

57	Lina Sandquist	262	29:04
09:07+	13:27+ 14:37+ 18:39+ 26:31+ 28:38+ 29:04+		
09:07+	04:20+ 01:10+ 04:02+ 07:52+ 02:07+ 00:26+		
09:07+	04:20+ 01:10+ 04:02+ 07:52+ 02:07+ 00:26+		
58	Hedda Sæbø	253	24:12
04:18+	09:00+ 09:32+ 14:05+ 20:16+ 23:52+ 24:12+		
04:18+	04:42+ 00:32+ 04:33+ 06:11+ 03:36+ 00:20+		
04:18+	04:42+ 00:32+ 04:33+ 06:11+ 03:36+ 00:20+		

Beste strekktid for klassen

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

D 11-12

1	Marie Wollan Benum	51	18:30
03:44=	05:30= 09:03= 11:06= 14:00= 16:45= 18:12= 18:30=		
03:44=	01:46= 03:33= 02:03= 02:54= 02:45= 01:27= 00:18=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Silja Fuglem	213	22:20
04:21+	07:24+ 12:04+ 14:38+ 18:23+ 20:06+ 21:59+ 22:20+		
04:21+	03:03+ 04:40+ 02:34+ 03:45+ 01:43- 01:53+ 00:21+		
00:37#	01:17& 01:07& 00:31& 00:51& 01:02- 00:26& 00:03#		
3	Nora Halvorsen	320	22:30
05:15+	06:57+ 12:51+ 15:25+ 18:55+ 20:30+ 22:08+ 22:30+		
05:15+	01:42- 05:54+ 02:34+ 03:30+ 01:35- 01:38+ 00:22+		
01:31&	00:04- 02:21& 00:31& 00:36# 01:10- 00:11# 00:04#		
4	Johanna Rosling	327	24:24
05:46+	08:18+ 13:44+ 16:49+ 20:28+ 22:20+ 24:02+ 24:24+		
05:46+	02:32+ 05:26+ 03:05+ 03:39+ 01:52- 01:42+ 00:22+		
02:02&	00:46& 01:53& 01:02& 00:45& 00:53- 00:15# 00:04#		
5	Eir Sverresdotter Ekseth	320	26:06
05:33+	07:41+ 13:15+ 17:41+ 22:06+ 24:08+ 25:44+ 26:06+		
05:33+	02:08+ 05:34+ 04:26+ 04:25+ 02:02- 01:36+ 00:22+		
01:49&	00:22# 02:01& 02:23@ 01:31& 00:43- 00:09# 00:04#		
6	Ingrid Wollan Benum	51	27:49
02:56-	04:40- 10:14+ 20:18+ 23:44+ 25:45+ 27:30+ 27:49+		
02:56-	01:44- 05:34+ 10:04+ 03:26+ 02:01- 01:45+ 00:19+		
00:48-	00:02- 02:01& 08:01@ 00:32# 00:44- 00:18# 00:01+		
7	Ane Skulbørstad	327	30:39
08:40+	11:11+ 17:59+ 22:00+ 26:11+ 28:32+ 30:19+ 30:39+		
08:40+	02:31+ 06:48+ 04:01+ 04:11+ 02:21- 01:47+ 00:20+		
04:56@	00:45& 03:15& 01:58& 01:17& 00:24- 00:20# 00:02#		
8	Ingeborg Kolstad	379	31:14
04:30+	07:05+ 15:11+ 22:07+ 26:32+ 28:45+ 30:48+ 31:14+		
04:30+	02:35+ 08:06+ 06:56+ 04:25+ 02:13- 02:03+ 00:26+		
00:46#	00:49& 04:33@ 04:53@ 01:31& 00:32- 00:36& 00:08&		
9	Agnes Vatterholm Jernberg	320	31:50
05:31+	14:25+ 19:40+ 22:39+ 26:57+ 29:35+ 31:28+ 31:50+		
05:31+	08:54+ 05:15+ 02:59+ 04:18+ 02:38- 01:53+ 00:22+		
01:47&	07:08@ 01:42& 00:56& 01:24& 00:07- 00:26& 00:04#		
10	Emilie Standal	327	37:07
04:11+	06:54+ 23:28+ 28:07+ 32:25+ 34:53+ 36:41+ 37:07+		
04:11+	02:43+ 16:34+ 04:39+ 04:18+ 02:28- 01:48+ 00:26+		
00:27#	00:57& 13:01@ 02:36@ 01:24& 00:17- 00:21# 00:08&		

Plass	Navn								Klasse	Tid
11	Anna Emilie Lona								379	37:52
	04:54+	07:57+	14:36+	26:26+	31:06+	35:38+	37:29+	37:52+		
	04:54+	03:03+	06:39+	11:50+	04:40+	04:32+	01:51+	00:23+		
	01:10&	01:17&	03:06&	09:47@	01:46&	01:47&	00:24&	00:05&		
12	Ine Bohnhorst Tegdan								320	39:52
	04:57+	06:47+	11:07+	32:15+	36:00+	37:49+	39:31+	39:52+		
	04:57+	01:50+	04:20+	21:08+	03:45+	01:49-	01:42+	00:21+		
	01:13&	00:04+	00:47#	19:05@	00:51&	00:56-	00:15#	00:03#		
Beste strekktid for klassen										
	02:56	01:42	03:33	02:03	02:54	01:35	01:27	00:18		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
D 11-12N										
1	Ella Bruchmüller Sundt								51	23:16
	03:34=	07:32=	10:31=	13:50=	17:16=	20:30=	22:54=	23:16=		
	03:34=	03:58=	02:59=	03:19=	03:26=	03:14=	02:24=	00:22=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Maja Sæterhaug Knudsen								320	31:10
