

Class	Navn	Klasse								Tid
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D 1,5

1	Marie Rustadbakken	7	21:42
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01:17=	05:51=	08:01=	12:58=	17:14=	19:12=	21:01=	21:42=
01:17=	04:34=	02:10=	04:57=	04:16=	01:58=	01:49=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Irene Øien	1071	22:17
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01:23+	05:11-	07:06-	12:20-	17:31+	19:51+	21:33+	22:17+
01:23+	03:48-	01:55-	05:14+	05:11+	02:20+	01:42-	00:44+
00:06+	00:46-	00:15-	00:17+	00:55#	00:22#	00:07-	00:03+

3	Gerd Grønvold	7	26:06
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02:14+	07:29+	09:59+	15:29+	20:51+	23:42+	25:11+	26:06+
02:14+	05:15+	02:30+	05:30+	05:22+	02:51+	01:29-	00:55+
00:57&	00:41#	00:20#	00:33#	01:06&	00:53&	00:20-	00:14&

4	Helga Hansen	7	26:19
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02:19+	07:44+	10:14+	15:35+	20:58+	23:49+	25:27+	26:19+
02:19+	05:25+	02:30+	05:21+	05:23+	02:51+	01:38-	00:52+
01:02&	00:51#	00:20#	00:24+	01:07&	00:53&	00:11-	00:11&

5	Aud Grønvold	7	27:02
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01:43+	09:07+	11:17+	17:02+	22:11+	24:26+	26:13+	27:02+
01:43+	07:24+	02:10=	05:45+	05:09+	02:15+	01:47-	00:49+
00:26&	02:50&	00:00=	00:48#	00:53#	00:17#	00:02-	00:08#

6	Solveig Johannessen	7	29:06
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01:46+	08:53+	11:21+	18:14+	23:17+	26:21+	28:11+	29:06+
01:46+	07:07+	02:28+	06:53+	05:03+	03:04+	01:50+	00:55+
00:29&	02:33&	00:18#	01:56&	00:47#	01:06&	00:01+	00:14&

7	Turid Norstad Opsahl	89	52:50
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01:41+	06:27+	33:32+	39:12+	47:55+	50:09+	51:54+	52:50+
01:41+	04:46+	27:05+	05:40+	08:43+	02:14+	01:45-	00:56+
00:24&	00:12+	24:55@	00:43#	04:27@	00:16#	00:04-	00:15&

Beste strekketid for klassen

01:17	03:48	01:55	04:57	01:16	01:58	01:29	00:41
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 2,5

1	Inger K. Brøndbo	165	26:40
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00:53=	03:51=	06:09=	08:17=	11:17=	14:37=	18:02=	20:54=	23:07=	25:13=	26:12=	26:40=
00:53=	02:58=	02:18=	02:08=	03:00=	03:20=	03:25=	02:52=	02:13=	02:06=	00:59=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Anita Grønvold Tollefsen	7	32:31
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00:55+	07:13+	09:05+	11:08+	13:55+	17:04+	24:53+	27:31+	30:03+	31:13+	32:05+	32:31+
00:55+	06:18+	01:52-	02:03-	02:47-	03:09-	07:49+	02:38-	02:32+	01:10-	00:52-	00:26-
00:02+	03:20@	00:26-	00:05-	00:13-	00:11-	04:24@	00:14-	00:19#	00:56-	00:07-	00:02-

3	Bente Grøndalen	152	33:35
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01:14+	05:01+	07:49+	10:25+	16:11+	20:05+	24:00+	26:44+	29:33+	31:32+	33:00+	33:35+
01:14+	03:47+	02:48+	02:36+	05:46+	03:54+	03:55+	02:44-	02:49+	01:59-	01:28+	00:35+
00:21&	00:49&	00:30#	00:28#	02:46&	00:34#	00:30#	00:08-	00:36&	00:07-	00:29&	00:07#

Class	Navn	Klasse	Tid								
D 2,5											
4	Rønnaug Sagbakken	1071	36:27								
01:19+	05:12+	08:02+	10:54+	16:38+	21:18+	25:49+	28:59+	32:23+	34:17+	35:45+	36:27+
01:19+	03:53+	02:50+	02:52+	05:44+	04:40+	04:31+	03:10+	03:24+	01:54-	01:28+	00:42+
00:26&	00:55&	00:32#	00:44&	02:44&	01:20&	01:06&	00:18#	01:11&	00:12-	00:29&	00:14&
5	Oddveig Anne Sagbakken	88	38:28								
01:13+	04:52+	07:18+	09:59+	13:45+	22:25+	26:40+	30:58+	34:15+	35:53+	37:53+	38:28+
01:13+	03:39+	02:26+	02:41+	03:46+	08:40+	04:15+	04:18+	03:17+	01:38+	02:00+	00:35+
01:13+	03:39+	02:26+	02:41+	03:46+	08:40+	04:15+	04:18+	03:17+	01:38+	02:00+	00:35+
6	Marit Holmgren	7	38:34								
01:11+	04:37+	12:04+	14:44+	18:32+	22:34+	29:14+	32:08+	35:08+	36:51+	38:03+	38:34+
01:11+	03:26+	07:27+	02:40+	03:48+	04:02+	06:40+	02:54+	03:00+	01:43+	01:12+	00:31+
01:11+	03:26+	07:27+	02:40+	03:48+	04:02+	06:40+	02:54+	03:00+	01:43+	01:12+	00:31+
7	Anita Stensby Bekkelund	89	38:45								
01:16+	04:58+	07:23+	10:54+	14:37+	19:48+	24:46+	27:47+	34:44+	36:48+	38:13+	38:45+
01:16+	03:42+	02:25+	03:31+	03:43+	05:11+	04:58+	03:01+	06:57+	02:04+	01:25+	00:32+
01:16+	03:42+	02:25+	03:31+	03:43+	05:11+	04:58+	03:01+	06:57+	02:04+	01:25+	00:32+
8	Annie O Gihlemoen	89	41:35								
01:36+	05:45+	08:44+	12:53+	17:47+	22:37+	28:24+	33:13+	37:34+	39:15+	40:46+	41:35+
01:36+	04:09+	02:59+	04:09+	04:54+	04:50+	05:47+	04:49+	04:21+	01:41+	01:31+	00:49+
01:36+	04:09+	02:59+	04:09+	04:54+	04:50+	05:47+	04:49+	04:21+	01:41+	01:31+	00:49+
9	Inger E. Vamnes	NOTEAM	50:07								
01:14+	05:48+	08:25+	11:11+	15:30+	19:56+	36:43+	41:28+	45:57+	47:48+	49:16+	50:07+
01:14+	04:34+	02:37+	02:46+	04:19+	04:26+	16:47+	04:45+	04:29+	01:51+	01:28+	00:51+
01:14+	04:34+	02:37+	02:46+	04:19+	04:26+	16:47+	04:45+	04:29+	01:51+	01:28+	00:51+

