

1	Margareth Thorsø Dyresen					1						20:27
03:30=	05:49=	07:48=	09:22=	11:03=	11:52=	13:22=	15:20=	16:36=	18:27=	19:49=	20:27=	
03:30=	02:19=	01:59=	01:34=	01:41=	00:49=	01:30=	01:58=	01:16=	01:51=	01:22=	00:38=	
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	Irene Øien					39						20:47
01:26-	03:54-	05:54-	07:43-	09:15-	10:05-	11:53-	14:09-	15:59-	18:21-	20:11+	20:47+	
01:26-	02:28+	02:00+	01:49+	01:32-	00:50+	01:48+	02:16+	01:50+	02:22+	01:50+	00:36-	
02:04-	00:09+	00:01+	00:15#	00:09-	00:01+	00:18#	00:18#	00:34&	00:31&	00:28&	00:02-	
3	Synnøve Kaul					25						22:23
01:37-	03:48-	05:52-	07:36-	09:29-	10:11-	13:19-	15:54+	17:19+	19:24+	21:35+	22:23+	
01:37-	02:11-	02:04+	01:44+	01:53+	00:42-	03:08+	02:35+	01:25+	02:05+	02:11+	00:48+	
01:53-	00:08-	00:05+	00:10#	00:12#	00:07-	01:38@	00:37&	00:09#	00:14#	00:49&	00:10&	
4	Unni Fladsrud Vold					26						22:34
02:29-	04:42-	06:35-	08:18-	09:56-	10:43-	14:00+	16:28+	17:46+	19:52+	21:46+	22:34+	
02:29-	02:13-	01:53-	01:43+	01:38-	00:47-	03:17+	02:28+	01:18+	02:06+	01:54+	00:48+	
01:01-	00:06-	00:06-	00:09+	00:03-	00:02-	01:47@	00:30&	00:02+	00:15#	00:32&	00:10&	
5	Esther Stenberg					44						24:10
01:09-	03:18-	05:03-	06:43-	08:28-	09:11-	12:56-	15:50+	18:10+	21:11+	23:39+	24:10+	
01:09-	02:09-	01:45-	01:40+	01:45+	00:43-	03:45+	02:54+	02:20+	03:01+	02:28+	00:31-	
02:21-	00:10-	00:14-	00:06+	00:04+	00:06-	02:15@	00:56&	01:04&	01:10&	01:06&	00:07-	
6	Mari Stenberg					44						24:24
01:10-	03:12-	06:01-	07:53-	09:38-	10:28-	14:06+	18:07+	19:20+	22:05+	24:01+	24:24+	
01:10-	02:02-	02:49+	01:52+	01:45+	00:50+	03:38+	04:01+	01:13-	02:45+	01:56+	00:23-	
02:20-	00:17-	00:50&	00:18#	00:04+	00:01+	02:08@	02:03@	00:03-	00:54&	00:34&	00:15-	
7	Helga Hansen					1						25:23
05:34+	07:58+	09:57+	11:36+	13:12+	14:01+	15:31+	17:51+	20:13+	22:36+	24:29+	25:23+	
05:34+	02:24+	01:59=	01:39+	01:36-	00:49=	01:30=	02:20+	02:22+	02:23+	01:53+	00:54+	
02:04&	00:05+	00:00=	00:05+	00:05-	00:00=	00:00=	00:22#	01:06&	00:32&	00:31&	00:16&	
8	Solveig Johannessen					1						27:31
01:53-	05:43-	08:13+	10:15+	12:38+	13:38+	17:07+	19:51+	21:56+	24:36+	26:35+	27:31+	
01:53-	03:50+	02:30+	02:02+	02:23+	01:00+	03:29+	02:44+	02:05+	02:40+	01:59+	00:56+	
01:37-	01:31&	00:31&	00:28&	00:42&	00:11#	01:59@	00:46&	00:49&	00:49&	00:37&	00:18&	
9	Aurora Sabela Brobakken					ASKO						28:53
01:30-	03:54-	06:41-	12:27+	14:19+	15:16+	19:21+	22:12+	23:31+	26:13+	28:30+	28:53+	
01:30-	02:24+	02:47+	05:46+	01:52+	00:57+	04:05+	02:51+	01:19+	02:42+	02:17+	00:23-	
02:00-	00:05+	00:48&	04:12@	00:11#	00:08#	02:35@	00:53&	00:03+	00:51&	00:55&	00:15-	
10	Gerd Grønvold					1						31:32
02:09-	05:25-	07:35-	12:06+	14:59+	16:36+	17:44+	21:16+	24:02+	25:55+	28:35+	30:34+	
02:09-	03:16+	02:10+	04:31+	02:53+	01:37+	01:08-	03:32+	02:46+	01:53+	02:40+	01:59+	
01:21-	00:57&	00:11+	02:57@	01:12&	00:48&	00:22-	01:34&	01:30@	00:02+	01:18&	01:21@	
											00:58+	
11	Eva Stensby					23						38:20
09:23+	11:45+	14:30+	18:52+	22:03+	23:43+	24:50+	28:00+	31:01+	32:52+	35:32+	37:24+	
09:23+	02:22+	02:45+	04:22+	03:11+	01:40+	01:07-	03:10+	03:01+	01:51=	02:40+	01:52+	
05:53@	00:03+	00:46&	02:48@	01:30&	00:51@	00:23-	01:12&	01:45@	00:00=	01:18&	01:14@	
											00:56+	
12	Aud Grønvold					1						38:38
02:33-	06:31+	10:06+	12:45+	16:44+	19:04+	23:29+	27:55+	30:25+	34:39+	37:27+	38:38+	
02:33-	03:58+	03:35+	02:39+	03:59+	02:20+	04:25+	04:26+	02:30+	04:14+	02:48+	01:11+	
00:57-	01:39&	01:36&	01:05&	02:18@	01:31@	02:55@	02:28@	01:14&	02:23@	01:26@	00:33&	

Plass	Navn										Klasse										Tid	
D 1.5 km																						
Beste strekktid for klassen																						
01:09	02:02	01:45	01:34	01:32	00:42	01:07	01:58	01:13	01:51	01:22	00:23											
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																						
D 2.5 km																						
1	Anita Grønvold Tollefsen										1						18:04					
00:36=	02:12=	03:45=	05:08=	06:12=	08:36=	09:23=	09:57=	12:26=	14:09=	14:48=	16:06=	17:39=	18:04=									
00:36=	01:36=	01:33=	01:23=	01:04=	02:24=	00:47=	00:34=	02:29=	01:43=	00:39=	01:18=	01:33=	00:25=									
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	Linda Therese Thorvaldsen										1						19:22					
00:41+	02:02-	03:46+	05:13+	06:31+	08:28-	09:11-	09:43-	12:27+	13:39-	14:01-	16:52+	18:50+	19:22+									
00:41+	01:21-	01:44+	01:27+	01:18+	01:57-	00:43-	00:32-	02:44+	01:12-	00:22-	02:51+	01:58+	00:32+									
00:05#	00:15-	00:11#	00:04+	00:14#	00:27-	00:04-	00:02-	00:15#	00:31-	00:17-	01:33@	00:25&	00:07&									
3	Mette Alvstad Wernberg										39						19:56					
00:47+	01:54-	04:20+	05:49+	07:47+	10:12+	11:02+	11:35+	14:06+	15:45+	16:07+	17:33+	19:26+	19:56+									
00:47+	01:07-	02:26+	01:29+	01:58+	02:25+	00:50+	00:33-	02:31+	01:39-	00:22-	01:26+	01:53+	00:30+									
00:11&	00:29-	00:53&	00:06+	00:54&	00:01+	00:03+	00:01-	00:02+	00:04-	00:17-	00:08#	00:20#	00:05#									
4	Berit Myhrmoen										11						20:12					
02:20+	03:32+	05:03+	06:30+	07:47+	09:25+	10:20+	10:54+	13:18+	14:49+	15:14+	16:26+	19:43+	20:12+									
02:20+	01:12-	01:31-	01:27+	01:17+	01:38-	00:55+	00:34=	02:24-	01:31-	00:25-	01:12-	03:17+	00:29+									
01:44@	00:24-	00:02-	00:04+	00:13#	00:46-	00:08#	00:00=	00:05-	00:12-	00:14-	00:06-	01:44@	00:04#									
5	Inger K Brøndbo										32						20:39					
00:36=	01:35-	03:00-	05:43+	07:07+	08:58+	09:47+	10:15+	12:41+	14:10+	14:33-	15:58-	20:14+	20:39+									
00:36=	00:59-	01:25-	02:43+	01:24+	01:51-	00:49+	00:28-	02:26-	01:29-	00:23-	01:25+	04:16+	00:25=									
00:00=	00:37-	00:08-	01:20&	00:20&	00:33-	00:02+	00:06-	00:03-	00:14-	00:16-	00:07+	02:43@	00:00=									
6	Oddveig Anne Sagbakken										22						20:51					
00:46+	02:13+	03:58+	05:40+	07:19+	09:23+	10:14+	10:50+	14:00+	15:43+	16:44+	18:19+	20:15+	20:51+									
00:46+	01:27-	01:45+	01:42+	01:39+	02:04-	00:51+	00:36+	03:10+	01:43=	01:01+	01:35+	01:56+	00:36+									
00:10&	00:09-	00:12#	00:19#	00:35&	00:20-	00:04+	00:02+	00:41&	00:00=	00:22&	00:17#	00:23#	00:11&									
7	Bente Tangen Wikstrøm										Geno						21:04					
00:43+	01:51-	04:05+	05:45+	07:46+	11:24+	12:08+	12:42+	15:14+	16:41+	17:06+	18:37+	20:30+	21:04+									
00:43+	01:08-	02:14+	01:40+	02:01+	03:38+	00:44-	00:34=	02:32+	01:27-	00:25-	01:31+	01:53+	00:34+									
00:07#	00:28-	00:41&	00:17#	00:57&	01:14&	00:03-	00:00=	00:03+	00:16-	00:14-	00:13#	00:20#	00:09&									
8	Mette Marit Jensen										18						21:34					
00:49+	01:58-	03:32-	05:01-	06:12=	07:49-	08:44-	09:16-	12:02-	13:32-	14:15-	18:05+	21:04+	21:34+									
00:49+	01:09-	01:34+	01:29+	01:11+	01:37-	00:55+	00:32-	02:46+	01:30-	00:43+	03:50+	02:59+	00:30+									
00:13&	00:27-	00:01+	00:06+	00:07#	00:47-	00:08#	00:02-	00:17#	00:13-	00:04#	02:32@	01:26&	00:05#									
9	Marith Brekke										13						23:06					
00:42+	03:36+	05:34+	07:18+	08:43+	10:38+	11:32+	12:09+	15:15+	17:09+	17:51+	19:16+	22:36+	23:06+									
00:42+	02:54+	01:58+	01:44+	01:25+	01:55-	00:54+	00:37+	03:06+	01:54+	00:42+	01:25+	03:20+	00:30+									
00:06#	01:18&	00:25&	00:21&	00:21&	00:29-	00:07#	00:03+	00:37#	00:11#	00:03+	00:07+	01:47@	00:05#									
10	Elisabet Høgset Rise										Geno						24:45					
02:27+	03:53+	05:43+	10:29+	11:46+	13:40+	14:29+	15:04+	18:08+	19:48+	20:45+	22:15+	24:15+	24:45+									
02:27+	01:26-	01:50+	04:46+	01:17+	01:54-	00:49+	00:35+	03:04+	01:40-	00:57+	01:30+	02:00+	00:30+									
01:51@	00:10-	00:17#	03:23@	00:13#	00:30-	00:02+	00:01+	00:35#	00:03-	00:18&	00:12#	00:27&	00:05#									

