

km natt											Strekktider		-26.09.2018
Plass	Navn		Klasse				Tid						
D 13-14p													
1	Julie Sophie Wold					D 13-14p					27:26		
	02:21	04:54	06:03	13:23	15:56	18:25	21:54	24:58	26:28	27:26			
	02:21	02:33	01:09	07:20	02:33	02:29	03:29	03:04	01:30	00:58			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
3	Elma Sagli Gudim					D 13-14p					29:07		
	02:33	05:44	07:13	11:21	14:28	17:49	21:51	26:19	28:00	29:07			
	02:33	03:11	01:29	04:08	03:07	03:21	04:02	04:28	01:41	01:07			
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5	Marie Lien Backstrøm					D 13-14p					30:32		
	02:45	05:28	07:10	11:22	18:29	21:38	25:07	28:23	29:43	30:32			
	02:45	02:43	01:42	04:12	07:07	03:09	03:29	03:16	01:20	00:49			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
6	Julie Brenås					D 13-14p					41:27		
	03:59	07:21	11:18	15:49	18:49	21:37	31:11	38:48	40:34	41:27			
	03:59	03:22	03:57	04:31	03:00	02:48	09:34	07:37	01:46	00:53			
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D 15-16													
1	Elida Sagli Gudim					D 15-16					1:02:16		
	08:12	13:02	25:08	27:56	45:37	53:06	56:12	59:44	61:27	62:16			
	08:12	04:50	12:06	02:48	17:41	07:29	03:06	03:32	01:43	00:49			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Adine Blakkestad Ingesen					D 15-16					1:07:32		
	05:30	12:17	22:22	25:27	27:38	51:27	57:53	61:42	64:59	66:41	67:32		
	05:30	06:47	10:05	03:05	02:11	23:49	06:26	03:49	03:17	01:42	00:51		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
D 17-18													
1	Karoline Bjørnerød					D 17-18					43:29		
	09:52	14:26	22:31	25:12	31:02	36:55	38:32	41:24	42:44	43:29			
	09:52	04:34	08:05	02:41	05:50	05:53	01:37	02:52	01:20	00:45			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Marie Lindløv Jensen					D 17-18					46:47		
	06:18	11:08	21:32	23:36	31:23	38:58	41:26	44:12	45:51	46:47			
	06:18	04:50	10:24	02:04	07:47	07:35	02:28	02:46	01:39	00:56			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
D 19-20													
1	Sigrid Saur Modahl					D 19-20					51:31		
	05:32	10:50	21:09	24:08	32:28	41:09	44:20	48:41	50:29	51:31			
	05:32	05:18	10:19	02:59	08:20	08:41	03:11	04:21	01:48	01:02			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
D 21-													
1	Eva Jurenikova					D 21-					41:25		
	04:01	09:32	18:33	21:56	29:41	35:29	37:08	39:35	40:42	41:25			
	04:01	05:31	09:01	03:23	07:45	05:48	01:39	02:27	01:07	00:43			
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Plass	Navn										Klasse	Tid
2	Iliana Ilieva										D 21-	43:16
	05:10	12:05	20:36	24:04	31:36	37:42	39:10	41:36	42:38	43:16		
	05:10	06:55	08:31	03:28	07:32	06:06	01:28	02:26	01:02	00:38		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
3	Lizzie Ingham										D 21-	46:09
	05:06	11:54	21:23	25:35	33:30	40:20	41:44	44:16	45:28	46:09		
	05:06	06:48	09:29	04:12	07:55	06:50	01:24	02:32	01:12	00:41		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
D 45-												
1	Wenche Lindløv										D 45-	49:31
	06:01	11:22	21:21	24:35	33:43	39:48	42:18	46:45	48:27	49:31		
	06:01	05:21	09:59	03:14	09:08	06:05	02:30	04:27	01:42	01:04		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
D 55-												
1	Heidi Børstad										D 55-	53:39
	06:23	12:36	25:25	28:46	37:34	43:51	46:23	50:42	52:32	53:39		
	06:23	06:13	12:49	03:21	08:48	06:17	02:32	04:19	01:50	01:07		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Anne Marie Solheim Haugerud										D 55-	1:01:39
