

1-mila - kvinne

1	Louise Oram				Nydalens SK						
07:29=	22:43=	34:27=	56:36=	60:34=	84:20=	88:19=	92:07=	97:47=	100:45=	101:44=	
07:29=	15:14=	11:44=	22:09=	03:58=	23:46=	03:59=	03:48=	05:40=	02:58=	00:59=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Synne Strand				Asker Skiklubb						
07:34+	22:39-	34:53+	55:18-	59:42-	86:04+	90:54+	94:53+	101:36+	104:27+	105:32+	
07:34+	15:05-	12:14+	20:25-	04:24+	26:22+	04:50+	03:59+	06:43+	02:51-	01:05+	
00:05+	00:09-	00:30+	01:44-	00:26#	02:36#	00:51#	00:11+	01:03#	00:07-	00:06#	
3	Marit Isachsen				Asker Skiklubb						
07:35+	25:07+	38:29+	60:17+	64:43+	94:56+	100:04+	105:27+	112:40+	115:42+	117:14+	
07:35+	17:32+	13:22+	21:48-	04:26+	30:13+	05:08+	05:23+	07:13+	03:02+	01:32+	
00:06+	02:18#	01:38#	00:21-	00:28#	06:27&	01:09&	01:35&	01:33&	00:04+	00:33&	
4	Selma Næss-Ulseth				Nydalens SK						
08:33+	25:25+	38:35+	60:27+	64:59+	94:22+	100:41+	105:36+	112:47+	116:40+	118:16+	
08:33+	16:52+	13:10+	21:52-	04:32+	29:23+	06:19+	04:55+	07:11+	03:53+	01:36+	
01:04#	01:38#	01:26#	00:17-	00:34#	05:37#	02:20&	01:07&	01:31&	00:55&	00:37&	
5	Anne Danielsen				Lyn Ski						
08:29+	25:30+	39:02+	60:09+	64:52+	94:34+	100:58+	105:40+	114:52+	119:31+	121:00+	
08:29+	17:01+	13:32+	21:07-	04:43+	29:42+	06:24+	04:42+	09:12+	04:39+	01:29+	
01:00#	01:47#	01:48#	01:02-	00:45#	05:56#	02:25&	00:54#	03:32&	01:41&	00:30&	
6	Margrete Engzelius				Asker Skiklubb						
14:07+	39:01+	56:55+	89:37+	95:47+	130:08+	137:43+	144:54+	157:12+	161:55+	164:19+	
14:07+	24:54+	17:54+	32:42+	06:10+	34:21+	07:35+	07:11+	12:18+	04:43+	02:24+	
06:38&	09:40&	06:10&	10:33&	02:12&	10:35&	03:36&	03:23&	06:38@	01:45&	01:25@	
7	Ingrid Tandberg Ryan				Asker Skiklubb						
10:59+	33:48+	53:09+	88:53+	94:57+	142:30+	150:39+	155:40+	167:06+	170:50+	172:02+	
10:59+	22:49+	19:21+	35:44+	06:04+	47:33+	08:09+	05:01+	11:26+	03:44+	01:12+	
03:30&	07:35&	07:37&	13:35&	02:06&	23:47@	04:10@	01:13&	05:46@	00:46&	00:13#	
7	Thea Charlotte Hansen				Asker Skiklubb						
11:07+	34:19+	53:14+	88:18+	95:02+	142:39+	150:44+	155:51+	166:55+	170:48+	172:02+	
11:07+	23:12+	18:55+	35:04+	06:44+	47:37+	08:05+	05:07+	11:04+	03:53+	01:14+	
03:38&	07:58&	07:11&	12:55&	02:46&	23:51@	04:06@	01:19&	05:24&	00:55&	00:15&	
9	Anna Øfsthus Gravir				Asker Skiklubb						
10:57+	34:03+	52:56+	88:44+	95:03+	142:24+	150:41+	155:58+	167:11+	170:53+	172:05+	
10:57+	23:06+	18:53+	35:48+	06:19+	47:21+	08:17+	05:17+	11:13+	03:42+	01:12+	
03:28&	07:52&	07:09&	13:39&	02:21&	23:35&	04:18@	01:29&	05:33&	00:44#	00:13#	
9	Lotte Jauhojärvi Markussen				Asker Skiklubb						
11:01+	34:07+	53:03+	88:27+	95:06+	142:33+	150:34+	155:54+	166:59+	170:42+	172:05+	
11:01+	23:06+	18:56+	35:24+	06:39+	47:27+	08:01+	05:20+	11:05+	03:43+	01:23+	
03:32&	07:52&	07:12&	13:15&	02:41&	23:41&	04:02@	01:32&	05:25&	00:45&	00:24&	
Beste strekktid for klassen											
07:29	15:05	11:44	20:25	03:58	23:46	03:59	03:48	05:40	02:51	00:59	

