

Plass Navn

Klasse

Tid

D 1,5

**1 Irene Øien 1071 32:24**

04:48= 08:37= 11:37= 15:27= 25:31= 30:58= 32:24=  
 04:48= 03:49= 03:00= 03:50= 10:04= 05:27= 01:26=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Synnøve Kaul 1013 37:14**

06:15+ 10:26+ 14:06+ 23:46+ 29:10+ 35:34+ 37:14+  
 06:15+ 04:11+ 03:40+ 09:40+ 05:24- 06:24+ 01:40+  
 01:27& 00:22+ 00:40# 05:50@ 04:40- 00:57# 00:14#

**3 Unni Fladsrud Vold 96 42:00**

04:11- 07:54- 12:38+ 26:15+ 35:50+ 40:48+ 42:00+  
 04:11- 03:43- 04:44+ 13:37+ 09:35- 04:58- 01:12-  
 00:37- 00:06- 01:44& 09:47@ 00:29- 00:29- 00:14-

**4 Helga Hansen 7 45:40**

08:44+ 13:52+ 17:34+ 27:19+ 37:47+ 44:06+ 45:40+  
 08:44+ 05:08+ 03:42+ 09:45+ 10:28+ 06:19+ 01:34+  
 03:56& 01:19& 00:42# 05:55@ 00:24+ 00:52# 00:08+

**5 Gerd Grønvold 7 46:36**

10:01+ 14:41+ 18:34+ 28:20+ 38:50+ 45:05+ 46:36+  
 10:01+ 04:40+ 03:53+ 09:46+ 10:30+ 06:15+ 01:31+  
 05:13@ 00:51# 00:53& 05:56@ 00:26+ 00:48# 00:05+

**6 Eva Stensby 89 50:46**

08:21+ 14:46+ 20:02+ 29:57+ 39:16+ 47:06+ 50:46+  
 08:21+ 06:25+ 05:16+ 09:55+ 09:19- 07:50+ 03:40+  
 03:33& 02:36& 02:16& 06:05@ 00:45- 02:23& 02:14@

**7 Linda Stensby Stenbakken 89 51:34**

07:26+ 13:36+ 19:11+ 28:45+ 38:23+ 47:07+ 51:34+  
 07:26+ 06:10+ 05:35+ 09:34+ 09:38- 08:44+ 04:27+  
 02:38& 02:21& 02:35& 05:44@ 00:26- 03:17& 03:01@

**Beste strekketid for klassen**

04:11 03:43 03:00 03:50 05:24 04:58 01:12

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

D 2,5

**1 Lill Ramberg Skappel 10002 33:55**

01:58= 05:42= 13:40= 17:07= 20:04= 25:01= 29:41= 33:04= 33:55=  
 01:58= 03:44= 07:58= 03:27= 02:57= 04:57= 04:40= 03:23= 00:51=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Anne Karin Elisenberg 146 36:12**

02:09+ 07:04+ 16:16+ 19:11+ 22:51+ 28:39+ 32:12+ 35:19+ 36:12+  
 02:09+ 04:55+ 09:12+ 02:55- 03:40+ 05:48+ 03:33- 03:07- 00:53+  
 00:11+ 01:11& 01:14# 00:32- 00:43# 00:51# 01:07- 00:16- 00:02+

**3 Inger K. Brøndbo 165 36:52**

02:30+ 06:50+ 17:31+ 20:31+ 24:08+ 29:44+ 32:52+ 36:06+ 36:52+  
 02:30+ 04:20+ 10:41+ 03:00- 03:37+ 05:36+ 03:08- 03:14- 00:46-  
 00:32& 00:36# 02:43& 00:27- 00:40# 00:39# 01:32- 00:09- 00:05-

Class	Navn	Klasse	Tid					
<b>D 2,5</b>								
<b>4</b>	<b>Anne Bergljot Falck-Ytter</b>	<b>1058</b>	<b>38:56</b>					
02:06+	09:21+	18:34+	21:26+	24:38+	30:29+	34:32+	38:06+	38:56+
02:06+	07:15+	09:13+	02:52-	03:12+	05:51+	04:03-	03:34+	00:50-
00:08+	03:31&	01:15#	00:35-	00:15+	00:54#	00:37-	00:11+	00:01-
<b>5</b>	<b>Susanne Valberg Granheim</b>	<b>1071</b>	<b>39:18</b>					
02:51+	09:43+	19:02+	22:01+	25:07+	30:48+	34:57+	38:31+	39:18+
02:51+	06:52+	09:19+	02:59+	03:06+	05:41+	04:09+	03:34+	00:47+
02:51+	06:52+	09:19+	02:59+	03:06+	05:41+	04:09+	03:34+	00:47+
<b>6</b>	<b>Claire Bant</b>	<b>167</b>	<b>39:24</b>					
03:02+	07:18+	16:11+	19:23+	23:18+	31:50+	34:55+	38:38+	39:24+
03:02+	04:16+	08:53+	03:12+	03:55+	08:32+	03:05+	03:43+	00:46+
03:02+	04:16+	08:53+	03:12+	03:55+	08:32+	03:05+	03:43+	00:46+
<b>7</b>	<b>Berit Myhrmoen</b>	<b>49</b>	<b>39:24</b>					
01:49+	06:35+	15:56+	18:46+	22:12+	28:01+	35:07+	38:31+	39:24+
01:49+	04:46+	09:21+	02:50+	03:26+	05:49+	07:06+	03:24+	00:53+
01:49+	04:46+	09:21+	02:50+	03:26+	05:49+	07:06+	03:24+	00:53+
<b>8</b>	<b>Reina Jochems</b>	<b>1058</b>	<b>40:02</b>					
02:15+	08:19+	17:11+	20:11+	22:46+	33:31+	36:02+	39:19+	40:02+
02:15+	06:04+	08:52+	03:00+	02:35+	10:45+	02:31+	03:17+	00:43+
02:15+	06:04+	08:52+	03:00+	02:35+	10:45+	02:31+	03:17+	00:43+
<b>9</b>	<b>Linda Thorvaldsen</b>	<b>7</b>	<b>41:25</b>					
02:09+	07:13+	15:48+	19:19+	23:42+	29:27+	36:48+	40:33+	41:25+
02:09+	05:04+	08:35+	03:31+	04:23+	05:45+	07:21+	03:45+	00:52+
02:09+	05:04+	08:35+	03:31+	04:23+	05:45+	07:21+	03:45+	00:52+
<b>10</b>	<b>Elisabet Høgset Rise</b>	<b>Geno</b>	<b>42:26</b>					
02:24+	06:59+	18:09+	21:35+	25:09+	32:06+	36:35+	41:29+	42:26+
02:24+	04:35+	11:10+	03:26+	03:34+	06:57+	04:29+	04:54+	00:57+
02:24+	04:35+	11:10+	03:26+	03:34+	06:57+	04:29+	04:54+	00:57+
<b>11</b>	<b>Rigmor Lømo Aas</b>	<b>1013</b>	<b>48:36</b>					
02:05+	12:00+	22:48+	26:26+	30:20+	37:17+	42:20+	47:42+	48:36+
02:05+	09:55+	10:48+	03:38+	03:54+	06:57+	05:03+	05:22+	00:54+
02:05+	09:55+	10:48+	03:38+	03:54+	06:57+	05:03+	05:22+	00:54+
<b>12</b>	<b>Rønnaug Sagbakken</b>	<b>1071</b>	<b>49:46</b>					
02:44+	07:58+	20:22+	24:06+	28:56+	37:23+	43:33+	48:15+	49:46+
02:44+	05:14+	12:24+	03:44+	04:50+	08:27+	06:10+	04:42+	01:31+
02:44+	05:14+	12:24+	03:44+	04:50+	08:27+	06:10+	04:42+	01:31+
<b>13</b>	<b>Mathilde Wingeng</b>	<b>NOTEAM</b>	<b>50:19</b>					
07:14+	11:33+	21:53+	28:18+	32:39+	41:10+	44:19+	49:13+	50:19+
07:14+	04:19+	10:20+	06:25+	04:21+	08:31+	03:09+	04:54+	01:06+
07:14+	04:19+	10:20+	06:25+	04:21+	08:31+	03:09+	04:54+	01:06+
<b>14</b>	<b>Inger Margrethe Bakken</b>	<b>If</b>	<b>52:39</b>					
06:04+	16:41+	28:37+	31:52+	35:48+	42:21+	46:15+	51:32+	52:39+
06:04+	10:37+	11:56+	03:15+	03:56+	06:33+	03:54+	05:17+	01:07+
06:04+	10:37+	11:56+	03:15+	03:56+	06:33+	03:54+	05:17+	01:07+
<b>15</b>	<b>Helene Kartomten</b>	<b>NOTEAM</b>	<b>54:25</b>					
05:49+	12:54+	28:45+	32:14+	36:33+	45:54+	49:12+	53:20+	54:25+
05:49+	07:05+	15:51+	03:29+	04:19+	09:21+	03:18+	04:08+	01:05+
05:49+	07:05+	15:51+	03:29+	04:19+	09:21+	03:18+	04:08+	01:05+

