

Plass Navn

Klasse

Tid

A Kort

1	Alice Hugosson	430	24:54
02:02=	04:07=	09:09=	11:05=
13:37=	15:12=	20:49=	22:48=
23:28=	24:54=	02:02=	02:05=
05:02=	01:56=	02:32=	01:35=
05:37=	01:59=	00:40=	01:26=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Mina Oline Skreddernes	536	26:05
01:55-	04:20+	10:38+	12:26+
14:50+	16:44+	22:35+	24:24+
24:58+	26:05+	01:55-	02:25+
06:18+	01:48-	02:24-	01:54+
05:51+	01:49-	00:34-	01:07-
00:07-	00:20#	01:16&	00:08-
00:08-	00:19#	00:14+	00:10-
00:06-	00:19-		
3	Magnhild Kvaal	372	27:47
02:22+	04:49+	09:38+	11:40+
14:20+	16:29+	23:34+	25:47+
26:36+	27:47+	02:22+	02:27+
04:49-	02:02+	02:40+	02:09+
07:05+	02:13+	00:49+	01:11-
00:20#	00:22#	00:13-	00:06+
00:08+	00:34&	01:28&	00:14#
00:09#	00:15-		
4	Ingela Klintberg	1031	39:33
02:38+	05:55+	15:13+	18:21+
21:33+	24:53+	33:40+	37:04+
38:05+	39:33+	02:38+	03:17+
09:18+	03:08+	03:12+	03:20+
08:47+	03:24+	01:01+	01:28+
00:36&	01:12&	04:16&	01:12&
00:40&	01:45@	03:10&	01:25&
00:21&	00:02+		
5	Maija Hoikkanen	1071	40:53
03:11+	06:13+	13:50+	17:10+
22:38+	25:29+	35:05+	38:22+
39:20+	40:53+	03:11+	03:02+
07:37+	03:20+	05:28+	02:51+
09:36+	03:17+	00:58+	01:33+
01:09&	00:57&	02:35&	01:24&
02:56@	01:16&	03:59&	01:18&
00:18&	00:07+		

Beste strekktid for klassen

01:55 02:05 04:49 01:48 02:24 01:35 05:37 01:49 00:34 01:07

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

A Lang

1	Friman Sami	1168	34:02
02:25=	03:39=	08:57=	10:11=
13:23=	16:53=	18:33=	23:33=
25:02=	26:52=	28:37=	31:46=
33:10=	34:02=	02:25=	01:14=
05:18=	01:14=	03:12=	03:30=
01:40=	05:00=	01:29=	01:50=
01:45=	03:09=	01:24=	00:52=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Panu Hyvönen	1501	35:49
02:46+	04:09+	09:56+	11:06+
15:03+	18:24+	19:37+	24:52+
26:29+	28:13+	30:15+	33:21+
34:51+	35:49+	02:46+	01:23+
05:47+	01:10-	03:57+	03:21-
01:13-	05:15+	01:37+	01:44-
02:02+	03:06-	01:30+	00:58+
00:09#	00:29+	00:04-	00:45#
00:09-	00:27-	00:15+	00:08+
00:06-	00:17#	00:03-	00:06+
00:06#	00:06#		
3	Jaakko Rissanen	1399	36:16
02:41+	03:50+	10:14+	11:38+
14:47+	18:09+	19:24+	25:18+
27:56+	29:39+	31:17+	34:14+
35:31+	36:16+	02:41+	01:09-
06:24+	01:24+	03:09-	03:22-
01:15-	05:54+	02:38+	01:43-
01:38-	02:57-	01:17-	00:45-
00:16#	00:05-	01:06#	00:10#
00:03-	00:08-	00:25-	00:54#
01:09&	00:07-	00:07-	00:12-
00:07-	00:07-		
4	Seppo Konttajärvi	1500	38:41
02:36+	03:49+	10:34+	12:06+
15:47+	19:32+	20:52+	26:51+
28:58+	30:42+	32:44+	36:23+
37:49+	38:41+	02:36+	01:13-
06:45+	01:32+	03:41+	03:45+
01:20-	05:59+	02:07+	01:44-
02:02+	03:39+	01:26+	00:52=
00:11+	00:01-	01:27&	00:18#
00:29#	00:15+	00:20-	00:59#
00:38&	00:06-	00:17#	00:30#
00:02+	00:00=		
5	Janne Turpiainen	1168	40:27
02:54+	04:29+	11:07+	12:43+
16:40+	20:34+	22:00+	28:22+
30:15+	32:19+	34:40+	37:53+
39:26+	40:27+	02:54+	01:35+
06:38+	01:36+	03:57+	03:54+
01:26-	06:22+	01:53+	02:04+
02:21+	03:13+	01:33+	01:01+
00:29#	00:21&	01:20&	00:22&
00:45#	00:24#	00:14-	01:22&
00:24&	00:14#	00:36&	00:04+
00:09#	00:09#		
6	Peter Klaveness	227	41:47
03:21+	04:45+	11:25+	13:05+
17:25+	21:25+	22:51+	28:56+
30:45+	32:57+	35:17+	39:02+
40:43+	41:47+	03:21+	01:24+
06:40+	01:40+	04:20+	04:00+
01:26-	06:05+	01:49+	02:12+
02:20+	03:45+	01:41+	01:04+
00:56&	00:10#	01:22&	00:26&
01:08&	00:30#	00:14-	01:05#
00:20#	00:22#	00:35&	00:36#
00:17#	00:12#		
7	Ingrid Jenvin Støen	NOTEAM	46:40
03:48+	05:41+	13:41+	15:14+
21:47+	26:00+	29:02+	34:43+
36:43+	38:49+	40:58+	44:20+
45:50+	46:40+	03:48+	01:53+
08:00+	01:33+	06:33+	04:13+
03:02+	05:41+	02:00+	02:06+
02:09+	03:22+	01:30+	00:50-
01:23&	00:39&	02:42&	00:19&
03:21@	00:43#	01:22&	00:41#
00:31&	00:16#	00:24#	00:13+
00:06+	00:02-		

Class	Navn	Klasse	Tid
8	Sato Mäkitammi	555	48:10
03:20+	05:05+ 13:37+ 15:24+	19:59+ 24:40+	26:15+ 33:56+
03:20+	01:45+ 08:32+ 01:47+	04:35+ 04:11+	01:35- 07:41+
00:55&	00:31& 03:14& 00:33&	01:23& 01:11&	00:05- 02:41& 00:32& 00:28& 01:10& 00:39# 00:45& 00:11#
9	Heidi Sinevaara	655	1:12:49
03:41+	05:27+ 36:25+ 37:58+	43:12+ 48:25+	51:30+ 59:19+
03:41+	01:46+ 30:58+ 01:33+	05:14+ 05:13+	03:05+ 07:49+
01:16&	00:32& 25:40@ 00:19&	02:02& 01:43&	01:25& 02:49& 00:42& 00:29& 00:47& 00:41# 00:16# 00:06#
10	Pertti Itkonen	1399	1:23:03
05:24+	07:48+ 34:35+ 36:53+	43:33+ 49:46+	52:05+ 63:28+
05:24+	02:24+ 26:47+ 02:18+	06:40+ 06:13+	02:19+ 11:23+
02:59@	01:10& 21:29@ 01:04&	03:28@ 02:43&	00:39& 06:23@ 01:23& 01:46& 01:34& 01:53& 01:23& 01:07@
Beste strekketid for klassen			
02:25	01:09 05:18 01:10	03:09 03:21 01:13	05:00 01:29 01:43 01:38 02:57 01:17 00:45

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

B

1	Matti Rintanen	555	24:08
01:06=	02:53= 06:28= 08:06=	10:46= 14:14=	17:08= 19:19= 20:58= 23:29= 24:08=
01:06=	01:47= 03:35= 01:38=	02:40= 03:28=	02:54= 02:11= 01:39= 02:31= 00:39=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=
2	Silje Carlsen	133	29:06
01:34+	03:45+ 08:04+ 09:51+	13:43+ 17:10+	21:24+ 23:48+
01:34+	02:11+ 04:19+ 01:47+	03:52+ 03:27-	04:14+ 02:24+
00:28&	00:24# 00:44# 00:09+	01:12& 00:01-	01:20& 00:13+ 00:42& 00:20- 00:07#
3	Malin Kristoffersson	1311	34:19
01:46+	04:31+ 08:39+ 10:30+	17:07+ 20:50+	25:05+ 28:49+
01:46+	02:45+ 04:08+ 01:51+	06:37+ 03:43+	04:15+ 03:44+
00:40&	00:58& 00:33# 00:13#	03:57@ 00:15+	01:21& 01:33& 00:41& 00:12- 00:12&
4	Timo Rintanen	555	35:21
01:55+	04:41+ 09:31+ 11:29+	17:18+ 21:20+	25:23+ 28:43+
01:55+	02:46+ 04:50+ 01:58+	05:49+ 04:02+	04:03+ 03:20+
00:49&	00:59& 01:15& 00:20#	03:09@ 00:34#	01:09& 01:09& 01:31& 00:01- 00:19&
5	Ingebjörg Tollefsen	NOTEAM	36:22
02:05+	04:59+ 09:39+ 11:45+	16:21+ 21:34+	26:20+ 29:24+
02:05+	02:54+ 04:40+ 02:06+	04:36+ 05:13+	04:46+ 03:04+
00:59&	01:07& 01:05& 00:28&	01:56& 01:45&	01:52& 00:53& 01:04& 00:40& 00:25&
6	Randi Hegstad	51	37:34
01:54+	04:37+ 08:45+ 10:47+	18:20+ 22:40+	26:18+ 29:09+
01:54+	02:43+ 04:08+ 02:02+	07:33+ 04:20+	03:38+ 02:51+
00:48&	00:56& 00:33# 00:24#	04:53@ 00:52#	00:44& 00:40& 01:38& 01:26& 00:32&
7	Eija Rantala	655	41:24
02:45+	05:21+ 10:36+ 13:16+	19:49+ 24:58+	29:44+ 33:22+
02:45+	02:36+ 05:15+ 02:40+	06:33+ 05:09+	04:46+ 03:38+
01:39@	00:49& 01:40& 01:02&	03:53@ 01:41&	01:52& 01:27& 02:13@ 00:47& 00:13&
8	Kirsti Nyaas	NOTEAM	50:34
02:13+	04:49+ 09:11+ 12:45+	18:35+ 23:02+	40:43+ 44:10+
02:13+	02:36+ 04:22+ 03:34+	05:50+ 04:27+	17:41+ 03:27+
01:07@	00:49& 00:47# 01:56@	03:10@ 00:59&	14:47@ 01:16& 01:12& 00:01+ 00:22&
9	Katinka Evensen	402	50:45
02:45+	06:14+ 12:03+ 15:02+	21:10+ 27:58+	35:07+ 39:24+
02:45+	03:29+ 05:49+ 02:59+	06:08+ 06:48+	07:09+ 04:17+
01:39@	01:42& 02:14& 01:21&	03:28@ 03:20&	04:15@ 02:06& 04:57@ 01:22& 00:13&
10	Viveka Bollmark	403	59:49
02:38+	07:23+ 14:54+ 19:33+	26:46+ 36:59+	44:30+ 49:10+
02:38+	04:45+ 07:31+ 04:39+	07:13+ 10:13+	07:31+ 04:40+
01:32@	02:58@ 03:56@ 03:01@	04:33@ 06:45@	04:37@ 02:29@ 03:18@ 01:58& 00:34&

Class	Navn	Klasse	Tid							
11	Iris Fossøy	243	1:05:39							
04:42+	11:03+	20:01+	24:23+	32:09+	41:48+	47:58+	53:17+	58:55+	64:34+	65:39+
04:42+	06:21+	08:58+	04:22+	07:46+	09:39+	06:10+	05:19+	05:38+	05:39+	01:05+
03:36@	04:34@	05:23@	02:44@	05:06@	06:11@	03:16@	03:08@	03:59@	03:08@	00:26&
12	Stina Fallsen	NOTEAM	1:05:47							
04:44+	11:02+	20:04+	24:20+	32:08+	41:48+	48:00+	53:20+	58:58+	64:26+	65:47+
04:44+	06:18+	09:02+	04:16+	07:48+	09:40+	06:12+	05:20+	05:38+	05:28+	01:21+
03:38@	04:31@	05:27@	02:38@	05:08@	06:12@	03:18@	03:09@	03:59@	02:57@	00:42@
13	Helle J. Frischknecht	21	1:17:25							
02:50+	10:58+	18:49+	24:17+	41:08+	48:30+	60:22+	66:47+	72:03+	76:18+	77:25+
02:50+	08:08+	07:51+	05:28+	16:51+	07:22+	11:52+	06:25+	05:16+	04:15+	01:07+
01:44@	06:21@	04:16@	03:50@	14:11@	03:54@	08:58@	04:14@	03:37@	01:44&	00:28&

Beste strekketid for klassen

01:06 01:47 03:35 01:38 02:40 03:27 02:54 02:11 01:39 02:11 00:39

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

C Kort

1	Vebjørn Undstad Rostadmo	146	36:37							
01:47=	03:52=	09:38=	11:46=	15:35=	20:40=	25:48=	29:05=	34:54=	35:37=	36:37=
01:47=	02:05=	05:46=	02:08=	03:49=	05:05=	05:08=	03:17=	05:49=	00:43=	01:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Synnøve Vonen	305	40:39							
01:52+	03:58+	08:46-	17:38+	22:37+	29:29+	32:54+	36:05+	39:17+	39:44+	40:39+
01:52+	02:06+	04:48-	08:52+	04:59+	06:52+	03:25-	03:11-	03:12-	00:27-	00:55-
00:05+	00:01+	00:58-	06:44@	01:10&	01:47&	01:43-	00:06-	02:37-	00:16-	00:05-
3	Ingrid Oxaas	222	45:46							
02:13+	04:09+	09:46+	14:43+	20:01+	32:59+	36:18+	40:18+	43:48+	44:35+	45:46+
02:13+	01:56-	05:37-	04:57+	05:18+	12:58+	03:19-	04:00+	03:30-	00:47+	01:11+
00:26#	00:09-	00:09-	02:49@	01:29&	07:53@	01:49-	00:43#	02:19-	00:04+	00:11#
4	Eva Ekelund	642	53:36							
03:09+	06:35+	13:32+	16:56+	32:41+	38:09+	42:25+	47:12+	51:07+	52:09+	53:36+
03:09+	03:26+	06:57+	03:24+	15:45+	05:28+	04:16-	04:47+	03:55-	01:02+	01:27+
01:22&	01:21&	01:11#	01:16&	11:56@	00:23+	00:52-	01:30&	01:54-	00:19&	00:27&
5	Laila Østgård	NOTEAM	55:42							
03:39+	06:10+	22:30+	26:03+	33:45+	39:07+	43:46+	48:53+	52:27+	53:39+	55:42+
03:39+	02:31+	16:20+	03:33+	07:42+	05:22+	04:39-	05:07+	03:34-	01:12+	02:03+
01:52@	00:26#	10:34@	01:25&	03:53@	00:17+	00:29-	01:50&	02:15-	00:29&	01:03@
6	Karin Strutz	483	59:45							
05:37+	09:23+	18:48+	22:35+	29:37+	37:16+	43:16+	50:41+	56:14+	57:34+	59:45+
05:37+	03:46+	09:25+	03:47+	07:02+	07:39+	06:00+	07:25+	05:33-	01:20+	02:11+
03:50@	01:41&	03:39&	01:39&	03:13&	02:34&	00:52#	04:08@	00:16-	00:37&	01:11@

Beste strekketid for klassen

01:47 01:56 04:48 02:08 03:49 05:05 03:19 03:11 03:12 00:27 00:55

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

C Lang

1	Birgit Korvald	245	39:44									
01:55=	03:40=	07:57=	10:03=	13:52=	18:01=	19:52=	22:38=	29:01=	33:38=	36:39=	38:45=	39:44=
01:55=	01:45=	04:17=	02:06=	03:49=	04:09=	01:51=	02:46=	06:23=	04:37=	03:01=	02:06=	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=
2	Christoph Nölle	NOTEAM	49:48									
06:23+	08:06+	12:43+	14:41+	17:59+	21:12+	22:51+	34:28+	38:02+	43:59+	46:44+	48:47+	49:48+
06:23+	01:43-	04:37+	01:58-	03:18-	03:13-	01:39-	11:37+	03:34-	05:57+	02:45-	02:03-	01:01+
04:28@	00:02-	00:20+	00:08-	00:31-	00:56-	00:12-	08:51@	02:49-	01:20&	00:16-	00:03-	00:02+

Pluss	Navn	Klasse	Tid
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Beste strekktid for klassen

01:55 01:43 04:17 01:58 03:18 03:13 01:39 02:46 03:34 04:37 02:45 02:03 00:59

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

D -10

44 Jessica Svärd 765 40:53

06:49+ 11:45+ 18:34+ 24:46+ 26:22+ 29:57+ 32:05+ 38:12+ 40:02+ 40:53+
 06:49+ 04:56+ 06:49+ 06:12+ 01:36+ 03:35+ 02:08+ 06:07+ 01:50+ 00:51+
 06:49+ 04:56+ 06:49+ 06:12+ 01:36+ 03:35+ 02:08+ 06:07+ 01:50+ 00:51+

45 Kaisa Kultima 1399 35:06

02:02+ 06:53+ 12:18+ 20:37+ 22:59+ 26:47+ 29:13+ 31:48+ 34:06+ 35:06+
 02:02+ 04:51+ 05:25+ 08:19+ 02:22+ 03:48+ 02:26+ 02:35+ 02:18+ 01:00+
 02:02+ 04:51+ 05:25+ 08:19+ 02:22+ 03:48+ 02:26+ 02:35+ 02:18+ 01:00+

47 Hanna Rantala 655 37:36

03:10+ 07:23+ 13:07+ 19:39+ 22:12+ 26:02+ 32:05+ 34:46+ 36:49+ 37:36+
 03:10+ 04:13+ 05:44+ 06:32+ 02:33+ 03:50+ 06:03+ 02:41+ 02:03+ 00:47+
 03:10+ 04:13+ 05:44+ 06:32+ 02:33+ 03:50+ 06:03+ 02:41+ 02:03+ 00:47+

48 Mari Alsos Höglin 106 28:07

01:55+ 05:16+ 10:38+ 14:09+ 15:47+ 20:01+ 22:31+ 25:30+ 27:22+ 28:07+
 01:55+ 03:21+ 05:22+ 03:31+ 01:38+ 04:14+ 02:30+ 02:59+ 01:52+ 00:45+
 01:55+ 03:21+ 05:22+ 03:31+ 01:38+ 04:14+ 02:30+ 02:59+ 01:52+ 00:45+

Beste strekktid for klassen

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

D 11-12

1 Anni Rintanen 486 26:29

01:32= 05:03= 08:51= 11:03= 12:33= 17:04= 18:40= 22:25= 25:17= 25:44= 26:29=
 01:32= 03:31= 03:48= 02:12= 01:30= 04:31= 01:36= 03:45= 02:52= 00:27= 00:45=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Ronja Götsch Iversen 146 28:56

01:44+ 04:58- 12:55+ 15:07+ 16:22+ 20:43+ 22:41+ 25:49+ 27:42+ 28:07+ 28:56+
 01:44+ 03:14- 07:57+ 02:12= 01:15- 04:21- 01:58+ 03:08- 01:53- 00:25- 00:49+
 00:12# 00:17- 04:09@ 00:00= 00:15- 00:10- 00:22# 00:37- 00:59- 00:02- 00:04+

3 Inka Mäenpää 655 32:54

02:26+ 05:12+ 10:32+ 21:57+ 22:54+ 25:13+ 27:05+ 29:43+ 31:28+ 31:58+ 32:54+
 02:26+ 02:46- 05:20+ 11:25+ 00:57- 02:19- 01:52+ 02:38- 01:45- 00:30+ 00:56+
 00:54& 00:45- 01:32& 09:13@ 00:33- 02:12- 00:16# 01:07- 01:07- 00:03# 00:11#

4 Lise Marcussen 106 33:17

03:12+ 07:24+ 11:51+ 15:28+ 16:50+ 21:27+ 23:53+ 28:25+ 31:41+ 32:35+ 33:17+
 03:12+ 04:12+ 04:27+ 03:37+ 01:22- 04:37+ 02:26+ 04:32+ 03:16+ 00:54+ 00:42-
 01:40@ 00:41# 00:39# 01:25& 00:08- 00:06+ 00:50& 00:47# 00:24# 00:27& 00:03-

5 Eline Andrea Vaeng Bernhardsen 146 34:37

01:40+ 11:24+ 16:56+ 20:34+ 23:40+ 24:48+ 27:45+ 29:20+ 31:39+ 33:23+ 33:50+ 34:37+
 01:40+ 09:44+ 05:32+ 03:38+ 03:06+ 01:08- 02:57+ 01:35- 02:19- 01:44+ 00:27- 00:47+
 00:08+ 06:13@ 01:44& 01:26& 01:36@ 03:23- 01:21& 02:10- 00:33- 01:17@ 00:18- 00:47+

6 Astrid Elida Vaeng Bernhardsen 146 36:37

03:05+ 06:45+ 11:04+ 22:38+ 25:38+ 26:46+ 29:43+ 31:21+ 33:41+ 35:26+ 35:51+ 36:37+
 03:05+ 03:40+ 04:19+ 11:34+ 03:00+ 01:08- 02:57+ 01:38- 02:20- 01:45+ 00:25- 00:46+
 01:33@ 00:09+ 00:31# 09:22@ 01:30& 03:23- 01:21& 02:07- 00:32- 01:18@ 00:20- 00:46+

7 Venla Portimojärvi 655 42:26

06:39+ 10:37+ 17:40+ 23:44+ 25:19+ 29:01+ 31:03+ 38:39+ 40:57+ 41:35+ 42:26+
 06:39+ 03:58+ 07:03+ 06:04+ 01:35+ 03:42- 02:02+ 07:36+ 02:18- 00:38+ 00:51+
 05:07@ 00:27# 03:15& 03:52@ 00:05+ 00:49- 00:26& 03:51@ 00:34- 00:11& 00:06#

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:32 02:46 03:48 02:12 00:57 01:08 01:36 01:35 01:45 00:25 00:25

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

D 13-14

1	Silja Lauri	655	25:32
01:27=	03:52= 07:05= 08:54= 11:57= 14:42= 16:47= 18:21= 20:22= 22:09= 24:48= 25:32=		
01:27=	02:25= 03:13= 01:49= 03:03= 02:45= 02:05= 01:34= 02:01= 01:47= 02:39= 00:44=		
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	Klara Graversen	146	26:51
01:26-	03:13- 07:26+ 08:52- 12:02+ 15:08+ 17:20+ 19:10+ 21:30+ 23:47+ 26:07+ 26:51+		
01:26-	01:47- 04:13+ 01:26- 03:10+ 03:06+ 02:12+ 01:50+ 02:20+ 02:17+ 02:20- 00:44=		
00:01-	00:38- 01:00& 00:23- 00:07+ 00:21# 00:07+ 00:16# 00:19# 00:30& 00:19- 00:00=		
3	Oili Holopainen	1136	27:45
01:33+	03:20- 06:55- 10:48+ 13:42+ 16:02+ 18:16+ 20:31+ 22:27+ 24:56+ 27:08+ 27:45+		
01:33+	01:47- 03:35+ 03:53+ 02:54- 02:20- 02:14+ 02:15+ 01:56- 02:29+ 02:12- 00:37-		
00:06+	00:38- 00:22# 02:04@ 00:09- 00:25- 00:09+ 00:41& 00:05- 00:42& 00:27- 00:07-		
4	Emma-Leena Portimojärvi	655	28:09
01:25-	04:07+ 07:50+ 10:19+ 12:51+ 14:54+ 16:59+ 20:49+ 23:04+ 25:19+ 27:31+ 28:09+		
01:25-	02:42+ 03:43+ 02:29+ 02:32- 02:03- 02:05= 03:50+ 02:15+ 02:15+ 02:12- 00:38-		
00:02-	00:17# 00:30# 00:40& 00:31- 00:42- 00:00= 02:16@ 00:14# 00:28& 00:27- 00:06-		
5	Elisa Götsch Iversen	146	28:31
01:27=	03:12- 06:23- 08:21- 12:39+ 15:05+ 18:07+ 20:01+ 22:14+ 25:25+ 27:44+ 28:31+		
01:27=	01:45- 03:11- 01:58+ 04:18+ 02:26- 03:02+ 01:54+ 02:13+ 03:11+ 02:19- 00:47+		
00:00=	00:40- 00:02- 00:09+ 01:15& 00:19- 00:57& 00:20# 00:12+ 01:24& 00:20- 00:03+		
6	Helene Alsos Höglin	106	28:35
01:42+	04:16+ 07:53+ 09:39+ 13:53+ 16:22+ 18:31+ 20:31+ 22:56+ 25:02+ 27:53+ 28:35+		
01:42+	02:34+ 03:37+ 01:46- 04:14+ 02:29- 02:09+ 02:00+ 02:25+ 02:06+ 02:51+ 00:42-		
00:15#	00:09+ 00:24# 00:03- 01:11& 00:16- 00:04+ 00:26& 00:24# 00:19# 00:12+ 00:02-		
7	Hanne Marcussen	106	31:02
01:32+	03:56+ 07:39+ 09:29+ 14:13+ 17:15+ 19:20+ 21:42+ 24:39+ 27:22+ 30:16+ 31:02+		
01:32+	02:24- 03:43+ 01:50+ 04:44+ 03:02+ 02:05= 02:22+ 02:57+ 02:43+ 02:54+ 00:46+		
00:05+	00:01- 00:30# 00:01+ 01:41& 00:17# 00:00= 00:48& 00:56& 00:56& 00:15+ 00:02+		
8	Astrid White	341	31:15
04:42+	06:44+ 10:03+ 11:29+ 14:56+ 18:18+ 20:21+ 22:35+ 25:15+ 27:28+ 30:25+ 31:15+		
04:42+	02:02- 03:19+ 01:26- 03:27+ 03:22+ 02:03- 02:14+ 02:40+ 02:13+ 02:57+ 00:50+		
03:15@	00:23- 00:06+ 00:23- 00:24# 00:37# 00:02- 00:40& 00:39& 00:26# 00:18# 00:06#		
9	Anni Taulavuori	1396	31:29
01:43+	05:15+ 09:29+ 11:16+ 16:50+ 19:14+ 21:12+ 23:04+ 25:39+ 28:12+ 30:40+ 31:29+		
01:43+	03:32+ 04:14+ 01:47- 05:34+ 02:24- 01:58- 01:52+ 02:35+ 02:33+ 02:28- 00:49+		
00:16#	01:07& 01:01& 00:02- 02:31& 00:21- 00:07- 00:18# 00:34& 00:46& 00:11- 00:05#		
10	Elina Lauri	655	35:58
01:44+	04:01+ 08:41+ 10:43+ 14:46+ 18:20+ 22:01+ 25:01+ 27:58+ 31:52+ 35:11+ 35:58+		
01:44+	02:17- 04:40+ 02:02+ 04:03+ 03:34+ 03:41+ 03:00+ 02:57+ 03:54+ 03:19+ 00:47+		
00:17#	00:08- 01:27& 00:13# 01:00& 00:49& 01:36& 01:26& 00:56& 02:07@ 00:40& 00:03+		
11	Marita Olsen	41	38:34
01:28+	05:14+ 09:49+ 12:11+ 24:03+ 26:20+ 28:22+ 30:32+ 32:59+ 35:03+ 37:52+ 38:34+		
01:28+	03:46+ 04:35+ 02:22+ 11:52+ 02:17- 02:02- 02:10+ 02:27+ 02:04+ 02:49+ 00:42-		
00:01+	01:21& 01:22& 00:33& 08:49@ 00:28- 00:03- 00:36& 00:26# 00:17# 00:10+ 00:02-		

Beste strekktid for klassen

01:25 01:45 03:11 01:26 02:32 02:03 01:58 01:34 01:56 01:47 02:12 00:37

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

D 15-16

Class	Navn	Klasse	Tid									
1	Ane Sofie Krogh	268	37:37									
02:18=	05:42=	15:42=	18:04=	19:18=	24:19=	27:53=	31:19=	33:05=	35:01=	36:31=	36:56=	37:37=
02:18=	03:24=	10:00=	02:22=	01:14=	05:01=	03:34=	03:26=	01:46=	01:56=	01:30=	00:25=	00:41=
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	Aino Rantala	655	42:37									
04:56+	08:35+	18:29+	21:24+	23:21+	26:21+	30:06+	34:13+	37:40+	39:50+	41:22+	41:51+	42:37+
04:56+	03:39+	09:54-	02:55+	01:57+	03:00-	03:45+	04:07+	03:27+	02:10+	01:32+	00:29+	00:46+
02:38@	00:15+	00:06-	00:33#	00:43&	02:01-	00:11+	00:41#	01:41&	00:14#	00:02+	00:04#	00:05#
3	Idunn Strand	146	43:38									
02:36+	07:42+	19:41+	22:33+	24:32+	28:48+	32:17+	35:46+	37:44+	39:49+	42:31+	42:55+	43:38+
02:36+	05:06+	11:59+	02:52+	01:59+	04:16-	03:29-	03:29+	01:58+	02:05+	02:42+	00:24-	00:43+
00:18#	01:42&	01:59#	00:30#	00:45&	00:45-	00:05-	00:03+	00:12#	00:09+	01:12&	00:01-	00:02+

