

A Kort

1	Marjo Liikanen				88					31:00
03:50=	05:18=	06:56=	13:30=	14:39=	25:21=	27:19=	29:02=	29:33=	31:00=	
03:50=	01:28=	01:38=	06:34=	01:09=	10:42=	01:58=	01:43=	00:31=	01:27=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Simon Engvall				1004					31:21
04:02+	05:01-	06:45-	13:28-	14:48+	25:58+	27:41+	29:30+	30:02+	31:21+	
04:02+	00:59-	01:44+	06:43+	01:20+	11:10+	01:43-	01:49+	00:32+	01:19-	
00:12+	00:29-	00:06+	00:09+	00:11#	00:28+	00:15-	00:06+	00:01+	00:08-	
3	Matts Engvall				1004					37:10
04:32+	06:01+	08:03+	14:46+	16:25+	30:36+	32:33+	34:49+	35:36+	37:10+	
04:32+	01:29+	02:02+	06:43+	01:39+	14:11+	01:57-	02:16+	00:47+	01:34+	
00:42#	00:01+	00:24#	00:09+	00:30&	03:29&	00:01-	00:33&	00:16&	00:07+	
4	Laura Laakkonen				486					46:09
05:03+	06:57+	09:11+	21:09+	23:19+	39:06+	41:13+	43:35+	44:27+	46:09+	
05:03+	01:54+	02:14+	11:58+	02:10+	15:47+	02:07+	02:22+	00:52+	01:42+	
01:13&	00:26&	00:36&	05:24&	01:01&	05:05&	00:09+	00:39&	00:21&	00:15#	
5	Trond Foss				301					47:34
06:05+	07:56+	10:34+	20:36+	22:41+	39:22+	41:49+	44:39+	45:34+	47:34+	
06:05+	01:51+	02:38+	10:02+	02:05+	16:41+	02:27+	02:50+	00:55+	02:00+	
02:15&	00:23&	01:00&	03:28&	00:56&	05:59&	00:29#	01:07&	00:24&	00:33&	
6	Pertti Itkonen				1399					53:14
06:21+	08:07+	10:57+	22:58+	25:41+	43:11+	45:48+	48:49+	50:10+	53:14+	
06:21+	01:46+	02:50+	12:01+	02:43+	17:30+	02:37+	03:01+	01:21+	03:04+	
02:31&	00:18#	01:12&	05:27&	01:34@	06:48&	00:39&	01:18&	00:50@	01:37@	
7	Malin Kristoffersson				1311					1:01:40
06:07+	07:45+	09:51+	19:22+	21:25+	45:44+	47:45+	59:33+	60:27+	61:40+	
06:07+	01:38+	02:06+	09:31+	02:03+	24:19+	02:01+	11:48+	00:54+	01:13-	
02:17&	00:10#	00:28&	02:57&	00:54&	13:37@	00:03+	10:05@	00:23&	00:14-	
8	Iain Tebbutt				553					1:03:55
07:12+	09:06+	12:11+	26:30+	29:47+	54:03+	57:13+	60:24+	61:39+	63:55+	
07:12+	01:54+	03:05+	14:19+	03:17+	24:16+	03:10+	03:11+	01:15+	02:16+	
03:22&	00:26&	01:27&	07:45@	02:08@	13:34@	01:12&	01:28&	00:44@	00:49&	
9	Clara Good				NOTEAM					1:15:05
17:46+	20:01+	22:29+	38:14+	41:09+	59:46+	63:21+	72:49+	73:32+	75:05+	
17:46+	02:15+	02:28+	15:45+	02:55+	18:37+	03:35+	09:28+	00:43+	01:33+	
13:56@	00:47&	00:50&	09:11@	01:46@	07:55&	01:37&	07:45@	00:12&	00:06+	

Beste strekktid for klassen

03:50 00:59 01:38 06:34 01:09 10:42 01:43 01:43 00:31 01:13

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

A Lang

1	Elias Kuukka	486	34:38												
02:49=	03:20=	07:22=	08:33=	09:47=	10:45=	12:40=	17:59=	19:43=	20:34=	29:09=	32:07=	32:24=	33:14=	33:38=	34:38=
02:49=	00:31=	04:02=	01:11=	01:14=	00:58=	01:55=	05:19=	01:44=	00:51=	08:35=	02:58=	00:17=	00:50=	00:24=	01:00=
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	Panu Hyvönen	1501	50:18												
04:30+	05:11+	12:17+	14:19+	15:53+	17:09+	20:20+	27:35+	29:40+	30:54+	43:18+	46:59+	47:23+	48:18+	48:50+	50:18+
04:30+	00:41+	07:06+	02:02+	01:34+	01:16+	03:11+	07:15+	02:05+	01:14+	12:24+	03:41+	00:24+	00:55+	00:32+	01:28+
01:41&	00:10&	03:04&	00:51&	00:20&	00:18&	01:16&	01:56&	00:21#	00:23&	03:49&	00:43#	00:07&	00:05#	00:08&	00:28&
3	Friman Sami	1168	52:36												
04:26+	05:06+	11:29+	13:27+	15:20+	16:48+	19:56+	28:37+	30:52+	32:14+	44:50+	48:55+	49:22+	50:58+	51:31+	52:36+
04:26+	00:40+	06:23+	01:58+	01:53+	01:28+	03:08+	08:41+	02:15+	01:22+	12:36+	04:05+	00:27+	01:36+	00:33+	01:05+
01:37&	00:09&	02:21&	00:47&	00:39&	00:30&	01:13&	03:22&	00:31&	00:31&	04:01&	01:07&	00:10&	00:46&	00:09&	00:05+

Class	Navn		Klasse										Tid			
4	Colm O`Halloran		1198										53:19			
	04:33+	05:11+	11:28+	13:05+	14:37+	15:57+	19:15+	28:55+	31:05+	32:16+	45:37+	50:03+	50:25+	51:31+	52:03+	53:19+
	04:33+	00:38+	06:17+	01:37+	01:32+	01:20+	03:18+	09:40+	02:10+	01:11+	13:21+	04:26+	00:22+	01:06+	00:32+	01:16+
	01:44&	00:07#	02:15&	00:26&	00:18#	00:22&	01:23&	04:21&	00:26#	00:20&	04:46&	01:28&	00:05&	00:16&	00:08&	00:16&
5	Seppo Konttajärvi		1500										54:41			
	04:32+	05:13+	14:16+	16:18+	17:58+	19:23+	22:17+	29:51+	32:06+	33:54+	46:31+	50:31+	51:06+	52:33+	53:19+	54:41+
	04:32+	00:41+	09:03+	02:02+	01:40+	01:25+	02:54+	07:34+	02:15+	01:48+	12:37+	04:00+	00:35+	01:27+	00:46+	01:22+
	01:43&	00:10&	05:01@	00:51&	00:26&	00:27&	00:59&	02:15&	00:31&	00:57@	04:02&	01:02&	00:18@	00:37&	00:22&	00:22&
6	Stein Olav Skrøvseth		NOTEAM										54:59			
	04:49+	05:32+	12:42+	14:33+	16:13+	17:32+	21:00+	29:10+	31:34+	32:52+	47:06+	51:06+	51:37+	52:52+	53:34+	54:59+
	04:49+	00:43+	07:10+	01:51+	01:40+	01:19+	03:28+	08:10+	02:24+	01:18+	14:14+	04:00+	00:31+	01:15+	00:42+	01:25+
	02:00&	00:12&	03:08&	00:40&	00:26&	00:21&	01:33&	02:51&	00:40&	00:27&	05:39&	01:02&	00:14&	00:25&	00:18&	00:25&
7	Morten Roger Andersen		101										55:11			
	04:44+	05:22+	12:19+	14:35+	16:25+	17:49+	20:54+	28:33+	30:56+	32:16+	47:20+	51:36+	52:26+	53:29+	54:01+	55:11+
	04:44+	00:38+	06:57+	02:16+	01:50+	01:24+	03:05+	07:39+	02:23+	01:20+	15:04+	04:16+	00:50+	01:03+	00:32+	01:10+
	01:55&	00:07#	02:55&	01:05&	00:36&	00:26&	01:10&	02:20&	00:39&	00:29&	06:29&	01:18&	00:33@	00:13&	00:08&	00:10#
8	Ingrid Jenvin Støen		NOTEAM										1:03:26			
	05:28+	06:15+	14:01+	16:30+	18:43+	20:18+	23:21+	34:48+	37:22+	38:57+	54:53+	59:11+	59:42+	61:24+	62:03+	63:26+
	05:28+	00:47+	07:46+	02:29+	02:13+	01:35+	03:03+	11:27+	02:34+	01:35+	15:56+	04:18+	00:31+	01:42+	00:39+	01:23+
	02:39&	00:16&	03:44&	01:18@	00:59&	00:37&	01:08&	06:08@	00:50&	00:44&	07:21&	01:20&	00:14&	00:52@	00:15&	00:23&
9	Jaakko Rissanen		1399										1:05:54			
	03:27+	04:04+	10:04+	11:37+	13:04+	14:09+	16:50+	33:25+	40:46+	41:44+	58:02+	62:05+	62:39+	64:04+	64:49+	65:54+
	03:27+	00:37+	06:00+	01:33+	01:27+	01:05+	02:41+	16:35+	07:21+	00:58+	16:18+	04:03+	00:34+	01:25+	00:45+	01:05+
	00:38#	00:06#	01:58&	00:22&	00:13#	00:07#	00:46&	11:16@	05:37@	00:07#	07:43&	01:05&	00:17&	00:35&	00:21&	00:05+
10	Trine Bolstad		88										1:16:31			
	04:56+	05:51+	21:33+	23:56+	25:49+	27:34+	30:53+	41:04+	48:37+	49:57+	65:39+	71:59+	72:35+	74:00+	74:43+	76:31+
	04:56+	00:55+	15:42+	02:23+	01:53+	01:45+	03:19+	10:11+	07:33+	01:20+	15:42+	06:20+	00:36+	01:25+	00:43+	01:48+
	02:07&	00:24&	11:40@	01:12@	00:39&	00:47&	01:24&	04:52&	05:49@	00:29&	07:07&	03:22@	00:19@	00:35&	00:19&	00:48&
11	Birgit Korvald		245										1:19:10			
	06:22+	07:17+	24:14+	27:23+	30:41+	32:52+	36:46+	46:30+	50:11+	51:50+	68:49+	74:21+	75:00+	77:01+	77:43+	79:10+
	06:22+	00:55+	16:57+	03:09+	03:18+	02:11+	03:54+	09:44+	03:41+	01:39+	16:59+	05:32+	00:39+	02:01+	00:42+	01:27+
	03:33@	00:24&	12:55@	01:58@	02:04@	01:13@	01:59@	04:25&	01:57@	00:48&	08:24&	02:34&	00:22@	01:11@	00:18&	00:27&
Beste strekktid for klassen																
	02:49	00:31	04:02	01:11	01:14	00:58	01:55	05:19	01:44	00:51	08:35	02:58	00:17	00:50	00:24	01:00
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
B																
1	Espen Johannessen		41										24:33			
	02:58=	04:40=	07:22=	11:08=	12:51=	19:58=	21:33=	22:45=	23:19=	24:33=						
	02:58=	01:42=	02:42=	03:46=	01:43=	07:07=	01:35=	01:12=	00:34=	01:14=						
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Matti Rintanen		555										28:41			
	27:06+	27:42+	28:41+													
	27:06+	00:36-	00:59-													
	24:08@	01:06-	01:43-													
3	Timo Rintanen		555										35:04			
	03:56+	06:14+	10:32+	15:35+	18:33+	28:31+	30:48+	32:44+	33:27+	35:04+						
	03:56+	02:18+	04:18+	05:03+	02:58+	09:58+	02:17+	01:56+	00:43+	01:37+						
	00:58&	00:36&	01:36&	01:17&	01:15&	02:51&	00:42&	00:44&	00:09&	00:23&						
4	Eija Rantala		655										41:03			
	04:01+	06:31+	11:11+	17:51+	21:05+	33:08+	36:10+	38:38+	39:37+	41:03+						
	04:01+	02:30+	04:40+	06:40+	03:14+	12:03+	03:02+	02:28+	00:59+	01:26+						
	01:03&	00:48&	01:58&	02:54&	01:31&	04:56&	01:27&	01:16@	00:25&	00:12#						
5	Mikael Kuhlin		1008										42:26			
	03:15+	05:09+	10:45+	18:14+	25:38+	34:52+	37:02+	39:53+	40:38+	42:26+						
	03:15+	01:54+	05:36+	07:29+	07:24+	19:14+	02:10+	02:51+	00:45+	01:48+						
	00:17+	00:12#	02:54@	03:43&	05:41@	02:07&	00:35&	01:39@	00:11&	00:34&						

Class	Navn										Klasse	Tid
6	Dag Halvorsen										NOTEAM	42:30
	04:55+	07:58+	13:12+	18:29+	22:11+	33:59+	37:05+	39:31+	40:37+	42:30+		
	04:55+	03:03+	05:14+	05:17+	03:42+	11:48+	03:06+	02:26+	01:06+	01:53+		
	01:57&	01:21&	02:32&	01:31&	01:59@	04:41&	01:31&	01:14@	00:32&	00:39&		
7	Petter Stensli Forseth										212	46:52
	04:13+	07:35+	15:36+	21:51+	25:02+	38:00+	41:47+	44:26+	45:17+	46:52+		
	04:13+	03:22+	08:01+	06:15+	03:11+	12:58+	03:47+	02:39+	00:51+	01:35+		
	01:15&	01:40&	05:19@	02:29&	01:28&	05:51&	02:12@	01:27@	00:17&	00:21&		
8	Sara Stray										189	54:22
	03:42+	06:40+	10:53+	30:35+	33:12+	48:13+	50:43+	52:20+	52:58+	54:22+		
	03:42+	02:58+	04:13+	19:42+	02:37+	15:01+	02:30+	01:37+	00:38+	01:24+		
	00:44#	01:16&	01:31&	15:56@	00:54&	07:54@	00:55&	00:25&	00:04#	00:10#		
9	Viveka Bollmark										403	1:03:14
	05:43+	09:42+	18:07+	26:30+	33:17+	52:20+	56:52+	60:49+	61:40+	63:14+		
	05:43+	03:59+	08:25+	08:23+	06:47+	19:03+	04:32+	03:57+	00:51+	01:34+		
	02:45&	02:17@	05:43@	04:37@	05:04@	11:56@	02:57@	02:45@	00:17&	00:20&		
10	Eva Ekelund										642	1:19:02
	12:37+	16:36+	26:09+	42:03+	47:22+	66:09+	70:44+	75:16+	76:32+	79:02+		
	12:37+	03:59+	09:33+	15:54+	05:19+	18:47+	04:35+	04:32+	01:16+	02:30+		
	09:39@	02:17@	06:51@	12:08@	03:36@	11:40@	03:00@	03:20@	00:42@	01:16@		
Beste strekktid for klassen												
	02:58	00:36	00:59	03:46	01:43	07:07	01:35	01:12	00:34	01:14		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
C Kort												
1	Emil Vierinen										146	31:16
	02:32=	04:36=	05:50=	09:43=	14:56=	15:46=	21:33=	23:04=	23:41=	28:35=	30:04=	31:16=
	02:32=	02:04=	01:14=	03:53=	05:13=	00:50=	05:47=	01:31=	00:37=	04:54=	01:29=	01:12=
	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	Eetu Vierinnen										146	31:29
	02:30-	04:39+	05:54+	09:49+	14:59+	15:51+	21:40+	23:11+	23:47+	28:39+	30:07+	31:29+
	02:30-	02:09+	01:15+	03:55+	05:10-	00:52+	05:49+	01:31=	00:36-	04:52-	01:28-	01:22+
	00:02-	00:05+	00:01+	00:02+	00:03-	00:02+	00:02+	00:00=	00:01-	00:02-	00:01-	00:10#
3	Ingrid Felde Olavssen										101	36:53
	02:27-	05:00+	06:16+	11:42+	14:28-	15:37-	26:51+	28:33+	29:17+	32:40+	35:31+	36:53+
	02:27-	02:33+	01:16+	05:26+	02:46-	01:09+	11:14+	01:42+	00:44+	03:23-	02:51+	01:22+
	00:05-	00:29#	00:02+	01:33&	02:27-	00:19&	05:27&	00:11#	00:07#	01:31-	01:22&	00:10#
4	Mari Hage										NOTEAM	42:59
	06:07+	08:46+	10:16+	15:46+	19:50+	21:32+	32:55+	35:01+	36:00+	38:21+	41:08+	42:59+
	06:07+	02:39+	01:30+	05:30+	04:04-	01:42+	11:23+	02:06+	00:59+	02:21-	02:47+	01:51+
	03:35@	00:35&	00:16#	01:37&	01:09-	00:52@	05:36&	00:35&	00:22&	02:33-	01:18&	00:39&
5	Synnøve Vonen										305	46:14
	02:47+	05:13+	06:42+	12:51+	27:31+	28:36+	35:34+	37:55+	38:34+	42:10+	44:43+	46:14+
	02:47+	02:26+	01:29+	06:09+	14:40+	01:05+	06:58+	02:21+	00:39+	03:36-	02:33+	01:31+
	00:15+	00:22#	00:15#	02:16&	09:27@	00:15&	01:11#	00:50&	00:02+	01:18-	01:04&	00:19&
6	Karoline Østgard Olsen										NOTEAM	51:23
	04:03+	06:56+	08:48+	13:57+	24:43+	26:51+	34:17+	37:12+	38:03+	41:25+	44:14+	51:23+
	04:03+	02:53+	01:52+	05:09+	10:46+	02:08+	07:26+	02:55+	00:51+	03:22-	02:49+	07:09+
	01:31&	00:49&	00:38&	01:16&	05:33@	01:18@	01:39&	01:24&	00:14&	01:32-	01:20&	05:57@
8	Laila Østgård										NOTEAM	52:14
	04:26+	09:04+	11:27+	17:50+	24:28+	26:36+	35:34+	38:58+	40:54+	44:17+	48:53+	52:14+
	04:26+	04:38+	02:23+	06:23+	06:38+	02:08+	08:58+	03:24+	01:56+	03:23-	04:36+	03:21+
	01:54&	02:34@	01:09&	02:30&	01:25&	01:18@	03:11&	01:53@	01:19@	01:31-	03:07@	02:09@
9	Guri-Anne Hauan										NOTEAM	53:53
	04:59+	08:55+	10:51+	17:55+	26:30+	28:34+	38:42+	41:45+	43:03+	46:48+	51:12+	53:53+
	04:59+	03:56+	01:56+	07:04+	08:35+	02:04+	10:08+	03:03+	01:18+	03:45-	04:24+	02:41+
	02:27&	01:52&	00:42&	03:11&	03:22&	01:14@	04:21&	01:32@	00:41@	01:09-	02:55@	01:29@

Plass	Navn												Klasse	Tid											
10	Nelli Korhonen												NOTEAM	54:52											
	05:54+	09:55+	11:58+	20:49+	25:55+	27:45+	37:50+	41:04+	42:10+	49:02+	52:13+	54:52+													
	05:54+	04:01+	02:03+	08:51+	05:06-	01:50+	10:05+	03:14+	01:06+	06:52+	03:11+	02:39+													
	03:22@	01:57&	00:49&	04:58@	00:07-	01:00@	04:18&	01:43@	00:29&	01:58&	01:42@	01:27@													
11	Dina Bratlie												146	55:46											
	03:37+	07:11+	08:39+	16:40+	24:19+	26:40+	39:36+	43:13+	44:53+	49:39+	53:55+	55:46+													
	03:37+	03:34+	01:28+	08:01+	07:39+	02:21+	12:56+	03:37+	01:40+	04:46-	04:16+	01:51+													
	01:05&	01:30&	00:14#	04:08@	02:26&	01:31@	07:09@	02:06@	01:03@	00:08-	02:47@	00:39&													
Beste strekktid for klassen																									
	02:27	02:04	01:14	03:53	02:46	00:50	05:47	01:31	00:36	02:21	01:28	01:12													

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

C Lang

1	Tore Mundal												388	35:22											
01:55=	04:08=	05:14=	07:58=	10:59=	13:58=	15:44=	17:39=	19:17=	24:01=	25:45=	31:50=	33:49=	35:22=												
01:55=	02:13=	01:06=	02:44=	03:01=	02:59=	01:46=	01:55=	01:38=	04:44=	01:44=	06:05=	01:59=	01:33=												
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	Villiam Lundgren												1005	1:08:22											
03:37+	07:23+	08:24+	11:34+	26:10+	45:43+	47:16+	50:23+	51:52+	56:48+	59:16+	64:51+	67:05+	68:22+												
03:37+	03:46+	01:01-	03:10+	14:36+	19:33+	01:33-	03:07+	01:29-	04:56+	02:28+	05:35-	02:14+	01:17-												
01:42&	01:33&	00:05-	00:26#	11:35@	16:34@	00:13-	01:12&	00:09-	00:12+	00:44&	00:30-	00:15#	00:16-												
3	Elisabeth Fosstveit												1005	1:30:40											
03:36+	05:58+	07:10+	11:53+	32:25+	41:48+	45:27+	48:15+	50:01+	77:35+	78:56+	86:36+	89:11+	90:40+												
03:36+	02:22+	01:12+	04:43+	20:32+	09:23+	03:39+	02:48+	01:46+	27:34+	01:21-	07:40+	02:35+	01:29-												
01:41&	00:09+	00:06+	01:59&	17:31@	06:24@	01:53@	00:53&	00:08+	22:50@	00:23-	01:35&	00:36&	00:04-												
4	Helena Romelsjo												NOTEAM	1:32:46											
03:56+	06:34+	07:45+	36:26+	62:07+	65:00+	68:26+	72:15+	73:45+	80:10+	82:18+	88:27+	91:13+	92:46+												
03:56+	02:38+	01:11+	28:41+	25:41+	02:53-	03:26+	03:49+	01:30-	06:25+	02:08+	06:09+	02:46+	01:33=												
02:01@	00:25#	00:05+	25:57@	22:40@	00:06-	01:40&	01:54&	00:08-	01:41&	00:24#	00:04+	00:47&	00:00=												
Beste strekktid for klassen																									
01:55	02:13	01:01	02:44	03:01	02:53	01:33	01:55	01:29	04:44	01:21	05:35	01:59	01:17												

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

D -10

46	Selma White										341	19:47									
	01:06+	03:43+	05:36+	06:14+	09:24+	10:58+	16:46+	17:55+	18:33+	19:47+											
	01:06+	02:37+	01:53+	00:38+	03:10+	01:34+	05:48+	01:09+	00:38+	01:14+											
	01:06+	02:37+	01:53+	00:38+	03:10+	01:34+	05:48+	01:09+	00:38+	01:14+											
47	Hanna Rantala										655	25:54									
	01:42+	05:36+	07:58+	08:49+	12:17+	13:55+	20:51+	23:21+	24:15+	25:54+											
	01:42+	03:54+	02:22+	00:51+	03:28+	01:38+	06:56+	02:30+	00:54+	01:39+											
	01:42+	03:54+	02:22+	00:51+	03:28+	01:38+	06:56+	02:30+	00:54+	01:39+											

Beste strekktid for klassen

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

D 11-12

1	Astrid Elida Vaeng Bernhardsen 146										17:55
01:00=	03:27=	04:49=	05:29=	08:42=	09:58=	14:52=	15:58=	16:39=	17:55=		
01:00=	02:27=	01:22=	00:40=	03:13=	01:16=	04:54=	01:06=	00:41=	01:16=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Plass	Navn									Klasse	Tid
2	Inka Mäenpää									655	18:52
	01:06+	03:38+	05:01+	05:37+	09:26+	10:24+	15:47+	16:56+	17:31+	18:52+	
	01:06+	02:32+	01:23+	00:36-	03:49+	00:58-	05:23+	01:09+	00:35-	01:21+	
	00:06#	00:05+	00:01+	00:04-	00:36#	00:18-	00:29+	00:03+	00:06-	00:05+	
3	Eline Andrea Vaeng Bernhardsen									146	21:00
	01:09+	04:39+	06:28+	07:04+	10:44+	12:57+	17:54+	19:01+	19:42+	21:00+	
	01:09+	03:30+	01:49+	00:36-	03:40+	02:13+	04:57+	01:07+	00:41=	01:18+	
	00:09#	01:03&	00:27&	00:04-	00:27#	00:57&	00:03+	00:01+	00:00=	00:02+	
4	Anni Rintanen									486	21:40
	01:04+	03:51+	05:37+	06:15+	10:10+	11:46+	17:57+	19:30+	20:13+	21:40+	
	01:04+	02:47+	01:46+	00:38-	03:55+	01:36+	06:11+	01:33+	00:43+	01:27+	
	00:04+	00:20#	00:24&	00:02-	00:42#	00:20&	01:17&	00:27&	00:02+	00:11#	
5	Lise Marcussen									106	23:16
	01:08+	04:32+	06:11+	07:01+	11:15+	13:16+	19:52+	21:10+	22:01+	23:16+	
	01:08+	03:24+	01:39+	00:50+	04:14+	02:01+	06:36+	01:18+	00:51+	01:15-	
	00:08#	00:57&	00:17#	00:10#	01:01&	00:45&	01:42&	00:12#	00:10#	00:01-	
6	Ronja Götsch Iversen									146	23:28
	01:13+	04:24+	05:58+	06:39+	11:12+	12:40+	20:08+	21:22+	22:04+	23:28+	
	01:13+	03:11+	01:34+	00:41+	04:33+	01:28+	07:28+	01:14+	00:42+	01:24+	
	00:13#	00:44&	00:12#	00:01+	01:20&	00:12#	02:34&	00:08#	00:01+	00:08#	
7	Venla Portimojärvi									655	28:57
	01:57+	06:20+	08:00+	08:54+	14:15+	16:45+	24:44+	26:50+	27:35+	28:57+	
	01:57+	04:23+	01:40+	00:54+	05:21+	02:30+	07:59+	02:06+	00:45+	01:22+	
	00:57&	01:56&	00:18#	00:14&	02:08&	01:14&	03:05&	01:00&	00:04+	00:06+	
Beste strekktid for klassen											
	01:00	02:27	01:22	00:36	03:13	00:58	04:54	01:06	00:35	01:15	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.											
D 13-14											
1	Emma-Leena Portimojärvi									655	28:12
	03:02=	04:45=	08:14=	11:50=	13:06=	16:02=	21:01=	22:09=	25:09=	26:32=	27:05=
	03:02=	01:43=	03:29=	03:36=	01:16=	02:56=	04:59=	01:08=	03:00=	01:23=	00:33=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Elisa Götsch Iversen									146	32:07
	03:01-	05:40+	11:40+	15:42+	17:14+	19:19+	25:24+	26:20+	29:05+	30:29+	31:01+
	03:01-	02:39+	06:00+	04:02+	01:32+	02:05-	06:05+	00:56-	02:45-	01:24+	00:32-
	00:01-	00:56&	02:31&	00:26#	00:16#	00:51-	01:06#	00:12-	00:15-	00:01+	00:01-
3	Klara Graversen									146	32:58
	03:03+	04:57+	11:19+	15:03+	16:32+	18:46+	25:03+	25:51+	29:04+	31:15+	31:51+
	03:03+	01:54+	06:22+	03:44+	01:29+	02:14-	06:17+	00:48-	03:13+	02:11+	00:36+
	00:01+	00:11#	02:53&	00:08+	00:13#	00:42-	01:18&	00:20-	00:13+	00:48&	00:03+
4	Oili Holopainen									1136	34:06
	05:48+	08:06+	12:07+	15:52+	17:10+	20:12+	26:39+	27:33+	30:56+	32:25+	32:58+
	05:48+	02:18+	04:01+	03:45+	01:18+	03:02+	06:27+	00:54-	03:23+	01:29+	00:33=
	02:46&	00:35&	00:32#	00:09+	00:02+	00:06+	01:28&	00:14-	00:23#	00:06+	00:00=
5	Anni Taulavuori									1396	34:34
	03:27+	05:46+	11:17+	16:19+	19:12+	21:15+	26:59+	27:56+	31:10+	32:41+	33:21+
	03:27+	02:19+	05:31+	05:02+	02:53+	02:03-	05:44+	00:57-	03:14+	01:31+	00:40+
	00:25#	00:36&	02:02&	01:26&	01:37@	00:53-	00:45#	00:11-	00:14+	00:08+	00:07#
6	Astrid White									341	34:54
	03:07+	05:19+	10:39+	14:31+	15:58+	19:05+	25:01+	26:46+	30:15+	33:03+	33:44+
	03:07+	02:12+	05:20+	03:52+	01:27+	03:07+	05:56+	01:45+	03:29+	02:48+	00:41+
	00:05+	00:29&	01:51&	00:16+	00:11#	00:11+	00:57#	00:37&	00:29#	01:25@	00:08#
7	Hanne Marcussen									106	39:08
	03:23+	06:12+	14:33+	19:25+	21:08+	23:28+	30:18+	31:26+	35:12+	36:55+	37:38+
	03:23+	02:49+	08:21+	04:52+	01:43+	02:20-	06:50+	01:08=	03:46+	01:43+	00:43+
	00:21#	01:06&	04:52@	01:16&	00:27&	00:36-	01:51&	00:00=	00:46&	00:20#	00:10&

Class	Navn												Klasse	Tid
8	Elina Lauri												655	39:09
	03:25+	05:40+	10:20+	15:28+	17:09+	22:33+	30:11+	31:33+	35:42+	37:19+	37:55+	39:09+		
	03:25+	02:15+	04:40+	05:08+	01:41+	05:24+	07:38+	01:22+	04:09+	01:37+	00:36+	01:14+		
	00:23#	00:32&	01:11&	01:32&	00:25&	02:28&	02:39&	00:14#	01:09&	00:14#	00:03+	00:07#		
9	Silja Lauri												655	44:52
	03:00-	08:33+	15:36+	19:17+	20:37+	28:47+	34:00+	34:59+	41:52+	43:05+	43:39+	44:52+		
	03:00-	05:33+	07:03+	03:41+	01:20+	08:10+	05:13+	00:59-	06:53+	01:13-	00:34+	01:13+		
	00:02-	03:50@	03:34@	00:05+	00:04+	05:14@	00:14+	00:09-	03:53@	00:10-	00:01+	00:06+		
Beste strekktid for klassen														
	03:00	01:43	03:29	03:36	01:16	02:03	04:59	00:48	02:45	01:13	00:32	01:06		