Plass	Navn	Klasse										Tid			
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D 2.5 km

11	Stine Bratli Danielsen										39				25:28			
00:53+	02:48+	06:00+	07:41+	09:12+	12:36+	13:25+	14:07+	17:49+	20:01+	20:48+	22:50+	24:53+	25:28+					
00:53+	01:55+	03:12+	01:41+	01:31+	03:24+	00:49+	00:42+	03:42+	02:12+	00:47+	02:02+	02:03+	00:35+					
00:17&	00:19#	01:39@	00:18#	00:27&	01:00&	00:02+	00:08#	01:13&	00:29&	00:08#	00:44&	00:30&	00:10&					

12	Inger Gjørsli Lund					42						25:54	
00:38+	05:04+	06:49+	08:34+	09:57+	12:23+	13:11+	14:42+	17:25+	19:21+	19:50+	23:12+	25:21+	25:54+
00:38+	04:26+	01:45+	01:45+	01:23+	02:26+	00:48+	01:31+	02:43+	01:56+	00:29+	03:22+	02:09+	00:33+
00:38+	04:26+	01:45+	01:45+	01:23+	02:26+	00:48+	01:31+	02:43+	01:56+	00:29+	03:22+	02:09+	00:33+

13	inger M Bakken				17					26:20			
00:46+	02:30+	07:23+	09:10+	11:27+	13:30+	14:46+	15:30+	18:25+	20:34+	21:04+	23:00+	25:45+	26:20+
00:46+	01:44+	04:53+	01:47+	02:17+	02:03+	01:16+	00:44+	02:55+	02:09+	00:30+	01:56+	02:45+	00:35+
00:46+	01:44+	04:53+	01:47+	02:17+	02:03+	01:16+	00:44+	02:55+	02:09+	00:30+	01:56+	02:45+	00:35+

14	Inger E Vamnes			NOTEAM										26:21	
00:49+	04:36+	07:39+	09:32+	11:19+	13:32+	14:27+	15:08+	18:21+	20:12+	20:42+	22:47+	25:36+	26:21+		
00:49+	03:47+	03:03+	01:53+	01:47+	02:13+	00:55+	00:41+	03:13+	01:51+	00:30+	02:05+	02:49+	00:45+		
00:49+	03:47+	03:03+	01:53+	01:47+	02:13+	00:55+	00:41+	03:13+	01:51+	00:30+	02:05+	02:49+	00:45+		

15	Rønnaug Sagbakken												39	27:00
01:03+	04:26+	06:45+	09:02+	10:38+	12:50+	13:49+	14:34+	18:22+	20:16+	20:51+	24:06+	26:21+	27:00+	
01:03+	03:23+	02:19+	02:17+	01:36+	02:12+	00:59+	00:45+	03:48+	01:54+	00:35+	03:15+	02:15+	00:39+	
01:03+	03:23+	02:19+	02:17+	01:36+	02:12+	00:59+	00:45+	03:48+	01:54+	00:35+	03:15+	02:15+	00:39+	

16	Wenche Brobakken				ASKO									27:00	
00:49+	04:35+	06:20+	08:07+	10:59+	13:00+	13:54+	14:34+	17:23+	19:20+	19:49+	23:05+	26:26+	27:00+		
00:49+	03:46+	01:45+	01:47+	02:52+	02:01+	00:54+	00:40+	02:49+	01:57+	00:29+	03:16+	03:21+	00:34+		
00:49+	03:46+	01:45+	01:47+	02:52+	02:01+	00:54+	00:40+	02:49+	01:57+	00:29+	03:16+	03:21+	00:34+		

17	Anita Stensby Bekkelund										23					28:42
00:50+	02:46+	04:44+	07:00+	08:31+	11:09+	14:20+	15:08+	18:18+	20:19+	21:11+	24:55+	28:07+	28:42+			
00:50+	01:56+	01:58+	02:16+	01:31+	02:38+	03:11+	00:48+	03:10+	02:01+	00:52+	03:44+	03:12+	00:35+			
00:50+	01:56+	01:58+	02:16+	01:31+	02:38+	03:11+	00:48+	03:10+	02:01+	00:52+	03:44+	03:12+	00:35+			

18	Turid Opsahl												23	35:05											
01:17+	03:12+	07:18+	09:36+	12:19+	15:11+	16:21+	17:13+	21:59+	24:12+	24:54+	31:07+	34:02+	35:05+												
01:17+	01:55+	04:06+	02:18+	02:43+	02:52+	01:10+	00:52+	04:46+	02:13+	00:42+	06:13+	02:55+	01:03+												
01:17+	01:55+	04:06+	02:18+	02:43+	02:52+	01:10+	00:52+	04:46+	02:13+	00:42+	06:13+	02:55+	01:03+												

Beste strekktid for klassen

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

D 3.5 km

1	Joanna Szlendak										16		18:48					
01:37=	01:51=	02:42=	03:39=	05:43=	06:51=	07:23=	09:36=	10:05=	10:33=	12:28=	12:56=	14:07=	17:05=	17:50=	18:26=	18:48=		
01:37=	00:14=	00:51=	00:57=	02:04=	01:08=	00:32=	02:13=	00:29=	00:28=	01:55=	00:28=	01:11=	02:58=	00:45=	00:36=	00:22=		
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	Lene Oskal				SIHF								21:00			
02:40+	02:53+	03:45+	04:38+	06:05+	06:54+	08:30+	10:39+	11:12+	11:41+	13:22+	13:46+	14:43+	17:36+	19:26+	20:38+	21:00+
02:40+	00:13-	00:52+	00:53-	01:27-	00:49-	01:36+	02:09-	00:33+	00:29+	01:41-	00:24-	00:57-	02:53-	01:50+	01:12+	00:22=
01:03&	00:01-	00:01+	00:04-	00:37-	00:19-	01:04@	00:04-	00:04#	00:01+	00:14-	00:04-	00:14-	00:05-	01:05@	00:36&	00:00=

Plass	Navn	Klasse										Tid					
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D 3.5 km

3	Grete Storsveen	39										21:47					
	01:54+	02:16+	03:22+	04:21+	06:00+	07:17+	08:29+	11:16+	12:06+	12:54+	15:00+	15:28+	16:42+	19:31+	20:27+	21:19+	21:47+
	01:54+	00:22+	01:06+	00:59+	01:39-	01:17+	01:12+	02:47+	00:50+	00:48+	02:06+	00:28=	01:14+	02:49-	00:56+	00:52+	00:28+
	00:17#	00:08&	00:15&	00:02+	00:25-	00:09#	00:40@	00:34&	00:21&	00:20&	00:11+	00:00=	00:03+	00:09-	00:11#	00:16&	00:06&
4	Øyfrid Moen	31										22:14					
	01:56+	02:22+	03:24+	04:36+	06:15+	07:36+	08:20+	11:13+	11:49+	12:29+	14:41+	15:13+	16:27+	19:34+	20:40+	21:43+	22:14+
	01:56+	00:26+	01:02+	01:12+	01:39+	01:21+	00:44+	02:53+	00:36+	00:40+	02:12+	00:32+	01:14+	03:07+	01:06+	01:03+	00:31+
	01:56+	00:26+	01:02+	01:12+	01:39+	01:21+	00:44+	02:53+	00:36+	00:40+	02:12+	00:32+	01:14+	03:07+	01:06+	01:03+	00:31+
5	Oddny Gudmundsdottir	12										24:13					
	02:21+	02:48+	04:26+	05:24+	08:00+	09:19+	10:43+	13:20+	13:52+	14:47+	16:43+	17:12+	18:18+	21:45+	22:40+	23:46+	24:13+
	02:21+	00:27+	01:38+	00:58+	02:36+	01:19+	01:24+	02:37+	00:32+	00:55+	01:56+	00:29+	01:06+	03:27+	00:55+	01:06+	00:27+
	02:21+	00:27+	01:38+	00:58+	02:36+	01:19+	01:24+	02:37+	00:32+	00:55+	01:56+	00:29+	01:06+	03:27+	00:55+	01:06+	00:27+
6	Valentina Zolotukhina	34										24:48					
	01:55+	02:15+	03:52+	05:16+	07:38+	09:00+	09:57+	12:40+	13:16+	14:08+	17:05+	17:38+	19:05+	22:18+	23:16+	24:17+	24:48+
	01:55+	00:20+	01:37+	01:24+	02:22+	01:22+	00:57+	02:43+	00:36+	00:52+	02:57+	00:33+	01:27+	03:13+	00:58+	01:01+	00:31+
	01:55+	00:20+	01:37+	01:24+	02:22+	01:22+	00:57+	02:43+	00:36+	00:52+	02:57+	00:33+	01:27+	03:13+	00:58+	01:01+	00:31+
7	Randi F. Berge	24										25:58					
	02:29+	02:49+	04:01+	05:09+	07:20+	08:48+	09:36+	12:38+	13:15+	14:27+	16:57+	17:38+	19:21+	23:25+	24:29+	25:22+	25:58+
	02:29+	00:20+	01:12+	01:08+	02:11+	01:28+	00:48+	03:02+	00:37+	01:12+	02:30+	00:41+	01:43+	04:04+	01:04+	00:53+	00:36+
	02:29+	00:20+	01:12+	01:08+	02:11+	01:28+	00:48+	03:02+	00:37+	01:12+	02:30+	00:41+	01:43+	04:04+	01:04+	00:53+	00:36+
8	Sidsel Storihle	Geno										26:55					
	02:04+	02:25+	03:24+	04:25+	06:19+	07:51+	08:45+	11:33+	12:15+	13:01+	15:12+	15:47+	19:40+	22:53+	23:52+	26:26+	26:55+
	02:04+	00:21+	00:59+	01:01+	01:54+	01:32+	00:54+	02:48+	00:42+	00:46+	02:11+	00:35+	03:53+	03:13+	00:59+	02:34+	00:29+
	02:04+	00:21+	00:59+	01:01+	01:54+	01:32+	00:54+	02:48+	00:42+	00:46+	02:11+	00:35+	03:53+	03:13+	00:59+	02:34+	00:29+
9	Karen Tomter	43										27:55					
	02:40+	03:04+	04:32+	05:57+	08:04+	09:48+	10:36+	14:02+	14:40+	15:27+	18:57+	19:31+	20:52+	25:11+	26:20+	27:21+	27:55+
	02:40+	00:24+	01:28+	01:25+	02:07+	01:44+	00:48+	03:26+	00:38+	00:47+	03:30+	00:34+	01:21+	04:19+	01:09+	01:01+	00:34+
	02:40+	00:24+	01:28+	01:25+	02:07+	01:44+	00:48+	03:26+	00:38+	00:47+	03:30+	00:34+	01:21+	04:19+	01:09+	01:01+	00:34+

