

Resultatliste NM junior stafett 23.09.2018

H17-20

1	Lukas Liland, Nydalens SK					30:51	+00:00														
							0														
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:09-1	04:12-7	06:20-5	07:16-5	10:15-6	11:18-4	12:32-2	13:40-2	14:28-2	15:52-2	17:23-1	18:53-1	22:16-4	22:48-4	24:02-4	27:02-5	27:48-3	29:02-2	29:56-1	30:31-1	30:51-1
Strek ktid	01:09	03:03-37	02:08-4	00:56-5	02:59-9	01:03-18	01:14-23	01:08-3	00:48-2	01:24-6	01:31-8	01:30-6	03:23-84	00:32-3	01:14-39	03:00-63	00:46-18	01:14-13	00:54-1	00:35-1	00:20-18
Tid etter	+00:00 +00:00																				
2	Oliwer Lundberg, Freidig					31:05	+00:14														
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:12-2	03:57-3	05:54-1	06:57-1	10:07-3	11:28-5	12:45-4	13:57-4	14:51-5	16:22-5	18:08-6	19:42-6	22:29-6	23:01-5	24:14-5	27:11-6	27:57-5	29:14-3	30:08-2	30:45-2	31:05-2
Strek ktid	01:12	02:45-9	01:57-1	01:03-54	03:10-20	01:21-49	01:17-25	01:12-13	00:54-12	01:31-33	01:46-46	01:34-17	02:47-11	00:32-3	01:13-32	02:57-50	00:46-18	01:17-18	00:54-1	00:37-4	00:20-18
Tid etter	+00:03	-00:18	-00:11	+00:07#	+00:11	+00:18&	+00:03	+00:04	+00:06#	+00:07	+00:15#	+00:04	-00:36	+00:00	-00:01	-00:03	+00:00	+00:03	+00:00	+00:02	+00:00
3	Marius Aurebekk, Kristiansand OK					31:14	+00:23														
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:22-14	04:04-4	06:09-3	07:06-3	10:09-4	10:53-2	12:43-3	13:57-4	14:46-4	16:10-4	17:40-3	19:14-3	22:36-7	23:07-7	24:19-7	27:16-7	28:08-7	29:24-5	30:19-3	30:55-3	31:14-3
Strek ktid	01:22	02:42-5	02:05-2	00:57-11	03:03-11	00:44-3	01:50-76	01:14-19	00:49-3	01:24-6	01:30-5	01:34-17	03:22-80	00:31-1	01:12-28	02:57-50	00:52-35	01:16-15	00:55-4	00:36-2	00:19-8
Tid etter	+00:13#	-00:21	-00:03	+00:01	+00:04	-00:19	+00:36&	+00:06	+00:01	+00:00	-00:01	+00:04	-00:01	-00:01	-00:02	-00:03	+00:06#	+00:02	+00:01	+00:01	-00:01
4	Vegard Gulbrandsen, Asker Skiklubb					31:37	+00:46														
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

Total tid	01:34-46	04:06-6	06:34-10	07:30-8	10:48-10	12:06-8	13:02-8	14:12-6	15:11-6	16:36-6	18:07-5	19:34-5	22:11-3	22:42-3	23:44-3	26:23-3	28:02-6	29:38-6	30:38-4	31:18-4	31:37-4
Strek ktid	01:34-2	02:32-24	02:28-5	00:56-31	03:18-40	01:18-5	00:56-6	01:10-36	00:59-10	01:25-8	01:31-4	01:27-4	02:37-4	00:31-1	01:02-2	02:39-12	01:39-118	01:36-50	01:00-13	00:40-15	00:19-8
Tid etter	+00:25 &	-00:31 #	+00:20 #	+00:00 #	+00:19 #	+00:15 #	-00:18	+00:02 #	+00:11 #	+00:01	+00:00	-00:03	-00:46	-00:01	-00:12	-00:21	+00:53 @	+00:22 &	+00:06 #	+00:05 #	-00:01
5	Markus Kjærner-Semb, Varegg Fleridrett						33:07	+02:16													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:37-56	05:04-66	08:22-58	09:20-58	12:15-37	13:10-21	14:57-27	16:23-23	17:24-25	18:51-22	20:30-21	22:04-18	24:55-16	25:29-16	26:37-15	29:10-13	29:53-13	31:00-10	32:06-8	32:46-6	33:07-5
Strek ktid	01:37-84	03:27-70	03:18-17	00:58-4	02:55-10	00:55-10	01:47-70	01:26-52	01:01-48	01:27-16	01:39-24	01:34-17	02:51-16	00:34-17	01:08-12	02:33-3	00:43-8	01:07-4	01:06-33	00:40-15	00:21-28
Tid etter	+00:28 &	+00:24 #	+01:10 &	+00:02	-00:04	-00:08	+00:33 &	+00:18 &	+00:13 &	+00:03	+00:08	+00:04	-00:32	+00:02	-00:06	-00:27	-00:03	-00:07	+00:12 #	+00:05 #	+00:01
6	Henrik Fredriksen Aas, Asker Skiklubb						33:12	+02:21													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	02:09-126	05:05-68	07:50-41	08:46-33	12:10-32	12:57-17	14:51-21	16:25-25	17:19-20	18:44-19	20:24-18	21:58-15	24:51-15	25:26-15	26:34-14	29:10-13	29:54-14	30:58-9	32:06-8	32:50-7	33:12-6
Strek ktid	02:09-23	02:56-45	02:45-5	00:56-45	03:24-4	00:47-4	01:54-83	01:34-76	00:54-12	01:25-10	01:40-29	01:34-17	02:53-25	00:35-25	01:08-12	02:36-7	00:44-11	01:04-2	01:08-42	00:44-35	00:22-46
Tid etter	+01:00 &	-00:07	+00:37 &	+00:00	+00:25 #	-00:16	+00:40 &	+00:26 &	+00:06 #	+00:01	+00:09	+00:04	-00:30	+00:03	-00:06	-00:24	-00:02	-00:10	+00:14 &	+00:09 &	+00:02#
7	Cornelius Bjørk, Sandefjord OK						33:58	+03:07													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:29-34	04:26-27	06:48-18	07:47-16	13:55-74	15:08-63	16:00-44	17:10-40	18:04-40	19:27-37	20:57-36	22:32-27	25:16-23	25:48-22	26:54-21	29:34-19	30:58-22	32:05-19	33:04-14	33:41-9	33:58-7
Strek ktid	01:29-27	02:57-27	02:22-10	00:59-21	06:08-134	01:13-29	00:52-2	01:10-6	00:54-12	01:23-4	01:30-5	01:35-21	02:44-9	00:32-3	01:06-7	02:40-15	01:24-100	01:07-4	00:59-9	00:37-4	00:17-2
Tid etter	+00:20 &	-00:06	+00:14 #	+00:03	+03:09 @	+00:10 #	-00:22	+00:02	+00:06 #	-00:01	-00:01	+00:05	-00:39	+00:00	-00:08	-00:20	+00:38 &	-00:07	+00:05	+00:02	-00:03
=	Jostein Tandberg, Nydalens SK						33:58	+03:07													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

Total	01:55-	05:04-	07:48-	08:48-	12:15-	12:58-	15:02-	16:24-	17:22-	18:53-	20:29-	22:04-	24:59-	25:32-	26:42-	29:39-	30:24-	31:57-	33:00-	33:39-	33:58-7
tid	106	66	36	34	37	18	29	24	24	23	20	18	19	18	17	23	17	15	12	8	
Strek	01:55	03:09-	02:44-	01:00-	03:27-	00:43-	02:04-	01:22-	00:58-	01:31-	01:36-	01:35-	02:55-	00:33-	01:10-	02:57-	00:45-	01:33-	01:03-	00:39-	00:19-8
ktid		51	44	31	52	2	93	38	30	33	14	21	35	9	19	50	15	42	21	10	
Tid etter	+00:46 &	+00:06	+00:36 &	+00:04	+00:28 #	-00:20	+00:50 &	+00:14 #	+00:10 #	+00:07	+00:05	+00:05	-00:28	+00:01	-00:04	-00:03	-00:01	+00:19 &	+00:09 #	+00:04 #	-00:01

