

Plass Navn

Klasse

Tid

D 1,5

1 Margareth T. Dyresen 7 30:09

05:13= 08:10= 09:43= 13:51= 17:28= 19:41= 22:34= 25:38= 28:08= 30:09=
 05:13= 02:57= 01:33= 04:08= 03:37= 02:13= 02:53= 03:04= 02:30= 02:01=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Øyvor Helstad 120 34:11

07:57+ 10:30+ 12:20+ 15:59+ 19:04+ 21:54+ 26:24+ 29:48+ 32:15+ 34:11+
 07:57+ 02:33- 01:50+ 03:39- 03:05- 02:50+ 04:30+ 03:24+ 02:27- 01:56-
 02:44& 00:24- 00:17# 00:29- 00:32- 00:37& 01:37& 00:20# 00:03- 00:05-

3 Irene Øien 1071 41:55

08:35+ 11:36+ 13:47+ 19:18+ 25:35+ 28:15+ 31:38+ 35:35+ 38:47+ 41:55+
 08:35+ 03:01+ 02:11+ 05:31+ 06:17+ 02:40+ 03:23+ 03:57+ 03:12+ 03:08+
 03:22& 00:04+ 00:38& 01:23& 02:40& 00:27# 00:30# 00:53& 00:42& 01:07&

4 Marie Rustadbakken 7 43:03

07:07+ 10:27+ 12:31+ 20:30+ 23:57+ 27:17+ 32:23+ 36:09+ 39:15+ 43:03+
 07:07+ 03:20+ 02:04+ 07:59+ 03:27- 03:20+ 05:06+ 03:46+ 03:06+ 03:48+
 01:54& 00:23# 00:31& 03:51& 00:10- 01:07& 02:13& 00:42# 00:36# 01:47&

5 Anita Stensby Bekkelund 89 43:54

10:08+ 13:55+ 16:13+ 21:59+ 26:54+ 29:35+ 34:05+ 37:46+ 40:52+ 43:54+
 10:08+ 03:47+ 02:18+ 05:46+ 04:55+ 02:41+ 04:30+ 03:41+ 03:06+ 03:02+
 04:55& 00:50& 00:45& 01:38& 01:18& 00:28# 01:37& 00:37# 00:36# 01:01&

6 Aud Grønvold 7 45:22

09:10+ 13:00+ 15:08+ 20:46+ 25:20+ 28:13+ 32:58+ 37:38+ 41:34+ 45:22+
 09:10+ 03:50+ 02:08+ 05:38+ 04:34+ 02:53+ 04:45+ 04:40+ 03:56+ 03:48+
 03:57& 00:53& 00:35& 01:30& 00:57& 00:40& 01:52& 01:36& 01:26& 01:47&

7 Lise Tronstad 7 50:59

08:36+ 12:55+ 14:53+ 21:00+ 25:07+ 30:51+ 42:45+ 46:21+ 48:52+ 50:59+
 08:36+ 04:19+ 01:58+ 06:07+ 04:07+ 05:44+ 11:54+ 03:36+ 02:31+ 02:07+
 03:23& 01:22& 00:25& 01:59& 00:30# 03:31@ 09:01@ 00:32# 00:01+ 00:06+

8 Gerd Grønvold 7 51:04

08:45+ 12:18+ 14:28+ 22:32+ 26:03+ 29:26+ 36:37+ 43:16+ 46:59+ 51:04+
 08:45+ 03:33+ 02:10+ 08:04+ 03:31- 03:23+ 07:11+ 06:39+ 03:43+ 04:05+
 03:32& 00:36# 00:37& 03:56& 00:06- 01:10& 04:18@ 03:35@ 01:13& 02:04@

9 Helga Hansen 7 51:18

08:26+ 13:21+ 15:11+ 22:47+ 26:10+ 29:12+ 36:48+ 43:33+ 46:54+ 51:18+
 08:26+ 04:55+ 01:50+ 07:36+ 03:23- 03:02+ 07:36+ 06:45+ 03:21+ 04:24+
 03:13& 01:58& 00:17# 03:28& 00:14- 00:49& 04:43@ 03:41@ 00:51& 02:23@

10 Turid Kolseth 7 51:49

08:51+ 12:59+ 15:13+ 21:31+ 25:01+ 30:50+ 42:50+ 46:19+ 49:10+ 51:49+
 08:51+ 04:08+ 02:14+ 06:18+ 03:30- 05:49+ 12:00+ 03:29+ 02:51+ 02:39+
 03:38& 01:11& 00:41& 02:10& 00:07- 03:36@ 09:07@ 00:25# 00:21# 00:38&

Beste strekketid for klassen

05:13 02:33 01:33 03:39 03:05 02:13 02:53 03:04 02:27 01:56

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

D 2,5

D 2,5

1	Inger K. Brøndbo	165	39:29
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08:21=	11:05=	13:05=	17:25=	22:16=	26:06=	31:49=	34:26=	36:19=	38:24=	39:29=
08:21=	02:44=	02:00=	04:20=	04:51=	03:50=	05:43=	02:37=	01:53=	02:05=	01:05=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Karen Tomter	163	45:07
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04:53+	08:14+	10:20+	14:58+	24:05+	28:11+	34:35+	38:33+	41:01+	43:41+	45:07+
04:53+	03:21+	02:06+	04:38+	09:07+	04:06+	06:24+	03:58+	02:28+	02:40+	01:26+
04:53+	03:21+	02:06+	04:38+	09:07+	04:06+	06:24+	03:58+	02:28+	02:40+	01:26+

3	Anne Karin Elisenberg	146	45:32
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04:34+	07:54+	10:20+	16:23+	25:42+	29:29+	36:35+	39:28+	41:30+	44:21+	45:32+
04:34+	03:20+	02:26+	06:03+	09:19+	03:47+	07:06+	02:53+	02:02+	02:51+	01:11+
04:34+	03:20+	02:26+	06:03+	09:19+	03:47+	07:06+	02:53+	02:02+	02:51+	01:11+

4	Øyfrid Larsen Moen	Ntnui	47:09
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09:18+	12:20+	14:19+	18:39+	27:37+	31:38+	38:29+	41:14+	43:33+	46:00+	47:09+
09:18+	03:02+	01:59+	04:20+	08:58+	04:01+	06:51+	02:45+	02:19+	02:27+	01:09+
09:18+	03:02+	01:59+	04:20+	08:58+	04:01+	06:51+	02:45+	02:19+	02:27+	01:09+

