

Plass Navn

Klasse

Tid

D 1,5

1 Margareth T. Dyresen 7 35:25

05:17= 13:07= 17:55= 21:03= 25:15= 28:05= 30:54= 33:24= 35:25=
 05:17= 07:50= 04:48= 03:08= 04:12= 02:50= 02:49= 02:30= 02:01=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Lise Tronstad 7 37:28

06:09+ 15:27+ 19:47+ 23:14+ 26:13+ 29:54+ 32:58+ 35:41+ 37:28+
 06:09+ 09:18+ 04:20= 03:27+ 02:59= 03:41+ 03:04+ 02:43+ 01:47-
 00:52# 01:28# 00:28= 00:19# 01:13= 00:51& 00:15+ 00:13+ 00:14=

3 Turid Kolseth 7 37:55

06:27+ 15:40+ 20:06+ 23:21+ 26:32+ 30:12+ 33:11+ 36:01+ 37:55+
 06:27+ 09:13+ 04:26= 03:15+ 03:11= 03:40+ 02:59+ 02:50+ 01:54-
 01:10# 01:23# 00:22= 00:07+ 01:01= 00:50& 00:10+ 00:20# 00:07=

4 Anita Stensby Bekkelund 89 40:16

05:06= 20:39+ 24:11+ 27:03+ 29:56+ 33:01+ 35:57+ 38:32+ 40:16+
 05:06= 15:33+ 03:32= 02:52= 02:53= 03:05+ 02:56+ 02:35+ 01:44-
 00:11= 07:43& 01:16= 00:16= 01:19= 00:15+ 00:07+ 00:05+ 00:17=

5 Marie Rustadbakken 7 43:59

07:54+ 16:04+ 19:51+ 23:34+ 29:27+ 36:51+ 39:25+ 42:00+ 43:59+
 07:54+ 08:10+ 03:47= 03:43+ 05:53+ 07:24+ 02:34= 02:35+ 01:59-
 02:37& 00:20+ 01:01= 00:35# 01:41& 04:34@ 00:15= 00:05+ 00:02=

6 Gerd Grønvold 7 46:04

09:42+ 17:43+ 22:14+ 26:59+ 32:08+ 36:03+ 40:10+ 44:04+ 46:04+
 09:42+ 08:01+ 04:31= 04:45+ 05:09+ 03:55+ 04:07+ 03:54+ 02:00-
 04:25& 00:11+ 00:17= 01:37& 00:57# 01:05& 01:18& 01:24& 00:01=

7 Helga Hansen 7 46:17

09:58+ 17:54+ 22:32+ 26:49+ 31:54+ 36:15+ 40:03+ 43:52+ 46:17+
 09:58+ 07:56+ 04:38= 04:17+ 05:05+ 04:21+ 03:48+ 03:49+ 02:25+
 04:41& 00:06+ 00:10= 01:09& 00:53# 01:31& 00:59& 01:19& 00:24#

8 Aud Grønvold 7 55:17

17:11+ 27:24+ 33:13+ 37:24+ 41:48+ 45:43+ 49:19+ 52:42+ 55:17+
 17:11+ 10:13+ 05:49+ 04:11+ 04:24+ 03:55+ 03:36+ 03:23+ 02:35+
 11:54@ 02:23& 01:01# 01:03& 00:12+ 01:05& 00:47& 00:53& 00:34&

Beste strekktid for klassen

05:06 07:50 03:32 02:52 02:53 02:50 02:34 02:30 01:44

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

D 2,5

1 Karen Tomter 163 45:20

03:13= 08:21= 10:01= 15:45= 20:07= 24:19= 26:39= 34:01= 37:31= 39:58= 43:48= 45:20=
 03:13= 05:08= 01:40= 05:44= 04:22= 04:12= 02:20= 07:22= 03:30= 02:27= 03:50= 01:32=
 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 Anne Karin Elisenberg 146 52:58

03:09= 15:15+ 16:28+ 22:24+ 27:03+ 32:37+ 34:38+ 40:40+ 43:38+ 46:29+ 51:34+ 52:58+
 03:09= 12:06+ 01:13= 05:56+ 04:39+ 05:34+ 02:01= 06:02= 02:58= 02:51+ 05:05+ 01:24-
 00:04= 06:58@ 00:27= 00:12+ 00:17+ 01:22& 00:19= 01:20= 00:32= 00:24# 01:15& 00:08=

Class	Navn	Klasse	Tid
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D 2,5

3 Oddveig Anne Sagbakken 88 53:04

03:23+ 09:35+ 11:10+ 17:19+ 21:34+ 26:53+ 31:03+ 39:05+ 42:59+ 45:48+ 51:24+ 53:04+
 03:23+ 06:12+ 01:35- 06:09+ 04:15- 05:19+ 04:10+ 08:02+ 03:54+ 02:49+ 05:36+ 01:40+
 00:10+ 01:04# 00:05- 00:25+ 00:07- 01:07& 01:50& 00:40+ 00:24# 00:22# 01:46& 00:08+

4 Inger G. Lund 155 54:29

02:37+ 10:02+ 11:10+ 22:46+ 26:16+ 31:14+ 35:53+ 44:22+ 47:29+ 49:29+ 53:19+ 54:29+
 02:37+ 07:25+ 01:08+ 11:36+ 03:30+ 04:58+ 04:39+ 08:29+ 03:07+ 02:00+ 03:50+ 01:10+
 02:37+ 07:25+ 01:08+ 11:36+ 03:30+ 04:58+ 04:39+ 08:29+ 03:07+ 02:00+ 03:50+ 01:10+