	04:44+	09:27+	16:17+	19:39+	25:15+	28:23+	30:45+	31:10+		
	04:44+	04:43+	06:50+	03:22+	05:36+	03:08-	02:22-	00:25+		
	01:10&	00:45#	03:51@	00:03+	02:10&	00:06-	00:02-	00:03#		
Beste strekktid for klassen										
	03:34	03:58	02:59	03:19	03:26	03:08	02:22	00:22		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
D 13-14										
1	Tora Kittilsen								320	30:53
	05:07=	09:16=	14:49=	16:41=	20:49=	26:08=	28:59=	30:31=	30:53=	
	05:07=	04:09=	05:33=	01:52=	04:08=	05:19=	02:51=	01:32=	00:22=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Una Kittilsen								320	33:34
	04:27-	07:52-	12:19-	14:26-	21:03+	27:03+	31:23+	33:20+	33:34+	
	04:27-	03:25-	04:27-	02:07+	06:37+	06:00+	04:20+	01:57+	00:14-	
	00:40-	00:44-	01:06-	00:15#	02:29&	00:41#	01:29&	00:25&	00:08-	
3	Sigrid Haugskott								262	36:40
	05:17+	09:41+	14:29-	16:17-	26:52+	32:10+	34:50+	36:23+	36:40+	
	05:17+	04:24+	04:48-	01:48-	10:35+	05:18-	02:40-	01:33+	00:17-	
	00:10+	00:15+	00:45-	00:04-	06:27@	00:01-	00:11-	00:01+	00:05-	
4	Mathea Spets Storhov								320	37:12
	04:39-	11:12+	15:16+	20:48+	28:46+	33:08+	35:23+	36:54+	37:12+	
	04:39-	06:33+	04:04-	05:32+	07:58+	04:22-	02:15-	01:31-	00:18-	
	00:28-	02:24&	01:29-	03:40@	03:50&	00:57-	00:36-	00:01-	00:04-	
5	Lina Storler Snøfugl								320	41:07
	05:30+	09:22+	14:26-	16:36-	23:29+	36:50+	39:10+	40:46+	41:07+	
	05:30+	03:52-	05:04-	02:10+	06:53+	13:21+	02:20-	01:36+	00:21-	
	00:23+	00:17-	00:29-	00:18#	02:45&	08:02@	00:31-	00:04+	00:01-	
6	Vilde Talgø-Kristiansen								320	45:19
	06:41+	10:51+	18:14+	20:31+	27:16+	40:56+	43:16+	44:58+	45:19+	
	06:41+	04:10+	07:23+	02:17+	06:45+	13:40+	02:20-	01:42+	00:21-	
	01:34&	00:01+	01:50&	00:25#	02:37&	08:21@	00:31-	00:10#	00:01-	
7	Selma Nevin								320	1:46:43
	04:59-	14:19+	18:03+	19:30+	88:04+	101:40+	104:55+	106:23+	106:43+	
	04:59-	09:20+	03:44-	01:27-	68:34+	13:36+	03:15+	01:28-	00:20-	
	00:08-	05:11@	01:49-	00:25-	64:26@	08:17@	00:24#	00:04-	00:02-	

Plass	Navn								Klasse	Tid
8	Solveig Louise Nissen								320	1:49:15
	04:59-	16:27+	20:25+	24:49+	90:12+	103:47+	107:11+	108:58+	109:15+	
	04:59-	11:28+	03:58-	04:24+	65:23+	13:35+	03:24+	01:47+	00:17-	
	00:08-	07:19@	01:35-	02:32@	61:15@	08:16@	00:33#	00:15#	00:05-	
9	Ella Sandstad								320	1:59:10
	08:03+	17:18+	23:16+	25:57+	100:10+	113:51+	117:08+	118:55+	119:10+	
	08:03+	09:15+	05:58+	02:41+	74:13+	13:41+	03:17+	01:47+	00:15-	
	02:56&	05:06@	00:25+	00:49&	70:05@	08:22@	00:26#	00:15#	00:07-	
Beste strekktid for klassen										
	04:27	03:25	03:44	01:27	04:08	04:22	02:15	01:28	00:14	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
D 13-16C										
1	Emma B. Hjelmen								262	29:09
	04:36=	07:22=	14:36=	18:48=	23:45=	26:33=	28:45=	29:09=		
	04:36=	02:46=	07:14=	04:12=	04:57=	02:48=	02:12=	00:24=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Anna Heksem Leraand								262	33:23
	06:22+	09:53+	16:42+	21:43+	28:01+	30:54+	32:58+	33:23+		
	06:22+	03:31+	06:49-	05:01+	06:18+	02:53+	02:04-	00:25+		
	01:46&	00:45&	00:25-	00:49#	01:21&	00:05+	00:08-	00:01+		
3	Karoline B. Hjelmen								262	37:46
	07:40+	10:39+	18:05+	22:43+	29:56+	34:44+	37:22+	37:46+		
	07:40+	02:59+	07:26+	04:38+	07:13+	04:48+	02:38+	00:24=		
	03:04&	00:13+	00:12+	00:26#	02:16&	02:00&	00:26#	00:00=		
Beste strekktid for klassen										
	04:36	02:46	06:49	04:12	04:57	02:48	02:04	00:24		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
