

Pluss Navn

Klasse

Tid

D 1,5

1	Unni Fladsrud Vold	96	19:50											
00:53=	02:07=	02:51=	04:22=	06:24=	08:10=	09:16=	10:03=	11:36=	12:49=	14:04=	16:41=	17:45=	19:10=	19:50=
00:53=	01:14=	00:44=	01:31=	02:02=	01:46=	01:06=	00:47=	01:33=	01:13=	01:15=	02:37=	01:04=	01:25=	00:40=
00:00=	00:00=	00:00=	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	Aud Grønvold	7	32:23											
00:53=	07:46+	09:32+	11:13+	13:47+	16:11+	17:29+	18:32+	20:39+	23:28+	25:38+	28:21+	29:59+	31:41+	32:23+
00:53=	06:53+	01:46+	01:41+	02:34+	02:24+	01:18+	01:03+	02:07+	02:49+	02:10+	02:43+	01:38+	01:42+	00:42+
00:00=	05:39@	01:02@	00:10#	00:32&	00:38&	00:12#	00:16&	00:34&	01:36@	00:55&	00:06+	00:34&	00:17#	00:02+
3	Solveig Johannessen	7	40:26											
04:00+	10:02+	11:55+	14:14+	17:04+	19:32+	21:01+	23:16+	25:46+	27:14+	28:43+	31:54+	33:15+	39:38+	40:26+
04:00+	06:02+	01:53+	02:19+	02:50+	02:28+	01:29+	02:15+	02:30+	01:28+	01:29+	03:11+	01:21+	06:23+	00:48+
03:07@	04:48@	01:09@	00:48&	00:48&	00:42&	00:23&	01:28@	00:57&	00:15#	00:14#	00:34#	00:17&	04:58@	00:08#

Beste strekketid for klassen

00:53 01:14 00:44 01:31 02:02 01:46 01:06 00:47 01:33 01:13 01:15 02:37 01:04 01:25 00:40

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

D 2,5

1	Øyfrid Larsen Moen	Ntnui	20:37																
00:58=	01:34=	02:34=	03:04=	04:26=	05:27=	06:17=	07:28=	08:40=	09:09=	09:57=	10:58=	12:46=	15:03=	15:51=	16:37=	18:24=	19:02=	20:01=	20:37=
00:58=	00:36=	01:00=	00:30=	01:22=	01:01=	00:50=	01:11=	01:12=	00:29=	00:48=	01:01=	01:48=	02:17=	00:48=	00:46=	01:47=	00:38=	00:59=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Claire Bant	INN	21:03																
00:56-	02:25+	03:47+	04:23+	05:41+	06:31+	07:21+	08:31+	09:20+	09:53+	10:39+	11:34+	13:44+	15:11+	15:59+	16:45+	18:27+	19:46+	20:41+	21:03+
00:56-	01:29+	01:22+	00:36+	01:18-	00:50-	00:50=	01:10-	00:49-	00:33+	00:46-	00:55-	02:10+	01:27-	00:48=	00:46=	01:42-	01:19+	00:55-	00:22-
00:02-	00:53@	00:22&	00:06#	00:04-	00:11-	00:00=	00:01-	00:23-	00:04#	00:02-	00:06-	00:22#	00:50-	00:00=	00:00=	00:05-	00:41@	00:04-	00:14-
3	Susanne Valberg Granheim	1071	21:13																
02:02+	02:36+	03:59+	05:03+	06:27+	07:26+	08:14+	09:24+	10:17+	10:57+	11:46+	12:37+	14:13+	16:02+	16:45+	17:23+	18:59+	19:52+	20:48+	21:13+
02:02+	00:34-	01:23+	01:04+	01:24+	00:59-	00:48-	01:10-	00:53-	00:40+	00:49+	00:51-	01:36-	01:49-	00:43-	00:38-	01:36-	00:53+	00:56-	00:25-
01:04@	00:02-	00:23&	00:34@	00:02+	00:02-	00:02-	00:01-	00:19-	00:11&	00:01+	00:10-	00:12-	00:28-	00:05-	00:08-	00:11-	00:15&	00:03-	00:11-
4	Anita Grønvold Tollefsen	7	21:17																
00:57-	01:26-	04:35+	04:53+	06:17+	07:08+	07:48+	08:53+	10:00+	10:29+	11:14+	12:09+	13:31+	15:21+	16:08+	16:59+	18:50+	19:49+	20:52+	21:17+
00:57-	00:29-	03:09+	00:18-	01:24+	00:51-	00:40-	01:05-	01:07-	00:29=	00:45-	00:55-	01:22-	01:50-	00:47-	00:51+	01:51+	00:59+	01:03+	00:25-
00:01-	00:07-	02:09@	00:12-	00:02+	00:10-	00:10-	00:06-	00:05-	00:00=	00:03-	00:06-	00:26-	00:27-	00:01-	00:05#	00:04+	00:21&	00:04+	00:11-
5	Inger K. Brøndbo	165	21:38																
00:58=	01:34=	03:24+	04:22+	05:47+	06:46+	07:29+	09:01+	10:11+	11:27+	12:40+	13:40+	15:03+	16:37+	17:20+	17:55+	19:41+	20:19+	21:13+	21:38+
00:58=	00:36=	01:50+	00:58+	01:25+	00:59-	00:43-	01:32+	01:10-	01:16+	01:13+	01:00-	01:23-	01:34-	00:43-	00:35-	01:46-	00:38=	00:54-	00:25-
00:00=	00:00=	00:50&	00:28&	00:03+	00:02-	00:07-	00:21&	00:02-	00:47@	00:25&	00:01-	00:25-	00:43-	00:05-	00:11-	00:01-	00:00=	00:05-	00:11-
6	Anne Bergljot Falck-Ytter	1058	21:44																
00:58=	01:38+	03:10+	04:07+	05:31+	06:24+	07:19+	08:25+	09:28+	10:21+	11:24+	12:17+	14:19+	15:55+	16:45+	17:28+	19:41+	20:20+	21:19+	21:44+
00:58=	00:40+	01:32+	00:57+	01:24+	00:53-	00:55+	01:06-	01:03-	00:53+	01:03+	00:53-	02:02+	01:36-	00:50+	00:43-	02:13+	00:39+	00:59=	00:25-
00:00=	00:04#	00:32&	00:27&	00:02+	00:08-	00:05#	00:05-	00:09-	00:24&	00:15&	00:08-	00:14#	00:41-	00:02+	00:03-	00:26#	00:01+	00:00=	00:11-
7	Sigrun Sigurjonsdotter	119	21:46																
00:54-	01:27-	02:40+	03:54+	05:10+	06:15+	07:03+	08:25+	09:29+	10:13+	11:02+	12:25+	14:10+	15:59+	16:59+	17:44+	19:39+	20:16+	21:18+	21:46+
00:54-	00:33-	01:13+	01:14+	01:16-	01:05+	00:48-	01:22+	01:04-	00:44+	00:49+	01:23+	01:45-	01:49-	01:00+	00:45-	01:55+	00:37-	01:02+	00:28-
00:04-	00:03-	00:13#	00:44@	00:06-	00:04+	00:02-	00:11#	00:08-	00:15&	00:01+	00:22&	00:03-	00:28-	00:12#	00:01-	00:08+	00:01-	00:03+	00:08-

D 2,5

8	Bente Tangen Wikstrøm	Geno	23:01																
00:59+	02:04+	03:24+	04:08+	05:22+	06:21+	07:06+	08:08+	09:44+	10:06+	10:52+	11:52+	13:51+	15:31+	18:20+	19:03+	20:51+	21:29+	22:33+	23:01+
00:59+	01:05+	01:20+	00:44+	01:14-	00:59-	00:45-	01:02-	01:36+	00:22-	00:46-	01:00-	01:59+	01:40-	02:49+	00:43-	01:48+	00:38=	01:04+	00:28-
00:01+	00:29&	00:20&	00:14&	00:08-	00:02-	00:05-	00:09-	00:24&	00:07-	00:02-	00:01-	00:11#	00:37-	02:01@	00:03-	00:01+	00:00=	00:05+	00:08-

9	Mette A Wernberg	1071	23:43																
00:58+	01:32+	02:47+	03:29+	05:06+	06:06+	07:12+	08:22+	09:26+	09:55+	10:40+	11:34+	15:42+	18:01+	19:06+	19:49+	21:37+	22:17+	23:17+	23:43+
00:58+	00:34+	01:15+	00:42+	01:37+	01:00+	01:06+	01:10+	01:04+	00:29+	00:45+	00:54+	04:08+	02:19+	01:05+	00:43+	01:48+	00:40+	01:00+	00:26+
00:58+	00:34+	01:15+	00:42+	01:37+	01:00+	01:06+	01:10+	01:04+	00:29+	00:45+	00:54+	04:08+	02:19+	01:05+	00:43+	01:48+	00:40+	01:00+	00:26+

10	Helene Kartomtén	NOTEAM	24:14																
01:27+	02:26+	04:21+	05:15+	06:50+	08:24+	09:14+	10:27+	11:58+	12:41+	13:34+	14:33+	16:13+	17:50+	18:54+	19:38+	21:35+	22:25+	23:39+	24:14+
01:27+	00:59+	01:55+	00:54+	01:35+	01:34+	00:50+	01:13+	01:31+	00:43+	00:53+	00:59+	01:40+	01:37+	01:04+	00:44+	01:57+	00:50+	01:14+	00:35+
01:27+	00:59+	01:55+	00:54+	01:35+	01:34+	00:50+	01:13+	01:31+	00:43+	00:53+	00:59+	01:40+	01:37+	01:04+	00:44+	01:57+	00:50+	01:14+	00:35+

11	Marit Holmgren	7	24:56																
01:17+	01:56+	03:31+	04:31+	06:12+	07:39+	08:46+	10:04+	11:20+	11:55+	12:53+	13:56+	15:54+	18:30+	19:23+	20:12+	22:31+	23:22+	24:28+	24:56+
01:17+	00:39+	01:35+	01:00+	01:41+	01:27+	01:07+	01:18+	01:16+	00:35+	00:58+	01:03+	01:58+	02:36+	00:53+	00:49+	02:19+	00:51+	01:06+	00:28+
01:17+	00:39+	01:35+	01:00+	01:41+	01:27+	01:07+	01:18+	01:16+	00:35+	00:58+	01:03+	01:58+	02:36+	00:53+	00:49+	02:19+	00:51+	01:06+	00:28+

12	Berit Røste	152	25:33																
01:14+	01:54+	04:48+	05:23+	06:49+	07:49+	08:43+	10:09+	11:20+	12:01+	12:55+	14:08+	16:28+	18:42+	19:33+	20:42+	23:17+	23:58+	25:00+	25:33+
01:14+	00:40+	02:54+	00:35+	01:26+	01:00+	00:54+	01:26+	01:11+	00:41+	00:54+	01:13+	02:20+	02:14+	00:51+	01:09+	02:35+	00:41+	01:02+	00:33+
01:14+	00:40+	02:54+	00:35+	01:26+	01:00+	00:54+	01:26+	01:11+	00:41+	00:54+	01:13+	02:20+	02:14+	00:51+	01:09+	02:35+	00:41+	01:02+	00:33+

