Plass Navn Klasse Tid

D3

1 Torun Lynnebakken 189 36:45

03:30=	14:02=	20:06=	23:53=	26:08=	27:29=	30:56=	33:45=	35:31=	36:45=
03:30=	10:32=	06:04=	03:47=	02:15=	01:21=	03:27=	02:49=	01:46=	01:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Liv Skretting 352 46:02

00:11-	05:12-	13:49-	20:41-	26:31+	30:01+	31:42+	35:47+	39:18+	43:56+	46:02+
00:11-	05:01-	08:37+	06:52+	05:50+	03:30+	01:41-	04:05+	03:31+	04:38+	02:06+
03:19-	05:31-	02:33&	03:05&	03:35@	02:09@	01:46-	01:16&	01:45&	03:24@	02:06+

Beste strekktid for klassen

00:11	05:01	06:04	03:47	02:15	01:21	01:41	02:49	01:46	01:14

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

D4

1 Siri Thortveit Myhre 189 51:31

01:19=	04:53=	09:26=	14:25=	16:58=	21:57=	24:10=	28:42=	36:20=	41:59=	45:03=	46:44=	47:37=	49:21=	50:24=	51:31=
01:19=	03:34=	04:33=	04:59=	02:33=	04:59=	02:13=	04:32=	07:38=	05:39=	03:04=	01:41=	00:53=	01:44=	01:03=	01:07=
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 Sigrid Ekeland 248 53:15

03:33+	05:42+	11:37+	14:01-	17:35+	21:29-	26:25+	30:58+	39:46+	44:53+	47:52+	49:45+	50:23+	51:35+	52:17+	53:15+
03:33+	02:09-	05:55+	02:24-	03:34+	03:54-	04:56+	04:33+	08:48+	05:07-	02:59-	01:53+	00:38-	01:12-	00:42-	00:58-
02:14@	01:25-	01:22&	02:35-	01:01&	01:05-	02:43@	00:01+	01:10#	00:32-	00:05-	00:12#	00:15-	00:32-	00:21-	00:09-

3 Silje Kregnes 189 53:45

01:07-	04:39-	07:53-	09:48-	14:42-	17:19-	23:00-	25:32-	30:27-	39:51-	45:12+	48:47+	50:05+	50:45+	51:54+	52:37+	53:45+
01:07-	03:32-	03:14-	01:55-	04:54+	02:37-	05:41+	02:32-	04:55-	09:24+	05:21+	03:35+	01:18+	00:40-	01:09+	00:43-	01:08+
00:12-	00:02-	01:19-	03:04-	02:21&	02:22-	03:28@	02:00-	02:43-	03:45&	02:17&	01:54@	00:25&	01:04-	00:06+	00:24-	01:08+

4 Gro Børte Nomeland 189 1:18:55

04:08+	09:57+	17:46+	21:58+	25:39+	29:30+	34:11+	39:59+	49:25+	57:27+	63:21+	67:34+	70:02+	75:26+	77:22+	78:55+
04:08+	05:49+	07:49+	04:12-	03:41+	03:51-	04:41+	05:48+	09:26+	08:02+	05:54+	04:13+	02:28+	05:24+	01:56+	01:33+
02:49@	02:15&	03:16&	00:47-	01:08&	01:08-	02:28@	01:16&	01:48#	02:23&	02:50&	02:32@	01:35@	03:40@	00:53&	00:26&

Beste strekktid for klassen

01:07	02:09	03:14	01:55	02:33	02:37	02:13	02:32	04:55	05:07	02:59	01:41	00:38	00:40	00:42	00:43

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

D6

1 Elisabeth Ingvaldsen 245 1:10:42

03:54=	23:39=	26:28=	28:56=	32:00=	33:46=	46:53=	49:51=	56:34=	62:10=	64:54=	66:32=	67:14=	68:33=	69:19=	70:42=
03:54=	19:45=	02:49=	02:28=	03:04=	01:46=	13:07=	02:58=	06:43=	05:36=	02:44=	01:38=	00:42=	01:19=	00:46=	01:23=
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 Christine Mikkelsen 135 1:11:37

03:56+	22:53-	25:42-	28:36-	31:15-	33:14-	47:16+	49:48-	56:38+	62:27+	66:12+	67:34+	68:11+	69:29+	70:19+	71:37+
03:56+	18:57-	02:49=	02:54+	02:39-	01:59+	14:02+	02:32-	06:50+	05:49+	03:45+	01:22-	00:37-	01:18-	00:50+	01:18-
00:02+	00:48-	00:00=	00:26#	00:25-	00:13#	00:55+	00:26-	00:07+	00:13+	01:01&	00:16-	00:05-	00:01-	00:04+	00:05-

3 Silje Hauge 119 1:12:32

03:47-	24:43+	28:07+	30:46+	33:39+	35:38+	48:48+	51:15+	57:17+	63:47+	66:51+	68:37+	69:14+	70:30+	71:18+	72:32+
03:47-	20:56+	03:24+	02:39+	02:53-	01:59+	13:10+	02:27-	06:02-	06:30+	03:04+	01:46+	00:37-	01:16-	00:48+	01:14-
00:07-	01:11+	00:35#	00:11+	00:11-	00:13#	00:03+	00:31-	00:41-	00:54#	00:20#	00:08+	00:05-	00:03-	00:02+	00:09-