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

1-mila - mann

1	Pål Skogedal				Asker Skiklubb						
06:50=	18:28=	28:21=	43:45=	47:16=	65:33=	68:49=	71:57=	76:19=	78:43=	79:49=	
06:50=	11:38=	09:53=	15:24=	03:31=	18:17=	03:16=	03:08=	04:22=	02:24=	01:06=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Thomas Nipen				IL Tyrving						
06:37-	17:44-	27:17-	42:40-	46:19-	68:30+	72:38+	75:54+	80:56+	83:34+	84:47+	
06:37-	11:07-	09:33-	15:23-	03:39+	22:11+	04:08+	03:16+	05:02+	02:38+	01:13+	
00:13-	00:31-	00:20-	00:01-	00:08+	03:54#	00:52&	00:08+	00:40#	00:14+	00:07#	

Plass	Navn										Klasse	Tid									
3	Jørn Sundby										Larvik OK	1:28:08									
	07:03+	18:36+	28:36+	45:14+	48:57+	70:53+	75:12+	79:13+	84:23+	86:59+	88:08+										
	07:03+	11:33-	10:00+	16:38+	03:43+		21:56+	04:19+	04:01+	05:10+	02:36+	01:09+									
	00:13+	00:05-	00:07+	01:14+	00:12+	03:39#	01:03&	00:53&	00:48#	00:12+	00:03+										
4	Svein Nygård										Lillomarka OL	1:35:18									
	06:45-	18:50+	30:32+	48:59+	54:11+	77:23+	81:55+	85:27+	90:53+	93:57+	95:18+										
	06:45-	12:05+	11:42+	18:27+	05:12+	23:12+	04:32+	03:32+	05:26+	03:04+	01:21+										
	00:05-	00:27+	01:49#	03:03#	01:41&	04:55&	01:16&	00:24#	01:04#	00:40&	00:15#										
5	Trond Rønneberg										Asker Skiklubb	1:37:19									
	07:05+	20:57+	32:33+	53:07+	57:23+	79:54+	84:00+	87:19+	93:15+	96:01+	97:19+										
	07:05+	13:52+	11:36+	20:34+	04:16+	22:31+	04:06+	03:19+	05:56+	02:46+	01:18+										
	00:15+	02:14#	01:43#	05:10&	04:45#	04:14#	00:50&	00:11+	01:34&	00:22#	00:12#										
6	Tommy Jauhojärvi										Asker Skiklubb	1:38:14									
	06:33-	19:21+	30:53+	51:23+	55:55+	79:39+	84:02+	87:24+	93:43+	96:44+	98:14+										
	06:33-	12:48+	11:32+	20:30+	04:32+	23:44+	04:23+	03:22+	06:19+	03:01+	01:30+										
	00:17-	01:10#	01:39#	05:06&	01:01&	05:27&	01:07&	00:14+	01:57&	00:37&	00:24&										
7	Njål Nore										Asker Skiklubb	1:42:28									
	06:53+	22:12+	34:11+	56:33+	60:31+	83:59+	88:37+	92:59+	98:19+	100:59+	102:28+										
	06:53+	15:19+	11:59+	22:22+	03:58+	23:28+	04:38+	04:22+	05:20+	02:40+	01:29+										
	00:03+	03:41&	02:06#	06:58&	00:27#	05:11&	01:22&	01:14&	00:58#	00:16#	00:23&										
8	Bjørn Grinde										Oslostudentenes IK	1:45:38									
	07:54+	23:09+	35:16+	56:40+	60:28+	85:44+	90:58+	95:02+	101:43+	104:31+	105:38+										
	07:54+	15:15+	12:07+	21:24+	03:48+	25:16+	05:14+	04:04+	06:41+	02:48+	01:07+										
	01:04#	03:37&	02:14#	06:00&	00:17+	06:59&	01:58&	00:56&	02:19&	00:24#	00:01+										
9	Trond Lund										IL Tyrving	1:47:25									
	07:01+	22:22+	35:40+	56:53+	60:59+	85:50+	90:46+	95:00+	102:29+	105:52+	107:25+										
	07:01+	15:21+	13:18+	21:13+	04:06+	24:51+	04:56+	04:14+	07:29+	03:23+	01:33+										
