

Bedrifts o-løp 08092020

Strekktider

St.Olavs, Hamar-08.09.2020

Plass Navn Klasse
D 1,5

1	Synnøve Kaul	1013	28:58			
06:04=	11:28=	15:39=	18:48=	22:57=	27:53=	28:58=
06:04=	05:24=	04:11=	03:09=	04:09=	04:56=	01:05=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Turid Opsahl	89	29:35			
05:54-	11:34+	16:14+	19:26+	23:26+	28:22+	29:35+
05:54-	05:40+	04:40+	03:12+	04:00-	04:56=	01:13+
00:10-	00:16+	00:29#	00:03+	00:09-	00:00=	00:08#
3	Eva Stensby	89	33:29			
05:57-	12:55+	18:31+	22:46+	27:30+	32:22+	33:29+
05:57-	06:58+	05:36+	04:15+	04:44+	04:52-	01:07+
00:07-	01:34&	01:25&	01:06&	00:35#	00:04-	00:02+
4	Helga Hansen	7	34:08			
08:24+	14:22+	20:26+	23:33+	27:51+	32:41+	34:08+
08:24+	05:58+	06:04+	03:07-	04:18+	04:50-	01:27+
02:20&	00:34#	01:53&	00:02-	00:09+	00:06-	00:22&
5	Unni Fladsrud Vold	96	36:05			
08:13+	15:26+	21:04+	25:02+	30:17+	34:58+	36:05+
08:13+	07:13+	05:38+	03:58+	05:15+	04:41-	01:07+
02:09&	01:49&	01:27&	00:49&	01:06&	00:15-	00:02+
6	Irene Øien	1071	39:31			
16:16+	22:11+	28:07+	31:16+	34:37+	38:29+	39:31+
16:16+	05:55+	05:56+	03:09=	03:21-	03:52-	01:02-
10:12@	00:31+	01:45&	00:00=	00:48-	01:04-	00:03-
7	Solveig Johannessen	7	42:00			
14:19+	21:37+	26:56+	30:55+	35:53+	40:45+	42:00+
14:19+	07:18+	05:19+	03:59+	04:58+	04:52-	01:15+
08:15@	01:54&	01:08&	00:50&	00:49#	00:04-	00:10#
8	Gerd Grønvold	7	51:58			
25:08+	31:08+	36:02+	39:38+	46:14+	50:49+	51:58+
25:08+	06:00+	04:54+	03:36+	06:36+	04:35-	01:09+
19:04@	00:36#	00:43#	00:27#	02:27&	00:21-	00:04+

Beste strekktid for klassen

05:54 05:24 04:11 03:07 03:21 03:52 01:02

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

D 2,5

1	Elisabet Høgset Rise				Geno						37:56
05:00=	11:03=	14:31=	21:12=	23:40=	27:08=	29:30=	32:49=	35:33=	37:09=	37:56=	
05:00=	06:03=	03:28=	06:41=	02:28=	03:28=	02:22=	03:19=	02:44=	01:36=	00:47=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Inger K. Brøndbo				165						39:12
03:32-	11:19+	16:36+	20:23-	22:16-	25:57-	27:59-	34:04+	36:40+	38:37+	39:12+	
03:32-	07:47+	05:17+	03:47-	01:53-	03:41+	02:02-	06:05+	02:36-	01:57+	00:35-	
01:28-	01:44&	01:49&	02:54-	00:35-	00:13+	00:20-	02:46&	00:08-	00:21#	00:12-	

Plass	Navn	Klasse	Tid								
D 2,5											
3	Rønnaug Sagbakken	1071	42:03								
04:40-	10:52-	15:24+	20:21-	23:25-	28:31+	31:14+	35:27+	39:01+	41:08+	42:03+	
04:40-	06:12+	04:32+	04:57-	03:04+	05:06+	02:43+	04:13+	03:34+	02:07+	00:55+	
00:20-	00:09+	01:04&	01:44-	00:36#	01:38&	00:21#	00:54&	00:50&	00:31&	00:08#	
4	Anita Stensby Bekkelund	89	43:46								
04:33+	15:40+	20:18+	24:30+	26:56+	31:21+	34:05+	37:18+	40:35+	43:04+	43:46+	
04:33+	11:07+	04:38+	04:12+	02:26+	04:25+	02:44+	03:13+	03:17+	02:29+	00:42+	
04:33+	11:07+	04:38+	04:12+	02:26+	04:25+	02:44+	03:13+	03:17+	02:29+	00:42+	
5	Mette Marit Jensen	167	44:36								
05:53+	14:40+	19:30+	24:18+	27:59+	33:22+	35:28+	38:44+	42:00+	43:51+	44:36+	
05:53+	08:47+	04:50+	04:48+	03:41+	05:23+	02:06+	03:16+	03:16+	01:51+	00:45+	
05:53+	08:47+	04:50+	04:48+	03:41+	05:23+	02:06+	03:16+	03:16+	01:51+	00:45+	
6	Randi Aas Fjæstad	89	46:16								
04:30+	12:52+	17:35+	23:15+	26:20+	31:43+	35:40+	39:39+	43:07+	45:19+	46:16+	
04:30+	08:22+	04:43+	05:40+	03:05+	05:23+	03:57+	03:59+	03:28+	02:12+	00:57+	
04:30+	08:22+	04:43+	05:40+	03:05+	05:23+	03:57+	03:59+	03:28+	02:12+	00:57+	
7	Inger Margrethe Bakken	If	48:21								
05:19+	16:29+	21:46+	27:07+	29:42+	34:09+	37:00+	38:48+	42:08+	45:41+	47:31+	48:21+
05:19+	11:10+	05:17+	05:21+	02:35+	04:27+	02:51+	01:48+	03:20+	03:33+	01:50+	00:50+
05:19+	11:10+	05:17+	05:21+	02:35+	04:27+	02:51+	01:48+	03:20+	03:33+	01:50+	00:50+
8	Bente Tangen Wikstrøm	Geno	49:11								
04:24+	17:33+	22:24+	26:07+	28:21+	33:39+	39:22+	43:46+	46:50+	48:21+	49:11+	
04:24+	13:09+	04:51+	03:43+	02:14+	05:18+	05:43+	04:24+	03:04+	01:31+	00:50+	
04:24+	13:09+	04:51+	03:43+	02:14+	05:18+	05:43+	04:24+	03:04+	01:31+	00:50+	
9	Anita Grønvold Tollefsen	7	50:20								
04:40+	17:59+	22:02+	28:50+	31:39+	36:22+	38:54+	40:21+	43:48+	47:55+	49:40+	50:20+
04:40+	13:19+	04:03+	06:48+	02:49+	04:43+	02:32+	01:27+	03:27+	04:07+	01:45+	00:40+
04:40+	13:19+	04:03+	06:48+	02:49+	04:43+	02:32+	01:27+	03:27+	04:07+	01:45+	00:40+
10	Øyfrid Larsen Moen	Ntnui	58:19								
03:37+	20:40+	24:25+	35:51+	42:07+	46:08+	48:15+	51:27+	55:15+	57:34+	58:19+	
03:37+	17:03+	03:45+	11:26+	06:16+	04:01+	02:07+	03:12+	03:48+	02:19+	00:45+	
03:37+	17:03+	03:45+	11:26+	06:16+	04:01+	02:07+	03:12+	03:48+	02:19+	00:45+	

