

Bedrifts-o-løp 24082021**Strekktider****Svartholtet -24.08.2021****Plass Navn****Klasse****Tid****D 1,5****1 Synnøve Kaul 1013 39:51**

06:00= 13:58= 18:32= 21:25= 32:38= 38:29= 39:51=
 06:00= 07:58= 04:34= 02:53= 11:13= 05:51= 01:22=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Marie Rustadbakken 7 47:50

06:59+ 17:53+ 22:54+ 25:30+ 40:37+ 46:46+ 47:50+
 06:59+ 10:54+ 05:01+ 02:36- 15:07+ 06:09+ 01:04-
 00:59# 02:56& 00:27+ 00:17- 03:54& 00:18+ 00:18-

3 Eva Stensby 89 48:23

06:59+ 16:34+ 21:12+ 24:05+ 42:15+ 46:59+ 48:23+
 06:59+ 09:35+ 04:38+ 02:53= 18:10+ 04:44- 01:24+
 00:59# 01:37# 00:04+ 00:00= 06:57& 01:07- 00:02+

4 Helga Hansen 7 50:32

09:18+ 20:05+ 24:58+ 27:53+ 43:04+ 48:57+ 50:32+
 09:18+ 10:47+ 04:53+ 02:55+ 15:11+ 05:53+ 01:35+
 03:18& 02:49& 00:19+ 00:02+ 03:58& 00:02+ 00:13#

5 Gerd Grønvold 7 52:29

10:33+ 21:56+ 27:07+ 30:17+ 45:03+ 50:58+ 52:29+
 10:33+ 11:23+ 05:11+ 03:10+ 14:46+ 05:55+ 01:31+
 04:33& 03:25& 00:37# 00:17+ 03:33& 00:04+ 00:09#

6 Solveig Johannessen 7 56:03

14:51+ 25:58+ 31:08+ 34:17+ 48:42+ 54:32+ 56:03+
 14:51+ 11:07+ 05:10+ 03:09+ 14:25+ 05:50- 01:31+
 08:51@ 03:09& 00:36# 00:16+ 03:12& 00:01- 00:09#

7 Aud Grønvold 7 56:17

13:08+ 25:35+ 32:19+ 35:49+ 49:43+ 54:52+ 56:17+
 13:08+ 12:27+ 06:44+ 03:30+ 13:54+ 05:09- 01:25+
 07:08@ 04:29& 02:10& 00:37# 02:41# 00:42- 00:03+

Beste strekktid for klassen

06:00 07:58 04:34 02:36 11:13 04:44 01:04

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

D 2,5**1 Sidsel Storihle Geno 35:00**

06:42= 12:49= 15:35= 17:39= 21:29= 25:23= 30:26= 32:48= 34:07= 35:00=
 06:42= 06:07= 02:46= 02:04= 03:50= 03:54= 05:03= 02:22= 01:19= 00:53=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Kari Undrum 152 49:40

11:57+ 21:09+ 25:01+ 27:59+ 32:52+ 37:24+ 44:04+ 46:33+ 48:44+ 49:40+
 11:57+ 09:12+ 03:52+ 02:58+ 04:53+ 04:32+ 06:40+ 02:29+ 02:11+ 00:56+
 05:15& 03:05& 01:06& 00:54& 01:03& 00:38# 01:37& 00:07+ 00:52& 00:03+

3 Bente Tangen Wikstrøm Geno 51:15

07:35+ 14:22+ 17:49+ 26:04+ 30:20+ 34:06+ 46:18+ 48:41+ 50:17+ 51:15+
 07:35+ 06:47+ 03:27+ 08:15+ 04:16+ 03:46- 12:12+ 02:23+ 01:36+ 00:58+
 00:53# 00:40# 00:41# 06:11@ 00:26# 00:08- 07:09@ 00:01+ 00:17# 00:05+