D 15-16										
1	Mari Eidsmo								320	32:07
	03:51=	07:36=	11:02=	17:17=	19:43=	25:42=	30:31=	31:50=	32:07=	
	03:51=	03:45=	03:26=	06:15=	02:26=	05:59=	04:49=	01:19=	00:17=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Ane Malene Kolstad								320	36:35
	04:25+	09:09+	13:25+	20:20+	23:45+	29:54+	34:54+	36:20+	36:35+	
	04:25+	04:44+	04:16+	06:55+	03:25+	06:09+	05:00+	01:26+	00:15-	
	00:34#	00:59&	00:50#	00:40#	00:59&	00:10+	00:11+	00:07+	00:02-	
3	Frida Haugskott								262	39:20
	04:36+	11:21+	15:12+	21:13+	26:10+	32:39+	37:51+	39:07+	39:20+	
	04:36+	06:45+	03:51+	06:01-	04:57+	06:29+	05:12+	01:16-	00:13-	
	00:45#	03:00&	00:25#	00:14-	02:31@	00:30+	00:23+	00:03-	00:04-	
4	Silje Marie Nissen								320	44:49
	04:46+	11:29+	15:47+	23:07+	28:28+	37:41+	43:14+	44:34+	44:49+	
	04:46+	06:43+	04:18+	07:20+	05:21+	09:13+	05:33+	01:20+	00:15-	
	00:55#	02:58&	00:52&	01:05#	02:55@	03:14&	00:44#	00:01+	00:02-	
5	Anna Christensen								320	50:45
	07:03+	20:23+	25:10+	34:01+	36:43+	44:09+	48:59+	50:29+	50:45+	
	07:03+	13:20+	04:47+	08:51+	02:42+	07:26+	04:50+	01:30+	00:16-	
	03:12&	09:35@	01:21&	02:36&	00:16#	01:27#	00:01+	00:11#	00:01-	
6	Maren Viken								51	53:59
	06:56+	13:20+	18:40+	28:53+	33:58+	45:29+	51:58+	53:38+	53:59+	
	06:56+	06:24+	05:20+	10:13+	05:05+	11:31+	06:29+	01:40+	00:21+	
	03:05&	02:39&	01:54&	03:58&	02:39@	05:32&	01:40&	00:21&	00:04#	

Plass	Navn								Klasse	Tid
7	Mabel Ovedie Herskedal Amunds								000	57:37
	15:17+	20:26+	24:44+	31:16+	40:52+	49:23+	56:05+	57:22+	57:37+	
	15:17+	05:09+	04:18+	06:32+	09:36+	08:31+	06:42+	01:17-	00:15-	
	11:26@	01:24&	00:52&	00:17+	07:10@	02:32&	01:53&	00:02-	00:02-	
8	Stine Aune								253	1:02:38
	12:52+	20:23+	28:06+	38:24+	43:42+	53:35+	60:09+	62:19+	62:38+	
	12:52+	07:31+	07:43+	10:18+	05:18+	09:53+	06:34+	02:10+	00:19+	
	09:01@	03:46@	04:17@	04:03&	02:52@	03:54&	01:45&	00:51&	00:02#	
Beste strekktid for klassen										
	03:51	03:45	03:26	06:01	02:26	05:59	04:49	01:16	00:13	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
D 17-20										
1	Hanne Helmine Rogstad								253	48:38
	06:50=	12:18=	17:18=	25:54=	29:44=	39:41=	46:17=	48:20=	48:38=	
	06:50=	05:28=	05:00=	08:36=	03:50=	09:57=	06:36=	02:03=	00:18=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
Beste strekktid for klassen										
	06:50	05:28	05:00	08:36	03:50	09:57	06:36	02:03	00:18	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
H -10										
60	Ole Ulseth Sylte								320	21:12
	06:31+	09:16+	11:16+	13:30+	18:57+	20:51+	21:12+			
	06:31+	02:45+	02:00+	02:14+	05:27+	01:54+	00:21+			
	06:31+	02:45+	02:00+	02:14+	05:27+	01:54+	00:21+			
61	Mathias Leroyer								320	13:38
	03:48+	05:35+	06:11+	08:28+	11:32+	13:18+	13:38+			
	03:48+	01:47+	00:36+	02:17+	03:04+	01:46+	00:20+			
	03:48+	01:47+	00:36+	02:17+	03:04+	01:46+	00:20+			
62	Aksel Mardal								51	24:31
	04:14+	12:32+	14:45+	18:37+	22:29+	24:09+	24:31+			
	04:14+	08:18+	02:13+	03:52+	03:52+	01:40+	00:22+			
	04:14+	08:18+	02:13+	03:52+	03:52+	01:40+	00:22+			
64	Jens Anton Andresen								213	31:12
	09:04+	15:17+	16:26+	20:56+	28:34+	30:45+	31:12+			
	09:04+	06:13+	01:09+	04:30+	07:38+	02:11+	00:27+			
	09:04+	06:13+	01:09+	04:30+	07:38+	02:11+	00:27+			
65	Kristoffer Lodgaard								51	18:16
	05:45+	09:30+	10:05+	12:24+	16:18+	17:55+	18:16+			
	05:45+	03:45+	00:35+	02:19+	03:54+	01:37+	00:21+			
