

Bedrifts o-løp 22062021**Strekktider****Vollkoia-22.06.2021****Plass Navn****Klasse****Tid****D 1,5****1 Rønnaug Sagbakken 1071 32:03**

03:59= 06:11= 11:09= 19:09= 23:59= 29:31= 32:03=
03:59= 02:12= 04:58= 08:00= 04:50= 05:32= 02:32=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Turid Norstad Opsahl 89 38:40

05:05+ 08:19+ 13:10+ 22:13+ 25:54+ 35:40+ 38:40+
05:05+ 03:14+ 04:51- 09:03+ 03:41- 09:46+ 03:00+
01:06& 01:02& 00:07- 01:03# 01:09- 04:14& 00:28#

3 Eva Stensby 89 40:52

07:00+ 10:24+ 15:13+ 24:20+ 27:59+ 37:30+ 40:52+
07:00+ 03:24+ 04:49- 09:07+ 03:39- 09:31+ 03:22+
03:01& 01:12& 00:09- 01:07# 01:11- 03:59& 00:50&

4 Inger Margrethe Bakken If 42:32

04:27+ 13:19+ 17:18+ 26:00+ 29:21+ 39:57+ 42:32+
04:27+ 08:52+ 03:59- 08:42+ 03:21- 10:36+ 02:35+
00:28# 06:40@ 00:59- 00:42+ 01:29- 05:04& 00:03+

Beste strekktid for klassen

03:59 02:12 03:59 08:00 03:21 05:32 02:32

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

D 2,5**1 Berit Røste 152 42:45**

04:18= 08:28= 16:50= 22:09= 33:03= 36:11= 40:31= 42:45=
04:18= 04:10= 08:22= 05:19= 10:54= 03:08= 04:20= 02:14=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Inger K. Brøndbo 165 43:45

02:49- 06:19- 11:23- 21:04- 37:20+ 39:43+ 41:49+ 43:45+
02:49- 03:30- 05:04- 09:41+ 16:16+ 02:23- 02:06- 01:56-
01:29- 00:40- 03:18- 04:22& 05:22& 00:45- 02:14- 00:18-

3 Sidsel Storihle Geno 48:41

02:39- 06:06- 13:51- 18:07- 41:24+ 44:04+ 46:24+ 48:41+
02:39- 03:27- 07:45- 04:16- 23:17+ 02:40- 02:20- 02:17+
01:39- 00:43- 00:37- 01:03- 12:23@ 00:28- 02:00- 00:03+

4 Anita Stensby Bekkelund 89 50:05

04:09- 09:08+ 16:27- 23:47+ 40:03+ 43:56+ 47:29+ 50:05+
04:09- 04:59+ 07:19- 07:20+ 16:16+ 03:53+ 03:33- 02:36+
00:09- 00:49# 01:03- 02:01& 05:22& 00:45# 00:47- 00:22#

5 Elisabeth Høgset Rise Geno 52:59

04:41+ 10:16+ 19:00+ 24:05+ 43:26+ 50:02+ 52:59+
04:41+ 05:35+ 08:44+ 05:05- 19:21+ 03:14+ 03:22- 02:57+
00:23+ 01:25& 00:22+ 00:14- 08:27& 00:06+ 00:58- 00:43&

6 Annie O Gihlemon 89 54:14

06:24+ 14:06+ 24:13+ 31:17+ 43:59+ 47:43+ 51:04+ 54:14+
06:24+ 07:42+ 10:07+ 07:04+ 12:42+ 03:44+ 03:21- 03:10+
02:06& 03:32& 01:45# 01:45& 01:48# 00:36# 00:59- 00:56&

Plass	Navn	Klasse	Tid
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D 2,5

7	Bente Grøndalen	152	58:29
07:52+	12:55+ 21:36+ 29:24+ 45:34+ 49:23+ 55:41+ 58:29+		
07:52+	05:03+ 08:41+ 07:48+ 16:10+ 03:49+ 06:18+ 02:48+		
03:34&	00:53# 00:19+ 02:29& 05:16& 00:41# 01:58& 00:34&		
8	Oddveig Anne Sagbakken	88	59:35
03:31+	08:10+ 18:43+ 28:20+ 42:39+ 52:54+ 56:39+ 59:35+		
03:31+	04:39+ 10:33+ 09:37+ 14:19+ 10:15+ 03:45+ 02:56+		
03:31+	04:39+ 10:33+ 09:37+ 14:19+ 10:15+ 03:45+ 02:56+		
9	Bente Tangen Wikstrøm	Geno	59:54
08:41+	13:01+ 24:34+ 34:59+ 51:15+ 54:11+ 56:54+ 59:54+		
08:41+	04:20+ 11:33+ 10:25+ 16:16+ 02:56+ 02:43+ 03:00+		
08:41+	04:20+ 11:33+ 10:25+ 16:16+ 02:56+ 02:43+ 03:00+		
10	Randi Aas Fjæstad	89	1:04:09
03:57+	09:00+ 19:07+ 33:24+ 47:29+ 56:42+ 60:40+ 64:09+		
03:57+	05:03+ 10:07+ 14:17+ 14:05+ 09:13+ 03:58+ 03:29+		
03:57+	05:03+ 10:07+ 14:17+ 14:05+ 09:13+ 03:58+ 03:29+		

