

Bedrifts o-løp 29062021**Strekktider****Kvilheim-29.06.2021****Plass Navn****Klasse****Tid****D 1,5****1 Anne Bergljot Falck-Ytter 1058 32:57**

01:40= 04:19= 05:05= 07:28= 18:54= 21:15= 26:10= 28:47= 31:18= 32:57=
01:40= 02:39= 00:46= 02:23= 11:26= 02:21= 04:55= 02:37= 02:31= 01:39=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Turid Norstad Opsahl 89 33:32

03:40+ 07:19+ 08:15+ 11:35+ 14:52- 17:30- 23:43- 26:28- 29:44- 33:32+
03:40+ 03:39+ 00:56+ 03:20+ 03:17- 02:38+ 06:13+ 02:45+ 03:16+ 03:48+
02:00@ 01:00& 00:10# 00:57& 08:09- 00:17# 01:18& 00:08+ 00:45& 02:09@

3 Stine Bratli Danielsen 1071 36:21

02:26+ 06:10+ 07:47+ 11:40+ 15:15- 18:00- 25:42- 29:01+ 33:41+ 36:21+
02:26+ 03:44+ 01:37+ 03:53+ 03:35- 02:45+ 07:42+ 03:19+ 04:40+ 02:40+
00:46& 01:05& 00:51@ 01:30& 07:51- 00:24# 02:47& 00:42& 02:09& 01:01&

4 Irene Øien 1071 36:50

02:09+ 06:32+ 08:09+ 12:11+ 15:50- 18:48- 26:19+ 29:27+ 34:16+ 36:50+
02:09+ 04:23+ 01:37+ 04:02+ 03:39- 02:58+ 07:31+ 03:08+ 04:49+ 02:34+
00:29& 01:44& 00:51@ 01:39& 07:47- 00:37& 02:36& 00:31# 02:18& 00:55&

5 Eva Stensby 89 37:50

02:38+ 07:40+ 08:53+ 12:35+ 16:15- 18:51- 24:41- 27:25- 34:51+ 37:50+
02:38+ 05:02+ 01:13+ 03:42+ 03:40- 02:36+ 05:50+ 02:44+ 07:26+ 02:59+
00:58& 02:23& 00:27& 01:19& 07:46- 00:15# 00:55# 00:07+ 04:55@ 01:20&

6 Vera Børresen 1071 43:32

02:17+ 10:37+ 11:36+ 20:42+ 24:27+ 27:20+ 33:57+ 38:09+ 42:03+ 43:32+
02:17+ 08:20+ 00:59+ 09:06+ 03:45- 02:53+ 06:37+ 04:12+ 03:54+ 01:29-
00:37& 05:41@ 00:13& 06:43@ 07:41- 00:32# 01:42& 01:35& 01:23& 00:10-

7 Marie Rustadbakken 7 45:15

03:37+ 07:54+ 09:28+ 14:39+ 19:19+ 23:06+ 32:18+ 36:35+ 42:44+ 45:15+
03:37+ 04:17+ 01:34+ 05:11+ 04:40- 03:47+ 09:12+ 04:17+ 06:09+ 02:31+
01:57@ 01:38& 00:48@ 02:48@ 06:46- 01:26& 04:17& 01:40& 03:38@ 00:52&

8 Helga Hansen 7 50:27

03:09+ 12:03+ 13:24+ 18:52+ 23:29+ 27:13+ 36:36+ 40:29+ 47:00+ 50:27+
03:09+ 08:54+ 01:21+ 05:28+ 04:37- 03:44+ 09:23+ 03:53+ 06:31+ 03:27+
01:29& 06:15@ 00:35& 03:05@ 06:49- 01:23& 04:28& 01:16& 04:00@ 01:48@

9 Gerd Grønvold 7 56:19

02:34+ 07:17+ 08:34+ 12:28+ 18:25- 22:07+ 30:47+ 34:46+ 50:19+ 52:40+ 56:19+
02:34+ 04:43+ 01:17+ 03:54+ 05:57- 03:42+ 08:40+ 03:59+ 15:33+ 02:21+ 03:39+
00:54& 02:04& 00:31& 01:31& 05:29- 01:21& 03:45& 01:22& 13:02@ 00:42& 03:39+

10 Aud Grønvold 7 1:00:21

02:38+ 11:10+ 12:45+ 16:35+ 22:19+ 26:00+ 34:34+ 38:44+ 53:32+ 57:26+ 60:21+
02:38+ 08:32+ 01:35+ 03:50+ 05:44- 03:41+ 08:34+ 04:10+ 14:48+ 03:54+ 02:55+
00:58& 05:53@ 00:49@ 01:27& 05:42- 01:20& 03:39& 01:33& 12:17@ 02:15@ 02:55+