	05:45+	03:45+	00:35+	02:19+	03:54+	01:37+	00:21+			
66	Sigurd Sævik								327	16:16
	04:36+	07:37+	08:20+	10:39+	14:22+	15:52+	16:16+			
	04:36+	03:01+	00:43+	02:19+	03:43+	01:30+	00:24+			
	04:36+	03:01+	00:43+	02:19+	03:43+	01:30+	00:24+			
67	Dagfinn Stenvik								51	31:25
	07:49+	14:54+	16:06+	19:11+	26:17+	30:56+	31:25+			
	07:49+	07:05+	01:12+	03:05+	07:06+	04:39+	00:29+			
	07:49+	07:05+	01:12+	03:05+	07:06+	04:39+	00:29+			
183	Erlend Grønli								320	16:54
	04:06+	06:46+	07:23+	09:21+	15:05+	16:32+	16:54+			
	04:06+	02:40+	00:37+	01:58+	05:44+	01:27+	00:22+			
	04:06+	02:40+	00:37+	01:58+	05:44+	01:27+	00:22+			

Plass	Navn	Klasse	Tid
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 11-12			
1	Vebjørn Bergh-Hansen	51	19:56
	03:40= 05:30= 09:31= 12:04= 14:59= 18:05= 19:34= 19:56=		
	03:40= 01:50= 04:01= 02:33= 02:55= 03:06= 01:29= 00:22=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Hallvard Hellevik	320	22:03
	04:42+ 06:22+ 12:08+ 15:11+ 18:41+ 20:17+ 21:45+ 22:03+		
	04:42+ 01:40- 05:46+ 03:03+ 03:30+ 01:36- 01:28- 00:18-		
	01:02& 00:10- 01:45& 00:30# 00:35# 01:30- 00:01- 00:04-		
3	Sofus H Lind	379	23:38
	04:24+ 06:40+ 12:43+ 15:21+ 19:26+ 21:13+ 23:20+ 23:38+		
	04:24+ 02:16+ 06:03+ 02:38+ 04:05+ 01:47- 02:07+ 00:18-		
	00:44# 00:26# 02:02& 00:05+ 01:10& 01:19- 00:38& 00:04-		
4	Anders Berge Mjøhus	262	25:13
	03:45+ 06:25+ 11:21+ 16:28+ 20:27+ 23:14+ 24:55+ 25:13+		
	03:45+ 02:40+ 04:56+ 05:07+ 03:59+ 02:47- 01:41+ 00:18-		
	00:05+ 00:50& 00:55# 02:34@ 01:04& 00:19- 00:12# 00:04-		
5	Jakob Jøsang With	379	26:54
	06:52+ 09:05+ 14:14+ 17:32+ 22:28+ 24:52+ 26:32+ 26:54+		
	06:52+ 02:13+ 05:09+ 03:18+ 04:56+ 02:24- 01:40+ 00:22=		
	03:12& 00:23# 01:08& 00:45& 02:01& 00:42- 00:11# 00:00=		
6	Sven Nevin	320	29:14
	03:47+ 05:37+ 14:19+ 20:52+ 24:54+ 27:32+ 28:57+ 29:14+		
	03:47+ 01:50= 08:42+ 06:33+ 04:02+ 02:38- 01:25- 00:17-		
	00:07+ 00:00= 04:41@ 04:00@ 01:07& 00:28- 00:04- 00:05-		
7	Loke Strøm Haugsnes	379	31:19
	04:05+ 06:39+ 13:07+ 23:12+ 27:05+ 29:03+ 31:01+ 31:19+		
	04:05+ 02:34+ 06:28+ 10:05+ 03:53+ 01:58- 01:58+ 00:18-		
	00:25# 00:44& 02:27& 07:32@ 00:58& 01:08- 00:29& 00:04-		
8	Sven Sigurd Klæbo Drevdal	320	39:05
	05:04+ 08:19+ 21:07+ 28:30+ 33:47+ 36:19+ 38:44+ 39:05+		
	05:04+ 03:15+ 12:48+ 07:23+ 05:17+ 02:32- 02:25+ 00:21-		
	01:24& 01:25& 08:47@ 04:50@ 02:22& 00:34- 00:56& 00:01-		
9	Johannes Stordal	51	40:04
	08:37+ 12:11+ 23:51+ 28:50+ 34:51+ 37:41+ 39:44+ 40:04+		
	08:37+ 03:34+ 11:40+ 04:59+ 06:01+ 02:50- 02:03+ 00:20-		
	04:57@ 01:44& 07:39@ 02:26& 03:06@ 00:16- 00:34& 00:02-		
10	Alf Petter Lynum	320	41:03
	03:41+ 05:48+ 18:27+ 32:45+ 36:45+ 38:53+ 40:41+ 41:03+		
	03:41+ 02:07+ 12:39+ 14:18+ 04:00+ 02:08- 01:48+ 00:22=		
	00:01+ 00:17# 08:38@ 11:45@ 01:05& 00:58- 00:19# 00:00=		
Beste strekktid for klassen			
	03:40 01:40 04:01 02:33 02:55 01:36 01:25 00:17		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 11-12N			
1	Scott Sjølie	320	26:28
	04:17= 07:34= 10:09= 13:55= 19:01= 22:23= 26:08= 26:28=		
	04:17= 03:17= 02:35= 03:46= 05:06= 03:22= 03:45= 00:20=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Plass	Navn								Klasse	Tid
2	Sivert Aalmo								213	31:32
	04:37+	07:27-	11:29+	21:23+	24:52+	28:14+	31:08+	31:32+		
	04:37+	02:50-	04:02+	09:54+	03:29-	03:22=	02:54-	00:24+		
	00:20+	00:27-	01:27&	06:08@	01:37-	00:00=	00:51-	00:04#		
