

# KM Sprint Sogndal

# Strekktider

-09.09.2017

Class Navn  
D 10-12

Klasse

Tid

1	Hedda Sølvberg	VETEN	18:18									
01:03=	02:04=	05:01=	06:26=	07:59=	08:54=	10:12=	11:27=	14:16=	16:00=	17:14=	17:33=	18:18=
01:03=	01:01=	02:57=	01:25=	01:33=	00:55=	01:18=	01:15=	02:49=	01:44=	01:14=	00:19=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tale Nyberg	VETEN	22:11									
01:12+	02:26+	05:11+	09:22+	11:33+	12:50+	14:07+	15:20+	18:05+	19:53+	20:57+	21:21+	22:11+
01:12+	01:14+	02:45-	04:11+	02:11+	01:17+	01:17-	01:13-	02:45-	01:48+	01:04-	00:24+	00:50+
00:09#	00:17#	00:17#	02:40#	00:38#	00:22#	00:01-	00:02-	00:04-	00:04+	00:10-	00:05#	00:05#
3	Kaja Barsnes Frøyd	10	23:15									
01:13+	03:04+	06:11+	08:15+	10:29+	11:50+	12:54+	14:30+	19:22+	21:10+	21:45+	22:18+	23:15+
01:13+	01:51+	03:07+	02:04+	02:14+	01:21+	01:04-	01:36+	04:52+	01:48+	00:35-	00:33+	00:57+
00:10#	00:17#	00:17#	00:32#	00:41#	00:26#	00:14-	00:21#	02:03#	00:04+	00:39-	00:14#	00:12#
4	Guro Kristine Hagvar	10	23:18									
01:15+	03:00+	06:09+	08:10+	10:26+	11:47+	12:56+	14:24+	19:24+	21:05+	21:43+	22:15+	23:18+
01:15+	01:45+	03:09+	02:01+	02:16+	01:21+	01:09-	01:28+	05:00+	01:41-	00:38-	00:32+	01:03+
00:10#	00:14#	00:10#	00:36#	00:43#	00:26#	00:09-	00:13#	02:11#	00:03-	00:36-	00:13#	00:18#

## Beste strekktid for klassen

01:03 01:01 02:45 01:25 01:33 00:55 01:04 01:13 02:45 01:41 00:35 00:19 00:45

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

## D 13-16

1	Anja Hole	FØRDE	21:15										
01:28=	04:03=	05:12=	06:18=	07:09=	10:06=	11:50=	15:00=	15:44=	17:44=	18:44=	19:43=	20:27=	21:15=
01:28=	02:35=	01:09=	01:06=	00:51=	02:57=	01:44=	03:10=	00:44=	02:00=	01:00=	00:59=	00:44=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Bergheim	10	28:00										
01:33+	04:19+	05:27+	07:53+	09:16+	13:00+	15:04+	19:13+	20:43+	22:56+	23:52+	26:40+	27:16+	28:00+
01:33+	02:46+	01:08-	02:26+	01:23+	03:44+	02:04+	04:09+	01:30+	02:13+	00:56-	02:48+	00:36-	00:44-
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## Beste strekktid for klassen

01:28 02:35 01:08 01:06 00:51 02:57 01:44 03:10 00:44 02:00 00:56 00:59 00:36 00:44