	00:11+	03:43&	03:25&	05:49&	00:35#	06:34&	01:40&	01:06&	03:07&	00:59&	00:27&										
10	Richard Zeiner-Gundersen										Fossum IF	1:50:09									
	08:09+	26:25+	39:25+	59:54+	64:34+	90:36+	95:25+	99:37+	105:38+	108:41+	110:09+										
	08:09+	18:16+	13:00+	20:29+	04:40+	26:02+	04:49+	04:12+	06:01+	03:03+	01:28+										
	01:19#	06:38&	03:07&	05:05&	01:09&	07:45&	01:33&	01:04&	01:39&	00:39&	00:22&										
11	Tormod Øvergaard										Vestre Akers SK	1:51:05									
	08:05+	25:37+	38:18+	59:45+	64:38+	90:30+	95:38+	99:39+	105:50+	109:38+	111:05+										
	08:05+	17:32+	12:41+	21:27+	04:53+	25:52+	05:08+	04:01+	06:11+	03:48+	01:27+										
	01:15#	05:54&	02:48&	06:03&	01:22&	07:35&	01:52&	00:53&	01:49&	01:24&	00:21&										
12	Øyvind Thømt										Indre Østfold OK	1:51:50									
	08:14+	26:14+	38:52+	59:51+	64:40+	90:39+	95:46+	99:45+	106:21+	110:17+	111:50+										
	08:14+	18:00+	12:38+	20:59+	04:49+	25:59+	05:07+	03:59+	06:36+	03:56+	01:33+										
	01:24#	06:22&	02:45&	05:35&	01:18&	07:42&	01:51&	00:51&	02:14&	01:32&	00:27&										
13	Guttorm L Egge										Oslostudentenes IK	1:56:07									
	07:41+	23:46+	37:12+	56:29+	60:41+	94:26+	99:28+	103:51+	111:19+	114:56+	116:07+										
	07:41+	16:05+	13:26+	19:17+	04:12+	33:45+	05:02+	04:23+	07:28+	03:37+	01:11+										
	00:51#	04:27&	03:33&	03:53&	00:41#	15:28&	01:46&	01:15&	03:06&	01:13&	00:05+										
14	Sindre Engzelius Gylver										NTNUI	1:57:00									
	08:26+	25:17+	37:57+	63:58+	69:14+	94:31+	100:54+	106:03+	111:55+	115:05+	117:00+										
	08:26+	16:51+	12:40+	26:01+	05:16+	25:17+	06:23+	05:09+	05:52+	03:10+	01:55+										
	01:36#	05:13&	02:47&	10:37&	01:45&	07:00&	03:07&	02:01&	01:30&	00:46&	00:49&										
15	Henrik Fredriksen Aas										Asker Skiklubb	1:57:18									
	07:15+	21:26+	33:59+	57:38+	62:31+	90:13+	102:01+	105:22+	111:48+	116:18+	117:18+										
	07:15+	14:11+	12:33+	23:39+	04:53+	27:42+	11:48+	03:21+	06:26+	04:30+	01:00-										
	00:25+	02:33#	02:40&	08:15&	01:22&	09:25&	08:32@	00:13+	02:04&	02:06&	00:06-										
16	Terje Henriksen										Asker Skiklubb	2:00:22									
	08:49+	24:57+	38:02+	61:05+	67:15+	96:24+	103:09+	107:19+	115:30+	118:44+	120:22+										
	08:49+	16:08+	13:05+	23:03+	06:10+	29:09+	06:45+	04:10+	08:11+	03:14+	01:38+										
	01:59&	04:30&	03:12&	07:39&	02:39&	10:52&	03:29@	01:02&	03:49&	00:50&	00:32&										
17	Kristian Kalager										Asker Skiklubb	2:04:47									
	07:45+	25:04+	38:24+	67:17+	71:54+	101:57+	108:51+	113:17+	120:13+	123:24+	124:47+										
	07:45+	17:19+	13:20+	28:53+	04:37+	30:03+	06:54+	04:26+	06:56+	03:11+	01:23+										
	00:55#	05:41&	03:27&	13:29&	01:06&	11:46&	03:38@	01:18&	02:34&	00:47&	00:17&										

