

Plass Navn

Klasse

Tid

D 1,5

1	Marie Rustadbakken	7	30:26
07:57=	13:11= 14:30= 21:59= 29:05= 30:26=		
07:57=	05:14= 01:19= 07:29= 07:06= 01:21=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=		
2	Turid Norstad Opsahl	89	30:44
07:41-	13:08- 14:30= 22:03+ 29:13+ 30:44+		
07:41-	05:27+ 01:22+ 07:33+ 07:10+ 01:31+		
00:16-	00:13+ 00:03+ 00:04+ 00:04+ 00:10#		
3	Synnøve Kaul	1013	35:47
11:08+	17:25+ 18:47+ 26:53+ 34:13+ 35:47+		
11:08+	06:17+ 01:22+ 08:06+ 07:20+ 01:34+		
03:11&	01:03# 00:03+ 00:37+ 00:14+ 00:13#		
4	Irene Øien	1071	39:28
14:15+	21:13+ 23:03+ 31:54+ 38:06+ 39:28+		
14:15+	06:58+ 01:50+ 08:51+ 06:12- 01:22+		
06:18&	01:44& 00:31& 01:22# 00:54- 00:01+		
5	Margareth T. Dyresen	7	39:58
10:28+	26:17+ 27:20+ 33:51+ 38:55+ 39:58+		
10:28+	15:49+ 01:03- 06:31- 05:04- 01:03-		
02:31&	10:35@ 00:16- 00:58- 02:02- 00:18-		
6	Turid Kolseth	7	42:15
14:28+	20:20+ 22:36+ 31:34+ 40:50+ 42:15+		
14:28+	05:52+ 02:16+ 08:58+ 09:16+ 01:25+		
06:31&	00:38# 00:57& 01:29# 02:10& 00:04+		
7	Gerd Grønvold	7	43:59
14:42+	22:50+ 26:02+ 35:34+ 42:17+ 43:59+		
14:42+	08:08+ 03:12+ 09:32+ 06:43- 01:42+		
06:45&	02:54& 01:53@ 02:03& 00:23- 00:21&		
8	Helga Hansen	7	44:13
14:49+	23:09+ 25:56+ 35:34+ 42:16+ 44:13+		
14:49+	08:20+ 02:47+ 09:38+ 06:42- 01:57+		
06:52&	03:06& 01:28@ 02:09& 00:24- 00:36&		

Beste strekktid for klassen

07:41 05:14 01:03 06:31 05:04 01:03

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

D 2,5

1	Inger K. Brøndbo	165	35:45
04:19=	12:35= 15:58= 21:24= 25:08= 28:40= 30:47= 35:02= 35:45=		
04:19=	08:16= 03:23= 05:26= 03:44= 03:32= 02:07= 04:15= 00:43=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Anne Bergljot Falck-Ytter	1058	38:43
03:53-	13:27+ 17:20+ 21:18- 25:29+ 30:01+ 32:18+ 37:46+ 38:43+		
03:53-	09:34+ 03:53+ 03:58- 04:11+ 04:32+ 02:17+ 05:28+ 00:57+		
00:26-	01:18# 00:30# 01:28- 00:27# 01:00& 00:10+ 01:13& 00:14&		

Pluss	Navn	Klasse	Tid
D 2,5			
3	Anne Karin Elisenberg	146	40:33
04:59+	16:57+	20:56+	26:22+
04:59+	11:58+	03:59+	05:26=
00:40#	03:42&	00:36#	00:00=
29:48+	33:54+	36:02+	39:47+
03:26-	04:06+	02:08+	03:45-
00:18-	00:34#	00:01+	00:30-
00:03+			
4	Bente Grøndalen	152	42:35
06:03+	18:00+	22:46+	27:34+
06:03+	11:57+	04:46+	04:48+
06:03+	11:57+	04:46+	04:48+
31:10+	35:23+	37:38+	41:33+
03:36+	04:13+	02:15+	03:55+
03:36+	04:13+	02:15+	03:55+
42:35+			
5	Grethe Borchgrevink Alu	1039	46:13
05:36+	19:14+	23:22+	28:15+
05:36+	13:38+	04:08+	04:53+
05:36+	13:38+	04:08+	04:53+
32:44+	37:34+	40:10+	44:51+
04:29+	04:50+	02:36+	04:41+
04:29+	04:50+	02:36+	04:41+
46:13+			
6	Sigrun Sigurjonsdotter	119	49:09
04:32+	15:22+	26:21+	32:34+
04:32+	10:50+	10:59+	06:13+
04:32+	10:50+	10:59+	06:13+
36:25+	42:10+	44:11+	48:14+
03:51+	05:45+	02:01+	04:03+
03:51+	05:45+	02:01+	04:03+
49:09+			
7	Liv Reidun Reiersen	1013	50:01
05:54+	16:17+	23:11+	35:35+
05:54+	10:23+	06:54+	12:24+
05:54+	10:23+	06:54+	12:24+
39:19+	43:07+	45:19+	49:02+
03:44+	03:48+	02:12+	03:43+
03:44+	03:48+	02:12+	03:43+
50:01+			
8	Oddveig Anne Sagbakken	88	55:21
12:36+	25:59+	30:15+	35:34+
12:36+	13:23+	04:16+	05:19+
12:36+	13:23+	04:16+	05:19+
40:52+	46:23+	48:56+	54:13+
05:18+	05:31+	02:33+	05:17+
05:18+	05:31+	02:33+	05:17+
55:21+			
9	Rønnaug Sagbakken	1071	55:45
06:09+	20:22+	25:37+	34:31+
06:09+	14:13+	05:15+	08:54+
06:09+	14:13+	05:15+	08:54+
39:07+	44:59+	47:43+	54:26+
04:36+	05:52+	02:44+	06:43+
04:36+	05:52+	02:44+	06:43+
55:45+			
10	Anita Grønvold Tolleson	7	57:03
05:48+	16:32+	20:30+	28:49+
05:48+	10:44+	03:58+	08:19+
05:48+	10:44+	03:58+	08:19+
44:38+	47:01+	56:06+	57:03+
07:53+	07:56+	02:23+	09:05+
07:53+	07:56+	02:23+	09:05+
57:03+			
11	Marit Holmgren	7	57:09
06:38+	19:08+	26:28+	39:00+
06:38+	12:30+	07:20+	12:32+
06:38+	12:30+	07:20+	12:32+
42:49+	47:40+	50:25+	56:10+
03:49+	04:51+	02:45+	05:45+
03:49+	04:51+	02:45+	05:45+
57:09+			
12	Anita Stensby Bekkelund	89	1:00:51
07:52+	21:48+	26:39+	35:07+
07:52+	13:56+	04:51+	08:28+
07:52+	13:56+	04:51+	08:28+
51:07+	51:11+	54:02+	59:34+
10:04+	02:51+	05:32+	01:17+
10:04+	02:51+	05:32+	01:17+
1:00:51+			
13	Berit Røste	152	1:08:52
16:28+	36:22+	42:05+	47:00+
16:28+	19:54+	05:43+	04:55+
16:28+	19:54+	05:43+	04:55+
51:31+	57:12+	60:41+	67:48+
04:31+	05:41+	03:29+	07:07+
04:31+	05:41+	03:29+	07:07+
1:08:52+			

