

1	Eli Seigerud	208	46:40					
06:46=	10:59=	21:39=	27:24=	30:36=	38:24=	44:07=	45:30=	46:40=
06:46=	04:13=	10:40=	05:45=	03:12=	07:48=	05:43=	01:23=	01:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tor Sætaberget	208	51:06					
08:03+	14:04+	20:14-	30:02+	35:45+	42:25+	49:11+	50:22+	51:06+
08:03+	06:01+	06:10-	09:48+	05:43+	06:40-	06:46+	01:11-	00:44-
01:17#	01:48&	04:30-	04:03&	02:31&	01:08-	01:03#	00:12-	00:26-
3	Ingunn Svensrud	208	51:21					
06:56+	15:00+	19:58-	31:49+	35:52+	43:12+	49:25+	50:38+	51:21+
06:56+	08:04+	04:58-	11:51+	04:03+	07:20-	06:13+	01:13-	00:43-
00:10+	03:51&	05:42-	06:06@	00:51&	00:28-	00:30+	00:10-	00:27-
4	Marte Smedstad Jahnsen	208	51:38					
08:22+	14:41+	20:39-	31:29+	35:42+	42:53+	49:14+	50:39+	51:38+
08:22+	06:19+	05:58-	10:50+	04:13+	07:11-	06:21+	01:25+	00:59-
01:36#	02:06&	04:42-	05:05&	01:01&	00:37-	00:38#	00:02+	00:11-
5	Berit Dalheim	208	52:19					
08:19+	14:33+	20:43-	31:42+	35:55+	42:57+	49:34+	51:03+	52:19+
08:19+	06:14+	06:10-	10:59+	04:13+	07:02-	06:37+	01:29+	01:16+
01:33#	02:01&	04:30-	05:14&	01:01&	00:46-	00:54#	00:06+	00:06+
6	Anna Granberg	208	53:06					
10:16+	16:17+	22:20+	33:39+	37:51+	45:06+	51:30+	52:28+	53:06+
10:16+	06:01+	06:03-	11:19+	04:12+	07:15-	06:24+	00:58-	00:38-
03:30&	01:48&	04:37-	05:34&	01:00&	00:33-	00:41#	00:25-	00:32-
7	Hans O. Skytteren	97	1:07:36					
05:59-	12:31+	24:15+	35:30+	40:39+	53:52+	64:37+	66:40+	67:36+
05:59-	06:32+	11:44+	11:15+	05:09+	13:13+	10:45+	02:03+	00:56-
00:47-	02:19&	01:04#	05:30&	01:57&	05:25&	05:02&	00:40&	00:14-
8	Eva Skytteren	97	1:07:46					
05:56-	12:20+	24:16+	35:45+	40:38+	54:04+	64:52+	66:36+	67:46+
05:56-	06:24+	11:56+	11:29+	04:53+	13:26+	10:48+	01:44+	01:10=
00:50-	02:11&	01:16#	05:44&	01:41&	05:38&	05:05&	00:21&	00:00=

Beste strekktid for klassen

05:56	04:13	04:58	05:45	03:12	06:40	05:43	00:58	00:38
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