Beste strekktid for klassen

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

D 3,5

1	Anne-Guri Jevne	152	29:13									
01:12=	05:03=	08:18=	11:54=	15:02=	16:56=	22:23=	23:30=	25:35=	27:13=	28:08=	28:47=	29:13=
01:12=	03:51=	03:15=	03:36=	03:08=	01:54=	05:27=	01:07=	02:05=	01:38=	00:55=	00:39=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjersti Narum	165	31:14									
01:07-	05:29+	08:57+	12:49+	16:51+	18:49+	24:19+	25:38+	27:37+	29:09+	30:07+	30:51+	31:14+
01:07-	04:22+	03:28+	03:52+	04:02+	01:58+	05:30+	01:19+	01:59-	01:32-	00:58+	00:44+	00:23-
00:05-	00:31#	00:13+	00:16+	00:54&	00:04+	00:03+	00:12#	00:06-	00:06-	00:03+	00:05#	00:03-
3	Wenche Bjørnstad	Geno	32:28									
01:10-	05:20+	08:29+	11:58+	15:14+	16:41-	25:19+	26:42+	28:48+	30:18+	31:16+	32:01+	32:28+
01:10-	04:10+	03:09-	03:29-	03:16+	01:27-	08:38+	01:23+	02:06+	01:30-	00:58+	00:45+	00:27+
00:02-	00:19+	00:06-	00:07-	00:08+	00:27-	03:11&	00:16#	00:01+	00:08-	00:03+	00:06#	00:01+
4	Sidsel Storihle	Geno	36:21									
01:41+	06:52+	10:58+	15:00+	18:26+	20:09+	28:27+	29:46+	32:02+	33:46+	35:07+	35:53+	36:21+
01:41+	05:11+	04:06+	04:02+	03:26+	01:43-	08:18+	01:19+	02:16+	01:44+	01:21+	00:46+	00:28+
00:29&	01:20&	00:51&	00:26#	00:18+	00:11-	02:51&	00:12#	00:11+	00:06+	00:26&	00:07#	00:02+

Class	Navn	Klasse	Tid
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D 3,5

5 Marianne Rud Skjærstad 89 37:49

01:09- 05:47+ 09:39+ 13:31+ 17:35+ 20:13+ 27:29+ 30:05+ 33:03+ 35:00+ 36:38+ 37:24+ 37:49+
 01:09- 04:38+ 03:52+ 03:52+ 04:04+ 02:38+ 07:16+ 02:36+ 02:58+ 01:57+ 01:38+ 00:46+ 00:25-
 00:03- 00:47# 00:37# 00:16+ 00:56& 00:44& 01:49& 01:29@ 00:53& 00:19# 00:43& 00:07# 00:01-

6 Inger Marie Øygard 89 42:31

01:26+ 06:29+ 10:40+ 15:28+ 19:53+ 22:22+ 31:38+ 35:14+ 37:47+ 39:53+ 41:17+ 42:10+ 42:31+
 01:26+ 05:03+ 04:11+ 04:48+ 04:25+ 02:29+ 09:16+ 03:36+ 02:33+ 02:06+ 01:24+ 00:53+ 00:21+
 01:26+ 05:03+ 04:11+ 04:48+ 04:25+ 02:29+ 09:16+ 03:36+ 02:33+ 02:06+ 01:24+ 00:53+ 00:21+

7 Grete Storsveen 1071 44:22

01:55+ 07:40+ 12:21+ 17:25+ 22:02+ 25:08+ 33:25+ 35:04+ 38:58+ 41:17+ 42:48+ 43:50+ 44:22+
 01:55+ 05:45+ 04:41+ 05:04+ 04:37+ 03:06+ 08:17+ 01:39+ 03:54+ 02:19+ 01:31+ 01:02+ 00:32+
 01:55+ 05:45+ 04:41+ 05:04+ 04:37+ 03:06+ 08:17+ 01:39+ 03:54+ 02:19+ 01:31+ 01:02+ 00:32+

8 Anita Bekkum 7 50:09

01:34+ 07:39+ 12:31+ 16:56+ 20:50+ 22:43+ 31:29+ 40:50+ 44:37+ 47:04+ 48:35+ 49:37+ 50:09+
 01:34+ 06:05+ 04:52+ 04:25+ 03:54+ 01:53+ 08:46+ 09:21+ 03:47+ 02:27+ 01:31+ 01:02+ 00:32+
 01:34+ 06:05+ 04:52+ 04:25+ 03:54+ 01:53+ 08:46+ 09:21+ 03:47+ 02:27+ 01:31+ 01:02+ 00:32+

9 Eirin Lodgaard 136 55:10

01:14+ 05:27+ 09:20+ 12:51+ 16:08+ 17:47+ 46:27+ 48:17+ 50:44+ 52:29+ 53:48+ 54:41+ 55:10+
 01:14+ 04:13+ 03:53+ 03:31+ 03:17+ 01:39+ 28:40+ 01:50+ 01:50+ 02:27+ 01:45+ 01:19+ 00:53+ 00:29+
 01:14+ 04:13+ 03:53+ 03:31+ 03:17+ 01:39+ 28:40+ 01:50+ 02:27+ 01:45+ 01:19+ 00:53+ 00:29+

10 Linda Thorvaldsen 7 1:03:14

01:43+ 07:22+ 11:44+ 17:43+ 35:21+ 38:33+ 47:31+ 53:56+ 57:40+ 60:22+ 61:47+ 62:47+ 63:14+
 01:43+ 05:39+ 04:22+ 05:59+ 17:38+ 03:12+ 08:58+ 06:25+ 03:44+ 02:42+ 01:25+ 01:00+ 00:27+
 01:43+ 05:39+ 04:22+ 05:59+ 17:38+ 03:12+ 08:58+ 06:25+ 03:44+ 02:42+ 01:25+ 01:00+ 00:27+

Beste strekktid for klassen

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

D 4,5

1 Anne Marit Bordal 119 36:21

01:00= 03:05= 04:55= 08:15= 12:31= 14:55= 18:49= 20:21= 23:31= 24:47= 26:34= 28:11= 31:06= 34:30= 35:20= 35:59= 36:21=
 01:00= 02:05= 01:50= 03:20= 04:16= 02:24= 03:54= 01:32= 03:10= 01:16= 01:47= 01:37= 02:55= 03:24= 00:50= 00:39= 00:22=
 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 Bodil Wiik 105 49:00