Plass	Navn										Klasse	Tid									
18	Peter Carlsen										Røyken OL	2:05:46									
	124:13+	125:46+																			
	124:13+	01:33-																			
	117:23@	10:05-																			
19	Per Osen										Vestre Akers SK	2:15:56									
	08:00+	25:02+	38:56+	67:16+	72:05+	107:50+	115:09+	121:04+	129:49+	134:13+	135:56+										
	08:00+	17:02+	13:54+	28:20+	04:49+	35:45+	07:19+	05:55+	08:45+	04:24+	01:43+										
	01:10#	05:24&	04:01&	12:56&	01:18&	17:28&	04:03@	02:47&	04:23@	02:00&	00:37&										
20	Kjetil Hagen										Klubbbløs	2:27:56									
	08:40+	27:53+	43:22+	70:47+	77:24+	118:02+	126:59+	132:36+	141:03+	145:47+	147:56+										
	08:40+	19:13+	15:29+	27:25+	06:37+	40:38+	08:57+	05:37+	08:27+	04:44+	02:09+										
	01:50&	07:35&	05:36&	12:01&	03:06&	22:21@	05:41@	02:29&	04:05&	02:20&	01:03&										
21	Per Øhlckers										IL Tyrving	2:38:27									
	08:45+	31:36+	49:50+	80:43+	86:56+	125:10+	136:51+	142:50+	151:36+	156:29+	158:27+										
	08:45+	22:51+	18:14+	30:53+	06:13+	38:14+	11:41+	05:59+	08:46+	04:53+	01:58+										
	01:55&	11:13&	08:21&	15:29@	02:42&	19:57@	08:25@	02:51&	04:24@	02:29@	00:52&										
22	Øyvind Gylver										Asker Skiklubb	2:44:21									
	13:56+	39:07+	56:37+	89:28+	95:51+	130:12+	137:45+	144:59+	157:16+	162:00+	164:21+										
	13:56+	25:11+	17:30+	32:51+	06:23+	34:21+	07:33+	07:14+	12:17+	04:44+	02:21+										
	07:06@	13:33@	07:37&	17:27@	02:52&	16:04&	04:17@	04:06@	07:55@	02:20&	01:15@										
Beste strekktid for klassen																					
	06:33	01:33	09:33	15:23	03:31	18:17	03:16	03:08	04:22	02:24	01:00										
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
2-mila - kvinne																					
1	Silje Arntzen										Asker Skiklubb	3:41:16									
	08:23=	25:00=	38:43=	59:58=	64:46=	94:41=	97:10=	111:52=	127:33=	144:35=	150:06=	160:41=	173:07=	176:08=	195:49=	200:55=	203:50=	216:10=	219:41=	221:16=	
	08:23=	16:37=	13:43=	21:15=	04:48=	29:55=	02:29=	14:42=	15:41=	17:02=	05:31=	10:35=	12:26=	03:01=	19:41=	05:06=	02:55=	12:20=	03:31=	01:35=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
Beste strekktid for klassen																					
	08:23	16:37	13:43	21:15	04:48	29:55	02:29	14:42	15:41	17:02	05:31	10:35	12:26	03:01	19:41	05:06	02:55	12:20	03:31	01:35	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
2-mila - mann																					