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

D 15-16

1	Kristine Eide Rapp												281	29:45
	03:07=	04:28=	07:04=	14:36=	15:13=	18:08=	26:38=	28:13=	28:44=	29:45=				
	03:07=	01:21=	02:36=	07:32=	00:37=	02:55=	08:30=	01:35=	00:31=	01:01=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Anna Jacobsen-Gaski												35	30:04
	03:10+	04:37+	07:43+	14:53+	15:38+	18:31+	26:53+	28:36+	29:04+	30:04+				
	03:10+	01:27+	03:06+	07:10-	00:45+	02:53-	08:22-	01:43+	00:28-	01:00-				
	00:03+	00:06+	00:30#	00:22-	00:08#	00:02-	00:08-	00:08+	00:03-	00:01-				
3	Ane Sofie Krogh												268	34:13
	03:16+	04:38+	07:39+	14:36=	15:20+	20:51+	30:33+	32:25+	32:58+	34:13+				
	03:16+	01:22+	03:01+	06:57-	00:44+	05:31+	09:42+	01:52+	00:33+	01:15+				
	00:09+	00:01+	00:25#	00:35-	00:07#	02:36&	01:12#	00:17#	00:02+	00:14#				
4	Aino Rantala												655	37:02
	03:26+	05:17+	09:55+	18:12+	19:05+	23:28+	33:08+	35:01+	35:40+	37:02+				
	03:26+	01:51+	04:38+	08:17+	00:53+	04:23+	09:40+	01:53+	00:39+	01:22+				
	00:19#	00:30&	02:02&	00:45+	00:16&	01:28&	01:10#	00:18#	00:08&	00:21&				
5	Idunn Strand												146	38:00
	03:43+	05:05+	11:30+	20:06+	20:57+	24:32+	33:28+	36:10+	36:45+	38:00+				
	03:43+	01:22+	06:25+	08:36+	00:51+	03:35+	08:56+	02:42+	00:35+	01:15+				
	00:36#	00:01+	03:49@	01:04#	00:14&	00:40#	00:26+	01:07&	00:04#	00:14#				
6	Hanne Eide Rapp												281	56:59
	04:38+	05:55+	25:27+	34:55+	35:57+	40:10+	53:28+	55:14+	55:56+	56:59+				
	04:38+	01:17-	19:32+	09:28+	01:02+	04:13+	13:18+	01:46+	00:42+	01:03+				
	01:31&	00:04-	16:56@	01:56&	00:25&	01:18&	04:48&	00:11#	00:11&	00:02+				

Beste strekktid for klassen

03:07 01:17 02:36 06:57 00:37 02:53 08:22 01:35 00:28 01:00

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

D 17-18

1	Idun Kristine Felde Olaussen												101	32:46
	04:12=	04:51=	06:17=	10:27=	17:22=	18:32=	28:07=	29:32=	31:05=	31:39=	32:46=			
	04:12=	00:39=	01:26=	04:10=	06:55=	01:10=	09:35=	01:25=	01:33=	00:34=	01:07=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Tora Indregard												146	36:39
	04:39+	05:21+	06:54+	11:44+	19:25+	20:44+	32:24+	33:49+	35:10+	35:37+	36:39+			
	04:39+	00:42+	01:33+	04:50+	07:41+	01:19+	11:40+	01:25=	01:21-	00:27-	01:02-			
	00:27#	00:03+	00:07+	00:40#	00:46#	00:09#	02:05#	00:00=	00:12-	00:07-	00:05-			
3	Eli Kolstad												222	41:14
	05:46+	06:36+	08:32+	13:31+	21:30+	22:50+	36:02+	37:41+	39:12+	39:42+	41:14+			
	05:46+	00:50+	01:56+	04:59+	07:59+	01:20+	13:12+	01:39+	01:31-	00:30-	01:32+			
	01:34&	00:11&	00:30&	00:49#	01:04#	00:10#	03:37&	00:14#	00:02-	00:04-	00:25&			

Class	Navn	Klasse	Tid
4	Ane-Marte Borg Hanssen	146	41:17
04:18+	04:58+ 06:20+ 14:22+ 22:25+ 23:52+	34:55+ 36:51+ 39:29+ 40:10+ 41:17+	
04:18+	00:40+ 01:22- 08:02+ 08:03+ 01:27+	11:03+ 01:56+ 02:38+ 00:41+ 01:07=	
00:06+	00:01+ 00:04- 03:52& 01:08# 00:17#	01:28# 00:31& 01:05& 00:07# 00:00=	
5	Martha Skogeng Reiten	67	46:11
04:53+	05:43+ 07:29+ 17:09+ 24:57+ 27:37+	40:26+ 42:17+ 44:27+ 45:03+ 46:11+	
04:53+	00:50+ 01:46+ 09:40+ 07:48+ 02:40+	12:49+ 01:51+ 02:10+ 00:36+ 01:08+	
00:41#	00:11& 00:20# 05:30@ 00:53# 01:30@	03:14& 00:26& 00:37& 00:02+ 00:01+	
6	Kristiane Rogstad	184	55:33
06:12+	07:09+ 09:16+ 18:07+ 29:46+ 32:46+	47:11+ 49:14+ 53:09+ 54:00+ 55:33+	
06:12+	00:57+ 02:07+ 08:51+ 11:39+ 03:00+	14:25+ 02:03+ 03:55+ 00:51+ 01:33+	
02:00&	00:18& 00:41& 04:41@ 04:44& 01:50@	04:50& 00:38& 02:22@ 00:17& 00:26&	
7	Kathinka Rogstad	184	1:06:46
06:45+	07:43+ 10:00+ 18:00+ 39:35+ 41:38+	60:17+ 62:17+ 64:23+ 65:03+ 66:46+	
06:45+	00:58+ 02:17+ 08:00+ 21:35+ 02:03+	18:39+ 02:00+ 02:06+ 00:40+ 01:43+	
02:33&	00:19& 00:51& 03:50& 14:40@ 00:53&	09:04& 00:35& 00:33& 00:06# 00:36&	
Beste strekktid for klassen			
04:12	00:39 01:22 04:10 06:55 01:10 09:35 01:25 01:21 00:27 01:02		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 17-AK			
1	Amélie Wallenhammar	726	42:19
04:17=	05:03= 06:57= 12:19= 21:53= 25:07=	36:13= 37:49= 40:30= 41:07= 42:19=	
04:17=	00:46= 01:54= 05:22= 09:34= 03:14=	11:06= 01:36= 02:41= 00:37= 01:12=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	
2	Mari Basberg	317	44:22
04:39+	05:27+ 08:12+ 13:52+ 23:27+ 25:04-	37:39+ 40:22+ 42:39+ 43:09+ 44:22+	
04:39+	00:48+ 02:45+ 05:40+ 09:35+ 01:37-	12:35+ 02:43+ 02:17- 00:30- 01:13+	
00:22+	00:02+ 00:51& 00:18+ 00:01+ 01:37-	01:29# 01:07& 00:24- 00:07- 00:01+	
3	Tine Hjelseth Larsen	184	54:17
05:46+	06:33+ 08:28+ 14:52+ 28:44+ 30:58+	46:44+ 49:56+ 52:03+ 52:46+ 54:17+	
05:46+	00:47+ 01:55+ 06:24+ 13:52+ 02:14-	15:46+ 03:12+ 02:07- 00:43+ 01:31+	
01:29&	00:01+ 00:01+ 01:02# 04:18& 01:00-	04:40& 01:36& 00:34- 00:06# 00:19&	
Beste strekktid for klassen			
04:17	00:46 01:54 05:22 09:34 01:37 11:06 01:36 02:07 00:30 01:12		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 17-B			
1	Anne Gro Styrvold	198	40:33
03:42=	06:15= 11:19= 16:19= 18:11= 20:43=	29:44= 31:15= 35:50= 37:58= 38:47= 40:33=	
03:42=	02:33= 05:04= 05:00= 01:52= 02:32=	09:01= 01:31= 04:35= 02:08= 00:49= 01:46=	
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	Lene Næss Birkeland	341	56:15
04:58+	08:14+ 17:12+ 26:43+ 29:11+ 32:08+	42:57+ 44:16+ 50:20+ 53:09+ 54:12+ 56:15+	
04:58+	03:16+ 08:58+ 09:31+ 02:28+ 02:57+	10:49+ 01:19- 06:04+ 02:49+ 01:03+ 02:03+	
01:16&	00:43& 03:54& 04:31& 00:36& 00:25#	01:48# 00:12- 01:29& 00:41& 00:14& 00:17#	
3	Hilde Hanssen	345	57:24
10:13+	12:16+ 28:13+ 31:57+ 33:39+ 35:36+	45:46+ 49:34+ 53:54+ 55:24+ 56:07+ 57:24+	
10:13+	02:03- 15:57+ 03:44- 01:42- 01:57-	10:10+ 03:48+ 04:20- 01:30- 00:43- 01:17-	
06:31@	00:30- 10:53@ 01:16- 00:10- 00:35-	01:09# 02:17@ 00:15- 00:38- 00:06- 00:29-	
4	Synne Stray	189	1:02:31
04:20+	07:33+ 17:50+ 24:12+ 27:16+ 36:42+	48:39+ 50:46+ 55:38+ 60:08+ 60:57+ 62:31+	
04:20+	03:13+ 10:17+ 06:22+ 03:04+ 09:26+	11:57+ 02:07+ 04:52+ 04:30+ 00:49= 01:34-	
00:38#	00:40& 05:13@ 01:22& 01:12& 06:54@	02:56& 00:36& 00:17+ 02:22@ 00:00= 00:12-	

Plass	Navn						Klasse						Tid					
5	Eli Stensli						212						1:04:13					
	06:17+	09:22+	24:24+	29:57+	32:44+	37:09+	53:21+	54:43+	59:42+	61:38+	62:25+	64:13+						
	06:17+	03:05+	15:02+	05:33+	02:47+	04:25+	16:12+	01:22-	04:59+	01:56-	00:47-	01:48+						
	02:35&	00:32#	09:58@	00:33#	00:55&	01:53&	07:11&	00:09-	00:24+	00:12-	00:02-	00:02+						
6	Kari Schjølberg-Henriksen						245						1:11:39					
	03:37-	09:59+	16:11+	21:36+	26:53+	32:40+	59:52+	61:13+	68:05+	69:48+	70:26+	71:39+						
	03:37-	06:22+	06:12+	05:25+	05:17+	05:47+	27:12+	01:21-	06:52+	01:43-	00:38-	01:13-						
	00:05-	03:49@	01:08#	00:25+	03:25@	03:15@	18:11@	00:10-	02:17&	00:25-	00:11-	00:33-						
7	Ida Gjermundsdotter Urset						146						1:13:22					
	29:05+	32:31+	39:13+	45:06+	48:07+	52:17+	62:18+	63:55+	69:07+	71:19+	71:59+	73:22+						
	29:05+	03:26+	06:42+	05:53+	03:01+	04:10+	10:01+	01:37+	05:12+	02:12+	00:40-	01:23-						
	25:23@	00:53&	01:38&	00:53#	01:09&	01:38&	01:00#	00:06+	00:37#	00:04+	00:09-	00:23-						
8	Marit Bjørnevik						45						1:20:54					
	04:20+	17:53+	23:51+	29:03+	39:14+	58:16+	67:36+	69:32+	74:08+	77:59+	79:00+	80:54+						
	04:20+	13:33+	05:58+	05:12+	10:11+	19:02+	09:20+	01:56+	04:36+	03:51+	01:01+	01:54+						
	00:38#	11:00@	00:54#	00:12+	08:19@	16:30@	00:19+	00:25&	00:01+	01:43&	00:12#	00:08+						
Beste strekkttid for klassen																		
	03:37	02:03	05:04	03:44	01:42	01:57	09:01	01:19	04:20	01:30	00:38	01:13						

Beste strekktid for klassen

03:37	02:03	05:04	03:44	01:42	01:57	09:01	01:19	04:20	01:30	00:38	01:13
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 17-C

1	Camilla Fosstveit												281	36:52											
	02:55=	05:57=	07:26=	12:33=	16:26=	18:00=	24:42=	26:31=	27:32=	34:36=	35:20=	36:52=													
	02:55=	03:02=	01:29=	05:07=	03:53=	01:34=	06:42=	01:49=	01:01=	07:04=	00:44=	01:32=													
	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	Anne Kathrine Kalager												26	49:00											
	03:11+	06:10+	07:40+	14:17+	23:06+	24:21+	30:58+	34:44+	35:32+	45:46+	46:57+	49:00+													
	03:11+	02:59-	01:30+	06:37+	08:49+	01:15-	06:37-	03:46+	00:48-	10:14+	01:11+	02:03+													
	00:16+	00:03-	00:01+	01:30&	04:56@	00:19-	00:05-	01:57@	00:13-	03:10&	00:27&	00:31&													
3	Mailiss Myrvang												41	50:54											
	03:15+	07:14+	09:08+	15:24+	20:39+	22:18+	33:18+	36:29+	37:32+	47:14+	48:31+	50:54+													
	03:15+	03:59+	01:54+	06:16+	05:15+	01:39+	11:00+	03:11+	01:03+	09:42+	01:17+	02:23+													
	00:20#	00:57&	00:25&	01:09#	01:22&	00:05+	04:18&	01:22&	00:02+	02:38&	00:33&	00:51&													

Beste strekktid for klassen

02:55	02:59	01:29	05:07	03:53	01:15	06:37	01:49	00:48	07:04	00:44	01:32
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 19-20

1	Heini Rintanen										486	1:01:51									
03:16=	04:23=	13:32=	15:19=	20:48=	21:43=	31:34=	32:22=	37:31=	38:15=	51:51=	54:25=	58:13=	60:04=	60:40=	61:51=						
03:16=	01:07=	09:09=	01:47=	05:29=	00:55=	09:51=	00:48=	05:09=	00:44=	13:36=	02:34=	03:48=	01:51=	00:36=	01:11=						
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	Johanna Lundkvist										1092	1:54:40									
05:33+	07:19+	27:49+	31:44+	46:41+	48:18+	65:28+	66:59+	76:27+	77:50+	99:43+	102:43+	108:33+	111:58+	112:53+	114:40+						
05:33+	01:46+	20:30+	03:55+	14:57+	01:37+	17:10+	01:31+	09:28+	01:23+	21:53+	03:00+	05:50+	03:25+	00:55+	01:47+						
02:17&	00:39&	11:21@	02:08@	09:28@	00:42&	07:19&	00:43&	04:19&	00:39&	08:17&	00:26#	02:02&	01:34&	00:19&	00:36&						

Beste strekktid for klassen

03:16	01:07	09:09	01:47	05:29	00:55	09:51	00:48	05:09	00:44	13:36	02:34	03:48	01:51	00:36	01:11
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 21-

Plass	Navn					Klasse					Tid									
1	Maria Magnusson					425					1:00:09									
03:41=	04:16=	05:31=	09:35=	10:10=	15:44=	17:41=	18:43=	29:28=	29:58=	37:17=	40:34=	41:22=	54:30=	55:04=	57:19=	58:31=	59:01=	60:09=		
03:41=	00:35=	01:15=	04:04=	00:35=	05:34=	01:57=	01:02=	10:45=	00:30=	07:19=	03:17=	00:48=	13:08=	00:34=	02:15=	01:12=	00:30=	01:08=		
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	Helena Karlsson					430					1:00:12									
04:06+	04:44+	06:03+	10:11+	10:52+	16:26+	18:19+	19:15+	29:50+	30:20+	37:07-	40:18-	41:03-	54:23-	54:56-	57:18-	58:39+	59:06+	60:12+		
04:06+	00:38+	01:19+	04:08+	00:41+	05:34=	01:53-	00:56-	10:35-	00:30=	06:47-	03:11-	00:45-	13:20+	00:33-	02:22+	01:21+	00:27-	01:06-		
00:25#	00:03+	00:04+	00:04+	00:06#	00:00=	00:04-	00:06-	00:10-	00:00=	00:32-	00:06-	00:03-	00:12+	00:01-	00:07+	00:09#	00:03-	00:02-		
3	Josefine Wallenhammar					726					1:02:38									
04:15+	04:57+	06:19+	10:36+	11:18+	17:20+	19:21+	20:23+	31:26+	32:15+	39:23+	42:35+	43:22+	56:22+	56:58+	59:29+	61:02+	61:32+	62:38+		
04:15+	00:42+	01:22+	04:17+	00:42+	06:02+	02:01+	01:02=	11:03+	00:49+	07:08-	03:12-	00:47-	13:00-	00:36+	02:31+	01:33+	00:30=	01:06-		
00:34#	00:07#	00:07+	00:13+	00:07#	00:28+	00:04+	00:00=	00:18+	00:19&	00:11-	00:05-	00:01-	00:08-	00:02+	00:16#	00:21&	00:00=	00:02-		
4	Ingrid Gulbrandsen					244					1:02:52									
03:39-	04:14-	05:34+	09:45+	10:23+	15:45+	17:32-	18:32-	29:34+	30:16+	37:59+	41:27+	42:16+	56:25+	57:01+	59:42+	61:13+	61:43+	62:52+		
03:39-	00:35=	01:20+	04:11+	00:38+	05:22-	01:47-	01:00-	11:02+	00:42+	07:43+	03:28+	00:49+	14:09+	00:36+	02:41+	01:31+	00:30=	01:09+		
00:02-	00:00=	00:05+	00:07+	00:03+	00:12-	00:10-	00:02-	00:17+	00:12&	00:24+	00:11+	00:01+	01:01+	00:02+	00:26#	00:19&	00:00=	00:01+		
5	Marthe Gløersen					32					1:03:12									
03:53+	04:31+	06:13+	11:05+	11:44+	17:11+	19:07+	20:18+	31:19+	31:52+	39:15+	43:04+	43:48+	57:01+	57:40+	60:05+	61:36+	62:05+	63:12+		
03:53+	00:38+	01:42+	04:52+	00:39+	05:27-	01:56-	01:11+	11:01+	00:33+	07:23+	03:49+	00:44-	13:13+	00:39+	02:25+	01:31+	00:29-	01:07-		
00:12+	00:03+	00:27&	00:48#	00:04#	00:07-	00:01-	00:09#	00:16+	00:03#	00:04+	00:32#	00:04-	00:05+	00:05#	00:10+	00:19&	00:01-	00:01-		
6	Mari Väänänen					551					1:05:09									
04:03+	04:43+	06:05+	10:58+	11:41+	17:56+	20:06+	21:14+	32:11+	32:51+	40:28+	45:08+	45:56+	58:50+	59:38+	62:03+	63:33+	64:03+	65:09+		
04:03+	00:40+	01:22+	04:53+	00:43+	06:15+	02:10+	01:08+	10:57+	00:40+	07:37+	04:40+	00:48=	12:54-	00:48+	02:25+	01:30+	00:30=	01:06-		
00:22+	00:05#	00:07+	00:49#	00:08#	00:41#	00:13#	00:06+	00:12+	00:10&	00:18+	01:23&	00:00=	00:14-	00:14&	00:10+	00:18#	00:00=	00:02-		
7	Victoria Stevens					510					1:06:20									
04:24+	05:01+	06:27+	11:24+	12:02+	17:51+	20:07+	21:10+	32:22+	32:58+	40:55+	44:38+	45:29+	59:45+	60:23+	63:03+	64:27+	64:59+	66:20+		
04:24+	00:37+	01:26+	04:57+	00:38+	05:49+	02:16+	01:03+	11:12+	00:36+	07:57+	03:43+	00:51+	14:16+	00:38+	02:40+	01:24+	00:32+	01:21+		
00:43#	00:02+	00:11#	00:53#	00:03+	00:15+	00:19#	00:01+	00:27+	00:06#	00:38+	00:26#	00:03+	01:08+	00:04#	00:25#	00:12#	00:02+	00:13#		
8	Anna-Kaisa Asikainen					760					1:07:37									
03:42+	04:20+	05:37+	11:13+	11:54+	17:42+	23:04+	23:57+	34:09+	34:40+	42:04+	45:32+	46:19+	60:57+	61:46+	64:22+	65:57+	66:25+	67:37+		
03:42+	00:38+	01:17+	05:36+	00:41+	05:48+	05:22+	00:53-	10:12-	00:31+	07:24+	03:28+	00:47-	14:38+	00:49+	02:36+	01:35+	00:28-	01:12+		
00:01+	00:03+	00:02+	01:32&	00:06#	00:14+	03:25@	00:09-	00:33-	00:01+	00:05+	00:11+	00:01-	01:30#	00:15&	00:21#	00:23&	00:02-	00:04+		
9	Audhild Bakken Rognstad					244					1:07:42									
05:13+	05:52+	07:24+	12:03+	12:41+	18:34+	20:41+	21:49+	33:37+	34:23+	42:58+	46:39+	47:28+	61:29+	62:09+	64:40+	66:09+	66:39+	67:42+		
05:13+	00:39+	01:32+	04:39+	00:38+	05:53+	02:07+	01:08+	11:48+	00:46+	08:35+	03:41+	00:49+	14:01+	00:40+	02:31+	01:29+	00:30=	01:03-		
01:32&	00:04#	00:17#	00:35#	00:03+	00:19+	00:10+	00:06+	01:03+	00:16&	01:16#	00:24#	00:01+	00:53+	00:06#	00:16#	00:17#	00:00=	00:05-		
10	Marit Vala					268					1:08:21									
04:17+	04:54+	06:15+	11:11+	11:47+	18:25+	20:34+	23:04+	36:46+	37:39+	38:14+	45:13+	48:14+	49:00-	62:17+	62:55+	65:11+	66:47+	67:19+	68:21+	
04:17+	00:37+	01:21+	04:56+	00:36+	06:38+	02:09+	02:30+	13:42+	00:53+	00:35-	06:59+	03:01+	00:46-	13:17+	00:38-	02:16+	01:36+	00:32-	01:02+	
00:36#	00:02+	00:06+	00:52#	00:01+	01:04#	00:12#	01:28@	02:57&	00:23&	06:44-	03:42@	02:13@	12:22-	12:43@	01:37-	01:04&	01:06@	00:36-	01:02+	
11	Emma Andersson					425					1:09:55									
04:33+	05:13+	06:39+	11:15+	12:04+	18:08+	20:20+	21:29+	33:28+	34:07+	43:04+	46:44+	47:35+	62:23+	63:15+	66:11+	68:02+	68:35+	69:55+		
04:33+	00:40+	01:26+	04:36+	00:49+	06:04+	02:12+	01:09+	11:59+	00:39+	08:57+	03:40+	00:51+	14:48+	00:52+	02:56+	01:51+	00:33+	01:20+		
00:52#	00:05#	00:11#	00:32#	00:14&	00:30+	00:15#	00:07#	01:14#	00:09&	01:38#	00:23#	00:03+	01:40#	00:18&	00:41&	00:39&	00:03#	00:12#		
12	Siri Eidnes					273					1:10:31									
04:57+	05:37+	07:12+	12:54+	13:34+	19:29+	21:32+	22:36+	34:17+	34:51+	44:59+	48:42+	49:31+	64:16+	64:53+	67:14+	68:52+	69:20+	70:31+		
04:57+	00:40+	01:35+	05:42+	00:40+	05:55+	02:03+	01:04+	11:41+	00:34+	10:08+	03:43+	00:49+	14:45+	00:37+	02:21+	01:38+	00:28-	01:11+		
01:16&	00:05#	00:20&	01:38&	00:05#	00:21+	00:06+	00:02+	00:56+	00:04#	02:49&	00:26#	00:01+	01:37#	00:03+	00:06+	00:26&	00:02-	00:03+		
13	Josefine Klintberg					663					1:14:47									
04:28+	05:09+	06:35+	11:31+	12:14+	18:53+	21:24+	22:42+	35:36+	36:17+	45:56+	50:40+	51:38+	67:32+	68:17+	71:10+	72:59+	73:33+	74:47+		
04:28+	00:41+	01:26+	04:56+	00:43+	06:39+	02:31+	01:18+	12:54+	00:41+	09:39+	04:44+	00:58+	15:54+	00:45+	02:53+	01:49+	00:34+	01:14+		
00:47#	00:06#	00:11#	00:52#	00:08#	01:05#	00:34&	00:16&	02:09#	00:11&	02:20&	01:27&	00:10#	02:46#	00:11&	00:38&	00:37&	00:04#	00:06+		
14	Tiina Haarlaa					531					1:15:01									
04:22+	05:05+	06:41+	12:10+	13:02+	19:11+	21:10+	22:23+	35:23+	36:03+	45:28+	49:46+	50:41+	67:11+	68:22+	71:09+	73:04+	73:40+	75:01+		
04:22+	00:43+	01:36+	05:29+	00:52+	06:09+	01:59+	01:13+	13:00+	00:40+	09:25+	04:18+	00:55+	16:30+	01:11+	02:47+	01:55+	00:36+	01:21+		
00:41#	00:08#	00:21&	01:25&	00:17&	00:35#	00:02+	00:11#	02:15#	00:10&	02:06&	01:01&	00:07#	03:22&	00:37@	00:32#	00:43&	00:06#	00:13#		
15	Irene Beate Øhrn Arnevik					341					1:16:15									
04:51+	05:40+	07:21+	13:08+	13:58+	20:45+	23:18+	24:30+	37:25+	38:10+	47:24+	51:46+	52:47+	68:58+	69:45+	72:47+	74:28+	75:00+	76:15+		
04:51+	00:49+	01:41+	05:47+	00:50+	06:47+	02:33+	01:12+	12:55+	00:45+	09:14+	04:22+	01:01+	16:11+	00:47+	03:02+	01:41+	00:32+	01:15+		
01:10&	00:14&	00:26&	01:43&	00:15&	01:13#	00:36&	00:10#	02:10#	00:15&	01:55&	01:05&	00:13&	03:03#	00:13&	00:47&	00:29&	00:02+	00:07#		

Plass	Navn										Klasse										Tid										
16	Terhi Mykkänen										555										1:16:20										
	04:44+	05:28+	06:58+	11:56+	12:56+	19:04+	21:37+	23:01+	36:47+	38:00+	47:09+	52:06+	52:59+	68:09+	69:12+	72:18+	74:12+	74:52+	76:20+												
	04:44+	00:44+	01:30+	04:58+	01:00+	06:08+	02:33+	01:24+	13:46+	01:13+	09:09+	04:57+	00:53+	15:10+	01:03+	03:06+	01:54+	00:40+	01:28+												
	01:03&	00:09&	00:15#	00:54#	00:25&	00:34#	00:36&	00:22&	03:01&	00:43@	01:50&	01:40&	00:05#	02:02#	00:29&	00:51&	00:42&	00:10&	00:20&												
17	Sanna Andelin										1418										1:16:30										
	04:40+	05:22+	06:52+	11:31+	12:37+	19:13+	21:28+	22:47+	35:26+	36:06+	45:21+	49:29+	50:24+	68:53+	69:42+	72:43+	74:27+	75:03+	76:30+												
	04:40+	00:42+	01:30+	04:39+	01:06+	06:36+	02:15+	01:19+	12:39+	00:40+	09:15+	04:08+	00:55+	18:29+	00:49+	03:01+	01:44+	00:36+	01:27+												
	00:59&	00:07#	00:15#	00:35#	00:31&	01:02#	00:18#	00:17&	01:54#	00:10&	01:56&	00:51&	00:07#	05:21&	00:15&	00:46&	00:32&	00:06#	00:19&												
18	Pernilla Tunis										1135										1:17:48										
	04:35+	05:22+	06:59+	12:23+	13:30+	20:34+	22:58+	25:21+	38:47+	39:52+	48:46+	53:50+	54:43+	70:00+	70:50+	74:04+	75:38+	76:19+	77:48+												
	04:35+	00:47+	01:37+	05:24+	01:07+	07:04+	02:24+	02:23+	13:26+	01:05+	08:54+	05:04+	00:53+	15:17+	00:50+	03:14+	01:34+	00:41+	01:29+												
	00:54#	00:12&	00:22&	01:20&	00:32&	01:30&	00:27#	01:21@	02:41#	00:35@	01:35#	01:47&	00:05#	02:09#	00:16&	00:59&	00:22&	00:11&	00:21&												
19	Maria Itkonen										1399										1:18:09										
	04:44+	05:29+	07:26+	12:32+	13:29+	19:50+	22:06+	23:42+	37:22+	38:09+	46:51+	51:03+	51:54+	70:18+	71:04+	74:43+	76:13+	76:48+	78:09+												
	04:44+	00:45+	01:57+	05:06+	00:57+	06:21+	02:16+	01:36+	13:40+	00:47+	08:42+	04:12+	00:51+	18:24+	00:46+	03:39+	01:30+	00:35+	01:21+												
	01:03&	00:10&	00:42&	01:02&	00:22&	00:47#	00:19#	00:34&	02:55&	00:17&	01:23#	00:55&	00:03+	05:16&	00:12&	01:24&	00:18#	00:05#	00:13#												
20	Evine Westli Andersen										212										1:18:23										
	05:01+	05:47+	07:25+	12:56+	13:45+	20:41+	23:11+	24:35+	37:48+	38:34+	47:49+	52:18+	53:17+	69:34+	70:52+	73:57+	76:21+	76:58+	78:23+												
	05:01+	00:46+	01:38+	05:31+	00:49+	06:56+	02:30+	01:24+	13:13+	00:46+	09:15+	04:29+	00:59+	16:17+	01:18+	03:05+	02:24+	00:37+	01:25+												
	01:20&	00:11&	00:23&	01:27&	00:14&	01:22#	00:33&	00:22&	02:28#	00:16&	01:56&	01:12&	00:11#	03:09#	00:44@	00:50&	01:12&	00:07#	00:17#												
21	Niamh Corbett										1198										1:20:29										
	05:38+	06:23+	08:15+	14:04+	14:59+	21:36+	23:48+	25:00+	37:33+	38:21+	46:53+	51:06+	52:10+	73:32+	74:15+	77:13+	78:41+	79:16+	80:29+												
	05:38+	00:45+	01:52+	05:49+	00:55+	06:37+	02:12+	01:12+	12:33+	00:48+	08:32+	04:13+	01:04+	21:22+	00:43+	02:58+	01:28+	00:35+	01:13+												
	01:57&	00:10&	00:37&	01:45&	00:20&	01:03#	00:15#	00:10#	01:48#	00:18&	01:13#	00:56&	00:16&	08:14&	00:09&	00:43&	00:16#	00:05#	00:05+												
22	Elisabeth Fries										1090										1:21:26										
	06:38+	07:17+	08:46+	14:02+	14:57+	21:34+	24:20+	26:15+	39:32+	40:15+	50:12+	55:34+	56:29+	72:36+	73:32+	76:51+	79:01+	79:45+	81:26+												
	06:38+	00:39+	01:29+	05:16+	00:55+	06:37+	02:46+	01:55+	13:17+	00:43+	09:57+	05:22+	00:55+	16:07+	00:56+	03:19+	02:10+	00:44+	01:41+												
	02:57&	00:04#	00:14#	01:12&	00:20&	01:03#	00:49&	00:53&	02:32#	00:13&	02:38&	02:05&	00:07#	02:59#	00:22&	01:04&	00:58&	00:14&	00:33&												
23	Helen Martinsen										142										1:22:33										
	04:46+	06:19+	07:58+	12:49+	13:34+	19:29+	21:47+	23:01+	34:55+	38:14+	38:51+	47:09+	57:28+	58:15+	75:09+	76:02+	78:48+	80:35+	81:11+	82:33+											
	04:46+	01:33+	01:39+	04:51+	00:45+	05:55+	02:18+	01:14+	11:54+	03:19+	00:37-	08:18+	10:19+	00:47-	16:54+	00:53-	02:46+	01:47+	00:36-	01:22+											
	01:05&	00:58@	00:24&	00:47#	00:10&	00:21+	00:21#	00:12#	01:09#	02:49@	06:42-	05:01@	09:31@	12:21-	16:20@	01:22-	01:34@	01:17@	00:32-	01:22+											
24	Trine Disch Kihle										244										1:46:42										
	06:01+	06:50+	08:46+	17:50+	18:57+	29:21+	33:53+	35:21+	53:21+	54:16+	67:15+	72:20+	73:22+	95:05+	98:37+	99:22+	102:49+	104:44+	105:24+	106:42+											
	06:01+	00:49+	01:56+	09:04+	01:07+	10:24+	04:32+	01:28+	18:00+	00:55+	12:59+	05:05+	01:02+	21:43+	03:32+	00:45-	03:27+	01:55+	00:40-	01:18+											
	02:20&	00:14&	00:41&	05:00@	00:32&	04:50&	02:35@	00:26&	07:15&	00:25&	05:40&	01:48&	00:14&	08:35&	02:58@	01:30-	02:15@	01:25@	00:28-	01:18+											
Beste strekktid for klassen																															
	03:39	00:35	01:15	04:04	00:35	05:22	01:47	00:53	10:12	00:30	00:35	03:11	00:44	00:46	00:33	00:38	01:12	00:27	00:32												