Plass	Navn	Klasse	Tid
D 2,5			
4	Rønnaug Sagbakken	1071	53:47
09:55+	18:35+ 24:27+ 27:27+ 32:49+ 38:07+ 47:55+ 50:26+ 52:35+ 53:47+		
09:55+	08:40+ 05:52+ 03:00+ 05:22+ 05:18+ 09:48+ 02:31+ 02:09+ 01:12+		
03:13&	02:33& 03:06@ 00:56& 01:32& 01:24& 04:45& 00:09+ 00:50& 00:19&		
5	Anita Stensby Bekkelund	89	56:56
11:37+	22:00+ 27:04+ 30:56+ 37:11+ 42:32+ 49:53+ 52:53+ 55:58+ 56:56+		
11:37+	10:23+ 05:04+ 03:52+ 06:15+ 05:21+ 07:21+ 03:00+ 03:05+ 00:58+		
11:37+	10:23+ 05:04+ 03:52+ 06:15+ 05:21+ 07:21+ 03:00+ 03:05+ 00:58+		
6	Sigrid Helene Bøgeberg	89	57:15
13:13+	19:14+ 23:21+ 25:12+ 36:02+ 44:32+ 52:32+ 54:29+ 56:35+ 57:15+		
13:13+	06:01+ 04:07+ 01:51+ 10:50+ 08:30+ 08:00+ 01:57+ 02:06+ 00:40+		
13:13+	06:01+ 04:07+ 01:51+ 10:50+ 08:30+ 08:00+ 01:57+ 02:06+ 00:40+		
7	Linda Thorvaldsen	7	59:30
09:21+	33:29+ 37:17+ 39:26+ 44:41+ 49:21+ 55:12+ 57:00+ 58:43+ 59:30+		
09:21+	24:08+ 03:48+ 02:09+ 05:15+ 04:40+ 05:51+ 01:48+ 01:43+ 00:47+		
09:21+	24:08+ 03:48+ 02:09+ 05:15+ 04:40+ 05:51+ 01:48+ 01:43+ 00:47+		
8	Annie O Gihlemon	89	1:00:39
11:06+	25:05+ 30:48+ 33:59+ 40:18+ 45:41+ 52:57+ 55:46+ 59:21+ 60:39+		
11:06+	13:59+ 05:43+ 03:11+ 06:19+ 05:23+ 07:16+ 02:49+ 03:35+ 01:18+		
11:06+	13:59+ 05:43+ 03:11+ 06:19+ 05:23+ 07:16+ 02:49+ 03:35+ 01:18+		
9	Helene Kartomten	89	1:00:47
09:46+	21:06+ 25:30+ 28:59+ 35:52+ 40:50+ 55:03+ 57:28+ 59:40+ 60:47+		
09:46+	11:20+ 04:24+ 03:29+ 06:53+ 04:58+ 14:13+ 02:25+ 02:12+ 01:07+		
09:46+	11:20+ 04:24+ 03:29+ 06:53+ 04:58+ 14:13+ 02:25+ 02:12+ 01:07+		
10	Randi Aas Fjæstad	89	1:01:09
15:49+	24:41+ 29:44+ 32:55+ 39:21+ 46:49+ 54:39+ 57:06+ 59:59+ 61:09+		
15:49+	08:52+ 05:03+ 03:11+ 06:26+ 07:28+ 07:50+ 02:27+ 02:53+ 01:10+		
15:49+	08:52+ 05:03+ 03:11+ 06:26+ 07:28+ 07:50+ 02:27+ 02:53+ 01:10+		
11	Oddveig Anne Sagbakken	88	1:02:34
16:33+	24:44+ 29:43+ 32:47+ 39:19+ 46:16+ 57:09+ 59:27+ 61:37+ 62:34+		
16:33+	08:11+ 04:59+ 03:04+ 06:32+ 06:57+ 10:53+ 02:18+ 02:10+ 00:57+		
16:33+	08:11+ 04:59+ 03:04+ 06:32+ 06:57+ 10:53+ 02:18+ 02:10+ 00:57+		
12	Elisabet Høgset Rise	Geno	1:02:57
10:32+	17:07+ 20:22+ 36:13+ 40:38+ 48:31+ 57:20+ 59:54+ 61:56+ 62:57+		
10:32+	06:35+ 03:15+ 15:51+ 04:25+ 07:53+ 08:49+ 02:34+ 02:02+ 01:01+		
10:32+	06:35+ 03:15+ 15:51+ 04:25+ 07:53+ 08:49+ 02:34+ 02:02+ 01:01+		
13	Marit Holmgren	7	1:05:03
12:12+	23:39+ 28:47+ 32:08+ 40:47+ 46:58+ 59:20+ 61:44+ 63:59+ 65:03+		
12:12+	11:27+ 05:08+ 03:21+ 08:39+ 06:11+ 12:22+ 02:24+ 02:15+ 01:04+		
12:12+	11:27+ 05:08+ 03:21+ 08:39+ 06:11+ 12:22+ 02:24+ 02:15+ 01:04+		

Beste strekktid for klassen

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

D 3,5

Plass	Navn		Klasse										Tid
D 3,5													
1	Eirin Lodgaard		136										48:39
	07:07=	11:18=	13:51=	16:36=	24:57=	31:25=	35:20=	38:51=	41:23=	45:19=	46:46=	47:57=	48:39=
	07:07=	04:11=	02:33=	02:45=	08:21=	06:28=	03:55=	03:31=	02:32=	03:56=	01:27=	01:11=	00:42=
	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 Narum		165										52:38
	06:19+	13:31+	15:19+	18:05+	31:08+	35:10+	39:00+	42:58+	45:09+	49:14+	50:40+	51:52+	52:38+
	06:19+	07:12+	01:48+	02:46+	13:03+	04:02+	03:50+	03:58+	02:11+	04:05+	01:26+	01:12+	00:46+
	06:19+	07:12+	01:48+	02:46+	13:03+	04:02+	03:50+	03:58+	02:11+	04:05+	01:26+	01:12+	00:46+
3	Kirsten Merete Nerheim		89										59:22
	08:47+	18:28+	20:23+	23:42+	35:22+	40:22+	44:28+	48:09+	50:36+	54:43+	56:10+	58:33+	59:22+
	08:47+	09:41+	01:55+	03:19+	11:40+	05:00+	04:06+	03:41+	02:27+	04:07+	01:27+	02:23+	00:49+
	08:47+	09:41+	01:55+	03:19+	11:40+	05:00+	04:06+	03:41+	02:27+	04:07+	01:27+	02:23+	00:49+
4	Anne Karin Westby		1071										59:54
	09:14+	24:56+	27:14+	30:34+	36:17+	41:41+	45:46+	49:44+	52:14+	56:27+	57:54+	59:16+	59:54+
	09:14+	15:42+	02:18+	03:20+	05:43+	05:24+	04:05+	03:58+	02:30+	04:13+	01:27+	01:22+	00:38+
	09:14+	15:42+	02:18+	03:20+	05:43+	05:24+	04:05+	03:58+	02:30+	04:13+	01:27+	01:22+	00:38+
5	Karen Tomter		163										1:04:10
	08:38+	14:45+	18:16+	22:05+	30:38+	38:48+	45:05+	50:50+	54:11+	59:02+	61:06+	63:14+	64:10+
	08:38+	06:07+	03:31+	03:49+	08:33+	08:10+	06:17+	05:45+	03:21+	04:51+	02:04+	02:08+	00:56+
	08:38+	06:07+	03:31+	03:49+	08:33+	08:10+	06:17+	05:45+	03:21+	04:51+	02:04+	02:08+	00:56+
6	Grete Storsveen		1071										1:08:53
	09:37+	27:04+	29:27+	32:58+	39:31+	45:21+	50:13+	55:18+	59:03+	63:43+	65:50+	68:01+	68:53+
	09:37+	17:27+	02:23+	03:31+	06:33+	05:50+	04:52+	05:05+	03:45+	04:40+	02:07+	02:11+	00:52+
	09:37+	17:27+	02:23+	03:31+	06:33+	05:50+	04:52+	05:05+	03:45+	04:40+	02:07+	02:11+	00:52+
7	Anne Sørum		1013										1:28:45
	07:55+	17:46+	31:07+	35:04+	44:25+	53:01+	58:32+	70:07+	74:58+	81:28+	84:23+	86:50+	88:45+
	07:55+	09:51+	13:21+	03:57+	09:21+	08:36+	05:31+	11:35+	04:51+	06:30+	02:55+	02:27+	01:55+
	07:55+	09:51+	13:21+	03:57+	09:21+	08:36+	05:31+	11:35+	04:51+	06:30+	02:55+	02:27+	01:55+

