

Plass	Navn	Klasse	Tid
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D 1,5

1	Marith Brekke	52	23:32
03:46=	08:22=	10:21=	16:29=
18:40=	21:13=	22:57=	23:32=
03:46=	04:36=	01:59=	06:08=
02:11=	02:33=	01:44=	00:35=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=

2	Anne Marie Nesbakk	25	24:54
04:18+	09:10+	10:57+	17:20+
19:41+	22:15+	24:04+	24:54+
04:18+	04:52+	01:47-	06:23+
02:21+	02:34+	01:49+	00:50+
00:32#	00:16+	00:12-	00:15+
00:10+	00:01+	00:05+	00:15&

3	Margareth T. Dyresen	7	26:25
05:23+	10:32+	12:22+	18:44+
21:13+	23:53+	25:45+	26:25+
05:23+	05:09+	01:50-	06:22+
02:29+	02:40+	01:52+	00:40+
01:37&	00:33#	00:09-	00:14+
00:18#	00:07+	00:08+	00:05#

4	Synnøve Kaul	1013	28:31
04:47+	10:12+	12:21+	19:26+
22:10+	25:13+	27:33+	28:31+
04:47+	05:25+	02:09+	07:05+
02:44+	03:03+	02:20+	00:58+
01:01&	00:49#	00:10+	00:57#
00:33&	00:30#	00:36&	00:23&

5	Turid Norstad Opsahl	89	29:38
05:05+	10:43+	12:50+	20:43+
23:27+	26:34+	28:39+	29:38+
05:05+	05:38+	02:07+	07:53+
02:44+	03:07+	02:05+	00:59+
01:19&	01:02#	00:08+	01:45&
00:33&	00:34#	00:21#	00:24&

6	Lise Tronstad	7	30:20
04:50+	12:07+	14:29+	22:23+
25:02+	27:42+	29:40+	30:20+
04:50+	07:17+	02:22+	07:54+
02:39+	02:40+	01:58+	00:40+
01:04&	02:41&	00:23#	01:46&
00:28#	00:07+	00:14#	00:05#

7	Turid Kolseth	7	30:36
04:57+	12:08+	14:36+	22:24+
25:01+	27:42+	29:40+	30:36+
04:57+	07:11+	02:28+	07:48+
02:37+	02:41+	01:58+	00:56+
01:11&	02:35&	00:29#	01:40&
00:26#	00:08+	00:14#	00:21&

8	Marie Rustadbakken	7	30:51
05:12+	12:08+	14:24+	22:42+
24:52+	27:32+	29:50+	30:51+
05:12+	06:56+	02:16+	08:18+
02:10-	02:40+	02:18+	01:01+
01:26&	02:20&	00:17#	02:10&
00:01-	00:07+	00:34&	00:26&

9	Aud Grønvold	7	32:08
05:10+	11:29+	13:39+	22:11+
25:26+	28:42+	31:04+	32:08+
05:10+	06:19+	02:10+	08:32+
03:15+	03:16+	02:22+	01:04+
01:24&	01:43&	00:11+	02:24&
01:04&	00:43&	00:38&	00:29&

10	Solveig Johannessen	7	33:14
06:28+	12:35+	14:55+	23:09+
26:27+	29:53+	32:10+	33:14+
06:28+	06:07+	02:20+	08:14+
03:18+	03:26+	02:17+	01:04+
02:42&	01:31&	00:21#	02:06&
01:07&	00:53&	00:33&	00:29&

11	Gerd Grønvold	7	34:57
06:16+	13:29+	15:37+	25:05+
28:37+	31:47+	33:56+	34:57+
06:16+	07:13+	02:08+	09:28+
03:32+	03:10+	02:09+	01:01+
02:30&	02:37&	00:09+	03:20&
01:21&	00:37#	00:25#	00:26&

12	Helga Hansen	7	34:59
06:07+	13:15+	15:35+	25:16+
28:35+	31:41+	33:56+	34:59+
06:07+	07:08+	02:20+	09:41+
03:19+	03:06+	02:15+	01:03+
02:21&	02:32&	00:21#	03:33&
01:08&	00:33#	00:31&	00:28&

Class	Navn	Klasse	Tid
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D 1,5

Beste strekktid for klassen

03:46 04:36 01:47 06:08 02:10 02:33 01:44 00:35

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

D 2,5

1 Anne-Guri Jevne 152 30:19

02:37= 05:04= 06:02= 12:07= 18:15= 19:53= 23:02= 25:45= 27:18= 28:46= 29:54= 30:19=
 02:37= 02:27= 00:58= 06:05= 06:08= 01:38= 03:09= 02:43= 01:33= 01:28= 01:08= 00:25=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Anita Høie 7 32:09

03:44+ 06:46+ 07:59+ 15:28+ 18:00- 22:12+ 26:53+ 28:23+ 30:18+ 31:40+ 32:09+
 03:44+ 03:02+ 01:13+ 07:29+ 02:32- 04:12+ 04:41+ 01:30- 01:55+ 01:22- 00:29-
 01:07& 00:35# 00:15& 01:24# 03:36- 02:34@ 01:32& 01:13- 00:22# 00:06- 00:39-

3 Inger K. Brøndbo 165 34:24

03:34+ 06:41+ 07:58+ 16:31+ 19:02+ 25:02+ 29:09+ 30:49+ 32:37+ 33:57+ 34:24+
 03:34+ 03:07+ 01:17+ 08:33+ 02:31- 06:00+ 04:07+ 01:40- 01:48+ 01:20- 00:27-
 00:57& 00:40& 00:19& 02:28& 03:37- 04:22@ 00:58& 01:03- 00:15# 00:08- 00:41-

4 Karen Tomter 163 38:08

03:55+ 07:53+ 09:23+ 18:33+ 21:25+ 26:27+ 31:46+ 33:38+ 35:56+ 37:26+ 38:08+
 03:55+ 03:58+ 01:30+ 09:10+ 02:52- 05:02+ 05:19+ 01:52- 02:18+ 01:30+ 00:42-
 01:18& 01:31& 00:32& 03:05& 03:16- 03:24@ 02:10& 00:51- 00:45& 00:02+ 00:26-

5 Liv Reidun Reiersen 1013 41:25

03:58+ 07:46+ 09:12+ 23:08+ 25:52+ 30:25+ 35:12+ 37:03+ 39:15+ 40:48+ 41:25+
 03:58+ 03:48+ 01:26+ 13:56+ 02:44- 04:33+ 04:47+ 01:51- 02:12+ 01:33+ 00:37-
 01:21& 01:21& 00:28& 07:51@ 03:24- 02:55@ 01:38& 00:52- 00:39& 00:05+ 00:31-

6 Anita Grønvold Tollefsen 7 43:28

04:43+ 08:37+ 10:06+ 20:07+ 24:36+ 29:49+ 36:41+ 38:46+ 41:03+ 42:40+ 43:28+
 04:43+ 03:54+ 01:29+ 10:01+ 04:29- 05:13+ 06:52+ 02:05- 02:17+ 01:37+ 00:48-
 02:06& 01:27& 00:31& 03:56& 01:39- 03:35@ 03:43@ 00:38- 00:44& 00:09# 00:20-

