

NM stafett ski-orientering

Strekktider

Lensbygda sports plass-25.02.2017

Plass Navn

Klasse

Tid

D 15-16

1 Jenny Baklid

185

29:24

01:30= 07:06= 11:08= 16:42= 23:58= 25:57= 28:18= 29:06= 29:24=
01:30= 05:36= 04:02= 05:34= 07:16= 01:59= 02:21= 00:48= 00:18=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

01:30 05:36 04:02 05:34 07:16 01:59 02:21 00:48 00:18

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

D 17-

1 Marlin Haavengen

184

28:37

01:30= 06:28= 09:51= 15:03= 22:13= 25:10= 27:20= 28:06= 28:37=
01:30= 04:58= 03:23= 05:12= 07:10= 02:57= 02:10= 00:46= 00:31=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Zsuzsa Fey

26

29:22

01:51+ 06:51+ 10:11+ 15:34+ 23:28+ 25:39+ 27:54+ 28:46+ 29:22+
01:51+ 05:00+ 03:20= 05:23+ 07:54+ 02:11= 02:15+ 00:52+ 00:36+
00:21# 00:02+ 00:03= 00:11+ 00:44# 00:46= 00:05+ 00:06# 00:05#

3 Tilla Farnes Hennum

26

30:28

02:15+ 05:50= 08:54= 13:55= 16:08= 20:40= 23:08= 26:17= 27:34= 29:25+ 30:11+ 30:28+
02:15+ 03:35= 03:04= 05:01= 02:13= 04:32+ 02:28+ 03:09+ 01:17+ 01:51+ 00:46+ 00:17+
00:45& 01:23= 00:19= 00:11= 04:57= 01:35& 00:18# 02:23@ 00:46@ 01:51+ 00:46+ 00:17+

4 Emilie Westli Andersen

212

30:44

02:02+ 07:28+ 11:05+ 16:58+ 24:43+ 26:44+ 29:21+ 30:13+ 30:44+
02:02+ 05:26+ 03:37+ 05:53+ 07:45+ 02:01= 02:37+ 00:52+ 00:31=
00:32& 00:28+ 00:14+ 00:41# 00:35+ 00:56= 00:27# 00:06# 00:00=

5 Evine Westli Andersen

212

31:05

01:24= 08:01+ 09:17= 14:27= 16:46= 20:28= 23:21= 26:21= 28:04= 30:03+ 30:50+ 31:05+
01:24= 06:37+ 01:16= 05:10= 02:19= 03:42+ 02:53+ 03:00+ 01:43+ 01:59+ 00:47+ 00:15+
00:06= 01:39& 02:07= 00:02= 04:51= 00:45& 00:43& 02:14@ 01:12@ 01:59+ 00:47+ 00:15+

6 Synne Strand

26

34:34

45:09+ 52:17+ 53:47+ 58:46+ 61:03+ 65:42+ 68:53+ 72:59+ 75:03+ 77:07+ 77:53+ 78:23+
45:09+ 07:08+ 01:30= 04:59= 02:17= 04:39+ 03:11+ 04:06+ 02:04+ 02:04+ 00:46+ 00:30+
43:39@ 02:10& 01:53= 00:13= 04:53= 01:42& 01:01& 03:20@ 01:33@ 02:04+ 00:46+ 00:30+

7 Anne Willkommen Eiken

184

34:41

02:37+ 06:23= 09:50= 15:02= 18:04= 22:58= 26:37= 30:15+ 31:26+ 33:35+ 34:20+ 34:41+
02:37+ 03:46= 03:27+ 05:12= 03:02= 04:54+ 03:39+ 03:38+ 01:11+ 02:09+ 00:45+ 00:21+
01:07& 01:12= 00:04+ 00:00= 04:08= 01:57& 01:29& 02:52@ 00:40@ 02:09+ 00:45+ 00:21+

8 Marte Fallbakken Berge

212

40:18

46:39+ 51:02+ 55:25+ 61:46+ 65:01+ 70:00+ 73:23+ 78:37+ 80:07+ 82:38+ 83:32+ 84:07+
46:39+ 04:23= 04:23+ 06:21+ 03:15= 04:59+ 03:23+ 05:14+ 01:30+ 02:31+ 00:54+ 00:35+
45:09@ 00:35= 01:00& 01:09# 03:55= 02:02& 01:13& 04:28@ 00:59@ 02:31+ 00:54+ 00:35+

9 Helene Eger

184

40:59

45:20+ 53:11+ 54:44+ 61:32+ 63:51+ 68:40+ 72:45+ 78:19+ 80:37+ 83:21+ 84:13+ 84:48+
45:20+ 07:51+ 01:33= 06:48+ 02:19= 04:49+ 04:05+ 05:34+ 02:18+ 02:44+ 00:52+ 00:35+
43:50@ 02:53& 01:50= 01:36& 04:51= 01:52& 01:55& 04:48@ 01:47@ 02:44+ 00:52+ 00:35+

