

Sport8serien løp 5**Strekktider****Trømborg-04.09.2018****Plass Navn****Klasse****Tid****D10-****20 Ingrid Sofie Hox Brynildsen Fredrikstad SK 18:02**

02:36+ 05:06+ 07:48+ 11:52+ 16:05+ 17:39+ 18:02+
02:36+ 02:30+ 02:42+ 04:04+ 04:13+ 01:34+ 00:23+
02:36+ 02:30+ 02:42+ 04:04+ 04:13+ 01:34+ 00:23+

21 Malin Husebye Aamodt Fredrikstad SK 25:26

02:47+ 06:47+ 08:41+ 14:21+ 23:08+ 25:02+ 25:26+
02:47+ 04:00+ 01:54+ 05:40+ 08:47+ 01:54+ 00:24+
02:47+ 04:00+ 01:54+ 05:40+ 08:47+ 01:54+ 00:24+

22 Sofie Holm Nedrebø OK Moss 17:37

02:38+ 05:48+ 07:35+ 11:21+ 15:55+ 17:09+ 17:37+
02:38+ 03:10+ 01:47+ 03:46+ 04:34+ 01:14+ 00:28+
02:38+ 03:10+ 01:47+ 03:46+ 04:34+ 01:14+ 00:28+

Beste strekktid for klassen

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

D11-12**1 Jenny Danevad Fredrikstad SK 13:20**

02:01= 04:05= 05:25= 08:41= 12:17= 13:01= 13:20=
02:01= 02:04= 01:20= 03:16= 03:36= 00:44= 00:19=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Minna Sofie Wingstedt Halden SK 13:44

02:04+ 04:24+ 05:43+ 08:51+ 12:25+ 13:23+ 13:44+
02:04+ 02:20+ 01:19- 03:08- 03:34- 00:58+ 00:21+
00:03+ 00:16# 00:01- 00:08- 00:02- 00:14& 00:02#

3 Marte Hox Brynildsen Fredrikstad SK 14:00

01:56- 03:56- 05:37+ 09:06+ 12:49+ 13:43+ 14:00+
01:56- 02:00- 01:41+ 03:29+ 03:43+ 00:54+ 00:17-
00:05- 00:04- 00:21& 00:13+ 00:07+ 00:10# 00:02-

4 Andrine K. S. Edvardsen Fredrikstad SK 14:15

01:57- 04:12+ 05:37+ 09:07+ 12:52+ 13:56+ 14:15+
01:57- 02:15+ 01:25+ 03:30+ 03:45+ 01:04+ 00:19=
00:04- 00:11+ 00:05+ 00:14+ 00:09+ 00:20& 00:00=

5 Inger Anne Svendsby Braarud Halden SK 14:23

02:16+ 05:00+ 06:35+ 09:50+ 13:18+ 14:02+ 14:23+
02:16+ 02:44+ 01:35+ 03:15- 03:28- 00:44= 00:21+
00:15# 00:40& 00:15# 00:01- 00:08- 00:00= 00:02#

6 Marte Lillegraven Langsæter Trøsken IL 15:16

01:51- 04:22+ 06:07+ 09:42+ 13:40+ 14:58+ 15:16+
01:51- 02:31+ 01:45+ 03:35+ 03:58+ 01:18+ 00:18-
00:10- 00:27# 00:25& 00:19+ 00:22# 00:34& 00:01-

7 Julie Såheim Fredrikstad SK 16:09

02:18+ 05:06+ 06:41+ 10:49+ 14:45+ 15:45+ 16:09+
02:18+ 02:48+ 01:35+ 04:08+ 03:56+ 01:00+ 00:24+
00:17# 00:44& 00:15# 00:52& 00:20+ 00:16& 00:05&

8 Emma Aune Jakobsen OK Moss 17:32

02:36+ 05:19+ 07:12+ 11:20+ 15:50+ 17:06+ 17:32+
02:36+ 02:43+ 01:53+ 04:08+ 04:30+ 01:16+ 00:26+
00:35& 00:39& 00:33& 00:52& 00:54# 00:32& 00:07&

9 Hedvig Scheele Søyland Fredrikstad SK 18:07

02:22+ 05:15+ 07:12+ 11:35+ 16:33+ 17:42+ 18:07+
02:22+ 02:53+ 01:57+ 04:23+ 04:58+ 01:09+ 00:25+
00:21# 00:49& 00:37& 01:07& 01:22& 00:25& 00:06&

