

1	Marte Eger					184				
03:28=	07:36=	09:55=	14:00=	18:54=	23:37=	27:47=	29:01=	35:19=	38:21=	38:39=
03:28=	04:08=	02:19=	04:05=	04:54=	04:43=	04:10=	01:14=	06:18=	03:02=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Wilma Evensen					264				
02:46-	08:55+	10:38+	14:40+	23:18+	26:51+	33:22+	35:55+	45:19+	49:45+	50:04+
02:46-	06:09+	01:43-	04:02-	08:38+	03:33-	06:31+	02:33+	09:24+	04:26+	00:19+
00:42-	02:01&	00:36-	00:03-	03:44&	01:10-	02:21&	01:19@	03:06&	01:24&	00:01+
3	Elise Renard					184				
03:28=	06:51-	09:26-	17:09+	26:17+	31:54+	37:27+	38:50+	51:47+	54:42+	54:57+
03:28=	03:23-	02:35+	07:43+	09:08+	05:37+	05:33+	01:23+	12:57+	02:55-	00:15-
00:00=	00:45-	00:16#	03:38&	04:14&	00:54#	01:23&	00:09#	06:39@	00:07-	00:03-
Beste strekktid for klassen										
02:46	03:23	01:43	04:02	04:54	03:33	04:10	01:14	06:18	02:55	00:15

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

D11-12

1	Sara Martini					26				
02:52=	06:04=	07:57=	11:47=	15:56=	18:34=	23:50=	24:49=	29:35=	32:39=	33:04=
02:52=	03:12=	01:53=	03:50=	04:09=	02:38=	05:16=	00:59=	04:46=	03:04=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Karoline Stranden					69				
02:46-	06:26+	08:20+	14:00+	18:00+	20:37+	26:07+	26:57+	31:15+	33:18+	33:40+
02:46-	03:40+	01:54+	05:40+	04:00-	02:37-	05:30+	00:50-	04:18-	02:03-	00:22-
00:06-	00:28#	00:01+	01:50&	00:09-	00:01-	00:14+	00:09-	00:28-	01:01-	00:03-
3	Nora Christine Hansen					297				
02:37-	05:28-	07:22-	12:28+	19:11+	22:33+	28:53+	30:05+	34:11+	36:14+	36:29+
02:37-	02:51-	01:54+	05:06+	06:43+	03:22+	06:20+	01:12+	04:06-	02:03-	00:15-
00:15-	00:21-	00:01+	01:16&	02:34&	00:44&	01:04#	00:13#	00:40-	01:01-	00:10-
4	Sofia Øhlckers					163				
02:33-	05:37-	07:19-	14:01+	26:53+	30:10+	33:44+	34:46+	40:42+	43:47+	44:06+
02:33-	03:04-	01:42-	06:42+	12:52+	03:17+	03:34-	01:02+	05:56+	03:05+	00:19-
00:19-	00:08-	00:11-	02:52&	08:43@	00:39#	01:42-	00:03+	01:10#	00:01+	00:06-
5	Silje Ruud Fossheim					26				
03:31+	09:29+	11:33+	16:33+	23:18+	27:20+	33:32+	35:02+	42:24+	45:34+	45:50+
03:31+	05:58+	02:04+	05:00+	06:45+	04:02+	06:12+	01:30+	07:22+	03:10+	00:16-
00:39#	02:46&	00:11+	01:10&	02:36&	01:24&	00:56#	00:31&	02:36&	00:06+	00:09-
6	Martine Gjermstad Pettersen					185				
02:42-	10:00+	12:52+	21:09+	27:14+	30:36+	36:57+	38:10+	43:02+	45:37+	45:53+
02:42-	07:18+	02:52+	08:17+	06:05+	03:22+	06:21+	01:13+	04:52+	02:35-	00:16-
00:10-	04:06@	00:59&	04:27@	01:56&	00:44&	01:05#	00:14#	00:06+	00:29-	00:09-
7	Synne Sommerstad Røste					184				
02:51-	05:47-	07:53-	11:52+	16:33+	19:54+	23:38-	42:05+	46:31+	49:12+	49:28+
02:51-	02:56-	02:06+	03:59+	04:41+	03:21+	03:44-	18:27+	04:26-	02:41-	00:16-
00:01-	00:16-	00:13#	00:09+	00:32#	00:43&	01:32-	17:28@	00:20-	00:23-	00:09-
8	Karin Halsaa Dolven					26				
03:36+	10:31+	12:57+	18:20+	25:49+	30:43+	37:03+	38:52+	50:29+	55:19+	55:40+
03:36+	06:55+	02:26+	05:23+	07:29+	04:54+	06:20+	01:49+	11:37+	04:50+	00:21-
00:44&	03:43@	00:33&	01:33&	03:20&	02:16&	01:04#	00:50&	06:51@	01:46&	00:04-
Beste strekktid for klassen										
02:33	02:51	01:42	03:50	04:00	02:37	03:34	00:50	04:06	02:03	00:15

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

Plass	Navn	Klasse	Tid
D11-12N			
1	Annabell Aunmo Kjellevoid	223	31:46
	02:51= 05:49= 12:17= 13:34= 17:31= 21:25= 22:29= 25:53= 31:26= 31:46=		
	02:51= 02:58= 06:28= 01:17= 03:57= 03:54= 01:04= 03:24= 05:33= 00:20=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
Beste strekktid for klassen			
	02:51 02:58 06:28 01:17 03:57 03:54 01:04 03:24 05:33 00:20		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D13-14			
1	Marie Kvarme	133	37:30
	02:52= 10:58= 13:30= 16:56= 21:07= 25:46= 28:44= 29:27= 34:44= 36:30= 37:15= 37:30=		
	02:52= 08:06= 02:32= 03:26= 04:11= 04:39= 02:58= 00:43= 05:17= 01:46= 00:45= 00:15=		
	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	Johanna Sofie Longfjeld	223	38:49
	03:11+ 10:46- 14:33+ 16:55- 21:21+ 25:43- 29:06+ 29:59+ 36:00+ 37:44+ 38:34+ 38:49+		
	03:11+ 07:35- 03:47+ 02:22- 04:26+ 04:22- 03:23+ 00:53+ 06:01+ 01:44- 00:50+ 00:15=		
	00:19# 00:31- 01:15& 01:04- 00:15+ 00:17- 00:25# 00:10# 00:44# 00:02- 00:05# 00:00=		
3	Ingvild Gustafsson	184	39:11
	03:07+ 13:03+ 15:37+ 19:04+ 23:04+ 27:36+ 30:49+ 31:32+ 36:34+ 38:16+ 38:59+ 39:11+		
	03:07+ 09:56+ 02:34+ 03:27+ 04:00- 04:32- 03:13+ 00:43= 05:02- 01:42- 00:43- 00:12-		
	00:15+ 01:50# 00:02+ 00:01+ 00:11- 00:07- 00:15+ 00:00= 00:15- 00:04- 00:02- 00:03-		
4	Kristin Melby Jacobsen	197	39:17
	03:12+ 12:25+ 15:19+ 18:03+ 23:24+ 27:43+ 30:55+ 31:43+ 36:44+ 38:07+ 39:00+ 39:17+		
	03:12+ 09:13+ 02:54+ 02:44- 05:21+ 04:19- 03:12+ 00:48+ 05:01- 01:23- 00:53+ 00:17+		
	00:20# 01:07# 00:22# 00:42- 01:10& 00:20- 00:14+ 00:05# 00:16- 00:23- 00:08# 00:02#		
5	Mari Øverby	184	40:38
	02:56+ 09:26- 12:34- 14:37- 19:52- 25:24- 29:25+ 30:20+ 36:01+ 39:30+ 40:23+ 40:38+		
	02:56+ 06:30- 03:08+ 02:03- 05:15+ 05:32+ 04:01+ 00:55+ 05:41+ 03:29+ 00:53+ 00:15=		
	00:04+ 01:36- 00:36# 01:23- 01:04& 00:53# 01:03& 00:12& 00:24+ 01:43& 00:08# 00:00=		
6	Eline Schjerven	197	40:51
	02:52= 08:37- 11:25- 18:57+ 23:24+ 27:41+ 30:56+ 31:48+ 37:55+ 39:39+ 40:34+ 40:51+		
	02:52= 05:45- 02:48+ 07:32+ 04:27+ 04:17- 03:15+ 00:52+ 06:07+ 01:44- 00:55+ 00:17+		
	00:00= 02:21- 00:16# 04:06@ 00:16+ 00:22- 00:17+ 00:09# 00:50# 00:02- 00:10# 00:02#		
7	Konstane Moholth	184	41:28
	03:04+ 10:00- 13:12- 16:36- 22:42+ 28:33+ 32:17+ 33:15+ 38:41+ 40:12+ 41:11+ 41:28+		
	03:04+ 06:56- 03:12+ 03:24- 06:06+ 05:51+ 03:44+ 00:58+ 05:26+ 01:31- 00:59+ 00:17+		
	00:12+ 01:10- 00:40& 00:02- 01:55& 01:12& 00:46& 00:15& 00:09+ 00:15- 00:14& 00:02#		
8	Selma Høivold	184	43:26
	02:51- 09:27- 12:25- 21:03+ 26:38+ 31:42+ 34:51+ 35:38+ 40:38+ 42:19+ 43:08+ 43:26+		
	02:51- 06:36- 02:58+ 08:38+ 05:35+ 05:04+ 03:09+ 00:47+ 05:00- 01:41- 00:49+ 00:18+		
	00:01- 01:30- 00:26# 05:12@ 01:24& 00:25+ 00:11+ 00:04+ 00:17- 00:05- 00:04+ 00:03#		
9	Mille Vasshaug Jægtvik	185	51:15
	03:21+ 12:15+ 15:48+ 17:24+ 32:09+ 39:39+ 42:53+ 43:40+ 48:30+ 50:12+ 50:58+ 51:15+		
	03:21+ 08:54+ 03:33+ 01:36- 14:45+ 07:30+ 03:14+ 00:47+ 04:50- 01:42- 00:46+ 00:17+		
	00:29# 00:48+ 01:01& 01:50- 10:34@ 02:51& 00:16+ 00:04+ 00:27- 00:04- 00:01+ 00:02#		
10	Anne Maren Eidsten	133	53:27
	03:22+ 11:34+ 15:07+ 18:35+ 26:14+ 32:03+ 38:02+ 38:46+ 49:20+ 52:21+ 53:09+ 53:27+		
	03:22+ 08:12+ 03:33+ 03:28+ 07:39+ 05:49+ 05:59+ 00:44+ 10:34+ 03:01+ 00:48+ 00:18+		
	00:30# 00:06+ 01:01& 00:02+ 03:28& 01:10& 03:01@ 00:01+ 05:17& 01:15& 00:03+ 00:03#		
11	Lita Lerke Leodine Hjelseth	264	54:25
	04:01+ 11:24+ 15:26+ 18:26+ 28:16+ 35:24+ 41:17+ 42:28+ 50:03+ 52:56+ 54:08+ 54:25+		
	04:01+ 07:23- 04:02+ 03:00- 09:50+ 07:08+ 05:53+ 01:11+ 07:35+ 02:53+ 01:12+ 00:17+		
	01:09& 00:43- 01:30& 00:26- 05:39@ 02:29& 02:55& 00:28& 02:18& 01:07& 00:27& 00:02#		

Plass	Navn										Klasse	Tid
12	Mina Akiko Johnsen										133	57:02
07:33+	18:52+	22:35+	25:07+	29:57+	34:58+	41:40+	42:36+	51:02+	55:55+	56:46+	57:02+	
07:33+	11:19+	03:43+	02:32-	04:50+	05:01+	06:42+	00:56+	08:26+	04:53+	00:51+	00:16+	
04:41@	03:13&	01:11&	00:54-	00:39#	00:22+	03:44@	00:13&	03:09&	03:07@	00:06#	00:01+	
13	Gjendine Gjeldstad Rebård										301	1:00:00
04:41+	13:38+	18:05+	23:23+	30:11+	38:13+	44:40+	46:13+	55:58+	58:29+	59:43+	60:00+	
04:41+	08:57+	04:27+	05:18+	06:48+	08:02+	06:27+	01:33+	09:45+	02:31+	01:14+	00:17+	
01:49&	00:51#	01:55&	01:52&	02:37&	03:23&	03:29@	00:50@	04:28&	00:45&	00:29&	00:02#	
Beste strekktid for klassen												
02:51	05:45	02:32	01:36	04:00	04:17	02:58	00:43	04:50	01:23	00:43	00:12	

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

D13-16C

1	Nora Marie Enerhaugen										285	35:01
02:51=	07:55=	09:29=	10:11=	13:02=	14:47=	20:03=	26:16=	27:24=	31:47=	34:45=	35:01=	
02:51=	05:04=	01:34=	00:42=	02:51=	01:45=	05:16=	06:13=	01:08=	04:23=	02:58=	00:16=	
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	Amanda Axelson										64	45:37
03:47+	09:49+	11:27+	12:19+	15:20+	17:24+	23:34+	33:03+	34:14+	42:28+	45:22+	45:37+	
03:47+	06:02+	01:38+	00:52+	03:01+	02:04+	06:10+	09:29+	01:11+	08:14+	02:54-	00:15-	
00:56&	00:58#	00:04+	00:10#	00:10+	00:19#	00:54#	03:16&	00:03+	03:51&	00:04-	00:01-	
3	Sigrid Skjelbred										184	1:06:31
03:39+	09:35+	11:47+	12:37+	32:56+	34:35+	40:47+	52:05+	54:48+	63:28+	66:14+	66:31+	
03:39+	05:56+	02:12+	00:50+	20:19+	01:39-	06:12+	11:18+	02:43+	08:40+	02:46-	00:17+	
00:48&	00:52#	00:38&	00:08#	17:28@	00:06-	00:56#	05:05&	01:35@	04:17&	00:12-	00:01+	
4	Ingeborg Strandenes										69	1:14:28
09:10+	21:00+	22:32+	23:21+	33:44+	36:53+	45:04+	58:11+	59:23+	67:57+	74:08+	74:28+	
09:10+	11:50+	01:32-	00:49+	10:23+	03:09+	08:11+	13:07+	01:12+	08:34+	06:11+	00:20+	
06:19@	06:46@	00:02-	00:07#	07:32@	01:24&	02:55&	06:54@	00:04+	04:11&	03:13@	00:04#	
Beste strekktid for klassen												
02:51	05:04	01:32	00:42	02:51	01:39	05:16	06:13	01:08	04:23	02:46	00:15	

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

D15-16

1	Andrea Ranvik										185	48:53
02:30=	13:49=	16:21=	20:30=	23:02=	26:02=	33:14=	39:53=	40:41=	47:41=	48:39=	48:53=	
02:30=	11:19=	02:32=	04:09=	02:32=	03:00=	07:12=	06:39=	00:48=	07:00=	00:58=	00:14=	
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	Ingvild Langeggen										184	52:17
02:40+	12:15-	15:54-	20:33+	23:38+	26:14+	34:58+	42:27+	43:25+	50:40+	51:59+	52:17+	
02:40+	09:35-	03:39+	04:39+	03:05+	02:36-	08:44+	07:29+	00:58+	07:15+	01:19+	00:18+	
00:10+	01:44-	01:07&	00:30#	00:33#	00:24-	01:32#	00:50#	00:10#	00:15+	00:21&	00:04&	
3	Mari Landro Svingheim										185	54:40
03:21+	18:06+	21:15+	26:37+	29:49+	33:07+	40:26+	46:32+	47:30+	53:23+	54:25+	54:40+	
03:21+	14:45+	03:09+	05:22+	03:12+	03:18+	07:19+	06:06-	00:58+	05:53-	01:02+	00:15+	
00:51&	03:26&	00:37#	01:13&	00:40&	00:18#	00:07+	00:33-	00:10#	01:07-	00:04+	00:01+	
4	Jenny Baklid										185	54:56
03:01+	14:31+	17:46+	23:27+	26:47+	29:50+	38:00+	45:49+	46:57+	53:27+	54:42+	54:56+	
03:01+	11:30+	03:15+	05:41+	03:20+	03:03+	08:10+	07:49+	01:08+	06:30-	01:15+	00:14=	
00:31#	00:11+	00:43&	01:32&	00:48&	00:03+	00:58#	01:10#	00:20&	00:30-	00:17&	00:00=	
5	Tomine Lysaker Sanden										64	56:44
02:58+	15:14+	18:15+	24:25+	27:43+	30:36+	42:03+	48:15+	49:07+	55:20+	56:28+	56:44+	
02:58+	12:16+	03:01+	06:10+	03:18+	02:53-	11:27+	06:12-	00:52+	06:13-	01:08+	00:16+	
00:28#	00:57+	00:29#	02:01&	00:46&	00:07-	04:15&	00:27-	00:04+	00:47-	00:10#	00:02#	

Plass	Navn			Klasse								Tid
6	Mathilde Sæter Flesseberg			184								57:44
	02:40+	14:14+	17:14+	24:07+	27:19+	31:04+	39:28+	47:07+	48:10+	56:15+	57:31+	57:44+
	02:40+	11:34+	03:00+	06:53+	03:12+	03:45+	08:24+	07:39+	01:03+	08:05+	01:16+	00:13-
	00:10+	00:15+	00:28#	02:44&	00:40&	00:45#	01:12#	01:00#	00:15&	01:05#	00:18&	00:01-
7	Anniken Ranvik			185								57:51
	02:56+	17:20+	20:43+	25:38+	28:32+	31:26+	39:55+	47:17+	48:13+	56:31+	57:35+	57:51+
	02:56+	14:24+	03:23+	04:55+	02:54+	02:54-	08:29+	07:22+	00:56+	08:18+	01:04+	00:16+
	00:26#	03:05&	00:51&	00:46#	00:22#	00:06-	01:17#	00:43#	00:08#	01:18#	00:06#	00:02#
8	Solveig Letmolie			64								59:33
	02:51+	13:47-	17:18+	22:50+	26:16+	29:30+	38:41+	47:24+	48:30+	57:58+	59:16+	59:33+
	02:51+	10:56-	03:31+	05:32+	03:26+	03:14+	09:11+	08:43+	01:06+	09:28+	01:18+	00:17+
	00:21#	00:23-	00:59&	01:23&	00:54&	00:14+	01:59&	02:04&	00:18&	02:28&	00:20&	00:03#
9	Christine Hoen			64								1:01:58
	03:22+	16:21+	19:55+	26:03+	29:30+	33:40+	42:52+	50:46+	51:46+	60:24+	61:38+	61:58+
	03:22+	12:59+	03:34+	06:08+	03:27+	04:10+	09:12+	07:54+	01:00+	08:38+	01:14+	00:20+
	00:52&	01:40#	01:02&	01:59&	00:55&	01:10&	02:00&	01:15#	00:12#	01:38#	00:16&	00:06&
10	Amanda Skyttersæter Saugerud			185								1:06:19
	03:24+	17:06+	20:53+	27:54+	32:03+	35:59+	45:11+	53:55+	55:15+	64:27+	66:07+	66:19+
	03:24+	13:42+	03:47+	07:01+	04:09+	03:56+	09:12+	08:44+	01:20+	09:12+	01:40+	00:12-
	00:54&	02:23#	01:15&	02:52&	01:37&	00:56&	02:00&	02:05&	00:32&	02:12&	00:42&	00:02-
11	Malene Instanes			133								1:07:30
	02:57+	15:07+	21:14+	26:38+	35:58+	39:32+	48:33+	58:01+	58:59+	66:07+	67:14+	67:30+
	02:57+	12:10+	06:07+	05:24+	09:20+	03:34+	09:01+	09:28+	00:58+	07:08+	01:07+	00:16+
	00:27#	00:51+	03:35@	01:15&	06:48@	00:34#	01:49&	02:49&	00:10#	00:08+	00:09#	00:02#
12	Silje Morlandstø			64								1:08:25
	02:48+	19:25+	23:20+	29:13+	35:00+	38:40+	49:18+	58:15+	59:11+	66:57+	68:11+	68:25+
	02:48+	16:37+	03:55+	05:53+	05:47+	03:40+	10:38+	08:57+	00:56+	07:46+	01:14+	00:14=
	00:18#	05:18&	01:23&	01:44&	03:15@	00:40#	03:26&	02:18&	00:08#	00:46#	00:16&	00:00=
13	Ida Bolette Enerhaugen			285								1:08:32
	03:27+	20:05+	23:32+	30:12+	41:37+	44:11+	53:20+	60:24+	61:21+	67:05+	68:14+	68:32+
	03:27+	16:38+	03:27+	06:40+	11:25+	02:34-	09:09+	07:04+	00:57+	05:44-	01:09+	00:18+
	00:57&	05:19&	00:55&	02:31&	08:53@	00:26-	01:57&	00:25+	00:09#	01:16-	00:11#	00:04&
14	Karoline Torø			184								1:11:24
	03:29+	18:51+	25:38+	31:56+	35:51+	40:41+	51:03+	59:49+	61:00+	69:49+	71:08+	71:24+
	03:29+	15:22+	06:47+	06:18+	03:55+	04:50+	10:22+	08:46+	01:11+	08:49+	01:19+	00:16+
	00:59&	04:03&	04:15@	02:09&	01:23&	01:50&	03:10&	02:07&	00:23&	01:49&	00:21&	00:02#
15	Oda Isnes Tyse			64								1:12:15
	03:14+	20:37+	24:23+	30:28+	33:44+	37:57+	50:36+	60:10+	61:13+	70:36+	72:00+	72:15+
	03:14+	17:23+	03:46+	06:05+	03:16+	04:13+	12:39+	09:34+	01:03+	09:23+	01:24+	00:15+
	00:44&	06:04&	01:14&	01:56&	00:44&	01:13&	05:27&	02:55&	00:15&	02:23&	00:26&	00:01+
16	Ingeborg Kvarme			133								1:14:20
	03:19+	19:32+	23:40+	31:45+	35:40+	40:46+	50:35+	61:15+	62:16+	72:26+	74:00+	74:20+
	03:19+	16:13+	04:08+	08:05+	03:55+	05:06+	09:49+	10:40+	01:01+	10:10+	01:34+	00:20+
	00:49&	04:54&	01:36&	03:56&	01:23&	02:06&	02:37&	04:01&	00:13&	03:10&	00:36&	00:06&
17	Petra Hoveid			26								1:22:22
	03:21+	23:57+	27:53+	36:26+	40:33+	45:06+	56:50+	68:32+	69:44+	80:34+	82:03+	82:22+
	03:21+	20:36+	03:56+	08:33+	04:07+	04:33+	11:44+	11:42+	01:12+	10:50+	01:29+	00:19+
	00:51&	09:17&	01:24&	04:24@	01:35&	01:33&	04:32&	05:03&	00:24&	03:50&	00:31&	00:05&
18	Alvilde Lysaker Sanden			64								1:22:23
	03:28+	31:05+	35:14+	41:59+	48:09+	52:01+	61:08+	69:57+	71:17+	80:30+	82:08+	82:23+
	03:28+	27:37+	04:09+	06:45+	06:10+	03:52+	09:07+	08:49+	01:20+	09:13+	01:38+	00:15+
	00:58&	16:18@	01:37&	02:36&	03:38@	00:52&	01:55&	02:10&	00:32&	02:13&	00:40&	00:01+
19	Elisabeth Brandal Søfting			184								1:43:45
	03:47+	29:24+	34:55+	43:28+	47:33+	58:21+	75:59+	90:07+	91:40+	102:05+	103:28+	103:45+
	03:47+	25:37+	05:31+	08:33+	04:05+	10:48+	17:38+	14:08+	01:33+	10:25+	01:23+	00:17+
	01:17&	14:18@	02:59@	04:24@	01:33&	07:48@	10:26@	07:29@	00:45&	03:25&	00:25&	00:03#
20	Silje Slungaard			163								1:55:26
	03:37+	22:31+	26:54+	35:16+	60:39+	65:26+	80:14+	95:42+	97:01+	112:48+	115:06+	115:26+
	03:37+	18:54+	04:23+	08:22+	25:23+	04:47+	14:48+	15:28+	01:19+	15:47+	02:18+	00:20+
	01:07&	07:35&	01:51&	04:13@	22:51@	01:47&	07:36@	08:49@	00:31&	08:47@	01:20@	00:06&

Plass	Navn										Klasse	Tid									
21	Anni Saarela										185	1:58:03									
	04:31+	33:05+	39:12+	51:21+	56:46+	62:02+	77:43+	97:44+	99:10+	115:37+	117:37+	118:03+									
	04:31+	28:34+	06:07+	12:09+	05:25+	05:16+	15:41+	20:01+	01:26+	16:27+	02:00+	00:26+									
	02:01&	17:15@	03:35@	08:00@	02:53@	02:16&	08:29@	13:22@	00:38&	09:27@	01:02@	00:12&									
Beste strekktid for klassen																					
	02:30	09:35	02:32	04:09	02:32	02:34	07:12	06:06	00:48	05:44	00:58	00:12									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
D15-16B																					
1	Silje Carlsen										133	39:31									
	03:16=	08:56=	12:22=	14:43=	20:38=	26:30=	29:56=	30:38=	36:08=	38:19=	39:17=	39:31=									
	03:16=	05:40=	03:26=	02:21=	05:55=	05:52=	03:26=	00:42=	05:30=	02:11=	00:58=	00:14=									
	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	Ine Instanes										133	48:19									
	02:50-	13:09+	17:11+	19:17+	24:55+	29:53+	37:01+	38:01+	45:02+	47:20+	48:03+	48:19+									
	02:50-	10:19+	04:02+	02:06-	05:38-	04:58-	07:08+	01:00+	07:01+	02:18+	00:43-	00:16+									
	00:26-	04:39&	00:36#	00:15-	00:17-	00:54-	03:42@	00:18&	01:31&	00:07+	00:15-	00:02#									
Beste strekktid for klassen																					
	02:50	05:40	03:26	02:06	05:38	04:58	03:26	00:42	05:30	02:11	00:43	00:14									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
D17-18																					
1	Helene Eger										184	58:24									
	02:09=	12:50=	15:22=	18:59=	23:57=	26:48=	29:11=	34:46=	42:19=	48:35=	49:28=	55:46=	56:53=	58:09=	58:24=						
	02:09=	10:41=	02:32=	03:37=	04:58=	02:51=	02:23=	05:35=	07:33=	06:16=	00:53=	06:18=	01:07=	01:16=	00:15=						
	00:00=	00:00=	00:00=	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	Thea Charlotte Hansen										26	1:08:05									
	02:48+	15:54+	19:37+	23:24+	27:26+	30:46+	33:48+	39:48+	48:14+	57:31+	58:34+	65:20+	66:33+	67:49+	68:05+						
	02:48+	13:06+	03:43+	03:47+	04:02-	03:20+	03:02+	06:00+	08:26+	09:17+	01:03+	06:46+	01:13+	01:16=	00:16+						
	00:39&	02:25#	01:11&	00:10+	00:56-	00:29#	00:39&	00:25+	00:53#	03:01&	00:10#	00:28+	00:06+	00:00=	00:01+						
3	Agnes Irene Longfjeld										223	1:10:43									
	02:18+	17:14+	20:05+	23:13+	26:48+	29:38+	31:50+	37:06+	54:29+	60:55+	61:45+	68:12+	69:15+	70:26+	70:43+						
	02:18+	14:56+	02:51+	03:08-	03:35-	02:50-	02:12-	05:16-	17:23+	06:26+	00:50-	06:27+	01:03-	01:11-	00:17+						
	00:09+	04:15&	00:19#	00:29-	01:23-	00:01-	00:11-	00:19-	09:50@	00:10+	00:03-	00:09+	00:04-	00:05-	00:02#						
4	Elin Ulsaker										116	1:22:49									
	02:58+	18:23+	22:35+	26:38+	31:53+	39:20+	42:30+	49:54+	61:26+	72:05+	73:12+	79:30+	81:04+	82:34+	82:49+						
	02:58+	15:25+	04:12+	04:03+	05:15+	07:27+	03:10+	07:24+	11:32+	10:39+	01:07+	06:18=	01:34+	01:30+	00:15=						
	00:49&	04:44&	01:40&	00:26#	00:17+	04:36@	00:47&	01:49&	03:59&	04:23&	00:14&	00:00=	00:27&	00:14#	00:00=						
5	Andrea Vanebo										184	1:35:04									
	03:03+	22:12+	25:36+	30:10+	34:20+	38:24+	41:16+	52:42+	75:56+	84:25+	85:19+	91:54+	93:20+	94:45+	95:04+						
	03:03+	19:09+	03:24+	04:34+	04:10-	04:04+	02:52+	11:26+	23:14+	08:29+	00:54+	06:35+	01:26+	01:25+	00:19+						
	00:54&	08:28&	00:52&	00:57&	00:48-	01:13&	00:29#	05:51@	15:41@	02:13&	00:01+	00:17+	00:19&	00:09#	00:04&						
6	Sarah Wøllo										184	1:37:39									
	03:10+	22:36+	27:13+	32:53+	40:03+	45:33+	49:39+	59:41+	70:11+	82:15+	83:31+	91:52+	95:28+	97:21+	97:39+						
	03:10+	19:26+	04:37+	05:40+	07:10+	05:30+	04:06+	10:02+	10:30+	12:04+	01:16+	08:21+	03:36+	01:53+	00:18+						
	01:01&	08:45&	02:05&	02:03&	02:12&	02:39&	01:43&	04:27&	02:57&	05:48&	00:23&	02:03&	02:29@	00:37&	00:03#						
Beste strekktid for klassen																					
	02:09	10:41	02:32	03:08	03:35	02:50	02:12	05:16	07:33	06:16	00:50	06:18	01:03	01:11	00:15						
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
D17-AK																					

Plass	Navn	Klasse										Tid
1	Celine Renard	184										55:39
	03:06=	13:28=	16:26=	22:06=	25:52=	28:44=	38:00=	45:13=	46:11=	53:51=	55:18=	55:39=
	03:06=	10:22=	02:58=	05:40=	03:46=	02:52=	09:16=	07:13=	00:58=	07:40=	01:27=	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=
2	Hege Holth Rekaa	297										57:36
	03:56+	15:54+	19:17+	25:11+	29:05+	31:48+	39:57+	47:33+	48:34+	55:49+	57:17+	57:36+
	03:56+	11:58+	03:23+	05:54+	03:54+	02:43-	08:09-	07:36+	01:01+	07:15-	01:28+	00:19-
	00:50&	01:36#	00:25#	00:14+	00:08+	00:09-	01:07-	00:23+	00:03+	00:25-	00:01+	00:02-
3	Marie Nordbye Nybø	185										1:02:30
	02:50-	13:57+	17:05+	22:49+	27:57+	31:51+	42:04+	51:38+	52:48+	60:50+	62:11+	62:30+
	02:50-	11:07+	03:08+	05:44+	05:08+	03:54+	10:13+	09:34+	01:10+	08:02+	01:21-	00:19-
	00:16-	00:45+	00:10+	00:04+	01:22&	01:02&	00:57#	02:21&	00:12#	00:22+	00:06-	00:02-
4	Kornelia Lønning Brurberg	133										1:23:06
	03:23+	25:30+	30:29+	39:08+	46:03+	49:17+	61:42+	71:59+	72:58+	81:38+	82:52+	83:06+
	03:23+	22:07+	04:59+	08:39+	06:55+	03:14+	12:25+	10:17+	00:59+	08:40+	01:14-	00:14-
	00:17+	11:45@	02:01&	02:59&	03:09&	00:22#	03:09&	03:04&	00:01+	01:00#	00:13-	00:07-
5	Vera Gano Mønnich	297										1:33:47
	03:38+	25:48+	32:14+	43:56+	51:47+	57:13+	69:27+	79:49+	80:53+	91:29+	93:34+	93:47+
	03:38+	22:10+	06:26+	11:42+	07:51+	05:26+	12:14+	10:22+	01:04+	10:36+	02:05+	00:13-
	00:32#	11:48@	03:28@	06:02@	04:05@	02:34&	02:58&	03:09&	00:06#	02:56&	00:38&	00:08-
Beste strekktid for klassen												
	02:50	10:22	02:58	05:40	03:46	02:43	08:09	07:13	00:58	07:15	01:14	00:13
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
D17-B												
1	Kjersti Myhre	184										48:41
	03:46=	11:37=	15:48=	19:41=	25:34=	32:15=	36:36=	37:44=	45:05=	47:10=	48:17=	48:41=
	03:46=	07:51=	04:11=	03:53=	05:53=	06:41=	04:21=	01:08=	07:21=	02:05=	01:07=	00:24=
	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	Lenka Westin	278										49:06
	03:58+	11:57+	15:53+	18:58-	25:35+	31:36-	36:20-	37:36-	45:20+	47:39+	48:45+	49:06+
	03:58+	07:59+	03:56-	03:05-	06:37+	06:01-	04:44+	01:16+	07:44+	02:19+	01:06-	00:21-
	00:12+	00:08+	00:15-	00:48-	00:44#	00:40-	00:23+	00:08#	00:23+	00:14#	00:01-	00:03-
3	Tove Beate Jelstad	223										51:30
	03:50+	13:33+	17:31+	20:33+	27:48+	35:31+	40:20+	41:12+	47:50+	49:52+	51:10+	51:30+
	03:50+	09:43+	03:58-	03:02-	07:15+	07:43+	04:49+	00:52-	06:38-	02:02-	01:18+	00:20-
	00:04+	01:52#	00:13-	00:51-	01:22#	01:02#	00:28#	00:16-	00:43-	00:03-	00:11#	00:04-
4	Ina Cecilie Landro	185										52:13
	03:05-	09:28-	12:40-	15:38-	21:29-	27:02-	41:52+	42:44+	48:31+	50:55+	51:53+	52:13+
	03:05-	06:23-	03:12-	02:58-	05:51-	05:33-	14:50+	00:52-	05:47-	02:24+	00:58-	00:20-
	00:41-	01:28-	00:59-	00:55-	00:02-	01:08-	10:29@	00:16-	01:34-	00:19#	00:09-	00:04-
5	Anne Berit Rørlien	80										54:21
	05:02+	13:25+	17:51+	22:31+	30:48+	37:07+	42:23+	43:30+	50:27+	52:57+	53:59+	54:21+
	05:02+	08:23+	04:26+	04:40+	08:17+	06:19-	05:16+	01:07-	06:57-	02:30+	01:02-	00:22-
	01:16&	00:32+	00:15+	00:47#	02:24&	00:22-	00:55#	00:01-	00:24-	00:25#	00:05-	00:02-
6	Ida Bredholt	184										58:34
	04:09+	14:12+	18:38+	22:20+	30:58+	37:55+	42:42+	44:01+	54:37+	57:06+	58:14+	58:34+
	04:09+	10:03+	04:26+	03:42-	08:38+	06:57+	04:47+	01:19+	10:36+	02:29+	01:08+	00:20-
	00:23#	02:12&	00:15+	00:11-	02:45&	00:16+	00:26+	00:11#	03:15&	00:24#	00:01+	00:04-
7	Anne Berg Gjølberg	198										1:02:07
	04:55+	15:00+	20:20+	24:47+	32:56+	40:41+	46:07+	47:41+	56:56+	59:47+	61:31+	62:07+
	04:55+	10:05+	05:20+	04:27+	08:09+	07:45+	05:26+	01:34+	09:15+	02:51+	01:44+	00:36+
	01:09&	02:14&	01:09&	00:34#	02:16&	01:04#	01:05#	00:26&	01:54&	00:46&	00:37&	00:12&
8	Linnea Evensen	264										1:04:29
	04:16+	12:34+	16:48+	24:40+	36:00+	42:31+	47:40+	49:03+	58:28+	62:51+	64:08+	64:29+
	04:16+	08:18+	04:14+	07:52+	11:20+	06:31-	05:09+	01:23+	09:25+	04:23+	01:17+	00:21-
	00:30#	00:27+	00:03+	03:59@	05:27&	00:10-	00:48#	00:15#	02:04&	02:18@	00:10#	00:03-

