

KM Langdistanse**Strekketider****-18.08.2013****Plass Navn****Klasse****Tid****D -12N****275 Maya Valen D -12N 20:27**01:26 04:29 07:02 13:45 15:26 19:09 20:27
01:26 03:03 02:33 06:43 01:41 03:43 01:18
01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+**276 Elisa Gøtsch Iversen D -12N 18:07**01:14 05:22 07:24 11:31 12:55 17:06 18:07
01:14 04:08 02:02 04:07 01:24 04:11 01:01
01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+**277 Hanne Marcussen D -12N 22:09**01:15 05:15 07:50 16:09 17:42 21:08 22:09
01:15 04:00 02:35 08:19 01:33 03:26 01:01
01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+**D 11-12****1 Idunn Strand D 11-12 25:57**02:59 06:55 12:02 19:09 22:51 25:10 25:57
02:59 03:56 05:07 07:07 03:42 02:19 00:47
01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+**2 Malin Kristina Møller Jørgensen D 11-12 30:44**03:34 10:14 15:44 23:11 27:16 29:44 30:44
03:34 06:40 05:30 07:27 04:05 02:28 01:00
01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+**3 Anna Jacobsen-Gaski D 11-12 31:05**07:08 12:06 18:47 25:02 28:14 30:15 31:05
07:08 04:58 06:41 06:15 03:12 02:01 00:50
01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+**4 Dariya Vlasova D 11-12 39:03**04:18 10:28 16:11 30:19 35:57 38:12 39:03
04:18 06:10 05:43 14:08 05:38 02:15 00:51
01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+**D 13-14****1 Diana Ermilova D 13-14 1:11:28**06:27 42:08 50:40 53:51 62:44 68:45 70:40 71:28
06:27 35:41 08:32 03:11 08:53 06:01 01:55 00:48
01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+**2 Tora Indregard D 13-14 1:13:58**06:08 43:58 52:29 55:35 64:36 70:15 73:13 73:58
06:08 37:50 08:31 03:06 09:01 05:39 02:58 00:45
01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+**3 Ida Urset D 13-14 1:20:48**06:40 46:01 54:31 57:54 64:10 76:43 79:54 80:48
06:40 39:21 08:30 03:23 06:16 12:33 03:11 00:54
01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+**D 13-16N****1 Ellinor Agersborg Moan D 13-16N 15:09**00:47 03:43 08:07 11:31 14:23 15:09
00:47 02:56 04:24 03:24 02:52 00:46
01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+

Class	Navn	Klasse	Tid
2	Ane-Marte Borg Hanssen	D 13-16N	22:24
01:01	08:30 14:02 18:44 22:24		
01:01	07:29 05:32 04:42 03:40		
01:12+	01:12+ 01:12+ 01:12+ 01:12+		
3	Maija Kildalsen	D 13-16N	22:31
01:04	05:47 13:02 18:00 21:33 22:31		
01:04	04:43 07:15 04:58 03:33 00:58		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
4	Alexandra Angelin Valen	D 13-16N	26:24
01:01	05:55 12:43 22:52 25:29 26:24		
01:01	04:54 06:48 10:09 02:37 00:55		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
5	Signe Serine Oksnes	D 13-16N	32:09
01:05	07:44 18:11 25:08 30:22 32:09		
01:05	06:39 10:27 06:57 05:14 01:47		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
6	Alexandra Beatrice Valen	D 13-16N	1:16:54
00:53	05:11 11:01 72:17 76:04 76:54		
00:53	04:18 05:50 61:16 03:47 00:50		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
D 15-16			
1	Alexandra Rusakova	D 15-16	51:59
08:20	14:30 22:20 26:15 32:21 50:07 51:18 51:59		
08:20	06:10 07:50 03:55 06:06 17:46 01:11 00:41		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
D 17-C			