Beste strekktid for klassen

02:18 03:24 09:54 02:22 01:14 03:00 03:29 03:26 01:46 01:56 01:30 00:24 00:41

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

D 17-18

1	Eli Kolstad	222	36:21									
02:36=	08:59=	10:08=	15:39=	17:09=	20:20=	22:56=	24:32=	28:57=	30:49=	33:05=	35:30=	36:21=
02:36=	06:23=	01:09=	05:31=	01:30=	03:11=	02:36=	01:36=	04:25=	01:52=	02:16=	02:25=	00:51=
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	Venla Taulavuori	1396	36:25									
02:06-	12:37+	13:51+	18:55+	20:00+	22:42+	25:15+	26:27+	30:06+	31:48+	33:58+	35:39+	36:25+
02:06-	10:31+	01:14+	05:04-	01:05-	02:42-	02:33-	01:12-	03:39-	01:42-	02:10-	01:41-	00:46-
00:30-	04:08&	00:05+	00:27-	00:25-	00:29-	00:03-	00:24-	00:46-	00:10-	00:06-	00:44-	00:05-
3	Lina Svärd	765	37:57									
02:26-	10:51+	12:14+	18:28+	19:48+	22:04+	25:37+	27:15+	31:27+	33:15+	35:30+	37:15+	37:57+
02:26-	08:25+	01:23+	06:14+	01:20-	02:16-	03:33+	01:38+	04:12-	01:48-	02:15-	01:45-	00:42-
00:10-	02:02&	00:14#	00:43#	00:10-	00:55-	00:57&	00:02+	00:13-	00:04-	00:01-	00:40-	00:09-
4	Martha Skogeng Reiten	67	43:37									
02:28-	11:38+	12:56+	19:39+	20:58+	26:31+	30:03+	31:40+	35:58+	38:13+	41:10+	42:56+	43:37+
02:28-	09:10+	01:18+	06:43+	01:19-	05:33+	03:32+	01:37+	04:18-	02:15+	02:57+	01:46-	00:41-
00:08-	02:47&	00:09#	01:12#	00:11-	02:22&	00:56&	00:01+	00:07-	00:23#	00:41&	00:39-	00:10-
5	Tora Indregard	146	48:44									
02:35-	20:26+	21:34+	27:19+	28:33+	33:01+	35:58+	37:10+	41:17+	43:08+	45:30+	48:01+	48:44+
02:35-	17:51+	01:08-	05:45+	01:14-	04:28+	02:57+	01:12-	04:07-	01:51-	02:22+	02:31+	00:43-
00:01-	11:28@	00:01-	00:14+	00:16-	01:17&	00:21#	00:24-	00:18-	00:01-	00:06+	00:06+	00:08-
6	Kristiane Rogstad	184	51:34									
03:01+	17:24+	18:49+	25:42+	27:03+	30:56+	36:44+	38:13+	42:57+	44:58+	48:06+	50:32+	51:34+
03:01+	14:23+	01:25+	06:53+	01:21-	03:53+	05:48+	01:29-	04:44+	02:01+	03:08+	02:26+	01:02+
00:25#	08:00@	00:16#	01:22#	00:09-	00:42#	03:12@	00:07-	00:19+	00:09+	00:52&	00:01+	00:11#
7	Solveig Sæternes	51	1:10:24									
03:08+	13:23+	15:03+	29:22+	31:02+	46:54+	51:52+	54:56+	61:21+	64:19+	67:26+	69:36+	70:24+
03:08+	10:15+	01:40+	14:19+	01:40+	15:52+	04:58+	03:04+	06:25+	02:58+	03:07+	02:10-	00:48-
00:32#	03:52&	00:31&	08:48@	00:10#	12:41@	02:22&	01:28&	02:00&	01:06&	00:51&	00:15-	00:03-
8	Kathinka Rogstad	184	1:10:31									
06:23+	28:07+	30:05+	39:30+	41:39+	47:40+	52:04+	53:51+	60:15+	62:46+	65:51+	69:24+	70:31+
06:23+	21:44+	01:58+	09:25+	02:09+	06:01+	04:24+	01:47+	06:24+	02:31+	03:05+	03:33+	01:07+
03:47@	15:21@	00:49&	03:54&	00:39&	02:50&	01:48&	00:11#	01:59&	00:39&	00:49&	01:08&	00:16&

Beste strekktid for klassen

02:06 06:23 01:08 05:04 01:05 02:16 02:33 01:12 03:39 01:42 02:10 01:41 00:41

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

D 17-AK

Class	Navn	Klasse	Tid
1	Mari Basberg	317	42:42
	02:48= 13:25= 14:43= 20:48= 21:51= 24:45= 28:19= 29:32= 35:04= 36:42= 39:40= 41:45= 42:42=		
	02:48= 10:37= 01:18= 06:05= 01:03= 02:54= 03:34= 01:13= 05:32= 01:38= 02:58= 02:05= 00:57=		
	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	Amélie Wallenhammar	726	50:11
	03:45+ 10:30- 11:52- 28:52+ 30:13+ 34:00+ 37:12+ 38:28+ 42:43+ 44:39+ 47:15+ 49:16+ 50:11+		
	03:45+ 06:45- 01:22+ 17:00+ 01:21+ 03:47+ 03:12- 01:16+ 04:15- 01:56+ 02:36- 02:01- 00:55-		
	00:57& 03:52- 00:04+ 10:55@ 00:18& 00:53& 00:22- 00:03+ 01:17- 00:18# 00:22- 00:04- 00:02-		
3	Tine Hjelseth Larsen	184	55:12
	02:42- 18:27+ 20:30+ 28:03+ 29:47+ 33:32+ 40:17+ 42:07+ 46:59+ 49:15+ 52:06+ 54:18+ 55:12+		
	02:42- 15:45+ 02:03+ 07:33+ 01:44+ 03:45+ 06:45+ 01:50+ 04:52- 02:16+ 02:51- 02:12+ 00:54-		
	00:06- 05:08& 00:45& 01:28# 00:41& 00:51& 03:11& 00:37& 00:40- 00:38& 00:07- 00:07+ 00:03-		
Beste strekktid for klassen			
	02:42	06:45	01:18
	06:05	01:03	02:54
	03:12	01:13	04:15
	01:38	02:36	02:01
	00:54		

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

D 17-B

1	Hilde Hanssen	345	27:54
	01:27= 03:32= 06:41= 08:17= 12:53= 15:49= 17:59= 20:00= 22:47= 25:02= 27:08= 27:54=		
	01:27= 02:05= 03:09= 01:36= 04:36= 02:56= 02:10= 02:01= 02:47= 02:15= 02:06= 00:46=		
	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	Anne Gro Styrvold	198	37:46
	01:49+ 04:21+ 08:05+ 10:08+ 18:56+ 22:24+ 24:29+ 27:06+ 30:12+ 33:16+ 36:49+ 37:46+		
	01:49+ 02:32+ 03:44+ 02:03+ 08:48+ 03:28+ 02:05- 02:37+ 03:06+ 03:04+ 03:33+ 00:57+		
	00:22& 00:27# 00:35# 00:27& 04:12& 00:32# 00:05- 00:36& 00:19# 00:49& 01:27& 00:11#		
3	Marit Bjørnevik	45	40:51
	01:57+ 04:26+ 08:39+ 11:07+ 17:55+ 22:41+ 26:26+ 29:00+ 32:24+ 35:48+ 39:51+ 40:51+		
	01:57+ 02:29+ 04:13+ 02:28+ 06:48+ 04:46+ 03:45+ 02:34+ 03:24+ 03:24+ 04:03+ 01:00+		
	00:30& 00:24# 01:04& 00:52& 02:12& 01:50& 01:35& 00:33& 00:37# 01:09& 01:57& 00:14&		
4	Eli Stensli	212	41:16
	02:05+ 05:15+ 12:05+ 14:14+ 20:59+ 25:07+ 27:40+ 30:14+ 33:17+ 36:25+ 40:11+ 41:16+		
	02:05+ 03:10+ 06:50+ 02:09+ 06:45+ 04:08+ 02:33+ 02:34+ 03:03+ 03:08+ 03:46+ 01:05+		
	00:38& 01:05& 03:41@ 00:33& 02:09& 01:12& 00:23# 00:33& 00:16+ 00:53& 01:40& 00:19&		
5	Lene Næss Birkeland	341	45:18
	02:26+ 05:06+ 09:48+ 12:33+ 19:54+ 27:36+ 29:55+ 32:42+ 36:13+ 40:25+ 43:54+ 45:18+		
	02:26+ 02:40+ 04:42+ 02:45+ 07:21+ 07:42+ 02:19+ 02:47+ 03:31+ 04:12+ 03:29+ 01:24+		
	00:59& 00:35& 01:33& 01:09& 02:45& 04:46@ 00:09+ 00:46& 00:44& 01:57& 01:23& 00:38&		
Beste strekktid for klassen			
	01:27	02:05	03:09
	01:36	04:36	02:56
	02:05	02:01	02:47
	02:15	02:06	00:46

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

D 17-C

1	Camilla Fosstveit	281	43:46
	02:50= 05:02= 09:41= 12:21= 18:44= 25:01= 29:35= 35:15= 40:14= 42:29= 43:46=		
	02:50= 02:12= 04:39= 02:40= 06:23= 06:17= 04:34= 05:40= 04:59= 02:15= 01:17=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Mailiss Myrvang	41	58:04
	02:35- 04:49- 12:05+ 15:41+ 21:40+ 29:54+ 42:22+ 48:14+ 54:04+ 56:35+ 58:04+		
	02:35- 02:14+ 07:16+ 03:36+ 05:59- 08:14+ 12:28+ 05:52+ 05:50+ 02:31+ 01:29+		
	00:15- 00:02+ 02:37& 00:56& 00:24- 01:57& 07:54@ 00:12+ 00:51# 00:16# 00:12#		
Beste strekktid for klassen			
	02:35	02:12	04:39
	02:40	05:59	06:17
	04:34	05:40	04:59
	02:15	01:17	

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

D 19-20

1 Oda Furuholmen 45 42:05

03:35= 05:12= 12:33= 13:51= 20:04= 21:22= 23:48= 27:52= 29:10= 33:42= 36:35= 38:40= 41:01= 42:05=
 03:35= 01:37= 07:21= 01:18= 06:13= 01:18= 02:26= 04:04= 01:18= 04:32= 02:53= 02:05= 02:21= 01:04=
 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 Heini Rintanen 486 43:32

02:32- 03:54- 10:36- 12:02- 17:30- 22:19+ 28:13+ 30:57+ 32:18+ 36:16+ 39:14+ 41:01+ 42:49+ 43:32+
 02:32- 01:22- 06:42- 01:26+ 05:28- 04:49+ 05:54+ 02:44- 01:21+ 03:58- 02:58+ 01:47- 01:48- 00:43-
 01:03- 00:15- 00:39- 00:08# 00:45- 03:31@ 03:28@ 01:20- 00:03+ 00:34- 00:05+ 00:18- 00:33- 00:21-

3 Martha Kalvig Skogan 45 46:16

02:57- 04:17- 12:55+ 14:15+ 21:07+ 22:18+ 29:49+ 32:33+ 33:53+ 38:38+ 41:45+ 43:41+ 45:35+ 46:16+
 02:57- 01:20- 08:38+ 01:20+ 06:52+ 01:11- 07:31+ 02:44- 01:20+ 04:45+ 03:07+ 01:56- 01:54- 00:41-
 00:38- 00:17- 01:17# 00:02+ 00:39# 00:07- 05:05@ 01:20- 00:02+ 00:13+ 00:14+ 00:09- 00:27- 00:23-

4 Ingvild Ofstad 146 1:10:53

02:28- 03:37- 09:17- 10:32- 16:26- 17:55- 46:55+ 51:34+ 54:11+ 63:38+ 66:19+ 68:23+ 70:10+ 70:53+
 02:28- 01:09- 05:40- 01:15- 05:54- 01:29+ 29:00+ 04:39+ 02:37+ 09:27+ 02:41- 02:04- 01:47- 00:43-
 01:07- 00:28- 01:41- 00:03- 00:19- 00:11# 26:34@ 00:35# 01:19@ 04:55@ 00:12- 00:01- 00:34- 00:21-

5 Johanna Lundkvist 1092 1:19:48

04:01+ 05:50+ 19:23+ 21:22+ 31:54+ 34:54+ 53:56+ 58:51+ 61:38+ 68:58+ 72:56+ 75:30+ 78:47+ 79:48+
 04:01+ 01:49+ 13:33+ 01:59+ 10:32+ 03:00+ 19:02+ 04:55+ 02:47+ 07:20+ 03:58+ 02:34+ 03:17+ 01:01-
 00:26# 00:12# 06:12& 00:41& 04:19& 01:42@ 16:36@ 00:51# 01:29@ 02:48& 01:05& 00:29# 00:56& 00:03-

Beste strekktid for klassen

02:28 01:09 05:40 01:15 05:28 01:11 02:26 02:44 01:18 03:58 02:41 01:47 01:47 00:41

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

D 21-

1 Helena Karlsson 430 41:32

02:25= 03:33= 12:28= 14:13= 15:13= 17:55= 21:14= 24:04= 29:42= 32:12= 34:26= 36:00= 37:27= 38:59= 40:51= 41:32=
 02:25= 01:08= 08:55= 01:45= 01:00= 02:42= 03:19= 02:50= 05:38= 02:30= 02:14= 01:34= 01:27= 01:32= 01:52= 00:41=
 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 Gunilla Svård 765 44:26

02:28+ 03:27- 12:45+ 14:40+ 15:47+ 18:12+ 20:57- 24:19+ 30:09+ 34:04+ 36:35+ 38:13+ 39:47+ 41:35+ 43:43+ 44:26+
 02:28+ 00:59- 09:18+ 01:55+ 01:07+ 02:25- 02:45- 03:22+ 05:50+ 03:55+ 02:31+ 01:38+ 01:34+ 01:48+ 02:08+ 00:43+
 00:03+ 00:09- 00:23+ 00:10+ 00:07# 00:17- 00:34- 00:32# 00:12+ 01:25& 00:17# 00:04+ 00:07+ 00:16# 00:16# 00:02+

3 Maria Magnusson 425 45:06

02:22- 03:30- 12:25- 14:13= 15:39+ 18:19+ 22:37+ 25:52+ 31:40+ 34:13+ 36:58+ 38:42+ 40:17+ 41:56+ 44:17+ 45:06+
 02:22- 01:08= 08:55= 01:48+ 01:26+ 02:40- 04:18+ 03:15+ 05:48+ 02:33+ 02:45+ 01:44+ 01:35+ 01:39+ 02:21+ 00:49+
 00:03- 00:00= 00:00= 00:03+ 00:26& 00:02- 00:59& 00:25# 00:10+ 00:03+ 00:31# 00:10# 00:08+ 00:07+ 00:29& 00:08#

4 Mari Väänänen 551 45:43

02:19- 03:31- 13:17+ 15:27+ 16:36+ 19:27+ 23:09+ 26:08+ 32:16+ 35:39+ 38:29+ 40:05+ 41:36+ 43:09+ 45:00+ 45:43+
 02:19- 01:12+ 09:46+ 02:10+ 01:09+ 02:51+ 03:42+ 02:59+ 06:08+ 03:23+ 02:50+ 01:36+ 01:31+ 01:33+ 01:51- 00:43+
 00:06- 00:04+ 00:51+ 00:25# 00:09# 00:09+ 00:23# 00:09+ 00:30+ 00:53& 00:36& 00:02+ 00:04+ 00:01+ 00:01- 00:02+

5 Josefine Klintberg 663 45:59

02:30+ 03:51+ 12:58+ 15:01+ 16:25+ 19:26+ 23:04+ 26:27+ 33:07+ 35:53+ 38:19+ 40:06+ 41:47+ 43:21+ 45:18+ 45:59+
 02:30+ 01:21+ 09:07+ 02:03+ 01:24+ 03:01+ 03:38+ 03:23+ 06:40+ 02:46+ 02:26+ 01:47+ 01:41+ 01:34+ 01:57+ 00:41=
 00:05+ 00:13# 00:12+ 00:18# 00:24& 00:19# 00:19+ 00:33# 01:02# 00:16# 00:12+ 00:13# 00:14# 00:02+ 00:05+ 00:00=

6 Ingrid Gulbrandsen 244 47:41

02:32+ 03:36+ 13:54+ 16:12+ 17:12+ 20:58+ 25:23+ 28:31+ 34:44+ 37:26+ 40:05+ 41:53+ 43:18+ 44:59+ 46:57+ 47:41+
 02:32+ 01:04- 10:18+ 02:18+ 01:00= 03:46+ 04:25+ 03:08+ 06:13+ 02:42+ 02:39+ 01:48+ 01:25- 01:41+ 01:58+ 00:44+
 00:07+ 00:04- 01:23# 00:33& 00:00= 01:04& 01:06& 00:18# 00:35# 00:12+ 00:25# 00:14# 00:02- 00:09+ 00:06+ 00:03+

7 Jenny Bengtsson 425 48:56

02:24- 03:34+ 12:20- 14:34+ 16:00+ 21:08+ 24:30+ 27:45+ 34:59+ 38:07+ 40:54+ 42:39+ 44:19+ 46:03+ 48:05+ 48:56+
 02:24- 01:10+ 08:46- 02:14+ 01:26+ 05:08+ 03:22+ 03:15+ 07:14+ 03:08+ 02:47+ 01:45+ 01:40+ 01:44+ 02:02+ 00:51+
 00:01- 00:02+ 00:09- 00:29& 00:26& 02:26& 00:03+ 00:25# 01:36& 00:38& 00:33# 00:11# 00:13# 00:12# 00:10+ 00:10#

Class	Navn	Klasse	Tid												
8	Evine Westli Andersen	212	49:43												
02:49+	04:10+	14:27+	16:33+	17:56+	20:52+	24:28+	28:13+	35:17+	38:16+	41:14+	43:13+	44:58+	46:42+	49:01+	49:43+
02:49+	01:21+	10:17+	02:06+	01:23+	02:56+	03:26+	03:45+	07:04+	02:59+	02:58+	01:59+	01:45+	01:44+	02:19+	00:42+
00:24#	00:13#	01:22#	00:21#	00:23&	00:14+	00:17+	00:55&	01:26&	00:29#	00:44&	00:25&	00:18#	00:12#	00:27#	00:01+
9	Victoria Stevens	510	50:52												
02:29+	03:44+	12:06-	13:50-	14:49-	20:06+	23:32+	27:47+	34:56+	37:51+	40:32+	42:31+	44:20+	47:43+	49:59+	50:52+
02:29+	01:15+	08:22-	01:44-	00:59-	05:17+	03:26+	04:15+	07:09+	02:55+	02:41+	01:59+	01:49+	03:23+	02:16+	00:53+
00:04+	00:07#	00:33-	00:01-	00:01-	02:35&	00:07+	01:25&	01:31&	00:25#	00:27#	00:25&	00:22&	01:51@	00:24#	00:12&
10	Tiina Haarlaa	531	51:08												
02:43+	04:01+	15:01+	17:23+	18:58+	22:02+	25:44+	29:14+	36:48+	39:40+	42:31+	44:30+	46:02+	47:49+	50:19+	51:08+
02:43+	01:18+	11:00+	02:22+	01:35+	03:04+	03:42+	03:30+	07:34+	02:52+	02:51+	01:59+	01:32+	01:47+	02:30+	00:49+
00:18#	00:10#	02:05#	00:37&	00:35&	00:22#	00:23#	00:40#	01:56&	00:22#	00:37&	00:25&	00:05+	00:15#	00:38&	00:08#
11	Helen Martinsen	142	51:28												
02:45+	04:09+	14:23+	16:30+	17:58+	21:18+	24:44+	28:08+	35:22+	40:19+	43:18+	45:12+	46:49+	48:32+	50:43+	51:28+
02:45+	01:24+	10:14+	02:07+	01:28+	03:20+	03:26+	03:24+	07:14+	04:57+	02:59+	01:54+	01:37+	01:43+	02:11+	00:45+
00:20#	00:16#	01:19#	00:22#	00:28&	00:38#	00:07+	00:34#	01:36&	02:27&	00:45&	00:20#	00:10#	00:11#	00:19#	00:04+
12	Sanna Andelin	1418	51:52												
03:02+	04:22+	15:49+	18:02+	19:19+	22:42+	26:31+	30:01+	36:56+	40:37+	43:23+	45:16+	47:00+	48:56+	51:03+	51:52+
03:02+	01:20+	11:27+	02:13+	01:17+	03:23+	03:49+	03:30+	06:55+	03:41+	02:46+	01:53+	01:44+	01:56+	02:07+	00:49+
00:37&	00:12#	02:32&	00:28&	00:17&	00:41&	00:30#	00:40#	01:17#	01:11&	00:32#	00:19#	00:17#	00:24&	00:15#	00:08#
13	Marianne Opsahl Bredesen	244	51:52												
02:41+	04:11+	14:15+	16:17+	17:29+	20:46+	24:24+	28:25+	35:55+	39:33+	42:31+	44:41+	46:37+	48:33+	50:58+	51:52+
02:41+	01:30+	10:04+	02:02+	01:12+	03:17+	03:38+	04:01+	07:30+	03:38+	02:58+	02:10+	01:56+	01:56+	02:25+	00:54+
00:16#	00:22&	01:09#	00:17#	00:12#	00:35#	00:19+	01:11&	01:52&	01:08&	00:44&	00:36&	00:29&	00:24&	00:33&	00:13&
14	Marthe Gløersen	32	52:17												
02:13-	03:21-	11:49-	20:24+	21:22+	26:28+	29:34+	32:55+	38:57+	42:11+	44:37+	46:25+	47:58+	49:29+	51:33+	52:17+
02:13-	01:08=	08:28-	08:35+	00:58-	05:06+	03:06-	03:21+	06:02+	03:14+	02:26+	01:48+	01:33+	01:31-	02:04+	00:44+
00:12-	00:00=	00:27-	06:50@	00:02-	02:24&	00:13-	00:31#	00:24+	00:44&	00:12+	00:14#	00:06+	00:01-	00:12#	00:03+
15	Anna-Kaisa Asikainen	760	53:08												
02:17-	03:23-	11:21-	13:13-	15:43+	24:12+	27:40+	33:37+	39:52+	42:42+	45:25+	47:13+	48:45+	50:24+	52:24+	53:08+
02:17-	01:06-	07:58-	01:52+	02:30+	08:29+	03:28+	05:57+	06:15+	02:50+	02:43+	01:48+	01:32+	01:39+	02:00+	00:44+
00:08-	00:02-	00:57-	00:07+	01:30@	05:47@	00:09+	03:07@	00:37#	00:20#	00:29#	00:14#	00:05+	00:07+	00:08+	00:03+
16	Irene Beate Øhrn Arnevik	341	53:14												
02:52+	04:18+	14:54+	17:12+	18:35+	24:23+	27:41+	31:17+	38:46+	41:34+	44:21+	46:25+	48:05+	49:52+	52:21+	53:14+
02:52+	01:26+	10:36+	02:18+	01:23+	05:48+	03:18-	03:36+	07:29+	02:48+	02:47+	02:04+	01:40+	01:47+	02:29+	00:53+
00:27#	00:18&	01:41#	00:33&	00:23&	03:06@	00:01-	00:46&	01:51&	00:18#	00:33#	00:30&	00:13#	00:15#	00:37&	00:12&
17	Emma Andersson	425	53:15												
02:57+	04:27+	15:23+	17:43+	18:59+	22:51+	26:34+	30:15+	37:12+	40:59+	44:31+	46:31+	48:23+	50:10+	52:23+	53:15+
02:57+	01:30+	10:56+	02:20+	01:16+	03:52+	03:43+	03:41+	06:57+	03:47+	03:32+	02:00+	01:52+	01:47+	02:13+	00:52+
00:32#	00:22&	02:01#	00:35&	00:16#	01:10&	00:24#	00:51&	01:19#	01:17&	01:18&	00:26&	00:25&	00:15#	00:21#	00:11&
18	Audhild Bakken Rognstad	244	55:02												
02:36+	03:51+	18:41+	20:56+	22:22+	25:59+	30:16+	33:58+	40:21+	43:59+	46:49+	48:36+	50:21+	52:22+	54:24+	55:02+
02:36+	01:15+	14:50+	02:15+	01:26+	03:37+	04:17+	03:42+	06:23+	03:38+	02:50+	01:47+	01:45+	02:01+	02:02+	00:38-
00:11+	00:07#	05:55&	00:30&	00:26&	00:55&	00:58&	00:52&	00:45#	01:08&	00:36&	00:13#	00:18#	00:29&	00:10+	00:03-
19	Pernilla Tunis	1135	55:12												
02:49+	04:10+	14:12+	17:02+	18:28+	22:21+	26:39+	30:49+	39:18+	42:49+	45:46+	47:51+	49:44+	52:10+	54:19+	55:12+
02:49+	01:21+	10:02+	02:50+	01:26+	03:53+	04:18+	04:10+	08:29+	03:31+	02:57+	02:05+	01:53+	02:26+	02:09+	00:53+
00:24#	00:13#	01:07#	01:05&	00:26&	01:11&	00:59&	01:20&	02:51&	01:01&	00:43&	00:31&	00:26&	00:54&	00:17#	00:12&
20	Eveliina Hirvonen	714	56:06												
02:34+	03:39+	11:56-	13:50-	15:47+	28:22+	33:22+	36:45+	43:02+	46:11+	48:47+	50:27+	51:50+	53:27+	55:17+	56:06+
02:34+	01:05-	08:17-	01:54+	01:57+	12:35+	05:00+	03:23+	06:17+	03:09+	02:36+	01:40+	01:23-	01:37+	01:50-	00:49+
00:09+	00:03-	00:38-	00:09+	00:57&	09:53@	01:41&	00:33#	00:39#	00:39&	00:22#	00:06+	00:04-	00:05+	00:02-	00:08#
21	Marjo Liikanen	88	56:42												
02:28+	03:40+	18:03+	20:19+	21:54+	24:34+	28:10+	35:12+	42:15+	45:01+	47:51+	50:00+	51:38+	53:34+	55:50+	56:42+
02:28+	01:12+	14:23+	02:16+	01:35+	02:40-	03:36+	07:02+	07:03+	02:46+	02:50+	02:09+	01:38+	01:56+	02:16+	00:52+
00:03+	00:04+	05:28&	00:31&	00:35&	00:02-	00:17+	04:12@	01:25&	00:16#	00:36&	00:35&	00:11#	00:24&	00:24#	00:11&
22	Josefine Wallenhammar	726	57:55												
02:36+	03:43+	13:32+	15:42+	17:09+	20:57+	30:34+	33:50+	40:30+	43:38+	49:10+	51:17+	53:01+	54:57+	57:09+	57:55+
02:36+	01:07-	09:49+	02:10+	01:27+	03:48+	09:37+	03:16+	06:40+	03:08+	05:32+	02:07+	01:44+	01:56+	02:12+	00:46+
00:11+	00:01-	00:54#	00:25#	00:27&	01:06&	06:18@	00:26#	01:02#	00:38&	03:18@	00:33&	00:17#	00:24&	00:20#	00:05#

Class	Navn	Klasse										Tid				
23	Terhi Mykkänen	555										58:39				
03:04+	05:08+	18:27+	21:07+	22:27+	25:49+	31:16+	34:42+	42:13+	46:10+	49:35+	51:31+	53:18+	55:19+	57:42+	58:39+	
03:04+	02:04+	13:19+	02:40+	01:20+	03:22+	05:27+	03:26+	07:31+	03:57+	03:25+	01:56+	01:47+	02:01+	02:23+	00:57+	
00:39&	00:56&	04:24&	00:55&	00:20&	00:40#	02:08&	00:36#	01:53&	01:27&	01:11&	00:22#	00:20#	00:29&	00:31&	00:16&	
24	Maria Itkonen	1399										58:47				
02:40+	04:09+	17:45+	20:30+	21:53+	26:19+	30:24+	34:34+	42:32+	46:19+	49:19+	51:34+	53:24+	55:31+	57:59+	58:47+	
02:40+	01:29+	13:36+	02:45+	01:23+	04:26+	04:05+	04:10+	07:58+	03:47+	03:00+	02:15+	01:50+	02:07+	02:28+	00:48+	
00:15#	00:21&	04:41&	01:00&	00:23&	01:44&	00:46#	01:20&	02:20&	01:17&	00:46&	00:41&	00:23&	00:35&	00:36&	00:07#	
25	Elisabeth Fries	1090										59:21				
03:04+	04:28+	17:56+	20:23+	21:55+	26:14+	30:39+	34:12+	42:04+	46:04+	49:37+	51:47+	53:37+	55:57+	58:26+	59:21+	
03:04+	01:24+	13:28+	02:27+	01:32+	04:19+	04:25+	03:33+	07:52+	04:00+	03:33+	02:10+	01:50+	02:20+	02:29+	00:55+	
00:39&	00:16#	04:33&	00:42&	00:32&	01:37&	01:06&	00:43&	02:14&	01:30&	01:19&	00:36&	00:23&	00:48&	00:37&	00:14&	
26	Natalie Lerdahl	106										1:04:32				
02:50+	04:21+	14:43+	17:54+	19:17+	30:42+	34:47+	38:53+	47:13+	50:54+	54:09+	56:33+	58:35+	60:51+	63:37+	64:32+	
02:50+	01:31+	10:22+	03:11+	01:23+	11:25+	04:05+	04:06+	08:20+	03:41+	03:15+	02:24+	02:02+	02:16+	02:46+	00:55+	
00:25#	00:23&	01:27#	01:26&	00:23&	08:43@	00:46#	01:16&	02:42&	01:11&	01:01&	00:50&	00:35&	00:44&	00:54&	00:14&	
27	Niamh Corbett	1198										1:04:44				
02:35+	03:52+	14:41+	17:12+	18:40+	33:42+	37:50+	41:48+	49:23+	53:28+	56:38+	58:27+	60:11+	61:55+	64:00+	64:44+	
02:35+	01:17+	10:49+	02:31+	01:28+	15:02+	04:08+	03:58+	07:35+	04:05+	03:10+	01:49+	01:44+	01:44+	02:05+	00:44+	
00:10+	00:09#	01:54#	00:46&	00:28&	12:20@	00:49#	01:08&	01:57&	01:35&	00:56&	00:15#	00:17#	00:12#	00:13#	00:03+	
28	Helen Hanstock	431										1:05:06				
03:06+	04:28+	17:17+	20:05+	21:34+	27:27+	32:11+	36:40+	45:13+	49:25+	53:31+	56:12+	58:13+	61:00+	64:09+	65:06+	
03:06+	01:22+	12:49+	02:48+	01:29+	05:53+	04:44+	04:29+	08:33+	04:12+	04:06+	02:41+	02:01+	02:47+	03:09+	00:57+	
00:41&	00:14#	03:54&	01:03&	00:29&	03:11@	01:25&	01:39&	02:55&	01:42&	01:52&	01:07&	00:34&	01:15&	01:17&	00:16&	
29	Emilie Westli Andersen	212										1:05:39				
02:43+	03:55+	13:17+	16:27+	17:44+	32:21+	35:38+	39:31+	52:31+	55:14+	57:46+	59:44+	61:11+	62:52+	64:51+	65:39+	
02:43+	01:12+	09:22+	03:10+	01:17+	14:37+	03:17-	03:53+	13:00+	02:43+	02:32+	01:58+	01:27=	01:41+	01:59+	00:48+	
00:18#	00:04+	00:27+	01:25&	00:17&	11:55@	00:02-	01:03&	07:22@	00:13+	00:18#	00:24&	00:00=	00:09+	00:07+	00:07#	
30	Trine Bolstad	88										1:08:44				
03:09+	04:32+	17:47+	20:17+	21:53+	25:51+	34:43+	41:20+	49:34+	54:35+	57:50+	60:09+	63:05+	65:32+	67:49+	68:44+	
03:09+	01:23+	13:15+	02:30+	01:36+	03:58+	08:52+	06:37+	08:14+	05:01+	03:15+	02:19+	02:56+	02:27+	02:17+	00:55+	
00:44&	00:15#	04:20&	00:45&	00:36&	01:16&	05:33@	03:47@	02:36&	02:31@	01:01&	00:45&	01:29@	00:55&	00:25#	00:14&	
31	Ellen Forsgren	146										1:09:28				
03:27+	04:47+	14:31+	17:25+	18:42+	39:06+	42:48+	46:16+	54:14+	57:20+	61:14+	63:06+	64:45+	66:28+	68:45+	69:28+	
03:27+	01:20+	09:44+	02:54+	01:17+	20:24+	03:42+	03:28+	07:58+	03:06+	03:54+	01:52+	01:39+	01:43+	02:17+	00:43+	
01:02&	00:12#	00:49+	01:09&	00:17&	17:42@	00:23#	00:38#	02:20&	00:36#	01:40&	00:18#	00:12#	00:11#	00:25#	00:02+	
32	Mirja Andersson	1417										1:15:47				
03:27+	05:15+	18:46+	21:30+	23:26+	29:15+	34:32+	39:19+	49:23+	54:45+	62:29+	65:40+	68:10+	70:54+	74:39+	75:47+	
03:27+	01:48+	13:31+	02:44+	01:56+	05:49+	05:17+	04:47+	10:04+	05:22+	07:44+	03:11+	02:30+	02:44+	03:45+	01:08+	
01:02&	00:40&	04:36&	00:59&	00:56&	03:07@	01:58&	01:57&	04:26&	02:52@	05:30@	01:37@	01:03&	01:12&	01:53@	00:27&	