13	Karen Tomter	163	25:33																
01:08+	01:44+	05:27+	06:02+	07:42+	09:05+	09:57+	11:17+	12:32+	13:06+	14:04+	15:13+	17:04+	19:11+	20:11+	20:53+	23:04+	23:51+	25:02+	25:33+
01:08+	00:36+	03:43+	00:35+	01:40+	01:23+	00:52+	01:20+	01:15+	00:34+	00:58+	01:09+	01:51+	02:07+	01:00+	00:42+	02:11+	00:47+	01:11+	00:31+
01:08+	00:36+	03:43+	00:35+	01:40+	01:23+	00:52+	01:20+	01:15+	00:34+	00:58+	01:09+	01:51+	02:07+	01:00+	00:42+	02:11+	00:47+	01:11+	00:31+

14	Inger E. Vamnes	NOTEAM	26:38																
01:13+	01:54+	03:30+	04:05+	05:48+	06:56+	08:00+	09:37+	11:07+	11:40+	12:34+	13:48+	15:53+	19:10+	20:06+	21:07+	23:49+	24:38+	26:00+	26:38+
01:13+	00:41+	01:36+	00:35+	01:43+	01:08+	01:04+	01:37+	01:30+	00:33+	00:54+	01:14+	02:05+	03:17+	00:56+	01:01+	02:42+	00:49+	01:22+	00:38+
01:13+	00:41+	01:36+	00:35+	01:43+	01:08+	01:04+	01:37+	01:30+	00:33+	00:54+	01:14+	02:05+	03:17+	00:56+	01:01+	02:42+	00:49+	01:22+	00:38+

15	Anne Karin Elisenberg	146	27:02																
01:00+	02:27+	03:44+	07:01+	08:28+	09:58+	10:47+	12:02+	13:31+	14:00+	14:53+	15:55+	20:04+	21:32+	22:14+	22:58+	24:55+	25:33+	26:35+	27:02+
01:00+	01:27+	01:17+	03:17+	01:27+	01:30+	00:49+	01:15+	01:29+	00:29+	00:53+	01:02+	04:09+	01:28+	00:42+	00:44+	01:57+	00:38+	01:02+	00:27+
01:00+	01:27+	01:17+	03:17+	01:27+	01:30+	00:49+	01:15+	01:29+	00:29+	00:53+	01:02+	04:09+	01:28+	00:42+	00:44+	01:57+	00:38+	01:02+	00:27+

16	Kari Undrum	152	27:11																
01:23+	02:00+	03:24+	04:39+	06:17+	07:34+	08:39+	09:52+	11:30+	12:04+	13:01+	14:19+	18:52+	20:34+	21:36+	22:27+	24:31+	25:26+	26:39+	27:11+
01:23+	00:37+	01:24+	01:15+	01:38+	01:17+	01:05+	01:13+	01:38+	00:34+	00:57+	01:18+	04:33+	01:42+	01:02+	00:51+	02:04+	00:55+	01:13+	00:32+
01:23+	00:37+	01:24+	01:15+	01:38+	01:17+	01:05+	01:13+	01:38+	00:34+	00:57+	01:18+	04:33+	01:42+	01:02+	00:51+	02:04+	00:55+	01:13+	00:32+

17	Oddveig Anne Sagbakken	88	27:18																
01:22+	01:56+	04:19+	04:54+	06:45+	08:26+	09:23+	10:57+	12:26+	13:36+	14:29+	15:48+	17:56+	19:57+	21:08+	22:13+	24:36+	25:23+	26:40+	27:18+
01:22+	00:34+	02:23+	00:35+	01:51+	01:41+	00:57+	01:34+	01:29+	01:10+	00:53+	01:19+	02:08+	02:01+	01:11+	01:05+	02:23+	00:47+	01:17+	00:38+
01:22+	00:34+	02:23+	00:35+	01:51+	01:41+	00:57+	01:34+	01:29+	01:10+	00:53+	01:19+	02:08+	02:01+	01:11+	01:05+	02:23+	00:47+	01:17+	00:38+

18	Bente Grøndalen	152	29:53																
01:09+	01:47+	04:53+	05:44+	07:08+	08:26+	15:17+	16:18+	17:21+	18:05+	18:57+	20:24+	22:02+	23:50+	24:41+	25:40+	27:41+	28:25+	29:27+	29:53+
01:09+	00:38+	03:06+	00:51+	01:24+	01:18+	06:51+	01:01+	01:03+	00:44+	00:52+	01:27+	01:38+	01:48+	00:51+	00:59+	02:01+	00:44+	01:02+	00:26+
01:09+	00:38+	03:06+	00:51+	01:24+	01:18+	06:51+	01:01+	01:03+	00:44+	00:52+	01:27+	01:38+	01:48+	00:51+	00:59+	02:01+	00:44+	01:02+	00:26+

19	Irene Øien	1071	30:27																
02:51+	03:33+	05:15+	06:11+	08:15+	09:55+	11:07+	12:56+	14:33+	15:22+	16:50+	18:04+	20:04+	22:43+	23:50+	24:44+	27:37+	28:36+	29:54+	30:27+
02:51+	00:42+	01:42+	00:56+	02:04+	01:40+	01:12+	01:49+	01:37+	00:49+	01:28+	01:14+	02:00+	02:39+	01:07+	00:54+	02:53+	00:59+	01:18+	00:33+
02:51+	00:42+	01:42+	00:56+	02:04+	01:40+	01:12+	01:49+	01:37+	00:49+	01:28+	01:14+	02:00+	02:39+	01:07+	00:54+	02:53+	00:59+	01:18+	00:33+

D 2,5

20	Turid Norstad Opsahl	89	32:06																
01:52+	02:53+	05:28+	06:40+	08:47+	10:37+	11:58+	13:53+	15:32+	16:22+	17:29+	18:49+	21:15+	23:58+	25:15+	26:18+	29:07+	30:04+	31:26+	32:06+
01:52+	01:01+	02:35+	01:12+	02:07+	01:50+	01:21+	01:55+	01:39+	00:50+	01:07+	01:20+	02:26+	02:43+	01:17+	01:03+	02:49+	00:57+	01:22+	00:40+
01:52+	01:01+	02:35+	01:12+	02:07+	01:50+	01:21+	01:55+	01:39+	00:50+	01:07+	01:20+	02:26+	02:43+	01:17+	01:03+	02:49+	00:57+	01:22+	00:40+

21	Anita Stensby Bekkelund	89	32:43																
01:47+	02:54+	05:56+	06:23+	08:30+	10:27+	11:41+	13:32+	15:44+	16:54+	18:09+	19:58+	22:57+	25:39+	26:41+	27:34+	29:59+	30:51+	32:12+	32:43+
01:47+	01:07+	03:02+	00:27+	02:07+	01:57+	01:14+	01:51+	02:12+	01:10+	01:15+	01:49+	02:59+	02:42+	01:02+	00:53+	02:25+	00:52+	01:21+	00:31+
01:47+	01:07+	03:02+	00:27+	02:07+	01:57+	01:14+	01:51+	02:12+	01:10+	01:15+	01:49+	02:59+	02:42+	01:02+	00:53+	02:25+	00:52+	01:21+	00:31+

22	Rønnaug Sagbakken	1071	32:46																
01:22+	02:11+	03:48+	06:52+	08:46+	10:18+	11:27+	16:04+	17:42+	18:33+	19:32+	20:52+	22:49+	25:18+	26:25+	27:24+	29:53+	30:55+	32:12+	32:46+
01:22+	00:49+	01:37+	03:04+	01:54+	01:32+	01:09+	04:37+	01:38+	00:51+	00:59+	01:20+	01:57+	02:29+	01:07+	00:59+	02:29+	01:02+	01:17+	00:34+
01:22+	00:49+	01:37+	03:04+	01:54+	01:32+	01:09+	04:37+	01:38+	00:51+	00:59+	01:20+	01:57+	02:29+	01:07+	00:59+	02:29+	01:02+	01:17+	00:34+

Beste strekktid for klassen

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

D 3,5

1	Marianne Rud Skjærstad	89	20:42																				
00:34=	01:21=	01:40=	02:39=	03:14=	04:37=	05:12=	06:42=	08:11=	09:01=	10:58=	11:27=	12:13=	12:55=	13:55=	14:27=	15:03=	16:05=	17:19=	17:56=	18:22=	19:25=	20:19=	20:42=
00:34=	00:47=	00:19=	00:59=	00:35=	01:23=	00:35=	01:30=	01:29=	00:50=	01:57=	00:29=	00:46=	00:42=	01:00=	00:32=	00:36=	01:02=	01:14=	00:37=	00:26=	01:03=	00:54=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Kjersti Narum	165	20:48																				
00:48+	01:45+	02:02+	03:09+	03:46+	05:09+	05:50+	07:14+	09:03+	09:57+	10:45-	11:21-	12:00-	12:50-	13:50-	14:19-	15:01-	16:00-	17:20+	18:05+	18:31+	19:14-	20:22+	20:48+
00:48+	00:57+	00:17-	01:07+	00:37+	01:23=	00:41+	01:24-	01:49+	00:54+	00:48-	00:36+	00:39-	00:50+	01:00=	00:29-	00:42+	00:59-	01:20+	00:45+	00:26=	00:43-	01:08+	00:26+
00:14&	00:10#	00:02-	00:08#	00:02+	00:00=	00:06#	00:06-	00:20#	00:04+	01:09-	00:07#	00:07-	00:08#	00:00=	00:03-	00:06#	00:03-	00:06+	00:08#	00:00=	00:20-	00:14&	00:03#

3	Rita Hangaard	1071	20:58																				
00:43+	01:49+	02:05+	03:03+	03:42+	05:25+	06:05+	07:28+	08:47+	09:37+	10:31-	11:00-	11:43-	12:27-	13:30-	14:05-	14:46-	16:01-	17:42+	18:18+	18:42+	19:26+	20:31+	20:58+
00:43+	01:06+	00:16-	00:58-	00:39+	01:43+	00:40+	01:23-	01:19-	00:50=	00:54-	00:29=	00:43-	00:44+	01:03+	00:35+	00:41+	01:15+	01:41+	00:36-	00:24-	00:44-	01:05+	00:27+
00:09&	00:19&	00:03-	00:01-	00:04#	00:20#	00:05#	00:07-	00:10-	00:00=	01:03-	00:00=	00:03-	00:02+	00:03+	00:03+	00:05#	00:13#	00:27&	00:01-	00:02-	00:19-	00:11#	00:04#

4	Wenche Bjørnstad	Geno	21:32																				
01:15+	02:07+	02:20+	04:05+	04:28+	05:47+	06:53+	08:39+	10:00+	11:07+	11:55+	12:25+	13:02+	13:50+	15:06+	15:33+	16:12+	17:15+	18:28+	19:08+	19:28+	20:11+	21:05+	21:32+
01:15+	00:52+	00:13-	01:45+	00:23-	01:19-	01:06+	01:46+	01:21-	01:07+	00:48-	00:30+	00:37-	00:48+	01:16+	00:27-	00:39+	01:03+	01:13-	00:40+	00:20-	00:43-	00:54=	00:27+
00:41@	00:05#	00:06-	00:46&	00:12-	00:04-	00:31&	00:16#	00:08-	00:17&	01:09-	00:01+	00:09-	00:06#	00:16&	00:05-	00:03+	00:01+	00:01-	00:03+	00:06-	00:20-	00:00=	00:04#

