

1	Sondre Evensen												264	39:04
03:55=	07:26=	10:22=	12:51=	14:49=	24:14=	25:21=	27:36=	32:43=	33:49=	36:24=	38:00=	38:37=	39:04=	
03:55=	03:31=	02:56=	02:29=	01:58=	09:25=	01:07=	02:15=	05:07=	01:06=	02:35=	01:36=	00:37=	00:27=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Håkon O Berrefjord												197	45:28
06:08+	09:11+	12:17+	14:46+	16:42+	27:54+	29:26+	33:05+	38:57+	39:58+	42:45+	44:22+	45:06+	45:28+	
06:08+	03:03-	03:06+	02:29=	01:56-	11:12+	01:32+	03:39+	05:52+	01:01-	02:47+	01:37+	00:44+	00:22-	
02:13&	00:28-	00:10+	00:00=	00:02-	01:47#	00:25&	01:24&	00:45#	00:05-	00:12+	00:01+	00:07#	00:05-	
3	Dan Kristensen												243	46:58
04:08+	07:12-	13:06+	16:49+	18:46+	31:08+	32:25+	35:16+	41:39+	42:25+	44:28+	45:59+	46:34+	46:58+	
04:08+	03:04-	05:54+	03:43+	01:57-	12:22+	01:17+	02:51+	06:23+	00:46-	02:03-	01:31-	00:35-	00:24-	
00:13+	00:27-	02:58@	01:14&	00:01-	02:57&	00:10#	00:36&	01:16#	00:20-	00:32-	00:05-	00:02-	00:03-	
4	Liv Kristin O Berrefjord												197	54:57
05:24+	08:59+	11:58+	14:31+	16:50+	28:38+	30:51+	35:14+	41:57+	47:43+	51:22+	53:38+	54:25+	54:57+	
05:24+	03:35+	02:59+	02:33+	02:19+	11:48+	02:13+	04:23+	06:43+	05:46+	03:39+	02:16+	00:47+	00:32+	
01:29&	00:04+	00:03+	00:04+	00:21#	02:23&	01:06&	02:08&	01:36&	04:40@	01:04&	00:40&	00:10&	00:05#	
5	Ellen Strøm Juliussen												301	1:01:42
09:18+	15:00+	22:05+	25:53+	27:53+	36:45+	38:41+	41:56+	54:34+	55:52+	58:52+	60:39+	61:15+	61:42+	
09:18+	05:42+	07:05+	03:48+	02:00+	08:52-	01:56+	03:15+	12:38+	01:18+	03:00+	01:47+	00:36-	00:27=	
05:23@	02:11&	04:09@	01:19&	00:02+	00:33-	00:49&	01:00&	07:31@	00:12#	00:25#	00:11#	00:01-	00:00=	
6	Benedikte Wiig Bøen												278	1:05:34
04:34+	08:11+	11:33+	13:49+	15:46+	25:52+	27:16+	30:17+	38:46+	40:24+	42:57+	44:41+	45:34+		
04:34+	03:37+	03:22+	02:16-	01:57-	10:06+	01:24+	03:01+	08:29+	01:38+	02:33-	01:44+	00:53+		
00:39#	00:06+	00:26#	00:13-	00:01-	00:41+	00:17&	00:46&	03:22&	00:32&	00:02-	00:08+	00:16&		

Beste strekktid for klassen

03:5503:0302:5602:1601:5608:5201:0702:1505:0700:4602:0301:3100:3500:22

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

Plass	Navn	Klasse	Tid
B			
1	Knut Gjone	301	36:31
01:59= 03:46= 12:43= 13:42= 16:47= 21:09= 24:34= 27:12= 32:32= 35:36= 36:12= 36:31= 01:59= 01:47= 08:57= 00:59= 03:05= 04:22= 03:25= 02:38= 05:20= 03:04= 00:36= 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=			
2	Linnea Evensen	264	49:41
02:12+ 05:31+ 19:27+ 22:19+ 25:19+ 30:59+ 35:04+ 38:11+ 45:57+ 47:51+ 49:13+ 49:41+ 02:12+ 03:19+ 13:56+ 02:52+ 03:00- 05:40+ 04:05+ 03:07+ 07:46+ 01:54- 01:22+ 00:28+ 00:13# 01:32& 04:59& 01:53@ 00:05- 01:18& 00:40# 00:29# 02:26& 01:10- 00:46@ 00:09&			
3	Jon Lars Hovdejord	NOTEAM	51:55
02:22+ 04:45+ 14:02+ 15:29+ 18:57+ 28:01+ 42:34+ 45:02+ 49:04+ 50:29+ 51:24+ 02:22+ 02:23+ 09:17+ 01:27+ 03:28+ 09:04+ 14:33+ 02:28- 04:02- 01:25- 00:55+ 00:23# 00:36& 00:20+ 00:28& 00:23# 04:42@ 11:08@ 00:10- 01:18- 01:39- 00:19&			
4	Kristin Johansson	111	53:27
02:37+ 05:14+ 17:08+ 23:19+ 27:35+ 33:33+ 40:45+ 43:37+ 49:11+ 50:59+ 52:47+ 53:27+ 02:37+ 02:37+ 11:54+ 06:11+ 04:16+ 05:58+ 07:12+ 02:52+ 05:34+ 01:48- 01:48+ 00:40+ 00:38& 00:50& 02:57& 05:12@ 01:11& 01:36& 03:47@ 00:14+ 00:14+ 01:16- 01:12@ 00:21@			
5	Odd Egil Frogner	264	1:15:06
03:27+ 07:24+ 20:40+ 24:05+ 27:55+ 39:39+ 56:43+ 62:09+ 69:08+ 72:07+ 73:46+ 75:06+ 03:27+ 03:57+ 13:16+ 03:25+ 03:50+ 11:44+ 17:04+ 05:26+ 06:59+ 02:59- 01:39+ 01:20+ 01:28& 02:10@ 04:19& 02:26@ 00:45# 07:22@ 13:39@ 02:48@ 01:39& 00:05- 01:03@ 01:01@			
Beste strekktid for klassen			
01:59 01:47 08:57 00:59 03:00 04:22 03:25 02:28 04:02 01:25 00:36 00:19			

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

Plass	Navn	Klasse	Tid
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C

1	Hans Gøran Bjørk									301	38:07
03:29=	08:31=	16:24=	22:16=	28:25=	33:19=	34:59=	36:12=	37:25=	38:07=		
03:29=	05:02=	07:53=	05:52=	06:09=	04:54=	01:40=	01:13=	01:13=	00:42=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

2	Sigrun Gjone									301	51:51
03:59+	11:13+	26:30+	32:12+	38:31+	47:03+	49:06+	50:07+	51:11+	51:51+		
03:59+	07:14+	15:17+	05:42-	06:19+	08:32+	02:03+	01:01-	01:04-	00:40-		
00:30#	02:12&	07:24&	00:10-	00:10+	03:38&	00:23#	00:12-	00:09-	00:02-		

Beste strekktid for klassen

03:29 05:02 07:53 05:42 06:09 04:54 01:40 01:01 01:04 00:40

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

Plass	Navn	Klasse	Tid
D -10			
374	Ingvild Ringheim	198	17:23
01:17+	02:55+ 04:27+ 07:35+ 08:20+ 11:15+ 12:35+ 15:11+ 15:54+ 16:58+ 17:23+		
01:17+	01:38+ 01:32+ 03:08+ 00:45+ 02:55+ 01:20+ 02:36+ 00:43+ 01:04+ 00:25+		
01:17+	01:38+ 01:32+ 03:08+ 00:45+ 02:55+ 01:20+ 02:36+ 00:43+ 01:04+ 00:25+		
375	Anna Strøm Juliussen	301	15:50
00:47+	01:51+ 03:15+ 06:02+ 06:48+ 09:47+ 11:13+ 13:33+ 14:33+ 15:24+ 15:50+		
00:47+	01:04+ 01:24+ 02:47+ 00:46+ 02:59+ 01:26+ 02:20+ 01:00+ 00:51+ 00:26+		
00:47+	01:04+ 01:24+ 02:47+ 00:46+ 02:59+ 01:26+ 02:20+ 01:00+ 00:51+ 00:26+		
376	Maja Kristensen	243	34:19
02:02+	07:23+ 10:56+ 17:34+ 18:27+ 23:35+ 25:07+ 31:04+ 31:59+ 33:50+ 34:19+		
02:02+	05:21+ 03:33+ 06:38+ 00:53+ 05:08+ 01:32+ 05:57+ 00:55+ 01:51+ 00:29+		
02:02+	05:21+ 03:33+ 06:38+ 00:53+ 05:08+ 01:32+ 05:57+ 00:55+ 01:51+ 00:29+		
377	Amalie Myrvold Skovlyst	184	20:19
01:01+	03:09+ 04:42+ 07:36+ 08:31+ 13:30+ 15:01+ 17:54+ 18:40+ 19:49+ 20:19+		
01:01+	02:08+ 01:33+ 02:54+ 00:55+ 04:59+ 01:31+ 02:53+ 00:46+ 01:09+ 00:30+		
01:01+	02:08+ 01:33+ 02:54+ 00:55+ 04:59+ 01:31+ 02:53+ 00:46+ 01:09+ 00:30+		

Beste strekktid for klassen

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

Plass	Navn	Klasse	Tid
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D 11-12

1	Pernille Zagar	198	33:02
02:25=	06:54= 13:00= 18:15= 23:59= 28:34= 29:48= 30:32= 32:39= 33:02=		
02:25=	04:29= 06:06= 05:15= 05:44= 04:35= 01:14= 00:44= 02:07= 00:23=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Thelma Brathagen	198	37:07
02:27+	06:04- 12:44- 22:39+ 27:56+ 32:38+ 33:47+ 34:28+ 36:42+ 37:07+		
02:27+	03:37- 06:40+ 09:55+ 05:17- 04:42+ 01:09- 00:41- 02:14+ 00:25+		
00:02+	00:52- 00:34+ 04:40& 00:27- 00:07+ 00:05- 00:03- 00:07+ 00:02+		

3	Daniella Gjone	301	38:13
02:28+	06:18- 15:38+ 20:01+ 30:26+ 34:09+ 36:26+ 37:07+ 37:51+ 38:13+		
02:28+	03:50- 09:20+ 04:23- 10:25+ 03:43- 02:17+ 00:41- 00:44- 00:22-		
00:03+	00:39- 03:14& 00:52- 04:41& 00:52- 01:03& 00:03- 01:23- 00:01-		

4	Annika van Raaij	111	38:24
04:54+	08:14+ 22:27+ 25:53+ 31:33+ 35:05+ 36:31+ 37:08+ 38:02+ 38:24+		
04:54+	03:20- 14:13+ 03:26- 05:40- 03:32- 01:26+ 00:37- 00:54- 00:22-		
02:29@	01:09- 08:07@ 01:49- 00:04- 01:03- 00:12# 00:07- 01:13- 00:01-		

5	Wilma Evensen	264	43:03
09:58+	13:06+ 19:54+ 25:54+ 33:39+ 38:47+ 40:52+ 41:31+ 42:26+ 43:03+		
09:58+	03:08- 06:48+ 06:00+ 07:45+ 05:08+ 02:05+ 00:39- 00:55- 00:37+		
07:33@	01:21- 00:42# 00:45# 02:01& 00:33# 00:51& 00:05- 01:12- 00:14&		

Beste strekktid for klassen

02:25 03:08 06:06 03:26 05:17 03:32 01:09 00:37 00:44 00:22

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

Plass	Navn	Klasse	Tid
D 13-14			
1	Mathea Gløersen	264	24:30
01:12= 02:28= 09:44= 10:44= 12:14= 15:00= 17:20= 20:03= 22:27= 23:30= 24:07= 24:30= 01:12= 01:16= 07:16= 01:00= 01:30= 02:46= 02:20= 02:43= 02:24= 01:03= 00:37= 00:23= 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	Synne Sandven	243	27:36
01:27+ 02:38+ 08:57- 10:04- 11:48- 14:56- 21:24+ 23:09+ 25:38+ 26:37+ 27:13+ 27:36+ 01:27+ 01:11- 06:19- 01:07+ 01:44+ 03:08+ 06:28+ 01:45- 02:29+ 00:59- 00:36- 00:23= 00:15# 00:05- 00:57- 00:07# 00:14# 00:22# 04:08@ 00:58- 00:05+ 00:04- 00:01- 00:00=			
3	Maria Grovan	264	32:56
01:46+ 03:45+ 11:01+ 12:30+ 15:07+ 19:04+ 24:49+ 27:24+ 30:15+ 31:46+ 32:29+ 32:56+ 01:46+ 01:59+ 07:16= 01:29+ 02:37+ 03:57+ 05:45+ 02:35- 02:51+ 01:31+ 00:43+ 00:27+ 00:34& 00:43& 00:00= 00:29& 01:07& 01:11& 03:25@ 00:08- 00:27# 00:28& 00:06# 00:04#			
4	Ingeborg Hovdejord	243	35:46
02:09+ 03:38+ 12:51+ 14:08+ 15:51+ 26:10+ 29:06+ 31:19+ 33:45+ 34:48+ 35:22+ 35:46+ 02:09+ 01:29+ 09:13+ 01:17+ 01:43+ 10:19+ 02:56+ 02:13- 02:26+ 01:03= 00:34- 00:24+ 00:57& 00:13# 01:57& 00:17& 00:13# 07:33@ 00:36& 00:30- 00:02+ 00:00= 00:03- 00:01+			
5	Iiril Ringheim	198	40:41
01:51+ 03:59+ 11:04+ 12:36+ 15:32+ 19:36+ 29:24+ 33:14+ 38:04+ 39:15+ 40:20+ 40:41+ 01:51+ 02:08+ 07:05- 01:32+ 02:56+ 04:04+ 09:48+ 03:50+ 04:50+ 01:11+ 01:05+ 00:21- 00:39& 00:52& 00:11- 00:32& 01:26& 01:18& 07:28@ 01:07& 02:26@ 00:08# 00:28& 00:02-			
6	Agathe Brathagen	198	40:48
04:08+ 05:55+ 13:04+ 14:56+ 19:34+ 23:42+ 33:12+ 36:17+ 38:40+ 39:47+ 40:26+ 40:48+ 04:08+ 01:47+ 07:09- 01:52+ 04:38+ 04:08+ 09:30+ 03:05+ 02:23- 01:07+ 00:39+ 00:22- 02:56@ 00:31& 00:07- 00:52& 03:08@ 01:22& 07:10@ 00:22# 00:01- 00:04+ 00:02+ 00:01-			
7	Marlene Skramdal	111	43:37
02:20+ 04:13+ 13:08+ 15:08+ 18:04+ 23:40+ 32:11+ 35:16+ 40:50+ 42:25+ 43:11+ 43:37+ 02:20+ 01:53+ 08:55+ 02:00+ 02:56+ 05:36+ 08:31+ 03:05+ 05:34+ 01:35+ 00:46+ 00:26+ 01:08& 00:37& 01:39# 01:00& 01:26& 02:50@ 06:11@ 00:22# 03:10@ 00:32& 00:09# 00:03#			
Beste strekktid for klassen			
01:12 01:11 06:19 01:00 01:30 02:46 02:20 01:45 02:23 00:59 00:34 00:21			