Beste strekktid for klassen

01:24 03:35 01:16 04:59 02:13 02:01 02:10 00:46 00:31

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

D 17-20

Pllass	Navn										Klasse	Tid
1	Anniken Eriksrud Karlsen										1000	33:42
	01:20=	06:57=	09:53=	16:29=	18:54=	22:44=	26:07=	29:09=	30:25=	32:37=	33:25=	33:42=
	01:20=	05:37=	02:56=	06:36=	02:25=	03:50=	03:23=	03:02=	01:16=	02:12=	00:48=	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=
2	Hedda Raadal Bjørlo										1001	46:34
	02:00+	08:59+	13:40+	22:10+	24:49+	30:23+	34:49+	40:15+	42:07+	44:59+	46:08+	46:34+
	02:00+	06:59+	04:41+	08:30+	02:39+	05:34+	04:26+	05:26+	01:52+	02:52+	01:09+	00:26+
	00:40&	01:22#	01:45&	01:54&	00:14+	01:44&	01:03&	02:24&	00:36&	00:40&	00:21&	00:09&
3	Dorthe B. Seierstad										1012	58:08
	01:50+	07:54+	12:19+	18:19+	20:48+	42:03+	45:49+	51:54+	54:24+	56:49+	57:47+	58:08+
	01:50+	06:04+	04:25+	06:00-	02:29+	21:15+	03:46+	06:05+	02:30+	02:25+	00:58+	00:21+
	00:30&	00:27+	01:29&	00:36-	00:04+	17:25@	00:23#	03:03@	01:14&	00:13+	00:10#	00:04#
Beste strekktid for klassen												
	01:20	05:37	02:56	06:00	02:25	03:50	03:23	03:02	01:16	02:12	00:48	00:17

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

D 40-

1	Hanne Lerche Raadal										1001	32:38
	01:41=	07:46=	11:39=	17:55=	26:47=	28:54=	31:19=	32:16=	32:38=			
	01:41=	06:05=	03:53=	06:16=	08:52=	02:07=	02:25=	00:57=	00:22=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Isa Heggedal										185	35:43
	01:49+	08:07+	12:41+	18:52+	28:54+	31:23+	34:06+	35:17+	35:43+			
	01:49+	06:18+	04:34+	06:11-	10:02+	02:29+	02:43+	01:11+	00:26+			
	00:08+	00:13+	00:41#	00:05-	01:10#	00:22#	00:18#	00:14#	00:04#			
3	Unn Mette Klopbakken										1006	44:49
	02:47+	11:00+	16:16+	27:31+	37:58+	40:43+	43:26+	44:27+	44:49+			
	02:47+	08:13+	05:16+	11:15+	10:27+	02:45+	02:43+	01:01+	00:22=			
	01:06&	02:08&	01:23&	04:59&	01:35#	00:38&	00:18#	00:04+	00:00=			
Beste strekktid for klassen												
	01:41	06:05	03:53	06:11	08:52	02:07	02:25	00:57	00:22			

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

D 50-

1	Tove Heimdal										185	38:56
	02:16=	09:51=	14:39=	21:59=	31:47=	34:30=	37:18=	38:28=	38:56=			
	02:16=	07:35=	04:48=	07:20=	09:48=	02:43=	02:48=	01:10=	00:28=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Siri Scherdin Sætra										26	49:15
	03:53+	10:56+	16:06+	26:23+	38:48+	44:00+	47:17+	48:47+	49:15+			
	03:53+	07:03-	05:10+	10:17+	12:25+	05:12+	03:17+	01:30+	00:28=			
	01:37&	00:32-	00:22+	02:57&	02:37&	02:29&	00:29#	00:20&	00:00=			
3	Hege Heiberg										98	1:01:41
	05:32+	14:56+	21:20+	33:45+	50:04+	54:23+	59:19+	61:05+	61:41+			
	05:32+	09:24+	06:24+	12:25+	16:19+	04:19+	04:56+	01:46+	00:36+			
	03:16@	01:49#	01:36&	05:05&	06:31&	01:36&	02:08&	00:36&	00:08&			
Beste strekktid for klassen												
	02:16	07:03	04:48	07:20	09:48	02:43	02:48	01:10	00:28			