5	Gro Solnørdal	10001	22:09																				
00:30-	01:05-	01:53+	02:51+	03:32+	04:59+	05:43+	06:58+	09:13+	09:54+	11:13+	12:09+	12:44+	13:35+	14:55+	15:36+	16:11+	18:23+	19:31+	20:03+	20:22+	20:56+	21:45+	22:09+
00:30-	00:35-	00:48+	00:58-	00:41+	01:27+	00:44+	01:15-	02:15+	00:41-	01:19-	00:56+	00:35-	00:51+	01:20+	00:41+	00:35-	02:12+	01:08-	00:32-	00:19-	00:34-	00:49-	00:24+
00:04-	00:12-	00:29@	00:01-	00:06#	00:04+	00:09&	00:15-	00:46&	00:09-	00:38-	00:27&	00:11-	00:09#	00:20&	00:09&	00:01-	01:10@	00:06-	00:05-	00:07-	00:29-	00:05-	00:01+

6	Linda Thorvaldsen	7	23:02																				
00:38+	01:33+	01:53+	02:56+	03:19+	05:05+	05:52+	07:59+	09:37+	10:37+	11:28+	11:57+	12:58+	13:59+	15:14+	15:55+	16:41+	17:49+	19:31+	20:13+	20:36+	21:23+	22:36+	23:02+
00:38+	00:55+	00:20+	01:03+	00:23-	01:46+	00:47+	02:07+	01:38+	01:00+	00:51-	00:29=	01:01+	01:01+	01:15+	00:41+	00:46+	01:08+	01:42+	00:42+	00:23-	00:47-	01:13+	00:26+
00:04#	00:08#	00:01+	00:04+	00:12-	00:23&	00:12&	00:37&	00:09#	00:10#	01:06-	00:00=	00:15&	00:19&	00:15#	00:09&	00:10&	00:06+	00:28&	00:05#	00:03-	00:16-	00:19&	00:03#

7	May Kristin Tangen	119	24:12																					
00:31-	01:06-	04:19+	04:31+	05:38+	06:09+	07:25+	08:12+	09:33+	11:01+	11:45+	12:41+	13:47+	14:24+	14:59+	16:10+	18:59+	19:39+	20:23+	21:30+	22:02+	22:19+	22:48+	23:47+	24:12+
00:31-	00:35-	03:13+	00:12-	01:07+	00:31-	01:16+	00:47-	01:21-	01:28+	00:44-	00:56+	01:06+	00:37-	00:35-	01:11+	02:49+	00:40-	00:44-	01:07+	00:32+	00:17-	00:29-	00:59+	00:25+
00:03-	00:12-	02:54@	00:47-	00:32&	00:52-	00:41@	00:43-	00:08-	00:38&	01:13-	00:27&	00:20&	00:05-	00:25-	00:39@	02:13@	00:22-	00:30-	00:30&	00:06#	00:46-	00:25-	00:36@	00:25+

Class	Navn	Klasse	Tid
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D 3,5

8	Sidsel Storihe	Geno	25:47																				
00:42+	02:41+	02:57+	04:02+	06:24+	07:57+	08:36+	10:19+	12:06+	13:05+	14:24+	15:02+	15:42+	16:31+	18:06+	18:42+	19:26+	20:21+	21:48+	22:26+	23:01+	24:04+	25:21+	25:47+
00:42+	01:59+	00:16-	01:05+	02:22+	01:33+	00:39+	01:43+	01:47+	00:59+	01:19-	00:38+	00:40-	00:49+	01:35+	00:36+	00:44+	00:55-	01:27+	00:38+	00:35+	01:03=	01:17+	00:26+
00:08#	01:12@	00:03-	00:06#	01:47@	00:10#	00:04#	00:13#	00:18#	00:09#	00:38-	00:09&	00:06-	00:07#	00:35&	00:04#	00:08#	00:07-	00:13#	00:01+	00:09&	00:00=	00:23&	00:03#

9	Anita Høie	7	28:34																				
03:05+	04:33+	05:01+	06:24+	07:23+	09:00+	09:50+	12:38+	14:17+	15:17+	16:22+	16:48+	17:49+	18:52+	21:13+	21:40+	22:28+	23:30+	25:08+	25:48+	26:13+	26:54+	28:08+	28:34+
03:05+	01:28+	00:28+	01:23+	00:59+	01:37+	00:50+	02:48+	01:39+	01:00+	01:05+	00:26+	01:01+	01:03+	02:21+	00:27+	00:48+	01:02+	01:38+	00:40+	00:25+	00:41+	01:14+	00:26+
03:05+	01:28+	00:28+	01:23+	00:59+	01:37+	00:50+	02:48+	01:39+	01:00+	01:05+	00:26+	01:01+	01:03+	02:21+	00:27+	00:48+	01:02+	01:38+	00:40+	00:25+	00:41+	01:14+	00:26+

10	Grete Storsveen	1071	33:27																				
00:43+	01:32+	01:52+	03:22+	03:55+	05:58+	11:35+	14:28+	16:15+	17:09+	18:26+	18:57+	19:40+	20:37+	23:39+	25:23+	26:13+	27:59+	29:34+	30:10+	30:43+	31:47+	32:52+	33:27+
00:43+	00:49+	00:20+	01:30+	00:33+	02:03+	05:37+	02:53+	01:47+	00:54+	01:17+	00:31+	00:43+	00:57+	03:02+	01:44+	00:50+	01:46+	01:35+	00:36+	00:33+	01:04+	01:05+	00:35+
00:43+	00:49+	00:20+	01:30+	00:33+	02:03+	05:37+	02:53+	01:47+	00:54+	01:17+	00:31+	00:43+	00:57+	03:02+	01:44+	00:50+	01:46+	01:35+	00:36+	00:33+	01:04+	01:05+	00:35+

11	Gunnhild Ljones	55	36:18																					
02:50+	04:07+	04:36+	06:17+	08:31+	10:24+	11:10+	12:51+	14:52+	15:59+	17:34+	19:11+	20:05+	21:15+	23:20+	26:53+	28:13+	28:59+	30:26+	32:10+	33:12+	33:44+	34:29+	35:49+	36:18+
02:50+	01:17+	00:29+	01:41+	02:14+	01:53+	00:46+	01:41+	02:01+	01:07+	01:35+	01:37+	00:54+	01:10+	02:05+	03:33+	01:20+	00:46+	01:27+	01:44+	01:02+	00:32+	00:45+	01:20+	00:29+
02:50+	01:17+	00:29+	01:41+	02:14+	01:53+	00:46+	01:41+	02:01+	01:07+	01:35+	01:37+	00:54+	01:10+	02:05+	03:33+	01:20+	00:46+	01:27+	01:44+	01:02+	00:32+	00:45+	01:20+	00:29+

Beste strekktid for klassen

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

D 4,5

1	Anne Marit Bordal	119	20:01																						
00:16=	00:45=	01:16=	01:32=	02:23=	02:45=	03:45=	04:29=	05:12=	06:12=	06:50=	07:30=	08:40=	10:07=	10:42=	11:18=	12:17=	13:05=	15:04=	15:41=	16:26=	16:56=	18:18=	18:47=	19:03=	19:41=
00:16=	00:29=	00:31=	00:16=	00:51=	00:22=	01:00=	00:44=	00:43=	01:00=	00:38=	00:40=	01:10=	01:27=	00:35=	00:36=	00:59=	00:48=	01:59=	00:37=	00:45=	00:30=	01:22=	00:29=	00:16=	00:38=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
20:01=																									
00:20=																									
00:00=																									

2	Eirin Lodgaard	136	24:39																						
00:18+	00:51+	01:21+	01:37+	01:51-	03:00+	03:29-	04:49+	05:40+	06:35+	08:16+	08:57+	09:42+	10:32+	12:17+	13:12+	13:54+	15:03+	16:15+	18:29+	19:15+	20:18+	21:00+	22:38+	23:12+	23:29+
00:18+	00:33+	00:30-	00:16=	00:14-	01:09+	00:29-	01:20+	00:51+	00:55-	01:41+	00:41+	00:45-	00:50-	01:45+	00:55+	00:42-	01:09+	01:12-	02:14+	00:46+	01:03+	00:42-	01:38+	00:34+	00:17-
00:02#	00:04#	00:01-	00:00=	00:37-	00:47@	00:31-	00:36&	00:08#	00:05-	01:03@	00:01+	00:25-	00:37-	01:10@	00:19&	00:17-	00:21&	00:47-	01:37@	00:01+	00:33@	00:40-	01:09@	00:18@	00:21-
24:17+	24:39+																								
00:48+	00:22+																								
00:28@	00:22+																								

3	Unn Mette Klopbakken	43	24:47																						
00:18+	00:52+	01:32+	01:50+	02:46+	03:18+	05:29+	06:18+	07:11+	08:53+	09:36+	10:21+	11:10+	12:51+	13:32+	14:17+	15:24+	16:18+	18:39+	19:21+	20:25+	20:59+	22:43+	23:17+	23:38+	24:24+
00:18+	00:34+	00:40+	00:18+	00:56+	00:32+	02:11+	00:49+	00:53+	01:42+	00:43+	00:45+	00:49-	01:41+	00:41+	00:45+	01:07+	00:54+	02:21+	00:42+	01:04+	00:34+	01:44+	00:34+	00:21+	00:46+
00:02#	00:05#	00:09&	00:02#	00:05+	00:10&	01:11@	00:05#	00:10#	00:42&	00:05#	00:05#	00:21-	00:14#	00:06#	00:09#	00:08#	00:06#	00:22#	00:05#	00:19&	00:04#	00:22&	00:05#	00:05&	00:08#
24:47+																									
00:23+																									
00:03#																									

4	Lis Dæhli	90	24:57																						
00:22+	01:08+	02:00+	02:15+	03:26+	03:47+	05:11+	06:03+	06:56+	08:28+	09:20+	10:04+	11:23+	13:05+	13:46+	14:28+	15:41+	16:41+	18:55+	19:42+	20:33+	21:05+	22:42+	23:13+	23:38+	24:31+
00:22+	00:46+	00:52+	00:15-	01:11+	00:21-	01:24+	00:52+	00:53+	01:32+	00:52+	00:44+	01:19+	01:42+	00:41+	00:42+	01:13+	01:00+	02:14+	00:47+	00:51+	00:32+	01:37+	00:31+	00:25+	00:53+
00:06&	00:17&	00:21&	00:01-	00:20&	00:01-	00:24&	00:08#	00:10#	00:32&	00:14&	00:04#	00:09#	00:15#	00:06#	00:06#	00:14#	00:12#	00:15#	00:10&	00:06#	00:02+	00:15#	00:02+	00:09&	00:15&
24:57+																									
00:26+																									
00:06&																									