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

D 35-

1	Kirti Rebane										1411										50:45										
	03:11=	04:32=	08:58=	09:45=	11:38=	12:34=	21:16=	22:28=	27:08=	27:49=	42:34=	46:28=	47:57=	49:19=	50:45=																
	03:11=	01:21=	04:26=	00:47=	01:53=	00:56=	08:42=	01:12=	04:40=	00:41=	14:45=	03:54=	01:29=	01:22=	01:26=																
	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	Rasa Ivanauskaite										1382										1:00:53										
	03:51+	05:34+	10:19+	11:18+	13:51+	14:57+	24:56+	26:04+	32:40+	33:30+	51:23+	55:38+	57:33+	59:06+	60:53+																
	03:51+	01:43+	04:45+	00:59+	02:33+	01:06+	09:59+	01:08-	06:36+	00:50+	17:53+	04:15+	01:55+	01:33+	01:47+																
	00:40#	00:22&	00:19+	00:12&	00:40&	00:10#	01:17#	00:04-	01:56&	00:09#	03:08#	00:21+	00:26&	00:11#	00:21#																
Beste strekktid for klassen																															
	03:11	01:21	04:26	00:47	01:53	00:56	08:42	01:08	04:40	00:41	14:45	03:54	01:29	01:22	01:26																
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																															

Plass	Navn										Klasse	Tid
1	Viivi-Anne Soots										1411	34:59
	04:12=	04:50=	06:08=	11:35=	18:54=	20:00=	30:08=	31:31=	33:12=	33:46=	34:59=	
	04:12=	00:38=	01:18=	05:27=	07:19=	01:06=	10:08=	01:23=	01:41=	00:34=	01:13=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Zsuzsa Fey										163	36:30
	04:33+	05:14+	06:40+	11:26=	18:49=	20:02+	31:23+	32:56+	34:37+	35:13+	36:30+	
	04:33+	00:41+	01:26+	04:46=	07:23+	01:13+	11:21+	01:33+	01:41=	00:36+	01:17+	
	00:21+	00:03+	00:08#	00:41=	00:04+	00:07#	01:13#	00:10#	00:00=	00:02+	00:04+	
3	Katri Mäenpää										655	40:01
	04:48+	05:35+	07:09+	13:22+	21:37+	22:58+	34:46+	36:21+	38:06+	38:40+	40:01+	
	04:48+	00:47+	01:34+	06:13+	08:15+	01:21+	11:48+	01:35+	01:45+	00:34=	01:21+	
	00:36#	00:09#	00:16#	00:46#	00:56#	00:15#	01:40#	00:12#	00:04+	00:00=	00:08#	
4	Ingvild Osdal										106	40:26
	04:56+	05:42+	07:21+	12:24+	22:01+	24:03+	35:21+	36:55+	38:34+	39:08+	40:26+	
	04:56+	00:46+	01:39+	05:03=	09:37+	02:02+	11:18+	01:34+	01:39=	00:34=	01:18+	
	00:44#	00:08#	00:21&	00:24=	02:18&	00:56&	01:10#	00:11#	00:02=	00:00=	00:05+	
5	Miia Hovi										1401	44:53
	04:47+	06:29+	08:12+	14:17+	24:36+	26:03+	39:19+	41:02+	42:52+	43:25+	44:53+	
	04:47+	01:42+	01:43+	06:05+	10:19+	01:27+	13:16+	01:43+	01:50+	00:33=	01:28+	
	00:35#	01:04@	00:25&	00:38#	03:00&	00:21&	03:08&	00:20#	00:09+	00:01=	00:15#	
6	Angelica Brandqvist										449	45:19
	05:04+	05:51+	07:49+	15:00+	24:36+	26:12+	39:03+	40:52+	43:10+	43:53+	45:19+	
	05:04+	00:47+	01:58+	07:11+	09:36+	01:36+	12:51+	01:49+	02:18+	00:43+	01:26+	
	00:52#	00:09#	00:40&	01:44&	02:17&	00:30&	02:43&	00:26&	00:37&	00:09&	00:13#	
7	Hege Nornes										106	46:00
	06:20+	07:18+	09:06+	15:33+	25:31+	27:14+	39:59+	41:59+	44:00+	44:40+	46:00+	
	06:20+	00:58+	01:48+	06:27+	09:58+	01:43+	12:45+	02:00+	02:01+	00:40+	01:20+	
	02:08&	00:20&	00:30&	01:00#	02:39&	00:37&	02:37&	00:37&	00:20#	00:06#	00:07+	
8	Laura Lauri										655	48:22
	05:27+	06:21+	08:18+	14:36+	25:18+	26:54+	41:40+	43:40+	46:07+	46:50+	48:22+	
	05:27+	00:54+	01:57+	06:18+	10:42+	01:36+	14:46+	02:00+	02:27+	00:43+	01:32+	
	01:15&	00:16&	00:39&	00:51#	03:23&	00:30&	04:38&	00:37&	00:46&	00:09&	00:19&	
9	Elena Bogopolskaya										927	55:04
	05:50+	06:48+	08:38+	15:27+	26:49+	29:07+	45:57+	48:10+	52:19+	53:14+	55:04+	
	05:50+	00:58+	01:50+	06:49+	11:22+	02:18+	16:50+	02:13+	04:09+	00:55+	01:50+	
	01:38&	00:20&	00:32&	01:22&	04:03&	01:12@	06:42&	00:50&	02:28@	00:21&	00:37&	
10	Tuuli Rinne										1404	1:00:56
	04:52+	05:38+	08:21+	28:05+	37:48+	39:29+	53:30+	55:38+	58:40+	59:20+	60:56+	
	04:52+	00:46+	02:43+	19:44+	09:43+	01:41+	14:01+	02:08+	03:02+	00:40+	01:36+	
	00:40#	00:08#	01:25@	14:17@	02:24&	00:35&	03:53&	00:45&	01:21&	00:06#	00:23&	
Beste strekktid for klassen												
	04:12	00:38	01:18	04:46	07:19	01:06	10:08	01:23	01:39	00:33	01:13	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												

D 45-

1	Christina White										341	30:42
	03:08=	04:21=	07:26=	14:16=	15:00=	18:05=	27:04=	29:01=	29:31=	30:42=		
	03:08=	01:13=	03:05=	06:50=	00:44=	03:05=	08:59=	01:57=	00:30=	01:11=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Mia Saarilaakso										1403	30:55
	03:23+	04:48+	07:58+	15:04+	15:57+	19:10+	27:31+	29:11+	29:46+	30:55+		
	03:23+	01:25+	03:10+	07:06+	00:53+	03:13+	08:21=	01:40=	00:35+	01:09=		
	00:15+	00:12#	00:05+	00:16+	00:09#	00:08+	00:38=	00:17=	00:05#	00:02=		
3	Hege Feiring										163	32:33
	03:06=	04:32+	08:31+	15:54+	16:33+	20:10+	28:58+	30:52+	31:24+	32:33+		
	03:06=	01:26+	03:59+	07:23+	00:39=	03:37+	08:48=	01:54=	00:32+	01:09=		
	00:02=	00:13#	00:54&	00:33+	00:05=	00:32#	00:11=	00:03=	00:02+	00:02=		

Plass	Navn									Klasse	Tid
4	Mari Rintanen									486	34:00
	03:25+	04:53+	08:05+	15:42+	16:33+	20:19+	30:22+	32:05+	32:47+	34:00+	
	03:25+	01:28+	03:12+	07:37+	00:51+	03:46+	10:03+	01:43-	00:42+	01:13+	
	00:17+	00:15#	00:07+	00:47#	00:07#	00:41#	01:04#	00:14-	00:12&	00:02+	
5	Arnhild Krogh									268	34:39
	03:54+	05:28+	08:36+	16:44+	17:27+	21:13+	30:59+	32:43+	33:26+	34:39+	
	03:54+	01:34+	03:08+	08:08+	00:43-	03:46+	09:46+	01:44-	00:43+	01:13+	
	00:46#	00:21&	00:03+	01:18#	00:01-	00:41#	00:47+	00:13-	00:13&	00:02+	
6	Tarja Taulavuori									1396	35:30
	03:30+	04:52+	08:01+	16:35+	17:21+	21:10+	30:54+	33:23+	34:05+	35:30+	
	03:30+	01:22+	03:09+	08:34+	00:46+	03:49+	09:44+	02:29+	00:42+	01:25+	
	00:22#	00:09#	00:04+	01:44&	00:02+	00:44#	00:45+	00:32&	00:12&	00:14#	
7	Ragnhild Balsvik									477	35:35
	03:16+	04:37+	08:11+	15:48+	16:33+	22:03+	31:55+	33:40+	34:16+	35:35+	
	03:16+	01:21+	03:34+	07:37+	00:45+	05:30+	09:52+	01:45-	00:36+	01:19+	
	00:08+	00:08#	00:29#	00:47#	00:01+	02:25&	00:53+	00:12-	00:06#	00:08#	
8	Siri Thortveit Myhre									189	35:57
	03:50+	05:32+	09:28+	16:30+	17:12+	20:18+	29:56+	33:47+	34:26+	35:57+	
	03:50+	01:42+	03:56+	07:02+	00:42-	03:06+	09:38+	03:51+	00:39+	01:31+	
	00:42#	00:29&	00:51&	00:12+	00:02-	00:01+	00:39+	01:54&	00:09&	00:20&	
9	Janita Skogeng									67	37:15
	03:44+	05:14+	08:44+	17:07+	17:53+	22:41+	32:33+	35:12+	35:57+	37:15+	
	03:44+	01:30+	03:30+	08:23+	00:46+	04:48+	09:52+	02:39+	00:45+	01:18+	
	00:36#	00:17#	00:25#	01:33#	00:02+	01:43&	00:53+	00:42&	00:15&	00:07+	
10	Anna Eriksson									585	37:35
	03:26+	05:03+	08:53+	17:14+	17:53+	24:48+	33:57+	35:37+	36:12+	37:35+	
	03:26+	01:37+	03:50+	08:21+	00:39-	06:55+	09:09+	01:40-	00:35+	01:23+	
	00:18+	00:24&	00:45#	01:31#	00:05-	03:50@	00:10+	00:17-	00:05#	00:12#	
11	Bodil Brun Marcussen									106	41:31
	03:42+	05:13+	08:31+	16:57+	17:57+	26:46+	37:16+	39:26+	40:05+	41:31+	
	03:42+	01:31+	03:18+	08:26+	01:00+	08:49+	10:30+	02:10+	00:39+	01:26+	
	00:34#	00:18#	00:13+	01:36#	00:16&	05:44@	01:31#	00:13#	00:09&	00:15#	
12	Irene Felde Olaussen									101	42:09
	04:18+	06:13+	09:46+	19:48+	20:39+	24:50+	36:44+	39:40+	40:33+	42:09+	
	04:18+	01:55+	03:33+	10:02+	00:51+	04:11+	11:54+	02:56+	00:53+	01:36+	
	01:10&	00:42&	00:28#	03:12&	00:07#	01:06&	02:55&	00:59&	00:23&	00:25&	
13	Ingrid Eide Rapp									281	43:07
	04:22+	06:16+	10:00+	19:31+	20:33+	25:39+	37:52+	40:28+	41:13+	43:07+	
	04:22+	01:54+	03:44+	09:31+	01:02+	05:06+	12:13+	02:36+	00:45+	01:54+	
	01:14&	00:41&	00:39#	02:41&	00:18&	02:01&	03:14&	00:39&	00:15&	00:43&	
14	Birgitte Torbjørnsen									142	45:53
	04:45+	06:41+	10:52+	21:03+	21:56+	29:27+	41:29+	43:38+	44:25+	45:53+	
	04:45+	01:56+	04:11+	10:11+	00:53+	07:31+	12:02+	02:09+	00:47+	01:28+	
	01:37&	00:43&	01:06&	03:21&	00:09#	04:26@	03:03&	00:12#	00:17&	00:17#	
15	Idun Magdalene Bøyum Augland									37	46:17
	04:54+	06:43+	10:44+	20:47+	21:41+	27:13+	41:41+	43:54+	44:43+	46:17+	
	04:54+	01:49+	04:01+	10:03+	00:54+	05:32+	14:28+	02:13+	00:49+	01:34+	
	01:46&	00:36&	00:56&	03:13&	00:10#	02:27&	05:29&	00:16#	00:19&	00:23&	
16	Stine Arntzen									301	48:26
	04:27+	06:25+	12:24+	23:50+	24:47+	29:15+	43:05+	46:15+	46:55+	48:26+	
	04:27+	01:58+	05:59+	11:26+	00:57+	04:28+	13:50+	03:10+	00:40+	01:31+	
	01:19&	00:45&	02:54&	04:36&	00:13&	01:23&	04:51&	01:13&	00:10&	00:20&	
17	Veronica Åman									1413	58:25
	05:29+	07:50+	12:56+	27:33+	28:57+	35:05+	52:53+	55:44+	56:34+	58:25+	
	05:29+	02:21+	05:06+	14:37+	01:24+	06:08+	17:48+	02:51+	00:50+	01:51+	
	02:21&	01:08&	02:01&	07:47@	00:40&	03:03&	08:49&	00:54&	00:20&	00:40&	

Beste strekktid for klassen
03:06 01:13 03:05 06:50 00:39 03:05 08:21 01:40 00:30 01:09

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

Plass	Navn	Klasse	Tid
D 50-			
1	Marja Tonder	1396	31:25
03:18=	04:46=	07:33=	14:59=
03:18=	01:28=	02:47=	07:26=
00:00=	00:00=	00:00=	00:00=
2	Hilde Sofie Hansen	222	32:08
03:14-	04:45-	07:38+	15:08+
03:14-	01:31+	02:53+	07:30+
00:04-	00:03+	00:06+	00:04+
3	Kjersti Holt Hanssen	227	33:35
03:40+	05:08+	08:18+	16:21+
03:40+	01:28=	03:10+	08:03+
00:22#	00:00=	00:23#	00:37+
4	Ann Katrin Olsen	26	34:13
03:23+	04:33-	07:30-	17:58+
03:23+	01:10-	02:57+	10:28+
00:05+	00:18-	00:10+	03:02&
5	Marianne Njåstein	163	36:01
03:48+	05:28+	08:42+	16:57+
03:48+	01:40+	03:14+	08:15+
00:30#	00:12#	00:27#	00:49#
6	Tove Strand	227	36:11
03:50+	05:18+	09:02+	17:26+
03:50+	01:28=	03:44+	08:24+
00:32#	00:00=	00:57&	00:58#
7	Margrete Gaski	35	36:34
04:03+	05:39+	08:52+	16:48+
04:03+	01:36+	03:13+	07:56+
00:45#	00:08+	00:26#	00:30+
8	Anke Müller	1391	37:44
03:35+	05:11+	08:33+	19:55+
03:35+	01:36+	03:22+	11:22+
00:17+	00:08+	00:35#	03:56&
9	Åshild Flatebakken	163	38:13
04:00+	05:46+	09:58+	19:10+
04:00+	01:46+	04:12+	09:12+
00:42#	00:18#	01:25&	01:46#
10	Tuija Haapasalmi	655	41:24
04:08+	05:57+	09:32+	19:23+
04:08+	01:49+	03:35+	09:51+
00:50&	00:21#	00:48&	02:25&
11	Eija Sipponen	714	42:10
04:08+	06:01+	09:36+	19:33+
04:08+	01:53+	03:35+	09:57+
00:50&	00:25&	00:48&	02:31&
12	Annette Leonhardt	1391	43:20
05:43+	07:29+	11:18+	21:10+
05:43+	01:46+	03:49+	09:52+
02:25&	00:18#	01:02&	02:26&
13	Annika Kuhlin	1008	43:30
03:17-	04:38-	16:11+	23:51+
03:17-	01:21-	11:33+	07:40+
00:01-	00:07-	08:46@	00:14+
14	Sigrid Renna	173	45:16
04:23+	05:55+	10:41+	21:00+
04:23+	01:32+	04:46+	10:19+
01:05&	00:04+	01:59&	02:53&

Plass	Navn									Klasse	Tid
15	Hillevi Eriksson									403	49:13
	04:16+	05:56+	12:15+	24:15+	25:33+	32:37+	44:53+	46:52+	47:34+	49:13+	
	04:16+	01:40+	06:19+	12:00+	01:18+	07:04+	12:16+	01:59+	00:42+	01:39+	
	00:58&	00:12#	03:32@	04:34&	00:40@	03:49@	03:30&	00:03+	00:08#	00:22&	
16	May Bente Brurberg									402	50:14
	04:15+	06:21+	10:11+	20:00+	20:57+	25:48+	44:55+	47:31+	48:23+	50:14+	
	04:15+	02:06+	03:50+	09:49+	00:57+	04:51+	19:07+	02:36+	00:52+	01:51+	
	00:57&	00:38&	01:03&	02:23&	00:19&	01:36&	10:21@	00:40&	00:18&	00:34&	
17	Trine Marit Justad Raaen									184	50:24
	04:35+	06:08+	16:39+	25:33+	26:26+	31:28+	45:09+	48:02+	48:53+	50:24+	
	04:35+	01:33+	10:31+	08:54+	00:53+	05:02+	13:41+	02:53+	00:51+	01:31+	
	01:17&	00:05+	07:44@	01:28#	00:15&	01:47&	04:55&	00:57&	00:17&	00:14#	
18	Eli Charlotte Nordmo									218	54:20
	04:55+	06:43+	20:10+	30:31+	31:26+	35:57+	49:23+	51:39+	52:26+	54:20+	
	04:55+	01:48+	13:27+	10:21+	00:55+	04:31+	13:26+	02:16+	00:47+	01:54+	
	01:37&	00:20#	10:40@	02:55&	00:17&	01:16&	04:40&	00:20#	00:13&	00:37&	
19	Britt Karlsen									29	56:43
	04:23+	06:06+	15:17+	25:01+	26:30+	36:31+	49:40+	54:28+	55:12+	56:43+	
	04:23+	01:43+	09:11+	09:44+	01:29+	10:01+	13:09+	04:48+	00:44+	01:31+	
	01:05&	00:15#	06:24@	02:18&	00:51@	06:46@	04:23&	02:52@	00:10&	00:14#	
20	Birgit Lundkvist									1092	57:27
	06:07+	08:20+	13:31+	26:49+	28:19+	34:25+	50:56+	54:21+	55:30+	57:27+	
	06:07+	02:13+	05:11+	13:18+	01:30+	06:06+	16:31+	03:25+	01:09+	01:57+	
	02:49&	00:45&	02:24&	05:52&	00:52@	02:51&	07:45&	01:29&	00:35@	00:40&	
21	Ingvild Mulen									189	59:32
	05:25+	07:34+	12:39+	25:54+	27:24+	33:52+	50:24+	54:24+	55:42+	59:32+	
	05:25+	02:09+	05:05+	13:15+	01:30+	06:28+	16:32+	04:00+	01:18+	03:50+	
	02:07&	00:41&	02:18&	05:49&	00:52@	03:13&	07:46&	02:04@	00:44@	02:33@	
22	Susì Rutz									1393	1:10:47
	04:21+	06:23+	10:21+	42:56+	43:55+	51:30+	65:08+	67:55+	68:51+	70:47+	
	04:21+	02:02+	03:58+	32:35+	00:59+	07:35+	13:38+	02:47+	00:56+	01:56+	
	01:03&	00:34&	01:11&	25:09@	00:21&	04:20@	04:52&	00:51&	00:22&	00:39&	
23	Beate Lill Pedersen									158	1:11:00
	04:17+	06:14+	35:15+	46:03+	47:05+	51:31+	66:14+	68:37+	69:22+	71:00+	
	04:17+	01:57+	29:01+	10:48+	01:02+	04:26+	14:43+	02:23+	00:45+	01:38+	
	00:59&	00:29&	26:14@	03:22&	00:24&	01:11&	05:57&	00:27#	00:11&	00:21&	
24	Anna Göhlman									163	1:12:43
	16:17+	18:03+	22:44+	33:34+	34:50+	40:41+	66:42+	69:47+	71:00+	72:43+	
	16:17+	01:46+	04:41+	10:50+	01:16+	05:51+	26:01+	03:05+	01:13+	01:43+	
	12:59@	00:18#	01:54&	03:24&	00:38&	02:36&	17:15@	01:09&	00:39@	00:26&	
Beste strekktid for klassen											
	03:14	01:10	02:47	07:26	00:38	03:04	08:45	01:37	00:31	01:14	

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

D 55-

1	Elisabeth Strandhagen									1008	35:32
	03:51=	09:07=	15:23=	17:01=	27:23=	29:50=	32:13=	33:55=	35:32=		
	03:51=	05:16=	06:16=	01:38=	10:22=	02:27=	02:23=	01:42=	01:37=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Anne Julsrud Haugen									101	35:44
	03:56+	09:06-	14:52-	16:40-	26:38-	29:42-	31:58-	34:11+	35:44+		
	03:56+	05:10-	05:46-	01:48+	09:58-	03:04+	02:16-	02:13+	01:33-		
	00:05+	00:06-	00:30-	00:10#	00:24-	00:37&	00:07-	00:31&	00:04-		
3	Britt-Mari Bengtsson									1389	36:31
	03:49-	09:47+	15:53+	17:43+	27:34+	30:22+	32:48+	34:46+	36:31+		
	03:49-	05:58+	06:06-	01:50+	09:51-	02:48+	02:26+	01:58+	01:45+		
	00:02-	00:42#	00:10-	00:12#	00:31-	00:21#	00:03+	00:16#	00:08+		

Plass	Navn	Klasse	Tid
4	Kirsti Grundnes Berg	163	37:37
03:51=	09:38+ 15:28+ 17:23+ 28:49+ 31:37+ 33:52+ 36:08+ 37:37+		
03:51=	05:47+ 05:50- 01:55+ 11:26+ 02:48+ 02:15- 02:16+ 01:29-		
00:00=	00:31+ 00:26- 00:17# 01:04# 00:21# 00:08- 00:34& 00:08-		
5	Lisel Arvidsson	618	37:38
04:27+	09:52+ 16:45+ 18:42+ 29:08+ 32:05+ 34:10+ 36:07+ 37:38+		
04:27+	05:25+ 06:53+ 01:57+ 10:26+ 02:57+ 02:05- 01:57+ 01:31-		
00:36#	00:09+ 00:37+ 00:19# 00:04+ 00:30# 00:18- 00:15# 00:06-		
6	Isabelle Dermine	1398	39:07
03:41-	09:11+ 15:12- 16:57- 29:54+ 33:02+ 35:36+ 37:40+ 39:07+		
03:41-	05:30+ 06:01- 01:45+ 12:57+ 03:08+ 02:34+ 02:04+ 01:27-		
00:10-	00:14+ 00:15- 00:07+ 02:35# 00:41& 00:11+ 00:22# 00:10-		
7	Anne Karin Ribe	189	43:39
05:31+	12:36+ 19:47+ 21:47+ 34:17+ 37:10+ 39:45+ 41:47+ 43:39+		
05:31+	07:05+ 07:11+ 02:00+ 12:30+ 02:53+ 02:35+ 02:02+ 01:52+		
01:40&	01:49& 00:55# 00:22# 02:08# 00:26# 00:12+ 00:20# 00:15#		
8	Ingrid Opsahl Bredesen	80	47:16
04:00+	16:40+ 22:58+ 25:11+ 38:23+ 41:13+ 43:31+ 45:30+ 47:16+		
04:00+	12:40+ 06:18+ 02:13+ 13:12+ 02:50+ 02:18- 01:59+ 01:46+		
00:09+	07:24@ 00:02+ 00:35& 02:50& 00:23# 00:05- 00:17# 00:09+		
9	Grete Berntsen	227	50:05
04:47+	11:18+ 18:29+ 22:26+ 38:33+ 42:09+ 45:04+ 47:57+ 50:05+		
04:47+	06:31+ 07:11+ 03:57+ 16:07+ 03:36+ 02:55+ 02:53+ 02:08+		
00:56#	01:15# 00:55# 02:19@ 05:45& 01:09& 00:32# 01:11& 00:31&		
10	Elizabeth Deane	1198	52:15
05:05+	15:04+ 23:30+ 25:56+ 41:09+ 45:01+ 47:49+ 50:20+ 52:15+		
05:05+	09:59+ 08:26+ 02:26+ 15:13+ 03:52+ 02:48+ 02:31+ 01:55+		
01:14&	04:43& 02:10& 00:48& 04:51& 01:25& 00:25# 00:49& 00:18#		
11	Anne Margit Bratten	227	1:06:25
04:35+	17:27+ 24:38+ 27:07+ 55:08+ 58:51+ 61:49+ 64:27+ 66:25+		
04:35+	12:52+ 07:11+ 02:29+ 28:01+ 03:43+ 02:58+ 02:38+ 01:58+		
00:44#	07:36@ 00:55# 00:51& 17:39@ 01:16& 00:35# 00:56& 00:21#		
12	Kirsti Rogstad	184	1:28:43
09:08+	21:29+ 30:44+ 33:16+ 75:37+ 79:43+ 83:06+ 86:29+ 88:43+		
09:08+	12:21+ 09:15+ 02:32+ 42:21+ 04:06+ 03:23+ 03:23+ 02:14+		
05:17@	07:05@ 02:59& 00:54& 31:59@ 01:39& 01:00& 01:41& 00:37&		
Beste strekktid for klassen			
	03:41 05:10 05:46 01:38 09:51 02:27 02:05 01:42 01:27		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 60-			
1	Björg Svanberg	297	31:36
04:06=	05:34= 11:41= 13:11= 15:24= 24:28= 27:29= 29:27= 30:09= 31:36=		
04:06=	01:28= 06:07= 01:30= 02:13= 09:04= 03:01= 01:58= 00:42= 01:27=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Taina Itkonen	1399	33:39
05:17+	06:45+ 13:43+ 15:09+ 17:22+ 26:27+ 29:24+ 31:26+ 32:07+ 33:39+		
05:17+	01:28= 06:58+ 01:26- 02:13= 09:05+ 02:57- 02:02+ 00:41- 01:32+		
01:11&	00:00= 00:51# 00:04- 00:00= 00:01+ 00:04- 00:04+ 00:01- 00:05+		
3	Inger Lise Pettersen	187	34:49
04:27+	05:51+ 11:58+ 13:23+ 15:28+ 26:56+ 30:20+ 32:45+ 33:27+ 34:49+		
04:27+	01:24- 06:07= 01:25- 02:05- 11:28+ 03:24+ 02:25+ 00:42= 01:22-		
00:21+	00:04- 00:00= 00:05- 00:08- 02:24& 00:23# 00:27# 00:00= 00:05-		
4	Reidun Braathen	252	43:48
05:35+	07:14+ 15:52+ 17:37+ 20:27+ 34:43+ 38:40+ 41:06+ 42:02+ 43:48+		
05:35+	01:39+ 08:38+ 01:45+ 02:50+ 14:16+ 03:57+ 02:26+ 00:56+ 01:46+		
01:29&	00:11# 02:31& 00:15# 00:37& 05:12& 00:56& 00:28# 00:14& 00:19#		