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

## D 17

1	Karin Street	HAFSLO	22:54											
01:15=	03:28=	05:49=	08:10=	09:13=	10:47=	12:32=	14:14=	17:25=	18:34=	19:47=	20:39=	21:43=	22:15=	22:54=
01:15=	02:13=	02:21=	02:21=	01:03=	01:34=	01:45=	01:42=	03:11=	01:09=	01:13=	00:52=	01:04=	00:32=	00:39=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Caroline Lindelöv	12	24:33											
01:18+	03:26-	05:57+	08:12+	09:31+	11:31+	14:01+	15:45+	19:05+	19:53+	21:09+	22:00+	23:13+	23:45+	24:33+
01:18+	02:08-	02:31+	02:15-	01:19+	02:00+	02:30+	01:44+	03:20+	00:48-	01:16+	00:51-	01:13+	00:32=	00:48+
00:03+	00:03+	00:03+	00:06=	00:06=	00:26#	00:45#	00:09+	00:21-	00:03+	00:01-	00:09#	00:09#	00:09#	00:09#
3	Tiril Emilie Ruud Bråten	RAUMAR	25:46											
01:12-	03:29+	06:09+	08:36+	09:44+	11:38+	14:09+	16:14+	19:41+	20:35+	21:58+	22:58+	24:24+	25:01+	25:46+
01:12-	02:17+	02:40+	02:27+	01:08+	01:54+	02:31+	02:05+	03:27+	00:54-	01:23+	01:00+	01:26+	00:37+	00:45+
00:03-	00:04-	00:10#	00:05#	00:05#	00:20#	00:46#	00:23#	00:16+	00:15-	00:10#	00:08#	00:22#	00:05#	00:06#
4	Anne Marie Svarstad	9	27:03											
01:33+	04:02+	07:09+	09:19+	10:25+	13:31+	15:58+	17:52+	21:08+	22:11+	23:39+	24:35+	25:38+	26:13+	27:03+
01:33+	02:29+	03:07+	02:10-	01:06+	03:06+	02:27+	01:54+	03:16+	01:03-	01:28+	00:56+	01:03-	00:35+	00:50+
00:18#	00:18#	00:18#	00:11-	00:03+	01:32#	00:42#	00:12#	00:05+	00:06-	00:15#	00:04+	00:01-	00:05#	00:11#
5	Elise Eivenhøy	10	27:33											
01:41+	04:06+	07:34+	10:03+	11:10+	13:30+	15:49+	17:51+	21:28+	22:16+	23:53+	24:51+	26:02+	26:39+	27:33+
01:41+	02:25+	03:28+	02:29+	01:07+	02:20+	02:19+	02:02+	03:37+	00:48-	01:37+	00:58+	01:11+	00:37+	00:54+
00:26#	00:12#	00:10#	00:08#	00:04+	00:46#	00:34#	00:20#	00:26#	00:21-	00:24#	00:06#	00:07#	00:05#	00:15#
