

Plass	Navn	Klasse	Tid
C-Åpen			

1	Herman Karterud					366					19:36				
01:19=	02:54=	04:14=	05:06=	06:26=	07:34=	10:02=	11:26=	12:32=	13:38=	14:25=	16:09=	17:23=	18:49=	19:12=	19:36=
01:19=	01:35=	01:20=	00:52=	01:20=	01:08=	02:28=	01:24=	01:06=	01:06=	00:47=	01:44=	01:14=	01:26=	00:23=	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=	00:00=	00:00=	00:00=	00:00=
2	Gaute Lindaas					66					24:39				
01:20+	03:06+	04:39+	05:30+	07:46+	09:15+	11:15+	11:46+	14:37+	16:48+	19:09+	20:08+	21:38+	22:40+	24:03+	24:39+
01:20+	01:46+	01:33+	00:51-	02:16+	01:29+	02:00-	00:31-	02:51+	02:11+	02:21+	00:59-	01:30+	01:02-	01:23+	00:36+
00:01+	00:11#	00:00#	00:01-	00:56&	00:21&	00:28-	00:53-	01:45@	01:05&	01:34@	00:45-	00:16#	00:24-	01:00@	00:12&
3	Martin Reinemo					104					25:37				
00:48-	02:04-	03:14-	03:56-	10:05+	12:22+	13:37+	14:10+	16:07+	18:46+	20:01+	20:54+	22:02+	24:03+	25:12+	25:37+
00:48-	01:16-	01:10-	00:42-	06:09+	02:17+	01:15-	00:33-	01:57+	02:39+	01:15+	00:53-	01:08-	02:01+	01:09+	00:25+
00:31-	00:18-	00:00-	00:30-	01:43#	01:09@	01:13-	00:51-	00:51&	01:33@	00:28&	00:51-	00:06-	00:25&	00:46@	00:01+
4	Jørgen Holm Grøneng					202					25:57				
01:02-	02:18-	04:04-	04:52-	06:30+	07:54+	13:48+	14:16+	16:35+	18:08+	19:32+	20:34+	22:14+	23:22+	25:28+	25:57+
01:02-	01:16-	01:46+	00:48-	01:38+	01:24+	05:54+	00:28-	02:19+	01:33+	01:24+	01:02-	01:40+	01:08-	02:06+	00:29+
00:17-	00:18-	00:21&	00:04-	00:18#	00:16#	03:26#	00:56-	01:13@	00:27&	00:37&	00:42-	00:26&	00:28-	01:43@	00:05#
5	Mina Bleken Rød					366					27:03				
01:50+	04:08+	05:53+	07:09+	10:08+	11:30+	13:11+	15:18+	16:50+	18:52+	19:55+	21:52+	23:25+	25:56+	26:31+	27:03+
01:50+	02:18+	01:45+	01:16+	02:59+	01:22+	01:41-	02:07+	01:32+	02:02+	01:03+	01:57+	01:33+	02:31+	00:35+	00:32+
00:31&	00:41&	00:13-	00:23-	00:39-	00:14#	00:47-	00:43&	00:26&	00:56&	00:16&	00:13#	00:19&	00:27&	00:12&	00:08&
6	Emil Tonjer Fingarsen					66					28:07				
01:01-	02:34-	04:14=	05:37+	07:19+	13:18+	15:05+	15:44+	18:08+	20:50+	22:33+	23:51+	25:13+	26:21+	27:35+	28:07+
01:01-	01:33-	01:40+	01:23+	01:42+	05:59+	01:47-	00:39-	02:24+	02:42+	01:43+	01:18-	01:22+	01:08-	01:14+	00:32+
00:16-	00:00-	00:10#	00:22&	04:51@	00:41-	00:45-	01:18@	01:36@	00:56@	00:26-	00:08#	00:18-	00:51@	00:08&	
Beste strekketid for klassen															
00:48	01:16	01:10	00:42	01:20	01:08	01:15	00:28	01:06	01:06	00:47	00:53	01:08	01:02	00:23	00:24

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

D 11-12

1	Emma Dåsnes					366					23:48				
01:02=	02:25=	03:48=	04:32=	06:12=	07:55=	10:03=	10:33=	13:01=	14:47=	16:29=	20:01=	21:08=	22:02=	23:14=	23:48=
01:02=	01:23=	01:23=	00:44=	01:40=	01:43=	02:08=	00:30=	02:28=	01:46=	01:42=	03:32=	01:07=	00:54=	01:12=	00:34=
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	Selma Bjørnsgaard Lennidn					202					25:15				
01:04+	02:25=	04:02+	04:43+	06:31+	09:33+	12:24+	12:50+	15:24+	17:49+	19:41+	20:44+	22:14+	23:01+	24:45+	25:15+
01:04+	01:21-	01:37+	00:41-	01:48+	03:02+	02:51+	00:26-	02:34+	02:25+	01:52+	01:03-	01:30+	00:47-	01:44+	00:30-
00:02+	00:02-	00:14#	00:00-	00:08+	01:19&	00:43#	00:04-	00:06+	00:39&	00:10+	02:29-	00:23&	00:07-	00:32&	00:04-
3	Serine Jørgensen					202					25:31				
01:47+	03:31+	05:18+	06:23+	08:01+	09:06+	13:37+	15:36+	16:58+	18:25+	19:19+	20:50+	22:08+	24:32+	25:04+	25:31+
01:47+	01:44+	01:47+	01:05+	01:38-	01:05-	04:31+	01:59+	01:22-	01:27-	00:54-	01:31-	01:18+	02:24+	00:32-	00:27-
00:45&	00:21-	00:24+	00:21&	00:01-	00:38-	02:23+	01:29@	01:06-	00:19-	00:48-	02:01-	00:11#	01:30@	00:40-	00:07-
4	Mari Ovidia Rønestad					104					31:44				
02:13+	04:48+	06:49+	10:02+	12:02+	13:07+	15:53+	17:49+	19:26+	21:40+	22:37+	25:40+	27:53+	30:51+	31:17+	31:44+
02:13+	02:35+	02:01+	03:13+	02:00+	01:05-	02:46+	01:56+	01:37-	02:14+	00:57-	03:03-	02:13+	02:58+	00:26-	00:27-
01:11@	00:12-	00:18&	00:19#	00:30#	00:38-	00:38-	01:26@	00:51-	00:28&	00:45-	00:29-	01:06&	02:14@	00:46-	00:07-
5	Emma Visted-Hansen					93					36:19				
01:11+	02:25=	04:01+	04:51+	12:23+	14:00+	21:02+	21:35+	24:18+	26:12+	28:08+	29:29+	31:23+	34:27+	35:48+	36:19+
01:11+	01:14-	01:36+	00:50+	07:32+	01:37-	07:02+	00:33+	02:43+	01:54+	01:56+	01:21-	01:54+	03:04+	01:21+	00:31-
00:00#	00:00-	00:00-	00:23+	01:06#	00:06-	04:54@	00:03#	00:15#	00:08+	00:14#	02:11-	00:47&	02:10@	00:09#	00:03-
Beste strekketid for klassen															
01:02	01:14	01:23	00:41	01:38	01:05	02:08	00:26	01:22	01:27	00:54	01:03	01:07	00:47	00:26	00:27

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

D 13-14

1	Martine Skjelsvik	202	35:50																
02:14=	03:32=	04:56=	06:36=	07:51=	09:43=	11:22=	12:07=	13:03=	13:31=	16:06=	17:13=	20:14=	21:29=	26:06=	28:12=	29:59=	34:31=	35:23=	35:50=
02:14=	01:18=	01:24=	01:40=	01:15=	01:52=	01:39=	00:45=	00:56=	00:28=	02:35=	01:07=	03:01=	01:15=	04:37=	02:06=	01:47=	04:32=	00:52=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Birgit Kleppa Madslien	202	37:41																
02:12-	03:35+	04:56=	06:21-	07:18-	09:48+	11:35+	20:34+	21:58+	22:24+	24:56+	26:14+	28:17+	29:28+	31:11+	33:07+	35:03+	36:32+	37:13+	37:41+
02:12-	01:23+	01:21-	01:25-	00:57-	02:30+	01:47+	08:59+	01:24+	00:26-	02:32-	01:18+	02:03-	01:11-	01:43-	01:56-	01:56+	01:29-	00:41-	00:28+
00:02-	00:05+	00:03-	00:15-	00:18-	00:38&	00:08+	08:14@	00:28&	00:02-	00:03-	00:11#	00:58-	00:04-	02:54-	00:10-	00:09+	03:03-	00:11-	00:01+
03.06.2016 23:05:52																			