01:02+ 03:17+ 05:14+ 08:49+ 15:49+ 19:31+ 24:42+ 26:35+ 30:54+ 32:50+ 34:47+ 36:58+ 41:45+ 45:58+ 47:17+ 48:37+ 49:00+
 01:02+ 02:15+ 01:57+ 03:35+ 07:00+ 03:42+ 05:11+ 01:53+ 04:19+ 01:56+ 01:57+ 02:11+ 04:47+ 04:13+ 01:19+ 01:20+ 00:23+
 00:02+ 00:10+ 00:07+ 00:15+ 02:44& 01:18& 01:17& 00:21# 01:09& 00:40& 00:10+ 00:34& 01:52& 00:49# 00:29& 00:41@ 00:01+

3 Unn Mette Klopbakken 43 49:07

01:15+ 03:30+ 05:40+ 09:33+ 15:12+ 18:48+ 24:47+ 26:27+ 30:09+ 32:01+ 33:18+ 35:16+ 42:33+ 46:43+ 47:52+ 48:42+ 49:07+
 01:15+ 02:15+ 02:10+ 03:53+ 05:39+ 03:36+ 05:59+ 01:40+ 03:42+ 01:52+ 01:17- 01:58+ 07:17+ 04:10+ 01:09+ 00:50+ 00:25+
 00:15# 00:10+ 00:20# 00:33# 01:23& 01:12& 02:05& 00:08+ 00:32# 00:36& 00:30- 00:21# 04:22@ 00:46# 00:19& 00:11& 00:03#

4 Mona Hesselberg 89 50:46

01:16+ 03:30+ 06:46+ 10:38+ 15:50+ 19:15+ 24:21+ 26:11+ 30:51+ 32:46+ 34:32+ 37:03+ 43:08+ 47:51+ 49:08+ 50:19+ 50:46+
 01:16+ 02:34+ 02:56+ 03:52+ 05:12+ 03:25+ 05:06+ 01:50+ 04:40+ 01:55+ 01:46- 02:31+ 06:05+ 04:43+ 01:17+ 01:11+ 00:27+
 00:16& 00:29# 01:06& 00:32# 00:56# 01:01& 01:12& 00:18# 01:30& 00:39& 00:01- 00:54& 03:10@ 01:19& 00:27& 00:32& 00:05#

D 4,5

5	Mona Bugge Haug	146	53:47													
01:14+	04:09+	06:37+	11:09+	17:57+	21:08+	26:31+	29:05+	33:23+	37:12+	38:43+	40:55+	46:40+	51:23+	52:26+	53:17+	53:47+
01:14+	02:55+	02:28+	04:32+	06:48+	03:11+	05:23+	02:34+	04:18+	03:49+	01:31-	02:12+	05:45+	04:43+	01:03+	00:51+	00:30+
00:14#	00:50&	00:38&	01:12&	02:32&	00:47&	01:29&	01:02&	01:08&	02:33@	00:16-	00:35&	02:50&	01:19&	00:13&	00:12&	00:08&

Beste strekktid for klassen

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

D 5,5

1	Nina Smestad	90	53:02																			
01:43=	04:07=	07:38=	09:18=	11:51=	14:33=	21:48=	23:37=	27:21=	29:16=	30:49=	32:24=	34:04=	35:29=	37:22=	40:54=	42:47=	44:11=	49:09=	50:41=	51:49=	52:36=	53:02=
01:43=	02:24=	03:31=	01:40=	02:33=	02:42=	07:15=	01:49=	03:44=	01:55=	01:33=	01:35=	01:40=	01:25=	01:53=	03:32=	01:53=	01:24=	04:58=	01:32=	01:08=	00:47=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Mari Norstad Opsahl	1032	56:20																			
01:25-	03:19-	05:13-	06:39-	08:45-	10:51-	19:57-	21:45-	25:02-	26:31-	28:44-	30:14-	35:42+	39:15+	41:31+	44:46+	46:57+	48:12+	52:27+	54:01+	55:09+	55:55+	56:20+
01:25-	01:54-	01:54-	01:26-	02:06-	02:06-	09:06+	01:48-	03:17-	01:29-	02:13+	01:30-	05:28+	03:33+	02:16+	03:15-	02:11+	01:15-	04:15-	01:34+	01:08=	00:46-	00:25-
00:18-	00:30-	01:37-	00:14-	00:27-	00:36-	01:51&	00:01-	00:27-	00:26-	00:40&	00:05-	03:48@	02:08@	00:23#	00:17-	00:18#	00:09-	00:43-	00:02+	00:00=	00:01-	00:01-

Beste strekktid for klassen

01:25 01:54 01:54 01:26 02:06 02:06 07:15 01:48 03:17 01:29 01:33 01:30 01:40 01:25 01:53 03:15 01:53 01:15 04:15 01:32 01:08 00:46 00:25

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

D/H 4,5

1	Håkon Gaute Kvamme	1013	42:27													
00:57=	02:59=	04:53=	08:05=	12:10=	17:30=	21:11=	22:40=	25:12=	26:20=	28:25=	30:32=	37:43=	40:51=	41:37=	42:08=	42:27=
00:57=	02:02=	01:54=	03:12=	04:05=	05:20=	03:41=	01:29=	02:32=	01:08=	02:05=	02:07=	07:11=	03:08=	00:46=	00:31=	00:19=
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	Einar Lund	52	43:24													
01:05+	03:23+	05:47+	09:22+	15:53+	19:19+	23:15+	24:43+	28:08+	29:56+	31:09+	32:59+	37:27-	41:07+	42:22+	43:02+	43:24+
01:05+	02:18+	02:24+	03:35+	06:31+	03:26-	03:56+	01:28-	03:25+	01:48+	01:13-	01:50-	04:28-	03:40+	01:15+	00:40+	00:22+
00:08#	00:16#	00:30&	00:23#	02:26&	01:54-	00:15+	00:01-	00:53&	00:40&	00:52-	00:17-	02:43-	00:32#	00:29&	00:09&	00:03#

Beste strekktid for klassen

00:57 02:02 01:54 03:12 04:05 03:26 03:41 01:28 02:32 01:08 01:13 01:50 04:28 03:08 00:46 00:31 00:19

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

H 1,5

1	Geir-Håkon Øverby	If	17:29				
01:45=	05:13=	06:55=	10:39=	14:14=	15:57=	17:00=	17:29=
01:45=	03:28=	01:42=	03:44=	03:35=	01:43=	01:03=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ottar Evensen	27	17:42				
01:52+	05:26+	06:57+	10:42+	14:38+	16:09+	17:11+	17:42+
01:52+	03:34+	01:31-	03:45+	03:56+	01:31-	01:02-	00:31+
00:07+	00:06+	00:11-	00:01+	00:21+	00:12-	00:01-	00:02+