4 Christiane Ruud Bøckman 189 1:17:01

07:31+	11:58-	15:23-	17:54-	20:58-	25:40-	41:03-	43:46-	51:18-	63:58+	68:27+	70:44+	71:27+	74:05+	75:41+	77:01+
07:31+	04:27-	03:25+	02:31+	03:04=	04:42+	15:23+	02:43-	07:32+	12:40+	04:29+	02:17+	00:43+	02:38+	01:36+	01:20-
03:37&	15:18-	00:36#	00:03+	00:00=	02:56@	02:16#	00:15-	00:49#	07:04@	01:45&	00:39&	00:01+	01:19&	00:50@	00:03-

Plass	Navn	Klasse	Tid

5 Ida Aurebekk 189 1:21:23

04:12+	27:04+	30:10+	32:52+	36:06+	38:42+	53:09+	55:29+	64:26+	72:15+	75:25+	77:04+	77:42+	79:05+	79:58+	81:23+
04:12+	22:52+	03:06+	02:42+	03:14+	02:36+	14:27+	02:20-	08:57+	07:49+	03:10+	01:39+	00:38-	01:23+	00:53+	01:25+
00:18+	03:07#	00:17#	00:14+	00:10+	00:50&	01:20#	00:38-	02:14&	02:13&	00:26#	00:01+	00:04-	00:04+	00:07#	00:02+

6 Malin Hauge 119 1:29:23

04:01+	26:55+	30:13+	32:47+	35:44+	40:20+	55:53+	58:30+	66:08+	78:24+	82:36+	85:02+	85:44+	87:14+	88:04+	89:23+
04:01+	22:54+	03:18+	02:34+	02:57-	04:36+	15:33+	02:37-	07:38+	12:16+	04:12+	02:26+	00:42=	01:30+	00:50+	01:19-
00:07+	03:09#	00:29#	00:06+	00:07-	02:50@	02:26#	00:21-	00:55#	06:40@	01:28&	00:48&	00:00=	00:11#	00:04+	00:04-

Beste strekktid for klassen

03:47	04:27	02:49	02:28	02:39	01:46	13:07	02:20	06:02	05:36	02:44	01:22	00:37	01:16	00:46	01:14

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

H3

1 Arnt Georg Henriksen NOTEAM 21:38

02:26=	04:54=	11:14=	13:00=	14:24=	15:04=	17:33=	19:02=	20:19=	21:38=
02:26=	02:28=	06:20=	01:46=	01:24=	00:40=	02:29=	01:29=	01:17=	01:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Nils Egil Johannessen 1003 25:11

03:04+	06:56+	11:22+	13:30+	15:25+	16:33+	19:49+	22:11+	23:39+	25:11+
03:04+	03:52+	04:26-	02:08+	01:55+	01:08+	03:16+	02:22+	01:28+	01:32+
00:38&	01:24&	01:54-	00:22#	00:31&	00:28&	00:47&	00:53&	00:11#	00:13#

3 Oliver Johan Moe 352 25:14

00:02-	03:33-	07:41-	11:56-	14:48+	16:57+	18:04+	20:33+	22:40+	23:49+	25:14+
00:02-	03:31+	04:08-	04:15+	02:52+	02:09+	01:07-	02:29+	02:07+	01:09-	01:25+
02:24-	01:03&	02:12-	02:29@	01:28@	01:29@	01:22-	01:00&	00:50&	00:10-	01:25+

4 Dag Moe 189 26:03

00:04-	03:40-	07:44-	12:08-	14:53+	17:01+	18:08+	20:36+	22:53+	24:27+	26:03+
00:04-	03:36+	04:04-	04:24+	02:45+	02:08+	01:07-	02:28+	02:17+	01:34+	01:36+
02:22-	01:08&	02:16-	02:38@	01:21&	01:28@	01:22-	00:59&	01:00&	00:15#	01:36+

5 Tony Halsall 274 27:26

03:36+	08:54+	12:31+	15:03+	17:04+	17:57+	20:40+	23:40+	25:35+	27:26+
03:36+	05:18+	03:37-	02:32+	02:01+	00:53+	02:43+	03:00+	01:55+	01:51+
01:10&	02:50@	02:43-	00:46&	00:37&	00:13&	00:14+	01:31@	00:38&	00:32&

6 Fredrik Pytten 189 39:51

03:37+	08:25+	23:40+	27:05+	28:59+	30:40+	33:52+	37:35+	39:06+	39:51+
03:37+	04:48+	15:15+	03:25+	01:54+	01:41+	03:12+	03:43+	01:31+	00:45-
01:11&	02:20&	08:55@	01:39&	00:30&	01:01@	00:43&	02:14@	00:14#	00:34-

