

Bedrifts-o-løp 07092021**Strekktider****Gåsbu-07.09.2021****Plass Navn****Klasse****Tid****D 1,5**

1	Eva Stensby	89	
04:06=	07:42=	09:54=	20:56=
04:06=	03:36=	02:12=	11:02=
00:00=	00:00=	00:00=	00:00=

38:02

2	Turid Norstad Opsahl	89	
04:54+	08:25+	10:45+	22:33+
04:54+	03:31-	02:20+	11:48+
00:48#	00:05-	00:08+	00:46+

38:52

3	Gerd Grønvold	7	
03:41-	07:09-	10:04+	24:43+
03:41-	03:28-	02:55+	14:39+
00:25-	00:08-	00:43&	03:37&

40:58

4	Synnøve Kaul	1013	
03:40-	07:15-	12:56+	23:00+
03:40-	03:35-	05:41+	10:04-
00:26-	00:01-	03:29@	00:58-

42:03

5	Unni Fladsrud Vold	96	
04:53+	08:30+	11:07+	21:40+
04:53+	03:37+	02:37+	10:33-
00:47#	00:01+	00:25#	00:29-

42:47

6	Solveig Johannessen	7	
04:05-	07:35-	10:48+	32:24+
04:05-	03:30-	03:13+	21:36+
00:01-	00:06-	01:01&	10:34&

55:24

7	Aud Grønvold	7	
03:58-	07:11-	10:20+	23:41+
03:58-	03:13-	03:09+	13:21+
00:08-	00:23-	00:57&	02:19#

55:34

8	Irene Øien	1071	
04:38+	08:10+	15:14+	28:08+
04:38+	03:32-	07:04+	12:54+
00:32#	00:04-	04:52@	01:52#

57:32**Beste strekktid for klassen**

03:40	03:13	02:12	10:04	03:43	08:41	01:41	01:32
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 2,5

1	Sidsel Storihle	Geno	
02:21=	05:54=	07:25=	10:20=
02:21=	03:33=	01:31=	02:55=
00:00=	00:00=	00:00=	00:00=

37:16

2	Lill Ramberg Skappel	10002	
03:11+	07:24+	09:31+	12:07+
03:11+	04:13+	02:07+	02:36-
00:50&	00:40#	00:36&	00:19-

38:30

Plass	Navn	Klasse	Tid
D 2,5			
3	Bente Tangen Wikstrøm	Geno	42:12
01:55-01:55-00:26-	07:05+05:10+01:37&	09:00+01:55+00:24&	13:01+04:01+01:06&
	18:34+05:33+01:31&	22:30+03:56+00:16+	27:38+05:08-00:15-
	30:46+03:08+00:09+	34:21+03:35+00:01+	39:46+05:25+00:12+
	41:04+01:18+00:10#	42:12+01:08+00:11#	
4	Anne Karin Elisenberg	146	48:17
02:20+02:20+02:20+	06:13+03:53+03:53+	08:02+01:49+01:49+	11:26+03:24+03:24+
	22:52+11:26+11:26+	26:24+03:32+03:32+	31:53+05:29+05:29+
	35:18+03:25+03:25+	39:28+04:10+04:10+	46:09+06:41+06:41+
	47:19+01:10+01:10+	48:17+00:58+00:58+	
5	Elisabet Høgset Rise	Geno	52:38
03:05+03:05+03:05+	07:54+04:49+04:49+	15:24+07:30+07:30+	20:01+04:37+04:37+
	26:32+06:31+06:31+	29:31+02:59+02:59+	35:54+06:23+06:23+
	39:13+03:19+03:19+	43:18+04:05+04:05+	49:57+06:39+06:39+
	51:14+01:17+01:17+	52:38+01:24+01:24+	
6	Mathilde Wingeng	NOTEAM	53:05
01:51+01:51+01:51+	05:29+03:38+03:38+	07:27+01:58+01:58+	16:07+08:40+08:40+
	21:33+05:26+05:26+	26:12+04:39+04:39+	31:08+04:56+04:56+
	39:10+08:02+08:02+	43:41+04:31+04:31+	50:53+07:12+07:12+
	52:07+01:14+01:14+	53:05+00:58+00:58+	
7	Inger K. Brøndbo	165	55:45
01:51+01:51+01:51+	05:59+04:08+04:08+	13:35+07:36+07:36+	21:54+08:19+08:19+
	26:27+04:33+04:33+	31:55+05:28+05:28+	37:24+05:29+05:29+
	40:28+03:04+03:04+	45:32+05:04+05:04+	53:32+08:00+08:00+
	54:39+01:07+01:07+	55:45+01:06+01:06+	
8	Anita Grønvold Tollefsen	7	57:03
04:25+04:25+04:25+	20:54+16:29+16:29+	26:00+05:06+05:06+	29:49+03:49+03:49+
	33:42+03:53+03:53+	37:22+03:40+03:40+	43:08+05:46+05:46+
	45:58+02:50+02:50+	49:49+03:51+03:51+	55:06+05:17+05:17+
	56:04+00:58+00:58+	57:03+00:59+00:59+	
9	Inger Margrethe Bakken	If	59:42
09:59+09:59+09:59+	14:59+05:00+05:00+	17:33+02:34+02:34+	23:43+06:10+06:10+
	32:26+08:43+08:43+	36:06+03:40+03:40+	42:07+06:01+06:01+
	45:24+03:17+03:17+	49:44+04:20+04:20+	56:35+06:51+06:51+
	58:13+01:38+01:38+	59:42+01:29+01:29+	
10	Linda Thorvaldsen	7	1:01:28
02:10+02:10+02:10+	14:28+12:18+12:18+	17:56+03:28+03:28+	21:43+03:47+03:47+
	25:44+04:01+04:01+	28:59+03:15+03:15+	34:33+05:34+05:34+
	37:34+03:01+03:01+	50:32+12:58+12:58+	56:57+06:25+06:25+
	60:01+03:04+03:04+	61:28+01:27+01:27+	
11	Randi Aas Fjæstad	89	1:02:12
03:09+03:09+03:09+	09:50+06:41+06:41+	17:26+07:36+07:36+	21:43+04:17+04:17+
	27:30+05:47+05:47+	31:45+04:15+04:15+	38:29+06:44+06:44+
	42:57+04:28+04:28+	48:06+05:09+05:09+	58:57+10:51+10:51+
	60:33+01:36+01:36+	62:12+01:39+01:39+	
12	Oddveig Anne Sagbakken	88	1:02:24
02:53+02:53+02:53+	08:04+05:11+05:11+	15:08+07:04+07:04+	19:25+04:17+04:17+
	25:09+05:44+05:44+	30:04+04:55+04:55+	37:56+07:52+07:52+
	44:36+06:40+06:40+	49:40+05:04+05:04+	58:58+09:18+09:18+
	61:10+02:12+02:12+	62:24+01:14+01:14+	
13	Berit Røste	152	1:04:32
07:36+07:36+07:36+	13:41+06:05+06:05+	15:35+01:54+01:54+	24:35+09:00+09:00+
	30:08+05:33+05:33+	33:58+03:50+03:50+	38:31+04:33+04:33+
	49:14+10:43+10:43+	53:57+04:43+04:43+	61:15+07:18+07:18+
	63:18+02:03+02:03+	64:32+01:14+01:14+	
14	Anita Stensby Bekkelund	89	1:05:16
02:11+02:11+02:11+	07:24+05:13+05:13+	09:38+02:14+02:14+	16:34+06:56+06:56+
	22:05+05:31+05:31+	25:57+03:52+03:52+	33:42+07:45+07:45+
	37:13+03:31+03:31+	54:34+17:21+17:21+	62:26+07:52+07:52+
	64:00+01:34+01:34+	65:16+01:16+01:16+	