Pllass	Navn							Klasse	Tid
10	Erle Elise Wold							OK Moss	18:31
	02:26+	05:28+	07:18+	11:31+	16:17+	18:05+	18:31+		
	02:26+	03:02+	01:50+	04:13+	04:46+	01:48+	00:26+		
	00:25#	00:58&	00:30&	00:57&	01:10&	01:04@	00:07&		
11	Ingrid Steinsland							Fredrikstad SK	19:22
	02:27+	07:18+	11:43+	17:38+	18:58+	19:22+			
	02:27+	04:51+	04:25+	05:55+	01:20-	00:24-			
	00:26#	02:47@	03:05@	02:39&	02:16-	00:20-			
12	Erle Wetterhus							OK Moss	20:03
	02:36+	06:31+	08:50+	13:38+	18:26+	19:36+	20:03+		
	02:36+	03:55+	02:19+	04:48+	04:48+	01:10+	00:27+		
	00:35&	01:51&	00:59&	01:32&	01:12&	00:26&	00:08&		
Beste strekktid for klassen									
	01:51	02:00	01:19	03:08	01:20	00:24	00:17		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.									
D13-14									
1	Amalie Løkkeberg							Fredrikstad SK	22:44
	02:37=	06:01=	08:19=	09:45=	14:15=	15:36=	19:51=	22:21=	22:44=
	02:37=	03:24=	02:18=	01:26=	04:30=	01:21=	04:15=	02:30=	00:23=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Emma Helene Olsen							Halden SK	23:15
	01:59-	05:25-	07:45-	09:22-	14:25+	15:46+	20:33+	22:58+	23:15+
	01:59-	03:26+	02:20+	01:37+	05:03+	01:21=	04:47+	02:25-	00:17-
	00:38-	00:02+	00:02+	00:11#	00:33#	00:00=	00:32#	00:05-	00:06-
3	Julie Sophie Wold							OK Moss	24:31
	03:19+	06:15+	09:21+	10:43+	15:21+	16:55+	21:25+	24:07+	24:31+
	03:19+	02:56-	03:06+	01:22-	04:38+	01:34+	04:30+	02:42+	00:24+
	00:42&	00:28-	00:48&	00:04-	00:08+	00:13#	00:15+	00:12+	00:01+
4	Sigrid Hauge							Sarpsborg OL	27:10
	02:22-	06:39+	10:02+	11:41+	17:12+	18:40+	23:41+	26:47+	27:10+
	02:22-	04:17+	03:23+	01:39+	05:31+	01:28+	05:01+	03:06+	00:23=
	00:15-	00:53&	01:05&	00:13#	01:01#	00:07+	00:46#	00:36#	00:00=
5	Solveig Pehrson-Lunde							Sarpsborg OL	27:14
	02:41+	05:50-	09:04+	10:40+	16:10+	17:52+	23:59+	26:58+	27:14+
	02:41+	03:09-	03:14+	01:36+	05:30+	01:42+	06:07+	02:59+	00:16-
	00:04+	00:15-	00:56&	00:10#	01:00#	00:21&	01:52&	00:29#	00:07-
6	Frida Hovgaard Eisvang							OK Moss	27:21
	06:33+	10:30+	12:33+	13:46+	18:13+	19:37+	24:49+	27:03+	27:21+
	06:33+	03:57+	02:03-	01:13-	04:27-	01:24+	05:12+	02:14-	00:18-
	03:56@	00:33#	00:15-	00:13-	00:03-	00:03+	00:57#	00:16-	00:05-
7	Emma Sofie Steinsland							Fredrikstad SK	28:27
	05:12+	10:14+	12:12+	13:39+	19:00+	21:47+	25:53+	28:07+	28:27+
	05:12+	05:02+	01:58-	01:27+	05:21+	02:47+	04:06-	02:14-	00:20-
	02:35&	01:38&	00:20-	00:01+	00:51#	01:26@	00:09-	00:16-	00:03-
8	Erika Lind-Larsen							OK Moss	29:02
	02:12-	05:50-	08:25+	13:28+	18:45+	20:22+	25:43+	28:38+	29:02+
	02:12-	03:38+	02:35+	05:03+	05:17+	01:37+	05:21+	02:55+	00:24+
	00:25-	00:14+	00:17#	03:37@	00:47#	00:16#	01:06&	00:25#	00:01+
9	Julie Brenås							Varteig OL	29:57
	02:43+	07:35+	11:14+	13:08+	19:19+	26:35+	29:34+	29:57+	
	02:43+	04:52+	03:39+	01:54+	06:11+	07:16+	02:59-	00:23-	
	00:06+	01:28&	01:21&	00:28&	01:41&	05:55@	01:16-	02:07-	
10	Elma Sagli Gudim							Indre Østfold OK	32:35
	02:30-	08:29+	12:25+	15:15+	21:16+	22:56+	28:38+	32:12+	32:35+
	02:30-	05:59+	03:56+	02:50+	06:01+	01:40+	05:42+	03:34+	00:23=
	00:07-	02:35&	01:38&	01:24&	01:31&	00:19#	01:27&	01:04&	00:00=