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

D 13-16N

1	Linn Strøm										301	21:10
01:06=	02:43=	04:30=	08:45=	09:40=	13:38=	15:20=	18:41=	19:30=	20:40=	21:10=		
01:06=	01:37=	01:47=	04:15=	00:55=	03:58=	01:42=	03:21=	00:49=	01:10=	00:30=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Beste strekktid for klassen

01:06	01:37	01:47	04:15	00:55	03:58	01:42	03:21	00:49	01:10	00:30
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse										Tid			
D 15-16															
1	Kristin Melby Jacobsen	197										35:56			
04:39=	07:12=	09:40=	11:42=	13:22=	22:32=	23:31=	25:17=	30:11=	31:03=	33:04=	34:52=	35:29=	35:56=		
04:39=	02:33=	02:28=	02:02=	01:40=	09:10=	00:59=	01:46=	04:54=	00:52=	02:01=	01:48=	00:37=	00:27=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Une Holtermann	278										38:58			
08:51+	11:33+	14:20+	16:28+	18:03+	25:46+	26:40+	29:35+	33:59+	34:51+	36:41+	38:09+	38:39+	38:58+		
08:51+	02:42+	02:47+	02:08+	01:35-	07:43-	00:54-	02:55+	04:24-	00:52=	01:50-	01:28-	00:30-	00:19-		
04:12&	00:09+	00:19#	00:06+	00:05-	01:27-	00:05-	01:09&	00:30-	00:00=	00:11-	00:20-	00:07-	00:08-		
3	Eline Schjerven	197										41:28			
04:39=	08:02+	10:39+	13:03+	15:01+	24:36+	25:54+	28:21+	33:50+	35:09+	39:04+	40:30+	41:07+	41:28+		
04:39=	03:23+	02:37+	02:24+	01:58+	09:35+	01:18+	02:27+	05:29+	01:19+	03:55+	01:26-	00:37=	00:21-		
00:00=	00:50&	00:09+	00:22#	00:18#	00:25+	00:19&	00:41&	00:35#	00:27&	01:54&	00:22-	00:00=	00:06-		
4	Emma Engehult	243										43:44			
04:52+	09:36+	12:45+	15:13+	17:10+	26:56+	28:13+	30:42+	36:37+	38:15+	41:03+	42:45+	43:21+	43:44+		
04:52+	04:44+	03:09+	02:28+	01:57+	09:46+	01:17+	02:29+	05:55+	01:38+	02:48+	01:42-	00:36-	00:23-		
00:13+	02:11&	00:41&	00:26#	00:17#	00:36+	00:18&	00:43&	01:01#	00:46&	00:47&	00:06-	00:01-	00:04-		
5	Mina Schjerven	197										44:32			
04:01-	08:16+	10:53+	12:49+	14:42+	24:48+	26:01+	28:55+	37:25+	38:39+	42:06+	43:37+	44:10+	44:32+		
04:01-	04:15+	02:37+	01:56-	01:53+	10:06+	01:13+	02:54+	08:30+	01:14+	03:27+	01:31-	00:33-	00:22-		
00:38-	01:42&	00:09+	00:06-	00:13#	00:56#	00:14#	01:08&	03:36&	00:22&	01:26&	00:17-	00:04-	00:05-		
6	Ingrid Mobrâthen	46										45:54			
04:08-	07:09-	11:33+	15:04+	16:54+	26:49+	27:47+	31:42+	38:40+	40:06+	42:25+	44:50+	45:28+	45:54+		
04:08-	03:01+	04:24+	03:31+	01:50+	09:55+	00:58-	03:55+	06:58+	01:26+	02:19+	02:25+	00:38+	00:26-		
00:31-	00:28#	01:56&	01:29&	00:10+	00:45+	00:01-	02:09@	02:04&	00:34&	00:18#	00:37&	00:01+	00:01-		
7	Anine Kjørholt Lie	278										46:33			
04:22-	13:16+	16:02+	18:07+	19:59+	29:22+	30:25+	33:37+	39:20+	40:41+	43:56+	45:38+	46:12+	46:33+		
04:22-	08:54+	02:46+	02:05+	01:52+	09:23+	01:03+	03:12+	05:43+	01:21+	03:15+	01:42-	00:34-	00:21-		
00:17-	06:21@	00:18#	00:03+	00:12#	00:13+	00:04+	01:26&	00:49#	00:29&	01:14&	00:06-	00:03-	00:06-		
8	Ida Sofie Hjortland	198										46:51			
04:50+	08:28+	12:24+	14:46+	17:20+	29:49+	31:06+	33:37+	39:49+	41:13+	43:59+	45:43+	46:23+	46:51+		
04:50+	03:38+	03:56+	02:22+	02:34+	12:29+	01:17+	02:31+	06:12+	01:24+	02:46+	01:44-	00:40+	00:28+		
00:11+	01:05&	01:28&	00:20#	00:54&	03:19&	00:18&	00:45&	01:18&	00:32&	00:45&	00:04-	00:03+	00:01+		
9	Lerke Hjelseth	264										52:59			
05:36+	09:26+	12:49+	19:56+	21:59+	32:49+	34:37+	36:58+	44:56+	46:18+	49:52+	51:42+	52:26+	52:59+		
05:36+	03:50+	03:23+	07:07+	02:03+	10:50+	01:48+	02:21+	07:58+	01:22+	03:34+	01:50+	00:44+	00:33+		
00:57#	01:17&	00:55&	05:05@	00:23#	01:40#	00:49&	00:35&	03:04&	00:30&	01:33&	00:02+	00:07#	00:06#		
10	Mari Loftesnes Kaupang	264										53:43			
05:28+	09:18+	16:35+	19:17+	22:15+	32:23+	34:10+	36:41+	46:04+	47:22+	50:50+	52:40+	53:20+	53:43+		
05:28+	03:50+	07:17+	02:42+	02:58+	10:08+	01:47+	02:31+	09:23+	01:18+	03:28+	01:50+	00:40+	00:23-		
00:49#	01:17&	04:49@	00:40&	01:18&	00:58#	00:48&	00:45&	04:29&	00:26&	01:27&	00:02+	00:03+	00:04-		
11	Maria Gammelsæter Mehammer	278										53:53			
08:37+	15:01+	18:41+	21:46+	24:03+	34:46+	36:48+	40:03+	47:18+	48:32+	50:53+	52:46+	53:31+	53:53+		
08:37+	06:24+	03:40+	03:05+	02:17+	10:43+	02:02+	03:15+	07:15+	01:14+	02:21+	01:53+	00:45+	00:22-		
03:58&	03:51@	01:12&	01:03&	00:37&	01:33#	01:03@	01:29&	02:21&	00:22&	00:20#	00:05+	00:08#	00:05-		
12	Gjendine Gjelstad Rebård	301										1:04:10			
10:44+	14:05+	17:13+	19:37+	21:40+	33:34+	36:27+	39:24+	48:22+	49:39+	60:59+	63:03+	63:47+	64:10+		
10:44+	03:21+	03:08+	02:24+	02:03+	11:54+	02:53+	02:57+	08:58+	01:17+	11:20+	02:04+	00:44+	00:23-		
06:05@	00:48&	00:40&	00:22#	00:23#	02:44&	01:54@	01:11&	04:04&	00:25&	09:19@	00:16#	00:07#	00:04-		
Beste strekktid for klassen															
04:01	02:33	02:28	01:56	01:35	07:43	00:54	01:46	04:24	00:52	01:50	01:26	00:30	00:19		

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

Plass	Navn	Klasse										Tid				
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D 17-18

1	Hanne Vassend	278	39:19													
06:31=	09:44=	10:34=	13:04=	15:03=	16:45=	24:38=	25:50=	27:31=	32:55=	33:55=	36:16=	37:22=	38:23=	38:57=	39:19=	
06:31=	03:13=	00:50=	02:30=	01:59=	01:42=	07:53=	01:12=	01:41=	05:24=	01:00=	02:21=	01:06=	01:01=	00:34=	00:22=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Elise Aussen	278	44:17													
07:07+	10:43+	11:42+	14:52+	17:20+	19:11+	28:13+	29:23+	31:33+	37:01+	38:05+	41:15+	42:06+	43:18+	43:53+	44:17+	
07:07+	03:36+	00:59+	03:10+	02:28+	01:51+	09:02+	01:10-	02:10+	05:28+	01:04+	03:10+	00:51-	01:12+	00:35+	00:24+	
00:36+	00:23#	00:09#	00:40&	00:29#	00:09+	01:09#	00:02-	00:29&	00:04+	00:04+	00:49&	00:15-	00:11#	00:01+	00:02+	
3	Anne Omholt Berrefjord	197	47:49													
05:39-	10:27+	11:23+	13:49+	16:25+	21:11+	31:12+	32:54+	34:54+	40:57+	42:14+	44:28+	45:43+	46:51+	47:25+	47:49+	
05:39-	04:48+	00:56+	02:26-	02:36+	04:46+	10:01+	01:42+	02:00+	06:03+	01:17+	02:14-	01:15+	01:08+	00:34=	00:24+	
00:52-	01:35&	00:06#	00:04-	00:37&	03:04@	02:08&	00:30&	00:19#	00:39#	00:17&	00:07-	00:09#	00:07#	00:00=	00:02+	
4	Maren Norderud	163	51:42													
09:41+	13:40+	14:49+	17:52+	20:31+	22:26+	31:47+	32:55+	35:33+	42:02+	43:35+	45:57+	47:04+	48:32+	51:17+	51:42+	
09:41+	03:59+	01:09+	03:03+	02:39+	01:55+	09:21+	01:08-	02:38+	06:29+	01:33+	02:22+	01:07+	01:28+	02:45+	00:25+	
03:10&	00:46#	00:19&	00:33#	00:40&	00:13#	01:28#	00:04-	00:57&	01:05#	00:33&	00:01+	00:01+	00:27&	02:11@	00:03#	
5	Amanda Skyttersæter Saugerud	185	57:24													
07:54+	13:43+	14:51+	20:59+	24:16+	26:24+	37:22+	38:38+	42:40+	50:32+	51:43+	54:07+	55:09+	56:23+	57:04+	57:24+	
07:54+	05:49+	01:08+	06:08+	03:17+	02:08+	10:58+	01:16+	04:02+	07:52+	01:11+	02:24+	01:02-	01:14+	00:41+	00:20-	
01:23#	02:36&	00:18&	03:38@	01:18&	00:26&	03:05&	00:04+	02:21@	02:28&	00:11#	00:03+	00:04-	00:13#	00:07#	00:02-	
6	Julie Eikeland	264	1:02:25													
09:07+	14:17+	15:37+	23:44+	27:35+	29:54+	41:52+	43:17+	46:04+	55:02+	56:24+	58:57+	60:10+	61:23+	62:00+	62:25+	
09:07+	05:10+	01:20+	08:07+	03:51+	02:19+	11:58+	01:25+	02:47+	08:58+	01:22+	02:33+	01:13+	01:13+	00:37+	00:25+	
02:36&	01:57&	00:30&	05:37@	01:52&	00:37&	04:05&	00:13#	01:06&	03:34&	00:22&	00:12+	00:07#	00:12#	00:03+	00:03#	
Beste strekktid for klassen																
05:39	03:13	00:50	02:26	01:59	01:42	07:53	01:08	01:41	05:24	01:00	02:14	00:51	01:01	00:34	00:20	

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

Plass	Navn	Klasse	Tid
D 17-C			
1	Eirunn Hiis	328	29:44
	02:39= 08:04= 13:47= 17:49= 23:23= 26:43= 27:57= 28:34= 29:16= 29:44=		
	02:39= 05:25= 05:43= 04:02= 05:34= 03:20= 01:14= 00:37= 00:42= 00:28=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	May-Britt Skramdal	111	36:14
	03:20+ 09:04+ 17:09+ 22:35+ 28:41+ 32:36+ 34:05+ 34:44+ 35:38+ 36:14+		
	03:20+ 05:44+ 08:05+ 05:26+ 06:06+ 03:55+ 01:29+ 00:39+ 00:54+ 00:36+		
	00:41& 00:19+ 02:22& 01:24& 00:32+ 00:35# 00:15# 00:02+ 00:12& 00:08&		
3	Else Stordal	264	37:41
	04:26+ 10:24+ 17:57+ 23:29+ 29:40+ 33:35+ 35:16+ 36:00+ 36:56+ 37:41+		
	04:26+ 05:58+ 07:33+ 05:32+ 06:11+ 03:55+ 01:41+ 00:44+ 00:56+ 00:45+		
	01:47& 00:33# 01:50& 01:30& 00:37# 00:35# 00:27& 00:07# 00:14& 00:17&		
4	Kari Berg	198	54:24
	05:44+ 12:39+ 23:59+ 30:13+ 40:35+ 46:25+ 49:13+ 51:31+ 53:15+ 54:24+		
	05:44+ 06:55+ 11:20+ 06:14+ 10:22+ 05:50+ 02:48+ 02:18+ 01:44+ 01:09+		
	03:05@ 01:30& 05:37& 02:12& 04:48& 02:30& 01:34@ 01:41@ 01:02@ 00:41@		
Beste strekktid for klassen			
	02:39 05:25 05:43 04:02 05:34 03:20 01:14 00:37 00:42 00:28		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			

D 19-20

1	Tilla Farnes Hennum				26	35:11									
05:20=	08:54=	09:57=	12:26=	14:23=	16:00=	23:35=	24:29=	26:23=	30:16=	31:05=	32:37=	33:34=	34:25=	34:52=	35:11=
05:20=	03:34=	01:03=	02:29=	01:57=	01:37=	07:35=	00:54=	01:54=	03:53=	00:49=	01:32=	00:57=	00:51=	00:27=	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=	00:00=
2	Emilie Westin				245	43:35									
07:44+	11:08+	12:05+	14:29+	16:39+	18:39+	26:49+	28:11+	30:29+	36:21+	37:25+	39:54+	41:07+	42:18+	43:08+	43:35+
07:44+	03:24-	00:57-	02:24-	02:10+	02:00+	08:10+	01:22+	02:18+	05:52+	01:04+	02:29+	01:13+	01:11+	00:50+	00:27+
02:24&	00:10-	00:06-	00:05-	00:13#	00:23#	00:35+	00:28&	00:24#	01:59&	00:15&	00:57&	00:16&	00:20&	00:23&	00:08&
3	Camilla L. Rosenvold				278	44:57									
07:22+	11:22+	12:29+	15:17+	17:37+	19:34+	28:13+	29:30+	31:30+	37:08+	38:15+	41:24+	42:29+	43:45+	44:28+	44:57+
07:22+	04:00+	01:07+	02:48+	02:20+	01:57+	08:39+	01:17+	02:00+	05:38+	01:07+	03:09+	01:05+	01:16+	00:43+	00:29+
02:02&	00:26#	00:04+	00:19#	00:23#	00:20#	01:04#	00:23&	00:06+	01:45&	00:18&	01:37@	00:08#	00:25&	00:16&	00:10&
Beste strekktid for klassen															
05:20	03:24	00:57	02:24	01:57	01:37	07:35	00:54	01:54	03:53	00:49	01:32	00:57	00:51	00:27	00:19

