

Plass Navn

Klasse

Tid

D 1,5

1	Marith Brekke	52	24:44
02:00=	05:38=	11:28=	16:56=
02:00=	03:38=	05:50=	05:28=
00:00=	00:00=	00:00=	00:00=
02:00=	23:28=	24:44=	
02:00=	04:11=	01:16=	
00:00=	00:00=	00:00=	00:00=
2	Irene Øien	1071	25:52
02:19+	06:07+	11:07-	17:47+
02:19+	03:48+	05:00-	06:40+
00:19#	00:10+	00:50-	01:12#
			00:16#
			00:02+
			00:01-
3	Turid Norstad Opsahl	89	29:36
03:03+	08:58+	14:31+	20:45+
03:03+	05:55+	05:33-	06:14+
01:03&	02:17&	00:17-	00:46#
			00:20-
			00:55#
			00:28&
4	Synnøve Kaul	1013	30:51
02:37+	07:49+	13:13+	19:27+
02:37+	05:12+	05:24-	06:14+
00:37&	01:34&	00:26-	00:46#
			00:26#
			02:45&
			00:25&
5	Unni Fladsrud Vold	96	30:56
02:51+	09:02+	14:18+	20:47+
02:51+	06:11+	05:16-	06:29+
00:51&	02:33&	00:34-	01:01#
			01:06&
			00:50#
			00:25&
6	Solveig Johannessen	7	39:09
04:12+	14:06+	20:07+	30:15+
04:12+	09:54+	06:01+	10:08+
02:12@	06:16@	00:11+	04:40&
			00:22-
			01:08&
			00:20&

Beste strekktid for klassen

02:00 03:38 05:00 05:28 01:59 04:11 01:15

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

D 2,5

1	Anne Bergljot Falck-Ytter	1058	30:06
02:41=	04:32=	07:51=	08:56=
02:41=	01:51=	03:19=	01:05=
00:00=	00:00=	00:00=	00:00=
			00:00=
			20:41=
			25:15=
			27:09=
			29:09=
			30:06=
			00:57=
			00:00=
2	Berit Myhrmoen	49	30:11
02:26-	04:32=	09:46+	11:09+
02:26-	02:06+	05:14+	01:23+
00:15-	00:15#	01:55&	00:18&
			07:30@
			07:42-
			02:49@
			02:50-
			00:12#
			01:10-
3	Reina Jochems	1058	30:12
01:56-	03:18-	12:40+	13:16+
01:56-	01:22-	09:22+	00:36-
00:45-	00:29-	06:03@	00:29-
			05:36@
			07:36-
			01:28&
			02:43-
			01:19&
			01:21-
4	Karen Tomter	163	32:46
02:50+	04:48+	08:16+	09:22+
02:50+	01:58+	03:28+	01:06+
00:09+	00:07+	00:09+	00:01+
			09:34@
			06:57-
			02:46@
			02:49-
			01:36&
			00:59-
			26:30+
			28:15+
			31:45+
			32:46+
			02:08-
			04:32+
			01:45-
			03:30+
			01:01-

Class	Navn	Klasse	Tid
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D 2,5

17	Randi Aas Fjæstad	89	55:45						
08:35+	11:38+	17:16+	18:50+	32:06+	35:13+	41:34+	50:57+	54:22+	55:45+
08:35+	03:03+	05:38+	01:34+	13:16+	03:07+	06:21+	09:23+	03:25+	01:23+
08:35+	03:03+	05:38+	01:34+	13:16+	03:07+	06:21+	09:23+	03:25+	01:23+

Beste strekktid for klassen

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

D 3,5

1	Sidsel Storihle	Geno	32:26								
03:07=	07:18=	11:13=	13:36=	17:53=	20:27=	21:47=	25:05=	26:04=	30:24=	31:41=	32:26=
03:07=	04:11=	03:55=	02:23=	04:17=	02:34=	01:20=	03:18=	00:59=	04:20=	01:17=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Anne Sørum	1013	33:03								
01:56-	08:36+	12:23+	14:59+	19:40+	22:18+	23:44+	25:56+	26:54+	31:03+	32:24+	33:03+
01:56-	06:40+	03:47-	02:36+	04:41+	02:38+	01:26+	02:12-	00:58-	04:09-	01:21+	00:39-
01:11-	02:29&	00:08-	00:13+	00:24+	00:04+	00:06+	01:06-	00:01-	00:11-	00:04+	00:06-

3	Kjersti Narum	165	34:04								
02:22-	06:33-	11:12-	13:50+	18:08+	20:27=	21:49+	24:34-	25:31-	31:58+	33:17+	34:04+
02:22-	04:11=	04:39+	02:38+	04:18+	02:19-	01:22+	02:45-	00:57-	06:27+	01:19+	00:47+
00:45-	00:00=	00:44#	00:15#	00:01+	00:15-	00:02+	00:33-	00:02-	02:07&	00:02+	00:02+

4	Linda Thorvaldsen	7	41:20								
02:52-	08:13+	14:52+	17:53+	23:48+	26:47+	28:29+	32:35+	34:23+	38:43+	40:27+	41:20+
02:52-	05:21+	06:39+	03:01+	05:55+	02:59+	01:42+	04:06+	01:48+	04:20=	01:44+	00:53+
00:15-	01:10&	02:44&	00:38&	01:38&	00:25#	00:22&	00:48#	00:49&	00:00=	00:27&	00:08#

5	Grete Storsveen	1071	42:13								
03:16+	11:24+	16:23+	19:54+	25:02+	27:51+	29:45+	33:29+	35:04+	39:37+	41:24+	42:13+
03:16+	08:08+	04:59+	03:31+	05:08+	02:49+	01:54+	03:44+	01:35+	04:33+	01:47+	00:49+
00:09+	03:57&	01:04&	01:08&	00:51#	00:15+	00:34&	00:26#	00:36&	00:13+	00:30&	00:04+