## D 2,5

<b>16</b>	<b>Anita Stensby Bekkelund</b>	<b>89</b>	<b>56:13</b>
04:22+	12:43+ 25:55+ 30:31+ 34:56+ 45:14+	50:22+ 55:10+	56:13+
04:22+	08:21+ 13:12+ 04:36+ 04:25+ 10:18+	05:08+ 04:48+	01:03+
04:22+	08:21+ 13:12+ 04:36+ 04:25+ 10:18+	05:08+ 04:48+	01:03+
<b>17</b>	<b>Randi Aas Fjæstad</b>	<b>89</b>	<b>57:42</b>
02:59+	09:09+ 26:10+ 30:17+ 34:55+ 43:40+	49:54+ 56:20+	57:42+
02:59+	06:10+ 17:01+ 04:07+ 04:38+ 08:45+	06:14+ 06:26+	01:22+
02:59+	06:10+ 17:01+ 04:07+ 04:38+ 08:45+	06:14+ 06:26+	01:22+
<b>18</b>	<b>Oddveig Anne Sagbakken</b>	<b>88</b>	<b>58:35</b>
02:40+	08:14+ 25:30+ 28:46+ 33:07+ 42:30+	49:17+ 57:08+	58:35+
02:40+	05:34+ 17:16+ 03:16+ 04:21+ 09:23+	06:47+ 07:51+	01:27+
02:40+	05:34+ 17:16+ 03:16+ 04:21+ 09:23+	06:47+ 07:51+	01:27+
<b>19</b>	<b>Marit Holmgren</b>	<b>7</b>	<b>1:05:38</b>
04:01+	09:40+ 20:21+ 35:38+ 43:26+ 53:13+	59:13+ 64:02+	65:38+
04:01+	05:39+ 10:41+ 15:17+ 07:48+ 09:47+	06:00+ 04:49+	01:36+
04:01+	05:39+ 10:41+ 15:17+ 07:48+ 09:47+	06:00+ 04:49+	01:36+

### Beste strekktid for klassen

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

## D 3,5

<b>1</b>	<b>Eirin Lodgaard</b>	<b>136</b>	<b>39:41</b>
03:59=	05:58= 08:18= 14:26= 18:36= 22:16=	26:55= 32:35= 37:08= 39:01= 39:41=	
03:59=	01:59= 02:20= 06:08= 04:10= 03:40=	04:39= 05:40= 04:33= 01:53= 00:40=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	
<b>2</b>	<b>Kjersti Narum</b>	<b>165</b>	<b>40:30</b>
05:11+	07:07+ 09:08+ 15:15+ 19:40+ 23:13+	27:50+ 33:32+ 38:05+ 39:53+ 40:30+	
05:11+	01:56- 02:01- 06:07- 04:25+ 03:33-	04:37- 05:42+ 04:33= 01:48- 00:37-	
01:12&	00:03- 00:19- 00:01- 00:15+ 00:07-	00:02- 00:02+ 00:00= 00:05- 00:03-	
<b>3</b>	<b>Bodil Wiik</b>	<b>105</b>	<b>41:08</b>
02:10-	04:26- 06:20- 12:26- 17:14- 21:41-	27:15+ 33:45+ 38:31+ 40:27+ 41:08+	
02:10-	02:16+ 01:54- 06:06- 04:48+ 04:27+	05:34+ 06:30+ 04:46+ 01:56+ 00:41+	
01:49-	00:17# 00:26- 00:02- 00:38# 00:47#	00:55# 00:50# 00:13+ 00:03+ 00:01+	
<b>4</b>	<b>Rita H Aaslund</b>	<b>1071</b>	<b>42:14</b>
02:39-	04:57- 07:03- 13:19- 17:45- 21:20-	26:08- 32:18- 39:30+ 41:31+ 42:14+	
02:39-	02:18+ 02:06- 06:16+ 04:26+ 03:35-	04:48+ 06:10+ 07:12+ 02:01+ 00:43+	
01:20-	00:19# 00:14- 00:08+ 00:16+ 00:05-	00:09+ 00:30+ 02:39& 00:08+ 00:03+	
<b>5</b>	<b>Anne Karin Westby</b>	<b>1071</b>	<b>47:39</b>
02:50-	06:12+ 08:19+ 13:57- 19:01+ 23:00+	27:36+ 35:22+ 45:05+ 47:02+ 47:39+	
02:50-	03:22+ 02:07- 05:38- 05:04+ 03:59+	04:36- 07:46+ 09:43+ 01:57+ 00:37-	
01:09-	01:23& 00:13- 00:30- 00:54# 00:19+	00:03- 02:06& 05:10@ 00:04+ 00:03-	
<b>6</b>	<b>Anne Sørum</b>	<b>1013</b>	<b>59:14</b>
02:43-	05:21- 08:02- 17:41+ 23:50+ 32:12+	37:56+ 47:51+ 55:15+ 57:58+ 59:14+	
02:43-	02:38+ 02:41+ 09:39+ 06:09+ 08:22+	05:44+ 09:55+ 07:24+ 02:43+ 01:16+	
01:16-	00:39& 00:21# 03:31& 01:59& 04:42@	01:05# 04:15& 02:51& 00:50& 00:36&	