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

D13-14

Pllass	Navn								Klasse	Tid
1	Ida Marie Flågen								114	28:59
	02:33=	07:32=	15:27=	21:15=	23:32=	26:50=	27:44=	28:40=	28:59=	
	02:33=	04:59=	07:55=	05:48=	02:17=	03:18=	00:54=	00:56=	00:19=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Hanna Lerche Fodstad								1009	35:31
	03:17+	10:30+	18:43+	25:11+	28:30+	32:27+	33:46+	35:05+	35:31+	
	03:17+	07:13+	08:13+	06:28+	03:19+	03:57+	01:19+	01:19+	00:26+	
	00:44&	02:14&	00:18+	00:40#	01:02&	00:39#	00:25&	00:23&	00:07&	
Beste strekktid for klassen										
	02:33	04:59	07:55	05:48	02:17	03:18	00:54	00:56	00:19	

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

Direkte kort

1	Jørgen Slokvik								1005	29:30
	03:29=	11:33=	17:04=	21:46=	24:24=	27:16=	28:18=	29:11=	29:30=	
	03:29=	08:04=	05:31=	04:42=	02:38=	02:52=	01:02=	00:53=	00:19=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
Beste strekktid for klassen										
	03:29	08:04	05:31	04:42	02:38	02:52	01:02	00:53	00:19	

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

Direkte lang

1	Ingrid Stengård								1013	30:29
	01:21=	06:10=	09:11=	14:03=	16:01=	19:53=	22:51=	26:08=	27:30=	29:21=
	01:21=	04:49=	03:01=	04:52=	01:58=	03:52=	02:58=	03:17=	01:22=	01:51=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Per Anders Ytterbø								26	1:08:15
	02:54+	08:48+	14:22+	27:37+	33:11+	38:59+	49:34+	59:30+	63:17+	66:51+
	02:54+	05:54+	05:34+	13:15+	05:34+	05:48+	10:35+	09:56+	03:47+	03:34+
	01:33@	01:05#	02:33&	08:23@	03:36@	01:56&	07:37@	06:39@	02:25@	01:43&
3	Henning Spjelkavik								1003	1:14:55
	40:36+	45:56+	50:59+	56:48+	59:08+	63:12+	66:39+	70:23+	71:47+	73:47+
	40:36+	05:20+	05:03+	05:49+	02:20+	04:04+	03:27+	03:44+	01:24+	02:00+
	39:15@	00:31#	02:02&	00:57#	00:22#	00:12+	00:29#	00:27#	00:02+	00:09+
Beste strekktid for klassen										
	01:21	04:49	03:01	04:52	01:58	03:52	02:58	03:17	01:22	01:51

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

H 11-12

1	Amund Flaskerud								1004	24:39
	02:35=	11:54=	15:47=	17:25=	21:32=	22:45=	24:12=	24:39=		
	02:35=	09:19=	03:53=	01:38=	04:07=	01:13=	01:27=	00:27=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Johannes Børke Sollien								1004	26:07
	02:53+	13:08+	16:57+	18:32+	22:35+	23:57+	25:35+	26:07+		
	02:53+	10:15+	03:49-	01:35-	04:03-	01:22+	01:38+	00:32+		
	00:18#	00:56#	00:04-	00:03-	00:04-	00:09#	00:11#	00:05#		
Beste strekktid for klassen										
	02:35	09:19	03:49	01:35	04:03	01:13	01:27	00:27		