5 Rønnaug Sagbakken 1071 58:19

03:42+ 12:51+ 14:42+ 22:53+ 27:16+ 33:05+ 35:49+ 43:08+ 48:33+ 50:57+ 56:17+ 58:19+
 03:42+ 09:09+ 01:51+ 08:11+ 04:23+ 05:49+ 02:44+ 07:19+ 05:25+ 02:24+ 05:20+ 02:02+
 03:42+ 09:09+ 01:51+ 08:11+ 04:23+ 05:49+ 02:44+ 07:19+ 05:25+ 02:24+ 05:20+ 02:02+

6 Inger E. Vamnes NOTEAM 1:01:37

03:30+ 11:06+ 13:13+ 19:49+ 25:37+ 31:26+ 34:46+ 43:37+ 49:28+ 53:40+ 59:44+ 61:37+
 03:30+ 07:36+ 02:07+ 06:36+ 05:48+ 05:49+ 03:20+ 08:51+ 05:51+ 04:12+ 06:04+ 01:53+
 03:30+ 07:36+ 02:07+ 06:36+ 05:48+ 05:49+ 03:20+ 08:51+ 05:51+ 04:12+ 06:04+ 01:53+

Beste strekktid for klassen

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

D 3,5

1 May Kristin Tangen 119 52:18

03:01= 06:45= 10:28= 20:37= 23:57= 28:31= 30:51= 39:19= 41:25= 45:10= 47:21= 49:06= 50:20= 51:28= 52:18=
 03:01= 03:44= 03:43= 10:09= 03:20= 04:34= 02:20= 08:28= 02:06= 03:45= 02:11= 01:45= 01:14= 01:08= 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=

2 Wenche Bjørnstad Geno 53:29

09:34+ 13:42+ 17:31+ 20:58+ 23:02- 28:47+ 31:27+ 40:25+ 42:31+ 46:01+ 48:18+ 50:11+ 51:28+ 52:34+ 53:29+
 09:34+ 04:08+ 03:49+ 03:27- 02:04- 05:45+ 02:40+ 08:58+ 02:06= 03:30- 02:17+ 01:53+ 01:17+ 01:06- 00:55+
 06:33@ 00:24# 00:06+ 06:42- 01:16- 01:11& 00:20# 00:30+ 00:00= 00:15- 00:06+ 00:08+ 00:03+ 00:02- 00:05#

3 Anne S. Svenskerud 11 59:30

02:09- 07:24+ 12:14+ 17:20- 21:51- 30:56+ 35:00+ 43:37+ 45:12+ 49:50+ 52:45+ 54:42+ 56:46+ 58:24+ 59:30+
 02:09- 05:15+ 04:50+ 05:06- 04:31+ 09:05+ 04:04+ 06:51- 03:21+ 04:38+ 02:55+ 01:57+ 02:04+ 01:38+ 01:06+
 00:52- 01:31& 01:07& 05:03- 01:11& 04:31& 01:44& 01:37- 01:15& 00:53# 00:44& 00:12# 00:50& 00:30& 00:16&

4 Anita Høie 7 1:14:47

02:18- 08:43+ 13:33+ 19:33- 24:46+ 36:10+ 42:53+ 50:01+ 53:28+ 65:06+ 68:04+ 70:00+ 71:55+ 73:24+ 74:47+
 02:18- 06:25+ 04:50+ 06:00- 05:13+ 11:24+ 06:43+ 07:08- 03:27+ 11:38+ 02:58+ 01:56+ 01:55+ 01:29+ 01:23+
 00:43- 02:41& 01:07& 04:09- 01:53& 06:50@ 04:23@ 01:20- 01:21& 07:53@ 00:47& 00:11# 00:41& 00:21& 00:33&

5 Sidsel Storihle Geno 1:17:32

01:43- 06:44- 11:22+ 17:29- 20:34- 26:27- 30:03- 36:55- 40:12- 68:44+ 71:20+ 72:57+ 74:53+ 76:16+ 77:32+
 01:43- 05:01+ 04:38+ 06:07- 03:05- 05:53+ 03:36+ 06:52- 03:17+ 28:32+ 02:36+ 01:37- 01:56+ 01:23+ 01:16+
 01:18- 01:17& 00:55# 04:02- 00:15- 01:19& 01:16& 01:36- 01:11& 24:47@ 00:25# 00:08- 00:42& 00:15# 00:26&

Beste strekktid for klassen

01:43 03:44 03:43 03:27 02:04 04:34 02:20 06:51 02:06 03:30 02:11 01:37 01:14 01:06 00:50

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

D 4,5

1	Unn Mette Klopbakken	43	57:43												
02:58=	06:52=	11:02=	15:29=	18:10=	24:42=	27:56=	31:35=	37:27=	41:27=	45:15=	49:16=	52:36=	55:30=	56:45=	57:43=
02:58=	03:54=	04:10=	04:27=	02:41=	06:32=	03:14=	03:39=	05:52=	04:00=	03:48=	04:01=	03:20=	02:54=	01:15=	00:58=
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	1:10:07												
05:06+	07:27+	11:47+	16:22+	22:34+	31:38+	36:01+	39:35+	44:43+	49:39+	53:59+	60:29+	65:32+	68:06+	69:13+	70:07+
05:06+	02:21-	04:20+	04:35+	06:12+	09:04+	04:23+	03:34-	05:08-	04:56+	04:20+	06:30+	05:03+	02:34-	01:07-	00:54-
02:08&	01:33-	00:10+	00:08+	03:31@	02:32&	01:09&	00:05-	00:44-	00:56#	00:32#	02:29&	01:43&	00:20-	00:08-	00:04-