Class	Navn	Klasse	Tid
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D 4,5

5	Line Merete Libak	89	25:42																						
00:22+	00:59+	02:03+	02:18+	03:22+	03:57+	05:20+	06:17+	07:18+	08:45+	09:30+	10:17+	11:07+	13:05+	13:51+	14:38+	15:54+	17:01+	19:36+	20:26+	21:13+	21:46+	23:29+	24:02+	24:23+	25:16+
00:22+	00:37+	01:04+	00:15-	01:04+	00:35+	01:23+	00:57+	01:01+	01:27+	00:45+	00:47+	00:50-	01:58+	00:46+	00:47+	01:16+	01:07+	02:35+	00:50+	00:47+	00:33+	01:43+	00:33+	00:21+	00:53+
00:06&	00:08&	00:33@	00:01-	00:13&	00:13&	00:23&	00:13&	00:18&	00:27&	00:07#	00:07#	00:20-	00:31&	00:11&	00:11&	00:17&	00:19&	00:36&	00:13&	00:02+	00:03#	00:21&	00:04#	00:05&	00:15&
25:42+																									
00:26+																									
00:06&																									

6	Mona Hesselberg	89	26:48																						
00:24+	01:05+	02:01+	02:24+	03:39+	04:03+	05:27+	06:25+	07:32+	09:18+	10:14+	11:06+	12:04+	13:48+	14:35+	15:21+	16:40+	18:00+	20:26+	21:16+	22:14+	22:54+	24:35+	25:12+	25:32+	26:25+
00:24+	00:41+	00:56+	00:23+	01:15+	00:24+	01:24+	00:58+	01:07+	01:46+	00:56+	00:52+	00:58+	01:44+	00:47+	00:46+	01:19+	01:20+	02:26+	00:50+	00:58+	00:40+	01:41+	00:37+	00:20+	00:53+
00:24+	00:41+	00:56+	00:23+	01:15+	00:24+	01:24+	00:58+	01:07+	01:46+	00:56+	00:52+	00:58+	01:44+	00:47+	00:46+	01:19+	01:20+	02:26+	00:50+	00:58+	00:40+	01:41+	00:37+	00:20+	00:53+
26:48+																									
00:23+																									
00:23+																									

7	Bodil Wiik	105	29:59																						
00:17+	00:49+	01:24+	01:39+	02:27+	02:49+	04:10+	05:25+	06:15+	07:46+	08:36+	09:42+	10:54+	17:20+	18:05+	18:51+	20:10+	21:14+	23:25+	24:12+	25:14+	25:47+	27:26+	28:19+	28:45+	29:33+
00:17+	00:32+	00:35+	00:15+	00:48+	00:22+	01:21+	01:15+	00:50+	01:31+	00:50+	01:06+	01:12+	06:26+	00:45+	00:46+	01:19+	01:04+	02:11+	00:47+	01:02+	00:33+	01:39+	00:53+	00:26+	00:48+
00:17+	00:32+	00:35+	00:15+	00:48+	00:22+	01:21+	01:15+	00:50+	01:31+	00:50+	01:06+	01:12+	06:26+	00:45+	00:46+	01:19+	01:04+	02:11+	00:47+	01:02+	00:33+	01:39+	00:53+	00:26+	00:48+
29:59+																									
00:26+																									
00:26+																									

Beste strekktid for klassen

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

D 5,5

1	Mari Norstad Opsahl	1032	22:46																						
00:19=	00:53+	01:16=	01:49=	02:03=	03:00=	03:19=	04:31=	05:15=	06:37=	07:47=	08:28=	09:07=	10:35=	11:26=	12:12=	13:00=	14:58=	16:06=	17:47=	18:46=	19:34=	20:04=	21:14=	21:42=	22:25=
00:19=	00:34=	00:23=	00:33=	00:14=	00:57=	00:19=	01:12=	00:44=	01:22=	01:10=	00:41=	00:39=	01:28=	00:51=	00:46=	00:48=	01:58=	01:08=	01:41=	00:59=	00:48=	00:30=	01:10=	00:28=	00:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
22:46=																									
00:21=																									
00:00=																									

2	Nina Smestad	90	24:53																						
00:22+	01:05+	01:27+	02:05+	02:19+	03:11+	03:29+	04:55+	05:38+	06:14-	08:18+	09:05+	09:59+	11:37+	12:33+	13:24+	14:06+	16:12+	17:25+	19:34+	20:44+	21:29+	21:51+	23:12+	23:43+	24:30+
00:22+	00:43+	00:22-	00:38+	00:14=	00:52-	00:18-	01:26+	00:43-	00:36-	02:04+	00:47+	00:54+	01:38+	00:56+	00:51+	00:42-	02:06+	01:13+	02:09+	01:10+	00:45-	00:22-	01:21+	00:31+	00:47+
00:03#	00:09&	00:01-	00:05#	00:00=	00:05-	00:01-	00:14#	00:01-	00:46-	00:54&	00:06#	00:15&	00:10#	00:05+	00:05#	00:06-	00:08+	00:05+	00:28&	00:11#	00:03-	00:08-	00:11#	00:03#	00:04+
24:53+																									
00:23+																									
00:02+																									

Beste strekktid for klassen

00:19 00:34 00:22 00:33 00:14 00:52 00:18 01:12 00:43 00:36 01:10 00:41 00:39 01:28 00:51 00:46 00:42 01:58 01:08 01:41 00:59 00:45 00:22 01:10 00:28 00:43 00:21

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

H 1,5

H 1,5

1	Ottar Evensen	27	16:00											
00:32=	01:26=	02:25=	03:56=	05:32=	06:37=	07:45=	08:44=	09:18=	10:04=	11:18=	13:06=	14:00=	15:34=	16:00=
00:32=	00:54=	00:59=	01:31=	01:36=	01:05=	01:08=	00:59=	00:34=	00:46=	01:14=	01:48=	00:54=	01:34=	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=

2	Trygve Jan Bjerke	55	19:30											
00:42+	02:18+	03:06+	04:13+	06:07+	07:05+	08:42+	10:07+	11:37+	12:41+	14:19+	16:23+	17:14+	18:54+	19:30+
00:42+	01:36+	00:48+	01:07+	01:54+	00:58+	01:37+	01:25+	01:30+	01:04+	01:38+	02:04+	00:51+	01:40+	00:36+
00:42+	01:36+	00:48+	01:07+	01:54+	00:58+	01:37+	01:25+	01:30+	01:04+	01:38+	02:04+	00:51+	01:40+	00:36+

3	Ingvald Pedersen	28	22:07											
00:57+	02:07+	02:54+	03:55+	06:34+	08:05+	09:04+	11:01+	11:37+	13:06+	14:30+	18:35+	19:33+	21:24+	22:07+
00:57+	01:10+	00:47+	01:01+	02:39+	01:31+	00:59+	01:57+	00:36+	01:29+	01:24+	04:05+	00:58+	01:51+	00:43+
00:57+	01:10+	00:47+	01:01+	02:39+	01:31+	00:59+	01:57+	00:36+	01:29+	01:24+	04:05+	00:58+	01:51+	00:43+

4	Dag Erik Hovde	7	23:15											
01:02+	02:44+	03:50+	05:00+	08:09+	09:25+	10:40+	12:12+	13:14+	14:30+	16:39+	19:03+	20:13+	22:23+	23:15+
01:02+	01:42+	01:06+	01:10+	03:09+	01:16+	01:15+	01:32+	01:02+	01:16+	02:09+	02:24+	01:10+	02:10+	00:52+
01:02+	01:42+	01:06+	01:10+	03:09+	01:16+	01:15+	01:32+	01:02+	01:16+	02:09+	02:24+	01:10+	02:10+	00:52+

5	Knut Røhrsveen	7	24:12											
00:34+	02:01+	03:17+	04:22+	06:22+	08:04+	09:19+	14:54+	15:31+	16:23+	18:43+	20:25+	22:26+	23:45+	24:12+
00:34+	01:27+	01:16+	01:05+	02:00+	01:42+	01:15+	05:35+	00:37+	00:52+	02:20+	01:42+	02:01+	01:19+	00:27+
00:34+	01:27+	01:16+	01:05+	02:00+	01:42+	01:15+	05:35+	00:37+	00:52+	02:20+	01:42+	02:01+	01:19+	00:27+

6	Halstein Ødegård	89	24:49											
00:55+	02:19+	04:28+	05:56+	08:45+	11:28+	12:46+	14:20+	15:27+	16:45+	18:34+	20:58+	22:10+	24:07+	24:49+
00:55+	01:24+	02:09+	01:28+	02:49+	02:43+	01:18+	01:34+	01:07+	01:18+	01:49+	02:24+	01:12+	01:57+	00:42+
00:55+	01:24+	02:09+	01:28+	02:49+	02:43+	01:18+	01:34+	01:07+	01:18+	01:49+	02:24+	01:12+	01:57+	00:42+

7	Knut Martinsen	1071	26:16											
01:42+	05:40+	06:38+	07:53+	10:45+	11:49+	13:15+	14:46+	15:32+	16:43+	19:38+	22:06+	23:22+	25:28+	26:16+
01:42+	03:58+	00:58+	01:15+	02:52+	01:04+	01:26+	01:31+	00:46+	01:11+	02:55+	02:28+	01:16+	02:06+	00:48+
01:42+	03:58+	00:58+	01:15+	02:52+	01:04+	01:26+	01:31+	00:46+	01:11+	02:55+	02:28+	01:16+	02:06+	00:48+

8	Ragnar Høsøien	55	31:02											
01:10+	03:23+	05:24+	07:12+	11:22+	13:33+	15:23+	17:23+	18:27+	20:10+	22:48+	26:15+	27:41+	30:08+	31:02+
01:10+	02:13+	02:01+	01:48+	04:10+	02:11+	01:50+	02:00+	01:04+	01:43+	02:38+	03:27+	01:26+	02:27+	00:54+
01:10+	02:13+	02:01+	01:48+	04:10+	02:11+	01:50+	02:00+	01:04+	01:43+	02:38+	03:27+	01:26+	02:27+	00:54+

Beste strekktid for klassen

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

H 2,5

1	Knut Olav Strætkvern	1058	17:33																
00:45=	01:26=	02:51=	03:14=	04:26=	05:10=	05:50=	06:50=	08:15=	09:39=	10:25=	11:03=	11:56=	12:23=	13:01=	13:51=	15:31=	16:03=	17:11=	17:33=
00:45=	00:41=	01:25=	00:23=	01:12=	00:44=	00:40=	01:00=	01:25=	01:24=	00:46=	00:38=	00:53=	00:27=	00:38=	00:50=	01:40=	00:32=	01:08=	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=	00:00=	00:00=	00:00=

2	Morten Øie	39	19:27																
00:56+	01:34+	02:48-	03:21+	04:46+	05:41+	06:34+	07:41+	09:00+	10:36+	11:26+	12:11+	13:18+	13:48+	14:31+	15:19+	17:08+	17:45+	18:59+	19:27+
00:56+	00:38-	01:14-	00:33+	01:25+	00:55+	00:53+	01:07+	01:19-	01:36+	00:50+	00:45+	01:07+	00:30+	00:43+	00:48-	01:49+	00:37+	01:14+	00:28+
00:11#	00:03-	00:11-	00:10&	00:13#	00:11#	00:13&	00:07#	00:06-	00:12#	00:04+	00:07#	00:14&	00:03#	00:05#	00:02-	00:09+	00:05#	00:06+	00:06&

