

1	Solveig Schou										257	41:08
01:40=	05:20=	08:46=	12:13=	18:38=	21:37=	24:39=	28:32=	30:55=	33:18=	38:25=	41:08=	
01:40=	03:40=	03:26=	03:27=	06:25=	02:59=	03:02=	03:53=	02:23=	02:23=	05:07=	02:43=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Kristin Smith Erkleiv										166			43:25		
02:44+	05:15-	11:13+	14:44+	17:08-	21:24-	24:14-	28:46+	31:16+	33:44+	38:31+	41:51+	43:25+				
02:44+	02:31-	05:58+	03:31+	02:24-	04:16+	02:50-	04:32+	02:30+	02:28+	04:47-	03:20+	01:34+				
01:04&	01:09-	02:32&	00:04+	04:01-	01:17&	00:12-	00:39#	00:07+	00:05+	00:20-	00:37#	01:34+				

Beste strekktid for klassen

01:40	02:31	03:26	03:27	02:24	02:59	02:50	03:53	02:23	02:23	04:47	02:43
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D3

1	Anne Karin Stigemo															148	55:46														
01:44=	03:54=	05:00=	08:02=	12:46=	16:15=	19:54=	23:35=	25:16=	28:43=	36:39=	39:51=	44:26=	47:33=	51:28=	53:35=	55:46=															
01:44=	02:10=	01:06=	03:02=	04:44=	03:29=	03:39=	03:41=	01:41=	03:27=	07:56=	03:12=	04:35=	03:07=	03:55=	02:07=	02:11=															
00:00=	00:00=	00:00=	00:00=	00:00=	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	Ingeborg Bøbel				148				1:00:04							
02:22+	04:08+	08:41+	14:25+	17:54+	22:53+	26:39+	28:32+	32:39+	38:53+	41:56+	46:13+	50:07+	53:52+	56:47+	58:56+	60:04+
02:22+	01:46-	04:33+	05:44+	03:29-	04:59+	03:46+	01:53-	04:07+	06:14+	03:03-	04:17+	03:54-	03:45+	02:55-	02:09+	01:08-
00:38&	00:24-	03:27@	02:42&	01:15-	01:30&	00:07+	01:48-	02:26@	02:47&	04:53-	01:05&	00:41-	00:38#	01:00-	00:02+	01:03-

3	Signe Heivoll					341					1:03:05						
02:40+	04:06+	06:55+	11:21+	14:18+	19:05+	23:12+	25:14+	29:02+	34:57+	38:10+	41:26+	44:35+	48:07+	51:03-	61:41+	63:05+	
02:40+	01:26-	02:49+	04:26+	02:57-	04:47+	04:07+	02:02-	03:48+	05:55+	03:13-	03:16+	03:09-	03:32+	02:56-	10:38+	01:24-	
00:56&	00:44-	01:43@	01:24&	01:47-	01:18&	00:28#	01:39-	02:07@	02:28&	04:43-	00:04+	01:26-	00:25#	00:59-	08:31@	00:47-	

Beste strekktid for klassen

01:44	01:26	01:06	03:02	02:57	03:29	03:39	01:53	01:41	03:27	03:03	03:12	03:09	03:07	02:55	02:07	01:08
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D4

1	Siri Thortveit Myhre															189			54:31		
01:22=	03:57=	06:28=	09:56=	13:43=	16:23=	23:05=	27:52=	30:42=	33:50=	36:37=	40:16=	42:09=	47:54=	49:58=	51:40=	53:32=	54:31=				
01:22=	02:35=	02:31=	03:28=	03:47=	02:40=	06:42=	04:47=	02:50=	03:08=	02:47=	03:39=	01:53=	05:45=	02:04=	01:42=	01:52=	00:59=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Bente Mestad				352								55:10							
01:37+	04:30+	07:09+	15:17+	19:31+	22:38+	28:37+	32:41+	35:34+	36:42+	39:44+	43:21+	45:23+	48:08+	50:12+	52:38+	54:17+	55:10+			
01:37+	02:53+	02:39+	08:08+	04:14+	03:07+	05:59-	04:04-	02:53+	01:08-	03:02+	03:37-	02:02+	02:45-	02:04=	02:26+	01:39-	00:53-			
00:15#	00:18#	00:08+	04:40@	00:27#	00:27#	00:43-	00:43-	00:03+	02:00-	00:15+	00:02-	00:09+	03:00-	00:00=	00:44&	00:13-	00:06-			