Class	Navn	Klasse	Tid
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H 1,5

3 Knut Røhrsveen 7 19:05

01:39- 05:13= 06:41- 10:27- 14:20+ 17:20+ 18:36+ 19:05+
 01:39- 03:34+ 01:28- 03:46+ 03:53+ 03:00+ 01:16+ 00:29=
 00:06- 00:06+ 00:14- 00:02+ 00:18+ 01:17& 00:13# 00:00=

4 Trygve Jan Bjerke 55 20:41

01:55+ 06:00+ 08:16+ 12:37+ 16:59+ 18:50+ 20:02+ 20:41+
 01:55+ 04:05+ 02:16+ 04:21+ 04:22+ 01:51+ 01:12+ 00:39+
 01:55+ 04:05+ 02:16+ 04:21+ 04:22+ 01:51+ 01:12+ 00:39+

5 Erik Skårås 1071 21:30

02:15+ 06:26+ 08:02+ 12:38+ 16:46+ 19:24+ 20:52+ 21:30+
 02:15+ 04:11+ 01:36+ 04:36+ 04:08+ 02:38+ 01:28+ 00:38+
 02:15+ 04:11+ 01:36+ 04:36+ 04:08+ 02:38+ 01:28+ 00:38+

6 Dag Erik Hovde 7 24:10

02:36+ 07:30+ 09:12+ 14:10+ 19:09+ 21:39+ 23:18+ 24:10+
 02:36+ 04:54+ 01:42+ 04:58+ 04:59+ 02:30+ 01:39+ 00:52+
 02:36+ 04:54+ 01:42+ 04:58+ 04:59+ 02:30+ 01:39+ 00:52+

7 Halstein Ødegård 89 24:38

02:19+ 06:47+ 09:26+ 14:46+ 19:46+ 22:16+ 23:56+ 24:38+
 02:19+ 04:28+ 02:39+ 05:20+ 05:00+ 02:30+ 01:40+ 00:42+
 02:19+ 04:28+ 02:39+ 05:20+ 05:00+ 02:30+ 01:40+ 00:42+

8 Ragnar Høsøien 55 32:38

03:18+ 09:55+ 12:52+ 19:30+ 26:57+ 29:46+ 31:39+ 32:38+
 03:18+ 06:37+ 02:57+ 06:38+ 07:27+ 02:49+ 01:53+ 00:59+
 03:18+ 06:37+ 02:57+ 06:38+ 07:27+ 02:49+ 01:53+ 00:59+

Beste strekktid for klassen

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

H 2,5

1 Jan Åsmund Sætaberget 1002 19:38

01:02= 02:43= 05:01= 06:43= 10:04= 13:15= 15:32= 17:28= 18:27= 19:16= 19:38=
 01:02= 01:41= 02:18= 01:42= 03:21= 03:11= 02:17= 01:56= 00:59= 00:49= 00:22=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Terje Malm 52 24:29

01:17+ 03:50+ 06:35+ 08:40+ 12:58+ 16:35+ 19:24+ 21:55+ 23:18+ 24:06+ 24:29+
 01:17+ 02:33+ 02:45+ 02:05+ 04:18+ 03:37+ 02:49+ 02:31+ 01:23+ 00:48- 00:23+
 00:15# 00:52& 00:27# 00:23# 00:57& 00:26# 00:32# 00:35& 00:24& 00:01- 00:01+

3 Morten Øie 39 25:16

01:27+ 03:37+ 06:39+ 08:47+ 13:03+ 17:21+ 20:04+ 22:20+ 23:45+ 24:42+ 25:16+
 01:27+ 02:10+ 03:02+ 02:08+ 04:16+ 04:18+ 02:43+ 02:16+ 01:25+ 00:57+ 00:34+
 00:25& 00:29& 00:44& 00:26& 00:55& 01:07& 00:26# 00:20# 00:26& 00:08# 00:12&

4 Stein Sandaker 1038 26:02

01:14+ 04:22+ 07:10+ 09:22+ 13:52+ 18:08+ 20:56+ 23:03+ 24:37+ 25:37+ 26:02+
 01:14+ 03:08+ 02:48+ 02:12+ 04:30+ 04:16+ 02:48+ 02:07+ 01:34+ 01:00+ 00:25+
 00:12# 01:27& 00:30# 00:30& 01:09& 01:05& 00:31# 00:11+ 00:35& 00:11# 00:03#