Beste strekktid for klassen

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

D 3,5

1	Mona Hesselberg											89	49:30			
02:56=	06:03=	09:15=	12:41=	16:40=	21:38=	26:39=	38:19=	42:39=	45:31=	47:42=	48:56=	49:30=				
02:56=	03:07=	03:12=	03:26=	03:59=	04:58=	05:01=	11:40=	04:20=	02:52=	02:11=	01:14=	00:34=				
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	Sidsel Storihle											Geno	52:08			
03:32+	11:02+	14:13+	17:51+	21:15+	26:29+	32:00+	41:10+	44:57+	47:02+	50:10+	51:31+	52:08+				
03:32+	07:30+	03:11-	03:38+	03:24-	05:14+	05:31+	09:10-	03:47-	02:05-	03:08+	01:21+	00:37+				
00:36#	04:23@	00:01-	00:12+	00:35-	00:16+	00:30+	02:30-	00:33-	00:47-	00:57&	00:07+	00:03+				

3	Grete Storsveen				1071								53:16	
03:24+	07:49+	11:32+	15:07+	19:17+	23:55+	30:54+	41:19+	45:22+	47:38+	50:20+	52:39+	53:16+		
03:24+	04:25+	03:43+	03:35+	04:10+	04:38-	06:59+	10:25-	04:03-	02:16-	02:42+	02:19+	00:37+		
00:28#	01:18&	00:31#	00:09+	00:11+	00:20-	01:58&	01:15-	00:17-	00:36-	00:31#	01:05&	00:03+		
4	Karen Tomter				163								55:44	
03:37+	08:28+	12:54+	17:06+	21:14+	26:40+	32:05+	43:19+	47:42+	50:11+	53:25+	55:01+	55:44+		
03:37+	04:51+	04:26+	04:12+	04:08+	05:26+	05:25+	11:14+	04:23+	02:29+	03:14+	01:36+	00:43+		
03:37+	04:51+	04:26+	04:12+	04:08+	05:26+	05:25+	11:14+	04:23+	02:29+	03:14+	01:36+	00:43+		
5	Kjersti Narum				165								57:16	
02:25+	04:52+	08:04+	21:09+	31:31+	35:09+	39:38+	47:47+	51:22+	53:44+	55:38+	56:41+	57:16+		
02:25+	02:27+	03:12+	13:05+	10:22+	03:38+	04:29+	08:09+	03:35+	02:22+	01:54+	01:03+	00:35+		
02:25+	02:27+	03:12+	13:05+	10:22+	03:38+	04:29+	08:09+	03:35+	02:22+	01:54+	01:03+	00:35+		
6	Anne Sørum				147								59:56	
02:21+	05:30+	08:20+	11:34+	15:20+	20:36+	36:21+	46:15+	50:27+	53:19+	56:38+	58:48+	59:56+		
02:21+	03:09+	02:50+	03:14+	03:46+	05:16+	15:45+	09:54+	04:12+	02:52+	03:19+	02:10+	01:08+		
02:21+	03:09+	02:50+	03:14+	03:46+	05:16+	15:45+	09:54+	04:12+	02:52+	03:19+	02:10+	01:08+		

Beste strekktid for klassen

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

D 4,5

1	Ingunn Lund Nordstrøm												105			59:06		
03:01=	05:12=	17:05=	22:59=	29:44=	35:48=	37:48=	45:40=	48:26=	50:48=	52:00=	53:40=	55:02=	57:23=	58:38=	59:06=			
03:01=	02:11=	11:53=	05:54=	06:45=	06:04=	02:00=	07:52=	02:46=	02:22=	01:12=	01:40=	01:22=	02:21=	01:15=	00:28=			
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	Kjersti Rønning												40			1:01:29		
03:24+	05:15+	23:22+	28:33+	33:04+	38:16+	39:52+	47:05+	50:07+	52:46+	53:57+	55:54+	57:39+	59:43+	60:58+	61:29+			
03:24+	01:51-	18:07+	05:11-	04:31-	05:12-	01:36-	07:13-	03:02+	02:39+	01:11-	01:57+	01:45+	02:04-	01:15=	00:31+			
00:23#	00:20-	06:14&	00:43-	02:14-	00:52-	00:24-	00:39-	00:16+	00:17#	00:01-	00:17#	00:23&	00:17-	00:00=	00:03#			