1	Jan Richard Eriksen										Asker Skiklubb	2:31:47									
	06:14=	17:39=	27:14=	43:51=	47:02=	65:38=	67:15=	76:31=	87:43=	98:26=	102:11=	109:48=	119:14=	121:44=	133:40=	137:20=	139:07=	148:18=	150:46=	151:47=	
	06:14=	11:25=	09:35=	16:37=	03:11=	18:36=	01:37=	09:16=	11:12=	10:43=	03:45=	07:37=	09:26=	02:30=	11:56=	03:40=	01:47=	09:11=	02:28=	01:01=	
	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=	00:00=	00:00=	
2	Jostein F. Tellnes										Asker Skiklubb	2:32:19									
	06:18+	17:28-	27:08-	43:23-	46:45-	67:12+	69:01+	80:59+	91:27+	102:17+	106:10+	114:43+	123:28+	125:24+	136:25+	139:37+	141:03+	149:05+	151:23+	152:19+	
	06:18+	11:10-	09:40+	16:15-	03:22+	20:27+	01:49+	11:58+	10:28-	10:50+	03:53+	08:33+	08:45-	01:56-	11:01-	03:12-	01:26-	08:02-	02:18-	00:56-	
	00:04+	00:15-	00:05+	00:22-	00:11+	01:51+	00:12#	02:42&	00:44-	00:07+	00:08+	00:56#	00:41-	00:34-	00:55-	00:28-	00:21-	01:09-	00:10-	00:05-	
3	Anders Tiltnes										IL Tyrving	2:34:39									
	06:29+	18:13+	28:34+	45:21+	48:52+	69:51+	71:47+	80:55+	91:30+	102:01+	106:17+	113:49+	123:44+	125:56+	137:50+	141:05+	142:35+	150:40+	153:19+	154:39+	
	06:29+	11:44+	10:21+	16:47+	03:31+	20:59+	01:56+	09:08-	10:35-	10:31-	04:16+	07:32-	09:55+	02:12-	11:54-	03:15-	01:30-	08:05-	02:39+	01:20+	
	00:15+	00:19+	00:46+	00:10+	00:20#	02:23#	00:19#	00:08-	00:37-	00:12-	00:31#	00:05-	00:29+	00:18-	00:02-	00:25-	00:17-	01:06-	00:11+	00:19&	
4	Henning C Strandhagen										Røyken OL	2:37:34									
	06:24+	18:19+	28:45+	45:25+	48:48+	69:41+	71:44+	80:57+	91:15+	102:04+	106:13+	113:44+	123:41+	125:50+	138:07+	141:41+	143:24+	153:24+	156:18+	157:34+	
	06:24+	11:55+	10:26+	16:40+	03:23+	20:53+	02:03+	09:13-	10:18-	10:49+	04:09+	07:31-	09:57+	02:09-	12:17+	03:34-	01:43-	10:00+	02:54+	01:16+	
	00:10+	00:30+	00:51+	00:03+	00:12+	02:17#	00:26&	00:03-	00:54-	00:06+	00:24#	00:06-	00:31+	00:21-	00:21+	00:06-	00:04-	00:49+	00:26#	00:15#	
5	Bjørn Martini										Asker Skiklubb	3:20:08									
	06:40+	19:17+	30:45+	51:26+	56:00+	78:57+	81:09+	93:48+	108:38+	124:08+	130:19+	144:05+	155:29+	159:15+	174:56+	179:39+	181:59+	194:33+	198:18+	200:08+	
	06:40+	12:37+	11:28+	20:41+	04:34+	22:57+	02:12+	12:39+	14:50+	15:30+	06:11+	13:46+	11:24+	03:46+	15:41+	04:43+	02:20+	12:34+	03:45+	01:50+	
	00:26+	01:12#	01:53#	04:04#	01:23&	04:21#	00:35&	03:23&	03:38&	04:47&	02:26&	06:09&	01:58#	01:16&	03:45&	01:03&	00:33&	03:23&	01:17&	00:49&	