Beste strekktid for klassen

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

Class	Navn	Klasse	Tid								
D 3,5											
1	Kjersti Rønning	INN	28:28								
02:22=	07:38=	09:55=	12:28=	14:11=	16:27=	19:32=	21:14=	24:16=	25:29=	27:43=	28:28=
02:22=	05:16=	02:17=	02:33=	01:43=	02:16=	03:05=	01:42=	03:02=	01:13=	02:14=	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	Wenche Bjørnstad	Geno	34:40								
03:03+	10:11+	12:24+	14:46+	16:28+	19:45+	23:45+	25:53+	29:20+	30:39+	34:01+	34:40+
03:03+	07:08+	02:13-	02:22-	01:42-	03:17+	04:00+	02:08+	03:27+	01:19+	03:22+	00:39-
00:41&	01:52&	00:04-	00:11-	00:01-	01:01&	00:55&	00:26&	00:25#	00:06+	01:08&	00:06-
3	Mona Bugge Haug	146	35:56								
03:39+	10:01+	12:38+	16:03+	18:03+	20:22+	24:40+	26:56+	30:06+	31:34+	35:10+	35:56+
03:39+	06:22+	02:37+	03:25+	02:00+	02:19+	04:18+	02:16+	03:10+	01:28+	03:36+	00:46+
01:17&	01:06#	00:20#	00:52&	00:17#	00:03+	01:13&	00:34&	00:08+	00:15#	01:22&	00:01+
4	Kjersti Narum	165	36:19								
03:28+	09:27+	15:23+	18:14+	20:02+	22:10+	26:07+	28:18+	31:13+	32:42+	35:39+	36:19+
03:28+	05:59+	05:56+	02:51+	01:48+	02:08-	03:57+	02:11+	02:55-	01:29+	02:57+	00:40-
01:06&	00:43#	03:39@	00:18#	00:05+	00:08-	00:52&	00:29&	00:07-	00:16#	00:43&	00:05-
5	Line Merete Libak	89	38:47								
03:37+	10:55+	15:16+	18:48+	20:42+	23:00+	27:02+	29:12+	33:28+	35:04+	37:57+	38:47+
03:37+	07:18+	04:21+	03:32+	01:54+	02:18+	04:02+	02:10+	04:16+	01:36+	02:53+	00:50+
01:15&	02:02&	02:04&	00:59&	00:11#	00:02+	00:57&	00:28&	01:14&	00:23&	00:39&	00:05#
6	Sidsel Storihle	Geno	39:29								
04:03+	12:48+	16:09+	18:54+	20:49+	23:48+	28:04+	30:21+	33:51+	35:25+	38:42+	39:29+
04:03+	08:45+	03:21+	02:45+	01:55+	02:59+	04:16+	02:17+	03:30+	01:34+	03:17+	00:47+
01:41&	03:29&	01:04&	00:12+	00:12#	00:43&	01:11&	00:35&	00:28#	00:21&	01:03&	00:02+
7	Eirin Lodgaard	136	40:57								
03:43+	11:02+	13:42+	16:35+	18:49+	21:33+	28:40+	31:08+	34:38+	36:13+	40:18+	40:57+
03:43+	07:19+	02:40+	02:53+	02:14+	02:44+	07:07+	02:28+	03:30+	01:35+	04:05+	00:39-
01:21&	02:03&	00:23#	00:20#	00:31&	00:28#	04:02@	00:46&	00:28#	00:22&	01:51&	00:06-
8	Anita Høie	7	44:30								
04:38+	13:24+	17:26+	20:51+	22:59+	25:38+	30:21+	33:13+	38:03+	39:51+	43:41+	44:30+
04:38+	08:46+	04:02+	03:25+	02:08+	02:39+	04:43+	02:52+	04:50+	01:48+	03:50+	00:49+
02:16&	03:30&	01:45&	00:52&	00:25#	00:23#	01:38&	01:10&	01:48&	00:35&	01:36&	00:04+
9	Grete Storsveen	1071	47:43								
03:44+	12:17+	15:20+	19:15+	21:38+	24:22+	32:28+	34:59+	40:30+	43:06+	46:51+	47:43+
03:44+	08:33+	03:03+	03:55+	02:23+	02:44+	08:06+	02:31+	05:31+	02:36+	03:45+	00:52+
01:22&	03:17&	00:46&	01:22&	00:40&	00:28#	05:01@	00:49&	02:29&	01:23@	01:31&	00:07#
10	Kirsten Merete Nerheim	89	48:30								
06:55+	16:17+	19:19+	22:47+	25:41+	28:14+	35:21+	38:18+	43:09+	44:56+	47:42+	48:30+
06:55+	09:22+	03:02+	03:28+	02:54+	02:33+	07:07+	02:57+	04:51+	01:47+	02:46+	00:48+
04:33@	04:06&	00:45&	00:55&	01:11&	00:17#	04:02@	01:15&	01:49&	00:34&	00:32#	00:03+
11	Rita H Aaslund	1071	49:10								
03:26+	16:05+	18:52+	21:48+	23:36+	26:02+	34:03+	36:37+	42:17+	44:54+	48:26+	49:10+
03:26+	12:39+	02:47+	02:56+	01:48+	02:26+	08:01+	02:34+	05:40+	02:37+	03:32+	00:44-
01:04&	07:23@	00:30#	00:23#	00:05+	00:10+	04:56@	00:52&	02:38&	01:24@	01:18&	00:01-
12	Rigmor Lømo Aas	1013	52:42								
05:10+	15:08+	21:44+	25:32+	27:55+	32:08+	36:59+	39:38+	45:42+	47:39+	51:44+	52:42+
05:10+	09:58+	06:36+	03:48+	02:23+	04:13+	04:51+	02:39+	06:04+	01:57+	04:05+	00:58+
02:48@	04:42&	04:19@	01:15&	00:40&	01:57&	01:46&	00:57&	03:02&	00:44&	01:51&	00:13&