5	Rønnaug Sagbakken	1071	50:33
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06:15+	10:25+	13:30+	18:31+	25:54+	31:27+	39:33+	43:59+	46:57+	48:51+	50:33+
06:15+	04:10+	03:05+	05:01+	07:23+	05:33+	08:06+	04:26+	02:58+	01:54+	01:42+
06:15+	04:10+	03:05+	05:01+	07:23+	05:33+	08:06+	04:26+	02:58+	01:54+	01:42+

6	Mette Marit Jensen	INN	51:17
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08:46+	12:39+	15:12+	21:34+	30:33+	35:20+	41:50+	45:19+	47:55+	49:56+	51:17+
08:46+	03:53+	02:33+	06:22+	08:59+	04:47+	06:30+	03:29+	02:36+	02:01+	01:21+
08:46+	03:53+	02:33+	06:22+	08:59+	04:47+	06:30+	03:29+	02:36+	02:01+	01:21+

Beste strekktid for klassen

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

D 3,5

1	Kjersti Narum	165	42:01
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02:58=	04:53=	08:00=	13:22=	15:06=	16:44=	19:42=	21:22=	23:30=	27:18=	31:09=	33:42=	35:24=	37:02=	38:52=	40:31=	42:01=
02:58=	01:55=	03:07=	05:22=	01:44=	01:38=	02:58=	01:40=	02:08=	03:48=	03:51=	02:33=	01:42=	01:38=	01:50=	01:39=	01:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Line Merete Libak	89	47:46
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02:31-	05:30+	09:19+	17:00+	18:56+	21:03+	24:45+	26:28+	29:10+	31:40+	35:58+	38:43+	40:27+	42:01+	44:27+	46:14+	47:46+
02:31-	02:59+	03:49+	07:41+	01:56+	02:07+	03:42+	01:43+	02:42+	02:30-	04:18+	02:45+	01:44+	01:34-	02:26+	01:47+	01:32+
00:27-	01:04&	00:42#	02:19&	00:12#	00:29&	00:44#	00:03+	00:34&	01:18-	00:27#	00:12+	00:02+	00:04-	00:36&	00:08+	00:02+

3	Anne Karin Westby	1071	51:20
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03:31+	05:22+	08:51+	14:37+	16:25+	18:18+	21:47+	23:22+	26:24+	29:18+	33:31+	36:20+	39:35+	41:15+	43:50+	49:40+	51:20+
03:31+	01:51-	03:29+	05:46+	01:48+	01:53+	03:29+	01:35-	03:02+	02:54-	04:13+	02:49+	03:15+	01:40+	02:35+	05:50+	01:40+
00:33#	00:04-	00:22#	00:24+	00:04+	00:15#	00:31#	00:05-	00:54&	00:54-	00:22+	00:16#	01:33&	00:02+	00:45&	04:11@	00:10#

4	Grete Storsveen	1071	52:40
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03:19+	05:36+	10:46+	18:10+	20:15+	22:19+	25:58+	27:44+	30:28+	33:33+	38:32+	41:46+	43:31+	45:24+	48:36+	50:36+	52:40+
03:19+	02:17+	05:10+	07:24+	02:05+	02:04+	03:39+	01:46+	02:44+	03:05-	04:59+	03:14+	01:45+	01:53+	03:12+	02:00+	02:04+
00:21#	00:22#	02:03&	02:02&	00:21#	00:26&	00:41#	00:06+	00:36&	00:43-	01:08&	00:41&	00:03+	00:15#	01:22&	00:21#	00:34&

D 3,5

5	Anita Høie	7	56:23													
03:10+	05:41+	09:43+	19:02+	21:01+	23:03+	26:49+	28:34+	31:20+	34:26+	39:08+	42:11+	44:02+	46:20+	52:04+	54:27+	56:23+
03:10+	02:31+	04:02+	09:19+	01:59+	02:02+	03:46+	01:45+	02:46+	03:06-	04:42+	03:03+	01:51+	02:18+	05:44+	02:23+	01:56+
00:12+	00:36&	00:55&	03:57&	00:15#	00:24#	00:48&	00:05+	00:38&	00:42-	00:51#	00:30#	00:09+	00:40&	03:54@	00:44&	00:26&

6	Kristin Haga	7	57:15													
03:21+	05:42+	09:32+	17:25+	22:50+	24:57+	28:54+	30:44+	33:28+	35:54+	40:25+	43:17+	45:08+	47:07+	53:08+	55:31+	57:15+
03:21+	02:21+	03:50+	07:53+	05:25+	02:07+	03:57+	01:50+	02:44+	02:26+	04:31+	02:52+	01:51+	01:59+	06:01+	02:23+	01:44+
03:21+	02:21+	03:50+	07:53+	05:25+	02:07+	03:57+	01:50+	02:44+	02:26+	04:31+	02:52+	01:51+	01:59+	06:01+	02:23+	01:44+

7	Anne Sørum	1013	57:37													
05:09+	07:59+	11:55+	18:32+	20:23+	22:18+	25:41+	27:22+	30:26+	38:21+	42:48+	45:54+	47:56+	50:26+	52:50+	54:58+	57:37+
05:09+	02:50+	03:56+	06:37+	01:51+	01:55+	03:23+	01:41+	03:04+	07:55+	04:27+	03:06+	02:02+	02:30+	02:24+	02:08+	02:39+
05:09+	02:50+	03:56+	06:37+	01:51+	01:55+	03:23+	01:41+	03:04+	07:55+	04:27+	03:06+	02:02+	02:30+	02:24+	02:08+	02:39+

8	Linda Thorvaldsen	7	1:06:09													
03:49+	07:08+	11:38+	23:18+	25:43+	29:50+	31:38+	34:35+	42:08+	47:17+	50:49+	54:41+	57:45+	60:55+	63:59+	66:09+	
03:49+	03:19+	04:30+	09:27+	02:13+	02:25+	04:07+	01:48+	02:57+	07:33+	05:09+	03:32+	03:52+	03:04+	03:10+	03:04+	02:10+
03:49+	03:19+	04:30+	09:27+	02:13+	02:25+	04:07+	01:48+	02:57+	07:33+	05:09+	03:32+	03:52+	03:04+	03:10+	03:04+	02:10+