Beste strekktid for klassen

00:02	02:28	03:37	01:46	01:24	00:40	01:07	01:29	01:17	00:45

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

H4

1 Eirik Martens Svensen 189 39:20

02:39=	04:12=	09:12=	11:14=	13:29=	16:11=	18:43=	21:58=	27:43=	31:42=	34:14=	35:30=	36:00=	37:27=	38:06=	39:20=
02:39=	01:33=	05:00=	02:02=	02:15=	02:42=	02:32=	03:15=	05:45=	03:59=	02:32=	01:16=	00:30=	01:27=	00:39=	01:14=
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=

2 Jack Bjørnsen 189 49:30

01:09-	04:22+	08:15-	12:25+	14:52+	19:46+	21:53+	26:13+	33:53+	39:36+	42:29+	44:02+	46:11+	47:29+	48:15+	49:30+
01:09-	03:13+	03:53-	04:10+	02:27+	04:54+	02:07-	04:20+	07:40+	05:43+	02:53+	01:33+	02:09+	01:18-	00:46+	01:15+
01:30-	01:40@	01:07-	02:08@	00:12+	02:12&	00:25-	01:05&	01:55&	01:44&	00:21#	00:17#	01:39@	00:09-	00:07#	00:01+

3 Reidar Heivoll 341 49:38

03:13+	05:19+	09:49+	11:58+	15:01+	18:09+	22:26+	26:50+	34:47+	39:47+	42:40+	45:07+	45:52+	47:46+	48:29+	49:38+
03:13+	02:06+	04:30-	02:09+	03:03+	03:08+	04:17+	04:24+	07:57+	05:00+	02:53+	02:27+	00:45+	01:54+	00:43+	01:09-
00:34#	00:33&	00:30-	00:07+	00:48&	00:26#	01:45&	01:09&	02:12&	01:01&	00:21#	01:11&	00:15&	00:27&	00:04#	00:05-