Plass	Navn	Klasse	Tid								
Beste strekktid for klassen											
	01:59	02:56	01:58	01:13	04:27	01:21	02:59	00:23	00:16		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.											
D13-20C											
1	Lisa Jenssen	Halden SK	17:37								
	02:10=	05:22=	07:13=	11:20=	15:59=	17:12=	17:37=				
	02:10=	03:12=	01:51=	04:07=	04:39=	01:13=	00:25=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Josefin Eylertsen	Halden SK	18:44								
	02:13+	05:18-	08:13+	12:26+	17:17+	18:26+	18:44+				
	02:13+	03:05-	02:55+	04:13+	04:51+	01:09-	00:18-				
	00:03+	00:07-	01:04&	00:06+	00:12+	00:04-	00:07-				
3	Marikken Christensen	Sarpsborg OL	18:54								
	02:22+	06:04+	07:58+	12:18+	17:27+	18:33+	18:54+				
	02:22+	03:42+	01:54+	04:20+	05:09+	01:06-	00:21-				
	00:12+	00:30#	00:03+	00:13+	00:30#	00:07-	00:04-				
4	Mathilde Klausen	Fredrikstad SK	22:08								
	04:13+	07:14+	09:12+	15:17+	20:34+	21:46+	22:08+				
	04:13+	03:01-	01:58+	06:05+	05:17+	01:12-	00:22-				
	02:03&	00:11-	00:07+	01:58&	00:38#	00:01-	00:03-				
5	Elisabeth Brekke	Halden SK	22:56								
	02:19+	08:07+	10:27+	16:18+	21:10+	22:28+	22:56+				
	02:19+	05:48+	02:20+	05:51+	04:52+	01:18+	00:28+				
	00:09+	02:36&	00:29&	01:44&	00:13+	00:05+	00:03#				
Beste strekktid for klassen											
	02:10	03:01	01:51	04:07	04:39	01:06	00:18				
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.											
D15-16											
1	Embla Øvretveit	Fredrikstad SK	32:35								
	01:44=	05:02=	08:15=	10:07=	13:49=	17:12=	22:23=	26:18=	29:49=	32:15=	32:35=
	01:44=	03:18=	03:13=	01:52=	03:42=	03:23=	05:11=	03:55=	03:31=	02:26=	00:20=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Elida Sagli Gudim	Indre Østfold OK	39:23								
	02:15+	05:38+	09:06+	10:32+	14:27+	17:45+	24:45+	34:11+	36:43+	39:02+	39:23+
	02:15+	03:23+	03:28+	01:26-	03:55+	03:18-	07:00+	09:26+	02:32-	02:19-	00:21+
	00:31&	00:05+	00:15+	00:26-	00:13+	00:05-	01:49&	05:31@	00:59-	00:07-	00:01+
3	Signe Strand Gulbrandsen	Fredrikstad SK	40:58								
	02:08+	06:16+	10:26+	12:06+	16:42+	24:06+	28:40+	35:05+	37:58+	40:37+	40:58+
	02:08+	04:08+	04:10+	01:40-	04:36+	07:24+	04:34-	06:25+	02:53-	02:39+	00:21+
	00:24#	00:50&	00:57&	00:12-	00:54#	04:01@	00:37-	02:30&	00:38-	00:13+	00:01+
4	Alexandra Angvoll	Fredrikstad SK	43:57								
	02:06+	05:51+	12:29+	13:53+	19:50+	24:16+	29:36+	34:16+	40:48+	43:39+	43:57+
	02:06+	03:45+	06:38+	01:24-	05:57+	04:26+	05:20+	04:40+	06:32+	02:51+	00:18-
	00:22#	00:27#	03:25@	00:28-	02:15&	01:03&	00:09+	00:45#	03:01&	00:25#	00:02-
5	Vilde Retteraasen	Indre Østfold OK	45:12								
	02:12+	06:22+	10:44+	12:41+	18:59+	23:33+	29:23+	38:35+	41:54+	44:51+	45:12+
	02:12+	04:10+	04:22+	01:57+	06:18+	04:34+	05:50+	09:12+	03:19-	02:57+	00:21+
	00:28&	00:52&	01:09&	00:05+	02:36&	01:11&	00:39#	05:17@	00:12-	00:31#	00:01+
6	Adine Blakkestad Ingesen	Sarpsborg OL	48:51								
	02:52+	06:54+	11:41+	13:23+	18:28+	27:29+	35:19+	40:48+	45:22+	48:26+	48:51+
	02:52+	04:02+	04:47+	01:42-	05:05+	09:01+	07:50+	05:29+	04:34+	03:04+	00:25+
	01:08&	00:44#	01:34&	00:10-	01:23&	05:38@	02:39&	01:34&	01:03&	00:38&	00:05#