Beste strekktid for klassen

01:40 02:39 00:46 02:23 03:17 02:21 04:55 02:37 02:31 01:29

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

D 2,5

Plass	Navn	Klasse										Tid			
D 2,5															
1	Inger K. Brøndbo	165										43:13			
02:08=	03:59=	07:54=	10:01=	12:15=	15:00=	17:16=	22:19=	30:33=	32:23=	35:53=	38:55=	39:32=	43:13=		
02:08=	01:51=	03:55=	02:07=	02:14=	02:45=	02:16=	05:03=	08:14=	01:50=	03:30=	03:02=	00:37=	03:41=		
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	Rønnaug Sagbakken	1071										44:19			
02:44+	05:16+	09:52+	12:45+	15:27+	18:56+	21:55+	25:16+	29:27+	32:34+	35:49+	38:34+	39:25+	44:19+		
02:44+	02:32+	04:36+	02:53+	02:42+	03:29+	02:59+	03:21+	04:11+	03:07+	03:15+	02:45+	00:51+	04:54+		
02:44+	02:32+	04:36+	02:53+	02:42+	03:29+	02:59+	03:21+	04:11+	03:07+	03:15+	02:45+	00:51+	04:54+		
3	Mette A Wernberg	1071										44:30			
05:03+	06:44+	10:25+	12:32+	14:55+	22:12+	24:27+	26:39+	30:02+	32:56+	36:43+	39:25+	40:23+	44:30+		
05:03+	01:41+	03:41+	02:07+	02:23+	07:17+	02:15+	02:12+	03:23+	02:54+	03:47+	02:42+	00:58+	04:07+		
05:03+	01:41+	03:41+	02:07+	02:23+	07:17+	02:15+	02:12+	03:23+	02:54+	03:47+	02:42+	00:58+	04:07+		
4	Marit Tyldum	10001										46:33			
02:02+	04:01+	08:30+	11:40+	14:23+	18:04+	23:17+	27:12+	33:12+	35:52+	38:29+	40:47+	41:44+	46:33+		
02:02+	01:59+	04:29+	03:10+	02:43+	03:41+	05:13+	03:55+	06:00+	02:40+	02:37+	02:18+	00:57+	04:49+		
02:02+	01:59+	04:29+	03:10+	02:43+	03:41+	05:13+	03:55+	06:00+	02:40+	02:37+	02:18+	00:57+	04:49+		
5	Elisabet Høgset Rise	Geno										46:37			
03:09+	05:41+	10:37+	13:09+	16:36+	20:10+	23:36+	26:11+	31:05+	33:47+	38:07+	40:35+	41:19+	46:37+		
03:09+	02:32+	04:56+	02:32+	03:27+	03:34+	03:26+	02:35+	04:54+	02:42+	04:20+	02:28+	00:44+	05:18+		
03:09+	02:32+	04:56+	02:32+	03:27+	03:34+	03:26+	02:35+	04:54+	02:42+	04:20+	02:28+	00:44+	05:18+		
6	Oddveig Anne Sagbakken	88										55:56			
10:26+	13:13+	17:50+	20:49+	23:54+	26:54+	29:38+	34:41+	40:49+	43:40+	47:38+	50:12+	50:58+	55:56+		
10:26+	02:47+	04:37+	02:59+	03:05+	03:00+	02:44+	05:03+	06:08+	02:51+	03:58+	02:34+	00:46+	04:58+		
10:26+	02:47+	04:37+	02:59+	03:05+	03:00+	02:44+	05:03+	06:08+	02:51+	03:58+	02:34+	00:46+	04:58+		
7	Randi Aas Fjæstad	89										56:25			
06:00+	08:55+	13:55+	17:04+	21:12+	25:18+	28:29+	32:53+	38:35+	41:53+	47:23+	50:23+	51:17+	56:25+		
06:00+	02:55+	05:00+	03:09+	04:08+	04:06+	03:11+	04:24+	05:42+	03:18+	05:30+	03:00+	00:54+	05:08+		
06:00+	02:55+	05:00+	03:09+	04:08+	04:06+	03:11+	04:24+	05:42+	03:18+	05:30+	03:00+	00:54+	05:08+		
8	Bente Tangen Wikstrøm	Geno										58:49			
04:10+	06:12+	16:15+	21:11+	24:33+	29:34+	32:27+	35:05+	37:42+	43:05+	46:22+	50:21+	52:50+	53:30+	58:49+	
04:10+	02:02+	10:03+	04:56+	03:22+	05:01+	02:53+	02:38+	02:37+	05:23+	03:17+	03:59+	02:29+	00:40+	05:19+	
04:10+	02:02+	10:03+	04:56+	03:22+	05:01+	02:53+	02:38+	02:37+	05:23+	03:17+	03:59+	02:29+	00:40+	05:19+	
9	Anita Stensby Bekkelund	89										58:53			
06:40+	08:47+	13:37+	16:26+	19:30+	26:26+	30:13+	35:05+	40:10+	42:51+	47:23+	53:27+	54:20+	58:53+		
06:40+	02:07+	04:50+	02:49+	03:04+	06:56+	03:47+	04:52+	05:05+	02:41+	04:32+	06:04+	00:53+	04:33+		
06:40+	02:07+	04:50+	02:49+	03:04+	06:56+	03:47+	04:52+	05:05+	02:41+	04:32+	06:04+	00:53+	04:33+		
10	Helene Kartomten	89										59:14			
07:52+	10:11+	15:14+	18:15+	21:04+	24:14+	31:37+	36:12+	41:32+	45:24+	49:10+	53:09+	54:59+	59:14+		
07:52+	02:19+	05:03+	03:01+	02:49+	03:10+	07:23+	04:35+	05:20+	03:52+	03:46+	03:59+	01:50+	04:15+		
07:52+	02:19+	05:03+	03:01+	02:49+	03:10+	07:23+	04:35+	05:20+	03:52+	03:46+	03:59+	01:50+	04:15+		
11	Anita Grønvold Tollefsen	7										1:00:51			
02:30+	17:31+	21:42+	25:00+	26:37+	34:36+	38:33+	43:50+	48:36+	50:56+	53:56+	56:26+	57:20+	60:51+		
02:30+	15:01+	04:11+	03:18+	01:37+	07:59+	03:57+	05:17+	04:46+	02:20+	03:00+	02:30+	00:54+	03:31+		
02:30+	15:01+	04:11+	03:18+	01:37+	07:59+	03:57+	05:17+	04:46+	02:20+	03:00+	02:30+	00:54+	03:31+		
12	Inger Margrethe Bakken	lf										1:01:12			
04:24+	06:48+	11:11+	16:09+	18:37+	22:09+	25:42+	29:25+	39:16+	47:37+	52:17+	55:35+	57:00+	61:12+		
04:24+	02:24+	04:23+	04:58+	02:28+	03:32+	03:33+	03:43+	09:51+	08:21+	04:40+	03:18+	01:25+	04:12+		
04:24+	02:24+	04:23+	04:58+	02:28+	03:32+	03:33+	03:43+	09:51+	08:21+	04:40+	03:18+	01:25+	04:12+		

Plass	Navn	Klasse	Tid
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D 2,5

13	Inger G. Lund												155	1:08:23
03:59+	07:23+	18:36+	21:29+	24:34+	33:32+	37:20+	42:05+	50:26+	55:15+	58:15+	61:47+	64:17+	68:23+	
03:59+	03:24+	11:13+	02:53+	03:05+	08:58+	03:48+	04:45+	08:21+	04:49+	03:00+	03:32+	02:30+	04:06+	
03:59+	03:24+	11:13+	02:53+	03:05+	08:58+	03:48+	04:45+	08:21+	04:49+	03:00+	03:32+	02:30+	04:06+	

14	Mari Holmgren	7	1:11:51										
13:49+	16:10+	31:35+	34:44+	37:46+	41:10+	44:16+	48:01+	53:47+	57:04+	60:30+	65:14+	67:16+	71:51+
13:49+	02:21+	15:25+	03:09+	03:02+	03:24+	03:06+	03:45+	05:46+	03:17+	03:26+	04:44+	02:02+	04:35+
13:49+	02:21+	15:25+	03:09+	03:02+	03:24+	03:06+	03:45+	05:46+	03:17+	03:26+	04:44+	02:02+	04:35+

Beste strekktid for klassen

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

D 3,5

[illegible]

2	Anne Karin Westby										1071	53:12
04:41+	07:01+	12:41+	15:31+	19:36+	28:21+	30:43+	32:45+	38:22-	40:23-	50:22+	53:12+	
04:41+	02:20+	05:40-	02:50+	04:05+	08:45-	02:22+	02:02+	05:37-	02:01-	09:59+	02:50+	
00:56#	00:19#	00:12-	00:13+	00:17+	00:48-	00:24+	00:04+	00:54-	00:36-	00:53+	00:43#	

3	Anne Sørum											1013	57:00
03:34-	05:34-	11:12-	14:00-	17:44-	37:08+	39:25+	41:29+	47:53+	50:48+	54:33+	57:00+		
03:34-	02:00-	05:18-	02:48+	03:44-	19:24+	02:17-	02:04+	06:24-	02:55+	03:45-	02:27+		
00:11-	00:01-	00:14-	00:11+	00:04-	09:510	00:01-	00:06+	00:07-	00:18#	05:21-	00:20#		

