

1	Gerd Grønvold							7	39:33
02:09=	06:00=	11:20=	16:01=	23:17=	32:04=	38:28=	39:33=		
02:09=	03:51=	05:20=	04:41=	07:16=	08:47=	06:24=	01:05=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Helga Hansen							7	45:23
04:56+	09:04+	15:34+	19:32+	30:07+	35:00+	44:07+	45:23+		
04:56+	04:08+	06:30+	03:58-	10:35+	04:53-	09:07+	01:16+		
02:47@	00:17+	01:10#	00:43-	03:19&	03:54-	02:43&	00:11#		
3	Solveig Johannessen							7	46:27
02:48+	09:04+	16:10+	23:07+	30:31+	38:48+	45:29+	46:27+		
02:48+	06:16+	07:06+	06:57+	07:24+	08:17-	06:41+	00:58-		
00:39&	02:25&	01:46&	02:16&	00:08+	00:30-	00:17+	00:07-		
4	Aud Grønvold							7	1:02:53
02:23+	07:31+	14:53+	21:40+	36:09+	54:46+	61:35+	62:53+		
02:23+	05:08+	07:22+	06:47+	14:29+	18:37+	06:49+	01:18+		
00:14#	01:17&	02:02&	02:06&	07:13&	09:50@	00:25+	00:13#		
5	Eva Stensby							89	1:11:10
05:00+	11:44+	19:05+	26:37+	37:11+	58:32+	69:35+	71:10+		
05:00+	06:44+	07:21+	07:32+	10:34+	21:21+	11:03+	01:35+		
02:51@	02:53&	02:01&	02:51&	03:18&	12:34@	04:39&	00:30&		

Beste strekktid for klassen

02:09	03:51	05:20	03:58	07:16	04:53	06:24	00:58
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 2,5

1	Linda Thorvaldsen											7	30:39
01:50=	06:14=	07:44=	09:51=	13:24=	15:50=	18:22=	21:03=	23:29=	28:02=	30:03=	30:39=		
01:50=	04:24=	01:30=	02:07=	03:33=	02:26=	02:32=	02:41=	02:26=	04:33=	02:01=	00:36=		
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	Anita Grønvold											7	33:21
02:00+	04:57-	06:21-	08:52-	11:39-	15:10-	18:10-	21:58+	24:14+	30:39+	32:42+	33:21+		
02:00+	02:57-	01:24-	02:31+	02:47-	03:31+	03:00+	03:48+	02:16-	06:25+	02:03+	00:39+		
00:10+	01:27-	00:06-	00:24#	00:46-	01:05&	00:28#	01:07&	00:10-	01:52&	00:02+	00:03+		
3	Marit Holmgren											7	38:12
02:15+	05:46-	07:25-	10:44+	15:16+	20:02+	23:16+	26:19+	28:32+	34:33+	37:36+	38:12+		
02:15+	03:31-	01:39+	03:19+	04:32+	04:46+	03:14+	03:03+	02:13-	06:01+	03:03+	00:36=		
00:25#	00:53-	00:09+	01:12&	00:59&	02:20&	00:42&	00:22#	00:13-	01:28&	01:02&	00:00=		
4	Inger E. Vamnes											NOTEAM	42:40
02:03+	05:17-	07:05-	09:58+	13:57+	18:16+	21:38+	25:53+	29:36+	37:47+	41:49+	42:40+		
02:03+	03:14-	01:48+	02:53+	03:59+	04:19+	03:22+	04:15+	03:43+	08:11+	04:02+	00:51+		
00:13#	01:10-	00:18#	00:46&	00:26#	01:53&	00:50&	01:34&	01:17&	03:38&	02:01&	00:15&		
5	Anita Stensby Bekkelund											89	52:33
02:54+	06:29+	08:57+	11:47+	17:25+	21:21+	25:05+	28:40+	31:24+	47:26+	51:48+	52:33+		
02:54+	03:35-	02:28+	02:50+	05:38+	03:56+	03:44+	03:35+	02:44+	16:02+	04:22+	00:45+		
01:04&	00:49-	00:58&	00:43&	02:05&	01:30&	01:12&	00:54&	00:18#	11:29@	02:21@	00:09#		