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

Plass	Navn					Klasse					Tid					
D 21-																
1	Kari Christiansen					301					36:39					
05:40=	08:36=	09:33=	12:08=	14:02=	15:40=	23:12=	24:14=	26:47=	30:44=	31:38=	33:35=	34:33=	35:36=	36:14=	36:39=	
05:40=	02:56=	00:57=	02:35=	01:54=	01:38=	07:32=	01:02=	02:33=	03:57=	00:54=	01:57=	00:58=	01:03=	00:38=	00:25=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Live Bredholt Jørgensen					244					40:07					
05:58+	10:02+	11:39+	15:06+	17:13+	18:57+	26:12+	27:12+	29:38+	34:00+	35:00+	37:08+	38:01+	39:03+	39:40+	40:07+	
05:58+	04:04+	01:37+	03:27+	02:07+	01:44+	07:15-	01:00-	02:26-	04:22+	01:00+	02:08+	00:53-	01:02-	00:37-	00:27+	
00:18+	01:08&	00:40&	00:52&	00:13#	00:06+	00:17-	00:02-	00:07-	00:25#	00:06#	00:11+	00:05-	00:01-	00:01-	00:02+	
3	Tonje Rasmussen					264					42:30					
07:20+	11:57+	13:12+	15:44+	17:44+	19:57+	27:57+	29:20+	31:46+	36:08+	37:12+	39:27+	40:21+	41:26+	42:03+	42:30+	
07:20+	04:37+	01:15+	02:32-	02:00+	02:13+	08:00+	01:23+	02:26-	04:22+	01:04+	02:15+	00:54-	01:05+	00:37-	00:27+	
01:40&	01:41&	00:18&	00:03-	00:06+	00:35&	00:28+	00:21&	00:07-	00:25#	00:10#	00:18#	00:04-	00:02+	00:01-	00:02+	
4	Elin Bjerva					198					42:35					
06:41+	10:24+	11:25+	13:58+	16:12+	18:09+	27:23+	28:29+	30:29+	35:39+	36:37+	38:46+	40:03+	41:18+	42:02+	42:35+	
06:41+	03:43+	01:01+	02:33-	02:14+	01:57+	09:14+	01:06+	02:00-	05:10+	00:58+	02:09+	01:17+	01:15+	00:44+	00:33+	
01:01#	00:47&	00:04+	00:02-	00:20#	00:19#	01:42#	00:04+	00:33-	01:13&	00:04+	00:12#	00:19&	00:12#	00:06#	00:08&	
5	Ingrid Undstad					198					44:26					
06:41+	12:00+	12:44+	18:09+	20:06+	21:32+	29:49+	32:04+	33:02+	34:31+	38:57+	39:44+	41:35+	42:26+	43:27+	44:02+	44:26+
06:41+	05:19+	00:44-	05:25+	01:57+	01:26-	08:17+	02:15+	00:58-	01:29-	04:26+	00:47-	01:51+	00:51-	01:01+	00:35+	00:24+
01:01#	02:23&	00:13-	02:50@	00:03+	00:12-	00:45+	01:13@	01:35-	02:28-	03:32@	01:10-	00:53&	00:12-	00:23&	00:10&	00:24+
6	Jannicke Ødegård					264					44:35					
06:06+	09:42+	11:44+	15:00+	17:20+	19:21+	28:47+	29:59+	32:03+	37:10+	38:17+	41:08+	42:05+	43:27+	44:07+	44:35+	
06:06+	03:36+	02:02+	03:16+	02:20+	02:01+	09:26+	01:12+	02:04-	05:07+	01:07+	02:51+	00:57-	01:22+	00:40+	00:28+	
00:26+	00:40#	01:05@	00:41&	00:26#	00:23#	01:54&	00:10#	00:29-	01:10&	00:13#	00:54&	00:01-	00:19&	00:02+	00:03#	
7	Maja Fjellstad Knutsen					278					45:30					
06:32+	10:02+	11:26+	14:41+	17:13+	18:59+	26:41+	29:11+	31:44+	37:30+	38:53+	41:55+	43:11+	44:24+	45:02+	45:30+	
06:32+	03:30+	01:24+	03:15+	02:32+	01:46+	07:42+	02:30+	02:33=	05:46+	01:23+	03:02+	01:16+	01:13+	00:38=	00:28+	
00:52#	00:34#	00:27&	00:40&	00:38&	00:08+	00:10+	01:28@	00:00=	01:49&	00:29&	01:05&	00:18&	00:10#	00:00=	00:03#	
8	Kjersti Adéla Westin					278					45:48					
07:38+	11:31+	12:31+	15:15+	17:27+	19:33+	29:28+	30:41+	32:45+	38:33+	40:07+	42:17+	43:25+	44:35+	45:18+	45:48+	
07:38+	03:53+	01:00+	02:44+	02:12+	02:06+	09:55+	01:13+	02:04-	05:48+	01:34+	02:10+	01:08+	01:10+	00:43+	00:30+	
01:58&	00:57&	00:03+	00:09+	00:18#	00:28&	02:23&	00:11#	00:29-	01:51&	00:40&	00:13#	00:10#	00:07#	00:05#	00:05#	
9	Kristine Ausen					244					46:22					
07:50+	12:58+	14:23+	17:21+	19:57+	21:46+	30:42+	31:55+	33:53+	39:20+	40:15+	43:16+	44:12+	45:17+	45:57+	46:22+	
07:50+	05:08+	01:25+	02:58+	02:36+	01:49+	08:56+	01:13+	01:58-	05:27+	00:55+	03:01+	00:56-	01:05+	00:40+	00:25=	
02:10&	02:12&	00:28&	00:23#	00:42&	00:11#	01:24#	00:11#	00:35-	01:30&	00:01+	01:04&	00:02-	00:02+	00:02+	00:00=	
10	Linn Verde Thon					133					46:28					
06:40+	10:09+	11:09+	16:32+	19:19+	21:17+	30:16+	31:33+	33:31+	38:58+	40:02+	42:17+	43:41+	45:14+	45:57+	46:28+	
06:40+	03:29+	01:00+	05:23+	02:47+	01:58+	08:59+	01:17+	01:58-	05:27+	01:04+	02:15+	01:24+	01:33+	00:43+	00:31+	
01:00#	00:33#	00:03+	02:48@	00:53&	00:20#	01:27#	00:15#	00:35-	01:30&	00:10#	00:18#	00:26&	00:30&	00:05#	00:06#	
11	Julie Hjortland					244					50:42					
06:58+	11:41+	14:33+	17:24+	19:31+	21:36+	31:42+	32:45+	35:52+	43:45+	44:54+	47:41+	48:34+	49:36+	50:15+	50:42+	
06:58+	04:43+	02:52+	02:51+	02:07+	02:05+	10:06+	01:03+	03:07+	07:53+	01:09+	02:47+	00:53-	01:02-	00:39+	00:27+	
01:18#	01:47&	01:55@	00:16#	00:13#	00:27&	02:34&	00:01+	00:34#	03:56&	00:15&	00:50&	00:05-	00:01-	00:01+	00:02+	
Beste strekktid for klassen																
05:40	02:56	00:44	02:32	01:54	01:26	07:15	01:00	00:58	01:29	00:54	00:47	00:53	00:51	00:37	00:25	

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

Plass	Navn				Klasse				Tid			
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D 40-

1	Ragnhild Myrvold Skovlyst												184		36:25					
05:52=	08:55=	09:49=	12:27=	14:40=	16:20=	23:30=	24:30=	25:57=	30:45=	31:44=	33:32=	34:29=	35:27=	36:01=	36:25=					
05:52=	03:03=	00:54=	02:38=	02:13=	01:40=	07:10=	01:00=	01:27=	04:48=	00:59=	01:48=	00:57=	00:58=	00:34=	00:24=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Liv Schjerven												197		50:15					
06:35+	11:29+	12:41+	17:38+	20:18+	22:36+	32:18+	33:35+	35:58+	42:56+	44:03+	46:35+	47:40+	48:56+	49:41+	50:15+					
06:35+	04:54+	01:12+	04:57+	02:40+	02:18+	09:42+	01:17+	02:23+	06:58+	01:07+	02:32+	01:05+	01:16+	00:45+	00:34+					
00:43#	01:51&	00:18&	02:19&	00:27#	00:38&	02:32&	00:17&	00:56&	02:10&	00:08#	00:44&	00:08#	00:18&	00:11&	00:10&					
3	Lene Loftesnes												264		54:30					
07:50+	11:58+	13:30+	16:36+	19:15+	22:10+	32:38+	34:18+	36:39+	46:10+	47:48+	50:49+	52:02+	53:22+	54:02+	54:30+					
07:50+	04:08+	01:32+	03:06+	02:39+	02:55+	10:28+	01:40+	02:21+	09:31+	01:38+	03:01+	01:13+	01:20+	00:40+	00:28+					
01:58&	01:05&	00:38&	00:28#	00:26#	01:15&	03:18&	00:40&	00:54&	04:43&	00:39&	01:13&	00:16&	00:22&	00:06#	00:04#					
4	Siv Wiersdalen												278		1:11:28					
13:05+	17:38+	18:54+	26:38+	31:09+	34:03+	47:12+	49:23+	52:26+	62:46+	64:00+	66:55+	68:42+	70:17+	71:00+	71:28+					
13:05+	04:33+	01:16+	07:44+	04:31+	02:54+	13:09+	02:11+	03:03+	10:20+	01:14+	02:55+	01:47+	01:35+	00:43+	00:28+					
07:13@	01:30&	00:22&	05:06@	02:18@	01:14&	05:59&	01:11@	01:36@	05:32@	00:15&	01:07&	00:50&	00:37&	00:09&	00:04#					

Beste strekktid for klassen

05:52	03:03	00:54	02:38	02:13	01:40	07:10	01:00	01:27	04:48	00:59	01:48	00:57	00:58	00:34	00:24
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse										Tid				
D 45-																
1	Mariann Øren Arvesen					301					38:19					
04:44=	07:37=	10:22=	12:37=	14:39=	23:15=	24:32=	26:20=	31:54=	32:47=	35:20=	37:05=	37:49=	38:19=			
04:44=	02:53=	02:45=	02:15=	02:02=	08:36=	01:17=	01:48=	05:34=	00:53=	02:33=	01:45=	00:44=	00:30=			
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	Birgit Økern Jensen					185					40:07					
04:08-	08:11+	10:48+	13:10+	15:11+	25:35+	26:40+	28:32+	33:24+	34:49+	37:01+	38:57+	39:39+	40:07+			
04:08-	04:03+	02:37-	02:22+	02:01-	10:24+	01:05-	01:52+	04:52-	01:25+	02:12-	01:56+	00:42-	00:28-			
00:36-	01:10&	00:08-	00:07+	00:01-	01:48#	00:12-	00:04+	00:42-	00:32&	00:21-	00:11#	00:02-	00:02-			
3	Sara Mathisen					278					40:14					
04:10-	07:20-	09:51-	12:03-	14:00-	23:47+	25:01+	28:18+	34:31+	35:28+	37:26+	39:10+	39:47+	40:14+			
04:10-	03:10+	02:31-	02:12-	01:57-	09:47+	01:14-	03:17+	06:13+	00:57+	01:58-	01:44-	00:37-	00:27-			
00:34-	00:17+	00:14-	00:03-	00:05-	01:11#	00:03-	01:29&	00:39#	00:04+	00:35-	00:01-	00:07-	00:03-			
4	Mai Britt Bjørk					301					40:45					
04:26-	08:26+	11:00+	13:26+	15:16+	23:42+	25:25+	28:03+	35:11+	36:07+	38:06+	39:52+	40:22+	40:45+			
04:26-	04:00+	02:34-	02:26+	01:50-	08:26-	01:43+	02:38+	07:08+	00:56+	01:59-	01:46+	00:30-	00:23-			
00:18-	01:07&	00:11-	00:11+	00:12-	00:10-	00:26&	00:50&	01:34&	00:03+	00:34-	00:01+	00:14-	00:07-			
5	Kari Reppesgård Holt					111					47:03					
05:31+	08:41+	13:49+	16:25+	18:35+	29:12+	30:31+	33:16+	40:00+	41:08+	43:39+	45:43+	46:31+	47:03+			
05:31+	03:10+	05:08+	02:36+	02:10+	10:37+	01:19+	02:45+	06:44+	01:08+	02:31-	02:04+	00:48+	00:32+			
00:47#	00:17+	02:23&	00:21#	00:08+	02:01#	00:02+	00:57&	01:10#	00:15&	00:02-	00:19#	00:04+	00:02+			
6	Anette Kjærås Firing					23					51:55					
05:19+	10:36+	14:11+	17:31+	19:42+	33:59+	35:28+	38:21+	45:04+	46:10+	48:34+	50:33+	51:23+	51:55+			
05:19+	05:17+	03:35+	03:20+	02:11+	14:17+	01:29+	02:53+	06:43+	01:06+	02:24-	01:59+	00:50+	00:32+			
00:35#	02:24&	00:50&	01:05&	00:09+	05:41&	00:12#	01:05&	01:09#	00:13#	00:09-	00:14#	00:06#	00:02+			
7	Anne Sofie Forseth Bue					264					57:19					
11:11+	15:53+	19:44+	22:35+	25:08+	37:30+	39:15+	41:58+	48:52+	49:56+	52:55+	55:35+	56:39+	57:19+			
11:11+	04:42+	03:51+	02:51+	02:33+	12:22+	01:45+	02:43+	06:54+	01:04+	02:59+	02:40+	01:04+	00:40+			
06:27@	01:49&	01:06&	00:36&	00:31&	03:46&	00:28&	00:55&	01:20#	00:11#	00:26#	00:55&	00:20&	00:10&			
8	Lenka Westin					278					57:48					
08:44+	14:45+	19:56+	22:40+	25:01+	36:48+	38:30+	41:13+	48:00+	49:11+	53:56+	56:10+	57:05+	57:48+			
08:44+	06:01+	05:11+	02:44+	02:21+	11:47+	01:42+	02:43+	06:47+	01:11+	04:45+	02:14+	00:55+	00:43+			
04:00&	03:08@	02:26&	00:29#	00:19#	03:11&	00:25&	00:55&	01:13#	00:18&	02:12&	00:29&	00:11#	00:13&			
9	Katrine van Raaij					111					1:06:41					
09:49+	14:35+	19:17+	23:10+	26:28+	41:04+	45:22+	48:33+	56:34+	58:28+	62:33+	65:00+	65:57+	66:41+			
09:49+	04:46+	04:42+	03:53+	03:18+	14:36+	04:18+	03:11+	08:01+	01:54+	04:05+	02:27+	00:57+	00:44+			
05:05@	01:53&	01:57&	01:38&	01:16&	06:00&	03:01@	01:23&	02:27&	01:01@	01:32&	00:42&	00:13&	00:14&			
10	Wenche Eikås					301					1:20:13					
05:07+	09:16+	23:54+	27:13+	29:38+	54:31+	57:22+	63:15+	71:04+	72:16+	77:05+	79:00+	79:48+	80:13+			
05:07+	04:09+	14:38+	03:19+	02:25+	24:53+	02:51+	05:53+	07:49+	01:12+	04:49+	01:55+	00:48+	00:25-			
00:23+	01:16&	11:53@	01:04&	00:23#	16:17@	01:34@	04:05@	02:15&	00:19&	02:16&	00:10+	00:04+	00:05-			
Beste strekktid for klassen																
04:08	02:53	02:31	02:12	01:50	08:26	01:05	01:48	04:52	00:53	01:58	01:44	00:30	00:23			