Class	Navn	Klasse	Tid
H 2,5			
3	Tore Stensby	93	20:15
00:49+	01:26=	02:29-	02:58-
00:49+	00:37-	01:03-	00:29+
00:04+	00:04-	00:22-	00:06&
04:14-	05:08-	05:56+	06:52+
01:16+	00:54+	00:48+	00:56-
00:04+	00:10#	00:08#	00:04-
09:15+	10:35+	11:29+	12:03+
10:35+	11:29+	12:03+	13:08+
11:29+	12:03+	13:08+	13:39+
12:03+	13:08+	13:39+	14:33+
13:08+	13:39+	14:33+	15:25+
13:39+	14:33+	15:25+	17:26+
14:33+	15:25+	17:26+	18:13+
15:25+	17:26+	18:13+	19:43+
17:26+	18:13+	19:43+	20:15+
18:13+	19:43+	20:15+	00:32+
19:43+	20:15+	00:32+	00:10&
20:15+	00:32+	00:10&	
4	Leif Martin Kjos	1071	20:59
00:58+	01:54+	02:44+	03:10+
00:58+	00:56+	00:50+	00:26+
00:58+	00:56+	00:50+	00:26+
04:20+	05:14+	05:57+	06:56+
01:10+	00:54+	00:43+	00:59+
01:10+	00:54+	00:43+	00:59+
09:32+	10:42+	11:25+	12:08+
10:42+	11:25+	12:08+	13:04+
11:25+	12:08+	13:04+	15:13+
12:08+	13:04+	15:13+	15:51+
13:04+	15:13+	15:51+	17:11+
15:13+	15:51+	17:11+	18:42+
15:51+	17:11+	18:42+	19:27+
17:11+	18:42+	19:27+	20:37+
18:42+	19:27+	20:37+	20:59+
19:27+	20:37+	20:59+	
20:37+	20:59+		
20:59+			
5	Harald Grønvold	7	21:28
00:49+	02:05+	03:16+	04:07+
00:49+	01:16+	01:11+	00:51+
00:49+	01:16+	01:11+	00:51+
05:48+	06:53+	07:46+	08:54+
01:41+	01:05+	00:53+	01:08+
01:41+	01:05+	00:53+	01:08+
10:38+	12:21+	13:10+	13:45+
12:21+	13:10+	13:45+	14:45+
13:10+	13:45+	14:45+	15:19+
13:45+	14:45+	15:19+	16:09+
14:45+	15:19+	16:09+	17:12+
15:19+	16:09+	17:12+	19:03+
16:09+	17:12+	19:03+	19:47+
17:12+	19:03+	19:47+	21:01+
19:03+	19:47+	21:01+	21:28+
19:47+	21:01+	21:28+	
21:01+	21:28+		
21:28+			
6	Magne Smeland	167	22:07
00:59+	01:38+	03:32+	04:14+
00:59+	00:39+	01:54+	00:42+
00:59+	00:39+	01:54+	00:42+
05:32+	06:48+	07:45+	08:47+
01:18+	01:16+	00:57+	01:02+
01:18+	01:16+	00:57+	01:02+
10:25+	12:04+	12:57+	13:41+
12:04+	12:57+	13:41+	15:07+
12:57+	13:41+	15:07+	15:39+
13:41+	15:07+	15:39+	16:30+
15:07+	15:39+	16:30+	17:29+
15:39+	16:30+	17:29+	19:43+
16:30+	17:29+	19:43+	20:21+
17:29+	19:43+	20:21+	21:39+
19:43+	20:21+	21:39+	22:07+
20:21+	21:39+	22:07+	
21:39+	22:07+		
22:07+			
7	Terje Malm	52	22:36
01:00+	01:41+	02:57+	03:49+
01:00+	00:41+	01:16+	00:52+
01:00+	00:41+	01:16+	00:52+
05:11+	06:09+	07:02+	08:14+
01:22+	00:58+	00:53+	01:12+
01:22+	00:58+	00:53+	01:12+
11:22+	13:10+	14:04+	14:49+
13:10+	14:04+	14:49+	16:06+
14:04+	14:49+	16:06+	16:45+
14:49+	16:06+	16:45+	17:27+
16:06+	16:45+	17:27+	18:25+
16:45+	17:27+	18:25+	20:10+
17:27+	18:25+	20:10+	20:57+
18:25+	20:10+	20:57+	22:13+
20:10+	20:57+	22:13+	22:36+
20:57+	22:13+	22:36+	
22:13+	22:36+		
22:36+			
8	Arne Hagen	167	23:10
00:57+	01:57+	03:13+	03:56+
00:57+	01:00+	01:16+	00:43+
00:57+	01:00+	01:16+	00:43+
06:44+	07:32+	08:23+	10:43+
02:48+	00:48+	00:51+	02:20+
02:48+	00:48+	00:51+	02:20+
12:20+	14:33+	15:18+	16:07+
14:33+	15:18+	16:07+	16:59+
15:18+	16:07+	16:59+	17:44+
16:07+	16:59+	17:44+	18:24+
16:59+	17:44+	18:24+	19:12+
17:44+	18:24+	19:12+	21:09+
18:24+	19:12+	21:09+	21:49+
19:12+	21:09+	21:49+	22:48+
21:09+	21:49+	22:48+	23:10+
21:49+	22:48+	23:10+	
22:48+	23:10+		
23:10+			
9	Einar Stensby	89	23:53
01:08+	02:17+	03:33+	03:55+
01:08+	01:09+	01:16+	00:22+
01:08+	01:09+	01:16+	00:22+
05:31+	06:32+	07:21+	08:44+
01:36+	01:01+	00:49+	01:23+
01:36+	01:01+	00:49+	01:23+
10:42+	12:30+	13:22+	14:14+
12:30+	13:22+	14:14+	15:23+
13:22+	14:14+	15:23+	16:41+
14:14+	15:23+	16:41+	17:35+
15:23+	16:41+	17:35+	18:40+
16:41+	17:35+	18:40+	20:27+
17:35+	18:40+	20:27+	22:13+
18:40+	20:27+	22:13+	23:24+
20:27+	22:13+	23:24+	23:53+
22:13+	23:24+	23:53+	
23:24+	23:53+		
23:53+			
10	Magne Johansen	1032	24:43
01:12+	01:57+	03:15+	03:45+
01:12+	00:45+	01:18+	00:30+
01:12+	00:45+	01:18+	00:30+
05:37+	06:52+	07:48+	09:09+
01:52+	01:15+	00:56+	01:21+
01:52+	01:15+	00:56+	01:21+
10:57+	13:06+	14:23+	15:16+
13:06+	14:23+	15:16+	16:22+
14:23+	15:16+	16:22+	16:57+
15:16+	16:22+	16:57+	17:53+
16:22+	16:57+	17:53+	18:58+
16:57+	17:53+	18:58+	21:17+
17:53+	18:58+	21:17+	22:05+
18:58+	21:17+	22:05+	24:10+
21:17+	22:05+	24:10+	24:43+
22:05+	24:10+	24:43+	
24:10+	24:43+		
24:43+			
11	Jan Olav Sæther	165	24:51
00:52+	01:38+	02:52+	05:05+
00:52+	00:46+	01:14+	02:13+
00:52+	00:46+	01:14+	02:13+
06:53+	07:54+	08:58+	10:15+
01:48+	01:01+	01:04+	01:17+
01:48+	01:01+	01:04+	01:17+
11:58+	14:07+	15:06+	15:58+
14:07+	15:06+	15:58+	17:04+
15:06+	15:58+	17:04+	17:45+
15:58+	17:04+	17:45+	18:44+
17:04+	17:45+	18:44+	19:57+
17:45+	18:44+	19:57+	22:06+
18:44+	19:57+	22:06+	23:03+
19:57+	22:06+	23:03+	24:19+
22:06+	23:03+	24:19+	24:51+
23:03+	24:19+	24:51+	
24:19+	24:51+		
24:51+			
12	Torbjørn Ødegaard	1058	25:13
01:31+	02:25+	04:10+	04:50+
01:31+	00:54+	01:45+	00:40+
01:31+	00:54+	01:45+	00:40+
06:40+	07:45+	08:46+	10:01+
01:50+	01:05+	01:01+	01:15+
01:50+	01:05+	01:01+	01:15+
11:44+	13:42+	14:39+	15:29+
13:42+	14:39+	15:29+	17:50+
14:39+	15:29+	17:50+	18:30+
15:29+	17:50+	18:30+	19:25+
17:50+	18:30+	19:25+	20:29+
18:30+	19:25+	20:29+	22:25+
19:25+	20:29+	22:25+	23:15+
20:29+	22:25+	23:15+	24:40+
22:25+	23:15+	24:40+	25:13+
23:15+	24:40+	25:13+	
24:40+	25:13+		
25:13+			
13	Stein erik Edvardsen	27	25:21
01:02+	01:58+	04:04+	04:27+
01:02+	00:56+	02:06+	00:23+
01:02+	00:56+	02:06+	00:23+
06:12+	07:14+	08:12+	09:33+
01:52+	01:17+	01:05+	01:17+
01:52+	01:17+	01:05+	01:17+
12:00+	13:52+	15:09+	16:14+
13:52+	15:09+	16:14+	17:31+
15:09+	16:14+	17:31+	18:11+
16:14+	17:31+	18:11+	19:07+
17:31+	18:11+	19:07+	20:17+
18:11+	19:07+	20:17+	22:29+
19:07+	20:17+	22:29+	23:19+
20:17+	22:29+	23:19+	24:44+
22:29+	23:19+	24:44+	25:21+
23:19+	24:44+	25:21+	
24:44+	25:21+		
25:21+			
14	Erik Bjøralt	1071	25:56
02:30+	03:08+	05:36+	06:42+
02:30+	00:38+	02:28+	01:06+
02:30+	00:38+	02:28+	01:06+
08:10+	09:01+	09:56+	11:25+
01:28+	00:51+	00:55+	01:29+
01:28+	00:51+	00:55+	01:29+
13:03+	15:25+	16:16+	17:10+
15:25+	16:16+	17:10+	18:23+
16:16+	17:10+	18:23+	19:00+
17:10+	18:23+	19:00+	19:53+
18:23+	19:00+	19:53+	20:51+
19:00+	19:53+	20:51+	22:59+
19:53+	20:51+	22:59+	23:50+
20:51+	22:59+	23:50+	25:11+
22:59+	23:50+	25:11+	25:56+
23:50+	25:11+	25:56+	
25:11+	25:56+		
25:56+			