Beste strekktid for klassen										
	04:17	02:50	02:35	03:46	03:29	03:22	02:54	00:20		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
H 13-14										
1	Tristan Halvorsen								320	32:16
	03:29=	15:22=	18:36=	20:11=	23:47=	28:11=	30:28=	32:02=	32:16=	
	03:29=	11:53=	03:14=	01:35=	03:36=	04:24=	02:17=	01:34=	00:14=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Emil Grønli								320	32:19
	04:40+	11:20-	15:34-	17:25-	20:37-	27:49-	30:23-	32:02=	32:19+	
	04:40+	06:40-	04:14+	01:51+	03:12-	07:12+	02:34+	01:39+	00:17+	
	01:11&	05:13-	01:00&	00:16#	00:24-	02:48&	00:17#	00:05+	00:03#	
3	Emil Reinertsen Leroyer								320	33:31
	06:43+	10:54-	14:43-	16:39-	23:19-	29:32+	31:44+	33:08+	33:31+	
	06:43+	04:11-	03:49+	01:56+	06:40+	06:13+	02:12-	01:24-	00:23+	
	03:14&	07:42-	00:35#	00:21#	03:04&	01:49&	00:05-	00:10-	00:09&	
4	Tord Romundstad								253	37:50
	04:57+	09:03-	13:02-	18:29-	25:58+	33:02+	36:08+	37:38+	37:50+	
	04:57+	04:06-	03:59+	05:27+	07:29+	07:04+	03:06+	01:30-	00:12-	
	01:28&	07:47-	00:45#	03:52@	03:53@	02:40&	00:49&	00:04-	00:02-	
5	Vegard Lereim Storli								320	38:07
	04:36+	12:46-	17:17-	19:44-	26:51+	33:42+	36:11+	37:51+	38:07+	
	04:36+	08:10-	04:31+	02:27+	07:07+	06:51+	02:29+	01:40+	00:16+	
	01:07&	03:43-	01:17&	00:52&	03:31&	02:27&	00:12+	00:06+	00:02#	
6	Herman Bruchmüller Sundt								51	42:22
	09:24+	13:50-	20:42+	22:48+	28:14+	37:52+	40:26+	42:05+	42:22+	
	09:24+	04:26-	06:52+	02:06+	05:26+	09:38+	02:34+	01:39+	00:17+	
	05:55@	07:27-	03:38@	00:31&	01:50&	05:14@	00:17#	00:05+	00:03#	
7	Sverre Hellevik								320	43:39
	05:12+	08:56-	15:17-	17:35-	26:55+	39:21+	41:46+	43:19+	43:39+	
	05:12+	03:44-	06:21+	02:18+	09:20+	12:26+	02:25+	01:33-	00:20+	
	01:43&	08:09-	03:07&	00:43&	05:44@	08:02@	00:08+	00:01-	00:06&	
8	Magne Guttvik								379	47:10
	06:09+	18:39+	24:25+	26:29+	31:50+	42:01+	45:09+	46:51+	47:10+	
	06:09+	12:30+	05:46+	02:04+	05:21+	10:11+	03:08+	01:42+	00:19+	
	02:40&	00:37+	02:32&	00:29&	01:45&	05:47@	00:51&	00:08+	00:05&	
9	Imre Overgård Fremstad								51	47:10
	05:06+	15:36+	20:31+	27:22+	31:03+	41:35+	45:12+	46:51+	47:10+	
	05:06+	10:30-	04:55+	06:51+	03:41+	10:32+	03:37+	01:39+	00:19+	
	01:37&	01:23-	01:41&	05:16@	00:05+	06:08@	01:20&	00:05+	00:05&	
10	Sigurd Braathen								379	1:00:15
	04:33+	12:02-	16:53-	32:20+	37:02+	46:25+	58:19+	59:57+	60:15+	
	04:33+	07:29-	04:51+	15:27+	04:42+	09:23+	11:54+	01:38+	00:18+	
	01:04&	04:24-	01:37&	13:52@	01:06&	04:59@	09:37@	00:04+	00:04&	
11	Jørgen Aune								51	1:01:01
	05:50+	19:56+	24:53+	26:45+	38:42+	55:04+	58:21+	60:36+	61:01+	
	05:50+	14:06+	04:57+	01:52+	11:57+	16:22+	03:17+	02:15+	00:25+	
	02:21&	02:13#	01:43&	00:17#	08:21@	11:58@	01:00&	00:41&	00:11&	
12	Ådne Stordal								51	1:09:30
	06:06+	25:37+	29:52+	36:46+	51:07+	63:53+	67:14+	69:08+	69:30+	
	06:06+	19:31+	04:15+	06:54+	14:21+	12:46+	03:21+	01:54+	00:22+	
	02:37&	07:38&	01:01&	05:19@	10:45@	08:22@	01:04&	00:20#	00:08&	

Plass	Navn									Klasse	Tid
13	Iver Dalsaune Thun									320	1:10:23
	05:25+	15:04-	18:30-	26:47+	34:27+	64:56+	68:16+	70:05+	70:23+		
	05:25+	09:39-	03:26+	08:17+	07:40+	30:29+	03:20+	01:49+	00:18+		
	01:56&	02:14-	00:12+	06:42@	04:04@	26:05@	01:03&	00:15#	00:04&		
Beste strekktid for klassen											
	03:29	03:44	03:14	01:35	03:12	04:24	02:12	01:24	00:12		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.											