6	Mona Bugge Haug	146	48:47								
02:05-	14:45+	23:37+	28:37+	33:42+	36:32+	38:01+	41:02+	42:10+	46:51+	47:56+	48:47+
02:05-	12:40+	08:52+	05:00+	05:05+	02:50+	01:29+	03:01-	01:08+	04:41+	01:05-	00:51+
01:02-	08:29@	04:57@	02:37@	00:48#	00:16#	00:09#	00:17-	00:09#	00:21+	00:12-	00:06#

7	Gunnhild Ljones	55	53:39								
12:52+	19:48+	25:13+	29:02+	34:08+	37:04+	39:06+	42:57+	44:20+	50:47+	52:41+	53:39+
12:52+	06:56+	05:25+	03:49+	05:06+	02:56+	02:02+	03:51+	01:23+	06:27+	01:54+	00:58+
09:45@	02:45&	01:30&	01:26&	00:49#	00:22#	00:42&	00:33#	00:24&	02:07&	00:37&	00:13&

Beste strekktid for klassen

01:56 04:11 03:47 02:23 04:17 02:19 01:20 02:12 00:57 04:09 01:05 00:39

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

D 4,5

D 4,5

1	Mari Norstad Opsahl	1032	34:30													
05:26=	06:29=	07:56=	15:09=	16:48=	17:27=	18:51=	20:43=	24:24=	26:08=	27:06=	28:59=	29:38=	31:31=	32:36=	33:51=	34:30=
05:26=	01:03=	01:27=	07:13=	01:39=	00:39=	01:24=	01:52=	03:41=	01:44=	00:58=	01:53=	00:39=	01:53=	01:05=	01:15=	00:39=
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 Kloppbakken	43	36:50													
06:53+	08:04+	10:02+	12:38+	14:56+	15:50+	17:44+	20:03+	23:58+	25:58+	28:04+	30:16+	31:10+	33:06+	34:27+	36:03+	36:50+
06:53+	01:11+	01:58+	02:36+	02:18+	00:54+	01:54+	02:19+	03:55+	02:00+	02:06+	02:12+	00:54+	01:56+	01:21+	01:36+	00:47+
06:53+	01:11+	01:58+	02:36+	02:18+	00:54+	01:54+	02:19+	03:55+	02:00+	02:06+	02:12+	00:54+	01:56+	01:21+	01:36+	00:47+
3	Wenche Bjørnstad	Geno	38:00													
05:46+	06:52+	08:39+	12:57+	15:19+	16:03+	18:08+	20:23+	24:14+	26:39+	28:23+	31:01+	32:50+	34:48+	35:49+	37:16+	38:00+
05:46+	01:06+	01:47+	04:18+	02:22+	00:44+	02:05+	02:15+	03:51+	02:25+	01:44+	02:38+	01:49+	01:58+	01:01+	01:27+	00:44+
05:46+	01:06+	01:47+	04:18+	02:22+	00:44+	02:05+	02:15+	03:51+	02:25+	01:44+	02:38+	01:49+	01:58+	01:01+	01:27+	00:44+
4	Lis Dæhli	90	38:36													
06:08+	07:23+	09:17+	12:38+	15:02+	15:54+	17:48+	20:11+	24:25+	26:39+	27:59+	30:51+	31:44+	34:36+	36:03+	37:45+	38:36+
06:08+	01:15+	01:54+	03:21+	02:24+	00:52+	01:54+	02:23+	04:14+	02:14+	01:20+	02:52+	00:53+	02:52+	01:27+	01:42+	00:51+
06:08+	01:15+	01:54+	03:21+	02:24+	00:52+	01:54+	02:23+	04:14+	02:14+	01:20+	02:52+	00:53+	02:52+	01:27+	01:42+	00:51+
5	Bodil Wiik	105	42:58													
09:08+	10:27+	12:12+	14:58+	19:35+	20:29+	22:25+	24:46+	28:37+	31:16+	32:31+	35:18+	36:18+	38:44+	39:57+	42:06+	42:58+
09:08+	01:19+	01:45+	02:46+	04:37+	00:54+	01:56+	02:21+	03:51+	02:39+	01:15+	02:47+	01:00+	02:26+	01:13+	02:09+	00:52+
09:08+	01:19+	01:45+	02:46+	04:37+	00:54+	01:56+	02:21+	03:51+	02:39+	01:15+	02:47+	01:00+	02:26+	01:13+	02:09+	00:52+
6	May Liss Kloppbakken	43	46:10													
07:11+	08:30+	10:39+	17:38+	20:14+	21:18+	23:07+	26:30+	31:29+	34:38+	35:51+	38:35+	39:36+	42:02+	43:31+	45:25+	46:10+
07:11+	01:19+	02:09+	06:59+	02:36+	01:04+	01:49+	03:23+	04:59+	03:09+	01:13+	02:44+	01:01+	02:26+	01:29+	01:54+	00:45+
07:11+	01:19+	02:09+	06:59+	02:36+	01:04+	01:49+	03:23+	04:59+	03:09+	01:13+	02:44+	01:01+	02:26+	01:29+	01:54+	00:45+

Beste strekktid for klassen

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

H 1,5

1	Ottar Evensen	27	27:37			
06:04=	08:43=	10:59=	17:04=	23:27=	26:39=	27:37=
06:04=	02:39=	02:16=	06:05=	06:23=	03:12=	00:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kåre Garmager	155	28:17			
08:15+	12:12+	14:23+	20:15+	23:53+	27:07+	28:17+
08:15+	03:57+	02:11-	05:52-	03:38-	03:14+	01:10+
02:11&	01:18&	00:05-	00:13-	02:45-	00:02+	00:12#
3	Trygve Jan Bjerke	55	29:33			
06:33+	09:34+	12:08+	18:29+	25:10+	28:22+	29:33+
06:33+	03:01+	02:34+	06:21+	06:41+	03:12=	01:11+
00:29+	00:22#	00:18#	00:16+	00:18+	00:00=	00:13#
4	Jan Erik Johansen	55	29:45			
06:49+	10:00+	17:40+	23:12+	26:07+	28:51+	29:45+
06:49+	03:11+	07:40+	05:32-	02:55-	02:44-	00:54-
00:45#	00:32#	05:24@	00:33-	03:28-	00:28-	00:04-