Beste strekktid for klassen

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

D 3,5

1	Anne Sørum	1013	46:43
02:22=	05:47= 10:55= 15:01= 23:36= 34:33= 38:57= 41:27= 44:54= 46:43=		
02:22=	03:25= 05:08= 04:06= 08:35= 10:57= 04:24= 02:30= 03:27= 01:49=		
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	53:21
04:03+	08:20+ 12:48+ 17:27+ 25:04+ 43:48+ 47:38+ 49:49+ 51:45+ 53:21+		
04:03+	04:17+ 04:28- 04:39+ 07:37- 18:44+ 03:50- 02:11- 01:56- 01:36-		
01:41&	00:52& 00:40- 00:33# 00:58- 07:47& 00:34- 00:19- 01:31- 00:13-		
3	Mona Bugge	146	59:41
02:29+	06:08+ 18:36+ 27:48+ 39:13+ 48:14+ 53:13+ 55:38+ 57:39+ 59:41+		
02:29+	03:39+ 12:28+ 09:12+ 11:25+ 09:01- 04:59+ 02:25- 02:01- 02:02+		
00:07+	00:14+ 07:20@ 05:06@ 02:50& 01:56- 00:35# 00:05- 01:26- 00:13#		
4	Karen Tomter	163	1:02:26
05:33+	10:13+ 16:51+ 22:30+ 35:12+ 46:09+ 52:37+ 55:41+ 60:05+ 62:26+		
05:33+	04:40+ 06:38+ 05:39+ 12:42+ 10:57= 06:28+ 03:04+ 04:24+ 02:21+		
03:11@	01:15& 01:30& 01:33& 04:07& 00:00= 02:04& 00:34# 00:57& 00:32&		

Beste strekktid for klassen

02:22 03:25 04:28 04:06 07:37 09:01 03:50 02:11 01:56 01:36

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

D 4,5

Plass	Navn	Klasse	Tid
D 4,5			
1	Ingvild Gjessing	30	47:20
	01:41= 04:28= 08:46= 12:17= 19:57= 26:48= 27:37= 30:01= 44:05= 45:44= 47:20=		
	01:41= 02:47= 04:18= 03:31= 07:40= 06:51= 00:49= 02:24= 14:04= 01:39= 01:36=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Wenche Bjørnstad	Geno	50:40
	02:31+ 05:56+ 11:45+ 15:41+ 22:37+ 28:58+ 29:50+ 32:40+ 47:20+ 48:57+ 50:40+		
	02:31+ 03:25+ 05:49+ 03:56+ 06:56+ 06:21+ 00:52+ 02:50+ 14:40+ 01:37+ 01:43+		
	02:31+ 03:25+ 05:49+ 03:56+ 06:56+ 06:21+ 00:52+ 02:50+ 14:40+ 01:37+ 01:43+		
3	Tone Bleken Rud	25	52:36
	01:27+ 05:51+ 10:10+ 13:33+ 22:26+ 29:02+ 29:56+ 32:17+ 49:12+ 50:46+ 52:36+		
	01:27+ 04:24+ 04:19+ 03:23+ 08:53+ 06:36+ 00:54+ 02:21+ 16:55+ 01:34+ 01:50+		
	01:27+ 04:24+ 04:19+ 03:23+ 08:53+ 06:36+ 00:54+ 02:21+ 16:55+ 01:34+ 01:50+		
4	Ingunn Lund Nordstrøm	105	53:07
	02:11+ 05:26+ 10:00+ 14:14+ 24:17+ 31:37+ 32:25+ 35:16+ 49:52+ 51:40+ 53:07+		
	02:11+ 03:15+ 04:34+ 04:14+ 10:03+ 07:20+ 00:48+ 02:51+ 14:36+ 01:48+ 01:27+		
	02:11+ 03:15+ 04:34+ 04:14+ 10:03+ 07:20+ 00:48+ 02:51+ 14:36+ 01:48+ 01:27+		
5	Unn Mette Klopbakken	43	54:48
	02:43+ 05:55+ 13:18+ 17:12+ 24:17+ 32:17+ 33:18+ 35:55+ 51:37+ 53:11+ 54:48+		
	02:43+ 03:12+ 07:23+ 03:54+ 07:05+ 08:00+ 01:01+ 02:37+ 15:42+ 01:34+ 01:37+		
	02:43+ 03:12+ 07:23+ 03:54+ 07:05+ 08:00+ 01:01+ 02:37+ 15:42+ 01:34+ 01:37+		
6	Mari Norstad Opsahl	1032	57:03
	01:36+ 04:41+ 09:36+ 14:08+ 23:27+ 30:03+ 31:01+ 33:58+ 53:23+ 55:12+ 57:03+		
	01:36+ 03:05+ 04:55+ 04:32+ 09:19+ 06:36+ 00:58+ 02:57+ 19:25+ 01:49+ 01:51+		
	01:36+ 03:05+ 04:55+ 04:32+ 09:19+ 06:36+ 00:58+ 02:57+ 19:25+ 01:49+ 01:51+		
7	Marianne Rud Skjærstad	89	57:12
	02:38+ 07:28+ 13:42+ 18:10+ 28:18+ 35:40+ 36:33+ 39:23+ 53:44+ 55:27+ 57:12+		
	02:38+ 04:50+ 06:14+ 04:28+ 10:08+ 07:22+ 00:53+ 02:50+ 14:21+ 01:43+ 01:45+		
	02:38+ 04:50+ 06:14+ 04:28+ 10:08+ 07:22+ 00:53+ 02:50+ 14:21+ 01:43+ 01:45+		
8	Elianne Haneberg	1071	1:06:01
	01:42+ 05:11+ 10:28+ 14:12+ 24:28+ 32:58+ 33:47+ 36:56+ 60:40+ 64:14+ 66:01+		
	01:42+ 03:29+ 05:17+ 03:44+ 10:16+ 08:30+ 00:49+ 03:09+ 23:44+ 03:34+ 01:47+		
	01:42+ 03:29+ 05:17+ 03:44+ 10:16+ 08:30+ 00:49+ 03:09+ 23:44+ 03:34+ 01:47+		
9	Bodil Wiik	105	1:06:11
	03:13+ 06:27+ 11:15+ 15:11+ 23:29+ 34:41+ 35:25+ 39:04+ 61:50+ 64:19+ 66:11+		
	03:13+ 03:14+ 04:48+ 03:56+ 08:18+ 11:12+ 00:44+ 03:39+ 22:46+ 02:29+ 01:52+		
	03:13+ 03:14+ 04:48+ 03:56+ 08:18+ 11:12+ 00:44+ 03:39+ 22:46+ 02:29+ 01:52+		
10	Line Merete Libak	89	1:21:52
	02:02+ 06:07+ 11:28+ 26:47+ 41:33+ 51:28+ 52:52+ 57:06+ 76:40+ 80:03+ 81:52+		
	02:02+ 04:05+ 05:21+ 15:19+ 14:46+ 09:55+ 01:24+ 04:14+ 19:34+ 03:23+ 01:49+		
	02:02+ 04:05+ 05:21+ 15:19+ 14:46+ 09:55+ 01:24+ 04:14+ 19:34+ 03:23+ 01:49+		

