

Class	Navn	Klasse	Tid
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D 1,5

1	Lise Tronstad	7	21:35
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02:37=	06:43=	10:26=	13:15=	15:11=	17:40=	20:44=	21:35=
02:37=	04:06=	03:43=	02:49=	01:56=	02:29=	03:04=	00:51=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Unni Fladsrud Vold	96	23:33
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02:53+	07:35+	10:56+	13:57+	16:05+	19:04+	22:31+	23:33+
02:53+	04:42+	03:21-	03:01+	02:08+	02:59+	03:27+	01:02+
00:16#	00:36#	00:22-	00:12+	00:12#	00:30#	00:23#	00:11#

3	Margareth T. Dyresen	7	25:05
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06:02+	10:27+	13:40+	16:16+	18:17+	21:01+	24:13+	25:05+
06:02+	04:25+	03:13-	02:36-	02:01+	02:44+	03:12+	00:52+
03:25@	00:19+	00:30-	00:13-	00:05+	00:15#	00:08+	00:01+

4	Marie Rustadbakken	7	29:52
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04:18+	10:57+	14:55+	19:21+	21:41+	24:23+	28:40+	29:52+
04:18+	06:39+	03:58+	04:26+	02:20+	02:42+	04:17+	01:12+
01:41&	02:33&	00:15+	01:37&	00:24#	00:13+	01:13&	00:21&

5	Gerd Grønvold	7	32:07
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05:33+	12:05+	16:07+	20:26+	23:20+	26:36+	30:43+	32:07+
05:33+	06:32+	04:02+	04:19+	02:54+	03:16+	04:07+	01:24+
02:56@	02:26&	00:19+	01:30&	00:58&	00:47&	01:03&	00:33&

6	Helga Hansen	7	32:08
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05:27+	12:18+	16:21+	20:35+	23:05+	26:10+	30:33+	32:08+
05:27+	06:51+	04:03+	04:14+	02:30+	03:05+	04:23+	01:35+
02:50@	02:45&	00:20+	01:25&	00:34&	00:36#	01:19&	00:44&

Beste strekktid for klassen

02:37	04:06	03:13	02:36	01:56	02:29	03:04	00:51
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 2,5

1	Inger K. Brøndbo	165	35:12
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03:08=	05:47=	11:58=	16:31=	20:45=	28:23=	32:03=	34:32=	35:12=
03:08=	02:39=	06:11=	04:33=	04:14=	07:38=	03:40=	02:29=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Anne Karin Elisenberg	146	39:56
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04:12+	08:04+	14:46+	19:53+	25:47+	33:06+	36:33+	39:10+	39:56+
04:12+	03:52+	06:42+	05:07+	05:54+	07:19-	03:27-	02:37+	00:46+
01:04&	01:13&	00:31+	00:34#	00:19-	00:13-	00:08+	00:06#	

3	Mette Marit Jensen	INN	42:12
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04:15+	08:15+	16:54+	22:45+	27:10+	35:27+	38:51+	41:23+	42:12+
04:15+	04:00+	08:39+	05:51+	04:25+	08:17+	03:24-	02:32+	00:49+
01:07&	01:21&	02:28&	01:18&	00:11+	00:39+	00:16-	00:03+	00:09#

4	Oddveig Anne Sagbakken	88	44:36
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04:27+	07:58+	18:01+	23:58+	30:23+	36:27+	39:59+	43:38+	44:36+
04:27+	03:31+	10:03+	05:57+	06:25+	06:04-	03:32-	03:39+	00:58+
01:19&	00:52&	03:52&	01:24&	02:11&	01:34-	00:08-	01:10&	00:18&

Class	Navn	Klasse	Tid
D 2,5			
5	Karen Tomter	163	47:07
04:29+	07:42+	21:09+	26:44+
04:29+	03:13+	13:27+	05:35+
01:21&	00:34#	07:16@	01:02#
31:34+	38:01+	43:12+	46:13+
06:27-	05:11+	03:01+	00:54+
01:11-	01:31&	00:32#	00:14&
6	Rønnaug Sagbakken	1071	49:03
05:16+	08:44+	18:24+	25:19+
05:16+	03:28+	09:40+	06:55+
05:16+	03:28+	09:40+	06:55+
32:06+	39:10+	43:51+	47:46+
07:04+	04:41+	03:55+	01:17+
07:04+	04:41+	03:55+	01:17+
7	Bente Grøndalen	152	49:39
03:53+	06:52+	14:33+	21:04+
03:53+	02:59+	07:41+	06:31+
03:53+	02:59+	07:41+	06:31+
29:05+	35:57+	45:51+	48:51+
06:52+	09:54+	03:00+	00:48+
06:52+	09:54+	03:00+	00:48+
8	Kari Undrum	152	50:20
04:12+	09:13+	17:04+	30:37+
04:12+	05:01+	07:51+	13:33+
04:12+	05:01+	07:51+	13:33+
35:03+	41:37+	46:56+	49:26+
06:34+	05:19+	02:30+	00:54+
06:34+	05:19+	02:30+	00:54+
9	Marit Holmgren	7	51:16
04:37+	08:11+	19:44+	29:02+
04:37+	03:34+	11:33+	09:18+
04:37+	03:34+	11:33+	09:18+
35:03+	42:23+	46:07+	50:15+
06:01+	07:20+	03:44+	04:08+
06:01+	07:20+	03:44+	04:08+
10	Bente Tangen Wikstrøm	Geno	53:15
03:29+	05:35+	24:59+	33:19+
03:29+	02:06+	19:24+	08:20+
03:29+	02:06+	19:24+	08:20+
37:01+	41:51+	47:16+	52:20+
04:50+	05:25+	05:04+	00:55+
04:50+	05:25+	05:04+	00:55+
11	Øyfrid Larsen Moen	Ntnui	56:49
06:21+	10:16+	19:38+	30:20+
06:21+	03:55+	09:22+	10:42+
06:21+	03:55+	09:22+	10:42+
39:30+	47:28+	51:55+	55:43+
07:58+	04:27+	03:48+	01:06+
07:58+	04:27+	03:48+	01:06+
12	Inger E. Vamnes	NOTEAM	1:03:14
04:42+	08:06+	32:21+	38:39+
04:42+	03:24+	24:15+	06:18+
04:42+	03:24+	24:15+	06:18+
53:55+	58:20+	62:01+	63:14+
06:52+	04:25+	03:41+	01:13+
06:52+	04:25+	03:41+	01:13+

Beste strekketid for klassen

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

D 3,5

1	Anne Sørnum	1013	48:40
03:27=	05:51=	12:47=	18:38=
03:27=	02:24=	06:56=	05:51=
00:00=	00:00=	00:00=	00:00=
23:11=	30:45=	33:08=	38:40=
07:34=	02:23=	05:32=	03:11=
00:00=	00:00=	00:00=	00:00=
41:51=	45:56=	48:01=	48:40=
04:05=	02:05=	00:39=	
2	Line Merete Libak	89	49:08
03:52+	06:33+	16:26+	21:03+
03:52+	02:41+	09:53+	04:37-
00:25#	00:17#	02:57&	01:14-
29:45-	32:16-	38:34-	42:08+
04:07-	02:31+	06:18+	03:34+
00:08+	00:46#	00:23#	00:05+
46:18+	48:28+	49:08+	
04:10+	02:10+	00:40+	
00:05+	00:05+	00:01+	