Beste strekktid for klassen

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

D 4,5

1	Unn Mette Klopbakken		43										52:48
	04:26=	07:56=	09:42=	15:21=	18:40=	29:28=	34:39=	37:18=	40:16=	43:02=	48:12=	50:55=	52:12=
	04:26=	03:30=	01:46=	05:39=	03:19=	10:48=	05:11=	02:39=	02:58=	02:46=	05:10=	02:43=	01:17=
	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		1032										54:22
	07:12+	10:37+	12:10+	20:28+	23:32+	33:27+	36:59+	40:09+	43:30+	45:59+	50:13+	52:34+	53:39+
	07:12+	03:25-	01:33-	08:18+	03:04-	09:55-	03:32-	03:10+	03:21+	02:29-	04:14-	02:21-	01:05-
	02:46&	00:05-	00:13-	02:39&	00:15-	00:53-	01:39-	00:31#	00:23#	00:17-	00:56-	00:22-	00:12-
													00:07#
3	Line Merete Libak		89										54:29
	03:14-	06:04-	08:05-	14:31-	18:40=	31:17+	35:26+	37:36+	41:02+	44:01+	49:59+	52:34+	53:41+
	03:14-	02:50-	02:01+	06:26+	04:09+	12:37+	04:09-	02:10-	03:26+	02:59+	05:58+	02:35-	01:07-
	01:12-	00:40-	00:15#	00:47#	00:50&	01:49#	01:02-	00:29-	00:28#	00:13+	00:48#	00:08-	00:10-
													00:12&

Plass	Navn					Klasse					Tid				
D 4,5															
4	Wenche Bjørnstad					Geno					54:53				
02:43-	06:25-	08:35-	13:59-	17:25-	31:54+	36:37+	39:03+	42:14+	45:05+	50:20+	53:00+	54:14+	54:53+		
02:43-	03:42+	02:10+	05:24-	03:26+	14:29+	04:43-	02:26-	03:11+	02:51+	05:15+	02:40-	01:14-	00:39+		
01:43-	00:12+	00:24#	00:15-	00:07+	03:41&	00:28-	00:13-	00:13+	00:05+	00:05+	00:03-	00:03-	00:03+		
5	Lis Dæhli					90					58:11				
04:42+	08:33+	11:46+	18:04+	21:39+	32:11+	36:09+	38:36+	42:19+	47:09+	52:55+	56:07+	57:19+	58:11+		
04:42+	03:51+	03:13+	06:18+	03:35+	10:32+	03:58+	02:27+	03:43+	04:50+	05:46+	03:12+	01:12+	00:52+		
04:42+	03:51+	03:13+	06:18+	03:35+	10:32+	03:58+	02:27+	03:43+	04:50+	05:46+	03:12+	01:12+	00:52+		
6	Marianne Rud Skjærstad					89					59:54				
04:11+	07:07+	09:30+	15:56+	19:44+	32:58+	38:15+	40:53+	44:37+	47:26+	53:48+	57:53+	59:14+	59:54+		
04:11+	02:56+	02:23+	06:26+	03:48+	13:14+	05:17+	02:38+	03:44+	02:49+	06:22+	04:05+	01:21+	00:40+		
04:11+	02:56+	02:23+	06:26+	03:48+	13:14+	05:17+	02:38+	03:44+	02:49+	06:22+	04:05+	01:21+	00:40+		
7	Sylvia Andersen					27					1:05:23				
08:16+	12:16+	14:46+	21:21+	26:04+	38:48+	43:22+	45:52+	49:36+	52:35+	58:48+	62:11+	64:42+	65:23+		
08:16+	04:00+	02:30+	06:35+	04:43+	12:44+	04:34+	02:30+	03:44+	02:59+	06:13+	03:23+	02:31+	00:41+		
08:16+	04:00+	02:30+	06:35+	04:43+	12:44+	04:34+	02:30+	03:44+	02:59+	06:13+	03:23+	02:31+	00:41+		
Beste strekktid for klassen															
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
H 1,5															
1	Jan Erik Johansen					55					25:58				
05:12=	10:44=	14:04=	16:10=	21:02=	25:06=	25:58=									
05:12=	05:32=	03:20=	02:06=	04:52=	04:04=	00:52=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	Knut Røhrsveen					7					29:14				
05:27+	11:25+	16:38+	18:40+	25:11+	28:30+	29:14+									
05:27+	05:58+	05:13+	02:02-	06:31+	03:19-	00:44-									
00:15+	00:26+	01:53&	00:04-	01:39&	00:45-	00:08-									
3	Einar Stensby					89					38:44				
04:37-	12:06+	17:28+	19:37+	34:07+	37:42+	38:44+									
04:37-	07:29+	05:22+	02:09+	14:30+	03:35-	01:02+									
00:35-	01:57&	02:02&	00:03+	09:38@	00:29-	00:10#									
4	Bjørn Jenssen					1013					38:53				
06:23+	13:42+	18:54+	23:35+	32:36+	37:37+	38:53+									
06:23+	07:19+	05:12+	04:41+	09:01+	05:01+	01:16+									
01:11#	01:47&	01:52&	02:35@	04:09&	00:57#	00:24&									
5	Halstein Ødegård					89					44:26				
09:00+	17:11+	22:12+	26:46+	37:02+	43:02+	44:26+									
09:00+	08:11+	05:01+	04:34+	10:16+	06:00+	01:24+									
03:48&	02:39&	01:41&	02:28@	05:24@	01:56&	00:32&									
6	Erik Skårås					1071					47:44				
06:17+	15:12+	22:57+	27:26+	39:06+	46:34+	47:44+									
06:17+	08:55+	07:45+	04:29+	11:40+	07:28+	01:10+									
01:05#	03:23&	04:25@	02:23@	06:48@	03:24&	00:18&									