9	Anita Bekkum	7	1:09:32													
05:51+	08:10+	14:42+	27:25+	29:44+	32:03+	36:08+	38:07+	41:28+	49:22+	54:29+	59:34+	61:43+	64:19+	67:08+	69:32+	72:13+
05:51+	02:19+	06:32+	12:43+	02:19+	02:19+	04:05+	01:59+	03:21+	07:54+	05:07+	05:05+	02:09+	02:36+	02:49+	02:24+	02:41+
05:51+	02:19+	06:32+	12:43+	02:19+	02:19+	04:05+	01:59+	03:21+	07:54+	05:07+	05:05+	02:09+	02:36+	02:49+	02:24+	02:41+

Beste strekktid for klassen

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

D 4,5

1	Unn Mette Klopbakken	43	55:08																		
02:09=	03:57=	06:40=	08:23=	10:42=	13:59=	15:28=	21:50=	24:36=	26:59=	29:55=	31:17=	34:40=	36:11=	38:17=	40:27=	43:19=	44:50=	48:07=	49:55=	54:06=	55:08=
02:09=	01:48=	02:43=	01:43=	02:19=	03:17=	01:29=	06:22=	02:46=	02:23=	02:56=	01:22=	03:23=	01:31=	02:06=	02:10=	02:52=	01:31=	03:17=	01:48=	04:11=	01:02=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Marianne Rud Skjærstad	89	1:26:32																			
05:24+	07:19+	11:13+	13:08+	16:32+	21:22+	23:32+	31:14+	33:40+	40:22+	46:32+	48:23+	49:39+	54:22+	58:13+	60:53+	66:14+	71:04+	73:27+	77:25+	80:41+	85:22+	86:32+
05:24+	01:55+	03:54+	01:55+	03:24+	04:50+	02:10+	07:42+	02:26-	06:42+	06:10+	01:51+	01:16-	04:43+	03:51+	02:40+	05:21+	04:50+	02:23-	03:58+	03:16-	04:41+	01:10+
03:15@	00:07+	01:11&	00:12#	01:05&	01:33&	00:41&	01:20#	00:20-	04:19@	03:14@	00:29&	02:07-	03:12@	01:45&	00:30#	02:29&	03:19@	00:54-	02:10@	00:55-	03:39@	01:10+

Beste strekktid for klassen

02:09 01:48 02:43 01:43 02:19 03:17 01:29 06:22 02:26 02:23 02:56 01:22 01:16 01:31 02:06 02:10 02:52 01:31 02:23 01:48 03:16 01:02

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

D 5,5

1	Heidi Wiest	166	56:38																					
01:04=	02:37=	06:38=	08:01=	13:34=	16:17=	20:11=	22:39=	25:32=	26:42=	28:30=	30:37=	33:47=	35:29=	38:32=	41:16=	42:55=	44:43=	46:46=	48:15=	50:47=	51:48=	52:56=	55:48=	56:38=
01:04=	01:33=	04:01=	01:23=	05:33=	02:43=	03:54=	02:28=	02:53=	01:10=	01:48=	02:07=	03:10=	01:42=	03:03=	02:44=	01:39=	01:48=	02:03=	01:29=	02:32=	01:01=	01:08=	02:52=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

D 5,5

2	Mari Norstad Opsahl	1032	1:04:20																					
01:08+	02:47+	06:44+	08:00-	19:59+	22:46+	27:39+	30:54+	33:49+	35:11+	37:00+	39:25+	42:12+	44:12+	47:14+	49:19+	50:56+	52:43+	54:46+	56:27+	58:16+	59:23+	60:42+	63:24+	64:20+
01:08+	01:39+	03:57-	01:16-	11:59+	02:47+	04:53+	03:15+	02:55+	01:22+	01:49+	02:25+	02:47-	02:00+	03:02-	02:05-	01:37-	01:47-	02:03=	01:41+	01:49-	01:07+	01:19+	02:42-	00:56+
00:04+	00:06+	00:04-	00:07-	06:26@	00:04+	00:59&	00:47&	00:02+	00:12#	00:01+	00:18#	00:23-	00:18#	00:01-	00:39-	00:02-	00:01-	00:00=	00:12#	00:43-	00:06+	00:11#	00:10-	00:06#

Beste strekktid for klassen

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

H 1,5

2	Roger Sterud	7	28:44						
04:18+	07:15+	08:47+	12:37+	16:02+	18:45+	21:52+	24:49+	26:56+	28:44+
04:18+	02:57+	01:32+	03:50+	03:25+	02:43+	03:07+	02:57+	02:07+	01:48+
04:18+	02:57+	01:32+	03:50+	03:25+	02:43+	03:07+	02:57+	02:07+	01:48+

3	Ottar Evensen	27	31:21						
05:26+	08:11+	09:35+	13:46+	16:12+	19:06+	22:23+	25:07+	28:21+	31:21+
05:26+	02:45+	01:24+	04:11+	02:26+	02:54+	03:17+	02:44+	03:14+	03:00+
05:26+	02:45+	01:24+	04:11+	02:26+	02:54+	03:17+	02:44+	03:14+	03:00+

4	Thorvald Sæhlie	166	32:27						
05:05+	08:36+	10:23+	14:59+	18:48+	21:10+	24:16+	27:15+	29:42+	32:27+
05:05+	03:31+	01:47+	04:36+	03:49+	02:22+	03:06+	02:59+	02:27+	02:45+
05:05+	03:31+	01:47+	04:36+	03:49+	02:22+	03:06+	02:59+	02:27+	02:45+

5	Knut Røhrsveen	7	32:59							
06:15+	08:39+	10:04+	13:44+	19:33+	22:10+	24:07+	26:32+	28:57+	30:53+	32:59+
06:15+	02:24+	01:25+	03:40+	05:49+	02:37+	01:57+	02:25+	02:25+	01:56+	02:06+
06:15+	02:24+	01:25+	03:40+	05:49+	02:37+	01:57+	02:25+	02:25+	01:56+	02:06+