Plass	Navn										Klasse	Tid
7	Ingrid Bratland Tjernshaugen										OK Moss	54:04
	02:46+	08:08+	13:36+	15:57+	22:42+	29:11+	36:08+	46:05+	49:45+	53:30+	54:04+	
	02:46+	05:22+	05:28+	02:21+	06:45+	06:29+	06:57+	09:57+	03:40+	03:45+	00:34+	
	01:02&	02:04&	02:15&	00:29&	03:03&	03:06&	01:46&	06:02@	00:09+	01:19&	00:14&	
8	Hedda Johanne Slang-Sundsetvik										Halden SK	1:09:49
	02:26+	11:33+	16:16+	17:46+	22:56+	28:02+	46:23+	57:49+	66:51+	69:28+	69:49+	
	02:26+	09:07+	04:43+	01:30-	05:10+	05:06+	18:21+	11:26+	09:02+	02:37+	00:21+	
	00:42&	05:49@	01:30&	00:22-	01:28&	01:43&	13:10@	07:31@	05:31@	00:11+	00:01+	
Beste strekktid for klassen												
	01:44	03:18	03:13	01:24	03:42	03:18	04:34	03:55	02:32	02:19	00:18	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
D17-20												
1	Aurora Gjølshjør										OK Moss	29:14
	03:58=	07:14=	09:17=	12:03=	16:17=	19:36=	20:52=	23:14=	27:00=	28:56=	29:14=	
	03:58=	03:16=	02:03=	02:46=	04:14=	03:19=	01:16=	02:22=	03:46=	01:56=	00:18=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Hedda Raadal Bjørlo										Halden SK	31:46
	04:41+	08:15+	10:57+	13:38+	18:22+	21:16+	22:28+	24:51+	29:23+	31:28+	31:46+	
	04:41+	03:34+	02:42+	02:41-	04:44+	02:54-	01:12-	02:23+	04:32+	02:05+	00:18=	
	00:43#	00:18+	00:39&	00:05-	00:30#	00:25-	00:04-	00:01+	00:46#	00:09+	00:00=	
3	Karoline Bjørnerød										OK Moss	33:22
	04:04+	07:43+	10:03+	13:09+	18:57+	22:16+	23:31+	26:06+	30:46+	33:01+	33:22+	
	04:04+	03:39+	02:20+	03:06+	05:48+	03:19=	01:15-	02:35+	04:40+	02:15+	00:21+	
	00:06+	00:23#	00:17#	00:20#	01:34&	00:00=	00:01-	00:13+	00:54#	00:19#	00:03#	
4	Karoline Aune										Halden SK	35:14
	04:39+	08:57+	11:39+	14:56+	19:29+	23:20+	24:50+	27:33+	32:11+	34:46+	35:14+	
	04:39+	04:18+	02:42+	03:17+	04:33+	03:51+	01:30+	02:43+	04:38+	02:35+	00:28+	
	00:41#	01:02&	00:39&	00:31#	00:19+	00:32#	00:14#	00:21#	00:52#	00:39&	00:10&	
5	Helena Åsberg										Sarpsborg OL	40:03
	05:36+	10:33+	15:35+	18:56+	23:50+	27:33+	28:59+	31:50+	37:37+	39:44+	40:03+	
	05:36+	04:57+	05:02+	03:21+	04:54+	03:43+	01:26+	02:51+	05:47+	02:07+	00:19+	
	01:38&	01:41&	02:59@	00:35#	00:40#	00:24#	00:10#	00:29#	02:01&	00:11+	00:01+	
6	Marie Lindløv Jensen										Sarpsborg OL	43:50
	05:07+	13:47+	17:22+	20:52+	26:12+	31:30+	33:02+	35:57+	40:46+	43:25+	43:50+	
	05:07+	08:40+	03:35+	03:30+	05:20+	05:18+	01:32+	02:55+	04:49+	02:39+	00:25+	
	01:09&	05:24@	01:32&	00:44&	01:06&	01:59&	00:16#	00:33#	01:03&	00:43&	00:07&	
7	Marte Sletten Bergsland										Trøsken IL	46:40
	06:33+	11:46+	19:56+	24:56+	30:49+	34:40+	36:18+	39:23+	44:10+	46:18+	46:40+	
	06:33+	05:13+	08:10+	05:00+	05:53+	03:51+	01:38+	03:05+	04:47+	02:08+	00:22+	
	02:35&	01:57&	06:07@	02:14&	01:39&	00:32#	00:22&	00:43&	01:01&	00:12#	00:04#	
8	Selma Kristiansen										OK Moss	54:17
	06:01+	13:40+	17:28+	22:01+	34:33+	38:42+	40:25+	44:12+	51:13+	53:50+	54:17+	
	06:01+	07:39+	03:48+	04:33+	12:32+	04:09+	01:43+	03:47+	07:01+	02:37+	00:27+	
	02:03&	04:23@	01:45&	01:47&	08:18@	00:50&	00:27&	01:25&	03:15&	00:41&	00:09&	
Beste strekktid for klassen												
	03:58	03:16	02:03	02:41	04:14	02:54	01:12	02:22	03:46	01:56	00:18	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H10-												
24	Isak Solberg										Fredrikstad SK	19:58
	02:40+	07:10+	10:31+	14:55+	18:34+	19:33+	19:58+					
	02:40+	04:30+	03:21+	04:24+	03:39+	00:59+	00:25+					
	02:40+	04:30+	03:21+	04:24+	03:39+	00:59+	00:25+					

Plass	Navn						Klasse	Tid
25	Håkon Lillegraven Langsæter						Trøsken IL	15:12
	01:53+	04:20+	06:09+	09:45+	13:41+	14:53+	15:12+	
	01:53+	02:27+	01:49+	03:36+	03:56+	01:12+	00:19+	
	01:53+	02:27+	01:49+	03:36+	03:56+	01:12+	00:19+	
26	Anders Rostveit Elmi						OK Moss	29:49
	03:19+	07:00+	08:58+	20:10+	26:27+	29:25+	29:49+	
	03:19+	03:41+	01:58+	11:12+	06:17+	02:58+	00:24+	
	03:19+	03:41+	01:58+	11:12+	06:17+	02:58+	00:24+	
27	Johan Fredrik Svendsby Braarud Halden SK							19:32
	02:28+	07:28+	08:58+	12:44+	18:00+	19:06+	19:32+	
	02:28+	05:00+	01:30+	03:46+	05:16+	01:06+	00:26+	
	02:28+	05:00+	01:30+	03:46+	05:16+	01:06+	00:26+	
28	Selmer Løken						OK Moss	14:22
	02:16+	04:27+	06:04+	09:37+	13:03+	14:03+	14:22+	
	02:16+	02:11+	01:37+	03:33+	03:26+	01:00+	00:19+	
	02:16+	02:11+	01:37+	03:33+	03:26+	01:00+	00:19+	
29	Sondre Strømberg						Fredrikstad SK	22:46
	02:42+	06:00+	07:58+	14:29+	18:48+	22:23+	22:46+	
	02:42+	03:18+	01:58+	06:31+	04:19+	03:35+	00:23+	
	02:42+	03:18+	01:58+	06:31+	04:19+	03:35+	00:23+	
30	Ville Emil Wingstedt						Halden SK	13:48
	02:07+	04:19+	05:47+	09:06+	12:32+	13:29+	13:48+	
	02:07+	02:12+	01:28+	03:19+	03:26+	00:57+	00:19+	
	02:07+	02:12+	01:28+	03:19+	03:26+	00:57+	00:19+	