A-Lang

1	Ole Harald L. Kveseth												97		46:18											
04:31=	07:31=	12:01=	18:18=	20:05=	23:34=	26:13=	28:04=	30:11=	32:21=	34:50=	38:20=	41:59=	45:20=	45:53=	46:18=											
04:31=	03:00=	04:30=	06:17=	01:47=	03:29=	02:39=	01:51=	02:07=	02:10=	02:29=	03:30=	03:39=	03:21=	00:33=	00:25=											
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	Eivind Lande												61		50:54											
05:18+	11:02+	16:51+	21:59+	24:14+	25:44+	28:42+	30:39+	34:16+	38:05+	40:22+	43:25+	47:11+	49:40+	50:16+	50:54+											
05:18+	05:44+	05:49+	05:08-	02:15+	01:30-	02:58+	01:57+	03:37+	03:49+	02:17-	03:03-	03:46+	02:29-	00:36+	00:38+											
00:47#	02:44&	01:19&	01:09-	00:28&	01:59-	00:19#	00:06+	01:30&	01:39&	00:12-	00:27-	00:07+	00:52-	00:03+	00:13&											
3	Ole Inge Rismoen												47		57:00											
05:35+	11:16+	15:59+	20:50+	24:39+	27:07+	29:45+	32:15+	34:56+	40:52+	43:10+	47:11+	52:22+	55:44+	56:21+	57:00+											
05:35+	05:41+	04:43+	04:51-	03:49+	02:28-	02:38-	02:30+	02:41+	05:56+	02:18-	04:01+	05:11+	03:22+	00:37+	00:39+											
01:04#	02:41&	00:13+	01:26-	02:02@	01:01-	00:01-	00:39&	00:34&	03:46@	00:11-	00:31#	01:32&	00:01+	00:04#	00:14&											
4	Gørn Tømmerholen												97		1:21:51											
06:10+	12:03+	21:03+	28:43+	32:31+	35:17+	38:35+	41:09+	44:31+	52:44+	55:41+	67:46+	75:54+	80:02+	81:07+	81:51+											
06:10+	05:53+	09:00+	07:40+	03:48+	02:46-	03:18+	02:34+	03:22+	08:13+	02:57+	12:05+	08:08+	04:08+	01:05+	00:44+											
01:39&	02:53&	04:30&	01:23#	02:01@	00:43-	00:39#	00:43&	01:15&	06:03@	00:28#	08:35@	04:29@	00:47#	00:32&	00:19&											