D 3,5

13	Anne Sørum	1013	1:00:08
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03:31+	19:00+	22:29+	27:01+	29:43+	35:01+	42:47+	45:54+	51:52+	54:18+	58:42+	60:08+
03:31+	15:29+	03:29+	04:32+	02:42+	05:18+	07:46+	03:07+	05:58+	02:26+	04:24+	01:26+
01:09&	10:13@	01:12&	01:59&	00:59&	03:02@	04:41@	01:25&	02:56&	01:13&	02:10&	00:41&

14	Inger Marie Øygard	89	1:01:43
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06:28+	21:59+	25:37+	30:49+	33:40+	38:25+	45:29+	48:22+	53:45+	55:43+	60:57+	61:43+
06:28+	15:31+	03:38+	05:12+	02:51+	03:45+	07:04+	02:53+	05:23+	01:58+	05:14+	00:46+
06:28+	15:31+	03:38+	05:12+	02:51+	04:45+	07:04+	02:53+	05:23+	01:58+	05:14+	00:46+

15	Anne-Guri Jevne	152	1:02:19
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05:01+	13:07+	17:34+	25:47+	30:05+	33:30+	40:44+	43:58+	49:35+	52:06+	56:21+	62:19+
05:01+	08:06+	04:27+	08:13+	04:18+	03:25+	07:14+	03:14+	05:37+	02:31+	04:15+	05:58+
05:01+	08:06+	04:27+	08:13+	04:18+	03:25+	07:14+	03:14+	05:37+	02:31+	04:15+	05:58+

Beste strekktid for klassen

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

D 4,5

1	Mari Norstad Opsahl	1032	41:26
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03:49=	06:55=	12:40=	16:47=	19:57=	26:26=	30:10=	32:29=	34:19=	37:19=	38:27=	40:45=	41:26=
03:49=	03:06=	05:45=	04:07=	03:10=	06:29=	03:44=	02:19=	01:50=	03:00=	01:08=	02:18=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Unn Mette Klopbakken	43	54:24
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04:35+	08:30+	13:50+	17:31+	26:39+	34:59+	39:14+	44:26+	46:27+	49:38+	51:01+	53:40+	54:24+
04:35+	03:55+	05:20-	03:41-	09:08+	08:20+	04:15+	05:12+	02:01+	03:11+	01:23+	02:39+	00:44+
00:46#	00:49&	00:25-	00:26-	05:58@	01:51&	00:31#	02:53@	00:11#	00:11+	00:15#	00:21#	00:03+

3	Bodil Wiik	105	55:52
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07:51+	12:24+	19:25+	24:12+	28:45+	37:26+	41:14+	44:28+	46:53+	50:44+	52:05+	55:09+	55:52+
07:51+	04:33+	07:01+	04:47+	04:33+	08:41+	03:48+	03:14+	02:25+	03:51+	01:21+	03:04+	00:43+
04:02@	01:27&	01:16#	00:40#	01:23&	02:12&	00:04+	00:55&	00:35&	00:51&	00:13#	00:46&	00:02+

4	Mona Hesselberg	89	58:12
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07:00+	13:07+	19:54+	24:56+	29:56+	38:20+	42:35+	45:49+	48:20+	52:39+	54:13+	57:26+	58:12+
07:00+	06:07+	06:47+	05:02+	05:00+	08:24+	04:15+	03:14+	02:31+	04:19+	01:34+	03:13+	00:46+
03:11&	03:01&	01:02#	00:55#	01:50&	01:55&	00:31#	00:55&	00:41&	01:19&	00:26&	00:55&	00:05#

Beste strekktid for klassen

03:49	03:06	05:20	03:41	03:10	06:29	03:44	02:19	01:50	03:00	01:08	02:18	00:41
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 1,5

1	Jan Erik Johansen	55	26:56
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04:41=	10:38=	14:33=	15:42=	21:11=	25:58=	26:56=
04:41=	05:57=	03:55=	01:09=	05:29=	04:47=	00:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
H 1,5			
2	Bjørn Jenssen	1013	29:02
	04:45+ 12:06+ 15:52+ 17:25+ 23:09+ 27:58+ 29:02+		
	04:45+ 07:21+ 03:46- 01:33+ 05:44+ 04:49+ 01:04+		
	00:04+ 01:24# 00:09- 00:24& 00:15+ 00:02+ 00:06#		
3	Stein erik Edvardsen	27	29:25
	05:47+ 13:26+ 17:12+ 18:13+ 23:54+ 28:25+ 29:25+		
	05:47+ 07:39+ 03:46+ 01:01+ 05:41+ 04:31+ 01:00+		
	05:47+ 07:39+ 03:46+ 01:01+ 05:41+ 04:31+ 01:00+		
4	Hans Jørgen Røste	152	31:28
	05:08+ 12:37+ 19:04+ 20:04+ 26:22+ 30:25+ 31:28+		
	05:08+ 07:29+ 06:27+ 01:00+ 06:18+ 04:03+ 01:03+		
	05:08+ 07:29+ 06:27+ 01:00+ 06:18+ 04:03+ 01:03+		
5	Kåre Garmager	155	32:13
	05:32+ 12:58+ 17:20+ 18:26+ 26:35+ 30:56+ 32:13+		
	05:32+ 07:26+ 04:22+ 01:06+ 08:09+ 04:21+ 01:17+		
	05:32+ 07:26+ 04:22+ 01:06+ 08:09+ 04:21+ 01:17+		
6	Roger Sterud	7	35:30
	04:39+ 10:39+ 26:03+ 27:01+ 31:47+ 34:48+ 35:30+		
	04:39+ 06:00+ 15:24+ 00:58+ 04:46+ 03:01+ 00:42+		
	04:39+ 06:00+ 15:24+ 00:58+ 04:46+ 03:01+ 00:42+		
7	Geir-Håkon Øverby	lf	36:28
	09:51+ 19:11+ 23:17+ 24:13+ 31:22+ 35:32+ 36:28+		
	09:51+ 09:20+ 04:06+ 00:56+ 07:09+ 04:10+ 00:56+		
	09:51+ 09:20+ 04:06+ 00:56+ 07:09+ 04:10+ 00:56+		
8	Knut Røhrsveen	7	40:36
	05:04+ 14:11+ 17:52+ 18:48+ 32:55+ 39:53+ 40:36+		
	05:04+ 09:07+ 03:41+ 00:56+ 14:07+ 06:58+ 00:43+		
	05:04+ 09:07+ 03:41+ 00:56+ 14:07+ 06:58+ 00:43+		
9	Erik Skårås	1071	40:39
	07:03+ 15:24+ 20:18+ 21:51+ 29:16+ 39:24+ 40:39+		
	07:03+ 08:21+ 04:54+ 01:33+ 07:25+ 10:08+ 01:15+		
	07:03+ 08:21+ 04:54+ 01:33+ 07:25+ 10:08+ 01:15+		
10	Ingvald Pedersen	28	41:29
	06:58+ 18:25+ 23:49+ 25:13+ 32:21+ 40:03+ 41:29+		
	06:58+ 11:27+ 05:24+ 01:24+ 07:08+ 07:42+ 01:26+		
	06:58+ 11:27+ 05:24+ 01:24+ 07:08+ 07:42+ 01:26+		
11	Sven Marken	89	44:04
	05:11+ 22:22+ 26:31+ 27:38+ 33:59+ 42:41+ 44:04+		
	05:11+ 17:11+ 04:09+ 01:07+ 06:21+ 08:42+ 01:23+		
	05:11+ 17:11+ 04:09+ 01:07+ 06:21+ 08:42+ 01:23+		
12	Halstein Ødegård	89	47:10
	10:09+ 20:57+ 26:37+ 28:08+ 36:09+ 45:34+ 47:10+		
	10:09+ 10:48+ 05:40+ 01:31+ 08:01+ 09:25+ 01:36+		
	10:09+ 10:48+ 05:40+ 01:31+ 08:01+ 09:25+ 01:36+		
13	Dag Erik Hovde	7	53:07
	07:37+ 17:27+ 32:28+ 34:24+ 43:20+ 51:07+ 53:07+		
	07:37+ 09:50+ 15:01+ 01:56+ 08:56+ 07:47+ 02:00+		
	07:37+ 09:50+ 15:01+ 01:56+ 08:56+ 07:47+ 02:00+		