Plass	Navn	Klasse	Tid
4	**Steinar Aas**	**40**	**51:04**
	03:32+ 05:28+ 09:42+ 12:40+ 15:34+ 18:58+ 22:02+ 23:29+ 28:16+ 36:07+ 41:49+ 44:47+ 46:20+ 47:12+ 49:03+ 50:07+ 51:04+		
	03:32+ 01:56+ 04:14- 02:58+ 02:54+ 03:24+ 03:04+ 01:27- 04:47- 07:51+ 05:42+ 02:58+ 01:33+ 00:52- 01:51+ 01:04- 00:57+		
	00:53& 00:23# 00:46- 00:56& 00:39& 00:42& 00:32# 01:48- 00:58- 03:52& 03:10@ 01:42@ 01:03@ 00:35- 01:12@ 00:10- 00:57+		
5	**Rune Kittelsen**	**189**	**51:24**
	01:12- 04:32+ 08:43- 13:48+ 16:33+ 21:39+ 23:50+ 28:24+ 36:12+ 41:53+ 44:56+ 46:31+ 47:24+ 49:10+ 50:16+ 51:24+		
	01:12- 03:20+ 04:11- 05:05+ 02:45+ 05:06+ 02:11- 04:34+ 07:48+ 05:41+ 03:03+ 01:35+ 00:53+ 01:46+ 01:06+ 01:08-		
	01:27- 01:47@ 00:49- 03:03@ 00:30# 02:24& 00:21- 01:19& 02:03& 01:42& 00:31# 00:19# 00:23& 00:19# 00:27& 00:06-		
6	**Bjørn Idar Sætran**	**134**	**52:00**
	01:13- 04:36+ 08:52- 13:34+ 16:09+ 21:36+ 23:47+ 28:27+ 36:31+ 42:07+ 45:30+ 47:21+ 48:15+ 49:45+ 50:59+ 52:00+		
	01:13- 03:23+ 04:16- 04:42+ 02:35+ 05:27+ 02:11- 04:40+ 08:04+ 05:36+ 03:23+ 01:51+ 00:54+ 01:30+ 01:14+ 01:01-		
	01:26- 01:50@ 00:44- 02:40@ 00:20# 02:45@ 00:21- 01:25& 02:19& 01:37& 00:51& 00:35& 00:24& 00:03+ 00:35& 00:13-		
7	**John Hansen**	**189**	**52:50**
	03:14+ 05:21+ 09:45+ 12:01+ 14:58+ 18:14+ 22:14+ 26:39+ 38:54+ 44:51+ 47:46+ 49:19+ 50:01+ 51:08+ 51:51+ 52:50+		
	03:14+ 02:07+ 04:24- 02:16+ 02:57+ 03:16+ 04:00+ 04:25+ 12:15+ 05:57+ 02:55+ 01:33+ 00:42+ 01:07- 00:43+ 00:59-		
	00:35# 00:34& 00:36- 00:14# 00:42& 00:34# 01:28& 01:10& 06:30@ 01:58& 00:23# 00:17# 00:12& 00:20- 00:04# 00:15-		
8	**Jonas Myhre**	**189**	**53:11**
	01:01- 04:29+ 09:46+ 14:47+ 17:18+ 22:52+ 25:24+ 30:32+ 39:32+ 45:09+ 48:39+ 49:56+ 50:38+ 51:42+ 52:19+ 53:11+		
	01:01- 03:28+ 05:17+ 05:01+ 02:31+ 05:34+ 02:32= 05:08+ 09:00+ 05:37+ 03:30+ 01:17+ 00:42+ 01:04- 00:37- 00:52-		
	01:38- 01:55@ 00:17+ 02:59@ 00:16# 02:52@ 00:00= 01:53& 03:15& 01:38& 00:58& 00:01+ 00:12& 00:23- 00:02- 00:22-		
9	**Roy Birkeland**	**341**	**57:47**
	03:27+ 05:13+ 09:28+ 12:03+ 14:52+ 17:58+ 22:17+ 26:34+ 40:09+ 46:49+ 50:44+ 52:40+ 53:18+ 54:48+ 55:46+ 57:47+		
	03:27+ 01:46+ 04:15- 02:35+ 02:49+ 03:06+ 04:19+ 04:17+ 13:35+ 06:40+ 03:55+ 01:56+ 00:38+ 01:30+ 00:58+ 02:01+		
	00:48& 00:13# 00:45- 00:33& 00:34& 00:24# 01:47& 01:02& 07:50@ 02:41& 01:23& 00:40& 00:08& 00:03+ 00:19& 00:47&		
10	**Pål Runde**	**189**	**1:01:32**
	01:22- 05:05+ 10:00+ 15:06+ 18:06+ 24:03+ 26:31+ 32:11+ 41:20+ 49:27+ 53:34+ 55:49+ 56:45+ 59:15+ 60:16+ 61:32+		
	01:22- 03:43+ 04:55- 05:06+ 03:00+ 05:57+ 02:28- 05:40+ 09:09+ 08:07+ 04:07+ 02:15+ 00:56+ 02:30+ 01:01+ 01:16+		
	01:17- 02:10@ 00:05- 03:04@ 00:45& 03:15@ 00:04- 02:25& 03:24& 04:08@ 01:35& 00:59& 00:26& 01:03& 00:22& 00:02+		
11	**Roar Myhre**	**189**	**1:01:36**
	03:16+ 05:26+ 09:58+ 12:35+ 15:46+ 19:30+ 27:39+ 32:26+ 41:00+ 49:49+ 53:47+ 55:45+ 56:41+ 59:09+ 60:14+ 61:36+		
	03:16+ 02:10+ 04:32- 02:37+ 03:11+ 03:44+ 08:09+ 04:47+ 08:34+ 08:49+ 03:58+ 01:58+ 00:56+ 02:28+ 01:05+ 01:22+		
	00:37# 00:37& 00:28- 00:35& 00:56& 01:02& 05:37@ 01:32& 02:49& 04:50@ 01:26& 00:42& 00:26& 01:01& 00:26& 00:08#		
12	**Trygve Børte Nomeland**	**189**	**1:02:51**
	03:23+ 05:33+ 11:41+ 14:49+ 17:32+ 21:09+ 26:20+ 30:40+ 40:27+ 48:46+ 55:25+ 58:04+ 58:56+ 60:35+ 61:31+ 62:51+		
	03:23+ 02:10+ 06:08+ 03:08+ 02:43+ 03:37+ 05:11+ 04:20+ 09:47+ 08:19+ 06:39+ 02:39+ 00:52+ 01:39+ 00:56+ 01:20+		
	00:44& 00:37& 01:08# 01:06& 00:28# 00:55& 02:39@ 01:05& 04:02& 04:20@ 04:07@ 01:23@ 00:22& 00:12# 00:17& 00:06+		
13	**Øyvind Simonsen**	**1000**	**1:03:18**
	05:05+ 07:34+ 12:55+ 16:15+ 19:57+ 23:59+ 29:09+ 34:38+ 45:28+ 52:17+ 56:33+ 58:35+ 59:26+ 61:17+ 62:06+ 63:18+		
	05:05+ 02:29+ 05:21+ 03:20+ 03:42+ 04:02+ 05:10+ 05:29+ 10:50+ 06:49+ 04:16+ 02:02+ 00:51+ 01:51+ 00:49+ 01:12-		
	02:26& 00:56& 00:21+ 01:18& 01:27& 01:20& 02:38@ 02:14& 05:05& 02:50& 01:44& 00:46& 00:21& 00:24& 00:10& 00:02-		
14	**Svein Erik Wiig**	**341**	**1:04:31**
	03:35+ 06:20+ 12:07+ 15:07+ 18:21+ 23:44+ 28:32+ 33:38+ 44:20+ 52:34+ 56:46+ 58:47+ 59:31+ 61:32+ 62:38+ 64:31+		
	03:35+ 02:45+ 05:47+ 03:00+ 03:14+ 05:23+ 04:48+ 05:06+ 10:42+ 08:14+ 04:12+ 02:01+ 00:44+ 02:01+ 01:06+ 01:53+		
	00:56& 01:12& 00:47# 00:58& 00:59& 02:41& 02:16& 01:51& 04:57& 04:15@ 01:40& 00:45& 00:14& 00:34& 00:27& 00:39&		
15	**Sverre Thune**	**1001**	**1:11:12**
	20:32+ 25:01+ 28:41+ 33:36+ 36:04+ 40:48+ 43:02+ 47:32+ 55:12+ 61:16+ 64:12+ 65:39+ 66:32+ 68:46+ 70:07+ 71:12+		
	20:32+ 04:29+ 03:40- 04:55+ 02:28+ 04:44+ 02:14- 04:30+ 07:40+ 06:04+ 02:56+ 01:27+ 00:53+ 02:14+ 01:21+ 01:05-		
	17:53@ 02:56@ 01:20- 02:53@ 00:13+ 02:02& 00:18- 01:15& 01:55& 02:05& 00:24# 00:11# 00:23& 00:47& 00:42@ 00:09-		
16	**Erlend Odd Berge**	**248**	**1:20:50**
	03:26+ 05:37+ 11:44+ 15:43+ 18:26+ 23:06+ 32:30+ 37:12+ 50:45+ 66:07+ 70:49+ 74:42+ 75:26+ 78:03+ 79:16+ 80:50+		
	03:26+ 02:11+ 06:07+ 03:59+ 02:43+ 04:40+ 09:24+ 04:42+ 13:33+ 15:22+ 04:42+ 03:53+ 00:44+ 02:37+ 01:13+ 01:34+		
	00:47& 00:38& 01:07# 01:57& 00:28# 01:58& 06:52@ 01:27& 07:48@ 11:23@ 02:10& 02:37@ 00:14& 01:10& 00:34& 00:20&		