6	Svein Iver Jevne	7	33:12							
06:15+	08:41+	10:04+	13:46+	19:00+	22:03+	24:13+	26:37+	29:04+	30:59+	33:12+
06:15+	02:26+	01:23+	03:42+	05:14+	03:03+	02:10+	02:24+	02:27+	01:55+	02:13+
06:15+	02:26+	01:23+	03:42+	05:14+	03:03+	02:10+	02:24+	02:27+	01:55+	02:13+

7	Kåre Garmager	155	33:36						
04:10+	06:55+	08:11+	12:01+	16:19+	18:09+	20:41+	29:06+	31:15+	33:36+
04:10+	02:45+	01:16+	03:50+	04:18+	01:50+	02:32+	08:25+	02:09+	02:21+
04:10+	02:45+	01:16+	03:50+	04:18+	01:50+	02:32+	08:25+	02:09+	02:21+

8	Geir-Håkon Øverby	lf	34:09						
05:41+	08:18+	09:51+	13:51+	21:30+	23:56+	26:12+	29:46+	32:02+	34:09+
05:41+	02:37+	01:33+	04:00+	07:39+	02:26+	02:16+	03:34+	02:16+	02:07+
05:41+	02:37+	01:33+	04:00+	07:39+	02:26+	02:16+	03:34+	02:16+	02:07+

9	Dag Erik Hovde	7	39:45						
08:08+	11:29+	13:20+	17:42+	23:32+	26:21+	29:42+	33:17+	35:59+	39:45+
08:08+	03:21+	01:51+	04:22+	05:50+	02:49+	03:21+	03:35+	02:42+	03:46+
08:08+	03:21+	01:51+	04:22+	05:50+	02:49+	03:21+	03:35+	02:42+	03:46+

10	Halstein Ødegård	89	1:09:40						
16:07+	20:24+	22:21+	28:10+	31:21+	35:34+	53:17+	60:42+	66:03+	69:40+
16:07+	04:17+	01:57+	05:49+	03:11+	04:13+	17:43+	07:25+	05:21+	03:37+
16:07+	04:17+	01:57+	05:49+	03:11+	04:13+	17:43+	07:25+	05:21+	03:37+

Class	Navn	Klasse	Tid
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H 1,5

Beste strekktid for klassen

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

H 2,5

1	Arne Hagen	167	29:56								
01:25=	03:18=	05:29=	08:02=	09:55=	15:07=	17:51=	22:13=	25:14=	27:07=	28:57=	29:56=
01:25=	01:53=	02:11=	02:33=	01:53=	05:12=	02:44=	04:22=	03:01=	01:53=	01:50=	00:59=
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	Magnar Nybakk	1071	31:37								
01:12-	03:05-	05:10-	07:50-	09:36-	15:17+	18:10+	22:44+	26:01+	27:57+	30:19+	31:37+
01:12-	01:53=	02:05-	02:40+	01:46-	05:41+	02:53+	04:34+	03:17+	01:56+	02:22+	01:18+
00:13-	00:00=	00:06-	00:07+	00:07-	00:29+	00:09+	00:12+	00:16+	00:03+	00:32&	00:19&
3	Steinar Libak	89	31:54								
01:19-	03:27+	05:41+	08:26+	10:07+	15:36+	18:42+	23:14+	26:29+	28:31+	30:36+	31:54+
01:19-	02:08+	02:14+	02:45+	01:41-	05:29+	03:06+	04:32+	03:15+	02:02+	02:05+	01:18+
00:06-	00:15#	00:03+	00:12+	00:12-	00:17+	00:22#	00:10+	00:14+	00:09+	00:15#	00:19&
4	Terje Lien	155	32:48								
01:41+	04:08+	06:13+	09:01+	10:39+	16:10+	19:05+	24:08+	27:36+	29:38+	31:29+	32:48+
01:41+	02:27+	02:05-	02:48+	01:38-	05:31+	02:55+	05:03+	03:28+	02:02+	01:51+	01:19+
00:16#	00:34&	00:06-	00:15+	00:15-	00:19+	00:11+	00:41#	00:27#	00:09+	00:01+	00:20&
5	Bjørn Vidar Bekkum	7	33:54								
02:49+	04:41+	07:33+	09:55+	11:22+	17:50+	20:31+	25:48+	28:31+	30:49+	32:53+	33:54+
02:49+	01:52-	02:52+	02:22-	01:27-	06:28+	02:41-	05:17+	02:43-	02:18+	02:04+	01:01+
01:24&	00:01-	00:41&	00:11-	00:26-	01:16#	00:03-	00:55#	00:18-	00:25#	00:14#	00:02+
6	Morten Øie	39	35:10								
01:15-	03:19+	08:25+	11:21+	13:23+	18:15+	21:07+	26:01+	29:59+	32:16+	33:31+	35:10+
01:15-	02:04+	05:06+	02:56+	02:02+	04:52-	02:52+	04:54+	03:58+	02:17+	01:15-	01:39+
00:10-	00:11+	02:55@	00:23#	00:09+	00:20-	00:08+	00:32#	00:57&	00:24#	00:35-	00:40&
7	Harald Grønvold	7	37:03								
01:33+	03:56+	06:06+	09:19+	11:26+	16:48+	19:49+	26:02+	29:14+	31:10+	35:47+	37:03+
01:33+	02:23+	02:10-	03:13+	02:07+	05:22+	03:01+	06:13+	03:12+	01:56+	04:37+	01:16+
00:08+	00:30&	00:01-	00:40&	00:14#	00:10+	00:17#	01:51&	00:11+	00:03+	02:47@	00:17&
8	Karl Petter Opsahl	89	37:06								
01:41+	03:52+	06:48+	09:48+	11:31+	16:34+	19:34+	24:11+	27:19+	29:25+	35:30+	37:06+
01:41+	02:11+	02:56+	03:00+	01:43-	05:03-	03:00+	04:37+	03:08+	02:06+	06:05+	01:36+
00:16#	00:18#	00:45&	00:27#	00:10-	00:09-	00:16+	00:15+	00:07+	00:13#	04:15@	00:37&
9	Jan Olav Sæther	165	38:13								
01:38+	04:29+	07:13+	10:46+	13:07+	19:19+	22:33+	27:55+	31:37+	33:54+	36:54+	38:13+
01:38+	02:51+	02:44+	03:33+	02:21+	06:12+	03:14+	05:22+	03:42+	02:17+	03:00+	01:19+
00:13#	00:58&	00:33&	01:00&	00:28#	01:00#	00:30#	01:00#	00:41#	00:24#	01:10&	00:20&
10	Ola Molstad	167	38:29								
03:25+	05:28+	07:57+	11:13+	13:20+	19:43+	22:42+	27:59+	31:33+	34:27+	36:43+	38:29+
03:25+	02:03+	02:29+	03:16+	02:07+	06:23+	02:59+	05:17+	03:34+	02:54+	02:16+	01:46+
02:00@	00:10+	00:18#	00:43&	00:14#	01:11#	00:15+	00:55#	00:33#	01:01&	00:26#	00:47&

