+	02:16+	03:54+	09:11+	01:20+	02:10+	04:24+	02:11+	02:06+	01:02+		
07:42+	05:18+	02:16+	03:54+	09:11+	01:20+	02:10+	04:24+	02:11+	02:06+	01:02+		
13	Knut Malmo										167	42:49
06:16+	10:45+	12:53+	16:35+	29:15+	30:26+	32:57+	37:04+	39:25+	41:45+	42:49+		
06:16+	04:29+	02:08+	03:42+	12:40+	01:11+	02:31+	04:07+	02:21+	02:20+	01:04+		
06:16+	04:29+	02:08+	03:42+	12:40+	01:11+	02:31+	04:07+	02:21+	02:20+	01:04+		
14	Torleif Finstad										55	43:08
07:24+	12:35+	14:32+	19:59+	29:41+	31:07+	32:59+	36:10+	38:32+	40:57+	43:08+		
07:24+	05:11+	01:57+	05:27+	09:42+	01:26+	01:52+	03:11+	02:22+	02:25+	02:11+		
07:24+	05:11+	01:57+	05:27+	09:42+	01:26+	01:52+	03:11+	02:22+	02:25+	02:11+		

Plass	Navn										Klasse	Tid
H 3,5												
15	Tore Gustav Tomter										1021	43:08
09:58+	17:02+	19:23+	23:24+	31:58+	33:06+	34:58+	38:20+	40:02+	42:07+	43:08+		
09:58+	07:04+	02:21+	04:01+	08:34+	01:08+	01:52+	03:22+	01:42+	02:05+	01:01+		
09:58+	07:04+	02:21+	04:01+	08:34+	01:08+	01:52+	03:22+	01:42+	02:05+	01:01+		
16	Hasse Bergstrøm										1076	43:23
06:12+	10:11+	12:18+	16:09+	25:03+	26:07+	28:10+	37:56+	40:30+	42:27+	43:23+		
06:12+	03:59+	02:07+	03:51+	08:54+	01:04+	02:03+	09:46+	02:34+	01:57+	00:56+		
06:12+	03:59+	02:07+	03:51+	08:54+	01:04+	02:03+	09:46+	02:34+	01:57+	00:56+		
17	Kjetil Liven										LMF	43:59
05:50+	12:39+	15:33+	21:20+	30:57+	32:02+	34:18+	37:51+	40:50+	43:02+	43:59+		
05:50+	06:49+	02:54+	05:47+	09:37+	01:05+	02:16+	03:33+	02:59+	02:12+	00:57+		
05:50+	06:49+	02:54+	05:47+	09:37+	01:05+	02:16+	03:33+	02:59+	02:12+	00:57+		
18	Trond Øie										1071	43:59
07:27+	12:18+	14:33+	19:32+	30:51+	31:53+	34:36+	38:29+	40:46+	43:06+	43:59+		
07:27+	04:51+	02:15+	04:59+	11:19+	01:02+	02:43+	03:53+	02:17+	02:20+	00:53+		
07:27+	04:51+	02:15+	04:59+	11:19+	01:02+	02:43+	03:53+	02:17+	02:20+	00:53+		
19	Morten Eriksen										105	44:14
05:30+	09:34+	11:38+	17:39+	34:24+	35:17+	37:07+	40:01+	41:43+	43:22+	44:14+		
05:30+	04:04+	02:04+	06:01+	16:45+	00:53+	01:50+	02:54+	01:42+	01:39+	00:52+		