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

Plass	Navn	Klasse	Tid
H 13-14			
1	Lars Lien	1009	16:44
	01:50= 05:33= 09:04= 11:39= 13:06= 15:04= 15:43= 16:29= 16:44=		
	01:50= 03:43= 03:31= 02:35= 01:27= 01:58= 00:39= 00:46= 00:15=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Mats Lindaas	1010	17:37
	01:58+ 05:54+ 08:37- 12:17+ 13:48+ 15:41+ 16:19+ 17:16+ 17:37+		
	01:58+ 03:56+ 02:43- 03:40+ 01:31+ 01:53- 00:38- 00:57+ 00:21+		
	00:08+ 00:13+ 00:48- 01:05& 00:04+ 00:05- 00:01- 00:11# 00:06&		
3	Birk Felland Sætnan	80	20:41
	02:15+ 07:02+ 10:42+ 14:24+ 16:19+ 18:30+ 19:19+ 20:21+ 20:41+		
	02:15+ 04:47+ 03:40+ 03:42+ 01:55+ 02:11+ 00:49+ 01:02+ 00:20+		
	00:25# 01:04& 00:09+ 01:07& 00:28& 00:13# 00:10& 00:16& 00:05&		
Beste strekktid for klassen			
	01:50 03:43 02:43 02:35 01:27 01:53 00:38 00:46 00:15		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 15-16			
1	Sondre Ytterbø	26	29:22
	01:28= 06:48= 10:22= 16:26= 23:42= 25:58= 28:09= 28:58= 29:22=		
	01:28= 05:20= 03:34= 06:04= 07:16= 02:16= 02:11= 00:49= 00:24=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Jakob Mo	1004	34:08
	01:32+ 07:47+ 12:01+ 19:22+ 27:52+ 30:15+ 32:48+ 33:47+ 34:08+		
	01:32+ 06:15+ 04:14+ 07:21+ 08:30+ 02:23+ 02:33+ 00:59+ 00:21-		
	00:04+ 00:55# 00:40# 01:17# 01:14# 00:07+ 00:22# 00:10# 00:03-		
3	Åsmund Slokvik	1005	46:00
	02:24+ 09:45+ 14:30+ 24:35+ 36:17+ 40:31+ 44:29+ 45:38+ 46:00+		
	02:24+ 07:21+ 04:45+ 10:05+ 11:42+ 04:14+ 03:58+ 01:09+ 00:22-		
	00:56& 02:01& 01:11& 04:01& 04:26& 01:58& 01:47& 00:20& 00:02-		
4	Snorre Slokvik	1005	51:53
	02:28+ 10:27+ 18:09+ 29:10+ 43:09+ 47:18+ 50:19+ 51:26+ 51:53+		
	02:28+ 07:59+ 07:42+ 11:01+ 13:59+ 04:09+ 03:01+ 01:07+ 00:27+		
	01:00& 02:39& 04:08@ 04:57& 06:43& 01:53& 00:50& 00:18& 00:03#		
5	Sigurd Kvamme	1004	55:32
	03:04+ 12:54+ 18:59+ 30:57+ 45:34+ 49:24+ 53:06+ 54:50+ 55:32+		
	03:04+ 09:50+ 06:05+ 11:58+ 14:37+ 03:50+ 03:42+ 01:44+ 00:42+		
	01:36@ 04:30& 02:31& 05:54& 07:21@ 01:34& 01:31& 00:55@ 00:18&		
Beste strekktid for klassen			
	01:28 05:20 03:34 06:04 07:16 02:16 02:11 00:49 00:21		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 17-			
1	Aslak Heimdahl	185	24:58
	00:50= 04:28= 07:13= 11:15= 12:51= 15:49= 18:13= 20:52= 21:54= 23:42= 24:23= 24:58=		
	00:50= 03:38= 02:45= 04:02= 01:36= 02:58= 02:24= 02:39= 01:02= 01:48= 00:41= 00:35=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Ove Sætra	98	25:20
	25:20+		
	25:20+		
	24:30@		