Beste strekktid for klassen

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

D 5,5

1	Heidi Therese Wiest												166	51:34											
01:58=	05:23=	10:37=	14:14=	19:10=	24:42=	30:47=	31:33=	34:10=	45:13=	46:49=	48:35=	50:07=	51:34=												
01:58=	03:25=	05:14=	03:37=	04:56=	05:32=	06:05=	00:46=	02:37=	11:03=	01:36=	01:46=	01:32=	01:27=												
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=												

Beste strekktid for klassen

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

H 1,5

1	Trygve Jan Bjerke						55	29:33
03:50=	06:51=	11:36=	18:47=	22:05=	27:08=	29:33=		
03:50=	03:01=	04:45=	07:11=	03:18=	05:03=	02:25=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ingvard Pedersen						147	30:40
03:15-	05:32-	10:49-	18:31-	22:01-	28:08+	30:40+		
03:15-	02:17-	05:17+	07:42+	03:30+	06:07+	02:32+		
00:35-	00:44-	00:32#	00:31+	00:12+	01:04#	00:07+		
3	Bjørn Jenssen						1013	34:14
04:29+	08:40+	12:49+	20:49+	24:22+	31:27+	34:14+		
04:29+	04:11+	04:09-	08:00+	03:33+	07:05+	02:47+		
00:39#	01:10&	00:36-	00:49#	00:15+	02:02&	00:22#		
4	Erik Skårås						1071	53:21
06:05+	09:00+	14:32+	27:31+	37:53+	49:12+	53:21+		
06:05+	02:55-	05:32+	12:59+	10:22+	11:19+	04:09+		
02:15&	00:06-	00:47#	05:48&	07:04@	06:16@	01:44&		
5	Ragnar Høsøien						55	1:01:16
08:48+	13:34+	19:55+	35:13+	44:55+	56:46+	61:16+		
08:48+	04:46+	06:21+	15:18+	09:42+	11:51+	04:30+		
04:58@	01:45&	01:36&	08:07@	06:24@	06:48@	02:05&		

Beste strekktid for klassen

03:15 02:17 04:09 07:11 03:18 05:03 02:25

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

H 2,5

1	Arne Hagen							167	33:40
	02:23=	06:34=	11:36=	16:36=	25:58=	27:39=	32:00=	33:40=	
	02:23=	04:11=	05:02=	05:00=	09:22=	01:41=	04:21=	01:40=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Morten Øie							39	35:31
	02:10-	06:15-	12:19+	18:15+	25:08-	27:14-	33:22+	35:31+	
	02:10-	04:05-	06:04+	05:56+	06:53-	02:06+	06:08+	02:09+	
	00:13-	00:06-	01:02#	00:56#	02:29-	00:25#	01:47&	00:29&	

