

Plass Navn

Klasse

Tid

D -12N

**3 Malin Kristina Møller Jørgensen Sørreisa OL****16:37**

01:16+ 04:19+ 07:18+ 12:04+ 15:17+  
 01:16+ 03:03+ 02:59+ 04:46+ 03:13+  
 01:16+ 03:03+ 02:59+ 04:46+ 03:13+

**Beste strekktid for klassen**

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

**D11-12****1 Tora Indregard****BUL-Tromsø****21:37**

03:22= 07:49= 11:47= 13:26= 17:39= 18:57= 21:03=  
 03:22= 04:27= 03:58= 01:39= 04:13= 01:18= 02:06=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Ida Urset****BUL-Tromsø****27:37**

04:45+ 10:10+ 16:02+ 17:53+ 23:01+ 24:53+ 26:55+  
 04:45+ 05:25+ 05:52+ 01:51+ 05:08+ 01:52+ 02:02-  
 01:23& 00:58# 01:54& 00:12# 00:55# 00:34& 00:04-

**3 Maja Indregard****BUL-Tromsø****32:50**

05:03+ 11:44+ 20:39+ 23:42+ 28:21+ 29:55+ 32:07+  
 05:03+ 06:41+ 08:55+ 03:03+ 04:39+ 01:34+ 02:12+  
 01:41& 02:14& 04:57@ 01:24& 00:26# 00:16# 00:06+

**Beste strekktid for klassen**

03:22 04:27 03:58 01:39 04:13 01:18 02:02

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

**D13-16 N****1 Katrine Horn****OK Silsand****15:38**

00:57= 05:12= 08:39= 09:57= 13:08= 14:55=  
 00:57= 04:15= 03:27= 01:18= 03:11= 01:47=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**Beste strekktid for klassen**

00:57 04:15 03:27 01:18 03:11 01:47

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

**D15-16****1 Maren Theisen****Mellebygd OL****30:44**

03:28= 06:06= 11:12= 15:58= 25:37= 27:04= 28:22= 30:04=  
 03:28= 02:38= 05:06= 04:46= 09:39= 01:27= 01:18= 01:42=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**Beste strekktid for klassen**

03:28 02:38 05:06 04:46 09:39 01:27 01:18 01:42

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

**D17- C**

Class	Navn	Klasse	Tid
1	Hilde Guldbrandsen	Sørreisa OL	26:11
	05:34= 11:43= 16:23= 18:26= 21:57= 23:21= 25:12=		
	05:34= 06:09= 04:40= 02:03= 03:31= 01:24= 01:51=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

#### Beste strekktid for klassen

05:34 06:09 04:40 02:03 03:31 01:24 01:51

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

### D17-20

1	Hilde Espnes	OK Silsand	38:08
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06:55= 08:43= 14:18= 17:02= 20:49= 29:17= 32:16= 34:01= 34:50= 36:00= 37:30=  
06:55= 01:48= 05:35= 02:44= 03:47= 08:28= 02:59= 01:45= 00:49= 01:10= 01:30=  
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

06:55 01:48 05:35 02:44 03:47 08:28 02:59 01:45 00:49 01:10 01:30

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

### D21-

1	Arntraut Gøtsch	BUL-Tromsø	44:19
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03:53= 04:45= 07:20= 14:29= 16:56= 18:58= 23:06= 26:51= 29:26= 37:43= 40:31= 41:39= 42:32= 43:43=  
03:53= 00:52= 02:35= 07:09= 02:27= 02:02= 04:08= 03:45= 02:35= 08:17= 02:48= 01:08= 00:53= 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= 00:00=

#### Beste strekktid for klassen

03:53 00:52 02:35 07:09 02:27 02:02 04:08 03:45 02:35 08:17 02:48 01:08 00:53 01:11