Plass	Navn	Klasse	Tid						
H 1,5									
7	Trygve Jan Bjerke	55	51:22						
05:07-	27:04+	31:09+	35:33+	45:49+	50:14+	51:22+			
05:07-	21:57+	04:05+	04:24+	10:16+	04:25+	01:08+			
00:05-	16:25@	00:45#	02:18@	05:24@	00:21+	00:16&			
8	Ragnar Høsøien	55	1:03:48						
09:31+	22:06+	29:35+	34:06+	53:27+	61:46+	63:48+			
09:31+	12:35+	07:29+	04:31+	19:21+	08:19+	02:02+			
09:31+	12:35+	07:29+	04:31+	19:21+	08:19+	02:02+			
9	Knut Martinsen	1071	1:14:48						
11:52+	35:49+	42:08+	47:07+	64:59+	72:44+	74:48+			
11:52+	23:57+	06:19+	04:59+	17:52+	07:45+	02:04+			
11:52+	23:57+	06:19+	04:59+	17:52+	07:45+	02:04+			
10	Erik Bjøralt	NOTEAM	1:14:48						
11:45+	35:49+	42:00+	46:56+	65:02+	72:53+	74:48+			
11:45+	24:04+	06:11+	04:56+	18:06+	07:51+	01:55+			
11:45+	24:04+	06:11+	04:56+	18:06+	07:51+	01:55+			
11	Arne Gunnar Barflo	89	1:22:03						
16:53+	34:09+	44:15+	50:55+	67:11+	78:34+	82:03+			
16:53+	17:16+	10:06+	06:40+	16:16+	11:23+	03:29+			
16:53+	17:16+	10:06+	06:40+	16:16+	11:23+	03:29+			
Beste strekketid for klassen									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.									
H 2,5									
1	Tore Stensby	93	34:48						
03:14=	05:09=	09:39=	11:40=	15:19=	20:07=	25:58=	30:47=	33:51=	34:48=
03:14=	01:55=	04:30=	02:01=	03:39=	04:48=	05:51=	04:49=	03:04=	00:57=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Terje Lien	155	38:45						
03:19+	05:22+	14:35+	17:00+	20:51+	26:24+	31:02+	35:09+	37:47+	38:45+
03:19+	02:03+	09:13+	02:25+	03:51+	05:33+	04:38-	04:07-	02:38-	00:58+
00:05+	00:08+	04:43@	00:24#	00:12+	00:45#	01:13-	00:42-	00:26-	00:01+
3	Jan Olav Sæther	165	41:17						
03:41+	05:55+	10:07+	12:59+	18:33+	26:35+	32:37+	37:25+	40:27+	41:17+
03:41+	02:14+	04:12-	02:52+	05:34+	08:02+	06:02+	04:48-	03:02-	00:50-
00:27#	00:19#	00:18-	00:51&	01:55&	03:14&	00:11+	00:01-	00:02-	00:07-
4	Arne Hagen	167	41:29						
04:33+	07:08+	16:01+	18:15+	23:21+	27:56+	32:36+	36:42+	40:45+	41:29+
04:33+	02:35+	08:53+	02:14+	05:06+	04:35-	04:40-	04:06-	04:03+	00:44-
01:19&	00:40&	04:23&	00:13#	01:27&	00:13-	01:11-	00:43-	00:59&	00:13-
5	Ola Molstad	167	42:04						
03:56+	06:15+	13:06+	15:04+	18:54+	26:51+	32:31+	38:01+	41:22+	42:04+
03:56+	02:19+	06:51+	01:58-	03:50+	07:57+	05:40-	05:30+	03:21+	00:42-
00:42#	00:24#	02:21&	00:03-	00:11+	03:09&	00:11-	00:41#	00:17+	00:15-