H 1,5

Beste strekktid for klassen

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

H 2,5

1 Leif Martin Kjos 1071 29:18

03:03=	04:58=	11:31=	14:08=	17:34=	20:08=	23:36=	25:33=	28:32=	29:18=
03:03=	01:55=	06:33=	02:37=	03:26=	02:34=	03:28=	01:57=	02:59=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Harald Øie ARBTIL 31:31

03:22+	05:08+	10:50-	15:56+	20:26+	22:37+	26:07+	27:32+	30:48+	31:31+
03:22+	01:46-	05:42-	05:06+	04:30+	02:11-	03:30+	01:25-	03:16+	00:43-
00:19#	00:09-	00:51-	02:29&	01:04&	00:23-	00:02+	00:32-	00:17+	00:03-

3 Per Vold 96 32:18

03:33+	05:30+	13:26+	16:01+	20:30+	22:41+	27:15+	28:44+	31:31+	32:18+
03:33+	01:57+	07:56+	02:35-	04:29+	02:11-	04:34+	01:29-	02:47-	00:47+
00:30#	00:02+	01:23#	00:02-	01:03&	00:23-	01:06&	00:28-	00:12-	00:01+

4 Steinar Libak 89 32:58

03:27+	05:35+	12:52+	16:22+	20:07+	22:40+	26:49+	28:33+	32:05+	32:58+
03:27+	02:08+	07:17+	03:30+	03:45+	02:33-	04:09+	01:44-	03:32+	00:53+
00:24#	00:13#	00:44#	00:53&	00:19+	00:01-	00:41#	00:13-	00:33#	00:07#

5 Arne Hagen 167 33:13

03:57+	07:53+	14:13+	16:46+	21:46+	23:56+	28:16+	29:51+	32:35+	33:13+
03:57+	03:56+	06:20-	02:33-	05:00+	02:10-	04:20+	01:35-	02:44-	00:38-
00:54&	02:01@	00:13-	00:04-	01:34&	00:24-	00:52#	00:22-	00:15-	00:08-

6 Terje Lien 155 33:18

03:42+	05:49+	13:09+	16:27+	19:57+	22:25+	26:36+	28:27+	32:19+	33:18+
03:42+	02:07+	07:20+	03:18+	03:30+	02:28-	04:11+	01:51-	03:52+	00:59+
00:39#	00:12#	00:47#	00:41&	00:04+	00:06-	00:43#	00:06-	00:53&	00:13&

7 Ola Molstad 167 33:36

03:45+	05:46+	13:12+	16:21+	20:04+	22:52+	27:11+	29:10+	32:44+	33:36+
03:45+	02:01+	07:26+	03:09+	03:43+	02:48+	04:19+	01:59+	03:34+	00:52+
00:42#	00:06+	00:53#	00:32#	00:17+	00:14+	00:51#	00:02+	00:35#	00:06#

8 Arvid Bratlie LMF 33:40

04:52+	06:59+	13:23+	16:19+	20:07+	22:14+	26:28+	28:29+	32:39+	33:40+
04:52+	02:07+	06:24-	02:56+	03:48+	02:07-	04:14+	02:01+	04:10+	01:01+
01:49&	00:12#	00:09-	00:19#	00:22#	00:27-	00:46#	00:04+	01:11&	00:15&

9 Magne Smeland 167 34:15

03:53+	06:21+	14:12+	17:13+	21:04+	23:28+	27:46+	29:31+	33:22+	34:15+
03:53+	02:28+	07:51+	03:01+	03:51+	02:24-	04:18+	01:45-	03:51+	00:53+
00:50&	00:33&	01:18#	00:24#	00:25#	00:10-	00:50#	00:12-	00:52&	00:07#

10 Stein Sandaker 1038 34:45

03:38+	05:45+	13:33+	16:45+	21:28+	24:41+	28:58+	30:42+	34:02+	34:45+
03:38+	02:07+	07:48+	03:12+	04:43+	03:13+	04:17+	01:44-	03:20+	00:43-
00:35#	00:12#	01:15#	00:35#	01:17&	00:39&	00:49#	00:13-	00:21#	00:03-

