

Plass Navn

Klasse

Tid

D 1,5

1 Irene Øien 1071 24:49

02:33= 06:36= 11:39= 16:54= 21:41= 24:25= 24:49=
 02:33= 04:03= 05:03= 05:15= 04:47= 02:44= 00:24=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Margareth T. Dyresen 7 30:34

02:08- 05:56- 15:58+ 21:49+ 27:42+ 30:15+ 30:34+
 02:08- 03:48- 10:02+ 05:51+ 05:53+ 02:33- 00:19-
 00:25- 00:15- 04:59& 00:36# 01:06# 00:11- 00:05-

3 Turid Norstad Opsahl 89 30:45

03:56+ 08:46+ 14:15+ 23:01+ 27:22+ 30:07+ 30:45+
 03:56+ 04:50+ 05:29+ 08:46+ 04:21- 02:45+ 00:38+
 01:23& 00:47# 00:26+ 03:31& 00:26- 00:01+ 00:14&

4 Turid Kolseth 7 31:55

04:06+ 10:11+ 17:04+ 23:27+ 28:40+ 31:55+
 04:06+ 06:05+ 06:53+ 06:23+ 05:13+ 03:15+
 01:33& 02:02& 01:50& 01:08# 00:26+ 00:31#

5 Gerd Grønvold 7 31:56

04:05+ 10:03+ 17:05+ 23:40+ 28:32+ 31:22+ 31:56+
 04:05+ 05:58+ 07:02+ 06:35+ 04:52+ 02:50+ 00:34+
 01:32& 01:55& 01:59& 01:20& 00:05+ 00:06+ 00:10&

6 Marie Rustadbakken 7 32:43

03:25+ 08:32+ 18:03+ 24:19+ 29:52+ 32:19+ 32:43+
 03:25+ 05:07+ 09:31+ 06:16+ 05:33+ 02:27- 00:24=
 00:52& 01:04& 04:28& 01:01# 00:46# 00:17- 00:00=

7 Solveig Johannessen 7 38:55

06:50+ 13:18+ 23:00+ 29:32+ 34:55+ 38:14+ 38:55+
 06:50+ 06:28+ 09:42+ 06:32+ 05:23+ 03:19+ 00:41+
 04:17@ 02:25& 04:39& 01:17# 00:36# 00:35# 00:17&

8 Aud Grønvold 7 39:03

06:51+ 13:25+ 23:02+ 29:54+ 35:08+ 38:22+ 39:03+
 06:51+ 06:34+ 09:37+ 06:52+ 05:14+ 03:14+ 00:41+
 04:18@ 02:31& 04:34& 01:37& 00:27+ 00:30# 00:17&

9 Anita Stensby Bekkelund 89 51:58

04:16+ 13:18+ 25:56+ 36:09+ 45:13+ 51:03+ 51:58+
 04:16+ 09:02+ 12:38+ 10:13+ 09:04+ 05:50+ 00:55+
 01:43& 04:59@ 07:35@ 04:58& 04:17& 03:06@ 00:31@

10 Linda Stensby Stenbakken 89 52:54

05:21+ 14:16+ 26:52+ 37:06+ 46:00+ 52:01+ 52:54+
 05:21+ 08:55+ 12:36+ 10:14+ 08:54+ 06:01+ 00:53+
 02:48@ 04:52@ 07:33@ 04:59& 04:07& 03:17@ 00:29@

Beste strekketid for klassen

02:08 03:48 05:03 05:15 04:21 02:27 00:19

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

D 2,5

Class	Navn	Klasse	Tid								
D 2,5											
1	Reina Jochems	1058	27:33								
00:31=	03:14=	05:06=	07:27=	12:16=	17:33=	19:27=	24:32=	25:57=	27:09=	27:33=	
00:31=	02:43=	01:52=	02:21=	04:49=	05:17=	01:54=	05:05=	01:25=	01:12=	00:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kristin Haga	7	30:20								
00:41+	04:39+	06:45+	08:57+	12:32+	17:44+	19:24+	21:59+	26:40+	28:12+	30:05+	30:20+
00:41+	03:58+	02:06+	02:12+	03:35+	05:12+	01:40+	02:35+	04:41+	01:32+	01:53+	00:15+
00:41+	03:58+	02:06+	02:12+	03:35+	05:12+	01:40+	02:35+	04:41+	01:32+	01:53+	00:15+
3	Inger K. Brøndbo	165	30:49								
00:40+	04:06+	06:04+	08:45+	11:57+	18:10+	19:37+	22:42+	27:27+	28:46+	30:29+	30:49+
00:40+	03:26+	01:58+	02:41+	03:12+	06:13+	01:27+	03:05+	04:45+	01:19+	01:43+	00:20+
00:40+	03:26+	01:58+	02:41+	03:12+	06:13+	01:27+	03:05+	04:45+	01:19+	01:43+	00:20+
4	Berit Myhrmoen	49	33:13								
00:36+	04:10+	07:03+	10:08+	14:00+	19:35+	21:03+	24:14+	29:23+	31:09+	32:56+	33:13+
00:36+	03:34+	02:53+	03:05+	03:52+	05:35+	01:28+	03:11+	05:09+	01:46+	01:47+	00:17+
00:36+	03:34+	02:53+	03:05+	03:52+	05:35+	01:28+	03:11+	05:09+	01:46+	01:47+	00:17+
5	Helga Storlien	120	33:35								
06:49+	10:06+	11:56+	14:04+	16:36+	22:23+	23:37+	26:50+	30:50+	31:49+	33:16+	33:35+
06:49+	03:17+	01:50+	02:08+	02:32+	05:47+	01:14+	03:13+	04:00+	00:59+	01:27+	00:19+
06:49+	03:17+	01:50+	02:08+	02:32+	05:47+	01:14+	03:13+	04:00+	00:59+	01:27+	00:19+
6	Anita Grønvold Tollefsen	7	34:00								
00:53+	04:42+	07:18+	09:59+	12:56+	22:33+	23:49+	26:36+	30:56+	32:05+	33:40+	34:00+
00:53+	03:49+	02:36+	02:41+	02:57+	09:37+	01:16+	02:47+	04:20+	01:09+	01:35+	00:20+
00:53+	03:49+	02:36+	02:41+	02:57+	09:37+	01:16+	02:47+	04:20+	01:09+	01:35+	00:20+
7	Linda Thorvaldsen	7	34:38								
00:49+	04:51+	06:53+	09:37+	12:26+	17:56+	19:49+	25:10+	30:04+	31:39+	34:18+	34:38+
00:49+	04:02+	02:02+	02:44+	02:49+	05:30+	01:53+	05:21+	04:54+	01:35+	02:39+	00:20+
00:49+	04:02+	02:02+	02:44+	02:49+	05:30+	01:53+	05:21+	04:54+	01:35+	02:39+	00:20+
8	Mette A Wernberg	1071	35:26								
00:49+	04:29+	06:42+	09:40+	13:20+	19:21+	20:54+	24:14+	32:15+	33:25+	35:09+	35:26+
00:49+	03:40+	02:13+	02:58+	03:40+	06:01+	01:33+	03:20+	08:01+	01:10+	01:44+	00:17+
00:49+	03:40+	02:13+	02:58+	03:40+	06:01+	01:33+	03:20+	08:01+	01:10+	01:44+	00:17+
9	Sigrun Sigurjonsdotter	119	35:34								
02:20+	05:36+	07:53+	10:33+	13:28+	20:09+	22:09+	25:38+	30:28+	33:03+	35:14+	35:34+
02:20+	03:16+	02:17+	02:40+	02:55+	06:41+	02:00+	03:29+	04:50+	02:35+	02:11+	00:20+
02:20+	03:16+	02:17+	02:40+	02:55+	06:41+	02:00+	03:29+	04:50+	02:35+	02:11+	00:20+
10	Mette Marit Jensen	167	40:23								
00:53+	04:58+	08:25+	12:28+	16:03+	23:45+	25:42+	30:38+	36:12+	37:50+	40:04+	40:23+
00:53+	04:05+	03:27+	04:03+	03:35+	07:42+	01:57+	04:56+	05:34+	01:38+	02:14+	00:19+
00:53+	04:05+	03:27+	04:03+	03:35+	07:42+	01:57+	04:56+	05:34+	01:38+	02:14+	00:19+
11	Karen Tomter	163	41:07								
02:33+	06:58+	09:05+	16:48+	20:38+	27:40+	29:00+	31:44+	36:38+	38:05+	40:44+	41:07+
02:33+	04:25+	02:07+	07:43+	03:50+	07:02+	01:20+	02:44+	04:54+	01:27+	02:39+	00:23+
02:33+	04:25+	02:07+	07:43+	03:50+	07:02+	01:20+	02:44+	04:54+	01:27+	02:39+	00:23+
12	Rønnaug Sagbakken	1071	41:47								
00:59+	05:40+	08:33+	12:14+	17:09+	24:53+	27:00+	30:28+	36:57+	39:01+	41:20+	41:47+
00:59+	04:41+	02:53+	03:41+	04:55+	07:44+	02:07+	03:28+	06:29+	02:04+	02:19+	00:27+
00:59+	04:41+	02:53+	03:41+	04:55+	07:44+	02:07+	03:28+	06:29+	02:04+	02:19+	00:27+

