

Bedrifts o-løp 18082020**Strekktider****Flyplassen, Løten-18.08.2020****Plass Navn****Klasse****Tid****D 1,5**

1 Marie Rustadbakken 7 22:20
03:37= 06:54= 09:57= 13:24= 17:57= 22:20= 30:36= 31:59=
03:37= 03:17= 03:03= 03:27= 04:33= 04:23= 08:16= 01:23=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Linda Thorvaldsen 7 24:15
02:46- 06:19- 10:44+ 15:40+ 21:15+ 23:06+ 24:15-
02:46- 03:33+ 04:25+ 04:56+ 05:35+ 01:51- 01:09-
00:51- 00:16+ 01:22& 01:29& 01:02# 02:32- 07:07-

3 Synnøve Kaul 1013 25:00
02:51- 07:45+ 11:36+ 15:14+ 21:31+ 23:31+ 25:00-
02:51- 04:54+ 03:51+ 03:38+ 06:17+ 02:00- 01:29-
00:46- 01:37& 00:48& 00:11+ 01:44& 02:23- 06:47-

4 Helga Hansen 7 27:09
04:11+ 08:32+ 12:47+ 16:52+ 22:42+ 25:03+ 27:09-
04:11+ 04:21+ 04:15+ 04:05+ 05:50+ 02:21- 02:06-
00:34# 01:04& 01:12& 00:38# 01:17& 02:02- 06:10-

5 Eva Stensby 89 28:01
03:29- 07:37+ 12:07+ 17:03+ 24:11+ 26:22+ 28:01-
03:29- 04:08+ 04:30+ 04:56+ 07:08+ 02:11- 01:39-
00:08- 00:51& 01:27& 01:29& 02:35& 02:12- 06:37-

6 Unni Fladsrud Vold 96 28:14
07:58+ 11:16+ 15:20+ 18:39+ 24:37+ 26:41+ 28:14-
07:58+ 03:18+ 04:04+ 03:19- 05:58+ 02:04- 01:33-
04:21@ 00:01+ 01:01& 00:08- 01:25& 02:19- 06:43-

7 Solveig Johannessen 7 36:25
10:55+ 15:01+ 19:17+ 23:57+ 30:56+ 34:30+ 36:25+
10:55+ 04:06+ 04:16+ 04:40+ 06:59+ 03:34- 01:55-
07:18@ 00:49# 01:13& 01:13& 02:26& 00:49- 06:21-

8 Gerd Grønvold 7 42:21
03:48+ 13:53+ 27:50+ 31:30+ 38:05+ 40:26+ 42:21+
03:48+ 10:05+ 13:57+ 03:40+ 06:35+ 02:21- 01:55-
00:11+ 06:48@ 10:54@ 00:13+ 02:02& 02:02- 06:21-

Beste strekktid for klassen

02:46 03:17 03:03 03:19 04:33 01:51 01:09 01:23

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

D 2,5

1 Oddveig Anne Sagbakken 88 37:23
02:32= 09:19= 12:58= 24:40= 29:25= 32:11= 36:19= 37:23=
02:32= 06:47= 03:39= 11:42= 04:45= 02:46= 04:08= 01:04=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Inger G. Lund 155 39:42
02:33+ 09:45+ 15:15+ 26:11+ 31:11+ 34:33+ 38:49+ 39:42+
02:33+ 07:12+ 05:30+ 10:56- 05:00+ 03:22+ 04:16+ 00:53-
00:01+ 00:25+ 01:51& 00:46- 00:15+ 00:36# 00:08+ 00:11-