4	Grete Storsveen										1071	1:01:02
05:06+	07:27+	14:25+	19:11+	23:10+	34:53+	39:16+	44:55+	51:56+	54:34+	58:15+	61:02+	
05:06+	02:21+	06:58+	04:46+	04:06+	11:36+	04:23+	05:39+	07:01+	02:38+	03:41+	02:47+	
01:21&	00:20#	01:06#	02:09&	00:18+	02:03#	02:05&	03:41@	00:30+	00:01+	05:25-	00:40&	

Beste strekktid for klassen

03:34 02:00 05:38 02:37 03:44 08:45 02:17 01:58 05:37 02:01 03:41 02:07

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

D 4,5

[illegible]

2	Stine Holmen					152										50:43							
01:12+	02:45+	04:05+	06:20+	09:39+	13:37+	21:28+	23:16+	24:59+	26:22+	30:44+	37:53+	41:23+	43:32+	46:13+	48:09+	49:46+	50:43+						
01:12+	01:33+	01:20+	02:15-	03:19+	03:58+	07:51+	01:48+	01:43+	01:23-	04:22+	07:09+	03:30+	02:09=	02:41+	01:56+	01:37+	00:57+						
00:10#	00:01+	00:06+	00:05-	00:31#	02:18@	00:29+	00:06+	00:40-	00:01-	00:33#	02:29#	00:42#	00:00=	00:06+	00:14#	00:04+	00:02+						

Plass	Navn	Klasse	Tid
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D 4,5

3			Wenche Bjørnstad			Geno			54:54								
01:18+	03:32+	05:13+	07:46+	10:27+	14:39+	22:13+	23:56+	25:55+	27:33+	31:40+	38:39+	43:18+	46:20+	49:32+	51:41+	53:39+	54:54+
01:18+	02:14+	01:41+	02:33+	02:41-	04:12+	07:34+	01:43+	01:59-	01:38+	04:07+	06:59+	04:39+	03:02+	03:12+	02:09+	01:58+	01:15+
00:16#	00:42#	00:27#	00:13+	00:07-	02:32@	00:12+	00:01+	00:24-	00:14#	00:18+	02:19#	01:51#	00:53#	00:37#	00:27#	00:25#	00:20#

4	Mari Norstad Opsahl										1032										55:10									
01:04+	02:56+	04:18+	07:04+	09:57+	14:28+	23:30+	25:35+	27:26+	28:56+	36:53+	42:10+	45:22+	47:32+	50:32+	52:40+	54:10+	55:10+													
01:04+	01:52+	01:22+	02:46+	02:53+	04:31+	09:02+	02:05+	01:51+	01:30+	07:57+	05:17+	03:12+	02:10+	03:00+	02:08+	01:30+	01:00+													
01:04+	01:52+	01:22+	02:46+	02:53+	04:31+	09:02+	02:05+	01:51+	01:30+	07:57+	05:17+	03:12+	02:10+	03:00+	02:08+	01:30+	01:00+													

5	Unn Mette Klopbakken										43					56:41							
01:03+	02:58+	04:21+	07:23+	10:43+	12:32+	20:25+	22:27+	24:28+	25:57+	31:50+	42:35+	45:21+	47:40+	50:45+	53:49+	55:35+	56:41+						
01:03+	01:55+	01:23+	03:02+	03:20+	01:49+	07:53+	02:02+	02:01+	01:29+	05:53+	10:45+	02:46+	02:19+	03:05+	03:04+	01:46+	01:06+						
01:03+	01:55+	01:23+	03:02+	03:20+	01:49+	07:53+	02:02+	02:01+	01:29+	05:53+	10:45+	02:46+	02:19+	03:05+	03:04+	01:46+	01:06+						

6					Line Merete Libak					89					58:03				
01:19+	03:16+	04:54+	07:50+	11:07+	14:17+	23:42+	26:20+	28:45+	30:34+	36:01+	42:37+	46:49+	49:31+	52:33+	54:49+	56:55+	58:03+		
01:19+	01:57+	01:38+	02:56+	03:17+	03:10+	09:25+	02:38+	02:25+	01:49+	05:27+	06:36+	04:12+	02:42+	03:02+	02:16+	02:06+	01:08+		
01:19+	01:57+	01:38+	02:56+	03:17+	03:10+	09:25+	02:38+	02:25+	01:49+	05:27+	06:36+	04:12+	02:42+	03:02+	02:16+	02:06+	01:08+		

7	Sylvia Andersen										27										1:06:26									
02:19+	05:18+	07:27+	10:32+	13:56+	17:44+	27:01+	32:16+	34:52+	36:37+	42:24+	49:26+	53:49+	56:34+	60:17+	62:46+	64:58+	66:26+													
02:19+	02:59+	02:09+	03:05+	03:24+	03:48+	09:17+	05:15+	02:36+	01:45+	05:47+	07:02+	04:23+	02:45+	03:43+	02:29+	02:12+	01:28+													
02:19+	02:59+	02:09+	03:05+	03:24+	03:48+	09:17+	05:15+	02:36+	01:45+	05:47+	07:02+	04:23+	02:45+	03:43+	02:29+	02:12+	01:28+													

Beste strekktid for klassen

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

H 1,5

1 Knut Rørsveen 7 23:31

01:28= 04:05= 04:46= 07:44= 11:13= 13:28= 17:36= 20:26= 22:19= 23:31=

01:28= 02:37= 00:41= 02:58= 03:29= 02:15= 04:08= 02:50= 01:53= 01:12=

00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2					Arnfinn Nordhagen					Geno					28:35				
01:53+		05:33+		06:17+		08:31+		14:58+		16:45+		22:08+		24:28+		26:54+		28:35+	
01:53+		03:40+		00:44+		02:14-		06:27+		01:47-		05:23+		02:20-		02:26+		01:41+	
00:25&		01:03&		00:03+		00:44-		02:58&		00:28-		01:15&		00:30-		00:33&		00:29&	

3	Ingvald Pedersen									147	37:29
01:53+	09:00+	09:46+	13:52+	18:06+	20:54+	26:32+	29:20+	35:27+	37:29+		
01:53+	07:07+	00:46+	04:06+	04:14+	02:48+	05:38+	02:48-	06:07+	02:02+		
00:25&	04:30@	00:05#	01:08&	00:45#	00:33#	01:30&	00:02-	04:14@	00:50&		

4	Dag Erik Hovde									25	41:38
02:35+	06:51+	08:02+	11:07+	22:58+	25:33+	32:21+	36:19+	39:27+	41:38+		
02:35+	04:16+	01:11+	03:05+	11:51+	02:35+	06:48+	03:58+	03:08+	02:11+		
01:07&	01:39&	00:30&	00:07+	08:22@	00:20#	02:40&	01:08&	01:15&	00:59&		

5	Arne Gunnar Barflo					89	1:14:05				
04:49+	14:27+	17:24+	25:35+	32:26+	38:43+	53:01+	62:51+	69:20+	74:05+		
04:49+	09:38+	02:57+	08:11+	06:51+	06:17+	14:18+	09:50+	06:29+	04:45+		
03:21@	07:01@	02:16@	05:13@	03:22@	04:02@	10:10@	07:00@	04:36@	03:33@		