Plass	Navn					Klasse					Tid									
6	Per Clemet Wisløff					Asker Skiklubb					3:37:00									
	07:09+	21:22+	33:52+	57:20+	62:28+	90:09+	92:40+	103:18+	121:47+	138:59+	143:55+	162:12+	173:03+	176:03+	191:32+	197:36+	200:09+	212:14+	215:36+	217:00+
	07:09+	14:13+	12:30+	23:28+	05:08+	27:41+	02:31+	10:38+	18:29+	17:12+	04:56+	18:17+	10:51+	03:00+	15:29+	06:04+	02:33+	12:05+	03:22+	01:24+
	00:55#	02:48#	02:55&	06:51&	01:57&	09:05&	00:54&	01:22#	07:17&	06:29&	01:11&	10:40@	01:25#	00:30#	03:33&	02:24&	00:46&	02:54&	00:54&	00:23&

Beste strekktid for klassen

	06:14	11:10	09:35	16:15	03:11	18:36	01:37	09:08	10:18	10:31	03:45	07:31	08:45	01:56	11:01	03:12	01:26	08:02	02:18	00:56
--	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Engelsk mil - kvinne

1	Sara Martini					Asker Skiklubb					33:34									
	03:27=	14:02=	19:45=	26:30=	30:44=	33:34=														
	03:27=	10:35=	05:43=	06:45=	04:14=	02:50=														
	00:00=	00:00=	00:00=	00:00=	00:00=															
2	Ragnhild Øfsthus Gravir					Asker Skiklubb					35:25									
	04:08+	06:59-	14:21-	26:40+	31:59+	35:25+														
	04:08+	02:51-	07:22+	12:19+	05:19+	03:26+														
	00:41#	07:44-	01:39&	05:34&	01:05&	00:36#														
3	Anette Jauhojärvi Markussen					Asker Skiklubb					35:30									
	04:14+	07:08-	14:26-	26:45+	32:14+	35:30+														
	04:14+	02:54-	07:18+	12:19+	05:29+	03:16+														
	00:47#	07:41-	01:35&	05:34&	01:15&	00:26#														
4	Silje Ruud Fossheim					Asker Skiklubb					37:27									
	04:54+	08:27-	15:23-	26:54+	32:51+	37:27+														
	04:54+	03:33-	06:56+	11:31+	05:57+	04:36+														
	01:27&	07:02-	01:13#	04:46&	01:43&	01:46&														
5	Astrid Ytterbø					Asker Skiklubb					37:31									
	04:48+	08:44-	15:27-	26:50+	33:00+	37:31+														
	04:48+	03:56-	06:43+	11:23+	06:10+	04:31+														
	01:21&	06:39-	01:00#	04:38&	01:56&	01:41&														
6	Selma Aure Skogedal					Asker Skiklubb					49:44									
	11:28+	17:27+	24:27+	35:05+	43:11+	49:44+														
	11:28+	05:59-	07:00+	10:38+	08:06+	06:33+														
	08:01@	04:36-	01:17#	03:53&	03:52&	03:43@														