Class	Navn	Klasse	Tid
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H 1,5

5 Bjørn Jenssen 1013 30:33

09:54+ 12:53+ 16:08+ 22:29+ 25:40+ 29:20+ 30:33+
 09:54+ 02:59+ 03:15+ 06:21+ 03:11- 03:40+ 01:13+
 03:50& 00:20# 00:59& 00:16+ 03:12- 00:28# 00:15&

6 Geir-Håkon Øverby If 39:00

05:56+ 15:06+ 17:56+ 27:49+ 34:44+ 37:30+ 39:00+
 05:56+ 09:10+ 02:50+ 09:53+ 06:55+ 02:46+ 01:30+
 05:56+ 09:10+ 02:50+ 09:53+ 06:55+ 02:46+ 01:30+

7 Knut Martinsen 1071 39:12

06:57+ 14:39+ 17:44+ 25:39+ 30:36+ 37:23+ 39:12+
 06:57+ 07:42+ 03:05+ 07:55+ 04:57+ 06:47+ 01:49+
 06:57+ 07:42+ 03:05+ 07:55+ 04:57+ 06:47+ 01:49+

8 Halstein Ødegård 89 44:59

10:14+ 14:25+ 17:17+ 31:53+ 36:30+ 43:10+ 44:59+
 10:14+ 04:11+ 02:52+ 14:36+ 04:37+ 06:40+ 01:49+
 10:14+ 04:11+ 02:52+ 14:36+ 04:37+ 06:40+ 01:49+

Beste strekktid for klassen

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

H 2,5

1 Erik Grøndalen 1002 23:17

03:48= 06:29= 09:29= 10:40= 17:25= 20:25= 22:30= 23:17=
 03:48= 02:41= 03:00= 01:11= 06:45= 03:00= 02:05= 00:47=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Knut Vidar Lund 155 24:14

04:01+ 07:03+ 10:37+ 11:47+ 18:24+ 21:03+ 23:22+ 24:14+
 04:01+ 03:02+ 03:34+ 01:10- 06:37- 02:39- 02:19+ 00:52+
 00:13+ 00:21# 00:34# 00:01- 00:08- 00:21- 00:14# 00:05#

3 Knut Olav Strætkvern 1058 27:21

04:51+ 08:52+ 12:18+ 13:31+ 21:16+ 24:27+ 26:39+ 27:21+
 04:51+ 04:01+ 03:26+ 01:13+ 07:45+ 03:11+ 02:12+ 00:42-
 01:03& 01:20& 00:26# 00:02+ 01:00# 00:11+ 00:07+ 00:05-

4 Terje Malm 52 28:36

03:56+ 07:43+ 11:20+ 12:22+ 21:31+ 25:27+ 27:48+ 28:36+
 03:56+ 03:47+ 03:37+ 01:02- 09:09+ 03:56+ 02:21+ 00:48+
 00:08+ 01:06& 00:37# 00:09- 02:24& 00:56& 00:16# 00:01+

5 Leif Martin Kjos 1071 28:57

04:42+ 08:53+ 12:32+ 14:01+ 23:01+ 26:11+ 28:09+ 28:57+
 04:42+ 04:11+ 03:39+ 01:29+ 09:00+ 03:10+ 01:58- 00:48+
 00:54# 01:30& 00:39# 00:18& 02:15& 00:10+ 00:07- 00:01+

6 Terje Lien 155 29:03

05:18+ 09:33+ 12:38+ 14:02+ 22:23+ 25:28+ 27:58+ 29:03+
 05:18+ 04:15+ 03:05+ 01:24+ 08:21+ 03:05+ 02:30+ 01:05+
 01:30& 01:34& 00:05+ 00:13# 01:36# 00:05+ 00:25# 00:18&

