

## Midnattsolgaloppen

## Strekktider

Tromsø-01.07.2017

Plass Navn

Klasse

Tid

## A Kort

<b>1</b>	<b>Anders Dahlin</b>	<b>1417</b>	<b>24:30</b>								
01:13=	04:32=	05:27=	10:17=	11:03=	15:16=	17:46=	19:44=	20:08=	21:42=	23:20=	24:30=
01:13=	03:19=	00:55=	04:50=	00:46=	04:13=	02:30=	01:58=	00:24=	01:34=	01:38=	01:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Alice Hugosson</b>	<b>430</b>	<b>41:41</b>								
02:25+	08:22+	09:55+	17:28+	18:45+	25:56+	29:56+	33:13+	33:54+	36:39+	39:13+	41:41+
02:25+	05:57+	01:33+	07:33+	01:17+	07:11+	04:00+	03:17+	00:41+	02:45+	02:34+	02:28+
01:12&	02:38&	00:38&	02:43&	00:31&	02:58&	01:30&	01:19&	00:17&	01:11&	00:56&	01:18@
<b>3</b>	<b>Maija Hoikkanen</b>	<b>1071</b>	<b>43:20</b>								
01:25+	07:00+	08:14+	15:58+	17:04+	23:38+	27:06+	30:19+	30:52+	33:37+	38:40+	43:20+
01:25+	05:35+	01:14+	07:44+	01:06+	06:34+	03:28+	03:13+	00:33+	02:45+	05:03+	04:40+
00:12#	02:16&	00:19&	02:54&	00:20&	02:21&	00:58&	01:15&	00:09&	01:11&	03:25@	03:30@
<b>4</b>	<b>Laura Laakkonen</b>	<b>486</b>	<b>44:20</b>								
01:58+	10:02+	11:40+	19:57+	21:19+	28:41+	33:05+	36:39+	37:12+	40:06+	42:41+	44:20+
01:58+	08:04+	01:38+	08:17+	01:22+	07:22+	04:24+	03:34+	00:33+	02:54+	02:35+	01:39+
00:45&	04:45@	00:43&	03:27&	00:36&	03:09&	01:54&	01:36&	00:09&	01:20&	00:57&	00:29&
<b>5</b>	<b>Matts Engvall</b>	<b>1004</b>	<b>45:56</b>								
01:47+	06:56+	08:07+	24:03+	24:56+	31:49+	36:31+	39:06+	39:36+	42:08+	44:17+	45:56+
01:47+	05:09+	01:11+	15:56+	00:53+	06:53+	04:42+	02:35+	00:30+	02:32+	02:09+	01:39+
00:34&	01:50&	00:16&	11:06@	00:07#	02:40&	02:12&	00:37&	00:06#	00:58&	00:31&	00:29&
<b>6</b>	<b>Magnhild Kvaal</b>	<b>372</b>	<b>48:47</b>								
03:17+	10:00+	11:31+	20:00+	21:19+	30:35+	35:42+	39:34+	40:16+	43:40+	46:44+	48:47+
03:17+	06:43+	01:31+	08:29+	01:19+	09:16+	05:07+	03:52+	00:42+	03:24+	03:04+	02:03+
02:04@	03:24@	00:36&	03:39&	00:33&	05:03@	02:37@	01:54&	00:18&	01:50@	01:26&	00:53&
<b>7</b>	<b>Iain Tebbutt</b>	<b>553</b>	<b>52:35</b>								
02:31+	11:26+	13:11+	22:58+	24:24+	32:34+	38:00+	42:11+	42:46+	46:58+	50:16+	52:35+
02:31+	08:55+	01:45+	09:47+	01:26+	08:10+	05:26+	04:11+	00:35+	04:12+	03:18+	02:19+
01:18@	05:36@	00:50&	04:57@	00:40&	03:57&	02:56@	02:13@	00:11&	02:38@	01:40@	01:09&
<b>8</b>	<b>Mina Oline Skreddernes</b>	<b>536</b>	<b>57:37</b>								
02:22+	18:56+	20:34+	29:41+	30:44+	39:16+	45:40+	49:28+	50:00+	53:00+	55:49+	57:37+
02:22+	16:34+	01:38+	09:07+	01:03+	08:32+	06:24+	03:48+	00:32+	03:00+	02:49+	01:48+
01:09&	13:15@	00:43&	04:17&	00:17&	04:19@	03:54@	01:50&	00:08&	01:26&	01:11&	00:38&
<b>9</b>	<b>Anders Kristoffersson</b>	<b>1310</b>	<b>1:05:02</b>								
01:18+	35:37+	36:53+	41:47+	42:36+	52:49+	56:51+	59:04+	59:31+	62:07+	63:52+	65:02+
01:18+	34:19+	01:16+	04:54+	00:49+	10:13+	04:02+	02:13+	00:27+	02:36+	01:45+	01:10=
00:05+	31:00@	00:21&	00:04+	00:03+	06:00@	01:32&	00:15#	00:03#	01:02&	00:07+	00:00=
<b>10</b>	<b>Trond Foss</b>	<b>301</b>	<b>1:11:19</b>								
03:23+	31:59+	33:33+	42:03+	43:22+	54:26+	59:25+	63:05+	63:43+	66:50+	69:31+	71:19+
03:23+	28:36+	01:34+	08:30+	01:19+	11:04+	04:59+	03:40+	00:38+	03:07+	02:41+	01:48+
02:10@	25:17@	00:39&	03:40&	00:33&	06:51@	02:29&	01:42&	00:14&	01:33&	01:03&	00:38&
<b>Beste strekktid for klassen</b>											
01:13	03:19	00:55	04:50	00:46	04:13	02:30	01:58	00:24	01:34	01:38	01:10

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

## A Lang

<b>1</b>	<b>Elias Kuukka</b>	<b>486</b>	<b>26:37</b>										
03:42=	03:59=	08:47=	09:51=	11:20=	16:07=	17:10=	19:09=	22:10=	22:45=	23:05=	24:18=	25:34=	26:37=
03:42=	00:17=	04:48=	01:04=	01:29=	04:47=	01:03=	01:59=	03:01=	00:35=	00:20=	01:13=	01:16=	01:03=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Joel Engvall</b>	<b>1004</b>	<b>33:45</b>										
04:37+	04:57+	10:46+	12:00+	13:49+	20:27+	21:47+	24:08+	27:32+	28:22+	29:22+	30:58+	32:29+	33:45+
04:37+	00:20+	05:49+	01:14+	01:49+	06:38+	01:20+	02:21+	03:24+	00:50+	01:00+	01:36+	01:31+	01:16+
00:55#	00:03#	01:01#	00:10#	00:20#	01:51&	00:17&	00:22#	00:23#	00:15&	00:40@	00:23&	00:15#	00:13#

Class	Navn	Klasse										Tid			
<b>3</b>	<b>Panu Hyvönen</b>	<b>1501</b>										<b>37:46</b>			
05:48+	06:11+	13:32+	14:55+	17:01+	23:21+	24:51+	27:31+	31:40+	32:25+	32:56+	34:35+	36:22+	37:46+		
05:48+	00:23+	07:21+	01:23+	02:06+	06:20+	01:30+	02:40+	04:09+	00:45+	00:31+	01:39+	01:47+	01:24+		
02:06&	00:06&	02:33&	00:19&	00:37&	01:33&	00:27&	00:41&	01:08&	00:10&	00:11&	00:26&	00:31&	00:21&		
<b>4</b>	<b>Friman Sami</b>	<b>1168</b>										<b>39:04</b>			
04:57+	05:21+	11:50+	13:24+	16:10+	23:30+	25:16+	28:33+	32:49+	33:43+	34:08+	35:59+	37:48+	39:04+		
04:57+	00:24+	06:29+	01:34+	02:46+	07:20+	01:46+	03:17+	04:16+	00:54+	00:25+	01:51+	01:49+	01:16+		
01:15&	00:07&	01:41&	00:30&	01:17&	02:33&	00:43&	01:18&	01:15&	00:19&	00:05#	00:38&	00:33&	00:13#		
<b>5</b>	<b>Colm O`Halloran</b>	<b>1198</b>										<b>40:45</b>			
06:01+	06:28+	13:53+	14:56+	17:08+	24:42+	26:10+	28:54+	34:10+	35:08+	35:38+	37:33+	39:26+	40:45+		
06:01+	00:27+	07:25+	01:03-	02:12+	07:34+	01:28+	02:44+	05:16+	00:58+	00:30+	01:55+	01:53+	01:19+		
02:19&	00:10&	02:37&	00:01-	00:43&	02:47&	00:25&	00:45&	02:15&	00:23&	00:10&	00:42&	00:37&	00:16&		
<b>6</b>	<b>Simon Engvall</b>	<b>1004</b>										<b>41:56</b>			
05:56+	06:21+	13:54+	15:17+	17:49+	25:33+	27:14+	31:02+	35:20+	36:10+	36:35+	38:47+	40:35+	41:56+		
05:56+	00:25+	07:33+	01:23+	02:32+	07:44+	01:41+	03:48+	04:18+	00:50+	00:25+	02:12+	01:48+	01:21+		
02:14&	00:08&	02:45&	00:19&	01:03&	02:57&	00:38&	01:49&	01:17&	00:15&	00:05#	00:59&	00:32&	00:18&		
<b>7</b>	<b>Jaakko Rissanen</b>	<b>1399</b>										<b>46:28</b>			
06:39+	07:00+	17:20+	19:08+	21:44+	30:33+	32:33+	35:40+	39:24+	40:29+	41:51+	43:41+	45:20+	46:28+		
06:39+	00:21+	10:20+	01:48+	02:36+	08:49+	02:00+	03:07+	03:44+	01:05+	01:22+	01:50+	01:39+	01:08+		
02:57&	00:04#	05:32@	00:44&	01:07&	04:02&	00:57&	01:08&	00:43#	00:30&	01:02@	00:37&	00:23&	00:05+		
<b>8</b>	<b>Ingrid Jenvin Støen</b>	<b>NOTEAM</b>										<b>46:33</b>			
07:56+	08:19+	16:39+	18:51+	21:28+	29:40+	31:44+	34:56+	39:24+	40:23+	41:00+	43:12+	45:09+	46:33+		
07:56+	00:23+	08:20+	02:12+	02:37+	08:12+	02:04+	03:12+	04:28+	00:59+	00:37+	02:12+	01:57+	01:24+		
04:14@	00:06&	03:32&	01:08@	01:08&	03:25&	01:01&	01:13&	01:27&	00:24&	00:17&	00:59&	00:41&	00:21&		
<b>9</b>	<b>Janne Turpiainen</b>	<b>1168</b>										<b>47:40</b>			
05:53+	06:21+	14:28+	16:29+	19:24+	28:25+	30:29+	34:17+	40:04+	41:12+	41:43+	44:04+	45:59+	47:40+		
05:53+	00:28+	08:07+	02:01+	02:55+	09:01+	02:04+	03:48+	05:47+	01:08+	00:31+	02:21+	01:55+	01:41+		
02:11&	00:11&	03:19&	00:57&	01:26&	04:14&	01:01&	01:49&	02:46&	00:33&	00:11&	01:08&	00:39&	00:38&		
<b>10</b>	<b>Seppo Konttajärvi</b>	<b>1500</b>										<b>49:37</b>			
07:05+	07:34+	15:45+	18:18+	21:13+	31:48+	33:30+	36:35+	41:24+	42:42+	43:17+	46:13+	48:14+	49:37+		
07:05+	00:29+	08:11+	02:33+	02:55+	10:35+	01:42+	03:05+	04:49+	01:18+	00:35+	02:56+	02:01+	01:23+		
03:23&	00:12&	03:23&	01:29@	01:26&	05:48@	00:39&	01:06&	01:48&	00:43@	00:15&	01:43@	00:45&	00:20&		
<b>11</b>	<b>Tobias Boström</b>	<b>146</b>										<b>56:57</b>			
07:05+	07:43+	18:16+	20:05+	23:40+	38:28+	41:16+	44:42+	49:30+	50:42+	51:15+	53:34+	55:42+	56:57+		
07:05+	00:38+	10:33+	01:49+	03:35+	14:48+	02:48+	03:26+	04:48+	01:12+	00:33+	02:19+	02:08+	01:15+		
03:23&	00:21@	05:45@	00:45&	02:06@	10:01@	01:45@	01:27&	01:47&	00:37@	00:13&	01:06&	00:52&	00:12#		
<b>12</b>	<b>Andreas Engvall</b>	<b>1004</b>										<b>1:00:24</b>			
10:32+	11:01+	22:15+	24:22+	27:02+	39:28+	41:33+	47:02+	52:23+	53:29+	54:01+	56:31+	58:41+	60:24+		
10:32+	00:29+	11:14+	02:07+	02:40+	12:26+	02:05+	05:29+	05:21+	01:06+	00:32+	02:30+	02:10+	01:43+		
06:50@	00:12&	06:26@	01:03&	01:11&	07:39@	01:02&	03:30@	02:20&	00:31&	00:12&	01:17@	00:54&	00:40&		
<b>13</b>	<b>Birgit Korvald</b>	<b>245</b>										<b>1:02:51</b>			
09:17+	09:44+	21:21+	24:12+	28:00+	36:43+	44:54+	49:02+	54:36+	55:39+	56:10+	59:10+	61:26+	62:51+		
09:17+	00:27+	11:37+	02:51+	03:48+	08:43+	08:11+	04:08+	05:34+	01:03+	00:31+	03:00+	02:16+	01:25+		
05:35@	00:10&	06:49@	01:47@	02:19@	03:56&	07:08@	02:09@	02:33&	00:28&	00:11&	01:47@	01:00&	00:22&		
<b>14</b>	<b>Heidi Sinevaara</b>	<b>655</b>										<b>1:12:37</b>			
10:58+	11:24+	22:20+	25:53+	30:48+	47:15+	50:14+	54:42+	63:29+	64:36+	65:07+	68:45+	71:05+	72:37+		
10:58+	00:26+	10:56+	03:33+	04:55+	16:27+	02:59+	04:28+	08:47+	01:07+	00:31+	03:38+	02:20+	01:32+		
07:16@	00:09&	06:08&	03:26@	11:40@	01:56@	02:29@	05:46@	00:32&	00:11&	02:25@	01:04&	00:29&			
<b>Beste strekktid for klassen</b>															
03:42	00:17	04:48	01:03	01:29	04:47	01:03	01:59	03:01	00:35	00:20	01:13	01:16	01:03		

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

## B

<b>1</b>	<b>Matti Rintanen</b>	<b>555</b>										<b>26:00</b>			
02:46=	05:08=	08:56=	10:03=	15:29=	16:59=	17:56=	18:13=	20:46=	24:27=	24:58=	26:00=				
02:46=	02:22=	03:48=	01:07=	05:26=	01:30=	00:57=	00:17=	02:33=	03:41=	00:31=	01:02=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

Class	Navn	Klasse	Tid
<b>2</b>	<b>Timo Rintanen</b>	<b>555</b>	<b>33:42</b>
04:01+	06:29+ 13:49+ 15:37+ 22:10+ 24:15+ 25:31+ 26:05+ 28:06+ 31:16+ 32:05+ 33:42+		
04:01+	02:28+ 07:20+ 01:48+ 06:33+ 02:05+ 01:16+ 00:34+ 02:01- 03:10- 00:49+ 01:37+		
01:15&	00:06+ 03:32& 00:41& 01:07# 00:35& 00:19& 00:17& 00:32- 00:31- 00:18& 00:35&		
<b>3</b>	<b>Guro Varvin Hjelseng</b>	<b>101</b>	<b>36:00</b>
03:36+	06:10+ 10:27+ 15:15+ 22:16+ 24:04+ 25:19+ 25:47+ 30:25+ 33:59+ 34:36+ 36:00+		
03:36+	02:34+ 04:17+ 04:48+ 07:01+ 01:48+ 01:15+ 00:28+ 04:38+ 03:34- 00:37+ 01:24+		
00:50&	00:12+ 00:29# 03:41@ 01:35& 00:18# 00:18& 00:11& 02:05& 00:07- 00:06# 00:22&		
<b>4</b>	<b>Bjørn Jakobsen</b>	<b>1001</b>	<b>37:38</b>
05:11+	08:10+ 16:07+ 17:48+ 24:33+ 26:51+ 27:57+ 28:28+ 30:28+ 34:52+ 35:57+ 37:38+		
05:11+	02:59+ 07:57+ 01:41+ 06:45+ 02:18+ 01:06+ 00:31+ 02:00- 04:24+ 01:05+ 01:41+		
02:25&	00:37& 04:09@ 00:34& 01:19# 00:48& 00:09# 00:14& 00:33- 00:43# 00:34@ 00:39&		
<b>5</b>	<b>Eija Rantala</b>	<b>655</b>	<b>38:11</b>
05:45+	10:42+ 17:52+ 19:24+ 26:29+ 28:11+ 29:34+ 30:18+ 32:29+ 35:57+ 36:41+ 38:11+		
05:45+	04:57+ 07:10+ 01:32+ 07:05+ 01:42+ 01:23+ 00:44+ 02:11- 03:28- 00:44+ 01:30+		
02:59@	02:35@ 03:22& 00:25& 01:39& 00:12# 00:26& 00:27@ 00:22- 00:13- 00:13& 00:28&		
<b>6</b>	<b>Randi Hegstad</b>	<b>51</b>	<b>39:48</b>
03:17+	13:24+ 18:42+ 20:14+ 27:08+ 29:07+ 30:17+ 31:14+ 33:43+ 37:17+ 38:08+ 39:48+		
03:17+	10:07+ 05:18+ 01:32+ 06:54+ 01:59+ 01:10+ 00:57+ 02:29- 03:34- 00:51+ 01:40+		
00:31#	07:45@ 01:30& 00:25& 01:28& 00:29& 00:13# 00:40@ 00:04- 00:07- 00:20& 00:38&		
<b>7</b>	<b>Petter Stensli Forseth</b>	<b>212</b>	<b>46:53</b>
12:40+	16:24+ 22:39+ 24:33+ 33:16+ 35:39+ 37:00+ 37:32+ 40:17+ 44:07+ 45:11+ 46:53+		
12:40+	03:44+ 06:15+ 01:54+ 08:43+ 02:23+ 01:21+ 00:32+ 02:45+ 03:50+ 01:04+ 01:42+		
09:54@	01:22& 02:27& 00:47& 03:17& 00:53& 00:24& 00:15& 00:12+ 00:09+ 00:33@ 00:40&		
<b>8</b>	<b>Åshild Bjørnerem</b>	<b>NOTEAM</b>	<b>51:35</b>
16:11+	19:47+ 26:30+ 28:30+ 36:08+ 37:53+ 39:28+ 40:16+ 43:20+ 48:31+ 49:45+ 51:35+		
16:11+	03:36+ 06:43+ 02:00+ 07:38+ 01:45+ 01:35+ 00:48+ 03:04+ 05:11+ 01:14+ 01:50+		
13:25@	01:14& 02:55& 00:53& 02:12& 00:15# 00:38& 00:31@ 00:31# 01:30& 00:43@ 00:48&		
<b>9</b>	<b>Ingela Klintberg</b>	<b>1031</b>	<b>52:36</b>
05:11+	09:18+ 16:26+ 23:34+ 33:46+ 36:11+ 38:23+ 39:17+ 42:24+ 48:03+ 49:34+ 52:36+		
05:11+	04:07+ 07:08+ 07:08+ 10:12+ 02:25+ 02:12+ 00:54+ 03:07+ 05:39+ 01:31+ 03:02+		
02:25&	01:45& 03:20& 06:01@ 04:46& 00:55& 01:15@ 00:37@ 00:34# 01:58& 01:00@ 02:00@		
<b>10</b>	<b>Eva Ekelund</b>	<b>642</b>	<b>1:10:28</b>
05:48+	24:51+ 36:51+ 38:55+ 51:50+ 54:46+ 56:43+ 57:40+ 60:50+ 66:29+ 67:54+ 70:28+		
05:48+	19:03+ 12:00+ 02:04+ 12:55+ 02:56+ 01:57+ 00:57+ 03:10+ 05:39+ 01:25+ 02:34+		
03:02@	16:41@ 08:12@ 00:57& 07:29@ 01:26& 01:00@ 00:40@ 00:37# 01:58& 00:54@ 01:32@		
<b>Beste strekketid for klassen</b>			
02:46	02:22	03:48	01:07
05:26	01:30	00:57	00:17
02:00	03:10	00:31	01:02

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

## C Kort

<b>1</b>	<b>Synnøve Vonen</b>	<b>305</b>	<b>26:57</b>
07:06=	12:00= 12:36= 16:28= 19:24= 19:57= 22:48= 25:15= 26:57=		
07:06=	04:54= 00:36= 03:52= 02:56= 00:33= 02:51= 02:27= 01:42=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Mari Hage</b>	<b>NOTEAM</b>	<b>27:35</b>
05:27-	08:05- 09:11- 13:01- 17:22- 18:13- 21:07- 25:32+ 27:35+		
05:27-	02:38- 01:06+ 03:50- 04:21+ 00:51+ 02:54+ 04:25+ 02:03+		
01:39-	02:16- 00:30& 00:02- 01:25& 00:18& 00:03+ 01:58& 00:21#		
<b>3</b>	<b>Bonnie Casteleyn</b>	<b>NOTEAM</b>	<b>28:35</b>
06:02-	09:05- 10:12- 14:07- 18:18- 19:11- 22:04- 26:37+ 28:35+		
06:02-	03:03- 01:07+ 03:55+ 04:11+ 00:53+ 02:53+ 04:33+ 01:58+		
01:04-	01:51- 00:31& 00:03+ 01:15& 00:20& 00:02+ 02:06& 00:16#		
<b>4</b>	<b>Ingrid Oxaas</b>	<b>222</b>	<b>33:53</b>
04:53-	10:46- 11:54- 20:41+ 24:59+ 25:46+ 28:41+ 31:51+ 33:53+		
04:53-	05:53+ 01:08+ 08:47+ 04:18+ 00:47+ 02:55+ 03:10+ 02:02+		
02:13-	00:59# 00:32& 04:55@ 01:22& 00:14& 00:04+ 00:43& 00:20#		

Class	Navn	Klasse	Tid					
<b>5</b>	<b>Laila Østgård</b>	<b>NOTEAM</b>	<b>34:06</b>					
06:04-	09:37-	10:59-	16:41+	22:10+	23:09+	26:47+	31:25+	34:06+
06:04-	03:33-	01:22+	05:42+	05:29+	00:59+	03:38+	04:38+	02:41+
01:02-	01:21-	00:46@	01:50&	02:33&	00:26&	00:47&	02:11&	00:59&
<b>6</b>	<b>Guri-Anne Hauan</b>	<b>NOTEAM</b>	<b>40:53</b>					
08:19+	13:44+	15:26+	23:02+	27:58+	28:59+	33:50+	37:54+	40:53+
08:19+	05:25+	01:42+	07:36+	04:56+	01:01+	04:51+	04:04+	02:59+
01:13#	00:31#	01:06@	03:44&	02:00&	00:28&	02:00&	01:37&	01:17&
<b>7</b>	<b>Karin Strutz</b>	<b>483</b>	<b>45:38</b>					
10:25+	14:50+	16:16+	22:40+	30:15+	31:29+	35:45+	41:51+	45:38+
10:25+	04:25-	01:26+	06:24+	07:35+	01:14+	04:16+	06:06+	03:47+
03:19&	00:29-	00:50@	04:39@	00:41@	01:25&	03:39@	02:05@	
<b>8</b>	<b>Maria Bergström</b>	<b>1002</b>	<b>55:42</b>					
18:18+	36:45+	37:40+	41:24+	46:20+	47:35+	49:56+	53:15+	55:42+
18:18+	18:27+	00:55+	03:44-	04:56+	01:15+	02:21-	03:19+	02:27+
11:12@	13:33@	00:19&	00:08-	02:00&	00:42@	00:30-	00:52&	00:45&
<b>9</b>	<b>Ylva Muilwijk</b>	<b>NOTEAM</b>	<b>1:00:43</b>					
12:46+	27:54+	31:21+	37:57+	44:57+	45:55+	52:45+	57:48+	60:43+
12:46+	15:08+	03:27+	06:36+	07:00+	00:58+	06:50+	05:03+	02:55+
05:40&	10:14@	02:51@	02:44&	04:04@	00:25&	03:59@	02:36@	01:13&

#### Beste strekktid for klassen

04:53 02:38 00:36 03:44 02:56 00:33 02:21 02:27 01:42

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

## C Lang

<b>1</b>	<b>Tore Mundal</b>	<b>388</b>	<b>24:15</b>								
02:59=	03:59=	05:15=	06:47=	11:17=	14:38=	15:17=	17:40=	18:11=	21:56=	22:41=	24:15=
02:59=	01:00=	01:16=	01:32=	04:30=	03:21=	00:39=	02:23=	00:31=	03:45=	00:45=	01:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ulf Arvidsson</b>	<b>618</b>	<b>28:30</b>								
03:48+	04:38+	06:47+	09:28+	13:35+	18:40+	19:26+	21:56+	22:36+	26:24+	27:12+	28:30+
03:48+	00:50-	02:09+	02:41+	04:07-	05:05+	00:46+	02:30+	00:40+	03:48+	00:48+	01:18-
00:49&	00:10-	00:53&	01:09&	00:23-	01:44&	00:07#	00:07+	00:09&	00:03+	00:03+	00:16-
<b>3</b>	<b>Ingrid Felde Olausen</b>	<b>101</b>	<b>30:16</b>								
04:06+	05:18+	07:08+	11:36+	16:00+	20:12+	20:58+	23:28+	23:59+	28:02+	28:51+	30:16+
04:06+	01:12+	01:50+	04:28+	04:24-	04:12+	00:46+	02:30+	00:31=	04:03+	00:49+	01:25-
01:07&	00:12#	00:34&	02:56@	00:06-	00:51&	00:07#	00:07+	00:00=	00:18+	00:04+	00:09-
<b>4</b>	<b>Beate Norsted Kildebo</b>	<b>101</b>	<b>38:52</b>								
04:36+	05:41+	09:36+	13:46+	20:05+	25:23+	26:17+	29:24+	30:06+	35:43+	36:52+	38:52+
04:36+	01:05+	03:55+	04:10+	06:19+	05:18+	00:54+	03:07+	00:42+	05:37+	01:09+	02:00+
01:37&	00:05+	02:39@	02:38@	01:49&	01:57&	00:15&	00:44&	00:11&	01:52&	00:24&	00:26&

#### Beste strekktid for klassen

02:59 00:50 01:16 01:32 04:07 03:21 00:39 02:23 00:31 03:45 00:45 01:18

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

## D -10

<b>46</b>	<b>Selma White</b>	<b>341</b>	<b>19:24</b>								
01:35+	08:05+	09:56+	11:04+	12:43+	14:49+	15:19+	16:54+	18:04+	19:24+		
01:35+	06:30+	01:51+	01:08+	01:39+	02:06+	00:30+	01:35+	01:10+	01:20+		
01:35+	06:30+	01:51+	01:08+	01:39+	02:06+	00:30+	01:35+	01:10+	01:20+		
<b>47</b>	<b>Hanna Rantala</b>	<b>655</b>	<b>23:30</b>								
01:54+	05:57+	08:03+	09:25+	10:56+	11:50+	13:37+	17:04+	18:09+	20:30+	21:59+	23:30+
01:54+	04:03+	02:06+	01:22+	01:31+	00:54+	01:47+	03:27+	01:05+	02:21+	01:29+	01:31+
01:54+	04:03+	02:06+	01:22+	01:31+	00:54+	01:47+	03:27+	01:05+	02:21+	01:29+	01:31+

Pluss	Navn	Klasse	Tid
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### Beste strekktid for klassen

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

## D 11-12

<b>1</b>	<b>Anni Rintanen</b>	<b>486</b>	<b>16:56</b>
	01:25= 04:32= 06:54= 07:43= 08:41= 10:44= 11:13= 13:30= 15:35= 16:56=		
	01:25= 03:07= 02:22= 00:49= 00:58= 02:03= 00:29= 02:17= 02:05= 01:21=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Ronja Götsch Iversen</b>	<b>146</b>	<b>17:38</b>
	01:28+ 04:41+ 06:54= 07:40- 09:02+ 11:12+ 11:40+ 13:29- 16:04+ 17:38+		
	01:28+ 03:13+ 02:13- 00:46- 01:22+ 02:10+ 00:28- 01:49- 02:35+ 01:34+		
	00:03+ 00:06+ 00:09- 00:03- 00:24& 00:07+ 00:01- 00:28- 00:30# 00:13#		
<b>3</b>	<b>Inka Mäenpää</b>	<b>655</b>	<b>17:53</b>
	01:28+ 04:56+ 07:19+ 08:00+ 09:43+ 11:36+ 12:02+ 14:27+ 16:36+ 17:53+		
	01:28+ 03:28+ 02:23+ 00:41- 01:43+ 01:53- 00:26- 02:25+ 02:09+ 01:17-		
	00:03+ 00:21# 00:01+ 00:08- 00:45& 00:10- 00:03- 00:08+ 00:04+ 00:04-		
<b>4</b>	<b>Lise Marcussen</b>	<b>106</b>	<b>19:46</b>
	01:35+ 04:43+ 07:04+ 07:54+ 10:31+ 13:15+ 13:46+ 16:04+ 18:31+ 19:46+		
	01:35+ 03:08+ 02:21- 00:50+ 02:37+ 02:44+ 00:31+ 02:18+ 02:27+ 01:15-		
	00:10# 00:01+ 00:01- 00:01+ 01:39@ 00:41& 00:02+ 00:01+ 00:22# 00:06-		
<b>5</b>	<b>Eline Andrea Vaeng Bernhardsen</b>	<b>146</b>	<b>19:54</b>
	01:36+ 07:16+ 09:24+ 10:05+ 11:22+ 13:39+ 14:05+ 16:30+ 18:37+ 19:54+		
	01:36+ 05:40+ 02:08- 00:41- 01:17+ 02:17+ 00:26- 02:25+ 02:07+ 01:17-		
	00:11# 02:33& 00:14- 00:08- 00:19& 00:14# 00:03- 00:08+ 00:02+ 00:04-		
<b>6</b>	<b>Astrid Elida Vaeng Bernhardsen</b>	<b>146</b>	<b>20:57</b>
	01:36+ 07:12+ 10:01+ 10:47+ 12:03+ 14:37+ 15:06+ 17:28+ 19:36+ 20:57+		
	01:36+ 05:36+ 02:49+ 00:46- 01:16+ 02:34+ 00:29= 02:22+ 02:08+ 01:21=		
	00:11# 02:29& 00:27# 00:03- 00:18& 00:31& 00:00= 00:05+ 00:03+ 00:00=		
<b>7</b>	<b>Venla Portimojärvi</b>	<b>655</b>	<b>28:08</b>
	01:53+ 07:45+ 12:31+ 13:36+ 15:41+ 19:51+ 20:23+ 23:38+ 26:27+ 28:08+		
	01:53+ 05:52+ 04:46+ 01:05+ 02:05+ 04:10+ 00:32+ 03:15+ 02:49+ 01:41+		
	00:28& 02:45& 02:24@ 00:16& 01:07@ 02:07@ 00:03# 00:58& 00:44& 00:20#		

### Beste strekktid for klassen

01:25 03:07 02:08 00:41 00:58 01:53 00:26 01:49 02:05 01:15

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

## D 13-14

<b>1</b>	<b>Klara Graversen</b>	<b>146</b>	<b>26:41</b>
	01:36= 05:09= 06:15= 09:18= 10:23= 16:19= 18:00= 19:51= 20:18= 22:13= 24:57= 25:29= 26:41=		
	01:36= 03:33= 01:06= 03:03= 01:05= 05:56= 01:41= 01:51= 00:27= 01:55= 02:44= 00:32= 01:12=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Silja Lauri</b>	<b>655</b>	<b>27:41</b>
	01:33- 05:54+ 07:13+ 10:04+ 11:18+ 17:57+ 19:36+ 21:16+ 21:42+ 23:15+ 25:53+ 26:27+ 27:41+		
	01:33- 04:21+ 01:19+ 02:51- 01:14+ 06:39+ 01:39- 01:40- 00:26- 01:33- 02:38- 00:34+ 01:14+		
	00:03- 00:48# 00:13# 00:12- 00:09# 00:43# 00:02- 00:11- 00:01- 00:22- 00:06- 00:02+ 00:02+		
<b>3</b>	<b>Elisa Götsch Iversen</b>	<b>146</b>	<b>27:52</b>
	01:28- 05:44+ 08:41+ 11:19+ 12:24+ 18:28+ 19:57+ 21:30+ 21:57+ 23:41+ 26:04+ 26:38+ 27:52+		
	01:28- 04:16+ 02:57+ 02:38- 01:05= 06:04+ 01:29- 01:33- 00:27= 01:44- 02:23- 00:34+ 01:14+		
	00:08- 00:43# 01:51@ 00:25- 00:00= 00:08+ 00:12- 00:18- 00:00= 00:11- 00:21- 00:02+ 00:02+		
<b>4</b>	<b>Emma-Leena Portimojärvi</b>	<b>655</b>	<b>30:48</b>
	01:17- 06:37+ 08:21+ 11:06+ 11:58+ 21:55+ 23:12+ 24:37+ 25:00+ 26:29+ 29:15+ 29:39+ 30:48+		
	01:17- 05:20+ 01:44+ 02:45- 00:52- 09:57+ 01:17- 01:25- 00:23- 01:29- 02:46+ 00:24- 01:09-		
	00:19- 01:47& 00:38& 00:18- 00:13- 04:01& 00:24- 00:26- 00:04- 00:26- 00:02+ 00:08- 00:03-		

Class	Navn	Klasse	Tid
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<b>5</b>	<b>Elina Lauri</b>	<b>655</b>	<b>31:32</b>
01:38+	06:45+	07:55+	11:11+
01:38+	05:07+	01:10+	03:16+
00:02+	01:34&	00:04+	00:13+

<b>6</b>	<b>Oili Holopainen</b>	<b>1136</b>	<b>33:11</b>
01:28-	05:48+	08:32+	13:16+
01:28-	04:20+	02:44+	03:30+
00:08-	00:47#	01:38@	00:27#

<b>7</b>	<b>Hanne Marcussen</b>	<b>106</b>	<b>33:37</b>
01:31-	05:59+	07:14+	10:44+
01:31-	04:28+	01:15+	03:30+
00:05-	00:55&	00:09#	00:27#

<b>8</b>	<b>Astrid White</b>	<b>341</b>	<b>34:40</b>
01:30-	06:04+	07:30+	10:13+
01:30-	04:34+	01:26+	02:43-
00:06-	01:01&	00:20&	00:10#

<b>9</b>	<b>Anni Taulavuori</b>	<b>1396</b>	<b>37:24</b>
01:31-	11:06+	12:56+	15:58+
01:31-	09:35+	01:50+	03:02-
00:05-	06:02@	00:44&	00:01-