Beste strekktid for klassen

01:01 01:33 03:40 02:02 02:15 02:42 02:07 01:27 04:47 03:59 02:32 01:16 00:30 00:52 00:37 00:52

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

H6

Plass	Navn	Klasse	Tid
1	**Ståle Gjelsten**	189	**49:00**
	03:08= 15:58= 18:11= 20:02= 21:57= 23:46= 32:41= 34:14= 38:33= 42:44= 44:51= 45:57= 46:29= 47:26= 48:01= 49:00=		
	03:08= 12:50= 02:13= 01:51= 01:55= 01:49= 08:55= 01:33= 04:19= 04:11= 02:07= 01:06= 00:32= 00:57= 00:35= 00:59=		
	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	**Sebastian Daland**	189	**49:34**
	02:55- 16:01+ 18:14+ 20:05+ 21:58+ 23:51+ 32:32- 34:04- 38:28- 43:29+ 45:32+ 46:39+ 47:10+ 48:00+ 48:33+ 49:34+		
	02:55- 13:06+ 02:13= 01:51= 01:53- 01:53+ 08:41- 01:32- 04:24+ 05:01+ 02:03- 01:07+ 00:31- 00:50- 00:33- 01:01+		
	00:13- 00:16+ 00:00= 00:00= 00:02- 00:04+ 00:14- 00:01- 00:05+ 00:50# 00:04- 00:01+ 00:01- 00:07- 00:02- 00:02+		
3	**Matias Hodne Hanisch**	189	**49:39**
	03:05- 16:07+ 18:19+ 20:13+ 22:02+ 23:48+ 32:46+ 34:19+ 38:56+ 43:39+ 45:49+ 46:59+ 47:29+ 48:19+ 48:47+ 49:39+		
	03:05- 13:02+ 02:12- 01:54+ 01:49- 01:46- 08:58+ 01:33= 04:37+ 04:43+ 02:10+ 01:10+ 00:30- 00:50- 00:28- 00:52-		
	00:03- 00:12+ 00:01- 00:03+ 00:06- 00:03- 00:03+ 00:00= 00:18+ 00:32# 00:03+ 00:04+ 00:02- 00:07- 00:07- 00:07-		
4	**Petter Marki Erichsen**	368	**49:41**
	02:53- 16:24+ 18:39+ 20:28+ 22:24+ 23:43- 32:51+ 34:23+ 39:00+ 43:42+ 45:51+ 47:02+ 47:32+ 48:22+ 48:49+ 49:41+		
	02:53- 13:31+ 02:15+ 01:49- 01:56+ 01:19- 09:08+ 01:32- 04:37+ 04:42+ 02:09+ 01:11+ 00:30- 00:50- 00:27- 00:52-		
	00:15- 00:41+ 00:02+ 00:02- 00:01+ 00:30- 00:13+ 00:01- 00:18+ 00:31# 00:02+ 00:05+ 00:02- 00:07- 00:08- 00:07-		
5	**Kristian Pytten**	189	**50:03**
	02:59- 16:26+ 18:41+ 20:29+ 22:24+ 23:47+ 32:48+ 34:20+ 39:01+ 43:48+ 45:56+ 47:05+ 47:37+ 48:28+ 49:00+ 50:03+		
	02:59- 13:27+ 02:15+ 01:48- 01:55= 01:23- 09:01+ 01:32- 04:41+ 04:47+ 02:08+ 01:09+ 00:32= 00:51- 00:32- 01:03+		
	00:09- 00:37+ 00:02+ 00:03- 00:00= 00:26- 00:06+ 00:01- 00:22+ 00:36# 00:01+ 00:03+ 00:00= 00:06- 00:03- 00:04+		
6	**Gaute Friestad**	189	**51:34**
	03:33+ 16:51+ 19:09+ 21:05+ 23:08+ 24:38+ 33:59+ 35:46+ 40:13+ 45:04+ 47:20+ 48:33+ 49:04+ 49:57+ 50:28+ 51:34+		
	03:33+ 13:18+ 02:18+ 01:56+ 02:03+ 01:30- 09:21+ 01:47+ 04:27+ 04:51+ 02:16+ 01:13+ 00:31- 00:53- 00:31- 01:06+		
	00:25# 00:28+ 00:05+ 00:05+ 00:08+ 00:19- 00:26+ 00:14# 00:08+ 00:40# 00:09+ 00:07# 00:01- 00:04- 00:04- 00:07#		
7	**Holger Hott**	189	**51:53**
	03:13+ 16:19+ 18:37+ 20:26+ 22:22+ 23:42- 33:42+ 35:50+ 40:34+ 45:12+ 47:29+ 48:38+ 49:08+ 50:10+ 50:43+ 51:53+		
	03:13+ 13:06+ 02:18+ 01:49- 01:56+ 01:20- 10:00+ 02:08+ 04:44+ 04:38+ 02:17+ 01:09+ 00:30- 01:02+ 00:33- 01:10+		
	00:05+ 00:16+ 00:05+ 00:02- 00:01+ 00:29- 01:05# 00:35& 00:25+ 00:27# 00:10+ 00:03+ 00:02- 00:05+ 00:02- 00:11#		
8	**Mikal Brastad Larsen**	245	**52:14**
	03:04- 16:38+ 18:52+ 20:41+ 22:32+ 23:47+ 33:43+ 35:43+ 40:27+ 45:21+ 47:59+ 49:08+ 49:36+ 50:42+ 51:15+ 52:14+		