Class	Navn									Klasse	Tid
5	Eli Blomseth Helgesen									345	47:01
	10:12+	11:32+	18:37+	22:57+	25:47+	37:57+	41:36+	44:51+	45:32+	47:01+	
	10:12+	01:20-	07:05+	04:20+	02:50+	12:10+	03:39+	03:15+	00:41-	01:29+	
	06:06@	00:08-	00:58#	02:50@	00:37&	03:06&	00:38#	01:17&	00:01-	00:02+	
6	Trine Barstad									379	47:39
	05:14+	06:54+	15:17+	17:08+	19:47+	38:47+	42:30+	45:06+	45:57+	47:39+	
	05:14+	01:40+	08:23+	01:51+	02:39+	19:00+	03:43+	02:36+	00:51+	01:42+	
	01:08&	00:12#	02:16&	00:21#	00:26#	09:56@	00:42#	00:38&	00:09#	00:15#	
7	Berit Tunis									1135	48:09
	05:46+	07:42+	17:08+	19:37+	22:33+	37:51+	42:02+	44:59+	46:07+	48:09+	
	05:46+	01:56+	09:26+	02:29+	02:56+	15:18+	04:11+	02:57+	01:08+	02:02+	
	01:40&	00:28&	03:19&	00:59&	00:43&	06:14&	01:10&	00:59&	00:26&	00:35&	
8	Wenche Rekkedal									45	48:46
	06:18+	08:02+	16:49+	19:20+	22:55+	37:43+	42:20+	45:17+	46:26+	48:46+	
	06:18+	01:44+	08:47+	02:31+	03:35+	14:48+	04:37+	02:57+	01:09+	02:20+	
	02:12&	00:16#	02:40&	01:01&	01:22&	05:44&	01:36&	00:59&	00:27&	00:53&	
9	Kii Korhonen									655	53:16
	06:10+	07:45+	16:49+	19:26+	23:08+	40:37+	45:36+	49:33+	50:52+	53:16+	
	06:10+	01:35+	09:04+	02:37+	03:42+	17:29+	04:59+	03:57+	01:19+	02:24+	
	02:04&	00:07+	02:57&	01:07&	01:29&	08:25&	01:58&	01:59@	00:37&	00:57&	
10	Torild Hage									368	54:30
	04:53+	06:50+	14:16+	16:03+	18:35+	45:57+	49:19+	51:51+	52:44+	54:30+	
	04:53+	01:57+	07:26+	01:47+	02:32+	27:22+	03:22+	02:32+	00:53+	01:46+	
	00:47#	00:29&	00:19#	00:17#	00:19#	18:18@	00:21#	00:34&	00:11&	00:19#	
11	Sue Stevens									510	54:41
	06:19+	08:07+	17:12+	19:26+	22:33+	44:50+	49:00+	51:39+	52:43+	54:41+	
	06:19+	01:48+	09:05+	02:14+	03:07+	22:17+	04:10+	02:39+	01:04+	01:58+	
	02:13&	00:20#	02:58&	00:44&	00:54&	13:13@	01:09&	00:41&	00:22&	00:31&	
12	Tarja Liikanen									1402	59:13
	13:11+	14:55+	24:27+	26:33+	30:01+	47:55+	52:54+	55:55+	57:07+	59:13+	
	13:11+	01:44+	09:32+	02:06+	03:28+	17:54+	04:59+	03:01+	01:12+	02:06+	
	09:05@	00:16#	03:25&	00:36&	01:15&	08:50&	01:58&	01:03&	00:30&	00:39&	
Beste strekktid for klassen											
	04:06	01:20	06:07	01:25	02:05	09:04	02:57	01:58	00:41	01:22	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.											
D 65-											
1	Liisa Peltola									440	41:23
	05:39=	07:20=	15:04=	17:01=	20:03=	32:53=	36:29=	38:48=	39:40=	41:23=	
	05:39=	01:41=	07:44=	01:57=	03:02=	12:50=	03:36=	02:19=	00:52=	01:43=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Ingunn Ytrehus									146	42:19
	04:33-	05:52-	13:13-	15:00-	17:48-	32:27-	35:57-	40:09+	40:52+	42:19+	
	04:33-	01:19-	07:21-	01:47-	02:48-	14:39+	03:30-	04:12+	00:43-	01:27-	
	01:06-	00:22-	00:23-	00:10-	00:14-	01:49#	00:06-	01:53&	00:09-	00:16-	
3	Guri Løkse									345	42:27
	05:21-	06:54-	14:20-	16:13-	20:16+	33:44+	37:42+	39:59+	40:47+	42:27+	
	05:21-	01:33-	07:26-	01:53-	04:03+	13:28+	03:58+	02:17-	00:48-	01:40-	
	00:18-	00:08-	00:18-	00:04-	01:01&	00:38+	00:22#	00:02-	00:04-	00:03-	
4	Kari Strande									285	43:25
	05:39=	07:24+	15:33+	17:22+	19:55-	34:58+	38:38+	41:00+	41:42+	43:25+	
	05:39=	01:45+	08:09+	01:49-	02:33-	15:03+	03:40+	02:22+	00:42-	01:43=	
	00:00=	00:04+	00:25+	00:08-	00:29-	02:13#	00:04+	00:03+	00:10-	00:00=	
5	Bodil Fred									1135	45:51
	06:32+	08:19+	17:01+	18:46+	21:44+	36:03+	40:09+	43:19+	44:09+	45:51+	
	06:32+	01:47+	08:42+	01:45-	02:58-	14:19+	04:06+	03:10+	00:50-	01:42-	
	00:53#	00:06+	00:58#	00:12-	00:04-	01:29#	00:30#	00:51&	00:02-	00:01-	

Plass	Navn	Klasse	Tid
6	Kari Lillealtern	320	48:44
06:45+	08:47+	17:53+	20:22+
06:45+	02:02+	09:06+	02:29+
01:06#	00:21#	01:22#	00:32&
7	Ingerid Angell-Petersen	320	53:58
06:22+	08:33+	17:56+	19:57+
06:22+	02:11+	09:23+	02:01+
00:43#	00:30&	01:39#	00:04+
8	Anne Marie Timenes	98	56:07
06:27+	08:23+	18:20+	21:39+
06:27+	01:56+	09:57+	03:19+
00:48#	00:15#	02:13&	01:22&
9	Signe Heivoll	341	57:01
06:57+	09:03+	19:57+	22:49+
06:57+	02:06+	10:54+	02:52+
01:18#	00:25#	03:10&	00:55&
10	Daina Dagis	731	57:38
09:05+	11:21+	20:47+	24:11+
09:05+	02:16+	09:26+	03:24+
03:26&	00:35&	01:42#	01:27&
11	Elin Glad Balchen	248	59:16
06:41+	08:32+	18:11+	21:05+
06:41+	01:51+	09:39+	02:54+
01:02#	00:10+	01:55#	00:57&
12	Veslemøy Tyssø	369	1:05:45
08:21+	10:53+	22:36+	25:18+
08:21+	02:32+	11:43+	02:42+
02:42&	00:51&	03:59&	00:45&
13	Maija Kivimäki	531	1:06:18
07:54+	10:40+	23:54+	26:20+
07:54+	02:46+	13:14+	02:26+
02:15&	01:05&	05:30&	00:29#
14	Eli Kristoffersen	372	1:09:52
07:31+	10:03+	21:45+	24:52+
07:31+	02:32+	11:42+	03:07+
01:52&	00:51&	03:58&	01:10&
15	Yvonne Galborgen	483	1:13:26
07:18+	10:00+	21:53+	24:45+
07:18+	02:42+	11:53+	02:52+
01:39&	01:01&	04:09&	00:55&
16	Ranveig Efraimsen	334	1:14:20
05:51+	07:42+	17:40+	20:05+
05:51+	01:51+	09:58+	02:25+
00:12+	00:10+	02:14&	00:28#
Beste strekktid for klassen			
04:33	01:19	07:21	01:45
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 70-			
1	Åse Eng Musum	262	37:10
08:24=	10:03=	15:32=	25:07=
08:24=	01:39=	05:29=	09:35=
00:00=	00:00=	00:00=	00:00=
2	Birgitte Bekkelund	297	40:30
12:05+	13:31+	18:51+	27:30+
12:05+	01:26-	05:20-	08:39-
03:41&	00:13-	00:09-	00:56-

Plass	Navn								Klasse	Tid
3	Anne-Marie Pedersen								41	41:48
	10:43+	12:21+	18:06+	28:24+	29:51+	35:13+	38:27+	39:23+	41:48+	
	10:43+	01:38-	05:45+	10:18+	01:27+	05:22+	03:14+	00:56=	02:25+	
	02:19&	00:01-	00:16+	00:43+	00:03+	00:47#	00:12+	00:00=	00:19#	
4	Else-Margrethe Bredland								341	42:52
	10:14+	12:26+	18:14+	27:57+	29:34+	34:46+	38:46+	40:09+	42:52+	
	10:14+	02:12+	05:48+	09:43+	01:37+	05:12+	04:00+	01:23+	02:43+	
	01:50#	00:33&	00:19+	00:08+	00:13#	00:37#	00:58&	00:27&	00:37&	
5	Hjørdis Øvreås								46	51:11
	12:39+	14:46+	22:13+	34:43+	36:34+	43:06+	47:34+	48:51+	51:11+	
	12:39+	02:07+	07:27+	12:30+	01:51+	06:32+	04:28+	01:17+	02:20+	
	04:15&	00:28&	01:58&	02:55&	00:27&	01:57&	01:26&	00:21&	00:14#	
6	Gerd Yttervik								119	54:41
	11:40+	13:44+	20:40+	32:54+	35:38+	46:23+	50:10+	51:33+	54:41+	
	11:40+	02:04+	06:56+	12:14+	02:44+	10:45+	03:47+	01:23+	03:08+	
	03:16&	00:25&	01:27&	02:39&	01:20&	06:10@	00:45#	00:27&	01:02&	
7	Torhild Nesmann Halvorsen								341	1:02:43
	14:51+	17:31+	28:28+	43:08+	45:46+	52:49+	57:37+	59:06+	62:43+	
	14:51+	02:40+	10:57+	14:40+	02:38+	07:03+	04:48+	01:29+	03:37+	
	06:27&	01:01&	05:28&	05:05&	01:14&	02:28&	01:46&	00:33&	01:31&	
Beste strekktid for klassen										
	08:24	01:26	05:20	08:39	01:24	04:33	03:02	00:56	01:47	

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

D 75-

1	Brita Eilertsen Grønli								87	38:36
	08:56=	10:28=	16:02=	25:00=	26:18=	30:49=	35:23=	36:25=	38:36=	
	08:56=	01:32=	05:34=	08:58=	01:18=	04:31=	04:34=	01:02=	02:11=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Unni Drage								108	39:11
	10:05+	11:34+	18:02+	27:15+	28:55+	33:55+	36:33+	37:21+	39:11+	
	10:05+	01:29-	06:28+	09:13+	01:40+	05:00+	02:38-	00:48-	01:50-	
	01:09#	00:03-	00:54#	00:15+	00:22&	00:29#	01:56-	00:14-	00:21-	
3	Grete Urset								380	50:44
	10:40+	13:25+	22:21+	36:30+	37:59+	43:28+	47:27+	48:33+	50:44+	
	10:40+	02:45+	08:56+	14:09+	01:29+	05:29+	03:59-	01:06+	02:11=	
	01:44#	01:13&	03:22&	05:11&	00:11#	00:58#	00:35-	00:04+	00:00=	
4	Aina Romsdal Mauritzsen								1016	1:05:20
	12:13+	13:39+	21:23+	45:24+	47:58+	53:42+	61:24+	62:47+	65:20+	
	12:13+	01:26-	07:44+	24:01+	02:34+	05:44+	07:42+	01:23+	02:33+	
	03:17&	00:06-	02:10&	15:03@	01:16&	01:13&	03:08&	00:21&	00:22#	
5	Kari Sollid								372	1:08:31
	12:57+	17:07+	26:31+	45:12+	47:22+	55:53+	62:10+	64:32+	68:31+	
	12:57+	04:10+	09:24+	18:41+	02:10+	08:31+	06:17+	02:22+	03:59+	
	04:01&	02:38@	03:50&	09:43@	00:52&	04:00&	01:43&	01:20@	01:48&	
Beste strekktid for klassen										
	08:56	01:26	05:34	08:58	01:18	04:31	02:38	00:48	01:50	

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

FH 17-N

1	Fredrik Elverum Fredriksen								41	33:37
	01:44=	08:26=	12:07=	17:36=	20:19=	27:44=	29:06=	33:37=		
	01:44=	06:42=	03:41=	05:29=	02:43=	07:25=	01:22=	04:31=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Plass	Navn	Klasse	Tid
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Beste strekktid for klassen

01:44 06:42 03:41 05:29 02:43 07:25 01:22 04:31

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

H -10

36	Gaute Mundal					388					28:24
01:18+	04:32+	06:38+	07:58+	11:49+	13:34+	21:20+	25:49+	27:08+	28:24+		
01:18+	03:14+	02:06+	01:20+	03:51+	01:45+	07:46+	04:29+	01:19+	01:16+		
01:18+	03:14+	02:06+	01:20+	03:51+	01:45+	07:46+	04:29+	01:19+	01:16+		
38	Onni Vierinen					146					34:05
02:39+	07:07+	10:02+	10:59+	15:02+	17:28+	27:24+	31:09+	32:31+	34:05+		
02:39+	04:28+	02:55+	00:57+	04:03+	02:26+	09:56+	03:45+	01:22+	01:34+		
02:39+	04:28+	02:55+	00:57+	04:03+	02:26+	09:56+	03:45+	01:22+	01:34+		
40	Sulo Saarilaakso					1403					19:58
02:32+	05:18+	06:52+	07:28+	10:35+	11:28+	16:58+	18:11+	18:45+	19:58+		
02:32+	02:46+	01:34+	00:36+	03:07+	00:53+	05:30+	01:13+	00:34+	01:13+		
02:32+	02:46+	01:34+	00:36+	03:07+	00:53+	05:30+	01:13+	00:34+	01:13+		
41	Jesper Vonen Svae					305					22:20
01:49+	04:29+	06:02+	06:45+	10:04+	11:49+	17:42+	19:56+	20:42+	22:20+		
01:49+	02:40+	01:33+	00:43+	03:19+	01:45+	05:53+	02:14+	00:46+	01:38+		
01:49+	02:40+	01:33+	00:43+	03:19+	01:45+	05:53+	02:14+	00:46+	01:38+		
43	Valdemar Kvaal-Karlsen					334					54:37
01:34+	06:03+	30:55+	31:31+	34:36+	40:07+	48:50+	52:37+	53:16+	54:37+		
01:34+	04:29+	24:52+	00:36+	03:05+	05:31+	08:43+	03:47+	00:39+	01:21+		
01:34+	04:29+	24:52+	00:36+	03:05+	05:31+	08:43+	03:47+	00:39+	01:21+		

Beste strekktid for klassen

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

H 11-12

1	Dagfinn Gjerstad									477	23:11
01:22=	04:04=	05:36=	06:20=	10:18=	12:42=	19:40=	21:21=	21:57=	23:11=		
01:22=	02:42=	01:32=	00:44=	03:58=	02:24=	06:58=	01:41=	00:36=	01:14=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Gjermund Osdal									106	25:04
01:16-	04:19+	06:14+	07:14+	12:27+	14:22+	21:50+	23:23+	23:54+	25:04+		
01:16-	03:03+	01:55+	01:00+	05:13+	01:55-	07:28+	01:33-	00:31-	01:10-		
00:06-	00:21#	00:23#	00:16&	01:15&	00:29-	00:30+	00:08-	00:05-	00:04-		
3	Heine Elias Husdal									324	27:20
01:22=	04:55+	06:22+	07:06+	11:31+	15:00+	22:47+	25:11+	25:57+	27:20+		
01:22=	03:33+	01:27-	00:44=	04:25+	03:29+	07:47+	02:24+	00:46+	01:23+		
00:00=	00:51&	00:05-	00:00=	00:27#	01:05&	00:49#	00:43&	00:10&	00:09#		
4	Håkon Grønli									87	28:22
00:58-	11:32+	13:08+	13:42+	17:24+	18:36+	24:22+	26:30+	27:11+	28:22+		
00:58-	10:34+	01:36+	00:34-	03:42-	01:12-	05:46-	02:08+	00:41+	01:11-		
00:24-	07:52@	00:04+	00:10-	00:16-	01:12-	01:12-	00:27&	00:05#	00:03-		

Beste strekktid for klassen

00:58 02:42 01:27 00:34 03:42 01:12 05:46 01:33 00:31 01:10

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

H 11-12N

Plass	Navn	Klasse	Tid
1	Emil Vierinen	146	08:12
	00:26= 01:52= 02:47= 04:07= 04:44= 06:37= 07:01= 08:12=		
	00:26= 01:26= 00:55= 01:20= 00:37= 01:53= 00:24= 01:11=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Eetu Vierinen	146	11:10
	00:33+ 02:31+ 03:38+ 05:34+ 06:24+ 09:17+ 09:48+ 11:10+		
	00:33+ 01:58+ 01:07+ 01:56+ 00:50+ 02:53+ 00:31+ 01:22+		
	00:07& 00:32& 00:12# 00:36& 00:13& 01:00& 00:07& 00:11#		
3	Vegard Mundal	388	11:16
	00:28+ 02:22+ 03:37+ 05:54+ 06:53+ 09:15+ 09:58+ 11:16+		
	00:28+ 01:54+ 01:15+ 02:17+ 00:59+ 02:22+ 00:43+ 01:18+		
	00:02+ 00:28& 00:20& 00:57& 00:22& 00:29& 00:19& 00:07+		
4	Lauri Kultima	1399	12:27
	00:44+ 03:19+ 04:40+ 06:38+ 07:30+ 10:22+ 10:51+ 12:27+		
	00:44+ 02:35+ 01:21+ 01:58+ 00:52+ 02:52+ 00:29+ 01:36+		
	00:18& 01:09& 00:26& 00:38& 00:15& 00:59& 00:05# 00:25&		
5	Brage Fosstveit	281	15:42
	00:36+ 06:01+ 07:29+ 09:46+ 10:55+ 14:10+ 14:40+ 15:42+		
	00:36+ 05:25+ 01:28+ 02:17+ 01:09+ 03:15+ 00:30+ 01:02-		
	00:10& 03:59@ 00:33& 00:57& 00:32& 01:22& 00:06# 00:09-		
Beste strekktid for klassen			
	00:26 01:26 00:55 01:20 00:37 01:53 00:24 01:02		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 13-14			
1	Jussi Rantala	655	26:40
	02:40= 04:36= 09:30= 12:54= 14:18= 16:07= 21:10= 21:49= 24:08= 25:04= 25:34= 26:40=		
	02:40= 01:56= 04:54= 03:24= 01:24= 01:49= 05:03= 00:39= 02:19= 00:56= 00:30= 01:06=		
	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	Hans Urset	146	28:25
	02:21- 03:51- 06:53- 10:01- 11:07- 18:24+ 22:45+ 23:26+ 25:48+ 26:47+ 27:15+ 28:25+		
	02:21- 01:30- 03:02- 03:08- 01:06- 07:17+ 04:21- 00:41+ 02:22+ 00:59+ 00:28- 01:10+		
	00:19- 00:26- 01:52- 00:16- 00:18- 05:28@ 00:42- 00:02+ 00:03+ 00:03+ 00:02- 00:04+		
3	Eirik Frost	21	37:59
	02:36- 04:13- 07:18- 10:43- 13:27- 16:32+ 31:08+ 31:54+ 34:24+ 36:27+ 36:55+ 37:59+		
	02:36- 01:37- 03:05- 03:25+ 02:44+ 03:05+ 14:36+ 00:46+ 02:30+ 02:03+ 00:28- 01:04-		
	00:04- 00:19- 01:49- 00:01+ 01:20& 01:16& 09:33@ 00:07# 00:11+ 01:07@ 00:02- 00:02-		
4	Henning Strand	146	41:10
	03:22+ 05:57+ 10:19+ 14:37+ 16:04+ 18:43+ 33:29+ 34:11+ 37:41+ 39:03+ 39:46+ 41:10+		
	03:22+ 02:35+ 04:22- 04:18+ 01:27+ 02:39+ 14:46+ 00:42+ 03:30+ 01:22+ 00:43+ 01:24+		
	00:42& 00:39& 00:32- 00:54& 00:03+ 00:50& 09:43@ 00:03+ 01:11& 00:26& 00:13& 00:18&		
5	Oskar Johannessen	41	42:17
	02:54+ 04:44+ 13:35+ 16:42+ 17:54+ 20:58+ 35:17+ 35:58+ 38:55+ 40:21+ 40:59+ 42:17+		
	02:54+ 01:50- 08:51+ 03:07- 01:12- 03:04+ 14:19+ 00:41+ 02:57+ 01:26+ 00:38+ 01:18+		
	00:14+ 00:06- 03:57& 00:17- 00:12- 01:15& 09:16@ 00:02+ 00:38& 00:30& 00:08& 00:12#		
6	Isak Jacobsen-Gaski	35	49:33
	04:09+ 09:20+ 15:08+ 20:22+ 22:52+ 26:08+ 37:45+ 39:10+ 45:16+ 47:29+ 48:34+ 49:33+		
	04:09+ 05:11+ 05:48+ 05:14+ 02:30+ 03:16+ 11:37+ 01:25+ 06:06+ 02:13+ 01:05+ 00:59-		
	01:29& 03:15@ 00:54# 01:50& 01:06& 01:27& 06:34@ 00:46@ 03:47@ 01:17@ 00:35@ 00:07-		
7	Jørgen Eliseussen-Skalle	106	50:35
	03:37+ 05:52+ 09:59+ 13:48+ 15:16+ 18:05+ 43:31+ 44:14+ 47:16+ 48:37+ 49:15+ 50:35+		
	03:37+ 02:15+ 04:07- 03:49+ 01:28+ 02:49+ 25:26+ 00:43+ 03:02+ 01:21+ 00:38+ 01:20+		
	00:57& 00:19# 00:47- 00:25# 00:04+ 01:00& 20:23@ 00:04# 00:43& 00:25& 00:08& 00:14#		
8	Martin Biribakken Strand	334	1:54:14
	36:41+ 54:04+ 68:41+ 75:33+ 77:17+ 81:51+ 99:08+ 100:15+ 110:21+ 111:55+ 112:44+ 114:14+		
	36:41+ 17:23+ 14:37+ 06:52+ 01:44+ 04:34+ 17:17+ 01:07+ 10:06+ 01:34+ 00:49+ 01:30+		
	34:01@ 15:27@ 09:43@ 03:28@ 00:20# 02:45@ 12:14@ 00:28& 07:47@ 00:38& 00:19& 00:24&		

Plass	Navn	Klasse										Tid
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Beste strekktid for klassen

02:21 01:30 03:02 03:07 01:06 01:49 04:21 00:39 02:19 00:56 00:28 00:59

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

H 15-16

1	Vegard Stangnes										254	32:28
04:05=	04:43=	05:57=	10:50=	17:48=	18:53=	27:36=	29:30=	31:04=	31:30=	32:28=		
04:05=	00:38=	01:14=	04:53=	06:58=	01:05=	08:43=	01:54=	01:34=	00:26=	00:58=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Eskil Frischknecht										21	34:12
04:17+	04:55+	06:32+	10:51+	19:08+	21:00+	30:08+	31:22+	32:41+	33:11+	34:12+		
04:17+	00:38=	01:37+	04:19-	08:17+	01:52+	09:08+	01:14-	01:19-	00:30+	01:01+		
00:12+	00:00=	00:23&	00:34-	01:19#	00:47&	00:25+	00:40-	00:15-	00:04#	00:03+		
3	Gard Frost										21	35:00
04:30+	05:22+	06:48+	10:52+	17:47-	20:04+	30:22+	32:00+	33:25+	33:58+	35:00+		
04:30+	00:52+	01:26+	04:04-	06:55-	02:17+	10:18+	01:38-	01:25-	00:33+	01:02+		
00:25#	00:14&	00:12#	00:49-	00:03-	01:12@	01:35#	00:16-	00:09-	00:07&	00:04+		
4	Jon Marcussen										106	37:42
04:40+	05:28+	07:02+	12:48+	21:00+	22:18+	32:15+	33:43+	36:02+	36:41+	37:42+		
04:40+	00:48+	01:34+	05:46+	08:12+	01:18+	09:57+	01:28-	02:19+	00:39+	01:01+		
00:35#	00:10&	00:20&	00:53#	01:14#	00:13#	01:14#	00:26-	00:45&	00:13&	00:03+		
5	Ethan Tebbutt										553	37:46
04:10+	04:48+	06:08+	11:55+	21:18+	22:32+	32:40+	34:19+	35:58+	36:38+	37:46+		
04:10+	00:38=	01:20+	05:47+	09:23+	01:14+	10:08+	01:39-	01:39+	00:40+	01:08+		
00:05+	00:00=	00:06+	00:54#	02:25&	00:09#	01:25#	00:15-	00:05+	00:14&	00:10#		
6	Gaute Fosstveit										281	50:25
05:08+	05:49+	07:27+	14:19+	31:19+	32:41+	45:11+	47:00+	48:38+	49:18+	50:25+		
05:08+	00:41+	01:38+	06:52+	17:00+	01:22+	12:30+	01:49-	01:38+	00:40+	01:07+		
01:03&	00:03+	00:24&	01:59&	10:02@	00:17&	03:47&	00:05-	00:04+	00:14&	00:09#		
7	Jesper Lundin										146	56:31
04:09+	09:09+	10:28+	24:16+	40:13+	41:48+	51:10+	53:21+	55:11+	55:34+	56:31+		
04:09+	05:00+	01:19+	13:48+	15:57+	01:35+	09:22+	02:11+	01:50+	00:23-	00:57-		
00:04+	04:22@	00:05+	08:55@	08:59@	00:30&	00:39+	00:17#	00:16#	00:03-	00:01-		

Beste strekktid for klassen

04:05 00:38 01:14 04:04 06:55 01:05 08:43 01:14 01:19 00:23 00:57

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

H 17-18

1	Magnus Gjerstad	368	47:59											
06:12=	07:58=	11:26=	12:34=	20:32=	21:46=	24:02=	26:45=	27:17=	41:55=	44:04=	45:48=	46:28=	46:58=	47:59=
06:12=	01:46=	03:28=	01:08=	07:58=	01:14=	02:16=	02:43=	00:32=	14:38=	02:09=	01:44=	00:40=	00:30=	01:01=
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	48:56											
06:06-	07:27-	11:48+	12:44+	22:10+	23:46+	25:22+	28:21+	29:02+	42:08+	44:36+	46:43+	47:25+	47:56+	48:56+
06:06-	01:21-	04:21+	00:56-	09:26+	01:36+	01:36-	02:59+	00:41+	13:06-	02:28+	02:07+	00:42+	00:31+	01:00-
00:06-	00:25-	00:53&	00:12-	01:28#	00:22&	00:40-	00:16+	00:09&	01:32-	00:19#	00:23#	00:02+	00:01+	00:01-
3	Roope Ruuhiala	701	49:19											
06:36+	08:16+	12:37+	13:42+	23:39+	25:08+	26:43+	30:02+	30:51+	43:41+	45:43+	47:26+	47:58+	48:25+	49:19+
06:36+	01:40-	04:21+	01:05-	09:57+	01:29+	01:35-	03:19+	00:49+	12:50-	02:02-	01:43-	00:32-	00:27-	00:54-
00:24+	00:06-	00:53&	00:03-	01:59#	00:15#	00:41-	00:36#	00:17&	01:48-	00:07-	00:01-	00:08-	00:03-	00:07-

Beste strekktid for klassen

06:06 01:21 03:28 00:56 07:58 01:14 01:35 02:43 00:32 12:50 02:02 01:43 00:32 00:27 00:54

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

Plass	Navn	Klasse	Tid
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H 17-AK

1	Bendik Myrvang										41					52:51				
03:32=	04:51=	10:47=	11:25=	13:37=	14:34=	24:51=	25:34=	30:36=	31:21=	45:44=	49:14=	50:28=	51:38=	52:51=						
03:32=	01:19=	05:56=	00:38=	02:12=	00:57=	10:17=	00:43=	05:02=	00:45=	14:23=	03:30=	01:14=	01:10=	01:13=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Andreas Foss Westgaard										21					54:02				
03:21-	04:43-	10:03-	10:43-	12:56-	14:23-	23:43-	24:31-	29:30-	30:13-	46:03+	50:09+	51:32+	52:37+	54:02+						
03:21-	01:22+	05:20-	00:40+	02:13+	01:27+	09:20-	00:48+	04:59-	00:43-	15:50+	04:06+	01:23+	01:05-	01:25+						
00:11-	00:03+	00:36-	00:02+	00:01+	00:30&	00:57-	00:05#	00:03-	00:02-	01:27#	00:36#	00:09#	00:05-	00:12#						
3	Sverre Graffer										285					1:23:26				
05:48+	07:16+	14:20+	15:42+	21:40+	23:22+	35:40+	36:48+	44:23+	45:13+	75:05+	78:55+	80:14+	82:18+	83:26+						
05:48+	01:28+	07:04+	01:22+	05:58+	01:42+	12:18+	01:08+	07:35+	00:50+	29:52+	03:50+	01:19+	02:04+	01:08-						
02:16&	00:09#	01:08#	00:44@	03:46@	00:45&	02:01#	00:25&	02:33&	00:05#	15:29@	00:20+	00:05+	00:54&	00:05-						

Beste strekktid for klassen

03:21	01:19	05:20	00:38	02:12	00:57	09:20	00:43	04:59	00:43	14:23	03:30	01:14	01:05	01:08
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 17-B