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

Plass	Navn	Klasse	Tid
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D 50-

1	Hilde Vassend												278	48:16
04:24=	07:21=	12:50=	15:02=	17:13=	29:06=	30:21=	32:07=	40:40=	42:07=	45:29=	47:09=	47:50=	48:16=	
04:24=	02:57=	05:29=	02:12=	02:11=	11:53=	01:15=	01:46=	08:33=	01:27=	03:22=	01:40=	00:41=	00:26=	
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	Veslemøy Solberg												185	51:13
04:58+	10:25+	13:38+	16:26+	18:50+	30:14+	32:42+	35:08+	43:53+	45:05+	47:41+	50:01+	50:45+	51:13+	
04:58+	05:27+	03:13-	02:48+	02:24+	11:24-	02:28+	02:26+	08:45+	01:12-	02:36-	02:20+	00:44+	00:28+	
00:34#	02:30&	02:16-	00:36&	00:13+	00:29-	01:13&	00:40&	00:12+	00:15-	00:46-	00:40&	00:03+	00:02+	
3	Anne Kristine Norderud												163	52:49
05:36+	09:35+	13:29+	16:14+	18:36+	32:05+	33:32+	36:05+	46:38+	47:40+	49:56+	51:43+	52:24+	52:49+	
05:36+	03:59+	03:54-	02:45+	02:22+	13:29+	01:27+	02:33+	10:33+	01:02-	02:16-	01:47+	00:41=	00:25-	
01:12&	01:02&	01:35-	00:33#	00:11+	01:36#	00:12#	00:47&	02:00#	00:25-	01:06-	00:07+	00:00=	00:01-	
4	Hilde Kristine Rosenvold												278	53:51
06:12+	09:27+	12:21-	15:47+	17:55+	33:37+	34:55+	37:07+	47:12+	48:37+	50:48+	52:39+	53:21+	53:51+	
06:12+	03:15+	02:54-	03:26+	02:08-	15:42+	01:18+	02:12+	10:05+	01:25-	02:11-	01:51+	00:42+	00:30+	
01:48&	00:18#	02:35-	01:14&	00:03-	03:49&	00:03+	00:26#	01:32#	00:02-	01:11-	00:11#	00:01+	00:04#	
5	Toini Skyttersæter												185	55:58
04:59+	08:28+	12:13-	14:53-	16:51-	27:27-	29:00-	31:16-	49:07+	50:25+	52:51+	54:49+	55:28+	55:58+	
04:59+	03:29+	03:45-	02:40+	01:58-	10:36-	01:33+	02:16+	17:51+	01:18-	02:26-	01:58+	00:39-	00:30+	
00:35#	00:32#	01:44-	00:28#	00:13-	01:17-	00:18#	00:30&	09:18@	00:09-	00:56-	00:18#	00:02-	00:04#	
6	Astrid Brevik												328	1:01:46
08:26+	12:58+	16:57+	20:17+	23:04+	37:17+	38:56+	41:57+	51:48+	53:36+	57:53+	60:14+	61:08+	61:46+	
08:26+	04:32+	03:59-	03:20+	02:47+	14:13+	01:39+	03:01+	09:51+	01:48+	04:17+	02:21+	00:54+	00:38+	
04:02&	01:35&	01:30-	01:08&	00:36&	02:20#	00:24&	01:15&	01:18#	00:21#	00:55&	00:41&	00:13&	00:12&	
Beste strekktid for klassen														
04:24	02:57	02:54	02:12	01:58	10:36	01:15	01:46	08:33	01:02	02:11	01:40	00:39	00:25	

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

Plass	Navn	Klasse	Tid
D 55-			
1	Gunhild Hennum	201	41:16
	04:10= 07:03= 09:42= 12:04= 13:46= 24:41= 26:48= 29:05= 35:06= 36:13= 38:35= 40:12= 40:50= 41:16=		
	04:10= 02:53= 02:39= 02:22= 01:42= 10:55= 02:07= 02:17= 06:01= 01:07= 02:22= 01:37= 00:38= 00:26=		
	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	Eli Marie Wiig	278	51:55
	08:02+ 11:20+ 15:09+ 17:52+ 20:27+ 33:01+ 34:26+ 37:06+ 43:24+ 45:01+ 47:54+ 50:22+ 51:18+ 51:55+		
	08:02+ 03:18+ 03:49+ 02:43+ 02:35+ 12:34+ 01:25- 02:40+ 06:18+ 01:37+ 02:53+ 02:28+ 00:56+ 00:37+		
	03:52& 00:25# 01:10& 00:21# 00:53& 01:39# 00:42- 00:23# 00:17+ 00:30& 00:31# 00:51& 00:18& 00:11&		
Beste strekktid for klassen			
	04:10 02:53 02:39 02:22 01:42 10:55 01:25 02:17 06:01 01:07 02:22 01:37 00:38 00:26		

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

Plass	Navn	Klasse	Tid
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D 60-

1	Grete S B Hovi													312	45:42
05:15=	08:44=	11:41=	14:14=	17:00=	26:01=	27:27=	29:58=	38:37=	39:44=	42:52=	44:35=	45:14=	45:42=		
05:15=	03:29=	02:57=	02:33=	02:46=	09:01=	01:26=	02:31=	08:39=	01:07=	03:08=	01:43=	00:39=	00:28=		
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	Anne-Berit Rasmussen													264	1:03:18
05:49+	11:17+	15:05+	19:12+	21:43+	37:43+	40:10+	45:00+	53:50+	55:43+	59:27+	61:53+	62:41+	63:18+		
05:49+	05:28+	03:48+	04:07+	02:31-	16:00+	02:27+	04:50+	08:50+	01:53+	03:44+	02:26+	00:48+	00:37+		
00:34#	01:59&	00:51&	01:34&	00:15-	06:59&	01:01&	02:19&	00:11+	00:46&	00:36#	00:43&	00:09#	00:09&		

Beste strekktid for klassen

05:15 03:29 02:57 02:33 02:31 09:01 01:26 02:31 08:39 01:07 03:08 01:43 00:39 00:28

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

Plass	Navn	Klasse	Tid
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D 65-

1	Randi Hansen	328	57:46
03:03=	18:48= 20:33= 23:03= 40:31= 44:27= 47:40= 52:43= 54:21= 56:11= 57:08= 57:46=		
03:03=	15:45= 01:45= 02:30= 17:28= 03:56= 03:13= 05:03= 01:38= 01:50= 00:57= 00:38=		
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	Inger Marie Johansson	278	58:51
03:54+	18:16- 20:31- 23:31+ 41:25+ 45:36+ 48:43+ 53:50+ 55:27+ 57:15+ 58:11+ 58:51+		
03:54+	14:22- 02:15+ 03:00+ 17:54+ 04:11+ 03:07- 05:07+ 01:37- 01:48- 00:56- 00:40+		
00:51&	01:23- 00:30& 00:30# 00:26+ 00:15+ 00:06- 00:04+ 00:01- 00:02- 00:01- 00:02+		

Beste strekktid for klassen

03:03 14:22 01:45 02:30 17:28 03:56 03:07 05:03 01:37 01:48 00:56 00:38

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

Plass	Navn	Klasse	Tid
D 70-			
1	Gerd Langseth	198	57:13
	03:56=	15:28= 17:37= 20:33= 37:07= 44:24= 48:18= 51:15= 53:33= 55:31= 56:34= 57:13=	
	03:56=	11:32= 02:09= 02:56= 16:34= 07:17= 03:54= 02:57= 02:18= 01:58= 01:03= 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=	
2	Eli Klovning	278	1:19:45
	04:05+	18:54+ 21:29+ 24:30+ 49:45+ 54:50+ 58:53+ 71:39+ 74:18+ 77:18+ 78:47+ 79:45+	
	04:05+	14:49+ 02:35+ 03:01+ 25:15+ 05:05- 04:03+ 12:46+ 02:39+ 03:00+ 01:29+ 00:58+	
	00:09+	03:17& 00:26# 00:05+ 08:41& 02:12- 00:09+ 09:49@ 00:21# 01:02& 00:26& 00:19&	
Beste strekktid for klassen			
	03:56	11:32 02:09 02:56 16:34 05:05 03:54 02:57 02:18 01:58 01:03 00:39	

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

Plass	Navn	Klasse	Tid
D 75-			

1	Birgitte Bekkelund										297	59:11
10:50=	21:11=	26:25=	31:11=	38:31=	47:45=	51:20=	54:33=	55:53=	57:37=	58:36=	59:11=	
10:50=	10:21=	05:14=	04:46=	07:20=	09:14=	03:35=	03:13=	01:20=	01:44=	00:59=	00:35=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Beste strekktid for klassen

10:50 10:21 05:14 04:46 07:20 09:14 03:35 03:13 01:20 01:44 00:59 00:35

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

Plass	Navn	Klasse										Tid	
D 80-													
1	Tirill Liby Seip		255										1:02:14
04:41=	19:21=	22:07=	26:07=	41:35=	45:57=	50:51=	54:41=	57:53=	59:56=	61:22=	62:14=		
04:41=	14:40=	02:46=	04:00=	15:28=	04:22=	04:54=	03:50=	03:12=	02:03=	01:26=	00:52=		
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

04:41 14:40 02:46 04:00 15:28 04:22 04:54 03:50 03:12 02:03 01:26 00:52

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

D17-B

1	Kristin Hjortland	198	29:45
02:10=	04:25=	12:26=	13:33=
02:10=	02:15=	08:01=	01:07=
00:00=	00:00=	00:00=	00:00=

2	Nora Skyttersæter Saugerud	101	44:54
02:07-	04:27+	14:46+	17:03+
02:07-	02:20+	10:19+	02:17+
00:03-	00:05+	02:18&	01:10@

3	Anne Berg Gjølberg	198	51:43
03:04+	09:07+	21:50+	23:55+
03:04+	06:03+	12:43+	02:05+
00:54&	03:48@	04:42&	00:58&

Beste strekktid for klassen											
02:07	02:15	08:01	01:07	01:50	03:16	03:18	02:12	02:52	01:07	00:35	00:25

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

Plass	Navn	Klasse	Tid
H -10			
382	Sindre Furland	301	16:56
01:07+	02:08+	03:29+	06:25+
07:16+	10:05+	11:17+	15:02+
15:39+	16:33+	16:56+	
01:07+	01:01+	01:21+	02:56+
00:51+	02:49+	01:12+	03:45+
00:37+	00:54+	00:23+	
01:07+	01:01+	01:21+	02:56+
00:51+	02:49+	01:12+	03:45+
00:37+	00:54+	00:23+	
383	Henrik Mathisen	264	24:10
01:40+	03:32+	05:54+	10:42+
11:39+	16:48+	18:17+	21:49+
22:40+	23:40+	24:10+	
01:40+	01:52+	02:22+	04:48+
00:57+	05:09+	01:29+	03:32+
00:51+	01:00+	00:30+	
01:40+	01:52+	02:22+	04:48+
00:57+	05:09+	01:29+	03:32+
00:51+	01:00+	00:30+	
Beste strekktid for klassen			

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

Plass	Navn	Klasse	Tid
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H 11-12

1 Magnus Sigurdson 328 27:25

02:17= 05:30= 11:33= 14:46= 19:57= 24:29= 25:40= 26:15= 27:03= 27:25=
02:17= 03:13= 06:03= 03:13= 05:11= 04:32= 01:11= 00:35= 00:48= 00:22=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Ludvig Skramdal 111 36:33

03:14+ 08:31+ 16:25+ 21:59+ 28:24+ 32:47+ 34:26+ 35:15+ 36:08+ 36:33+
03:14+ 05:17+ 07:54+ 05:34+ 06:25+ 04:23- 01:39+ 00:49+ 00:53+ 00:25+
00:57& 02:04& 01:51& 02:21& 01:14# 00:09- 00:28& 00:14& 00:05# 00:03#

Beste strekktid for klassen

02:17 03:13 06:03 03:13 05:11 04:23 01:11 00:35 00:48 00:22

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

Plass	Navn	Klasse	Tid
H 13-14			
1	Henrik Kaupang Lye	198	22:44
01:16=	02:25=	09:27=	10:22=
01:16=	01:09=	07:02=	00:55=
00:00=	00:00=	00:00=	00:00=
2	Benjamin Gjone	301	25:16
01:57+	03:09+	09:29+	10:33+
01:57+	01:12+	06:20-	01:04+
00:41&	00:03+	00:42-	00:09#
3	Andreas Myrvold Skovlyst	184	27:29
01:38+	03:26+	09:16-	10:48+
01:38+	01:48+	05:50-	01:32+
00:22&	00:39&	01:12-	00:37&
4	Brage Eikås	301	28:01
01:40+	03:55+	10:09+	11:37+
01:40+	02:15+	06:14-	01:28+
00:24&	01:06&	00:48-	00:33&
5	Oscar Wiersdalen Thunold	278	28:46
01:36+	03:36+	10:56+	12:27+
01:36+	02:00+	07:20+	01:31+
00:20&	00:51&	00:18+	00:36&
6	Sindre Mathisen	264	29:21
01:33+	03:14+	10:59+	12:10+
01:33+	01:41+	07:45+	01:11+
00:17#	00:32&	00:43#	00:16&
7	Theodor Bjørk	301	31:55
01:38+	03:39+	10:07+	11:28+
01:38+	02:01+	06:28-	01:21+
00:22&	00:52&	00:34-	00:26&
8	Gabriel Gjone	301	34:30
01:36+	03:30+	13:58+	15:48+
01:36+	01:54+	10:28+	01:50+
00:20&	00:45&	03:26&	00:55&
9	Henrik Repstad Storemyr	143	34:37
02:45+	04:34+	14:21+	15:51+
02:45+	01:49+	09:47+	01:30+
01:29@	00:40&	02:45&	00:35&
10	Lars Emil Bue	264	36:13
01:53+	05:09+	13:03+	15:31+
01:53+	03:16+	07:54+	02:28+
00:37&	02:07@	00:52#	01:33@
11	Lars Loftesnes Kaupang	264	44:05
02:46+	05:14+	14:46+	16:38+
02:46+	02:28+	09:32+	01:52+
01:30@	01:19@	02:30&	00:57@
12	Oskar Baklid	185	50:29
02:22+	04:15+	12:30+	14:01+
02:22+	01:53+	08:15+	01:31+
01:06&	00:44&	01:13#	00:36&
13	Erik Zagar	198	1:09:03
03:14+	11:43+	23:36+	26:38+
03:14+	08:29+	11:53+	03:02+
01:58@	07:20@	04:51&	02:07@

