

A Kort

1	Janne Turpiainen									1168	46:12
02:35=	04:36=	19:04=	25:27=	30:29=	34:19=	41:13=	43:19=	45:10=	46:12=		
02:35=	02:01=	14:28=	06:23=	05:02=	03:50=	06:54=	02:06=	01:51=	01:02=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Tore Sandem									1000	48:11
02:38+	04:51+	20:42+	25:41+	31:31+	35:46+	43:15+	46:10+	47:26+	48:11+		
02:38+	02:13+	15:51+	04:59-	05:50+	04:15+	07:29+	02:55+	01:16-	00:45-		
00:03+	00:12+	01:23+	01:24-	00:48#	00:25#	00:35+	00:49&	00:35-	00:17-		
3	Simon Engvall									NOTEAM	48:25
03:51+	05:44+	20:23+	29:55+	34:41+	38:45+	44:33+	46:25+	47:35+	48:25+		
03:51+	01:53-	14:39+	09:32+	04:46-	04:04+	05:48-	01:52-	01:10-	00:50-		
01:16&	00:08-	00:11+	03:09&	00:16-	00:14+	01:06-	00:14-	00:41-	00:12-		
4	Matts Engvall									NOTEAM	52:03
03:12+	05:37+	22:40+	28:55+	35:29+	40:19+	47:26+	49:33+	51:09+	52:03+		
03:12+	02:25+	17:03+	06:15-	06:34+	04:50+	07:07+	02:07+	01:36-	00:54-		
00:37#	00:24#	02:35#	00:08-	01:32&	01:00&	00:13+	00:01+	00:15-	00:08-		
5	Amélie Wallenhammar									726	55:35
02:36+	04:51+	18:55-	24:18-	35:34+	41:02+	51:22+	53:27+	54:48+	55:35+		
02:36+	02:15+	14:04-	05:23-	11:16+	05:28+	10:20+	02:05-	01:21-	00:47-		
00:01+	00:14#	00:24-	01:00-	06:14@	01:38&	03:26&	00:01-	00:30-	00:15-		
6	Alice Hugosson									430	55:53
03:39+	06:10+	22:57+	28:31+	35:07+	40:19+	49:38+	52:04+	54:18+	55:53+		
03:39+	02:31+	16:47+	05:34-	06:36+	05:12+	09:19+	02:26+	02:14+	01:35+		
01:04&	00:30#	02:19#	00:49-	01:34&	01:22&	02:25&	00:20#	00:23#	00:33&		
7	Magnhild Kvaal									372	1:02:06
03:56+	06:57+	26:11+	33:37+	41:06+	45:49+	55:27+	59:00+	60:56+	62:06+		
03:56+	03:01+	19:14+	07:26+	07:29+	04:43+	09:38+	03:33+	01:56+	01:10+		
01:21&	01:00&	04:46&	01:03#	02:27&	00:53#	02:44&	01:27&	00:05+	00:08#		
8	Mina Oline Skreddernes									536	1:13:49
05:36+	10:31+	36:03+	43:20+	52:00+	57:46+	67:58+	71:09+	72:45+	73:49+		
05:36+	04:55+	25:32+	07:17+	08:40+	05:46+	10:12+	03:11+	01:36-	01:04+		
03:01@	02:54@	11:04&	00:54#	03:38&	01:56&	03:18&	01:05&	00:15-	00:02+		
9	Birgit Korvald									245	1:18:45
04:21+	06:42+	25:32+	31:06+	60:39+	65:19+	73:47+	76:30+	77:52+	78:45+		
04:21+	02:21+	18:50+	05:34-	29:33+	04:40+	08:28+	02:43+	01:22-	00:53-		
01:46&	00:20#	04:22&	00:49-	24:31@	00:50#	01:34#	00:37&	00:29-	00:09-		
10	Iain Tebbutt									553	1:23:02
04:06+	08:02+	31:34+	44:21+	56:22+	62:54+	74:40+	78:52+	81:38+	83:02+		
04:06+	03:56+	23:32+	12:47+	12:01+	06:32+	11:46+	04:12+	02:46+	01:24+		
01:31&	01:55&	09:04&	06:24@	06:59@	02:42&	04:52&	02:06&	00:55&	00:22&		
11	Maija Hoikkanen									1071	1:49:54
04:31+	08:03+	37:04+	59:22+	79:12+	86:44+	100:51+	104:55+	108:03+	109:54+		
04:31+	03:32+	29:01+	22:18+	19:50+	07:32+	14:07+	04:04+	03:08+	01:51+		
01:56&	01:31&	14:33@	15:55@	14:48@	03:42&	07:13@	01:58&	01:17&	00:49&		

Beste strekktid for klassen

02:3501:5314:0404:5904:4603:5005:4801:5201:1000:45

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

A Lang

1	Panu Hyvönen												1501		54:28	
06:44=	09:56=	14:18=	17:09=	21:34=	35:34=	38:36=	41:10=	42:46=	46:01=	50:51=	52:29=	53:34=	54:28=			
06:44=	03:12=	04:22=	02:51=	04:25=	14:00=	03:02=	02:34=	01:36=	03:15=	04:50=	01:38=	01:05=	00:54=			
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=			

Plass	Navn										Klasse				Tid			
2	Joel Engvall										NOTEAM				54:52			
	04:58-	07:21-	11:12-	15:13-	19:18-	35:57+	39:34+	42:46+	44:30+	47:01+	51:23+	52:56+	54:02+	54:52+				
	04:58-	02:23-	03:51-	04:01+	04:05-	16:39+	03:37+	03:12+	01:44+	02:31-	04:22-	01:33-	01:06+	00:50-				
	01:46-	00:49-	00:31-	01:10&	00:20-	02:39#	00:35#	00:38#	00:08+	00:44-	00:28-	00:05-	00:01+	00:04-				
3	Seppo Konttajärvi										1500				1:03:04			
	07:03+	10:27+	15:45+	18:54+	24:14+	41:31+	45:02+	48:10+	50:58+	54:27+	59:21+	61:02+	62:20+	63:04+				
	07:03+	03:24+	05:18+	03:09+	05:20+	17:17+	03:31+	03:08+	02:48+	03:29+	04:54+	01:41+	01:18+	00:44-				
	00:19+	00:12+	00:56#	00:18#	00:55#	03:17#	00:29#	00:34#	01:12&	00:14+	00:04+	00:03+	00:13#	00:10-				
4	Friman Sami										1168				1:04:02			
	06:23-	09:27-	14:12-	17:24+	22:36+	40:45+	44:40+	47:50+	51:16+	55:03+	60:22+	62:06+	63:16+	64:02+				
	06:23-	03:04-	04:45+	03:12+	05:12+	18:09+	03:55+	03:10+	03:26+	03:47+	05:19+	01:44+	01:10+	00:46-				
	00:21-	00:08-	00:23+	00:21#	00:47#	04:09&	00:53&	00:36#	01:50@	00:32#	00:29#	00:06+	00:05+	00:08-				
5	Jaakko Rissanen										1399				1:18:00			
	11:55+	15:37+	21:17+	25:32+	29:27+	46:52+	58:35+	61:53+	65:24+	69:09+	74:38+	76:17+	77:22+	78:00+				
	11:55+	03:42+	05:40+	04:15+	03:55-	17:25+	11:43+	03:18+	03:31+	03:45+	05:29+	01:39+	01:05=	00:38-				
	05:11&	00:30#	01:18&	01:24&	00:30-	03:25#	08:41@	00:44&	01:55@	00:30#	00:39#	00:01+	00:00=	00:16-				
6	Ingrid Jenvin Støen										NOTEAM				1:19:11			
	07:47+	11:23+	17:16+	21:04+	25:55+	43:35+	51:32+	55:03+	58:58+	64:54+	74:26+	76:58+	78:25+	79:11+				
	07:47+	03:36+	05:53+	03:48+	04:51+	17:40+	07:57+	03:31+	03:55+	05:56+	09:32+	02:32+	01:27+	00:46-				
	01:03#	00:24#	01:31&	00:57&	00:26+	03:40&	04:55@	00:57&	02:19@	02:41&	04:42&	00:54&	00:22&	00:08-				
7	Heidi Sinevaara										655				2:03:05			
	14:25+	18:29+	26:56+	32:36+	48:50+	85:33+	92:16+	97:50+	102:02+	107:05+	117:26+	120:31+	122:14+	123:05+				
	14:25+	04:04+	08:27+	05:40+	16:14+	36:43+	06:43+	05:34+	04:12+	05:03+	10:21+	03:05+	01:43+	00:51-				
	07:41@	00:52&	04:05&	02:49&	11:49@	22:43@	03:41@	03:00@	02:36@	01:48&	05:31@	01:27&	00:38&	00:03-				
Beste strekktid for klassen																		
	04:58	02:23	03:51	02:51	03:55	14:00	03:02	02:34	01:36	02:31	04:22	01:33	01:05	00:38				
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		
B																		
1	Anders Kristoffersson										1310				33:02			
	04:04=	09:35=	11:57=	14:22=	16:57=	23:48=	27:47=	31:23=	32:21=	33:02=								
	04:04=	05:31=	02:22=	02:25=	02:35=	06:51=	03:59=	03:36=	00:58=	00:41=								
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Silje Carlsen										133				51:06			
	07:01+	13:17+	18:17+	21:25+	25:27+	36:55+	43:25+	49:24+	50:24+	51:06+								
	07:01+	06:16+	05:00+	03:08+	04:02+	11:28+	06:30+	05:59+	01:00+	00:42+								
	02:57&	00:45#	02:38@	00:43&	01:27&	04:37&	02:31&	02:23&	00:02+	00:01+								
3	Eija Rantala										655				56:23			
	09:02+	16:01+	20:15+	24:28+	28:50+	39:36+	47:02+	54:10+	55:34+	56:23+								
	09:02+	06:59+	04:14+	04:13+	04:22+	10:46+	07:26+	07:08+	01:24+	00:49+								
	04:58@	01:28&	01:52&	01:48&	01:47&	03:55&	03:27&	03:32&	00:26&	00:08#								
4	Trond Foss										301				58:05			
	09:21+	16:56+	21:03+	25:27+	30:14+	42:04+	48:51+	55:17+	57:05+	58:05+								
	09:21+	07:35+	04:07+	04:24+	04:47+	11:50+	06:47+	06:26+	01:48+	01:00+								
	05:17@	02:04&	01:45&	01:59&	02:12&	04:59&	02:48&	02:50&	00:50&	00:19&								
5	Matti Rintanen										555				1:00:48			
	05:26+	11:59+	19:52+	32:58+	37:04+	49:27+	53:53+	59:06+	60:15+	60:48+								
	05:26+	06:33+	07:53+	13:06+	04:06+	12:23+	04:26+	05:13+	01:09+	00:33-								
	01:22&	01:02#	05:31@	10:41@	01:31&	05:32&	00:27#	01:37&	00:11#	00:08-								
6	Kirsti Nyaas										NOTEAM				1:01:07			
	08:49+	18:54+	23:08+	27:06+	32:01+	45:42+	51:36+	58:43+	60:16+	61:07+								
	08:49+	10:05+	04:14+	03:58+	04:55+	13:41+	05:54+	07:07+	01:33+	00:51+								
	04:45@	04:34&	01:52&	01:33&	02:20&	06:50&	01:55&	03:31&	00:35&	00:10#								
7	Katinka Evensen										402				1:12:45			
	10:47+	20:32+	26:35+	32:15+	38:20+	55:35+	62:42+	70:08+	71:50+	72:45+								
	10:47+	09:45+	06:03+	05:40+	06:05+	17:15+	07:07+	07:26+	01:42+	00:55+								
	06:43@	04:14&	03:41@	03:15@	03:30@	10:24@	03:08&	03:50@	00:44&	00:14&								

Pllass	Navn				Klasse					Tid
8	Petter Stensli Forseth				212					1:13:23
08:38+	20:20+	25:41+	31:21+	38:02+	53:11+	62:05+	70:37+	72:36+	73:23+	
08:38+	11:42+	05:21+	05:40+	06:41+	15:09+	08:54+	08:32+	01:59+	00:47+	
04:34@	06:11@	02:59@	03:15@	04:06@	08:18@	04:55@	04:56@	01:01@	00:06#	
9	Randi Hegstad				51					1:25:24
06:44+	30:12+	34:54+	38:50+	44:53+	65:11+	74:27+	82:21+	84:09+	85:24+	
06:44+	23:28+	04:42+	03:56+	06:03+	20:18+	09:16+	07:54+	01:48+	01:15+	
02:40&	17:57@	02:20&	01:31&	03:28@	13:27@	05:17@	04:18@	00:50&	00:34&	
10	Guri-Anne Hauan				NOTEAM					1:27:05
08:32+	20:54+	30:04+	36:26+	43:27+	64:42+	72:44+	82:33+	85:44+	87:05+	
08:32+	12:22+	09:10+	06:22+	07:01+	21:15+	08:02+	09:49+	03:11+	01:21+	
04:28@	06:51@	06:48@	03:57@	04:26@	14:24@	04:03@	06:13@	02:13@	00:40&	
11	Viveka Bollmark				403					1:38:03
18:33+	39:34+	45:29+	51:42+	60:34+	78:02+	88:10+	95:40+	97:07+	98:03+	
18:33+	21:01+	05:55+	06:13+	08:52+	17:28+	10:08+	07:30+	01:27+	00:56+	
14:29@	15:30@	03:33@	03:48@	06:17@	10:37@	06:09@	03:54@	00:29&	00:15&	
Beste strekktid for klassen										
04:04	05:31	02:22	02:25	02:35	06:51	03:59	03:36	00:58	00:33	

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

C Kort

1	Mirja Andersson				1417					32:25
05:26=	10:47=	15:19=	21:38=	23:46=	29:05=	31:21=	32:25=			
05:26=	05:21=	04:32=	06:19=	02:08=	05:19=	02:16=	01:04=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Laila Østgård				NOTEAM					1:00:03
09:52+	21:47+	28:35+	39:35+	44:16+	54:47+	58:03+	60:03+			
09:52+	11:55+	06:48+	11:00+	04:41+	10:31+	03:16+	02:00+			
04:26&	06:34@	02:16&	04:41&	02:33@	05:12&	01:00&	00:56&			
3	Ingela Klintberg				NOTEAM					1:00:40
13:20+	25:07+	31:45+	41:18+	45:24+	55:53+	58:39+	60:40+			
13:20+	11:47+	06:38+	09:33+	04:06+	10:29+	02:46+	02:01+			
07:54@	06:26@	02:06&	03:14&	01:58&	05:10&	00:30#	00:57&			
4	Eva Ekelund				642					1:03:01
10:41+	23:29+	30:13+	42:57+	47:45+	57:20+	61:36+	63:01+			
10:41+	12:48+	06:44+	12:44+	04:48+	09:35+	04:16+	01:25+			
05:15&	07:27@	02:12&	06:25@	02:40@	04:16&	02:00&	00:21&			
5	Synnøve Vonen				305					1:12:53
05:36+	24:34+	28:31+	50:03+	64:12+	69:30+	72:01+	72:53+			
05:36+	18:58+	03:57-	21:32+	14:09+	05:18-	02:31+	00:52-			
00:10+	13:37@	00:35-	15:13@	12:01@	00:01-	00:15#	00:12-			
6	Karin Strutz				483					1:27:34
16:59+	34:24+	42:52+	60:03+	66:52+	81:33+	85:09+	87:34+			
16:59+	17:25+	08:28+	17:11+	06:49+	14:41+	03:36+	02:25+			
11:33@	12:04@	03:56&	10:52@	04:41@	09:22@	01:20&	01:21@			
Beste strekktid for klassen										
05:26	05:21	03:57	06:19	02:08	05:18	02:16	00:52			

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

D -10

46	Selma White				341					23:33
01:36+	04:45+	13:28+	16:54+	19:37+	21:08+	22:53+	23:33+			
01:36+	03:09+	08:43+	03:26+	02:43+	01:31+	01:45+	00:40+			
01:36+	03:09+	08:43+	03:26+	02:43+	01:31+	01:45+	00:40+			

Plass	Navn								Klasse	Tid
47	Hanna Rantala								655	31:48
	01:53+	06:12+	17:03+	22:55+	26:33+	28:41+	30:55+	31:48+		
	01:53+	04:19+	10:51+	05:52+	03:38+	02:08+	02:14+	00:53+		
	01:53+	04:19+	10:51+	05:52+	03:38+	02:08+	02:14+	00:53+		
48	Mari Alsos Höglin								106	21:40
	01:42+	05:33+	10:48+	14:51+	17:56+	19:19+	20:57+	21:40+		
	01:42+	03:51+	05:15+	04:03+	03:05+	01:23+	01:38+	00:43+		
	01:42+	03:51+	05:15+	04:03+	03:05+	01:23+	01:38+	00:43+		

Beste strekktid for klassen

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

D 11-12

1	Inka Mäenpää								655	27:54
	01:42=	06:16=	10:55=	14:01=	18:58=	21:59=	25:45=	27:08=	27:54=	
	01:42=	04:34=	04:39=	03:06=	04:57=	03:01=	03:46=	01:23=	00:46=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Astrid Elida Vaeng Bernhardsen								146	29:55
	01:42=	05:51-	12:39+	16:02+	20:46+	24:01+	27:40+	29:09+	29:55+	
	01:42=	04:09-	06:48+	03:23+	04:44-	03:15+	03:39-	01:29+	00:46=	
	00:00=	00:25-	02:09&	00:17+	00:13-	00:14+	00:07-	00:06+	00:00=	
3	Ronja Götsch Iversen								146	29:57
	01:51+	06:12-	10:11-	13:15-	18:54-	22:34+	27:21+	29:03+	29:57+	
	01:51+	04:21-	03:59-	03:04-	05:39+	03:40+	04:47+	01:42+	00:54+	
	00:09+	00:13-	00:40-	00:02-	00:42#	00:39#	01:01&	00:19#	00:08#	
4	Lise Marcussen								106	32:31
	01:42=	05:38-	10:36-	14:03+	22:33+	26:03+	29:42+	31:50+	32:31+	
	01:42=	03:56-	04:58+	03:27+	08:30+	03:30+	03:39-	02:08+	00:41-	
	00:00=	00:38-	00:19+	00:21#	03:33&	00:29#	00:07-	00:45&	00:05-	
5	Anni Rintanen								486	34:23
	01:34-	09:04+	14:21+	18:05+	23:43+	27:42+	32:00+	33:35+	34:23+	
	01:34-	07:30+	05:17+	03:44+	05:38+	03:59+	04:18+	01:35+	00:48+	
	00:08-	02:56&	00:38#	00:38#	00:41#	00:58&	00:32#	00:12#	00:02+	
6	Venla Portimojärvi								655	43:29
	02:03+	06:48+	14:22+	20:04+	28:47+	33:54+	40:03+	42:36+	43:29+	
	02:03+	04:45+	07:34+	05:42+	08:43+	05:07+	06:09+	02:33+	00:53+	
	00:21#	00:11+	02:55&	02:36&	03:46&	02:06&	02:23&	01:10&	00:07#	
7	Eline Andrea Vaeng Bernhardsen								146	53:50
	01:38-	10:46+	18:28+	23:17+	33:44+	38:57+	51:27+	53:10+	53:50+	
	01:38-	09:08+	07:42+	04:49+	10:27+	05:13+	12:30+	01:43+	00:40-	
	00:04-	04:34&	03:03&	01:43&	05:30@	02:12&	08:44@	00:20#	00:06-	

Beste strekktid for klassen

01:34	03:56	03:59	03:04	04:44	03:01	03:39	01:23	00:40
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 13-14

1	Silja Lauri								655	36:09
	04:36=	09:29=	12:30=	15:29=	18:40=	24:59=	30:11=	34:22=	35:26=	36:09=
	04:36=	04:53=	03:01=	02:59=	03:11=	06:19=	05:12=	04:11=	01:04=	00:43=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anni Taulavuori								1396	37:10
	05:08+	10:35+	14:51+	18:15+	21:35+	27:42+	32:14+	35:22+	36:25+	37:10+
	05:08+	05:27+	04:16+	03:24+	03:20+	06:07-	04:32-	03:08-	01:03-	00:45+
	00:32#	00:34#	01:15&	00:25#	00:09+	00:12-	00:40-	01:03-	00:01-	00:02+

Plass	Navn	Klasse	Tid
3	Klara Graversen	146	39:35
04:59+	11:01+	13:33+	16:55+
04:59+	06:02+	02:32-	03:22+
00:23+	01:09#	00:29-	00:23#
4	Emma-Leena Portimojärvi	655	40:55
04:55+	11:01+	13:39+	16:42+
04:55+	06:06+	02:38-	03:03+
00:19+	01:13#	00:23-	00:04+
5	Oili Holopainen	1136	41:07
07:37+	14:36+	17:17+	20:22+
07:37+	06:59+	02:41-	03:05+
03:01&	02:06&	00:20-	00:06+
6	Elisa Götsch Iversen	146	41:26
06:44+	12:59+	15:36+	18:25+
06:44+	06:15+	02:37-	02:49-
02:08&	01:22&	00:24-	00:10-
7	Hanne Marcussen	106	46:09
06:46+	13:53+	17:28+	20:54+
06:46+	07:07+	03:35+	03:26+
02:10&	02:14&	00:34#	00:27#
8	Astrid White	341	50:01
07:03+	15:20+	17:46+	20:46+
07:03+	08:17+	02:26-	03:00+
02:27&	03:24&	00:35-	00:01+
9	Helene Alsos Höglin	106	51:59
06:07+	15:06+	20:53+	24:40+
06:07+	08:59+	05:47+	03:47+
01:31&	04:06&	02:46&	00:48&
10	Elina Lauri	655	55:10
09:17+	14:29+	17:46+	21:00+
09:17+	05:12+	03:17+	03:14+
04:41@	00:19+	00:16+	00:15+
11	Marita Olsen	41	59:33
12:39+	21:48+	25:09+	29:13+
12:39+	09:09+	03:21+	04:04+
08:03@	04:16&	00:20#	01:05&
12	Serine Skogeng Reiten	67	1:01:46
15:04+	22:39+	28:13+	32:46+
15:04+	07:35+	05:34+	04:33+
10:28@	02:42&	02:33&	01:34&
Beste strekktid for klassen			
04:36	04:53	02:26	02:49
	02:46	06:07	04:32
	03:02	00:50	00:35

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

D 15-16

1	Ane Sofie Krogh	268	37:21
02:43=	05:11=	17:30=	18:25=
02:43=	02:28=	12:19=	00:55=
00:00=	00:00=	00:00=	00:00=
2	Idunn Strand	146	46:09
03:19+	06:02+	19:56+	21:10+
03:19+	02:43+	13:54+	01:14+
00:36#	00:15#	01:35#	00:19&
3	Anna Jacobsen-Gaski	35	46:54
03:40+	06:04+	22:38+	23:41+
03:40+	02:24-	16:34+	01:03+
00:57&	00:04-	04:15&	00:08#

Plass	Navn											Klasse	Tid
Beste strekktid for klassen													
	02:43	02:24	12:19	00:55	04:14	02:24	03:12	05:29	01:46	01:03	00:33		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
D 17-18													
1	Venla Taulavuori											1396	42:56
	02:06=	04:05=	07:43=	22:27=	27:03=	29:45=	33:16=	39:15=	41:07=	42:16=	42:56=		
	02:06=	01:59=	03:38=	14:44=	04:36=	02:42=	03:31=	05:59=	01:52=	01:09=	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	Eli Kolstad											222	44:33
	02:46+	04:59+	08:46+	25:19+	29:41+	31:54+	35:02+	40:33+	42:42+	43:46+	44:33+		
	02:46+	02:13+	03:47+	16:33+	04:22-	02:13-	03:08-	05:31-	02:09+	01:04-	00:47+		
	00:40&	00:14#	00:09+	01:49#	00:14-	00:29-	00:23-	00:28-	00:17#	00:05-	00:07#		
3	Tora Indregard											146	49:15
	02:16+	04:19+	12:01+	27:36+	31:55+	35:25+	39:15+	45:28+	47:35+	48:39+	49:15+		
	02:16+	02:03+	07:42+	15:35+	04:19-	03:30+	03:50+	06:13+	02:07+	01:04-	00:36-		
	00:10+	00:04+	04:04@	00:51+	00:17-	00:48&	00:19+	00:14+	00:15#	00:05-	00:04-		
4	Martha Skogeng Reiten											67	56:05
	02:49+	05:14+	11:35+	33:27+	37:53+	40:11+	43:32+	51:50+	54:03+	55:28+	56:05+		
	02:49+	02:25+	06:21+	21:52+	04:26-	02:18-	03:21-	08:18+	02:13+	01:25+	00:37-		
	00:43&	00:26#	02:43&	07:08&	00:10-	00:24-	00:10-	02:19&	00:21#	00:16#	00:03-		
5	Kristiane Rogstad											184	57:12
	03:10+	06:26+	11:31+	30:21+	35:34+	42:34+	46:51+	52:46+	54:58+	56:20+	57:12+		
	03:10+	03:16+	05:05+	18:50+	05:13+	07:00+	04:17+	05:55-	02:12+	01:22+	00:52+		
	01:04&	01:17&	01:27&	04:06&	00:37#	04:18@	00:46#	00:04-	00:20#	00:13#	00:12&		
6	Kathinka Rogstad											184	1:06:36
	05:48+	08:35+	14:16+	37:23+	45:10+	47:56+	52:35+	61:24+	64:18+	65:47+	66:36+		
	05:48+	02:47+	05:41+	23:07+	07:47+	02:46+	04:39+	08:49+	02:54+	01:29+	00:49+		
	03:42@	00:48&	02:03&	08:23&	03:11&	00:04+	01:08&	02:50&	01:02&	00:20&	00:09#		
7	Solveig Sæternes											51	1:17:48
	03:59+	06:20+	11:16+	37:02+	42:02+	46:37+	62:46+	72:41+	75:37+	77:07+	77:48+		
	03:59+	02:21+	04:56+	25:46+	05:00+	04:35+	16:09+	09:55+	02:56+	01:30+	00:41+		
	01:53&	00:22#	01:18&	11:02&	00:24+	01:53&	12:38@	03:56&	01:04&	00:21&	00:01+		
Beste strekktid for klassen													
	02:06	01:59	03:38	14:44	04:19	02:13	03:08	05:31	01:52	01:04	00:36		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
D 17-AK													
1	Sara Angell Bakke											203	55:01
	02:33=	08:31=	12:51=	31:59=	37:33=	40:18=	43:39=	50:45=	52:58=	54:17=	55:01=		
	02:33=	05:58=	04:20=	19:08=	05:34=	02:45=	03:21=	07:06=	02:13=	01:19=	00:44=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Mari Basberg											317	59:13
	02:32-	08:25-	13:35+	30:13-	36:31-	44:25+	47:34+	54:50+	57:12+	58:24+	59:13+		
	02:32-	05:53-	05:10+	16:38-	06:18+	07:54+	03:09-	07:16+	02:22+	01:12-	00:49+		
	00:01-	00:05-	00:50#	02:30-	00:44#	05:09@	00:12-	00:10+	00:09+	00:07-	00:05#		
3	Lene Carina Olsen											41	1:02:25
	02:43+	05:59-	13:38+	37:23+	42:11+	47:58+	51:55+	58:04+	60:29+	61:46+	62:25+		
	02:43+	03:16-	07:39+	23:45+	04:48-	05:47+	03:57+	06:09-	02:25+	01:17-	00:39-		
	00:10+	02:42-	03:19&	04:37#	00:46-	03:02@	00:36#	00:57-	00:12+	00:02-	00:05-		
4	Tine Hjelseth Larsen											184	1:03:28
	03:48+	06:20-	11:04-	32:10+	38:09+	44:30+	49:36+	58:45+	61:10+	62:37+	63:28+		
	03:48+	02:32-	04:44+	21:06+	05:59+	06:21+	05:06+	09:09+	02:25+	01:27+	00:51+		
	01:15&	03:26-	00:24+	01:58#	00:25+	03:36@	01:45&	02:03&	00:12+	00:08#	00:07#		

Plass	Navn	Klasse	Tid
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Beste strekktid for klassen

02:32 02:32 04:20 16:38 04:48 02:45 03:09 06:09 02:13 01:12 00:39

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

D 17-B

1	Hilde Hanssen				345					56:51
18:35=	25:22=	28:13=	31:15=	35:24=	46:15=	51:03=	55:06=	56:10=	56:51=	
18:35=	06:47=	02:51=	03:02=	04:09=	10:51=	04:48=	04:03=	01:04=	00:41=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Marit Bjørnevik				45					59:54
06:59-	13:42-	17:27-	22:26-	26:40-	40:22-	49:09-	57:19+	58:54+	59:54+	
06:59-	06:43-	03:45+	04:59+	04:14+	13:42+	08:47+	08:10+	01:35+	01:00+	
11:36-	00:04-	00:54&	01:57&	00:05+	02:51&	03:59&	04:07@	00:31&	00:19&	
3	Eli Stensli				212					1:06:01
10:58-	17:57-	24:15-	29:09-	33:43-	47:06+	57:14+	63:15+	64:59+	66:01+	
10:58-	06:59+	06:18+	04:54+	04:34+	13:23+	10:08+	06:01+	01:44+	01:02+	
07:37-	00:12+	03:27@	01:52&	00:25#	02:32#	05:20@	01:58&	00:40&	00:21&	