1	Kaspar Augland											37	37:28
02:51=	05:14=	14:19=	19:04=	20:42=	23:03=	28:56=	30:22=	33:57=	35:39=	36:09=	37:28=		
02:51=	02:23=	09:05=	04:45=	01:38=	02:21=	05:53=	01:26=	03:35=	01:42=	00:30=	01:19=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Jens Olav Hessen											329	39:06
05:08+	07:35+	12:07-	17:17-	21:19+	23:56+	31:15+	32:12+	35:29+	37:09+	37:43+	39:06+		
05:08+	02:27+	04:32-	05:10+	04:02+	02:37+	07:19+	00:57-	03:17-	01:40-	00:34+	01:23+		
02:17&	00:04+	04:33-	00:25+	02:24@	00:16#	01:26#	00:29-	00:18-	00:02-	00:04#	00:04+		
3	Hallvard Augland											37	39:41
06:08+	07:56+	17:31+	20:55+	22:16+	27:13+	33:10+	33:57+	36:49+	38:03+	38:30+	39:41+		
06:08+	01:48-	09:35+	03:24-	01:21-	04:57+	05:57+	00:47-	02:52-	01:14-	00:27-	01:11-		
03:17@	00:35-	00:30+	01:21-	00:17-	02:36@	00:04+	00:39-	00:43-	00:28-	00:03-	00:08-		
4	Henrik Johannessen											41	46:22
02:44-	06:16+	19:29+	22:26+	23:46+	28:11+	39:20+	40:04+	42:49+	44:25+	45:10+	46:22+		
02:44-	03:32+	13:13+	02:57-	01:20-	04:25+	11:09+	00:44-	02:45-	01:36-	00:45+	01:12-		
00:07-	01:09&	04:08&	01:48-	00:18-	02:04&	05:16&	00:42-	00:50-	00:06-	00:15&	00:07-		
5	Stig-Tore Pedersen											88	59:55
05:49+	09:56+	16:48+	24:08+	26:37+	30:21+	46:26+	47:45+	54:24+	56:41+	57:37+	59:55+		
05:49+	04:07+	06:52-	07:20+	02:29+	03:44+	16:05+	01:19-	06:39+	02:17+	00:56+	02:18+		
02:58@	01:44&	02:13-	02:35&	00:51&	01:23&	10:12@	00:07-	03:04&	00:35&	00:26&	00:59&		

Beste strekktid for klassen

02:44	01:48	04:32	02:57	01:20	02:21	05:53	00:44	02:45	01:14	00:27	01:11
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 17-C

1	Eivind Hemmingsen											334												29:58																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										
02:36=	05:02=	06:14=	09:47=	13:11=	14:37=	20:09=	22:12=	23:08=	27:59=	28:44=	29:58=																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							

Plass		Navn										Klasse										Tid									
Beste strekktid for klassen																															
		02:12	02:00	00:59	03:33	03:07	01:03	05:12	02:03	00:33	02:46	00:41	01:04																		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																															
H 19-20																															
1	Vegard Gulbrandsen										26	50:44																			
	03:06=	03:44=	04:50=	08:20=	08:53=	13:23=	14:58=	15:45=	24:15=	24:45=	31:06=	33:41=	34:22=	45:37=	46:08=	48:07=	49:21=	49:48=	50:44=												
	03:06=	00:38=	01:06=	03:30=	00:33=	04:30=	01:35=	00:47=	08:30=	00:30=	06:21=	02:35=	00:41=	11:15=	00:31=	01:59=	01:14=	00:27=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Mats Jørgen Nordmo Ingdal										218	57:44																			
	03:52+	04:25+	05:47+	09:56+	10:36+	15:26+	17:08+	17:58+	27:26+	27:53+	35:03+	38:25+	39:09+	51:47+	52:42+	54:54+	56:17+	56:42+	57:44+												
	03:52+	00:33-	01:22+	04:09+	00:40+	04:50+	01:42+	00:50+	09:28+	00:27-	07:10+	03:22+	00:44+	12:38+	00:55+	02:12+	01:23+	00:25-	01:02+												
	00:46#	00:05-	00:16#	00:39#	00:07#	00:20+	00:07+	00:03+	00:58#	00:03-	00:49#	00:47&	00:03+	01:23#	00:24&	00:13#	00:09#	00:02-	00:06#												
3	Arttu Taulavuori										1396	1:01:13																			
	03:40+	04:16+	05:29+	11:37+	12:14+	17:19+	19:02+	19:53+	29:25+	29:55+	36:47+	40:15+	41:01+	55:28+	56:04+	58:20+	59:40+	60:10+	61:13+												
	03:40+	00:36-	01:13+	06:08+	00:37+	05:05+	01:43+	00:51+	09:32+	00:30=	06:52+	03:28+	00:46+	14:27+	00:36+	02:16+	01:20+	00:30+	01:03+												
	00:34#	00:02-	00:07#	02:38&	00:04#	00:35#	00:08+	00:04+	01:02#	00:00=	00:31+	00:53&	00:05#	03:12&	00:05#	00:17#	00:06+	00:03#	00:07#												
4	Hallvard Arntzen Foss										301	1:01:21																			
	04:04+	04:39+	05:56+	11:02+	11:39+	16:48+	18:46+	19:43+	30:07+	30:43+	38:19+	41:46+	42:21+	54:55+	55:43+	58:12+	59:39+	60:12+	61:21+												
	04:04+	00:35-	01:17+	05:06+	00:37+	05:09+	01:58+	00:57+	10:24+	00:36+	07:36+	03:27+	00:35-	12:34+	00:48+	02:29+	01:27+	00:33+	01:09+												
	00:58&	00:03-	00:11#	01:36&	00:04#	00:39#	00:23#	00:10#	01:54#	00:06#	01:15#	00:52&	00:06-	01:19#	00:17&	00:30&	00:13#	00:06#	00:13#												
5	Aapo Tonder										870	1:01:24																			
	03:37+	04:15+	05:30+	10:30+	11:06+	16:13+	18:16+	19:23+	29:30+	30:04+	37:00+	40:37+	41:37+	55:01+	55:38+	57:58+	59:50+	60:19+	61:24+												
	03:37+	00:38=	01:15+	05:00+	00:36+	05:07+	02:03+	01:07+	10:07+	00:34+	06:56+	03:37+	01:00+	13:24+	00:37+	02:20+	01:52+	00:29+	01:05+												
	00:31#	00:00=	00:09#	01:30&	00:03+	00:37#	00:28&	00:20&	01:37#	00:04#	00:35+	01:02&	00:19&	02:09#	00:06#	00:21#	00:38&	00:02+	00:09#												
6	Espen Samuelsen Skiri										45	1:03:18																			
	03:52+	04:31+	05:56+	10:11+	10:52+	16:03+	18:04+	19:10+	30:15+	30:49+	38:37+	43:49+	44:32+	57:28+	58:07+	60:15+	61:42+	62:14+	63:18+												
	03:52+	00:39+	01:25+	04:15+	00:41+	05:11+	02:01+	01:06+	11:05+	00:34+	07:48+	05:12+	00:43+	12:56+	00:39+	02:08+	01:27+	00:32+	01:04+												
	00:46#	00:01+	00:19&	00:45#	00:08#	00:41#	00:26&	00:19&	02:35&	00:04#	01:27#	02:37@	00:02+	01:41#	00:08&	00:09+	00:13#	00:05#	00:08#												
Beste strekktid for klassen																															
		03:06	00:33	01:06	03:30	00:33	04:30	01:35	00:47	08:30	00:27	06:21	02:35	00:35	11:15	00:31	01:59	01:14	00:25	00:56											
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																															
H 21-																															
1	Topi Anjala										760	59:03																			
	05:14=	06:16=	09:41=	10:39=	16:59=	17:22=	18:33=	20:37=	22:56=	24:11=	27:34=	28:03=	30:05=	35:52=	38:18=	39:13=	47:03=	48:46=	51:17=												
	05:14=	01:02=	03:25=	00:58=	06:20=	00:23=	01:11=	02:04=	02:19=	01:15=	03:23=	00:29=	02:02=	05:47=	02:26=	00:55=	07:50=	01:43=	02:31=												
	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	Hans Petter Mathisen										82	59:14																			
	05:17+	06:25+	09:59+	11:09+	17:52+	18:15+	19:11+	21:27+	23:58+	25:12+	28:38+	29:07+	31:06+	36:33+	38:50+	39:32+	47:11+	48:56+	51:24+												
	05:17+	01:08+	03:34+	01:10+	06:43+	00:23=	00:56-	02:16+	02:31+	01:14-	03:26+	00:29=	01:59-	05:27-	02:17-	00:42-	07:39-	01:45+	02:28-												
	00:03+	00:06+	00:09+	00:12#	00:23+	00:00=	00:15-	00:12+	00:12+	00:01-	00:03+	00:00=	00:03-	00:20-	00:09-	00:13-	00:11-	00:02+	00:03-												
3	Rasmus Rørholt Theisen										244	1:01:10																			
	05:31+	06:49+	10:23+	11:44+	18:27+	18:55+	19:55+	22:13+	24:37+	25:52+	29:32+	30:06+	32:19+	38:01+	40:11+	40:55+	48:48+	50:35+	53:15+												
	05:31+	01:18+	03:34+	01:21+	06:43+	00:28+	01:00-	02:18+	02:24+	01:15=	03:40+	00:34+	02:13+	05:42-	02:10-	00:44-	07:53+	01:47+	02:40+												
	00:17+	00:16&	00:09+	00:23&	00:23+	00:05#	00:11-	00:14#	00:05+	00:00=	00:17+	00:05#	00:11+	00:05-	00:16-	00:11-	00:03+	00:04+	00:09+												
4	Topi Penttinen										1268	1:02:24																			
	05:22+	06:33+	10:10+	11:27+	18:29+	18:52+	19:51+	22:06+	24:37+	25:58+	29:42+	30:15+	32:39+	38:26+	40:59+	41:41+	49:54+	51:51+	54:26+												
	05:22+	01:11+	03:37+	01:17+	07:02+	00:23=	00:59-	02:15+	02:31+	01:21+	03:44+	00:33+	02:24+	05:47=	02:33+	00:42-	08:13+	01:57+	02:35+												
	00:08+	00:09#	00:12+	00:19&	00:42#	00:00=	00:12-	00:11+	00:12+	00:06+	00:21#	00:04#	00:22#	00:00=	00:07+	00:13-	00:23+	00:14#	00:04+												
5	Anders Vister										245	1:03:13																			
	05:12-	06:25+	10:14+	11:13+	18:00+	18:25+	19:21+	21:33+	24:06+	25:23+	28:56+	29:29+	32:41+	39:12+	41:33+	42:22+	50:24+	52:21+	55:03+												
	05:12-	01:13+	03:49+	00:59+	06:47+	00:25+	00:56-	02:12+	02:33+	01:17+	03:33+	00:33+	03:12+	06:31+	02:21-	00:49-	08:02+	01:57+	02:42+												
	00:02-	00:11#	00:24#	00:01+	00:27+	00:02+	00:15-	00:08+	00:14#	00:02+	00:10+	00:04#	01:10&	00:44#	00:05-	00:06-	00:12+	00:14#	00:11+												

Plass	Navn					Klasse					Tid														
6	Fredrik Eliasson					101					1:04:56														
05:46+	06:59+	10:40+	11:41+	18:57+	19:24+	20:25+	22:44+	25:23+	26:40+	30:50+	31:24+	33:42+	39:55+	42:24+	43:12+	51:33+	53:33+	56:15+	62:31+	63:21+	63:49+	64:56+			
05:46+	01:13+	03:41+	01:01+	07:16+	00:27+	01:01-	02:19+	02:39+	01:17+	04:10+	00:34+	02:18+	06:13+	02:29+	00:48-	08:21+	02:00+	02:42+	06:16+	00:50=	00:28+	01:07+			
00:32#	00:11#	00:16+	00:03+	00:56#	00:04#	00:10-	00:15#	00:20#	00:02+	00:47#	00:05#	00:16#	00:26+	00:03+	00:07-	00:31+	00:17#	00:11+	00:41#	00:00=	00:02+	00:12#			
7	Johan Ek-Larsson					559					1:05:16														
04:51-	06:07-	10:00+	10:56+	18:19+	18:48+	19:43+	21:45+	24:14+	25:42+	29:19+	29:51+	33:45+	39:54+	42:24+	43:09+	51:41+	53:47+	56:37+	62:58+	63:46+	64:11+	65:16+			
04:51-	01:16+	03:53+	00:56-	07:23+	00:29+	00:55-	02:02-	02:29+	01:28+	03:37+	00:32+	03:54+	06:09+	02:30+	00:45-	08:32+	02:06+	02:50+	06:21+	00:48-	00:25-	01:05+			
00:23-	00:14#	00:28#	00:02-	01:03#	00:06&	00:16-	00:02-	00:10+	00:13#	00:14+	00:03#	01:52&	00:22+	00:04+	00:10-	00:42+	00:23#	00:19#	00:46#	00:02-	00:01-	00:10#			
8	Jakob Wallenhammar					726					1:05:19														
05:40+	06:54+	10:32+	11:49+	19:19+	19:59+	21:06+	23:24+	26:07+	27:53+	31:35+	32:08+	34:23+	40:05+	42:26+	43:10+	51:55+	54:00+	56:45+	63:02+	63:48+	64:13+	65:19+			
05:40+	01:14+	03:38+	01:17+	07:30+	00:40+	01:07-	02:18+	02:43+	01:46+	03:42+	00:33+	02:15+	05:42-	02:21-	00:44-	08:45+	02:05+	02:45+	06:17+	00:46-	00:25-	01:06+			
00:26+	00:12#	00:13+	00:19&	01:10#	00:17&	00:04-	00:14#	00:24#	00:31&	00:19+	00:04#	00:13#	00:05-	00:05-	00:11-	00:55#	00:22#	00:14+	00:42#	00:04-	00:01-	00:11#			
9	Miika Hernelahti					551					1:07:44														
05:31+	06:45+	10:38+	11:44+	19:26+	19:59+	21:02+	23:28+	26:14+	27:42+	31:46+	32:19+	34:38+	41:00+	43:41+	44:37+	53:34+	55:40+	58:39+	65:15+	66:09+	66:38+	67:44+			
05:31+	01:14+	03:53+	01:06+	07:42+	00:33+	01:03-	02:26+	02:46+	01:28+	04:04+	00:33+	02:19+	06:22+	02:41+	00:56+	08:57+	02:06+	02:59+	06:36+	00:54+	00:29+	01:06+			
00:17+	00:12#	00:28#	00:08#	01:22#	00:10&	00:08-	00:22#	00:27#	00:13#	00:41#	00:04#	00:17#	00:35#	00:15#	00:01+	01:07#	00:23#	00:28#	01:01#	00:04+	00:03#	00:11#			
10	Anders Felde Olausson					244					1:07:49														
05:05-	06:20+	11:17+	12:15+	19:09+	19:42+	20:39+	23:16+	26:06+	27:30+	31:08+	31:39+	34:30+	40:44+	43:18+	44:07+	53:54+	56:00+	58:57+	65:42+	66:30+	66:54+	67:49+			
05:05-	01:15+	04:57+	00:58=	06:54+	00:33+	00:57-	02:37+	02:50+	01:24+	03:38+	00:31+	02:51+	06:14+	02:34+	00:49-	09:47+	02:06+	02:57+	06:45+	00:48-	00:24-	00:55=			
00:09-	00:13#	01:32&	00:00=	00:34+	00:10&	00:14-	00:33&	00:31#	00:09#	00:15+	00:02+	00:49&	00:27+	00:08+	00:06-	01:57#	00:23#	00:26#	01:10#	00:02-	00:02-	00:00=			
11	Antti Vainio					440					1:08:04														
05:39+	06:57+	10:34+	11:41+	18:37+	19:02+	19:57+	22:12+	25:05+	26:39+	30:08+	30:40+	34:35+	41:22+	44:28+	45:15+	54:20+	56:28+	59:13+	65:50+	66:35+	67:01+	68:04+			
05:39+	01:18+	03:37+	01:07+	06:56+	00:25+	00:55-	02:15+	02:53+	01:34+	03:29+	00:32+	03:55+	06:47+	03:06+	00:47-	09:05+	02:08+	02:45+	06:37+	00:45-	00:26=	01:03+			
00:25+	00:16&	00:12+	00:09#	00:36+	00:02+	00:16-	00:11+	00:34#	00:19&	00:06+	00:03#	01:53&	01:00#	00:40&	00:08-	01:15#	00:25#	00:14+	01:02#	00:05-	00:00=	00:08#			
12	Tuomas Fjällström					1071					1:08:05														
05:50+	07:04+	11:31+	12:45+	20:00+	20:26+	21:25+	23:37+	26:26+	28:06+	31:38+	32:09+	34:20+	40:41+	43:47+	45:19+	54:26+	56:28+	59:18+	65:55+	66:41+	67:04+	68:05+			
05:50+	01:14+	04:27+	01:14+	07:15+	00:26+	00:59-	02:12+	02:49+	01:40+	03:32+	00:31+	02:11+	06:21+	03:06+	01:32+	09:07+	02:02+	02:50+	06:37+	00:46-	00:23-	01:01+			
00:36#	00:12#	01:02&	00:16&	00:55#	00:03#	00:12-	00:08+	00:30#	00:25&	00:09+	00:02+	00:09+	00:34+	00:40&	00:37&	01:17#	00:19#	00:19#	01:02#	00:04-	00:03-	00:06#			
13	Sverre Turtur Sandvold					244					1:08:35														
05:55+	07:17+	11:48+	12:52+	20:19+	20:44+	21:47+	24:23+	27:08+	28:34+	32:47+	33:25+	35:58+	42:18+	45:03+	45:52+	54:59+	56:56+	59:51+	66:16+	67:07+	67:34+	68:35+			
05:55+	01:22+	04:31+	01:04+	07:27+	00:25+	01:03-	02:36+	02:45+	01:26+	04:13+	00:38+	02:33+	06:20+	02:45+	00:49-	09:07+	01:57+	02:55+	06:25+	00:51+	00:27+	01:01+			
00:41#	00:20&	01:06&	00:06#	01:07#	00:02+	00:08-	00:32&	00:26#	00:11#	00:50#	00:09&	00:31&	00:33+	00:19#	00:06-	01:17#	00:14#	00:24#	00:50#	00:01+	00:01+	00:06#			
14	Juho-Matti Taivainen					1412					1:08:51														
05:34+	07:03+	10:51+	12:00+	19:27+	20:01+	21:04+	23:45+	26:21+	27:52+	31:55+	32:30+	36:41+	42:38+	45:10+	46:00+	54:52+	56:45+	59:33+	66:23+	67:10+	67:41+	68:51+			
05:34+	01:29+	03:48+	01:09+	07:27+	00:34+	01:03-	02:41+	02:36+	01:31+	04:03+	00:35+	04:11+	05:57+	02:32+	00:50-	08:52+	01:53+	02:48+	06:50+	00:47-	00:31+	01:10+			
00:20+	00:27&	00:23#	00:11#	01:07#	00:11&	00:08-	00:37&	00:17#	00:16#	00:40#	00:06#	02:09@	00:10+	00:06+	00:05-	01:02#	00:10+	00:17#	01:15#	00:03-	00:05#	00:15&			
15	Torkil Eide Solstad					163					1:09:01														
05:51+	07:10+	10:57+	12:07+	19:37+	20:07+	21:11+	23:30+	26:24+	27:58+	32:07+	32:43+	35:16+	41:27+	44:12+	45:24+	54:46+	57:07+	59:58+	66:35+	67:28+	67:55+	69:01+			
05:51+	01:19+	03:47+	01:10+	07:30+	00:30+	01:04-	02:19+	02:54+	01:34+	04:09+	00:36+	02:33+	06:11+	02:45+	01:12+	09:22+	02:21+	02:51+	06:37+	00:53+	00:27+	01:06+			
00:37#	00:17&	00:22#	00:12#	01:10#	00:07&	00:07-	00:15#	00:35&	00:19&	00:46#	00:07#	00:31&	00:24+	00:19#	00:17&	01:32#	00:38&	00:20#	01:02#	00:03+	00:01+	00:11#			
16	Jukka-Pekka Seppänen					1057					1:11:40														
06:08+	07:26+	11:35+	12:47+	20:35+	21:04+	22:11+	24:42+	27:30+	28:57+	33:24+	34:02+	36:50+	44:11+	46:47+	47:37+	57:11+	59:10+	62:18+	69:13+	70:08+	70:37+	71:40+			
06:08+	01:18+	04:09+	01:12+	07:48+	00:29+	01:07-	02:31+	02:48+	01:27+	04:27+	00:38+	02:48+	07:21+	02:36+	00:50-	09:34+	01:59+	03:08+	06:55+	00:55+	00:29+	01:03+			
00:54#	00:16&	00:44#	00:14#	01:28#	00:06&	00:04-	00:27#	00:29#	00:12#	01:04&	00:09&	00:46&	01:34&	00:10+	00:05-	01:44#	00:16#	00:37#	01:20#	00:05#	00:03#	00:08#			
17	Jere Sipponen					430					1:12:34														
05:40+	06:51+	10:39+	11:43+	18:57+	19:22+	20:36+	22:38+	25:13+	26:33+	32:10+	32:40+	35:39+	42:52+	45:57+	46:57+	57:07+	59:19+	62:26+	69:46+	70:52+	71:23+	72:34+			
05:40+	01:11+	03:48+	01:04+	07:14+	00:25+	01:14+	02:02-	02:35+	01:20+	05:37+	00:30+	02:59+	07:13+	03:05+	01:00+	10:10+	02:12+	03:07+	07:20+	01:06+	00:31+	01:11+			
00:26+	00:09#	00:23#	00:06#	00:54#	00:02+	00:03+	00:02-	00:16#	00:05+	02:14&	00:01+	00:57&	01:26#	00:39&	00:05+	02:20&	00:29&	00:36#	01:45&	00:16&	00:05#	00:16&			
18	Eero-Matti Vainio					440					1:12:59														
06:51+	08:18+	12:12+	13:31+	21:22+	21:53+	22:56+	26:38+	29:28+	30:55+	35:01+	35:34+	38:09+	44:39+	47:33+	48:19+	58:36+	60:40+	63:40+	70:35+	71:31+	71:59+	72:59+			
06:51+	01:27+	03:54+	01:19+	07:51+	00:31+	01:03-	03:42+	02:50+	01:27+	04:06+	00:33+	02:35+	06:30+	02:54+	00:46-	10:17+	02:04+	03:00+	06:55+	00:56+	00:28+	01:00+			
01:37&	00:25&	00:29#	00:21&	01:31#	00:08&	00:08-	01:38&	00:31#	00:12#	00:043#	00:04#	00:33&	00:43#	00:28#	00:09-	02:27&	00:21#	00:29#	01:20#	00:06#	00:02+	00:05+			
19	Håvard Krey Hansen					254					1:13:06														
05:43+	06:54+	10:50+	12:02+	19:46+	20:16+	21:23+	23:51+	27:03+	28:32+	32:30+	33:10+	36:53+	44:37+	47:37+	48:26+	58:37+	60:51+	63:47+	70:41+	71:35+	72:02+	73:06+			
05:43+	01:11+	03:56+	01:12+	07:44+	00:30+	01:07-	02:28+	03:12+	01:29+	03:58+	00:40+	03:43+	07:44+	03:00+	00:49-	10:11+	02:14+	02:56+	06:54+	00:54+	00:27+	01:04+			
00:29+	00:09#	00:31#	00:14#	01:24#	00:07&	00:04-	00:24#	00:53&	00:14#	00:35#	00:11&	01:41&	01:57&	00:34#	00:06-	02:21&	00:31&	00:25#	01:19#	00:04+	00:01+	00:09#			
20	Harald Kalager					244					1:18:54														
06:43+	08:21+	12:49+	14:10+	23:02+	23:34+	24:45+	27:26+	30:41+	32:24+	37:20+	37:59+	41:02+	49:10+	52:08+	52:59+	63:25+	65:48+	69:06+	76:11+	77:17+	77:48+	78:54+			
06:43+	01:38+	04:28+	01:21+	08:52+	00:32+	01:11-	02:41+	03:15+	01:43+	04:56+	00:39+	03:03+	08:08+	02:58+	00:51-	10:26+	02:23+	03:18+	07:05+	01:06+	00:31+	01:06+			
01:29&	00:36&	01:03&	00:23&	02:32&	00:09&	00:00=	00:37&	00:56&	00:28&	01:33&	00:10&	01:01&	02:21&	00:32#	00:04-	02:36&	00:40&	00:47&	01:30&	00:16&	00:05#	00:11#			

Plass	Navn				Klasse				Tid													
21	Jakob Kalvig Skogan				244				1:20:06													
07:32+	09:11+	13:59+	15:39+	24:56+	25:33+	26:50+	29:53+	33:30+	35:21+	39:37+	40:17+	43:13+	50:28+	53:23+	54:21+	65:00+	67:17+	70:36+	77:36+	78:31+	79:00+	80:06+
07:32+	01:39+	04:48+	01:40+	09:17+	00:37+	01:17+	03:03+	03:37+	01:51+	04:16+	00:40+	02:56+	07:15+	02:55+	00:58+	10:39+	02:17+	03:19+	07:00+	00:55+	00:29+	01:06+
02:18&	00:37&	01:23&	00:42&	02:57&	00:14&	00:06+	00:59&	01:18&	00:36&	00:53&	00:11&	00:54&	01:28&	00:29#	00:03+	02:49&	00:34&	00:48&	01:25&	00:05#	00:03#	00:11#
22	Rune Nygaard				142				1:21:07													
06:39+	08:04+	12:47+	13:56+	21:50+	22:28+	23:34+	26:00+	29:14+	30:53+	34:50+	35:25+	39:32+	47:14+	50:13+	51:05+	61:40+	64:13+	68:39+	77:27+	78:46+	79:28+	81:07+
06:39+	01:25+	04:43+	01:09+	07:54+	00:38+	01:06-	02:26+	03:14+	01:39+	03:57+	00:35+	04:07+	07:42+	02:59+	00:52-	10:35+	02:33+	04:26+	08:48+	01:19+	00:42+	01:39+
01:25&	00:23&	01:18&	00:11#	01:34#	00:15&	00:05-	00:22#	00:55&	00:24&	00:34#	00:06#	02:05@	01:55&	00:33#	00:03-	02:45&	00:50&	01:55&	03:13&	00:29&	00:16&	00:44&
23	Tapio Haarlaa				531				1:21:46													
06:02+	07:24+	11:40+	12:59+	21:21+	22:17+	23:23+	26:04+	29:26+	31:10+	35:28+	36:01+	39:25+	47:51+	50:57+	52:56+	64:01+	66:32+	70:08+	78:29+	79:37+	80:15+	81:46+
06:02+	01:22+	04:16+	01:19+	08:22+	00:56+	01:06-	02:41+	03:22+	01:44+	04:18+	00:33+	03:24+	08:26+	03:06+	01:59+	11:05+	02:31+	03:36+	08:21+	01:08+	00:38+	01:31+
00:48#	00:20&	00:51#	00:21&	02:02&	00:33@	00:05-	00:37&	01:03&	00:29&	00:55&	00:04#	01:22&	02:39&	00:40&	01:04@	03:15&	00:48&	01:05&	02:46&	00:18&	00:12&	00:36&
24	Rasmus Larsson				1003				1:22:12													
07:18+	09:07+	13:58+	15:21+	24:37+	25:10+	26:24+	29:19+	32:51+	34:35+	39:14+	39:55+	42:47+	50:53+	54:11+	55:10+	66:06+	68:32+	71:52+	79:41+	80:32+	81:03+	82:12+
07:18+	01:49+	04:51+	01:23+	09:16+	00:33+	01:14+	02:55+	03:32+	01:44+	04:39+	00:41+	02:52+	08:06+	03:18+	00:59+	10:56+	02:26+	03:20+	07:49+	00:51+	00:31+	01:09+
02:04&	00:47&	01:26&	00:25&	02:56&	00:10&	00:03+	00:51&	01:13&	00:29&	01:16&	00:12&	00:50&	02:19&	00:52&	00:04+	03:06&	00:43&	00:49&	02:14&	00:01+	00:05#	00:14&
25	Markus Glad				245				1:22:30													
07:05+	08:32+	13:04+	14:27+	23:37+	24:12+	25:25+	28:16+	31:57+	33:37+	37:23+	38:13+	41:35+	49:32+	53:04+	54:04+	66:18+	68:36+	72:02+	79:43+	80:56+	81:31+	82:30+
07:05+	01:27+	04:32+	01:23+	09:10+	00:35+	01:13+	02:51+	03:41+	01:40+	03:46+	00:50+	03:22+	07:57+	03:32+	01:00+	12:14+	02:18+	03:26+	07:41+	01:13+	00:35+	00:59+
01:51&	00:25&	01:07&	00:25&	02:50&	00:12&	00:02+	00:47&	01:22&	00:25&	00:23#	00:21&	01:20&	02:10&	01:06&	00:05+	04:24&	00:35&	00:55&	02:06&	00:23&	00:09&	00:04+
26	Cillin Corbett				1198				1:25:51													
06:48+	08:11+	12:37+	13:55+	22:42+	23:13+	24:25+	27:27+	31:55+	33:54+	39:18+	40:04+	43:49+	51:19+	55:13+	56:14+	68:12+	70:45+	74:42+	82:55+	83:57+	84:33+	85:51+
06:48+	01:23+	04:26+	01:18+	08:47+	00:31+	01:12+	03:02+	04:28+	01:59+	05:24+	00:46+	03:45+	07:30+	03:54+	01:01+	11:58+	02:33+	03:57+	08:13+	01:02+	00:36+	01:18+
01:34&	00:21&	01:01&	00:20&	02:27&	00:08&	00:01+	00:58&	02:09&	00:44&	02:01&	00:17&	01:43&	01:43&	01:28&	00:06#	04:08&	00:50&	01:26&	02:38&	00:12#	00:10&	00:23&
27	Anders Dahlin				1417				1:27:05													
06:53+	08:34+	13:29+	14:59+	24:53+	25:29+	26:47+	29:55+	33:38+	35:29+	40:29+	41:09+	45:36+	53:58+	57:14+	58:18+	69:51+	72:08+	76:22+	84:18+	85:24+	85:53+	87:05+
06:53+	01:41+	04:55+	01:30+	09:54+	00:36+	01:18+	03:08+	03:43+	01:51+	05:00+	00:40+	04:27+	08:22+	03:16+	01:04+	11:33+	02:17+	04:14+	07:56+	01:06+	00:29+	01:12+
01:39&	00:39&	01:30&	00:32&	03:34&	00:13&	00:07+	01:04&	01:24&	00:36&	01:37&	00:11&	02:25@	02:35&	00:50&	00:09#	03:43&	00:34&	01:43&	02:21&	00:16&	00:03#	00:17&
28	Jacob Berg Lofthus				244				1:32:54													
08:00+	09:37+	14:29+	15:59+	25:54+	26:30+	27:51+	31:06+	35:34+	37:26+	42:31+	43:14+	46:51+	56:27+	60:01+	61:03+	74:14+	77:09+	80:54+	90:04+	91:04+	91:35+	92:54+
08:00+	01:37+	04:52+	01:30+	09:55+	00:36+	01:21+	03:15+	04:28+	01:52+	05:05+	00:43+	03:37+	09:36+	03:34+	01:02+	13:11+	02:55+	03:45+	09:10+	01:00+	00:31+	01:19+
02:46&	00:35&	01:27&	00:32&	03:35&	00:13&	00:10#	01:11&	02:09&	00:37&	01:42&	00:14&	01:35&	03:49&	01:08&	00:07#	05:21&	01:12&	01:14&	03:35&	00:10#	00:05#	00:24&
29	Gustav Boquist				457				1:34:07													
08:42+	10:27+	16:10+	17:41+	28:30+	29:10+	30:38+	33:46+	38:59+	41:12+	46:03+	46:48+	50:14+	58:31+	62:21+	63:18+	76:08+	79:11+	82:43+	91:05+	92:07+	92:41+	94:07+
08:42+	01:45+	05:43+	01:31+	10:49+	00:40+	01:28+	03:08+	05:13+	02:13+	04:51+	00:45+	03:26+	08:17+	03:50+	00:57+	12:50+	03:03+	03:32+	08:22+	01:02+	00:34+	01:26+
03:28&	00:43&	02:18&	00:33&	04:29&	00:17&	00:17#	01:04&	02:54@	00:58&	01:28&	00:16&	01:24&	02:30&	01:24&	00:02+	05:00&	01:20&	01:01&	02:47&	00:12#	00:08&	00:31&
30	Anders Tønnessen Rød				69				1:35:02													
07:56+	09:34+	14:11+	15:43+	24:38+	25:18+	26:38+	30:58+	34:54+	43:31+	49:07+	49:53+	53:00+	62:09+	65:46+	66:53+	78:45+	81:13+	84:58+	92:42+	93:37+	94:02+	95:02+
07:56+	01:38+	04:37+	01:32+	08:55+	00:40+	01:20+	04:20+	03:56+	08:37+	05:36+	00:46+	03:07+	09:09+	03:37+	01:07+	11:52+	02:28+	03:45+	07:44+	00:55+	00:25-	01:00+
02:42&	00:36&	01:12&	00:34&	02:35&	00:17&	00:09#	02:16@	01:37&	07:22@	02:13&	00:17&	01:05&	03:22&	01:11&	00:12#	04:02&	00:45&	01:14&	02:09&	00:05#	00:01-	00:05+
31	Panu Teittinen				555				1:35:50													
06:09+	07:38+	12:11+	13:31+	21:47+	22:55+	24:16+	27:25+	31:52+	33:42+	38:59+	39:45+	43:23+	54:04+	58:55+	60:31+	74:44+	78:30+	83:20+	92:38+	93:47+	94:26+	95:50+
06:09+	01:29+	04:33+	01:20+	08:16+	01:08+	01:21+	03:09+	04:27+	01:50+	05:17+	00:46+	03:38+	10:41+	04:51+	01:36+	14:13+	03:46+	04:50+	09:18+	01:09+	00:39+	01:24+
00:55#	00:27&	01:08&	00:22&	01:56&	00:45@	00:10#	01:05&	02:08&	00:35&	01:54&	00:17&	01:36&	04:54&	02:25&	00:41&	06:23&	02:03@	02:19&	03:43&	00:19&	00:13&	00:29&
32	Evaldas Jadenkus				1382				1:36:17													
07:40+	09:18+	14:10+	16:27+	27:09+	27:50+	29:16+	31:58+	35:48+	37:39+	42:54+	43:38+	47:23+	56:24+	64:23+	65:23+	78:07+	80:48+	84:50+	93:15+	94:17+	94:54+	96:17+
07:40+	01:38+	04:52+	02:17+	10:42+	00:41+	01:26+	02:42+	03:50+	01:51+	05:15+	00:44+	03:45+	09:01+	07:59+	01:00+	12:44+	02:41+	04:02+	08:25+	01:02+	00:37+	01:23+
02:26&	00:36&	01:27&	01:19@	04:22&	00:18&	00:15#	00:38&	01:31&	00:36&	01:52&	00:15&	01:43&	03:14&	05:33@	00:05+	04:54&	00:58&	01:31&	02:50&	00:12#	00:11&	00:28&
33	Torgeir Skjeldnes				35				1:38:42													
09:38+	12:14+	18:08+	19:34+	30:49+	31:53+	33:21+	36:22+	39:34+	41:23+	46:59+	47:48+	51:05+	65:40+	68:58+	70:10+	81:42+	84:05+	87:52+	95:49+	97:02+	97:40+	98:42+
09:38+	02:36+	05:54+	01:26+	11:15+	01:04+	01:28+	03:01+	03:12+	01:49+	05:36+	00:49+	03:17+	14:35+	03:18+	01:12+	11:32+	02:23+	03:47+	07:57+	01:13+	00:38+	01:02+
04:24&	01:34@	02:29&	00:28&	04:55&	00:41@	00:17#	00:57&	00:53&	00:34&	02:13&	00:20&	01:15&	08:48@	00:52&	00:17&	03:42&	00:40&	01:16&	02:22&	00:23&	00:12&	00:07#
34	Kari Kokkinen				1418				1:40:58													
12:16+	13:43+	20:15+	21:51+	31:47+	32:25+	33:53+	38:45+	42:42+	44:32+	49:55+	50:38+	53:33+	61:06+	64:29+	65:41+	79:07+	81:38+	87:43+	98:10+	99:14+	99:48+	100:58+
12:16+	01:27+	06:32+	01:36+	09:56+	00:38+	01:28+	04:52+	03:57+	01:50+	05:23+	00:43+	02:55+	07:33+	03:23+	01:12+	13:26+	02:31+	06:05+	10:27+	01:04+	00:34+	01:10+
07:02@	00:25&	03:07&	00:38&	03:36&	00:15&	00:17#	02:48@	01:38&	00:35&	02:00&	00:14&	00:53&	01:46&	00:57&	00:17&	05:36&	00:48&	03:34@	04:52&	00:14&	00:08&	00:15&
35	Torstein Mellem				245				2:19:24													
07:46+	15:30+	31:23+	32:45+	46:48+	47:57+	49:43+	53:03+	57:29+	66:50+	73:03+	73:58+	78:49+	88:59+	94:17+	95:26+	111:24+	116:32+	123:14+	135:30+	137:32+	138:18+	139:24+
07:46+	07:44+	15:53+	01:22+	14:03+	01:09+	01:46+																