Plass	Navn	Klasse	Tid
3	Eivind Øfsthus Gravir	26	27:24
7200:54+	7205:11+ 7208:20+ 7213:02+ 7214:37+ 7218:06+ 7220:38+ 7223:29+ 7224:59+ 7226:44+ 7227:24+		
7200:54+	04:17+ 03:09+ 04:42+ 01:35- 03:29+ 02:32+ 02:51+ 01:30+ 01:45- 00:40-		
7200:04@	00:39# 00:24# 00:40# 00:01- 00:31# 00:08+ 00:12+ 00:28& 00:03- 00:01-		
4	Kasper Fosser	114	28:05
01:04+	05:13+ 08:03+ 12:39+ 14:27+ 17:37+ 20:12+ 23:26+ 25:02+ 26:45+ 27:29+ 28:05+		
01:04+	04:09+ 02:50+ 04:36+ 01:48+ 03:10+ 02:35+ 03:14+ 01:36+ 01:43- 00:44+ 00:36+		
00:14&	00:31# 00:05+ 00:34# 00:12# 00:12+ 00:11+ 00:35# 00:34& 00:05- 00:03+ 00:01+		
5	Christian Hohl	379	28:19
01:14+	05:01+ 07:43+ 12:15+ 14:28+ 17:57+ 21:19+ 24:20+ 25:24+ 27:11+ 27:50+ 28:19+		
01:14+	03:47+ 02:42- 04:32+ 02:13+ 03:29+ 03:22+ 03:01+ 01:04+ 01:47- 00:39- 00:29-		
00:24&	00:09+ 00:03- 00:30# 00:37& 00:31# 00:58& 00:22# 00:02+ 00:01- 00:02- 00:06-		
6	Trygve Myhr	26	28:48
7	Lars Lystad	245	30:34
01:20+	05:52+ 08:57+ 13:39+ 15:26+ 19:54+ 22:39+ 26:09+ 27:27+ 29:22+ 30:05+ 30:34+		
01:20+	04:32+ 03:05+ 04:42+ 01:47+ 04:28+ 02:45+ 03:30+ 01:18+ 01:55+ 00:43+ 00:29-		
00:30&	00:54# 00:20# 00:40# 00:11# 01:30& 00:21# 00:51& 00:16& 00:07+ 00:02+ 00:06-		
8	Erling Hjermstad	80	31:30
01:23+	06:03+ 09:20+ 14:40+ 16:30+ 20:50+ 23:37+ 27:01+ 28:15+ 30:14+ 30:58+ 31:30+		
01:23+	04:40+ 03:17+ 05:20+ 01:50+ 04:20+ 02:47+ 03:24+ 01:14+ 01:59+ 00:44+ 00:32-		
00:33&	01:02& 00:32# 01:18& 00:14# 01:22& 00:23# 00:45& 00:12# 00:11# 00:03+ 00:03-		
9	Njaal Ellegaard Melby	366	31:31
01:04+	05:45+ 09:15+ 13:48+ 16:25+ 20:05+ 23:04+ 26:46+ 28:25+ 30:24+ 31:05+ 31:31+		
01:04+	04:41+ 03:30+ 04:33+ 02:37+ 03:40+ 02:59+ 03:42+ 01:39+ 01:59+ 00:41= 00:26-		
00:14&	01:03& 00:45& 00:31# 01:01& 00:42# 00:35# 01:03& 00:37& 00:11# 00:00= 00:09-		
10	Lars Hol Moholdt	379	32:58
01:07+	04:40+ 07:17+ 11:10- 13:18+ 13:55- 16:14- 18:31- 22:24+ 26:11+ 26:45+ 29:16+ 30:33+ 32:08+ 32:44+ 32:58+		
01:07+	03:33- 02:37- 03:53- 02:08+ 00:37- 02:19- 02:17- 03:53+ 03:47+ 00:34- 02:31+ 01:17+ 01:35+ 00:36+ 00:14+		
00:17&	00:05- 00:08- 00:09- 00:32& 02:21- 00:05- 00:22- 02:51@ 01:59@ 00:07- 01:56@ 01:17+ 01:35+ 00:36+ 00:14+		
11	Øyvind Watterdal	98	33:09
01:40+	05:56+ 06:58- 10:45- 13:35+ 14:16- 16:05- 18:29- 22:20+ 26:38+ 27:14+ 29:27+ 30:32+ 32:02+ 32:48+ 33:09+		
01:40+	04:16+ 01:02- 03:47- 02:50+ 00:41- 01:49- 02:24- 03:51+ 04:18+ 00:36- 02:13+ 01:05+ 01:30+ 00:46+ 00:21+		
00:50&	00:38# 01:43- 00:15- 01:14& 02:17- 00:35- 00:15- 02:49@ 02:30@ 00:05- 01:38@ 01:05+ 01:30+ 00:46+ 00:21+		
12	Bjørnar Kvåle	98	36:21
45:00+	48:55+ 51:32+ 55:42+ 58:11+ 58:46+ 62:04+ 64:28+ 68:30+ 72:44+ 73:18+ 75:58+ 77:40+ 79:10+ 79:47+ 80:10+		
45:00+	03:55+ 02:37- 04:10+ 02:29+ 00:35- 03:18+ 02:24- 04:02+ 04:14+ 00:34- 02:40+ 01:42+ 01:30+ 00:37+ 00:23+		
44:10@	00:17+ 00:08- 00:08+ 00:53& 02:23- 00:54& 00:15- 03:00@ 02:26@ 00:07- 02:05@ 01:42+ 01:30+ 00:37+ 00:23+		
13	Øystein Kvaal Østerbø	379	36:40
45:49+	50:14+ 51:25+ 56:00+ 58:20+ 58:58+ 61:38+ 64:04+ 68:32+ 73:01+ 73:41+ 76:27+ 77:44+ 79:18+ 79:58+ 80:29+		
45:49+	04:25+ 01:11- 04:35+ 02:20+ 00:38- 02:40+ 02:26- 04:28+ 04:29+ 00:40- 02:46+ 01:17+ 01:34+ 00:40+ 00:31+		
44:59@	00:47# 01:34- 00:33# 00:44& 02:20- 00:16# 00:13- 03:26@ 02:41@ 00:01- 02:11@ 01:17+ 01:34+ 00:40+ 00:31+		
14	Audun Heimdal	185	36:49
44:47+	48:33+ 51:09+ 55:20+ 58:09+ 58:44+ 62:06+ 64:21+ 68:23+ 73:02+ 73:37+ 76:23+ 77:44+ 79:12+ 79:53+ 80:38+		
44:47+	03:46+ 02:36- 04:11+ 02:49+ 00:35- 03:22+ 02:15- 04:02+ 04:39+ 00:35- 02:46+ 01:21+ 01:28+ 00:41+ 00:45+		
43:57@	00:08+ 00:09- 00:09+ 01:13& 02:23- 00:58& 00:24- 03:00@ 02:51@ 00:06- 02:11@ 01:21+ 01:28+ 00:41+ 00:45+		
15	Andreas M. Edvardsen	26	37:01
44:56+	48:53+ 51:46+ 55:58+ 58:21+ 59:00+ 61:40+ 64:08+ 68:28+ 73:08+ 73:43+ 76:27+ 77:46+ 79:19+ 79:58+ 80:50+		
44:56+	03:57+ 02:53+ 04:12+ 02:23+ 00:39- 02:40+ 02:28- 04:20+ 04:40+ 00:35- 02:44+ 01:19+ 01:33+ 00:39+ 00:52+		
44:06@	00:19+ 00:08+ 00:10+ 00:47& 02:19- 00:16# 00:11- 03:18@ 02:52@ 00:06- 02:09@ 01:19+ 01:33+ 00:39+ 00:52+		
16	Eivind Tonna	26	37:01
111:42+	116:16+ 117:20+ 121:28+ 123:57+ 124:35+ 126:59+ 129:21+ 133:22+ 139:13+ 139:51+ 142:31+ 143:57+ 145:42+ 146:23+ 146:39+		
111:42+	04:34+ 01:04- 04:08+ 02:29+ 00:38- 02:24= 02:22- 04:01+ 05:51+ 00:38- 02:40+ 01:26+ 01:45+ 00:41+ 00:16+		
110:52@	00:56& 01:41- 00:06+ 00:53& 02:20- 00:00= 00:17- 02:59@ 04:03@ 00:03- 02:05@ 01:26+ 01:45+ 00:41+ 00:16+		
17	Gjermund Tørnqvist Halden	245	38:25
45:46+	50:18+ 51:29+ 55:41+ 58:09+ 58:53+ 62:29+ 65:06+ 69:23+ 74:21+ 74:58+ 77:48+ 79:32+ 81:07+ 81:46+ 82:14+		
45:46+	04:32+ 01:11- 04:12+ 02:28+ 00:44- 03:36+ 02:37- 04:17+ 04:58+ 00:37- 02:50+ 01:44+ 01:35+ 00:39+ 00:28+		
44:56@	00:54# 01:34- 00:10+ 00:52& 02:14- 01:12& 00:02- 03:15@ 03:10@ 00:04- 02:15@ 01:44+ 01:35+ 00:39+ 00:28+		
18	Henrik Fredriksen Aas	26	38:40
44:57+	49:19+ 52:07+ 56:39+ 59:30+ 60:17+ 62:33+ 65:03+ 69:39+ 74:31+ 75:08+ 78:19+ 79:29+ 81:05+ 81:47+ 82:29+		
44:57+	04:22+ 02:48+ 04:32+ 02:51+ 00:47- 02:16- 02:30- 04:36+ 04:52+ 00:37- 03:11+ 01:10+ 01:36+ 00:42+ 00:42+		
44:07@	00:44# 00:03+ 00:30# 01:15& 02:11- 00:08- 00:09- 03:34@ 03:04@ 00:04- 02:36@ 01:10+ 01:36+ 00:42+ 00:42+		