Class	Navn				Klasse				Tid											
3	Berthe Teslo				98				42:55											
02:26+	03:31-	12:38+	14:00+	15:40+	17:52+	19:40+	23:18+	27:20+	29:01+	31:01+	33:09+	34:33+	38:03+	39:24+	40:35+	41:54+	42:21+	42:55+		
02:26+	01:05-	09:07+	01:22-	01:40+	02:12+	01:48+	03:38+	00:40-	03:22+	01:41-	02:00+	02:08-	01:24+	03:30-	01:21-	01:11-	01:19-	00:27-	00:34+	
00:12+	00:12-	07:23+	00:18-	00:20-	00:20#	00:09-	02:53@	00:16-	02:54@	00:54-	00:53&	00:53-	00:25#	01:07-	00:45-	00:36-	03:13-	00:25-	00:07&	
02:16+	04:09+	08:48+	10:38+	11:48+	13:55+	15:38+	18:56+	19:56+	22:28+	23:55+	25:27+	27:51+	31:46+	33:57+	35:21+	50:36+	51:32+	52:02+	52:28+	
02:16+	01:53+	04:39+	01:50+	01:10-	02:07+	01:43+	03:18+	01:00+	02:32+	01:27-	01:32+	02:24-	03:55+	02:11-	01:24-	15:15+	00:56-	00:30-	00:26-	
00:02+	00:35-	03:115-	00:11#	00:05-	01:15#	00:04-	02:33@	00:04+	02:04@	01:08-	00:25&	00:37-	02:27@	02:26-	00:42-	13:28@	03:36-	00:22-	00:01-	
04:14+	05:54+	13:40+	19:10+	21:17+	24:01+	27:01+	30:20+	31:18+	34:51+	36:27+	38:15+	41:13+	42:25+	47:06+	50:01+	51:11+	53:04+	54:03+	54:27+	
04:14+	01:40+	07:46+	05:30+	02:07+	02:44+	03:00+	03:19+	00:58+	03:33+	01:36-	01:48+	02:58-	01:12-	04:41+	02:55+	01:10-	01:53-	00:59+	00:24-	
02:00&	00:20+	00:22+	00:50&	00:52&	00:52&	01:21&	02:34@	00:02+	03:05@	00:59-	00:41&	00:03-	00:03-	00:04+	00:49&	00:37-	02:39-	00:07#	00:03-	
02:12	01:05	01:21	01:22	00:57	01:52	01:39	00:45	00:40	00:26	01:27	01:07	02:03	01:11	01:43	01:21	01:10	00:56	00:27	00:24	

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

D 15-16

1	Kristine Haanes Strandlie										93		41:10											
04:08=	06:54=	10:16=	11:29=	12:52=	15:43=	17:39=	18:51=	19:51=	21:10=	21:36=	24:06=	26:19=	26:51=	29:27=	30:36=	32:14=	32:36=	34:45=	36:28=	38:53=	39:41=	40:08=	40:41=	41:10=
04:08=	02:46=	03:22=	01:13=	01:23=	02:51=	01:56=	01:12=	01:00=	01:19=	00:26=	02:30=	02:13=	00:32=	02:36=	01:09=	01:38=	00:22=	02:09=	01:43=	02:25=	00:48=	00:27=	00:33=	00:29=
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=	00:00=	00:00=	00:00=	00:00=
2	Ingeborg Rognstad										98		59:40											
02:58-	04:55-	06:03-	10:20-	12:04-	13:48-	14:14-	22:35+	25:24+	28:02+	29:03+	29:30+	30:14+	32:16+	34:52+	41:01+	42:22+	45:43+	49:52+	54:21+	56:00+	57:11+	58:44+	59:09+	59:40+
02:58-	01:57-	01:08-	04:17+	01:44+	01:44-	00:26-	08:21+	02:49+	02:38+	01:01+	00:27-	00:44-	02:02+	02:36=	06:09+	01:21-	03:21+	04:09+	04:29+	01:39-	01:11+	01:33+	00:25-	00:31+
01:10-	00:49-	02:14-	03:04@	00:21&	01:07-	01:30-	07:09@	01:49@	01:19&	00:35@	02:03-	01:29-	01:20-	00:00=	05:00@	00:17-	02:59@	02:00&	02:46@	00:46-	00:23&	01:06@	00:08-	00:02+
3	Kamilla Lome										104		1:15:56											
03:42-	08:40+	10:59+	25:42+	26:54+	28:51+	29:14+	30:39+	33:31+	39:51+	40:52+	43:05+	43:40+	48:36+	51:38+	56:21+	58:03+	60:27+	65:37+	69:04+	70:49+	72:16+	74:42+	75:17+	75:56+
03:42-	04:58+	02:19-	14:43+	01:12-	01:57-	00:23-	01:25+	02:52+	06:20+	01:01+	02:13-	00:35-	04:56+	03:02+	04:43+	01:42+	02:24+	05:10+	03:27+	01:45-	01:27+	02:26+	00:35+	00:39+
00:36-	02:10+	01:03-	01:30&	00:11-	00:54-	01:33-	00:13#	01:52@	05:01@	00:35@	00:17-	01:38-	04:24@	00:26#	03:34@	00:04+	02:02@	03:01@	01:44@	00:40-	00:39&	01:59@	00:02+	00:10&
Beste strekketid for klassen																								
02:58	01:57	01:08	01:13	01:12	01:44	00:23	01:12	01:00	01:19	00:26	00:27	00:35	00:32	02:36	01:09	01:21	00:22	02:09	01:43	01:39	00:48	00:27	00:25	00:29