	07:10	11:43	21:34	24:12	40:19	51:10	56:19	59:16	60:44	61:39		
	07:10	04:33	09:51	02:38	16:07	10:51	05:09	02:57	01:28	00:55		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
3	Bente Line										D 55-	1:02:43
	08:09	12:45	25:31	27:54	45:40	53:29	56:08	59:55	61:39	62:43		
	08:09	04:36	12:46	02:23	17:46	07:49	02:39	03:47	01:44	01:04		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
DIR AK												
1	Jesper Svae										DIR AK	52:32
	05:41	12:33	23:42	26:39	36:04	42:16	45:48	49:53	51:32	52:32		
	05:41	06:52	11:09	02:57	09:25	06:12	03:32	04:05	01:39	01:00		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
DIR AL												
1	Marianne Andersen										DIR AL	45:33
	05:10	11:00	20:40	24:33	32:41	39:33	41:04	43:28	44:43	45:33		
	05:10	05:50	09:40	03:53	08:08	06:52	01:31	02:24	01:15	00:50		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Donatas Kontautas										DIR AL	46:25
	05:55	14:49	23:35	27:01	34:43	40:43	42:13	44:37	45:43	46:25		
	05:55	08:54	08:46	03:26	07:42	06:00	01:30	02:24	01:06	00:42		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
H 13-14p												
1	Sondre Ladim										H 13-14p	20:11
	01:38	04:19	05:21	08:38	10:58	12:40	16:00	18:21	19:29	20:11		
	01:38	02:41	01:02	03:17	02:20	01:42	03:20	02:21	01:08	00:42		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
3	Herman Lien Backstrøm										H 13-14p	22:42
	01:47	05:27	06:59	09:59	12:39	14:27	18:12	20:41	22:01	22:42		
	01:47	03:40	01:32	03:00	02:40	01:48	03:45	02:29	01:20	00:41		
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Plass	Navn						Klasse				Tid
4	Henrik Julian Fontes Aarbu						H 13-14p				23:18
	01:41	04:06	04:52	09:55	12:01	15:19	18:15	21:42	22:41	23:18	
	01:41	02:25	00:46	05:03	02:06	03:18	02:56	03:27	00:59	00:37	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
5	Sebastian Bøhn-Bryntesen						H 13-14p				25:57
	02:36	07:50	09:33	10:56	13:17	15:32	19:36	23:29	25:06	25:57	
	02:36	05:14	01:43	01:23	02:21	02:15	04:04	03:53	01:37	00:51	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
H 15-16											
1	Sivert Poppe						H 15-16				33:42
	05:04	08:34	15:12	16:56	22:52	27:55	30:07	32:03	33:06	33:42	
	05:04	03:30	06:38	01:44	05:56	05:03	02:12	01:56	01:03	00:36	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kristoffer B. Helminsen						H 15-16				35:00
	05:35	08:48	14:53	18:51	24:01	27:59	30:15	33:07	34:21	35:00	
	05:35	03:13	06:05	03:58	05:10	03:58	02:16	02:52	01:14	00:39	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
3	Jakob Torgersen						H 15-16				41:33
	05:03	08:25	16:50	18:45	28:55	33:46	37:42	39:38	40:54	41:33	
	05:03	03:22	08:25	01:55	10:10	04:51	03:56	01:56	01:16	00:39	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
4	Sigurd Saxe Sandvik						H 15-16				42:44
	03:41	06:54	17:17	19:02	30:18	35:14	37:11	39:23	41:58	42:44	
	03:41	03:13	10:23	01:45	11:16	04:56	01:57	02:12	02:35	00:46	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
H 17-18											
1	Eirik Blågestad						H 17-18				43:56
	04:21	09:46	18:21	21:49	31:25	37:32	39:59	42:04	43:18	43:56	
	04:21	05:25	08:35	03:28	09:36	06:07	02:27	02:05	01:14	00:38	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Sondre Ottesen						H 17-18				44:22
	03:34	10:16	21:29	25:22	33:24	39:03	40:38	42:35	43:45	44:22	