6	Kristiane Elise Ottesen	8	28:42											
01:19+	04:01+	06:51+	09:22+	10:35+	12:31+	15:14+	17:13+	21:45+	22:51+	24:34+	25:45+	27:15+	27:52+	28:42+
01:19+	02:42+	02:50+	02:31+	01:13+	01:56+	02:43+	01:59+	04:32+	01:06-	01:43+	01:11+	01:30+	00:37+	00:50+
00:04+	00:22#	00:29#	00:10#	00:10#	00:22#	00:58#	00:27#	01:21#	00:03-	00:30#	00:19#	00:26#	00:05#	00:11#
7	Sølvi Karin Nyberg Bergset	VETEN	37:15											
02:00+	05:19+	08:46+	11:56+	13:12+	16:08+	22:09+	24:58+	29:15+	30:26+	32:31+	33:44+	35:27+	36:16+	37:15+
02:00+	03:19+	03:27+	03:10+	01:16+	02:56+	06:01+	02:49+	04:17+	01:11+	02:05+	01:13+	01:43+	00:49+	00:59+
00:45#	01:06#	01:06#	00:49#	00:13#	01:22#	04:16#	01:07#	01:06#	00:02+	00:52#	00:21#	00:39#	00:17#	00:20#

09.09.2017 17:23:42

Class	Navn	Klasse													Tid
<b>8</b>	<b>Julie Daling</b>	<b>FØRDE</b>													<b>38:57</b>
	02:12+	12:54+	16:20+	19:07+	20:21+	22:30+	25:20+	28:05+	32:53+	33:47+	35:27+	36:17+	37:33+	38:04+	38:57+
	02:12+	10:42+	03:26+	02:47+	01:14+	02:09+	02:50+	02:45+	04:48+	00:54-	01:40+	00:50-	01:16+	00:31-	00:53+
<b>9</b>	<b>Arifa E. Hole</b>	<b>FØRDE</b>													<b>55:14</b>
	00:57&	09:28#	00:00	01:26#	00:11#	00:35&	01:05#	01:05#	01:37&	00:15-	00:27&	00:02-	00:12#	00:00-	00:14&
	02:03+	05:15+	10:39+	13:59+	15:21+	20:18+	28:56+	32:41+	38:24+	39:45+	42:14+	43:40+	53:10+	54:00+	55:14+
	02:03+	03:12+	05:24+	03:20+	01:22+	04:57+	08:38+	03:45+	05:43+	01:21+	02:29+	01:26+	09:30+	00:50+	01:14+
	00:48#	00:51#	01:03#	01:56#	00:19&	03:23@	06:53@	02:03@	02:32&	00:12#	01:16@	00:34&	08:26@	00:18&	00:35&
<b>Beste strekketid for klassen</b>															
	01:12	02:08	02:21	02:10	01:03	01:34	01:45	01:42	03:11	00:48	01:13	00:50	01:03	00:31	00:39