Class	Navn	Klasse	Tid
H 2,5			
7	Trond Feiring	52	30:04
05:12+	11:21+	15:50+	17:06+
05:12+	06:09+	04:29+	01:16+
01:24&	03:28@	01:29&	00:05+
24:10+	27:16+	29:13+	30:04+
07:04+	03:06+	01:57-	00:51+
00:19+	00:06+	00:08-	00:04+
8	Per Vold	96	30:14
04:21+	07:45+	10:53+	15:09+
04:21+	03:24+	03:08+	04:16+
04:21+	03:24+	03:08+	04:16+
22:21+	25:08+	29:28+	30:14+
07:12+	02:47+	04:20+	00:46+
07:12+	02:47+	04:20+	00:46+
9	Lars Ivar Ulmo	120	30:16
04:51+	09:03+	13:15+	14:19+
04:51+	04:12+	04:12+	01:04+
04:51+	04:12+	04:12+	01:04+
22:57+	26:35+	29:08+	30:16+
08:38+	03:38+	02:33+	01:08+
08:38+	03:38+	02:33+	01:08+
10	Magne Smeland	167	30:19
04:04+	08:42+	12:06+	13:30+
04:04+	04:38+	03:24+	01:24+
04:04+	04:38+	03:24+	01:24+
21:40+	25:09+	29:24+	30:19+
08:10+	03:29+	04:15+	00:55+
08:10+	03:29+	04:15+	00:55+
11	Arne Hagen	167	30:40
06:30+	09:59+	13:04+	14:12+
06:30+	03:29+	03:05+	01:08+
06:30+	03:29+	03:05+	01:08+
23:17+	26:11+	29:39+	30:40+
09:05+	02:54+	03:28+	01:01+
09:05+	02:54+	03:28+	01:01+
12	Steinar Libak	89	31:15
03:35+	07:41+	14:15+	15:24+
03:35+	04:06+	06:34+	01:09+
03:35+	04:06+	06:34+	01:09+
23:54+	27:37+	30:17+	31:15+
08:30+	03:43+	02:40+	00:58+
08:30+	03:43+	02:40+	00:58+
13	Karl Petter Opsahl	89	31:20
04:51+	08:53+	12:19+	13:39+
04:51+	04:02+	03:26+	01:20+
04:51+	04:02+	03:26+	01:20+
22:09+	25:41+	30:04+	31:20+
08:30+	03:32+	04:23+	01:16+
08:30+	03:32+	04:23+	01:16+
14	Kristian Narum	165	32:07
04:16+	08:36+	11:50+	13:24+
04:16+	04:20+	03:14+	01:34+
04:16+	04:20+	03:14+	01:34+
20:18+	29:54+	31:21+	32:07+
06:54+	09:36+	01:27+	00:46+
06:54+	09:36+	01:27+	00:46+
15	Einar Stensby	89	32:26
06:41+	10:55+	15:04+	16:34+
06:41+	04:14+	04:09+	01:30+
06:41+	04:14+	04:09+	01:30+
25:16+	28:37+	31:32+	32:26+
08:42+	03:21+	02:55+	00:54+
08:42+	03:21+	02:55+	00:54+
16	Stein Sandaker	1038	32:40
04:40+	12:25+	16:08+	17:31+
04:40+	07:45+	03:43+	01:23+
04:40+	07:45+	03:43+	01:23+
26:22+	29:38+	31:56+	32:40+
08:51+	03:16+	02:18+	00:44+
08:51+	03:16+	02:18+	00:44+
17	Hans Asbjørn Tingvold	RILO	32:41
03:49+	12:00+	15:53+	17:19+
03:49+	08:11+	03:53+	01:26+
03:49+	08:11+	03:53+	01:26+
25:45+	29:27+	31:38+	32:41+
08:26+	03:42+	02:11+	01:03+
08:26+	03:42+	02:11+	01:03+
18	Jan Olav Sæther	165	32:51
04:48+	10:48+	15:01+	16:29+
04:48+	06:00+	04:13+	01:28+
04:48+	06:00+	04:13+	01:28+
25:23+	29:06+	31:54+	32:51+
08:54+	03:43+	02:48+	00:57+
08:54+	03:43+	02:48+	00:57+

H 2,5

19 Harald Øie ARBTIL 32:58

03:35+	15:41+	18:41+	19:36+	26:36+	30:04+	32:03+	32:58+
03:35+	12:06+	03:00+	00:55+	07:00+	03:28+	01:59+	00:55+
03:35+	12:06+	03:00+	00:55+	07:00+	03:28+	01:59+	00:55+

20 Magnar Nybakk 1071 34:53

03:35+	07:41+	13:34+	14:43+	23:36+	27:21+	33:56+	34:53+
03:35+	04:06+	05:53+	01:09+	08:53+	03:45+	06:35+	00:57+
03:35+	04:06+	05:53+	01:09+	08:53+	03:45+	06:35+	00:57+

21 Hans Petter Jevanord Geno 36:08

05:10+	10:11+	14:27+	15:55+	26:15+	30:20+	34:48+	36:08+
05:10+	05:01+	04:16+	01:28+	10:20+	04:05+	04:28+	01:20+
05:10+	05:01+	04:16+	01:28+	10:20+	04:05+	04:28+	01:20+

22 Gunnar Alu 1058 36:59

06:57+	12:34+	17:57+	19:18+	28:44+	33:13+	36:10+	36:59+
06:57+	05:37+	05:23+	01:21+	09:26+	04:29+	02:57+	00:49+
06:57+	05:37+	05:23+	01:21+	09:26+	04:29+	02:57+	00:49+

23 Tore Stenseth 1013 37:59

04:16+	10:40+	14:20+	15:31+	31:10+	34:18+	37:00+	37:59+
04:16+	06:24+	03:40+	01:11+	15:39+	03:08+	02:42+	00:59+
04:16+	06:24+	03:40+	01:11+	15:39+	03:08+	02:42+	00:59+

24 Magne Johansen 1032 41:56

05:01+	11:11+	17:27+	18:57+	33:17+	38:07+	40:48+	41:56+
05:01+	06:10+	06:16+	01:30+	14:20+	04:50+	02:41+	01:08+
05:01+	06:10+	06:16+	01:30+	14:20+	04:50+	02:41+	01:08+

25 Espen Paulsen 1070 43:52

04:38+	18:58+	22:53+	24:16+	32:46+	39:32+	43:02+	43:52+
04:38+	14:20+	03:55+	01:23+	08:30+	06:46+	03:30+	00:50+
04:38+	14:20+	03:55+	01:23+	08:30+	06:46+	03:30+	00:50+

26 Torbjørn Ødegaard 1058 46:24

06:20+	15:15+	23:16+	25:29+	34:51+	41:01+	45:11+	46:24+
06:20+	08:55+	08:01+	02:13+	09:22+	06:10+	04:10+	01:13+
06:20+	08:55+	08:01+	02:13+	09:22+	06:10+	04:10+	01:13+

Beste strekktid for klassen

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

H 3,5

1 Andreas Huber NAV 25:07

04:43=	05:43=	07:19=	09:38=	10:21=	11:10=	13:34=	17:28=	19:49=	20:57=	23:21=	24:17=	25:07=
04:43=	01:00=	01:36=	02:19=	00:43=	00:49=	02:24=	03:54=	02:21=	01:08=	02:24=	00:56=	00:50=
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 Olav Juliussen 55 28:39