Plass	Navn										Klasse										Tid									
H 1,5																														
Beste strekktid for klassen																														
01:28 02:37 00:41 02:14 03:29 01:47 04:08 02:20 01:53 01:12																														
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																														
H 2,5																														
1 Tor Haugstulen 55 28:25																														
01:38= 03:53= 05:21= 08:11= 11:13= 14:18= 18:01= 19:25= 20:40= 21:17= 24:18= 24:59= 26:31= 27:34= 28:25=																														
01:38= 02:15= 01:28= 02:50= 03:02= 03:05= 03:43= 01:24= 01:15= 00:37= 03:01= 00:41= 01:32= 01:03= 00:51=																														
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 Terje Malm 52 35:57																														
02:16+ 05:11+ 07:25+ 08:06- 10:36- 14:35+ 20:18+ 22:41+ 25:16+ 26:06+ 29:43+ 30:39+ 32:49+ 34:34+ 35:57+																														
02:16+ 02:55+ 02:14+ 00:41- 02:30- 03:59+ 05:43+ 02:23+ 02:35+ 00:50+ 03:37+ 00:56+ 02:10+ 01:45+ 01:23+																														
00:38& 00:40& 00:46& 02:09- 00:32- 00:54& 02:00& 00:59& 01:20@ 00:13& 00:36# 00:15& 00:38& 00:42& 00:32&																														
3 Tore Stensby 93 36:42																														
01:56+ 04:41+ 06:25+ 07:00- 09:29- 13:46- 19:00+ 21:32+ 23:11+ 26:23+ 30:32+ 31:26+ 33:38+ 35:14+ 36:42+																														
01:56+ 02:45+ 01:44+ 00:35- 02:29- 04:17+ 05:14+ 02:32+ 01:39+ 03:12+ 04:09+ 00:54+ 02:12+ 01:36+ 01:28+																														
00:18# 00:30# 00:16# 02:15- 00:33- 01:12& 01:31& 01:08& 00:24& 02:35@ 01:08& 00:13& 00:40& 00:33& 00:37&																														
4 Einar Stensby 89 37:15																														
02:21+ 05:20+ 07:32+ 08:19+ 10:58- 15:00+ 21:27+ 24:05+ 26:00+ 26:58+ 30:33+ 31:56+ 34:13+ 36:02+ 37:15+																														
02:21+ 02:59+ 02:12+ 00:47- 02:39- 04:02+ 06:27+ 02:38+ 01:55+ 00:58+ 03:35+ 01:23+ 02:17+ 01:49+ 01:13+																														
00:43& 00:44& 00:44& 02:03- 00:23- 00:57& 02:44& 01:14& 00:40& 00:21& 00:34# 00:42@ 00:45& 00:46& 00:22&																														
5 Ottar Evensen 27 38:54																														
02:15+ 05:26+ 07:57+ 08:45+ 12:06+ 16:09+ 21:41+ 24:11+ 26:53+ 27:53+ 33:19+ 34:16+ 36:15+ 37:41+ 38:54+																														
02:15+ 03:11+ 02:31+ 00:48- 03:21+ 04:03+ 05:32+ 02:30+ 02:42+ 01:00+ 05:26+ 00:57+ 01:59+ 01:26+ 01:13+																														
00:37& 00:56& 01:03& 02:02- 00:19# 00:58& 01:49& 01:06& 01:27@ 00:23& 02:25& 00:16& 00:27& 00:23& 00:22&																														
6 Morten Øie 39 40:02																														
02:14+ 04:52+ 07:08+ 08:07- 10:50- 13:47- 19:23+ 21:31+ 24:35+ 26:55+ 28:43+ 32:49+ 34:48+ 36:54+ 38:50+ 40:02+																														
02:14+ 02:38+ 02:16+ 00:59- 02:43- 02:57- 05:36+ 02:08+ 03:04+ 02:20+ 01:48- 04:06+ 01:59+ 02:06+ 01:56+ 01:12+																														
00:36& 00:23# 00:48& 01:51- 00:19- 00:08- 01:53& 00:44& 01:49@ 01:43@ 01:13- 03:25@ 00:27& 01:03& 01:05@ 01:12+																														
7 Leif Martin Kjos 1071 40:04																														
02:15+ 05:23+ 07:18+ 07:59- 12:26+ 15:49+ 21:53+ 24:00+ 26:00+ 26:45+ 33:07+ 34:09+ 36:00+ 38:47+ 40:04+																														
02:15+ 03:08+ 01:55+ 00:41- 04:27+ 03:23+ 06:04+ 02:07+ 02:00+ 00:45+ 06:22+ 01:02+ 01:51+ 02:47+ 01:17+																														
00:37& 00:53& 00:27& 02:09- 01:25& 00:18+ 02:21& 00:43& 00:45& 00:08# 03:21@ 00:21& 00:19# 01:44@ 00:26&																														
8 Per Vold 96 40:35																														
02:50+ 05:23+ 07:11+ 10:39+ 14:23+ 17:51+ 26:07+ 28:09+ 30:04+ 30:52+ 34:44+ 35:29+ 37:23+ 39:16+ 40:35+																														
02:50+ 02:33+ 01:48+ 03:28+ 03:44+ 03:28+ 08:16+ 02:02+ 01:55+ 00:48+ 03:52+ 00:45+ 01:54+ 01:53+ 01:19+																														
01:12& 00:18# 00:20# 00:38# 00:42# 00:23# 04:33@ 00:38& 00:40& 00:11& 00:51& 00:04+ 00:22# 00:50& 00:28&																														
9 Jan Olav Sæther 165 40:35																														
02:16+ 06:24+ 08:55+ 09:40+ 12:08+ 16:23+ 23:04+ 25:23+ 27:17+ 28:22+ 33:14+ 34:31+ 36:50+ 39:18+ 40:35+																														
02:16+ 04:08+ 02:31+ 00:45- 02:28- 04:15+ 06:41+ 02:19+ 01:54+ 01:05+ 04:52+ 01:17+ 02:19+ 02:28+ 01:17+																														
00:38& 01:53& 01:03& 02:05- 00:34- 01:10& 02:58& 00:55& 00:39& 00:28& 01:51& 00:36& 00:47& 01:25@ 00:26&																														
10 Terje Lien 155 40:57																														
02:48+ 06:13+ 08:32+ 09:55+ 13:29+ 18:26+ 23:41+ 27:01+ 29:27+ 30:26+ 34:50+ 35:44+ 37:52+ 39:30+ 40:57+																														
02:48+ 03:25+ 02:19+ 01:23- 03:34+ 04:57+ 05:15+ 03:20+ 02:26+ 00:59+ 04:24+ 00:54+ 02:08+ 01:38+ 01:27+																														
01:10& 01:10& 00:51& 01:27- 00:32# 01:52& 01:32& 01:56@ 01:11& 00:22& 01:23& 00:13& 00:36& 00:35& 00:36&																														