1	Hilde Gulbrandsen	D 17-C	26:41
03:30	07:02 11:16 21:04 23:53 25:49 26:41		
03:30	03:32 04:14 09:48 02:49 01:56 00:52		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
D 19-20			
1	Line Birgitte Solvang	D 19-20	1:54:28
22:42	27:07 51:23 68:52 73:17 92:52 112:35 113:3/ 114:28		
22:42	04:25 24:16 17:29 04:25 19:35 19:43 01:02 00:51		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
D 21-			
1	Arntraut Götsch	D 21-	1:08:11
06:17	25:33 28:11 39:27 44:39 48:58 55:36 57:05 66:37 67:32 68:11		
06:17	19:16 02:38 11:16 05:12 04:19 06:38 01:29 09:32 00:55 00:39		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
2	Siri Eidnes	D 21-	1:15:51
05:53	26:33 29:27 40:47 48:15 54:45 61:54 63:08 74:05 75:01 75:51		
05:53	20:40 02:54 11:20 07:28 06:30 07:09 01:14 10:57 00:56 00:50		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
3	Bodil Brun Marcussen	D 21-	1:22:22
06:10	30:24 33:22 46:54 53:09 61:15 67:48 69:11 80:15 81:35 82:22		
06:10	24:14 02:58 13:32 06:15 08:06 06:33 01:23 11:04 01:20 00:47		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
4	Margrete Gaski	D 21-	1:24:53
07:12	32:36 34:40 37:08 49:04 55:05 62:54 69:47 71:13 82:35 84:09 84:53		
07:12	25:24 02:04 02:28 11:56 06:01 07:49 06:53 01:26 11:22 01:34 00:44		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		

Class	Navn	Klasse	Tid
5	Liv Karen Johannessen	D 21-	1:28:16
06:55	30:06 33:23 45:48 52:29 61:57	71:06 73:20 86:18 87:28 88:16	
06:55	23:11 03:17 12:25 06:41 09:28	09:09 02:14 12:58 01:10 00:48	
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	
6	Tonje Midttun	D 21-	1:33:41
10:02	37:01 40:10 52:04 60:03 65:52	74:37 76:38 91:20 92:46 93:41	
10:02	26:59 03:09 11:54 07:59 05:49	08:45 02:01 14:42 01:26 00:55	
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	
7	Torun Ankjell	D 21-	1:51:29
07:45	32:43 36:18 67:40 77:58 85:24	94:30 96:11 109:30 110:32 111:29	
07:45	24:58 03:35 31:22 10:18 07:26	09:06 01:41 13:19 01:02 00:57	
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	
D 35-			
1	Rikke Nørgaard	D 35-	1:14:37
10:40	23:58 27:41 53:38 58:24 72:32	73:46 74:37	
10:40	13:18 03:43 25:57 04:46 14:08	01:14 00:51	
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	01:12+ 01:12+	
2	Marte Indregard	D 35-	1:23:22
09:52	25:55 28:05 53:06 64:59 81:27	82:36 83:22	
09:52	16:03 02:10 25:01 11:53 16:28	01:09 00:46	
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	01:12+ 01:12+	
D 55-			
1	Olaug Bergset	D 55-	1:03:43
15:55	23:36 35:42 41:50 46:42 61:09	62:45 63:43	
15:55	07:41 12:06 06:08 04:52 14:27	01:36 00:58	
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	01:12+ 01:12+	
D 65-			
1	Anne-Marie Pedersen	D 65-	48:31
07:39	22:45 30:26 35:32 43:47 47:04	48:31	
07:39	15:06 07:41 05:06 08:15 03:17	01:27	
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	01:12+	
H -12N			
280	Henning Strand	H -12N	15:37
01:15	04:25 06:31 10:07 11:23 14:31	15:37	
01:15	03:10 02:06 03:36 01:16 03:08	01:06	
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	01:12+	
282	Hans Urset	H -12N	14:07
00:56	03:00 04:52 08:22 09:43 13:21	14:07	
00:56	02:04 01:52 03:30 01:21 03:38	00:46	
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	01:12+	