Class	Navn	Klasse										Tid
H 2,5												
11	Magne Johansen	1032										40:13
01:44+	04:12+	07:07+	10:45+	13:03+	20:13+	23:54+	30:06+	34:21+	37:00+	38:51+	40:13+	
01:44+	02:28+	02:55+	03:38+	02:18+	07:10+	03:41+	06:12+	04:15+	02:39+	01:51+	01:22+	
00:19#	00:35&	00:44&	01:05&	00:25#	01:58&	00:57&	01:50&	01:14&	00:46&	00:01+	00:23&	
12	Einar Stensby	89										40:34
01:51+	04:27+	07:12+	10:25+	12:31+	20:45+	24:20+	30:08+	33:38+	35:35+	39:01+	40:34+	
01:51+	02:36+	02:45+	03:13+	02:06+	08:14+	03:35+	05:48+	03:30+	01:57+	03:26+	01:33+	
01:51+	02:36+	02:45+	03:13+	02:06+	08:14+	03:35+	05:48+	03:30+	01:57+	03:26+	01:33+	
13	Magne Smeland	167										41:09
01:21+	03:31+	05:52+	08:57+	10:48+	15:47+	23:00+	30:08+	33:25+	36:25+	39:24+	41:09+	
01:21+	02:10+	02:21+	03:05+	01:51+	04:59+	07:13+	07:08+	03:17+	03:00+	02:59+	01:45+	
01:21+	02:10+	02:21+	03:05+	01:51+	04:59+	07:13+	07:08+	03:17+	03:00+	02:59+	01:45+	
14	Knut Olav Strætkvern	1058										43:00
02:12+	09:07+	12:13+	15:43+	17:36+	25:42+	31:09+	35:48+	38:56+	40:41+	42:06+	43:00+	
02:12+	06:55+	03:06+	03:30+	01:53+	08:06+	05:27+	04:39+	03:08+	01:45+	01:25+	00:54+	
02:12+	06:55+	03:06+	03:30+	01:53+	08:06+	05:27+	04:39+	03:08+	01:45+	01:25+	00:54+	
15	Stein Sandaker	1038										44:23
03:40+	06:13+	09:15+	12:10+	14:21+	25:16+	28:18+	32:33+	35:32+	37:37+	43:10+	44:23+	
03:40+	02:33+	03:02+	02:55+	02:11+	10:55+	03:02+	04:15+	02:59+	02:05+	05:33+	01:13+	
03:40+	02:33+	03:02+	02:55+	02:11+	10:55+	03:02+	04:15+	02:59+	02:05+	05:33+	01:13+	
16	Sven Marken	89										47:29
02:08+	05:00+	08:24+	12:45+	15:55+	23:32+	27:45+	34:39+	39:12+	40:29+	43:41+	45:37+	47:29+
02:08+	02:52+	03:24+	04:21+	03:10+	07:37+	04:13+	06:54+	04:33+	01:17+	03:12+	01:56+	01:52+
02:08+	02:52+	03:24+	04:21+	03:10+	07:37+	04:13+	06:54+	04:33+	01:17+	03:12+	01:56+	01:52+
17	Tore Lindaas	27										48:03
02:09+	05:18+	08:45+	13:23+	16:17+	23:54+	28:48+	35:53+	41:03+	44:04+	45:50+	48:03+	
02:09+	03:09+	03:27+	04:38+	02:54+	07:37+	04:54+	07:05+	05:10+	03:01+	01:46+	02:13+	
02:09+	03:09+	03:27+	04:38+	02:54+	07:37+	04:54+	07:05+	05:10+	03:01+	01:46+	02:13+	
18	Hans Petter Jevanord	Geno										48:43
01:50+	07:01+	10:18+	13:56+	16:37+	26:30+	30:35+	37:43+	42:05+	44:46+	46:38+	48:43+	
01:50+	05:11+	03:17+	03:38+	02:41+	09:53+	04:05+	07:08+	04:22+	02:41+	01:52+	02:05+	
01:50+	05:11+	03:17+	03:38+	02:41+	09:53+	04:05+	07:08+	04:22+	02:41+	01:52+	02:05+	

Beste strekktid for klassen

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

H 3,5

1	Tormod Pedersen	7										36:09
02:06=	06:02=	09:39=	12:04=	15:02=	16:18=	20:02=	24:06=	26:06=	29:52=	33:22=	34:12=	36:09=
02:06=	03:56=	03:37=	02:25=	02:58=	01:16=	03:44=	04:04=	02:00=	03:46=	03:30=	00:50=	01:57=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tom S Helgesen	55										36:56
02:09+	06:40+	10:55+	13:40+	16:33+	17:56+	21:55+	26:20+	28:13+	31:09+	34:30+	35:06+	36:56+
02:09+	04:31+	04:15+	02:45+	02:53-	01:23+	03:59+	04:25+	01:53-	02:56-	03:21-	00:36-	01:50-
00:03+	00:35#	00:38#	00:20#	00:05-	00:07+	00:15+	00:21+	00:07-	00:50-	00:09-	00:14-	00:07-