	03:04- 13:34+ 02:14+ 01:49- 01:51- 01:15- 09:56+ 02:00+ 04:44+ 04:54+ 02:38+ 01:09+ 00:28- 01:06+ 00:33- 00:59=		
	00:04- 00:44+ 00:01+ 00:02- 00:04- 00:34- 01:01# 00:27& 00:25+ 00:43# 00:31# 00:03+ 00:04- 00:09# 00:02- 00:00=		
9	**Jostein Andersen**	245	**53:26**
	02:56- 16:44+ 19:22+ 21:34+ 23:42+ 25:04+ 34:30+ 36:13+ 41:33+ 46:16+ 48:30+ 49:41+ 50:15+ 51:22+ 52:05+ 53:26+		
	02:56- 13:48+ 02:38+ 02:12+ 02:08+ 01:22- 09:26+ 01:43+ 05:20+ 04:43+ 02:14+ 01:11+ 00:34+ 01:07+ 00:43+ 01:21+		
	00:12- 00:58+ 00:25# 00:21# 00:13# 00:27- 00:31+ 00:10# 01:01# 00:32# 00:07+ 00:05+ 00:02+ 00:10# 00:08# 00:22&		
10	**Marius Pytten**	189	**55:01**
	02:57- 16:20+ 18:32+ 20:20+ 22:15+ 23:53+ 33:44+ 35:52+ 42:31+ 47:26+ 50:19+ 51:25+ 51:59+ 53:07+ 53:45+ 55:01+		
	02:57- 13:23+ 02:12- 01:48- 01:55= 01:38- 09:51+ 02:08+ 06:39+ 04:55+ 02:53+ 01:06= 00:34+ 01:08+ 00:38+ 01:16+		
	00:11- 00:33+ 00:01- 00:03- 00:00= 00:11- 00:56# 00:35& 02:20& 00:44# 00:46& 00:00= 00:02+ 00:11# 00:03+ 00:17&		
11	**Leiv-Terje Arnevik**	341	**1:00:06**
	03:12+ 17:49+ 20:36+ 22:30+ 24:49+ 27:14+ 38:09+ 40:14+ 46:27+ 51:40+ 53:59+ 55:45+ 56:22+ 58:10+ 58:58+ 60:06+		
	03:12+ 14:37+ 02:47+ 01:54+ 02:19+ 02:25+ 10:55+ 02:05+ 06:13+ 05:13+ 02:19+ 01:46+ 00:37+ 01:48+ 00:48+ 01:08+		
	00:04+ 01:47# 00:34& 00:03+ 00:24# 00:36& 02:00# 00:32& 01:54& 01:02# 00:12+ 00:40& 00:05# 00:51& 00:13& 00:09#		
12	**Stig Alvestad**	1002	**1:00:40**
	02:45- 16:11+ 18:24+ 20:22+ 22:19+ 23:40- 34:02+ 35:56+ 43:03+ 49:56+ 53:39+ 55:37+ 56:24+ 58:02+ 59:03+ 60:40+		
	02:45- 13:26+ 02:13= 01:58+ 01:57+ 01:21- 10:22+ 01:54+ 07:07+ 06:53+ 03:43+ 01:58+ 00:47+ 01:38+ 01:01+ 01:37+		
	00:23- 00:36+ 00:00= 00:07+ 00:02+ 00:28- 01:27# 00:21# 02:48& 02:42& 01:36& 00:52& 00:15& 00:41& 00:26& 00:38&		
13	**Kristian Reiersen Jensen**	189	**1:00:41**
	03:06- 17:54+ 20:32+ 22:59+ 25:11+ 27:15+ 40:12+ 42:17+ 47:23+ 52:24+ 55:27+ 57:18+ 57:49+ 59:07+ 59:44+ 60:41+		
	03:06- 14:48+ 02:38+ 02:27+ 02:12+ 02:04+ 12:57+ 02:05+ 05:06+ 05:01+ 03:03+ 01:51+ 00:31- 01:18+ 00:37+ 00:57-		
	00:02- 01:58# 00:25# 00:36& 00:17# 00:15# 04:02& 00:32& 00:47# 00:50# 00:56& 00:45& 00:01- 00:21& 00:02+ 00:02-		
14	**Jostein Moe**	352	**1:00:43**
	03:52+ 20:43+ 23:31+ 25:45+ 28:14+ 29:46+ 40:42+ 42:51+ 48:39+ 53:37+ 56:05+ 57:30+ 58:04+ 59:05+ 59:43+ 60:43+		
	03:52+ 16:51+ 02:48+ 02:14+ 02:29+ 01:32- 10:56+ 02:09+ 05:48+ 04:58+ 02:28+ 01:25+ 00:34+ 01:01+ 00:38+ 01:00+		
	00:44# 04:01& 00:35& 00:23# 00:34& 00:17- 02:01# 00:36& 01:29& 00:47# 00:21# 00:19& 00:02+ 00:04+ 00:03+ 00:01+		
15	**Tor Åmdal**	189	**1:02:56**
	03:35+ 20:31+ 23:36+ 25:42+ 28:15+ 29:50+ 40:55+ 42:57+ 48:24+ 54:17+ 56:57+ 58:44+ 59:16+ 60:55+ 61:43+ 62:56+		
	03:35+ 16:56+ 03:05+ 02:06+ 02:33+ 01:35- 11:05+ 02:02+ 05:27+ 05:53+ 02:40+ 01:47+ 00:32= 01:39+ 00:48+ 01:13+		
	00:27# 04:06& 00:52& 00:15# 00:38& 00:14- 02:10# 00:29& 01:08& 01:42& 00:33& 00:41& 00:00= 00:42& 00:13& 00:14#		