Beste strekktid for klassen

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

D 4.5 km

1	Kjersti Rønning	18										20:16					
	00:55=	01:59=	02:24=	03:11=	04:41=	05:35=	06:10=	06:59=	08:39=	09:04=	09:28=	11:21=	12:56=	14:18=	15:12=	16:25=	17:19=
	00:55=	01:04=	00:25=	00:47=	01:30=	00:54=	00:35=	00:49=	01:40=	00:25=	00:24=	01:53=	01:35=	01:22=	00:54=	01:13=	00:54=
	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	Mari Norstad Opsahl	27										22:32					
	00:52-	01:46-	02:06-	03:03-	04:49+	05:52+	06:25+	07:14+	09:07+	09:40+	10:05+	11:52+	14:12+	15:25+	16:17+	17:37+	18:24+
	00:52-	00:54-	00:20-	00:57+	01:46+	01:03+	00:33-	00:49=	01:53+	00:33+	00:25+	01:47-	02:20+	01:13-	00:52-	01:20+	00:47-
	00:03-	00:10-	00:05-	00:10#	00:16#	00:09#	00:02-	00:00=	00:13#	00:08&	00:01+	00:06-	00:45&	00:09-	00:02-	00:07+	00:07-
3	Line Merete Libak	23										23:12					
	01:09+	02:23+	02:39+	03:37+	05:40+	06:49+	07:30+	08:34+	10:40+	11:12+	11:38+	13:55+	15:12+	16:50+	17:50+	19:14+	20:09+
	01:09+	01:14+	00:16-	00:58+	02:03+	01:09+	00:41+	01:04+	02:06+	00:32+	00:26+	02:17+	01:17-	01:38+	01:00+	01:24+	00:55+
	00:14&	00:10#	00:09-	00:11#	00:33&	00:15&	00:06#	00:15&	00:26&	00:07&	00:02+	00:24#	00:18-	00:16#	00:06#	00:11#	00:01+

Plass	Navn		Klasse										Tid									
D 4.5 km																						
4	Lis Dæhli		24										23:29									
	01:16+	02:23+	02:39+	03:42+	05:32+	06:37+	07:22+	08:29+	10:19+	10:53+	11:22+	13:38+	15:23+	16:53+	17:53+	19:30+	20:21+	21:13+	21:37+	23:00+	23:29+	
	01:16+	01:07+	00:16-	01:03+	01:50+	01:05+	00:45+	01:07+	01:50+	00:34+	00:29+	02:16+	01:45+	01:30+	01:00+	01:37+	00:51-	00:52+	00:24+	01:23-	00:29+	
	00:21&	00:03+	00:09-	00:16&	00:20#	00:11#	00:10&	00:18&	00:10#	00:09&	00:05#	00:23#	00:10#	00:08+	00:06#	00:24&	00:03-	00:05#	00:05&	00:03-	00:04#	
5	Elianne Haneberg		39										24:20									
	01:01+	02:21+	02:44+	03:38+	05:30+	06:32+	07:10+	09:33+	11:18+	11:52+	12:20+	14:36+	16:06+	17:35+	18:32+	20:17+	21:11+	22:03+	22:20+	23:52+	24:20+	
	01:01+	01:20+	00:23+	00:54+	01:52+	01:02+	00:38+	02:23+	01:45+	00:34+	00:28+	02:16+	01:30+	01:29+	00:57+	01:45+	00:54+	00:52+	00:17+	01:32+	00:28+	
	01:01+	01:20+	00:23+	00:54+	01:52+	01:02+	00:38+	02:23+	01:45+	00:34+	00:28+	02:16+	01:30+	01:29+	00:57+	01:45+	00:54+	00:52+	00:17+	01:32+	00:28+	
6	Unn Mette Klopbakken		10										24:47									
	01:02+	02:36+	02:50+	04:08+	05:56+	06:55+	07:34+	09:09+	10:55+	11:26+	11:52+	13:57+	15:47+	17:16+	18:19+	20:26+	21:43+	22:33+	22:56+	24:22+	24:47+	
	01:02+	01:34+	00:14+	01:18+	01:48+	00:59+	00:39+	01:35+	01:46+	00:31+	00:26+	02:05+	01:50+	01:29+	01:03+	02:07+	01:17+	00:50+	00:23+	01:26+	00:25+	
	01:02+	01:34+	00:14+	01:18+	01:48+	00:59+	00:39+	01:35+	01:46+	00:31+	00:26+	02:05+	01:50+	01:29+	01:03+	02:07+	01:17+	00:50+	00:23+	01:26+	00:25+	
7	Bodil Wiik		27										25:39									
	01:00+	02:18+	04:05+	05:24+	06:52+	08:01+	08:40+	09:41+	11:54+	12:28+	12:58+	15:05+	16:26+	18:04+	18:58+	21:29+	22:27+	23:21+	23:46+	25:13+	25:39+	
	01:00+	01:18+	01:47+	01:19+	01:28+	01:09+	00:39+	01:01+	02:13+	00:34+	00:30+	02:07+	01:21+	01:38+	00:54+	02:31+	00:58+	00:54+	00:25+	01:27+	00:26+	
	01:00+	01:18+	01:47+	01:19+	01:28+	01:09+	00:39+	01:01+	02:13+	00:34+	00:30+	02:07+	01:21+	01:38+	00:54+	02:31+	00:58+	00:54+	00:25+	01:27+	00:26+	
8	Wenche Bjørnstad		Geno										28:59									
	01:18+	04:34+	04:46+	06:13+	08:25+	09:30+	10:13+	11:23+	13:58+	14:40+	15:07+	18:09+	19:47+	21:17+	22:17+	24:37+	26:02+	26:44+	27:09+	28:30+	28:59+	
	01:18+	03:16+	00:12+	01:27+	02:12+	01:05+	00:43+	01:10+	02:35+	00:42+	00:27+	03:02+	01:38+	01:30+	01:00+	02:20+	01:25+	00:42+	00:25+	01:21+	00:29+	
	01:18+	03:16+	00:12+	01:27+	02:12+	01:05+	00:43+	01:10+	02:35+	00:42+	00:27+	03:02+	01:38+	01:30+	01:00+	02:20+	01:25+	00:42+	00:25+	01:21+	00:29+	
9	Marianne Rud Skjærstad		23										31:43									
	01:14+	02:50+	03:10+	04:23+	06:44+	08:10+	08:51+	10:26+	13:22+	14:12+	14:49+	17:13+	19:29+	21:18+	22:24+	25:17+	27:22+	28:33+	29:05+	31:16+	31:43+	
	01:14+	01:36+	00:20+	01:13+	02:21+	01:26+	00:41+	01:35+	02:56+	00:50+	00:37+	02:24+	02:16+	01:49+	01:06+	02:53+	02:05+	01:11+	00:32+	02:11+	00:27+	
	01:14+	01:36+	00:20+	01:13+	02:21+	01:26+	00:41+	01:35+	02:56+	00:50+	00:37+	02:24+	02:16+	01:49+	01:06+	02:53+	02:05+	01:11+	00:32+	02:11+	00:27+	
10	Gunnhild Ljones		14										31:55									
	01:14+	02:43+	03:01+	04:20+	06:43+	08:12+	09:09+	11:21+	13:43+	14:38+	15:15+	17:43+	20:13+	22:55+	24:06+	26:06+	27:35+	28:52+	29:28+	31:21+	31:55+	
	01:14+	01:29+	00:18+	01:19+	02:23+	01:29+	00:57+	02:12+	02:22+	00:55+	00:37+	02:28+	02:30+	02:42+	01:11+	02:00+	01:29+	01:17+	00:36+	01:53+	00:34+	
	01:14+	01:29+	00:18+	01:19+	02:23+	01:29+	00:57+	02:12+	02:22+	00:55+	00:37+	02:28+	02:30+	02:42+	01:11+	02:00+	01:29+	01:17+	00:36+	01:53+	00:34+	
11	Mona Hesselberg		23										33:22									
	01:19+	02:30+	02:49+	04:06+	06:18+	07:23+	08:05+	09:06+	11:58+	12:32+	12:59+	15:15+	17:04+	18:55+	20:10+	29:03+	30:09+	31:01+	31:23+	32:55+	33:22+	
	01:19+	01:11+	00:19+	01:17+	02:12+	01:05+	00:42+	01:01+	02:52+	00:34+	00:27+	02:16+	01:49+	01:51+	01:15+	08:53+	01:06+	00:52+	00:22+	01:32+	00:27+	
	01:19+	01:11+	00:19+	01:17+	02:12+	01:05+	00:42+	01:01+	02:52+	00:34+	00:27+	02:16+	01:49+	01:51+	01:15+	08:53+	01:06+	00:52+	00:22+	01:32+	00:27+	