Beste strekketid for klassen

02:13 00:59 07:58 01:44 00:58 02:25 02:45 02:50 05:38 02:30 02:14 01:34 01:23 01:31 01:50 00:38

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

D 35-

1	Tonje Midttun	35										46:02				
03:21=	05:01=	14:57=	16:37=	22:33=	24:08=	28:39=	33:03=	39:11=	42:36=	44:31=	45:10=	46:02=				
03:21=	01:40=	09:56=	01:40=	05:56=	01:35=	04:31=	04:24=	06:08=	03:25=	01:55=	00:39=	00:52=				
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	Kirti Rebane	1411										48:12				
02:46-	04:06-	22:34+	24:07+	29:12+	30:34+	35:25+	39:28+	43:10+	45:39+	46:57+	47:23+	48:12+				
02:46-	01:20-	18:28+	01:33-	05:05-	01:22-	04:51+	04:03-	03:42-	02:29-	01:18-	00:26-	00:49-				
00:35-	00:20-	08:32&	00:07-	00:51-	00:13-	00:20+	00:21-	02:26-	00:56-	00:37-	00:13-	00:03-				
3	Rasa Ivanauskaite	1382										54:27				
05:27+	07:32+	23:37+	25:13+	31:05+	33:00+	36:59+	42:29+	47:14+	50:36+	52:37+	53:16+	54:27+				
05:27+	02:05+	16:05+	01:36-	05:52-	01:55+	03:59-	05:30+	04:45-	03:22-	02:01+	00:39=	01:11+				
02:06&	00:25#	06:09&	00:04-	00:04-	00:20#	00:32-	01:06#	01:23-	00:03-	00:06+	00:00=	00:19&				

Class	Navn	Klasse	Tid
4	Taija Heletoja	1254	54:47
03:45+	06:11+	19:14+	21:03+
30:47+	32:11+	35:55+	42:11+
47:35+	51:25+	53:14+	53:51+
03:45+	02:26+	13:03+	01:49+
09:44+	01:24+	03:44-	06:16+
05:24-	03:50+	01:49-	00:37-
00:24#	00:46&	03:07&	00:09+
03:48&	00:11-	00:47-	01:52&
00:44-	00:25#	00:06-	00:02-
00:04+			
5	Kristin Jæger	379	1:03:52
04:54+	07:00+	24:38+	26:47+
36:04+	38:17+	43:45+	49:09+
54:52+	58:48+	62:28+	62:55+
04:54+	02:06+	17:38+	02:09+
09:17+	02:13+	05:28+	05:24+
05:43-	03:56+	03:40+	00:27-
01:33&	00:26&	07:42&	00:29&
03:21&	00:38&	00:57#	01:00#
00:25-	00:31#	01:45&	00:12-
00:05+			
Beste strekktid for klassen			
02:46	01:20	09:56	01:33
05:05	01:22	03:44	04:03
03:42	02:29	01:18	00:26
00:49			

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

D 40-

1	Viivi-Anne Soots	1411	37:22
02:23=	08:54=	10:20=	19:54=
20:56=	23:05=	25:44=	26:56=
30:47=	32:27=	34:41=	36:32=
37:22=			
02:23=	06:31=	01:26=	09:34=
01:02=	02:09=	02:39=	01:12=
03:51=	01:40=	02:14=	01:51=
00:50=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Katri Mäenpää	655	40:17
02:26+	10:46+	12:07+	19:38-
21:04+	24:13+	27:09+	28:45+
32:55+	34:41+	37:13+	39:23+
40:17+			
02:26+	08:20+	01:21-	07:31-
01:26+	03:09+	02:56+	01:36+
04:10+	01:46+	02:32+	02:10+
00:54+	00:03+	01:49&	00:05-
02:03-	00:24&	01:00&	00:17#
00:24&	00:19+	00:06+	00:18#
00:19#			
3	Miia Hovi	1401	42:40
02:42+	13:38+	15:07+	21:30+
22:33+	25:40+	28:55+	30:20+
35:02+	36:55+	39:14+	41:41+
42:40+			
02:42+	10:56+	01:29+	06:23-
01:03+	03:07+	03:15+	01:25+
04:42+	01:53+	02:19+	02:27+
00:59+	00:19#	04:25&	00:03+
03:11-	00:01+	00:58&	00:36#
00:13#	00:51#	00:13#	00:05+
00:36&	00:09#		
4	Trine Alsos	106	47:55
02:47+	11:15+	13:30+	21:33+
24:04+	28:04+	31:17+	32:46+
38:46+	40:59+	43:39+	46:57+
47:55+			
02:47+	08:28+	02:15+	08:03-
02:31+	04:00+	03:13+	01:29+
06:00+	02:13+	02:40+	03:18+
00:58+	00:24#	01:57&	00:49&
01:31-	01:29@	01:51&	00:34#
00:17#	02:09&	00:33&	00:26#
01:27&	00:08#		
5	Angelica Brandqvist	449	49:03
03:02+	12:37+	14:13+	21:43+
23:27+	27:56+	32:07+	33:52+
39:48+	42:21+	45:45+	48:11+
49:03+			
03:02+	09:35+	01:36+	07:30-
01:44+	04:29+	04:11+	01:45+
05:56+	02:33+	03:24+	02:26+
00:52+	00:39&	03:04&	00:10#
02:04-	00:42&	02:20@	01:32&
00:33&	02:05&	00:53&	01:10&
00:35&	00:02+		
6	Kari Solem Aune	51	50:22
02:59+	19:50+	21:31+	27:37+
34:00+	37:05+	38:24+	43:01+
44:57+	47:19+	49:29+	50:22+
50:22+			
02:59+	16:51+	01:41+	06:06-
01:50+	04:33+	03:05+	01:19+
04:37+	01:56+	02:22+	02:10+
00:53+	00:36&	10:20@	00:15#
03:28-	00:48&	02:24@	00:26#
00:07+	00:46#	00:16#	00:08+
00:19#			
7	Ingvild Osdal	106	52:47
02:40+	23:20+	24:42+	32:27+
33:49+	36:20+	39:46+	41:09+
45:30+	47:33+	50:12+	52:01+
52:47+			
02:40+	20:40+	01:22-	07:45-
01:22+	02:31+	03:26+	01:23+
04:21+	02:03+	02:39+	01:49-
00:46-	00:17#	14:09@	00:04-
01:49-	00:20&	00:22#	00:47&
00:11#	00:30#	00:23#	00:25#
00:02-	00:04-		
8	Laura Lauri	655	53:54
03:12+	14:34+	16:22+	23:51+
25:44+	29:48+	37:17+	39:04+
44:47+	47:23+	50:44+	53:00+
53:54+			
03:12+	11:22+	01:48+	07:29-
01:53+	04:04+	07:29+	01:47+
05:43+	02:36+	03:21+	02:16+
00:54+	00:49&	04:51&	00:22&
02:05-	00:51&	01:55&	04:50@
00:35&	01:52&	00:56&	01:07&
00:25#			
9	Rikke Nørgaard	264	54:03
02:36+	10:45+	12:10+	18:48-
20:00-	33:15+	36:05+	37:42+
44:21+	46:47+	49:57+	53:07+
54:03+			
02:36+	08:09+	01:25-	06:38-
01:12+	13:15+	02:50+	01:37+
06:39+	02:26+	03:10+	03:10+
00:56+	00:13+	01:38&	00:01-
02:56-	00:10#	11:06@	00:11+
00:25&	02:48&	00:46&	00:56&
01:19&	00:06#		
10	Elena Bogopolskaya	927	1:04:57
03:12+	15:40+	21:42+	32:00+
34:15+	37:21+	46:43+	49:21+
55:38+	58:09+	61:27+	63:51+
64:57+			
03:12+	12:28+	06:02+	10:18+
02:15+	03:06+	09:22+	02:38+
06:17+	02:31+	03:18+	02:24+
01:06+	00:49&	05:57&	04:36@
00:44+	01:13@	00:57&	06:43@
01:26@	02:26&	00:51&	01:04&
00:33&	00:16&		
11	Tuuli Rinne	1404	1:05:26
02:51+	19:43+	21:42+	35:35+
37:34+	44:53+	49:06+	51:02+
56:51+	59:00+	61:52+	64:33+
65:26+			
02:51+	16:52+	01:59+	13:53+
01:59+	07:19+	04:13+	01:56+
05:49+	02:09+	02:52+	02:41+
00:53+	00:28#	10:21@	00:33&
04:19&	00:57&	05:10@	01:34&
00:44&	01:58&	00:29&	00:38&
00:50&	00:03+		

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

02:23 06:31 01:21 06:06 01:02 02:09 02:39 01:12 03:51 01:40 02:14 01:49 00:46

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

D 45-

1	Mia Saarilaakso	1403	32:59									
02:23=	05:50=	12:58=	15:52=	17:12=	19:27=	22:48=	25:53=	27:48=	30:10=	31:51=	32:16=	32:59=
02:23=	03:27=	07:08=	02:54=	01:20=	02:15=	03:21=	03:05=	01:55=	02:22=	01:41=	00:25=	00:43=
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	Hege Feiring	163	33:27									
02:18-	05:58+	13:31+	16:01+	17:35+	19:56+	23:10+	26:26+	28:08+	30:55+	32:14+	32:41+	33:27+
02:18-	03:40+	07:33+	02:30-	01:34+	02:21+	03:14-	03:16+	01:42-	02:47+	01:19-	00:27+	00:46+
00:05-	00:13+	00:25+	00:24-	00:14#	00:06+	00:07-	00:11+	00:13-	00:25#	00:22-	00:02+	00:03+
3	Christina White	341	34:01									
02:12-	05:48-	12:43-	15:01-	16:41-	22:21+	25:07+	28:03+	29:45+	31:28+	32:55+	33:19+	34:01+
02:12-	03:36+	06:55-	02:18-	01:40+	05:40+	02:46-	02:56-	01:42-	01:43-	01:27-	00:24-	00:42-
00:11-	00:09+	00:13-	00:36-	00:20#	03:25@	00:35-	00:09-	00:13-	00:39-	00:14-	00:01-	00:01-
4	Ragnhild Balsvik	477	35:25									
02:39+	06:25+	14:35+	17:17+	18:47+	22:18+	25:17+	28:41+	30:11+	32:33+	34:05+	34:31+	35:25+
02:39+	03:46+	08:10+	02:42-	01:30+	03:31+	02:59-	03:24+	01:30-	02:22=	01:32-	00:26+	00:54+
00:16#	00:19+	01:02#	00:12-	00:10#	01:16&	00:22-	00:19#	00:25-	00:00=	00:09-	00:01+	00:11&
5	Mari Rintanen	486	35:35									
04:04+	07:44+	16:01+	18:04+	19:17+	21:52+	24:22+	29:08+	31:06+	33:09+	34:27+	34:53+	35:35+
04:04+	03:40+	08:17+	02:03-	01:13-	02:35+	02:30-	04:46+	01:58+	02:03-	01:18-	00:26+	00:42-
01:41&	00:13+	01:09#	00:51-	00:07-	00:20#	00:51-	01:41&	00:03+	00:19-	00:23-	00:01+	00:01-
6	Tarja Taulavuori	1396	36:08									
02:57+	06:27+	14:21+	17:09+	18:33+	21:01+	24:28+	28:36+	31:03+	33:12+	34:45+	35:17+	36:08+
02:57+	03:30+	07:54+	02:48-	01:24+	02:28+	03:27+	04:08+	02:27+	02:09-	01:33-	00:32+	00:51+
00:34#	00:03+	00:46#	00:06-	00:04+	00:13+	00:06+	01:03&	00:32&	00:13-	00:08-	00:07&	00:08#
7	Arnhild Krogh	268	37:55									
02:54+	06:56+	14:23+	16:56+	18:36+	24:35+	27:30+	31:06+	32:49+	35:00+	36:38+	37:06+	37:55+
02:54+	04:02+	07:27+	02:33-	01:40+	05:59+	02:55-	03:36+	01:43-	02:11-	01:38-	00:28+	00:49+
00:31#	00:35#	00:19+	00:21-	00:20#	03:44@	00:26-	00:31#	00:12-	00:11-	00:03-	00:03#	00:06#
8	Bodil Brun Marcussen	106	42:38									
02:52+	06:49+	17:00+	20:25+	21:42+	27:49+	30:54+	35:16+	37:05+	39:34+	41:22+	41:49+	42:38+
02:52+	03:57+	10:11+	03:25+	01:17-	06:07+	03:05-	04:22+	01:49-	02:29+	01:48+	00:27+	00:49+
00:29#	00:30#	03:03&	00:31#	00:03-	03:52@	00:16-	01:17&	00:06-	00:07+	00:07+	00:02+	00:06#
9	Anna Eriksson	585	43:38									
02:33+	06:25+	22:35+	25:01+	26:25+	29:47+	32:39+	36:35+	38:23+	40:49+	42:20+	42:47+	43:38+
02:33+	03:52+	16:10+	02:26-	01:24+	03:22+	02:52-	03:56+	01:48-	02:26+	01:31-	00:27+	00:51+
00:10+	00:25#	09:02@	00:28-	00:04+	01:07&	00:29-	00:51&	00:07-	00:04+	00:10-	00:02+	00:08#
10	Siri Thortveit Myhre	189	43:58									
08:48+	12:49+	20:58+	23:12+	24:57+	30:25+	33:18+	36:40+	38:32+	40:51+	42:38+	43:08+	43:58+
08:48+	04:01+	08:09+	02:14-	01:45+	05:28+	02:53-	03:22+	01:52-	02:19-	01:47+	00:30+	00:50+
06:25@	00:34#	01:01#	00:40-	00:25&	03:13@	00:28-	00:17+	00:03-	00:03-	00:06+	00:05#	00:07#
11	Janita Skogeng	67	49:59									
03:50+	07:44+	17:46+	22:09+	23:39+	29:15+	38:54+	42:37+	44:18+	46:48+	48:41+	49:10+	49:59+
03:50+	03:54+	10:02+	04:23+	01:30+	05:36+	09:39+	03:43+	01:41-	02:30+	01:53+	00:29+	00:49+
01:27&	00:27#	02:54&	01:29&	00:10#	03:21@	06:18@	00:38#	00:14-	00:08+	00:12#	00:04#	00:06#
12	Birgitte Torbjørnsen	142	58:40									
05:58+	12:41+	21:42+	25:24+	26:56+	38:00+	43:34+	48:57+	52:28+	55:17+	57:15+	57:46+	58:40+
05:58+	06:43+	09:01+	03:42+	01:32+	11:04+	05:34+	05:23+	03:31+	02:49+	01:58+	00:31+	00:54+
03:35@	03:16&	01:53&	00:48&	00:12#	08:49@	02:13&	02:18&	01:36&	00:27#	00:17#	00:06#	00:11&
13	Veronica Åman	1413	1:06:46									
04:19+	10:11+	27:01+	35:13+	37:24+	44:36+	50:19+	56:02+	59:06+	62:41+	65:03+	65:40+	66:46+
04:19+	05:52+	16:50+	08:12+	02:11+	07:12+	05:43+	05:43+	03:04+	03:35+	02:22+	00:37+	01:06+
01:56&	02:25&	09:42@	05:18@	00:51&	04:57@	02:22&	02:38&	01:09&	01:13&	00:41&	00:12&	00:23&

Class	Navn	Klasse												Tid
14	Idun Magdalene Bøyum Augland 37													1:10:49
02:58+	07:10+	22:27+	25:29+	28:19+	50:47+	56:18+	61:22+	63:40+	66:46+	69:13+	69:49+	70:49+		
02:58+	04:12+	15:17+	03:02+	02:50+	22:28+	05:31+	05:04+	02:18+	03:06+	02:27+	00:36+	01:00+		
00:35#	00:45#	08:09@	00:08+	01:30@	20:13@	02:10&	01:59&	00:23#	00:44&	00:46&	00:11&	00:17&		
Beste strekktid for klassen														
02:12	03:27	06:55	02:03	01:13	02:15	02:30	02:56	01:30	01:43	01:18	00:24	00:42		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
D 50-														
1	Marianne Njåstein	163												35:39
02:45=	06:52=	14:38=	17:03=	18:30=	21:10=	24:25=	28:51=	30:28=	32:42=	34:16=	34:44=	35:39=		
02:45=	04:07=	07:46=	02:25=	01:27=	02:40=	03:15=	04:26=	01:37=	02:14=	01:34=	00:28=	00:55=		
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	Tove Strand	227												35:41
02:38-	07:32+	15:59+	18:47+	20:11+	22:41+	25:56+	29:08+	30:46+	32:56+	34:28+	34:54+	35:41+		
02:38-	04:54+	08:27+	02:48+	01:24-	02:30-	03:15=	03:12-	01:38+	02:10-	01:32-	00:26-	00:47-		
00:07-	00:47#	00:41+	00:23#	00:03-	00:10-	00:00=	01:14-	00:01+	00:04-	00:02-	00:02-	00:08-		
3	Marja Tonder	1396												35:50
02:34-	06:23-	17:00+	19:14+	20:32+	22:58+	25:32+	29:20+	31:05+	33:11+	34:32+	34:56+	35:50+		
02:34-	03:49-	10:37+	02:14-	01:18-	02:26-	02:34-	03:48-	01:45+	02:06-	01:21-	00:24-	00:54-		
00:11-	00:18-	02:51&	00:11-	00:09-	00:14-	00:41-	00:38-	00:08+	00:08-	00:13-	00:04-	00:01-		
4	Britt Helene Fossøy	243												36:13
02:46+	06:49-	13:47-	16:16-	17:36-	21:02-	24:13-	29:18+	31:03+	33:24+	34:59+	35:26+	36:13+		
02:46+	04:03-	06:58-	02:29+	01:20-	03:26+	03:11-	05:05+	01:45+	02:21+	01:35+	00:27-	00:47-		
00:01+	00:04-	00:48-	00:04+	00:07-	00:46&	00:04-	00:39#	00:08+	00:07+	00:01+	00:01-	00:08-		
5	Hillevi Eriksson	403												36:33
03:14+	07:12+	14:33-	17:29+	19:01+	21:43+	24:31+	28:26-	31:14+	33:36+	35:07+	35:37+	36:33+		
03:14+	03:58-	07:21-	02:56+	01:32+	02:42+	02:48-	03:55-	02:48+	02:22+	01:31-	00:30+	00:56+		
00:29#	00:09-	00:25-	00:31#	00:05+	00:02+	00:27-	00:31-	01:11&	00:08+	00:03-	00:02+	00:01+		
7	Eli Charlotte Nordmo	218												38:27
02:58+	07:28+	16:21+	18:57+	20:17+	22:50+	26:20+	31:01+	32:43+	35:07+	36:53+	37:29+	38:27+		
02:58+	04:30+	08:53+	02:36+	01:20-	02:33-	03:30+	04:41+	01:42+	02:24+	01:46+	00:36+	00:58+		
00:13+	00:23+	01:07#	00:11+	00:07-	00:07-	00:15+	00:15+	00:05+	00:10+	00:12#	00:08&	00:03+		
8	Hilde Sofie Hansen	222												38:32
02:20-	06:06-	14:42+	17:34+	19:11+	26:24+	28:47+	32:13+	33:58+	36:00+	37:21+	37:45+	38:32+		
02:20-	03:46-	08:36+	02:52+	01:37+	07:13+	02:23-	03:26-	01:45+	02:02-	01:21-	00:24-	00:47-		
00:25-	00:21-	00:50#	00:27#	00:10#	04:33@	00:52-	01:00-	00:08+	00:12-	00:13-	00:04-	00:08-		
9	Ann Katrin Olsen	26												38:55
02:12-	12:09+	19:52+	22:09+	24:18+	27:08+	30:03+	33:00+	34:40+	36:18+	37:43+	38:10+	38:55+		
02:12-	09:57+	07:43-	02:17-	02:09+	02:50+	02:55-	02:57-	01:40+	01:38-	01:25-	00:27-	00:45-		
00:33-	05:50@	00:03-	00:08-	00:42&	00:10+	00:20-	01:29-	00:03+	00:36-	00:09-	00:01-	00:10-		
10	Kjersti Holt Hanssen	227												39:52
02:39-	06:49-	18:36+	21:12+	22:51+	25:45+	29:12+	32:30+	34:40+	36:47+	38:33+	39:01+	39:52+		
02:39-	04:10+	11:47+	02:36+	01:39+	02:54+	03:27+	03:18-	02:10+	02:07-	01:46+	00:28=	00:51-		
00:06-	00:03+	04:01&	00:11+	00:12#	00:14+	00:12+	01:08-	00:33&	00:07-	00:12#	00:00=	00:04-		
11	Margrete Gaski	35												41:38
02:57+	07:07+	16:36+	19:14+	20:48+	28:21+	31:24+	34:40+	36:18+	38:32+	40:25+	40:50+	41:38+		
02:57+	04:10+	09:29+	02:38+	01:34+	07:33+	03:03-	03:16-	01:38+	02:14=	01:53+	00:25-	00:48-		
00:12+	00:03+	01:43#	00:13+	00:07+	04:53@	00:12-	01:10-	00:01+	00:00=	00:19#	00:03-	00:07-		
12	Trine Marit Justad Raen	184												42:18
03:11+	07:51+	19:50+	22:27+	23:45+	26:50+	30:23+	35:26+	37:07+	39:21+	40:56+	41:28+	42:18+		
03:11+	04:40+	11:59+	02:37+	01:18-	03:05+	03:33+	05:03+	01:41+	02:14=	01:35+	00:32+	00:50-		
00:26#	00:33#	04:13&	00:12+	00:09-	00:25#	00:18+	00:37#	00:04+	00:00=	00:01+	00:04#	00:05-		
13	May Bente Brurberg	402												43:39
03:32+	08:15+	19:56+	22:46+	24:33+	27:13+	30:49+	34:54+	37:22+	40:06+	42:02+	42:38+	43:39+		
03:32+	04:43+	11:41+	02:50+	01:47+	02:40=	03:36+	04:05-	02:28+	02:44+	01:56+	00:36+	01:01+		
00:47&	00:36#	03:55&	00:25#	00:20#	00:00=	00:21#	00:21-	00:51&	00:30#	00:22#	00:08&	00:06#		

Class	Navn	Klasse											Tid
14	Eija Sipponen	714											43:58
03:18+	07:56+	19:13+	22:15+	24:04+	27:17+	31:33+	35:47+	38:14+	40:55+	42:36+	43:04+	43:58+	
03:18+	04:38+	11:17+	03:02+	01:38+	06:09+	04:21+	04:14-	02:27+	02:41+	01:41+	00:28=	00:54-	
00:33#	00:31#	03:31&	00:37&	00:22&	00:33#	01:01&	00:12-	00:50&	00:27#	00:07+	00:00=	00:01-	
15	Anke Müller	1391											44:01
03:05+	07:21+	17:40+	21:08+	22:46+	28:55+	33:16+	37:10+	38:55+	41:04+	42:39+	43:07+	44:01+	
03:05+	04:16+	10:19+	03:28+	01:38+	06:09+	04:21+	03:54-	01:45+	02:09-	01:35+	00:28=	00:54-	
00:20#	00:09+	02:33&	01:03&	00:11#	03:29@	01:06&	00:32-	00:08+	00:05-	00:01+	00:00=	00:01-	
16	Ingvild Mullen	189											48:05
03:43+	08:20+	19:47+	23:02+	24:55+	28:13+	32:27+	37:48+	40:02+	43:08+	45:26+	46:21+	48:05+	
03:43+	04:37+	11:27+	03:15+	01:53+	03:18+	04:14+	05:21+	02:14+	03:06+	02:18+	00:55+	01:44+	
00:58&	00:30#	03:41&	00:50&	00:26&	00:38#	00:59&	00:55#	00:37&	00:52&	00:44&	00:27&	00:49&	
17	Britt Karlsen	29											48:10
04:34+	09:26+	19:37+	22:37+	24:25+	29:16+	33:53+	38:38+	42:50+	45:10+	46:56+	47:23+	48:10+	
04:34+	04:52+	10:11+	03:00+	01:48+	04:51+	04:37+	04:45+	04:12+	02:20+	01:46+	00:27-	00:47-	
01:49&	00:45#	02:25&	00:35#	00:21#	02:11&	01:22&	00:19+	02:35@	00:06+	00:12#	00:01-	00:08-	
18	Susi Rutz	1393											50:24
03:21+	08:40+	23:11+	26:28+	28:13+	34:28+	37:44+	42:37+	44:37+	47:12+	48:49+	49:22+	50:24+	
03:21+	05:19+	14:31+	03:17+	01:45+	06:15+	03:16+	04:53+	02:00+	02:35+	01:37+	00:33+	01:02+	
00:36#	01:12&	06:45&	00:52&	00:18#	03:35@	00:01+	00:27#	00:23#	00:21#	00:03+	00:05#	00:07#	
19	Annette Leonhardt	1391											56:26
03:17+	08:13+	20:51+	32:31+	34:44+	39:21+	43:58+	48:52+	50:46+	53:16+	54:56+	55:27+	56:26+	
03:17+	04:56+	12:38+	11:40+	02:13+	04:37+	04:37+	04:54+	01:54+	02:30+	01:40+	00:31+	00:59+	
00:32#	00:49#	04:52&	09:15@	00:46&	01:57&	01:22&	00:28#	00:17#	00:16#	00:06+	00:03#	00:04+	
20	Beate Lill Pedersen	158											59:00
03:34+	09:41+	22:12+	25:55+	29:03+	34:19+	43:59+	49:02+	52:09+	55:23+	57:29+	58:03+	59:00+	
03:34+	06:07+	12:31+	03:43+	03:08+	05:16+	09:40+	05:03+	03:07+	03:14+	02:06+	00:34+	00:57+	
00:49&	02:00&	04:45&	01:18&	01:41@	02:36&	06:25@	00:37#	01:30&	01:00&	00:32&	00:06#	00:02+	
21	Åshild Flatebakken	163											1:06:44
04:32+	09:16+	20:56+	32:42+	34:29+	42:46+	53:55+	58:57+	61:07+	63:34+	65:27+	65:59+	66:44+	
04:32+	04:44+	11:40+	11:46+	01:47+	08:17+	11:09+	05:02+	02:10+	02:27+	01:53+	00:32+	00:45-	
01:47&	00:37#	03:54&	09:21@	00:20#	05:37@	07:54@	00:36#	00:33&	00:13+	00:19#	00:04#	00:10-	
22	Birgit Lundkvist	1092											1:09:36
07:36+	13:46+	32:49+	37:42+	40:42+	45:37+	51:51+	58:27+	61:12+	64:40+	67:36+	68:29+	69:36+	
07:36+	06:10+	19:03+	04:53+	03:00+	04:55+	06:14+	06:36+	02:45+	03:28+	02:56+	00:53+	01:07+	
04:51@	02:03&	11:17@	02:28@	01:33@	02:15&	02:59&	02:10&	01:08&	01:14&	01:22&	00:25&	00:12#	
23	Anna Göhlman	163											1:15:21
07:57+	13:00+	30:08+	35:06+	37:27+	43:41+	58:51+	65:12+	68:14+	71:09+	73:48+	74:28+	75:21+	
07:57+	05:03+	17:08+	04:58+	02:21+	06:14+	15:10+	06:21+	03:02+	02:55+	02:39+	00:40+	00:53-	
05:12@	00:56#	09:22@	02:33@	00:54&	03:34@	11:55@	01:55&	01:25&	00:41&	01:05&	00:12&	00:02-	
24	Hege Heiberg	98											1:19:54
04:18+	11:45+	37:22+	43:26+	46:14+	52:26+	59:25+	65:54+	68:28+	71:59+	77:38+	78:24+	79:54+	
04:18+	07:27+	25:37+	06:04+	02:48+	06:12+	06:59+	06:29+	02:34+	03:31+	05:39+	00:46+	01:30+	
01:33&	03:20&	17:51@	03:39@	01:21&	03:32@	03:44@	02:03&	00:57&	01:17&	04:05@	00:18&	00:35&	

Beste strekktid for klassen

02:12 03:46 06:58 02:14 01:18 02:26 02:23 02:57 01:37 01:38 01:21 00:24 00:45

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

D 55-

1	Anne Julsrud Haugen	101											31:26
03:06=	04:08=	06:15=	10:00=	12:02=	17:41=	19:50=	22:18=	25:04=	27:48=	30:30=	31:26=		
03:06=	01:02=	02:07=	03:45=	02:02=	05:39=	02:09=	02:28=	02:46=	02:44=	02:42=	00:56=		
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	Elisabeth Strandhagen	1008											31:30
03:07+	04:07-	06:20+	10:14+	12:28+	17:33-	19:42-	21:51-	24:32-	27:36-	30:27-	31:30+		
03:07+	01:00-	02:13+	03:54+	02:14+	05:05-	02:09=	02:09-	02:41-	03:04+	02:51+	01:03+		
00:01+	00:02-	00:06+	00:09+	00:12+	00:34-	00:00=	00:19-	00:05-	00:20#	00:09+	00:07#		