Plass	Navn	Klasse										Tid																			
Beste strekktid for klassen																															
	04:51	01:02	03:25	00:56	06:20	00:23	00:55	02:02	02:19	01:14	03:23	00:29	01:59	05:27	02:10	00:42	07:39	01:43	02:28	05:35	00:45	00:23	00:55								
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																															
H 35-																															
1	Teemu Laasanen										1397										56:00										
	03:38=	04:12=	05:17=	08:55=	09:39=	14:31=	16:32=	17:35=	27:10=	27:47=	34:17=	37:46=	38:28=	49:41=	50:22=	52:51=	54:29=	54:58=	56:00=												
	03:38=	00:34=	01:05=	03:38=	00:44=	04:52=	02:01=	01:03=	09:35=	00:37=	06:30=	03:29=	00:42=	11:13=	00:41=	02:29=	01:38=	00:29=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Petri Kuva										1397										1:12:18										
	04:38+	05:23+	06:51+	11:48+	12:40+	19:06+	21:24+	22:53+	35:33+	36:12+	44:43+	48:33+	49:22+	65:40+	66:24+	69:09+	70:36+	71:09+	72:18+												
	04:38+	00:45+	01:28+	04:57+	00:52+	06:26+	02:18+	01:29+	12:40+	00:39+	08:31+	03:50+	00:49+	16:18+	00:44+	02:45+	01:27=	00:33+	01:09+												
	01:00&	00:11&	00:23&	01:19&	00:08#	01:34&	00:17#	00:26&	03:05&	00:02+	02:01&	00:21#	00:07#	05:05&	00:03+	00:16#	00:11=	00:04#	00:07#												
3	Knut Øyvind Johansen										35										1:13:35										
	04:34+	05:16+	06:53+	13:00+	13:49+	20:47+	23:00+	24:42+	37:35+	38:12+	46:32+	50:15+	51:09+	66:42+	67:25+	70:06+	71:55+	72:30+	73:35+												
	04:34+	00:42+	01:37+	06:07+	00:49+	06:58+	02:13+	01:42+	12:53+	00:37=	08:20+	03:43+	00:54+	15:33+	00:43+	02:41+	01:49+	00:35+	01:05+												
	00:56&	00:08#	00:32&	02:29&	00:05#	02:06&	00:12+	00:39&	03:18&	00:00=	01:50&	00:14+	00:12&	04:20&	00:02+	00:12+	00:11#	00:06#	00:03+												
4	Juha Vierinen										146										1:16:11										
	04:40+	05:35+	07:30+	12:28+	13:30+	20:02+	22:33+	23:53+	37:27+	38:10+	47:24+	50:59+	51:46+	66:58+	67:55+	70:45+	73:49+	74:36+	76:11+												
	04:40+	00:55+	01:55+	04:58+	01:02+	06:32+	02:31+	01:20+	13:34+	00:43+	09:14+	03:35+	00:47+	15:12+	00:57+	02:50+	03:04+	00:47+	01:35+												
	01:02&	00:21&	00:50&	01:20&	00:18&	01:40&	00:30#	00:17&	03:59&	00:06#	02:44&	00:06+	00:05#	03:59&	00:16&	00:21#	01:26&	00:18&	00:33&												
Beste strekktid for klassen																															
	03:38	00:34	01:05	03:38	00:44	04:52	02:01	01:03	09:35	00:37	06:30	03:29	00:42	11:13	00:41	02:29	01:27	00:29	01:02												
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																															
H 40-																															
1	Nick Barrable										663										43:24										
	06:02=	07:16=	11:02=	11:50=	19:36=	20:55=	22:22=	25:08=	25:42=	37:36=	39:37=	41:16=	41:51=	42:20=	43:24=																
	06:02=	01:14=	03:46=	00:48=	07:46=	01:19=	01:27=	02:46=	00:34=	11:54=	02:01=	01:39=	00:35=	00:29=	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=	00:00=	00:00=															
2	Finn Terje Uberg										189										47:21										
	06:05+	07:37+	11:36+	12:33+	21:06+	22:29+	24:01+	26:59+	27:37+	40:32+	43:18+	45:07+	45:39+	46:14+	47:21+																
	06:05+	01:32+	03:59+	00:57+	08:33+	01:23+	01:32+	02:58+	00:38+	12:55+	02:46+	01:49+	00:32=	00:35+	01:07+																
	00:03+	00:18#	00:13+	00:09#	00:47#	00:04+	00:05+	00:12+	00:04#	01:01+	00:45&	00:10#	00:03=	00:06#	00:03+																
3	Sami Levijoki										1057										51:17										
	06:18+	07:42+	13:41+	14:30+	24:17+	25:55+	27:31+	30:56+	31:36+	44:53+	47:10+	48:53+	49:30+	50:01+	51:17+																
	06:18+	01:24+	05:59+	00:49+	09:47+	01:38+	01:36+	03:25+	00:40+	13:17+	02:17+	01:43+	00:37+	00:31+	01:16+																
	00:16+	00:10#	02:13&	00:01+	02:01&	00:19#	00:09#	00:39#	00:06#	01:23#	00:16#	00:04+	00:02+	00:02+	00:12#																
4	Amund Beitnes										649										51:25										
	06:57+	08:32+	13:09+	14:09+	24:00+	25:34+	27:06+	30:29+	31:08+	45:01+	47:23+	49:07+	49:42+	50:15+	51:25+																
	06:57+	01:35+	04:37+	01:00+	09:51+	01:34+	01:32+	03:23+	00:39+	13:53+	02:22+	01:44+	00:35=	00:33+	01:10+																
	00:55#	00:21&	00:51#	00:12#	02:05&	00:15#	00:05+	00:37#	00:05#	01:59#	00:21#	00:05+	00:00=	00:04#	00:06+																
5	Even Angell-Petersen										245										51:55										
	06:48+	08:20+	12:50+	13:53+	23:36+	25:03+	26:21+	29:52+	30:29+	45:07+	47:22+	48:54+	50:12+	50:42+	51:55+																
	06:48+	01:32+	04:30+	01:03+	09:43+	01:27+	01:18=	03:31+	00:37+	14:38+	02:15+	01:32=	01:18+	00:30+	01:13+																
	00:46#	00:18#	00:44#	00:15&	01:57&	00:08#	00:09=	00:45&	00:03+	02:44#	00:14#	00:07=	00:43@	00:01+	00:09#																
6	Atle Pedersen										80										54:08										
	07:44+	09:25+	14:15+	15:20+	25:19+	27:09+	28:47+	32:11+	32:47+	47:07+	49:44+	51:49+	52:34+	53:04+	54:08+																
	07:44+	01:41+	04:50+	01:05+	09:59+	01:50+	01:38+	03:24+	00:36+	14:20+	02:37+	02:05+	00:45+	00:30+	01:04=																
	01:42&	00:27&	01:04&	00:17&	02:13&	00:31&	00:11#	00:38#	00:02+	02:26#	00:36&	00:26&	00:10&	00:01+	00:00=																
7	Ottar K Kvaal										334										54:48										
	06:38+	08:12+	13:08+	14:09+	25:25+	26:53+	28:26+	31:37+	32:16+	47:35+	49:55+	51:41+	53:06+	53:40+	54:48+																
	06:38+	01:34+	04:56+	01:01+	11:16+	01:28+	01:33+	03:11+	00:39+	15:19+	02:20+	01:46+	01:25+	00:34+	01:08+																
	00:36+	00:20&	01:10&	00:13&	03:30&	00:09#	00:06+	00:25#	00:05#	03:25&	00:19#	00:07+	00:50@	00:05#	00:04+																

Plass	Navn										Klasse										Tid										
8	Juha Rantala										655										56:14										
	07:45+	09:17+	14:12+	15:23+	25:17+	27:29+	29:07+	33:30+	34:14+	49:02+	51:32+	53:40+	54:21+	54:55+	56:14+																
	07:45+	01:32+	04:55+	01:11+	09:54+	02:12+	01:38+	04:23+	00:44+	14:48+	02:30+	02:08+	00:41+	00:34+	01:19+																
	01:43&	00:18#	01:09&	00:23&	02:08&	00:53&	00:11#	01:37&	00:10&	02:54#	00:29#	00:29&	00:06#	00:05#	00:15#																
9	Trond Døskeland										69										57:17										
	07:57+	09:34+	14:46+	15:54+	27:04+	28:50+	30:51+	34:27+	35:08+	50:10+	52:46+	54:40+	55:26+	55:59+	57:17+																
	07:57+	01:37+	05:12+	01:08+	11:10+	01:46+	02:01+	03:36+	00:41+	15:02+	02:36+	01:54+	00:46+	00:33+	01:18+																
	01:55&	00:23&	01:26&	00:20&	03:24&	00:27&	00:34&	00:50&	00:07#	03:08&	00:35&	00:15#	00:11&	00:04#	00:14#																
10	Miko Saarilaakso										1403										57:40										
	06:57+	08:37+	16:39+	17:36+	27:20+	29:00+	30:57+	34:35+	35:12+	50:07+	52:31+	54:54+	55:32+	56:11+	57:40+																
	06:57+	01:40+	08:02+	00:57+	09:44+	01:40+	01:57+	03:38+	00:37+	14:55+	02:24+	02:23+	00:38+	00:39+	01:29+																
	00:55#	00:26&	04:16@	00:09#	01:58&	00:21&	00:30&	00:52&	00:03+	03:01&	00:23#	00:44&	00:03+	00:10&	00:25&																
11	Henning Spjelkavik										163										57:52										
	06:52+	08:19+	13:00+	13:57+	23:47+	25:25+	27:25+	31:13+	31:55+	49:55+	52:58+	55:00+	55:45+	56:25+	57:52+																
	06:52+	01:27+	04:41+	00:57+	09:50+	01:38+	02:00+	03:48+	00:42+	18:00+	03:03+	02:02+	00:45+	00:40+	01:27+																
	00:50#	00:13#	00:55#	00:09#	02:04&	00:19#	00:33&	01:02&	00:08#	06:06&	01:02&	00:23#	00:10&	00:11&	00:23&																
12	Jyri Myllymäki										759										1:07:55										
	11:07+	13:21+	19:59+	21:16+	33:27+	35:28+	37:20+	41:33+	42:15+	59:59+	62:56+	64:57+	65:45+	66:25+	67:55+																
	11:07+	02:14+	06:38+	01:17+	12:11+	02:01+	01:52+	04:13+	00:42+	17:44+	02:57+	02:01+	00:48+	00:40+	01:30+																
	05:05&	01:00&	02:52&	00:29&	04:25&	00:42&	00:25&	01:27&	00:08#	05:50&	00:56&	00:22#	00:13&	00:11&	00:26&																
13	Gennady Bogopolskiy										927										1:08:43										
	13:22+	14:43+	19:16+	20:57+	38:14+	40:05+	41:58+	45:47+	46:41+	61:50+	64:19+	66:24+	67:01+	67:32+	68:43+																
	13:22+	01:21+	04:33+	01:41+	17:17+	01:51+	01:53+	03:49+	00:54+	15:09+	02:29+	02:05+	00:37+	00:31+	01:11+																
	07:20@	00:07+	00:47#	00:53@	09:31@	00:32&	00:26&	01:03&	00:20&	03:15&	00:28#	00:26&	00:02+	00:02+	00:07#																
14	Anders Kristoffersson										1310										1:10:40										
	10:20+	13:05+	18:53+	20:06+	30:25+	35:35+	37:37+	41:59+	42:46+	43:23+	61:03+	63:38+	68:16+	68:56+	69:31+	70:40+															
	10:20+	02:45+	05:48+	01:13+	10:19+	05:10+	02:02+	04:22+	00:47+	00:37-	17:40+	02:35+	04:38+	00:40+	00:35-	01:09+															
	04:18&	01:31@	02:02&	00:25&	02:33&	03:51@	00:35&	01:36&	00:13&	11:17-	15:39@	00:56&	04:03@	00:11&	00:29-	01:09+															
15	Tomi Rinne										1404										1:21:26										
	18:54+	20:22+	24:55+	25:45+	34:31+	39:38+	41:14+	45:06+	45:45+	71:23+	73:50+	78:32+	79:21+	80:02+	81:26+																
	18:54+	01:28+	04:33+	00:50+	08:46+	05:07+	01:36+	03:52+	00:39+	25:38+	02:27+	04:42+	00:49+	00:41+	01:24+																
	12:52@	00:14#	00:47#	00:02+	01:00#	03:48@	00:09#	01:06&	00:05#	13:44@	00:26#	03:03@	00:14&	00:12&	00:20&																
16	Anthony Covey-Crump										1395										1:32:58										
	11:05+	13:15+	21:31+	22:59+	39:29+	42:16+	45:03+	50:14+	51:35+	81:11+	85:36+	88:54+	90:19+	91:11+	92:58+																
	11:05+	02:10+	08:16+	01:28+	16:30+	02:47+	02:47+	05:11+	01:21+	29:36+	04:25+	03:18+	01:25+	00:52+	01:47+																
	05:03&	00:56&	04:30@	00:40&	08:44@	01:28@	01:20&	02:25&	00:47@	17:42@	02:24@	01:39&	00:50@	00:23&	00:43&																
Beste strekketid for klassen																															
	06:02	01:14	03:46	00:48	07:46	01:19	01:18	02:46	00:34	00:37	02:01	01:32	00:32	00:29	00:35																
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																															
H 45-																															
1	Thomas Frost										21										43:24										
	02:23=	03:11=	09:10=	10:29=	14:05=	14:45=	21:23=	22:02=	25:39=	26:14=	36:09=	37:35=	40:27=	41:54=	42:21=	43:24=															
	02:23=	00:48=	05:59=	01:19=	03:36=	00:40=	06:38=	00:39=	03:37=	00:35=	09:55=	01:26=	02:52=	01:27=	00:27=	01:03=															
	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	Leiv-Terje Arnevik										341										45:55										
	02:22-	03:11=	10:12+	12:02+	17:56+	18:33+	24:47+	25:21+	29:07+	29:41+	38:23+	39:42+	42:25+	44:28+	44:55+	45:55+															
	02:22-	00:49+	07:01+	01:50+	05:54+	00:37-	06:14-	00:34-	03:46+	00:34-	08:42-	01:19-	02:43-	02:03+	00:27=	01:00-															
	00:01-	00:01+	01:02#	00:31&	02:18&	00:03-	00:24-	00:05-	00:09+	00:01-	01:13-	00:07-	00:09-	00:36&	00:00=	00:03-															
3	Jesper David Jensen										434										50:30										
	02:33+	03:20+	13:30+	14:53+	18:38+	19:21+	26:39+	27:19+	31:26+	32:05+	42:22+	44:02+	47:06+	48:48+	49:20+	50:30+															
	02:33+	00:47-	10:10+	01:23+	03:45+	00:43+	07:18+	00:40+	04:07+	00:39+	10:17+	01:40+	03:04+	01:42+	00:32+	01:10+															
	00:10+	00:01-	04:11&	00:04+	00:09+	00:03+	00:40+	00:01+	00:30#	00:04#	00:22+	00:14#	00:12+	00:15#	00:05#	00:07#															
4	Roar Reiten										67										57:37										
	03:03+	04:01+	11:59+	13:54+	18:51+	19:47+	28:58+	29:53+	34:46+	35:28+	47:32+	49:33+	53:44+	55:41+	56:19+	57:37+															
	03:03+	00:58+	07:58+	01:55+	04:57+	00:56+	09:11+	00:55+	04:53+	00:42+	12:04+	02:01+	04:11+	01:57+	00:38+	01:18+															
	00:40&	00:10#	01:59&	00:36&	01:21&	00:16&	02:33&	00:16&	01:16&	00:07#	02:09#	00:35&	01:19&	00:30&	00:11&	00:15#															

Plass	Navn				Klasse				Tid			
5	Tero Taulavuori				1396				59:17			
02:57+	03:54+	11:54+	13:31+	17:56+	18:45+	27:21+	28:08+	32:38+	33:20+	50:48+	52:27+	56:02+
02:57+	00:57+	08:00+	01:37+	04:25+	00:49+	08:36+	00:47+	04:30+	00:42+	17:28+	01:39+	03:35+
00:34#	00:09#	02:01&	00:18#	00:49#	00:09#	01:58&	00:08#	00:53#	00:07#	07:33&	00:13#	00:43#
6	Øystein Rapp				281				1:01:24			
03:20+	04:34+	13:35+	15:33+	20:47+	21:51+	31:11+	32:02+	37:02+	37:36+	50:52+	53:08+	57:11+
03:20+	01:14+	09:01+	01:58+	05:14+	01:04+	09:20+	00:51+	05:00+	00:34-	13:16+	02:16+	04:03+
00:57&	00:26&	03:02&	00:39&	01:38&	00:24&	02:42&	00:12&	01:23&	00:01-	03:21&	00:50&	01:11&
7	Espen Svae				305				1:03:00			
03:11+	04:15+	13:08+	15:04+	20:09+	21:12+	30:53+	31:49+	37:00+	37:55+	52:25+	54:35+	58:31+
03:11+	01:04+	08:53+	01:56+	05:05+	01:03+	09:41+	00:56+	05:11+	00:55+	14:30+	02:10+	03:56+
00:48&	00:16&	02:54&	00:37&	01:29&	00:23&	03:03&	00:17&	01:34&	00:20&	04:35&	00:44&	01:04&
8	Bjørnar Ødegårdstuen				21				1:09:33			
03:21+	04:18+	18:10+	20:10+	25:39+	26:40+	35:53+	37:20+	42:44+	43:28+	58:37+	61:11+	65:34+
03:21+	00:57+	13:52+	02:00+	05:29+	01:01+	09:13+	01:27+	05:24+	00:44+	15:09+	02:34+	04:23+
00:58&	00:09#	07:53@	00:41&	01:53&	00:21&	02:35&	00:48@	01:47&	00:09&	05:14&	01:08&	01:31&
9	Dag Marcussen				106				1:16:35			
03:31+	04:45+	15:05+	18:15+	23:49+	24:45+	35:52+	36:48+	43:50+	44:45+	62:56+	65:25+	69:40+
03:31+	01:14+	10:20+	03:10+	05:34+	00:56+	11:07+	00:56+	07:02+	00:55+	18:11+	02:29+	04:15+
01:08&	00:26&	04:21&	01:51@	01:58&	00:16&	04:29&	00:17&	03:25&	00:20&	08:16&	01:03&	01:23&
10	Thomas Åman				1413				1:17:32			
03:46+	04:57+	17:02+	20:17+	27:00+	27:59+	40:53+	42:04+	48:12+	49:01+	66:30+	68:43+	73:20+
03:46+	01:11+	12:05+	03:15+	06:43+	00:59+	12:54+	01:11+	06:08+	00:49+	17:29+	02:13+	04:37+
01:23&	00:23&	06:06@	01:56@	03:07&	00:19&	06:16&	00:32&	02:31&	00:14&	07:34&	00:47&	01:45&
11	Juha Kultima				1399				1:18:45			
03:44+	04:58+	16:20+	18:41+	25:05+	31:08+	43:13+	44:14+	50:01+	50:43+	66:45+	69:39+	74:34+
03:44+	01:14+	11:22+	02:21+	06:24+	06:03+	12:05+	01:01+	05:47+	00:42+	16:02+	02:54+	04:55+
01:21&	00:26&	05:23&	01:02&	02:48&	05:23@	05:27&	00:22&	02:10&	00:07#	06:07&	01:28@	02:03&
12	Roar Myhre				189				1:39:14			
03:45+	05:01+	16:04+	27:59+	34:26+	35:34+	46:27+	47:29+	65:38+	66:32+	86:15+	89:02+	94:07+
03:45+	01:16+	11:03+	11:55+	06:27+	01:08+	10:53+	01:02+	18:09+	00:54+	19:43+	02:47+	05:05+
01:22&	00:28&	05:04&	10:36@	02:51&	00:28&	04:15&	00:23&	14:32@	00:19&	09:48&	01:21&	02:13&
Beste strekktid for klassen												
02:22	00:47	05:59	01:19	03:36	00:37	06:14	00:34	03:37	00:34	08:42	01:19	02:43
01:27	00:27	01:00	00:10	00:15	00:10	00:15	00:10	00:15	00:10	00:15	00:10	00:15
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H 50-												
1	Fred-Arne Sivertsen				189				46:11			
03:25=	04:55=	08:42=	09:34=	11:22=	12:46=	20:19=	21:05=	26:24=	27:05=	39:28=	42:43=	44:06=
03:25=	01:30=	03:47=	00:52=	01:48=	01:24=	07:33=	00:46=	05:19=	00:41=	12:23=	03:15=	01:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Axel Juell Theisen				218				46:53			
03:05-	04:22-	08:23-	09:07-	11:04-	11:57-	20:15-	20:58-	25:52-	26:41-	40:25+	43:27+	44:49+
03:05-	01:17-	04:01+	00:44-	01:57+	00:53-	08:18+	00:43-	04:54-	00:49+	13:44+	03:02-	01:22-
00:20-	00:13-	00:14+	00:08-	00:09+	00:31-	00:45+	00:03-	00:25-	00:08#	01:21#	00:13-	00:01-
3	Jim Olaussen				101				47:13			
02:56-	04:05-	07:35-	08:27-	10:16-	10:58-	18:12-	19:00-	23:47-	24:21-	39:47+	44:02+	45:14+
02:56-	01:09-	03:30-	00:52-	01:49+	00:42-	07:14-	00:48+	04:47-	00:34-	15:26+	04:15+	01:12-
00:29-	00:21-	00:17-	00:00=	00:01+	00:42-	00:19-	00:02+	00:32-	00:07-	03:03#	01:00&	00:11-
4	Hannu Lauri				655				47:40			
02:58-	04:12-	08:08-	08:52-	13:38+	14:27+	22:29+	23:15+	27:58+	28:44+	40:57+	44:08+	45:20+
02:58-	01:14-	03:56+	00:44-	04:46+	00:49-	08:02+	00:46=	04:43-	00:46+	12:13-	03:11-	01:12-
00:27-	00:16-	00:09+	00:08-	02:58@	00:35-	00:29+	00:00=	00:36-	00:05#	00:10-	00:04-	00:11-
5	Fred Arne Jacobsen				35				47:56			
03:13-	04:25-	08:56+	09:38+	12:59+	13:45+	21:45+	22:36+	27:08+	27:52+	39:37+	44:12+	45:31+
03:13-	01:12-	04:31+	00:42-	03:21+	00:46-	08:00+	00:51+	04:32-	00:44+	11:45-	04:35+	01:19-
00:12-	00:18-	00:44#	00:10-	01:33&	00:38-	00:27+	00:05#	00:47-	00:03+	00:38-	01:20&	00:04-