Plass	Navn	Klasse	Tid
D 2,5			

15	Rønnaug Sagbakken	1071	1:05:30
04:31+	10:21+ 12:44+ 26:02+ 31:56+ 36:47+ 44:11+ 49:25+ 54:20+ 62:32+ 64:12+ 65:30+		
04:31+	05:50+ 02:23+ 13:18+ 05:54+ 04:51+ 07:24+ 05:14+ 04:55+ 08:12+ 01:40+ 01:18+		
04:31+	05:50+ 02:23+ 13:18+ 05:54+ 04:51+ 07:24+ 05:14+ 04:55+ 08:12+ 01:40+ 01:18+		

16	Berit Svevad	105	1:10:04
04:00+	09:45+ 12:37+ 17:42+ 24:11+ 29:46+ 37:52+ 44:25+ 55:42+ 65:25+ 68:45+ 70:04+		
04:00+	05:45+ 02:52+ 05:05+ 06:29+ 05:35+ 08:06+ 06:33+ 11:17+ 09:43+ 03:20+ 01:19+		
04:00+	05:45+ 02:52+ 05:05+ 06:29+ 05:35+ 08:06+ 06:33+ 11:17+ 09:43+ 03:20+ 01:19+		

17	Marit Holmgren	7	1:23:23
05:33+	12:38+ 15:55+ 23:22+ 30:45+ 36:34+ 47:57+ 55:54+ 68:54+ 80:10+ 82:02+ 83:23+		
05:33+	07:05+ 03:17+ 07:27+ 07:23+ 05:49+ 11:23+ 07:57+ 13:00+ 11:16+ 01:52+ 01:21+		
05:33+	07:05+ 03:17+ 07:27+ 07:23+ 05:49+ 11:23+ 07:57+ 13:00+ 11:16+ 01:52+ 01:21+		

Beste strekktid for klassen

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

D 3,5

1	Kjersti Narum	165	47:45
01:28=	06:06= 08:58= 18:51= 21:13= 26:34= 34:32= 37:27= 41:21= 45:45= 46:56= 47:45=		
01:28=	04:38= 02:52= 09:53= 02:22= 05:21= 07:58= 02:55= 03:54= 04:24= 01:11= 00:49=		
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	Anne Karin Westby	1071	52:02
03:42+	09:11+ 11:56+ 22:16+ 24:45+ 29:14+ 40:19+ 42:31+ 45:45+ 50:12+ 51:17+ 52:02+		
03:42+	05:29+ 02:45- 10:20+ 02:29+ 04:29- 11:05+ 02:12- 03:14- 04:27+ 01:05- 00:45-		
02:14@	00:51# 00:07- 00:27+ 00:07+ 00:52- 03:07& 00:43- 00:40- 00:03+ 00:06- 00:04-		

3	Anne Sørum	1013	54:17
01:28=	07:51+ 10:30+ 23:20+ 26:29+ 32:20+ 40:46+ 43:47+ 47:43+ 52:23+ 53:30+ 54:17+		
01:28=	06:23+ 02:39- 12:50+ 03:09+ 05:51+ 08:26+ 03:01+ 03:56+ 04:40+ 01:07- 00:47-		
00:00=	01:45& 00:13- 02:57& 00:47& 00:30+ 00:28+ 00:06+ 00:02+ 00:16+ 00:04- 00:02-		

4	Karen Tomter	163	1:03:26
03:54+	10:24+ 13:31+ 30:27+ 33:13+ 39:49+ 48:56+ 51:46+ 55:52+ 60:46+ 62:23+ 63:26+		
03:54+	06:30+ 03:07+ 16:56+ 02:46+ 06:36+ 09:07+ 02:50- 04:06+ 04:54+ 01:37+ 01:03+		
02:26@	01:52& 00:15+ 07:03& 00:24# 01:15# 01:09# 00:05- 00:12+ 00:30# 00:26& 00:14&		

5	Grete Storsveen	1071	1:06:32
02:38+	10:19+ 14:31+ 26:31+ 29:38+ 37:00+ 47:39+ 50:58+ 55:16+ 64:12+ 65:33+ 66:32+		
02:38+	07:41+ 04:12+ 12:00+ 03:07+ 07:22+ 10:39+ 03:19+ 04:18+ 08:56+ 01:21+ 00:59+		
01:10&	03:03& 01:20& 02:07# 00:45& 02:01& 02:41& 00:24# 00:24# 04:32@ 00:10# 00:10#		