Class	Navn	Klasse	Tid						
H 2,5									
11	Gunnar Alu	1058	34:54						
04:34+	06:53+	14:37+	17:47+	21:38+	24:16+	28:39+	30:45+	33:58+	34:54+
04:34+	02:19+	07:44+	03:10+	03:51+	02:38+	04:23+	02:06+	03:13+	00:56+
01:31&	00:24#	01:11#	00:33#	00:25#	00:04+	00:55&	00:09+	00:14+	00:10#
12	Karl Petter Opsahl	89	36:07						
04:18+	12:27+	15:31+	19:37+	28:22+	30:30+	34:58+	36:07+		
04:18+	08:09+	03:04+	04:06+	08:45+	02:08+	04:28+	01:09+		
04:18+	08:09+	03:04+	04:06+	08:45+	02:08+	04:28+	01:09+		
13	Morten Øie	39	37:19						
03:49+	06:08+	13:14+	18:41+	22:42+	25:29+	29:53+	31:44+	36:00+	37:19+
03:49+	02:19+	07:06+	05:27+	04:01+	02:47+	04:24+	01:51+	04:16+	01:19+
03:49+	02:19+	07:06+	05:27+	04:01+	02:47+	04:24+	01:51+	04:16+	01:19+
14	Magnar Nybakk	1071	38:18						
03:41+	05:50+	13:56+	17:28+	22:04+	25:01+	29:47+	31:46+	37:24+	38:18+
03:41+	02:09+	08:06+	03:32+	04:36+	02:57+	04:46+	01:59+	05:38+	00:54+
03:41+	02:09+	08:06+	03:32+	04:36+	02:57+	04:46+	01:59+	05:38+	00:54+
15	Einar Stensby	89	40:14						
04:45+	07:04+	15:57+	20:18+	25:27+	28:22+	33:21+	35:31+	39:20+	40:14+
04:45+	02:19+	08:53+	04:21+	05:09+	02:55+	04:59+	02:10+	03:49+	00:54+
04:45+	02:19+	08:53+	04:21+	05:09+	02:55+	04:59+	02:10+	03:49+	00:54+
16	Harald Grønvold	7	40:56						
04:59+	07:04+	14:59+	17:57+	27:42+	30:35+	34:55+	36:36+	40:00+	40:56+
04:59+	02:05+	07:55+	02:58+	09:45+	02:53+	04:20+	01:41+	03:24+	00:56+
04:59+	02:05+	07:55+	02:58+	09:45+	02:53+	04:20+	01:41+	03:24+	00:56+
17	Jan Olav Sæther	165	41:58						
04:20+	07:08+	16:18+	20:08+	25:05+	29:34+	34:12+	36:20+	40:54+	41:58+
04:20+	02:48+	09:10+	03:50+	04:57+	04:29+	04:38+	02:08+	04:34+	01:04+
04:20+	02:48+	09:10+	03:50+	04:57+	04:29+	04:38+	02:08+	04:34+	01:04+
18	Trond Feiring	52	42:20						
06:11+	08:00+	14:15+	17:43+	30:55+	33:19+	37:21+	38:45+	41:28+	42:20+
06:11+	01:49+	06:15+	03:28+	13:12+	02:24+	04:02+	01:24+	02:43+	00:52+
06:11+	01:49+	06:15+	03:28+	13:12+	02:24+	04:02+	01:24+	02:43+	00:52+
19	Kristian Narum	165	46:05						
03:32+	11:39+	20:29+	29:14+	33:42+	36:29+	41:23+	43:01+	45:23+	46:05+
03:32+	08:07+	08:50+	08:45+	04:28+	02:47+	04:54+	01:38+	02:22+	00:42+
03:32+	08:07+	08:50+	08:45+	04:28+	02:47+	04:54+	01:38+	02:22+	00:42+
20	Hans Petter Jevanord	Geno	46:20						
04:55+	07:45+	17:33+	21:27+	28:44+	32:11+	37:49+	40:14+	44:56+	46:20+
04:55+	02:50+	09:48+	03:54+	07:17+	03:27+	05:38+	02:25+	04:42+	01:24+
04:55+	02:50+	09:48+	03:54+	07:17+	03:27+	05:38+	02:25+	04:42+	01:24+
21	Ottar Evensen	27	1:01:41						
04:23+	12:57+	24:35+	29:37+	36:25+	40:27+	49:00+	52:41+	58:58+	61:41+
04:23+	08:34+	11:38+	05:02+	06:48+	04:02+	08:33+	03:41+	06:17+	02:43+
04:23+	08:34+	11:38+	05:02+	06:48+	04:02+	08:33+	03:41+	06:17+	02:43+
22	Erik Bjøralt	1071	1:02:08						
06:34+	16:42+	24:53+	33:43+	37:58+	48:13+	52:45+	55:09+	60:50+	62:08+
06:34+	10:08+	08:11+	08:50+	04:15+	10:15+	04:32+	02:24+	05:41+	01:18+
06:34+	10:08+	08:11+	08:50+	04:15+	10:15+	04:32+	02:24+	05:41+	01:18+

Class	Navn	Klasse	Tid
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H 2,5

Beste strekktid for klassen

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

H 3,5

1 **Ove Tåsåsen** **1013** **31:53**

02:48=	04:21=	09:03=	11:26=	13:47=	15:27=	17:52=	22:53=	24:45=	27:44=	28:59=	31:18=	31:53=
02:48=	01:33=	04:42=	02:23=	02:21=	01:40=	02:25=	05:01=	01:52=	02:59=	01:15=	02:19=	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=

2 **Arne Arnesen** **25** **32:22**

03:10+	04:54+	09:56+	12:07+	15:18+	16:53+	19:18+	22:39-	24:33-	27:44=	29:03+	31:39+	32:22+
03:10+	01:44+	05:02+	02:11-	03:11+	01:35-	02:25=	03:21-	01:54+	03:11+	01:19+	02:36+	00:43+
00:22#	00:11#	00:20+	00:12-	00:50&	00:05-	00:00=	01:40-	00:02+	00:12+	00:04+	00:17#	00:08#

3 **Tor Haugstulen** **55** **33:53**

03:42+	05:09+	10:29+	15:11+	17:15+	19:02+	21:02+	25:11+	26:54+	29:33+	30:53+	33:11+	33:53+
03:42+	01:27-	05:20+	04:42+	02:04-	01:47+	02:00-	04:09-	01:43-	02:39-	01:20+	02:18-	00:42+
00:54&	00:06-	00:38#	02:19&	00:17-	00:07+	00:25-	00:52-	00:09-	00:20-	00:05+	00:01-	00:07#

4 **Olav Juliussen** **55** **35:27**

04:05+	05:38+	10:49+	13:37+	16:16+	18:25+	20:24+	24:22+	26:24+	29:18+	30:46+	34:44+	35:27+
04:05+	01:33=	05:11+	02:48+	02:39+	02:09+	01:59-	03:58-	02:02+	02:54-	01:28+	03:58+	00:43+
01:17&	00:00=	00:29#	00:25#	00:18#	00:29&	00:26-	01:03-	00:10+	00:05-	00:13#	01:39&	00:08#