Class	Navn	Klasse										Tid
D 3,5												
3	Anne Karin Westby	1071										50:05
	03:26-	06:39+	14:12+	18:39+	25:10+	29:26-	31:58-	38:14-	42:47+	46:38+	49:28+	50:05+
	03:26-	03:13+	07:33+	04:27-	06:31+	04:16-	02:32+	06:16+	04:33+	03:51-	02:50+	00:37-
	00:01-	00:49&	00:37+	01:24-	01:58&	03:18-	00:09+	00:44#	01:22&	00:14-	00:45&	00:02-
4	Gro Solnørdal	10001										50:47
	03:46+	06:04+	13:15+	16:50+	21:01+	30:51+	33:01+	40:12+	45:08+	48:02+	50:10+	50:47+
	03:46+	02:18+	07:11+	03:35+	04:11+	09:50+	02:10+	07:11+	04:56+	02:54+	02:08+	00:37+
	03:46+	02:18+	07:11+	03:35+	04:11+	09:50+	02:10+	07:11+	04:56+	02:54+	02:08+	00:37+
5	Bodil Wiik	105										51:48
	03:22+	05:49+	14:37+	19:39+	24:20+	28:32+	30:51+	37:55+	45:54+	48:52+	51:14+	51:48+
	03:22+	02:27+	08:48+	05:02+	04:41+	04:12+	02:19+	07:04+	07:59+	02:58+	02:22+	00:34+
	03:22+	02:27+	08:48+	05:02+	04:41+	04:12+	02:19+	07:04+	07:59+	02:58+	02:22+	00:34+
6	Kirsten Merete Nerheim	89										52:19
	05:08+	07:58+	16:17+	20:25+	25:11+	32:02+	34:38+	41:08+	44:51+	49:10+	51:36+	52:19+
	05:08+	02:50+	08:19+	04:08+	04:46+	06:51+	02:36+	06:30+	03:43+	04:19+	02:26+	00:43+
	05:08+	02:50+	08:19+	04:08+	04:46+	06:51+	02:36+	06:30+	03:43+	04:19+	02:26+	00:43+
7	Wenche Bjørnstad	Geno										53:38
	03:40+	05:56+	12:52+	16:10+	20:09+	23:13+	25:10+	30:14+	48:12+	51:00+	53:00+	53:38+
	03:40+	02:16+	06:56+	03:18+	03:59+	03:04+	01:57+	05:04+	17:58+	02:48+	02:00+	00:38+
	03:40+	02:16+	06:56+	03:18+	03:59+	03:04+	01:57+	05:04+	17:58+	02:48+	02:00+	00:38+
8	Grete Storsveen	1071										54:21
	04:11+	07:00+	16:08+	20:16+	25:42+	33:23+	36:04+	42:59+	46:57+	51:18+	53:39+	54:21+
	04:11+	02:49+	09:08+	04:08+	05:26+	07:41+	02:41+	06:55+	03:58+	04:21+	02:21+	00:42+
	04:11+	02:49+	09:08+	04:08+	05:26+	07:41+	02:41+	06:55+	03:58+	04:21+	02:21+	00:42+
9	Inger Marie Øygard	89										56:09
	04:19+	07:40+	16:28+	24:01+	29:51+	34:43+	37:51+	45:28+	49:22+	53:23+	55:29+	56:09+
	04:19+	03:21+	08:48+	07:33+	05:50+	04:52+	03:08+	07:37+	03:54+	04:01+	02:06+	00:40+
	04:19+	03:21+	08:48+	07:33+	05:50+	04:52+	03:08+	07:37+	03:54+	04:01+	02:06+	00:40+
10	Kjersti Vestengen	52										56:27
	04:17+	07:18+	15:43+	21:59+	27:14+	33:38+	36:28+	45:05+	49:22+	53:16+	55:37+	56:27+
	04:17+	03:01+	08:25+	06:16+	05:15+	06:24+	02:50+	08:37+	04:17+	03:54+	02:21+	00:50+
	04:17+	03:01+	08:25+	06:16+	05:15+	06:24+	02:50+	08:37+	04:17+	03:54+	02:21+	00:50+
11	Anita Bekkum	7										56:49
	04:20+	07:19+	15:40+	20:54+	25:59+	32:09+	35:02+	42:28+	47:50+	51:50+	56:01+	56:49+
	04:20+	02:59+	08:21+	05:14+	05:05+	06:10+	02:53+	07:26+	05:22+	04:00+	04:11+	00:48+
	04:20+	02:59+	08:21+	05:14+	05:05+	06:10+	02:53+	07:26+	05:22+	04:00+	04:11+	00:48+
12	Kristin Haga	7										58:11
	04:09+	07:01+	17:29+	28:39+	34:41+	38:56+	41:19+	47:50+	52:08+	55:39+	57:37+	58:11+
	04:09+	02:52+	10:28+	11:10+	06:02+	04:15+	02:23+	06:31+	04:18+	03:31+	01:58+	00:34+
	04:09+	02:52+	10:28+	11:10+	06:02+	04:15+	02:23+	06:31+	04:18+	03:31+	01:58+	00:34+
13	Anita Høie	7										59:29
	04:06+	06:56+	17:02+	22:51+	28:09+	32:06+	35:42+	43:11+	52:09+	55:55+	58:41+	59:29+
	04:06+	02:50+	10:06+	05:49+	05:18+	03:57+	03:36+	07:29+	08:58+	03:46+	02:46+	00:48+
	04:06+	02:50+	10:06+	05:49+	05:18+	03:57+	03:36+	07:29+	08:58+	03:46+	02:46+	00:48+
14	Linda Thorvaldsen	7										1:22:30
	05:24+	12:00+	22:08+	27:20+	33:04+	38:16+	41:17+	62:42+	68:59+	74:47+	81:40+	82:30+
	05:24+	06:36+	10:08+	05:12+	05:44+	05:12+	03:01+	21:25+	06:17+	05:48+	06:53+	00:50+
	05:24+	06:36+	10:08+	05:12+	05:44+	05:12+	03:01+	21:25+	06:17+	05:48+	06:53+	00:50+

D 3,5

Beste strekktid for klassen

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

D 4,5

1 Mona Lome 52 45:16

02:03=	04:10=	07:24=	15:24=	19:41=	22:21=	24:30=	27:55=	35:07=	37:23=	40:06=	42:43=	44:45=	45:16=
02:03=	02:07=	03:14=	08:00=	04:17=	02:40=	02:09=	03:25=	07:12=	02:16=	02:43=	02:37=	02:02=	00:31=
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 Anne Marit Bordal 119 45:58

01:36-	04:20+	07:56+	14:22-	18:49-	21:10-	23:58-	27:58+	33:17-	36:50-	40:23+	43:07+	45:22+	45:58+
01:36-	02:44+	03:36+	06:26-	04:27+	02:21-	02:48+	04:00+	05:19-	03:33+	03:33+	02:44+	02:15+	00:36+
00:27-	00:37&	00:22#	01:34-	00:10+	00:19-	00:39&	00:35#	01:53-	01:17&	00:50&	00:07+	00:13#	00:05#

3 Ingunn Lund Nordstrøm 105 50:14

02:01-	04:31+	08:17+	15:46+	20:07+	23:29+	26:43+	31:19+	36:39+	39:47+	43:02+	46:29+	49:38+	50:14+
02:01-	02:30+	03:46+	07:29-	04:21+	03:22+	03:14+	04:36+	05:20-	03:08+	03:15+	03:27+	03:09+	00:36+
00:02-	00:23#	00:32#	00:31-	00:04+	00:42&	01:05&	01:11&	01:52-	00:52&	00:32#	00:50&	01:07&	00:05#

4 Marianne Rud Skjærstad 89 57:11

01:49-	05:06+	09:02+	16:51+	21:07+	25:49+	29:29+	34:52+	40:30+	44:39+	48:17+	51:29+	56:33+	57:11+
01:49-	03:17+	03:56+	07:49-	04:16-	04:42+	03:40+	05:23+	05:38-	04:09+	03:38+	03:12+	05:04+	00:38+
00:14-	01:10&	00:42#	00:11-	00:01-	02:02&	01:31&	01:58&	01:34-	01:53&	00:55&	00:35#	03:02@	00:07#

Beste strekktid for klassen

01:36	02:07	03:14	06:26	04:16	02:21	02:09	03:25	05:19	02:16	02:43	02:37	02:02	00:31
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 5,5