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

D 17-20

1	Anine Lome				104				35:01																
02:03=	03:33=	04:06=	05:19=	06:17=	08:06=	10:20=	11:02=	13:12=	15:15=	16:08=	16:56=	17:21=	19:06=	20:16=	20:44=	22:26=	23:49=	25:00=	27:44=	28:55=	29:57=	31:43=	33:11=	34:06=	34:33=
02:03=	01:30=	00:33=	01:13=	00:58=	01:49=	02:14=	00:42=	02:10=	02:03=	00:53=	00:48=	00:25=	01:45=	01:10=	00:28=	01:42=	01:23=	01:11=	02:44=	01:11=	01:02=	01:46=	01:28=	00:55=	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=	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=
35:01=																									
00:28=																									
2	Heidi Therese Wiest				366				42:45																
00:00=	02:50-	03:19-	05:06-	07:06+	08:51+	11:28+	13:24+	14:30+	16:36+	18:42+	19:47+	20:27+	23:45+	26:00+	26:37+	29:24+	30:38+	32:34+	34:02+	34:45+	37:35+	40:05+	41:01+	41:48+	42:15+
01:30-	01:20-	00:29-	01:47+	02:00+	01:45-	02:37+	01:56+	01:06-	02:06+	02:06+	01:05+	00:40+	03:18+	02:15+	00:37+	02:47+	01:14-	01:56+	01:28-	00:43-	02:50+	02:30+	00:56-	00:47-	00:27=
00:33-	00:10-	00:04-	00:34&	01:02@	00:04-	00:23#	01:14@	01:04-	00:03+	01:13@	00:17&	00:15&	01:33&	01:05&	00:09&	01:05&	00:09-	00:45&	01:16-	00:28-	01:48@	00:44&	00:32-	00:08-	00:00=
42:45+																									
00:30+																									
3	Ane Holm Grøngeng				202				44:36																
00:02+	03:25-	04:08+	06:08+	08:19+	10:00+	12:59+	13:50+	15:00+	17:06+	19:05+	20:39+	21:54+	22:32+	25:47+	28:03+	28:43+	31:21+	32:44+	34:38+	35:58+	36:47+	39:39+	42:02+	42:55+	43:39+
02:09+	01:16-	00:43+	02:00+	02:11+	01:41-	02:59+	00:51+	01:10-	02:06+	01:59+	01:34+	01:15+	00:38-	03:15+	02:16+	00:40-	02:38+	01:23+	01:54-	01:20+	00:49-	02:52+	02:23+	00:53-	00:44+
00:06+	00:14-	00:10&	00:47&	01:13@	00:08-	00:45&	00:09#	01:00-	00:03+	01:06@	00:46&	00:50@	01:07-	02:05@	01:48@	01:02-	01:15&	00:12#	00:50-	00:09#	00:13-	01:06&	00:55&	00:02-	00:17&
44:04+	44:36+																								
00:25-	00:32+																								
4	Evine Westli Andersen				212				48:08																
00:03-	02:57-	03:34-	05:59+	08:06+	09:51+	13:42+	14:59+	16:24+	18:54+	20:52+	22:14+	22:53+	26:52+	29:06+	29:50+	31:31+	32:53+	34:45+	36:32+	37:31+	42:25+	44:59+	46:01+	46:58+	47:28+
01:31-	01:26-	00:37+	02:25+	02:07+	01:45-	03:51+	01:17+	01:25-	02:30+	01:58+	01:22+	00:39+	03:59+	02:14+	00:44+	01:41-	01:22-	01:52+	01:47-	00:59-	04:54+	02:34+	01:02-	00:57+	00:30+
00:32-	00:04-	00:04#	01:12&	01:09@	00:04-	01:37&	00:35&	00:45-	00:27#	01:05@	00:34&	00:14&	02:14@	01:04&	00:16&	00:01-	00:01-	00:41&	00:57-	00:12-	03:52@	00:48&	00:26-	00:02+	00:03#
48:08+																									
00:40+																									
5	Marit Sveen				104				52:34																
00:12&	06:17+	07:12+	09:12+	10:32+	12:32+	15:00+	16:14+	19:35+	24:30+	25:33+	26:57+	27:25+	29:47+	31:29+	32:04+	34:37+	36:55+	38:25+	42:50+	44:06+	45:23+	47:55+	50:09+	51:24+	51:56+
04:11+	02:06+	00:55+	02:00+	01:20+	02:00+	02:28+	01:14+	03:21+	04:55+	01:03+	01:24+	00:28+	02:22+	01:42+	00:35+	02:33+	02:18+	01:30+	04:25+	01:16+	01:17+	02:32+	02:14+	01:15+	00:32+
02:08@	00:36&	00:22&	00:47&	00:22&	00:11#	00:14#	00:32&	01:11&	02:52@	00:10#	00:36&	00:03#	00:37&	00:32&	00:07#	00:51&	00:55&	00:19&	01:41&	00:05+	00:15#	00:46&	00:46&	00:20&	00:05#
52:34+																									
00:38+																									
00:10&																									