D 2,5

13 Oddveig Anne Sagbakken 88 41:51

02:40+	07:24+	10:45+	14:13+	17:55+	25:30+	27:11+	31:03+	37:43+	39:19+	41:27+	41:51+
02:40+	04:44+	03:21+	03:28+	03:42+	07:35+	01:41+	03:52+	06:40+	01:36+	02:08+	00:24+
02:40+	04:44+	03:21+	03:28+	03:42+	07:35+	01:41+	03:52+	06:40+	01:36+	02:08+	00:24+

14 Anne Karin Elisenberg 146 42:29

00:41+	04:26+	06:52+	10:21+	16:34+	26:10+	28:02+	31:40+	37:54+	39:10+	41:46+	42:29+
00:41+	03:45+	02:26+	03:29+	06:13+	09:36+	01:52+	03:38+	06:14+	01:16+	02:36+	00:43+
00:41+	03:45+	02:26+	03:29+	06:13+	09:36+	01:52+	03:38+	06:14+	01:16+	02:36+	00:43+

15 Inger G. Lund 155 44:44

00:46+	05:30+	09:42+	13:35+	16:53+	23:07+	25:03+	27:13+	35:02+	41:05+	42:35+	44:25+	44:44+
00:46+	04:44+	04:12+	03:53+	03:18+	06:14+	01:56+	02:10+	07:49+	06:03+	01:30+	01:50+	00:19+
00:46+	04:44+	04:12+	03:53+	03:18+	06:14+	01:56+	02:10+	07:49+	06:03+	01:30+	01:50+	00:19+

16 Inger E. Vamnes NOTEAM 49:51

02:12+	07:38+	10:47+	16:58+	21:00+	30:32+	32:32+	37:20+	44:41+	46:46+	49:21+	49:51+
02:12+	05:26+	03:09+	06:11+	04:02+	09:32+	02:00+	04:48+	07:21+	02:05+	02:35+	00:30+
02:12+	05:26+	03:09+	06:11+	04:02+	09:32+	02:00+	04:48+	07:21+	02:05+	02:35+	00:30+

17 Randi Aas Fjæstad 89 57:42

01:27+	07:05+	09:41+	14:11+	20:31+	26:52+	33:09+	35:37+	40:30+	53:56+	57:08+	60:11+	60:52+
01:27+	05:38+	02:36+	04:30+	06:20+	06:21+	06:17+	02:28+	04:53+	13:26+	03:12+	03:03+	00:41+
01:27+	05:38+	02:36+	04:30+	06:20+	06:21+	06:17+	02:28+	04:53+	13:26+	03:12+	03:03+	00:41+

Beste strekktid for klassen

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

D 3,5

1 Eirin Lodgaard 136 42:42

00:39=	02:59=	05:37=	09:12=	12:32=	15:09=	16:05=	17:36=	19:42=	20:48=	23:14=	25:23=	28:16=	29:26=	33:25=	37:45=	41:14=	42:27=	42:42=
00:39=	02:20=	02:38=	03:35=	03:20=	02:37=	00:56=	01:31=	02:06=	01:06=	02:26=	02:09=	02:53=	01:10=	03:59=	04:20=	03:29=	01:13=	00:15=
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 May Kristin Tangen 119 42:57

00:43+	03:42+	07:52+	11:31+	14:41+	16:31+	17:17+	18:28+	20:53+	22:00+	23:54+	27:21+	29:11+	30:04+	32:56-	33:39-	38:05-	41:17-	42:41-	42:57+
00:43+	02:59+	04:10+	03:39+	03:10-	01:50-	00:46-	01:11-	02:25+	01:07+	01:54-	03:27+	01:50-	00:53-	02:52-	00:43-	04:26+	03:12+	01:24+	00:16+
00:04#	00:39&	01:32&	00:04+	00:10-	00:47-	00:10-	00:20-	00:19#	00:01+	00:32-	01:18&	01:03-	00:17-	01:07-	03:37-	00:57&	01:59@	01:09@	00:16+

3 Kjersti Narum 165 44:00

00:53+	03:36+	06:54+	10:24+	13:59+	16:46+	17:44+	19:06+	21:07+	22:03+	24:26+	26:36+	29:00+	30:12+	34:21+	38:33+	42:23+	43:43+	44:00+
00:53+	02:43+	03:18+	03:30-	03:35+	02:47+	00:58+	01:22-	02:01-	00:56-	02:23-	02:10+	02:24-	01:12+	04:09+	04:12-	03:50+	01:20+	00:17+
00:14&	00:23#	00:40&	00:05-	00:15+	00:10+	00:02+	00:09-	00:05-	00:10-	00:03-	00:01+	00:29-	00:02+	00:10+	00:08-	00:21#	00:07+	00:02#

4 Gro Solnørdal 10001 44:00

00:43+	03:06+	07:35+	10:50+	14:56+	17:05+	18:09+	19:42+	21:57+	23:03+	25:23+	28:16+	30:19+	31:12+	34:33+	39:11+	42:22+	43:45+	44:00+
00:43+	02:23+	04:29+	03:15-	04:06+	02:09-	01:04+	01:33+	02:15+	01:06=	02:20-	02:53+	02:03-	00:53-	03:21-	04:38+	03:11-	01:23+	00:15=
00:04#	00:03+	01:51&	00:20-	00:46#	00:28-	00:08#	00:02+	00:09+	00:00=	00:06-	00:44&	00:50-	00:17-	00:38-	00:18+	00:18-	00:10#	00:00=

5 Mona Hesselberg 89 45:03

00:53+	03:28+	06:32+	11:01+	14:46+	17:17+	18:23+	19:54+	22:26+	23:36+	26:11+	28:54+	31:20+	32:41+	35:03+	39:57+	43:17+	44:45+	45:03+
00:53+	02:35+	03:04+	04:29+	03:45+	02:31-	01:06+	01:31=	02:32+	01:10+	02:35+	02:43+	02:26-	01:21+	02:22-	04:54+	03:20-	01:28+	00:18+
00:14&	00:15#	00:26#	00:54&	00:25#	00:06-	00:10#	00:00=	00:26#	00:04+	00:09+	00:34&	00:27-	00:11#	01:37-	00:34#	00:09-	00:15#	00:03#

D 3,5

6	Anne-Guri Jevne	152	46:50															
01:29+	03:32+	09:36+	12:40+	15:41+	18:08+	19:00+	20:01+	28:59+	29:48+	31:27+	34:04+	35:49+	36:43+	39:04+	42:36+	45:19+	46:34+	46:50+
01:29+	02:03-	06:04+	03:04-	03:01-	02:27-	00:52-	01:01-	08:58+	00:49-	01:39-	02:37+	01:45-	00:54-	02:21-	03:32-	02:43-	01:15+	00:16+
00:50@	00:17-	03:26@	00:31-	00:19-	00:10-	00:04-	00:30-	06:52@	00:17-	00:47-	00:28#	01:08-	00:16-	01:38-	00:48-	00:46-	00:02+	00:01+

7	Rita H Aaslund	1071	47:06															
00:55+	03:34+	06:45+	10:15+	13:47+	15:24+	16:26+	17:50+	26:30+	27:30+	30:08+	32:29+	34:41+	35:46+	37:44+	42:03+	45:16+	46:49+	47:06+
00:55+	02:39+	03:11+	03:30+	03:32+	01:37+	01:02+	01:24+	08:40+	01:00+	02:38+	02:21+	02:12+	01:05+	01:58+	04:19+	03:13+	01:33+	00:17+
00:55+	02:39+	03:11+	03:30+	03:32+	01:37+	01:02+	01:24+	08:40+	01:00+	02:38+	02:21+	02:12+	01:05+	01:58+	04:19+	03:13+	01:33+	00:17+

8	Mari N Petershagen	146	51:52															
00:53+	04:48+	08:19+	11:56+	16:35+	19:27+	20:29+	22:06+	25:51+	27:04+	29:50+	32:16+	35:26+	36:34+	39:16+	45:15+	49:44+	51:34+	51:52+
00:53+	03:55+	03:31+	03:37+	04:39+	02:52+	01:02+	01:37+	03:45+	01:13+	02:46+	02:26+	03:10+	01:08+	02:42+	05:59+	04:29+	01:50+	00:18+
00:53+	03:55+	03:31+	03:37+	04:39+	02:52+	01:02+	01:37+	03:45+	01:13+	02:46+	02:26+	03:10+	01:08+	02:42+	05:59+	04:29+	01:50+	00:18+

9	Grete Storsveen	1071	52:00															
00:59+	04:36+	07:55+	12:18+	16:57+	19:56+	21:05+	22:48+	25:35+	26:51+	29:42+	32:46+	35:49+	37:03+	39:24+	45:52+	49:56+	51:39+	52:00+
00:59+	03:37+	03:19+	04:23+	04:39+	02:59+	01:09+	01:43+	02:47+	01:16+	02:51+	03:04+	03:03+	01:14+	02:21+	06:28+	04:04+	01:43+	00:21+
00:59+	03:37+	03:19+	04:23+	04:39+	02:59+	01:09+	01:43+	02:47+	01:16+	02:51+	03:04+	03:03+	01:14+	02:21+	06:28+	04:04+	01:43+	00:21+