Plass	Navn	Klasse										Tid				
H 2,5																
11	Harald Grønvold		7										41:46			
02:34+	06:15+	11:01+	11:46+	14:04+	18:47+	24:29+	27:08+	29:10+	30:18+	35:44+	36:48+	39:15+	40:35+	41:46+		
02:34+	03:41+	04:46+	00:45-	02:18-	04:43+	05:42+	02:39+	02:02+	01:08+	05:26+	01:04+	02:27+	01:20+	01:11+		
00:56&	01:26&	03:18@	02:05-	00:44-	01:38&	01:59&	01:15&	00:47&	00:31&	02:25&	00:23&	00:55&	00:17&	00:20&		
12	Magne Smeland		167										42:40			
02:09+	05:00+	06:56+	07:45+	10:03+	13:40+	19:32+	21:48+	24:32+	25:22+	36:24+	37:35+	39:55+	41:20+	42:40+		
02:09+	02:51+	01:56+	00:49+	02:18+	03:37+	05:52+	02:16+	02:44+	00:50+	11:02+	01:11+	02:20+	01:25+	01:20+		
02:09+	02:51+	01:56+	00:49+	02:18+	03:37+	05:52+	02:16+	02:44+	00:50+	11:02+	01:11+	02:20+	01:25+	01:20+		
13	Stein Edvardsen		27										44:00			
02:36+	06:43+	09:37+	10:29+	13:27+	18:50+	25:08+	27:38+	30:06+	31:15+	36:28+	37:45+	40:30+	42:12+	44:00+		
02:36+	04:07+	02:54+	00:52+	02:58+	05:23+	06:18+	02:30+	02:28+	01:09+	05:13+	01:17+	02:45+	01:42+	01:48+		
02:36+	04:07+	02:54+	00:52+	02:58+	05:23+	06:18+	02:30+	02:28+	01:09+	05:13+	01:17+	02:45+	01:42+	01:48+		
14	Stein Sandaker		1038										45:00			
02:07+	06:58+	09:14+	10:21+	12:31+	15:59+	20:59+	24:08+	26:33+	30:18+	38:11+	39:47+	41:48+	43:44+	45:00+		
02:07+	04:51+	02:16+	01:07+	02:10+	03:28+	05:00+	03:09+	02:25+	03:45+	07:53+	01:36+	02:01+	01:56+	01:16+		
02:07+	04:51+	02:16+	01:07+	02:10+	03:28+	05:00+	03:09+	02:25+	03:45+	07:53+	01:36+	02:01+	01:56+	01:16+		
15	Tore Lindaas		27										46:09			
03:18+	07:21+	10:18+	11:10+	15:03+	19:39+	27:04+	29:43+	32:04+	33:14+	38:22+	39:30+	42:20+	44:02+	46:09+		
03:18+	04:03+	02:57+	00:52+	03:53+	04:36+	07:25+	02:39+	02:21+	01:10+	05:08+	01:08+	02:50+	01:42+	02:07+		
03:18+	04:03+	02:57+	00:52+	03:53+	04:36+	07:25+	02:39+	02:21+	01:10+	05:08+	01:08+	02:50+	01:42+	02:07+		
16	Torbjørn Ødegaard		1058										46:46			
03:05+	07:23+	10:20+	11:44+	14:46+	19:43+	26:08+	29:13+	32:21+	33:35+	39:02+	40:47+	43:35+	45:02+	46:46+		
03:05+	04:18+	02:57+	01:24+	03:02+	04:57+	06:25+	03:05+	03:08+	01:14+	05:27+	01:45+	02:48+	01:27+	01:44+		
03:05+	04:18+	02:57+	01:24+	03:02+	04:57+	06:25+	03:05+	03:08+	01:14+	05:27+	01:45+	02:48+	01:27+	01:44+		
17	Sven Marken		89										48:53			
02:51+	07:14+	09:57+	11:15+	14:33+	19:23+	26:12+	28:49+	32:02+	33:14+	38:17+	39:50+	42:51+	46:55+	48:53+		
02:51+	04:23+	02:43+	01:18+	03:18+	04:50+	06:49+	02:37+	03:13+	01:12+	05:03+	01:33+	03:01+	04:04+	01:58+		
02:51+	04:23+	02:43+	01:18+	03:18+	04:50+	06:49+	02:37+	03:13+	01:12+	05:03+	01:33+	03:01+	04:04+	01:58+		
18	Magne Johansen		1032										52:20			
03:02+	06:27+	08:40+	09:22+	11:59+	16:36+	29:54+	32:22+	35:45+	38:23+	44:04+	45:39+	48:45+	50:34+	52:20+		
03:02+	03:25+	02:13+	00:42+	02:37+	04:37+	13:18+	02:28+	03:23+	02:38+	05:41+	01:35+	03:06+	01:49+	01:46+		
03:02+	03:25+	02:13+	00:42+	02:37+	04:37+	13:18+	02:28+	03:23+	02:38+	05:41+	01:35+	03:06+	01:49+	01:46+		
19	Kåre Garmager		155										54:52			
02:56+	06:27+	09:25+	10:06+	13:11+	17:13+	25:19+	27:44+	30:57+	39:15+	44:58+	48:40+	51:13+	53:05+	54:52+		
02:56+	03:31+	02:58+	00:41+	03:05+	04:02+	08:06+	02:25+	03:13+	08:18+	05:43+	03:42+	02:33+	01:52+	01:47+		
02:56+	03:31+	02:58+	00:41+	03:05+	04:02+	08:06+	02:25+	03:13+	08:18+	05:43+	03:42+	02:33+	01:52+	01:47+		
20	Thorvald Sæhlie		120										55:53			
03:07+	09:41+	12:27+	13:17+	17:24+	22:11+	29:38+	32:57+	35:34+	36:47+	43:12+	48:31+	51:30+	53:46+	55:53+		
03:07+	06:34+	02:46+	00:50+	04:07+	04:47+	07:27+	03:19+	02:37+	01:13+	06:25+	05:19+	02:59+	02:16+	02:07+		
03:07+	06:34+	02:46+	00:50+	04:07+	04:47+	07:27+	03:19+	02:37+	01:13+	06:25+	05:19+	02:59+	02:16+	02:07+		
21	Halstein Ødegård		89										1:03:29			
04:03+	08:25+	11:55+	13:02+	20:33+	25:35+	34:19+	37:45+	41:03+	42:27+	53:57+	55:44+	59:04+	61:21+	63:29+		
04:03+	04:22+	03:30+	01:07+	07:31+	05:02+	08:44+	03:26+	03:18+	01:24+	11:30+	01:47+	03:20+	02:17+	02:08+		
04:03+	04:22+	03:30+	01:07+	07:31+	05:02+	08:44+	03:26+	03:18+	01:24+	11:30+	01:47+	03:20+	02:17+	02:08+		
22	Eystein Linnerud		105										1:04:56			
03:50+	08:30+	11:01+	11:53+	15:27+	22:43+	33:17+	35:49+	38:17+	49:04+	55:31+	57:19+	61:09+	63:11+	64:56+		
03:50+	04:40+	02:31+	00:52+	03:34+	07:16+	10:34+	02:32+	02:28+	10:47+	06:27+	01:48+	03:50+	02:02+	01:45+		
03:50+	04:40+	02:31+	00:52+	03:34+	07:16+	10:34+	02:32+	02:28+	10:47+	06:27+	01:48+	03:50+	02:02+	01:45+		