Class	Navn	Klasse	Tid
3	Lisel Arvidsson	618	32:09
	02:57- 04:27+ 06:30+ 10:55+ 13:01+ 18:34+ 20:48+ 23:10+ 25:39+ 28:18+ 31:06+ 32:09+		
	02:57- 01:30+ 02:03- 04:25+ 05:33- 02:14+ 02:22- 02:29- 02:39- 02:48+ 01:03+		
	00:09- 00:28& 00:04- 00:40# 00:04+ 00:06- 00:05+ 00:06- 00:17- 00:05- 00:06+ 00:07#		
4	Marie Högstrand	728	33:17
	03:05- 04:03- 06:19+ 10:54+ 12:48+ 18:41+ 21:10+ 23:15+ 26:03+ 29:09+ 32:17+ 33:17+		
	03:05- 00:58- 02:16+ 04:35+ 01:54- 05:53+ 02:29+ 02:05- 02:48+ 03:06+ 03:08+ 01:00+		
	00:01- 00:04- 00:09+ 00:50# 00:08- 00:14+ 00:20# 00:23- 00:02+ 00:22# 00:26# 00:04+		
5	Isabelle Dermine	1398	34:47
	03:26+ 04:53+ 07:10+ 12:05+ 14:08+ 20:40+ 23:09+ 25:49+ 28:38+ 31:11+ 33:42+ 34:47+		
	03:26+ 01:27+ 02:17+ 04:55+ 02:03+ 06:32+ 02:29+ 02:40+ 02:49+ 02:33- 02:31- 01:05+		
	00:20# 00:25& 00:10+ 01:10& 00:01+ 00:53# 00:20# 00:12+ 00:03+ 00:11- 00:11- 00:09#		
6	Kirsti Grundnes Berg	163	35:58
	03:15+ 04:16+ 06:25+ 10:45+ 12:22+ 18:29+ 21:27+ 26:34+ 29:07+ 32:02+ 34:59+ 35:58+		
	03:15+ 01:01- 02:09+ 04:20+ 01:37- 06:07+ 02:58+ 05:07+ 02:33- 02:55+ 02:57+ 00:59+		
	00:09+ 00:01- 00:02+ 00:35# 00:25- 00:28+ 00:49& 02:39@ 00:13- 00:11+ 00:15+ 00:03+		
7	Ingrid Opsahl Bredesen	80	39:49
	04:44+ 06:04+ 07:02+ 09:45- 14:27+ 18:35+ 24:27+ 26:45+ 29:18+ 32:24+ 35:16+ 38:35+ 39:49+		
	04:44+ 01:20+ 00:58- 02:43- 04:42+ 04:08- 05:52+ 02:18- 02:33- 03:06+ 02:52+ 03:19+ 01:14+		
	01:38& 00:18& 01:09- 01:02- 02:40@ 01:31- 03:43@ 00:10- 00:13- 00:22# 00:10+ 02:23@ 01:14+		
8	Anne Karin Ribe	189	42:06
	04:03+ 05:31+ 08:11+ 13:06+ 15:45+ 24:05+ 27:07+ 30:10+ 34:01+ 37:21+ 40:48+ 42:06+		
	04:03+ 01:28+ 02:40+ 04:55+ 02:39+ 08:20+ 03:02+ 03:03+ 03:51+ 03:20+ 03:27+ 01:18+		
	00:57& 00:26& 00:33& 01:10& 00:37& 02:41& 00:53& 00:35# 01:05& 00:36# 00:45& 00:22&		
9	Elizabeth Deane	1198	42:31
	04:06+ 05:22+ 08:50+ 14:22+ 17:17+ 24:02+ 26:48+ 29:44+ 33:49+ 37:19+ 41:24+ 42:31+		
	04:06+ 01:16+ 03:28+ 05:32+ 02:55+ 06:45+ 02:46+ 02:56+ 04:05+ 03:30+ 04:05+ 01:07+		
	01:00& 00:14# 01:21& 01:47& 00:53& 01:06# 00:37& 00:28# 01:19& 00:46& 01:23& 00:11#		
10	Görel Skoog	618	42:38
	04:04+ 05:34+ 08:39+ 14:10+ 16:39+ 24:27+ 26:57+ 30:35+ 34:12+ 37:28+ 41:01+ 42:38+		
	04:04+ 01:30+ 03:05+ 05:31+ 02:29+ 07:48+ 02:30+ 03:38+ 03:37+ 03:16+ 03:33+ 01:37+		
	00:58& 00:28& 00:58& 01:46& 00:27# 02:09& 00:21# 01:10& 00:51& 00:32# 00:51& 00:41&		
11	Tove Evensen Mathisen	278	42:53
	04:14+ 05:10+ 08:19+ 13:15+ 15:34+ 23:46+ 27:54+ 31:16+ 35:21+ 38:13+ 41:55+ 42:53+		
	04:14+ 00:56- 03:09+ 04:56+ 02:19+ 08:12+ 04:08+ 03:22+ 04:05+ 02:52+ 03:42+ 00:58+		
	01:08& 00:06- 01:02& 01:11& 00:17# 02:33& 01:59& 00:54& 01:19& 00:08+ 01:00& 00:02+		
12	Grete Berntsen	227	43:23
	03:38+ 05:04+ 07:59+ 13:46+ 16:18+ 23:03+ 25:47+ 31:05+ 34:56+ 38:33+ 42:09+ 43:23+		
	03:38+ 01:26+ 02:55+ 05:47+ 02:32+ 06:45+ 02:44+ 05:18+ 03:51+ 03:37+ 03:36+ 01:14+		
	00:32# 00:24& 00:48& 02:02& 00:30# 01:06# 00:35& 02:50@ 01:05& 00:53& 00:54& 00:18&		
13	Kirsti Rogstad	184	44:00
	04:12+ 05:44+ 08:33+ 13:22+ 16:03+ 25:21+ 27:58+ 31:24+ 35:17+ 38:17+ 42:52+ 44:00+		
	04:12+ 01:32+ 02:49+ 04:49+ 02:41+ 09:18+ 02:37+ 03:26+ 03:53+ 03:00+ 04:35+ 01:08+		
	01:06& 00:30& 00:42& 01:04& 00:39& 03:39& 00:28# 00:58& 01:07& 00:16+ 01:53& 00:12#		
14	Anne Margit Bratten	227	44:43
	04:18+ 05:36+ 08:32+ 13:46+ 18:50+ 26:43+ 30:00+ 33:01+ 36:38+ 40:12+ 43:27+ 44:43+		
	04:18+ 01:18+ 02:56+ 05:14+ 05:04+ 07:53+ 03:17+ 03:01+ 03:37+ 03:34+ 03:15+ 01:16+		
	01:12& 00:16& 00:49& 01:29& 03:02@ 02:14& 01:08& 00:33# 00:51& 00:50& 00:33# 00:20&		
15	Penelope Smirthwaite	1400	45:33
	04:24+ 05:38+ 08:27+ 13:43+ 21:36+ 29:21+ 31:39+ 34:23+ 37:54+ 41:11+ 44:34+ 45:33+		
	04:24+ 01:14+ 02:49+ 05:16+ 07:53+ 07:45+ 02:18+ 02:44+ 03:31+ 03:17+ 03:23+ 00:59+		
	01:18& 00:12# 00:42& 01:31& 05:51@ 02:06& 00:09+ 00:16# 00:45& 00:33# 00:41& 00:03+		
Beste strekktid for klassen			
	02:57 00:56 00:58 02:43 01:37 04:08 02:09 02:05 02:29 02:33 02:31 00:56		

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

D 60-

Class	Navn	Klasse	Tid
1	Eli Blomseth Helgesen	345	29:10
	02:59= 04:42= 06:22= 09:02= 12:03= 16:55= 20:07= 23:30= 25:58= 27:53= 28:18= 29:10=		
	02:59= 01:43= 01:40= 02:40= 03:01= 04:52= 03:12= 03:23= 02:28= 01:55= 00:25= 00:52=		
	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	Björg Svanberg	297	29:35
	02:44- 04:25- 06:02- 08:39- 11:19- 17:56+ 21:08+ 24:11+ 26:28+ 28:13+ 28:44+ 29:35+		
	02:44- 01:41- 01:37- 02:37- 02:40- 06:37+ 03:12= 03:03- 02:17- 01:45- 00:31+ 00:51-		
	00:15- 00:02- 00:03- 00:03- 00:21- 01:45& 00:00= 00:20- 00:11- 00:10- 00:06# 00:01-		
3	Inger Lise Pettersen	187	31:28
	03:21+ 04:58+ 06:29+ 11:31+ 13:28+ 17:08+ 23:06+ 25:05+ 28:21+ 30:08+ 30:35+ 31:28+		
	03:21+ 01:37- 01:31- 05:02+ 01:57- 03:40- 05:58+ 01:59- 03:16+ 01:47- 00:27+ 00:53+		
	00:22# 00:06- 00:09- 02:22& 01:04- 01:12- 02:46& 01:24- 00:48& 00:08- 00:02+ 00:01+		
4	Taina Itkonen	1399	35:05
	05:03+ 07:01+ 08:53+ 11:49+ 14:36+ 21:23+ 26:12+ 28:38+ 31:47+ 33:39+ 34:09+ 35:05+		
	05:03+ 01:58+ 01:52+ 02:56+ 02:47- 06:47+ 04:49+ 02:26- 03:09+ 01:52- 00:30+ 00:56+		
	02:04& 00:15# 00:12# 00:16# 00:14- 01:55& 01:37& 00:57- 00:41& 00:03- 00:05# 00:04+		
5	Torild Hage	368	35:29
	03:15+ 06:52+ 09:50+ 12:50+ 17:06+ 22:18+ 26:13+ 29:31+ 32:05+ 34:00+ 34:31+ 35:29+		
	03:15+ 03:37+ 02:58+ 03:00+ 04:16+ 05:12+ 03:55+ 03:18- 02:34+ 01:55= 00:31+ 00:58+		
	00:16+ 01:54@ 01:18& 00:20# 01:15& 00:20+ 00:43# 00:05- 00:06+ 00:00= 00:06# 00:06#		
6	Trine Barstad	379	35:52
	03:15+ 07:04+ 08:50+ 14:39+ 17:27+ 23:49+ 27:05+ 29:22+ 32:08+ 34:17+ 34:49+ 35:52+		
	03:15+ 03:49+ 01:46+ 05:49+ 02:48- 06:22+ 03:16+ 02:17- 02:46+ 02:09+ 00:32+ 01:03+		
	00:16+ 02:06@ 00:06+ 03:09@ 00:13- 01:30& 00:04+ 01:06- 00:18# 00:14# 00:07& 00:11#		
7	Berit Tunis	1135	39:22
	03:31+ 06:09+ 08:42+ 11:52+ 15:23+ 22:00+ 26:56+ 31:44+ 35:38+ 37:37+ 38:16+ 39:22+		
	03:31+ 02:38+ 02:33+ 03:10+ 03:31+ 06:37+ 04:56+ 04:48+ 03:54+ 01:59+ 00:39+ 01:06+		
	00:32# 00:55& 00:53& 00:30# 00:30# 01:45& 01:44& 01:25& 01:26& 00:04+ 00:14& 00:14&		
8	Sue Stevens	510	42:33
	04:54+ 07:20+ 09:50+ 13:36+ 17:18+ 28:01+ 31:45+ 34:51+ 37:59+ 40:36+ 41:21+ 42:33+		
	04:54+ 02:26+ 02:30+ 03:46+ 03:42+ 10:43+ 03:44+ 03:06- 03:08+ 02:37+ 00:45+ 01:12+		
	01:55& 00:43& 00:50& 01:06& 00:41# 05:51@ 00:32# 00:17- 00:40& 00:42& 00:20& 00:20&		
9	Reidun Braathen	252	42:48
	03:53+ 06:36+ 08:52+ 11:44+ 22:37+ 30:44+ 33:28+ 35:31+ 38:37+ 41:16+ 41:46+ 42:48+		
	03:53+ 02:43+ 02:16+ 02:52+ 10:53+ 08:07+ 02:44- 02:03- 03:06+ 02:39+ 00:30+ 01:02+		
	00:54& 01:00& 00:36& 00:12+ 07:52@ 03:15& 00:28- 01:20- 00:38& 00:44& 00:05# 00:10#		
10	Tarja Liikanen	1402	49:27
	08:49+ 11:25+ 14:22+ 19:00+ 23:05+ 34:03+ 38:02+ 40:51+ 44:39+ 47:33+ 48:19+ 49:27+		
	08:49+ 02:36+ 02:57+ 04:38+ 04:05+ 10:58+ 03:59+ 02:49- 03:48+ 02:54+ 00:46+ 01:08+		
	05:50@ 00:53& 01:17& 01:58& 01:04& 06:06@ 00:47# 00:34- 01:20& 00:59& 00:21& 00:16&		
11	Wenche Rekkedal	45	49:58
	08:05+ 11:11+ 13:42+ 22:26+ 26:42+ 33:14+ 37:46+ 41:03+ 44:41+ 47:46+ 48:37+ 49:58+		
	08:05+ 03:06+ 02:31+ 08:44+ 04:16+ 06:32+ 04:32+ 03:17- 03:38+ 03:05+ 00:51+ 01:21+		
	05:06@ 01:23& 00:51& 06:04@ 01:15& 01:40& 01:20& 00:06- 01:10& 01:10& 00:26@ 00:29&		

Beste strekktid for klassen

02:44 01:37 01:31 02:37 01:57 03:40 02:44 01:59 02:17 01:45 00:25 00:51

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

D 65-

1	Kari Strande	285	29:17
	03:05= 04:54= 06:46= 10:07= 12:47= 17:48= 21:00= 23:14= 25:56= 27:43= 28:15= 29:17=		
	03:05= 01:49= 01:52= 03:21= 02:40= 05:01= 03:12= 02:14= 02:42= 01:47= 00:32= 01:02=		
	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	Liisa Peltola	440	31:25
	03:38+ 05:52+ 07:59+ 10:38+ 13:36+ 19:35+ 23:04+ 25:18+ 28:00+ 29:47+ 30:21+ 31:25+		
	03:38+ 02:14+ 02:07+ 02:39- 02:58+ 05:59+ 03:29+ 02:14= 02:42= 01:47= 00:34+ 01:04+		
	00:33# 00:25# 00:15# 00:42- 00:18# 00:58# 00:17+ 00:00= 00:00= 00:00= 00:02+ 00:02+		

Class	Navn	Klasse										Tid
18	Daina Dagis	731										1:02:55
	08:16+	11:51+	15:28+	19:29+	24:52+	39:27+	47:27+	54:45+	58:22+	61:01+	61:47+	62:55+
	08:16+	03:35+	03:37+	04:01+	05:23+	14:35+	08:00+	07:18+	03:37+	02:39+	00:46+	01:08+
	05:11@	01:46&	01:45&	00:40#	02:43@	09:34@	04:48@	05:04@	00:55&	00:52&	00:14&	00:06+

Beste strekktid for klassen

03:05 01:49 01:43 02:39 02:40 05:01 03:05 02:08 02:26 01:45 00:30 00:46

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

D 70-

1	Birgitte Bekkelund	297										36:07
	04:11=	06:28=	08:58=	14:41=	18:29=	25:11=	28:40=	32:11=	34:38=	35:14=	36:07=	
	04:11=	02:17=	02:30=	05:43=	03:48=	06:42=	03:29=	03:31=	02:27=	00:36=	00:53=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Åse Eng Musum	262										37:25
	04:09-	06:35+	08:44-	14:14-	18:49+	23:43-	28:26-	33:18+	35:28+	36:08+	37:25+	
	04:09-	02:26+	02:09-	05:30-	04:35+	04:54-	04:43+	04:52+	02:10-	00:40+	01:17+	
	00:02-	00:09+	00:21-	00:13-	00:47#	01:48-	01:14&	01:21&	00:17-	00:04#	00:24&	

3	Gerd Yttervik	119										39:51
	05:07+	08:06+	10:52+	18:28+	21:11+	27:08+	31:27+	34:42+	37:25+	38:19+	39:51+	
	05:07+	02:59+	02:46+	07:36+	02:43-	05:57-	04:19+	03:15-	02:43+	00:54+	01:32+	
	00:56#	00:42&	00:16#	01:53&	01:05-	00:45-	00:50#	00:16-	00:16#	00:18&	00:39&	

4	Anne-Marie Pedersen	41										42:20
	05:23+	10:14+	13:22+	20:03+	24:47+	29:30+	34:19+	37:26+	40:14+	41:01+	42:20+	
	05:23+	04:51+	03:08+	06:41+	04:44+	04:43-	04:49+	03:07-	02:48+	00:47+	01:19+	
	01:12&	02:34@	00:38&	00:58#	00:56#	01:59-	01:20&	00:24-	00:21#	00:11&	00:26&	

5	Else-Margrethe Bredland	341										43:18
	04:39+	08:51+	11:55+	19:00+	22:35+	29:33+	34:05+	37:11+	40:21+	41:32+	43:18+	
	04:39+	04:12+	03:04+	07:05+	03:35-	06:58+	04:32+	03:06-	03:10+	01:11+	01:46+	
	00:28#	01:55&	00:34#	01:22#	00:13-	00:16+	01:03&	00:25-	00:43&	00:35&	00:53&	

6	Hjørdis Øvreås	46										52:32
	05:38+	10:30+	14:12+	22:14+	27:20+	36:20+	40:55+	44:56+	50:25+	51:16+	52:32+	
	05:38+	04:52+	03:42+	08:02+	05:06+	09:00+	04:35+	04:01+	05:29+	00:51+	01:16+	
	01:27&	02:35@	01:12&	02:19&	01:18&	02:18&	01:06&	00:30#	03:02@	00:15&	00:23&	

7	Torhild Nesmann Halvorsen	341										54:23
	04:51+	17:50+	20:50+	27:21+	32:55+	39:58+	44:15+	47:54+	51:57+	52:50+	54:23+	
	04:51+	12:59+	03:00+	06:31+	05:34+	07:03+	04:17+	03:39+	04:03+	00:53+	01:33+	
	00:40#	10:42@	00:30#	00:48#	01:46&	00:21+	00:48#	00:08+	01:36&	00:17&	00:40&	

Beste strekktid for klassen

04:09 02:17 02:09 05:30 02:43 04:43 03:29 03:06 02:10 00:36 00:53

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

D 75-

1	Unni Drage	108										38:55
	03:50=	06:32=	08:53=	14:13=	17:19=	24:51=	28:22=	35:05=	37:18=	37:52=	38:55=	
	03:50=	02:42=	02:21=	05:20=	03:06=	07:32=	03:31=	06:43=	02:13=	00:34=	01:03=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Brita Eilertsen Grønli	87										42:50
	04:34+	07:35+	10:05+	14:35+	27:27+	32:10+	35:51+	38:43+	40:50+	41:39+	42:50+	
	04:34+	03:01+	02:30+	04:30-	12:52+	04:43-	03:41+	02:52-	02:07-	00:49+	01:11+	
	00:44#	00:19#	00:09+	00:50-	09:46@	02:49-	00:10+	03:51-	00:06-	00:15&	00:08#	

3	Aina Romsdal Mauritzsen	1016										58:03
	04:42+	09:26+	12:16+	18:24+	22:13+	33:28+	50:19+	53:03+	55:57+	56:45+	58:03+	
	04:42+	04:44+	02:50+	06:08+	03:49+	11:15+	16:51+	02:44-	02:54+	00:48+	01:18+	
	00:52#	02:02&	00:29#	00:48#	00:43#	03:43&	13:20@	03:59-	00:41&	00:14&	00:15#	

Class	Navn	Klasse	Tid							
4	Kari Sollid	372	1:03:03							
06:14+	10:37+	15:00+	24:24+	31:22+	40:28+	47:51+	53:07+	59:57+	61:11+	63:03+
06:14+	04:23+	04:23+	09:24+	06:58+	09:06+	07:23+	05:16-	06:50+	01:14+	01:52+
02:24&	01:41&	02:02&	04:04&	03:52@	01:34#	03:52@	01:27-	04:37@	00:40@	00:49&
5	Marta Fersnes	189	1:10:43							
08:13+	12:45+	16:29+	28:35+	40:31+	52:03+	59:16+	64:42+	67:54+	69:03+	70:43+
08:13+	04:32+	03:44+	12:06+	11:56+	11:32+	07:13+	05:26-	03:12+	01:09+	01:40+
04:23@	01:50&	01:23&	06:46@	08:50@	04:00&	03:42@	01:17-	00:59&	00:35@	00:37&
6	Elisabeth Rothacher	1393	1:25:02							
08:37+	21:38+	28:35+	42:43+	48:19+	60:07+	68:22+	74:03+	79:43+	81:43+	85:02+
08:37+	13:01+	06:57+	14:08+	05:36+	11:48+	08:15+	05:41-	05:40+	02:00+	03:19+
04:47@	10:19@	04:36@	08:48@	02:30&	04:16&	04:44@	01:02-	03:27@	01:26@	02:16@

Beste strekktid for klassen

03:50 02:42 02:21 04:30 03:06 04:43 03:31 02:44 02:07 00:34 01:03

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

FH 17-N

1	Fredrik Elverum Fredriksen	41	50:30					
06:31=	09:38=	14:45=	26:51=	32:36=	38:14=	42:35=	48:21=	50:30=
06:31=	03:07=	05:07=	12:06=	05:45=	05:38=	04:21=	05:46=	02:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

06:31 03:07 05:07 12:06 05:45 05:38 04:21 05:46 02:09

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

H -10

38	Onni Vierinen	146	44:23						
06:31+	12:55+	21:38+	26:21+	30:02+	33:26+	36:52+	39:52+	43:19+	44:23+
06:31+	06:24+	08:43+	04:43+	03:41+	03:24+	03:26+	03:00+	03:27+	01:04+
06:31+	06:24+	08:43+	04:43+	03:41+	03:24+	03:26+	03:00+	03:27+	01:04+
40	Sulo Saarilaakso	1403	36:56						
02:50+	06:05+	13:53+	15:54+	17:36+	21:46+	23:43+	34:48+	36:06+	36:56+
02:50+	03:15+	07:48+	02:01+	01:42+	04:10+	01:57+	11:05+	01:18+	00:50+
02:50+	03:15+	07:48+	02:01+	01:42+	04:10+	01:57+	11:05+	01:18+	00:50+
41	Jesper Vonon Svae	305	39:16						
04:21+	08:47+	16:06+	20:42+	22:53+	28:33+	31:12+	34:23+	37:13+	39:16+
04:21+	04:26+	07:19+	04:36+	02:11+	05:40+	02:39+	03:11+	02:50+	02:03+
04:21+	04:26+	07:19+	04:36+	02:11+	05:40+	02:39+	03:11+	02:50+	02:03+

Beste strekktid for klassen

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

H 11-12

1	Håkon Grønli	87	24:57							
01:36=	04:10=	09:47=	12:34=	13:46=	17:53=	19:17=	22:01=	23:46=	24:13=	24:57=
01:36=	02:34=	05:37=	02:47=	01:12=	04:07=	01:24=	02:44=	01:45=	00:27=	00:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Dagfinn Gjerstad	477	32:02							
03:32+	06:41+	12:17+	14:59+	16:34+	19:46+	23:14+	29:21+	30:54+	31:16+	32:02+
03:32+	03:09+	05:36-	02:42-	01:35+	03:12-	03:28+	06:07+	01:33-	00:22-	00:46+
01:56@	00:35#	00:01-	00:05-	00:23&	00:55-	02:04@	03:23@	00:12-	00:05-	00:02+

Class	Navn	Klasse	Tid							
3	Gjermund Osdal	106	33:47							
12:23+	14:57+	19:48+	22:38+	23:55+	25:51+	27:23+	31:14+	32:39+	33:07+	33:47+
12:23+	02:34=	04:51-	02:50+	01:17+	01:56-	01:32+	03:51+	01:25-	00:28+	00:40-
10:47@	00:00=	00:46-	00:03+	00:05+	02:11-	00:08+	01:07&	00:20-	00:01+	00:04-

Beste strekktid for klassen

01:36 02:34 04:51 02:42 01:12 01:56 01:24 02:44 01:25 00:22 00:40

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

H 11-12N

1	Eetu Vierinen	146	18:13					
03:10=	04:09=	06:11=	08:07=	11:45=	13:28=	14:54=	17:12=	18:13=
03:10=	00:59=	02:02=	01:56=	03:38=	01:43=	01:26=	02:18=	01:01=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Brage Fosstveit	281	19:10					
03:40+	04:44+	07:43+	09:55+	12:33+	14:20+	15:49+	18:32+	19:10+
03:40+	01:04+	02:59+	02:12+	02:38-	01:47+	01:29+	02:43+	00:38-
00:30#	00:05+	00:57&	00:16#	01:00-	00:04+	00:03+	00:25#	00:23-

3	Emil Vierinen	146	19:41					
02:33-	03:21-	07:01+	08:56+	10:46-	16:15+	17:16+	18:59+	19:41+
02:33-	00:48-	03:40+	01:55-	01:50-	05:29+	01:01-	01:43-	00:42-
00:37-	00:11-	01:38&	00:01-	01:48-	03:46@	00:25-	00:35-	00:19-

4	Lauri Kultima	1399	21:44					
04:02+	05:15+	07:51+	10:53+	13:21+	16:55+	18:16+	20:44+	21:44+
04:02+	01:13+	02:36+	03:02+	02:28-	03:34+	01:21-	02:28+	01:00-
00:52&	00:14#	00:34&	01:06&	01:10-	01:51@	00:05-	00:10+	00:01-

5	Magnus Friedhelm Klaveness	227	26:57					
03:10=	04:11+	13:55+	17:06+	18:45+	22:05+	23:54+	26:10+	26:57+
03:10=	01:01+	09:44+	03:11+	01:39-	03:20+	01:49+	02:16-	00:47-
00:00=	00:02+	07:42@	01:15&	01:59-	01:37&	00:23&	00:02-	00:14-

Beste strekktid for klassen

02:33 00:48 02:02 01:55 01:39 01:43 01:01 01:43 00:38

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

H 13-14

1	Hans Urset	146	18:25								
01:02=	02:23=	04:36=	05:38=	07:47=	09:33=	10:49=	12:09=	13:58=	15:51=	17:37=	18:25=
01:02=	01:21=	02:13=	01:02=	02:09=	01:46=	01:16=	01:20=	01:49=	01:53=	01:46=	00:48=
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	Jussi Rantala	655	22:18								
01:22+	02:55+	06:38+	08:08+	10:44+	12:53+	14:22+	15:56+	17:53+	19:45+	21:36+	22:18+
01:22+	01:33+	03:43+	01:30+	02:36+	02:09+	01:29+	01:34+	01:57+	01:52-	01:51+	00:42-
00:20&	00:12#	01:30&	00:28&	00:27#	00:13#	00:14#	00:08+	00:01-	00:05+	00:06-	

3	Oskar Johannessen	41	23:25								
01:25+	03:03+	06:20+	07:42+	09:53+	11:34+	12:53+	14:20+	17:09+	20:30+	22:39+	23:25+
01:25+	01:38+	03:17+	01:22+	02:11+	01:41-	01:19+	01:27+	02:49+	03:21+	02:09+	00:46-
00:23&	00:17#	01:04&	00:20&	00:02+	00:05-	00:03+	00:07+	01:00&	01:28&	00:23#	00:02-

4	Henning Strand	146	25:35								
01:32+	03:25+	06:28+	08:14+	11:45+	13:36+	15:12+	17:11+	19:37+	22:17+	24:40+	25:35+
01:32+	01:53+	03:03+	01:46+	03:31+	01:51+	01:36+	01:59+	02:26+	02:40+	02:23+	00:55+
00:30&	00:32&	00:50&	00:44&	01:22&	00:05+	00:20&	00:39&	00:37&	00:47&	00:37&	00:07#

5	Eirik Frost	21	26:20								
01:24+	02:52+	05:25+	06:38+	10:03+	16:33+	18:02+	19:50+	21:45+	23:45+	25:39+	26:20+
01:24+	01:28+	02:33+	01:13+	03:25+	06:30+	01:29+	01:48+	01:55+	02:00+	01:54+	00:41-
00:22&	00:07+	00:20#	00:11#	01:16&	04:44@	00:13#	00:28&	00:06+	00:07+	00:08+	00:07-

Class	Navn	Klasse	Tid
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6	Jonas Krogh	268	44:35
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03:00+	04:57+	09:16+	11:12+	20:37+	24:28+	29:18+	36:17+	39:14+	41:39+	43:49+	44:35+
03:00+	01:57+	04:19+	01:56+	09:25+	03:51+	04:50+	06:59+	02:57+	02:25+	02:10+	00:46-
01:58@	00:36&	02:06&	00:54&	07:16@	02:05@	03:34@	05:39@	01:08&	00:32&	00:24#	00:02-

Beste strekktid for klassen

01:02	01:21	02:13	01:02	02:09	01:41	01:16	01:20	01:49	01:52	01:46	00:41
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 13-16C

1	Jo Randar Holmøy	98	32:13
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03:21=	04:39=	07:41=	09:18=	12:47=	19:23=	23:11=	26:46=	29:52=	31:33=	32:13=
03:21=	01:18=	03:02=	01:37=	03:29=	06:36=	03:48=	03:35=	03:06=	01:41=	00:40=
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

03:21	01:18	03:02	01:37	03:29	06:36	03:48	03:35	03:06	01:41	00:40
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 15-16

1	Gard Frost	21	39:42
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02:02=	11:34=	12:35=	22:24=	23:18=	25:50=	27:54=	28:57=	32:58=	35:14=	37:21=	39:01=	39:42=
02:02=	09:32=	01:01=	09:49=	00:54=	02:32=	02:04=	01:03=	04:01=	02:16=	02:07=	01:40=	00:41=
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	Ethan Tebutt	553	47:56
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02:17+	11:24+	15:16+	22:43+	24:58+	28:24+	32:00+	33:24+	39:14+	41:44+	45:14+	47:12+	47:56+
02:17+	09:07-	03:52+	07:27-	02:15+	03:26+	03:36+	01:24+	05:50+	02:30+	03:30+	01:58+	00:44+
00:15#	00:25-	02:51@	02:22-	01:21@	00:54&	01:32&	00:21&	01:49&	00:14#	01:23&	00:18#	00:03+

3	Vegard Stangnes	254	48:18
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02:01-	19:08+	20:00+	26:56+	27:38+	34:45+	36:48+	38:08+	41:59+	44:32+	46:15+	47:44+	48:18+
02:01-	17:07+	00:52-	06:56-	00:42-	07:07+	02:03-	01:20+	03:51-	02:33+	01:43-	01:29-	00:34-
00:01-	07:35&	00:09-	02:53-	00:12-	04:35@	00:01-	00:17&	00:10-	00:17#	00:24-	00:11-	00:07-

4	Jon Marcussen	106	48:38
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02:35+	12:36+	13:51+	20:14+	21:52-	31:38+	35:59+	37:34+	42:03+	43:52+	45:57+	48:02+	48:38+
02:35+	10:01+	01:15+	06:23-	01:38+	09:46+	04:21+	01:35+	04:29+	01:49-	02:05-	02:05+	00:36-
00:33&	00:29+	00:14#	03:26-	00:44&	07:14@	02:17@	00:32&	00:28#	00:27-	00:02-	00:25#	00:05-

5	Gaute Fosstveit	281	50:39
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02:21+	10:51-	12:28-	26:33+	27:51+	33:24+	36:43+	38:02+	42:32+	44:46+	47:36+	49:49+	50:39+
02:21+	08:30-	01:37+	14:05+	01:18+	05:33+	03:19+	01:19+	04:30+	02:14-	02:50+	02:13+	00:50+
00:19#	01:02-	00:36&	04:16&	00:24&	03:01@	01:15&	00:16&	00:29#	00:02-	00:43&	00:33&	00:09#

6	Eskil Frischknecht	21	50:59
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02:04+	24:23+	25:43+	31:55+	33:35+	36:05+	38:58+	40:15+	44:29+	46:23+	48:33+	50:15+	50:59+
02:04+	22:19+	01:20+	06:12-	01:40+	02:30-	02:53+	01:17+	04:14+	01:54-	02:10+	01:42+	00:44+
00:02+	12:47@	00:19&	03:37-	00:46&	00:02-	00:49&	00:14#	00:13+	00:22-	00:03+	00:02+	00:03+

7	Håkon Sæternes	51	1:01:13
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04:23+	11:08-	15:04+	28:17+	33:36+	43:03+	46:48+	48:24+	53:07+	55:43+	58:26+	60:24+	61:13+
04:23+	06:45-	03:56+	13:13+	05:19+	09:27+	03:45+	01:36+	04:43+	02:36+	02:43+	01:58+	00:49+
02:21@	02:47-	02:55@	03:24&	04:25@	06:55@	01:41&	00:33&	00:42#	00:20#	00:36&	00:18#	00:08#