5 **Knut Malmo** **167** **35:39**

02:57+	05:00+	10:58+	13:30+	16:07+	17:54+	20:39+	24:22+	26:42+	30:17+	31:41+	35:02+	35:39+
02:57+	02:03+	05:58+	02:32+	02:37+	01:47+	02:45+	03:43-	02:20+	03:35+	01:24+	03:21+	00:37+
00:09+	00:30&	01:16&	00:09+	00:16#	00:07+	00:20#	01:18-	00:28#	00:36#	00:09#	01:02&	00:02+

6 **Erik Haugen** **119** **35:50**

03:11+	05:12+	11:17+	14:04+	16:43+	18:32+	20:47+	24:50+	27:17+	30:21+	31:42+	35:14+	35:50+
03:11+	02:01+	06:05+	02:47+	02:39+	01:49+	02:15-	04:03-	02:27+	03:04+	01:21+	03:32+	00:36+
00:23#	00:28&	01:23&	00:24#	00:18#	00:09+	00:10-	00:58-	00:35&	00:05+	00:06+	01:13&	00:01+

7 **Knut Wikstrøm** **78** **36:35**

03:20+	05:12+	11:15+	13:43+	16:39+	18:24+	20:36+	26:11+	28:21+	31:45+	33:09+	36:00+	36:35+
03:20+	01:52+	06:03+	02:28+	02:56+	01:45+	02:12-	05:35+	02:10+	03:24+	01:24+	02:51+	00:35=
00:32#	00:19#	01:21&	00:05+	00:35#	00:05+	00:13-	00:34#	00:18#	00:25#	00:09#	00:32#	00:00=

8 **Morten Eriksen** **105** **36:58**

02:51+	04:24+	09:34+	13:00+	15:14+	16:41+	19:08+	28:18+	29:55+	32:49+	34:02+	36:20+	36:58+
02:51+	01:33=	05:10+	03:26+	02:14-	01:27-	02:27+	09:10+	01:37-	02:54-	01:13-	02:18-	00:38+
00:03+	00:00=	00:28+	01:03&	00:07-	00:13-	00:02+	04:09&	00:15-	00:05-	00:02-	00:01-	00:03+

9 **Morten Stenberg** **NRK** **37:13**

02:38-	04:27+	11:00+	13:38+	16:25+	18:11+	21:35+	26:24+	28:18+	31:33+	32:57+	36:34+	37:13+
02:38-	01:49+	06:33+	02:38+	02:47+	01:46+	03:24+	04:49-	01:54+	03:15+	01:24+	03:37+	00:39+
00:10-	00:16#	01:51&	00:15#	00:26#	00:06+	00:59&	00:12-	00:02+	00:16+	00:09#	01:18&	00:04#

10 **Jan Åsmund Sætaberget** **1002** **38:45**

02:57+	04:38+	11:21+	14:26+	17:43+	19:41+	21:57+	26:47+	29:07+	32:52+	34:31+	37:41+	38:45+
02:57+	01:41+	06:43+	03:05+	03:17+	01:58+	02:16-	04:50-	02:20+	03:45+	01:39+	03:10+	01:04+
00:09+	00:08+	02:01&	00:42&	00:56&	00:18#	00:09-	00:11-	00:28#	00:46&	00:24&	00:51&	00:29&

H 3,5

11	Erik Grøndalen	1002											38:51
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03:16+	05:39+	13:30+	15:51+	18:26+	20:59+	23:21+	27:33+	29:35+	33:32+	35:07+	38:05+	38:51+
03:16+	02:23+	07:51+	02:21-	02:35+	02:33+	02:22-	04:12-	02:02+	03:57+	01:35+	02:58+	00:46+
00:28#	00:50&	03:09&	00:02-	00:14+	00:53&	00:03-	00:49-	00:10+	00:58&	00:20&	00:39&	00:11&

12	Einar Flenvold	1041											39:11
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03:35+	05:24+	11:08+	13:22+	16:43+	18:46+	21:07+	28:44+	31:03+	34:08+	35:30+	37:59+	39:11+
03:35+	01:49+	05:44+	02:14+	03:21+	02:03+	02:21+	07:37+	02:19+	03:05+	01:22+	02:29+	01:12+
03:35+	01:49+	05:44+	02:14+	03:21+	02:03+	02:21+	07:37+	02:19+	03:05+	01:22+	02:29+	01:12+

13	Rune Waaler	RAUT											39:21
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03:24+	05:02+	11:41+	14:37+	17:47+	19:49+	22:15+	27:45+	30:01+	34:04+	35:48+	38:37+	39:21+
03:24+	01:38+	06:39+	02:56+	03:10+	02:02+	02:26+	05:30+	02:16+	04:03+	01:44+	02:49+	00:44+
03:24+	01:38+	06:39+	02:56+	03:10+	02:02+	02:26+	05:30+	02:16+	04:03+	01:44+	02:49+	00:44+

14	Knut Vidar Lund	155											39:52
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03:35+	05:23+	12:17+	14:58+	17:44+	19:46+	22:12+	26:44+	29:43+	33:21+	34:56+	39:16+	39:52+
03:35+	01:48+	06:54+	02:41+	02:46+	02:02+	02:26+	04:32+	02:59+	03:38+	01:35+	04:20+	00:36+
03:35+	01:48+	06:54+	02:41+	02:46+	02:02+	02:26+	04:32+	02:59+	03:38+	01:35+	04:20+	00:36+

15	Per Anders Aas	1013											40:26
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04:11+	05:57+	11:56+	17:55+	20:36+	22:28+	24:55+	29:12+	31:25+	35:14+	36:57+	39:41+	40:26+
04:11+	01:46+	05:59+	05:59+	02:41+	01:52+	02:27+	04:17+	02:13+	03:49+	01:43+	02:44+	00:45+
04:11+	01:46+	05:59+	05:59+	02:41+	01:52+	02:27+	04:17+	02:13+	03:49+	01:43+	02:44+	00:45+

16	Kjetil Liven	LMF											40:42
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10:00+	11:38+	17:12+	19:47+	22:59+	24:38+	26:51+	30:56+	33:00+	35:44+	37:06+	39:58+	40:42+
10:00+	01:38+	05:34+	02:35+	03:12+	01:39+	02:13+	04:05+	02:04+	02:44+	01:22+	02:52+	00:44+
10:00+	01:38+	05:34+	02:35+	03:12+	01:39+	02:13+	04:05+	02:04+	02:44+	01:22+	02:52+	00:44+