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

## D 50

1	Brita Eilertsen Grønli	FØRDE													59:37
	09:13=	12:48=	14:28=	16:14=	18:24=	24:12=	35:11=	41:29=	42:47=	45:19=	53:11=	56:14=	58:20=	59:37=	
	09:13=	03:35=	01:40=	01:46=	02:10=	05:48=	10:59=	06:18=	01:18=	02:32=	07:52=	03:03=	02:06=	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	00:00	
<b>Beste strekketid for klassen</b>															
	09:13	03:35	01:40	01:46	02:10	05:48	10:59	06:18	01:18	02:32	07:52	03:03	02:06	01:17	

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

## H 10-12

1	Håkon Grønli	FØRDE													12:09
	00:52=	01:26=	03:19=	04:22=	05:55=	06:35=	07:18=	08:17=	09:34=	10:34=	11:01=	11:29=	12:09=		
	00:52=	00:34=	01:53=	01:03=	01:33=	00:40=	00:43=	00:59=	01:17=	01:00=	00:27=	00:28=	00:40=		
<b>2</b>	<b>Peder Nyberg</b>	<b>VE TEN</b>													<b>12:43</b>
	00:00=	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00		
	00:53+	01:40+	03:22+	04:23+	05:34-	06:20-	07:06-	08:05-	10:08+	11:13+	11:39+	12:00+	12:43+		
	00:53+	00:47+	01:42-	01:01-	01:11-	00:46+	00:46+	00:59=	02:03+	01:05+	00:26-	00:21-	00:43+		
<b>3</b>	<b>Anders Scherff Kvalø</b>	<b>FØRDE</b>													<b>15:16</b>
	00:01+	01:28#	02:37#	01:10-	00:32-	00:06#	00:03#	00:03#	00:46&	00:05+	00:01-	00:07-	00:03+		
	00:51-	01:30+	04:17+	05:29+	06:45+	07:40+	08:34+	09:53+	11:56+	13:17+	13:53+	14:23+	15:16+		
	00:51-	00:39+	02:47+	01:12+	01:16-	00:55+	00:54+	01:19+	02:03+	01:21+	00:36+	00:30+	00:53+		
<b>4</b>	<b>Tarjei Tøfte Heimlid</b>	<b>VE TEN</b>													<b>19:23</b>
	00:01-	00:05#	00:56#	00:09#	00:17-	00:15&	00:11#	00:11#	00:46&	00:21&	00:09&	00:02+	00:13&		
	00:55+	02:13+	05:12+	06:26+	07:42+	08:29+	09:21+	10:33+	16:21+	17:46+	18:14+	18:36+	19:23+		
	00:55+	01:18+	02:59+	01:14+	01:16-	00:47+	00:52+	01:12+	05:48+	01:25+	00:28+	00:22-	00:47+		
<b>5</b>	<b>Håkon Ulvedal</b>	<b>VE TEN</b>													<b>24:33</b>
	00:03+	01:46#	01:06#	00:14#	00:17-	00:07#	00:09#	00:11#	04:31@	00:25&	00:01+	00:06-	00:07#		
	01:04+	06:21+	09:17+	10:34+	12:04+	12:48+	13:41+	19:06+	20:38+	21:58+	22:41+	23:33+	24:33+		
	01:04+	05:17+	02:56+	01:17+	01:30-	00:44+	00:53+	05:25+	01:32+	01:20+	00:43+	00:52+	01:00+		
<b>6</b>	<b>Arnar Tøfte Heimlid</b>	<b>VE TEN</b>													<b>33:53</b>
	00:12#	00:43#	00:03#	00:14#	00:03-	00:04+	00:10#	00:20#	00:15#	00:20&	00:16&	00:24&	00:20&		
	01:26+	08:23+	11:19+	12:35+	14:08+	15:32+	17:08+	19:33+	22:40+	24:52+	30:33+	31:08+	33:53+		
	01:26+	06:57+	02:56+	01:16+	01:33=	01:24+	01:36+	02:25+	03:07+	02:12+	05:41+	00:35+	02:45+		
<b>7</b>	<b>Eirik Ulvedal</b>	<b>VE TEN</b>													<b>35:33</b>
	00:34&	00:28#	00:03#	00:13#	00:00=	00:44@	00:53#	00:00#	01:50@	01:12@	05:14@	00:07#	02:05@		
	01:18+	02:34+	06:27+	08:44+	11:32+	12:43+	13:53+	15:44+	19:33+	21:58+	33:48+	34:32+	35:33+		
	01:18+	01:16+	03:53+	02:17+	02:48+	01:11+	01:10+	01:51+	03:49+	02:25+	11:50+	00:44+	01:01+		
	00:26&	00:41#	02:00#	01:16#	01:15&	00:31&	00:27&	00:52&	02:32@	01:25@	11:23@	00:16&	00:21&		
<b>Beste strekketid for klassen</b>															
	00:51	00:34	01:42	01:01	01:11	00:40	00:43	00:59	01:17	01:00	00:26	00:21	00:40		