Class	Navn	Klasse	Tid
H 2,5			
5	Einar Stensby	89	27:13
01:37+	04:08+	04:19-	09:35+
01:37+	02:31+	00:11-	05:16+
00:35&	00:50&	02:07-	03:34@
09:58-	18:39+	21:33+	24:00+
25:07+	25:37+	26:41+	27:13+
00:23-	08:41+	02:54+	02:27+
01:07+	00:30-	01:04+	00:32+
00:37&	00:31&	00:08#	00:19-
02:58-	05:30@	00:19-	00:42@
02:58-	05:30@	00:19-	00:32+
6	Magne Smeland	167	27:22
01:34+	04:09+	07:05+	09:33+
01:34+	02:35+	02:56+	02:28+
01:34+	02:35+	02:56+	02:28+
13:49+	17:51+	20:41+	23:00+
24:33+	26:53+	27:22+	
04:16+	04:02+	02:50+	02:19+
01:33+	02:20+	00:29+	
04:16+	04:02+	02:50+	02:19+
01:33+	02:20+	00:29+	
7	Steinar Libak	89	28:00
01:12+	03:14+	06:05+	08:08+
01:12+	02:02+	02:51+	02:03+
01:12+	02:02+	02:51+	02:03+
12:40+	20:00+	22:46+	25:08+
26:25+	27:30+	28:00+	
04:32+	07:20+	02:46+	02:22+
01:17+	01:05+	00:30+	
07:20+	02:46+	02:22+	01:17+
01:05+	00:30+		
8	Arne Hagen	167	28:55
01:24+	04:27+	07:37+	10:12+
01:24+	03:03+	03:10+	02:35+
01:24+	03:03+	03:10+	02:35+
15:13+	19:03+	22:28+	25:18+
26:51+	28:29+	28:55+	
03:50+	03:25+	02:50+	01:33+
01:38+	00:26+		
03:50+	03:25+	02:50+	01:33+
01:38+	00:26+		
9	Harald Grønvold	7	29:24
01:40+	04:03+	07:01+	09:03+
01:40+	02:23+	02:58+	02:02+
01:40+	02:23+	02:58+	02:02+
15:51+	19:56+	24:30+	26:42+
28:00+	28:54+	29:24+	
06:48+	04:05+	04:34+	02:12+
01:18+	00:54+	00:30+	
04:34+	02:12+	01:18+	00:54+
00:54+	00:30+		
10	Jan Olav Sæther	165	30:32
01:46+	04:30+	07:49+	10:35+
01:46+	02:44+	03:19+	02:46+
01:46+	02:44+	03:19+	02:46+
15:54+	21:17+	24:43+	27:26+
28:57+	29:59+	30:32+	
05:19+	05:23+	03:26+	02:43+
01:31+	01:02+	00:33+	
05:19+	05:23+	03:26+	02:43+
01:31+	01:02+	00:33+	
11	Magne Johansen	1032	32:16
01:48+	04:37+	08:09+	11:40+
01:48+	02:49+	03:32+	03:31+
01:48+	02:49+	03:32+	03:31+
16:48+	22:04+	25:31+	28:30+
30:04+	31:38+	32:16+	
05:16+	03:27+	02:59+	01:34+
01:34+	01:34+	00:38+	
03:27+	02:59+	01:34+	01:34+
01:34+	01:34+	00:38+	
12	Hans Petter Jevanord	Geno	33:35
01:55+	04:54+	08:34+	11:20+
01:55+	02:59+	03:40+	02:46+
01:55+	02:59+	03:40+	02:46+
16:55+	22:31+	25:53+	29:22+
31:20+	32:56+	33:35+	
05:35+	05:36+	03:22+	03:29+
01:58+	01:36+	00:39+	
05:36+	03:22+	03:29+	01:58+
01:36+	00:39+		
13	Knut Olav Strætkvern	1058	34:52
01:33+	04:16+	07:11+	09:20+
01:33+	02:43+	02:55+	02:09+
01:33+	02:43+	02:55+	02:09+
14:35+	20:06+	30:21+	32:20+
33:36+	34:30+	34:52+	
05:15+	05:31+	10:15+	01:59+
01:16+	00:54+	00:22+	
10:15+	01:59+	01:16+	00:54+
00:54+	00:22+		
14	Magnar Nybakk	1071	35:07
01:22+	03:23+	05:57+	07:57+
01:22+	02:01+	02:34+	02:00+
01:22+	02:01+	02:34+	02:00+
14:37+	20:45+	29:01+	31:27+
33:25+	34:39+	35:07+	
06:40+	06:08+	08:16+	02:26+
01:58+	01:14+	00:28+	
06:40+	06:08+	08:16+	02:26+
01:58+	01:14+	00:28+	
15	Sven Marken	89	35:40
02:04+	05:19+	09:19+	12:38+
02:04+	03:15+	04:00+	03:19+
02:04+	03:15+	04:00+	03:19+
18:25+	24:18+	28:23+	31:42+
33:31+	34:59+	35:40+	
05:47+	05:53+	04:05+	03:19+
01:49+	01:28+	00:41+	
05:47+	05:53+	04:05+	03:19+
01:49+	01:28+	00:41+	
16	Stein erik Edvardsen	27	35:51
01:51+	04:52+	08:22+	10:47+
01:51+	03:01+	03:30+	02:25+
01:51+	03:01+	03:30+	02:25+
19:17+	25:18+	29:38+	32:26+
34:11+	35:12+	35:51+	
08:30+	06:01+	04:20+	02:48+
01:45+	01:01+	00:39+	
04:20+	02:48+	01:45+	01:01+
01:45+	01:01+	00:39+	

H 2,5

17	Tore Stenseth	1013	38:06
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01:15+	03:34+	06:34+	08:52+	15:43+	28:11+	32:07+	34:53+	36:34+	37:34+	38:06+
01:15+	02:19+	03:00+	02:18+	06:51+	12:28+	03:56+	02:46+	01:41+	01:00+	00:32+
01:15+	02:19+	03:00+	02:18+	06:51+	12:28+	03:56+	02:46+	01:41+	01:00+	00:32+

18	Erland Lilleøkseth	89	45:01
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01:52+	05:47+	09:51+	13:08+	20:38+	27:26+	34:22+	39:53+	42:21+	44:05+	45:01+
01:52+	03:55+	04:04+	03:17+	07:30+	06:48+	06:56+	05:31+	02:28+	01:44+	00:56+
01:52+	03:55+	04:04+	03:17+	07:30+	06:48+	06:56+	05:31+	02:28+	01:44+	00:56+

Beste strekktid for klassen

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

H 3,5

1	Svein Godager	90	31:06
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01:42=	05:52=	07:59=	09:41=	13:06=	17:45=	19:53=	24:27=	25:32=	27:34=	29:02=	30:00=	30:43=	31:06=
01:42=	04:10=	02:07=	01:42=	03:25=	04:39=	02:08=	04:34=	01:05=	02:02=	01:28=	00:58=	00:43=	00:23=
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	Tom S Helgesen	55	33:59
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01:38-	05:17-	07:12-	08:55-	12:03-	16:09-	18:32-	23:44-	28:06+	30:18+	31:54+	32:56+	33:38+	33:59+
01:38-	03:39-	01:55-	01:43+	03:08-	04:06-	02:23+	05:12+	04:22+	02:12+	01:36+	01:02+	00:42-	00:21-
00:04-	00:31-	00:12-	00:01+	00:17-	00:33-	00:15#	00:38#	03:17@	00:10+	00:08+	00:04+	00:01-	00:02-

3	Lars Skramstad	LMF	34:04
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01:30-	05:26-	07:34-	09:18-	12:48-	17:56+	20:08+	26:27+	27:59+	30:35+	31:59+	33:07+	33:45+	34:04+
01:30-	03:56-	02:08+	01:44+	03:30+	05:08+	02:12+	06:19+	01:32+	02:36+	01:24-	01:08+	00:38-	00:19-
00:12-	00:14-	00:01+	00:02+	00:05+	00:29#	00:04+	01:45&	00:27&	00:34&	00:04-	00:10#	00:05-	00:04-

4	Arne Arnesen	25	35:32
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01:56+	06:19+	08:40+	10:29+	13:59+	19:46+	22:01+	28:22+	29:51+	31:44+	33:18+	34:17+	35:04+	35:32+
01:56+	04:23+	02:21+	01:49+	03:30+	05:47+	02:15+	06:21+	01:29+	01:53-	01:34+	00:59+	00:47+	00:28+
00:14#	00:13+	00:14#	00:07+	00:05+	01:08#	00:07+	01:47&	00:24&	00:09-	00:06+	00:01+	00:04+	00:05#

5	Stein Arne Bekkum	7	35:47
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01:10-	06:17+	07:24-	09:59+	11:55-	15:59-	20:20+	22:30-	28:24+	29:43+	32:21+	33:56+	35:03+	35:30+	35:47+
01:10-	05:07+	01:07-	02:35+	01:56-	04:04-	04:21+	02:10-	05:54+	01:19-	02:38+	01:35+	01:07+	00:27+	00:17+
00:32-	00:57#	01:00-	00:53&	01:29-	00:35-	02:13@	02:24-	04:49@	00:43-	01:10&	00:37&	00:24&	00:04#	00:17+