05:09+	06:23+	07:59+	12:04+	12:46+	13:39+	16:08+	19:40+	22:32+	23:22+	26:57+	27:59+	28:39+
05:09+	01:14+	01:36=	04:05+	00:42-	00:53+	02:29+	03:32-	02:52+	00:50-	03:35+	01:02+	00:40-
00:26+	00:14#	00:00=	01:46&	00:01-	00:04+	00:05+	00:22-	00:31#	00:18-	01:11&	00:06#	00:10-

Class	Navn	Klasse											Tid
H 3,5													
3	Arne Arnesen	25											28:46
05:46+	06:54+	08:43+	11:50+	12:38+	13:32+	16:19+	20:06+	22:50+	23:45+	27:02+	28:04+	28:46+	
05:46+	01:08+	01:49+	03:07+	00:48+	00:54+	02:47+	03:47-	02:44+	00:55-	03:17+	01:02+	00:42-	
01:03#	00:08#	00:13#	00:48&	00:05#	00:05#	00:23#	00:07-	00:23#	00:13-	00:53&	00:06#	00:08-	
4	Tom S Helgesen	55											29:24
06:01+	07:26+	08:53+	13:15+	13:52+	14:43+	17:14+	20:21+	22:57+	24:06+	27:56+	28:50+	29:24+	
06:01+	01:25+	01:27+	04:22+	00:37+	00:51+	02:31+	03:07+	02:36+	01:09+	03:50+	00:54+	00:34+	
06:01+	01:25+	01:27+	04:22+	00:37+	00:51+	02:31+	03:07+	02:36+	01:09+	03:50+	00:54+	00:34+	
5	Jan Åsmund Sætaberget	1002											29:59
06:29+	07:45+	09:39+	12:16+	13:00+	14:00+	17:00+	20:54+	23:50+	24:45+	28:02+	29:13+	29:59+	
06:29+	01:16+	01:54+	02:37+	00:44+	01:00+	03:00+	03:54+	02:56+	00:55+	03:17+	01:11+	00:46+	
06:29+	01:16+	01:54+	02:37+	00:44+	01:00+	03:00+	03:54+	02:56+	00:55+	03:17+	01:11+	00:46+	
6	Harald Volden	1002											30:16
06:31+	07:50+	09:27+	13:44+	14:23+	15:13+	17:50+	21:13+	24:21+	25:10+	28:18+	29:33+	30:16+	
06:31+	01:19+	01:37+	04:17+	00:39+	00:50+	02:37+	03:23+	03:08+	00:49+	03:08+	01:15+	00:43+	
06:31+	01:19+	01:37+	04:17+	00:39+	00:50+	02:37+	03:23+	03:08+	00:49+	03:08+	01:15+	00:43+	
7	Knut Wikstrøm	78											31:18
06:38+	07:48+	09:37+	12:38+	14:40+	15:44+	18:37+	22:22+	25:20+	26:15+	29:25+	30:40+	31:18+	
06:38+	01:10+	01:49+	03:01+	02:02+	01:04+	02:53+	03:45+	02:58+	00:55+	03:10+	01:15+	00:38+	
06:38+	01:10+	01:49+	03:01+	02:02+	01:04+	02:53+	03:45+	02:58+	00:55+	03:10+	01:15+	00:38+	
8	Erik Haugen	119											31:42
06:45+	07:58+	09:58+	12:42+	13:49+	14:55+	18:03+	22:05+	24:49+	25:45+	29:39+	31:04+	31:42+	
06:45+	01:13+	02:00+	02:44+	01:07+	01:06+	03:08+	04:02+	02:44+	00:56+	03:54+	01:25+	00:38+	
06:45+	01:13+	02:00+	02:44+	01:07+	01:06+	03:08+	04:02+	02:44+	00:56+	03:54+	01:25+	00:38+	
9	Hasse Bergstrøm	1076											32:14
06:14+	07:40+	09:42+	12:34+	13:52+	14:52+	17:53+	22:20+	25:30+	26:32+	30:17+	31:31+	32:14+	
06:14+	01:26+	02:02+	02:52+	01:18+	01:00+	03:01+	04:27+	03:10+	01:02+	03:45+	01:14+	00:43+	
06:14+	01:26+	02:02+	02:52+	01:18+	01:00+	03:01+	04:27+	03:10+	01:02+	03:45+	01:14+	00:43+	
10	Jo Gisle Jørgensen	105											32:17
06:55+	08:25+	10:39+	14:16+	15:34+	16:30+	19:36+	23:45+	26:34+	27:20+	30:32+	31:33+	32:17+	
06:55+	01:30+	02:14+	03:37+	01:18+	00:56+	03:06+	04:09+	02:49+	00:46+	03:12+	01:01+	00:44+	
06:55+	01:30+	02:14+	03:37+	01:18+	00:56+	03:06+	04:09+	02:49+	00:46+	03:12+	01:01+	00:44+	
11	Bård Bjøntegaard	145											32:43
06:39+	08:02+	10:01+	13:07+	15:21+	16:28+	19:14+	22:56+	25:39+	27:13+	30:41+	31:53+	32:43+	
06:39+	01:23+	01:59+	03:06+	02:14+	01:07+	02:46+	03:42+	02:43+	01:34+	03:28+	01:12+	00:50+	
06:39+	01:23+	01:59+	03:06+	02:14+	01:07+	02:46+	03:42+	02:43+	01:34+	03:28+	01:12+	00:50+	
12	John Mikalsen	167											32:50
06:07+	07:25+	09:19+	12:50+	13:31+	14:28+	17:41+	22:22+	26:21+	27:28+	31:00+	32:10+	32:50+	
06:07+	01:18+	01:54+	03:31+	00:41+	00:57+	03:13+	04:41+	03:59+	01:07+	03:32+	01:10+	00:40+	
06:07+	01:18+	01:54+	03:31+	00:41+	00:57+	03:13+	04:41+	03:59+	01:07+	03:32+	01:10+	00:40+	
13	Tore Jørgensen	105											33:11
06:24+	07:48+	09:56+	13:01+	14:11+	15:14+	18:41+	23:36+	26:58+	28:02+	31:04+	32:14+	33:11+	
06:24+	01:24+	02:08+	03:05+	01:10+	01:03+	03:27+	04:55+	03:22+	01:04+	03:02+	01:10+	00:57+	
06:24+	01:24+	02:08+	03:05+	01:10+	01:03+	03:27+	04:55+	03:22+	01:04+	03:02+	01:10+	00:57+	
14	Tore Gustav Tomter	1021											33:44
08:52+	10:33+	12:14+	15:25+	16:46+	17:47+	20:41+	25:13+	27:57+	28:50+	32:04+	33:05+	33:44+	
08:52+	01:41+	01:41+	03:11+	01:21+	01:01+	02:54+	04:32+	02:44+	00:53+	03:14+	01:01+	00:39+	
08:52+	01:41+	01:41+	03:11+	01:21+	01:01+	02:54+	04:32+	02:44+	00:53+	03:14+	01:01+	00:39+	