139486	Kasper Ankjell Holmöy	H -12N	14:14
00:55	03:24 05:23 08:05 09:17 13:24	14:14	
00:55	02:29 01:59 02:42 01:12 04:07	00:50	
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	01:12+	
H 11-12			
1	Vegard Stangnes	H 11-12	30:51
03:41	10:00 15:21 24:58 28:14 30:04	30:51	
03:41	06:19 05:21 09:37 03:16 01:50	00:47	
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+	01:12+	

Class	Navn	Klasse								Tid
2	Andrey Varlamov	H 11-12								32:52
	03:50	08:20	14:12	24:25	30:24	32:06	32:52			
	03:50	04:30	05:52	10:13	05:59	01:42	00:46			
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+			
3	Jon Marcussen	H 11-12								33:05
	05:10	12:17	17:15	24:49	29:57	32:09	33:05			
	05:10	07:07	04:58	07:34	05:08	02:12	00:56			
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+			
4	Trym Engelsen	H 11-12								47:02
	03:31	08:38	15:07	37:21	43:25	46:04	47:02			
	03:31	05:07	06:29	22:14	06:04	02:39	00:58			
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+			
H 13-14										
1	Erling Stangnes	H 13-14								38:00
	03:45	19:00	23:50	26:50	31:24	35:40	37:27	38:00		
	03:45	15:15	04:50	03:00	04:34	04:16	01:47	00:33		
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
2	Stanislav Grishankov	H 13-14								49:09
	09:28	24:56	31:20	34:43	42:30	46:32	48:24	49:09		
	09:28	15:28	06:24	03:23	07:47	04:02	01:52	00:45		
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
3	Timo Tinus	H 13-14								51:29
	05:53	21:31	30:25	34:56	42:09	49:15	50:42	51:29		
	05:53	15:38	08:54	04:31	07:13	07:06	01:27	00:47		
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
4	Daniil Alexandrov	H 13-14								54:36
	06:50	26:01	38:32	42:11	46:26	51:54	53:40	54:36		
	06:50	19:11	12:31	03:39	04:15	05:28	01:46	00:56		
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
5	Gleb Kataev	H 13-14								1:30:14
	13:15	31:55	61:04	63:47	80:44	87:15	89:22	90:14		
	13:15	18:40	29:09	02:43	16:57	06:31	02:07	00:52		
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
6	Håvard Vaeng Bernhardsen	H 13-14								1:48:32
	07:47	24:57	47:37	52:07	97:31	103:47	107:56	108:32		
	07:47	17:10	22:40	04:30	45:24	06:16	04:09	00:36		
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
H 13-16N										
1	Hans Erik Sandelin	H 13-16N								18:43
	01:00	04:29	10:40	14:52	17:55	18:43				
	01:00	03:29	06:11	04:12	03:03	00:48				
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+				
H 15-16										
1	Mats Jørgen Nordmo Ingdal	H 15-16								52:26
	05:35	18:23	22:21	28:11	35:22	37:32	51:09	51:52	52:26	
	05:35	12:48	03:58	05:50	07:11	02:10	13:37	00:43	00:34	
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	
2	Nikita Leont	H 15-16								58:20
	11:36	26:56	30:29	38:02	44:46	45:58	56:36	57:38	58:20	
	11:36	15:20	03:33	07:33	06:44	01:12	10:38	01:02	00:42	
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	
3	Ernst Kataev	H 15-16								1:04:28
	13:33	29:02	34:47	40:58	49:26	51:34	62:54	63:49	64:28	
	13:33	15:29	05:45	06:11	08:28	02:08	11:20	00:55	00:39	
	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	

Class	Navn	Klasse	Tid
4	Vegard Vaeng Bernhardsen	H 15-16	1:10:49
07:21	26:34 33:05 42:19 51:20 53:27 68:56 70:01 70:49		