Plass	Navn					Klasse					Tid				
6	Lars Lundkvist					750					50:00				
03:36+	05:12+	09:47+	10:30+	12:32+	13:23+	22:08+	22:52+	27:32+	28:14+	42:26+	46:19+	47:36+	48:39+	50:00+	
03:36+	01:36+	04:35+	00:43-	02:02+	00:51-	08:45+	00:44-	04:40-	00:42+	14:12+	03:53+	01:17-	01:03+	01:21+	
00:11+	00:06+	00:48#	00:09-	00:14#	00:33-	01:12#	00:02-	00:39-	00:01+	01:49#	00:38#	00:06-	00:07#	00:12#	
7	Magnus Karlsson					585					50:06				
03:06-	04:32-	08:50+	09:37+	11:25+	12:15-	20:47+	21:34+	25:59-	26:47-	41:47+	45:42+	47:46+	48:48+	50:06+	
03:06-	01:26-	04:18+	00:47-	01:48=	00:50-	08:32+	00:47+	04:25-	00:48+	15:00+	03:55+	02:04+	01:02+	01:18+	
00:19-	00:04-	00:31#	00:05-	00:00=	00:34-	00:59#	00:01+	00:54-	00:07#	02:37#	00:40#	00:41&	00:06#	00:09#	
8	Hans-Martin Vaeng					345					51:08				
03:19-	04:54-	09:14+	10:14+	12:31+	13:27+	22:15+	23:05+	27:34+	28:25+	42:39+	46:22+	48:59+	49:59+	51:08+	
03:19-	01:35+	04:20+	01:00+	02:17+	00:56-	08:48+	00:50+	04:29-	00:51+	14:14+	03:43+	02:37+	01:00+	01:09=	
00:06-	00:05+	00:33#	00:08#	00:29&	00:28-	01:15#	00:04+	00:50-	00:10#	01:51#	00:28#	01:14&	00:04+	00:00=	
9	Jussi Borgenström					1168					51:48				
03:10-	04:33-	08:51+	09:35+	11:22=	12:12-	20:30+	21:21+	26:35+	27:12+	43:39+	47:27+	49:12+	50:25+	51:48+	
03:10-	01:23-	04:18+	00:44-	01:47-	00:50-	08:18+	00:51+	05:14-	00:37-	16:27+	03:48+	01:45+	01:13+	01:23+	
00:15-	00:07-	00:31#	00:08-	00:01-	00:34-	00:45+	00:05#	00:05-	00:04-	04:04&	00:33#	00:22&	00:17&	00:14#	
10	Håkon Brynjulfsen					254					51:52				
03:09-	04:47-	08:58+	09:43+	11:45+	12:36-	21:03+	24:07+	30:20+	31:08+	44:29+	48:12+	49:27+	50:35+	51:52+	
03:09-	01:38+	04:11+	00:45-	02:02+	00:51-	08:27+	03:04+	06:13+	00:48+	13:21+	03:43+	01:15-	01:08+	01:17+	
00:16-	00:08+	00:24#	00:07-	00:14#	00:33-	00:54#	02:18@	00:54#	00:07#	00:58+	00:28#	00:08-	00:12#	00:08#	
11	Jens Lindström					449					53:50				
03:38+	06:46+	11:11+	12:02+	14:15+	15:05+	24:32+	25:28+	31:05+	31:51+	45:32+	50:03+	51:31+	52:40+	53:50+	
03:38+	03:08+	04:25+	00:51-	02:13+	00:50-	09:27+	00:56+	05:37+	00:46+	13:41+	04:31+	01:28+	01:09+	01:10+	
00:13+	01:38@	00:38#	00:01-	00:25#	00:34-	01:54&	00:10#	00:18+	00:05#	01:18#	01:16&	00:05+	00:13#	00:01+	
12	Jørn K Remlo					158					54:30				
03:32+	04:52-	09:12+	09:53+	14:05+	14:54+	23:19+	24:04+	28:56+	29:39+	44:10+	47:51+	52:02+	53:12+	54:30+	
03:32+	01:20-	04:20+	00:41-	04:12+	00:49-	08:25+	00:45-	04:52-	00:43+	14:31+	03:41+	04:11+	01:10+	01:18+	
00:07+	00:10-	00:33#	00:11-	02:24@	00:35-	00:52#	00:01-	00:27-	00:02+	02:08#	00:26#	02:48@	00:14#	00:09#	
13	Morten Kildebo					101					54:36				
03:22-	04:45-	09:46+	10:39+	12:42+	13:39+	23:13+	24:07+	29:25+	30:10+	45:43+	50:08+	51:56+	53:13+	54:36+	
03:22-	01:23-	05:01+	00:53+	02:03+	00:57-	09:34+	00:54+	05:18-	00:45+	15:33+	04:25+	01:48+	01:17+	01:23+	
00:03-	00:07-	01:14&	00:01+	00:15#	00:27-	02:01&	00:08#	00:01-	00:04+	03:10&	01:10&	00:25&	00:21&	00:14#	
14	Fred Inge Eilertsen					173					54:54				
03:12-	04:51-	08:31-	09:24-	11:40+	12:31-	20:52+	21:35+	26:43+	27:22+	45:07+	48:17+	52:31+	53:42+	54:54+	
03:12-	01:39+	03:40-	00:53+	02:16+	00:51-	08:21+	00:43-	05:08-	00:39-	17:45+	03:10-	04:14+	01:11+	01:12+	
00:13-	00:09#	00:07-	00:01+	00:28&	00:33-	00:48#	00:03-	00:11-	00:02-	05:22&	00:05-	02:51@	00:15&	00:03+	
15	Pål Augland					37					58:05				
03:23-	04:46-	14:44+	15:33+	18:03+	20:18+	30:59+	31:41+	35:47+	36:26+	51:11+	54:33+	55:48+	56:49+	58:05+	
03:23-	01:23-	09:58+	00:49-	02:30+	02:15+	10:41+	00:42-	04:06-	00:39-	14:45+	03:22+	01:15-	01:01+	01:16+	
00:02-	00:07-	06:11@	00:03-	00:42&	00:51&	03:08&	00:04-	01:13-	00:02-	02:22#	00:07+	00:08-	00:05+	00:07#	
16	Frode Ødegårdstuen					309					58:45				
03:00-	04:12-	08:13-	09:03-	11:10-	17:32+	26:46+	27:37+	32:33+	33:15+	50:21+	54:57+	56:13+	57:27+	58:45+	
03:00-	01:12-	04:01+	00:50-	02:07+	06:22+	09:14+	00:51+	04:56-	00:42+	17:06+	04:36+	01:16-	01:14+	01:18+	
00:25-	00:18-	00:14+	00:02-	00:19#	04:58@	01:41#	00:05#	00:23-	00:01+	04:43&	01:21&	00:07-	00:18&	00:09#	
17	Helge Graffer					285					58:51				
04:37+	06:05+	12:25+	13:34+	16:10+	17:18+	27:07+	28:03+	33:47+	34:35+	51:07+	54:37+	56:05+	57:29+	58:51+	
04:37+	01:28-	06:20+	01:09+	02:36+	01:08-	09:49+	00:56+	05:44+	00:48+	16:32+	03:30+	01:28+	01:24+	01:22+	
01:12&	00:02-	02:33&	00:17&	00:48&	00:16-	02:16&	00:10#	00:25+	00:07#	04:09&	00:15+	00:05+	00:28&	00:13#	
18	Petri Keskitalo					655					59:24				
04:13+	05:49+	11:40+	12:41+	15:16+	16:23+	25:56+	26:47+	33:15+	34:07+	50:51+	55:10+	56:47+	58:09+	59:24+	
04:13+	01:36+	05:51+	01:01+	02:35+	01:07-	09:33+	00:51+	06:28+	00:52+	16:44+	04:19+	01:37+	01:22+	01:15+	
00:48#	00:06+	02:04&	00:09#	00:47&	00:17-	02:00&	00:05#	01:09#	00:11&	04:21&	01:04&	00:14#	00:26&	00:06+	
19	Roar Pedersen					268					1:01:11				
03:36+	05:18+	10:18+	11:09+	13:27+	14:22+	24:54+	25:44+	32:23+	33:16+	52:13+	56:38+	58:17+	59:38+	61:11+	
03:36+	01:42+	05:00+	00:51-	02:18+	00:55-	10:32+	00:50+	06:39+	00:53+	18:57+	04:25+	01:39+	01:21+	01:33+	
00:11+	00:12#	01:13&	00:01-	00:30&	00:29-	02:59&	00:04+	01:20&	00:12&	06:34&	01:10&	00:16#	00:25&	00:24&	
20	Pål Bårdsen					324					1:01:13				
03:48+	05:26+	10:40+	11:55+	14:31+	16:06+	27:00+	27:48+	33:42+	34:29+	52:18+	56:37+	58:28+	59:48+	61:13+	
03:48+	01:38+	05:14+	01:15+	02:36+	01:35+	10:54+	00:48+	05:54+	00:47+	17:49+	04:19+	01:51+	01:20+	01:25+	
00:23#	00:08+	01:27&	00:23&	00:48&	00:11#	03:21&	00:02+	00:35#	00:06#	05:26&	01:04&	00:28&	00:24&	00:16#	

Plass	Navn					Klasse					Tid				
21	Damian Tanner					1146					1:01:19				
03:56+	05:26+	12:33+	13:26+	15:40+	16:44+	27:03+	27:59+	33:27+	34:19+	52:18+	56:54+	58:23+	59:53+	61:19+	
03:56+	01:30=	07:07+	00:53+	02:14+	01:04-	10:19+	00:56+	05:28+	00:52+	17:59+	04:36+	01:29+	01:30+	01:26+	
00:31#	00:00=	03:20&	00:01+	00:26#	00:20-	02:46&	00:10#	00:09+	00:11&	05:36&	01:21&	00:06+	00:34&	00:17#	
22	Are Njåstein					163					1:07:16				
03:40+	05:11+	11:00+	12:01+	14:59+	18:12+	28:33+	29:41+	35:50+	37:20+	57:58+	62:17+	64:12+	66:00+	67:16+	
03:40+	01:31+	05:49+	01:01+	02:58+	03:13+	10:21+	01:08+	06:09+	01:30+	20:38+	04:19+	01:55+	01:48+	01:16+	
00:15+	00:01+	02:02&	00:09#	01:10&	01:49@	02:48&	00:22&	00:50#	00:49@	08:15&	01:04&	00:32&	00:52&	00:07#	
23	Fritz Rothacher					1393					1:13:50				
04:13+	06:06+	12:54+	13:54+	16:53+	17:58+	30:54+	31:53+	39:23+	40:40+	62:38+	68:27+	70:05+	71:44+	73:50+	
04:13+	01:53+	06:48+	01:00+	02:59+	01:05-	12:56+	00:59+	07:30+	01:17+	21:58+	05:49+	01:38+	01:39+	02:06+	
00:48#	00:23&	03:01&	00:08#	01:11&	00:19-	05:23&	00:13&	02:11&	00:36&	09:35&	02:34&	00:15#	00:43&	00:57&	
24	Martin Frischknecht					21					1:17:06				
05:00+	07:06+	14:57+	15:58+	18:46+	20:18+	35:23+	36:29+	43:39+	44:27+	65:08+	70:14+	74:00+	75:36+	77:06+	
05:00+	02:06+	07:51+	01:01+	02:48+	01:32+	15:05+	01:06+	07:10+	00:48+	20:41+	05:06+	03:46+	01:36+	01:30+	
01:35&	00:36&	04:04@	00:09#	01:00&	00:08+	07:32&	00:20&	01:51&	00:07#	08:18&	01:51&	02:23@	00:40&	00:21&	
25	Heinz Weber					1146					1:20:05				
04:25+	06:19+	13:10+	14:07+	16:34+	19:46+	30:35+	32:33+	37:47+	39:26+	69:29+	74:27+	76:29+	78:11+	80:05+	
04:25+	01:54+	06:51+	00:57+	02:27+	03:12+	10:49+	01:58+	05:14-	01:39+	30:03+	04:58+	02:02+	01:42+	01:54+	
01:00&	00:24&	03:04&	00:05+	00:39&	01:48@	03:16&	01:12@	00:05-	00:58@	17:40@	01:43&	00:39&	00:46&	00:45&	
26	Torkjel Nesheim					163					1:29:16				
09:56+	11:34+	17:06+	18:05+	20:44+	23:44+	37:26+	48:04+	49:12+	54:34+	56:14+	80:03+	84:49+	86:36+	88:05+	89:16+
09:56+	01:38+	05:32+	00:59+	02:39+	03:00+	13:42+	10:38+	01:08-	05:22+	01:40-	23:49+	04:46+	01:47+	01:29+	01:11+
06:31@	00:08+	01:45&	00:07#	00:51&	01:36@	06:09&	09:52@	04:11-	04:41@	10:43-	20:34@	03:23@	00:51&	00:20&	01:11+
Beste strekktid for klassen															
02:56	01:09	03:30	00:41	01:47	00:42	07:14	00:42	01:08	00:34	01:40	03:02	01:12	00:56	01:03	

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

H 55-

1	Stefan Lund												403												39:38																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
03:54=	04:33=	05:53=	11:57=	13:59=	20:34=	21:41=	32:18=	33:02=	36:12=	37:57=	38:30=	39:38=																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																						

Plass	Navn					Klasse					Tid				
8	Knut Wiig Mathisen					278					43:56				
04:04+	04:42+	06:13+	12:28+	16:43+	23:09+	24:09+	36:20+	36:57+	40:22+	42:01+	42:35+	43:56+			
04:04+	00:38-	01:31+	06:15+	04:15+	06:26-	01:00-	12:11+	00:37-	03:25+	01:39-	00:34+	01:21+			
00:10+	00:01-	00:11#	00:11+	02:13@	00:09-	00:07-	01:34#	00:07-	00:15+	00:06-	00:01+	00:13#			
9	Richard Zeiner-Gundersen					80					45:35				
04:29+	05:08+	06:42+	14:13+	16:36+	23:17+	24:33+	36:59+	37:38+	41:36+	43:40+	44:17+	45:35+			
04:29+	00:39=	01:34+	07:31+	02:23+	06:41+	01:16+	12:26+	00:39-	03:58+	02:04+	00:37+	01:18+			
00:35#	00:00=	00:14#	01:27#	00:21#	00:06+	00:09#	01:49#	00:05-	00:48&	00:19#	00:04#	00:10#			
10	Hallvard Berg					163					45:49				
04:34+	05:13+	07:00+	13:20+	16:23+	22:46+	23:59+	35:40+	36:18+	39:51+	43:55+	44:33+	45:49+			
04:34+	00:39=	01:47+	06:20+	03:03+	06:23-	01:13+	11:41+	00:38-	03:33+	04:04+	00:38+	01:16+			
00:40#	00:00=	00:27&	00:16+	01:01&	00:12-	00:06+	01:04#	00:06-	00:23#	02:19@	00:05#	00:08#			
11	Kristen Ribe					189					46:21				
04:29+	05:11+	06:37+	13:42+	16:14+	23:14+	24:44+	37:34+	38:17+	42:18+	44:17+	44:54+	46:21+			
04:29+	00:42+	01:26+	07:05+	02:32+	07:00+	01:30+	12:50+	00:43-	04:01+	01:59+	00:37+	01:27+			
00:35#	00:03+	00:06+	01:01#	00:30#	00:25+	00:23&	02:13#	00:01-	00:51&	00:14#	00:04#	00:19&			
12	Leif Kåre Besseberg					64					47:29				
05:23+	06:06+	07:43+	14:31+	17:02+	24:56+	26:04+	37:52+	38:26+	42:42+	45:31+	46:06+	47:29+			
05:23+	00:43+	01:37+	06:48+	02:31+	07:54+	01:08+	11:48+	00:34-	04:16+	02:49+	00:35+	01:23+			
01:29&	00:04#	00:17#	00:44#	00:29#	01:19#	00:01+	01:11#	00:10-	01:06&	01:04&	00:02+	00:15#			
13	Kristian Kalager					26					50:52				
05:40+	06:25+	08:01+	16:16+	18:56+	27:15+	28:20+	41:58+	42:39+	46:50+	48:56+	49:30+	50:52+			
05:40+	00:45+	01:36+	08:15+	02:40+	08:19+	01:05-	13:38+	00:41-	04:11+	02:06+	00:34+	01:22+			
01:46&	00:06#	00:16#	02:11&	00:38&	01:44&	00:02-	03:01&	00:03-	01:01&	00:21#	00:01+	00:14#			
14	Mika Ruuhiala					701					51:07				
04:55+	05:28+	07:06+	14:40+	17:16+	25:10+	26:31+	40:51+	41:37+	45:58+	48:26+	49:21+	51:07+			
04:55+	00:33-	01:38+	07:34+	02:36+	07:54+	01:21+	14:20+	00:46+	04:21+	02:28+	00:55+	01:46+			
01:01&	00:06-	00:18#	01:30#	00:34&	01:19#	00:14#	03:43&	00:02+	01:11&	00:43&	00:22&	00:38&			
15	Arild Ingdal					218					52:59				
04:53+	05:40+	07:17+	14:58+	17:33+	23:59+	25:18+	40:42+	41:25+	49:15+	51:01+	51:34+	52:59+			
04:53+	00:47+	01:37+	07:41+	02:35+	06:26-	01:19+	15:24+	00:43-	07:50+	01:46+	00:33=	01:25+			
00:59&	00:08#	00:17#	01:37&	00:33&	00:09-	00:12#	04:47&	00:01-	04:40@	00:01+	00:00=	00:17#			
16	Morten Karlsen					227					56:18				
05:57+	06:47+	08:40+	17:07+	20:12+	30:01+	31:26+	45:56+	46:47+	51:12+	53:43+	54:25+	56:18+			
05:57+	00:50+	01:53+	08:27+	03:05+	09:49+	01:25+	14:30+	00:51+	04:25+	02:31+	00:42+	01:53+			
02:03&	00:11&	00:33&	02:23&	01:03&	03:14&	00:18&	03:53&	00:07#	01:15&	00:46&	00:09&	00:45&			
17	Arne Klintberg					1031					56:32				
05:12+	05:57+	08:12+	16:07+	18:54+	29:23+	30:48+	45:25+	46:13+	50:25+	54:13+	54:57+	56:32+			
05:12+	00:45+	02:15+	07:55+	02:47+	10:29+	01:25+	14:37+	00:48+	04:12+	03:48+	00:44+	01:35+			
01:18&	00:06#	00:55&	01:51&	00:45&	03:54&	00:18&	04:00&	00:04+	01:02&	02:03@	00:11&	00:27&			
18	Even Woldstad Hanssen					64					56:57				
05:29+	06:28+	08:29+	17:42+	20:51+	28:08+	29:55+	47:06+	47:51+	52:19+	54:54+	55:31+	56:57+			
05:29+	00:59+	02:01+	09:13+	03:09+	07:17+	01:47+	17:11+	00:45+	04:28+	02:35+	00:37+	01:26+			
01:35&	00:20&	00:41&	03:09&	01:07&	00:42#	00:40&	06:34&	00:01+	01:18&	00:50&	00:04#	00:18&			
19	Pål Woldstad Hanssen					64					58:19				
06:18+	07:16+	08:52+	17:38+	22:08+	29:59+	31:36+	47:21+	48:16+	53:06+	55:52+	56:41+	58:19+			
06:18+	00:58+	01:36+	08:46+	04:30+	07:51+	01:37+	15:45+	00:55+	04:50+	02:46+	00:49+	01:38+			
02:24&	00:19&	00:16#	02:42&	02:28@	01:16#	00:30&	05:08&	00:11#	01:40&	01:01&	00:16&	00:30&			
20	Kristian Storsveen					212					1:01:25				
04:57+	05:44+	10:04+	23:40+	26:28+	35:10+	36:33+	51:47+	52:37+	56:47+	59:06+	59:51+	61:25+			
04:57+	00:47+	04:20+	13:36+	02:48+	08:42+	01:23+	15:14+	00:50+	04:10+	02:19+	00:45+	01:34+			
01:03&	00:08#	03:00@	07:32@	00:46&	02:07&	00:16#	04:37&	00:06#	01:00&	00:34&	00:12&	00:26&			
21	Øystein Dybesland					341					1:01:39				
05:32+	06:30+	08:30+	17:35+	20:58+	28:42+	30:19+	48:26+	49:19+	55:56+	58:59+	59:54+	61:39+			
05:32+	00:58+	02:00+	09:05+	03:23+	07:44+	01:37+	18:07+	00:53+	06:37+	03:03+	00:55+	01:45+			
01:38&	00:19&	00:40&	03:01&	01:21&	01:09#	00:30&	07:30&	00:09#	03:27@	01:18&	00:22&	00:37&			
22	Hansjoerg Rutz					1393					1:11:36				
05:55+	10:41+	12:32+	21:34+	24:54+	34:26+	35:56+	50:56+	51:40+	63:30+	68:55+	69:43+	71:36+			
05:55+	04:46+	01:51+	09:02+	03:20+	09:32+	01:30+	15:00+	00:44=	11:50+	05:25+	00:48+	01:53+			
02:01&	04:07@	00:31&	02:58&	01:18&	02:57&	00:23&	04:23&	00:00=	08:40@	03:40@	00:15&	00:45&			

Plass	Navn				Klasse								Tid	
23	Vincent Eijsink				402								1:12:54	
	06:22+	07:17+	09:41+	21:51+	26:52+	37:32+	39:01+	61:02+	62:36+	68:05+	70:45+	71:28+	72:54+	
	06:22+	00:55+	02:24+	12:10+	05:01+	10:40+	01:29+	22:01+	01:34+	05:29+	02:40+	00:43+	01:26+	
	02:28&	00:16&	01:04&	06:06@	02:59@	04:05&	00:22&	11:24@	00:50@	02:19&	00:55&	00:10&	00:18&	
24	Tom Rådahl				163								1:15:35	
	06:24+	07:41+	09:54+	25:16+	29:05+	39:34+	41:24+	61:19+	62:20+	68:12+	72:58+	73:45+	75:35+	
	06:24+	01:17+	02:13+	15:22+	03:49+	10:29+	01:50+	19:55+	01:01+	05:52+	04:46+	00:47+	01:50+	
	02:30&	00:38&	00:53&	09:18@	01:47&	03:54&	00:43&	09:18&	00:17&	02:42&	03:01@	00:14&	00:42&	
Beste strekketid for klassen														
	03:54	00:32	01:20	05:51	02:02	05:23	01:00	10:37	00:34	03:10	01:34	00:32	01:07	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
H 60-														
1	Svein Harald Hansen				254								40:21	
	04:25=	05:05=	06:26=	12:43=	14:57=	20:34=	21:41=	33:01=	33:38=	37:00=	38:43=	39:12=	40:21=	
	04:25=	00:40=	01:21=	06:17=	02:14=	05:37=	01:07=	11:20=	00:37=	03:22=	01:43=	00:29=	01:09=	
	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	Clas Fries				1090								41:51	
	03:39-	04:19-	05:37-	12:20-	14:37-	21:33+	22:35+	34:16+	34:52+	38:19+	40:03+	40:35+	41:51+	
	03:39-	00:40=	01:18-	06:43+	02:17+	06:56+	01:02-	11:41+	00:36-	03:27+	01:44+	00:32+	01:16+	
	00:46-	00:00=	00:03-	00:26+	00:03+	01:19#	00:05-	00:21+	00:01-	00:05+	00:01+	00:03#	00:07#	
3	Torgeir Strandhagen				297								41:55	
	03:50-	04:28-	05:47-	11:50-	14:05-	21:14+	22:20+	33:48+	34:24+	38:14+	39:59+	40:36+	41:55+	
	03:50-	00:38-	01:19-	06:03-	02:15+	07:09+	01:06-	11:28+	00:36-	03:50+	01:45+	00:37+	01:19+	
	00:35-	00:02-	00:02-	00:14-	00:01+	01:32&	00:01-	00:08+	00:01-	00:28#	00:02+	00:08&	00:10#	
4	Bjørn Alsaker				324								42:46	
	04:58+	05:38+	07:07+	13:48+	16:13+	22:37+	23:43+	35:04+	35:40+	39:11+	40:55+	41:29+	42:46+	
	04:58+	00:40=	01:29+	06:41+	02:25+	06:24+	01:06-	11:21+	00:36-	03:31+	01:44+	00:34+	01:17+	
	00:33#	00:00=	00:08+	00:24+	00:11+	00:47#	00:01-	00:01+	00:01-	00:09+	00:01+	00:05#	00:08#	
5	Morten Due				227								43:09	
	04:21-	05:03-	06:30+	12:59+	15:35+	21:24+	22:34+	35:17+	35:54+	39:39+	41:18+	41:50+	43:09+	
	04:21-	00:42+	01:27+	06:29+	02:36+	05:49+	01:10+	12:43+	00:37=	03:45+	01:39-	00:32+	01:19+	
	00:04-	00:02+	00:06+	00:12+	00:22#	00:12+	00:03+	01:23#	00:00=	00:23#	00:04-	00:03#	00:10#	
6	Morten Dåsnes				285								44:31	
	04:05-	04:42-	06:03-	12:31-	14:53-	24:24+	25:36+	37:04+	37:39+	40:47+	42:44+	43:19+	44:31+	
	04:05-	00:37-	01:21=	06:28+	02:22+	09:31+	01:12+	11:28+	00:35-	03:08-	01:57+	00:35+	01:12+	
	00:20-	00:03-	00:00=	00:11+	00:08+	03:54&	00:05+	00:08+	00:02-	00:14-	00:14#	00:06#	00:03+	
7	Anders Fries				1090								44:42	
	04:07-	04:43-	06:15-	13:24+	15:46+	22:24+	25:14+	36:55+	37:31+	41:06+	42:46+	43:21+	44:42+	
	04:07-	00:36-	01:32+	07:09+	02:22+	06:38+	02:50+	11:41+	00:36-	03:35+	01:40-	00:35+	01:21+	
	00:18-	00:04-	00:11#	00:52#	00:08+	01:01#	01:43@	00:21+	00:01-	00:13+	00:03-	00:06#	00:12#	
8	Reidar Heivoll				341								46:42	
	04:32+	05:18+	07:03+	13:55+	16:29+	23:46+	25:05+	38:37+	39:22+	43:05+	44:57+	45:30+	46:42+	
	04:32+	00:46+	01:45+	06:52+	02:34+	07:17+	01:19+	13:32+	00:45+	03:43+	01:52+	00:33+	01:12+	
	00:07+	00:06#	00:24&	00:35+	00:20#	01:40&	00:12#	02:12#	00:08#	00:21#	00:09+	00:04#	00:03+	
9	Eirik Nordbrøden				101								48:37	
	04:23-	05:05=	06:40+	15:26+	18:18+	24:38+	25:50+	39:29+	40:13+	44:26+	46:34+	47:15+	48:37+	
	04:23-	00:42+	01:35+	08:46+	02:52+	06:20+	01:12+	13:39+	00:44+	04:13+	02:08+	00:41+	01:22+	
	00:02-	00:02+	00:14#	02:29&	00:38&	00:43#	00:05+	02:19#	00:07#	00:51&	00:25#	00:12&	00:13#	
10	Carl-Göran Strutz				483								48:53	
	04:48+	05:39+	07:19+	14:54+	19:01+	25:30+	26:56+	40:18+	40:57+	45:05+	46:55+	47:31+	48:53+	
	04:48+	00:51+	01:40+	07:35+	04:07+	06:29+	01:26+	13:22+	00:39+	04:08+	01:50+	00:36+	01:22+	
	00:23+	00:11&	00:19#	01:18#	01:53&	00:52#	00:19&	02:02#	00:02+	00:46#	00:07+	00:07#	00:13#	
11	Carl Johan Högstrand				728								50:40	
	04:46+	05:27+	07:02+	15:01+	17:55+	25:17+	26:44+	40:04+	40:58+	46:42+	48:43+	49:20+	50:40+	
	04:46+	00:41+	01:35+	02:54+	07:22+	07:22+	01:27+	13:20+	00:54+	05:44+	02:01+	00:37+	01:20+	
	00:21+	00:01+	00:14#	01:42&	00:40&	01:45&	00:20&	02:00#	00:17&	02:22&	00:18#	00:08&	00:11#	