10	Inger Marie Øygaard	89	55:07															
00:51+	03:43+	10:45+	15:33+	20:01+	22:52+	23:55+	25:42+	28:36+	29:54+	32:44+	35:52+	38:44+	40:15+	42:36+	48:17+	52:47+	54:49+	55:07+
00:51+	02:52+	07:02+	04:48+	04:28+	02:51+	01:03+	01:47+	02:54+	01:18+	02:50+	03:08+	02:52+	01:31+	02:21+	05:41+	04:30+	02:02+	00:18+
00:51+	02:52+	07:02+	04:48+	04:28+	02:51+	01:03+	01:47+	02:54+	01:18+	02:50+	03:08+	02:52+	01:31+	02:21+	05:41+	04:30+	02:02+	00:18+

11	Anita Bekkum	7	56:10															
00:53+	03:53+	13:11+	17:44+	22:53+	25:06+	26:29+	28:09+	31:18+	32:21+	34:47+	37:52+	41:05+	42:21+	45:24+	50:06+	54:01+	55:50+	56:10+
00:53+	03:00+	09:18+	04:33+	05:09+	02:13+	01:23+	01:40+	03:09+	01:03+	02:26+	03:05+	03:13+	01:16+	03:03+	04:42+	03:55+	01:49+	00:20+
00:53+	03:00+	09:18+	04:33+	05:09+	02:13+	01:23+	01:40+	03:09+	01:03+	02:26+	03:05+	03:13+	01:16+	03:03+	04:42+	03:55+	01:49+	00:20+

Beste strekktid for klassen

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

D 4,5

1	Mari Norstad Opsahl	1032	41:10																	
00:48=	01:52=	03:22=	07:44=	08:37=	09:53=	12:43=	17:04=	19:00=	20:16=	21:37=	23:26=	25:17=	27:15=	28:27=	32:09=	33:50=	34:39=	39:08=	40:54=	41:10=
00:48=	01:04=	01:30=	04:22=	00:53=	01:16=	02:50=	04:21=	01:56=	01:16=	01:21=	01:49=	01:51=	01:58=	01:12=	03:42=	01:41=	00:49=	04:29=	01:46=	00:16=
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	Unn Mette Klopbakken	43	43:56																	
00:42-	01:58+	03:45+	08:35+	09:35+	11:01+	14:10+	19:24+	21:25+	22:53+	23:54+	26:07+	28:25+	30:07+	31:19+	34:35+	36:37+	37:52+	41:48+	43:39+	43:56+
00:42-	01:16+	01:47+	04:50+	01:00+	01:26+	03:09+	05:14+	02:01+	01:28+	01:01-	02:13+	02:18+	01:42-	01:12=	03:16-	02:02+	01:15+	03:56-	01:51+	00:17+
00:06-	00:12#	00:17#	00:28#	00:07#	00:10#	00:19#	00:53#	00:05+	00:12#	00:20-	00:24#	00:27#	00:16-	00:00=	00:26-	00:21#	00:26&	00:33-	00:05+	00:01+

3	Ingunn Lund Nordstrøm	105	47:09																	
00:42-	01:50-	03:38+	08:57+	09:56+	11:38+	15:03+	19:39+	22:46+	24:29+	25:33+	28:00+	30:11+	32:32+	34:09+	37:35+	39:53+	40:51+	44:41+	46:53+	47:09+
00:42-	01:08+	01:48+	05:19+	00:59+	01:42+	03:25+	04:36+	03:07+	01:43+	01:04-	02:27+	02:11+	02:21+	01:37+	03:26-	02:18+	00:58+	03:50-	02:12+	00:16=
00:06-	00:04+	00:18#	00:57#	00:06#	00:26&	00:35#	00:15+	01:11&	00:27&	00:17-	00:38&	00:20#	00:23#	00:25&	00:16-	00:37&	00:09#	00:39-	00:26#	00:00=

4	Bodil Wiik	105	48:13																	
00:42-	01:51-	03:34+	08:46+	09:41+	11:14+	14:24+	18:59+	21:39+	23:17+	24:18+	26:27+	28:41+	32:20+	33:48+	38:49+	40:40+	41:39+	45:47+	47:56+	48:13+
00:42-	01:09+	01:43+	05:12+	00:55+	01:33+	03:10+	04:35+	02:40+	01:38+	01:01-	02:09+	02:14+	03:39+	01:28+	05:01+	01:51+	00:59+	04:08-	02:09+	00:17+
00:06-	00:05+	00:13#	00:50#	00:02+	00:17#	00:20#	00:14+	00:44&	00:22&	00:20-	00:20#	00:23#	01:41&	00:16#	01:19&	00:10+	00:10#	00:21-	00:23#	00:01+

D 4,5

5	Line Merete Libak	89	51:50																	
00:55+	02:34+	04:45+	10:52+	12:02+	13:42+	17:53+	22:48+	25:14+	27:06+	28:25+	30:44+	33:21+	35:47+	37:03+	41:11+	43:38+	44:47+	49:19+	51:33+	51:50+
00:55+	01:39+	02:11+	06:07+	01:10+	01:40+	04:11+	04:55+	02:26+	01:52+	01:19-	02:19+	02:37+	02:26+	01:16+	04:08+	02:27+	01:09+	04:32+	02:14+	00:17+
00:07#	00:35&	00:41&	01:45&	00:17&	00:24&	01:21&	00:34#	00:30&	00:36&	00:02-	00:30&	00:46&	00:28#	00:04+	00:26#	00:46&	00:20&	00:03+	00:28&	00:01+

6	Lis Dæhli	90	51:52																		
00:51+	02:17+	04:17+	09:26+	10:36+	12:12+	15:55+	20:39+	22:52+	24:37+	25:57+	28:23+	30:41+	33:27+	35:15+	39:14+	42:01+	43:33+	44:37+	49:00+	51:30+	51:52+
00:51+	01:26+	02:00+	05:09+	01:10+	01:36+	03:43+	04:44+	02:13+	01:45+	01:20+	02:26+	02:18+	02:46+	01:48+	03:59+	02:47+	01:32+	01:04+	04:23+	02:30+	00:22+
00:51+	01:26+	02:00+	05:09+	01:10+	01:36+	03:43+	04:44+	02:13+	01:45+	01:20+	02:26+	02:18+	02:46+	01:48+	03:59+	02:47+	01:32+	01:04+	04:23+	02:30+	00:22+

Beste strekktid for klassen

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

H 1,5

1	Knut Røhrsveen	7	21:23				
02:04=	05:34=	07:54=	11:48=	17:12=	19:18=	21:01=	21:23=
02:04=	03:30=	02:20=	03:54=	05:24=	02:06=	01:43=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ottar Evensen	27	21:48				
01:57-	05:32-	07:45-	12:02+	17:23+	19:23+	21:26+	21:48+
01:57-	03:35+	02:13-	04:17+	05:21-	02:00-	02:03+	00:22=
00:07-	00:05+	00:07-	00:23+	00:03-	00:06-	00:20#	00:00=

3	Geir-Håkon Øverby	lf	24:34				
03:34+	07:16+	09:39+	13:24+	18:56+	21:14+	24:10+	24:34+
03:34+	03:42+	02:23+	03:45-	05:32+	02:18+	02:56+	00:24+
01:30&	00:12+	00:03+	00:09-	00:08+	00:12+	01:13&	00:02+

4	Trygve Jan Bjerke	55	26:37				
02:38+	07:40+	10:25+	14:56+	21:37+	23:51+	26:13+	26:37+
02:38+	05:02+	02:45+	04:31+	06:41+	02:14+	02:22+	00:24+
00:34&	01:32&	00:25#	00:37#	01:17#	00:08+	00:39&	00:02+

6	Halstein Ødegård	89	32:27				
03:04+	08:57+	12:17+	18:25+	26:37+	29:09+	31:51+	32:27+
03:04+	05:53+	03:20+	06:08+	08:12+	02:32+	02:42+	00:36+
01:00&	02:23&	01:00&	02:14&	02:48&	00:26#	00:59&	00:14&

7	Roger Sterud	7	33:00				
01:47-	04:38-	06:59-	10:30-	29:50+	31:14+	32:43+	33:00+
01:47-	02:51-	02:21+	03:31-	19:20+	01:24-	01:29-	00:17-
00:17-	00:39-	00:01+	00:23-	13:56@	00:42-	00:14-	00:05-

8	Håkon Nesbakk	25	36:07				
03:34+	08:05+	11:37+	18:21+	30:15+	32:10+	35:36+	36:07+
03:34+	04:31+	03:32+	06:44+	11:54+	01:55-	03:26+	00:31+
01:30&	01:01&	01:12&	02:50&	06:30@	00:11-	01:43&	00:09&

9	Dag Erik Hovde	25	41:05	
06:08+	14:13+	16:18+	19:48+	20:29+
06:08+	08:05+	02:05-	03:30-	00:41-
04:04@	04:35@	00:15-	00:24-	04:43-