6	Tor Haugstulen	55	36:07
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01:39-	05:23-	07:58-	09:24-	13:11+	18:52+	20:34+	25:33+	29:57+	32:32+	34:04+	35:03+	35:43+	36:07+
01:39-	03:44-	02:35+	01:26-	03:47+	05:41+	01:42-	04:59+	04:24+	02:35+	01:32+	00:59+	00:40-	00:24+
00:03-	00:26-	00:28#	00:16-	00:22#	01:02#	00:26-	00:25+	03:19@	00:33&	00:04+	00:01+	00:03-	00:01+

7	Knut Wikstrøm	78	36:42
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01:27-	05:36-	07:54-	09:28-	13:24+	17:54+	20:06+	26:09+	30:25+	33:04+	34:39+	35:45+	36:19+	36:42+
01:27-	04:09-	02:18+	01:34-	03:56+	04:30-	02:12+	06:03+	04:16+	02:39+	01:35+	01:06+	00:34-	00:23=
00:15-	00:01-	00:11+	00:08-	00:31#	00:09-	00:04+	01:29&	03:11@	00:37&	00:07+	00:08#	00:09-	00:00=

8	Lars Ivar Ulmo	120	36:47
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01:32-	05:02-	07:09-	08:39-	12:23-	22:01+	23:27+	29:29+	30:54+	33:12+	34:40+	35:44+	36:25+	36:47+
01:32-	03:30-	02:07=	01:30-	03:44+	09:38+	01:26-	06:02+	01:25+	02:18+	01:28=	01:04+	00:41-	00:22-
00:10-	00:40-	00:00=	00:12-	00:19+	04:59@	00:42-	01:28&	00:20&	00:16#	00:00=	00:06#	00:02-	00:01-

H 3,5

9	Jo Gisle Jørgensen	105	37:40										
01:44+	06:24+	08:47+	10:35+	14:22+	19:11+	21:05+	27:01+	31:28+	34:02+	35:37+	36:41+	37:17+	37:40+
01:44+	04:40+	02:23+	01:48+	03:47+	04:49+	01:54-	05:56+	04:27+	02:34+	01:35+	01:04+	00:36-	00:23=
00:02+	00:30#	00:16#	00:06+	00:22#	00:10+	00:14-	01:22&	03:22@	00:32&	00:07+	00:06#	00:07-	00:00=

10	Per Anders Aas	1013	38:29										
01:49+	06:18+	08:35+	10:26+	13:53+	19:35+	21:35+	30:55+	32:34+	34:41+	36:21+	37:21+	38:04+	38:29+
01:49+	04:29+	02:17+	01:51+	03:27+	05:42+	02:00+	09:20+	01:39+	02:07+	01:40+	01:00+	00:43+	00:25+
01:49+	04:29+	02:17+	01:51+	03:27+	05:42+	02:00+	09:20+	01:39+	02:07+	01:40+	01:00+	00:43+	00:25+

11	Bjørn Vidar Bekkum	7	39:59										
01:45+	06:20+	08:53+	11:35+	14:48+	20:44+	22:34+	32:20+	33:36+	36:28+	37:52+	39:04+	39:35+	39:59+
01:45+	04:35+	02:33+	02:42+	03:13+	05:56+	01:50+	09:46+	01:16+	02:52+	01:24+	01:12+	00:31+	00:24+
01:45+	04:35+	02:33+	02:42+	03:13+	05:56+	01:50+	09:46+	01:16+	02:52+	01:24+	01:12+	00:31+	00:24+

12	Olav Juliussen	55	40:26										
01:32+	05:31+	07:30+	09:11+	12:48+	22:06+	23:49+	29:17+	34:37+	36:56+	38:32+	39:32+	40:07+	40:26+
01:32+	03:59+	01:59+	01:41+	03:37+	09:18+	01:43+	05:28+	05:20+	02:19+	01:36+	01:00+	00:35+	00:19+
01:32+	03:59+	01:59+	01:41+	03:37+	09:18+	01:43+	05:28+	05:20+	02:19+	01:36+	01:00+	00:35+	00:19+

13	Morten Eriksen	105	40:49										
01:14+	05:02+	06:43+	08:27+	11:19+	15:39+	17:18+	22:02+	29:08+	36:59+	38:26+	39:34+	40:26+	40:49+
01:14+	03:48+	01:41+	01:44+	02:52+	04:20+	01:39+	04:44+	07:06+	07:51+	01:27+	01:08+	00:52+	00:23+
01:14+	03:48+	01:41+	01:44+	02:52+	04:20+	01:39+	04:44+	07:06+	07:51+	01:27+	01:08+	00:52+	00:23+

14	Ove Tåsåsen	1013	41:38										
01:16+	05:39+	07:34+	09:29+	12:29+	16:37+	18:24+	28:20+	29:49+	37:56+	39:28+	40:25+	41:16+	41:38+
01:16+	04:23+	01:55+	01:55+	03:00+	04:08+	01:47+	09:56+	01:29+	08:07+	01:32+	00:57+	00:51+	00:22+
01:16+	04:23+	01:55+	01:55+	03:00+	04:08+	01:47+	09:56+	01:29+	08:07+	01:32+	00:57+	00:51+	00:22+

15	Knut Malmo	167	43:07										
01:46+	09:08+	11:36+	13:38+	19:40+	24:47+	26:58+	34:26+	36:32+	38:45+	40:34+	41:51+	42:42+	43:07+
01:46+	07:22+	02:28+	02:02+	06:02+	05:07+	02:11+	07:28+	02:06+	02:13+	01:49+	01:17+	00:51+	00:25+
01:46+	07:22+	02:28+	02:02+	06:02+	05:07+	02:11+	07:28+	02:06+	02:13+	01:49+	01:17+	00:51+	00:25+

16	Arvid Bratlie	LMF	44:19										
01:47+	08:02+	10:43+	12:46+	19:31+	25:59+	28:53+	35:20+	37:04+	39:49+	41:37+	43:02+	43:53+	44:19+
01:47+	06:15+	02:41+	02:03+	06:45+	06:28+	02:54+	06:27+	01:44+	02:45+	01:48+	01:25+	00:51+	00:26+
01:47+	06:15+	02:41+	02:03+	06:45+	06:28+	02:54+	06:27+	01:44+	02:45+	01:48+	01:25+	00:51+	00:26+

17	Erik Haugen	119	44:21										
01:49+	06:31+	08:51+	10:41+	14:49+	27:01+	29:27+	34:54+	37:33+	40:08+	41:55+	43:13+	43:56+	44:21+
01:49+	04:42+	02:20+	01:50+	04:08+	12:12+	02:26+	05:27+	02:39+	02:35+	01:47+	01:18+	00:43+	00:25+
01:49+	04:42+	02:20+	01:50+	04:08+	12:12+	02:26+	05:27+	02:39+	02:35+	01:47+	01:18+	00:43+	00:25+