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

H11-12

1	Emil Husebye Aamodt						Fredrikstad SK	11:50
	01:44=	03:33=	04:50=	07:42=	10:44=	11:30=	11:50=	
	01:44=	01:49=	01:17=	02:52=	03:02=	00:46=	00:20=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Jesper Vonen Svae						Sarpsborg OL	14:14
	01:50+	03:50+	05:21+	08:55+	12:48+	13:49+	14:14+	
	01:50+	02:00+	01:31+	03:34+	03:53+	01:01+	00:25+	
	00:06+	00:11#	00:14#	00:42#	00:51&	00:15&	00:05#	
3	Audun Nordby						Fredrikstad SK	14:23
	02:05+	04:34+	06:17+	09:35+	13:06+	14:04+	14:23+	
	02:05+	02:29+	01:43+	03:18+	03:31+	00:58+	00:19-	
	00:21#	00:40&	00:26&	00:26#	00:29#	00:12&	00:01-	
4	Martin Bryggen						Halden SK	14:36
	02:00+	04:36+	06:05+	09:40+	13:16+	14:16+	14:36+	
	02:00+	02:36+	01:29+	03:35+	03:36+	01:00+	00:20=	
	00:16#	00:47&	00:12#	00:43#	00:34#	00:14&	00:00=	
5	Anders Hovgaard Eisvang						OK Moss	15:11
	02:05+	04:27+	06:06+	09:24+	13:42+	14:51+	15:11+	
	02:05+	02:22+	01:39+	03:18+	04:18+	01:09+	00:20=	
	00:21#	00:33&	00:22&	00:26#	01:16&	00:23&	00:00=	
6	Sverre Sandvik						Halden SK	16:26
	02:54+	05:32+	07:05+	10:59+	15:01+	16:03+	16:26+	
	02:54+	02:38+	01:33+	03:54+	04:02+	01:02+	00:23+	
	01:10&	00:49&	00:16#	01:02&	01:00&	00:16&	00:03#	
7	Eivind Imrik						Fredrikstad SK	18:54
	02:33+	05:41+	07:56+	12:30+	17:22+	18:32+	18:54+	
	02:33+	03:08+	02:15+	04:34+	04:52+	01:10+	00:22+	
	00:49&	01:19&	00:58&	01:42&	01:50&	00:24&	00:02+	

Class	Navn							Klasse	Tid
8	Philip Orud Hovland							Halden SK	19:50
	02:27+	05:07+	08:25+	13:40+	18:32+	19:26+	19:50+		
	02:27+	02:40+	03:18+	05:15+	04:52+	00:54+	00:24+		
	00:43&	00:51&	02:01@	02:23&	01:50&	00:08#	00:04#		
9	Brage Kristiansen							OK Moss	28:43
	04:00+	12:23+	18:59+	27:03+	28:22+	28:43+			
	04:00+	08:23+	06:36+	08:04+	01:19-	00:21-			
	02:16@	06:34@	05:19@	05:12@	01:43-	00:25-			
Beste strekktid for klassen									
	01:44	01:49	01:17	02:52	01:19	00:21	00:19		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.									
H13-14									
1	Sondre Ladim							OK Moss	17:34
	01:38=	03:41=	05:42=	06:49=	10:18=	11:29=	15:16=	17:18=	17:34=
	01:38=	02:03=	02:01=	01:07=	03:29=	01:11=	03:47=	02:02=	00:16=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Alfred Bjørnerød							OK Moss	17:39
	01:55+	04:29+	06:25+	07:28+	10:44+	12:06+	15:36+	17:22+	17:39+
	01:55+	02:34+	01:56-	01:03-	03:16-	01:22+	03:30-	01:46-	00:17+
	00:17#	00:31&	00:05-	00:04-	00:13-	00:11#	00:17-	00:16-	00:01+
3	Henrik Julian Fontes Aarbu							Varteig OL	18:06
	02:29+	04:39+	06:51+	07:49+	11:10+	12:21+	15:42+	17:47+	18:06+
	02:29+	02:10+	02:12+	00:58-	03:21-	01:11=	03:21-	02:05+	00:19+
	00:51&	00:07+	00:11+	00:09-	00:08-	00:00=	00:26-	00:03+	00:03#
4	Ludvik Sæther							Fredrikstad SK	24:02
	07:12+	09:08+	12:51+	13:51+	17:11+	18:22+	21:44+	23:45+	24:02+
	07:12+	01:56-	03:43+	01:00-	03:20-	01:11=	03:22-	02:01-	00:17+
	05:34@	00:07-	01:42&	00:07-	00:09-	00:00=	00:25-	00:01-	00:01+
5	Herman Lien Backstrøm							Halden SK	24:59
	02:24+	04:54+	07:07+	09:03+	13:51+	15:09+	22:09+	24:40+	24:59+
	02:24+	02:30+	02:13+	01:56+	04:48+	01:18+	07:00+	02:31+	00:19+
	00:46&	00:27#	00:12+	00:49&	01:19&	00:07+	03:13&	00:29#	00:03#
6	Sebastian Bøhn-Bryntesen							Halden SK	28:56
	02:04+	06:55+	09:45+	11:27+	18:19+	19:59+	25:24+	28:36+	28:56+
	02:04+	04:51+	02:50+	01:42+	06:52+	01:40+	05:25+	03:12+	00:20+
	00:26&	02:48@	00:49&	00:35&	03:23&	00:29&	01:38&	01:10&	00:04#
7	Peder Bryggen							Halden SK	32:37
	02:44+	05:44+	08:35+	18:35+	23:47+	25:25+	29:56+	32:19+	32:37+
	02:44+	03:00+	02:51+	10:00+	05:12+	01:38+	04:31+	02:23+	00:18+
	01:06&	00:57&	00:50&	08:53@	01:43&	00:27&	00:44#	00:21#	00:02#
8	Isak Holt							Halden SK	44:15
	05:47+	08:49+	17:42+	20:49+	29:25+	31:43+	40:20+	43:57+	44:15+
	05:47+	03:02+	08:53+	03:07+	08:36+	02:18+	08:37+	03:37+	00:18+
	04:09@	00:59&	06:52@	02:00@	05:07@	01:07&	04:50@	01:35&	00:02#
9	Elias Thoresen							Halden SK	48:59
	05:42+	11:19+	21:44+	24:56+	33:32+	35:52+	44:14+	48:38+	48:59+
	05:42+	05:37+	10:25+	03:12+	08:36+	02:20+	08:22+	04:24+	00:21+
	04:04@	03:34@	08:24@	02:05@	05:07@	01:09&	04:35@	02:22@	00:05&
10	Andreas Tveter							Halden SK	55:01
	03:29+	09:24+	19:19+	23:46+	36:58+	41:07+	49:44+	54:39+	55:01+
	03:29+	05:55+	09:55+	04:27+	13:12+	04:09+	08:37+	04:55+	00:22+
	01:51@	03:52@	07:54@	03:20@	09:43@	02:58@	04:50@	02:53@	00:06&
Beste strekktid for klassen									
	01:38	01:56	01:56	00:58	03:16	01:11	03:21	01:46	00:16
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.									