## D 3,5

### 7 Grete Storsveen 1071 1:06:14

03:59= 07:16+ 10:18+ 16:59+ 27:46+ 32:40+ 37:45+ 45:01+ 61:21+ 65:04+ 66:14+  
 03:59= 03:17+ 03:02+ 06:41+ 10:47+ 04:54+ 05:05+ 07:16+ 16:20+ 03:43+ 01:10+  
 00:00= 01:18& 00:42& 00:33+ 06:37@ 01:14& 00:26+ 01:36& 11:47@ 01:50& 00:30&

#### Beste strekktid for klassen

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

## D 4,5

### 1 Mari Norstad Opsahl 1032 46:29

02:36= 05:31= 08:40= 13:23= 15:48= 19:31= 21:43= 26:29= 27:54= 29:11= 32:35= 37:05= 40:50= 43:15= 45:45= 46:29=  
 02:36= 02:55= 03:09= 04:43= 02:25= 03:43= 02:12= 04:46= 01:25= 01:17= 03:24= 04:30= 03:45= 02:25= 02:30= 00:44=  
 00:00= 00:00= 00:00= 00:00= 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 Unn Mette Klopbakken 43 48:15

02:41+ 06:50+ 09:46+ 15:24+ 17:57+ 21:43+ 23:53+ 27:56+ 29:40+ 30:58+ 34:25+ 38:11+ 42:06+ 44:45+ 47:34+ 48:15+  
 02:41+ 04:09+ 02:56- 05:38+ 02:33+ 03:46+ 02:10- 04:03- 01:44+ 01:18+ 03:27+ 03:46- 03:55+ 02:39+ 02:49+ 00:41-  
 00:05+ 01:14& 00:13- 00:55# 00:08+ 00:03+ 00:02- 00:43- 00:19# 00:01+ 00:03+ 00:44- 00:10+ 00:14+ 00:19# 00:03-

### 3 Sylvia Andersen 27 53:11

03:45+ 06:58+ 09:29+ 18:50+ 22:13+ 26:04+ 28:20+ 32:28+ 34:00+ 35:15+ 38:44+ 42:42+ 47:19+ 50:00+ 52:29+ 53:11+  
 03:45+ 03:13+ 02:31- 09:21+ 03:23+ 03:51+ 02:16+ 04:08- 01:32+ 01:15- 03:29+ 03:58- 04:37+ 02:41+ 02:29- 00:42-  
 01:09& 00:18# 00:38- 04:38& 00:58& 00:08+ 00:04+ 00:38- 00:07+ 00:02- 00:05+ 00:32- 00:52# 00:16# 00:01- 00:02-

### 4 Wenche Bjørnstad Geno 1:06:33

02:37+ 07:52+ 10:01+ 15:31+ 22:39+ 28:49+ 31:08+ 38:26+ 40:09+ 41:25+ 45:45+ 51:10+ 57:20+ 61:47+ 65:33+ 66:33+  
 02:37+ 05:15+ 02:09- 05:30+ 07:08+ 06:10+ 02:19+ 07:18+ 01:43+ 01:16- 04:20+ 05:25+ 06:10+ 04:27+ 03:46+ 01:00+  
 00:01+ 02:20& 01:00- 00:47# 04:43@ 02:27& 00:07+ 02:32& 00:18# 00:01- 00:56& 00:55# 02:25& 02:02& 01:16& 00:16&

#### Beste strekktid for klassen

02:36 02:55 02:09 04:43 02:25 03:43 02:10 04:03 01:25 01:15 03:24 03:46 03:45 02:25 02:29 00:41

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

## H 1,5

### 1 Einar Stensby 89 19:42

02:44= 04:59= 07:14= 10:08= 12:08= 15:40= 18:44= 19:42=  
 02:44= 02:15= 02:15= 02:54= 02:00= 03:32= 03:04= 00:58=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### 2 Geir-Håkon Øverby If 21:59

03:10+ 05:26+ 07:27+ 12:02+ 14:08+ 17:45+ 21:04+ 21:59+  
 03:10+ 02:16+ 02:01- 04:35+ 02:06+ 03:37+ 03:19+ 00:55-  
 00:26# 00:01+ 00:14- 01:41& 00:06+ 00:05+ 00:15+ 00:03-

### 3 Jan Erik Johansen 55 22:43

03:27+ 05:48+ 07:46+ 13:17+ 15:10+ 18:34+ 21:46+ 22:43+  
 03:27+ 02:21+ 01:58- 05:31+ 01:53- 03:24- 03:12+ 00:57-  
 00:43& 00:06+ 00:17- 02:37& 00:07- 00:08- 00:08+ 00:01-

Class	Navn	Klasse	Tid
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## H 1,5

**4 Knut Røhrsveen 7 27:11**

07:31+ 09:55+ 11:52+ 16:59+ 19:47+ 22:52+ 26:19+ 27:11+  
 07:31+ 02:24+ 01:57- 05:07+ 02:48+ 03:05- 03:27+ 00:52-  
 04:47@ 00:09+ 00:18- 02:13& 00:48& 00:27- 00:23# 00:06-

**5 Erik Skårås 1071 35:40**

03:34+ 08:00+ 10:43+ 17:28+ 21:57+ 28:57+ 34:29+ 35:40+  
 03:34+ 04:26+ 02:43+ 06:45+ 04:29+ 07:00+ 05:32+ 01:11+  
 03:34+ 04:26+ 02:43+ 06:45+ 04:29+ 07:00+ 05:32+ 01:11+

