

Herrer - lang løype

Strekktider

Tid

-31.12.2016

1	Ola Magnus Laugaland												398		38:42					
	02:19=	04:13=	05:30=	08:09=	10:56=	12:18=	14:09=	16:30=	17:23=	22:23=	26:21=	29:28=	31:33=	33:53=	35:49=	38:19=	38:42=			
	02:19=	01:54=	01:17=	02:39=	02:47=	01:22=	01:51=	02:21=	00:53=	05:00=	03:58=	03:07=	02:05=	02:20=	01:56=	02:30=	00:23=			
	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=	00:00=			
2	Fredrik Omdal												88		40:45					
	02:05=	04:10=	05:39+	08:10=	11:00+	12:21+	14:42+	17:03+	17:58+	23:06+	26:52+	30:08+	32:20+	34:44+	37:34+	40:22+	40:45+			
	02:05=	02:05+	01:29+	02:31=	02:50+	01:21=	02:21+	02:21=	00:55+	05:08+	03:46=	03:16+	02:12+	02:24+	02:50+	02:48+	00:23=			
	00:14=	00:11+	00:12#	00:08=	00:03+	00:01=	00:30&	00:00=	00:02+	00:08+	00:12=	00:09+	00:07+	00:04+	00:54&	00:18#	00:00=			
3	Stein Arne Olsen												324		42:27					
	02:04=	04:08=	05:53+	08:57+	11:57+	13:22+	15:20+	18:10+	19:09+	24:20+	28:57+	32:39+	35:12+	37:12+	39:16+	41:58+	42:27=			
	02:04=	02:04+	01:45+	03:04+	03:00+	01:25+	01:58+	02:50+	00:59+	05:11+	04:37+	03:42+	02:33+	02:00=	02:04+	02:42+	00:29+			
	00:15=	00:10+	00:28&	00:25#	00:13+	00:03+	00:07+	00:29#	00:06#	00:11+	00:39#	00:35#	00:28#	00:20=	00:08+	00:12+	00:06&			
4	Jonas Klausen Espedal												244		43:20					
	02:00=	03:47=	05:05=	07:23=	10:19=	11:35=	14:10+	16:16=	17:08=	21:35=	25:14=	32:49+	35:05+	37:23+	39:54+	42:48+	43:20+			
	02:00=	01:47=	01:18+	02:18=	02:56+	01:16=	02:35+	02:06=	00:52=	04:27=	03:39=	07:35+	02:16+	02:18=	02:31+	02:54+	00:32+			
	00:19=	00:07=	00:01+	00:21=	00:09+	00:06=	00:44&	00:15=	00:01=	00:33=	00:19=	04:28@	00:11+	00:02=	00:35&	00:24#	00:09&			
5	Morten Aamodt												303		44:33					
	02:08=	03:59=	05:29=	08:38+	11:32+	13:01+	15:16+	18:26+	19:31+	24:35+	28:45+	34:21+	36:55+	38:58+	41:06+	44:02+	44:33+			
	02:08=	01:51=	01:30+	03:09+	02:54+	01:29+	02:15+	03:10+	01:05+	05:04+	04:10+	05:36+	02:34+	02:03=	02:08+	02:56+	00:31+			
	00:11=	00:03=	00:13#	00:30#	00:07+	00:07+	00:24#	00:49&	00:12#	00:04+	00:12+	02:29#	00:29#	00:17=	00:12#	00:26#	00:08&			
6	Oddvar Taksdal												88		44:49					
	02:08=	04:04=	06:03+	09:03+	12:03+	13:35+	15:54+	18:43+	19:49+	25:04+	29:25+	34:57+	37:27+	39:18+	41:24+	44:19+	44:49+			
	02:08=	01:56+	01:59+	03:00+	03:00+	01:32+	02:19+	02:43+	01:06+	05:15+	04:21+	05:32+	02:30+	01:51=	02:06+	02:55+	00:30+			
	00:11=	00:02+	00:42&	00:21#	00:13+	00:10#	00:28&	00:28#	00:13#	00:15+	00:23+	02:25&	00:25#	00:29=	00:10+	00:25#	00:07&			
7	Kim Richter												303		45:21					
	01:51=	07:01+	08:10+	10:46+	13:17+	14:45+	16:46+	19:57+	21:03+	26:43+	31:40+	35:38+	38:05+	40:00+	42:06+	44:51+	45:21+			
	01:51=	05:10+	01:09=	02:36=	02:31=	01:28+	02:01+	03:11+	01:06+	05:40+	04:57+	03:58+	02:27+	01:55=	02:06+	02:45+	00:30+			
	00:28=	03:16@	00:08=	00:03=	00:16=	00:06+	00:10+	00:50&	00:13#	00:40#	00:59#	00:51&	00:22#	00:25=	00:10+	00:15+	00:07&			