Plass

Navn

Klasse

Tid

D 2,5

6	Randi Aas Fjæstad										89	52:46
01:48-	05:27-	07:35-	12:48+	17:09+	20:51+	25:16+	30:15+	33:34+	49:04+	52:00+	52:46+	
01:48-	03:39-	02:08+	05:13+	04:21+	03:42+	04:25+	04:59+	03:19+	15:30+	02:56+	00:46+	
00:02-	00:45-	00:38&	03:06@	00:48#	01:16&	01:53&	02:18&	00:53&	10:57@	00:55&	00:10&	

7	Rønnaug Sagbakken										1071	54:36
02:10+	05:41+	08:09+	19:27+	26:28+	29:50+	34:37+	38:59+	42:10+	50:40+	53:53+	54:36+	
02:10+	03:31+	02:28+	11:18+	07:01+	03:22+	04:47+	04:22+	03:11+	08:30+	03:13+	00:43+	
02:10+	03:31+	02:28+	11:18+	07:01+	03:22+	04:47+	04:22+	03:11+	08:30+	03:13+	00:43+	

8	Berit Svevad										105	57:33
02:53+	12:01+	14:28+	18:21+	28:29+	31:53+	36:09+	40:40+	44:47+	52:33+	56:53+	57:33+	
02:53+	09:08+	02:27+	03:53+	10:08+	03:24+	04:16+	04:31+	04:07+	07:46+	04:20+	00:40+	
02:53+	09:08+	02:27+	03:53+	10:08+	03:24+	04:16+	04:31+	04:07+	07:46+	04:20+	00:40+	

Beste strekktid for klassen

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

D 3,5

1	Karen Tomter												163													49:22																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
03:48=	06:05=	07:26=	09:23=	17:08=	20:37=	23:40=	28:04=	31:45=	36:41=	39:09=	44:18=	48:47=	49:22=																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				

2	Anne Sørum				1013				1:02:05									
03:00-	04:42-	06:19-	07:53-	14:13-	16:45-	20:40-	25:44-	28:02-	40:14+	41:57+	46:14+	47:53-	53:53+	57:16+	59:30+	61:37+	62:05+	
03:00-	01:42-	01:37+	01:34-	06:20-	02:32-	03:55+	05:04+	02:18-	12:12+	01:43-	04:17-	01:39-	06:00+	03:23+	02:14+	02:07+	00:28+	
00:48-	00:35-	00:16#	00:23-	01:25-	00:57-	00:52&	00:40#	01:23-	07:16@	00:45-	00:52-	02:50-	05:25@	03:23+	02:14+	02:07+	00:28+	

Beste strekktid for klassen

03:00	01:42	01:21	01:34	06:20	02:32	03:03	04:24	02:18	04:56	01:43	04:17	01:39	00:35
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 4,5

1	Unn Mette Klopbakken										43	37:18									
01:12=	02:42=	04:02=	05:06=	06:37=	09:00=	10:16=	11:17=	14:27=	16:47=	18:20=	20:39=	22:29=	25:15=	26:27=	27:56=	30:04=	32:46=	34:02=	36:50=	37:18=	
01:12=	01:30=	01:20=	01:04=	01:31=	02:23=	01:16=	01:01=	03:10=	02:20=	01:33=	02:19=	01:50=	02:46=	01:12=	01:29=	02:08=	02:42=	01:16=	02:48=	00:28=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Bodil Wiik										105										51:19									
00:54-	06:03+	07:11+	08:06+	09:49+	12:22+	14:07+	15:33+	20:30+	23:12+	24:50+	29:17+	31:23+	34:47+	36:02+	37:48+	40:11+	45:22+	47:03+	50:48+	51:19+										
00:54-	05:09+	01:08-	00:55-	01:43+	02:33+	01:45+	01:26+	04:57+	02:42+	01:38+	04:27+	02:06+	03:24+	01:15+	01:46+	02:23+	05:11+	01:41+	03:45+	00:31+										
00:18-	03:39@	00:12-	00:09-	00:12#	00:10+	00:29&	00:25&	01:47&	00:22#	00:05+	02:08&	00:16#	00:38#	00:03+	00:17#	00:15#	02:29&	00:25&	00:57&	00:03#										

Beste strekktid for klassen

00:54	01:30	01:08	00:55	01:31	02:23	01:16	01:01	03:10	02:20	01:33	02:19	01:50	02:46	01:12	01:29	02:08	02:42	01:16	02:48	00:28
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 5,5