Plass	Navn	Klasse									Tid
H 2,5											
6	Ottar Evensen	27									45:07
04:12+	06:53+	13:06+	15:55+	20:10+	25:39+	35:13+	39:59+	44:08+	45:07+		
04:12+	02:41+	06:13+	02:49+	04:15+	05:29+	09:34+	04:46-	04:09+	00:59+		
00:58&	00:46&	01:43&	00:48&	00:36#	00:41#	03:43&	00:03-	01:05&	00:02+		
7	Magnar Nybakk	1071									45:12
04:11+	13:39+	17:19+	19:29+	23:49+	29:41+	35:08+	41:01+	44:14+	45:12+		
04:11+	09:28+	03:40+	02:10+	04:20+	05:52+	05:27+	05:53+	03:13+	00:58+		
04:11+	09:28+	03:40+	02:10+	04:20+	05:52+	05:27+	05:53+	03:13+	00:58+		
8	Kåre Garmager	155									46:08
04:28+	09:30+	15:00+	17:42+	23:35+	28:43+	35:08+	40:09+	44:15+	46:08+		
04:28+	05:02+	05:30+	02:42+	05:53+	05:08+	06:25+	05:01+	04:06+	01:53+		
04:28+	05:02+	05:30+	02:42+	05:53+	05:08+	06:25+	05:01+	04:06+	01:53+		
9	Magne Smeland	167									48:05
04:36+	07:18+	12:08+	14:13+	17:58+	23:20+	37:03+	42:57+	47:10+	48:05+		
04:36+	02:42+	04:50+	02:05+	03:45+	05:22+	13:43+	05:54+	04:13+	00:55+		
04:36+	02:42+	04:50+	02:05+	03:45+	05:22+	13:43+	05:54+	04:13+	00:55+		
10	Torbjørn Ødegaard	1058									49:02
05:06+	08:29+	13:49+	16:24+	21:11+	27:42+	37:29+	43:46+	48:01+	49:02+		
05:06+	03:23+	05:20+	02:35+	04:47+	06:31+	09:47+	06:17+	04:15+	01:01+		
05:06+	03:23+	05:20+	02:35+	04:47+	06:31+	09:47+	06:17+	04:15+	01:01+		
11	Stein erik Edvardsen	27									52:05
03:27+	06:05+	10:23+	13:14+	17:46+	25:14+	38:49+	44:21+	50:42+	52:05+		
03:27+	02:38+	04:18+	02:51+	04:32+	07:28+	13:35+	05:32+	06:21+	01:23+		
03:27+	02:38+	04:18+	02:51+	04:32+	07:28+	13:35+	05:32+	06:21+	01:23+		
12	Morten Øie	39									52:32
11:33+	18:26+	28:26+	31:11+	35:21+	40:14+	44:52+	48:51+	51:36+	52:32+		
11:33+	06:53+	10:00+	02:45+	04:10+	04:53+	04:38+	03:59+	02:45+	00:56+		
11:33+	06:53+	10:00+	02:45+	04:10+	04:53+	04:38+	03:59+	02:45+	00:56+		
13	Harald Grønvold	7									55:36
03:39+	06:11+	12:11+	14:11+	19:52+	26:23+	46:58+	51:51+	54:46+	55:36+		
03:39+	02:32+	06:00+	02:00+	05:41+	06:31+	20:35+	04:53+	02:55+	00:50+		
03:39+	02:32+	06:00+	02:00+	05:41+	06:31+	20:35+	04:53+	02:55+	00:50+		
14	Reidar Syversen	155									57:12
05:42+	14:52+	16:33+	21:34+	24:12+	29:47+	36:11+	42:51+	49:41+	55:40+	57:12+	
05:42+	09:10+	01:41+	05:01+	02:38+	05:35+	06:24+	06:40+	06:50+	05:59+	01:32+	
05:42+	09:10+	01:41+	05:01+	02:38+	05:35+	06:24+	06:40+	06:50+	05:59+	01:32+	
15	Thorvald Sæhlie	166									59:37
06:28+	10:16+	15:40+	18:56+	24:44+	36:01+	45:32+	51:51+	58:20+	59:37+		
06:28+	03:48+	05:24+	03:16+	05:48+	11:17+	09:31+	06:19+	06:29+	01:17+		
06:28+	03:48+	05:24+	03:16+	05:48+	11:17+	09:31+	06:19+	06:29+	01:17+		
16	Helge Storsveen	89									1:00:45
09:38+	13:37+	21:28+	25:25+	30:17+	38:27+	48:22+	55:29+	59:45+	60:45+		
09:38+	03:59+	07:51+	03:57+	04:52+	08:10+	09:55+	07:07+	04:16+	01:00+		
09:38+	03:59+	07:51+	03:57+	04:52+	08:10+	09:55+	07:07+	04:16+	01:00+		
17	Leif Martin Kjos	1071									1:02:17
03:55+	05:51+	19:30+	21:31+	25:28+	29:47+	54:37+	59:04+	61:36+	62:17+		
03:55+	01:56+	13:39+	02:01+	03:57+	04:19+	24:50+	04:27+	02:32+	00:41+		
03:55+	01:56+	13:39+	02:01+	03:57+	04:19+	24:50+	04:27+	02:32+	00:41+		

Plass	Navn										Klasse	Tid									
H 2,5																					
18	Sven Marken										89	1:07:29									
19:21+	21:58+	30:42+	33:32+	38:18+	44:39+	56:50+	62:15+	66:15+	67:29+												
19:21+	02:37+	08:44+	02:50+	04:46+	06:21+	12:11+	05:25+	04:00+	01:14+												
19:21+	02:37+	08:44+	02:50+	04:46+	06:21+	12:11+	05:25+	04:00+	01:14+												
Beste strekktid for klassen																					
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
H 3,5																					
1	Svein Godager										90	39:37									
04:17=	05:21=	07:29=	11:38=	14:28=	18:55=	23:44=	27:02=	31:46=	34:40=	36:38=	37:57=	38:57=	39:37=								
04:17=	01:04=	02:08=	04:09=	02:50=	04:27=	04:49=	03:18=	04:44=	02:54=	01:58=	01:19=	01:00=	00:40=								
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	Gjermund Nedgård										105	46:20									
05:31+	08:34+	10:30+	14:38+	17:33+	21:32+	27:25+	31:23+	35:04+	38:43+	43:13+	44:35+	45:38+	46:20+								
05:31+	03:03+	01:56-	04:08-	02:55+	03:59-	05:53+	03:58+	03:41-	03:39+	04:30+	01:22+	01:03+	00:42+								
01:14&	01:59@	00:12-	00:01-	00:05+	00:28-	01:04#	00:40#	01:03-	00:45&	02:32@	00:03+	00:03+	00:02+								
3	Hans Asbjørn Tingvold										RILO	47:29									
05:11+	06:48+	08:56+	14:18+	17:56+	23:29+	30:06+	33:57+	38:15+	41:41+	44:03+	45:40+	46:45+	47:29+								
05:11+	01:37+	02:08=	05:22+	03:38+	05:33+	06:37+	03:51+	04:18-	03:26+	02:22+	01:37+	01:05+	00:44+								
00:54#	00:33&	00:00=	01:13&	00:48&	01:06#	01:48&	00:33#	00:26-	00:32#	00:24#	00:18#	00:05+	00:04+								
4	Olav Juliussen										55	49:07									
05:51+	07:23+	09:42+	15:32+	20:29+	24:54+	29:08+	33:32+	36:59+	42:03+	44:33+	47:18+	48:30+	49:07+								
05:51+	01:32+	02:19+	05:50+	04:57+	04:25-	04:14-	04:24+	03:27-	05:04+	02:30+	02:45+	01:12+	00:37-								
01:34&	00:28&	00:11+	01:41&	02:07&	00:02-	00:35-	01:06&	01:17-	02:10&	00:32&	01:26@	00:12#	00:03-								
5	Trond Feiring										52	50:06									
05:07+	06:42+	09:51+	15:56+	19:44+	26:03+	30:35+	35:44+	40:05+	43:59+	46:33+	48:09+	49:19+	50:06+								
05:07+	01:35+	03:09+	06:05+	03:48+	06:19+	04:32-	05:09+	04:21-	03:54+	02:34+	01:36+	01:10+	00:47+								
00:50#	00:31&	01:01&	01:56&	00:58&	01:52&	00:17-	01:51&	00:23-	01:00&	00:36&	00:17#	00:10#	00:07#								
6	Hasse Bergstrøm										1076	50:14									
04:41+	06:47+	09:00+	14:28+	18:51+	24:09+	28:38+	33:11+	39:07+	42:36+	46:15+	48:02+	49:26+	50:14+								
04:41+	02:06+	02:13+	05:28+	04:23+	05:18+	04:29-	04:33+	05:56+	03:29+	03:39+	01:47+	01:24+	00:48+								
00:24+	01:02&	00:05+	01:19&	01:33&	00:51#	00:20-	01:15&	01:12&	00:35#	01:41&	00:28&	00:24&	00:08#								
7	Tore Jørgensen										105	50:27									
08:41+	10:02+	12:30+	19:55+	23:14+	29:19+	33:36+	36:44+	41:12+	44:52+	47:02+	48:35+	49:42+	50:27+								
08:41+	01:21+	02:28+	07:25+	03:19+	06:05+	04:17-	03:08-	04:28-	03:40+	02:10+	01:33+	01:07+	00:45+								
04:24@	00:17&	00:20#	03:16&	00:29#	01:38&	00:32-	00:10-	00:16-	00:46&	00:12#	00:14#	00:07#	00:05#								
8	Knut Wikstrøm										78	50:34									
07:33+	09:52+	12:59+	19:37+	22:57+	28:25+	32:57+	37:13+	41:04+	44:48+	47:11+	48:42+	49:49+	50:34+								
07:33+	02:19+	03:07+	06:38+	03:20+	05:28+	04:32-	04:16+	03:51-	03:44+	02:23+	01:31+	01:07+	00:45+								
03:16&	01:15@	00:59&	02:29&	00:30#	01:01#	00:17-	00:58&	00:53-	00:50&	00:25#	00:12#	00:07#	00:05#								
9	Morten Eriksen										105	50:35									
08:36+	11:24+	12:58+	17:17+	20:08+	24:29+	30:11+	37:33+	41:53+	45:27+	47:49+	49:02+	50:03+	50:35+								
08:36+	02:48+	01:34-	04:19+	02:51+	04:21-	05:42+	07:22+	04:20-	03:34+	02:22+	01:13-	01:01+	00:32-								
04:19@	01:44@	00:34-	00:10+	00:01+	00:06-	00:53#	04:04@	00:24-	00:40#	00:24#	00:06-	00:01+	00:08-								