3

Kari Timenes Laugen

148

1:02:52

02:09+

05:51+

08:27+

15:14+

21:15+

25:38+

31:51+

36:09+

42:45+

44:20+

47:18+

51:23+

54:21+

57:09+

59:00+

60:17+

61:45+

62:52+

02:09+

03:42+

02:36+

06:47+

06:01+

04:23+

06:13-

04:18-

06:36+

01:35-

02:58+

04:05+

02:58+

02:48-

01:51-

01:17-

01:28-

01:07+

00:47&

01:07&

00:05+

03:19&

02:14&

01:43&

00:29-

00:29-

03:46@

01:33-

00:11+

00:26#

01:05&

02:57-

00:13-

00:25-

00:24-

00:08#

4	Siri Økstad				248										1:05:06							
03:21+	07:03+	10:32+	14:41+	20:43+	22:46+	31:26+	36:15+	39:20+	40:49+	43:56+	48:38+	53:50+	57:07+	59:19+	61:44+	64:02+	65:06+					
03:21+	03:42+	03:29+	04:09+	06:02+	02:03-	08:40+	04:49+	03:05+	01:29-	03:07+	04:42+	05:12+	03:17-	02:12+	02:25+	02:18+	01:04+					
01:59@	01:07&	00:58&	00:41#	02:15&	00:37-	01:58&	00:02+	00:15+	01:39-	00:20#	01:03&	03:19@	02:28-	00:08+	00:43&	00:26#	00:05+					

Beste strekktid for klassen

01:22	02:35	02:31	03:28	03:47	02:03	05:59	04:04	02:50	01:08	02:47	03:37	01:53	02:45	01:51	01:17	01:28	00:53
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn					Klasse					Tid									
D6																				
1	Marianne Andersen					189					43:59									
01:04=	03:00=	04:12=	07:09=	10:50=	11:59=	16:12=	19:16=	21:19=	22:01=	23:37=	26:05=	27:25=	29:06=	30:29=	34:12=	35:56=	38:24=	42:04=	43:12=	43:59=
01:04=	01:56=	01:12=	02:57=	03:41=	01:09=	04:13=	03:04=	02:03=	00:42=	01:36=	02:28=	01:20=	01:41=	01:23=	03:43=	01:44=	02:28=	03:40=	01:08=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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

01:04	01:56	01:12	02:57	03:41	01:09	04:13	03:04	02:03	00:42	01:36	02:28	01:20	01:41	01:23	03:43	01:44	02:28	03:40	01:08	00:47	
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H2

1	Markus Omdal Tharaldsen												166	41:59											
01:31=	04:05=	07:12=	11:14=	12:35=	15:37=	18:18=	22:34=	25:13=	34:12=	38:49=	41:11=	41:59=													
01:31=	02:34=	03:07=	04:02=	01:21=	03:02=	02:41=	04:16=	02:39=	08:59=	04:37=	02:22=	00:48=													
00:00=	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

01:31	02:34	03:07	04:02	01:21	03:02	02:41	04:16	02:39	08:59	04:37	02:22	00:48									
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H3