Beste strekktid for klassen

01:28 04:38 02:39 09:53 02:22 04:29 07:58 02:12 03:14 04:24 01:05 00:45

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

D 4,5

Plass	Navn	Klasse	Tid
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D 4,5

1	Mari Norstad Opsahl	1032	53:38
	01:48= 05:38= 19:28= 20:57= 29:01= 33:42= 42:04= 46:53= 52:03= 52:50= 53:38=		
	01:48= 03:50= 13:50= 01:29= 08:04= 04:41= 08:22= 04:49= 05:10= 00:47= 00:48=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Unn Mette Klopbakken	43	55:59
	01:58+ 06:06+ 20:34+ 22:40+ 31:05+ 35:50+ 44:12+ 50:08+ 54:10+ 55:08+ 55:59+		
	01:58+ 04:08+ 14:28+ 02:06+ 08:25+ 04:45+ 08:22+ 05:56+ 04:02+ 00:58+ 00:51+		
	01:58+ 04:08+ 14:28+ 02:06+ 08:25+ 04:45+ 08:22+ 05:56+ 04:02+ 00:58+ 00:51+		
3	Ingunn Lund Nordstrøm	105	57:39
	02:01+ 10:17+ 25:22+ 27:48+ 33:27+ 38:17+ 47:31+ 51:41+ 55:56+ 56:51+ 57:39+		
	02:01+ 08:16+ 15:05+ 02:26+ 05:39+ 04:50+ 09:14+ 04:10+ 04:15+ 00:55+ 00:48+		
	02:01+ 08:16+ 15:05+ 02:26+ 05:39+ 04:50+ 09:14+ 04:10+ 04:15+ 00:55+ 00:48+		
4	Wenche Bjørnstad	Geno	58:02
	01:55+ 06:55+ 22:07+ 24:09+ 33:01+ 37:32+ 46:10+ 51:01+ 56:11+ 57:03+ 58:02+		
	01:55+ 05:00+ 15:12+ 02:02+ 08:52+ 04:31+ 08:38+ 04:51+ 05:10+ 00:52+ 00:59+		
	01:55+ 05:00+ 15:12+ 02:02+ 08:52+ 04:31+ 08:38+ 04:51+ 05:10+ 00:52+ 00:59+		
5	Marianne Rud Skjærstad	89	58:35
	02:59+ 09:12+ 23:48+ 25:59+ 35:06+ 39:37+ 48:05+ 53:07+ 56:50+ 57:45+ 58:35+		
	02:59+ 06:13+ 14:36+ 02:11+ 09:07+ 04:31+ 08:28+ 05:02+ 03:43+ 00:55+ 00:50+		
	02:59+ 06:13+ 14:36+ 02:11+ 09:07+ 04:31+ 08:28+ 05:02+ 03:43+ 00:55+ 00:50+		
6	Sylvia Andersen	27	1:01:09
	02:39+ 08:02+ 24:29+ 26:20+ 31:54+ 37:32+ 48:28+ 53:52+ 58:39+ 60:21+ 61:09+		
	02:39+ 05:23+ 16:27+ 01:51+ 05:34+ 05:38+ 10:56+ 05:24+ 04:47+ 01:42+ 00:48+		
	02:39+ 05:23+ 16:27+ 01:51+ 05:34+ 05:38+ 10:56+ 05:24+ 04:47+ 01:42+ 00:48+		

Beste strekktid for klassen

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

H 1,5

1	Einar Stensby	89	24:20
	02:48= 05:50= 10:21= 15:39= 21:49= 23:15= 24:20=		
	02:48= 03:02= 04:31= 05:18= 06:10= 01:26= 01:05=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Jan Erik Johansen	55	27:48
	02:22- 05:20- 09:03- 14:02- 19:29- 26:41+ 27:48+		
	02:22- 02:58- 03:43- 04:59- 05:27- 07:12+ 01:07+		
	00:26- 00:04- 00:48- 00:19- 00:43- 05:46@ 00:02+		
3	Trygve Jan Bjerke	55	32:57
	05:54+ 10:29+ 23:34+ 30:15+ 31:35+ 32:57+		
	05:54+ 04:35+ 13:05+ 06:41+ 01:20- 01:22-		
	03:06@ 01:33& 08:34@ 01:23& 04:50- 00:04-		
4	Geir-Håkon Øverby	If	34:21
	02:49+ 05:35- 17:03+ 24:04+ 31:28+ 33:00+ 34:21+		
	02:49+ 02:46- 11:28+ 07:01+ 07:24+ 01:32+ 01:21+		
	00:01+ 00:16- 06:57@ 01:43& 01:14# 00:06+ 00:16#		

Plass	Navn	Klasse	Tid
H 1,5			
5	Halstein Ødegård	89	34:35
	03:47+ 08:21+ 14:04+ 22:25+ 30:11+ 32:52+ 34:35+		
	03:47+ 04:34+ 05:43+ 08:21+ 07:46+ 02:41+ 01:43+		
	00:59& 01:32& 01:12& 03:03& 01:36& 01:15& 00:38&		
6	Tore Stenseth	1013	34:36
	03:14+ 06:11+ 19:55+ 25:51+ 31:43+ 33:20+ 34:36+		
	03:14+ 02:57+ 13:44+ 05:56+ 05:52+ 01:37+ 01:16+		
	03:14+ 02:57+ 13:44+ 05:56+ 05:52+ 01:37+ 01:16+		
7	Ingvald Pedersen	147	38:08
	03:27+ 07:24+ 19:11+ 26:10+ 33:40+ 35:41+ 38:08+		
	03:27+ 03:57+ 11:47+ 06:59+ 07:30+ 02:01+ 02:27+		
	03:27+ 03:57+ 11:47+ 06:59+ 07:30+ 02:01+ 02:27+		
8	Herleik Nylund	89	40:16
	04:14+ 09:13+ 16:11+ 25:56+ 34:11+ 37:10+ 40:16+		
	04:14+ 04:59+ 06:58+ 09:45+ 08:15+ 02:59+ 03:06+		
	04:14+ 04:59+ 06:58+ 09:45+ 08:15+ 02:59+ 03:06+		
9	Erik Bjøralt	NOTEAM	41:10
	03:28+ 08:45+ 29:55+ 37:51+ 39:29+ 41:10+		
	03:28+ 05:17+ 21:10+ 07:56+ 01:38+ 01:41+		
	03:28+ 05:17+ 21:10+ 07:56+ 01:38+ 01:41+		
10	Erik Skårås	1071	43:42
	04:05+ 08:38+ 20:29+ 29:34+ 38:22+ 41:03+ 43:42+		
	04:05+ 04:33+ 11:51+ 09:05+ 08:48+ 02:41+ 02:39+		
	04:05+ 04:33+ 11:51+ 09:05+ 08:48+ 02:41+ 02:39+		
11	Ragnar Høsøien	55	50:13
	05:35+ 12:26+ 20:18+ 32:31+ 45:31+ 47:58+ 50:13+		
	05:35+ 06:51+ 07:52+ 12:13+ 13:00+ 02:27+ 02:15+		
	05:35+ 06:51+ 07:52+ 12:13+ 13:00+ 02:27+ 02:15+		
12	Knut Martinsen	1071	1:01:39
	03:42+ 08:39+ 31:49+ 45:21+ 57:14+ 59:28+ 61:39+		
	03:42+ 04:57+ 23:10+ 13:32+ 11:53+ 02:14+ 02:11+		
	03:42+ 04:57+ 23:10+ 13:32+ 11:53+ 02:14+ 02:11+		
13	Arne Gunnar Barflo	89	1:18:54
	09:00+ 18:02+ 29:46+ 50:39+ 74:28+ 78:54+		
	09:00+ 09:02+ 11:44+ 20:53+ 19:00+ 04:49+ 04:26+		
	09:00+ 09:02+ 11:44+ 20:53+ 19:00+ 04:49+ 04:26+		

