

Plass Navn

Klasse

Tid

B åpen

1 Marcel Niederhauser Askøy OL 30:22

05:58= 08:49= 12:36= 13:21= 15:06= 21:37= 25:41= 27:55= 29:32= 30:04= 30:22=
 05:58= 02:51= 03:47= 00:45= 01:45= 06:31= 04:04= 02:14= 01:37= 00:32= 00:18=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Charlotte Williksen Høiland Vægg Fleridrett 48:29

23:58+ 28:21+ 31:56+ 32:41+ 34:04+ 39:17+ 42:52+ 45:17+ 46:13+ 48:14+ 48:29+
 23:58+ 04:23+ 03:35- 00:45= 01:23- 05:13- 03:35- 02:25+ 00:56- 02:01+ 00:15-
 18:00@ 01:32& 00:12- 00:00= 00:22- 01:18- 00:29- 00:11+ 00:41- 01:29@ 00:03-

3 Erling Bell Lysaker Fana IL 49:15

22:22+ 25:03+ 30:54+ 31:43+ 33:37+ 40:37+ 45:04+ 47:11+ 48:27+ 49:04+ 49:15+
 22:22+ 02:41- 05:51+ 00:49+ 01:54+ 07:00+ 04:27+ 02:07- 01:16- 00:37+ 00:11-
 16:24@ 00:10- 02:04& 00:04+ 00:09+ 00:29+ 00:23+ 00:07- 00:21- 00:05# 00:07-

Beste strekktid for klassen

05:58 02:41 03:35 00:45 01:23 05:13 03:35 02:07 00:56 00:32 00:11

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

D/H-10

4 Hedda Erica Eikanger Gneist, IL 17:31

00:36+ 05:20+ 08:46+ 10:38+ 12:02+ 13:19+ 15:09+ 16:43+ 17:19+ 17:31+
 00:36+ 04:44+ 03:26+ 01:52+ 01:24+ 01:17+ 01:50+ 01:34+ 00:36+ 00:12+
 00:36+ 04:44+ 03:26+ 01:52+ 01:24+ 01:17+ 01:50+ 01:34+ 00:36+ 00:12+

Beste strekktid for klassen

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

D/H11-12N

1 Sondre Aksnes IL Gular 33:15

01:09= 04:54= 22:55= 25:14= 28:07= 31:35= 32:57= 33:15=
 01:09= 03:45= 18:01= 02:19= 02:53= 03:28= 01:22= 00:18=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

01:09 03:45 18:01 02:19 02:53 03:28 01:22 00:18

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

D/H13-16C

1 Eirik Bjerke Otterå TIF Viking 13:42

00:43= 02:59= 05:37= 06:55= 08:49= 10:05= 11:40= 12:50= 13:28= 13:42=
 00:43= 02:16= 02:38= 01:18= 01:54= 01:16= 01:35= 01:10= 00:38= 00:14=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Erik Bohne Vægg Fleridrett 15:05

00:33- 02:48- 07:26+ 09:16+ 10:18+ 11:31+ 12:59+ 14:16+ 14:49+ 15:05+
 00:33- 02:15- 04:38+ 01:50+ 01:02- 01:13- 01:28- 01:17+ 00:33- 00:16+
 00:10- 00:01- 02:00& 00:32& 00:52- 00:03- 00:07- 00:07# 00:05- 00:02#

3 Ragnhild Bohne Vægg Fleridrett 15:19

00:41- 02:59= 07:38+ 09:19+ 10:28+ 11:39+ 13:11+ 14:29+ 15:03+ 15:19+
 00:41- 02:18+ 04:39+ 01:41+ 01:09- 01:11- 01:32- 01:18+ 00:34- 00:16+
 00:02- 00:02+ 02:01& 00:23& 00:45- 00:05- 00:03- 00:08# 00:04- 00:02#

Class	Navn	Klasse	Tid
4	Magnus Lehmann	Varegg Fleridrett	17:24
	00:43= 04:15+ 07:42+ 10:10+ 11:35+ 13:15+ 15:04+ 16:34+ 17:10+ 17:24+		
	00:43= 03:32+ 03:27+ 02:28+ 01:25- 01:40+ 01:49+ 01:30+ 00:36- 00:14=		
	00:00= 01:16& 00:49& 01:10& 00:29- 00:24& 00:14# 00:20& 00:02- 00:00=		
5	Sofie Boga Asphaug	Gneist, IL	18:54
	01:00+ 03:55+ 07:22+ 09:15+ 10:51+ 12:55+ 15:24+ 17:43+ 18:36+ 18:54+		
	01:00+ 02:55+ 03:27+ 01:53+ 01:36- 02:04+ 02:29+ 02:19+ 00:53+ 00:18+		
	00:17& 00:39& 00:49& 00:35& 00:18- 00:48& 00:54& 01:09& 00:15& 00:04&		
6	Hanna Hølleland	Fana IL	23:52
	00:39- 04:18+ 15:32+ 17:15+ 18:42+ 20:01+ 21:34+ 23:06+ 23:38+ 23:52+		
	00:39- 03:39+ 11:14+ 01:43+ 01:27- 01:19+ 01:33- 01:32+ 00:32- 00:14=		
	00:04- 01:23& 08:36@ 00:25& 00:27- 00:03+ 00:02- 00:22& 00:06- 00:00=		

Beste strekktid for klassen

00:33 02:15 02:38 01:18 01:02 01:11 01:28 01:10 00:32 00:14

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

D/H17-C

1	Marianne Dymbe	Gneist, IL	25:53
	08:22= 11:34= 14:45= 17:03= 19:05= 20:46= 22:52= 24:38= 25:31= 25:53=		
	08:22= 03:12= 03:11= 02:18= 02:02= 01:41= 02:06= 01:46= 00:53= 00:22=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Beste strekktid for klassen

08:22 03:12 03:11 02:18 02:02 01:41 02:06 01:46 00:53 00:22

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

D11-12

1	Mathea Patterson Møklebust	Gneist, IL	15:02
	00:44= 03:25= 06:29= 08:01= 09:26= 10:52= 12:36= 14:07= 14:45= 15:02=		
	00:44= 02:41= 03:04= 01:32= 01:25= 01:26= 01:44= 01:31= 00:38= 00:17=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Anny Patterson Møklebust	Gneist, IL	16:15
	00:57+ 03:53+ 07:00+ 08:36+ 10:13+ 11:49+ 13:37+ 15:13+ 15:55+ 16:15+		
	00:57+ 02:56+ 03:07+ 01:36+ 01:37+ 01:36+ 01:48+ 01:36+ 00:42+ 00:20+		
	00:13& 00:15+ 00:03+ 00:04+ 00:12# 00:10# 00:04+ 00:05+ 00:04# 00:03#		
2	Liva Berge Flo	Gneist, IL	16:15
	00:42- 03:30+ 06:20- 07:59- 09:35+ 11:06+ 12:53+ 15:04+ 15:39+ 16:15+		
	00:42- 02:48+ 02:50- 01:39+ 01:36+ 01:31+ 01:47+ 02:11+ 00:35- 00:36+		
	00:02- 00:07+ 00:14- 00:07+ 00:11# 00:05+ 00:03+ 00:40& 00:03- 00:19@		