Beste strekktid for klassen

06:59 06:43 02:51 03:02 04:09 10:51 04:48 04:03 01:04 00:41

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

D 17-C

1	Camilla Fosstveit								281	1:05:52
08:27=	16:35=	26:07=	30:49=	43:00=	49:12=	63:03=	64:44=	65:52=		
08:27=	08:08=	09:32=	04:42=	12:11=	06:12=	13:51=	01:41=	01:08=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Maj Lene Nystuen								297	1:34:37
06:41-	13:55-	21:38-	26:43-	74:32+	81:00+	91:57+	93:32+	94:37+		
06:41-	07:14-	07:43-	05:05+	47:49+	06:28+	10:57-	01:35-	01:05-		
01:46-	00:54-	01:49-	00:23+	35:38@	00:16+	02:54-	00:06-	00:03-		

Beste strekktid for klassen

06:41 07:14 07:43 04:42 12:11 06:12 10:57 01:35 01:05

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

D 19-20

1	Heini Rintanen														486			1:08:20		
02:52=	09:55=	15:16=	18:39=	24:05=	39:41=	42:15=	46:21=	49:01=	57:16=	59:38=	61:36=	64:29=	66:47=	67:44=	68:20=					
02:52=	07:03=	05:21=	03:23=	05:26=	15:36=	02:34=	04:06=	02:40=	08:15=	02:22=	01:58=	02:53=	02:18=	00:57=	00:36=					
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	Martha Kalvig Skogan														45			1:18:14		
03:12+	12:28+	18:17+	22:36+	29:14+	47:29+	48:42+	53:53+	57:28+	67:15+	69:31+	71:39+	73:59+	76:29+	77:31+	78:14+					
03:12+	09:16+	05:49+	04:19+	06:38+	18:15+	01:13-	05:11+	03:35+	09:47+	02:16-	02:08+	02:20-	02:30+	01:02+	00:43+					
00:20#	02:13&	00:28+	00:56&	01:12#	02:39#	01:21-	01:05&	00:55&	01:32#	00:06-	00:10+	00:33-	00:12+	00:05+	00:07#					
3	Oda Furuholmen														45			1:52:06		
03:59+	13:24+	20:44+	26:19+	37:07+	59:41+	61:09+	75:40+	80:15+	96:13+	99:30+	103:07+	106:10+	109:37+	111:00+	112:06+					
03:59+	09:25+	07:20+	05:35+	10:48+	22:34+	01:28-	14:31+	04:35+	15:58+	03:17+	03:37+	03:03+	03:27+	01:23+	01:06+					
01:07&	02:22&	01:59&	02:12&	05:22&	06:58&	01:06-	10:25@	01:55&	07:43&	00:55&	01:39&	00:10+	01:09&	00:26&	00:30&					
4	Johanna Lundkvist														1092			2:03:28		
05:48+	18:41+	28:09+	35:27+	43:10+	71:14+	72:45+	80:25+	86:58+	102:52+	106:47+	112:06+	116:43+	120:47+	122:30+	123:28+					
05:48+	12:53+	09:28+	07:18+	07:43+	28:04+	01:31-	07:40+	06:33+	15:54+	03:55+	05:19+	04:37+	04:04+	01:43+	00:58+					
02:56@	05:50&	04:07&	03:55@	02:17&	12:28&	01:03-	03:34&	03:53@	07:39&	01:33&	03:21@	01:44&	01:46&	00:46&	00:22&					

Plass	Navn	Klasse										Tid				
Beste strekktid for klassen																
	02:52	07:03	05:21	03:23	05:26	15:36	01:13	04:06	02:40	08:15	02:16	01:58	02:20	02:18	00:57	00:36
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
D 21-																
1	Helena Karlsson				430				1:06:34							
02:18=	03:53=	21:49=	24:32=	26:55=	32:49=	36:44=	49:40=	50:47=	53:08=	59:24=	61:07=	62:42=	64:55=	65:57=	66:34=	
02:18=	01:35=	17:56=	02:43=	02:23=	05:54=	03:55=	12:56=	01:07=	02:21=	06:16=	01:43=	01:35=	02:13=	01:02=	00:37=	
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=	00:00=	00:00=	00:00=	
2	Maria Magnusson				425				1:08:50							
02:02-	03:36-	20:56-	23:30-	25:06-	32:04-	36:21-	49:47+	50:56+	53:28+	61:03+	62:56+	64:50+	66:59+	68:01+	68:50+	
02:02-	01:34-	17:20-	02:34-	01:36-	06:58+	04:17+	13:26+	01:09+	02:32+	07:35+	01:53+	01:54+	02:09-	01:02=	00:49+	
00:16-	00:01-	00:36-	00:09-	00:47-	01:04#	00:22+	00:30+	00:02+	00:11+	01:19#	00:10+	00:19#	00:04-	00:00=	00:12&	
3	Mari Väänänen				551				1:09:19							
02:38+	04:11+	21:06-	23:52-	25:46-	31:42-	36:02-	49:17-	50:29-	53:00-	60:16+	62:16+	64:45+	67:23+	68:34+	69:19+	
02:38+	01:33-	16:55-	02:46+	01:54-	05:56+	04:20+	13:15+	01:12+	02:31+	07:16+	02:00+	02:29+	02:38+	01:11+	00:45+	
00:20#	00:02-	01:01-	00:03+	00:29-	00:02+	00:25#	00:19+	00:05+	00:10+	01:00#	00:17#	00:54&	00:25#	00:09#	00:08#	
4	Jenny Bengtsson				425				1:10:22							
02:22+	04:08+	21:36-	26:21+	28:06+	34:24+	38:35+	52:31+	53:41+	56:23+	63:24+	65:10+	66:39+	68:40+	69:41+	70:22+	
02:22+	01:46+	17:28-	04:45+	01:45-	06:18+	04:11+	13:56+	01:10+	02:42+	07:01+	01:46+	01:29-	02:01-	01:01-	00:41+	
00:04+	00:11#	00:28-	02:02&	00:38-	00:24+	00:16+	01:00+	00:03+	00:21#	00:45#	00:03+	00:06-	00:12-	00:01-	00:04#	
5	Ingrid Gulbrandsen				244				1:10:32							
02:54+	04:36+	21:28-	23:58-	26:10-	32:47-	36:54+	50:48+	51:55+	54:31+	62:44+	64:35+	66:21+	68:42+	69:52+	70:32+	
02:54+	01:42+	16:52-	02:30-	02:12-	06:37+	04:07+	13:54+	01:07=	02:36+	08:13+	01:51+	01:46+	02:21+	01:10+	00:40+	
00:36&	00:07+	01:04-	00:13-	00:11-	00:43#	00:12+	00:58+	00:00=	00:15#	01:57&	00:08+	00:11#	00:08+	00:08#	00:03+	
6	Marthe Gløersen				32				1:10:40							
02:26+	04:01+	22:49+	25:41+	27:33+	35:29+	39:41+	52:39+	53:46+	56:19+	62:52+	64:50+	66:44+	69:02+	70:01+	70:40+	
02:26+	01:35=	18:48+	02:52+	01:52-	07:56+	04:12+	12:58+	01:07=	02:33+	06:33+	01:58+	01:54+	02:18+	00:59-	00:39+	
00:08+	00:00=	00:52+	00:09+	00:31-	02:02&	00:17+	00:02+	00:00=	00:12+	00:17+	00:15#	00:19#	00:05+	00:03-	00:02+	
7	Helen Martinsen				142				1:11:35							
03:02+	04:51+	23:11+	26:01+	27:55+	33:48+	38:08+	51:21+	52:35+	55:05+	62:19+	64:24+	66:40+	69:31+	70:48+	71:35+	
03:02+	01:49+	18:20+	02:50+	01:54-	05:53-	04:20+	13:13+	01:14+	02:30+	07:14+	02:05+	02:16+	02:51+	01:17+	00:47+	
00:44&	00:14#	00:24+	00:07+	00:29-	00:01-	00:25#	00:17+	00:07#	00:09+	00:58#	00:22#	00:41&	00:38&	00:15#	00:10&	
8	Anna-Kaisa Asikainen				760				1:11:42							
02:07-	03:48-	22:56+	25:25+	27:41+	33:57+	38:12+	52:56+	54:05+	56:49+	64:24+	66:12+	67:43+	70:01+	71:00+	71:42+	
02:07-	01:41+	19:08+	02:29-	02:16-	06:16+	04:15+	14:44+	01:09+	02:44+	07:35+	01:48+	01:31-	02:18+	00:59-	00:42+	
00:11-	00:06+	01:12+	00:14-	00:07-	00:22+	00:20+	01:48#	00:02+	00:23#	01:19#	00:05+	00:04-	00:05+	00:03-	00:05#	
9	Audhild Bakken Rognstad				244				1:16:12							
02:47+	05:08+	24:45+	28:05+	30:24+	37:37+	42:20+	57:20+	58:33+	61:15+	68:14+	70:14+	72:05+	74:35+	75:37+	76:12+	
02:47+	02:21+	19:37+	03:20+	02:19-	07:13+	04:43+	15:00+	01:13+	02:42+	06:59+	02:00+	01:51+	02:30+	01:02=	00:35-	
00:29#	00:46&	01:41+	00:37#	00:04-	01:19#	00:48#	02:04#	00:06+	00:21#	00:43#	00:17#	00:16#	00:17#	00:00=	00:02-	
10	Victoria Stevens				510				1:17:09							
02:27+	04:17+	22:27+	25:20+	27:28+	34:25+	39:16+	55:39+	56:59+	60:27+	68:19+	70:28+	72:19+	75:02+	76:18+	77:09+	
02:27+	01:50+	18:10+	02:53+	02:08-	06:57+	04:51+	16:23+	01:20+	03:28+	07:52+	02:09+	01:51+	02:43+	01:16+	00:51+	
00:09+	00:15#	00:14+	00:10+	00:15-	01:03#	00:56#	03:27&	00:13#	01:07&	01:36&	00:26&	00:16#	00:30#	00:14#	00:14&	
11	Evine Westli Andersen				212				1:17:42							
02:53+	04:53+	25:11+	28:26+	30:22+	37:19+	42:19+	57:31+	58:43+	62:02+	69:30+	71:35+	73:33+	75:55+	77:00+	77:42+	
02:53+	02:00+	20:18+	03:15+	01:56-	06:57+	05:00+	15:12+	01:12+	03:19+	07:28+	02:05+	01:58+	02:22+	01:05+	00:42+	
00:35&	00:25&	02:22#	00:32#	00:27-	01:03#	01:05&	02:16#	00:05+	00:58&	01:12#	00:22#	00:23#	00:09+	00:03+	00:05#	
12	Sanna Andelin				1418				1:18:06							
02:48+	04:43+	23:52+	27:06+	29:22+	36:16+	41:11+	57:05+	58:33+	61:42+	69:14+	71:18+	73:22+	76:02+	77:15+	78:06+	
02:48+	01:55+	19:09+	03:14+	02:16-	06:54+	04:55+	15:54+	01:28+	03:09+	07:32+	02:04+	02:04+	02:40+	01:13+	00:51+	
00:30#	00:20#	01:13+	00:31#	00:07-	01:00#	01:00&	02:58#	00:21&	00:48&	01:16#	00:21#	00:29&	00:27#	00:11#	00:14&	
13	Marjo Liikanen				88				1:18:23							
02:22+	04:14+	22:36+	25:16+	26:55=	33:49+	38:56+	55:34+	56:56+	60:23+	69:04+	71:54+	73:50+	76:25+	77:32+	78:23+	
02:22+	01:52+	18:22+	02:40-	01:39-	06:54+	05:07+	16:38+	01:22+	03:27+	08:41+	02:50+	01:56+	02:35+	01:07+	00:51+	
00:04+	00:17#	00:26+	00:03-	00:44-	01:00#	01:12&	03:42&	00:15#	01:06&	02:25&	01:07&	00:21#	00:22#	00:05+	00:14&	

Plass	Navn			Klasse							Tid						
14	Marit Vala			268							1:20:01						
03:53+	06:09+	27:44+	30:25+	32:52+	38:54+	43:03+	55:49+	57:02+	62:07+	70:22+	72:29+	74:50+	78:11+	79:21+	80:01+		
03:53+	02:16+	21:35+	02:41-	02:27+	06:02+	04:09+	12:46-	01:13+	05:05+	08:15+	02:07+	02:21+	03:21+	01:10+	00:40+		
01:35&	00:41&	03:39#	00:02-	00:04+	00:08+	00:14+	00:10-	00:06+	02:44@	01:59&	00:24#	00:46&	01:08&	00:08#	00:03+		
15	Irene Beate Øhrn Arnevik			341							1:20:26						
02:29+	04:34+	26:57+	30:07+	32:01+	40:22+	44:52+	60:17+	61:43+	64:50+	72:18+	74:17+	76:08+	78:36+	79:40+	80:26+		
02:29+	02:05+	22:23+	03:10+	01:54-	08:21+	04:30+	15:25+	01:26+	03:07+	07:28+	01:59+	01:51+	02:28+	01:04+	00:46+		
00:11+	00:30&	04:27#	00:27#	00:29-	02:27&	00:35#	02:29#	00:19&	00:46&	01:12#	00:16#	00:16#	00:15#	00:02+	00:09#		
16	Ellen Forsgren			146							1:21:09						
03:07+	07:08+	25:30+	28:18+	30:10+	38:19+	42:37+	58:39+	60:07+	64:08+	73:05+	75:00+	76:50+	79:27+	80:28+	81:09+		
03:07+	04:01+	18:22+	02:48+	01:52-	08:09+	04:18+	16:02+	01:28+	04:01+	08:57+	01:55+	01:50+	02:37+	01:01-	00:41+		
00:49&	02:26@	00:26+	00:05+	00:31-	02:15&	00:23+	03:06#	00:21&	01:40&	02:41&	00:12#	00:15#	00:24#	00:01-	00:04#		
17	Josefine Klintberg			663							1:23:26						
02:36+	04:55+	27:33+	30:48+	32:47+	39:56+	44:51+	61:38+	62:58+	66:04+	75:04+	77:04+	79:07+	81:29+	82:35+	83:26+		
02:36+	02:19+	22:38+	03:15+	01:59-	07:09+	04:55+	16:47+	01:20+	03:06+	09:00+	02:00+	02:03+	02:22+	01:06+	00:51+		
00:18#	00:44&	04:42&	00:32#	00:24-	01:15#	01:00&	03:51&	00:13#	00:45&	02:44&	00:17#	00:28&	00:09+	00:04+	00:14&		
18	Pernilla Tunis			1135							1:23:48						
02:28+	04:36+	23:47+	27:29+	29:46+	37:42+	42:57+	60:10+	61:41+	65:03+	74:27+	76:53+	78:56+	81:36+	82:57+	83:48+		
02:28+	02:08+	19:11+	03:42+	02:17-	07:56+	05:15+	17:13+	01:31+	03:22+	09:24+	02:26+	02:03+	02:40+	01:21+	00:51+		
00:10+	00:33&	01:15+	00:59&	00:06-	02:02&	01:20&	04:17&	00:24&	01:01&	03:08&	00:43&	00:28&	00:27#	00:19&	00:14&		
19	Emma Andersson			425							1:24:23						
02:51+	04:46+	27:56+	31:57+	33:54+	41:03+	45:44+	61:49+	63:02+	66:06+	75:13+	77:27+	79:32+	82:18+	83:33+	84:23+		
02:51+	01:55+	23:10+	04:01+	01:57-	07:09+	04:41+	16:05+	01:13+	03:04+	09:07+	02:14+	02:05+	02:46+	01:15+	00:50+		
00:33#	00:20#	05:14&	01:18&	00:26-	01:15#	00:46#	03:09#	00:06+	00:43&	02:51&	00:31&	00:30&	00:33#	00:13#	00:13&		
20	Tiina Haarlaa			531							1:24:24						
02:32+	04:45+	27:23+	30:54+	33:12+	40:27+	45:33+	61:53+	63:11+	66:48+	75:34+	77:51+	79:59+	82:29+	83:39+	84:24+		
02:32+	02:13+	22:38+	03:31+	02:18-	07:15+	05:06+	16:20+	01:18+	03:37+	08:46+	02:17+	02:08+	02:30+	01:10+	00:45+		
00:14#	00:38&	04:42&	00:48&	00:05-	01:21#	01:11&	03:24&	00:11#	01:16&	02:30&	00:34&	00:33&	00:17#	00:08#	00:08#		
21	Terhi Mykkänen			555							1:27:09						
03:37+	05:35+	25:00+	28:41+	30:53+	38:07+	43:27+	61:53+	63:15+	68:09+	76:20+	79:12+	81:39+	85:06+	86:19+	87:09+		
03:37+	01:58+	19:25+	03:41+	02:12-	07:14+	05:20+	18:26+	01:22+	04:54+	08:11+	02:52+	02:27+	03:27+	01:13+	00:50+		
01:19&	00:23#	01:29+	00:58&	00:11-	01:20#	01:25&	05:30&	00:15#	02:33@	01:55&	01:09&	00:52&	01:14&	00:11#	00:13&		
22	Elisabeth Fries			1090							1:27:14						
02:31+	04:31+	24:22+	27:49+	29:56+	37:41+	43:00+	60:48+	62:14+	65:39+	75:04+	77:59+	81:01+	84:31+	86:18+	87:14+		
02:31+	02:00+	19:51+	03:27+	02:07-	07:45+	05:19+	17:48+	01:26+	03:25+	09:25+	02:55+	03:02+	03:30+	01:47+	00:56+		
00:13+	00:25&	01:55#	00:44&	00:16-	01:51&	01:24&	04:52&	00:19&	01:04&	03:09&	01:12&	01:27&	01:17&	00:45&	00:19&		
23	Marianne Opsahl Bredesen			244							1:27:25						
02:30+	04:28+	26:56+	29:50+	32:20+	39:54+	45:02+	64:40+	65:56+	69:12+	78:05+	80:37+	82:40+	85:20+	86:35+	87:25+		
02:30+	01:58+	22:28+	02:54+	02:30+	07:34+	05:08+	19:38+	01:16+	03:16+	08:53+	02:32+	02:03+	02:40+	01:15+	00:50+		
00:12+	00:23#	04:32&	00:11+	00:07+	01:40&	01:13&	06:42&	00:09#	00:55&	02:37&	00:49&	00:28&	00:27#	00:13#	00:13&		
24	Trine Bolstad			88							1:29:31						
03:35+	05:54+	27:43+	31:04+	33:27+	40:45+	45:54+	64:07+	65:30+	69:51+	78:13+	81:51+	84:13+	87:22+	88:41+	89:31+		
03:35+	02:19+	21:49+	03:21+	02:23=	07:18+	05:09+	18:13+	01:23+	04:21+	08:22+	03:38+	02:22+	03:09+	01:19+	00:50+		
01:17&	00:44&	03:53#	00:38#	00:00=	01:24#	01:14&	05:17&	00:16#	02:00&	02:06&	01:55@	00:47&	00:56&	00:17&	00:13&		
25	Maria Itkonen			1399							1:33:38						
03:00+	05:16+	29:17+	35:10+	37:57+	44:58+	50:13+	67:57+	69:24+	73:56+	84:15+	86:34+	88:53+	91:41+	92:52+	93:38+		
03:00+	02:16+	24:01+	05:53+	02:47+	07:01+	05:15+	17:44+	01:27+	04:32+	10:19+	02:19+	02:19+	02:48+	01:11+	00:46+		
00:42&	00:41&	06:05&	03:10@	00:24#	01:07#	01:20&	04:48&	00:20&	02:11&	04:03&	00:36&	00:44&	00:35&	00:09#	00:09#		
26	Natalie Lerdahl			106							1:36:47						
02:22+	04:27+	27:09+	30:22+	33:00+	41:12+	46:35+	67:00+	68:33+	74:03+	85:20+	88:14+	90:47+	94:16+	95:48+	96:47+		
02:22+	02:05+	22:42+	03:13+	02:38+	08:12+	05:23+	20:25+	01:33+	05:30+	11:17+	02:54+	02:33+	03:29+	01:32+	00:59+		
00:04+	00:30&	04:46&	00:30#	00:15#	02:18&	01:28&	07:29&	00:26&	03:09@	05:01&	01:11&	00:58&	01:16&	00:30&	00:22&		
Beste strekktid for klassen																	
02:02	01:33	16:52	02:29	01:36	05:53	03:55	12:46	01:07	02:21	06:16	01:43	01:29	02:01	00:59	00:35		

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

Plass	Navn												Klasse	Tid														
1	Kirti Rebane												1411	56:34														
	03:02=	07:57=	11:09=	26:18=	28:59=	32:53=	42:52=	45:53=	48:39=	51:39=	54:36=	55:44=	56:34=															
	03:02=	04:55=	03:12=	15:09=	02:41=	03:54=	09:59=	03:01=	02:46=	03:00=	02:57=	01:08=	00:50=															
	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	Tonje Midttun												35	1:05:51														
	03:43+	09:26+	13:06+	32:23+	35:47+	40:23+	52:08+	55:32+	58:01+	60:56+	63:45+	64:55+	65:51+															
	03:43+	05:43+	03:40+	19:17+	03:24+	04:36+	11:45+	03:24+	02:29-	02:55-	02:49-	01:10+	00:56+															
	00:41#	00:48#	00:28#	04:08&	00:43&	00:42#	01:46#	00:23#	00:17-	00:05-	00:08-	00:02+	00:06#															
3	Rasa Ivanauskaite												1382	1:15:37														
	04:17+	10:08+	14:09+	34:16+	39:20+	46:10+	59:45+	63:11+	66:13+	69:12+	73:03+	74:29+	75:37+															
	04:17+	05:51+	04:01+	20:07+	05:04+	06:50+	13:35+	03:26+	03:02+	02:59-	03:51+	01:26+	01:08+															
	01:15&	00:56#	00:49&	04:58&	02:23&	02:56&	03:36&	00:25#	00:16+	00:01-	00:54&	00:18&	00:18&															
4	Taija Heletoja												1254	1:22:04														
	04:08+	11:17+	15:55+	39:07+	43:31+	49:20+	66:17+	70:26+	73:15+	76:39+	79:44+	81:02+	82:04+															
	04:08+	07:09+	04:38+	23:12+	04:24+	05:49+	16:57+	04:09+	02:49+	03:24+	03:05+	01:18+	01:02+															
	01:06&	02:14&	01:26&	08:03&	01:43&	01:55&	06:58&	01:08&	00:03+	00:24#	00:08+	00:10#	00:12#															
5	Kristin Jæger												379	1:23:27														
	05:21+	13:14+	18:13+	39:29+	43:26+	50:21+	67:50+	71:45+	74:19+	78:00+	81:14+	82:35+	83:27+															
	05:21+	07:53+	04:59+	21:16+	03:57+	06:55+	17:29+	03:55+	02:34-	03:41+	03:14+	01:21+	00:52+															
	02:19&	02:58&	01:47&	06:07&	01:16&	03:01&	07:30&	00:54&	00:12-	00:41#	00:17+	00:13#	00:02+															
Beste strekktid for klassen																												
	03:02	04:55	03:12	15:09	02:41	03:54	09:59	03:01	02:29	02:55	02:49	01:08	00:50															
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																												
D 40-																												
1	Zsuzsa Fey												163	42:13														
	02:43=	04:43=	08:19=	22:34=	27:24=	29:28=	32:29=	38:09=	40:00=	41:26=	42:13=																	
	02:43=	02:00=	03:36=	14:15=	04:50=	02:04=	03:01=	05:40=	01:51=	01:26=	00:47=																	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																	
2	Katri Mäenpää												655	47:46														
	02:24-	04:39-	09:17+	25:49+	31:23+	35:04+	38:11+	43:41+	45:48+	47:00+	47:46+																	
	02:24-	02:15+	04:38+	16:32+	05:34+	03:41+	03:07+	05:30-	02:07+	01:12-	00:46-																	
	00:19-	00:15#	01:02&	02:17#	00:44#	01:37&	00:06+	00:10-	00:16#	00:14-	00:01-																	
3	Miia Hovi												1401	51:06														
	02:29-	05:10+	09:08+	26:33+	34:47+	37:10+	40:15+	46:41+	48:54+	50:09+	51:06+																	
	02:29-	02:41+	03:58+	17:25+	08:14+	02:23+	03:05+	06:26+	02:13+	01:15-	00:57+																	
	00:14-	00:41&	00:22#	03:10#	03:24&	00:19#	00:04+	00:46#	00:22#	00:11-	00:10#																	
4	Viivi-Anne Soots												1411	51:12														
	02:28-	06:14+	12:17+	26:46+	35:28+	37:43+	40:59+	47:31+	49:19+	50:28+	51:12+																	
	02:28-	03:46+	06:03+	14:29+	08:42+	02:15+	03:16+	06:32+	01:48-	01:09-	00:44-																	
	00:15-	01:46&	02:27&	00:14+	03:52&	00:11+	00:15+	00:52#	00:03-	00:17-	00:03-																	
5	Ingvild Osdal												106	51:17														
	02:52+	05:38+	09:29+	27:12+	32:35+	35:29+	39:52+	47:35+	49:24+	50:37+	51:17+																	
	02:52+	02:46+	03:51+	17:43+	05:23+	02:54+	04:23+	07:43+	01:49-	01:13-	00:40-																	
	00:09+	00:46&	00:15+	03:28#	00:33#	00:50&	01:22&	02:03&	00:02-	00:13-	00:07-																	
6	Trine Alsos												106	52:36														
	02:45+	05:18+	09:36+	28:38+	35:10+	37:47+	41:57+	48:05+	50:29+	51:50+	52:36+																	
	02:45+	02:33+	04:18+	19:02+	06:32+	02:37+	04:10+	06:08+	02:24+	01:21-	00:46-																	
	00:02+	00:33&	00:42#	04:47&	01:42&	00:33&	01:09&	00:28+	00:33&	00:05-	00:01-																	
7	Malin Kristoffersson												1311	54:55														
	04:50+	09:21+	13:47+	30:44+	37:15+	40:50+	44:46+	50:50+	53:01+	54:12+	54:55+																	
	04:50+	04:31+	04:26+	16:57+	06:31+	03:35+	03:56+	06:04+	02:11+	01:11-	00:43-																	
	02:07&	02:31@	00:50#	02:42#	01:41&	01:31&	00:55&	00:24+	00:20#	00:15-	00:04-																	
8	Laura Lauri												655	58:55														
	03:28+	06:09+	11:35+	30:11+	36:29+	41:49+	46:05+	53:54+	56:38+	58:06+	58:55+																	
	03:28+	02:41+	05:26+	18:36+	06:18+	05:20+	04:16+	07:49+	02:44+	01:28+	00:49+																	
	00:45&	00:41&	01:50&	04:21&	01:28&	03:16@	01:15&	02:09&	00:53&	00:02+	00:02+																	