18	Trond Øie	1071	44:24										
01:45+	07:11+	09:46+	12:03+	15:41+	21:02+	24:00+	31:37+	38:05+	40:25+	42:11+	43:18+	44:04+	44:24+
01:45+	05:26+	02:35+	02:17+	03:38+	05:21+	02:58+	07:37+	06:28+	02:20+	01:46+	01:07+	00:46+	00:20+
01:45+	05:26+	02:35+	02:17+	03:38+	05:21+	02:58+	07:37+	06:28+	02:20+	01:46+	01:07+	00:46+	00:20+

19	Tore Feiring	52	44:41										
01:46+	06:12+	08:18+	10:08+	14:05+	18:41+	21:09+	37:03+	38:47+	40:52+	42:21+	43:20+	44:10+	44:41+
01:46+	04:26+	02:06+	01:50+	03:57+	04:36+	02:28+	15:54+	01:44+	02:05+	01:29+	00:59+	00:50+	00:31+
01:46+	04:26+	02:06+	01:50+	03:57+	04:36+	02:28+	15:54+	01:44+	02:05+	01:29+	00:59+	00:50+	00:31+

20	Hasse Bergstrøm	1076	46:57										
01:39+	06:30+	08:44+	10:34+	14:18+	20:43+	22:42+	37:23+	39:35+	42:31+	44:17+	45:27+	46:33+	46:57+
01:39+	04:51+	02:14+	01:50+	03:44+	06:25+	01:59+	14:41+	02:12+	02:56+	01:46+	01:10+	01:06+	00:24+
01:39+	04:51+	02:14+	01:50+	03:44+	06:25+	01:59+	14:41+	02:12+	02:56+	01:46+	01:10+	01:06+	00:24+

Class	Navn	Klasse	Tid
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H 3,5

21	Bård Bjøntegaard	145	48:33
01:32+	05:31+ 07:59+ 09:41+ 13:07+	28:41+ 30:46+ 41:09+ 42:53+	44:49+ 46:19+ 47:22+ 48:05+
01:32+	03:59+ 02:28+ 01:42+ 03:26+	15:34+ 02:05+ 10:23+ 01:44+	01:56+ 01:30+ 01:03+ 00:43+
01:32+	03:59+ 02:28+ 01:42+ 03:26+	15:34+ 02:05+ 10:23+ 01:44+	01:56+ 01:30+ 01:03+ 00:43+

22	Rune Waaler	RAUT	50:27
01:50+	06:00+ 08:13+ 10:06+ 13:56+	19:02+ 22:47+ 29:11+ 43:25+	45:58+ 47:37+ 48:49+ 50:02+
01:50+	04:10+ 02:13+ 01:53+ 03:50+	05:06+ 03:45+ 06:24+ 14:14+	02:33+ 01:39+ 01:12+ 01:13+
01:50+	04:10+ 02:13+ 01:53+ 03:50+	05:06+ 03:45+ 06:24+ 14:14+	02:33+ 01:39+ 01:12+ 01:13+

23	Torleif Finstad	55	56:30
01:37+	05:54+ 10:20+ 12:25+ 29:00+	37:21+ 39:14+ 44:43+ 49:37+	52:11+ 53:54+ 55:08+ 56:00+
01:37+	04:17+ 04:26+ 02:05+ 16:35+	08:21+ 01:53+ 05:29+ 04:54+	02:34+ 01:43+ 01:14+ 00:52+
01:37+	04:17+ 04:26+ 02:05+ 16:35+	08:21+ 01:53+ 05:29+ 04:54+	02:34+ 01:43+ 01:14+ 00:52+

24	Karl Petter Opsahl	89	1:03:15
02:13+	07:15+ 09:36+ 11:32+ 16:21+	28:17+ 31:40+ 46:41+ 53:49+	57:40+ 60:00+ 61:27+ 62:30+
02:13+	05:02+ 02:21+ 01:56+ 04:49+	11:56+ 03:23+ 15:01+ 07:08+	03:51+ 02:20+ 01:27+ 01:03+
02:13+	05:02+ 02:21+ 01:56+ 04:49+	11:56+ 03:23+ 15:01+ 07:08+	03:51+ 02:20+ 01:27+ 01:03+

25	Steinar Tønsager	11	1:32:15
02:30+	09:10+ 12:13+ 14:13+ 19:35+	28:17+ 33:09+ 67:55+ 81:18+	85:10+ 87:32+ 89:53+ 91:44+
02:30+	06:40+ 03:03+ 02:00+ 05:22+	08:42+ 04:52+ 34:46+ 13:23+	03:52+ 02:22+ 02:21+ 01:51+
02:30+	06:40+ 03:03+ 02:00+ 05:22+	08:42+ 04:52+ 34:46+ 13:23+	03:52+ 02:22+ 02:21+ 01:51+

Beste strekktid for klassen

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

H 4,5

1	Tom Røise	Ntnui	33:08
00:48=	02:38= 04:11= 06:56= 10:39=	12:47= 16:12= 17:36= 20:50=	22:09= 23:05= 24:39= 28:17=
00:48=	01:50= 01:33= 02:45= 03:43=	02:08= 03:25= 01:24= 03:14=	01:19= 00:56= 01:34= 03:38=
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	Ole Petter Saxrud	1028	47:55
01:06+	03:26+ 05:31+ 09:08+ 14:29+	19:39+ 24:28+ 27:27+ 31:07+	33:15+ 35:04+ 37:10+ 40:55+
01:06+	02:20+ 02:05+ 03:37+ 05:21+	05:10+ 04:49+ 02:59+ 03:40+	02:08+ 01:49+ 02:06+ 03:45+
00:18&	00:30& 00:32& 00:52& 01:38&	03:02@ 01:24& 01:35@ 00:26#	00:49& 00:53& 00:32& 00:07+

3	Bjørn J Sørum	1002	50:34
00:58+	03:12+ 05:21+ 09:13+ 13:19+	17:56+ 22:11+ 23:52+ 27:19+	28:49+ 29:49+ 38:29+ 43:53+
00:58+	02:14+ 02:09+ 03:52+ 04:06+	04:37+ 04:15+ 01:41+ 03:27+	01:30+ 01:00+ 08:40+ 05:24+
00:10#	00:24# 00:36& 01:07& 00:23#	02:29@ 00:50# 00:17# 00:13+	00:11# 00:04+ 07:06@ 01:46&