Plass	Navn										Klasse					Tid																	
Beste strekktid for klassen																																	
	04:31	03:00	04:30	04:51	01:47	01:30	02:38	01:51	02:07	02:10	02:17	03:03	03:39	02:29	00:33	00:25																	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																	
D17-AB																																	
1	Anne Kjersti Briskerud										97						33:37																
	06:09=	08:42=	10:19=	13:00=	14:34=	17:47=	20:56=	25:59=	31:02=	32:57=	33:37=																						
	06:09=	02:33=	01:37=	02:41=	01:34=	03:13=	03:09=	05:03=	05:03=	01:55=	00:40=																						
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																						
2	Lene Margrethe Sætaberget										208						38:08																
	07:06+	09:48+	13:49+	15:52+	19:26+	21:47+	24:53+	29:58+	34:54+	37:27+	38:08+																						
	07:06+	02:42+	04:01+	02:03-	03:34+	02:21-	03:06-	05:05+	04:56-	02:33+	00:41+																						
	00:57#	00:09+	02:24@	00:38-	02:00@	00:52-	00:03-	00:02+	00:07-	00:38&	00:01+																						
Beste strekktid for klassen																																	
	06:09	02:33	01:37	02:03	01:34	02:21	03:06	05:03	04:56	01:55	00:40																						
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																	
H-16AB																																	
1	Grunde Isaksætre										97						27:12																
	04:36=	06:40=	08:45=	10:04=	12:45=	16:27=	18:27=	21:52=	24:55=	26:44=	27:12=																						
	04:36=	02:04=	02:05=	01:19=	02:41=	03:42=	02:00=	03:25=	03:03=	01:49=	00:28=																						
	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
H17-AB			
1	Jon Ivar Bergersen	61	29:07
05:55= 09:45= 12:09= 13:47= 16:27= 18:12= 20:19= 23:44= 26:59= 28:38= 29:07= 05:55= 03:50= 02:24= 01:38= 02:40= 01:45= 02:07= 03:25= 03:15= 01:39= 00:29= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Bjørn Steinbekken	246	29:22
05:57+ 09:37- 11:28- 13:53+ 15:20- 17:56- 20:19= 23:53+ 27:01+ 28:42+ 29:22+ 05:57+ 03:40- 01:51- 02:25+ 01:27- 02:36+ 02:23+ 03:34+ 03:08- 01:41+ 00:40+ 00:02+ 00:10- 00:33- 00:47& 01:13- 00:51& 00:16# 00:09+ 00:07- 00:02+ 00:11&			
3	Roar Løvtjernet	47	30:00
06:02+ 07:59- 09:27- 11:50- 13:49- 16:32- 19:49- 23:41- 27:26+ 29:24+ 30:00+ 06:02+ 01:57- 01:28- 02:23+ 01:59- 02:43+ 03:17+ 03:52+ 03:45+ 01:58+ 00:36+ 00:07+ 01:53- 00:56- 00:45& 00:41- 00:58& 01:10& 00:27# 00:30# 00:19# 00:07#			
4	Leif Billingsø	61	30:09
06:00+ 07:55- 09:30- 11:56- 13:44- 17:00- 19:54- 23:37- 27:22+ 29:22+ 30:09+ 06:00+ 01:55- 01:35- 02:26+ 01:48- 03:16+ 02:54+ 03:43+ 03:45+ 02:00+ 00:47+ 00:05+ 01:55- 00:49- 00:48& 00:52- 01:31& 00:47& 00:18+ 00:30# 00:21# 00:18&			