Beste strekktid for klassen

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

H 1.5 km

1	Jan Erik Johansen		14										16:08									
	00:59=	03:34=	04:55=	06:12=	07:55=	08:27=	09:49=	11:30=	12:47=	14:23=	15:39=	16:08=										
	00:59=	02:35=	01:21=	01:17=	01:43=	00:32=	01:22=	01:41=	01:17=	01:36=	01:16=	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=										
2	Geir-Håkon Øverby		17										16:17									
	01:07+	02:54-	04:22-	05:42-	07:05-	07:56-	09:18-	11:17-	12:31-	14:29+	15:46+	16:17+										
	01:07+	01:47-	01:28+	01:20+	01:23-	00:51+	01:22=	01:59+	01:14-	01:58+	01:17+	00:31+										
	00:08#	00:48-	00:07+	00:03+	00:20-	00:19&	00:00=	00:18#	00:03-	00:22#	00:01+	00:02+										

Plass	Navn	Klasse	Tid								
H 1.5 km											
3	Roger Sterud	1	18:17								
01:09+	03:35+	05:40+	06:39+	07:56+	08:21-	12:44+	14:03+	15:22+	16:37+	17:51+	18:17+
01:09+	02:26-	02:05+	00:59-	01:17-	00:25-	04:23+	01:19-	01:19+	01:15-	01:14-	00:26-
00:10#	00:09-	00:44&	00:18-	00:26-	00:07-	03:01@	00:22-	00:02+	00:21-	00:02-	00:03-
4	Arnfinn Nordhagen	Geno	18:28								
01:21+	03:59+	05:43+	07:13+	08:46+	09:29+	11:06+	13:14+	14:27+	16:15+	17:56+	18:28+
01:21+	02:38+	01:44+	01:30+	01:33+	00:43+	01:37+	02:08+	01:13+	01:48+	01:41+	00:32+
01:21+	02:38+	01:44+	01:30+	01:33+	00:43+	01:37+	02:08+	01:13+	01:48+	01:41+	00:32+
5	Trygve Bjerke	14	18:37								
01:20+	03:26+	05:15+	06:53+	08:23+	08:58+	10:46+	12:58+	14:16+	16:15+	17:56+	18:37+
01:20+	02:06+	01:49+	01:38+	01:30+	00:35+	01:48+	02:12+	01:18+	01:59+	01:41+	00:41+
01:20+	02:06+	01:49+	01:38+	01:30+	00:35+	01:48+	02:12+	01:18+	01:59+	01:41+	00:41+
6	Halstein Ødegård	23	21:14								
01:41+	05:55+	07:50+	09:25+	10:57+	11:38+	13:15+	15:29+	16:48+	18:47+	20:34+	21:14+
01:41+	04:14+	01:55+	01:35+	01:32+	00:41+	01:37+	02:14+	01:19+	01:59+	01:47+	00:40+
01:41+	04:14+	01:55+	01:35+	01:32+	00:41+	01:37+	02:14+	01:19+	01:59+	01:47+	00:40+
7	Hans Petter Jevanord	Geno	21:17								
01:19+	03:26+	05:06+	06:57+	09:15+	09:55+	12:22+	15:12+	16:37+	18:38+	20:35+	21:17+
01:19+	02:07+	01:40+	01:51+	02:18+	00:40+	02:27+	02:50+	01:25+	02:01+	01:57+	00:42+
01:19+	02:07+	01:40+	01:51+	02:18+	00:40+	02:27+	02:50+	01:25+	02:01+	01:57+	00:42+
8	knut rørsveen	1	22:00								
03:59+	05:58+	08:21+	10:30+	12:14+	12:50+	14:40+	16:49+	18:02+	20:20+	21:32+	22:00+
03:59+	01:59+	02:23+	02:09+	01:44+	00:36+	01:50+	02:09+	01:13+	02:18+	01:12+	00:28+
03:59+	01:59+	02:23+	02:09+	01:44+	00:36+	01:50+	02:09+	01:13+	02:18+	01:12+	00:28+
9	Bjørn Jenssen	25	24:06								
01:15+	03:25+	06:18+	08:05+	10:05+	10:41+	12:26+	14:33+	15:44+	18:08+	23:23+	24:06+
01:15+	02:10+	02:53+	01:47+	02:00+	00:36+	01:45+	02:07+	01:11+	02:24+	05:15+	00:43+
01:15+	02:10+	02:53+	01:47+	02:00+	00:36+	01:45+	02:07+	01:11+	02:24+	05:15+	00:43+
10	ragnar høsøien	14	29:32								
01:49+	05:36+	08:33+	11:16+	13:26+	14:26+	18:11+	21:26+	23:30+	26:01+	28:30+	29:32+
01:49+	03:47+	02:57+	02:43+	02:10+	01:00+	03:45+	03:15+	02:04+	02:31+	02:29+	01:02+
01:49+	03:47+	02:57+	02:43+	02:10+	01:00+	03:45+	03:15+	02:04+	02:31+	02:29+	01:02+
11	Knut Martinsen	39	29:57								
09:07+	11:30+	13:15+	15:22+	17:56+	18:44+	20:23+	22:58+	24:40+	26:34+	28:57+	29:57+
09:07+	02:23+	01:45+	02:07+	02:34+	00:48+	01:39+	02:35+	01:42+	01:54+	02:23+	01:00+
09:07+	02:23+	01:45+	02:07+	02:34+	00:48+	01:39+	02:35+	01:42+	01:54+	02:23+	01:00+
12	Dag Erik Hovde	6	37:51								
07:20+	10:14+	13:02+	16:09+	18:58+	19:59+	23:47+	27:04+	29:11+	34:28+	36:44+	37:51+
07:20+	02:54+	02:48+	03:07+	02:49+	01:01+	03:48+	03:17+	02:07+	05:17+	02:16+	01:07+
07:20+	02:54+	02:48+	03:07+	02:49+	01:01+	03:48+	03:17+	02:07+	05:17+	02:16+	01:07+
13	Arne Sveen	40	43:01								
06:48+	10:41+	13:41+	16:07+	18:13+	19:11+	25:05+	28:38+	31:16+	39:21+	41:55+	43:01+
06:48+	03:53+	03:00+	02:26+	02:06+	00:58+	05:54+	03:33+	02:38+	08:05+	02:34+	01:06+
06:48+	03:53+	03:00+	02:26+	02:06+	00:58+	05:54+	03:33+	02:38+	08:05+	02:34+	01:06+
14	Arne Gunnar Barflo	23	43:16								
03:10+	07:21+	10:53+	14:09+	19:19+	20:59+	25:02+	30:22+	33:40+	38:08+	41:41+	43:16+
03:10+	04:11+	03:32+	03:16+	05:10+	01:40+	04:03+	05:20+	03:18+	04:28+	03:33+	01:35+
03:10+	04:11+	03:32+	03:16+	05:10+	01:40+	04:03+	05:20+	03:18+	04:28+	03:33+	01:35+

Plass	Navn										Klasse										Tid	
H 1.5 km																						
Beste strekktid for klassen																						
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																						
H 2.5 km																						
1	Magnar Nybakk										39	17:12										
	00:50=	01:59=	03:21=	04:44=	05:49=	07:23=	08:02=	08:33=	10:49=	12:17=	13:11=	15:14=	16:42=	17:12=								
	00:50=	01:09=	01:22=	01:23=	01:05=	01:34=	00:39=	00:31=	02:16=	01:28=	00:54=	02:03=	01:28=	00:30=								
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Jan Olav Sæther										32	17:33										
	00:39-	01:42-	03:31+	05:06+	06:34+	08:14+	08:58+	09:32+	12:12+	13:23+	13:48+	15:17+	17:00+	17:33+								
	00:39-	01:03-	01:49+	01:35+	01:28+	01:40+	00:44+	00:34+	02:40+	01:11-	00:25-	01:29-	01:43+	00:33+								
	00:11-	00:06-	00:27&	00:12#	00:23&	00:06+	00:05#	00:03+	00:24#	00:17-	00:29-	00:34-	00:15#	00:03#								
3	Morten Øie										8	18:07										
	00:38-	01:42-	03:11-	04:29-	05:49=	08:28+	09:09+	09:41+	12:01+	13:24+	13:48+	16:11+	17:38+	18:07+								
	00:38-	01:04-	01:29+	01:18-	01:20+	02:39+	00:41+	00:32+	02:20+	01:23-	00:24-	02:23+	01:27-	00:29-								
	00:12-	00:05-	00:07+	00:05-	00:15#	01:05&	00:02+	00:01+	00:04+	00:05-	00:30-	00:20#	00:01-	00:01-								
4	Odd Rise										Geno	20:00										
	00:50=	02:02+	04:25+	05:40+	07:40+	09:22+	10:04+	10:42+	13:29+	15:12+	15:36+	17:42+	19:33+	20:00+								
	00:50=	01:12+	02:23+	01:15-	02:00+	01:42+	00:42+	00:38+	02:47+	01:43+	00:24-	02:06+	01:51+	00:27-								
	00:00=	00:03+	01:01&	00:08-	00:55&	00:08+	00:03+	00:07#	00:31#	00:15#	00:30-	00:03+	00:23&	00:03-								
5	Harald Grønvold										1	20:09										
	02:15+	03:43+	05:14+	06:32+	07:37+	09:25+	10:12+	10:43+	13:33+	15:27+	15:45+	18:15+	19:39+	20:09+								
	02:15+	01:28+	01:31+	01:18-	01:05=	01:48+	00:47+	00:31=	02:50+	01:54+	00:18-	02:30+	01:24-	00:30=								
	01:25@	00:19&	00:09#	00:05-	00:00=	00:14#	00:08#	00:00=	00:34#	00:26&	00:36-	00:27#	00:04-	00:00=								
6	Per Vold										26	20:09										
	00:39-	01:47-	03:47+	05:47+	07:14+	08:53+	09:33+	10:00+	12:19+	14:15+	14:37+	18:08+	19:39+	20:09+								
	00:39-	01:08-	02:00+	02:00+	01:27+	01:39+	00:40+	00:27-	02:19+	01:56+	00:22-	03:31+	01:31+	00:30=								
	00:11-	00:01-	00:38&	00:37&	00:22&	00:05+	00:01+	00:04-	00:03+	00:28&	00:32-	01:28&	00:03+	00:00=								
7	Magne Johansen										Headit	20:36										
	00:48-	01:59=	03:56+	05:25+	06:52+	08:36+	09:22+	09:57+	13:00+	14:41+	15:07+	18:09+	19:56+	20:36+								
	00:48-	01:11+	01:57+	01:29+	01:27+	01:44+	00:46+	00:35+	03:03+	01:41+	00:26-	03:02+	01:47+	00:40+								
	00:02-	00:02+	00:35&	00:06+	00:22&	00:10#	00:07#	00:04#	00:47&	00:13#	00:28-	00:59&	00:19#	00:10&								
8	Magne Smeland										45	21:09										
	00:46-	02:13+	03:53+	05:18+	06:49+	08:36+	09:30+	09:59+	12:40+	14:14+	14:37+	18:56+	20:37+	21:09+								
	00:46-	01:27+	01:40+	01:25+	01:31+	01:47+	00:54+	00:29-	02:41+	01:34+	00:23-	04:19+	01:41+	00:32+								
	00:04-	00:18&	00:18#	00:02+	00:26&	00:13#	00:15&	00:02-	00:25#	00:06+	00:31-	02:16@	00:13#	00:02+								
9	Terje Malm										13	21:33										
	00:40-	01:56-	03:33+	05:10+	06:32+	08:06+	08:52+	09:25+	12:14+	14:07+	14:37+	19:12+	21:09+	21:33+								
	00:40-	01:16+	01:37+	01:37+	01:22+	01:34=	00:46+	00:33+	02:49+	01:53+	00:30-	04:35+	01:57+	00:24-								
	00:10-	00:07#	00:15#	00:14#	00:17&	00:00=	00:07#	00:02+	00:33#	00:25&	00:24-	02:32@	00:29&	00:06-								
10	Tore Lindaas										7	23:02										
	00:48-	02:19+	04:40+	06:50+	08:40+	10:51+	11:58+	12:39+	16:10+	18:00+	18:28+	20:14+	22:14+	23:02+								
	00:48-	01:31+	02:21+	02:10+	01:50+	02:11+	01:07+	00:41+	03:31+	01:50+	00:28-	01:46-	02:00+	00:48+								
	00:02-	00:22&	00:59&	00:47&	00:45&	00:37&	00:28&	00:10&	01:15&	00:22#	00:26-	00:17-	00:32&	00:18&								