Plass	Navn										Klasse	Tid
9	Marit Gano										297	1:09:42
	04:50+	15:35+	24:22+	28:30+	36:38+	45:53+	52:08+	53:51+	64:02+	66:57+	69:02+	69:42+
	04:50+	10:45+	08:47+	04:08+	08:08+	09:15+	06:15+	01:43+	10:11+	02:55+	02:05+	00:40+
	01:04&	02:54&	04:36@	00:15+	02:15&	02:34&	01:54&	00:35&	02:50&	00:50&	00:58&	00:16&
10	Lene Flesseberg										184	1:23:42
	04:41+	14:38+	22:28+	28:36+	42:29+	53:16+	60:24+	62:12+	78:00+	81:25+	83:17+	83:42+
	04:41+	09:57+	07:50+	06:08+	13:53+	10:47+	07:08+	01:48+	15:48+	03:25+	01:52+	00:25+
	00:55#	02:06&	03:39&	02:15&	08:00@	04:06&	02:47&	00:40&	08:27@	01:20&	00:45&	00:01+
Beste strekktid for klassen												
	03:05	06:23	03:12	02:58	05:51	05:33	04:21	00:52	05:47	02:02	00:58	00:20

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

D17-C

1	Mette Maudal										184	42:43
	02:56=	08:01=	09:51=	15:00=	19:05=	21:12=	25:41=	32:33=	33:36=	39:27=	42:20=	42:43=
	02:56=	05:05=	01:50=	05:09=	04:05=	02:07=	04:29=	06:52=	01:03=	05:51=	02:53=	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=
2	Kirsten Gjermstad										39	43:56
	03:11+	08:24+	10:50+	11:35-	14:45-	16:50-	21:27-	29:28-	32:01-	39:04-	43:35+	43:56+
	03:11+	05:13+	02:26+	00:45-	03:10-	02:05-	04:37+	08:01+	02:33+	07:03+	04:31+	00:21-
	00:15+	00:08+	00:36&	04:24-	00:55-	00:02-	00:08+	01:09#	01:30@	01:12#	01:38&	00:02-
3	Åsne Daling Nannestad										297	45:10
	02:36-	06:57-	08:16-	09:03-	14:13-	17:11-	21:39-	34:17+	36:25+	41:23+	44:50+	45:10+
	02:36-	04:21-	01:19-	00:47-	05:10+	02:58+	04:28-	12:38+	02:08+	04:58-	03:27+	00:20-
	00:20-	00:44-	00:31-	04:22-	01:05&	00:51&	00:01-	05:46&	01:05@	00:53-	00:34#	00:03-
4	Inger-Helene Carlsen										133	57:42
	02:53-	08:18+	10:27+	11:03-	27:42+	30:18+	35:34+	48:11+	50:01+	54:25+	57:18+	57:42+
	02:53-	05:25+	02:09+	00:36-	16:39+	02:36+	05:16+	12:37+	01:50+	04:24-	02:53=	00:24+
	00:03-	00:20+	00:19#	04:33-	12:34@	00:29#	00:47#	05:45&	00:47&	01:27-	00:00=	00:01+
5	Gro Sand										184	1:11:59
	03:09+	08:55+	10:47+	12:00-	40:33+	43:16+	49:29+	58:19+	59:35+	67:37+	71:34+	71:59+
	03:09+	05:46+	01:52+	01:13-	28:33+	02:43+	06:13+	08:50+	01:16+	08:02+	03:57+	00:25+
	00:13+	00:41#	00:02+	03:56-	24:28@	00:36&	01:44&	01:58&	00:13#	02:11&	01:04&	00:02+
6	Else Stordal										264	1:14:01
	03:55+	11:55+	19:02+	20:02+	24:31+	27:14+	48:56+	58:36+	60:12+	67:24+	73:27+	74:01+
	03:55+	08:00+	07:07+	01:00-	04:29+	02:43+	21:42+	09:40+	01:36+	07:12+	06:03+	00:34+
	00:59&	02:55&	05:17@	04:09-	00:24+	00:36&	17:13@	02:48&	00:33&	01:21#	03:10@	00:11&
Beste strekktid for klassen												
	02:36	04:21	01:19	00:36	03:10	02:05	04:28	06:52	01:03	04:24	02:53	00:20

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

D21A

1	Betty Ann Bjerkreim Nilsen										163	57:49
	03:30=	08:36=	15:44=	22:42=	25:41=	31:01=	31:34=	37:05=	41:25=	46:20=	48:44=	56:33=
	03:30=	05:06=	07:08=	06:58=	02:59=	05:20=	00:33=	05:31=	04:20=	04:55=	02:24=	07:49=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marion Huber										245	1:03:05
	03:40+	09:19+	17:24+	24:51+	27:52+	33:33+	34:06+	39:42+	44:05+	49:27+	52:10+	61:40+
	03:40+	05:39+	08:05+	07:27+	03:01+	05:41+	00:33=	05:36+	04:23+	05:22+	02:43+	09:30+
	00:10+	00:33#	00:57#	00:29+	00:02+	00:21+	00:00=	00:05+	00:03+	00:27+	00:19#	01:41#
3	Therese Haare										185	1:06:14
	04:00+	09:57+	18:27+	25:32+	29:05+	35:20+	36:04+	42:26+	47:12+	53:02+	55:46+	64:56+
	04:00+	05:57+	08:30+	07:05+	03:33+	06:15+	00:44+	06:22+	04:46+	05:50+	02:44+	09:10+
	00:30#	00:51#	01:22#	00:07+	00:34#	00:55#	00:11&	00:51#	00:26#	00:55#	00:20#	01:21#
											00:03+	00:01-

Plass	Navn										Klasse										Tid									
4	Siri Eidnes										273										1:10:34									
	04:11+	09:22+	18:38+	26:20+	30:25+	37:17+	38:00+	44:23+	49:36+	56:19+	59:10+	69:03+	70:16+	70:34+																
	04:11+	05:11+	09:16+	07:42+	04:05+	06:52+	00:43+	06:23+	05:13+	06:43+	02:51+	09:53+	01:13+	00:18+																
	00:41#	00:05+	02:08&	00:44#	01:06&	01:32&	00:10&	00:52#	00:53#	01:48&	00:27#	02:04&	00:12#	00:03#																
5	Marit Isachsen										26										1:27:29									
	04:19+	10:34+	22:09+	31:03+	35:36+	43:38+	44:29+	53:25+	58:49+	68:17+	71:50+	85:55+	87:12+	87:29+																
	04:19+	06:15+	11:35+	08:54+	04:33+	08:02+	00:51+	08:56+	05:24+	09:28+	03:33+	14:05+	01:17+	00:17+																
	00:49#	01:09#	04:27&	01:56&	01:34&	02:42&	00:18&	03:25&	01:04#	04:33&	01:09&	06:16&	00:16&	00:02#																
6	Line Drange Ruud										297										1:27:40									
	04:47+	11:23+	22:19+	32:19+	37:33+	45:53+	46:32+	54:37+	60:28+	69:19+	72:39+	85:35+	87:20+	87:40+																
	04:47+	06:36+	10:56+	10:00+	05:14+	08:20+	00:39+	08:05+	05:51+	08:51+	03:20+	12:56+	01:45+	00:20+																
	01:17&	01:30&	03:48&	03:02&	02:15&	03:00&	00:06#	02:34&	01:31&	03:56&	00:56&	05:07&	00:44&	00:05&																
Beste strekktid for klassen																														
	03:30	05:06	07:08	06:58	02:59	05:20	00:33	05:31	04:20	04:55	02:24	07:49	01:01	00:14																

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

D35

1	Kari Jussie Lønning										133										57:41									
02:41=	14:42=	18:31=	22:37=	25:43=	28:42=	31:17=	35:56=	43:24=	49:39=	50:33=	55:15=	56:16=	57:26=	57:41=																
02:41=	12:01=	03:49=	04:06=	03:06=	02:59=	02:35=	04:39=	07:28=	06:15=	00:54=	04:42=	01:01=	01:10=	00:15=																
00:00=	00:00=	00:00=	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	Tonje Rasmussen										264										1:08:35									
02:46+	15:35+	19:01+	23:35+	27:59+	31:14+	34:03+	40:24+	49:09+	57:30+	58:35+	64:54+	66:25+	68:14+	68:35+																
02:46+	12:49+	03:26-	04:34+	04:24+	03:15+	02:49+	06:21+	08:45+	08:21+	01:05+	06:19+	01:31+	01:49+	00:21+																
00:05+	00:48+	00:23-	00:28#	01:18&	00:16+	00:14+	01:42&	01:17#	02:06&	00:11#	01:37&	00:30&	00:39&	00:06&																
Beste strekktid for klassen																														
02:41	12:01	03:26	04:06	03:06	02:59	02:35	04:39	07:28	06:15	00:54	04:42	01:01	01:10	00:15																

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

D40

1	Zsuzsa Fey												163	48:35
02:29=	12:14=	15:05=	20:35=	24:21=	26:49=	34:02=	40:24=	41:12=	47:04=	48:17=	48:35=			
02:29=	09:45=	02:51=	05:30=	03:46=	02:28=	07:13=	06:22=	00:48=	05:52=	01:13=	00:18=			
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	Liv Schjerven												197	53:48
02:58+	14:09+	16:55+	22:09+	25:06+	28:00+	36:10+	43:26+	44:19+	52:06+	53:26+	53:48+			
02:58+	11:11+	02:46-	05:14-	02:57-	02:54+	08:10+	07:16+	00:53+	07:47+	01:20+	00:22+			
00:29#	01:26#	00:05-	00:16-	00:49-	00:26#	00:57#	00:54#	00:05#	01:55&	00:07+	00:04#			
3	Monica Berglund												285	54:54
03:22+	15:04+	19:49+	25:22+	28:39+	31:47+	38:54+	45:40+	46:32+	53:18+	54:38+	54:54+			
03:22+	11:42+	04:45+	05:33+	03:17-	03:08+	07:07-	06:46+	00:52+	06:46+	01:20+	00:16-			
00:53&	01:57#	01:54&	00:03+	00:29-	00:40&	00:06-	00:24+	00:04+	00:54#	00:07+	00:02-			
4	Kari Strand												184	1:00:59
03:30+	15:06+	18:29+	25:07+	28:46+	32:07+	41:01+	49:10+	50:13+	59:05+	60:44+	60:59+			
03:30+	11:36+	03:23+	06:38+	03:39-	03:21+	08:54+	08:09+	01:03+	08:52+	01:39+	00:15-			
01:01&	01:51#	00:32#	01:08#	00:07-	00:53&	01:41#	01:47&	00:15&	03:00&	00:26&	00:03-			
5	Atanaska Bedeleva												263	1:02:20
03:41+	17:16+	20:39+	26:25+	30:44+	33:57+	42:45+	51:31+	52:44+	60:37+	62:00+	62:20+			
03:41+	13:35+	03:23+	05:46+	04:19+	03:13+	08:48+	08:46+	01:13+	07:53+	01:23+	00:20+			
01:12&	03:50&	00:32#	00:16+	00:33#	00:45&	01:35#	02:24&	00:25&	02:01&	00:10#	00:02#			
6	Nina Birkelund												26	1:28:12
13:57+	34:20+	38:34+	44:45+	50:55+	54:09+	67:01+	76:49+	77:43+	86:33+	87:53+	88:12+			
13:57+	20:23+	04:14+	06:11+	06:10+	03:14+	12:52+	09:48+	00:54+	02:58+	01:20+	00:19+			
11:28@	03:38@	01:23&	00:41#	02:24&	00:46&	05:39&	03:26&	00:06#	02:50&	00:07+	00:01+			

Plass	Navn	Klasse										Tid
7	Linda Fredh	252										1:43:57
	04:39+ 04:39+ 02:10&	24:07+ 19:28+ 09:43&	31:22+ 07:15+ 04:24@	41:16+ 09:54+ 04:24&	46:31+ 05:15+ 01:29&	52:37+ 06:06+ 03:38@	72:39+ 20:02+ 12:49@	87:40+ 15:01+ 08:39@	89:01+ 01:21+ 00:33&	101:36+ 12:35+ 06:43@	103:33+ 01:57+ 00:44&	103:57+ 00:24+ 00:06&
Beste strekktid for klassen												
	02:29	09:45	02:46	05:14	02:57	02:28	07:07	06:22	00:48	05:52	01:13	00:15
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
D45												
1	Hilde Hovdenak	223										49:04
	02:46= 02:46= 00:00=	12:52= 10:06= 00:00=	15:57= 03:05= 00:00=	21:10= 05:13= 00:00=	24:12= 03:02= 00:00=	26:54= 02:42= 00:00=	33:35= 06:41= 00:00=	40:53= 07:18= 00:00=	41:42= 00:49= 00:00=	47:39= 05:57= 00:00=	48:48= 01:09= 00:00=	49:04= 00:16= 00:00=
2	Ingrid Kvistad	184										53:46
	02:57+ 02:57+ 00:11+	13:25+ 10:28+ 00:22+	17:38+ 04:13+ 01:08&	23:19+ 05:41+ 00:28+	26:15+ 02:56- 00:06-	29:10+ 02:55+ 00:13+	37:11+ 08:01+ 01:20#	44:19+ 07:08- 00:10-	45:14+ 00:55+ 00:06#	52:13+ 06:59+ 01:02#	53:28+ 01:15+ 00:06+	53:46+ 00:18+ 00:02#
3	Hege Feiring	163										54:05
	03:08+ 03:08+ 00:22#	13:47+ 10:39+ 00:33+	16:53+ 03:06+ 00:01+	22:32+ 05:39+ 00:26+	25:44+ 03:12+ 00:10+	30:07+ 04:23+ 01:41&	38:42+ 08:35+ 01:54&	44:48+ 06:06- 01:12-	45:49+ 01:01+ 00:12#	52:34+ 06:45+ 00:48#	53:47+ 01:13+ 00:04+	54:05+ 00:18+ 00:02#
4	Milda Øhlckers	163										54:59
	03:14+ 03:14+ 00:28#	14:36+ 11:22+ 01:16#	17:58+ 03:22+ 00:17+	23:42+ 05:44+ 00:31+	26:55+ 03:13+ 00:11+	29:54+ 02:59+ 00:17#	37:44+ 07:50+ 01:09#	45:05+ 07:21+ 00:03+	46:14+ 01:09+ 00:20&	53:20+ 07:06+ 01:09#	54:43+ 01:23+ 00:14#	54:59+ 00:16= 00:00=
5	Anne-Kristin Kvamme	285										55:11
	03:02+ 03:02+ 00:16+	13:06+ 10:04- 00:02-	16:04+ 02:58- 00:07-	20:53- 04:49- 00:24-	26:29+ 05:36+ 02:34&	29:38+ 03:09+ 00:27#	39:18+ 09:40+ 02:59&	46:08+ 06:50- 00:28-	46:55+ 00:47- 00:02-	53:43+ 06:48+ 00:51#	54:52+ 01:09= 00:00=	55:11+ 00:19+ 00:03#
6	Kirsti Kringhaug	285										55:29
	03:05+ 03:05+ 00:19#	15:21+ 12:16+ 02:10#	18:26+ 03:05= 00:00=	24:15+ 05:49+ 00:36#	27:24+ 03:09+ 00:07+	30:14+ 02:50+ 00:08+	38:07+ 07:53+ 01:12#	45:41+ 07:34+ 00:16+	46:33+ 00:52+ 00:03+	53:39+ 07:06+ 01:09#	55:10+ 01:31+ 00:22&	55:29+ 00:19+ 00:03#
7	Anne Guro Nøkleby	285										56:08
	03:06+ 03:06+ 00:20#	15:22+ 12:16+ 02:10#	18:15+ 02:53- 00:12-	23:51+ 05:36+ 00:23+	27:51+ 04:00+ 00:58&	30:39+ 02:48+ 00:06+	38:14+ 07:35+ 00:54#	46:08+ 07:54+ 00:36+	47:06+ 00:58+ 00:09#	54:37+ 07:31+ 01:34&	55:49+ 01:12+ 00:03+	56:08+ 00:19+ 00:03#
8	Aud Ellen Brevik	133										57:23
	02:50+ 02:50+ 00:04+	14:01+ 11:11+ 01:05#	17:07+ 03:06+ 00:01+	22:30+ 05:23+ 00:10+	25:35+ 03:05+ 00:03+	28:23+ 02:48+ 00:06+	36:30+ 08:07+ 01:26#	45:22+ 08:52+ 01:34#	46:26+ 01:04+ 00:15&	55:53+ 09:27+ 03:30&	57:07+ 01:14+ 00:05+	57:23+ 00:16= 00:00=
9	May Ingela Hope	223										58:51
	03:37+ 03:37+ 00:51&	15:41+ 12:04+ 01:58#	18:56+ 03:15+ 00:10+	24:27+ 05:31+ 00:18+	27:59+ 03:32+ 00:30#	31:41+ 03:42+ 01:00&	40:25+ 08:44+ 02:03&	49:35+ 09:10+ 01:52&	50:35+ 01:00+ 00:11#	57:17+ 06:42+ 00:45#	58:34+ 01:17+ 00:08#	58:51+ 00:17+ 00:01+
10	Isa Heggedal	185										1:00:09
	03:09+ 03:09+ 00:23#	14:51+ 11:42+ 01:36#	18:58+ 04:07+ 01:02&	25:28+ 06:30+ 01:17#	28:48+ 03:20+ 00:18+	32:00+ 03:12+ 00:30#	41:48+ 09:48+ 03:07&	49:29+ 07:41+ 00:23+	50:37+ 01:08+ 00:19&	58:11+ 07:34+ 01:37&	59:49+ 01:38+ 00:29&	60:09+ 00:20+ 00:04#
11	Kristin Eger	184										1:03:10
	03:32+ 03:32+ 00:46&	17:37+ 14:05+ 03:59&	20:42+ 03:05= 00:00=	27:08+ 06:26+ 01:13#	30:44+ 03:36+ 00:34#	33:51+ 03:07+ 00:25#	44:30+ 10:39+ 03:58&	52:32+ 08:02+ 00:44#	53:25+ 00:53+ 00:04+	61:28+ 08:03+ 02:06&	62:51+ 01:23+ 00:14#	63:10+ 00:19+ 00:03#
12	Trine Opseth	285										1:10:20
	03:15+ 03:15+ 00:29#	16:15+ 13:00+ 02:54&	24:24+ 08:09+ 05:04@	30:42+ 06:18+ 01:05#	34:02+ 03:20+ 00:18+	37:35+ 03:33+ 00:51&	51:30+ 13:55+ 07:14@	59:51+ 08:21+ 01:03#	60:54+ 01:03+ 00:14&	68:55+ 08:01+ 02:04&	70:04+ 01:09= 00:00=	70:20+ 00:16= 00:00=

Plass	Navn										Klasse	Tid
13	Tanja Instanes										133	1:12:37
	03:19+	19:02+	23:06+	30:42+	34:19+	37:51+	48:38+	59:30+	60:52+	71:05+	72:20+	72:37+
	03:19+	15:43+	04:04+	07:36+	03:37+	03:32+	10:47+	10:52+	01:22+	10:13+	01:15+	00:17+
	00:33#	05:37&	00:59&	02:23&	00:35#	00:50&	04:06&	03:34&	00:33&	04:16&	00:06+	00:01+
14	Line Skjevik Arnevik										285	1:12:59
	03:58+	23:24+	26:28+	32:57+	36:24+	40:23+	51:33+	60:36+	61:29+	71:00+	72:33+	72:59+
	03:58+	19:26+	03:04-	06:29+	03:27+	03:59+	11:10+	09:03+	00:53+	09:31+	01:33+	00:26+
	01:12&	09:20&	00:01-	01:16#	00:25#	01:17&	04:29&	01:45#	00:04+	03:34&	00:24&	00:10&
15	Anne Mia Olsen										223	1:13:02
	03:26+	18:40+	22:28+	30:47+	35:03+	40:01+	49:26+	61:14+	62:20+	70:58+	72:38+	73:02+
	03:26+	15:14+	03:48+	08:19+	04:16+	04:58+	09:25+	11:48+	01:06+	08:38+	01:40+	00:24+
	00:40#	05:08&	00:43#	03:06&	01:14&	02:16&	02:44&	04:30&	00:17&	02:41&	00:31&	00:08&
16	Charlotte Skourup										133	1:16:56
	08:16+	23:08+	27:10+	34:44+	38:23+	41:45+	52:43+	63:36+	64:48+	75:08+	76:35+	76:56+
	08:16+	14:52+	04:02+	07:34+	03:39+	03:22+	10:58+	10:53+	01:12+	10:20+	01:27+	00:21+
	05:30@	04:46&	00:57&	02:21&	00:37#	00:40#	04:17&	03:35&	00:23&	04:23&	00:18&	00:05&
17	Kari Arnestad										285	1:28:26
	04:00+	23:52+	29:29+	39:56+	44:13+	48:02+	62:52+	74:32+	75:48+	86:27+	88:03+	88:26+
	04:00+	19:52+	05:37+	10:27+	04:17+	03:49+	14:50+	11:40+	01:16+	10:39+	01:36+	00:23+
	01:14&	09:46&	02:32&	05:14@	01:15&	01:07&	08:09@	04:22&	00:27&	04:42&	00:27&	00:07&
Beste strekktid for klassen												
	02:46	10:04	02:53	04:49	02:56	02:42	06:41	06:06	00:47	05:57	01:09	00:16
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
D50												
1	Kjersti Stræte										285	54:27
	02:42=	13:45=	19:31=	22:47=	25:41=	30:59=	34:45=	40:26=	43:47=	44:45=	52:32=	54:07=
	02:42=	11:03=	05:46=	03:16=	02:54=	05:18=	03:46=	05:41=	03:21=	00:58=	07:47=	01:35=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anita Sørensen Drage										184	54:28
	03:03+	13:59+	19:59+	23:07+	25:41=	31:00+	34:24-	41:04+	44:09+	45:09+	52:30-	54:12+
	03:03+	10:56-	06:00+	03:08-	02:34-	05:19+	03:24-	06:40+	03:05-	01:00+	07:21-	01:42+
	00:21#	00:07-	00:14+	00:08-	00:20-	00:01+	00:22-	00:59#	00:16-	00:02+	00:26-	00:07+
3	Hanne Løver Thon										223	58:28
	03:24+	16:32+	23:53+	26:57+	29:29+	34:53+	38:13+	44:41+	47:47+	48:53+	56:32+	58:13+
	03:24+	13:08+	07:21+	03:04-	02:32-	05:24+	03:20-	06:28+	03:06-	01:06+	07:39-	01:41+
	00:42&	02:05#	01:35&	00:12-	00:22-	00:06+	00:26-	00:47#	00:15-	00:08#	00:08-	00:06+
4	Sissel Skovly										285	58:57
	03:29+	16:06+	23:32+	26:41+	29:54+	35:41+	39:13+	45:12+	48:35+	49:37+	56:57+	58:36+
	03:29+	12:37+	07:26+	03:09-	03:13+	05:47+	03:32-	05:59+	03:23+	01:02+	07:20-	01:39+
	00:47&	01:34#	01:40&	00:07-	00:19#	00:29+	00:14-	00:18+	00:02+	00:04+	00:27-	00:04+
5	Heidi Schatvet										243	1:01:30
	03:21+	16:23+	23:46+	27:35+	30:48+	36:35+	40:18+	46:49+	50:11+	51:24+	59:40+	61:09+
	03:21+	13:02+	07:23+	03:49+	03:13+	05:47+	03:43-	06:31+	03:22+	01:13+	08:16+	01:29-
	00:39#	01:59#	01:37&	00:33#	00:19#	00:29+	00:03-	00:50#	00:01+	00:15&	00:29+	00:06-
6	Beth Nicolaysen										184	1:03:42
	03:27+	16:37+	25:17+	28:39+	32:32+	37:37+	43:35+	49:50+	52:59+	53:58+	61:50+	63:21+
	03:27+	13:10+	08:40+	03:22+	03:53+	05:05-	05:58+	06:15+	03:09-	00:59+	07:52+	01:31-
	00:45&	02:07#	02:54&	00:06+	00:59&	00:13-	02:12&	00:34+	00:12-	00:01+	00:05+	00:04-
7	Elisabeth Hetlevik										184	1:04:15
	04:14+	19:18+	27:35+	31:09+	34:22+	39:50+	43:32+	49:39+	53:05+	54:06+	62:19+	63:52+
	04:14+	15:04+	08:17+	03:34+	03:13+	05:28+	03:42-	06:07+	03:26+	01:01+	08:13+	01:33-
	01:32&	04:01&	02:31&	00:18+	00:19#	00:10+	00:04-	00:26+	00:05+	00:03+	00:26+	00:02-
8	Tove Heimdal										185	1:04:47
	03:25+	18:43+	25:35+	29:09+	32:16+	38:22+	42:16+	49:24+	53:05+	54:26+	62:50+	64:26+
	03:25+	15:18+	06:52+	03:34+	03:07+	06:06+	03:54+	07:08+	03:41+	01:21+	08:24+	01:36+
	00:43&	04:15&	01:06#	00:18+	00:13+	00:48#	00:08+	01:27&	00:20+	00:23&	00:37+	00:01+

Plass	Navn												Klasse	Tid
9	Marianne Njåstein												163	1:06:09
	03:19+	16:06+	23:44+	27:20+	30:24+	36:30+	43:50+	50:47+	54:26+	55:27+	64:13+	65:45+	66:09+	
	03:19+	12:47+	07:38+	03:36+	03:04+	06:06+	07:20+	06:57+	03:39+	01:01+	08:46+	01:32-	00:24+	
	00:37#	01:44#	01:52&	00:20#	00:10+	00:48#	03:34&	01:16#	00:18+	00:03+	00:59#	00:03-	00:04#	
10	Anja Heggem												184	1:06:32
	03:24+	16:02+	23:40+	27:20+	30:32+	38:17+	42:24+	49:31+	53:15+	54:43+	64:21+	66:10+	66:32+	
	03:24+	12:38+	07:38+	03:40+	03:12+	07:45+	04:07+	07:07+	03:44+	01:28+	09:38+	01:49+	00:22+	
	00:42&	01:35#	01:52&	00:24#	00:18#	02:27&	00:21+	01:26&	00:23#	00:30&	01:51#	00:14#	00:02#	
11	Ida Syversen												297	1:11:22
	03:26+	16:51+	26:06+	30:49+	36:55+	42:40+	47:03+	54:15+	58:43+	60:11+	69:16+	71:03+	71:22+	
	03:26+	13:25+	09:15+	04:43+	06:06+	05:45+	04:23+	07:12+	04:28+	01:28+	09:05+	01:47+	00:19-	
	00:44&	02:22#	03:29&	01:27&	03:12@	00:27+	00:37#	01:31&	01:07&	00:30&	01:18#	00:12#	00:01-	
12	Toini Skyttersæter												185	1:14:55
	03:44+	19:00+	27:21+	31:35+	34:47+	44:29+	48:46+	56:16+	60:25+	61:47+	72:11+	74:31+	74:55+	
	03:44+	15:16+	08:21+	04:14+	03:12+	09:42+	04:17+	07:30+	04:09+	01:22+	10:24+	02:20+	00:24+	
	01:02&	04:13&	02:35&	00:58&	00:18#	04:24&	00:31#	01:49&	00:48#	00:24&	02:37&	00:45&	00:04#	
13	Lill-Ann Torp												301	1:15:27
	03:39+	19:18+	26:30+	30:35+	33:27+	40:02+	49:40+	58:33+	62:42+	63:51+	72:59+	75:03+	75:27+	
	03:39+	15:39+	07:12+	04:05+	02:52-	06:35+	09:38+	08:53+	04:09+	01:09+	09:08+	02:04+	00:24+	
	00:57&	04:36&	01:26#	00:49#	00:02-	01:17#	05:52@	03:12&	00:48#	00:11#	01:21#	00:29&	00:04#	
14	Kristin Sæthre Sørensen												133	1:15:33
	03:33+	16:58+	24:48+	31:24+	34:29+	41:43+	50:02+	57:07+	61:22+	62:30+	73:25+	75:13+	75:33+	
	03:33+	13:25+	07:50+	06:36+	03:05+	07:14+	08:19+	07:05+	04:15+	01:08+	10:55+	01:48+	00:20=	
	00:51&	02:22#	02:04&	03:20@	00:11+	01:56&	04:33@	01:24#	00:54&	00:10#	03:08&	00:13#	00:00=	
15	Maria Torgersen												32	1:21:42
	03:30+	22:21+	30:57+	35:56+	39:18+	50:17+	54:34+	62:39+	67:06+	68:16+	79:21+	81:17+	81:42+	
	03:30+	18:51+	08:36+	04:59+	03:22+	10:59+	04:17+	08:05+	04:27+	01:10+	11:05+	01:56+	00:25+	
	00:48&	07:48&	02:50&	01:43&	00:28#	05:41@	00:31#	02:24&	01:06&	00:12#	03:18&	00:21#	00:05#	
16	Solveig Kongsrud												223	1:27:01
	03:49+	22:26+	31:54+	41:07+	46:05+	53:36+	58:29+	65:49+	69:25+	70:34+	84:54+	86:40+	87:01+	
	03:49+	18:37+	09:28+	09:13+	04:58+	07:31+	04:53+	07:20+	03:36+	01:09+	14:20+	01:46+	00:21+	
	01:07&	07:34&	03:42&	05:57@	02:04&	02:13&	01:07&	01:39&	00:15+	00:11#	06:33&	00:11#	00:01+	
17	Maria Persson												26	1:30:02
	04:12+	21:04+	30:40+	35:13+	39:25+	48:44+	59:13+	68:24+	72:58+	74:16+	87:04+	89:34+	90:02+	
	04:12+	16:52+	09:36+	04:33+	04:12+	09:19+	10:29+	09:11+	04:34+	01:18+	12:48+	02:30+	00:28+	
	01:30&	05:49&	03:50&	01:17&	01:18&	04:01&	06:43@	03:30&	01:13&	00:20&	05:01&	00:55&	00:08&	
18	Trine Marit Justad Raaen												184	1:30:06
	03:34+	20:20+	28:31+	32:57+	38:15+	44:48+	58:14+	68:48+	74:59+	76:10+	87:53+	89:42+	90:06+	
	03:34+	16:46+	08:11+	04:26+	05:18+	06:33+	13:26+	10:34+	06:11+	01:11+	11:43+	01:49+	00:24+	
	00:52&	05:43&	02:25&	01:10&	02:24&	01:15#	09:40@	04:53&	02:50&	00:13#	03:56&	00:14#	00:04#	
Beste strekktid for klassen														
	02:42	10:56	05:46	03:04	02:32	05:05	03:20	05:41	03:05	00:58	07:20	01:29	00:15	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
D55														
1	Grete S B Hovi												312	57:35
	03:23=	15:38=	22:14=	25:47=	28:30=	33:56=	37:15=	43:17=	46:28=	47:28=	55:49=	57:14=	57:35=	
	03:23=	12:15=	06:36=	03:33=	02:43=	05:26=	03:19=	06:02=	03:11=	01:00=	08:21=	01:25=	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=	
2	Gunhild Hennum												201	59:31
	03:19-	15:42+	22:59+	27:15+	29:59+	35:28+	38:44+	44:30+	47:43+	48:43+	57:39+	59:11+	59:31+	
	03:19-	12:23+	07:17+	04:16+	02:44+	05:29+	03:16-	05:46-	03:13+	01:00=	08:56+	01:32+	00:20-	
	00:04-	00:08+	00:41#	00:43#	00:01+	00:03+	00:03-	00:16-	00:02+	00:00=	00:35+	00:07+	00:01-	
3	Ragnhild Elsrud Hultgreen												285	59:55
	03:31+	15:29-	23:05+	26:38+	29:25+	35:28+	39:00+	45:40+	49:21+	50:20+	57:52+	59:30+	59:55+	
	03:31+	11:58-	07:36+	03:33=	02:47+	06:03+	03:32+	06:40+	03:41+	00:59-	07:32-	01:38+	00:25+	
	00:08+	00:17-	01:00#	00:00=	00:04+	00:37#	00:13+	00:38#	00:30#	00:01-	00:49-	00:13#	00:04#	