Beste strekktid for klassen

01:16 01:09 05:50 00:55 01:25 02:43 01:54 01:45 02:10 01:04 00:31 00:18

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

Plass	Navn	Klasse	Tid
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H 13-16C

[illegible]

Beste strekktid for klassen

14:12	23:03	07:41	03:49	05:13	03:01	02:40	00:44	00:59	00:31
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= Som klassevinner, - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn				Klasse				Tid			
H 15-16												
1	Cornelius Bjørk				301				29:21			
05:05=	07:32=	08:24=	10:15=	11:50=	13:12=	19:04=	20:03=	21:47=	24:43=	25:21=	26:55=	27:45=
05:05=	02:27=	00:52=	01:51=	01:35=	01:22=	05:52=	00:59=	01:44=	02:56=	00:38=	01:34=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tobias Mathisen				278				34:35			
05:12+	08:22+	09:32+	12:44+	14:36+	16:11+	22:59+	23:54+	25:27+	29:37+	30:29+	32:00+	32:47+
05:12+	03:10+	01:10+	03:12+	01:52+	01:35+	06:48+	00:55-	01:33-	04:10+	00:52+	01:31-	00:47-
00:07+	00:43&	00:18&	01:21&	00:17#	00:13#	00:56#	00:04-	00:11-	01:14&	00:14&	00:03-	00:03-
3	Viljan van Raaij				111				35:26			
05:30+	08:27+	10:59+	13:44+	15:22+	16:57+	23:59+	24:59+	27:09+	30:34+	31:17+	32:58+	33:43+
05:30+	02:57+	02:32+	02:45+	01:38+	01:35+	07:02+	01:00+	02:10+	03:25+	00:43+	01:41+	00:45-
00:25+	00:30#	01:40@	00:54&	00:03+	00:13#	01:10#	00:01+	00:26#	00:29#	00:05#	00:07+	00:05-
4	Iver Ringheim				198				36:29			
05:44+	09:50+	10:30+	12:39+	14:33+	16:09+	24:38+	25:36+	27:06+	30:58+	31:53+	33:48+	34:34+
05:44+	04:06+	00:40-	02:09+	01:54+	01:36+	08:29+	00:58-	01:30-	03:52+	00:55+	01:55+	00:46-
00:39#	01:39&	00:12-	00:18#	00:19#	00:14#	02:37&	00:01-	00:14-	00:56&	00:17&	00:21#	00:04-
5	Oliver Østby				264				37:35			
05:12+	08:18+	09:14+	12:39+	15:29+	17:01+	24:21+	25:16+	26:50+	31:24+	32:08+	35:03+	35:51+
05:12+	03:06+	00:56+	03:25+	02:50+	01:32+	07:20+	00:55-	01:34-	04:34+	00:44+	02:55+	00:48-
00:07+	00:39&	00:04+	01:34&	01:15&	00:10#	01:28#	00:04-	00:10-	01:38&	00:06#	01:21&	00:02-
6	Halvard Kornmo				278				38:41			
05:44+	08:20+	09:05+	14:34+	16:29+	18:14+	25:32+	26:28+	28:17+	33:04+	33:54+	35:55+	36:43+
05:44+	02:36+	00:45-	05:29+	01:55+	01:45+	07:18+	00:56-	01:49+	04:47+	00:50+	02:01+	00:48-
00:39#	00:09+	00:07-	03:38@	00:20#	00:23&	01:26#	00:03-	00:05+	01:51&	00:12&	00:27&	00:02-
7	Åsmund Slokvik				243				41:47			
05:27+	08:31+	10:06+	12:57+	14:33+	16:04+	25:45+	27:08+	29:26+	34:18+	35:31+	39:03+	39:53+
05:27+	03:04+	01:35+	02:51+	01:36+	01:31+	09:41+	01:23+	02:18+	04:52+	01:13+	03:32+	00:50=
00:22+	00:37&	00:43&	01:00&	00:01+	00:09#	03:49&	00:24&	00:34&	01:56&	00:35&	01:58@	00:00=
8	Jonas Eikås				301				42:57			
10:00+	14:38+	15:29+	17:47+	19:48+	21:31+	29:07+	30:08+	31:54+	36:37+	37:51+	40:15+	41:03+
10:00+	04:38+	00:51-	02:18+	02:01+	01:43+	07:36+	01:01+	01:46+	04:43+	01:14+	02:24+	00:48-
04:55&	02:11&	00:01-	00:27#	00:26&	00:21&	01:44&	00:02+	00:02+	01:47&	00:36&	00:50&	00:02-
9	Henrik R Holt				111				43:07			
05:51+	11:42+	12:28+	15:11+	17:10+	18:58+	28:14+	29:37+	31:10+	36:00+	36:55+	40:08+	40:58+
05:51+	05:51+	00:46-	02:43+	01:59+	01:48+	09:16+	01:23+	01:33-	04:50+	00:55+	03:13+	00:50=
00:46#	03:24@	00:06-	00:52&	00:24&	00:26&	03:24&	00:24&	00:11-	01:54&	00:17&	01:39@	00:00=
10	Anders L. Rosenvold				278				50:57			
06:42+	10:49+	11:50+	15:01+	17:39+	20:03+	29:26+	30:39+	32:39+	42:44+	43:59+	46:52+	48:00+
06:42+	04:07+	01:01+	03:11+	02:38+	02:24+	09:23+	01:13+	02:00+	10:05+	01:15+	02:53+	01:08+
01:37&	01:40&	00:09#	01:20&	01:03&	01:02&	03:31&	00:14#	00:16#	07:09@	00:37&	01:19&	00:18&
11	Snorre Slokvik				243				51:02			
07:22+	10:27+	11:54+	19:51+	22:02+	23:43+	32:21+	33:53+	35:41+	41:43+	43:03+	46:10+	48:14+
07:22+	03:05+	01:27+	07:57+	02:11+	01:41+	08:38+	01:32+	01:48+	06:02+	01:20+	03:07+	02:04+
02:17&	00:38&	00:35&	06:06@	00:36&	00:19#	02:46&	00:33&	00:04+	03:06@	00:42@	01:33&	01:14@
12	Hallgeir Brevik				328				1:04:55			
12:18+	19:46+	21:37+	24:58+	27:49+	30:23+	42:49+	46:14+	48:47+	54:58+	56:18+	60:06+	61:14+
12:18+	07:28+	01:51+	03:21+	02:51+	02:34+	12:26+	03:25+	02:33+	06:11+	01:20+	03:48+	01:08+
07:13@	05:01@	00:59@	01:30&	01:16&	01:12&	06:34@	02:26@	00:49&	03:15@	00:42@	02:14@	00:18&
13	Martin Ausen				278				1:29:06			
13:13+	22:01+	27:15+	32:51+	37:11+	40:43+	58:59+	61:28+	66:14+	79:03+	80:42+	84:41+	86:24+
13:13+	08:48+	05:14+	05:36+	04:20+	03:32+	18:16+	02:29+	04:46+	12:49+	01:39+	03:59+	01:43+
08:08@	06:21@	04:22@	03:45@	02:10@	12:24@	01:30@	03:02@	09:53@	01:01@	02:25@	00:53@	00:42&
Beste strekketid for klassen												
05:05	02:27	00:40	01:51	01:35	01:22	05:52	00:55	01:30	02:56	00:38	01:31	00:45

Beste strekktid for klassen

05:05 02:27 00:40 01:51 01:35 01:22 05:52 00:55 01:30 02:56 00:38 01:31 00:45 00:52 00:25 00:18

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

Plass	Navn	Klasse										Tid					
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H 17-18

1	Trym B Island	264	35:21														
04:55=	07:25=	08:32=	09:09=	10:31=	13:04=	14:29=	15:59=	21:59=	23:00=	24:17=	27:14=	28:37=	30:18=	33:14=	33:57=	35:02=	35:21=
04:55=	02:30=	01:07=	00:37=	01:22=	02:33=	01:25=	01:30=	06:00=	01:01=	01:17=	02:57=	01:23=	01:41=	02:56=	00:43=	01:05=	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=	00:00=	00:00=	00:00=
2	Rasmus Mathisen	278	38:35														
05:03+	07:37+	08:38+	09:15+	10:20-	15:58+	17:28+	18:57+	25:05+	25:59+	27:21+	30:31+	31:53+	33:42+	36:19+	37:01+	38:13+	38:35+
05:03+	02:34+	01:01-	00:37=	01:05-	05:38+	01:30+	01:29-	06:08+	00:54-	01:22+	03:10+	01:22-	01:49+	02:37-	00:42-	01:12+	00:22+
00:08+	00:04+	00:06-	00:00=	00:17-	03:05@	00:05+	00:01-	00:08+	00:07-	00:05+	00:13+	00:01-	00:08+	00:19-	00:01-	00:07#	00:03#
3	Morten Krona Haflan	264	40:55														
06:14+	08:45+	09:48+	10:21+	11:26+	17:07+	18:38+	20:06+	26:10+	27:06+	28:26+	31:36+	32:58+	35:00+	37:51+	38:41+	40:38+	40:55+
06:14+	02:31+	01:03-	00:33-	01:05-	05:41+	01:31+	01:28-	06:04+	00:56-	01:20+	03:10+	01:22-	02:02+	02:51-	00:50+	01:57+	00:17-
01:19&	00:01+	00:04-	00:04-	00:17-	03:08@	00:06+	00:02-	00:04+	00:05-	00:03+	00:13+	00:01-	00:21#	00:05-	00:07#	00:52&	00:02-
4	Alexander Repstad Storemyr	278	45:54														
05:53+	09:11+	11:56+	12:30+	13:41+	18:04+	20:24+	21:58+	29:25+	30:12+	31:39+	35:03+	36:43+	40:41+	43:10+	43:46+	45:36+	45:54+
05:53+	03:18+	02:45+	00:34-	01:11-	04:23+	02:20+	01:34+	07:27+	00:47-	01:27+	03:24+	01:40+	03:58+	02:29-	00:36-	01:50+	00:18-
00:58#	00:48&	01:38@	00:03-	00:11-	01:50&	00:55&	00:04+	01:27#	00:14-	00:10#	00:27#	00:17#	02:17@	00:27-	00:07-	00:45&	00:01-
5	Jakob Hjelseth	264	46:05														
04:56+	11:10+	12:11+	14:50+	15:52+	21:46+	23:18+	24:59+	32:01+	33:01+	34:36+	38:08+	39:38+	41:19+	43:20+	44:23+	45:41+	46:05+
04:56+	06:14+	01:01-	02:39+	01:02-	05:54+	01:32+	01:41+	07:02+	01:00-	01:35+	03:32+	01:30+	01:41=	02:01-	01:03+	01:18+	00:24+
00:01+	03:44@	00:06-	02:02@	00:20-	03:21@	00:07+	00:11#	01:02#	00:01-	00:18#	00:35#	00:07+	00:00=	00:55-	00:20&	00:13#	00:05&
6	Olav Aasmundtveit Hoff	264	48:05														
07:13+	10:46+	11:57+	12:22+	13:53+	18:35+	20:25+	22:20+	29:40+	30:38+	33:04+	37:41+	40:01+	42:22+	45:14+	46:10+	47:45+	48:05+
07:13+	03:33+	01:11+	00:25-	01:31+	04:42+	01:50+	01:55+	07:20+	00:58-	02:26+	04:37+	02:20+	02:21+	02:52-	00:56+	01:35+	00:20+
02:18&	01:03&	00:04+	00:12-	00:09#	02:09&	00:25&	00:25&	01:20#	00:03-	01:09&	01:40&	00:57&	00:40&	00:04-	00:13&	00:30&	00:01+
7	Håvard Skriubakken	278	52:45														
06:04+	10:27+	11:50+	12:19+	13:36+	19:46+	21:31+	23:41+	32:33+	33:49+	36:18+	42:06+	44:18+	47:04+	50:07+	50:58+	52:25+	52:45+
06:04+	04:23+	01:23+	00:29-	01:17-	06:10+	01:45+	02:10+	08:52+	01:16+	02:29+	05:48+	02:12+	02:46+	03:03+	00:51+	01:27+	00:20+
01:09#	01:53&	00:16#	00:08-	00:05-	03:37@	00:20#	00:40&	02:52&	00:15#	01:12&	02:51&	00:49&	01:05&	00:07+	00:08#	00:22&	00:01+

Beste strekktid for klassen

04:55	02:30	01:01	00:25	01:02	02:33	01:25	01:28	06:00	00:47	01:17	02:57	01:22	01:41	02:01	00:36	01:05	00:17
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse	Tid
H 17-C			
1	Per Jarle Eikeland	264	23:43
	02:30= 05:54= 11:09= 13:48= 17:48= 20:35= 21:55= 22:33= 23:15= 23:43=		
	02:30= 03:24= 05:15= 02:39= 04:00= 02:47= 01:20= 00:38= 00:42= 00:28=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Oliver Dravecky	263	27:33
	03:25+ 06:48+ 11:21+ 14:15+ 18:11+ 23:35+ 25:59+ 26:31+ 27:08+ 27:33+		
	03:25+ 03:23- 04:33- 02:54+ 03:56- 05:24+ 02:24+ 00:32- 00:37- 00:25-		
	00:55& 00:01- 00:42- 00:15+ 00:04- 02:37& 01:04& 00:06- 00:05- 00:03-		
3	Stig Hjelseth	264	37:49
	03:55+ 09:23+ 17:32+ 22:33+ 29:00+ 32:57+ 34:48+ 36:12+ 37:07+ 37:49+		
	03:55+ 05:28+ 08:09+ 05:01+ 06:27+ 03:57+ 01:51+ 01:24+ 00:55+ 00:42+		
	01:25& 02:04& 02:54& 02:22& 02:27& 01:10& 00:31& 00:46@ 00:13& 00:14&		
Beste strekktid for klassen			
	02:30 03:23 04:33 02:39 03:56 02:47 01:20 00:32 00:37 00:25		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			