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

## H 13-16

1	Håkon Aa Albretsen	10													21:32
	01:02=	03:07=	05:17=	07:10=	08:01=	09:50=	12:07=	13:44=	16:25=	17:04=	18:29=	19:14=	20:19=	20:50=	21:32=
	01:02=	02:05=	02:10=	01:53=	00:51=	01:49=	02:17=	01:37=	02:41=	00:39=	01:25=	00:45=	01:05=	00:31=	00:42=
<b>2</b>	<b>Tord Sølberg</b>	<b>VE TEN</b>													<b>21:57</b>
	00:00=	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	
	01:11+	03:21+	05:59+	08:07+	08:57+	10:36+	12:19+	13:45+	17:04+	17:56+	19:22+	20:09+	20:58+	21:22+	21:57+
	01:11+	02:10+	02:38+	02:08+	00:50-	01:39-	01:43-	01:26-	03:19+	00:52+	01:26+	00:47+	00:49-	00:24-	00:35-
	00:09#	00:05+	00:28#	00:15#	00:01-	00:10-	00:34-	00:11-	00:38#	00:13&	00:01+	00:02+	00:16-	00:07-	00:07-

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

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

## H 17

<b>1</b>	<b>Magnus Sandven</b>	<b>10</b>	<b>20:01</b>											
00:52=	02:27=	04:09=	06:32=	08:28=	10:17=	12:16=	13:37=	16:01=	16:33=	17:37=	18:16=	18:57=	19:24=	20:01=
00:52=	01:35=	01:42=	02:23=	01:56=	01:49=	01:59=	01:21=	02:24=	00:32=	01:04=	00:39=	00:41=	00:27=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
01:05+	02:50+	04:59+	07:57+	09:57+	11:56+	13:36+	15:08+	17:35+	18:16+	19:25+	20:04+	20:55+	21:25+	22:01+
01:05+	01:45+	02:09+	02:58+	02:00+	01:59+	01:40-	01:32+	02:27+	00:41+	01:09+	00:39+	00:51+	00:30+	00:36-
00:13#	00:10#	00:27#	00:35#	00:04+	00:10+	00:19#	00:11#	00:03+	00:09#	00:05+	00:00=	00:10#	00:00#	00:01-
01:12+	03:15+	05:04+	08:09+	10:02+	12:12+	13:58+	15:28+	18:20+	19:08+	20:21+	21:05+	21:59+	22:28+	23:11+
01:12+	02:03+	01:49+	03:05+	01:53-	02:10+	01:46-	01:30+	02:52+	00:48+	01:13+	00:44+	00:54+	00:29+	00:43+
00:20#	01:21#	01:07#	00:03-	00:21#	00:13#	00:13#	FØRDE	00:28#	00:16#	00:09#	00:05#	00:13#	00:06#	00:06#
01:13+	03:45+	05:47+	09:10+	11:43+	14:33+	16:26+	18:17+	21:25+	22:00+	23:19+	24:12+	25:03+	25:36+	26:20+
01:13+	02:32+	02:02+	03:23+	02:33+	02:50+	01:53-	01:51+	03:08+	00:35+	01:19+	00:53+	00:51+	00:33+	00:44+
00:21#	00:57#	00:10#	01:00#	00:37#	01:01#	00:06#	00:08#	00:44#	00:03+	00:15#	00:14#	00:10#	00:05#	00:07#
01:52+	03:52+	05:53+	09:16+	11:26+	14:22+	16:31+	18:13+	21:28+	22:02+	24:26+	25:05+	26:34+	27:05+	27:52+
01:52+	02:00+	02:01+	03:23+	02:10+	02:56+	02:09+	01:42+	03:15+	00:34+	02:24+	00:39+	01:29+	00:31+	00:47+
01:00@	00:25#	00:19#	01:00#	00:44#	01:07#	00:10#	00:21#	00:51#	00:02+	01:20@	00:00=	00:48@	00:07#	00:10#
01:29+	04:03+	06:18+	10:08+	12:23+	14:46+	16:50+	18:49+	22:43+	23:44+	25:15+	25:54+	26:53+	27:22+	28:07+
01:29+	02:34+	02:15+	03:50+	02:15+	02:23+	02:04+	01:59+	03:54+	01:01+	01:31+	00:39+	00:59+	00:29+	00:45+
00:37#	00:59#	00:33#	01:17#	00:19#	00:34#	00:05#	00:08#	01:30#	00:29#	00:27#	00:00=	00:18#	00:09+	00:08#
01:41+	04:22+	07:22+	11:42+	15:00+	18:34+	21:16+	23:46+	29:14+	30:11+	32:06+	33:25+	35:02+	35:51+	36:53+
01:41+	02:41+	03:00+	04:20+	03:18+	03:34+	02:42+	02:30+	05:28+	00:57+	01:55+	01:19+	01:37+	00:49+	01:02+
00:49#	01:05#	01:18#	01:57#	01:22#	01:45#	00:43#	01:28#	03:04@	00:25#	00:51#	00:40@	00:56@	00:22#	00:25#
01:22+	09:14+	12:05+	15:48+	18:29+	21:59+	26:23+	28:08+	32:00+	32:45+	34:11+	39:18+	40:43+	41:23+	42:10+
01:22+	07:52+	02:51+	03:43+	02:41+	03:30+	04:24+	01:45+	03:52+	00:45+	01:26+	05:07+	01:25+	00:40+	00:47+
00:30#	06:17#	01:09#	01:20#	00:45#	01:41#	02:25@	00:24#	01:28#	00:13#	00:22#	04:28@	00:44@	00:13#	00:10#
00:52	01:35	01:42	02:23	01:53	01:49	01:40	01:21	02:24	00:32	01:04	00:39	00:41	00:27	00:36