17	Stein Arne Bekkum	7											40:54
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05:10+	06:54+	13:27+	16:09+	19:54+	21:37+	24:01+	29:50+	31:50+	35:54+	37:34+	40:23+	40:54+
05:10+	01:44+	06:33+	02:42+	03:45+	01:43+	02:24+	05:49+	02:00+	04:04+	01:40+	02:49+	00:31+
05:10+	01:44+	06:33+	02:42+	03:45+	01:43+	02:24+	05:49+	02:00+	04:04+	01:40+	02:49+	00:31+

18	Tore Jørgensen	105											41:25
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03:41+	05:53+	12:34+	15:48+	19:37+	21:50+	24:19+	28:48+	31:13+	35:22+	37:04+	40:15+	41:25+
03:41+	02:12+	06:41+	03:14+	03:49+	02:13+	02:29+	04:29+	02:25+	04:09+	01:42+	03:11+	01:10+
03:41+	02:12+	06:41+	03:14+	03:49+	02:13+	02:29+	04:29+	02:25+	04:09+	01:42+	03:11+	01:10+

19	Trond Fjæstad	1005											41:42
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03:09+	04:48+	11:22+	16:41+	20:25+	22:23+	25:31+	30:14+	32:06+	36:11+	37:50+	40:46+	41:42+
03:09+	01:39+	06:34+	05:19+	03:44+	01:58+	03:08+	04:43+	01:52+	04:05+	01:39+	02:56+	00:56+
03:09+	01:39+	06:34+	05:19+	03:44+	01:58+	03:08+	04:43+	01:52+	04:05+	01:39+	02:56+	00:56+

20	Torleif Finstad	55											42:18
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06:16+	07:56+	13:57+	19:11+	23:14+	24:56+	26:59+	31:05+	33:07+	37:07+	38:50+	41:35+	42:18+
06:16+	01:40+	06:01+	05:14+	04:03+	01:42+	02:03+	04:06+	02:02+	04:00+	01:43+	02:45+	00:43+
06:16+	01:40+	06:01+	05:14+	04:03+	01:42+	02:03+	04:06+	02:02+	04:00+	01:43+	02:45+	00:43+

21	Lars Skramstad	LMF											42:45
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03:56+	07:52+	14:10+	16:32+	19:19+	21:40+	24:12+	31:42+	34:14+	37:28+	39:02+	42:06+	42:45+
03:56+	03:56+	06:18+	02:22+	02:47+	02:21+	02:32+	07:30+	02:32+	03:14+	01:34+	03:04+	00:39+
03:56+	03:56+	06:18+	02:22+	02:47+	02:21+	02:32+	07:30+	02:32+	03:14+	01:34+	03:04+	00:39+

22	Jo Gisle Jørgensen	105											43:45
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03:19+	05:14+	12:06+	17:50+	20:37+	25:56+	28:23+	32:25+	34:24+	38:09+	39:37+	42:57+	43:45+
03:19+	01:55+	06:52+	05:44+	02:47+	05:19+	02:27+	04:02+	01:59+	03:45+	01:28+	03:20+	00:48+
03:19+	01:55+	06:52+	05:44+	02:47+	05:19+	02:27+	04:02+	01:59+	03:45+	01:28+	03:20+	00:48+

Class	Navn	Klasse										Tid
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H 3,5

23 Knut Skjeset 146 44:07

02:50+	04:48+	11:04+	13:55+	17:15+	19:10+	23:09+	31:30+	33:49+	38:08+	39:46+	43:25+	44:07+
02:50+	01:58+	06:16+	02:51+	03:20+	01:55+	03:59+	08:21+	02:19+	04:19+	01:38+	03:39+	00:42+
02:50+	01:58+	06:16+	02:51+	03:20+	01:55+	03:59+	08:21+	02:19+	04:19+	01:38+	03:39+	00:42+

24 Trond Øie 1071 44:32

04:04+	06:09+	13:18+	17:00+	20:22+	22:19+	25:40+	30:24+	32:58+	37:04+	38:48+	43:41+	44:32+
04:04+	02:05+	07:09+	03:42+	03:22+	01:57+	03:21+	04:44+	02:34+	04:06+	01:44+	04:53+	00:51+
04:04+	02:05+	07:09+	03:42+	03:22+	01:57+	03:21+	04:44+	02:34+	04:06+	01:44+	04:53+	00:51+

25 Johnny Johansen 89 51:49

05:48+	08:08+	15:53+	19:08+	22:27+	25:10+	27:54+	36:03+	39:02+	43:13+	45:29+	50:53+	51:49+
05:48+	02:20+	07:45+	03:15+	03:19+	02:43+	02:44+	08:09+	02:59+	04:11+	02:16+	05:24+	00:56+
05:48+	02:20+	07:45+	03:15+	03:19+	02:43+	02:44+	08:09+	02:59+	04:11+	02:16+	05:24+	00:56+

26 Espen Melby 89 55:26

04:48+	07:08+	16:45+	20:17+	25:19+	28:24+	31:47+	39:52+	42:31+	47:11+	48:56+	54:29+	55:26+
04:48+	02:20+	09:37+	03:32+	05:02+	03:05+	03:23+	08:05+	02:39+	04:40+	01:45+	05:33+	00:57+
04:48+	02:20+	09:37+	03:32+	05:02+	03:05+	03:23+	08:05+	02:39+	04:40+	01:45+	05:33+	00:57+

Beste strekktid for klassen

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

H 4,5

1 Tom Røise Ntnui 35:56

03:55=	06:46=	10:49=	13:54=	16:38=	22:19=	25:30=	27:41=	29:26=	32:05=	33:05=	35:23=	35:56=
03:55=	02:51=	04:03=	03:05=	02:44=	05:41=	03:11=	02:11=	01:45=	02:39=	01:00=	02:18=	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=

2 Frode Haug 10005 43:28

04:16+	08:39+	13:09+	16:02+	20:17+	25:48+	29:28+	31:51+	34:18+	37:44+	38:54+	42:54+	43:28+
04:16+	04:23+	04:30+	02:53-	04:15+	05:31-	03:40+	02:23+	02:27+	03:26+	01:10+	04:00+	00:34+
00:21+	01:32&	00:27#	00:12-	01:31&	00:10-	00:29#	00:12+	00:42&	00:47&	00:10#	01:42&	00:01+

