

Elteknatta 07.10.2020

A

1. Erik Feyling Haare	38:24	5:13-2	2:41-1	4:16-1	2:58-1	3:39-2	1:52-1	2:29-1	5:07-1	2:53-1	3:01-1	2:55-1	1:20-2
		0:17	0:00	0:00	0:00	0:33	0:00	0:00	0:00	0:00	0:00	0:00	0:01
		<u>5:13-2</u>	<u>7:54-1</u>	<u>12:10-1</u>	<u>15:08-1</u>	<u>18:47-1</u>	<u>20:39-1</u>	<u>23:08-1</u>	<u>28:15-1</u>	<u>31:08-1</u>	<u>34:09-1</u>	<u>37:04-1</u>	<u>38:24-1</u>
		0:17	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
2. Lars Baklid	51:25	4:56-1	3:23-4	5:51-3	4:44-5	5:14-4	2:58-4	3:07-2	7:09-3	4:01-3	3:37-4	4:50-5	1:35-4
		0:00	0:42	1:35	1:46	2:08	1:06	0:38	2:02	1:08	0:36	1:55	0:16
		<u>4:56-1</u>	8:19-2	14:10-2	18:54-2	24:08-2	27:06-2	30:13-2	37:22-2	41:23-2	45:00-2	49:50-2	51:25-2
		0:00	0:25	2:00	3:46	5:21	6:27	7:05	9:07	10:15	10:51	12:46	13:01
3. Erik Spangberg	59:25	19:58-5	2:41-1	5:32-2	3:56-2	3:06-1	2:23-2	3:22-3	6:21-2	3:39-2	3:28-2	3:40-2	1:19-1
		15:02	0:00	1:16	0:58	0:00	0:31	0:53	1:14	0:46	0:27	0:45	0:00
		19:58-5	22:39-5	28:11-5	32:07-5	35:13-5	37:36-5	40:58-5	47:19-3	50:58-3	54:26-3	58:06-3	59:25-3
		15:02	14:45	16:01	16:59	16:26	16:57	17:50	19:04	19:50	20:17	21:02	21:01
4. Jan M. Andersen	61:55	5:23-3	3:14-3	6:43-5	4:24-4	12:28-5	2:48-3	5:28-5	7:41-4	4:43-4	3:35-3	4:01-3	1:27-3
		0:27	0:33	2:27	1:26	9:22	0:56	2:59	2:34	1:50	0:34	1:06	0:08
		5:23-3	8:37-3	15:20-3	19:44-3	32:12-3	35:00-3	40:28-3	48:09-4	52:52-4	56:27-4	60:28-4	61:55-4
		0:27	0:43	3:10	4:36	13:25	14:21	17:20	19:54	21:44	22:18	23:24	23:31
5. Tom Gretteberg	65:15	12:24-4	6:36-5	6:06-4	4:18-3	3:51-3	3:02-5	4:12-4	10:06-5	4:50-5	3:55-5	4:16-4	1:39-5
		7:28	3:55	1:50	1:20	0:45	1:10	1:43	4:59	1:57	0:54	1:21	0:20
		12:24-4	19:00-4	25:06-4	29:24-4	33:15-4	36:17-4	40:29-4	50:35-5	55:25-5	59:20-5	63:36-5	65:15-5
		7:28	11:06	12:56	14:16	14:28	15:38	17:21	22:20	24:17	25:11	26:32	26:51

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1. Veslemøy Solberg	46:49	3:11-1	7:25-1	6:22-1	12:49-3	7:39-1	4:59-1	3:31-1	0:53-1
		0:00	0:00	0:00	6:24	0:00	0:00	0:00	0:00
		<u>3:11-1</u>	<u>10:36-1</u>	<u>16:58-1</u>	<u>29:47-1</u>	<u>37:26-1</u>	<u>42:25-1</u>	<u>45:56-1</u>	<u>46:49-1</u>
		0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
2. Christine	74:31	9:37-3	9:50-2	21:50-3	6:27-2	11:17-2	7:21-2	6:45-2	1:24-2
		6:26	2:25	15:28	0:02	3:38	2:22	3:14	0:31
		9:37-3	19:27-2	41:17-3	47:44-3	59:01-3	66:22-2	73:07-2	74:31-2
		6:26	8:51	24:19	17:57	21:35	23:57	27:11	27:42
Marit Engseth	74:31	9:35-2	9:58-3	21:39-2	6:25-1	11:23-3	7:22-3	6:45-2	1:24-2
		6:24	2:33	15:17	0:00	3:44	2:23	3:14	0:31
		9:35-2	19:33-3	41:12-2	47:37-2	59:00-2	66:22-2	73:07-2	74:31-2
		6:24	8:57	24:14	17:50	21:34	23:57	27:11	27:42