Class	Navn	Klasse	Tid
H 3,5			
3	Tor Haugstulen	55	37:04
02:19+	06:27+	10:19+	12:49+
02:19+	04:08+	03:52+	02:30+
00:13#	00:12+	00:15+	00:05+
15:24+	16:53+	19:52-	23:26-
02:35-	01:29+	02:59-	03:34-
00:23-	00:13#	00:45-	00:30-
25:20-	28:34-	34:18+	35:04+
01:54-	03:14-	05:44+	00:46-
00:06-	00:32-	02:14&	00:04-
00:03+			
4	Arne Arnesen	25	37:24
02:25+	06:18+	09:42+	12:04+
02:25+	03:53+	03:24+	02:22+
02:25+	03:53+	03:24+	02:22+
14:48+	16:06+	21:07+	24:28+
02:44+	01:18+	05:01+	03:21+
01:18+	05:01+	03:21+	02:42+
27:10+	30:42+	34:44+	35:25+
02:42+	03:32+	04:02+	00:41+
03:32+	04:02+	00:41+	01:59+
00:41+	01:59+		
5	Ove Tåsåsen	1013	39:00
03:18+	07:08+	10:33+	12:52+
03:18+	03:50+	03:25+	02:19+
03:18+	03:50+	03:25+	02:19+
17:21+	18:27+	23:49+	28:08+
04:29+	01:06+	05:22+	04:19+
01:06+	05:22+	04:19+	01:54+
30:02+	33:24+	36:30+	37:18+
03:22+	03:06+	00:48+	01:42+
03:06+	00:48+	01:42+	
6	Jo Gisle Jørgensen	105	39:47
02:59+	07:22+	11:50+	14:46+
02:59+	04:23+	04:28+	02:56+
02:59+	04:23+	04:28+	02:56+
18:17+	19:39+	22:57+	27:07+
03:31+	01:22+	03:18+	04:10+
01:22+	03:18+	04:10+	02:14+
29:21+	33:13+	36:49+	37:45+
03:52+	03:36+	00:56+	02:02+
03:36+	00:56+	02:02+	
7	Odin Høie Vollum	7	41:57
01:49+	05:28+	11:48+	14:09+
01:49+	03:39+	06:20+	02:21+
01:49+	03:39+	06:20+	02:21+
17:05+	17:51+	27:48+	32:14+
00:46+	09:57+	04:26+	01:44+
00:46+	09:57+	04:26+	01:44+
33:58+	36:36+	40:10+	40:41+
02:38+	03:34+	00:31+	01:16+
02:38+	03:34+	00:31+	01:16+
8	Knut Wikstrøm	78	42:03
04:53+	08:44+	12:48+	15:50+
04:53+	03:51+	04:04+	03:02+
04:53+	03:51+	04:04+	03:02+
19:08+	20:48+	25:20+	29:34+
03:18+	01:40+	04:32+	04:14+
01:40+	04:32+	04:14+	02:09+
31:43+	35:20+	38:59+	39:56+
03:37+	03:39+	00:57+	02:07+
03:37+	03:39+	00:57+	02:07+
9	Gjermund Nedgård	105	43:02
02:48+	06:07+	09:45+	14:37+
02:48+	03:19+	03:38+	04:52+
02:48+	03:19+	03:38+	04:52+
17:16+	20:34+	25:57+	31:25+
02:39+	03:18+	05:23+	05:28+
03:18+	05:23+	05:28+	01:38+
33:03+	35:59+	40:28+	41:04+
02:56+	04:29+	00:36+	01:58+
02:56+	04:29+	00:36+	01:58+
10	Stein Arne Bekkum	7	43:08
02:21+	07:04+	12:06+	14:48+
02:21+	04:43+	05:02+	02:42+
02:21+	04:43+	05:02+	02:42+
19:02+	20:29+	25:03+	30:31+
04:14+	01:27+	04:34+	05:28+
01:27+	04:34+	05:28+	02:13+
32:44+	36:43+	40:20+	41:15+
02:13+	03:59+	03:37+	00:55+
02:13+	03:59+	03:37+	00:55+
11	Lars Ivar Ulmo	120	44:05
03:35+	08:51+	13:24+	16:06+
03:35+	05:16+	04:33+	02:42+
03:35+	05:16+	04:33+	02:42+
18:51+	20:19+	25:02+	28:56+
02:45+	01:28+	04:43+	03:54+
01:28+	04:43+	03:54+	02:58+
31:54+	35:53+	40:45+	41:33+
02:58+	03:59+	04:52+	00:48+
02:58+	03:59+	04:52+	00:48+
12	Bård Bjøntegaard	145	44:35
02:10+	06:46+	11:52+	14:47+
02:10+	04:36+	05:06+	02:55+
02:10+	04:36+	05:06+	02:55+
19:47+	20:57+	28:49+	32:44+
01:10+	07:52+	03:55+	02:17+
01:10+	07:52+	03:55+	02:17+
35:01+	38:42+	42:03+	42:47+
03:41+	03:21+	00:44+	01:48+
03:41+	03:21+	00:44+	01:48+
13	Hasse Bergstrøm	1076	46:10
04:19+	08:55+	14:38+	17:33+
04:19+	04:36+	05:43+	02:55+
04:19+	04:36+	05:43+	02:55+
20:34+	22:15+	27:16+	31:00+
03:31+	01:41+	05:01+	03:44+
01:41+	05:01+	03:44+	02:32+
33:32+	37:21+	43:12+	44:03+
02:32+	03:49+	05:51+	00:51+
02:32+	03:49+	05:51+	00:51+
14	Rune Engen	99	49:20
02:56+	09:22+	14:00+	18:56+
02:56+	06:26+	04:38+	04:56+
02:56+	06:26+	04:38+	04:56+
22:27+	24:25+	29:22+	35:09+
03:31+	01:58+	04:57+	05:47+
01:58+	04:57+	05:47+	02:18+
37:27+	41:26+	45:43+	46:49+
02:18+	03:59+	04:17+	01:06+
02:18+	03:59+	04:17+	01:06+

H 3,5

15	Jonny Rudi	7	49:38
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03:51+	08:16+	19:18+	21:59+	25:39+	26:56+	31:15+	35:37+	38:14+	42:22+	47:06+	47:50+	49:38+
03:51+	04:25+	11:02+	02:41+	03:40+	01:17+	04:19+	04:22+	02:37+	04:08+	04:44+	00:44+	01:48+
03:51+	04:25+	11:02+	02:41+	03:40+	01:17+	04:19+	04:22+	02:37+	04:08+	04:44+	00:44+	01:48+