Beste strekktid for klassen

00:42 02:41 02:50 01:32 01:25 01:26 01:44 01:31 00:35 00:17

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

D13-14

1	Marie Oen-Sivertsen	TIF Viking	27:51
	05:38= 08:08= 11:33= 12:20= 13:40= 20:31= 23:56= 26:09= 27:08= 27:37= 27:51=		
	05:38= 02:30= 03:25= 00:47= 01:20= 06:51= 03:25= 02:13= 00:59= 00:29= 00:14=		
	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

05:38 02:30 03:25 00:47 01:20 06:51 03:25 02:13 00:59 00:29 00:14

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

D15-16

1 Ingunn Torød Buset Gneist, IL 58:05

24:11=	26:25=	29:52=	31:50=	34:58=	40:25=	44:56=	47:12=	51:50=	53:03=	55:18=	57:50=	58:05=
24:11=	02:14=	03:27=	01:58=	03:08=	05:27=	04:31=	02:16=	04:38=	01:13=	02:15=	02:32=	00:15=
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 strekketid for klassen

24:11	02:14	03:27	01:58	03:08	05:27	04:31	02:16	04:38	01:13	02:15	02:32	00:15
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D17-

1 Helen Martinsen IL Gular 39:09

02:07=	02:50=	04:39=	07:20=	07:54=	09:41=	14:00=	16:39=	18:46=	19:31=	22:21=	23:16=	23:55=	31:08=	32:10=	36:29=	38:55=	39:09=
02:07=	00:43=	01:49=	02:41=	00:34=	01:47=	04:19=	02:39=	02:07=	00:45=	02:50=	00:55=	00:39=	07:13=	01:02=	04:19=	02:26=	00:14=
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 Dagrun Daltveit Slettebø Fana IL 39:41

02:03-	02:44-	04:27-	07:08-	07:43-	09:28-	14:12+	17:06+	19:35+	20:35+	23:31+	24:29+	25:17+	31:28+	32:24+	36:43+	39:27+	39:41+
02:03-	00:41-	01:43-	02:41=	00:35+	01:45-	04:44+	02:54+	02:29+	01:00+	02:56+	00:58+	00:48+	06:11-	00:56-	04:19=	02:44+	00:14=
00:04-	00:02-	00:06-	00:00=	00:01+	00:02-	00:25+	00:15+	00:22#	00:15&	00:06+	00:03+	00:09#	01:02-	00:06-	00:00=	00:18#	00:00=

3 Kristin Löfgren Varegg Fleridrett 40:03

05:25+	06:03+	07:43+	10:10+	10:41+	12:22+	16:29+	19:36+	21:14+	22:00+	24:47+	25:42+	26:23+	31:59+	33:19+	37:15+	39:49+	40:03+
05:25+	00:38-	01:40-	02:27-	00:31-	01:41-	04:07-	03:07+	01:38-	00:46+	02:47-	00:55=	00:41+	05:36-	01:20+	03:56-	02:34+	00:14=
03:18@	00:05-	00:09-	00:14-	00:03-	00:06-	00:12-	00:28#	00:29-	00:01+	00:03-	00:00=	00:02+	01:37-	00:18&	00:23-	00:08+	00:00=

4 Ida Johanne Aadland Samnanger IL 40:56

02:01-	02:47-	04:39=	07:52+	08:29+	10:27+	15:02+	18:06+	19:54+	20:40+	23:42+	24:38+	25:21+	31:47+	32:40+	37:59+	40:42+	40:56+
02:01-	00:46+	01:52+	03:13+	00:37+	01:58+	04:35+	03:04+	01:48-	00:46+	03:02+	00:56+	00:43+	06:26-	00:53-	05:19+	02:43+	00:14=
00:06-	00:03+	00:03+	00:32#	00:03+	00:11#	00:16+	00:25#	00:19-	00:01+	00:12+	00:01+	00:04#	00:47-	00:09-	01:00#	00:17#	00:00=

5 Line Laurantsen Varegg Fleridrett 43:46

02:17+	03:06+	05:00+	10:05+	10:45+	12:41+	17:37+	20:49+	22:39+	23:25+	27:09+	28:09+	28:51+	35:07+	36:06+	40:50+	43:30+	43:46+
02:17+	00:49+	01:54+	05:05+	00:40+	01:56+	04:56+	03:12+	01:50-	00:46+	03:44+	01:00+	00:42+	06:16-	00:59-	04:44+	02:40+	00:16+
00:10+	00:06#	00:05+	02:24&	00:06#	00:09+	00:37#	00:33#	00:17-	00:01+	00:54&	00:05+	00:03+	00:57-	00:03-	00:25+	00:14+	00:02#

6 Valentina Dimitrova Gneist, IL 49:20

05:37+	06:19+	08:30+	11:38+	12:22+	14:43+	19:54+	23:49+	25:57+	26:52+	30:17+	31:31+	32:20+	39:54+	41:07+	45:57+	49:05+	49:20+
05:37+	00:42-	02:11+	03:08+	00:44+	02:21+	05:11+	03:55+	02:08+	00:55+	03:25+	01:14+	00:49+	07:34+	01:13+	04:50+	03:08+	00:15+
03:30@	00:01-	00:22#	00:27#	00:10&	00:34&	00:52#	01:16&	00:01+	00:10#	00:35#	00:19&	00:10&	00:21+	00:11#	00:31#	00:42&	00:01+

7 Sigrid Søvik Gneist, IL 57:53

13:36+	14:23+	16:26+	19:35+	20:18+	22:37+	28:04+	31:40+	33:27+	34:18+	38:08+	39:14+	39:58+	47:25+	49:52+	54:43+	57:41+	57:53+
13:36+	00:47+	02:03+	03:09+	00:43+	02:19+	05:27+	03:36+	01:47-	00:51+	03:50+	01:06+	00:44+	07:27+	02:27+	04:51+	02:58+	00:12-
11:29@	00:04+	00:14#	00:28#	00:09&	00:32&	01:08&	00:57&	00:20-	00:06#	01:00&	00:11#	00:05#	00:14+	01:25@	00:32#	00:32#	00:02-

8 Vilde Hopland Skage Gneist, IL 57:58

13:28+	14:16+	16:20+	19:29+	20:11+	22:31+	27:56+	31:22+	33:24+	34:18+	37:52+	38:58+	39:42+	46:57+	49:41+	54:31+	57:40+	57:58+
13:28+	00:48+	02:04+	03:09+	00:42+	02:20+	05:25+	03:26+	02:02-	00:54+	03:34+	01:06+	00:44+	07:15+	02:44+	04:50+	03:09+	00:18+
11:21@	00:05#	00:15#	00:28#	00:08#	00:33&	01:06&	00:47&	00:05-	00:09#	00:44&	00:11#	00:05#	00:02+	01:42@	00:31#	00:43&	00:04&

9 Karianne Strømme TIF Viking 59:40

18:29+	19:17+	21:22+	24:29+	25:09+	27:08+	32:34+	35:53+	37:48+	38:42+	42:08+	43:10+	43:56+	50:28+	51:28+	56:23+	59:23+	59:40+
18:29+	00:48+	02:05+	03:07+	00:40+	01:59+	05:26+	03:19+	01:55-	00:54+	03:26+	01:02+	00:46+	06:32-	01:00-	04:55+	03:00+	00:17+
16:22@	00:05#	00:16#	00:26#	00:06#	00:12#	01:07&	00:40&	00:12-	00:09#	00:36#	00:07#	00:07#	00:41-	00:02-	00:36#	00:34#	00:03#