7 Mette Marit Jensen INN 48:05

04:42+ 09:12+ 10:51+ 24:49+ 27:51+ 34:26+ 41:28+ 43:23+ 45:49+ 47:30+ 48:05+
 04:42+ 04:30+ 01:39+ 13:58+ 03:02- 06:35+ 07:02+ 01:55- 02:26+ 01:41+ 00:35-
 02:05& 02:03& 00:41& 07:53@ 03:06- 04:57@ 03:53@ 00:48- 00:53& 00:13# 00:33-

8 Marit Holmgren 7 49:26

04:39+ 10:51+ 12:36+ 27:16+ 30:28+ 36:42+ 42:49+ 45:14+ 47:38+ 49:26+
 04:39+ 06:12+ 01:45+ 14:40+ 03:12- 06:14+ 06:07+ 02:25- 02:24+ 01:48+
 02:02& 03:45@ 00:47& 08:35@ 02:56- 04:36@ 02:58& 00:18- 00:51& 00:20#

9 Bente Grøndalen 152 51:31

07:02+ 11:16+ 13:30+ 25:23+ 28:35+ 36:01+ 43:55+ 46:29+ 49:12+ 50:52+ 51:31+
 07:02+ 04:14+ 02:14+ 11:53+ 03:12- 07:26+ 07:54+ 02:34- 02:43+ 01:40+ 00:39-
 04:25@ 01:47& 01:16@ 05:48& 02:56- 05:48@ 04:45@ 00:09- 01:10& 00:12# 00:29-

10 Mette A Wernberg 1071 54:17

04:10+ 07:31+ 08:56+ 35:06+ 37:16+ 43:26+ 48:20+ 50:14+ 52:16+ 53:41+ 54:17+
 04:10+ 03:21+ 01:25+ 26:10+ 02:10- 06:10+ 04:54+ 01:54- 02:02+ 01:25- 00:36-
 01:33& 00:54& 00:27& 20:05@ 03:58- 04:32@ 01:45& 00:49- 00:29& 00:03- 00:32-

D 2,5

11	Wenche Brobakken	120	1:00:24
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12:04+	23:46+	25:19+	39:57+	42:52+	48:26+	54:16+	56:07+	58:13+	59:48+	60:24+
12:04+	11:42+	01:33+	14:38+	02:55-	05:34+	05:50+	01:51-	02:06+	01:35+	00:36-
09:27@	09:15@	00:35&	08:33@	03:13-	03:56@	02:41&	00:52-	00:33&	00:07+	00:32-

12	Claire Bant	167	1:01:30
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21:56+	29:36+	31:09+	42:33+	45:50+	50:28+	56:25+	57:49+	59:48+	61:01+	61:30+
21:56+	07:40+	01:33+	11:24+	03:17+	04:38+	05:57+	01:24+	01:59+	01:13+	00:29+
21:56+	07:40+	01:33+	11:24+	03:17+	04:38+	05:57+	01:24+	01:59+	01:13+	00:29+

13	Anne Karin Eisenberg	146	1:03:00
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11:47+	16:32+	18:00+	31:27+	44:28+	52:16+	56:55+	58:49+	60:57+	62:24+	63:00+
11:47+	04:45+	01:28+	13:27+	13:01+	07:48+	04:39+	01:54+	02:08+	01:27+	00:36+
11:47+	04:45+	01:28+	13:27+	13:01+	07:48+	04:39+	01:54+	02:08+	01:27+	00:36+

14	Anita Stensby Bekkelund	89	1:12:29
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05:04+	26:39+	28:19+	44:59+	50:02+	57:12+	64:27+	66:59+	69:48+	71:48+	72:29+
05:04+	21:35+	01:40+	16:40+	05:03+	07:10+	07:15+	02:32+	02:49+	02:00+	00:41+
05:04+	21:35+	01:40+	16:40+	05:03+	07:10+	07:15+	02:32+	02:49+	02:00+	00:41+

Beste strekktid for klassen

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

D 3,5

1	May Kristin Tangen	119	37:44
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03:09=	06:50=	11:16=	14:01=	17:34=	22:24=	24:33=	26:22=	32:53=	35:56=	37:20=	37:44=
03:09=	03:41=	04:26=	02:45=	03:33=	04:50=	02:09=	01:49=	06:31=	03:03=	01:24=	00:24=
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	Rita H Aaslund	1071	40:36
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03:16+	06:57+	11:26+	14:48+	18:46+	24:28+	26:52+	29:05+	35:50+	38:51+	40:05+	40:36+
03:16+	03:41=	04:29+	03:22+	03:58+	05:42+	02:24+	02:13+	06:45+	03:01-	01:14-	00:31+
00:07+	00:00=	00:03+	00:37#	00:25#	00:52#	00:15#	00:24#	00:14+	00:02-	00:10-	00:07&

3	Kjersti Narum	165	40:52
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03:20+	08:33+	12:33+	15:36+	19:32+	24:48+	27:01+	29:00+	35:49+	38:59+	40:20+	40:52+
03:20+	05:13+	04:00-	03:03+	03:56+	05:16+	02:13+	01:59+	06:49+	03:10+	01:21-	00:32+
00:11+	01:32&	00:26-	00:18#	00:23#	00:26+	00:04+	00:10+	00:18+	00:07+	00:03-	00:08&

4	Sidsel Storihle	Geno	44:18
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03:19+	06:58+	11:44+	14:57+	19:04+	24:51+	27:21+	29:27+	39:21+	42:34+	43:45+	44:18+
03:19+	03:39-	04:46+	03:13+	04:07+	05:47+	02:30+	02:06+	09:54+	03:13+	01:11-	00:33+
00:10+	00:02-	00:20+	00:28#	00:34#	00:57#	00:21#	00:17#	03:23&	00:10+	00:13-	00:09&

5	Anne Sørum	1013	46:07
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03:21+	07:14+	11:35+	14:38+	21:01+	26:42+	29:22+	31:34+	41:02+	44:22+	45:40+	46:07+
03:21+	03:53+	04:21-	03:03+	06:23+	05:41+	02:40+	02:12+	09:28+	03:20+	01:18-	00:27+
00:12+	00:12+	00:05-	00:18#	02:50&	00:51#	00:31#	00:23#	02:57&	00:17+	00:06-	00:03#

6	Sylvia Andersen	27	46:32
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04:32+	08:27+	13:10+	17:02+	21:58+	28:15+	31:25+	33:54+	41:34+	44:45+	46:02+	46:32+
04:32+	03:55+	04:43+	03:52+	04:56+	06:17+	03:10+	02:29+	07:40+	03:11+	01:17-	00:30+
01:23&	00:14+	00:17+	01:07&	01:23&	01:27&	01:01&	00:40&	01:09#	00:08+	00:07-	00:06#