3	Ingunn Lund Nordstrøm	105	1:11:59												
07:11+	09:44+	13:51+	19:24+	21:41+	29:21+	32:15+	35:45+	41:39+	45:39+	49:29+	64:23+	67:18+	70:01+	71:05+	71:59+
07:11+	02:33-	04:07-	05:33+	02:17-	07:40+	02:54-	03:30-	05:54+	04:00=	03:50+	14:54+	02:55-	02:43-	01:04-	00:54-
04:13@	01:21-	00:03-	01:06#	00:24-	01:08#	00:20-	00:09-	00:02+	00:00=	00:02+	10:53@	00:25-	00:11-	00:11-	00:04-

Beste strekktid for klassen

02:58 02:21 04:07 04:27 02:17 06:32 02:54 03:30 05:08 04:00 03:48 04:01 02:55 02:34 01:04 00:54

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

D 5,5

1	Heidi Wiest	166	56:42																
01:48=	03:19=	05:27=	07:56=	09:13=	13:24=	16:46=	18:53=	25:47=	27:04=	33:27=	37:35=	41:47=	44:06=	47:33=	49:23=	52:29=	54:42=	55:53=	56:42=
01:48=	01:31=	02:08=	02:29=	01:17=	04:11=	03:22=	02:07=	06:54=	01:17=	06:23=	04:08=	04:12=	02:19=	03:27=	01:50=	03:06=	02:13=	01:11=	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=

2	Nina Smestad	90	1:22:26																
03:19+	04:57+	07:25+	12:02+	13:39+	18:06+	22:17+	25:26+	36:49+	38:29+	47:49+	53:39+	59:18+	64:04+	69:04+	71:44+	76:11+	79:26+	81:19+	82:26+
03:19+	01:38+	02:28+	04:37+	01:37+	04:27+	04:11+	03:09+	11:23+	01:40+	09:20+	05:50+	05:39+	04:46+	05:00+	02:40+	04:27+	03:15+	01:53+	01:07+
01:31&	00:07+	00:20#	02:08&	00:20&	00:16+	00:49#	01:02&	04:29&	00:23&	02:57&	01:42&	01:27&	02:27@	01:33&	00:50&	01:21&	01:02&	00:42&	00:18&

Beste strekktid for klassen

01:48 01:31 02:08 02:29 01:17 04:11 03:22 02:07 06:54 01:17 06:23 04:08 04:12 02:19 03:27 01:50 03:06 02:13 01:11 00:49

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

H 1,5

1	Ottar Evensen	27	26:14					
02:49=	08:18=	10:27=	13:05=	16:41=	20:29=	22:48=	24:49=	26:14=
02:49=	05:29=	02:09=	02:38=	03:36=	03:48=	02:19=	02:01=	01:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Geir-Håkon Øverby	lf	32:22					
03:09+	08:17-	11:20+	16:06+	19:36+	25:53+	27:45+	30:51+	32:22+
03:09+	05:08-	03:03+	04:46+	03:30-	06:17+	01:52-	03:06+	01:31+
00:20#	00:21-	00:54&	02:08&	00:06-	02:29&	00:27-	01:05&	00:06+

3	Roger Sterud	7	33:04					
03:43+	09:31+	12:01+	17:13+	20:34+	25:57+	28:41+	31:48+	33:04+
03:43+	05:48+	02:30+	05:12+	03:21-	05:23+	02:44+	03:07+	01:16-
00:54&	00:19+	00:21#	02:34&	00:15-	01:35&	00:25#	01:06&	00:09-

H 1,5

4	Hans Jørgen Røste	152	33:22					
03:42+	10:09+	13:44+	17:35+	21:30+	26:49+	29:25+	31:45+	33:22+
03:42+	06:27+	03:35+	03:51+	03:55+	05:19+	02:36+	02:20+	01:37+
00:53&	00:58#	01:26&	01:13&	00:19+	01:31&	00:17#	00:19#	00:12#
5	Knut Røhrsveen	7	34:56					
02:45+	07:56+	14:14+	16:49+	23:09+	28:30+	31:54+	33:36+	34:56+
02:45+	05:11+	06:18+	02:35+	06:20+	05:21+	03:24+	01:42+	01:20+
02:45+	05:11+	06:18+	02:35+	06:20+	05:21+	03:24+	01:42+	01:20+
6	Dag Erik Hovde	7	44:29					
03:48+	10:14+	13:35+	18:39+	25:50+	36:54+	39:16+	42:04+	44:29+
03:48+	06:26+	03:21+	05:04+	07:11+	11:04+	02:22+	02:48+	02:25+
03:48+	06:26+	03:21+	05:04+	07:11+	11:04+	02:22+	02:48+	02:25+
7	Tore Stensby	93	47:19					
04:29+	14:54+	19:43+	24:56+	32:16+	39:02+	42:26+	45:35+	47:19+
04:29+	10:25+	04:49+	05:13+	07:20+	06:46+	03:24+	03:09+	01:44+
04:29+	10:25+	04:49+	05:13+	07:20+	06:46+	03:24+	03:09+	01:44+
8	Halstein Ødegård	89	49:03					
04:02+	11:29+	15:03+	20:03+	26:24+	38:37+	42:32+	46:11+	49:03+
04:02+	07:27+	03:34+	05:00+	06:21+	12:13+	03:55+	03:39+	02:52+
04:02+	07:27+	03:34+	05:00+	06:21+	12:13+	03:55+	03:39+	02:52+
9	Erik Skårås	1071	56:31					
11:05+	25:59+	29:53+	34:48+	43:52+	48:58+	51:59+	54:34+	56:31+
11:05+	14:54+	03:54+	04:55+	09:04+	05:06+	03:01+	02:35+	01:57+
11:05+	14:54+	03:54+	04:55+	09:04+	05:06+	03:01+	02:35+	01:57+
10	Ragnar Høsøien	55	1:04:03					
06:19+	21:17+	26:25+	33:20+	43:00+	51:57+	56:11+	60:29+	64:03+
06:19+	14:58+	05:08+	06:55+	09:40+	08:57+	04:14+	04:18+	03:34+
06:19+	14:58+	05:08+	06:55+	09:40+	08:57+	04:14+	04:18+	03:34+