Beste strekktid for klassen

02:01	06:45	00:52	06:12	00:42	02:30	02:03	01:03	03:51	01:49	01:43	01:29	00:34
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 17-18

Class	Navn	Klasse	Tid												
1	Roope Ruuhiala	701	38:04												
01:53=	03:26=	04:31=	09:54=	12:40=	13:47=	18:48=	19:53=	25:22=	27:38=	30:58=	32:36=	34:04=	36:16=	37:22=	38:04=
01:53=	01:33=	01:05=	05:23=	02:46=	01:07=	05:01=	01:05=	05:29=	02:16=	03:20=	01:38=	01:28=	02:12=	01:06=	00:42=
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	Håvard Solbakken	45	38:50												
02:31+	03:32+	04:35+	14:14+	16:21+	17:35+	22:20+	23:40+	25:35+	27:42+	31:30+	33:12+	34:47+	37:00+	38:14+	38:50+
02:31+	01:01-	01:03-	09:39+	02:07-	01:14+	04:45-	01:20+	01:55-	02:07-	03:48+	01:42+	01:35+	02:13+	01:14+	00:36-
00:38&	00:32-	00:02-	04:16&	00:39-	00:07#	00:16-	00:15#	03:34-	00:09-	00:28#	00:04+	00:07+	00:01+	00:08#	00:06-
3	Magnus Gjerstad	368	40:02												
01:52-	03:43+	04:45+	09:36-	18:16+	19:30+	23:58+	25:12+	27:40+	29:46+	33:22+	34:41+	36:16+	38:22+	39:24+	40:02+
01:52-	01:51+	01:02-	04:51-	08:40+	01:14+	04:28-	01:14+	02:28-	02:06-	03:36+	01:19-	01:35+	02:06-	01:02-	00:38-
00:01-	00:18#	00:03-	00:32-	05:54@	00:07#	00:33-	00:09#	03:01-	00:10-	00:16+	00:19-	00:07+	00:06-	00:04-	00:04-
4	Erling Stangnes	254	46:56												
02:13+	03:35+	04:49+	11:35+	14:30+	15:37+	26:34+	29:32+	32:41+	35:01+	38:53+	40:20+	42:04+	45:00+	46:15+	46:56+
02:13+	01:22-	01:14+	06:46+	02:55+	01:07=	10:57+	02:58+	03:09-	02:20+	03:52+	01:27-	01:44+	02:56+	01:15+	00:41-
00:20#	00:11-	00:09#	01:23&	00:09+	00:00=	05:56@	01:53@	02:20-	00:04+	00:32#	00:11-	00:16#	00:44&	00:09#	00:01-
Beste strekktid for klassen															
01:52	01:01	01:02	04:51	02:07	01:07	04:28	01:05	01:55	02:06	03:20	01:19	01:28	02:06	01:02	00:36

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

H 17-AK

1	Sigurd Oxaas Wie	222	45:19												
02:58=	04:38=	18:28=	19:44=	26:13=	27:38=	30:47=	35:13=	39:26=	42:20=	44:09=	44:40=	45:19=			
02:58=	01:40=	13:50=	01:16=	06:29=	01:25=	03:09=	04:26=	04:13=	02:54=	01:49=	00:31=	00:39=			
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	Daniel Høyer Iversen	244	50:38												
02:42-	03:56-	13:44-	21:45+	28:24+	29:44+	31:48+	41:04+	45:58+	48:11+	49:32+	49:57+	50:38+			
02:42-	01:14-	09:48-	08:01+	06:39+	01:20-	02:04-	09:16+	04:54+	02:13-	01:21-	00:25-	00:41+			
00:16-	00:26-	04:02-	06:45@	00:10+	00:05-	01:05-	04:50@	00:41#	00:41-	00:28-	00:06-	00:02+			
3	Peter Carlsen	133	52:44												
03:55+	05:24+	20:16+	21:33+	27:05+	28:33+	38:06+	42:15+	47:05+	49:34+	51:36+	52:00+	52:44+			
03:55+	01:29-	14:52+	01:17+	05:32-	01:28+	09:33+	04:09-	04:50+	02:29-	02:02+	00:24-	00:44+			
00:57&	00:11-	01:02+	00:01+	00:57-	00:03+	06:24@	00:17-	00:37#	00:25-	00:13#	00:07-	00:05#			
4	Sverre Graffer	285	1:00:04												
04:37+	07:01+	22:02+	23:45+	36:03+	38:08+	43:15+	48:40+	54:08+	57:12+	59:00+	59:30+	60:04+			
04:37+	02:24+	15:01+	01:43+	12:18+	02:05+	05:07+	05:25+	05:28+	03:04+	01:48-	00:30-	00:34-			
01:39&	00:44&	01:11+	00:27&	05:49&	00:40&	01:58&	00:59#	01:15&	00:10+	00:01-	00:01-	00:05-			
Beste strekktid for klassen															
02:42	01:14	09:48	01:16	05:32	01:20	02:04	04:09	04:13	02:13	01:21	00:24	00:34			

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

H 17-B

1	Hallvard Augland	37	25:16												
01:37=	03:19=	07:13=	08:45=	11:55=	14:58=	16:34=	18:46=	20:22=	22:18=	24:44=	25:16=				
01:37=	01:42=	03:54=	01:32=	03:10=	03:03=	01:36=	02:12=	01:36=	01:56=	02:26=	00:32=				
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	Henrik Johannessen	41	29:58												
01:27-	03:03-	06:32-	10:41+	15:12+	17:51+	19:57+	21:48+	23:39+	25:40+	29:23+	29:58+				
01:27-	01:36-	03:29-	04:09+	04:31+	02:39-	02:06+	01:51-	01:51+	02:01+	03:43+	00:35+				
00:10-	00:06-	00:25-	02:37@	01:21&	00:24-	00:30&	00:21-	00:15#	00:05+	01:17&	00:03+				
3	Kaspar Augland	37	30:48												
01:12-	03:12-	07:06-	09:13+	14:02+	16:32+	18:19+	22:44+	24:30+	26:43+	29:56+	30:48+				
01:12-	02:00+	03:54=	02:07+	04:49+	02:30-	01:47+	04:25+	01:46+	02:13+	03:13+	00:52+				
00:25-	00:18#	00:00=	00:35&	01:39&	00:33-	00:11#	02:13@	00:10#	00:17#	00:47&	00:20&				

Class	Navn	Klasse	Tid
4	Jens Olav Hessen	329	33:36
	01:35- 03:42+ 07:26+ 09:32+ 16:42+ 20:01+ 22:15+ 24:41+ 27:20+ 29:53+ 32:38+ 33:36+		
	01:35- 02:07+ 03:44- 02:06+ 07:10+ 03:19+ 02:14+ 02:26+ 02:39+ 02:33+ 02:45+ 00:58+		
	00:02- 00:25# 00:10- 00:34& 04:00@ 00:16+ 00:38& 00:14# 01:03& 00:37& 00:19# 00:26&		
5	Stig-Tore Pedersen	88	43:36
	02:12+ 05:25+ 10:36+ 14:08+ 18:22+ 22:27+ 25:26+ 28:42+ 32:58+ 37:10+ 42:20+ 43:36+		
	02:12+ 03:13+ 05:11+ 03:32+ 04:14+ 04:05+ 02:59+ 03:16+ 04:16+ 04:12+ 05:10+ 01:16+		
	00:35& 01:31& 01:17& 02:00@ 01:04& 01:02& 01:23& 01:04& 02:40@ 02:16@ 02:44@ 00:44@		
Beste strekktid for klassen			
	01:12 01:36 03:29 01:32 03:10 02:30 01:36 01:51 01:36 01:56 02:26 00:32		

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

H 17-C

1	Gunnar Fosstveit	281	28:26
	02:15= 03:28= 06:41= 08:28= 13:42= 17:48= 20:56= 23:36= 26:14= 27:37= 28:26=		
	02:15= 01:13= 03:13= 01:47= 05:14= 04:06= 03:08= 02:40= 02:38= 01:23= 00:49=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Eivind Hemmingsen	334	36:25
	01:45- 03:30+ 09:13+ 11:36+ 15:56+ 20:53+ 24:08+ 29:23+ 33:47+ 35:42+ 36:25+		
	01:45- 01:45+ 05:43+ 02:23+ 04:20- 04:57+ 03:15+ 05:15+ 04:24+ 01:55+ 00:43-		
	00:30- 00:32& 02:30& 00:36& 00:54- 00:51# 00:07+ 02:35& 01:46& 00:32& 00:06-		
Beste strekktid for klassen			
	01:45 01:13 03:13 01:47 04:20 04:06 03:08 02:40 02:38 01:23 00:43		

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

H 17-N

1	Henning Kvaal-Tanguay	334	14:41
	02:42= 03:53= 05:37= 07:39= 08:54= 10:30= 12:17= 13:55= 14:41=		
	02:42= 01:11= 01:44= 02:02= 01:15= 01:36= 01:47= 01:38= 00:46=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
Beste strekktid for klassen			
	02:42 01:11 01:44 02:02 01:15 01:36 01:47 01:38 00:46		

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

H 19-20

1	Vegard Gulbrandsen	26	38:45
	01:56= 03:04= 10:22= 12:24= 13:24= 15:57= 19:07= 22:04= 27:55= 30:20= 32:28= 33:51= 35:08= 36:36= 38:13= 38:45=		
	01:56= 01:08= 07:18= 02:02= 01:00= 02:33= 03:10= 02:57= 05:51= 02:25= 02:08= 01:23= 01:17= 01:28= 01:37= 00:32=		
	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	Mats Jørgen Nordmo Ingdal	218	42:38
	02:08+ 03:10+ 10:11- 11:54- 13:10- 16:47+ 19:43+ 23:10+ 31:22+ 33:30+ 35:50+ 37:23+ 38:50+ 40:24+ 42:04+ 42:38+		
	02:08+ 01:02- 07:01- 01:43- 01:16+ 03:37+ 02:56- 03:27+ 08:12+ 02:08- 02:20+ 01:33+ 01:27+ 01:34+ 01:40+ 00:34+		
	00:12# 00:06- 00:17- 00:19- 00:16& 01:04& 00:14- 00:30# 02:21& 00:17- 00:12+ 00:10# 00:10# 00:06+ 00:03+ 00:02+		
3	Espen Samuelson Skiri	45	44:44
	02:21+ 03:29+ 13:58+ 15:34+ 16:32+ 19:05+ 22:20+ 26:01+ 32:21+ 35:00+ 37:36+ 39:21+ 40:46+ 42:17+ 44:03+ 44:44+		
	02:21+ 01:08= 10:29+ 01:36= 00:58- 02:33= 03:15+ 03:41+ 06:20+ 02:39+ 02:36+ 01:45+ 01:25+ 01:31+ 01:46+ 00:41+		
	00:25# 00:00= 03:11& 00:26- 00:02- 00:00= 00:05+ 00:44# 00:29+ 00:14+ 00:28# 00:22& 00:08# 00:03+ 00:09+ 00:09&		
4	Aapo Tonder	870	58:58
	02:08+ 03:20+ 15:56+ 17:31+ 18:48+ 26:56+ 35:20+ 37:57+ 44:59+ 48:01+ 50:40+ 52:19+ 54:19+ 56:09+ 58:01+ 58:58+		
	02:08+ 01:12+ 12:36+ 01:35- 01:17+ 08:08+ 08:24+ 02:37- 07:02+ 03:02+ 02:39+ 01:39+ 02:00+ 01:50+ 01:52+ 00:57+		
	00:12# 00:04+ 05:18& 00:27- 00:17& 05:35@ 05:14@ 00:20- 01:11# 00:37& 00:31# 00:16# 00:43& 00:22# 00:15# 00:25&		

Class	Navn	Klasse												Tid			
5	Arttu Taulavuori	1396												1:04:54			
02:07+	03:20+	12:32+	14:40+	15:46+	36:15+	39:58+	43:41+	51:27+	54:28+	57:06+	58:48+	60:23+	62:10+	64:05+	64:54+		
02:07+	01:13+	09:12+	02:08+	01:06+	20:29+	03:43+	03:43+	07:46+	03:01+	02:38+	01:42+	01:35+	01:47+	01:55+	00:49+		
00:11+	00:05+	01:54&	00:06+	00:06#	17:56@	00:33#	00:46&	01:55&	00:36#	00:30#	00:19#	00:18#	00:19#	00:18#	00:17&		

Beste strekktid for klassen

01:56 01:02 07:01 01:35 00:58 02:33 02:56 02:37 05:51 02:08 02:08 01:23 01:17 01:28 01:37 00:32

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

H 21-

1	Hans Petter Mathisen	82												39:16			
01:37=	02:34=	03:25=	04:39=	11:05=	13:26=	14:14=	16:02=	18:35=	22:04=	30:27=	32:15=	34:42=	35:50=	37:15=	38:39=	39:16=	
01:37=	00:57=	00:51=	01:14=	06:26=	02:21=	00:48=	01:48=	02:33=	03:29=	08:23=	01:48=	02:27=	01:08=	01:25=	01:24=	00:37=	
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	Anders Vister	245												39:29			
01:35-	02:29-	03:18-	04:29-	10:36-	12:57-	13:49-	15:35-	18:11-	21:31-	30:46+	32:38+	34:58+	36:06+	37:34+	38:52+	39:29+	
01:35-	00:54-	00:49-	01:11-	06:07-	02:21=	00:52+	01:46-	02:36+	03:20-	09:15+	01:52+	02:20-	01:08=	01:28+	01:18-	00:37=	
00:02-	00:03-	00:02-	00:03-	00:00=	00:00=	00:04+	00:02-	00:03+	00:09-	00:52#	00:04+	00:07-	00:00=	00:03+	00:06-	00:00=	
3	Rasmus Rørholt Theisen	244												39:50			
01:35-	02:36+	03:30+	04:43+	11:10+	13:24-	14:17+	16:28+	19:16+	22:24+	30:38+	32:34+	35:03+	36:21+	37:52+	39:14+	39:50+	
01:35-	01:01+	00:54+	01:13-	06:27+	02:14-	00:53+	02:11+	02:48+	03:08-	08:14-	01:56+	02:29+	01:18+	01:31+	01:22-	00:36-	
00:02-	00:04+	00:03+	00:01-	00:01+	00:07-	00:05#	00:23#	00:15+	00:21-	00:09-	00:08+	00:02+	00:10#	00:06+	00:02-	00:01-	
4	Tobias Henriksson	1268												40:26			
01:37=	02:33-	03:27+	04:36-	11:04-	13:23-	14:15+	16:46+	19:44+	22:45+	31:12+	33:06+	35:37+	36:59+	38:37+	39:51+	40:26+	
01:37=	00:56-	00:54+	01:09-	06:28+	02:19-	00:52+	02:31+	03:01-	08:27+	01:54+	02:31+	01:22+	01:38+	01:14-	00:35-		
00:00=	00:01-	00:03+	00:05-	00:02+	00:02-	00:04+	00:43&	00:25#	00:28-	00:04+	00:06+	00:04+	00:14#	00:13#	00:10-	00:02-	
5	Topi Anjala	760												41:00			
01:36-	02:38+	03:30+	04:37-	10:58-	13:15-	14:31+	16:53+	19:50+	22:48+	31:34+	33:37+	36:11+	37:21+	39:00+	40:20+	41:00+	
01:36-	01:02+	00:52+	01:07-	06:21-	02:17-	01:16+	02:22+	02:57+	02:58-	08:46+	02:03+	02:34+	01:10+	01:39+	01:20-	00:40+	
00:01-	00:05+	00:01+	00:07-	00:05-	00:04-	00:28&	00:34&	00:24#	00:31-	00:23+	00:15#	00:07+	00:02+	00:14#	00:04-	00:03+	
6	Per Carlborg	484												41:42			
01:51+	02:59+	03:56+	05:15+	11:27+	13:58+	14:57+	17:04+	20:04+	23:34+	32:53+	34:42+	37:03+	38:14+	39:41+	41:02+	41:42+	
01:51+	01:08+	00:57+	01:19+	06:12-	02:31+	00:59+	02:07+	03:00+	03:30+	09:19+	01:49+	02:21-	01:11+	01:27+	01:21-	00:40+	
00:14#	00:11#	00:06#	00:05+	00:14-	00:10+	00:11#	00:19#	00:27#	00:01+	00:56#	00:01+	00:06-	00:03+	00:02+	00:03-	00:03+	
7	Johan Ek-Larsson	559												41:49			
01:34-	02:32-	03:26+	04:36-	10:41-	13:01-	14:13-	16:15+	19:12+	23:00+	32:27+	34:29+	37:07+	38:25+	39:56+	41:15+	41:49+	
01:34-	00:58+	00:54+	01:10-	06:05-	02:20-	01:12+	02:02+	02:57+	03:48+	09:27+	02:02+	02:38+	01:18+	01:31+	01:19-	00:34-	
00:03-	00:01+	00:03+	00:04-	00:21-	00:01-	00:24&	00:14#	00:24#	00:19+	01:04#	00:14#	00:11+	00:10#	00:06+	00:05-	00:03-	
8	Fredrik Eliasson	101												42:39			
01:44+	02:57+	03:54+	05:07+	11:37+	13:52+	14:48+	16:59+	19:43+	23:15+	33:22+	35:16+	37:47+	39:02+	40:36+	42:02+	42:39+	
01:44+	01:13+	00:57+	01:13-	06:30+	02:15-	00:56+	02:11+	02:44+	03:32+	10:07+	01:54+	02:31+	01:15+	01:34+	01:26+	00:37=	
00:07+	00:16&	00:06#	00:01-	00:04+	00:06-	00:08#	00:23#	00:11+	00:03+	01:44#	00:06+	00:04+	00:07#	00:09#	00:02+	00:00=	
9	Topi Penttinen	1268												43:21			
01:41+	02:36+	03:29+	04:40+	12:22+	14:47+	15:37+	17:32+	20:20+	23:51+	33:45+	35:37+	38:13+	39:36+	41:06+	42:42+	43:21+	
01:41+	00:55-	00:53+	01:11-	07:42+	02:25+	00:50+	01:55+	02:48+	03:31+	09:54+	01:52+	02:36+	01:23+	01:30+	01:36+	00:39+	
00:04+	00:02-	00:02+	00:03-	01:16#	00:04+	00:02+	00:07+	00:15+	00:02+	01:31#	00:04+	00:09+	00:15#	00:05+	00:12#	00:02+	
10	Antti Vainio	440												43:48			
01:39+	02:49+	03:42+	05:05+	11:51+	14:12+	15:07+	17:12+	20:14+	24:21+	34:09+	36:13+	38:56+	40:14+	41:42+	43:06+	43:48+	
01:39+	01:10+	00:53+	01:23+	06:46+	02:21=	00:55+	02:05+	03:02+	04:07+	09:48+	02:04+	02:43+	01:18+	01:28+	01:24=	00:42+	
00:02+	00:13#	00:02+	00:09#	00:20+	00:00=	00:07#	00:17#	00:29#	00:38#	01:25#	00:16#	00:16#	00:10#	00:03+	00:00=	00:05#	
11	Miika Hernelahti	551												44:06			
01:44+	02:54+	03:50+	05:07+	12:10+	14:42+	15:53+	18:11+	21:15+	24:52+	34:30+	36:26+	39:10+	40:27+	41:59+	43:23+	44:06+	
01:44+	01:10+	00:56+	01:17+	07:03+	02:32+	01:11+	02:18+	03:04+	03:37+	09:38+	01:56+	02:44+	01:17+	01:32+	01:24=	00:43+	
00:07+	00:13#	00:05+	00:03+	00:37+	00:11+	00:23&	00:30&	00:31#	00:08+	01:15#	00:08+	00:17#	00:09#	00:07+	00:00=	00:06#	
12	Juho-Matti Taivainen	1412												44:10			
01:42+	02:47+	03:49+	05:05+	12:02+	15:23+	16:24+	19:05+	22:00+	25:05+	34:32+	36:38+	39:15+	40:35+	42:02+	43:29+	44:10+	
01:42+	01:05+	01:02+	01:16+	06:57+	03:21+	01:01+	02:41+	02:55+	03:05-	09:27+	02:06+	02:37+	01:20+	01:27+	01:27+	00:41+	
00:05+	00:08#	00:11#	00:02+	00:31+	01:00&	00:13&	00:53&	00:22#	00:24-	01:04#	00:18#	00:10+	00:12#	00:02+	00:03+	00:04#	

Class	Navn	Klasse										Tid				
13	Rune Nygaard	142										45:43				
01:57+	03:08+	04:07+	05:25+	12:31+	14:55+	16:28+	19:03+	21:37+	25:14+	34:57+	37:27+	40:24+	41:42+	43:19+	44:53+	45:43+
01:57+	01:11+	00:59+	01:18+	07:06+	02:24+	01:33+	02:35+	02:34+	03:37+	09:43+	02:30+	02:57+	01:18+	01:37+	01:34+	00:50+
00:20#	00:14#	00:08#	00:04+	00:40#	00:03+	00:45&	00:47&	00:01+	00:08+	01:20#	00:42&	00:30#	00:10#	00:12#	00:10#	00:13&
14	Jakob Wallenhammar	726										46:02				
01:46+	02:47+	03:47+	05:03+	11:37+	13:57+	14:52+	19:55+	23:08+	26:34+	36:07+	38:16+	40:54+	42:11+	43:41+	45:18+	46:02+
01:46+	01:01+	01:00+	01:16+	06:34+	02:20-	00:55+	05:03+	03:13+	03:26-	09:33+	02:09+	02:38+	01:17+	01:30+	01:37+	00:44+
00:09+	00:04+	00:09#	00:02+	00:08+	00:01-	00:07#	03:15@	00:40&	00:03-	01:10#	00:21#	00:11+	00:09#	00:05+	00:13#	00:07#
15	Sverre Turtur Sandvold	244										46:48				
01:40+	02:45+	03:41+	04:54+	15:22+	16:24+	19:07+	21:55+	25:31+	36:12+	38:27+	41:30+	42:52+	44:36+	46:10+	46:48+	
01:40+	01:05+	00:56+	01:13-	08:00+	02:28+	01:02+	02:43+	02:48+	03:36+	10:41+	02:15+	03:03+	01:22+	01:44+	01:34+	00:38+
00:03+	00:08#	00:05+	00:01-	01:34#	00:07+	00:14&	00:55&	00:15+	00:07+	02:18&	00:27#	00:36#	00:14#	00:19#	00:10#	00:01+
16	Halvor Eid Nielsen	991										47:07				
01:26-	02:44+	03:34+	04:49+	10:59-	16:57+	17:54+	20:15+	22:49+	26:58+	36:08+	38:10+	40:45+	42:03+	45:02+	46:31+	47:07+
01:26-	01:18+	00:50-	01:15+	06:10-	05:58+	00:57+	02:21+	02:34+	04:09+	09:10+	02:02+	02:35+	01:18+	02:59+	01:29+	00:36-
00:11-	00:21&	00:01-	00:01+	00:16-	03:37@	00:09#	00:33&	00:01+	00:40#	00:47+	00:14#	00:08+	00:10#	01:34@	00:05+	00:01-
17	Panu Teittinen	555										47:47				
01:39+	02:52+	03:51+	05:11+	12:53+	16:17+	17:32+	20:11+	23:06+	26:51+	37:51+	40:13+	43:00+	44:17+	45:50+	47:10+	47:47+
01:39+	01:13+	00:59+	01:20+	07:42+	03:24+	01:15+	02:39+	02:55+	03:45+	11:00+	02:22+	02:47+	01:17+	01:33+	01:20-	00:37-
00:02+	00:16&	00:08#	00:06+	01:16#	01:03&	00:27&	00:51&	00:22#	00:16+	02:37&	00:34&	00:20#	00:09#	00:08+	00:04-	00:00-
18	Erling Sommerfeldt	448										49:06				
01:44+	02:40+	03:31+	04:41+	11:12+	13:32+	14:27+	17:05+	23:59+	27:59+	39:03+	41:03+	43:36+	45:31+	46:59+	48:25+	49:06+
01:44+	00:56-	00:51-	01:10-	06:31+	02:20-	00:55+	02:38+	06:54+	04:00+	11:04+	02:00+	02:33+	01:55+	01:28+	01:26+	00:41+
00:07+	00:01-	00:00-	00:04-	00:05+	00:01-	00:07#	00:50&	04:21@	00:31#	02:41&	00:12#	00:06+	00:47&	00:03+	00:02+	00:04#
19	Jukka-Pekka Seppänen	1057										49:12				
01:43+	02:51+	03:47+	05:06+	12:56+	15:40+	16:46+	19:09+	22:29+	26:49+	37:55+	40:15+	43:07+	44:41+	46:52+	48:27+	49:12+
01:43+	01:08+	00:56+	01:19+	07:50+	02:44+	01:06+	02:23+	03:20+	04:20+	11:06+	02:20+	02:52+	01:34+	02:11+	01:35+	00:45+
00:06+	00:11#	00:05+	00:05+	01:24#	00:23#	00:18&	00:35&	00:47&	00:51#	02:43&	00:32&	00:25#	00:26&	00:46&	00:11#	00:08#
20	Jakob Kalvig Skogan	244										50:04				
02:03+	03:14+	04:24+	05:58+	14:29+	17:19+	18:26+	21:01+	24:57+	29:07+	39:53+	42:09+	44:48+	46:06+	47:46+	49:24+	50:04+
02:03+	01:11+	01:10+	01:34+	08:31+	02:50+	01:07+	02:35+	03:56+	04:10+	10:46+	02:16+	02:39+	01:18+	01:40+	01:38+	00:40+
00:26&	00:14#	00:19&	00:20&	02:05&	00:29#	00:19&	00:47&	01:23&	00:41#	02:23&	00:28&	00:12+	00:10#	00:15#	00:14#	00:03+
21	Rasmus Larsson	1003										50:18				
02:07+	03:32+	04:38+	06:17+	14:22+	17:11+	18:13+	20:29+	23:41+	28:08+	39:06+	41:16+	44:20+	45:52+	47:50+	49:33+	50:18+
02:07+	01:25+	01:06+	01:39+	08:05+	02:49+	01:02+	02:16+	03:12+	04:27+	10:58+	02:10+	03:04+	01:32+	01:58+	01:43+	00:45+
00:30&	00:28&	00:15&	00:25&	01:39&	00:28#	00:14&	00:28&	00:39&	00:58&	02:35&	00:22#	00:37&	00:24&	00:33&	00:19#	00:08#
22	Daniel Carløy Skjønsvjell	239										51:01				
01:34-	02:36+	03:27+	06:24+	12:48+	15:51+	16:48+	19:37+	28:29+	32:21+	41:32+	43:34+	46:09+	47:19+	48:55+	50:22+	51:01+
01:34-	01:02+	00:51-	02:57+	06:24-	03:03+	00:57+	02:49+	08:52+	03:52+	09:11+	02:02+	02:35+	01:10+	01:36+	01:27+	00:39+
00:03-	00:05+	00:00-	01:43@	00:02-	00:42&	00:09#	01:01&	06:19@	00:23#	00:48+	00:14#	00:08+	00:02+	00:11#	00:03+	00:02+
23	Jere Sipponen	430										52:06				
01:52+	02:55+	03:44+	04:58+	12:05+	14:29+	15:29+	17:55+	26:26+	30:14+	41:54+	43:54+	46:38+	47:58+	49:53+	51:26+	52:06+
01:52+	01:03+	00:49-	01:14+	07:07+	02:24+	01:00+	02:26+	08:31+	03:48+	11:40+	02:00+	02:44+	01:20+	01:55+	01:33+	00:40+
00:15#	00:06#	00:02-	00:00-	00:41#	00:03+	00:12#	00:38&	05:58@	00:19+	03:17&	00:12#	00:17#	00:12#	00:30&	00:09#	00:03+
24	Marius Øie	212										52:20				
02:03+	03:21+	04:25+	05:47+	14:33+	17:20+	18:34+	21:44+	25:18+	29:03+	41:04+	43:16+	46:08+	47:35+	49:38+	51:22+	52:20+
02:03+	01:18+	01:04+	01:22+	08:46+	02:47+	01:14+	03:10+	03:34+	03:45+	12:01+	02:12+	02:52+	01:27+	02:03+	01:44+	00:58+
00:26&	00:21&	00:13&	00:08#	02:20&	00:26#	00:26&	01:22&	01:01&	00:16+	03:38&	00:24#	00:25#	00:19&	00:38&	00:20#	00:21&
25	Harald Kalager	244										55:43				
01:51+	03:13+	04:23+	05:51+	15:17+	18:18+	19:29+	22:23+	26:13+	30:20+	43:29+	46:01+	49:04+	50:32+	53:23+	55:01+	55:43+
01:51+	01:22+	01:10+	01:28+	09:26+	03:01+	01:11+	02:54+	03:50+	04:07+	13:09+	02:32+	03:03+	01:28+	02:51+	01:38+	00:42+
00:14#	00:25&	00:19&	00:14#	03:00&	00:40&	00:23&	01:06&	01:17&	00:38#	04:46&	00:44&	00:36#	00:20&	01:26@	00:14#	00:05#
26	Tapio Haarlaa	531										55:58				
01:50+	03:02+	04:02+	05:24+	14:56+	17:59+	22:16+	25:43+	28:54+	33:16+	44:38+	46:58+	50:07+	51:36+	53:25+	55:07+	55:58+
01:50+	01:12+	01:00+	01:22+	09:32+	03:03+	04:17+	03:27+	03:11+	04:22+	11:22+	02:20+	03:09+	01:29+	01:49+	01:42+	00:51+
00:13#	00:15&	00:09#	00:08#	03:06&	00:42&	03:29@	01:39&	00:38#	00:53&	02:59&	00:32&	00:42&	00:21&	00:24&	00:18#	00:14&
27	Markus Glad	245										56:18				
04:30+	05:41+	06:48+	08:13+	18:53+	22:08+	23:19+	26:48+	30:36+	34:54+	45:17+	48:30+	51:14+	52:29+	54:04+	55:35+	56:18+
04:30+	01:11+	01:07+	01:25+	10:40+	03:15+	01:11+	03:29+	03:48+	04:18+	10:23+	03:13+	02:44+	01:15+	01:35+	01:31+	00:43+
02:53@	00:14#	00:16&	00:11#	04:14&	00:54&	00:23&	01:41&	01:15&	00:49#	02:00#	01:25&	00:17#	00:07#	00:10#	00:07+	00:06#