Beste strekktid for klassen

03:01	01:51	11:53	05:11	04:31	05:12	01:36	07:13	02:46	02:22	01:11	01:40	01:22	02:04	01:15	00:28
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 5,5

1	Nina Smestad					90					1:17:35									
02:06=	04:10=	06:50=	13:00=	15:50=	29:19=	35:06=	42:29=	49:45=	51:36=	59:33=	63:43=	66:25=	67:58=	70:42=	72:25=	75:03=	77:04=	77:35=		
02:06=	02:04=	02:40=	06:10=	02:50=	13:29=	05:47=	07:23=	07:16=	01:51=	07:57=	04:10=	02:42=	01:33=	02:44=	01:43=	02:38=	02:01=	00:31=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Beste strekktid for klassen

02:06	02:04	02:40	06:10	02:50	13:29	05:47	07:23	07:16	01:51	07:57	04:10	02:42	01:33	02:44	01:43	02:38	02:01	00:31
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 1,5

Plass	Navn	Klasse	Tid
H 1,5			
1	Hans Petter Jevanord	Geno	25:20
	05:39= 10:22= 14:03= 17:02= 20:30= 24:25= 25:20=		
	05:39= 04:43= 03:41= 02:59= 03:28= 03:55= 00:55=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Jan Erik Johansen	55	25:40
	04:07+ 08:08+ 11:23+ 15:36+ 21:56+ 25:02+ 25:40+		
	04:07+ 04:01+ 03:15+ 04:13+ 06:20+ 03:06+ 00:38+		
	04:07+ 04:01+ 03:15+ 04:13+ 06:20+ 03:06+ 00:38+		
3	Knut Røhrsveen	7	25:48
	05:47+ 09:57+ 12:48+ 14:59+ 21:30+ 25:00+ 25:48+		
	05:47+ 04:10+ 02:51+ 02:11+ 06:31+ 03:30+ 00:48+		
	05:47+ 04:10+ 02:51+ 02:11+ 06:31+ 03:30+ 00:48+		
4	Thorvald Sæhlie	120	26:05
	05:28+ 10:38+ 14:21+ 17:36+ 21:24+ 25:14+ 26:05+		
	05:28+ 05:10+ 03:43+ 03:15+ 03:48+ 03:50+ 00:51+		
	05:28+ 05:10+ 03:43+ 03:15+ 03:48+ 03:50+ 00:51+		
5	Bjørn Jenssen	1013	26:29
	04:34+ 09:27+ 13:37+ 16:07+ 21:56+ 25:35+ 26:29+		
	04:34+ 04:53+ 04:10+ 02:30+ 05:49+ 03:39+ 00:54+		
	04:34+ 04:53+ 04:10+ 02:30+ 05:49+ 03:39+ 00:54+		
6	Hallstein Ødegård	89	27:55
	04:50+ 10:40+ 17:10+ 19:57+ 23:10+ 27:07+ 27:55+		
	04:50+ 05:50+ 06:30+ 02:47+ 03:13+ 03:57+ 00:48+		
	04:50+ 05:50+ 06:30+ 02:47+ 03:13+ 03:57+ 00:48+		
7	Espen Melby	89	28:09
	06:03+ 11:13+ 14:25+ 16:51+ 23:11+ 27:13+ 28:09+		
	06:03+ 05:10+ 03:12+ 02:26+ 06:20+ 04:02+ 00:56+		
	06:03+ 05:10+ 03:12+ 02:26+ 06:20+ 04:02+ 00:56+		
8	Trygve Jan Bjerke	55	31:17
	05:24+ 10:43+ 16:18+ 19:15+ 25:53+ 30:25+ 31:17+		
	05:24+ 05:19+ 05:35+ 02:57+ 06:38+ 04:32+ 00:52+		
	05:24+ 05:19+ 05:35+ 02:57+ 06:38+ 04:32+ 00:52+		
9	Dag Erik Hovde	25	31:31
	05:37+ 10:57+ 15:38+ 19:44+ 25:47+ 30:22+ 31:31+		
	05:37+ 05:20+ 04:41+ 04:06+ 06:03+ 04:35+ 01:09+		
	05:37+ 05:20+ 04:41+ 04:06+ 06:03+ 04:35+ 01:09+		
10	Geir-Håkon Øverby	If	35:40
	04:47+ 08:43+ 26:17+ 28:27+ 31:18+ 34:59+ 35:40+		
	04:47+ 03:56+ 17:34+ 02:10+ 02:51+ 03:41+ 00:41+		
	04:47+ 03:56+ 17:34+ 02:10+ 02:51+ 03:41+ 00:41+		
11	Erik Skårås	1071	36:58
	12:55+ 17:37+ 22:31+ 25:39+ 31:03+ 35:49+ 36:58+		
	12:55+ 04:42+ 04:54+ 03:08+ 05:24+ 04:46+ 01:09+		
	12:55+ 04:42+ 04:54+ 03:08+ 05:24+ 04:46+ 01:09+		
12	Ragnar Høsøien	55	46:29
	09:13+ 18:45+ 26:06+ 32:17+ 38:07+ 44:55+ 46:29+		
	09:13+ 09:32+ 07:21+ 06:11+ 05:50+ 06:48+ 01:34+		
	09:13+ 09:32+ 07:21+ 06:11+ 05:50+ 06:48+ 01:34+		