Beste strekktid for klassen

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

H 2,5

1	Arne Hagen	167	32:18
	02:25= 04:04= 06:06= 11:28= 13:56= 19:21= 23:02= 26:06= 30:30= 31:30= 32:18=		
	02:25= 01:39= 02:02= 05:22= 02:28= 05:25= 03:41= 03:04= 04:24= 01:00= 00:48=		
	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 2,5											
2	Morten Øie		39								32:57
	01:29- 01:29- 00:56-	03:22- 01:53+ 00:14#	06:09+ 02:47+ 00:45&	13:24+ 07:15+ 01:53&	16:16+ 02:52+ 00:24#	20:28+ 04:12- 01:13-	23:05+ 02:37- 01:04-	26:28+ 03:23+ 00:19#	30:54+ 04:26+ 00:02+	31:53+ 00:59- 00:01-	32:57+ 01:04+ 00:16&
3	Tore Stensby		93								33:14
	01:13+ 01:13+ 01:13+	03:17+ 02:04+ 02:04+	07:24+ 04:07+ 04:07+	13:22+ 05:58+ 05:58+	16:10+ 02:48+ 02:48+	20:20+ 04:10+ 04:10+	22:53+ 02:33+ 02:33+	26:16+ 03:23+ 03:23+	30:55+ 04:39+ 04:39+	31:52+ 00:57+ 00:57+	33:14+ 01:22+ 01:22+
4	Leif Martin Kjos		1071								33:22
	01:26+ 01:26+ 01:26+	03:13+ 01:47+ 01:47+	05:50+ 02:37+ 02:37+	12:54+ 07:04+ 07:04+	16:04+ 03:10+ 03:10+	21:25+ 05:21+ 05:21+	24:04+ 02:39+ 02:39+	27:08+ 03:04+ 03:04+	31:41+ 04:33+ 04:33+	32:37+ 00:56+ 00:56+	33:22+ 00:45+ 00:45+
5	Magnar Nybakk		1071								33:35
	01:23+ 01:23+ 01:23+	03:36+ 02:13+ 02:13+	06:01+ 02:25+ 02:25+	11:57+ 05:56+ 05:56+	15:17+ 03:20+ 03:20+	19:34+ 04:17+ 04:17+	22:06+ 02:32+ 02:32+	26:16+ 04:10+ 04:10+	31:19+ 05:03+ 05:03+	32:28+ 01:09+ 01:09+	33:35+ 01:07+ 01:07+
6	Terje Lien		155								33:53
	01:35+ 01:35+ 01:35+	03:49+ 02:14+ 02:14+	06:35+ 02:46+ 02:46+	14:00+ 07:25+ 07:25+	16:28+ 02:28+ 02:28+	20:36+ 04:08+ 04:08+	23:07+ 02:31+ 02:31+	26:37+ 03:30+ 03:30+	31:24+ 04:47+ 04:47+	32:41+ 01:17+ 01:17+	33:53+ 01:12+ 01:12+
7	Karl Petter Opsahl		89								37:02
	02:13+ 02:13+ 02:13+	04:23+ 02:10+ 02:10+	07:01+ 02:38+ 02:38+	15:43+ 08:42+ 08:42+	19:42+ 03:59+ 03:59+	24:07+ 04:25+ 04:25+	28:05+ 03:58+ 03:58+	31:05+ 03:00+ 03:00+	35:11+ 04:06+ 04:06+	36:03+ 00:52+ 00:52+	37:02+ 00:59+ 00:59+
8	Per Vold		96								37:25
	06:43+ 06:43+ 06:43+	08:30+ 01:47+ 01:47+	11:10+ 02:40+ 02:40+	17:39+ 06:29+ 06:29+	20:20+ 02:41+ 02:41+	24:19+ 03:59+ 03:59+	27:12+ 02:53+ 02:53+	30:29+ 03:17+ 03:17+	35:19+ 04:50+ 04:50+	36:27+ 01:08+ 01:08+	37:25+ 00:58+ 00:58+
9	Jan Olav Sæther		165								38:19
	02:24+ 02:24+ 02:24+	04:59+ 02:35+ 02:35+	07:50+ 02:51+ 02:51+	14:47+ 06:57+ 06:57+	18:02+ 03:15+ 03:15+	23:28+ 05:26+ 05:26+	26:27+ 02:59+ 02:59+	30:33+ 04:06+ 04:06+	35:53+ 05:20+ 05:20+	37:23+ 01:30+ 01:30+	38:19+ 00:56+ 00:56+
10	Tore Lindaas		27								39:26
	01:59+ 01:59+ 01:59+	04:50+ 02:51+ 02:51+	08:06+ 03:16+ 03:16+	16:24+ 08:18+ 08:18+	19:51+ 03:27+ 03:27+	24:55+ 05:04+ 05:04+	27:53+ 02:58+ 02:58+	31:25+ 03:32+ 03:32+	36:35+ 05:10+ 05:10+	37:57+ 01:22+ 01:22+	39:26+ 01:29+ 01:29+
11	Magne Smeland		167								39:37
	01:58+ 01:58+ 01:58+	04:16+ 02:18+ 02:18+	06:58+ 02:42+ 02:42+	15:41+ 08:43+ 08:43+	18:42+ 03:01+ 03:01+	27:15+ 08:33+ 08:33+	29:52+ 02:37+ 02:37+	33:04+ 03:12+ 03:12+	37:30+ 04:26+ 04:26+	38:32+ 01:02+ 01:02+	39:37+ 01:05+ 01:05+
12	Stein erik Edvardsen		27								39:48
	01:48+ 01:48+ 01:48+	04:06+ 02:18+ 02:18+	07:05+ 02:59+ 02:59+	14:03+ 06:58+ 06:58+	17:42+ 03:39+ 03:39+	22:42+ 05:00+ 05:00+	26:04+ 03:22+ 03:22+	31:16+ 05:12+ 05:12+	37:11+ 05:55+ 05:55+	38:37+ 01:26+ 01:26+	39:48+ 01:11+ 01:11+
13	Harald Grønvold		7								41:09
	02:15+ 02:15+ 02:15+	04:13+ 01:58+ 01:58+	06:44+ 02:31+ 02:31+	13:29+ 06:45+ 06:45+	16:32+ 03:03+ 03:03+	24:00+ 07:28+ 07:28+	29:50+ 05:50+ 05:50+	34:39+ 04:49+ 04:49+	39:01+ 04:22+ 04:22+	40:00+ 00:59+ 00:59+	41:09+ 01:09+ 01:09+