Plass	Navn	Klasse	Tid
D 5,5			
1	Nina Smestad	90	48:04
03:13= 05:24= 08:04= 09:09= 10:32= 13:03= 14:29= 17:52= 19:23= 20:24= 24:47= 28:25= 30:37= 35:00= 36:04= 37:24= 39:21= 42:23= 45:43= 47:35= 48:04=			
03:13= 02:11= 02:40= 01:05= 01:23= 02:31= 01:26= 03:23= 01:31= 01:01= 04:23= 03:38= 02:12= 04:23= 01:04= 01:20= 01:57= 03:02= 03:20= 01:52= 00:29=			
00:00= 00:00=			
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 1,5			
1	Arnfinn Nordhagen	Geno	21:35
01:45= 03:51= 07:11= 10:13= 14:04= 16:31= 20:59= 21:35=			
01:45= 02:06= 03:20= 03:02= 03:51= 02:27= 04:28= 00:36=			
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Knut Røhrsveen	7	21:49
01:42- 03:59+ 07:05- 10:11- 14:19+ 16:31= 21:18+ 21:49+			
01:42- 02:17+ 03:06- 03:06+ 04:08+ 02:12- 04:47+ 00:31-			
00:03- 00:11+ 00:14- 00:04+ 00:17+ 00:15- 00:19+ 00:05-			
3	Jan Erik Johansen	55	22:17
01:15- 04:54+ 07:25+ 11:08+ 15:25+ 17:51+ 21:45+ 22:17+			
01:15- 03:39+ 02:31- 03:43+ 04:17+ 02:26- 03:54- 00:32-			
00:30- 01:33& 00:49- 00:41# 00:26# 00:01- 00:34- 00:04-			
4	Ingvald Pedersen	147	30:13
02:18+ 05:27+ 08:29+ 11:50+ 16:10+ 24:01+ 29:36+ 30:13+			
02:18+ 03:09+ 03:02- 03:21+ 04:20+ 07:51+ 05:35+ 00:37+			
00:33& 01:03& 00:18- 00:19# 00:29# 05:24@ 01:07# 00:01+			
5	Halstein Ødegård	89	33:07
02:17+ 07:57+ 12:22+ 16:01+ 21:18+ 26:27+ 32:09+ 33:07+			
02:17+ 05:40+ 04:25+ 03:39+ 05:17+ 05:09+ 05:42+ 00:58+			
00:32& 03:34@ 01:05& 00:37# 01:26& 02:42@ 01:14& 00:22&			
6	Geir-Håkon Øverby	If	34:14
01:49+ 04:53+ 08:16+ 11:38+ 16:01+ 28:15+ 33:29+ 34:14+			
01:49+ 03:04+ 03:23+ 03:22+ 04:23+ 12:14+ 05:14+ 00:45+			
00:04+ 00:58& 00:03+ 00:20# 00:32# 09:47@ 00:46# 00:09#			
7	Trygve Jan Bjerke	55	35:23
02:52+ 05:58+ 09:21+ 13:10+ 17:57+ 27:14+ 34:42+ 35:23+			
02:52+ 03:06+ 03:23+ 03:49+ 04:47+ 09:17+ 07:28+ 00:41+			
01:07& 01:00& 00:03+ 00:47& 00:56# 06:50@ 03:00& 00:05#			
8	Ragnar Høsøien	55	47:16
03:10+ 08:01+ 15:42+ 21:43+ 31:31+ 36:46+ 45:58+ 47:16+			
03:10+ 04:51+ 07:41+ 06:01+ 09:48+ 05:15+ 09:12+ 01:18+			
01:25& 02:45@ 04:21@ 02:59& 05:57@ 02:48@ 04:44@ 00:42@			
9	Arne Gunnar Barflo	89	1:19:52
05:29+ 13:38+ 22:45+ 33:27+ 46:13+ 55:55+ 77:42+ 79:52+			
05:29+ 08:09+ 09:07+ 10:42+ 12:46+ 09:42+ 21:47+ 02:10+			
03:44@ 06:03@ 05:47@ 07:40@ 08:55@ 07:15@ 17:19@ 01:34@			