10 Ragnhild Balsvik Osterøy IL 1:00:10

19:04+	19:43+	21:49+	25:02+	25:46+	27:53+	32:51+	36:17+	38:07+	38:57+	42:28+	43:30+	44:13+	50:51+	51:49+	56:48+	59:52+	60:10+
19:04+	00:39-	02:06+	03:13+	00:44+	02:07+	04:58+	03:26+	01:50-	00:50+	03:31+	01:02+	00:43+	06:38-	00:58-	04:59+	03:04+	00:18+
16:57@	00:04-	00:17#	00:32#	00:10&	00:20#	00:39#	00:47&	00:17-	00:05#	00:41#	00:07#	00:04#	00:35-	00:04-	00:40#	00:38&	00:04&

11 Nina Goga Bergens TF 1:00:38

21:12+	21:55+	24:00+	27:03+	27:42+	29:36+	34:15+	37:14+	39:33+	40:25+	43:48+	44:44+	45:27+	51:59+	53:03+	57:42+	60:22+	60:38+
21:12+	00:43=	02:05+	03:03+	00:39+	01:54+	04:39+	02:59+	02:19+	00:52+	03:23+	00:56+	00:43+	06:32-	01:04+	04:39+	02:40+	00:16+
19:05@	00:00=	00:16#	00:22#	00:05#	00:07+	00:20+	00:20#	00:12+	00:07#	00:33#	00:01+	00:04#	00:41-	00:02+	00:20+	00:14+	00:02#

Class	Navn	Klasse	Tid
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12	Henriette Kløvstad	Sandefjord OK	1:00:39														
21:30+	22:07+	24:06+	26:53+	27:27+	29:19+	33:30+	36:12+	38:15+	40:48+	43:28+	44:26+	45:30+	52:26+	53:15+	57:58+	60:28+	60:39+
21:30+	00:37-	01:59+	02:47+	00:34=	01:52+	04:11-	02:42+	02:03-	02:33+	02:40-	00:58+	01:04+	06:56-	00:49-	04:43+	02:30+	00:11-
19:23@	00:06-	00:10+	00:06+	00:00=	00:05+	00:08-	00:03+	00:04-	01:48@	00:10-	00:03+	00:25&	00:17-	00:13-	00:24+	00:04+	00:03-

13	Ingrid Vrålstad Løvås	Varegg Fleridrett	1:01:15														
21:49+	22:30+	24:23+	27:18+	27:57+	29:58+	34:38+	37:33+	39:42+	40:50+	44:01+	45:00+	45:56+	52:41+	53:39+	58:25+	61:00+	61:15+
21:49+	00:41-	01:53+	02:55+	00:39+	02:01+	04:40+	02:55+	02:09+	01:08+	03:11+	00:59+	00:56+	06:45-	00:58-	04:46+	02:35+	00:15+
19:42@	00:02-	00:04+	00:14+	00:05#	00:14#	00:21+	00:16#	00:02+	00:23&	00:21#	00:04+	00:17&	00:28-	00:04-	00:27#	00:09+	00:01+

14	Lise Christensen	TIF Viking	1:03:06														
20:49+	21:34+	23:41+	26:56+	27:40+	29:46+	34:59+	38:23+	40:23+	41:17+	44:43+	45:48+	46:31+	53:22+	54:26+	59:33+	62:51+	63:06+
20:49+	00:45+	02:07+	03:15+	00:44+	02:06+	05:13+	03:24+	02:00-	00:54+	03:26+	01:05+	00:43+	06:51-	01:04+	05:07+	03:18+	00:15+
18:42@	00:02+	00:18#	00:34#	00:10&	00:19#	00:54#	00:45&	00:07-	00:09#	00:36#	00:10#	00:04#	00:22-	00:02+	00:48#	00:52&	00:01+

15	Kristin Høydalsvik	Byåsen IL	1:06:01														
21:44+	22:29+	24:41+	28:02+	28:46+	30:56+	36:40+	40:02+	42:13+	43:09+	46:44+	47:51+	48:41+	56:14+	57:24+	62:14+	65:43+	66:01+
21:44+	00:45+	02:12+	03:21+	00:44+	02:10+	05:44+	03:22+	02:11+	00:56+	03:35+	01:07+	00:50+	07:33+	01:10+	04:50+	03:29+	00:18+
19:37@	00:02+	00:23#	00:40#	00:10&	00:23#	01:25&	00:43&	00:04+	00:11#	00:45&	00:12#	00:11&	00:20+	00:08#	00:31#	01:03&	00:04&

16	Kristiane Elise Ottesen	Varegg Fleridrett	1:06:51														
22:38+	23:20+	25:31+	29:01+	29:49+	32:02+	37:44+	41:06+	43:17+	44:14+	47:53+	49:00+	49:45+	57:21+	58:28+	63:14+	66:31+	66:51+
22:38+	00:42-	02:11+	03:30+	00:48+	02:13+	05:42+	03:22+	02:11+	00:57+	03:39+	01:07+	00:45+	07:36+	01:07+	04:46+	03:17+	00:20+
20:31@	00:01-	00:22#	00:49&	00:14&	00:26#	01:23&	00:43&	00:04+	00:12&	00:49&	00:12#	00:06#	00:23+	00:05+	00:27#	00:51&	00:06&

17	Ina Hopland Skage	Gneist, IL	1:07:50														
22:43+	23:32+	25:58+	29:36+	30:16+	32:29+	38:14+	41:44+	43:47+	44:44+	48:27+	49:31+	50:16+	57:53+	59:00+	63:50+	67:34+	67:50+
22:43+	00:49+	02:26+	03:38+	00:40+	02:13+	05:45+	03:30+	02:03-	00:57+	03:43+	01:04+	00:45+	07:37+	01:07+	04:50+	03:44+	00:16+
20:36@	00:06#	00:37&	00:57&	00:06#	00:26#	01:26&	00:51&	00:04-	00:12&	00:53&	00:09#	00:06#	00:24+	00:05+	00:31#	01:18&	00:02#

Beste strekktid for klassen

02:01	00:37	01:40	02:27	00:31	01:41	04:07	02:39	01:38	00:45	02:40	00:55	00:39	05:36	00:49	03:56	02:26	00:11
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D17AK

1	Kirsti Lysaker	Fana IL	1:02:25
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24:15=	26:56=	30:55=	31:48=	41:58=	46:37=	49:27=	55:00=	56:32=	58:25=	62:08=	62:25=						
24:15=	02:41=	03:59=	00:53=	03:01=	07:09=	04:39=	02:50=	05:33=	01:32=	01:53=	03:43=	00:17=					
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

24:15	02:41	03:59	00:53	03:01	07:09	04:39	02:50	05:33	01:32	01:53	03:43	00:17					
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D35-K

1	Marian Kjellevold Malde	IL Gular	32:03
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06:30=	09:26=	13:51=	14:48=	16:22=	23:13=	27:27=	29:48=	30:58=	31:42=	32:03=							
06:30=	02:56=	04:25=	00:57=	01:34=	06:51=	04:14=	02:21=	01:10=	00:44=	00:21=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							

2	Marie Pontoppidan	Os Orienteringsklubb	52:34
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24:19+	27:42+	31:56+	32:53+	34:35+	41:41+	47:04+	50:20+	51:32+	52:15+	52:34+							
24:19+	03:23+	04:14+	00:57=	01:42+	07:06+	05:23+	03:16+	01:12+	00:43-	00:19-							
17:49@	00:27#	00:11-	00:00=	00:08+	00:15+	01:09&	00:55&	00:02+	00:01-	00:02-							