Plass	Navn			Klasse								Tid		
4	Hilde Storløkken			184								1:03:51		
	03:21-	18:57+	25:25+	28:46+	31:42+	37:10+	40:44+	46:55+	53:12+	54:25+	62:02+	63:30+	63:51+	
	03:21-	15:36+	06:28-	03:21-	02:56+	05:28+	03:34+	06:11+	06:17+	01:13+	07:37-	01:28+	00:21=	
	00:02-	03:21&	00:08-	00:12-	00:13+	00:02+	00:15+	00:09+	03:06&	00:13#	00:44-	00:03+	00:00=	
5	Berit Danielsen			163								1:05:26		
	03:20-	17:26+	24:33+	28:23+	31:36+	37:56+	44:40+	51:07+	54:28+	55:37+	63:33+	65:06+	65:26+	
	03:20-	14:06+	07:07+	03:50+	03:13+	06:20+	06:44+	06:27+	03:21+	01:09+	07:56-	01:33+	00:20-	
	00:03-	01:51#	00:31+	00:17+	00:30#	00:54#	03:25@	00:25+	00:10+	00:09#	00:25-	00:08+	00:01-	
6	Unni Rye			26								1:08:02		
	04:33+	17:54+	26:04+	30:13+	33:30+	39:44+	43:37+	51:11+	54:52+	56:08+	65:41+	67:39+	68:02+	
	04:33+	13:21+	08:10+	04:09+	03:17+	06:14+	03:53+	07:34+	03:41+	01:16+	09:33+	01:58+	00:23+	
	01:10&	01:06+	01:34#	00:36#	00:34#	00:48#	00:34#	01:32&	00:30#	00:16&	01:12#	00:33&	00:02+	
7	Randi Nicolaisen			26								1:10:51		
	03:32+	18:30+	28:38+	32:39+	36:01+	42:06+	46:14+	53:36+	58:15+	59:19+	68:32+	70:29+	70:51+	
	03:32+	14:58+	10:08+	04:01+	03:22+	06:05+	04:08+	07:22+	04:39+	01:04+	09:13+	01:57+	00:22+	
	00:09+	02:43#	03:32&	00:28#	00:39#	00:39#	00:49#	01:20#	01:28&	00:04+	00:52#	00:32&	00:01+	
8	Ann Elisabeth Gunnulfsen			223								1:12:49		
	03:18-	16:27+	25:13+	28:29+	31:12+	37:00+	40:46+	47:03+	59:55+	61:11+	70:47+	72:26+	72:49+	
	03:18-	13:09+	08:46+	03:16-	02:43=	05:48+	03:46+	06:17+	12:52+	01:16+	09:36+	01:39+	00:23+	
	00:05-	00:54+	02:10&	00:17-	00:00=	00:22+	00:27#	00:15+	09:41@	00:16&	01:15#	00:14#	00:02+	
9	Cathrine Norvik			297								1:23:47		
	03:46+	19:19+	27:55+	32:29+	35:56+	43:45+	52:44+	61:00+	65:34+	66:48+	81:39+	83:24+	83:47+	
	03:46+	15:33+	08:36+	04:34+	03:27+	07:49+	08:59+	08:16+	04:34+	01:14+	14:51+	01:45+	00:23+	
	00:23#	03:18&	02:00&	01:01&	00:44&	02:23&	05:40@	02:14&	01:23&	00:14#	06:30&	00:20#	00:02+	
10	Eva Syversen			297								1:26:27		
	03:56+	22:02+	36:02+	40:00+	43:23+	52:28+	56:56+	66:47+	70:57+	72:17+	84:32+	86:08+	86:27+	
	03:56+	18:06+	14:00+	03:58+	03:23+	09:05+	04:28+	09:51+	04:10+	01:20+	12:15+	01:36+	00:19-	
	00:33#	05:51&	07:24@	00:25#	00:40#	03:39&	01:09&	03:49&	00:59&	00:20&	03:54&	00:11#	00:02-	
11	May Jorunn Rognlien			223								1:30:36		
	05:42+	25:02+	36:30+	41:50+	45:51+	53:54+	59:13+	68:55+	73:49+	75:25+	87:59+	90:14+	90:36+	
	05:42+	19:20+	11:28+	05:20+	04:01+	08:03+	05:19+	09:42+	04:54+	01:36+	12:34+	02:15+	00:22+	
	02:19&	07:05&	04:52&	01:47&	01:18&	02:37&	02:00&	03:40&	01:43&	00:36&	04:13&	00:50&	00:01+	
Beste strekktid for klassen														
	03:18	11:58	06:28	03:16	02:43	05:26	03:16	05:46	03:11	00:59	07:32	01:25	00:19	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
D60														
1	Sirpa Lilja			223								41:57		
	03:07=	11:48=	18:48=	19:53=	27:14=	28:27=	33:03=	34:37=	37:45=	38:47=	40:20=	41:35=	41:57=	
	03:07=	08:41=	07:00=	01:05=	07:21=	01:13=	04:36=	01:34=	03:08=	01:02=	01:33=	01:15=	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=	
2	Björg Svanberg			297								46:21		
	03:17+	12:31+	19:55+	21:12+	27:59+	29:36+	34:45+	36:49+	41:05+	42:22+	44:46+	45:59+	46:21+	
	03:17+	09:14+	07:24+	01:17+	06:47-	01:37+	05:09+	02:04+	04:16+	01:17+	02:24+	01:13-	00:22=	
	00:10+	00:33+	00:24+	00:12#	00:34-	00:24&	00:33#	00:30&	01:08&	00:15#	00:51&	00:02-	00:00=	
3	Helga Haverstad			201								47:17		
	02:51-	12:26+	21:27+	22:41+	31:07+	32:33+	37:05+	38:42+	42:00+	43:17+	45:50+	46:56+	47:17+	
	02:51-	09:35+	09:01+	01:14+	08:26+	01:26+	04:32-	01:37+	03:18+	01:17+	02:33+	01:06-	00:21-	
	00:16-	00:54#	02:01&	00:09#	01:05#	00:13#	00:04-	00:03+	00:10+	00:15#	01:00&	00:09-	00:01-	
4	Wenche Hultgreen			163								48:01		
	03:47+	13:40+	21:43+	23:00+	30:15+	31:51+	37:20+	39:29+	43:04+	44:28+	46:30+	47:39+	48:01+	
	03:47+	09:53+	08:03+	01:17+	07:15-	01:36+	05:29+	02:09+	03:35+	01:24+	02:02+	01:09-	00:22=	
	00:40#	01:12#	01:03#	00:12#	00:06-	00:23&	00:53#	00:35&	00:27#	00:22&	00:29&	00:06-	00:00=	
5	Anne-Berit Rasmussen			264								1:07:42		
	03:53+	17:06+	31:11+	33:25+	43:08+	45:16+	52:31+	55:39+	60:23+	62:08+	65:27+	67:14+	67:42+	
	03:53+	13:13+	14:05+	02:14+	09:43+	02:08+	07:15+	03:08+	04:44+	01:45+	03:19+	01:47+	00:28+	
	00:46#	04:32&	07:05@	01:09@	02:22&	00:55&	02:39&	01:34&	01:36&	00:43&	01:46@	00:32&	00:06&	

Plass	Navn												Klasse	Tid
6	Inger Nergaard												328	1:27:37
	04:24+	26:21+	37:04+	39:09+	54:09+	56:22+	69:53+	73:11+	79:20+	81:26+	85:17+	87:09+	87:37+	
	04:24+	21:57+	10:43+	02:05+	15:00+	02:13+	13:31+	03:18+	06:09+	02:06+	03:51+	01:52+	00:28+	
	01:17&	13:16@	03:43&	01:00&	07:39@	01:00&	08:55@	01:44@	03:01&	01:04@	02:18@	00:37&	00:06&	
Beste strekktid for klassen														
	02:51	08:41	07:00	01:05	06:47	01:13	04:32	01:34	03:08	01:02	01:33	01:06	00:21	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
D65														
1	Ingrid Strande												312	47:52
	03:39=	13:38=	22:46=	24:05=	30:56=	32:33=	37:46=	39:46=	43:17=	44:33=	46:31=	47:31=	47:52=	
	03:39=	09:59=	09:08=	01:19=	06:51=	01:37=	05:13=	02:00=	03:31=	01:16=	01:58=	01:00=	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=	
2	Kari Strande												285	48:38
	03:42+	14:28+	22:49+	23:57-	31:01+	33:10+	37:54+	39:58+	43:40+	45:14+	47:09+	48:15+	48:38+	
	03:42+	10:46+	08:21-	01:08-	07:04+	02:09+	04:44-	02:04+	03:42+	01:34+	01:55-	01:06+	00:23+	
	00:03+	00:47+	00:47-	00:11-	00:13+	00:32&	00:29-	00:04+	00:11+	00:18#	00:03-	00:06#	00:02+	
3	Inger Tiltnes												163	54:50
	04:15+	16:13+	25:45+	27:42+	35:16+	37:25+	43:24+	46:09+	49:55+	51:19+	53:19+	54:27+	54:50+	
	04:15+	11:58+	09:32+	01:57+	07:34+	02:09+	05:59+	02:45+	03:46+	01:24+	02:00+	01:08+	00:23+	
	00:36#	01:59#	00:24+	00:38&	00:43#	00:32&	00:46#	00:45&	00:15+	00:08#	00:02+	00:08#	00:02+	
4	Emma Grete Feyling Haare												185	57:37
	03:57+	15:41+	24:52+	26:01+	33:06+	36:41+	42:35+	47:25+	51:36+	53:03+	55:40+	57:17+	57:37+	
	03:57+	11:44+	09:11+	01:09-	07:05+	03:35+	05:54+	04:50+	04:11+	01:27+	02:37+	01:37+	00:20-	
	00:18+	01:45#	00:03+	00:10-	00:14+	01:58@	00:41#	02:50@	00:40#	00:11#	00:39&	00:37&	00:01-	
Beste strekktid for klassen														
	03:39	09:59	08:21	01:08	06:51	01:37	04:44	02:00	03:31	01:16	01:55	01:00	00:20	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
D70														
1	Torill Nebell Mikkelsen												39	45:18
	04:28=	09:47=	14:27=	17:59=	19:50=	26:11=	30:33=	31:51=	41:01=	43:20=	44:55=	45:18=		
	04:28=	05:19=	04:40=	03:32=	01:51=	06:21=	04:22=	01:18=	09:10=	02:19=	01:35=	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=		
2	Birgitte Bekkelund												297	50:14
	06:00+	15:34+	20:36+	23:52+	25:38+	32:47+	36:59+	38:09+	46:12+	48:38+	49:52+	50:14+		
	06:00+	09:34+	05:02+	03:16-	01:46-	07:09+	04:12-	01:10-	08:03-	02:26+	01:14-	00:22-		
	01:32&	04:15&	00:22+	00:16-	00:05-	00:48#	00:10-	00:08-	01:07-	00:07+	00:21-	00:01-		
3	Hanne Bræck												184	53:03
	05:04+	11:37+	17:39+	22:23+	25:00+	32:32+	37:44+	39:04+	48:15+	50:52+	52:34+	53:03+		
	05:04+	06:33+	06:02+	04:44+	02:37+	07:32+	05:12+	01:20+	09:11+	02:37+	01:42+	00:29+		
	00:36#	01:14#	01:22&	01:12&	00:46&	01:11#	00:50#	00:02+	00:01+	00:18#	00:07+	00:06&		
4	Gry Bruland Vråle												133	1:12:23
	05:59+	15:53+	24:39+	33:19+	35:50+	45:44+	52:54+	54:33+	66:26+	69:36+	71:41+	72:23+		
	05:59+	09:54+	08:46+	08:40+	02:31+	09:54+	07:10+	01:39+	11:53+	03:10+	02:05+	00:42+		
	01:31&	04:35&	04:06&	05:08@	00:40&	03:33&	02:48&	00:21&	02:43&	00:51&	00:30&	00:19&		
5	Inger Lise Bjordal												268	1:18:31
	06:40+	14:37+	23:03+	31:31+	34:42+	46:10+	55:01+	57:25+	70:33+	75:31+	77:50+	78:31+		
	06:40+	07:57+	08:26+	08:28+	03:11+	11:28+	08:51+	02:24+	13:08+	04:58+	02:19+	00:41+		
	02:12&	02:38&	03:46&	04:56@	01:20&	05:07&	04:29@	01:06&	03:58&	02:39@	00:44&	00:18&		
Beste strekktid for klassen														
	04:28	05:19	04:40	03:16	01:46	06:21	04:12	01:10	08:03	02:19	01:14	00:22		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														

Plass	Navn												Klasse	Tid
D75														
1	Unni Drage												108	54:08
	04:32=	09:50=	16:51=	22:51=	24:48=	36:01=	40:50=	42:10=	49:47=	52:20=	53:41=	54:08=		
	04:32=	05:18=	07:01=	06:00=	01:57=	11:13=	04:49=	01:20=	07:37=	02:33=	01:21=	00:27=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Anne Lise Øfsthus												26	58:08
	04:23-	10:29+	17:14+	24:30+	26:56+	35:43-	42:41+	44:07+	53:09+	56:16+	57:44+	58:08+		
	04:23-	06:06+	06:45-	07:16+	02:26+	08:47-	06:58+	01:26+	09:02+	03:07+	01:28+	00:24-		
	00:09-	00:48#	00:16-	01:16#	00:29#	02:26-	02:09&	00:06+	01:25#	00:34#	00:07+	00:03-		
Beste strekktid for klassen														
	04:23	05:18	06:45	06:00	01:57	08:47	04:49	01:20	07:37	02:33	01:21	00:24		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
Direke AL														
1	Eivind Tonna												26	1:00:53
	03:23=	07:57=	15:32=	22:38=	25:46=	31:56=	32:33=	38:58=	43:23=	48:47=	51:28=	59:26=	60:36=	60:53=
	03:23=	04:34=	07:35=	07:06=	03:08=	06:10=	00:37=	06:25=	04:25=	05:24=	02:41=	07:58=	01:10=	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=
2	Håkon Heggedal												245	1:01:03
	03:42+	08:05+	15:59+	22:48+	25:53+	31:49-	32:22-	38:04-	42:34-	48:19-	50:52-	59:40+	60:47+	61:03+
	03:42+	04:23-	07:54+	06:49-	03:05-	05:56-	00:33-	05:42-	04:30+	05:45+	02:33-	08:48+	01:07-	00:16-
	00:19+	00:11-	00:19+	00:17-	00:03-	00:14-	00:04-	00:43-	00:05+	00:21+	00:08-	00:50#	00:03-	00:01-
3	Matthias Gilgien												163	1:02:58
	03:35+	08:41+	17:04+	23:39+	26:58+	33:24+	34:00+	40:24+	45:16+	50:40+	53:10+	61:32+	62:33+	62:58+
	03:35+	05:06+	08:23+	06:35-	03:19+	06:26+	00:36-	06:24-	04:52+	05:24=	02:30-	08:22+	01:01-	00:25+
	00:12+	00:32#	00:48#	00:31-	00:11+	00:16+	00:01-	00:01-	00:27#	00:00=	00:11-	00:24+	00:09-	00:08&
4	Henrik Drange Ruud												297	1:03:05
	03:03-	08:10+	16:07+	24:11+	27:31+	33:29+	34:15+	40:25+	45:07+	50:36+	53:10+	61:39+	62:49+	63:05+
	03:03-	05:07+	07:57+	08:04+	03:20+	05:58-	00:46+	06:10-	04:42+	05:29+	02:34-	08:29+	01:10=	00:16-
	00:20-	00:33#	00:22+	00:58#	00:12+	00:12-	00:09#	00:15-	00:17+	00:05+	00:07-	00:31+	00:00=	00:01-
5	Henning Spjelkavik												163	1:06:12
	04:51+	09:50+	18:42+	26:46+	30:14+	36:23+	36:58+	43:14+	47:50+	53:21+	55:51+	64:46+	65:56+	66:12+
	04:51+	04:59+	08:52+	08:04+	03:28+	06:09-	00:35-	06:16-	04:36+	05:31+	02:30-	08:55+	01:10=	00:16-
	01:28&	00:25+	01:17#	00:58#	00:20#	00:01-	00:02-	00:09-	00:11+	00:07+	00:11-	00:57#	00:00=	00:01-
6	Trond Evensen												264	1:24:38
	04:27+	10:45+	21:16+	30:59+	35:14+	43:47+	44:35+	52:58+	58:52+	66:41+	70:15+	82:51+	84:20+	84:38+
	04:27+	06:18+	10:31+	09:43+	04:15+	08:33+	00:48+	08:23+	05:54+	07:49+	03:34+	12:36+	01:29+	00:18+
	01:04&	01:44&	02:56&	02:37&	01:07&	02:23&	00:11&	01:58&	01:29&	02:25&	00:53&	04:38&	00:19&	00:01+
7	Anton Plaian												26	1:29:45
	05:11+	15:49+	28:02+	36:34+	40:38+	48:30+	49:29+	57:37+	63:29+	70:09+	76:22+	87:40+	89:24+	89:45+
	05:11+	10:38+	12:13+	08:32+	04:04+	07:52+	00:59+	08:08+	05:52+	06:40+	06:13+	11:18+	01:44+	00:21+
	01:48&	06:04@	04:38&	01:26#	00:56&	01:42&	00:22&	01:43&	01:27&	01:16#	03:32@	03:20&	00:34&	00:04#
8	Bertil Horvli												185	1:35:26
	05:26+	12:53+	23:53+	35:20+	39:03+	47:22+	48:07+	56:18+	62:07+	68:42+	74:29+	93:19+	95:06+	95:26+
	05:26+	07:27+	11:00+	11:27+	03:43+	08:19+	00:45+	08:11+	05:49+	06:35+	05:47+	18:50+	01:47+	00:20+
	02:03&	02:53&	03:25&	04:21&	00:35#	02:09&	00:08#	01:46&	01:24&	01:11#	03:06@	10:52@	00:37&	00:03#
9	Torstein Mellem												245	1:36:27
	04:06+	20:24+	32:28+	41:50+	45:46+	53:49+	54:39+	63:07+	69:40+	77:05+	84:53+	95:16+	96:12+	96:27+
	04:06+	16:18+	12:04+	09:22+	03:56+	08:03+	00:50+	08:28+	06:33+	07:25+	07:48+	10:23+	00:56-	00:15-
	00:43#	11:44@	04:29&	02:16&	00:48&	01:53&	00:13&	02:03&	02:08&	02:01&	05:07@	02:25&	00:14-	00:02-
10	Kristin Bruserud												263	1:38:25
	04:49+	13:53+	31:58+	41:20+	46:22+	54:15+	55:01+	67:14+	73:05+	80:01+	82:47+	96:56+	98:10+	98:25+
	04:49+	09:04+	18:05+	09:22+	05:02+	07:53+	00:46+	12:13+	05:51+	06:56+	02:46+	14:09+	01:14+	00:15-
	01:26&	04:30&	10:30@	02:16&	01:54&	01:43&	00:09#	05:48&	01:26&	01:32&	00:05+	06:11&	00:04+	00:02-

Plass	Navn												Klasse	Tid
11	Ingunn Jahren Horvli												185	1:38:47
	05:48+	15:52+	28:59+	39:43+	44:25+	53:54+	54:56+	64:14+	71:21+	79:09+	82:39+	96:51+	98:24+	98:47+
	05:48+	10:04+	13:07+	10:44+	04:42+	09:29+	01:02+	09:18+	07:07+	07:48+	03:30+	14:12+	01:33+	00:23+
	02:25&	05:30@	05:32&	03:38&	01:34&	03:19&	00:25&	02:53&	02:42&	02:24&	00:49&	06:14&	00:23&	00:06&
Beste strekktid for klassen														
	03:03	04:23	07:35	06:35	03:05	05:56	00:33	05:42	04:25	05:24	02:30	07:58	00:56	00:15
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
Direkte AK														
1	Per Wirehn												26	34:13
	44192:00=													
	44192:00=													
	00:00=													
2	Anders Øpstad												26	38:59
	02:17-	11:27+	18:50+	19:47+	25:44+	26:58+	31:10+	32:41+	35:17+	36:21+	37:49+	38:40+	38:59+	
	02:17-	09:10+	07:23+	00:57+	05:57+	01:14+	04:12+	01:31+	02:36+	01:04+	01:28+	00:51+	00:19+	
	44189:43-	09:10+	07:23+	00:57+	05:57+	01:14+	04:12+	01:31+	02:36+	01:04+	01:28+	00:51+	00:19+	
3	Jorun Ruud												26	40:50
	02:50-	12:00+	18:31+	19:39+	25:51+	27:19+	32:21+	34:05+	36:57+	37:59+	39:27+	40:29+	40:50+	
	02:50-	09:10+	06:31+	01:08+	06:12+	01:28+	05:02+	01:44+	02:52+	01:02+	01:28+	01:02+	00:21+	
	44189:10-	09:10+	06:31+	01:08+	06:12+	01:28+	05:02+	01:44+	02:52+	01:02+	01:28+	01:02+	00:21+	
4	Kjell Rønneberg												297	40:54
	02:13-	11:27+	18:12+	19:21+	25:37+	27:03+	30:51+	32:45+	35:50+	37:49+	39:38+	40:37+	40:54+	
	02:13-	09:14+	06:45+	01:09+	06:16+	01:26+	03:48+	01:54+	03:05+	01:59+	01:49+	00:59+	00:17+	
	44189:47-	09:14+	06:45+	01:09+	06:16+	01:26+	03:48+	01:54+	03:05+	01:59+	01:49+	00:59+	00:17+	
5	Hannele Tonna												26	41:04
	02:16-	11:51+	18:14+	19:19+	26:35+	27:54+	32:31+	34:07+	37:01+	37:59+	39:43+	40:44+	41:04+	
	02:16-	09:35+	06:23+	01:05+	07:16+	01:19+	04:37+	01:36+	02:54+	00:58+	01:44+	01:01+	00:20+	
	44189:44-	09:35+	06:23+	01:05+	07:16+	01:19+	04:37+	01:36+	02:54+	00:58+	01:44+	01:01+	00:20+	
6	Vegard Bagstevold												184	42:46
	02:14-	14:35+	20:57+	22:25+	27:49+	29:11+	34:23+	35:55+	38:53+	40:01+	41:31+	42:31+	42:46+	
	02:14-	12:21+	06:22+	01:28+	05:24+	01:22+	05:12+	01:32+	02:58+	01:08+	01:30+	01:00+	00:15+	
	44189:46-	12:21+	06:22+	01:28+	05:24+	01:22+	05:12+	01:32+	02:58+	01:08+	01:30+	01:00+	00:15+	
7	Snorre Frydenlund												133	43:45
	02:53-	12:47+	20:08+	21:36+	28:33+	29:47+	34:57+	36:21+	39:45+	40:59+	42:29+	43:27+	43:45+	
	02:53-	09:54+	07:21+	01:28+	06:57+	01:14+	05:10+	01:24+	03:24+	01:14+	01:30+	00:58+	00:18+	
	44189:07-	09:54+	07:21+	01:28+	06:57+	01:14+	05:10+	01:24+	03:24+	01:14+	01:30+	00:58+	00:18+	
8	Trine Melheim												133	48:08
	03:36-	15:10+	23:54+	25:07+	31:50+	33:23+	38:07+	40:05+	43:32+	44:58+	46:51+	47:49+	48:08+	
	03:36-	11:34+	08:44+	01:13+	06:43+	01:33+	04:44+	01:58+	03:27+	01:26+	01:53+	00:58+	00:19+	
	44188:24-	11:34+	08:44+	01:13+	06:43+	01:33+	04:44+	01:58+	03:27+	01:26+	01:53+	00:58+	00:19+	
9	Mai Britt Bjørk												301	49:14
	02:58-	16:07+	23:42+	24:58+	31:21+	32:47+	38:42+	40:25+	45:04+	46:14+	47:49+	48:55+	49:14+	
	02:58-	13:09+	07:35+	01:16+	06:23+	01:26+	05:55+	01:43+	04:39+	01:10+	01:35+	01:06+	00:19+	
	44189:02-	13:09+	07:35+	01:16+	06:23+	01:26+	05:55+	01:43+	04:39+	01:10+	01:35+	01:06+	00:19+	
11	Tonje Vråle												133	52:17
	02:42-	17:24+	26:57+	28:14+	35:23+	37:13+	42:08+	43:56+	47:20+	48:48+	51:00+	52:01+	52:17+	
	02:42-	14:42+	09:33+	01:17+	07:09+	01:50+	04:55+	01:48+	03:24+	01:28+	02:12+	01:01+	00:16+	
	44189:18-	14:42+	09:33+	01:17+	07:09+	01:50+	04:55+	01:48+	03:24+	01:28+	02:12+	01:01+	00:16+	
12	Knut Langeggen												184	53:38
	04:12-	15:29+	26:01+	28:08+	34:48+	36:27+	43:31+	45:07+	48:58+	50:30+	52:29+	53:21+	53:38+	
	04:12-	11:17+	10:32+	02:07+	06:40+	01:39+	07:04+	01:36+	03:51+	01:32+	01:59+	00:52+	00:17+	
	44187:48-	11:17+	10:32+	02:07+	06:40+	01:39+	07:04+	01:36+	03:51+	01:32+	01:59+	00:52+	00:17+	
13	Ellen Gustafsson												184	55:54
	08:18-	20:24+	28:51+	30:29+	39:00+	40:19+	46:27+	48:11+	50:55+	52:10+	54:37+	55:37+	55:54+	
	08:18-	12:06+	08:27+	01:38+	08:31+	01:19+	06:08+	01:44+	02:44+	01:15+	02:27+	01:00+	00:17+	
	44183:42-	12:06+	08:27+	01:38+	08:31+	01:19+	06:08+	01:44+	02:44+	01:15+	02:27+	01:00+	00:17+	

Plass	Navn	Klasse	Tid
14	Tom Rådahl	163	56:45
03:28-	15:57+ 25:09+ 26:37+ 34:58+ 37:10+ 44:56+ 47:16+ 51:25+ 52:59+ 55:11+ 56:26+ 56:45+		
03:28-	12:29+ 09:12+ 01:28+ 08:21+ 02:12+ 07:46+ 02:20+ 04:09+ 01:34+ 02:12+ 01:15+ 00:19+		
44188:32-	12:29+ 09:12+ 01:28+ 08:21+ 02:12+ 07:46+ 02:20+ 04:09+ 01:34+ 02:12+ 01:15+ 00:19+		
15	Stine Kaiser	133	57:24
03:45-	16:15+ 25:51+ 27:22+ 36:12+ 37:51+ 43:56+ 46:15+ 52:03+ 53:30+ 55:57+ 57:02+ 57:24+		
03:45-	12:30+ 09:36+ 01:31+ 08:50+ 01:39+ 06:05+ 02:19+ 05:48+ 01:27+ 02:27+ 01:05+ 00:22+		
44188:15-	12:30+ 09:36+ 01:31+ 08:50+ 01:39+ 06:05+ 02:19+ 05:48+ 01:27+ 02:27+ 01:05+ 00:22+		
16	Pirjo Luchsinger	184	59:07
03:30-	16:05+ 26:05+ 27:45+ 37:01+ 38:45+ 45:33+ 48:01+ 53:02+ 54:42+ 57:05+ 58:37+ 59:07+		
03:30-	12:35+ 10:00+ 01:40+ 09:16+ 01:44+ 06:48+ 02:28+ 05:01+ 01:40+ 02:23+ 01:32+ 00:30+		
44188:30-	12:35+ 10:00+ 01:40+ 09:16+ 01:44+ 06:48+ 02:28+ 05:01+ 01:40+ 02:23+ 01:32+ 00:30+		
17	Kirsti Grundnes Berg	163	1:01:25
03:58-	18:35+ 28:27+ 30:25+ 40:08+ 41:50+ 50:33+ 52:39+ 56:36+ 57:53+ 59:50+ 60:58+ 61:25+		
03:58-	14:37+ 09:52+ 01:58+ 09:43+ 01:42+ 08:43+ 02:06+ 03:57+ 01:17+ 01:57+ 01:08+ 00:27+		
44188:02-	14:37+ 09:52+ 01:58+ 09:43+ 01:42+ 08:43+ 02:06+ 03:57+ 01:17+ 01:57+ 01:08+ 00:27+		
18	Marion Amundsen	285	1:08:24
04:42-	22:15+ 32:57+ 34:46+ 44:41+ 46:34+ 55:21+ 57:52+ 62:22+ 63:53+ 66:41+ 68:03+ 68:24+		
04:42-	17:33+ 10:42+ 01:49+ 09:55+ 01:53+ 08:47+ 02:31+ 04:30+ 01:31+ 02:48+ 01:22+ 00:21+		
44187:18-	17:33+ 10:42+ 01:49+ 09:55+ 01:53+ 08:47+ 02:31+ 04:30+ 01:31+ 02:48+ 01:22+ 00:21+		
19	Lill Kristin Enger	223	1:09:42
03:52-	19:22+ 33:53+ 35:17+ 45:13+ 46:50+ 55:23+ 58:46+ 63:27+ 65:32+ 68:03+ 69:19+ 69:42+		
03:52-	15:30+ 14:31+ 01:24+ 09:56+ 01:37+ 08:33+ 03:23+ 04:41+ 02:05+ 02:31+ 01:16+ 00:23+		
44188:08-	15:30+ 14:31+ 01:24+ 09:56+ 01:37+ 08:33+ 03:23+ 04:41+ 02:05+ 02:31+ 01:16+ 00:23+		
20	Merete Undeland	133	1:12:08
04:58-	19:08+ 35:29+ 36:49+ 46:00+ 47:44+ 57:01+ 59:31+ 64:31+ 67:10+ 69:54+ 71:47+ 72:08+		
04:58-	14:10+ 16:21+ 01:20+ 09:11+ 01:44+ 09:17+ 02:30+ 05:00+ 02:39+ 02:44+ 01:53+ 00:21+		
44187:02-	14:10+ 16:21+ 01:20+ 09:11+ 01:44+ 09:17+ 02:30+ 05:00+ 02:39+ 02:44+ 01:53+ 00:21+		
21	Cora Ebner	184	1:20:32
04:32-	24:15+ 38:27+ 40:29+ 53:46+ 55:40+ 64:24+ 67:52+ 73:12+ 74:54+ 78:01+ 80:08+ 80:32+		
04:32-	19:43+ 14:12+ 02:02+ 13:17+ 01:54+ 08:44+ 03:28+ 05:20+ 01:42+ 03:07+ 02:07+ 00:24+		
44187:28-	19:43+ 14:12+ 02:02+ 13:17+ 01:54+ 08:44+ 03:28+ 05:20+ 01:42+ 03:07+ 02:07+ 00:24+		
22	Inger Schibsted	297	1:37:18
09:08-	31:15+ 52:45+ 54:56+ 66:19+ 68:28+ 79:37+ 82:47+ 88:59+ 92:00+ 94:51+ 96:55+ 97:18+		
09:08-	22:07+ 21:30+ 02:11+ 11:23+ 02:09+ 11:09+ 03:10+ 06:12+ 03:01+ 02:51+ 02:04+ 00:23+		
44182:52-	22:07+ 21:30+ 02:11+ 11:23+ 02:09+ 11:09+ 03:10+ 06:12+ 03:01+ 02:51+ 02:04+ 00:23+		
Beste strekktid for klassen			
02:13			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Direkte B			
1	Per Gustafsson	184	41:13
03:03=	10:45= 13:48= 18:58= 22:54= 28:52= 32:16= 33:02= 38:37= 40:00= 40:58= 41:13=		
03:03=	07:42= 03:03= 05:10= 03:56= 05:58= 03:24= 00:46= 05:35= 01:23= 00:58= 00:15=		
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	Ronny Nelson	197	44:41
03:33+	10:23- 14:08+ 19:27+ 24:51+ 30:59+ 34:36+ 35:35+ 41:34+ 43:28+ 44:23+ 44:41+		
03:33+	06:50- 03:45+ 05:19+ 05:24+ 06:08+ 03:37+ 00:59+ 05:59+ 01:54+ 00:55- 00:18+		
00:30#	00:52- 00:42# 00:09+ 01:28& 00:10+ 00:13+ 00:13& 00:24+ 00:31& 00:03- 00:03#		
3	Håvard Sandvoll Ask	201	47:10
03:28+	09:57- 13:56+ 17:23- 27:00+ 33:02+ 36:53+ 37:50+ 44:02+ 45:47+ 46:50+ 47:10+		
03:28+	06:29- 03:59+ 03:27- 09:37+ 06:02+ 03:51+ 00:57+ 06:12+ 01:45+ 01:03+ 00:20+		
00:25#	01:13- 00:56& 01:43- 05:41@ 00:04+ 00:27# 00:11# 00:37# 00:22& 00:05+ 00:05&		
4	Torleif Galteland	26	50:07
02:57-	10:22- 13:46- 17:50- 28:26+ 35:14+ 38:41+ 39:19+ 46:30+ 49:03+ 49:53+ 50:07+		
02:57-	07:25- 03:24+ 04:04- 10:36+ 06:48+ 03:27+ 00:38- 07:11+ 02:33+ 00:50- 00:14-		
00:06-	00:17- 00:21# 01:06- 06:40@ 00:50# 00:03+ 00:08- 01:36& 01:10& 00:08- 00:01-		