Plass	Navn	Klasse	Tid
H 2,5			
14	Knut Olav Strætkvern	1058	41:19
01:52+	04:55+ 07:47+ 16:58+ 20:49+	24:43+ 30:19+ 34:45+ 39:22+	40:36+ 41:19+
01:52+	03:03+ 02:52+ 09:11+ 03:51+	03:54+ 05:36+ 04:26+ 04:37+	01:14+ 00:43+
01:52+	03:03+ 02:52+ 09:11+ 03:51+	03:54+ 05:36+ 04:26+ 04:37+	01:14+ 00:43+
15	Kåre Garmager	155	42:17
02:14+	05:27+ 09:06+ 17:15+ 20:45+	26:01+ 29:14+ 33:14+ 39:51+	40:55+ 42:17+
02:14+	03:13+ 03:39+ 08:09+ 03:30+	05:16+ 03:13+ 04:00+ 06:37+	01:04+ 01:22+
02:14+	03:13+ 03:39+ 08:09+ 03:30+	05:16+ 03:13+ 04:00+ 06:37+	01:04+ 01:22+
16	Torbjørn Ødegaard	1058	45:43
04:03+	06:27+ 09:26+ 19:03+ 22:10+	27:09+ 30:22+ 34:54+ 43:14+	44:38+ 45:43+
04:03+	02:24+ 02:59+ 09:37+ 03:07+	04:59+ 03:13+ 04:32+ 08:20+	01:24+ 01:05+
04:03+	02:24+ 02:59+ 09:37+ 03:07+	04:59+ 03:13+ 04:32+ 08:20+	01:24+ 01:05+
17	Jan Roald Bøgeberg	89	47:04
01:57+	04:56+ 08:58+ 18:10+ 21:54+	28:54+ 32:59+ 38:29+ 44:55+	46:05+ 47:04+
01:57+	02:59+ 04:02+ 09:12+ 03:44+	07:00+ 04:05+ 05:30+ 06:26+	01:10+ 00:59+
01:57+	02:59+ 04:02+ 09:12+ 03:44+	07:00+ 04:05+ 05:30+ 06:26+	01:10+ 00:59+
18	Ola Molstad	167	49:11
01:41+	04:14+ 09:12+ 15:48+ 18:42+	22:48+ 38:43+ 42:23+ 47:04+	48:06+ 49:11+
01:41+	02:33+ 04:58+ 06:36+ 02:54+	04:06+ 15:55+ 03:40+ 04:41+	01:02+ 01:05+
01:41+	02:33+ 04:58+ 06:36+ 02:54+	04:06+ 15:55+ 03:40+ 04:41+	01:02+ 01:05+
19	Sven Marken	89	54:54
02:09+	04:56+ 08:21+ 16:47+ 21:10+	32:39+ 42:16+ 45:46+ 52:01+	53:29+ 54:54+
02:09+	02:47+ 03:25+ 08:26+ 04:23+	11:29+ 09:37+ 03:30+ 06:15+	01:28+ 01:25+
02:09+	02:47+ 03:25+ 08:26+ 04:23+	11:29+ 09:37+ 03:30+ 06:15+	01:28+ 01:25+
20	Ottar Evensen	27	58:09
08:50+	18:59+ 27:54+ 31:05+ 38:02+	44:34+ 49:38+ 55:46+ 56:59+	58:09+
08:50+	10:09+ 08:55+ 03:11+ 06:57+	06:32+ 05:04+ 06:08+ 01:13+	01:10+
08:50+	10:09+ 08:55+ 03:11+ 06:57+	06:32+ 05:04+ 06:08+ 01:13+	01:10+

Beste strekktid for klassen

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

H 3,5

1	Ove Tåsåsen	1013	38:51
01:42=	06:38= 14:47= 17:01= 21:54=	27:20= 29:33= 34:18= 37:34=	38:14= 38:51=
01:42=	04:56= 08:09= 02:14= 04:53=	05:26= 02:13= 04:45= 03:16=	00:40= 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	Arne Arnesen	25	39:09
01:52+	05:36- 14:13- 16:34- 21:13-	27:30+ 30:49+ 33:34- 37:30-	38:27+ 39:09+
01:52+	03:44- 08:37+ 02:21+ 04:39-	06:17+ 03:19+ 02:45- 03:56+	00:57+ 00:42+
00:10+	01:12- 00:28+ 00:07+ 00:14-	00:51# 01:06& 02:00- 00:40#	00:17& 00:05#
3	Tom S Helgesen	55	41:39
02:00+	06:27- 15:43+ 18:01+ 23:13+	29:40+ 32:28+ 35:23+ 38:48+	41:00+ 41:39+
02:00+	04:27- 09:16+ 02:18+ 05:12+	06:27+ 02:48+ 02:55- 03:25+	02:12+ 00:39+
00:18#	00:29- 01:07# 00:04+ 00:19+	01:01# 00:35& 01:50- 00:09+	01:32@ 00:02+