Class	Navn	Klasse	Tid
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H 1,5

10 Knut Martinsen 1071 41:45

03:13+ 09:24+ 14:22+ 24:27+ 35:03+ 37:52+ 41:03+ 41:45+
 03:13+ 06:11+ 04:58+ 10:05+ 10:36+ 02:49+ 03:11+ 00:42+
 01:09& 02:41& 02:38@ 06:11@ 05:12& 00:43& 01:28& 00:20&

11 Erik Skårås 1071 42:43

02:59+ 16:49+ 20:05+ 29:17+ 37:53+ 39:47+ 42:20+ 42:43+
 02:59+ 13:50+ 03:16+ 09:12+ 08:36+ 01:54+ 02:33+ 00:23+
 02:59+ 13:50+ 03:16+ 09:12+ 08:36+ 01:54+ 02:33+ 00:23+

12 Ragnar Høsøien 55 46:37

04:16+ 10:57+ 17:40+ 26:32+ 38:25+ 41:59+ 45:54+ 46:37+
 04:16+ 06:41+ 06:43+ 08:52+ 11:53+ 03:34+ 03:55+ 00:43+
 04:16+ 06:41+ 06:43+ 08:52+ 11:53+ 03:34+ 03:55+ 00:43+

13 Erik Bjøralt 1071 50:43

00:54+ 06:56+ 10:56+ 13:24+ 28:21+ 30:08+ 33:53+ 36:12+ 43:55+ 47:45+ 50:10+ 50:43+
 00:54+ 06:02+ 04:00+ 02:28+ 14:57+ 01:47+ 03:45+ 02:19+ 07:43+ 03:50+ 02:25+ 00:33+
 00:54+ 06:02+ 04:00+ 02:28+ 14:57+ 01:47+ 03:45+ 02:19+ 07:43+ 03:50+ 02:25+ 00:33+

Beste strekktid for klassen

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

H 2,5

1 Bjørn Myhrmoen 154 26:11

03:06= 06:40= 08:43= 13:06= 20:10= 22:36= 25:50= 26:11=
 03:06= 03:34= 02:03= 04:23= 07:04= 02:26= 03:14= 00:21=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Ole Rostad 25 27:09

01:06- 05:16- 08:00- 09:54- 14:01- 15:18- 17:39- 18:57- 22:32+ 25:32+ 26:55+ 27:09+
 01:06- 04:10+ 02:44+ 01:54- 04:07- 01:17- 02:21- 01:18+ 03:35+ 03:00+ 01:23+ 00:14+
 02:00- 00:36# 00:41& 02:29- 02:57- 01:09- 00:53- 00:57@ 03:35+ 03:00+ 01:23+ 00:14+

3 Per Vold 96 30:22

00:49- 05:21- 08:33- 11:02- 15:20- 16:29- 18:55- 20:34- 25:29+ 30:06+ 30:22+
 00:49- 04:32+ 03:12+ 02:29- 04:18- 01:09- 02:26- 01:39+ 04:55+ 04:37+ 00:16+
 02:17- 00:58& 01:09& 01:54- 02:46- 01:17- 00:48- 01:18@ 04:55+ 04:37+ 00:16+

4 Hans Asbjørn Tingvold RILO 30:30

00:49- 05:42- 08:47+ 10:36- 15:04- 16:20- 18:54- 20:30- 25:29+ 28:37+ 30:10+ 30:30+
 00:49- 04:53+ 03:05+ 01:49- 04:28- 01:16- 02:34- 01:36+ 04:59+ 03:08+ 01:33+ 00:20+
 02:17- 01:19& 01:02& 02:34- 02:36- 01:10- 00:40- 01:15@ 04:59+ 03:08+ 01:33+ 00:20+

5 Knut Olav Strætkvern 1058 32:58

00:44- 05:21- 08:21- 10:18- 15:40- 17:05- 20:38- 22:16- 27:22+ 31:17+ 32:42+ 32:58+
 00:44- 04:37+ 03:00+ 01:57- 05:22- 01:25- 03:33+ 01:38+ 05:06+ 03:55+ 01:25+ 00:16+
 02:22- 01:03& 00:57& 02:26- 01:42- 01:01- 00:19+ 01:17@ 05:06+ 03:55+ 01:25+ 00:16+

6 Morten Øie 39 33:26

00:46- 06:12- 09:20+ 11:27- 16:24- 17:44- 20:23- 21:59- 27:41+ 31:26+ 33:02+ 33:26+
 00:46- 05:26+ 03:08+ 02:07- 04:57- 01:20- 02:39- 01:36+ 05:42+ 03:45+ 01:36+ 00:24+
 02:20- 01:52& 01:05& 02:16- 02:07- 01:06- 00:35- 01:15@ 05:42+ 03:45+ 01:36+ 00:24+

Class	Navn	Klasse	Tid									
H 2,5												
7	Magne Smeland	167	34:07									
00:46-	05:51-	09:23+	11:32-	16:41-	18:16-	21:13-	22:54-	28:22+	31:58+	33:48+	34:07+	
00:46-	05:05+	03:32+	02:09-	05:09-	01:35-	02:57-	01:41+	05:28+	03:36+	01:50+	00:19+	
02:20-	01:31&	01:29&	02:14-	01:55-	00:51-	00:17-	01:20@	05:28+	03:36+	01:50+	00:19+	
8	Arne Hagen	167	34:36									
00:38+	05:00+	09:42+	12:14+	17:01+	18:11+	21:17+	22:58+	28:37+	32:40+	34:20+	34:36+	
00:38+	04:22+	04:42+	02:32+	04:47+	01:10+	03:06+	01:41+	05:39+	04:03+	01:40+	00:16+	
00:38+	04:22+	04:42+	02:32+	04:47+	01:10+	03:06+	01:41+	05:39+	04:03+	01:40+	00:16+	
9	Steinar Libak	89	34:39									
00:40+	05:38+	08:40+	10:27+	17:33+	18:51+	21:27+	23:08+	28:49+	32:32+	34:17+	34:39+	
00:40+	04:58+	03:02+	01:47+	07:06+	01:18+	02:36+	01:41+	05:41+	03:43+	01:45+	00:22+	
00:40+	04:58+	03:02+	01:47+	07:06+	01:18+	02:36+	01:41+	05:41+	03:43+	01:45+	00:22+	
10	Tore Stenseth	1013	35:26									
00:37+	05:34+	08:53+	10:48+	17:56+	19:12+	22:03+	24:06+	29:51+	33:16+	35:03+	35:26+	
00:37+	04:57+	03:19+	01:55+	07:08+	01:16+	02:51+	02:03+	05:45+	03:25+	01:47+	00:23+	
00:37+	04:57+	03:19+	01:55+	07:08+	01:16+	02:51+	02:03+	05:45+	03:25+	01:47+	00:23+	
11	Einar Stensby	89	35:48									
00:41+	06:08+	09:41+	11:42+	16:46+	18:07+	20:59+	22:42+	30:31+	33:52+	35:28+	35:48+	
00:41+	05:27+	03:33+	02:01+	05:04+	01:21+	02:52+	01:43+	07:49+	03:21+	01:36+	00:20+	
00:41+	05:27+	03:33+	02:01+	05:04+	01:21+	02:52+	01:43+	07:49+	03:21+	01:36+	00:20+	
12	Magnar Nybakk	1071	36:09									
00:38+	05:25+	08:38+	10:43+	16:06+	17:34+	20:29+	22:30+	29:46+	34:03+	35:53+	36:09+	
00:38+	04:47+	03:13+	02:05+	05:23+	01:28+	02:55+	02:01+	07:16+	04:17+	01:50+	00:16+	
00:38+	04:47+	03:13+	02:05+	05:23+	01:28+	02:55+	02:01+	07:16+	04:17+	01:50+	00:16+	
13	Leif Martin Kjos	1071	38:26									
00:38+	05:08+	11:40+	14:30+	19:25+	20:49+	23:54+	25:25+	32:55+	36:22+	38:10+	38:26+	
00:38+	04:30+	06:32+	02:50+	04:55+	01:24+	03:05+	01:31+	07:30+	03:27+	01:48+	00:16+	
00:38+	04:30+	06:32+	02:50+	04:55+	01:24+	03:05+	01:31+	07:30+	03:27+	01:48+	00:16+	
14	Knut Vidar Lund	155	39:01									
01:19+	04:55+	07:28+	12:14+	15:21+	16:45+	17:03+						
01:19+	03:36+	02:33+	04:46+	03:07+	01:24+	00:18+						
01:19+	03:36+	02:33+	04:46+	03:07+	01:24+	00:18+						
15	Stein Sandaker	1038	39:06									
06:21+	07:35+	10:33+	12:36+	20:32+	24:37+	26:01+	26:21+					
06:21+	01:14+	02:58+	02:03+	07:56+	04:05+	01:24+	00:20+					
06:21+	01:14+	02:58+	02:03+	07:56+	04:05+	01:24+	00:20+					
16	Gunnar Alu	1058	39:30									
00:37+	06:12+	08:44+	13:17+	15:33+	21:36+	23:06+	26:09+	28:01+	33:45+	37:21+	39:11+	39:30+
00:37+	05:35+	02:32+	04:33+	02:16+	06:03+	01:30+	03:03+	01:52+	05:44+	03:36+	01:50+	00:19+
00:37+	05:35+	02:32+	04:33+	02:16+	06:03+	01:30+	03:03+	01:52+	05:44+	03:36+	01:50+	00:19+
17	Jan Olav Sæther	165	41:08									
00:41+	07:18+	12:07+	14:21+	21:00+	22:44+	26:15+	28:32+	35:03+	39:13+	40:49+	41:08+	
00:41+	06:37+	04:49+	02:14+	06:39+	01:44+	03:31+	02:17+	06:31+	04:10+	01:36+	00:19+	
00:41+	06:37+	04:49+	02:14+	06:39+	01:44+	03:31+	02:17+	06:31+	04:10+	01:36+	00:19+	
18	Harald Grønvold	7	41:58									
00:38+	05:57+	09:24+	11:34+	21:34+	22:57+	25:46+	29:57+	36:09+	40:11+	41:38+	41:58+	
00:38+	05:19+	03:27+	02:10+	10:00+	01:23+	02:49+	04:11+	06:12+	04:02+	01:27+	00:20+	
00:38+	05:19+	03:27+	02:10+	10:00+	01:23+	02:49+	04:11+	06:12+	04:02+	01:27+	00:20+	