Plass	Navn	Klasse	Tid

16 David Runde 189 1:03:43

03:09+	20:00+	22:34+	24:59+	27:11+	30:48+	42:39+	44:36+	50:19+	55:20+	58:16+	59:32+	60:12+	62:21+	62:52+	63:43+
03:09+	16:51+	02:34+	02:25+	02:12+	03:37+	11:51+	01:57+	05:43+	05:01+	02:56+	01:16+	00:40+	02:09+	00:31-	00:51-
00:01+	04:01&	00:21#	00:34&	00:17#	01:48&	02:56&	00:24&	01:24&	00:50#	00:49&	00:10#	00:08#	01:12@	00:04-	00:08-

17 Vetle Elias Lynnebakken 189 1:03:46

03:16+	19:41+	22:37+	25:33+	27:58+	29:47+	41:15+	43:20+	50:16+	55:42+	58:34+	60:19+	60:56+	62:27+	62:54+	63:46+
03:16+	16:25+	02:56+	02:56+	02:25+	01:49=	11:28+	02:05+	06:56+	05:26+	02:52+	01:45+	00:37+	01:31+	00:27-	00:52-
00:08+	03:35&	00:43&	01:05&	00:30&	00:00=	02:33&	00:32&	02:37&	01:15&	00:45&	00:39&	00:05#	00:34&	00:08-	00:07-

18 Asgeir Reiersen Jensen 40 1:03:58

03:01-	19:12+	22:14+	24:36+	27:16+	30:38+	40:52+	42:46+	51:10+	56:47+	59:21+	60:39+	61:13+	62:24+	62:54+	63:58+
03:01-	16:11+	03:02+	02:22+	02:40+	03:22+	10:14+	01:54+	08:24+	05:37+	02:34+	01:18+	00:34+	01:11+	00:30-	01:04+
00:07-	03:21&	00:49&	00:31&	00:45&	01:33&	01:19#	00:21#	04:05&	01:26&	00:27#	00:12#	00:02+	00:14#	00:05-	00:05+