Beste strekktid for klassen

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

H 2,5

1	Terje Malm	52	34:16							
03:26=	08:26=	11:03=	17:33=	20:46=	25:21=	28:14=	29:57=	31:36=	33:12=	34:16=
03:26=	05:00=	02:37=	06:30=	03:13=	04:35=	02:53=	01:43=	01:39=	01:36=	01:04=
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	34:40							
03:17-	08:59+	11:31+	16:36-	19:51-	25:00-	28:01-	29:51-	31:27-	33:26+	34:40+
03:17-	05:42+	02:32-	05:05-	03:15+	05:09+	03:01+	01:50+	01:36-	01:59+	01:14+
00:09-	00:42#	00:05-	01:25-	00:02+	00:34#	00:08+	00:07+	00:03-	00:23#	00:10#
3	Per Vold	96	35:20							
05:51+	10:45+	13:24+	19:19+	22:32+	27:16+	29:44+	31:19+	32:50+	34:16+	35:20+
05:51+	04:54-	02:39+	05:55-	03:13=	04:44+	02:28-	01:35-	01:31-	01:26-	01:04=
02:25&	00:06-	00:02+	00:35-	00:00=	00:09+	00:25-	00:08-	00:08-	00:10-	00:00=

Class	Navn	Klasse	Tid							
H 2,5										
4	Magne Smeland	167	36:14							
03:39+	09:04+	11:48+	17:08-	20:45-	25:51+	28:49+	30:44+	33:22+	34:59+	36:14+
03:39+	05:25+	02:44+	05:20-	03:37+	05:06+	02:58+	01:55+	02:38+	01:37+	01:15+
00:13+	00:25+	00:07+	01:10-	00:24#	00:31#	00:05+	00:12#	00:59&	00:01+	00:11#
5	Arne Hagen	167	36:43							
03:05+	08:11+	10:55+	19:40+	22:35+	27:46+	30:38+	32:23+	34:05+	35:25+	36:43+
03:05+	05:06+	02:44+	08:45+	02:55+	05:11+	02:52+	01:45+	01:42+	01:20+	01:18+
03:05+	05:06+	02:44+	08:45+	02:55+	05:11+	02:52+	01:45+	01:42+	01:20+	01:18+
6	Leif Martin Kjos	1071	37:24							
03:30+	08:46+	11:17+	16:12+	19:26+	24:19+	26:54+	33:15+	35:03+	36:22+	37:24+
03:30+	05:16+	02:31+	04:55+	03:14+	04:53+	02:35+	06:21+	01:48+	01:19+	01:02+
03:30+	05:16+	02:31+	04:55+	03:14+	04:53+	02:35+	06:21+	01:48+	01:19+	01:02+
7	Tore Gustav Tomter	1021	38:00							
05:55+	10:24+	13:15+	18:19+	21:42+	29:34+	32:29+	34:14+	35:48+	37:04+	38:00+
05:55+	04:29+	02:51+	05:04+	03:23+	07:52+	02:55+	01:45+	01:34+	01:16+	00:56+
05:55+	04:29+	02:51+	05:04+	03:23+	07:52+	02:55+	01:45+	01:34+	01:16+	00:56+
8	Morten Øie	39	39:38							
04:34+	09:22+	12:24+	17:17+	23:24+	29:44+	32:58+	34:57+	36:39+	38:16+	39:38+
04:34+	04:48+	03:02+	04:53+	06:07+	06:20+	03:14+	01:59+	01:42+	01:37+	01:22+
04:34+	04:48+	03:02+	04:53+	06:07+	06:20+	03:14+	01:59+	01:42+	01:37+	01:22+
9	Harald Grønvold	7	39:53							
05:51+	12:06+	15:08+	21:46+	24:55+	30:10+	32:50+	34:30+	36:20+	38:35+	39:53+
05:51+	06:15+	03:02+	06:38+	03:09+	05:15+	02:40+	01:40+	01:50+	02:15+	01:18+
05:51+	06:15+	03:02+	06:38+	03:09+	05:15+	02:40+	01:40+	01:50+	02:15+	01:18+
10	Einar Stensby	89	40:37							
04:19+	09:58+	14:22+	21:14+	25:07+	30:37+	34:02+	35:54+	37:42+	39:15+	40:37+
04:19+	05:39+	04:24+	06:52+	03:53+	05:30+	03:25+	01:52+	01:48+	01:33+	01:22+
04:19+	05:39+	04:24+	06:52+	03:53+	05:30+	03:25+	01:52+	01:48+	01:33+	01:22+
11	Stein erik Edvardsen	27	42:02							
04:45+	10:24+	13:51+	20:46+	25:13+	30:59+	34:32+	36:31+	38:38+	40:27+	42:02+
04:45+	05:39+	03:27+	06:55+	04:27+	05:46+	03:33+	01:59+	02:07+	01:49+	01:35+
04:45+	05:39+	03:27+	06:55+	04:27+	05:46+	03:33+	01:59+	02:07+	01:49+	01:35+
12	Jan Olav Sæther	165	42:38							
04:17+	10:36+	14:20+	21:39+	25:57+	31:50+	35:20+	37:32+	39:39+	41:20+	42:38+
04:17+	06:19+	03:44+	07:19+	04:18+	05:53+	03:30+	02:12+	02:07+	01:41+	01:18+
04:17+	06:19+	03:44+	07:19+	04:18+	05:53+	03:30+	02:12+	02:07+	01:41+	01:18+
13	Magne Johansen	1032	44:24							
04:05+	08:59+	12:23+	18:52+	24:39+	31:55+	35:36+	37:56+	40:32+	42:39+	44:24+
04:05+	04:54+	03:24+	06:29+	05:47+	07:16+	03:41+	02:20+	02:36+	02:07+	01:45+
04:05+	04:54+	03:24+	06:29+	05:47+	07:16+	03:41+	02:20+	02:36+	02:07+	01:45+
14	Torbjørn Ødegaard	1058	45:45							
04:40+	12:00+	15:55+	21:51+	26:24+	34:48+	38:21+	40:25+	42:16+	44:30+	45:45+
04:40+	07:20+	03:55+	05:56+	04:33+	08:24+	03:33+	02:04+	01:51+	02:14+	01:15+
04:40+	07:20+	03:55+	05:56+	04:33+	08:24+	03:33+	02:04+	01:51+	02:14+	01:15+
15	Per Ivar Kvammen	1058	47:53							
08:54+	19:11+	22:42+	28:51+	33:02+	38:12+	40:57+	42:38+	44:43+	46:28+	47:53+
08:54+	10:17+	03:31+	06:09+	04:11+	05:10+	02:45+	01:41+	02:05+	01:45+	01:25+
08:54+	10:17+	03:31+	06:09+	04:11+	05:10+	02:45+	01:41+	02:05+	01:45+	01:25+