Class	Navn	Klasse	Tid
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H 2,5

19 Magne Johansen 1032 42:54

00:55+ 07:31+ 12:01+ 14:23+ 20:53+ 22:32+ 26:07+ 28:27+ 35:27+ 40:12+ 42:28+ 42:54+
 00:55+ 06:36+ 04:30+ 02:22+ 06:30+ 01:39+ 03:35+ 02:20+ 07:00+ 04:45+ 02:16+ 00:26+
 00:55+ 06:36+ 04:30+ 02:22+ 06:30+ 01:39+ 03:35+ 02:20+ 07:00+ 04:45+ 02:16+ 00:26+

20 Stein erik Edvardsen 27 45:26

01:00+ 07:04+ 14:08+ 17:49+ 24:18+ 26:06+ 29:33+ 31:37+ 38:49+ 42:55+ 44:58+ 45:26+
 01:00+ 06:04+ 07:04+ 03:41+ 06:29+ 01:48+ 03:27+ 02:04+ 07:12+ 04:06+ 02:03+ 00:28+
 01:00+ 06:04+ 07:04+ 03:41+ 06:29+ 01:48+ 03:27+ 02:04+ 07:12+ 04:06+ 02:03+ 00:28+

21 Espen Paulsen 1070 47:27

00:57+ 05:38+ 18:42+ 21:10+ 26:11+ 27:44+ 31:01+ 33:20+ 39:58+ 44:41+ 47:06+ 47:27+
 00:57+ 04:41+ 13:04+ 02:28+ 05:01+ 01:33+ 03:17+ 02:19+ 06:38+ 04:43+ 02:25+ 00:21+
 00:57+ 04:41+ 13:04+ 02:28+ 05:01+ 01:33+ 03:17+ 02:19+ 06:38+ 04:43+ 02:25+ 00:21+

22 Karl Petter Opsahl 89 47:39

01:15+ 08:04+ 11:21+ 20:06+ 28:13+ 29:53+ 33:34+ 35:23+ 41:18+ 45:04+ 47:06+ 47:39+
 01:15+ 06:49+ 03:17+ 08:45+ 08:07+ 01:40+ 03:41+ 01:49+ 05:55+ 03:46+ 02:02+ 00:33+
 01:15+ 06:49+ 03:17+ 08:45+ 08:07+ 01:40+ 03:41+ 01:49+ 05:55+ 03:46+ 02:02+ 00:33+

23 Steinar Mariussen 27 48:52

01:16+ 08:28+ 13:59+ 24:39+ 29:58+ 48:11+ 48:52+
 01:16+ 07:12+ 05:31+ 10:40+ 05:19+ 18:13+ 00:41+
 01:16+ 07:12+ 05:31+ 10:40+ 05:19+ 18:13+ 00:41+

25 Thomas Martinsen NORTU 1:13:30

00:47+ 09:32+ 14:38+ 17:23+ 25:50+ 41:09+ 46:56+ 53:14+ 64:18+ 70:20+ 73:07+ 73:30+
 00:47+ 08:45+ 05:06+ 02:45+ 08:27+ 15:19+ 05:47+ 06:18+ 11:04+ 06:02+ 02:47+ 00:23+
 00:47+ 08:45+ 05:06+ 02:45+ 08:27+ 15:19+ 05:47+ 06:18+ 11:04+ 06:02+ 02:47+ 00:23+

Beste strekktid for klassen

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

H 3,5

1 Odin Høie Vollum 7 32:28

01:07= 04:17= 04:56= 07:42= 09:10= 10:35= 13:07= 13:52= 14:50= 16:23= 17:15= 18:49= 21:55= 22:43= 25:16= 27:34= 30:32= 32:10= 32:20=
 01:07= 03:10= 00:39= 02:46= 01:28= 01:25= 02:32= 00:45= 00:58= 01:33= 00:52= 01:34= 03:06= 00:48= 02:33= 02:18= 02:58= 01:38= 00:10=
 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 Tom S Helgesen 55 36:44

01:29+ 04:35+ 05:36+ 08:52+ 10:19+ 12:04+ 15:03+ 16:01+ 17:30+ 19:37+ 20:43+ 23:05+ 26:14+ 27:14+ 29:15+ 32:10+ 34:35+ 36:29+ 36:44+
 01:29+ 03:06= 01:01+ 03:16+ 01:27= 01:45+ 02:59+ 00:58+ 01:29+ 02:07+ 01:06+ 02:22+ 03:09+ 01:00+ 02:01= 02:55+ 02:25= 01:54+ 00:15+
 00:22& 00:04= 00:22& 00:30# 00:01= 00:20# 00:27# 00:13& 00:31& 00:34& 00:14& 00:48& 00:03+ 00:12# 00:32= 00:37& 00:33= 00:16# 00:05&

3 Tormod Pedersen 7 37:00

01:42+ 05:10+ 06:12+ 09:35+ 11:34+ 13:18+ 15:42+ 16:36+ 17:56+ 19:49+ 20:42+ 22:58+ 26:24+ 27:21+ 29:40+ 32:48+ 34:55+ 36:44+ 37:00+
 01:42+ 03:28+ 01:02+ 03:23+ 01:59+ 01:44+ 02:24= 00:54+ 01:20+ 01:53+ 00:53+ 02:16+ 03:26+ 00:57+ 02:19= 03:08+ 02:07= 01:49+ 00:16+
 00:35& 00:18+ 00:23& 00:37# 00:31& 00:19# 00:08= 00:09# 00:22& 00:20# 00:01+ 00:42& 00:20# 00:09# 00:14= 00:50& 00:51= 00:11# 00:06&

4 Olav Juliussen 55 38:41

01:35+ 04:49+ 06:02+ 09:27+ 10:48+ 12:33+ 15:04+ 16:01+ 17:27+ 19:21+ 20:17+ 22:27+ 26:22+ 27:28+ 30:34+ 34:07+ 36:27+ 38:24+ 38:41+
 01:35+ 03:14+ 01:13+ 03:25+ 01:21= 01:45+ 02:31= 00:57+ 01:26+ 01:54+ 00:56+ 02:10+ 03:55+ 01:06+ 03:06+ 03:33+ 02:20= 01:57+ 00:17+
 00:28& 00:04+ 00:34& 00:39# 00:07= 00:20# 00:01= 00:12& 00:28& 00:21# 00:04+ 00:36& 00:49& 00:18& 00:33# 01:15& 00:38= 00:19# 00:07&