07:21	19:13 06:31 09:14 09:01 02:07 15:29 01:05 00:48		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
5	Simen Solli Lind	H 15-16	1:51:48
07:02	46:08 52:01 73:23 88:31 91:22 109:39 111:13 111:48		
07:02	39:06 05:53 21:22 15:08 02:51 18:17 01:34 00:35		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
H 17-18			
1	Nils Martin Sandelin	H 17-18	1:19:48
08:55	28:36 31:25 42:35 51:27 59:15 66:53 68:30 78:24 79:16 79:48		
08:55	19:41 02:49 11:10 08:52 07:48 07:38 01:37 09:54 00:52 00:32		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
2	Yngve Blomseth Helgesen	H 17-18	1:25:20
07:00	31:18 34:47 48:14 56:08 61:46 70:14 72:34 83:41 84:39 85:20		
07:00	24:18 03:29 13:27 07:54 05:38 08:28 02:20 11:07 00:58 00:41		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
H 17-AK			
1	Stig Erik Ørum	H 17-AK	1:27:41
12:42	15:50 37:35 52:06 54:18 70:04 85:46 86:49 87:41		
12:42	03:08 21:45 14:31 02:12 15:46 15:42 01:03 00:52		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
H 17-C			
1	Ronny Moan	H 17-C	26:50
03:37	07:27 13:25 20:15 23:27 25:55 26:50		
03:37	03:50 05:58 06:50 03:12 02:28 00:55		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
2	Bjørn Stangnes	H 17-C	28:18
02:59	06:31 16:05 21:50 24:54 27:23 28:18		
02:59	03:32 09:34 05:45 03:04 02:29 00:55		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
3	Jan Inge Eriksen	H 17-C	30:43
03:24	07:01 11:11 24:11 27:35 29:47 30:43		
03:24	03:37 04:10 13:00 03:24 02:12 00:56		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
4	Kenneth Henriksen	H 17-C	1:08:46
04:05	10:26 52:12 59:25 66:03 68:06 68:46		
04:05	06:21 41:46 07:13 06:38 02:03 00:40		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
H 21-			
1	Christian Peter MacLassen	H 21-	1:36:20
04:40	21:34 25:57 31:09 44:46 47:38 53:09 54:42 65:45 74:25 75:19 84:33 94:17 95:34 96:20		
04:40	16:54 04:23 05:12 13:37 02:52 05:31 01:33 11:03 08:40 00:54 09:14 09:44 01:17 00:46		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
2	Sven-Are Paulsen	H 21-	1:37:26
06:27	24:01 29:10 33:49 48:06 50:41 57:31 59:00 70:08 77:46 78:50 86:24 96:07 96:53 97:26		
06:27	17:34 05:09 04:39 14:17 02:35 06:50 01:29 11:08 07:38 01:04 07:34 09:43 00:46 00:33		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
3	Håvard Krey Hansen	H 21-	1:38:57
05:00	24:30 30:34 35:58 50:42 54:41 60:05 62:19 70:20 79:19 80:46 88:58 97:38 98:18 98:57		
05:00	19:30 06:04 05:24 14:44 03:59 05:24 02:14 08:01 08:59 01:27 08:12 08:40 00:40 00:39		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		

Class	Navn	Klasse										Tid			
4	Ole-André Helgaas	H 21-										1:46:25			
17:41	38:20	42:57	47:41	60:57	63:44	70:37	72:16	80:22	87:54	88:49	96:27	104:59	105:48	106:25	
17:41	20:39	04:37	04:44	13:16	02:47	06:53	01:39	08:06	07:32	00:55	07:38	08:32	00:49	00:37	
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	
5	Jan-Hugo Hanssen	H 21-										1:54:55			
11:39	31:40	36:46	41:51	61:26	65:02	71:26	73:37	81:41	91:37	93:43	94:57	103:24	113:15	114:08	114:55
11:39	20:01	05:06	05:05	19:35	03:36	06:24	02:11	08:04	09:56	02:06	01:14	08:27	09:51	00:53	00:47
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+
6	Ottar K Kvaal	H 21-										2:04:38			