5	Stein Magnus Moen	97	34:22
06:05+ 08:16- 10:02- 12:31- 14:28- 17:38- 20:27+ 25:08+ 31:38+ 33:47+ 34:22+ 06:05+ 02:11- 01:46- 02:29+ 01:57- 03:10+ 02:49+ 04:41+ 06:30+ 02:09+ 00:35+ 00:10+ 01:39- 00:38- 00:51& 00:43- 01:25& 00:42& 01:16& 03:15& 00:30& 00:06#			
6	Samuel Braaten	246	35:57
05:49- 09:38- 12:18+ 13:56+ 17:17+ 20:02+ 22:36+ 28:56+ 33:13+ 35:27+ 35:57+ 05:49- 03:49- 02:40+ 01:38= 03:21+ 02:45+ 02:34+ 06:20+ 04:17+ 02:14+ 00:30+ 00:06- 00:01- 00:16# 00:00= 00:41& 01:00& 00:27# 02:55& 01:02& 00:35& 00:01+			
7	Glenn R Bergersen	61	38:16
05:52- 09:32- 11:16- 13:22- 20:58+ 23:57+ 27:01+ 30:52+ 35:44+ 37:39+ 38:16+ 05:52- 03:40- 01:44- 02:06+ 07:36+ 02:59+ 03:04+ 03:51+ 04:52+ 01:55+ 00:37+ 00:03- 00:10- 00:40- 00:28& 04:56@ 01:14& 00:57& 00:26# 01:37& 00:16# 00:08&			
8	Martin Skytteren	246	39:02
06:26+ 09:24- 13:02+ 14:56+ 18:26+ 20:57+ 24:43+ 30:28+ 35:34+ 38:02+ 39:02+ 06:26+ 02:58- 03:38+ 01:54+ 03:30+ 02:31+ 03:46+ 05:45+ 05:06+ 02:28+ 01:00+ 00:31+ 00:52- 01:14& 00:16# 00:50& 00:46& 01:39& 02:20& 01:51& 00:49& 00:31@			
9	Klaus Engen	61	40:28
07:10+ 09:36- 13:15+ 16:27+ 20:01+ 22:10+ 25:21+ 30:49+ 36:53+ 39:30+ 40:28+ 07:10+ 02:26- 03:39+ 03:12+ 03:34+ 02:09+ 03:11+ 05:28+ 06:04+ 02:37+ 00:58+ 01:15# 01:24- 01:15& 01:34& 00:54& 00:24# 01:04& 02:03& 02:49& 00:58& 00:29&			
10	Kai Jostein Bergersen	61	43:23
07:33+ 10:11+ 13:00+ 16:11+ 18:59+ 23:11+ 26:57+ 33:34+ 39:25+ 42:27+ 43:23+ 07:33+ 02:38- 02:49+ 03:11+ 02:48+ 04:12+ 03:46+ 06:37+ 05:51+ 03:02+ 00:56+ 01:38& 01:12- 00:25# 01:33& 00:08+ 02:27@ 01:39& 03:12& 02:36& 01:23& 00:27&			
11	Reidar Bjørnstad	97	47:15
07:46+ 12:43+ 15:49+ 19:28+ 25:13+ 29:19+ 33:09+ 38:44+ 43:44+ 46:09+ 47:15+ 07:46+ 04:57+ 03:06+ 03:39+ 05:45+ 04:06+ 03:50+ 05:35+ 05:00+ 02:25+ 01:06+ 01:51& 01:07& 00:42& 02:01@ 03:05@ 02:21@ 01:43& 02:10& 01:45& 00:46& 00:37@			
12	Roar Sætaberget	208	53:27
07:40+ 10:59+ 15:18+ 25:04+ 29:11+ 31:42+ 35:14+ 43:15+ 49:55+ 52:53+ 53:27+ 07:40+ 03:19- 04:19+ 09:46+ 04:07+ 02:31+ 03:32+ 08:01+ 06:40+ 02:58+ 00:34+ 01:45& 00:31- 01:55& 08:08@ 01:27& 00:46& 01:25& 04:36@ 03:25@ 01:19& 00:05#			
13	Nikolai Torp	208	58:05
10:05+ 20:19+ 24:29+ 28:39+ 32:39+ 36:36+ 40:07+ 47:52+ 55:21+ 57:32+ 58:05+ 10:05+ 10:14+ 04:10+ 04:10+ 04:00+ 03:57+ 03:31+ 07:45+ 07:29+ 02:11+ 00:33+ 04:10& 06:24@ 01:46& 02:32@ 01:20& 02:12@ 01:24& 04:20@ 04:14@ 00:32& 00:04#			
14	Oddbjørn Bergersen	61	58:27
08:26+ 11:28+ 21:00+ 23:31+ 35:43+ 38:18+ 42:22+ 48:16+ 54:46+ 57:26+ 58:27+ 08:26+ 03:02- 09:32+ 02:31+ 12:12+ 02:35+ 04:04+ 05:54+ 06:30+ 02:40+ 01:01+ 02:31& 00:48- 07:08@ 00:53& 09:32@ 00:50& 01:57& 02:29& 03:15& 01:01& 00:32@			