8	Tom Furland												303		45:35					
	03:13+	05:46+	07:19+	10:41+	14:01+	15:52+	17:56+	20:48+	21:58+	27:34+	31:59+	35:41+	38:06+	40:05+	42:12+	45:05+	45:35+			
	03:13+	02:33+	01:33+	03:22+	03:20+	01:51+	02:04+	02:52+	01:10+	05:36+	04:25+	03:42+	02:25+	01:59=	02:07+	02:53+	00:30+			
	00:54&	00:39&	00:16#	00:43&	00:33#	00:29&	00:13#	00:31#	00:17&	00:36#	00:27#	00:35#	00:20#	00:21=	00:11+	00:23#	00:07&			
9	Bjarte Ims												320		45:43					
	03:11+	05:21+	06:55+	09:21+	13:37+	15:04+	17:28+	21:09+	22:07+	28:15+	32:26+	36:15+	38:33+	40:26+	42:32+	45:16+	45:43+			
	03:11+	02:10+	01:34+	02:26=	04:16+	01:27+	02:24+	03:41+	00:58+	06:08+	04:11+	03:49+	02:18+	01:53=	02:06+	02:44+	00:27+			
	00:52&	00:16#	00:17#	00:13=	01:29&	00:05+	00:33&	01:20&	00:05+	01:08#	00:13+	00:42#	00:13#	00:27=	00:10+	00:14+	00:04#			
10	Oddgeir Eikeskog												303		46:03					
	01:55=	05:00+	06:50+	10:09+	12:58+	14:32+	16:41+	19:57+	21:11+	26:54+	31:17+	34:57+	37:59+	40:10+	42:30+	45:35+	46:03+			
	01:55=	03:05+	01:50+	03:19+	02:49+	01:34+	02:09+	03:16+	01:14+	05:43+	04:23+	03:40+	03:02+	02:11=	02:20+	03:05+	00:28+			
	00:24=	01:11&	00:33&	00:40&	00:02+	00:12#	00:18#	00:55&	00:21&	00:43#	00:25#	00:33#	00:57&	00:09=	00:24#	00:35#	00:05#			
11	Terje Michaelsen												398		46:49					
	02:04=	04:11=	05:34+	08:52+	11:52+	13:29+	15:33+	18:27+	20:23+	25:40+	30:00+	36:46+	39:05+	41:05+	43:44+	46:27+	46:49+			
	02:04=	02:07+	01:23+	03:18+	03:00+	01:37+	02:04+	02:54+	01:56+	05:17+	04:20+	06:46+	02:19+	02:00=	02:29+	02:43+	00:22=			
	00:15=	00:13#	00:06+	00:39#	00:13+	00:15#	00:13#	00:33#	01:03@	00:17+	00:22+	06:39@	00:14#	00:20=	00:43&	00:13+	00:01=			
12	Torbjørn Brandsæter												NOTEAM		47:07					
	01:57=	04:16+	05:30=	08:16+	11:31+	13:07+	16:34+	19:16+	20:52+	27:47+	33:00+	36:56+	39:31+	41:31+	43:58+	46:43+	47:07+			
	01:57=	02:19+	01:14=	02:46+	03:15+	01:36+	03:27+	02:42+	01:36+	06:55+	05:13+	03:56+	02:35+	02:00=	02:27+	02:45+	00:24+			
	00:22=	00:25#	00:03=	00:07+	00:28#	00:14#	01:36&	00:21#	00:43&	01:55&	01:15&	00:49&	00:30#	00:20=	00:31&	00:15+	00:01+			
13	Kjell Dale												303		48:05					
	02:40+	05:22+	06:58+	10:12+	14:28+	16:17+	19:00+	21:51+	22:54+	28:14+	32:43+	37:00+	39:40+	41:52+	44:30+	47:27+	48:05+			
	02:40+	02:42+	01:36+	03:14+	04:16+	01:49+	02:43+	02:51+	01:03+	05:20+	04:29+	04:17+	02:40+	02:12=	02:38+	02:57+	00:38+			
	00:21#	00:48&	00:19#	00:35#	01:29&	00:27&	00:52&	00:30#	00:10#	00:20+	00:31#	01:10&	00:35&	00:08=	00:42&	00:27#	00:15&			
14	Geir Bjaanes												303		49:10					
	02:31+	04:53+	06:19+	09:34+	12:48+	14:38+	17:06+	20:35+	21:45+	27:54+	32:30+	36:27+	39:21+	41:55+	44:32+	48:36+	49:10+			
	02:31+	02:22+	01:26+	03:15+	03:14+	01:50+	02:28+	03:29+	01:10+	06:09+	04:36+	03:57+	02:54+	02:34+	02:37+	04:04+	00:34+			
	00:12+	00:28#	00:09#	00:16#	00:27#	00:28#	00:37&	01:08&	00:17&	01:09#	00:38#	00:50&	00:49&	00:14+	00:41&	01:34&	00:11#			