**6 Erik Bjøralt 1071 36:16**

05:28+ 08:51+ 11:21+ 18:19+ 22:43+ 29:39+ 35:12+ 36:16+  
 05:28+ 03:23+ 02:30+ 06:58+ 04:24+ 06:56+ 05:33+ 01:04+  
 05:28+ 03:23+ 02:30+ 06:58+ 04:24+ 06:56+ 05:33+ 01:04+

**7 Ingvald Pedersen 147 36:35**

03:28+ 06:47+ 10:03+ 16:08+ 19:36+ 25:02+ 35:11+ 36:35+  
 03:28+ 03:19+ 03:16+ 06:05+ 03:28+ 05:26+ 10:09+ 01:24+  
 03:28+ 03:19+ 03:16+ 06:05+ 03:28+ 05:26+ 10:09+ 01:24+

**8 Trygve Jan Bjerke 55 37:03**

05:47+ 08:22+ 10:38+ 15:24+ 20:37+ 24:27+ 36:01+ 37:03+  
 05:47+ 02:35+ 02:16+ 04:46+ 05:13+ 03:50+ 11:34+ 01:02+  
 05:47+ 02:35+ 02:16+ 04:46+ 05:13+ 03:50+ 11:34+ 01:02+

**9 Halstein Ødegård 89 39:43**

04:26+ 11:36+ 14:36+ 20:36+ 25:15+ 31:45+ 38:15+ 39:43+  
 04:26+ 07:10+ 03:00+ 06:00+ 04:39+ 06:30+ 06:30+ 01:28+  
 04:26+ 07:10+ 03:00+ 06:00+ 04:39+ 06:30+ 06:30+ 01:28+

**10 Ragnar Høsøien 55 48:32**

05:35+ 12:10+ 16:54+ 25:43+ 30:26+ 38:05+ 46:27+ 48:32+  
 05:35+ 06:35+ 04:44+ 08:49+ 04:43+ 07:39+ 08:22+ 02:05+  
 05:35+ 06:35+ 04:44+ 08:49+ 04:43+ 07:39+ 08:22+ 02:05+

**11 Arne Gunnar Barflo 89 1:22:13**

11:31+ 19:53+ 28:01+ 45:33+ 54:28+ 65:49+ 78:35+ 82:13+  
 11:31+ 08:22+ 08:08+ 17:32+ 08:55+ 11:21+ 12:46+ 03:38+  
 11:31+ 08:22+ 08:08+ 17:32+ 08:55+ 11:21+ 12:46+ 03:38+

### Beste strekktid for klassen

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

## H 2,5

**1 Arne Hagen 167 32:16**

03:05= 07:37= 10:21= 16:16= 19:00= 22:06= 26:08= 28:50= 31:40= 32:16=  
 03:05= 04:32= 02:44= 05:55= 02:44= 03:06= 04:02= 02:42= 02:50= 00:36=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Hans Asbjørn Tingvold RILO 32:38**

01:48- 06:50- 09:27- 15:15- 17:44- 20:40- 25:43- 28:34- 31:47+ 32:38+  
 01:48- 05:02+ 02:37- 05:48- 02:29- 02:56- 05:03+ 02:51+ 03:13+ 00:51+  
 01:17- 00:30# 00:07- 00:07- 00:15- 00:10- 01:01& 00:09+ 00:23# 00:15&

Class	Navn	Klasse	Tid
<b>H 2,5</b>			
<b>3</b>	<b>Morten Øie</b>	<b>39</b>	<b>36:04</b>
01:44-	07:44+	10:23+	16:21+
01:44-	06:00+	02:39-	05:58+
01:21-	01:28&	00:05-	00:03+
19:16+	22:15+	26:59+	32:16+
02:55+	02:59-	04:44+	05:17+
00:07-	00:42#	02:35&	00:07+
36:04+	00:51+	00:15&	
3	Morten Øie	39	36:04
4	<b>Terje Lien</b>	<b>155</b>	<b>36:59</b>
02:19+	07:36+	10:26+	16:56+
02:19+	05:17+	02:50+	06:30+
02:19+	05:17+	02:50+	06:30+
19:55+	23:37+	28:15+	33:01+
03:42+	03:42+	04:38+	04:46+
03:06+	00:52+	00:52+	
4	Terje Lien	155	36:59
5	<b>Jon Kåre Myrene</b>	<b>1071</b>	<b>37:04</b>
01:54+	06:59+	10:11+	17:17+
01:54+	05:05+	03:12+	07:06+
01:54+	05:05+	03:12+	07:06+
20:05+	23:10+	28:47+	33:25+
03:05+	05:37+	04:38+	02:59+
03:05+	05:37+	04:38+	02:59+
37:04+	00:40+	00:40+	
5	Jon Kåre Myrene	1071	37:04
6	<b>Håkon Beitnes</b>	<b>49</b>	<b>37:46</b>
01:59+	07:45+	10:52+	17:48+
01:59+	05:46+	03:07+	06:56+
01:59+	05:46+	03:07+	06:56+
20:52+	23:59+	30:21+	33:22+
03:01+	03:29+	00:55+	00:55+
37:46+	00:55+	00:55+	
6	Håkon Beitnes	49	37:46
7	<b>Knut Vidar Lund</b>	<b>155</b>	<b>37:58</b>
03:12+	09:04+	11:39+	19:18+
03:12+	05:52+	02:35+	07:39+
03:12+	05:52+	02:35+	07:39+
22:08+	25:17+	30:56+	34:06+
03:09+	05:39+	03:10+	03:07+
03:07+	00:45+	00:45+	
37:58+	00:45+	00:45+	
7	Knut Vidar Lund	155	37:58
8	<b>Magnar Nybakk</b>	<b>1071</b>	<b>38:18</b>
02:24+	08:01+	10:43+	18:20+
02:24+	05:37+	02:42+	07:37+
02:24+	05:37+	02:42+	07:37+
21:18+	24:20+	30:00+	33:23+
03:02+	05:40+	03:23+	04:06+
03:02+	05:40+	03:23+	04:06+
38:18+	00:49+	00:49+	
8	Magnar Nybakk	1071	38:18
9	<b>Magne Smeland</b>	<b>167</b>	<b>38:21</b>
01:54+	07:18+	09:53+	16:27+
01:54+	05:24+	02:35+	06:34+
01:54+	05:24+	02:35+	06:34+
19:48+	23:18+	30:47+	34:22+
03:21+	03:30+	07:29+	03:35+
03:04+	00:55+	00:55+	
38:21+	00:55+	00:55+	
9	Magne Smeland	167	38:21
10	<b>Jan Olav Sæther</b>	<b>165</b>	<b>40:03</b>
01:24+	07:32+	10:38+	18:18+
01:24+	06:08+	03:06+	07:40+
01:24+	06:08+	03:06+	07:40+
21:39+	25:20+	31:13+	35:36+
03:41+	05:53+	04:23+	03:42+
03:41+	05:53+	04:23+	03:42+
40:03+	00:45+	00:45+	
40:03	00:45+	00:45+	
10	Jan Olav Sæther	165	40:03
11	<b>Ola Molstad</b>	<b>167</b>	<b>40:52</b>
01:52+	07:11+	09:42+	17:02+
01:52+	05:19+	02:31+	07:20+
01:52+	05:19+	02:31+	07:20+
19:54+	22:52+	29:42+	36:44+
02:58+	06:50+	07:02+	03:17+
02:58+	06:50+	07:02+	03:17+
40:01+	40:52+	00:51+	00:51+
40:52+	00:51+	00:51+	
11	Ola Molstad	167	40:52
12	<b>Terje Malm</b>	<b>52</b>	<b>41:00</b>
02:52+	08:39+	11:59+	18:54+
02:52+	05:47+	03:20+	06:55+
02:52+	05:47+	03:20+	06:55+
21:40+	25:11+	31:27+	36:50+
03:31+	06:16+	05:23+	03:19+
03:31+	06:16+	05:23+	03:19+
41:00+	00:51+	00:51+	
41:00	00:51+	00:51+	
12	Terje Malm	52	41:00
13	<b>Tore Stenseth</b>	<b>1013</b>	<b>43:19</b>
02:24+	08:27+	11:14+	19:23+
02:24+	06:03+	02:47+	08:09+
02:24+	06:03+	02:47+	08:09+
23:08+	27:29+	34:10+	38:45+
04:21+	06:41+	04:35+	03:26+
04:21+	06:41+	04:35+	03:26+
42:11+	43:19+	01:08+	01:08+
43:19+	01:08+	01:08+	
13	Tore Stenseth	1013	43:19
14	<b>Karl Petter Opsahl</b>	<b>89</b>	<b>43:23</b>
01:55+	07:19+	10:32+	20:30+
01:55+	05:24+	03:13+	09:58+
01:55+	05:24+	03:13+	09:58+
24:03+	27:24+	35:05+	39:22+
03:21+	07:41+	04:17+	03:14+
03:21+	07:41+	04:17+	03:14+
42:36+	43:23+	00:47+	00:47+
43:23+	00:47+	00:47+	
14	Karl Petter Opsahl	89	43:23