3 Bjørn J Sørum 1002 44:22

04:16+	07:46+	12:45+	16:07+	19:56+	27:23+	30:48+	33:17+	36:26+	39:34+	40:49+	43:46+	44:22+
04:16+	03:30+	04:59+	03:22+	03:49+	07:27+	03:25+	02:29+	03:09+	03:08+	01:15+	02:57+	00:36+
00:21+	00:39#	00:56#	00:17+	01:05&	01:46&	00:14+	00:18#	01:24&	00:29#	00:15#	00:39&	00:03+

4 Ole Petter Saxrud 1028 47:43

04:17+	07:49+	12:40+	16:51+	20:51+	29:01+	33:18+	36:46+	38:57+	42:36+	44:14+	47:03+	47:43+
04:17+	03:32+	04:51+	04:11+	04:00+	08:10+	04:17+	03:28+	02:11+	03:39+	01:38+	02:49+	00:40+
00:22+	00:41#	00:48#	01:06&	01:16&	02:29&	01:06&	01:17&	00:26#	01:00&	00:38&	00:31#	00:07#

5 Jon Bjørnstad 1071 52:12

05:12+	09:41+	15:05+	19:54+	24:21+	32:46+	36:49+	40:34+	43:14+	46:43+	47:59+	51:29+	52:12+
05:12+	04:29+	05:24+	04:49+	04:27+	08:25+	04:03+	03:45+	02:40+	03:29+	01:16+	03:30+	00:43+
01:17&	01:38&	01:21&	01:44&	01:43&	02:44&	00:52&	01:34&	00:55&	00:50&	00:16&	01:12&	00:10&

6 Odd Arne Blystad 89 55:32

04:28+	08:28+	14:09+	18:19+	30:15+	38:09+	42:02+	45:32+	47:18+	50:46+	52:06+	54:53+	55:32+
04:28+	04:00+	05:41+	04:10+	11:56+	07:54+	03:53+	03:30+	01:46+	03:28+	01:20+	02:47+	00:39+
00:33#	01:09&	01:38&	01:05&	09:12@	02:13&	00:42#	01:19&	00:01+	00:49&	00:20&	00:29#	00:06#

Class	Navn	Klasse	Tid
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H 4,5

7 Bjarne Harkinn If 58:03

04:46+ 08:52+ 23:14+ 27:13+ 30:59+ 39:25+ 43:01+ 46:36+ 50:07+ 53:09+ 54:59+ 57:21+ 58:03+
 04:46+ 04:06+ 14:22+ 03:59+ 03:46+ 08:26+ 03:36+ 03:35+ 03:31+ 03:02+ 01:50+ 02:22+ 00:42+
 00:51# 01:15& 10:19@ 00:54& 01:02& 02:45& 00:25# 01:24& 01:46@ 00:23# 00:50& 00:04+ 00:09&

Beste strekktid for klassen

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

H 5,5

1 Jan Ola Pedersen 15 47:02

02:03= 11:47= 15:43= 17:15= 22:46= 25:03= 27:52= 30:58= 33:45= 38:02= 42:36= 43:37= 46:25= 47:02=
 02:03= 09:44= 03:56= 01:32= 05:31= 02:17= 02:49= 03:06= 02:47= 04:17= 04:34= 01:01= 02:48= 00:37=
 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 Bjørn Solbergseter 100 54:30

02:26+ 15:57+ 21:45+ 23:31+ 29:23+ 32:06+ 34:44+ 37:58+ 40:36+ 45:04+ 49:55+ 51:08+ 53:56+ 54:30+
 02:26+ 13:31+ 05:48+ 01:46+ 05:52+ 02:43+ 02:38- 03:14+ 02:38- 04:28+ 04:51+ 01:13+ 02:48= 00:34-
 00:23# 03:47& 01:52& 00:14# 00:21+ 00:26# 00:11- 00:08+ 00:09- 00:11+ 00:17+ 00:12# 00:00= 00:03-

3 Tore Borchgrevink Alu 49 55:05

02:36+ 14:39+ 19:42+ 21:54+ 28:59+ 31:55+ 35:12+ 38:32+ 41:43+ 46:31+ 50:54+ 52:12+ 54:24+ 55:05+
 02:36+ 12:03+ 05:03+ 02:12+ 07:05+ 02:56+ 03:17+ 03:20+ 03:11+ 04:48+ 04:23- 01:18+ 02:12- 00:41+
 00:33& 02:19# 01:07& 00:40& 01:34& 00:39& 00:28# 00:14+ 00:24# 00:31# 00:11- 00:17& 00:36- 00:04#

4 Frode Bergersen 1059 56:32

02:38+ 13:38+ 17:56+ 19:37+ 26:15+ 29:27+ 33:56+ 37:14+ 41:02+ 46:22+ 50:50+ 52:26+ 55:58+ 56:32+
 02:38+ 11:00+ 04:18+ 01:41+ 06:38+ 03:12+ 04:29+ 03:18+ 03:48+ 05:20+ 04:28- 01:36+ 03:32+ 00:34-
 00:35& 01:16# 00:22+ 00:09+ 01:07# 00:55& 01:40& 00:12+ 01:01& 01:03# 00:06- 00:35& 00:44& 00:03-

5 Michael Sætvedt RAUT 59:01

02:19+ 15:05+ 21:43+ 27:43+ 33:24+ 35:30+ 38:17+ 40:52+ 44:25+ 49:08+ 54:52+ 56:21+ 58:28+ 59:01+
 02:19+ 12:46+ 06:38+ 06:00+ 05:41+ 02:06- 02:47- 02:35- 03:33+ 04:43+ 05:44+ 01:29+ 02:07- 00:33-
 00:16# 03:02& 02:42& 04:28@ 00:10+ 00:11- 00:02- 00:31- 00:46& 00:26# 01:10& 00:28& 00:41- 00:04-

6 Stein Arne Negård 166 1:03:03

03:51+ 16:21+ 22:38+ 28:07+ 35:17+ 38:08+ 41:15+ 44:43+ 47:42+ 52:13+ 56:50+ 58:05+ 62:23+ 63:03+
 03:51+ 12:30+ 06:17+ 05:29+ 07:10+ 02:51+ 03:07+ 03:28+ 02:59+ 04:31+ 04:37+ 01:15+ 04:18+ 00:40+
 01:48& 02:46& 02:21& 03:57@ 01:39& 00:34# 00:18# 00:22# 00:12+ 00:14+ 00:03+ 00:14# 01:30& 00:03+

Beste strekktid for klassen

02:03 09:44 03:56 01:32 05:31 02:06 02:38 02:35 02:38 04:17 04:23 01:01 02:07 00:33

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