Plass	Navn	Klasse	Tid
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H 2.5 km

11	Helge Storsveen										23				23:25			
00:52+	02:30+	04:26+	06:07+	08:02+	10:03+	11:10+	11:50+	14:57+	17:54+	18:27+	20:27+	22:51+	23:25+					
00:52+	01:38+	01:56+	01:41+	01:55+	02:01+	01:07+	00:40+	03:07+	02:57+	00:33-	02:00-	02:24+	00:34+					
00:02+	00:29&	00:34&	00:18#	00:50&	00:27&	00:28&	00:09&	00:51&	01:29@	00:21-	00:03-	00:56&	00:04#					
12	Einar Stensby										23				24:24			
00:37+	04:36+	06:18+	07:39+	08:47+	10:40+	11:20+	11:52+	14:22+	15:46+	17:52+	20:18+	23:51+	24:24+					
00:37+	03:59+	01:42+	01:21+	01:08+	01:53+	00:40+	00:32+	02:30+	01:24+	02:06+	02:26+	03:33+	00:33+					
00:37+	03:59+	01:42+	01:21+	01:08+	01:53+	00:40+	00:32+	02:30+	01:24+	02:06+	02:26+	03:33+	00:33+					
13	Torbjørn Ødegaaard										16				25:05			
01:26+	03:02+	05:25+	06:58+	08:28+	10:18+	11:13+	12:22+	15:34+	17:30+	17:57+	22:24+	24:29+	25:05+					
01:26+	01:36+	02:23+	01:33+	01:30+	01:50+	00:55+	01:09+	03:12+	01:56+	00:27+	04:27+	02:05+	00:36+					
01:26+	01:36+	02:23+	01:33+	01:30+	01:50+	00:55+	01:09+	03:12+	01:56+	00:27+	04:27+	02:05+	00:36+					
14	Thorvald Sæhlie										35				31:26			
01:01+	05:27+	08:00+	10:21+	12:53+	17:03+	18:10+	19:03+	22:33+	25:05+	25:41+	27:56+	30:48+	31:26+					
01:01+	04:26+	02:33+	02:21+	02:32+	04:10+	01:07+	00:53+	03:30+	02:32+	00:36+	02:15+	02:52+	00:38+					
01:01+	04:26+	02:33+	02:21+	02:32+	04:10+	01:07+	00:53+	03:30+	02:32+	00:36+	02:15+	02:52+	00:38+					

Beste strekktid for klassen

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

H 3.5 km

1	Jan Åsmund Sætaberget	19	17:27													
01:32=	01:50=	02:48=	03:40=	04:57=	06:03=	06:33=	08:51=	09:18=	09:57=	11:38=	12:09=	13:14=	15:39=	16:28=	17:05=	17:27=
01:32=	00:18=	00:58=	00:52=	01:17=	01:06=	00:30=	02:18=	00:27=	00:39=	01:41=	00:31=	01:05=	02:25=	00:49=	00:37=	00:22=
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	Tom S. Helgesen	14	20:02													
01:36+	01:52+	02:49+	03:39-	08:24+	09:28+	10:00+	12:08+	12:37+	13:08+	14:35+	15:00+	15:50+	18:03+	19:05+	19:39+	20:02+
01:36+	00:16-	00:57-	00:50-	04:45+	01:04-	00:32+	02:08-	00:29+	00:31-	01:27-	00:25-	00:50-	02:13-	01:02+	00:34-	00:23+
00:04+	00:02-	00:01-	00:02-	03:28@	00:02-	00:02+	00:10-	00:02+	00:08-	00:14-	00:06-	00:15-	00:12-	00:13&	00:03-	00:01+
3	Knut Wikstrøm	20	20:19													
01:43+	01:58+	02:48=	03:38-	05:11+	06:30+	06:59+	09:59+	10:29+	11:06+	12:56+	13:21+	14:45+	17:31+	18:20+	19:56+	20:19+
01:43+	00:15-	00:50-	00:50-	01:33+	01:19+	00:29-	03:00+	00:30+	00:37-	01:50+	00:25-	01:24+	02:46+	00:49=	01:36+	00:23+
00:11#	00:03-	00:08-	00:02-	00:16#	00:13#	00:01-	00:42&	00:03#	00:02-	00:09+	00:06-	00:19&	00:21#	00:00=	00:59@	00:01+
4	Rune Waaler	34	20:52													
02:17+	02:31+	03:33+	04:33+	06:08+	07:21+	08:33+	11:02+	11:37+	12:06+	14:02+	14:31+	15:51+	18:54+	19:43+	20:29+	20:52+
02:17+	00:14-	01:02+	01:00+	01:35+	01:13+	01:12+	02:29+	00:35+	00:29-	01:56+	00:29-	01:20+	03:03+	00:49=	00:46+	00:23+
00:45&	00:04-	00:04+	00:08#	00:18#	00:07#	00:42@	00:11+	00:08&	00:10-	00:15#	00:02-	00:15#	00:38&	00:00=	00:09#	00:01+
5	edvard dahl	32	20:56													
02:09+	02:24+	03:18+	04:04+	05:24+	06:22+	07:06+	09:29+	10:23+	10:54+	12:58+	13:19+	16:14+	18:48+	19:35+	20:31+	20:56+
02:09+	00:15-	00:54-	00:46-	01:20+	00:58-	00:44+	02:23+	00:54+	00:31-	02:04+	00:21-	02:55+	02:34+	00:47-	00:56+	00:25+
00:37&	00:03-	00:04-	00:06-	00:03+	00:08-	00:14&	00:05+	00:27&	00:08-	00:23#	00:10-	01:50@	00:09+	00:02-	00:19&	00:03#
6	Ove Tåsåsen	25	21:08													
01:43+	01:55+	02:50+	04:04+	07:01+	07:58+	08:39+	10:52+	11:24+	11:58+	14:52+	15:22+	16:49+	19:09+	20:00+	20:45+	21:08+
01:43+	00:12-	00:55-	01:14+	02:57+	00:57-	00:41+	02:13-	00:32+	00:34-	02:54+	00:30-	01:27+	02:20-	00:51+	00:45+	00:23+
00:11#	00:06-	00:03-	00:22&	01:40@	00:09-	00:11&	00:05-	00:05#	00:05-	01:13&	00:01-	00:22&	00:05-	00:02+	00:08#	00:01+