H 15-16											
1	Jostein Rø									320	40:53
	05:08=	08:33=	13:07=	15:27=	19:06=	24:33=	27:22=	33:47=	39:28=	40:34=	40:53=
	05:08=	03:25=	04:34=	02:20=	03:39=	05:27=	02:49=	06:25=	05:41=	01:06=	00:19=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Petter Andreas Lona									379	44:47
	04:01-	07:50-	14:08+	16:52+	20:17+	27:09+	30:58+	37:33+	43:15+	44:27+	44:47+
	04:01-	03:49+	06:18+	02:44+	03:25-	06:52+	03:49+	06:35+	05:42+	01:12+	00:20+
	01:07-	00:24#	01:44&	00:24#	00:14-	01:25&	01:00&	00:10+	00:01+	00:06+	00:01+
3	August Hopstad Nykvist									379	46:30
	04:08-	09:39+	14:41+	17:27+	22:14+	28:38+	31:38+	37:40+	44:49+	46:15+	46:30+
	04:08-	05:31+	05:02+	02:46+	04:47+	06:24+	03:00+	06:02-	07:09+	01:26+	00:15-
	01:00-	02:06&	00:28#	00:26#	01:08&	00:57#	00:11+	00:23-	01:28&	00:20&	00:04-
4	Vetle Grønvik Ekra									320	50:30
	04:34-	09:14+	18:28+	20:58+	25:13+	30:52+	33:32+	40:13+	48:40+	50:11+	50:30+
	04:34-	04:40+	09:14+	02:30+	04:15+	05:39+	02:40-	06:41+	08:27+	01:31+	00:19=
	00:34-	01:15&	04:40@	00:10+	00:36#	00:12+	00:09-	00:16+	02:46&	00:25&	00:00=
5	Erlend Aune									51	54:29
	06:46+	11:32+	22:45+	25:21+	30:03+	36:43+	39:47+	45:34+	52:44+	54:12+	54:29+
	06:46+	04:46+	11:13+	02:36+	04:42+	06:40+	03:04+	05:47-	07:10+	01:28+	00:17-
	01:38&	01:21&	06:39@	00:16#	01:03&	01:13#	00:15+	00:38-	01:29&	00:22&	00:02-
6	Brage Asplem									320	59:03
	05:12+	10:50+	22:50+	25:45+	30:45+	37:31+	42:52+	51:29+	57:21+	58:50+	59:03+
	05:12+	05:38+	12:00+	02:55+	05:00+	06:46+	05:21+	08:37+	05:52+	01:29+	00:13-
	00:04+	02:13&	07:26@	00:35#	01:21&	01:19#	02:32&	02:12&	00:11+	00:23&	00:06-
7	Kasper Sæterhaug Knudsen									320	59:50
	05:12+	10:36+	15:33+	30:43+	35:32+	41:09+	43:53+	52:27+	58:25+	59:31+	59:50+
	05:12+	05:24+	04:57+	15:10+	04:49+	05:37+	02:44-	08:34+	05:58+	01:06=	00:19=
	00:04+	01:59&	00:23+	12:50@	01:10&	00:10+	00:05-	02:09&	00:17+	00:00=	00:00=
8	Henrik Braathen									379	1:01:42
	05:56+	10:29+	16:49+	20:13+	26:24+	34:06+	37:37+	53:58+	60:01+	61:22+	61:42+
	05:56+	04:33+	06:20+	03:24+	06:11+	07:42+	03:31+	16:21+	06:03+	01:21+	00:20+
	00:48#	01:08&	01:46&	01:04&	02:32&	02:15&	00:42#	09:56@	00:22+	00:15#	00:01+
9	Håkon Sæternes									51	1:02:06
	04:13-	18:24+	23:42+	26:22+	34:29+	41:26+	46:09+	52:29+	60:02+	61:49+	62:06+
	04:13-	14:11+	05:18+	02:40+	08:07+	06:57+	04:43+	06:20-	07:33+	01:47+	00:17-
	00:55-	10:46@	00:44#	00:20#	04:28@	01:30&	01:54&	00:05-	01:52&	00:41&	00:02-
10	Anders Aagesen									217	1:06:32
	08:11+	13:59+	21:57+	27:07+	36:41+	48:47+	51:49+	57:43+	64:52+	66:16+	66:32+
	08:11+	05:48+	07:58+	05:10+	09:34+	12:06+	03:02+	05:54-	07:09+	01:24+	00:16-
	03:03&	02:23&	03:24&	02:50@	05:55@	06:39@	00:13+	00:31-	01:28&	00:18&	00:03-
11	Antonius Herskedal Amundsen									320	1:07:05
	08:21+	19:35+	28:06+	37:01+	41:53+	47:48+	51:14+	58:14+	65:17+	66:37+	67:05+
	08:21+	11:14+	08:31+	08:55+	04:52+	05:55+	03:26+	07:00+	07:03+	01:20+	00:28+
	03:13&	07:49@	03:57&	06:35@	01:13&	00:28+	00:37#	00:35+	01:22#	00:14#	00:09&
12	Oskar Storler									217	1:10:50
	08:19+	17:27+	26:04+	29:33+	34:24+	43:47+	48:28+	59:36+	68:47+	70:32+	70:50+
	08:19+	09:08+	08:37+	03:29+	04:51+	09:23+	04:41+	11:08+	09:11+	01:45+	00:18-
	03:11&	05:43@	04:03&	01:09&	01:12&	03:56&	01:52&	04:43&	03:30&	00:39&	00:01-

Plass	Navn										Klasse	Tid
13	Erling Eide Hustvedt										379	1:17:00
	06:17+	11:26+	24:12+	27:32+	32:18+	54:12+	58:18+	69:31+	75:18+	76:44+	77:00+	