<b>Class</b>	<b>Navn</b>	<b>Klasse</b>	<b>Tid</b>
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## H 2,5

<b>15</b>	<b>Stein Sandaker</b>	<b>1038</b>	<b>43:39</b>
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01:38+	06:54+	09:44+	17:43+	21:07+	25:07+	35:27+	38:30+	42:51+	43:39+
01:38+	05:16+	02:50+	07:59+	03:24+	04:00+	10:20+	03:03+	04:21+	00:48+
01:38+	05:16+	02:50+	07:59+	03:24+	04:00+	10:20+	03:03+	04:21+	00:48+

<b>16</b>	<b>Stein erik Edvardsen</b>	<b>27</b>	<b>45:56</b>
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02:29+	08:31+	11:19+	18:32+	22:57+	27:47+	35:46+	40:37+	44:46+	45:56+
02:29+	06:02+	02:48+	07:13+	04:25+	04:50+	07:59+	04:51+	04:09+	01:10+
02:29+	06:02+	02:48+	07:13+	04:25+	04:50+	07:59+	04:51+	04:09+	01:10+

<b>17</b>	<b>Knut Olav Strætkvern</b>	<b>1058</b>	<b>46:00</b>
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01:46+	17:00+	21:00+	27:21+	30:12+	33:01+	38:08+	41:46+	45:21+	46:00+
01:46+	15:14+	04:00+	06:21+	02:51+	02:49+	05:07+	03:38+	03:35+	00:39+
01:46+	15:14+	04:00+	06:21+	02:51+	02:49+	05:07+	03:38+	03:35+	00:39+

<b>18</b>	<b>Ottar Evensen</b>	<b>27</b>	<b>47:40</b>
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03:23+	10:32+	13:32+	21:06+	25:35+	29:28+	36:46+	40:25+	46:24+	47:40+
03:23+	07:09+	03:00+	07:34+	04:29+	03:53+	07:18+	03:39+	05:59+	01:16+
03:23+	07:09+	03:00+	07:34+	04:29+	03:53+	07:18+	03:39+	05:59+	01:16+

<b>19</b>	<b>Torbjørn Ødegaard</b>	<b>1058</b>	<b>47:43</b>
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03:51+	10:52+	14:20+	25:53+	29:06+	32:51+	39:03+	42:48+	46:45+	47:43+
03:51+	07:01+	03:28+	11:33+	03:13+	03:45+	06:12+	03:45+	03:57+	00:58+
03:51+	07:01+	03:28+	11:33+	03:13+	03:45+	06:12+	03:45+	03:57+	00:58+

<b>20</b>	<b>Tore Lindaas</b>	<b>27</b>	<b>50:11</b>
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02:01+	09:11+	13:16+	22:02+	26:48+	31:06+	39:10+	44:15+	48:50+	50:11+
02:01+	07:10+	04:05+	08:46+	04:46+	04:18+	08:04+	05:05+	04:35+	01:21+
02:01+	07:10+	04:05+	08:46+	04:46+	04:18+	08:04+	05:05+	04:35+	01:21+

<b>21</b>	<b>Harald Grønvold</b>	<b>7</b>	<b>55:25</b>
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03:16+	08:52+	11:41+	23:32+	27:41+	31:16+	48:15+	51:22+	54:36+	55:25+
03:16+	05:36+	02:49+	11:51+	04:09+	03:35+	16:59+	03:07+	03:14+	00:49+
03:16+	05:36+	02:49+	11:51+	04:09+	03:35+	16:59+	03:07+	03:14+	00:49+

<b>22</b>	<b>Thorvald Sæhlie</b>	<b>166</b>	<b>1:05:16</b>
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03:56+	11:48+	15:42+	29:12+	34:06+	39:10+	49:12+	58:58+	63:35+	65:16+
03:56+	07:52+	03:54+	13:30+	04:54+	05:04+	10:02+	09:46+	04:37+	01:41+
03:56+	07:52+	03:54+	13:30+	04:54+	05:04+	10:02+	09:46+	04:37+	01:41+