**Beste strekktid for klassen**  
 01:17 03:33 01:06 02:38 00:52 05:56 01:17 01:25 00:23 01:29 02:23 00:24 01:09

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

## D 15-16

<b>1</b>	<b>Anna Jacobsen-Gaski</b>	<b>35</b>	<b>24:26</b>
01:21=	05:35=	06:28=	10:45=
01:21=	04:14=	00:53=	04:17=
00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Kristine Eide Rapp</b>	<b>281</b>	<b>24:59</b>
01:25+	05:37+	06:37+	10:50+
01:25+	04:12-	01:00+	04:13-
00:04+	00:02-	00:07#	00:04-

<b>3</b>	<b>Ane Sofie Krogh</b>	<b>268</b>	<b>27:07</b>
01:21=	05:25-	06:42+	11:11+
01:21=	04:04-	01:17+	04:29+
00:00=	00:10-	00:24&	00:12+

<b>4</b>	<b>Hanne Eide Rapp</b>	<b>281</b>	<b>28:15</b>
01:24+	05:26-	07:19+	12:09+
01:24+	04:02-	01:53+	04:50+
00:03+	00:12-	01:00@	00:33#

<b>5</b>	<b>Aino Rantala</b>	<b>655</b>	<b>28:27</b>
01:36+	06:34+	07:39+	12:03+
01:36+	04:58+	01:05+	04:24+
00:15#	00:44#	00:12#	00:07+

<b>6</b>	<b>Idunn Strand</b>	<b>146</b>	<b>29:37</b>
01:19-	05:37+	06:36+	11:25+
01:19-	04:18+	00:59+	04:49+
00:02-	00:04+	00:06#	00:32#

**Beste strekktid for klassen**  
 01:19 04:02 00:53 04:13 01:06 02:51 03:08 01:22 00:24 01:54 01:38 01:06

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

## D 17-18

Class	Navn	Klasse										Tid	
<b>1</b>	<b>Tora Indregard</b>	<b>146</b>										<b>27:16</b>	
	06:25=	07:10=	07:45=	12:57=	14:18=	16:43=	20:07=	21:22=	22:11=	22:36=	24:37=	26:11=	27:16=
	06:25=	00:45=	00:35=	05:12=	01:21=	02:25=	03:24=	01:15=	00:49=	00:25=	02:01=	01:34=	01:05=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Idun Kristine Felde Olausen</b>	<b>101</b>										<b>27:41</b>	
	05:31-	06:14-	06:52-	12:47-	14:08-	16:44+	20:20+	21:55+	22:42+	23:07+	24:49+	26:32+	27:41+
	05:31-	00:43-	00:38+	05:55+	01:21=	02:26+	03:36+	01:35+	00:47-	00:25=	01:42-	01:43+	01:09+
	00:54-	00:02-	00:03+	00:43#	00:00=	00:11+	00:12+	00:20&	00:02-	00:00=	00:19-	00:09+	00:04+
<b>3</b>	<b>Ane-Marte Borg Hanssen</b>	<b>146</b>										<b>29:27</b>	
	06:13-	08:50+	09:31+	14:34+	15:56+	18:46+	22:02+	23:15+	24:09+	24:32+	26:26+	28:18+	29:27+
	06:13-	02:37+	00:41+	05:03-	01:22+	02:50+	03:16-	01:13-	00:54+	00:23-	01:54-	01:52+	01:09+
	00:12-	01:52@	00:06#	00:09-	00:01+	00:25#	00:08-	00:02-	00:05#	00:02-	00:07-	00:18#	00:04+
<b>4</b>	<b>Eli Kolstad</b>	<b>222</b>										<b>29:46</b>	
	06:44+	07:37+	08:13+	14:06+	15:41+	18:05+	22:07+	23:23+	24:16+	24:44+	26:40+	28:30+	29:46+
	06:44+	00:53+	00:36+	05:53+	01:35+	02:24-	04:02+	01:16+	00:53+	00:28+	01:56-	01:50+	01:16+
	00:19+	00:08#	00:01+	00:41#	00:14#	00:01-	00:38#	00:01+	00:04+	00:03#	00:05-	00:16#	00:11#
<b>5</b>	<b>Kristiane Rogstad</b>	<b>184</b>										<b>39:38</b>	
	07:21+	08:12+	08:54+	14:58+	22:20+	25:26+	30:39+	32:07+	33:06+	33:33+	35:58+	38:08+	39:38+
	07:21+	00:51+	00:42+	06:04+	07:22+	03:06+	05:13+	01:28+	00:59+	00:27+	02:25+	02:10+	01:30+
	00:56#	00:06#	00:07#	00:52#	06:01@	00:41&	01:49&	00:13#	00:10#	00:02+	00:24#	00:36&	00:25&
<b>6</b>	<b>Kathinka Rogstad</b>	<b>184</b>										<b>41:58</b>	
	09:54+	11:02+	11:52+	20:41+	22:35+	25:44+	31:20+	33:01+	34:09+	34:42+	37:05+	40:15+	41:58+
	09:54+	01:08+	00:50+	08:49+	01:54+	03:09+	05:36+	01:41+	01:08+	00:33+	02:23+	03:10+	01:43+
	03:29&	00:23&	00:15&	03:37&	00:33&	00:44&	02:12&	00:26&	00:19&	00:08&	00:22#	01:36@	00:38&
<b>7</b>	<b>Martha Skogeng Reiten</b>	<b>67</b>										<b>47:28</b>	
	18:23+	19:35+	20:20+	26:16+	28:05+	33:08+	38:27+	40:38+	41:54+	42:18+	44:30+	46:15+	47:28+
	18:23+	01:12+	00:45+	05:56+	01:49+	05:03+	05:19+	02:11+	01:16+	00:24-	02:12+	01:45+	01:13+
	11:58@	00:27&	00:10&	00:44#	00:28&	02:38@	01:55&	00:56&	00:27&	00:01-	00:11+	00:11#	00:08#
<b>8</b>	<b>Solveig Sæternes</b>	<b>51</b>										<b>56:35</b>	
	08:02+	09:08+	09:55+	17:14+	31:15+	35:46+	41:32+	43:09+	44:22+	44:51+	52:51+	55:15+	56:35+
	08:02+	01:06+	00:47+	07:19+	14:01+	04:31+	05:46+	01:37+	01:13+	00:29+	08:00+	02:24+	01:20+
	01:37&	00:21&	00:12&	02:07&	12:40@	02:06&	02:22&	00:22&	00:24&	00:04#	05:59@	00:50&	00:15#

#### Beste strekktid for klassen

05:31 00:43 00:35 05:03 01:21 02:24 03:16 01:13 00:47 00:23 01:42 01:34 01:05

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

## D 17-AK

<b>1</b>	<b>Amélie Wallenhammar</b>	<b>726</b>										<b>31:58</b>	
	05:57=	06:58=	07:33=	13:02=	16:38=	20:09=	23:57=	25:21=	26:11=	26:34=	28:53=	30:41=	31:58=
	05:57=	01:01=	00:35=	05:29=	03:36=	03:31=	03:48=	01:24=	00:50=	00:23=	02:19=	01:48=	01:17=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Mari Basberg</b>	<b>317</b>										<b>36:12</b>	
	08:49+	09:47+	10:34+	16:06+	20:03+	23:22+	27:37+	29:18+	30:18+	30:42+	33:06+	34:52+	36:12+
	08:49+	00:58-	00:47+	05:32+	03:57+	03:19-	04:15+	01:41+	01:00+	00:24+	02:24+	01:46-	01:20+
	02:52&	00:03-	00:12&	00:03+	00:21+	00:12-	00:27#	00:17#	00:10#	00:01+	00:05+	00:02-	00:03+
<b>3</b>	<b>Tine Hjelseth Larsen</b>	<b>184</b>										<b>45:33</b>	
	10:37+	11:46+	12:42+	19:44+	26:33+	31:06+	35:56+	37:46+	38:36+	39:03+	41:35+	44:05+	45:33+
	10:37+	01:09+	00:56+	07:02+	06:49+	04:33+	04:50+	01:50+	00:50=	00:27+	02:32+	02:30+	01:28+
	04:40&	00:08#	00:21&	01:33&	03:13&	01:02&	01:02&	00:26&	00:00=	00:04#	00:13+	00:42&	00:11#

#### Beste strekktid for klassen

05:57 00:58 00:35 05:29 03:36 03:19 03:48 01:24 00:50 00:23 02:19 01:46 01:17

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

## D 17-B

Class	Navn	Klasse	Tid
<b>1</b>	<b>Anne Gro Styrvold</b>	<b>198</b>	<b>33:51</b>
	01:45= 06:14= 07:26= 10:34= 11:51= 19:30= 22:41= 24:40= 25:15= 27:18= 31:21= 32:11= 33:51=		
	01:45= 04:29= 01:12= 03:08= 01:17= 07:39= 03:11= 01:59= 00:35= 02:03= 04:03= 00:50= 01:40=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Ida Gjermundsdotter Urset</b>	<b>146</b>	<b>36:40</b>
	01:44- 05:58- 07:34+ 12:19+ 13:52+ 22:56+ 25:15+ 27:31+ 28:00+ 30:20+ 34:27+ 35:11+ 36:40+		
	01:44- 04:14- 01:36+ 04:45+ 01:33+ 09:04+ 02:19- 02:16+ 00:29- 02:20+ 04:07+ 00:44- 01:29-		
	00:01- 00:15- 00:24& 01:37& 00:16# 01:25# 00:52- 00:17# 00:06- 00:17# 00:04+ 00:06- 00:11-		
<b>3</b>	<b>Kari Schjølberg-Henriksen</b>	<b>245</b>	<b>38:03</b>
	01:57+ 06:27+ 07:37+ 11:26+ 12:51+ 20:37+ 22:46+ 24:28- 25:27+ 28:29+ 34:57+ 36:03+ 36:42+ 38:03+		
	01:57+ 04:30+ 01:10- 03:49+ 01:25+ 07:46+ 02:09- 01:42- 00:59+ 03:02+ 06:28+ 01:06+ 00:39- 01:21+		
	00:12# 00:01+ 00:02- 00:41# 00:08# 00:07+ 01:02- 00:17- 00:24& 00:59& 02:25& 00:16& 01:01- 01:21+		
<b>4</b>	<b>Eli Stensli</b>	<b>212</b>	<b>38:40</b>
	02:10+ 07:51+ 09:34+ 13:11+ 14:45+ 23:06+ 26:00+ 28:31+ 29:05+ 31:27+ 36:08+ 36:54+ 38:40+		
	02:10+ 05:41+ 01:43+ 03:37+ 01:34+ 08:21+ 02:54- 02:31+ 00:34- 02:22+ 04:41+ 00:46- 01:46+		
	00:25# 01:12& 00:31& 00:29# 00:17# 00:42+ 00:17- 00:32& 00:01- 00:19# 00:38# 00:04- 00:06+		
<b>5</b>	<b>Hilde Hanssen</b>	<b>345</b>	<b>40:51</b>
	01:27- 05:05- 06:07- 09:03- 10:10- 16:22- 18:14- 19:42- 20:08- 35:38+ 38:53+ 39:33+ 40:51+		
	01:27- 03:38- 01:02- 02:56- 01:07- 06:12- 01:52- 01:28- 00:26- 15:30+ 03:15- 00:40- 01:18-		
	00:18- 00:51- 00:10- 00:12- 00:10- 01:27- 01:19- 00:31- 00:09- 13:27@ 00:48- 00:10- 00:22-		
<b>6</b>	<b>Lene Næss Birkeland</b>	<b>341</b>	<b>43:37</b>
	02:22+ 10:25+ 12:07+ 16:20+ 17:59+ 27:13+ 30:10+ 32:45+ 33:25+ 35:46+ 40:57+ 41:47+ 43:37+		
	02:22+ 08:03+ 01:42+ 04:13+ 01:39+ 09:14+ 02:57- 02:35+ 00:40+ 02:21+ 05:11+ 00:50= 01:50+		
	00:37& 03:34& 00:30& 01:05& 00:22& 01:35# 00:14- 00:36& 00:05# 00:18# 01:08& 00:00= 00:10#		
<b>Beste strekktid for klassen</b>			
	01:27 03:38 01:02 02:56 01:07 06:12 01:52 01:28 00:26 02:03 03:15 00:40 00:39		

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

## D 17-C

<b>1</b>	<b>Camilla Fosstveit</b>	<b>281</b>	<b>29:30</b>
	05:18= 07:48= 08:28= 15:48= 17:39= 19:55= 20:25= 22:57= 27:18= 27:56= 29:30=		
	05:18= 02:30= 00:40= 07:20= 01:51= 02:16= 00:30= 02:32= 04:21= 00:38= 01:34=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Mailiss Myrvang</b>	<b>41</b>	<b>30:14</b>
	05:03- 07:50+ 08:37+ 11:51- 14:41- 17:52- 18:34- 21:51- 27:00- 28:00+ 30:14+		
	05:03- 02:47+ 00:47+ 03:14- 02:50+ 03:11+ 00:42+ 03:17+ 05:09+ 01:00+ 02:14+		
	00:15- 00:17# 00:07# 04:06- 00:59& 00:55& 00:12& 00:45& 00:48# 00:22& 00:40&		
<b>3</b>	<b>Anne Kathrine Kalager</b>	<b>26</b>	<b>33:54</b>
	08:25+ 11:13+ 12:16+ 14:55- 18:16+ 21:23+ 22:21+ 25:30+ 30:43+ 31:47+ 33:54+		
	08:25+ 02:48+ 01:03+ 02:39- 03:21+ 03:07+ 00:58+ 03:09+ 05:13+ 01:04+ 02:07+		
	03:07& 00:18# 00:23& 04:41- 01:30& 00:51& 00:28& 00:37# 00:52# 00:26& 00:33&		
<b>4</b>	<b>Maj Lene Nystuen</b>	<b>297</b>	<b>33:58</b>
	04:12- 06:51- 07:42- 10:29- 13:18- 15:42- 16:22- 21:43- 31:37+ 32:29+ 33:58+		
	04:12- 02:39+ 00:51+ 02:47- 02:49+ 02:24+ 00:40+ 05:21+ 09:54+ 00:52+ 01:29-		
	01:06- 00:09+ 00:11& 04:33- 00:58& 00:08+ 00:10& 02:49@ 05:33@ 00:14& 00:05-		

### Beste strekktid for klassen

04:12 02:30 00:40 02:39 01:51 02:16 00:30 02:32 04:21 00:38 01:29

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

## D 19-20

<b>1</b>	<b>Heini Rintanen</b>	<b>486</b>	<b>39:23</b>
	03:09= 05:56= 06:21= 12:04= 12:57= 21:43= 23:33= 24:41= 32:23= 33:42= 34:31= 34:55= 36:16= 38:08= 39:23=		
	03:09= 02:47= 00:25= 05:43= 00:53= 08:46= 01:50= 01:08= 07:42= 01:19= 00:49= 00:24= 01:21= 01:52= 01:15=		
	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=		



Class	Navn	Klasse												Tid
<b>2</b>	<b>Martha Kalvig Skogan</b>	<b>45</b>												<b>40:27</b>
03:21+	06:00+	06:24+	13:11+	14:02+	21:36-	23:19-	24:20-	32:56+	34:18+	35:18+	35:43+	37:05+	39:07+	40:27+
03:21+	02:39-	00:24-	06:47+	00:51-	07:34-	01:43-	01:01-	08:36+	01:22+	01:00+	00:25+	01:22+	02:02+	01:20+
00:12+	00:08-	00:01-	01:04#	00:02-	01:12-	00:07-	00:07-	00:54#	00:03+	00:11#	00:01+	00:01+	00:10+	00:05+
<b>3</b>	<b>Oda Furuholmen</b>	<b>45</b>												<b>49:17</b>
03:56+	07:29+	08:03+	14:31+	15:30+	27:46+	29:35+	30:44+	39:43+	41:27+	42:43+	43:10+	44:56+	47:32+	49:17+
03:56+	03:33+	00:34+	06:28+	00:59+	12:16+	01:49-	01:09+	08:59+	01:44+	01:16+	00:27+	01:46+	02:36+	01:45+
00:47#	00:46&	00:09&	00:45#	00:06#	03:30&	00:01-	00:01+	01:17#	00:25&	00:27&	00:03#	00:25&	00:44&	00:30&
<b>4</b>	<b>Ingvild Ofstad</b>	<b>146</b>												<b>54:16</b>
05:00+	07:45+	08:07+	17:47+	18:33+	37:23+	38:50+	39:47+	47:38+	48:48+	49:32+	49:52+	51:12+	53:02+	54:16+
05:00+	02:45-	00:22-	09:40+	00:46-	18:50+	01:27-	00:57-	07:51+	01:10-	00:44-	00:20-	01:20-	01:50-	01:14-
01:51&	00:02-	00:03-	03:57&	00:07-	10:04@	00:23-	00:11-	00:09+	00:09-	00:05-	00:04-	00:01-	00:02-	00:01-
<b>5</b>	<b>Johanna Lundkvist</b>	<b>1092</b>												<b>1:03:42</b>
05:18+	09:07+	09:46+	19:09+	20:39+	33:15+	36:35+	39:01+	49:57+	52:38+	53:50+	54:28+	59:13+	62:09+	63:42+
05:18+	03:49+	00:39+	09:23+	01:30+	12:36+	03:20+	02:26+	10:56+	02:41+	01:12+	00:38+	04:45+	02:56+	01:33+
02:09&	01:02&	00:14&	03:40&	00:37&	03:50&	01:30&	01:18@	03:14&	01:22@	00:23&	00:14&	03:24@	01:04&	00:18#
<b>Beste strekketid for klassen</b>														
03:09	02:39	00:22	05:43	00:46	07:34	01:27	00:57	07:42	01:10	00:44	00:20	01:20	01:50	01:14
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
<b>D 21-</b>														
<b>1</b>	<b>Helena Karlsson</b>	<b>430</b>												<b>40:47</b>
02:54=	05:02=	06:19=	12:38=	13:09=	14:14=	18:13=	19:25=	20:28=	27:51=	29:19=	30:27=	32:20=	36:40=	36:59=
02:54=	02:08=	01:17=	06:19=	00:31=	01:05=	03:59=	01:12=	01:03=	07:23=	01:28=	01:08=	01:53=	04:20=	00:19=
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=
<b>2</b>	<b>Maria Magnusson</b>	<b>425</b>												<b>42:20</b>
02:45-	04:49-	06:07-	12:16-	12:52-	14:12-	18:39+	19:51+	20:53+	28:42+	30:16+	31:31+	33:24+	37:49+	38:11+
02:45-	02:04-	01:18+	06:09-	00:36+	01:20+	04:27+	01:12+	01:02-	07:49+	01:34+	01:15+	01:53+	04:25+	00:22+
00:09-	00:04-	00:01+	00:10-	00:05#	00:15#	00:28#	00:00=	00:01-	00:26+	00:06+	00:07#	00:00=	00:05+	00:03#
00:06+	00:04+	00:04+	00:05#	00:08#	00:48#	00:05+	00:17&	00:27+	00:19#	00:06+	01:05&	00:03+	00:03#	00:05+
<b>3</b>	<b>Ingrid Gulbrandsen</b>	<b>244</b>												<b>44:34</b>
02:44-	04:46-	06:07-	12:22-	12:58-	14:11-	18:58+	20:15+	21:35+	29:25+	31:12+	32:26+	35:24+	39:47+	40:09+
02:44-	02:02-	01:21+	06:15-	00:36+	01:13+	04:47+	01:17+	01:20+	07:50+	01:47+	01:14+	02:58+	04:23+	00:22+
00:10-	00:06-	00:04+	00:04-	00:05#	00:08#	00:48#	00:05+	00:17&	00:27+	00:19#	00:06+	01:05&	00:03+	00:03#
00:05+	00:04+	00:04+	00:05#	00:08#	00:48#	00:05+	00:17&	00:27+	00:19#	00:06+	01:05&	00:03+	00:03#	00:05+
<b>4</b>	<b>Marthe Gløersen</b>	<b>32</b>												<b>44:35</b>
02:44-	05:01-	06:29+	12:52+	13:32+	14:50+	19:32+	20:46+	21:58+	30:17+	31:37+	32:51+	35:18+	39:49+	40:10+
02:44-	02:17+	01:28+	06:23+	00:40+	01:18+	04:42+	01:14+	01:12+	08:19+	01:20-	01:14+	02:27+	04:31+	00:21+
00:10-	00:09+	00:11#	00:04+	00:09&	00:13#	00:43#	00:02+	00:09#	00:56#	00:08-	00:06+	00:34&	00:11+	00:02#
00:11#	00:04+	00:09&	00:13#	00:43#	00:02+	00:09#	00:56#	00:08-	00:06+	00:34&	00:11+	00:02#	00:11#	00:20#
<b>5</b>	<b>Anna-Kaisa Asikainen</b>	<b>760</b>												<b>44:47</b>
03:03+	05:06+	06:24+	12:43+	13:22+	14:40+	19:31+	20:45+	21:54+	30:19+	31:58+	33:15+	35:37+	40:07+	40:29+
03:03+	02:03-	01:18+	06:19=	00:39+	01:18+	04:51+	01:14+	01:09+	08:25+	01:39+	01:17+	02:22+	04:30+	00:22+
00:09+	00:05-	00:01+	00:00=	00:08&	00:13#	00:52#	00:02+	00:06+	01:02#	00:11#	00:09#	00:29&	00:10+	00:03#
00:05+	00:05-	00:01+	00:00=	00:08&	00:13#	00:52#	00:02+	00:06+	01:02#	00:11#	00:09#	00:29&	00:10+	00:03#
<b>6</b>	<b>Mari Väänänen</b>	<b>551</b>												<b>45:25</b>
02:47-	05:11+	06:31+	13:01+	13:46+	15:18+	19:43+	21:13+	22:31+	30:45+	32:13+	33:38+	36:12+	40:51+	41:13+
02:47-	02:24+	01:20+	06:30+	00:45+	01:32+	04:25+	01:30+	01:18+	08:14+	01:28=	01:25+	02:34+	04:39+	00:22+
00:07-	00:16#	00:03+	00:11+	00:14&	00:27&	00:26#	00:18#	00:15#	00:51#	00:00=	00:17#	00:41&	00:19+	00:03#
00:16#	00:03+	00:11+	00:14&	00:27&	00:26#	00:18#	00:15#	00:51#	00:00=	00:17#	00:41&	00:19+	00:03#	00:11#
<b>7</b>	<b>Josefine Wallenhammar</b>	<b>726</b>												<b>46:06</b>
02:56+	05:17+	06:37+	13:19+	14:09+	15:43+	20:23+	21:43+	23:08+	31:14+	32:47+	34:09+	36:49+	41:31+	41:56+
02:56+	02:21+	01:20+	06:42+	00:50+	01:34+	04:40+	01:20+	01:25+	08:06+	01:33+	01:22+	02:40+	04:42+	00:25+
00:02+	00:13#	00:03+	00:23+	00:19&	00:29&	00:41#	00:08#	00:22&	00:43+	00:05+	00:14#	00:47&	00:22+	00:06&
00:13#	00:03+	00:23+	00:19&	00:29&	00:41#	00:08#	00:22&	00:43+	00:05+	00:14#	00:47&	00:22+	00:06&	00:14#
<b>8</b>	<b>Marit Vala</b>	<b>268</b>												<b>46:45</b>
03:26+	05:44+	07:05+	12:43+	13:30+	15:33+	20:58+	22:22+	23:37+	31:15+	32:10+	33:24+	34:37+	37:16+	42:13+
03:26+	02:18+	01:21+	05:38-	00:47+	02:03+	05:25+	01:24+	01:15+	07:38+	00:55-	01:14+	01:13-	02:39-	04:57+
00:32#	00:10+	00:04+	00:41-	00:16&	00:58&	01:26&	00:12#	00:12#	00:15+	00:33-	00:06+	00:40-	01:41-	04:38@
00:10+	00:04+	00:41-	00:16&	00:58&	01:26&	00:12#	00:12#	00:15+	00:33-	00:06+	00:40-	01:41-	04:38@	00:44-
<b>9</b>	<b>Siri Eidnes</b>	<b>273</b>												<b>48:29</b>
03:17+	05:21+	07:09+	14:10+	14:46+	16:18+	21:31+	22:57+	24:18+	32:33+	34:21+	35:46+	38:02+	43:31+	43:55+
03:17+	02:04-	01:48+	07:01+	00:36+	01:32+	05:13+	01:26+	01:21+	08:15+	01:48+	01:25+	02:16+	05:29+	00:24+
00:23#	00:04-	00:31&	00:42#	00:05#	00:27&	01:14&	00:14#	00:18&	00:52#	00:20#	00:17#	00:23#	01:09&	00:05&
00:04-	00:31&	00:42#	00:05#	00:27&	01:14&	00:14#	00:18&	00:52#	00:20#	00:17#	00:23#	01:09&	00:05&	00:13#

Class	Navn	Klasse	Tid
<b>10</b>	<b>Marjo Liikanen</b>	<b>88</b>	<b>48:46</b>
03:10+	05:31+	07:04+	14:12+
03:10+	02:21+	01:33+	07:08+
00:16+	00:13#	00:16#	00:49#
	00:09&	00:18&	01:05&
	00:09#	00:16&	01:47#
	00:33&	00:08#	00:18#
	00:46#	00:05&	00:12#
	00:25&	00:14#	
<b>11</b>	<b>Josefine Klintberg</b>	<b>663</b>	<b>49:00</b>
02:56+	05:08+	06:32+	14:29+
02:56+	02:12+	01:24+	07:57+
00:02+	00:04+	00:07+	01:38&
	00:16&	00:07#	01:06&
	00:34&	00:37&	01:21#
	00:08+	00:14#	01:11&
	00:12+	00:05&	00:14#
	00:11#	00:06+	
<b>12</b>	<b>Emma Andersson</b>	<b>425</b>	<b>49:18</b>
03:05+	05:55+	07:22+	14:19+
03:05+	02:50+	01:27+	06:57+
00:11+	00:42&	00:10#	00:38#
	00:09&	00:35&	01:27&
	00:40&	00:22&	01:02#
	00:05+	00:25&	00:40&
	00:29#	00:06&	00:18&
	00:19#	00:13#	
<b>13</b>	<b>Evine Westli Andersen</b>	<b>212</b>	<b>50:31</b>
03:15+	05:48+	07:19+	14:27+
03:15+	02:33+	01:31+	07:08+
00:21#	00:25#	00:14#	00:49#
	00:08&	00:23&	01:17&
	00:17#	00:54&	02:16&
	00:22#	00:15#	00:27#
	00:39#	00:07&	00:15#
	00:24#	00:24#	00:24#
	00:11#	00:24#	00:11#
<b>14</b>	<b>Victoria Stevens</b>	<b>510</b>	<b>51:17</b>
02:56+	05:04+	06:35+	14:09+
02:56+	02:08+	01:31+	07:34+
00:02+	00:00+	00:14#	01:15#
	00:07#	00:24&	00:24#
	00:06+	00:15#	02:22&
	00:10#	00:15#	03:12@
	00:43#	00:06&	00:10#
	00:28&	00:17&	
<b>15</b>	<b>Helen Martinsen</b>	<b>142</b>	<b>51:19</b>
03:11+	05:44+	07:07+	15:05+
03:11+	02:33+	01:23+	07:58+
00:17+	00:25#	00:06+	01:39&
	01:12@	00:24-	02:21-
	04:03@	00:34&	06:01-
	07:29@	00:18&	00:29-
	01:57-	04:18@	00:42-
	01:00&	01:19+	01:00&
	01:19+		
<b>16</b>	<b>Torun Ankjell</b>	<b>239</b>	<b>51:34</b>
03:22+	06:16+	07:43+	14:32+
03:22+	02:54+	01:27+	06:49+
00:28#	00:46&	00:10#	00:30+
	00:10&	01:08@	01:36&
	00:01+	00:28&	01:36#
	00:54&	00:12#	00:28#
	00:50#	00:06&	00:50&
	00:31&	00:31&	00:03+
<b>17</b>	<b>Audhild Bakken Rognstad</b>	<b>244</b>	<b>52:20</b>
03:33+	06:14+	07:53+	15:50+
03:33+	02:41+	01:39+	07:57+
00:39#	00:33&	00:22&	01:38&
	00:15&	00:14#	01:26&
	00:16#	00:23&	01:20#
	00:17#	00:21&	03:14@
	00:20+	00:02#	00:12#
	00:02+	00:12#	00:02+
	00:01-	01:04-	00:01-
<b>18</b>	<b>Sanna Andelin</b>	<b>1418</b>	<b>52:23</b>
03:26+	06:46+	08:18+	16:18+
03:26+	03:20+	01:32+	08:00+
00:32#	01:12&	00:15#	01:41&
	00:15&	00:38&	01:30&
	00:16#	00:31&	01:41#
	00:11#	00:24&	00:38&
	00:57#	00:06&	00:17&
	00:20#	00:12#	00:12#
<b>19</b>	<b>Irene Beate Øhrn Arnevik</b>	<b>341</b>	<b>53:22</b>
03:20+	05:38+	07:16+	15:52+
03:20+	02:18+	01:38+	08:36+
00:26#	00:10+	00:21&	02:17&
	00:17&	00:42&	01:48&
	00:02+	00:01-	02:02&
	00:13#	00:21&	02:16@
	00:04#	00:10#	00:04#
	00:19#	00:15#	00:19#
	00:15#	00:15#	00:15#
<b>20</b>	<b>Pernilla Tunis</b>	<b>1135</b>	<b>53:57</b>
03:20+	06:46+	08:31+	15:57+
03:20+	03:26+	01:45+	07:26+
00:26#	01:18&	00:28&	01:07#
	00:23&	00:49&	01:31&
	00:22&	00:25&	01:39#
	00:21#	01:28@	00:29&
	01:12&	00:08&	00:17&
	00:25&	00:25&	00:25&
<b>21</b>	<b>Maria Itkonen</b>	<b>1399</b>	<b>54:08</b>
03:19+	06:01+	07:32+	15:20+
03:19+	02:42+	01:31+	07:48+
00:25#	00:34&	00:14#	01:29#
	00:16&	00:44&	01:47&
	00:14#	00:19&	03:55&
	00:08+	00:08+	00:08+
<b>22</b>	<b>Terhi Mykkänen</b>	<b>555</b>	<b>55:15</b>
03:42+	07:03+	08:37+	16:45+
03:42+	03:21+	01:34+	08:08+
00:48&	01:13&	00:17#	01:49&
	00:20&	01:10@	02:20&
	00:21&	00:48&	01:53&
	00:22#	00:26&	00:32&
	00:55#	00:07&	00:22&
	00:25&	00:25&	00:25&
<b>23</b>	<b>Tiina Haarlaa</b>	<b>531</b>	<b>55:50</b>
03:14+	05:46+	07:19+	14:53+
03:14+	02:32+	01:33+	07:34+
00:20#	00:24#	00:16#	01:15#
	00:10&	00:38&	06:46@
	00:08#	00:12#	02:55&
	00:04+	00:08#	00:30&
	00:37#	00:06&	00:08#
	00:13#	00:13#	00:13#
<b>24</b>	<b>Niamh Corbett</b>	<b>1198</b>	<b>57:07</b>
03:24+	06:01+	07:42+	16:12+
03:24+	02:37+	01:41+	08:30+
00:30#	00:29#	00:24&	02:11&
	00:27&	00:54&	03:46&
	00:48&	00:54&	01:36#
	00:07+	00:38&	02:22@
	00:39#	00:04#	00:09#
	00:16#	00:06+	00:06+

Class	Navn	Klasse	Tid
<b>25</b>	<b>Emma Bergström</b>	<b>1310</b>	<b>57:26</b>
03:17+	05:38+	11:28+	18:44+
03:17+	02:21+	05:50+	07:16+
00:23#	00:13#	04:33@	00:57#
00:13&	00:29&	02:06&	01:26@
00:27&	01:57&	00:34&	00:36&
00:37&	00:54#	00:10&	00:21&
00:25&	00:18&		
<b>26</b>	<b>Trine Bolstad</b>	<b>88</b>	<b>57:28</b>
03:46+	06:27+	08:12+	16:15+
03:46+	02:41+	01:45+	08:03+
00:52&	00:33&	00:28&	01:44&
00:11&	00:46&	02:37&	00:16#
00:30&	01:58&	00:19#	00:27&
03:25@	00:55#	00:08&	00:38&
00:29&	00:25&		
<b>27</b>	<b>Jenny Bengtsson</b>	<b>425</b>	<b>58:00</b>
03:02+	05:15+	06:51+	16:52+
03:02+	02:13+	01:36+	09:25+
00:08+	00:05+	00:19#	03:06&
00:05#	00:34&	03:46&	00:20&
00:28&	04:29&	00:44&	00:24&
00:10+	01:37&	00:09&	00:07#
00:21#	00:21&		
<b>28</b>	<b>Elisabeth Fries</b>	<b>1090</b>	<b>1:01:16</b>
04:21+	07:12+	08:52+	16:54+
04:21+	02:51+	01:40+	08:02+
01:27&	00:43&	00:23&	01:43&
00:30&	01:25@	02:03&	00:53&
01:14@	04:29&	00:20#	00:34&
01:19&	01:29&	00:10&	00:29&
00:41&	00:37&		
<b>29</b>	<b>Marianne Opsahl Bredesen</b>	<b>244</b>	<b>1:01:45</b>
03:09+	06:21+	08:00+	17:17+
03:09+	03:12+	01:39+	09:17+
00:15+	01:04&	00:22&	02:58&
00:29&	01:04&	03:13&	00:30&
00:41&	04:15&	00:34&	01:12@
01:08&	01:39&	00:09&	00:32&
00:32&	00:32&		
<b>30</b>	<b>Mirja Andersson</b>	<b>1417</b>	<b>1:04:13</b>
03:55+	07:00+	08:54+	17:20+
03:55+	03:05+	01:54+	08:26+
01:01&	00:57&	00:37&	02:07&
00:38@	01:03&	03:05&	00:31&
00:53&	03:37&	00:55&	00:39&
02:37@	02:28&	00:06&	00:45&
00:48&	00:39&		
<b>31</b>	<b>Trine Disch Kihle</b>	<b>244</b>	<b>1:10:23</b>
03:56+	07:16+	09:14+	19:15+
03:56+	03:20+	01:58+	10:01+
01:02&	01:12&	00:41&	03:42&
00:20&	01:20@	08:19@	01:08&
00:37&	04:49&	00:56&	00:56&
01:31&	01:47&	00:07&	00:32&
00:26&	00:11#		

### Beste strekktid for klassen

02:44 02:02 01:17 05:38 00:31 00:41 01:38 01:12 01:02 01:22 00:55 01:08 01:13 02:23 00:19 00:22 01:23 01:04

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

## D 35-

<b>1</b>	<b>Kirti Rebane</b>	<b>1411</b>	<b>34:26</b>
03:05=	06:44=	08:56=	10:53=
03:05=	03:39=	02:12=	01:57=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Rasa Ivanauskaite</b>	<b>1382</b>	<b>44:44</b>
04:17+	09:36+	12:25+	14:30+
04:17+	05:19+	02:49+	02:05+
01:12&	01:40&	00:37&	00:08+
00:13#	02:40+	04:16+	01:37+
00:27&	00:11#	00:06#	00:17#
00:16#	00:23&		
<b>3</b>	<b>Kristin Jæger</b>	<b>379</b>	<b>51:28</b>
05:32+	12:28+	16:17+	19:03+
05:32+	06:56+	03:49+	02:46+
02:27&	03:17&	01:37&	00:49&
00:21&	01:35&	00:28&	00:21&
00:06#	00:20#	00:19#	00:20#
<b>4</b>	<b>Taija Heletoja</b>	<b>1254</b>	<b>57:14</b>
04:27+	10:21+	13:12+	16:12+
04:27+	05:54+	02:51+	03:00+
01:22&	02:15&	00:39&	01:03&
08:06@	00:22&	02:24&	02:42&
00:47&	00:24&	00:21&	00:43&
01:01&	00:39&		