Class	Navn	Klasse	Tid													
28	Jacob Berg Lofthus	244	57:13													
02:10+	03:29+	04:43+	06:28+	17:09+	20:08+	21:16+	23:38+	26:54+	31:55+	44:32+	46:52+	50:14+	52:01+	54:29+	56:28+	57:13+
02:10+	01:19+	01:02+	01:23+	10:41+	02:59+	01:08+	02:22+	03:16+	05:01+	12:37+	02:20+	03:22+	01:47+	02:28+	01:59+	00:45+
00:33&	00:22&	00:23&	00:31&	04:15&	00:38&	00:20&	00:34&	00:43&	01:32&	04:14&	00:32&	00:55&	00:39&	01:03&	00:35&	00:08#
29	Kari Kokkinen	1418	57:19													
02:30+	03:41+	04:43+	06:06+	16:33+	19:37+	21:11+	23:33+	28:12+	32:21+	44:52+	47:34+	51:17+	52:44+	54:43+	56:29+	57:19+
02:30+	01:11+	01:02+	01:23+	10:27+	03:04+	01:34+	02:22+	04:39+	04:09+	12:31+	02:42+	03:43+	01:27+	01:59+	01:46+	00:50+
00:53&	00:14#	00:11#	00:09#	04:01&	00:43&	00:46&	00:34&	02:06&	00:40#	04:08&	00:54&	01:16&	00:19&	00:34&	00:22&	00:13&
30	Håvard Krey Hansen	254	57:20													
02:03+	03:10+	04:19+	05:42+	23:11+	25:55+	27:52+	29:58+	32:49+	37:00+	46:50+	49:02+	52:10+	53:31+	55:01+	56:35+	57:20+
02:03+	01:07+	01:09+	01:23+	17:29+	02:44+	01:57+	02:06+	02:51+	04:11+	09:50+	02:12+	03:08+	01:21+	01:30+	01:34+	00:45+
00:26&	00:10#	00:18&	00:09#	11:03@	00:23#	01:09@	00:18#	00:18#	00:42#	01:27#	00:24#	00:41&	00:13#	00:05+	00:10#	00:08#
31	Cillin Corbett	1198	59:44													
01:48+	02:58+	04:03+	05:50+	14:05+	17:09+	18:31+	22:31+	26:25+	31:00+	45:57+	49:04+	52:56+	54:34+	56:53+	58:57+	59:44+
01:48+	01:10+	01:05+	01:47+	08:15+	03:04+	01:22+	04:00+	03:54+	04:35+	14:57+	03:07+	03:52+	01:38+	02:19+	02:04+	00:47+
00:11#	00:13#	00:14&	00:33&	01:49&	00:43&	00:34&	02:12@	01:21&	01:06&	06:34&	01:19&	01:25&	00:30&	00:54&	00:40&	00:10&
32	Bjørn Johannessen Field	141	1:02:15													
05:42+	06:51+	07:56+	09:21+	19:19+	23:33+	24:43+	30:18+	33:20+	37:51+	48:41+	51:23+	54:34+	56:27+	60:00+	61:36+	62:15+
05:42+	01:09+	01:05+	01:25+	09:58+	04:14+	01:10+	05:35+	03:02+	04:31+	10:50+	02:42+	03:11+	01:53+	03:33+	01:36+	00:39+
04:05@	00:12#	00:14&	00:11#	03:32&	01:53&	00:22&	03:47@	00:29#	01:02&	02:27&	00:54&	00:44&	00:45&	02:08@	00:12#	00:02+
33	Håvar Østvik	35	1:05:49													
02:13+	04:05+	05:32+	06:58+	17:04+	20:07+	21:16+	24:45+	30:20+	35:17+	52:38+	55:18+	59:26+	61:04+	63:29+	65:07+	65:49+
02:13+	01:52+	01:27+	01:26+	10:06+	03:03+	01:09+	03:29+	05:35+	04:57+	17:21+	02:40+	04:08+	01:38+	02:25+	01:38+	00:42+
00:36&	00:55&	00:36&	00:36&	00:12#	03:40&	00:21&	01:41&	03:02@	01:28&	08:58@	00:52&	01:41&	00:30&	01:00&	00:14#	00:05#
34	Martin Ankel	1003	1:09:41													
02:05+	03:29+	04:54+	06:28+	17:08+	20:30+	21:46+	25:32+	36:23+	40:28+	57:40+	60:10+	63:37+	65:14+	67:02+	68:56+	69:41+
02:05+	01:24+	01:25+	01:34+	10:40+	03:22+	01:16+	03:46+	10:51+	04:05+	17:12+	02:30+	03:27+	01:37+	01:48+	01:54+	00:45+
00:28&	00:27&	00:34&	00:20&	04:14&	01:01&	00:28&	01:58@	08:18@	00:36#	08:49@	00:42&	01:00&	00:29&	00:23&	00:30&	00:08#
35	Evaldas Jadenkus	1382	1:09:49													
02:23+	03:56+	05:12+	06:59+	17:31+	20:59+	22:27+	25:49+	30:03+	40:00+	54:35+	57:24+	61:26+	63:24+	66:49+	68:55+	69:49+
02:23+	01:33+	01:16+	01:47+	10:32+	03:28+	01:28+	03:22+	04:14+	09:57+	14:35+	02:49+	04:02+	01:58+	03:25+	02:06+	00:54+
00:46&	00:36&	00:25&	00:33&	04:06&	01:07&	00:40&	01:34&	01:41&	06:28@	06:12&	01:01&	01:35&	00:50&	02:00@	00:42&	00:17&
36	Teemu Niskanen	655	1:10:29													
02:09+	03:41+	05:20+	07:09+	21:22+	24:53+	26:20+	29:51+	33:55+	38:52+	53:28+	57:38+	62:09+	64:28+	67:10+	69:25+	70:29+
02:09+	01:32+	01:39+	01:49+	14:13+	03:31+	01:27+	03:31+	04:04+	04:57+	14:36+	04:10+	04:31+	02:19+	02:42+	02:15+	01:04+
00:32&	00:35&	00:48&	00:35&	07:47@	01:10&	00:39&	01:43&	01:31&	01:28&	06:13&	02:22@	02:04&	01:11@	01:17&	00:51&	00:27&
37	Tuomas Fjällström	1071	1:13:30													
01:53+	02:59+	04:12+	05:29+	15:46+	18:31+	21:26+	37:24+	48:26+	52:17+	62:50+	65:00+	67:48+	69:29+	71:09+	72:44+	73:30+
01:53+	01:06+	01:13+	01:17+	10:17+	02:45+	02:55+	15:58+	11:02+	03:51+	10:33+	02:10+	02:48+	01:41+	01:40+	01:35+	00:46+
00:16#	00:09#	00:22&	00:03+	03:51&	00:24#	02:07@	14:10@	08:29@	00:22#	02:10&	00:22#	00:21#	00:33&	00:15#	00:11#	00:09#
38	James Turton	431	1:36:39													
03:16+	04:57+	06:20+	08:23+	22:01+	27:59+	29:53+	34:50+	41:09+	50:12+	73:34+	77:22+	84:55+	88:19+	92:47+	95:35+	96:39+
03:16+	01:41+	01:23+	02:03+	13:38+	05:58+	01:54+	04:57+	06:19+	09:03+	23:22+	03:48+	07:33+	03:24+	04:28+	02:48+	01:04+
01:39@	00:44&	00:32&	00:49&	07:12@	03:37@	01:06@	03:09@	03:46@	05:34@	14:59@	02:00@	05:06@	02:16@	03:03@	01:24&	00:27&

Beste strekktid for klassen

01:26 00:54 00:49 01:07 06:05 02:14 00:48 01:46 02:33 02:58 08:14 01:48 02:20 01:08 01:25 01:14 00:34

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

H 35-

1	Teemu Laasanen	1397	44:55												
02:17=	03:16=	12:24=	14:31=	15:38=	19:38=	23:03=	25:38=	31:42=	34:49=	37:50=	39:33=	41:00=	42:30=	44:14=	44:55=
02:17=	00:59=	09:08=	02:07=	01:07=	04:00=	03:25=	02:35=	06:04=	03:07=	03:01=	01:43=	01:27=	01:30=	01:44=	00:41=
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	Juha Vierinen	146	50:15												
02:25+	03:33+	12:59+	15:39+	17:29+	21:53+	26:22+	29:30+	36:24+	39:22+	42:09+	43:54+	45:31+	47:22+	49:19+	50:15+
02:25+	01:08+	09:26+	02:40+	01:50+	04:24+	04:29+	03:08+	06:54+	02:58-	02:47-	01:45+	01:37+	01:51+	01:57+	00:56+
00:08+	00:09#	00:18+	00:33&	00:43&	00:24#	01:04&	00:33#	00:50#	00:09-	00:14-	00:02+	00:10#	00:21#	00:13#	00:15&

Class	Navn	Klasse	Tid
11	Jyri Myllymäki	759	49:06
02:20+	04:11+	05:27+	15:11+
02:20+	01:51+	01:16+	09:44+
00:22#	00:30&	00:07#	04:32&
	00:02-	00:05-	00:32+
	00:03-	02:43@	00:22#
	01:43&	00:48&	00:22#
	00:07+	00:11#	00:08#
12	Tomi Rinne	1404	50:26
02:53+	04:31+	05:42+	19:06+
02:53+	01:38+	01:11+	13:24+
00:55&	00:17#	00:02+	08:12@
	00:06-	00:09-	00:32+
	00:11#	02:50@	00:55&
	00:15+	00:10-	00:07+
	00:02+	00:12-	00:04-
13	Gennady Bogopolskiy	927	52:56
02:16+	03:51+	04:58+	12:00+
02:16+	01:35+	01:07-	07:02+
00:18#	00:14#	00:02-	01:50&
	00:08+	00:08#	02:56&
	00:18#	07:34@	00:38&
	01:44&	00:04+	00:13-
	00:42&	00:06-	00:06-
14	Espen Johannessen	41	57:00
02:43+	04:37+	05:47+	11:45+
02:43+	01:54+	01:10+	05:58+
00:45&	00:33&	00:01+	00:46#
	00:56&	00:00-	02:35&
	00:07+	05:23@	06:46@
	01:07&	00:17#	00:44&
	00:10+	00:00-	00:01+
15	Anders Kristoffersson	1310	58:52
02:27+	03:50+	05:25+	16:54+
02:27+	01:23+	01:35+	11:29+
00:29#	00:02+	00:26&	06:17@
	00:01+	00:17#	00:01+
	03:12&	04:17@	04:48@
	00:45&	01:00#	00:03+
	00:29&	00:13+	00:09-
16	Atle Pedersen	80	1:18:57
02:15+	03:29+	04:32+	27:09+
02:15+	01:14-	01:03-	22:37+
00:17#	00:07-	00:06-	17:25@
	00:21-	04:37@	02:44&
	00:45&	13:56@	02:52@
	00:02-	00:08-	00:10#
	00:37#	00:25-	00:06-
17	Anthony Covey-Crump	1395	1:20:10
03:12+	05:06+	06:41+	15:10+
03:12+	01:54+	01:35+	08:29+
01:14&	00:33&	00:26&	03:17&
	02:50@	02:14@	04:40&
	14:32@	02:53@	02:25@
	03:07&	01:05&	01:28&
	01:38&	00:42&	00:17&

Beste strekktid for klassen

01:55 01:00 01:03 03:58 01:53 01:00 04:33 01:10 02:02 02:09 03:42 01:25 01:20 02:11 01:01 00:41

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

H 45-

1	Thomas Frost	21	28:25
02:02=	03:06=	08:21=	09:11=
02:02=	01:04=	05:15=	00:50=
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=
2	Jesper David Jensen	434	29:47
02:08+	03:13+	07:55-	08:51-
02:08+	01:05+	04:42-	00:56+
00:06+	00:01+	00:33-	00:06#
	00:34#	00:26&	00:25#
	00:36&	00:00-	00:06-
	00:05-	00:16-	00:11-
	00:29&	00:15-	00:09-
3	Leiv-Terje Arnevik	341	31:41
01:55-	02:58-	09:16+	10:16+
01:55-	01:03-	06:18+	01:00+
00:07-	00:01-	01:03#	00:10#
	02:09&	00:13&	00:10+
	00:06+	00:05-	00:16-
	00:11-	00:29&	00:15-
	00:09-	00:03-	00:00-
4	Staffan Jacobsson Svärd	765	32:07
02:28+	03:37+	08:53+	09:56+
02:28+	01:09+	05:16+	01:03+
00:26#	00:05+	00:01+	00:13&
	00:20+	00:30&	00:27&
	00:14#	00:09#	00:32#
	00:29&	00:16#	00:03-
	00:03+	00:03+	00:05-
5	Tero Taulavuori	1396	32:34
02:29+	03:36+	08:30+	09:36+
02:29+	01:07+	04:54-	01:06+
00:27#	00:03+	00:21-	00:16&
	01:44&	00:22&	00:15#
	00:48&	00:03+	00:21#
	00:09+	00:04+	00:03+
	00:05-	00:01+	00:01+
6	Mats Luspa	642	33:54
02:07+	03:18+	08:31+	09:34+
02:07+	01:11+	05:13-	01:03+
00:05+	00:07#	00:02-	00:13&
	00:13+	00:19&	01:29&
	00:28#	00:13#	00:18+
	01:36&	00:15#	00:14#
	00:01+	00:01+	00:01+

Class	Navn	Klasse										Tid			
7	Roar Reiten	67										34:14			
02:34+	03:46+	09:38+	10:46+	15:45+	16:52+	18:41+	20:57+	22:06+	25:51+	28:14+	31:42+	33:27+	34:14+		
02:34+	01:12+	05:52+	01:08+	04:59+	01:07+	01:49+	02:16+	01:09+	03:45+	02:23+	03:28+	01:45+	00:47+		
00:32&	00:08#	00:37#	00:18&	00:11+	00:18&	00:03+	00:14#	00:08#	00:27#	00:40&	02:05@	00:06+	00:02+		
8	Espen Svæ	305										35:09			
02:30+	03:55+	10:06+	11:18+	17:01+	18:20+	20:41+	23:01+	24:13+	28:32+	30:43+	32:31+	34:17+	35:09+		
02:30+	01:25+	06:11+	01:12+	05:43+	01:19+	02:21+	02:20+	01:12+	04:19+	02:11+	01:48+	01:46+	00:52+		
00:28#	00:21&	00:56#	00:22&	00:55#	00:30&	00:35&	00:18#	00:11#	01:01&	00:28&	00:25&	00:07+	00:07#		
9	Hans Helmer Sæternes	51										38:25			
02:27+	03:43+	09:23+	10:43+	18:10+	19:39+	23:45+	26:25+	27:34+	31:38+	33:56+	35:52+	37:38+	38:25+		
02:27+	01:16+	05:40+	01:20+	07:27+	01:29+	04:06+	02:40+	01:09+	04:04+	02:18+	01:56+	01:46+	00:47+		
00:25#	00:12#	00:25+	00:30&	00:40&	02:20@	00:38&	00:08#	00:46#	00:35&	00:33&	00:07+	00:02+			
10	Bjørnar Ødegårdstuen	21										41:15			
03:53+	05:13+	11:23+	12:58+	18:46+	20:04+	22:45+	25:48+	27:08+	31:39+	35:53+	38:25+	40:27+	41:15+		
03:53+	01:20+	06:10+	01:35+	05:48+	01:18+	02:41+	03:03+	01:20+	04:31+	04:14+	02:32+	02:02+	00:48+		
01:51&	00:16#	00:55#	00:45&	01:00#	00:29&	00:55&	01:01&	00:19&	01:13&	02:31@	01:09&	00:23#	00:03+		
11	Jesse White	341										44:13			
03:46+	05:43+	13:50+	15:20+	21:27+	22:50+	25:17+	28:20+	29:50+	35:09+	37:49+	41:13+	43:23+	44:13+		
03:46+	01:57+	08:07+	01:30+	06:07+	01:23+	02:27+	03:03+	01:30+	05:19+	02:40+	03:24+	02:10+	00:50+		
01:44&	00:53&	02:52&	00:40&	01:19&	00:34&	00:41&	01:01&	00:29&	02:01&	00:57&	02:01@	00:31&	00:05#		
12	Roar Myhre	189										46:08			
03:39+	05:06+	12:48+	18:00+	23:32+	24:47+	27:02+	30:07+	31:38+	36:58+	39:39+	43:05+	45:10+	46:08+		
03:39+	01:27+	07:42+	05:12+	05:32+	01:15+	02:15+	03:05+	01:31+	05:20+	02:41+	03:26+	02:05+	00:58+		
01:37&	00:23&	02:27&	04:22@	00:44#	00:26&	00:29&	01:03&	00:30&	02:02&	00:58&	02:03@	00:26&	00:13&		
13	Thomas Åman	1413										51:01			
03:24+	05:10+	14:39+	17:20+	24:45+	26:52+	30:30+	34:52+	36:25+	41:22+	45:03+	47:41+	50:08+	51:01+		
03:24+	01:46+	09:29+	02:41+	07:25+	02:07+	03:38+	04:22+	01:33+	04:57+	03:41+	02:38+	02:27+	00:53+		
01:22&	00:42&	04:14&	01:51@	02:37&	01:18@	01:52@	02:20@	00:32&	01:39&	01:58@	01:15&	00:48&	00:08#		
14	Jon Magne Svendsbø	377										51:34			
04:03+	06:13+	14:13+	15:52+	23:58+	25:58+	29:07+	33:10+	35:14+	41:17+	44:40+	46:59+	49:54+	51:34+		
04:03+	02:10+	08:00+	01:39+	08:06+	02:00+	03:09+	04:03+	02:04+	06:03+	03:23+	02:19+	02:55+	01:40+		
02:01&	01:06@	02:45&	00:49&	03:18&	01:11@	01:23&	02:01&	01:03@	02:45&	01:40&	00:56&	01:16&	00:55@		
15	Juha Kultima	1399										56:11			
03:07+	04:38+	16:18+	17:56+	29:30+	31:08+	38:27+	41:26+	43:17+	48:24+	51:15+	53:19+	55:18+	56:11+		
03:07+	01:31+	11:40+	01:38+	11:34+	01:38+	07:19+	02:59+	01:51+	05:07+	02:51+	02:04+	01:59+	00:53+		
01:05&	00:27&	06:25@	00:48&	06:46@	00:49&	05:33@	00:57&	00:50&	01:49&	01:08&	00:41&	00:20#	00:08#		
16	Dag Marcussen	106										1:04:56			
03:53+	05:27+	14:00+	15:46+	23:47+	38:33+	45:17+	48:15+	49:30+	54:22+	57:49+	62:10+	64:03+	64:56+		
03:53+	01:34+	08:33+	01:46+	08:01+	14:46+	06:44+	02:58+	01:15+	04:52+	03:27+	04:21+	01:53+	00:53+		
01:51&	00:30&	03:18&	00:56@	03:13&	13:57@	04:58@	00:56&	00:14#	01:34&	01:44@	02:58@	00:14#	00:08#		
Beste strekktid for klassen															
01:55	01:03	04:42	00:50	04:48	00:49	01:46	02:02	00:56	03:02	01:32	01:23	01:24	00:36		

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

H 50-

1	Bjørn Gulbrandsen	26										28:16			
02:06=	03:08=	08:42=	09:51=	15:24=	16:54=	18:37=	21:36=	24:08=	26:05=	27:10=	27:35=	28:16=			
02:06=	01:02=	05:34=	01:09=	05:33=	01:30=	01:43=	02:59=	02:32=	01:57=	01:05=	00:25=	00:41=			
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	Trond-Henry Skjønsfjell	239										28:46			
02:35+	03:40+	10:02+	10:56+	14:38-	15:58-	18:18-	21:15-	24:27+	26:30+	27:44+	28:05+	28:46+			
02:35+	01:05+	06:22+	00:54+	03:42-	01:20-	02:20+	02:57-	03:12+	02:03+	01:14+	00:21-	00:41=			
00:29#	00:03+	00:48#	00:15-	01:51-	00:10-	00:37&	00:02-	00:40&	00:06+	00:09#	00:04-	00:00=			
3	Pål Augland	37										31:53			
02:43+	04:00+	11:11+	12:12+	16:24+	17:22+	19:49+	23:53+	27:11+	29:34+	30:51+	31:12+	31:53+			
02:43+	01:17+	07:11+	01:01-	04:12-	00:58-	02:27+	04:04+	03:18+	02:23+	01:17+	00:21-	00:41=			
00:37&	00:15#	01:37&	00:08-	01:21-	00:32-	00:44&	01:05&	00:46&	00:26#	00:12#	00:04-	00:00=			

Class	Navn	Klasse											Tid
4	Håkon Brynjulfsen	254											33:12
02:38+	03:58+	11:24+	12:31+	16:54+	18:12+	21:32+	25:02+	28:15+	30:46+	32:08+	32:31+	33:12+	
02:38+	01:20+	07:26+	01:07-	04:23-	01:18-	03:20+	03:30+	03:13+	02:31+	01:22+	00:23-	00:41=	
00:32&	00:18&	01:52&	00:02-	01:10-	00:12-	01:37&	00:31#	00:41&	00:34&	00:17&	00:02-	00:00=	
5	Morten Kildebo	101											33:24
02:41+	03:59+	11:10+	12:27+	16:47+	18:07+	20:51+	24:44+	27:59+	30:43+	32:09+	32:37+	33:24+	
02:41+	01:18+	07:11+	01:17+	04:20-	01:20-	02:44+	03:53+	03:15+	02:44+	01:26+	00:28+	00:47+	
00:35&	00:16&	01:37&	00:08#	01:13-	00:10-	01:01&	00:54&	00:43&	00:47&	00:21&	00:03#	00:06#	
6	Hannu Lauri	655											33:42
04:33+	05:42+	12:07+	14:03+	18:25+	19:45+	22:01+	25:34+	28:47+	31:13+	32:33+	32:57+	33:42+	
04:33+	01:09+	06:25+	01:56+	04:22-	01:20-	02:16+	03:33+	03:13+	02:26+	01:20+	00:24-	00:45+	
02:27@	00:07#	00:51#	00:47&	01:11-	00:10-	00:33&	00:34#	00:41&	00:29#	00:15#	00:01-	00:04+	
7	Jussi Borgenström	1168											34:17
02:33+	03:39+	10:04+	11:09+	16:37+	17:56+	22:48+	26:01+	29:07+	31:48+	33:07+	33:31+	34:17+	
02:33+	01:06+	06:25+	01:05-	05:28-	01:19-	04:52+	03:13+	03:06+	02:41+	01:19+	00:24-	00:46+	
00:27#	00:04+	00:51#	00:04-	00:05-	00:11-	03:09@	00:14+	00:34#	00:44&	00:14#	00:01-	00:05#	
8	Lars Lundkvist	750											34:23
02:43+	04:05+	11:06+	12:17+	17:34+	18:59+	21:16+	24:45+	28:54+	31:37+	33:04+	33:32+	34:23+	
02:43+	01:22+	07:01+	01:11+	05:17-	01:25-	02:17+	03:29+	04:09+	02:43+	01:27+	00:28+	00:51+	
00:37&	00:20&	01:27&	00:02+	00:16-	00:05-	00:34&	00:30#	01:37&	00:46&	00:22&	00:03#	00:10#	
9	Fred Arne Jacobsen	35											34:36
02:38+	03:45+	16:22+	17:21+	20:41+	22:11+	24:24+	27:21+	30:05+	32:19+	33:36+	33:59+	34:36+	
02:38+	01:07+	12:37+	00:59-	03:20-	01:30=	02:13+	02:57-	02:44+	02:14+	01:17+	00:23-	00:37-	
00:32&	00:05+	07:03@	00:10-	02:13-	00:00=	00:30&	00:02-	00:12+	00:17#	00:12#	00:02-	00:04-	
10	Hans-Martin Vaeng	345											35:08
02:45+	04:07+	11:07+	12:20+	17:15+	20:14+	22:27+	26:39+	30:06+	32:37+	34:01+	34:24+	35:08+	
02:45+	01:22+	07:00+	01:13+	04:55-	02:59+	02:13+	04:12+	03:27+	02:31+	01:24+	00:23-	00:44+	
00:39&	00:20&	01:26&	00:04+	00:38-	01:29&	00:30&	01:13&	00:55&	00:34&	00:19&	00:02-	00:03+	
11	Magnus Karlsson	585											36:06
02:34+	04:00+	13:03+	14:09+	19:49+	20:55+	23:22+	26:53+	30:50+	33:28+	34:56+	35:21+	36:06+	
02:34+	01:26+	09:03+	01:06-	05:40+	01:06-	02:27+	03:31+	03:57+	02:38+	01:28+	00:25=	00:45+	
00:28#	00:24&	03:29&	00:03-	00:07+	00:24-	00:44&	00:32#	01:25&	00:41&	00:23&	00:00=	00:04+	
12	Jens Lindström	449											36:23
03:00+	04:09+	14:04+	15:19+	20:52+	22:05+	24:30+	28:09+	31:05+	33:42+	35:13+	35:37+	36:23+	
03:00+	01:09+	09:55+	01:15+	05:33=	01:13-	02:25+	03:39+	02:56+	02:37+	01:31+	00:24-	00:46+	
00:54&	00:07#	04:21&	00:06+	00:00=	00:17-	00:42&	00:40#	00:24#	00:40&	00:26&	00:01-	00:05#	
13	Ole Morten Wie	222											37:08
03:02+	04:36+	12:15+	13:40+	19:22+	20:42+	23:34+	27:26+	31:14+	34:13+	35:40+	36:09+	37:08+	
03:02+	01:34+	07:39+	01:25+	05:42+	01:20-	02:52+	03:52+	03:48+	02:59+	01:27+	00:29+	00:59+	
00:56&	00:32&	02:05&	00:16#	00:09+	00:10-	01:09&	00:53&	01:16&	01:02&	00:22&	00:04#	00:18&	
14	Pål Bårdsen	324											38:47
03:05+	04:26+	13:57+	15:11+	20:27+	21:59+	24:22+	29:02+	32:44+	35:53+	37:34+	37:58+	38:47+	
03:05+	01:21+	09:31+	01:14+	05:16-	01:32+	02:23+	04:40+	03:42+	03:09+	01:41+	00:24-	00:49+	
00:59&	00:19&	03:57&	00:05+	00:17-	00:02+	00:40&	01:41&	01:10&	01:12&	00:36&	00:01-	00:08#	
15	Frode Ødegårdstuen	309											38:59
02:31+	03:49+	16:44+	17:57+	22:36+	23:54+	25:56+	30:02+	33:37+	36:12+	37:44+	38:11+	38:59+	
02:31+	01:18+	12:55+	01:13+	04:39-	01:18-	02:02+	04:06+	03:35+	02:35+	01:32+	00:27+	00:48+	
00:25#	00:16&	07:21@	00:04+	00:54-	00:12-	00:19#	01:07&	01:03&	00:38&	00:27&	00:02+	00:07#	
16	Roar Pedersen	268											39:06
03:02+	04:29+	13:42+	15:02+	20:42+	22:13+	25:03+	29:04+	32:44+	36:29+	37:49+	38:17+	39:06+	
03:02+	01:27+	09:13+	01:20+	05:40+	01:31+	02:50+	04:01+	03:40+	03:45+	01:20+	00:28+	00:49+	
00:56&	00:25&	03:39&	00:11#	00:07+	00:01+	01:07&	01:02&	01:08&	01:48&	00:15#	00:03#	00:08#	
17	Torkjel Nesheim	163											39:33
03:57+	06:25+	17:13+	18:34+	22:57+	24:12+	26:54+	30:55+	34:06+	36:45+	38:19+	38:49+	39:33+	
03:57+	02:28+	10:48+	01:21+	04:23-	01:15-	02:42+	04:01+	03:11+	02:39+	01:34+	00:30+	00:44+	
01:51&	01:26@	05:14&	00:12#	01:10-	00:15-	00:59&	01:02&	00:39&	00:42&	00:29&	00:05#	00:03+	
18	Petri Kesitalo	655											40:16
03:12+	04:35+	15:07+	17:45+	22:07+	23:20+	26:22+	30:27+	34:51+	37:45+	39:07+	39:31+	40:16+	
03:12+	01:23+	10:32+	02:38+	04:22-	01:13-	03:02+	04:05+	04:24+	02:54+	01:22+	00:24-	00:45+	
01:06&	00:21&	04:58&	01:29@	01:11-	00:17-	01:19&	01:06&	01:52&	00:57&	00:17&	00:01-	00:04+	

Class	Navn	Klasse												Tid
19	Axel Juell Theisen	218												40:25
02:37+	03:48+	10:03+	11:27+	22:20+	24:53+	25:58+	29:19+	32:31+	35:50+	38:10+	39:26+	39:47+	40:25+	
02:37+	01:11+	06:15+	01:24+	10:53+	02:33+	01:05-	03:21+	03:12+	03:19+	02:20+	01:16+	00:21-	00:38+	
00:31#	00:09#	00:41#	00:15#	05:20&	01:03&	00:38-	00:22#	00:40&	01:22&	01:15@	00:51@	00:20-	00:38+	
20	Ingemar Eriksen	226												42:20
03:22+	04:59+	14:00+	15:29+	21:20+	22:52+	26:45+	31:38+	35:44+	39:08+	40:46+	41:19+	42:20+		
03:22+	01:37+	09:01+	01:29+	05:51+	01:32+	03:53+	04:53+	04:06+	03:24+	01:38+	00:33+	01:01+		
01:16&	00:35&	03:27&	00:20&	00:18+	00:02+	02:10@	01:54&	01:34&	01:27&	00:33&	00:08&	00:20&		
21	Helge Graffer	285												43:59
04:14+	05:36+	14:47+	16:16+	23:13+	24:53+	28:32+	33:44+	37:56+	40:32+	42:29+	43:06+	43:59+		
04:14+	01:22+	09:11+	01:29+	06:57+	01:40+	03:39+	05:12+	04:12+	02:36+	01:57+	00:37+	00:53+		
02:08@	00:20&	03:37&	00:20&	01:24&	00:10#	01:56@	02:13&	01:40&	00:39&	00:52&	00:12&	00:12&		
22	Jørn K Remlo	158												44:44
03:13+	04:31+	19:50+	20:46+	24:49+	26:04+	32:49+	36:12+	39:29+	42:28+	43:37+	44:00+	44:44+		
03:13+	01:18+	15:19+	00:56-	04:03-	01:15-	06:45+	03:23+	03:17+	02:59+	01:09+	00:23-	00:44+		
01:07&	00:16&	09:45@	00:13-	01:30-	00:15-	05:02@	00:24#	00:45&	01:02&	00:04+	00:02-	00:03+		
23	Are Njåstein	163												45:28
05:02+	06:14+	16:20+	17:44+	23:31+	25:06+	30:46+	35:38+	39:31+	42:34+	44:20+	44:46+	45:28+		
05:02+	01:12+	10:06+	01:24+	05:47+	01:35+	05:40+	04:52+	03:53+	03:03+	01:46+	00:26+	00:42+		
02:56@	00:10#	04:32&	00:15#	00:14+	00:05+	03:57@	01:53&	01:21&	01:06&	00:41&	00:01+	00:01+		
24	Damian Tanner	1146												48:55
03:11+	06:01+	21:47+	23:10+	28:01+	29:38+	33:14+	37:43+	42:52+	46:01+	47:35+	48:04+	48:55+		
03:11+	02:50+	15:46+	01:23+	04:51-	01:37+	03:36+	04:29+	05:09+	03:09+	01:34+	00:29+	00:51+		
01:05&	01:48@	10:12@	00:14#	00:42-	00:07+	01:53@	01:30&	02:37@	01:12&	00:29&	00:04#	00:10#		
25	Heinz Weber	1146												51:34
03:22+	05:06+	14:36+	16:58+	26:59+	28:36+	33:09+	38:14+	43:57+	47:51+	49:48+	50:27+	51:34+		
03:22+	01:44+	09:30+	02:22+	10:01+	01:37+	04:33+	05:05+	05:43+	03:54+	01:57+	00:39+	01:07+		
01:16&	00:42&	03:56&	01:13@	04:28&	00:07+	02:50@	02:06&	03:11@	01:57&	00:52&	00:14&	00:26&		
26	Martin Frischknecht	21												53:13
02:58+	04:39+	22:50+	24:10+	30:52+	32:47+	37:04+	42:24+	47:19+	50:33+	52:06+	52:30+	53:13+		
02:58+	01:41+	18:11+	01:20+	06:42+	01:55+	04:17+	05:20+	04:55+	03:14+	01:33+	00:24-	00:43+		
00:52&	00:39&	12:37@	00:11#	01:09#	00:25&	02:34@	02:21&	02:23&	01:17&	00:28&	00:01-	00:02+		
27	Roy Birkeland	341												55:39
02:54+	04:21+	27:02+	28:26+	34:00+	35:32+	38:13+	42:39+	48:51+	52:02+	54:02+	54:40+	55:39+		
02:54+	01:27+	22:41+	01:24+	05:34+	01:32+	02:41+	04:26+	06:12+	03:11+	02:00+	00:38+	00:59+		
00:48&	00:25&	17:07@	00:15#	00:01+	00:02+	00:58&	01:27&	03:40@	01:14&	00:55&	00:13&	00:18&		
28	Fritz Rothacher	1393												58:54
03:35+	05:15+	24:51+	28:21+	36:02+	37:30+	40:36+	45:54+	51:17+	55:08+	57:04+	57:38+	58:54+		
03:35+	01:40+	19:36+	03:30+	07:41+	01:28-	03:06+	05:18+	05:23+	03:51+	01:56+	00:34+	01:16+		
01:29&	00:38&	14:02@	02:21@	02:08&	00:02-	01:23&	02:19&	02:51@	01:54&	00:51&	00:09&	00:35&		
Beste strekketid for klassen														
02:06	01:02	05:34	00:54	03:20	00:58	01:05	02:57	02:32	01:57	01:05	00:21	00:21		