Plass	Navn	Klasse	Tid
H13-20C			
1	Sebastian Blomfeldt Unnerud	OK Moss	17:05
	06:01= 07:57= 09:13= 12:31= 15:43= 16:44= 17:05=		
	06:01= 01:56= 01:16= 03:18= 03:12= 01:01= 00:21=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Jonatan Wold	OK Moss	17:26
	02:25- 08:24+ 12:14+ 16:04+ 17:01+ 17:26+		
	02:25- 05:59+ 03:50+ 03:50+ 00:57- 00:25-		
	03:36- 04:03@ 02:34@ 00:32# 02:15- 00:36-		
3	Linus Bjørke	Halden SK	17:36
	02:40- 05:30- 08:13- 12:15- 16:16+ 17:15+ 17:36+		
	02:40- 02:50+ 02:43+ 04:02+ 04:01+ 00:59- 00:21=		
	03:21- 00:54& 01:27@ 00:44# 00:49& 00:02- 00:00=		
4	Sivert Finstad	Fredrikstad SK	18:52
	02:31- 05:38- 07:45- 12:26- 17:20+ 18:31+ 18:52+		
	02:31- 03:07+ 02:07+ 04:41+ 04:54+ 01:11+ 00:21=		
	03:30- 01:11& 00:51& 01:23& 01:42& 00:10# 00:00=		
5	Kristian Oswald	OK Moss	20:57
	02:43- 05:58- 08:50- 13:51+ 19:31+ 20:38+ 20:57+		
	02:43- 03:15+ 02:52+ 05:01+ 05:40+ 01:07+ 00:19-		
	03:18- 01:19& 01:36@ 01:43& 02:28& 00:06+ 00:02-		
6	Mathias Spolén Jansen	Halden SK	31:09
	04:26- 19:17+ 21:03+ 25:09+ 29:27+ 30:50+ 31:09+		
	04:26- 14:51+ 01:46+ 04:06+ 04:18+ 01:23+ 00:19-		
	01:35- 12:55@ 00:30& 00:48# 01:06& 00:22& 00:02-		
7	Liam Wingstedt	Halden SK	32:47
	04:11- 09:14+ 12:48+ 21:05+ 30:50+ 32:19+ 32:47+		
	04:11- 05:03+ 03:34+ 08:17+ 09:45+ 01:29+ 00:28+		
	01:50- 03:07@ 02:18@ 04:59@ 06:33@ 00:28& 00:07&		
Beste strekktid for klassen			
	02:25 01:56 01:16 03:18 00:57 00:25 00:19		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H15-16			
1	Kristoffer B. Helminsen	Fredrikstad SK	24:18
	01:20= 04:06= 06:43= 07:55= 11:40= 14:18= 17:05= 20:06= 22:06= 24:00= 24:18=		
	01:20= 02:46= 02:37= 01:12= 03:45= 02:38= 02:47= 03:01= 02:00= 01:54= 00:18=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Sigurd Saxe Sandvik	Halden SK	24:44
	01:33+ 04:25+ 07:06+ 08:17+ 11:34- 14:20+ 17:15+ 20:21+ 22:22+ 24:26+ 24:44+		
	01:33+ 02:52+ 02:41+ 01:11- 03:17- 02:46+ 02:55+ 03:06+ 02:01+ 02:04+ 00:18=		
	00:13# 00:06+ 00:04+ 00:01- 00:28- 00:08+ 00:08+ 00:05+ 00:01+ 00:10+ 00:00=		
3	Christopher Ladim	OK Moss	24:58
	01:25+ 03:59- 06:46+ 08:03+ 11:13- 13:50- 16:52- 20:21+ 22:49+ 24:40+ 24:58+		
	01:25+ 02:34- 02:47+ 01:17+ 03:10- 02:37- 03:02+ 03:29+ 02:28+ 01:51- 00:18=		
	00:05+ 00:12- 00:10+ 00:05+ 00:35- 00:01- 00:15+ 00:28# 00:28# 00:03- 00:00=		
4	Adam Kristiansen	OK Moss	35:54
	01:43+ 05:40+ 09:29+ 11:55+ 15:41+ 19:12+ 24:45+ 29:57+ 33:15+ 35:38+ 35:54+		
	01:43+ 03:57+ 03:49+ 02:26+ 03:46+ 03:31+ 05:33+ 05:12+ 03:18+ 02:23+ 00:16-		
	00:23& 01:11& 01:12& 01:14@ 00:01+ 00:53& 02:46& 02:11& 01:18& 00:29& 00:02-		
5	Alf Kristian Helle	Halden SK	38:52
	01:31+ 04:53+ 07:58+ 09:15+ 14:36+ 17:52+ 23:25+ 27:23+ 36:08+ 38:35+ 38:52+		
	01:31+ 03:22+ 03:05+ 01:17+ 05:21+ 03:16+ 05:33+ 03:58+ 08:45+ 02:27+ 00:17-		
	00:11# 00:36# 00:28# 00:05+ 01:36& 00:38# 02:46& 00:57& 06:45@ 00:33& 00:01-		