H 3,5

5	Arne Arnesen	25	38:42																	
01:43+	05:15+	06:13+	09:56+	11:32+	13:28+	16:21+	17:12+	18:35+	20:25+	21:27+	23:39+	26:57+	28:04+	30:11+	33:17+	36:19+	38:25+	38:42+		
01:43+	03:32+	00:58+	03:43+	01:36+	01:56+	02:53+	00:51+	01:23+	01:50+	01:02+	02:12+	03:18+	01:07+	02:07-	03:06+	03:02+	02:06+	00:17+		
00:36&	00:22#	00:19&	00:57&	00:08+	00:31&	00:21#	00:06#	00:25&	00:17#	00:10#	00:38&	00:12+	00:19&	00:26-	00:48&	00:04+	00:28&	00:07&		
6	Øyvind Frøisland	166	39:12																	
00:42+	01:48+	03:25+	07:34+	09:48+	11:27+	14:15+	17:29+	19:10+	20:35+	21:34+	23:27+	25:06+	26:40+	27:51+	30:43+	32:55+	33:38+	37:02+	38:53+	39:12+
00:42+	01:06+	01:37+	04:09+	02:14+	01:39+	02:48+	03:14+	01:41+	01:25+	00:59+	01:53+	01:39+	01:34+	01:11+	02:52+	02:12+	00:43+	03:24+	01:51+	00:19+
00:42+	01:06+	01:37+	04:09+	02:14+	01:39+	02:48+	03:14+	01:41+	01:25+	00:59+	01:53+	01:39+	01:34+	01:11+	02:52+	02:12+	00:43+	03:24+	01:51+	00:19+
7	Knut Wikstrøm	78	40:44																	
01:18+	04:48+	05:45+	09:39+	11:12+	13:10+	15:58+	16:59+	18:33+	20:38+	21:42+	24:19+	28:15+	29:17+	31:28+	35:35+	38:09+	40:26+	40:44+		
01:18+	03:30+	00:57+	03:54+	01:33+	01:58+	02:48+	01:01+	01:34+	02:05+	01:04+	02:37+	03:56+	01:02+	02:11+	04:07+	02:34+	02:17+	00:18+		
01:18+	03:30+	00:57+	03:54+	01:33+	01:58+	02:48+	01:01+	01:34+	02:05+	01:04+	02:37+	03:56+	01:02+	02:11+	04:07+	02:34+	02:17+	00:18+		
8	Morten Eriksen	105	41:14																	
01:26+	05:00+	05:53+	09:37+	11:14+	13:00+	16:02+	16:55+	18:12+	20:14+	21:45+	23:52+	29:27+	30:22+	33:06+	36:32+	38:46+	40:57+	41:14+		
01:26+	03:34+	00:53+	03:44+	01:37+	01:46+	03:02+	00:53+	01:17+	02:02+	01:31+	02:07+	05:35+	00:55+	02:44+	03:26+	02:14+	02:11+	00:17+		
01:26+	03:34+	00:53+	03:44+	01:37+	01:46+	03:02+	00:53+	01:17+	02:02+	01:31+	02:07+	05:35+	00:55+	02:44+	03:26+	02:14+	02:11+	00:17+		
9	Hans Storlien	Geno	41:47																	
01:57+	06:56+	07:51+	12:58+	14:34+	16:20+	19:14+	20:03+	21:25+	23:17+	24:23+	26:34+	29:48+	31:11+	33:17+	36:21+	39:23+	41:30+	41:47+		
01:57+	04:59+	00:55+	05:07+	01:36+	01:46+	02:54+	00:49+	01:22+	01:52+	01:06+	02:11+	03:14+	01:23+	02:06+	03:04+	03:02+	02:07+	00:17+		
01:57+	04:59+	00:55+	05:07+	01:36+	01:46+	02:54+	00:49+	01:22+	01:52+	01:06+	02:11+	03:14+	01:23+	02:06+	03:04+	03:02+	02:07+	00:17+		
10	Erik Haugen	119	41:48																	
01:31+	05:27+	06:30+	10:55+	12:50+	15:01+	18:01+	18:54+	20:23+	22:26+	23:25+	25:42+	29:39+	30:36+	33:05+	36:28+	39:24+	41:29+	41:48+		
01:31+	03:56+	01:03+	04:25+	01:55+	02:11+	03:00+	00:53+	01:29+	02:03+	00:59+	02:17+	03:57+	00:57+	02:29+	03:23+	02:56+	02:05+	00:19+		
01:31+	03:56+	01:03+	04:25+	01:55+	02:11+	03:00+	00:53+	01:29+	02:03+	00:59+	02:17+	03:57+	00:57+	02:29+	03:23+	02:56+	02:05+	00:19+		
11	Knut Malmo	167	42:26																	
01:32+	05:36+	06:37+	10:33+	12:26+	14:44+	17:31+	18:32+	20:03+	22:16+	23:19+	25:43+	29:13+	30:23+	32:49+	36:03+	40:12+	42:09+	42:26+		
01:32+	04:04+	01:01+	03:56+	01:53+	02:18+	02:47+	01:01+	01:31+	02:13+	01:03+	02:24+	03:30+	01:10+	02:26+	03:14+	04:09+	01:57+	00:17+		
01:32+	04:04+	01:01+	03:56+	01:53+	02:18+	02:47+	01:01+	01:31+	02:13+	01:03+	02:24+	03:30+	01:10+	02:26+	03:14+	04:09+	01:57+	00:17+		
12	Jo Gisle Jørgensen	105	42:49																	
01:39+	05:27+	06:30+	10:44+	12:24+	14:28+	17:30+	18:29+	19:56+	22:15+	23:24+	25:53+	29:26+	30:29+	32:50+	36:14+	40:13+	42:31+	42:49+		
01:39+	03:48+	01:03+	04:14+	01:40+	02:04+	03:02+	00:59+	01:27+	02:19+	01:09+	02:29+	03:33+	01:03+	02:21+	03:24+	03:59+	02:18+	00:18+		
01:39+	03:48+	01:03+	04:14+	01:40+	02:04+	03:02+	00:59+	01:27+	02:19+	01:09+	02:29+	03:33+	01:03+	02:21+	03:24+	03:59+	02:18+	00:18+		
13	Ove Tåsåsen	1013	42:52																	
01:38+	05:28+	06:27+	13:30+	14:41+	16:25+	18:57+	19:56+	21:21+	23:23+	24:23+	26:31+	30:24+	31:24+	34:01+	38:13+	40:33+	42:34+	42:52+		
01:38+	03:50+	00:59+	07:03+	01:11+	01:44+	02:32+	00:59+	01:25+	02:02+	01:00+	02:08+	03:53+	01:00+	02:37+	04:12+	02:20+	02:01+	00:18+		
01:38+	03:50+	00:59+	07:03+	01:11+	01:44+	02:32+	00:59+	01:25+	02:02+	01:00+	02:08+	03:53+	01:00+	02:37+	04:12+	02:20+	02:01+	00:18+		
14	Stein Arne Bekkum	7	42:54																	
01:21+	04:40+	05:58+	10:15+	12:47+	14:49+	17:51+	19:04+	20:38+	23:06+	24:11+	26:44+	30:32+	31:42+	34:11+	38:13+	40:57+	42:43+	42:54+		
01:21+	03:19+	01:18+	04:17+	02:32+	02:02+	03:02+	01:13+	01:34+	02:28+	01:05+	02:33+	03:48+	01:10+	02:29+	04:02+	02:44+	01:46+	00:11+		
01:21+	03:19+	01:18+	04:17+	02:32+	02:02+	03:02+	01:13+	01:34+	02:28+	01:05+	02:33+	03:48+	01:10+	02:29+	04:02+	02:44+	01:46+	00:11+		
15	Knut Skjeset	146	43:58																	
01:24+	04:55+	05:54+	09:53+	11:29+	13:52+	17:43+	18:54+	21:26+	24:16+	25:19+	27:39+	31:09+	32:25+	34:36+	38:49+	41:30+	43:41+	43:58+		
01:24+	03:31+	00:59+	03:59+	01:36+	02:23+	03:51+	01:11+	02:32+	02:50+	01:03+	02:20+	03:30+	01:16+	02:11+	04:13+	02:41+	02:11+	00:17+		
01:24+	03:31+	00:59+	03:59+	01:36+	02:23+	03:51+	01:11+	02:32+	02:50+	01:03+	02:20+	03:30+	01:16+	02:11+	04:13+	02:41+	02:11+	00:17+		
16	Bård Bjøntegaard	145	44:52																	
01:29+	04:58+	05:58+	09:56+	11:51+	16:41+	20:15+	21:21+	22:59+	25:26+	26:26+	28:48+	32:50+	33:54+	36:26+	39:52+	42:32+	44:33+	44:52+		
01:29+	03:29+	01:00+	03:58+	01:55+	04:50+	03:34+	01:06+	01:38+	02:27+	01:00+	02:22+	04:02+	01:04+	02:32+	03:26+	02:40+	02:01+	00:19+		
01:29+	03:29+	01:00+	03:58+	01:55+	04:50+	03:34+	01:06+	01:38+	02:27+	01:00+	02:22+	04:02+	01:04+	02:32+	03:26+	02:40+	02:01+	00:19+		

H 3,5

17	Jonny Rudi	7	46:15															
02:00+	06:32+	07:49+	12:31+	14:13+	16:17+	19:18+	20:17+	21:46+	24:02+	25:24+	27:51+	32:08+	33:21+	36:46+	40:53+	43:36+	46:00+	46:15+
02:00+	04:32+	01:17+	04:42+	01:42+	02:04+	03:01+	00:59+	01:29+	02:16+	01:22+	02:27+	04:17+	01:13+	03:25+	04:07+	02:43+	02:24+	00:15+
02:00+	04:32+	01:17+	04:42+	01:42+	02:04+	03:01+	00:59+	01:29+	02:16+	01:22+	02:27+	04:17+	01:13+	03:25+	04:07+	02:43+	02:24+	00:15+

18	Tore Jørgensen	105	49:06															
01:39+	06:18+	07:31+	11:56+	13:54+	16:19+	19:40+	20:42+	22:32+	25:04+	26:15+	29:11+	33:40+	34:48+	37:38+	42:57+	45:54+	48:43+	49:06+
01:39+	04:39+	01:13+	04:25+	01:58+	02:25+	03:21+	01:02+	01:50+	02:32+	01:11+	02:56+	04:29+	01:08+	02:50+	05:19+	02:57+	02:49+	00:23+
01:39+	04:39+	01:13+	04:25+	01:58+	02:25+	03:21+	01:02+	01:50+	02:32+	01:11+	02:56+	04:29+	01:08+	02:50+	05:19+	02:57+	02:49+	00:23+