16	Ole Hans Øie	LMF	57:14
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02:53+	07:16+	11:39+	14:27+	17:34+	19:06+	31:44+	35:40+	38:11+	47:05+	53:57+	54:47+	57:14+
02:53+	04:23+	04:23+	02:48+	03:07+	01:32+	12:38+	03:56+	02:31+	08:54+	06:52+	00:50+	02:27+
02:53+	04:23+	04:23+	02:48+	03:07+	01:32+	12:38+	03:56+	02:31+	08:54+	06:52+	00:50+	02:27+

17	Johnny Johansen	89	58:11
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03:40+	09:16+	16:18+	19:49+	25:48+	28:13+	34:14+	39:45+	42:20+	47:09+	53:41+	54:49+	58:11+
03:40+	05:36+	07:02+	03:31+	05:59+	02:25+	06:01+	05:31+	02:35+	04:49+	06:32+	01:08+	03:22+
03:40+	05:36+	07:02+	03:31+	05:59+	02:25+	06:01+	05:31+	02:35+	04:49+	06:32+	01:08+	03:22+

18	Trond Øie	1071	1:03:23
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04:01+	09:12+	15:27+	19:38+	24:03+	25:56+	31:01+	45:17+	48:10+	52:27+	59:08+	60:23+	63:23+
04:01+	05:11+	06:15+	04:11+	04:25+	01:53+	05:05+	14:16+	02:53+	04:17+	06:41+	01:15+	03:00+
04:01+	05:11+	06:15+	04:11+	04:25+	01:53+	05:05+	14:16+	02:53+	04:17+	06:41+	01:15+	03:00+

Beste strekktid for klassen

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

H 4,5

1	Jo Falck-Ytter	120	48:48
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02:06=	03:18=	05:10=	06:21=	07:53=	10:19=	11:33=	20:18=	22:38=	24:39=	27:19=	28:33=	31:51=	33:06=	35:49=	37:24=	40:24=	41:39=	44:52=	46:29=	48:14=	48:48=
02:06=	01:12=	01:52=	01:11=	01:32=	02:26=	01:14=	08:45=	02:20=	02:01=	02:40=	01:14=	03:18=	01:15=	02:43=	01:35=	03:00=	01:15=	03:13=	01:37=	01:45=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Bjørn J Sørum	1002	50:43
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01:46-	03:26+	06:15+	08:01+	09:50+	13:01+	14:18+	20:31+	22:39+	24:07-	26:52-	30:36+	33:42+	34:44+	36:26+	38:11+	40:46+	43:47+	46:25+	48:02+	49:57+	50:43+
01:46-	01:40+	02:49+	01:46+	01:49+	03:11+	01:17+	06:13-	02:08-	01:28-	02:45+	03:44+	03:06-	01:02-	01:42-	01:45+	02:35-	03:01+	02:38-	01:37=	01:55+	00:46+
00:20-	00:28&	00:57&	00:35&	00:17#	00:45&	00:03+	02:32-	00:12-	00:33-	00:05+	02:30@	00:12-	00:13-	01:01-	00:10#	00:25-	01:46@	00:35-	00:00=	00:10+	00:12&

3	Vidar Nomerstad	1071	52:49
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02:54+	04:27+	07:17+	09:05+	10:57+	14:11+	15:45+	22:23+	24:30+	26:16+	28:57+	32:33+	35:39+	36:54+	38:42+	40:23+	42:55+	45:45+	48:17+	49:53+	51:55+	52:49+
02:54+	01:33+	02:50+	01:48+	01:52+	03:14+	01:34+	06:38-	02:07-	01:46-	02:41+	03:36+	03:06-	01:15=	01:48-	01:41+	02:32-	02:50+	02:32-	01:36-	02:02+	00:54+
00:48&	00:21&	00:58&	00:37&	00:20#	00:48&	00:20&	02:07-	00:13-	00:15-	00:01+	02:22@	00:12-	00:00=	00:55-	00:06+	00:28-	01:35@	00:41-	00:01-	00:17#	00:20&

4	Ole Petter Saxrud	1028	54:05
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03:11+	04:42+	07:12+	08:53+	10:42+	13:52+	15:15+	20:47+	23:08+	25:03+	28:23+	29:50+	33:27+	35:01+	37:36+	39:34+	42:26+	45:08+	48:22+	50:28+	53:15+	54:05+
03:11+	01:31+	02:30+	01:41+	01:49+	03:10+	01:23+	05:32-	02:21+	01:55-	03:20+	01:27+	03:37+	01:34+	02:35-	01:58+	02:52-	02:42+	03:14+	02:06+	02:47+	00:50+
01:05&	00:19&	00:38&	00:30&	00:17#	00:44&	00:09#	03:13-	00:01+	00:06-	00:40#	00:13#	00:19+	00:19&	00:08-	00:23#	00:08-	01:27@	00:01+	00:29&	01:02&	00:16&

5	Odd Arne Blystad	89	56:17
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05:25+	06:52+	09:22+	11:10+	12:57+	16:06+	17:26+	22:53+	25:19+	27:10+	30:03+	33:47+	36:52+	38:05+	39:53+	41:42+	44:31+	47:03+	50:17+	52:38+	55:24+	56:17+
05:25+	01:27+	02:30+	01:48+	01:47+	03:09+	01:20+	05:27-	02:26+	01:51-	02:53+	03:44+	03:05-	01:13-	01:48-	01:49+	02:49-	02:32+	03:14+	02:21+	02:46+	00:53+
03:19@	00:15#	00:38&	00:37&	00:15#	00:43&	00:06+	03:18-	00:06+	00:10-	00:13+	02:30@	00:13-	00:02-	00:55-	00:14#	00:11-	01:17@	00:01+	00:44&	01:01&	00:19&

6	Bjarne Harkinn	If	56:20
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03:22+	05:08+	07:44+	09:26+	11:32+	14:36+	16:05+	23:10+	25:46+	27:41+	30:38+	32:05+	35:25+	37:24+	39:35+	41:57+	44:31+	46:08+	49:58+	51:42+	55:26+	56:20+
03:22+	01:46+	02:36+	01:42+	02:06+	03:04+	01:29+	07:05-	02:36+	01:55-	02:57+	01:27+	03:20+	01:59+	02:11-	02:22+	02:34-	01:37+	03:50+	01:44+	03:44+	00:54+
01:16&	00:34&	00:44&	00:31&	00:34&	00:38&	00:15#	01:40-	00:16#	00:06-	00:17#	00:13#	00:02+	00:44&	00:32-	00:47&	00:26-	00:22&	00:37#	00:07+	01:59@	00:20&