31.12.2016 18:54:31 Side:2

Plass	Navn				Klasse				Tid			
30	Rune Hatle				903				1:01:29			
02:40+	05:33+	07:03+	10:50+	16:23+	18:37+	21:13+	25:54+	27:33+	35:59+	41:09+	49:04+	52:05+
02:40+	02:53+	01:30+	03:47+	05:33+	02:14+	02:36+	04:41+	01:39+	08:26+	05:10+	07:55+	03:01+
00:21#	00:59&	00:13#	01:08&	02:46&	00:52&	00:45&	02:20&	00:46&	03:26&	01:12&	04:48@	00:56&
31	Sveinung Svebestad				303				1:02:01			
02:44+	05:25+	07:21+	11:25+	15:23+	17:22+	22:21+	25:40+	27:21+	36:19+	42:20+	46:58+	50:32+
02:44+	02:41+	01:56+	04:04+	03:58+	01:59+	04:59+	03:19+	01:41+	08:58+	06:01+	04:38+	03:34+
00:25#	00:47&	00:39&	01:25&	01:11&	00:37&	03:08@	00:58&	00:48&	03:58&	02:03&	01:31&	01:29&
32	Rune Christiansen				303				1:02:07			
02:45+	05:05+	07:12+	13:39+	18:12+	20:31+	23:32+	26:46+	28:02+	35:32+	42:32+	47:18+	50:36+
02:45+	02:20+	02:07+	06:27+	04:33+	02:19+	03:01+	03:14+	01:16+	07:30+	07:00+	04:46+	03:18+
00:26#	00:26#	00:50&	03:48@	01:46&	00:57&	01:10&	00:53&	00:23&	02:30&	03:02&	01:39&	01:13&
33	Martin Hansen				NOTEAM				1:05:18			
02:47+	06:36+	08:30+	12:07+	16:19+	18:13+	20:50+	25:11+	28:03+	35:33+	40:34+	46:44+	51:00+
02:47+	03:49+	01:54+	03:37+	04:12+	01:54+	02:37+	04:21+	02:52+	07:30+	05:01+	06:10+	04:16+
00:28#	01:55@	00:37&	00:58&	01:25&	00:32&	00:46&	02:00&	01:59@	02:30&	01:03&	03:03&	02:11@
34	Knut Feldmann				324				1:05:34			
02:36+	05:08+	06:46+	11:37+	17:33+	19:57+	22:51+	26:46+	28:12+	36:38+	42:49+	51:06+	54:29+
02:36+	02:32+	01:38+	04:51+	05:56+	02:24+	02:54+	03:55+	01:26+	08:26+	06:11+	08:17+	03:23+
00:17#	00:38&	00:21&	02:12&	03:09@	01:02&	01:03&	01:34&	00:33&	03:26&	02:13&	05:10@	01:18&
35	Espen Karlsen				324				1:06:59			
03:41+	08:31+	10:22+	15:02+	19:30+	21:57+	25:26+	29:14+	30:59+	39:56+	47:07+	52:14+	55:36+
03:41+	04:50+	01:51+	04:40+	04:28+	02:27+	03:29+	03:48+	01:45+	08:57+	07:11+	05:07+	03:22+
01:22&	02:56@	00:34&	02:01&	01:41&	01:05&	01:38&	01:27&	00:52&	03:57&	02:00&	01:17&	00:55&
36	Svein-Erik Kvame				88				1:07:46			
04:42+	07:07+	08:49+	12:40+	17:34+	19:27+	31:39+	36:18+	37:26+	43:21+	48:21+	53:52+	56:53+
04:42+	02:25+	01:42+	03:51+	04:54+	01:53+	12:12+	04:39+	01:08+	05:55+	05:00+	05:31+	03:01+
02:23@	00:31&	00:25&	01:12&	02:07&	00:31&	10:21@	02:18&	00:15&	00:55#	01:02&	02:24&	00:56&
37	Øystein Amundrud				324				1:07:54			
02:40+	05:25+	07:00+	10:40+	18:19+	23:14+	26:20+	30:00+	31:24+	38:53+	46:13+	55:09+	58:12+
02:40+	02:45+	01:35+	03:40+	07:39+	04:55+	03:06+	03:40+	01:24+	07:29+	07:20+	08:56+	03:03+