Class	Navn					Klasse					Tid																	
6	Agnethe Hasli					309					53:38																	
02:40+	05:08+	06:12+	07:48+	09:01+	10:41+	13:43+	14:41+	17:24+	20:05+	21:00+	21:52+	22:17+	24:32+	25:57+	26:37+	28:54+	31:09+	34:24+	42:34+	43:47+	45:08+	48:09+	51:10+	52:33+	53:04+			
02:40+	02:28+	01:04+	01:36+	01:13+	01:40-	03:02+	00:58+	02:43+	02:41+	00:55+	00:52+	00:25=	02:15+	01:25+	00:40+	02:17+	02:15+	03:15+	08:10+	01:13+	01:21+	03:01+	03:01+	01:23+	00:31+			
00:37&	00:58&	00:31&	00:23&	00:15&	00:09-	00:48&	00:16&	00:33&	00:38&	00:02+	00:04+	00:00=	00:30&	00:15#	00:12&	00:35&	00:52&	02:04@	05:26@	00:02+	00:19&	01:15&	01:33@	00:28&	00:04#			
53:38+																												
7	Stine Frogner Tømmervold					104					1:05:08																	
05:45+	08:33+	09:09+	11:06+	12:34+	15:12+	17:06+	18:07+	22:41+	25:35+	26:37+	27:50+	28:21+	31:18+	33:06+	33:47+	36:49+	41:23+	43:28+	48:09+	49:35+	56:50+	59:18+	61:40+	63:48+	64:26+			
05:45+	02:48+	00:36+	01:57+	01:28+	02:38+	01:54-	01:01+	04:34+	02:54+	01:02+	01:13+	00:31+	02:57+	01:48+	00:41+	03:02+	04:34+	02:05+	04:41+	01:26+	07:15+	02:28+	02:22+	02:08+	00:38+			
03:42@	01:18&	00:03+	00:44&	00:30&	00:49&	00:20-	00:19&	02:24@	00:51&	00:09#	00:25&	00:06#	01:12&	00:38&	00:13&	01:20&	03:11@	00:54&	01:57&	00:15#	06:13@	00:42&	00:54&	01:13@	00:11&			
65:08+																												
00:42+																												
Beste strekketid for klassen																												
01:30	01:16	00:29	01:13	00:58	01:40	01:54	00:42	01:06	02:03	00:53	00:48	00:25	00:38	01:10	00:28	00:40	01:14	01:11	01:28	00:43	00:49	01:46	00:56	00:47	00:27	00:25		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																												
H 11-12																												
1	Lars Lien					93					15:57																	
01:27=	02:35=	03:56=	04:30=	05:35=	06:16=	07:30=	09:03=	10:01=	11:05=	11:45=	12:50=	13:45=	14:57=	15:29=	15:57=													
01:27=	01:08=	01:21=	00:34=	01:05=	00:41=	01:14=	01:33=	00:58=	01:04=	00:40=	01:05=	00:55=	01:12=	00:32=	00:28=													
2	Ole Gunnar Kleppa Madslien					202					17:37																	
00:00=	00:10=	00:00=	00:10=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													
00:59-	02:02-	03:10-	03:52-	05:05-	06:03-	07:43+	08:08-	10:11+	11:25+	12:41+	13:22+	14:27+	15:51+	17:04+	17:37+													
00:59-	01:03-	01:08-	00:42+	01:13+	00:58+	01:40+	00:25-	02:03+	01:14+	01:16+	00:41-	01:05+	01:24+	01:13+	00:33+													
3	Harald Haanes Strandlie					93					19:45																	
00:28-	00:25-	00:23-	00:08-	00:08-	00:17&	00:26#	01:08-	01:05@	00:10#	00:36&	00:24-	00:10#	00:00#	00:41@	00:05#													
01:49+	03:25+	05:17+	06:06+	07:20+	08:14+	09:35+	11:06+	12:14+	13:29+	14:08+	15:40+	17:03+	18:45+	19:19+	19:45+													
01:49+	01:36+	01:52+	00:49+	01:14+	00:54+	01:21+	01:31-	01:08+	01:15+	00:39-	01:32+	01:23+	01:42+	00:34+	00:26-													
4	Ole Edvard Snuggerud					93					22:05																	
00:22&	00:28&	00:21&	00:15&	00:09#	00:13&	00:07#	00:02-	00:10#	00:11#	00:01-	00:27&	00:28&	00:05&	00:02+	00:02-													
01:45+	03:28+	04:55+	05:47+	07:02+	07:56+	10:48+	12:34+	13:59+	15:12+	16:03+	17:45+	19:09+	21:00+	21:41+	22:05+													
01:45+	01:43+	01:27+	00:52+	01:15+	00:54+	02:52+	01:46+	01:25+	01:13+	00:51+	01:42+	01:24+	01:51+	00:41+	00:24-													
5	Anders Taraldsen					202					24:27																	
00:18#	00:35&	00:06+	00:18&	00:10#	00:13&	01:38&	00:13#	00:27&	00:09#	00:11&	00:37&	00:29&	00:22&	00:09&	00:04-													
01:01-	02:18-	03:36-	04:22-	06:08+	09:22+	11:28+	12:08+	14:59+	17:22+	18:53+	19:53+	21:23+	22:23+	23:53+	24:27+													
01:01-	01:17+	01:18-	00:46+	01:46+	03:14+	02:06+	00:40-	02:51+	02:23+	01:31+	01:00-	01:30+	01:00-	01:30+	00:34+													
6	Annar Elien Solerød					93					24:34																	
00:26-	00:09#	00:03-	00:12&	00:41&	02:33@	00:52+	00:53-	01:53@	01:19@	00:51@	00:05-	00:35&	00:12-	00:58@	00:06#													
01:14-	02:50+	04:39+	05:44+	08:07+	10:07+	11:51+	12:24+	15:09+	16:57+	18:30+	19:20+	20:44+	22:34+	24:01+	24:34+													
01:14-	01:36+	01:49+	01:05+	02:23+	02:00+	01:44+	00:33-	02:45+	01:48+	01:33+	00:50-	01:24+	01:50+	01:27+	00:33+													
7	Iver Nordli Eriksen					93					25:05																	
00:13-	00:28&	00:21#	00:10&	01:18@	01:19@	00:30#	01:00-	01:47@	00:44&	00:53@	00:15-	00:29&	00:08&	00:55@	00:05#													
02:01+	04:11+	06:24+	07:22+	08:46+	10:00+	12:55+	14:49+	16:06+	17:18+	18:12+	20:07+	21:48+	23:49+	24:28+	25:05+													
02:01+	02:10+	02:13+	00:58+	01:24+	01:14+	02:55+	01:54+	01:17+	01:12+	00:54+	01:55+	01:41+	02:01+	00:39+	00:37+													
8	Patrick Jemtland					286					25:15																	
00:34&	01:02&	00:52&	00:24&	00:19&	00:33&	01:41&	00:21#	00:19&	00:08#	00:14&	00:50&	00:46&	00:14&	00:07#	00:09&													
00:58-	02:21-	03:49-	04:39+	08:17+	09:25+	11:30+	12:05+	14:28+	16:40+	18:15+	19:26+	20:50+	22:21+	24:42+	25:15+													
00:58-	01:23+	01:28+	00:50+	03:38+	01:08+	02:05+	00:35-	02:23+	02:12+	01:35+	01:11+	01:24+	01:31+	02:21+	00:33+													
9	Even Nordli Eriksen					93					28:16																	
00:29-	00:15&	00:07+	00:16&	02:33@	00:27&	00:51+	00:58-	01:25@	01:08@	00:55@	00:06+	00:29&	00:14&	01:49@	00:05#													
01:05-	02:34-	04:04+	04:47+	07:05+	10:38+	14:06+	14:49+	17:13+	19:12+	21:10+	23:36+	25:12+	26:07+	27:33+	28:16+													
01:05-	01:29+	01:30+	00:43+	02:18+	03:33+	03:28+	00:43-	02:24+	01:59+	01:58+	02:26+	01:36+	00:55-	01:26+	00:43+													
10	Johannes Børke Sollien					261					30:17																	
00:22-	00:21&	00:09#	00:09&	01:11@	02:52@	02:14&	00:50-	01:26@	00:55&	01:18@	01:21@	00:41&	00:17-	00:54@	00:15&													
01:10-	02:57+	04:45+	05:48+	09:39+	11:15+	13:33+	14:11+	16:39+	18:56+	21:01+	23:21+	25:44+	27:11+	29:47+	30:18+													
01:10-	01:47+	01:48+	01:03+	03:51+	01:36+	02:18+	00:38-	02:28+	02:17+	02:05+	02:20+	02:23+	01:27+	02:36+	00:31+													
11	Jonas Høglien Nes					202					31:08																	
00:17-	00:38&	00:07&	00:29&	02:46@	00:55@	01:04&	00:55-	01:30@	01:13@	01:25@	01:15@	01:28@	00:00#	02:04@	00:03#													
02:27+	05:30+	07:22+	08:37+	10:52+	12:20+	13:45+	15:29+	17:12+	19:08+	20:05+	22:23+	24:32+	29:46+	30:37+	31:08+													
02:27+	03:03+	01:52+	01:15+	02:15+	01:28+	01:25+	01:44+	01:43+	01:56+	00:57+	02:18+	02:09+	05:14+	00:51+	00:31+													
12	Thomas Kalgraff					286					33:50																	
00:00&	00:55@	00:33+	00:11+	01:10@	00:47@	00:11&	00:11#	00:45&	00:52&	00:17&	01:13@	01:14&	01:40&	00:19&	00:03#													
01:34+	04:53+	06:48+	07:50+	09:45+	11:29+	13:10+	13:46+	18:14+	20:54+	23:32+	26:05+	28:03+	29:55+	33:14+	33:50+													
01:34+	03:19+	01:55+	01:02+	01:55+	01:44+	01:41+	00:36-	04:28+	02:40+	02:38+	02:33+	01:58+	01:52+	03:19+	00:36+													
13	Tobias Halmstad Andersen					93					36:51																	
00:07+	00:11@	00:34&	00:28&	00:03#	00:07+	00:27&	00:57-	03:30@	01:36@	01:58@	01:28@	01:03@	00:40&	02:47@	00:08&													
02:30+	05:09+	07:41+	09:31+	11:42+	13:51+	16:04+	18:38+	20:56+	23:08+	24:26+	27:57+	31:47+	35:25+	36:20+	36:51+													
02:30+	02:39+	02:32+	01:50+	02:11+	02:09+	02:13+	02:34+	02:18+	02:12+	01:18+	03:31+	03:50+	03:38+	00:55+	00:31+													
01:03&	01:31@	01:11&	01:16@	01:06@	01:28@	00:59&	01:01&	01:20@	01:08@	00:38&	02:26@	02:55@	02:26@	00:23&	00:03#													

Plass	Navn	Klasse										Tid					
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Beste strekktid for klassen

00:58 01:03 01:08 00:34 01:05 00:41 01:14 00:25 00:58 01:04 00:39 00:41 00:55 00:55 00:32 00:24

