

1	Bjørn Steinbekken				ODAL								30:51
02:08=	04:11=	07:49=	10:02=	13:22=	15:58=	17:54=	20:02=	22:24=	23:57=	25:39=	29:10=	30:51=	
02:08=	02:03=	03:38=	02:13=	03:20=	02:36=	01:56=	02:08=	02:22=	01:33=	01:42=	03:31=	01:41=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Anders Lohne Aarstad					ODAL							35:38
01:59-	03:35-	06:47-	08:56-	12:23-	15:03-	23:59+	26:20+	28:26+	29:52+	31:59+	34:11+	35:38+	
01:59-	01:36-	03:12-	02:09-	03:27+	02:40+	08:56+	02:21+	02:06-	01:26-	02:07+	02:12-	01:27-	
00:09-	00:27-	00:26-	00:04-	00:07+	00:04+	07:00@	00:13#	00:16-	00:07-	00:25#	01:19-	00:14-	

3	Tormod Aamodt											ODAL			36:33
02:40+	04:50+	08:47+	12:44+	16:43+	19:47+	22:09+	24:41+	27:17+	29:06+	31:09+	34:35+	36:33+			
02:40+	02:10+	03:57+	03:57+	03:59+	03:04+	02:22+	02:32+	02:36+	01:49+	02:03+	03:26-	01:58+			
00:32#	00:07+	00:19+	01:44&	00:39#	00:28#	00:26#	00:24#	00:14+	00:16#	00:21#	00:05-	00:17#			

4	Henrik Sørensen											ODAL			42:04
05:03+	07:21+	12:19+	14:54+	19:34+	22:58+	27:20+	30:47+	33:11+	35:21+	37:29+	40:18+	42:04+			
05:03+	02:18+	04:58+	02:35+	04:40+	03:24+	04:22+	03:27+	02:24+	02:10+	02:08+	02:49-	01:46+			
02:55@	00:15#	01:20&	00:22#	01:20&	00:48&	02:26@	01:19&	00:02+	00:37&	00:26&	00:42-	00:05+			

5	Martin Skytteren												ODAL	48:36
02:29+	05:43+	10:12+	13:24+	18:22+	22:03+	30:28+	36:01+	39:17+	41:13+	43:34+	46:46+	48:36+		
02:29+	03:14+	04:29+	03:12+	04:58+	03:41+	08:25+	05:33+	03:16+	01:56+	02:21+	03:12-	01:50+		
00:21#	01:11&	00:51#	00:59&	01:38&	01:05&	06:29@	03:25@	00:54&	00:23#	00:39&	00:19-	00:09+		

6	Heidi Lohne											ODAL			55:29
03:01+	05:40+	10:54+	15:15+	20:38+	24:47+	28:38+	32:44+	37:37+	42:00+	48:54+	52:30+	55:29+			
03:01+	02:39+	05:14+	04:21+	05:23+	04:09+	03:51+	04:06+	04:53+	04:23+	06:54+	03:36+	02:59+			
00:53&	00:36&	01:36&	02:08&	02:03&	01:33&	01:55&	01:58&	02:31@	02:50@	05:12@	00:05+	01:18&			

7	Wenche Granlund						ODAL						1:20:40
12:29+	17:33+	24:57+	29:33+	36:48+	42:11+	48:24+	52:41+	57:17+	61:26+	71:36+	77:13+	80:40+	
12:29+	05:04+	07:24+	04:36+	07:15+	05:23+	06:13+	04:17+	04:36+	04:09+	10:10+	05:37+	03:27+	
10:21@	03:01@	03:46@	02:23@	03:55@	02:47@	04:17@	02:09@	02:14&	02:36@	08:28@	02:06&	01:46@	

Beste strekktid for klassen

01:59	01:36	03:12	02:09	03:20	02:36	01:56	02:08	02:06	01:26	01:42	02:12	01:27
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

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1	Ole Jacob Ellevold										ODAL			21:28
02:03=	08:06=	08:58=	09:43=	11:27=	14:09=	15:15=	17:51=	20:10=	21:13=	21:28=				
02:03=	06:03=	00:52=	00:45=	01:44=	02:42=	01:06=	02:36=	02:19=	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=				

2	Mikkel Aasness										ODAL			24:38
03:10+	05:45-	07:26-	08:48-	11:50+	15:41+	17:14+	20:02+	22:54+	24:20+	24:38+				
03:10+	02:35-	01:41+	01:22+	03:02+	03:51+	01:33+	02:48+	02:52+	01:26+	00:18+				
01:07&	03:28-	00:49&	00:37&	01:18&	01:09&	00:27&	00:12+	00:33#	00:23&	00:03#				