07:54	25:23	31:15	39:43	58:18	62:39	71:37	73:41	88:28	99:37	100:58	111:32	122:51	123:55	124:38	
07:54	17:29	05:52	08:28	18:35	04:21	08:58	02:04	14:47	11:09	01:21	10:34	11:19	01:04	00:43	
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	
7	Yury Zazykov	H 21-										2:07:01			
08:31	29:21	41:09	46:00	64:54	67:44	74:55	76:42	92:19	103:49	105:05	115:25	125:34	126:26	127:01	
08:31	20:50	11:48	04:51	18:54	02:50	07:11	01:47	15:37	11:30	01:16	10:20	10:09	00:52	00:35	
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	
8	Helge Middtun	H 21-										2:07:06			
06:54	27:22	35:28	40:28	54:47	57:28	71:49	74:08	91:27	102:29	103:42	115:38	125:32	126:29	127:06	
06:54	20:28	08:06	05:00	14:19	02:41	14:21	02:19	17:19	11:02	01:13	11:56	09:54	00:57	00:37	
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	
9	Håvar Østvik	H 21-										2:28:48			
10:09	28:03	36:58	43:00	59:27	71:34	80:12	82:07	95:49	110:09	111:38	135:08	147:02	148:04	148:48	
10:09	17:54	08:55	06:02	16:27	12:07	08:38	01:55	13:42	14:20	01:29	23:30	11:54	01:02	00:44	
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	
10	Martin Damm	H 21-										2:29:04			
07:43	30:34	37:33	44:02	61:46	67:15	76:17	78:23	104:35	116:56	118:50	134:12	147:01	148:09	149:04	
07:43	22:51	06:59	06:29	17:44	05:29	09:02	02:06	26:12	12:21	01:54	15:22	12:49	01:08	00:55	
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	
11	Runar Johansen	H 21-										2:36:15			
10:09	31:16	45:27	59:21	77:05	81:17	89:41	94:33	106:26	121:47	123:23	139:36	154:00	155:11	156:15	
10:09	21:07	14:11	13:54	17:44	04:12	08:24	04:52	11:53	15:21	01:36	16:13	14:24	01:11	01:04	
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	
12	Knut Øyvind Johansen	H 21-										2:45:07			
08:15	30:22	37:27	43:48	61:18	64:53	83:56	86:03	98:47	111:56	115:37	147:00	163:10	164:27	165:07	
08:15	22:07	07:05	06:21	17:30	03:35	19:03	02:07	12:44	13:09	03:41	31:23	16:10	01:17	00:40	
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	
H 35-															
1	Roar Jørgensen	H 35-										1:24:52			
06:44	29:30	33:04	46:50	52:59	59:00	67:22	69:27	82:55	83:57	84:52					
06:44	22:46	03:34	13:46	06:09	06:01	08:22	02:05	13:28	01:02	00:55					
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+					
2	Dag Marcussen	H 35-										1:41:50			
06:20	44:23	47:39	61:32	68:12	75:03	85:57	87:30	100:06	101:04	101:50					
06:20	38:03	03:16	13:53	06:40	06:51	10:54	01:33	12:36	00:58	00:46					
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+					
3	Ola Engelsen	H 35-										1:47:37			
08:55	34:42	38:31	53:34	64:03	76:43	87:12	90:09	105:43	106:58	107:37					
08:55	25:47	03:49	15:03	10:29	12:40	10:29	02:57	15:34	01:15	00:39					
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+					
H 45-															
1	Børge Harvey	H 45-										48:45			
05:00	07:08	20:42	29:04	30:02	37:57	47:14	47:59	48:45							
05:00	02:08	13:34	08:22	00:58	07:55	09:17	00:45	00:46							
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+							
2	Andrey Kulbachko	H 45-										50:59			
08:53	11:01	23:29	31:22	32:26	40:37	49:34	50:20	50:59							
08:53	02:08	12:28	07:53	01:04	08:11	08:57	00:46	00:39							