Class	Navn	Klasse	Tid
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H 4,5

7	Stig HM Wieat	1059	1:22:55																		
02:41+	04:53+	08:15+	10:10+	12:46+	17:49+	19:38+	27:28+	37:47+	40:54+	48:57+	50:35+	56:53+	59:30+	62:10+	64:57+	68:44+	71:01+	75:26+	78:11+	81:46+	82:55+
02:41+	02:12+	03:22+	01:55+	02:36+	05:03+	01:49+	07:50-	10:19+	03:07+	08:03+	01:38+	06:18+	02:37+	02:40-	02:47+	03:47+	02:17+	04:25+	02:45+	03:35+	01:09+
00:35&	01:00&	01:30&	00:44&	01:04&	02:37@	00:35&	00:55-	07:59@	01:06&	05:23@	00:24&	03:00&	01:22@	00:03-	01:12&	00:47&	01:02&	01:12&	01:08&	01:50@	00:35@

Beste strekktid for klassen

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

H 5,5

1	Bjørn Solbergseter	100	51:21																					
01:07=	02:30=	06:27=	07:41=	12:07=	14:30=	18:16=	19:49=	22:22=	23:37=	25:27=	27:02=	28:30=	30:33=	33:28=	35:32=	37:08=	38:37=	40:14=	42:31=	45:59=	47:06=	48:26=	50:32=	51:21=
01:07=	01:23=	03:57=	01:14=	04:26=	02:23=	03:46=	01:33=	02:33=	01:15=	01:50=	01:35=	01:28=	02:03=	02:55=	02:04=	01:36=	01:29=	01:37=	02:17=	03:28=	01:07=	01:20=	02:06=	00:49=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Michael Sætvedt	RAUT	54:37																					
01:06-	02:24-	05:45-	06:51-	12:43+	15:09+	19:26+	21:32+	24:00+	24:58+	26:36+	29:57+	33:03+	34:37+	37:12+	39:06+	40:34+	42:07+	46:08+	47:22+	49:20+	50:07+	51:19+	53:49+	54:37+
01:06-	01:18-	03:21-	01:06-	05:52+	02:26+	04:17+	02:06+	02:28-	00:58-	01:38-	03:21+	03:06+	01:34-	02:35-	01:54-	01:28-	01:33+	04:01+	01:14-	01:58-	00:47-	01:12-	02:30+	00:48-
00:01-	00:05-	00:36-	00:08-	01:26&	00:03+	00:31#	00:33&	00:05-	00:17-	00:12-	01:46@	01:38@	00:29-	00:20-	00:10-	00:08-	00:04+	02:24@	01:03-	01:30-	00:20-	00:08-	00:24#	00:01-

3	Stein Arne Negård	166	57:43																					
01:11+	02:56+	07:19+	08:43+	14:37+	17:19+	21:06+	23:22+	26:43+	28:03+	29:54+	32:42+	34:46+	36:42+	40:09+	42:45+	44:33+	46:33+	48:20+	49:52+	51:40+	52:46+	54:12+	56:49+	57:43+
01:11+	01:45+	04:23+	01:24+	05:54+	02:42+	03:47+	02:16+	03:21+	01:20+	01:51+	02:48+	02:04+	01:56-	03:27+	02:36+	01:48+	02:00+	01:47+	01:32-	01:48-	01:06-	01:26+	02:37+	00:54+
00:04+	00:22&	00:26#	00:10#	01:28&	00:19#	00:01+	00:43&	00:48&	00:05+	00:01+	01:13&	00:36&	00:07-	00:32#	00:32&	00:12#	00:31&	00:10#	00:45-	01:40-	00:01-	00:06+	00:31#	00:05#

4	Frode Bergersen	1059	58:09																					
01:34+	03:14+	07:29+	09:00+	14:42+	17:16+	22:55+	25:03+	28:21+	29:33+	31:20+	33:22+	35:23+	37:06+	40:05+	42:33+	44:10+	46:14+	48:00+	49:43+	52:08+	53:15+	54:40+	57:16+	58:09+
01:34+	01:40+	04:15+	01:31+	05:42+	02:34+	05:39+	02:08+	03:18+	01:12-	01:47-	02:02+	02:01+	01:43-	02:59+	02:28+	01:37+	02:04+	01:46+	01:43-	02:25-	01:07=	01:25+	02:36+	00:53+
00:27&	00:17#	00:18+	00:17#	01:16&	00:11+	01:53&	00:35&	00:45&	00:03-	00:03-	00:27&	00:33&	00:20-	00:04+	00:24#	00:01+	00:35&	00:09+	00:34-	01:03-	00:00=	00:05+	00:30#	00:04+

5	Ole Christian Bang	INN	1:02:24																					
01:03-	02:42+	08:49+	10:10+	16:06+	18:35+	21:44+	28:54+	32:11+	34:18+	36:21+	38:24+	40:52+	42:41+	45:47+	47:57+	49:33+	51:17+	53:11+	54:53+	56:59+	57:50+	59:08+	61:30+	62:24+
01:03-	01:39+	06:07+	01:21+	05:56+	02:29+	03:09-	07:10+	03:17+	02:07+	02:03+	02:03+	02:28+	01:49-	03:06+	02:10+	01:36=	01:44+	01:54+	01:42-	02:06-	00:51-	01:18-	02:22+	00:54+
00:04-	00:16#	02:10&	00:07+	01:30&	00:06+	00:37-	05:37@	00:44&	00:52&	00:13#	00:28&	01:00&	00:14-	00:11+	00:06+	00:00=	00:15#	00:17#	00:35-	01:22-	00:16-	00:02-	00:16#	00:05#

Beste strekktid for klassen

01:03 01:18 03:21 01:06 04:26 02:23 03:09 01:33 02:28 00:58 01:38 01:35 01:28 01:34 02:35 01:54 01:28 01:29 01:37 01:14 01:48 00:47 01:12 02:06 00:48

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