Plass	Navn	Klasse										Tid
9	Angelica Brandqvist	449										59:25
10:19+	13:10+	17:23+	35:17+	40:38+	43:18+	47:23+	54:50+	57:02+	58:36+	59:25+		
10:19+	02:51+	04:13+	17:54+	05:21+	02:40+	04:05+	07:27+	02:12+	01:34+	00:49+		
07:36@	00:51&	00:37#	03:39&	00:31#	00:36&	01:04&	01:47&	00:21#	00:08+	00:02+		
10	Tuuli Rinne	1404										1:03:16
03:10+	07:57+	13:15+	31:55+	37:18+	40:16+	45:58+	58:37+	61:01+	62:28+	63:16+		
03:10+	04:47+	05:18+	18:40+	05:23+	02:58+	05:42+	12:39+	02:24+	01:27+	00:48+		
00:27#	02:47@	01:42&	04:25&	00:33#	00:54&	02:41&	06:59@	00:33&	00:01+	00:01+		
11	Elena Bogopolskaya	927										1:10:21
05:46+	09:12+	14:23+	34:52+	43:42+	46:56+	51:33+	64:24+	67:29+	69:19+	70:21+		
05:46+	03:26+	05:11+	20:29+	08:50+	03:14+	04:37+	12:51+	03:05+	01:50+	01:02+		
03:03@	01:26&	01:35&	06:14&	04:00&	01:10&	01:36&	07:11@	01:14&	00:24&	00:15&		
Beste strekketid for klassen												
02:24	02:00	03:36	14:15	04:50	02:04	03:01	05:30	01:48	01:09	00:40		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
D 45-												
1	Mia Saarilaakso	1403										39:08
02:42=	05:27=	17:12=	18:13=	23:39=	26:18=	29:44=	35:20=	37:09=	38:25=	39:08=		
02:42=	02:45=	11:45=	01:01=	05:26=	02:39=	03:26=	05:36=	01:49=	01:16=	00:43=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Hege Feiring	163										40:04
03:08+	05:49+	18:48+	19:54+	24:47+	26:55+	30:14+	36:24+	38:12+	39:21+	40:04+		
03:08+	02:41-	12:59+	01:06+	04:53-	02:08-	03:19-	06:10+	01:48-	01:09-	00:43=		
00:26#	00:04-	01:14#	00:05+	00:33-	00:31-	00:07-	00:34#	00:01-	00:07-	00:00=		
3	Christina White	341										40:52
02:49+	05:12-	16:51-	17:49-	21:34-	24:18-	27:58-	36:42+	38:52+	40:10+	40:52+		
02:49+	02:23-	11:39-	00:58-	03:45-	02:44+	03:40+	08:44+	02:10+	01:18+	00:42-		
00:07+	00:22-	00:06-	00:03-	01:41-	00:05+	00:14+	03:08&	00:21#	00:02+	00:01-		
4	Mari Rintanen	486										41:03
02:52+	05:43+	18:57+	20:05+	24:55+	27:19+	30:38+	36:38+	39:00+	40:24+	41:03+		
02:52+	02:51+	13:14+	01:08+	04:50-	02:24-	03:19-	06:00+	02:22+	01:24+	00:39-		
00:10+	00:06+	01:29#	00:07#	00:36-	00:15-	00:07-	00:24+	00:33&	00:08#	00:04-		
5	Ragnhild Balsvik	477										43:32
02:50+	05:31+	18:00+	19:04+	25:06+	27:27+	31:40+	38:45+	41:16+	42:45+	43:32+		
02:50+	02:41-	12:29+	01:04+	06:02+	02:21-	04:13+	07:05+	02:31+	01:29+	00:47+		
00:08+	00:04-	00:44+	00:03+	00:36#	00:18-	00:47#	01:29&	00:42&	00:13#	00:04+		
6	Arnhild Krogh	268										44:41
03:08+	05:55+	19:24+	20:26+	26:37+	30:29+	33:48+	40:05+	42:33+	43:54+	44:41+		
03:08+	02:47+	13:29+	01:02+	06:11+	03:52+	03:19-	06:17+	02:28+	01:21+	00:47+		
00:26#	00:02+	01:44#	00:01+	00:45#	01:13&	00:07-	00:41#	00:39&	00:05+	00:04+		
7	Siri Thortveit Myhre	189										44:56
04:37+	07:33+	21:21+	22:21+	26:53+	29:43+	33:45+	40:27+	42:42+	44:03+	44:56+		
04:37+	02:56+	13:48+	01:00-	04:32-	02:50+	04:02+	06:42+	02:15+	01:21+	00:53+		
01:55&	00:11+	02:03#	00:01-	00:54-	00:11+	00:36#	01:06#	00:26#	00:05+	00:10#		
8	Janita Skogeng	67										45:35
03:04+	05:58+	19:48+	20:59+	27:18+	30:57+	34:07+	41:24+	43:32+	44:50+	45:35+		
03:04+	02:54+	13:50+	01:11+	06:19+	03:39+	03:10-	07:17+	02:08+	01:18+	00:45+		
00:22#	00:09+	02:05#	00:10#	00:53#	01:00&	00:16-	01:41&	00:19#	00:02+	00:02+		
9	Anna Eriksson	585										46:06
03:36+	06:24+	20:23+	21:25+	26:56+	32:00+	35:44+	41:44+	43:59+	45:19+	46:06+		
03:36+	02:48+	13:59+	01:02+	05:31+	05:04+	03:44+	06:00+	02:15+	01:20+	00:47+		
00:54&	00:03+	02:14#	00:01+	00:05+	02:25&	00:18+	00:24+	00:26#	00:04+	00:04+		
10	Tarja Taulavuori	1396										47:13
03:13+	06:01+	20:34+	21:50+	26:30+	29:38+	33:43+	42:27+	44:44+	46:26+	47:13+		
03:13+	02:48+	14:33+	01:16+	04:40-	03:08+	04:05+	08:44+	02:17+	01:42+	00:47+		
00:31#	00:03+	02:48#	00:15#	00:46-	00:29#	00:39#	03:08&	00:28&	00:26&	00:04+		

Plass	Navn	Klasse	Tid
11	Bodil Brun Marcussen	106	47:47
03:29+	06:19+ 20:46+ 21:58+ 29:29+	32:22+ 36:08+ 43:18+ 45:32+ 46:59+ 47:47+	
03:29+	02:50+ 14:27+ 01:12+ 07:31+	02:53+ 03:46+ 07:10+ 02:14+ 01:27+ 00:48+	
00:47&	00:05+ 02:42# 00:11# 02:05&	00:14+ 00:20+ 01:34& 00:25# 00:11# 00:05#	
12	Birgitte Torbjørnsen	142	54:04
04:46+	08:04+ 23:47+ 25:03+ 30:22+	36:09+ 40:56+ 48:58+ 51:37+ 53:12+ 54:04+	
04:46+	03:18+ 15:43+ 01:16+ 05:19-	05:47+ 04:47+ 08:02+ 02:39+ 01:35+ 00:52+	
02:04&	00:33# 03:58& 00:15# 00:07-	03:08@ 01:21& 02:26& 00:50& 00:19# 00:09#	
13	Idun Magdalene Bøyum Augland	37	1:02:49
08:23+	11:51+ 28:20+ 29:33+ 36:19+	40:22+ 45:50+ 57:28+ 60:10+ 61:49+ 62:49+	
08:23+	03:28+ 16:29+ 01:13+ 06:46+	04:03+ 05:28+ 11:38+ 02:42+ 01:39+ 01:00+	
05:41@	00:43& 04:44& 00:12# 01:20#	01:24& 02:02& 06:02@ 00:53& 00:23& 00:17&	
14	Stine Arntzen	301	1:06:33
05:11+	11:26+ 29:03+ 30:39+ 39:11+	43:17+ 53:02+ 61:44+ 64:06+ 65:38+ 66:33+	
05:11+	06:15+ 17:37+ 01:36+ 08:32+	04:06+ 09:45+ 08:42+ 02:22+ 01:32+ 00:55+	
02:29&	03:30@ 05:52& 00:35& 03:06&	01:27& 06:19@ 03:06& 00:33& 00:16# 00:12&	
15	Veronica Åman	1413	1:08:47
05:56+	10:36+ 34:31+ 36:19+ 44:42+	48:33+ 53:40+ 62:10+ 65:38+ 67:40+ 68:47+	
05:56+	04:40+ 23:55+ 01:48+ 08:23+	03:51+ 05:07+ 08:30+ 03:28+ 02:02+ 01:07+	
03:14@	01:55& 12:10@ 00:47& 02:57&	01:12& 01:41& 02:54& 01:39& 00:46& 00:24&	
Beste strekktid for klassen			
02:42	02:23	11:39	00:58
03:45	02:08	03:10	05:36
01:48	01:09	00:39	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 50-			
1	Ann Katrin Olsen	26	42:19
03:10=	05:55= 18:20= 19:20= 26:12=	29:00= 31:57= 38:38= 40:27= 41:37= 42:19=	
03:10=	02:45= 12:25= 01:00= 06:52=	02:48= 02:57= 06:41= 01:49= 01:10= 00:42=	
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
2	Hilde Sofie Hansen	222	42:28
02:56-	05:47- 18:20= 19:28+ 25:44-	28:11- 31:54- 38:21- 40:33+ 41:44+ 42:28+	
02:56-	02:51+ 12:33+ 01:08+ 06:16-	02:27- 03:43+ 06:27- 02:12+ 01:11+ 00:44+	
00:14-	00:06+ 00:08+ 00:08# 00:36-	00:21- 00:46& 00:14- 00:23# 00:01+ 00:02+	
3	Kjersti Holt Hanssen	227	44:23
03:26+	06:18+ 20:20+ 21:27+ 26:18+	28:59- 33:11+ 39:35+ 42:10+ 43:31+ 44:23+	
03:26+	02:52+ 14:02+ 01:07+ 04:51-	02:41- 04:12+ 06:24- 02:35+ 01:21+ 00:52+	
00:16+	00:07+ 01:37# 00:07# 02:01-	00:07- 01:15& 00:17- 00:46& 00:11# 00:10#	
4	Britt Helene Fossøy	243	45:11
03:08-	06:19+ 20:27+ 21:50+ 28:13+	30:31+ 34:19+ 40:32+ 42:58+ 44:26+ 45:11+	
03:08-	03:11+ 14:08+ 01:23+ 06:23-	02:18- 03:48+ 06:13- 02:26+ 01:28+ 00:45+	
00:02-	00:26# 01:43# 00:23& 00:29-	00:30- 00:51& 00:28- 00:37& 00:18& 00:03+	
5	Marja Tonder	1396	46:30
02:57-	05:54- 19:22+ 20:26+ 27:43+	33:51+ 37:03+ 42:36+ 44:30+ 45:41+ 46:30+	
02:57-	02:57+ 13:28+ 01:04+ 07:17+	06:08+ 03:12+ 05:33- 01:54+ 01:11+ 00:49+	
00:13-	00:12+ 01:03+ 00:04+ 00:25+	03:20@ 00:15+ 01:08- 00:05+ 00:01+ 00:07#	
6	Marianne Njåstein	163	46:46
03:26+	06:29+ 20:47+ 21:56+ 27:42+	30:10+ 33:57+ 42:03+ 44:30+ 45:51+ 46:46+	
03:26+	03:03+ 14:18+ 01:09+ 05:46-	02:28- 03:47+ 08:06+ 02:27+ 01:21+ 00:55+	
00:16+	00:18# 01:53# 00:09# 01:06-	00:20- 00:50& 01:25# 00:38& 00:11# 00:13&	
7	Hillevi Eriksson	403	47:00
03:45+	06:59+ 22:47+ 24:07+ 29:12+	32:17+ 36:17+ 42:07+ 44:38+ 46:02+ 47:00+	
03:45+	03:14+ 15:48+ 01:20+ 05:05-	03:05+ 04:00+ 05:50- 02:31+ 01:24+ 00:58+	
00:35#	00:29# 03:23& 00:20& 01:47-	00:17# 01:03& 00:51- 00:42& 00:14# 00:16&	
8	Tove Strand	227	47:01
04:03+	06:52+ 22:21+ 23:31+ 28:37+	31:36+ 35:20+ 42:14+ 44:57+ 46:10+ 47:01+	
04:03+	02:49+ 15:29+ 01:10+ 05:06-	02:59+ 03:44+ 06:54+ 02:43+ 01:13+ 00:51+	
00:53&	00:04+ 03:04# 00:10# 01:46-	00:11+ 00:47& 00:13+ 00:54& 00:03+ 00:09#	

Plass	Navn	Klasse										Tid
9	May Bente Brurberg	402										48:51
	03:28+ 03:28+ 00:18+	06:48+ 03:20+ 00:35#	23:32+ 16:44+ 04:19&	24:49+ 01:17+ 00:17&	30:12+ 05:23- 01:29-	32:43+ 02:31- 00:17-	36:17+ 03:34+ 00:37#	43:35+ 07:18+ 00:37+	46:16+ 02:41+ 00:52&	47:54+ 01:38+ 00:28&	48:51+ 00:57+ 00:15&	
10	Anke Müller	1391										49:13
	03:43+ 03:43+ 00:33#	06:29+ 02:46+ 00:01+	20:03+ 13:34+ 01:09+	21:08+ 01:05+ 00:05+	27:42+ 06:34- 00:18-	30:51+ 03:09+ 00:21#	36:04+ 05:13+ 02:16&	44:44+ 08:40+ 01:59&	46:53+ 02:09+ 00:20#	48:26+ 01:33+ 00:23&	49:13+ 00:47+ 00:05#	
11	Eija Sipponen	714										51:31
	03:37+ 03:37+ 00:27#	07:51+ 04:14+ 01:29&	24:38+ 16:47+ 04:22&	25:57+ 01:19+ 00:19&	32:12+ 06:15- 00:37-	34:52+ 02:40- 00:08-	39:21+ 04:29+ 01:32&	46:22+ 07:01+ 00:20+	49:14+ 02:52+ 01:03&	50:40+ 01:26+ 00:16#	51:31+ 00:51+ 00:09#	
12	Margrete Gaski	35										52:07
	03:46+ 03:46+ 00:36#	06:49+ 03:03+ 00:18#	20:45+ 13:56+ 01:31#	21:47+ 01:02+ 00:02+	31:54+ 10:07+ 03:15&	37:27+ 05:33+ 02:45&	41:36+ 04:09+ 01:12&	47:57+ 06:21- 00:20-	50:12+ 02:15+ 00:26#	51:25+ 01:13+ 00:03+	52:07+ 00:42= 00:00=	
13	Åshild Flatebakken	163										54:19
	05:03+ 05:03+ 01:53&	08:18+ 03:15+ 00:30#	24:15+ 15:57+ 01:32&	25:32+ 01:17+ 00:17&	31:08+ 05:36- 01:16-	34:35+ 03:27+ 00:39#	39:22+ 04:47+ 01:50&	49:31+ 10:09+ 03:28&	52:02+ 02:31+ 00:42&	53:33+ 01:31+ 00:21&	54:19+ 00:46+ 00:04+	
14	Eli Charlotte Nordmo	218										54:58
	03:54+ 03:54+ 00:44#	07:25+ 03:31+ 00:46&	23:11+ 15:46+ 03:21&	24:36+ 01:25+ 00:25&	31:03+ 06:27- 00:25-	34:01+ 02:58+ 00:10+	42:04+ 08:03+ 05:06@	49:51+ 07:47+ 01:06#	52:18+ 02:27+ 00:38&	53:56+ 01:38+ 00:28&	54:58+ 01:02+ 00:20&	
15	Susi Rutz	1393										57:33
	03:25+ 03:25+ 00:15+	07:16+ 03:51+ 01:06&	25:33+ 18:17+ 05:52&	26:59+ 01:26+ 00:26&	34:13+ 07:14+ 00:22+	37:34+ 03:21+ 00:33#	42:49+ 05:15+ 02:18&	51:37+ 08:48+ 02:07&	54:41+ 03:04+ 01:15&	56:25+ 01:44+ 00:34&	57:33+ 01:08+ 00:26&	
16	Britt Karlsen	29										58:11
	04:39+ 04:39+ 01:29&	08:15+ 03:36+ 00:51&	25:23+ 17:08+ 04:43&	26:57+ 01:34+ 00:34&	32:25+ 05:28- 01:24-	35:04+ 02:39- 00:09-	40:31+ 05:27+ 02:30&	53:26+ 12:55+ 06:14&	55:57+ 02:31+ 00:42&	57:22+ 01:25+ 00:15#	58:11+ 00:49+ 00:07#	
17	Trine Marit Justad Raaen	184										1:03:25
	04:30+ 04:30+ 01:20&	11:58+ 07:28+ 04:43@	27:38+ 15:40+ 03:15&	28:54+ 01:16+ 00:16&	37:13+ 08:19+ 01:27#	40:39+ 03:26+ 00:38#	49:16+ 08:37+ 05:40@	58:02+ 08:46+ 02:05&	60:47+ 02:45+ 00:56&	62:32+ 01:45+ 00:35&	63:25+ 00:53+ 00:11&	
18	Ingvild Mulen	189										1:03:45
	05:20+ 05:20+ 02:10&	08:40+ 03:20+ 00:35#	26:57+ 18:17+ 05:52&	28:38+ 01:41+ 00:41&	35:44+ 07:06+ 00:14+	40:53+ 05:09+ 02:21&	46:01+ 05:08+ 02:11&	55:48+ 09:47+ 03:06&	58:59+ 03:11+ 01:22&	61:48+ 02:49+ 01:39@	63:45+ 01:57+ 01:15@	
19	Annette Leonhardt	1391										1:04:21
	04:59+ 04:59+ 01:49&	08:24+ 03:25+ 00:40#	27:50+ 19:26+ 07:01&	29:19+ 01:29+ 00:29&	39:17+ 09:58+ 03:06&	43:35+ 04:18+ 01:30&	49:10+ 05:35+ 02:38&	58:54+ 09:44+ 03:03&	61:55+ 03:01+ 01:12&	63:25+ 01:30+ 00:20&	64:21+ 00:56+ 00:14&	
20	Birgit Lundkvist	1092										1:13:24
	05:28+ 05:28+ 02:18&	09:54+ 04:26+ 01:41&	31:34+ 21:40+ 09:15&	35:22+ 03:48+ 02:48@	43:58+ 08:36+ 01:44&	49:02+ 05:04+ 02:16&	55:01+ 05:59+ 03:02@	66:22+ 11:21+ 04:40&	69:53+ 03:31+ 01:42&	72:26+ 02:33+ 01:23@	73:24+ 00:58+ 00:16&	
21	Anna Göhlman	163										1:27:48
	06:53+ 06:53+ 03:43@	10:52+ 03:59+ 01:14&	39:48+ 28:56+ 16:31@	41:39+ 01:51+ 00:51&	51:31+ 09:52+ 03:00&	58:35+ 07:04+ 04:16@	67:56+ 09:21+ 06:24@	81:08+ 13:12+ 06:31&	84:23+ 03:15+ 01:26&	86:58+ 02:35+ 01:25@	87:48+ 00:50+ 00:08#	
22	Beate Lill Pedersen	158										1:31:05
	04:29+ 04:29+ 01:19&	08:21+ 03:52+ 01:07&	52:30+ 44:09+ 31:44@	59:01+ 06:31+ 05:31@	66:08+ 07:07+ 00:15+	70:02+ 03:54+ 01:06&	76:23+ 06:21+ 03:24@	85:42+ 09:19+ 02:38&	88:31+ 02:49+ 01:00&	90:04+ 01:33+ 00:23&	91:05+ 01:01+ 00:19&	
23	Hege Heiberg	98										1:33:37
	05:24+ 05:24+ 02:14&	10:02+ 04:38+ 01:53&	49:26+ 39:24+ 26:59@	51:01+ 01:35+ 00:35&	58:42+ 07:41+ 00:49#	63:44+ 05:02+ 02:14&	74:34+ 10:50+ 07:53@	86:51+ 12:17+ 05:36&	90:03+ 03:12+ 01:23&	92:23+ 02:20+ 01:10&	93:37+ 01:14+ 00:32&	

Plass	Navn										Klasse	Tid
Beste strekktid for klassen												
	02:56	02:45	12:25	01:00	04:51	02:18	02:57	05:33	01:49	01:10	00:42	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
D 55-												
1	Elisabeth Strandhagen										1008	51:04
	02:30=	06:41=	22:53=	25:05=	29:03=	32:17=	37:28=	45:20=	48:26=	50:05=	51:04=	
	02:30=	04:11=	16:12=	02:12=	03:58=	03:14=	05:11=	07:52=	03:06=	01:39=	00:59=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Anne Julsrud Haugen										101	52:32
	02:37+	06:34-	22:44-	24:57-	30:59+	34:19+	39:12+	47:40+	50:04+	51:40+	52:32+	
	02:37+	03:57-	16:10-	02:13+	06:02+	03:20+	04:53-	08:28+	02:24-	01:36-	00:52-	
	00:07+	00:14-	00:02-	00:01+	02:04&	00:06+	00:18-	00:36+	00:42-	00:03-	00:07-	
3	Marie Högstrand										728	52:39
	02:56+	07:07+	24:18+	27:17+	31:19+	34:38+	38:50+	47:39+	50:03+	51:44+	52:39+	
	02:56+	04:11=	17:11+	02:59+	04:02+	03:19+	04:12-	08:49+	02:24-	01:41+	00:55-	
	00:26#	00:00=	00:59+	00:47&	00:04+	00:05+	00:59-	00:57#	00:42-	00:02+	00:04-	
4	Isabelle Dermine										1398	56:25
	03:03+	07:12+	25:01+	27:23+	35:04+	38:38+	42:49+	51:26+	53:57+	55:36+	56:25+	
	03:03+	04:09-	17:49+	02:22+	07:41+	03:34+	04:11-	08:37+	02:31-	01:39=	00:49-	
	00:33#	00:02-	01:37+	00:10+	03:43&	00:20#	01:00-	00:45+	00:35-	00:00=	00:10-	
5	Kirsti Grundnes Berg										163	57:10
	03:22+	08:09+	24:40+	27:21+	31:25+	36:22+	41:53+	51:43+	54:54+	56:19+	57:10+	
	03:22+	04:47+	16:31+	02:41+	04:04+	04:57+	05:31+	09:50+	03:11+	01:25-	00:51-	
	00:52&	00:36#	00:19+	00:29#	00:06+	01:43&	00:20+	01:58#	00:05+	00:14-	00:08-	
6	Lisel Arvidsson										618	57:50
	02:28-	06:54+	24:03+	26:26+	33:29+	40:16+	44:48+	52:36+	55:06+	56:52+	57:50+	
	02:28-	04:26+	17:09+	02:23+	07:03+	06:47+	04:32-	07:48-	02:30-	01:46+	00:58-	
	00:02-	00:15+	00:57+	00:11+	03:05&	03:33@	00:39-	00:04-	00:36-	00:07+	00:01-	
7	Anne Karin Ribe										189	1:06:04
	02:39+	08:30+	30:57+	33:45+	39:36+	42:47+	47:54+	59:53+	63:00+	64:53+	66:04+	
	02:39+	05:51+	22:27+	02:48+	05:51+	03:11-	05:07-	11:59+	03:07+	01:53+	01:11+	
	00:09+	01:40&	06:15&	00:36&	01:53&	00:03-	00:04-	04:07&	00:01+	00:14#	00:12#	
8	Ingrid Opsahl Bredesen										80	1:07:32
	02:22-	06:46+	35:13+	37:34+	41:47+	44:40+	49:57+	61:55+	64:46+	66:27+	67:32+	
	02:22-	04:24+	28:27+	02:21+	04:13+	02:53-	05:17+	11:58+	02:51-	01:41+	01:05+	
	00:08-	00:13+	12:15&	00:09+	00:15+	00:21-	00:06+	04:06&	00:15-	00:02+	00:06#	
9	Grete Berntsen										227	1:08:15
	03:10+	08:23+	29:04+	32:39+	39:06+	44:20+	49:42+	61:10+	64:46+	67:02+	68:15+	
	03:10+	05:13+	20:41+	03:35+	06:27+	05:14+	05:22+	11:28+	03:36+	02:16+	01:13+	
	00:40&	01:02#	04:29&	01:23&	02:29&	02:00&	00:11+	03:36&	00:30#	00:37&	00:14#	
10	Görel Skoog										618	1:08:26
	02:59+	08:06+	29:17+	32:13+	38:07+	43:05+	49:25+	60:58+	64:17+	66:51+	68:26+	
	02:59+	05:07+	21:11+	02:56+	05:54+	04:58+	06:20+	11:33+	03:19+	02:34+	01:35+	
	00:29#	00:56#	04:59&	00:44&	01:56&	01:44&	01:09#	03:41&	00:13+	00:55&	00:36&	
11	Anne Margit Bratten										227	1:16:05
	03:11+	08:43+	31:26+	34:22+	43:18+	50:11+	56:15+	69:00+	72:49+	74:52+	76:05+	
	03:11+	05:32+	22:43+	02:56+	08:56+	09:11+	06:53+	12:45+	03:49+	02:03+	01:13+	
	00:41&	01:21&	06:31&	00:44&	04:58@	03:39@	00:53#	04:53&	00:43#	00:24#	00:14#	
12	Elizabeth Deane										1198	1:52:00
	04:45+	10:25+	39:52+	43:28+	52:39+	84:44+	92:39+	104:43+	108:24+	110:51+	112:00+	
	04:45+	05:40+	29:27+	03:36+	09:11+	32:05+	07:55+	12:04+	03:41+	02:27+	01:09+	
	02:15&	01:29&	13:15&	01:24&	05:13@	28:51@	02:44&	04:12&	00:35#	00:48&	00:10#	
Beste strekktid for klassen												
	02:22	03:57	16:10	02:12	03:58	02:53	04:11	07:48	02:24	01:25	00:49	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												