1	Eiliv Bjarne Lønningen										274										48:44									
	02:27=	03:35=	07:03=	10:42=	13:30=	17:13=	20:29=	22:15=	25:31=	31:06=	33:42=	37:28=	40:12=	43:45=	45:56=	47:48=	48:44=													
	02:27=	01:08=	03:28=	03:39=	02:48=	03:43=	03:16=	01:46=	03:16=	05:35=	02:36=	03:46=	02:44=	03:33=	02:11=	01:52=	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=	00:00=	00:00=	00:00=	00:00=													
2	Svein Eidet										166										58:05									
	04:22+	05:28+	08:26+	14:07+	17:39+	21:03+	25:45+	29:42+	32:50+	38:07+	41:27+	45:25+	48:27+	52:04+	54:05+	56:40+	58:05+													
	04:22+	01:06-	02:58-	05:41+	03:32+	03:24-	04:42+	03:57+	03:08-	05:17-	03:20+	03:58+	03:02+	03:37+	02:01-	02:35+	01:25+													
	01:55&	00:02-	00:30-	02:02&	00:44&	00:19-	01:26&	02:11@	00:08-	00:18-	00:44&	00:12+	00:18#	00:04+	00:10-	00:43&	00:29&													
3	Bjørn A. Schou										257										1:04:02									
	03:19+	04:46+	20:31+	24:18+	27:55+	31:45+	35:22+	38:27+	41:00+	46:24+	48:49+	52:54+	56:31+	59:50+	61:44+	64:02+														
	03:19+	01:27+	15:45+	03:47+	03:37+	03:50+	03:37+	03:05+	02:33-	05:24-	02:25-	04:05+	03:37+	03:19-	01:54-	02:18+														
	00:52&	00:19&	12:17@	00:08+	00:49&	00:07+	00:21#	01:19&	00:43-	00:11-	00:11-	00:19+	00:53&	00:14-	00:17-	00:26#														
4	Øyvind Andersen										216										1:18:01									
	03:55+	05:29+	09:05+	13:10+	19:21+	34:14+	38:28+	40:32+	43:47+	53:27+	57:02+	61:01+	66:29+	70:30+	74:30+	76:32+	78:01+													
	03:55+	01:34+	03:36+	04:05+	06:11+	14:53+	04:14+	02:04+	03:15-	09:40+	03:35+	03:59+	05:28+	04:01+	04:00+	02:02+	01:29+													
	01:28&	00:26&	00:08+	00:26#	03:23@	11:10@	00:58&	00:18#	00:01-	04:05&	00:59&	00:13+	02:44&	00:28#	01:49&	00:10+	00:33&													

Beste strekktid for klassen

02:27	01:06	02:58	03:39	02:48	03:24	03:16	01:46	02:33	05:17	02:25	03:46	02:44	03:19	01:54	01:52	00:56					
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H4

1	Per W. Torgersen		248										1:03:45									
	01:27=	04:16=	06:33=	11:41=	16:29=	19:05=	30:02=	34:30=	37:49=	39:22=	42:26=	46:59=	52:10=	55:42=	57:58=	60:18=	62:33=	63:45=				
	01:27=	02:49=	02:17=	05:08=	04:48=	02:36=	10:57=	04:28=	03:19=	01:33=	03:04=	04:33=	05:11=	03:32=	02:16=	02:20=	02:15=	01:12=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Ove Kjetså		274										1:05:49									
	04:23+	07:49+	10:09+	20:20+	24:58+	27:54+	34:11+	39:04+	41:51+	44:57+	47:39+	51:35+	53:39+	59:03+	61:15+	62:48+	64:52+	65:49+				
	04:23+	03:26+	02:20+	10:11+	04:38-	02:56+	06:17-	04:53+	02:47-	03:06+	02:42-	03:56-	02:04-	05:24+	02:12-	01:33-	02:04-	00:57-				
	02:56@	00:37#	00:03+	05:03&	00:10-	00:20#	04:40-	00:25+	00:32-	01:33&	00:22-	00:37-	03:07-	01:52&	00:04-	00:47-	00:11-	00:15-				