Plass	Navn		Klasse								Tid				
H 3,5															
10	Ove Tåsåsen		1013								51:29				
06:15+	07:04+	09:54+	14:36+	17:53+	24:04+	30:36+	35:17+	40:26+	46:23+	48:47+	49:59+	50:55+	51:29+		
06:15+	00:49-	02:50+	04:42+	03:17+	06:11+	06:32+	04:41+	05:09+	05:57+	02:24+	01:12-	00:56-	00:34-		
01:58&	00:15-	00:42&	00:33#	00:27#	01:44&	01:43&	01:23&	00:25+	03:03@	00:26#	00:07-	00:04-	00:06-		
11	Jo Gisle Jørgensen		105								51:51				
07:20+	10:31+	12:37+	20:39+	24:16+	30:28+	34:45+	37:59+	41:38+	45:00+	47:13+	50:06+	51:13+	51:51+		
07:20+	03:11+	02:06+	08:02+	03:37+	06:12+	04:17+	03:14+	03:39+	03:22+	02:13+	02:53+	01:07+	00:38+		
07:20+	03:11+	02:06+	08:02+	03:37+	06:12+	04:17+	03:14+	03:39+	03:22+	02:13+	02:53+	01:07+	00:38+		
12	Erik Haugen		119								53:26				
05:30+	07:02+	09:26+	16:56+	20:55+	26:43+	32:16+	36:37+	42:53+	47:02+	49:44+	51:20+	52:46+	53:26+		
05:30+	01:32+	02:24+	07:30+	03:59+	05:48+	05:33+	04:21+	06:16+	04:09+	02:42+	01:36+	01:26+	00:40+		
05:30+	01:32+	02:24+	07:30+	03:59+	05:48+	05:33+	04:21+	06:16+	04:09+	02:42+	01:36+	01:26+	00:40+		
13	Tom S Helgesen		55								53:32				
08:55+	13:03+	15:13+	22:52+	26:21+	31:33+	36:06+	39:46+	43:41+	48:26+	50:34+	51:51+	52:55+	53:32+		
08:55+	04:08+	02:10+	07:39+	03:29+	05:12+	04:33+	03:40+	03:55+	04:45+	02:08+	01:17+	01:04+	00:37+		
08:55+	04:08+	02:10+	07:39+	03:29+	05:12+	04:33+	03:40+	03:55+	04:45+	02:08+	01:17+	01:04+	00:37+		
14	Knut Malmo		167								54:26				
05:29+	06:58+	09:46+	17:40+	21:57+	27:49+	33:23+	38:00+	43:27+	48:07+	50:45+	52:27+	53:48+	54:26+		
05:29+	01:29+	02:48+	07:54+	04:17+	05:52+	05:34+	04:37+	05:27+	04:40+	02:38+	01:42+	01:21+	00:38+		
05:29+	01:29+	02:48+	07:54+	04:17+	05:52+	05:34+	04:37+	05:27+	04:40+	02:38+	01:42+	01:21+	00:38+		
15	Torleif Finstad		55								54:53				
07:47+	09:51+	12:14+	23:44+	27:23+	32:35+	36:59+	40:55+	45:00+	49:02+	51:28+	52:54+	54:09+	54:53+		
07:47+	02:04+	02:23+	11:30+	03:39+	05:12+	04:24+	03:56+	04:05+	04:02+	02:26+	01:26+	01:15+	00:44+		
07:47+	02:04+	02:23+	11:30+	03:39+	05:12+	04:24+	03:56+	04:05+	04:02+	02:26+	01:26+	01:15+	00:44+		
16	Ludvig Bjerke-Narud		Geno								55:03				
05:04+	07:57+	11:09+	19:37+	24:09+	29:25+	34:02+	38:24+	44:21+	47:47+	50:23+	52:29+	54:21+	55:03+		
05:04+	02:53+	03:12+	08:28+	04:32+	05:16+	04:37+	04:22+	05:57+	03:26+	02:36+	02:06+	01:52+	00:42+		
05:04+	02:53+	03:12+	08:28+	04:32+	05:16+	04:37+	04:22+	05:57+	03:26+	02:36+	02:06+	01:52+	00:42+		
17	Ole Hans Øie		LMF								55:29				
04:48+	05:59+	09:51+	15:56+	19:43+	24:50+	29:15+	39:00+	44:40+	48:37+	51:36+	53:16+	54:44+	55:29+		
04:48+	01:11+	03:52+	06:05+	03:47+	05:07+	04:25+	09:45+	05:40+	03:57+	02:59+	01:40+	01:28+	00:45+		
04:48+	01:11+	03:52+	06:05+	03:47+	05:07+	04:25+	09:45+	05:40+	03:57+	02:59+	01:40+	01:28+	00:45+		
18	Ola Brevig		LMF								1:06:25				
07:32+	09:13+	12:20+	21:10+	26:50+	33:19+	39:06+	43:35+	53:20+	57:26+	61:30+	63:39+	65:41+	66:25+		
07:32+	01:41+	03:07+	08:50+	05:40+	06:29+	05:47+	04:29+	09:45+	04:06+	04:04+	02:09+	02:02+	00:44+		
07:32+	01:41+	03:07+	08:50+	05:40+	06:29+	05:47+	04:29+	09:45+	04:06+	04:04+	02:09+	02:02+	00:44+		
19	Lars Skramstad		LMF								1:06:42				
06:26+	08:31+	11:08+	18:47+	27:36+	32:50+	38:00+	42:27+	52:15+	57:22+	61:57+	63:35+	65:52+	66:42+		
06:26+	02:05+	02:37+	07:39+	08:49+	05:14+	05:10+	04:27+	09:48+	05:07+	04:35+	01:38+	02:17+	00:50+		
06:26+	02:05+	02:37+	07:39+	08:49+	05:14+	05:10+	04:27+	09:48+	05:07+	04:35+	01:38+	02:17+	00:50+		
20	Steinar Tønsager		11								1:11:22				
05:44+	07:27+	14:49+	23:09+	28:27+	49:45+	54:55+	58:38+	62:25+	66:10+	68:17+	69:36+	70:47+	71:22+		
05:44+	01:43+	07:22+	08:20+	05:18+	21:18+	05:10+	03:43+	03:47+	03:45+	02:07+	01:19+	01:11+	00:35+		
05:44+	01:43+	07:22+	08:20+	05:18+	21:18+	05:10+	03:43+	03:47+	03:45+	02:07+	01:19+	01:11+	00:35+		
21	Johnny Johansen		89								1:15:32				
07:16+	08:43+	11:52+	20:10+	26:59+	35:31+	42:46+	47:36+	58:49+	65:47+	69:34+	71:45+	74:16+	75:32+		
07:16+	01:27+	03:09+	08:18+	06:49+	08:32+	07:15+	04:50+	11:13+	06:58+	03:47+	02:11+	02:31+	01:16+		
07:16+	01:27+	03:09+	08:18+	06:49+	08:32+	07:15+	04:50+	11:13+	06:58+	03:47+	02:11+	02:31+	01:16+		