Plass	Navn	Klasse	Tid
H 1,5			
13	Arne Gunnar Barflo	89	57:47
	10:40+ 21:26+ 29:03+ 35:20+ 46:12+ 55:52+ 57:47+		
	10:40+ 10:46+ 07:37+ 06:17+ 10:52+ 09:40+ 01:55+		
	10:40+ 10:46+ 07:37+ 06:17+ 10:52+ 09:40+ 01:55+		
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 2,5			
1	Morten Øie	39	29:54
	02:37= 09:47= 12:25= 15:49= 18:01= 21:09= 22:40= 25:08= 28:04= 29:17= 29:54=		
	02:37= 07:10= 02:38= 03:24= 02:12= 03:08= 01:31= 02:28= 02:56= 01:13= 00:37=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Magnar Nybakk	1071	30:52
	02:53+ 08:27- 11:16- 14:53- 16:40- 22:10+ 23:41+ 26:16+ 29:15+ 30:22+ 30:52+		
	02:53+ 05:34- 02:49+ 03:37+ 01:47- 05:30+ 01:31= 02:35+ 02:59+ 01:07- 00:30-		
	00:16# 01:36- 00:11+ 00:13+ 00:25- 02:22& 00:00= 00:07+ 00:03+ 00:06- 00:07-		
3	Per Vold	96	31:28
	03:22+ 10:58+ 13:49+ 16:43+ 18:42+ 21:50+ 23:33+ 26:51+ 29:44+ 30:57+ 31:28+		
	03:22+ 07:36+ 02:51+ 02:54- 01:59- 03:08= 01:43+ 03:18+ 02:53- 01:13= 00:31-		
	00:45& 00:26+ 00:13+ 00:30- 00:13- 00:00= 00:12# 00:50& 00:03- 00:00= 00:06-		
4	Magne Smeland	167	32:50
	03:39+ 10:41+ 13:40+ 17:05+ 19:11+ 22:43+ 24:30+ 27:41+ 30:55+ 32:10+ 32:50+		
	03:39+ 07:02- 02:59+ 03:25+ 02:06- 03:32+ 01:47+ 03:11+ 03:14+ 01:15+ 00:40+		
	01:02& 00:08- 00:21# 00:01+ 00:06- 00:24# 00:16# 00:43& 00:18# 00:02+ 00:03+		
5	Hans Asbjørn Tingvold	RILO	33:46
	02:48+ 08:17- 11:24- 14:14- 19:37+ 23:55+ 25:25+ 28:50+ 31:40+ 33:07+ 33:46+		
	02:48+ 05:29- 03:07+ 02:50- 05:23+ 04:18+ 01:30- 03:25+ 02:50- 01:27+ 00:39+		
	00:11+ 01:41- 00:29# 00:34- 03:11@ 01:10& 00:01- 00:57& 00:06- 00:14# 00:02+		
6	Harald Grønvold	7	36:54
	03:05+ 14:41+ 17:15+ 20:49+ 22:54+ 26:44+ 28:35+ 31:38+ 34:57+ 36:15+ 36:54+		
	03:05+ 11:36+ 02:34- 03:34+ 02:05- 03:50+ 01:51+ 03:03+ 03:19+ 01:18+ 00:39+		
	00:28# 04:26& 00:04- 00:10+ 00:07- 00:42# 00:20# 00:35# 00:23# 00:05+ 00:02+		
7	Jan Olav Sæther	165	38:02
	02:58+ 10:51+ 14:39+ 18:49+ 21:23+ 25:23+ 27:37+ 32:49+ 36:07+ 37:27+ 38:02+		
	02:58+ 07:53+ 03:48+ 04:10+ 02:34+ 04:00+ 02:14+ 05:12+ 03:18+ 01:20+ 00:35-		
	00:21# 00:43+ 01:10& 00:46# 00:22# 00:52& 00:43& 02:44@ 00:22# 00:07+ 00:02-		
8	Tore Lindaas	27	39:41
	04:29+ 13:03+ 16:36+ 21:04+ 23:32+ 28:11+ 30:06+ 33:22+ 37:16+ 38:54+ 39:41+		
	04:29+ 08:34+ 03:33+ 04:28+ 02:28+ 04:39+ 01:55+ 03:16+ 03:54+ 01:38+ 00:47+		
	01:52& 01:24# 00:55& 01:04& 00:16# 01:31& 00:24& 00:48& 00:58& 00:25& 00:10&		
9	Karl Petter Opsahl	89	41:43
	03:01+ 18:22+ 21:12+ 24:55+ 26:52+ 30:42+ 32:51+ 36:00+ 39:44+ 40:58+ 41:43+		
	03:01+ 15:21+ 02:50+ 03:43+ 01:57- 03:50+ 02:09+ 03:09+ 03:44+ 01:14+ 00:45+		
	00:24# 08:11@ 00:12+ 00:19+ 00:15- 00:42# 00:38& 00:41& 00:48& 00:01+ 00:08#		