Plass	Navn						Klasse						Tid					
H 19-20																		
1	Sindre R Holt						111						31:58					
	03:52=	06:13=	07:05=	07:28=	08:35=	10:42=	12:01=	13:54=	19:53=	20:34=	21:50=	24:51=	26:14=	27:56=	29:42=	30:33=	31:38=	31:58=
	03:52=	02:21=	00:52=	00:23=	01:07=	02:07=	01:19=	01:53=	05:59=	00:41=	01:16=	03:01=	01:23=	01:42=	01:46=	00:51=	01:05=	00:20=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Øystein Fruseth Christiansen						244						36:12					
	05:18+	07:58+	09:05+	09:29+	10:29+	12:19+	13:54+	15:37+	21:45+	22:42+	24:21+	27:45+	29:16+	31:32+	33:52+	34:36+	35:50+	36:12+
	05:18+	02:40+	01:07+	00:24+	01:00-	01:50-	01:35+	01:43-	06:08+	00:57+	01:39+	03:24+	01:31+	02:16+	02:20+	00:44-	01:14+	00:22+
	01:26&	00:19#	00:15&	00:01+	00:07-	00:17-	00:16#	00:10-	00:09+	00:16&	00:23&	00:23#	00:08+	00:34&	00:34&	00:07-	00:09#	00:02+
Beste strekktid for klassen																		
	03:52	02:21	00:52	00:23	01:00	01:50	01:19	01:43	05:59	00:41	01:16	03:01	01:23	01:42	01:46	00:44	01:05	00:20

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

Plass	Navn				Klasse				Tid								
H 21-																	
1	Thore Kornmo				278				35:15								
05:17=	07:48=	08:49=	09:11=	10:23=	12:09=	13:34=	15:27=	21:18=	22:04=	23:32=	26:42=	28:12=	30:06=	32:06=	32:59=	34:42=	35:01=
05:17=	02:31=	01:01=	00:22=	01:12=	01:46=	01:25=	01:53=	05:51=	00:46=	01:28=	03:10=	01:30=	01:54=	02:00=	00:53=	01:43=	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=	00:00=	00:00=	00:00=
2	Jørn Sundby				198				36:20								
04:49-	07:27-	08:43-	09:14+	10:16-	12:09=	13:47+	15:29+	22:02+	22:53+	24:24+	27:41+	29:17+	31:33+	33:55+	34:43+	35:56+	36:20+
04:49-	02:38+	01:16+	00:31+	01:02-	01:53+	01:38+	01:42-	06:33+	00:51+	01:31+	03:17+	01:36+	02:16+	02:22+	00:48-	01:13-	00:24+
00:28-	00:07+	00:15#	00:09&	00:10-	00:07+	00:13#	00:11-	00:42#	00:05#	00:03+	00:07+	00:06+	00:22#	00:22#	00:05-	00:30-	00:05&
3	Jørgen Frøyd				198				38:53								
05:08-	07:43-	09:29+	10:09+	11:08+	13:44+	15:21+	16:59+	23:30+	24:18+	25:56+	30:29+	31:57+	34:01+	36:43+	37:34+	38:34+	38:53+
05:08-	02:35+	01:46+	00:40+	00:59-	02:36+	01:37+	01:38-	06:31+	00:48+	01:38+	04:33+	01:28-	02:04+	02:42+	00:51-	01:00-	00:19=
00:09-	00:04+	00:45&	00:18&	00:13-	00:50&	00:12#	00:15-	00:40#	00:02+	00:10#	01:23&	00:02-	00:10+	00:42&	00:02-	00:43-	00:00=
4	Erling Grammeltvedt				255				39:13								
04:58-	08:09+	09:28+	09:57+	11:06+	13:16+	15:00+	16:48+	23:12+	24:10+	25:37+	29:34+	31:56+	34:09+	36:40+	37:31+	38:53+	39:13+
04:58-	03:11+	01:19+	00:29+	01:09-	02:10+	01:44+	01:48-	06:24+	00:58+	01:27-	03:57+	02:22+	02:13+	02:31+	00:51-	01:22-	00:20+
00:19-	00:40&	00:18&	00:07&	00:03-	00:24#	00:19#	00:05-	00:33+	00:12&	00:01-	00:47#	00:52&	00:19#	00:31&	00:02-	00:21-	00:01+
5	Helge Gisholt				255				41:33								
05:30+	08:05+	09:15+	09:41+	11:03+	14:18+	16:42+	18:53+	25:29+	26:16+	28:02+	32:32+	34:05+	36:04+	38:47+	39:38+	41:09+	41:33+
05:30+	02:35+	01:10+	00:26+	01:22+	03:15+	02:24+	02:11+	06:36+	00:47+	01:46+	04:30+	01:33+	01:59+	02:43+	00:51-	01:31-	00:24+
00:13+	00:04+	00:09#	00:04#	00:10#	01:29&	00:59&	00:18#	00:45#	00:01+	00:18#	01:20&	00:03+	00:05+	00:43&	00:02-	00:12-	00:05&
6	Anders Bjørningstad Kristofferse				189				44:36								
07:57+	10:57+	12:21+	13:06+	14:07+	16:50+	18:31+	20:21+	27:18+	28:28+	30:03+	34:14+	36:19+	39:01+	41:49+	42:46+	44:14+	44:36+
07:57+	03:00+	01:24+	00:45+	01:01-	02:43+	01:41+	01:50-	06:57+	01:10+	01:35+	04:11+	02:05+	02:42+	02:48+	00:57+	01:28-	00:22+
02:40&	00:29#	00:23&	00:23@	00:11-	00:57&	00:16#	00:03-	01:06#	00:24&	00:07+	01:01&	00:35&	00:48&	00:48&	00:04+	00:15-	00:03#
7	Harald Thon				133				44:46								
06:24+	09:37+	10:55+	11:30+	12:42+	15:24+	18:17+	20:13+	27:33+	28:31+	29:59+	33:58+	35:38+	38:10+	41:47+	42:43+	44:14+	44:46+
06:24+	03:13+	01:18+	00:35+	01:12=	02:42+	02:53+	01:56+	07:20+	00:58+	01:28=	03:59+	01:40+	02:32+	03:37+	00:56+	01:31-	00:32+
01:07#	00:42&	00:17&	00:13&	00:00=	00:56&	01:28@	00:03+	01:29&	00:12&	00:00=	00:49&	00:10#	00:38&	01:37&	00:03+	00:12-	00:13&
8	Robert Fredriksen				243				52:32								
07:24+	11:24+	13:09+	14:23+	15:57+	19:56+	22:06+	24:11+	30:58+	32:11+	33:55+	38:13+	41:05+	44:14+	49:33+	50:37+	52:08+	52:32+
07:24+	04:00+	01:45+	01:14+	01:34+	03:59+	02:10+	02:05+	06:47+	01:13+	01:44+	04:18+	02:52+	03:09+	05:19+	01:04+	01:31-	00:24+
02:07&	01:29&	00:44&	00:52@	00:22&	02:13@	00:45&	00:12#	00:56#	00:27&	00:16#	01:08&	01:22&	01:15&	03:19@	00:11#	00:12-	00:05&
Beste strekktid for klassen																	
04:49	02:31	01:01	00:22	00:59	01:46	01:25	01:38	05:51	00:46	01:27	03:10	01:28	01:54	02:00	00:48	01:00	00:19

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

Plass	Navn				Klasse				Tid									
H 40-																		
1	Jesper Flogstad				143				54:29									
	08:04=	11:40=	13:01=	13:43=	15:22=	19:03=	22:34=	25:36=	34:10=	35:18=	37:05=	42:19=	44:45=	47:18=	51:21=	52:16=	54:01=	54:29=
	08:04=	03:36=	01:21=	00:42=	01:39=	03:41=	03:31=	03:02=	08:34=	01:08=	01:47=	05:14=	02:26=	02:33=	04:03=	00:55=	01:45=	00:28=
	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=
2	Lars Ole Thunold				278				54:59									
	07:12-	12:41+	14:09+	14:44+	16:22+	21:35+	23:52+	26:43+	34:58+	36:17+	37:57+	42:35+	45:07+	48:11+	52:09+	53:04+	54:34+	54:59+
	07:12-	05:29+	01:28+	00:35-	01:38-	05:13+	02:17-	02:51-	08:15-	01:19+	01:40-	04:38-	02:32+	03:04+	03:58-	00:55=	01:30-	00:25-
	00:52-	01:53&	00:07+	00:07-	00:01-	01:32&	01:14-	00:11-	00:19-	00:11#	00:07-	00:36-	00:06+	00:31#	00:05-	00:00=	00:15-	00:03-
Beste strekktid for klassen																		
	07:12	03:36	01:21	00:35	01:38	03:41	02:17	02:51	08:15	01:08	01:40	04:38	02:26	02:33	03:58	00:55	01:30	00:25

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

Plass	Navn					Klasse				Tid						
H 45-																
1	Dag Ausen					278				33:44						
05:09=	08:19=	09:47=	11:42=	13:27=	15:09=	22:25=	23:17=	24:48=	28:40=	29:21=	31:04=	31:50=	32:46=	33:20=	33:44=	
05:09=	03:10=	01:28=	01:55=	01:45=	01:42=	07:16=	00:52=	01:31=	03:52=	00:41=	01:43=	00:46=	00:56=	00:34=	00:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Jo Børre Eikås					301				36:30						
06:35+	10:01+	10:51+	13:03+	15:10+	16:38+	25:16+	26:11+	27:59+	31:32+	32:16+	33:49+	34:38+	35:32+	36:06+	36:30+	
06:35+	03:26+	00:50-	02:12+	02:07+	01:28-	08:38+	00:55+	01:48+	03:33-	00:44+	01:33-	00:49+	00:54-	00:34=	00:24=	
01:26&	00:16+	00:38-	00:17#	00:22#	00:14-	01:22#	00:03+	00:17#	00:19-	00:03+	00:10-	00:03+	00:02-	00:00=	00:00=	
3	Magne Wiig Mathisen					278				39:47						
05:15+	08:24+	09:17-	16:32+	18:19+	19:48+	27:48+	28:45+	30:44+	34:11+	34:58+	36:34+	37:22+	38:16+	38:47+		
05:15+	03:09-	00:53-	07:15+	01:47+	01:29-	08:00+	00:57+	01:59+	03:27-	00:47+	01:36-	00:48+	00:54-	00:31-		
00:06+	00:01-	00:35-	05:20@	00:02+	00:13-	00:44#	00:05+	00:28&	00:25-	00:06#	00:07-	00:02+	00:02-	00:03-		
4	Sturle Furland					301				39:53						
06:39+	09:17+	10:13+	13:38+	15:32+	17:18+	25:08+	26:04+	27:53+	34:07+	35:09+	36:54+	37:42+	38:50+	39:24+	39:53+	
06:39+	02:38-	00:56-	03:25+	01:54+	01:46+	07:50+	00:56+	01:49+	06:14+	01:02+	01:45+	00:48+	01:08+	00:34=	00:29+	
01:30&	00:32-	00:32-	01:30&	00:09+	00:04+	00:34+	00:04+	00:18#	02:22&	00:21&	00:02+	00:02+	00:12#	00:00=	00:05#	
5	Tom Kristensen					198				40:21						
06:21+	09:17+	10:08+	17:26+	19:13+	20:39+	29:00+	29:56+	31:51+	35:18+	36:04+	37:38+	38:30+	39:25+	39:57+	40:21+	
06:21+	02:56-	00:51-	07:18+	01:47+	01:26-	08:21+	00:56+	01:55+	03:27-	00:46+	01:34-	00:52+	00:55-	00:32-	00:24=	
01:12#	00:14-	00:37-	05:23@	00:02+	00:16-	01:05#	00:04+	00:24&	00:25-	00:05#	00:09-	00:06#	00:01-	00:02-	00:00=	
6	Anders Kristian Holt					111				43:15						
05:14+	09:37+	18:18+	20:29+	22:08+	23:31+	31:55+	32:51+	34:42+	38:01+	39:17+	40:44+	41:30+	42:23+	42:53+	43:15+	
05:14+	04:23+	08:41+	02:11+	01:39-	01:23-	08:24+	00:56+	01:51+	03:19-	01:16+	01:27-	00:46=	00:53-	00:30-	00:22-	
00:05+	01:13&	07:13@	00:16#	00:06-	00:19-	01:08#	00:04+	00:20#	00:33-	00:35&	00:16-	00:00=	00:03-	00:04-	00:02-	
7	Eelco van Raaij					111				49:22						
06:19+	10:31+	11:49+	15:34+	18:14+	20:12+	30:19+	31:48+	35:20+	41:29+	43:28+	45:41+	47:01+	48:17+	48:55+	49:22+	
06:19+	04:12+	01:18-	03:45+	02:40+	01:58+	10:07+	01:29+	03:32+	06:09+	01:59+	02:13+	01:20+	01:16+	00:38+	00:27+	
01:10#	01:02&	00:10-	01:50&	00:55&	00:16#	02:51&	00:37&	02:01@	02:17&	01:18@	00:30&	00:34&	00:20&	00:04#	00:03#	
8	Jostein Mehammer					278				59:08						
07:48+	11:26+	14:39+	24:11+	26:09+	36:18+	37:38+	40:24+	49:05+	53:26+	55:24+	56:23+	57:54+	58:37+	59:08+		
07:48+	03:38+	03:13+	07:10+	02:22+	01:58+	10:09+	01:20+	02:46+	08:41+	04:21+	01:58+	00:59+	01:31+	00:43+	00:31+	
02:39&	00:28#	01:45@	05:15@	00:37&	00:16#	02:53&	00:28&	01:15&	04:49@	03:40@	00:15#	00:13&	00:35&	00:09&	00:07&	
Beste strekktid for klassen																
05:09	02:38	00:50	01:55	01:39	01:23	07:16	00:52	01:31	03:19	00:41	01:27	00:46	00:53	00:30	00:22	