Beste strekktid for klassen

	03:27	02:51	05:43	06:45	04:14	02:50
--	-------	-------	-------	-------	-------	-------

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

Engelsk mil - mann

1	Mikkel Rastad					Asker Skiklubb					21:29									
	03:49=	05:44=	09:21=	15:32=	18:53=	21:29=														
	03:49=	01:55=	03:37=	06:11=	03:21=	02:36=														
	00:00=	00:00=	00:00=	00:00=																
2	Frikk Finsrud					Asker Skiklubb					26:31									
	03:11-	06:08+	09:43+	19:41+	23:53+	26:31+														
	03:11-	02:57+	03:35-	09:58+	04:12+	02:38+														
	00:38-	01:02&	00:02-	03:47&	00:51&	00:02+														

Beste strekktid for klassen

	03:11	01:55	03:35	06:11	03:21	02:36
--	-------	-------	-------	-------	-------	-------

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

Halv-mila - kvinne

Plass	Navn								Klasse	Tid
1	Aleidis Løken								Heming Orientering	57:11
	11:33=	23:46=	28:07=	35:56=	42:30=	51:34=	55:35=	57:11=		
	11:33=	12:13=	04:21=	07:49=	06:34=	09:04=	04:01=	01:36=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ina Martini								Asker Skiklubb	58:20
	09:34-	22:07-	25:59-	35:03-	44:04+	52:11+	56:53+	58:20+		
	09:34-	12:33+	03:52-	09:04+	09:01+	08:07-	04:42+	01:27-		
	01:59-	00:20+	00:29-	01:15#	02:27&	00:57-	00:41#	00:09-		
3	Ida Kristine Nordvik								Asker Skiklubb	58:36
	09:37-	22:20-	27:17-	36:00+	43:42+	52:25+	56:58+	58:36+		
	09:37-	12:43+	04:57+	08:43+	07:42+	08:43-	04:33+	01:38+		
	01:56-	00:30+	00:36#	00:54#	01:08#	00:21-	00:32#	00:02+		
4	Birgitte Bekkelund								Røyken OL	1:11:34
	12:21+	27:56+	35:42+	46:01+	53:53+	64:52+	69:28+	71:34+		
	12:21+	15:35+	07:46+	10:19+	07:52+	10:59+	04:36+	02:06+		
	00:48+	03:22&	03:25&	02:30&	01:18#	01:55#	00:35#	00:30&		
5	Ingvild Pedersen Bergan								Asker Skiklubb	1:12:53
	10:55-	27:48+	36:10+	45:57+	53:41+	67:57+	71:24+	72:53+		
	10:55-	16:53+	08:22+	09:47+	07:44+	14:16+	03:27-	01:29-		
	00:38-	04:40&	04:01&	01:58&	01:10#	05:12&	00:34-	00:07-		
6	Marit Inngjerdingen								Nydalens SK	1:13:03
	11:43+	23:57+	28:14+	35:58+	57:35+	67:52+	71:18+	73:03+		
	11:43+	12:14+	04:17-	07:44-	21:37+	10:17+	03:26-	01:45+		
	00:10+	00:01+	00:04-	00:05-	15:03@	01:13#	00:35-	00:09+		
7	Anne Lise Øfsthus								Asker Skiklubb	1:13:11
	12:58+	28:10+	35:58+	46:17+	53:56+	66:31+	71:07+	73:11+		
	12:58+	15:12+	07:48+	10:19+	07:39+	12:35+	04:36+	02:04+		
	01:25#	02:59#	03:27&	02:30&	01:05#	03:31&	00:35#	00:28&		
8	Siri Scherdin Sætra								Asker Skiklubb	1:13:12
	12:47+	28:23+	35:53+	46:19+	54:05+	67:17+	71:19+	73:12+		
	12:47+	15:36+	07:30+	10:26+	07:46+	13:12+	04:02+	01:53+		
	01:14#	03:23&	03:09&	02:37&	01:12#	04:08&	00:01+	00:17#		
9	Cecilie Indresæter								Klubbbløs	1:16:11
	13:56+	30:47+	36:56+	48:05+	56:39+	68:31+	73:37+	76:11+		
	13:56+	16:51+	06:09+	11:09+	08:34+	11:52+	05:06+	02:34+		
	02:23#	04:38&	01:48&	03:20&	02:00&	02:48&	01:05&	00:58&		
10	Petra Hoveid								Asker Skiklubb	1:18:44
	12:25+	29:36+	36:37+	47:46+	58:17+	70:55+	76:32+	78:44+		
	12:25+	17:11+	07:01+	11:09+	10:31+	12:38+	05:37+	02:12+		
	00:52+	04:58&	02:40&	03:20&	03:57&	03:34&	01:36&	00:36&		
11	Maria Persson								Asker Skiklubb	1:19:25
	12:39+	29:28+	36:40+	48:00+	58:23+	70:59+	76:39+	79:25+		
	12:39+	16:49+	07:12+	11:20+	10:23+	12:36+	05:40+	02:46+		
	01:06+	04:36&	02:51&	03:31&	03:49&	03:32&	01:39&	01:10&		
12	Nora Christine Hansen								Røyken OL	1:36:48
	15:11+	36:00+	44:07+	58:37+	72:47+	89:40+	94:54+	96:48+		
	15:11+	20:49+	08:07+	14:30+	14:10+	16:53+	05:14+	01:54+		
	03:38&	08:36&	03:46&	06:41&	07:36@	07:49&	01:13&	00:18#		
13	Maren Aure Skogedal								Asker Skiklubb	1:36:52
	14:34+	35:43+	43:43+	58:14+	72:34+	89:32+	94:59+	96:52+		
	14:34+	21:09+	08:00+	14:31+	14:20+	16:58+	05:27+	01:53+		
	03:01&	08:56&	03:39&	06:42&	07:46@	07:54&	01:26&	00:17#		
14	Ida Syversen								Røyken OL	1:37:14
	15:14+	37:25+	44:11+	58:41+	72:57+	89:59+	95:05+	97:14+		
	15:14+	22:11+	06:46+	14:30+	14:16+	17:02+	05:06+	02:09+		
	03:41&	09:58&	02:25&	06:41&	07:42@	07:58&	01:05&	00:33&		
15	Marianne Ness								Røyken OL	1:37:29
	15:30+	35:36+	43:53+	56:51+	69:23+	88:41+	95:11+	97:29+		
	15:30+	20:06+	08:17+	12:58+	12:32+	19:18+	06:30+	02:18+		
	03:57&	07:53&	03:56&	05:09&	05:58&	10:14@	02:29&	00:42&		