Plass	Navn	Klasse	Tid
D 60-			
1	Björg Svanberg	297	32:00
	03:12= 12:02= 15:00= 18:29= 24:17= 27:00= 29:51= 31:05= 32:00=		
	03:12= 08:50= 02:58= 03:29= 05:48= 02:43= 02:51= 01:14= 00:55=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Eli Blomseth Helgesen	345	35:44
	03:29+ 13:38+ 16:54+ 20:09+ 26:38+ 29:58+ 33:32+ 34:50+ 35:44+		
	03:29+ 10:09+ 03:16+ 03:15- 06:29+ 03:20+ 03:34+ 01:18+ 00:54-		
	00:17+ 01:19# 00:18# 00:14- 00:41# 00:37# 00:43& 00:04+ 00:01-		
3	Inger Lise Pettersen	187	36:58
	03:21+ 12:11+ 15:35+ 23:03+ 28:20+ 31:59+ 34:58+ 36:05+ 36:58+		
	03:21+ 08:50= 03:24+ 07:28+ 05:17- 03:39+ 02:59+ 01:07- 00:53-		
	00:09+ 00:00= 00:26# 03:59@ 00:31- 00:56& 00:08+ 00:07- 00:02-		
4	Torild Hage	368	39:25
	04:14+ 14:29+ 18:06+ 21:33+ 27:55+ 33:13+ 37:10+ 38:27+ 39:25+		
	04:14+ 10:15+ 03:37+ 03:27- 06:22+ 05:18+ 03:57+ 01:17+ 00:58+		
	01:02& 01:25# 00:39# 00:02- 00:34+ 02:35& 01:06& 00:03+ 00:03+		
5	Taina Itkonen	1399	42:11
	08:14+ 20:13+ 23:40+ 28:34+ 34:24+ 37:06+ 39:54+ 41:10+ 42:11+		
	08:14+ 11:59+ 03:27+ 04:54+ 05:50+ 02:42- 02:48- 01:16+ 01:01+		
	05:02@ 03:09& 00:29# 01:25& 00:02+ 00:01- 00:03- 00:02+ 00:06#		
6	Trine Barstad	379	43:47
	05:02+ 15:53+ 19:27+ 23:00+ 32:45+ 36:25+ 41:11+ 42:43+ 43:47+		
	05:02+ 10:51+ 03:34+ 03:33+ 09:45+ 03:40+ 04:46+ 01:32+ 01:04+		
	01:50& 02:01# 00:36# 00:04+ 03:57& 00:57& 01:55& 00:18# 00:09#		
7	Berit Tunis	1135	51:22
	05:19+ 17:41+ 21:44+ 28:57+ 38:15+ 44:06+ 48:36+ 50:13+ 51:22+		
	05:19+ 12:22+ 04:03+ 07:13+ 09:18+ 05:51+ 04:30+ 01:37+ 01:09+		
	02:07& 03:32& 01:05& 03:44@ 03:30& 03:08@ 01:39& 00:23& 00:14&		
8	Sue Stevens	510	51:39
	06:33+ 21:07+ 25:04+ 28:55+ 37:42+ 42:51+ 48:36+ 50:29+ 51:39+		
	06:33+ 14:34+ 03:57+ 03:51+ 08:47+ 05:09+ 05:45+ 01:53+ 01:10+		
	03:21@ 05:44& 00:59& 00:22# 02:59& 02:26& 02:54@ 00:39& 00:15&		
9	Tarja Liikanen	1402	1:02:04
	05:55+ 17:57+ 22:15+ 26:41+ 46:37+ 51:50+ 58:59+ 60:47+ 62:04+		
	05:55+ 12:02+ 04:18+ 04:26+ 19:56+ 05:13+ 07:09+ 01:48+ 01:17+		
	02:43& 03:12& 01:20& 00:57& 14:08@ 02:30& 04:18@ 00:34& 00:22&		
10	Reidun Braathen	252	1:04:09
	06:25+ 20:05+ 24:11+ 27:57+ 53:15+ 57:20+ 61:28+ 62:56+ 64:09+		
	06:25+ 13:40+ 04:06+ 03:46+ 25:18+ 04:05+ 04:08+ 01:28+ 01:13+		
	03:13@ 04:50& 01:08& 00:17+ 19:30@ 01:22& 01:17& 00:14# 00:18&		
11	Wenche Rekkedal	45	1:04:42
	06:20+ 18:56+ 23:48+ 28:51+ 48:11+ 53:10+ 60:51+ 63:20+ 64:42+		
	06:20+ 12:36+ 04:52+ 05:03+ 19:20+ 04:59+ 07:41+ 02:29+ 01:22+		
	03:08& 03:46& 01:54& 01:34& 13:32@ 02:16& 04:50@ 01:15@ 00:27&		
Beste strekktid for klassen			
	03:12 08:50 02:58 03:15 05:17 02:42 02:48 01:07 00:53		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 65-			
1	Ingunn Ytrehus	146	40:07
	04:38= 13:44= 16:45= 20:10= 29:18= 33:24= 38:07= 39:18= 40:07=		
	04:38= 09:06= 03:01= 03:25= 09:08= 04:06= 04:43= 01:11= 00:49=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Plass	Navn								Klasse	Tid
2	Guri Løkse								345	41:29
	04:24-	16:48+	20:26+	23:52+	30:44+	35:15+	39:03+	40:24+	41:29+	
	04:24-	12:24+	03:38+	03:26+	06:52-	04:31+	03:48-	01:21+	01:05+	
	00:14-	03:18&	00:37#	00:01+	02:16-	00:25#	00:55-	00:10#	00:16&	
3	Bodil Fred								1135	42:05
	05:19+	16:15+	20:34+	24:25+	32:49+	36:31+	39:37+	41:05+	42:05+	
	05:19+	10:56+	04:19+	03:51+	08:24-	03:42-	03:06-	01:28+	01:00+	
	00:41#	01:50#	01:18&	00:26#	00:44-	00:24-	01:37-	00:17#	00:11#	
4	Kari Strande								285	42:10
	04:34-	17:50+	23:42+	27:05+	33:32+	36:25+	39:46+	41:08+	42:10+	
	04:34-	13:16+	05:52+	03:23-	06:27-	02:53-	03:21-	01:22+	01:02+	
	00:04-	04:10&	02:51&	00:02-	02:41-	01:13-	01:22-	00:11#	00:13&	
5	Liisa Peltola								440	46:52
	05:16+	21:37+	26:10+	30:12+	37:01+	41:05+	44:32+	45:49+	46:52+	
	05:16+	16:21+	04:33+	04:02+	06:49-	04:04-	03:27-	01:17+	01:03+	
	00:38#	07:15&	01:32&	00:37#	02:19-	00:02-	01:16-	00:06+	00:14&	
6	Stina Elfving								51	49:36
	05:20+	17:46+	22:06+	26:21+	36:50+	41:27+	46:27+	48:25+	49:36+	
	05:20+	12:26+	04:20+	04:15+	10:29+	04:37+	05:00+	01:58+	01:11+	
	00:42#	03:20&	01:19&	00:50#	01:21#	00:31#	00:17+	00:47&	00:22&	
7	Ranveig Efraimsen								334	52:00
	04:34-	15:21+	22:53+	31:56+	41:54+	45:20+	49:26+	50:49+	52:00+	
	04:34-	10:47+	07:32+	09:03+	09:58+	03:26-	04:06-	01:23+	01:11+	
	00:04-	01:41#	04:31@	05:38@	00:50+	00:40-	00:37-	00:12#	00:22&	
8	Ingerid Angell-Petersen								320	56:51
	05:21+	20:00+	25:07+	33:36+	42:59+	48:56+	53:30+	55:26+	56:51+	
	05:21+	14:39+	05:07+	08:29+	09:23+	05:57+	04:34-	01:56+	01:25+	
	00:43#	05:33&	02:06&	05:04@	00:15+	01:51&	00:09-	00:45&	00:36&	
9	Signe Heivoll								341	57:32
	07:34+	21:35+	26:44+	31:31+	42:58+	48:34+	53:51+	56:14+	57:32+	
	07:34+	14:01+	05:09+	04:47+	11:27+	05:36+	05:17+	02:23+	01:18+	
	02:56&	04:55&	02:08&	01:22&	02:19&	01:30&	00:34#	01:12@	00:29&	
10	Anne Marie Timenes								98	1:00:03
	06:13+	26:43+	31:05+	35:35+	46:14+	51:03+	56:00+	58:11+	60:03+	
	06:13+	20:30+	04:22+	04:30+	10:39+	04:49+	04:57+	02:11+	01:52+	
	01:35&	11:24@	01:21&	01:05&	01:31#	00:43#	00:14+	01:00&	01:03@	
11	Veslemøy Tyssø								369	1:00:16
	09:57+	24:35+	30:29+	35:21+	45:52+	51:32+	56:21+	58:33+	60:16+	
	09:57+	14:38+	05:54+	04:52+	10:31+	05:40+	04:49+	02:12+	01:43+	
	05:19@	05:32&	02:53&	01:27&	01:23#	01:34&	00:06+	01:01&	00:54@	
12	Maija Kivimäki								531	1:01:29
	06:50+	23:30+	28:55+	34:03+	47:32+	53:20+	58:02+	60:00+	61:29+	
	06:50+	16:40+	05:25+	05:08+	13:29+	05:48+	04:42-	01:58+	01:29+	
	02:12&	07:34&	02:24&	01:43&	04:21&	01:42&	00:01-	00:47&	00:40&	
13	Eli Kristoffersen								372	1:02:17
	08:22+	27:03+	32:00+	37:25+	45:41+	51:34+	58:50+	60:52+	62:17+	
	08:22+	18:41+	04:57+	05:25+	08:16-	05:53+	07:16+	02:02+	01:25+	
	03:44&	09:35@	01:56&	02:00&	00:52-	01:47&	02:33&	00:51&	00:36&	
14	Aud I Spjelkavik								163	1:03:03
	09:27+	24:24+	30:20+	35:26+	47:29+	53:13+	59:11+	61:28+	63:03+	
	09:27+	14:57+	05:56+	05:06+	12:03+	05:44+	05:58+	02:17+	01:35+	
	04:49@	05:51&	02:55&	01:41&	02:55&	01:38&	01:15&	01:06&	00:46&	
15	Yvonne Galborgen								483	1:04:14
	06:43+	20:44+	28:00+	33:44+	49:28+	55:34+	60:28+	62:51+	64:14+	
	06:43+	14:01+	07:16+	05:44+	15:44+	06:06+	04:54+	02:23+	01:23+	
	02:05&	04:55&	04:15@	02:19&	06:36&	02:00&	00:11+	01:12@	00:34&	
16	Kari Lillealtern								320	1:06:39
	05:45+	36:11+	40:33+	45:20+	54:31+	58:29+	63:50+	65:24+	66:39+	
	05:45+	30:26+	04:22+	04:47+	09:11+	03:58-	05:21+	01:34+	01:15+	
	01:07#	21:20@	01:21&	01:22&	00:03+	00:08-	00:38#	00:23&	00:26&	

Plass	Navn								Klasse	Tid
17	Elin Glad Balchen								248	1:10:38
	07:34+	38:49+	42:50+	47:24+	57:25+	63:00+	67:39+	69:28+	70:38+	
	07:34+	31:15+	04:01+	04:34+	10:01+	05:35+	04:39-	01:49+	01:10+	
	02:56&	22:09@	01:00&	01:09&	00:53+	01:29&	00:04-	00:38&	00:21&	
18	Daina Dagis								731	1:14:34
	07:42+	22:44+	28:04+	33:10+	59:04+	66:29+	71:32+	73:28+	74:34+	
	07:42+	15:02+	05:20+	05:06+	25:54+	07:25+	05:03+	01:56+	01:06+	
	03:04&	05:56&	02:19&	01:41&	16:46@	03:19&	00:20+	00:45&	00:17&	
Beste strekktid for klassen										
	04:24	09:06	03:01	03:23	06:27	02:53	03:06	01:11	00:49	

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

D 70-

1	Birgitte Bekkelund								297	41:59
	06:12=	15:50=	17:42=	24:57=	34:06=	39:32=	41:08=	41:59=		
	06:12=	09:38=	01:52=	07:15=	09:09=	05:26=	01:36=	00:51=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Åse Eng Musum								262	48:46
	04:33-	14:39-	17:06-	30:22+	41:10+	45:40+	47:32+	48:46+		
	04:33-	10:06+	02:27+	13:16+	10:48+	04:30-	01:52+	01:14+		
	01:39-	00:28+	00:35&	06:01&	01:39#	00:56-	00:16#	00:23&		
3	Else-Margrethe Bredland								341	55:05
	05:01-	16:47+	19:34+	32:15+	41:56+	50:26+	53:38+	55:05+		
	05:01-	11:46+	02:47+	12:41+	09:41+	08:30+	03:12+	01:27+		
	01:11-	02:08#	00:55&	05:26&	00:32+	03:04&	01:36&	00:36&		
4	Anne-Marie Pedersen								41	55:18
	09:15+	22:24+	24:36+	36:38+	46:08+	51:35+	53:43+	55:18+		
	09:15+	13:09+	02:12+	12:02+	09:30+	05:27+	02:08+	01:35+		
	03:03&	03:31&	00:20#	04:47&	00:21+	00:01+	00:32&	00:44&		
5	Siri Wilberg Aabel								32	1:06:56
	17:12+	28:56+	31:39+	43:57+	54:01+	62:30+	65:31+	66:56+		
	17:12+	11:44+	02:43+	12:18+	10:04+	08:29+	03:01+	01:25+		
	11:00@	02:06#	00:51&	05:03&	00:55#	03:03&	01:25&	00:34&		

Beste strekktid for klassen										
	04:33	09:38	01:52	07:15	09:09	04:30	01:36	00:51		

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

D 75-

1	Unni Drage								108	49:15
	04:38=	10:22=	21:27=	23:14=	32:47=	40:52=	46:28=	48:11=	49:15=	
	04:38=	05:44=	11:05=	01:47=	09:33=	08:05=	05:36=	01:43=	01:04=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Grete Urset								380	54:41
	06:47+	18:27+	20:13-	35:07+	46:02+	51:42+	53:41+	54:41+		
	06:47+	11:40+	01:46-	14:54+	10:55+	05:40-	01:59-	01:00-		
	02:09&	05:56@	09:19-	13:07@	01:22#	02:25-	03:37-	00:43-		
3	Brita Eilertsen Grønli								87	56:02
	04:16-	18:20+	20:38-	22:36-	30:58-	48:05+	52:51+	54:46+	56:02+	
	04:16-	14:04+	02:18-	01:58+	08:22-	17:07+	04:46-	01:55+	01:16+	
	00:22-	08:20@	08:47-	00:11#	01:11-	09:02@	00:50-	00:12#	00:12#	
4	Aina Romsdal Mauritzsen								1016	1:08:27
	14:19+	32:57+	35:21+	45:32+	56:15+	64:20+	67:05+	68:27+		
	14:19+	18:38+	02:24-	10:11+	10:43+	08:05=	02:45-	01:22-		
	09:41@	12:54@	08:41-	08:24@	01:10#	00:00=	02:51-	00:21-		

Plass	Navn	Klasse	Tid
5	Kari Sollid	372	1:42:07
07:21+	44:09+ 52:20+ 76:27+ 88:06+ 97:08+ 100:19+ 102:07+		
07:21+	36:48+ 08:11- 24:07+ 11:39+ 09:02+ 03:11- 01:48+		
02:43&	31:04@ 02:54- 22:20@ 02:06# 00:57# 02:25- 00:05+		
6	Elisabeth Rothacher	1393	2:14:03
20:42+	47:27+ 52:42+ 81:29+ 111:00+ 124:25+ 130:32+ 134:03+		
20:42+	26:45+ 05:15- 28:47+ 29:31+ 13:25+ 06:07+ 03:31+		
16:04@	21:01@ 05:50- 27:00@ 19:58@ 05:20& 00:31+ 01:48@		
Beste strekktid for klassen			
04:16	05:44 01:46 08:22 05:40 01:59 01:00 01:04		

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

FH 17-N

1	Fredrik Elverum Fredriksen	41	52:23
04:10=	12:18= 29:27= 40:53= 46:03= 50:40= 52:23=		
04:10=	08:08= 17:09= 11:26= 05:10= 04:37= 01:43=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
Beste strekktid for klassen			
04:10	08:08 17:09 11:26 05:10 04:37 01:43		

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

H -10

38	Onni Vierinen	146	44:05
02:18+	07:48+ 22:31+ 29:41+ 36:53+ 39:38+ 43:07+ 44:05+		
02:18+	05:30+ 14:43+ 07:10+ 07:12+ 02:45+ 03:29+ 00:58+		
02:18+	05:30+ 14:43+ 07:10+ 07:12+ 02:45+ 03:29+ 00:58+		
40	Sulo Saarilaakso	1403	19:35
01:25+	03:57+ 10:17+ 13:08+ 15:52+ 17:04+ 18:51+ 19:35+		
01:25+	02:32+ 06:20+ 02:51+ 02:44+ 01:12+ 01:47+ 00:44+		
01:25+	02:32+ 06:20+ 02:51+ 02:44+ 01:12+ 01:47+ 00:44+		
41	Jesper Vonen Svae	305	28:56
02:51+	07:13+ 14:26+ 18:22+ 22:31+ 25:10+ 26:59+ 28:56+		
02:51+	04:22+ 07:13+ 03:56+ 04:09+ 02:39+ 01:49+ 01:57+		
02:51+	04:22+ 07:13+ 03:56+ 04:09+ 02:39+ 01:49+ 01:57+		
43	Valdemar Kvaal-Karlsen	334	36:46
32:09+	35:54+ 36:46+		
32:09+	03:45+ 00:52+		
32:09+	03:45+ 00:52+		
Beste strekktid for klassen			

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

H 11-12

1	Gjermund Osdal	106	26:15
01:20=	06:30= 09:53= 12:24= 17:11= 20:28= 24:01= 25:33= 26:15=		
01:20=	05:10= 03:23= 02:31= 04:47= 03:17= 03:33= 01:32= 00:42=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Håkon Grønli	87	27:46
01:32+	04:47- 08:32- 11:24- 17:09- 21:52+ 25:09+ 27:00+ 27:46+		
01:32+	03:15- 03:45+ 02:52+ 05:45+ 04:43+ 03:17- 01:51+ 00:46+		
00:12#	01:55- 00:22# 00:21# 00:58# 01:26& 00:16- 00:19# 00:04+		

Plass	Navn								Klasse	Tid
3	Dagfinn Gjerstad								477	35:11
	01:32+	08:34+	12:05+	14:35+	19:34+	26:45+	32:19+	34:20+	35:11+	
	01:32+	07:02+	03:31+	02:30-	04:59+	07:11+	05:34+	02:01+	00:51+	
	00:12#	01:52&	00:08+	00:01-	00:12+	03:54@	02:01&	00:29&	00:09#	
4	Heine Elias Husdal								324	1:12:06
	02:18+	18:04+	27:42+	37:34+	53:25+	59:24+	69:15+	71:13+	72:06+	
	02:18+	15:46+	09:38+	09:52+	15:51+	05:59+	09:51+	01:58+	00:53+	
	00:58&	10:36@	06:15@	07:21@	11:04@	02:42&	06:18@	00:26&	00:11&	
Beste strekktid for klassen										
	01:20	03:15	03:23	02:30	04:47	03:17	03:17	01:32	00:42	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
H 11-12N										
1	Emil Vierinen								146	13:39
	01:49=	05:10=	07:01=	09:33=	11:40=	12:56=	13:39=			
	01:49=	03:21=	01:51=	02:32=	02:07=	01:16=	00:43=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Lauri Kultima								1399	18:21
	02:04+	05:47+	09:06+	12:59+	15:30+	17:20+	18:21+			
	02:04+	03:43+	03:19+	03:53+	02:31+	01:50+	01:01+			
	00:15#	00:22#	01:28&	01:21&	00:24#	00:34&	00:18&			
3	Brage Fosstveit								281	21:34
	01:57+	06:52+	11:01+	15:59+	19:14+	20:57+	21:34+			
	01:57+	04:55+	04:09+	04:58+	03:15+	01:43+	00:37-			
	00:08+	01:34&	02:18@	02:26&	01:08&	00:27&	00:06-			
4	Eetu Vierinen								146	41:03
	02:00+	05:10=	07:53+	10:56+	38:45+	40:16+	41:03+			
	02:00+	03:10-	02:43+	03:03+	27:49+	01:31+	00:47+			
	00:11#	00:11-	00:52&	00:31#	25:42@	00:15#	00:04+			
Beste strekktid for klassen										
	01:49	03:10	01:51	02:32	02:07	01:16	00:37			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
H 13-14										
1	Hans Urset								146	25:36
	03:21=	07:37=	09:23=	11:34=	13:53=	18:04=	21:41=	24:04=	25:00=	25:36=
	03:21=	04:16=	01:46=	02:11=	02:19=	04:11=	03:37=	02:23=	00:56=	00:36=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jussi Rantala								655	29:39
	04:20+	08:58+	11:09+	13:40+	16:15+	21:21+	25:15+	28:10+	29:03+	29:39+
	04:20+	04:38+	02:11+	02:31+	02:35+	05:06+	03:54+	02:55+	00:53-	00:36=
	00:59&	00:22+	00:25#	00:20#	00:16#	00:55#	00:17+	00:32#	00:03-	00:00=
3	Jonas Krogh								268	34:57
	09:04+	13:48+	16:06+	18:46+	21:05+	25:44+	29:54+	33:16+	34:15+	34:57+
	09:04+	04:44+	02:18+	02:40+	02:19=	04:39+	04:10+	03:22+	00:59+	00:42+
	05:43@	00:28#	00:32&	00:29#	00:00=	00:28#	00:33#	00:59&	00:03+	00:06#
4	Eirik Frost								21	36:54
	10:52+	14:19+	16:18+	18:45+	21:38+	27:29+	32:04+	35:12+	36:17+	36:54+
	10:52+	03:27-	01:59+	02:27+	02:53+	05:51+	04:35+	03:08+	01:05+	00:37+
	07:31@	00:49-	00:13#	00:16#	00:34#	01:40&	00:58&	00:45&	00:09#	00:01+
5	Henning Strand								146	38:15
	05:29+	09:58+	12:52+	16:35+	19:57+	26:35+	32:27+	36:17+	37:25+	38:15+
	05:29+	04:29+	02:54+	03:43+	03:22+	06:38+	05:52+	03:50+	01:08+	00:50+
	02:08&	00:13+	01:08&	01:32&	01:03&	02:27&	02:15&	01:27&	00:12#	00:14&

Class	Navn									Klasse	Tid
6	Daniel Nystuen									297	45:02
	08:13+	14:48+	18:17+	21:38+	25:03+	32:00+	38:37+	42:47+	44:19+	45:03+	
	08:13+	06:35+	03:29+	03:21+	03:25+	06:57+	06:37+	04:10+	01:32+	00:44+	
	04:52@	02:19&	01:43&	01:10&	01:06&	02:46&	03:00&	01:47&	00:36&	00:08#	
7	Oskar Johannessen									41	47:29
	09:41+	13:47+	15:36+	17:53+	20:36+	27:29+	40:39+	45:29+	46:46+	47:29+	
	09:41+	04:06-	01:49+	02:17+	02:43+	06:53+	13:10+	04:50+	01:17+	00:43+	
	06:20@	00:10-	00:03+	00:06+	00:24#	02:42&	09:33@	02:27@	00:21&	00:07#	
8	Isak Jacobsen-Gaski									35	58:56
	11:16+	17:53+	21:13+	25:07+	28:42+	39:48+	50:42+	56:07+	58:23+	58:56+	
	11:16+	06:37+	03:20+	03:54+	03:35+	11:06+	10:54+	05:25+	02:16+	00:33-	
	07:55@	02:21&	01:34&	01:43&	01:16&	06:55@	07:17@	03:02@	01:20@	00:03-	

Beste strekktid for klassen

03:21 03:27 01:46 02:11 02:19 04:11 03:37 02:23 00:53 00:33

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

H 13-16C

1	Jo Randar Holmøy									98	1:01:30
	06:48=	13:50=	19:06=	27:02=	37:13=	54:42=	58:01=	60:45=	61:30=		
	06:48=	07:02=	05:16=	07:56=	10:11=	17:29=	03:19=	02:44=	00:45=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Beste strekktid for klassen

06:48 07:02 05:16 07:56 10:11 17:29 03:19 02:44 00:45

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

H 15-16

1	Eskil Frischknecht									21	39:08
	02:14=	04:17=	07:34=	21:51=	26:06=	27:46=	30:31=	35:33=	37:27=	38:33=	39:08=
	02:14=	02:03=	03:17=	14:17=	04:15=	01:40=	02:45=	05:02=	01:54=	01:06=	00:35=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Håkon Sæternes									51	47:03
	02:23+	05:09+	08:48+	23:54+	27:59+	30:31+	36:47+	43:18+	45:22+	46:25+	47:03+
	02:23+	02:46+	03:39+	15:06+	04:05-	02:32+	06:16+	06:31+	02:04+	01:03-	00:38+
	00:09+	00:43&	00:22#	00:49+	00:10-	00:52&	03:31@	01:29&	00:10+	00:03-	00:03+
3	Vegard Stangnes									254	48:42
	02:19+	06:31+	10:32+	25:52+	29:48+	32:27+	38:34+	45:15+	47:17+	48:10+	48:42+
	02:19+	04:12+	04:01+	15:20+	03:56-	02:39+	06:07+	06:41+	02:02+	00:53-	00:32-
	00:05+	02:09@	00:44#	01:03+	00:19-	00:59&	03:22@	01:39&	00:08+	00:13-	00:03-
4	Gard Frost									21	50:18
	04:35+	06:35+	11:53+	27:12+	32:44+	36:38+	41:08+	46:50+	48:36+	49:42+	50:18+
	04:35+	02:00-	05:18+	15:19+	05:32+	03:54+	04:30+	05:42+	01:46-	01:06=	00:36+
	02:21@	00:03-	02:01&	01:02+	01:17&	02:14@	01:45&	00:40#	00:08-	00:00=	00:01+
5	Jon Marcussen									106	51:00
	03:01+	05:34+	09:38+	27:47+	32:05+	34:34+	40:38+	47:23+	49:24+	50:26+	51:00+
	03:01+	02:33+	04:04+	18:09+	04:18+	02:29+	06:04+	06:45+	02:01+	01:02-	00:34-
	00:47&	00:30#	00:47#	03:52&	00:03+	00:49&	03:19@	01:43&	00:07+	00:04-	00:01-
6	Jesper Lundin									146	51:15
	02:28+	06:50+	12:47+	29:48+	35:18+	38:12+	41:24+	48:12+	49:48+	50:42+	51:15+
	02:28+	04:22+	05:57+	17:01+	05:30+	02:54+	03:12+	06:48+	01:36-	00:54-	00:33-
	00:14#	02:19@	02:40&	02:44#	01:15&	01:14&	00:27#	01:46&	00:18-	00:12-	00:02-
7	Ethan Tebbutt									553	51:24
	03:35+	06:50+	10:34+	27:01+	33:27+	37:10+	40:18+	47:53+	49:39+	50:45+	51:24+
	03:35+	03:15+	03:44+	16:27+	06:26+	03:43+	03:08+	07:35+	01:46-	01:06=	00:39+
	01:21&	01:12&	00:27#	02:10#	02:11&	02:03@	00:23#	02:33&	00:08-	00:00=	00:04#

Plass	Navn	Klasse								Tid	
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Beste strekktid for klassen

02:14 02:00 03:17 14:17 03:56 01:40 02:45 05:02 01:36 00:53 00:32

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

H 17-18

1	Magnus Gjerstad													368		58:44	
04:13=	09:42=	13:34=	16:10=	19:41=	33:43=	35:34=	37:30=	41:20=	48:47=	51:02=	54:14=	57:08=	58:09=	58:44=			
04:13=	05:29=	03:52=	02:36=	03:31=	14:02=	01:51=	01:56=	03:50=	07:27=	02:15=	03:12=	02:54=	01:01=	00:35=			
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	Roope Ruuhiala												701				1:02:56			
05:46+	12:45+	17:04+	19:54+	24:11+	37:09+	39:14+	41:28+	44:48+	53:14+	55:44+	58:29+	61:18+	62:19+	62:56+						
05:46+	06:59+	04:19+	02:50+	04:17+	12:58-	02:05+	02:14+	03:20-	08:26+	02:30+	02:45-	02:49-	01:01=	00:37+						
01:33&	01:30&	00:27#	00:14+	00:46#	01:04-	00:14#	00:18#	00:30-	00:59#	00:15#	00:27-	00:05-	00:00=	00:02+						

3	Håvard Solbakken												45	1:03:16											
03:51-	09:57+	14:07+	21:04+	25:22+	38:22+	40:22+	42:40+	46:06+	54:39+	56:56+	59:05+	61:41+	62:45+	63:16+											
03:51-	06:06+	04:10+	06:57+	04:18+	13:00-	02:00+	02:18+	03:26-	08:33+	02:17+	02:09-	02:36-	01:04+	00:31-											
00:22-	00:37#	00:18+	04:21@	00:47#	01:02-	00:09+	00:22#	00:24-	01:06#	00:02+	01:03-	00:18-	00:03+	00:04-											

Beste strekktid for klassen

03:51 05:29 03:52 02:36 03:31 12:58 01:51 01:56 03:20 07:27 02:15 02:09 02:36 01:01 00:31

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

H 17-AK

1	Peter Carlsen											133	59:42		
04:21=	09:01=	12:15=	29:26=	32:14=	38:34=	48:09=	50:41=	53:10=	55:13=	58:09=	59:03=	59:42=			
04:21=	04:40=	03:14=	17:11=	02:48=	06:20=	09:35=	02:32=	02:29=	02:03=	02:56=	00:54=	00:39=			
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	Sigurd Oxaas Wie					222					1:11:45				
05:00+	14:44+	20:11+	39:04+	42:59+	48:07+	60:21+	63:03+	65:10+	67:59+	70:06+	71:04+	71:45+			
05:00+	09:44+	05:27+	18:53+	03:55+	05:08-	12:14+	02:42+	02:07-	02:49+	02:07-	00:58+	00:41+			
00:39#	05:04@	02:13&	01:42+	01:07&	01:12-	02:39&	00:10+	00:22-	00:46&	00:49-	00:04+	00:02+			

3	Daniel Høyer Iversen											244	1:13:45		
04:13-	09:40+	13:21+	27:45-	31:36-	51:09+	60:25+	63:31+	67:05+	70:09+	72:09+	73:05+	73:45+			
04:13-	05:27+	03:41+	14:24-	03:51+	19:33+	09:16-	03:06+	03:34+	03:04+	02:00-	00:56+	00:40+			
00:08-	00:47#	00:27#	02:47-	01:03&	13:13@	00:19-	00:34#	01:05&	01:01&	00:56-	00:02+	00:01+			

4	Sverre Graffer					285					2:00:31				
20:10+	41:09+	48:10+	75:47+	80:07+	85:31+	104:47+	109:46+	112:45+	115:16+	118:29+	119:50+	120:31+			
20:10+	20:59+	07:01+	27:37+	04:20+	05:24-	19:16+	04:59+	02:59+	02:31+	03:13+	01:21+	00:41+			
15:49@	16:19@	03:47@	10:26&	01:32&	00:56-	09:41@	02:27&	00:30#	00:28#	00:17+	00:27&	00:02+			

Beste strekktid for klassen

04:13 04:40 03:14 14:24 02:48 05:08 09:16 02:32 02:07 02:03 02:00 00:54 00:39

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

H 17-B

1	Hallvard Augland										37											35:35																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
03:58=	09:08=	11:55=	14:56=	17:50=	25:16=	30:44=	34:07=	35:01=	35:35=																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										</

2	Kaspar Augland										37	43:38
11:26+	15:51+	18:32+	21:33+	24:48+	33:05+	38:06+	42:01+	43:01+	43:38+			
11:26+	04:25-	02:41-	03:01=	03:15+	08:17+	05:01-	03:55+	01:00+	00:37+			
07:28@	00:45-	00:06-	00:00=	00:21#	00:51#	00:27-	00:32#	00:06#	00:03+			

Pllass	Navn									Klasse	Tid
3	Jens Olav Hessen									329	48:53
	06:21+	15:53+	19:06+	22:28+	26:44+	36:41+	41:54+	46:56+	48:01+	48:53+	
	06:21+	09:32+	03:13+	03:22+	04:16+	09:57+	05:13-	05:02+	01:05+	00:52+	
	02:23&	04:22&	00:26#	00:21#	01:22&	02:31&	00:15-	01:39&	00:11#	00:18&	
4	Henrik Johannessen									41	58:48
	09:59+	25:28+	29:37+	32:09+	37:17+	48:25+	53:30+	57:16+	58:13+	58:48+	
	09:59+	15:29+	04:09+	02:32-	05:08+	11:08+	05:05-	03:46+	00:57+	00:35+	
	06:01@	10:19@	01:22&	00:29-	02:14&	03:42&	00:23-	00:23#	00:03+	00:01+	
5	Stig-Tore Pedersen									88	59:36
	08:07+	16:35+	21:18+	26:41+	33:10+	43:36+	50:55+	56:31+	58:24+	59:36+	
	08:07+	08:28+	04:43+	05:23+	06:29+	10:26+	07:19+	05:36+	01:53+	01:12+	
	04:09@	03:18&	01:56&	02:22&	03:35@	03:00&	01:51&	02:13&	00:59@	00:38@	