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

H 13-14

1	Sune Raknes Sogstad	93	26:45																	
01:51=	02:46=	04:32=	05:46=	08:16=	10:05=	11:22=	13:03=	13:47=	16:10=	17:45=	18:51=	20:16=	21:03=	22:55=	24:07=	24:42=	25:48=	26:17=	26:45=	
00:50=	00:55=	01:46=	01:14=	02:30=	01:49=	01:17=	01:41=	00:44=	02:23=	01:35=	01:06=	01:25=	00:47=	01:52=	01:12=	00:35=	01:06=	00:29=	00:28=	
2	Vegard Ranestad	104	27:44																	
01:58+	03:22+	04:29=	06:15+	07:10=	08:53=	10:13=	10:55=	12:02=	12:27=	14:50=	15:45=	18:31=	19:27=	21:08=	22:54=	24:55+	26:37+	27:19+	27:44+	
01:58+	01:24+	01:07=	01:46+	00:55=	01:43=	01:20+	00:42=	01:07+	00:25=	02:23+	00:55=	02:46+	00:56+	01:41=	01:46+	02:01+	01:42+	00:42+	00:25=	
00:07+	00:29&	00:00=	00:33&	01:35=	00:06=	00:03=	00:59=	00:23&	01:58=	00:48&	00:11=	01:21&	00:00#	00:11=	00:34&	01:26@	00:36&	00:13&	00:03=	
3	Sander Tonjer Fingersen	66	28:39																	
01:49=	02:53+	03:59=	05:19=	06:10=	07:58=	09:14=	09:53=	11:07=	11:33=	13:52=	15:10=	17:57=	19:22=	21:44=	24:31+	26:04+	27:32+	28:06+	28:39+	
01:49=	01:04+	01:06=	01:20+	00:51=	01:48=	01:16=	00:39=	01:14+	00:26=	02:19+	01:18+	02:47+	01:25+	02:22+	02:47+	01:33+	01:28+	00:34+	00:33+	
00:02=	00:09#	00:40=	00:06+	01:39=	00:01=	00:01=	01:02=	00:30&	01:57=	00:44&	00:12#	01:22&	00:18&	00:30&	01:35@	00:58@	00:22&	00:05#	00:05#	
4	Even Børdal	286	30:25																	
02:19+	03:28+	04:46+	06:22+	07:21=	09:42=	11:19=	12:00=	13:16=	13:52=	16:49=	18:22=	20:53+	22:23+	24:03+	26:08+	27:31+	29:15+	29:55+	30:25+	
02:19+	01:09+	01:18=	01:36+	00:59=	02:21+	01:37+	00:41=	01:16+	00:36=	02:57+	01:33+	02:31+	01:30+	01:40=	02:05+	01:23+	01:44+	00:40+	00:30+	
00:28&	00:14&	00:28=	00:22=	01:31=	00:32&	00:20&	01:00=	00:32&	01:47=	01:22&	00:27&	01:06&	00:13&	00:12=	00:53&	00:48@	00:38&	00:11&	00:02+	
5	Grunde Isaksætre	97	32:42																	
03:08+	06:33+	09:08+	11:55+	12:55+	13:52+	15:37+	16:51+	18:23+	18:57+	21:32+	22:34+	23:58+	25:33+	26:21+	29:03+	30:13+	30:49+	31:52+	32:13+	32:42+
03:08+	03:25+	02:35+	02:47+	01:00=	00:57=	01:45+	01:14=	01:32+	00:34=	02:35+	01:02=	01:24=	01:35+	00:48=	02:42+	01:10+	00:36=	01:03+	00:21=	00:29+
01:17&	00:30&	00:49&	01:33@	01:30=	00:52=	00:28&	00:27=	00:48@	01:49=	01:00&	00:04=	00:01=	00:49@	01:04=	01:30@	00:35&	00:30=	00:34@	00:07=	00:29+
6	Anders Kvamme Felde	309	34:50																	
02:01+	04:11+	07:02+	08:27+	10:02+	12:35+	15:26+	17:11+	17:53+	20:34+	21:47+	22:54+	24:29+	26:47+	29:06+	31:45+	32:59+	34:01+	34:27+	34:50+	
02:01+	02:10+	02:51+	01:25+	01:35=	02:33+	02:51+	01:45+	00:42=	02:41+	01:13=	01:07+	01:35+	02:18+	02:19+	02:39+	01:14+	01:02=	00:26=	00:23=	
00:10+	00:15@	01:05&	00:11#	00:55=	00:44&	01:34&	00:04+	00:02=	00:18#	00:22=	00:01+	00:10#	01:23&	00:27#	01:27@	00:39@	00:04=	00:03=	00:05=	
7	Sjur Holm Grønheng	202	34:58																	
02:16+	03:23+	05:05+	06:23+	07:34=	09:37=	11:33+	14:52+	15:45+	16:11+	18:47+	20:22+	25:08+	26:21+	27:35+	29:56+	31:22+	33:53+	34:28+	34:58+	
02:16+	01:07+	01:42=	01:18+	01:11=	02:03+	01:56+	03:19+	00:53+	00:26=	02:36+	01:35+	04:46+	01:13+	01:14=	02:21+	01:26+	02:31+	00:35+	00:30+	
00:25#	00:12#	00:04=	00:04=	01:19=	00:14#	00:39=	01:38&	00:09#	01:57=	01:01&	00:29&	03:21&	00:26&	00:38=	01:09&	00:51@	01:25@	00:06#	00:02+	
8	Mats Lindaas	66	39:06																	
02:19+	03:30+	05:45+	07:11+	12:00+	14:29+	16:22+	16:56+	18:59+	19:57+	23:11+	24:57+	27:26+	29:16+	30:28+	33:40+	35:24+	36:47+	38:05+	38:38+	39:06+
02:19+	01:11+	02:15+	01:26+	04:49+	02:29+	01:53+	00:34=	02:03+	00:58=	03:14+	01:46+	02:29+	01:50+	01:12=	03:12+	01:44+	01:23+	01:18+	00:33+	00:28+
00:28&	00:16&	00:28&	00:12#	02:19&	00:40&	00:36&	01:07=	01:19@	01:25=	01:39@	00:40&	01:04&	01:09@	00:40=	02:00@	01:09@	00:17&	00:49@	00:05#	00:28+
9	Sigurd Kvamme	261	40:02																	
01:53+	03:41+	08:28+	09:52+	12:14+	14:54+	16:23+	24:48+	25:24+	28:13+	29:26+	30:45+	32:25+	33:58+	36:16+	37:40+	38:15+	39:10+	39:35+	40:02+	
01:53+	01:48+	04:47+	01:24+	02:22=	02:40+	01:29+	08:25+	00:36=	02:49+	01:13=	01:19+	01:40+	01:33+	02:18+	01:24+	00:35=	00:55=	00:25=	00:27=	
00:02+	00:15&	00:00=	00:10#	00:08=	00:51&	00:12#	06:44@	00:08=	00:26#	00:22=	00:13#	00:15#	00:06&	00:26#	00:12#	00:00=	00:11=	00:04=	00:01=	
10	Lars Wallin	309	1:02:48																	
02:25+	05:51+	20:06+	21:12+	30:11+	33:01+	36:14+	39:27+	40:17+	43:21+	47:40+	49:27+	51:45+	52:38+	55:11+	56:37+	59:48+	61:53+	62:26+	62:48+	
02:25+	03:26+	14:15+	01:06=	08:59+	02:50+	03:13+	03:13+	00:50+	03:04+	04:19+	01:47+	02:18+	00:53+	02:33+	01:26+	03:11+	02:05+	00:33+	00:22=	
00:34&	02:32#	02:29=	01:08=	06:29@	01:01&	01:56@	01:32&	00:06#	00:41&	02:44@	00:41&	00:53&	00:06#	00:41&	00:14#	02:36@	00:59&	00:04#	00:06=	

Beste strekktid for klassen

01:49 00:55 01:06 01:06 00:51 00:57 01:16 00:34 00:36 00:25 01:13 00:55 01:24 00:47 00:48 01:12 00:35 00:36 00:25 00:21