Plass	Navn				Klasse				Tid									
H 3.5 km																		
7	Tore Stenseth				25				22:19									
01:49+	02:07+	03:08+	04:02+	05:58+	06:58+	07:50+	10:38+	11:16+	11:54+	14:04+	14:36+	17:14+	20:26+	21:14+	21:52+	22:19+		
01:49+	00:18=	01:01+	00:54+	01:56+	01:00-	00:52+	02:48+	00:38+	00:38-	02:10+	00:32+	02:38+	03:12+	00:48-	00:38+	00:27+		
00:17#	00:00=	00:03+	00:02+	00:39&	00:06-	00:22&	00:30#	00:11&	00:01-	00:29&	00:01+	01:33@	00:47&	00:01-	00:01+	00:05#		
8	Erik Haugen				41				22:24									
01:54+	02:12+	03:15+	04:34+	06:19+	08:14+	09:00+	11:34+	12:08+	12:57+	15:01+	15:32+	16:46+	19:54+	20:47+	21:58+	22:24+		
01:54+	00:18+	01:03+	01:19+	01:45+	01:55+	00:46+	02:34+	00:34+	00:49+	02:04+	00:31+	01:14+	03:08+	00:53+	01:11+	00:26+		
01:54+	00:18+	01:03+	01:19+	01:45+	01:55+	00:46+	02:34+	00:34+	00:49+	02:04+	00:31+	01:14+	03:08+	00:53+	01:11+	00:26+		
9	Tore Gustav Tomter				Plan1				22:32									
03:20+	03:35+	04:41+	05:34+	07:10+	08:53+	09:29+	11:53+	12:22+	12:56+	14:40+	15:09+	16:17+	19:08+	19:54+	22:09+	22:32+		
03:20+	00:15+	01:06+	00:53+	01:36+	01:43+	00:36+	02:24+	00:29+	00:34+	01:44+	00:29+	01:08+	02:51+	00:46+	02:15+	00:23+		
03:20+	00:15+	01:06+	00:53+	01:36+	01:43+	00:36+	02:24+	00:29+	00:34+	01:44+	00:29+	01:08+	02:51+	00:46+	02:15+	00:23+		
10	Steinar Tønsager				3				23:02									
02:16+	02:52+	03:49+	04:51+	06:56+	08:26+	09:32+	12:16+	12:48+	13:43+	16:05+	16:43+	17:59+	20:48+	21:45+	22:40+	23:02+		
02:16+	00:36+	00:57+	01:02+	02:05+	01:30+	01:06+	02:44+	00:32+	00:55+	02:22+	00:38+	01:16+	02:49+	00:57+	00:55+	00:22+		
02:16+	00:36+	00:57+	01:02+	02:05+	01:30+	01:06+	02:44+	00:32+	00:55+	02:22+	00:38+	01:16+	02:49+	00:57+	00:55+	00:22+		
11	Torleif Finstad				14				23:22									
01:50+	02:29+	04:01+	04:59+	07:03+	08:01+	08:44+	11:34+	12:08+	13:00+	15:01+	15:30+	18:22+	21:25+	22:16+	22:55+	23:22+		
01:50+	00:39+	01:32+	00:58+	02:04+	00:58+	00:43+	02:50+	00:34+	00:52+	02:01+	00:29+	02:52+	03:03+	00:51+	00:39+	00:27+		
01:50+	00:39+	01:32+	00:58+	02:04+	00:58+	00:43+	02:50+	00:34+	00:52+	02:01+	00:29+	02:52+	03:03+	00:51+	00:39+	00:27+		
12	Lars Skramstad				LMF				25:00									
01:38+	01:54+	03:03+	03:58+	09:01+	10:23+	11:41+	14:09+	14:50+	16:01+	17:56+	18:29+	20:13+	22:59+	23:48+	24:39+	25:00+		
01:38+	00:16+	01:09+	00:55+	05:03+	01:22+	01:18+	02:28+	00:41+	01:11+	01:55+	00:33+	01:44+	02:46+	00:49+	00:51+	00:21+		
01:38+	00:16+	01:09+	00:55+	05:03+	01:22+	01:18+	02:28+	00:41+	01:11+	01:55+	00:33+	01:44+	02:46+	00:49+	00:51+	00:21+		
13	Steinar Libak				23				26:01									
01:59+	02:18+	04:06+	05:40+	07:47+	09:14+	10:05+	12:38+	13:15+	14:00+	16:16+	16:49+	18:21+	21:49+	22:50+	25:23+	26:01+		
01:59+	00:19+	01:48+	01:34+	02:07+	01:27+	00:51+	02:33+	00:37+	00:45+	02:16+	00:33+	01:32+	03:28+	01:01+	02:33+	00:38+		
01:59+	00:19+	01:48+	01:34+	02:07+	01:27+	00:51+	02:33+	00:37+	00:45+	02:16+	00:33+	01:32+	03:28+	01:01+	02:33+	00:38+		
14	Karl Petter Opsahl				23				29:32									
05:31+	05:46+	06:55+	08:05+	10:03+	11:59+	12:49+	15:14+	15:46+	16:28+	18:38+	19:09+	20:24+	24:21+	27:25+	28:19+	29:02+	29:32+	
05:31+	00:15+	01:09+	01:10+	01:58+	01:56+	00:50+	02:25+	00:32+	00:42+	02:10+	00:31+	01:15+	03:57+	03:04+	00:54+	00:43+	00:30+	
05:31+	00:15+	01:09+	01:10+	01:58+	01:56+	00:50+	02:25+	00:32+	00:42+	02:10+	00:31+	01:15+	03:57+	03:04+	00:54+	00:43+	00:30+	
15	Bjørn Pley Myhr				45				30:06									
02:48+	03:03+	04:52+	06:26+	08:48+	11:13+	12:04+	16:05+	16:52+	17:48+	21:02+	21:35+	23:09+	26:51+	28:05+	29:29+	30:06+		
02:48+	00:15+	01:49+	01:34+	02:22+	02:25+	00:51+	04:01+	00:47+	00:56+	03:14+	00:33+	01:34+	03:42+	01:14+	01:24+	00:37+		
02:48+	00:15+	01:49+	01:34+	02:22+	02:25+	00:51+	04:01+	00:47+	00:56+	03:14+	00:33+	01:34+	03:42+	01:14+	01:24+	00:37+		
16	Espen Melby				23				30:15									
02:31+	02:58+	04:41+	06:09+	09:32+	11:02+	12:13+	15:16+	15:57+	16:38+	18:52+	19:36+	21:22+	25:34+	26:41+	29:41+	30:15+		
02:31+	00:27+	01:43+	01:28+	03:23+	01:30+	01:11+	03:03+	00:41+	00:41+	02:14+	00:44+	01:46+	04:12+	01:07+	03:00+	00:34+		
02:31+	00:27+	01:43+	01:28+	03:23+	01:30+	01:11+	03:03+	00:41+	00:41+	02:14+	00:44+	01:46+	04:12+	01:07+	03:00+	00:34+		