9 Marius Pytten, Kristiansand OK 34:00 +03:09

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:41-	05:05-	08:20-	09:16-	12:31-	13:40-	14:55-	16:22-	17:19-	18:50-	20:28-	22:01-	24:58-	25:32-	26:42-	29:29-	30:57-	32:04-	33:03-	33:42-	34:00-9
tid	65	68	57	54	44	34	26	21	20	20	19	16	18	18	17	17	21	18	13	10	
Strek	01:41	03:24-	03:15-	00:56-	03:15-	01:09-	01:15-	01:27-	00:57-	01:31-	01:38-	01:33-	02:57-	00:34-	01:10-	02:47-	01:28-	01:07-	00:59-	00:39-	00:18-5
ktid	78	68	5	28	24	24	57	22	33	20	15	44	17	19	26	110	4	9	10		
Tid etter	+00:32 &	+00:21 #	+01:07 &	+00:00	+00:16	+00:06	+00:01	+00:19 &	+00:09 #	+00:07	+00:07	+00:03	-00:26	+00:02	-00:04	-00:13	+00:42 &	-00:07	+00:05	+00:04 #	-00:02

= Njaal Ellegaard Melby, Vang OL 34:00 +03:09

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:42-	04:58-	08:24-	09:22-	12:17-	13:31-	14:51-	16:32-	17:27-	18:57-	20:34-	22:06-	25:01-	25:34-	26:44-	29:31-	30:55-	32:06-	33:05-	33:43-	34:00-9
tid	68	55	59	59	40	30	21	28	27	25	25	20	20	20	19	18	20	20	15	11	
Strek	01:42	03:16-	03:26-	00:58-	02:55-	01:14-	01:20-	01:41-	00:55-	01:30-	01:37-	01:32-	02:55-	00:33-	01:10-	02:47-	01:24-	01:11-	00:59-	00:38-	00:17-2
ktid	64	78	17	4	32	29	91	16	27	17	13	35	9	19	26	100	11	9	9		
Tid etter	+00:33 &	+00:13	+01:18 &	+00:02	-00:04	+00:11 #	+00:06	+00:33 &	+00:07 #	+00:06	+00:06	+00:02	-00:28	+00:01	-00:04	-00:13	+00:38 &	-00:03	+00:05	+00:03	-00:03

11 Elias Bäcklund Ekvall, Halden SK 34:04 +03:13

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:36-	04:56-	07:39-	08:38-	12:09-	13:52-	15:15-	16:40-	17:30-	18:57-	20:31-	22:01-	24:55-	25:29-	26:38-	29:27-	30:53-	31:59-	33:06-	33:43-	34:04-
tid	52	52	30	30	29	37	34	31	29	25	22	16	16	16	16	16	19	17	16	11	12
Strek	01:36	03:20-	02:43-	00:59-	03:31-	01:43-	01:23-	01:25-	00:50-	01:27-	01:34-	01:30-	02:54-	00:34-	01:09-	02:49-	01:26-	01:06-	01:07-	00:37-	00:21-
ktid	74	43	21	63	87	33	49	5	16	11	6	33	17	17	30	106	3	38	4	28	
Tid etter	+00:27 &	+00:17	+00:35 &	+00:03	+00:32 #	+00:40 &	+00:09 #	+00:17 #	+00:02	+00:03	+00:03	+00:00	-00:29	+00:02	-00:05	-00:11	+00:40 &	-00:08	+00:13 #	+00:02	+00:01

12 Gjermund Tørnqvist Halden, Nydalens SK 34:07 +03:16

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total	01:12-	04:16-	06:38-	07:46-	11:05-	12:19-	13:42-	14:53-	16:01-	17:54-	19:41-	21:28-	24:34-	25:15-	26:44-	29:37-	30:22-	31:58-	32:59-	33:44-	34:07-
tid	2	15	11	15	11	11	9	9	9	10	11	12	14	14	19	21	16	16	11	13	13
Strek	01:12	03:04-	02:22-	01:08-	03:19-	01:14-	01:23-	01:11-	01:08-	01:53-	01:47-	01:47-	03:06-	00:41-	01:29-	02:53-	00:45-	01:36-	01:01-	00:45-	00:23-
ktid	39	10	10	85	37	32	33	8	93	119	48	52	57	86	91	36	15	50	15	44	58
Tid etter	+00:03	+00:01	+00:14	+00:12	+00:20	+00:11	+00:09	+00:03	+00:20	+00:29	+00:16	+00:17	-00:17	+00:09	+00:15	-00:07	-00:01	+00:22	+00:07	+00:10	+00:03#
	#	#	#	#	#	#	#	#	&	&	#	#	#	&	#	#	#	&	#	&	#

= Mats Eidsmo, Freidig 34:07 +03:16

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:34-	04:23-	06:50-	07:50-	13:44-	15:01-	15:59-	17:08-	18:01-	19:24-	20:53-	22:23-	25:23-	25:55-	27:01-	29:36-	31:00-	32:07-	33:11-	33:48-	34:07-
tid	46	24	19	18	66	57	43	39	39	35	33	25	25	25	24	20	23	21	18	15	13
Strek	01:34	02:49-	02:27-	01:00-	05:54-	01:17-	00:58-	01:09-	00:53-	01:23-	01:29-	01:30-	03:00-	00:32-	01:06-	02:35-	01:24-	01:07-	01:04-	00:37-	00:19-8
ktid	12	22	22	31	130	38	8	4	9	4	3	6	51	3	7	6	100	4	25	4	
Tid etter	+00:25	-00:14	+00:19	+00:04	+02:55	+00:14	-00:16	+00:01	+00:05	-00:01	-00:02	+00:00	-00:23	+00:00	-00:08	-00:25	+00:38	-00:07	+00:10	+00:02	-00:01
	&	#	#	#	&	#	#	#	#	#	#	#	#	#	#	#	&	#	#	#	#

14 Halvor Tørnqvist Halden, Nydalens SK 34:08 +03:17

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:29-	04:20-	06:45-	07:47-	13:47-	14:58-	15:49-	17:05-	17:58-	19:22-	20:50-	22:20-	25:17-	25:50-	26:59-	29:38-	31:02-	32:12-	33:08-	33:47-	34:08-
tid	34	20	16	16	69	54	39	38	38	34	30	23	24	24	23	22	25	23	17	14	15
Strek	01:29	02:51-	02:25-	01:02-	06:00-	01:11-	00:51-	01:16-	00:53-	01:24-	01:28-	01:30-	02:57-	00:33-	01:09-	02:39-	01:24-	01:10-	00:56-	00:39-	00:21-
ktid	18	17	17	42	132	27	1	25	9	6	2	6	44	9	17	12	100	9	5	10	28
Tid etter	+00:20	-00:12	+00:17	+00:06	+03:01	+00:08	-00:23	+00:08	+00:05	+00:00	-00:03	+00:00	-00:26	+00:01	-00:05	-00:21	+00:38	-00:04	+00:02	+00:04	+00:01
	&	#	#	#	@	#	#	#	#	#	#	#	#	#	#	#	&	#	#	#	#

15 Isak Jonsson, Nydalens SK 34:14 +03:23

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:30-	04:18-	06:41-	07:44-	14:10-	15:18-	16:12-	17:23-	18:22-	19:50-	21:28-	23:27-	26:01-	26:35-	27:38-	30:15-	31:17-	32:17-	33:16-	33:53-	34:14-
tid	36	17	14	14	85	69	52	43	42	40	39	42	35	34	30	26	28	25	19	16	16
Strek	01:30	02:48-	02:23-	01:03-	06:26-	01:08-	00:54-	01:11-	00:59-	01:28-	01:38-	01:59-	02:34-	00:34-	01:03-	02:37-	01:02-	01:00-	00:59-	00:37-	00:21-
ktid	11	12	12	54	139	22	3	8	36	21	20	73	2	17	3	8	60	1	9	4	28
Tid etter	+00:21	-00:15	+00:15	+00:07	+03:27	+00:05	-00:20	+00:03	+00:11	+00:04	+00:07	+00:29	-00:49	+00:02	-00:11	-00:23	+00:16	-00:14	+00:05	+00:02	+00:01
	&	#	#	#	@	#	#	#	#	#	#	&	#	#	#	#	&	#	#	#	#

16 Simen Spets Storhov, Freidig 34:21 +03:30

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total tid	01:42-68	05:01-60	07:46-35	08:48-34	12:06-24	13:22-27	14:52-23	16:27-27	17:25-26	18:54-24	20:33-24	22:10-21	25:09-21	25:46-21	26:57-22	29:41-25	31:07-27	32:16-24	33:18-20	33:58-18	34:21-17
Strek ktid	01:4273	03:19-45	02:45-42	01:02-31	03:18-37	01:16-37	01:30-41	01:35-79	00:58-30	01:29-23	01:39-24	01:37-24	02:59-49	00:37-37	01:11-25	02:44-20	01:26-106	01:09-8	01:02-18	00:40-15	00:23-58
Tid etter	+00:33 &	+00:16	+00:37 &	+00:06 #	+00:19 #	+00:13 #	+00:16 #	+00:27 &	+00:10 #	+00:05	+00:08	+00:07	-00:24	+00:05 #	-00:03	-00:16	+00:40 &	-00:05	+00:08 #	+00:05 #	+00:03#