Beste strekktid for klassen

03:5804:2502:4102:3202:5407:2605:0103:2300:5400:34

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

H 17-C

1	Eivind Hemmingsen									334	43:07
	05:53=	12:15=	18:39=	22:52=	31:30=	36:12=	40:54=	42:22=	43:07=		
	05:53=	06:22=	06:24=	04:13=	08:38=	04:42=	04:42=	01:28=	00:45=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Gunnar Fosstveit									281	44:57
	06:39+	11:17-	20:18+	25:59+	32:59+	37:02+	42:58+	44:11+	44:57+		
	06:39+	04:38-	09:01+	05:41+	07:00-	04:03-	05:56+	01:13-	00:46+		
	00:46#	01:44-	02:37&	01:28&	01:38-	00:39-	01:14&	00:15-	00:01+		

Beste strekktid for klassen

05:5304:3806:2404:1307:0004:0304:4201:1300:45

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

H 17-N

1	Henning Kvaal-Tanguay									334	14:00
	01:21=	04:30=	07:30=	10:02=	11:56=	13:14=	14:00=				
	01:21=	03:09=	03:00=	02:32=	01:54=	01:18=	00:46=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

Beste strekktid for klassen

01:2103:0903:0002:3201:5401:1800:46

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

H 19-20

1	Vegard Gulbrandsen									26	56:35
	01:43=	03:07=	16:47=	18:54=	20:26=	25:38=	29:19=	41:07=	42:01=	44:01=	50:15=
	01:43=	01:24=	13:40=	02:07=	01:32=	05:12=	03:41=	11:48=	00:54=	02:00=	06:14=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arttu Taulavuori									1396	1:07:20
	02:53+	04:27+	20:24+	22:44+	24:19+	30:17+	34:24+	48:20+	49:28+	52:08+	59:06+
	02:53+	01:34+	15:57+	02:20+	01:35+	05:58+	04:07+	13:56+	01:08+	02:40+	06:58+
	01:10&	00:10#	02:17#	00:13#	00:03+	00:46#	00:26#	02:08#	00:14&	00:40&	00:44#
3	Mats Jørgen Nordmo Ingdal									218	1:07:50
	01:58+	03:36+	21:20+	23:44+	25:56+	31:49+	35:49+	48:51+	49:52+	52:15+	60:38+
	01:58+	01:38+	17:44+	02:24+	02:12+	05:53+	04:00+	13:02+	01:01+	02:23+	08:23+
	00:15#	00:14#	04:04&	00:17#	00:40&	00:41#	00:19+	01:14#	00:07#	00:23#	02:09&

Plass	Navn					Klasse					Tid					
4	Espen Samuelsen Skiri					45						1:08:06				
	02:21+	04:18+	21:40+	24:39+	26:34+	32:50+	37:02+	50:33+	51:35+	53:57+	60:39+	62:41+	64:27+	66:30+	67:32+	68:06+
	02:21+	01:57+	17:22+	02:59+	01:55+	06:16+	04:12+	13:31+	01:02+	02:22+	06:42+	02:02+	01:46+	02:03+	01:02+	00:34+
	00:38&	00:33&	03:42&	00:52&	00:23#	01:04#	00:31#	01:43#	00:08#	00:22#	00:28+	00:36&	00:22&	00:03+	00:02+	00:04#
5	Aapo Tonder					870						1:12:47				
	03:58+	05:30+	22:33+	25:36+	27:07+	36:58+	40:55+	54:56+	55:52+	58:16+	64:37+	66:49+	68:38+	70:53+	72:02+	72:47+
	03:58+	01:32+	17:03+	03:03+	01:31-	09:51+	03:57+	14:01+	00:56+	02:24+	06:21+	02:12+	01:49+	02:15+	01:09+	00:45+
	02:15@	00:08+	03:23#	00:56&	00:01-	04:39&	00:16+	02:13#	00:02+	00:24#	00:07+	00:46&	00:25&	00:15#	00:09#	00:15&
6	Hallvard Arntzen Foss					301						1:22:42				
	02:07+	03:46+	24:51+	31:18+	32:54+	44:02+	48:45+	62:57+	63:59+	66:38+	74:22+	76:17+	78:24+	80:43+	81:57+	82:42+
	02:07+	01:39+	21:05+	06:27+	01:36+	11:08+	04:43+	14:12+	01:02+	02:39+	07:44+	01:55+	02:07+	02:19+	01:14+	00:45+
	00:24#	00:15#	07:25&	04:20@	00:04+	05:56@	01:02&	02:24#	00:08#	00:39&	01:30#	00:29&	00:43&	00:19#	00:14#	00:15&
7	Sondre Lorentsen					254						1:23:29				
	02:06+	03:41+	27:07+	29:43+	31:29+	37:55+	42:44+	58:25+	59:44+	65:15+	73:55+	75:52+	77:51+	81:33+	82:47+	83:29+
	02:06+	01:35+	23:26+	02:36+	01:46+	06:26+	04:49+	15:41+	01:19+	05:31+	08:40+	01:57+	01:59+	03:42+	01:14+	00:42+
	00:23#	00:11#	09:46&	00:29#	00:14#	01:14#	01:08&	03:53&	00:25&	03:31@	02:26&	00:31&	00:35&	01:42&	00:14#	00:12&
Beste strekktid for klassen																
	01:43	01:24	13:40	02:07	01:31	05:12	03:41	11:48	00:54	02:00	06:14	01:26	01:24	02:00	00:55	00:30
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
H 21-																
1	Topi Anjala					760						1:00:08				
	01:58=	15:49=	17:57=	19:24=	22:43=	29:01=	39:29=	41:15=	43:05=	45:43=	47:36=	52:38=	54:08=	55:39=	57:07=	58:50=
	01:58=	13:51=	02:08=	01:27=	03:19=	06:18=	10:28=	01:46=	01:50=	02:38=	01:53=	05:02=	01:30=	01:31=	01:28=	01:43=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sami-Petteri Juopperi					502						1:00:40				
	01:53-	15:48-	17:50-	19:09-	22:40-	29:14+	40:16+	42:03+	43:59+	46:38+	48:32+	53:42+	55:11+	56:28+	57:54+	59:28+
	01:53-	13:55+	02:02-	01:19-	03:31+	06:34+	11:02+	01:47+	01:56+	02:39+	01:54+	05:10+	01:29-	01:17-	01:26-	01:34-
	00:05-	00:04+	00:06-	00:08-	00:12+	00:16+	00:34+	00:01+	00:06+	00:01+	00:01+	00:08+	00:01-	00:14-	00:02-	00:09-
3	Rasmus Rørholt Theisen					244						1:01:20				
	02:14+	16:17+	18:12+	19:32+	22:54+	28:58-	39:37+	41:27+	43:15+	46:02+	48:11+	53:46+	55:10+	56:40+	58:17+	60:02+
	02:14+	14:03+	01:55-	01:20-	03:22+	06:04-	10:39+	01:50+	01:48-	02:47+	02:09+	05:35+	01:24-	01:30-	01:37+	01:45+
	00:16#	00:12+	00:13-	00:07-	00:03+	00:14-	00:11+	00:04+	00:02-	00:09+	00:16#	00:33#	00:06-	00:01-	00:09#	00:02+
4	Anders Vister					245						1:01:25				
	02:10+	16:17+	18:24+	19:47+	23:17+	29:39+	40:27+	42:10+	44:05+	46:41+	48:50+	54:33+	55:56+	57:18+	58:47+	60:09+
	02:10+	14:07+	02:07-	01:23-	03:30+	06:22+	10:48+	01:43-	01:55+	02:36-	02:09+	05:43+	01:23-	01:22-	01:29+	01:22-
	00:12#	00:16+	00:01-	00:04-	00:11+	00:04+	00:20+	00:03-	00:05+	00:02-	00:16#	00:41#	00:07-	00:09-	00:01+	00:21-
5	Johan Ek-Larsson					559						1:02:33				
	02:28+	16:15+	18:16+	19:32+	23:02+	29:21+	40:25+	42:13+	43:59+	46:38+	48:54+	54:54+	56:30+	57:55+	59:52+	61:16+
	02:28+	13:47-	02:01-	01:16-	03:30+	06:19+	11:04+	01:48+	01:46-	02:39+	02:16+	06:00+	01:36+	01:25-	01:57+	01:24-
	00:30&	00:04-	00:07-	00:11-	00:11+	00:01+	00:36+	00:02+	00:04-	00:01+	00:23#	00:58#	00:06+	00:06-	00:29&	00:19-
6	Topi Penttinen					1268						1:02:43				
	02:03+	16:50+	19:15+	20:54+	24:31+	31:57+	42:45+	44:25+	46:10+	49:05+	50:54+	55:55+	57:23+	58:35+	60:11+	61:34+
	02:03+	14:47+	02:25+	01:39+	03:37+	07:26+	10:48+	01:40-	01:45-	02:55+	01:49-	05:01-	01:28-	01:12-	01:36+	01:23-
	00:05+	00:56+	00:17#	00:12#	00:18+	01:08#	00:20+	00:06-	00:05-	00:17#	00:04-	00:01-	00:02-	00:19-	00:08+	00:20-
7	Halvor Eid Nielsen					991						1:05:18				
	01:53-	16:35+	18:29+	20:13+	24:01+	30:27+	41:37+	43:23+	45:15+	48:32+	51:01+	57:20+	58:58+	60:27+	62:13+	63:53+
	01:53-	14:42+	01:54-	01:44+	03:48+	06:26+	11:10+	01:46=	01:52+	03:17+	02:29+	06:19+	01:38+	01:29-	01:46+	01:40-
	00:05-	00:51+	00:14-	00:17#	00:29#	00:08+	00:42+	00:00=	00:02+	00:39#	00:36&	01:17&	00:08+	00:02-	00:18#	00:03-
8	Fredrik Eliasson					101						1:05:20				
	02:52+	18:49+	21:24+	22:52+	26:41+	33:08+	43:23+	45:16+	47:15+	49:55+	52:10+	57:56+	59:21+	60:49+	62:27+	63:58+
	02:52+	15:57+	02:35+	01:28+	03:49+	06:27+	10:15-	01:53+	01:59+	02:40+	02:15+	05:46+	01:25-	01:28-	01:38+	01:31-
	00:54&	02:06#	00:27#	00:01+	00:30#	00:09+	00:13-	00:07+	00:09+	00:02+	00:22#	00:44#	00:05-	00:03-	00:10#	00:12-
9	Rune Nygaard					142						1:05:49				
	02:10+	16:58+	19:07+	20:39+	24:35+	30:57+	42:23+	44:09+	46:13+	48:58+	51:15+	57:47+	59:22+	60:47+	62:25+	64:15+
	02:10+	14:48+	02:09+	01:32+	03:56+	06:22+	11:26+	01:46=	02:04+	02:45+	02:17+	06:32+	01:35+	01:25-	01:38+	01:50+
	00:12#	00:57+	00:01+	00:05+	00:37#	00:04+	00:58+	00:00=	00:14#	00:07+	00:24#	01:30&	00:05+	00:06-	00:10#	00:07+

Plass	Navn				Klasse				Tid			
10	Antti Vainio				440				1:06:13			
02:14+	17:34+	19:49+	21:16+	24:56+	32:28+	43:48+	45:37+	47:42+	50:29+	52:33+	58:38+	60:06+
02:14+	15:20+	02:15+	01:27=	03:40+	07:32+	11:20+	01:49+	02:05+	02:47+	02:04+	06:05+	01:28-
00:16#	01:29#	00:07+	00:00=	00:21#	01:14#	00:52+	00:03+	00:15#	00:09+	00:11+	01:03#	00:02-
11	Daniel Carløy Skjønsgjell				239				1:06:46			
02:43+	17:55+	20:04+	21:20+	24:35+	36:38+	46:47+	48:27+	50:12+	53:00+	54:50+	60:00+	61:25+
02:43+	15:12+	02:09+	01:16-	03:15-	12:03+	10:09-	01:40-	01:45-	02:48+	01:50-	05:10+	01:25-
00:45&	01:21+	00:01+	00:11-	00:04-	05:45&	00:19-	00:06-	00:05-	00:10+	00:03-	00:08+	00:05-
12	Erling Sommerfeldt				448				1:08:20			
02:58+	19:08+	21:24+	22:44+	27:02+	33:47+	44:58+	46:45+	48:48+	52:03+	54:04+	60:24+	62:03+
02:58+	16:10+	02:16+	01:20-	04:18+	06:45+	11:11+	01:47+	02:03+	03:15+	02:01+	06:20+	01:39+
01:00&	02:19#	00:08+	00:07-	00:59&	00:27+	00:43+	00:01+	00:13#	00:37#	00:08+	01:18&	00:09#
13	Juho-Matti Taivainen				1412				1:08:45			
02:11+	17:59+	20:26+	21:54+	25:54+	32:29+	44:35+	46:30+	48:31+	51:26+	53:37+	60:07+	61:59+
02:11+	15:48+	02:27+	01:28+	04:00+	06:35+	12:06+	01:55+	02:01+	02:55+	02:11+	06:30+	01:52+
00:13#	01:57#	00:19#	00:01+	00:41#	00:17+	01:38#	00:09+	00:11#	00:17#	00:18#	01:28&	00:22#
14	Tuomas Fjällström				1071				1:09:01			
02:25+	19:45+	22:04+	23:27+	27:13+	35:18+	47:32+	49:42+	52:00+	55:05+	56:56+	62:02+	63:25+
02:25+	17:20+	02:19+	01:23-	03:46+	08:05+	12:14+	02:10+	02:18+	03:05+	01:51-	05:06+	01:23-
00:27#	03:29&	00:11+	00:04-	00:27#	01:47&	01:46#	00:24#	00:28&	00:27#	00:02-	00:04+	00:07-
15	Jakob Wallenhammar				726				1:09:07			
05:41+	20:57+	23:15+	24:36+	28:23+	35:10+	47:06+	48:52+	50:49+	54:13+	56:16+	61:40+	63:14+
05:41+	15:16+	02:18+	01:21-	03:47+	06:47+	11:56+	01:46=	01:57+	03:24+	02:03+	05:24+	01:34+
03:43@	01:25#	00:10+	00:06-	00:28#	00:29+	01:28#	00:00=	00:07+	00:46&	00:10+	00:22+	00:04+
16	Sverre Turtur Sandvold				244				1:09:11			
02:12+	17:44+	19:57+	21:28+	25:07+	32:10+	43:55+	45:46+	47:49+	51:47+	54:02+	60:48+	62:28+
02:12+	15:32+	02:13+	01:31+	03:39+	07:03+	11:45+	01:51+	02:03+	03:58+	02:15+	06:46+	01:40+
00:14#	01:41#	00:05+	00:04+	00:20#	00:45#	01:17#	00:05+	00:13#	01:20&	00:22#	01:44&	00:10#
17	Carl Henrik Bjørseth				264				1:09:24			
02:04+	17:56+	20:23+	21:44+	25:45+	32:45+	44:59+	46:54+	48:57+	52:22+	54:35+	61:02+	62:46+
02:04+	15:52+	02:27+	01:21-	04:01+	07:00+	12:14+	01:55+	02:03+	03:25+	02:13+	06:27+	01:44+
00:06+	02:01#	00:19#	00:06-	00:42#	00:42#	01:46#	00:09+	00:13#	00:47&	00:20#	01:25&	00:14#
18	Håvard Krey Hansen				254				1:09:35			
02:23+	18:14+	20:14+	21:41+	27:23+	34:27+	46:40+	48:29+	50:29+	53:30+	55:41+	61:42+	63:25+
02:23+	15:51+	02:00-	01:27=	05:42+	07:04+	12:13+	01:49+	02:00+	03:01+	02:11+	06:01+	01:43+
00:25#	02:00#	00:08-	00:00=	02:23&	00:46#	01:45#	00:03+	00:10+	00:23#	00:18#	00:59#	00:13#
19	Miika Hernelahti				551				1:09:44			
02:15+	18:14+	20:25+	21:52+	25:32+	32:34+	44:29+	46:45+	48:55+	51:55+	54:21+	60:34+	62:32+
02:15+	15:59+	02:11+	01:27=	03:40+	07:02+	11:55+	02:16+	02:10+	03:00+	02:26+	06:13+	01:58+
00:17#	02:08#	00:03+	00:00=	00:21#	00:44#	01:27#	00:30&	00:20#	00:22#	00:33&	01:11#	00:28&
20	Jere Sipponen				430				1:10:03			
02:09+	18:20+	20:28+	22:03+	26:20+	34:19+	45:52+	47:37+	49:39+	53:53+	56:38+	62:38+	64:13+
02:09+	16:11+	02:08=	01:35+	04:17+	07:59+	11:33+	01:45-	02:02+	04:14+	02:45+	06:00+	01:35+
00:11+	02:20#	00:00=	00:08+	00:58&	01:41&	01:05#	00:01-	00:12#	01:36&	00:52&	00:58#	00:05+
21	Jukka-Pekka Seppänen				1057				1:10:17			
02:10+	18:22+	20:59+	22:28+	26:42+	34:31+	46:59+	48:57+	51:11+	54:10+	56:19+	62:11+	63:51+
02:10+	16:12+	02:37+	01:29+	04:14+	07:49+	12:28+	01:58+	02:14+	02:59+	02:09+	05:52+	01:40+
00:12#	02:21#	00:29#	00:02+	00:55&	01:31#	02:00#	00:12#	00:24#	00:21#	00:16#	00:50#	00:10#
22	Olav Johannes Deelstra				268				1:11:40			
02:35+	19:17+	21:42+	23:11+	27:17+	34:43+	47:04+	49:09+	51:20+	54:22+	56:46+	63:09+	64:48+
02:35+	16:42+	02:25+	01:29+	04:06+	07:26+	12:21+	02:05+	02:11+	03:02+	02:24+	06:23+	01:39+
00:37&	02:51#	00:17#	00:02+	00:47#	01:08#	01:53#	00:19#	00:21#	00:24#	00:31&	01:21&	00:09#
23	Hans Petter Mathisen				82				1:12:26			
02:22+	18:57+	21:18+	23:23+	27:51+	35:19+	47:24+	49:26+	51:41+	54:50+	57:05+	63:37+	65:21+
02:22+	16:35+	02:21+	02:05+	04:28+	07:28+	12:05+	02:02+	02:15+	03:09+	02:15+	06:32+	01:44+
00:24#	02:44#	00:13#	00:38&	01:09&	01:10#	01:37#	00:16#	00:25#	00:31#	00:22#	01:30&	00:14#
24	Jakob Kalvig Skogan				244				1:14:20			
02:43+	20:11+	22:39+	25:01+	29:50+	36:55+	48:57+	51:06+	53:36+	57:05+	59:37+	66:00+	67:45+
02:43+	17:28+	02:28+	02:22+	04:49+	07:05+	12:02+	02:09+	02:30+	03:29+	02:32+	06:23+	01:45+
00:45&	03:37&	00:20#	00:55&	01:30&	00:47#	01:34#	00:23#	00:40&	00:51&	00:39&	01:21&	00:15#

Plass	Navn				Klasse				Tid			
25	Tapio Haarlaa				531				1:15:38			
02:04+	18:46+	21:10+	22:43+	27:22+	35:46+	48:44+	50:54+	53:09+	56:19+	58:43+	65:52+	68:09+
02:04+	16:42+	02:24+	01:33+	04:39+	08:24+	12:58+	02:10+	02:15+	03:10+	02:24+	07:09+	02:17+
00:06+	02:51#	00:16#	00:06+	01:20&	02:06&	02:30#	00:24#	00:25#	00:32#	00:31&	02:07&	00:47&
00:12#	00:25&	00:23#	00:17&	00:12&								
26	Eero-Matti Vainio				440				1:15:54			
02:11+	18:39+	20:58+	22:18+	26:32+	34:17+	47:31+	49:35+	51:42+	54:42+	56:50+	64:10+	65:56+
02:11+	16:28+	02:19+	01:20+	04:14+	07:45+	13:14+	02:04+	02:07+	03:00+	02:08+	07:20+	01:46+
00:13#	02:37#	00:11+	00:07-	00:55&	01:27#	02:46&	00:18#	00:17#	00:22#	00:15#	02:18&	00:16#
00:00=	04:13@	00:17-	00:07#	00:05-								
27	Panu Teittinen				555				1:17:21			
03:27+	20:28+	23:04+	24:29+	29:12+	37:00+	49:02+	51:04+	53:15+	56:47+	60:28+	67:08+	69:17+
03:27+	17:01+	02:36+	01:25-	04:43+	07:48+	12:02+	02:02+	02:11+	03:32+	03:41+	06:40+	02:09+
01:29&	03:10#	00:28#	00:02-	01:24&	01:30#	01:34#	00:16#	00:21#	00:54&	01:48&	01:38&	00:39&
00:19#	00:39&	00:19#	00:39&	00:37&	00:19&	00:19&						
28	Rasmus Larsson				1003				1:18:38			
02:37+	21:13+	24:01+	25:42+	30:26+	38:55+	52:37+	54:44+	57:12+	60:30+	63:01+	70:12+	71:57+
02:37+	18:36+	02:48+	01:41+	04:44+	08:29+	13:42+	02:07+	02:28+	03:18+	02:31+	07:11+	01:45+
00:39&	04:45&	00:40&	00:14#	01:25&	02:11&	03:14&	00:21#	00:38&	00:40&	00:38&	02:09&	00:15#
00:02+	00:22#	00:04+	00:10#	00:03+								
29	Harald Kalager				244				1:20:30			
02:58+	20:01+	22:35+	24:26+	28:43+	36:07+	49:36+	51:48+	54:08+	57:20+	61:15+	69:04+	71:29+
02:58+	17:03+	02:34+	01:51+	04:17+	07:24+	13:29+	02:12+	02:20+	03:12+	03:55+	07:49+	02:25+
01:00&	03:12#	00:26#	00:24&	00:58&	01:06#	03:01&	00:26#	00:30&	00:34#	02:02@	02:47&	00:55&
00:48&	00:53&	00:42&	00:26&	00:12&								
30	Markus Glad				245				1:20:38			
03:09+	23:03+	26:08+	28:01+	33:45+	42:24+	55:30+	57:44+	60:09+	63:37+	66:24+	72:47+	74:18+
03:09+	19:54+	03:05+	01:53+	05:44+	08:39+	13:06+	02:14+	02:25+	03:28+	02:47+	06:23+	01:31+
01:11&	06:03&	00:57&	00:26&	02:25&	02:21&	02:38&	00:28&	00:35&	00:50&	00:54&	01:21&	00:01+
00:03-	00:04+	00:11#	00:11&	00:03-								
31	Kari Kokkinen				1418				1:21:19			
03:21+	21:15+	24:05+	26:40+	31:15+	41:46+	56:08+	58:07+	60:28+	64:03+	66:33+	72:48+	74:32+
03:21+	17:54+	02:50+	02:35+	04:35+	10:31+	14:22+	01:59+	02:21+	03:35+	02:30+	06:15+	01:44+
01:23&	04:03&	00:42&	01:08&	01:16&	04:13&	03:54&	00:13#	00:31&	00:57&	00:37&	01:13#	00:14#
00:07+	00:18#	00:08+	00:10#	00:04#								
32	Cillin Corbett				1198				1:22:36			
02:35+	20:34+	23:01+	25:23+	31:14+	40:22+	55:35+	57:48+	60:07+	63:20+	65:44+	72:47+	74:47+
02:35+	17:59+	02:27+	02:22+	05:51+	09:08+	15:13+	02:13+	02:19+	03:13+	02:24+	07:03+	02:00+
00:37&	04:08&	00:19#	00:55&	02:32&	02:50&	04:45&	00:27&	00:29&	00:35#	00:31&	02:01&	00:30&
00:45&	00:32&	00:12#	00:16&	00:04#								
33	Martin Ankel				1003				1:25:42			
05:09+	22:46+	27:03+	28:14+	32:55+	41:35+	55:08+	58:11+	60:36+	65:18+	68:32+	76:12+	78:05+
05:09+	17:37+	04:17+	01:11-	04:41+	08:40+	13:33+	03:03+	02:25+	04:42+	03:14+	07:40+	01:53+
03:11@	03:46&	02:09@	00:16-	01:22&	02:22&	03:05&	01:17&	00:35&	02:04&	01:21&	02:38&	00:23&
00:29&	00:07&	00:04-	00:04+	00:01+								
34	Anders Dahlin				1417				1:26:46			
02:48+	22:32+	24:51+	26:56+	31:26+	40:57+	55:50+	58:19+	61:07+	67:20+	70:01+	76:42+	78:39+
02:48+	19:44+	02:19+	02:05+	04:30+	09:31+	14:53+	02:29+	02:48+	06:13+	02:41+	06:41+	01:57+
00:50&	05:53&	00:11+	00:38&	01:11&	03:13&	04:25&	00:43&	00:58&	03:35@	00:48&	01:39&	00:27&
00:33&	00:46&	00:28&	00:10#	00:10&								
35	Bjørn Johannessen Field				141				1:27:04			
03:09+	22:10+	24:50+	26:34+	31:10+	39:48+	55:05+	57:50+	60:25+	63:44+	67:00+	76:14+	78:28+
03:09+	19:01+	02:40+	01:44+	04:36+	08:38+	15:17+	02:45+	02:35+	03:19+	03:16+	09:14+	02:14+
01:11&	05:10&	00:32#	00:17#	01:17&	02:20&	04:49&	00:59&	00:45&	00:41&	01:23&	04:12&	00:44&
00:51&	00:59&	00:35&	00:12&	00:01-								
36	Jacob Berg Lofthus				244				1:28:03			
03:08+	24:17+	26:49+	28:22+	32:53+	41:40+	57:21+	59:42+	62:16+	66:48+	69:37+	78:36+	80:28+
03:08+	21:09+	02:32+	01:33+	04:31+	08:47+	15:41+	02:21+	02:34+	04:32+	02:49+	08:59+	01:52+
01:10&	07:18&	00:24#	00:06+	01:12&	02:29&	05:13&	00:35&	00:44&	01:54&	00:56&	03:57&	00:22#
00:28&	00:24&	00:24&										
37	Vegar Skildheim				146				1:29:50			
03:35+	21:24+	24:58+	26:08+	30:36+	37:42+	50:20+	52:22+	56:45+	69:37+	71:57+	79:04+	81:15+
03:35+	17:49+	03:34+	01:10-	04:28+	07:06+	12:38+	02:02+	04:23+	12:52+	02:20+	07:07+	02:11+
01:37&	03:58&	01:26&	00:17-	01:09&	00:48#	02:10#	00:16#	02:33@	10:14@	00:27#	02:05&	00:41&
00:23&	01:01&	01:01&	00:04+	00:06#								
38	Teemu Niskanen				655				1:30:40			
03:51+	24:22+	27:42+	29:31+	34:40+	43:15+	58:37+	61:04+	63:50+	68:20+	71:35+	78:30+	80:53+
03:51+	20:31+	03:20+	01:49+	05:09+	08:35+	15:22+	02:27+	02:46+	04:30+	03:15+	06:55+	02:23+
01:53&	06:40&	01:12&	00:22&	01:50&	02:17&	04:54&	00:41&	00:56&	01:52&	01:22&	01:53&	00:53&
00:58&	00:53&	00:50&	00:36&	00:30&								
39	Sven-Are Paulsen				35				1:31:39			
04:30+	23:06+	32:22+	34:08+	45:08+	52:25+	62:54+	64:38+	66:38+	70:13+	74:56+	82:56+	84:41+
04:30+	18:36+	09:16+	01:46+	11:00+	07:17+	10:29+	01:44-	02:00+	03:35+	04:43+	08:00+	01:45+
02:32@	04:45&	07:08@	00:19#	07:41@	00:59#	00:01+	00:02-	00:10+	00:57&	02:50@	02:58&	00:15#
00:34&	00:12#	00:00=	00:09#	00:03+								