Plass	Navn										Klasse	Tid
5	Peter Nylund										108	50:49
	03:50+	12:07+	16:41+	19:12+	26:00+	33:03+	37:42+	38:45+	46:24+	48:51+	50:28+	50:49+
	03:50+	08:17+	04:34+	02:31-	06:48+	07:03+	04:39+	01:03+	07:39+	02:27+	01:37+	00:21+
	00:47&	00:35+	01:31&	02:39-	02:52&	01:05#	01:15&	00:17&	02:04&	01:04&	00:39&	00:06&
6	Karl Anton Undeland										133	59:03
	03:32+	12:22+	18:26+	20:59+	33:03+	41:30+	45:45+	47:13+	54:44+	57:23+	58:37+	59:03+
	03:32+	08:50+	06:04+	02:33-	12:04+	08:27+	04:15+	01:28+	07:31+	02:39+	01:14+	00:26+
	00:29#	01:08#	03:01&	02:37-	08:08@	02:29&	00:51#	00:42&	01:56&	01:16&	00:16&	00:11&
7	Ida Brænden										281	1:03:12
	04:19+	15:58+	20:36+	24:37+	33:52+	43:49+	49:45+	51:08+	59:02+	61:23+	62:44+	63:12+
	04:19+	11:39+	04:38+	04:01-	09:15+	09:57+	05:56+	01:23+	07:54+	02:21+	01:21+	00:28+
	01:16&	03:57&	01:35&	01:09-	05:19@	03:59&	02:32&	00:37&	02:19&	00:58&	00:23&	00:13&
8	Hilde Moholth										184	1:20:10
	04:06+	19:21+	26:23+	31:35+	42:18+	56:46+	64:10+	65:31+	75:30+	78:02+	79:44+	80:10+
	04:06+	15:15+	07:02+	05:12+	10:43+	14:28+	07:24+	01:21+	09:59+	02:32+	01:42+	00:26+
	01:03&	07:33&	03:59@	00:02+	06:47@	08:30@	04:00@	00:35&	04:24&	01:09&	00:44&	00:11&
10	Marius Bull-Tornøe Bjørkli										285	1:26:15
	05:57+	31:01+	38:30+	44:01+	53:22+	62:27+	71:42+	73:04+	81:55+	84:43+	85:51+	86:15+
	05:57+	25:04+	07:29+	05:31+	09:21+	09:05+	09:15+	01:22+	08:51+	02:48+	01:08+	00:24+
	02:54&	17:22@	04:26@	00:21+	05:25@	03:07&	05:51@	00:36&	03:16&	01:25@	00:10#	00:09&
11	Aagot Hartmann										297	1:31:49
	05:59+	21:51+	29:57+	35:31+	47:08+	59:19+	66:32+	68:32+	85:00+	88:30+	91:09+	91:49+
	05:59+	15:52+	08:06+	05:34+	11:37+	12:11+	07:13+	02:00+	16:28+	03:30+	02:39+	00:40+
	02:56&	08:10@	05:03@	00:24+	07:41@	06:13@	03:49@	01:14@	10:53@	02:07@	01:41@	00:25@
Beste strekktid for klassen												
	02:57	06:29	03:03	02:31	03:56	05:58	03:24	00:38	05:35	01:23	00:50	00:14
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Direkte C												
1	Jan Erik Heltne										NOTEAM	30:51
	02:13=	05:53=	07:26=	08:01=	13:12=	14:38=	17:55=	23:42=	24:41=	28:25=	30:28=	30:51=
	02:13=	03:40=	01:33=	00:35=	05:11=	01:26=	03:17=	05:47=	00:59=	03:44=	02:03=	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=
2	Daniel Nystuen										297	35:43
	03:11+	08:33+	10:48+	11:29+	14:29+	16:09+	20:01+	27:15+	27:54+	32:58+	35:28+	35:43+
	03:11+	05:22+	02:15+	00:41+	03:00-	01:40+	03:52+	07:14+	00:39-	05:04+	02:30+	00:15-
	00:58&	01:42&	00:42&	00:06#	02:11-	00:14#	00:35#	01:27&	00:20-	01:20&	00:27#	00:08-
3	Louison Nicolas-Asselineau										184	1:03:19
	04:18+	13:36+	16:34+	17:36+	23:02+	26:17+	34:31+	46:02+	48:40+	58:08+	62:57+	63:19+
	04:18+	09:18+	02:58+	01:02+	05:26+	03:15+	08:14+	11:31+	02:38+	09:28+	04:49+	00:22-
	02:05&	05:38@	01:25&	00:27&	00:15+	01:49@	04:57@	05:44&	01:39@	05:44@	02:46@	00:01-
4	Vera Halsaa										26	1:07:51
	03:52+	10:54+	13:41+	14:46+	25:55+	30:17+	37:49+	48:54+	50:57+	59:42+	67:25+	67:51+
	03:52+	07:02+	02:47+	01:05+	11:09+	04:22+	07:32+	11:05+	02:03+	08:45+	07:43+	00:26+
	01:39&	03:22&	01:14&	00:30&	05:58@	02:56@	04:15@	05:18&	01:04@	05:01@	05:40@	00:03#
5	Per Heltne										NOTEAM	1:11:14
	02:58+	07:55+	09:23+	10:08+	12:51-	14:46+	39:33+	52:48+	53:52+	58:46+	70:50+	71:14+
	02:58+	04:57+	01:28-	00:45+	02:43-	01:55+	24:47+	13:15+	01:04+	04:54+	12:04+	00:24+
	00:45&	01:17&	00:05-	00:10&	02:28-	00:29&	21:30@	07:28@	00:05+	01:10&	10:01@	00:01+
6	Elin Øverby										184	1:16:12
	07:17+	15:15+	18:29+	19:46+	26:16+	29:51+	38:52+	53:01+	54:59+	67:42+	75:37+	76:12+
	07:17+	07:58+	03:14+	01:17+	06:30+	03:35+	09:01+	14:09+	01:58+	12:43+	07:55+	00:35+
	05:04@	04:18@	01:41@	00:42@	01:19&	02:09@	05:44@	08:22@	00:59&	08:59@	05:52@	00:12&
7	Elin Cecile Kryvi Strandenes										69	1:17:24
	03:51+	10:18+	12:25+	13:35+	35:58+	39:22+	47:35+	60:46+	62:17+	71:00+	76:56+	77:24+
	03:51+	06:27+	02:07+	01:10+	22:23+	03:24+	08:13+	13:11+	01:31+	08:43+	05:56+	00:28+
	01:38&	02:47&	00:34&	00:35&	17:12@	01:58@	04:56@	07:24@	00:32&	04:59@	03:53@	00:05#

Plass	Navn										Klasse	Tid
8	Tanja Appenzeller										80	1:20:42
	03:07+	08:50+	11:14+	12:03+	15:28+	17:59+	29:14+	64:37+	65:56+	73:00+	80:14+	80:42+
	03:07+	05:43+	02:24+	00:49+	03:25-	02:31+	11:15+	35:23+	01:19+	07:04+	07:14+	00:28+
	00:54&	02:03&	00:51&	00:14&	01:46-	01:05&	07:58@	29:36@	00:20&	03:20&	05:11@	00:05#
9	Anne Gro Sommerhein										251	1:21:44
	03:39+	09:30+	30:19+	30:59+	36:01+	38:59+	48:21+	66:41+	68:13+	75:39+	81:10+	81:44+
	03:39+	05:51+	20:49+	00:40+	05:02-	02:58+	09:22+	18:20+	01:32+	07:26+	05:31+	00:34+
	01:26&	02:11&	19:16@	00:05#	00:09-	01:32@	06:05@	12:33@	00:33&	03:42&	03:28@	00:11&
10	Anne Grethe Pape										185	1:30:22
	04:26+	13:49+	16:46+	18:15+	42:46+	48:27+	56:46+	70:11+	73:41+	83:34+	89:28+	90:22+
	04:26+	09:23+	02:57+	01:29+	24:31+	05:41+	08:19+	13:25+	03:30+	09:53+	05:54+	00:54+
	02:13&	05:43@	01:24&	00:54@	19:20@	04:15@	05:02@	07:38@	02:31@	06:09@	03:51@	00:31@
Beste strekktid for klassen												
	02:13	03:40	01:28	00:35	02:43	01:26	03:17	05:47	00:39	03:44	02:03	00:15

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

H-10

1	Jarand Gustafsson										184	29:24
	02:20=	05:13=	07:06=	10:21=	14:08=	16:41=	22:13=	22:55=	27:06=	29:07=	29:24=	
	02:20=	02:53=	01:53=	03:15=	03:47=	02:33=	05:32=	00:42=	04:11=	02:01=	00:17=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Simen Sommerstad Røste										184	32:57
	02:55+	05:47+	08:03+	11:47+	15:32+	18:07+	22:04-	22:55=	29:57+	32:42+	32:57+	
	02:55+	02:52-	02:16+	03:44+	03:45-	02:35+	03:57-	00:51+	07:02+	02:45+	00:15-	
	00:35#	00:01-	00:23#	00:29#	00:02-	00:02+	01:35-	00:09#	02:51&	00:44&	00:02-	
3	Erlend Sommerhein										251	35:34
	02:36+	04:46-	06:32-	09:29-	14:26+	16:44+	20:56-	26:15+	32:00+	35:18+	35:34+	
	02:36+	02:10-	01:46-	02:57-	04:57+	02:18-	04:12-	05:19+	05:45+	03:18+	00:16-	
	00:16#	00:43-	00:07-	00:18-	01:10&	00:15-	01:20-	04:37@	01:34&	01:17&	00:01-	
4	Arne Biseth										184	37:57
	03:12+	06:28+	08:37+	16:44+	20:36+	23:06+	27:11+	27:58+	35:04+	37:40+	37:57+	
	03:12+	03:16+	02:09+	08:07+	03:52+	02:30-	04:05-	00:47+	07:06+	02:36+	00:17=	
	00:52&	00:23#	00:16#	04:52@	00:05+	00:03-	01:27-	00:05#	02:55&	00:35&	00:00=	
5	Ola Gjermstad Pettersen										39	45:54
	03:09+	08:20+	10:51+	18:34+	24:59+	29:19+	34:18+	35:18+	41:33+	45:33+	45:54+	
	03:09+	05:11+	02:31+	07:43+	06:25+	04:20+	04:59-	01:00+	06:15+	04:00+	00:21+	
	00:49&	02:18&	00:38&	04:28@	02:38&	01:47&	00:33-	00:18&	02:04&	01:59&	00:04#	
6	Jon Strand										184	51:46
	03:39+	07:52+	10:31+	16:35+	23:03+	28:06+	37:11+	39:02+	48:19+	51:28+	51:46+	
	03:39+	04:13+	02:39+	06:04+	06:28+	05:03+	09:05+	01:51+	09:17+	03:09+	00:18+	
	01:19&	01:20&	00:46&	02:49&	02:41&	02:30&	03:33&	01:09@	05:06@	01:08&	00:01+	
7	Herman Lauvlid										184	1:00:15
	02:31+	05:55+	07:47+	11:11+	44:40+	47:55+	51:12+	53:06+	57:53+	60:01+	60:15+	
	02:31+	03:24+	01:52-	03:24+	33:29+	03:15+	03:17-	01:54+	04:47+	02:08+	00:14-	
	00:11+	00:31#	00:01-	00:09+	29:42@	00:42&	02:15-	01:12@	00:36#	00:07+	00:03-	
8	Simen Dalen Eriksen										26	1:03:17
	02:52+	06:42+	09:03+	14:15+	33:31+	37:47+	49:36+	51:06+	58:34+	62:57+	63:17+	
	02:52+	03:50+	02:21+	05:12+	19:16+	04:16+	11:49+	01:30+	07:28+	04:23+	00:20+	
	00:32#	00:57&	00:28#	01:57&	15:29@	01:43&	06:17@	00:48@	03:17&	02:22@	00:03#	

Beste strekktid for klassen												
	02:20	02:10	01:46	02:57	03:45	02:18	03:17	00:42	04:11	02:01	00:14	

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

H11-12

Plass	Navn	Klasse	Tid
1	Andreas Myrvold Skovlyst	184	25:51
	01:59= 04:23= 06:03= 08:53= 12:16= 14:34= 17:40= 18:29= 23:40= 25:34= 25:51= 01:59= 02:24= 01:40= 02:50= 03:23= 02:18= 03:06= 00:49= 05:11= 01:54= 00:17= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Rasmus Berglund	285	27:16
	02:16+ 05:05+ 06:46+ 09:42+ 12:58+ 15:34+ 18:59+ 19:57+ 24:32+ 27:02+ 27:16+ 02:16+ 02:49+ 01:41+ 02:56+ 03:16- 02:36+ 03:25+ 00:58+ 04:35- 02:30+ 00:14- 00:17# 00:25# 00:01+ 00:06+ 00:07- 00:18# 00:19# 00:09# 00:36- 00:36& 00:03-		
3	Endre Sand	184	29:17
	02:13+ 05:09+ 06:33+ 09:44+ 13:23+ 16:06+ 21:10+ 22:08+ 26:58+ 29:02+ 29:17+ 02:13+ 02:56+ 01:24- 03:11+ 03:39+ 02:43+ 05:04+ 00:58+ 04:50- 02:04+ 00:15- 00:14# 00:32# 00:16- 00:21# 00:16+ 00:25# 01:58& 00:09# 00:21- 00:10+ 00:02-		
4	Mathias Birkelund	26	34:12
	04:14+ 07:10+ 09:27+ 13:08+ 17:14+ 19:52+ 24:58+ 25:54+ 31:03+ 33:57+ 34:12+ 04:14+ 02:56+ 02:17+ 03:41+ 04:06+ 02:38+ 05:06+ 00:56+ 05:09- 02:54+ 00:15- 02:15@ 00:32# 00:37& 00:51& 00:43# 00:20# 02:00& 00:07# 00:02- 01:00& 00:02-		
5	Sindre Mathisen	264	36:34
	02:52+ 05:39+ 07:27+ 12:59+ 21:41+ 24:21+ 26:59+ 28:07+ 33:33+ 36:19+ 36:34+ 02:52+ 02:47+ 01:48+ 05:32+ 08:42+ 02:40+ 02:38- 01:08+ 05:26+ 02:46+ 00:15- 00:53& 00:23# 00:08+ 02:42& 05:19@ 00:22# 00:28- 00:19& 00:15+ 00:52& 00:02-		
6	Mats Olsen Bye	223	41:54
	02:47+ 06:03+ 07:57+ 11:58+ 18:09+ 22:57+ 31:24+ 32:23+ 37:57+ 41:37+ 41:54+ 02:47+ 03:16+ 01:54+ 04:01+ 06:11+ 04:48+ 08:27+ 00:59+ 05:34+ 03:40+ 00:17= 00:48& 00:52& 00:14# 01:11& 02:48& 02:30@ 05:21@ 00:10# 00:23+ 01:46& 00:00=		
7	Martin Torø	184	47:18
	02:57+ 05:50+ 08:04+ 12:58+ 28:28+ 31:45+ 36:33+ 37:46+ 43:37+ 47:02+ 47:18+ 02:57+ 02:53+ 02:14+ 04:54+ 15:30+ 03:17+ 04:48+ 01:13+ 05:51+ 03:25+ 00:16- 00:58& 00:29# 00:34& 02:04& 12:07@ 00:59& 01:42& 00:24& 00:40# 01:31& 00:01-		
8	Henrik Kaiser	133	51:51
	02:56+ 06:00+ 08:01+ 15:08+ 33:28+ 37:55+ 43:31+ 44:28+ 48:58+ 51:32+ 51:51+ 02:56+ 03:04+ 02:01+ 07:07+ 18:20+ 04:27+ 05:36+ 00:57+ 04:30- 02:34+ 00:19+ 00:57& 00:40& 00:21# 04:17@ 14:57@ 02:09& 02:30& 00:08# 00:41- 00:40& 00:02#		
9	Mats Johnsen	133	53:33
	02:36+ 05:16+ 07:23+ 20:13+ 24:38+ 27:50+ 31:44+ 46:58+ 51:01+ 53:16+ 53:33+ 02:36+ 02:40+ 02:07+ 12:50+ 04:25+ 03:12+ 03:54+ 15:14+ 04:03- 02:15+ 00:17= 00:37& 00:16# 00:27& 10:00@ 01:02& 00:54& 00:48& 14:25@ 01:08- 00:21# 00:00=		
10	Lage Røhnebæk Kongsrud	223	1:05:23
	04:14+ 10:00+ 14:01+ 20:04+ 32:01+ 38:26+ 50:52+ 52:27+ 60:35+ 64:58+ 65:23+ 04:14+ 05:46+ 04:01+ 06:03+ 11:57+ 06:25+ 12:26+ 01:35+ 08:08+ 04:23+ 00:25+ 02:15@ 03:22@ 02:21@ 03:13@ 08:34@ 04:07@ 09:20@ 00:46& 02:57& 02:29@ 00:08&		
11	Henrik Holm Nes	223	1:14:07
	04:02+ 07:42+ 10:07+ 14:51+ 43:48+ 48:23+ 60:40+ 62:12+ 70:11+ 73:46+ 74:07+ 04:02+ 03:40+ 02:25+ 04:44+ 28:57+ 04:35+ 12:17+ 01:32+ 07:59+ 03:35+ 00:21+ 02:03@ 01:16& 00:45& 01:54& 25:34@ 02:17& 09:11@ 00:43& 02:48& 01:41& 00:04#		
12	Oskar Hope	223	1:28:23
	03:44+ 08:09+ 11:20+ 16:20+ 61:18+ 65:27+ 71:49+ 73:24+ 82:24+ 88:04+ 88:23+ 03:44+ 04:25+ 03:11+ 05:00+ 44:58+ 04:09+ 06:22+ 01:35+ 09:00+ 05:40+ 00:19+ 01:45& 02:01& 01:31& 02:10& 41:35@ 01:51& 03:16@ 00:46& 03:49& 03:46@ 00:02#		
Beste strekktid for klassen			
	01:59 02:24 01:24 02:50 03:16 02:18 02:38 00:49 04:03 01:54 00:14		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H11-12N			
1	Mathias Axelson	64	22:35
	02:48= 05:09= 10:01= 11:09= 13:23= 16:07= 17:01= 19:51= 22:19= 22:35= 02:48= 02:21= 04:52= 01:08= 02:14= 02:44= 00:54= 02:50= 02:28= 00:16= 00:00= 00:00= 04:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Plass	Navn				Klasse				Tid	
2	August Hellerud Sire				185				26:24	
02:38-	05:09=	10:50+	12:18+	17:04+	20:06+	21:04+	23:41+	26:05+	26:24+	
02:38-	02:31+	05:41+	01:28+	04:46+	03:02+	00:58+	02:37-	02:24-	00:19+	
00:10-	00:10+	00:49#	00:20&	02:32@	00:18#	00:04+	00:13-	00:04-	00:03#	
3	Sivert Knutheim				133				27:23	
02:15-	04:49-	10:38+	12:11+	15:40+	19:30+	20:50+	24:04+	26:58+	27:23+	
02:15-	02:34+	05:49+	01:33+	03:29+	03:50+	01:20+	03:14+	02:54+	00:25+	
00:33-	00:13+	00:57#	00:25&	01:15&	01:06&	00:26&	00:24#	00:26#	00:09&	
4	Oskar Knutheim				133				28:56	
02:36-	05:13+	13:04+	15:51+	18:11+	21:30+	22:25+	25:26+	28:35+	28:56+	
02:36-	02:37+	07:51+	02:47+	02:20+	03:19+	00:55+	03:01+	03:09+	00:21+	
00:12-	00:16#	02:59&	01:39@	00:06+	00:35#	00:01+	00:11+	00:41&	00:05&	
5	Linus Westerberg-Heltne				133				32:30	
03:21+	06:37+	13:07+	15:03+	18:53+	22:35+	24:02+	28:15+	32:06+	32:30+	
03:21+	03:16+	06:30+	01:56+	03:50+	03:42+	01:27+	04:13+	03:51+	00:24+	
00:33#	00:55&	01:38&	00:48&	01:36&	00:58&	00:33&	01:23&	01:23&	00:08&	
Beste strekktid for klassen										
02:15	02:21	04:52	01:08	02:14	02:44	00:54	02:37	02:24	00:16	

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

H13-14

1	Vegard Holm Johannesen	184	33:50								
02:53=	08:31=	10:55=	13:03=	17:36=	21:43=	26:07=	26:51=	31:19=	32:49=	33:38=	33:50=
02:53=	05:38=	02:24=	02:08=	04:33=	04:07=	04:24=	00:44=	04:28=	01:30=	00:49=	00:12=
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	Halvor Løken	184	34:44								
02:42-	08:07-	11:57+	13:40+	20:19+	24:40+	27:20+	28:03+	32:32+	33:42+	34:30+	34:44+
02:42-	05:25-	03:50+	01:43-	06:39+	04:21+	02:40-	00:43-	04:29+	01:10-	00:48-	00:14+
00:11-	00:13-	01:26&	00:25-	02:06&	00:14+	01:44-	00:01-	00:01+	00:20-	00:01-	00:02#
3	Mikael Birkelund	26	35:10								
02:41-	07:56-	10:33-	12:18-	16:36-	21:29-	24:16-	25:11-	32:29+	33:58+	34:52+	35:10+
02:41-	05:15-	02:37+	01:45-	04:18-	04:53+	02:47-	00:55+	07:18+	01:29-	00:54+	00:18+
00:12-	00:23-	00:13+	00:23-	00:15-	00:46#	01:37-	00:11#	02:50&	00:01-	00:05#	00:06&
4	Jakob Backer-Tellnes	26	35:33								
02:45-	10:08+	12:42+	15:47+	20:08+	24:03+	28:04+	28:43+	33:11+	34:34+	35:18+	35:33+
02:45-	07:23+	02:34+	03:05+	04:21-	03:55-	04:01-	00:39-	04:28=	01:23-	00:44-	00:15+
00:08-	01:45&	00:10+	00:57&	00:12-	00:12-	00:23-	00:05-	00:00=	00:07-	00:05-	00:03#
5	Sondre Evensen	264	35:43								
02:16-	07:08-	09:35-	15:22+	19:24+	23:59+	27:29+	28:15+	33:03+	34:37+	35:26+	35:43+
02:16-	04:52-	02:27+	05:47+	04:02-	04:35+	03:30-	00:46+	04:48+	01:34+	00:49=	00:17+
00:37-	00:46-	00:03+	03:39@	00:31-	00:28#	00:54-	00:02+	00:20+	00:04+	00:00=	00:05&
6	Atle Nikolai Wøllo	184	37:27								
02:44-	07:53-	10:36-	16:49+	21:18+	25:24+	28:38+	29:29+	34:33+	36:14+	37:12+	37:27+
02:44-	05:09-	02:43+	06:13+	04:29-	04:06-	03:14-	00:51+	05:04+	01:41+	00:58+	00:15+
00:09-	00:29-	00:19#	04:05@	00:04-	00:01-	01:10-	00:07#	00:36#	00:11#	00:09#	00:03#
7	Mikkel Berglund	285	37:55								
02:25-	11:30+	14:44+	17:17+	21:45+	25:52+	28:59+	29:50+	34:44+	36:25+	37:40+	37:55+
02:25-	09:05+	03:14+	02:33+	04:28-	04:07=	03:07-	00:51+	04:54+	01:41+	01:15+	00:15+
00:28-	03:27&	00:50&	00:25#	00:05-	00:00=	01:17-	00:07#	00:26+	00:11#	00:26&	00:03#
8	Erlend Langeeggen	184	41:02								
02:31-	08:38+	12:49+	18:04+	22:10+	27:54+	31:59+	32:41+	38:21+	39:51+	40:47+	41:02+
02:31-	06:07+	04:11+	05:15+	04:06-	05:44+	04:05-	00:42-	05:40+	01:30=	00:56+	00:15+
00:22-	00:29+	01:47&	03:07@	00:27-	01:37&	00:19-	00:02-	01:12&	00:00=	00:07#	00:03#
9	Stein Aas Stræte	285	41:58								
02:34-	07:45-	11:18+	18:03+	24:01+	29:40+	33:00+	33:46+	39:17+	40:43+	41:43+	41:58+
02:34-	05:11-	03:33+	06:45+	05:58+	05:39+	03:20-	00:46+	05:31+	01:26-	01:00+	00:15+
00:19-	00:27-	01:09&	04:37@	01:25&	01:32&	01:04-	00:02+	01:03#	00:04-	00:11#	00:03#

Plass	Navn										Klasse	Tid
10	Johan Eger										184	43:31
	02:48-	00:35+	11:42+	15:05+	20:57+	26:27+	30:42+	31:44+	39:46+	41:55+	43:07+	43:31+
	02:48-	05:47+	03:07+	03:23+	05:52+	05:30+	04:15-	01:02+	08:02+	02:09+	01:12+	00:24+
	00:05-	00:09+	00:43&	01:15&	01:19&	01:23&	00:09-	00:18&	03:34&	00:39&	00:23&	00:12&
11	Martin Nøkleby Melling										285	45:26
	02:42-	09:34+	12:55+	16:08+	22:48+	31:48+	35:22+	36:13+	41:53+	44:06+	45:07+	45:26+
	02:42-	06:52+	03:21+	03:13+	06:40+	09:00+	03:34-	00:51+	05:40+	02:13+	01:01+	00:19+
	00:11-	01:14#	00:57&	01:05&	02:07&	04:53@	00:50-	00:07#	01:12&	00:43&	00:12#	00:07&
12	Håkon Haugland										297	45:58
	07:40+	13:33+	16:43+	21:51+	27:56+	33:37+	36:23+	37:15+	43:22+	44:41+	45:44+	45:58+
	07:40+	05:53+	03:10+	05:08+	06:05+	05:41+	02:46-	00:52+	06:07+	01:19-	01:03+	00:14+
	04:47@	00:15+	00:46&	03:00@	01:32&	01:34&	01:38-	00:08#	01:39&	00:11-	00:14&	00:02#
13	Martin Johannessen Linnebo										26	49:23
	04:52+	11:08+	16:45+	19:52+	28:30+	34:14+	37:54+	38:56+	46:01+	48:05+	49:05+	49:23+
	04:52+	06:16+	05:37+	03:07+	08:38+	05:44+	03:40-	01:02+	07:05+	02:04+	01:00+	00:18+
	01:59&	00:38#	03:13@	00:59&	04:05&	01:37&	00:44-	00:18&	02:37&	00:34&	00:11#	00:06&
14	Theodor Bjørk										301	50:22
	03:29+	09:57+	13:31+	16:15+	22:37+	29:28+	34:08+	42:32+	47:25+	49:08+	50:05+	50:22+
	03:29+	06:28+	03:34+	02:44+	06:22+	06:51+	04:40+	08:24+	04:53+	01:43+	00:57+	00:17+
	00:36#	00:50#	01:10&	00:36&	01:49&	02:44&	00:16+	07:40@	00:25+	00:13#	00:08#	00:05&
15	Sindre Ulsaker										116	55:10
	06:36+	19:08+	26:48+	28:20+	39:24+	43:20+	47:19+	47:59+	52:51+	54:07+	54:58+	55:10+
	06:36+	12:32+	07:40+	01:32-	11:04+	03:56-	03:59-	00:40-	04:52+	01:16-	00:51+	00:12+
	03:43@	06:54@	05:16@	00:36-	06:31@	00:11-	00:25-	00:04-	00:24+	00:14-	00:02+	00:00=
16	Vilmer Nyberg										26	55:56
	02:52-	11:59+	15:15+	19:43+	29:27+	34:41+	39:05+	46:26+	52:35+	54:48+	55:38+	55:56+
	02:52-	09:07+	03:16+	04:28+	09:44+	05:14+	04:24=	07:21+	06:09+	02:13+	00:50+	00:18+
	00:01-	03:29&	00:52&	02:20@	05:11@	01:07&	00:00=	06:37@	01:41&	00:43&	00:01+	00:06&
17	Mathias Nyhaug										26	59:54
	04:02+	15:26+	21:43+	26:30+	33:37+	43:52+	48:56+	49:57+	56:24+	58:31+	59:36+	59:54+
	04:02+	11:24+	06:17+	04:47+	07:07+	10:15+	05:04+	01:01+	06:27+	02:07+	01:05+	00:18+
	01:09&	05:46@	03:53@	02:39@	02:34&	06:08@	00:40#	00:17&	01:59&	00:37&	00:16&	00:06&
18	Emil Ruud Fossheim										26	1:03:54
	04:14+	20:57+	25:38+	30:28+	38:06+	45:58+	51:02+	52:18+	60:27+	62:37+	63:37+	63:54+
	04:14+	16:43+	04:41+	04:50+	07:38+	07:52+	05:04+	01:16+	08:09+	02:10+	01:00+	00:17+
	01:21&	11:05@	02:17&	02:42@	03:05&	03:45&	00:40#	00:32&	03:41&	00:40&	00:11#	00:05&
19	Simen Kolbergsrud										297	1:15:41
	05:32+	18:24+	26:12+	30:47+	40:48+	50:41+	57:36+	59:39+	71:17+	74:20+	75:21+	75:41+
	05:32+	12:52+	07:48+	04:35+	10:01+	09:53+	06:55+	02:03+	11:38+	03:03+	01:01+	00:20+
	02:39&	07:14@	05:24@	02:27@	05:28@	05:46@	02:31&	01:19@	07:10@	01:33@	00:12#	00:08&
20	Oskar Fossås										285	1:51:56
	04:54+	16:16+	39:04+	56:58+	67:11+	81:02+	89:04+	99:40+	107:02+	110:04+	111:41+	111:56+
	04:54+	11:22+	22:48+	17:54+	10:13+	13:51+	08:02+	01:36+	16:22+	03:02+	01:37+	00:15+
	02:01&	05:44@	20:24@	15:46@	05:40@	09:44@	03:38&	00:52@	11:54@	01:32@	00:48&	00:03#
Beste strekktid for klassen												
	02:16	04:52	02:24	01:32	04:02	03:55	02:40	00:39	04:28	01:10	00:44	00:12

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

H13-16C

1	Kristoffer Øhlckers										163	39:24
	02:28=	07:17=	09:22=	10:07=	12:57=	15:24=	24:00=	31:27=	32:21=	36:39=	39:09=	39:24=
	02:28=	04:49=	02:05=	00:45=	02:50=	02:27=	08:36=	07:27=	00:54=	04:18=	02:30=	00:15=
	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	Even Amundsen Bjørkli										285	42:35
	02:23-	07:37+	10:32+	11:12+	17:52+	20:31+	24:26+	32:04+	33:34+	39:27+	42:22+	42:35+
	02:23-	05:14+	02:55+	00:40-	06:40+	02:39+	03:55-	07:38+	01:30+	05:53+	02:55+	00:13-
	00:05-	00:25+	00:50&	00:05-	03:50@	00:12+	04:41-	00:11+	00:36&	01:35&	00:25#	00:02-

Plass	Navn										Klasse	Tid
3	Martin Kaiser										133	47:38
	05:39+	10:21+	12:35+	13:32+	23:32+	25:30+	30:24+	37:47+	38:52+	43:45+	47:24+	47:38+
	05:39+	04:42-	02:14+	00:57+	10:00+	01:58-	04:54-	07:23-	01:05+	04:53+	03:39+	00:14-
	03:11@	00:07-	00:09+	00:12&	07:10@	00:29-	03:42-	00:04-	00:11#	00:35#	01:09&	00:01-
4	Oskar Baklid										185	56:36
	03:03+	08:42+	12:29+	13:09+	24:15+	26:31+	36:55+	45:04+	46:28+	53:24+	56:20+	56:36+
	03:03+	05:39+	03:47+	00:40-	11:06+	02:16-	10:24+	08:09+	01:24+	06:56+	02:56+	00:16+
	00:35#	00:50#	01:42&	00:05-	08:16@	00:11-	01:48#	00:42+	00:30&	02:38&	00:26#	00:01+

Beste strekktid for klassen

02:23 04:42 02:05 00:40 02:50 01:58 03:55 07:23 00:54 04:18 02:30 00:13

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

H13-16N

1	Sigurd Paulsen Ask										201	25:51
	02:17=	04:50=	09:42=	11:54=	14:26=	17:34=	18:35=	22:14=	25:32=	25:51=		
	02:17=	02:33=	04:52=	02:12=	02:32=	03:08=	01:01=	03:39=	03:18=	00:19=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Beste strekktid for klassen