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1. Kari Lyngbakken	46:42	4:11-3 0:19 4:11-3 0:19	5:20-1 0:00 <u>9:31-1</u> 0:00	8:22-1 0:00 <u>17:53-1</u> 0:00	8:33-3 2:04 <u>26:26-1</u> 0:00	9:26-4 1:53 <u>35:52-1</u> 0:00	5:19-2 0:22 <u>41:11-1</u> 0:00	4:29-2 0:34 <u>45:40-1</u> 0:00	1:02-3 0:10 <u>46:42-1</u> 0:00
2. Emma Grete Feyling Haare	49:18	3:52-1 0:00 <u>3:52-1</u> 0:00	9:55-2 4:35 13:47-2 4:16	11:12-2 2:50 24:59-2 7:06	7:00-2 0:31 31:59-2 5:33	7:33-1 0:00 39:32-2 3:40	4:57-1 0:00 44:29-2 3:18	3:55-1 0:00 48:24-2 2:44	0:54-2 0:02 49:18-2 2:36
3. Eli Tufte Hanssen	55:09	4:07-2 0:15 4:07-2 0:15	10:55-3 5:35 15:02-3 5:31	13:24-3 5:02 28:26-3 10:33	6:29-1 0:00 34:55-3 8:29	8:45-3 1:12 43:40-3 7:48	5:21-3 0:24 49:01-3 7:50	5:16-3 1:21 54:17-3 8:37	0:52-1 0:00 55:09-3 8:27
4. Aud Kjemperud	66:14	5:37-4 1:45 5:37-4 1:45	13:25-4 8:05 19:02-4 9:31	14:14-4 5:52 33:16-4 15:23	11:36-4 5:07 44:52-4 18:26	8:41-2 1:08 53:33-4 17:41	5:22-4 0:25 58:55-4 17:44	5:33-4 1:38 64:28-4 18:48	1:46-4 0:54 66:14-4 19:32

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1. David Andersson	33:06	2:54-2 0:24 2:54-2 0:24	3:50-1 0:00 <u>6:44-1</u> 0:00	8:24-6 3:11 15:08-4 1:04	3:55-1 0:00 19:03-3 0:53	5:48-2 1:28 <u>24:51-1</u> 0:00	3:29-1 0:00 <u>28:20-1</u> 0:00	3:54-7 0:56 <u>32:14-1</u> 0:00	0:52-4 0:09 <u>33:06-1</u> 0:00
2. Elias Foss	33:20	3:03-3 0:33 3:03-3 0:33	5:48-5 1:58 8:51-5 2:07	5:13-1 0:00 <u>14:04-1</u> 0:00	4:06-2 0:11 <u>18:10-1</u> 0:00	7:04-7 2:44 25:14-2 0:23	4:09-5 0:40 29:23-3 1:03	3:11-2 0:13 32:34-3 0:20	0:46-2 0:03 33:20-2 0:14
3. Helge Stenerud	33:31	4:12-8 1:42 4:12-8 1:42	4:05-3 0:15 8:17-4 1:33	5:53-2 0:40 14:10-2 0:06	4:40-4 0:45 18:50-2 0:40	6:39-6 2:19 25:29-3 0:38	3:48-3 0:19 29:17-2 0:57	3:16-3 0:18 32:33-2 0:19	0:58-8 0:15 33:31-3 0:25
4. Reidar Stenseng	35:13	3:05-4 0:35 3:05-4 0:35	5:10-4 1:20 8:15-3 1:31	8:09-4 2:56 16:24-5 2:20	4:27-3 0:32 20:51-5 2:41	5:49-3 1:29 26:40-4 1:49	4:01-4 0:32 30:41-4 2:21	3:42-5 0:44 34:23-4 2:09	0:50-3 0:07 35:13-4 2:07
5. Daniel Høyer Iversen	38:39	2:30-1 0:00 <u>2:30-1</u> 0:00	6:52-6 3:02 9:22-6 2:38	10:14-7 5:01 19:36-6 5:32	6:53-8 2:58 26:29-7 8:19	4:20-1 0:00 30:49-6 5:58	4:09-5 0:40 34:58-6 6:38	2:58-1 0:00 37:56-5 5:42	0:43-1 0:00 38:39-5 5:33
6. Sven Ohrvik	39:17								

		3:42-6	4:02-2	7:02-3	5:28-7	10:12-8	4:19-7	3:39-4	0:53-6
		1:12	0:12	1:49	1:33	5:52	0:50	0:41	0:10
		3:42-6	7:44-2	14:46-3	20:14-4	30:26-5	34:45-5	38:24-6	39:17-6
		1:12	1:00	0:42	2:04	5:35	6:25	6:10	6:11
7. Kjetil H. Ruud	43:31	4:08-7	8:09-8	8:19-5	5:07-6	6:29-5	3:29-1	6:58-8	0:52-4
		1:38	4:19	3:06	1:12	2:09	0:00	4:00	0:09
		4:08-7	12:17-8	20:36-7	25:43-6	32:12-7	35:41-7	42:39-7	43:31-7
		1:38	5:33	6:32	7:33	7:21	7:21	10:25	10:25
8. Eirik Wetterhus	51:50	3:39-5	8:00-7	11:09-8	4:54-5	6:26-4	12:58-8	3:49-6	0:55-7
		1:09	4:10	5:56	0:59	2:06	9:29	0:51	0:12
		3:39-5	11:39-7	22:48-8	27:42-8	34:08-8	47:06-8	50:55-8	51:50-8
		1:09	4:55	8:44	9:32	9:17	18:46	18:41	18:44