Plass	Navn										Klasse	Tid
15	Jonny Eriksen										97	59:14
	09:57+	13:07+	16:06+	20:12+	23:00+	32:37+	36:27+	44:08+	55:38+	58:09+	59:14+	
	09:57+	03:10-	02:59+	04:06+	02:48+	09:37+	03:50+	07:41+	11:30+	02:31+	01:05+	
	04:02&	00:40-	00:35#	02:28@	00:08+	07:52@	01:43&	04:16@	08:15@	00:52&	00:36@	
16	Niclas Stolpe										61	1:25:08
	08:52+	26:59+	33:32+	51:25+	54:55+	58:32+	61:13+	73:07+	81:33+	84:14+	85:08+	
	08:52+	18:07+	06:33+	17:53+	03:30+	03:37+	02:41+	11:54+	08:26+	02:41+	00:54+	
	02:57&	14:17@	04:09@	16:15@	00:50&	01:52@	00:34&	08:29@	05:11@	01:02&	00:25&	
Beste strekktid for klassen												
	05:49	01:55	01:28	01:38	01:27	01:45	02:07	03:25	03:08	01:39	00:29	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Nybegynner												
1	Nova Lill Nybråten-Gerhardsen										208	19:15
	01:29=	04:04=	06:17=	08:44=	11:33=	13:42=	16:24=	18:16=	19:15=			
	01:29=	02:35=	02:13=	02:27=	02:49=	02:09=	02:42=	01:52=	00:59=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Tindra Nybråten-Gerhardsen										208	19:22
	01:30+	04:20+	06:28+	09:02+	11:48+	13:51+	16:31+	18:28+	19:22+			
	01:30+	02:50+	02:08-	02:34+	02:46-	02:03-	02:40-	01:57+	00:54-			
	00:01+	00:15+	00:05-	00:07+	00:03-	00:06-	00:02-	00:05+	00:05-			
3	Emre Nybråten-Gerhardsen										208	19:23
	01:38+	04:16+	06:33+	08:54+	11:41+	13:53+	16:39+	18:30+	19:23+			
	01:38+	02:38+	02:17+	02:21-	02:47-	02:12+	02:46+	01:51-	00:53-			
	00:09#	00:03+	00:04+	00:06-	00:02-	00:03+	00:04+	00:01-	00:06-			
4	Emil Skytteren										246	20:06
	00:54-	03:25-	04:31-	12:19+	14:44+	16:26+	17:55+	19:17+	20:06+			
	00:54-	02:31-	01:06-	07:48+	02:25-	01:42-	01:29-	01:22-	00:49-			
	00:35-	00:04-	01:07-	05:21@	00:24-	00:27-	01:13-	00:30-	00:10-			
5	Petter Kristoffer Husås										246	21:23
	00:55-	03:26-	04:27-	12:22+	14:55+	16:37+	18:39+	20:55+	21:23+			
	00:55-	02:31-	01:01-	07:55+	02:33-	01:42-	02:02-	02:16+	00:28-			
	00:34-	00:04-	01:12-	05:28@	00:16-	00:27-	00:40-	00:24#	00:31-			
6	Odd Hagen										97	22:20
	01:38+	04:53+	06:31+	08:44=	12:49+	15:33+	18:20+	20:45+	22:20+			
	01:38+	03:15+	01:38-	02:13-	04:05+	02:44+	02:47+	02:25+	01:35+			
	00:09#	00:40&	00:35-	00:14-	01:16&	00:35&	00:05+	00:33&	00:36&			
7	Kasper Snapa										97	24:56
	01:26-	06:03+	08:19+	12:18+	16:38+	19:37+	22:16+	24:12+	24:56+			
	01:26-	04:37+	02:16+	03:59+	04:20+	02:59+	02:39-	01:56+	00:44-			
	00:03-	02:02&	00:03+	01:32&	01:31&	00:50&	00:03-	00:04+	00:15-			
8	Oda Marissa Bergersen										61	25:11
	01:15-	04:08+	11:44+	13:41+	17:20+	19:43+	22:08+	24:02+	25:11+			
	01:15-	02:53+	07:36+	01:57-	03:39+	02:23+	02:25-	01:54+	01:09+			
	00:14-	00:18#	05:23@	00:30-	00:50&	00:14#	00:17-	00:02+	00:10#			
9	Trond Seigerud Haugen										208	25:46
	02:01+	06:22+	08:30+	12:53+	16:52+	19:45+	22:49+	24:38+	25:46+			
	02:01+	04:21+	02:08-	04:23+	03:59+	02:53+	03:04+	01:49-	01:08+			
	00:32&	01:46&	00:05-	01:56&	01:10&	00:44&	00:22#	00:03-	00:09#			
10	Maja Seigerud Haugen										208	26:37
	02:16+	06:30+	08:39+	13:04+	17:05+	19:33+	22:50+	25:14+	26:37+			
	02:16+	04:14+	02:09-	04:25+	04:01+	02:28+	03:17+	02:24+	01:23+			
	00:47&	01:39&	00:04-	01:58&	01:12&	00:19#	00:35#	00:32&	00:24&			
11	Lauritz Stolpe										61	28:05
	06:15+	10:03+	12:27+	18:02+	20:49+	22:40+	24:45+	27:25+	28:05+			
	06:15+	03:48+	02:24+	05:35+	02:47-	01:51-	02:05-	02:40+	00:40-			
	04:46@	01:13&	00:11+	03:08@	00:02-	00:18-	00:37-	00:48&	00:19-			

Plass	Navn	Klasse	Tid
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Beste strekktid for klassen

00:54 02:31 01:01 01:57 02:25 01:42 01:29 01:22 00:28

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