H 2,5

15	Stein Sandaker	1038	27:19																	
00:50+	01:46+	03:12+	03:48+	05:08+	06:09+	06:58+	08:05+	14:02+	16:12+	17:03+	17:43+	20:48+	21:37+	22:21+	23:06+	24:52+	25:47+	26:53+	27:19+	
00:50+	00:56+	01:26+	00:36+	01:20+	01:01+	00:49+	01:07+	05:57+	02:10+	00:51+	00:40+	03:05+	00:49+	00:44+	00:45+	01:46+	00:55+	01:06+	00:26+	
00:50+	00:56+	01:26+	00:36+	01:20+	01:01+	00:49+	01:07+	05:57+	02:10+	00:51+	00:40+	03:05+	00:49+	00:44+	00:45+	01:46+	00:55+	01:06+	00:26+	
16	Hans Petter Jevanord	Geno	27:55																	
01:19+	02:02+	02:57+	05:17+	05:50+	07:37+	08:52+	09:56+	11:20+	13:21+	15:35+	16:40+	17:36+	18:59+	19:40+	20:34+	21:50+	24:34+	25:29+	27:15+	27:55+
01:19+	00:43+	00:55+	02:20+	00:33+	01:47+	01:15+	01:04+	01:24+	02:01+	02:14+	01:05+	00:56+	01:23+	00:41+	00:54+	01:16+	02:44+	00:55+	01:46+	00:40+
01:19+	00:43+	00:55+	02:20+	00:33+	01:47+	01:15+	01:04+	01:24+	02:01+	02:14+	01:05+	00:56+	01:23+	00:41+	00:54+	01:16+	02:44+	00:55+	01:46+	00:40+
17	Helge Storsveen	89	28:36																	
01:27+	02:17+	04:07+	04:59+	06:51+	08:31+	09:36+	11:14+	13:07+	15:41+	16:52+	18:04+	19:22+	20:03+	21:06+	22:34+	25:13+	26:15+	27:55+	28:36+	
01:27+	00:50+	01:50+	00:52+	01:52+	01:40+	01:05+	01:38+	01:53+	02:34+	01:11+	01:12+	01:18+	00:41+	01:03+	01:28+	02:39+	01:02+	01:40+	00:41+	
01:27+	00:50+	01:50+	00:52+	01:52+	01:40+	01:05+	01:38+	01:53+	02:34+	01:11+	01:12+	01:18+	00:41+	01:03+	01:28+	02:39+	01:02+	01:40+	00:41+	
18	Johnny Johansen	89	30:27																	
01:37+	02:28+	04:49+	06:30+	08:20+	09:40+	10:33+	13:56+	15:40+	17:46+	19:01+	20:30+	21:46+	23:00+	23:56+	25:19+	27:39+	28:26+	29:52+	30:27+	
01:37+	00:51+	02:21+	01:41+	01:50+	01:20+	00:53+	03:23+	01:44+	02:06+	01:15+	01:29+	01:16+	01:14+	00:56+	01:23+	02:20+	00:47+	01:26+	00:35+	
01:37+	00:51+	02:21+	01:41+	01:50+	01:20+	00:53+	03:23+	01:44+	02:06+	01:15+	01:29+	01:16+	01:14+	00:56+	01:23+	02:20+	00:47+	01:26+	00:35+	
19	Steinar Mariussen	27	32:57																	
02:17+	03:01+	04:22+	05:45+	07:13+	08:20+	09:17+	10:44+	14:57+	17:44+	19:16+	20:20+	21:37+	22:55+	23:58+	25:24+	27:53+	31:08+	32:26+	32:57+	
02:17+	00:44+	01:21+	01:23+	01:28+	01:07+	00:57+	01:27+	04:13+	02:47+	01:32+	01:04+	01:17+	01:18+	01:03+	01:26+	02:29+	03:15+	01:18+	00:31+	
02:17+	00:44+	01:21+	01:23+	01:28+	01:07+	00:57+	01:27+	04:13+	02:47+	01:32+	01:04+	01:17+	01:18+	01:03+	01:26+	02:29+	03:15+	01:18+	00:31+	
20	Sven Marken	89	33:43																	
01:27+	02:30+	04:37+	06:02+	08:00+	09:27+	10:37+	13:32+	16:41+	18:53+	20:09+	21:19+	23:07+	24:08+	25:25+	27:16+	30:22+	31:18+	33:02+	33:43+	
01:27+	01:03+	02:07+	01:25+	01:58+	01:27+	01:10+	02:55+	03:09+	02:12+	01:16+	01:10+	01:48+	01:01+	01:17+	01:51+	03:06+	00:56+	01:44+	00:41+	
01:27+	01:03+	02:07+	01:25+	01:58+	01:27+	01:10+	02:55+	03:09+	02:12+	01:16+	01:10+	01:48+	01:01+	01:17+	01:51+	03:06+	00:56+	01:44+	00:41+	

Beste strekktid for klassen

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

H 3,5

1	Lars Ivar Ulmo	120	17:29																				
01:12=	01:44=	02:00=	02:58=	03:23=	04:43=	05:15=	05:55=	06:28=	07:01=	07:34=	08:57=	09:28=	10:00=	11:07=	12:11=	12:57=	13:45=	14:51=	15:19=	15:46=	16:20=	17:08=	17:29=
01:12=	00:32=	00:16=	00:58=	00:25=	01:20=	00:32=	00:40=	00:33=	00:33=	00:33=	01:23=	00:31=	00:32=	01:07=	01:04=	00:46=	00:48=	01:06=	00:28=	00:27=	00:34=	00:48=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Knut Wikstrøm	78	17:54																				
00:30-	01:06-	01:23-	02:18-	02:48-	04:07-	04:41-	05:34-	05:57-	06:35-	07:20-	08:18-	08:45-	09:24-	10:29-	11:41-	12:29-	13:19-	14:48-	15:20+	16:01+	16:34+	17:30+	17:54+
00:30-	00:36+	00:17+	00:55-	00:30+	01:19-	00:34+	00:53+	00:23-	00:38+	00:45+	00:58-	00:27-	00:39+	01:05-	01:12+	00:48+	00:50+	01:29+	00:32+	00:41+	00:33-	00:56+	00:24+
00:42-	00:04#	00:01+	00:03-	00:05#	00:01-	00:02+	00:13&	00:10-	00:05#	00:12&	00:25-	00:04-	00:07#	00:02-	00:08#	00:02+	00:02+	00:23&	00:04#	00:14&	00:01-	00:08#	00:03#
3	Morten Eriksen	105	18:53																				
00:47-	01:19-	01:51-	02:43-	03:13-	04:24-	04:55-	05:38-	06:49+	07:19+	07:57+	09:04+	10:44+	11:12+	12:15+	13:20+	14:00+	14:43+	15:48+	16:18+	16:58+	17:47+	18:35+	18:53+
00:47-	00:32=	00:32+	00:52-	00:30+	01:11-	00:31-	00:43+	01:11+	00:30-	00:38+	01:07-	01:40+	00:28-	01:03-	01:05+	00:40-	00:43-	01:05-	00:30+	00:40+	00:49+	00:48=	00:18-
00:25-	00:00=	00:16&	00:06-	00:05#	00:09-	00:01-	00:03+	00:38@	00:03-	00:05#	00:16-	01:09@	00:04-	00:04-	00:01+	00:06-	00:05-	00:01-	00:02+	00:13&	00:15&	00:00=	00:03-
4	Tore Gustav Tomter	1021	19:44																				
00:33-	01:07-	02:43+	04:06+	04:34+	05:46+	06:20+	07:05+	07:33+	08:11+	08:57+	10:20+	10:43+	11:28+	12:29+	13:44+	14:26+	15:17+	16:37+	17:10+	17:46+	18:24+	19:25+	19:44+
00:33-	00:34+	01:36+	01:23+	00:28+	01:12-	00:34+	00:45+	00:28-	00:38+	00:46+	01:23=	00:23-	00:45+	01:01-	01:15+	00:42-	00:51+	01:20+	00:33+	00:36+	00:38+	01:01+	00:19-
00:39-	00:02+	01:20@	00:25&	00:03#	00:08-	00:02+	00:05#	00:05-	00:05#	00:13&	00:00=	00:08-	00:13&	00:06-	00:11#	00:04-	00:03+	00:14#	00:05#	00:09&	00:04#	00:13&	00:02-