Plass	Navn	Klasse										Tid
H 2,5												
10	Torbjørn Ødegaard	1058										42:33
04:13+	11:10+	15:10+	19:21+	21:32+	29:53+	31:53+	37:11+	40:25+	41:46+	42:33+		
04:13+	06:57-	04:00+	04:11+	02:11-	08:21+	02:00+	05:18+	03:14+	01:21+	00:47+		
01:36&	00:13-	01:22&	00:47#	00:01-	05:13@	00:29&	02:50@	00:18#	00:08#	00:10&		
11	Odd Rise	Geno										43:41
03:51+	16:00+	19:24+	26:01+	28:23+	32:38+	34:41+	37:51+	41:27+	42:56+	43:41+		
03:51+	12:09+	03:24+	06:37+	02:22+	04:15+	02:03+	03:10+	03:36+	01:29+	00:45+		
03:51+	12:09+	03:24+	06:37+	02:22+	04:15+	02:03+	03:10+	03:36+	01:29+	00:45+		
12	Sven Marken	89										44:41
05:21+	16:16+	20:07+	24:31+	27:02+	31:56+	33:44+	37:03+	41:46+	43:53+	44:41+		
05:21+	10:55+	03:51+	04:24+	02:31+	04:54+	01:48+	03:19+	04:43+	02:07+	00:48+		
05:21+	10:55+	03:51+	04:24+	02:31+	04:54+	01:48+	03:19+	04:43+	02:07+	00:48+		
13	Stein Edvardsen	27										49:56
03:35+	22:16+	25:37+	30:01+	32:40+	38:05+	40:12+	43:34+	47:21+	49:03+	49:56+		
03:35+	18:41+	03:21+	04:24+	02:39+	05:25+	02:07+	03:22+	03:47+	01:42+	00:53+		
03:35+	18:41+	03:21+	04:24+	02:39+	05:25+	02:07+	03:22+	03:47+	01:42+	00:53+		
14	Einar Stensby	89										51:44
03:13+	10:47+	13:58+	22:45+	24:48+	27:59+	30:00+	40:39+	45:44+	49:43+	51:06+	51:44+	
03:13+	07:34+	03:11+	08:47+	02:03+	03:11+	02:01+	10:39+	05:05+	03:59+	01:23+	00:38+	
03:13+	07:34+	03:11+	08:47+	02:03+	03:11+	02:01+	10:39+	05:05+	03:59+	01:23+	00:38+	
15	Arne Hagen	167										52:20
02:54+	13:07+	15:44+	36:34+	38:25+	42:15+	44:09+	47:50+	50:21+	51:45+	52:20+		
02:54+	10:13+	02:37+	20:50+	01:51+	03:50+	01:54+	03:41+	02:31+	01:24+	00:35+		
02:54+	10:13+	02:37+	20:50+	01:51+	03:50+	01:54+	03:41+	02:31+	01:24+	00:35+		
16	Terje Malm	52										53:39
02:42+	08:57+	12:33+	16:44+	19:05+	40:15+	44:17+	47:48+	51:13+	52:47+	53:39+		
02:42+	06:15+	03:36+	04:11+	02:21+	21:10+	04:02+	03:31+	03:25+	01:34+	00:52+		
02:42+	06:15+	03:36+	04:11+	02:21+	21:10+	04:02+	03:31+	03:25+	01:34+	00:52+		
17	Magne Johansen	1032										54:21
03:28+	12:26+	17:32+	22:07+	31:22+	38:23+	43:33+	47:13+	51:39+	53:36+	54:21+		
03:28+	08:58+	05:06+	04:35+	09:15+	07:01+	05:10+	03:40+	04:26+	01:57+	00:45+		
03:28+	08:58+	05:06+	04:35+	09:15+	07:01+	05:10+	03:40+	04:26+	01:57+	00:45+		
Beste strekktid for klassen												
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H 3,5												
1	Andreas Huber	NAV										34:09
02:18=	04:04=	06:26=	09:09=	11:44=	16:10=	18:24=	23:25=	27:33=	29:30=	31:36=	33:37=	34:09=
02:18=	01:46=	02:22=	02:43=	02:35=	04:26=	02:14=	05:01=	04:08=	01:57=	02:06=	02:01=	00:32=
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	Edvard Dahl	165										37:38
02:50+	04:56+	07:47+	10:19+	12:50+	17:24+	19:42+	27:15+	31:20+	32:54+	35:22+	37:14+	37:38+
02:50+	02:06+	02:51+	02:32-	02:31-	04:34+	02:18+	07:33+	04:05-	01:34-	02:28+	01:52-	00:24-
00:32#	00:20#	00:29#	00:11-	00:04-	00:08+	00:04+	02:32&	00:03-	00:23-	00:22#	00:09-	00:08-