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

### D35

1	Heidi Nordmo Lundamo	Mellebygd OL	44:41
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04:10= 07:38= 12:55= 16:45= 19:50= 23:31= 27:50= 31:11= 37:20= 39:42= 41:12= 42:21= 43:58=  
04:10= 03:28= 05:17= 03:50= 03:05= 03:41= 04:19= 03:21= 06:09= 02:22= 01:30= 01:09= 01:37=  
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	Sylvi Ofstad	Bardu IL	1:02:30
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06:43+ 10:34+ 23:12+ 26:23+ 30:26+ 34:45+ 41:49+ 46:32+ 54:06+ 56:21+ 58:21+ 59:43+ 61:44+  
06:43+ 03:51+ 12:38+ 03:11- 04:03+ 04:19+ 07:04+ 04:43+ 07:34+ 02:15- 02:00+ 01:22+ 02:01+  
02:33& 00:23# 07:21@ 00:39- 00:58& 00:38# 02:45& 01:22& 01:25# 00:07- 00:30& 00:13# 00:24#

3	Eva Moen	Øverbygd IL	1:16:49
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06:10+ 09:33+ 29:45+ 31:46+ 42:48+ 46:33+ 55:37+ 60:09+ 67:53+ 71:29+ 72:49+ 74:10+ 75:59+  
06:10+ 03:23- 20:12+ 02:01- 11:02+ 03:45+ 09:04+ 04:32+ 07:44+ 03:36+ 01:20- 01:21+ 01:49+  
02:00& 00:05- 14:55@ 01:49- 07:57@ 00:04+ 04:45@ 01:11& 01:35& 01:14& 00:10- 00:12# 00:12#

#### Beste strekktid for klassen

04:10 03:23 05:17 02:01 03:05 03:41 04:19 03:21 06:09 02:15 01:20 01:09 01:37

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

### D45

1	Eli Charlotte Nordmo	Mellebygd OL	37:01
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05:04= 06:48= 12:33= 17:19= 20:58= 28:20= 31:11= 32:46= 34:07= 36:06=  
05:04= 01:44= 05:45= 04:46= 03:39= 07:22= 02:51= 01:35= 01:21= 01:59=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Class	Navn	Klasse	Tid
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<b>2</b>	<b>Marit Walle Moberg</b>	<b>Bardu IL</b>	<b>38:54</b>
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06:09+ 08:33+ 14:50+ 20:06+ 23:38+ 30:50+ 32:31+ 35:03+ 36:12+ 38:01+  
06:09+ 02:24+ 06:17+ 05:16+ 03:32- 07:12- 01:41- 02:32+ 01:09- 01:49-  
01:05# 00:40& 00:32+ 00:30# 00:07- 00:10- 01:10- 00:57& 00:12- 00:10-

<b>3</b>	<b>Kari Lofthus</b>	<b>BUL-Tromsø</b>	<b>39:12</b>
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09:38+ 11:19+ 16:53+ 20:44+ 24:08+ 31:21+ 34:41+ 36:01+ 37:02+ 38:29+  
09:38+ 01:41- 05:34- 03:51- 03:24- 07:13- 03:20+ 01:20- 01:01- 01:27-  
04:34& 00:03- 00:11- 00:55- 00:15- 00:09- 00:29# 00:15- 00:20- 00:32-

#### Beste strekktid for klassen

05:04 01:41 05:34 03:51 03:24 07:12 01:41 01:20 01:01 01:27

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

## D65

<b>1</b>	<b>Anne Marie Pedersen</b>	<b>Bjerkvik IF</b>	<b>28:54</b>
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05:19= 09:10= 14:27= 18:01= 21:37= 25:30= 27:38=  
05:19= 03:51= 05:17= 03:34= 03:36= 03:53= 02:08=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

#### Beste strekktid for klassen

05:19 03:51 05:17 03:34 03:36 03:53 02:08

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

## D75

<b>1</b>	<b>Ellinor Nordmo</b>	<b>Mellebygd OL</b>	<b>48:44</b>
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07:31= 15:38= 25:19= 30:13= 41:44= 44:11= 47:22=  
07:31= 08:07= 09:41= 04:54= 11:31= 02:27= 03:11=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

#### Beste strekktid for klassen

07:31 08:07 09:41 04:54 11:31 02:27 03:11

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

## H -12N

<b>21</b>	<b>Vebjørn Moen</b>	<b>Øverbygd IL</b>	<b>16:25</b>
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00:56+ 03:18+ 06:06+ 10:49+ 13:09+  
00:56+ 02:22+ 02:48+ 04:43+ 02:20+  
00:56+ 02:22+ 02:48+ 04:43+ 02:20+