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

H 15-16

1	Even Lindaas	366	30:32																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
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Class	Navn					Klasse					Tid														
5	Lars Ranheim Brynestad					286					38:41														
	03:12+	06:07+	10:43+	11:37+	13:23+	16:12+	18:16+	19:47+	20:49+	22:03+	22:32+	24:55+	26:54+	27:24+	28:41+	29:42+	31:09+	31:38+	32:44+	34:22+	36:35+	37:22+	37:46+	38:16+	38:41+
	03:12+	02:55+	04:36+	00:54+	01:46+	02:49+	02:04+	01:31+	01:02+	01:14+	00:29+	02:23-	01:59+	00:30-	01:17+	01:01-	01:27=	00:29+	01:06-	01:38+	02:13+	00:47=	00:24-	00:30+	00:25-
6	Jakob Mo					261					39:16														
	01:51@	01:02#	02:16	00:17&	01:00@	00:23#	00:21@	00:24&	00:13&	00:07#	00:07&	00:05-	00:25&	00:10#	00:04+	00:01-	00:00=	00:03#	00:02-	00:01+	00:16#	00:00=	00:15-	00:05#	00:06-
	02:09+	03:47+	04:43-	07:33+	08:50+	10:35+	11:02-	11:55-	13:45+	16:24+	17:09+	18:39+	19:20+	21:22+	23:34+	27:12+	28:04+	30:24+	33:25+	35:13+	36:32+	37:27+	38:31+	38:53+	39:16+
	02:09+	01:38-	00:56-	02:50+	01:17+	01:45-	00:27-	00:53-	01:50+	02:39+	00:45+	01:30-	00:41-	02:02+	02:12+	03:38+	00:52-	02:20+	03:01+	01:48+	01:19-	00:55+	01:04+	00:22-	00:23-
7	Jostein Karlsen					202					44:48														
	00:48&	00:15#	01:17	01:37#	01:33@	00:31&	01:16#	00:14-	01:01@	01:32@	00:23@	00:58-	00:53-	01:03@	00:59&	02:36@	00:35-	01:54@	01:53@	00:11#	00:38-	00:08#	00:25&	00:03-	00:08-
	04:19+	07:15+	10:04+	10:54+	12:23+	15:44+	19:07+	20:30+	21:58+	23:20+	23:45+	26:59+	29:25+	30:08+	31:54+	32:59+	34:57+	35:28+	36:36+	38:52+	42:20+	43:20+	43:56+	44:19+	44:48+
	04:19+	02:56+	02:49+	00:50+	01:29+	03:21+	03:23+	01:23+	01:28+	01:22+	00:25+	03:14+	02:26+	00:43+	01:46+	01:05+	01:58+	00:31+	01:08=	02:16+	03:28+	01:00+	00:36-	00:23-	00:29-
8	Fredrik Sveen					366					52:08														
	02:58@	01:03#	02:25+	00:13&	00:43&	00:55&	01:40#	00:16#	00:39&	00:15#	00:03#	00:46&	00:52&	00:10#	00:33&	00:03+	00:31&	00:05#	00:00=	00:39&	01:31&	00:13&	00:03-	00:02-	00:02-
	02:20+	04:43+	10:53+	12:54+	16:46+	20:09+	23:40+	25:12+	26:37+	28:20+	28:55+	32:09+	34:51+	35:35+	37:39+	39:04+	41:20+	41:52+	43:37+	46:23+	49:23+	50:34+	51:05+	51:41+	52:08+
	02:20+	02:23+	06:10+	02:01+	03:52+	03:23+	03:31+	01:32+	01:25+	01:43+	00:35+	03:14+	02:42+	00:44+	02:04+	01:25+	02:16+	00:32+	01:45+	02:46+	03:00+	01:11+	00:31-	00:36+	00:27-
9	Simen Gran Blystad					212					54:02														
	00:59&	01:09#	03:59	00:06#	03:06@	00:57&	01:48#	00:25&	00:36&	00:36&	00:13&	00:46&	01:08&	00:22#	00:51&	00:23&	00:49&	00:06#	00:37&	01:09&	01:03&	00:24&	00:08-	00:11&	00:04-
	03:34+	06:12+	07:19+	09:15+	10:30+	12:48+	13:15+	14:42+	17:39+	20:39+	21:39+	22:10+	22:50+	25:32+	27:50+	31:57+	33:29+	36:50+	45:20+	48:08+	49:38+	50:41+	53:01+	53:36+	54:02+
	03:34+	02:38+	01:07-	01:07-	01:15+	02:18-	00:27-	01:27+	02:57+	03:00+	01:00+	00:31-	00:40-	02:42+	02:18+	04:07+	01:32+	03:21+	08:30+	02:48+	01:30-	01:03+	02:20+	00:35+	00:26-
10	Håvard Gjestvang					261					54:04														
	01:13@	01:25#	02:37#	01:13&	00:29&	00:08-	01:16#	00:20&	02:08@	01:53@	00:38@	01:57-	00:54-	02:00@	01:05&	03:05@	00:05+	02:55@	07:22@	01:11&	00:27-	00:16&	01:41@	00:10&	00:05-
	04:20+	06:30+	08:07+	09:51+	11:32+	13:44+	14:28+	15:59+	18:28+	21:44+	22:48+	23:26+	24:04+	26:50+	29:51+	33:57+	35:22+	37:43+	45:09+	47:53+	49:32+	50:59+	53:05+	53:36+	54:04+
	04:20+	02:10+	01:37-	01:44+	01:41+	02:12-	00:44-	01:31+	02:29+	03:16+	01:04+	00:38-	00:38-	02:46+	03:01+	04:06+	01:25-	02:21+	07:26+	02:44+	01:39-	01:27+	02:06+	00:31+	00:28-
11	Elias Ønman					93					55:14														
	02:59@	01:27#	02:58	01:07@	00:55@	00:14-	00:59#	00:24&	01:40@	02:09@	00:42@	01:50-	00:56-	02:11#	01:48@	03:04@	00:02-	01:55@	06:18#	00:18-	00:40&	01:27@	00:06#	00:03-	
	01:18-	06:50+	09:35+	10:29+	11:10+	22:20+	31:01+	32:09+	33:07+	34:38+	35:04+	37:56+	40:36+	41:15+	43:31+	44:46+	46:35+	46:59+	48:07+	49:53+	52:46+	53:44+	54:10+	54:40+	55:14+
	01:18-	05:32+	02:45+	00:54+	00:41-	11:10+	08:41+	01:08+	00:58+	01:31+	00:26+	02:52+	02:40+	00:39+	02:16+	01:15+	01:49+	00:24-	01:08=	01:46+	02:53+	00:58+	00:26-	00:30+	00:34+
12	Morten Aleksander Harkinn					286					57:05														
	02:03-	01:09#	03:30	00:13&	00:15#	03:44@	06:58#	00:01+	00:09#	00:24&	00:04#	00:24#	01:06#	00:10#	01:03&	00:13#	00:22&	00:02-	00:00=	00:09+	00:56&	00:11#	00:13-	00:05#	00:03+
	12:48+	15:42+	21:12+	22:09+	23:14+	26:07+	31:23+	32:28+	35:21+	36:42+	37:08+	40:08+	42:33+	43:11+	45:36+	46:45+	48:33+	48:56+	50:14+	52:03+	54:49+	55:36+	56:12+	56:36+	57:05+
	12:48+	02:54+	05:30+	00:57+	01:05+	02:53+	05:16+	01:05-	02:53+	01:21+	00:26+	03:00+	02:25+	00:38+	02:25+	01:09+	01:48+	00:23-	01:18+	01:49+	02:46+	00:47=	00:36-	00:24-	00:29-
13	Johan Storebakken					104					58:11														
	01:27@	01:01&	02:56@	00:20#	00:19&	00:27#	03:33@	00:02-	02:04@	00:14#	00:04#	00:32#	00:51&	00:06#	01:12&	00:07#	00:21#	00:03-	00:10#	00:12#	00:49&	00:00=	00:03-	00:01-	00:02-
	03:17+	07:01+	07:39+	10:14+	11:35+	13:23+	13:45+	14:53+	17:37+	20:43+	21:37+	22:06+	22:47+	26:42+	31:54+	36:28+	37:33+	41:06+	49:27+	50:14+	52:13+	53:27+	54:29+	57:13+	57:38+
	03:17+	03:44+	00:38-	02:35+	01:21+	01:48-	00:22-	01:08+	02:44+	03:06+	00:54+	00:29-	00:41-	03:55+	05:12+	04:34+	01:05-	03:33+	08:21+	00:47-	01:59+	01:14+	01:02+	02:44+	00:25-
14	Frikke Dukerfoss					202					1:00:02														
	01:56@	01:51&	01:57#	01:58@	00:35&	00:38-	01:21#	00:01+	01:55@	01:59@	00:32@	01:59-	00:53-	02:03#	03:59@	03:32@	00:22-	03:07@	07:13@	00:50-	00:02+	00:27&	00:23&	02:19@	00:06-
	03:32+	06:41+	07:52+	09:48+	11:05+	13:18+	14:01+	19:41+	22:07+	26:25+	27:35+	28:07+	28:44+	31:27+	34:12+	39:06+	40:28+	42:08+	51:01+	54:02+	55:42+	57:02+	59:02+	59:29+	60:02+
	03:32+	03:09+	01:11-	01:56+	01:17+	02:13+	00:43-	05:40+	02:26+	04:18+	01:10+	00:32-	00:37-	02:43+	02:45+	04:54+	01:22-	01:40+	08:53+	03:01+	01:40-	01:20+	02:00+	00:27+	00:33+
15	Halvor Klashaugen					202					1:44:11														
	02:11@	01:16#	01:24-	01:19@	00:31&	00:13-	01:00#	04:33@	01:37@	03:11@	00:48@	01:56-	00:57-	02:11#	01:32@	03:52@	00:05-	01:14@	07:45@	01:24&	00:17-	00:33&	01:21@	00:02+	00:02+
	08:51+	14:23+	15:09+	21:57+	24:29+	28:01+	28:44+	30:55+	37:45+	43:59+	50:43+	51:15+	52:01+	56:27+	60:01+	65:31+	77:59+	82:02+	90:26+	95:45+	97:48+	100:21+	102:57+	103:39+	104:11+
	08:51+	05:32+	00:46-	06:48+	02:32+	03:32+	00:43-	02:11+	06:50+	06:14+	06:44+	00:32-	00:46-	04:26+	03:34+	05:30+	12:28+	04:03+	08:24+	05:19+	02:03+	02:33+	02:36+	00:42+	00:32+
Beste strekktid for klassen																									
	01:18	01:30	00:30	00:37	00:41	01:12	00:21	00:53	00:49	01:07	00:22	00:22	00:30	00:30	01:13	01:01	00:44	00:23	01:06	00:47	00:57	00:43	00:24	00:22	00:23
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																									