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

H 55-

1	Ingar Hals	317												27:35
02:05=	05:02=	11:07=	13:09=	14:27=	17:12=	19:36=	22:18=	24:07=	25:34=	26:51=	27:35=			
02:05=	02:57=	06:05=	02:02=	01:18=	02:45=	02:24=	02:42=	01:49=	01:27=	01:17=	00:44=			
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	Knut Wiig Mathisen	278												28:53
02:19+	05:49+	11:47+	13:55+	15:01+	17:24+	19:49+	23:02+	25:03+	26:36+	27:57+	28:53+			
02:19+	03:30+	05:58-	02:08+	01:06-	02:23-	02:25+	03:13+	02:01+	01:33+	01:21+	00:56+			
00:14#	00:33#	00:07-	00:06+	00:12-	00:22-	00:01+	00:31#	00:12#	00:06+	00:04+	00:12&			
3	Stefan Lund	403												30:08
01:48-	04:40-	11:35+	13:52+	15:07+	19:33+	21:48+	24:41+	26:42+	28:10+	29:23+	30:08+			
01:48-	02:52-	06:55+	02:17+	01:15-	04:26+	02:15-	02:53+	02:01+	01:28+	01:13-	00:45+			
00:17-	00:05-	00:50#	00:15#	00:03-	01:41&	00:09-	00:11+	00:12#	00:01+	00:04-	00:01+			

Class	Navn	Klasse	Tid								
4	Lars Fremstad	198	30:27								
02:12+	05:28+	12:05+	14:17+	15:51+	19:02+	21:29+	25:07+	27:06+	28:30+	29:45+	30:27+
02:12+	03:16+	06:37+	02:12+	01:34+	03:11+	02:27+	03:38+	01:59+	01:24-	01:15-	00:42-
00:07+	00:19#	00:32+	00:10+	00:16#	00:26#	00:03+	00:56&	00:10+	00:03-	00:02-	00:02-
5	Eero Haapasalmi	655	30:48								
02:10+	06:55+	13:44+	15:59+	17:37+	20:07+	22:23+	25:17+	27:16+	28:54+	30:03+	30:48+
02:10+	04:45+	06:49+	02:15+	01:38+	02:30-	02:16-	02:54+	01:59+	01:38+	01:09-	00:45+
00:05+	01:48&	00:44#	00:13#	00:20&	00:15-	00:08-	00:12+	00:10+	00:11#	00:08-	00:01+
6	Anders Fossøy	243	31:03								
02:26+	06:50+	13:05+	15:50+	17:02+	19:15+	21:34+	24:56+	26:58+	28:48+	30:09+	31:03+
02:26+	04:24+	06:15+	02:45+	01:12-	02:13-	02:19-	03:22+	02:02+	01:50+	01:21+	00:54+
00:21#	01:27&	00:10+	00:43&	00:06-	00:32-	00:05-	00:40#	00:13#	00:23&	00:04+	00:10#
7	Lars-Erik Fiskum	163	31:21								
02:13+	05:17+	11:32+	13:40+	14:52+	17:54+	20:06+	25:58+	27:55+	29:22+	30:33+	31:21+
02:13+	03:04+	06:15+	02:08+	01:12-	03:02+	02:12-	05:52+	01:57+	01:27+	01:11-	00:48+
00:08+	00:07+	00:10+	00:06+	00:06-	00:17#	00:12-	03:10@	00:08+	00:00=	00:06-	00:04+
8	Richard Zeiner-Gundersen	80	31:58								
02:18+	05:44+	13:52+	15:49+	17:12+	19:46+	22:29+	26:07+	28:08+	29:47+	31:13+	31:58+
02:18+	03:26+	08:08+	01:57-	01:23+	02:34-	02:43+	03:38+	02:01+	01:39+	01:26+	00:45+
00:13#	00:29#	02:03&	00:05-	00:05+	00:11-	00:19#	00:56&	00:12#	00:12#	00:09#	00:01+
9	Kristen Ribe	189	34:44								
02:34+	06:23+	13:49+	15:59+	17:24+	22:23+	25:18+	28:33+	30:47+	32:29+	33:54+	34:44+
02:34+	03:49+	07:26+	02:10+	01:25+	04:59+	02:55+	03:15+	02:14+	01:42+	01:25+	00:50+
00:29#	00:52&	01:21#	00:08+	00:07+	02:14&	00:31#	00:33#	00:25#	00:15#	00:08#	00:06#
10	Øystein Dybesland	341	35:13								
02:33+	06:18+	13:51+	16:16+	18:33+	21:09+	24:13+	28:00+	30:24+	32:34+	34:14+	35:13+
02:33+	03:45+	07:33+	02:25+	02:17+	02:36-	03:04+	03:47+	02:24+	02:10+	01:40+	00:59+
00:28#	00:48&	01:28#	00:23#	00:59&	00:09-	00:40&	01:05&	00:35&	00:43&	00:23&	00:15&
11	Morten Karlsen	227	36:27								
02:45+	06:44+	16:27+	18:56+	20:27+	22:54+	25:55+	29:50+	32:03+	33:57+	35:30+	36:27+
02:45+	03:59+	09:43+	02:29+	01:31+	02:27-	03:01+	03:55+	02:13+	01:54+	01:33+	00:57+
00:40&	01:02&	03:38&	00:27#	00:13#	00:18-	00:37&	01:13&	00:24#	00:27&	00:16#	00:13&
12	Hallvard Berg	163	36:58								
02:21+	06:25+	15:25+	17:42+	19:06+	22:19+	28:00+	31:29+	33:24+	34:58+	36:17+	36:58+
02:21+	04:04+	09:00+	02:17+	01:24+	03:13+	05:41+	03:29+	01:55+	01:34+	01:19+	00:41-
00:16#	01:07&	02:55&	00:15#	00:06+	00:28#	03:17@	00:47&	00:06+	00:07+	00:02+	00:03-
13	Matti Sipponen	714	37:08								
02:19+	05:27+	16:24+	18:59+	20:28+	24:10+	27:38+	31:03+	33:01+	34:43+	36:13+	37:08+
02:19+	03:08+	10:57+	02:35+	01:29+	03:42+	03:28+	03:25+	01:58+	01:42+	01:30+	00:55+
00:14#	00:11+	04:52&	00:33&	00:11#	00:57&	01:04&	00:43&	00:09+	00:15#	00:13#	00:11#
14	Truls Angell	203	38:01								
02:28+	08:49+	17:39+	20:01+	21:13+	23:07+	25:36+	29:39+	33:52+	35:49+	37:11+	38:01+
02:28+	06:21+	08:50+	02:22+	01:12-	01:54-	02:29+	04:03+	04:13+	01:57+	01:22+	00:50+
00:23#	03:24@	02:45&	00:20#	00:06-	00:51-	00:05+	01:21&	02:24@	00:30&	00:05+	00:06#
15	Even Woldstad Hanssen	64	38:20								
02:40+	07:04+	15:13+	18:02+	20:10+	23:39+	27:56+	31:35+	33:56+	35:54+	37:26+	38:20+
02:40+	04:24+	08:09+	02:49+	02:08+	03:29+	04:17+	03:39+	02:21+	01:58+	01:32+	00:54+
00:35&	01:27&	02:04&	00:47&	00:50&	00:44&	01:53&	00:57&	00:32&	00:31&	00:15#	00:10#
16	Arild Ingdal	218	38:34								
02:35+	06:01+	18:21+	20:45+	21:56+	24:26+	29:00+	32:41+	34:35+	36:23+	37:45+	38:34+
02:35+	03:26+	12:20+	02:24+	01:11-	02:30-	04:34+	03:41+	01:54+	01:48+	01:22+	00:49+
00:30#	00:29#	06:15@	00:22#	00:07-	00:15-	02:10&	00:59&	00:05+	00:21#	00:05+	00:05#
17	Pål Woldstad Hanssen	64	39:12								
02:48+	07:32+	15:28+	18:15+	20:23+	23:28+	27:05+	31:45+	34:23+	36:28+	38:16+	39:12+
02:48+	04:44+	07:56+	02:47+	02:08+	03:05+	03:37+	04:40+	02:38+	02:05+	01:48+	00:56+
00:43&	01:47&	01:51&	00:45&	00:50&	00:20#	01:13&	01:58&	00:49&	00:38&	00:31&	00:12&
18	Mika Ruuhiala	701	39:55								
02:26+	06:03+	14:39+	20:48+	22:06+	24:45+	27:34+	31:46+	35:06+	37:04+	38:53+	39:55+
02:26+	03:37+	08:36+	06:09+	01:18=	02:39-	02:49+	04:12+	03:20+	01:58+	01:49+	01:02+
00:21#	00:40#	02:31&	04:07@	00:00=	00:06-	00:25#	01:30&	01:31&	00:31&	00:32&	00:18&

Class	Navn	Klasse	Tid
19	Kristian Storsveen	212	40:06
02:31+	06:33+ 15:08+ 22:11+ 23:21+ 28:06+ 30:38+ 33:54+ 36:03+ 37:43+ 39:17+ 40:06+		
02:31+	04:02+ 08:35+ 07:03+ 01:10- 04:45+ 02:32+ 03:16+ 02:09+ 01:40+ 01:34+ 00:49+		
00:26#	01:05& 02:30& 05:01@ 00:08- 02:00& 00:08+ 00:34# 00:20# 00:13# 00:17# 00:05#		
20	Arne Klintberg	1031	42:40
02:34+	06:03+ 15:42+ 18:08+ 19:38+ 28:36+ 31:31+ 36:08+ 38:15+ 39:59+ 41:41+ 42:40+		
02:34+	03:29+ 09:39+ 02:26+ 01:30+ 08:58+ 02:55+ 04:37+ 02:07+ 01:44+ 01:42+ 00:59+		
00:29#	00:32# 03:34& 00:24# 00:12# 06:13@ 00:31# 01:55& 00:18# 00:17# 00:25& 00:15&		
21	Hansjoerg Rutz	1393	43:58
02:51+	07:01+ 20:31+ 23:49+ 25:32+ 29:18+ 32:41+ 36:55+ 39:24+ 41:17+ 42:57+ 43:58+		
02:51+	04:10+ 13:30+ 03:18+ 01:43+ 03:46+ 03:23+ 04:14+ 02:29+ 01:53+ 01:40+ 01:01+		
00:46&	01:13& 07:25@ 01:16& 00:25& 01:01& 00:59& 01:32& 00:40& 00:26& 00:23& 00:17&		
22	Steve Smirthwaite	1400	45:25
03:50+	08:42+ 18:54+ 22:54+ 25:00+ 28:13+ 32:03+ 36:43+ 39:50+ 42:12+ 44:08+ 45:25+		
03:50+	04:52+ 10:12+ 04:00+ 02:06+ 03:13+ 03:50+ 04:40+ 03:07+ 02:22+ 01:56+ 01:17+		
01:45&	01:55& 04:07& 01:58& 00:48& 00:28# 01:26& 01:58& 01:18& 00:55& 00:39& 00:33&		
23	Tom Rådahl	163	1:01:23
04:40+	11:49+ 21:36+ 24:35+ 26:33+ 38:47+ 44:27+ 52:06+ 55:11+ 58:31+ 60:13+ 61:23+		
04:40+	07:09+ 09:47+ 02:59+ 01:58+ 12:14+ 05:40+ 07:39+ 03:05+ 03:20+ 01:42+ 01:10+		
02:35@	04:12@ 03:42& 00:57& 00:40& 09:29@ 03:16@ 04:57@ 01:16& 01:53@ 00:25& 00:26&		
24	Vincent Eijsink	402	1:05:26
05:29+	09:41+ 20:24+ 31:32+ 32:41+ 47:24+ 52:24+ 58:13+ 61:33+ 63:08+ 64:41+ 65:26+		
05:29+	04:12+ 10:43+ 11:08+ 01:09- 14:43+ 05:00+ 05:49+ 03:20+ 01:35+ 01:33+ 00:45+		
03:24@	01:15& 04:38& 09:06@ 00:09- 11:58@ 02:36@ 03:07@ 01:31& 00:08+ 00:16# 00:01+		
Beste strekktid for klassen			
01:48	02:52 05:58 01:57 01:06 01:54 02:12 02:42 01:49 01:24 01:09 00:41		

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

H 60-

1	Clas Fries	1090	28:11
02:16=	05:21= 11:12= 13:09= 14:26= 16:54= 19:57= 22:57= 24:48= 26:12= 27:23= 28:11=		
02:16=	03:05= 05:51= 01:57= 01:17= 02:28= 03:03= 03:00= 01:51= 01:24= 01:11= 00:48=		
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	Svein Harald Hansen	254	28:34
01:56-	05:04- 11:42+ 13:37+ 14:44+ 16:55+ 19:23- 23:41+ 25:26+ 26:50+ 27:51+ 28:34+		
01:56-	03:08+ 06:38+ 01:55- 01:07- 02:11- 02:28- 04:18+ 01:45- 01:24= 01:01- 00:43-		
00:20-	00:03+ 00:47# 00:02- 00:10- 00:17- 00:35- 01:18& 00:06- 00:00= 00:10- 00:05-		
3	Torgeir Strandhagen	297	28:56
02:07-	06:00+ 12:28+ 14:15+ 15:27+ 17:51+ 20:12+ 23:35+ 25:22+ 26:55+ 28:10+ 28:56+		
02:07-	03:53+ 06:28+ 01:47- 01:12- 02:24- 02:21- 03:23+ 01:47- 01:33+ 01:15+ 00:46-		
00:09-	00:48& 00:37# 00:10- 00:05- 00:04- 00:42- 00:23# 00:04- 00:09# 00:04+ 00:02-		
4	Reidar Heivoll	341	29:08
02:20+	05:34+ 11:55+ 14:13+ 15:44+ 17:58+ 20:38+ 23:32+ 25:35+ 27:10+ 28:22+ 29:08+		
02:20+	03:14+ 06:21+ 02:18+ 01:31+ 02:14- 02:40- 02:54- 02:03+ 01:35+ 01:12+ 00:46-		
00:04+	00:09+ 00:30+ 00:21# 00:14# 00:14- 00:23- 00:06- 00:12# 00:11# 00:01+ 00:02-		
5	Eirik Nordbrøden	101	33:41
02:33+	06:27+ 13:43+ 16:05+ 17:54+ 21:39+ 24:41+ 27:39+ 29:54+ 31:33+ 32:52+ 33:41+		
02:33+	03:54+ 07:16+ 02:22+ 01:49+ 03:45+ 03:02- 02:58- 02:15+ 01:39+ 01:19+ 00:49+		
00:17#	00:49& 01:25# 00:25# 00:32& 01:17& 00:01- 00:02- 00:24# 00:15# 00:08# 00:01+		
6	Norvald Ospehaug	162	33:50
02:27+	06:19+ 12:51+ 15:28+ 17:14+ 21:22+ 24:15+ 27:27+ 29:40+ 31:30+ 32:57+ 33:50+		
02:27+	03:52+ 06:32+ 02:37+ 01:46+ 04:08+ 02:53- 03:12+ 02:13+ 01:50+ 01:27+ 00:53+		
00:11+	00:47& 00:41# 00:40& 00:29& 01:40& 00:10- 00:12+ 00:22# 00:26& 00:16# 00:05#		
7	Anders Fries	1090	33:53
03:13+	07:07+ 14:12+ 16:31+ 17:56+ 21:24+ 23:53+ 27:16+ 29:15+ 31:37+ 32:56+ 33:53+		
03:13+	03:54+ 07:05+ 02:19+ 01:25+ 03:28+ 02:29- 03:23+ 01:59+ 02:22+ 01:19+ 00:57+		
00:57&	00:49& 01:14# 00:22# 00:08# 01:00& 00:34- 00:23# 00:08+ 00:58& 00:08# 00:09#		

Class	Navn	Klasse	Tid
8	Bjørn Alsaker	324	34:26
02:29+	05:44+ 16:21+ 18:26+	20:07+ 23:05+ 26:05+ 29:11+	31:01+ 32:30+ 33:40+ 34:26+
02:29+	03:15+ 10:37+ 02:05+	01:41+ 02:58+ 03:00- 03:06+	01:50- 01:29+ 01:10- 00:46-
00:13+	00:10+ 04:46& 00:08+	00:24& 00:30# 00:03- 00:06+	00:01- 00:05+ 00:01- 00:02-
9	Morten Due	227	35:02
02:34+	06:30+ 15:55+ 18:09+	19:34+ 22:47+ 25:35+ 29:06+	31:08+ 32:43+ 34:08+ 35:02+
02:34+	03:56+ 09:25+ 02:14+	01:25+ 03:13+ 02:48- 03:31+	02:02+ 01:35+ 01:25+ 00:54+
00:18#	00:51& 03:34& 00:17#	00:08# 00:45& 00:15- 00:31#	00:11+ 00:11# 00:14# 00:06#
10	Tor Ragnar Andersen	101	35:41
02:35+	06:19+ 15:02+ 17:10+	18:33+ 24:10+ 26:36+ 29:49+	31:56+ 33:33+ 34:56+ 35:41+
02:35+	03:44+ 08:43+ 02:08+	01:23+ 05:37+ 02:26- 03:13+	02:07+ 01:37+ 01:23+ 00:45-
00:19#	00:39# 02:52& 00:11+	00:06+ 03:09@ 00:37- 00:13+	00:16# 00:13# 00:12# 00:03-
11	Bengt Tunis	1135	36:06
02:30+	06:13+ 15:31+ 17:41+	19:00+ 23:55+ 26:41+ 30:07+	32:10+ 33:47+ 35:07+ 36:06+
02:30+	03:43+ 09:18+ 02:10+	01:19+ 04:55+ 02:46- 03:26+	02:03+ 01:37+ 01:20+ 00:59+
00:14#	00:38# 03:27& 00:13#	00:02+ 02:27& 00:17- 00:26#	00:12# 00:13# 00:09# 00:11#
12	Gisle Nordahl Due	227	36:07
02:39+	06:32+ 15:36+ 18:32+	20:12+ 22:50+ 25:44+ 29:00+	31:45+ 33:43+ 35:16+ 36:07+
02:39+	03:53+ 09:04+ 02:56+	01:40+ 02:38+ 02:54- 03:16+	02:45+ 01:58+ 01:33+ 00:51+
00:23#	00:48& 03:13& 00:59&	00:23& 00:10+ 00:09- 00:16+	00:54& 00:34& 00:22& 00:03+
13	Leif Gulbrandsen	345	36:09
04:15+	08:24+ 16:19+ 18:24+	19:44+ 22:04+ 25:37+ 30:14+	32:16+ 33:56+ 35:23+ 36:09+
04:15+	04:09+ 07:55+ 02:05+	01:20+ 02:20- 03:33+ 04:37+	02:02+ 01:40+ 01:27+ 00:46-
01:59&	01:04& 02:04& 00:08+	00:03+ 00:08- 00:30# 01:37&	00:11+ 00:16# 00:16# 00:02-
14	Ken Ragnarsson	827	36:47
02:14-	05:38+ 16:37+ 18:39+	19:55+ 22:12+ 26:08+ 30:42+	32:39+ 34:19+ 35:46+ 36:47+
02:14-	03:24+ 10:59+ 02:02+	01:16- 02:17- 03:56+ 04:34+	01:57+ 01:40+ 01:27+ 01:01+
00:02-	00:19# 05:08& 00:05+	00:01- 00:11- 00:53& 01:34&	00:06+ 00:16# 00:16# 00:13&
15	Ingar Solberg	266	37:44
02:47+	07:02+ 15:17+ 18:11+	19:58+ 23:18+ 26:28+ 30:22+	33:01+ 35:10+ 36:43+ 37:44+
02:47+	04:15+ 08:15+ 02:54+	01:47+ 03:20+ 03:10+ 03:54+	02:39+ 02:09+ 01:33+ 01:01+
00:31#	01:10& 02:24& 00:57&	00:30& 00:52& 00:07+ 00:54&	00:48& 00:45& 00:22& 00:13&
16	Gunnar Brattli	222	38:34
02:35+	06:15+ 15:40+ 18:18+	20:14+ 23:57+ 27:12+ 32:17+	34:35+ 36:18+ 37:42+ 38:34+
02:35+	03:40+ 09:25+ 02:38+	01:56+ 03:43+ 03:15+ 05:05+	02:18+ 01:43+ 01:24+ 00:52+
00:19#	00:35# 03:34& 00:41&	00:39& 01:15& 00:12+ 02:05&	00:27# 00:19# 00:13# 00:04+
17	Sven Eriksson	1256	39:01
03:04+	06:37+ 18:03+ 20:23+	22:00+ 25:40+ 28:49+ 32:29+	34:55+ 36:46+ 38:11+ 39:01+
03:04+	03:33+ 11:26+ 02:20+	01:37+ 03:40+ 03:09+ 03:40+	02:26+ 01:51+ 01:25+ 00:50+
00:48&	00:28# 05:35& 00:23#	00:20& 01:12& 00:06+ 00:40#	00:35& 00:27& 00:14# 00:02+
18	Kjell Svanberg	297	39:40
02:35+	06:47+ 15:55+ 19:05+	20:31+ 26:38+ 29:50+ 33:12+	35:20+ 37:17+ 38:49+ 39:40+
02:35+	04:12+ 09:08+ 03:10+	01:26+ 06:07+ 03:12+ 03:22+	02:08+ 01:57+ 01:32+ 00:51+
00:19#	01:07& 03:17& 01:13&	00:09# 03:39@ 00:09+ 00:22#	00:17# 00:33& 00:21& 00:03+
19	Carl-Göran Strutz	483	39:48
02:40+	06:46+ 14:41+ 17:01+	20:21+ 27:32+ 30:12+ 33:34+	35:44+ 37:34+ 38:58+ 39:48+
02:40+	04:06+ 07:55+ 02:20+	03:20+ 07:11+ 02:40- 03:22+	02:10+ 01:50+ 01:24+ 00:50+
00:24#	01:01& 02:04& 00:23#	02:03@ 04:43@ 00:23- 00:22#	00:19# 00:26& 00:13# 00:02+
20	Morten Dåsnes	285	40:13
02:07-	05:14- 17:26+ 20:04+	21:25+ 28:42+ 31:15+ 34:56+	36:42+ 38:14+ 39:28+ 40:13+
02:07-	03:07+ 12:12+ 02:38+	01:21+ 07:17+ 02:33- 03:41+	01:46- 01:32+ 01:14+ 00:45-
00:09-	00:02+ 06:21@ 00:41&	00:04+ 04:49@ 00:30- 00:41#	00:05- 00:08+ 00:03+ 00:03-
21	Ørjan Eirik Valestrand	69	41:05
02:36+	11:43+ 19:48+ 22:20+	24:37+ 27:03+ 30:23+ 34:03+	36:27+ 38:29+ 40:10+ 41:05+
02:36+	09:07+ 08:05+ 02:32+	02:17+ 02:26- 03:20+ 03:40+	02:24+ 02:02+ 01:41+ 00:55+
00:20#	06:02@ 02:14& 00:35&	01:00& 00:02- 00:17+ 00:40#	00:33& 00:38& 00:30& 00:07#
22	Mats Strandhagen	1008	41:39
03:14+	08:04+ 17:46+ 20:36+	22:13+ 25:22+ 28:31+ 33:28+	36:14+ 38:22+ 40:22+ 41:39+
03:14+	04:50+ 09:42+ 02:50+	01:37+ 03:09+ 03:09+ 04:57+	02:46+ 02:08+ 02:00+ 01:17+
00:58&	01:45& 03:51& 00:53&	00:20& 00:41& 00:06+ 01:57&	00:55& 00:44& 00:49& 00:29&

Class	Navn	Klasse	Tid
23	Bjørn L. Basberg	368	42:36
05:03+	08:50+ 16:59+ 19:33+ 23:38+	33:06+ 36:22+ 38:25+ 40:16+	41:41+ 42:36+
05:03+	03:47+ 08:09+ 02:34+ 04:05+	06:01+ 03:27+ 03:16+ 02:03+	01:51+ 01:25+ 00:55+
02:47@	00:42# 02:18& 00:37& 02:48@	03:33@ 00:24# 00:16+ 00:12#	00:27& 00:14# 00:07#
24	Edvin Sivertsen	372	43:10
02:46+	07:19+ 19:20+ 22:57+ 24:43+	28:51+ 32:44+ 36:41+ 39:09+	41:00+ 42:26+ 43:10+
02:46+	04:33+ 12:01+ 03:37+ 01:46+	04:08+ 03:53+ 03:57+ 02:28+	01:51+ 01:26+ 00:44-
00:30#	01:28& 06:10@ 01:40& 00:29&	01:40& 00:50& 00:57& 00:37&	00:27& 00:15# 00:04-
25	Bård Natvig	236	43:11
03:46+	08:14+ 17:12+ 20:57+ 22:42+	26:15+ 30:19+ 34:57+ 37:51+	40:06+ 41:59+ 43:11+
03:46+	04:28+ 08:58+ 03:45+ 01:45+	03:33+ 04:04+ 04:38+ 02:54+	02:15+ 01:53+ 01:12+
01:30&	01:23& 03:07& 01:48& 00:28&	01:05& 01:01& 01:38& 01:03&	00:51& 00:42& 00:24&
26	Tor Midttun	345	43:13
02:59+	07:21+ 15:58+ 18:49+ 20:33+	27:14+ 30:54+ 35:34+ 38:15+	40:19+ 41:57+ 43:13+
02:59+	04:22+ 08:37+ 02:51+ 01:44+	06:41+ 03:40+ 04:40+ 02:41+	02:04+ 01:38+ 01:16+
00:43&	01:17& 02:46& 00:54& 00:27&	04:13@ 00:37# 01:40& 00:50&	00:40& 00:27& 00:28&
27	Ueli Hebeisen	683	46:15
03:42+	08:27+ 21:57+ 27:20+ 28:54+	33:18+ 36:42+ 40:05+ 42:20+	44:06+ 45:24+ 46:15+
03:42+	04:45+ 13:30+ 05:23+ 01:34+	04:24+ 03:24+ 03:23+ 02:15+	01:46+ 01:18+ 00:51+
01:26&	01:40& 07:39@ 03:26@ 00:17#	01:56& 00:21# 00:23# 00:24#	00:22& 00:07+ 00:03+
28	Carl Johan Högstrand	728	47:52
02:41+	06:26+ 19:43+ 22:09+ 23:29+	27:11+ 37:37+ 41:35+ 43:30+	45:27+ 47:00+ 47:52+
02:41+	03:45+ 13:17+ 02:26+ 01:20+	03:42+ 10:26+ 03:58+ 01:55+	01:57+ 01:33+ 00:52+
00:25#	00:40# 07:26@ 00:29# 00:03+	01:14& 07:23@ 00:58& 00:04+	00:33& 00:22& 00:04+
29	Bjørn-Hugo Myrvang	41	50:37
03:19+	08:51+ 18:50+ 22:19+ 26:40+	32:36+ 36:56+ 41:25+ 44:40+	47:15+ 49:28+ 50:37+
03:19+	05:32+ 09:59+ 03:29+ 04:21+	05:56+ 04:20+ 04:29+ 03:15+	02:35+ 02:13+ 01:09+
01:03&	02:27& 04:08& 01:32& 03:04@	03:28@ 01:17& 01:29& 01:24&	01:11& 01:02& 00:21&
30	Rolf Gunnar Bredesen	80	51:54
03:48+	10:10+ 20:23+ 25:52+ 27:51+	33:39+ 38:10+ 42:56+ 46:10+	48:38+ 50:41+ 51:54+
03:48+	06:22+ 10:13+ 05:29+ 01:59+	05:48+ 04:31+ 04:46+ 03:14+	02:28+ 02:03+ 01:13+
01:32&	03:17@ 04:22& 03:32@ 00:42&	03:20@ 01:28& 01:46& 01:23&	01:04& 00:52& 00:25&
31	Dag Skogan	45	54:54
05:35+	10:43+ 23:38+ 26:54+ 29:10+	37:48+ 41:40+ 46:17+ 49:06+	51:32+ 53:43+ 54:54+
05:35+	05:08+ 12:55+ 03:16+ 02:16+	08:38+ 03:52+ 04:37+ 02:49+	02:26+ 02:11+ 01:11+
03:19@	02:03& 07:04@ 01:19& 00:59&	06:10@ 00:49& 01:37& 00:58&	01:02& 01:00& 00:23&
32	Egil Karlsen	29	58:35
03:09+	14:58+ 29:44+ 34:11+ 35:31+	42:37+ 45:46+ 51:08+ 53:59+	56:21+ 57:40+ 58:35+
03:09+	11:49+ 14:46+ 04:27+ 01:20+	07:06+ 03:09+ 05:22+ 02:51+	02:22+ 01:19+ 00:55+
00:53&	08:44@ 08:55@ 02:30@ 00:03+	04:38@ 00:06+ 02:22& 01:00&	00:58& 00:08# 00:07#
33	Per Dag Nordkvelde	111	1:04:55
05:18+	10:31+ 30:58+ 34:16+ 36:19+	44:07+ 49:02+ 56:18+ 59:18+	61:40+ 63:45+ 64:55+
05:18+	05:13+ 20:27+ 03:18+ 02:03+	07:48+ 04:55+ 07:16+ 03:00+	02:22+ 02:05+ 01:10+
03:02@	02:08& 14:36@ 01:21& 00:46&	05:20@ 01:52& 04:16@ 01:09&	00:58& 00:54& 00:22&
Beste strekktid for klassen			
01:56	03:05	05:51	01:47
01:07	02:11	02:21	02:54
01:45	01:24	01:01	00:43