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

Plass	Navn					Klasse					Tid				
H 50-															
1	Bjørnar Olsrød					328					37:01				
05:25=	08:18=	09:10=	12:20=	14:18=	15:53=	23:22=	24:30=	26:14=	30:32=	31:29=	33:12=	34:13=	35:40=	36:20=	37:01=
05:25=	02:53=	00:52=	03:10=	01:58=	01:35=	07:29=	01:08=	01:44=	04:18=	00:57=	01:43=	01:01=	01:27=	00:40=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Per Olav Gulbrandsen					198					38:04				
05:43+	08:55+	09:58+	13:07+	15:12+	16:59+	24:17+	25:39+	27:29+	32:00+	33:04+	35:11+	36:01+	37:05+	37:40+	38:04+
05:43+	03:12+	01:03+	03:09-	02:05+	01:47+	07:18-	01:22+	01:50+	04:31+	01:04+	02:07+	00:50-	01:04-	00:35-	00:24-
00:18+	00:19#	00:11#	00:01-	00:07+	00:12#	00:11-	00:14#	00:06+	00:13+	00:07#	00:24#	00:11-	00:23-	00:05-	00:17-
3	Rune Engehult					243					39:47				
05:40+	08:41+	09:40+	12:03-	13:58-	15:32-	25:18+	26:42+	28:27+	32:30+	34:30+	36:55+	37:48+	38:50+	39:23+	39:47+
05:40+	03:01+	00:59+	02:23-	01:55-	01:34-	09:46+	01:24+	01:45+	04:03-	02:00+	02:25+	00:53-	01:02-	00:33-	00:24-
00:15+	00:08+	00:07#	00:47-	00:03-	00:01-	02:17&	00:16#	00:01+	00:15-	01:03@	00:42&	00:08-	00:25-	00:07-	00:17-
4	Lars Baklid					185					40:12				
05:49+	09:39+	10:46+	13:46+	16:09+	18:27+	26:50+	27:52+	29:46+	33:59+	34:51+	36:48+	37:52+	39:02+	39:41+	40:12+
05:49+	03:50+	01:07+	03:00-	02:23+	02:18+	08:23+	01:02-	01:54+	04:13-	00:52-	01:57+	01:04+	01:10-	00:39-	00:31-
00:24+	00:57&	00:15&	00:10-	00:25#	00:43&	00:54#	00:06-	00:10+	00:05-	00:05-	00:14#	00:03+	00:17-	00:01-	00:10-
5	Jan Gatevold					278					40:26				
06:26+	09:34+	10:23+	13:16+	16:19+	17:59+	25:36+	26:49+	28:23+	34:29+	35:37+	37:29+	38:20+	39:22+	40:00+	40:26+
06:26+	03:08+	00:49-	02:53-	03:03+	01:40+	07:37+	01:13+	01:34-	06:06+	01:08+	01:52+	00:51-	01:02-	00:38-	00:26-
01:01#	00:15+	00:03-	00:17-	01:05&	00:05+	00:08+	00:05+	00:10-	01:48&	00:11#	00:09+	00:10-	00:25-	00:02-	00:15-
6	Kjell Westin					278					42:01				
06:19+	10:40+	11:54+	14:58+	17:05+	18:50+	28:51+	30:03+	31:50+	35:51+	36:54+	38:50+	39:53+	40:56+	41:35+	42:01+
06:19+	04:21+	01:14+	03:04-	02:07+	01:45+	10:01+	01:12+	01:47+	04:01-	01:03+	01:56+	01:03+	01:03-	00:39-	00:26-
00:54#	01:28&	00:22&	00:06-	00:09+	00:10#	02:32&	00:04+	00:03+	00:17-	00:06#	00:13#	00:02+	00:24-	00:01-	00:15-
7	Jon Skriubakken					278					46:40				
08:04+	11:21+	12:29+	16:27+	18:57+	20:49+	28:27+	29:53+	31:40+	39:19+	40:41+	43:00+	44:04+	45:23+	46:05+	46:40+
08:04+	03:17+	01:08+	03:58+	02:30+	01:52+	07:38+	01:26+	01:47+	07:39+	01:22+	02:19+	01:04+	01:19-	00:42+	00:35-
02:39&	00:24#	00:16&	00:48&	00:32&	00:17#	00:09+	00:18&	00:03+	03:21&	00:25&	00:36&	00:03+	00:08-	00:02+	00:06-
8	Arne Håkon Jørgensen					301					48:56				
08:45+	12:58+	14:01+	16:43+	18:54+	20:52+	31:13+	32:24+	35:32+	41:41+	42:56+	45:23+	46:23+	47:35+	48:22+	48:56+
08:45+	04:13+	01:03+	02:42-	02:11+	01:58+	10:21+	01:11+	03:08+	06:09+	01:15+	02:27+	01:00-	01:12-	00:47+	00:34-
03:20&	01:20&	00:11#	00:28-	00:13#	00:23#	02:52&	00:03+	01:24&	01:51&	00:18&	00:44&	00:01-	00:15-	00:07#	00:07-
9	Christian Jomaas					80					51:26				
05:55+	09:45+	10:48+	14:02+	21:21+	23:02+	30:37+	31:35+	33:08+	43:01+	44:04+	46:03+	47:00+	48:34+	50:14+	51:26+
05:55+	03:50+	01:03+	03:14+	07:19+	01:41+	07:35+	00:58-	01:33-	09:53+	01:03+	01:59+	00:57-	01:34+	01:40+	01:12+
00:30+	00:57&	00:11#	00:04+	05:21@	00:06+	00:06+	00:10-	00:11-	05:35@	00:06#	00:16#	00:04-	00:07+	01:00@	00:31&
10	Inge Ringheim					198					1:10:36				
09:21+	18:23+	27:21+	35:00+	37:20+	39:03+	51:13+	54:04+	56:39+	62:38+	63:44+	66:48+	67:58+	69:06+	70:08+	70:36+
09:21+	09:02+	08:58+	07:39+	02:20+	01:43+	12:10+	02:51+	02:35+	05:59+	01:06+	03:04+	01:10+	01:08-	01:02+	00:28-
03:56&	06:09@	08:06@	04:29@	00:22#	00:08+	04:41&	01:43@	00:51&	01:41&	00:09#	01:21&	00:09#	00:19-	00:22&	00:13-
11	Oskar Kaaløy					301					1:51:19				
11:29+	28:57+	31:08+	36:36+	42:09+	44:32+	76:58+	78:54+	81:23+	95:55+	97:53+	106:38+	108:18+	110:08+	110:51+	111:19+
11:29+	17:28+	02:11+	05:28+	05:33+	02:23+	32:26+	01:56+	02:29+	14:32+	01:58+	08:45+	01:40+	01:50+	00:43+	00:28-
06:04@	14:35@	01:19@	02:18&	03:35@	00:48&	24:57@	00:48&	00:45&	10:14@	01:01@	07:02@	00:39&	00:23&	00:03+	00:13-
Beste strekktid for klassen															
05:25	02:53	00:49	02:23	01:55	01:34	07:18	00:58	01:33	04:01	00:52	01:43	00:50	01:02	00:33	00:24

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

Plass	Navn	Klasse										Tid		
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H 55-

1	Kim Farnes Hansen										201	32:34		
	03:21=	05:27=	07:31=	09:23=	10:59=	19:05=	21:13=	22:55=	26:44=	27:33=	29:57=	31:27=	32:06=	32:34=
	03:21=	02:06=	02:04=	01:52=	01:36=	08:06=	02:08=	01:42=	03:49=	00:49=	02:24=	01:30=	00:39=	00:28=
	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	Inge Glittum										255	39:28		
	05:02+	07:59+	10:29+	12:51+	14:43+	23:04+	24:21+	27:08+	32:03+	34:37+	36:41+	38:21+	38:58+	39:28+
	05:02+	02:57+	02:30+	02:22+	01:52+	08:21+	01:17-	02:47+	04:55+	02:34+	02:04-	01:40+	00:37-	00:30+
	01:41&	00:51&	00:26#	00:30&	00:16#	00:15+	00:51-	01:05&	01:06&	01:45@	00:20-	00:10#	00:02-	00:02+
3	Morten Andresen										255	51:07		
	05:10+	09:55+	12:57+	15:45+	17:58+	30:46+	32:43+	36:24+	42:31+	43:44+	47:42+	49:42+	50:35+	51:07+
	05:10+	04:45+	03:02+	02:48+	02:13+	12:48+	01:57-	03:41+	06:07+	01:13+	03:58+	02:00+	00:53+	00:32+
	01:49&	02:39@	00:58&	00:56&	00:37&	04:42&	00:11-	01:59@	02:18&	00:24&	01:34&	00:30&	00:14&	00:04#

Beste strekktid for klassen

03:21	02:06	02:04	01:52	01:36	08:06	01:17	01:42	03:49	00:49	02:04	01:30	00:37	00:28
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse										Tid
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H 60-

1	Arve Glittum	255	29:53
03:37=	05:57= 07:56= 09:46= 11:23= 18:14= 19:16= 24:51= 25:42= 27:28= 28:57= 29:29= 29:53=		
03:37=	02:20= 01:59= 01:50= 01:37= 06:51= 01:02= 05:35= 00:51= 01:46= 01:29= 00:32= 00:24=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Torgeir Strandhagen	297	31:54
03:41+	05:59+ 08:23+ 10:17+ 12:05+ 19:34+ 20:37+ 22:28- 26:14+ 27:05- 29:07+ 30:43+ 31:16+		
03:41+	02:18- 02:24+ 01:54+ 01:48+ 07:29+ 01:03+ 01:51- 03:46+ 00:51- 02:02+ 01:36+ 00:33+		
00:04+	00:02- 00:25# 00:04+ 00:11# 00:38+ 00:01+ 03:44- 02:55@ 00:55- 00:33& 01:04@ 00:09&		
3	Harald Hovi	312	41:01
03:44+	06:38+ 08:58+ 10:52+ 12:35+ 21:03+ 22:38+ 24:32- 34:10+ 35:14+ 37:57+ 39:48+ 40:27+ 41:01+		
03:44+	02:54+ 02:20+ 01:54+ 01:43+ 08:28+ 01:35+ 01:54- 09:38+ 01:04- 02:43+ 01:51+ 00:39+ 00:34+		
00:07+	00:34# 00:21# 00:04+ 00:06+ 01:37# 00:33& 03:41- 08:47@ 00:42- 01:14& 01:19@ 00:15& 00:34+		
4	Trond Hegna	26	42:06
04:13+	07:03+ 09:47+ 12:12+ 14:12+ 22:55+ 24:24+ 26:51+ 33:40+ 35:02+ 38:31+ 40:35+ 41:27+ 42:06+		
04:13+	02:50+ 02:44+ 02:25+ 02:00+ 08:43+ 01:29+ 02:27- 06:49+ 01:22- 03:29+ 02:04+ 00:52+ 00:39+		
00:36#	00:30# 00:45& 00:35& 00:23# 01:52& 00:27& 03:08- 05:58@ 00:24- 02:00@ 01:32@ 00:28@ 00:39+		
5	Odd Harald Nilsen	264	57:47
05:23+	09:09+ 12:43+ 15:58+ 19:26+ 34:42+ 36:21+ 39:12+ 50:10+ 51:23+ 54:02+ 56:19+ 57:13+ 57:47+		
05:23+	03:46+ 03:34+ 03:15+ 03:28+ 15:16+ 01:39+ 02:51- 10:58+ 01:13- 02:39+ 02:17+ 00:54+ 00:34+		
01:46&	01:26& 01:35& 01:25& 01:51@ 08:25@ 00:37& 02:44- 10:07@ 00:33- 01:10& 01:45@ 00:30@ 00:34+		

Beste strekktid for klassen

03:37 02:18 01:59 01:50 01:37 06:51 01:02 01:51 00:51 00:51 01:29 00:32 00:24

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

Plass	Navn				Klasse								Tid			
H 65-																
1	Øivind Fadum				300								36:51			
04:04=	06:57=	09:23=	11:42=	13:28=	21:33=	22:49=	24:59=	30:17=	31:29=	33:49=	35:38=	36:20=	36:51=			
04:04=	02:53=	02:26=	02:19=	01:46=	08:05=	01:16=	02:10=	05:18=	01:12=	02:20=	01:49=	00:42=	00:31=			
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	Sveinung Rekaa				243								38:05			
04:27+	07:23+	09:54+	12:07+	13:53+	23:50+	25:15+	27:03+	32:06+	33:02+	35:16+	36:59+	37:35+	38:05+			
04:27+	02:56+	02:31+	02:13-	01:46=	09:57+	01:25+	01:48-	05:03-	00:56-	02:14-	01:43-	00:36-	00:30-			
00:23+	00:03+	00:05+	00:06-	00:00=	01:52#	00:09#	00:22-	00:15-	00:16-	00:06-	00:06-	00:06-	00:01-			
3	Atle Remme				278								39:15			
04:40+	07:50+	10:48+	13:04+	14:56+	23:30+	24:48+	27:08+	32:43+	34:00+	36:23+	38:05+	38:44+	39:15+			
04:40+	03:10+	02:58+	02:16-	01:52+	08:34+	01:18+	02:20+	05:35+	01:17+	02:23+	01:42-	00:39-	00:31=			
00:36#	00:17+	00:32#	00:03-	00:06+	00:29+	00:02+	00:10+	00:17+	00:05+	00:03+	00:07-	00:03-	00:00=			
4	Ole Johansson				278								41:09			
04:34+	07:48+	10:45+	13:17+	15:22+	24:20+	25:42+	27:47+	34:29+	35:31+	37:58+	39:55+	40:36+	41:09+			
04:34+	03:14+	02:57+	02:32+	02:05+	08:58+	01:22+	02:05-	06:42+	01:02-	02:27+	01:57+	00:41-	00:33+			
00:30#	00:21#	00:31#	00:13+	00:19#	00:53#	00:06+	00:05-	01:24&	00:10-	00:07+	00:08+	00:01-	00:02+			
5	Per Furuheim				312								42:57			
04:11+	07:27+	10:08+	12:23+	14:25+	24:58+	26:10+	28:04+	35:02+	36:39+	39:48+	41:34+	42:25+	42:57+			
04:11+	03:16+	02:41+	02:15-	02:02+	10:33+	01:12-	01:54-	06:58+	01:37+	03:09+	01:46-	00:51+	00:32+			
00:07+	00:23#	00:15#	00:04-	00:16#	02:28&	00:04-	00:16-	01:40&	00:25&	00:49&	00:03-	00:09#	00:01+			
6	Elling Aakre				23								45:05			
04:57+	08:24+	11:17+	13:59+	16:07+	25:52+	27:07+	30:46+	37:03+	38:27+	41:26+	43:39+	44:27+	45:05+			
04:57+	03:27+	02:53+	02:42+	02:08+	09:45+	01:15-	03:39+	06:17+	01:24+	02:59+	02:13+	00:48+	00:38+			
00:53#	00:34#	00:27#	00:23#	00:22#	01:40#	00:01-	01:29&	00:59#	00:12#	00:39&	00:24#	00:06#	00:07#			
7	Dag Kristensen				255								45:17			
05:39+	09:19+	12:19+	14:51+	16:43+	27:53+	29:07+	30:57+	36:41+	38:05+	42:38+	44:07+	44:48+	45:17+			
05:39+	03:40+	03:00+	02:32+	01:52+	11:10+	01:14-	01:50-	05:44+	01:24+	04:33+	01:29-	00:41-	00:29-			
01:35&	00:47&	00:34#	00:13+	00:06+	03:05&	00:02-	00:20-	00:26+	00:12#	02:13&	00:20-	00:01-	00:02-			
8	Ove Gunnar Jacobsen				328								48:42			
06:36+	10:15+	13:24+	15:56+	18:06+	29:32+	30:54+	33:11+	40:40+	41:49+	45:22+	47:20+	48:08+	48:42+			
06:36+	03:39+	03:09+	02:32+	02:10+	11:26+	01:22+	02:17+	07:29+	01:09-	03:33+	01:58+	00:48+	00:34+			
02:32&	00:46&	00:43&	00:13+	00:24#	03:21&	00:06+	00:07+	02:11&	00:03-	01:13&	00:09+	00:06#	00:03+			
9	Per Chr. Hagen				53								48:55			
07:14+	10:56+	14:04+	16:42+	18:59+	30:17+	31:43+	34:03+	41:36+	42:37+	45:17+	47:26+	48:18+	48:55+			
07:14+	03:42+	03:08+	02:38+	02:17+	11:18+	01:26+	02:20+	07:33+	01:01-	02:40+	02:09+	00:52+	00:37+			
03:10&	00:49&	00:42&	00:19#	00:31&	03:13&	00:10#	00:10+	02:15&	00:11-	00:20#	00:20#	00:10#	00:06#			
10	Per Øhlckers				163								50:16			
05:42+	08:54+	11:58+	14:14+	16:14+	28:03+	29:29+	32:23+	42:07+	43:17+	46:07+	48:44+	49:38+	50:16+			
05:42+	03:12+	03:04+	02:16-	02:00+	11:49+	01:26+	02:54+	09:44+	01:10-	02:50+	02:37+	00:54+	00:38+			
01:38&	00:19#	00:38&	00:03-	00:14#	03:44&	00:10#	00:44&	04:26&	00:02-	00:30#	00:48&	00:12&	00:07#			
11	Hugo A. Christensen				243								54:30			
04:53+	09:33+	12:39+	18:07+	32:55+	34:24+	37:00+	44:23+	45:45+	49:30+	51:48+	53:40+					
04:53+	04:40+	03:06+	05:28+	14:48+	01:29-	02:36+	07:23+	01:22-	03:45+	02:18-	01:52+					
00:49#	01:47&	00:40&	03:09@	13:02@	06:36-	01:20@	05:13@	03:56-	02:33@	00:02-	00:03+					
12	Ragnar Niemi Berg				328								59:34			
07:01+	11:49+	16:04+	21:10+	23:20+	35:19+	36:48+	39:31+	50:37+	52:08+	55:20+	57:50+	58:52+	59:34+			
07:01+	04:48+	04:15+	05:06+	02:10+	11:59+	01:29+	02:43+	11:06+	01:31+	03:12+	02:30+	01:02+	00:42+			
02:57&	01:55&	01:49&	02:47@	00:24#	03:54&	00:13#	00:33&	05:48@	00:19&	00:52&	00:41&	00:20&	00:11&			
Beste strekktid for klassen																
04:04	02:53	02:26	02:13	01:46	01:29	01:12	01:48	01:22	00:56	02:14	01:29	00:36	00:29			