Pllass	Navn										Klasse										Tid										
40	Evaldas Jadenkus										1382										1:36:21										
03:04+	23:34+	27:03+	29:27+	34:46+	44:14+	59:49+	62:17+	65:07+	69:05+	75:54+	83:56+	85:53+	88:57+	92:05+	94:40+	95:36+	96:21+														
03:04+	20:30+	03:29+	02:24+	05:19+	09:28+	15:35+	02:28+	02:50+	03:58+	06:49+	08:02+	01:57+	03:04+	03:08+	02:35+	00:56+	00:45+														
01:06&	06:39&	01:21&	00:57&	02:00&	03:10&	05:07&	00:42&	01:00&	01:20&	04:56@	03:00&	00:27&	01:33@	01:40@	00:52&	00:14&	00:09#														
41	Håvar Østvik										35										1:48:47										
03:00+	28:20+	32:43+	35:35+	41:17+	51:04+	67:45+	70:11+	72:40+	75:58+	79:39+	96:25+	98:56+	101:27+	104:08+	106:59+	108:04+	108:47+														
03:00+	25:20+	04:23+	02:52+	05:42+	09:47+	16:41+	02:26+	02:29+	03:18+	03:41+	16:46+	02:31+	02:31+	02:41+	02:51+	01:05+	00:43+														
01:02&	11:29&	02:15@	01:25&	02:23&	03:29&	06:13&	00:40&	00:39&	00:40&	01:48&	11:44@	01:01&	01:00&	01:13&	01:08&	00:23&	00:07#														
Beste strekktid for klassen																															
01:53	13:47	01:54	01:10	03:15	06:04	10:09	01:40	01:45	02:36	01:49	05:01	01:23	01:11	01:26	01:22	00:38	00:29														

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

H 35-

1	Teemu Laasanen										1397										1:01:43									
02:18=	03:44=	18:51=	21:26=	23:06=	28:16=	31:43=	44:03=	45:10=	47:36=	54:18=	56:18=	57:54=	60:04=	61:04=	61:43=															
02:18=	01:26=	15:07=	02:35=	01:40=	05:10=	03:27=	12:20=	01:07=	02:26=	06:42=	02:00=	01:36=	02:10=	01:00=	00:39=															
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	Runar Johansen										146										1:16:57									
02:29+	04:24+	22:45+	26:44+	28:38+	35:09+	39:35+	54:43+	56:02+	58:52+	67:42+	69:51+	71:58+	75:05+	76:14+	76:57+															
02:29+	01:55+	18:21+	03:59+	01:54+	06:31+	04:26+	15:08+	01:19+	02:50+	08:50+	02:09+	02:07+	03:07+	01:09+	00:43+															
00:11+	00:29&	03:14#	01:24&	00:14#	01:21&	00:59&	02:48#	00:12#	00:24#	02:08&	00:09+	00:31&	00:57&	00:09#	00:04#															
3	Juha Vierinen										146										1:18:43									
02:55+	04:40+	24:59+	28:31+	30:44+	37:04+	41:52+	57:12+	58:33+	61:28+	68:56+	71:36+	73:41+	76:55+	77:49+	78:43+															
02:55+	01:45+	20:19+	03:32+	02:13+	06:20+	04:48+	15:20+	01:21+	02:55+	07:28+	02:40+	02:05+	03:14+	00:54-	00:54+															
00:37&	00:19#	05:12&	00:57&	00:33&	01:10#	01:21&	03:00#	00:14#	00:29#	00:46#	00:40&	00:29&	01:04&	00:06-	00:15&															
4	Petri Kuva										1397										1:31:45									
02:44+	04:30+	27:22+	30:24+	33:09+	42:18+	47:19+	66:17+	68:00+	71:59+	80:19+	82:38+	84:42+	89:30+	90:59+	91:45+															
02:44+	01:46+	22:52+	03:02+	02:45+	09:09+	05:01+	18:58+	01:43+	03:59+	08:20+	02:19+	02:04+	04:48+	01:29+	00:46+															
00:26#	00:20#	07:45&	00:27#	01:05&	03:59&	01:34&	06:38&	00:36&	01:33&	01:38#	00:19#	00:28&	02:38@	00:29&	00:07#															
5	Knut Øyvind Johansen										35										1:33:57									
03:04+	05:27+	25:59+	29:06+	31:45+	38:14+	43:37+	64:06+	66:02+	69:36+	81:46+	84:23+	87:55+	91:27+	93:08+	93:57+															
03:04+	02:23+	20:32+	03:07+	02:39+	06:29+	05:23+	20:29+	01:56+	03:34+	12:10+	02:37+	03:32+	03:32+	01:41+	00:49+															
00:46&	00:57&	05:25&	00:32#	00:59&	01:19&	01:56&	08:09&	00:49&	01:08&	05:28&	00:37&	01:56@	01:22&	00:41&	00:10&															

Beste strekktid for klassen																															
02:18	01:26	15:07	02:35	01:40	05:10	03:27	12:20	01:07	02:26	06:42	02:00	01:36	02:10	00:54	00:39																

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

H 40-

1	Nick Barrable										663										54:14										
03:38=	08:36=	12:08=	14:23=	19:33=	31:07=	33:00=	34:54=	37:57=	45:41=	47:54=	50:17=	52:41=	53:38=	54:14=																	
03:38=	04:58=	03:32=	02:15=	05:10=	11:34=	01:53=	01:54=	03:03=	07:44=	02:13=	02:23=	02:24=	00:57=	00:36=																	
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	Finn Terje Uberg										189										55:42										
03:26-	09:26+	13:27+	16:06+	19:59+	32:02+	34:13+	36:32+	39:30+	46:55+	49:08+	51:16+	53:45+	54:56+	55:42+																	
03:26-	06:00+	04:01+	02:39+	03:53-	12:03+	02:11+	02:19+	02:58-	07:25-	02:13=	02:08-	02:29+	01:11+	00:46+																	
00:12-	01:02#	00:29#	00:24#	01:17-	00:29+	00:18#	00:25#	00:05-	00:19-	00:00=	00:15-	00:05+	00:14#	00:10&																	
3	Ottar K Kvaal										334										59:06										
04:02+	09:36+	13:33+	16:04+	20:37+	33:43+	35:59+	38:29+	42:16+	50:44+	53:00+	55:02+	57:32+	58:31+	59:06+																	
04:02+	05:34+	03:57+	02:31+	04:33-	13:06+	02:16+	02:30+	03:47+	08:28+	02:16+	02:02-	02:30+	00:59+	00:35-																	
00:24#	00:36#	00:25#	00:16#	00:37-	01:32#	00:23#	00:36&	00:44#	00:44+	00:03+	00:21-	00:06+	00:02+	00:01-																	
4	Sami Levijoki										1057										1:00:15										
03:57+	09:44+	13:57+	16:42+	20:51+	34:25+	36:30+	38:54+	42:28+	51:43+	53:53+	55:55+	58:25+	59:29+	60:15+																	
03:57+	05:47+	04:13+	02:45+	04:09-	13:34+	02:05+	02:24+	03:34+	09:15+	02:10-	02:02-	02:30+	01:04+	00:46+																	
00:19+	00:49#	00:41#	00:30#	01:01-	02:00#	00:12#	00:30&	00:31#	01:31#	00:03-	00:21-	00:06+	00:07#	00:10&																	

Plass	Navn				Klasse				Tid			
5	Trond Døskeland				69				1:04:24			
04:37+	11:23+	16:01+	19:21+	24:44+	38:54+	41:02+	43:31+	46:57+	56:04+	58:10+	60:10+	62:33+
04:37+	06:46+	04:38+	03:20+	05:23+	14:10+	02:08+	02:29+	03:26+	09:07+	02:06-	02:00-	02:23-
00:59&	01:48&	01:06&	01:05&	00:13+	02:36#	00:15#	00:35&	00:23#	01:23#	00:07-	00:23-	00:01-
00:06#	00:12&											
6	Amund Beitnes				649				1:04:47			
04:17+	10:49+	15:23+	18:31+	23:29+	37:26+	39:32+	42:17+	46:04+	55:23+	57:43+	60:12+	62:46+
04:17+	06:32+	04:34+	03:08+	04:58-	13:57+	02:06+	02:45+	03:47+	09:19+	02:20+	02:29+	02:34+
00:39#	01:34&	01:02&	00:53&	00:12-	02:23#	00:13#	00:51&	00:44#	01:35#	00:07+	00:06+	00:10+
00:18&	00:10&											
7	Miko Saarilaakso				1403				1:05:09			
04:16+	10:19+	14:32+	18:33+	23:17+	37:21+	39:33+	42:04+	45:45+	55:05+	58:21+	60:45+	63:21+
04:16+	06:03+	04:13+	04:01+	04:44-	14:04+	02:12+	02:31+	03:41+	09:20+	03:16+	02:24+	02:36+
00:38#	01:05#	00:41#	01:46&	00:26-	02:30#	00:19#	00:37&	00:38#	01:36#	01:03&	00:01+	00:12+
00:11#	00:04#											
8	Henning Spjelkavik				163				1:08:02			
03:46+	10:08+	14:50+	18:22+	22:59+	38:15+	40:41+	44:17+	47:56+	58:16+	60:41+	63:02+	66:02+
03:46+	06:22+	04:42+	03:32+	04:37-	15:16+	02:26+	03:36+	03:39+	10:20+	02:25+	02:21-	03:00+
00:08+	01:24&	01:10&	01:17&	00:33-	03:42&	00:33&	01:42&	00:36#	02:36&	00:12+	00:02-	00:36#
00:21&	00:06#											
9	Juha Rantala				655				1:08:22			
04:38+	11:17+	16:02+	19:56+	24:27+	38:39+	41:34+	44:11+	47:59+	58:08+	60:42+	63:37+	66:22+
04:38+	06:39+	04:45+	03:54+	04:31-	14:12+	02:55+	02:37+	03:48+	10:09+	02:34+	02:55+	02:45+
01:00&	01:41&	01:13&	01:39&	00:39-	02:38#	01:02&	00:43&	00:45#	02:25&	00:21#	00:32#	00:21#
00:13#	00:14&											
10	Helge Midttun				35				1:10:22			
04:32+	10:41+	15:32+	18:56+	23:10+	38:14+	40:55+	43:44+	47:42+	58:11+	60:54+	64:43+	68:14+
04:32+	06:09+	04:51+	03:24+	04:14-	15:04+	02:41+	02:49+	03:58+	10:29+	02:43+	03:49+	03:31+
00:54#	01:11#	01:19&	01:09&	00:56-	03:30&	00:48&	00:55&	00:55&	02:45&	00:30#	01:26&	01:07&
00:23&	00:12&											
11	Tomi Rinne				1404				1:11:49			
06:15+	13:00+	18:03+	21:38+	26:32+	41:12+	43:56+	48:02+	51:42+	61:30+	64:22+	66:57+	69:56+
06:15+	06:45+	05:03+	03:35+	04:54-	14:40+	02:44+	04:06+	03:40+	09:48+	02:52+	02:35+	02:59+
02:37&	01:47&	01:31&	01:20&	00:16-	03:06&	00:51&	02:12@	00:37#	02:04&	00:39&	00:12+	00:35#
00:19&	00:01+											
12	Gennady Bogopolskiy				927				1:21:19			
06:03+	12:44+	17:17+	20:27+	25:18+	41:27+	43:32+	46:07+	56:27+	71:06+	73:38+	76:43+	79:35+
06:03+	06:41+	04:33+	03:10+	04:51-	16:09+	02:05+	02:35+	10:20+	14:39+	02:32+	03:05+	02:52+
02:25&	01:43&	01:01&	00:55&	00:19-	04:35&	00:12#	00:41&	07:17@	06:55&	00:19#	00:42&	00:28#
00:08#	00:03+											
13	Jyri Myllymäki				759				1:22:54			
05:08+	12:15+	17:27+	20:52+	26:09+	43:26+	46:08+	49:16+	53:41+	71:05+	73:49+	77:14+	80:43+
05:08+	07:07+	05:12+	03:25+	05:17+	17:17+	02:42+	03:08+	04:25+	17:24+	02:44+	03:25+	03:29+
01:30&	02:09&	01:40&	01:10&	00:07+	05:43&	00:49&	01:14&	01:22&	09:40@	00:31#	01:02&	01:05&
00:23&	00:15&											
14	Atle Pedersen				80				1:27:04			
08:52+	15:27+	20:08+	24:02+	28:10+	42:52+	45:46+	48:20+	51:38+	76:18+	78:32+	82:25+	85:35+
08:52+	06:35+	04:41+	03:54+	04:08-	14:42+	02:54+	02:34+	03:18+	24:40+	02:14+	03:53+	03:10+
05:14@	01:37&	01:09&	01:39&	01:02-	03:08&	01:01&	00:40&	00:15+	16:56@	00:01+	01:30&	00:46&
00:04-	00:00=											
15	Espen Johannessen				41				1:27:36			
05:31+	12:45+	19:23+	23:06+	27:51+	46:55+	49:10+	51:47+	56:17+	74:22+	78:45+	81:51+	85:41+
05:31+	07:14+	06:38+	03:43+	04:45-	19:04+	02:15+	02:37+	04:30+	18:05+	04:23+	03:06+	03:50+
01:53&	02:16&	03:06&	01:28&	00:25-	07:30&	00:22#	00:43&	01:27&	10:21@	02:10&	00:43&	01:26&
00:18&	00:04#											
16	Anthony Covey-Crump				1395				1:51:28			
09:54+	19:32+	27:44+	32:09+	39:03+	61:42+	65:22+	69:54+	76:05+	94:02+	98:16+	103:59+	108:49+
09:54+	09:38+	08:12+	04:25+	06:54+	22:39+	03:40+	04:32+	06:11+	17:57+	04:14+	05:43+	04:50+
06:16@	04:40&	04:40@	02:10&	01:44&	11:05&	01:47&	02:38@	03:08@	10:13@	02:01&	03:20@	02:26@
00:39&	00:27&											
Beste strekktid for klassen												
03:26	04:58	03:32	02:15	03:53	11:34	01:53	01:54	02:58	07:25	02:06	02:00	02:23
00:53	00:35											

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

H 45-

1	Leiv-Terje Arnevik				341				49:05			
02:01=	07:16=	10:56=	13:27=	17:21=	28:48=	29:33=	32:33=	34:45=	40:45=	42:30=	44:19=	45:58=
02:01=	05:15=	03:40=	02:31=	03:54=	11:27=	00:45=	03:00=	02:12=	06:00=	01:45=	01:49=	01:39=
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=
00:45=	00:34=											

Plass	Navn				Klasse				Tid			
2	Thomas Frost				21				49:22			
02:16+	07:12-	10:52-	13:31+	17:14-	29:09+	29:53+	32:58+	35:09+	40:57+	42:38+	44:08-	46:02+
02:16+	04:56-	03:40=	02:39+	03:43-	11:55+	00:44-	03:05+	02:11-	05:48-	01:41-	01:30-	01:54+
00:15#	00:19-	00:00=	00:08+	00:11-	00:28+	00:01-	00:05+	00:01-	00:12-	00:04-	00:19-	00:15#
00:02+	00:05#	00:06#										
3	Jesper David Jensen				434				53:27			
04:06+	09:40+	13:16+	15:35+	19:46+	31:47+	32:36+	36:06+	38:32+	44:14+	46:20+	47:55+	49:51+
04:06+	05:34+	03:36-	02:19-	04:11+	12:01+	00:49+	03:30+	02:26+	05:42-	02:06+	01:35-	01:56+
02:05@	00:19+	00:04-	00:12-	00:17+	00:34+	00:04+	00:30#	00:14#	00:18-	00:21#	00:14-	00:17#
00:12#	00:09#	00:08#										
4	Jon Magne Svendsbøe				377				55:43			
02:39+	09:18+	13:16+	16:05+	20:14+	33:43+	34:31+	38:04+	40:27+	46:40+	48:34+	50:05+	51:59+
02:39+	06:39+	03:58+	02:49+	04:09+	13:29+	00:48+	03:33+	02:23+	06:13+	01:54+	01:31-	01:54+
00:38&	01:24&	00:18+	00:18#	00:15+	02:02#	00:03+	00:33#	00:11+	00:13+	00:09+	00:18-	00:15#
00:17#	00:08#	00:12&										
5	Mats Luspa				642				1:00:56			
02:41+	09:31+	13:47+	17:42+	22:04+	35:58+	36:48+	40:43+	43:15+	50:49+	52:49+	55:12+	57:19+
02:41+	06:50+	04:16+	03:55+	04:22+	13:54+	00:50+	03:55+	02:32+	07:34+	02:00+	02:23+	02:07+
00:40&	01:35&	00:36#	01:24&	00:28#	02:27#	00:05#	00:55&	00:20#	01:34&	00:15#	00:34&	00:28&
00:10+	00:09#	00:11&										
6	Roar Reiten				67				1:01:16			
02:56+	09:21+	13:27+	16:36+	21:07+	35:44+	36:43+	40:56+	43:36+	50:32+	53:04+	54:58+	57:20+
02:56+	06:25+	04:06+	03:09+	04:31+	14:37+	00:59+	04:13+	02:40+	06:56+	02:32+	01:54+	02:22+
00:55&	01:10#	00:26#	00:38&	00:37#	03:10&	00:14&	01:13&	00:28#	00:56#	00:47&	00:05+	00:43&
00:30&	00:11#	00:08#										
7	Tero Taulavuori				1396				1:02:40			
02:44+	09:35+	14:08+	17:11+	21:44+	36:46+	37:36+	41:21+	44:09+	52:05+	53:58+	56:05+	58:38+
02:44+	06:51+	04:33+	03:03+	04:33+	15:02+	00:50+	03:45+	02:48+	07:56+	01:53+	02:07+	02:33+
00:43&	01:36&	00:53#	00:32#	00:39#	03:35&	00:05#	00:45#	00:36&	01:56&	00:08+	00:18#	00:54&
00:39&	00:12&	00:04#										
8	Hans Helmer Sæternes				51				1:05:17			
03:04+	09:59+	15:06+	18:00+	22:46+	37:53+	38:52+	43:00+	45:50+	54:20+	56:42+	58:36+	61:09+
03:04+	06:55+	05:07+	02:54+	04:46+	15:07+	00:59+	04:08+	02:50+	08:30+	02:22+	01:54+	02:33+
01:03&	01:40&	01:27&	00:23#	00:52#	03:40&	00:14&	01:08&	00:38&	02:30&	00:37&	00:05+	00:54&
00:36&	00:15&	00:10&										
9	Espen Svæe				305				1:11:40			
02:49+	10:42+	15:23+	18:46+	24:13+	40:32+	41:36+	46:24+	49:33+	58:27+	61:14+	63:34+	66:24+
02:49+	07:53+	04:41+	03:23+	05:27+	16:19+	01:04+	04:48+	03:09+	08:54+	02:47+	02:20+	02:50+
00:48&	02:38&	01:01&	00:52&	01:33&	04:52&	00:19&	01:48&	00:57&	02:54&	01:02&	00:31&	01:11&
01:17&	00:33&	00:19&										
10	Magnus Höglin				106				1:18:30			
04:07+	11:05+	18:05+	22:22+	27:18+	44:15+	45:17+	49:40+	52:42+	65:47+	68:19+	70:36+	73:10+
04:07+	06:58+	07:00+	04:17+	04:56+	16:57+	01:02+	04:23+	03:02+	13:05+	02:32+	02:17+	02:34+
02:06@	01:43&	03:20&	01:46&	01:02&	05:30&	00:17&	01:23&	00:50&	07:05@	00:47&	00:28&	00:55&
01:36&	00:29&	00:17&										
11	Juha Kultima				1399				1:25:44			
05:22+	14:54+	19:56+	24:10+	30:14+	49:08+	50:13+	56:10+	59:42+	69:55+	73:08+	77:07+	80:03+
05:22+	09:32+	05:02+	04:14+	06:04+	18:54+	01:05+	05:57+	03:32+	10:13+	03:13+	03:59+	02:56+
03:21@	04:17&	01:22&	01:43&	02:10&	07:27&	00:20&	02:57&	01:20&	04:13&	01:28&	02:10@	01:17&
01:46&	00:31&	00:17&										
12	Dag Marcussen				106				1:26:31			
03:54+	12:52+	19:04+	24:25+	30:09+	49:18+	50:31+	56:45+	60:53+	71:28+	74:41+	78:34+	81:18+
03:54+	08:58+	06:12+	05:21+	05:44+	19:09+	01:13+	06:14+	04:08+	10:35+	03:13+	03:53+	02:44+
01:53&	03:43&	02:32&	02:50@	01:50&	07:42&	00:28&	03:14@	01:56&	04:35&	01:28&	02:04@	01:05&
01:30&	00:23&	00:13&										
13	Roar Myhre				189				1:34:24			
03:16+	11:44+	17:32+	21:35+	29:25+	52:36+	53:48+	59:39+	67:29+	81:40+	84:16+	86:41+	89:18+
03:16+	08:28+	05:48+	04:03+	07:50+	23:11+	01:12+	05:51+	07:50+	14:11+	02:36+	02:25+	02:37+
01:15&	03:13&	02:08&	01:32&	03:56@	11:44@	00:27&	02:51&	05:38@	08:11@	00:51&	00:36&	00:58&
01:07&	00:31&	00:16+										
14	Jesse White				341				1:34:37			
05:08+	14:38+	20:03+	23:45+	31:39+	55:17+	56:22+	61:35+	69:02+	80:36+	84:05+	87:06+	89:48+
05:08+	09:30+	05:25+	03:42+	07:54+	23:38+	01:05+	05:13+	07:27+	11:34+	03:29+	03:01+	02:42+
03:07@	04:15&	01:45&	01:11&	04:00@	12:11@	00:20&	02:13&	05:15@	05:34&	01:44&	01:12&	01:03&
01:01&	00:32&	00:09&										
15	Thomas Åman				1413				1:46:30			
13:07+	22:07+	29:35+	37:07+	44:23+	65:39+	67:07+	73:33+	78:15+	90:59+	94:29+	97:41+	101:17+
13:07+	09:00+	07:28+	07:32+	07:16+	21:16+	01:28+	06:26+	04:42+	12:44+	03:30+	03:12+	03:36+
11:06@	03:45&	03:48@	05:01@	03:22&	09:49&	00:43&	03:26@	02:30@	06:44@	01:45&	01:23&	01:57@
00:58&	00:27&	00:41@										
Beste strekktid for klassen												
02:01	04:56	03:36	02:19	03:43	11:27	00:44	03:00	02:11	05:42	01:41	01:30	01:39
01:48	00:45	00:34										

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

Plass	Navn	Klasse										Tid
H 50-												
1	Hannu Lauri	655										48:53
02:44=	07:01=	09:44=	23:42=	26:13=	29:41=	38:52=	41:13=	43:06=	45:11=	47:20=	48:12=	48:53=
02:44=	04:17=	02:43=	13:58=	02:31=	03:28=	09:11=	02:21=	01:53=	02:05=	02:09=	00:52=	00:41=
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	Magnus Karlsson	585										51:40
03:06+	07:26+	10:39+	24:47+	27:30+	31:24+	41:03+	43:34+	45:38+	47:56+	49:56+	50:55+	51:40+
03:06+	04:20+	03:13+	14:08+	02:43+	03:54+	09:39+	02:31+	02:04+	02:18+	02:00-	00:59+	00:45+
00:22#	00:03+	00:30#	00:10+	00:12+	00:26#	00:28+	00:10+	00:11+	00:13#	00:09-	00:07#	00:04+
3	Håkon Brynjulfsen	254										51:44
03:07+	07:44+	10:32+	24:48+	27:25+	31:56+	41:11+	43:36+	45:40+	47:49+	50:03+	51:00+	51:44+
03:07+	04:37+	02:48+	14:16+	02:37+	04:31+	09:15+	02:25+	02:04+	02:09+	02:14+	00:57+	00:44+
00:23#	00:20+	00:05+	00:18+	00:06+	01:03&	00:04+	00:04+	00:11+	00:04+	00:05+	00:05+	00:03+
4	Trond-Henry Skjønsvjell	239										52:00
02:35-	06:52-	10:20+	25:33+	27:53+	32:09+	40:56+	43:10+	44:54+	47:56+	50:26+	51:18+	52:00+
02:35-	04:17=	03:28+	15:13+	02:20-	04:16+	08:47-	02:14-	01:44-	03:02+	02:30+	00:52=	00:42+
00:09-	00:00=	00:45&	01:15+	00:11-	00:48#	00:24-	00:07-	00:09-	00:57&	00:21#	00:00=	00:01+
5	Jussi Borgenström	1168										53:20
02:57+	07:47+	10:41+	24:44+	27:12+	31:55+	41:59+	45:33+	47:40+	49:53+	51:48+	52:39+	53:20+
02:57+	04:50+	02:54+	14:03+	02:28-	04:43+	10:04+	03:34+	02:07+	02:13+	01:55-	00:51-	00:41=
00:13+	00:33#	00:11+	00:05+	00:03-	01:15&	00:53+	01:13&	00:14#	00:08+	00:14-	00:01-	00:00=
6	Morten Kildebo	101										53:25
02:41-	07:22+	10:23+	25:30+	28:15+	31:59+	41:59+	44:35+	46:27+	49:03+	51:31+	52:38+	53:25+
02:41-	04:41+	03:01+	15:07+	02:45+	03:44+	10:00+	02:36+	01:52-	02:36+	02:28+	01:07+	00:47+
00:03-	00:24+	00:18#	01:09+	00:14+	00:16+	00:49+	00:15#	00:01-	00:31#	00:19#	00:15&	00:06#
7	Axel Juell Theisen	218										53:56
02:40-	07:18+	14:50+	28:53+	31:14+	34:47+	43:43+	45:59+	47:45+	50:19+	52:25+	53:16+	53:56+
02:40-	04:38+	07:32+	14:03+	02:21-	03:33+	08:56-	02:16-	01:46-	02:34+	02:06-	00:51-	00:40-
00:04-	00:21+	04:49@	00:05+	00:10-	00:05+	00:15-	00:05-	00:07-	00:29#	00:03-	00:01-	00:01-
8	Lars Lundkvist	750										54:24
02:55+	07:38+	10:58+	26:16+	29:03+	33:41+	43:26+	46:14+	48:28+	50:40+	52:40+	53:35+	54:24+
02:55+	04:43+	03:20+	15:18+	02:47+	04:38+	09:45+	02:48+	02:14+	02:12+	02:00-	00:55+	00:49+
00:11+	00:26#	00:37#	01:20+	00:16#	01:10&	00:34+	00:27#	00:21#	00:07+	00:09-	00:03+	00:08#
9	Jens Lindström	449										56:09
03:15+	08:01+	10:44+	25:41+	28:22+	31:59+	41:56+	44:53+	47:37+	50:21+	54:31+	55:27+	56:09+
03:15+	04:46+	02:43=	14:57+	02:41+	03:37+	09:57+	02:57+	02:44+	02:44+	04:10+	00:56+	00:42+
00:31#	00:29#	00:00=	00:59+	00:10+	00:09+	00:46+	00:36&	00:51&	00:39&	02:01&	00:04+	00:01+
10	Hans-Martin Vaeng	345										56:34
03:40+	09:07+	12:31+	27:57+	30:48+	34:54+	45:09+	47:48+	49:53+	52:20+	54:58+	55:53+	56:34+
03:40+	05:27+	03:24+	15:26+	02:51+	04:06+	10:15+	02:39+	02:05+	02:27+	02:38+	00:55+	00:41=
00:56&	01:10&	00:41&	01:28#	00:20#	00:38#	01:04#	00:18#	00:12#	00:22#	00:29#	00:03+	00:00=
11	Pål Bårdsen	324										59:24
03:06+	08:18+	11:58+	27:43+	32:04+	36:21+	46:50+	49:33+	52:18+	55:04+	57:34+	58:36+	59:24+
03:06+	05:12+	03:40+	15:45+	04:21+	04:17+	10:29+	02:43+	02:45+	02:46+	02:30+	01:02+	00:48+
00:22#	00:55#	00:57&	01:47#	01:50&	00:49#	01:18#	00:22#	00:52&	00:41&	00:21#	00:10#	00:07#
12	Ole Morten Wie	222										1:00:42
03:14+	09:18+	12:36+	29:05+	31:58+	35:53+	45:49+	48:24+	50:17+	53:23+	56:56+	58:57+	60:42+
03:14+	06:04+	03:18+	16:29+	02:53+	03:55+	09:56+	02:35+	01:53=	03:06+	03:33+	02:01+	01:45+
00:30#	01:47&	00:35#	02:31#	00:22#	00:27#	00:45+	00:14+	00:00=	01:01&	01:24&	01:09@	01:04@
13	Frode Ødegårdstuen	309										1:02:11
02:40-	08:44+	11:50+	28:12+	31:07+	34:46+	49:23+	51:55+	54:37+	57:41+	60:22+	61:27+	62:11+
02:40-	06:04+	03:06+	16:22+	02:55+	03:39+	14:37+	02:32+	02:42+	03:04+	02:41+	01:05+	00:44+
00:04-	01:47&	00:23#	02:24#	00:24#	00:11+	05:26&	00:11+	00:49&	00:59&	00:32#	00:13#	00:03+
14	Damian Tanner	1146										1:02:13
03:17+	08:36+	12:47+	30:25+	33:31+	38:06+	48:55+	51:51+	54:05+	56:35+	60:13+	61:21+	62:13+
03:17+	05:19+	04:11+	17:38+	03:06+	04:35+	10:49+	02:56+	02:14+	02:30+	03:38+	01:08+	00:52+
00:33#	01:02#	01:28&	03:40&	00:35#	01:07&	01:38#	00:35#	00:21#	00:25#	01:29&	00:16&	00:11&