02:17 02:33 04:52 02:12 02:32 03:08 01:01 03:39 03:18 00:19

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

H15-16

1	Johan Kristian Undeland										133						47:48
01:46=	10:11=	12:38=	15:32=	18:22=	20:58=	23:12=	27:18=	33:33=	39:35=	40:28=	45:24=	46:32=	47:34=	47:48=			
01:46=	08:25=	02:27=	02:54=	02:36=	02:14=	04:06=	06:15=	06:02=	00:53=	04:56=	01:08=	01:02=	00:14=				
00:00=	00:00=	00:00=	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	Vetle Drage										184						54:31
02:10+	13:57+	16:34+	19:41+	23:20+	26:01+	29:28+	33:43+	40:03+	45:50+	46:37+	52:04+	53:12+	54:14+	54:31+			
02:10+	11:47+	02:37+	03:07+	03:39+	02:41+	03:27+	04:15+	06:20+	05:47-	00:47-	05:27+	01:08=	01:02=	00:17+			
00:24#	03:22&	00:10+	00:13+	00:49&	00:05+	01:13&	00:09+	00:05+	00:15-	00:06-	00:31#	00:00=	00:00=	00:03#			
3	Jakob Hjelseth										264						56:39
02:11+	12:12+	14:54+	18:29+	21:58+	25:23+	27:55+	32:36+	40:06+	46:59+	47:56+	53:48+	54:58+	56:22+	56:39+			
02:11+	10:01+	02:42+	03:35+	03:29+	03:25+	02:32+	04:41+	07:30+	06:53+	00:57+	05:52+	01:10+	01:24+	00:17+			
00:25#	01:36#	00:15#	00:41#	00:39#	00:49&	00:18#	00:35#	01:15#	00:51#	00:04+	00:56#	00:02+	00:22&	00:03#			
4	Mathias Skourup Rognebakke										133						1:01:25
01:54+	12:59+	23:51+	26:38+	29:53+	32:28+	35:00+	39:25+	47:02+	52:41+	53:30+	58:52+	60:07+	61:12+	61:25+			
01:54+	11:05+	10:52+	02:47-	03:15+	02:35-	02:32+	04:25+	07:37+	05:39-	00:49-	05:22+	01:15+	01:05+	00:13-			
00:08+	02:40&	08:25@	00:07-	00:25#	00:01-	00:18#	00:19+	01:22#	00:23-	00:04-	00:26+	00:07#	00:03+	00:01-			
5	Cornelius Bjørk										301						1:04:07
01:39-	18:25+	20:40+	23:45+	26:39+	29:19+	31:33+	36:32+	50:01+	56:46+	57:32+	61:36+	62:54+	63:52+	64:07+			
01:39-	16:46+	02:15-	03:05+	02:54+	02:40+	02:14=	04:59+	13:29+	06:45+	00:46-	04:04-	01:18+	00:58-	00:15+			
00:07-	08:21&	00:12-	00:11+	00:04+	00:00=	00:53#	07:14@	00:43#	00:07-	00:52-	00:10#		00:04-	00:01+			
6	Halvor Rudningen										116						1:04:13
01:59+	12:46+	16:23+	20:18+	26:19+	29:59+	33:23+	37:57+	46:52+	53:38+	54:46+	61:01+	62:50+	63:57+	64:13+			
01:59+	10:47+	03:37+	03:55+	06:01+	03:40+	03:24+	04:34+	08:55+	06:46+	01:08+	06:15+	01:49+	01:07+	00:16+			
00:13#	02:22&	01:10&	01:01&	03:11@	01:04&	01:10&	00:28#	02:40&	00:44#	00:15&	01:19&	00:41&	00:05+	00:02#			
7	Morten Krona Haflan										264						1:06:16
02:17+	12:13+	14:42+	19:17+	22:25+	25:36+	28:20+	36:20+	50:36+	58:38+	59:10+	63:58+	64:50+	66:00+	66:16+			
02:17+	09:56+	02:29+	04:35+	03:08+	03:11+	02:44+	08:00+	14:16+	08:02+	00:32-	04:48-	00:52-	01:10+	00:16+			
00:31&	01:31#	00:02+	01:41&	00:18#	00:35#	00:30#	03:54&	08:01@	02:00&	00:21-	00:08-	00:16-	00:08#	00:02#			
8	Even Gravningen										328						1:07:11
04:13+	18:46+	23:02+	25:53+	29:14+	31:35+	34:07+	39:40+	53:03+	59:17+	60:06+	64:54+	65:48+	66:58+	67:11+			
04:13+	14:33+	04:16+	02:51-	03:21+	02:21-	02:32+	05:33+	13:23+	06:14+	00:49-	04:48-	00:54-	01:10+	00:13-			
02:27@	06:08&	01:49&	00:03-	00:31#	00:15-	00:18#	01:27&	07:08@	00:12+	00:04-	00:08-	00:14-	00:08#	00:01-			

Plass	Navn				Klasse				Tid			
9	Martin Birkelund				26				1:07:12			
	03:06+	22:09+	25:10+	29:02+	32:33+	35:19+	37:40+	42:44+	52:00+	58:51+	59:38+	64:52+
	03:06+	19:03+	03:01+	03:52+	03:31+	02:46+	02:21+	05:04+	09:16+	06:51+	00:47-	05:14+
	01:20&	10:38@	00:34#	00:58&	00:41#	00:10+	00:07+	00:58#	03:01&	00:49#	00:06-	00:18+
											00:10-	00:04+
												00:02#
10	Frikk Alvaro Embergsrud				26				1:15:17			
	02:22+	19:15+	22:55+	26:28+	30:21+	33:34+	36:57+	43:59+	56:45+	63:47+	64:45+	72:47+
	02:22+	16:53+	03:40+	03:33+	03:53+	03:13+	03:23+	07:02+	12:46+	07:02+	00:58+	08:02+
	00:36&	08:28@	01:13&	00:39#	01:03&	00:37#	01:09&	02:56&	06:31@	01:00#	00:05+	03:06&
											00:01-	00:01-
												00:04+
												00:03#
11	Egil Frydenlund				133				1:24:58			
	02:14+	21:30+	24:59+	30:38+	35:46+	39:23+	42:06+	48:19+	58:39+	71:59+	73:13+	80:30+
	02:14+	19:16+	03:29+	05:39+	05:08+	03:37+	02:43+	06:13+	10:20+	13:20+	01:14+	07:17+
	00:28&	10:51@	01:02&	02:45&	02:18&	01:01&	00:29#	02:07&	04:05&	07:18@	00:21&	02:21&
												01:47@
												00:14#
												00:03#
12	Olaf Halsaa Dolven				26				1:31:42			
	02:39+	20:26+	29:04+	34:11+	39:10+	44:55+	48:59+	55:58+	72:20+	81:37+	82:36+	88:57+
	02:39+	17:47+	08:38+	05:07+	04:59+	05:45+	04:04+	06:59+	16:22+	09:17+	00:59+	06:21+
	00:53&	09:22@	06:11@	02:13&	02:09&	03:09@	01:50&	02:53&	10:07@	03:15&	00:06#	01:25&
												00:15#
												00:07#
												00:01-
Beste strekktid for klassen												
	01:39	08:25	02:15	02:47	02:50	02:21	02:14	04:06	06:15	05:39	00:32	04:04
											00:52	00:58
												00:13
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H15-16B												
1	Sigurd Amundsen Bjørkli				285				52:43			
	03:44=	12:20=	17:55=	22:08=	28:55=	35:30=	39:41=	40:50=	49:08=	51:17=	52:30=	52:43=
	03:44=	08:36=	05:35=	04:13=	06:47=	06:35=	04:11=	01:09=	08:18=	02:09=	01:13=	00:13=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
Beste strekktid for klassen												
	03:44	08:36	05:35	04:13	06:47	06:35	04:11	01:09	08:18	02:09	01:13	00:13
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H17-18												
1	Tord Strand				184				57:19			
	02:58=	07:36=	17:27=	24:21=	26:14=	30:20=	32:35=	33:23=	38:30=	42:08=	47:45=	49:59=
	02:58=	04:38=	09:51=	06:54=	01:53=	04:06=	02:15=	00:48=	05:07=	03:38=	05:37=	02:14=
	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	Sølve Drage				184				1:02:19			
	03:53+	07:31-	18:41+	26:23+	28:30+	34:04+	36:30+	37:26+	42:34+	45:54+	52:11+	54:20+
	03:53+	03:38-	11:10+	07:42+	02:07+	05:34+	02:26+	00:56+	05:08+	03:20-	06:17+	02:09-
	00:55&	01:00-	01:19#	00:48#	00:14#	01:28&	00:11+	00:08#	00:01+	00:18-	00:40#	00:05-
												00:40#
												00:01+
												00:02-
												00:00=
3	Aslak Heimdahl				185				1:03:59			
	03:41+	07:23-	19:22+	27:20+	29:43+	34:53+	38:02+	39:07+	44:51+	48:24+	54:18+	56:31+
	03:41+	03:42-	11:59+	07:58+	02:23+	05:10+	03:09+	01:05+	05:44+	03:33-	05:54+	02:13-
	00:43#	00:56-	02:08#	01:04#	00:30&	01:04&	00:54&	00:17&	00:37#	00:05-	00:17+	00:01-
												00:06+
												00:04-
												00:08#
												00:02-
4	Ole Jørgen Bogen Arentth				133				1:10:06			
	04:39+	10:29+	22:24+	29:31+	31:59+	37:13+	39:34+	40:38+	46:14+	51:34+	59:13+	61:35+
	04:39+	05:50+	11:55+	07:07+	02:28+	05:14+	02:21+	01:04+	05:36+	05:20+	07:39+	02:22+
	01:41&	01:12&	02:04#	00:13+	00:35&	01:08&	00:06+	00:16&	00:29+	01:42&	02:02&	00:08+
												01:03#
												00:07#
												00:00=
												00:01+
5	Henrik Haug				184				1:23:28			
	05:01+	09:37+	27:08+	39:08+	42:25+	48:08+	51:51+	53:07+	60:40+	65:32+	73:13+	75:44+
	05:01+	04:36-	17:31+	12:00+	03:17+	05:43+	03:43+	01:16+	07:33+	04:52+	07:41+	02:31+
	02:03&	00:02-	07:40&	05:06&	01:24&	01:37&	01:28&	00:28&	02:26&	01:14&	02:04&	00:17#
												00:26+
												00:00=
												00:02-
												00:00=
6	Audun Melby Jacobsen				197				1:23:37			
	03:56+	08:45+	23:02+	32:26+	35:20+	42:22+	46:12+	47:48+	55:27+	60:57+	70:42+	74:10+
	03:56+	04:49+	14:17+	09:24+	02:54+	07:02+	03:50+	01:36+	07:39+	05:30+	09:45+	03:28+
	00:58&	00:11+	04:26&	02:30&	01:01&	02:56&	01:35&	00:48&	02:32&	01:52&	04:08&	01:14&
												01:47&
												01:15#
												00:01+
												00:04&

Plass	Navn		Klasse										Tid		
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Beste strekktid for klassen

02:58	03:38	09:51	06:54	01:53	04:06	02:15	00:48	05:07	03:20	05:37	02:09	04:53	01:02	01:06	00:11
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H17-AK

1	Oskar Arnevik		285										55:56		
02:21=	12:57=	15:27=	18:33=	21:36=	24:24=	26:41=	34:01=	41:31=	47:30=	48:21=	53:49=	54:45=	55:43=	55:56=	
02:21=	10:36=	02:30=	03:06=	03:03=	02:48=	02:17=	07:20=	07:30=	05:59=	00:51=	05:28=	00:56=	00:58=	00:13=	
00:00=	00:00=	00:00=	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	Roar Mathisen		264										59:36		
02:40+	14:54+	17:45+	21:34+	25:00+	27:57+	30:25+	36:08+	43:12+	49:28+	50:30+	56:05+	57:20+	59:20+	59:36+	
02:40+	12:14+	02:51+	03:49+	03:26+	02:57+	02:28+	05:43-	07:04-	06:16+	01:02+	05:35+	01:15+	02:00+	00:16+	
00:19#	01:38#	00:21#	00:43#	00:23#	00:09+	00:11+	01:37-	00:26-	00:17+	00:11#	00:07+	00:19&	01:02@	00:03#	
3	Endre Ulsaker		116										1:01:41		
02:08-	14:40+	17:34+	21:42+	26:04+	29:08+	31:35+	37:05+	45:13+	52:08+	53:00+	58:47+	60:06+	61:26+	61:41+	
02:08-	12:32+	02:54+	04:08+	04:22+	03:04+	02:27+	05:30-	08:08+	06:55+	00:52+	05:47+	01:19+	01:20+	00:15+	
00:13-	01:56#	00:24#	01:02&	01:19&	00:16+	00:10+	01:50-	00:38+	00:56#	00:01+	00:19+	00:23&	00:22&	00:02#	
4	Arno Lilja Grønhovd		223										1:04:51		
02:36+	14:47+	17:49+	21:25+	25:17+	29:01+	31:52+	37:28+	47:56+	55:35+	56:34+	62:09+	63:22+	64:35+	64:51+	
02:36+	12:11+	03:02+	03:36+	03:52+	03:44+	02:51+	05:36-	10:28+	07:39+	00:59+	05:35+	01:13+	01:13+	00:16+	
00:15#	01:35#	00:32#	00:30#	00:49&	00:56&	00:34#	01:44-	02:58&	01:40&	00:08#	00:07+	00:17&	00:15&	00:03#	
5	Sander Arnevik		285										1:09:18		
02:17-	18:29+	21:48+	25:55+	29:42+	33:22+	36:08+	42:38+	51:41+	60:02+	61:07+	66:32+	67:46+	69:01+	69:18+	
02:17-	16:12+	03:19+	04:07+	03:47+	03:40+	02:46+	06:30-	09:03+	08:21+	01:05+	05:25-	01:14+	01:15+	00:17+	
00:04-	05:36&	00:49&	01:01&	00:44#	00:52&	00:29#	00:50-	01:33#	02:22&	00:14&	00:03-	00:18&	00:17&	00:04&	
6	Peter Carlsen		133										1:09:51		
05:22+	17:51+	21:15+	26:06+	29:38+	34:07+	37:22+	42:46+	50:26+	60:07+	60:56+	66:58+	68:19+	69:36+	69:51+	
05:22+	12:29+	03:24+	04:51+	03:32+	04:29+	03:15+	05:24-	07:40+	09:41+	00:49-	06:02+	01:21+	01:17+	00:15+	
03:01@	01:53#	00:54&	01:45&	00:29#	01:41&	00:58&	01:56-	00:10+	03:42&	00:02-	00:34#	00:25&	00:19&	00:02#	
7	Eirik Brynildsen		268										1:10:17		
02:54+	16:03+	19:22+	23:57+	27:58+	31:49+	34:42+	41:09+	50:27+	59:55+	61:03+	67:16+	68:29+	69:56+	70:17+	
02:54+	13:09+	03:19+	04:35+	04:01+	03:51+	02:53+	06:27-	09:18+	09:28+	01:08+	06:13+	01:13+	01:27+	00:21+	
00:33#	02:33#	00:49&	01:29&	00:58&	01:03&	00:36&	00:53-	01:48#	03:29&	00:17&	00:45#	00:17&	00:29&	00:08&	
8	Vebjørn Røtvold		184										1:17:33		
02:37+	17:27+	21:02+	24:54+	30:03+	35:33+	38:39+	46:11+	55:03+	65:40+	66:38+	74:20+	75:44+	77:16+	77:33+	
02:37+	14:50+	03:35+	03:52+	05:09+	05:30+	03:06+	07:32+	08:52+	10:37+	00:58+	07:42+	01:24+	01:32+	00:17+	
00:16#	04:14&	01:05&	00:46#	02:06&	02:42&	00:49&	00:12+	01:22#	04:38&	00:07#	02:14&	00:28&	00:34&	00:04&	
9	Haakon Dolven		26										1:23:08		
03:04+	18:04+	22:37+	27:54+	32:41+	36:32+	39:46+	45:43+	64:01+	72:37+	73:40+	80:02+	81:27+	82:46+	83:08+	
03:04+	15:00+	04:33+	05:17+	04:47+	03:51+	03:14+	05:57-	18:18+	08:36+	01:03+	06:22+	01:25+	01:19+	00:22+	
00:43&	04:24&	02:03&	02:11&	01:44&	01:03&	00:57&	01:23-	10:48@	02:37&	00:12#	00:54#	00:29&	00:21&	00:09&	
10	Sverre Graffer		285										1:23:51		
03:19+	24:32+	28:15+	33:17+	37:15+	41:23+	44:28+	49:47+	61:04+	72:35+	73:32+	80:32+	81:52+	83:38+	83:51+	
03:19+	21:13+	03:43+	05:02+	03:58+	04:08+	03:05+	05:19-	11:17+	11:31+	00:57+	07:00+	01:20+	01:46+	00:13=	
00:58&	10:37@	01:13&	01:56&	00:55&	01:20&	00:48&	02:01-	03:47&	05:32&	00:06#	01:32&	00:24&	00:48&	00:00=	

Beste strekktid for klassen

02:08	10:36	02:30	03:06	03:03	02:48	02:17	05:19	07:04	05:59	00:49	05:25	00:56	00:58	00:13
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H17-B

1	Eivind Bøhn Heiebråten		297										46:40		
02:46=	10:24=	14:43=	18:05=	24:09=	30:19=	34:03=	35:00=	43:07=	45:33=	46:24=	46:40=				
02:46=	07:38=	04:19=	03:22=	06:04=	06:10=	03:44=	00:57=	08:07=	02:26=	00:51=	00:16=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

Plass	Navn			Klasse								Tid	
2	Eivind-Andre Næss-Solberg			39								1:03:34	
	03:24+	12:46+	17:25+	24:04+	36:59+	41:58+	51:36+	52:26+	60:20+	62:16+	63:16+	63:34+	
	03:24+	09:22+	04:39+	06:39+	12:55+	04:59-	09:38+	00:50-	07:54-	01:56-	01:00+	00:18+	
	00:38#	01:44#	00:20+	03:17&	06:51@	01:11-	05:54@	00:07-	00:13-	00:30-	00:09#	00:02#	

Beste strekktid for klassen

02:46 07:38 04:19 03:22 06:04 04:59 03:44 00:50 07:54 01:56 00:51 00:16

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

H17-C

1	Runar Teigen			184								33:57	
	02:20=	06:18=	08:02=	08:44=	11:19=	13:15=	20:06=	25:34=	26:34=	31:31=	33:37=	33:57=	
	02:20=	03:58=	01:44=	00:42=	02:35=	01:56=	06:51=	05:28=	01:00=	04:57=	02:06=	00:20=	
	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	Svend Kristian Eidsten			133								36:56	
	02:44+	07:26+	09:01+	09:43+	12:36+	15:21+	20:17+	28:21+	29:38+	33:51+	36:42+	36:56+	
	02:44+	04:42+	01:35-	00:42=	02:53+	02:45+	04:56-	08:04+	01:17+	04:13-	02:51+	00:14-	
	00:24#	00:44#	00:09-	00:00=	00:18#	00:49&	01:55-	02:36&	00:17&	00:44-	00:45&	00:06-	

3	Torbjørn Barikmo			184								49:38	
	03:42+	10:31+	12:25+	13:20+	17:28+	19:57+	29:03+	37:02+	38:15+	45:35+	49:16+	49:38+	
	03:42+	06:49+	01:54+	00:55+	04:08+	02:29+	09:06+	07:59+	01:13+	07:20+	03:41+	00:22+	
	01:22&	02:51&	00:10+	00:13&	01:33&	00:33&	02:15&	02:31&	00:13#	02:23&	01:35&	00:02#	

4	Stig Hjelseth			264								1:12:05	
	04:19+	12:20+	14:42+	15:47+	34:08+	37:21+	45:52+	56:14+	57:38+	66:33+	71:36+	72:05+	
	04:19+	08:01+	02:22+	01:05+	18:21+	03:13+	08:31+	10:22+	01:24+	08:55+	05:03+	00:29+	
	01:59&	04:03@	00:38&	00:23&	15:46@	01:17&	01:40#	04:54&	00:24&	03:58&	02:57@	00:09&	

Beste strekktid for klassen

02:20 03:58 01:35 00:42 02:35 01:56 04:56 05:28 01:00 04:13 02:06 00:14

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

H19-20

1	Audun Heimdal			185								52:18	
	03:01=	07:25=	14:46=	20:25=	23:22=	28:39=	29:07=	33:57=	37:39=	42:08=	44:24=	51:10=	52:06=
	03:01=	04:24=	07:21=	05:39=	02:57=	05:17=	00:28=	04:50=	03:42=	04:29=	02:16=	06:46=	00:56=
	00:00=	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	Sturla Frydenlund			133								1:16:04	
	04:40+	12:54+	21:56+	30:40+	34:52+	41:48+	42:30+	49:21+	54:37+	60:48+	63:48+	74:41+	75:51+
	04:40+	08:14+	09:02+	08:44+	04:12+	06:56+	00:42+	06:51+	05:16+	06:11+	03:00+	10:53+	01:10+
	01:39&	03:50&	01:41#	03:05&	01:15&	01:39&	00:14&	02:01&	01:34&	01:42&	00:44&	04:07&	00:14#

Beste strekktid for klassen

03:01 04:24 07:21 05:39 02:57 05:17 00:28 04:50 03:42 04:29 02:16 06:46 00:56 00:12

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

H21A

1	Lukas Peterson			641								1:05:32	
	03:23=	07:48=	13:34=	16:53=	22:21=	31:30=	33:31=	35:43=	36:55=	43:17=	43:45=	48:22=	52:00=
	03:23=	04:25=	05:46=	03:19=	05:28=	09:09=	02:01=	02:12=	01:12=	06:22=	00:28=	04:37=	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	Nicholas Oskarsson			203								1:06:37	
	02:41-	06:52-	12:05-	15:16-	21:20-	31:58+	33:56+	36:13+	37:20+	43:28+	43:59+	48:43+	52:14+
	02:41-	04:11-	05:13-	03:11-	06:04+	10:38+	01:58-	02:17+	01:07-	06:08-	00:31+	04:44+	03:31-
	00:42-	00:14-	00:33-	00:08-	00:36#	01:29#	00:03-	00:05+	00:05-	00:14-	00:03#	00:07+	00:07-

Plass	Navn	Klasse	Tid
3	Magnus Svingheim	281	1:07:42
14575:00+ 14575:00+ 14571:37@			
4	Øystein Sørensen	245	1:08:56
03:06- 07:24- 13:15- 16:37- 22:59+ 31:40+ 33:47+ 36:08+ 37:41+ 44:19+ 44:51+ 50:03+ 53:50+ 55:37+ 56:32+ 63:20+ 67:45+ 68:40+ 68:56+ 03:06- 04:18- 05:51+ 03:22+ 06:22+ 08:41- 02:07+ 02:21+ 01:33+ 06:38+ 00:32+ 05:12+ 03:47+ 01:47+ 00:55+ 06:48+ 04:25+ 00:55+ 00:16+ 00:17- 00:07- 00:05+ 00:03+ 00:54# 00:28- 00:06+ 00:09+ 00:21& 00:16+ 00:04# 00:35# 00:09+ 00:09+ 00:11# 00:44# 00:22+ 00:03+ 00:05&			
5	Sverre Waaler Kaas	245	1:11:49
02:54- 07:18- 13:19- 16:47- 22:40+ 33:05+ 35:05+ 37:34+ 38:47+ 46:33+ 47:08+ 52:13+ 56:12+ 57:58+ 58:53+ 66:23+ 70:40+ 71:34+ 71:49+ 02:54- 04:24- 06:01+ 03:28+ 05:53+ 10:25+ 02:00- 02:29+ 01:13+ 07:46+ 00:35+ 05:05+ 03:59+ 01:46+ 00:55+ 07:30+ 04:17+ 00:54+ 00:15+ 00:29- 00:01- 00:15+ 00:09+ 00:25+ 01:16# 00:01- 00:17# 00:01+ 01:24# 00:07# 00:28# 00:21+ 00:08+ 00:11# 01:26# 00:14+ 00:02+ 00:04&			
6	Lars-Inge Arnevik	285	1:13:57
16049:00+ 16049:00+ 16045:37@			
7	Dag Steinar Ragvin	53	1:14:02
03:27+ 07:39- 13:52+ 17:43+ 24:29+ 34:16+ 36:42+ 39:29+ 40:49+ 48:28+ 49:02+ 54:11+ 58:11+ 60:10+ 60:59+ 68:02+ 72:38+ 73:45+ 74:02+ 03:27+ 04:12- 06:13+ 03:51+ 06:46+ 09:47+ 02:26+ 02:47+ 01:20+ 07:39+ 00:34+ 05:09+ 04:00+ 01:59+ 00:49+ 07:03+ 04:36+ 01:07+ 00:17+ 00:04+ 00:13- 00:27+ 00:32# 01:18# 00:38+ 00:25# 00:35& 00:08# 01:17# 00:06# 00:32# 00:22# 00:21# 00:05# 00:59# 00:33# 00:15& 00:06&			
8	Sigur Heggedal	245	1:14:17
03:45+ 07:49+ 14:15+ 18:06+ 24:34+ 35:28+ 37:35+ 40:45+ 41:52+ 49:18+ 49:46+ 55:13+ 59:19+ 60:59+ 61:42+ 68:39+ 73:10+ 74:02+ 74:17+ 03:45+ 04:04- 06:26+ 03:51+ 06:28+ 10:54+ 02:07+ 03:10+ 01:07- 07:26+ 00:28+ 05:27+ 04:06+ 01:40+ 00:43- 06:57+ 04:31+ 00:52= 00:15+ 00:22# 00:21- 00:40# 00:32# 01:00# 01:45# 00:06+ 00:58& 00:05- 01:04# 00:00= 00:50# 00:28# 00:02+ 00:01- 00:53# 00:28# 00:00= 00:04&			
9	Knut Sveinung Holth Rekaa	297	1:14:29
03:10- 07:04- 13:17- 16:47- 22:53+ 31:10- 33:10- 35:44+ 37:19+ 45:40+ 46:13+ 52:00+ 56:23+ 58:32+ 59:22+ 67:54+ 73:15+ 74:13+ 74:29+ 03:10- 03:54- 06:13+ 03:30+ 06:06+ 08:17- 02:00- 02:34+ 01:35+ 08:21+ 00:33+ 05:47+ 04:23+ 02:09+ 00:50+ 08:32+ 05:21+ 00:58+ 00:16+ 00:13- 00:31- 00:27+ 00:11+ 00:38# 00:52- 00:01- 00:22# 00:23& 01:59& 00:05# 01:10& 00:45# 00:31& 00:06# 02:28& 01:18& 00:06# 00:05&			
10	Sindre Rønning	245	1:16:57
02:53- 07:12- 13:01- 16:36- 23:14+ 34:12+ 36:43+ 39:48+ 41:20+ 49:49+ 50:28+ 56:28+ 60:47+ 62:41+ 63:31+ 70:50+ 75:43+ 76:42+ 76:57+ 02:53- 04:19- 05:49+ 03:35+ 06:38+ 10:58+ 02:31+ 03:05+ 01:32+ 08:29+ 00:39+ 06:00+ 04:19+ 01:54+ 00:50+ 07:19+ 04:53+ 00:59+ 00:15+ 00:30- 00:06- 00:03+ 00:16+ 01:10# 01:49# 00:30# 00:53& 00:20& 02:07& 00:11& 01:23& 00:41# 00:16# 00:06# 01:15# 00:50# 00:07# 00:04&			
11	Charles Halaas	80	1:17:15
03:21- 08:41+ 15:04+ 19:19+ 25:35+ 35:42+ 37:57+ 40:33+ 41:51+ 49:41+ 50:20+ 55:50+ 59:58+ 62:03+ 62:56+ 70:37+ 75:52+ 76:58+ 77:15+ 03:21- 05:20+ 06:23+ 04:15+ 06:16+ 10:07+ 02:15+ 02:36+ 01:18+ 07:50+ 00:39+ 05:30+ 04:08+ 02:05+ 00:53+ 07:41+ 05:15+ 01:06+ 00:17+ 00:02- 00:55# 00:37# 00:56& 00:48# 00:58# 00:14# 00:24# 00:06+ 01:28# 00:11& 00:53# 00:30# 00:27& 00:09# 01:37& 01:12& 00:14& 00:06&			
12	Morten Taraldsten Brunes	223	1:18:06
03:07- 08:08+ 14:20+ 18:03+ 24:21+ 34:50+ 37:29+ 40:21+ 41:39+ 49:37+ 50:11+ 55:31+ 59:51+ 61:54+ 62:48+ 70:25+ 76:37+ 77:49+ 78:06+ 03:07- 05:01+ 06:12+ 03:43+ 06:18+ 10:29+ 02:39+ 02:52+ 01:18+ 07:58+ 00:34+ 05:20+ 04:20+ 02:03+ 00:54+ 07:37+ 06:12+ 01:12+ 00:17+ 00:16- 00:36# 00:26+ 00:24# 00:50# 01:20# 00:38& 00:40& 00:06+ 01:36& 00:06# 00:43# 00:42# 00:25& 00:10# 01:33& 02:09& 00:20& 00:06&			
13	Svein Nygård	203	1:19:21
03:33+ 08:01+ 14:35+ 18:47+ 25:58+ 37:05+ 39:31+ 42:25+ 43:44+ 51:43+ 52:17+ 57:44+ 62:04+ 64:01+ 64:52+ 72:40+ 78:02+ 79:04+ 79:21+ 03:33+ 04:28+ 06:34+ 04:12+ 07:11+ 11:07+ 02:26+ 02:54+ 01:19+ 07:59+ 00:34+ 05:27+ 04:20+ 01:57+ 00:51+ 07:48+ 05:22+ 01:02+ 00:17+ 00:10+ 00:03+ 00:48# 00:53& 01:43& 01:58# 00:25# 00:42& 00:07+ 01:37& 00:06# 00:50# 00:42# 00:19# 00:07# 01:44& 01:19& 00:10# 00:06&			
14	David Løver	223	1:20:55
7200:00+ 7200:00+ 7196:37@			
15	Jostein F. Tellnes	26	1:23:38
03:29+ 08:02+ 14:47+ 19:11+ 26:13+ 36:45+ 40:21+ 43:20+ 44:49+ 53:03+ 53:46+ 60:35+ 65:20+ 67:34+ 68:27+ 76:42+ 82:01+ 83:20+ 83:38+ 03:29+ 04:33+ 06:45+ 04:24+ 07:02+ 10:32+ 03:36+ 02:59+ 01:29+ 08:14+ 00:43+ 06:49+ 04:45+ 02:14+ 00:53+ 08:15+ 05:19+ 01:19+ 00:18+ 00:06+ 00:08+ 00:59# 01:05& 01:34& 01:23# 01:35& 00:47& 00:17# 01:52& 00:15& 02:12& 01:07& 00:36& 00:09# 02:11& 01:16& 00:27& 00:07&			
16	Erik Feyling Haare	185	1:24:03
03:34+ 08:00+ 14:36+ 18:37+ 25:36+ 35:33+ 37:58+ 43:42+ 45:00+ 52:59+ 53:36+ 59:55+ 64:40+ 66:53+ 67:48+ 75:52+ 82:48+ 83:48+ 84:03+ 03:34+ 04:26+ 06:36+ 04:01+ 06:59+ 09:57+ 02:25+ 05:44+ 01:18+ 07:59+ 00:37+ 06:19+ 04:45+ 02:13+ 00:55+ 08:04+ 06:56+ 01:00+ 00:15+ 00:11+ 00:01+ 00:50# 00:42# 01:31& 00:48+ 00:24# 03:32@ 00:06+ 01:37& 00:09& 01:42& 01:07& 00:35& 00:11# 02:00& 02:53& 00:08# 00:04&			
17	Geir Nilsen	382	1:28:17
04:27+ 10:00+ 16:22+ 20:42+ 28:21+ 40:49+ 43:11+ 46:33+ 48:03+ 57:48+ 58:30+ 64:34+ 69:14+ 71:23+ 72:17+ 80:12+ 86:47+ 87:59+ 88:17+ 04:27+ 05:33+ 06:22+ 04:20+ 07:39+ 12:28+ 02:22+ 03:22+ 01:30+ 09:45+ 00:42+ 06:04+ 04:40+ 02:09+ 00:54+ 07:55+ 06:35+ 01:12+ 00:18+ 01:04& 01:08& 00:36# 01:01& 02:11& 03:19& 00:21# 01:10& 00:18# 03:23& 00:14& 01:27& 01:02& 00:31& 00:10# 01:51& 02:32& 00:20& 00:07&			