Plass	Navn	Klasse												Tid
H 2,5														
Beste strekktid for klassen														
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
H 3,5														
1	Erik Neby	105												43:47
	01:52=	05:06=	07:35=	09:05=	16:29=	21:11=	24:23=	30:30=	32:10=	35:02=	37:21=	40:20=	42:30=	43:47=
	01:52=	03:14=	02:29=	01:30=	07:24=	04:42=	03:12=	06:07=	01:40=	02:52=	02:19=	02:59=	02:10=	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=	00:00=
2	Tore Jørgensen	105												45:49
	01:48-	04:47-	06:24-	08:30-	16:05-	21:29+	24:45+	30:46+	32:12+	35:11+	37:32+	42:12+	44:42+	45:49+
	01:48-	02:59-	01:37-	02:06+	07:35+	05:24+	03:16+	06:01-	01:26-	02:59+	02:21+	04:40+	02:30+	01:07-
	00:04-	00:15-	00:52-	00:36&	00:11+	00:42#	00:04+	00:06-	00:14-	00:07+	00:02+	01:41&	00:20#	00:10-
3	Erik Haugen	119												46:11
	01:49-	04:51-	06:36-	08:14-	15:21-	23:15+	26:35+	32:23+	34:05+	36:50+	39:32+	42:31+	44:52+	46:11+
	01:49-	03:02-	01:45-	01:38+	07:07-	07:54+	03:20+	05:48-	01:42+	02:45-	02:42+	02:59=	02:21+	01:19+
	00:03-	00:12-	00:44-	00:08+	00:17-	03:12&	00:08+	00:19-	00:02+	00:07-	00:23#	00:00=	00:11+	00:02+
4	Tore Gustav Tomter	1021												46:24
	02:07+	05:20+	07:11-	09:12+	18:03+	22:55+	26:37+	32:28+	34:18+	37:14+	39:43+	43:20+	45:18+	46:24+
	02:07+	03:13-	01:51-	02:01+	08:51+	04:52+	03:42+	05:51-	01:50+	02:56+	02:29+	03:37+	01:58-	01:06-
	00:15#	00:01-	00:38-	00:31&	01:27#	00:10+	00:30#	00:16-	00:10+	00:04+	00:10+	00:38#	00:12-	00:11-
5	Ole Hans Øie	LMF												46:58
	03:39+	07:00+	08:43+	10:26+	17:45+	23:25+	27:05+	33:00+	34:48+	37:58+	40:10+	43:27+	45:50+	46:58+
	03:39+	03:21+	01:43-	01:43+	07:19-	05:40+	03:40+	05:55-	01:48+	03:10+	02:12-	03:17+	02:23+	01:08-
	01:47&	00:07+	00:46-	00:13#	00:05-	00:58#	00:28#	00:12-	00:08+	00:18#	00:07-	00:18#	00:13+	00:09-
6	Edvard Dahl	165												47:12
	01:48-	04:26-	06:42-	08:04-	14:06-	18:58-	28:40+	33:55+	35:26+	38:29+	41:18+	44:28+	46:17+	47:12+
	01:48-	02:38-	02:16-	01:22-	06:02-	04:52+	09:42+	05:15-	01:31-	03:03+	02:49+	03:10+	01:49-	00:55-
	00:04-	00:36-	00:13-	00:08-	01:22-	00:10+	06:30@	00:52-	00:09-	00:11+	00:30#	00:11+	00:21-	00:22-
7	Steinar Libak	89												47:52
	02:26+	05:25+	07:11-	08:49-	17:12+	22:45+	26:42+	33:23+	35:25+	38:28+	40:43+	44:09+	46:40+	47:52+
	02:26+	02:59-	01:46-	01:38+	08:23+	05:33+	03:57+	06:41+	02:02+	03:03+	02:15-	03:26+	02:31+	01:12-
	00:34&	00:15-	00:43-	00:08+	00:59#	00:51#	00:45#	00:34+	00:22#	00:11+	00:04-	00:27#	00:21#	00:05-
8	Rune Waaler	RAUT												48:19
	01:41-	05:27+	07:00-	08:39-	16:25-	21:45+	25:57+	31:30+	33:08+	36:03+	41:18+	44:34+	47:03+	48:19+
	01:41-	03:46+	01:33-	01:39+	07:46+	05:20+	04:12+	05:33-	01:38-	02:55+	05:15+	03:16+	02:29+	01:16-
	00:11-	00:32#	00:56-	00:09+	00:22+	00:38#	01:00&	00:34-	00:02-	00:03+	02:56@	00:17+	00:19#	00:01-
9	Jon Tyldum	10001												49:08
	02:16+	05:42+	07:11-	08:53-	16:30+	25:21+	28:33+	34:58+	36:43+	40:26+	43:07+	46:03+	48:04+	49:08+
	02:16+	03:26+	01:29-	01:42+	07:37+	08:51+	03:12=	06:25+	01:45+	03:43+	02:41+	02:56-	02:01-	01:04-
	00:24#	00:12+	01:00-	00:12#	00:13+	04:09&	00:00=	00:18+	00:05+	00:51&	00:22#	00:03-	00:09-	00:13-
10	Jo Gisle Jørgensen	105												49:35
	01:34-	04:34-	06:30-	09:08+	17:31+	23:14+	27:25+	34:00+	35:29+	38:45+	40:50+	46:27+	48:22+	49:35+
	01:34-	03:00-	01:56-	02:38+	08:23+	05:43+	04:11+	06:35+	01:29-	03:16+	02:05-	05:37+	01:55-	01:13-
	00:18-	00:14-	00:33-	01:08&	00:59#	01:01#	00:59&	00:28+	00:11-	00:24#	00:14-	02:38&	00:15-	00:04-