17 Viktor Wassén, Halden SK **34:35** **+03:44**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:24-19	04:13-11	06:29-6	07:31-10	12:08-27	13:33-31	15:30-36	16:42-33	17:41-34	19:14-32	20:52-32	22:50-33	25:41-28	26:24-30	27:38-30	30:20-28	31:03-26	32:34-26	33:32-21	34:14-20	34:35-18
Strek ktid	01:2412	02:49-7	02:16-7	01:02-42	04:37-110	01:25-57	01:57-84	01:12-13	00:59-36	01:33-40	01:38-20	01:58-71	02:51-16	00:43-102	01:14-39	02:42-18	00:43-8	01:31-38	00:58-6	00:42-24	00:21-28
Tid etter	+00:15 #	-00:14	+00:08	+00:06 #	+01:38 &	+00:22 &	+00:43 &	+00:04	+00:11 #	+00:09 #	+00:07	+00:28 &	-00:32	+00:11 &	+00:00	-00:18	-00:03	+00:17 #	+00:04 #	+00:07 #	+00:01

18 Tobias Kristensen, NTNUI **34:48** **+03:57**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:45-77	05:01-60	07:40-31	08:44-32	11:59-22	13:14-25	15:11-33	16:43-34	17:37-31	19:06-30	20:51-31	22:34-29	25:41-28	26:18-27	27:30-27	30:23-29	31:24-31	32:39-27	33:41-22	34:23-21	34:48-19
Strek ktid	01:4564	03:16-64	02:39-39	01:04-65	03:15-28	01:15-36	01:57-84	01:32-70	00:54-12	01:29-23	01:45-40	01:43-43	03:07-58	00:37-37	01:12-28	02:53-36	01:01-59	01:15-14	01:02-18	00:42-24	00:25-77
Tid etter	+00:36 &	+00:13	+00:31 #	+00:08 #	+00:16	+00:12 #	+00:43 &	+00:24 &	+00:06 #	+00:05	+00:14 #	+00:13 #	-00:16	+00:05 #	-00:02	-00:07	+00:15 &	+00:01	+00:08 #	+00:07 #	+00:05#

19 Fredrik Vehus Skjerve, Verdal OK **34:50** **+03:59**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:58-115	04:42-39	07:48-36	08:51-38	12:10-32	13:23-28	14:47-17	16:26-26	17:27-27	19:01-29	20:42-27	22:26-26	25:43-30	26:20-29	27:34-28	30:27-30	31:27-32	32:50-28	33:44-24	34:23-21	34:50-20
Strek ktid	01:588	02:44-8	03:06-60	01:03-54	03:19-37	01:13-29	01:24-37	01:39-85	01:01-48	01:34-43	01:41-31	01:44-45	03:17-72	00:37-37	01:14-39	02:53-36	01:00-57	01:23-25	00:54-1 1	00:39-10	00:27-86
Tid etter	+00:49 &	-00:19	+00:58 &	+00:07 #	+00:20 #	+00:10 #	+00:10 #	+00:31 &	+00:13 &	+00:10 #	+00:10 #	+00:14 #	-00:06	+00:05 #	+00:00	-00:07	+00:14 &	+00:09 #	+00:00	+00:04 #	+00:07 &

20 Styrk Hundseid Kamsvåg, IL Tyrving **35:13** **+04:22**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total	01:38- tid	04:52- 48	08:17- 56	09:17- 55	12:46- 49	14:07- 41	16:07- 49	17:20- 42	18:23- 43	19:55- 42	21:34- 42	23:22- 41	26:04- 36	26:45- 35	27:53- 35	30:36- 32	31:40- 34	33:05- 31	34:08- 27	34:51- 25	35:13- 21
Strek	01:38	03:14- 61	03:25- 77	01:00- 31	03:29- 59	01:21- 49	02:00- 88	01:13- 16	01:03- 55	01:32- 36	01:39- 24	01:48- 57	02:42- 6	00:41- 86	01:08- 12	02:43- 19	01:04- 68	01:25- 28	01:03- 21	00:43- 30	00:22- 46
Tid etter	+00:29 &	+00:11	+01:17 &	+00:04	+00:30 #	+00:18 &	+00:46 &	+00:05	+00:15 &	+00:08	+00:08	+00:18 #	-00:41	+00:09 &	-00:06	-00:17	+00:18 &	+00:11 #	+00:09 #	+00:08 #	+00:02#

21 Lars Sandstad, Freidig **35:41** **+04:50**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:50- tid	05:12- 93	07:54- 43	08:58- 44	12:04- 23	13:04- 20	15:10- 32	16:38- 30	17:36- 30	19:11- 31	20:56- 35	22:36- 30	25:49- 31	26:27- 31	27:42- 34	31:25- 45	32:06- 37	33:32- 34	34:36- 31	35:20- 26	35:41- 23
Strek	01:50	03:22- 75	02:42- 42	01:04- 65	03:06- 14	01:00- 16	02:06- 97	01:28- 60	00:58- 30	01:35- 46	01:45- 40	01:40- 33	03:13- 63	00:38- 52	01:15- 45	03:43- 122	00:41- 2	01:26- 29	01:04- 25	00:44- 35	00:21- 28
Tid etter	+00:41 &	+00:19 #	+00:34 &	+00:08 #	+00:07	-00:03	+00:52 &	+00:20 &	+00:10 #	+00:11 #	+00:14 #	+00:10 #	-00:10	+00:06 #	+00:01	+00:43 #	-00:05	+00:12 #	+00:10 #	+00:09 &	+00:01

22 Bjørn Anders Flågen, Heming Orientering **35:45** **+04:54**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:20- tid	04:21- 8	07:43- 33	08:39- 31	12:07- 26	13:27- 29	14:49- 19	16:03- 17	17:06- 18	18:39- 18	20:32- 23	22:22- 24	25:32- 26	26:11- 26	27:27- 26	30:56- 36	31:53- 36	33:27- 32	34:35- 30	35:24- 27	35:45- 24
Strek	01:20	03:01- 31	03:22- 74	00:56- 5	03:28- 56	01:20- 43	01:22- 31	01:14- 19	01:03- 55	01:33- 40	01:53- 72	01:50- 61	03:10- 61	00:39- 66	01:16- 50	03:29- 116	00:57- 47	01:34- 46	01:08- 42	00:49- 71	00:21- 28
Tid etter	+00:11 #	-00:02	+01:14 &	+00:00	+00:29 #	+00:17 &	+00:08 #	+00:06	+00:15 &	+00:09 #	+00:22 #	+00:20 #	-00:13	+00:07 #	+00:02	+00:29 #	+00:11 #	+00:20 &	+00:14 &	+00:14 &	+00:01

23 Kasper Fosser, Heming Orientering **36:19** **+05:28**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:21- tid	04:12- 7	06:40- 13	07:35- 11	10:12- 5	11:09- 3	12:49- 5	13:52- 3	14:39- 3	16:04- 3	17:33- 2	18:56- 2	21:49- 1	22:21- 1	23:22- 1	25:52- 1	26:33- 1	28:53- 1	31:23- 6	32:22- 5	34:00-9	35:2 3-	35:5 9-	36:1 9-
Strek	01:21	02:51- 18	02:28- 24	00:55- 2	02:37- 1	00:57- 12	01:40- 59	01:03- 1	00:47- 1	01:25- 10	01:29- 3	01:23- 2	02:53- 25	00:32- 3	01:01- 1	02:30- 1	00:41- 2	02:20- 112	02:30- 120	00:59- 93	01:38- 104	01:2 3-	00:3 6-	00:2 0-
Tid etter	+00:12 #	-00:12	+00:20 #	-00:01	-00:22	-00:06	+00:26 &	-00:05	-00:01	+00:01	-00:02	-00:07	-00:30	+00:00	-00:13	-00:30	-00:05	+01:06 &	+01:36 @	+00:24 &	+01:18 @	+01: 23	+00: 36	+00: 20