### Beste strekktid for klassen

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

## H 3,5

<b>1</b>	<b>Edvard Dahl</b>	<b>165</b>	<b>38:33</b>
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02:57=	06:32=	11:16=	18:29=	20:23=	21:53=	24:56=	29:46=	33:15=	36:21=	38:01=	38:33=
02:57=	03:35=	04:44=	07:13=	01:54=	01:30=	03:03=	04:50=	03:29=	03:06=	01:40=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Tom S Helgesen</b>	<b>55</b>	<b>39:08</b>
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02:34-	06:02-	11:02-	15:10-	16:46-	17:51-	21:05-	26:06-	31:12-	35:49-	38:36+	39:08+
02:34-	03:28-	05:00+	04:08-	01:36-	01:05-	03:14+	05:01+	05:06+	04:37+	02:47+	00:32=
00:23-	00:07-	00:16+	03:05-	00:18-	00:25-	00:11+	00:11+	01:37&	01:31&	01:07&	00:00=

Class	Navn	Klasse										Tid
<b>H 3,5</b>												
<b>3</b>	<b>Tore Gustav Tomter</b>	<b>1021</b>										<b>39:44</b>
	03:37+	07:50+	13:20+	18:20-	20:09-	21:28-	24:52-	28:46-	33:44+	37:49+	39:09+	39:44+
	03:37+	04:13+	05:30+	05:00-	01:49-	01:19-	03:24+	03:54-	04:58+	04:05+	01:20-	00:35+
	00:40#	00:38#	00:46#	02:13-	00:05-	00:11-	00:21#	00:56-	01:29&	00:59&	00:20-	00:03+
<b>4</b>	<b>Olav Juliussen</b>	<b>55</b>										<b>40:39</b>
	03:04+	07:06+	12:22+	17:18+	19:38+	20:47+	24:57+	29:29+	34:26+	37:52+	39:54+	40:39+
	03:04+	04:02+	05:16+	04:56+	02:20+	01:09+	04:10+	04:32+	04:57+	03:26+	02:02+	00:45+
	03:04+	04:02+	05:16+	04:56+	02:20+	01:09+	04:10+	04:32+	04:57+	03:26+	02:02+	00:45+
<b>5</b>	<b>Tore Jørgensen</b>	<b>105</b>										<b>41:52</b>
	02:31+	07:44+	14:01+	19:23+	21:15+	22:56+	27:04+	31:45+	36:09+	39:26+	41:13+	41:52+
	02:31+	05:13+	06:17+	05:22+	01:52+	01:41+	04:08+	04:41+	04:24+	03:17+	01:47+	00:39+
	02:31+	05:13+	06:17+	05:22+	01:52+	01:41+	04:08+	04:41+	04:24+	03:17+	01:47+	00:39+
<b>6</b>	<b>Jo Gisle Jørgensen</b>	<b>105</b>										<b>41:55</b>
	02:39+	06:47+	13:11+	18:37+	20:22+	22:29+	25:21+	30:36+	35:08+	39:06+	41:11+	41:55+
	02:39+	04:08+	06:24+	05:26+	01:45+	02:07+	02:52+	05:15+	04:32+	03:58+	02:05+	00:44+
	02:39+	04:08+	06:24+	05:26+	01:45+	02:07+	02:52+	05:15+	04:32+	03:58+	02:05+	00:44+
<b>7</b>	<b>Audun Jenssen</b>	<b>105</b>										<b>43:25</b>
	03:35+	07:30+	13:56+	19:45+	21:42+	23:07+	26:23+	31:37+	36:47+	40:48+	42:43+	43:25+
	03:35+	03:55+	06:26+	05:49+	01:57+	01:25+	03:16+	05:14+	05:10+	04:01+	01:55+	00:42+
	03:35+	03:55+	06:26+	05:49+	01:57+	01:25+	03:16+	05:14+	05:10+	04:01+	01:55+	00:42+
<b>8</b>	<b>Harald Øie</b>	<b>ARBIL</b>										<b>43:32</b>
	03:32+	09:18+	15:01+	20:18+	22:17+	23:55+	28:06+	32:34+	37:13+	40:55+	42:47+	43:32+
	03:32+	05:46+	05:43+	05:17+	01:59+	01:38+	04:11+	04:28+	04:39+	03:42+	01:52+	00:45+
	03:32+	05:46+	05:43+	05:17+	01:59+	01:38+	04:11+	04:28+	04:39+	03:42+	01:52+	00:45+
<b>9</b>	<b>Erik Haugen</b>	<b>119</b>										<b>44:09</b>
	03:16+	07:43+	14:13+	20:48+	22:46+	23:50+	27:28+	32:11+	37:07+	41:08+	43:09+	44:09+
	03:16+	04:27+	06:30+	06:35+	01:58+	01:04+	03:38+	04:43+	04:56+	04:01+	02:01+	01:00+
	03:16+	04:27+	06:30+	06:35+	01:58+	01:04+	03:38+	04:43+	04:56+	04:01+	02:01+	01:00+
<b>10</b>	<b>Stein Nordvi</b>	<b>27</b>										<b>44:36</b>
	04:57+	09:13+	15:36+	20:49+	22:34+	23:51+	27:04+	31:38+	38:27+	42:14+	43:53+	44:36+
	04:57+	04:16+	06:23+	05:13+	01:45+	01:17+	03:13+	04:34+	06:49+	03:47+	01:39+	00:43+
	04:57+	04:16+	06:23+	05:13+	01:45+	01:17+	03:13+	04:34+	06:49+	03:47+	01:39+	00:43+
<b>11</b>	<b>Ove Tåsåsen</b>	<b>1013</b>										<b>45:43</b>
	02:07+	05:47+	11:49+	16:00+	17:32+	19:46+	23:20+	27:37+	31:57+	43:53+	45:04+	45:43+
	02:07+	03:40+	06:02+	04:11+	01:32+	02:14+	03:34+	04:17+	04:20+	11:56+	01:11+	00:39+
	02:07+	03:40+	06:02+	04:11+	01:32+	02:14+	03:34+	04:17+	04:20+	11:56+	01:11+	00:39+
<b>12</b>	<b>Arvid Bratlie</b>	<b>LMF</b>										<b>47:07</b>
	02:46+	08:20+	14:52+	21:11+	22:44+	24:52+	28:30+	35:10+	39:59+	44:34+	46:21+	47:07+
	02:46+	05:34+	06:32+	06:19+	01:33+	02:08+	03:38+	06:40+	04:49+	04:35+	01:47+	00:46+
	02:46+	05:34+	06:32+	06:19+	01:33+	02:08+	03:38+	06:40+	04:49+	04:35+	01:47+	00:46+
<b>13</b>	<b>Rune Waaler</b>	<b>RAUT</b>										<b>47:10</b>
	02:41+	06:41+	12:23+	17:44+	21:02+	22:50+	26:16+	31:00+	36:29+	44:26+	46:17+	47:10+
	02:41+	04:00+	05:42+	05:21+	03:18+	01:48+	03:26+	04:44+	05:29+	07:57+	01:51+	00:53+
	02:41+	04:00+	05:42+	05:21+	03:18+	01:48+	03:26+	04:44+	05:29+	07:57+	01:51+	00:53+
<b>14</b>	<b>Knut Wikstrøm</b>	<b>78</b>										<b>47:51</b>
	02:44+	07:01+	13:14+	18:50+	20:34+	21:53+	26:27+	31:31+	37:59+	45:02+	46:54+	47:51+
	02:44+	04:17+	06:13+	05:36+	01:44+	01:19+	04:34+	05:04+	06:28+	07:03+	01:52+	00:57+
	02:44+	04:17+	06:13+	05:36+	01:44+	01:19+	04:34+	05:04+	06:28+	07:03+	01:52+	00:57+