<b>22</b>	<b>Edvard Uteng</b>	<b>OK Silsand</b>	<b>11:22</b>
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01:08+ 03:18+ 05:31+ 08:44+ 10:37+  
01:08+ 02:10+ 02:13+ 03:13+ 01:53+  
01:08+ 02:10+ 02:13+ 03:13+ 01:53+

#### Beste strekktid for klassen

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

## H11-12

<b>1</b>	<b>Oskar Uteng</b>	<b>OK Silsand</b>	<b>24:38</b>
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05:00= 08:26= 14:29= 17:23= 21:07= 22:07= 23:56=  
05:00= 03:26= 06:03= 02:54= 03:44= 01:00= 01:49=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Class	Navn	Klasse	Tid
<b>2</b>	<b>Vegard Stangnes</b>	<b>OK Silsand</b>	<b>33:42</b>
	05:08+ 13:29+ 18:14+ 21:43+ 26:43+ 28:25+ 30:57+		
	05:08+ 08:21+ 04:45- 03:29+ 05:00+ 01:42+ 02:32+		
	00:08+ 04:55@ 01:18- 00:35# 01:16& 00:42& 00:43&		

#### Beste strekktid for klassen

05:00 03:26 04:45 02:54 03:44 01:00 01:49

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

### H13-14

<b>1</b>	<b>Mats Jørgen Nordmo Ingdal</b>	<b>Mellebygd OL</b>	<b>17:21</b>
	03:05= 05:49= 08:54= 11:06= 13:08= 15:20= 16:49=		
	03:05= 02:44= 03:05= 02:12= 02:02= 02:12= 01:29=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

<b>2</b>	<b>Erling Stangnes</b>	<b>OK Silsand</b>	<b>19:15</b>
	03:04- 05:47- 08:54= 11:41+ 14:15+ 16:58+ 18:35+		
	03:04- 02:43- 03:07+ 02:47+ 02:34+ 02:43+ 01:37+		
	00:01- 00:01- 00:02+ 00:35& 00:32& 00:31# 00:08+		

<b>3</b>	<b>Egil Espnes</b>	<b>OK Silsand</b>	<b>23:45</b>
	05:06+ 10:57+ 14:19+ 17:30+ 19:43+ 21:44+ 23:06+		
	05:06+ 05:51+ 03:22+ 03:11+ 02:13+ 02:01- 01:22-		
	02:01& 03:07@ 00:17+ 00:59& 00:11+ 00:11- 00:07-		

<b>4</b>	<b>Sivert Moen</b>	<b>Øverbygd IL</b>	<b>36:17</b>
	11:36+ 13:57+ 17:58+ 24:39+ 31:50+ 34:07+ 35:47+		
	11:36+ 02:21- 04:01+ 06:41+ 07:11+ 02:17+ 01:40+		
	08:31@ 00:23- 00:56& 04:29@ 05:09@ 00:05+ 00:11#		

#### Beste strekktid for klassen

03:04 02:21 03:05 02:12 02:02 02:01 01:22

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

### H15-16

<b>1</b>	<b>Sondre Lorentsen</b>	<b>OK Silsand</b>	<b>40:57</b>
	12:38= 14:32= 19:01= 22:49= 26:05= 33:26= 36:34= 37:52= 38:53= 40:24=		
	12:38= 01:54= 04:29= 03:48= 03:16= 07:21= 03:08= 01:18= 01:01= 01:31=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

#### Beste strekktid for klassen

12:38 01:54 04:29 03:48 03:16 07:21 03:08 01:18 01:01 01:31

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

### H17- C

<b>1</b>	<b>Roar Jørgensen</b>	<b>Sørreisa OL</b>	<b>18:55</b>
	03:31= 06:38= 09:49= 11:11= 14:57= 16:10= 17:53=		
	03:31= 03:07= 03:11= 01:22= 03:46= 01:13= 01:43=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