Plass	Navn				Klasse				Tid			
15	Petri Keskitalo				655				1:03:23			
03:23+	08:19+	13:19+	31:11+	34:29+	39:32+	50:59+	53:40+	55:52+	58:43+	61:40+	62:39+	63:23+
03:23+	04:56+	05:00+	17:52+	03:18+	05:03+	11:27+	02:41+	02:12+	02:51+	02:57+	00:59+	00:44+
00:39#	00:39#	02:17&	03:54&	00:47&	01:35&	02:16#	00:20#	00:19#	00:46&	00:48&	00:07#	00:03+
16	Roar Pedersen				268				1:05:55			
05:19+	10:33+	14:05+	32:21+	35:34+	40:29+	53:06+	55:57+	58:05+	60:38+	63:51+	65:03+	65:55+
05:19+	05:14+	03:32+	18:16+	03:13+	04:55+	12:37+	02:51+	02:08+	02:33+	03:13+	01:12+	00:52+
02:35&	00:57#	00:49&	04:18&	00:42&	01:27&	03:26&	00:30#	00:15#	00:28#	01:04&	00:20&	00:11&
17	Fred Arne Jacobsen				35				1:06:49			
07:16+	15:10+	19:23+	40:37+	43:49+	47:15+	56:00+	58:23+	60:40+	63:07+	65:23+	66:10+	66:49+
07:16+	07:54+	04:13+	21:14+	03:12+	03:26-	08:45-	02:23+	02:17+	02:27+	02:16+	00:47-	00:39-
04:32@	03:37&	01:30&	07:16&	00:41&	00:02-	00:26-	00:02+	00:24#	00:22#	00:07+	00:05-	00:02-
18	Roy Birkeland				341				1:09:20			
03:49+	08:45+	12:32+	28:07+	31:16+	35:08+	56:43+	59:31+	61:56+	64:19+	67:13+	68:26+	69:20+
03:49+	04:56+	03:47+	15:35+	03:09+	03:52+	21:35+	02:48+	02:25+	02:23+	02:54+	01:13+	00:54+
01:05&	00:39#	01:04&	01:37#	00:38&	00:24#	12:24@	00:27#	00:32&	00:18#	00:45&	00:21&	00:13&
19	Jørn K Remlo				158				1:10:39			
03:02+	11:50+	14:34+	39:08+	41:49+	45:43+	55:35+	61:46+	64:09+	66:25+	68:56+	69:53+	70:39+
03:02+	08:48+	02:44+	24:34+	02:41+	03:54+	09:52+	06:11+	02:23+	02:16+	02:31+	00:57+	00:46+
00:18#	04:31@	00:01+	10:36&	00:10+	00:26#	00:41+	03:50@	00:30&	00:11+	00:22#	00:05+	00:05#
20	Pål Augland				37				1:12:40			
02:37-	07:52+	10:43+	27:14+	30:42+	35:28+	60:29+	64:14+	66:22+	68:38+	70:57+	71:54+	72:40+
02:37-	05:15+	02:51+	16:31+	03:28+	04:46+	25:01+	03:45+	02:08+	02:16+	02:19+	00:57+	00:46+
00:07-	00:58#	00:08+	02:33#	00:57&	01:18&	15:50@	01:24&	00:15#	00:11+	00:10+	00:05+	00:05#
21	Bjørn Gulbrandsen				26				1:15:19			
02:31-	05:56-	08:23-	27:37+	31:49+	37:43+	54:47+	58:49+	62:37+	66:43+	70:57+	73:21+	75:19+
02:31-	03:25-	02:27-	19:14+	04:12+	05:54+	17:04+	04:02+	03:48+	04:06+	04:14+	02:24+	01:58+
00:13-	00:52-	00:16-	05:16&	01:41&	02:26&	07:53&	01:41&	01:55@	02:01&	02:05&	01:32@	01:17@
22	Torkjel Nesheim				163				1:16:00			
04:37+	21:14+	27:51+	44:26+	48:02+	52:36+	63:08+	65:32+	67:51+	70:38+	74:24+	75:19+	76:00+
04:37+	16:37+	06:37+	16:35+	03:36+	04:34+	10:32+	02:24+	02:19+	02:47+	03:46+	00:55+	00:41=
01:53&	12:20@	03:54@	02:37#	01:05&	01:06&	01:21#	00:03+	00:26#	00:42&	01:37&	00:03+	00:00=
23	Helge Graffer				285				1:17:32			
04:15+	10:46+	16:18+	37:40+	41:39+	47:13+	61:15+	65:24+	68:13+	71:25+	75:05+	76:30+	77:32+
04:15+	06:31+	05:32+	21:22+	03:59+	05:34+	14:02+	04:09+	02:49+	03:12+	03:40+	01:25+	01:02+
01:31&	02:14&	02:49@	07:24&	01:28&	02:06&	04:51&	01:48&	00:56&	01:07&	01:31&	00:33&	00:21&
24	Fritz Rothacher				1393				1:21:22			
03:48+	10:14+	14:29+	36:48+	40:50+	46:53+	62:03+	65:58+	70:36+	74:42+	78:26+	80:04+	81:22+
03:48+	06:26+	04:15+	22:19+	04:02+	06:03+	15:10+	03:55+	04:38+	04:06+	03:44+	01:38+	01:18+
01:04&	02:09&	01:32&	08:21&	01:31&	02:35&	05:59&	01:34&	02:45@	02:01&	01:35&	00:46&	00:37&
25	Are Njåstein				163				1:23:52			
04:24+	10:21+	13:49+	32:39+	36:17+	44:15+	69:42+	73:15+	75:27+	78:40+	82:12+	83:08+	83:52+
04:24+	05:57+	03:28+	18:50+	03:38+	07:58+	25:27+	03:33+	02:12+	03:13+	03:32+	00:56+	00:44+
01:40&	01:40&	00:45&	04:52&	01:07&	04:30@	16:16@	01:12&	00:19#	01:08&	01:23&	00:04+	00:03+
26	Martin Frischknecht				21				1:26:30			
03:41+	11:16+	16:56+	40:24+	45:03+	50:54+	71:12+	75:24+	78:23+	81:18+	84:46+	85:41+	86:30+
03:41+	07:35+	05:40+	23:28+	04:39+	05:51+	20:18+	04:12+	02:59+	02:55+	03:28+	00:55+	00:49+
00:57&	03:18&	02:57@	09:30&	02:08&	02:23&	11:07@	01:51&	01:06&	00:50&	01:19&	00:03+	00:08#
27	Heinz Weber				1146				1:30:06			
04:23+	24:12+	27:46+	51:37+	55:23+	60:13+	73:43+	76:54+	79:22+	83:04+	87:11+	88:36+	90:06+
04:23+	19:49+	03:34+	23:51+	03:46+	04:50+	13:30+	03:11+	02:28+	03:42+	04:07+	01:25+	01:30+
01:39&	15:32@	00:51&	09:53&	01:15&	01:22&	04:19&	00:50&	00:35&	01:37&	01:58&	00:33&	00:49@
Beste strekktid for klassen												
02:31	03:25	02:27	13:58	02:20	03:26	08:45	02:14	01:44	02:05	01:55	00:47	00:39

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

Plass	Navn	Klasse										Tid
1	Jan Blandkjenn	189										44:54
	02:10=	06:21=	09:54=	22:41=	25:54=	29:05=	36:25=	38:24=	40:53=	43:09=	44:11=	44:54=
	02:10=	04:11=	03:33=	12:47=	03:11=	03:11=	07:20=	01:59=	02:29=	02:16=	01:02=	00:43=
	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	Ingar Hals	317										45:51
	02:14+	07:25+	10:22+	24:00+	27:04+	29:53+	37:17+	39:42+	41:31+	43:55+	45:11+	45:51+
	02:14+	05:11+	02:57-	13:38+	03:04-	02:49-	07:24+	02:25+	01:49-	02:24+	01:16+	00:40-
	00:04+	01:00#	00:36-	00:51+	00:09-	00:22-	00:04+	00:26#	00:40-	00:08+	00:14#	00:03-
3	Lars-Erik Fiskum	163										47:09
	02:21+	06:55+	09:52-	24:26+	27:50+	31:03+	38:07+	40:22+	42:31+	45:18+	46:23+	47:09+
	02:21+	04:34+	02:57-	14:34+	03:24+	03:13+	07:04-	02:15+	02:09-	02:47+	01:05+	00:46+
	00:11+	00:23+	00:36-	01:47#	00:11+	00:02+	00:16-	00:16#	00:20-	00:31#	00:03+	00:03+
4	Eero Haapasalmi	655										48:05
	02:08-	06:41+	10:28+	25:17+	28:43+	32:12+	39:48+	41:58+	43:49+	46:16+	47:23+	48:05+
	02:08-	04:33+	03:47+	14:49+	03:26+	03:29+	07:36+	02:10+	01:51-	02:27+	01:07+	00:42-
	00:02-	00:22+	00:14+	02:02#	00:13+	00:18+	00:16+	00:11+	00:38-	00:11+	00:05+	00:01-
5	Lars Fremstad	198										48:08
	02:44+	07:20+	10:08+	23:46+	26:49+	30:10+	36:54+	41:48+	43:38+	46:16+	47:28+	48:08+
	02:44+	04:36+	02:48-	13:38+	03:03-	03:21+	06:44-	04:54+	01:50-	02:38+	01:12+	00:40-
	00:34&	00:25+	00:45-	00:51+	00:10-	00:10+	00:36-	02:55@	00:39-	00:22#	00:10#	00:03-
6	Knut Wiig Mathisen	278										49:10
	02:17+	07:01+	10:35+	25:27+	28:36+	31:59+	39:16+	41:27+	43:44+	46:39+	48:12+	49:10+
	02:17+	04:44+	03:34+	14:52+	03:09-	03:23+	07:17-	02:11+	02:17-	02:55+	01:33+	00:58+
	00:07+	00:33#	00:01+	02:05#	00:04-	00:12+	00:03-	00:12#	00:12-	00:39&	00:31&	00:15&
7	Stefan Lund	403										49:48
	04:54+	11:14+	14:07+	26:46+	30:11+	35:13+	41:49+	43:43+	45:40+	47:58+	49:06+	49:48+
	04:54+	06:20+	02:53-	12:39-	03:25+	05:02+	06:36-	01:54-	01:57-	02:18+	01:08+	00:42-
	02:44@	02:09&	00:40-	00:08-	00:12+	01:51&	00:44-	00:05-	00:32-	00:02+	00:06+	00:01-
8	Anders Fossøy	243										49:58
	02:20+	07:13+	10:20+	25:45+	29:27+	32:42+	40:53+	43:16+	45:17+	48:04+	49:19+	49:58+
	02:20+	04:53+	03:07-	15:25+	03:42+	03:15+	08:11+	02:23+	02:01-	02:47+	01:15+	00:39-
	00:10+	00:42#	00:26-	02:38#	00:29#	00:04+	00:51#	00:24#	00:28-	00:31#	00:13#	00:04-
9	Hallvard Berg	163										51:08
	02:31+	08:24+	11:20+	27:23+	30:40+	34:28+	41:44+	44:04+	46:08+	49:08+	50:28+	51:08+
	02:31+	05:53+	02:56-	16:03+	03:17+	03:48+	07:16-	02:20+	02:04-	03:00+	01:20+	00:40-
	00:21#	01:42&	00:37-	03:16&	00:04+	00:37#	00:04-	00:21#	00:25-	00:44&	00:18&	00:03-
10	Matti Sipponen	714										52:34
	02:55+	07:31+	10:26+	25:52+	28:45+	33:17+	41:46+	44:16+	46:55+	50:11+	51:43+	52:34+
	02:55+	04:36+	02:55-	15:26+	02:53-	04:32+	08:29+	02:30+	02:39+	03:16+	01:32+	00:51+
	00:45&	00:25+	00:38-	02:39#	00:20-	01:21&	01:09#	00:31&	00:10+	01:00&	00:30&	00:08#
11	Arild Ingdal	218										53:19
	02:38+	07:27+	11:46+	29:01+	32:37+	36:07+	44:24+	46:30+	48:35+	51:22+	52:31+	53:19+
	02:38+	04:49+	04:19+	17:15+	03:36+	03:30+	08:17+	02:06+	02:05-	02:47+	01:09+	00:48+
	00:28#	00:38#	00:46#	04:28&	00:23#	00:19+	00:57#	00:07+	00:24-	00:31#	00:07#	00:05#
12	Kristen Ribe	189										53:36
	02:51+	07:40+	12:45+	28:54+	32:25+	35:43+	43:36+	46:02+	48:11+	51:22+	52:44+	53:36+
	02:51+	04:49+	05:05+	16:09+	03:31+	03:18+	07:53+	02:26+	02:09-	03:11+	01:22+	00:52+
	00:41&	00:38#	01:32&	03:22&	00:18+	00:07+	00:33+	00:27#	00:20-	00:55&	00:20&	00:09#
13	Richard Zeiner-Gundersen	80										55:45
	05:19+	09:42+	12:36+	28:39+	32:08+	35:21+	46:12+	48:28+	50:42+	53:45+	55:05+	55:45+
	05:19+	04:23+	02:54-	16:03+	03:29+	03:13+	10:51+	02:16+	02:14-	03:03+	01:20+	00:40-
	03:09@	00:12+	00:39-	03:16&	00:16+	00:02+	03:31&	00:17#	00:15-	00:47&	00:18&	00:03-
14	Arne Klintberg	1031										56:22
	05:20+	10:39+	14:41+	30:43+	34:13+	37:46+	46:17+	48:37+	50:52+	53:46+	55:25+	56:22+
	05:20+	05:19+	04:02+	16:02+	03:30+	03:33+	08:31+	02:20+	02:15-	02:54+	01:39+	00:57+
	03:10@	01:08&	00:29#	03:15&	00:17+	00:22#	01:11#	00:21#	00:14-	00:38&	00:37&	00:14&
15	Mika Ruuhiala	701										57:32
	03:49+	08:45+	12:12+	29:31+	33:00+	36:32+	46:07+	48:49+	51:16+	54:59+	56:38+	57:32+
	03:49+	04:56+	03:27-	17:19+	03:29+	03:32+	09:35+	02:42+	02:27-	03:43+	01:39+	00:54+
	01:39&	00:45#	00:06-	04:32&	00:16+	00:21#	02:15&	00:43&	00:02-	01:27&	00:37&	00:11&

Plass	Navn	Klasse											Tid
16	Morten Karlsen	227											58:41
03:09+	08:49+	12:15+	30:51+	34:39+	38:23+	47:17+	49:55+	52:56+	56:15+	57:48+	58:41+		
03:09+	05:40+	03:26-	18:36+	03:48+	03:44+	08:54+	02:38+	03:01+	03:19+	01:33+	00:53+		
00:59&	01:29&	00:07-	05:49&	00:35#	00:33#	01:34#	00:39&	00:32#	01:03&	00:31&	00:10#		
17	Truls Angell	203											1:01:28
02:34+	07:55+	10:59+	29:24+	32:54+	36:00+	51:12+	53:44+	56:02+	59:20+	60:41+	61:28+		
02:34+	05:21+	03:04-	18:25+	03:30+	03:06-	15:12+	02:32+	02:18-	03:18+	01:21+	00:47+		
00:24#	01:10&	00:29-	05:38&	00:17+	00:05-	07:52@	00:33&	00:11-	01:02&	00:19&	00:04+		
18	Øystein Dybesland	341											1:01:44
02:53+	08:57+	12:45+	30:26+	34:22+	38:04+	50:03+	53:04+	55:54+	59:19+	60:48+	61:44+		
02:53+	06:04+	03:48+	17:41+	03:56+	03:42+	11:59+	03:01+	02:50+	03:25+	01:29+	00:56+		
00:43&	01:53&	00:15+	04:54&	00:43#	00:31#	04:39&	01:02&	00:21#	01:09&	00:27&	00:13&		
19	Even Woldstad Hanssen	64											1:02:09
02:55+	12:11+	15:44+	33:36+	37:50+	41:32+	52:27+	55:19+	57:35+	60:04+	61:18+	62:09+		
02:55+	09:16+	03:33=	17:52+	04:14+	03:42+	10:55+	02:52+	02:16-	02:29+	01:14+	00:51+		
00:45&	05:05@	00:00=	05:05&	01:01&	00:31#	03:35&	00:53&	00:13-	00:13+	00:12#	00:08#		
20	Kristian Storsveen	212											1:06:19
02:27+	07:37+	13:47+	30:29+	41:15+	45:16+	55:03+	57:47+	60:26+	64:05+	65:29+	66:19+		
02:27+	05:10+	06:10+	16:42+	10:46+	04:01+	09:47+	02:44+	02:39+	03:39+	01:24+	00:50+		
00:17#	00:59#	02:37&	03:55&	07:33@	00:50&	02:27&	00:45&	00:10+	01:23&	00:22&	00:07#		
21	Pål Woldstad Hanssen	64											1:07:04
02:59+	09:45+	14:09+	33:19+	37:38+	41:51+	54:21+	57:22+	60:07+	64:15+	66:04+	67:04+		
02:59+	06:46+	04:24+	19:10+	04:19+	04:13+	12:30+	03:01+	02:45+	04:08+	01:49+	01:00+		
00:49&	02:35&	00:51#	06:23&	01:06&	01:02&	05:10&	01:02&	00:16#	01:52&	00:47&	00:17&		
22	Hansjoerg Rutz	1393											1:11:18
02:54+	08:47+	15:34+	35:52+	41:59+	46:19+	58:11+	61:31+	64:35+	68:34+	70:14+	71:18+		
02:54+	05:53+	06:47+	20:18+	06:07+	04:20+	11:52+	03:20+	03:04+	03:59+	01:40+	01:04+		
00:44&	01:42&	03:14&	07:31&	02:54&	01:09&	04:32&	01:21&	00:35#	01:43&	00:38&	00:21&		
23	Vincent Eijsink	402											1:17:09
05:52+	12:07+	16:11+	39:30+	44:09+	53:32+	64:32+	67:39+	70:38+	74:50+	76:22+	77:09+		
05:52+	06:15+	04:04+	23:19+	04:39+	09:23+	11:00+	03:07+	02:59+	04:12+	01:32+	00:47+		
03:42@	02:04&	00:31#	10:32&	01:26&	06:12@	03:40&	01:08&	00:30#	01:56&	00:30&	00:04+		
Beste strekktid for klassen													
02:08	04:11	02:48	12:39	02:53	02:49	06:36	01:54	01:49	02:16	01:02	00:39		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
H 60-													
1	Clas Fries	1090											43:39
02:10=	06:00=	08:40=	21:49=	24:43=	27:25=	35:33=	37:23=	39:10=	41:46=	42:52=	43:39=		
02:10=	03:50=	02:40=	13:09=	02:54=	02:42=	08:08=	01:50=	01:47=	02:36=	01:06=	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=		
2	Torgeir Strandhagen	297											46:35
02:02-	06:06+	09:34+	22:59+	26:04+	29:06+	35:56+	40:06+	42:01+	44:39+	45:51+	46:35+		
02:02-	04:04+	03:28+	13:25+	03:05+	03:02+	06:50-	04:10+	01:55+	02:38+	01:12+	00:44-		
00:08-	00:14+	00:48&	00:16+	00:11+	00:20#	01:18-	02:20@	00:08+	00:02+	00:06+	00:03-		
3	Reidar Heivoll	341											46:57
02:15+	07:08+	10:14+	24:36+	27:53+	31:08+	38:22+	40:29+	42:26+	45:04+	46:13+	46:57+		
02:15+	04:53+	03:06+	14:22+	03:17+	03:15+	07:14-	02:07+	01:57+	02:38+	01:09+	00:44-		
00:05+	01:03&	00:26#	01:13+	00:23#	00:33#	00:54-	00:17#	00:10+	00:02+	00:03+	00:03-		
4	Morten Dåsnes	285											47:01
02:13+	06:54+	09:46+	23:39+	26:46+	29:50+	38:16+	40:20+	42:17+	44:59+	46:18+	47:01+		
02:13+	04:41+	02:52+	13:53+	03:07+	03:04+	08:26+	02:04+	01:57+	02:42+	01:19+	00:43-		
00:03+	00:51#	00:12+	00:44+	00:13+	00:22#	00:18+	00:14#	00:10+	00:06+	00:13#	00:04-		
5	Anders Fries	1090											47:04
03:18+	07:44+	10:28+	24:54+	28:08+	30:59+	38:52+	40:48+	42:41+	45:05+	46:16+	47:04+		
03:18+	04:26+	02:44+	14:26+	03:14+	02:51+	07:53-	01:56+	01:53+	02:24-	01:11+	00:48+		
01:08&	00:36#	00:04+	01:17+	00:20#	00:09+	00:15-	00:06+	00:06+	00:12-	00:05+	00:01+		

Plass	Navn		Klasse										Tid
6	Svein Harald Hansen		254										48:48
	02:21+	08:24+	11:38+	27:08+	30:15+	33:41+	40:18+	42:19+	44:07+	47:06+	48:06+	48:48+	
	02:21+	06:03+	03:14+	15:30+	03:07+	03:26+	06:37-	02:01+	01:48+	02:59+	01:00-	00:42-	
	00:11+	02:13&	00:34#	02:21#	00:13+	00:44&	01:31-	00:11#	00:01+	00:23#	00:06-	00:05-	
7	Morten Due		227										49:23
	02:25+	06:55+	10:21+	25:28+	29:46+	33:07+	41:23+	43:23+	45:10+	47:28+	48:35+	49:23+	
	02:25+	04:30+	03:26+	15:07+	04:18+	03:21+	08:16+	02:00+	01:47=	02:18-	01:07+	00:48+	
	00:15#	00:40#	00:46&	01:58#	01:24&	00:39#	00:08+	00:10+	00:00=	00:18-	00:01+	00:01+	
8	Eirik Nordbrøden		101										51:35
	02:15+	07:16+	10:33+	26:50+	30:30+	34:04+	41:40+	44:03+	46:10+	49:37+	50:49+	51:35+	
	02:15+	05:01+	03:17+	16:17+	03:40+	03:34+	07:36-	02:23+	02:07+	03:27+	01:12+	00:46-	
	00:05+	01:11&	00:37#	03:08#	00:46&	00:52&	00:32-	00:33&	00:20#	00:51&	00:06+	00:01-	
9	Carl-Göran Strutz		483										53:02
	02:39+	07:30+	10:52+	27:38+	31:26+	34:54+	44:10+	46:19+	48:08+	51:00+	52:13+	53:02+	
	02:39+	04:51+	03:22+	16:46+	03:48+	03:28+	09:16+	02:09+	01:49+	02:52+	01:13+	00:49+	
	00:29#	01:01&	00:42&	03:37&	00:54&	00:46&	01:08#	00:19#	00:02+	00:16#	00:07#	00:02+	
10	Tor Ragnar Andersen		101										53:56
	02:33+	10:13+	14:04+	29:48+	33:26+	37:18+	44:22+	46:42+	49:02+	51:57+	53:12+	53:56+	
	02:33+	07:40+	03:51+	15:44+	03:38+	03:52+	07:04-	02:20+	02:20+	02:55+	01:15+	00:44-	
	00:23#	03:50&	01:11&	02:35#	00:44&	01:10&	01:04-	00:30&	00:33&	00:19#	00:09#	00:03-	
11	Bengt Tunis		1135										54:01
	02:20+	07:20+	10:32+	26:53+	30:49+	34:05+	43:03+	45:05+	47:02+	51:45+	53:03+	54:01+	
	02:20+	05:00+	03:12+	16:21+	03:56+	03:16+	08:58+	02:02+	01:57+	04:43+	01:18+	00:58+	
	00:10+	01:10&	00:32#	03:12#	01:02&	00:34#	00:50#	00:12#	00:10+	02:07&	00:12#	00:11#	
12	Norvald Ospehaug		162										55:59
	02:58+	08:09+	12:07+	28:26+	32:25+	36:02+	44:43+	47:29+	50:17+	53:37+	55:06+	55:59+	
	02:58+	05:11+	03:58+	16:19+	03:59+	03:37+	08:41+	02:46+	02:48+	03:20+	01:29+	00:53+	
	00:48&	01:21&	01:18&	03:10#	01:05&	00:55&	00:33+	00:56&	01:01&	00:44&	00:23&	00:06#	
13	Carl Johan Högstrand		728										56:22
	04:06+	09:05+	12:55+	30:29+	34:03+	37:30+	47:00+	49:05+	51:20+	54:18+	55:37+	56:22+	
	04:06+	04:59+	03:50+	17:34+	03:34+	03:27+	09:30+	02:05+	02:15+	02:58+	01:19+	00:45-	
	01:56&	01:09&	01:10&	04:25&	00:40#	00:45&	01:22#	00:15#	00:28&	00:22#	00:13#	00:02-	
14	Leif Gulbrandsen		345										56:27
	02:43+	07:25+	11:01+	28:21+	31:57+	35:11+	44:18+	48:08+	50:55+	54:25+	55:42+	56:27+	
	02:43+	04:42+	03:36+	17:20+	03:36+	03:14+	09:07+	03:50+	02:47+	03:30+	01:17+	00:45-	
	00:33&	00:52#	00:56&	04:11&	00:42#	00:32#	00:59#	02:00@	01:00&	00:54&	00:11#	00:02-	
15	Bjørn L. Basberg		368										57:13
	03:01+	08:27+	13:00+	29:26+	33:17+	37:05+	45:27+	49:11+	51:31+	55:06+	56:21+	57:13+	
	03:01+	05:26+	04:33+	16:26+	03:51+	03:48+	08:22+	03:44+	02:20+	03:35+	01:15+	00:52+	
	00:51&	01:36&	01:53&	03:17#	00:57&	01:06&	00:14+	01:54@	00:33&	00:59&	00:09#	00:05#	
16	Arnulf Villmo		187										58:35
	03:30+	08:55+	12:17+	29:40+	33:48+	38:27+	47:09+	50:02+	52:46+	56:12+	57:41+	58:35+	
	03:30+	05:25+	03:22+	17:23+	04:08+	04:39+	08:42+	02:53+	02:44+	03:26+	01:29+	00:54+	
	01:20&	01:35&	00:42&	04:14&	01:14&	01:57&	00:34+	01:03&	00:57&	00:50&	00:23&	00:07#	
17	Ørjan Eirik Valestrand		69										58:46
	02:27+	07:35+	11:04+	29:11+	33:53+	37:33+	47:32+	50:22+	52:35+	56:06+	57:48+	58:46+	
	02:27+	05:08+	03:29+	18:07+	04:42+	03:40+	09:59+	02:50+	02:13+	03:31+	01:42+	00:58+	
	00:17#	01:18&	00:49&	04:58&	01:48&	00:58&	01:51#	01:00&	00:26#	00:55&	00:36&	00:11#	
18	Gunnar Brattli		222										58:50
	04:15+	09:40+	13:00+	30:45+	34:29+	37:54+	48:33+	51:06+	53:21+	56:36+	58:00+	58:50+	
	04:15+	05:25+	03:20+	17:45+	03:44+	03:25+	10:39+	02:33+	02:15+	03:15+	01:24+	00:50+	
	02:05&	01:35&	00:40#	04:36&	00:50&	00:43&	02:31&	00:43&	00:28&	00:39#	00:18&	00:03+	
19	Gisle Nordahl Due		227										59:24
	03:07+	08:37+	12:46+	30:33+	34:45+	38:37+	48:08+	50:38+	53:14+	57:06+	58:31+	59:24+	
	03:07+	05:30+	04:09+	17:47+	04:12+	03:52+	09:31+	02:30+	02:36+	03:52+	01:25+	00:53+	
	00:57&	01:40&	01:29&	04:38&	01:18&	01:10&	01:23#	00:40&	00:49&	01:16&	00:19&	00:06#	
20	Kjell Svanberg		297										59:29
	02:47+	08:13+	12:10+	29:33+	34:04+	37:39+	48:52+	51:32+	54:00+	57:10+	58:35+	59:29+	
	02:47+	05:26+	03:57+	17:23+	04:31+	03:35+	11:13+	02:40+	02:28+	03:10+	01:25+	00:54+	
	00:37&	01:36&	01:17&	04:14&	01:37&	00:53&	03:05&	00:50&	00:41&	00:34#	00:19&	00:07#	