H 2,5

16	Stein Sandaker	1038	49:50
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03:23+	15:51+	18:51+	24:03+	27:24+	33:31+	38:34+	45:29+	47:04+	48:40+	49:50+
03:23+	12:28+	03:00+	05:12+	03:21+	06:07+	05:03+	06:55+	01:35+	01:36+	01:10+
03:23+	12:28+	03:00+	05:12+	03:21+	06:07+	05:03+	06:55+	01:35+	01:36+	01:10+

17	Bjørn Myhr	166	54:44
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04:29+	18:27+	25:30+	31:51+	36:55+	43:20+	47:03+	49:22+	51:25+	53:29+	54:44+
04:29+	13:58+	07:03+	06:21+	05:04+	06:25+	03:43+	02:19+	02:03+	02:04+	01:15+
04:29+	13:58+	07:03+	06:21+	05:04+	06:25+	03:43+	02:19+	02:03+	02:04+	01:15+

18	Sven Marken	89	55:03
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10:23+	15:21+	19:14+	25:52+	31:01+	42:23+	46:51+	48:59+	51:09+	53:15+	55:03+
10:23+	04:58+	03:53+	06:38+	05:09+	11:22+	04:28+	02:08+	02:10+	02:06+	01:48+
10:23+	04:58+	03:53+	06:38+	05:09+	11:22+	04:28+	02:08+	02:10+	02:06+	01:48+

19	Knut Olav Strætkvern	1058	55:05
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19:47+	23:59+	27:32+	33:11+	36:36+	45:16+	48:19+	50:10+	52:28+	54:04+	55:05+
19:47+	04:12+	03:33+	05:39+	03:25+	08:40+	03:03+	01:51+	02:18+	01:36+	01:01+
19:47+	04:12+	03:33+	05:39+	03:25+	08:40+	03:03+	01:51+	02:18+	01:36+	01:01+

Beste strekktid for klassen

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

H 3,5

1	Tormod Pedersen	7	38:18
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02:39=	04:09=	05:13=	08:22=	11:54=	13:58=	17:05=	18:15=	21:36=	26:19=	28:37=	32:22=	34:58=	36:13=	37:25=	38:18=
02:39=	01:30=	01:04=	03:09=	03:32=	02:04=	03:07=	01:10=	03:21=	04:43=	02:18=	03:45=	02:36=	01:15=	01:12=	00:53=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Terje Tangen	119	40:43
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02:21-	04:11+	05:19+	08:25+	11:33-	13:42-	16:19-	17:28-	20:07-	29:35+	31:46+	35:13+	37:39+	38:55+	39:54+	40:43+
02:21-	01:50+	01:08+	03:06-	03:08-	02:09+	02:37-	01:09-	02:39-	09:28+	02:11-	03:27-	02:26-	01:16+	00:59-	00:49-
00:18-	00:20#	00:04#	00:03-	00:24-	00:05+	00:30-	00:01-	00:42-	04:45@	00:07-	00:18-	00:10-	00:01+	00:13-	00:04-