Class	Navn	Klasse	Tid
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D 3,5

7	Rigmor Lømo Aas	1013	53:24								
04:04+	09:21+	15:55+	21:19+	26:18+	32:43+	35:50+	38:47+	47:30+	51:15+	52:46+	53:24+
04:04+	05:17+	06:34+	05:24+	04:59+	06:25+	03:07+	02:57+	08:43+	03:45+	01:31+	00:38+
00:55&	01:36&	02:08&	02:39&	01:26&	01:35&	00:58&	01:08&	02:12&	00:42#	00:07+	00:14&
8	Gro Solnørdal	10001	56:26								
03:19+	09:06+	14:16+	19:46+	23:53+	29:29+	32:23+	36:28+	52:04+	54:45+	55:56+	56:26+
03:19+	05:47+	05:10+	05:30+	04:07+	05:36+	02:54+	04:05+	15:36+	02:41+	01:11+	00:30+
03:19+	05:47+	05:10+	05:30+	04:07+	05:36+	02:54+	04:05+	15:36+	02:41+	01:11+	00:30+
9	Anita Bekkum	7	1:01:34								
03:44+	09:58+	18:27+	22:17+	32:49+	39:07+	42:17+	45:14+	56:04+	59:37+	61:01+	61:34+
03:44+	06:14+	08:29+	03:50+	10:32+	06:18+	03:10+	02:57+	10:50+	03:33+	01:24+	00:33+
03:44+	06:14+	08:29+	03:50+	10:32+	06:18+	03:10+	02:57+	10:50+	03:33+	01:24+	00:33+
10	Kristin Haga	7	1:03:07								
04:30+	21:23+	26:50+	30:25+	35:41+	44:49+	47:58+	50:26+	57:56+	61:17+	62:42+	63:07+
04:30+	16:53+	05:27+	03:35+	05:16+	09:08+	03:09+	02:28+	07:30+	03:21+	01:25+	00:25+
04:30+	16:53+	05:27+	03:35+	05:16+	09:08+	03:09+	02:28+	07:30+	03:21+	01:25+	00:25+

Beste strekktid for klassen

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

D 4,5

1	Mari Norstad Opsahl	1032	46:48										
07:34=	12:12=	19:51=	22:07=	24:46=	28:35=	29:59=	30:52=	33:52=	36:50=	38:59=	42:53=	46:22=	46:48=
07:34=	04:38=	07:39=	02:16=	02:39=	03:49=	01:24=	00:53=	03:00=	02:58=	02:09=	03:54=	03:29=	00:26=
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	56:33										
04:30-	10:21-	19:12-	25:09+	28:23+	33:23+	35:50+	37:03+	40:54+	44:13+	47:06+	51:52+	56:04+	56:33+
04:30-	05:51+	08:51+	05:57+	03:14+	05:00+	02:27+	01:13+	03:51+	03:19+	02:53+	04:46+	04:12+	00:29+
03:04-	01:13&	01:12#	03:41@	00:35#	01:11&	01:03&	00:20&	00:51&	00:21#	00:44&	00:52#	00:43#	00:03#
3	Bodil Wiik	105	58:08										
07:29-	13:55+	21:07+	23:25+	27:06+	32:08+	34:18+	35:39+	41:35+	45:27+	48:39+	53:34+	57:43+	58:08+
07:29-	06:26+	07:12-	02:18+	03:41+	05:02+	02:10+	01:21+	05:56+	03:52+	03:12+	04:55+	04:09+	00:25-
00:05-	01:48&	00:27-	00:02+	01:02&	01:13&	00:46&	00:28&	02:56&	00:54&	01:03&	01:01&	00:40#	00:01-
4	Ingunn Lund Nordstrøm	105	1:01:50										
05:30-	11:27-	21:12+	29:14+	32:15+	37:03+	39:23+	40:45+	45:49+	50:02+	53:35+	57:46+	61:23+	61:50+
05:30-	05:57+	09:45+	08:02+	03:01+	04:48+	02:20+	01:22+	05:04+	04:13+	03:33+	04:11+	03:37+	00:27+
02:04-	01:19&	02:06&	05:46@	00:22#	00:59&	00:56&	00:29&	02:04&	01:15&	01:24&	00:17+	00:08+	00:01+
5	Wenche Bjørnstad	Geno	1:21:00										
25:11+	31:09+	38:37+	41:32+	44:40+	49:00+	52:46+	54:11+	63:48+	67:37+	70:49+	76:33+	80:29+	81:00+
25:11+	05:58+	07:28-	02:55+	03:08+	04:20+	03:46+	01:25+	09:37+	03:49+	03:12+	05:44+	03:56+	00:31+
17:37@	01:20&	00:11-	00:39&	00:29#	00:31#	02:22@	00:32&	06:37@	00:51&	01:03&	01:50&	00:27#	00:05#

Beste strekktid for klassen

04:30 04:38 07:12 02:16 02:39 03:49 01:24 00:53 03:00 02:58 02:09 03:54 03:29 00:25

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

Class	Navn	Klasse	Tid
H 1,5			
1	Knut Røhrsveen	7	22:08
03:50=	07:46=	09:27=	12:23=
03:50=	03:56=	01:41=	02:56=
00:00=	00:00=	00:00=	00:00=
15:39=	17:30=	19:56=	21:32=
03:16=	01:51=	02:26=	01:36=
00:00=	00:00=	00:00=	00:00=
2	Svein Iver Jevne	7	22:29
03:49-	07:50+	09:24-	12:21-
03:49-	04:01+	01:34-	02:57+
00:01-	00:05+	00:07-	00:01+
15:40+	17:26-	19:54-	21:40+
03:19+	01:46-	02:28+	01:46+
00:03+	00:05-	00:02+	00:10#
00:03+	00:05-	00:02+	00:10#
3	Ottar Evensen	27	22:40
03:29-	07:53+	09:32+	12:31+
03:29-	04:24+	01:39-	02:59+
00:21-	00:28#	00:02-	00:03+
15:58+	17:54+	20:15+	22:02+
03:27+	01:56+	02:21-	01:47+
00:11+	00:05+	00:05-	00:11#
00:11+	00:05+	00:05-	00:11#
4	Bjørn Jenssen	1013	23:39
03:45-	07:53+	09:34+	12:55+
03:45-	04:08+	01:41=	03:21+
00:05-	00:12+	00:00=	00:25#
16:23+	18:45+	21:13+	22:53+
03:28+	02:22+	02:28+	01:40+
00:12+	00:31&	00:02+	00:04+
00:12+	00:31&	00:02+	00:04+
5	Jan Erik Johansen	55	25:21
03:18-	11:21+	12:47+	16:05+
03:18-	08:03+	01:26-	03:18+
00:32-	04:07@	00:15-	00:22#
19:07+	20:50+	23:04+	24:48+
03:02-	01:43-	02:14-	01:44+
00:14-	00:08-	00:12-	00:08+
00:14-	00:08-	00:12-	00:08+
6	Håkon Nesbakk	25	25:49
04:23+	09:16+	11:02+	14:38+
04:23+	04:53+	01:46+	03:36+
00:33#	00:57#	00:05+	00:40#
18:11+	20:32+	23:11+	25:04+
03:33+	02:21+	02:39+	01:53+
00:17+	00:30&	00:13+	00:17#
00:17+	00:30&	00:13+	00:17#
7	Erik Skårås	1071	26:30
04:36+	09:40+	11:24+	14:57+
04:36+	05:04+	01:44+	03:33+
00:46#	01:08&	00:03+	00:37#
19:03+	21:08+	23:59+	25:43+
04:06+	02:05+	02:51+	01:44+
00:50&	00:14#	00:25#	00:08+
00:50&	00:14#	00:25#	00:08+
8	Trygve Jan Bjerke	55	26:53
03:57+	08:40+	10:44+	15:22+
03:57+	04:43+	02:04+	04:38+
00:07+	00:47#	00:23#	01:42&
19:19+	21:23+	24:12+	26:04+
03:57+	02:04+	02:49+	01:52+
00:41#	00:13#	00:23#	00:16#
00:41#	00:13#	00:23#	00:16#
9	Geir-Håkon Øverby	If	27:08
07:50+	11:48+	13:15+	16:04+
07:50+	03:58+	01:27-	02:49-
04:00@	00:02+	00:14-	00:07-
19:36+	21:28+	23:55+	26:18+
01:52+	02:27+	02:23+	00:50+
00:01+	00:01+	00:47&	00:14&
00:01+	00:01+	00:47&	00:14&
10	Thorvald Sæhlie	166	27:08
03:55+	09:33+	11:21+	14:57+
03:55+	05:38+	01:48+	03:36+
00:05+	01:42&	00:07+	00:40#
19:09+	21:40+	24:26+	26:17+
04:12+	02:31+	02:46+	01:51+
00:56&	00:40&	00:20#	00:15#
00:56&	00:40&	00:20#	00:15#
11	Sven Marken	89	29:01
04:28+	09:49+	11:51+	15:35+
04:28+	05:21+	02:02+	03:44+
00:38#	01:25&	00:21#	00:48&
20:03+	22:33+	25:42+	28:02+
04:28+	02:30+	03:09+	02:20+
01:12&	00:39&	00:43&	00:44&
01:12&	00:39&	00:43&	00:44&
12	Halstein Ødegård	89	31:20
05:19+	10:34+	12:50+	16:50+
05:19+	05:15+	02:16+	04:00+
01:29&	01:19&	00:35&	01:04&
21:43+	24:31+	27:49+	30:17+
04:00+	04:53+	02:48+	03:18+
01:37&	00:57&	00:52&	00:52&
01:37&	00:57&	00:52&	00:52&