	06:17+	05:09+	12:46+	03:20+	04:46+	21:54+	04:06+	11:13+	05:47+	01:26+	00:16-	
	01:09#	01:44&	08:12@	01:00&	01:07&	16:27@	01:17&	04:48&	00:06+	00:20&	00:03-	
Beste strekktid for klassen												
	04:01	03:25	04:34	02:20	03:25	05:27	02:40	05:47	05:41	01:06	00:13	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H 17-20												
1	Jonas Vindal										379	59:42
	05:34=	09:50=	15:19=	18:19=	29:49=	36:59=	41:06=	51:46=	58:00=	59:23=	59:42=	
	05:34=	04:16=	05:29=	03:00=	11:30=	07:10=	04:07=	10:40=	06:14=	01:23=	00:19=	
	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												
	05:34	04:16	05:29	03:00	11:30	07:10	04:07	10:40	06:14	01:23	00:19	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
N-åpen												
1	Jens og Viktor Nordstrand og Berntsen										320	46:34
	11:21=	17:45=	22:12=	33:57=	40:09=	46:01=	46:34=					
	11:21=	06:24=	04:27=	11:45=	06:12=	05:52=	00:33=					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
3	Sanna Dalsaune Thun										320	30:43
	07:19-	11:14-	15:18-	19:52-	24:48-	29:55-	30:43-					
	07:19-	03:55-	04:04-	04:34-	04:56-	05:07-	00:48+					
	04:02-	02:29-	00:23-	07:11-	01:16-	00:45-	00:15&					
4	Sigurd Wold Aalde										320	28:10
	05:48-	10:00-	15:12-	20:14-	24:42-	27:44-	28:10-					
	05:48-	04:12-	05:12+	05:02-	04:28-	03:02-	00:26-					
	05:33-	02:12-	00:45#	06:43-	01:44-	02:50-	00:07-					
6	Sofie Laura Andresen										213	42:31
	08:48-	14:26-	21:55-	27:10-	32:50-	41:18-	42:31-					
	08:48-	05:38-	07:29+	05:15-	05:40-	08:28+	01:13+					
	02:33-	00:46-	03:02&	06:30-	00:32-	02:36&	00:40@					
7	Finstad Vårin										217	24:18
	04:28-	07:04-	10:36-	15:09-	19:52-	23:55-	24:18-					
	04:28-	02:36-	03:32-	04:33-	04:43-	04:03-	00:23-					
	06:53-	03:48-	00:55-	07:12-	01:29-	01:49-	00:10-					
16	Einar Sævik										327	25:19
	05:40-	09:09-	13:06-	16:34-	21:18-	24:42-	25:19-					
	05:40-	03:29-	03:57-	03:28-	04:44-	03:24-	00:37+					
	05:41-	02:55-	00:30-	08:17-	01:28-	02:28-	00:04#					
18	Mari Lauvstad Brenne										51	21:25
	04:04-	06:21-	10:45-	13:54-	18:46-	21:04-	21:25-					
	04:04-	02:17-	04:24-	03:09-	04:52-	02:18-	00:21-					
	07:17-	04:07-	00:03-	08:36-	01:20-	03:34-	00:12-					
19	Eira Forsbak Asplem										320	30:51
	05:27-	09:13-	16:30-	22:25-	26:49-	30:25-	30:51-					
	05:27-	03:46-	07:17+	05:55-	04:24-	03:36-	00:26-					
	05:54-	02:38-	02:50&	05:50-	01:48-	02:16-	00:07-					
21	Marit Storler Snøfugl										320	16:39
	03:16-	05:20-	07:59-	10:49-	13:47-	16:14-	16:39-					
	03:16-	02:04-	02:39-	02:50-	02:58-	02:27-	00:25-					
	08:05-	04:20-	01:48-	08:55-	03:14-	03:25-	00:08-					

Plass	Navn	Klasse	Tid
22	Karoline Tøndel Chutko	379	20:54
04:04-	06:13- 10:10- 15:14- 17:51- 20:24- 20:54-		
04:04-	02:09- 03:57- 05:04- 02:37- 02:33- 00:30-		
07:17-	04:15- 00:30- 06:41- 03:35- 03:19- 00:03-		
24	Martin Melhuus	379	19:27
03:57-	06:30- 10:50- 13:33- 16:38- 19:07- 19:27-		
03:57-	02:33- 04:20- 02:43- 03:05- 02:29- 00:20-		
07:24-	03:51- 00:07- 09:02- 03:07- 03:23- 00:13-		
25	Linus Fossum Malmring	320	31:32
09:45-	12:11- 17:36- 23:07- 27:46- 31:09- 31:32-		
09:45-	02:26- 05:25+ 05:31- 04:39- 03:23- 00:23-		
01:36-	03:58- 00:58# 06:14- 01:33- 02:29- 00:10-		
26	Sigrid Lauvstad Brenne	51	39:00
08:11-	14:15- 22:02- 28:22- 34:06- 38:29- 39:00-		
08:11-	06:04- 07:47+ 06:20- 05:44- 04:23- 00:31-		
03:10-	00:20- 03:20& 05:25- 00:28- 01:29- 00:02-		
27	Vilde Haaland	379	22:19
05:13-	08:20- 12:05- 15:45- 18:48- 21:51- 22:19-		