19	Audun Jenssen	105	49:45															
01:36+	05:36+	07:48+	12:34+	14:30+	16:58+	20:24+	21:36+	23:24+	26:09+	27:38+	30:48+	35:26+	36:41+	39:47+	43:32+	46:40+	49:23+	49:45+
01:36+	04:00+	02:12+	04:46+	01:56+	02:28+	03:26+	01:12+	01:48+	02:45+	01:29+	03:10+	04:38+	01:15+	03:06+	03:45+	03:08+	02:43+	00:22+
01:36+	04:00+	02:12+	04:46+	01:56+	02:28+	03:26+	01:12+	01:48+	02:45+	01:29+	03:10+	04:38+	01:15+	03:06+	03:45+	03:08+	02:43+	00:22+

20	Steinar Tønsager	11	50:03															
01:37+	06:25+	07:36+	11:56+	13:59+	16:21+	20:00+	21:01+	22:32+	25:23+	26:46+	29:12+	34:36+	36:15+	39:06+	43:26+	47:06+	49:44+	50:03+
01:37+	04:48+	01:11+	04:20+	02:03+	02:22+	03:39+	01:01+	01:31+	02:51+	01:23+	02:26+	05:24+	01:39+	02:51+	04:20+	03:40+	02:38+	00:19+
01:37+	04:48+	01:11+	04:20+	02:03+	02:22+	03:39+	01:01+	01:31+	02:51+	01:23+	02:26+	05:24+	01:39+	02:51+	04:20+	03:40+	02:38+	00:19+

21	Rune Waaler	RAUT	51:41															
02:02+	06:43+	07:44+	12:23+	14:17+	16:16+	20:10+	21:45+	24:24+	27:08+	28:15+	31:09+	36:41+	37:57+	40:52+	44:57+	48:33+	51:18+	51:41+
02:02+	04:41+	01:01+	04:39+	01:54+	01:59+	03:54+	01:35+	02:39+	02:44+	01:07+	02:54+	05:32+	01:16+	02:55+	04:05+	03:36+	02:45+	00:23+
02:02+	04:41+	01:01+	04:39+	01:54+	01:59+	03:54+	01:35+	02:39+	02:44+	01:07+	02:54+	05:32+	01:16+	02:55+	04:05+	03:36+	02:45+	00:23+

22	Bjørn Vidar Bekkum	7	58:40																	
01:46+	06:50+	07:54+	11:59+	13:38+	15:49+	20:52+	21:47+	23:22+	26:36+	31:55+	34:13+	35:24+	37:48+	42:20+	44:18+	47:37+	51:56+	55:35+	58:15+	58:40+
01:46+	05:04+	01:04+	04:05+	01:39+	02:11+	05:03+	00:55+	01:35+	03:14+	05:19+	02:18+	01:11+	02:24+	04:32+	01:58+	03:19+	04:19+	03:39+	02:40+	00:25+
01:46+	05:04+	01:04+	04:05+	01:39+	02:11+	05:03+	00:55+	01:35+	03:14+	05:19+	02:18+	01:11+	02:24+	04:32+	01:58+	03:19+	04:19+	03:39+	02:40+	00:25+

23	Johnny Johansen	89	1:05:45															
02:40+	07:58+	09:29+	15:32+	17:41+	21:00+	25:17+	26:42+	28:52+	32:23+	33:46+	37:43+	42:22+	44:37+	48:09+	53:46+	57:14+	65:23+	65:45+
02:40+	05:18+	01:31+	06:03+	02:09+	03:19+	04:17+	01:25+	02:10+	03:31+	01:23+	03:57+	04:39+	02:15+	03:32+	05:37+	03:28+	08:09+	00:22+
02:40+	05:18+	01:31+	06:03+	02:09+	03:19+	04:17+	01:25+	02:10+	03:31+	01:23+	03:57+	04:39+	02:15+	03:32+	05:37+	03:28+	08:09+	00:22+

24	Espen Melby	89	1:07:57															
02:00+	06:06+	07:20+	11:50+	13:57+	16:29+	23:44+	24:56+	28:06+	30:30+	32:05+	41:00+	45:16+	46:39+	50:12+	59:23+	64:49+	67:35+	67:57+
02:00+	04:06+	01:14+	04:30+	02:07+	02:32+	07:15+	01:12+	03:10+	02:24+	01:35+	08:55+	04:16+	01:23+	03:33+	09:11+	05:26+	02:46+	00:22+
02:00+	04:06+	01:14+	04:30+	02:07+	02:32+	07:15+	01:12+	03:10+	02:24+	01:35+	08:55+	04:16+	01:23+	03:33+	09:11+	05:26+	02:46+	00:22+

Beste strekktid for klassen

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

H 4,5

1	Tom Røise	NOTEAM	38:03																	
00:39=	01:38=	03:05=	06:39=	07:28=	08:40=	12:10=	15:26=	17:07=	18:24=	19:18=	21:00=	22:39=	24:09=	25:19=	29:17=	30:57=	32:46=	36:00=	37:48=	38:03=
00:39=	00:59=	01:27=	03:34=	00:49=	01:12=	03:30=	03:16=	01:41=	01:17=	00:54=	01:42=	01:39=	01:30=	01:10=	03:58=	01:40=	01:49=	03:14=	01:48=	00:15=
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	Frank Robert Nybråten	122	38:15																	
00:39=	01:40+	03:15+	07:19+	08:05+	09:04+	11:52-	15:09-	16:59-	18:16-	19:13-	21:27+	23:26+	25:02+	26:04+	29:10-	30:46-	31:31-	34:43-	37:59+	38:15+
00:39=	01:01+	01:35+	04:04+	00:46-	00:59-	02:48-	03:17+	01:50+	01:17=	00:57+	02:14+	01:59+	01:36+	01:02-	03:06-	01:36-	00:45-	03:12-	03:16+	00:16+
00:00=	00:02+	00:08+	00:30#	00:03-	00:13-	00:42-	00:01+	00:09+	00:00=	00:03+	00:32&	00:20#	00:06+	00:08-	00:52-	00:04-	01:04-	00:02-	01:28&	00:01+