Plass	Navn	Klasse	Tid
D 2,5			
3	Anita Stensby Bekkelund	89	45:19
	02:37+ 16:14+ 20:01+ 32:05+ 36:12+ 38:53+ 43:54+ 45:19+		
	02:37+ 13:37+ 03:47+ 12:04+ 04:07- 02:41- 05:01+ 01:25+		
	00:05+ 06:50@ 00:08+ 00:22+ 00:38- 00:05- 00:53# 00:21&		
4	Rønnaug Sagbakken	1071	45:55
	02:52+ 11:53+ 15:56+ 29:46+ 34:01+ 37:38+ 44:40+ 45:55+		
	02:52+ 09:01+ 04:03+ 13:50+ 04:15+ 03:37+ 07:02+ 01:15+		
	02:52+ 09:01+ 04:03+ 13:50+ 04:15+ 03:37+ 07:02+ 01:15+		
5	Randi Aas Fjæstad	89	48:06
	02:46+ 11:39+ 15:46+ 33:53+ 38:34+ 41:33+ 46:37+ 48:06+		
	02:46+ 08:53+ 04:07+ 18:07+ 04:41+ 02:59+ 05:04+ 01:29+		
	02:46+ 08:53+ 04:07+ 18:07+ 04:41+ 02:59+ 05:04+ 01:29+		
6	Anita Grønvold Tollefsen	7	49:05
	04:37+ 11:32+ 17:28+ 35:20+ 40:39+ 43:19+ 48:10+ 49:05+		
	04:37+ 06:55+ 05:56+ 17:52+ 05:19+ 02:40+ 04:51+ 00:55+		
	04:37+ 06:55+ 05:56+ 17:52+ 05:19+ 02:40+ 04:51+ 00:55+		
7	Berit Myhrmoen	49	49:52
	01:55+ 07:37+ 26:28+ 37:22+ 42:18+ 45:15+ 48:57+ 49:52+		
	01:55+ 05:42+ 18:51+ 10:54+ 04:56+ 02:57+ 03:42+ 00:55+		
	01:55+ 05:42+ 18:51+ 10:54+ 04:56+ 02:57+ 03:42+ 00:55+		
8	Elisabet Høgset Rise	Geno	52:11
	02:26+ 09:45+ 21:10+ 35:14+ 38:46+ 42:06+ 50:37+ 52:11+		
	02:26+ 07:19+ 11:25+ 14:04+ 03:32+ 03:20+ 08:31+ 01:34+		
	02:26+ 07:19+ 11:25+ 14:04+ 03:32+ 03:20+ 08:31+ 01:34+		
9	Aud Grønvold	7	55:38
	04:10+ 13:39+ 18:21+ 39:32+ 44:21+ 48:12+ 54:15+ 55:38+		
	04:10+ 09:29+ 04:42+ 21:11+ 04:49+ 03:51+ 06:03+ 01:23+		
	04:10+ 09:29+ 04:42+ 21:11+ 04:49+ 03:51+ 06:03+ 01:23+		

Beste strekktid for klassen

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

D 3,5

1	Kjersti Narum	165	42:12
	02:00= 12:07= 15:41= 17:44= 23:39= 30:54= 35:55= 41:17= 42:12=		
	02:00= 10:07= 03:34= 02:03= 05:55= 07:15= 05:01= 05:22= 00:55=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Solveig Sørlien Stenberg	152	43:19
	02:36+ 11:56- 16:48+ 19:30+ 25:42+ 33:35+ 37:36+ 42:26+ 43:19+		
	02:36+ 09:20- 04:52+ 02:42+ 06:12+ 07:53+ 04:01- 04:50- 00:53-		
	00:36& 00:47- 01:18& 00:39& 00:17+ 00:38+ 01:00- 00:32- 00:02-		
3	Grete Storsveen	1071	47:01
	02:55+ 12:55+ 17:43+ 20:06+ 26:59+ 35:56+ 40:45+ 46:06+ 47:01+		
	02:55+ 10:00- 04:48+ 02:23+ 06:53+ 08:57+ 04:49- 05:21- 00:55=		
	00:55& 00:07- 01:14& 00:20# 00:58# 01:42# 00:12- 00:01- 00:00=		

Plass	Navn	Klasse	Tid
D 3,5			
4	Inger Marie Øygard	89	52:39
04:03+	15:54+ 21:12+ 23:50+ 31:50+ 41:57+ 46:53+ 51:41+ 52:39+		
04:03+	11:51+ 05:18+ 02:38+ 08:00+ 10:07+ 04:56- 04:48- 00:58+		
02:03@	01:44# 01:44& 00:35& 02:05& 02:52& 00:05- 00:34- 00:03+		
5	Karen Tomter	163	1:17:30
20:27+	32:46+ 38:42+ 43:09+ 54:02+ 64:14+ 69:19+ 75:36+ 77:30+		
20:27+	12:19+ 05:56+ 04:27+ 10:53+ 10:12+ 05:05+ 06:17+ 01:54+		
20:27+	12:19+ 05:56+ 04:27+ 10:53+ 10:12+ 05:05+ 06:17+ 01:54+		