3	Tor Haugstulen	55	41:10
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03:09+	04:58+	06:03+	09:14+	13:11+	15:56+	19:00+	20:15+	22:56+	27:39+	29:56+	33:30+	38:03+	39:15+	40:19+	41:10+
03:09+	01:49+	01:05+	03:11+	03:57+	02:45+	03:04-	01:15+	02:41-	04:43=	02:17-	03:34-	04:33+	01:12-	01:04-	00:51-
00:30#	00:19#	00:01+	00:02+	00:25#	00:41&	00:03-	00:05+	00:40-	00:00=	00:01-	00:11-	01:57&	00:03-	00:08-	00:02-

4	Gjermund Nedgård	105	42:06
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03:37+	05:26+	06:34+	09:35+	14:45+	16:40+	19:43+	20:44+	23:09+	30:26+	32:30+	35:56+	39:04+	40:20+	41:19+	42:06+
03:37+	01:49+	01:08+	03:01-	05:10+	01:55-	03:03-	01:01-	02:25-	07:17+	02:04-	03:26-	03:08+	01:16+	00:59-	00:47-
00:58&	00:19#	00:04+	00:08-	01:38&	00:09-	00:04-	00:09-	00:56-	02:34&	00:14-	00:19-	00:32#	00:01+	00:13-	00:06-

5	Morten Stenberg	NRK	43:06
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03:01+	05:48+	06:52+	10:28+	14:07+	16:11+	19:14+	20:32+	23:48+	28:30+	30:51+	34:40+	37:26+	40:37+	42:06+	43:06+
03:01+	02:47+	01:04=	03:36+	03:39+	02:04=	03:03-	01:18+	03:16-	04:42-	02:21+	03:49+	02:46+	03:11+	01:29+	01:00+
00:22#	01:17&	00:00=	00:27#	00:07+	00:00=	00:04-	00:08#	00:05-	00:01-	00:03+	00:04+	00:10+	01:56@	00:17#	00:07#

6	Olav Juliussen	55	43:57
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02:59+	04:48+	06:01+	09:15+	14:32+	16:58+	20:23+	21:27+	24:45+	29:27+	31:59+	35:51+	38:17+	41:43+	42:55+	43:57+
02:59+	01:49+	01:13+	03:14+	05:17+	02:26+	03:25+	01:04-	03:18-	04:42-	02:32+	03:52+	02:26-	03:26+	01:12=	01:02+
00:20#	00:19#	00:09#	00:05+	01:45&	00:22#	00:18+	00:06-	00:03-	00:01-	00:14#	00:07+	00:10-	02:11@	00:00=	00:09#

H 3,5

7	Jo Gisle Jørgensen	105	51:49												
04:00+	05:44+	07:23+	11:20+	19:13+	22:21+	25:47+	26:57+	30:53+	37:07+	39:28+	45:20+	48:19+	49:38+	50:53+	51:49+
04:00+	01:44+	01:39+	03:57+	07:53+	03:08+	03:26+	01:10=	03:56+	06:14+	02:21+	05:52+	02:59+	01:19+	01:15+	00:56+
01:21&	00:14#	00:35&	00:48&	04:21@	01:04&	00:19#	00:00=	00:35#	01:31&	00:03+	02:07&	00:23#	00:04+	00:03+	00:03+

8	Hasse Bergstrøm	1076	52:55												
04:02+	06:13+	07:31+	11:24+	18:07+	20:34+	23:58+	25:24+	28:48+	35:34+	38:07+	44:31+	48:05+	50:31+	51:49+	52:55+
04:02+	02:11+	01:18+	03:53+	06:43+	02:27+	03:24+	01:26+	03:24+	06:46+	02:33+	06:24+	03:34+	02:26+	01:18+	01:06+
04:02+	02:11+	01:18+	03:53+	06:43+	02:27+	03:24+	01:26+	03:24+	06:46+	02:33+	06:24+	03:34+	02:26+	01:18+	01:06+

9	Tom S Helgesen	55	56:23												
06:10+	08:03+	11:04+	17:18+	21:48+	24:21+	27:14+	28:20+	31:26+	44:17+	46:41+	50:27+	53:00+	54:26+	55:30+	56:23+
06:10+	01:53+	03:01+	06:14+	04:30+	02:33+	02:53+	01:06+	03:06+	12:51+	02:24+	03:46+	02:33+	01:26+	01:04+	00:53+
06:10+	01:53+	03:01+	06:14+	04:30+	02:33+	02:53+	01:06+	03:06+	12:51+	02:24+	03:46+	02:33+	01:26+	01:04+	00:53+

10	Lars Skramstad	LMF	59:47												
04:49+	06:53+	08:24+	12:44+	17:37+	21:01+	24:46+	26:19+	30:45+	40:47+	43:50+	52:42+	55:39+	57:13+	58:44+	59:47+
04:49+	02:04+	01:31+	04:20+	04:53+	03:24+	03:45+	01:33+	04:26+	10:02+	03:03+	08:52+	02:57+	01:34+	01:31+	01:03+
04:49+	02:04+	01:31+	04:20+	04:53+	03:24+	03:45+	01:33+	04:26+	10:02+	03:03+	08:52+	02:57+	01:34+	01:31+	01:03+

11	Odin Høie Vollum	7	59:58												
06:44+	07:45+	10:48+	13:36+	16:32+	18:15+	20:23+	21:13+	24:56+	48:38+	50:34+	53:22+	55:52+	58:44+	59:25+	59:58+
06:44+	01:01+	03:03+	02:48+	02:56+	01:43+	02:08+	00:50+	03:43+	23:42+	01:56+	02:48+	02:30+	02:52+	00:41+	00:33+
06:44+	01:01+	03:03+	02:48+	02:56+	01:43+	02:08+	00:50+	03:43+	23:42+	01:56+	02:48+	02:30+	02:52+	00:41+	00:33+