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

H 65-

1	Per Rekkedal	45	22:38
02:15=	03:00= 04:49= 07:14= 08:33=	12:36= 14:06= 15:43= 17:52=	19:44= 21:55= 22:38=
02:15=	00:45= 01:49= 02:25= 01:19=	04:03= 01:30= 01:37= 02:09=	01:52= 02:11= 00:43=
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	Bjørn Berger	51	24:47
02:42+	03:41+ 05:29+ 08:04+ 09:43+	14:18+ 15:48+ 17:33+ 19:27+	21:25+ 23:48+ 24:47+
02:42+	00:59+ 01:48- 02:35+ 01:39+	04:35+ 01:30= 01:45+ 01:54-	01:58+ 02:23+ 00:59+
00:27#	00:14& 00:01- 00:10+ 00:20&	00:32# 00:00= 00:08+ 00:15-	00:06+ 00:12+ 00:16&

Class	Navn	Klasse	Tid
3	Jean Dermine	1398	25:51
02:19+	03:01+	04:34-	07:27+
02:19+	00:42-	01:33-	02:53+
00:04+	00:03-	00:16-	00:28#
09:17+	13:41+	16:01+	17:52+
01:50+	04:24+	02:20+	01:51+
00:21+	00:50&	00:14#	00:20#
22:35+	24:58+	25:51+	
02:29+	02:14+	02:23+	00:53+
00:22#	00:12+	00:10#	
4	Ola Brox	261	27:16
02:31+	05:11+	07:59+	10:45+
02:31+	02:40+	02:48+	02:46+
00:16#	01:55@	00:59&	00:21#
12:10+	16:45+	18:26+	20:23+
01:25+	04:35+	01:41+	01:57+
00:06+	00:32#	00:11#	00:20#
22:22+	24:15+	26:23+	27:16+
01:59-	01:53+	02:08-	00:53+
00:10-	00:01+	00:03-	00:10#
5	Frank Glad Balchen	248	27:34
02:36+	03:27+	05:24+	08:52+
02:36+	00:51+	01:57+	03:28+
00:21#	00:06#	00:08+	01:03&
10:35+	15:12+	17:01+	19:01+
01:43+	04:37+	01:49+	02:00+
00:24&	00:34#	00:19#	00:23#
22:22+	24:17+	26:42+	27:34+
03:21+	01:55+	02:25+	00:52+
01:12&	00:03+	00:14#	00:09#
6	Jon Arne Klemetsaune	262	27:57
02:47+	03:46+	05:46+	08:49+
02:47+	00:59+	02:00+	03:03+
00:32#	00:14&	00:11#	00:38&
10:41+	15:38+	17:28+	19:32+
01:52+	04:57+	01:50+	02:04+
00:33&	00:54#	00:20#	00:27&
21:42+	24:01+	27:05+	27:57+
02:10+	02:19+	03:04+	00:52+
00:01+	00:27#	00:53&	00:09#
7	Jan Gaute Buvik	187	28:09
02:40+	03:33+	06:17+	09:22+
02:40+	00:53+	02:44+	03:05+
00:25#	00:08#	00:55&	00:40&
11:23+	15:34+	17:17+	20:03+
02:01+	04:11+	01:43+	02:46+
00:42&	00:08+	00:13#	01:09&
22:12+	24:32+	27:12+	28:09+
02:09=	02:20+	02:40+	00:57+
00:00=	00:28#	00:29#	00:14&
8	Knut Lillealtn	320	28:38
02:40+	04:01+	05:47+	08:51+
02:40+	01:21+	01:46-	03:04+
00:25#	00:36&	00:03-	00:39&
10:47+	15:10+	18:23+	20:22+
01:56+	04:23+	03:13+	01:59+
00:37&	00:20+	01:43@	00:22#
22:30+	24:46+	27:40+	28:38+
02:08-	02:16+	02:54+	00:58+
00:01-	00:24#	00:43&	00:15&
9	John Kvaal	372	29:24
02:53+	03:47+	05:37+	08:21+
02:53+	00:54+	01:50+	02:44+
00:38&	00:09#	00:01+	00:19#
10:16+	15:33+	17:51+	19:51+
01:50+	02:44+	01:55+	05:17+
01:14&	00:48&	00:23#	00:50&
22:50+	25:20+	28:27+	29:24+
02:30+	03:07+	00:57+	
00:38&	00:56&	00:14&	
10	Ove Gunnar Jacobsen	328	30:32
03:21+	04:40+	06:36+	09:50+
03:21+	01:19+	01:56+	03:14+
01:06&	00:34&	00:07+	00:49&
11:55+	16:25+	18:33+	20:42+
02:05+	04:30+	02:08+	02:09+
00:27#	00:38&	00:32&	00:32#
23:23+	26:04+	29:25+	30:32+
02:41+	02:41+	03:21+	01:07+
00:32#	00:49&	01:10&	00:24&
11	Lars G Skoog	618	31:27
02:47+	03:56+	06:08+	09:48+
02:47+	01:09+	02:12+	03:40+
00:32#	00:24&	00:23#	01:15&
11:55+	17:08+	19:24+	21:46+
05:13+	02:16+	02:22+	02:56+
01:10&	00:46&	00:45&	00:47&
24:42+	27:06+	30:22+	31:27+
02:24+	03:16+	01:05&	00:22&
12	Tor Trøan	98	32:46
02:23+	03:14+	04:51+	07:39+
02:23+	00:51+	01:37-	02:48+
00:08+	00:06#	00:12-	00:23#
09:13+	14:01+	15:51+	20:00+
01:34+	04:48+	01:50+	04:09+
00:45#	00:20#	02:32@	00:34-
21:35+	23:44+	25:54+	28:22+
01:35-	02:09+	02:10-	02:28+
00:34-	00:17#	00:01-	01:45@
31:33+	32:46+	03:11+	01:13+
13	Raimo Antikainen	836	33:32
02:59+	03:58+	06:14+	10:25+
02:59+	00:59+	02:16+	04:11+
00:44&	00:14&	00:27#	01:46&
12:35+	17:43+	20:02+	23:59+
05:08+	02:19+	03:57+	02:34+
01:05&	00:49&	02:20@	00:25#
26:33+	29:22+	32:25+	33:32+
02:49+	03:03+	01:07+	
00:52&	00:24&		
14	Nils Olav Vennevik	320	34:53
03:52+	05:05+	07:14+	10:46+
03:52+	01:13+	02:09+	03:32+
01:37&	00:28&	00:20#	01:07&
13:06+	18:59+	21:30+	24:23+
05:53+	02:31+	02:53+	02:56+
01:50&	01:01&	01:16&	00:47&
27:19+	30:24+	33:39+	34:53+
03:05+	03:15+	01:14+	
01:04&	00:31&		
15	Arvid Galborg	483	48:53
03:39+	10:28+	13:47+	17:21+
03:39+	06:49+	03:19+	03:34+
01:24&	06:04@	01:30&	01:09&
19:14+	32:50+	36:32+	38:38+
01:53+	13:36+	03:42+	02:06+
09:33@	02:12@	00:29&	00:31#
41:18+	44:31+	47:56+	48:53+
02:40+	03:13+	03:25+	00:57+
01:21&	01:14&	00:14&	
16	Bernt Tollefsen	89	1:06:02
04:35+	15:37+	18:41+	25:18+
04:35+	11:02+	03:04+	06:37+
02:20@	10:17@	01:15&	04:12@
30:12+	38:55+	45:39+	49:10+
04:54+	08:43+	06:44+	03:31+
04:40@	05:14@	01:54@	03:23@
54:42+	59:38+	64:17+	66:02+
05:32+	04:56+	04:39+	01:45+
03:04@	03:04@	02:28@	01:02@
Beste strekktid for klassen	02:15	00:42	01:33
	02:25	01:19	04:03
	01:30	01:37	01:35
	01:52	02:08	00:43

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

Class	Navn	Klasse	Tid
H 70-			
1	Ivar Helgesen	345	27:30
	02:46= 03:48= 05:38= 08:20= 10:00= 14:47= 16:33= 18:33= 21:34= 23:57= 26:33= 27:30=		
	02:46= 01:02= 01:50= 02:42= 01:40= 04:47= 01:46= 02:00= 03:01= 02:23= 02:36= 00:57=		
	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	John Thomas Petersen	236	27:36
	02:47+ 03:47- 05:53+ 09:05+ 11:13+ 15:57+ 17:36+ 19:27+ 21:39+ 24:05+ 26:41+ 27:36+		
	02:47+ 01:00- 02:06+ 03:12+ 02:08+ 04:44- 01:39- 01:51- 02:12- 02:26+ 02:36= 00:55-		
	00:01+ 00:02- 00:16# 00:30# 00:28& 00:03- 00:07- 00:09- 00:49- 00:03+ 00:00= 00:02-		
3	Kurt Grønli	87	29:10
	03:18+ 04:12+ 06:20+ 10:08+ 11:56+ 16:38+ 18:36+ 20:37+ 23:04+ 25:31+ 28:16+ 29:10+		
	03:18+ 00:54- 02:08+ 03:48+ 01:48+ 04:42- 01:58+ 02:01+ 02:27- 02:27+ 02:45+ 00:54-		
	00:32# 00:08- 00:18# 01:06& 00:08+ 00:05- 00:12# 00:01+ 00:34- 00:04+ 00:09+ 00:03-		
4	Jan Løvlund	239	29:12
	04:56+ 05:40+ 07:43+ 10:35+ 12:22+ 17:43+ 19:31+ 21:51+ 24:04+ 26:04+ 28:20+ 29:12+		
	04:56+ 00:44- 02:03+ 02:52+ 01:47+ 05:21+ 01:48+ 02:20+ 02:13- 02:00- 02:16- 00:52-		
	02:10& 00:18- 00:13# 00:10+ 00:07+ 00:34# 00:02+ 00:20# 00:48- 00:23- 00:20- 00:05-		
5	Hasse Bergstrøm	163	29:53
	02:44- 03:46- 05:53+ 09:24+ 10:58+ 15:50+ 18:51+ 21:21+ 23:57+ 26:14+ 29:01+ 29:53+		
	02:44- 01:02= 02:07+ 03:31+ 01:34- 04:52+ 03:01+ 02:30+ 02:36- 02:17- 02:47+ 00:52-		
	00:02- 00:00= 00:17# 00:49& 00:06- 00:05+ 01:15& 00:30# 00:25- 00:06- 00:11+ 00:05-		
7	Erling Pedersen	158	31:02
	02:42- 03:34- 05:24- 08:30+ 10:06+ 15:48+ 17:38+ 22:41+ 24:54+ 27:33+ 30:06+ 31:02+		
	02:42- 00:52- 01:50= 03:06+ 01:36- 05:42+ 01:50+ 05:03+ 02:13- 02:39+ 02:33- 00:56-		
	00:04- 00:10- 00:00= 00:24# 00:04- 00:55# 00:04+ 03:03@ 00:48- 00:16# 00:03- 00:01-		
8	Bjørn Spjelkavik	163	32:42
	03:01+ 04:07+ 06:40+ 10:31+ 12:37+ 18:16+ 20:14+ 23:36+ 25:58+ 29:22+ 31:51+ 32:42+		
	03:01+ 01:06+ 02:33+ 03:51+ 02:06+ 05:39+ 01:58+ 03:22+ 02:22- 03:24+ 02:29- 00:51-		
	00:15+ 00:04+ 00:43& 01:09& 00:26& 00:52# 00:12# 01:22& 00:39- 01:01& 00:07- 00:06-		
9	Seppo Korhonen	655	32:54
	04:30+ 05:34+ 07:43+ 11:43+ 13:48+ 19:43+ 22:18+ 24:19+ 26:54+ 29:14+ 31:55+ 32:54+		
	04:30+ 01:04+ 02:09+ 04:00+ 02:05+ 05:55+ 02:35+ 02:01+ 02:35- 02:20- 02:41+ 00:59+		
	01:44& 00:02+ 00:19# 01:18& 00:25# 01:08# 00:49& 00:01+ 00:26- 00:03- 00:05+ 00:02+		
10	Knut Skjesol	379	34:16
	03:05+ 04:23+ 06:35+ 09:48+ 12:51+ 18:26+ 20:59+ 23:45+ 26:50+ 29:38+ 33:05+ 34:16+		
	03:05+ 01:18+ 02:12+ 03:13+ 03:03+ 05:35+ 02:33+ 02:46+ 03:05+ 02:48+ 03:27+ 01:11+		
	00:19# 00:16& 00:22# 00:31# 01:23& 00:48# 00:47& 00:46& 00:04+ 00:25# 00:51& 00:14#		
11	Tuomo Peltola	440	34:42
	04:20+ 05:37+ 09:02+ 12:41+ 14:43+ 20:20+ 22:34+ 25:06+ 27:40+ 30:35+ 33:28+ 34:42+		
	04:20+ 01:17+ 03:25+ 03:39+ 02:02+ 05:37+ 02:14+ 02:32+ 02:34- 02:55+ 02:53+ 01:14+		
	01:34& 00:15# 01:35& 00:57& 00:22# 00:50# 00:28& 00:32& 00:27- 00:32# 00:17# 00:17&		
12	Tore Berntsen	341	34:42
	02:41- 03:47- 06:12+ 09:28+ 11:22+ 17:52+ 22:17+ 25:09+ 28:13+ 31:10+ 33:49+ 34:42+		
	02:41- 01:06+ 02:25+ 03:16+ 01:54+ 06:30+ 04:25+ 02:52+ 03:04+ 02:57+ 02:39+ 00:53-		
	00:05- 00:04+ 00:35& 00:34# 00:14# 01:43& 02:39@ 00:52& 00:03+ 00:34# 00:03+ 00:04-		
13	Mats Dahlberg	642	35:15
	04:54+ 05:53+ 09:14+ 13:20+ 15:11+ 21:14+ 23:19+ 25:44+ 28:26+ 30:58+ 34:14+ 35:15+		
	04:54+ 00:59- 03:21+ 04:06+ 01:51+ 06:03+ 02:05+ 02:25+ 02:42- 02:32+ 03:16+ 01:01+		
	02:08& 00:03- 01:31& 01:24& 00:11# 01:16& 00:19# 00:25# 00:19- 00:09+ 00:40& 00:04+		
14	Widar Taxth Løland	119	35:27
	05:08+ 06:24+ 08:49+ 12:37+ 15:26+ 21:22+ 23:25+ 25:44+ 28:23+ 31:13+ 34:18+ 35:27+		
	05:08+ 01:16+ 02:25+ 03:48+ 02:49+ 05:56+ 02:03+ 02:19+ 02:39- 02:50+ 03:05+ 01:09+		
	02:22& 00:14# 00:35& 01:06& 01:09& 01:09# 00:17# 00:19# 00:22- 00:27# 00:29# 00:12#		
15	Sverre Kristoffersen	372	37:00
	03:55+ 05:17+ 07:46+ 12:00+ 14:20+ 20:29+ 22:53+ 25:30+ 28:51+ 32:00+ 35:52+ 37:00+		
	03:55+ 01:22+ 02:29+ 04:14+ 02:20+ 06:09+ 02:24+ 02:37+ 03:21+ 03:09+ 03:52+ 01:08+		
	01:09& 00:20& 00:39& 01:32& 00:40& 01:22& 00:38& 00:37& 00:20# 00:46& 01:16& 00:11#		

Class	Navn	Klasse	Tid
16	Geir Trøan	181	37:10
03:45+	04:48+ 07:16+ 11:24+ 13:23+ 21:26+	23:56+ 26:27+ 29:13+ 32:22+ 35:43+ 37:10+	
03:45+	01:03+ 02:28+ 04:08+ 01:59+ 08:03+	02:30+ 02:31+ 02:46- 03:09+ 03:21+ 01:27+	
00:59&	00:01+ 00:38& 01:26& 00:19# 03:16&	00:44& 00:31& 00:15- 00:46& 00:45& 00:30&	
17	Arne Tyssø	369	37:28
03:49+	05:57+ 08:13+ 11:36+ 13:29+ 19:57+	24:20+ 27:04+ 30:14+ 33:14+ 36:25+ 37:28+	
03:49+	02:08+ 02:16+ 03:23+ 01:53+ 06:28+	04:23+ 02:44+ 03:10+ 03:00+ 03:11+ 01:03+	
01:03&	01:06@ 00:26# 00:41& 00:13# 01:41&	02:37@ 00:44& 00:09+ 00:37& 00:35# 00:06#	
18	Asbjørn Pedersen	158	39:41
08:21+	09:20+ 11:33+ 16:41+ 20:26+ 26:00+	28:17+ 30:43+ 33:25+ 35:39+ 38:33+ 39:41+	
08:21+	00:59- 02:13+ 05:08+ 03:45+ 05:34+	02:17+ 02:26+ 02:42- 02:14- 02:54+ 01:08+	
05:35@	00:03- 00:23# 02:26& 02:05@ 00:47#	00:31& 00:26# 00:19- 00:09- 00:18# 00:11#	
19	Gunnar Kvaal	334	40:49
03:50+	05:09+ 07:53+ 12:11+ 15:06+ 21:38+	24:38+ 27:38+ 31:11+ 35:33+ 39:39+ 40:49+	
03:50+	01:19+ 02:44+ 04:18+ 02:55+ 06:32+	03:00+ 03:00+ 03:33+ 04:22+ 04:06+ 01:10+	
01:04&	00:17& 00:54& 01:36& 01:15& 01:45&	01:14& 01:00& 00:32# 01:59& 01:30& 00:13#	
20	Floke Bredland	341	47:11
03:30+	04:56+ 08:13+ 13:08+ 15:31+ 27:43+	30:20+ 34:08+ 38:25+ 41:47+ 45:42+ 47:11+	
03:30+	01:26+ 03:17+ 04:55+ 02:23+ 12:12+	02:37+ 03:48+ 04:17+ 03:22+ 03:55+ 01:29+	
00:44&	00:24& 01:27& 02:13& 00:43& 07:25@	00:51& 01:48& 01:16& 00:59& 01:19& 00:32&	
21	Chris Hirt	1193	50:18
06:14+	07:40+ 11:19+ 18:12+ 21:04+ 29:52+	32:58+ 36:43+ 40:51+ 45:25+ 49:06+ 50:18+	
06:14+	01:26+ 03:39+ 06:53+ 02:52+ 08:48+	03:06+ 03:45+ 04:08+ 04:34+ 03:41+ 01:12+	
03:28@	00:24& 01:49& 04:11@ 01:12& 04:01&	01:20& 01:45& 01:07& 02:11& 01:05& 00:15&	
Beste strekktid for klassen			
02:41	00:44 01:50 02:42 01:34 04:42	01:39 01:51 02:12 02:00 02:16	00:51
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 75-			
1	Leidulv Vinje	253	24:35
03:55=	05:47= 07:19= 10:16= 11:49= 14:10=	16:26= 21:08= 22:59= 23:44= 24:35=	
03:55=	01:52= 01:32= 02:57= 01:33= 02:21=	02:16= 04:42= 01:51= 00:45= 00:51=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	
2	Odd Musum	262	28:25
03:27-	05:31- 07:28+ 11:38+ 14:00+ 18:20+	21:26+ 23:55+ 26:48+ 27:25+ 28:25+	
03:27-	02:04+ 01:57+ 04:10+ 02:22+ 04:20+	03:06+ 02:29- 02:53+ 00:37- 01:00+	
00:28-	00:12# 00:25& 01:13& 00:49& 01:59&	00:50& 02:13- 01:02& 00:08- 00:09#	
3	Jan Asbjørn Eriksen	345	28:34
03:45-	06:42+ 08:30+ 11:48+ 14:38+ 17:25+	20:58+ 25:06+ 27:05+ 27:36+ 28:34+	
03:45-	02:57+ 01:48+ 03:18+ 02:50+ 02:47+	03:33+ 04:08- 01:59+ 00:31- 00:58+	
00:10-	01:05& 00:16# 00:21# 01:17& 00:26#	01:17& 00:34- 00:08+ 00:14- 00:07#	
4	Magnar Øvreås	46	28:53
03:36-	05:27- 07:07- 11:29+ 14:37+ 17:38+	20:24+ 22:35+ 27:38+ 28:09+ 28:53+	
03:36-	01:51- 01:40+ 04:22+ 03:08+ 03:01+	02:46+ 02:11- 05:03+ 00:31- 00:44-	
00:19-	00:01- 00:08+ 01:25& 01:35@ 00:40&	00:30# 02:31- 03:12@ 00:14- 00:07-	
5	Knut Skiple	384	28:54
03:47-	06:05+ 08:21+ 12:18+ 14:22+ 18:18+	21:49+ 24:19+ 27:15+ 27:52+ 28:54+	
03:47-	02:18+ 02:16+ 03:57+ 02:04+ 03:56+	03:31+ 02:30- 02:56+ 00:37- 01:02+	
00:08-	00:26# 00:44& 01:00& 00:31& 01:35&	01:15& 02:12- 01:05& 00:08- 00:11#	
6	Eivind Hagen	98	30:49
05:02+	07:14+ 09:22+ 13:51+ 17:34+ 20:36+	24:18+ 26:52+ 29:01+ 29:38+ 30:49+	
05:02+	02:12+ 02:08+ 04:29+ 03:43+ 03:02+	03:42+ 02:34- 02:09+ 00:37- 01:11+	
01:07&	00:20# 00:36& 01:32& 02:10@ 00:41&	01:26& 02:08- 00:18# 00:08- 00:20&	
7	Carl B. Bjørseth	45	31:12
05:06+	07:15+ 09:12+ 13:19+ 15:25+ 19:40+	23:10+ 27:26+ 29:27+ 30:05+ 31:12+	
05:06+	02:09+ 01:57+ 04:07+ 02:06+ 04:15+	03:30+ 04:16- 02:01+ 00:38- 01:07+	
01:11&	00:17# 00:25& 01:10& 00:33& 01:54&	01:14& 00:26- 00:10+ 00:07- 00:16&	

Class	Navn	Klasse	Tid
8	Alfred Steiner	1193	33:47
	03:42- 06:07+ 13:52+ 17:52+ 20:03+ 23:43+ 26:47+ 29:37+ 32:02+ 32:38+ 33:47+		
	03:42- 02:25+ 07:45+ 04:00+ 02:11+ 03:40+ 03:04+ 02:50- 02:25+ 00:36- 01:09+		
	00:13- 00:33& 06:13@ 01:03& 00:38& 01:19& 00:48& 01:52- 00:34& 00:09- 00:18&		
9	Kåre Østgård	265	34:18
	04:08+ 06:54+ 09:29+ 15:32+ 18:16+ 22:28+ 26:22+ 29:28+ 32:22+ 33:10+ 34:18+		
	04:08+ 02:46+ 02:35+ 06:03+ 02:44+ 04:12+ 03:54+ 03:06- 02:54+ 00:48+ 01:08+		
	00:13+ 00:54& 01:03& 03:06@ 01:11& 01:51& 01:38& 01:36- 01:03& 00:03+ 00:17&		
10	Johan Arnt Johansen	242	35:31
	06:12+ 08:56+ 11:15+ 16:03+ 18:50+ 22:54+ 26:21+ 31:03+ 33:34+ 34:15+ 35:31+		
	06:12+ 02:44+ 02:19+ 04:48+ 02:47+ 04:04+ 03:27+ 04:42= 02:31+ 00:41- 01:16+		
	02:17& 00:52& 00:47& 01:51& 01:14& 01:43& 01:11& 00:00= 00:40& 00:04- 00:25&		
11	Gunnar J. Alsaker	399	39:20
	39:21+		
	39:21+		
	35:26@		
12	Per Fersnes	189	59:05
	06:30+ 09:56+ 14:06+ 22:20+ 29:44+ 41:53+ 47:49+ 53:03+ 56:19+ 57:27+ 59:05+		
	06:30+ 03:26+ 04:10+ 08:14+ 07:24+ 12:09+ 05:56+ 05:14+ 03:16+ 01:08+ 01:38+		
	02:35& 01:34& 02:38@ 05:17@ 05:51@ 09:48@ 03:40@ 00:32# 01:25& 00:23& 00:47&		
13	Øyvind Johannessen	35	1:46:12
	05:15+ 09:45+ 13:15+ 50:35+ 65:11+ 81:08+ 92:48+ 97:56+ 103:39+ 104:48+ 106:12+		
	05:15+ 04:30+ 03:30+ 37:20+ 14:36+ 15:57+ 11:40+ 05:08+ 05:43+ 01:09+ 01:24+		
	01:20& 02:38@ 01:58@ 34:23@ 13:03@ 13:36@ 09:24@ 00:26+ 03:52@ 00:24& 00:33&		
Beste strekktid for klassen			
	03:27 01:51 01:32 02:57 01:33 02:21 02:16 02:11 01:51 00:31 00:44		

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

H 80-

1	Lars Mauritzsen	1016	33:33
	03:43= 07:44= 09:57= 15:08= 17:23= 24:12= 27:33= 29:54= 31:56= 32:36= 33:33=		
	03:43= 04:01= 02:13= 05:11= 02:15= 06:49= 03:21= 02:21= 02:02= 00:40= 00:57=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Tor Drage	108	41:01
	07:10+ 09:32+ 12:07+ 17:20+ 21:07+ 27:11+ 31:07+ 34:03+ 39:03+ 39:43+ 41:01+		
	07:10+ 02:22- 02:35+ 05:13+ 03:47+ 06:04- 03:56+ 02:56+ 05:00+ 00:40= 01:18+		
	03:27& 01:39- 00:22# 00:02+ 01:32& 00:45- 00:35# 00:35# 02:58@ 00:00= 00:21&		
3	Johannes Sollid	372	48:56
	06:51+ 11:06+ 14:42+ 22:02+ 26:02+ 32:35+ 37:47+ 42:00+ 45:45+ 47:00+ 48:56+		
	06:51+ 04:15+ 03:36+ 07:20+ 04:00+ 06:33- 05:12+ 04:13+ 03:45+ 01:15+ 01:56+		
	03:08& 00:14+ 01:23& 02:09& 01:45& 00:16- 01:51& 01:52& 01:43& 00:35& 00:59@		
Beste strekktid for klassen			
	03:43 02:22 02:13 05:11 02:15 06:04 03:21 02:21 02:02 00:40 00:57		

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

N-åpen

21	Anna Elisabeth Skålsvik	45	23:12
	04:05+ 05:19+ 07:55+ 11:04+ 13:47+ 16:23+ 18:33+ 22:13+ 23:12+		
	04:05+ 01:14+ 02:36+ 03:09+ 02:43+ 02:36+ 02:10+ 03:40+ 00:59+		
	04:05+ 01:14+ 02:36+ 03:09+ 02:43+ 02:36+ 02:10+ 03:40+ 00:59+		
25	Jens Vonen Svae	305	18:19
	03:21+ 04:38+ 06:54+ 09:23+ 11:16+ 13:47+ 15:11+ 17:21+ 18:19+		
	03:21+ 01:17+ 02:16+ 02:29+ 01:53+ 02:31+ 01:24+ 02:10+ 00:58+		
	03:21+ 01:17+ 02:16+ 02:29+ 01:53+ 02:31+ 01:24+ 02:10+ 00:58+		

Class	Navn	Klasse	Tid
27	Hanna Kultima	1399	44:38
05:32+	07:26+ 15:23+ 21:40+ 27:25+ 32:55+ 37:00+ 42:42+ 44:38+		
05:32+	01:54+ 07:57+ 06:17+ 05:45+ 05:30+ 04:05+ 05:42+ 01:56+		
05:32+	01:54+ 07:57+ 06:17+ 05:45+ 05:30+ 04:05+ 05:42+ 01:56+		
28	Eirik Hessen	329	22:17
04:59+	06:08+ 08:10+ 11:24+ 14:31+ 16:31+ 18:47+ 21:21+ 22:17+		
04:59+	01:09+ 02:02+ 03:14+ 03:07+ 02:00+ 02:16+ 02:34+ 00:56+		
04:59+	01:09+ 02:02+ 03:14+ 03:07+ 02:00+ 02:16+ 02:34+ 00:56+		
29	Heikki Lauri	655	22:24
03:26+	04:51+ 10:02+ 12:35+ 14:49+ 16:57+ 18:15+ 21:28+ 22:24+		
03:26+	01:25+ 05:11+ 02:33+ 02:14+ 02:08+ 01:18+ 03:13+ 00:56+		
03:26+	01:25+ 05:11+ 02:33+ 02:14+ 02:08+ 01:18+ 03:13+ 00:56+		
30	Karl Kristoffersson	1311	23:48
04:10+	05:34+ 08:34+ 11:30+ 14:43+ 17:31+ 19:19+ 22:54+ 23:48+		
04:10+	01:24+ 03:00+ 02:56+ 03:13+ 02:48+ 01:48+ 03:35+ 00:54+		
04:10+	01:24+ 03:00+ 02:56+ 03:13+ 02:48+ 01:48+ 03:35+ 00:54+		
31	Piko Vierinen	146	34:33
05:14+	06:54+ 09:45+ 12:36+ 18:13+ 23:04+ 27:08+ 32:42+ 34:33+		
05:14+	01:40+ 02:51+ 02:51+ 05:37+ 04:51+ 04:04+ 05:34+ 01:51+		
05:14+	01:40+ 02:51+ 02:51+ 05:37+ 04:51+ 04:04+ 05:34+ 01:51+		
32	Erle Fosstveit	281	38:56
06:02+	08:09+ 16:00+ 20:45+ 24:19+ 28:20+ 31:42+ 37:56+ 38:56+		
06:02+	02:07+ 07:51+ 04:45+ 03:34+ 04:01+ 03:22+ 06:14+ 01:00+		
06:02+	02:07+ 07:51+ 04:45+ 03:34+ 04:01+ 03:22+ 06:14+ 01:00+		
39	Age Kristvik	80	34:14
04:27+	05:47+ 17:05+ 21:21+ 24:35+ 27:37+ 30:08+ 33:13+ 34:14+		
04:27+	01:20+ 11:18+ 04:16+ 03:14+ 03:02+ 02:31+ 03:05+ 01:01+		
04:27+	01:20+ 11:18+ 04:16+ 03:14+ 03:02+ 02:31+ 03:05+ 01:01+		
652	Helle Ragnarsson	827	40:47
05:49+	08:18+ 12:17+ 20:23+ 25:08+ 29:30+ 33:01+ 38:20+ 40:47+		
05:49+	02:29+ 03:59+ 08:06+ 04:45+ 04:22+ 03:31+ 05:19+ 02:27+		
05:49+	02:29+ 03:59+ 08:06+ 04:45+ 04:22+ 03:31+ 05:19+ 02:27+		
656	Martin Rostadmo	146	27:40
05:10+	06:48+ 10:14+ 13:57+ 17:03+ 20:07+ 22:12+ 26:15+ 27:40+		
05:10+	01:38+ 03:26+ 03:43+ 03:06+ 03:04+ 02:05+ 04:03+ 01:25+		
05:10+	01:38+ 03:26+ 03:43+ 03:06+ 03:04+ 02:05+ 04:03+ 01:25+		

Beste strekktid for klassen

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