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1. Geir Holm Gundersen	28:22	2:46-1	3:07-1	5:21-1	3:46-1	5:31-1	3:56-2	3:09-1	0:46-2
		0:00	0:00	0:00	0:00	0:00	0:04	0:00	0:01
		<u>2:46-1</u>	<u>5:53-1</u>	<u>11:14-1</u>	<u>15:00-1</u>	<u>20:31-1</u>	<u>24:27-1</u>	<u>27:36-1</u>	<u>28:22-1</u>
		0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
2. Petter F. Johannessen	36:25	3:20-2	4:33-2	6:58-2	5:51-4	6:18-3	4:58-4	3:38-2	0:49-4
		0:34	1:26	1:37	2:05	0:47	1:06	0:29	0:04
		3:20-2	7:53-2	14:51-2	20:42-2	27:00-2	31:58-2	35:36-2	36:25-2
		0:34	2:00	3:37	5:42	6:29	7:31	8:00	8:03
3. Vidar Avdal	45:14	3:42-4	11:48-5	10:14-3	4:57-3	6:17-2	3:52-1	3:39-3	0:45-1
		0:56	8:41	4:53	1:11	0:46	0:00	0:30	0:00
		3:42-4	15:30-5	25:44-5	30:41-4	36:58-4	40:50-3	44:29-3	45:14-3
		0:56	9:37	14:30	15:41	16:27	16:23	16:53	16:52
4. Hans Lyder Haare	49:18	3:57-5	9:56-4	11:02-4	7:09-6	7:30-6	4:57-3	3:55-5	0:52-5
		1:11	6:49	5:41	3:23	1:59	1:05	0:46	0:07
		3:57-5	13:53-4	24:55-4	32:04-5	39:34-5	44:31-4	48:26-4	49:18-4
		1:11	8:00	13:41	17:04	19:03	20:04	20:50	20:56
5. Trine Marit Justad Raaen	51:47	3:34-3	4:51-3	12:16-6	4:38-2	7:21-5	14:33-7	3:46-4	0:48-3
		0:48	1:44	6:55	0:52	1:50	10:41	0:37	0:03
		3:34-3	8:25-3	20:41-3	25:19-3	32:40-3	47:13-5	50:59-5	51:47-5
		0:48	2:32	9:27	10:19	12:09	22:46	23:23	23:25
6. Arild Moen	53:49	5:14-7	12:22-7	12:00-5	6:05-5	7:11-4	5:10-5	4:39-6	1:08-6
		2:28	9:15	6:39	2:19	1:40	1:18	1:30	0:23
		5:14-7	17:36-7	29:36-7	35:41-6	42:52-6	48:02-6	52:41-6	53:49-6
		2:28	11:43	18:22	20:41	22:21	23:35	25:05	25:27
7. Eirik Eriksen	67:02								

Jon Halden	DSQ	4:25-6	12:18-6	12:29-7	9:14-7	11:33-7	9:04-6	6:19-7	1:40-7
		1:39	9:11	7:08	5:28	6:02	5:12	3:10	0:55
		4:25-6	16:43-6	29:12-6	38:26-7	49:59-7	59:03-7	65:22-7	67:02-7
		1:39	10:50	17:58	23:26	29:28	34:36	37:46	38:40
		4:39	11:03	16:31	22:59	4:21	1:00		
		4:39	15:42	32:13	55:12	59:33	60:33		
		101	103	104	107	110	100		

NB

1. Kristin Avdal	39:22	2:37-2	9:30-2	6:23-1	2:45-1	5:18-1	7:43-3	3:50-1	1:16-1
		0:07	0:10	0:00	0:00	0:00	1:33	0:00	0:00
		2:37-2	12:07-2	18:30-2	<u>21:15-1</u>	<u>26:33-1</u>	34:16-2	38:06-2	<u>39:22-1</u>
2. Hanne Sofie Avdal	39:23	0:07	0:17	0:06	0:00	0:00	0:09	0:05	0:00
		2:30-1	9:20-1	6:34-2	2:55-2	5:19-2	7:29-2	3:54-2	1:22-2
		0:00	0:00	0:11	0:10	0:01	1:19	0:04	0:06
3. Åse Voldsbekk	60:59	<u>2:30-1</u>	<u>11:50-1</u>	<u>18:24-1</u>	21:19-2	26:38-2	<u>34:07-1</u>	<u>38:01-1</u>	39:23-2
		0:00	0:00	0:00	0:04	0:05	0:00	0:00	0:01
		3:26-3	13:40-3	14:56-3	4:20-3	10:06-3	6:10-1	6:31-3	1:50-3
		0:56	4:20	8:33	1:35	4:48	0:00	2:41	0:34
		3:26-3	17:06-3	32:02-3	36:22-3	46:28-3	52:38-3	59:09-3	60:59-3
		0:56	5:16	13:38	15:07	19:55	18:31	21:08	21:37