Plass	Navn				Klasse				Tid			
3	Atle Solheim				189				1:15:55			
02:00+	18:09+	21:30+	27:39+	33:15+	35:24+	41:28+	46:51+	50:25+	52:05+	55:33+	60:24+	62:42+
02:00+	16:09+	03:21+	06:09+	05:36+	02:09-	06:04-	05:23+	03:34+	01:40+	03:28+	04:51+	02:18-
00:33&	13:20@	01:04&	01:01#	00:48#	00:27-	04:53-	00:55#	00:15+	00:07+	00:24#	00:18+	02:53-
4	Børje Svensson				216				1:17:22			
02:51+	09:22+	14:17+	22:23+	29:17+	32:25+	40:55+	46:32+	51:15+	53:13+	57:02+	63:45+	66:24+
02:51+	06:31+	04:55+	08:06+	06:54+	03:08+	08:30-	05:37+	04:43+	01:58+	03:49+	06:43+	02:39-
01:24&	03:42@	02:38@	02:58&	02:06&	00:32#	02:27-	01:09&	01:24&	00:25&	00:45#	02:10&	02:32-
5	Lillian Knaben				216				1:17:23			
02:51+	09:22+	14:16+	22:28+	29:26+	32:33+	41:01+	46:38+	51:12+	53:14+	57:02+	63:51+	66:31+
02:51+	06:31+	04:54+	08:12+	06:58+	03:07+	08:28-	05:37+	04:34+	02:02+	03:48+	06:49+	02:40-
01:24&	03:42@	02:37@	03:04&	02:10&	00:31#	02:29-	01:09&	01:15&	00:29&	00:44#	02:16&	02:31-
Beste strekketid for klassen												
01:27	02:49	02:17	05:08	04:38	02:09	06:04	04:28	02:47	01:33	02:42	03:56	02:04
03:21	02:07	01:33	01:32	00:57								
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H5												
1	Halvor Vassbø				166				34:05			
01:30=	03:31=	05:19=	07:55=	10:36=	11:45=	15:41=	18:35=	20:30=	21:28=	23:11=	25:22=	27:03=
01:30=	02:01=	01:48=	02:36=	02:41=	01:09=	03:56=	02:54=	01:55=	00:58=	01:43=	02:11=	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	Reidar Heivoll				341				38:38			
01:04-	03:53+	05:31+	08:33+	11:47+	14:04+	18:04+	21:43+	24:20+	25:15+	26:53+	29:55+	32:02+
01:04-	02:49+	01:38-	03:02+	03:14+	02:17+	04:00+	03:39+	02:37+	00:55-	01:38-	03:02+	02:07+
00:26-	00:48&	00:10-	00:26#	00:33#	01:08&	00:04+	00:45&	00:42&	00:03-	00:05-	00:51&	00:26&
3	Jan Blandkjenn				189				39:29			
01:11-	03:28-	06:24+	09:34+	13:43+	14:38+	19:12+	22:27+	24:37+	25:29+	27:40+	31:17+	32:50+
01:11-	02:17+	02:56+	03:10+	03:10+	00:55-	04:34+	03:15+	02:10+	00:52-	01:38-	03:02+	01:33-
00:19-	00:16#	01:08&	00:34#	01:28&	00:14-	00:38#	00:21#	00:15#	00:06-	00:28&	01:26&	00:08-
4	Helge Hodnemyr				166				42:06			
01:36+	04:46+	06:21+	09:48+	13:24+	15:15+	19:59+	23:56+	26:36+	27:26+	29:19+	32:09+	34:06+
01:36+	03:10+	01:35-	03:27+	03:36+	01:51+	04:44+	03:57+	02:40+	00:50-	01:53+	02:50+	01:57+
00:06+	01:09&	00:13-	00:51&	00:55&	00:42&	00:48#	01:03&	00:45&	00:08-	00:10+	00:39&	00:16#
5	Jonas Myhre				189				42:42			
01:36+	03:38+	05:14-	09:40+	12:46+	14:04+	18:31+	22:38+	25:10+	27:13+	29:08+	32:30+	34:11+
01:36+	02:02+	01:36-	04:26+	03:06+	01:18+	04:27+	04:07+	02:32+	02:03+	01:55+	03:22+	01:41=
00:06+	00:01+	00:12-	01:50&	00:25#	00:09#	00:31#	01:13&	00:37&	01:05@	00:12#	01:11&	00:00=
6	Roar Myhre				189				45:15			
01:53+	04:26+	06:34+	11:36+	16:18+	17:38+	22:17+	26:29+	29:17+	30:44+	32:39+	35:44+	37:42+
01:53+	02:33+	02:08+	05:02+	04:42+	01:20+	04:39+	04:12+	02:48+	01:27+	01:55+	03:05+	01:58+
00:23&	00:32&	00:20#	02:26&	02:01&	00:11#	00:43#	01:18&	00:53&	00:29&	00:12#	00:54&	00:17#
7	Morten Hulløen				189				48:14			
01:14-	04:19+	06:29+	10:13+	14:22+	16:21+	21:42+	27:35+	30:21+	31:33+	33:47+	37:31+	39:42+
01:14-	03:05+	02:10+	03:44+	04:09+	01:59+	05:21+	05:53+	02:46+	01:12+	02:14+	03:44+	02:11+
00:16-	01:04&	00:22#	01:08&	01:28&	00:50&	01:25&	02:59@	00:51&	00:14#	00:31&	01:33&	00:30&
8	Harald Eik				189				49:55			
02:03+	04:58+	06:34+	12:54+	16:37+	17:59+	26:27+	30:07+	33:20+	34:08+	36:32+	40:49+	42:39+
02:03+	02:55+	01:36-	06:20+	03:43+	01:22+	08:28+	03:40+	03:13+	00:48-	02:24+	04:17+	01:50+
00:33&	00:54&	00:12-	03:44@	01:02&	00:13#	04:32@	00:46&	01:18&	00:10-	00:41&	02:06&	00:09+
9	Øyvind Simonsen				148				50:29			
01:52+	06:31+	09:31+	13:41+	17:42+	19:12+	24:07+	28:24+	31:31+	33:12+	35:25+	39:20+	41:53+
01:52+	04:39+	03:00+	04:10+	04:01+	01:30+	04:55+	04:17+	03:07+	01:41+	02:13+	03:55+	02:33+
00:22#	02:38@	01:12&	01:34&	01:20&	00:21&	00:59#	01:23&	01:12&	00:43&	00:30&	01:44&	00:52&
10	Arild Bjørkenes				216				59:03			
01:25-	04:37+	06:45+	10:34+	14:18+	18:42+	20:47+	23:06+	28:34+	32:55+	36:07+	37:47+	39:53+
01:25-	03:12+	02:08+	03:49+	03:44+	04:24+	02:05-	02:19-	05:28+	04:21+	03:12+	01:40-	02:06+
00:05-	01:11&	00:20#	01:13&	01:03&	03:15@	01:51-	00:35-	03:33@	03:23@	01:29&	00:31-	00:25#
00:41&	06:58@	00:39&	01:01@	00:26&	01:26+	00:57+						