1 Sofie Johansson 49 48:11

01:11=	03:03=	05:57=	08:48=	15:12=	20:00=	25:16=	30:22=	34:27=	37:25=	38:21=	41:35=	44:00=	46:14=	47:39=	48:11=
01:11=	01:52=	02:54=	02:51=	06:24=	04:48=	05:16=	05:06=	04:05=	02:58=	00:56=	03:14=	02:25=	02:14=	01:25=	00:32=
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 Heidi Wiest 166 56:34

01:25+	03:35+	06:55+	10:53+	20:40+	27:53+	34:23+	39:19+	43:41+	46:19+	47:16+	49:18+	52:15+	54:42+	56:02+	56:34+
01:25+	02:10+	03:20+	03:58+	09:47+	07:13+	06:30+	04:56-	04:22+	02:38-	00:57+	02:02-	02:57+	02:27+	01:20-	00:32=
00:14#	00:18#	00:26#	01:07&	03:23&	02:25&	01:14#	00:10-	00:17+	00:20-	00:01+	01:12-	00:32#	00:13+	00:05-	00:00=

3 Mari Norstad Opsahl 1032 1:07:46

01:23+	03:27+	06:21+	10:06+	20:01+	26:42+	35:05+	40:50+	48:40+	53:24+	55:48+	57:49+	62:40+	65:11+	67:11+	67:46+
01:23+	02:04+	02:54=	03:45+	09:55+	06:41+	08:23+	05:45+	07:50+	04:44+	02:24+	02:01-	04:51+	02:31+	02:00+	00:35+
00:12#	00:12#	00:00=	00:54&	03:31&	01:53&	03:07&	00:39#	03:45&	01:46&	01:28@	01:13-	02:26@	00:17#	00:35&	00:03+

4 Nina Smestad 90 1:09:51

01:37+	04:23+	08:25+	12:35+	23:11+	30:27+	38:00+	43:37+	52:23+	56:23+	57:34+	60:40+	64:12+	67:06+	69:12+	69:51+
01:37+	02:46+	04:02+	04:10+	10:36+	07:16+	07:33+	05:37+	08:46+	04:00+	01:11+	03:06-	03:32+	02:54+	02:06+	00:39+
00:26&	00:54&	01:08&	01:19&	04:12&	02:28&	02:17&	00:31#	04:41@	01:02&	00:15&	00:08-	01:07&	00:40&	00:41&	00:07#

Beste strekktid for klassen

01:11	01:52	02:54	02:51	06:24	04:48	05:16	04:56	04:05	02:38	00:56	02:01	02:25	02:14	01:20	00:32
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Class	Navn	Klasse	Tid					
H 1,5								
1	Jan Erik Johansen	55	18:43					
01:51=	04:08=	07:00=	09:33=	11:36=	13:13=	15:16=	18:02=	18:43=
01:51=	02:17=	02:52=	02:33=	02:03=	01:37=	02:03=	02:46=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Knut Røhrsveen	7	19:36					
01:56+	04:50+	08:05+	10:28+	12:33+	14:08+	16:19+	18:53+	19:36+
01:56+	02:54+	03:15+	02:23-	02:05+	01:35-	02:11+	02:34-	00:43+
00:05+	00:37&	00:23#	00:10-	00:02+	00:02-	00:08+	00:12-	00:02+
3	Svein Iver Jevne	7	20:40					
02:17+	05:02+	08:01+	10:49+	13:39+	15:08+	17:25+	19:55+	20:40+
02:17+	02:45+	02:59+	02:48+	02:50+	01:29-	02:17+	02:30-	00:45+
00:26#	00:28#	00:07+	00:15+	00:47&	00:08-	00:14#	00:16-	00:04+
4	Arne Hagen	167	20:51					
02:29+	05:29+	08:01+	10:36+	12:51+	14:45+	16:58+	19:59+	20:51+
02:29+	03:00+	02:32-	02:35+	02:15+	01:54+	02:13+	03:01+	00:52+
00:38&	00:43&	00:20-	00:02+	00:12+	00:17#	00:10+	00:15+	00:11&
5	Ottar Evensen	27	21:18					
02:07+	04:46+	08:48+	11:42+	13:55+	15:39+	17:58+	20:37+	21:18+
02:07+	02:39+	04:02+	02:54+	02:13+	01:44+	02:19+	02:39-	00:41=
00:16#	00:22#	01:10&	00:21#	00:10+	00:07+	00:16#	00:07-	00:00=
6	Kåre Garmager	155	21:49					
02:16+	05:12+	08:35+	11:29+	13:55+	15:58+	18:16+	20:50+	21:49+
02:16+	02:56+	03:23+	02:54+	02:26+	02:03+	02:18+	02:34-	00:59+
00:25#	00:39&	00:31#	00:21#	00:23#	00:26&	00:15#	00:12-	00:18&
7	Geir-Håkon Øverby	If	22:28					
02:10+	04:54+	07:39+	11:22+	13:31+	15:13+	17:22+	21:20+	22:28+
02:10+	02:44+	02:45-	03:43+	02:09+	01:42+	02:09+	03:58+	01:08+
00:19#	00:27#	00:07-	01:10&	00:06+	00:05+	00:06+	01:12&	00:27&
8	Trygve Jan Bjerke	55	23:09					
02:19+	05:23+	08:49+	11:43+	13:57+	15:51+	18:48+	22:15+	23:09+
02:19+	03:04+	03:26+	02:54+	02:14+	01:54+	02:57+	03:27+	00:54+
00:28&	00:47&	00:34#	00:21#	00:11+	00:17#	00:54&	00:41#	00:13&
9	Erik Skårås	1071	25:10					
03:57+	07:09+	10:28+	13:45+	16:11+	18:23+	21:11+	24:12+	25:10+
03:57+	03:12+	03:19+	03:17+	02:26+	02:12+	02:48+	03:01+	00:58+
02:06@	00:55&	00:27#	00:44&	00:23#	00:35&	00:45&	00:15+	00:17&
10	Erik Bjøralt	1071	26:31					
04:39+	09:02+	12:08+	14:55+	17:05+	18:56+	21:28+	25:26+	26:31+
04:39+	04:23+	03:06+	02:47+	02:10+	01:51+	02:32+	03:58+	01:05+
02:48@	02:06&	00:14+	00:14+	00:07+	00:14#	00:29#	01:12&	00:24&
11	Halstein Ødegård	89	28:49					
02:48+	06:29+	10:23+	14:16+	17:20+	19:50+	23:16+	27:32+	28:49+
02:48+	03:41+	03:54+	03:53+	03:04+	02:30+	03:26+	04:16+	01:17+
00:57&	01:24&	01:02&	01:20&	01:01&	00:53&	01:23&	01:30&	00:36&
12	Thorvald Sæhlie	166	29:34					
02:51+	06:10+	10:07+	13:33+	16:21+	18:43+	21:38+	28:10+	29:34+
02:51+	03:19+	03:57+	03:26+	02:48+	02:22+	02:55+	06:32+	01:24+
01:00&	01:02&	01:05&	00:53&	00:45&	00:45&	00:52&	03:46@	00:43@