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

## H 50

<b>1</b>	<b>Gunnar Gytri</b>	<b>FØRDE</b>	<b>23:34</b>											
01:12=	03:23=	05:59=	08:02=	08:59=	10:55=	13:54=	15:28=	18:38=	19:19=	20:33=	21:21=	22:20=	22:52=	23:34=
01:12=	02:11=	02:36=	02:03=	00:57=	01:56=	02:59=	01:34=	03:10=	00:41=	01:14=	00:48=	00:59=	00:32=	00:42=
00:00=	00:00=	00:00=	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>Norvald Ospehaug</b>	<b>11</b>	<b>26:35</b>											
01:26+	03:56+	07:05+	09:32+	10:40+	12:49+	15:25+	17:27+	20:57+	21:48+	23:12+	24:12+	25:16+	25:50+	26:35+
01:26+	02:30+	03:09+	02:27+	01:08+	02:09+	02:36-	02:02+	03:30+	00:51+	01:24+	01:00+	01:04+	00:34+	00:45+
00:14#	01:19#	01:32#	00:24#	00:11#	00:13#	00:23#	FØRDE	00:20#	00:10#	00:10#	00:12#	00:05+	00:40#	00:03+
<b>3</b>	<b>Torodd Os</b>	<b>FØRDE</b>	<b>27:19</b>											
01:19+	03:39+	06:13+	08:40+	09:43+	12:27+	16:15+	18:01+	21:26+	22:24+	24:03+	24:57+	26:07+	26:39+	27:19+
01:19+	02:20+	02:34-	02:27+	01:03+	02:44+	03:48+	01:46+	03:25+	00:58+	01:39+	00:54+	01:10+	00:32+	00:40-
00:07+	00:01#	00:03#	00:26#	00:06#	00:04#	00:48&	FØRDE	00:15+	00:17&	00:25&	00:06#	00:11#	00:02#	00:02-
<b>4</b>	<b>Johan Magerøy</b>	<b>FØRDE</b>	<b>28:13</b>											
01:35+	04:38+	08:02+	10:32+	11:41+	13:59+	16:11+	18:10+	21:46+	22:38+	24:14+	25:14+	26:30+	27:23+	28:13+
01:35+	03:03+	03:24+	02:30+	01:09+	02:18+	02:12-	01:59+	03:36+	00:52+	01:36+	01:00+	01:16+	00:53+	00:50+
00:23&	01:52&	00:49&	00:27#	00:12#	00:22#	00:47#	FØRDE	00:26#	00:11&	00:22&	00:12#	00:17&	00:02#	00:08#
<b>5</b>	<b>Harald Hjelbrekke</b>	<b>FØRDE</b>	<b>29:27</b>											
01:17+	03:49+	06:50+	09:01+	10:01+	11:51+	14:00+	15:58+	19:07+	19:56+	21:29+	22:18+	24:14+	28:36+	29:27+
01:17+	02:32+	03:01+	02:11+	01:00+	01:50+	02:09-	01:58+	03:09-	00:49+	01:33+	00:49+	01:56+	04:22+	00:51+
00:05+	00:21#	01:35#	01:09#	00:03+	00:06-	00:50#	11	00:24&	00:01-	00:08#	00:19&	00:01+	00:57&	00:09#
<b>6</b>	<b>Jan Magne Herstad</b>	<b>11</b>	<b>30:31</b>											
01:36+	04:24+	07:43+	09:59+	11:01+	13:38+	16:37+	18:50+	23:39+	24:34+	26:27+	27:23+	28:57+	29:37+	30:31+
01:36+	02:48+	03:19+	02:16+	01:02+	02:37+	02:59=	02:13+	04:49+	00:55+	01:53+	00:56+	01:34+	00:40+	00:54+
00:24&	01:27#	00:43#	00:13#	00:05+	00:41&	00:00#	FØRDE	01:39&	00:14&	00:39&	00:08#	00:35&	00:00#	00:12&
<b>7</b>	<b>Helge Schei</b>	<b>FØRDE</b>	<b>32:31</b>											
01:38+	04:31+	07:59+	10:52+	12:19+	14:44+	18:09+	20:22+	25:01+	26:10+	28:08+	29:17+	30:24+	31:28+	32:31+
01:38+	02:53+	03:28+	02:53+	01:27+	02:25+	03:25+	02:13+	04:39+	01:09+	01:58+	01:09+	01:07+	01:04+	01:03+
00:26&	00:41&	00:50&	00:50&	00:30&	00:29&	00:26#	00:39&	01:29&	00:39&	00:28&	00:44&	00:21&	00:08#	00:32&
<b>Beste strekketid for klassen</b>														
	01:12	02:11	02:34	02:03	00:57	01:50	02:09	01:34	03:09	00:41	01:14	00:48	00:59	00:32
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
<b>N Open</b>														
<b>18</b>	<b>Bjørnar Tøfte Heimlid</b>	<b>VETEN</b>	<b>15:36</b>											