Beste strekktid for klassen

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

D 4,5

1	Mari Norstad Opsahl	105	53:40
01:53=	09:13= 13:06= 15:44= 20:39= 29:48= 34:40= 38:33= 41:22= 47:04= 48:44= 50:31= 52:10= 53:40=		
01:53=	07:20= 03:53= 02:38= 04:55= 09:09= 04:52= 03:53= 02:49= 05:42= 01:40= 01:47= 01:39= 01:30=		
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=		
2	Ingunn Lund Nordstrøm	105	58:56
02:33+	11:25+ 15:18+ 16:57+ 22:31+ 31:58+ 38:10+ 43:15+ 47:15+ 51:58+ 53:54+ 56:00+ 57:36+ 58:56+		
02:33+	08:52+ 03:53= 01:39- 05:34+ 09:27+ 06:12+ 05:05+ 04:00+ 04:43- 01:56+ 02:06+ 01:36- 01:20-		
00:40&	01:32# 00:00= 00:59- 00:39# 00:18+ 01:20& 01:12& 01:11& 00:59- 00:16# 00:19# 00:03- 00:10-		
3	Unn Mette Klopbakken	43	59:05
01:48-	10:49+ 14:45+ 16:53+ 21:35+ 26:09- 35:34+ 44:06+ 46:56+ 50:41+ 52:57+ 55:52+ 57:35+ 59:05+		
01:48-	09:01+ 03:56+ 02:08- 04:42- 04:34- 09:25+ 08:32+ 02:50+ 03:45- 02:16+ 02:55+ 01:43+ 01:30=		
00:05-	01:41# 00:03+ 00:30- 00:13- 04:35- 04:33& 04:39@ 00:01+ 01:57- 00:36& 01:08& 00:04+ 00:00=		
4	Line Merete Libak	89	1:01:43
01:55+	11:00+ 16:23+ 18:39+ 24:46+ 30:54+ 38:30+ 43:10+ 46:14+ 54:03+ 55:59+ 58:06+ 59:56+ 61:43+		
01:55+	09:05+ 05:23+ 02:16- 06:07+ 06:08- 07:36+ 04:40+ 03:04+ 07:49+ 01:56+ 02:07+ 01:50+ 01:47+		
00:02+	01:45# 01:30& 00:22- 01:12# 03:01- 02:44& 00:47# 00:15+ 02:07& 00:16# 00:20# 00:11# 00:17#		
5	Elianne Haneberg	1071	1:01:54
03:39+	11:07+ 15:48+ 20:37+ 29:13+ 34:29+ 42:45+ 46:52+ 49:50+ 54:35+ 56:38+ 58:36+ 60:16+ 61:54+		
03:39+	07:28+ 04:41+ 04:49+ 08:36+ 05:16- 08:16+ 04:07+ 02:58+ 04:45- 02:03+ 01:58+ 01:40+ 01:38+		
01:46&	00:08+ 00:48# 02:11& 03:41& 03:53- 03:24& 00:14+ 00:09+ 00:57- 00:23# 00:11# 00:01+ 00:08+		
6	Marianne Rud Skjærstad	89	1:07:54
01:56+	12:21+ 16:38+ 25:37+ 33:18+ 38:57+ 46:53+ 51:55+ 54:24+ 58:05+ 62:41+ 64:40+ 66:22+ 67:54+		
01:56+	10:25+ 04:17+ 08:59+ 07:41+ 05:39- 07:56+ 05:02+ 02:29- 03:41- 04:36+ 01:59+ 01:42+ 01:32+		
00:03+	03:05& 00:24# 06:21@ 02:46& 03:30- 03:04& 01:09& 00:20- 02:01- 02:56@ 00:12# 00:03+ 00:02+		

Beste strekktid for klassen

01:48 07:20 03:53 01:39 04:42 04:34 04:52 03:53 02:29 03:41 01:40 01:47 01:36 01:20