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+							

Class	Navn	Klasse								Tid
3	Jonny I Hansen	H 45-								53:07
04:58	07:23	22:06	31:35	32:40	41:05	51:36	52:26	53:07		
04:58	02:25	14:43	09:29	01:05	08:25	10:31	00:50	00:41		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
4	Atle Iversen	H 45-								56:17
06:56	09:18	24:25	34:28	35:29	44:29	54:39	55:32	56:17		
06:56	02:22	15:07	10:03	01:01	09:00	10:10	00:53	00:45		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
5	Gjermund Raaen	H 45-								58:50
08:47	11:21	26:10	36:16	37:28	45:47	56:31	58:03	58:50		
08:47	02:34	14:49	10:06	01:12	08:19	10:44	01:32	00:47		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
6	Håkon Brynjulfson	H 45-								59:09
05:33	07:51	26:27	36:15	37:17	47:37	57:37	58:29	59:09		
05:33	02:18	18:36	09:48	01:02	10:20	10:00	00:52	00:40		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
7	Svein Harald Hansen	H 45-								1:02:29
06:34	10:16	28:42	38:03	41:22	50:26	61:02	61:48	62:29		
06:34	03:42	18:26	09:21	03:19	09:04	10:36	00:46	00:41		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
8	Trond-Henry Skjønshjell	H 45-								1:04:27
05:30	07:57	25:15	35:48	38:03	51:12	62:44	63:36	64:27		
05:30	02:27	17:18	10:33	02:15	13:09	11:32	00:52	00:51		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
9	Harald Valen	H 45-								1:05:25
06:06	10:26	29:37	39:08	40:34	51:46	63:48	64:47	65:25		
06:06	04:20	19:11	09:31	01:26	11:12	12:02	00:59	00:38		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
10	Hans-Martin Vaeng	H 45-								1:07:19
07:45	11:18	33:11	43:00	45:28	55:16	65:45	66:39	67:19		
07:45	03:33	21:53	09:49	02:28	09:48	10:29	00:54	00:40		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
11	Harald Strand	H 45-								1:07:56
06:35	08:59	27:21	41:45	43:36	55:12	66:29	67:19	67:56		
06:35	02:24	18:22	14:24	01:51	11:36	11:17	00:50	00:37		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
12	Hans Eidnes	H 45-								1:09:17
15:07	20:18	36:03	45:58	47:10	57:18	67:49	68:41	69:17		
15:07	05:11	15:45	09:55	01:12	10:08	10:31	00:52	00:36		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
13	Fred Arne Jacobsen	H 45-								1:09:49
09:30	11:15	31:13	43:49	46:04	59:00	68:27	69:14	69:49		
09:30	01:45	19:58	12:36	02:15	12:56	09:27	00:47	00:35		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
14	Ole-Martin Fuskevåg	H 45-								1:29:13
13:19	18:00	41:14	58:23	59:50	73:41	87:03	88:20	89:13		
13:19	04:41	23:14	17:09	01:27	13:51	13:22	01:17	00:53		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
H 55-										
1	Leif Gulbrandsen	H 55-								1:23:06
08:48	40:46	45:14	54:12	65:45	67:14	81:07	82:10	83:06		
08:48	31:58	04:28	08:58	11:33	01:29	13:53	01:03	00:56		
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+		
H 65-										
1	Ivar Helgesen	H 65-								37:37
06:30	12:25	17:35	20:48	23:27	35:49	36:45	37:37			
06:30	05:55	05:10	03:13	02:39	12:22	00:56	00:52			
01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+	01:12+			

Class	Navn	Klasse	Tid
2	Jan Løvlund	H 65-	41:35
06:48	12:35 18:41 22:38 26:09 39:39 40:47 41:35		
06:48	05:47 06:06 03:57 03:31 13:30 01:08 00:48		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