Plass	Navn	Klasse	Tid
H 2,5			
3	Einar Stensby	89	36:45
03:15+ 07:20+ 13:27+ 19:07+ 26:34+ 34:39+ 36:45+ 03:15+ 04:05- 06:07+ 05:40+ 07:27- 02:12+ 05:53+ 02:06+ 00:52& 00:06- 01:05# 00:40# 01:55- 00:31& 01:32& 00:26&			
4	Terje Lien	155	37:35
03:20+ 07:38+ 14:42+ 20:02+ 26:56+ 29:07+ 35:23+ 37:35+ 03:20+ 04:18+ 07:04+ 05:20+ 06:54+ 02:11+ 06:16+ 02:12+ 03:20+ 04:18+ 07:04+ 05:20+ 06:54+ 02:11+ 06:16+ 02:12+			
5	Stein Sandaker	1038	40:02
04:10+ 07:52+ 14:49+ 20:27+ 30:11+ 32:22+ 38:07+ 40:02+ 04:10+ 03:42+ 06:57+ 05:38+ 09:44+ 02:11+ 05:45+ 01:55+ 04:10+ 03:42+ 06:57+ 05:38+ 09:44+ 02:11+ 05:45+ 01:55+			
6	Erik Grøndalen	1002	40:33
02:13+ 05:59+ 18:15+ 23:40+ 30:26+ 32:15+ 38:34+ 40:33+ 02:13+ 03:46+ 12:16+ 05:25+ 06:46+ 01:49+ 06:19+ 01:59+ 02:13+ 03:46+ 12:16+ 05:25+ 06:46+ 01:49+ 06:19+ 01:59+			
7	Ottar Evensen	27	41:07
02:14+ 06:21+ 16:22+ 22:25+ 31:24+ 33:39+ 38:52+ 41:07+ 02:14+ 04:07+ 10:01+ 06:03+ 08:59+ 02:15+ 05:13+ 02:15+ 02:14+ 04:07+ 10:01+ 06:03+ 08:59+ 02:15+ 05:13+ 02:15+			
8	Ola Molstad	167	41:07
02:11+ 06:30+ 12:59+ 18:52+ 30:58+ 33:17+ 39:01+ 41:07+ 02:11+ 04:19+ 06:29+ 05:53+ 12:06+ 02:19+ 05:44+ 02:06+ 02:11+ 04:19+ 06:29+ 05:53+ 12:06+ 02:19+ 05:44+ 02:06+			
9	Ludvig Bjerke-Narud	Geno	42:28
02:20+ 06:21+ 14:07+ 18:53+ 32:11+ 33:59+ 40:38+ 42:28+ 02:20+ 04:01+ 07:46+ 04:46+ 13:18+ 01:48+ 06:39+ 01:50+ 02:20+ 04:01+ 07:46+ 04:46+ 13:18+ 01:48+ 06:39+ 01:50+			
10	Magnar Nybakk	1071	43:35
04:03+ 08:38+ 20:14+ 25:52+ 32:54+ 35:13+ 41:21+ 43:35+ 04:03+ 04:35+ 11:36+ 05:38+ 07:02+ 02:19+ 06:08+ 02:14+ 04:03+ 04:35+ 11:36+ 05:38+ 07:02+ 02:19+ 06:08+ 02:14+			
11	Sven Marken	89	43:46
03:08+ 08:35+ 16:00+ 21:59+ 31:00+ 33:49+ 40:58+ 43:46+ 03:08+ 05:27+ 07:25+ 05:59+ 09:01+ 02:49+ 07:09+ 02:48+ 03:08+ 05:27+ 07:25+ 05:59+ 09:01+ 02:49+ 07:09+ 02:48+			
12	Knut Vidar Lund	155	44:00
01:55+ 05:28+ 11:10+ 18:47+ 32:47+ 34:51+ 42:07+ 44:00+ 01:55+ 03:33+ 05:42+ 07:37+ 14:00+ 02:04+ 07:16+ 01:53+ 01:55+ 03:33+ 05:42+ 07:37+ 14:00+ 02:04+ 07:16+ 01:53+			
13	Jan Olav Sæther	165	44:56
06:25+ 10:52+ 17:41+ 23:38+ 32:08+ 34:39+ 42:37+ 44:56+ 06:25+ 04:27+ 06:49+ 05:57+ 08:30+ 02:31+ 07:58+ 02:19+ 06:25+ 04:27+ 06:49+ 05:57+ 08:30+ 02:31+ 07:58+ 02:19+			
14	Leif Martin Kjos	1071	44:56
02:13+ 05:53+ 11:47+ 24:06+ 33:07+ 35:09+ 43:09+ 44:56+ 02:13+ 03:40+ 05:54+ 12:19+ 09:01+ 02:02+ 08:00+ 01:47+ 02:13+ 03:40+ 05:54+ 12:19+ 09:01+ 02:02+ 08:00+ 01:47+			

Plass	Navn	Klasse	Tid
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H 2,5

15	Terje Malm	52	46:00
06:41+	10:42+ 17:20+ 29:35+ 36:21+ 38:10+ 43:54+ 46:00+		
06:41+	04:01+ 06:38+ 12:15+ 06:46+ 01:49+ 05:44+ 02:06+		
06:41+	04:01+ 06:38+ 12:15+ 06:46+ 01:49+ 05:44+ 02:06+		

16	Torbjørn Ødegaard	1058	47:14
07:42+	12:27+ 19:38+ 25:44+ 34:35+ 37:35+ 44:44+ 47:14+		
07:42+	04:45+ 07:11+ 06:06+ 08:51+ 03:00+ 07:09+ 02:30+		
07:42+	04:45+ 07:11+ 06:06+ 08:51+ 03:00+ 07:09+ 02:30+		

17	Magne Johansen	1032	47:34
03:38+	08:39+ 16:44+ 23:41+ 33:38+ 36:29+ 44:37+ 47:34+		
03:38+	05:01+ 08:05+ 06:57+ 09:57+ 02:51+ 08:08+ 02:57+		
03:38+	05:01+ 08:05+ 06:57+ 09:57+ 02:51+ 08:08+ 02:57+		

18	Tore Lindaas	27	48:15
02:59+	08:32+ 16:37+ 23:21+ 33:16+ 36:27+ 44:55+ 48:15+		
02:59+	05:33+ 08:05+ 06:44+ 09:55+ 03:11+ 08:28+ 03:20+		
02:59+	05:33+ 08:05+ 06:44+ 09:55+ 03:11+ 08:28+ 03:20+		

19	Magne Smeland	167	52:11
03:18+	07:22+ 13:55+ 33:02+ 41:45+ 44:00+ 50:00+ 52:11+		
03:18+	04:04+ 06:33+ 19:07+ 08:43+ 02:15+ 06:00+ 02:11+		
03:18+	04:04+ 06:33+ 19:07+ 08:43+ 02:15+ 06:00+ 02:11+		

20	Eystein Linnerud	105	52:52
05:30+	12:06+ 21:41+ 28:25+ 40:00+ 42:27+ 50:31+ 52:52+		
05:30+	06:36+ 09:35+ 06:44+ 11:35+ 02:27+ 08:04+ 02:21+		
05:30+	06:36+ 09:35+ 06:44+ 11:35+ 02:27+ 08:04+ 02:21+		