Pllass	Navn										Klasse	Tid
6	Sivert Poppe										Fredrikstad SK	39:12
	01:27+	04:04-	06:35-	09:38+	12:29+	15:24+	21:07+	34:28+	36:51+	38:54+	39:12+	
	01:27+	02:37-	02:31-	03:03+	02:51-	02:55+	05:43+	13:21+	02:23+	02:03+	00:18=	
	00:07+	00:09-	00:06-	01:51@	00:54-	00:17#	02:56@	10:20@	00:23#	00:09+	00:00=	
7	Jonathan Eylertsen										Halden SK	42:51
	02:01+	05:45+	09:09+	10:32+	14:53+	19:24+	26:26+	31:04+	40:02+	42:37+	42:51+	
	02:01+	03:44+	03:24+	01:23+	04:21+	04:31+	07:02+	04:38+	08:58+	02:35+	00:14-	
	00:41&	00:58&	00:47&	00:11#	00:36#	01:53&	04:15@	01:37&	06:58@	00:41&	00:04-	
8	William Fosser										Indre Østfold OK	45:00
	02:17+	06:12+	09:39+	10:57+	16:36+	19:58+	25:52+	37:07+	41:55+	44:38+	45:00+	
	02:17+	03:55+	03:27+	01:18+	05:39+	03:22+	05:54+	11:15+	04:48+	02:43+	00:22+	
	00:57&	01:09&	00:50&	00:06+	01:54&	00:44&	03:07@	08:14@	02:48@	00:49&	00:04#	
Beste strekktid for klassen												
	01:20	02:34	02:31	01:11	02:51	02:37	02:47	03:01	02:00	01:51	00:14	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H17-20												
1	Runar Saur Modahl										Fredrikstad SK	31:16
	03:48=	07:26=	09:48=	13:06=	17:46=	21:03=	22:24=	24:53=	28:55=	30:57=	31:16=	
	03:48=	03:38=	02:22=	03:18=	04:40=	03:17=	01:21=	02:29=	04:02=	02:02=	00:19=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Jonatan Aune										Halden SK	38:38
	05:30+	08:41+	10:51+	13:42+	20:20+	26:43+	28:02+	30:38+	36:10+	38:24+	38:38+	
	05:30+	03:11-	02:10-	02:51-	06:38+	06:23+	01:19-	02:36+	05:32+	02:14+	00:14-	
	01:42&	00:27-	00:12-	00:27-	01:58&	03:06&	00:02-	00:07+	01:30&	00:12+	00:05-	
Beste strekktid for klassen												
	03:48	03:11	02:10	02:51	04:40	03:17	01:19	02:29	04:02	02:02	00:14	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
N-åpen												
1	Jakob Tungesvik Høstmark										OK Moss	24:28
	04:32=	09:27=	13:00=	16:01=	20:38=	23:48=	24:28=					
	04:32=	04:55=	03:33=	03:01=	04:37=	03:10=	00:40=					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
3	Eskil Pehrson-Lunde										Sarpsborg OL	14:23
	02:09-	04:35-	06:47-	08:47-	12:13-	14:02-	14:23-					
	02:09-	02:26-	02:12-	02:00-	03:26-	01:49-	00:21-					
	02:23-	02:29-	01:21-	01:01-	01:11-	01:21-	00:19-					
4	Adrian Spolèn Jansen										Gimle IF	25:39
	02:05-	13:03+	15:45+	17:58+	19:48-	23:02-	24:49+	25:39+				
	02:05-	10:58+	02:42-	02:13-	01:50-	03:14+	01:47+	00:50+				
	02:27-	06:03@	00:51-	00:48-	02:47-	00:04+	01:07@	00:50+				
5	Olivia Roskifte										OK Moss	21:52
	03:53-	08:15-	11:27-	14:55-	19:30-	21:15-	21:52-					
	03:53-	04:22-	03:12-	03:28+	04:35-	01:45-	00:37-					
	00:39-	00:33-	00:21-	00:27#	00:02-	01:25-	00:03-					
6	Halvor Ek Hedlund										Trøsken IL	24:25
	04:00-	08:42-	11:44-	14:35-	21:06+	23:53+	24:25-					
	04:00-	04:42-	03:02-	02:51-	06:31+	02:47-	00:32-					
	00:32-	00:13-	00:31-	00:10-	01:54&	00:23-	00:08-					
8	Theodor Johannsen Nilsen										Trøsken IL	24:27
	04:07-	08:46-	11:49-	14:58-	21:14+	23:57+	24:27-					
	04:07-	04:39-	03:03-	03:09+	06:16+	02:43-	00:30-					
	00:25-	00:16-	00:30-	00:08+	01:39&	00:27-	00:10-					