## H 17-20

1	Ivar Jevne Arnesen					104					35:23		
---	--------------------	--	--	--	--	-----	--	--	--	--	-------	--	--

Pluss	Navn	Klasse	Tid
4	Sverre Narum	265	43:22
	01:35-01:35-03:17-43:22+00:30-00:02-	02:43-01:08-00:25-00:07-	03:08-02:18-01:14@01:23@00:02-
		05:26-02:15+01:23@	07:41-01:27-00:02-
		11:32+01:21@	12:39+01:07+00:17&
		15:03-00:59-	16:49-00:01-
		18:20+00:49@	19:39+01:19+00:39&
		20:06+00:27+	23:06+03:00+01:19&
		26:29+03:23+02:17@	27:07+00:38+00:10&
		29:04+01:57+00:25&	30:13+01:09-02:03@
		33:17+01:32-01:10-	34:49+00:53+01:11&
		35:42+02:48+01:53@	38:30+02:13+00:34&
		40:43+02:13+00:53-	41:36+00:53-00:42-
		42:25+00:49-	42:52+00:27+
			42:52+00:03#
5	Per Ivar Reinemo	104	45:34
	02:56-02:56-01:56-45:34+00:24-00:08-	04:37-01:41+00:39+00:26&	05:16-03:59+02:55@00:27&
		10:34+01:19+00:17#	12:20+01:46+00:17#
		14:08+01:48+00:45&	15:07+00:59+00:09#
		18:22+03:15-00:08-	20:43+02:21+00:34&
		21:45+01:02+00:20&	22:37+00:52+00:12&
		23:05+00:28+00:03#	25:06+02:01+00:20#
		26:20+01:14+00:08#	28:43+02:23+01:55@
		30:38+01:55+00:23#	32:32+01:54+00:30&
		33:58+01:26+00:25&	37:19+03:21+00:39#
		38:58+01:39+00:57@	40:14+01:16+00:21&
		42:05+01:51+00:12#	43:49+01:44+00:09+
		44:44+00:55+00:04+	45:10+00:26+
			45:10+00:02+
6	Simon Wich-Heiter	93	1:11:05
	07:58+07:58+03:06&71:05+00:23-	09:37+01:39+00:24&	10:33+00:56+00:27&
		12:31+01:58+01:55@	15:18+01:45@
		18:32+01:45@	29:46+11:14+10:11@
		31:00+01:14+00:24&	32:52+01:52-01:31-
		35:19+02:27+00:40&	37:36+02:17+01:35@
		40:41+03:05+02:25@	41:07+00:26+00:01+
		46:49+05:42+04:01@	49:20+02:31+01:25@
		50:13+00:53+00:25&	52:05+01:52+00:20#
		53:45+01:40+02:06@	56:52+03:07+00:34-
		59:00+02:08-01:21@	61:03+02:03+03:23@
		65:21+04:18+01:29&	68:29+03:08+00:39-
		69:25+00:56-00:02-	70:14+00:49-
			70:42+00:28+
			70:42+00:04#
Beste strekktid for klassen			
	01:15	01:08	00:25
	01:04	00:52	01:15
	01:03	00:42	01:03
	00:55	01:46	00:42
	00:40	00:25	01:41
	01:06	00:28	01:14
	00:59	01:01	01:26
	00:42	00:55	01:39
	00:50	00:49	00:21
	00:23		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
N-Åpen			
11	Lone Lyshaug	309	35:10
	03:25+03:25+08:25+	06:56+03:31+04:21+	10:40+04:17+04:17+
		17:20+02:23+04:45+	22:05+04:45+03:32+
		25:37+04:09+04:09+	31:30+01:44+02:16+
			33:46+02:16+01:24+
12	Malin Røste	280	21:56
	03:18+03:18+03:18+	04:36+01:18+02:43+	07:19+02:05+02:10+
		10:47+01:23+03:10+	13:57+02:03+02:34+
		16:00+02:34+01:11+	19:45+01:13+00:58+
		20:58+01:13+00:58+	
13	Even Seegard	309	21:11
	01:48+01:48+01:48+	03:00+01:12+02:46+	05:46+01:31+01:58+
		11:50+02:35+02:35+	14:39+02:49+02:49+
		18:09+03:30+03:30+	19:12+01:03+01:18+
		20:30+01:18+00:41+	21:11+00:41+
14	Selma Bekkelund	93	18:40
	01:53+01:53+01:53+	03:33+01:40+03:38+	07:11+01:30+01:10+
		12:47+02:56+02:56+	14:16+01:29+01:46+
		16:02+00:46+01:03+	17:51+00:49+00:49+
		18:40+01:03+00:49+	
15	Emil Hagavel	212	14:29
	01:18+01:18+01:18+	02:16+00:58+01:29+	03:45+01:26+01:26+
		05:11+00:57+00:57+	06:08+02:27+02:27+
		10:15+00:51+01:00+	12:04+01:49+00:51+
		12:55+01:00+00:34+	13:55+01:00+00:34+
16	Sivert Isak Torseth	93	20:31
	03:04+03:04+03:04+	04:20+01:16+02:32+	06:52+02:11+01:05+
		12:53+02:45+02:45+	15:11+02:18+02:23+
		17:34+00:58+01:13+	18:32+01:13+00:46+
		19:45+01:13+00:46+	20:31+01:13+00:46+
17	Nikolai Teslo	98	21:01
	02:07+02:07+02:07+	03:42+01:35+02:32+	06:14+02:05+00:55+
		12:56+03:42+03:42+	16:02+03:06+02:30+
		18:32+02:30+00:54+	19:26+00:54+00:58+
		20:24+00:58+00:37+	21:01+00:37+
18	Yiva Stornæs Lyshaug	309	21:05
	01:22+01:22+01:22+	02:36+01:14+03:00+	05:36+01:23+01:59+
		06:59+01:59+01:59+	08:58+02:42+02:42+
		11:40+02:40+03:31+	14:20+01:12+01:18+
		17:51+01:12+01:18+	19:03+01:18+00:44+
		20:21+01:18+00:44+	21:05+00:44+
19	Erland Nordli Eriksen	93	43:04
	01:22+01:22+01:22+	03:14+01:00+01:22+	05:30+01:22+01:59+
		08:56+01:59+01:59+	18:55+02:37+02:42+
		27:18+05:41+05:41+	32:24+04:35+01:55+
		36:59+01:55+01:56+	40:50+02:14+02:14+
		43:04+02:14+02:14+	
20	Petter Finstuen Voldheim	351	18:05
	01:37+01:37+01:37+	02:46+01:09+01:22+	04:08+01:18+01:00+
		05:26+01:18+01:00+	06:26+01:29+05:04+
		07:55+01:00+02:02+	12:59+02:02+01:23+
		15:01+01:03+00:38+	16:24+01:23+01:03+
		17:27+00:38+	18:05+00:38+
21	Helene Brekken	93	34:37
	02:24+02:24+02:24+	05:08+02:44+03:25+	08:33+03:19+02:00+
		11:52+03:19+02:00+	13:52+08:01+06:26+
		21:53+02:00+01:12+	28:19+02:24+01:12+
		30:43+01:50+01:50+	31:55+01:50+00:52+
		33:45+00:52+	34:37+00:52+
22	Therese Holmen	309	24:02
	02:24+02:24+02:24+	04:14+03:28+03:19+	08:03+03:19+02:00+
		10:38+01:19+01:19+	11:41+15:51+17:41+
		15:51+20:58+22:09+	17:41+23:13+24:02+
		24:02+00:49+	24:02+00:49+
		24:02+00:49+	24:02+00:49+