Plass	Navn	Klasse											Tid
H 3,5													
3	Morten Eriksen	105											39:13
04:31+	06:47+	09:23+	12:05+	14:49+	19:10+	21:30+	26:38+	30:45+	34:55+	36:37+	38:44+	39:13+	
04:31+	02:16+	02:36+	02:42-	02:44+	04:21-	02:20+	05:08+	04:07-	04:10+	01:42-	02:07+	00:29-	
02:13&	00:30&	00:14+	00:01-	00:09+	00:05-	00:06+	00:07+	00:01-	02:13@	00:24-	00:06+	00:03-	
4	Morten Stenberg	NRK											42:17
02:29+	05:30+	08:33+	11:28+	14:34+	19:34+	22:08+	29:20+	34:04+	36:29+	38:58+	41:44+	42:17+	
02:29+	03:01+	03:03+	02:55+	03:06+	05:00+	02:34+	07:12+	04:44+	02:25+	02:29+	02:46+	00:33+	
02:29+	03:01+	03:03+	02:55+	03:06+	05:00+	02:34+	07:12+	04:44+	02:25+	02:29+	02:46+	00:33+	
5	Tom S Helgesen	55											42:32
02:24+	05:00+	07:45+	10:48+	13:55+	19:23+	22:17+	31:20+	35:42+	37:48+	39:56+	42:03+	42:32+	
02:24+	02:36+	02:45+	03:03+	03:07+	05:28+	02:54+	09:03+	04:22+	02:06+	02:08+	02:07+	00:29+	
02:24+	02:36+	02:45+	03:03+	03:07+	05:28+	02:54+	09:03+	04:22+	02:06+	02:08+	02:07+	00:29+	
6	Erik Grøndalen	1002											43:05
02:29+	04:32+	08:04+	12:28+	15:06+	19:51+	22:33+	28:51+	34:09+	35:53+	40:36+	42:31+	43:05+	
02:29+	02:03+	03:32+	04:24+	02:38+	04:45+	02:42+	06:18+	05:18+	01:44+	04:43+	01:55+	00:34+	
02:29+	02:03+	03:32+	04:24+	02:38+	04:45+	02:42+	06:18+	05:18+	01:44+	04:43+	01:55+	00:34+	
7	Knut Malmo	167											43:42
02:56+	05:20+	08:38+	11:36+	15:58+	21:12+	24:08+	30:19+	35:44+	37:46+	40:35+	43:11+	43:42+	
02:56+	02:24+	03:18+	02:58+	04:22+	05:14+	02:56+	06:11+	05:25+	02:02+	02:49+	02:36+	00:31+	
02:56+	02:24+	03:18+	02:58+	04:22+	05:14+	02:56+	06:11+	05:25+	02:02+	02:49+	02:36+	00:31+	
8	Hasse Bergstrøm	1076											44:11
02:47+	05:00+	08:08+	11:10+	14:18+	19:49+	22:30+	29:07+	37:20+	38:57+	41:36+	43:42+	44:11+	
02:47+	02:13+	03:08+	03:02+	03:08+	05:31+	02:41+	06:37+	08:13+	01:37+	02:39+	02:06+	00:29+	
02:47+	02:13+	03:08+	03:02+	03:08+	05:31+	02:41+	06:37+	08:13+	01:37+	02:39+	02:06+	00:29+	
9	Arvid Bratlie	LMF											45:17
02:41+	05:07+	08:13+	12:23+	15:47+	21:13+	25:04+	31:31+	37:20+	39:24+	42:09+	44:46+	45:17+	
02:41+	02:26+	03:06+	04:10+	03:24+	05:26+	03:51+	06:27+	05:49+	02:04+	02:45+	02:37+	00:31+	
02:41+	02:26+	03:06+	04:10+	03:24+	05:26+	03:51+	06:27+	05:49+	02:04+	02:45+	02:37+	00:31+	
10	Erik Haugen	147											45:41
02:59+	05:06+	08:28+	11:40+	17:06+	23:21+	26:04+	32:57+	37:47+	39:50+	42:32+	45:08+	45:41+	
02:59+	02:07+	03:22+	03:12+	05:26+	06:15+	02:43+	06:53+	04:50+	02:03+	02:42+	02:36+	00:33+	
02:59+	02:07+	03:22+	03:12+	05:26+	06:15+	02:43+	06:53+	04:50+	02:03+	02:42+	02:36+	00:33+	
11	Ove Tåsåsen	1013											45:56
02:18+	04:24+	06:39+	09:19+	11:55+	16:49+	20:46+	27:42+	33:05+	38:13+	43:54+	45:26+	45:56+	
02:18+	02:06+	02:15+	02:40+	02:36+	04:54+	03:57+	06:56+	05:23+	05:08+	05:41+	01:32+	00:30+	
02:18+	02:06+	02:15+	02:40+	02:36+	04:54+	03:57+	06:56+	05:23+	05:08+	05:41+	01:32+	00:30+	
12	Einar Flenvold	1041											47:26
05:13+	07:35+	10:37+	13:30+	19:37+	24:37+	27:35+	33:13+	37:25+	38:59+	43:59+	47:01+	47:26+	
05:13+	02:22+	03:02+	02:53+	06:07+	05:00+	02:58+	05:38+	04:12+	01:34+	05:00+	03:02+	00:25+	
05:13+	02:22+	03:02+	02:53+	06:07+	05:00+	02:58+	05:38+	04:12+	01:34+	05:00+	03:02+	00:25+	
13	Rune Waaler	RAUT											49:28
03:05+	11:25+	14:18+	17:38+	20:51+	26:48+	29:55+	36:20+	41:48+	43:42+	46:16+	48:57+	49:28+	
03:05+	08:20+	02:53+	03:20+	03:13+	05:57+	03:07+	06:25+	05:28+	01:54+	02:34+	02:41+	00:31+	
03:05+	08:20+	02:53+	03:20+	03:13+	05:57+	03:07+	06:25+	05:28+	01:54+	02:34+	02:41+	00:31+	
14	Lars Skramstad	LMF											51:07
02:39+	06:05+	09:37+	17:36+	21:12+	26:39+	30:01+	36:38+	42:44+	44:49+	47:28+	50:34+	51:07+	
02:39+	03:26+	03:32+	07:59+	03:36+	05:27+	03:22+	06:37+	06:06+	02:05+	02:39+	03:06+	00:33+	
02:39+	03:26+	03:32+	07:59+	03:36+	05:27+	03:22+	06:37+	06:06+	02:05+	02:39+	03:06+	00:33+	