<b>2</b>	<b>Jim Sigve Albertsen</b>	<b>Sørreisa OL</b>	<b>29:44</b>
	04:03+ 13:40+ 17:34+ 19:59+ 24:42+ 26:30+ 28:46+		
	04:03+ 09:37+ 03:54+ 02:25+ 04:43+ 01:48+ 02:16+		
	00:32# 06:30@ 00:43# 01:03& 00:57& 00:35& 00:33&		

#### Beste strekktid for klassen

03:31 03:07 03:11 01:22 03:46 01:13 01:43

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

## H17-20

<b>1</b>	<b>Karl Fredrik Hansen</b>	<b>Sørreisa OL</b>	<b>35:28</b>											
02:31=	03:20=	05:42=	12:45=	14:38=	16:06=	19:44=	22:38=	24:50=	30:00=	31:02=	32:39=	33:35=	34:59=	
02:31=	00:49=	02:22=	07:03=	01:53=	01:28=	03:38=	02:54=	02:12=	05:10=	01:02=	01:37=	00:56=	01:24=	
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=	
<b>2</b>	<b>Jacob Berg Lofthus</b>	<b>BUL-Tromsø</b>	<b>51:48</b>											
02:38+	03:35+	06:22+	12:28-	13:54-	15:51-	19:01-	23:35+	33:52+	36:56+	45:53+	47:01+	48:47+	49:48+	51:20+
02:38+	00:57+	02:47+	06:06-	01:26-	01:57+	03:10-	04:34+	10:17+	03:04-	08:57+	01:08-	01:46+	01:01-	01:32+
00:07+	00:08#	00:25#	00:57-	00:27-	00:29&	00:28-	01:40&	08:05@	02:06-	07:55@	00:29-	00:50&	00:23-	01:32+

### Beste strekktid for klassen

02:31 00:49 02:22 06:06 01:26 01:28 03:10 02:54 02:12 03:04 01:02 01:08 00:56 01:01

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

## H21-

<b>1</b>	<b>Rasmus Rørholt Theisen</b>	<b>BUL-Tromsø</b>	<b>31:17</b>										
02:11=	02:59=	05:33=	10:51=	12:33=	14:02=	17:35=	20:30=	22:39=	26:53=	27:49=	28:47=	29:36=	30:47=
02:11=	00:48=	02:34=	05:18=	01:42=	01:29=	03:33=	02:55=	02:09=	04:14=	00:56=	00:58=	00:49=	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=	00:00=
<b>2</b>	<b>Vidar Wensel</b>	<b>Sørreisa OL</b>	<b>33:16</b>										
02:16+	02:58-	05:32-	11:08+	12:46+	14:19+	17:43+	20:35+	22:33-	28:15+	29:12+	30:33+	31:26+	32:47+
02:16+	00:42-	02:34=	05:36+	01:38-	01:33+	03:24-	02:52-	01:58-	05:42+	00:57+	01:21+	00:53+	01:21+
00:05+	00:06-	00:00=	00:18+	00:04-	00:04+	00:09-	00:03-	00:11-	01:28&	00:01+	00:23&	00:04+	00:10#

### Beste strekktid for klassen

02:11 00:42 02:34 05:18 01:38 01:29 03:24 02:52 01:58 04:14 00:56 00:58 00:49 01:11