Plass	Navn				Klasse				Tid			
18	Eirik Holth Johannessen				297				1:31:31			
03:15-	08:14+	15:40+	19:54+	27:08+	39:29+	42:17+	46:14+	47:38+	57:17+	58:04+	65:10+	69:45+
03:15-	04:59+	07:26+	04:14+	07:14+	12:21+	02:48+	03:57+	01:24+	09:39+	00:47+	07:06+	04:35+
00:08-	00:34#	01:40&	00:55&	01:46&	03:12&	00:47&	01:45&	00:12#	03:17&	00:19&	02:29&	00:57&
00:52&	00:21&	04:15&	02:12&	00:26&	00:08&							
19	Morten Tangen				252				1:49:43			
04:21+	11:11+	19:44+	25:47+	34:39+	48:53+	52:01+	57:25+	59:38+	70:21+	71:12+	80:05+	85:49+
04:21+	06:50+	08:33+	06:03+	08:52+	14:14+	03:08+	05:24+	02:13+	10:43+	00:51+	08:53+	05:44+
00:58&	02:25&	02:47&	02:44&	03:24&	05:05&	01:07&	03:12@	01:01&	04:21&	00:23&	04:16&	02:06&
00:50&	00:24&	05:22&	03:08&	00:29&	00:09&							
20	Erik Stordal				26				1:51:12			
04:36+	11:11+	21:50+	26:51+	35:25+	50:18+	53:21+	56:57+	59:10+	70:42+	71:20+	79:18+	85:26+
04:36+	06:35+	10:39+	05:01+	08:34+	14:53+	03:03+	03:36+	02:13+	11:32+	00:38+	07:58+	06:08+
01:13&	02:10&	04:53&	01:42&	03:06&	05:44&	01:02&	01:24&	01:01&	05:10&	00:10&	03:21&	02:30&
01:31&	00:29&	05:23&	04:20@	00:25&	00:06&							
Beste strekktid for klassen												
02:41	03:54	05:13	03:11	05:28	08:17	01:58	02:12	01:07	06:08	00:28	04:37	03:31
01:38	00:43	06:04	04:03	00:52	00:11							

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

H40

1	Gard Lindseth				245				54:56			
03:28=	06:19=	15:59=	22:28=	24:30=	28:58=	31:04=	32:04=	37:08=	40:27=	45:29=	47:49=	52:30=
03:28=	02:51=	09:40=	06:29=	02:02=	04:28=	02:06=	01:00=	05:04=	03:19=	05:02=	02:20=	04:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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=
2	Espen Røste				184				57:29			
03:19-	06:31+	17:36+	24:29+	26:22+	31:02+	33:07+	34:03+	38:45+	41:57+	47:53+	49:58+	55:04+
03:19-	03:12+	11:05+	06:53+	01:53-	04:40+	02:05-	00:56-	04:42-	03:12-	05:56+	02:05-	05:06+
00:09-	00:21#	01:25#	00:24+	00:09-	00:12+	00:01-	00:04-	00:22-	00:07-	00:54#	00:15-	00:25+
00:04+	00:03-	00:02-										
3	Inge Lindseth				245				59:03			
03:45+	06:45+	17:17+	24:01+	26:04+	30:26+	33:10+	33:59+	39:10+	43:05+	47:50+	50:11+	56:16+
03:45+	03:00+	10:32+	06:44+	02:03+	04:22-	02:44+	00:49-	05:11+	03:55+	04:45-	02:21+	06:05+
00:17+	00:09+	00:52+	00:15+	00:01+	00:06-	00:38&	00:11-	00:07+	00:36#	00:17-	00:01+	01:24&
00:16&	00:04+	00:01+										
4	Are Biseth				184				1:01:37			
03:18-	06:39+	19:27+	26:35+	28:38+	33:06+	35:38+	36:31+	42:07+	45:41+	51:42+	53:57+	59:05+
03:18-	03:21+	12:48+	07:08+	02:03+	04:28=	02:32+	00:53-	05:36+	03:34+	06:01+	02:15-	05:08+
00:10-	00:30#	03:08&	00:39#	00:01+	00:00=	00:26#	00:07-	00:32#	00:15+	00:59#	00:05-	00:27+
00:05+	00:02+	00:02+	00:01-	00:02+	00:01-	00:02+	00:01-	00:02+	00:01-	00:02+	00:01-	00:01-
5	Geir Thomas Knutheim				133				1:06:24			
03:53+	08:46+	21:15+	29:00+	31:07+	35:52+	38:18+	39:22+	44:31+	48:34+	55:00+	57:44+	63:27+
03:53+	04:53+	12:29+	07:45+	02:07+	04:45+	02:26+	01:04+	05:09+	04:03+	06:26+	02:44+	05:43+
00:25#	02:02&	02:49&	01:16#	00:05+	00:17+	00:20#	00:04+	00:05+	00:44#	01:24&	00:24#	01:02#
00:14#	00:16#	00:01+										
6	Jarl Homme				133				1:09:28			
05:39+	08:59+	20:22+	28:49+	31:12+	36:30+	39:17+	40:20+	46:18+	50:43+	57:05+	59:40+	66:12+
05:39+	03:20+	11:23+	08:27+	02:23+	05:18+	02:47+	01:03+	05:58+	04:25+	06:22+	02:35+	06:32+
02:11&	00:29#	01:43#	01:58&	00:21#	00:50#	00:41&	00:03+	00:54#	01:06&	01:20&	00:15#	01:51&
00:32&	00:14#	00:04#										
7	Hans Marius Nelson				39				1:10:02			
03:57+	08:06+	26:14+	34:46+	38:04+	42:40+	44:56+	45:57+	51:14+	54:50+	60:18+	62:41+	67:45+
03:57+	04:09+	18:08+	08:32+	03:18+	04:36+	02:16+	01:01+	05:17+	03:36+	05:28+	02:23+	05:04+
00:29#	01:18&	08:28&	02:03&	01:16&	00:08+	00:10+	00:01+	00:13+	00:17+	00:26+	00:03+	00:23+
00:01-	00:10-	00:02#										
8	André Jægtvik				185				1:12:27			
03:37+	07:29+	19:10+	28:24+	30:53+	36:29+	39:36+	40:29+	47:00+	52:32+	59:31+	62:02+	69:14+
03:37+	03:52+	11:41+	09:14+	02:29+	05:36+	03:07+	00:53-	06:31+	05:32+	06:59+	02:31+	07:12+
00:09+	01:01&	02:01#	02:45&	00:27#	01:08&	01:01&	00:07-	01:27&	02:13&	01:57&	00:11+	02:31&
00:18&	00:25&	00:04#										

Beste strekktid for klassen												
03:18	02:51	09:40	06:29	01:53	04:22	02:05	00:49	04:42	03:12	04:45	02:05	04:41
00:58	01:00	00:15										

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

H45

Plass	Navn			Klasse								Tid				
1	Lars Enerhaugen			223								56:00				
	03:20=	06:30=	16:23=	23:43=	25:36=	30:14=	32:17=	33:13=	38:11=	41:38=	46:54=	49:02=	53:50=	54:48=	55:44=	56:00=
	03:20=	03:10=	09:53=	07:20=	01:53=	04:38=	02:03=	00:56=	04:58=	03:27=	05:16=	02:08=	04:48=	00:58=	00:56=	00:16=
	00:00=	00:00=	00:00=	00:00=	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	Trond Gjelstad			301								57:00				
	03:21+	06:15-	16:02-	23:04-	25:31-	30:15+	32:23+	33:18+	38:17+	41:43+	47:22+	49:27+	54:30+	55:36+	56:43+	57:00+
	03:21+	02:54-	09:47-	07:02-	02:27+	04:44+	02:08+	00:55-	04:59+	03:26-	05:39+	02:05-	05:03+	01:06+	01:07+	00:17+
	00:01+	00:16-	00:06-	00:18-	00:34&	00:06+	00:05+	00:01-	00:01+	00:01-	00:23+	00:03-	00:15+	00:08#	00:11#	00:01+
3	Odd Strand			184								58:30				
	03:41+	06:58+	18:55+	26:16+	28:09+	32:26+	34:39+	35:34+	40:39+	44:10+	49:27+	51:26+	56:09+	57:13+	58:16+	58:30+
	03:41+	03:17+	11:57+	07:21+	01:53=	04:17-	02:13+	00:55-	05:05+	03:31+	05:17+	01:59-	04:43-	01:04+	01:03+	00:14-
	00:21#	00:07+	02:04#	00:01+	00:00=	00:21-	00:10+	00:01-	00:07+	00:04+	00:01+	00:09-	00:05-	00:06#	00:07#	00:02-
4	Jørgen Frøyd			198								59:27				
	03:22+	07:47+	18:19+	25:06+	27:32+	32:02+	34:06+	34:55+	39:35+	44:00+	50:46+	52:52+	57:05+	58:22+	59:14+	59:27+
	03:22+	04:25+	10:32+	06:47-	02:26+	04:30-	02:04+	00:49-	04:40-	04:25+	06:46+	02:06-	04:13-	01:17+	00:52-	00:13-
	00:02+	01:15&	00:39+	00:33-	00:33&	00:08-	00:01+	00:07-	00:18-	00:58&	01:30&	00:02-	00:35-	00:19&	00:04-	00:03-
5	Per Øivind Eger			184								1:00:55				
	03:49+	07:10+	17:49+	25:33+	27:51+	32:30+	34:43+	35:45+	41:15+	45:05+	51:08+	53:27+	58:32+	59:33+	60:38+	60:55+
	03:49+	03:21+	10:39+	07:44+	02:18+	04:39+	02:13+	01:02+	05:30+	03:50+	06:03+	02:19+	05:05+	01:01+	01:05+	00:17+
	00:29#	00:11+	00:46+	00:24+	00:25#	00:01+	00:10+	00:06#	00:32#	00:23#	00:47#	00:11+	00:17+	00:03+	00:09#	00:01+
6	Bjørn Martini			26								1:01:35				
	04:40+	08:08+	18:45+	26:23+	28:18+	33:01+	35:06+	36:07+	41:12+	44:43+	51:30+	53:32+	58:55+	60:01+	61:15+	61:35+
	04:40+	03:28+	10:37+	07:38+	01:55+	04:43+	02:05+	01:01+	05:05+	03:31+	06:47+	02:02-	05:23+	01:06+	01:14+	00:20+
	01:20&	00:18+	00:44+	00:18+	00:02+	00:05+	00:02+	00:05+	00:07+	00:04+	01:31&	00:06-	00:35#	00:08#	00:18&	00:04#
7	Hans Jevanord			80								1:04:44				
	03:50+	07:19+	19:17+	28:07+	30:19+	35:00+	37:14+	38:10+	43:50+	47:42+	53:28+	56:22+	62:08+	63:18+	64:26+	64:44+
	03:50+	03:29+	11:58+	08:50+	02:12+	04:41+	02:14+	00:56=	05:40+	03:52+	05:46+	02:54+	05:46+	01:10+	01:08+	00:18+
	00:30#	00:19#	02:05#	01:30#	00:19#	00:03+	00:11+	00:00=	00:42#	00:25#	00:30+	00:46&	00:58#	00:12#	00:12#	00:02#
8	Lars Erik Gjein			80								1:05:01				
	03:55+	07:26+	20:10+	27:49+	30:18+	35:13+	37:55+	39:00+	44:41+	48:35+	54:35+	56:49+	62:15+	63:27+	64:45+	65:01+
	03:55+	03:31+	12:44+	07:39+	02:29+	04:55+	02:42+	01:05+	05:41+	03:54+	06:00+	02:14+	05:26+	01:12+	01:18+	00:16=
	00:35#	00:21#	02:51&	00:19+	00:36&	00:17+	00:39&	00:09#	00:43#	00:27#	00:44#	00:06+	00:38#	00:14#	00:22&	00:00=
9	Svein-Olav Torø			184								1:05:06				
	03:56+	07:10+	19:22+	29:04+	32:06+	36:46+	39:00+	39:58+	45:29+	49:25+	55:10+	57:23+	62:44+	63:48+	64:52+	65:06+
	03:56+	03:14+	12:12+	09:42+	03:02+	04:40+	02:14+	00:58+	05:31+	03:56+	05:45+	02:13+	05:21+	01:04+	01:04+	00:14-
	00:36#	00:04+	02:19#	02:22&	01:09&	00:02+	00:11+	00:02+	00:33#	00:29#	00:29+	00:05+	00:33#	00:06#	00:08#	00:02-
10	Stig Melling			285								1:05:27				
	03:36+	06:28-	17:43+	24:53+	27:08+	31:57+	34:21+	35:47+	41:31+	47:08+	53:29+	56:08+	62:35+	63:49+	65:12+	65:27+
	03:36+	02:52-	11:15+	07:10-	02:15+	04:49+	02:24+	01:26+	05:44+	05:37+	06:21+	02:39+	06:27+	01:14+	01:23+	00:15-
	00:16+	00:18-	01:22#	00:10-	00:22#	00:11+	00:21#	00:30&	00:46#	02:10&	01:05#	00:31#	01:39&	00:16&	00:27&	00:01-
11	Juha Viena			285								1:06:37				
	03:41+	06:30=	20:03+	28:18+	30:29+	35:44+	38:12+	39:07+	44:54+	49:29+	55:36+	57:42+	64:01+	65:08+	66:20+	66:37+
	03:41+	02:49-	13:33+	08:15+	02:11+	05:15+	02:28+	00:55-	05:47+	04:35+	06:07+	02:06-	06:19+	01:07+	01:12+	00:17+
	00:21#	00:21-	03:40&	00:55#	00:18#	00:37#	00:25#	00:01-	00:49#	01:08&	00:51#	00:02-	01:31&	00:09#	00:16&	00:01+
12	Jan Egil Haugland			297								1:06:48				
	04:48+	08:41+	20:39+	28:28+	30:35+	35:23+	37:49+	38:52+	44:12+	48:05+	56:26+	58:47+	64:19+	65:24+	66:34+	66:48+
	04:48+	03:53+	11:58+	07:49+	02:07+	04:48+	02:26+	01:03+	05:20+	03:53+	08:21+	02:21+	05:32+	01:05+	01:10+	00:14-
	01:28&	00:43#	02:05#	00:29+	00:14#	00:10+	00:23#	00:07#	00:22+	00:26#	03:05&	00:13#	00:44#	00:07#	00:14#	00:02-
13	Jørn-Are Longfjeld			223								1:07:44				
	04:02+	07:48+	19:22+	28:31+	30:52+	36:16+	38:42+	39:51+	45:21+	49:31+	57:05+	59:21+	65:10+	66:19+	67:31+	67:44+
	04:02+	03:46+	11:34+	09:09+	02:21+	05:24+	02:26+	01:09+	05:30+	04:10+	07:34+	02:16+	05:49+	01:09+	01:12+	00:13-
	00:42#	00:36#	01:41#	01:49#	00:28#	00:46#	00:23#	00:13#	00:32#	00:43#	02:18&	00:08+	01:01#	00:11#	00:16&	00:03-
14	Terje W. Pettersen			39								1:07:56				
	04:33+	07:53+	23:38+	31:24+	33:47+	38:37+	41:11+	42:16+	47:45+	51:33+	57:54+	60:09+	65:06+	66:20+	67:39+	67:56+
	04:33+	03:20+	15:45+	07:46+	02:23+	04:50+	02:34+	01:05+	05:29+	03:48+	06:21+	02:15+	04:57+	01:14+	01:19+	00:17+
	01:13&	00:10+	05:52&	00:26+	00:30&	00:12+	00:31&	00:09#	00:31#	00:21#	01:05#	00:07+	00:09+	00:16&	00:23&	00:01+
15	Øystein Skjelbred			184								1:09:19				
	04:17+	08:39+	21:19+	29:51+	32:27+	38:04+	40:33+	41:43+	47:16+	52:08+	58:30+	60:41+	66:51+	68:00+	69:07+	69:19+
	04:17+	04:22+	12:40+	08:32+	02:36+	05:37+	02:29+	01:10+	05:33+	04:52+	06:22+	02:11+	06:10+	01:09+	01:07+	00:12-
	00:57&	01:12&	02:47&	01:12#	00:43&	00:59#	00:26#	00:14#	00:35#	01:25&	01:06#	00:03+	01:22&	00:11#	00:11#	00:04-

Plass	Navn			Klasse								Tid					
16	Bjørnar Olsrød			328								1:12:48					
	03:50+	07:12+	19:34+	27:14+	29:36+	35:27+	37:53+	38:59+	45:39+	50:12+	57:32+	60:38+	69:05+	70:56+	72:25+	72:48+	
	03:50+	03:22+	12:22+	07:40+	02:22+	05:51+	02:26+	01:06+	06:40+	04:33+	07:20+	03:06+	08:27+	01:51+	01:29+	00:23+	
	00:30#	00:12+	02:29&	00:20+	00:29&	01:13&	00:23#	00:10#	01:42&	01:06&	02:04&	00:58&	03:39&	00:53&	00:33&	00:07&	
17	Stig Instanes			133								1:20:20					
	04:41+	08:05+	18:51+	26:33+	29:24+	40:53+	43:01+	44:48+	56:22+	60:21+	67:15+	69:26+	75:24+	76:55+	80:04+	80:20+	
	04:41+	03:24+	10:46+	07:42+	02:51+	11:29+	02:08+	01:47+	11:34+	03:59+	06:54+	02:11+	05:58+	01:31+	03:09+	00:16=	
	01:21&	00:14+	00:53+	00:22+	00:58&	06:51@	00:05+	00:51&	06:36@	00:32#	01:38&	00:03+	01:10#	00:33&	02:13@	00:00=	
18	Pål Jevanord			263								1:25:45					
	04:42+	10:02+	24:26+	34:10+	37:03+	43:35+	47:02+	48:22+	55:54+	61:46+	70:29+	73:34+	81:43+	83:24+	85:19+	85:45+	
	04:42+	05:20+	14:24+	09:44+	02:53+	06:32+	03:27+	01:20+	07:32+	05:52+	08:43+	03:05+	08:09+	01:41+	01:55+	00:26+	
	01:22&	02:10&	04:31&	02:24&	01:00&	01:54&	01:24&	00:24&	02:34&	02:25&	03:27&	00:57&	03:21&	00:43&	00:59@	00:10&	
19	Lars Berglund			285								1:29:58					
	05:22+	08:56+	44:22+	52:22+	54:36+	59:38+	62:58+	63:49+	68:53+	72:39+	79:08+	81:19+	87:20+	88:34+	89:43+	89:58+	
	05:22+	03:34+	35:26+	08:00+	02:14+	05:02+	03:20+	00:51-	05:04+	03:46+	06:29+	02:11+	06:01+	01:14+	01:09+	00:15-	
	02:02&	00:24#	25:33@	00:40+	00:21#	00:24+	01:17&	00:05-	00:06+	00:19+	01:13#	00:03+	01:13&	00:16&	00:13#	00:01-	
20	Torodd Kolbergstrud			297								1:38:45					
	05:11+	10:06+	27:41+	45:17+	48:15+	54:46+	58:03+	59:23+	66:19+	71:53+	81:00+	85:14+	93:33+	95:11+	98:22+	98:45+	
	05:11+	04:55+	17:35+	17:36+	02:58+	06:31+	03:17+	01:20+	06:56+	05:34+	09:07+	04:14+	08:19+	01:38+	03:11+	00:23+	
	01:51&	01:45&	07:42&	10:16@	01:05&	01:53&	01:14&	00:24&	01:58&	02:07&	03:51&	02:06&	03:31&	00:40&	02:15@	00:07&	
21	Jon Erland Fossaas			285								1:50:38					
	06:26+	12:40+	30:19+	42:07+	45:44+	55:26+	59:03+	60:15+	68:54+	76:34+	89:03+	94:36+	104:36+	108:51+	110:18+	110:38+	
	06:26+	06:14+	17:39+	11:48+	03:37+	09:42+	03:37+	01:12+	08:39+	07:40+	12:29+	05:33+	10:00+	04:15+	01:27+	00:20+	
	03:06&	03:04&	07:46&	04:28&	01:44&	05:04@	01:34&	00:16&	03:41&	04:13@	07:13@	03:25@	05:12@	03:17@	00:31&	00:04#	
22	Arild Nyhaug			26								1:58:16					
	09:19+	16:45+	38:13+	54:05+	57:40+	66:57+	75:22+	76:38+	84:37+	91:16+	101:23+	105:51+	114:28+	116:14+	118:00+	118:16+	
	09:19+	07:26+	21:28+	15:52+	03:35+	09:17+	08:25+	01:16+	07:59+	06:39+	10:07+	04:28+	08:37+	01:46+	01:46+	00:16=	
	05:59@	04:16@	11:35@	08:32@	01:42&	04:39@	06:22@	00:20&	03:01&	03:12&	04:51&	02:20@	03:49&	00:48&	00:50&	00:00=	
Beste strekktid for klassen																	
	03:20	02:49	09:47	06:47	01:53	04:17	02:03	00:49	04:40	03:26	05:16	01:59	04:13	00:58	00:52	00:12	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
H50																	
1	Syver Løken			184								49:48					
	01:50=	06:10=	11:56=	14:51=	17:52=	20:35=	23:10=	25:18=	29:06=	34:51=	40:02=	42:11=	47:15=	48:27=	49:30=	49:48=	
	01:50=	04:20=	05:46=	02:55=	03:01=	02:43=	02:35=	02:08=	03:48=	05:45=	05:11=	02:09=	05:04=	01:12=	01:03=	00:18=	
	00:00=	00:00=	00:00=	00:00=	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	Jan Richard Eriksen			26								50:04					
	01:47-	06:35+	12:21+	15:26+	18:34+	21:12+	23:24+	25:27+	29:29+	35:07+	40:45+	42:49+	47:49+	48:48+	49:48+	50:04+	
	01:47-	04:48+	05:46=	03:05+	03:08+	02:38-	02:12-	02:03-	04:02+	05:38-	05:38+	02:04-	05:00-	00:59-	01:00-	00:16-	
	00:03-	00:28#	00:00=	00:10+	00:07+	00:05-	00:23-	00:05-	00:14+	00:07-	00:27+	00:05-	00:04-	00:13-	00:03-	00:02-	
3	Christian Grotnes			163								58:25					
	02:00+	07:39+	15:04+	19:18+	22:31+	25:37+	28:20+	31:10+	35:48+	42:24+	48:23+	50:29+	56:02+	56:59+	58:11+	58:25+	
	02:00+	05:39+	07:25+	04:14+	03:13+	03:06+	02:43+	02:50+	04:38+	06:36+	05:59+	02:06-	05:33+	00:57-	01:12+	00:14-	
	00:10+	01:19&	01:39&	01:19&	00:12+	00:23#	00:08+	00:42&	00:50#	00:51#	00:48#	00:03-	00:29+	00:15-	00:09#	00:04-	
4	Erik Saugerud			185								1:01:30					
	02:32+	07:38+	14:01+	17:11+	20:14+	23:15+	25:44+	28:00+	32:41+	40:11+	46:42+	49:12+	57:40+	59:54+	61:15+	61:30+	
	02:32+	05:06+	06:23+	03:10+	03:03+	02:29-	02:16+	04:41+	07:30+	06:31+	02:30+	08:28+	02:14+	01:21+	00:15-		
	00:42&	00:46#	00:37#	00:15+	00:02+	00:18#	00:06-	00:08+	00:53#	01:45&	01:20&	00:21#	03:24&	01:02&	00:18&	00:03-	
5	Lars Baklid			185								1:02:47					
	02:23+	08:38+	15:52+	19:33+	22:59+	26:40+	29:37+	32:05+	37:04+	44:27+	50:58+	53:33+	59:55+	61:06+	62:25+	62:47+	
	02:23+	06:15+	07:14+	03:41+	03:26+	03:41+	02:57+	02:28+	04:59+	07:23+	06:31+	02:35+	06:22+	01:11-	01:19+	00:22+	
	00:33&	01:55&	01:28&	00:46&	00:25#	00:58&	00:22#	00:20#	01:11&	01:38&	01:20&	00:26#	01:18&	00:01-	00:16&	00:04#	
6	Njål Svingheim			185								1:03:48					
	02:32+	08:57+	16:43+	20:48+	24:17+	27:36+	30:34+	33:34+	38:00+	45:42+	52:27+	54:55+	60:42+	62:15+	63:31+	63:48+	
	02:32+	06:25+	07:46+	04:05+	03:29+	03:19+	02:58+	03:00+	04:26+	07:42+	06:45+	02:28+	05:47+	01:33+	01:16+	00:17-	
	00:42&	02:05&	02:00&	01:10&	00:28#	00:36#	00:23#	00:52&	00:38#	01:57&	01:34&	00:19#	00:43#	00:21&	00:13#	00:01-	

Plass	Navn					Klasse					Tid					
7	Hans Otto Øverby					184					1:07:01					
	03:06+	09:16+	16:33+	20:24+	23:49+	27:19+	30:39+	33:26+	39:21+	47:46+	55:14+	58:10+	64:11+	65:25+	66:44+	67:01+
	03:06+	06:10+	07:17+	03:51+	03:25+	03:30+	03:20+	02:47+	05:55+	08:25+	07:28+	02:56+	06:01+	01:14+	01:19+	00:17-
	01:16&	01:50&	01:31&	00:56&	00:24#	00:47&	00:45&	00:39&	02:07&	02:40&	02:17&	00:47&	00:57#	00:02+	00:16&	00:01-
8	Lars D. Fjeldstad					285					1:07:05					
	02:09+	08:00+	15:38+	19:26+	23:06+	26:59+	30:11+	32:50+	39:52+	47:37+	54:27+	57:20+	63:47+	65:13+	66:44+	67:05+
	02:09+	05:51+	07:38+	03:48+	03:40+	03:53+	03:12+	02:39+	07:02+	07:45+	06:50+	02:53+	06:27+	01:26+	01:31+	00:21+
	00:19#	01:31&	01:52&	00:53&	00:39#	01:10&	00:37#	00:31#	03:14&	02:00&	01:39&	00:44&	01:23&	00:14#	00:28&	00:03#
9	Gunnar Hope					223					1:09:52					
	02:38+	10:19+	17:29+	21:18+	24:38+	27:55+	31:07+	33:29+	39:18+	47:23+	58:57+	61:16+	67:03+	68:15+	69:34+	69:52+
	02:38+	07:41+	07:10+	03:49+	03:20+	03:17+	03:12+	02:22+	05:49+	08:05+	11:34+	02:19+	05:47+	01:12=	01:19+	00:18=
	00:48&	03:21&	01:24#	00:54&	00:19#	00:34#	00:37#	00:14#	02:01&	02:20&	06:23@	00:10+	00:43#	00:00=	00:16&	00:00=
10	Atle Wøllo					184					1:14:29					
	02:43+	09:44+	20:45+	25:03+	29:05+	32:56+	36:23+	39:35+	44:59+	54:19+	61:41+	64:26+	71:19+	72:53+	74:13+	74:29+
	02:43+	07:01+	11:01+	04:18+	04:02+	03:51+	03:27+	03:12+	05:24+	09:20+	07:22+	02:45+	06:53+	01:34+	01:20+	00:16-
	00:53&	02:41&	05:15&	01:23&	01:01&	01:08&	00:52&	01:04&	01:36&	03:35&	02:11&	00:36&	01:49&	00:22&	00:17&	00:02-
11	Arild Storheim					184					1:16:04					
	02:33+	09:34+	21:11+	25:40+	29:50+	33:23+	36:48+	42:11+	47:36+	54:54+	63:14+	66:08+	72:54+	74:08+	75:43+	76:04+
	02:33+	07:01+	11:37+	04:29+	04:10+	03:33+	03:25+	05:23+	05:25+	07:18+	08:20+	02:54+	06:46+	01:14+	01:35+	00:21+
	00:43&	02:41&	05:51@	01:34&	01:09&	00:50&	00:50&	03:15@	01:37&	01:33&	03:09&	00:45&	01:42&	00:02+	00:32&	00:03#
12	Helge Graffer					285					1:25:08					
	02:27+	11:29+	28:29+	33:52+	38:09+	42:04+	44:59+	47:39+	56:13+	64:17+	73:43+	76:10+	82:12+	83:25+	84:50+	85:08+
	02:27+	09:02+	17:00+	05:23+	04:17+	03:55+	02:55+	02:40+	08:34+	08:04+	09:26+	02:27+	06:02+	01:13+	01:25+	00:18=
	00:37&	04:42@	11:14@	02:28&	01:16&	01:12&	00:20#	00:32#	04:46@	02:19&	04:15&	00:18#	00:58#	00:01+	00:22&	00:00=
13	Kolbjørn Kasin					184					1:25:55					
	06:55+	13:51+	25:40+	31:16+	35:08+	39:13+	42:40+	46:17+	51:39+	62:10+	72:39+	75:29+	83:01+	84:14+	85:36+	85:55+
	06:55+	06:56+	11:49+	05:36+	03:52+	04:05+	03:27+	03:37+	05:22+	10:31+	10:29+	02:50+	07:32+	01:13+	01:22+	00:19+
	05:05@	02:36&	06:03@	02:41&	00:51&	01:22&	00:52&	01:29&	01:34&	04:46&	05:18@	00:41&	02:28&	00:01+	00:19&	00:01+
14	Nils Inge Brurberg					133					1:28:37					
	02:47+	12:01+	21:32+	26:58+	31:47+	36:12+	40:26+	43:55+	52:34+	61:52+	72:32+	76:15+	84:26+	85:49+	88:03+	88:37+
	02:47+	09:14+	09:31+	05:26+	04:49+	04:25+	04:14+	03:29+	08:39+	09:18+	10:40+	03:43+	08:11+	01:23+	02:14+	00:34+
	00:57&	04:54@	03:45&	02:31&	01:48&	01:42&	01:39&	01:21&	04:51@	03:33&	05:29@	01:34&	03:07&	00:11#	01:11@	00:16&
15	Bjørn Johannesen					184					1:52:56					
	02:36+	22:30+	58:16+	64:29+	68:29+	72:13+	75:27+	78:22+	83:23+	91:47+	98:59+	101:32+	109:37+	111:08+	112:32+	112:56+
	02:36+	19:54+	35:46+	06:13+	04:00+	03:44+	03:14+	02:55+	05:01+	08:24+	07:12+	02:33+	08:05+	01:31+	01:24+	00:24+
	00:46&	15:34@	30:00@	03:18@	00:59&	01:01&	00:39&	00:47&	01:13&	02:39&	02:01&	00:24#	03:01&	00:19&	00:21&	00:06&
16	Stein Erik Nordbø					223					1:55:43					
	03:18+	24:34+	45:20+	51:16+	55:18+	59:10+	63:44+	67:16+	72:03+	84:25+	97:49+	101:15+	110:44+	113:38+	115:21+	115:43+
	03:18+	21:16+	20:46+	05:56+	04:02+	03:52+	04:34+	03:32+	04:47+	12:22+	13:24+	03:26+	09:29+	02:54+	01:43+	00:22+
	01:28&	16:56@	15:00@	03:01@	01:01&	01:09&	01:59&	01:24&	00:59&	06:37@	08:13@	01:17&	04:25&	01:42@	00:40&	00:04#
Beste strekktid for klassen																
	01:47	04:20	05:46	02:55	03:01	02:38	02:12	02:03	03:48	05:38	05:11	02:04	05:00	00:57	01:00	00:14

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

H55

1	Svein-Erik Søgård										184										49:43									
	01:53=	06:46=	12:44=	15:41=	18:36=	21:31=	23:53=	25:57=	30:06=	35:52=	40:26=	42:27=	47:15=	48:16=	49:27=	49:43=														
	01:53=	04:53=	05:58=	02:57=	02:55=	02:55=	02:22=	02:04=	04:09=	05:46=	04:34=	02:01=	04:48=	01:01=	01:11=	00:16=														
	00:00=	00:00=	00:00=	00:00=	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	Per Slungaard										163										51:45									
	02:01+	06:59+	12:40-	15:37-	18:26-	21:09-	23:39-	25:04+	30:07+	35:55+	41:10+	43:19+	49:23+	50:21+	51:27+	51:45+														
	02:01+	04:58+	05:41-	02:57=	02:49-	02:43-	02:30+	02:25+	04:03-	05:48+	05:15+	02:09+	06:04+	00:58-	01:06-	00:18+														
	00:08+	00:05+	00:17-	00:06-	00:06-	00:12-	00:08+	00:21#	00:06-	00:02+	00:41#	00:08+	01:16#	00:03-	00:05-	00:02#														
3	Jørgen Mårtensson										223										53:52									
	01:49-	07:32+	13:59+	17:12+	20:10+	23:05+	25:23+	27:28+	31:27+	37:38+	44:01+	46:24+	51:16+	52:29+	53:35+	53:52+														
	01:49-	05:43+	06:27+	03:13+	02:58+	02:55=	02:18-	02:05+	03:59-	06:11+	06:23+	02:23+	04:52+	01:13+	01:06-	00:17+														
	00:04-	00:50#	00:29+	00:16+	00:03+	00:00=	00:04-	00:01+	00:10-	00:25+	01:49#	00:22#	00:04+	00:12#	00:05-	00:01+														