H 1,5

13	Knut Martinsen	1071	36:18
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04:48+	10:25+	12:42+	19:15+	25:48+	28:48+	32:31+	35:15+	36:18+
04:48+	05:37+	02:17+	06:33+	06:33+	03:00+	03:43+	02:44+	01:03+
00:58&	01:41&	00:36&	03:37@	03:17@	01:09&	01:17&	01:08&	00:27&

Beste strekktid for klassen

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

H 2,5

1	Eivind Hvideberg	1029	30:14
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02:04=	03:16=	09:03=	16:54=	19:16=	20:51=	26:12=	28:50=	29:48=	30:14=
02:04=	01:12=	05:47=	07:51=	02:22=	01:35=	05:21=	02:38=	00:58=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Anders Mathiassen	1029	31:20
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03:05+	04:25+	10:14+	18:22+	20:27+	22:03+	27:31+	29:58+	30:56+	31:20+
03:05+	01:20+	05:49+	08:08+	02:05-	01:36+	05:28+	02:27-	00:58=	00:24-
01:01&	00:08#	00:02+	00:17+	00:17-	00:01+	00:07+	00:11-	00:00=	00:02-

3	Kristian Narum	165	32:59
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03:05+	05:02+	09:13+	14:50-	18:43-	20:51=	28:34+	31:08+	32:30+	32:59+
03:05+	01:57+	04:11-	05:37-	03:53+	02:08+	07:43+	02:34-	01:22+	00:29+
01:01&	00:45&	01:36-	02:14-	01:31&	00:33&	02:22&	00:04-	00:24&	00:03#

4	Ole Rostad	25	33:42
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02:58+	05:18+	10:06+	18:00+	21:10+	23:00+	29:36+	32:04+	33:18+	33:42+
02:58+	02:20+	04:48-	07:54+	03:10+	01:50+	06:36+	02:28-	01:14+	00:24-
00:54&	01:08&	00:59-	00:03+	00:48&	00:15#	01:15#	00:10-	00:16&	00:02-

5	Knut Olav Strætkevørn	1058	34:22
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03:06+	05:10+	11:37+	17:06+	19:58+	22:18+	29:14+	32:32+	33:55+	34:22+
03:06+	02:04+	06:27+	05:29-	02:52+	02:20+	06:56+	03:18+	01:23+	00:27+
01:02&	00:52&	00:40#	02:22-	00:30#	00:45&	01:35&	00:40&	00:25&	00:01+

6	Magne Smeland	167	35:10
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03:37+	05:49+	10:48+	17:02+	19:41+	22:15+	29:47+	33:08+	34:37+	35:10+
03:37+	02:12+	04:59-	06:14-	02:39+	02:34+	07:32+	03:21+	01:29+	00:33+
01:33&	01:00&	00:48-	01:37-	00:17#	00:59&	02:11&	00:43&	00:31&	00:07&

8	Ludvig Bjerke-Narud	Geno	37:22
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03:29+	05:38+	11:08+	18:58+	21:55+	24:19+	31:45+	35:25+	36:49+	37:22+
03:29+	02:09+	05:30-	07:50-	02:57+	02:24+	07:26+	03:40+	01:24+	00:33+
01:25&	00:57&	00:17-	00:01-	00:35#	00:49&	02:05&	01:02&	00:26&	00:07&

9	Einar Stensby	89	38:14
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03:46+	05:50+	13:53+	20:34+	23:21+	25:40+	32:55+	36:18+	37:41+	38:14+
03:46+	02:04+	08:03+	06:41-	02:47+	02:19+	07:15+	03:23+	01:23+	00:33+
01:42&	00:52&	02:16&	01:10-	00:25#	00:44&	01:54&	00:45&	00:25&	00:07&

10	Steinar Libak	89	38:17
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03:50+	05:50+	10:35+	17:34+	20:36+	23:01+	32:12+	36:09+	37:42+	38:17+
03:50+	02:00+	04:45-	06:59-	03:02+	02:25+	09:11+	03:57+	01:33+	00:35+
01:46&	00:48&	01:02-	00:52-	00:40&	00:50&	03:50&	01:19&	00:35&	00:09&