H 3,5

15	Rune Waaler	RAUT											35:07
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07:37+	09:15+	11:09+	14:31+	16:43+	17:45+	21:04+	25:19+	28:36+	29:36+	33:10+	34:22+	35:07+
07:37+	01:38+	01:54+	03:22+	02:12+	01:02+	03:19+	04:15+	03:17+	01:00+	03:34+	01:12+	00:45+
07:37+	01:38+	01:54+	03:22+	02:12+	01:02+	03:19+	04:15+	03:17+	01:00+	03:34+	01:12+	00:45+

16	Knut Skjeset	146											35:27
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06:32+	07:49+	09:43+	13:25+	14:14+	15:19+	18:30+	23:42+	28:35+	29:33+	33:16+	34:37+	35:27+
06:32+	01:17+	01:54+	03:42+	00:49+	01:05+	03:11+	05:12+	04:53+	00:58+	03:43+	01:21+	00:50+
06:32+	01:17+	01:54+	03:42+	00:49+	01:05+	03:11+	05:12+	04:53+	00:58+	03:43+	01:21+	00:50+

17	Einar Flenvold	1041											36:09
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07:03+	08:29+	10:26+	13:59+	15:06+	16:18+	19:54+	24:09+	27:39+	28:49+	33:21+	34:52+	36:09+
07:03+	01:26+	01:57+	03:33+	01:07+	01:12+	03:36+	04:15+	03:30+	01:10+	04:32+	01:31+	01:17+
07:03+	01:26+	01:57+	03:33+	01:07+	01:12+	03:36+	04:15+	03:30+	01:10+	04:32+	01:31+	01:17+

18	Tor Haugstulen	55											36:32
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06:15+	07:19+	08:58+	20:07+	20:42+	21:33+	24:11+	27:41+	30:01+	31:08+	34:51+	35:45+	36:32+
06:15+	01:04+	01:39+	11:09+	00:35+	00:51+	02:38+	03:30+	02:20+	01:07+	03:43+	00:54+	00:47+
06:15+	01:04+	01:39+	11:09+	00:35+	00:51+	02:38+	03:30+	02:20+	01:07+	03:43+	00:54+	00:47+

19	Torleif Finstad	55											38:34
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07:23+	08:28+	10:23+	14:27+	16:32+	17:33+	21:35+	26:26+	31:48+	32:30+	36:12+	37:42+	38:34+
07:23+	01:05+	01:55+	04:04+	02:05+	01:01+	04:02+	04:51+	05:22+	00:42+	03:42+	01:30+	00:52+
07:23+	01:05+	01:55+	04:04+	02:05+	01:01+	04:02+	04:51+	05:22+	00:42+	03:42+	01:30+	00:52+

20	Håkon Beitnes	49											38:48
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08:27+	10:36+	12:18+	18:08+	18:57+	20:26+	25:01+	29:36+	32:16+	33:07+	36:34+	37:56+	38:48+
08:27+	02:09+	01:42+	05:50+	00:49+	01:29+	04:35+	04:35+	02:40+	00:51+	03:27+	01:22+	00:52+
08:27+	02:09+	01:42+	05:50+	00:49+	01:29+	04:35+	04:35+	02:40+	00:51+	03:27+	01:22+	00:52+

21	Hans Storlien	Geno											40:18
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06:13+	07:53+	09:45+	12:30+	13:26+	14:22+	24:43+	29:04+	33:18+	34:33+	38:19+	39:35+	40:18+
06:13+	01:40+	01:52+	02:45+	00:56+	00:56+	10:21+	04:21+	04:14+	01:15+	03:46+	01:16+	00:43+
06:13+	01:40+	01:52+	02:45+	00:56+	00:56+	10:21+	04:21+	04:14+	01:15+	03:46+	01:16+	00:43+

22	Per Anders Aas	1013											42:38
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08:40+	10:52+	13:15+	18:12+	19:05+	20:08+	24:52+	29:38+	34:58+	35:43+	40:17+	41:36+	42:38+
08:40+	02:12+	02:23+	04:57+	00:53+	01:03+	04:44+	04:46+	05:20+	00:45+	04:34+	01:19+	01:02+
08:40+	02:12+	02:23+	04:57+	00:53+	01:03+	04:44+	04:46+	05:20+	00:45+	04:34+	01:19+	01:02+

23	Johnny Johansen	89											47:51
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09:31+	10:53+	13:22+	17:06+	18:14+	19:24+	26:23+	31:15+	36:24+	37:54+	44:39+	46:46+	47:51+
09:31+	01:22+	02:29+	03:44+	01:08+	01:10+	06:59+	04:52+	05:09+	01:30+	06:45+	02:07+	01:05+
09:31+	01:22+	02:29+	03:44+	01:08+	01:10+	06:59+	04:52+	05:09+	01:30+	06:45+	02:07+	01:05+