	03:34	06:42	11:13	03:53	08:02	05:39	01:35	01:57	01:10	00:37	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
3	Eirik Imrik						H 17-18				45:53
	04:30	11:44	20:24	23:54	32:57	39:29	41:56	44:05	45:15	45:53	
	04:30	07:14	08:40	03:30	09:03	06:32	02:27	02:09	01:10	00:38	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
4	Runar Saur Modahl						H 17-18				46:17
	05:01	11:52	21:07	24:18	32:47	39:20	42:04	44:13	45:31	46:17	
	05:01	06:51	09:15	03:11	08:29	06:33	02:44	02:09	01:18	00:46	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
5	Oliver Hagaseth Mydske						H 17-18				54:23
	07:15	13:53	26:39	30:25	38:49	46:39	48:56	52:10	53:30	54:23	
	07:15	06:38	12:46	03:46	08:24	07:50	02:17	03:14	01:20	00:53	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
H 19-20											
1	Benjamin Aasen						H 19-20				52:59
	03:59	18:26	29:57	33:43	41:35	47:16	48:50	50:57	52:10	52:59	
	03:59	14:27	11:31	03:46	07:52	05:41	01:34	02:07	01:13	00:49	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
H 21-											

Plass	Navn	Klasse												Tid
1	Fredrik Eliasson	H 21-												49:37
	08:42	13:07	13:52	21:07	23:42	31:00	35:15	36:23	40:17	44:32	46:11	47:59	48:59	49:37
	08:42	04:25	00:45	07:15	02:35	07:18	04:15	01:08	03:54	04:15	01:39	01:48	01:00	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=	00:00=	00:00=
2	Espen Nordbrøden Fiskum	H 21-												51:46
	07:24	11:28	12:11	19:33	22:16	30:13	35:16	36:16	41:18	45:30	48:29	50:08	51:08	51:46
	07:24	04:04	00:43	07:22	02:43	07:57	05:03	01:00	05:02	04:12	02:59	01:39	01:00	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=	00:00=	00:00=
3	Pascal Buchs	H 21-												57:13
	09:08	13:08	13:53	22:08	24:50	33:53	38:53	41:23	45:28	50:34	53:19	55:19	56:27	57:13
	09:08	04:00	00:45	08:15	02:42	09:03	05:00	02:30	04:05	05:06	02:45	02:00	01:08	00:46
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
4	Bendik Eliassen	H 21-												1:12:34
	07:37	13:15	14:12	25:10	28:30	38:11	46:20	48:08	59:49	65:30	67:29	69:56	71:31	72:34
	07:37	05:38	00:57	10:58	03:20	09:41	08:09	01:48	11:41	05:41	01:59	02:27	01:35	01:03
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
H 35-														
1	Matthieu Puech	H 35-												42:37
	03:30	11:15	20:54	23:59	30:59	37:13	38:34	40:32	41:56	42:37				
	03:30	07:45	09:39	03:05	07:00	06:14	01:21	01:58	01:24	00:41				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Anders Lunde	H 35-												51:35
	03:36	13:11	22:01	25:45	34:22	41:57	46:59	49:31	50:51	51:35				
	03:36	09:35	08:50	03:44	08:37	07:35	05:02	02:32	01:20	00:44				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
3	Magnus Nordbrøden	H 35-												54:44
	05:20	12:30	21:57	27:30	37:03	44:10	49:38	52:32	53:57	54:44				
	05:20	07:10	09:27	05:33	09:33	07:07	05:28	02:54	01:25	00:47				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
H 45-														
1	Dyre Martin Gulbrandsen	H 45-												45:32
	04:08	10:17	20:34	24:22	32:46	39:47	41:23	43:44	44:52	45:32				
	04:08	06:09	10:17	03:48	08:24	07:01	01:36	02:21	01:08	00:40				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Henning Bratland Carlsen	H 45-												47:17
	04:18	10:28	21:14	25:09	33:43	40:28	42:56	45:18	46:33	47:17				
	04:18	06:10	10:46	03:55	08:34	06:45	02:28	02:22	01:15	00:44				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
3	Espen Bekhus	H 45-												50:33
	04:13	11:35	21:40	27:24	36:43	43:55	45:32	47:54	49:25	50:33				