= Einar Melsom, Fossum IF **36:19** **+05:28**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total	01:42- tid 68	04:33- 32	09:04- 79	09:59- 72	13:25- 57	15:02- 58	16:03- 46	17:31- 48	18:29- 44	19:54- 41	21:31- 40	23:09- 38	26:06- 38	26:45- 35	27:58- 37	30:38- 34	32:24- 42	34:09- 38	35:19- 33	36:03- 32	36:19- 27
Strek	01:42	02:51- 18	04:31- 119	00:55- 2	03:26- 50	01:37- 77	01:01- 12	01:28- 60	00:58- 30	01:25- 10	01:37- 17	01:38- 26	02:57- 44	00:39- 66	01:13- 32	02:40- 15	01:46- 125	01:45- 71	01:10- 53	00:44- 35	00:16-1
Tid etter	+00:33 &	-00:12	+02:23 @	-00:01	+00:27 #	+00:34 &	-00:13	+00:20 &	+00:10 #	+00:01	+00:06	+00:08	-00:26	+00:07 #	-00:01	-00:20	+01:00 @	+00:31 &	+00:16 &	+00:09 &	-00:04

25 Rasmus Mathisen, Porsgrunn OL 36:31 +05:40

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:45- tid 77	05:01- 60	08:48- 71	09:51- 68	13:25- 57	14:45- 50	16:18- 54	17:34- 49	18:38- 47	20:16- 48	22:05- 48	23:42- 45	26:35- 44	27:12- 44	28:23- 43	31:18- 39	32:52- 44	34:14- 39	35:21- 34	36:08- 33	36:31- 29
Strek	01:45	03:16- 64	03:47- 90	01:03- 54	03:34- 73	01:20- 43	01:33- 47	01:16- 25	01:04- 69	01:38- 57	01:49- 62	01:37- 24	02:53- 25	00:37- 37	01:11- 25	02:55- 43	01:34- 112	01:22- 24	01:07- 38	00:47- 61	00:23- 58
Tid etter	+00:36 &	+00:13	+01:39 &	+00:07 #	+00:35 #	+00:17 &	+00:19 &	+00:08 #	+00:16 &	+00:14 #	+00:18 #	+00:07	-00:30	+00:05 #	-00:03	-00:05	+00:48 @	+00:08 #	+00:13 #	+00:12 &	+00:03 #

26 Vegard Kittilsen, Freidig 36:32 +05:41

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:34- tid 46	04:43- 42	07:08- 23	08:12- 25	11:25- 14	12:15- 10	14:50- 20	16:17- 20	17:20- 23	19:00- 28	20:47- 29	22:49- 32	25:40- 27	26:18- 27	27:39- 32	30:36- 32	31:20- 29	34:31- 43	35:29- 36	36:12- 34	36:32- 30
Strek	01:34	03:09- 51	02:25- 17	01:04- 65	03:13- 24	00:50- 6	02:35- 120	01:27- 57	01:03- 55	01:40- 73	01:47- 48	02:02- 77	02:51- 16	00:38- 52	01:21- 66	02:57- 50	00:44- 11	03:11- 137	00:58- 6	00:43- 30	00:20- 18
Tid etter	+00:25 &	+00:06	+00:17 #	+00:08 #	+00:14	-00:13	+01:21 @	+00:19 &	+00:15 &	+00:16 #	+00:16 #	+00:32 &	-00:32	+00:06 #	+00:07	-00:03	-00:02	+01:57 @	+00:04	+00:08 #	+00:00

27 Even Lindaas, Vang OL 36:36 +05:45

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:23- tid 16	04:13- 11	06:39- 12	07:41- 12	12:09- 29	13:40- 34	15:41- 38	16:55- 37	17:54- 37	19:40- 39	21:32- 41	23:21- 40	26:17- 40	26:54- 40	28:22- 42	31:25- 45	32:14- 39	33:59- 37	35:30- 37	36:16- 35	36:36- 31
Strek	01:23	02:50- 15	02:26- 20	01:02- 42	04:28- 105	01:31- 70	02:01- 89	01:14- 19	00:59- 36	01:46- 96	01:52- 70	01:49- 58	02:56- 39	00:37- 37	01:28- 88	03:03- 71	00:49- 23	01:45- 71	01:31- 86	00:46- 52	00:20- 18
Tid etter	+00:14 #	-00:13	+00:18 #	+00:06 #	+01:29 &	+00:28 &	+00:47 &	+00:06	+00:11 #	+00:22 &	+00:21 #	+00:19 #	-00:27	+00:05 #	+00:14 #	+00:03	+00:03	+00:31 &	+00:37 &	+00:11 &	+00:00

28 Magnus Gjerstad, Varegg Fleridrett 36:47 +05:56

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total	01:42- tid 68	04:52- 48	07:17- 25	08:11- 24	13:59- 81	15:19- 70	16:15- 53	17:28- 45	18:38- 47	20:13- 47	21:58- 46	23:39- 44	26:31- 43	27:07- 43	28:20- 41	30:57- 37	33:03- 46	34:37- 44	35:44- 39	36:26- 38	36:47- 32
Strek	01:42	03:10- 54	02:25- 17	00:54- 1	05:48- 129	01:20- 43	00:56- 5	01:13- 16	01:10- 106	01:35- 46	01:45- 40	01:41- 34	02:52- 21	00:36- 33	01:13- 32	02:37- 8	02:06- 143	01:34- 46	01:07- 38	00:42- 24	00:21- 28
Tid etter	+00:33 &	+00:07	+00:17 #	-00:02	+02:49 &	+00:17 &	-00:18	+00:05	+00:22 &	+00:11 #	+00:14 #	+00:11 #	-00:31	+00:04 #	-00:01	-00:23	+01:20 @	+00:20 &	+00:13 #	+00:07 #	+00:01
29	Jørgen Wulfsberg, Nydalens SK						36:49	+05:58													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:48- tid 87	04:44- 44	07:49- 39	08:52- 39	12:32- 45	14:00- 40	15:05- 30	16:37- 29	17:40- 33	19:24- 35	21:07- 37	23:03- 36	26:05- 37	26:45- 35	28:07- 39	31:19- 40	32:53- 45	34:23- 41	35:36- 38	36:21- 36	653:58- 150
Strek	01:48	02:56- 23	03:05- 58	01:03- 54	03:40- 78	01:28- 64	01:05- 16	01:32- 70	01:03- 55	01:44- 88	01:43- 35	01:56- 68	03:02- 53	00:40- 76	01:22- 70	03:12- 92	01:34- 112	01:30- 35	01:13- 59	00:45- 44	617:37- 150
Tid etter	+00:39 &	-00:07	+00:57 &	+00:07 #	+00:41 #	+00:25 &	-00:09	+00:24 &	+00:15 &	+00:20 #	+00:12 #	+00:26 &	-00:21	+00:08 #	+00:08 #	+00:12	+00:48 @	+00:16 #	+00:19 &	+00:10 &	+10:17: 17@
30	Sondre Ytterbø, Asker Skiklubb						36:53	+06:02													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:31- tid 40	05:43- 104	08:09- 52	09:11- 51	12:53- 51	13:59- 38	16:20- 56	17:45- 56	18:48- 55	20:37- 57	22:29- 57	24:08- 55	27:24- 55	28:01- 55	29:23- 55	32:18- 54	33:07- 47	34:50- 48	35:48- 40	36:29- 39	36:53- 33
Strek	01:31	04:12- 119	02:26- 20	01:02- 42	03:42- 81	01:06- 19	02:21- 110	01:25- 49	01:03- 55	01:49- 107	01:52- 70	01:39- 29	03:16- 70	00:37- 37	01:22- 70	02:55- 43	00:49- 23	01:43- 67	00:58- 6	00:41- 20	00:24- 70
Tid etter	+00:22 &	+01:09 &	+00:18 #	+00:06 #	+00:43 #	+00:03	+01:07 &	+00:17 #	+00:15 &	+00:25 &	+00:21 #	+00:09 #	-00:07	+00:05 #	+00:08 #	-00:05	+00:03	+00:29 &	+00:04 #	+00:06 #	+00:04#
31	Magnus Eide-Fredriksen, Heming Orientering						37:01	+06:10													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:40- tid 62	04:36- 35	06:59- 21	08:01- 20	13:56- 75	15:17- 67	16:19- 55	17:38- 52	18:42- 51	20:12- 45	22:03- 47	23:44- 46	26:37- 45	27:15- 45	28:25- 44	31:23- 41	33:07- 47	34:49- 47	35:56- 41	36:40- 41	37:01- 34
Strek	01:40	02:56- 23	02:23- 12	01:02- 42	05:55- 131	01:21- 49	01:02- 14	01:19- 33	01:04- 69	01:30- 27	01:51- 67	01:41- 34	02:53- 25	00:38- 52	01:10- 19	02:58- 56	01:44- 121	01:42- 65	01:07- 38	00:44- 35	00:21- 28
Tid etter	+00:31 &	-00:07	+00:15 #	+00:06 #	+02:56 &	+00:18 &	-00:12	+00:11 #	+00:16 &	+00:06 #	+00:20 #	+00:11 #	-00:30	+00:06 #	-00:04	-00:02	+00:58 @	+00:28 &	+00:13 #	+00:09 &	+00:01
32	Jostein Svaland Dale, Freidig/Byåsen/Vang						37:02	+06:11													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