Class	Navn	Klasse	Tid
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H 1,5

13	Dag Erik Hovde	7	30:16
03:14+	06:38+ 10:04+ 13:53+ 16:42+ 19:01+ 22:02+ 28:39+ 30:16+		
03:14+	03:24+ 03:26+ 03:49+ 02:49+ 02:19+ 03:01+ 06:37+ 01:37+		
01:23&	01:07& 00:34# 01:16& 00:46& 00:42& 00:58& 03:51@ 00:56@		
14	Knut Martinsen	1071	31:10
02:59+	06:35+ 10:53+ 15:35+ 18:54+ 21:52+ 25:15+ 29:50+ 31:10+		
02:59+	03:36+ 04:18+ 04:42+ 03:19+ 02:58+ 03:23+ 04:35+ 01:20+		
02:59+	03:36+ 04:18+ 04:42+ 03:19+ 02:58+ 03:23+ 04:35+ 01:20+		
15	Roger Sterud	7	38:34
05:05+	08:03+ 14:53+ 26:45+ 28:49+ 31:21+ 34:39+ 37:47+ 38:34+		
05:05+	02:58+ 06:50+ 11:52+ 02:04+ 02:32+ 03:18+ 03:08+ 00:47+		
05:05+	02:58+ 06:50+ 11:52+ 02:04+ 02:32+ 03:18+ 03:08+ 00:47+		
16	Ingvald Pedersen	28	40:17
02:53+	06:21+ 24:13+ 27:31+ 30:21+ 32:29+ 35:22+ 39:01+ 40:17+		
02:53+	03:28+ 17:52+ 03:18+ 02:50+ 02:08+ 02:53+ 03:39+ 01:16+		
02:53+	03:28+ 17:52+ 03:18+ 02:50+ 02:08+ 02:53+ 03:39+ 01:16+		
17	Ragnar Høsøien	55	43:41
04:58+	10:38+ 17:46+ 23:36+ 28:19+ 32:13+ 36:43+ 41:56+ 43:41+		
04:58+	05:40+ 07:08+ 05:50+ 04:43+ 03:54+ 04:30+ 05:13+ 01:45+		
04:58+	05:40+ 07:08+ 05:50+ 04:43+ 03:54+ 04:30+ 05:13+ 01:45+		

Beste strekketid for klassen

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

H 2,5

1	Knut Vidar Lund	155	30:24
01:49=	05:36= 11:52= 14:05= 16:59= 19:29= 23:02= 27:11= 29:45= 30:24=		
01:49=	03:47= 06:16= 02:13= 02:54= 02:30= 03:33= 04:09= 02:34= 00:39=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Bjørn Vidar Bekkum	7	30:34
02:03+	05:45+ 14:07+ 16:22+ 19:24+ 22:03+ 25:12+ 28:16+ 30:02+ 30:34+		
02:03+	03:42- 08:22+ 02:15+ 03:02+ 02:39+ 03:09- 03:04- 01:46- 00:32-		
00:14#	00:05- 02:06& 00:02+ 00:08+ 00:09+ 00:24- 01:05- 00:48- 00:07-		
3	Magnar Nybakk	1071	32:22
01:51+	05:51+ 12:49+ 15:21+ 18:32+ 21:06+ 25:36+ 29:53+ 31:35+ 32:22+		
01:51+	04:00+ 06:58+ 02:32+ 03:11+ 02:34+ 04:30+ 04:17+ 01:42- 00:47+		
00:02+	00:13+ 00:42# 00:19# 00:17+ 00:04+ 00:57& 00:08+ 00:52- 00:08#		
4	Morten Øie	39	33:13
02:06+	06:20+ 13:45+ 16:17+ 19:37+ 22:39+ 26:54+ 30:15+ 32:23+ 33:13+		
02:06+	04:14+ 07:25+ 02:32+ 03:20+ 03:02+ 04:15+ 03:21- 02:08- 00:50+		
00:17#	00:27# 01:09# 00:19# 00:26# 00:32# 00:42# 00:48- 00:26- 00:11&		
5	Leif Martin Kjos	1071	34:06
01:33-	05:18- 12:11+ 14:40+ 18:56+ 21:26+ 26:50+ 31:26+ 33:29+ 34:06+		
01:33-	03:45- 06:53+ 02:29+ 04:16+ 02:30= 05:24+ 04:36+ 02:03- 00:37-		
00:16-	00:02- 00:37+ 00:16# 01:22& 00:00= 01:51& 00:27# 00:31- 00:02-		

Class	Navn	Klasse								Tid
H 2,5										
6	Terje Lien	155								34:25
02:31+	06:46+	14:07+	16:58+	20:22+	23:13+	27:38+	31:47+	33:42+	34:25+	
02:31+	04:15+	07:21+	02:51+	03:24+	02:51+	04:25+	04:09+	01:55-	00:43+	
00:42&	00:28#	01:05#	00:38&	00:30#	00:21#	00:52#	00:00=	00:39-	00:04#	
7	Ludvig Bjerke-Narud	Geno								34:49
02:00+	06:18+	13:49+	16:36+	21:23+	25:25+	28:50+	31:51+	34:04+	34:49+	
02:00+	04:18+	07:31+	02:47+	04:47+	04:02+	03:25+	03:01+	02:13+	00:45+	
02:00+	04:18+	07:31+	02:47+	04:47+	04:02+	03:25+	03:01+	02:13+	00:45+	
8	Tore Gustav Tomter	1021								35:14
02:52+	06:51+	15:13+	17:32+	20:42+	23:42+	27:42+	32:17+	34:24+	35:14+	
02:52+	03:59+	08:22+	02:19+	03:10+	03:00+	04:00+	04:35+	02:07+	00:50+	
02:52+	03:59+	08:22+	02:19+	03:10+	03:00+	04:00+	04:35+	02:07+	00:50+	
9	Stein Sandaker	1038								36:35
01:51+	06:01+	14:02+	17:19+	20:56+	24:28+	28:44+	33:46+	35:56+	36:35+	
01:51+	04:10+	08:01+	03:17+	03:37+	03:32+	04:16+	05:02+	02:10+	00:39+	
01:51+	04:10+	08:01+	03:17+	03:37+	03:32+	04:16+	05:02+	02:10+	00:39+	
10	Ola Molstad	167								36:38
02:05+	06:28+	14:32+	17:13+	20:15+	23:35+	28:39+	33:44+	35:59+	36:38+	
02:05+	04:23+	08:04+	02:41+	03:02+	03:20+	05:04+	05:05+	02:15+	00:39+	
02:05+	04:23+	08:04+	02:41+	03:02+	03:20+	05:04+	05:05+	02:15+	00:39+	
11	Magne Smeland	167								36:44
01:59+	06:11+	13:18+	16:06+	23:04+	26:03+	29:34+	34:04+	35:57+	36:44+	
01:59+	04:12+	07:07+	02:48+	06:58+	02:59+	03:31+	04:30+	01:53+	00:47+	
01:59+	04:12+	07:07+	02:48+	06:58+	02:59+	03:31+	04:30+	01:53+	00:47+	
12	Erik Grøndalen	1002								37:24
01:40+	05:38+	18:38+	20:55+	24:04+	28:19+	31:31+	34:33+	36:47+	37:24+	
01:40+	03:58+	13:00+	02:17+	03:09+	04:15+	03:12+	03:02+	02:14+	00:37+	
01:40+	03:58+	13:00+	02:17+	03:09+	04:15+	03:12+	03:02+	02:14+	00:37+	
13	Terje Malm	52								38:31
01:55+	06:12+	13:35+	17:06+	21:05+	26:15+	31:06+	35:11+	37:42+	38:31+	
01:55+	04:17+	07:23+	03:31+	03:59+	05:10+	04:51+	04:05+	02:31+	00:49+	
01:55+	04:17+	07:23+	03:31+	03:59+	05:10+	04:51+	04:05+	02:31+	00:49+	
14	Tore Stenseth	1013								38:46
01:37+	06:01+	13:30+	17:01+	24:09+	27:35+	31:55+	35:44+	37:53+	38:46+	
01:37+	04:24+	07:29+	03:31+	07:08+	03:26+	04:20+	03:49+	02:09+	00:53+	
01:37+	04:24+	07:29+	03:31+	07:08+	03:26+	04:20+	03:49+	02:09+	00:53+	
15	Harald Grønvold	7								38:46
02:06+	07:12+	15:00+	17:27+	24:04+	27:12+	31:16+	35:43+	38:05+	38:46+	
02:06+	05:06+	07:48+	02:27+	06:37+	03:08+	04:04+	04:27+	02:22+	00:41+	
02:06+	05:06+	07:48+	02:27+	06:37+	03:08+	04:04+	04:27+	02:22+	00:41+	
16	Stein erik Edvardsen	27								40:01
02:53+	07:39+	15:49+	19:03+	23:21+	26:52+	31:45+	36:20+	39:00+	40:01+	
02:53+	04:46+	08:10+	03:14+	04:18+	03:31+	04:53+	04:35+	02:40+	01:01+	
02:53+	04:46+	08:10+	03:14+	04:18+	03:31+	04:53+	04:35+	02:40+	01:01+	
17	Einar Stensby	89								41:39
02:35+	07:23+	15:55+	19:19+	23:44+	27:56+	32:55+	37:26+	40:36+	41:39+	
02:35+	04:48+	08:32+	03:24+	04:25+	04:12+	04:59+	04:31+	03:10+	01:03+	
02:35+	04:48+	08:32+	03:24+	04:25+	04:12+	04:59+	04:31+	03:10+	01:03+	