02:01+	03:46+	05:28+	06:21+	07:49+	10:08+	13:04+	13:51+	14:35+	15:36+					
02:01+	01:45+	01:42+	00:53+	01:28+	02:19+	02:56+	00:47+	00:44+	01:01+					
00:01+	00:45#	00:42#	00:50#	01:28#	02:19#	02:56#	00:47#	00:44+	01:01+					
<b>43</b>	<b>Olina Svarstad Heggdal</b>	<b>9</b>	<b>23:01</b>											
02:06+	05:25+	07:56+	09:28+	11:34+	14:38+	20:12+	20:58+	21:43+	23:01+					
02:06+	03:19+	02:31+	01:32+	02:06+	03:04+	05:34+	00:46+	00:45+	01:18+					
00:06+	03:19#	02:31#	01:32#	02:06#	03:04#	05:34#	00:46#	00:45+	01:18+					
<b>44</b>	<b>Jakob Tellvik Husby</b>	<b>10</b>	<b>13:04</b>											
01:12+	02:59+	03:54+	04:47+	05:51+	07:33+	10:38+	11:17+	12:12+	13:04+					
01:12+	01:47+	00:55+	00:53+	01:04+	01:42+	03:05+	00:39+	00:55+	00:52+					
01:12+	01:47#	00:55#	00:53#	01:04#	01:42#	03:05#	00:39#	00:55+	00:52+					
<b>45</b>	<b>Tora Sølberg</b>	<b>VETEN</b>	<b>23:12</b>											
02:16+	05:36+	07:55+	09:41+	11:44+	15:14+	20:09+	21:02+	21:54+	23:12+					
02:16+	03:20+	02:19+	01:46+	02:03+	03:30+	04:55+	00:53+	00:52+	01:18+					
02:16+	03:21#	02:19#	01:46#	02:03#	03:30#	04:55#	00:53#	00:52+	01:18+					
<b>46</b>	<b>Jakob Ulvedal</b>	<b>VETEN</b>	<b>15:36</b>											
02:05+	03:36+	05:22+	06:27+	07:51+	10:12+	12:53+	13:58+	14:38+	15:36+					
02:05+	01:31+	01:46+	01:05+	01:24+	02:21+	02:41+	01:05+	00:40+	00:58+					
02:05+	01:31#	01:46#	01:05#	01:24#	02:21#	02:41#	01:05#	00:40+	00:58+					
<b>47</b>	<b>Teima Nyberg</b>	<b>VETEN</b>	<b>23:16</b>											
02:22+	05:46+	08:01+	10:05+	12:13+	15:20+	20:33+	21:08+	21:58+	23:16+					
02:22+	03:24+	02:15+	02:04+	02:08+	03:07+	05:13+	00:35+	00:50+	01:18+					
02:22+	03:24#	02:15#	02:04#	02:08#	03:07#	05:13#	00:35#	00:50+	01:18+					
<b>48</b>	<b>Torjus Heimlid</b>	<b>VETEN</b>	<b>42:42</b>											
04:12+	09:03+	13:12+	16:54+	20:47+	26:09+	32:22+	36:45+	38:44+	42:42+					
04:12+	04:51+	04:09+	03:42+	03:53+	05:22+	06:13+	04:23+	01:59+	03:58+					
04:12+	04:51#	04:09#	03:42#	03:53#	05:22#	06:13#	04:23#	01:59+	03:58+					
<b>82</b>	<b>Kristian Bergheim</b>	<b>10</b>	<b>13:37</b>											
01:21+	02:54+	03:53+	05:09+	06:35+	08:22+	11:04+	11:58+	12:34+	13:37+					
01:21+	01:33+	00:59+	01:16+	01:26+	01:47+	02:42+	00:54+	00:36+	01:03+					
01:21+	01:33#	00:59#	01:16#	01:26#	01:47#	02:42#	00:54#	00:36+	01:03+					
<b>86</b>	<b>Kevin Neras Teigen</b>	<b>NOTEAM</b>	<b>14:37</b>											
01:08+	02:22+	03:03+	04:14+	05:29+	07:01+	08:59+	09:26+	13:53+	14:37+					
01:08+	01:14+	00:41+	01:11+	01:15+	01:32+	01:58+	00:27+	04:27+	00:44+					
01:08+	01:14#	00:41#	01:11#	01:15#	01:32+	01:58#	00:27#	04:27+	00:44+					
<b>90</b>	<b>Natalie Neras Teigen</b>	<b>NOTEAM</b>	<b>09:38</b>											
01:00+	02:02+	03:05+	03:48+	04:41+	06:06+	07:37+	08:30+	08:52+	09:38+					
01:00+	01:02+	01:03+	00:43+	00:53+	01:25+	01:31+	00:53+	00:22+	00:46+					
01:00+	01:02#	01:03#	00:43#	00:53#	01:25+	01:31+	00:53+	00:22+	00:46+					

**Plass**   **Navn**

**Klasse**

**Tid**

**Beste strekktid for klassen**

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