05:30+	04:04+	02:04+	06:01+	16:45+	00:53+	01:50+	02:54+	01:42+	01:39+	00:52+		
20	Hans Asbjørn Tingvold										RILO	44:55
06:37+	11:04+	13:29+	17:36+	31:40+	32:45+	35:12+	38:45+	41:05+	43:37+	44:55+		
06:37+	04:27+	02:25+	04:07+	14:04+	01:05+	02:27+	03:33+	02:20+	02:32+	01:18+		
06:37+	04:27+	02:25+	04:07+	14:04+	01:05+	02:27+	03:33+	02:20+	02:32+	01:18+		
21	Odd Nysæther										15	45:32
06:32+	12:11+	14:30+	20:57+	31:17+	32:33+	35:00+	38:51+	41:52+	44:20+	45:32+		
06:32+	05:39+	02:19+	06:27+	10:20+	01:16+	02:27+	03:51+	03:01+	02:28+	01:12+		
06:32+	05:39+	02:19+	06:27+	10:20+	01:16+	02:27+	03:51+	03:01+	02:28+	01:12+		
22	Arvid Bratlie										LMF	49:58
08:20+	19:57+	22:38+	26:34+	36:15+	37:21+	40:14+	43:50+	46:18+	48:52+	49:58+		
08:20+	11:37+	02:41+	03:56+	09:41+	01:06+	02:53+	03:36+	02:28+	02:34+	01:06+		
08:20+	11:37+	02:41+	03:56+	09:41+	01:06+	02:53+	03:36+	02:28+	02:34+	01:06+		
23	Espen Melby										89	51:13
08:13+	20:56+	23:32+	27:40+	37:21+	38:31+	41:23+	44:58+	47:26+	50:01+	51:13+		
08:13+	12:43+	02:36+	04:08+	09:41+	01:10+	02:52+	03:35+	02:28+	02:35+	01:12+		
08:13+	12:43+	02:36+	04:08+	09:41+	01:10+	02:52+	03:35+	02:28+	02:35+	01:12+		
24	Johnny Johansen										89	51:57
08:11+	13:41+	16:34+	22:10+	34:26+	35:53+	38:43+	43:56+	47:59+	50:38+	51:57+		
08:11+	05:30+	02:53+	05:36+	12:16+	01:27+	02:50+	05:13+	04:03+	02:39+	01:19+		
08:11+	05:30+	02:53+	05:36+	12:16+	01:27+	02:50+	05:13+	04:03+	02:39+	01:19+		
25	Ola Brevig										LMF	53:46
09:18+	14:28+	16:56+	24:13+	36:12+	37:39+	40:15+	47:19+	50:06+	52:34+	53:46+		
09:18+	05:10+	02:28+	07:17+	11:59+	01:27+	02:36+	07:04+	02:47+	02:28+	01:12+		
09:18+	05:10+	02:28+	07:17+	11:59+	01:27+	02:36+	07:04+	02:47+	02:28+	01:12+		
26	Eystein Linnerud										105	56:27
08:33+	14:43+	17:55+	23:40+	39:46+	41:18+	44:18+	48:56+	52:11+	55:05+	56:27+		
08:33+	06:10+	03:12+	05:45+	16:06+	01:32+	03:00+	04:38+	03:15+	02:54+	01:22+		
08:33+	06:10+	03:12+	05:45+	16:06+	01:32+	03:00+	04:38+	03:15+	02:54+	01:22+		