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

H 1,5

Plass	Navn	Klasse	Tid
H 1,5			
1	Bjørn Jenssen	1013	19:46
	02:20= 05:24= 08:26= 11:37= 16:29= 18:28= 19:46=		
	02:20= 03:04= 03:02= 03:11= 04:52= 01:59= 01:18=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Geir-Håkon Øverby	If	19:52
	04:15+ 06:58+ 09:54+ 12:34+ 16:25+ 18:56+ 19:52+		
	04:15+ 02:43+ 02:56+ 02:40+ 03:51+ 02:31+ 00:56+		
	04:15+ 02:43+ 02:56+ 02:40+ 03:51+ 02:31+ 00:56+		
3	Hans Petter Jevanord	Geno	20:01
	02:28+ 05:26+ 08:50+ 11:50+ 16:46+ 18:35+ 20:01+		
	02:28+ 02:58+ 03:24+ 03:00+ 04:56+ 01:49+ 01:26+		
	02:28+ 02:58+ 03:24+ 03:00+ 04:56+ 01:49+ 01:26+		
4	Erik Skårås	1071	22:37
	02:35+ 06:26+ 11:36+ 14:48+ 19:20+ 21:17+ 22:37+		
	02:35+ 03:51+ 05:10+ 03:12+ 04:32+ 01:57+ 01:20+		
	02:35+ 03:51+ 05:10+ 03:12+ 04:32+ 01:57+ 01:20+		
5	Knut Røhrsveen	7	23:56
	06:42+ 09:24+ 13:25+ 16:11+ 20:23+ 23:03+ 23:56+		
	06:42+ 02:42+ 02:42+ 04:01+ 02:46+ 04:12+ 02:40+ 00:53+		
	06:42+ 02:42+ 04:01+ 02:46+ 04:12+ 02:40+ 00:53+		
6	Dag Erik Hovde	25	25:49
	03:21+ 07:44+ 11:39+ 15:41+ 21:33+ 24:09+ 25:49+		
	03:21+ 04:23+ 03:55+ 04:02+ 05:52+ 02:36+ 01:40+		
	03:21+ 04:23+ 03:55+ 04:02+ 05:52+ 02:36+ 01:40+		
7	Ragnar Høsøien	55	35:27
	04:28+ 09:58+ 16:50+ 22:20+ 30:54+ 33:25+ 35:27+		
	04:28+ 05:30+ 06:52+ 05:30+ 08:34+ 02:31+ 02:02+		
	04:28+ 05:30+ 06:52+ 05:30+ 08:34+ 02:31+ 02:02+		
8	Trygve Jan Bjerke	55	38:19
	02:24+ 12:39+ 26:44+ 30:22+ 35:14+ 37:11+ 38:19+		
	02:24+ 10:15+ 14:05+ 03:38+ 04:52+ 01:57+ 01:08+		
	02:24+ 10:15+ 14:05+ 03:38+ 04:52+ 01:57+ 01:08+		
9	Knut Martinsen	1071	41:22
	04:07+ 08:47+ 25:54+ 30:45+ 37:22+ 39:36+ 41:22+		
	04:07+ 04:40+ 17:07+ 04:51+ 06:37+ 02:14+ 01:46+		
	04:07+ 04:40+ 17:07+ 04:51+ 06:37+ 02:14+ 01:46+		
10	Arne Gunnar Barflo	89	1:12:42
	17:24+ 26:25+ 45:04+ 52:12+ 65:00+ 69:17+ 72:42+		
	17:24+ 09:01+ 18:39+ 07:08+ 12:48+ 04:17+ 03:25+		
	17:24+ 09:01+ 18:39+ 07:08+ 12:48+ 04:17+ 03:25+		

Beste strekktid for klassen

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

H 2,5

Plass	Navn	Klasse	Tid
H 2,5			
1	Per Vold	96	29:07
03:06= 07:42= 09:56= 11:36= 20:13= 22:40= 28:21= 29:07= 03:06= 04:36= 02:14= 01:40= 08:37= 02:27= 05:41= 00:46= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Magnar Nybakk	1071	30:01
01:49+ 06:37+ 08:59+ 10:41+ 19:41+ 23:10+ 29:07+ 30:01+ 01:49+ 04:48+ 02:22+ 01:42+ 09:00+ 03:29+ 05:57+ 00:54+ 01:49+ 04:48+ 02:22+ 01:42+ 09:00+ 03:29+ 05:57+ 00:54+			
3	Ludvig Bjerke-Narud	Geno	31:29
01:57+ 07:59+ 10:38+ 12:51+ 21:56+ 25:59+ 30:41+ 31:29+ 01:57+ 06:02+ 02:39+ 02:13+ 09:05+ 04:03+ 04:42+ 00:48+ 01:57+ 06:02+ 02:39+ 02:13+ 09:05+ 04:03+ 04:42+ 00:48+			
4	Morten Øie	39	32:48
01:53+ 06:36+ 09:06+ 10:40+ 20:18+ 23:45+ 29:30+ 31:42+ 32:48+ 01:53+ 04:43+ 02:30+ 01:34+ 09:38+ 03:27+ 05:45+ 02:12+ 01:06+ 01:53+ 04:43+ 02:30+ 01:34+ 09:38+ 03:27+ 05:45+ 02:12+ 01:06+			
5	Terje Malm	147	33:17
02:06+ 07:45+ 10:41+ 12:27+ 22:53+ 26:12+ 32:28+ 33:17+ 02:06+ 05:39+ 02:56+ 01:46+ 10:26+ 03:19+ 06:16+ 00:49+ 02:06+ 05:39+ 02:56+ 01:46+ 10:26+ 03:19+ 06:16+ 00:49+			
6	Odd Rise	Geno	34:54
02:13+ 08:20+ 11:44+ 13:40+ 24:19+ 27:42+ 34:00+ 34:54+ 02:13+ 06:07+ 03:24+ 01:56+ 10:39+ 03:23+ 06:18+ 00:54+ 02:13+ 06:07+ 03:24+ 01:56+ 10:39+ 03:23+ 06:18+ 00:54+			
7	Arne Hagen	167	35:26
01:57+ 07:31+ 10:13+ 13:05+ 23:54+ 27:58+ 34:43+ 35:26+ 01:57+ 05:34+ 02:42+ 02:52+ 10:49+ 04:04+ 06:45+ 00:43+ 01:57+ 05:34+ 02:42+ 02:52+ 10:49+ 04:04+ 06:45+ 00:43+			
8	Jan Olav Sæther	165	35:51
02:15+ 08:12+ 11:33+ 13:52+ 26:52+ 30:12+ 35:04+ 35:51+ 02:15+ 05:57+ 03:21+ 02:19+ 13:00+ 03:20+ 04:52+ 00:47+ 02:15+ 05:57+ 03:21+ 02:19+ 13:00+ 03:20+ 04:52+ 00:47+			
9	Torbjørn Ødegaard	1058	38:54
03:00+ 10:43+ 14:04+ 16:39+ 27:33+ 30:39+ 37:39+ 38:54+ 03:00+ 07:43+ 03:21+ 02:35+ 10:54+ 03:06+ 07:00+ 01:15+ 03:00+ 07:43+ 03:21+ 02:35+ 10:54+ 03:06+ 07:00+ 01:15+			
10	Olav Skjærbekk	165	39:38
02:27+ 10:34+ 13:51+ 16:01+ 28:08+ 31:45+ 38:31+ 39:38+ 02:27+ 08:07+ 03:17+ 02:10+ 12:07+ 03:37+ 06:46+ 01:07+ 02:27+ 08:07+ 03:17+ 02:10+ 12:07+ 03:37+ 06:46+ 01:07+			
11	Harald Grønvold	7	41:31
01:58+ 08:33+ 11:41+ 15:13+ 25:39+ 34:15+ 40:44+ 41:31+ 01:58+ 06:35+ 03:08+ 03:32+ 10:26+ 08:36+ 06:29+ 00:47+ 01:58+ 06:35+ 03:08+ 03:32+ 10:26+ 08:36+ 06:29+ 00:47+			
12	Hallstein Ødegård	89	41:57
02:40+ 09:35+ 12:56+ 15:06+ 27:54+ 33:04+ 40:35+ 41:57+ 02:40+ 06:55+ 03:21+ 02:10+ 12:48+ 05:10+ 07:31+ 01:22+ 02:40+ 06:55+ 03:21+ 02:10+ 12:48+ 05:10+ 07:31+ 01:22+			