Plass	Navn						Klasse						Tid					
5	Hallvard Berg						163						57:37					
	02:28+	08:22+	14:59+	18:24+	21:48+	24:44+	27:34+	29:51+	34:25+	41:01+	47:08+	49:35+	55:07+	56:11+	57:21+	57:37+		
	02:28+	05:54+	06:37+	03:25+	03:24+	02:56+	02:50+	02:17+	04:34+	06:36+	06:07+	02:27+	05:32+	01:04+	01:10-	00:16=		
	00:35&	01:01#	00:39#	00:28#	00:29#	00:01+	00:28#	00:13#	00:25#	00:50#	01:33&	00:26#	00:44#	00:03+	00:01-	00:00=		
6	Bjørn Bakkevig						114						57:37					
	01:59+	07:04+	13:29+	16:52+	19:55+	23:08+	25:56+	28:26+	33:18+	39:52+	46:40+	49:02+	54:44+	55:55+	57:19+	57:37+		
	01:59+	05:05+	06:25+	03:23+	03:03+	03:13+	02:48+	02:30+	04:52+	06:34+	06:48+	02:22+	05:42+	01:11+	01:24+	00:18+		
	00:06+	00:12+	00:27+	00:26#	00:08+	00:18#	00:26#	00:26#	00:43#	00:48#	02:14&	00:21#	00:54#	00:10#	00:13#	00:02#		
7	Knut Aas						285						59:18					
	02:02+	07:42+	15:54+	19:04+	22:16+	25:18+	27:50+	30:31+	35:10+	43:36+	49:38+	51:52+	56:49+	57:53+	59:00+	59:18+		
	02:02+	05:40+	08:12+	03:10+	03:12+	03:02+	02:32+	02:41+	04:39+	08:26+	06:02+	02:14+	04:57+	01:04+	01:07-	00:18+		
	00:09+	00:47#	02:14&	00:13+	00:17+	00:07+	00:10+	00:37&	00:30#	02:40&	01:28&	00:13#	00:09+	00:03+	00:04-	00:02#		
8	Ingemar Jansson Haverstad						201						1:00:24					
	02:31+	08:53+	15:59+	19:38+	23:18+	26:29+	29:18+	31:42+	36:25+	43:04+	49:16+	51:34+	57:48+	58:54+	60:07+	60:24+		
	02:31+	06:22+	07:06+	03:39+	03:40+	03:11+	02:49+	02:24+	04:43+	06:39+	06:12+	02:18+	06:14+	01:06+	01:13+	00:17+		
	00:38&	01:29&	01:08#	00:42#	00:45&	00:16+	00:27#	00:20#	00:34#	00:53#	01:38&	00:17#	01:26&	00:05+	00:02+	00:01+		
9	Trond Baklid						185						1:00:31					
	02:25+	08:10+	14:55+	18:45+	22:18+	25:34+	28:33+	30:52+	34:52+	43:12+	49:40+	52:12+	57:56+	59:05+	60:14+	60:31+		
	02:25+	05:45+	06:45+	03:50+	03:33+	03:16+	02:59+	02:19+	04:00-	08:20+	06:28+	02:32+	05:44+	01:09+	01:09-	00:17+		
	00:32&	00:52#	00:47#	00:53&	00:38#	00:21#	00:37&	00:15#	00:09-	02:34&	01:54&	00:31&	00:56#	00:08#	00:02-	00:01+		
10	Jan Sølvsberg						64						1:00:42					
	02:26+	08:37+	16:03+	19:35+	23:01+	26:26+	29:12+	31:46+	36:39+	43:33+	49:43+	52:13+	57:59+	59:13+	60:26+	60:42+		
	02:26+	06:11+	07:26+	03:32+	03:26+	03:25+	02:46+	02:34+	04:53+	06:54+	06:10+	02:30+	05:46+	01:14+	01:13+	00:16=		
	00:33&	01:18&	01:28#	00:35#	00:31#	00:30#	00:24#	00:30#	00:44#	01:08#	01:36&	00:29#	00:58#	00:13#	00:02+	00:00=		
11	Frode Robertsen						264						1:01:49					
	02:40+	08:19+	15:52+	19:25+	23:09+	26:40+	29:42+	32:29+	37:29+	44:26+	50:43+	53:02+	59:00+	60:15+	61:32+	61:49+		
	02:40+	05:39+	07:33+	03:33+	03:44+	03:31+	03:02+	02:47+	05:00+	06:57+	06:17+	02:19+	05:58+	01:15+	01:17+	00:17+		
	00:47&	00:46#	01:35&	00:36#	00:49&	00:36#	00:40&	00:43&	00:51#	01:11#	01:43&	00:18#	01:10#	00:14#	00:06+	00:01+		
12	Øyvind Roger Hansen						297						1:04:00					
	02:09+	08:59+	16:35+	20:53+	24:36+	28:10+	31:04+	33:32+	38:38+	46:19+	52:45+	55:14+	61:03+	62:19+	63:43+	64:00+		
	02:09+	06:50+	07:36+	04:18+	03:43+	03:34+	02:54+	02:28+	05:06+	07:41+	06:26+	02:29+	05:49+	01:16+	01:24+	00:17+		
	00:16#	01:57&	01:38&	01:21&	00:48&	00:39#	00:32#	00:24#	00:57#	01:55&	01:52&	00:28#	01:01#	00:15#	00:13#	00:01+		
13	Martin Granly						203						1:07:12					
	02:40+	08:41+	16:05+	23:51+	27:30+	31:11+	34:08+	36:38+	41:40+	49:26+	56:09+	58:37+	64:25+	65:29+	66:50+	67:12+		
	02:40+	06:01+	07:24+	07:46+	03:39+	03:41+	02:57+	02:30+	05:02+	07:46+	06:43+	02:28+	05:48+	01:04+	01:21+	00:22+		
	00:47&	01:08#	01:26#	04:49@	00:44&	00:46&	00:35#	00:26#	00:53#	02:00&	02:09&	00:27#	01:00#	00:03+	00:10#	00:06&		
14	Richard Zeiner-Gundersen						80						1:09:31					
	02:27+	08:57+	17:05+	20:48+	24:32+	27:51+	36:01+	38:27+	44:18+	51:28+	58:08+	60:40+	66:50+	67:59+	69:14+	69:31+		
	02:27+	06:30+	08:08+	03:43+	03:44+	03:19+	08:10+	02:26+	05:51+	07:10+	06:40+	02:32+	06:10+	01:09+	01:15+	00:17+		
	00:34&	01:37&	02:10&	00:46&	00:49&	00:24#	05:48@	00:22#	01:42&	01:24#	02:06&	00:31&	01:22&	00:08#	00:04+	00:01+		
15	Øyvind Johannessen Linnebo						26						1:12:01					
	02:24+	08:58+	17:55+	21:40+	25:14+	29:41+	33:13+	35:49+	41:10+	51:28+	58:42+	61:26+	68:52+	70:13+	71:42+	72:01+		
	02:24+	06:34+	08:57+	03:45+	03:34+	04:27+	03:32+	02:36+	05:21+	10:18+	07:14+	02:44+	07:26+	01:21+	01:29+	00:19+		
	00:31&	01:41&	02:59&	00:48&	00:39#	01:32&	01:10&	00:32&	01:12&	04:32&	02:40&	00:43&	02:38&	00:20&	00:18&	00:03#		
16	Bjørn Victor Larsen						184						1:15:46					
	02:57+	10:05+	18:42+	23:15+	27:51+	32:07+	35:44+	38:32+	44:41+	53:16+	61:28+	64:33+	71:54+	73:20+	75:18+	75:46+		
	02:57+	07:08+	08:37+	04:33+	04:36+	04:16+	03:37+	02:48+	06:09+	08:35+	08:12+	03:05+	07:21+	01:26+	01:58+	00:28+		
	01:04&	02:15&	02:39&	01:36&	01:41&	01:21&	01:15&	00:44&	02:00&	02:49&	03:38&	01:04&	02:33&	00:25&	00:47&	00:12&		
17	Torgeir Brandal						184						1:26:51					
	03:18+	11:30+	23:01+	27:48+	32:14+	35:52+	46:15+	49:50+	55:19+	64:26+	73:47+	76:38+	83:43+	85:05+	86:36+	86:51+		
	03:18+	08:12+	11:31+	04:47+	04:26+	03:38+	10:23+	03:35+	05:29+	09:07+	09:21+	02:51+	07:05+	01:22+	01:31+	00:15-		
	01:25&	03:19&	05:33&	01:50&	01:31&	00:43#	08:01@	01:31&	01:20&	03:21&	04:47@	00:50&	02:17&	00:21&	00:20&	00:01-		
Beste strekktid for klassen																		
	01:49	04:53	05:41	02:57	02:49	02:43	02:18	02:04	03:59	05:46	04:34	02:01	04:48	00:58	01:06	00:15		

Plass	Navn	Klasse										Tid	
1	Harald Thon	133										41:52	
	02:32=	10:53=	15:21=	18:06=	20:10=	24:32=	26:55=	32:12=	34:44=	35:36=	40:34=	41:37=	41:52=
	02:32=	08:21=	04:28=	02:45=	02:04=	04:22=	02:23=	05:17=	02:32=	00:52=	04:58=	01:03=	00:15=
	00:00=	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 Dåsnes	285										43:41	
	02:44+	11:39+	16:39+	19:27+	21:40+	25:41+	28:22+	33:00+	35:32+	36:21+	42:19+	43:25+	43:41+
	02:44+	08:55+	05:00+	02:48+	02:13+	04:01-	02:41+	04:38-	02:32=	00:49-	05:58+	01:06+	00:16+
	00:12+	00:34+	00:32#	00:03+	00:09+	00:21-	00:18#	00:39-	00:00=	00:03-	01:00#	00:03+	00:01+
3	Per Kristian Ekeberg	163										45:59	
	02:43+	12:14+	17:35+	20:08+	22:27+	27:14+	30:19+	35:01+	37:33+	38:26+	44:22+	45:41+	45:59+
	02:43+	09:31+	05:21+	02:33-	02:19+	04:47+	03:05+	04:42-	02:32=	00:53+	05:56+	01:19+	00:18+
	00:11+	01:10#	00:53#	00:12-	00:15#	00:25+	00:42&	00:35-	00:00=	00:01+	00:58#	00:16&	00:03#
4	Kjell Westin	278										46:22	
	02:42+	11:44+	17:20+	20:07+	22:32+	27:16+	30:05+	35:13+	38:01+	38:53+	45:00+	46:05+	46:22+
	02:42+	09:02+	05:36+	02:47+	02:25+	04:44+	02:49+	05:08-	02:48+	00:52=	06:07+	01:05+	00:17+
	00:10+	00:41+	01:08&	00:02+	00:21#	00:22+	00:26#	00:09-	00:16#	00:00=	01:09#	00:02+	00:02#
5	Torgeir Strandhagen	297										46:51	
	02:29-	11:53+	16:43+	19:09+	21:42+	28:11+	30:51+	36:21+	38:54+	39:42+	45:23+	46:34+	46:51+
	02:29-	09:24+	04:50+	02:26-	02:33+	06:29+	02:40+	05:30+	02:33+	00:48-	05:41+	01:11+	00:17+
	00:03-	01:03#	00:22+	00:19-	00:29#	02:07&	00:17#	00:13+	00:01+	00:04-	00:43#	00:08#	00:02#
6	Jon Arvid Fossum	26										48:33	
	02:47+	12:52+	18:14+	21:03+	23:36+	28:38+	31:36+	36:39+	39:29+	40:22+	46:52+	48:14+	48:33+
	02:47+	10:05+	05:22+	02:49+	02:33+	05:02+	02:58+	05:03-	02:50+	00:53+	06:30+	01:22+	00:19+
	00:15+	01:44#	00:54#	00:04+	00:29#	00:40#	00:35#	00:14-	00:18#	00:01+	01:32&	00:19&	00:04&
7	Øyvind Sørлие	98										49:00	
	02:42+	11:56+	17:44+	20:44+	23:04+	28:18+	31:16+	36:12+	39:14+	40:09+	47:24+	48:44+	49:00+
	02:42+	09:14+	05:48+	03:00+	02:20+	05:14+	02:58+	04:56-	03:02+	00:55+	07:15+	01:20+	00:16+
	00:10+	00:53#	01:20&	00:15+	00:16#	00:52#	00:35#	00:21-	00:30#	00:03+	02:17&	00:17&	00:01+
8	Morten Due	227										49:02	
	02:51+	12:49+	18:06+	20:59+	23:34+	28:27+	31:31+	36:58+	39:53+	40:58+	47:29+	48:43+	49:02+
	02:51+	09:58+	05:17+	02:53+	02:35+	04:53+	03:04+	05:27+	02:55+	01:05+	06:31+	01:14+	00:19+
	00:19#	01:37#	00:49#	00:08+	00:31#	00:31#	00:41&	00:10+	00:23#	00:13#	01:33&	00:11#	00:04&
9	Erik Lindstrøm	223										52:58	
	02:40+	13:09+	18:51+	21:55+	28:22+	32:51+	35:49+	40:58+	43:43+	44:41+	51:17+	52:42+	52:58+
	02:40+	10:29+	05:42+	03:04+	06:27+	04:29+	02:58+	05:09-	02:45+	00:58+	06:36+	01:25+	00:16+
	00:08+	02:08&	01:14&	00:19#	04:23@	00:07+	00:35#	00:08-	00:13+	00:06#	01:38&	00:22&	00:01+
10	Frode Løset	285										56:21	
	02:42+	14:24+	21:19+	24:26+	26:57+	31:43+	38:56+	44:12+	46:53+	47:41+	54:23+	55:59+	56:21+
	02:42+	11:42+	06:55+	03:07+	02:31+	04:46+	07:13+	05:16-	02:41+	00:48-	06:42+	01:36+	00:22+
	00:10+	03:21&	02:27&	00:22#	00:27#	00:24+	04:50@	00:01-	00:09+	00:04-	01:44&	00:33&	00:07&
11	Per Gunnar Dahl	285										58:01	
	03:18+	14:59+	22:07+	25:27+	28:15+	33:50+	37:38+	43:48+	47:13+	48:22+	56:06+	57:41+	58:01+
	03:18+	11:41+	07:08+	03:20+	02:48+	05:35+	03:48+	06:10+	03:25+	01:09+	07:44+	01:35+	00:20+
	00:46&	03:20&	02:40&	00:35#	00:44&	01:13&	01:25&	00:53#	00:53&	00:17&	02:46&	00:32&	00:05&
12	Geir Sverre Svingheim	98										1:04:35	
	03:39+	15:59+	23:11+	26:54+	30:27+	37:00+	41:21+	49:02+	53:05+	54:14+	62:30+	64:12+	64:35+
	03:39+	12:20+	07:12+	03:43+	03:33+	06:33+	04:21+	07:41+	04:03+	01:09+	08:16+	01:42+	00:23+
	01:07&	03:59&	02:44&	00:58&	01:29&	02:11&	01:58&	02:24&	01:31&	00:17&	03:18&	00:39&	00:08&
13	Kjell Svanberg	297										1:05:09	
	03:16+	15:09+	22:06+	25:39+	30:32+	38:49+	44:26+	50:18+	53:39+	54:45+	63:10+	64:48+	65:09+
	03:16+	11:53+	06:57+	03:33+	04:53+	08:17+	05:37+	05:52+	03:21+	01:06+	08:25+	01:38+	00:21+
	00:44&	03:32&	02:29&	00:48&	02:49@	03:55&	03:14@	00:35#	00:49&	00:14&	03:27&	00:35&	00:06&
14	Roy Gjerding	252										1:09:20	
	03:54+	19:27+	28:50+	32:54+	36:02+	42:37+	46:42+	53:31+	57:10+	58:25+	66:56+	68:55+	69:20+
	03:54+	15:33+	09:23+	04:04+	03:08+	06:35+	04:05+	06:49+	03:39+	01:15+	08:31+	01:59+	00:25+
	01:22&	07:12&	04:55@	01:19&	01:04&	02:13&	01:42&	01:32&	01:07&	00:23&	03:33&	00:56&	00:10&
15	Odd Harald Nilsen	264										1:11:22	
	03:40+	18:30+	27:06+	31:20+	34:40+	44:25+	48:35+	55:37+	59:24+	60:42+	69:16+	71:01+	71:22+
	03:40+	14:50+	08:36+	04:14+	03:20+	09:45+	04:10+	07:02+	03:47+	01:18+	08:34+	01:45+	00:21+
	01:08&	06:29&	04:08&	01:29&	01:16&	05:23@	01:47&	01:45&	01:15&	00:26&	03:36&	00:42&	00:06&

Plass	Navn													Klasse	Tid
Beste strekktid for klassen															
	02:29	08:21	04:28	02:26	02:04	04:01	02:23	04:38	02:32	00:48	04:58	01:03	00:15		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
H65															
1	Svein S Jacobsen													163	50:40
02:56=	13:12=	18:24=	21:16=	23:48=	28:18=	34:12=	39:29=	42:03=	42:55=	49:04=	50:21=	50:40=			
02:56=	10:16=	05:12=	02:52=	02:32=	04:30=	05:54=	05:17=	02:34=	00:52=	06:09=	01:17=	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=			
2	Tor Trøan													98	50:56
02:56=	13:19+	19:38+	22:45+	25:21+	30:25+	33:27-	38:44-	41:44-	42:40-	49:24+	50:37+	50:56+			
02:56=	10:23+	06:19+	03:07+	02:36+	05:04+	03:02-	05:17=	03:00+	00:56+	06:44+	01:13-	00:19=			
00:00=	00:07+	01:07#	00:15+	00:04+	00:34#	02:52-	00:00=	00:26#	00:04+	00:35+	00:04-	00:00=			
3	Ola Brox													261	51:25
03:07+	13:53+	19:38+	22:41+	25:05+	30:01+	32:55-	38:33-	41:22-	42:13-	49:42+	51:06+	51:25+			
03:07+	10:46+	05:45+	03:03+	02:24-	04:56+	02:54-	05:38+	02:49+	00:51-	07:29+	01:24+	00:19=			
00:11+	00:30+	00:33#	00:11+	00:08-	00:26+	03:00-	00:21+	00:15+	00:01-	01:20#	00:07+	00:00=			
4	Jørn Bue Olsen													26	56:24
02:55-	14:45+	20:58+	24:16+	27:53+	33:07+	36:26+	42:40+	45:41+	46:38+	54:35+	56:08+	56:24+			
02:55-	11:50+	06:13+	03:18+	03:37+	05:14+	03:19-	06:14+	03:01+	00:57+	07:57+	01:33+	00:16-			
00:01-	01:34#	01:01#	00:26#	01:05&	00:44#	02:35-	00:57#	00:27#	00:05+	01:48&	00:16#	00:03-			
5	Ove Gunnar Jacobsen													328	1:01:30
03:39+	15:55+	23:00+	26:51+	30:20+	36:21+	40:13+	46:54+	50:24+	51:33+	59:35+	61:14+	61:30+			
03:39+	12:16+	07:05+	03:51+	03:29+	06:01+	03:52-	06:41+	03:30+	01:09+	08:02+	01:39+	00:16-			
00:43#	02:00#	01:53&	00:59&	00:57&	01:31&	02:02-	01:24&	00:56&	00:17&	01:53&	00:22&	00:03-			
6	Per Øhickers													163	1:04:42
03:50+	16:33+	23:46+	27:21+	32:14+	38:48+	42:41+	49:54+	53:39+	54:41+	62:52+	64:27+	64:42+			
03:50+	12:43+	07:13+	03:35+	04:53+	06:34+	03:53-	07:13+	03:45+	01:02+	08:11+	01:35+	00:15-			
00:54&	02:27#	02:01&	00:43#	02:21&	02:04&	02:01-	01:56&	01:11&	00:10#	02:02&	00:18#	00:04-			
7	Arne Tiltnes													163	1:09:28
03:33+	18:55+	26:24+	30:21+	33:33+	40:21+	44:20+	51:57+	55:48+	56:57+	67:15+	69:02+	69:28+			
03:33+	15:22+	07:29+	03:57+	03:12+	06:48+	03:59-	07:37+	03:51+	01:09+	10:18+	01:47+	00:26+			
00:37#	05:06&	02:17&	01:05&	00:40&	02:18&	01:55-	02:20&	01:17&	00:17&	04:09&	00:30&	00:07&			
8	Øyvind Hoveid													26	1:13:17
03:29+	18:38+	26:44+	31:19+	34:38+	41:50+	46:08+	54:23+	58:51+	60:17+	70:07+	72:54+	73:17+			
03:29+	15:09+	08:06+	04:35+	03:19+	07:12+	04:18-	08:15+	04:28+	01:26+	09:50+	02:47+	00:23+			
00:33#	04:53&	02:54&	01:43&	00:47&	02:42&	01:36-	02:58&	01:54&	00:34&	03:41&	01:30@	00:04#			
9	Jan Bøhle													263	1:14:45
03:50+	18:44+	26:09+	30:07+	33:54+	39:50+	43:38+	50:27+	62:45+	63:46+	72:45+	74:22+	74:45+			
03:50+	14:54+	07:25+	03:58+	03:47+	05:56+	03:48-	06:49+	12:18+	01:01+	08:59+	01:37+	00:23+			
00:54&	04:38&	02:13&	01:06&	01:15&	01:26&	02:06-	01:32&	09:44@	00:09#	02:50&	00:20&	00:04#			
10	Ragnar Niemi Berg													328	1:17:03
04:01+	19:31+	28:14+	32:24+	38:28+	45:41+	49:42+	58:06+	62:12+	63:34+	73:50+	76:41+	77:03+			
04:01+	15:30+	08:43+	04:10+	06:04+	07:13+	04:01-	08:24+	04:06+	01:22+	10:16+	02:51+	00:22+			
01:05&	05:14&	03:31&	01:18&	03:32@	02:43&	01:53-	03:07&	01:32&	00:30&	04:07&	01:34@	00:03#			
11	Leif Roger Hultgreen													285	1:18:57
04:16+	22:02+	31:47+	36:35+	40:15+	47:28+	52:02+	59:57+	64:15+	66:01+	76:27+	78:31+	78:57+			
04:16+	17:46+	09:45+	04:48+	03:40+	07:13+	04:34-	07:55+	04:18+	01:46+	10:26+	02:04+	00:26+			
01:20&	07:30&	04:33&	01:56&	01:08&	02:43&	01:20-	02:38&	01:44&	00:54@	04:17&	00:47&	00:07&			
12	Sveinung Rekaa													243	1:20:38
23:57+	35:48+	42:19+	45:33+	51:27+	57:29+	60:29+	66:47+	69:55+	70:49+	78:39+	80:18+	80:38+			
23:57+	11:51+	06:31+	03:14+	05:54+	06:02+	03:00-	06:18+	03:08+	00:54+	07:50+	01:39+	00:20+			
21:01@	01:35#	01:19&	00:22#	03:22@	01:32&	02:54-	01:01#	00:34#	00:02+	01:41&	00:22&	00:01+			
13	Hans Lyder Haare													185	1:24:34
03:35+	18:45+	29:56+	33:54+	41:24+	49:09+	56:37+	64:25+	72:23+	73:31+	82:42+	84:15+	84:34+			
03:35+	15:10+	11:11+	03:58+	07:30+	07:45+	07:28+	07:48+	07:58+	01:08+	09:11+	01:33+	00:19=			
00:39#	04:54&	05:59@	01:06&	04:58@	03:15&	01:34&	02:31&	05:24@	00:16&	03:02&	00:16#	00:00=			

Plass	Navn													Klasse	Tid
Beste strekktid for klassen															
	02:55	10:16	05:12	02:52	02:24	04:30	02:54	05:17	02:34	00:51	06:09	01:13	00:15		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
H70															
1	Ingar Håkonsen													184	44:43
	03:50=	14:05=	21:34=	22:51=	29:29=	31:00=	35:35=	37:22=	40:18=	41:37=	43:26=	44:21=	44:43=		
	03:50=	10:15=	07:29=	01:17=	06:38=	01:31=	04:35=	01:47=	02:56=	01:19=	01:49=	00:55=	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=		
2	Dag Rønning Jensen													263	46:26
	03:26-	13:54-	21:25-	22:55+	29:53+	31:20+	36:30+	38:20+	41:45+	43:09+	45:03+	46:10+	46:26+		
	03:26-	10:28+	07:31+	01:30+	06:58+	01:27-	05:10+	01:50+	03:25+	01:24+	01:54+	01:07+	00:16-		
	00:24-	00:13+	00:02+	00:13#	00:20+	00:04-	00:35#	00:03+	00:29#	00:05+	00:05+	00:12#	00:06-		
3	Hasse Bergstrøm													163	47:20
	03:14-	13:19-	21:32-	22:43-	29:30+	31:12+	36:38+	38:39+	42:13+	43:47+	45:48+	46:59+	47:20+		
	03:14-	10:05-	08:13+	01:11-	06:47+	01:42+	05:26+	02:01+	03:34+	01:34+	02:01+	01:11+	00:21-		
	00:36-	00:10-	00:44+	00:06-	00:09+	00:11#	00:51#	00:14#	00:38#	00:15#	00:12#	00:16&	00:01-		
4	Kjell Gorm Røkke													163	47:20
	03:39-	13:48-	22:03+	23:44+	30:29+	31:55+	36:55+	39:00+	42:38+	43:52+	45:57+	47:00+	47:20+		
	03:39-	10:09-	08:15+	01:41+	06:45+	01:26-	05:00+	02:05+	03:38+	01:14-	02:05+	01:03+	00:20-		
	00:11-	00:06-	00:46#	00:24&	00:07+	00:05-	00:25+	00:18#	00:42#	00:05-	00:16#	00:08#	00:02-		
5	Runar Kittilsen													328	47:24
	03:14-	13:45-	21:51+	23:06+	29:56+	31:52+	37:23+	39:16+	42:43+	43:58+	46:14+	47:04+	47:24+		
	03:14-	10:31+	08:06+	01:15-	06:50+	01:56+	05:31+	01:53+	03:27+	01:15-	02:16+	00:50-	00:20-		
	00:36-	00:16+	00:37+	00:02-	00:12+	00:25&	00:56#	00:06+	00:31#	00:04-	00:27#	00:05-	00:02-		
6	Kjell Grønhovd													223	48:10
	03:26-	13:45-	20:36-	22:05-	30:15+	32:03+	37:43+	39:48+	43:13+	44:33+	46:32+	47:49+	48:10+		
	03:26-	10:19+	06:51-	01:29+	08:10+	01:48+	05:40+	02:05+	03:25+	01:20+	01:59+	01:17+	00:21-		
	00:24-	00:04+	00:38-	00:12#	01:32#	00:17#	01:05#	00:18#	00:29#	00:01+	00:10+	00:22&	00:01-		
7	Ragnar Hillestad													197	49:30
	04:37+	15:29+	23:55+	25:16+	32:00+	33:45+	39:20+	41:20+	44:45+	46:06+	48:18+	49:12+	49:30+		
	04:37+	10:52+	08:26+	01:21+	06:44+	01:45+	05:35+	02:00+	03:25+	01:21+	02:12+	00:54-	00:18-		
	00:47#	00:37+	00:57#	00:04+	00:06+	00:14#	01:00#	00:13#	00:29#	00:02+	00:23#	00:01-	00:04-		
8	Erik Johan Grorud													107	51:33
	03:39-	14:52+	24:00+	25:34+	33:11+	34:51+	40:10+	42:12+	46:08+	47:35+	50:01+	51:12+	51:33+		
	03:39-	11:13+	09:08+	01:34+	07:37+	01:40+	05:19+	02:02+	03:56+	01:27+	02:26+	01:11+	00:21-		
	00:11-	00:58+	01:39#	00:17#	00:59#	00:09+	00:44#	00:15#	01:00&	00:08#	00:37&	00:16&	00:01-		
9	Hans Stordal													264	53:52
	03:47-	15:34+	24:27+	25:59+	34:05+	35:34+	41:30+	43:39+	47:34+	49:21+	52:00+	53:24+	53:52+		
	03:47-	11:47+	08:53+	01:32+	08:06+	01:29-	05:56+	02:09+	03:55+	01:47+	02:39+	01:24+	00:28+		
	00:03-	01:32#	01:24#	00:15#	01:28#	00:02-	01:21&	00:22#	00:59&	00:28&	00:50&	00:29&	00:06&		
10	Eirik Eriksen													133	54:08
	04:00+	15:27+	24:21+	25:50+	33:47+	35:36+	42:18+	44:36+	48:42+	50:05+	52:22+	53:43+	54:08+		
	04:00+	11:27+	08:54+	01:29+	07:57+	01:49+	06:42+	02:18+	04:06+	01:23+	02:17+	01:21+	00:25+		
	00:10+	01:12#	01:25#	00:12#	01:19#	00:18#	02:07&	00:31&	01:10&	00:04+	00:28&	00:26&	00:03#		
11	Thorolf Trolsrud													46	54:14
	03:44-	16:48+	25:38+	27:00+	34:07+	35:53+	41:39+	43:58+	48:29+	50:04+	52:31+	53:51+	54:14+		
	03:44-	13:04+	08:50+	01:22+	07:07+	01:46+	05:46+	02:19+	04:31+	01:35+	02:27+	01:20+	00:23+		
	00:06-	02:49&	01:21#	00:05+	00:29+	00:15#	01:11&	00:32&	01:35&	00:16#	00:38&	00:25&	00:01+		
12	Rolf Gjørberg													198	54:24
	03:49-	14:48+	23:30+	25:01+	35:47+	37:34+	43:17+	45:35+	49:17+	50:40+	52:45+	54:00+	54:24+		
	03:49-	10:59+	08:42+	01:31+	10:46+	01:47+	05:43+	02:18+	03:42+	01:23+	02:05+	01:15+	00:24+		
	00:01-	00:44+	01:13#	00:14#	04:08&	00:16#	01:08#	00:31&	00:46&	00:04+	00:16#	00:20&	00:02+		
13	Lars Martin Gjein													328	58:50
	04:08+	16:56+	26:14+	27:54+	37:02+	39:02+	45:32+	47:42+	52:10+	53:59+	56:48+	58:25+	58:50+		
	04:08+	12:48+	09:18+	01:40+	09:08+	02:00+	06:30+	02:10+	04:28+	01:49+	02:49+	01:37+	00:25+		
	00:18+	02:33#	01:49#	00:23&	02:30&	00:29&	01:55&	00:23#	01:32&	00:30&	01:00&	00:42&	00:03#		

Plass	Navn			Klasse								Tid	
14	Ole Kristoffer Throdsen			184								1:00:24	
04:17+	16:31+	25:52+	27:28+	36:18+	38:16+	47:20+	49:44+	54:30+	56:14+	58:31+	60:01+	60:24+	
04:17+	12:14+	09:21+	01:36+	08:50+	01:58+	09:04+	02:24+	04:46+	01:44+	02:17+	01:30+	00:23+	
00:27#	01:59#	01:52#	00:19#	02:12&	00:27&	04:29&	00:37&	01:50&	00:25&	00:28&	00:35&	00:01+	
15	John Ivar Kjelle vold			223								1:01:53	
04:06+	16:41+	25:25+	27:07+	36:58+	39:13+	49:00+	51:17+	55:26+	57:16+	59:52+	61:21+	61:53+	
04:06+	12:35+	08:44+	01:42+	09:51+	02:15+	09:47+	02:17+	04:09+	01:50+	02:36+	01:29+	00:32+	
00:16+	02:20#	01:15#	00:25&	03:13&	00:44&	05:12@	00:30&	01:13&	00:31&	00:47&	00:34&	00:10&	
16	Per Dalheim			185								1:05:51	
03:51+	18:15+	27:35+	29:13+	38:21+	40:14+	47:01+	50:13+	57:30+	59:50+	63:03+	65:10+	65:51+	
03:51+	14:24+	09:20+	01:38+	09:08+	01:53+	06:47+	03:12+	07:17+	02:20+	03:13+	02:07+	00:41+	
00:01+	04:09&	01:51#	00:21&	02:30&	00:22#	02:12&	01:25&	04:21@	01:01&	01:24&	01:12@	00:19&	
17	Rolf Magnus Justad			132								1:08:25	
05:06+	18:15+	27:55+	29:35+	41:46+	43:43+	53:57+	56:14+	60:52+	62:29+	65:04+	68:02+	68:25+	
05:06+	13:09+	09:40+	01:40+	12:11+	01:57+	10:14+	02:17+	04:38+	01:37+	02:35+	02:58+	00:23+	
01:16&	02:54&	02:11&	00:23&	05:33&	00:26&	05:39@	00:30&	01:42&	00:18#	00:46&	02:03@	00:01+	
18	Brede Høibak Gundersen			285								1:12:15	
03:56+	18:53+	29:58+	31:43+	41:23+	49:18+	57:05+	61:26+	66:12+	67:53+	70:28+	71:44+	72:15+	
03:56+	14:57+	11:05+	01:45+	09:40+	07:55+	07:47+	04:21+	04:46+	01:41+	02:35+	01:16+	00:31+	
00:06+	04:42&	03:36&	00:28&	03:02&	06:24@	03:12&	02:34@	01:50&	00:22&	00:46&	00:21&	00:09&	
Beste strekktid for klassen													
03:14	10:05	06:51	01:11	06:38	01:26	04:35	01:47	02:56	01:14	01:49	00:50	00:16	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
H75													
1	Bjørn W. Ludvigsen			133								38:16	
03:31=	07:51=	11:35=	15:02=	16:45=	21:30=	27:03=	29:23=	35:12=	36:51=	37:55=	38:16=		
03:31=	04:20=	03:44=	03:27=	01:43=	04:45=	05:33=	02:20=	05:49=	01:39=	01:04=	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=		
2	Elling Frøvoll			133								39:55	
03:47+	08:29+	12:32+	15:34+	17:28+	22:55+	27:04+	28:07-	35:27+	37:50+	39:30+	39:55+		
03:47+	04:42+	04:03+	03:02-	01:54+	05:27+	04:09-	01:03-	07:20+	02:23+	01:40+	00:25+		
00:16+	00:22+	00:19+	00:25-	00:11#	00:42#	01:24-	01:17-	01:31&	00:44&	00:36&	00:04#		
3	Paul Biseth			184								43:16	
03:52+	08:49+	16:46+	19:46+	21:34+	26:35+	30:05+	31:12+	38:14+	41:33+	42:51+	43:16+		
03:52+	04:57+	07:57+	03:00-	01:48+	05:01+	03:30-	01:07-	07:02+	03:19+	01:18+	00:25+		
00:21+	00:37#	04:13@	00:27-	00:05+	00:16+	02:03-	01:13-	01:13#	01:40@	00:14#	00:04#		
4	Jan Jansen			252								43:38	
03:34+	09:17+	13:32+	20:24+	22:18+	29:17+	32:48+	33:52+	40:18+	42:03+	43:13+	43:38+		
03:34+	05:43+	04:15+	06:52+	01:54+	06:59+	03:31-	01:04-	06:26+	01:45+	01:10+	00:25+		
00:03+	01:23&	00:31#	03:25&	00:11#	02:14&	02:02-	01:16-	00:37#	00:06+	00:06+	00:04#		
5	Magnar Øvreås			46								44:47	
03:40+	09:50+	14:45+	19:12+	21:04+	27:17+	31:46+	32:49+	41:06+	43:01+	44:33+	44:47+		
03:40+	06:10+	04:55+	04:27+	01:52+	06:13+	04:29-	01:03-	08:17+	01:55+	01:32+	00:14-		
00:09+	01:50&	01:11&	01:00&	00:09+	01:28&	01:04-	01:17-	02:28&	00:16#	00:28&	00:07-		
6	Ivar Louis Berg			133								47:03	
04:23+	09:53+	15:08+	19:03+	21:14+	27:13+	31:56+	33:24+	42:18+	45:12+	46:39+	47:03+		
04:23+	05:30+	05:15+	03:55+	02:11+	05:59+	04:43-	01:28-	08:54+	02:54+	01:27+	00:24+		
00:52#	01:10&	01:31&	00:28#	00:28&	01:14&	00:50-	00:52-	03:05&	01:15&	00:23&	00:03#		
7	Erling Tidemann			205								48:49	
04:33+	10:04+	15:28+	19:05+	21:17+	28:30+	33:46+	35:09+	44:46+	46:56+	48:23+	48:49+		
04:33+	05:31+	05:24+	03:37+	02:12+	07:13+	05:16-	01:23-	09:37+	02:10+	01:27+	00:26+		
01:02&	01:11&	01:40&	00:10+	00:29&	02:28&	00:17-	00:57-	03:48&	00:31&	00:23&	00:05#		
8	Jon C. Fougner			114								51:04	
04:13+	09:46+	15:40+	19:59+	22:07+	29:08+	34:11+	35:41+	44:51+	47:33+	50:28+	51:04+		
04:13+	05:33+	05:54+	04:19+	02:08+	07:01+	05:03-	01:30-	09:10+	02:42+	02:55+	00:36+		
00:42#	01:13&	02:10&	00:52&	00:25#	02:16&	00:30-	00:50-	03:21&	01:03&	01:51@	00:15&		