Plass	Navn								Klasse	Tid
16	Ellen Akiko Horni-Johnsen								Røyken OL	1:37:35
	15:44+	35:30+	43:58+	56:54+	69:30+	88:31+	95:13+	97:35+		
	15:44+	19:46+	08:28+	12:56+	12:36+	19:01+	06:42+	02:22+		
	04:11&	07:33&	04:07&	05:07&	06:02&	09:57@	02:41&	00:46&		
Beste strekktid for klassen										
	09:34	12:13	03:52	07:44	06:34	08:07	03:26	01:27		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
Halv-mila - mann										
1	Sondre Ytterbø								Asker Skiklubb	49:27
	08:14=	22:04=	25:12=	32:17=	37:14=	44:57=	47:58=	49:27=		
	08:14=	13:50=	03:08=	07:05=	04:57=	07:43=	03:01=	01:29=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Felix Finsrud								Asker Skiklubb	49:28
	08:17+	21:59-	25:24+	32:24+	37:19+	45:00+	48:01+	49:28+		
	08:17+	13:42-	03:25+	07:00-	04:55-	07:41-	03:01=	01:27-		
	00:03+	00:08-	00:17+	00:05-	00:02-	00:02-	00:00=	00:02-		
3	Arne Fossheim								Asker Skiklubb	52:36
	12:10+	23:24+	26:56+	33:03+	39:21+	47:32+	50:45+	52:36+		
	12:10+	11:14-	03:32+	06:07-	06:18+	08:11+	03:13+	01:51+		
	03:56&	02:36-	00:24#	00:58-	01:21&	00:28+	00:12+	00:22#		
4	Bjørn Nordvik								Kolbotn og Skimt OL	58:43
	09:31+	22:15+	26:57+	35:52+	43:23+	52:19+	56:51+	58:43+		
	09:31+	12:44-	04:42+	08:55+	07:31+	08:56+	04:32+	01:52+		
	01:17#	01:06-	01:34&	01:50&	02:34&	01:13#	01:31&	00:23&		
5	Bjørn Sverre Gulheim								Kolbotn og Skimt OL	1:00:32
	10:02+	21:37-	26:03+	35:12+	46:53+	55:39+	59:14+	60:32+		
	10:02+	11:35-	04:26+	09:09+	11:41+	08:46+	03:35+	01:18-		
	01:48#	02:15-	01:18&	02:04&	06:44@	01:03#	00:34#	00:11-		
6	Hans-Ingar Sætra								Asker Skiklubb	1:00:42
	10:23+	23:53+	28:29+	37:13+	44:22+	55:41+	59:19+	60:42+		
	10:23+	13:30-	04:36+	08:44+	07:09+	11:19+	03:38+	01:23-		
	02:09&	00:20-	01:28&	01:39#	02:12&	03:36&	00:37#	00:06-		
7	Jakob Backer-Tellnes								Asker Skiklubb	1:13:00
	10:12+	28:05+	35:30+	45:42+	54:18+	67:44+	71:31+	73:00+		
	10:12+	17:53+	07:25+	10:12+	08:36+	13:26+	03:47+	01:29=		
	01:58#	04:03&	04:17@	03:07&	03:39&	05:43&	00:46&	00:00=		
8	Simen Aure Skogedal								Asker Skiklubb	1:13:26
	12:36+	28:45+	36:27+	46:10+	56:16+	67:44+	71:52+	73:26+		
	12:36+	16:09+	07:42+	09:43+	10:06+	11:28+	04:08+	01:34+		
	04:22&	02:19#	04:34@	02:38&	05:09@	03:45&	01:07&	00:05+		
8	Simen Hagen Strømsnes								Asker Skiklubb	1:13:26
	10:18+	28:14+	35:04+	45:39+	54:14+	67:49+	71:52+	73:26+		
	10:18+	17:56+	06:50+	10:35+	08:35+	13:35+	04:03+	01:34+		
	02:04&	04:06&	03:42@	03:30&	03:38&	05:52&	01:02&	00:05+		
10	Sverre Strand								Lierbygda OL	1:13:43
	12:38+	28:49+	36:34+	46:25+	56:32+	67:38+	72:12+	73:43+		
	12:38+	16:11+	07:45+	09:51+	10:07+	11:06+	04:34+	01:31+		
	04:24&	02:21#	04:37@	02:46&	05:10@	03:23&	01:33&	00:02+		
11	Ole Skogedal								Asker Skiklubb	1:14:06
	12:50+	28:54+	36:28+	46:30+	56:19+	67:54+	72:09+	74:06+		
	12:50+	16:04+	07:34+	10:02+	09:49+	11:35+	04:15+	01:57+		
	04:36&	02:14#	04:26@	02:57&	04:52&	03:52&	01:14&	00:28&		
12	Per Anders Ytterbø								Asker Skiklubb	1:15:16
	24:56+	38:22+	42:49+	51:47+	58:48+	70:16+	73:52+	75:16+		
	24:56+	13:26-	04:27+	08:58+	07:01+	11:28+	03:36+	01:24-		
	16:42@	00:24-	01:19&	01:53&	02:04&	03:45&	00:35#	00:05-		

Plass	Navn								Klasse	Tid
13	Knut Bjerknes								Røyken OL	1:32:36
	31:34+	47:44+	54:56+	65:57+	73:48+	85:30+	90:40+	92:36+		
	31:34+	16:10+	07:12+	11:01+	07:51+	11:42+	05:10+	01:56+		
	23:20@	02:20#	04:04@	03:56&	02:54&	03:59&	02:09&	00:27&		
14	Anders Næss-Ulseth								Nydalens SK	1:36:50
	14:27+	35:23+	43:34+	57:55+	72:22+	89:25+	94:44+	96:50+		
	14:27+	20:56+	08:11+	14:21+	14:27+	17:03+	05:19+	02:06+		
	06:13&	07:06&	05:03@	07:16@	09:30@	09:20@	02:18&	00:37&		

Beste strekktid for klassen

08:14 11:14 03:08 06:07 04:55 07:41 03:01 01:18

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