Total	01:47- tid 83	06:35- 122	09:13- 88	10:17- 83	13:49- 70	15:09- 64	16:07- 49	17:30- 47	18:40- 50	20:20- 51	22:07- 50	23:48- 49	26:45- 51	27:22- 51	28:37- 50	31:29- 48	33:11- 51	34:54- 50	35:59- 43	36:41- 42	37:02- 35
Strek	01:47	04:48- 130	02:38- 37	01:04- 65	03:32- 66	01:20- 43	00:58- 8	01:23- 41	01:10- 106	01:40- 73	01:47- 48	01:41- 34	02:57- 44	00:37- 37	01:15- 45	02:52- 34	01:42- 119	01:43- 67	01:05- 28	00:42- 24	00:21- 28
Tid etter	+00:38 &	+01:45 &	+00:30 #	+00:08 #	+00:33 #	+00:17 &	-00:16	+00:15 #	+00:22 &	+00:16 #	+00:16 #	+00:11 #	-00:26	+00:05 #	+00:01	-00:08	+00:56 @	+00:29 &	+00:11 #	+00:07 #	+00:01
33	Felix Finsrud, Asker Skiklubb						37:06	+06:15													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:47- tid 83	04:48- 46	07:56- 45	08:58- 44	12:12- 35	15:09- 64	16:10- 51	17:36- 50	18:47- 54	20:19- 50	22:05- 48	23:46- 48	26:38- 46	27:16- 46	28:29- 45	31:24- 43	33:09- 49	34:52- 49	35:57- 42	36:43- 43	37:06- 37
Strek	01:47	03:01- 31	03:08- 63	01:02- 42	03:14- 26	02:57- 127	01:01- 12	01:26- 52	01:11- 109	01:32- 36	01:46- 46	01:41- 34	02:52- 21	00:38- 52	01:13- 32	02:55- 43	01:45- 124	01:43- 67	01:05- 28	00:46- 52	00:23- 58
Tid etter	+00:38 &	-00:02	+01:00 &	+00:06 #	+00:15 #	+01:54 @	-00:13	+00:18 &	+00:23 &	+00:08 #	+00:15 #	+00:11 #	-00:31	+00:06 #	-00:01	-00:05	+00:59 @	+00:29 &	+00:11 #	+00:11 &	+00:03#
34	Mikkel Holt, Freidig/Byåsen/Vang						37:15	+06:24													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:20- tid 8	04:26- 27	09:17- 92	10:30- 97	14:00- 82	15:48- 76	17:18- 71	18:41- 69	19:40- 67	21:02- 63	22:49- 60	24:28- 57	27:46- 58	28:23- 58	29:44- 58	32:21- 55	33:28- 55	35:11- 53	36:14- 48	36:53- 44	37:15- 38
Strek	01:20	03:06- 43	04:51- 126	01:13- 113	03:30- 60	01:48- 92	01:30- 41	01:23- 41	00:59- 36	01:22- 3	01:47- 48	01:39- 29	03:18- 75	00:37- 37	01:21- 66	02:37- 8	01:07- 77	01:43- 67	01:03- 21	00:39- 10	00:22- 46
Tid etter	+00:11 #	+00:03	+02:43 @	+00:17 &	+00:31 #	+00:45 &	+00:16 #	+00:15 #	+00:11 #	-00:02	+00:16 #	+00:09 #	-00:05	+00:05 #	+00:07	-00:23	+00:21 &	+00:29 &	+00:09 #	+00:04 #	+00:02#
35	Skjalg Nysæter, Porsgrunn OL / Skien OK						37:20	+06:29													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:53- tid 102	05:03- 64	09:06- 81	10:02- 74	13:29- 60	14:48- 51	16:22- 58	17:39- 53	18:44- 52	20:22- 53	22:17- 54	23:49- 50	26:41- 48	27:19- 49	28:34- 48	31:34- 51	33:18- 53	35:06- 52	36:12- 46	36:58- 45	37:20- 40
Strek	01:53	03:10- 54	04:03- 104	00:56- 5	03:27- 52	01:19- 41	01:34- 49	01:17- 30	01:05- 77	01:38- 57	01:55- 80	01:32- 13	02:52- 21	00:38- 52	01:15- 45	03:00- 63	01:44- 121	01:48- 77	01:06- 33	00:46- 52	00:22- 46
Tid etter	+00:44 &	+00:07	+01:55 &	+00:00 #	+00:28 #	+00:16 &	+00:20 &	+00:09 #	+00:17 &	+00:14 #	+00:24 &	+00:02	-00:31	+00:06 #	+00:01	+00:00	+00:58 @	+00:34 &	+00:12 #	+00:11 &	+00:02#
36	Vetle Drage, Kongsberg OL						37:23	+06:32													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

Total tid	01:25-24	04:29-30	09:18-94	10:24-90	14:10-85	15:27-74	17:02-65	18:21-62	19:25-62	21:00-62	22:54-63	24:35-59	27:55-59	28:34-59	29:50-59	33:00-59	33:47-57	35:18-55	36:18-50	36:59-46	37:23-42
Strek ktid	01:2539	03:04-39	04:49-125	01:06-78	03:46-85	01:17-38	01:35-51	01:19-33	01:04-69	01:35-46	01:54-75	01:41-34	03:20-78	00:39-66	01:16-50	03:10-85	00:47-20	01:31-38	01:00-13	00:41-20	00:24-70
Tid etter	+00:16#	+00:01	+02:41@	+00:10#	+00:47&	+00:14#	+00:21&	+00:11#	+00:16&	+00:11#	+00:23&	+00:11#	-00:03	+00:07#	+00:02	+00:10	+00:01	+00:17#	+00:06#	+00:06#	+00:04#

37 Trygve Myhr, Asker Skiklubb 37:25 +06:34

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:52-98	04:54-51	08:25-60	09:26-60	12:32-45	14:07-41	15:52-40	17:14-41	18:14-41	19:58-43	21:51-45	23:45-47	26:40-47	27:19-49	28:33-47	31:31-49	33:24-54	35:12-54	36:17-49	37:01-47	37:25-43
Strek ktid	01:5236	03:02-36	03:31-83	01:01-38	03:06-14	01:35-76	01:45-67	01:22-38	01:00-43	01:44-88	01:53-72	01:54-65	02:55-35	00:39-66	01:14-39	02:58-56	01:53-129	01:48-77	01:05-28	00:44-35	00:24-70
Tid etter	+00:43&	-00:01	+01:23&	+00:05#	+00:07#	+00:32&	+00:31&	+00:14#	+00:12#	+00:20#	+00:22#	+00:24&	-00:28	+00:07#	+00:00	-00:02	+01:07@	+00:34&	+00:11#	+00:09&	+00:04#

= Lars Solli, Østmarka OK / Mo OK 1 37:25 +06:34

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:53-102	04:59-57	07:49-39	08:53-40	12:19-41	13:59-38	16:01-45	17:27-44	18:33-45	20:16-48	22:10-53	23:53-52	26:52-53	27:32-52	28:47-51	31:54-52	33:13-52	34:59-51	36:13-47	37:02-48	37:25-43
Strek ktid	01:5343	03:06-43	02:50-50	01:04-65	03:26-50	01:40-81	02:02-91	01:26-52	01:06-86	01:43-85	01:54-75	01:43-43	02:59-49	00:40-76	01:15-45	03:07-79	01:19-97	01:46-74	01:14-62	00:49-71	00:23-58
Tid etter	+00:44&	+00:03	+00:42&	+00:08#	+00:27#	+00:37&	+00:48&	+00:18&	+00:18&	+00:19#	+00:23&	+00:13#	-00:24	+00:08#	+00:01	+00:07	+00:33&	+00:32&	+00:20&	+00:14&	+00:03#