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

## H45

<b>1</b>	<b>Axel Juell Theisen</b>	<b>Mellemygd OL</b>	<b>34:08</b>									
02:52=	05:35=	09:44=	11:15=	14:24=	17:27=	21:04=	23:43=	28:27=	29:58=	31:11=	32:07=	33:21=
02:52=	02:43=	04:09=	01:31=	03:09=	03:03=	03:37=	02:39=	04:44=	01:31=	01:13=	00:56=	01:14=
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=
<b>2</b>	<b>Børge Harvey</b>	<b>BUL-Tromsø</b>	<b>41:48</b>									
03:00+	05:29-	14:08+	18:28+	21:16+	24:19+	27:59+	30:31+	35:43+	37:08+	38:25+	39:31+	41:01+
03:00+	02:29-	08:39+	04:20+	02:48-	03:03=	03:40+	02:32-	05:12+	01:25-	01:17+	01:06+	01:30+
00:08+	00:14-	04:30@	02:49@	00:21-	00:00=	00:03+	00:07-	00:28+	00:06-	00:04+	00:10#	00:16#
<b>3</b>	<b>Atle Iversen</b>	<b>BUL-Tromsø</b>	<b>47:45</b>									
03:11+	06:10+	14:28+	16:44+	20:43+	24:30+	29:28+	32:18+	38:53+	40:16+	44:25+	45:27+	46:58+
03:11+	02:59+	08:18+	02:16+	03:59+	03:47+	04:58+	02:50+	06:35+	01:23-	04:09+	01:02+	01:31+
00:19#	00:16+	04:09&	00:45&	00:50&	00:44#	01:21&	00:11+	01:51&	00:08-	02:56@	00:06#	00:17#
<b>4</b>	<b>Arild Ingdal</b>	<b>Mellemygd OL</b>	<b>48:33</b>									
02:51-	07:56+	17:00+	20:39+	26:12+	32:45+	35:17+	41:03+	43:41+	45:35+	46:36+	47:53+	
02:51-	05:05+	09:04+	03:39+	02:31-	03:02-	06:33+	02:32-	05:46+	02:38+	01:54+	01:01+	01:17+
00:01-	02:22&	04:55@	02:08@	00:38-	00:01-	02:56&	00:07-	01:02#	01:07&	00:41&	00:05+	00:03+

### Beste strekktid for klassen

02:51 02:29 04:09 01:31 02:31 03:02 03:37 02:32 04:44 01:23 01:13 00:56 01:14

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

## H55

Class	Navn	Klasse	Tid
<b>1</b>	<b>Asgeir Moberg</b>	<b>Bardu IL</b>	<b>35:12</b>
	05:30= 07:18= 12:31= 16:09= 20:00= 26:43= 28:57= 31:04= 32:20= 34:13=		
	05:30= 01:48= 05:13= 03:38= 03:51= 06:43= 02:14= 02:07= 01:16= 01:53=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Asgaut Løkse</b>	<b>Sørreisa OL</b>	<b>40:08</b>
	07:31+ 09:33+ 16:19+ 20:55+ 24:22+ 31:56+ 34:05+ 36:05+ 37:24+ 39:09+		
	07:31+ 02:02+ 06:46+ 04:36+ 03:27= 07:34+ 02:09= 02:00= 01:19+ 01:45=		
	02:01& 00:14# 01:33& 00:58& 00:24= 00:51# 00:05= 00:07= 00:03+ 00:08=		
<b>Beste strekktid for klassen</b>			
	05:30 01:48 05:13 03:38 03:27 06:43 02:09 02:00 01:16 01:45		

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

## H65

<b>1</b>	<b>Jan Løvlund</b>	<b>Nordreisa IL</b>	<b>27:29</b>
	03:08= 08:08= 11:45= 14:56= 20:35= 23:43= 24:52= 26:41=		
	03:08= 05:00= 03:37= 03:11= 05:39= 03:08= 01:09= 01:49=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Gunnar Kvaal</b>	<b>Storsteinnes IL</b>	<b>28:48</b>
	03:58+ 06:44= 12:13+ 16:28+ 23:03+ 24:42+ 26:07+ 27:55+		
	03:58+ 02:46= 05:29+ 04:15+ 06:35+ 01:39= 01:25+ 01:48=		
	00:50& 02:14= 01:52& 01:04& 00:56# 01:29= 00:16# 00:01=		
<b>3</b>	<b>Bjørnar Rostad</b>	<b>Øverbygd IL</b>	<b>39:56</b>
	04:17+ 07:22= 12:42+ 16:39+ 32:55+ 34:58+ 36:41+ 39:01+		
	04:17+ 03:05= 05:20+ 03:57+ 16:16+ 02:03= 01:43+ 02:20+		
	01:09& 01:55= 01:43& 00:46# 10:37@ 01:05= 00:34& 00:31&		
<b>Beste strekktid for klassen</b>			
	03:08 02:46 03:37 03:11 05:39 01:39 01:09 01:48		

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