### H 3,5

<b>15</b>	<b>Einar Flenvold</b>	<b>1041</b>										<b>51:21</b>
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02:58+	07:17+	13:05+	18:27+	23:40+	25:29+	31:15+	35:26+	42:39+	48:52+	50:41+	51:21+
02:58+	04:19+	05:48+	05:22+	05:13+	01:49+	05:46+	04:11+	07:13+	06:13+	01:49+	00:40+
02:58+	04:19+	05:48+	05:22+	05:13+	01:49+	05:46+	04:11+	07:13+	06:13+	01:49+	00:40+

<b>16</b>	<b>Trond Øie</b>	<b>1071</b>										<b>52:02</b>
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02:43+	07:17+	13:48+	19:05+	20:39+	21:41+	25:18+	30:06+	46:05+	49:27+	51:22+	52:02+
02:43+	04:34+	06:31+	05:17+	01:34+	01:02+	03:37+	04:48+	15:59+	03:22+	01:55+	00:40+
02:43+	04:34+	06:31+	05:17+	01:34+	01:02+	03:37+	04:48+	15:59+	03:22+	01:55+	00:40+

<b>17</b>	<b>Knut Skjeset</b>	<b>146</b>										<b>52:31</b>
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02:26+	12:22+	19:37+	28:39+	30:25+	31:36+	34:43+	39:19+	43:44+	48:08+	51:47+	52:31+
02:26+	09:56+	07:15+	09:02+	01:46+	01:11+	03:07+	04:36+	04:25+	04:24+	03:39+	00:44+
02:26+	09:56+	07:15+	09:02+	01:46+	01:11+	03:07+	04:36+	04:25+	04:24+	03:39+	00:44+

<b>18</b>	<b>Torleif Finstad</b>	<b>55</b>										<b>55:12</b>
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02:48+	12:30+	18:03+	25:31+	27:43+	30:11+	33:25+	37:49+	42:15+	52:13+	54:27+	55:12+
02:48+	09:42+	05:33+	07:28+	02:12+	02:28+	03:14+	04:24+	04:26+	09:58+	02:14+	00:45+
02:48+	09:42+	05:33+	07:28+	02:12+	02:28+	03:14+	04:24+	04:26+	09:58+	02:14+	00:45+

### Beste strekktid for klassen

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

### H 4,5

<b>1</b>	<b>Terje Wikstrøm</b>	<b>Geno</b>										<b>41:54</b>
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02:00=	05:34=	07:25=	12:09=	14:18=	18:25=	20:22=	24:09=	25:36=	26:39=	29:22=	33:33=	36:49=	38:57=	41:12=	41:54=
02:00=	03:34=	01:51=	04:44=	02:09=	04:07=	01:57=	03:47=	01:27=	01:03=	02:43=	04:11=	03:16=	02:08=	02:15=	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=

<b>2</b>	<b>Frode Hjorth</b>	<b>52</b>										<b>45:30</b>
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02:50+	06:24+	08:58+	13:55+	17:00+	20:27+	22:39+	28:00+	29:41+	30:44+	33:29+	36:45+	40:13+	42:30+	44:52+	45:30+
02:50+	03:34=	02:34+	04:57+	03:05+	03:27-	02:12+	05:21+	01:41+	01:03=	02:45+	03:16-	03:28+	02:17+	02:22+	00:38-
00:50&	00:00=	00:43&	00:13+	00:56&	00:40-	00:15#	01:34&	00:14#	00:00=	00:02+	00:55-	00:12+	00:09+	00:07+	00:04-

<b>3</b>	<b>Harald Østbye</b>	<b>27</b>										<b>47:40</b>
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02:45+	06:24+	08:35+	14:08+	16:47+	20:41+	22:51+	27:01+	28:35+	29:56+	33:29+	38:03+	41:51+	44:36+	46:57+	47:40+
02:45+	03:39+	02:11+	05:33+	02:39+	03:54-	02:10+	04:10+	01:34+	01:21+	03:33+	04:34+	03:48+	02:45+	02:21+	00:43+
00:45&	00:05+	00:20#	00:49#	00:30#	00:13-	00:13#	00:23#	00:07+	00:18&	00:50&	00:23+	00:32#	00:37&	00:06+	00:01+

<b>4</b>	<b>Ole Petter Saxrud</b>	<b>1028</b>										<b>49:21</b>
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02:39+	05:24-	07:34+	15:22+	18:49+	22:51+	24:59+	29:14+	30:51+	32:05+	35:35+	39:29+	43:18+	45:58+	48:40+	49:21+
02:39+	02:45-	02:10+	07:48+	03:27+	04:02-	02:08+	04:15+	01:37+	01:14+	03:30+	03:54-	03:49+	02:40+	02:42+	00:41-
00:39&	00:49-	00:19#	03:04&	01:18&	00:05-	00:11+	00:28#	00:10#	00:11#	00:47&	00:17-	00:33#	00:32#	00:27#	00:01-