Plass	Navn			Klasse						Tid			
H 3,5													
15	Steinar Libak			89						51:12			
02:54+	05:46+	09:20+	13:02+	16:32+	23:11+	26:33+	34:30+	39:59+	44:04+	47:27+	50:30+	51:12+	
02:54+	02:52+	03:34+	03:42+	03:30+	06:39+	03:22+	07:57+	05:29+	04:05+	03:23+	03:03+	00:42+	
02:54+	02:52+	03:34+	03:42+	03:30+	06:39+	03:22+	07:57+	05:29+	04:05+	03:23+	03:03+	00:42+	
16	Tore Stenseth			1013						54:43			
04:10+	06:24+	10:01+	13:47+	17:20+	23:19+	26:50+	37:25+	44:21+	46:56+	51:25+	53:58+	54:43+	
04:10+	02:14+	03:37+	03:46+	03:33+	05:59+	03:31+	10:35+	06:56+	02:35+	04:29+	02:33+	00:45+	
04:10+	02:14+	03:37+	03:46+	03:33+	05:59+	03:31+	10:35+	06:56+	02:35+	04:29+	02:33+	00:45+	
17	Knut Wikstrøm			78						56:33			
02:38+	06:22+	09:41+	12:52+	16:20+	21:40+	24:13+	42:24+	48:26+	51:09+	53:25+	55:58+	56:33+	
02:38+	03:44+	03:19+	03:11+	03:28+	05:20+	02:33+	18:11+	06:02+	02:43+	02:16+	02:33+	00:35+	
02:38+	03:44+	03:19+	03:11+	03:28+	05:20+	02:33+	18:11+	06:02+	02:43+	02:16+	02:33+	00:35+	
18	Trond Feiring			52						57:22			
03:24+	05:58+	09:06+	12:25+	16:15+	22:36+	25:29+	44:22+	49:25+	51:40+	54:26+	56:46+	57:22+	
03:24+	02:34+	03:08+	03:19+	03:50+	06:21+	02:53+	18:53+	05:03+	02:15+	02:46+	02:20+	00:36+	
03:24+	02:34+	03:08+	03:19+	03:50+	06:21+	02:53+	18:53+	05:03+	02:15+	02:46+	02:20+	00:36+	
19	Ludvig Bjerke-Narud			Geno						59:15			
03:51+	06:45+	10:08+	13:23+	16:29+	25:12+	27:48+	46:12+	51:17+	53:38+	56:18+	58:43+	59:15+	
03:51+	02:54+	03:23+	03:15+	03:06+	08:43+	02:36+	18:24+	05:05+	02:21+	02:40+	02:25+	00:32+	
03:51+	02:54+	03:23+	03:15+	03:06+	08:43+	02:36+	18:24+	05:05+	02:21+	02:40+	02:25+	00:32+	
20	Tore Gustav Tomter			1021						1:00:18			
02:42+	13:37+	16:29+	19:47+	24:36+	35:19+	38:38+	45:40+	52:14+	54:17+	57:08+	59:41+	60:18+	
02:42+	10:55+	02:52+	03:18+	04:49+	10:43+	03:19+	07:02+	06:34+	02:03+	02:51+	02:33+	00:37+	
02:42+	10:55+	02:52+	03:18+	04:49+	10:43+	03:19+	07:02+	06:34+	02:03+	02:51+	02:33+	00:37+	
21	Steinar Tønsager			11						1:03:22			
12:19+	17:36+	21:09+	26:38+	31:00+	37:51+	40:28+	48:06+	53:32+	56:08+	59:26+	62:51+	63:22+	
12:19+	05:17+	03:33+	05:29+	04:22+	06:51+	02:37+	07:38+	05:26+	02:36+	03:18+	03:25+	00:31+	
12:19+	05:17+	03:33+	05:29+	04:22+	06:51+	02:37+	07:38+	05:26+	02:36+	03:18+	03:25+	00:31+	
22	Ole Martin Hafslund			LMF						1:29:54			
05:31+	08:28+	11:59+	18:11+	24:25+	34:16+	37:07+	45:34+	64:06+	66:10+	86:02+	89:14+	89:54+	
05:31+	02:57+	03:31+	06:12+	06:14+	09:51+	02:51+	08:27+	18:32+	02:04+	19:52+	03:12+	00:40+	
05:31+	02:57+	03:31+	06:12+	06:14+	09:51+	02:51+	08:27+	18:32+	02:04+	19:52+	03:12+	00:40+	
23	Knut Olav Strætkvern			1058						1:51:24			
03:53+	07:01+	41:42+	52:18+	58:08+	66:06+	75:19+	86:05+	99:44+	102:12+	107:30+	110:40+	111:24+	
03:53+	03:08+	34:41+	10:36+	05:50+	07:58+	09:13+	10:46+	13:39+	02:28+	05:18+	03:10+	00:44+	
03:53+	03:08+	34:41+	10:36+	05:50+	07:58+	09:13+	10:46+	13:39+	02:28+	05:18+	03:10+	00:44+	

Beste strekketid for klassen

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

H 4,5

1	Terje Wikstrøm		Geno										40:56
	02:16=	04:03=	08:32=	13:13=	17:12=	21:38=	22:57=	28:25=	31:03=	33:02=	34:41=	36:01=	37:16=
	02:16=	01:47=	04:29=	04:41=	03:59=	04:26=	01:19=	05:28=	02:38=	01:59=	01:39=	01:20=	01:15=
	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=