Beste strekktid for klassen

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

H 4.5 km

Plass				Navn				Klasse										Tid									
H 4.5 km																											
1	Simen Oskal							SIHF										18:48									
	00:52=	02:02=	02:22=	03:17=	04:50=	05:51=	06:23=	07:18=	08:52=	09:22=	09:48=	11:32=	12:33=	13:46=	14:33=	15:38=	16:18=	17:02=	17:25=	18:29=	18:48=						
	00:52=	01:10=	00:20=	00:55=	01:33=	01:01=	00:32=	00:55=	01:34=	00:30=	00:26=	01:44=	01:01=	01:13=	00:47=	01:05=	00:40=	00:44=	00:23=	01:04=	00:19=						
	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=	00:00=	00:00=						
2	Tom Røise							31				19:12															
	00:43+	01:42+	01:55+	02:42+	04:29+	05:18+	05:56+	06:42+	08:28+	08:54+	09:18+	10:58+	12:10+	13:26+	14:12+	15:46+	16:36+	17:17+	17:36+	18:49+	19:12+						
	00:43+	00:59+	00:13+	00:47+	01:47+	00:49+	00:38+	00:46+	01:46+	00:26+	00:24+	01:40+	01:12+	01:16+	00:46+	01:34+	00:50+	00:41+	00:19+	01:13+	00:23+						
	00:43+	00:59+	00:13+	00:47+	01:47+	00:49+	00:38+	00:46+	01:46+	00:26+	00:24+	01:40+	01:12+	01:16+	00:46+	01:34+	00:50+	00:41+	00:19+	01:13+	00:23+						
3	Terje Wikstrøm							Geno				19:59															
	00:58+	02:00+	02:15+	03:04+	04:33+	05:23+	05:56+	06:48+	08:43+	09:11+	09:34+	11:35+	12:28+	13:43+	14:35+	16:30+	17:11+	17:54+	18:13+	19:33+	19:59+						
	00:58+	01:02+	00:15+	00:49+	01:29+	00:50+	00:33+	00:52+	01:55+	00:28+	00:23+	02:01+	00:53+	01:15+	00:52+	01:55+	00:41+	00:43+	00:19+	01:20+	00:26+						
	00:58+	01:02+	00:15+	00:49+	01:29+	00:50+	00:33+	00:52+	01:55+	00:28+	00:23+	02:01+	00:53+	01:15+	00:52+	01:55+	00:41+	00:43+	00:19+	01:20+	00:26+						
4	Vidar Nomerstad							39				21:15															
	00:54+	01:49+	02:20+	03:16+	04:49+	06:00+	06:33+	07:27+	09:23+	09:49+	10:16+	12:06+	13:32+	14:51+	15:50+	17:47+	18:31+	19:13+	19:31+	20:52+	21:15+						
	00:54+	00:55+	00:31+	00:56+	01:33+	01:11+	00:33+	00:54+	01:56+	00:26+	00:27+	01:50+	01:26+	01:19+	00:59+	01:57+	00:44+	00:42+	00:18+	01:21+	00:23+						
	00:54+	00:55+	00:31+	00:56+	01:33+	01:11+	00:33+	00:54+	01:56+	00:26+	00:27+	01:50+	01:26+	01:19+	00:59+	01:57+	00:44+	00:42+	00:18+	01:21+	00:23+						
5	Arne Arnesen							13				21:18															
	01:05+	02:16+	02:36+	03:25+	05:07+	06:02+	06:41+	07:38+	09:18+	09:50+	10:16+	12:18+	13:48+	15:12+	16:07+	17:27+	18:23+	19:13+	19:38+	20:54+	21:18+						
	01:05+	01:11+	00:20+	00:49+	01:42+	00:55+	00:39+	00:57+	01:40+	00:32+	00:26+	02:02+	01:30+	01:24+	00:55+	01:20+	00:56+	00:50+	00:25+	01:16+	00:24+						
	01:05+	01:11+	00:20+	00:49+	01:42+	00:55+	00:39+	00:57+	01:40+	00:32+	00:26+	02:02+	01:30+	01:24+	00:55+	01:20+	00:56+	00:50+	00:25+	01:16+	00:24+						
6	Bjarne Harkinn							17				21:53															
	00:52+	01:54+	02:12+	03:02+	04:30+	05:45+	06:24+	07:31+	09:13+	09:42+	10:09+	12:20+	13:28+	14:46+	15:46+	17:24+	18:17+	19:04+	19:26+	21:30+	21:53+						
	00:52+	01:02+	00:18+	00:50+	01:28+	01:15+	00:39+	01:07+	01:42+	00:29+	00:27+	02:11+	01:08+	01:18+	01:00+	01:38+	00:53+	00:47+	00:22+	02:04+	00:23+						
	00:52+	01:02+	00:18+	00:50+	01:28+	01:15+	00:39+	01:07+	01:42+	00:29+	00:27+	02:11+	01:08+	01:18+	01:00+	01:38+	00:53+	00:47+	00:22+	02:04+	00:23+						
7	Morten Eriksen							27				22:35															
	00:56+	01:57+	02:19+	03:04+	04:40+	05:57+	06:34+	07:50+	09:47+	10:22+	10:49+	12:53+	15:15+	16:49+	17:31+	18:51+	19:40+	20:30+	20:51+	22:12+	22:35+						
	00:56+	01:01+	00:22+	00:45+	01:36+	01:17+	00:37+	01:16+	01:57+	00:35+	00:27+	02:04+	02:22+	01:34+	00:42+	01:20+	00:49+	00:50+	00:21+	01:21+	00:23+						
	00:56+	01:01+	00:22+	00:45+	01:36+	01:17+	00:37+	01:16+	01:57+	00:35+	00:27+	02:04+	02:22+	01:34+	00:42+	01:20+	00:49+	00:50+	00:21+	01:21+	00:23+						
8	Stein Nordvi							7				22:36															
	01:02+	02:13+	02:31+	03:29+	05:27+	06:32+	07:12+	08:18+	10:30+	11:00+	11:24+	13:19+	14:22+	15:46+	16:41+	18:13+	19:14+	20:04+	20:27+	22:10+	22:36+						
	01:02+	01:11+	00:18+	00:58+	01:58+	01:05+	00:40+	01:06+	02:12+	00:30+	00:24+	01:55+	01:03+	01:24+	00:55+	01:32+	01:01+	00:50+	00:23+	01:43+	00:26+						
	01:02+	01:11+	00:18+	00:58+	01:58+	01:05+	00:40+	01:06+	02:12+	00:30+	00:24+	01:55+	01:03+	01:24+	00:55+	01:32+	01:01+	00:50+	00:23+	01:43+	00:26+						
9	Tore Jørgensen							27				23:30															
	01:05+	02:18+	02:41+	03:35+	05:30+	06:36+	07:17+	08:22+	10:15+	10:53+	11:22+	13:50+	15:11+	16:45+	17:44+	19:19+	20:24+	21:16+	21:38+	22:59+	23:30+						
	01:05+	01:13+	00:23+	00:54+	01:55+	01:06+	00:41+	01:05+	01:53+	00:38+	00:29+	02:28+	01:21+	01:34+	00:59+	01:35+	01:05+	00:52+	00:22+	01:21+	00:31+						
	01:05+	01:13+	00:23+	00:54+	01:55+	01:06+	00:41+	01:05+	01:53+	00:38+	00:29+	02:28+	01:21+	01:34+	00:59+	01:35+	01:05+	00:52+	00:22+	01:21+	00:31+						
10	Lars Ivar Ulmo							35				23:47															
	01:13+	02:50+	03:09+	04:08+	06:18+	07:14+	07:55+	08:48+	10:32+	11:29+	11:53+	13:58+	15:05+	16:31+	17:36+	18:52+	20:50+	21:37+	21:55+	23:23+	23:47+						
	01:13+	01:37+	00:19+	00:59+	02:10+	00:56+	00:41+	00:53+	01:44+	00:57+	00:24+	02:05+	01:07+	01:26+	01:05+	01:16+	01:58+	00:47+	00:18+	01:28+	00:24+						
	01:13+	01:37+	00:19+	00:59+	02:10+	00:56+	00:41+	00:53+	01:44+	00:57+	00:24+	02:05+	01:07+	01:26+	01:05+	01:16+	01:58+	00:47+	00:18+	01:28+	00:24+						
11	Ole Petter Saxrud							5				24:47															
	01:07+	02:34+	02:56+	04:27+	06:23+	07:37+	08:22+	09:29+	12:20+	12:52+	13:16+	15:16+	16:37+	18:04+	19:06+	20:44+	21:48+	22:40+	23:04+	24:23+	24:47+						
	01:07+	01:27+	00:22+	01:31+	01:56+	01:14+	00:45+	01:07+	02:51+	00:32+	00:24+	02:00+	01:21+	01:27+	01:02+	01:38+	01:04+	00:52+	00:24+	01:19+	00:24+						
	01:07+	01:27+	00:22+	01:31+	01:56+	01:14+	00:45+	01:07+	02:51+	00:32+	00:24+	02:00+	01:21+	01:27+	01:02+	01:38+	01:04+	00:52+	00:24+	01:19+	00:24+						
12	Tor Haugstulen							14				24:59															
	01:04+	02:09+	02:25+	03:18+	05:01+	06:36+	07:12+	09:35+	11:21+	11:49+	12:19+	14:23+	15:29+	16:58+	17:45+	18:14+	19:37+	21:46+	22:28+	23:00+	24:33+	24:59+					
	01:04+	01:05+	00:16+	00:53+	01:43+	01:35+	00:36+	02:23+	01:46+	00:28+	00:30+	02:04+	01:06+	01:29+	00:47+	00:29+	01:23+	02:09+	00:42+	00:32+	01:33+	00:26+					
	01:04+	01:05+	00:16+	00:53+	01:43+	01:35+	00:36+	02:23+	01:46+	00:28+	00:30+	02:04+	01:06+	01:29+	00:47+	00:29+	01:23+	02:09+	00:42+	00:32+	01:33+	00:26+					

Plass	Navn				Klasse				Tid													
H 4.5 km																						
13	Audun Jenssen				27				25:10													
01:05+	02:15+	02:40+	03:40+	05:42+	06:52+	07:38+	08:44+	10:41+	11:20+	11:49+	14:28+	15:44+	17:34+	18:32+	20:24+	21:33+	22:34+	22:55+	24:43+	25:10+		
01:05+	01:10+	00:25+	01:00+	02:02+	01:10+	00:46+	01:06+	01:57+	00:39+	00:29+	02:39+	01:16+	01:50+	00:58+	01:52+	01:09+	01:01+	00:21+	01:48+	00:27+		
01:05+	01:10+	00:25+	01:00+	02:02+	01:10+	00:46+	01:06+	01:57+	00:39+	00:29+	02:39+	01:16+	01:50+	00:58+	01:52+	01:09+	01:01+	00:21+	01:48+	00:27+		
14	Geir Ola Blystad				46				25:15													
01:00+	01:59+	02:19+	03:11+	08:14+	09:13+	09:53+	10:54+	12:40+	13:59+	14:30+	16:28+	17:33+	18:53+	19:52+	21:26+	22:19+	23:09+	23:34+	24:52+	25:15+		
01:00+	00:59+	00:20+	00:52+	05:03+	00:59+	00:40+	01:01+	01:46+	01:19+	00:31+	01:58+	01:05+	01:20+	00:59+	01:34+	00:53+	00:50+	00:25+	01:18+	00:23+		
01:00+	00:59+	00:20+	00:52+	05:03+	00:59+	00:40+	01:01+	01:46+	01:19+	00:31+	01:58+	01:05+	01:20+	00:59+	01:34+	00:53+	00:50+	00:25+	01:18+	00:23+		
15	Morten Stenberg				NRK				25:15													
00:49+	02:07+	03:33+	03:48+	05:09+	06:52+	07:49+	08:29+	10:48+	12:50+	13:26+	13:53+	15:57+	17:17+	18:48+	19:42+	21:15+	22:13+	23:09+	23:28+	24:50+	25:15+	
00:49+	01:18+	01:26+	00:15+	01:21+	01:43+	00:57+	00:40+	02:19+	02:02+	00:36+	00:27+	02:04+	01:20+	01:31+	00:54+	01:33+	00:58+	00:56+	00:19+	01:22+	00:25+	
00:49+	01:18+	01:26+	00:15+	01:21+	01:43+	00:57+	00:40+	02:19+	02:02+	00:36+	00:27+	02:04+	01:20+	01:31+	00:54+	01:33+	00:58+	00:56+	00:19+	01:22+	00:25+	
16	Svein Godager				24				25:19													
01:11+	02:25+	02:39+	03:29+	05:27+	06:35+	07:14+	08:32+	10:59+	11:26+	13:01+	13:27+	13:50+	15:58+	17:13+	18:42+	19:37+	21:19+	22:11+	23:04+	23:22+	24:51+	25:19+
01:11+	01:14+	00:14+	00:50+	01:58+	01:08+	00:39+	01:18+	02:27+	00:27+	01:35+	00:26+	00:23+	02:08+	01:15+	01:29+	00:55+	01:42+	00:52+	00:53+	00:18+	01:29+	00:28+
01:11+	01:14+	00:14+	00:50+	01:58+	01:08+	00:39+	01:18+	02:27+	00:27+	01:35+	00:26+	00:23+	02:08+	01:15+	01:29+	00:55+	01:42+	00:52+	00:53+	00:18+	01:29+	00:28+
17	Terje Tangen				36				25:58													
01:14+	02:48+	04:16+	05:22+	07:35+	08:35+	09:18+	10:22+	12:27+	12:58+	13:20+	15:11+	16:14+	17:38+	18:29+	19:45+	20:35+	22:44+	23:46+	24:05+	25:23+	25:58+	
01:14+	01:34+	01:28+	01:06+	02:13+	01:00+	00:43+	01:04+	02:05+	00:31+	00:22+	01:51+	01:03+	01:24+	00:51+	01:16+	00:50+	02:09+	01:02+	00:19+	01:18+	00:35+	
01:14+	01:34+	01:28+	01:06+	02:13+	01:00+	00:43+	01:04+	02:05+	00:31+	00:22+	01:51+	01:03+	01:24+	00:51+	01:16+	00:50+	02:09+	01:02+	00:19+	01:18+	00:35+	
18	Odd Arne Blystad				6				26:38													
01:14+	03:25+	03:45+	04:58+	07:44+	10:36+	11:20+	12:23+	14:32+	15:02+	15:26+	17:21+	18:24+	19:50+	20:45+	22:18+	23:19+	24:06+	24:29+	26:13+	26:38+		
01:14+	02:11+	00:20+	01:13+	02:46+	02:52+	00:44+	01:03+	02:09+	00:30+	00:24+	01:55+	01:03+	01:26+	00:55+	01:33+	01:01+	00:47+	00:23+	01:44+	00:25+		
01:14+	02:11+	00:20+	01:13+	02:46+	02:52+	00:44+	01:03+	02:09+	00:30+	00:24+	01:55+	01:03+	01:26+	00:55+	01:33+	01:01+	00:47+	00:23+	01:44+	00:25+		
19	Knut Vidar Lund				42				26:59													
01:08+	02:38+	02:56+	04:14+	05:47+	07:01+	07:45+	09:07+	11:14+	11:56+	12:35+	14:53+	17:23+	19:07+	20:18+	21:49+	23:02+	23:57+	24:24+	26:34+	26:59+		
01:08+	01:30+	00:18+	01:18+	01:33+	01:14+	00:44+	01:22+	02:07+	00:42+	00:39+	02:18+	02:30+	01:44+	01:11+	01:31+	01:13+	00:55+	00:27+	02:10+	00:25+		
01:08+	01:30+	00:18+	01:18+	01:33+	01:14+	00:44+	01:22+	02:07+	00:42+	00:39+	02:18+	02:30+	01:44+	01:11+	01:31+	01:13+	00:55+	00:27+	02:10+	00:25+		
20	knut johan schjerve				LMF				29:24													
00:59+	03:32+	06:10+	07:33+	09:08+	10:20+	12:48+	14:29+	16:22+	16:55+	17:24+	19:16+	20:29+	21:58+	22:52+	24:42+	26:24+	27:06+	27:28+	28:59+	29:24+		
00:59+	02:33+	02:38+	01:23+	01:35+	01:12+	02:28+	01:41+	01:53+	00:33+	00:29+	01:52+	01:13+	01:29+	00:54+	01:50+	01:42+	00:42+	00:22+	01:31+	00:25+		
00:59+	02:33+	02:38+	01:23+	01:35+	01:12+	02:28+	01:41+	01:53+	00:33+	00:29+	01:52+	01:13+	01:29+	00:54+	01:50+	01:42+	00:42+	00:22+	01:31+	00:25+		
21	Håkon Beitnes				11				31:27													
01:11+	02:32+	02:53+	04:00+	05:40+	06:41+	09:05+	11:22+	13:30+	17:12+	17:39+	20:03+	23:14+	24:45+	25:39+	27:21+	28:20+	29:12+	29:35+	30:57+	31:27+		
01:11+	01:21+	00:21+	01:07+	01:40+	01:01+	02:24+	02:17+	02:08+	03:42+	00:27+	02:24+	03:11+	01:31+	00:54+	01:42+	00:59+	00:52+	00:23+	01:22+	00:30+		
01:11+	01:21+	00:21+	01:07+	01:40+	01:01+	02:24+	02:17+	02:08+	03:42+	00:27+	02:24+	03:11+	01:31+	00:54+	01:42+	00:59+	00:52+	00:23+	01:22+	00:30+		