Plass	Navn		Klasse										Tid	
H 3,5														
22	Trond Øie		1071										1:15:53	
13:08+	14:19+	17:09+	23:01+	26:56+	43:32+	49:54+	57:55+	63:30+	68:23+	71:45+	73:33+	75:07+	75:53+	
13:08+	01:11+	02:50+	05:52+	03:55+	16:36+	06:22+	08:01+	05:35+	04:53+	03:22+	01:48+	01:34+	00:46+	
13:08+	01:11+	02:50+	05:52+	03:55+	16:36+	06:22+	08:01+	05:35+	04:53+	03:22+	01:48+	01:34+	00:46+	
23	Tore Stenseth		1013										1:22:52	
07:57+	10:52+	13:47+	19:54+	25:01+	33:00+	40:45+	54:29+	66:19+	72:07+	75:50+	78:10+	81:22+	82:52+	
07:57+	02:55+	02:55+	06:07+	05:07+	07:59+	07:45+	13:44+	11:50+	05:48+	03:43+	02:20+	03:12+	01:30+	
07:57+	02:55+	02:55+	06:07+	05:07+	07:59+	07:45+	13:44+	11:50+	05:48+	03:43+	02:20+	03:12+	01:30+	
24	Einar Flenvold		1041										1:25:19	
04:48+	06:04+	08:28+	27:47+	31:31+	47:16+	51:45+	55:27+	73:02+	77:46+	80:29+	83:04+	84:33+	85:19+	
04:48+	01:16+	02:24+	19:19+	03:44+	15:45+	04:29+	03:42+	17:35+	04:44+	02:43+	02:35+	01:29+	00:46+	
04:48+	01:16+	02:24+	19:19+	03:44+	15:45+	04:29+	03:42+	17:35+	04:44+	02:43+	02:35+	01:29+	00:46+	
25	Tore Gustav Tomter		1021										1:27:07	
05:27+	07:22+	09:51+	35:27+	40:30+	46:10+	51:17+	56:57+	75:55+	80:10+	82:33+	85:01+	86:28+	87:07+	
05:27+	01:55+	02:29+	25:36+	05:03+	05:40+	05:07+	05:40+	18:58+	04:15+	02:23+	02:28+	01:27+	00:39+	
05:27+	01:55+	02:29+	25:36+	05:03+	05:40+	05:07+	05:40+	18:58+	04:15+	02:23+	02:28+	01:27+	00:39+	
Beste strekktid for klassen														
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
H 4,5														
1	Terje Wikstrøm		Geno										42:08	
02:11=	05:15=	06:48=	11:57=	14:33=	23:36=	27:08=	29:06=	31:52=	34:08=	37:58=	40:29=	41:26=	42:08=	
02:11=	03:04=	01:33=	05:09=	02:36=	09:03=	03:32=	01:58=	02:46=	02:16=	03:50=	02:31=	00:57=	00:42=	
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	Harald Østbye		27										48:26	
02:48+	05:25+	07:09+	12:27+	15:42+	26:04+	30:11+	32:18+	35:52+	38:40+	43:48+	46:34+	47:43+	48:26+	
02:48+	02:37-	01:44+	05:18+	03:15+	10:22+	04:07+	02:07+	03:34+	02:48+	05:08+	02:46+	01:09+	00:43+	
00:37&	00:27-	00:11#	00:09+	00:39#	01:19#	00:35#	00:09+	00:48&	00:32#	01:18&	00:15+	00:12#	00:01+	
3	Bjørn J Sørum		1002										54:48	
04:52+	08:05+	09:48+	15:21+	18:07+	33:20+	37:33+	39:28+	43:03+	45:35+	50:15+	52:59+	54:13+	54:48+	
04:52+	03:13+	01:43+	05:33+	02:46+	15:13+	04:13+	01:55-	03:35+	02:32+	04:40+	02:44+	01:14+	00:35-	
02:41@	00:09+	00:10#	00:24+	00:10+	06:10&	00:41#	00:03-	00:49&	00:16#	00:50#	00:13+	00:17&	00:07-	
4	Ole Petter Saxrud		1028										58:59	
03:29+	06:40+	08:23+	16:52+	20:17+	31:57+	39:30+	42:24+	45:26+	47:54+	54:19+	57:09+	58:18+	58:59+	
03:29+	03:11+	01:43+	08:29+	03:25+	11:40+	07:33+	02:54+	03:02+	02:28+	06:25+	02:50+	01:09+	00:41-	
01:18&	00:07+	00:10#	03:20&	00:49&	02:37&	04:01@	00:56&	00:16+	00:12+	02:35&	00:19#	00:12#	00:01-	
5	Jon Bjørnstad		1071										1:00:37	
03:25+	07:43+	10:51+	17:14+	20:51+	34:55+	39:33+	41:53+	45:25+	48:46+	55:07+	58:39+	59:56+	60:37+	
03:25+	04:18+	03:08+	06:23+	03:37+	14:04+	04:38+	02:20+	03:32+	03:21+	06:21+	03:32+	01:17+	00:41-	
01:14&	01:14&	01:35@	01:14#	01:01&	05:01&	01:06&	00:22#	00:46&	01:05&	02:31&	01:01&	00:20&	00:01-	
6	Odd Arne Blystad		25										1:06:51	
03:20+	08:48+	10:31+	16:16+	20:05+	33:01+	47:34+	49:52+	53:00+	56:02+	62:16+	64:57+	66:12+	66:51+	
03:20+	05:28+	01:43+	05:45+	03:49+	12:56+	14:33+	02:18+	03:08+	03:02+	06:14+	02:41+	01:15+	00:39-	
01:09&	02:24&	00:10#	00:36#	01:13&	03:53&	11:01@	00:20#	00:22#	00:46&	02:24&	00:10+	00:18&	00:03-	