21	Hallstein Ødegård	89	56:40
04:45+	13:45+ 22:58+ 30:38+ 41:24+ 44:22+ 53:00+ 56:40+		
04:45+	09:00+ 09:13+ 07:40+ 10:46+ 02:58+ 08:38+ 03:40+		
04:45+	09:00+ 09:13+ 07:40+ 10:46+ 02:58+ 08:38+ 03:40+		

22	Thorvald Sæhlie	120	1:12:10
03:05+	08:28+ 18:40+ 39:09+ 55:29+ 59:20+ 68:48+ 72:10+		
03:05+	05:23+ 10:12+ 20:29+ 16:20+ 03:51+ 09:28+ 03:22+		
03:05+	05:23+ 10:12+ 20:29+ 16:20+ 03:51+ 09:28+ 03:22+		

Beste strekktid for klassen

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

H 3,5

1	Tore Jørgensen	105	46:12
02:17=	06:12= 12:44= 17:00= 21:44= 27:21= 39:04= 42:18= 44:19= 46:12=		
02:17=	03:55= 06:32= 04:16= 04:44= 05:37= 11:43= 03:14= 02:01= 01:53=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Jo Falck-Ytter	120	47:43
04:09+	07:10+ 11:17- 15:31- 22:20+ 29:40+ 41:34+ 45:09+ 46:38+ 47:43+		
04:09+	03:01- 04:07- 04:14- 06:49+ 07:20+ 11:54+ 03:35+ 01:29- 01:05-		
01:52&	00:54- 02:25- 00:02- 02:05& 01:43& 00:11+ 00:21# 00:32- 00:48-		

Plass	Navn	Klasse	Tid
H 3,5			
3	Hasse Bergstrøm	1076	49:57
03:32+ 07:48+ 13:35+ 18:13+ 23:17+ 31:10+ 43:16+ 46:33+ 48:18+ 49:57+ 03:32+ 04:16+ 05:47- 04:38+ 05:04+ 07:53+ 12:06+ 03:17+ 01:45- 01:39- 01:15& 00:21+ 00:45- 00:22+ 00:20+ 02:16& 00:23+ 00:03+ 00:16- 00:14-			
4	Erik Neby	105	50:01
02:51+ 07:15+ 12:52+ 17:48+ 23:08+ 29:52+ 42:48+ 45:50+ 48:01+ 50:01+ 02:51+ 04:24+ 05:37+ 04:56+ 05:20+ 06:44+ 12:56+ 03:02+ 02:11+ 02:00+ 02:51+ 04:24+ 05:37+ 04:56+ 05:20+ 06:44+ 12:56+ 03:02+ 02:11+ 02:00+			
5	Knut Wikstrøm	78	50:54
03:22+ 09:25+ 14:27+ 19:28+ 24:46+ 30:53+ 43:17+ 45:51+ 48:28+ 50:54+ 03:22+ 06:03+ 05:02+ 05:01+ 05:18+ 06:07+ 12:24+ 02:34+ 02:37+ 02:26+ 03:22+ 06:03+ 05:02+ 05:01+ 05:18+ 06:07+ 12:24+ 02:34+ 02:37+ 02:26+			
6	Knut Skjeset	146	51:56
02:01+ 05:32+ 10:33+ 17:41+ 24:21+ 31:24+ 42:17+ 45:33+ 50:17+ 51:56+ 02:01+ 03:31+ 05:01+ 07:08+ 06:40+ 07:03+ 10:53+ 03:16+ 04:44+ 01:39+ 02:01+ 03:31+ 05:01+ 07:08+ 06:40+ 07:03+ 10:53+ 03:16+ 04:44+ 01:39+			
7	Morten Eriksen	105	53:24
07:14+ 12:22+ 19:03+ 22:44+ 27:27+ 33:10+ 47:10+ 50:17+ 51:57+ 53:24+ 07:14+ 05:08+ 06:41+ 03:41+ 04:43+ 05:43+ 14:00+ 03:07+ 01:40+ 01:27+ 07:14+ 05:08+ 06:41+ 03:41+ 04:43+ 05:43+ 14:00+ 03:07+ 01:40+ 01:27+			
8	Erik Haugen	119	54:03
02:51+ 06:40+ 12:40+ 18:09+ 24:48+ 31:25+ 46:25+ 49:18+ 52:21+ 54:03+ 02:51+ 03:49+ 06:00+ 05:29+ 06:39+ 06:37+ 15:00+ 02:53+ 03:03+ 01:42+ 02:51+ 03:49+ 06:00+ 05:29+ 06:39+ 06:37+ 15:00+ 02:53+ 03:03+ 01:42+			
9	Tom S Helgesen	55	54:33
03:23+ 06:37+ 15:37+ 25:31+ 30:18+ 36:19+ 49:07+ 51:30+ 53:02+ 54:33+ 03:23+ 03:14+ 09:00+ 09:54+ 04:47+ 06:01+ 12:48+ 02:23+ 01:32+ 01:31+ 03:23+ 03:14+ 09:00+ 09:54+ 04:47+ 06:01+ 12:48+ 02:23+ 01:32+ 01:31+			
10	Ove Tåsåsen	1013	55:37
02:12+ 05:35+ 15:31+ 20:24+ 27:04+ 35:13+ 49:13+ 52:07+ 54:01+ 55:37+ 02:12+ 03:23+ 09:56+ 04:53+ 06:40+ 08:09+ 14:00+ 02:54+ 01:54+ 01:36+ 02:12+ 03:23+ 09:56+ 04:53+ 06:40+ 08:09+ 14:00+ 02:54+ 01:54+ 01:36+			
11	Trond Feiring	52	55:49
02:49+ 07:05+ 12:43+ 17:58+ 27:23+ 36:08+ 48:42+ 51:45+ 53:49+ 55:49+ 02:49+ 04:16+ 05:38+ 05:15+ 09:25+ 08:45+ 12:34+ 03:03+ 02:04+ 02:00+ 02:49+ 04:16+ 05:38+ 05:15+ 09:25+ 08:45+ 12:34+ 03:03+ 02:04+ 02:00+			
12	Steinar Libak	89	55:55
03:15+ 07:08+ 13:06+ 19:49+ 26:05+ 34:24+ 48:53+ 51:39+ 53:42+ 55:55+ 03:15+ 03:53+ 05:58+ 06:43+ 06:16+ 08:19+ 14:29+ 02:46+ 02:03+ 02:13+ 03:15+ 03:53+ 05:58+ 06:43+ 06:16+ 08:19+ 14:29+ 02:46+ 02:03+ 02:13+			
13	Lars Ivar Ulmo	120	55:56
08:05+ 11:15+ 15:39+ 21:54+ 26:30+ 33:27+ 48:19+ 51:09+ 54:25+ 55:56+ 08:05+ 03:10+ 04:24+ 06:15+ 04:36+ 06:57+ 14:52+ 02:50+ 03:16+ 01:31+ 08:05+ 03:10+ 04:24+ 06:15+ 04:36+ 06:57+ 14:52+ 02:50+ 03:16+ 01:31+			
14	Ole Hans Øie	LMF	57:03
08:40+ 12:44+ 18:22+ 23:27+ 29:56+ 38:16+ 50:59+ 53:27+ 55:12+ 57:03+ 08:40+ 04:04+ 05:38+ 05:05+ 06:29+ 08:20+ 12:43+ 02:28+ 01:45+ 01:51+ 08:40+ 04:04+ 05:38+ 05:05+ 06:29+ 08:20+ 12:43+ 02:28+ 01:45+ 01:51+			