Class	Navn	Klasse	Tid
H 2,5			
18	Per Vold	96	43:29
12:35+	16:27+ 23:41+ 26:06+ 29:07+ 31:48+ 35:49+ 39:25+ 42:38+ 43:29+		
12:35+	03:52+ 07:14+ 02:25+ 03:01+ 02:41+ 04:01+ 03:36+ 03:13+ 00:51+		
12:35+	03:52+ 07:14+ 02:25+ 03:01+ 02:41+ 04:01+ 03:36+ 03:13+ 00:51+		
19	Magne Johansen	1032	43:34
02:55+	07:54+ 17:07+ 20:47+ 25:23+ 29:41+ 35:11+ 39:47+ 42:39+ 43:34+		
02:55+	04:59+ 09:13+ 03:40+ 04:36+ 04:18+ 05:30+ 04:36+ 02:52+ 00:55+		
02:55+	04:59+ 09:13+ 03:40+ 04:36+ 04:18+ 05:30+ 04:36+ 02:52+ 00:55+		
20	Karl Petter Opsahl	89	44:18
01:59+	06:09+ 14:12+ 17:10+ 26:39+ 30:40+ 35:54+ 39:18+ 43:31+ 44:18+		
01:59+	04:10+ 08:03+ 02:58+ 09:29+ 04:01+ 05:14+ 03:24+ 04:13+ 00:47+		
01:59+	04:10+ 08:03+ 02:58+ 09:29+ 04:01+ 05:14+ 03:24+ 04:13+ 00:47+		
21	Jan Olav Sæther	165	44:30
02:27+	07:25+ 15:29+ 18:55+ 23:16+ 27:05+ 32:16+ 41:34+ 43:47+ 44:30+		
02:27+	04:58+ 08:04+ 03:26+ 04:21+ 03:49+ 05:11+ 09:18+ 02:13+ 00:43+		
02:27+	04:58+ 08:04+ 03:26+ 04:21+ 03:49+ 05:11+ 09:18+ 02:13+ 00:43+		
22	Steinar Mariussen	27	44:57
06:09+	11:16+ 21:31+ 24:45+ 29:17+ 32:11+ 36:55+ 41:27+ 44:13+ 44:57+		
06:09+	05:07+ 10:15+ 03:14+ 04:32+ 02:54+ 04:44+ 04:32+ 02:46+ 00:44+		
06:09+	05:07+ 10:15+ 03:14+ 04:32+ 02:54+ 04:44+ 04:32+ 02:46+ 00:44+		
23	Ola Brevig	LMF	45:00
02:51+	07:12+ 21:26+ 24:28+ 28:20+ 31:40+ 36:52+ 41:38+ 44:08+ 45:00+		
02:51+	04:21+ 14:14+ 03:02+ 03:52+ 03:20+ 05:12+ 04:46+ 02:30+ 00:52+		
02:51+	04:21+ 14:14+ 03:02+ 03:52+ 03:20+ 05:12+ 04:46+ 02:30+ 00:52+		
24	Hans Petter Jevanord	Geno	46:04
02:37+	07:48+ 16:23+ 19:54+ 27:43+ 31:50+ 36:58+ 42:00+ 44:54+ 46:04+		
02:37+	05:11+ 08:35+ 03:31+ 07:49+ 04:07+ 05:08+ 05:02+ 02:54+ 01:10+		
02:37+	05:11+ 08:35+ 03:31+ 07:49+ 04:07+ 05:08+ 05:02+ 02:54+ 01:10+		
25	Sven Marken	89	48:52
02:47+	08:52+ 19:15+ 23:02+ 27:51+ 31:33+ 37:59+ 44:55+ 47:41+ 48:52+		
02:47+	06:05+ 10:23+ 03:47+ 04:49+ 03:42+ 06:26+ 06:56+ 02:46+ 01:11+		
02:47+	06:05+ 10:23+ 03:47+ 04:49+ 03:42+ 06:26+ 06:56+ 02:46+ 01:11+		
26	Tore Lindaas	27	50:09
02:41+	09:37+ 20:56+ 24:44+ 29:55+ 35:38+ 40:50+ 45:55+ 48:42+ 50:09+		
02:41+	06:56+ 11:19+ 03:48+ 05:11+ 05:43+ 05:12+ 05:05+ 02:47+ 01:27+		
02:41+	06:56+ 11:19+ 03:48+ 05:11+ 05:43+ 05:12+ 05:05+ 02:47+ 01:27+		
27	Torbjørn Ødegaard	1058	51:41
03:36+	08:51+ 18:13+ 25:51+ 31:24+ 35:29+ 41:50+ 47:29+ 50:42+ 51:41+		
03:36+	05:15+ 09:22+ 07:38+ 05:33+ 04:05+ 06:21+ 05:39+ 03:13+ 00:59+		
03:36+	05:15+ 09:22+ 07:38+ 05:33+ 04:05+ 06:21+ 05:39+ 03:13+ 00:59+		