Plass	Navn						Klasse	Tid
9	Aisha Rostveit Elmi						OK Moss	19:20
	02:45-	06:45-	09:36-	11:53-	16:06-	18:47-	19:20-	
	02:45-	04:00-	02:51-	02:17-	04:13-	02:41-	00:33-	
	01:47-	00:55-	00:42-	00:44-	00:24-	00:29-	00:07-	
10	Johannes Bergerud						Varteig OL	14:41
	02:08-	04:25-	07:16-	08:56-	11:37-	14:01-	14:41-	
	02:08-	02:17-	02:51-	01:40-	02:41-	02:24-	00:40=	
	02:24-	02:38-	00:42-	01:21-	01:56-	00:46-	00:00=	
11	Adele C.S. Edvardsen						Fredrikstad SK	12:44
	01:42-	04:27-	06:34-	08:05-	10:41-	12:09-	12:44-	
	01:42-	02:45-	02:07-	01:31-	02:36-	01:28-	00:35-	
	02:50-	02:10-	01:26-	01:30-	02:01-	01:42-	00:05-	
12	Håkon Bryggen						Halden SK	11:09
	02:48-	04:44-	06:08-	07:24-	09:29-	10:44-	11:09-	
	02:48-	01:56-	01:24-	01:16-	02:05-	01:15-	00:25-	
	01:44-	02:59-	02:09-	01:45-	02:32-	01:55-	00:15-	
13	Vilma Danevad						Fredrikstad SK	14:08
	02:08-	04:41-	06:46-	09:07-	11:49-	13:33-	14:08-	
	02:08-	02:33-	02:05-	02:21-	02:42-	01:44-	00:35-	
	02:24-	02:22-	01:28-	00:40-	01:55-	01:26-	00:05-	
14	Elise Holm Nedrebø						OK Moss	19:21
	02:44-	06:55-	09:44-	12:01-	16:16-	18:51-	19:21-	
	02:44-	04:11-	02:49-	02:17-	04:15-	02:35-	00:30-	
	01:48-	00:44-	00:44-	00:44-	00:22-	00:35-	00:10-	
15	Isa Milene Brekke						Fredrikstad SK	24:03
	04:37+	09:36+	12:22-	15:51-	20:32-	23:28-	24:03-	
	04:37+	04:59+	02:46-	03:29+	04:41+	02:56-	00:35-	
	00:05+	00:04+	00:47-	00:28#	00:04+	00:14-	00:05-	
16	Solan Løken						OK Moss	14:16
	02:05-	05:19-	07:09-	08:43-	12:19-	13:51-	14:16-	
	02:05-	03:14-	01:50-	01:34-	03:36-	01:32-	00:25-	
	02:27-	01:41-	01:43-	01:27-	01:01-	01:38-	00:15-	
17	Jacob Eylertsen						Halden SK	13:49
	02:03-	04:36-	06:14-	07:41-	11:39-	13:49-		
	02:03-	02:33-	01:38-	01:27-	03:58-	02:10-		
	02:29-	02:22-	01:55-	01:34-	00:39-	01:00-		
18	Kristian Lind-Larsen						OK Moss	14:18
	02:37-	05:38-	07:35-	09:36-	12:26-	13:51-	14:18-	
	02:37-	03:01-	01:57-	02:01-	02:50-	01:25-	00:27-	
	01:55-	01:54-	01:36-	01:00-	01:47-	01:45-	00:13-	
201	Ole Edvard Kopperud						Indre Østfold OK	21:18
	03:39-	06:58-	11:45-	14:01-	17:45-	20:14-	21:18-	
	03:39-	03:19-	04:47+	02:16-	03:44-	02:29-	01:04+	
	00:53-	01:36-	01:14&	00:45-	00:53-	00:41-	00:24&	
202	Elida Sofie Kopperud						Indre Østfold OK	20:26
	03:17-	06:22-	11:01-	13:13-	16:43-	19:52-	20:26-	
	03:17-	03:05-	04:39+	02:12-	03:30-	03:09-	00:34-	
	01:15-	01:50-	01:06&	00:49-	01:07-	00:01-	00:06-	
203	Elida Espenes						Varteig OL	22:07
	03:40-	07:31-	10:36-	13:41-	18:39-	21:23-	22:07-	
	03:40-	03:51-	03:05-	03:05+	04:58+	02:44-	00:44+	
	00:52-	01:04-	00:28-	00:04+	00:21+	00:26-	00:04+	
205	Hedda Øvretveit						Fredrikstad SK	08:33
	01:16-	02:54-	04:13-	05:22-	07:05-	08:11-	08:33-	
	01:16-	01:38-	01:19-	01:09-	01:43-	01:06-	00:22-	
	03:16-	03:17-	02:14-	01:52-	02:54-	02:04-	00:18-	
Beste strekktid for klassen								
	01:16	01:38	01:19	01:09	01:43	01:06	00:21	

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