Plass	Navn	Klasse	Tid
H 2,5			
13	Sven Marken	89	42:09
	02:45+ 09:54+ 13:55+ 28:17+ 32:13+ 40:50+ 42:09+		
	02:45+ 07:09+ 04:01+ 02:14+ 12:08+ 03:56+ 08:37+ 01:19+		
	02:45+ 07:09+ 04:01+ 02:14+ 12:08+ 03:56+ 08:37+ 01:19+		
14	Thomas Martinsen	NORTU	49:43
	11:26+ 18:59+ 23:23+ 26:26+ 38:12+ 42:33+ 48:54+ 49:43+		
	11:26+ 07:33+ 04:24+ 03:03+ 11:46+ 04:21+ 06:21+ 00:49+		
	11:26+ 07:33+ 04:24+ 03:03+ 11:46+ 04:21+ 06:21+ 00:49+		
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 3,5			
1	Ove Tåsåsen	1013	31:14
	02:36= 08:56= 12:06= 13:33= 19:47= 25:21= 27:37= 30:32= 31:14=		
	02:36= 06:20= 03:10= 01:27= 06:14= 05:34= 02:16= 02:55= 00:42=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Einar Lund	52	32:31
	02:23- 08:32- 11:38- 14:51+ 20:16+ 26:12+ 28:47+ 31:52+ 32:31+		
	02:23- 06:09- 03:06- 03:13+ 05:25- 05:56+ 02:35+ 03:05+ 00:39-		
	00:13- 00:11- 00:04- 01:46@ 00:49- 00:22+ 00:19# 00:10+ 00:03-		
3	Tom S Helgesen	55	33:12
	02:37+ 09:16+ 12:32+ 14:04+ 20:08+ 26:41+ 29:13+ 32:36+ 33:12+		
	02:37+ 06:39+ 03:16+ 01:32+ 06:04- 06:33+ 02:32+ 03:23+ 00:36-		
	00:01+ 00:19+ 00:06+ 00:05+ 00:10- 00:59# 00:16# 00:28# 00:06-		
4	Morten Eriksen	105	34:04
	02:28- 09:02+ 12:45+ 14:21+ 20:25+ 26:42+ 30:10+ 33:28+ 34:04+		
	02:28- 06:34+ 03:43+ 01:36+ 06:04- 06:17+ 03:28+ 03:18+ 00:36-		
	00:08- 00:14+ 00:33# 00:09# 00:10- 00:43# 01:12& 00:23# 00:06-		
5	Kjetil Liven	LMF	34:37
	03:06+ 09:38+ 13:30+ 15:13+ 20:44+ 27:10+ 30:22+ 34:03+ 34:37+		
	03:06+ 06:32+ 03:52+ 01:43+ 05:31- 06:26+ 03:12+ 03:41+ 00:34-		
	00:30# 00:12+ 00:42# 00:16# 00:43- 00:52# 00:56& 00:46& 00:08-		
6	Hans Asbjørn Tingvold	RILO	37:58
	02:30- 10:26+ 14:27+ 16:11+ 22:49+ 30:48+ 33:17+ 37:00+ 37:58+		
	02:30- 07:56+ 04:01+ 01:44+ 06:38+ 07:59+ 02:29+ 03:43+ 00:58+		
	00:06- 01:36& 00:51& 00:17# 00:24+ 02:25& 00:13+ 00:48& 00:16&		
7	Hasse Bergstrøm	1076	38:04
	02:02- 09:32+ 13:41+ 15:25+ 21:45+ 29:13+ 31:42+ 37:12+ 38:04+		
	02:02- 07:30+ 04:09+ 01:44+ 06:20+ 07:28+ 02:29+ 05:30+ 00:52+		
	00:34- 01:10# 00:59& 00:17# 00:06+ 01:54& 00:13+ 02:35& 00:10#		
8	Jan Åsmund Sætaberget	1002	38:28
	01:53- 10:59+ 15:31+ 17:23+ 24:08+ 31:55+ 34:11+ 37:40+ 38:28+		
	01:53- 09:06+ 04:32+ 01:52+ 06:45+ 07:47+ 02:16= 03:29+ 00:48+		
	00:43- 02:46& 01:22& 00:25& 00:31+ 02:13& 00:00= 00:34# 00:06#		