Plass	Navn	Klasse	Tid
H 1,5			
Beste strekktid for klassen			
01:15   02:06   02:31   03:02   03:51   02:12   03:54   00:31			
= Som klassevinner ,   - raskere,   + senere,   # 10% tap,   & 25% tap,   @ 100% tap.			
H 2,5			
1	Einar Stensby	89	25:45
03:06=   04:41=   05:50=   09:21=   13:43=   16:33=   19:34=   21:21=   23:22=   25:11=   25:45= 03:06=   01:35=   01:09=   03:31=   04:22=   02:50=   03:01=   01:47=   02:01=   01:49=   00:34= 00:00=   00:00=   00:00=   00:00=   00:00=   00:00=   00:00=   00:00=   00:00=   00:00=   00:00=			
2	Morten Øie	39	27:16
02:36-   04:05-   05:31-   09:46+   14:21+   17:10+   20:12+   22:14+   24:35+   26:28+   27:16+ 02:36-   01:29-   01:26+   04:15+   04:35+   02:49-   03:02+   02:02+   02:21+   01:53+   00:48+ 00:30-   00:06-   00:17#   00:44#   00:13+   00:01-   00:01+   00:15#   00:20#   00:04+   00:14&			
3	Arne Hagen	167	27:24
02:29-   04:08-   05:19-   09:53+   14:03+   18:43+   21:09+   22:43+   25:14+   26:59+   27:24+ 02:29-   01:39+   01:11+   04:34+   04:10-   04:40+   02:26-   01:34-   02:31+   01:45-   00:25- 00:37-   00:04+   00:02+   01:03&   00:12-   01:50&   00:35-   00:13-   00:30#   00:04-   00:09-			
4	Magne Smeland	167	27:39
02:56-   04:19-   05:39-   09:22+   14:11+   16:54+   20:27+   22:20+   24:39+   27:04+   27:39+ 02:56-   01:23-   01:20+   03:43+   04:49+   02:43-   03:33+   01:53+   02:19+   02:25+   00:35+ 00:10-   00:12-   00:11#   00:12+   00:27#   00:07-   00:32#   00:06+   00:18#   00:36&   00:01+			
5	Knut Olav Strætkvern	1058	28:21
02:42-   05:14+   06:42+   12:42+   16:51+   19:36+   22:20+   24:13+   25:59+   27:52+   28:21+ 02:42-   02:32+   01:28+   06:00+   04:09-   02:45-   02:44-   01:53+   01:46-   01:53+   00:29- 00:24-   00:57&   00:19&   02:29&   00:13-   00:05-   00:17-   00:06+   00:15-   00:04+   00:05-			
6	Terje Malm	52	28:46
03:25+   06:37+   07:59+   12:39+   17:07+   19:53+   22:36+   24:17+   26:14+   28:14+   28:46+ 03:25+   03:12+   01:22+   04:40+   04:28+   02:46-   02:43-   01:41-   01:57-   02:00+   00:32- 00:19#   01:37@   00:13#   01:09&   00:06+   00:04-   00:18-   00:06-   00:04-   00:11#   00:02-			
7	Jan Olav Sæther	165	31:59
03:05-   05:00+   06:54+   11:18+   17:57+   21:34+   25:03+   27:01+   29:32+   31:26+   31:59+ 03:05-   01:55+   01:54+   04:24+   06:39+   03:37+   03:29+   01:58+   02:31+   01:54+   00:33- 00:01-   00:20#   00:45&   00:53&   02:17&   00:47&   00:28#   00:11#   00:30#   00:05+   00:01-			
8	Tore Lindaas	27	32:06
03:42+   05:05+   06:47+   12:20+   17:33+   21:00+   24:57+   27:02+   29:11+   31:26+   32:06+ 03:42+   01:23-   01:42+   05:33+   05:13+   03:27+   03:57+   02:05+   02:09+   02:15+   00:40+ 00:36#   00:12-   00:33&   02:02&   00:51#   00:37#   00:56&   00:18#   00:08+   00:26#   00:06#			
9	Stein Sandaker	1038	34:06
02:47-   04:12-   05:31-   13:50+   19:48+   23:25+   26:43+   29:14+   31:46+   33:33+   34:06+ 02:47-   01:25-   01:19+   08:19+   05:58+   03:37+   03:18+   02:31+   02:32+   01:47-   00:33- 00:19-   00:10-   00:10#   04:48@   01:36&   00:47&   00:17+   00:44&   00:31&   00:02-   00:01-			
10	Helge Storsveen	89	36:30
04:12+   05:52+   07:50+   13:22+   19:26+   23:23+   27:16+   30:14+   32:56+   35:45+   36:30+ 04:12+   01:40+   01:58+   05:32+   06:04+   03:57+   03:53+   02:58+   02:42+   02:49+   00:45+ 01:06&   00:05+   00:49&   02:01&   01:42&   01:07&   00:52&   01:11&   00:41&   01:00&   00:11&			