Plass	Navn			Klasse								Tid		
21	Ueli Hebeisen			683								1:00:28		
	02:59+	09:03+	12:49+	30:20+	34:35+	38:47+	50:20+	53:05+	55:33+	58:20+	59:37+	60:28+		
	02:59+	06:04+	03:46+	17:31+	04:15+	04:12+	11:33+	02:45+	02:28+	02:47+	01:17+	00:51+		
	00:49&	02:14&	01:06&	04:22&	01:21&	01:30&	03:25&	00:55&	00:41&	00:11+	00:11#	00:04+		
22	Edvin Sivertsen			372								1:02:29		
	03:02+	08:40+	12:34+	30:22+	34:52+	40:19+	50:49+	54:00+	56:44+	60:23+	61:42+	62:29+		
	03:02+	05:38+	03:54+	17:48+	04:30+	05:27+	10:30+	03:11+	02:44+	03:39+	01:19+	00:47=		
	00:52&	01:48&	01:14&	04:39&	01:36&	02:45@	02:22&	01:21&	00:57&	01:03&	00:13#	00:00=		
23	Sven Eriksson			1256								1:03:33		
	03:15+	08:54+	12:06+	29:31+	37:22+	40:50+	49:43+	52:00+	54:20+	61:21+	62:43+	63:33+		
	03:15+	05:39+	03:12+	17:25+	07:51+	03:28+	08:53+	02:17+	02:20+	07:01+	01:22+	00:50+		
	01:05&	01:49&	00:32#	04:16&	04:57@	00:46&	00:45+	00:27#	00:33&	04:25@	00:16#	00:03+		
24	Bård Natvig			236								1:03:59		
	04:00+	09:47+	13:45+	32:02+	36:22+	40:36+	50:29+	53:41+	56:21+	61:12+	63:02+	63:59+		
	04:00+	05:47+	03:58+	18:17+	04:20+	04:14+	09:53+	03:12+	02:40+	04:51+	01:50+	00:57+		
	01:50&	01:57&	01:18&	05:08&	01:26&	01:32&	01:45#	01:22&	00:53&	02:15&	00:44&	00:10#		
25	Ingar Solberg			266								1:05:41		
	03:29+	09:30+	13:44+	32:54+	37:37+	42:49+	53:27+	56:31+	59:17+	62:57+	64:36+	65:41+		
	03:29+	06:01+	04:14+	19:10+	04:43+	05:12+	10:38+	03:04+	02:46+	03:40+	01:39+	01:05+		
	01:19&	02:11&	01:34&	06:01&	01:49&	02:30&	02:30&	01:14&	00:59&	01:04&	00:33&	00:18&		
26	Mats Strandhagen			1008								1:06:59		
	02:49+	10:59+	14:57+	35:47+	40:04+	44:19+	54:26+	57:28+	60:18+	64:16+	66:01+	66:59+		
	02:49+	08:10+	03:58+	20:50+	04:17+	04:15+	10:07+	03:02+	02:50+	03:58+	01:45+	00:58+		
	00:39&	04:20@	01:18&	07:41&	01:23&	01:33&	01:59#	01:12&	01:03&	01:22&	00:39&	00:11#		
27	Dag Skogan			45								1:15:08		
	04:13+	13:35+	18:49+	40:52+	45:39+	50:38+	62:29+	65:40+	68:38+	72:11+	74:04+	75:08+		
	04:13+	09:22+	05:14+	22:03+	04:47+	04:59+	11:51+	03:11+	02:58+	03:33+	01:53+	01:04+		
	02:03&	05:32@	02:34&	08:54&	01:53&	02:17&	03:43&	01:21&	01:11&	00:57&	00:47&	00:17&		
28	Per Dag Nordkvelde			111								1:19:52		
	03:48+	12:04+	16:46+	42:03+	47:24+	52:34+	65:02+	68:21+	72:36+	77:01+	78:46+	79:52+		
	03:48+	08:16+	04:42+	25:17+	05:21+	05:10+	12:28+	03:19+	04:15+	04:25+	01:45+	01:06+		
	01:38&	04:26@	02:02&	12:08&	02:27&	02:28&	04:20&	01:29&	02:28@	01:49&	00:39&	00:19&		
29	Egil Karlsen			29								1:20:17		
	03:26+	11:19+	23:42+	45:47+	50:25+	55:13+	66:38+	70:18+	73:56+	78:07+	79:22+	80:17+		
	03:26+	07:53+	12:23+	22:05+	04:38+	04:48+	11:25+	03:40+	03:38+	04:11+	01:15+	00:55+		
	01:16&	04:03@	09:43@	08:56&	01:44&	02:06&	03:17&	01:50&	01:51@	01:35&	00:09#	00:08#		
30	Rolf Gunnar Bredesen			80								1:31:21		
	03:52+	11:16+	18:48+	48:55+	56:06+	63:15+	76:54+	80:05+	83:03+	87:56+	90:00+	91:21+		
	03:52+	07:24+	07:32+	30:07+	07:11+	07:09+	13:39+	03:11+	02:58+	04:53+	02:04+	01:21+		
	01:42&	03:34&	04:52@	16:58@	04:17@	04:27@	05:31&	01:21&	01:11&	02:17&	00:58&	00:34&		
31	Bjørn-Hugo Myrvang			41								1:34:37		
	03:31+	11:09+	19:08+	46:52+	51:45+	57:53+	72:43+	77:03+	82:44+	89:27+	92:42+	94:37+		
	03:31+	07:38+	07:59+	27:44+	04:53+	06:08+	14:50+	04:20+	05:41+	06:43+	03:15+	01:55+		
	01:21&	03:48&	05:19@	14:35@	01:59&	03:26@	06:42&	02:30@	03:54@	04:07@	02:09@	01:08@		
Beste strekktid for klassen														
	02:02	03:50	02:40	13:09	02:54	02:42	06:37	01:50	01:47	02:18	01:00	00:42		

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

H 65-

1	Per Rekkedal			45								37:40		
	01:35=	04:39=	16:59=	18:36=	21:35=	24:40=	27:47=	33:31=	35:39=	37:03=	37:40=			
	01:35=	03:04=	12:20=	01:37=	02:59=	03:05=	03:07=	05:44=	02:08=	01:24=	00:37=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Ola Brox			261								38:14		
	02:06+	05:09+	17:32+	19:11+	22:25+	24:57+	28:11+	34:20+	36:16+	37:25+	38:14+			
	02:06+	03:03-	12:23+	01:39+	03:14+	02:32-	03:14+	06:09+	01:56-	01:09-	00:49+			
	00:31&	00:01-	00:03+	00:02+	00:15+	00:33-	00:07+	00:25+	00:12-	00:15-	00:12&			

Plass	Navn										Klasse	Tid
3	Tor Trøan										98	40:00
	02:12+	05:18+	18:01+	19:41+	22:44+	25:58+	29:00+	35:39+	37:55+	39:14+	40:00+	
	02:12+	03:06+	12:43+	01:40+	03:03+	03:14+	03:02-	06:39+	02:16+	01:19-	00:46+	
	00:37&	00:02+	00:23+	00:03+	00:04+	00:09+	00:05-	00:55#	00:08+	00:05-	00:09#	
4	Jan Gaute Buvik										187	40:36
	01:43+	05:23+	19:19+	21:13+	24:50+	26:54+	29:43+	36:17+	38:34+	39:48+	40:36+	
	01:43+	03:40+	13:56+	01:54+	03:37+	02:04-	02:49-	06:34+	02:17+	01:14-	00:48+	
	00:08+	00:36#	01:36#	00:17#	00:38#	01:01-	00:18-	00:50#	00:09+	00:10-	00:11&	
5	Bjørn Berger										51	41:19
	01:33-	04:55+	17:20+	18:57+	22:07+	24:08-	30:08+	37:03+	39:12+	40:33+	41:19+	
	01:33-	03:22+	12:25+	01:37=	03:10+	02:01-	06:00+	06:55+	02:09+	01:21-	00:46+	
	00:02-	00:18+	00:05+	00:00=	00:11+	01:04-	02:53&	01:11#	00:01+	00:03-	00:09#	
6	John Kvaal										372	43:29
	01:58+	05:42+	19:45+	21:44+	25:20+	27:44+	31:51+	38:43+	41:08+	42:36+	43:29+	
	01:58+	03:44+	14:03+	01:59+	03:36+	02:24-	04:07+	06:52+	02:25+	01:28+	00:53+	
	00:23#	00:40#	01:43#	00:22#	00:37#	00:41-	01:00&	01:08#	00:17#	00:04+	00:16&	
7	Jean Dermine										1398	43:33
	02:06+	05:10+	18:00+	19:42+	22:52+	29:58+	33:20+	39:20+	41:25+	42:44+	43:33+	
	02:06+	03:04=	12:50+	01:42+	03:10+	07:06+	03:22+	06:00+	02:05-	01:19-	00:49+	
	00:31&	00:00=	00:30+	00:05+	00:11+	04:01@	00:15+	00:16+	00:03-	00:05-	00:12&	
8	Jon Arne Klemetsaune										262	43:59
	02:00+	05:46+	19:09+	21:00+	25:07+	27:29+	32:04+	39:16+	41:56+	43:09+	43:59+	
	02:00+	03:46+	13:23+	01:51+	04:07+	02:22-	04:35+	07:12+	02:40+	01:13-	00:50+	
	00:25&	00:42#	01:03+	00:14#	01:08&	00:43-	01:28&	01:28&	00:32#	00:11-	00:13&	
9	Knut Lillealtern										320	46:19
	01:46+	05:58+	20:54+	22:53+	27:43+	30:15+	34:14+	41:09+	43:58+	45:24+	46:19+	
	01:46+	04:12+	14:56+	01:59+	04:50+	02:32-	03:59+	06:55+	02:49+	01:26+	00:55+	
	00:11#	01:08&	02:36#	00:22#	01:51&	00:33-	00:52&	01:11#	00:41&	00:02+	00:18&	
10	Frank Glad Balchen										248	48:34
	02:07+	05:39+	21:44+	23:39+	26:48+	29:25+	32:49+	40:48+	46:05+	47:41+	48:34+	
	02:07+	03:32+	16:05+	01:55+	03:09+	02:37-	03:24+	07:59+	05:17+	01:36+	00:53+	
	00:32&	00:28#	03:45&	00:18#	00:10+	00:28-	00:17+	02:15&	03:09@	00:12#	00:16&	
11	Lars G Skoog										618	52:43
	02:46+	06:55+	23:01+	25:36+	30:00+	32:58+	37:07+	47:21+	50:02+	51:43+	52:43+	
	02:46+	04:09+	16:06+	02:35+	04:24+	02:58-	04:09+	10:14+	02:41+	01:41+	01:00+	
	01:11&	01:05&	03:46&	00:58&	01:25&	00:07-	01:02&	04:30&	00:33&	00:17#	00:23&	
12	Raimo Antikainen										836	55:02
	03:40+	07:51+	24:21+	26:42+	30:55+	33:31+	38:23+	49:38+	52:18+	54:00+	55:02+	
	03:40+	04:11+	16:30+	02:21+	04:13+	02:36-	04:52+	11:15+	02:40+	01:42+	01:02+	
	02:05@	01:07&	04:10&	00:44&	01:14&	00:29-	01:45&	05:31&	00:32#	00:18#	00:25&	
13	Arvid Galborgen										483	56:13
	04:04+	07:52+	23:42+	25:37+	30:33+	33:12+	41:57+	50:55+	53:44+	55:23+	56:13+	
	04:04+	03:48+	15:50+	01:55+	04:56+	02:39-	08:45+	08:58+	02:49+	01:39+	00:50+	
	02:29@	00:44#	03:30&	00:18#	01:57&	00:26-	05:38@	03:14&	00:41&	00:15#	00:13&	
14	Nils Olav Vennevik										320	57:21
	02:31+	07:35+	26:20+	28:54+	33:17+	36:22+	41:53+	51:27+	54:31+	56:13+	57:21+	
	02:31+	05:04+	18:45+	02:34+	04:23+	03:05=	05:31+	09:34+	03:04+	01:42+	01:08+	
	00:56&	02:00&	06:25&	00:57&	01:24&	00:00=	02:24&	03:50&	00:56&	00:18#	00:31&	
15	Ove Gunnar Jacobsen										328	1:03:24
	02:02+	06:44+	24:45+	27:11+	32:39+	35:46+	47:23+	56:40+	60:02+	62:12+	63:24+	
	02:02+	04:42+	18:01+	02:26+	05:28+	03:07+	11:37+	09:17+	03:22+	02:10+	01:12+	
	00:27&	01:38&	05:41&	00:49&	02:29&	00:02+	08:30@	03:33&	01:14&	00:46&	00:35&	
Beste strekktid for klassen												
	01:33	03:03	12:20	01:37	02:59	02:01	02:49	05:44	01:56	01:09	00:37	

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

H 70-

Pllass	Navn	Klasse	Tid
1	Tore Angell-Petersen	320	41:54
01:44=	05:31=	19:42=	21:32=
01:44=	03:47=	14:11=	01:50=
00:00=	00:00=	00:00=	00:00=
2	Erling Pedersen	158	42:23
02:05+	05:24-	18:53-	21:03-
02:05+	03:19-	13:29-	02:10+
00:21#	00:28-	00:42-	00:20#
3	Nils Nymo	218	43:38
02:26+	06:04+	19:41-	21:29-
02:26+	03:38-	13:37-	01:48-
00:42&	00:09-	00:34-	00:02-
4	John Thomas Petersen	236	44:15
02:03+	05:53+	20:05+	21:53+
02:03+	03:50+	14:12+	01:48-
00:19#	00:03+	00:01+	00:02-
5	Ivar Helgesen	345	45:25
02:27+	06:13+	20:39+	22:32+
02:27+	03:46-	14:26+	01:53+
00:43&	00:01-	00:15+	00:03+
6	Jan Løvlund	239	48:09
04:32+	08:05+	23:36+	26:15+
04:32+	03:33-	15:31+	02:39+
02:48@	00:14-	01:20+	00:49&
7	Hasse Bergstrøm	163	49:32
02:33+	06:12+	21:40+	24:04+
02:33+	03:39-	15:28+	02:24+
00:49&	00:08-	01:17+	00:34&
8	Kurt Grønli	87	50:19
01:53+	05:44+	21:04+	22:59+
01:53+	03:51+	15:20+	01:55+
00:09+	00:04+	01:09+	00:05+
9	Mats Dahlberg	642	53:27
03:15+	07:26+	22:10+	24:35+
03:15+	04:11+	14:44+	02:25+
01:31&	00:24#	00:33+	00:35&
10	Seppo Korhonen	655	55:04
05:19+	08:57+	25:02+	27:04+
05:19+	03:38-	16:05+	02:02+
03:35@	00:09-	01:54#	00:12#
11	Widar Taxth Løland	119	56:20
02:10+	06:40+	23:51+	27:21+
02:10+	04:30+	17:11+	03:30+
00:26#	00:43#	03:00#	01:40&
12	Tuomo Peltola	440	56:21
03:20+	08:10+	25:49+	28:15+
03:20+	04:50+	17:39+	02:26+
01:36&	01:03&	03:28#	00:36&
13	Tore Berntsen	341	1:01:05
02:41+	06:55+	21:08+	24:08+
02:41+	04:14+	14:13+	03:00+
00:57&	00:27#	00:02+	01:10&
14	Sverre Kristoffersen	372	1:01:10
03:24+	08:37+	28:10+	31:19+
03:24+	05:13+	19:33+	03:09+
01:40&	01:26&	05:22&	01:19&
15	Geir Trøan	181	1:01:13
02:19+	06:55+	25:36+	28:00+
02:19+	04:36+	18:41+	02:24+
00:35&	00:49#	04:30&	00:34&

Plass	Navn										Klasse	Tid
16	Gunnar Kvaal										334	1:03:06
	02:58+	08:07+	27:15+	29:52+	35:31+	38:47+	44:15+	56:00+	59:46+	61:59+	63:06+	
	02:58+	05:09+	19:08+	02:37+	05:39+	03:16+	05:28+	11:45+	03:46+	02:13+	01:07+	
	01:14&	01:22&	04:57&	00:47&	01:07#	00:52&	02:16&	05:51&	01:30&	00:58&	00:18&	
17	Bjørn Spjelkavik										163	1:04:31
	12:28+	16:27+	33:59+	37:04+	43:20+	46:28+	50:49+	58:56+	62:07+	63:37+	64:31+	
	12:28+	03:59+	17:32+	03:05+	06:16+	03:08+	04:21+	08:07+	03:11+	01:30+	00:54+	
	10:44@	00:12+	03:21#	01:15&	01:44&	00:44&	01:09&	02:13&	00:55&	00:15#	00:05#	
18	Asbjørn Pedersen										158	1:09:54
	02:15+	07:19+	29:03+	31:19+	36:15+	49:52+	54:52+	64:31+	67:11+	68:48+	69:54+	
	02:15+	05:04+	21:44+	02:16+	04:56+	13:37+	05:00+	09:39+	02:40+	01:37+	01:06+	
	00:31&	01:17&	07:33&	00:26#	00:24+	11:13@	01:48&	03:45&	00:24#	00:22&	00:17&	
19	Arne Tyssø										369	1:10:44
	07:06+	12:24+	31:51+	34:04+	41:05+	45:25+	53:48+	65:29+	68:08+	69:57+	70:44+	
	07:06+	05:18+	19:27+	02:13+	07:01+	04:20+	08:23+	11:41+	02:39+	01:49+	00:47-	
	05:22@	01:31&	05:16&	00:23#	02:29&	01:56&	05:11@	05:47&	00:23#	00:34&	00:02-	
20	Floke Bredland										341	1:13:22
	08:43+	13:32+	34:18+	37:42+	43:46+	49:28+	54:30+	66:36+	70:19+	72:21+	73:22+	
	08:43+	04:49+	20:46+	03:24+	06:04+	05:42+	05:02+	12:06+	03:43+	02:02+	01:01+	
	06:59@	01:02&	06:35&	01:34&	01:32&	03:18@	01:50&	06:12@	01:27&	00:47&	00:12#	
Beste strekktid for klassen												
	01:44	03:19	13:29	01:48	03:31	02:24	03:12	05:35	02:15	01:14	00:46	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H 75-												
1	Leidulv Vinje										253	26:12
	02:51=	09:41=	10:55=	16:00=	20:48=	24:02=	25:24=	26:12=				
	02:51=	06:50=	01:14=	05:05=	04:48=	03:14=	01:22=	00:48=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Jan Asbjørn Eriksen										345	31:12
	03:10+	12:23+	13:57+	19:38+	24:59+	28:23+	30:18+	31:12+				
	03:10+	09:13+	01:34+	05:41+	05:21+	03:24+	01:55+	00:54+				
	00:19#	02:23&	00:20&	00:36#	00:33#	00:10+	00:33&	00:06#				
3	Magnar Øvreås										46	33:04
	03:27+	11:57+	13:35+	19:16+	25:55+	30:16+	32:22+	33:04+				
	03:27+	08:30+	01:38+	05:41+	06:39+	04:21+	02:06+	00:42-				
	00:36#	01:40#	00:24&	00:36#	01:51&	01:07&	00:44&	00:06-				
4	Knut Skiple										384	33:41
	04:29+	12:56+	14:31+	20:56+	26:56+	31:00+	32:39+	33:41+				
	04:29+	08:27+	01:35+	06:25+	06:00+	04:04+	01:39+	01:02+				
	01:38&	01:37#	00:21&	01:20&	01:12#	00:50&	00:17#	00:14&				
5	Odd Musum										262	33:49
	03:40+	12:18+	13:54+	20:21+	26:54+	31:03+	32:49+	33:49+				
	03:40+	08:38+	01:36+	06:27+	06:33+	04:09+	01:46+	01:00+				
	00:49&	01:48&	00:22&	01:22&	01:45&	00:55&	00:24&	00:12#				
6	Gunnar J. Alsaker										399	36:08
	03:43+	13:17+	15:20+	22:47+	29:06+	33:11+	35:03+	36:08+				
	03:43+	09:34+	02:03+	07:27+	06:19+	04:05+	01:52+	01:05+				
	00:52&	02:44&	00:49&	02:22&	01:31&	00:51&	00:30&	00:17&				
7	Carl B. Bjørseth										45	37:11
	03:40+	13:36+	15:19+	22:50+	29:56+	34:10+	36:15+	37:11+				
	03:40+	09:56+	01:43+	07:31+	07:06+	04:14+	02:05+	00:56+				
	00:49&	03:06&	00:29&	02:26&	02:18&	01:00&	00:43&	00:08#				
8	Eivind Hagen										98	38:12
	05:23+	14:55+	16:53+	24:01+	30:18+	35:03+	36:58+	38:12+				
	05:23+	09:32+	01:58+	07:08+	06:17+	04:45+	01:55+	01:14+				
	02:32&	02:42&	00:44&	02:03&	01:29&	01:31&	00:33&	00:26&				

Plass	Navn								Klasse	Tid
9	Alfred Steiner								1193	40:16
	04:02+	16:13+	18:13+	25:10+	32:53+	37:29+	39:15+	40:16+		
	04:02+	12:11+	02:00+	06:57+	07:43+	04:36+	01:46+	01:01+		
	01:11&	05:21&	00:46&	01:52&	02:55&	01:22&	00:24&	00:13&		
10	Johan Arnt Johansen								242	42:06
	04:35+	15:30+	17:40+	25:19+	33:56+	38:38+	40:54+	42:06+		
	04:35+	10:55+	02:10+	07:39+	08:37+	04:42+	02:16+	01:12+		
	01:44&	04:05&	00:56&	02:34&	03:49&	01:28&	00:54&	00:24&		
11	Kåre Østgård								265	45:22
	06:45+	16:56+	19:03+	27:08+	36:50+	41:59+	44:12+	45:22+		
	06:45+	10:11+	02:07+	08:05+	09:42+	05:09+	02:13+	01:10+		
	03:54@	03:21&	00:53&	03:00&	04:54@	01:55&	00:51&	00:22&		
12	Øyvind Johannessen								35	2:34:42
	05:54+	27:34+	96:43+	100:29+	117:10+	131:54+	149:52+	153:00+	154:42+	
	05:54+	21:40+	69:09+	03:46-	16:41+	14:44+	17:58+	03:08+	01:42+	
	03:03@	14:50@	67:55@	01:19-	11:53@	11:30@	16:36@	02:20@	01:42+	
Beste strekktid for klassen										
	02:51	06:50	01:14	03:46	04:48	03:14	01:22	00:42		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
H 80-										
1	Tor Drage								108	37:27
	03:41=	13:26=	15:25=	22:28=	29:09=	33:58=	36:17=	37:27=		
	03:41=	09:45=	01:59=	07:03=	06:41=	04:49=	02:19=	01:10=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Lars Mauritzsen								1016	41:57
	03:49+	13:50+	16:11+	17:53-	28:25-	34:51+	39:16+	41:02+	41:57+	
	03:49+	10:01+	02:21+	01:42-	10:32+	06:26+	04:25+	01:46+	00:55+	
	00:08+	00:16+	00:22#	05:21-	03:51&	01:37&	02:06&	00:36&	00:55+	
3	Johannes Sollid								372	1:07:34
	06:43+	24:33+	28:13+	42:08+	53:08+	61:49+	65:22+	67:34+		
	06:43+	17:50+	03:40+	13:55+	11:00+	08:41+	03:33+	02:12+		
	03:02&	08:05&	01:41&	06:52&	04:19&	03:52&	01:14&	01:02&		
Beste strekktid for klassen										
	03:41	09:45	01:59	01:42	06:41	04:49	02:19	01:10		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
N-åpen										
19	Minda Kvaal-Karlsen								334	37:40
	03:21+	12:05+	20:02+	27:11+	32:17+	35:35+	37:41+			
	03:21+	08:44+	07:57+	07:09+	05:06+	03:18+	02:06+			
	03:21+	08:44+	07:57+	07:09+	05:06+	03:18+	02:06+			
25	Jens Vonen Svae								305	21:53
	02:06+	06:45+	10:31+	15:35+	19:23+	20:57+	21:53+			
	02:06+	04:39+	03:46+	05:04+	03:48+	01:34+	00:56+			
	02:06+	04:39+	03:46+	05:04+	03:48+	01:34+	00:56+			
26	Kristoffer Nian Brovoll Vaeng								345	37:14
	02:52+	10:49+	17:01+	23:14+	33:36+	36:03+	37:14+			
	02:52+	07:57+	06:12+	06:13+	10:22+	02:27+	01:11+			
	02:52+	07:57+	06:12+	06:13+	10:22+	02:27+	01:11+			
27	Hanna Kultima								1399	44:28
	04:06+	13:48+	24:28+	33:46+	39:52+	43:17+	44:28+			
	04:06+	09:42+	10:40+	09:18+	06:06+	03:25+	01:11+			
	04:06+	09:42+	10:40+	09:18+	06:06+	03:25+	01:11+			

Plass	Navn							Klasse	Tid
28	Eirik Hessen							329	22:36
	02:32+	08:51+	13:01+	17:44+	20:04+	21:41+	22:36+		
	02:32+	06:19+	04:10+	04:43+	02:20+	01:37+	00:55+		
	02:32+	06:19+	04:10+	04:43+	02:20+	01:37+	00:55+		
29	Heikki Lauri							655	32:38
	02:17+	19:54+	23:36+	27:42+	29:57+	31:42+	32:38+		
	02:17+	17:37+	03:42+	04:06+	02:15+	01:45+	00:56+		
	02:17+	17:37+	03:42+	04:06+	02:15+	01:45+	00:56+		
30	Karl Kristoffersson							1311	26:56
	03:30+	09:47+	15:28+	20:38+	24:08+	25:56+	26:56+		
	03:30+	06:17+	05:41+	05:10+	03:30+	01:48+	01:00+		
	03:30+	06:17+	05:41+	05:10+	03:30+	01:48+	01:00+		
31	Piko Vierinen							146	44:12
	03:50+	13:40+	24:05+	33:45+	39:37+	43:08+	44:12+		
	03:50+	09:50+	10:25+	09:40+	05:52+	03:31+	01:04+		
	03:50+	09:50+	10:25+	09:40+	05:52+	03:31+	01:04+		
32	Erle Fosstveit							281	38:38
	04:05+	12:49+	21:02+	29:48+	35:05+	37:42+	38:38+		
	04:05+	08:44+	08:13+	08:46+	05:17+	02:37+	00:56+		
	04:05+	08:44+	08:13+	08:46+	05:17+	02:37+	00:56+		
39	Age Kristvik							80	35:42
	02:26+	08:04+	13:05+	18:36+	32:40+	34:50+	35:42+		
	02:26+	05:38+	05:01+	05:31+	14:04+	02:10+	00:52+		
	02:26+	05:38+	05:01+	05:31+	14:04+	02:10+	00:52+		
42	Leo Bogopolskiy							927	33:55
	03:17+	13:15+	20:40+	26:47+	30:15+	32:47+	33:55+		
	03:17+	09:58+	07:25+	06:07+	03:28+	02:32+	01:08+		
	03:17+	09:58+	07:25+	06:07+	03:28+	02:32+	01:08+		
45	Kaisa Kultima							1399	28:35
	02:44+	09:09+	15:06+	21:56+	25:04+	27:30+	28:35+		
	02:44+	06:25+	05:57+	06:50+	03:08+	02:26+	01:05+		
	02:44+	06:25+	05:57+	06:50+	03:08+	02:26+	01:05+		
657	Vebjørn Undstad Rostadmo							146	33:52
	03:07+	10:36+	18:58+	26:01+	29:40+	32:36+	33:52+		
	03:07+	07:29+	08:22+	07:03+	03:39+	02:56+	01:16+		
	03:07+	07:29+	08:22+	07:03+	03:39+	02:56+	01:16+		
670	Alva Aurora Husdal							324	41:54
	02:36+	12:28+	18:56+	26:33+	38:06+	40:46+	41:54+		
	02:36+	09:52+	06:28+	07:37+	11:33+	02:40+	01:08+		
	02:36+	09:52+	06:28+	07:37+	11:33+	02:40+	01:08+		
680	Maiken Hovland							NOTEAM	36:50
	02:51+	12:26+	20:08+	27:15+	32:13+	35:47+	36:50+		
	02:51+	09:35+	07:42+	07:07+	04:58+	03:34+	01:03+		
	02:51+	09:35+	07:42+	07:07+	04:58+	03:34+	01:03+		
681	Tobias Hovland							NOTEAM	37:33
	03:22+	12:13+	20:04+	27:15+	32:21+	35:31+	37:33+		
	03:22+	08:51+	07:51+	07:11+	05:06+	03:10+	02:02+		
	03:22+	08:51+	07:51+	07:11+	05:06+	03:10+	02:02+		
684	Karoline Brox							NOTEAM	50:37
	04:13+	17:32+	27:03+	37:16+	44:08+	48:46+	50:37+		
	04:13+	13:19+	09:31+	10:13+	06:52+	04:38+	01:51+		
	04:13+	13:19+	09:31+	10:13+	06:52+	04:38+	01:51+		
1000	Vilde Lorentsen							254	49:25
	04:31+	14:50+	24:53+	34:22+	41:44+	47:05+	49:25+		
	04:31+	10:19+	10:03+	09:29+	07:22+	05:21+	02:20+		
	04:31+	10:19+	10:03+	09:29+	07:22+	05:21+	02:20+		

Beste strekktid for klassen

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