3	Emil Skytteren										ODAL				30:31
02:37+	05:25-	07:28-	08:44-	12:03+	16:56+	18:57+	22:53+	28:19+	30:10+	30:31+					
02:37+	02:48-	02:03+	01:16+	03:19+	04:53+	02:01+	03:56+	05:26+	01:51+	00:21+					
00:34&	03:15-	01:11@	00:31&	01:35&	02:11&	00:55&	01:20&	03:07@	00:48&	00:06&					

Plass	Navn	Klasse	Tid
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4	Simen Aanerud	ODAL	32:17
02:34+	05:27- 07:10- 08:34-	15:25+ 22:44+ 24:11+ 27:49+	30:49+ 32:01+ 32:17+
02:34+	02:53- 01:43+ 01:24+	06:51+ 07:19+ 01:27+ 03:38+	03:00+ 01:12+ 00:16+
00:31&	03:10- 00:51& 00:39&	05:07@ 04:37@ 00:21& 01:02&	00:41& 00:09# 00:01+
5	Martin Aamodt	ODAL	35:36
03:36+	05:33+ 07:23+ 08:39+	11:52+ 19:29+ 21:17+ 29:41+	33:47+ 35:19+ 35:36+
03:36+	01:57+ 01:50+ 01:16+	03:13+ 07:37+ 01:48+ 08:24+	04:06+ 01:32+ 00:17+
03:36+	01:57+ 01:50+ 01:16+	03:13+ 07:37+ 01:48+ 08:24+	04:06+ 01:32+ 00:17+
6	Willy Lindemark	ODAL	52:21
04:29+	08:35+ 11:12+ 14:01+	18:57+ 24:27+ 26:39+ 40:58+	47:36+ 51:21+ 52:21+
04:29+	04:06+ 02:37+ 02:49+	04:56+ 05:30+ 02:12+ 14:19+	06:38+ 03:45+ 01:00+
04:29+	04:06+ 02:37+ 02:49+	04:56+ 05:30+ 02:12+ 14:19+	06:38+ 03:45+ 01:00+
7	Eira Lindemark	ODAL	55:45
08:41+	14:12+ 17:40+ 20:11+	25:27+ 33:50+ 37:27+ 44:34+	51:38+ 54:57+ 55:45+
08:41+	05:31+ 03:28+ 02:31+	05:16+ 08:23+ 03:37+ 07:07+	07:04+ 03:19+ 00:48+
08:41+	05:31+ 03:28+ 02:31+	05:16+ 08:23+ 03:37+ 07:07+	07:04+ 03:19+ 00:48+

Beste strekktid for klassen

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

N

1	Peder Aarstad Berg	ODAL	13:09
01:01=	02:04= 04:21= 05:09= 05:57=	07:55= 11:56= 12:50= 13:09=	
01:01=	01:03= 02:17= 00:48= 00:48=	01:58= 04:01= 00:54= 00:19=	
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	
2	Brede Storbråten	ODAL	22:42
02:02+	04:08+ 10:19+ 11:50+ 13:34+	17:32+ 20:07+ 21:56+ 22:42+	
02:02+	02:06+ 06:11+ 01:31+ 01:44+	03:58+ 02:35- 01:49+ 00:46+	
01:01&	01:03& 03:54@ 00:43&	00:56@ 02:00@ 01:26- 00:55@	00:27@
3	Lene Fladberg	ODAL	34:00
02:09+	03:45+ 13:59+ 16:15+ 18:58+	28:37+ 31:34+ 33:11+ 34:00+	
02:09+	01:36+ 10:14+ 02:16+ 02:43+	09:39+ 02:57- 01:37+ 00:49+	
01:08@	00:33& 07:57@ 01:28@	01:55@ 07:41@ 01:04- 00:43&	00:30@
4	Tristan Zainal	ODAL	35:08
02:59+	06:00+ 13:33+ 16:58+ 20:41+	27:07+ 31:55+ 34:34+ 35:08+	
02:59+	03:01+ 07:33+ 03:25+ 03:43+	06:26+ 04:48+ 02:39+ 00:34+	
01:58@	01:58@ 05:16@ 02:37@	02:55@ 04:28@ 00:47# 01:45@	00:15&

Beste strekktid for klassen

01:01 01:03 02:17 00:48 00:48 01:58 02:35 00:54 00:19

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