39 Eirik Langedal Breivik, Nydalens SK 37:42 +06:51

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:20-8	03:43-1	06:06-2	07:05-2	10:02-1	10:43-1	12:19-1	13:28-1	14:18-1	15:42-1	18:01-4	19:30-4	21:59-2	22:31-2	23:41-2	26:11-2	27:23-2	29:19-4	31:18-5	33:57-17	35:30-22	36:48-	37:22-	37:42-
Strek ktid	01:201	02:23-1	02:23-12	00:59-21	02:57-7	00:41-1	01:36-53	01:09-4	00:50-5	01:24-6	02:19-124	01:29-5	02:29-1	00:32-3	01:10-19	02:30-1	01:12-85	01:56-86	01:59-97	02:39-147	01:33-100	01:18-	00:34-	00:20-
Tid etter	+00:11#	-00:40	+00:15#	+00:03	-00:02	-00:22	+00:22&	+00:01	+00:02	+00:00	+00:48&	-00:01	-00:54	+00:00	-00:04	-00:30	+00:26&	+00:42&	+01:05@	+02:04@	+01:13@	+01:18	+00:34	+00:20

40 Sander Arntzen, Asker Skiklubb 38:06 +07:15

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Total	01:23-	04:12-	06:29-	07:28-	10:31-	11:40-	12:58-	14:17-	15:20-	16:41-	18:19-	19:52-	22:28-	23:01-	24:15-	26:59-	27:52-	29:48-	32:03-	34:12-	35:51-	37:1	37:4	38:0
tid	16	7	6	6	7	6	7	7	7	7	7	7	5	5	6	4	4	7	7	19	25	1-	6-	6-
Strek	01:23	02:49-	02:17-	00:59-	03:03-	01:09-	01:18-	01:19-	01:03-	01:21-	01:38-	01:33-	02:36-	00:33-	01:14-	02:44-	00:53-	01:56-	02:15-	02:09-	01:39-	01:2	00:3	00:2
ktid	12	8	21	11	24	28	33	55	2	20	15	3	9	39	20	37	86	109	138	106	0-	5-	0-	
Tid etter	+00:14 #	-00:14	+00:09	+00:03	+00:04	+00:06	+00:04	+00:11 #	+00:15 &	-00:03	+00:07	+00:03	-00:47	+00:01	+00:00	-00:16	+00:07 #	+00:42 &	+01:21 @	+01:34 @	+01:19 @	+01:20	+00:35	+00:20

41 Øystein Fruseth Christiansen, NTNUI

38:25 +07:34

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:27-	04:37-	08:37-	09:51-	13:39-	14:38-	16:53-	18:12-	19:16-	20:54-	22:48-	24:32-	27:55-	28:39-	30:03-	33:02-	34:27-	36:04-	37:18-	38:03-	38:25-
tid	30	36	68	68	64	48	62	60	60	60	59	58	59	60	60	60	59	57	54	52	48
Strek	01:27	03:10-	04:00-	01:14-	03:48-	00:59-	02:15-	01:19-	01:04-	01:38-	01:54-	01:44-	03:23-	00:44-	01:24-	02:59-	01:25-	01:37-	01:14-	00:45-	00:22-
ktid	54	100	115	88	15	104	33	69	57	75	45	84	111	78	58	104	55	62	44	46	
Tid etter	+00:18 &	+00:07	+01:52 &	+00:18 &	+00:49 &	-00:04	+01:01 &	+00:11 #	+00:16 &	+00:14 #	+00:23 &	+00:14 #	+00:00	+00:12 &	+00:10 #	-00:01	+00:39 &	+00:23 &	+00:20 &	+00:10 &	+00:02#

42 Jonas Grønli, Freidig

38:45 +07:54

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:49-	04:57-	09:16-	10:20-	14:01-	15:22-	16:22-	17:44-	18:57-	20:29-	22:27-	24:11-	27:26-	28:06-	29:39-	32:36-	34:28-	36:06-	37:34-	38:23-	38:45-
tid	90	54	90	86	83	72	58	54	57	54	56	56	56	56	57	57	60	58	56	54	49
Strek	01:49	03:08-	04:19-	01:04-	03:41-	01:21-	01:00-	01:22-	01:13-	01:32-	01:58-	01:44-	03:15-	00:40-	01:33-	02:57-	01:52-	01:38-	01:28-	00:49-	00:22-
ktid	47	114	65	80	49	11	38	115	36	91	45	66	76	105	50	126	56	84	71	46	
Tid etter	+00:40 &	+00:05	+02:11 @	+00:08 #	+00:42 #	+00:18 &	-00:14	+00:14 #	+00:25 &	+00:08	+00:27 &	+00:14 #	-00:08	+00:08 #	+00:19 &	-00:03	+01:06 @	+00:24 &	+00:34 &	+00:14 &	+00:02#

43 Sindre R Holt, Hedrum OL

38:46 +07:55

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:20-	04:05-	06:12-	07:13-	10:06-	11:45-	12:55-	14:18-	15:22-	16:50-	18:29-	20:07-	23:03-	23:37-	24:57-	27:42-	28:29-	30:45-	32:51-	34:33-	36:08-	37:3	38:2	38:4
tid	8	5	4	4	2	7	6	8	8	8	8	8	8	8	8	8	8	8	10	23	26	9-	3-	6-
Strek	01:20	02:45-	02:07-	01:01-	02:53-	01:39-	01:10-	01:23-	01:04-	01:28-	01:39-	01:38-	02:56-	00:34-	01:20-	02:45-	00:47-	02:16-	02:06-	01:42-	01:35-	01:3	00:4	00:2
ktid	9	3	38	3	79	20	41	69	21	24	26	39	17	58	22	20	108	101	127	102	1-	4-	3-	
Tid etter	+00:11 #	-00:18	-00:01	+00:05	-00:06	+00:36 &	-00:04	+00:15 #	+00:16 &	+00:04	+00:08	+00:08	-00:27	+00:02	+00:06	-00:15	+00:01 &	+01:02 &	+01:12 @	+01:07 @	+01:15 @	+01:31	+00:44	+00:23

= Birk Bell Lysaker, Fana IL

38:46 +07:55

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total	02:22- tid 134	05:33- 98	08:09- 52	09:14- 53	12:39- 48	14:12- 43	16:20- 56	17:57- 57	19:06- 58	20:50- 59	22:50- 61	25:00- 62	28:20- 62	29:02- 62	30:39- 63	33:50- 63	34:48- 62	36:37- 60	37:38- 57	38:23- 54	38:46- 50
Strek	02:22	03:11- 57	02:36- 33	01:05- 75	03:25- 46	01:33- 73	02:08- 98	01:37- 82	01:09- 101	01:44- 88	02:00- 97	02:10- 91	03:20- 78	00:42- 92	01:37- 117	03:11- 87	00:58- 50	01:49- 79	01:01- 15	00:45- 44	00:23- 58
Tid etter	+01:13 @	+00:08	+00:28 #	+00:09 #	+00:26 #	+00:30 &	+00:54 &	+00:29 &	+00:21 &	+00:20 #	+00:29 &	+00:40 &	-00:03	+00:10 &	+00:23 &	+00:11	+00:12 &	+00:35 &	+00:07 #	+00:10 &	+00:03#

45 Emil Størmer, Fossum IF 38:57 +08:06

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:26- tid 28	04:34- 33	07:42- 32	08:48- 34	13:00- 54	14:57- 53	16:54- 63	18:34- 65	19:39- 66	21:17- 64	23:14- 67	25:42- 71	29:09- 69	29:49- 69	31:12- 69	34:15- 68	35:13- 64	36:46- 61	37:52- 59	38:36- 56	38:57- 51
Strek	01:26	03:08- 47	03:08- 63	01:06- 78	04:12- 99	01:57- 99	01:57- 84	01:40- 88	01:05- 77	01:38- 57	01:57- 88	02:28- 114	03:27- 92	00:40- 76	01:23- 75	03:03- 71	00:58- 50	01:33- 42	01:06- 33	00:44- 35	00:21- 28
Tid etter	+00:17 #	+00:05	+01:00 &	+00:10 #	+01:13 &	+00:54 &	+00:43 &	+00:32 &	+00:17 &	+00:14 #	+00:26 &	+00:58 &	+00:04	+00:08 #	+00:09 #	+00:03	+00:12 &	+00:19 &	+00:12 #	+00:09 &	+00:01