### Beste strekktid for klassen

03:05 03:39 02:12 01:57 06:41 00:52 05:00 03:40 01:10 00:51 00:25 01:29 02:03 01:22

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

## D 40-

Class	Navn	Klasse	Tid
<b>1</b>	<b>Viivi-Anne Soots</b>	<b>1411</b>	<b>25:07</b>
05:17=	06:06=	06:41=	11:23=
05:17=	00:49=	00:35=	04:42=
00:00=	00:00=	00:00=	00:00=
05:32+	06:24+	07:02+	11:56+
05:32+	00:52+	00:38+	04:54+
00:15+	00:03+	00:03+	00:12+
<b>2</b>	<b>Zsuzsa Fey</b>	<b>163</b>	<b>27:28</b>
05:17=	06:06=	06:41=	11:23=
05:17=	00:49=	00:35=	04:42=
00:00=	00:00=	00:00=	00:00=
05:32+	06:24+	07:02+	11:56+
05:32+	00:52+	00:38+	04:54+
00:15+	00:03+	00:03+	00:12+
<b>3</b>	<b>Ingvild Osdal</b>	<b>106</b>	<b>30:24</b>
06:24+	07:43+	08:18+	14:01+
06:24+	01:19+	00:35=	05:43+
01:07#	00:30&	00:00=	01:01#
06:33+	07:30+	08:17+	14:21+
06:33+	00:57+	00:47+	06:04+
01:16#	00:08#	00:12&	00:39&
<b>4</b>	<b>Katri Mäenpää</b>	<b>655</b>	<b>31:20</b>
09:13+	10:32+	11:33+	18:07+
09:13+	01:19+	01:01+	06:34+
03:56&	00:30&	00:26&	01:52&
<b>5</b>	<b>Angelica Brandqvist</b>	<b>449</b>	<b>34:47</b>
10:20+	11:09+	11:51+	17:57+
10:20+	00:49=	00:42+	06:06+
05:03&	00:00=	00:07#	01:24&
<b>6</b>	<b>Miia Hovi</b>	<b>1401</b>	<b>34:48</b>
08:32+	09:51+	10:37+	16:54+
08:32+	01:19+	00:46+	06:17+
03:15&	00:30&	00:11&	01:35&
<b>7</b>	<b>Hege Nornes</b>	<b>106</b>	<b>35:00</b>
08:30+	09:30+	10:19+	17:21+
08:30+	01:00+	00:49+	07:02+
03:13&	00:11#	00:14&	02:20&
<b>8</b>	<b>Laura Lauri</b>	<b>655</b>	<b>36:43</b>
10:30+	11:19+	12:04+	18:54+
10:30+	00:49=	00:45+	06:50+
05:13&	00:00=	00:10&	02:08&
<b>9</b>	<b>Rikke Nørgaard</b>	<b>264</b>	<b>38:58</b>
11:26+	12:26+	13:13+	19:40+
11:26+	01:00+	00:47+	06:27+
06:09@	00:11#	00:12&	01:45&
<b>10</b>	<b>Tuuli Rinne</b>	<b>1404</b>	<b>39:13</b>
10:16+	11:44+	12:39+	19:31+
10:16+	01:28+	00:55+	06:52+
04:59&	00:39&	00:20&	02:10&
<b>11</b>	<b>Elena Bogopolskaya</b>	<b>927</b>	<b>40:05</b>
47:19+	48:35+	49:23+	55:37+
47:19+	01:16+	00:48+	06:14+
42:02@	00:27&	00:13&	01:32&
<b>12</b>	<b>Malin Kristoffersson</b>	<b>1311</b>	<b>1:24:26</b>
05:17	00:49	00:35	04:42
05:17	00:49	00:35	04:42
00:00=	00:00=	00:00=	00:00=

### Beste strekktid for klassen

05:17 00:49 00:35 04:42 01:19 02:24 03:16 01:09 00:46 00:22 01:38 01:32 01:13

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

## D 45-

<b>1</b>	<b>Christina White</b>	<b>341</b>	<b>24:42</b>
01:15=	05:03=	06:04=	10:06=
01:15=	03:48=	01:01=	04:02=
00:00=	00:00=	00:00=	00:00=
01:15=	05:03=	06:04=	10:06=
01:15=	03:48=	01:01=	04:02=
00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
<b>2</b>	<b>Mia Saarilaakso</b>	<b>1403</b>	<b>26:07</b>
01:26+	05:49+	06:52+	11:18+
01:26+	04:23+	01:03+	04:26+
00:11#	00:35#	00:02+	00:24+
12:45+	15:50+	19:20+	20:46+
01:27+	03:05+	03:30+	01:26+
00:25+	01:57-	01:41-	01:18+
00:01+	00:23-	00:04-	00:04+
<b>3</b>	<b>Anna Eriksson</b>	<b>585</b>	<b>28:34</b>
01:20+	06:43+	07:42+	12:31+
01:20+	05:23+	00:59-	04:49+
00:05+	01:35&	00:02-	00:47#
14:01+	17:32+	21:18+	22:51+
03:31+	03:46+	01:33+	00:27+
00:03#	00:23-	00:05+	00:15#
<b>4</b>	<b>Arnhild Krogh</b>	<b>268</b>	<b>28:37</b>
01:40+	05:53+	07:04+	11:52+
01:40+	04:13+	01:11+	04:48+
00:25&	00:25#	00:10#	00:46#
13:46+	17:04+	21:04+	22:40+
01:36+	00:27+	02:18-	01:50+
00:03#	00:02-	00:05+	00:08#
<b>5</b>	<b>Hege Feiring</b>	<b>163</b>	<b>30:15</b>
01:17+	05:20+	06:27+	11:21+
01:17+	04:03+	01:07+	04:54+
00:02+	00:15+	00:06+	00:52#
15:09+	18:18+	22:20+	24:37+
03:09+	04:02+	02:17+	00:29+
00:19#	00:40#	00:53&	00:05#
<b>6</b>	<b>Bodil Brun Marcussen</b>	<b>106</b>	<b>30:29</b>
01:37+	05:59+	07:09+	12:11+
01:37+	04:22+	01:10+	05:02+
00:22&	00:34#	00:09#	01:00#
13:37+	17:45+	22:14+	23:56+
04:08+	04:29+	01:42+	00:33+
01:18&	01:07&	00:18#	00:09&
<b>7</b>	<b>Mari Rintanen</b>	<b>486</b>	<b>32:29</b>
01:19+	05:52+	06:49+	12:19+
01:19+	04:33+	00:57-	05:30+
00:04+	00:45#	00:04-	01:28&
14:14+	19:12+	23:24+	24:58+
04:58+	04:12+	01:34+	00:26+
02:08&	00:50#	00:10#	00:02+
<b>8</b>	<b>Birgitte Torbjørnsen</b>	<b>142</b>	<b>33:34</b>
01:41+	07:13+	08:34+	14:18+
01:41+	05:32+	01:21+	05:44+
00:26&	01:44&	00:20&	01:42&
20:01+	24:38+	26:21+	26:49+
04:09+	04:37+	01:43+	00:28+
01:19&	01:15&	00:19#	00:04#
<b>9</b>	<b>Irene Felde Olausen</b>	<b>101</b>	<b>34:24</b>
01:50+	07:43+	09:00+	14:42+
01:50+	05:53+	01:17+	05:42+
00:35&	02:05&	00:16&	01:40&
20:14+	25:12+	27:11+	27:45+
03:32+	04:58+	01:59+	00:34+
01:36&	00:35&	00:10&	00:15#
<b>10</b>	<b>Janita Skogeng</b>	<b>67</b>	<b>35:13</b>
01:44+	06:13+	07:23+	14:16+
01:44+	04:29+	01:10+	06:53+
00:29&	00:41#	00:09#	02:51&
15:46+	22:35+	26:51+	28:45+
03:59@	00:54&	00:30&	00:09&
<b>11</b>	<b>Ingrid Eide Rapp</b>	<b>281</b>	<b>36:10</b>
01:48+	07:05+	08:35+	15:51+
01:48+	05:17+	01:30+	07:16+
00:33&	01:29&	00:29&	03:14&
21:34+	26:12+	28:16+	28:49+
03:57+	04:38+	02:04+	00:33+
01:07&	01:16&	00:40&	00:09&
<b>12</b>	<b>Siri Thortveit Myhre</b>	<b>189</b>	<b>36:32</b>
01:41+	06:32+	07:41+	13:05+
01:41+	04:51+	01:09+	05:24+
00:26&	01:03&	00:08#	01:22&
20:09+	24:23+	27:59+	28:30+
05:33+	04:14+	03:36+	00:31+
02:43&	00:52&	02:12@	00:07&
<b>13</b>	<b>Idun Magdalene Bøyum Augland</b>	<b>37</b>	<b>38:35</b>
01:40+	08:19+	09:42+	16:23+
01:40+	06:39+	01:23+	06:41+
00:25&	02:51&	00:22&	02:39&
23:09+	29:07+	31:17+	32:02+
02:10+	00:45+	02:40+	02:19+
02:06&	02:36&	00:46&	00:21&
<b>14</b>	<b>Stine Arntzen</b>	<b>301</b>	<b>39:35</b>
02:07+	08:41+	10:53+	17:54+
02:07+	06:34+	02:12+	07:01+
00:52&	02:46&	01:11@	02:59&
24:01+	28:50+	32:21+	32:52+
04:05+	04:49+	03:31+	00:31+
01:15&	01:27&	02:07@	00:07&
<b>15</b>	<b>Tarja Taulavuori</b>	<b>1396</b>	<b>48:09</b>
01:30+	17:53+	19:08+	28:13+
01:30+	16:23+	01:15+	09:05+
00:15#	12:35@	00:14#	05:03@
33:45+	39:11+	41:00+	41:34+
03:51+	05:26+	01:49+	00:34+
01:01&	02:04&	00:25&	00:10&
<b>16</b>	<b>Veronica Åman</b>	<b>1413</b>	<b>51:45</b>
02:12+	11:41+	13:37+	21:43+
02:12+	09:29+	01:56+	08:06+
00:57&	05:41@	00:55&	04:04@
25:00+	32:50+	38:56+	41:47+
07:50+	06:06+	02:51+	00:34+
05:00@	02:44&	01:27@	00:10&

Class	Navn	Klasse	Tid
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**Beste strekktid for klassen**

01:15 03:48 00:57 04:02 01:17 02:50 03:22 01:24 00:24 01:57 01:41 01:14

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

**D 50-**

<b>1</b>	<b>Marja Tonder</b>	<b>1396</b>	<b>25:58</b>								
01:18=	05:37=	06:34=	11:11=	12:19=	15:17=	18:58=	20:25=	22:58=	24:38=	25:58=	
01:18=	04:19=	00:57=	04:37=	01:08=	02:58=	03:41=	01:27=	00:25=	02:08=	01:40=	01:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Margrete Gaski</b>	<b>35</b>	<b>26:44</b>								
01:29+	05:50+	06:52+	11:24+	12:51+	16:02+	19:41+	21:11+	21:39+	23:37+	25:28+	26:44+
01:29+	04:21+	01:02+	04:32-	01:27+	03:11+	03:39-	01:30+	00:28+	01:58-	01:51+	01:16-
00:11#	00:02+	00:05+	00:05-	00:19&	00:13+	00:02-	00:03#	00:03#	00:10-	00:11#	00:04-
<b>3</b>	<b>Hilde Sofie Hansen</b>	<b>222</b>	<b>29:03</b>								
01:22+	05:54+	06:59+	11:26+	12:54+	18:14+	21:48+	23:19+	23:47+	25:53+	27:46+	29:03+
01:22+	04:32+	01:05+	04:27-	01:28+	05:20+	03:34-	01:31+	00:28+	02:06-	01:53+	01:17-
00:04+	00:13+	00:08#	00:10-	00:20&	02:22&	00:07-	00:04+	00:03#	00:02-	00:13#	00:03-
<b>4</b>	<b>Kjersti Holt Hanssen</b>	<b>227</b>	<b>29:06</b>								
01:26+	05:46+	07:03+	13:03+	14:27+	17:42+	21:35+	23:07+	23:35+	25:41+	27:39+	29:06+
01:26+	04:20+	01:17+	06:00+	01:24+	03:15+	03:53+	01:32+	00:28+	02:06-	01:58+	01:27+
00:08#	00:01+	00:20&	01:23&	00:16#	00:17+	00:12+	00:05+	00:03#	00:02-	00:18#	00:07+
<b>5</b>	<b>Ann Katrin Olsen</b>	<b>26</b>	<b>29:10</b>								
01:25+	05:29-	06:37+	10:47-	12:20+	18:03+	22:11+	23:46+	24:15+	26:15+	27:56+	29:10+
01:25+	04:04-	01:08+	04:10-	01:33+	05:43+	04:08+	01:35+	00:29+	02:00-	01:41+	01:14-
00:07+	00:15-	00:11#	00:27-	00:25&	02:45&	00:27#	00:08+	00:04#	00:08-	00:01+	00:06-
<b>6</b>	<b>Marianne Njåstein</b>	<b>163</b>	<b>30:02</b>								
01:31+	06:00+	07:06+	12:07+	13:38+	17:13+	21:24+	23:24+	23:52+	26:24+	28:29+	30:02+
01:31+	04:29+	01:06+	05:01+	01:31+	03:35+	04:11+	02:00+	00:28+	02:32+	02:05+	01:33+
00:13#	00:10+	00:09#	00:24+	00:23&	00:37#	00:30#	00:33&	00:03#	00:24#	00:25#	00:13#
<b>7</b>	<b>Tove Strand</b>	<b>227</b>	<b>31:05</b>								
01:23+	06:29+	07:26+	12:44+	14:31+	18:57+	23:18+	24:49+	25:18+	27:46+	29:42+	31:05+
01:23+	05:06+	00:57=	05:18+	01:47+	04:26+	04:21+	01:31+	00:29+	02:28+	01:56+	01:23+
00:05+	00:47#	00:00=	00:41#	00:39&	01:28&	00:40#	00:04+	00:04#	00:20#	00:16#	00:03+
<b>8</b>	<b>Hillevi Eriksson</b>	<b>403</b>	<b>31:38</b>								
01:35+	06:25+	07:43+	13:08+	14:42+	18:33+	23:11+	25:02+	25:40+	27:53+	30:03+	31:38+
01:35+	04:50+	01:18+	05:25+	01:34+	03:51+	04:38+	01:51+	00:38+	02:13+	02:10+	01:35+
00:17#	00:31#	00:21&	00:48#	00:26&	00:53&	00:57&	00:24&	00:13&	00:05+	00:30&	00:15#
<b>9</b>	<b>Anke Müller</b>	<b>1391</b>	<b>32:12</b>								
01:34+	06:57+	09:10+	13:47+	15:17+	19:34+	23:41+	25:41+	26:06+	28:51+	30:45+	32:12+
01:34+	05:23+	02:13+	04:37=	01:30+	04:17+	04:07+	02:00+	00:25=	02:45+	01:54+	01:27+
00:16#	01:04#	01:16@	00:00=	00:22&	01:19&	00:26#	00:33&	00:00=	00:37&	00:14#	00:07+
<b>10</b>	<b>Tuija Haapasalmi</b>	<b>655</b>	<b>33:07</b>								
01:37+	06:50+	08:06+	13:34+	15:13+	19:06+	23:54+	26:08+	26:39+	29:06+	31:22+	33:07+
01:37+	05:13+	01:16+	05:28+	01:39+	03:53+	04:48+	02:14+	00:31+	02:27+	02:16+	01:45+
00:19#	00:54#	00:19&	00:51#	00:31&	00:55&	01:07&	00:47&	00:06#	00:19#	00:36&	00:25&
<b>11</b>	<b>Annika Kuhlin</b>	<b>1008</b>	<b>33:37</b>								
01:29+	05:55+	08:03+	15:45+	16:57+	22:22+	26:01+	27:46+	28:13+	30:14+	32:15+	33:37+
01:29+	04:26+	02:08+	07:42+	01:12+	05:25+	03:39-	01:45+	00:27+	02:01-	02:01+	01:22+
00:11#	00:07+	01:11@	03:05&	00:04+	02:27&	00:02-	00:18#	00:02+	00:07-	00:21#	00:02+
<b>12</b>	<b>Eija Sipponen</b>	<b>714</b>	<b>34:45</b>								
01:40+	07:22+	09:06+	15:15+	16:44+	20:53+	26:04+	27:56+	28:26+	30:55+	33:09+	34:45+
01:40+	05:42+	01:44+	06:09+	01:29+	04:09+	05:11+	01:52+	00:30+	02:29+	02:14+	01:36+
00:22&	01:23&	00:47&	01:32&	00:21&	01:11&	01:30&	00:25&	00:05#	00:21#	00:34&	00:16#
<b>13</b>	<b>May Bente Brurberg</b>	<b>402</b>	<b>35:51</b>								
01:36+	07:14+	08:28+	14:23+	16:21+	20:33+	25:16+	27:20+	27:58+	31:39+	34:08+	35:51+
01:36+	05:38+	01:14+	05:55+	01:58+	04:12+	04:43+	02:04+	00:38+	03:41+	02:29+	01:43+
00:18#	01:19&	00:17&	01:18&	00:50&	01:14&	01:02&	00:37&	00:13&	01:33&	00:49&	00:23&

Class	Navn	Klasse	Tid
<b>14</b>	<b>Britt Karlsen</b>	<b>29</b>	<b>36:38</b>
01:43+	07:22+ 08:52+ 15:21+ 17:13+ 21:42+	25:58+ 28:22+ 28:54+ 32:54+ 35:07+ 36:38+	
01:43+	05:39+ 01:30+ 06:29+ 01:52+ 04:29+	04:16+ 02:24+ 00:32+ 04:00+ 02:13+ 01:31+	
00:25&	01:20& 00:33& 01:52& 00:44& 01:31&	00:35# 00:57& 00:07& 01:52& 00:33& 00:11#	
<b>15</b>	<b>Trine Marit Justad Raen</b>	<b>184</b>	<b>36:49</b>
01:54+	09:22+ 10:51+ 16:32+ 18:46+ 23:29+	27:59+ 29:39+ 30:10+ 33:07+ 35:10+ 36:49+	
01:54+	07:28+ 01:29+ 05:41+ 02:14+ 04:43+	04:30+ 01:40+ 00:31+ 02:57+ 02:03+ 01:39+	
00:36&	03:09& 00:32& 01:04# 01:06& 01:45&	00:49# 00:13# 00:06# 00:49& 00:23# 00:19#	
<b>16</b>	<b>Sigrid Renna</b>	<b>173</b>	<b>40:56</b>
02:10+	08:08+ 09:46+ 15:02+ 17:29+ 25:08+	29:54+ 32:35+ 33:13+ 36:43+ 39:14+ 40:56+	
02:10+	05:58+ 01:38+ 05:16+ 02:27+ 07:39+	04:46+ 02:41+ 00:38+ 03:30+ 02:31+ 01:42+	
00:52&	01:39& 00:41& 00:39# 01:19@ 04:41@	01:05& 01:14& 00:13& 01:22& 00:51& 00:22&	
<b>17</b>	<b>Anna Göhlman</b>	<b>163</b>	<b>41:32</b>
02:04+	08:31+ 10:11+ 16:53+ 18:57+ 24:19+	29:44+ 32:36+ 33:08+ 37:20+ 39:49+ 41:32+	
02:04+	06:27+ 01:40+ 06:42+ 02:04+ 05:22+	05:25+ 02:52+ 00:32+ 04:12+ 02:29+ 01:43+	
00:46&	02:08& 00:43& 02:05& 00:56& 02:24&	01:44& 01:25& 00:07& 02:04& 00:49& 00:23&	
<b>18</b>	<b>Ingvild Mulen</b>	<b>189</b>	<b>45:52</b>
02:23+	08:47+ 10:39+ 17:25+ 19:56+ 26:08+	31:37+ 34:15+ 35:02+ 38:39+ 42:16+ 45:52+	
02:23+	06:24+ 01:52+ 06:46+ 02:31+ 06:12+	05:29+ 02:38+ 00:47+ 03:37+ 03:37+ 03:36+	
01:05&	02:05& 00:55& 02:09& 01:23@ 03:14@	01:48& 01:11& 00:22& 01:29& 01:57@ 02:16@	
<b>19</b>	<b>Susi Rutz</b>	<b>1393</b>	<b>46:38</b>
02:01+	09:21+ 12:52+ 20:41+ 23:15+ 28:47+	35:08+ 37:37+ 38:19+ 41:23+ 44:27+ 46:38+	
02:01+	07:20+ 03:31+ 07:49+ 02:34+ 05:32+	06:21+ 02:29+ 00:42+ 03:04+ 03:04+ 02:11+	
00:43&	03:01& 02:34@ 03:12& 01:26@ 02:34&	02:40& 01:02& 00:17& 00:56& 01:24& 00:51&	
<b>20</b>	<b>Annette Leonhardt</b>	<b>1391</b>	<b>48:09</b>
01:41+	16:43+ 18:04+ 26:24+ 28:13+ 32:53+	38:19+ 40:12+ 40:42+ 43:54+ 46:25+ 48:09+	
01:41+	15:02+ 01:21+ 08:20+ 01:49+ 04:40+	05:26+ 01:53+ 00:30+ 03:12+ 02:31+ 01:44+	
00:23&	10:43@ 00:24& 03:43& 00:41& 01:42&	01:45& 00:26& 00:05# 01:04& 00:51& 00:24&	
<b>21</b>	<b>Birgit Lundkvist</b>	<b>1092</b>	<b>51:43</b>
02:43+	11:03+ 13:26+ 21:43+ 24:15+ 30:45+	38:28+ 41:15+ 42:00+ 46:04+ 49:25+ 51:43+	
02:43+	08:20+ 02:23+ 08:17+ 02:32+ 06:30+	07:43+ 02:47+ 00:45+ 04:04+ 03:21+ 02:18+	
01:25@	04:01& 01:26@ 03:40& 01:24@ 03:32@	04:02@ 01:20& 00:20& 01:56& 01:41@ 00:58&	
<b>22</b>	<b>Åshild Flatebakken</b>	<b>163</b>	<b>57:37</b>
01:47+	19:39+ 21:09+ 35:13+ 37:30+ 44:22+	48:03+ 50:08+ 50:31+ 54:09+ 56:06+ 57:37+	
01:47+	17:52+ 01:30+ 14:04+ 02:17+ 06:52+	03:41= 02:05+ 00:23- 03:38+ 01:57+ 01:31+	
00:29&	13:33@ 00:33& 09:27@ 01:09@ 03:54@	00:00= 00:38& 00:02- 01:30& 00:17# 00:11#	
<b>Beste strekktid for klassen</b>			
01:18	04:04	00:57	04:10 01:08 02:58 03:34 01:27 00:23 01:58 01:40 01:14

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

## D 55-

<b>1</b>	<b>Anne Julsrud Haugen</b>	<b>101</b>	<b>30:02</b>
01:38=	06:43= 08:03= 13:06= 14:37= 20:30=	22:39= 23:48= 24:20= 26:10= 28:30= 30:02=	
01:38=	05:05= 01:20= 05:03= 01:31= 05:53=	02:09= 01:09= 00:32= 01:50= 02:20= 01:32=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
<b>2</b>	<b>Marie Högstrand</b>	<b>728</b>	<b>30:11</b>
01:40+	06:42- 07:57- 12:43- 14:04- 20:36+	22:25- 23:37- 24:08- 26:09- 28:33+ 30:11+	
01:40+	05:02- 01:15- 04:46- 01:21- 06:32+	01:49- 01:12+ 00:31- 02:01+ 02:24+ 01:38+	
00:02+	00:03- 00:05- 00:17- 00:10- 00:39#	00:20- 00:03+ 00:01- 00:11# 00:04+ 00:06+	
<b>3</b>	<b>Lisel Arvidsson</b>	<b>618</b>	<b>30:15</b>
01:37-	07:35+ 09:00+ 14:08+ 15:22+ 21:01+	22:52+ 24:08+ 24:40+ 26:22+ 28:42+ 30:15+	
01:37-	05:58+ 01:25+ 05:08+ 01:14- 05:39-	01:51- 01:16+ 00:32= 01:42- 02:20= 01:33+	
00:01-	00:53# 00:05+ 00:05+ 00:17- 00:14-	00:18- 00:07# 00:00= 00:08- 00:00= 00:01+	
<b>4</b>	<b>Elisabeth Strandhagen</b>	<b>1008</b>	<b>30:23</b>
01:37-	06:52+ 08:01- 12:52- 14:19-	22:29- 23:43- 24:14- 26:13+ 28:40+ 30:23+	
01:37-	05:15+ 01:09- 04:51- 01:27- 06:27+	01:43- 01:14+ 00:31- 01:59+ 02:27+ 01:43+	
00:01-	00:10+ 00:11- 00:12- 00:04- 00:34+	00:26- 00:05+ 00:01- 00:09+ 00:07+ 00:11#	

Class	Navn	Klasse	Tid
<b>5</b>	<b>Isabelle Dermine</b>	<b>1398</b>	<b>32:45</b>
	01:56+ 07:33+ 08:59+ 14:38+ 16:10+ 22:56+ 24:26+ 26:24+ 27:03+ 28:52+ 31:17+ 32:45+		
	01:56+ 05:37+ 01:26+ 05:39+ 01:32+ 06:46+ 01:30- 01:58+ 00:39+ 01:49- 02:25+ 01:28-		
	00:18# 00:32# 00:06+ 00:36# 00:01+ 00:53# 00:39- 00:49& 00:07# 00:01- 00:05+ 00:04-		
<b>6</b>	<b>Britt-Mari Bengtsson</b>	<b>1389</b>	<b>32:47</b>
	01:48+ 08:05+ 09:32+ 14:37+ 16:06+ 22:47+ 24:56+ 26:05+ 26:37+ 28:26+ 30:58+ 32:47+		
	01:48+ 06:17+ 01:27+ 05:05+ 01:29- 06:41+ 02:09= 01:09= 00:32= 01:49- 02:32+ 01:49+		
	00:10# 01:12# 00:07+ 00:02+ 00:02- 00:48# 00:00= 00:00= 00:00= 00:01- 00:12+ 00:17#		
<b>7</b>	<b>Ingrid Opsahl Bredeesen</b>	<b>80</b>	<b>34:29</b>
	01:47+ 08:15+ 09:33+ 15:42+ 17:15+ 24:26+ 26:08+ 27:31+ 28:10+ 30:11+ 32:42+ 34:29+		
	01:47+ 06:28+ 01:18- 06:09+ 01:33+ 07:11+ 01:42- 01:23+ 00:39+ 02:01+ 02:31+ 01:47+		
	00:09+ 01:23& 00:02- 01:06# 00:02+ 01:18# 00:27- 00:14# 00:07# 00:11# 00:11+ 00:15#		
<b>8</b>	<b>Anne Karin Ribe</b>	<b>189</b>	<b>41:20</b>
	02:08+ 10:15+ 11:46+ 18:44+ 20:31+ 29:27+ 31:49+ 33:20+ 33:56+ 36:05+ 39:19+ 41:20+		
	02:08+ 08:07+ 01:31+ 06:58+ 01:47+ 08:56+ 02:22+ 01:31+ 00:36+ 02:09+ 03:14+ 02:01+		
	00:30& 03:02& 00:11# 01:55& 00:16# 03:03& 00:13# 00:22& 00:04# 00:19# 00:54& 00:29&		
<b>9</b>	<b>Anne Margit Bratten</b>	<b>227</b>	<b>42:49</b>
	02:10+ 11:46+ 13:01+ 21:37+ 23:14+ 31:07+ 33:44+ 35:11+ 35:49+ 38:06+ 40:46+ 42:49+		
	02:10+ 09:36+ 01:15- 08:36+ 01:37+ 07:53+ 02:37+ 01:27+ 00:38+ 02:17+ 02:40+ 02:03+		
	00:32& 04:31& 00:05- 03:33& 00:06+ 02:00& 00:28# 00:18& 00:06# 00:27# 00:20# 00:31&		
<b>10</b>	<b>Kirsti Rogstad</b>	<b>184</b>	<b>43:24</b>
	02:35+ 10:03+ 11:36+ 18:04+ 19:38+ 27:44+ 30:47+ 32:25+ 33:15+ 38:37+ 41:33+ 43:24+		
	02:35+ 07:28+ 01:33+ 06:28+ 01:34+ 08:06+ 03:03+ 01:38+ 00:50+ 05:22+ 02:56+ 01:51+		
	00:57& 02:23& 00:13# 01:25& 00:03+ 02:13& 00:54& 00:29& 00:18& 03:32@ 00:36& 00:19#		
<b>11</b>	<b>Penelope Smirthwaite</b>	<b>1400</b>	<b>46:14</b>
	02:06+ 10:01+ 11:33+ 24:25+ 26:46+ 34:43+ 36:50+ 38:19+ 38:53+ 41:33+ 44:26+ 46:14+		
	02:06+ 07:55+ 01:32+ 12:52+ 02:21+ 07:57+ 02:07- 01:29+ 00:34+ 02:40+ 02:53+ 01:48+		
	00:28& 02:50& 00:12# 07:49@ 00:50& 02:04& 00:02- 00:20& 00:02+ 00:50& 00:33# 00:16#		
<b>12</b>	<b>Elizabeth Deane</b>	<b>1198</b>	<b>46:52</b>
	02:40+ 11:01+ 12:46+ 21:37+ 23:29+ 33:31+ 36:08+ 37:57+ 38:43+ 41:20+ 44:48+ 46:52+		
	02:40+ 08:21+ 01:45+ 08:51+ 01:52+ 10:02+ 02:37+ 01:49+ 00:46+ 02:37+ 03:28+ 02:04+		
	01:02& 03:16& 00:25& 03:48& 00:21# 04:09& 00:28# 00:40& 00:14& 00:47& 01:08& 00:32&		
<b>13</b>	<b>Görel Skoog</b>	<b>618</b>	<b>47:02</b>
	02:46+ 11:46+ 13:57+ 21:16+ 23:43+ 33:24+ 35:50+ 37:30+ 38:14+ 40:42+ 44:23+ 47:02+		
	02:46+ 09:00+ 02:11+ 07:19+ 02:27+ 09:41+ 02:26+ 01:40+ 00:44+ 02:28+ 03:41+ 02:39+		
	01:08& 03:55& 00:51& 02:16& 00:56& 03:48& 00:17# 00:31& 00:12& 00:38& 01:21& 01:07&		
<b>14</b>	<b>Grete Berntsen</b>	<b>227</b>	<b>49:03</b>
	02:23+ 11:33+ 13:36+ 27:32+ 29:00+ 37:05+ 39:01+ 40:32+ 41:15+ 43:29+ 46:49+ 49:03+		
	02:23+ 09:10+ 02:03+ 13:56+ 01:28- 08:05+ 01:56- 01:31+ 00:43+ 02:14+ 03:20+ 02:14+		
	00:45& 04:05& 00:43& 08:53@ 00:03- 02:12& 00:13- 00:22& 00:11& 00:24# 01:00& 00:42&		
<b>Beste strekketid for klassen</b>			
	01:37 05:02 01:09 04:46 01:14 05:39 01:30 01:09 00:31 01:42 02:20 01:28		

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

## D 60-

<b>1</b>	<b>Björg Svanberg</b>	<b>297</b>	<b>25:10</b>
	01:25= 05:04= 05:52= 09:50= 16:44= 17:29= 19:27= 19:54= 21:31= 23:44= 25:10=		
	01:25= 03:39= 00:48= 03:58= 06:54= 00:45= 01:58= 00:27= 01:37= 02:13= 01:26=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Inger Lise Pettersen</b>	<b>187</b>	<b>26:37</b>
	01:28+ 05:01- 05:45- 09:28- 15:38- 16:23- 20:40+ 21:11+ 22:49+ 25:05+ 26:37+		
	01:28+ 03:33- 00:44- 03:43- 06:10- 00:45= 04:17+ 00:31+ 01:38+ 02:16+ 01:32+		
	00:03+ 00:06- 00:04- 00:15- 00:44- 00:00= 02:19@ 00:04# 00:01+ 00:03+ 00:06+		
<b>3</b>	<b>Eli Blomseth Helgesen</b>	<b>345</b>	<b>26:41</b>
	01:46+ 05:47+ 06:37+ 10:49+ 16:27- 17:31+ 19:32+ 20:05+ 22:17+ 25:11+ 26:41+		
	01:46+ 04:01+ 00:50+ 04:12+ 05:38- 01:04+ 02:01+ 00:33+ 02:12+ 02:54+ 01:30+		
	00:21# 00:22# 00:02+ 00:14+ 01:16- 00:19& 00:03+ 00:06# 00:35& 00:41& 00:04+		



Class	Navn	Klasse	Tid
<b>4</b>	<b>Taina Itkonen</b>	<b>1399</b>	<b>29:10</b>
02:01+	06:53+	07:42+	12:07+
02:01+	04:52+	00:49+	04:25+
00:36&	01:13&	00:01+	00:27#
00:57#	00:07#	00:04+	00:04#
00:10#	00:06+	00:15#	
<b>5</b>	<b>Torild Hage</b>	<b>368</b>	<b>29:27</b>
02:34+	07:00+	07:55+	12:28+
02:34+	04:26+	00:55+	04:33+
01:09&	00:47#	00:07#	00:35#
00:12-	00:09#	00:37&	00:04#
00:13#	00:32#	00:16#	
<b>6</b>	<b>Trine Barstad</b>	<b>379</b>	<b>30:25</b>
02:02+	07:15+	08:12+	12:55+
02:02+	05:13+	00:57+	04:43+
00:37&	01:34&	00:09#	00:45#
00:25+	00:06#	00:13#	00:15&
00:22#	00:31#	00:18#	
<b>7</b>	<b>Berit Tunis</b>	<b>1135</b>	<b>34:21</b>
02:14+	07:58+	09:00+	14:12+
02:14+	05:44+	01:02+	05:12+
00:49&	02:05&	00:14&	01:14&
02:27&	00:17&	00:16#	00:09&
00:32&	00:40&	00:28&	
<b>8</b>	<b>Sue Stevens</b>	<b>510</b>	<b>37:26</b>
02:27+	08:23+	09:17+	18:50+
02:27+	05:56+	00:54+	09:33+
01:02&	02:17&	00:06#	05:35@
00:38+	00:15&	00:11&	00:33&
00:44&	00:40&		
<b>9</b>	<b>Wenche Rekkedal</b>	<b>45</b>	<b>38:30</b>
02:53+	08:54+	10:24+	16:12+
02:53+	06:01+	01:30+	05:48+
01:28@	02:22&	00:42&	01:50&
02:02&	00:43&	00:21#	00:21&
01:35&	01:07&	00:49&	
<b>10</b>	<b>Kii Korhonen</b>	<b>655</b>	<b>52:20</b>
02:58+	12:12+	13:41+	20:25+
02:58+	09:14+	01:29+	06:44+
01:33@	05:35@	00:41&	02:46&
10:49@	00:22&	01:11&	00:30@
01:28&	01:06&	01:09&	
<b>11</b>	<b>Tarja Liikanen</b>	<b>1402</b>	<b>55:17</b>
02:49+	14:42+	15:53+	29:02+
02:49+	11:53+	01:11+	13:09+
01:24&	08:14@	00:23&	09:11@
06:22&	00:23&	01:02&	00:23&
01:09&	01:07&	00:29&	
<b>12</b>	<b>Reidun Braathen</b>	<b>252</b>	<b>1:00:40</b>
05:24+	29:20+	30:09+	35:40+
05:24+	23:56+	00:49+	05:31+
03:59@	20:17@	00:01+	01:33&
05:48&	00:42&	00:21#	00:12&
01:14&	00:53&	00:30&	