Plass	Navn	Klasse										Tid	
H 2,5													
11	Torbjørn Ødegaard		1058								37:06		
04:19+	06:49+	08:30+	12:46+	19:05+	23:11+	28:13+	30:20+	33:52+	36:22+	37:06+			
04:19+	02:30+	01:41+	04:16+	06:19+	04:06+	05:02+	02:07+	03:32+	02:30+	00:44+			
01:13&	00:55&	00:32&	00:45#	01:57&	01:16&	02:01&	00:20#	01:31&	00:41&	00:10&			
12	Sven Marken		89								40:34		
04:13+	06:31+	08:10+	16:13+	22:28+	26:16+	31:10+	33:30+	37:16+	39:48+	40:34+			
04:13+	02:18+	01:39+	08:03+	06:15+	03:48+	04:54+	02:20+	03:46+	02:32+	00:46+			
04:13+	02:18+	01:39+	08:03+	06:15+	03:48+	04:54+	02:20+	03:46+	02:32+	00:46+			
13	Thorvald Sæhlie		120								49:36		
06:14+	08:16+	10:20+	17:00+	23:38+	27:55+	32:45+	41:55+	45:57+	48:51+	49:36+			
06:14+	02:02+	02:04+	06:40+	06:38+	04:17+	04:50+	09:10+	04:02+	02:54+	00:45+			
06:14+	02:02+	02:04+	06:40+	06:38+	04:17+	04:50+	09:10+	04:02+	02:54+	00:45+			
Beste strekktid for klassen													
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
H 3,5													
1	Morten Eriksen		105								30:35		
00:59=	02:10=	03:31=	05:23=	06:29=	08:29=	10:35=	12:37=	13:53=	14:57=	18:03=	20:06=	24:35=	28:48=
00:59=	01:11=	01:21=	01:52=	01:06=	02:00=	02:06=	02:02=	01:16=	01:04=	03:06=	02:03=	04:29=	04:13=
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	Knut Wikstrøm		78								33:43		
00:59=	02:25+	03:38+	05:47+	06:53+	09:28+	12:00+	15:26+	16:40+	17:30+	20:44+	22:46+	27:05+	31:20+
00:59=	01:26+	01:13-	02:09+	01:06=	02:35+	02:32+	03:26+	01:14-	00:50-	03:14+	02:02-	04:19-	04:15+
00:00=	00:15#	00:08-	00:17#	00:00=	00:35&	00:26#	01:24&	00:02-	00:14-	00:08+	00:01-	00:10-	00:02+
3	Tore Jørgensen		105								33:55		
01:07+	02:33+	04:07+	06:37+	08:03+	10:43+	12:49+	16:01+	17:21+	18:23+	21:43+	24:26+	27:45+	31:46+
01:07+	01:26+	01:34+	02:30+	01:26+	02:40+	02:06=	03:12+	01:20+	01:02-	03:20+	02:43+	03:19-	04:01-
00:08#	00:15#	00:13#	00:38&	00:20&	00:40&	00:00=	01:10&	00:04+	00:02-	00:14+	00:40&	01:10-	00:12-
4	Torleif Finstad		55								35:41		
01:23+	03:06+	04:48+	06:59+	08:04+	10:56+	13:28+	16:15+	18:18+	19:43+	23:24+	25:59+	28:55+	33:22+
01:23+	01:43+	01:42+	02:11+	01:05-	02:52+	02:32+	02:47+	02:03+	01:25+	03:41+	02:35+	02:56-	04:27+
00:24&	00:32&	00:21&	00:19#	00:01-	00:52&	00:26#	00:45&	00:47&	00:21&	00:35#	00:32&	01:33-	00:14+
5	Erik Haugen		119								36:08		
01:13+	02:46+	04:25+	07:08+	08:34+	11:39+	13:41+	17:07+	18:39+	19:50+	23:14+	26:31+	29:43+	34:03+
01:13+	01:33+	01:39+	02:43+	01:26+	03:05+	02:02-	03:26+	01:32+	01:11+	03:24+	03:17+	03:12-	04:20+
00:14#	00:22&	00:18#	00:51&	00:20&	01:05&	00:04-	01:24&	00:16#	00:07#	00:18+	01:14&	01:17-	00:07+
6	Stein Nordvi		27								36:59		
01:23+	03:03+	04:37+	06:56+	08:12+	11:21+	13:44+	17:08+	18:33+	19:32+	23:09+	25:25+	29:50+	34:09+
01:23+	01:40+	01:34+	02:19+	01:16+	03:09+	02:23+	03:24+	01:25+	00:59-	03:37+	02:16+	04:25-	04:19+
00:24&	00:29&	00:13#	00:27#	00:10#	01:09&	00:17#	01:22&	00:09#	00:05-	00:31#	00:13#	00:04-	00:06+
7	Tore Gustav Tomter		1021								37:15		
01:25+	03:57+	06:07+	08:35+	09:59+	12:43+	15:12+	18:05+	20:11+	21:48+	25:18+	27:42+	30:51+	34:54+
01:25+	02:32+	02:10+	02:28+	01:24+	02:44+	02:29+	02:53+	02:06+	01:37+	03:30+	02:24+	03:09-	04:03-
00:26&	01:21@	00:49&	00:36&	00:18&	00:44&	00:23#	00:51&	00:50&	00:33&	00:24#	00:21#	01:20-	00:10-