24	Edvard Dahl	165											48:46
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07:03+	08:37+	10:40+	19:33+	23:21+	24:43+	30:02+	35:17+	39:23+	40:49+	46:06+	47:36+	48:46+
07:03+	01:34+	02:03+	08:53+	03:48+	01:22+	05:19+	05:15+	04:06+	01:26+	05:17+	01:30+	01:10+
07:03+	01:34+	02:03+	08:53+	03:48+	01:22+	05:19+	05:15+	04:06+	01:26+	05:17+	01:30+	01:10+

Beste strekktid for klassen

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

H 4,5

Class	Navn	Klasse																Tid
H 4,5																		
1	Tom Røise	Ntnui																28:39
		04:53=	05:46=	07:11=	09:47=	11:28=	12:09=	13:36=	15:48=	19:05=	20:44=	21:39=	23:30=	24:11=	25:44=	26:41=	28:04=	28:39=
		04:53=	00:53=	01:25=	02:36=	01:41=	00:41=	01:27=	02:12=	03:17=	01:39=	00:55=	01:51=	00:41=	01:33=	00:57=	01:23=	00:35=
		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	Terje Wikstrøm	Geno																30:09
		04:47+	05:45+	07:11+	09:49+	11:38+	12:25+	14:06+	15:59+	19:28+	21:18+	22:24+	24:18+	25:06+	26:58+	28:09+	29:27+	30:09+
		04:47+	00:58+	01:26+	02:38+	01:49+	00:47+	01:41+	01:53+	03:29+	01:50+	01:06+	01:54+	00:48+	01:52+	01:11+	01:18+	00:42+
		04:47+	00:58+	01:26+	02:38+	01:49+	00:47+	01:41+	01:53+	03:29+	01:50+	01:06+	01:54+	00:48+	01:52+	01:11+	01:18+	00:42+
3	Frank Robert Nybråten	122																31:45
		05:17+	06:20+	07:50+	11:01+	12:33+	13:16+	14:53+	16:36+	19:53+	22:13+	23:04+	25:05+	25:43+	27:45+	28:56+	31:09+	31:45+
		05:17+	01:03+	01:30+	03:11+	01:32+	00:43+	01:37+	01:43+	03:17+	02:20+	00:51+	02:01+	00:38+	02:02+	01:11+	02:13+	00:36+
		05:17+	01:03+	01:30+	03:11+	01:32+	00:43+	01:37+	01:43+	03:17+	02:20+	00:51+	02:01+	00:38+	02:02+	01:11+	02:13+	00:36+
4	Vidar Nomerstad	1071																33:01
		05:21+	06:51+	08:18+	11:02+	13:04+	13:54+	15:43+	17:52+	21:26+	23:22+	24:34+	26:41+	27:20+	29:14+	30:34+	32:18+	33:01+
		05:21+	01:30+	01:27+	02:44+	02:02+	00:50+	01:49+	02:09+	03:34+	01:56+	01:12+	02:07+	00:39+	01:54+	01:20+	01:44+	00:43+
		05:21+	01:30+	01:27+	02:44+	02:02+	00:50+	01:49+	02:09+	03:34+	01:56+	01:12+	02:07+	00:39+	01:54+	01:20+	01:44+	00:43+
5	Henning Wernøe	49																36:06
		06:08+	07:25+	09:06+	12:13+	14:30+	15:24+	17:17+	19:39+	23:47+	26:00+	27:19+	29:34+	30:26+	32:40+	33:53+	35:28+	36:06+
		06:08+	01:17+	01:41+	03:07+	02:17+	00:54+	01:53+	02:22+	04:08+	02:13+	01:19+	02:15+	00:52+	02:14+	01:13+	01:35+	00:38+
		06:08+	01:17+	01:41+	03:07+	02:17+	00:54+	01:53+	02:22+	04:08+	02:13+	01:19+	02:15+	00:52+	02:14+	01:13+	01:35+	00:38+
6	Bjarne Harkinn	If																36:21
		05:13+	06:33+	08:25+	10:51+	13:14+	13:57+	16:14+	18:28+	22:33+	25:06+	26:59+	29:06+	30:36+	32:51+	34:09+	35:37+	36:21+
		05:13+	01:20+	01:52+	02:26+	02:23+	00:43+	02:17+	02:14+	04:05+	02:33+	01:53+	02:07+	01:30+	02:15+	01:18+	01:28+	00:44+
		05:13+	01:20+	01:52+	02:26+	02:23+	00:43+	02:17+	02:14+	04:05+	02:33+	01:53+	02:07+	01:30+	02:15+	01:18+	01:28+	00:44+
7	Morten Lillejordet	39																36:25
		05:29+	06:37+	08:24+	11:23+	13:41+	14:34+	16:22+	18:43+	22:54+	25:11+	26:25+	29:43+	30:31+	32:40+	33:45+	35:44+	36:25+
		05:29+	01:08+	01:47+	02:59+	02:18+	00:53+	01:48+	02:21+	04:11+	02:17+	01:14+	03:18+	00:48+	02:09+	01:05+	01:59+	00:41+
		05:29+	01:08+	01:47+	02:59+	02:18+	00:53+	01:48+	02:21+	04:11+	02:17+	01:14+	03:18+	00:48+	02:09+	01:05+	01:59+	00:41+
8	Harald Østbye	27																37:31
		05:52+	07:01+	08:34+	11:43+	13:57+	14:49+	16:33+	18:57+	22:59+	25:19+	26:37+	29:19+	30:27+	33:43+	35:00+	36:41+	37:31+
		05:52+	01:09+	01:33+	03:09+	02:14+	00:52+	01:44+	02:24+	04:02+	02:20+	01:18+	02:42+	01:08+	03:16+	01:17+	01:41+	00:50+
		05:52+	01:09+	01:33+	03:09+	02:14+	00:52+	01:44+	02:24+	04:02+	02:20+	01:18+	02:42+	01:08+	03:16+	01:17+	01:41+	00:50+
9	Ole Petter Saxrud	1028																39:16
		05:21+	06:42+	08:34+	11:53+	14:29+	15:23+	17:26+	19:50+	24:01+	26:26+	27:47+	31:04+	32:07+	34:50+	36:13+	38:29+	39:16+
		05:21+	01:21+	01:52+	03:19+	02:36+	00:54+	02:03+	02:24+	04:11+	02:25+	01:21+	03:17+	01:03+	02:43+	01:23+	02:16+	00:47+
		05:21+	01:21+	01:52+	03:19+	02:36+	00:54+	02:03+	02:24+	04:11+	02:25+	01:21+	03:17+	01:03+	02:43+	01:23+	02:16+	00:47+
10	Odd Arne Blystad	89																41:09
		06:49+	08:06+	10:07+	12:57+	15:02+	16:40+	18:50+	21:46+	26:29+	28:31+	29:41+	32:19+	33:09+	37:55+	38:50+	40:26+	41:09+
		06:49+	01:17+	02:01+	02:50+	02:05+	01:38+	02:10+	02:56+	04:43+	02:02+	01:10+	02:38+	00:50+	04:46+	00:55+	01:36+	00:43+
		06:49+	01:17+	02:01+	02:50+	02:05+	01:38+	02:10+	02:56+	04:43+	02:02+	01:10+	02:38+	00:50+	04:46+	00:55+	01:36+	00:43+
11	Jon Bjørnstad	1071																42:02
		07:56+	09:15+	11:19+	14:49+	17:14+	18:15+	20:16+	23:00+	27:34+	29:55+	31:13+	35:08+	35:42+	38:27+	39:45+	41:17+	42:02+
		07:56+	01:19+	02:04+	03:30+	02:25+	01:01+	02:01+	02:44+	04:34+	02:21+	01:18+	03:55+	00:34+	02:45+	01:18+	01:32+	00:45+
		07:56+	01:19+	02:04+	03:30+	02:25+	01:01+	02:01+	02:44+	04:34+	02:21+	01:18+	03:55+	00:34+	02:45+	01:18+	01:32+	00:45+