### Beste strekktid for klassen

01:25 03:33 00:44 05:38 00:45 01:58 00:27 01:37 02:13 01:26

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

## D 65-

<b>1</b>	<b>Ingunn Ytrehus</b>	<b>146</b>	<b>28:14</b>
01:58=	08:46=	09:36=	13:28=
01:58=	06:48=	00:50=	03:52=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kari Strande</b>	<b>285</b>	<b>28:42</b>
01:43-	06:12-	07:02-	12:23-
01:43-	04:29-	00:50=	05:21+
00:15-	02:19-	00:00=	01:29&
00:18+	00:13#	00:22#	00:02-
00:05-	00:28#	00:19#	
<b>3</b>	<b>Liisa Peltola</b>	<b>440</b>	<b>29:24</b>
01:55-	06:54-	07:51-	12:38-
01:55-	04:59-	00:57+	04:47+
00:03-	01:49-	00:07#	00:55#
00:37#	00:12#	00:22#	00:01+
00:02+	00:29#	00:17#	
<b>4</b>	<b>Guri Løkse</b>	<b>345</b>	<b>30:21</b>
02:23+	08:01-	09:00-	13:42+
02:23+	05:38-	00:59+	04:42+
00:25#	01:10-	00:09#	00:50#
00:28+	00:18&	00:21#	00:09&
00:00=	00:22#	00:15#	

Class	Navn	Klasse	Tid
<b>5</b>	<b>Bodil Fred</b>	<b>1135</b>	<b>34:49</b>
01:59+	07:18-	08:15-	14:05+
01:59+	05:19-	00:57+	05:50+
00:01+	01:29-	00:07#	01:58&
22:28+	23:25+	25:41+	26:18+
08:23+	00:57+	02:16+	00:37+
00:05+	00:34&	00:03+	02:00@
33:06+	34:49+	03:55+	02:53+
01:43+	00:14#	00:43&	00:14#
<b>6</b>	<b>Stina Elfving</b>	<b>51</b>	<b>35:10</b>
02:12+	07:33-	08:30-	14:39+
02:12+	05:21-	00:57+	06:09+
00:14#	01:27-	00:07#	02:17&
22:57+	23:57+	26:34+	27:17+
08:18+	01:00+	02:37+	00:43+
00:08#	00:55&	00:09&	00:38&
29:50+	33:01+	35:10+	01:01&
00:40&			
<b>7</b>	<b>Ingerid Angell-Petersen</b>	<b>320</b>	<b>35:52</b>
02:14+	08:10-	09:17-	15:30+
02:14+	05:56-	01:07+	06:13+
00:16#	00:52-	00:17&	02:21&
22:40+	23:50+	26:19+	27:08+
01:10+	02:29+	00:49+	02:36+
00:18&	00:47&	00:15&	00:41&
29:44+	33:31+	35:52+	01:37&
00:52&			
<b>8</b>	<b>Kari Lillealtern</b>	<b>320</b>	<b>38:08</b>
02:28+	08:48+	10:01+	16:39+
02:28+	06:20-	01:13+	06:38+
00:30&	00:28-	00:23&	02:46&
25:57+	27:11+	29:56+	30:38+
01:14+	02:45+	00:42+	02:18+
00:22&	01:03&	00:08#	00:23#
32:56+	36:16+	38:08+	01:10&
00:23#	00:23&		
<b>9</b>	<b>Ranveig Efraimsen</b>	<b>334</b>	<b>38:43</b>
01:55-	07:05-	08:04-	13:24-
01:55-	05:10-	00:59+	05:20+
00:03-	01:38-	00:09#	01:28&
23:59+	27:03+	27:59+	33:11+
00:58+	03:04+	00:56+	05:12+
00:06#	01:22&	00:22&	03:17@
36:50+	38:43+	01:29&	00:24&
01:53+			
<b>10</b>	<b>Anne Marie Timenes</b>	<b>98</b>	<b>40:24</b>
02:40+	10:16+	11:27+	17:47+
02:40+	07:36+	01:11+	06:20+
00:42&	00:48#	00:21&	02:28&
28:58+	31:33+	32:16+	34:40+
01:16+	02:35+	00:43+	02:24+
00:24&	00:53&	00:09&	00:29&
40:24+	38:02+	40:24+	02:22+
02:22+	00:53&		
<b>11</b>	<b>Maija Kivimäki</b>	<b>531</b>	<b>40:41</b>
02:32+	08:50+	09:54+	15:42+
02:32+	06:18-	01:04+	05:48+
00:34&	00:30-	00:14&	01:56&
26:41+	28:03+	30:43+	31:27+
01:22+	02:40+	00:44+	02:54+
00:30&	00:58&	00:10&	00:59&
34:21+	37:52+	40:41+	01:21&
03:31+	02:49+		
<b>12</b>	<b>Signe Heivoll</b>	<b>341</b>	<b>43:32</b>
02:31+	09:45+	10:57+	17:36+
02:31+	07:14+	01:12+	06:39+
00:33&	00:26+	00:22&	02:47&
28:52+	30:10+	33:38+	34:25+
11:16+	01:18+	03:28+	00:47+
00:26&	01:46@	00:13&	00:47&
41:01+	43:32+	01:44&	01:02&
02:31+			
<b>13</b>	<b>Elin Glad Balchen</b>	<b>248</b>	<b>45:31</b>
02:42+	12:31+	13:31+	19:47+
02:42+	09:49+	01:00+	06:16+
00:44&	03:01&	00:10#	02:24&
33:01+	34:06+	36:37+	37:23+
01:05+	02:31+	00:46+	02:42+
00:13#	00:49&	00:12&	00:47&
40:05+	43:27+	45:31+	01:12&
02:04+	00:35&		
<b>14</b>	<b>Veslemøy Tyssø</b>	<b>369</b>	<b>45:54</b>
02:57+	09:50+	11:13+	18:03+
02:57+	06:53+	01:23+	06:50+
00:59&	00:05+	00:33&	02:58&
30:42+	31:56+	35:01+	35:48+
01:14+	03:05+	00:47+	03:10+
00:22&	01:23&	00:13&	01:15&
38:58+	42:53+	45:54+	01:45&
03:01+	03:01+		
<b>15</b>	<b>Eli Kristoffersen</b>	<b>372</b>	<b>49:57</b>
02:53+	11:29+	13:15+	28:03+
02:53+	08:36+	01:46+	14:48+
00:55&	01:48&	00:56@	10:56@
37:03+	38:16+	40:56+	41:37+
01:13+	02:40+	00:41+	02:47+
00:21&	00:58&	00:07#	00:52&
44:24+	47:40+	49:57+	01:06&
03:16+	02:17+	00:48&	
<b>16</b>	<b>Aud I Spjelkavik</b>	<b>163</b>	<b>50:00</b>
03:05+	10:53+	12:21+	19:39+
03:05+	07:48+	01:28+	07:18+
01:07&	01:00#	00:38&	03:26&
34:35+	35:54+	39:12+	40:00+
01:19+	03:18+	00:48+	03:21+
00:27&	01:36&	00:14&	01:26&
43:21+	47:08+	50:00+	03:47+
03:47+	02:52+	01:23&	
<b>17</b>	<b>Yvonne Galborgen</b>	<b>483</b>	<b>51:45</b>
02:46+	12:59+	14:28+	21:32+
02:46+	10:13+	01:29+	07:04+
00:48&	03:25&	00:39&	03:12&
38:22+	39:42+	42:27+	43:16+
01:20+	02:45+	00:49+	02:41+
01:03&	00:15&	00:46&	01:19&
45:57+	49:26+	51:45+	02:19+
00:50&			
<b>18</b>	<b>Daina Dags</b>	<b>731</b>	<b>53:39</b>
02:36+	12:12+	14:06+	22:34+
02:36+	09:36+	01:54+	08:28+
00:38&	02:48&	01:04@	04:36@
36:05+	37:49+	43:09+	43:57+
01:44+	05:20+	00:48+	03:44+
00:52&	03:38@	00:14&	01:49&
47:41+	51:26+	53:39+	03:45+
02:13+	00:44&		
<b>Beste strekktid for klassen</b>	01:43	04:29	00:50
	03:52	06:04	00:52
	01:42	00:32	01:50
	02:10	01:29	

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

Class	Navn	Klasse	Tid
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## D 70-

**1 Birgitte Bekkelund 297 29:30**

06:03= 07:02= 12:51= 16:43= 19:42= 21:14= 21:43= 24:36= 27:53= 29:30=  
 06:03= 00:59= 05:49= 03:52= 02:59= 01:32= 00:29= 02:53= 03:17= 01:37=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Anne-Marie Pedersen 41 35:26**

04:52- 05:58- 14:26+ 19:02+ 23:03+ 24:54+ 25:58+ 29:00+ 33:03+ 35:26+  
 04:52- 01:06+ 08:28+ 04:36+ 04:01+ 01:51+ 01:04+ 03:02+ 04:03+ 02:23+  
 01:11- 00:07# 02:39& 00:44# 01:02& 00:19# 00:35@ 00:09+ 00:46# 00:46&

**3 Hjørdis Øvreås 46 41:58**

10:00+ 11:18+ 18:04+ 26:17+ 29:57+ 31:50+ 32:41+ 35:45+ 39:34+ 41:58+  
 10:00+ 01:18+ 06:46+ 08:13+ 03:40+ 01:53+ 00:51+ 03:04+ 03:49+ 02:24+  
 03:57& 00:19& 00:57# 04:21@ 00:41# 00:21# 00:22& 00:11+ 00:32# 00:47&

**4 Else-Margrethe Bredland 341 46:47**

16:28+ 17:35+ 24:35+ 29:47+ 33:36+ 35:49+ 36:38+ 39:41+ 43:52+ 46:47+  
 16:28+ 01:07+ 07:00+ 05:12+ 03:49+ 02:13+ 00:49+ 03:03+ 04:11+ 02:55+  
 10:25@ 00:08# 01:11# 01:20& 00:50& 00:41& 00:20& 00:10+ 00:54& 01:18&

**5 Åse Eng Musum 262 47:44**

22:07+ 23:10+ 29:57+ 33:50+ 37:37+ 38:59+ 39:37+ 42:02+ 45:33+ 47:44+  
 22:07+ 01:03+ 06:47+ 03:53+ 03:47+ 01:22- 00:38+ 02:25- 03:31+ 02:11+  
 16:04@ 00:04+ 00:58# 00:01+ 00:48& 00:10- 00:09& 00:28- 00:14+ 00:34&

**6 Torhild Nesmann Halvorsen 341 56:17**

10:43+ 11:57+ 29:31+ 36:51+ 40:49+ 43:22+ 44:23+ 47:50+ 52:29+ 56:17+  
 10:43+ 01:14+ 17:34+ 07:20+ 03:58+ 02:33+ 01:01+ 03:27+ 04:39+ 03:48+  
 04:40& 00:15& 11:45@ 03:28& 00:59& 01:01& 00:32@ 00:34# 01:22& 02:11@

### Beste strekktid for klassen

04:52 00:59 05:49 03:52 02:59 01:22 00:29 02:25 03:17 01:37

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

## D 75-

**1 Brita Eilertsen Grønli 87 29:39**

04:36= 05:37= 12:19= 16:19= 19:29= 20:49= 21:28= 24:08= 27:28= 29:39=  
 04:36= 01:01= 06:42= 04:00= 03:10= 01:20= 00:39= 02:40= 03:20= 02:11=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Unni Drage 108 33:09**

03:38- 04:36- 13:58+ 18:21+ 21:49+ 23:34+ 24:17+ 27:05+ 30:52+ 33:09+  
 03:38- 00:58- 09:22+ 04:23+ 03:28+ 01:45+ 00:43+ 02:48+ 03:47+ 02:17+  
 00:58- 00:03- 02:40& 00:23+ 00:18+ 00:25& 00:04# 00:08+ 00:27# 00:06+

**3 Grete Urset 380 40:59**

05:07+ 06:20+ 20:05+ 27:41+ 30:53+ 32:33+ 33:10+ 36:17+ 39:11+ 40:59+  
 05:07+ 01:13+ 13:45+ 07:36+ 03:12+ 01:40+ 00:37- 03:07+ 02:54- 01:48-  
 00:31# 00:12# 07:03@ 03:36& 00:02+ 00:20# 00:02- 00:27# 00:26- 00:23-

**4 Kari Sollid 372 54:12**

11:15+ 12:58+ 24:06+ 31:47+ 37:58+ 40:32+ 41:43+ 45:37+ 50:56+ 54:12+  
 11:15+ 01:43+ 11:08+ 07:41+ 06:11+ 02:34+ 01:11+ 03:54+ 05:19+ 03:16+  
 06:39@ 00:42& 04:26& 03:41& 03:01& 01:14& 00:32& 01:14& 01:59& 01:05&

**5 Aina Romsdal Mauritzsen 1016 1:00:26**

08:30+ 09:59+ 22:03+ 29:50+ 34:31+ 36:24+ 37:09+ 53:11+ 57:57+ 60:26+  
 08:30+ 01:29+ 12:04+ 07:47+ 04:41+ 01:53+ 00:45+ 16:02+ 04:46+ 02:29+  
 03:54& 00:28& 05:22& 03:47& 01:31& 00:33& 00:06# 13:22@ 01:26& 00:18#

**6 Marta Fersnes 189 1:12:21**

27:00+ 28:23+ 42:06+ 48:33+ 53:07+ 56:23+ 57:49+ 64:09+ 69:21+ 72:21+  
 27:00+ 01:23+ 13:43+ 06:27+ 04:34+ 03:16+ 01:26+ 06:20+ 05:12+ 03:00+  
 22:24@ 00:22& 07:01@ 02:27& 01:24& 01:56@ 00:47@ 03:40@ 01:52& 00:49&

Class	Navn	Klasse	Tid						
<b>7</b>	<b>Elisabeth Rothacher</b>	<b>1393</b>	<b>1:21:48</b>						
09:56+	12:22+	33:39+	44:38+	52:51+	56:54+	59:17+	66:06+	75:33+	81:48+
09:56+	02:26+	21:17+	10:59+	08:13+	04:03+	02:23+	06:49+	09:27+	06:15+
05:20@	01:25@	14:35@	06:59@	05:03@	02:43@	01:44@	04:09@	06:07@	04:04@

#### Beste strekktid for klassen

03:38 00:58 06:42 04:00 03:10 01:20 00:37 02:40 02:54 01:48

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

### FH 17-N

<b>1</b>	<b>Fredrik Elverum Fredriksen</b>	<b>41</b>	<b>30:25</b>
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05:29= 08:00= 11:21= 13:42= 20:05= 25:15= 30:25=  
05:29= 02:31= 03:21= 02:21= 06:23= 05:10= 05:10=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

#### Beste strekktid for klassen

05:29 02:31 03:21 02:21 06:23 05:10 05:10

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

### H -10

<b>36</b>	<b>Gaute Mundal</b>	<b>388</b>	<b>29:08</b>
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01:58+ 07:03+ 10:15+ 12:36+ 15:43+ 20:33+ 21:21+ 25:00+ 27:50+ 29:08+  
01:58+ 05:05+ 03:12+ 02:21+ 03:07+ 04:50+ 00:48+ 03:39+ 02:50+ 01:18+  
01:58+ 05:05+ 03:12+ 02:21+ 03:07+ 04:50+ 00:48+ 03:39+ 02:50+ 01:18+

<b>38</b>	<b>Onni Vierinen</b>	<b>146</b>	<b>36:11</b>
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02:07+ 08:57+ 13:02+ 17:25+ 20:57+ 26:03+ 27:40+ 30:15+ 32:24+ 36:11+  
02:07+ 06:50+ 04:05+ 04:23+ 03:32+ 05:06+ 01:37+ 02:35+ 02:09+ 03:47+  
02:07+ 06:50+ 04:05+ 04:23+ 03:32+ 05:06+ 01:37+ 02:35+ 02:09+ 03:47+

<b>40</b>	<b>Sulo Saarilaakso</b>	<b>1403</b>	<b>14:59</b>
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01:21+ 04:40+ 06:18+ 07:38+ 08:53+ 10:47+ 11:13+ 12:34+ 13:39+ 14:59+  
01:21+ 03:19+ 01:38+ 01:20+ 01:15+ 01:54+ 00:26+ 01:21+ 01:05+ 01:20+  
01:21+ 03:19+ 01:38+ 01:20+ 01:15+ 01:54+ 00:26+ 01:21+ 01:05+ 01:20+

<b>41</b>	<b>Jesper Vonon Svae</b>	<b>305</b>	<b>16:34</b>
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01:41+ 04:20+ 06:01+ 07:27+ 08:40+ 10:38+ 11:03+ 13:02+ 14:23+ 16:34+  
01:41+ 02:39+ 01:41+ 01:26+ 01:13+ 01:58+ 00:25+ 01:59+ 01:21+ 02:11+  
01:41+ 02:39+ 01:41+ 01:26+ 01:13+ 01:58+ 00:25+ 01:59+ 01:21+ 02:11+

#### Beste strekktid for klassen

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

### H 11-12

<b>1</b>	<b>Gjermund Osdal</b>	<b>106</b>	<b>13:51</b>
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01:09= 03:57= 05:41= 06:17= 07:15= 09:08= 09:30= 10:55= 12:44= 13:51=  
01:09= 02:48= 01:44= 00:36= 00:58= 01:53= 00:22= 01:25= 01:49= 01:07=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

<b>2</b>	<b>Håkon Grønli</b>	<b>87</b>	<b>15:49</b>
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01:15+ 04:28+ 06:31+ 07:12+ 08:24+ 10:58+ 11:20+ 12:50+ 14:41+ 15:49+  
01:15+ 03:13+ 02:03+ 00:41+ 01:12+ 02:34+ 00:22= 01:30+ 01:51+ 01:08+  
00:06+ 00:25# 00:19# 00:05# 00:14# 00:41& 00:00= 00:05+ 00:02+ 00:01+

<b>3</b>	<b>Dagfinn Gjerstad</b>	<b>477</b>	<b>21:14</b>
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01:39+ 04:23+ 06:43+ 07:35+ 08:45+ 11:26+ 12:08+ 17:32+ 19:51+ 21:14+  
01:39+ 02:44- 02:20+ 00:52+ 01:10+ 02:41+ 00:42+ 05:24+ 02:19+ 01:23+  
00:30& 00:04- 00:36& 00:16& 00:12# 00:48& 00:20& 03:59@ 00:30& 00:16#

Class	Navn	Klasse	Tid
<b>4</b>	<b>Heine Elias Husdal</b>	<b>324</b>	<b>28:43</b>
	01:43+ 06:06+ 08:51+ 09:45+ 10:49+ 13:41+ 14:11+ 24:42+ 27:13+ 28:43+		
	01:43+ 04:23+ 02:45+ 00:54+ 01:04+ 02:52+ 00:30+ 10:31+ 02:31+ 01:30+		
	00:34& 01:35& 01:01& 00:18& 00:06# 00:59& 00:08& 09:06@ 00:42& 00:23&		

#### Beste strekktid for klassen

01:09 02:44 01:44 00:36 00:58 01:53 00:22 01:25 01:49 01:07

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

### H 11-12N

<b>1</b>	<b>Emil Vierinen</b>	<b>146</b>	<b>08:04</b>
	01:09= 02:58= 04:38= 05:03= 06:32= 07:39= 08:04=		
	01:09= 01:49= 01:40= 00:25= 01:29= 01:07= 00:25=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

<b>2</b>	<b>Brage Fosstveit</b>	<b>281</b>	<b>08:47</b>
	01:34+ 02:48- 04:04- 04:55- 06:36+ 07:39= 08:47+		
	01:34+ 01:14- 01:16- 00:51+ 01:41+ 01:03- 01:08+		
	00:25& 00:35- 00:24- 00:26@ 00:12# 00:04- 00:43@		

<b>3</b>	<b>Vegard Mundal</b>	<b>388</b>	<b>09:15</b>
	01:15+ 02:35- 03:50- 04:42- 06:27- 07:54+ 09:15+		
	01:15+ 01:20- 01:15- 00:52+ 01:45+ 01:27+ 01:21+		
	00:06+ 00:29- 00:25- 00:27@ 00:16# 00:20& 00:56@		

<b>4</b>	<b>Eetu Vierinen</b>	<b>146</b>	<b>10:24</b>
	01:25+ 03:15+ 04:58+ 05:33+ 07:25+ 08:46+ 10:24+		
	01:25+ 01:50+ 01:43+ 00:35+ 01:52+ 01:21+ 01:38+		
	00:16# 00:01+ 00:03+ 00:10& 00:23& 00:14# 01:13@		

<b>5</b>	<b>Lauri Kultima</b>	<b>1399</b>	<b>11:38</b>
	02:01+ 03:31+ 04:50+ 05:33+ 07:19+ 09:54+ 11:38+		
	02:01+ 01:30- 01:19- 00:43+ 01:46+ 02:35+ 01:44+		
	00:52& 00:19- 00:21- 00:18& 00:17# 01:28@ 01:19@		

#### Beste strekktid for klassen

01:09 01:14 01:15 00:25 01:29 01:03 00:25

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

### H 13-14

<b>1</b>	<b>Hans Urset</b>	<b>146</b>	<b>19:36</b>
	01:08= 03:17= 04:01= 06:08= 06:55= 11:22= 12:34= 14:09= 14:30= 15:48= 17:54= 18:26= 19:36=		
	01:08= 02:09= 00:44= 02:07= 00:47= 04:27= 01:12= 01:35= 00:21= 01:18= 02:06= 00:32= 01:10=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

<b>2</b>	<b>Eirik Frost</b>	<b>21</b>	<b>22:44</b>
	01:13+ 05:17+ 06:15+ 08:32+ 09:21+ 14:13+ 15:28+ 16:54+ 17:16+ 18:37+ 21:07+ 21:33+ 22:44+		
	01:13+ 04:04+ 00:58+ 02:17+ 00:49+ 04:52+ 01:15+ 01:26- 00:22+ 01:21+ 02:30+ 00:26- 01:11+		
	00:05+ 01:55& 00:14& 00:10+ 00:02+ 00:25+ 00:03+ 00:09- 00:01+ 00:03+ 00:24# 00:06- 00:01+		

<b>3</b>	<b>Jussi Rantala</b>	<b>655</b>	<b>24:34</b>
	01:18+ 04:38+ 06:31+ 08:40+ 09:39+ 16:07+ 17:26+ 18:43+ 19:09+ 20:32+ 22:53+ 23:25+ 24:34+		
	01:18+ 03:20+ 01:53+ 02:09+ 00:59+ 06:28+ 01:19+ 01:17- 00:26+ 01:23+ 02:21+ 00:32= 01:09-		
	00:10# 01:11& 01:09@ 00:02+ 00:12& 02:01& 00:07+ 00:18- 00:05# 00:05+ 00:15# 00:00= 00:01-		

<b>4</b>	<b>Daniel Nystuen</b>	<b>297</b>	<b>26:34</b>
	01:19+ 04:13+ 05:20+ 08:20+ 09:34+ 16:12+ 17:50+ 19:28+ 19:55+ 21:40+ 25:02+ 25:31+ 26:34+		
	01:19+ 02:54+ 01:07+ 03:00+ 01:14+ 06:38+ 01:38+ 01:38+ 00:27+ 01:45+ 03:22+ 00:29- 01:03-		
	00:11# 00:45& 00:23& 00:53& 00:27& 02:11& 00:26& 00:03+ 00:06& 00:27& 01:16& 00:03- 00:07-		

<b>5</b>	<b>Henning Strand</b>	<b>146</b>	<b>27:22</b>
	01:23+ 04:13+ 05:28+ 08:36+ 09:42+ 16:22+ 17:56+ 19:33+ 20:06+ 22:03+ 25:20+ 26:01+ 27:22+		
	01:23+ 02:50+ 01:15+ 03:08+ 01:06+ 06:40+ 01:34+ 01:37+ 00:33+ 01:57+ 03:17+ 00:41+ 01:21+		
	00:15# 00:41& 00:31& 01:01& 00:19& 02:13& 00:22& 00:02+ 00:12& 00:39& 01:11& 00:09& 00:11#		

Class	Navn	Klasse	Tid
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<b>6</b>	<b>Oskar Johannessen</b>	<b>41</b>	<b>30:58</b>										
01:15+	05:10+	06:07+	08:54+	09:54+	16:31+	20:20+	21:43+	23:11+	23:38+	25:59+	29:03+	29:39+	30:58+
01:15+	03:55+	00:57+	02:47+	01:00+	06:37+	03:49+	01:23-	01:28+	00:27-	02:21+	03:04+	00:36-	01:19+
00:07#	01:46&	00:13&	00:40&	00:13&	02:10&	02:37@	00:12-	01:07@	00:51-	00:15#	02:32@	00:34-	01:19+

<b>7</b>	<b>Jørgen Eliseussen-Skalle</b>	<b>106</b>	<b>31:30</b>									
01:27+	04:45+	05:40+	08:28+	09:30+	21:28+	22:59+	24:46+	25:16+	26:51+	29:39+	30:13+	31:30+
01:27+	03:18+	00:55+	02:48+	01:02+	11:58+	01:31+	01:47+	00:30+	01:35+	02:48+	00:34+	01:17+
00:19&	01:09&	00:11#	00:41&	00:15&	07:31@	00:19&	00:12#	00:09&	00:17#	00:42&	00:02+	00:07#

<b>8</b>	<b>Jonas Krogh</b>	<b>268</b>	<b>43:02</b>									
01:36+	22:02+	22:53+	26:01+	26:52+	32:37+	34:16+	36:38+	37:01+	38:38+	41:09+	41:38+	43:02+
01:36+	20:26+	00:51+	03:08+	00:51+	05:45+	01:39+	02:22+	00:23+	01:37+	02:31+	00:29-	01:24+
00:28&	18:17@	00:07#	01:01&	00:04+	01:18&	00:27&	00:47&	00:02+	00:19#	00:25#	00:03-	00:14#

<b>9</b>	<b>Martin Biribakken Strand</b>	<b>334</b>	<b>44:15</b>									
01:38+	08:17+	09:31+	12:30+	13:43+	20:39+	22:31+	24:20+	24:55+	37:21+	42:04+	42:54+	44:15+
01:38+	06:39+	01:14+	02:59+	01:13+	06:56+	01:52+	01:49+	00:35+	12:26+	04:43+	00:50+	01:21+
00:30&	04:30@	00:30&	00:52&	00:26&	02:29&	00:40&	00:14#	00:14&	11:08@	02:37@	00:18&	00:11#

**Beste strekktid for klassen**

01:08	02:09	00:44	02:07	00:47	04:27	01:12	01:17	00:21	00:27	02:06	00:26	00:36
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## H 15-16

<b>1</b>	<b>Eskil Frischknecht</b>	<b>21</b>	<b>27:40</b>									
05:21=	06:33=	07:48=	12:12=	13:25=	15:57=	20:11=	21:32=	22:27=	22:49=	24:53=	26:28=	27:40=
05:21=	01:12=	01:15=	04:24=	01:13=	02:32=	04:14=	01:21=	00:55=	00:22=	02:04=	01:35=	01:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Ethan Tebutt</b>	<b>553</b>	<b>29:13</b>									
06:38+	07:38+	08:14+	13:46+	15:52+	18:17+	21:53+	23:14+	24:04+	24:28+	26:26+	28:06+	29:13+
06:38+	01:00-	00:36-	05:32+	02:06+	02:25-	03:36-	01:21=	00:50-	00:24+	01:58-	01:40+	01:07-
01:17#	00:12-	00:39-	01:08&	00:53&	00:07-	00:38-	00:00=	00:05-	00:02+	00:06-	00:05+	00:05-

<b>3</b>	<b>Gard Frost</b>	<b>21</b>	<b>29:52</b>									
05:51+	06:35+	07:08-	14:37+	15:50+	18:38+	22:03+	24:10+	24:49+	25:12+	27:12+	28:44+	29:52+
05:51+	00:44-	00:33-	07:29+	01:13=	02:48+	03:25-	02:07+	00:39-	00:23+	02:00-	01:32-	01:08-
00:30+	00:28-	00:42-	03:05&	00:00=	00:16#	00:49-	00:46&	00:16-	00:01+	00:04-	00:03-	00:04-

<b>4</b>	<b>Jon Marcussen</b>	<b>106</b>	<b>30:13</b>									
05:51+	06:46+	07:23-	13:14+	14:45+	17:50+	22:22+	23:42+	24:38+	25:02+	27:05+	29:04+	30:13+
05:51+	00:55-	00:37-	05:51+	01:31+	03:05+	04:32+	01:20-	00:56+	00:24+	02:03-	01:59+	01:09-
00:30+	00:17-	00:38-	01:27&	00:18#	00:33#	00:18+	00:01-	00:01+	00:02+	00:01-	00:24&	00:03-

<b>5</b>	<b>Håkon Sæternes</b>	<b>51</b>	<b>30:24</b>									
06:19+	07:21+	07:57+	12:55+	14:30+	18:07+	22:00+	23:39+	24:32+	25:02+	27:36+	29:16+	30:24+
06:19+	01:02-	00:36-	04:58+	01:35+	03:37+	03:53-	01:39+	00:53-	00:30+	02:34+	01:40+	01:08-
00:58#	00:10-	00:39-	00:34#	00:22&	01:05&	00:21-	00:18#	00:02-	00:08&	00:30#	00:05+	00:04-

<b>6</b>	<b>Gaute Fosstveit</b>	<b>281</b>	<b>33:08</b>									
06:20+	08:21+	08:55+	14:51+	17:55+	20:55+	24:34+	26:14+	27:07+	27:32+	29:56+	31:51+	33:08+
06:20+	02:01+	00:34-	05:56+	03:04+	03:00+	03:39-	01:40+	00:53-	00:25+	02:24+	01:55+	01:17+
00:59#	00:49&	00:41-	01:32&	01:51@	00:28#	00:35-	00:19#	00:02-	00:03#	00:20#	00:20#	00:05+

<b>7</b>	<b>Vegard Stangnes</b>	<b>254</b>	<b>34:36</b>									
06:18+	06:52+	07:41-	12:22+	22:17+	24:31+	27:27+	29:04+	29:46+	30:05+	32:03+	33:30+	34:36+
06:18+	00:34-	00:49-	04:41+	09:55+	02:14-	02:56-	01:37+	00:42-	00:19-	01:58-	01:27-	01:06-
00:57#	00:38-	00:26-	00:17+	08:42@	00:18-	01:18-	00:16#	00:13-	00:03-	00:06-	00:08-	00:06-

<b>8</b>	<b>Jesper Lundin</b>	<b>146</b>	<b>35:33</b>									
05:51+	07:42+	08:20+	16:14+	21:53+	24:48+	27:56+	30:02+	30:59+	31:18+	33:15+	34:35+	35:33+
05:51+	01:51+	00:38-	07:54+	05:39+	02:55+	03:08-	02:06+	00:57+	00:19-	01:57-	01:20-	00:58-
00:30+	00:39&	00:37-	03:30&	04:26@	00:23#	01:06-	00:45&	00:02+	00:03-	00:07-	00:15-	00:14-

**Beste strekktid for klassen**

05:21	00:34	00:33	04:24	01:13	02:14	02:56	01:20	00:39	00:19	01:57	01:20	00:58
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

### H 17-18

<b>1</b>	<b>Magnus Gjerstad</b>	<b>368</b>	<b>28:58</b>										
01:27=	04:26=	10:13=	12:58=	17:52=	19:06=	19:53=	23:18=	24:15=	24:54=	25:13=	26:25=	27:58=	28:58=
01:27=	02:59=	05:47=	02:45=	04:54=	01:14=	00:47=	03:25=	00:57=	00:39=	00:19=	01:12=	01:33=	01:00=
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=
<b>2</b>	<b>Roope Ruuhiala</b>	<b>701</b>	<b>28:59</b>										
01:36+	04:18-	10:19+	12:17-	17:30-	18:56-	19:45-	23:05-	24:31+	25:12+	25:34+	26:38+	28:03+	28:59+
01:36+	02:42-	06:01+	01:58-	05:13+	01:26+	00:49+	03:20-	01:26+	00:41+	00:22+	01:04-	01:25-	00:56-
00:09#	00:17-	00:14+	00:47-	00:19+	00:12#	00:02+	00:05-	00:29&	00:02+	00:03#	00:08-	00:08-	00:04-
<b>3</b>	<b>Håvard Solbakken</b>	<b>45</b>	<b>30:34</b>										
01:26-	04:44+	11:06+	13:21+	18:55+	19:58+	20:50+	24:40+	25:42+	26:23+	26:44+	27:51+	29:33+	30:34+
01:26-	03:18+	06:22+	02:15-	05:34+	01:03-	00:52+	03:50+	01:02+	00:41+	00:21+	01:07-	01:42+	01:01+
00:01-	00:19#	00:35#	00:30-	00:40#	00:11-	00:05#	00:25#	00:05+	00:02+	00:02#	00:05-	00:09+	00:01+
<b>4</b>	<b>Øyvind Eliseussen-Skalle</b>	<b>106</b>	<b>30:58</b>										
01:32+	03:53-	13:04+	15:02+	20:08+	21:15+	21:59+	25:14+	26:16+	27:09+	27:32+	28:35+	30:01+	30:58+
01:32+	02:21-	09:11+	01:58-	05:06+	01:07-	00:44-	03:15-	01:02+	00:53+	00:23+	01:03-	01:26-	00:57-
00:05+	00:38-	03:24&	00:47-	00:12+	00:07-	00:03-	00:10-	00:05+	00:14&	00:04#	00:09-	00:07-	00:03-

#### Beste strekktid for klassen

01:26 02:21 05:47 01:58 04:54 01:03 00:44 03:15 00:57 00:39 00:19 01:03 01:25 00:56