18.08.2020 23:49:16 Side:7

Plass	Navn			Klasse					Tid		
H 3,5											
21	Tore Stenseth			1013					46:14		
	02:06+	10:54+	16:06+	18:25+	26:12+	35:01+	41:24+	45:16+	46:14+		
	02:06+	08:48+	05:12+	02:19+	07:47+	08:49+	06:23+	03:52+	00:58+		
	02:06+	08:48+	05:12+	02:19+	07:47+	08:49+	06:23+	03:52+	00:58+		
22	Erik Grøndalen			1002					47:24		
	01:54+	21:14+	24:59+	26:35+	32:13+	39:22+	43:19+	46:42+	47:24+		
	01:54+	19:20+	03:45+	01:36+	05:38+	07:09+	03:57+	03:23+	00:42+		
	01:54+	19:20+	03:45+	01:36+	05:38+	07:09+	03:57+	03:23+	00:42+		
23	Espen Melby			89					52:19		
	04:49+	14:45+	18:35+	20:23+	33:23+	40:56+	47:31+	51:22+	52:19+		
	04:49+	09:56+	03:50+	01:48+	13:00+	07:33+	06:35+	03:51+	00:57+		
	04:49+	09:56+	03:50+	01:48+	13:00+	07:33+	06:35+	03:51+	00:57+		
24	Knut Olav Strætkvern			1058					57:12		
	02:38+	11:05+	16:00+	18:27+	33:05+	46:48+	51:15+	56:19+	57:12+		
	02:38+	08:27+	04:55+	02:27+	14:38+	13:43+	04:27+	05:04+	00:53+		
	02:38+	08:27+	04:55+	02:27+	14:38+	13:43+	04:27+	05:04+	00:53+		
25	Torleif Finstad			55					59:07		
	02:40+	25:03+	28:48+	30:38+	36:34+	49:12+	53:35+	58:12+	59:07+		
	02:40+	22:23+	03:45+	01:50+	05:56+	12:38+	04:23+	04:37+	00:55+		
	02:40+	22:23+	03:45+	01:50+	05:56+	12:38+	04:23+	04:37+	00:55+		
26	Eystein Linnerud			105					1:06:12		
	02:55+	22:54+	27:50+	30:37+	42:25+	53:25+	57:11+	64:55+	66:12+		
	02:55+	19:59+	04:56+	02:47+	11:48+	11:00+	03:46+	07:44+	01:17+		
	02:55+	19:59+	04:56+	02:47+	11:48+	11:00+	03:46+	07:44+	01:17+		
27	Steinar Tønsager			11					1:18:42		
	16:30+	29:26+	34:57+	36:49+	51:52+	64:03+	68:49+	77:44+	78:42+		
	16:30+	12:56+	05:31+	01:52+	15:03+	12:11+	04:46+	08:55+	00:58+		
	16:30+	12:56+	05:31+	01:52+	15:03+	12:11+	04:46+	08:55+	00:58+		