Beste strekktid for klassen

06:30	02:56	04:14	00:57	01:34	06:51	04:14	02:21	01:10	00:43	00:19							
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D50-

Class	Navn	Klasse	Tid
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1	Marit Nipen	Gneist, IL	32:33
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05:43=	08:02=	11:13=	11:50=	14:16=	18:37=	22:03=	23:59=	27:51=	28:54=	29:59=	32:17=	32:33=
05:43=	02:19=	03:11=	00:37=	02:26=	04:21=	03:28+	01:56=	03:52=	01:03=	01:05=	02:18=	00:16=
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	Ingrid Sandvoll	Gneist, IL	35:22
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03:26-	06:02-	09:57-	10:50-	13:44-	18:33-	22:01-	24:34+	30:24+	31:31+	32:43+	35:07+	35:22+
03:26-	02:36+	03:55+	00:53+	02:54+	04:49+	03:28+	02:33+	05:50+	01:07+	01:12+	02:24+	00:15-
02:17-	00:17#	00:44#	00:16&	00:28#	00:28#	00:02+	00:37&	01:58&	00:04+	00:07#	00:06+	00:01-

3	Gro Birkeland Søvik	Gneist, IL	51:56
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10:36+	13:53+	18:46+	19:50+	23:04+	29:57+	35:00+	38:16+	44:44+	46:34+	48:24+	51:37+	51:56+
10:36+	03:17+	04:53+	01:04+	03:14+	06:53+	05:03+	03:16+	06:28+	01:50+	01:50+	03:13+	00:19+
04:53&	00:58&	01:42&	00:27&	00:48&	02:32&	01:37&	01:20&	02:36&	00:47&	00:45&	00:55&	00:03#

4	Anita Lindvik-Sævareid	Os Orienteringsklubb	1:17:51
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25:18+	28:41+	34:37+	35:42+	39:19+	48:04+	53:48+	58:14+	68:55+	71:21+	73:22+	77:30+	77:51+
25:18+	03:23+	05:56+	01:05+	03:37+	08:45+	05:44+	04:26+	10:41+	02:26+	02:01+	04:08+	00:21+
19:35@	01:04&	02:45&	00:28&	01:11&	04:24@	02:18&	02:30@	06:49@	01:23@	00:56&	01:50&	00:05&

Beste strekktid for klassen

03:26	02:19	03:11	00:37	02:26	04:21	03:26	01:56	03:52	01:03	01:05	02:18	00:15
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D60

1	Nina Soligard	Bergens TF	40:51
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07:17=	09:49=	13:30=	14:13=	18:16=	23:30=	27:20=	30:14=	35:16=	36:30=	37:49=	40:32=	40:51=
07:17=	02:32=	03:41=	00:43=	04:03=	05:14=	03:50=	02:54=	05:02=	01:14=	01:19=	02:43=	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=

2	Berit Hegdal	Bergens TF	45:35
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03:26-	06:39-	10:40-	11:31-	14:48-	23:47+	28:27+	33:44+	39:10+	40:37+	42:17+	45:14+	45:35+
03:26-	03:13+	04:01+	00:51+	03:17-	08:59+	04:40+	05:17+	05:26+	01:27+	01:40+	02:57+	00:21+
03:51-	00:41&	00:20+	00:08#	00:46-	03:45&	00:50#	02:23&	00:24+	00:13#	00:21&	00:14+	00:02#

3	Astrid Ormberg	Fana IL	1:08:12
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22:17+	25:26+	30:04+	31:03+	34:16+	41:25+	47:10+	51:45+	58:48+	60:36+	63:08+	67:44+	68:12+
22:17+	03:09+	04:38+	00:59+	03:13-	07:09+	05:45+	04:35+	07:03+	01:48+	02:32+	04:36+	00:28+
15:00@	00:37#	00:57&	00:16&	00:50-	01:55&	01:55&	01:41&	02:01&	00:34&	01:13&	01:53&	00:09&

Beste strekktid for klassen

03:26	02:32	03:41	00:43	03:13	05:14	03:50	02:54	05:02	01:14	01:19	02:43	00:19
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D70-

1	Bjørg Kocbach	Bergens TF	38:34
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06:44=	09:39=	14:11=	15:15=	16:58=	23:06=	32:47=	36:05=	37:23=	38:13=	38:34=		
06:44=	02:55=	04:32=	01:04=	01:43=	06:08=	09:41=	03:18=	01:18=	00:50=	00:21=		
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

06:44	02:55	04:32	01:04	01:43	06:08	09:41	03:18	01:18	00:50	00:21		
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H11-12

1	Sondre Batalden	Fana IL	18:04
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01:05=	04:16=	07:25=	09:15=	11:13=	12:54=	15:07=	17:02=	17:46=	18:04=		
01:05=	03:11=	03:09=	01:50=	01:58=	01:41=	02:13=	01:55=	00:44=	00:18=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Class	Navn	Klasse	Tid
2	Brage Bell Lysaker	Fana IL	19:10
01:04-	04:59+	08:37+	10:54+
01:04-	03:55+	03:38+	02:17+
00:01-	00:44#	00:29#	00:27#

Beste strekktid for klassen

01:04 03:11 03:09 01:50 01:49 01:41 01:58 01:52 00:37 00:13

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

H13-14

1	Mathias Kjærner-Semb	Varegg Fleridrett	22:51
02:05=	04:14=	07:38=	08:23=
02:05=	02:09=	03:24=	00:45=
00:00=	00:00=	00:00=	00:00=

2	Birk Bell Lysaker	Fana IL	38:27
15:23+	17:40+	21:04+	21:48+
15:23+	02:17+	03:24=	00:44-
13:18@	00:08+	00:00=	00:01-

3	Lars Evensen	Gneist, IL	49:11
22:12+	25:03+	30:42+	31:44+
22:12+	02:51+	05:39+	01:02+
20:07@	00:42&	02:15&	00:17&

4	Matias Døsen Pontoppidan	Os Orienteringsklubb	51:45
24:05+	27:07+	31:41+	32:30+
24:05+	03:02+	04:34+	00:49+
22:00@	00:53&	01:10&	00:04+

Beste strekktid for klassen

02:05 02:09 03:24 00:44 01:05 05:51 03:06 02:22 00:33 00:28 00:12

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

H15-16

1	Mathias Rosenlund	Varegg Fleridrett	38:46
01:57=	02:42=	04:54=	07:35=
01:57=	00:45=	02:12=	02:41=
00:00=	00:00=	00:00=	00:00=

2	Kristian Rykkje	Varegg Fleridrett	39:15
05:25+	06:04+	07:50+	10:17+
05:25+	00:39-	01:46-	02:27-
03:28@	00:06-	00:26-	00:14-

3	Stian Rykkje	Stord Orientering	41:29
01:52-	05:04+	07:17+	09:42+
01:52-	03:12+	02:13+	02:25-
00:05-	02:27@	00:01+	00:16-

4	Knut Kyrkjebø	TIF Viking	43:34
01:46-	04:14+	06:26+	08:58+
01:46-	02:28+	02:12=	02:32-
00:11-	01:43@	00:00=	00:09-

5	Eyvind Kjellevoid Malde	IL Gular	1:00:36
18:40+	19:24+	21:41+	24:58+
18:40+	00:44-	02:17+	03:17+
16:43@	00:01-	00:05+	00:36#