Beste strekktid for klassen

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

H 3,5

Class	Navn	Klasse										Tid
H 3,5												
1	Einar Lund	52										37:14
	02:10=	03:46=	11:28=	14:42=	19:59=	22:35=	24:41=	29:54=	32:35=	35:02=	36:42=	37:14=
	02:10=	01:36=	07:42=	03:14=	05:17=	02:36=	02:06=	05:13=	02:41=	02:27=	01:40=	00:32=
	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										37:53
	02:40+	04:20+	11:09+	14:04+	17:59+	21:03+	23:15+	27:59+	30:49+	34:59+	37:17+	37:53+
	02:40+	01:40+	06:49+	02:55+	03:55+	03:04+	02:12+	04:44+	02:50+	04:10+	02:18+	00:36+
	02:40+	01:40+	06:49+	02:55+	03:55+	03:04+	02:12+	04:44+	02:50+	04:10+	02:18+	00:36+
3	Olav Juliussen	55										38:08
	02:24+	04:03+	11:18+	14:16+	18:02+	21:08+	23:01+	28:15+	31:05+	34:29+	37:34+	38:08+
	02:24+	01:39+	07:15+	02:58+	03:46+	03:06+	01:53+	05:14+	02:50+	03:24+	03:05+	00:34+
	02:24+	01:39+	07:15+	02:58+	03:46+	03:06+	01:53+	05:14+	02:50+	03:24+	03:05+	00:34+
4	Tor Haugstulen	55										38:21
	03:01+	05:01+	13:48+	17:07+	20:55+	23:55+	25:48+	30:47+	33:27+	36:19+	37:47+	38:21+
	03:01+	02:00+	08:47+	03:19+	03:48+	03:00+	01:53+	04:59+	02:40+	02:52+	01:28+	00:34+
	03:01+	02:00+	08:47+	03:19+	03:48+	03:00+	01:53+	04:59+	02:40+	02:52+	01:28+	00:34+
5	Harald Volden	1002										40:24
	02:22+	04:02+	11:51+	15:06+	18:41+	22:31+	24:30+	29:36+	33:43+	36:34+	39:50+	40:24+
	02:22+	01:40+	07:49+	03:15+	03:35+	03:50+	01:59+	05:06+	04:07+	02:51+	03:16+	00:34+
	02:22+	01:40+	07:49+	03:15+	03:35+	03:50+	01:59+	05:06+	04:07+	02:51+	03:16+	00:34+
6	Jo Gisle Jørgensen	105										41:27
	02:57+	04:52+	12:43+	16:00+	20:18+	23:42+	25:51+	30:56+	34:22+	37:28+	40:54+	41:27+
	02:57+	01:55+	07:51+	03:17+	04:18+	03:24+	02:09+	05:05+	03:26+	03:06+	03:26+	00:33+
	02:57+	01:55+	07:51+	03:17+	04:18+	03:24+	02:09+	05:05+	03:26+	03:06+	03:26+	00:33+
7	Gjermund Nedgård	105										41:56
	05:54+	07:42+	14:20+	18:53+	22:27+	25:52+	27:36+	34:03+	36:50+	39:36+	41:11+	41:56+
	05:54+	01:48+	06:38+	04:33+	03:34+	03:25+	01:44+	06:27+	02:47+	02:46+	01:35+	00:45+
	05:54+	01:48+	06:38+	04:33+	03:34+	03:25+	01:44+	06:27+	02:47+	02:46+	01:35+	00:45+
8	Tom S Helgesen	55										42:33
	02:13+	04:16+	11:02+	14:41+	18:23+	26:56+	28:55+	34:22+	37:10+	39:54+	42:01+	42:33+
	02:13+	02:03+	06:46+	03:39+	03:42+	08:33+	01:59+	05:27+	02:48+	02:44+	02:07+	00:32+
	02:13+	02:03+	06:46+	03:39+	03:42+	08:33+	01:59+	05:27+	02:48+	02:44+	02:07+	00:32+
9	Erik Haugen	119										42:48
	02:42+	05:02+	13:13+	17:20+	21:19+	24:31+	26:55+	32:45+	36:38+	39:49+	42:10+	42:48+
	02:42+	02:20+	08:11+	04:07+	03:59+	03:12+	02:24+	05:50+	03:53+	03:11+	02:21+	00:38+
	02:42+	02:20+	08:11+	04:07+	03:59+	03:12+	02:24+	05:50+	03:53+	03:11+	02:21+	00:38+
10	Ove Tåsåsen	1013										43:02
	02:14+	04:07+	11:15+	14:08+	18:02+	26:54+	28:45+	34:13+	36:56+	40:02+	42:29+	43:02+
	02:14+	01:53+	07:08+	02:53+	03:54+	08:52+	01:51+	05:28+	02:43+	03:06+	02:27+	00:33+
	02:14+	01:53+	07:08+	02:53+	03:54+	08:52+	01:51+	05:28+	02:43+	03:06+	02:27+	00:33+
11	Knut Wikstrøm	78										44:19
	02:26+	04:44+	12:04+	16:29+	21:10+	26:02+	28:06+	34:52+	38:12+	41:28+	43:44+	44:19+
	02:26+	02:18+	07:20+	04:25+	04:41+	04:52+	02:04+	06:46+	03:20+	03:16+	02:16+	00:35+
	02:26+	02:18+	07:20+	04:25+	04:41+	04:52+	02:04+	06:46+	03:20+	03:16+	02:16+	00:35+
12	Bård Bjøntegaard	145										45:13
	03:02+	04:39+	11:47+	18:45+	22:33+	28:41+	31:08+	36:23+	40:13+	42:58+	44:39+	45:13+
	03:02+	01:37+	07:08+	06:58+	03:48+	06:08+	02:27+	05:15+	03:50+	02:45+	01:41+	00:34+
	03:02+	01:37+	07:08+	06:58+	03:48+	06:08+	02:27+	05:15+	03:50+	02:45+	01:41+	00:34+

Class	Navn	Klasse										Tid
H 3,5												
13	Jo Falck-Ytter	120										45:54
03:27+	05:20+	11:23+	16:46+	20:45+	23:31+	25:12+	36:07+	38:37+	43:06+	45:19+	45:54+	
03:27+	01:53+	06:03+	05:23+	03:59+	02:46+	01:41+	10:55+	02:30+	04:29+	02:13+	00:35+	
03:27+	01:53+	06:03+	05:23+	03:59+	02:46+	01:41+	10:55+	02:30+	04:29+	02:13+	00:35+	
14	Jonny Rudi	7										46:12
06:08+	08:57+	16:56+	20:20+	24:23+	27:28+	29:31+	34:49+	38:38+	42:49+	45:42+	46:12+	
06:08+	02:49+	07:59+	03:24+	04:03+	03:05+	02:03+	05:18+	03:49+	04:11+	02:53+	00:30+	
06:08+	02:49+	07:59+	03:24+	04:03+	03:05+	02:03+	05:18+	03:49+	04:11+	02:53+	00:30+	
15	Lars Skramstad	LMF										46:24
03:01+	05:18+	13:20+	19:53+	24:35+	28:13+	30:16+	35:34+	39:16+	42:38+	45:46+	46:24+	
03:01+	02:17+	08:02+	06:33+	04:42+	03:38+	02:03+	05:18+	03:42+	03:22+	03:08+	00:38+	
03:01+	02:17+	08:02+	06:33+	04:42+	03:38+	02:03+	05:18+	03:42+	03:22+	03:08+	00:38+	
16	Paul Martin Berg	10001										46:37
02:51+	04:48+	13:54+	20:56+	25:09+	29:58+	32:14+	36:57+	40:21+	43:54+	46:03+	46:37+	
02:51+	01:57+	09:06+	07:02+	04:13+	04:49+	02:16+	04:43+	03:24+	03:33+	02:09+	00:34+	
02:51+	01:57+	09:06+	07:02+	04:13+	04:49+	02:16+	04:43+	03:24+	03:33+	02:09+	00:34+	
17	Stein Arne Bekkum	7										47:09
02:05+	03:55+	12:04+	16:20+	21:00+	28:49+	31:16+	36:44+	40:19+	43:31+	46:42+	47:09+	
02:05+	01:50+	08:09+	04:16+	04:40+	07:49+	02:27+	05:28+	03:35+	03:12+	03:11+	00:27+	
02:05+	01:50+	08:09+	04:16+	04:40+	07:49+	02:27+	05:28+	03:35+	03:12+	03:11+	00:27+	
18	Helge Tvedt Ryen	NOTEAM										47:46
03:47+	05:56+	13:27+	17:33+	21:47+	26:51+	29:20+	34:58+	41:42+	45:10+	47:07+	47:46+	
03:47+	02:09+	07:31+	04:06+	04:14+	05:04+	02:29+	05:38+	06:44+	03:28+	01:57+	00:39+	
03:47+	02:09+	07:31+	04:06+	04:14+	05:04+	02:29+	05:38+	06:44+	03:28+	01:57+	00:39+	
19	John Mikalsen	167										48:26
04:58+	06:44+	16:41+	20:53+	26:00+	29:58+	32:28+	38:30+	42:31+	45:50+	47:51+	48:26+	
04:58+	01:46+	09:57+	04:12+	05:07+	03:58+	02:30+	06:02+	04:01+	03:19+	02:01+	00:35+	
04:58+	01:46+	09:57+	04:12+	05:07+	03:58+	02:30+	06:02+	04:01+	03:19+	02:01+	00:35+	
20	Arvid Bratlie	LMF										48:37
02:53+	04:41+	12:21+	16:30+	21:23+	27:45+	30:20+	37:25+	40:42+	43:57+	47:58+	48:37+	
02:53+	01:48+	07:40+	04:09+	04:53+	06:22+	02:35+	07:05+	03:17+	03:15+	04:01+	00:39+	
02:53+	01:48+	07:40+	04:09+	04:53+	06:22+	02:35+	07:05+	03:17+	03:15+	04:01+	00:39+	
21	Einar Flenvold	1041										49:20
03:59+	05:47+	16:27+	22:02+	25:57+	29:45+	31:54+	37:34+	41:20+	44:31+	48:24+	49:20+	
03:59+	01:48+	10:40+	05:35+	03:55+	03:48+	02:09+	05:40+	03:46+	03:11+	03:53+	00:56+	
03:59+	01:48+	10:40+	05:35+	03:55+	03:48+	02:09+	05:40+	03:46+	03:11+	03:53+	00:56+	
22	Håkon Beitnes	49										49:59
03:00+	05:16+	13:08+	17:32+	21:55+	27:34+	29:37+	35:24+	39:05+	42:13+	49:19+	49:59+	
03:00+	02:16+	07:52+	04:24+	04:23+	05:39+	02:03+	05:47+	03:41+	03:08+	07:06+	00:40+	
03:00+	02:16+	07:52+	04:24+	04:23+	05:39+	02:03+	05:47+	03:41+	03:08+	07:06+	00:40+	
23	Knut Malmo	167										50:55
03:10+	05:12+	12:50+	17:05+	21:23+	28:43+	31:17+	39:07+	44:12+	47:29+	50:07+	50:55+	
03:10+	02:02+	07:38+	04:15+	04:18+	07:20+	02:34+	07:50+	05:05+	03:17+	02:38+	00:48+	
03:10+	02:02+	07:38+	04:15+	04:18+	07:20+	02:34+	07:50+	05:05+	03:17+	02:38+	00:48+	
24	Trond Feiring	52										52:55
03:02+	05:16+	15:35+	19:14+	23:40+	32:11+	34:32+	41:58+	45:44+	49:00+	52:07+	52:55+	
03:02+	02:14+	10:19+	03:39+	04:26+	08:31+	02:21+	07:26+	03:46+	03:16+	03:07+	00:48+	
03:02+	02:14+	10:19+	03:39+	04:26+	08:31+	02:21+	07:26+	03:46+	03:16+	03:07+	00:48+	