46 Sebastian Daland, Kristiansand OK 38:58 +08:07

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:16- tid 4	04:12- 7	06:32- 8	07:29- 7	10:40- 8	12:08- 9	14:07- 10	15:19- 10	16:18- 10	17:48- 9	19:29- 9	21:27- 11	24:10- 10	24:47- 10	25:54- 9	28:40- 9	29:19- 9	31:16- 11	33:42- 23	34:48- 24	36:27- 28	37:5 1-	38:3 4-	38:5 8-
Strek	01:16	02:56- 23	02:20- 9	00:57- 11	03:11- 22	01:28- 64	01:59- 87	01:12- 13	00:59- 36	01:30- 27	01:41- 31	01:58- 71	02:43- 7	00:37- 37	01:07- 10	02:46- 24	00:39- 1	01:57- 89	02:26- 116	01:06- 98	01:39- 106	01:2 4-	00:4 3-	00:2 4-
Tid etter	+00:07 #	-00:07	+00:12	+00:01	+00:12	+00:25 &	+00:45 &	+00:04	+00:11 #	+00:06	+00:10 #	+00:28 &	-00:40	+00:05 #	-00:07	-00:14	-00:07	+00:43 &	+01:32 @	+00:31 &	+01:19 @	+01: 24	+00: 43	+00: 24

47 Aslak Heimdal, Konnerud IL 39:02 +08:11

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:36- tid 52	04:15- 14	07:08- 23	08:07- 21	11:10- 12	12:34- 13	14:42- 16	18:31- 64	19:29- 63	23:24- 82	25:12- 82	26:38- 78	29:22- 71	30:00- 71	31:06- 68	33:45- 62	35:18- 67	36:53- 63	37:56- 60	38:43- 57	39:02- 52
Strek	01:36	02:39- 4	02:53- 52	00:59- 21	03:03- 11	01:24- 54	02:08- 98	03:49- 146	00:58- 30	03:55- 148	01:48- 58	01:26- 3	02:44- 9	00:38- 52	01:06- 7	02:39- 12	01:33- 111	01:35- 49	01:03- 21	00:47- 61	00:19-8
Tid etter	+00:27 &	-00:24	+00:45 &	+00:03	+00:04	+00:21 &	+00:54 &	+02:41 @	+00:10 #	+02:31 @	+00:17 #	-00:04	-00:39	+00:06 #	-00:08	-00:21	+00:47 @	+00:21 &	+00:09 #	+00:12 &	-00:01

48 Oskar Spets Storhov, Freidig 39:25 +08:34

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Total	01:17-	04:42-	08:13-	09:13-	12:08-	13:33-	14:28-	15:39-	16:34-	18:09-	19:39-	21:21-	24:14-	24:47-	26:07-	28:56-	29:37-	31:48-	33:52-	35:26-	37:04-	38:2	39:0	39:2
tid	6	39	55	52	27	31	13	12	12	12	10	9	11	10	12	12	11	12	25	28	36	4-	4-	5-
Strek	01:17	03:25-	03:31-	01:00-	02:55-	01:25-	00:55-	01:11-	00:55-	01:35-	01:30-	01:42-	02:53-	00:33-	01:20-	02:49-	00:41-	02:11-	02:04-	01:34-	01:38-	01:2	00:4	00:2
ktid	81	83	31	4	57	4	8	16	46	5	41	25	9	58	30	2	101	99	123	104	0-	0-	1-	
Tid	+00:08	+00:22	+01:23	+00:04	-00:04	+00:22	-00:19	+00:03	+00:07	+00:11	-00:01	+00:12	-00:30	+00:01	+00:06	-00:11	-00:05	+00:57	+01:10	+00:59	+01:18	+01:	+00:	+00:
etter	#	#	&			&			#	#		#						&	@	@	@	20	40	21

49 Halvard Kornmo, Porsgrunn OL / Skien OK

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:31-40	05:57-107	08:36-67	10:01-73	13:44-66	14:36-47	16:49-61	18:13-61	19:19-61	20:56-61	22:53-62	25:09-66	28:50-66	29:32-66	30:59-66	34:23-70	35:25-68	37:10-65	38:18-62	39:09-58	39:31-56
Strek ktid	01:31	04:26-123	02:39-39	01:25-136	03:43-83	00:52-8	02:13-103	01:24-45	01:06-86	01:37-54	01:57-88	02:16-102	03:41-107	00:42-92	01:27-86	03:24-112	01:02-60	01:45-71	01:08-42	00:51-78	00:22-46
Tid etter	+00:22 &	+01:23 &	+00:31 #	+00:29 &	+00:44 #	-00:11	+00:59 &	+00:16 #	+00:18 &	+00:13 #	+00:26 &	+00:46 &	+00:18 #	+00:10 &	+00:13 #	+00:24 #	+00:16 &	+00:31 &	+00:14 &	+00:16 &	+00:02#

50 Kornelius Kriszat-Løvfald, Nydalens SK

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:16-	04:17-	06:45-	07:51-	11:10-	12:30-	14:35-	15:49-	16:40-	18:07-	19:41-	21:22-	24:09-	24:46-	26:06-	28:54-	29:50-	31:55-	34:02-	35:34-	37:17-	38:4	39:1	39:3
tid	4	16	16	19	12	12	15	13	13	11	11	10	9	9	11	11	12	14	26	29	39	1-	9-	7-
Strek	01:16	03:01-	02:28-	01:06-	03:19-	01:20-	02:05-	01:14-	00:51-	01:27-	01:34-	01:41-	02:47-	00:37-	01:20-	02:48-	00:56-	02:05-	02:07-	01:32-	01:43-	01:2	00:3	00:1
ktid	31	31	24	78	37	43	94	19	7	16	11	34	11	37	58	28	43	94	102	118	110	4-	8-	8-
Tid	+00:07	-00:02	+00:20	+00:10	+00:20	+00:17	+00:51	+00:06	+00:03	+00:03	+00:03	+00:11	-00:36	+00:05	+00:06	-00:12	+00:10	+00:51	+01:13	+00:57	+01:23	+01:	+00:	+00:
etter	#		#	#	#	&	&					#		#			#	&	@	@	@	24	38	18

51 Eskil Frøisland, Vang OL

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:24-	04:53-	07:27-	08:29-	11:35-	13:01-	14:54-	16:05-	16:58-	18:23-	19:59-	21:41-	24:32-	25:07-	26:28-	29:16-	30:00-	32:10-	34:17-	35:38-	37:22-	38:4	39:2	39:4
tid	19	50	28	28	18	19	25	18	15	15	14	14	13	13	13	15	15	22	29	30	41	8-	7-	6-
Strek	01:24	03:29-	02:34-	01:02-	03:06-	01:26-	01:53-	01:11-	00:53-	01:25-	01:36-	01:42-	02:51-	00:35-	01:21-	02:48-	00:44-	02:10-	02:07-	01:21-	01:44-	01:2	00:3	00:1
ktid	86	86	31	42	14	60	81	8	9	10	14	41	16	25	66	28	11	100	102	105	111	6-	9-	9-
Tid	+00:15	+00:26	+00:26	+00:06	+00:07	+00:23	+00:39	+00:03	+00:05	+00:01	+00:05	+00:12	-00:32	+00:03	+00:07	-00:12	-00:02	+00:56	+01:13	+00:46	+01:24	+01:	+00:	+00:
etter	#	#	#	#		&	&		#			#						&	@	@	@	26	39	19

52 Stian Rykkje, Varegg Fleridrett

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21			
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Total	01:33- tid 45	05:11- 75	08:11- 54	09:18- 57	12:46- 49	16:12- 81	17:29- 77	18:35- 66	19:36- 65	21:25- 67	23:12- 65	25:14- 67	29:17- 70	29:59- 70	31:14- 70	34:30- 71	36:22- 72	37:53- 67	39:03- 64	39:46- 62	40:08- 57
Strek	01:33	03:38- 96	03:00- 53	01:07- 83	03:28- 56	03:26- 134	01:17- 25	01:06- 2	01:01- 48	01:49- 107	01:47- 48	02:02- 77	04:03- 122	00:42- 92	01:15- 45	03:16- 102	01:52- 126	01:31- 38	01:10- 53	00:43- 30	00:22- 46
Tid etter	+00:24 &	+00:35 #	+00:52 &	+00:11 #	+00:29 #	+02:23 @	+00:03	-00:02	+00:13 &	+00:25 &	+00:16 #	+00:32 &	+00:40 #	+00:10 &	+00:01	+00:16	+01:06 @	+00:17 #	+00:16 &	+00:08 #	+00:02#