Plass	Navn				Klasse				Tid			
11	Lars Peder Vaaje				216				1:00:20			
08:27+	11:02+	13:26+	16:41+	21:32+	29:20+	36:13+	40:26+	43:15+	44:33+	46:27+	50:03+	52:30+
08:27+	02:35+	02:24+	03:15+	04:51+	07:48+	06:53+	04:13+	02:49+	01:18+	01:54+	03:36+	02:27+
06:57@	00:34&	00:36&	00:39#	02:10&	06:39@	02:57&	01:19&	00:54&	00:20&	00:11#	01:25&	00:46&
12	John Øyslebø				216				1:03:00			
02:29+	07:13+	09:46+	16:22+	21:06+	24:57+	32:34+	38:17+	41:50+	43:05+	45:07+	50:22+	53:23+
02:29+	04:44+	02:33+	06:36+	04:44+	03:51+	07:37+	05:43+	03:33+	01:15+	02:02+	05:15+	03:01+
00:59&	02:43@	00:45&	04:00@	02:03&	02:42@	03:41&	02:49&	01:38&	00:17&	00:19#	03:04@	01:20&
13	Kristen Bue				216				1:35:09			
13:51+	19:21+	27:16+	33:06+	41:04+	46:15+	54:31+	60:10+	71:42+	74:30+	77:03+	81:14+	84:37+
13:51+	05:30+	07:55+	05:50+	07:58+	05:11+	08:16+	05:39+	11:32+	02:48+	02:33+	04:11+	03:23+
12:21@	03:29@	06:07@	03:14@	05:17@	04:02@	04:20@	02:45&	09:37@	01:50@	00:50&	02:00&	01:42@
14	Jørgen Sæbø				216				1:37:19			
10:19+	14:56+	21:55+	30:57+	39:21+	42:01+	56:13+	63:11+	66:59+	69:00+	72:19+	76:44+	84:03+
10:19+	04:37+	06:59+	09:02+	08:24+	02:40+	14:12+	06:58+	03:48+	02:01+	03:19+	04:25+	07:19+
08:49@	02:36@	05:11@	06:26@	05:43@	01:31@	10:16@	04:04@	01:53&	01:03@	01:36&	02:14@	05:38@
Beste strekketid for klassen												
01:04	02:01	01:35	02:36	02:41	00:55	02:05	02:19	01:55	00:48	01:38	01:40	01:33
02:04	01:19	00:54	00:58	00:38								
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H6												
1	Hans Gunnar Omdal				189				34:43			
00:50=	02:26=	03:42=	06:19=	08:22=	09:36=	12:33=	15:00=	16:32=	17:10=	18:28=	20:28=	21:39=
00:50=	01:36=	01:16=	02:37=	02:03=	01:14=	02:57=	02:27=	01:32=	00:38=	01:18=	02:00=	01:11=
00:00=	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	David Runde				189				46:23			
01:20+	03:15+	04:32+	06:59+	09:50+	13:59+	17:47+	20:41+	22:41+	23:34+	25:11+	27:46+	29:17+
01:20+	01:55+	01:17+	02:27-	02:51+	04:09+	03:48+	02:54+	02:00+	00:53+	01:37+	02:35+	01:31+
00:30&	00:19#	00:01+	00:10-	00:48&	02:55@	00:51&	00:27#	00:28&	00:15&	00:19#	00:35&	00:20&
3	Kjell Arne Håland				257				46:32			
01:00+	02:59+	05:06+	08:44+	11:50+	12:48+	16:47+	20:37+	22:39+	23:29+	25:11+	27:40+	29:26+