Plass	Navn				Klasse								Tid	
H 3,5														
11	Trond Feiring				52								50:20	
02:01+	08:01+	10:02+	11:54+	19:25+	24:25+	27:55+	34:33+	36:13+	39:36+	42:05+	46:24+	49:01+	50:20+	
02:01+	06:00+	02:01-	01:52+	07:31+	05:00+	03:30+	06:38+	01:40=	03:23+	02:29+	04:19+	02:37+	01:19+	
00:09+	02:46&	00:28-	00:22#	00:07+	00:18+	00:18+	00:31+	00:00=	00:31#	00:10+	01:20&	00:27#	00:02+	
12	Trond Øie				1071								50:39	
01:50+	04:59+	08:40+	10:56+	19:36+	25:33+	29:30+	36:16+	37:58+	41:09+	44:08+	47:49+	49:31+	50:39+	
01:50+	03:09+	03:41+	02:16+	08:40+	05:57+	03:57+	06:46+	01:42+	03:11+	02:59+	03:41+	01:42+	01:08+	
01:50+	03:09+	03:41+	02:16+	08:40+	05:57+	03:57+	06:46+	01:42+	03:11+	02:59+	03:41+	01:42+	01:08+	
13	Karl Petter Opsahl				89								51:05	
03:12+	06:43+	08:54+	10:58+	19:01+	24:47+	28:54+	35:57+	37:44+	41:14+	43:38+	47:41+	49:48+	51:05+	
03:12+	03:31+	02:11+	02:04+	08:03+	05:46+	04:07+	07:03+	01:47+	03:30+	02:24+	04:03+	02:07+	01:17+	
03:12+	03:31+	02:11+	02:04+	08:03+	05:46+	04:07+	07:03+	01:47+	03:30+	02:24+	04:03+	02:07+	01:17+	
14	Morten Eriksen				105								52:53	
02:16+	04:33+	05:55+	07:07+	15:04+	20:55+	30:39+	35:25+	36:38+	39:53+	42:57+	48:54+	51:56+	52:53+	
02:16+	02:17+	01:22+	01:12+	07:57+	05:51+	09:44+	04:46+	01:13+	03:15+	03:04+	05:57+	03:02+	00:57+	
02:16+	02:17+	01:22+	01:12+	07:57+	05:51+	09:44+	04:46+	01:13+	03:15+	03:04+	05:57+	03:02+	00:57+	
15	Johnny Johansen				89								53:11	
02:38+	06:16+	09:00+	11:34+	20:34+	27:04+	31:06+	38:08+	39:56+	43:32+	45:51+	49:50+	51:54+	53:11+	
02:38+	03:38+	02:44+	02:34+	09:00+	06:30+	04:02+	07:02+	01:48+	03:36+	02:19+	03:59+	02:04+	01:17+	
02:38+	03:38+	02:44+	02:34+	09:00+	06:30+	04:02+	07:02+	01:48+	03:36+	02:19+	03:59+	02:04+	01:17+	
16	Audun Jenssen				105								55:20	
02:01+	04:47+	06:41+	08:18+	16:22+	22:52+	26:51+	39:24+	41:30+	45:06+	47:42+	51:50+	54:04+	55:20+	
02:01+	02:46+	01:54+	01:37+	08:04+	06:30+	03:59+	12:33+	02:06+	03:36+	02:36+	04:08+	02:14+	01:16+	
02:01+	02:46+	01:54+	01:37+	08:04+	06:30+	03:59+	12:33+	02:06+	03:36+	02:36+	04:08+	02:14+	01:16+	
17	Tore Stenseth				1013								57:45	
01:41+	07:26+	09:33+	11:56+	22:16+	28:16+	32:21+	40:21+	42:02+	47:13+	50:15+	54:16+	56:27+	57:45+	
01:41+	05:45+	02:07+	02:23+	10:20+	06:00+	04:05+	08:00+	01:41+	05:11+	03:02+	04:01+	02:11+	01:18+	
01:41+	05:45+	02:07+	02:23+	10:20+	06:00+	04:05+	08:00+	01:41+	05:11+	03:02+	04:01+	02:11+	01:18+	
18	Kristian Narum				165								59:50	
01:48+	05:59+	08:01+	09:38+	17:22+	31:56+	35:59+	43:45+	45:18+	48:11+	52:52+	55:38+	56:33+	58:28+	59:50+
01:48+	04:11+	02:02+	01:37+	07:44+	14:34+	04:03+	07:46+	01:33+	02:53+	04:41+	02:46+	00:55+	01:55+	01:22+
01:48+	04:11+	02:02+	01:37+	07:44+	14:34+	04:03+	07:46+	01:33+	02:53+	04:41+	02:46+	00:55+	01:55+	01:22+
19	Rune Engen				99								1:00:04	
02:00+	05:13+	06:55+	08:18+	15:27+	26:23+	31:32+	43:34+	45:12+	48:32+	51:22+	57:03+	58:55+	60:04+	
02:00+	03:13+	01:42+	01:23+	07:09+	10:56+	05:09+	12:02+	01:38+	03:20+	02:50+	05:41+	01:52+	01:09+	
02:00+	03:13+	01:42+	01:23+	07:09+	10:56+	05:09+	12:02+	01:38+	03:20+	02:50+	05:41+	01:52+	01:09+	
20	Hasse Bergstrøm				1076								1:14:30	
01:42+	04:48+	06:58+	08:19+	15:51+	47:34+	51:21+	57:52+	59:52+	63:38+	66:48+	70:27+	72:49+	74:30+	
01:42+	03:06+	02:10+	01:21+	07:32+	31:43+	03:47+	06:31+	02:00+	03:46+	03:10+	03:39+	02:22+	01:41+	
01:42+	03:06+	02:10+	01:21+	07:32+	31:43+	03:47+	06:31+	02:00+	03:46+	03:10+	03:39+	02:22+	01:41+	