6	Scott Juvik	IL Gular	1:01:28
21:10+	21:55+	23:59+	27:43+
21:10+	00:45=	02:04-	03:44+
19:13@	00:00=	00:08-	01:03&

Class	Navn	Klasse										Tid					
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7	Erik Dymbe	Gneist, IL										1:01:57					
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25:02+	28:05+	32:14+	33:00+	35:42+	41:44+	46:04+	52:28+	56:41+	58:19+	59:24+	61:44+	61:57+
25:02+	03:03+	04:09+	00:46-	02:42+	06:02+	04:20-	06:24+	04:13+	01:38+	01:05-	02:20+	00:13-
23:05@	02:18@	01:57&	01:55-	02:10@	04:13@	00:18-	03:20@	02:23@	00:56@	01:47-	01:22@	00:29-

Beste strekktid for klassen

01:46	00:39	01:46	00:46	00:32	01:37	04:07	02:40	01:36	00:39	01:05	00:52	00:13	05:50	00:50	03:52	02:10	00:11
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H17-

1	Alan Cherry	Varegg Fleridrett										46:43					
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01:30=	02:01=	03:32=	06:19=	07:52=	08:19=	09:59=	12:14=	14:54=	18:43=	19:44=	20:41=	21:09=	21:58=	25:42=	28:00=	29:22=	30:02=	32:21=	33:10=	33:47=	38:33=	39:19=	43:07=	45:18=	46:31=
01:30=	00:31=	01:31=	02:47=	01:33=	00:27=	01:40=	02:15=	02:40=	03:49=	01:01=	00:57=	00:28=	00:49=	03:44=	02:18=	01:22=	00:40=	02:19=	00:49=	00:37=	04:46=	00:46=	03:48=	02:11=	01:13=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
46:43=																									
00:12=																									
00:00=																									

2	Vyacheslav Mukhidinov	Varegg Fleridrett										46:51					
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01:35+	02:09+	03:41+	06:08-	07:47-	08:13-	09:54-	12:10-	14:57+	18:47+	19:47+	20:41=	21:08-	22:00+	25:30-	27:51-	29:20-	29:58-	32:20-	33:06-	33:41-	38:27-	39:13-	42:55-	45:17-	46:38+
01:35+	00:34+	01:32+	02:27-	01:39+	00:26-	01:41+	02:16+	02:47+	03:50+	01:00-	00:54-	00:27-	00:52+	03:30-	02:21+	01:29+	00:38-	02:22+	00:46-	00:35-	04:46=	00:46=	03:42-	02:22+	01:21+
00:05+	00:03+	00:01+	00:20-	00:06+	00:01-	00:01+	00:01+	00:07+	00:01+	00:01-	00:03-	00:01-	00:03+	00:14-	00:03+	00:07+	00:02-	00:03+	00:03-	00:02-	00:00=	00:00=	00:06-	00:11+	00:08#
46:51+																									
00:13+																									
00:01+																									

3	Per Harald Havnen Johansen	Varegg Fleridrett										47:06					
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01:23-	01:54-	03:18-	05:31-	07:15-	07:44-	09:33-	11:50-	14:55+	18:37-	19:37-	20:39-	21:09=	22:04+	26:05+	28:26+	29:46+	30:24+	32:48+	33:36+	34:10+	38:56+	39:46+	43:31+	45:44+	46:55+
01:23-	00:31=	01:24-	02:13-	01:44+	00:29+	01:49+	02:17+	03:05+	03:42-	01:00-	01:02+	00:30+	00:55+	04:01+	02:21+	01:20-	00:38-	02:24+	00:48-	00:34-	04:46=	00:50+	03:45-	02:13+	01:11-
00:07-	00:00=	00:07-	00:34-	00:11#	00:02+	00:09+	00:02+	00:25#	00:07-	00:01-	00:05+	00:02+	00:06#	00:17+	00:03+	00:02-	00:02-	00:05+	00:01-	00:03-	00:00=	00:04+	00:03-	00:02+	00:02-
47:06+																									
00:11-																									
00:01-																									

4	Fabian Wennerberg	Varegg Fleridrett										48:15					
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01:32+	02:06+	03:35+	05:54-	07:47-	08:23+	10:18+	12:36+	15:45+	19:46+	20:51+	21:49+	22:16+	23:13+	26:59+	29:15+	30:52+	31:35+	34:07+	34:58+	35:30+	40:22+	41:15+	44:20+	46:42+	48:00+
01:32+	00:34+	01:29-	02:19-	01:53+	00:36+	01:55+	02:18+	03:09+	04:01+	01:05+	00:58+	00:27-	00:57+	03:46+	02:16-	01:37+	00:43+	02:32+	00:51+	00:32-	04:52+	00:53+	03:05-	02:22+	01:18+
00:02+	00:03+	00:02-	00:28-	00:20#	00:09&	00:15#	00:03+	00:29#	00:12+	00:04+	00:01+	00:01-	00:08#	00:02+	00:02-	00:15#	00:03+	00:13+	00:02+	00:05-	00:06+	00:07#	00:43-	00:11+	00:05+
48:15+																									
00:15+																									
00:03#																									

5	Rune Nygaard	IL Gular										48:38					
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01:37+	02:12+	03:41+	06:11-	07:59+	08:33+	10:26+	12:42+	15:54+	19:51+	20:55+	21:54+	22:21+	23:18+	26:54+	29:21+	30:56+	31:41+	34:12+	35:03+	35:35+	40:31+	41:20+	44:24+	46:57+	48:24+
01:37+	00:35+	01:29-	02:30-	01:48+	00:34+	01:53+	02:16+	03:12+	03:57+	01:04+	00:59+	00:27-	00:57+	03:36-	02:27+	01:35+	00:45+	02:31+	00:51+	00:32-	04:56+	00:49+	03:04-	02:33+	01:27+
00:07+	00:04#	00:02-	00:17-	00:15#	00:07&	00:13#	00:01+	00:32#	00:08+	00:03+	00:02+	00:01-	00:08#	00:08-	00:09+	00:13#	00:05#	00:12+	00:02+	00:05-	00:10+	00:03+	00:44-	00:22#	00:14#
48:38+																									
00:14+																									
00:02#																									

6	Per Arne Aadland	Samnanger IL										49:52					
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01:48+	02:24+	04:01+	06:14-	08:02+	08:31+	10:32+	12:44+	15:30+	19:42+	20:57+	21:59+	22:33+	23:31+	27:20+	29:49+	31:09+	31:50+	34:27+	35:17+	35:53+	41:04+	41:52+	45:51+	48:10+	49:39+
01:48+	00:36+	01:37+	02:13-	01:48+	00:29+	02:01+	02:12-	02:46+	04:12+	01:15+	01:02+	00:34+	00:58+	03:49+	02:29+	01:20-	00:41+	02:37+	00:50+	00:36-	05:11+	00:48+	03:59+	02:19+	01:29+
00:18#	00:05#	00:06+	00:34-	00:15#	00:02+	00:21#	00:03-	00:06+	00:23#	00:14#	00:05+	00:06#	00:09#	00:05+	00:11+	00:02-	00:01+	00:18#	00:01+	00:01-	00:25+	00:02+	00:11+	00:08+	00:16#
49:52+																									
00:13+																									
00:01+																									