Class	Navn	Klasse	Tid
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H 3,5

25 Inge Harald Bolme 152 53:48

02:53+	04:49+	12:59+	16:39+	21:33+	35:18+	37:09+	43:33+	48:05+	51:05+	53:15+	53:48+
02:53+	01:56+	08:10+	03:40+	04:54+	13:45+	01:51+	06:24+	04:32+	03:00+	02:10+	00:33+
02:53+	01:56+	08:10+	03:40+	04:54+	13:45+	01:51+	06:24+	04:32+	03:00+	02:10+	00:33+

26 Trond Øie 1071 53:55

03:25+	05:19+	14:56+	18:47+	23:27+	31:04+	35:43+	42:16+	46:38+	50:50+	53:12+	53:55+
03:25+	01:54+	09:37+	03:51+	04:40+	07:37+	04:39+	06:33+	04:22+	04:12+	02:22+	00:43+
03:25+	01:54+	09:37+	03:51+	04:40+	07:37+	04:39+	06:33+	04:22+	04:12+	02:22+	00:43+

27 Hasse Bergstrøm 1076 56:06

02:40+	04:38+	14:59+	21:58+	26:28+	34:42+	37:16+	42:43+	48:04+	51:38+	55:23+	56:06+
02:40+	01:58+	10:21+	06:59+	04:30+	08:14+	02:34+	05:27+	05:21+	03:34+	03:45+	00:43+
02:40+	01:58+	10:21+	06:59+	04:30+	08:14+	02:34+	05:27+	05:21+	03:34+	03:45+	00:43+

28 Torleif Finstad 55 57:33

03:21+	05:27+	12:59+	24:14+	27:58+	40:06+	42:15+	47:17+	51:22+	55:05+	56:49+	57:33+
03:21+	02:06+	07:32+	11:15+	03:44+	12:08+	02:09+	05:02+	04:05+	03:43+	01:44+	00:44+
03:21+	02:06+	07:32+	11:15+	03:44+	12:08+	02:09+	05:02+	04:05+	03:43+	01:44+	00:44+

29 Lars Ivar Ulmo 120 1:05:59

04:03+	06:13+	14:43+	20:54+	34:39+	39:15+	45:27+	53:30+	57:35+	61:37+	65:13+	65:59+
04:03+	02:10+	08:30+	06:11+	13:45+	04:36+	06:12+	08:03+	04:05+	04:02+	03:36+	00:46+
04:03+	02:10+	08:30+	06:11+	13:45+	04:36+	06:12+	08:03+	04:05+	04:02+	03:36+	00:46+

30 Johnny Johansen 89 1:11:23

06:14+	09:14+	21:19+	27:01+	32:45+	45:42+	48:46+	56:36+	61:18+	65:44+	70:31+	71:23+
06:14+	03:00+	12:05+	05:42+	05:44+	12:57+	03:04+	07:50+	04:42+	04:26+	04:47+	00:52+
06:14+	03:00+	12:05+	05:42+	05:44+	12:57+	03:04+	07:50+	04:42+	04:26+	04:47+	00:52+

Beste strekktid for klassen

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

H 4,5

1 Terje Wikstrøm Geno 40:22

01:26=	03:42=	06:58=	12:16=	15:56=	18:10=	20:39=	24:10=	29:09=	31:18=	34:31=	38:03=	39:49=	40:22=
01:26=	02:16=	03:16=	05:18=	03:40=	02:14=	02:29=	03:31=	04:59=	02:09=	03:13=	03:32=	01:46=	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=

2 Frode Haug 10005 41:07

01:34+	03:45+	07:16+	13:27+	16:55+	20:41+	23:42+	27:23+	31:33+	33:58+	36:46+	39:13+	40:36+	41:07+
01:34+	02:11-	03:31+	06:11+	03:28-	03:46+	03:01+	03:41+	04:10-	02:25+	02:48-	02:27-	01:23-	00:31-
00:08+	00:05-	00:15+	00:53#	00:12-	01:32&	00:32#	00:10+	00:49-	00:16#	00:25-	01:05-	00:23-	00:02-

3 Bjarne Harkinn If 46:59

01:52+	04:19+	07:44+	14:36+	18:27+	22:18+	25:31+	29:25+	35:15+	38:08+	41:53+	44:49+	46:24+	46:59+
01:52+	02:27+	03:25+	06:52+	03:51+	03:51+	03:13+	03:54+	05:50+	02:53+	03:45+	02:56-	01:35-	00:35+
00:26&	00:11+	00:09+	01:34&	00:11+	01:37&	00:44&	00:23#	00:51#	00:44&	00:32#	00:36-	00:11-	00:02+

4 Bjørn J Sørum 1002 47:18

01:42+	04:12+	07:54+	14:48+	19:05+	24:07+	27:04+	30:50+	36:40+	39:23+	42:27+	45:31+	46:48+	47:18+
01:42+	02:30+	03:42+	06:54+	04:17+	05:02+	02:57+	03:46+	05:50+	02:43+	03:04-	03:04-	01:17-	00:30-
00:16#	00:14#	00:26#	01:36&	00:37#	02:48@	00:28#	00:15+	00:51#	00:34&	00:09-	00:28-	00:29-	00:03-

H 4,5

5	Ole Petter Saxrud	1028	49:09
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01:37+	04:00+	07:43+	15:05+	19:13+	21:57+	25:06+	29:31+	38:04+	40:52+	44:18+	46:56+	48:31+	49:09+
01:37+	02:23+	03:43+	07:22+	04:08+	02:44+	03:09+	04:25+	08:33+	02:48+	03:26+	02:38-	01:35-	00:38+
00:11#	00:07+	00:27#	02:04&	00:28#	00:30#	00:40&	00:54&	03:34&	00:39&	00:13+	00:54-	00:11-	00:05#

6	Morten Lillejordet	39	54:26
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02:03+	05:21+	09:44+	18:55+	23:44+	26:53+	30:20+	34:45+	40:38+	43:53+	47:20+	50:43+	53:46+	54:26+
02:03+	03:18+	04:23+	09:11+	04:49+	03:09+	03:27+	04:25+	05:53+	03:15+	03:27+	03:23+	03:03+	00:40+
02:03+	03:18+	04:23+	09:11+	04:49+	03:09+	03:27+	04:25+	05:53+	03:15+	03:27+	03:23+	03:03+	00:40+