05:13-	03:07- 03:45- 03:40- 03:03- 03:03- 00:28-		
06:08-	03:17- 00:42- 08:05- 03:09- 02:49- 00:05-		
28	Aksel Hanssen	51	27:04
05:34-	08:45- 16:16- 20:50- 23:56- 26:45- 27:04-		
05:34-	03:11- 07:31+ 04:34- 03:06- 02:49- 00:19-		
05:47-	03:13- 03:04& 07:11- 03:06- 03:03- 00:14-		
29	Hanna Othea Raanes-Fjelnseth	320	30:51
05:28-	09:12- 16:23- 22:24- 26:51- 30:23- 30:51-		
05:28-	03:44- 07:11+ 06:01- 04:27- 03:32- 00:28-		
05:53-	02:40- 02:44& 05:44- 01:45- 02:20- 00:05-		
30	Even Hoff Bjørklund	253	48:38
10:15-	17:11- 29:15+ 36:13+ 42:27+ 48:02+ 48:38+		
10:15-	06:56+ 12:04+ 06:58- 06:14+ 05:35- 00:36+		
01:06-	00:32+ 07:37@ 04:47- 00:02+ 00:17- 00:03+		
31	Ruth Astrid Castejon-Diez	379	23:44
05:01-	07:15- 12:33- 17:44- 20:42- 23:16- 23:44-		
05:01-	02:14- 05:18+ 05:11- 02:58- 02:34- 00:28-		
06:20-	04:10- 00:51# 06:34- 03:14- 03:18- 00:05-		
32	Sondre Stenseth	51	13:48
02:48-	04:44- 06:54- 09:11- 11:18- 13:29- 13:48-		
02:48-	01:56- 02:10- 02:17- 02:07- 02:11- 00:19-		
08:33-	04:28- 02:17- 09:28- 04:05- 03:41- 00:14-		
33	Åse Hoff Bjørklund	253	48:25
09:48-	17:03- 28:50+ 36:15+ 41:49+ 47:50+ 48:25+		
09:48-	07:15+ 11:47+ 07:25- 05:34- 06:01+ 00:35+		
01:33-	00:51# 07:20@ 04:20- 00:38- 00:09+ 00:02+		
34	Sigve Bohnhorst Tegdan	320	20:45
04:35-	07:57- 10:37- 14:29- 17:30- 20:16- 20:45-		
04:35-	03:22- 02:40- 03:52- 03:01- 02:46- 00:29-		
06:46-	03:02- 01:47- 07:53- 03:11- 03:06- 00:04-		
35	Brage Strøm Haugsnes	379	20:16
05:05-	07:53- 10:47- 14:54- 17:38- 19:55- 20:16-		
05:05-	02:48- 02:54- 04:07- 02:44- 02:17- 00:21-		
06:16-	03:36- 01:33- 07:38- 03:28- 03:35- 00:12-		
36	Elias Stenseth	51	38:52
09:48-	13:47- 21:02- 26:11- 32:52- 38:11- 38:52-		
09:48-	03:59- 07:15+ 05:09- 06:41+ 05:19- 00:41+		
01:33-	02:25- 02:48& 06:36- 00:29+ 00:33- 00:08#		
37	Agnes Wullum-Vestad	379	22:43
03:21-	05:51- 11:31- 15:51- 19:56- 22:21- 22:43-		
03:21-	02:30- 05:40+ 04:20- 04:05- 02:25- 00:22-		
08:00-	03:54- 01:13& 07:25- 02:07- 03:27- 00:11-		

Plass	Navn						Klasse	Tid
38	Irene Storler Snøfugl						320	22:12
	04:20-	07:09-	11:11-	16:19-	19:28-	21:49-	22:12-	
	04:20-	02:49-	04:02-	05:08-	03:09-	02:21-	00:23-	
	07:01-	03:35-	00:25-	06:37-	03:03-	03:31-	00:10-	
39	Ole Einar Andresen						213	39:57
	08:18-	13:56-	21:05-	26:40-	32:21-	39:18-	39:57-	
	08:18-	05:38-	07:09+	05:35-	05:41-	06:57+	00:39+	
	03:03-	00:46-	02:42&	06:10-	00:31-	01:05#	00:06#	
40	Eva Amundsen						320	21:50
	04:39-	07:17-	11:13-	15:02-	17:58-	21:21-	21:50-	
	04:39-	02:38-	03:56-	03:49-	02:56-	03:23-	00:29-	
	06:42-	03:46-	00:31-	07:56-	03:16-	02:29-	00:04-	
41	Thomas Gundersen						253	33:05
	05:50-	09:51-	16:16-	22:26-	27:09-	32:33-	33:05-	
	05:50-	04:01-	06:25+	06:10-	04:43-	05:24-	00:32-	
	05:31-	02:23-	01:58&	05:35-	01:29-	00:28-	00:01-	
43	Jenny Lauvstad Brenne						51	40:12
	10:02-	14:36-	22:07-	28:51-	34:30-	39:43-	40:12-	
	10:02-	04:34-	07:31+	06:44-	05:39-	05:13-	00:29-	
	01:19-	01:50-	03:04&	05:01-	00:33-	00:39-	00:04-	
63	Odin Bang Lukassen						379	42:41
	14:44+	23:22+	30:05+	34:25+	38:58-	42:19-	42:41-	
	14:44+	08:38+	06:43+	04:20-	04:33-	03:21-	00:22-	
	03:23&	02:14&	02:16&	07:25-	01:39-	02:31-	00:11-	
197	Clara Leroyer						320	30:06
	06:01-	10:59-	16:34-	20:20-	25:37-	29:29-	30:06-	
	06:01-	04:58-	05:35+	03:46-	05:17-	03:52-	00:37+	
	05:20-	01:26-	01:08&	07:59-	00:55-	02:00-	00:04#	
Beste strekktid for klassen								
	02:48	01:56	02:10	02:17	02:07	02:11	00:19	

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