Plass	Navn	Klasse	Tid
H 3,5			
4	Tore Jørgensen	105	43:50
02:18+	06:44+ 17:24+ 19:56+ 25:16+ 32:16+ 35:01+ 37:48+ 42:04+ 42:52+ 43:50+		
02:18+	04:26- 10:40+ 02:32+ 05:20+ 07:00+ 02:45+ 02:47- 04:16+ 00:48+ 00:58+		
00:36&	00:30- 02:31& 00:18# 00:27+ 01:34& 00:32# 01:58- 01:00& 00:08# 00:21&		
4	Hans Asbjørn Tingvold	RILO	43:50
02:15+	06:55+ 17:13+ 19:33+ 25:07+ 32:20+ 34:41+ 37:32+ 41:41+ 42:55+ 43:50+		
02:15+	04:40+ 10:18+ 02:20+ 05:34+ 07:13+ 02:21+ 02:51+ 04:09+ 01:14+ 00:55+		
02:15+	04:40+ 10:18+ 02:20+ 05:34+ 07:13+ 02:21+ 02:51+ 04:09+ 01:14+ 00:55+		
6	Knut Wikstrøm	78	44:42
01:58+	06:41+ 16:53+ 19:16+ 25:00+ 32:24+ 34:38+ 38:02+ 42:37+ 43:44+ 44:42+		
01:58+	04:43+ 10:12+ 02:23+ 05:44+ 07:24+ 02:14+ 03:24+ 04:35+ 01:07+ 00:58+		
01:58+	04:43+ 10:12+ 02:23+ 05:44+ 07:24+ 02:14+ 03:24+ 04:35+ 01:07+ 00:58+		
7	Steinar Libak	89	45:23
02:09+	06:48+ 18:07+ 20:57+ 26:29+ 33:23+ 35:49+ 38:54+ 43:12+ 44:24+ 45:23+		
02:09+	04:39+ 11:19+ 02:50+ 05:32+ 06:54+ 02:26+ 03:05+ 04:18+ 01:12+ 00:59+		
02:09+	04:39+ 11:19+ 02:50+ 05:32+ 06:54+ 02:26+ 03:05+ 04:18+ 01:12+ 00:59+		
8	Erik Haugen	119	45:57
02:34+	08:10+ 19:22+ 22:07+ 27:24+ 34:27+ 36:59+ 39:58+ 44:04+ 44:59+ 45:57+		
02:34+	05:36+ 11:12+ 02:45+ 05:17+ 07:03+ 02:32+ 02:59+ 04:06+ 00:55+ 00:58+		
02:34+	05:36+ 11:12+ 02:45+ 05:17+ 07:03+ 02:32+ 02:59+ 04:06+ 00:55+ 00:58+		
9	Jo Gisle Jørgensen	105	46:51
02:47+	07:37+ 20:50+ 22:52+ 28:27+ 35:26+ 37:29+ 40:36+ 45:00+ 45:56+ 46:51+		
02:47+	04:50+ 13:13+ 02:02+ 05:35+ 06:59+ 02:03+ 03:07+ 04:24+ 00:56+ 00:55+		
02:47+	04:50+ 13:13+ 02:02+ 05:35+ 06:59+ 02:03+ 03:07+ 04:24+ 00:56+ 00:55+		
10	Morten Eriksen	105	47:53
01:32+	06:35+ 24:29+ 26:12+ 30:52+ 36:14+ 38:40+ 43:10+ 46:33+ 47:16+ 47:53+		
01:32+	05:03+ 17:54+ 01:43+ 04:40+ 05:22+ 02:26+ 04:30+ 03:23+ 00:43+ 00:37+		
01:32+	05:03+ 17:54+ 01:43+ 04:40+ 05:22+ 02:26+ 04:30+ 03:23+ 00:43+ 00:37+		
11	Knut Malmo	167	48:01
02:05+	09:18+ 20:49+ 23:45+ 29:36+ 36:00+ 38:57+ 42:01+ 46:20+ 47:18+ 48:01+		
02:05+	07:13+ 11:31+ 02:56+ 05:51+ 06:24+ 02:57+ 03:04+ 04:19+ 00:58+ 00:43+		
02:05+	07:13+ 11:31+ 02:56+ 05:51+ 06:24+ 02:57+ 03:04+ 04:19+ 00:58+ 00:43+		
12	Audun Jenssen	105	48:28
02:09+	07:23+ 19:04+ 21:58+ 27:43+ 35:13+ 39:10+ 42:07+ 46:25+ 47:32+ 48:28+		
02:09+	05:14+ 11:41+ 02:54+ 05:45+ 07:30+ 03:57+ 02:57+ 04:18+ 01:07+ 00:56+		
02:09+	05:14+ 11:41+ 02:54+ 05:45+ 07:30+ 03:57+ 02:57+ 04:18+ 01:07+ 00:56+		
13	Hasse Bergstrøm	1076	49:19
02:15+	07:20+ 17:47+ 20:38+ 26:48+ 34:10+ 39:18+ 43:01+ 47:32+ 48:29+ 49:19+		
02:15+	05:05+ 10:27+ 02:51+ 06:10+ 07:22+ 05:08+ 03:43+ 04:31+ 00:57+ 00:50+		
02:15+	05:05+ 10:27+ 02:51+ 06:10+ 07:22+ 05:08+ 03:43+ 04:31+ 00:57+ 00:50+		
14	Ludvig Bjerke-Narud	Geno	49:32
02:22+	08:04+ 18:47+ 21:23+ 26:54+ 35:13+ 40:18+ 43:41+ 47:38+ 48:35+ 49:32+		
02:22+	05:42+ 10:43+ 02:36+ 05:31+ 08:19+ 05:05+ 03:23+ 03:57+ 00:57+ 00:57+		
02:22+	05:42+ 10:43+ 02:36+ 05:31+ 08:19+ 05:05+ 03:23+ 03:57+ 00:57+ 00:57+		
15	Tore Gustav Tomter	1021	50:01
02:07+	06:58+ 20:52+ 23:35+ 28:58+ 37:05+ 39:59+ 43:09+ 47:43+ 49:19+ 50:01+		
02:07+	04:51+ 13:54+ 02:43+ 05:23+ 08:07+ 02:54+ 03:10+ 04:34+ 01:36+ 00:42+		
02:07+	04:51+ 13:54+ 02:43+ 05:23+ 08:07+ 02:54+ 03:10+ 04:34+ 01:36+ 00:42+		