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

### H 17-AK

<b>1</b>	<b>Bendik Myrvang</b>	<b>41</b>	<b>32:55</b>										
03:08=	06:33=	08:26=	10:05=	15:21=	16:10=	20:50=	24:35=	25:58=	26:47=	27:10=	29:52=	31:41=	32:55=
03:08=	03:25=	01:53=	01:39=	05:16=	00:49=	04:40=	03:45=	01:23=	00:49=	00:23=	02:42=	01:49=	01:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Andreas Foss Westgaard</b>	<b>21</b>	<b>35:08</b>										
03:17+	07:05+	09:12+	10:57+	17:22+	18:24+	23:17+	27:16+	28:41+	29:36+	30:07+	31:36+	33:41+	35:08+
03:17+	03:48+	02:07+	01:45+	06:25+	01:02+	04:53+	03:59+	01:25+	00:55+	00:31+	01:29-	02:05+	01:27+
00:09+	00:23#	00:14#	00:06+	01:09#	00:13&	00:13+	00:14+	00:02+	00:06#	00:08&	01:13-	00:16#	00:13#
<b>3</b>	<b>Daniel Høyer Iversen</b>	<b>244</b>	<b>46:34</b>										
03:14+	06:48+	08:54+	11:21+	27:29+	28:12+	34:42+	38:46+	41:10+	41:56+	42:18+	43:48+	45:24+	46:34+
03:14+	03:34+	02:06+	02:27+	16:08+	00:43-	06:30+	04:04+	02:24+	00:46-	00:22-	01:30-	01:36-	01:10-
00:06+	00:09+	00:13#	00:48&	10:52@	00:06-	01:50&	00:19+	01:01&	00:03-	00:01-	01:12-	00:13-	00:04-
<b>4</b>	<b>Sverre Graffer</b>	<b>285</b>	<b>54:07</b>										
05:25+	15:27+	18:36+	21:18+	32:18+	33:56+	40:28+	46:02+	47:41+	48:42+	49:08+	51:05+	53:10+	54:07+
05:25+	10:02+	03:09+	02:42+	11:00+	01:38+	06:32+	05:34+	01:39+	01:01+	00:26+	01:57-	02:05+	00:57-
02:17&	06:37@	01:16&	01:03&	05:44@	00:49&	01:52&	01:49&	00:16#	00:12#	00:03#	00:45-	00:16#	00:17-

#### Beste strekktid for klassen

03:08 03:25 01:53 01:39 05:16 00:43 04:40 03:45 01:23 00:46 00:22 01:29 01:36 00:57

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

### H 17-B

<b>1</b>	<b>Kaspar Augland</b>	<b>37</b>	<b>24:45</b>									
01:13=	04:06=	05:02=	07:43=	08:51=	14:47=	16:48=	18:15=	18:43=	20:07=	22:58=	23:29=	24:45=
01:13=	02:53=	00:56=	02:41=	01:08=	05:56=	02:01=	01:27=	00:28=	01:24=	02:51=	00:31=	01:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Hallvard Augland</b>	<b>37</b>	<b>28:21</b>									
01:16+	05:01+	06:02+	09:12+	10:11+	16:10+	17:55+	20:11+	20:50+	22:47+	26:05+	26:43+	28:21+
01:16+	03:45+	01:01+	03:10+	00:59-	05:59+	01:45-	02:16+	00:39+	01:57+	03:18+	00:38+	01:38+
00:03+	00:52&	00:05+	00:29#	00:09-	00:03+	00:16-	00:49&	00:11&	00:33&	00:27#	00:07#	00:22&

Class	Navn	Klasse	Tid									
<b>3</b>	<b>Jens Olav Hessen</b>	<b>329</b>	<b>32:47</b>									
01:32+	04:43+	06:05+	09:31+	13:20+	20:59+	23:15+	25:06+	25:37+	27:10+	30:34+	31:16+	32:47+
01:32+	03:11+	01:22+	03:26+	03:49+	07:39+	02:16+	01:51+	00:31+	01:33+	03:24+	00:42+	01:31+
00:19&	00:18#	00:26&	00:45&	02:41@	01:43&	00:15#	00:24&	00:03#	00:09#	00:33#	00:11&	00:15#
<b>4</b>	<b>Stig-Tore Pedersen</b>	<b>88</b>	<b>45:58</b>									
01:54+	07:21+	08:51+	14:38+	17:24+	28:14+	31:46+	34:37+	35:20+	37:35+	42:39+	43:41+	45:58+
01:54+	05:27+	01:30+	05:47+	02:46+	10:50+	03:32+	02:51+	00:43+	02:15+	05:04+	01:02+	02:17+
00:41&	02:34&	00:34&	03:06@	01:38@	04:54&	01:31&	01:24&	00:15&	00:51&	02:13&	00:31&	01:01&
<b>Beste strekktid for klassen</b>												
01:13	02:53	00:56	02:41	00:59	05:56	01:45	01:27	00:28	01:24	02:51	00:31	01:16

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

## H 17-C

<b>1</b>	<b>Gunnar Fosstveit</b>	<b>281</b>	<b>21:00</b>									
02:46=	08:18=	08:50=	10:27=	12:03=	14:08=	14:41=	16:16=	19:08=	19:48=	21:00=		
02:46=	05:32=	00:32=	01:37=	01:36=	02:05=	00:33=	01:35=	02:52=	00:40=	01:12=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Eivind Hemmingsen</b>	<b>334</b>	<b>36:08</b>									
15:10+	17:17+	18:03+	20:08+	21:53+	26:36+	27:00+	28:41+	34:03+	34:52+	36:08+		
15:10+	02:07-	00:46+	02:05+	01:45+	04:43+	00:24-	01:41+	05:22+	00:49+	01:16+		
12:24@	03:25-	00:14&	00:28&	00:09+	02:38@	00:09-	00:06+	02:30&	00:09#	00:04+		
<b>Beste strekktid for klassen</b>												
02:46	02:07	00:32	01:37	01:36	02:05	00:24	01:35	02:52	00:40	01:12		

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

## H 19-20

<b>1</b>	<b>Vegard Gulbrandsen</b>	<b>26</b>	<b>35:27</b>														
02:10=	03:51=	04:59=	10:03=	10:33=	11:37=	15:18=	16:23=	17:24=	23:44=	24:58=	25:58=	27:54=	31:35=	31:58=	33:00=	34:31=	35:27=
02:10=	01:41=	01:08=	05:04=	00:30=	01:04=	03:41=	01:05=	01:01=	06:20=	01:14=	01:00=	01:56=	03:41=	00:23=	01:02=	01:31=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Mats Jørgen Nordmo Ingdal</b>	<b>218</b>	<b>39:35</b>														
02:58+	04:58+	06:15+	11:46+	12:19+	13:28+	18:35+	19:50+	20:54+	27:35+	28:49+	29:58+	31:50+	35:43+	36:05+	37:07+	38:35+	39:35+
02:58+	02:00+	01:17+	05:31+	00:33+	01:09+	05:07+	01:15+	01:04+	06:41+	01:14=	01:09+	01:52-	03:53+	00:22-	01:02=	01:28-	01:00+
00:48&	00:19#	00:09#	00:27+	00:03#	00:05+	01:26&	00:10#	00:03+	00:21+	00:00=	00:09#	00:04-	00:12+	00:01-	00:00=	00:03-	00:04+
<b>3</b>	<b>Espen Samuelsen Skiri</b>	<b>45</b>	<b>40:30</b>														
02:46+	04:34+	05:53+	11:45+	12:23+	13:35+	17:27+	18:37+	19:50+	27:26+	28:53+	29:59+	32:05+	36:05+	36:26+	37:43+	39:22+	40:30+
02:46+	01:48+	01:19+	05:52+	00:38+	01:12+	03:52+	01:10+	01:13+	07:36+	01:27+	01:06+	02:06+	04:00+	00:21-	01:17+	01:39+	01:08+
00:36&	00:07+	00:11#	00:48#	00:08&	00:08#	00:11+	00:05+	00:12#	01:16#	00:13#	00:06#	00:10+	00:19+	00:02-	00:15#	00:08+	00:12#
<b>4</b>	<b>Aapo Tonder</b>	<b>870</b>	<b>43:05</b>														
04:22+	06:03+	07:11+	12:36+	13:14+	14:26+	18:08+	19:26+	20:28+	27:13+	28:28+	29:42+	35:07+	38:52+	39:14+	40:23+	42:02+	43:05+
04:22+	01:41=	01:08=	05:25+	00:38+	01:12+	03:42+	01:18+	01:02+	06:45+	01:15+	01:14+	05:25+	03:45+	00:22-	01:09+	01:39+	01:03+
02:12@	00:00=	00:00=	00:21+	00:08&	00:08#	00:01+	00:13#	00:01+	00:25+	00:01+	00:14#	03:29@	00:04+	00:01-	00:07#	00:08+	00:07#
<b>5</b>	<b>Hallvard Arntzen Foss</b>	<b>301</b>	<b>44:01</b>														
02:34+	04:38+	05:54+	12:15+	12:54+	14:16+	18:31+	19:55+	21:08+	30:23+	31:49+	33:10+	35:07+	39:34+	40:00+	41:10+	42:51+	44:01+
02:34+	02:04+	01:16+	06:21+	00:39+	01:22+	04:15+	01:24+	01:13+	09:15+	01:26+	01:21+	01:57+	04:27+	00:26+	01:10+	01:41+	01:10+
00:24#	00:23#	00:08#	01:17&	00:09&	00:18&	00:34#	00:19&	00:12#	02:55&	00:12#	00:21&	00:01+	00:46#	00:03#	00:08#	00:10#	00:14#
<b>6</b>	<b>Arttu Taulavuori</b>	<b>1396</b>	<b>47:01</b>														
02:25+	04:25+	05:39+	13:02+	13:53+	15:08+	21:25+	22:40+	23:49+	31:28+	32:56+	35:29+	38:04+	42:36+	43:04+	44:16+	45:54+	47:01+
02:25+	02:00+	01:14+	07:23+	00:51+	01:15+	06:17+	01:15+	01:09+	07:39+	01:28+	02:33+	02:35+	04:32+	00:28+	01:12+	01:38+	01:07+
00:15#	00:19#	00:06+	02:19&	00:21&	00:11#	02:36&	00:10#	00:08#	01:19#	00:14#	01:33@	00:39&	00:51#	00:05#	00:10#	00:07+	00:11#
<b>7</b>	<b>Lars Eliseussen-Skalle</b>	<b>106</b>	<b>1:02:20</b>														
06:37+	08:47+	16:16+	24:53+	25:39+	27:21+	33:33+	35:02+	36:20+	45:22+	47:22+	48:57+	51:50+	56:51+	57:17+	58:43+	60:53+	62:20+
06:37+	02:10+	07:29+	08:37+	00:46+	01:42+	06:12+	01:29+	01:18+	09:02+	02:00+	01:35+	02:53+	05:01+	00:26+	01:26+	02:10+	01:27+
04:27@	00:29&	06:21@	03:33&	00:16&	00:38&	02:31&	00:24&	00:17&	02:42&	00:46&	00:35&	00:57&	01:20&	00:03#	00:24&	00:39&	00:31&



### Beste strekktid for klassen

02:10 01:41 01:08 05:04 00:30 01:04 03:41 01:05 01:01 06:20 01:14 01:00 01:52 03:41 00:21 01:02 01:28 00:56

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

## H 21-

<b>1</b>	<b>Topi Anjala</b>	<b>760</b>	<b>33:53</b>
00:58=	03:07= 04:22= 04:41= 11:50= 12:51= 16:40= 17:14= 21:19= 21:54= 23:31= 24:23= 26:36= 29:33=		30:04= 30:23= 31:42= 32:55= 33:53=
00:58=	02:09= 01:15= 00:19= 07:09= 01:01= 03:49= 00:34= 04:05= 00:35= 01:37= 00:52= 02:13= 02:57=		00:31= 00:19= 01:19= 01:13= 00:58=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Anders Vister</b>	<b>245</b>	<b>34:46</b>
00:58=	03:02= 04:24+ 04:43+ 12:47+ 13:34+ 17:26+ 18:04+ 22:07+ 22:44+ 24:27+ 25:24+ 27:33+ 30:27+ 31:02+ 31:20+ 32:39+ 33:49+ 34:46+		
00:58=	02:04= 01:22+ 00:19= 08:04+ 00:47= 03:52+ 00:38+ 04:03= 00:37+ 01:43+ 00:57+ 02:09= 02:54= 00:35+ 00:18= 01:19= 01:10= 00:57=		
00:00=	00:05= 00:07+ 00:00= 00:55# 00:14= 00:03+ 00:04# 00:02= 00:02+ 00:06+ 00:05+ 00:04= 00:03= 00:04# 00:01= 00:00= 00:03= 00:01=		
<b>3</b>	<b>Johan Ek-Larsson</b>	<b>559</b>	<b>34:59</b>
00:57=	03:08+ 04:25+ 04:42+ 12:37+ 13:23+ 17:19+ 17:58+ 22:01+ 22:37+ 24:31+ 25:24+ 27:38+ 30:35+ 31:11+ 31:30+ 32:50+ 34:01+ 34:59+		
00:57=	02:11+ 01:17+ 00:17= 07:55+ 00:46= 03:56+ 00:39+ 04:03= 00:36+ 01:54+ 00:53+ 02:14+ 02:57= 00:36+ 00:19= 01:20+ 01:11= 00:58=		
00:01=	00:02+ 00:02+ 00:02= 00:46# 00:15= 00:07+ 00:05# 00:02= 00:01+ 00:17# 00:01+ 00:01+ 00:00= 00:05# 00:00= 00:01+ 00:02= 00:00=		
<b>4</b>	<b>Rasmus Rørholt Theisen</b>	<b>244</b>	<b>35:04</b>
01:00+	03:14+ 04:36+ 04:55+ 12:26+ 13:12+ 16:53+ 17:32+ 21:45+ 22:26+ 24:08+ 25:00+ 27:29+ 30:14+ 30:57+ 31:15+ 32:54+ 34:06+ 35:04+		
01:00+	02:14+ 01:22+ 00:19= 07:31+ 00:46= 03:41= 00:39+ 04:13+ 00:41+ 01:42+ 00:52= 02:29+ 02:45= 00:43+ 00:18= 01:39+ 01:12= 00:58=		
00:02+	00:05+ 00:07+ 00:00= 00:22+ 00:15= 00:08= 00:05# 00:08+ 00:06# 00:05+ 00:00= 00:16# 00:12= 00:12# 00:01= 00:20# 00:01= 00:00=		
<b>5</b>	<b>Antti Vainio</b>	<b>440</b>	<b>36:22</b>
00:56=	03:14+ 04:37+ 04:55+ 13:31+ 14:18+ 18:25+ 19:01+ 23:04+ 23:43+ 25:33+ 26:23+ 28:37+ 31:40+ 32:20+ 32:40+ 33:59+ 35:18+ 36:22+		
00:56=	02:18+ 02:18+ 01:23+ 00:18= 08:36+ 00:47= 04:07+ 00:36+ 04:03= 00:39+ 01:50+ 00:50= 02:14+ 03:03+ 00:40+ 00:20+ 01:19= 01:19+ 01:04+		
00:02=	00:09+ 00:08# 00:01= 01:27# 00:14= 00:18+ 00:02+ 00:02= 00:04# 00:13# 00:02= 00:01+ 00:06+ 00:09# 00:01+ 00:00= 00:06+ 00:06#		
<b>6</b>	<b>Topi Penttinen</b>	<b>1268</b>	<b>36:34</b>
01:01+	03:15+ 04:36+ 04:56+ 13:24+ 14:11+ 18:22+ 18:58+ 23:18+ 23:55+ 25:40+ 26:39+ 28:53+ 31:53+ 32:31+ 32:50+ 34:12+ 35:31+ 36:34+		
01:01+	02:14+ 01:21+ 00:20+ 08:28+ 00:47= 04:11+ 00:36+ 04:20+ 00:37+ 01:45+ 00:59+ 02:14+ 03:00+ 00:38+ 00:19= 01:22+ 01:19+ 01:03+		
00:03+	00:05+ 00:06+ 00:01+ 01:19# 00:14= 00:22+ 00:02+ 00:15+ 00:02+ 00:08+ 00:07# 00:01+ 00:03+ 00:07# 00:00= 00:03+ 00:06+ 00:05+		
<b>7</b>	<b>Jere Sipponen</b>	<b>430</b>	<b>37:24</b>
01:02+	03:28+ 04:50+ 05:11+ 14:11+ 14:57+ 18:58+ 19:34+ 24:03+ 24:41+ 26:35+ 27:29+ 29:50+ 32:44+ 33:24+ 33:41+ 35:08+ 36:26+ 37:24+		
01:02+	02:26+ 01:22+ 00:21+ 09:00+ 00:46= 04:01+ 00:36+ 04:29+ 00:38+ 01:54+ 00:54+ 02:21+ 02:54= 00:40+ 00:17= 01:27+ 01:18+ 00:58=		
00:04+	00:17# 00:07+ 00:02# 01:51& 00:15= 00:12+ 00:02+ 00:24+ 00:03+ 00:17# 00:02+ 00:08+ 00:03= 00:09# 00:02= 00:08# 00:05+ 00:00=		
<b>8</b>	<b>Fredrik Eliasson</b>	<b>101</b>	<b>37:32</b>
01:05+	03:24+ 04:51+ 05:12+ 13:47+ 14:35+ 19:02+ 19:39+ 24:09+ 24:45+ 26:31+ 27:29+ 29:47+ 32:48+ 33:29+ 33:49+ 35:17+ 36:31+ 37:32+		
01:05+	02:19+ 01:27+ 00:21+ 08:35+ 00:48= 04:27+ 00:37+ 04:30+ 00:36+ 01:46+ 00:58+ 02:18+ 03:01+ 00:41+ 00:20+ 01:28+ 01:14+ 01:01+		
00:07#	00:10+ 00:12# 00:02# 01:26# 00:13= 00:38# 00:03+ 00:25# 00:01+ 00:09+ 00:06# 00:05+ 00:04+ 00:10# 00:01+ 00:09# 00:01+ 00:03+		
<b>9</b>	<b>Jakob Wallenhammar</b>	<b>726</b>	<b>38:05</b>
01:00+	03:45+ 05:09+ 05:30+ 14:06+ 14:57+ 19:20+ 19:59+ 24:16+ 24:55+ 26:49+ 28:01+ 30:14+ 33:20+ 33:56+ 34:16+ 35:38+ 37:00+ 38:05+		
01:00+	02:45+ 01:24+ 00:21+ 08:36+ 00:51= 04:23+ 00:39+ 04:17+ 00:39+ 01:54+ 01:12+ 02:13= 03:06+ 00:36+ 00:20+ 01:22+ 01:22+ 01:05+		
00:02+	00:36# 00:09# 00:02# 01:27# 00:10= 00:34# 00:05# 00:12+ 00:04# 00:17# 00:20# 00:00= 00:09+ 00:05# 00:01+ 00:03+ 00:09# 00:07#		
<b>10</b>	<b>Sverre Turtter Sandvold</b>	<b>244</b>	<b>38:41</b>
01:05+	03:39+ 05:30+ 05:48+ 14:37+ 15:25+ 19:32+ 20:12+ 24:38+ 25:18+ 26:58+ 28:06+ 30:31+ 33:41+ 34:22+ 34:42+ 36:14+ 37:40+ 38:41+		
01:05+	02:34+ 01:51+ 00:18= 08:49+ 00:48= 04:07+ 00:40+ 04:26+ 00:40+ 01:40+ 01:08+ 02:25+ 03:10+ 00:41+ 00:20+ 01:32+ 01:26+ 01:01+		
00:07#	00:25# 00:36# 00:01= 01:40# 00:13= 00:18+ 00:06# 00:21+ 00:05# 00:03+ 00:16# 00:12+ 00:13+ 00:10# 00:01+ 00:13# 00:13# 00:03+		
<b>11</b>	<b>Håvard Krey Hansen</b>	<b>254</b>	<b>38:43</b>
01:01+	03:26+ 04:58+ 05:16+ 13:44+ 14:32+ 18:59+ 19:34+ 24:00+ 24:39+ 26:39+ 27:38+ 30:19+ 33:50+ 34:30+ 34:50+ 36:20+ 37:40+ 38:43+		
01:01+	02:25+ 01:32+ 00:18= 08:28+ 00:48= 04:27+ 00:35+ 04:26+ 00:39+ 02:00+ 00:59+ 02:41+ 03:31+ 00:40+ 00:20+ 01:30+ 01:20+ 01:03+		
00:03+	00:16# 00:17# 00:01= 01:19# 00:13= 00:38# 00:01+ 00:21+ 00:04# 00:23# 00:07# 00:28# 00:34# 00:09# 00:01+ 00:11# 00:07+ 00:05+		
<b>12</b>	<b>Anders Felde Olaussen</b>	<b>244</b>	<b>39:07</b>
01:01+	03:17+ 04:43+ 04:59+ 13:47+ 14:35+ 19:07+ 19:48+ 24:10+ 24:49+ 26:44+ 27:43+ 30:48+ 34:02+ 34:43+ 35:06+ 36:37+ 38:08+ 39:07+		
01:01+	02:16+ 01:26+ 00:16= 08:48+ 00:48= 04:32+ 00:41+ 04:22+ 00:39+ 01:55+ 00:59+ 03:05+ 03:14+ 00:41+ 00:23+ 01:31+ 01:31+ 00:59+		
00:03+	00:07+ 00:11# 00:03= 01:39# 00:13= 00:43# 00:07# 00:17+ 00:04# 00:18# 00:07# 00:52# 00:17+ 00:10# 00:04# 00:12# 00:18# 00:01+		
<b>13</b>	<b>Rune Nygaard</b>	<b>142</b>	<b>39:11</b>
01:00+	03:17+ 04:46+ 05:05+ 14:54+ 15:44+ 19:50+ 20:27+ 25:07+ 25:45+ 27:47+ 28:51+ 31:09+ 34:15+ 34:54+ 35:14+ 36:47+ 38:05+ 39:11+		
01:00+	02:17+ 01:29+ 00:19= 09:49+ 00:50= 04:06+ 00:37+ 04:40+ 00:38+ 02:02+ 01:04+ 02:18+ 03:06+ 00:39+ 00:20+ 01:33+ 01:18+ 01:06+		
00:02+	00:08+ 00:14# 00:00= 02:40& 00:11= 00:17+ 00:03+ 00:35# 00:03+ 00:25& 00:12# 00:05+ 00:09+ 00:08# 00:01+ 00:14# 00:05+ 00:08#		

Class	Navn	Klasse	Tid
<b>14</b>	<b>Juho-Matti Taivainen</b>	<b>1412</b>	<b>39:14</b>
01:08+	03:29+ 04:51+ 05:11+ 14:57+	19:52+ 20:32+ 25:24+ 26:00+	27:45+ 28:44+ 31:09+ 34:20+
01:08+	02:21+ 01:22+ 00:20+ 09:46+	04:06+ 00:40+ 04:52+ 00:36+	01:45+ 00:59+ 02:25+ 03:11+
00:10#	00:12+ 00:07+ 00:01+ 02:37&	00:12- 00:17+ 00:06# 00:47#	00:01+ 00:08+ 00:07# 00:12+ 00:14+
			00:10& 00:00= 00:06+ 00:11# 00:07#
<b>15</b>	<b>Panu Teittinen</b>	<b>555</b>	<b>39:22</b>
01:08+	03:37+ 05:21+ 05:39+ 14:59+	15:48+ 20:07+ 20:48+ 25:24+	26:05+ 28:01+ 29:00+ 31:22+
01:08+	02:29+ 01:44+ 00:18- 09:20+	00:49- 04:19+ 00:41+ 04:36+	00:41+ 01:56+ 00:59+ 02:22+
00:10#	00:20# 00:29& 00:01- 02:11&	00:12- 00:30# 00:07# 00:31#	00:06# 00:19# 00:07# 00:09+ 00:17+
			00:08& 00:01- 00:04+ 00:09# 00:06#
<b>16</b>	<b>Halvor Eid Nielsen</b>	<b>991</b>	<b>39:43</b>
00:57-	03:12+ 04:53+ 05:12+ 13:55+	14:40+ 19:05+ 19:44+ 24:35+	25:15+ 27:27+ 28:43+ 31:04+
00:57-	02:15+ 01:41+ 00:19- 08:43+	00:45- 04:25+ 00:39+ 04:51+	00:40+ 02:12+ 01:16+ 02:21+
00:01-	00:06+ 00:26& 00:00= 01:34#	00:16- 00:36# 00:05# 00:46#	00:05# 00:35& 00:24& 00:08+ 00:27#
			00:13& 00:02# 00:13# 00:15# 00:12#
<b>17</b>	<b>Jukka-Pekka Seppänen</b>	<b>1057</b>	<b>40:35</b>
01:08+	03:51+ 05:22+ 05:41+ 15:17+	16:19+ 20:50+ 21:33+ 26:12+	26:56+ 28:52+ 29:58+ 32:24+
01:08+	02:43+ 01:31+ 00:19- 09:36+	01:02+ 04:31+ 00:43+ 04:39+	00:44+ 01:56+ 01:06+ 02:26+
00:10#	00:34& 00:16# 00:00= 02:27&	00:01+ 00:42# 00:09& 00:34#	00:09& 00:19# 00:14& 00:13+ 00:19#
			00:10& 00:02# 00:07+ 00:12# 00:04+
<b>18</b>	<b>Miika Hernelahti</b>	<b>551</b>	<b>41:10</b>
01:05+	03:33+ 05:12+ 05:34+ 15:11+	16:03+ 20:50+ 21:31+ 26:34+	27:20+ 29:16+ 30:17+ 32:44+
01:05+	02:28+ 01:39+ 00:22+ 09:37+	00:52- 04:47+ 00:41+ 05:03+	00:46+ 01:56+ 01:01+ 02:27+
00:07#	00:19# 00:24& 00:03# 02:28&	00:09- 00:58& 00:07# 00:58#	00:11& 00:19# 00:09# 00:14# 00:19#
			00:14# 00:19# 00:14# 00:03# 00:11# 00:15# 00:07#
<b>19</b>	<b>Olav Johannes Deelstra</b>	<b>268</b>	<b>41:18</b>
01:07+	03:38+ 05:13+ 05:36+ 14:39+	15:33+ 20:00+ 20:40+ 25:44+	26:46+ 29:01+ 30:08+ 32:36+
01:07+	02:31+ 01:35+ 00:23+ 09:03+	00:54- 04:27+ 00:40+ 05:04+	01:02+ 02:15+ 01:07+ 02:28+
00:09#	00:22# 00:20& 00:04# 01:54&	00:07- 00:38# 00:06# 00:59#	00:27& 00:38& 00:15& 00:15# 00:27#
			00:09& 00:03# 00:18# 00:17# 00:11#
<b>20</b>	<b>Vidar Wensel</b>	<b>345</b>	<b>41:45</b>
01:12+	03:40+ 05:07+ 05:29+ 16:39+	17:25+ 21:49+ 22:27+ 27:01+	27:45+ 29:47+ 30:56+ 33:36+
01:12+	02:28+ 01:27+ 00:22+ 11:10+	00:46- 04:24+ 00:38+ 04:34+	00:44+ 02:02+ 01:09+ 02:40+
00:14#	00:19# 00:12# 00:03# 04:01&	00:15- 00:35# 00:04# 00:29#	00:09& 00:25& 00:17& 00:27# 00:13+
			00:09& 00:01+ 00:11# 00:10# 00:08#
<b>21</b>	<b>Torkil Eide Solstad</b>	<b>163</b>	<b>42:17</b>
01:07+	03:46+ 05:55+ 06:16+ 15:45+	16:41+ 21:20+ 22:04+ 26:56+	27:36+ 29:45+ 30:48+ 33:39+
01:07+	02:39+ 02:09+ 00:21+ 09:29+	00:56- 04:39+ 00:44+ 04:52+	00:40+ 02:09+ 01:03+ 02:51+
00:09#	00:30# 00:54& 00:02# 02:20&	00:05- 00:50# 00:10& 00:47#	00:05# 00:32& 00:11# 00:38& 00:33#
			00:15& 00:03# 00:12# 00:12# 00:07#
<b>22</b>	<b>Harald Kalager</b>	<b>244</b>	<b>42:57</b>
01:12+	03:53+ 05:27+ 05:47+ 15:58+	16:53+ 21:45+ 22:31+ 27:27+	28:09+ 30:07+ 31:10+ 33:40+
01:12+	02:41+ 01:34+ 00:20+ 10:11+	00:55- 04:52+ 00:46+ 04:56+	00:42+ 01:58+ 01:03+ 02:30+
00:14#	00:32# 00:19& 00:01+ 03:02&	00:06- 01:03& 00:12& 00:51#	00:07# 00:21# 00:11# 00:17# 00:26#
			00:15& 00:06& 00:38& 00:25& 00:10#
<b>23</b>	<b>Eero-Matti Vainio</b>	<b>440</b>	<b>43:03</b>
01:07+	03:44+ 05:14+ 05:34+ 16:01+	16:56+ 22:04+ 22:44+ 28:23+	29:06+ 31:14+ 32:19+ 34:51+
01:07+	02:37+ 01:30+ 00:20+ 10:27+	00:55- 05:08+ 00:40+ 05:39+	00:43+ 02:08+ 01:05+ 02:32+
00:09#	00:28# 00:15# 00:01+ 03:18&	00:06- 01:19& 00:06# 01:34&	00:08# 00:31& 00:13# 00:19# 00:20#
			00:16& 00:00= 00:11# 00:08# 00:00=
<b>24</b>	<b>Cillin Corbett</b>	<b>1198</b>	<b>43:27</b>
01:07+	03:48+ 05:29+ 05:53+ 16:23+	17:16+ 21:54+ 22:35+ 27:50+	28:37+ 30:55+ 32:07+ 34:45+
01:07+	02:41+ 01:41+ 00:24+ 10:30+	00:53- 04:38+ 00:41+ 05:15+	00:47+ 02:18+ 01:12+ 02:38+
00:09#	00:32# 00:26& 00:05& 03:21&	00:08- 00:49# 00:07# 01:10&	00:12& 00:41& 00:20& 00:25# 00:34#
			00:10& 00:03# 00:13# 00:16# 00:09#
<b>25</b>	<b>Martin Ankel</b>	<b>1003</b>	<b>44:19</b>
01:10+	04:36+ 06:10+ 06:40+ 15:29+	16:17+ 21:07+ 21:49+ 26:26+	27:14+ 29:20+ 32:29+ 34:59+
01:10+	03:26+ 01:34+ 00:30+ 08:49+	00:48- 04:50+ 00:42+ 04:37+	00:48+ 02:06+ 03:09+ 02:30+
00:12#	01:17& 00:19& 00:11& 01:40#	00:13- 01:01& 00:08# 00:32#	00:13& 00:29& 02:17@ 00:17# 00:31&
			00:03+ 00:02# 00:14# 00:05+ 00:08#
<b>26</b>	<b>Anders Tønnessen Rød</b>	<b>69</b>	<b>44:50</b>
01:13+	04:01+ 05:51+ 06:15+ 18:09+	19:04+ 24:06+ 25:11+ 30:15+	30:58+ 33:01+ 34:00+ 36:25+
01:13+	02:48+ 01:50+ 00:24+ 11:54+	00:55- 05:02+ 01:05+ 05:04+	00:43+ 02:03+ 00:59+ 02:25+
00:15&	00:39& 00:35& 00:05& 04:45&	00:06- 01:13& 00:31& 00:59#	00:08# 00:26& 00:07# 00:12+ 00:27#
			00:09& 00:01+ 00:07+ 00:16# 00:08#
<b>27</b>	<b>Tapio Haarlaa</b>	<b>531</b>	<b>45:16</b>
01:02+	03:33+ 05:15+ 05:29+ 16:24+	17:21+ 22:44+ 23:26+ 28:40+	29:31+ 31:53+ 32:59+ 35:34+
01:02+	02:31+ 01:42+ 00:14- 10:55+	00:57- 05:23+ 00:42+ 05:14+	00:51+ 02:22+ 01:06+ 02:35+
00:04+	00:22# 00:27& 00:05- 03:46&	00:04- 01:34& 00:08# 01:09&	00:16& 00:45& 00:14& 00:22# 00:52&
			00:15& 00:04# 00:20& 00:29& 00:25&
<b>28</b>	<b>Jakob Kalvig Skogan</b>	<b>244</b>	<b>45:27</b>
01:17+	04:17+ 06:05+ 06:35+ 18:42+	24:03+ 24:50+ 29:59+ 30:43+	32:59+ 34:08+ 36:33+ 39:55+
01:17+	03:00+ 01:48+ 00:30+ 11:07+	01:00- 05:21+ 00:47+ 05:09+	00:44+ 02:16+ 01:09+ 02:25+
00:19&	00:51& 00:33& 00:11& 03:58&	00:01- 01:32& 00:13& 01:04&	00:09& 00:39& 00:17& 00:12+ 00:25#
			00:14& 00:03# 00:26& 00:20& 00:09#



Class	Navn	Klasse	Tid															
<b>2</b>	<b>Juha Vierinen</b>	<b>146</b>	<b>48:39</b>															
02:54+	05:04+	06:40+	13:39+	14:22+	15:55+	21:02+	22:40+	23:54+	33:11+	34:24+	35:56+	39:06+	43:50+	44:15+	45:29+	47:15+	48:39+	
02:54+	02:10-	01:36+	06:59+	00:43-	01:33+	05:07+	01:38-	01:14-	09:17+	01:13-	01:32+	03:10+	04:44+	00:25-	01:14+	01:46+	01:24-	
00:25#	00:13-	00:30&	01:57&	00:31-	00:53@	03:46@	02:27-	00:05-	08:07@	06:00-	00:20&	01:55@	02:15&	04:21-	00:52@	00:26&	00:21-	
<b>3</b>	<b>Knut Øyvind Johansen</b>	<b>35</b>	<b>48:45</b>															
02:58+	05:08+	06:54+	13:48+	14:32+	15:53+	20:12+	21:49+	22:54+	33:02+	34:44+	36:06+	38:20+	43:44+	44:11+	45:39+	47:33+	48:45+	
02:58+	02:10-	01:46+	06:54+	00:44-	01:21+	04:19+	01:37-	01:05-	10:08+	01:42-	01:22+	02:14+	05:24+	00:27-	01:28+	01:54+	01:12-	
00:29#	00:13-	00:40&	01:52&	00:30-	00:41@	02:58@	02:28-	00:14-	08:58@	05:31-	00:10#	00:59&	02:55@	04:19-	01:06@	00:34&	00:33-	
<b>4</b>	<b>Petri Kuva</b>	<b>1397</b>	<b>57:22</b>															
03:38+	06:51+	08:44+	17:44+	18:17+	20:05+	24:58+	26:39+	27:59+	38:23+	40:27+	43:22+	46:28+	52:03+	52:26+	53:59+	55:59+	57:22+	
03:38+	03:13+	01:53+	09:00+	00:33-	01:48+	04:53+	01:41-	01:20+	10:24+	02:04-	02:55+	03:06+	05:35+	00:23-	01:33+	02:00+	01:23-	
01:09&	00:50&	00:47&	03:58&	00:41-	01:08@	03:32@	02:24-	00:01+	09:14@	05:09-	01:43@	01:51@	03:06@	04:23-	01:11@	00:40&	00:22-	
<b>Beste strekktid for klassen</b>																		
02:29	02:10	01:06	05:02	00:33	00:40	01:21	01:37	01:05	01:10	01:13	01:12	01:15	02:29	00:23	00:22	01:20	01:12	01:07