Class	Navn	Klasse	Tid
H 2,5			
11	Tore Stenseth	1013	39:25
03:12+	05:25+	10:00+	15:52-
03:12+	02:13+	04:35-	05:52-
01:08&	01:01&	01:12-	01:59-
		00:23#	00:57&
		07:33@	00:42&
		00:28&	00:10&
		18:37-	21:09+
		34:03+	37:23+
		38:49+	39:25+
		02:45+	02:32+
		12:54+	03:20+
		01:26+	00:36+
		03:01+	02:42+
		09:23+	04:21+
		01:34+	00:39+
		03:01+	02:42+
		09:23+	04:21+
		01:34+	00:39+
12	Ola Molstad	167	39:39
03:36+	05:53+	10:46+	17:59+
03:36+	02:17+	04:53+	07:13+
03:36+	02:17+	04:53+	07:13+
		21:00+	23:42+
		33:05+	37:26+
		39:00+	39:39+
		03:01+	02:42+
		09:23+	04:21+
		01:34+	00:39+
		03:01+	02:42+
		09:23+	04:21+
		01:34+	00:39+
13	Jan Olav Sæther	165	40:27
04:03+	06:19+	11:36+	19:00+
04:03+	02:16+	05:17+	07:24+
04:03+	02:16+	05:17+	07:24+
		22:22+	25:16+
		34:35+	38:24+
		39:54+	40:27+
		03:22+	02:54+
		09:19+	03:49+
		01:30+	00:33+
		03:22+	02:54+
		09:19+	03:49+
		01:30+	00:33+
14	Magnar Nybakk	1071	41:03
03:30+	05:17+	09:57+	17:26+
03:30+	01:47+	04:40+	07:29+
03:30+	01:47+	04:40+	07:29+
		21:31+	24:41+
		34:12+	38:43+
		40:21+	41:03+
		04:05+	03:10+
		09:31+	04:31+
		01:38+	00:42+
		04:05+	03:10+
		09:31+	04:31+
		01:38+	00:42+
15	Trond Feiring	52	41:09
08:28+	10:17+	17:22+	23:12+
08:28+	01:49+	07:05+	05:50+
08:28+	01:49+	07:05+	05:50+
		25:53+	28:27+
		36:19+	39:15+
		40:33+	41:09+
		02:41+	02:34+
		07:52+	02:56+
		01:18+	00:36+
		02:41+	02:34+
		07:52+	02:56+
		01:18+	00:36+
16	Karl Petter Opsahl	89	41:40
06:55+	09:29+	14:11+	20:48+
06:55+	02:34+	04:42+	06:37+
06:55+	02:34+	04:42+	06:37+
		23:46+	26:17+
		35:24+	39:11+
		40:55+	41:40+
		02:58+	02:31+
		09:07+	03:47+
		01:44+	00:45+
		02:58+	02:31+
		09:07+	03:47+
		01:44+	00:45+
17	Stein Sandaker	1038	41:57
03:22+	05:32+	14:05+	21:04+
03:22+	02:10+	08:33+	06:59+
03:22+	02:10+	08:33+	06:59+
		24:47+	27:05+
		36:49+	40:06+
		41:19+	41:57+
		03:43+	02:18+
		09:44+	03:17+
		01:13+	00:38+
		03:43+	02:18+
		09:44+	03:17+
		01:13+	00:38+
18	Morten Øie	39	42:17
03:33+	05:38+	09:14+	15:47+
03:33+	02:05+	03:36+	06:33+
03:33+	02:05+	03:36+	06:33+
		20:12+	22:41+
		35:14+	39:30+
		41:23+	42:17+
		04:25+	02:29+
		12:33+	04:16+
		01:53+	00:54+
		04:25+	02:29+
		12:33+	04:16+
		01:53+	00:54+
19	Harald Grønvold	7	43:06
03:59+	10:04+	18:11+	24:36+
03:59+	06:05+	08:07+	06:25+
03:59+	06:05+	08:07+	06:25+
		27:12+	29:44+
		37:31+	41:11+
		42:31+	43:06+
		02:36+	02:32+
		07:47+	03:40+
		01:20+	00:35+
		02:36+	02:32+
		07:47+	03:40+
		01:20+	00:35+
20	Magne Johansen	1032	43:13
03:49+	06:12+	10:53+	19:24+
03:49+	02:23+	04:41+	08:31+
03:49+	02:23+	04:41+	08:31+
		22:43+	25:40+
		36:14+	40:34+
		42:30+	43:13+
		03:19+	02:57+
		10:34+	04:20+
		01:56+	00:43+
		03:19+	02:57+
		10:34+	04:20+
		01:56+	00:43+
21	Leif Martin Kjos	1071	43:39
03:00+	05:52+	13:04+	19:07+
03:00+	02:52+	07:12+	06:03+
03:00+	02:52+	07:12+	06:03+
		21:39+	23:54+
		38:50+	41:41+
		43:04+	43:39+
		02:32+	02:15+
		14:56+	02:51+
		01:23+	00:35+
		02:32+	02:15+
		14:56+	02:51+
		01:23+	00:35+
22	Espen Paulsen	1070	48:03
03:36+	06:47+	17:42+	26:29+
03:36+	03:11+	10:55+	08:47+
03:36+	03:11+	10:55+	08:47+
		30:12+	33:59+
		42:46+	45:55+
		47:26+	48:03+
		03:43+	03:47+
		08:47+	03:09+
		01:31+	00:37+
		03:43+	03:47+
		08:47+	03:09+
		01:31+	00:37+

Class	Navn	Klasse	Tid
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H 2,5

23 Hans Petter Jevanord Geno 48:58

04:48+ 07:12+ 13:18+ 21:49+ 25:53+ 29:09+ 40:57+ 46:09+ 48:08+ 48:58+
 04:48+ 02:24+ 06:06+ 08:31+ 04:04+ 03:16+ 11:48+ 05:12+ 01:59+ 00:50+
 04:48+ 02:24+ 06:06+ 08:31+ 04:04+ 03:16+ 11:48+ 05:12+ 01:59+ 00:50+

24 Torbjørn Ødegaard 1058 51:39

04:26+ 07:10+ 17:55+ 26:11+ 30:35+ 33:36+ 45:50+ 49:59+ 51:39+ 53:30+
 04:26+ 02:44+ 10:45+ 08:16+ 04:24+ 03:01+ 12:14+ 04:09+ 01:40+ 01:51+
 04:26+ 02:44+ 10:45+ 08:16+ 04:24+ 03:01+ 12:14+ 04:09+ 01:40+ 01:51+

25 Erik Grøndalen 1002 52:31

02:53+ 04:41+ 26:33+ 33:48+ 36:47+ 38:55+ 47:51+ 50:48+ 52:03+ 52:31+
 02:53+ 01:48+ 21:52+ 07:15+ 02:59+ 02:08+ 08:56+ 02:57+ 01:15+ 00:28+
 02:53+ 01:48+ 21:52+ 07:15+ 02:59+ 02:08+ 08:56+ 02:57+ 01:15+ 00:28+

26 Arne Hagen 167 54:29

02:58+ 04:39+ 19:03+ 25:10+ 28:32+ 43:00+ 50:01+ 52:52+ 53:59+ 54:29+
 02:58+ 01:41+ 14:24+ 06:07+ 03:22+ 14:28+ 07:01+ 02:51+ 01:07+ 00:30+
 02:58+ 01:41+ 14:24+ 06:07+ 03:22+ 14:28+ 07:01+ 02:51+ 01:07+ 00:30+

Beste strekktid for klassen

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

H 3,5

1 Terje Tangen 119 32:04

02:42= 05:58= 09:37= 11:33= 14:55= 19:09= 21:01= 22:36= 26:37= 28:57= 30:28= 31:40= 32:04=
 02:42= 03:16= 03:39= 01:56= 03:22= 04:14= 01:52= 01:35= 04:01= 02:20= 01:31= 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= 00:00= 00:00=