Class	Navn	Klasse	Tid																					
H 3,5																								
5	Jo Gisle Jørgensen	105	19:52																					
00:27-	01:13-	01:26-	02:31-	02:56-	04:25-	05:11-	06:02+	06:30+	07:11+	07:58+	09:04+	09:34+	10:11+	11:35+	13:00+	13:53+	14:43+	16:13+	16:50+	17:30+	18:20+	19:32+	19:52+	
00:27-	00:46+	00:13-	01:05+	00:25=	01:29+	00:46+	00:51+	00:28-	00:41+	00:47+	01:06-	00:30-	00:37+	01:24+	01:25+	00:53+	00:50+	01:30+	00:37+	00:40+	00:50+	01:12+	00:20-	
00:45-	00:14&	00:03-	00:07#	00:00=	00:09#	00:14&	00:11&	00:05-	00:08#	00:14&	00:17-	00:01-	00:05#	00:17&	00:21&	00:07#	00:02+	00:24&	00:09&	00:13&	00:16&	00:24&	00:01-	
6	Ole Hans Øie	LMF	20:06																					
00:48+	01:30+	01:50+	02:50+	03:22+	04:50+	05:32+	06:25+	07:17+	08:02+	08:47+	09:50+	10:22+	11:00+	12:21+	13:45+	14:31+	15:34+	16:52+	17:28+	18:09+	18:48+	19:43+	20:06+	
00:48+	00:42+	00:20+	01:00+	00:32+	01:28+	00:42+	00:53+	00:52+	00:45+	00:45+	01:03+	00:32+	00:38+	01:21+	01:24+	00:46+	01:03+	01:18+	00:36+	00:41+	00:39+	00:55+	00:23+	
00:48+	00:42+	00:20+	01:00+	00:32+	01:28+	00:42+	00:53+	00:52+	00:45+	00:45+	01:03+	00:32+	00:38+	01:21+	01:24+	00:46+	01:03+	01:18+	00:36+	00:41+	00:39+	00:55+	00:23+	
7	Trond Øie	1071	20:19																					
00:37+	01:23+	02:20+	03:15+	03:48+	05:17+	06:07+	06:55+	07:53+	08:28+	09:17+	10:11+	10:38+	11:20+	12:54+	14:02+	14:49+	15:42+	17:05+	17:36+	18:18+	19:05+	19:59+	20:19+	
00:37+	00:46+	00:57+	00:55+	00:33+	01:29+	00:50+	00:48+	00:58+	00:35+	00:49+	00:54+	00:27+	00:42+	01:34+	01:08+	00:47+	00:53+	01:23+	00:31+	00:42+	00:47+	00:54+	00:20+	
00:37+	00:46+	00:57+	00:55+	00:33+	01:29+	00:50+	00:48+	00:58+	00:35+	00:49+	00:54+	00:27+	00:42+	01:34+	01:08+	00:47+	00:53+	01:23+	00:31+	00:42+	00:47+	00:54+	00:20+	
8	Gjermund Nedgård	105	20:29																					
01:56+	03:00+	03:16+	04:11+	04:56+	05:41+	06:46+	07:18+	07:59+	08:20+	08:52+	09:29+	10:52+	11:23+	11:55+	13:04+	14:05+	14:44+	16:39+	17:49+	18:18+	18:51+	19:28+	20:11+	20:29+
01:56+	01:04+	00:16+	00:55+	00:45+	00:45+	01:05+	00:32+	00:41+	00:21+	00:32+	00:37+	01:23+	00:31+	00:32+	01:09+	01:01+	00:39+	01:55+	01:10+	00:29+	00:33+	00:37+	00:43+	00:18+
01:56+	01:04+	00:16+	00:55+	00:45+	00:45+	01:05+	00:32+	00:41+	00:21+	00:32+	00:37+	01:23+	00:31+	00:32+	01:09+	01:01+	00:39+	01:55+	01:10+	00:29+	00:33+	00:37+	00:43+	00:18+
9	Paul Martin Berg	10001	21:16																					
00:54+	01:32+	02:09+	03:11+	03:56+	05:06+	05:46+	06:34+	06:59+	07:37+	08:23+	10:22+	11:56+	12:48+	14:05+	15:19+	16:10+	16:57+	18:12+	18:48+	19:20+	19:55+	20:54+	21:16+	
00:54+	00:38+	00:37+	01:02+	00:45+	01:10+	00:40+	00:48+	00:25+	00:38+	00:46+	01:59+	01:34+	00:52+	01:17+	01:14+	00:51+	00:47+	01:15+	00:36+	00:32+	00:35+	00:59+	00:22+	
00:54+	00:38+	00:37+	01:02+	00:45+	01:10+	00:40+	00:48+	00:25+	00:38+	00:46+	01:59+	01:34+	00:52+	01:17+	01:14+	00:51+	00:47+	01:15+	00:36+	00:32+	00:35+	00:59+	00:22+	
10	Erik Haugen	119	21:44																					
00:38+	01:42+	01:56+	03:00+	03:28+	04:52+	05:39+	06:34+	07:01+	08:05+	08:54+	10:07+	10:38+	11:15+	12:39+	14:20+	15:08+	15:58+	17:24+	18:02+	19:22+	20:13+	21:20+	21:44+	
00:38+	01:04+	00:14+	01:04+	00:28+	01:24+	00:47+	00:55+	00:27+	01:04+	00:49+	01:13+	00:31+	00:37+	01:24+	01:41+	00:48+	00:50+	01:26+	00:38+	01:20+	00:51+	01:07+	00:24+	
00:38+	01:04+	00:14+	01:04+	00:28+	01:24+	00:47+	00:55+	00:27+	01:04+	00:49+	01:13+	00:31+	00:37+	01:24+	01:41+	00:48+	00:50+	01:26+	00:38+	01:20+	00:51+	01:07+	00:24+	
11	Ove Tåsåsen	1013	24:18																					
02:13+	03:09+	03:40+	06:01+	06:23+	08:03+	08:46+	09:35+	11:36+	12:05+	12:50+	14:17+	14:44+	15:19+	16:51+	18:01+	18:44+	19:29+	20:42+	21:22+	22:04+	23:04+	23:55+	24:18+	
02:13+	00:56+	00:31+	02:21+	00:22+	01:40+	00:43+	00:49+	02:01+	00:29+	00:45+	01:27+	00:27+	00:35+	01:32+	01:10+	00:43+	00:45+	01:13+	00:40+	00:42+	01:00+	00:51+	00:23+	
02:13+	00:56+	00:31+	02:21+	00:22+	01:40+	00:43+	00:49+	02:01+	00:29+	00:45+	01:27+	00:27+	00:35+	01:32+	01:10+	00:43+	00:45+	01:13+	00:40+	00:42+	01:00+	00:51+	00:23+	
12	Torleif Finstad	55	28:06																					
00:42+	01:49+	04:23+	05:43+	06:35+	08:42+	09:20+	10:26+	11:10+	11:56+	12:40+	14:22+	16:34+	17:14+	18:37+	20:51+	21:54+	23:03+	24:28+	25:07+	25:54+	26:47+	27:44+	28:06+	
00:42+	01:07+	02:34+	01:20+	00:52+	02:07+	00:38+	01:06+	00:44+	00:46+	00:44+	01:42+	02:12+	00:40+	01:23+	02:14+	01:03+	01:09+	01:25+	00:39+	00:47+	00:53+	00:57+	00:22+	
00:42+	01:07+	02:34+	01:20+	00:52+	02:07+	00:38+	01:06+	00:44+	00:46+	00:44+	01:42+	02:12+	00:40+	01:23+	02:14+	01:03+	01:09+	01:25+	00:39+	00:47+	00:53+	00:57+	00:22+	
13	Trond Feiring	52	28:57																					
01:13+	02:37+	02:53+	04:26+	06:11+	09:14+	09:59+	10:59+	13:19+	14:05+	14:58+	16:09+	16:44+	17:26+	19:11+	21:01+	21:55+	23:06+	24:38+	25:15+	26:10+	27:18+	28:29+	28:57+	
01:13+	01:24+	00:16+	01:33+	01:45+	03:03+	00:45+	01:00+	02:20+	00:46+	00:53+	01:11+	00:35+	00:42+	01:45+	01:50+	00:54+	01:11+	01:32+	00:37+	00:55+	01:08+	01:11+	00:28+	
01:13+	01:24+	00:16+	01:33+	01:45+	03:03+	00:45+	01:00+	02:20+	00:46+	00:53+	01:11+	00:35+	00:42+	01:45+	01:50+	00:54+	01:11+	01:32+	00:37+	00:55+	01:08+	01:11+	00:28+	
14	Harald Øie	ARBTIL	30:25																					
00:39+	03:39+	03:53+	05:21+	08:49+	10:31+	11:17+	12:17+	13:06+	14:01+	14:48+	16:16+	16:55+	17:40+	19:12+	21:25+	22:22+	23:22+	24:48+	25:32+	26:43+	28:03+	28:51+	30:03+	30:25+
00:39+	03:00+	00:14+	01:28+	03:28+	01:42+	00:46+	01:00+	00:49+	00:55+	00:47+	01:28+	00:39+	00:45+	01:32+	02:13+	00:57+	01:00+	01:26+	00:44+	01:11+	01:20+	00:48+	01:12+	00:22+
00:39+	03:00+	00:14+	01:28+	03:28+	01:42+	00:46+	01:00+	00:49+	00:55+	00:47+	01:28+	00:39+	00:45+	01:32+	02:13+	00:57+	01:00+	01:26+	00:44+	01:11+	01:20+	00:48+	01:12+	00:22+
15	Ola Brevig	LMF	31:44																					
01:05+	02:08+	05:22+	06:58+	07:50+	10:46+	11:42+	12:47+	13:23+	14:09+	15:07+	16:38+	17:44+	18:32+	20:13+	21:59+	23:00+	24:22+	25:49+	28:03+	28:59+	29:59+	31:16+	31:44+	
01:05+	01:03+	03:14+	01:36+	00:52+	02:56+	00:56+	01:05+	00:36+	00:46+	00:58+	01:31+	01:06+	00:48+	01:41+	01:46+	01:01+	01:22+	01:27+	02:14+	00:56+	01:00+	01:17+	00:28+	
01:05+	01:03+	03:14+	01:36+	00:52+	02:56+	00:56+	01:05+	00:36+	00:46+	00:58+	01:31+	01:06+	00:48+	01:41+	01:46+	01:01+	01:22+	01:27+	02:14+	00:56+	01:00+	01:17+	00:28+	

Beste strekktid for klassen

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

H 4,5

1	Terje Wikstrøm	Geno	20:46																						
00:18=	00:47=	01:26=	01:44=	02:31=	03:00=	04:04=	04:55=	05:41=	06:47=	07:24=	08:52=	09:33=	11:01=	11:35=	12:11=	13:08=	13:53=	15:44=	16:24=	17:05=	17:31=	18:52=	19:20=	19:44=	20:26=
00:18=	00:29=	00:39=	00:18=	00:47=	00:29=	01:04=	00:51=	00:46=	01:06=	00:37=	01:28=	00:41=	01:28=	00:34=	00:36=	00:57=	00:45=	01:51=	00:40=	00:41=	00:26=	01:21=	00:28=	00:24=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
20:46=																									
00:20=																									
00:00=																									

2	Frode Haug	10005	21:17																						
00:17-	00:43-	01:09-	01:27-	02:17-	02:39-	03:41-	04:32-	05:18-	06:38-	07:11-	07:59-	08:54-	10:20-	10:56-	11:33-	12:34-	13:23-	15:19-	16:00-	17:33+	17:56+	19:19+	20:04+	20:24+	21:01+
00:17-	00:26-	00:26-	00:18=	00:50+	00:22-	01:02-	00:51=	00:46=	01:20+	00:33-	00:48-	00:55+	01:26-	00:36+	00:37+	01:01+	00:49+	01:56+	00:41+	01:33+	00:23-	01:23+	00:45+	00:20-	00:37-
00:01-	00:03-	00:13-	00:00=	00:03+	00:07-	00:02-	00:00=	00:00=	00:14#	00:04-	00:40-	00:14&	00:02-	00:02+	00:01+	00:04+	00:04+	00:05+	00:01+	00:52@	00:03-	00:02+	00:17&	00:04-	00:05-
21:17+																									
00:16-																									
00:04-																									

3	Bjørn J Sørum	1002	23:42																						
00:18=	00:53+	01:26=	01:48+	02:39+	03:48+	05:04+	06:00+	07:15+	08:30+	09:17+	10:06+	11:28+	12:59+	13:39+	14:19+	15:28+	16:28+	18:25+	19:04+	19:45+	20:16+	21:47+	22:19+	22:41+	23:24+
00:18=	00:35+	00:33-	00:22+	00:51+	01:09+	01:16+	00:56+	01:15+	01:15+	00:47+	00:49-	01:22+	01:31+	00:40+	00:40+	01:09+	01:00+	01:57+	00:39-	00:41=	00:31+	01:31+	00:32+	00:22-	00:43+
00:00=	00:06#	00:06-	00:04#	00:04+	00:40@	00:12#	00:05+	00:29&	00:09#	00:10&	00:39-	00:41&	00:03+	00:06#	00:04#	00:12#	00:15&	00:06+	00:01-	00:00=	00:05#	00:10#	00:04#	00:02-	00:01+
23:42+																									
00:18-																									
00:02-																									

4	Einar Lund	52	24:08																						
00:18=	00:45-	01:37+	01:59+	02:50+	03:44+	05:00+	05:44+	06:26+	07:39+	08:14+	09:10+	10:24+	12:23+	14:02+	14:37+	15:37+	17:18+	19:04+	19:43+	20:23+	20:50+	22:18+	22:45+	23:02+	23:47+
00:18=	00:27-	00:52+	00:22+	00:51+	00:54+	01:16+	00:44-	00:42-	01:13+	00:35-	00:56-	01:14+	01:59+	01:39+	00:35-	01:00+	01:41+	01:46-	00:39-	00:40-	00:27+	01:28+	00:27-	00:17-	00:45+
00:00=	00:02-	00:13&	00:04#	00:04+	00:25&	00:12#	00:07-	00:04-	00:07#	00:02-	00:32-	00:33&	00:31&	01:05@	00:01-	00:03+	00:56@	00:05-	00:01-	00:01-	00:01+	00:07+	00:01-	00:07-	00:03+
24:08+																									
00:21+																									
00:01+																									