Plass	Navn		Klasse								Tid
H 3,5											
16	Espen Melby		89								50:40
02:37+	09:12+	20:40+	24:10+	31:12+	38:32+	41:11+	44:12+	48:36+	49:40+	50:40+	
02:37+	06:35+	11:28+	03:30+	07:02+	07:20+	02:39+	03:01+	04:24+	01:04+	01:00+	
02:37+	06:35+	11:28+	03:30+	07:02+	07:20+	02:39+	03:01+	04:24+	01:04+	01:00+	
17	Ole Hans Øie		LMF								51:30
02:11+	07:18+	25:10+	27:34+	33:50+	40:52+	42:40+	46:04+	49:46+	50:41+	51:30+	
02:11+	05:07+	17:52+	02:24+	06:16+	07:02+	01:48+	03:24+	03:42+	00:55+	00:49+	
02:11+	05:07+	17:52+	02:24+	06:16+	07:02+	01:48+	03:24+	03:42+	00:55+	00:49+	
18	Avle Chr Bjørn		69								52:33
01:52+	06:37+	28:35+	30:39+	35:41+	43:00+	44:42+	47:00+	50:56+	51:42+	52:33+	
01:52+	04:45+	21:58+	02:04+	05:02+	07:19+	01:42+	02:18+	03:56+	00:46+	00:51+	
01:52+	04:45+	21:58+	02:04+	05:02+	07:19+	01:42+	02:18+	03:56+	00:46+	00:51+	
19	Rune Waaler		RAUT								54:23
01:59+	07:01+	17:20+	20:19+	27:05+	42:02+	43:59+	46:58+	52:32+	53:33+	54:23+	
01:59+	05:02+	10:19+	02:59+	06:46+	14:57+	01:57+	02:59+	05:34+	01:01+	00:50+	
01:59+	05:02+	10:19+	02:59+	06:46+	14:57+	01:57+	02:59+	05:34+	01:01+	00:50+	
20	Trond Øie		1071								54:34
02:17+	07:26+	20:47+	26:18+	31:26+	40:30+	42:43+	46:44+	52:27+	53:29+	54:34+	
02:17+	05:09+	13:21+	05:31+	05:08+	09:04+	02:13+	04:01+	05:43+	01:02+	01:05+	
02:17+	05:09+	13:21+	05:31+	05:08+	09:04+	02:13+	04:01+	05:43+	01:02+	01:05+	
21	Peter Nagtzaam		1028								54:38
02:36+	07:03+	20:24+	23:07+	29:23+	37:56+	44:52+	48:28+	52:58+	53:59+	54:38+	
02:36+	04:27+	13:21+	02:43+	06:16+	08:33+	06:56+	03:36+	04:30+	01:01+	00:39+	
02:36+	04:27+	13:21+	02:43+	06:16+	08:33+	06:56+	03:36+	04:30+	01:01+	00:39+	
22	Lars Skramstad		LMF								54:58
02:02+	08:32+	18:33+	21:22+	27:04+	40:22+	44:14+	48:04+	52:54+	54:13+	54:58+	
02:02+	06:30+	10:01+	02:49+	05:42+	13:18+	03:52+	03:50+	04:50+	01:19+	00:45+	
02:02+	06:30+	10:01+	02:49+	05:42+	13:18+	03:52+	03:50+	04:50+	01:19+	00:45+	
23	Olav Juliussen		55								55:25
02:10+	06:52+	17:21+	19:33+	27:26+	36:13+	45:52+	49:05+	53:36+	54:36+	55:25+	
02:10+	04:42+	10:29+	02:12+	07:53+	08:47+	09:39+	03:13+	04:31+	01:00+	00:49+	
02:10+	04:42+	10:29+	02:12+	07:53+	08:47+	09:39+	03:13+	04:31+	01:00+	00:49+	
24	Ola Brevig		LMF								57:25
02:43+	09:50+	21:51+	25:26+	32:20+	41:49+	45:02+	48:59+	54:53+	56:30+	57:25+	
02:43+	07:07+	12:01+	03:35+	06:54+	09:29+	03:13+	03:57+	05:54+	01:37+	00:55+	
02:43+	07:07+	12:01+	03:35+	06:54+	09:29+	03:13+	03:57+	05:54+	01:37+	00:55+	
25	Steinar Tønsager		11								1:00:59
02:34+	07:35+	21:25+	23:57+	36:23+	44:09+	49:29+	52:49+	58:44+	60:06+	60:59+	
02:34+	05:01+	13:50+	02:32+	12:26+	07:46+	05:20+	03:20+	05:55+	01:22+	00:53+	
02:34+	05:01+	13:50+	02:32+	12:26+	07:46+	05:20+	03:20+	05:55+	01:22+	00:53+	
26	Harald Øie		ARBTIL								1:05:56
02:07+	06:37+	34:09+	37:28+	42:47+	53:58+	56:03+	58:53+	64:03+	64:57+	65:56+	
02:07+	04:30+	27:32+	03:19+	05:19+	11:11+	02:05+	02:50+	05:10+	00:54+	00:59+	
02:07+	04:30+	27:32+	03:19+	05:19+	11:11+	02:05+	02:50+	05:10+	00:54+	00:59+	
27	Johnny Johansen		89								1:15:04
02:39+	15:06+	32:46+	37:08+	45:39+	55:56+	59:33+	65:12+	72:32+	73:50+	75:04+	
02:39+	12:27+	17:40+	04:22+	08:31+	10:17+	03:37+	05:39+	07:20+	01:18+	01:14+	
02:39+	12:27+	17:40+	04:22+	08:31+	10:17+	03:37+	05:39+	07:20+	01:18+	01:14+	