Plass	Navn				Klasse				Tid
H 3,5									
15	Torleif Finstad				55				59:04
04:11+	08:11+	17:54+	27:00+	32:31+	38:40+	51:07+	53:40+	57:17+	59:04+
04:11+	04:00+	09:43+	09:06+	05:31+	06:09+	12:27+	02:33+	03:37+	01:47+
04:11+	04:00+	09:43+	09:06+	05:31+	06:09+	12:27+	02:33+	03:37+	01:47+
16	Johnny Johansen				89				59:17
04:37+	09:32+	15:49+	21:19+	28:18+	36:21+	51:28+	54:09+	56:53+	59:17+
04:37+	04:55+	06:17+	05:30+	06:59+	08:03+	15:07+	02:41+	02:44+	02:24+
04:37+	04:55+	06:17+	05:30+	06:59+	08:03+	15:07+	02:41+	02:44+	02:24+
17	Rune Waaler				RAUT				1:00:07
12:16+	15:39+	21:14+	26:02+	30:53+	37:21+	52:23+	55:16+	58:19+	60:07+
12:16+	03:23+	05:35+	04:48+	04:51+	06:28+	15:02+	02:53+	03:03+	01:48+
12:16+	03:23+	05:35+	04:48+	04:51+	06:28+	15:02+	02:53+	03:03+	01:48+
18	Steinar Tønsager				11				1:00:47
03:18+	07:56+	14:00+	22:03+	33:34+	41:14+	55:06+	57:24+	59:11+	60:47+
03:18+	04:38+	06:04+	08:03+	11:31+	07:40+	13:52+	02:18+	01:47+	01:36+
03:18+	04:38+	06:04+	08:03+	11:31+	07:40+	13:52+	02:18+	01:47+	01:36+
19	Lars Skramstad				LMF				1:00:48
03:07+	07:56+	19:18+	25:38+	32:09+	40:42+	54:45+	57:19+	59:30+	60:48+
03:07+	04:49+	11:22+	06:20+	06:31+	08:33+	14:03+	02:34+	02:11+	01:18+
03:07+	04:49+	11:22+	06:20+	06:31+	08:33+	14:03+	02:34+	02:11+	01:18+
20	Ola Brevig				LMF				1:03:25
05:02+	10:12+	17:13+	22:45+	35:09+	42:51+	56:39+	59:24+	61:37+	63:25+
05:02+	05:10+	07:01+	05:32+	12:24+	07:42+	13:48+	02:45+	02:13+	01:48+
05:02+	05:10+	07:01+	05:32+	12:24+	07:42+	13:48+	02:45+	02:13+	01:48+
21	Edvard Dahl				165				1:04:01
02:28+	05:43+	13:35+	21:53+	28:12+	34:28+	56:42+	59:08+	62:26+	64:01+
02:28+	03:15+	07:52+	08:18+	06:19+	06:16+	22:14+	02:26+	03:18+	01:35+
02:28+	03:15+	07:52+	08:18+	06:19+	06:16+	22:14+	02:26+	03:18+	01:35+
22	Knut Malmo				167				1:04:34
06:06+	09:59+	15:50+	20:52+	26:38+	43:12+	55:19+	58:57+	62:42+	64:34+
06:06+	03:53+	05:51+	05:02+	05:46+	16:34+	12:07+	03:38+	03:45+	01:52+
06:06+	03:53+	05:51+	05:02+	05:46+	16:34+	12:07+	03:38+	03:45+	01:52+
23	Arvid Bratlie				LMF				1:05:04
04:31+	08:55+	14:26+	29:22+	36:01+	44:45+	58:35+	61:28+	63:32+	65:04+
04:31+	04:24+	05:31+	14:56+	06:39+	08:44+	13:50+	02:53+	02:04+	01:32+
04:31+	04:24+	05:31+	14:56+	06:39+	08:44+	13:50+	02:53+	02:04+	01:32+
24	Trond Øie				1071				1:08:10
02:51+	06:58+	12:45+	21:42+	29:27+	43:35+	59:21+	63:04+	65:58+	68:10+
02:51+	04:07+	05:47+	08:57+	07:45+	14:08+	15:46+	03:43+	02:54+	02:12+
02:51+	04:07+	05:47+	08:57+	07:45+	14:08+	15:46+	03:43+	02:54+	02:12+
25	Einar Flenvold				1041				1:23:30
02:49+	07:24+	16:46+	23:35+	51:33+	57:35+	77:44+	80:11+	81:59+	83:30+
02:49+	04:35+	09:22+	06:49+	27:58+	06:02+	20:09+	02:27+	01:48+	01:31+
02:49+	04:35+	09:22+	06:49+	27:58+	06:02+	20:09+	02:27+	01:48+	01:31+
26	Tore Gustav Tomter				1021				1:40:32
11:07+	14:34+	20:23+	32:37+	49:41+	69:35+	91:44+	95:36+	98:00+	100:32+
11:07+	03:27+	05:49+	12:14+	17:04+	19:54+	22:09+	03:52+	02:24+	02:32+
11:07+	03:27+	05:49+	12:14+	17:04+	19:54+	22:09+	03:52+	02:24+	02:32+