2 Tormod Pedersen 7 34:29

02:52+ 05:59+ 09:36- 11:56+ 15:12+ 19:47+ 22:22+ 24:11+ 28:43+ 31:16+ 32:54+ 34:04+ 34:29+
 02:52+ 03:07- 03:37- 02:20+ 03:16- 04:35+ 02:35+ 01:49+ 04:32+ 02:33+ 01:38+ 01:10- 00:25+
 00:10+ 00:09- 00:02- 00:24# 00:06- 00:21+ 00:43& 00:14# 00:31# 00:13+ 00:07+ 00:02- 00:01+

3 Harald Volden 1002 35:07

02:43+ 05:49- 10:05+ 12:17+ 15:48+ 20:24+ 22:40+ 24:43+ 29:09+ 31:57+ 33:25+ 34:40+ 35:07+
 02:43+ 03:06- 04:16+ 02:12+ 03:31+ 04:36+ 02:16+ 02:03+ 04:26+ 02:48+ 01:28- 01:15+ 00:27+
 00:01+ 00:10- 00:37# 00:16# 00:09+ 00:22+ 00:24# 00:28& 00:25# 00:28# 00:03- 00:03+ 00:03#

4 Arne Arnesen 25 37:52

02:55+ 06:08+ 10:26+ 12:37+ 17:07+ 22:47+ 25:04+ 27:15+ 32:13+ 34:34+ 36:14+ 37:25+ 37:52+
 02:55+ 03:13- 04:18+ 02:11+ 04:30+ 05:40+ 02:17+ 02:11+ 04:58+ 02:21+ 01:40+ 01:11- 00:27+
 00:13+ 00:03- 00:39# 00:15# 01:08& 01:26& 00:25# 00:36& 00:57# 00:01+ 00:09+ 00:01-

5 Tor Haugstulen 55 38:08

02:57+ 06:13+ 10:12+ 12:11+ 15:17+ 19:59+ 22:07+ 23:54+ 32:34+ 35:08+ 36:37+ 37:43+ 38:08+
 02:57+ 03:16= 03:59+ 01:59+ 03:06- 04:42+ 02:08+ 01:47+ 08:40+ 02:34+ 01:29- 01:06- 00:25+
 00:15+ 00:00= 00:20+ 00:03+ 00:16- 00:28# 00:16# 00:12# 04:39@ 00:14# 00:02- 00:06- 00:01+

6 Erik Haugen 119 39:43

03:22+ 06:49+ 11:27+ 13:54+ 18:27+ 23:40+ 25:57+ 27:48+ 33:41+ 36:22+ 38:02+ 39:14+ 39:43+
 03:22+ 03:27+ 04:38+ 02:27+ 04:33+ 05:13+ 02:17+ 01:51+ 05:53+ 02:41+ 01:40+ 01:12= 00:29+
 00:40# 00:11+ 00:59& 00:31& 01:11& 00:59# 00:25# 00:16# 01:52& 00:21# 00:09+ 00:00= 00:05#

Class	Navn	Klasse											Tid
H 3,5													
7	Olav Juliussen	55											41:13
03:27+	09:48+	14:24+	16:32+	20:24+	25:43+	27:50+	29:36+	35:40+	38:04+	39:40+	40:46+	41:13+	
03:27+	06:21+	04:36+	02:08+	03:52+	05:19+	02:07+	01:46+	06:04+	02:24+	01:36+	01:06-	00:27+	
00:45&	03:05&	00:57&	00:12#	00:30#	01:05&	00:15#	00:11#	02:03&	00:04+	00:05+	00:06-	00:03#	
8	Bjørn Vidar Bekkum	7											41:20
02:59+	07:14+	11:53+	14:13+	18:53+	24:18+	26:36+	28:44+	34:40+	37:36+	39:27+	40:47+	41:20+	
02:59+	04:15+	04:39+	02:20+	04:40+	05:25+	02:18+	02:08+	05:56+	02:56+	01:51+	01:20+	00:33+	
02:59+	04:15+	04:39+	02:20+	04:40+	05:25+	02:18+	02:08+	05:56+	02:56+	01:51+	01:20+	00:33+	
9	Einar Flenvold	1041											41:34
03:24+	06:36+	11:11+	13:37+	17:47+	23:00+	25:29+	27:46+	33:53+	36:42+	39:07+	40:46+	41:34+	
03:24+	03:12+	04:35+	02:26+	04:10+	05:13+	02:29+	02:17+	06:07+	02:49+	02:25+	01:39+	00:48+	
03:24+	03:12+	04:35+	02:26+	04:10+	05:13+	02:29+	02:17+	06:07+	02:49+	02:25+	01:39+	00:48+	
10	Stein Arne Bekkum	7											41:50
02:51+	06:55+	12:02+	15:19+	19:44+	25:37+	27:57+	30:19+	35:44+	38:29+	40:30+	41:27+	41:50+	
02:51+	04:04+	05:07+	03:17+	04:25+	05:53+	02:20+	02:22+	05:25+	02:45+	02:01+	00:57+	00:23+	
02:51+	04:04+	05:07+	03:17+	04:25+	05:53+	02:20+	02:22+	05:25+	02:45+	02:01+	00:57+	00:23+	
11	Jo Gisle Jørgensen	105											41:53
03:17+	07:12+	11:33+	14:04+	18:04+	23:26+	25:55+	27:48+	35:10+	38:10+	40:07+	41:30+	41:53+	
03:17+	03:55+	04:21+	02:31+	04:00+	05:22+	02:29+	01:53+	07:22+	03:00+	01:57+	01:23+	00:23+	
03:17+	03:55+	04:21+	02:31+	04:00+	05:22+	02:29+	01:53+	07:22+	03:00+	01:57+	01:23+	00:23+	
12	Torleif Finstad	55											43:41
03:04+	07:11+	11:50+	14:39+	18:42+	25:10+	27:11+	29:01+	37:52+	40:35+	42:12+	43:14+	43:41+	
03:04+	04:07+	04:39+	02:49+	04:03+	06:28+	02:01+	01:50+	08:51+	02:43+	01:37+	01:02+	00:27+	
03:04+	04:07+	04:39+	02:49+	04:03+	06:28+	02:01+	01:50+	08:51+	02:43+	01:37+	01:02+	00:27+	
13	Tore Gustav Tomter	1021											43:49
05:12+	09:13+	14:24+	16:45+	22:30+	27:22+	29:45+	31:41+	37:20+	40:25+	42:04+	43:22+	43:49+	
05:12+	04:01+	05:11+	02:21+	05:45+	04:52+	02:23+	01:56+	05:39+	03:05+	01:39+	01:18+	00:27+	
05:12+	04:01+	05:11+	02:21+	05:45+	04:52+	02:23+	01:56+	05:39+	03:05+	01:39+	01:18+	00:27+	
14	Tom S Helgesen	55											44:10
02:58+	07:52+	12:04+	14:05+	18:42+	24:05+	26:42+	28:32+	38:24+	40:58+	42:31+	43:40+	44:10+	
02:58+	04:54+	04:12+	02:01+	04:37+	05:23+	02:37+	01:50+	09:52+	02:34+	01:33+	01:09+	00:30+	
02:58+	04:54+	04:12+	02:01+	04:37+	05:23+	02:37+	01:50+	09:52+	02:34+	01:33+	01:09+	00:30+	
15	Knut Malmo	167											44:27
03:34+	07:12+	12:22+	14:54+	18:54+	25:41+	27:55+	29:50+	38:32+	41:08+	42:45+	43:57+	44:27+	
03:34+	03:38+	05:10+	02:32+	04:00+	06:47+	02:14+	01:55+	08:42+	02:36+	01:37+	01:12+	00:30+	
03:34+	03:38+	05:10+	02:32+	04:00+	06:47+	02:14+	01:55+	08:42+	02:36+	01:37+	01:12+	00:30+	
16	Jonny Rudi	7											44:50
03:26+	07:19+	12:37+	14:59+	20:25+	25:28+	27:53+	29:45+	38:19+	41:06+	43:06+	44:24+	44:50+	
03:26+	03:53+	05:18+	02:22+	05:26+	05:03+	02:25+	01:52+	08:34+	02:47+	02:00+	01:18+	00:26+	
03:26+	03:53+	05:18+	02:22+	05:26+	05:03+	02:25+	01:52+	08:34+	02:47+	02:00+	01:18+	00:26+	
17	Ove Tåsåsen	1013											45:07
02:40+	06:03+	10:04+	12:06+	15:48+	20:01+	22:20+	24:15+	39:29+	42:12+	43:37+	44:40+	45:07+	
02:40+	03:23+	04:01+	02:02+	03:42+	04:13+	02:19+	01:55+	15:14+	02:43+	01:25+	01:03+	00:27+	
02:40+	03:23+	04:01+	02:02+	03:42+	04:13+	02:19+	01:55+	15:14+	02:43+	01:25+	01:03+	00:27+	
18	Hasse Bergstrøm	1076											45:35
03:45+	07:52+	14:42+	17:09+	21:00+	28:13+	30:25+	32:22+	39:03+	41:59+	43:44+	45:05+	45:35+	
03:45+	04:07+	06:50+	02:27+	03:51+	07:13+	02:12+	01:57+	06:41+	02:56+	01:45+	01:21+	00:30+	
03:45+	04:07+	06:50+	02:27+	03:51+	07:13+	02:12+	01:57+	06:41+	02:56+	01:45+	01:21+	00:30+	