Plass	Navn										Klasse	Tid
9	Eigil Kongsfjell										264	59:23
	04:59+	11:22+	16:51+	25:52+	27:55+	36:25+	41:35+	43:00+	54:25+	57:06+	58:45+	59:23+
	04:59+	06:23+	05:29+	09:01+	02:03+	08:30+	05:10-	01:25-	11:25+	02:41+	01:39+	00:38+
	01:28&	02:03&	01:45&	05:34@	00:20#	03:45&	00:23-	00:55-	05:36&	01:02&	00:35&	00:17&
10	Bjørn Gunnerød										26	1:01:46
	04:23+	18:44+	27:05+	31:23+	33:08+	40:54+	45:57+	47:22+	56:12+	59:10+	61:09+	61:46+
	04:23+	14:21+	08:21+	04:18+	01:45+	07:46+	05:03-	01:25-	08:50+	02:58+	01:59+	00:37+
	00:52#	10:01@	04:37@	00:51#	00:02+	03:01&	00:30-	00:55-	03:01&	01:19&	00:55&	00:16&
11	Asbjørn Bræck										184	1:12:13
	05:54+	14:24+	33:03+	38:11+	40:42+	48:43+	54:14+	55:46+	65:56+	69:39+	71:39+	72:13+
	05:54+	08:30+	18:39+	05:08+	02:31+	08:01+	05:31-	01:32-	10:10+	03:43+	02:00+	00:34+
	02:23&	04:10&	14:55@	01:41&	00:48&	03:16&	00:02-	00:48-	04:21&	02:04@	00:56&	00:13&
Beste strekktid for klassen												
	03:31	04:20	03:44	03:00	01:43	04:45	03:30	01:03	05:49	01:39	01:04	00:14

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

H80

1	Tore S. Rasmussen										264	53:51
	04:24=	09:27=	20:33=	24:06=	25:56=	32:37=	39:39=	41:02=	49:12=	51:41=	53:25=	53:51=
	04:24=	05:03=	11:06=	03:33=	01:50=	06:41=	07:02=	01:23=	08:10=	02:29=	01:44=	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=
2	Tor Drage										108	54:24
	04:34+	12:00+	18:22-	22:37-	24:44-	31:29-	38:18-	39:42-	48:31-	51:55+	53:53+	54:24+
	04:34+	07:26+	06:22-	04:15+	02:07+	06:45+	06:49-	01:24+	08:49+	03:24+	01:58+	00:31+
	00:10+	02:23&	04:44-	00:42#	00:17#	00:04+	00:13-	00:01+	00:39+	00:55&	00:14#	00:05#
3	Ole Einar Dalen										285	57:58
	04:39+	11:29+	17:26-	22:16-	25:24-	33:59+	41:52+	43:32+	52:35+	55:43+	57:21+	57:58+
	04:39+	06:50+	05:57-	04:50+	03:08+	08:35+	07:53+	01:40+	09:03+	03:08+	01:38-	00:37+
	00:15+	01:47&	05:09-	01:17&	01:18&	01:54&	00:51#	00:17#	00:53#	00:39&	00:06-	00:11&
4	Finn Åge Østern										184	1:00:03
	03:45-	09:56+	16:21-	24:26+	27:00+	39:16+	43:50+	45:10+	53:03+	57:55+	59:31+	60:03+
	03:45-	06:11+	06:25-	08:05+	02:34+	12:16+	04:34-	01:20-	07:53-	04:52+	01:36-	00:32+
	00:39-	01:08#	04:41-	04:32@	00:44&	05:35&	02:28-	00:03-	00:17-	02:23&	00:08-	00:06#
5	Tormod Høimyr										133	1:16:11
	04:17-	11:16+	20:17-	45:28+	47:27+	55:45+	61:05+	62:24+	70:43+	74:06+	75:45+	76:11+
	04:17-	06:59+	09:01-	25:11+	01:59+	08:18+	05:20-	01:19-	08:19+	03:23+	01:39-	00:26=
	00:07-	01:56&	02:05-	21:38@	00:09+	01:37#	01:42-	00:04-	00:09+	00:54&	00:05-	00:00=
6	Knut Kjemhus										184	1:16:42
	04:10-	23:05+	38:15+	43:12+	45:42+	55:43+	60:31+	62:44+	71:47+	74:13+	76:06+	76:42+
	04:10-	18:55+	15:10+	04:57+	02:30+	10:01+	04:48-	02:13+	09:03+	02:26-	01:53+	00:36+
	00:14-	13:52@	04:04&	01:24&	00:40&	03:20&	02:14-	00:50&	00:53#	00:03-	00:09+	00:10&
7	Per Meiland										205	1:29:58
	05:14+	18:08+	24:55+	53:27+	55:52+	63:37+	73:25+	75:11+	85:09+	87:45+	89:23+	89:58+
	05:14+	12:54+	06:47-	28:32+	02:25+	07:45+	09:48+	01:46+	09:58+	02:36+	01:38-	00:35+
	00:50#	07:51@	04:19-	24:59@	00:35&	01:04#	02:46&	00:23&	01:48#	00:07+	00:06-	00:09&
Beste strekktid for klassen												
	03:45	05:03	05:57	03:33	01:50	06:41	04:34	01:19	07:53	02:26	01:36	00:26

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

N-åpen

1	Magnus R Jevanord										80	23:33
	03:09=	05:30=	08:17=	11:36=	15:26=	16:11=	19:27=	23:11=	23:33=			
	03:09=	02:21=	02:47=	03:19=	03:50=	00:45=	03:16=	03:44=	00:22=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

Plass	Navn	Klasse	Tid
2	Julia Bollerud Naess	NOTEAM	40:15
04:17+ 08:11+ 13:27+ 20:49+ 27:24+ 28:57+ 34:17+ 39:26+ 40:15+ 04:17+ 03:54+ 05:16+ 07:22+ 06:35+ 01:33+ 05:20+ 05:09+ 00:49+ 01:08& 01:33& 02:29& 04:03@ 02:45& 00:48@ 02:04& 01:25& 00:27@			
3	Mads Jevanord	80	30:05
33596:00+ 33596:00+ 33592:51@			
4	Eira Habo-Haase	297	51:51
05:18+ 10:54+ 20:50+ 30:33+ 37:19+ 38:46+ 45:00+ 50:54+ 51:51+ 05:18+ 05:36+ 09:56+ 09:43+ 06:46+ 01:27+ 06:14+ 05:54+ 00:57+ 02:09& 03:15@ 07:09@ 06:24@ 02:56& 00:42& 02:58& 02:10& 00:35@			
5	Isak Harbo-Haase	297	51:59
05:42+ 11:56+ 21:49+ 31:29+ 37:24+ 38:52+ 45:25+ 51:15+ 51:59+ 05:42+ 06:14+ 09:53+ 09:40+ 05:55+ 01:28+ 06:33+ 05:50+ 00:44+ 02:33& 03:53@ 07:06@ 06:21@ 02:05& 00:43& 03:17@ 02:06& 00:22&			
6	Hedda Sørumsaugen Brattås	64	37:16
04:39+ 08:41+ 14:20+ 19:30+ 24:00+ 25:40+ 31:28+ 36:43+ 37:16+ 04:39+ 04:02+ 05:39+ 05:10+ 04:30+ 01:40+ 05:48+ 05:15+ 00:33+ 01:30& 01:41& 02:52@ 01:51& 00:40# 00:55@ 02:32& 01:31& 00:11&			
8	Lars Jørgen Longfjeld	223	32:25
03:01- 06:34+ 11:11+ 16:28+ 21:22+ 22:39+ 27:49+ 32:05+ 32:25+ 03:01- 03:33+ 04:37+ 05:17+ 04:54+ 01:17+ 05:10+ 04:16+ 00:20- 00:08- 01:12& 01:50& 01:58& 01:04& 00:32& 01:54& 00:32# 00:02-			
9	Sissel Komba	116	1:03:00
34222:00+ 34222:00+ 34218:51@			
10	Ine Fagerland	133	1:01:40
05:15+ 12:13+ 21:49+ 31:50+ 41:42+ 44:57+ 53:04+ 61:07+ 61:40+ 05:15+ 06:58+ 09:36+ 10:01+ 09:52+ 03:15+ 08:07+ 08:03+ 00:33+ 02:06& 04:37@ 06:49@ 06:42@ 06:02@ 02:30@ 04:51@ 04:19@ 00:11&			
11	Ingrid Espedal	26	38:11
03:35+ 07:07+ 12:37+ 19:08+ 25:06+ 27:11+ 32:12+ 37:35+ 38:11+ 03:35+ 03:32+ 05:30+ 06:31+ 05:58+ 02:05+ 05:01+ 05:23+ 00:36+ 00:26# 01:11& 02:43& 03:12& 02:08& 01:20@ 01:45& 01:39& 00:14&			
12	Simen Bergstrøm	163	46:18
34045:00+ 34045:00+ 34041:51@			
62	Synne Kjernsmo	297	40:47
05:03+ 11:24+ 16:54+ 21:59+ 27:23+ 29:04+ 34:37+ 40:16+ 40:47+ 05:03+ 06:21+ 05:30+ 05:05+ 05:24+ 01:41+ 05:33+ 05:39+ 00:31+ 01:54& 04:00@ 02:43& 01:46& 01:34& 00:56@ 02:17& 01:55& 00:09&			
63	Rebecca Grace Homme	133	50:00
04:26+ 09:20+ 14:28+ 21:58+ 31:44+ 34:15+ 43:46+ 49:34+ 50:00+ 04:26+ 04:54+ 05:08+ 07:30+ 09:46+ 02:31+ 09:31+ 05:48+ 00:26+ 01:17& 02:33@ 02:21& 04:11@ 05:56@ 01:46@ 06:15@ 02:04& 00:04#			
64	Olai Biseth	184	28:15
03:10+ 06:19+ 10:11+ 14:11+ 18:17+ 19:36+ 23:56+ 27:54+ 28:15+ 03:10+ 03:09+ 03:52+ 04:00+ 04:06+ 01:19+ 04:20+ 03:58+ 00:21- 00:01+ 00:48& 01:05& 00:41# 00:16+ 00:34& 01:04& 00:14+ 00:01-			
65	Lars Wirum Bøen	133	42:14
04:29+ 09:11+ 14:29+ 19:30+ 27:38+ 30:44+ 34:41+ 41:04+ 42:14+ 04:29+ 04:42+ 05:18+ 05:01+ 08:08+ 03:06+ 03:57+ 06:23+ 01:10+ 01:20& 02:21& 02:31& 01:42& 04:18@ 02:21@ 00:41# 02:39& 00:48@			
66	Adele Teigen	184	35:53
04:59+ 09:45+ 14:33+ 20:35+ 25:33+ 26:47+ 31:20+ 35:30+ 35:53+ 04:59+ 04:46+ 04:48+ 06:02+ 04:58+ 01:14+ 04:33+ 04:10+ 00:23+ 01:50& 02:25@ 02:01& 02:43& 01:08& 00:29& 01:17& 00:26# 00:01+			

Plass	Navn	Klasse	Tid
67	Henrik Mathisen	264	33:53
04:16+	07:53+ 11:58+ 16:18+ 21:39+ 23:10+	28:41+ 33:27+ 33:53+	
04:16+	03:37+ 04:05+ 04:20+ 05:21+ 01:31+	05:31+ 04:46+ 00:26+	
01:07&	01:16& 01:18& 01:01& 01:31& 00:46@	02:15& 01:02& 00:04#	
68	Ingrid Asmyr-Andersen	64	36:44
04:09+	08:02+ 13:23+ 18:52+ 23:42+ 25:04+	30:57+ 36:20+ 36:44+	
04:09+	03:53+ 05:21+ 05:29+ 04:50+ 01:22+	05:53+ 05:23+ 00:24+	
01:00&	01:32& 02:34& 02:10& 01:00& 00:37&	02:37& 01:39& 00:02+	
69	Trym Alexander Storhaug	297	49:29
04:51+	10:06+ 17:56+ 26:21+ 33:48+ 35:45+	43:03+ 49:10+ 49:29+	
04:51+	05:15+ 07:50+ 08:25+ 07:27+ 01:57+	07:18+ 06:07+ 00:19-	
01:42&	02:54@ 05:03@ 05:06@ 03:37& 01:12@	04:02@ 02:23& 00:03-	
70	Amalie Birkelund	26	52:51
07:23+	17:15+ 23:02+ 28:18+ 34:38+ 37:04+	44:10+ 52:24+ 52:51+	
07:23+	09:52+ 05:47+ 05:16+ 06:20+ 02:26+	07:06+ 08:14+ 00:27+	
04:14@	07:31@ 03:00@ 01:57& 02:30& 01:41@	03:50@ 04:30@ 00:05#	
71	Maren Sæter Flesseberg	184	1:07:24
07:02+	16:58+ 28:27+ 37:17+ 46:20+ 49:53+	59:16+ 66:54+ 67:24+	
07:02+	09:56+ 11:29+ 08:50+ 09:03+ 03:33+	09:23+ 07:38+ 00:30+	
03:53@	07:35@ 08:42@ 05:31@ 05:13@ 02:48@	06:07@ 03:54@ 00:08&	
72	Inez Nelson	197	46:15
05:11+	10:01+ 16:15+ 24:10+ 29:41+ 31:03+	37:52+ 45:52+ 46:15+	
05:11+	04:50+ 06:14+ 07:55+ 05:31+ 01:22+	06:49+ 08:00+ 00:23+	
02:02&	02:29@ 03:27@ 04:36@ 01:41& 00:37&	03:33@ 04:16@ 00:01+	
73	Ida Bollerud Næss	64	40:50
04:10+	08:22+ 13:50+ 20:54+ 27:20+ 28:49+	34:25+ 39:26+ 40:50+	
04:10+	04:12+ 05:28+ 07:04+ 06:26+ 01:29+	05:36+ 05:01+ 01:24+	
01:01&	01:51& 02:41& 03:45@ 02:36& 00:44&	02:20& 01:17& 01:02@	
74	Johanne Hedemark Nelson	39	52:20
07:00+	14:04+ 21:33+ 28:14+ 35:32+ 38:01+	44:33+ 51:43+ 52:20+	
07:00+	07:04+ 07:29+ 06:41+ 07:18+ 02:29+	06:32+ 07:10+ 00:37+	
03:51@	04:43@ 04:42@ 03:22@ 03:28& 01:44@	03:16& 03:26& 00:15&	
75	Maia Maudal Pettersen	184	50:39
05:52+	11:42+ 17:38+ 29:26+ 37:01+ 38:42+	44:24+ 50:04+ 50:39+	
05:52+	05:50+ 05:56+ 11:48+ 07:35+ 01:41+	05:42+ 05:40+ 00:35+	
02:43&	03:29@ 03:09@ 08:29@ 03:45& 00:56@	02:26& 01:56& 00:13&	
76	Mathis Burckhardt	64	43:55
04:23+	10:15+ 16:12+ 23:53+ 29:10+ 31:01+	37:06+ 43:28+ 43:55+	
04:23+	05:52+ 05:57+ 07:41+ 05:17+ 01:51+	06:05+ 06:22+ 00:27+	
01:14&	03:31@ 03:10@ 04:22@ 01:27& 01:06@	02:49& 02:38& 00:05#	
77	Andreas Sellæg Bredeesen	133	42:55
05:09+	09:44+ 14:58+ 20:32+ 29:10+ 31:24+	36:34+ 42:01+ 42:55+	
05:09+	04:35+ 05:14+ 05:34+ 08:38+ 02:14+	05:10+ 05:27+ 00:54+	
02:00&	02:14& 02:27& 02:15& 04:48@ 01:29@	01:54& 01:43& 00:32@	
78	Mina Hobbelstad	64	27:03
02:59-	05:57+ 08:38+ 14:27+ 17:38+ 18:49+	22:37+ 26:40+ 27:03+	
02:59-	02:58+ 02:41- 05:49+ 03:11-	01:11+ 03:48+ 04:03+	
00:10-	00:37& 00:06- 02:30& 00:39-	00:26& 00:32# 00:19+	00:01+
79	Oda Opseth	285	41:56
03:47+	08:05+ 12:56+ 19:05+ 28:10+ 31:16+	37:13+ 41:35+ 41:56+	
03:47+	04:18+ 04:51+ 06:09+ 09:05+ 03:06+	05:57+ 04:22+ 00:21-	
00:38#	01:57& 02:04& 02:50& 05:15@ 02:21@	02:41& 00:38# 00:01-	
80	Henrik Nyberg	26	47:50
03:59+	08:02+ 24:43+ 30:50+ 38:09+ 39:33+	43:48+ 47:31+ 47:50+	
03:59+	04:03+ 16:41+ 06:07+ 07:19+ 01:24+	04:15+ 03:43- 00:19-	
00:50&	01:42& 13:54@ 02:48& 03:29& 00:39&	00:59& 00:01- 00:03-	
81	Kristian Kaiser	133	31:32
03:42+	08:36+ 12:46+ 16:37+ 21:31+ 22:43+	26:15+ 31:08+ 31:32+	
03:42+	04:54+ 04:10+ 03:51+ 04:54+ 01:12+	03:32+ 04:53+ 00:24+	
00:33#	02:33@ 01:23& 00:32# 01:04& 00:27&	00:16+ 01:09& 00:02+	

Plass	Navn								Klasse	Tid
82	Amelie Tørvolt								297	1:11:44
	07:43+	12:20+	19:49+	31:33+	42:24+	46:04+	55:33+	09:45+	71:44+	
	07:43+	04:37+	07:29+	11:44+	10:51+	03:40+	09:29+	14:12+	01:59+	
	04:34@	02:16&	04:42@	08:25@	07:01@	02:55@	06:13@	10:28@	01:37@	
83	Mathis Renard								184	42:32
	05:03+	09:13+	13:40+	20:17+	28:49+	30:39+	38:15+	42:08+	42:32+	
	05:03+	04:10+	04:27+	06:37+	08:32+	01:50+	07:36+	03:53+	00:24+	
	01:54&	01:49&	01:40&	03:18&	04:42@	01:05@	04:20@	00:09+	00:02+	
84	Erlend Hellerud Øpstad								26	24:55
	02:35-	05:18-	08:55+	12:55+	16:44+	17:41+	21:16+	24:33+	24:55+	
	02:35-	02:43+	03:37+	04:00+	03:49-	00:57+	03:35+	03:17-	00:22=	
	00:34-	00:22#	00:50&	00:41#	00:01-	00:12&	00:19+	00:27-	00:00=	
85	Birk Håkonsen								297	38:55
	31000:00+									
	31000:00+									
	30996:51@									
86	Ofelia Leonora Axelson								64	53:17
	05:16+	09:42+	15:57+	24:34+	30:21+	32:20+	40:43+	52:09+	53:17+	
	05:16+	04:26+	06:15+	08:37+	05:47+	01:59+	08:23+	11:26+	01:08+	
	02:07&	02:05&	03:28@	05:18@	01:57&	01:14@	05:07@	07:42@	00:46@	
87	Elise Hedemark Nelson								39	52:18
	07:03+	14:29+	21:34+	28:14+	35:31+	38:04+	44:32+	51:43+	52:18+	
	07:03+	07:26+	07:05+	06:40+	07:17+	02:33+	06:28+	07:11+	00:35+	
	03:54@	05:05@	04:18@	03:21@	03:27&	01:48@	03:12&	03:27&	00:13&	
88	Helene Hellerud Øpstad								26	39:59
	03:53+	08:49+	13:26+	19:24+	25:18+	26:53+	34:21+	39:30+	39:59+	
	03:53+	04:56+	04:37+	05:58+	05:54+	01:35+	07:28+	05:09+	00:29+	
	00:44#	02:35@	01:50&	02:39&	02:04&	00:50@	04:12@	01:25&	00:07&	
89	Julie Olsen Bye								223	34:24
	04:51+	08:44+	13:15+	19:23+	23:42+	25:11+	29:59+	33:54+	34:24+	
	04:51+	03:53+	04:31+	06:08+	04:19+	01:29+	04:48+	03:55+	00:30+	
	01:42&	01:32&	01:44&	02:49&	00:29#	00:44&	01:32&	00:11+	00:08&	
90	Eline Maudal Pettersen								184	50:38
	05:57+	11:37+	17:45+	29:32+	36:56+	38:40+	44:31+	50:03+	50:38+	
	05:57+	05:40+	06:08+	11:47+	07:24+	01:44+	05:51+	05:32+	00:35+	
	02:48&	03:19@	03:21@	08:28@	03:34&	00:59@	02:35&	01:48&	00:13&	
91	Aurora Viken Foss								64	43:22
	04:52+	09:35+	15:29+	21:37+	27:35+	29:15+	36:33+	42:56+	43:22+	
	04:52+	04:43+	05:54+	06:08+	05:58+	01:40+	07:18+	06:23+	00:26+	
	01:43&	02:22@	03:07@	02:49&	02:08&	00:55@	04:02@	02:39&	00:04#	
92	Gaute Gustavsen								133	44:21
	03:57+	07:40+	13:20+	22:43+	30:48+	32:24+	37:14+	43:39+	44:21+	
	03:57+	03:43+	05:40+	09:23+	08:05+	01:36+	04:50+	06:25+	00:42+	
	00:48&	01:22&	02:53@	06:04@	04:15@	00:51@	01:34&	02:41&	00:20&	
93	Vilje Såstad								64	52:58
	05:07+	12:44+	17:46+	25:19+	35:34+	36:50+	45:09+	52:00+	52:58+	
	05:07+	07:37+	05:02+	07:33+	10:15+	01:16+	08:19+	06:51+	00:58+	
	01:58&	05:16@	02:15&	04:14@	06:25@	00:31&	05:03@	03:07&	00:36@	
94	Jens Wold								133	31:41
	03:05-	06:15+	10:33+	15:45+	20:15+	21:46+	27:32+	31:19+	31:41+	
	03:05-	03:10+	04:18+	05:12+	04:30+	01:31+	05:46+	03:47+	00:22=	
	00:04-	00:49&	01:31&	01:53&	00:40#	00:46@	02:30&	00:03+	00:00=	
95	Amanda Håkonsen								297	43:01
	04:14+	08:06+	13:35+	19:45+	26:31+	27:58+	34:43+	41:45+	43:01+	
	04:14+	03:52+	05:29+	06:10+	06:46+	01:27+	06:45+	07:02+	01:16+	
	01:05&	01:31&	02:42&	02:51&	02:56&	00:42&	03:29@	03:18&	00:54@	
96	Amalie Myrvold Skovlyst								184	29:53
	03:08-	05:47+	09:45+	14:17+	17:59+	19:29+	24:57+	29:33+	29:53+	
	03:08-	02:39+	03:58+	04:32+	03:42-	01:30+	05:28+	04:36+	00:20-	
	00:01-	00:18#	01:11&	01:13&	00:08-	00:45&	02:12&	00:52#	00:02-	

Plass	Navn								Klasse	Tid
97	Julie Wold								133	1:01:40
	05:16+	12:30+	22:07+	31:59+	41:54+	45:04+	53:22+	61:10+	61:40+	
	05:16+	07:14+	09:37+	09:52+	09:55+	03:10+	08:18+	07:48+	00:30+	
	02:07&	04:53@	06:50@	06:33@	06:05@	02:25@	05:02@	04:04@	00:08&	
98	Nila Hilleren								64	51:09
	04:06+	09:46+	17:26+	26:29+	32:46+	34:52+	43:13+	50:41+	51:09+	
	04:06+	05:40+	07:40+	09:03+	06:17+	02:06+	08:21+	07:28+	00:28+	
	00:57&	03:19@	04:53@	05:44@	02:27&	01:21@	05:05@	03:44&	00:06&	
99	Christoffer Vråle Rønning								133	38:03
	02:46-	05:48+	09:51+	20:41+	25:40+	27:03+	30:48+	37:45+	38:03+	
	02:46-	03:02+	04:03+	10:50+	04:59+	01:23+	03:45+	06:57+	00:18-	
	00:23-	00:41&	01:16&	07:31@	01:09&	00:38&	00:29#	03:13&	00:04-	
100	Eivind Kjærsmo								297	55:12
	06:42+	11:42+	18:11+	25:26+	32:03+	34:38+	47:57+	54:20+	55:12+	
	06:42+	05:00+	06:29+	07:15+	06:37+	02:35+	13:19+	06:23+	00:52+	
	03:33@	02:39@	03:42@	03:56@	02:47&	01:50@	10:03@	02:39&	00:30@	
101	Mina Lauvli								184	34:26
	03:43+	07:21+	11:20+	17:19+	22:28+	24:14+	29:11+	34:04+	34:26+	
	03:43+	03:38+	03:59+	05:59+	05:09+	01:46+	04:57+	04:53+	00:22=	
	00:34#	01:17&	01:12&	02:40&	01:19&	01:01@	01:41&	01:09&	00:00=	
102	Karl Rein Rådahl								163	41:58
	04:30+	10:24+	17:57+	23:14+	29:13+	30:26+	37:07+	41:37+	41:58+	
	04:30+	05:54+	07:33+	05:17+	05:59+	01:13+	06:41+	04:30+	00:21-	
	01:21&	03:33@	04:46@	01:58&	02:09&	00:28&	03:25@	00:46#	00:01-	
103	Abelone Josefine Axelson								64	24:20
	02:47-	05:14-	08:21+	12:00+	15:30+	16:35+	20:01+	23:54+	24:20+	
	02:47-	02:27+	03:07+	03:39+	03:30-	01:05+	03:26+	03:53+	00:26+	
	00:22-	00:06+	00:20#	00:20#	00:20-	00:20&	00:10+	00:09+	00:04#	
104	Danie Nicolai Homme								133	38:14
	06:05+	11:21+	15:59+	21:03+	26:11+	27:39+	33:34+	37:51+	38:14+	
	06:05+	05:16+	04:38+	05:04+	05:08+	01:28+	05:55+	04:17+	00:23+	
	02:56&	02:55@	01:51&	01:45&	01:18&	00:43&	02:39&	00:33#	00:01+	
105	Simen Hobbelstad								64	32:30
	03:06-	06:17+	12:05+	16:32+	20:21+	21:44+	27:21+	31:59+	32:30+	
	03:06-	03:11+	05:48+	04:27+	03:49-	01:23+	05:37+	04:38+	00:31+	
	00:03-	00:50&	03:01@	01:08&	00:01-	00:38&	02:21&	00:54#	00:09&	
106	Torbjørn Melheim Svendsen								133	41:14
	03:54+	07:39+	13:18+	22:37+	30:45+	32:17+	36:50+	40:56+	41:14+	
	03:54+	03:45+	05:39+	09:19+	08:08+	01:32+	04:33+	04:06+	00:18-	
	00:45#	01:24&	02:52@	06:00@	04:18@	00:47@	01:17&	00:22+	00:04-	
108	Sanna Wirum Bøen								133	48:09
	03:29+	07:32+	14:11+	25:58+	32:20+	33:43+	40:24+	47:44+	48:09+	
	03:29+	04:03+	06:39+	11:47+	06:22+	01:23+	06:41+	07:20+	00:25+	
	00:20#	01:42&	03:52@	08:28@	02:32&	00:38&	03:25@	03:36&	00:03#	
110	Helene Stenvik Moen								184	41:11
	04:53+	09:42+	15:37+	22:32+	27:59+	29:59+	35:06+	40:43+	41:11+	
	04:53+	04:49+	05:55+	06:55+	05:27+	02:00+	05:07+	05:37+	00:28+	
	01:44&	02:28@	03:08@	03:36@	01:37&	01:15@	01:51&	01:53&	00:06&	
112	Håkon Øverby								184	44:55
	03:07-	07:18+	12:36+	23:12+	34:30+	36:03+	41:16+	44:35+	44:55+	
	03:07-	04:11+	05:18+	10:36+	11:18+	01:33+	05:13+	03:19-	00:20-	
	00:02-	01:50&	02:31&	07:17@	07:28@	00:48@	01:57&	00:25-	00:02-	
113	Frida Hope								223	47:56
	06:15+	11:16+	17:06+	23:59+	29:41+	31:40+	40:00+	47:26+	47:56+	
	06:15+	05:01+	05:50+	06:53+	05:42+	01:59+	08:20+	07:26+	00:30+	
	03:06&	02:40@	03:03@	03:34@	01:52&	01:14@	05:04@	03:42&	00:08&	
114	Tuva Bredholt								184	34:04
	03:10+	06:12+	10:06+	16:34+	24:51+	25:52+	30:14+	33:43+	34:04+	
	03:10+	03:02+	03:54+	06:28+	08:17+	01:01+	04:22+	03:29-	00:21-	
	00:01+	00:41&	01:07&	03:09&	04:27@	00:16&	01:06&	00:15-	00:01-	

Plass	Navn								Klasse	Tid
115	Andrea Melheim Eriksen								133	50:22
	04:27+	09:21+	14:29+	21:51+	31:52+	34:20+	43:52+	49:53+	50:22+	
	04:27+	04:54+	05:08+	07:22+	10:01+	02:28+	09:32+	06:01+	00:29+	
	01:18&	02:33@	02:21&	04:03@	06:11@	01:43@	06:16@	02:17&	00:07&	
116	Ada Josefine Knoop								264	49:16
	06:59+	12:16+	19:12+	26:02+	33:06+	35:20+	42:29+	48:13+	49:16+	
	06:59+	05:17+	06:56+	06:50+	07:04+	02:14+	07:09+	05:44+	01:03+	
	03:50@	02:56@	04:09@	03:31@	03:14&	01:29@	03:53@	02:00&	00:41@	
117	Jenny Tørvolt								297	54:42
	07:18+	12:12+	18:36+	26:11+	32:48+	35:33+	46:45+	54:16+	54:42+	
	07:18+	04:54+	06:24+	07:35+	06:37+	02:45+	11:12+	07:31+	00:26+	
	04:09@	02:33@	03:37@	04:16@	02:47&	02:00@	07:56@	03:47@	00:04#	
118	Jenny Hovdenak Holmes								64	36:47
	04:08+	08:00+	13:24+	18:50+	23:39+	25:03+	30:55+	36:17+	36:47+	
	04:08+	03:52+	05:24+	05:26+	04:49+	01:24+	05:52+	05:22+	00:30+	
	00:59&	01:31&	02:37&	02:07&	00:59&	00:39&	02:36&	01:38&	00:08&	
119	Ida Amundsen Bjørkli								285	41:55
	03:49+	08:08+	13:02+	19:11+	28:13+	31:08+	37:15+	41:34+	41:55+	
	03:49+	04:19+	04:54+	06:09+	09:02+	02:55+	06:07+	04:19+	00:21-	
	00:40#	01:58&	02:07&	02:50&	05:12@	02:10@	02:51&	00:35#	00:01-	
120	Roald Christian Digre								133	43:36
	03:43+	07:28+	12:29+	21:22+	31:46+	32:48+	37:57+	43:00+	43:36+	
	03:43+	03:45+	05:01+	08:53+	10:24+	01:02+	05:09+	05:03+	00:36+	
	00:34#	01:24&	02:14&	05:34@	06:34@	00:17&	01:53&	01:19&	00:14&	
Beste strekktid for klassen										
	02:35	02:21	02:41	03:19	03:11	00:45	03:16	03:17	00:18	

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