Plass	Navn				Klasse				Tid			
19	Ulrik Astrup Arnesen				114				39:31			
45:55+	51:42+	52:52+	57:09+	59:44+	60:25+	62:29+	64:53+	69:24+	74:35+	75:11+	78:57+	80:01+
45:55+	05:47+	01:10-	04:17+	02:35+	00:41-	02:04-	02:24-	04:31+	05:11+	00:36-	03:46+	01:04+
45:05@	02:09&	01:35-	00:15+	00:59&	02:17-	00:20-	00:15-	03:29@	03:23@	00:05-	03:11@	01:04+
20	Øystein Wiggen				51				40:04			
01:31+	08:01+	11:55+	17:54+	20:16+	25:26+	29:04+	33:52+	35:28+	38:05+	38:57+	40:04+	
01:31+	06:30+	03:54+	05:59+	02:22+	05:10+	03:38+	04:48+	01:36+	02:37+	00:52+	01:07+	
00:41&	02:52&	01:09&	01:57&	00:46&	02:12&	01:14&	02:09&	00:34&	00:49&	00:11&	00:32&	
21	Bjørn Anders Flågen				114				41:30			
01:20+	05:41+	09:05+	14:00+	16:30+	17:12+	19:37+	22:22+	26:56+	32:26+	33:01+	37:00+	38:44+
01:20+	04:21+	03:24+	04:55+	02:30+	00:42-	02:25+	02:45+	04:34+	05:30+	00:35-	03:59+	01:44+
00:30&	00:43#	00:39#	00:53#	00:54&	02:16-	00:01+	00:06+	03:32@	03:42@	00:06-	03:24@	01:44+
22	Eskil Frøisland				366				43:05			
02:33+	07:21+	08:34+	13:04+	15:43+	16:24+	19:22+	21:56+	27:00+	33:59+	34:36+	37:26+	39:08+
02:33+	04:48+	01:13-	04:30+	02:39+	00:41-	02:58+	02:34-	05:04+	06:59+	00:37-	02:50+	01:42+
01:43@	01:10&	01:32-	00:28#	01:03&	02:17-	00:34#	00:05-	04:02@	05:11@	00:04-	02:15@	01:42+
23	Per Clemet Wisløff				26				44:12			
02:53+	08:15+	09:30+	14:04+	16:44+	17:30+	20:15+	23:26+	28:57+	35:54+	36:36+	39:26+	41:10+
02:53+	05:22+	01:15-	04:34+	02:40+	00:46-	02:45+	03:11+	05:31+	06:57+	00:42+	02:50+	01:44+
02:03@	01:44&	01:30-	00:32#	01:04&	02:12-	00:21#	00:32#	04:29@	05:09@	00:01+	02:15@	01:44+
24	Jostein Svaland Dale				366				46:25			
46:20+	51:34+	52:50+	57:50+	61:01+	61:47+	65:45+	68:57+	73:58+	80:04+	80:41+	85:16+	87:01+
46:20+	05:14+	01:16-	05:00+	03:11+	00:46-	03:58+	03:12+	05:01+	06:06+	00:37-	04:35+	01:45+
45:30@	01:36&	01:29-	00:58#	01:35&	02:12-	01:34&	00:33#	03:59@	04:18@	00:04-	04:00@	01:45+
25	Even Lindaas				366				48:04			
44:59+	49:09+	52:01+	56:32+	59:32+	60:19+	68:17+	71:09+	76:07+	81:17+	82:03+	85:39+	88:15+
44:59+	04:10+	02:52+	04:31+	03:00+	00:47-	07:58+	02:52+	04:58+	05:10+	00:46+	03:36+	02:36+
44:09@	00:32#	00:07+	00:29#	01:24&	02:11-	05:34@	00:13+	03:56@	03:22@	00:05#	03:01@	02:36+
26	Fredrik Sveen				366				55:24			
02:11+	09:55+	15:17+	23:48+	26:56+	34:07+	39:46+	47:31+	50:04+	53:41+	54:45+	55:24+	
02:11+	07:44+	05:22+	08:31+	03:08+	07:11+	05:39+	07:45+	02:33+	03:37+	01:04+	00:39+	
01:21@	04:06@	02:37&	04:29@	01:32&	04:13@	03:15@	05:06@	01:31@	01:49@	00:23&	00:04#	
27	Ole Johan Bråten				366				1:00:18			
01:40+	07:19+	12:48+	20:13+	24:11+	25:01+	31:05+	34:52+	42:13+	50:06+	51:00+	54:27+	56:08+
01:40+	05:39+	05:29+	07:25+	03:58+	00:50-	06:04+	03:47+	07:21+	07:53+	00:54+	03:27+	01:41+
00:50&	02:01&	02:44&	03:23&	02:22@	02:08-	03:40@	01:08&	06:19@	06:05@	00:13&	02:52@	01:41+
Beste strekktid for klassen												
00:50 03:33 01:02 01:35 00:35 01:49 02:15 01:02 01:43 00:34 00:26												