19 Vegard Danielsen 189 1:07:15

18:46+	34:14+	36:26+	38:02+	39:52+	41:34+	50:59+	52:36+	57:05+	61:33+	63:39+	64:35+	65:05+	66:00+	66:30+	67:15+
18:46+	15:28+	02:12-	01:36-	01:50-	01:42-	09:25+	01:37+	04:29+	04:28+	02:06-	00:56-	00:30-	00:55-	00:30-	00:45-
15:38@	02:38#	00:01-	00:15-	00:05-	00:07-	00:30+	00:04+	00:10+	00:17+	00:01-	00:10-	00:02-	00:02-	00:05-	00:14-

20 Ståle Thortveit 341 1:07:37

03:19+	20:21+	23:15+	26:30+	29:19+	32:53+	44:44+	47:37+	53:50+	60:00+	62:33+	64:31+	65:07+	66:06+	66:45+	67:37+
03:19+	17:02+	02:54+	03:15+	02:49+	03:34+	11:51+	02:53+	06:13+	06:10+	02:33+	01:58+	00:36+	00:59+	00:39+	00:52-
00:11+	04:12&	00:41&	01:24&	00:54&	01:45&	02:56&	01:20&	01:54&	01:59&	00:26#	00:52&	00:04#	00:02+	00:04#	00:07-

21 Oluf Bøckman 189 1:13:10

04:35+	23:46+	26:54+	29:49+	32:41+	34:34+	49:12+	51:27+	57:44+	63:50+	67:01+	68:35+	69:18+	70:46+	71:40+	73:10+
04:35+	19:11+	03:08+	02:55+	02:52+	01:53+	14:38+	02:15+	06:17+	06:06+	03:11+	01:34+	00:43+	01:28+	00:54+	01:30+
01:27&	06:21&	00:55&	01:04&	00:57&	00:04+	05:43&	00:42&	01:58&	01:55&	01:04&	00:28&	00:11&	00:31&	00:19&	00:31&

22 Vegard Myhre 189 1:16:29

03:37+	23:12+	26:40+	30:53+	33:33+	37:05+	50:47+	53:01+	60:18+	67:13+	70:27+	72:42+	73:18+	74:32+	75:20+	76:29+
03:37+	19:35+	03:28+	04:13+	02:40+	03:32+	13:42+	02:14+	07:17+	06:55+	03:14+	02:15+	00:36+	01:14+	00:48+	01:09+
00:29#	06:45&	01:15&	02:22@	00:45&	01:43&	04:47&	00:41&	02:58&	02:44&	01:07&	01:09@	00:04#	00:17&	00:13&	00:10#

23 Halvor Vassbø 166 1:17:27

06:23+	26:31+	29:41+	32:14+	35:05+	37:08+	50:49+	52:56+	60:30+	66:47+	71:35+	73:08+	73:53+	75:16+	76:07+	77:27+
06:23+	20:08+	03:10+	02:33+	02:51+	02:03+	13:41+	02:07+	07:34+	06:17+	04:48+	01:33+	00:45+	01:23+	00:51+	01:20+
03:15@	07:18&	00:57&	00:42&	00:56&	00:14#	04:46&	00:34&	03:15&	02:06&	02:41@	00:27&	00:13&	00:26&	00:16&	00:21&

24 Jon Terje Ekeland 248 1:18:05

04:16+	26:49+	29:59+	32:28+	35:46+	38:00+	52:53+	55:25+	62:21+	68:54+	72:46+	74:26+	75:01+	76:13+	76:59+	78:05+
04:16+	22:33+	03:10+	02:29+	03:18+	02:14+	14:53+	02:32+	06:56+	06:33+	03:52+	01:40+	00:35+	01:12+	00:46+	01:06+
01:08&	09:43&	00:57&	00:38&	01:23&	00:25#	05:58&	00:59&	02:37&	02:22&	01:45&	00:34&	00:03+	00:15&	00:11&	00:07#

25 Knut Aurebekk 352 1:18:23

04:07+	24:40+	28:04+	31:07+	33:57+	37:56+	52:51+	55:18+	62:05+	68:22+	72:49+	74:35+	75:14+	76:21+	77:08+	78:23+
04:07+	20:33+	03:24+	03:03+	02:50+	03:59+	14:55+	02:27+	06:47+	06:17+	04:27+	01:46+	00:39+	01:07+	00:47+	01:15+
00:59&	07:43&	01:11&	01:12&	00:55&	02:10@	06:00&	00:54&	02:28&	02:06&	02:20@	00:40&	00:07#	00:10#	00:12&	00:16&

Beste strekktid for klassen

02:45	12:50	02:12	01:36	01:49	01:15	08:41	01:32	04:19	04:11	02:03	00:56	00:28	00:50	00:27	00:45

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

N2

130 Signe Emilie Lynnebakken 189 24:51

00:18+	01:12+	01:55+	06:20+	10:45+	12:47+	14:59+	20:29+	24:51+
00:18+	00:54+	00:43+	04:25+	04:25+	02:02+	02:12+	05:30+	04:22+
00:18+	00:54+	00:43+	04:25+	04:25+	02:02+	02:12+	05:30+	04:22+

Beste strekktid for klassen

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