H 4,5

3	Iars Lodgaard	Ntnui	42:42																	
00:45+	02:00+	03:51+	08:09+	09:09+	10:41+	14:06+	17:52+	19:55+	21:43+	22:57+	25:05+	27:03+	28:48+	30:06+	33:30+	35:59+	37:04+	40:27+	42:23+	42:42+
00:45+	01:15+	01:51+	04:18+	01:00+	01:32+	03:25-	03:46+	02:03+	01:48+	01:14+	02:08+	01:58+	01:45+	01:18+	03:24-	02:29+	01:05-	03:23+	01:56+	00:19+
00:06#	00:16&	00:24&	00:44#	00:11#	00:20&	00:05-	00:30#	00:22#	00:31&	00:20&	00:26&	00:19#	00:15#	00:08#	00:34-	00:49&	00:44-	00:09+	00:08+	00:04&
4	Bjørn J Sørum	1002	43:50																	
00:39+	01:56+	03:44+	08:39+	09:38+	11:00+	14:19+	18:05+	19:57+	21:30+	22:39+	24:50+	26:54+	28:56+	30:03+	34:51+	36:58+	37:56+	41:46+	43:37+	43:50+
00:39+	01:17+	01:48+	04:55+	00:59+	01:22+	03:19+	03:46+	01:52+	01:33+	01:09+	02:11+	02:04+	02:02+	01:07+	04:48+	02:07+	00:58+	03:50+	01:51+	00:13+
00:39+	01:17+	01:48+	04:55+	00:59+	01:22+	03:19+	03:46+	01:52+	01:33+	01:09+	02:11+	02:04+	02:02+	01:07+	04:48+	02:07+	00:58+	03:50+	01:51+	00:13+
5	Odd Arne Blystad	25	46:00																	
00:40+	01:56+	04:25+	10:54+	11:55+	13:14+	16:54+	21:12+	23:10+	24:36+	25:35+	28:05+	30:11+	31:51+	33:03+	36:35+	38:38+	39:52+	43:49+	45:44+	46:00+
00:40+	01:16+	02:29+	06:29+	01:01+	01:19+	03:40+	04:18+	01:58+	01:26+	00:59+	02:30+	02:06+	01:40+	01:12+	03:32+	02:03+	01:14+	03:57+	01:55+	00:16+
00:40+	01:16+	02:29+	06:29+	01:01+	01:19+	03:40+	04:18+	01:58+	01:26+	00:59+	02:30+	02:06+	01:40+	01:12+	03:32+	02:03+	01:14+	03:57+	01:55+	00:16+
6	Bjarne Harkinn	If	46:26																	
00:44+	01:53+	03:41+	08:43+	09:38+	11:05+	14:14+	18:40+	20:55+	22:34+	23:34+	25:57+	27:45+	29:39+	30:47+	34:47+	36:48+	37:53+	44:10+	46:06+	46:26+
00:44+	01:09+	01:48+	05:02+	00:55+	01:27+	03:09+	04:26+	02:15+	01:39+	01:00+	02:23+	01:48+	01:54+	01:08+	04:00+	02:01+	01:05+	06:17+	01:56+	00:20+
00:44+	01:09+	01:48+	05:02+	00:55+	01:27+	03:09+	04:26+	02:15+	01:39+	01:00+	02:23+	01:48+	01:54+	01:08+	04:00+	02:01+	01:05+	06:17+	01:56+	00:20+
7	Ole Petter Saxrud	1028	48:04																	
02:01+	03:11+	05:03+	10:07+	11:08+	12:50+	16:29+	21:07+	23:34+	25:17+	26:34+	29:03+	31:14+	33:18+	34:46+	38:24+	40:35+	42:03+	45:41+	47:46+	48:04+
02:01+	01:10+	01:52+	05:04+	01:01+	01:42+	03:39+	04:38+	02:27+	01:43+	01:17+	02:29+	02:11+	02:04+	01:28+	03:38+	02:11+	01:28+	03:38+	02:05+	00:18+
02:01+	01:10+	01:52+	05:04+	01:01+	01:42+	03:39+	04:38+	02:27+	01:43+	01:17+	02:29+	02:11+	02:04+	01:28+	03:38+	02:11+	01:28+	03:38+	02:05+	00:18+
8	Jan Åsmund Sætaberget	1002	49:50																	
00:45+	01:55+	03:42+	08:32+	09:44+	11:27+	15:39+	20:42+	23:12+	25:02+	26:20+	28:41+	31:32+	33:54+	35:11+	39:17+	41:45+	42:53+	47:17+	49:31+	49:50+
00:45+	01:10+	01:47+	04:50+	01:12+	01:43+	04:12+	05:03+	02:30+	01:50+	01:18+	02:21+	02:51+	02:22+	01:17+	04:06+	02:28+	01:08+	04:24+	02:14+	00:19+
00:45+	01:10+	01:47+	04:50+	01:12+	01:43+	04:12+	05:03+	02:30+	01:50+	01:18+	02:21+	02:51+	02:22+	01:17+	04:06+	02:28+	01:08+	04:24+	02:14+	00:19+
9	Vidar Nomerstad	1071	51:22																	
00:39+	01:44+	03:18+	07:40+	08:31+	09:45+	21:47+	26:59+	29:00+	30:39+	31:40+	34:21+	36:17+	38:03+	39:07+	42:25+	44:17+	45:45+	49:12+	51:04+	51:22+
00:39+	01:05+	01:34+	04:22+	00:51+	01:14+	12:02+	05:12+	02:01+	01:39+	01:01+	02:41+	01:56+	01:46+	01:04+	03:18+	01:52+	01:28+	03:27+	01:52+	00:18+
00:39+	01:05+	01:34+	04:22+	00:51+	01:14+	12:02+	05:12+	02:01+	01:39+	01:01+	02:41+	01:56+	01:46+	01:04+	03:18+	01:52+	01:28+	03:27+	01:52+	00:18+
10	Gjermund Nedgård	105	51:30																	
00:48+	02:00+	03:39+	08:11+	08:59+	10:16+	13:09+	26:59+	28:54+	32:49+	33:39+	35:52+	38:15+	40:07+	41:11+	43:59+	45:44+	46:28+	49:39+	51:14+	51:30+
00:48+	01:12+	01:39+	04:32+	00:48+	01:17+	02:53+	13:50+	01:55+	03:55+	00:50+	02:13+	02:23+	01:52+	01:04+	02:48+	01:45+	00:44+	03:11+	01:35+	00:16+
00:48+	01:12+	01:39+	04:32+	00:48+	01:17+	02:53+	13:50+	01:55+	03:55+	00:50+	02:13+	02:23+	01:52+	01:04+	02:48+	01:45+	00:44+	03:11+	01:35+	00:16+
11	Jon Bjørnstad	1071	52:19																	
00:49+	02:28+	04:39+	10:23+	11:26+	13:16+	17:17+	21:51+	24:15+	25:57+	27:05+	29:52+	33:09+	35:21+	36:44+	41:10+	43:34+	44:41+	49:35+	52:00+	52:19+
00:49+	01:39+	02:11+	05:44+	01:03+	01:50+	04:01+	04:34+	02:24+	01:42+	01:08+	02:47+	03:17+	02:12+	01:23+	04:26+	02:24+	01:07+	04:54+	02:25+	00:19+
00:49+	01:39+	02:11+	05:44+	01:03+	01:50+	04:01+	04:34+	02:24+	01:42+	01:08+	02:47+	03:17+	02:12+	01:23+	04:26+	02:24+	01:07+	04:54+	02:25+	00:19+

Beste strekktid for klassen

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

H 5,5

1	Sigurd Dæhli	89	39:52																						
00:37=	01:38=	03:08=	04:23=	07:12=	08:00=	09:17=	12:03=	14:29=	15:45=	16:23=	17:26=	19:02=	19:47=	21:47=	23:14=	24:23=	25:14=	26:57=	28:33=	30:04=	31:13=	33:27=	35:00=	36:04=	38:31=
00:37=	01:01=	01:30=	01:15=	02:49=	00:48=	01:17=	02:46=	02:26=	01:16=	00:38=	01:03=	01:36=	00:45=	02:00=	01:27=	01:09=	00:51=	01:43=	01:36=	01:31=	01:09=	02:14=	01:33=	01:04=	02:27=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
39:36=	39:52=																								
01:05=	00:16=																								
00:00=	00:00=																								

Class	Navn	Klasse	Tid
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H 5,5

2	Michael Sætvedt	RAUT	43:14																						
00:32-	01:30-	03:02-	04:22-	07:12=	08:02+	09:17=	11:55-	14:48+	16:31+	17:20+	18:26+	21:41+	22:31+	24:14+	26:10+	27:27+	28:22+	29:54+	31:44+	33:16+	34:23+	36:54+	38:26+	39:33+	41:54+
00:32-	00:58-	01:32+	01:20+	02:50+	00:50+	01:15-	02:38-	02:53+	01:43+	00:49+	01:06+	03:15+	00:50+	01:43-	01:56+	01:17+	00:55+	01:32-	01:50+	01:32+	01:07-	02:31+	01:32-	01:07+	02:21-
00:05-	00:03-	00:02+	00:05+	00:01+	00:02+	00:02-	00:08-	00:27#	00:27&	00:11&	00:03+	01:39@	00:05#	00:17-	00:29&	00:08#	00:04+	00:11-	00:14#	00:01+	00:02-	00:17#	00:01-	00:03+	00:06-
43:00+	43:14+																								
01:06+	00:14-																								
00:01+	00:02-																								

3	Stein Arne Negård	166	48:11																						
00:40+	01:53+	03:37+	05:09+	08:30+	09:29+	10:57+	14:09+	17:31+	19:20+	20:05+	21:22+	23:08+	24:20+	26:42+	28:34+	30:08+	31:07+	33:15+	35:12+	37:01+	38:19+	40:59+	42:41+	43:54+	46:40+
00:40+	01:13+	01:44+	01:32+	03:21+	00:59+	01:28+	03:12+	03:22+	01:49+	00:45+	01:17+	01:46+	01:12+	02:22+	01:52+	01:34+	00:59+	02:08+	01:57+	01:49+	01:18+	02:40+	01:42+	01:13+	02:46+
00:40+	01:13+	01:44+	01:32+	03:21+	00:59+	01:28+	03:12+	03:22+	01:49+	00:45+	01:17+	01:46+	01:12+	02:22+	01:52+	01:34+	00:59+	02:08+	01:57+	01:49+	01:18+	02:40+	01:42+	01:13+	02:46+
47:54+	48:11+																								
01:14+	00:17+																								
01:14+	00:17+																								

4	Frode Bergersen	1059	52:12																						
01:44+	03:04+	04:52+	06:16+	09:19+	10:13+	11:35+	14:40+	17:37+	19:34+	20:25+	21:53+	23:43+	24:43+	25:25+	27:26+	29:21+	33:13+	34:20+	36:20+	38:17+	39:57+	41:03+	43:33+	45:28+	47:29+
01:44+	01:20+	01:48+	01:24+	03:03+	00:54+	01:22+	03:05+	02:57+	01:57+	00:51+	01:28+	01:50+	01:00+	00:42+	02:01+	01:55+	03:52+	01:07+	02:00+	01:57+	01:40+	01:06+	02:30+	01:55+	02:01+
01:44+	01:20+	01:48+	01:24+	03:03+	00:54+	01:22+	03:05+	02:57+	01:57+	00:51+	01:28+	01:50+	01:00+	00:42+	02:01+	01:55+	03:52+	01:07+	02:00+	01:57+	01:40+	01:06+	02:30+	01:55+	02:01+
50:13+	51:54+	52:12+																							
02:44+	01:41+	00:18+																							
02:44+	01:41+	00:18+																							

Beste strekktid for klassen

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