Class	Navn										Klasse	Tid
24	Mathias Engen Boday										309	15:39
	01:25+	02:21+	03:35+	05:29+	06:26+	07:55+	11:31+	13:33+	14:19+	15:08+	15:39+	
	01:25+	00:56+	01:14+	01:54+	00:57+	01:29+	03:36+	02:02+	00:46+	00:49+	00:31+	
25	Emilie Kloppebakken Stenbrenden										193	30:22
	01:25+	02:21+	03:35+	05:29+	06:26+	07:55+	11:31+	13:33+	14:19+	15:08+	15:39+	
	01:25+	00:56+	01:14+	01:54+	00:57+	01:29+	03:36+	02:02+	00:46+	00:49+	00:31+	
	02:39+	04:43+	08:28+	11:22+	13:34+	18:17+	21:45+	25:57+	27:30+	29:23+	30:22+	
	02:39+	02:04+	03:45+	02:54+	02:12+	04:43+	03:28+	04:12+	01:33+	01:53+	00:59+	
26	Magnus Svaland Dale										265	16:44
	01:19+	02:31+	05:47+	07:10+	08:38+	11:27+	12:50+	14:47+	15:24+	16:12+	16:44+	
	01:19+	01:12+	03:16+	01:23+	01:28+	02:49+	01:23+	01:57+	00:37+	00:48+	00:32+	
27	Maren Breken Rud										366	16:45
	01:19+	02:12+	03:35+	01:28+	01:28+	02:49+	01:23+	01:57+	00:37+	00:48+	00:32+	
	01:47+	03:06+	05:36+	07:11+	08:22+	10:38+	12:12+	14:10+	14:54+	15:50+	16:45+	
	01:47+	01:19+	02:30+	01:35+	01:11+	02:16+	01:34+	01:58+	00:44+	00:56+	00:55+	
28	Erik Wallin										309	17:27
	01:47+	01:19+	02:30+	01:35+	01:11+	02:16+	01:34+	01:58+	00:44+	00:56+	00:55+	
	01:13+	02:28+	05:21+	07:16+	08:14+	09:43+	13:18+	15:20+	16:06+	16:55+	17:27+	
	01:13+	01:15+	02:53+	01:55+	00:58+	01:29+	03:35+	02:02+	00:46+	00:49+	00:32+	
29	Ole Petter Visted-Hansen										93	27:32
	01:13+	01:15+	02:53+	01:55+	00:58+	01:29+	03:35+	02:02+	00:46+	00:49+	00:32+	
	02:47+	04:20+	07:50+	10:16+	11:28+	14:32+	20:50+	23:18+	24:31+	25:58+	27:32+	
	02:47+	01:33+	03:30+	02:26+	01:12+	03:04+	06:18+	02:28+	01:13+	01:27+	01:34+	
30	Eskil Brøbakken										309	16:19
	01:28+	02:27+	04:52+	06:10+	07:15+	08:53+	11:06+	13:28+	14:15+	15:24+	16:19+	
	01:28+	00:59+	02:25+	01:18+	01:05+	01:38+	02:13+	02:22+	00:47+	01:09+	00:55+	
31	Ivar Kleppa Madslien										202	17:10
	01:28+	01:59+	02:25+	01:18+	01:05+	01:38+	02:13+	02:22+	00:47+	01:09+	00:55+	
	01:59+	03:10+	05:46+	07:14+	09:02+	11:10+	12:39+	14:32+	15:34+	16:31+	17:10+	
	01:59+	01:11+	02:36+	01:28+	01:48+	02:08+	01:29+	01:53+	01:02+	00:57+	00:39+	
32	Eiril Erlien Solerød										93	15:44
	01:59+	01:11+	02:36+	01:28+	01:48+	02:08+	01:29+	01:53+	01:02+	00:57+	00:39+	
	01:28+	02:39+	04:35+	05:51+	07:04+	09:25+	11:19+	13:24+	14:11+	15:04+	15:44+	
	01:28+	01:11+	01:56+	01:16+	01:13+	02:21+	01:54+	02:05+	00:47+	00:53+	00:40+	
33	Ruth Bratlien										309	13:41
	01:28+	01:11+	01:56+	01:16+	01:13+	02:21+	01:54+	02:05+	00:47+	00:53+	00:40+	
	01:31+	02:25+	03:59+	05:17+	06:08+	07:58+	09:26+	11:18+	11:57+	13:00+	13:41+	
	01:31+	00:54+	01:34+	01:18+	00:51+	01:50+	01:28+	01:52+	00:39+	01:03+	00:41+	
34	Peder Mo										261	16:20
	01:31+	02:22+	03:57+	05:21+	06:12+	08:49+	10:26+	13:01+	14:23+	15:33+	16:20+	
	01:31+	00:51+	01:35+	01:24+	00:51+	02:37+	01:37+	02:35+	01:22+	01:10+	00:47+	
36	Magnhild Kleppa Madslien										202	18:51
	01:31+	01:31+	01:31+	01:31+	01:31+	01:31+	01:37+	02:35+	01:22+	01:10+	00:47+	
	01:32+	02:57+	05:28+	07:09+	08:44+	11:32+	13:38+	16:05+	17:10+	18:07+	18:51+	
	01:32+	01:25+	02:31+	01:41+	01:35+	02:48+	02:06+	02:27+	01:05+	00:57+	00:44+	
37	Karen Haanes Strandlie										93	18:04
	01:32+	01:25+	02:31+	01:41+	01:35+	02:48+	02:06+	02:27+	01:05+	00:57+	00:44+	
	02:01+	03:55+	05:34+	07:37+	08:44+	11:12+	13:02+	14:54+	16:04+	17:18+	18:04+	
	02:01+	01:54+	01:39+	02:03+	01:07+	02:28+	01:50+	01:52+	01:10+	01:14+	00:46+	
38	Mina Holmen										309	34:51
	02:01+	01:54+	01:39+	02:03+	01:07+	02:28+	01:50+	01:52+	01:10+	01:14+	00:46+	
	03:29+	06:15+	10:50+	14:36+	17:09+	21:45+	25:36+	29:08+	31:26+	33:27+	34:51+	
	03:29+	02:46+	04:35+	03:46+	02:33+	04:36+	03:51+	03:32+	02:18+	02:01+	01:24+	
39	Sofie Faraldsen										202	21:18
	03:29+	02:46+	04:35+	03:46+	02:33+	04:36+	03:51+	03:32+	02:18+	02:01+	01:24+	
	01:55+	03:32+	06:09+	08:17+	09:52+	13:02+	15:49+	18:02+	19:05+	20:16+	21:18+	
	01:55+	01:37+	02:37+	02:08+	01:35+	03:10+	02:47+	02:13+	01:03+	01:11+	01:02+	
40	Hélène Kokslien										309	20:20
	01:55+	01:37+	02:37+	02:08+	01:35+	03:10+	02:47+	02:13+	01:03+	01:11+	01:02+	
	02:24+	03:50+	07:01+	08:37+	09:55+	13:17+	15:03+	16:53+	17:33+	19:35+	20:20+	
	02:24+	01:26+	03:11+	01:36+	01:18+	03:22+	01:46+	01:50+	00:40+	02:02+	00:45+	
41	Sindre Jørnli										351	18:11
	02:24+	01:26+	03:11+	01:36+	01:18+	03:22+	01:46+	01:50+	00:40+	02:02+	00:45+	
	01:44+	02:48+	04:08+	05:28+	06:29+	08:04+	13:00+	15:01+	16:32+	17:32+	18:11+	
	01:44+	01:04+	01:20+	01:20+	01:01+	01:35+	04:56+	02:01+	01:31+	01:00+	00:39+	
Beste strekketid for klassen												

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