01:00+	01:59+	02:07+	03:38+	03:06+	00:58-	03:59+	03:50+	02:02+	00:50+	01:42+	02:29+	01:46+
00:10#	00:23#	00:51&	01:01&	01:03&	00:16-	01:02&	01:23&	00:30&	00:12&	00:24&	00:29#	00:35&
4	Håvar Birkeland Stormoen				189				48:29			
01:08+	03:24+	04:58+	08:25+	12:19+	13:54+	17:46+	20:56+	23:12+	24:01+	25:45+	28:06+	29:49+
01:08+	02:16+	01:34+	03:27+	03:54+	01:35+	03:52+	03:10+	02:16+	00:49+	01:44+	02:21+	01:43+
00:18&	00:40&	00:18#	00:50&	01:51&	00:21&	00:55&	00:43&	00:44&	00:11&	00:26&	00:21#	00:32&
5	John Runde				189				52:26			
03:08+	05:23+	06:38+	10:25+	13:34+	14:44+	19:26+	23:17+	25:59+	27:02+	29:13+	32:07+	34:16+
03:08+	02:15+	01:15-	03:47+	03:09+	01:10-	04:42+	03:51+	02:42+	01:03+	02:11+	02:54+	02:09+
02:18@	00:39&	00:01-	01:10&	01:06&	00:04-	01:45&	01:24&	01:10&	00:25&	00:53&	00:54&	00:58&
6	Morten Jørgensen				189				53:15			
01:45+	04:35+	06:21+	09:31+	12:48+	15:08+	19:30+	23:16+	25:54+	26:51+	28:42+	32:05+	33:48+
01:45+	02:50+	01:46+	03:10+	03:17+	02:20+	04:22+	03:46+	02:38+	00:57+	01:51+	03:23+	01:43+
00:55@	01:14&	00:30&	00:33#	01:14&	01:06&	01:25&	01:19&	01:06&	00:19&	00:33&	01:23&	00:32&
7	Viitanen Eesa				1000				56:40			
01:35+	04:14+	06:16+	09:27+	13:49+	15:57+	20:20+	25:14+	27:38+	28:55+	31:04+	34:26+	36:25+
01:35+	02:39+	02:02+	03:11+	04:22+	02:08+	04:23+	04:54+	02:24+	01:17+	02:09+	03:22+	01:59+
00:45&	01:03&	00:46&	00:34#	02:19@	00:54&	01:26&	02:27&	00:52&	00:39@	00:51&	01:22&	00:48&
8	Svein Wigemyr				248				58:00			
01:30+	04:15+	06:09+	09:13+	12:42+	15:06+	20:17+	24:01+	27:28+	28:34+	30:26+	33:48+	35:37+
01:30+	02:45+	01:54+	03:04+	03:29+	02:24+	05:11+	03:44+	03:27+	01:06+	01:52+	03:22+	01:49+
00:40&	01:09&	00:38&	00:27#	01:26&	01:10&	02:14&	01:17&	01:55@	00:28&	00:34&	01:22&	00:38&
9	Per Ivar Vaaje				216				59:11			
01:16+	03:29+	05:14+	07:52+	11:44+	16:30+	18:38+	22:08+	26:04+	30:01+	31:14+	33:02+	36:17+
01:16+	02:13+	01:45+	02:38+	03:52+	04:46+	02:08-	03:30+	03:56+	03:57+	01:13-	01:48-	03:15+
00:26&	00:37&	00:29&	00:01+	01:49&	03:32@	00:49-	01:03&	02:24@	03:19@	00:05-	00:12-	02:04@
40:08+	41:41+	46:19+	51:06+	53:47+	57:25+	58:25+	59:11+					
01:02&	01:29-	03:12@	02:54@	00:01+	02:54@	00:20&	00:46+					