Beste strekktid for klassen

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

H 4,5

Plass	Navn	Klasse										Tid							
H 4,5																			
1	Terje Wikstrøm	Geno										41:48							
01:06=	02:52=	04:30=	06:36=	09:13=	11:01=	17:25=	19:01=	20:37=	21:47=	26:12=	30:44=	33:25=	35:21=	37:46=	39:22=	40:48=	41:48=		
01:06=	01:46=	01:38=	02:06=	02:37=	01:48=	06:24=	01:36=	01:36=	01:10=	04:25=	04:32=	02:41=	01:56=	02:25=	01:36=	01:26=	01:00=		
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	Lars Storslett	96										42:52							
00:53+	02:35+	03:47+	05:49+	08:14+	10:32+	18:36+	20:07+	22:00+	23:06+	27:23+	32:13+	34:55+	37:10+	39:13+	40:55+	42:05+	42:52+		
00:53+	01:42+	01:12+	02:02+	02:25+	02:18+	08:04+	01:31+	01:53+	01:06+	04:17+	04:50+	02:42+	02:15+	02:03+	01:42+	01:10+	00:47+		
00:53+	01:42+	01:12+	02:02+	02:25+	02:18+	08:04+	01:31+	01:53+	01:06+	04:17+	04:50+	02:42+	02:15+	02:03+	01:42+	01:10+	00:47+		
3	Terje Tangen	119										45:53							
01:12+	02:59+	04:32+	06:38+	09:18+	12:26+	19:03+	20:42+	22:33+	23:46+	27:54+	32:54+	35:44+	39:06+	41:29+	43:28+	44:56+	45:53+		
01:12+	01:47+	01:33+	02:06+	02:40+	03:08+	06:37+	01:39+	01:51+	01:13+	04:08+	05:00+	02:50+	03:22+	02:23+	01:59+	01:28+	00:57+		
01:12+	01:47+	01:33+	02:06+	02:40+	03:08+	06:37+	01:39+	01:51+	01:13+	04:08+	05:00+	02:50+	03:22+	02:23+	01:59+	01:28+	00:57+		
4	Vidar Nomerstad	1071										45:56							
00:59+	02:42+	04:02+	06:24+	09:06+	12:00+	20:47+	22:35+	24:24+	25:43+	29:59+	34:48+	37:40+	39:55+	42:06+	43:53+	45:03+	45:56+		
00:59+	01:43+	01:20+	02:22+	02:42+	02:54+	08:47+	01:48+	01:49+	01:19+	04:16+	04:49+	02:52+	02:15+	02:11+	01:47+	01:10+	00:53+		
00:59+	01:43+	01:20+	02:22+	02:42+	02:54+	08:47+	01:48+	01:49+	01:19+	04:16+	04:49+	02:52+	02:15+	02:11+	01:47+	01:10+	00:53+		
5	Jo Falck-Ytter	120										47:18							
00:52+	02:35+	03:50+	05:57+	07:53+	09:31+	10:08+	17:05+	18:46+	22:27+	23:46+	32:49+	37:04+	39:27+	41:14+	43:14+	45:29+	46:30+	47:18+	
00:52+	01:43+	01:15+	02:07+	01:56+	01:38+	00:37+	06:57+	01:41+	03:41+	01:19+	09:03+	04:15+	02:23+	01:47+	02:00+	02:15+	01:01+	00:48+	
00:52+	01:43+	01:15+	02:07+	01:56+	01:38+	00:37+	06:57+	01:41+	03:41+	01:19+	09:03+	04:15+	02:23+	01:47+	02:00+	02:15+	01:01+	00:48+	
6	Ole Petter Saxrud	1028										49:50							
01:08+	03:21+	05:03+	07:34+	10:37+	13:40+	20:53+	23:15+	25:06+	26:31+	30:52+	36:31+	39:44+	42:13+	45:05+	47:01+	48:44+	49:50+		
01:08+	02:13+	01:42+	02:31+	03:03+	03:03+	07:13+	02:22+	01:51+	01:25+	04:21+	05:39+	03:13+	02:29+	02:52+	01:56+	01:43+	01:06+		
01:08+	02:13+	01:42+	02:31+	03:03+	03:03+	07:13+	02:22+	01:51+	01:25+	04:21+	05:39+	03:13+	02:29+	02:52+	01:56+	01:43+	01:06+		
7	Harald Østby	27										50:49							
01:14+	03:00+	04:37+	07:02+	10:16+	13:22+	20:46+	22:51+	24:43+	26:05+	30:49+	36:14+	40:19+	42:57+	46:01+	48:01+	49:42+	50:49+		
01:14+	01:46+	01:37+	02:25+	03:14+	03:06+	07:24+	02:05+	01:52+	01:22+	04:44+	05:25+	04:05+	02:38+	03:04+	02:00+	01:41+	01:07+		
01:14+	01:46+	01:37+	02:25+	03:14+	03:06+	07:24+	02:05+	01:52+	01:22+	04:44+	05:25+	04:05+	02:38+	03:04+	02:00+	01:41+	01:07+		
8	Odd Arne Blystad	25										56:27							
01:06+	03:04+	04:43+	07:01+	10:13+	12:58+	26:41+	28:28+	30:50+	32:22+	40:05+	44:57+	47:47+	50:00+	52:17+	54:04+	55:28+	56:27+		
01:06+	01:58+	01:39+	02:18+	03:12+	02:45+	13:43+	01:47+	02:22+	01:32+	07:43+	04:52+	02:50+	02:13+	02:17+	01:47+	01:24+	00:59+		
01:06+	01:58+	01:39+	02:18+	03:12+	02:45+	13:43+	01:47+	02:22+	01:32+	07:43+	04:52+	02:50+	02:13+	02:17+	01:47+	01:24+	00:59+		
9	Gjermund Nedgård	105										58:48							
01:13+	03:05+	04:30+	10:10+	12:26+	14:50+	23:20+	25:04+	26:42+	28:14+	39:16+	45:23+	48:15+	50:43+	53:05+	56:16+	57:41+	58:48+		
01:13+	01:52+	01:25+	05:40+	02:16+	02:24+	08:30+	01:44+	01:38+	01:32+	11:02+	06:07+	02:52+	02:28+	02:22+	03:11+	01:25+	01:07+		
01:13+	01:52+	01:25+	05:40+	02:16+	02:24+	08:30+	01:44+	01:38+	01:32+	11:02+	06:07+	02:52+	02:28+	02:22+	03:11+	01:25+	01:07+		
Beste strekktid for klassen																			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																			
H 5,5																			
1	Kenneth Bilstad	15										43:18							
01:33=	02:32=	03:49=	05:35=	08:38=	11:46=	15:07=	16:02=	17:12=	18:31=	25:27=	28:18=	29:47=	32:01=	33:41=	36:42=	38:43=	40:16=	41:38=	42:25=
01:33=	00:59=	01:17=	01:46=	03:03=	03:08=	03:21=	00:55=	01:10=	01:19=	06:56=	02:51=	01:29=	02:14=	01:40=	03:01=	02:01=	01:33=	01:22=	00:47=
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																					
2	Stein Arne Negård					166					54:03										
02:55+	04:17+	06:30+	09:15+	14:06+	19:11+	24:06+	25:33+	27:21+	28:53+	31:37+	34:08+	35:38+	38:37+	41:01+	45:21+	47:54+	50:16+	51:59+	53:08+	54:03+	
02:55+	01:22+	02:13+	02:45+	04:51+	05:05+	04:55+	01:27+	01:48+	01:32+	02:44-	02:31-	01:30+	02:59+	02:24+	04:20+	02:33+	02:22+	01:43+	01:09+	00:55+	
01:22&	00:23&	00:56&	00:59&	01:48&	01:57&	01:34&	00:32&	00:38&	00:13#	04:12-	00:20-	00:01+	00:45&	00:44&	01:19&	00:32&	00:49&	00:21&	00:22&	00:02+	
3	Pål Stenberg					166					57:35										
02:39+	03:51+	05:41+	08:10+	11:54+	19:06+	27:36+	28:52+	30:27+	31:58+	34:42+	36:59+	38:19+	41:12+	43:23+	49:07+	51:33+	53:47+	55:42+	56:42+	57:35+	
02:39+	01:12+	01:50+	02:29+	03:44+	07:12+	08:30+	01:16+	01:35+	01:31+	02:44+	02:17+	01:20+	02:53+	02:11+	05:44+	02:26+	02:14+	01:55+	01:00+	00:53+	
02:39+	01:12+	01:50+	02:29+	03:44+	07:12+	08:30+	01:16+	01:35+	01:31+	02:44+	02:17+	01:20+	02:53+	02:11+	05:44+	02:26+	02:14+	01:55+	01:00+	00:53+	
4	Michael Sætvedt					RAUT					1:00:00										
02:14+	03:27+	05:07+	09:23+	17:04+	25:16+	32:17+	33:39+	35:07+	36:26+	39:35+	41:21+	43:25+	46:14+	48:29+	52:13+	54:40+	56:29+	57:54+	59:12+	60:00+	
02:14+	01:13+	01:40+	04:16+	07:41+	08:12+	07:01+	01:22+	01:28+	01:19+	03:09+	01:46+	02:04+	02:49+	02:15+	03:44+	02:27+	01:49+	01:25+	01:18+	00:48+	
02:14+	01:13+	01:40+	04:16+	07:41+	08:12+	07:01+	01:22+	01:28+	01:19+	03:09+	01:46+	02:04+	02:49+	02:15+	03:44+	02:27+	01:49+	01:25+	01:18+	00:48+	

Beste strekktid for klassen

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