Plass	Navn					Klasse					Tid				
12	Norvald Ospehaug					162					51:05				
05:19+	06:11+	08:23+	15:50+	18:32+	25:22+	27:00+	41:18+	42:08+	46:07+	48:59+	49:36+	51:05+			
05:19+	00:52+	02:12+	07:27+	02:42+	06:50+	01:38+	14:18+	00:50+	03:59+	02:52+	00:37+	01:29+			
00:54#	00:12&	00:51&	01:10#	00:28#	01:13#	00:31&	02:58&	00:13&	00:37#	01:09&	00:08&	00:20&			
13	Tor Ragnar Andersen					101					51:39				
05:02+	05:45+	07:19+	15:44+	18:25+	26:14+	27:28+	41:20+	42:02+	47:02+	49:42+	50:18+	51:39+			
05:02+	00:43+	01:34+	08:25+	02:41+	07:49+	01:14+	13:52+	00:42+	05:00+	02:40+	00:36+	01:21+			
00:37#	00:03+	00:13#	02:08&	00:27#	02:12&	00:07#	02:32#	00:05#	01:38&	00:57&	00:07#	00:12#			
14	Gunnar Brattli					222					52:32				
05:11+	05:59+	07:38+	16:13+	19:29+	28:24+	29:35+	43:08+	43:53+	48:03+	50:30+	51:07+	52:32+			
05:11+	00:48+	01:39+	08:35+	03:16+	08:55+	01:11+	13:33+	00:45+	04:10+	02:27+	00:37+	01:25+			
00:46#	00:08#	00:18#	02:18&	01:02&	03:18&	00:04+	02:13#	00:08#	00:48#	00:44&	00:08&	00:16#			
15	Arnulf Villmo					187					54:30				
05:07+	05:54+	07:37+	15:48+	18:52+	27:11+	28:52+	42:51+	43:52+	48:20+	52:25+	53:07+	54:30+			
05:07+	00:47+	01:43+	08:11+	03:04+	08:19+	01:41+	13:59+	01:01+	04:28+	04:05+	00:42+	01:23+			
00:42#	00:07#	00:22&	01:54&	00:50&	02:42&	00:34&	02:39#	00:24&	01:06&	02:22@	00:13&	00:14#			
16	Ueli Hebeisen					683					56:41				
05:47+	06:43+	08:45+	17:30+	20:21+	30:46+	32:27+	47:16+	48:08+	52:36+	54:42+	55:16+	56:41+			
05:47+	00:56+	02:02+	08:45+	02:51+	10:25+	01:41+	14:49+	00:52+	04:28+	02:06+	00:34+	01:25+			
01:22&	00:16&	00:41&	02:28&	00:37&	04:48&	00:34&	03:29&	00:15&	01:06&	00:23#	00:05#	00:16#			
17	Kjell Svanberg					297					57:13				
05:41+	06:28+	08:08+	17:26+	20:30+	27:33+	29:10+	45:50+	46:44+	52:26+	54:53+	55:42+	57:13+			
05:41+	00:47+	01:40+	09:18+	03:04+	07:03+	01:37+	16:40+	00:54+	05:42+	02:27+	00:49+	01:31+			
01:16&	00:07#	00:19#	03:01&	00:50&	01:26&	00:30&	05:20&	00:17&	02:20&	00:44&	00:20&	00:22&			
18	Ørjan Eirik Valestrand					69					58:36				
04:54+	05:40+	07:20+	19:21+	22:34+	29:19+	30:39+	46:41+	47:26+	52:44+	56:00+	56:47+	58:36+			
04:54+	00:46+	01:40+	12:01+	03:13+	06:45+	01:20+	16:02+	00:45+	05:18+	03:16+	00:47+	01:49+			
00:29#	00:06#	00:19#	05:44&	00:59&	01:08#	00:13#	04:42&	00:08#	01:56&	01:33&	00:18&	00:40&			
19	Egil Karlsen					29					59:02				
07:13+	07:59+	10:01+	19:04+	22:27+	29:41+	31:20+	47:41+	48:41+	54:00+	56:48+	57:34+	59:02+			
07:13+	00:46+	02:02+	09:03+	03:23+	07:14+	01:39+	16:21+	01:00+	05:19+	02:48+	00:46+	01:28+			
02:48&	00:06#	00:41&	02:46&	01:09&	01:37&	00:32&	05:01&	00:23&	01:57&	01:05&	00:17&	00:19&			
20	Ingar Solberg					266					1:01:15				
05:52+	06:39+	08:36+	18:12+	21:23+	30:27+	32:08+	50:00+	50:56+	56:04+	58:42+	59:30+	61:15+			
05:52+	00:47+	01:57+	09:36+	03:11+	09:04+	01:41+	17:52+	00:56+	05:08+	02:38+	00:48+	01:45+			
01:27&	00:07#	00:36&	03:19&	00:57&	03:27&	00:34&	06:32&	00:19&	01:46&	00:55&	00:19&	00:36&			
21	Mats Strandhagen					1008					1:01:26				
05:23+	06:18+	08:23+	17:50+	21:29+	30:26+	32:26+	49:28+	50:19+	55:49+	58:52+	59:49+	61:26+			
05:23+	00:55+	02:05+	09:27+	03:39+	08:57+	02:00+	17:02+	00:51+	05:30+	03:03+	00:57+	01:37+			
00:58#	00:15&	00:44&	03:10&	01:25&	03:20&	00:53&	05:42&	00:14&	02:08&	01:20&	00:28&	00:28&			
22	Dag Skogan					45					1:03:15				
06:56+	07:58+	10:07+	20:35+	23:51+	32:32+	34:08+	52:04+	53:00+	58:12+	60:48+	61:34+	63:15+			
06:56+	01:02+	02:09+	10:28+	03:16+	08:41+	01:36+	17:56+	00:56+	05:12+	02:36+	00:46+	01:41+			
02:31&	00:22&	00:48&	04:11&	01:02&	03:04&	00:29&	06:36&	00:19&	01:50&	00:53&	00:17&	00:32&			
23	Gisle Nordahl Due					227					1:05:02				
05:36+	06:24+	08:13+	17:05+	20:36+	33:11+	34:46+	53:39+	54:27+	59:46+	62:27+	63:16+	65:02+			
05:36+	00:48+	01:49+	08:52+	03:31+	12:35+	01:35+	18:53+	00:48+	05:19+	02:41+	00:49+	01:46+			
01:11&	00:08#	00:28&	02:35&	01:17&	06:58@	00:28&	07:33&	00:11&	01:57&	00:58&	00:20&	00:37&			
24	Bjørn L. Basberg					368					1:06:44				
12:35+	13:15+	14:49+	31:19+	34:06+	41:54+	43:10+	57:25+	58:08+	62:14+	64:35+	65:14+	66:44+			
12:35+	00:40=	01:34+	16:30+	02:47+	07:48+	01:16+	14:15+	00:43+	04:06+	02:21+	00:39+	01:30+			
08:10@	00:00=	00:13#	10:13@	00:33#	02:11&	00:09#	02:55&	00:06#	00:44#	00:38&	00:10&	00:21&			
25	Rolf Gunnar Bredesen					80					1:12:07				
07:16+	08:27+	10:59+	22:19+	26:38+	36:55+	38:39+	59:05+	60:06+	66:08+	68:56+	69:53+	72:07+			
07:16+	01:11+	02:32+	11:20+	04:19+	10:17+	01:44+	20:26+	01:01+	06:02+	02:48+	00:57+	02:14+			
02:51&	00:31&	01:11&	05:03&	02:05&	04:40&	00:37&	09:06&	00:24&	02:40&	01:05&	00:28&	01:05&			
26	Sven Eriksson					1256					1:43:30				
15:22+	16:07+	17:51+	65:02+	68:37+	76:50+	78:16+	93:23+	94:09+	98:39+	100:59+	101:50+	103:30+			
15:22+	00:45+	01:44+	47:11+	03:35+	08:13+	01:26+	15:07+	00:46+	04:30+	02:20+	00:51+	01:40+			
10:57@	00:05#	00:23&	40:54@	01:21&	02:36&	00:19&	03:47&	00:09#	01:08&	00:37&	00:22&	00:31&			

Plass	Navn										Klasse				Tid
Beste strekktid for klassen															
	03:39	00:36	01:18	06:03	02:14	05:37	01:02	11:20	00:35	03:08	01:39	00:29	01:09		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
H 65-															
1	Tor Trøan										98	26:31			
	03:06=	07:13=	11:31=	12:49=	20:18=	22:15=	23:50=	25:16=	26:31=						
	03:06=	04:07=	04:18=	01:18=	07:29=	01:57=	01:35=	01:26=	01:15=						
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Ola Brox										261	27:38			
	03:09+	07:27+	11:54+	13:20+	20:57+	23:11+	24:48+	26:19+	27:38+						
	03:09+	04:18+	04:27+	01:26+	07:37+	02:14+	01:37+	01:31+	01:19+						
	00:03+	00:11+	00:09+	00:08#	00:08+	00:17#	00:02+	00:05+	00:04+						
3	Per Rekkedal										45	28:11			
	02:59-	08:01+	12:26+	13:49+	21:52+	23:57+	25:35+	27:05+	28:11+						
	02:59-	05:02+	04:25+	01:23+	08:03+	02:05+	01:38+	01:30+	01:06-						
	00:07-	00:55#	00:07+	00:05+	00:34+	00:08+	00:03+	00:04+	00:09-						
4	Jan Gaute Buvik										187	29:14			
	03:31+	08:11+	13:12+	14:32+	22:44+	24:40+	26:29+	27:48+	29:14+						
	03:31+	04:40+	05:01+	01:20+	08:12+	01:56-	01:49+	01:19-	01:26+						
	00:25#	00:33#	00:43#	00:02+	00:43+	00:01-	00:14#	00:07-	00:11#						
5	Jean Dermine										1398	29:46			
	03:10+	08:39+	13:19+	14:50+	22:44+	25:05+	26:55+	28:27+	29:46+						
	03:10+	05:29+	04:40+	01:31+	07:54+	02:21+	01:50+	01:32+	01:19+						
	00:04+	01:22&	00:22+	00:13#	00:25+	00:24#	00:15#	00:06+	00:04+						
6	Bjørn Berger										51	31:31			
	03:16+	07:33+	11:59+	17:43+	24:59+	26:52+	28:38+	30:09+	31:31+						
	03:16+	04:17+	04:26+	05:44+	07:16-	01:53-	01:46+	01:31+	01:22+						
	00:10+	00:10+	00:08+	04:26@	00:13-	00:04-	00:11#	00:05+	00:07+						
7	Jon Arne Klemetsaune										262	31:38			
	03:36+	09:06+	14:17+	15:49+	24:22+	26:33+	28:40+	30:18+	31:38+						
	03:36+	05:30+	05:11+	01:32+	08:33+	02:11+	02:07+	01:38+	01:20+						
	00:30#	01:23&	00:53#	00:14#	01:04#	00:14#	00:32&	00:12#	00:05+						
8	Knut Lillealtern										320	32:26			
	03:43+	09:12+	15:13+	16:46+	25:20+	27:23+	29:14+	30:57+	32:26+						
	03:43+	05:29+	06:01+	01:33+	08:34+	02:03+	01:51+	01:43+	01:29+						
	00:37#	01:22&	01:43&	00:15#	01:05#	00:06+	00:16#	00:17#	00:14#						
9	Arvid Galborgen										483	33:05			
	03:32+	08:20+	13:30+	15:07+	24:14+	27:27+	29:39+	31:38+	33:05+						
	03:32+	04:48+	05:10+	01:37+	09:07+	03:13+	02:12+	01:59+	01:27+						
	00:26#	00:41#	00:52#	00:19#	01:38#	01:16&	00:37&	00:33&	00:12#						
10	Frank Glad Balchen										248	36:33			
	05:19+	10:06+	16:44+	18:10+	27:49+	30:38+	33:10+	34:59+	36:33+						
	05:19+	04:47+	06:38+	01:26+	09:39+	02:49+	02:32+	01:49+	01:34+						
	02:13&	00:40#	02:20&	00:08#	02:10&	00:52&	00:57&	00:23&	00:19&						
11	Lars G Skoog										618	36:40			
	03:41+	09:39+	15:27+	17:12+	27:13+	29:48+	32:30+	34:48+	36:40+						
	03:41+	05:58+	05:48+	01:45+	10:01+	02:35+	02:42+	02:18+	01:52+						
	00:35#	01:51&	01:30&	00:27&	02:32&	00:38&	01:07&	00:52&	00:37&						
12	Raimo Antikainen										836	36:52			
	03:52+	09:27+	15:40+	17:36+	27:33+	30:45+	33:02+	35:11+	36:52+						
	03:52+	05:35+	06:13+	01:56+	09:57+	03:12+	02:17+	02:09+	01:41+						
	00:46#	01:28&	01:55&	00:38&	02:28&	01:15&	00:42&	00:43&	00:26&						
13	Ove Gunnar Jacobsen										328	39:43			
	04:24+	10:18+	16:41+	18:48+	30:00+	33:08+	35:45+	37:54+	39:43+						
	04:24+	05:54+	06:23+	02:07+	11:12+	03:08+	02:37+	02:09+	01:49+						
	01:18&	01:47&	02:05&	00:49&	03:43&	01:11&	01:02&	00:43&	00:34&						

Class	Navn								Klasse	Tid
14	Nils Olav Vennevik								320	42:28
	04:40+	11:40+	18:21+	20:24+	32:34+	35:38+	38:12+	40:38+	42:28+	
	04:40+	07:00+	06:41+	02:03+	12:10+	03:04+	02:34+	02:26+	01:50+	
	01:34&	02:53&	02:23&	00:45&	04:41&	01:07&	00:59&	01:00&	00:35&	
Beste strekktid for klassen										
	02:59	04:07	04:18	01:18	07:16	01:53	01:35	01:19	01:06	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
H 70-										
1	Erling Pedersen								158	31:14
	04:59=	09:40=	15:02=	16:25=	24:19=	26:26=	28:19=	29:50=	31:14=	
	04:59=	04:41=	05:22=	01:23=	07:54=	02:07=	01:53=	01:31=	01:24=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Ivar Helgesen								345	31:22
	03:28-	07:56-	13:21-	14:47-	23:41-	25:48-	27:59-	29:59+	31:22+	
	03:28-	04:28-	05:25+	01:26+	08:54+	02:07=	02:11+	02:00+	01:23-	
	01:31-	00:13-	00:03+	00:03+	01:00#	00:00=	00:18#	00:29&	00:01-	
3	John Thomas Petersen								236	32:33
	03:53-	09:04-	14:33-	15:59-	24:41+	26:57+	29:16+	31:04+	32:33+	
	03:53-	05:11+	05:29+	01:26+	08:42+	02:16+	02:19+	01:48+	01:29+	
	01:06-	00:30#	00:07+	00:03+	00:48#	00:09+	00:26#	00:17#	00:05+	
4	Mats Dahlberg								642	33:43
	03:41-	08:44-	14:06-	15:47-	24:55+	28:00+	30:07+	32:14+	33:43+	
	03:41-	05:03+	05:22=	01:41+	09:08+	03:05+	02:07+	02:07+	01:29+	
	01:18-	00:22+	00:00=	00:18#	01:14#	00:58&	00:14#	00:36&	00:05+	
5	Kurt Grønli								87	34:19
	03:43-	10:23+	15:46+	17:23+	26:39+	28:53+	31:06+	32:51+	34:19+	
	03:43-	06:40+	05:23+	01:37+	09:16+	02:14+	02:13+	01:45+	01:28+	
	01:16-	01:59&	00:01+	00:14#	01:22#	00:07+	00:20#	00:14#	00:04+	
6	Seppo Korhonen								655	34:29
	03:30-	09:35-	15:25+	16:59+	25:50+	28:02+	30:27+	32:57+	34:29+	
	03:30-	06:05+	05:50+	01:34+	08:51+	02:12+	02:25+	02:30+	01:32+	
	01:29-	01:24&	00:28+	00:11#	00:57#	00:05+	00:32&	00:59&	00:08+	
7	Knut Skjesol								379	35:47
	04:22-	09:50+	15:33+	17:33+	26:59+	29:53+	32:08+	34:06+	35:47+	
	04:22-	05:28+	05:43+	02:00+	09:26+	02:54+	02:15+	01:58+	01:41+	
	00:37-	00:47#	00:21+	00:37&	01:32#	00:47&	00:22#	00:27&	00:17#	
8	Tore Angell-Petersen								320	36:15
	03:33-	09:04-	14:17-	15:55-	28:42+	30:52+	32:55+	34:45+	36:15+	
	03:33-	05:31+	05:13-	01:38+	12:47+	02:10+	02:03+	01:50+	01:30+	
	01:26-	00:50#	00:09-	00:15#	04:53&	00:03+	00:10+	00:19#	00:06+	
9	Widar Taxth Løland								119	36:43
	04:30-	09:53+	15:54+	17:38+	27:39+	30:16+	32:40+	34:52+	36:43+	
	04:30-	05:23+	06:01+	01:44+	10:01+	02:37+	02:24+	02:12+	01:51+	
	00:29-	00:42#	00:39#	00:21&	02:07&	00:30#	00:31&	00:41&	00:27&	
10	Hasse Bergstrøm								163	36:48
	06:35+	12:01+	17:35+	19:33+	28:53+	31:07+	33:19+	35:13+	36:48+	
	06:35+	05:26+	05:34+	01:58+	09:20+	02:14+	02:12+	01:54+	01:35+	
	01:36&	00:45#	00:12+	00:35&	01:26#	00:07+	00:19#	00:23&	00:11#	
11	Asbjørn Pedersen								158	37:29
	04:05-	09:45+	16:04+	17:56+	28:26+	31:41+	34:09+	35:49+	37:29+	
	04:05-	05:40+	06:19+	01:52+	10:30+	03:15+	02:28+	01:40+	01:40+	
	00:54-	00:59#	00:57#	00:29&	02:36&	01:08&	00:35&	00:09+	00:16#	
12	Geir Husdal								347	38:11
	04:20-	10:17+	16:17+	18:05+	29:08+	32:02+	34:29+	36:38+	38:11+	
	04:20-	05:57+	06:00+	01:48+	11:03+	02:54+	02:27+	02:09+	01:33+	
	00:39-	01:16&	00:38#	00:25&	03:09&	00:47&	00:34&	00:38&	00:09#	

Plass	Navn								Klasse	Tid
13	Geir Trøan								181	39:41
	04:16-	09:54+	15:39+	17:27+	30:42+	33:17+	35:59+	37:55+	39:41+	
	04:16-	05:38+	05:45+	01:48+	13:15+	02:35+	02:42+	01:56+	01:46+	
	00:43-	00:57#	00:23+	00:25&	05:21&	00:28#	00:49&	00:25&	00:22&	
14	Gunnar Kvaal								334	40:02
	04:29-	10:36+	17:19+	19:04+	30:05+	33:17+	36:02+	38:06+	40:02+	
	04:29-	06:07+	06:43+	01:45+	11:01+	03:12+	02:45+	02:04+	01:56+	
	00:30-	01:26&	01:21&	00:22&	03:07&	01:05&	00:52&	00:33&	00:32&	
15	Floke Bredland								341	41:53
	08:16+	14:07+	20:06+	21:58+	32:09+	34:54+	37:15+	39:57+	41:53+	
	08:16+	05:51+	05:59+	01:52+	10:11+	02:45+	02:21+	02:42+	01:56+	
	03:17&	01:10#	00:37#	00:29&	02:17&	00:38&	00:28#	01:11&	00:32&	
16	Tuomo Peltola								440	45:11
	04:29-	10:39+	17:29+	19:20+	35:06+	38:04+	41:11+	43:27+	45:11+	
	04:29-	06:10+	06:50+	01:51+	15:46+	02:58+	03:07+	02:16+	01:44+	
	00:30-	01:29&	01:28&	00:28&	07:52&	00:51&	01:14&	00:45&	00:20#	
17	Tore Berntsen								341	55:06
	12:07+	16:53+	21:56+	23:29+	40:10+	43:04+	51:42+	53:30+	55:06+	
	12:07+	04:46+	05:03-	01:33+	16:41+	02:54+	08:38+	01:48+	01:36+	
	07:08@	00:05+	00:19-	00:10#	08:47@	00:47&	06:45@	00:17#	00:12#	
18	Sverre Kristoffersen								372	1:04:30
	07:08+	17:21+	25:40+	28:35+	51:55+	55:24+	59:16+	62:03+	64:30+	
	07:08+	10:13+	08:19+	02:55+	23:20+	03:29+	03:52+	02:47+	02:27+	
	02:09&	05:32@	02:57&	01:32@	15:26@	01:22&	01:59@	01:16&	01:03&	
19	Chris Hirt								1193	1:10:58
	05:48+	23:28+	32:54+	36:18+	56:15+	61:30+	64:49+	68:02+	70:58+	
	05:48+	17:40+	09:26+	03:24+	19:57+	05:15+	03:19+	03:13+	02:56+	
	00:49#	12:59@	04:04&	02:01@	12:03@	03:08@	01:26&	01:42@	01:32@	
Beste strekktid for klassen										
	03:28	04:28	05:03	01:23	07:54	02:07	01:53	01:31	01:23	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
H 75-										
1	Leidulv Vinje								253	25:44
	05:18=	06:24=	10:23=	16:42=	17:47=	20:52=	23:38=	24:23=	25:44=	
	05:18=	01:06=	03:59=	06:19=	01:05=	03:05=	02:46=	00:45=	01:21=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Knut Skiple								384	30:31
	07:10+	08:22+	12:37+	20:10+	21:26+	25:42+	28:02+	28:50+	30:31+	
	07:10+	01:12+	04:15+	07:33+	01:16+	04:16+	02:20-	00:48+	01:41+	
	01:52&	00:06+	00:16+	01:14#	00:11#	01:11&	00:26-	00:03+	00:20#	
3	Carl B. Bjørseth								45	30:40
	07:02+	08:18+	12:29+	20:41+	21:47+	25:47+	28:06+	28:57+	30:40+	
	07:02+	01:16+	04:11+	08:12+	01:06+	04:00+	02:19-	00:51+	01:43+	
	01:44&	00:10#	00:12+	01:53&	00:01+	00:55&	00:27-	00:06#	00:22&	
4	Magnar Øvreås								46	32:11
	09:26+	10:50+	15:12+	22:50+	24:03+	27:36+	29:54+	30:56+	32:11+	
	09:26+	01:24+	04:22+	07:38+	01:13+	03:33+	02:18-	01:02+	01:15-	
	04:08&	00:18&	00:23+	01:19#	00:08#	00:28#	00:28-	00:17&	00:06-	
5	Odd Musum								262	34:49
	06:54+	08:16+	12:31+	24:56+	26:01+	29:52+	32:13+	33:08+	34:49+	
	06:54+	01:22+	04:15+	12:25+	01:05=	03:51+	02:21-	00:55+	01:41+	
	01:36&	00:16#	00:16+	06:06&	00:00=	00:46#	00:25-	00:10#	00:20#	
6	Jan Asbjørn Eriksen								345	35:24
	09:08+	10:19+	14:25+	24:07+	25:12+	28:32+	32:54+	33:41+	35:24+	
	09:08+	01:11+	04:06+	09:42+	01:05=	03:20+	04:22+	00:47+	01:43+	
	03:50&	00:05+	00:07+	03:23&	00:00=	00:15+	01:36&	00:02+	00:22&	

Plass	Navn								Klasse	Tid
7	Eivind Hagen								98	36:27
	07:28+	08:43+	14:14+	25:58+	27:19+	31:12+	33:43+	34:37+	36:27+	
	07:28+	01:15+	05:31+	11:44+	01:21+	03:53+	02:31-	00:54+	01:50+	
	02:10&	00:09#	01:32&	05:25&	00:16#	00:48&	00:15-	00:09#	00:29&	
8	Alfred Steiner								1193	37:08
	07:10+	12:11+	17:04+	26:04+	27:56+	32:03+	34:29+	35:19+	37:08+	
	07:10+	05:01+	04:53+	09:00+	01:52+	04:07+	02:26-	00:50+	01:49+	
	01:52&	03:55@	00:54#	02:41&	00:47&	01:02&	00:20-	00:05#	00:28&	
9	Johan Arnt Johansen								242	38:06
	08:41+	10:05+	15:32+	24:59+	26:14+	30:40+	34:44+	35:50+	38:06+	
	08:41+	01:24+	05:27+	09:27+	01:15+	04:26+	04:04+	01:06+	02:16+	
	03:23&	00:18&	01:28&	03:08&	00:10#	01:21&	01:18&	00:21&	00:55&	
10	Gunnar J. Alsaker								399	38:24
	13:06+	14:16+	19:06+	27:39+	28:58+	33:05+	35:45+	36:37+	38:24+	
	13:06+	01:10+	04:50+	08:33+	01:19+	04:07+	02:40-	00:52+	01:47+	
	07:48@	00:04+	00:51#	02:14&	00:14#	01:02&	00:06-	00:07#	00:26&	
11	Kåre Østgård								265	53:53
	08:25+	10:12+	27:31+	39:12+	40:55+	46:17+	49:58+	51:06+	53:53+	
	08:25+	01:47+	17:19+	11:41+	01:43+	05:22+	03:41+	01:08+	02:47+	
	03:07&	00:41&	13:20@	05:22&	00:38&	02:17&	00:55&	00:23&	01:26@	
Beste strekktid for klassen										
	05:18	01:06	03:59	06:19	01:05	03:05	02:18	00:45	01:15	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
H 80-										
1	Lars Mauritzsen								1016	32:18
	07:04=	08:14=	13:14=	21:50=	23:04=	27:10=	29:39=	30:35=	32:18=	
	07:04=	01:10=	05:00=	08:36=	01:14=	04:06=	02:29=	00:56=	01:43=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Tor Drage								108	37:19
	11:10+	12:27+	17:25+	25:46+	27:11+	31:37+	34:05+	35:08+	37:19+	
	11:10+	01:17+	04:58-	08:21-	01:25+	04:26+	02:28-	01:03+	02:11+	
	04:06&	00:07#	00:02-	00:15-	00:11#	00:20+	00:01-	00:07#	00:28&	
3	Johannes Sollid								372	1:01:47
	14:05+	16:38+	24:16+	41:04+	43:25+	51:07+	56:05+	57:48+	61:47+	
	14:05+	02:33+	07:38+	16:48+	02:21+	07:42+	04:58+	01:43+	03:59+	
	07:01&	01:23@	02:38&	08:12&	01:07&	03:36&	02:29&	00:47&	02:16@	
Beste strekktid for klassen										
	07:04	01:10	04:58	08:21	01:14	04:06	02:28	00:56	01:43	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
N-åpen										
18	Otto Schjølberg-Henriksen								245	12:17
	00:34+	02:18+	03:59+	05:37+	06:36+	09:36+	10:10+	12:17+		
	00:34+	01:44+	01:41+	01:38+	00:59+	03:00+	00:34+	02:07+		
	00:34+	01:44+	01:41+	01:38+	00:59+	03:00+	00:34+	02:07+		
24	Tuva Nørgaard Bjørseth								264	21:43
	01:52+	06:16+	08:42+	12:46+	14:37+	19:48+	20:18+	21:43+		
	01:52+	04:24+	02:26+	04:04+	01:51+	05:11+	00:30+	01:25+		
	01:52+	04:24+	02:26+	04:04+	01:51+	05:11+	00:30+	01:25+		
25	Jens Vonen Svae								305	13:06
	00:31+	02:19+	03:53+	06:15+	07:34+	11:13+	11:38+	13:06+		
	00:31+	01:48+	01:34+	02:22+	01:19+	03:39+	00:25+	01:28+		
	00:31+	01:48+	01:34+	02:22+	01:19+	03:39+	00:25+	01:28+		

Plass	Navn	Klasse	Tid
26	Kristoffer Nian Brovoll Vaeng	345	20:57
02:01+	06:57+ 09:26+ 12:05+ 13:13+ 18:06+ 18:59+ 20:57+		
02:01+	04:56+ 02:29+ 02:39+ 01:08+ 04:53+ 00:53+ 01:58+		
02:01+	04:56+ 02:29+ 02:39+ 01:08+ 04:53+ 00:53+ 01:58+		
27	Hanna Kulima	1399	26:59
01:06+	04:45+ 07:24+ 18:21+ 19:51+ 24:17+ 25:12+ 26:59+		
01:06+	03:39+ 02:39+ 10:57+ 01:30+ 04:26+ 00:55+ 01:47+		
01:06+	03:39+ 02:39+ 10:57+ 01:30+ 04:26+ 00:55+ 01:47+		
28	Eirik Hessen	329	10:42
00:35+	02:24+ 03:49+ 05:26+ 06:23+ 08:51+ 09:17+ 10:42+		
00:35+	01:49+ 01:25+ 01:37+ 00:57+ 02:28+ 00:26+ 01:25+		
00:35+	01:49+ 01:25+ 01:37+ 00:57+ 02:28+ 00:26+ 01:25+		
29	Heikki Lauri	655	15:20
00:40+	02:17+ 04:00+ 06:43+ 07:39+ 13:25+ 13:51+ 15:20+		
00:40+	01:37+ 01:43+ 02:43+ 00:56+ 05:46+ 00:26+ 01:29+		
00:40+	01:37+ 01:43+ 02:43+ 00:56+ 05:46+ 00:26+ 01:29+		
30	Karl Kristoffersson	1311	12:09
00:39+	02:42+ 04:21+ 06:25+ 07:26+ 10:15+ 10:44+ 12:09+		
00:39+	02:03+ 01:39+ 02:04+ 01:01+ 02:49+ 00:29+ 01:25+		
00:39+	02:03+ 01:39+ 02:04+ 01:01+ 02:49+ 00:29+ 01:25+		
31	Piko Vierinen	146	27:05
01:14+	04:39+ 07:42+ 18:25+ 20:00+ 24:26+ 25:26+ 27:05+		
01:14+	03:25+ 03:03+ 10:43+ 01:35+ 04:26+ 01:00+ 01:39+		
01:14+	03:25+ 03:03+ 10:43+ 01:35+ 04:26+ 01:00+ 01:39+		
32	Erle Fosstveit	281	23:53
01:02+	06:11+ 08:43+ 12:47+ 14:09+ 20:44+ 21:58+ 23:53+		
01:02+	05:09+ 02:32+ 04:04+ 01:22+ 06:35+ 01:14+ 01:55+		
01:02+	05:09+ 02:32+ 04:04+ 01:22+ 06:35+ 01:14+ 01:55+		
39	Age Kristvik	80	20:48
00:53+	04:07+ 11:31+ 13:35+ 15:35+ 18:36+ 19:14+ 20:48+		
00:53+	03:14+ 07:24+ 02:04+ 02:00+ 03:01+ 00:38+ 01:34+		
00:53+	03:14+ 07:24+ 02:04+ 02:00+ 03:01+ 00:38+ 01:34+		
42	Leo Bogopolskiy	927	35:37
00:45+	20:20+ 27:28+ 29:04+ 30:03+ 33:08+ 33:46+ 35:37+		
00:45+	19:35+ 07:08+ 01:36+ 00:59+ 03:05+ 00:38+ 01:51+		
00:45+	19:35+ 07:08+ 01:36+ 00:59+ 03:05+ 00:38+ 01:51+		
45	Kaisa Kulima	1399	14:45
00:37+	03:27+ 05:40+ 08:01+ 09:10+ 12:31+ 13:02+ 14:45+		
00:37+	02:50+ 02:13+ 02:21+ 01:09+ 03:21+ 00:31+ 01:43+		
00:37+	02:50+ 02:13+ 02:21+ 01:09+ 03:21+ 00:31+ 01:43+		
670	Alva Aurora Husdal	324	16:31
00:51+	03:37+ 05:27+ 08:39+ 09:53+ 14:05+ 14:42+ 16:31+		
00:51+	02:46+ 01:50+ 03:12+ 01:14+ 04:12+ 00:37+ 01:49+		
00:51+	02:46+ 01:50+ 03:12+ 01:14+ 04:12+ 00:37+ 01:49+		
701	Mikkel Bogetvedt	146	23:58
01:02+	04:19+ 08:55+ 14:13+ 15:28+ 20:27+ 21:39+ 23:58+		
01:02+	03:17+ 04:36+ 05:18+ 01:15+ 04:59+ 01:12+ 02:19+		
01:02+	03:17+ 04:36+ 05:18+ 01:15+ 04:59+ 01:12+ 02:19+		
717	Kerttu Mäkitammi	NOTEAM	57:25
02:23+	12:53+ 22:02+ 27:21+ 29:34+ 48:37+ 50:31+ 57:25+		
02:23+	10:30+ 09:09+ 05:19+ 02:13+ 19:03+ 01:54+ 06:54+		
02:23+	10:30+ 09:09+ 05:19+ 02:13+ 19:03+ 01:54+ 06:54+		
728	Neo Bonnemaire	NOTEAM	21:45
01:52+	06:04+ 08:23+ 12:25+ 14:35+ 19:46+ 20:20+ 21:45+		
01:52+	04:12+ 02:19+ 04:02+ 02:10+ 05:11+ 00:34+ 01:25+		
01:52+	04:12+ 02:19+ 04:02+ 02:10+ 05:11+ 00:34+ 01:25+		
736	Carl-Emil Nørgaard Bjørseth	264	21:19
01:14+	04:16+ 07:23+ 10:40+ 11:59+ 17:31+ 18:58+ 21:19+		
01:14+	03:02+ 03:07+ 03:17+ 01:19+ 05:32+ 01:27+ 02:21+		
01:14+	03:02+ 03:07+ 03:17+ 01:19+ 05:32+ 01:27+ 02:21+		

Plass	Navn	Klasse	Tid
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Beste strekktid for klassen

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