H 3,5

19	Knut Wikstrøm	78	46:39
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03:18+	07:46+	12:16+	14:32+	19:55+	25:39+	28:13+	30:29+	39:58+	43:12+	44:55+	46:12+	46:39+
03:18+	04:28+	04:30+	02:16+	05:23+	05:44+	02:34+	02:16+	09:29+	03:14+	01:43+	01:17+	00:27+
03:18+	04:28+	04:30+	02:16+	05:23+	05:44+	02:34+	02:16+	09:29+	03:14+	01:43+	01:17+	00:27+

20	Tore Jørgensen	105	48:53
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03:39+	07:35+	12:43+	15:34+	20:15+	26:27+	29:54+	32:16+	40:47+	44:00+	46:25+	48:06+	48:53+
03:39+	03:56+	05:08+	02:51+	04:41+	06:12+	03:27+	02:22+	08:31+	03:13+	02:25+	01:41+	00:47+
03:39+	03:56+	05:08+	02:51+	04:41+	06:12+	03:27+	02:22+	08:31+	03:13+	02:25+	01:41+	00:47+

21	Bård Bjøntegaard	145	49:02
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03:15+	11:42+	17:05+	19:30+	23:36+	29:01+	31:58+	33:47+	43:10+	45:57+	47:28+	48:35+	49:02+
03:15+	08:27+	05:23+	02:25+	04:06+	05:25+	02:57+	01:49+	09:23+	02:47+	01:31+	01:07+	00:27+
03:15+	08:27+	05:23+	02:25+	04:06+	05:25+	02:57+	01:49+	09:23+	02:47+	01:31+	01:07+	00:27+

22	Per Anders Aas	1013	49:50
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03:35+	09:46+	14:53+	17:47+	23:04+	29:17+	31:40+	33:57+	42:54+	45:56+	47:52+	49:12+	49:50+
03:35+	06:11+	05:07+	02:54+	05:17+	06:13+	02:23+	02:17+	08:57+	03:02+	01:56+	01:20+	00:38+
03:35+	06:11+	05:07+	02:54+	05:17+	06:13+	02:23+	02:17+	08:57+	03:02+	01:56+	01:20+	00:38+

23	Trond Øie	1071	50:26
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03:44+	08:17+	14:19+	17:04+	21:31+	28:49+	31:16+	33:36+	43:20+	46:31+	48:36+	49:52+	50:26+
03:44+	04:33+	06:02+	02:45+	04:27+	07:18+	02:27+	02:20+	09:44+	03:11+	02:05+	01:16+	00:34+
03:44+	04:33+	06:02+	02:45+	04:27+	07:18+	02:27+	02:20+	09:44+	03:11+	02:05+	01:16+	00:34+

24	Steinar Tønsager	11	51:22
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03:31+	11:01+	17:17+	20:01+	25:57+	33:16+	36:10+	38:24+	44:42+	47:57+	49:41+	50:55+	51:22+
03:31+	07:30+	06:16+	02:44+	05:56+	07:19+	02:54+	02:14+	06:18+	03:15+	01:44+	01:14+	00:27+
03:31+	07:30+	06:16+	02:44+	05:56+	07:19+	02:54+	02:14+	06:18+	03:15+	01:44+	01:14+	00:27+

25	Espen Melby	89	51:54
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04:48+	09:16+	16:54+	20:08+	25:45+	32:25+	35:28+	37:54+	43:48+	47:47+	49:50+	51:15+	51:54+
04:48+	04:28+	07:38+	03:14+	05:37+	06:40+	03:03+	02:26+	05:54+	03:59+	02:03+	01:25+	00:39+
04:48+	04:28+	07:38+	03:14+	05:37+	06:40+	03:03+	02:26+	05:54+	03:59+	02:03+	01:25+	00:39+

26	Knut Skjeset	146	59:17
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03:22+	06:43+	11:46+	15:13+	28:54+	38:37+	42:04+	44:17+	52:52+	55:53+	57:33+	58:47+	59:17+
03:22+	03:21+	05:03+	03:27+	13:41+	09:43+	03:27+	02:13+	08:35+	03:01+	01:40+	01:14+	00:30+
03:22+	03:21+	05:03+	03:27+	13:41+	09:43+	03:27+	02:13+	08:35+	03:01+	01:40+	01:14+	00:30+

27	Johnny Johansen	89	1:08:04
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04:19+	08:51+	16:41+	20:29+	25:41+	34:57+	38:37+	41:04+	59:09+	63:22+	65:41+	67:20+	68:04+
04:19+	04:32+	07:50+	03:48+	05:12+	09:16+	03:40+	02:27+	18:05+	04:13+	02:19+	01:39+	00:44+
04:19+	04:32+	07:50+	03:48+	05:12+	09:16+	03:40+	02:27+	18:05+	04:13+	02:19+	01:39+	00:44+