Plass	Navn				Klasse				Tid							
H 3,5																
8	Knut Malmo				167				38:04							
01:24+	02:51+	04:20+	06:47+	08:16+	11:37+	15:48+	18:57+	21:08+	22:21+	26:17+	28:59+	32:01+	35:58+	37:37+	38:04+	
01:24+	01:27+	01:29+	02:27+	01:29+	03:21+	04:11+	03:09+	02:11+	01:13+	03:56+	02:42+	03:02-	03:57-	01:39+	00:27+	
00:25&	00:16#	00:08+	00:35&	00:23&	01:21&	02:05&	01:07&	00:55&	00:09#	00:50&	00:39&	01:27-	00:16-	00:16#	00:03#	
9	Lars Skramstad				LMF				42:04							
01:01+	02:59+	05:26+	09:22+	10:49+	13:19+	15:49+	21:03+	23:11+	24:27+	29:19+	32:27+	35:33+	39:57+	41:36+	42:04+	
01:01+	01:58+	02:27+	03:56+	01:27+	02:30+	02:30+	05:14+	02:08+	01:16+	04:52+	03:08+	03:06+	04:24+	01:39+	00:28+	
01:01+	01:58+	02:27+	03:56+	01:27+	02:30+	02:30+	05:14+	02:08+	01:16+	04:52+	03:08+	03:06+	04:24+	01:39+	00:28+	
10	Tore Stenseth				1013				47:20							
01:13+	02:52+	04:38+	07:02+	08:24+	11:41+	15:37+	18:32+	20:03+	21:12+	25:08+	28:06+	39:11+	44:16+	46:42+	47:20+	
01:13+	01:39+	01:46+	02:24+	01:22+	03:17+	03:56+	02:55+	01:31+	01:09+	03:56+	02:58+	11:05+	05:05+	02:26+	00:38+	
01:13+	01:39+	01:46+	02:24+	01:22+	03:17+	03:56+	02:55+	01:31+	01:09+	03:56+	02:58+	11:05+	05:05+	02:26+	00:38+	
11	Trond Feiring				52				48:03							
01:29+	03:28+	06:07+	08:46+	10:24+	13:31+	15:43+	20:05+	21:46+	23:11+	28:09+	35:32+	41:01+	45:05+	47:28+	48:03+	
01:29+	01:59+	02:39+	02:39+	01:38+	03:07+	02:12+	04:22+	01:41+	01:25+	04:58+	07:23+	05:29+	04:04+	02:23+	00:35+	
01:29+	01:59+	02:39+	02:39+	01:38+	03:07+	02:12+	04:22+	01:41+	01:25+	04:58+	07:23+	05:29+	04:04+	02:23+	00:35+	
12	Rune Engen				99				56:40							
01:31+	03:06+	04:33+	08:13+	09:44+	12:22+	17:46+	20:25+	21:54+	23:21+	27:12+	30:16+	48:49+	53:35+	56:03+	56:40+	
01:31+	01:35+	01:27+	03:40+	01:31+	02:38+	05:24+	02:39+	01:29+	01:27+	03:51+	03:04+	18:33+	04:46+	02:28+	00:37+	
01:31+	01:35+	01:27+	03:40+	01:31+	02:38+	05:24+	02:39+	01:29+	01:27+	03:51+	03:04+	18:33+	04:46+	02:28+	00:37+	
13	Ola Brevig				LMF				57:04							
02:12+	04:38+	06:40+	11:32+	13:15+	22:22+	26:18+	30:08+	32:36+	34:38+	40:41+	44:15+	48:29+	53:57+	56:31+	57:04+	
02:12+	02:26+	02:02+	04:52+	01:43+	09:07+	03:56+	03:50+	02:28+	02:02+	06:03+	03:34+	04:14+	05:28+	02:34+	00:33+	
02:12+	02:26+	02:02+	04:52+	01:43+	09:07+	03:56+	03:50+	02:28+	02:02+	06:03+	03:34+	04:14+	05:28+	02:34+	00:33+	
14	Johnny Johansen				89				58:02							
01:26+	03:37+	06:41+	12:52+	14:12+	17:41+	22:03+	27:25+	29:06+	31:23+	39:32+	42:42+	47:56+	54:50+	57:24+	58:02+	
01:26+	02:11+	03:04+	06:11+	01:20+	03:29+	04:22+	05:22+	01:41+	02:17+	08:09+	03:10+	05:14+	06:54+	02:34+	00:38+	
01:26+	02:11+	03:04+	06:11+	01:20+	03:29+	04:22+	05:22+	01:41+	02:17+	08:09+	03:10+	05:14+	06:54+	02:34+	00:38+	