7	Markus Kjærner-Semb	Varegg Fleridrett										50:54					
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02:03+	02:37+	04:16+	06:51+	08:35+	09:16+	11:36+	13:47+	16:55+	20:58+	22:02+	23:00+	23:28+	24:22+	27:53+	30:29+	31:59+	32:49+	35:16+	36:03+	36:40+	42:05+	43:00+	46:55+	49:21+	50:42+
02:03+	00:34+	01:39+	02:35-	01:44+	00:41+	02:20+	02:11-	03:08+	04:03+	01:04+	00:58+	00:28+	00:54+	03:31-	02:36+	01:30+	00:50+	02:27+	00:47-	00:37=	05:25+	00:55+	03:55+	02:26+	01:21+
00:33&	00:03+	00:08+	00:12-	00:11#	00:14&	00:40&	00:04-	00:28#	00:14+	00:03+	00:01+	00:00=	00:05#	00:13-	00:18#	00:08+	00:10#	00:08+	00:02-	00:00=	00:39#	00:09#	00:07+	00:15#	00:08#
50:54+																									
00:12=																									
00:00=																									

Class	Navn	Klasse	Tid
3	Magnus Erdal	Samnanger IL	1:00:56
21:15+	21:55+	23:48+	26:47+
21:15+	00:40-	01:53-	02:59-
19:15@	00:20-	00:06-	00:02-
20:29+	27:26+	29:29+	34:17+
02:03-	04:48-	03:22=	01:53-
00:03-	00:10-	00:00=	00:07-
00:07#	00:04+	00:03-	00:04-
00:04-	00:04+	00:02+	00:28-
00:23-	00:01-		
4	Vemund Hansen	TIF Viking	1:02:12
20:21+	21:10+	23:22+	26:31+
20:21+	00:49-	02:12+	03:09+
18:21@	00:11-	00:13#	00:08+
29:21+	34:42+	38:08+	40:06+
02:11+	05:21+	03:26+	01:58-
00:05+	00:23+	00:04+	00:02-
00:03-	00:03-	00:31#	00:05+
00:04-	00:01+	00:09-	00:06-
00:14-	00:01-		
5	Petter Oen-Sivertsen	TIF Viking	1:04:52
23:12+	23:56+	26:02+	29:17+
23:12+	00:44-	02:06+	03:15+
21:12@	00:16-	00:07+	00:14+
32:04+	37:15+	40:38+	42:25+
02:06=	05:11+	03:23+	01:47-
00:00=	00:13+	00:01+	00:13-
00:02+	00:02-	00:35#	00:02+
00:04-	00:03+	00:05-	00:07-
00:03+	00:07-	00:03+	00:04-
6	Frank Roar Olsen	Bergens TF	1:05:23
24:01+	24:42+	26:51+	30:03+
24:01+	00:41-	02:09+	03:12+
22:01@	00:19-	00:10+	00:11+
30:45+	32:54+	37:52+	41:16+
02:09+	04:58=	03:24+	02:04+
00:03+	00:00-	00:02+	00:04+
00:05#	00:05#	00:21#	00:06#
00:05-	00:04-	00:04-	00:08-
00:11-	00:03-		
7	Jon-Kåre Hansen	TIF Viking	1:11:01
23:22+	24:14+	26:25+	29:51+
23:22+	00:52-	02:11+	03:26+
21:22@	00:08-	00:12#	00:25#
30:35+	32:51+	38:33+	42:14+
02:16+	05:42+	03:41+	02:23+
00:05#	00:10+	00:44#	00:19+
00:23#	00:29#	00:19+	00:19#
00:19#	00:19#	00:19#	00:19#
00:20+	01:14#	01:13@	00:31+
00:10+	00:10+	00:10+	00:10+
Beste strekktid for klassen	02:00	00:40	01:53
	02:53	00:39	02:03
	04:48	03:22	01:47
	00:29	00:39	00:57
	00:43	00:37	00:53
	01:28	02:46	00:14
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H50-			
1	Bjørn Hølleland	Fana IL	34:43
01:34=	02:10=	03:52=	06:14=
01:34=	00:36=	01:42=	02:22=
00:00=	00:00=	00:00=	00:00=
08:41=	12:49=	15:31=	17:10=
00:37=	04:08=	02:42=	01:39=
00:00=	00:00=	00:00=	00:00=
20:27=	21:22=	21:57=	27:37=
02:40=	00:55=	00:35=	05:40=
00:00=	00:00=	00:00=	00:00=
28:44=	32:23=	34:30=	34:43=
01:07=	03:39=	02:07=	00:13=
00:00=	00:00=	00:00=	00:00=
2	Sverre Ottesen	Varegg Fleridrett	44:48
01:53+	03:48+	05:44+	08:59+
01:53+	01:55+	01:56+	03:15+
00:19#	01:19@	00:14#	00:53&
09:47+	11:35+	17:16+	20:38+
01:48-	05:41+	03:22+	02:27+
00:02-	01:33&	00:40#	00:48&
09:47+	11:35+	17:16+	20:38+
01:48-	05:41+	03:22+	02:27+
00:02-	01:33&	00:40#	00:48&
24:09+	27:25+	28:23+	29:06+
03:16+	00:58+	00:43+	06:37+
00:03+	00:08#	00:57#	00:09-
35:43+	36:41+	41:32+	44:32+
00:58-	04:51+	03:00+	00:16+
00:08#	00:57#	00:09-	00:03#
3	Øyvind Schjelderup	Freidig	44:50
02:06+	02:54+	05:07+	08:18+
02:06+	00:48+	02:13+	03:11+
00:32&	00:12&	00:31&	00:49&
10:57+	15:42+	20:14+	22:22+
01:59+	04:45+	04:32+	02:08+
00:09+	00:37#	01:50&	00:29&
26:23+	27:20+	28:07+	34:32+
00:57+	00:47+	06:25+	01:03-
00:02+	00:12&	00:45#	00:04-
35:35+	41:47+	44:38+	44:50+
00:04-	02:33&	00:44&	00:01-
4	Jan Petter Hansen	IL Gular	51:24
02:37+	03:26+	05:51+	09:20+
02:37+	00:49+	02:25+	03:29+
01:03&	00:13&	00:43&	01:07&
10:06+	12:18+	17:33+	23:53+
00:46+	02:12+	05:15+	06:20+
00:09#	01:07&	03:38@	00:33&
20:14+	22:22+	23:28+	26:23+
01:06+	02:55+	00:57+	00:47+
00:29&	00:15+	00:02+	00:12&
40:52+	41:59+	47:49+	51:03+
08:19+	01:07=	05:50+	03:14+
00:09#	00:17&	02:39&	00:00=
00:45&	00:09#	00:45&	00:08&
5	Helge Haugland	Varegg Fleridrett	56:27
18:02+	18:44+	20:31+	23:33+
18:02+	00:42+	01:47+	03:02+
16:28@	00:06#	00:05+	00:40&
24:11+	26:05+	30:41+	33:45+
00:38+	01:54+	04:36+	03:04+
00:01+	00:04+	00:28#	00:22#
39:28+	40:21+	41:02+	47:10+
03:01+	00:53-	00:41+	06:08+
00:02-	00:06#	00:28+	00:15-
48:02+	53:28+	56:11+	56:27+
00:52-	05:26+	02:43+	00:16+
00:06#	00:28+	00:03#	
6	Torgeir Strand	Fana IL	57:18
08:25+	09:12+	11:29+	14:57+
08:25+	00:47+	02:17+	03:28+
06:51@	00:11&	00:35&	01:06&
15:43+	17:59+	23:47+	27:14+
00:46+	02:16+	05:48+	03:27+
00:09#	00:26#	01:40&	00:45&
30:25+	34:20+	35:29+	36:18+
01:09+	00:49+	07:45+	01:09+
00:14&	00:14&	02:05&	00:02+
44:03+	45:12+	53:07+	56:56+
00:02+	04:16@	01:42&	00:09&
7	Tore Juvik	IL Gular	59:20
20:46+	21:27+	23:12+	26:08+
20:46+	00:41+	01:45+	02:56+
19:12@	00:05#	00:03+	00:34#
28:39+	33:15+	36:24+	38:13+
01:57+	04:36+	03:09+	01:49+
00:07+	00:28#	00:27#	00:10#
42:07+	43:03+	43:44+	49:47+
03:05+	00:56+	00:41+	06:03+
00:01+	00:06#	00:23+	00:10-
50:44+	56:07+	58:59+	59:20+
00:57-	05:23+	02:52+	00:21+
00:08&	00:45&	00:08&	
8	Øistein Bø	Fana IL	1:00:33
18:31+	19:19+	21:22+	24:39+
18:31+	00:48+	02:03+	03:17+
16:57@	00:12&	00:21#	00:55&
25:22+	27:27+	32:33+	35:56+
02:05+	05:06+	03:23+	01:57+
00:15#	00:58#	00:41&	00:18#
38:46+	42:31+	43:36+	44:21+
00:53+	03:45+	01:05+	00:45+
00:16&	01:05&	00:10#	00:10&
52:06+	57:12+	60:16+	60:33+
01:02-	05:06+	03:04+	00:17+
00:05-	01:27&	00:57&	00:04&