Beste strekktid for klassen

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

H 4,5

1	Tom Røise	NOTEAM	40:33
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03:22=	07:48=	13:29=	16:10=	18:36=	22:12=	23:38=	24:26=	27:30=	31:35=	34:19=	37:10=	40:09=	40:33=
03:22=	04:26=	05:41=	02:41=	02:26=	03:36=	01:26=	00:48=	03:04=	04:05=	02:44=	02:51=	02:59=	00:24=
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=

Class	Navn	Klasse	Tid
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H 4,5

2 Frode Haug 10005 47:03

06:51+	12:16+	20:06+	22:21+	25:31+	29:09+	30:52+	31:47+	34:35+	37:23+	39:31+	43:17+	46:41+	47:03+
06:51+	05:25+	07:50+	02:15-	03:10+	03:38+	01:43+	00:55+	02:48-	02:48-	02:08-	03:46+	03:24+	00:22-
03:29@	00:59#	02:09&	00:26-	00:44&	00:02+	00:17#	00:07#	00:16-	01:17-	00:36-	00:55&	00:25#	00:02-

3 Ole Petter Saxrud 1028 51:23

04:24+	10:43+	18:02+	20:36+	23:46+	28:53+	31:04+	32:13+	35:50+	39:30+	42:33+	46:35+	50:51+	51:23+
04:24+	06:19+	07:19+	02:34+	03:10+	05:07+	02:11+	01:09+	03:37+	03:40+	03:03+	04:02+	04:16+	00:32+
04:24+	06:19+	07:19+	02:34+	03:10+	05:07+	02:11+	01:09+	03:37+	03:40+	03:03+	04:02+	04:16+	00:32+

4 Harald Østbye 27 52:20

04:19+	10:00+	16:58+	20:02+	23:57+	28:25+	30:38+	31:55+	35:43+	39:47+	42:38+	47:30+	51:49+	52:20+
04:19+	05:41+	06:58+	03:04+	03:55+	04:28+	02:13+	01:17+	03:48+	04:04+	02:51+	04:52+	04:19+	00:31+
04:19+	05:41+	06:58+	03:04+	03:55+	04:28+	02:13+	01:17+	03:48+	04:04+	02:51+	04:52+	04:19+	00:31+

5 Bjarne Harkinn lf 53:51

07:40+	12:25+	19:34+	23:59+	27:27+	32:15+	33:57+	34:57+	38:23+	41:44+	44:47+	49:23+	53:23+	53:51+
07:40+	04:45+	07:09+	04:25+	03:28+	04:48+	01:42+	01:00+	03:26+	03:21+	03:03+	04:36+	04:00+	00:28+
07:40+	04:45+	07:09+	04:25+	03:28+	04:48+	01:42+	01:00+	03:26+	03:21+	03:03+	04:36+	04:00+	00:28+

6 Jon Bjørnstad 1071 1:04:22

10:22+	16:41+	25:19+	29:21+	33:31+	38:09+	41:01+	41:59+	46:00+	50:44+	54:23+	59:20+	63:53+	64:22+
10:22+	06:19+	08:38+	04:02+	04:10+	04:38+	02:52+	00:58+	04:01+	04:44+	03:39+	04:57+	04:33+	00:29+
10:22+	06:19+	08:38+	04:02+	04:10+	04:38+	02:52+	00:58+	04:01+	04:44+	03:39+	04:57+	04:33+	00:29+

7 Henning Wernøe 49 1:04:53

06:34+	15:44+	24:32+	28:55+	32:35+	37:26+	40:02+	41:18+	45:49+	50:19+	53:39+	58:57+	64:15+	64:53+
06:34+	09:10+	08:48+	04:23+	03:40+	04:51+	02:36+	01:16+	04:31+	04:30+	03:20+	05:18+	05:18+	00:38+
06:34+	09:10+	08:48+	04:23+	03:40+	04:51+	02:36+	01:16+	04:31+	04:30+	03:20+	05:18+	05:18+	00:38+

8 Odd Arne Blystad 25 1:10:38

08:00+	20:48+	28:21+	30:33+	33:54+	38:47+	47:33+	48:59+	53:00+	57:03+	60:59+	65:55+	70:07+	70:38+
08:00+	12:48+	07:33+	02:12+	03:21+	04:53+	08:46+	01:26+	04:01+	04:03+	03:56+	04:56+	04:12+	00:31+
08:00+	12:48+	07:33+	02:12+	03:21+	04:53+	08:46+	01:26+	04:01+	04:03+	03:56+	04:56+	04:12+	00:31+

9 Håkon Gaute Kvamme 1013 1:13:13

09:49+	15:48+	32:03+	34:22+	36:52+	44:52+	47:00+	48:20+	60:10+	63:16+	65:23+	69:42+	72:54+	73:13+
09:49+	05:59+	16:15+	02:19+	02:30+	08:00+	02:08+	01:20+	11:50+	03:06+	02:07+	04:19+	03:12+	00:19+
09:49+	05:59+	16:15+	02:19+	02:30+	08:00+	02:08+	01:20+	11:50+	03:06+	02:07+	04:19+	03:12+	00:19+

Beste strekktid for klassen

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

H 5,5

1 Sigurd Dæhli 89 46:07

03:14=	07:58=	08:52=	12:40=	16:13=	25:30=	26:37=	29:28=	32:07=	35:29=	37:01=	39:41=	42:20=	44:38=	45:42=	46:07=
03:14=	04:44=	00:54=	03:48=	03:33=	09:17=	01:07=	02:51=	02:39=	03:22=	01:32=	02:40=	02:39=	02:18=	01:04=	00:25=
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 Michael Sætvædt RAUT 46:54

03:13-	08:36+	10:05+	13:54+	17:09+	26:52+	28:00+	30:36+	32:56+	36:52+	38:32+	40:59+	43:34+	45:38+	46:32+	46:54+
03:13-	05:23+	01:29+	03:49+	03:15-	09:43+	01:08+	02:36-	02:20-	03:56+	01:40+	02:27-	02:35-	02:04-	00:54-	00:22-
00:01-	00:39#	00:35&	00:01+	00:18-	00:26+	00:01+	00:15-	00:19-	00:34#	00:08+	00:13-	00:04-	00:14-	00:10-	00:03-

H 5,5

3 Frode Bergersen 1059 1:03:56

08:27+	17:03+	19:30+	24:21+	28:03+	38:39+	39:56+	43:09+	46:18+	50:36+	52:20+	57:11+	60:08+	62:30+	63:30+	63:56+
08:27+	08:36+	02:27+	04:51+	03:42+	10:36+	01:17+	03:13+	03:09+	04:18+	01:44+	04:51+	02:57+	02:22+	01:00-	00:26+
05:13@	03:52&	01:33@	01:03&	00:09+	01:19#	00:10#	00:22#	00:30#	00:56&	00:12#	02:11&	00:18#	00:04+	00:04-	00:01+

Beste strekktid for klassen

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