Beste strekktid for klassen

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

H 4,5

1	Harald Østby		27										36:24				
	01:17=	02:37=	03:41=	04:34=	05:54=	08:13=	09:21=	10:24=	13:31=	15:58=	17:26=	19:45=	21:26=	24:21=	25:33=	26:53=	28:59=
	01:17=	01:20=	01:04=	00:53=	01:20=	02:19=	01:08=	01:03=	03:07=	02:27=	01:28=	02:19=	01:41=	02:55=	01:12=	01:20=	02:06=
	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	Odd Arne Blystad		25										38:27				
	01:33+	03:10+	05:11+	06:09+	07:45+	10:07+	11:26+	12:28+	15:35+	17:53+	19:29+	21:50+	23:35+	26:27+	27:38+	29:00+	31:10+
	01:33+	01:37+	02:01+	00:58+	01:36+	02:22+	01:19+	01:02-	03:07=	02:18-	01:36+	02:21+	01:45+	02:52-	01:11-	01:22+	02:10+
	00:16#	00:17#	00:57&	00:05+	00:16#	00:03+	00:11#	00:01-	00:00=	00:09-	00:08+	00:02+	00:04+	00:03-	00:01-	00:02+	00:04+
3	Tor Haugstulen		55										40:03				
	01:03-	02:44+	04:14+	05:09+	06:51+	09:46+	10:51+	12:18+	15:17+	17:00+	18:21+	22:21+	23:55+	29:17+	30:12+	31:27+	33:22+
	01:03-	01:41+	01:30+	00:55+	01:42+	02:55+	01:05-	01:27+	02:59-	01:43-	01:21-	04:00+	01:34-	05:22+	00:55-	01:15-	01:55-
	00:14-	00:21&	00:26&	00:02+	00:22&	00:36&	00:03-	00:24&	00:08-	00:44-	00:07-	01:41&	00:07-	02:27&	00:17-	00:05-	00:11-

Plass	Navn										Klasse										Tid									
H 4,5																														
4	Stig HM Wiest										1059										53:02									
01:09-	02:37=	04:24+	05:20+	07:51+	10:46+	12:06+	13:35+	17:29+	19:59+	21:34+	25:14+	26:58+	31:11+	32:10+	33:38+	36:15+	46:26+	48:12+	52:31+	53:02+										
01:09-	01:28+	01:47+	00:56+	02:31+	02:55+	01:20+	01:29+	03:54+	02:30+	01:35+	03:40+	01:44+	04:13+	00:59-	01:28+	02:37+	10:11+	01:46+	04:19+	00:31+										
00:08-	00:08+	00:43&	00:03+	01:11&	00:36&	00:12#	00:26&	00:47&	00:03+	00:07+	01:21&	00:03+	01:18&	00:13-	00:08+	00:31#	07:26@	00:21#	01:32&	00:03#										