	04:13	07:22	10:05	05:44	09:19	07:12	01:37	02:22	01:31	01:08				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
4	Claes-Tommy Herland	H 45-												50:55
	04:20	12:01	22:28	26:54	36:26	44:09	46:00	48:36	50:00	50:55				
	04:20	07:41	10:27	04:26	09:32	07:43	01:51	02:36	01:24	00:55				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
5	Asle Sagli Gudim	H 45-												53:33
	04:23	12:49	22:41	27:01	36:39	44:18	46:26	51:29	52:45	53:33				
	04:23	08:26	09:52	04:20	09:38	07:39	02:08	05:03	01:16	00:48				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
6	Magne Sæther	H 45-												53:42
	03:50	13:01	22:09	28:23	37:15	46:50	49:43	51:52	52:59	53:42				
	03:50	09:11	09:08	06:14	08:52	09:35	02:53	02:09	01:07	00:43				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
7	Torgeir Snilsberg	H 45-												55:23
	04:21	11:15	24:02	29:45	40:39	48:41	50:15	52:56	54:28	55:23				
	04:21	06:54	12:47	05:43	10:54	08:02	01:34	02:41	01:32	00:55				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
01.10.2018 21:54:13														
Side:4														

Plass	Navn										Klasse	Tid
8	Pål Angvoll										H 45-	1:00:18
	05:07	14:49	28:18	33:11	43:36	52:07	55:15	57:52	59:22	60:18		
	05:07	09:42	13:29	04:53	10:25	08:31	03:08	02:37	01:30	00:56		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
9	Dag Brenås										H 45-	1:01:54
	05:12	16:44	28:05	32:10	41:19	51:31	57:20	59:40	61:07	61:54		
	05:12	11:32	11:21	04:05	09:09	10:12	05:49	02:20	01:27	00:47		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
10	Dag Syversen										H 45-	1:02:09
	06:10	17:06	30:08	35:18	46:37	54:49	56:31	59:20	61:12	62:09		
	06:10	10:56	13:02	05:10	11:19	08:12	01:42	02:49	01:52	00:57		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
11	Kjell Reidar Mydske										H 45-	1:07:03
	08:36	17:45	32:30	37:21	49:00	57:12	59:47	63:08	66:09	67:03		
	08:36	09:09	14:45	04:51	11:39	08:12	02:35	03:21	03:01	00:54		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
H 55-												
1	Sture Ottesen										H 55-	37:43
	04:30	08:51	15:54	18:09	26:16	30:55	32:53	35:39	36:54	37:43		
	04:30	04:21	07:03	02:15	08:07	04:39	01:58	02:46	01:15	00:49		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Jan Granstedt										H 55-	38:35
	04:34	08:33	17:30	19:55	26:40	32:10	33:40	36:09	37:37	38:35		
	04:34	03:59	08:57	02:25	06:45	05:30	01:30	02:29	01:28	00:58		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
3	Eirik Nordbrøden										H 55-	41:42
	06:22	10:05	17:12	19:42	21:57	28:56	33:41	35:57	39:25	40:53	41:42	
	06:22	03:43	07:07	02:30	02:15	06:59	04:45	02:16	03:28	01:28	00:49	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
4	Sven Simonsen										H 55-	41:59
	05:03	11:06	18:13	20:17	28:36	33:57	36:57	39:28	41:14	41:59		
	05:03	06:03	07:07	02:04	08:19	05:21	03:00	02:31	01:46	00:45		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
5	Bjørn Tore Thoresen										H 55-	55:21
	06:04	17:08	26:09	28:23	36:11	42:04	49:04	52:31	54:16	55:21		
	06:04	11:04	09:01	02:14	07:48	05:53	07:00	03:27	01:45	01:05		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
H 65-												
1	Tom Arild Karlsen										H 65-	39:16
	05:07	08:47	17:31	20:07	26:32	31:35	34:06	36:46	38:20	39:16		
	05:07	03:40	08:44	02:36	06:25	05:03	02:31	02:40	01:34	00:56		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		