5	Tom S Helgesen	55	24:15																						
00:18=	00:49+	01:36+	01:57+	02:52+	03:18+	04:27+	05:12+	06:00+	07:15+	07:53+	08:41-	11:39+	13:42+	14:19+	14:56+	15:58+	16:49+	18:48+	19:30+	20:18+	20:52+	22:17+	22:49+	23:13+	23:54+
00:18=	00:31+	00:47+	00:21+	00:55+	00:26-	01:09+	00:45-	00:48+	01:15+	00:38+	00:48-	02:58+	02:03+	00:37+	00:37+	01:02+	00:51+	01:59+	00:42+	00:48+	00:34+	01:25+	00:32+	00:24=	00:41-
00:00=	00:02+	00:08#	00:03#	00:08#	00:03-	00:05+	00:06-	00:02+	00:09#	00:01+	00:40-	02:17@	00:35&	00:03+	00:01+	00:05+	00:06#	00:08+	00:02+	00:07#	00:08&	00:04+	00:04#	00:00=	00:01-
24:15+																									
00:21+																									
00:01+																									

6	Harald Østbye	27	24:18																						
00:20+	00:51+	01:22-	02:36+	03:42+	04:05+	05:27+	06:20+	07:09+	08:33+	09:19+	10:02+	10:50+	12:35+	13:21+	14:03+	15:11+	16:07+	18:15+	19:02+	19:49+	20:31+	22:13+	22:44+	23:04+	23:53+
00:20+	00:31+	00:31-	01:14+	01:06+	00:23-	01:22+	00:53+	00:49+	01:24+	00:46+	00:43-	00:48+	01:45+	00:46+	00:42+	01:08+	00:56+	02:08+	00:47+	00:47+	00:42+	01:42+	00:31+	00:20-	00:49+
00:02#	00:02+	00:08-	00:56@	00:19&	00:06-	00:18&	00:02+	00:03+	00:18&	00:09#	00:45-	00:07#	00:17#	00:12&	00:06#	00:11#	00:11#	00:17#	00:07#	00:06#	00:16&	00:21&	00:03#	00:04-	00:07#
24:18+																									
00:25+																									
00:05#																									

7	Tor Haugstulen	55	27:31																						
00:19+	00:50+	01:24-	01:39-	02:39+	04:25+	05:52+	06:36+	07:31+	09:01+	10:36+	11:19+	12:35+	14:21+	14:56+	15:40+	18:17+	19:05+	21:05+	21:49+	23:31+	24:00+	25:28+	26:03+	26:23+	27:10+
00:19+	00:31+	00:34-	00:15-	01:00+	01:46+	01:27+	00:44-	00:55+	01:30+	01:35+	00:43-	01:16+	01:46+	00:35+	00:44+	02:37+	00:48+	02:00+	00:44+	01:42+	00:29+	01:28+	00:35+	00:20-	00:47+
00:01+	00:02+	00:05-	00:03-	00:13&	01:17@	00:23&	00:07-	00:09#	00:24&	00:58@	00:45-	00:35&	00:18#	00:01+	00:08#	01:40@	00:03+	00:09+	00:04#	01:01@	00:03#	00:07+	00:07#	00:04-	00:05#
27:31+																									
00:21+																									
00:01+																									

Class	Navn	Klasse	Tid
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H 4,5

8	Jon Bjørnstad	1071	28:45																						
00:19+	01:35+	02:35+	02:51+	03:56+	04:46+	06:39+	07:48+	08:50+	10:20+	11:02+	12:22+	13:19+	15:14+	15:58+	16:49+	18:12+	19:44+	22:10+	23:07+	24:00+	24:34+	26:34+	27:08+	27:34+	28:26+
00:19+	01:16+	01:00+	00:16-	01:05+	00:50+	01:53+	01:09+	01:02+	01:30+	00:42+	01:20-	00:57+	01:55+	00:44+	00:51+	01:23+	01:32+	02:26+	00:57+	00:53+	00:34+	02:00+	00:34+	00:26+	00:52+
00:01+	00:47@	00:21&	00:02-	00:18&	00:21&	00:49&	00:18&	00:16&	00:24&	00:05#	00:08-	00:16&	00:27&	00:10&	00:15&	00:26&	00:47@	00:35&	00:17&	00:12&	00:08&	00:39&	00:06#	00:02+	00:10#
00:19-																									
00:01-																									

9	Rune Waaler	RAUT	29:43																						
00:18+	02:09+	03:18+	03:59+	05:17+	05:43+	07:16+	08:12+	09:27+	10:46+	11:25+	12:15+	13:17+	15:01+	15:50+	16:37+	18:07+	19:08+	21:34+	22:30+	24:34+	25:16+	26:54+	27:36+	28:00+	28:58+
00:18+	01:51+	01:09+	00:41+	01:18+	00:26+	01:33+	00:56+	01:15+	01:19+	00:39+	00:50+	01:02+	01:44+	00:49+	00:47+	01:30+	01:01+	02:26+	00:56+	02:04+	00:42+	01:38+	00:42+	00:24+	00:58+
00:18+	01:51+	01:09+	00:41+	01:18+	00:26+	01:33+	00:56+	01:15+	01:19+	00:39+	00:50+	01:02+	01:44+	00:49+	00:47+	01:30+	01:01+	02:26+	00:56+	02:04+	00:42+	01:38+	00:42+	00:24+	00:58+
29:43+																									
00:45+																									
00:45+																									

Beste strekktid for klassen

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

H 5,5

1	Michael Sætvedt	RAUT	20:02																						
00:15=	00:45=	01:04=	01:52=	02:02=	02:42=	03:00=	04:05=	04:55=	05:48=	06:48=	07:24=	08:01=	09:25=	10:23=	10:59=	11:32=	13:09=	14:11=	15:47=	16:33=	17:14=	17:43=	18:44=	19:10=	
00:15=	00:30=	00:19=	00:29=	00:19=	00:10=	00:40=	00:18=	01:05=	00:50=	00:53=	01:00=	00:36=	00:37=	01:24=	00:58=	00:36=	00:33=	01:37=	01:02=	01:36=	00:46=	00:41=	00:29=	01:01=	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=	00:00=	00:00=	00:00=
19:47=	20:02=																								
00:37=	00:15=																								
00:00=	00:00=																								

2	Sigurd Dæhli	89	20:32																						
00:17+	00:48+	01:07+	01:33=	01:46-	02:33+	02:53+	04:04+	04:40+	05:13+	06:19+	06:56+	08:18+	09:42+	10:28+	11:04+	11:40+	13:22+	14:24+	16:08+	17:05+	17:43+	18:05+	19:11+	19:34+	20:13+
00:17+	00:31+	00:19=	00:26-	00:13-	00:47+	00:20-	01:11+	00:36-	00:33-	01:06+	00:37-	01:22+	01:24+	00:46-	00:36-	00:36=	01:42+	01:02-	01:44+	00:57-	00:38-	00:22-	01:06+	00:23-	00:39+
00:02#	00:01+	00:00=	00:03-	00:06-	00:37@	00:20-	00:53@	00:29-	00:17-	00:13#	00:23-	00:46@	00:47@	00:38-	00:22-	00:00=	01:09@	00:35-	00:42&	00:39-	00:08-	00:19-	00:37@	00:38-	00:13&
20:32+																									
00:19-																									
00:18-																									

3	Simen Smestad	90	20:52																						
00:15=	00:48+	01:07+	01:41+	01:52=	02:38+	02:57+	04:06+	04:41+	05:09+	06:09+	07:31+	08:07+	08:46+	10:02+	10:47+	11:22+	12:00+	13:54+	14:56+	16:33+	17:27+	18:06+	18:29+	19:33+	19:56+
00:15=	00:33+	00:19=	00:34+	00:11-	00:46+	00:19-	01:09+	00:35-	00:28-	01:00+	01:22+	00:36=	00:39+	01:16-	00:45-	00:35-	00:38+	01:54+	01:02=	01:37+	00:54+	00:39-	00:23-	01:04+	00:23-
00:00=	00:03#	00:00=	00:05#	00:08-	00:36@	00:21-	00:51@	00:30-	00:22-	00:07#	00:22&	00:00=	00:02+	00:08-	00:13-	00:01-	00:05#	00:17#	00:00=	00:01+	00:08#	00:02-	00:06-	00:03+	00:03-
20:33+	20:52+																								
00:37=	00:19+																								
00:00=	00:04&																								

4	Arne Røste	25	21:00																						
00:17+	00:51+	01:18+	01:47+	02:07+	03:01+	03:25+	04:41+	05:17+	05:55+	06:56+	07:43+	08:21+	09:45+	10:37+	11:18+	11:58+	13:48+	14:53+	16:25+	17:26+	18:05+	18:24+	19:36+	20:01+	20:43+
00:17+	00:34+	00:27+	00:29=	00:20+	00:54+	00:24-	01:16+	00:36-	00:38-	01:01+	00:47-	00:38+	01:24+	00:52-	00:41-	00:40+	01:50+	01:05-	01:32+	01:01-	00:39-	00:19-	01:12+	00:25-	00:42+
00:02#	00:04#	00:08&	00:00=	00:01+	00:44@	00:16-	00:58@	00:29-	00:12-	00:08#	00:13-	00:02+	00:47@	00:32-	00:17-	00:04#	01:17@	00:32-	00:30&	00:35-	00:07-	00:22-	00:43@	00:36-	00:16&
21:00+																									
00:17-																									
00:20-																									

H 5,5

5	Stein Arne Negård	166	23:51																							
00:17+	01:00+	01:33+	02:07+	02:21+	03:14+	03:40+	05:05+	05:47+	06:20+	07:41+	08:27+	09:12+	10:55+	11:53+	12:38+	13:22+	15:35+	16:52+	18:42+	19:46+	20:32+	20:54+	22:17+	22:46+	23:31+	
00:17+	00:43+	00:33+	00:34+	00:14-	00:53+	00:26-	01:25+	00:42-	00:33-	01:21+	00:46-	00:45+	01:43+	00:58-	00:45-	00:44+	02:13+	01:17-	01:50+	01:04-	00:46=	00:22-	01:23+	00:29-	00:45+	
00:02#	00:13&	00:14&	00:05#	00:05-	00:43@	00:14-	01:07@	00:23-	00:17-	00:28&	00:14-	00:09#	01:06@	00:26-	00:13-	00:08#	01:40@	00:20-	00:48&	00:32-	00:00=	00:19-	00:54@	00:32-	00:19&	
23:51+																										
00:20-																										
00:17-																										

6	Håkon Gaute Kvamme	1013	24:49																						
00:15+	00:43+	01:19+	01:58+	02:15+	03:03+	03:27+	04:31+	05:13+	06:21+	07:53+	08:27+	12:03+	13:20+	14:16+	14:47+	15:27+	17:25+	18:26+	19:50+	20:33+	21:16+	22:37+	23:37+	23:58+	24:31+
00:15+	00:28+	00:36+	00:39+	00:17+	00:48+	00:24+	01:04+	00:42+	01:08+	01:32+	00:34+	03:36+	01:17+	00:56+	00:31+	00:40+	01:58+	01:01+	01:24+	00:43+	00:43+	01:21+	01:00+	00:21+	00:33+
00:15+	00:28+	00:36+	00:39+	00:17+	00:48+	00:24+	01:04+	00:42+	01:08+	01:32+	00:34+	03:36+	01:17+	00:56+	00:31+	00:40+	01:58+	01:01+	01:24+	00:43+	00:43+	01:21+	01:00+	00:21+	00:33+
24:49+																									
00:18+																									
00:18+																									

Beste strekktid for klassen

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