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

## H 40-

<b>1</b>	<b>Nick Barrable</b>	<b>663</b>	<b>26:55</b>														
01:29=	03:45=	09:21=	11:21=	16:16=	17:15=	17:56=	21:11=	22:10=	22:54=	23:13=	24:19=	25:52=	26:55=				
01:29=	02:16=	05:36=	02:00=	04:55=	00:59=	00:41=	03:15=	00:59=	00:44=	00:19=	01:06=	01:33=	01:03=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>2</b>	<b>Finn Terje Uberg</b>	<b>189</b>	<b>29:42</b>														
01:29=	03:48+	10:17+	12:06+	17:32+	18:47+	19:37+	23:11+	24:34+	25:23+	25:47+	26:54+	28:33+	29:42+				
01:29=	02:19+	06:29+	01:49+	05:26+	01:15+	00:50+	03:34+	01:23+	00:49+	00:24+	01:07+	01:39+	01:09+				
00:00=	00:03+	00:53#	00:11-	00:31#	00:16&	00:09#	00:19+	00:24&	00:05#	00:05&	00:01+	00:06+	00:06+				
<b>3</b>	<b>Amund Beitnes</b>	<b>649</b>	<b>29:42</b>														
01:53+	04:25+	10:30+	12:29+	18:04+	19:09+	19:53+	23:28+	24:28+	25:20+	25:44+	26:52+	28:30+	29:42+				
01:53+	02:32+	06:05+	01:59+	05:35+	01:05+	00:44+	03:35+	01:00+	00:52+	00:24+	01:08+	01:38+	01:12+				
00:24&	00:16#	00:29+	00:01-	00:40#	00:06#	00:03+	00:20#	00:01+	00:08#	00:05&	00:02+	00:05+	00:09#				
<b>4</b>	<b>Sami Levijoki</b>	<b>1057</b>	<b>30:12</b>														
01:36+	04:12+	10:08+	12:30+	18:06+	19:16+	20:06+	23:45+	25:00+	25:45+	26:07+	27:15+	28:57+	30:12+				
01:36+	02:36+	05:56+	02:22+	05:36+	01:10+	00:50+	03:39+	01:15+	00:45+	00:22+	01:08+	01:42+	01:15+				
00:07+	00:20#	00:20+	00:22#	00:41#	00:11#	00:09#	00:24#	00:16&	00:01+	00:03#	00:02+	00:09+	00:12#				
<b>5</b>	<b>Even Angell-Petersen</b>	<b>245</b>	<b>33:38</b>														
01:39+	04:57+	11:16+	14:58+	20:59+	22:08+	23:02+	26:59+	28:11+	28:58+	29:20+	30:32+	32:23+	33:38+				
01:39+	03:18+	06:19+	03:42+	06:01+	01:09+	00:54+	03:57+	01:12+	00:47+	00:22+	01:12+	01:51+	01:15+				
00:10#	01:02&	00:43#	01:42&	01:06#	00:10#	00:13&	00:42#	00:13#	00:03+	00:03#	00:06+	00:18#	00:12#				
<b>6</b>	<b>Henning Spjelkavik</b>	<b>163</b>	<b>33:42</b>														
01:42+	04:29+	11:14+	15:02+	20:59+	22:12+	23:05+	27:05+	28:19+	29:07+	29:32+	30:42+	32:27+	33:42+				
01:42+	02:47+	06:45+	03:48+	05:57+	01:13+	00:53+	04:00+	01:14+	00:48+	00:25+	01:10+	01:45+	01:15+				
00:13#	00:31#	01:09#	01:48&	01:02#	00:14#	00:12&	00:45#	00:15&	00:04+	00:06&	00:04+	00:12#	00:12#				
<b>7</b>	<b>Trond Døskeland</b>	<b>69</b>	<b>33:44</b>														
02:03+	05:00+	11:14+	14:10+	20:27+	21:45+	22:42+	27:02+	28:12+	28:54+	29:17+	30:37+	32:27+	33:44+				
02:03+	02:57+	06:14+	02:56+	06:17+	01:18+	00:57+	04:20+	01:10+	00:42-	00:23+	01:20+	01:50+	01:17+				
00:34&	00:41&	00:38#	00:56&	01:22&	00:19&	00:16&	01:05&	00:11#	00:02-	00:04#	00:14#	00:17#	00:14#				
<b>8</b>	<b>Miko Saarilaakso</b>	<b>1403</b>	<b>34:34</b>														
01:49+	04:37+	10:55+	13:39+	19:36+	23:09+	24:05+	28:04+	29:10+	30:04+	30:24+	31:38+	33:21+	34:34+				
01:49+	02:48+	06:18+	02:44+	05:57+	03:33+	00:56+	03:59+	01:06+	00:54+	00:20+	01:14+	01:43+	01:13+				
00:20#	00:32#	00:42#	00:44&	01:02#	02:34@	00:15&	00:44#	00:07#	00:10#	00:01+	00:08#	00:10#	00:10#				
<b>9</b>	<b>Juha Rantala</b>	<b>655</b>	<b>35:07</b>														
01:55+	04:52+	13:17+	15:41+	22:03+	23:22+	24:20+	28:28+	29:39+	30:25+	30:50+	32:01+	33:50+	35:07+				
01:55+	02:57+	08:25+	02:24+	06:22+	01:19+	00:58+	04:08+	01:11+	00:46+	00:25+	01:11+	01:49+	01:17+				
00:26&	00:41&	02:49&	00:24#	01:27&	00:20&	00:17&	00:53&	00:12#	00:02+	00:06&	00:05+	00:16#	00:14#				
<b>10</b>	<b>Atle Pedersen</b>	<b>80</b>	<b>36:04</b>														
01:52+	04:54+	12:02+	14:54+	21:54+	23:02+	24:02+	29:13+	30:20+	31:06+	31:27+	33:15+	34:56+	36:04+				
01:52+	03:02+	07:08+	02:52+	07:00+	01:08+	01:00+	05:11+	01:07+	00:46+	00:21+	01:48+	01:41+	01:08+				
00:23&	00:46&	01:32&	00:52&	02:05&	00:09#	00:19&	01:56&	00:08#	00:02+	00:02#	00:42&	00:08+	00:05+				

Class	Navn	Klasse	Tid										
<b>11</b>	<b>Gennady Bogopolskiy</b>	<b>927</b>	<b>36:20</b>										
01:43+	04:26+	11:59+	15:01+	22:27+	23:39+	24:40+	29:39+	30:41+	31:38+	32:02+	33:24+	35:09+	36:20+
01:43+	02:43+	07:33+	03:02+	07:26+	01:12+	01:01+	04:59+	01:02+	00:57+	00:24+	01:22+	01:45+	01:11+
00:14#	00:27#	01:57&	01:02&	02:31&	00:13#	00:20&	01:44&	00:03+	00:13&	00:05&	00:16#	00:12#	00:08#
<b>12</b>	<b>Tomi Rinne</b>	<b>1404</b>	<b>38:02</b>										
01:59+	05:17+	12:56+	15:43+	24:46+	26:06+	27:13+	31:35+	32:39+	33:21+	33:45+	35:06+	36:51+	38:02+
01:59+	03:18+	07:39+	02:47+	09:03+	01:20+	01:07+	04:22+	01:04+	00:42-	00:24+	01:21+	01:45+	01:11+
00:30&	01:02&	02:03&	00:47&	04:08&	00:21&	00:26&	01:07&	00:05+	00:02-	00:05&	00:15#	00:12#	00:08#
<b>13</b>	<b>Espen Johannessen</b>	<b>41</b>	<b>38:03</b>										
01:48+	05:03+	14:04+	17:19+	24:59+	26:16+	27:12+	31:27+	32:48+	33:32+	33:58+	35:15+	37:01+	38:03+
01:48+	03:15+	09:01+	03:15+	07:40+	01:17+	00:56+	04:15+	01:21+	00:44=	00:26+	01:17+	01:46+	01:02-
00:19#	00:59&	03:25&	01:15&	02:45&	00:18&	00:15&	01:00&	00:22&	00:00=	00:07&	00:11#	00:13#	00:01-
<b>14</b>	<b>Jyri Myllymäki</b>	<b>759</b>	<b>38:28</b>										
01:59+	05:16+	13:12+	17:06+	24:00+	25:19+	26:27+	31:06+	32:20+	33:14+	33:40+	35:13+	37:09+	38:28+
01:59+	03:17+	07:56+	03:54+	06:54+	01:19+	01:08+	04:39+	01:14+	00:54+	00:26+	01:33+	01:56+	01:19+
00:30&	01:01&	02:20&	01:54&	01:59&	00:20&	00:27&	01:24&	00:15&	00:10#	00:07&	00:27&	00:23#	00:16&
<b>15</b>	<b>Ottar K Kvaal</b>	<b>334</b>	<b>39:37</b>										
01:34+	03:55+	09:37+	19:23+	27:13+	28:30+	29:22+	33:24+	34:30+	35:11+	35:29+	36:39+	38:24+	39:37+
01:34+	02:21+	05:42+	09:46+	07:50+	01:17+	00:52+	04:02+	01:06+	00:41-	00:18-	01:10+	01:45+	01:13+
00:05+	00:05+	00:06+	07:46@	02:55&	00:18&	00:11&	00:47#	00:07#	00:03-	00:01-	00:04+	00:12#	00:10#
<b>16</b>	<b>Anthony Covey-Crump</b>	<b>1395</b>	<b>54:51</b>										
02:35+	07:06+	20:16+	24:16+	33:42+	35:35+	37:22+	44:26+	46:42+	47:58+	48:28+	50:31+	53:07+	54:51+
02:35+	04:31+	13:10+	04:00+	09:26+	01:53+	01:47+	07:04+	02:16+	01:16+	00:30+	02:03+	02:36+	01:44+
01:06&	02:15&	07:34@	02:00&	04:31&	00:54&	01:06@	03:49@	01:17@	00:32&	00:11&	00:57&	01:03&	00:41&
<b>Beste strekktid for klassen</b>													
01:29	02:16	05:36	01:49	04:55	00:59	00:41	03:15	00:59	00:41	00:18	01:06	01:33	01:02

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

## H 45-

<b>1</b>	<b>Leiv-Terje Arnevik</b>	<b>341</b>	<b>27:23</b>											
02:18=	03:57=	04:17=	09:32=	10:13=	14:36=	15:51=	16:38=	21:50=	22:44=	23:25=	23:45=	24:51=	26:22=	27:23=
02:18=	01:39=	00:20=	05:15=	00:41=	04:23=	01:15=	00:47=	05:12=	00:54=	00:41=	00:20=	01:06=	01:31=	01:01=
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=
<b>2</b>	<b>Thomas Frost</b>	<b>21</b>	<b>27:26</b>											
02:17-	04:29+	04:45+	08:53-	09:31-	14:11-	15:31-	16:22-	21:34-	22:35-	23:13-	23:33-	24:40-	26:18-	27:26+
02:17-	02:12+	00:16-	04:08-	00:38-	04:40+	01:20+	00:51+	05:12=	01:01+	00:38-	00:20=	01:07+	01:38+	01:08+
00:01-	00:33&	00:04-	01:07-	00:03-	00:17+	00:05+	00:04+	00:00=	00:07#	00:03-	00:00=	00:01+	00:07+	00:07#
<b>3</b>	<b>Jesper David Jensen</b>	<b>434</b>	<b>27:44</b>											
02:20+	04:02+	04:20+	08:23-	09:00-	13:36-	15:34-	16:20-	21:58+	23:09+	23:50+	24:11+	25:14+	26:41+	27:44+
02:20+	01:42+	00:18-	04:03-	00:37-	04:36+	01:58+	00:46-	05:38+	01:11+	00:41=	00:21+	01:03-	01:27-	01:03+
00:02+	00:03+	00:02-	01:12-	00:04-	00:13+	00:43&	00:01-	00:26+	00:17&	00:00=	00:01+	00:03-	00:04-	00:02+
<b>4</b>	<b>Mats Luspa</b>	<b>642</b>	<b>33:22</b>											
03:05+	05:25+	05:50+	11:03+	11:48+	17:20+	18:44+	19:32+	26:38+	27:54+	28:39+	29:05+	30:30+	32:11+	33:22+
03:05+	02:20+	00:25+	05:13-	00:45+	05:32+	01:24+	00:48+	07:06+	01:16+	00:45+	00:26+	01:25+	01:41+	01:11+
00:47&	00:41&	00:05#	00:02-	00:04+	01:09&	00:09#	00:01+	01:54&	00:22&	00:04+	00:06&	00:19&	00:10#	00:10#
<b>5</b>	<b>Tero Taulavuori</b>	<b>1396</b>	<b>33:55</b>											
02:43+	05:17+	05:42+	10:38+	11:25+	17:15+	18:50+	19:42+	26:38+	28:35+	29:16+	29:37+	30:57+	32:46+	33:55+
02:43+	02:34+	00:25+	04:56-	00:47+	05:50+	01:35+	00:52+	06:56+	01:57+	00:41=	00:21+	01:20+	01:49+	01:09+
00:25#	00:55&	00:05#	00:19-	00:06#	01:27&	00:20&	00:05#	01:44&	01:03@	00:00=	00:01+	00:14#	00:18#	00:08#
<b>6</b>	<b>Roar Reiten</b>	<b>67</b>	<b>35:30</b>											
02:53+	04:58+	05:24+	10:51+	12:37+	18:42+	20:19+	21:26+	28:00+	29:52+	30:42+	31:06+	32:29+	34:18+	35:30+
02:53+	02:05+	00:26+	05:27+	01:46+	06:05+	01:37+	01:07+	06:34+	01:52+	00:50+	00:24+	01:23+	01:49+	01:12+
00:35&	00:26&	00:06&	00:12+	01:05@	01:42&	00:22&	00:20&	01:22&	00:58@	00:09#	00:04#	00:17&	00:18#	00:11#
<b>7</b>	<b>Espen Svae</b>	<b>305</b>	<b>36:30</b>											
03:04+	05:34+	05:59+	11:08+	12:03+	18:48+	20:23+	21:40+	29:12+	30:34+	31:29+	31:54+	33:15+	35:08+	36:30+
03:04+	02:30+	00:25+	05:09-	00:55+	06:45+	01:35+	01:17+	07:32+	01:22+	00:55+	00:25+	01:21+	01:53+	01:22+
00:46&	00:51&	00:05#	00:06-	00:14&	02:22&	00:20&	00:30&	02:20&	00:28&	00:14&	00:05#	00:15#	00:22#	00:21&

Class	Navn	Klasse												Tid	
<b>8</b>	<b>Hans Helmer Sæternes</b>	<b>51</b>												<b>36:31</b>	
	03:11+	05:48+	06:12+	11:46+	12:29+	18:43+	20:26+	21:28+	29:16+	30:27+	31:21+	31:46+	33:17+	35:15+	36:31+
	03:11+	02:37+	00:24+	05:34+	00:43+	06:14+	01:43+	01:02+	07:48+	01:11+	00:54+	00:25+	01:31+	01:58+	01:16+
	00:53&	00:58&	00:04#	00:19+	00:02+	01:51&	00:28&	00:15&	02:36&	00:17&	00:13&	00:05#	00:25&	00:27&	00:15#
<b>9</b>	<b>Jon Magne Svendsbøe</b>	<b>377</b>												<b>36:36</b>	
	02:36+	04:37+	04:58+	09:38+	10:24+	16:05+	17:52+	18:55+	27:11+	28:38+	29:41+	30:12+	31:54+	34:28+	36:36+
	02:36+	02:01+	00:21+	04:40-	00:46+	05:41+	01:47+	01:03+	08:16+	01:27+	01:03+	00:31+	01:42+	02:34+	02:08+
	00:18#	00:22#	00:01+	00:35-	00:05#	01:18&	00:32&	00:16&	03:04&	00:33&	00:22&	00:11&	00:36&	01:03&	01:07@
<b>10</b>	<b>Øystein Rapp</b>	<b>281</b>												<b>38:30</b>	
	03:05+	05:30+	05:49+	11:37+	12:37+	19:32+	21:08+	22:21+	30:37+	31:50+	32:46+	33:14+	34:48+	37:03+	38:31+
	03:05+	02:25+	00:19-	05:48+	01:00+	06:55+	01:36+	01:13+	08:16+	01:13+	00:56+	00:28+	01:34+	02:15+	01:28+
	00:47&	00:46&	00:01-	00:33#	00:19&	02:32&	00:21&	00:26&	03:04&	00:19&	00:15&	00:08&	00:28&	00:44&	00:27&
<b>11</b>	<b>Dag Marcussen</b>	<b>106</b>												<b>40:58</b>	
	03:21+	05:54+	06:27+	12:54+	13:51+	21:25+	23:40+	24:45+	33:00+	34:20+	35:31+	35:58+	37:25+	39:29+	40:58+
	03:21+	02:33+	00:33+	06:27+	00:57+	07:34+	02:15+	01:05+	08:15+	01:20+	01:11+	00:27+	01:27+	02:04+	01:29+
	01:03&	00:54&	00:13&	01:12#	00:16&	03:11&	01:00&	00:18&	03:03&	00:26&	00:30&	00:07&	00:21&	00:33&	00:28&
<b>12</b>	<b>Bjørnar Ødegårdstuen</b>	<b>21</b>												<b>42:26</b>	
	03:40+	07:46+	08:05+	14:52+	15:51+	24:26+	26:05+	27:08+	34:45+	36:11+	37:13+	37:38+	39:19+	41:06+	42:26+
	03:40+	04:06+	00:19-	06:47+	00:59+	08:35+	01:39+	01:03+	07:37+	01:26+	01:02+	00:25+	01:41+	01:47+	01:20+
	01:22&	02:27@	00:01-	01:32&	00:18&	04:12&	00:24&	00:16&	02:25&	00:32&	00:21&	00:05#	00:35&	00:16#	00:19&
<b>13</b>	<b>Thomas Åman</b>	<b>1413</b>												<b>43:38</b>	
	03:38+	06:35+	07:05+	14:44+	15:42+	23:31+	25:46+	26:59+	35:22+	36:55+	37:48+	38:19+	39:59+	42:13+	43:38+
	03:38+	02:57+	00:30+	07:39+	00:58+	07:49+	02:15+	01:13+	08:23+	01:33+	00:53+	00:31+	01:40+	02:14+	01:25+
	01:20&	01:18&	00:10&	02:24&	00:17&	03:26&	01:00&	00:26&	03:11&	00:39&	00:12&	00:11&	00:34&	00:43&	00:24&
<b>14</b>	<b>Roar Myhre</b>	<b>189</b>												<b>48:56</b>	
	04:08+	08:37+	09:01+	17:56+	18:58+	29:39+	31:28+	32:37+	40:32+	42:10+	43:20+	43:48+	45:18+	47:25+	48:56+
	04:08+	04:29+	00:24+	08:55+	01:02+	10:41+	01:49+	01:09+	07:55+	01:38+	01:10+	00:28+	01:30+	02:07+	01:31+
	01:50&	02:50@	00:04#	03:40&	00:21&	06:18@	00:34&	00:22&	02:43&	00:44&	00:29&	00:08&	00:24&	00:36&	00:30&
<b>15</b>	<b>Jesse White</b>	<b>341</b>												<b>56:53</b>	
	03:25+	07:33+	07:54+	17:17+	18:32+	27:35+	35:56+	37:11+	46:31+	48:07+	49:52+	50:21+	52:21+	55:37+	56:53+
	03:25+	04:08+	00:21+	09:23+	01:15+	09:03+	08:21+	01:15+	09:20+	01:36+	01:45+	00:29+	02:00+	03:16+	01:16+
	01:07&	02:29@	00:01+	04:08&	00:34&	04:40@	07:06@	00:28&	04:08&	00:42&	01:04@	00:09&	00:54&	01:45@	00:15#
<b>16</b>	<b>Juha Kultima</b>	<b>1399</b>												<b>58:36</b>	
	04:15+	08:37+	14:34+	23:03+	24:09+	36:56+	39:09+	40:36+	50:20+	51:44+	52:40+	53:08+	54:42+	57:02+	58:36+
	04:15+	04:22+	05:57+	08:29+	01:06+	12:47+	02:13+	01:27+	09:44+	01:24+	00:56+	00:28+	01:34+	02:20+	01:34+
	01:57&	02:43@	05:37@	03:14&	00:25&	08:24@	00:58&	00:40&	04:32&	00:30&	00:15&	00:08&	00:28&	00:49&	00:33&

### Beste strekktid for klassen

02:17 01:39 00:16 04:03 00:37 04:23 01:15 00:46 05:12 00:54 00:38 00:20 01:03 01:27 01:01

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

## H 50-

<b>1</b>	<b>Hannu Lauri</b>	<b>655</b>												<b>29:47</b>
	02:43=	06:13=	08:04=	09:21=	14:32=	15:23=	19:48=	23:11=	24:16=	25:02=	25:26=	26:53=	28:40=	29:47=
	02:43=	03:30=	01:51=	01:17=	05:11=	00:51=	04:25=	03:23=	01:05=	00:46=	00:24=	01:27=	01:47=	01:07=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Trond-Henry Skjønsvjell</b>	<b>239</b>												<b>30:06</b>
	02:40-	05:46-	07:34-	09:01-	14:13-	15:03-	19:31-	23:03-	24:44+	25:42+	26:04+	27:18+	28:56+	30:06+
	02:40-	03:06-	01:48-	01:27+	05:12+	00:50-	04:28+	03:32+	01:41+	00:58+	00:22-	01:14-	01:38-	01:10+
	00:03-	00:24-	00:03-	00:10#	00:01+	00:01-	00:03+	00:09+	00:36&	00:12&	00:02-	00:13-	00:09-	00:03+
<b>3</b>	<b>Magnus Karlsson</b>	<b>585</b>												<b>31:18</b>
	03:06+	06:39+	08:23+	09:37+	15:30+	16:24+	20:44+	24:12+	25:35+	26:21+	26:48+	28:04+	30:01+	31:18+
	03:06+	03:33+	01:44-	01:14-	05:53+	00:54+	04:20-	03:28+	01:23+	00:46+	00:27+	01:16-	01:57+	01:17+
	00:23#	00:03+	00:07-	00:03-	00:42#	00:03+	00:05-	00:05+	00:18&	00:00=	00:03#	00:11-	00:10+	00:10#
<b>4</b>	<b>Frode Ødegårdstuen</b>	<b>309</b>												<b>32:40</b>
	02:59+	06:38+	08:42+	10:23+	15:59+	16:54+	21:26+	25:06+	26:26+	27:21+	27:51+	29:10+	31:21+	32:40+
	02:59+	03:39+	02:04+	01:41+	05:36+	00:55+	04:32+	03:40+	01:20+	00:55+	00:30+	01:19-	02:11+	01:19+
	00:16+	00:09+	00:13#	00:24&	00:25+	00:04+	00:07+	00:17+	00:15#	00:09#	00:06#	00:08-	00:24#	00:12#

Class	Navn	Klasse	Tid										
<b>5</b>	<b>Hans-Martin Vaeng</b>	<b>345</b>	<b>32:41</b>										
03:15+	06:53+	09:04+	10:44+	16:47+	17:36+	22:14+	25:52+	27:04+	27:55+	28:20+	29:39+	31:25+	32:41+
03:15+	03:38+	02:11+	01:40+	06:03+	00:49-	04:38+	03:38+	01:12+	00:51+	00:25+	01:19-	01:46-	01:16+
00:32#	00:08+	00:20#	00:23&	00:52#	00:02-	00:13+	00:15+	00:07#	00:05#	00:01+	00:08-	00:01-	00:09#
<b>6</b>	<b>Pål Augland</b>	<b>37</b>	<b>32:43</b>										
03:05+	06:27+	08:09+	10:06+	16:14+	17:04+	21:52+	25:37+	26:48+	27:44+	28:15+	29:36+	31:26+	32:43+
03:05+	03:22-	01:42-	01:57+	06:08+	00:50-	04:48+	03:45+	01:11+	00:56+	00:31+	01:21-	01:50+	01:17+
00:22#	00:08-	00:09-	00:40&	00:57#	00:01-	00:23+	00:22#	00:06+	00:10#	00:07&	00:06-	00:03+	00:10#
<b>7</b>	<b>Fred Arne Jacobsen</b>	<b>35</b>	<b>32:45</b>										
03:08+	06:43+	08:55+	11:19+	16:41+	17:20+	22:14+	25:39+	27:52+	28:37+	28:58+	30:03+	31:38+	32:45+
03:08+	03:35+	02:12+	02:24+	05:22+	00:39-	04:54+	03:25+	02:13+	00:45-	00:21-	01:05-	01:35-	01:07=
00:25#	00:05+	00:21#	01:07&	00:11+	00:12-	00:29#	00:02+	01:08@	00:01-	00:03-	00:22-	00:12-	00:00=
<b>8</b>	<b>Axel Juell Theisen</b>	<b>218</b>	<b>33:14</b>										
02:53+	05:55-	07:42-	09:11-	14:09-	14:55-	21:22+	24:21+	27:49+	28:30+	29:02+	30:22+	32:06+	33:14+
02:53+	03:02-	01:47-	01:29+	04:58-	00:46-	06:27+	02:59-	03:28+	00:41-	00:32+	01:20-	01:44-	01:08+
00:10+	00:28-	00:04-	00:12#	00:13-	00:05-	02:02&	00:24-	02:23@	00:05-	00:08&	00:07-	00:03-	00:01+
<b>9</b>	<b>Lars Lundkvist</b>	<b>750</b>	<b>33:31</b>										
03:21+	07:16+	09:10+	10:45+	16:41+	17:42+	22:21+	25:49+	27:17+	28:13+	28:39+	30:02+	32:08+	33:31+
03:21+	03:55+	01:54+	01:35+	05:56+	01:01+	04:39+	03:28+	01:28+	00:56+	00:26+	01:23-	02:06+	01:23+
00:38#	00:25#	00:03+	00:18#	00:45#	00:10#	00:14+	00:05+	00:23&	00:10#	00:02+	00:04-	00:19#	00:16#
<b>10</b>	<b>Håkon Brynjulfsen</b>	<b>254</b>	<b>34:15</b>										
02:55+	06:21+	08:11+	09:33+	15:24+	16:12+	23:21+	27:02+	28:20+	29:18+	29:41+	31:03+	32:57+	34:15+
02:55+	03:26-	01:50-	01:22+	05:51+	00:48-	07:09+	03:41+	01:18+	00:58+	00:23-	01:22-	01:54+	01:18+
00:12+	00:04-	00:01-	00:05+	00:40#	00:03-	02:44&	00:18+	00:13#	00:12&	00:01-	00:05-	00:07+	00:11#
<b>11</b>	<b>Fred-Arne Sivertsen</b>	<b>189</b>	<b>34:54</b>										
02:47+	08:17+	10:05+	11:29+	17:44+	19:22+	23:50+	27:50+	29:09+	29:59+	30:23+	31:48+	33:45+	34:54+
02:47+	05:30+	01:48-	01:24+	06:15+	01:38+	04:28+	04:00+	01:19+	00:50+	00:24=	01:25-	01:57+	01:09+
00:04+	02:00&	00:03-	00:07+	01:04#	00:47&	00:03+	00:37#	00:14#	00:04+	00:00=	00:02-	00:10+	00:02+
<b>12</b>	<b>Morten Kildebo</b>	<b>101</b>	<b>35:39</b>										
03:02+	07:00+	09:20+	11:12+	17:54+	18:46+	23:58+	27:42+	29:05+	30:05+	30:33+	32:07+	34:15+	35:39+
03:02+	03:58+	02:20+	01:52+	06:42+	00:52+	05:12+	03:44+	01:23+	01:00+	00:28+	01:34+	02:08+	01:24+
00:19#	00:28#	00:29&	00:35&	01:31&	00:01+	00:47#	00:21#	00:18&	00:14&	00:04#	00:07+	00:21#	00:17&
<b>13</b>	<b>Jørn K Remlo</b>	<b>158</b>	<b>36:10</b>										
03:27+	08:52+	10:56+	12:33+	19:12+	19:58+	24:31+	28:48+	30:17+	31:14+	31:40+	33:07+	34:57+	36:10+
03:27+	05:25+	02:04+	01:37+	06:39+	00:46-	04:33+	04:17+	01:29+	00:57+	00:26+	01:27=	01:50+	01:13+
00:44&	01:55&	00:13#	00:20&	01:28&	00:05-	00:08+	00:54&	00:24&	00:11#	00:02+	00:00=	00:03+	00:06+
<b>14</b>	<b>Fred Inge Eilertsen</b>	<b>173</b>	<b>36:19</b>										
05:26+	08:42+	10:41+	12:10+	17:36+	18:23+	25:45+	29:02+	30:06+	30:52+	31:24+	33:04+	35:01+	36:19+
05:26+	03:16-	01:59+	01:29+	05:26+	00:47-	07:22+	03:17-	01:04-	00:46=	00:32+	01:40+	01:57+	01:18+
02:43&	00:14-	00:08+	00:12#	00:15+	00:04-	02:57&	00:06-	00:01-	00:00=	00:08&	00:13#	00:10+	00:11#
<b>15</b>	<b>Jens Lindström</b>	<b>449</b>	<b>36:24</b>										
03:32+	07:16+	09:15+	10:51+	18:40+	19:44+	25:04+	28:36+	30:10+	30:57+	31:32+	33:17+	35:12+	36:24+
03:32+	03:44+	01:59+	01:36+	07:49+	01:04+	05:20+	03:32+	01:34+	00:47+	00:35+	01:45+	01:55+	01:12+
00:49&	00:14+	00:08+	00:19#	02:38&	00:13&	00:55#	00:09+	00:29&	00:01+	00:11&	00:18#	00:08+	00:05+
<b>16</b>	<b>Roar Pedersen</b>	<b>268</b>	<b>38:04</b>										
03:17+	07:29+	10:00+	11:37+	18:30+	19:39+	25:01+	29:57+	31:25+	32:26+	32:55+	34:29+	36:36+	38:04+
03:17+	04:12+	02:31+	01:37+	06:53+	01:09+	05:22+	04:56+	01:28+	01:01+	00:29+	01:34+	02:07+	01:28+
00:34#	00:42#	00:40&	00:20&	01:42&	00:18&	00:57#	01:33&	00:23&	00:15&	00:05#	00:07+	00:20#	00:21&
<b>17</b>	<b>Petri Keskitalo</b>	<b>655</b>	<b>38:32</b>										
03:01+	07:13+	09:18+	11:11+	20:18+	21:05+	25:59+	29:54+	32:12+	33:16+	33:41+	35:14+	37:18+	38:32+
03:01+	04:12+	02:05+	01:53+	09:07+	00:47-	04:54+	03:55+	02:18+	01:04+	00:25+	01:33+	02:04+	01:14+
00:18#	00:42#	00:14#	00:36&	03:56&	00:04-	00:29#	00:32#	01:13@	00:18&	00:01+	00:06+	00:17#	00:07#
<b>18</b>	<b>Roy Birkeland</b>	<b>341</b>	<b>39:00</b>										
03:22+	07:13+	10:44+	12:24+	21:20+	22:12+	27:42+	31:26+	32:50+	33:52+	34:17+	35:40+	37:38+	39:00+
03:22+	03:51+	03:31+	01:40+	08:56+	00:52+	05:30+	03:44+	01:24+	01:02+	00:25+	01:23-	01:58+	01:22+
00:39#	00:21#	01:40&	00:23&	03:45&	00:01+	01:05#	00:21#	00:19&	00:16&	00:01+	00:04-	00:11#	00:15#
<b>19</b>	<b>Torkjel Nesheim</b>	<b>163</b>	<b>39:12</b>										
04:59+	08:29+	10:24+	11:51+	17:36+	18:25+	25:36+	29:47+	31:44+	32:50+	33:20+	35:19+	37:57+	39:12+
04:59+	03:30=	01:55+	01:27+	05:45+	00:49-	07:11+	04:11+	01:57+	01:06+	00:30+	01:59+	02:38+	01:15+
02:16&	00:00=	00:04+	00:10#	00:34#	00:02-	02:46&	00:48#	00:52&	00:20&	00:06#	00:32&	00:51&	00:08#

Class	Navn	Klasse										Tid		
<b>20</b>	<b>Pål Bårdsen</b>	<b>324</b>										<b>39:52</b>		
03:34+	07:54+	10:14+	14:18+	21:09+	22:04+	27:42+	32:01+	33:25+	34:24+	34:54+	36:30+	38:33+	39:52+	
03:34+	04:20+	02:20+	04:04+	06:51+	00:55+	05:38+	04:19+	01:24+	00:59+	00:30+	01:36+	02:03+	01:19+	
00:51&	00:50#	00:29&	02:47@	01:40&	00:04+	01:13&	00:56&	00:19&	00:13&	00:06#	00:09#	00:16#	00:12#	
<b>21</b>	<b>Damian Tanner</b>	<b>1146</b>										<b>40:37</b>		
03:46+	08:34+	10:46+	12:44+	20:55+	22:11+	27:33+	31:53+	33:25+	34:28+	35:02+	36:41+	39:01+	40:37+	
03:46+	04:48+	02:12+	01:58+	08:11+	01:16+	05:22+	04:20+	01:32+	01:03+	00:34+	01:39+	02:20+	01:36+	
01:03&	01:18&	00:21#	00:41&	03:00&	00:25&	00:57#	00:57&	00:27&	00:17&	00:10&	00:12#	00:33&	00:29&	
<b>22</b>	<b>Heinz Weber</b>	<b>1146</b>										<b>43:03</b>		
04:00+	11:04+	13:17+	15:01+	22:33+	23:46+	29:32+	34:00+	35:38+	36:52+	37:26+	39:07+	41:26+	43:03+	
04:00+	07:04+	02:13+	01:44+	07:32+	01:13+	05:46+	04:28+	01:38+	01:14+	00:34+	01:41+	02:19+	01:37+	
01:17&	03:34@	00:22#	00:27&	02:21&	00:22&	01:21&	01:05&	00:33&	00:28&	00:10&	00:14#	00:32&	00:30&	
<b>23</b>	<b>Helge Graffer</b>	<b>285</b>										<b>43:43</b>		
04:50+	10:22+	14:25+	16:15+	22:52+	23:48+	30:42+	34:44+	36:35+	37:54+	38:21+	40:22+	42:22+	43:43+	
04:50+	05:32+	04:03+	01:50+	06:37+	00:56+	06:54+	04:02+	01:51+	01:19+	00:27+	02:01+	02:00+	01:21+	
02:07&	02:02&	02:12@	00:33&	01:26&	00:05+	02:29&	00:39#	00:46&	00:33&	00:03#	00:34&	00:13#	00:14#	
<b>24</b>	<b>Fritz Rothacher</b>	<b>1393</b>										<b>43:51</b>		
03:54+	08:48+	11:21+	13:24+	21:20+	22:32+	29:08+	33:51+	35:28+	36:35+	37:08+	39:09+	41:53+	43:51+	
03:54+	04:54+	02:33+	02:03+	07:56+	01:12+	06:36+	04:43+	01:37+	01:07+	00:33+	02:01+	02:44+	01:58+	
01:11&	01:24&	00:42&	00:46&	02:45&	00:21&	02:11&	01:20&	00:32&	00:21&	00:09&	00:34&	00:57&	00:51&	
<b>25</b>	<b>Are Njåstein</b>	<b>163</b>										<b>46:39</b>		
03:18+	07:23+	10:37+	15:25+	22:23+	24:52+	30:49+	35:26+	38:04+	39:32+	40:44+	41:16+	43:14+	45:19+	46:39+
03:18+	04:05+	03:14+	04:48+	06:58+	02:29+	05:57+	04:37+	02:38+	01:28+	01:12+	00:32-	01:58+	02:05+	01:20+
00:35#	00:35#	01:23&	03:31@	01:47&	01:38@	01:32&	01:14&	01:33@	00:42&	00:48@	00:55-	00:11#	00:58&	01:20+
<b>26</b>	<b>Ole Morten Wie</b>	<b>222</b>										<b>48:54</b>		
04:50+	09:57+	13:06+	15:21+	24:00+	25:17+	32:31+	37:14+	38:54+	40:14+	40:56+	43:05+	46:20+	48:54+	
04:50+	05:07+	03:09+	02:15+	08:39+	01:17+	07:14+	04:43+	01:40+	01:20+	00:42+	02:09+	03:15+	02:34+	
02:07&	01:37&	01:18&	00:58&	03:28&	00:26&	02:49&	01:20&	00:35&	00:34&	00:18&	00:42&	01:28&	01:27@	
<b>27</b>	<b>Lasse Skalle</b>	<b>106</b>										<b>49:59</b>		
03:18+	07:41+	22:19+	23:42+	32:09+	33:08+	37:40+	41:24+	43:21+	44:13+	44:39+	46:50+	48:48+	49:59+	
03:18+	04:23+	14:38+	01:23+	08:27+	00:59+	04:32+	03:44+	01:57+	00:52+	00:26+	02:11+	01:58+	01:11+	
00:35#	00:53&	12:47@	00:06+	03:16&	00:08#	00:07+	00:21#	00:52&	00:06#	00:02+	00:44&	00:11#	00:04+	
<b>28</b>	<b>Martin Frischknecht</b>	<b>21</b>										<b>50:15</b>		
04:09+	09:34+	12:32+	14:37+	23:00+	24:55+	34:51+	40:30+	42:41+	43:44+	44:12+	46:20+	48:46+	50:15+	
04:09+	05:25+	02:58+	02:05+	08:23+	01:55+	09:56+	05:39+	02:11+	01:03+	00:28+	02:08+	02:26+	01:29+	
01:26&	01:55&	01:07&	00:48&	03:12&	01:04@	05:31@	02:16&	01:06@	00:17&	00:04#	00:41&	00:39&	00:22&	
<b>Beste strekktid for klassen</b>														
02:40	03:02	01:42	01:14	04:58	00:39	04:20	02:59	01:04	00:41	00:21	00:32	01:35	01:07	