Class	Navn	Klasse										Tid					
9	Rune Erdal	Samnanger IL										1:01:21					
21:06+	21:49+	23:40+	26:32+	27:11+	29:13+	34:19+	37:33+	39:27+	40:30+	43:52+	44:50+	45:31+	52:02+	53:03+	57:52+	61:02+	61:21+
21:06+	00:43+	01:51+	02:52+	00:39+	02:02+	05:06+	03:14+	01:54+	01:03+	03:22+	00:58+	00:41+	06:31+	01:01-	04:49+	03:10+	00:19+
19:32@	00:07#	00:09+	00:30#	00:02+	00:12#	00:58#	00:32#	00:15#	00:26&	00:42&	00:03+	00:06#	00:51#	00:06-	01:10&	01:03&	00:06&
10	Lars Sveen	NOTEAM										1:02:14					
18:33+	19:16+	21:26+	24:45+	25:27+	27:37+	32:42+	36:08+	38:11+	39:11+	42:49+	43:56+	44:37+	52:01+	53:24+	58:37+	61:55+	62:14+
18:33+	00:43+	02:10+	03:19+	00:42+	02:10+	05:05+	03:26+	02:03+	01:00+	03:38+	01:07+	00:41+	07:24+	01:23+	05:13+	03:18+	00:19+
16:59@	00:07#	00:28&	00:57&	00:05#	00:20#	00:57#	00:44&	00:24#	00:23&	00:58&	00:12#	00:06#	01:44&	00:16#	01:34&	01:11&	00:06&
11	Sigurd Eikner	Fana IL										1:02:22					
20:48+	21:33+	23:30+	26:23+	27:00+	28:48+	33:49+	37:49+	39:44+	40:33+	44:00+	45:01+	45:48+	53:04+	54:05+	59:08+	62:03+	62:22+
20:48+	00:45+	01:57+	02:53+	00:37=	01:48-	05:01+	04:00+	01:55+	00:49+	03:27+	01:01+	00:47+	07:16+	01:01-	05:03+	02:55+	00:19+
19:14@	00:09#	00:15#	00:31#	00:00=	00:02-	00:53#	01:18&	00:16#	00:12&	00:47&	00:06#	00:12&	01:36&	00:06-	01:24&	00:48&	00:06&
12	Helge Magnus Erdal	Samnanger IL										1:04:45					
21:00+	21:41+	23:50+	27:06+	27:52+	30:02+	35:56+	39:26+	41:22+	42:15+	45:38+	46:49+	47:38+	54:53+	56:17+	61:16+	64:29+	64:45+
21:00+	00:41+	02:09+	03:16+	00:46+	02:10+	05:54+	03:30+	01:56+	00:53+	03:23+	01:11+	00:49+	07:15+	01:24+	04:59+	03:13+	00:16+
19:26@	00:05#	00:27&	00:54&	00:09#	00:20#	01:46&	00:48&	00:17#	00:16&	00:43&	00:16&	00:14&	01:35&	00:17&	01:20&	01:06&	00:03#
13	Leif Gunnar Hovden	Halsnøy OL										1:07:16					
23:49+	24:34+	26:45+	30:07+	30:51+	33:04+	38:31+	41:54+	43:53+	45:07+	48:48+	49:56+	50:41+	57:56+	59:15+	63:51+	67:02+	67:16+
23:49+	00:45+	02:11+	03:22+	00:44+	02:13+	05:27+	03:23+	01:59+	01:14+	03:41+	01:08+	00:45+	07:15+	01:19+	04:36+	03:11+	00:14+
22:15@	00:09#	00:29&	01:00&	00:07#	00:23#	01:19&	00:41&	00:20#	00:37&	01:01&	00:13#	00:10&	01:35&	00:12#	00:57&	01:04&	00:01+
14	Knut A Molvik	Gneist, IL										1:12:27					
13:02+	13:55+	16:34+	20:16+	21:25+	24:29+	31:32+	38:23+	41:07+	42:08+	46:38+	48:25+	50:55+	60:57+	63:04+	68:50+	72:10+	72:27+
13:02+	00:53+	02:39+	03:42+	01:09+	03:04+	07:03+	06:51+	02:44+	01:01+	04:30+	01:47+	02:30+	10:02+	02:07+	05:46+	03:20+	00:17+
11:28@	00:17&	00:57&	01:20&	00:32&	01:14&	02:55&	04:09@	01:05&	00:24&	01:50&	00:52&	01:55@	04:22&	01:00&	02:07&	01:13&	00:04&
Beste strekktid for klassen																	
01:34	00:36	01:42	02:22	00:34	01:48	04:08	02:42	01:39	00:37	02:40	00:53	00:35	05:40	00:52	03:39	02:07	00:12