12	Harald Øie	ARBIL	1:00:23												
16:32+	18:14+	19:22+	24:23+	28:12+	31:25+	35:54+	36:55+	40:11+	46:23+	48:57+	53:55+	56:37+	58:01+	59:22+	60:23+
16:32+	01:42+	01:08+	05:01+	03:49+	03:13+	04:29+	01:01+	03:16+	06:12+	02:34+	04:58+	02:42+	01:24+	01:21+	01:01+
16:32+	01:42+	01:08+	05:01+	03:49+	03:13+	04:29+	01:01+	03:16+	06:12+	02:34+	04:58+	02:42+	01:24+	01:21+	01:01+

13	Trond Feiring	52	1:00:54												
03:52+	05:40+	07:36+	11:42+	16:07+	19:12+	23:41+	25:04+	32:22+	40:55+	45:05+	53:07+	56:37+	58:23+	59:39+	60:54+
03:52+	01:48+	01:56+	04:06+	04:25+	03:05+	04:29+	01:23+	07:18+	08:33+	04:10+	08:02+	03:30+	01:46+	01:16+	01:15+
03:52+	01:48+	01:56+	04:06+	04:25+	03:05+	04:29+	01:23+	07:18+	08:33+	04:10+	08:02+	03:30+	01:46+	01:16+	01:15+

14	Torleif Finstad	55	1:03:38												
03:41+	06:01+	07:31+	11:31+	15:25+	18:06+	21:18+	23:02+	26:46+	33:44+	37:29+	57:08+	59:51+	61:24+	62:30+	63:38+
03:41+	02:20+	01:30+	04:00+	03:54+	02:41+	03:12+	01:44+	03:44+	06:58+	03:45+	19:39+	02:43+	01:33+	01:06+	01:08+
03:41+	02:20+	01:30+	04:00+	03:54+	02:41+	03:12+	01:44+	03:44+	06:58+	03:45+	19:39+	02:43+	01:33+	01:06+	01:08+

15	Knut Wikstrøm	78	1:05:51												
07:14+	16:10+	17:43+	21:52+	29:51+	32:45+	37:05+	38:29+	43:02+	49:18+	52:06+	57:28+	61:35+	63:25+	64:43+	65:51+
07:14+	08:56+	01:33+	04:09+	07:59+	02:54+	04:20+	01:24+	04:33+	06:16+	02:48+	05:22+	04:07+	01:50+	01:18+	01:08+
07:14+	08:56+	01:33+	04:09+	07:59+	02:54+	04:20+	01:24+	04:33+	06:16+	02:48+	05:22+	04:07+	01:50+	01:18+	01:08+

16	Steinar Tønsager	11	1:09:29												
09:31+	12:03+	13:35+	18:15+	24:45+	28:31+	32:52+	34:19+	43:12+	54:03+	56:57+	62:34+	65:48+	67:18+	68:34+	69:29+
09:31+	02:32+	01:32+	04:40+	06:30+	03:46+	04:21+	01:27+	08:53+	10:51+	02:54+	05:37+	03:14+	01:30+	01:16+	00:55+
09:31+	02:32+	01:32+	04:40+	06:30+	03:46+	04:21+	01:27+	08:53+	10:51+	02:54+	05:37+	03:14+	01:30+	01:16+	00:55+

17	Johnny Johansen	89	1:14:50												
05:34+	08:23+	10:20+	15:51+	25:04+	28:19+	33:00+	35:06+	39:49+	49:21+	52:40+	63:40+	69:28+	71:19+	73:22+	74:50+
05:34+	02:49+	01:57+	05:31+	09:13+	03:15+	04:41+	02:06+	04:43+	09:32+	03:19+	11:00+	05:48+	01:51+	02:03+	01:28+
05:34+	02:49+	01:57+	05:31+	09:13+	03:15+	04:41+	02:06+	04:43+	09:32+	03:19+	11:00+	05:48+	01:51+	02:03+	01:28+

Beste strekktid for klassen

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

H 4,5

1	Vidar Nomerstad	1071	1:00:36												
03:24=	05:43=	09:50=	13:50=	16:24=	22:16=	27:30=	30:30=	36:26=	40:25=	44:11=	48:11=	55:22=	58:24=	59:37=	60:36=
03:24=	02:19=	04:07=	04:00=	02:34=	05:52=	05:14=	03:00=	05:56=	03:59=	03:46=	04:00=	07:11=	03:02=	01:13=	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=	00:00=	00:00=	00:00=	00:00=

2	Henning Wernøe	49	1:17:16												
05:17+	08:33+	13:48+	22:39+	25:52+	34:34+	39:25+	44:35+	50:13+	56:22+	61:25+	66:35+	71:05+	74:14+	75:52+	77:16+
05:17+	03:16+	05:15+	08:51+	03:13+	08:42+	04:51-	05:10+	05:38-	06:09+	05:03+	05:10+	04:30-	03:09+	01:38+	01:24+
01:53&	00:57&	01:08&	04:51@	00:39&	02:50&	00:23-	02:10&	00:18-	02:10&	01:17&	01:10&	02:41-	00:07+	00:25&	00:25&

Beste strekktid for klassen															
03:24	02:19	04:07	04:00	02:34	05:52	04:51	03:00	05:38	03:59	03:46	04:00	04:30	03:02	01:13	00:59