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

H 17-20

1	Lavran Thorstensen				1011				37:23			
02:00=	08:00=	14:31=	16:54=	20:03=	26:17=	34:10=	36:18=	37:06=	37:23=			
02:00=	06:00=	06:31=	02:23=	03:09=	06:14=	07:53=	02:08=	00:48=	00:17=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Elias Øhman				1009				37:39			
01:53-	07:57-	13:56-	15:59-	19:28-	25:14-	33:56-	36:25+	37:21+	37:39+			
01:53-	06:04+	05:59-	02:03-	03:29+	05:46-	08:42+	02:29+	00:56+	00:18+			
00:07-	00:04+	00:32-	00:20-	00:20#	00:28-	00:49#	00:21#	00:08#	00:01+			
3	Simen Ballangrud				1012				45:36			
02:41+	09:44+	16:43+	19:20+	23:57+	31:42+	41:47+	44:13+	45:09+	45:36+			
02:41+	07:03+	06:59+	02:37+	04:37+	07:45+	10:05+	02:26+	00:56+	00:27+			
00:41&	01:03#	00:28+	00:14+	01:28&	01:31#	02:12&	00:18#	00:08#	00:10&			
Beste strekktid for klassen												
01:53 06:00 05:59 02:03 03:09 05:46 07:53 02:08 00:48 00:17												

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

H 40-

2	Øyvind Lien									1009	36:31
02:00+	07:26+	15:26+	17:26+	20:32+	25:58+	33:34+	35:28+	36:14+	36:31+		
02:00+	05:26+	08:00+	02:00+	03:06+	05:26+	07:36+	01:54-	00:46-	00:17+		
00:15#	00:37#	02:47#	00:12#	00:24#	00:40#	00:38+	00:17-	00:01-	00:02#		