Beste strekktid for klassen

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

H 4,5

1	Terje Tangen					119					44:59				
01:22=	08:06=	11:53=	13:24=	17:24=	23:01=	29:36=	33:11=	35:19=	38:42=	40:07=	41:50=	43:29=	44:59=		
01:22=	06:44=	03:47=	01:31=	04:00=	05:37=	06:35=	03:35=	02:08=	03:23=	01:25=	01:43=	01:39=	01:30=		
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=		
2	Frode Hjorth					52					47:55				
01:52+	08:20+	12:24+	13:45+	18:18+	25:30+	31:50+	35:15+	37:41+	41:29+	43:21+	44:59+	46:33+	47:55+		
01:52+	06:28-	04:04+	01:21-	04:33+	07:12+	06:20-	03:25-	02:26+	03:48+	01:52+	01:38-	01:34-	01:22-		
00:30&	00:16-	00:17+	00:10-	00:33#	01:35&	00:15-	00:10-	00:18#	00:25#	00:27&	00:05-	00:05-	00:08-		
3	Knut Johan Schjerve					LMF					50:39				
01:28+	10:23+	13:42+	15:11+	19:16+	24:54+	31:02+	34:17+	38:00+	44:10+	45:35+	47:44+	49:14+	50:39+		
01:28+	08:55+	03:19-	01:29-	04:05+	05:38+	06:08-	03:15-	03:43+	06:10+	01:25=	02:09+	01:30-	01:25-		
00:06+	02:11&	00:28-	00:02-	00:05+	00:01+	00:27-	00:20-	01:35&	02:47&	00:00=	00:26&	00:09-	00:05-		

Plass	Navn				Klasse								Tid			
H 4,5																
4	Bjarne Harkinn				If								55:00			
02:11+	10:02+	13:36+	17:03+	21:36+	29:49+	36:04+	39:49+	42:28+	47:47+	49:52+	52:00+	53:31+	55:00+			
02:11+	07:51+	03:34-	03:27+	04:33+	08:13+	06:15-	03:45+	02:39+	05:19+	02:05+	02:08+	01:31-	01:29-			
00:49&	01:07#	00:13-	01:56@	00:33#	02:36&	00:20-	00:10+	00:31#	01:56&	00:40&	00:25#	00:08-	00:01-			
5	Stein Nordvi				27								55:06			
01:42+	09:13+	13:11+	18:50+	23:32+	29:07+	34:59+	39:04+	41:41+	48:19+	49:46+	51:46+	53:23+	55:06+			
01:42+	07:31+	03:58+	05:39+	04:42+	05:35+	05:52+	04:05+	02:37+	06:38+	01:27+	02:00+	01:37+	01:43+			
01:42+	07:31+	03:58+	05:39+	04:42+	05:35+	05:52+	04:05+	02:37+	06:38+	01:27+	02:00+	01:37+	01:43+			
6	Ole Petter Saxrud				1028								55:58			
02:02+	09:21+	13:33+	15:32+	21:29+	27:22+	34:04+	38:27+	41:48+	46:54+	50:35+	52:40+	54:28+	55:58+			
02:02+	07:19+	04:12+	01:59+	05:57+	05:53+	06:42+	04:23+	03:21+	05:06+	03:41+	02:05+	01:48+	01:30+			
02:02+	07:19+	04:12+	01:59+	05:57+	05:53+	06:42+	04:23+	03:21+	05:06+	03:41+	02:05+	01:48+	01:30+			
7	Harald Østbye				27								57:09			
01:34+	08:45+	12:39+	19:10+	25:42+	31:25+	37:33+	41:44+	44:44+	49:12+	51:32+	53:40+	55:27+	57:09+			
01:34+	07:11+	03:54+	06:31+	06:32+	05:43+	06:08+	04:11+	03:00+	04:28+	02:20+	02:08+	01:47+	01:42+			
01:34+	07:11+	03:54+	06:31+	06:32+	05:43+	06:08+	04:11+	03:00+	04:28+	02:20+	02:08+	01:47+	01:42+			
8	Lars Ivar Ulmo				120								1:01:14			
01:50+	16:15+	20:29+	22:39+	27:27+	35:10+	41:00+	46:11+	48:45+	53:22+	55:46+	58:17+	59:54+	61:14+			
01:50+	14:25+	04:14+	02:10+	04:48+	07:43+	05:50+	05:11+	02:34+	04:37+	02:24+	02:31+	01:37+	01:20+			
01:50+	14:25+	04:14+	02:10+	04:48+	07:43+	05:50+	05:11+	02:34+	04:37+	02:24+	02:31+	01:37+	01:20+			
9	Jon Bjørnstad				1071								1:04:38			
01:52+	10:29+	15:15+	17:21+	23:57+	31:37+	37:57+	46:57+	50:31+	56:02+	58:01+	60:24+	62:31+	64:38+			
01:52+	08:37+	04:46+	02:06+	06:36+	07:40+	06:20+	09:00+	03:34+	05:31+	01:59+	02:23+	02:07+	02:07+			
01:52+	08:37+	04:46+	02:06+	06:36+	07:40+	06:20+	09:00+	03:34+	05:31+	01:59+	02:23+	02:07+	02:07+			
10	Odd Arne Blystad				25								1:18:45			
03:03+	12:54+	17:52+	20:54+	29:29+	39:57+	48:15+	54:08+	62:17+	68:56+	72:31+	74:54+	76:57+	78:45+			
03:03+	09:51+	04:58+	03:02+	08:35+	10:28+	08:18+	05:53+	08:09+	06:39+	03:35+	02:23+	02:03+	01:48+			
03:03+	09:51+	04:58+	03:02+	08:35+	10:28+	08:18+	05:53+	08:09+	06:39+	03:35+	02:23+	02:03+	01:48+			