4	Odd Arne Blystad	89	55:00
01:08+	03:26+ 05:51+ 10:29+ 16:08+	21:31+ 27:04+ 28:47+ 32:24+	34:23+ 35:48+ 38:03+ 47:00+
01:08+	02:18+ 02:25+ 04:38+ 05:39+	05:23+ 05:33+ 01:43+ 03:37+	01:59+ 01:25+ 02:15+ 08:57+
00:20&	00:28& 00:52& 01:53& 01:56&	03:15@ 02:08& 00:19# 00:23#	00:40& 00:29& 00:41& 05:19@

5	Gjermund Nedgård	105	1:12:16
01:57+	04:13+ 18:34+ 22:36+ 36:32+	42:19+ 47:22+ 49:06+ 52:16+	53:50+ 58:36+ 60:07+ 64:55+
01:57+	02:16+ 14:21+ 04:02+ 13:56+	05:47+ 05:03+ 01:44+ 03:10-	01:34+ 04:46+ 01:31- 04:48+
01:09@	00:26# 12:48@ 01:17& 10:13@	03:39@ 01:38& 00:20# 00:04-	00:15# 03:50@ 00:03- 01:10&

Class	Navn	Klasse	Tid
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H 4,5

Beste strekktid for klassen

00:48 01:50 01:33 02:45 03:43 02:08 03:25 01:24 03:10 01:19 00:56 01:31 03:38 03:07 00:52 00:34 00:18

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

H 5,5

1	Kenneth Bilstad	39	33:15																				
01:05=	02:45=	04:01=	05:09=	06:39=	08:16=	13:03=	14:24=	17:15=	18:22=	19:09=	20:13=	21:01=	21:48=	23:10=	25:05=	26:55=	27:43=	30:44=	31:52=	32:30=	32:58=	33:15=	
01:05=	01:40=	01:16=	01:08=	01:30=	01:37=	04:47=	01:21=	02:51=	01:07=	00:47=	01:04=	00:48=	00:47=	01:22=	01:55=	01:50=	00:48=	03:01=	01:08=	00:38=	00:28=	00:17=	
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	Sigurd Dæhli	89	39:52																				
01:25+	03:08+	04:51+	06:14+	08:10+	10:12+	16:07+	17:31+	20:27+	21:49+	22:51+	24:12+	25:23+	26:29+	28:04+	30:16+	31:37+	32:39+	36:49+	38:06+	38:54+	39:30+	39:52+	
01:25+	01:43+	01:43+	01:23+	01:56+	02:02+	05:55+	01:24+	02:56+	01:22+	01:02+	01:21+	01:11+	01:06+	01:35+	02:12+	01:21-	01:02+	04:10+	01:17+	00:48+	00:36+	00:22+	
00:20&	00:03+	00:27&	00:15#	00:26&	00:25&	01:08#	00:03+	00:05+	00:15#	00:15&	00:17&	00:23&	00:19&	00:13#	00:17#	00:29-	00:14&	01:09&	00:09#	00:10&	00:08&	00:05&	
3	Simen Smestad	90	47:18																				
01:14+	02:49+	04:27+	05:57+	07:44+	09:33+	18:44+	20:18+	23:18+	24:53+	25:53+	29:41+	31:29+	33:35+	35:09+	37:04+	38:43+	39:44+	44:14+	45:34+	46:24+	46:58+	47:18+	
01:14+	01:35-	01:38+	01:30+	01:47+	01:49+	09:11+	01:34+	03:00+	01:35+	01:00+	03:48+	01:48+	02:06+	01:34+	01:55=	01:39-	01:01+	04:30+	01:20+	00:50+	00:34+	00:20+	
00:09#	00:05-	00:22&	00:22&	00:17#	00:12#	04:24&	00:13#	00:09+	00:28&	00:13&	02:44@	01:00@	01:19@	00:12#	00:00=	00:11-	00:13&	01:29&	00:12#	00:12&	00:06#	00:03#	
4	Stein Arne Negård	166	47:23																				
01:34+	03:38+	05:32+	07:10+	09:27+	11:47+	18:32+	20:10+	23:50+	25:31+	28:38+	30:18+	31:23+	32:36+	34:25+	37:02+	38:34+	40:08+	44:03+	45:30+	46:21+	47:02+	47:23+	
01:34+	02:04+	01:54+	01:38+	02:17+	02:20+	06:45+	01:38+	03:40+	01:41+	03:07+	01:40+	01:05+	01:13+	01:49+	02:37+	01:32-	01:34+	03:55+	01:27+	00:51+	00:41+	00:21+	
00:29&	00:24#	00:38&	00:30&	00:47&	00:43&	01:58&	00:17#	00:49&	00:34&	02:20@	00:36&	00:17&	00:26&	00:27&	00:42&	00:18-	00:46&	00:54&	00:19&	00:13&	00:13&	00:04#	
5	Michael Sætvedt	RAUT	47:57																				
01:10+	02:45=	04:15+	05:39+	07:25+	09:18+	19:05+	20:41+	23:19+	24:34+	25:32+	26:54+	28:05+	32:11+	33:48+	35:44+	37:14+	39:32+	41:05+	44:54+	46:08+	47:00+	47:40+	47:57+
01:10+	01:35-	01:30+	01:24+	01:46+	01:53+	09:47+	01:36+	02:38-	01:15+	00:58+	01:22+	01:11+	04:06+	01:37+	01:56+	01:30-	02:18+	01:33-	03:49+	01:14+	00:52+	00:40+	00:17+
00:05+	00:05-	00:14#	00:16#	00:16#	00:16#	05:00@	00:15#	00:13-	00:08#	00:11#	00:18&	00:23&	03:19@	00:15#	00:01+	00:20-	01:30@	01:28-	02:41@	00:36&	00:24&	00:23@	00:17+
6	Frode Ødegårdstuen	ASKO	50:46																				
01:19+	03:15+	04:55+	06:21+	08:22+	10:35+	21:10+	22:45+	26:01+	27:17+	28:30+	31:59+	33:13+	34:22+	36:27+	39:51+	41:43+	42:51+	47:12+	48:42+	49:38+	50:22+	50:46+	
01:19+	01:56+	01:40+	01:26+	02:01+	02:13+	10:35+	01:35+	03:16+	01:16+	01:13+	03:29+	01:14+	01:09+	02:05+	03:24+	01:52+	01:08+	04:21+	01:30+	00:56+	00:44+	00:24+	
00:14#	00:16#	00:24&	00:18&	00:31&	00:36&	05:48@	00:14#	00:25#	00:09#	00:26&	02:25@	00:26&	00:22&	00:43&	01:29&	00:02+	00:20&	01:20&	00:22&	00:18&	00:16&	00:07&	

Beste strekktid for klassen

01:05 01:35 01:16 01:08 01:30 01:37 04:47 01:21 02:38 01:07 00:47 01:04 00:48 00:47 01:22 01:55 01:21 00:48 01:33 01:08 00:38 00:28 00:17

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