7	Tom Røise	Ntnui	54:32
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01:04+	02:58+	06:11+	12:27+	16:17+	18:57+	21:31+	24:53+	28:53+	45:56+	48:53+	51:18+	53:58+	54:32+
01:04+	01:54+	03:13+	06:16+	03:50+	02:40+	02:34+	03:22+	04:00+	17:03+	02:57+	02:25+	02:40+	00:34+
01:04+	01:54+	03:13+	06:16+	03:50+	02:40+	02:34+	03:22+	04:00+	17:03+	02:57+	02:25+	02:40+	00:34+

8	Stig HM Wieat	1059	56:03
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02:00+	05:10+	09:25+	17:56+	22:17+	26:20+	29:50+	35:11+	40:22+	43:20+	47:09+	50:23+	55:25+	56:03+
02:00+	03:10+	04:15+	08:31+	04:21+	04:03+	03:30+	05:21+	05:11+	02:58+	03:49+	03:14+	05:02+	00:38+
02:00+	03:10+	04:15+	08:31+	04:21+	04:03+	03:30+	05:21+	05:11+	02:58+	03:49+	03:14+	05:02+	00:38+

9	Jon Bjørnstad	1071	57:17
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01:22+	04:53+	08:51+	16:28+	21:03+	25:09+	30:59+	36:04+	44:37+	48:13+	52:03+	55:00+	56:41+	57:17+
01:22+	03:31+	03:58+	07:37+	04:35+	04:06+	05:50+	05:05+	08:33+	03:36+	03:50+	02:57+	01:41+	00:36+
01:22+	03:31+	03:58+	07:37+	04:35+	04:06+	05:50+	05:05+	08:33+	03:36+	03:50+	02:57+	01:41+	00:36+

10	Vidar Nomerstad	1071	1:02:36
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01:20+	03:30+	07:18+	22:23+	34:34+	37:44+	40:32+	44:31+	50:17+	53:23+	56:47+	59:42+	61:47+	62:36+
01:20+	02:10+	03:48+	15:05+	12:11+	03:10+	02:48+	03:59+	05:46+	03:06+	03:24+	02:55+	02:05+	00:49+
01:20+	02:10+	03:48+	15:05+	12:11+	03:10+	02:48+	03:59+	05:46+	03:06+	03:24+	02:55+	02:05+	00:49+

11	Odd Arne Blystad	89	1:11:29
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02:02+	05:09+	09:10+	15:53+	19:38+	23:14+	26:39+	35:47+	45:50+	62:50+	66:04+	68:46+	70:53+	71:29+
02:02+	03:07+	04:01+	06:43+	03:45+	03:36+	03:25+	09:08+	10:03+	17:00+	03:14+	02:42+	02:07+	00:36+
02:02+	03:07+	04:01+	06:43+	03:45+	03:36+	03:25+	09:08+	10:03+	17:00+	03:14+	02:42+	02:07+	00:36+

12	Kjetil Liven	LMF	1:20:35
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04:24+	07:40+	11:28+	19:45+	27:29+	34:09+	40:10+	48:49+	57:48+	65:55+	70:33+	76:16+	79:59+	80:35+
04:24+	03:16+	03:48+	08:17+	07:44+	06:40+	06:01+	08:39+	08:59+	08:07+	04:38+	05:43+	03:43+	00:36+
04:24+	03:16+	03:48+	08:17+	07:44+	06:40+	06:01+	08:39+	08:59+	08:07+	04:38+	05:43+	03:43+	00:36+

Beste strekktid for klassen

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

H 5,5

1	Amund beitnes	NOTEAM	46:43
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01:31=	03:38=	06:28=	09:29=	16:51=	21:43=	26:39=	31:08=	35:00=	37:22=	38:13=	40:18=	42:56=	45:03=	46:11=	46:43=
01:31=	02:07=	02:50=	03:01=	07:22=	04:52=	04:56=	04:29=	03:52=	02:22=	00:51=	02:05=	02:38=	02:07=	01:08=	00:32=
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	55:37
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01:34+	03:57+	06:40+	09:56+	18:59+	23:46+	34:31+	39:16+	44:15+	46:34+	47:42+	49:28+	51:42+	53:46+	55:12+	55:37+
01:34+	02:23+	02:43-	03:16+	09:03+	04:47-	10:45+	04:45+	04:59+	02:19-	01:08+	01:46-	02:14-	02:04-	01:26+	00:25-
00:03+	00:16#	00:07-	00:15+	01:41#	00:05-	05:49@	00:16+	01:07&	00:03-	00:17&	00:19-	00:24-	00:03-	00:18&	00:07-

H 5,5

3	Frode Bergersen	1059	55:50												
01:13-	03:16-	06:32+	10:29+	19:52+	25:41+	31:27+	36:05+	41:11+	43:41+	44:40+	47:26+	50:15+	52:39+	55:17+	55:50+
01:13-	02:03-	03:16+	03:57+	09:23+	05:49+	05:46+	04:38+	05:06+	02:30+	00:59+	02:46+	02:49+	02:24+	02:38+	00:33+
00:18-	00:04-	00:26#	00:56&	02:01&	00:57#	00:50#	00:09+	01:14&	00:08+	00:08#	00:41&	00:11+	00:17#	01:30@	00:01+

4	Bjørn Solbergseter	100	56:43												
01:27+	03:53+	08:01+	11:02+	18:36+	24:44+	30:47+	34:35+	43:39+	46:13+	47:10+	49:07+	52:17+	54:44+	56:13+	56:43+
01:27+	02:26+	04:08+	03:01+	07:34+	06:08+	06:03+	03:48+	09:04+	02:34+	00:57+	01:57+	03:10+	02:27+	01:29+	00:30+
01:27+	02:26+	04:08+	03:01+	07:34+	06:08+	06:03+	03:48+	09:04+	02:34+	00:57+	01:57+	03:10+	02:27+	01:29+	00:30+

5	Frode Ødegårdstuen	ASKO	1:04:43												
01:31+	03:41+	07:04+	10:37+	21:28+	26:25+	38:07+	42:48+	47:50+	50:25+	51:52+	55:54+	58:46+	61:28+	63:56+	64:43+
01:31+	02:10+	03:23+	03:33+	10:51+	04:57+	11:42+	04:41+	05:02+	02:35+	01:27+	04:02+	02:52+	02:42+	02:28+	00:47+
01:31+	02:10+	03:23+	03:33+	10:51+	04:57+	11:42+	04:41+	05:02+	02:35+	01:27+	04:02+	02:52+	02:42+	02:28+	00:47+

6	Ole Christian Bang	INN	1:15:28												
01:43+	09:27+	13:19+	17:22+	28:07+	36:24+	42:51+	49:28+	57:21+	60:50+	62:00+	64:24+	67:22+	72:43+	74:53+	75:28+
01:43+	07:44+	03:52+	04:03+	10:45+	08:17+	06:27+	06:37+	07:53+	03:29+	01:10+	02:24+	02:58+	05:21+	02:10+	00:35+
01:43+	07:44+	03:52+	04:03+	10:45+	08:17+	06:27+	06:37+	07:53+	03:29+	01:10+	02:24+	02:58+	05:21+	02:10+	00:35+

Beste strekktid for klassen

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

NOCLAS

1	192209 U1 Ukjent løper192209	NOTEAM	20:34				
02:09=	08:07=	10:53=	13:43=	15:18=	17:23=	19:53=	20:34=
02:09=	05:58=	02:46=	02:50=	01:35=	02:05=	02:30=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	517542 U1 Ukjent løper517542	NOTEAM	40:46										
01:09-	02:54-	05:38-	11:18-	14:25-	16:18-	19:14-	26:20+	30:37+	33:04+	36:09+	38:41+	40:11+	40:46+
01:09-	01:45-	02:44-	05:40+	03:07+	01:53-	02:56+	07:06+	04:17+	02:27+	03:05+	02:32+	01:30+	00:35+
01:00-	04:13-	00:02-	02:50&	01:32&	00:12-	00:26#	06:25@	04:17+	02:27+	03:05+	02:32+	01:30+	00:35+

Beste strekktid for klassen

01:09 01:45 02:44 02:50 01:35 01:53 02:30 00:41

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