Plass	Navn										Klasse	Tid
H 3,5												
27	Steinar Tønsager										11	1:10:26
15:33+	22:57+	26:01+	35:18+	51:46+	53:01+	56:21+	63:13+	65:52+	69:18+	70:26+		
15:33+	07:24+	03:04+	09:17+	16:28+	01:15+	03:20+	06:52+	02:39+	03:26+	01:08+		
15:33+	07:24+	03:04+	09:17+	16:28+	01:15+	03:20+	06:52+	02:39+	03:26+	01:08+		
Beste strekktid for klassen												
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H 4,5												
1	Gudbrand Lien										1058	37:22
05:54=	09:02=	11:22=	14:19=	23:31=	29:55=	31:17=	33:37=	35:04=	36:33=	37:22=		
05:54=	03:08=	02:20=	02:57=	09:12=	06:24=	01:22=	02:20=	01:27=	01:29=	00:49=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Terje Wikstrøm										Geno	38:35
05:35-	08:49-	10:59-	13:35-	23:06-	30:14+	31:42+	34:15+	35:57+	37:41+	38:35+		
05:35-	03:14+	02:10-	02:36-	09:31+	07:08+	01:28+	02:33+	01:42+	01:44+	00:54+		
00:19-	00:06+	00:10-	00:21-	00:19+	00:44#	00:06+	00:13+	00:15#	00:15#	00:05#		
3	Terje Tangen										119	41:55
06:40+	09:59+	12:26+	15:26+	25:24+	32:28+	34:19+	37:19+	39:04+	41:00+	41:55+		
06:40+	03:19+	02:27+	03:00+	09:58+	07:04+	01:51+	03:00+	01:45+	01:56+	00:55+		
00:46#	00:11+	00:07+	00:03+	00:46+	00:40#	00:29&	00:40&	00:18#	00:27&	00:06#		
4	Frode Hjorth										147	44:09
06:29+	09:39+	12:44+	15:47+	27:34+	35:17+	36:58+	39:50+	41:31+	43:24+	44:09+		
06:29+	03:10+	03:05+	03:03+	11:47+	07:43+	01:41+	02:52+	01:41+	01:53+	00:45-		
00:35+	00:02+	00:45&	00:06+	02:35&	01:19#	00:19#	00:32#	00:14#	00:24&	00:04-		
5	Vidar Nomerstad										1071	46:37
06:15+	09:24+	11:55+	16:01+	28:12+	36:22+	38:01+	42:06+	44:02+	45:43+	46:37+		
06:15+	03:09+	02:31+	04:06+	12:11+	08:10+	01:39+	04:05+	01:56+	01:41+	00:54+		
00:21+	00:01+	00:11+	01:09&	02:59&	01:46&	00:17#	01:45&	00:29&	00:12#	00:05#		
6	Harald Østbye										27	47:27
08:29+	12:17+	14:58+	18:11+	29:39+	37:39+	39:37+	42:37+	44:29+	46:24+	47:27+		
08:29+	03:48+	02:41+	03:13+	11:28+	08:00+	01:58+	03:00+	01:52+	01:55+	01:03+		
02:35&	00:40#	00:21#	00:16+	02:16#	01:36#	00:36&	00:40&	00:25&	00:26&	00:14&		
7	Stein Nordvi										27	49:01
07:09+	11:13+	13:51+	17:06+	30:03+	38:45+	40:39+	43:55+	45:47+	47:59+	49:01+		
07:09+	04:04+	02:38+	03:15+	12:57+	08:42+	01:54+	03:16+	01:52+	02:12+	01:02+		
01:15#	00:56&	00:18#	00:18#	03:45&	02:18&	00:32&	00:56&	00:25&	00:43&	00:13&		
8	Odd Arne Blystad										25	51:07
08:10+	12:07+	15:00+	18:47+	30:59+	40:49+	42:43+	46:04+	47:52+	50:08+	51:07+		
08:10+	03:57+	02:53+	03:47+	12:12+	09:50+	01:54+	03:21+	01:48+	02:16+	00:59+		
02:16&	00:49&	00:33#	00:50&	03:00&	03:26&	00:32&	01:01&	00:21#	00:47&	00:10#		
9	Lars Ivar Ulmo										120	52:39
08:56+	13:14+	15:57+	20:01+	33:26+	41:17+	43:09+	47:33+	49:54+	51:46+	52:39+		
08:56+	04:18+	02:43+	04:04+	13:25+	07:51+	01:52+	04:24+	02:21+	01:52+	00:53+		
03:02&	01:10&	00:23#	01:07&	04:13&	01:27#	00:30&	02:04&	00:54&	00:23&	00:04+		

Plass	Navn	Klasse	Tid
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H 4,5

10	Bjarne Harkinn	If	58:46
06:41+	10:30+ 12:49+ 17:43+	30:30+ 39:37+ 49:09+ 52:01+ 55:46+ 57:47+ 58:46+	
06:41+	03:49+ 02:19- 04:54+	12:47+ 09:07+ 09:32+ 02:52+ 03:45+ 02:01+ 00:59+	
00:47#	00:41# 00:01- 01:57&	03:35& 02:43& 08:10@ 00:32# 02:18@ 00:32& 00:10#	