3	Gunnar Kvaal	H 65-	46:17
06:53	14:07 21:21 25:27 28:20 43:46 45:11 46:17		
06:53	07:14 07:14 04:06 02:53 15:26 01:25 01:06		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
4	Jan A Eriksen	H 65-	48:16
06:13	17:41 22:44 26:41 33:34 46:25 47:27 48:16		
06:13	11:28 05:03 03:57 06:53 12:51 01:02 00:49		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
5	Knut Engstad	H 65-	57:30
11:57	26:44 32:35 36:59 39:50 54:53 56:31 57:30		
11:57	14:47 05:51 04:24 02:51 15:03 01:38 00:59		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
6	Einar Mjølhus	H 65-	1:12:04
11:09	20:36 30:09 36:20 43:53 67:46 70:39 72:04		
11:09	09:27 09:33 06:11 07:33 23:53 02:53 01:25		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
N-åpen			
138	Sindre Lillegård	N-åpen	34:23
04:46	11:05 22:56 27:11 32:55 34:23		
04:46	06:19 11:51 04:15 05:44 01:28		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
139	Erlend Binder Traasdal	N-åpen	34:33
04:29	11:03 22:56 27:27 32:51 34:33		
04:29	06:34 11:53 04:31 05:24 01:42		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
140	Astrid Binder Traasdal	N-åpen	34:24
04:34	10:53 22:53 27:25 33:00 34:24		
04:34	06:19 12:00 04:32 05:35 01:24		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
141	Anne Pedersen	N-åpen	30:00
05:12	11:25 18:04 20:11 28:00 30:00		
05:12	06:13 06:39 02:07 07:49 02:00		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
142	Leif Hop	N-åpen	18:26
02:56	05:24 12:30 13:47 17:21 18:26		
02:56	02:28 07:06 01:17 03:34 01:05		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
143	Emily Hop	N-åpen	30:00
30:00			
30:00			
01:12+			
144	Valdemar Kvaal-Karlsen	N-åpen	25:59
05:04	12:05 19:04 20:41 24:43 25:59		
05:04	07:01 06:59 01:37 04:02 01:16		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
145	Amalie Moan Brattaas	N-åpen	23:39
04:57	10:40 16:17 18:12 22:26 23:39		
04:57	05:43 05:37 01:55 04:14 01:13		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
146	Hanne Skjelmo Sæbø	N-åpen	24:50
03:53	11:05 17:31 19:10 23:00 24:50		
03:53	07:12 06:26 01:39 03:50 01:50		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		

Class	Navn	Klasse	Tid
147	Julie Helena Møller Jørgensen	N-åpen	24:51
05:05	09:29 16:29 19:41 23:49 24:51		
05:05	04:24 07:00 03:12 04:08 01:02		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
148	Brage Engelsen	N-åpen	30:16
04:55	10:08 23:15 25:02 29:16 30:16		
04:55	05:13 13:07 01:47 04:14 01:00		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
149	Ina Kildalsen	N-åpen	24:58
04:02	11:08 17:30 19:18 22:54 24:58		
04:02	07:06 06:22 01:48 03:36 02:04		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
150	Lise Marcussen	N-åpen	32:08
06:19	12:44 21:39 24:37 31:09 32:08		
06:19	06:25 08:55 02:58 06:32 00:59		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
151	Ronja Götsch Iversen	N-åpen	24:23
05:27	11:17 16:59 18:41 23:00 24:23		
05:27	05:50 05:42 01:42 04:19 01:23		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		
238	Henning Kvaal-Tanguay	N-åpen	25:54
04:54	11:55 18:02 20:21 24:42 25:54		
04:54	07:01 06:07 02:19 04:21 01:12		
01:12+	01:12+ 01:12+ 01:12+ 01:12+ 01:12+		