4	Peter Lerche Raadal									1009	41:02
02:18+	09:00+	15:14+	17:30+	21:37+	27:57+	37:14+	39:28+	40:24+	41:02+		
02:18+	06:42+	06:14+	02:16+	04:07+	06:20+	09:14+	02:14+	00:56+	00:38+		
00:33@	01:53@	01:10#	00:28@	01:25@	01:34@	02:19@	00:03+	00:09#	00:23@		

01:45 04:49 05:13 01:48 02:42 04:46 06:58 01:54 00:46 00:15

H 50-

2	Terje Henriksen										26	35:32
01:25-	06:55-	10:22-	15:33-	18:14+	23:14+	26:57+	30:40+	32:00+	34:16+	35:12+	35:32+	
01:25-	05:30+	03:27-	05:11-	02:41+	05:00+	03:43+	03:43+	01:20-	02:16+	00:56+	00:20=	
00:06-	00:04+	00:10-	00:14-	00:34#	00:51#	00:19+	00:23#	00:04-	00:11+	00:03+	00:00=	

4	Stein Arne Negård										366	40:16
01:42+	07:47+	11:41+	19:07+	21:39+	26:19+	30:14+	35:07+	36:38+	39:02+	39:56+	40:16+	
01:42+	06:05+	03:54+	07:26+	02:32+	04:40+	03:55+	04:53+	01:31+	02:24+	00:54+	00:20+	
00:11#	00:39#	00:17+	02:01#	00:25#	00:31#	00:31#	01:33#	00:07+	00:19#	00:01+	00:00+	

6	Hans-Ingar Sætra										26	49:30
02:26+	09:59+	15:24+	22:52+	26:09+	32:51+	37:35+	42:31+	44:32+	47:39+	49:02+	49:30+	
02:26+	07:33+	05:25+	07:28+	03:17+	06:42+	04:44+	04:56+	02:01+	03:07+	01:23+	00:28+	
00:55&	02:07&	01:48&	02:03&	01:10&	02:33&	01:20&	01:36&	00:37&	01:02&	00:30&	00:08&	

01:25 05:10 03:27 05:11 02:00 04:09 03:24 03:20 01:20 02:05 00:53 00:17

H 60-

Plass	Navn								Klasse	Tid
1	Tore Watterdal								1007	35:34
	01:58=	08:12=	12:01=	18:32=	28:43=	31:34=	34:18=	35:15=	35:34=	
	01:58=	06:14=	03:49=	06:31=	10:11=	02:51=	02:44=	00:57=	00:19=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Beste strekktid for klassen

01:58	06:14	03:49	06:31	10:11	02:51	02:44	00:57	00:19
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

N-åpen

1	Ole Solli Kvikstad								1004	39:02
	10:48=	18:16=	25:19=	28:05=	36:02=	37:08=	38:32=	39:02=		
	10:48=	07:28=	07:03=	02:46=	07:57=	01:06=	01:24=	00:30=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Kyongsa Ri								245	50:39
	27:40+	34:30+	37:58+	39:53+	47:29+	48:41+	50:12+	50:39+		
	27:40+	06:50-	03:28-	01:55-	07:36-	01:12+	01:31+	00:27-		
	16:52@	00:38-	03:35-	00:51-	00:21-	00:06+	00:07+	00:03-		
3	Ask Felland Sætnan								80	57:16
	42:07+	47:45+	50:47+	51:58+	54:41+	55:42+	56:52+	57:16+		
	42:07+	05:38-	03:02-	01:11-	02:43-	01:01-	01:10-	00:24-		
	31:19@	01:50-	04:01-	01:35-	05:14-	00:05-	00:14-	00:06-		
4	Peder Mo								1004	1:15:37
	33:16+	50:32+	59:37+	63:19+	70:02+	72:19+	74:57+	75:37+		
	33:16+	17:16+	09:05+	03:42+	06:43-	02:17+	02:38+	00:40+		
	22:28@	09:48@	02:02&	00:56&	01:14-	01:11@	01:14&	00:10&		
5	Magnus Svaland Dale								1008	24:17:57
	1442:00+	1448:12+	1451:28+	1452:40+	1455:22+	1456:22+	1457:36+	1457:57+		
	1442:00+	06:12-	03:16-	01:12-	02:42-	01:00-	01:14-	00:21-		
	1431:12@	01:16-	03:47-	01:34-	05:15-	00:06-	00:10-	00:09-		

Beste strekktid for klassen

10:48	05:38	03:02	01:11	02:42	01:00	01:10	00:21
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.