Beste strekktid for klassen

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

H 5,5

1	Kenneth Bilstad	39																29:38
02:01=	04:21=	05:09=	06:12=	08:24=	09:45=	10:15=	13:34=	16:11=	16:56=	18:16=	21:23=	22:50=	25:27=	26:45=	27:56=	29:05=	29:38=	
02:01=	02:20=	00:48=	01:03=	02:12=	01:21=	00:30=	03:19=	02:37=	00:45=	01:20=	03:07=	01:27=	02:37=	01:18=	01:11=	01:09=	00:33=	
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	Odin Høie Vollum	7																38:14
02:43+	05:45+	06:42+	08:02+	10:36+	12:00+	12:48+	17:05+	20:12+	21:03+	23:16+	28:10+	29:42+	32:37+	34:20+	36:10+	37:46+	38:14+	
02:43+	03:02+	00:57+	01:20+	02:34+	01:24+	00:48+	04:17+	03:07+	00:51+	02:13+	04:54+	01:32+	02:55+	01:43+	01:50+	01:36+	00:28-	
00:42&	00:42&	00:09#	00:17&	00:22#	00:03+	00:18&	00:58&	00:30#	00:06#	00:53&	01:47&	00:05+	00:18#	00:25&	00:39&	00:27&	00:05-	
3	Tore Borchgrevink Alu	49																41:40
02:30+	05:33+	06:36+	08:04+	11:07+	12:45+	13:24+	18:05+	21:29+	22:36+	24:27+	28:53+	30:26+	34:18+	36:14+	38:19+	40:50+	41:40+	
02:30+	03:03+	01:03+	01:28+	03:03+	01:38+	00:39+	04:41+	03:24+	01:07+	01:51+	04:26+	01:33+	03:52+	01:56+	02:05+	02:31+	00:50+	
00:29#	00:43&	00:15&	00:25&	00:51&	00:17#	00:09&	01:22&	00:47&	00:22&	00:31&	01:19&	00:06+	01:15&	00:38&	00:54&	01:22@	00:17&	
4	Stein Arne Negård	166																44:56
03:00+	06:30+	07:37+	09:10+	13:15+	15:15+	15:56+	20:45+	24:28+	25:37+	27:51+	32:03+	33:45+	37:35+	39:38+	42:34+	44:10+	44:56+	
03:00+	03:30+	01:07+	01:33+	04:05+	02:00+	00:41+	04:49+	03:43+	01:09+	02:14+	04:12+	01:42+	03:50+	02:03+	02:56+	01:36+	00:46+	
00:59&	01:10&	00:19&	00:30&	01:53&	00:39&	00:11&	01:30&	01:06&	00:24&	00:54&	01:05&	00:15#	01:13&	00:45&	01:45@	00:27&	00:13&	
5	Frode Bergersen	1059																45:09
02:39+	06:14+	07:18+	09:18+	12:26+	14:08+	14:45+	19:24+	22:57+	24:08+	26:22+	31:25+	33:03+	37:11+	39:45+	42:20+	44:27+	45:09+	
02:39+	03:35+	01:04+	02:00+	03:08+	01:42+	00:37+	04:39+	03:33+	01:11+	02:14+	05:03+	01:38+	04:08+	02:34+	02:35+	02:07+	00:42+	
00:38&	01:15&	00:16&	00:57&	00:56&	00:21&	00:07#	01:20&	00:56&	00:26&	00:54&	01:56&	00:11#	01:31&	01:16&	01:24@	00:58&	00:09&	

Beste strekktid for klassen

02:01 02:20 00:48 01:03 02:12 01:21 00:30 03:19 02:37 00:45 01:20 03:07 01:27 02:37 01:18 01:11 01:09 00:28

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