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

H 5,5

1	Amund beitnes	NOTEAM	45:42																
01:17=	02:26=	04:29=	06:21=	07:33=	10:48=	13:25=	15:14=	20:52=	21:50=	26:50=	30:10=	32:49=	34:32=	37:24=	38:42=	41:39=	43:37=	44:52=	45:42=
01:17=	01:09=	02:03=	01:52=	01:12=	03:15=	02:37=	01:49=	05:38=	00:58=	05:00=	03:20=	02:39=	01:43=	02:52=	01:18=	02:57=	01:58=	01:15=	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=

2	Michael Sætvedt	RAUT	53:03																
01:08-	02:21-	04:22-	07:31+	08:45+	11:51+	14:15+	16:06+	21:47+	22:50+	30:04+	33:42+	39:28+	41:26+	44:15+	45:28+	49:16+	51:22+	52:29+	53:03+
01:08-	01:13+	02:01-	03:09+	01:14+	03:06-	02:24-	01:51+	05:41+	01:03+	07:14+	03:38+	05:46+	01:58+	02:49-	01:13-	03:48+	02:06+	01:07-	00:34-
00:09-	00:04+	00:02-	01:17&	00:02+	00:09-	00:13-	00:02+	00:03+	00:05+	02:14&	00:18+	03:07@	00:15#	00:03-	00:05-	00:51&	00:08+	00:08-	00:16-

3	Bjørn Solbergseter	100	53:35																
01:58+	03:27+	05:35+	07:48+	09:05+	12:25+	16:45+	20:11+	26:11+	27:16+	33:20+	36:50+	39:45+	41:32+	45:30+	46:54+	49:40+	51:46+	52:53+	53:35+
01:58+	01:29+	02:08+	02:13+	01:17+	03:20+	04:20+	03:26+	06:00+	01:05+	06:04+	03:30+	02:55+	01:47+	03:58+	01:24+	02:46-	02:06+	01:07-	00:42-
00:41&	00:20&	00:05+	00:21#	00:05+	00:05+	01:43&	01:37&	00:22+	00:07#	01:04#	00:10+	00:16#	00:04+	01:06&	00:06+	00:11-	00:08+	00:08-	00:08-

4	Øyvind B. Schjeldrup	NOTEAM	58:51																
01:35+	02:59+	05:01+	07:18+	08:32+	13:40+	17:31+	19:39+	26:33+	27:48+	34:23+	38:56+	43:14+	45:35+	49:08+	51:20+	54:15+	56:49+	58:04+	58:51+
01:35+	01:24+	02:02-	02:17+	01:14+	05:08+	03:51+	02:08+	06:54+	01:15+	06:35+	04:33+	04:18+	02:21+	03:33+	02:12+	02:55-	02:34+	01:15=	00:47-
00:18#	00:15#	00:01-	00:25#	00:02+	01:53&	01:14&	00:19#	01:16#	00:17&	01:35&	01:13&	01:39&	00:38&	00:41#	00:54&	00:02-	00:36&	00:00=	00:03-

5	Frode Bergersen	1059	1:02:08																
02:38+	04:41+	06:51+	09:20+	11:04+	14:23+	17:37+	20:52+	29:00+	30:33+	37:04+	41:20+	44:33+	47:41+	51:09+	52:37+	56:05+	59:37+	61:11+	62:08+
02:38+	02:03+	02:10+	02:29+	01:44+	03:19+	03:14+	03:15+	08:08+	01:33+	06:31+	04:16+	03:13+	03:08+	03:28+	01:28+	03:28+	03:32+	01:34+	00:57+
01:21@	00:54&	00:07+	00:37&	00:32&	00:04+	00:37#	01:26&	02:30&	00:35&	01:31&	00:56&	00:34#	01:25&	00:36#	00:10#	00:31#	01:34&	00:19&	00:07#

6	Pål Stenberg	166	1:04:54																
02:12+	03:51+	06:01+	08:37+	09:59+	14:00+	22:07+	24:00+	31:13+	32:30+	38:42+	43:02+	46:57+	48:50+	51:59+	53:31+	60:21+	62:49+	63:57+	64:54+
02:12+	01:39+	02:10+	02:36+	01:22+	04:01+	08:07+	01:53+	07:13+	01:17+	06:12+	04:20+	03:55+	01:53+	03:09+	01:32+	06:50+	02:28+	01:08-	00:57+
00:55&	00:30&	00:07+	00:44&	00:10#	00:46#	05:30@	00:04+	01:35&	00:19&	01:12#	01:00&	01:16&	00:10+	00:17+	00:14#	03:53@	00:30&	00:07-	00:07#

7	Stein Arne Negård	166	1:12:46																
01:37+	03:29+	07:03+	14:09+	15:32+	20:56+	24:37+	27:04+	35:32+	36:51+	45:00+	49:40+	53:10+	58:22+	62:05+	64:07+	67:53+	70:23+	71:48+	72:46+
01:37+	01:52+	03:34+	07:06+	01:23+	05:24+	03:41+	02:27+	08:28+	01:19+	08:09+	04:40+	03:30+	05:12+	03:43+	02:02+	03:46+	02:30+	01:25+	00:58+
00:20&	00:43&	01:31&	05:14@	00:11#	02:09&	01:04&	00:38&	02:50&	00:21&	03:09&	01:20&	00:51&	03:29@	00:51&	00:44&	00:49&	00:32&	00:10#	00:08#

Beste strekktid for klassen																			
01:08	01:09	02:01	01:52	01:12	03:06	02:24	01:49	05:38	00:58	05:00	03:20	02:39	01:43	02:49	01:13	02:46	01:58	01:07	00:34

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