Plass	Navn	Klasse	Tid
H 3,5			
28	Per Anders Aas	1013	1:31:48
02:18+	08:15+ 38:38+ 41:16+ 50:19+ 72:29+ 76:36+ 81:30+ 89:29+ 90:39+ 91:48+		
02:18+	05:57+ 30:23+ 02:38+ 09:03+ 22:10+ 04:07+ 04:54+ 07:59+ 01:10+ 01:09+		
02:18+	05:57+ 30:23+ 02:38+ 09:03+ 22:10+ 04:07+ 04:54+ 07:59+ 01:10+ 01:09+		
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 4,5			
1	Terje Wikstrøm	Geno	40:44
01:41=	05:17= 16:20= 17:43= 21:27= 25:32= 32:50= 36:01= 39:10= 39:57= 40:44=		
01:41=	03:36= 11:03= 01:23= 03:44= 04:05= 07:18= 03:11= 03:09= 00:47= 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	Vidar Nomerstad	1071	48:20
01:37-	08:30+ 20:42+ 22:32+ 26:56+ 31:13+ 39:13+ 42:43+ 46:53+ 47:41+ 48:20+		
01:37-	06:53+ 12:12+ 01:50+ 04:24+ 04:17+ 08:00+ 03:30+ 04:10+ 00:48+ 00:39-		
00:04-	03:17& 01:09# 00:27& 00:40# 00:12+ 00:42+ 00:19+ 01:01& 00:01+ 00:08-		
3	Tor Haugstulen	55	49:45
02:11+	06:16+ 22:41+ 24:11+ 29:53+ 33:52+ 40:57+ 44:33+ 47:55+ 48:44+ 49:45+		
02:11+	04:05+ 16:25+ 01:30+ 05:42+ 03:59- 07:05- 03:36+ 03:22+ 00:49+ 01:01+		
00:30&	00:29# 05:22& 00:07+ 01:58& 00:06- 00:13- 00:25# 00:13+ 00:02+ 00:14&		
4	Bjørn J Sørum	1002	51:24
01:47+	05:31+ 17:44+ 19:02+ 29:00+ 33:42+ 42:30+ 46:20+ 50:00+ 50:44+ 51:24+		
01:47+	03:44+ 12:13+ 01:18- 09:58+ 04:42+ 08:48+ 03:50+ 03:40+ 00:44- 00:40-		
00:06+	00:08+ 01:10# 00:05- 06:14@ 00:37# 01:30# 00:39# 00:31# 00:03- 00:07-		
5	Ole Petter Saxrud	1028	52:56
01:56+	07:15+ 18:38+ 20:11+ 25:20+ 31:09+ 41:12+ 46:20+ 50:53+ 52:09+ 52:56+		
01:56+	05:19+ 11:23+ 01:33+ 05:09+ 05:49+ 10:03+ 05:08+ 04:33+ 01:16+ 00:47=		
00:15#	01:43& 00:20+ 00:10# 01:25& 01:44& 02:45& 01:57& 01:24& 00:29& 00:00=		
6	Jon Bjørnstad	1071	58:27
02:12+	09:19+ 25:29+ 27:27+ 33:20+ 38:51+ 48:21+ 52:43+ 56:49+ 57:39+ 58:27+		
02:12+	07:07+ 16:10+ 01:58+ 05:53+ 05:31+ 09:30+ 04:22+ 04:06+ 00:50+ 00:48+		
00:31&	03:31& 05:07& 00:35& 02:09& 01:26& 02:12& 01:11& 00:57& 00:03+ 00:01+		
7	Odd Arne Blystad	25	59:01
01:55+	08:07+ 24:33+ 26:45+ 31:17+ 35:54+ 47:18+ 52:51+ 57:14+ 58:21+ 59:01+		
01:55+	06:12+ 16:26+ 02:12+ 04:32+ 04:37+ 11:24+ 05:33+ 04:23+ 01:07+ 00:40-		
00:14#	02:36& 05:23& 00:49& 00:48# 00:32# 04:06& 02:22& 01:14& 00:20& 00:07-		
8	Stig HM Wiest	166	59:28
02:03+	07:12+ 23:11+ 25:17+ 31:54+ 37:34+ 48:00+ 53:08+ 57:23+ 58:13+ 59:28+		
02:03+	05:09+ 15:59+ 02:06+ 06:37+ 05:40+ 10:26+ 05:08+ 04:15+ 00:50+ 01:15+		
00:22#	01:33& 04:56& 00:43& 02:53& 01:35& 03:08& 01:57& 01:06& 00:03+ 00:28&		
9	Bjarne Harkinn	If	1:03:28
02:02+	07:41+ 22:47+ 24:43+ 39:52+ 45:17+ 54:10+ 58:11+ 61:46+ 62:42+ 63:28+		
02:02+	05:39+ 15:06+ 01:56+ 15:09+ 05:25+ 08:53+ 04:01+ 03:35+ 00:56+ 00:46-		
00:21#	02:03& 04:03& 00:33& 11:25@ 01:20& 01:35# 00:50& 00:26# 00:09# 00:01-		

Plass	Navn	Klasse	Tid
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H 4,5

Beste strekktid for klassen

01:37 03:36 11:03 01:18 03:44 03:59 07:05 03:11 03:09 00:44 00:39

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

H 5,5

1	Stein Arne Negård										166	59:51									
01:57=	07:48=	19:15=	20:57=	24:29=	27:23=	32:32=	34:35=	39:17=	45:54=	48:47=	49:59=	53:40=	55:12=	58:15=	59:05=	59:51=					
01:57=	05:51=	11:27=	01:42=	03:32=	02:54=	05:09=	02:03=	04:42=	06:37=	02:53=	01:12=	03:41=	01:32=	03:03=	00:50=	00:46=					
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	Ole Christian Bang										INN	1:06:00									
03:37+	12:54+	23:12+	25:04+	28:32+	31:34+	36:11+	38:26+	42:48+	49:46+	52:43+	54:03+	57:46+	59:19+	63:17+	65:23+	66:00+					
03:37+	09:17+	10:18-	01:52+	03:28-	03:02+	04:37-	02:15+	04:22-	06:58+	02:57+	01:20+	03:43+	01:33+	03:58+	02:06+	00:37-					
01:40&	03:26&	01:09-	00:10+	00:04-	00:08+	00:32-	00:12+	00:20-	00:21+	00:04+	00:08#	00:02+	00:01+	00:55&	01:16@	00:09-					
3	Pål Stenberg										166	1:08:30									
01:41-	07:49+	17:14-	19:17-	22:41-	25:47-	35:57+	38:03+	43:15+	52:06+	55:01+	56:16+	61:07+	62:59+	66:38+	67:32+	68:30+					
01:41-	06:08+	09:25-	02:03+	03:24-	03:06+	10:10+	02:06+	05:12+	08:51+	02:55+	01:15+	04:51+	01:52+	03:39+	00:54+	00:58+					
00:16-	00:17+	02:02-	00:21#	00:08-	00:12+	05:01&	00:03+	00:30#	02:14&	00:02+	00:03+	01:10&	00:20#	00:36#	00:04+	00:12&					
4	Michael Sætvedt										RAUT	1:12:40									
01:53-	08:23+	22:49+	23:51+	26:58+	31:24+	34:59+	36:49+	42:01+	55:54+	59:20+	60:52+	64:59+	66:56+	71:06+	71:53+	72:40+					
01:53-	06:30+	14:26+	01:02-	03:07-	04:26+	03:35-	01:50-	05:12+	13:53+	03:26+	01:32+	04:07+	01:57+	04:10+	00:47-	00:47+					
00:04-	00:39#	02:59&	00:40-	00:25-	01:32&	01:34-	00:13-	00:30#	07:16@	00:33#	00:20&	00:26#	00:25&	01:07&	00:03-	00:01+					

Beste strekktid for klassen

01:41 05:51 09:25 01:02 03:07 02:54 03:35 01:50 04:22 06:37 02:53 01:12 03:41 01:32 03:03 00:47 00:37

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