Beste strekktid for klassen

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

H 5,5

1	Jan Ola Pedersen				15								43:02			
	01:34=	06:32=	09:29=	10:42=	15:15=	19:44=	22:46=	26:27=	27:43=	34:44=	38:41=	40:08=	41:39=	43:02=		
	01:34=	04:58=	02:57=	01:13=	04:33=	04:29=	03:02=	03:41=	01:16=	07:01=	03:57=	01:27=	01:31=	01:23=		
	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=		
2	Pål Stenberg				166								44:45			
	01:43+	07:17+	10:25+	11:43+	16:17+	21:05+	24:29+	29:25+	30:41+	38:04+	40:49+	42:13+	43:31+	44:45+		
	01:43+	05:34+	03:08+	01:18+	04:34+	04:48+	03:24+	04:56+	01:16=	07:23+	02:45-	01:24-	01:18-	01:14-		
	00:09+	00:36#	00:11+	00:05+	00:01+	00:19+	00:22#	01:15&	00:00=	00:22+	01:12-	00:03-	00:13-	00:09-		
3	Michael Sætvedt				RAUT								48:18			
	01:46+	06:39+	09:45+	11:02+	16:24+	22:26+	26:47+	30:56+	32:11+	41:19+	44:15+	45:51+	47:11+	48:18+		
	01:46+	04:53-	03:06+	01:17+	05:22+	06:02+	04:21+	04:09+	01:15-	09:08+	02:56-	01:36+	01:20-	01:07-		
	00:12#	00:05-	00:09+	00:04+	00:49#	01:33&	01:19&	00:28#	00:01-	02:07&	01:01-	00:09#	00:11-	00:16-		

Plass	Navn	Klasse	Tid
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H 5,5

4	Tore Borchgrevink Alu												49	49:04
01:35+	06:34+	10:21+	11:50+	16:57+	23:08+	26:44+	30:54+	32:23+	41:32+	44:43+	46:04+	47:35+	49:04+	
01:35+	04:59+	03:47+	01:29+	05:07+	06:11+	03:36+	04:10+	01:29+	09:09+	03:11-	01:21-	01:31=	01:29+	
00:01+	00:01+	00:50&	00:16#	00:34#	01:42&	00:34#	00:29#	00:13#	02:08&	00:46-	00:06-	00:00=	00:06+	

5	Stein Arne Negård												15	50:29
01:55+	07:27+	10:53+	12:19+	16:58+	21:58+	27:04+	31:03+	32:37+	42:47+	46:04+	47:34+	49:06+	50:29+	
01:55+	05:32+	03:26+	01:26+	04:39+	05:00+	05:06+	03:59+	01:34+	10:10+	03:17+	01:30+	01:32+	01:23+	
01:55+	05:32+	03:26+	01:26+	04:39+	05:00+	05:06+	03:59+	01:34+	10:10+	03:17+	01:30+	01:32+	01:23+	

6	Frode Ødegårdstuen					ASKO					51:12				
02:15+	07:21+	11:08+	12:33+	17:42+	23:31+	28:58+	33:21+	34:39+	43:11+	46:47+	48:22+	49:52+	51:12+		
02:15+	05:06+	03:47+	01:25+	05:09+	05:49+	05:27+	04:23+	01:18+	08:32+	03:36+	01:35+	01:30+	01:20+		
02:15+	05:06+	03:47+	01:25+	05:09+	05:49+	05:27+	04:23+	01:18+	08:32+	03:36+	01:35+	01:30+	01:20+		

Beste strekktid for klassen

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