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

Plass	Navn												Klasse	Tid
H 70-														
1	Runar Kittilsen												328	28:57
	02:22=	09:43=	11:12=	13:11=	18:16=	20:49=	23:06=	25:26=	26:44=	27:47=	28:32=	28:57=		
	02:22=	07:21=	01:29=	01:59=	05:05=	02:33=	02:17=	02:20=	01:18=	01:03=	00:45=	00:25=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ragnar Hillestad												197	33:19
	02:41+	12:28+	13:48+	15:46+	20:39+	23:37+	26:04+	28:12+	30:33+	32:00+	32:54+	33:19+		
	02:41+	09:47+	01:20-	01:58-	04:53-	02:58+	02:27+	02:08-	02:21+	01:27+	00:54+	00:25=		
	00:19#	02:26&	00:09-	00:01-	00:12-	00:25#	00:10+	00:12-	01:03&	00:24&	00:09#	00:00=		
3	Rolf Gjølberg												198	34:39
	02:45+	10:45+	12:25+	15:38+	21:17+	23:46+	26:09+	30:07+	31:33+	33:14+	34:05+	34:39+		
	02:45+	08:00+	01:40+	03:13+	05:39+	02:29-	02:23+	03:58+	01:26+	01:41+	00:51+	00:34+		
	00:23#	00:39+	00:11#	01:14&	00:34#	00:04-	00:06+	01:38&	00:08#	00:38&	00:06#	00:09&		
4	Lars Martin Gjein												328	39:08
	03:00+	13:10+	14:46+	17:14+	24:18+	27:26+	30:12+	33:24+	35:41+	37:39+	38:33+	39:08+		
	03:00+	10:10+	01:36+	02:28+	07:04+	03:08+	02:46+	03:12+	02:17+	01:58+	00:54+	00:35+		
	00:38&	02:49&	00:07+	00:29#	01:59&	00:35#	00:29#	00:52&	00:59&	00:55&	00:09#	00:10&		
5	Kjell Meen												278	39:42
	03:16+	14:20+	15:48+	18:23+	24:50+	27:44+	30:33+	34:07+	36:45+	38:09+	39:08+	39:42+		
	03:16+	11:04+	01:28-	02:35+	06:27+	02:54+	02:49+	03:34+	02:38+	01:24+	00:59+	00:34+		
	00:54&	03:43&	00:01-	00:36&	01:22&	00:21#	00:32#	01:14&	01:20@	00:21&	00:14&	00:09&		
6	Hans Stordal												264	41:19
	08:12+	16:07+	18:12+	20:35+	26:51+	29:53+	33:15+	36:43+	38:15+	39:46+	40:39+	41:19+		
	08:12+	07:55+	02:05+	02:23+	06:16+	03:02+	03:22+	03:28+	01:32+	01:31+	00:53+	00:40+		
	05:50@	00:34+	00:36&	00:24#	01:11#	00:29#	01:05&	01:08&	00:14#	00:28&	00:08#	00:15&		
7	Roar Løken												301	43:27
	03:25+	14:03+	16:00+	19:17+	25:59+	29:04+	31:55+	35:30+	37:22+	41:43+	42:43+	43:27+		
	03:25+	10:38+	01:57+	03:17+	06:42+	03:05+	02:51+	03:35+	01:52+	04:21+	01:00+	00:44+		
	01:03&	03:17&	00:28&	01:18&	01:37&	00:32#	00:34#	01:15&	00:34&	03:18@	00:15&	00:19&		
8	Kjell Dolva												312	45:06
	03:12+	14:25+	17:57+	20:45+	26:36+	32:41+	36:43+	39:36+	41:46+	43:40+	44:32+	45:06+		
	03:12+	11:13+	03:32+	02:48+	05:51+	06:05+	04:02+	02:53+	02:10+	01:54+	00:52+	00:34+		
	00:50&	03:52&	02:03@	00:49&	00:46#	03:32@	01:45&	00:33#	00:52&	00:51&	00:07#	00:09&		
9	Helge Fossheim												111	45:07
	02:39+	11:32+	12:49+	15:33+	21:32+	27:45+	38:57+	41:15+	42:19+	43:51+	44:36+	45:07+		
	02:39+	08:53+	01:17-	02:44+	05:59+	06:13+	11:12+	02:18-	01:04-	01:32+	00:45=	00:31+		
	00:17#	01:32#	00:12-	00:45&	00:54#	03:40@	08:55@	00:02-	00:14-	00:29&	00:00=	00:06#		
10	Alf Johan Hjelmtvedt												64	46:21
	05:54+	18:30+	21:33+	25:19+	31:48+	34:47+	37:39+	40:53+	42:30+	44:36+	45:42+	46:21+		
	05:54+	12:36+	03:03+	03:46+	06:29+	02:59+	02:52+	03:14+	01:37+	02:06+	01:06+	00:39+		
	03:32@	05:15&	01:34@	01:47&	01:24&	00:26#	00:35&	00:54&	00:19#	01:03&	00:21&	00:14&		
11	Carl Ove Berg												255	57:38
	03:15+	24:35+	27:08+	29:31+	35:48+	41:40+	46:44+	50:19+	54:31+	56:13+	57:04+	57:38+		
	03:15+	21:20+	02:33+	02:23+	06:17+	05:52+	05:04+	03:35+	04:12+	01:42+	00:51+	00:34+		
	00:53&	13:59@	01:04&	00:24#	01:12#	03:19@	02:47@	01:15&	02:54@	00:39&	00:06#	00:09&		
12	John Schau												185	1:10:17
	03:25+	13:53+	17:01+	19:35+	56:12+	59:31+	62:08+	66:29+	67:41+	69:07+	69:46+	70:17+		
	03:25+	10:28+	03:08+	02:34+	36:37+	03:19+	02:37+	04:21+	01:12-	01:26+	00:39-	00:31+		
	01:03&	03:07&	01:39@	00:35&	31:32@	00:46&	00:20#	02:01&	00:06-	00:23&	00:06-	00:06#		
Beste strekktid for klassen														
	02:22	07:21	01:17	01:58	04:53	02:29	02:17	02:08	01:04	01:03	00:39	00:25		

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

Plass	Navn												Klasse	Tid											
H 75-																									
1	Bjørn W. Ludvigsen												133	34:42											
	02:38=	11:14=	13:03=	15:43=	23:06=	25:42=	29:09=	31:27=	32:26=	33:37=	34:14=	34:42=													
	02:38=	08:36=	01:49=	02:40=	07:23=	02:36=	03:27=	02:18=	00:59=	01:11=	00:37=	00:28=													
	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	Tor Eivind Edvardsen												198	49:27											
	05:46+	19:17+	21:29+	25:52+	33:27+	36:36+	39:55+	43:58+	45:49+	47:31+	48:36+	49:27+													
	05:46+	13:31+	02:12+	04:23+	07:35+	03:09+	03:19-	04:03+	01:51+	01:42+	01:05+	00:51+													
	03:08@	04:55&	00:23#	01:43&	00:12+	00:33#	00:08-	01:45&	00:52&	00:31&	00:28&	00:23&													
3	Oddvar Bruun												264	51:25											
	03:44+	13:00+	17:15+	21:55+	32:24+	35:58+	39:37+	46:14+	47:30+	49:27+	50:49+	51:25+													
	03:44+	09:16+	04:15+	04:40+	10:29+	03:34+	03:39+	06:37+	01:16+	01:57+	01:22+	00:36+													
	01:06&	00:40+	02:26@	02:00&	03:06&	00:58&	00:12+	04:19@	00:17&	00:46&	00:45@	00:08&													
4	Ivar Louis Berg												133	52:33											
	04:16+	14:05+	21:14+	25:08+	36:38+	40:22+	44:14+	47:22+	48:42+	50:30+	51:54+	52:33+													
	04:16+	09:49+	07:09+	03:54+	11:30+	03:44+	03:52+	03:08+	01:20+	01:48+	01:24+	00:39+													
	01:38&	01:13#	05:20@	01:14&	04:07&	01:08&	00:25#	00:50&	00:21&	00:37&	00:47@	00:11&													
5	Ole Kristoffer Throndsen												184	54:43											
	03:57+	14:08+	16:04+	18:58+	37:45+	41:35+	45:24+	48:41+	50:48+	53:04+	54:01+	54:43+													
	03:57+	10:11+	01:56+	02:54+	18:47+	03:50+	03:49+	03:17+	02:07+	02:16+	00:57+	00:42+													
	01:19&	01:35#	00:07+	00:14+	11:24@	01:14&	00:22#	00:59&	01:08@	01:05&	00:20&	00:14&													
6	Anton Lomme												111	58:18											
	03:34+	17:50+	21:00+	26:15+	46:13+	48:54+	51:15+	54:17+	55:30+	56:54+	57:41+	58:18+													
	03:34+	14:16+	03:10+	05:15+	19:58+	02:41+	02:21-	03:02+	01:13+	01:24+	00:47+	00:37+													
	00:56&	05:40&	01:21&	02:35&	12:35@	00:05+	01:06-	00:44&	00:14#	00:13#	00:10&	00:09&													
7	Odd Aure												56	1:04:13											
	03:07+	15:12+	19:58+	22:55+	52:11+	54:48+	57:07+	60:07+	61:20+	62:48+	63:34+	64:13+													
	03:07+	12:05+	04:46+	02:57+	29:16+	02:37+	02:19-	03:00+	01:13+	01:28+	00:46+	00:39+													
	00:29#	03:29&	02:57@	00:17#	21:53@	00:01+	01:08-	00:42&	00:14#	00:17#	00:09#	00:11&													
8	Ronald Bjerva												56	1:05:50											
	03:55+	30:58+	33:19+	36:28+	48:39+	52:37+	56:03+	59:54+	61:33+	63:46+	64:58+	65:50+													
	03:55+	27:03+	02:21+	03:09+	12:11+	03:58+	03:26-	03:51+	01:39+	02:13+	01:12+	00:52+													
	01:17&	18:27@	00:32&	00:29#	04:48&	01:22&	00:01-	01:33&	00:40&	01:02&	00:35&	00:24&													
Beste strekktid for klassen																									
	02:38	08:36	01:49	02:40	07:23	02:36	02:19	02:18	00:59	01:11	00:37	00:28													

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

H17-B

1

Thor Norderud

163

38:32

03:59=	07:19=	16:02=	17:39=	20:21=	25:15=	29:58=	32:09=	36:02=	37:22=	38:06=	38:32=
03:59=	03:20=	08:43=	01:37=	02:42=	04:54=	04:43=	02:11=	03:53=	01:20=	00:44=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

03:59	03:20	08:43	01:37	02:42	04:54	04:43	02:11	03:53	01:20	00:44	00:26
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse	Tid
N-åpen			
401	Kaia Ringen	263	15:38
02:04+	03:22+ 04:38+ 07:23+ 09:11+ 10:07+ 12:39+ 13:31+ 15:07+ 15:38+		
02:04+	01:18+ 01:16+ 02:45+ 01:48+ 00:56+ 02:32+ 00:52+ 01:36+ 00:31+		
02:04+	01:18+ 01:16+ 02:45+ 01:48+ 00:56+ 02:32+ 00:52+ 01:36+ 00:31+		
405	Fredrik Bue	264	37:18
03:27+	07:07+ 10:59+ 17:06+ 20:18+ 23:56+ 31:12+ 32:25+ 36:47+ 37:18+		
03:27+	03:40+ 03:52+ 06:07+ 03:12+ 03:38+ 07:16+ 01:13+ 04:22+ 00:31+		
03:27+	03:40+ 03:52+ 06:07+ 03:12+ 03:38+ 07:16+ 01:13+ 04:22+ 00:31+		
406	Ada Josefine Knoop	264	34:47
03:23+	07:33+ 12:01+ 18:13+ 22:35+ 24:26+ 29:57+ 32:14+ 33:57+ 34:47+		
03:23+	04:10+ 04:28+ 06:12+ 04:22+ 01:51+ 05:31+ 02:17+ 01:43+ 00:50+		
03:23+	04:10+ 04:28+ 06:12+ 04:22+ 01:51+ 05:31+ 02:17+ 01:43+ 00:50+		
407	Josephine Lin Bjørk	301	23:48
01:50+	04:33+ 07:03+ 10:40+ 13:20+ 14:35+ 18:25+ 19:55+ 22:48+ 23:48+		
01:50+	02:43+ 02:30+ 03:37+ 02:40+ 01:15+ 03:50+ 01:30+ 02:53+ 01:00+		
01:50+	02:43+ 02:30+ 03:37+ 02:40+ 01:15+ 03:50+ 01:30+ 02:53+ 01:00+		
408	Emma Åsheimer	264	21:18
01:41+	04:17+ 06:48+ 09:47+ 12:31+ 13:17+ 18:04+ 19:03+ 20:50+ 21:18+		
01:41+	02:36+ 02:31+ 02:59+ 02:44+ 00:46+ 04:47+ 00:59+ 01:47+ 00:28+		
01:41+	02:36+ 02:31+ 02:59+ 02:44+ 00:46+ 04:47+ 00:59+ 01:47+ 00:28+		

Beste strekktid for klassen

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