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

H60

1	Torgeir Strandhagen	Røyken OL										30:39					
03:56=	06:13=	09:22=	10:00=	12:34=	17:14=	20:20=	22:03=	25:47=	26:50=	28:01=	30:23=	30:39=					
03:56=	02:17=	03:09=	00:38=	02:34=	04:40=	03:06=	01:43=	03:44=	01:03=	01:11=	02:22=	00:16=					
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	Øistein Paulsen	Bergens TF										39:34					
02:38-	06:20+	09:38+	10:40+	15:17+	22:08+	26:09+	28:40+	34:23+	35:31+	36:44+	39:18+	39:34+					
02:38-	03:42+	03:18+	01:02+	04:37+	06:51+	04:01+	02:31+	05:43+	01:08+	01:13+	02:34+	00:16=					
01:18-	01:25&	00:09+	00:24&	02:03&	02:11&	00:55&	00:48&	01:59&	00:05+	00:02+	00:12+	00:00=					
3	Jan Harald Helmich Pedersen	TIF Viking										58:09					
21:36+	24:16+	28:03+	28:57+	32:12+	38:53+	43:25+	46:22+	52:04+	53:28+	55:01+	57:56+	58:09+					
21:36+	02:40+	03:47+	00:54+	03:15+	06:41+	04:32+	02:57+	05:42+	01:24+	01:33+	02:55+	00:13-					
17:40@	00:23#	00:38#	00:41&	02:01&	01:26&	01:14&	01:58&	00:21&	00:22&	00:33#	00:03-						
4	Arild Frank Olsen	Bergens TF										1:00:56					
24:44+	27:40+	31:47+	32:41+	35:43+	42:46+	47:09+	49:50+	54:39+	56:04+	57:23+	60:34+	60:56+					
24:44+	02:56+	04:07+	00:54+	03:02+	07:03+	04:23+	02:41+	04:49+	01:25+	01:19+	03:11+	00:22+					
20:48@	00:39&	00:58&	00:16&	00:28#	02:23&	01:17&	00:58&	01:05&	00:22&	00:08#	00:49&	00:06&					
5	Jan Olav Ormberg	Fana IL										1:02:36					
19:05+	22:05+	26:44+	27:40+	32:09+	39:27+	44:25+	47:57+	55:08+	56:48+	58:21+	62:14+	62:36+					
19:05+	03:00+	04:39+	00:56+	04:29+	07:18+	04:58+	03:32+	07:11+	01:40+	01:33+	03:53+	00:22+					
15:09@	00:43&	01:30&	00:18&	01:55&	02:38&	01:52&	01:49@	03:27&	00:37&	00:22&	01:31&	00:06&					
6	Anders Bjørkaas	Askvoll og Holmedal IL										1:09:00					
22:29+	26:29+	31:56+	33:00+	36:05+	44:53+	50:15+	54:01+	60:15+	62:05+	64:28+	68:30+	69:00+					
22:29+	04:00+	05:27+	01:04+	03:05+	08:48+	05:22+	03:46+	06:14+	01:50+	02:23+	04:02+	00:30+					
18:33@	01:43&	02:18&	00:26&	00:31#	04:08&	02:16&	02:03@	02:30&	00:47&	01:12@	01:40&	00:14&					
Beste strekktid for klassen																	
02:38	02:17	03:09	00:38	02:34	04:40	03:06	01:43	03:44	01:03	01:11	02:22	00:13					

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

H70-

1	Dagfinn Hole	Bergens TF	38:12									
02:42=	06:07=	09:38=	10:23=	14:26=	19:07=	22:55=	25:02=	29:45=	30:51=	35:26=	37:55=	38:12=
02:42=	03:25=	03:31=	00:45=	04:03=	04:41=	03:48=	02:07=	04:43=	01:06=	04:35=	02:29=	00:17=
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 Vikane	Fana IL	40:52									
02:52+	06:23+	10:13+	11:09+	15:58+	22:20+	26:38+	29:36+	34:31+	35:50+	37:36+	40:30+	40:52+
02:52+	03:31+	03:50+	00:56+	04:49+	06:22+	04:18+	02:58+	04:55+	01:19+	01:46-	02:54+	00:22+
00:10+	00:06+	00:19+	00:11#	00:15#	00:14+	01:41&	00:30#	00:51&	00:12+	00:13#	02:49-	00:25#
3	Gunnar J. Alsaker	Årstad IL	43:02									
03:23+	06:54+	11:08+	12:08+	16:25+	22:51+	27:40+	30:37+	36:05+	37:32+	39:02+	42:37+	43:02+
03:23+	03:31+	04:14+	01:00+	04:17+	06:26+	04:49+	02:57+	05:28+	01:27+	01:30-	03:35+	00:25+
00:41&	00:06+	00:43#	00:15&	00:14+	01:45&	01:01&	00:50&	00:45#	00:21&	03:05-	01:06&	00:08&
4	Axel Ingvaldsen	TIF Viking	59:10									
07:21+	11:16+	16:54+	18:08+	21:25+	30:59+	37:18+	41:53+	49:37+	51:51+	54:00+	58:37+	59:10+
07:21+	03:55+	05:38+	01:14+	03:17-	09:34+	06:19+	04:35+	07:44+	02:14+	02:09-	04:37+	00:33+
04:39@	00:30#	02:07&	00:29&	00:46-	04:53@	02:31&	02:28@	03:01&	01:08@	02:26-	02:08&	00:16&
5	Per Olaf Tangen	Fana IL	1:07:28									
22:48+	25:55+	30:35+	31:38+	34:10+	40:45+	45:50+	49:19+	59:15+	60:59+	63:59+	67:04+	67:28+
22:48+	03:07-	04:40+	01:03+	02:32-	06:35+	05:05+	03:29+	09:56+	01:44+	03:00-	03:05+	00:24+
20:06@	00:18-	01:09&	00:18&	01:31-	01:54&	01:17&	01:22&	05:13@	00:38&	01:35-	00:36#	00:07&
6	Harald Wibye	OK Moss	1:20:36									
24:13+	27:33+	38:21+	39:30+	44:02+	53:16+	58:54+	63:20+	70:22+	72:06+	75:27+	80:04+	80:36+
24:13+	03:20-	10:48+	01:09+	04:32+	09:14+	05:38+	04:26+	07:02+	01:44+	03:21-	04:37+	00:32+
21:31@	00:05-	07:17@	00:29#	00:29#	04:33&	01:50&	02:19@	02:19&	00:38&	01:14-	02:08&	00:15&

Beste strekktid for klassen

02:42 03:07 03:31 00:45 02:32 04:41 03:48 02:07 04:43 01:06 01:30 02:29 00:17

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

N åpen kort

3	Kirill Eikanger	Gneist, IL	19:51				
01:16+	06:19+	10:52+	13:31+	16:01+	18:47+	19:31+	19:51+
01:16+	05:03+	04:33+	02:39+	02:30+	02:46+	00:44+	00:20+
01:16+	05:03+	04:33+	02:39+	02:30+	02:46+	00:44+	00:20+
13	Amanda Daltveit Slettebø	Fana IL	30:21				
06:12+	11:35+	17:35+	20:51+	24:58+	28:19+	29:46+	30:21+
06:12+	05:23+	06:00+	03:16+	04:07+	03:21+	01:27+	00:35+
06:12+	05:23+	06:00+	03:16+	04:07+	03:21+	01:27+	00:35+
27	Nora Egeland Storo	Gneist, IL	15:31				
01:15+	05:08+	08:41+	10:18+	12:14+	14:16+	15:06+	15:31+
01:15+	03:53+	03:33+	01:37+	01:56+	02:02+	00:50+	00:25+
01:15+	03:53+	03:33+	01:37+	01:56+	02:02+	00:50+	00:25+
236	Sverre Tysvær	Varegg Fleridrett	22:50				
01:27+	05:50+	11:46+	15:05+	18:06+	21:21+	22:28+	22:50+
01:27+	04:23+	05:56+	03:19+	03:01+	03:15+	01:07+	00:22+
01:27+	04:23+	05:56+	03:19+	03:01+	03:15+	01:07+	00:22+

Beste strekktid for klassen

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

N åpen lang

Class	Navn	Klasse										Tid
250	Morten Skage	Gneist, IL										28:16
09:45+	11:10+	12:58+	16:25+	19:28+	20:52+	22:22+	24:02+	25:35+	27:07+	27:55+	28:16+	
09:45+	01:25+	01:48+	03:27+	03:03+	01:24+	01:30+	01:40+	01:33+	01:32+	00:48+	00:21+	
09:45+	01:25+	01:48+	03:27+	03:03+	01:24+	01:30+	01:40+	01:33+	01:32+	00:48+	00:21+	

Beste strekktid for klassen

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