<b>5</b>	<b>Odd Arne Blystad</b>	<b>25</b>										<b>52:59</b>
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02:34+	05:47+	08:22+	14:24+	16:38+	20:18+	22:28+	26:56+	29:09+	31:10+	34:27+	39:30+	44:25+	49:51+	52:19+	52:59+
02:34+	03:13-	02:35+	06:02+	02:14+	03:40-	02:10+	04:28+	02:13+	02:01+	03:17+	05:03+	04:55+	05:26+	02:28+	00:40-
00:34&	00:21-	00:44&	01:18&	00:05+	00:27-	00:13#	00:41#	00:46&	00:58&	00:34#	00:52#	01:39&	03:18@	00:13+	00:02-

<b>6</b>	<b>Iars Lodgaard</b>	<b>Ntnui</b>										<b>53:00</b>
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02:38+	05:48+	07:54+	13:10+	15:46+	21:14+	23:36+	28:06+	29:49+	32:03+	35:14+	39:41+	45:10+	48:32+	51:47+	53:00+
02:38+	03:10-	02:06+	05:16+	02:36+	05:28+	02:22+	04:30+	01:43+	02:14+	03:11+	04:27+	05:29+	03:22+	03:15+	01:13+
00:38&	00:24-	00:15#	00:32#	00:27#	01:21&	00:25#	00:43#	00:16#	01:11@	00:28#	00:16+	02:13&	01:14&	01:00&	00:31&

## H 4,5

<b>7</b>	<b>Bjørn J Sørum</b>	<b>1002</b>														<b>56:15</b>
02:19+	06:57+	09:28+	15:05+	18:53+	27:56+	30:03+	35:32+	37:14+	38:26+	41:29+	46:15+	50:41+	53:24+	55:37+	56:15+	
02:19+	04:38+	02:31+	05:37+	03:48+	09:03+	02:07+	05:29+	01:42+	01:12+	03:03+	04:46+	04:26+	02:43+	02:13-	00:38-	
00:19#	01:04&	00:40&	00:53#	01:39&	04:56@	00:10+	01:42&	00:15#	00:09#	00:20#	00:35#	01:10&	00:35&	00:02-	00:04-	

<b>8</b>	<b>Bjarne Harkinn</b>	<b>If</b>														<b>58:33</b>
03:28+	06:07+	17:47+	23:04+	26:46+	30:26+	32:50+	38:09+	39:34+	40:38+	43:37+	48:30+	52:47+	55:34+	57:52+	58:33+	
03:28+	02:39+	11:40+	05:17+	03:42+	03:40+	02:24+	05:19+	01:25+	01:04+	02:59+	04:53+	04:17+	02:47+	02:18+	00:41+	
03:28+	02:39+	11:40+	05:17+	03:42+	03:40+	02:24+	05:19+	01:25+	01:04+	02:59+	04:53+	04:17+	02:47+	02:18+	00:41+	

<b>9</b>	<b>Tor Haugstulen</b>	<b>55</b>														<b>1:00:54</b>
02:27+	08:21+	19:59+	25:20+	28:17+	33:29+	35:28+	39:51+	41:18+	42:17+	45:23+	50:32+	54:38+	57:30+	60:08+	60:54+	
02:27+	05:54+	11:38+	05:21+	02:57+	05:12+	01:59+	04:23+	01:27+	00:59+	03:06+	05:09+	04:06+	02:52+	02:38+	00:46+	
02:27+	05:54+	11:38+	05:21+	02:57+	05:12+	01:59+	04:23+	01:27+	00:59+	03:06+	05:09+	04:06+	02:52+	02:38+	00:46+	

### Beste strekktid for klassen

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

## H 5,5

<b>1</b>	<b>Kenneth Bilstad</b>	<b>15</b>														<b>35:05</b>	
01:38=	03:24=	04:37=	09:10=	11:37=	12:47=	17:02=	18:42=	20:13=	22:30=	24:45=	25:54=	27:14=	28:44=	31:19=	33:22=	34:30=	35:05=
01:38=	01:46=	01:13=	04:33=	02:27=	01:10=	04:15=	01:40=	01:31=	02:17=	02:15=	01:09=	01:20=	01:30=	02:35=	02:03=	01:08=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Michael Sætvædt</b>	<b>RAUT</b>														<b>55:35</b>	
03:51+	06:31+	08:20+	18:06+	22:00+	23:42+	28:48+	33:25+	35:07+	37:47+	40:51+	42:26+	44:23+	46:44+	50:50+	53:17+	54:54+	55:35+
03:51+	02:40+	01:49+	09:46+	03:54+	01:42+	05:06+	04:37+	01:42+	02:40+	03:04+	01:35+	01:57+	02:21+	04:06+	02:27+	01:37+	00:41+
02:13@	00:54&	00:36&	05:13@	01:27&	00:32&	00:51#	02:57@	00:11#	00:23#	00:49&	00:26&	00:37&	00:51&	01:31&	00:24#	00:29&	00:06#

<b>3</b>	<b>Ole Christian Bang</b>	<b>INN</b>														<b>55:47</b>	
05:05+	07:34+	09:26+	17:04+	20:41+	22:13+	28:12+	30:45+	32:49+	36:13+	39:23+	41:45+	44:33+	46:43+	50:24+	53:43+	55:11+	55:47+
05:05+	02:29+	01:52+	07:38+	03:37+	01:32+	05:59+	02:33+	02:04+	03:24+	03:10+	02:22+	02:48+	02:10+	03:41+	03:19+	01:28+	00:36+
03:27@	00:43&	00:39&	03:05&	01:10&	00:22&	01:44&	00:53&	00:33&	01:07&	00:55&	01:13@	01:28@	00:40&	01:06&	01:16&	00:20&	00:01+

<b>4</b>	<b>Stein Arne Negård</b>	<b>166</b>														<b>56:51</b>	
02:41+	05:13+	07:12+	14:38+	19:03+	21:16+	28:21+	30:52+	32:46+	35:50+	39:07+	43:07+	45:15+	47:36+	51:51+	54:38+	56:14+	56:51+
02:41+	02:32+	01:59+	07:26+	04:25+	02:13+	07:05+	02:31+	01:54+	03:04+	03:17+	04:00+	02:08+	02:21+	04:15+	02:47+	01:36+	00:37+
01:03&	00:46&	00:46&	02:53&	01:58&	01:03&	02:50&	00:51&	00:23&	00:47&	01:02&	02:51@	00:48&	00:51&	01:40&	00:44&	00:28&	00:02+

### Beste strekktid for klassen

01:38 01:46 01:13 04:33 02:27 01:10 04:15 01:40 01:31 02:17 02:15 01:09 01:20 01:30 02:35 02:03 01:08 00:35

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