00:21#	00:51&	00:18#	01:01&	04:52@	03:33@	01:15&	01:19&	00:31&	02:29&	03:22&	05:49@	00:58&
38	Jone Sæbbø				324				1:08:56			
02:49+	05:23+	07:13+	11:13+	16:27+	20:17+	23:43+	28:53+	31:03+	41:01+	46:50+	52:37+	55:46+
02:49+	02:34+	01:50+	04:00+	05:14+	03:50+	03:26+	05:10+	02:10+	09:58+	05:49+	05:47+	03:09+
00:30#	00:40&	00:33&	01:21&	02:27&	02:28@	01:35&	02:49@	01:17@	04:58&	01:51&	02:40&	01:04&
39	Jakob Karlsen				88				1:09:28			
03:22+	06:46+	08:52+	13:03+	19:00+	21:32+	24:47+	29:55+	31:29+	40:00+	47:00+	53:48+	58:10+
03:22+	03:24+	02:06+	04:11+	05:57+	02:32+	03:15+	05:08+	01:34+	08:31+	07:00+	06:48+	04:22+
01:03&	01:30&	00:49&	01:32&	03:10@	01:10&	01:24&	02:47@	00:41&	03:31&	03:02&	03:41@	02:17@
40	Otto Alsnes				303				1:12:38			
03:16+	06:12+	07:49+	11:27+	18:00+	24:35+	31:36+	35:41+	36:44+	44:26+	50:05+	54:17+	57:48+
03:16+	02:56+	01:37+	03:38+	06:33+	06:35+	07:01+	04:05+	01:03+	07:42+	05:39+	04:12+	03:31+
00:57&	01:02&	00:20&	00:59&	03:46@	05:13@	05:10@	01:44&	00:10#	02:42&	01:41&	01:05&	01:26&
41	John Breiland				NOTEAM				1:12:55			
02:45+	05:45+	07:14+	12:32+	18:44+	21:06+	25:06+	29:26+	31:15+	40:58+	49:05+	55:01+	59:13+
02:45+	03:00+	01:29+	05:18+	06:12+	02:22+	04:00+	04:20+	01:49+	09:43+	08:07+	05:56+	04:12+
00:26#	01:06&	00:12#	02:39&	03:25@	01:00&	02:09@	01:59&	00:56@	04:43&	04:09@	02:49&	02:07@
42	Tor Sverre Skåra				59				1:19:24			
03:44+	06:18+	08:04+	14:27+	24:11+	26:52+	30:14+	34:16+	35:45+	44:04+	49:59+	59:08+	66:29+
03:44+	02:34+	01:46+	06:23+	09:44+	02:41+	03:22+	04:02+	01:29+	08:19+	05:55+	09:09+	07:21+
01:25&	00:40&	00:29&	03:44@	06:57@	01:19&	01:31&	01:41&	00:36&	03:19&	01:57&	06:02@	05:16@
43	Per Martin Stokland				88				1:19:28			
03:44+	12:28+	13:56+	17:52+	22:05+	24:12+	27:57+	33:18+	38:55+	40:04+	51:05+	58:31+	63:19+
03:44+	08:44+	01:28+	03:56+	04:13+	02:07+	03:45+	05:21+	05:37+	01:09-	11:01+	07:26+	04:48+
01:25&	06:50@	00:11#	01:17&	01:26&	00:45&	01:54@	03:00@	04:44@	03:51-	07:03@	04:19@	02:43@
44	Ove Oaland				88				1:38:55			
06:11+	20:09+	24:00+	30:13+	36:00+	38:44+	42:08+	46:36+	48:16+	61:38+	71:09+	75:39+	79:14+
06:11+	13:58+	03:51+	06:13+	05:47+	02:44+	03:24+	04:28+	01:40+	13:22+	09:31+	04:30+	03:35+
03:52@	12:04@	02:34@	03:34@	03:00@	01:22&	01:33&	02:07&	00:47&	08:22@	05:33@	01:23&	01:30&

Plass	Navn	Klasse	Tid
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Beste strekktid for klassen

01:51 01:47 01:09 02:18 02:31 01:16 01:51 02:06 00:52 01:09 03:39 03:07 02:05 01:46 01:56 02:30 00:22

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