11	Tore Jørgensen	105	1:02:15
16:57+	21:15+ 23:51+ 28:24+	42:07+ 51:11+ 53:08+ 56:23+ 58:40+ 60:59+ 62:15+	
16:57+	04:18+ 02:36+ 04:33+	13:43+ 09:04+ 01:57+ 03:15+ 02:17+ 02:19+ 01:16+	
16:57+	04:18+ 02:36+ 04:33+	13:43+ 09:04+ 01:57+ 03:15+ 02:17+ 02:19+ 01:16+	

12	Knut Vidar Lund	155	1:15:58
14:15+	19:58+ 22:53+ 29:56+	47:23+ 57:04+ 59:15+ 69:22+ 71:57+ 74:33+ 75:58+	
14:15+	05:43+ 02:55+ 07:03+	17:27+ 09:41+ 02:11+ 10:07+ 02:35+ 02:36+ 01:25+	
14:15+	05:43+ 02:55+ 07:03+	17:27+ 09:41+ 02:11+ 10:07+ 02:35+ 02:36+ 01:25+	

Beste strekktid for klassen

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

H 5,5

1	Sigurd Dæhli	89	41:15
06:31=	08:02= 09:56= 12:36=	16:09= 20:28= 27:08= 30:19= 32:06= 34:08= 35:27= 36:14= 38:50= 40:23= 41:15=	
06:31=	01:31= 01:54= 02:40=	03:33= 04:19= 06:40= 03:11= 01:47= 02:02= 01:19= 00:47= 02:36= 01:33= 00:52=	
00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	

2	Jan Ola Pedersen	15	45:45
07:30+	10:00+ 12:08+ 14:43+	20:06+ 24:36+ 31:55+ 34:14+ 36:10+ 38:21+ 39:46+ 40:32+ 43:14+ 44:48+ 45:45+	
07:30+	02:30+ 02:08+ 02:35-	05:23+ 04:30+ 07:19+ 02:19- 01:56+ 02:11+ 01:25+ 00:46- 02:42+ 01:34+ 00:57+	
00:59#	00:59& 00:14# 00:05-	01:50& 00:11+ 00:39+ 00:52- 00:09+ 00:09+ 00:06+ 00:01- 00:06+ 00:01+ 00:05+	

3	Tore Borchgrevink Alu	49	45:56
06:39+	08:18+ 10:24+ 13:01+	17:12+ 22:25+ 29:46+ 32:09+ 34:23+ 37:05+ 38:49+ 39:44+ 42:57+ 44:53+ 45:56+	
06:39+	01:39+ 02:06+ 02:37-	04:11+ 05:13+ 07:21+ 02:23- 02:14+ 02:42+ 01:44+ 00:55+ 03:13+ 01:56+ 01:03+	
00:08+	00:08+ 00:12# 00:03-	00:38# 00:54# 00:41# 00:48- 00:27& 00:40& 00:25& 00:08# 00:37# 00:23# 00:11#	

4	Stein Arne Negård	15	49:18
07:23+	09:15+ 11:51+ 14:49+	19:10+ 25:04+ 33:40+ 36:28+ 38:38+ 41:26+ 42:58+ 43:49+ 46:53+ 48:27+ 49:18+	
07:23+	01:52+ 02:36+ 02:58+	04:21+ 05:54+ 08:36+ 02:48- 02:10+ 02:48+ 01:32+ 00:51+ 03:04+ 01:34+ 00:51-	
00:52#	00:21# 00:42& 00:18#	00:48# 01:35& 01:56& 00:23- 00:23# 00:46& 00:13# 00:04+ 00:28# 00:01+ 00:01-	

Beste strekktid for klassen

06:31	01:31	01:54	02:35	03:33	04:19	06:40	02:19	01:47	02:02	01:19	00:46	02:36	01:33	00:51
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.