Beste strekktid for klassen

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

H 5.5 km

1	Pål Stenberg										44										18:59									
01:17=	01:34=	02:00=	03:02=	03:46=	04:24=	04:42=	05:52=	07:04=	08:32=	10:07=	10:33=	10:53=	11:14=	12:13=	14:19=	14:46=	15:07=	15:51=	17:13=	17:33=	18:36=	18:59=								
01:17=	00:17=	00:26=	01:02=	00:44=	00:38=	00:18=	01:10=	01:12=	01:28=	01:35=	00:26=	00:20=	00:21=	00:59=	02:06=	00:27=	00:21=	00:44=	01:22=	00:20=	01:03=	00:23=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								

Plass	Navn										Klasse	Tid															
H 5.5 km																											
2	Sigurd Dæhli										23	19:20															
01:31+	01:44+	02:10+	03:11+	03:50+	04:28+	04:50+	06:00+	07:30+	08:42+	10:14+	10:39+	11:01+	11:24+	12:17+	14:24+	14:53+	15:11+	16:03+	17:27+	17:47+	18:58+	19:20+					
01:31+	00:13-	00:26=	01:01-	00:39-	00:38=	00:22+	01:10=	01:30+	01:12-	01:32-	00:25-	00:22+	00:23+	00:53-	02:07+	00:29+	00:18-	00:52+	01:24+	00:20=	01:11+	00:22-					
00:14#	00:04-	00:00=	00:01-	00:05-	00:00=	00:04#	00:00=	00:18#	00:16-	00:03-	00:01-	00:02#	00:02+	00:06-	00:01+	00:02+	00:03-	00:08#	00:02+	00:00=	00:08#	00:01-					
3	Michael Sætvedt										34	20:22															
01:19+	01:46+	02:15+	03:20+	04:17+	04:55+	05:18+	06:29+	08:01+	09:37+	11:06+	11:38+	11:59+	12:31+	13:28+	15:29+	16:00+	16:21+	17:14+	18:36+	18:58+	20:03+	20:22+					
01:19+	00:27+	00:29+	01:05+	00:57+	00:38+	00:23+	01:11+	01:32+	01:36+	01:29+	00:32+	00:21+	00:32+	00:57+	02:01+	00:31+	00:21+	00:53+	01:22+	00:22+	01:05+	00:19+					
01:19+	00:27+	00:29+	01:05+	00:57+	00:38+	00:23+	01:11+	01:32+	01:36+	01:29+	00:32+	00:21+	00:32+	00:57+	02:01+	00:31+	00:21+	00:53+	01:22+	00:22+	01:05+	00:19+					
4	Frode Ødegårdstuen										ASKO	21:17															
01:27+	01:42+	02:12+	03:25+	04:08+	04:58+	05:16+	06:37+	07:57+	09:09+	10:33+	11:00+	11:22+	11:52+	13:05+	15:20+	15:48+	16:11+	17:50+	19:20+	19:43+	20:55+	21:17+					
01:27+	00:15+	00:30+	01:13+	00:43+	00:50+	00:18+	01:21+	01:20+	01:12+	01:24+	00:27+	00:22+	00:30+	01:13+	02:15+	00:28+	00:23+	01:39+	01:30+	00:23+	01:12+	00:22+					
01:27+	00:15+	00:30+	01:13+	00:43+	00:50+	00:18+	01:21+	01:20+	01:12+	01:24+	00:27+	00:22+	00:30+	01:13+	02:15+	00:28+	00:23+	01:39+	01:30+	00:23+	01:12+	00:22+					
5	Harald Berge										24	22:45															
01:32+	01:47+	02:16+	03:31+	04:31+	05:19+	05:38+	06:54+	08:12+	09:36+	11:32+	12:35+	12:53+	13:17+	13:46+	15:00+	17:12+	17:45+	18:06+	19:02+	20:39+	21:10+	22:24+	22:45+				
01:32+	00:15+	00:29+	01:15+	01:00+	00:48+	00:19+	01:16+	01:18+	01:24+	01:56+	01:03+	00:18+	00:24+	00:29+	01:14+	02:12+	00:33+	00:21+	00:56+	01:37+	00:31+	01:14+	00:21+				
01:32+	00:15+	00:29+	01:15+	01:00+	00:48+	00:19+	01:16+	01:18+	01:24+	01:56+	01:03+	00:18+	00:24+	00:29+	01:14+	02:12+	00:33+	00:21+	00:56+	01:37+	00:31+	01:14+	00:21+				
6	Stein Arne Negård										4	24:25															
01:33+	01:52+	02:51+	04:18+	05:02+	05:44+	06:05+	07:33+	09:49+	11:59+	13:47+	14:18+	14:44+	15:10+	16:14+	18:45+	19:19+	19:41+	20:42+	22:11+	22:36+	23:58+	24:25+					
01:33+	00:19+	00:59+	01:27+	00:44+	00:42+	00:21+	01:28+	02:16+	02:10+	01:48+	00:31+	00:26+	00:26+	01:04+	02:31+	00:34+	00:22+	01:01+	01:29+	00:25+	01:22+	00:27+					
01:33+	00:19+	00:59+	01:27+	00:44+	00:42+	00:21+	01:28+	02:16+	02:10+	01:48+	00:31+	00:26+	00:26+	01:04+	02:31+	00:34+	00:22+	01:01+	01:29+	00:25+	01:22+	00:27+					
7	Kjetil Liven										LMF	25:58															
01:46+	02:22+	03:00+	04:36+	05:34+	06:36+	07:01+	08:24+	09:58+	11:24+	13:45+	14:21+	14:49+	15:27+	16:53+	19:18+	19:53+	20:23+	21:40+	23:23+	24:00+	25:32+	25:58+					
01:46+	00:36+	00:38+	01:36+	00:58+	01:02+	00:25+	01:23+	01:34+	01:26+	02:21+	00:36+	00:28+	00:38+	01:26+	02:25+	00:35+	00:30+	01:17+	01:43+	00:37+	01:32+	00:26+					
01:46+	00:36+	00:38+	01:36+	00:58+	01:02+	00:25+	01:23+	01:34+	01:26+	02:21+	00:36+	00:28+	00:38+	01:26+	02:25+	00:35+	00:30+	01:17+	01:43+	00:37+	01:32+	00:26+					
8	Ole Christian Bang										18	26:57															
03:13+	03:52+	04:34+	05:50+	07:31+	08:38+	09:32+	09:54+	11:06+	12:40+	13:59+	15:57+	17:03+	17:29+	17:51+	18:50+	21:05+	21:35+	22:10+	23:15+	24:59+	25:34+	26:37+	26:57+				
03:13+	00:39+	00:42+	01:16+	01:41+	01:07+	00:54+	00:22+	01:12+	01:34+	01:19+	01:58+	01:06+	00:26+	00:22+	00:59+	02:15+	00:30+	00:35+	01:05+	01:44+	00:35+	01:03+	00:20+				
03:13+	00:39+	00:42+	01:16+	01:41+	01:07+	00:54+	00:22+	01:12+	01:34+	01:19+	01:58+	01:06+	00:26+	00:22+	00:59+	02:15+	00:30+	00:35+	01:05+	01:44+	00:35+	01:03+	00:20+				

Beste strekketid for klassen

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