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

## H 55-

<b>1</b>	<b>Stefan Lund</b>	<b>403</b>										<b>27:11</b>	
02:36=	04:31=	05:57=	09:03=	14:20=	15:50=	18:18=	21:52=	22:36=	23:05=	24:18=	26:02=	27:11=	
02:36=	01:55=	01:26=	03:06=	05:17=	01:30=	02:28=	03:34=	00:44=	00:29=	01:13=	01:44=	01:09=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Knut Wiig Mathisen</b>	<b>278</b>										<b>27:43</b>	
02:54+	04:53+	06:12+	09:20+	14:30+	16:04+	18:19+	22:12+	22:56+	23:19+	24:40+	26:27+	27:43+	
02:54+	01:59+	01:19-	03:08+	05:10-	01:34+	02:15-	03:53+	00:44=	00:23-	01:21+	01:47+	01:16+	
00:18#	00:04+	00:07-	00:02+	00:07-	00:04+	00:13-	00:19+	00:00=	00:06-	00:08#	00:03+	00:07#	
<b>3</b>	<b>Lars Fremstad</b>	<b>198</b>										<b>29:33</b>	
02:57+	05:47+	07:30+	10:34+	15:58+	17:44+	20:01+	24:07+	24:57+	25:24+	26:43+	28:24+	29:33+	
02:57+	02:50+	01:43+	03:04+	05:24+	01:46+	02:17-	04:06+	00:50+	00:27-	01:19+	01:41-	01:09=	
00:21#	00:55&	00:17#	00:02-	00:07+	00:16#	00:11-	00:32#	00:06#	00:02-	00:06+	00:03-	00:00=	
<b>4</b>	<b>Eero Haapasalmi</b>	<b>655</b>										<b>30:55</b>	
02:59+	05:46+	07:15+	10:16+	15:56+	17:52+	20:27+	25:13+	26:07+	26:32+	27:50+	29:41+	30:55+	
02:59+	02:47+	01:29+	03:01-	05:40+	01:56+	02:35+	04:46+	00:54+	00:25-	01:18+	01:51+	01:14+	
00:23#	00:52&	00:03+	00:05-	00:23+	00:26&	00:07+	01:12&	00:10#	00:04-	00:05+	00:07+	00:05+	



Class	Navn	Klasse	Tid
<b>5</b>	<b>Matti Sipponen</b>	<b>714</b>	<b>31:11</b>
02:48+	05:44+	07:08+	10:38+
02:48+	02:56+	01:24-	03:30+
00:12+	01:01&	00:02-	00:24#
16:20+	18:02+	21:11+	25:14+
05:42+	01:42+	03:09+	04:03+
00:12#	00:41&	00:29#	00:12&
26:10+	26:38+	28:00+	29:54+
00:56+	00:28-	01:22+	01:54+
00:01-	00:09#	00:10+	00:08#
<b>6</b>	<b>Arild Ingdal</b>	<b>218</b>	<b>31:29</b>
03:22+	05:50+	07:21+	10:44+
03:22+	02:28+	01:31+	03:23+
00:46&	00:33&	00:05+	00:17+
16:51+	18:34+	20:53+	25:03+
06:07+	01:43+	02:19-	04:10+
00:13#	00:09-	00:36#	00:07#
25:54+	26:21+	27:44+	30:06+
00:50#	00:10#	00:38&	00:14#
<b>7</b>	<b>Richard Zeiner-Gundersen</b>	<b>80</b>	<b>31:45</b>
03:05+	05:29+	07:03+	10:40+
03:05+	02:24+	01:34+	03:37+
00:29#	00:29&	00:08+	00:31#
17:17+	19:07+	21:46+	25:47+
02:39+	04:01+	00:59+	00:23-
00:11+	00:27#	00:15&	00:06-
26:46+	27:09+	28:33+	30:26+
00:07#	00:02-	00:10#	00:38&
<b>8</b>	<b>Hallvard Berg</b>	<b>163</b>	<b>31:56</b>
03:26+	06:07+	07:24+	10:55+
03:26+	02:41+	01:17-	03:31+
00:50&	00:46&	00:09-	00:25#
16:31+	18:40+	21:26+	25:21+
02:09+	02:46+	03:55+	01:01+
00:19+	00:39&	00:18#	00:21+
26:22+	26:50+	28:38+	30:45+
01:01+	00:28-	01:48+	02:07+
00:17&	00:01-	00:35&	00:23#
<b>9</b>	<b>Jan Blandkjenn</b>	<b>189</b>	<b>32:09</b>
02:42+	04:50+	06:09+	09:22+
02:42+	02:08+	01:19-	03:13+
00:06+	00:13#	00:07-	00:07+
14:51+	16:49+	21:57+	26:31+
01:58+	05:08+	04:34+	00:52+
00:12+	00:28&	02:40@	01:00&
27:23+	27:46+	29:01+	30:54+
00:23-	01:15+	01:53+	01:15+
00:06-	00:02+	00:09+	00:06+
<b>10</b>	<b>Lars-Erik Fiskum</b>	<b>163</b>	<b>32:53</b>
03:09+	05:50+	07:12+	10:33+
03:09+	02:41+	01:22-	03:21+
00:33#	00:46&	00:04-	00:15+
16:33+	18:17+	22:31+	26:36+
06:00+	01:44+	04:14+	04:05+
00:14#	01:46&	00:31#	00:10#
27:30+	27:58+	29:37+	31:37+
00:54+	00:28-	01:39+	02:00+
00:01-	00:26&	00:16#	00:07#
<b>11</b>	<b>Kristen Ribe</b>	<b>189</b>	<b>33:49</b>
03:29+	05:43+	07:22+	11:05+
03:29+	02:14+	01:39+	03:43+
00:53&	00:19#	00:13#	00:37#
18:05+	19:54+	22:37+	27:26+
07:00+	01:49+	02:43+	04:49+
00:19#	00:15#	01:15&	00:09#
28:19+	28:47+	30:10+	32:20+
00:28-	01:23+	02:10+	01:29+
00:01-	00:10#	00:26#	00:20&
<b>12</b>	<b>Leif Kåre Besseberg</b>	<b>64</b>	<b>34:02</b>
03:07+	05:18+	06:39+	11:50+
03:07+	02:11+	01:21-	05:11+
00:31#	00:16#	00:05-	02:05&
18:11+	20:05+	22:39+	27:09+
06:21+	01:54+	02:34+	04:30+
00:24&	00:06+	00:56&	00:29&
28:22+	29:00+	30:36+	32:39+
01:13+	00:38+	01:36+	02:03+
00:09&	00:23&	00:19#	00:14#
<b>13</b>	<b>Kristian Storsveen</b>	<b>212</b>	<b>34:09</b>
03:38+	06:16+	08:09+	12:20+
03:38+	02:38+	01:53+	04:11+
01:02&	00:43&	00:27&	01:05&
18:40+	20:31+	23:23+	27:46+
01:51+	02:52+	04:23+	01:00+
00:21#	00:24#	00:49#	00:16&
28:46+	29:12+	30:45+	32:44+
00:26-	01:33+	01:59+	01:25+
00:03-	00:20&	00:15#	00:16#
<b>14</b>	<b>Kristian Kalager</b>	<b>26</b>	<b>34:41</b>
03:16+	05:49+	07:25+	10:55+
03:16+	02:33+	01:36+	03:30+
00:40&	00:38&	00:10#	00:24#
18:05+	20:19+	23:09+	28:03+
07:10+	02:14+	02:50+	04:54+
00:44&	00:22#	01:20&	00:23&
29:10+	29:35+	31:09+	33:19+
01:07+	00:25-	01:34+	02:10+
00:04-	00:21&	00:26#	00:13#
<b>15</b>	<b>Mika Ruuhiala</b>	<b>701</b>	<b>34:42</b>
03:44+	06:25+	08:01+	11:21+
03:44+	02:41+	01:36+	03:20+
01:08&	00:46&	00:10#	00:14+
17:30+	19:17+	22:06+	27:08+
01:47+	02:49+	05:02+	01:01+
00:17#	00:21#	01:28&	00:17&
28:09+	29:45+	31:07+	33:10+
01:36+	01:22+	02:03+	01:32+
01:07@	00:09#	00:19#	00:23&
<b>16</b>	<b>Arne Klintberg</b>	<b>1031</b>	<b>36:31</b>
03:22+	06:35+	08:13+	12:33+
03:22+	03:13+	01:38+	04:20+
00:46&	01:18&	00:12#	01:14&
19:11+	21:02+	24:34+	29:40+
01:51+	03:32+	05:06+	01:10+
00:21#	01:04&	01:32&	00:26&
30:50+	31:19+	32:58+	35:04+
00:29=	01:39+	02:06+	01:27+
00:00=	00:26&	00:22#	00:18&
<b>17</b>	<b>Øystein Dybesland</b>	<b>341</b>	<b>36:39</b>
03:36+	06:38+	08:15+	12:05+
03:36+	03:02+	01:37+	03:50+
01:00&	01:07&	00:11#	00:44#
18:54+	20:50+	23:54+	28:55+
01:56+	03:04+	05:01+	01:07+
00:26&	00:36#	01:27&	00:23&
30:02+	30:34+	32:28+	34:56+
00:32+	01:54+	02:28+	01:43+
00:03#	00:41&	00:44&	00:34&
<b>18</b>	<b>Pål Woldstad Hanssen</b>	<b>64</b>	<b>38:06</b>
03:51+	06:54+	08:41+	12:57+
03:51+	03:03+	01:47+	04:16+
01:15&	01:08&	00:21#	01:10&
19:58+	22:32+	25:31+	30:57+
07:01+	02:34+	05:26+	01:02+
01:04&	00:31#	01:52&	00:18&
32:28+	34:21+	36:34+	38:06+
01:53+	02:13+	01:32+	01:32+
00:00=	00:40&	00:29&	00:23&
<b>19</b>	<b>Morten Karlsen</b>	<b>227</b>	<b>38:43</b>
03:40+	06:59+	08:37+	12:44+
03:40+	03:19+	01:38+	04:07+
01:04&	01:24&	00:12#	01:01&
20:12+	22:23+	25:33+	31:13+
02:11+	03:10+	05:40+	01:07+
00:41&	00:42&	02:06&	00:23&
32:20+	33:07+	34:47+	37:04+
00:47+	01:40+	02:17+	01:39+
00:18&	00:27&	00:33&	00:30&

Class	Navn	Klasse												Tid
<b>20</b>	<b>Even Woldstad Hanssen</b>	<b>64</b>												<b>39:39</b>
03:50+	06:59+	08:53+	13:21+	21:16+	23:25+	26:49+	32:11+	33:16+	33:53+	35:39+	38:04+	39:39+	03:50+	
03:50+	03:09+	01:54+	04:28+	07:55+	02:09+	03:24+	05:22+	01:05+	00:37+	01:46+	02:25+	01:35+	01:14&	
01:14&	01:14&	00:28&	01:22&	02:38&	00:39&	00:56&	01:48&	00:21&	00:08&	00:33&	00:41&	00:26&		
<b>21</b>	<b>Hansjoerg Rutz</b>	<b>1393</b>												<b>40:39</b>
04:04+	07:31+	09:25+	14:14+	21:54+	24:17+	27:10+	32:27+	33:35+	34:36+	36:37+	39:05+	40:39+	04:04+	
04:04+	03:27+	01:54+	04:49+	07:40+	02:23+	02:53+	05:17+	01:08+	01:01+	02:01+	02:28+	01:34+	01:28&	
01:28&	01:32&	00:28&	01:43&	02:23&	00:53&	00:25#	01:43&	00:24&	00:32@	00:48&	00:44&	00:25&		
<b>22</b>	<b>Steve Smirthwaite</b>	<b>1400</b>												<b>46:45</b>
05:44+	09:06+	11:30+	15:45+	24:46+	27:12+	30:22+	37:34+	38:57+	39:34+	41:38+	44:45+	46:45+	05:44+	
05:44+	03:22+	02:24+	04:15+	09:01+	02:26+	03:10+	07:12+	01:23+	00:37+	02:04+	03:07+	02:00+	03:08@	
03:08@	01:27&	00:58&	01:09&	03:44&	00:56&	00:42&	03:38@	00:39&	00:08&	00:51&	01:23&	00:51&		
<b>23</b>	<b>Vincent Eijsink</b>	<b>402</b>												<b>48:54</b>
04:52+	10:06+	11:58+	17:30+	26:42+	29:14+	33:52+	41:04+	42:19+	42:46+	45:04+	47:33+	48:54+	04:52+	
04:52+	05:14+	01:52+	05:32+	09:12+	02:32+	04:38+	07:12+	01:15+	00:27-	02:18+	02:29+	01:21+	02:16&	
02:16&	03:19@	00:26&	02:26&	03:55&	01:02&	02:10&	03:38@	00:31&	00:02-	01:05&	00:45&	00:12#		
<b>24</b>	<b>Tom Rådahl</b>	<b>163</b>												<b>53:01</b>
04:41+	08:48+	11:04+	20:59+	30:45+	33:29+	37:33+	43:57+	45:14+	45:49+	47:57+	51:10+	53:01+	04:41+	
04:41+	04:07+	02:16+	09:55+	09:46+	02:44+	04:04+	06:24+	01:17+	00:35+	02:08+	03:13+	01:51+	02:05&	
02:05&	02:12@	00:50&	06:49@	04:29&	01:14&	01:36&	02:50&	00:33&	00:06#	00:55&	01:29&	00:42&		
<b>Beste strekktid for klassen</b>														
02:36	01:55	01:17	03:01	05:10	01:30	02:15	03:34	00:44	00:23	01:13	01:41	01:09		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
<b>H 60-</b>														
<b>1</b>	<b>Torgeir Strandhagen</b>	<b>297</b>												<b>29:47</b>
02:55=	04:50=	06:15=	09:35=	15:59=	17:29=	20:19=	24:07=	24:58=	25:23=	26:41=	28:31=	29:47=	02:55=	
02:55=	01:55=	01:25=	03:20=	06:24=	01:30=	02:50=	03:48=	00:51=	00:25=	01:18=	01:50=	01:16=	00:00=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Clas Fries</b>	<b>1090</b>												<b>30:13</b>
02:47-	04:45-	06:07-	11:46+	17:24+	18:52+	21:01+	24:45+	25:29+	25:53+	27:09+	28:56+	30:13+	02:47-	
02:47-	01:58+	01:22-	05:39+	05:38-	01:28-	02:09-	03:44-	00:44-	00:24-	01:16-	01:47-	01:17+	00:08-	
00:08-	00:03+	00:03-	02:19&	00:46-	00:02-	00:41-	00:04-	00:07-	00:01-	00:02-	00:03-	00:01+		
<b>3</b>	<b>Morten Due</b>	<b>227</b>												<b>30:53</b>
03:14+	05:49+	07:18+	10:36+	16:40+	18:23+	20:47+	24:47+	25:44+	26:08+	27:30+	29:30+	30:53+	03:14+	
03:14+	02:35+	01:29+	03:18-	06:04-	01:43+	02:24-	04:00+	00:57+	00:24-	01:22+	02:00+	01:23+	00:19#	
00:19#	00:40&	00:04+	00:02-	00:20-	00:13#	00:26-	00:12+	00:06#	00:01-	00:04+	00:10+	00:07+		
<b>4</b>	<b>Morten Dåsnes</b>	<b>285</b>												<b>31:42</b>
02:52-	05:26+	06:45+	10:20+	16:09+	18:06+	21:55+	26:02+	26:55+	27:17+	28:39+	30:27+	31:42+	02:52-	
02:52-	02:34+	01:19-	03:35+	05:49-	01:57+	03:49+	04:07+	00:53+	00:22-	01:22+	01:48-	01:15-	00:03-	
00:03-	00:39&	00:06-	00:15+	00:35-	00:27&	00:59&	00:19+	00:02+	00:03-	00:04+	00:02-	00:01-		
<b>5</b>	<b>Reidar Heivoll</b>	<b>341</b>												<b>31:54</b>
03:05+	05:18+	07:18+	10:41+	16:45+	18:32+	21:09+	25:49+	26:39+	27:10+	28:38+	30:38+	31:54+	03:05+	
03:05+	02:13+	02:00+	03:23+	06:04-	01:47+	02:37-	04:40+	00:50-	00:31+	01:28+	02:00+	01:16=	00:10+	
00:10+	00:18#	00:35&	00:03+	00:20-	00:17#	00:13-	00:52#	00:01-	00:06#	00:10#	00:10+	00:00=		
<b>6</b>	<b>Anders Fries</b>	<b>1090</b>												<b>32:06</b>
03:10+	05:32+	07:29+	12:52+	18:22+	20:10+	22:18+	26:04+	26:53+	27:19+	28:36+	30:44+	32:06+	03:10+	
03:10+	02:22+	01:57+	05:23+	05:30-	01:48+	02:08-	03:46-	00:49-	00:26+	01:17-	02:08+	01:22+	00:15+	
00:15+	00:27#	00:32&	02:03&	00:54-	00:18#	00:42-	00:02-	00:02-	00:01+	00:01-	00:18#	00:06+		
<b>7</b>	<b>Svein Harald Hansen</b>	<b>254</b>												<b>32:51</b>
02:49-	04:51+	06:15=	09:10-	14:56-	16:45-	22:39+	27:21+	28:05+	28:29+	29:52+	31:37+	32:51+	02:49-	
02:49-	02:02+	01:24-	02:55-	05:46-	01:49+	05:54+	04:42+	00:44-	00:24-	01:23+	01:45-	01:14-	00:06-	
00:06-	00:07+	00:01-	00:25-	00:38-	00:19#	03:04@	00:54#	00:07-	00:01-	00:05+	00:05-	00:02-		
<b>8</b>	<b>Bjørn Alsaker</b>	<b>324</b>												<b>33:10</b>
03:06+	05:39+	07:15+	10:49+	18:50+	20:42+	23:19+	27:23+	28:15+	28:39+	30:00+	31:52+	33:10+	03:06+	
03:06+	02:33+	01:36+	03:34+	08:01+	01:52+	02:37-	04:04+	00:52+	00:24-	01:21+	01:52+	01:18+	00:11+	
00:11+	00:38&	00:11#	00:14+	01:37&	00:22#	00:13-	00:16+	00:01+	00:01-	00:03+	00:02+	00:02+		

Class	Navn	Klasse	Tid
<b>9</b>	<b>Tor Ragnar Andersen</b>	<b>101</b>	<b>33:37</b>
03:09+	05:45+ 07:18+ 11:18+ 18:17+	20:07+ 22:35+ 27:23+	28:14+ 28:41+ 30:13+ 32:17+ 33:37+
03:09+	02:36+ 01:33+ 04:00+ 06:59+	01:50+ 02:28- 04:48+	00:51= 00:27+ 01:32+ 02:04+ 01:20+
00:14+	00:41& 00:08+ 00:40# 00:35+	00:20# 00:22- 01:00&	00:00= 00:02+ 00:14# 00:14# 00:04+
<b>10</b>	<b>Carl-Göran Strutz</b>	<b>483</b>	<b>34:03</b>
02:26-	05:26+ 06:57+ 10:20+ 16:31+	18:27+ 23:12+ 27:40+	28:40+ 29:08+ 30:34+ 32:37+ 34:04+
02:26-	03:00+ 01:31+ 03:23+ 06:11-	01:56+ 04:45+ 04:28+	01:00+ 00:28+ 01:26+ 02:03+ 01:27+
00:29-	01:05& 00:06+ 00:03+ 00:13-	00:26& 01:55& 00:40#	00:09# 00:03# 00:08# 00:13# 00:11#
<b>11</b>	<b>Eirik Nordbrøden</b>	<b>101</b>	<b>34:08</b>
03:04+	05:38+ 07:32+ 11:47+ 18:50+	20:39+ 23:08+ 27:38+	28:34+ 29:02+ 30:26+ 32:44+ 34:08+
03:04+	02:34+ 01:54+ 04:15+ 07:03+	01:49+ 02:29- 04:30+	00:56+ 00:28+ 01:24+ 02:18+ 01:24+
00:09+	00:39& 00:29& 00:55& 00:39#	00:19# 00:21- 00:42#	00:05+ 00:03# 00:06+ 00:28& 00:08#
<b>12</b>	<b>Norvald Ospehaug</b>	<b>162</b>	<b>34:38</b>
03:23+	06:12+ 07:52+ 11:31+ 18:07+	19:58+ 23:14+ 27:53+	28:54+ 29:22+ 30:51+ 33:08+ 34:38+
03:23+	02:49+ 01:40+ 03:39+ 06:36+	01:51+ 03:16+ 04:39+	01:01+ 00:28+ 01:29+ 02:17+ 01:30+
00:28#	00:54& 00:15# 00:19+ 00:12+	00:21# 00:26# 00:51#	00:10# 00:03# 00:11# 00:27# 00:14#
<b>13</b>	<b>Bengt Tunis</b>	<b>1135</b>	<b>34:49</b>
03:18+	06:09+ 07:43+ 11:01+ 17:26+	19:20+ 22:30+ 27:54+	28:53+ 29:21+ 31:06+ 33:17+ 34:49+
03:18+	02:51+ 01:34+ 03:18- 06:25+	01:54+ 03:10+ 05:24+	00:59+ 00:28+ 01:45+ 02:11+ 01:32+
00:23#	00:56& 00:09# 00:02- 00:01+	00:24& 00:20# 01:36&	00:08# 00:03# 00:27& 00:21# 00:16#
<b>14</b>	<b>Arnulf Villmo</b>	<b>187</b>	<b>36:00</b>
03:32+	06:48+ 08:27+ 12:33+ 19:54+	21:51+ 24:30+ 29:32+	30:25+ 30:53+ 32:21+ 34:28+ 36:00+
03:32+	03:16+ 01:39+ 04:06+ 07:21+	01:57+ 02:39- 05:02+	00:53+ 00:28+ 01:28+ 02:07+ 01:32+
00:37#	01:21& 00:14# 00:46# 00:57#	00:27& 00:11- 01:14&	00:02+ 00:03# 00:10# 00:17# 00:16#
<b>15</b>	<b>Carl Johan Högstrand</b>	<b>728</b>	<b>36:09</b>
03:38+	06:49+ 08:28+ 13:24+ 20:55+	22:53+ 25:20+ 29:42+	30:37+ 31:06+ 32:36+ 34:49+ 36:09+
03:38+	03:11+ 01:39+ 04:56+ 07:31+	01:58+ 02:27- 04:22+	00:55+ 00:29+ 01:30+ 02:13+ 01:20+
00:43#	01:16& 00:14# 01:36& 01:07#	00:28& 00:23- 00:34#	00:04+ 00:04# 00:12# 00:23# 00:04+
<b>16</b>	<b>Sven Eriksson</b>	<b>1256</b>	<b>36:45</b>
04:04+	06:38+ 08:43+ 13:02+ 19:43+	22:05+ 25:16+ 30:15+	31:13+ 31:39+ 33:11+ 35:22+ 36:45+
04:04+	02:34+ 02:05+ 04:19+ 06:41+	02:22+ 03:11+ 04:59+	00:58+ 00:26+ 01:32+ 02:11+ 01:23+
01:09&	00:39& 00:40& 00:59& 00:17+	00:52& 00:21# 01:11&	00:07# 00:01+ 00:14# 00:21# 00:07+
<b>17</b>	<b>Ueli Hebeisen</b>	<b>683</b>	<b>37:35</b>
04:03+	07:18+ 09:12+ 13:07+ 20:24+	22:45+ 25:27+ 30:56+	31:54+ 32:23+ 33:59+ 36:13+ 37:35+
04:03+	03:15+ 01:54+ 03:55+ 07:17+	02:21+ 02:42- 05:29+	00:58+ 00:29+ 01:36+ 02:14+ 01:22+
01:08&	01:20& 00:29& 00:35# 00:53#	00:51& 00:08- 01:41&	00:07# 00:04# 00:18# 00:24# 00:06+
<b>18</b>	<b>Kjell Svanberg</b>	<b>297</b>	<b>37:44</b>
03:34+	07:06+ 09:01+ 12:43+ 20:08+	22:18+ 25:34+ 31:04+	32:08+ 32:35+ 34:05+ 36:15+ 37:44+
03:34+	03:32+ 01:55+ 03:42+ 07:25+	02:10+ 03:16+ 05:30+	01:04+ 00:27+ 01:30+ 02:10+ 01:29+
00:39#	01:37& 00:30& 00:22# 01:01#	00:40& 00:26# 01:42&	00:13& 00:02+ 00:12# 00:20# 00:13#
<b>19</b>	<b>Gisle Nordahl Due</b>	<b>227</b>	<b>38:26</b>
03:35+	06:38+ 08:28+ 12:29+ 19:54+	21:47+ 25:18+ 30:54+	32:02+ 32:33+ 34:23+ 36:56+ 38:26+
03:35+	03:03+ 01:50+ 04:01+ 07:25+	01:53+ 03:31+ 05:36+	01:08+ 00:31+ 01:50+ 02:33+ 01:30+
00:40#	01:08& 00:25& 00:41# 01:01#	00:23& 00:41# 01:48&	00:17& 00:06# 00:32& 00:43& 00:14#
<b>20</b>	<b>Edvin Sivertsen</b>	<b>372</b>	<b>38:30</b>
03:40+	06:40+ 08:20+ 12:58+ 19:55+	22:11+ 25:24+ 30:48+	31:59+ 32:31+ 34:55+ 37:02+ 38:30+
03:40+	03:00+ 01:40+ 04:38+ 06:57+	02:16+ 03:13+ 05:24+	01:11+ 00:32+ 02:24+ 02:07+ 01:28+
00:45&	01:05& 00:15# 01:18& 00:33+	00:46& 00:23# 01:36&	00:20& 00:07& 01:06& 00:17# 00:12#
<b>21</b>	<b>Gunnar Brattli</b>	<b>222</b>	<b>39:09</b>
03:41+	06:45+ 08:35+ 12:23+ 20:04+	22:34+ 27:10+ 31:53+	33:21+ 33:49+ 35:26+ 37:40+ 39:09+
03:41+	03:04+ 01:50+ 03:48+ 07:41+	02:30+ 04:36+ 04:43+	01:28+ 00:28+ 01:37+ 02:14+ 01:29+
00:46&	01:09& 00:25& 00:28# 01:17#	01:00& 01:46& 00:55#	00:37& 00:03# 00:19# 00:24# 00:13#
<b>22</b>	<b>Mats Strandhagen</b>	<b>1008</b>	<b>40:03</b>
03:58+	06:55+ 08:54+ 13:00+ 20:54+	23:02+ 26:53+ 32:32+	33:37+ 34:07+ 35:46+ 38:21+ 40:03+
03:58+	02:57+ 01:59+ 04:06+ 07:54+	02:08+ 03:51+ 05:39+	01:05+ 00:30+ 01:39+ 02:35+ 01:42+
01:03&	01:02& 00:34& 00:46# 01:30#	00:38& 01:01& 01:51&	00:14& 00:05# 00:21& 00:45& 00:26&
<b>23</b>	<b>Bård Natvig</b>	<b>236</b>	<b>41:30</b>
04:01+	07:13+ 09:03+ 13:36+ 21:41+	24:15+ 27:42+ 33:58+	35:05+ 35:36+ 37:22+ 39:51+ 41:30+
04:01+	03:12+ 01:50+ 04:33+ 08:05+	02:34+ 03:27+ 06:16+	01:07+ 00:31+ 01:46+ 02:29+ 01:39+
01:06&	01:17& 00:25& 01:13& 01:41&	01:04& 00:37# 02:28&	00:16& 00:06# 00:28& 00:39& 00:23&

Class	Navn	Klasse										Tid
<b>24</b>	<b>Ingar Solberg</b>	<b>266</b>										<b>41:36</b>
03:56+	07:13+	10:25+	15:03+	22:53+	25:18+	28:24+	34:01+	35:04+	35:39+	37:20+	39:48+	41:36+
03:56+	03:17+	03:12+	04:38+	07:50+	02:25+	03:06+	05:37+	01:03+	00:35+	01:41+	02:28+	01:48+
01:01&	01:22&	01:47@	01:18&	01:26#	00:55&	00:16+	01:49&	00:12#	00:10&	00:23&	00:38&	00:32&
<b>25</b>	<b>Dag Skogan</b>	<b>45</b>										<b>44:56</b>
04:45+	08:08+	10:11+	14:45+	23:11+	25:50+	29:34+	35:14+	36:25+	36:58+	40:25+	43:14+	44:56+
04:45+	03:23+	02:03+	04:34+	08:26+	02:39+	03:44+	05:40+	01:11+	00:33+	03:27+	02:49+	01:42+
01:50&	01:28&	00:38&	01:14&	02:02&	01:09&	00:54&	01:52&	00:20&	00:08&	02:09@	00:59&	00:26&
<b>26</b>	<b>Bjørn L. Basberg</b>	<b>368</b>										<b>45:20</b>
03:50+	06:24+	08:38+	13:25+	26:40+	28:41+	31:25+	36:32+	37:35+	38:07+	41:22+	43:43+	45:20+
03:50+	02:34+	02:14+	04:47+	13:15+	02:01+	02:44-	05:07+	01:03+	00:32+	03:15+	02:21+	01:37+
00:55&	00:39&	00:49&	01:27&	06:51@	00:31&	00:06-	01:19&	00:12#	00:07&	01:57@	00:31&	00:21&
<b>27</b>	<b>Ørjan Eirik Valestrand</b>	<b>69</b>										<b>45:55</b>
03:32+	12:25+	14:19+	18:52+	27:03+	29:07+	32:18+	38:03+	39:13+	39:41+	41:39+	44:05+	45:55+
03:32+	08:53+	01:54+	04:33+	08:11+	02:04+	03:11+	05:45+	01:10+	00:28+	01:58+	02:26+	01:50+
00:37#	06:58@	00:29&	01:13&	01:47&	00:34&	00:21#	01:57&	00:19&	00:03#	00:40&	00:36&	00:34&
<b>28</b>	<b>Rolf Gunnar Bredesen</b>	<b>80</b>										<b>50:52</b>
05:01+	09:13+	12:02+	17:31+	27:24+	30:09+	34:03+	40:49+	42:20+	43:00+	45:22+	48:35+	50:52+
05:01+	04:12+	02:49+	05:29+	09:53+	02:45+	03:54+	06:46+	01:31+	00:40+	02:22+	03:13+	02:17+
02:06&	02:17@	01:24&	02:09&	03:29&	01:15&	01:04&	02:58&	00:40&	00:15&	01:04&	01:23&	01:01&
<b>29</b>	<b>Bjørn-Hugo Myrvang</b>	<b>41</b>										<b>51:18</b>
05:36+	10:08+	12:36+	17:24+	27:00+	29:36+	34:57+	41:29+	43:16+	43:51+	46:02+	49:16+	51:18+
05:36+	04:32+	02:28+	04:48+	09:36+	02:36+	05:21+	06:32+	01:47+	00:35+	02:11+	03:14+	02:02+
02:41&	02:37@	01:03&	01:28&	03:12&	01:06&	02:31&	02:44&	00:56@	00:10&	00:53&	01:24&	00:46&
<b>30</b>	<b>Per Dag Nordkvelde</b>	<b>111</b>										<b>59:45</b>
05:24+	10:45+	13:12+	18:54+	36:03+	38:44+	43:09+	49:49+	51:27+	52:08+	54:16+	57:39+	59:45+
05:24+	05:21+	02:27+	05:42+	17:09+	02:41+	04:25+	06:40+	01:38+	00:41+	02:08+	03:23+	02:06+
02:29&	03:26@	01:02&	02:22&	10:45@	01:11&	01:35&	02:52&	00:47&	00:16&	00:50&	01:33&	00:50&
<b>Beste strekktid for klassen</b>												
02:26	01:55	01:19	02:55	05:30	01:28	02:08	03:44	00:44	00:22	01:16	01:45	01:14
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>H 65-</b>												
<b>1</b>	<b>Per Rekkedal</b>	<b>45</b>										<b>21:46</b>
01:12=	04:49=	05:40=	09:17=	10:19=	14:43=	16:04=	16:53=	17:25=	18:48=	20:34=	21:46=	
01:12=	03:37=	00:51=	03:37=	01:02=	04:24=	01:21=	00:49=	00:32=	01:23=	01:46=	01:12=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Bjørn Berger</b>	<b>51</b>										<b>22:47</b>
01:26+	05:17+	06:13+	09:52+	10:50+	15:15+	16:32+	17:24+	17:55+	19:12+	21:21+	22:47+	
01:26+	03:51+	00:56+	03:39+	00:58-	04:25+	01:17-	00:52+	00:31-	01:17-	02:09+	01:26+	
00:14#	00:14#	00:05+	00:02+	00:04-	00:01+	00:04-	00:03+	00:01-	00:06-	00:23#	00:14#	
<b>3</b>	<b>Tor Trøan</b>	<b>98</b>										<b>23:30</b>
01:16+	05:34+	06:25+	10:18+	11:23+	16:05+	17:22+	18:17+	18:48+	20:09+	22:10+	23:30+	
01:16+	04:18+	00:51=	03:53+	01:05+	04:42+	01:17-	00:55+	00:31-	01:21-	02:01+	01:20+	
00:04+	00:41#	00:00=	00:16+	00:03+	00:18+	00:04-	00:06#	00:01-	00:02-	00:15#	00:08#	
<b>4</b>	<b>Jean Dermine</b>	<b>1398</b>										<b>24:00</b>
01:26+	05:31+	06:36+	10:34+	11:37+	16:45+	17:58+	18:48+	19:16+	20:46+	22:38+	24:00+	
01:26+	04:05+	01:05+	03:58+	01:03+	05:08+	01:13-	00:50+	00:28-	01:30+	01:52+	01:22+	
00:14#	00:28#	00:14&	00:21+	00:01+	00:44#	00:08-	00:01+	00:04-	00:07+	00:06+	00:10#	
<b>5</b>	<b>Ola Brox</b>	<b>261</b>										<b>25:11</b>
01:29+	06:21+	07:22+	11:12+	12:14+	17:18+	18:50+	19:43+	20:11+	21:46+	23:49+	25:11+	
01:29+	04:52+	01:01+	03:50+	01:02=	05:04+	01:32+	00:53+	00:28-	01:35+	02:03+	01:22+	
00:17#	01:15&	00:10#	00:13+	00:00=	00:40#	00:11#	00:04+	00:04-	00:12#	00:17#	00:10#	
<b>6</b>	<b>John Kvaal</b>	<b>372</b>										<b>26:20</b>
01:36+	06:14+	07:18+	11:31+	12:41+	17:39+	19:09+	20:14+	20:44+	22:30+	24:49+	26:20+	
01:36+	04:38+	01:04+	04:13+	01:10+	04:58+	01:30+	01:05+	00:30-	01:46+	02:19+	01:31+	
00:24&	01:01&	00:13&	00:36#	00:08#	00:34#	00:09#	00:16&	00:02-	00:23&	00:33&	00:19&	