Plass	Navn	Klasse	Tid
H 3,5			
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 4,5			
1	Terje Wikstrøm	Geno	41:40
	01:34= 04:23= 08:18= 11:31= 17:07= 22:46= 23:31= 25:50= 37:48= 40:10= 41:40=		
	01:34= 02:49= 03:55= 03:13= 05:36= 05:39= 00:45= 02:19= 11:58= 02:22= 01:30=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Terje Tangen	119	44:27
	01:43+ 04:25+ 08:24+ 11:30- 17:50+ 24:21+ 25:13+ 27:44+ 41:10+ 42:55+ 44:27+		
	01:43+ 02:42- 03:59+ 03:06- 06:20+ 06:31+ 00:52+ 02:31+ 13:26+ 01:45- 01:32+		
	00:09+ 00:07- 00:04+ 00:07- 00:44# 00:52# 00:07# 00:12+ 01:28# 00:37- 00:02+		
3	Arnfinn Pedersen	1037	47:26
	01:34= 04:57+ 09:02+ 13:17+ 20:15+ 27:05+ 27:53+ 30:39+ 44:17+ 45:53+ 47:26+		
	01:34= 03:23+ 04:05+ 04:15+ 06:58+ 06:50+ 00:48+ 02:46+ 13:38+ 01:36- 01:33+		
	00:00= 00:34# 00:10+ 01:02& 01:22# 01:11# 00:03+ 00:27# 01:40# 00:46- 00:03+		
4	Harald Østby	27	50:21
	03:19+ 06:41+ 11:29+ 15:41+ 21:18+ 27:44+ 28:42+ 31:37+ 46:46+ 48:39+ 50:21+		
	03:19+ 03:22+ 04:48+ 04:12+ 05:37+ 06:26+ 00:58+ 02:55+ 15:09+ 01:53- 01:42+		
	01:45@ 00:33# 00:53# 00:59& 00:01+ 00:47# 00:13& 00:36& 03:11& 00:29- 00:12#		
5	Odd Arne Blystad	25	53:49
	01:30- 04:39+ 11:35+ 15:33+ 22:35+ 30:33+ 31:29+ 34:11+ 49:57+ 52:18+ 53:49+		
	01:30- 03:09+ 06:56+ 03:58+ 07:02+ 07:58+ 00:56+ 02:42+ 15:46+ 02:21- 01:31+		
	00:04- 00:20# 03:01& 00:45# 01:26& 02:19& 00:11# 00:23# 03:48& 00:01- 00:01+		
6	Tor Haugstulen	55	54:45
	01:49+ 05:24+ 11:13+ 15:07+ 26:20+ 33:31+ 34:26+ 37:10+ 51:30+ 53:11+ 54:45+		
	01:49+ 03:35+ 05:49+ 03:54+ 11:13+ 07:11+ 00:55+ 02:44+ 14:20+ 01:41- 01:34+		
	00:15# 00:46& 01:54& 00:41# 05:37@ 01:32& 00:10# 00:25# 02:22# 00:41- 00:04+		
7	Vidar Nomerstad	1071	1:00:22
	01:24- 04:11- 08:38+ 12:03+ 29:19+ 36:28+ 37:03+ 39:34+ 56:50+ 58:50+ 60:22+		
	01:24- 02:47- 04:27+ 03:25+ 17:16+ 07:09+ 00:35- 02:31+ 17:16+ 02:00- 01:32+		
	00:10- 00:02- 00:32# 00:12+ 11:40@ 01:30& 00:10- 00:12+ 05:18& 00:22- 00:02+		
8	Jan Åsmund Sætaberget	1002	1:00:46
	01:28- 05:12+ 09:57+ 16:15+ 26:30+ 34:52+ 35:56+ 38:56+ 57:07+ 58:58+ 60:46+		
	01:28- 03:44+ 04:45+ 06:18+ 10:15+ 08:22+ 01:04+ 03:00+ 18:11+ 01:51- 01:48+		
	00:06- 00:55& 00:50# 03:05& 04:39& 02:43& 00:19& 00:41& 06:13& 00:31- 00:18#		
9	Ole Petter Saxrud	1028	1:16:23
	02:02+ 05:09+ 10:11+ 35:52+ 46:05+ 53:27+ 54:30+ 57:26+ 72:17+ 74:36+ 76:23+		
	02:02+ 03:07+ 05:02+ 25:41+ 10:13+ 07:22+ 01:03+ 02:56+ 14:51+ 02:19- 01:47+		
	00:28& 00:18# 01:07& 22:28@ 04:37& 01:43& 00:18& 00:37& 02:53# 00:03- 00:17#		
Beste strekktid for klassen			
	01:24 02:42 03:55 03:06 05:36 05:39 00:35 02:19 11:58 01:36 01:30		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			