Beste strekktid for klassen

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

H 5,5

1	Kenneth Bilstad						15						30:15							
01:34=	02:37=	04:37=	05:15=	06:39=	08:01=	08:59=	12:19=	13:04=	13:39=	16:23=	17:48=	19:13=	21:17=	22:53=	23:45=	25:11=	26:34=	28:43=	29:54=	30:15=
01:34=	01:03=	02:00=	00:38=	01:24=	01:22=	00:58=	03:20=	00:45=	00:35=	02:44=	01:25=	01:25=	02:04=	01:36=	00:52=	01:26=	01:23=	02:09=	01:11=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arne Røste						25						36:18							
02:09+	03:35+	05:33+	06:31+	07:58+	10:07+	11:14+	13:50+	14:45+	15:50+	19:25+	21:05+	23:11+	26:07+	26:56+	28:10+	29:49+	31:31+	34:23+	35:49+	36:18+
02:09+	01:26+	01:58-	00:58+	01:27+	02:09+	01:07+	02:36-	00:55+	01:05+	03:35+	01:40+	02:06+	02:56+	00:49-	01:14+	01:39+	01:42+	02:52+	01:26+	00:29+
00:35&	00:23&	00:02-	00:20&	00:03+	00:47&	00:09#	00:44-	00:10#	00:30&	00:51&	00:15#	00:41&	00:52&	00:47-	00:22&	00:13#	00:19#	00:43&	00:15#	00:08&
3	Michael Sætvedt						RAUT						42:39							
02:15+	04:26+	07:55+	08:55+	10:12+	12:01+	13:19+	18:13+	19:16+	20:09+	23:32+	25:42+	27:42+	31:07+	32:35+	33:41+	35:36+	37:47+	40:38+	42:16+	42:39+
02:15+	02:11+	03:29+	01:00+	01:17-	01:49+	01:18+	04:54+	01:03+	00:53+	03:23+	02:10+	02:00+	03:25+	01:28-	01:06+	01:55+	02:11+	02:51+	01:38+	00:23+
00:41&	01:08@	01:29&	00:22&	00:07-	00:27&	00:20&	01:34&	00:18&	00:18&	00:39#	00:45&	00:35&	01:21&	00:08-	00:14&	00:29&	00:48&	00:42&	00:27&	00:02+
4	Stein Arne Negård						166						43:49							
02:36+	04:08+	06:48+	07:52+	09:27+	12:00+	13:27+	17:11+	18:16+	19:12+	23:39+	26:11+	28:14+	32:02+	33:02+	34:18+	36:17+	38:34+	41:54+	43:21+	43:49+
02:36+	01:32+	02:40+	01:04+	01:35+	02:33+	01:27+	03:44+	01:05+	00:56+	04:27+	02:32+	02:03+	03:48+	01:00-	01:16+	01:59+	02:17+	03:20+	01:27+	00:28+
01:02&	00:29&	00:40&	00:26&	00:11#	01:11&	00:29&	00:24#	00:20&	00:21&	01:43&	01:07&	00:38&	01:44&	00:36-	00:24&	00:33&	00:54&	01:11&	00:16#	00:07&
5	Arvid Nilson						NAV						53:34							
02:54+	10:25+	12:55+	13:55+	15:05+	16:53+	20:00+	25:14+	26:23+	27:42+	32:01+	34:34+	36:20+	39:35+	41:04+	42:40+	44:35+	47:11+	51:09+	53:10+	53:34+
02:54+	07:31+	02:30+	01:00+	01:10-	01:48+	03:07+	05:14+	01:09+	01:19+	04:19+	02:33+	01:46+	03:15+	01:29-	01:36+	01:55+	02:36+	03:58+	02:01+	00:24+
01:20&	06:28@	00:30#	00:22&	00:14-	00:26&	02:09@	01:54&	00:24&	00:44@	01:35&	01:08&	00:21#	01:11&	00:07-	00:44&	00:29&	01:13&	01:49&	00:50&	00:03#

Beste strekktid for klassen

01:34	01:03	01:58	00:38	01:10	01:22	00:58	02:36	00:45	00:35	02:44	01:25	01:25	02:04	00:49	00:52	01:26	01:23	02:09	01:11	00:21
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.