Plass	Navn										Klasse										Tid									
10	Svein Erik Wiig										341										1:01:13									
	01:20+	03:42+	06:06+	09:48+	15:02+	16:41+	21:47+	25:46+	28:25+	29:49+	31:56+	35:38+	37:32+	39:55+	41:39+	47:26+	50:14+	54:03+	58:50+	60:17+	61:13+									
	01:20+	02:22+	02:24+	03:42+	05:14+	01:39+	05:06+	03:59+	02:39+	01:24+	02:07+	03:42+	01:54+	02:23+	01:44+	05:47+	02:48+	03:49+	04:47+	01:27+	00:56+									
	00:30&	00:46&	01:08&	01:05&	03:11@	00:25&	02:09&	01:32&	01:07&	00:46@	00:49&	01:42&	00:43&	00:50&	00:38&	02:45&	01:22&	01:56@	02:07&	00:43&	00:16&									
11	Peder Møll										216										1:10:37									
	01:50+	04:47+	07:59+	14:06+	19:22+	21:07+	26:26+	30:29+	34:16+	36:09+	39:43+	44:51+	47:03+	49:43+	51:31+	57:47+	60:07+	63:30+	68:16+	69:46+	70:37+									
	01:50+	02:57+	03:12+	06:07+	05:16+	01:45+	05:19+	04:03+	03:47+	01:53+	03:34+	05:08+	02:12+	02:40+	01:48+	06:16+	02:20+	03:23+	04:46+	01:30+	00:51+									
	01:00@	01:21&	01:56@	03:30@	03:13@	00:31&	02:22&	01:36&	02:15@	01:15@	02:16@	03:08@	01:01&	01:07&	00:42&	03:14@	00:54&	01:30&	02:06&	00:46@	00:11&									
Beste strekktid for klassen																														
	00:50	01:36	01:15	02:27	02:03	00:58	02:08	02:27	01:32	00:38	01:13	01:48	01:11	01:33	01:06	01:33	01:26	01:53	02:40	00:44	00:38									

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