Class	Navn	Klasse	Tid
<b>7</b>	<b>Jon Arne Klemetsaune</b>	<b>262</b>	<b>27:18</b>
01:32+	06:19+ 07:23+ 11:46+ 13:02+ 18:30+	20:25+ 21:29+ 21:56+ 23:34+ 25:47+	27:18+
01:32+	04:47+ 01:04+ 04:23+ 01:16+ 05:28+	01:55+ 01:04+ 00:27- 01:38+ 02:13+	01:31+
00:20&	01:10& 00:13& 00:46# 00:14# 01:04#	00:34& 00:15& 00:05- 00:15# 00:27&	00:19&
<b>8</b>	<b>Frank Glad Balchen</b>	<b>248</b>	<b>27:22</b>
01:30+	06:13+ 07:21+ 13:56+ 14:59+ 19:40+	20:57+ 21:55+ 22:23+ 23:53+ 25:53+	27:22+
01:30+	04:43+ 01:08+ 06:35+ 01:03+ 04:41+	01:17- 00:58+ 00:28- 01:30+ 02:00+	01:29+
00:18#	01:06& 00:17& 02:58& 00:01+ 00:17+	00:04- 00:09# 00:04- 00:07+ 00:14#	00:17#
<b>9</b>	<b>Knut Lillealtern</b>	<b>320</b>	<b>27:36</b>
01:35+	07:09+ 08:05+ 12:22+ 13:36+ 19:12+	20:32+ 21:36+ 22:05+ 23:53+ 26:03+	27:36+
01:35+	05:34+ 00:56+ 04:17+ 01:14+ 05:36+	01:20- 01:04+ 00:29- 01:48+ 02:10+	01:33+
00:23&	01:57& 00:05+ 00:40# 00:12# 01:12&	00:01- 00:15& 00:03- 00:25& 00:24#	00:21&
<b>10</b>	<b>Jan Gaute Buvik</b>	<b>187</b>	<b>28:10</b>
01:35+	06:56+ 07:54+ 12:22+ 13:34+ 18:49+	20:15+ 21:14+ 22:48+ 24:31+ 26:42+	28:11+
01:35+	05:21+ 00:58+ 04:28+ 01:12+ 05:15+	01:26+ 00:59+ 01:34+ 01:43+ 02:11+	01:29+
00:23&	01:44& 00:07# 00:51# 00:10# 00:51#	00:05+ 00:10# 01:02@ 00:20# 00:25#	00:17#
<b>11</b>	<b>Lars G Skoog</b>	<b>618</b>	<b>30:42</b>
01:29+	07:40+ 08:51+ 13:48+ 15:10+ 21:17+	22:48+ 23:53+ 24:32+ 26:20+ 28:59+	30:42+
01:29+	06:11+ 01:11+ 04:57+ 01:22+ 06:07+	01:31+ 01:05+ 00:39+ 01:48+ 02:39+	01:43+
00:17#	02:34& 00:20& 01:20& 00:20& 01:43&	00:10# 00:16& 00:07# 00:25& 00:53&	00:31&
<b>12</b>	<b>Raimo Antikainen</b>	<b>836</b>	<b>31:17</b>
01:42+	06:51+ 07:55+ 13:01+ 14:29+ 20:40+	23:01+ 24:20+ 24:53+ 26:46+ 29:38+	31:17+
01:42+	05:09+ 01:04+ 05:06+ 01:28+ 06:11+	02:21+ 01:19+ 00:33+ 01:53+ 02:52+	01:39+
00:30&	01:32& 00:13& 01:29& 00:26& 01:47&	01:00& 00:30& 00:01+ 00:30& 01:06&	00:27&
<b>13</b>	<b>Ove Gunnar Jacobsen</b>	<b>328</b>	<b>32:30</b>
02:01+	07:51+ 09:05+ 14:14+ 15:50+ 21:56+	23:50+ 25:10+ 25:45+ 27:40+ 30:40+	32:30+
02:01+	05:50+ 01:14+ 05:09+ 01:36+ 06:06+	01:54+ 01:20+ 00:35+ 01:55+ 03:00+	01:50+
00:49&	02:13& 00:23& 01:32& 00:34& 01:42&	00:33& 00:31& 00:03+ 00:32& 01:14&	00:38&
<b>14</b>	<b>Nils Olav Vennevik</b>	<b>320</b>	<b>34:42</b>
01:55+	07:40+ 09:11+ 15:44+ 17:24+ 23:57+	25:47+ 27:07+ 27:44+ 29:43+ 32:41+	34:42+
01:55+	05:45+ 01:31+ 06:33+ 01:40+ 06:33+	01:50+ 01:20+ 00:37+ 01:59+ 02:58+	02:01+
00:43&	02:08& 00:40& 02:56& 00:38& 02:09&	00:29& 00:31& 00:05# 00:36& 01:12&	00:49&
<b>15</b>	<b>Arvid Galborgsen</b>	<b>483</b>	<b>37:17</b>
01:46+	14:56+ 16:08+ 21:35+ 22:43+ 28:05+	29:29+ 30:31+ 31:02+ 33:31+ 35:51+	37:17+
01:46+	13:10+ 01:12+ 05:27+ 01:08+ 05:22+	01:24+ 01:02+ 00:31- 02:29+ 02:20+	01:26+
00:34&	09:33@ 00:21& 01:50& 00:06+ 00:58#	00:03+ 00:13& 00:01- 01:06& 00:34&	00:14#
<b>Beste strekketid for klassen</b>			
01:12	03:37	00:51	03:37
00:58	04:24	01:13	00:49
00:27	01:17	01:46	01:12

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

## H 70-

<b>1</b>	<b>Erling Pedersen</b>	<b>158</b>	<b>25:23</b>
01:35=	06:39= 07:39= 11:52= 13:02= 17:33=	18:58= 19:50= 20:20= 21:53= 23:56=	25:23=
01:35=	05:04= 01:00= 04:13= 01:10= 04:31=	01:25= 00:52= 00:30= 01:33= 02:03=	01:27=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00=
<b>2</b>	<b>Tore Berntsen</b>	<b>341</b>	<b>26:11</b>
01:30-	06:10- 07:25- 11:46- 12:56- 17:48+	19:09+ 20:10+ 20:41+ 22:27+ 24:44+	26:11+
01:30-	04:40- 01:15+ 04:21+ 01:10= 04:52+	01:21- 01:01+ 00:31+ 01:46+ 02:17+	01:27=
00:05-	00:24- 00:15# 00:08+ 00:00= 00:21+	00:04- 00:09# 00:01+ 00:13# 00:14#	00:00=
<b>3</b>	<b>John Thomas Petersen</b>	<b>236</b>	<b>26:55</b>
01:28-	06:32- 07:37- 11:50- 13:05+ 18:09+	20:10+ 21:13+ 21:39+ 23:14+ 25:22+	26:55+
01:28-	05:04= 01:05+ 04:13= 01:15+ 05:04+	02:01+ 01:03+ 00:26- 01:35+ 02:08+	01:33+
00:07-	00:00= 00:05+ 00:00= 00:05+ 00:33#	00:36& 00:11# 00:04- 00:02+ 00:05+	00:06+
<b>4</b>	<b>Bjørn Spjelkavik</b>	<b>163</b>	<b>28:18</b>
01:49+	06:10- 07:49+ 08:44- 13:29+ 14:39-	19:53+ 21:24+ 22:27+ 22:58+ 24:33+	26:50+
01:49+	04:21- 01:39+ 00:55- 04:45+ 01:10-	05:14+ 01:31+ 01:03+ 00:31-	01:35-
00:14#	00:43- 00:39& 03:18- 03:35@ 03:21-	03:49@ 00:39& 00:33@ 01:02-	00:28-
00:50&	01:28+	00:50&	01:28+

Class	Navn	Klasse										Tid
<b>5</b>	<b>Kurt Grønli</b>	<b>87</b>										<b>28:27</b>
	01:37+	07:09+	08:09+	12:55+	14:13+	19:35+	21:10+	22:14+	22:45+	24:24+	26:54+	28:27+
	01:37+	05:32+	01:00=	04:46+	01:18+	05:22+	01:35+	01:04+	00:31+	01:39+	02:30+	01:33+
	00:02+	00:28+	00:00=	00:33#	00:08#	00:51#	00:10#	00:12#	00:01+	00:06+	00:27#	00:06+
<b>6</b>	<b>Hasse Bergstrøm</b>	<b>163</b>										<b>30:31</b>
	01:35=	07:48+	08:53+	14:29+	15:50+	21:42+	23:04+	24:12+	24:44+	26:30+	28:55+	30:31+
	01:35=	06:13+	01:05+	05:36+	01:21+	05:52+	01:22-	01:08+	00:32+	01:46+	02:25+	01:36+
	00:00=	01:09#	00:05+	01:23&	00:11#	01:21&	00:03-	00:16&	00:02+	00:13#	00:22#	00:09#
<b>7</b>	<b>Mats Dahlberg</b>	<b>642</b>										<b>30:35</b>
	01:42+	07:40+	09:21+	14:59+	16:18+	22:03+	23:25+	24:22+	24:52+	26:44+	29:06+	30:35+
	01:42+	05:58+	01:41+	05:38+	01:19+	05:45+	01:22-	00:57+	00:30=	01:52+	02:22+	01:29+
	00:07+	00:54#	00:41&	01:25&	00:09#	01:14&	00:03-	00:05+	00:00=	00:19#	00:19#	00:02+
<b>8</b>	<b>Geir Husdal</b>	<b>347</b>										<b>32:08</b>
	01:41+	07:34+	08:40+	13:45+	15:22+	21:54+	23:55+	25:06+	25:39+	27:39+	30:24+	32:08+
	01:41+	05:53+	01:06+	05:05+	01:37+	06:32+	02:01+	01:11+	00:33+	02:00+	02:45+	01:44+
	00:06+	00:49#	00:06#	00:52#	00:27&	02:01&	00:36&	00:19&	00:03#	00:27&	00:42&	00:17#
<b>9</b>	<b>Tuomo Peltola</b>	<b>440</b>										<b>32:33</b>
	01:51+	08:01+	09:16+	14:28+	15:52+	21:59+	23:49+	25:02+	25:35+	27:51+	30:43+	32:33+
	01:51+	06:10+	01:15+	05:12+	01:24+	06:07+	01:50+	01:13+	00:33+	02:16+	02:52+	01:50+
	00:16#	01:06#	00:15#	00:59#	00:14#	01:36&	00:25&	00:21&	00:03#	00:43&	00:49&	00:23&
<b>10</b>	<b>Widar Taxth Løland</b>	<b>119</b>										<b>33:22</b>
	02:17+	08:30+	09:42+	15:03+	16:43+	23:15+	25:04+	26:17+	26:52+	28:46+	31:35+	33:22+
	02:17+	06:13+	01:12+	05:21+	01:40+	06:32+	01:49+	01:13+	00:35+	01:54+	02:49+	01:47+
	00:42&	01:09#	00:12#	01:08&	00:30&	02:01&	00:24&	00:21&	00:05#	00:21#	00:46&	00:20#
<b>11</b>	<b>Floke Bredland</b>	<b>341</b>										<b>34:32</b>
	02:15+	08:28+	10:00+	16:30+	17:53+	24:06+	25:34+	27:09+	27:52+	29:35+	32:39+	34:32+
	02:15+	06:13+	01:32+	06:30+	01:23+	06:13+	01:28+	01:35+	00:43+	01:43+	03:04+	01:53+
	00:40&	01:09#	00:32&	02:17&	00:13#	01:42&	00:03+	00:43&	00:13&	00:10#	01:01&	00:26&
<b>12</b>	<b>Geir Trøan</b>	<b>181</b>										<b>34:46</b>
	02:10+	07:59+	09:18+	16:35+	17:54+	24:50+	26:28+	27:37+	28:11+	30:12+	32:53+	34:46+
	02:10+	05:49+	01:19+	07:17+	01:19+	06:56+	01:38+	01:09+	00:34+	02:01+	02:41+	01:53+
	00:35&	00:45#	00:19&	03:04&	00:09#	02:25&	00:13#	00:17&	00:04#	00:28&	00:38&	00:26&
<b>13</b>	<b>Knut Skjesol</b>	<b>379</b>										<b>36:21</b>
	02:20+	09:20+	10:51+	16:55+	18:24+	24:42+	26:42+	27:56+	28:27+	30:44+	34:15+	36:21+
	02:20+	07:00+	01:31+	06:04+	01:29+	06:18+	02:00+	01:14+	00:31+	02:17+	03:31+	02:06+
	00:45&	01:56&	00:31&	01:51&	00:19&	01:47&	00:35&	00:22&	00:01+	00:44&	01:28&	00:39&
<b>14</b>	<b>Seppo Korhonen</b>	<b>655</b>										<b>39:36</b>
	01:42+	17:55+	19:07+	23:44+	25:14+	30:43+	32:14+	33:35+	34:05+	35:45+	38:02+	39:36+
	01:42+	16:13+	01:12+	04:37+	01:30+	05:29+	01:31+	01:21+	00:30=	01:40+	02:17+	01:34+
	00:07+	11:09@	00:12#	00:24+	00:20&	00:58#	00:06+	00:29&	00:00=	00:07+	00:14#	00:07+
<b>15</b>	<b>Sverre Kristoffersen</b>	<b>372</b>										<b>39:47</b>
	02:11+	08:12+	09:47+	15:22+	17:08+	24:09+	26:42+	28:15+	28:47+	34:29+	37:40+	39:47+
	02:11+	06:01+	01:35+	05:35+	01:46+	07:01+	02:33+	01:33+	00:32+	05:42+	03:11+	02:07+
	00:36&	00:57#	00:35&	01:22&	00:36&	02:30&	01:08&	00:41&	00:02+	04:09@	01:08&	00:40&
<b>16</b>	<b>Arne Tyssø</b>	<b>369</b>										<b>43:07</b>
	02:19+	11:11+	14:27+	22:26+	24:00+	31:42+	33:34+	34:56+	35:43+	38:07+	41:24+	43:07+
	02:19+	08:52+	03:16+	07:59+	01:34+	07:42+	01:52+	01:22+	00:47+	02:24+	03:17+	01:43+
	00:44&	03:48&	02:16@	03:46&	00:24&	03:11&	00:27&	00:30&	00:17&	00:51&	01:14&	00:16#
<b>17</b>	<b>Chris Hirt</b>	<b>1193</b>										<b>50:59</b>
	02:35+	12:33+	14:55+	25:19+	27:14+	35:54+	38:28+	40:18+	41:12+	44:20+	48:32+	50:59+
	02:35+	09:58+	02:22+	10:24+	01:55+	08:40+	02:34+	01:50+	00:54+	03:08+	04:12+	02:27+
	01:00&	04:54&	01:22@	06:11@	00:45&	04:09&	01:09&	00:58@	00:24&	01:35@	02:09@	01:00&
<b>18</b>	<b>Asbjørn Pedersen</b>	<b>158</b>										<b>1:02:45</b>
	01:46+	34:07+	35:14+	40:15+	41:31+	47:28+	49:04+	52:05+	53:41+	54:56+	55:43+	57:33+
	01:46+	32:21+	01:07+	05:01+	01:16+	05:57+	01:36+	03:01+	01:36+	01:15-	00:47-	01:50+
	00:11#	27:17@	00:07#	00:48#	00:06+	01:26&	00:11#	02:09@	01:06@	00:18-	01:16-	00:23&
											03:09+	02:03+
<b>Beste strekktid for klassen</b>												
	01:28	04:21	01:00	00:55	01:10	01:10	01:21	00:52	00:26	00:31	00:47	01:27

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

## H 75-

<b>1</b>	<b>Leidulv Vinje</b>	<b>253</b>	<b>18:57</b>						
02:32=	03:58=	07:34=	10:06=	12:18=	13:17=	13:45=	15:23=	17:35=	18:57=
02:32=	01:26=	03:36=	02:32=	02:12=	00:59=	00:28=	01:38=	02:12=	01:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Jan Asbjørn Eriksen</b>	<b>345</b>	<b>22:33</b>						
05:27+	06:16+	09:52+	12:53+	15:09+	16:22+	16:59+	18:46+	20:59+	22:33+
05:27+	00:49-	03:36=	03:01+	02:16+	01:13+	00:37+	01:47+	02:13+	01:34+
02:55@	00:37-	00:00=	00:29#	00:04+	00:14#	00:09&	00:09+	00:01+	00:12#
<b>3</b>	<b>Knut Skiple</b>	<b>384</b>	<b>22:56</b>						
03:15+	03:57-	08:51+	11:37+	14:08+	15:22+	15:56+	18:18+	21:10+	22:56+
03:15+	00:42-	04:54+	02:46+	02:31+	01:14+	00:34+	02:22+	02:52+	01:46+
00:43&	00:44-	01:18&	00:14+	00:19#	00:15&	00:06#	00:44&	00:40&	00:24&
<b>4</b>	<b>Odd Musum</b>	<b>262</b>	<b>23:15</b>						
03:26+	04:19+	08:41+	12:04+	14:38+	15:47+	16:29+	18:36+	21:28+	23:15+
03:26+	00:53-	04:22+	03:23+	02:34+	01:09+	00:42+	02:07+	02:52+	01:47+
00:54&	00:33-	00:46#	00:51&	00:22#	00:10#	00:14&	00:29&	00:40&	00:25&
<b>5</b>	<b>Carl B. Bjørseth</b>	<b>45</b>	<b>24:15</b>						
03:34+	04:30+	08:44+	11:57+	15:02+	16:27+	17:03+	19:15+	22:20+	24:15+
03:34+	00:56-	04:14+	03:13+	03:05+	01:25+	00:36+	02:12+	03:05+	01:55+
01:02&	00:30-	00:38#	00:41&	00:53&	00:26&	00:08&	00:34&	00:53&	00:33&
<b>6</b>	<b>Gunnar J. Alsaker</b>	<b>399</b>	<b>25:30</b>						
03:45+	04:35+	10:37+	14:09+	16:43+	17:56+	18:31+	20:49+	23:38+	25:30+
03:45+	00:50-	06:02+	03:32+	02:34+	01:13+	00:35+	02:18+	02:49+	01:52+
01:13&	00:36-	02:26&	01:00&	00:22#	00:14#	00:07#	00:40&	00:37&	00:30&
<b>7</b>	<b>Alfred Steiner</b>	<b>1193</b>	<b>27:09</b>						
03:29+	04:18+	08:53+	12:35+	15:17+	16:51+	17:28+	22:22+	25:10+	27:09+
03:29+	00:49-	04:35+	03:42+	02:42+	01:34+	00:37+	04:54+	02:48+	01:59+
00:57&	00:37-	00:59&	01:10&	00:30#	00:35&	00:09&	03:16@	00:36&	00:37&
<b>8</b>	<b>Eivind Hagen</b>	<b>98</b>	<b>27:30</b>						
03:55+	05:38+	10:57+	14:26+	17:31+	18:55+	19:40+	21:47+	25:10+	27:30+
03:55+	01:43+	05:19+	03:29+	03:05+	01:24+	00:45+	02:07+	03:23+	02:20+
01:23&	00:17#	01:43&	00:57&	00:53&	00:25&	00:17&	00:29&	01:11&	00:58&
<b>9</b>	<b>Johan Arnt Johansen</b>	<b>242</b>	<b>30:09</b>						
05:08+	06:06+	11:50+	16:24+	19:45+	21:15+	21:58+	24:26+	27:55+	30:09+
05:08+	00:58-	05:44+	04:34+	03:21+	01:30+	00:43+	02:28+	03:29+	02:14+
02:36@	00:28-	02:08&	02:02&	01:09&	00:31&	00:15&	00:50&	01:17&	00:52&
<b>10</b>	<b>Kåre Østgård</b>	<b>265</b>	<b>30:12</b>						
04:21+	05:38+	11:40+	16:00+	19:16+	20:54+	21:40+	24:02+	27:58+	30:12+
04:21+	01:17-	06:02+	04:20+	03:16+	01:38+	00:46+	02:22+	03:56+	02:14+
01:49&	00:09-	02:26&	01:48&	01:04&	00:39&	00:18&	00:44&	01:44&	00:52&
<b>11</b>	<b>Øyvind Johannessen</b>	<b>35</b>	<b>1:10:17</b>						
11:55+	13:57+	26:10+	35:16+	39:58+	42:46+	47:27+	63:04+	67:41+	70:17+
11:55+	02:02+	12:13+	09:06+	04:42+	02:48+	04:41+	15:37+	04:37+	02:36+
09:23@	00:36&	08:37@	06:34@	02:30@	01:49@	04:13@	13:59@	02:25@	01:14&
<b>12</b>	<b>Per Fersnes</b>	<b>189</b>	<b>1:13:00</b>						
73:01+									
73:01+									
70:29@									

### Beste strekktid for klassen

02:32 00:42 03:36 02:32 02:12 00:59 00:28 01:38 02:12 01:22

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

## H 80-

Class	Navn	Klasse	Tid
<b>1</b>	<b>Lars Mauritzsen</b>	<b>1016</b>	<b>24:50</b>
	03:15= 04:41= 09:33= 13:11= 15:48= 17:22= 17:58= 20:05= 23:01= 24:50=		
	03:15= 01:26= 04:52= 03:38= 02:37= 01:34= 00:36= 02:07= 02:56= 01:49=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Tor Drage</b>	<b>108</b>	<b>29:50</b>
	03:33+ 04:46+ 11:24+ 16:41+ 19:45+ 21:14+ 21:58+ 24:31+ 27:46+ 29:50+		
	03:33+ 01:13- 06:38+ 05:17+ 03:04+ 01:29- 00:44+ 02:33+ 03:15+ 02:04+		
	00:18+ 00:13- 01:46& 01:39& 00:27# 00:05- 00:08# 00:26# 00:19# 00:15#		
<b>3</b>	<b>Johannes Sollid</b>	<b>372</b>	<b>45:55</b>
	05:56+ 07:21+ 15:32+ 22:03+ 27:44+ 30:18+ 31:27+ 36:18+ 42:08+ 45:55+		
	05:56+ 01:25- 08:11+ 06:31+ 05:41+ 02:34+ 01:09+ 04:51+ 05:50+ 03:47+		
	02:41& 00:01- 03:19& 02:53& 03:04@ 01:00& 00:33& 02:44@ 02:54& 01:58@		
<b>Beste strekketid for klassen</b>			
	03:15 01:13 04:52 03:38 02:37 01:29 00:36 02:07 02:56 01:49		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
<b>N-åpen</b>			
<b>18</b>	<b>Otto Schjøberg-Henriksen</b>	<b>245</b>	<b>11:03</b>
	01:31+ 02:55+ 04:21+ 04:50+ 07:19+ 09:02+ 11:03+		
	01:31+ 01:24+ 01:26+ 00:29+ 02:29+ 01:43+ 02:01+		
	01:31+ 01:24+ 01:26+ 00:29+ 02:29+ 01:43+ 02:01+		
<b>20</b>	<b>Vilmar Kvaal-Karlsen</b>	<b>334</b>	<b>16:21</b>
	04:21+ 06:41+ 08:30+ 09:43+ 12:06+ 14:25+ 16:21+		
	04:21+ 02:20+ 01:49+ 01:13+ 02:23+ 02:19+ 01:56+		
	04:21+ 02:20+ 01:49+ 01:13+ 02:23+ 02:19+ 01:56+		
<b>24</b>	<b>Tuva Nørgaard Bjørseth</b>	<b>264</b>	<b>17:58</b>
	03:25+ 07:58+ 10:21+ 11:47+ 14:21+ 16:29+ 17:58+		
	03:25+ 04:33+ 02:23+ 01:26+ 02:34+ 02:08+ 01:29+		
	03:25+ 04:33+ 02:23+ 01:26+ 02:34+ 02:08+ 01:29+		
<b>25</b>	<b>Jens Vonen Svae</b>	<b>305</b>	<b>09:50</b>
	01:27+ 02:44+ 04:12+ 04:55+ 06:49+ 08:15+ 09:50+		
	01:27+ 01:17+ 01:28+ 00:43+ 01:54+ 01:26+ 01:35+		
	01:27+ 01:17+ 01:28+ 00:43+ 01:54+ 01:26+ 01:35+		
<b>27</b>	<b>Hanna Kultima</b>	<b>1399</b>	<b>17:44</b>
	03:01+ 05:21+ 08:09+ 09:10+ 13:19+ 15:50+ 17:44+		
	03:01+ 02:20+ 02:48+ 01:01+ 04:09+ 02:31+ 01:54+		
	03:01+ 02:20+ 02:48+ 01:01+ 04:09+ 02:31+ 01:54+		
<b>28</b>	<b>Eirik Hessen</b>	<b>329</b>	<b>08:51</b>
	01:31+ 02:44+ 03:45+ 04:19+ 06:02+ 07:24+ 08:51+		
	01:31+ 01:13+ 01:01+ 00:34+ 01:43+ 01:22+ 01:27+		
	01:31+ 01:13+ 01:01+ 00:34+ 01:43+ 01:22+ 01:27+		
<b>29</b>	<b>Heikki Lauri</b>	<b>655</b>	<b>09:55</b>
	01:57+ 03:21+ 04:25+ 05:02+ 06:57+ 08:18+ 09:55+		
	01:57+ 01:24+ 01:04+ 00:37+ 01:55+ 01:21+ 01:37+		
	01:57+ 01:24+ 01:04+ 00:37+ 01:55+ 01:21+ 01:37+		
<b>30</b>	<b>Karl Kristoffersson</b>	<b>1311</b>	<b>11:38</b>
	01:59+ 04:42+ 06:17+ 07:05+ 08:57+ 10:11+ 11:38+		
	01:59+ 02:43+ 01:35+ 00:48+ 01:52+ 01:14+ 01:27+		
	01:59+ 02:43+ 01:35+ 00:48+ 01:52+ 01:14+ 01:27+		
<b>31</b>	<b>Piko Vierinen</b>	<b>146</b>	<b>17:24</b>
	02:44+ 05:08+ 07:50+ 09:13+ 13:08+ 15:55+ 17:24+		
	02:44+ 02:24+ 02:42+ 01:23+ 03:55+ 02:47+ 01:29+		
	02:44+ 02:24+ 02:42+ 01:23+ 03:55+ 02:47+ 01:29+		
<b>32</b>	<b>Erle Fosstveit</b>	<b>281</b>	<b>17:10</b>
	03:31+ 05:52+ 07:41+ 08:44+ 12:22+ 15:08+ 17:10+		
	03:31+ 02:21+ 01:49+ 01:03+ 03:38+ 02:46+ 02:02+		
	03:31+ 02:21+ 01:49+ 01:03+ 03:38+ 02:46+ 02:02+		



Class	Navn	Klasse	Tid
<b>39</b>	<b>Age Kristvik</b>	<b>80</b>	<b>12:15</b>
02:17+	04:16+ 05:52+ 06:39+ 08:42+ 10:40+ 12:15+		
02:17+	01:59+ 01:36+ 00:47+ 02:03+ 01:58+ 01:35+		
02:17+	01:59+ 01:36+ 00:47+ 02:03+ 01:58+ 01:35+		
<b>42</b>	<b>Leo Bogopolskiy</b>	<b>927</b>	<b>14:33</b>
01:54+	03:24+ 05:20+ 06:18+ 11:08+ 12:49+ 14:33+		
01:54+	01:30+ 01:56+ 00:58+ 04:50+ 01:41+ 01:44+		
01:54+	01:30+ 01:56+ 00:58+ 04:50+ 01:41+ 01:44+		
<b>43</b>	<b>Valdemar Kvaal-Karlsen</b>	<b>334</b>	<b>15:13</b>
04:11+	06:29+ 08:20+ 09:30+ 11:41+ 13:14+ 15:14+		
04:11+	02:18+ 01:51+ 01:10+ 02:11+ 01:33+ 02:00+		
04:11+	02:18+ 01:51+ 01:10+ 02:11+ 01:33+ 02:00+		
<b>45</b>	<b>Kaisa Kultima</b>	<b>1399</b>	<b>13:40</b>
02:29+	05:03+ 06:34+ 07:38+ 11:55+ 13:40+		
02:29+	02:34+ 01:31+ 01:04+ 02:19+ 01:58+ 01:45+		
02:29+	02:34+ 01:31+ 01:04+ 02:19+ 01:58+ 01:45+		
<b>670</b>	<b>Alva Aurora Husdal</b>	<b>324</b>	<b>17:08</b>
02:44+	05:15+ 07:36+ 08:45+ 12:08+ 15:17+ 17:08+		
02:44+	02:31+ 02:21+ 01:09+ 03:23+ 03:09+ 01:51+		
02:44+	02:31+ 02:21+ 01:09+ 03:23+ 03:09+ 01:51+		
<b>685</b>	<b>Neo Bonnemaire</b>	<b>NOTEAM</b>	<b>17:46</b>
03:03+	05:24+ 08:01+ 10:25+ 13:32+ 15:49+ 17:46+		
03:03+	02:21+ 02:37+ 02:24+ 03:07+ 02:17+ 01:57+		
03:03+	02:21+ 02:37+ 02:24+ 03:07+ 02:17+ 01:57+		
<b>694</b>	<b>Tuuli Korhonen</b>	<b>NOTEAM</b>	<b>46:53</b>
07:26+	13:05+ 18:34+ 25:26+ 34:30+ 39:28+ 46:53+		
07:26+	05:39+ 05:29+ 06:52+ 09:04+ 04:58+ 07:25+		
07:26+	05:39+ 05:29+ 06:52+ 09:04+ 04:58+ 07:25+		
<b>701</b>	<b>Mikkel Bogetvedt</b>	<b>146</b>	<b>14:28</b>
02:40+	04:45+ 06:41+ 07:52+ 10:32+ 12:26+ 14:28+		
02:40+	02:05+ 01:56+ 01:11+ 02:40+ 01:54+ 02:02+		
02:40+	02:05+ 01:56+ 01:11+ 02:40+ 01:54+ 02:02+		
<b>702</b>	<b>Kaja Bogetvedt</b>	<b>146</b>	<b>14:44</b>
02:55+	05:09+ 06:46+ 08:02+ 10:44+ 12:36+ 14:44+		
02:55+	02:14+ 01:37+ 01:16+ 02:42+ 01:52+ 02:08+		
02:55+	02:14+ 01:37+ 01:16+ 02:42+ 01:52+ 02:08+		
<b>708</b>	<b>Daniel Skrøvseth</b>	<b>146</b>	<b>20:43</b>
04:19+	07:21+ 10:22+ 11:25+ 14:54+ 18:53+ 20:43+		
04:19+	03:02+ 03:01+ 01:03+ 03:29+ 03:59+ 01:50+		
04:19+	03:02+ 03:01+ 01:03+ 03:29+ 03:59+ 01:50+		
<b>712</b>	<b>Yanis Muilwijk</b>	<b>NOTEAM</b>	<b>13:23</b>
02:12+	04:02+ 05:52+ 06:44+ 09:09+ 11:40+ 13:23+		
02:12+	01:50+ 01:50+ 00:52+ 02:25+ 02:31+ 01:43+		
02:12+	01:50+ 01:50+ 00:52+ 02:25+ 02:31+ 01:43+		
<b>713</b>	<b>Lars Kristian Jensen</b>	<b>334</b>	<b>15:46</b>
04:17+	06:34+ 08:27+ 09:44+ 12:14+ 13:31+ 15:46+		
04:17+	02:17+ 01:53+ 01:17+ 02:30+ 01:17+ 02:15+		
04:17+	02:17+ 01:53+ 01:17+ 02:30+ 01:17+ 02:15+		
<b>714</b>	<b>Tobias Hovland</b>	<b>NOTEAM</b>	<b>15:02</b>
02:35+	06:11+ 07:33+ 08:26+ 10:38+ 13:27+ 15:02+		
02:35+	03:36+ 01:22+ 00:53+ 02:12+ 02:49+ 01:35+		
02:35+	03:36+ 01:22+ 00:53+ 02:12+ 02:49+ 01:35+		
<b>715</b>	<b>Hanne Engstad</b>	<b>146</b>	<b>22:20</b>
02:09+	04:38+ 06:50+ 08:11+ 11:43+ 15:14+ 22:20+		
02:09+	02:29+ 02:12+ 01:21+ 03:32+ 03:31+ 07:06+		
02:09+	02:29+ 02:12+ 01:21+ 03:32+ 03:31+ 07:06+		
<b>716</b>	<b>Kristine Engstad</b>	<b>146</b>	<b>15:38</b>
02:18+	04:15+ 07:09+ 08:27+ 11:24+ 13:42+ 15:38+		
02:18+	01:57+ 02:54+ 01:18+ 02:57+ 02:18+ 01:56+		
02:18+	01:57+ 02:54+ 01:18+ 02:57+ 02:18+ 01:56+		

Plass	Navn	Klasse	Tid
<b>717</b>	<b>Kerttu Mäkitammi</b>	<b>NOTEAM</b>	<b>25:53</b>
04:03+	06:49+	09:46+	13:10+
17:03+	20:56+	25:53+	
04:03+	02:46+	02:57+	03:24+
03:53+	03:53+	04:57+	
04:03+	02:46+	02:57+	03:24+
03:53+	03:53+	04:57+	

**Beste strekktid for klassen**

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