Plass	Navn				Klasse				Tid							
H 4,5																
2	Tor Haugstulen				55				46:01							
03:42+	05:56+	12:43+	17:23+	21:05+	25:44+	27:05+	34:07+	36:40+	38:53+	39:50+	41:17+	42:33+	44:36+	45:32+	46:01+	
03:42+	02:14+	06:47+	04:40-	03:42-	04:39+	01:21+	07:02+	02:33-	02:13+	00:57-	01:27+	01:16+	02:03-	00:56+	00:29+	
01:26&	00:27&	02:18&	00:01-	00:17-	00:13+	00:02+	01:34&	00:05-	00:14#	00:42-	00:07+	00:01+	00:17-	00:04+	00:01+	
3	Svein Godager				90				50:49							
03:21+	05:23+	10:50+	18:11+	24:34+	30:57+	32:36+	38:21+	41:10+	43:26+	44:34+	46:01+	47:11+	49:27+	50:20+	50:49+	
03:21+	02:02+	05:27+	07:21+	06:23+	06:23+	01:39+	05:45+	02:49+	02:16+	01:08+	01:27+	01:10+	02:16+	00:53+	00:29+	
03:21+	02:02+	05:27+	07:21+	06:23+	06:23+	01:39+	05:45+	02:49+	02:16+	01:08+	01:27+	01:10+	02:16+	00:53+	00:29+	
4	Ole Petter Saxrud				1028				51:26							
02:20+	04:43+	11:43+	17:24+	21:58+	27:45+	29:31+	37:35+	40:37+	43:01+	44:20+	45:54+	47:19+	49:45+	50:54+	51:26+	
02:20+	02:23+	07:00+	05:41+	04:34+	05:47+	01:46+	08:04+	03:02+	02:24+	01:19+	01:34+	01:25+	02:26+	01:09+	00:32+	
02:20+	02:23+	07:00+	05:41+	04:34+	05:47+	01:46+	08:04+	03:02+	02:24+	01:19+	01:34+	01:25+	02:26+	01:09+	00:32+	
5	Ole Christian Bang				INN				54:37							
02:15+	04:11+	14:30+	19:26+	28:21+	34:01+	35:58+	41:43+	44:42+	47:02+	48:11+	49:37+	50:53+	53:16+	54:14+	54:37+	
02:15+	01:56+	10:19+	04:56+	08:55+	05:40+	01:57+	05:45+	02:59+	02:20+	01:09+	01:26+	01:16+	02:23+	00:58+	00:23+	
02:15+	01:56+	10:19+	04:56+	08:55+	05:40+	01:57+	05:45+	02:59+	02:20+	01:09+	01:26+	01:16+	02:23+	00:58+	00:23+	
6	Bjarne Harkinn				If				59:47							
02:36+	04:39+	10:59+	15:43+	25:15+	32:43+	35:11+	42:58+	47:02+	49:56+	51:18+	52:48+	54:56+	58:09+	59:17+	59:47+	
02:36+	02:03+	06:20+	04:44+	09:32+	07:28+	02:28+	07:47+	04:04+	02:54+	01:22+	01:30+	02:08+	03:13+	01:08+	00:30+	
02:36+	02:03+	06:20+	04:44+	09:32+	07:28+	02:28+	07:47+	04:04+	02:54+	01:22+	01:30+	02:08+	03:13+	01:08+	00:30+	
7	Stein Nordvi				27				1:02:21							
02:45+	05:31+	18:37+	25:18+	30:40+	38:17+	40:31+	47:06+	50:43+	53:32+	54:54+	56:29+	58:04+	60:29+	61:47+	62:21+	
02:45+	02:46+	13:06+	06:41+	05:22+	07:37+	02:14+	06:35+	03:37+	02:49+	01:22+	01:35+	01:35+	02:25+	01:18+	00:34+	
02:45+	02:46+	13:06+	06:41+	05:22+	07:37+	02:14+	06:35+	03:37+	02:49+	01:22+	01:35+	01:35+	02:25+	01:18+	00:34+	
8	Odd Arne Blystad				25				1:19:02							
03:43+	07:18+	20:18+	27:25+	34:20+	41:51+	44:25+	54:32+	57:21+	60:36+	63:39+	65:38+	67:40+	75:43+	78:25+	79:02+	
03:43+	03:35+	13:00+	07:07+	06:55+	07:31+	02:34+	10:07+	02:49+	03:15+	03:03+	01:59+	02:02+	08:03+	02:42+	00:37+	
03:43+	03:35+	13:00+	07:07+	06:55+	07:31+	02:34+	10:07+	02:49+	03:15+	03:03+	01:59+	02:02+	08:03+	02:42+	00:37+	

Beste strekktid for klassen

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

H 5,5

1	Pål Stenberg		166										50:34			
	02:09=	03:51=	06:17=	08:31=	10:43=	13:46=	18:33=	22:20=	28:04=	29:28=	36:12=	39:12=	41:02=	42:10=	44:04=	45:25=
	02:09=	01:42=	02:26=	02:14=	02:12=	03:03=	04:47=	03:47=	05:44=	01:24=	06:44=	03:00=	01:50=	01:08=	01:54=	01:21=
	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	Michael Sætvedt		RAUT										52:47			
	01:40-	04:02+	06:15-	08:41+	15:20+	18:37+	22:59+	27:17+	31:52+	33:15+	37:59+	40:20+	42:19+	43:41+	45:37+	47:27+
	01:40-	02:22+	02:13-	02:26+	06:39+	03:17+	04:22-	04:18+	04:35-	01:23-	04:44-	02:21-	01:59+	01:22+	01:56+	01:50+
	00:29-	00:40&	00:13-	00:12+	04:27@	00:14+	00:25-	00:31#	01:09-	00:01-	02:00-	00:39-	00:09+	00:14#	00:02+	00:29&

Beste strekktid for klassen

	01:40	01:42	02:13	02:14	02:12	03:03	04:22	03:47	04:35	01:23	04:44	02:21	01:50	01:08	01:54	01:21
															02:04	01:44
																00:22

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