Plass	Navn	Klasse										Tid			
H 5,5															
1	Marius Wikstrøm	1003										36:30			
01:29=	03:36=	07:13=	11:01=	13:40=	17:17=	21:23=	21:56=	23:31=	31:28=	32:35=	33:51=	35:16=	36:30=		
01:29=	02:07=	03:37=	03:48=	02:39=	03:37=	04:06=	00:33=	01:35=	07:57=	01:07=	01:16=	01:25=	01:14=		
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	Vegard Ølstad Dalberg	105										42:00			
01:37+	03:57+	08:33+	11:52+	15:18+	20:08+	24:29+	25:23+	27:09+	35:36+	36:46+	38:10+	40:44+	42:00+		
01:37+	02:20+	04:36+	03:19-	03:26+	04:50+	04:21+	00:54+	01:46+	08:27+	01:10+	01:24+	02:34+	01:16+		
00:08+	00:13#	00:59&	00:29-	00:47&	01:13&	00:15+	00:21&	00:11#	00:30+	00:03+	00:08#	01:09&	00:02+		
3	Jan Ola Pedersen	15										43:10			
01:43+	04:14+	07:54+	11:15+	14:41+	18:39+	24:06+	24:52+	26:51+	36:57+	38:27+	40:13+	41:34+	43:10+		
01:43+	02:31+	03:40+	03:21-	03:26+	03:58+	05:27+	00:46+	01:59+	10:06+	01:30+	01:46+	01:21-	01:36+		
00:14#	00:24#	00:03+	00:27-	00:47&	00:21+	01:21&	00:13&	00:24&	02:09&	00:23&	00:30&	00:04-	00:22&		
4	Arne Røste	25										45:54			
01:41+	04:35+	08:34+	11:47+	15:21+	20:01+	26:21+	27:06+	29:32+	39:39+	41:09+	43:04+	44:28+	45:54+		
01:41+	02:54+	03:59+	03:13-	03:34+	04:40+	06:20+	00:45+	02:26+	10:07+	01:30+	01:55+	01:24-	01:26+		
00:12#	00:47&	00:22#	00:35-	00:55&	01:03&	02:14&	00:12&	00:51&	02:10&	00:23&	00:39&	00:01-	00:12#		
5	Michael Sætvedt	RAUT										46:08			
02:29+	05:15+	09:14+	14:17+	17:47+	22:40+	27:51+	28:32+	30:37+	40:33+	41:54+	43:32+	44:55+	46:08+		
02:29+	02:46+	03:59+	05:03+	03:30+	04:53+	05:11+	00:41+	02:05+	09:56+	01:21+	01:38+	01:23-	01:13-		
01:00&	00:39&	00:22#	01:15&	00:51&	01:16&	01:05&	00:08#	00:30&	01:59#	00:14#	00:22&	00:02-	00:01-		
6	Henrik Bleken Rud	15										46:56			
03:48+	06:26+	09:56+	13:29+	17:08+	24:18+	28:52+	29:27+	31:22+	41:03+	42:34+	44:15+	45:43+	46:56+		
03:48+	02:38+	03:30-	03:33-	03:39+	07:10+	04:34+	00:35+	01:55+	09:41+	01:31+	01:41+	01:28+	01:13-		
02:19@	00:31#	00:07-	00:15-	01:00&	03:33&	00:28#	00:02+	00:20#	01:44#	00:24&	00:25&	00:03+	00:01-		
7	Stein Arne Negård	166										51:23			
01:51+	05:14+	09:45+	13:14+	17:21+	22:18+	29:06+	29:56+	32:13+	44:17+	45:56+	47:57+	49:47+	51:23+		
01:51+	03:23+	04:31+	03:29-	04:07+	04:57+	06:48+	00:50+	02:17+	12:04+	01:39+	02:01+	01:50+	01:36+		
00:22#	01:16&	00:54#	00:19-	01:28&	01:20&	02:42&	00:17&	00:42&	04:07&	00:32&	00:45&	00:25&	00:22&		
8	Frode Ødegårdstuen	ASKO										55:09			
02:02+	04:43+	08:44+	12:02+	16:44+	21:43+	34:43+	35:20+	37:30+	48:50+	50:13+	52:17+	53:44+	55:09+		
02:02+	02:41+	04:01+	03:18-	04:42+	04:59+	13:00+	00:37+	02:10+	11:20+	01:23+	02:04+	01:27+	01:25+		
00:33&	00:34&	00:24#	00:30-	02:03&	01:22&	08:54@	00:04#	00:35&	03:23&	00:16#	00:48&	00:02+	00:11#		
9	Simen Smestad	17										57:43			
01:56+	04:45+	10:46+	14:21+	23:59+	29:19+	35:26+	36:15+	38:20+	49:40+	51:00+	52:54+	56:10+	57:43+		
01:56+	02:49+	06:01+	03:35-	09:38+	05:20+	06:07+	00:49+	02:05+	11:20+	01:20+	01:54+	03:16+	01:33+		
00:27&	00:42&	02:24&	00:13-	06:59@	01:43&	02:01&	00:16&	00:30&	03:23&	00:13#	00:38&	01:51@	00:19&		
Beste strekktid for klassen															
01:29	02:07	03:30	03:13	02:39	03:37	04:06	00:33	01:35	07:57	01:07	01:16	01:21	01:13		

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