Plass	Navn	Klasse	Tid
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H 4,5

Beste strekktid for klassen

02:11 02:37 01:33 05:09 02:36 09:03 03:32 01:55 02:46 02:16 03:50 02:31 00:57 00:35

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

H 5,5

1	Amund beitnes										NOTEAM										45:56			
03:15=	04:08=	07:20=	08:39=	10:51=	18:06=	22:23=	24:15=	27:07=	30:11=	31:44=	34:54=	38:09=	40:47=	42:51=	43:48=	45:22=	45:56=							
03:15=	00:53=	03:12=	01:19=	02:12=	07:15=	04:17=	01:52=	02:52=	03:04=	01:33=	03:10=	03:15=	02:38=	02:04=	00:57=	01:34=	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=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Sigurd Dæhli										89										49:31			
03:21+	04:19+	07:19-	09:37+	11:57+	20:17+	24:38+	26:29+	29:53+	33:08+	34:47+	38:03+	41:46+	44:02+	46:02+	47:04+	48:49+	49:31+							
03:21+	00:58+	03:00-	02:18+	02:20+	08:20+	04:21+	01:51-	03:24+	03:15+	01:39+	03:16+	03:43+	02:16-	02:00-	01:02+	01:45+	00:42+							
00:06+	00:05+	00:12-	00:59&	00:08+	01:05#	00:04+	00:01-	00:32#	00:11+	00:06+	00:06+	00:28#	00:22-	00:04-	00:05+	00:11#	00:08#							
3	Stein Arne Negård										166										56:58			
04:10+	05:44+	09:19+	10:51+	13:33+	24:09+	29:14+	31:11+	35:15+	39:32+	41:22+	45:20+	49:39+	51:19+	53:37+	54:39+	56:21+	56:58+							
04:10+	01:34+	03:35+	01:32+	02:42+	10:36+	05:05+	01:57+	04:04+	04:17+	01:50+	03:58+	04:19+	01:40-	02:18+	01:02+	01:42+	00:37+							
00:55&	00:41&	00:23#	00:13#	00:30#	03:21&	00:48#	00:05+	01:12&	01:13&	00:17#	00:48&	01:04&	00:58-	00:14#	00:05+	00:08+	00:03+							
4	Frode Haug										10005										1:00:49			
04:44+	05:50+	08:54+	10:33+	12:51+	23:14+	30:09+	33:08+	36:43+	40:41+	42:20+	45:49+	50:23+	55:08+	57:31+	58:26+	60:14+	60:49+							
04:44+	01:06+	03:04-	01:39+	02:18+	10:23+	06:55+	02:59+	03:35+	03:58+	01:39+	03:29+	04:34+	04:45+	02:23+	00:55-	01:48+	00:35+							
01:29&	00:13#	00:08-	00:20&	00:06+	03:08&	02:38&	01:07&	00:43#	00:54&	00:06+	00:19+	01:19&	02:07&	00:19#	00:02-	00:14#	00:01+							

Beste strekktid for klassen

03:15 00:53 03:00 01:19 02:12 07:15 04:17 01:51 02:52 03:04 01:33 03:10 03:15 01:40 02:00 00:55 01:34 00:34

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