53 Jens Johan Brekke, Lillomarka OL 40:09 +09:18

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:24- tid 19	04:14- 13	06:41- 14	07:43- 13	11:28- 15	12:52- 16	14:29- 14	15:59- 15	16:51- 14	18:18- 14	20:00- 15	21:30- 13	24:19- 12	24:53- 12	26:04- 10	28:50- 10	29:32- 10	31:51- 13	34:14- 28	35:48- 31	37:37- 45	39:0 2-	39:4 7-	40:0 9-
Strek	01:24	02:50- 15	02:27- 22	01:02- 42	03:45- 84	01:24- 54	01:37- 57	01:30- 67	00:52- 8	01:27- 16	01:42- 34	01:30- 6	02:49- 14	00:34- 17	01:11- 25	02:46- 24	00:42- 6	02:19- 110	02:23- 114	01:34- 123	01:49- 118	01:2 5-	00:4 5-	00:2 2-
Tid etter	+00:15 #	-00:13	+00:19 #	+00:06 #	+00:46 &	+00:21 &	+00:23 &	+00:22 &	+00:04	+00:03	+00:11 #	+00:00	-00:34	+00:02	-00:03	-00:14	-00:04	+01:05 &	+01:29 @	+00:59 @	+01:29 @	+01: 25	+00: 45	+00: 22

54 Håkon Kornmo, Porsgrunn OL 40:19 +09:28

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:25- tid 24	04:43- 42	08:01- 48	09:04- 50	12:36- 47	15:02- 58	17:17- 70	18:57- 74	20:00- 71	21:40- 70	23:38- 72	26:04- 75	29:43- 76	30:20- 74	31:44- 74	34:55- 72	36:06- 71	37:56- 69	39:09- 65	39:57- 63	40:19- 59
Strek	01:25	03:18- 68	03:18- 70	01:03- 54	03:32- 66	02:26- 115	02:15- 104	01:40- 88	01:03- 55	01:40- 73	01:58- 91	02:26- 110	03:39- 104	00:37- 37	01:24- 78	03:11- 87	01:11- 84	01:50- 80	01:13- 59	00:48- 67	00:22- 46
Tid etter	+00:16 #	+00:15	+01:10 &	+00:07 #	+00:33 #	+01:23 @	+01:01 &	+00:32 &	+00:15 &	+00:16 #	+00:27 &	+00:56 &	+00:16	+00:05 #	+00:10 #	+00:11	+00:25 &	+00:36 &	+00:19 &	+00:13 &	+00:02#

55 Kristian Pytten, Kristiansand OK 40:25 +09:34

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:45- tid 77	06:38- 124	08:46- 69	09:45- 67	13:10- 56	16:11- 80	17:07- 66	18:53- 70	19:54- 69	21:23- 66	23:07- 64	25:59- 74	29:28- 72	30:03- 72	31:23- 72	35:00- 73	36:59- 79	38:15- 71	39:30- 69	40:06- 65	40:25- 60
Strek	01:45	04:53- 132	02:08- 4	00:59- 21	03:25- 46	03:01- 130	00:56- 5	01:46- 110	01:01- 48	01:29- 23	01:44- 38	02:52- 126	03:29- 94	00:35- 25	01:20- 58	03:37- 121	01:59- 137	01:16- 15	01:15- 66	00:36- 2	00:19-8
Tid etter	+00:36 &	+01:50 &	+00:00	+00:03	+00:26 #	+01:58 @	-00:18	+00:38 &	+00:13 &	+00:05	+00:13 #	+01:22 &	+00:06	+00:03	+00:06	+00:37 #	+01:13 @	+00:02	+00:21 &	+00:01	-00:01

56 Sondre Zahl Hagen, Fossum IF 40:29 +09:38

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total tid	03:01-140	06:33-121	09:54-113	10:53-108	14:20-91	15:52-77	17:25-75	19:00-76	20:02-74	21:41-71	23:26-70	25:05-63	29:41-74	30:22-75	31:54-76	35:05-74	36:57-77	38:23-75	39:28-68	40:08-66	40:29-61
Strek ktid	03:0189	03:32-89	03:21-73	00:59-21	03:27-52	01:32-72	01:33-47	01:35-79	01:02-53	01:39-67	01:45-40	01:39-29	04:36-136	00:41-86	01:32-103	03:11-87	01:52-126	01:26-29	01:05-28	00:40-15	00:21-28
Tid etter	+01:52@	+00:29#	+01:13&	+00:03	+00:28#	+00:29&	+00:19&	+00:27&	+00:14&	+00:15#	+00:14#	+00:09#	+01:13&	+00:09&	+00:18#	+00:11	+01:06@	+00:12#	+00:11#	+00:05#	+00:01

57 Eirik Høst Fossgard, Lillomarka OL 40:31 +09:40

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:34-46	04:35-34	08:47-70	09:56-71	14:28-95	16:15-84	18:01-81	20:08-82	21:11-82	22:57-80	24:45-80	26:46-79	29:39-73	30:15-73	31:44-74	35:43-77	36:57-77	38:17-73	39:26-66	40:10-67	40:31-62
Strek ktid	01:3431	03:01-31	04:12-110	01:09-86	04:32-107	01:47-89	01:46-69	02:07-120	01:03-55	01:46-96	01:48-58	02:01-76	02:53-25	00:36-33	01:29-91	03:59-131	01:14-89	01:20-21	01:09-48	00:44-35	00:21-28
Tid etter	+00:25&	-00:02	+02:04&	+00:13#	+01:33&	+00:44&	+00:32&	+00:59&	+00:15&	+00:22&	+00:17#	+00:31&	-00:30	+00:04#	+00:15#	+00:59&	+00:28&	+00:06	+00:15&	+00:09&	+00:01

58 Niels Christian Hellerud, Halden SK 40:33 +09:42

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:22-14	04:23-24	09:25-102	10:22-89	13:28-59	14:56-52	16:48-60	18:03-58	18:52-56	20:12-45	21:43-43	23:05-37	25:59-34	26:32-33	27:35-29	30:16-27	31:01-24	33:04-30	35:00-32	36:24-37	38:09-46	39:36-6-	40:14-4-	40:33-3-
Strek ktid	01:2231	03:01-31	05:02-129	00:57-11	03:06-14	01:28-64	01:52-80	01:15-24	00:49-3	01:20-1	01:31-8	01:22-1	02:54-33	00:33-9	01:03-3	02:41-17	00:45-15	02:03-93	01:56-96	01:24-109	01:45-113	01:27-7-	00:38-8-	00:19-9-
Tid etter	+00:13#	-00:02	+02:54@	+00:01	+00:07	+00:25&	+00:38&	+00:07#	+00:01	-00:04	+00:00	-00:08	-00:29	+00:01	-00:11	-00:19	-00:01	+00:49&	+01:02@	+00:49@	+01:25@	+01:27	+00:38	+00:19

59 Kristoffer B. Helminsen, Fredrikstad SK 40:34 +09:43

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:41-65	05:14-80	09:07-82	10:21-88	14:14-89	15:07-62	17:34-79	19:17-79	20:25-78	22:12-77	24:21-78	26:20-77	30:18-79	31:13-79	33:04-82	36:06-81	36:56-76	38:16-72	39:27-67	40:11-68	40:34-63
Strek ktid	01:4192	03:33-92	03:53-97	01:14-115	03:53-92	00:53-9	02:27-116	01:43-102	01:08-93	01:47-99	02:09-115	01:59-73	03:58-118	00:55-135	01:51-138	03:02-68	00:50-30	01:20-21	01:11-57	00:44-35	00:23-58
Tid etter	+00:32&	+00:30#	+01:45&	+00:18&	+00:54&	-00:10	+01:13&	+00:35&	+00:20&	+00:23&	+00:38&	+00:29&	+00:35#	+00:23&	+00:37&	+00:02	+00:04	+00:06	+00:17&	+00:09&	+00:03#

60 Kristian Østermann, Heming Orientering 40:38 +09:47

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total tid	01:51-95	05:31-97	09:02-75	10:12-78	13:45-68	15:12-66	17:23-74	19:04-77	20:09-76	21:47-74	23:36-71	25:15-68	29:48-77	30:30-77	32:00-78	35:47-79	36:50-73	38:21-74	39:34-70	40:15-69	40:38-64
Strek ktid	01:51	03:40-100	03:31-83	01:10-93	03:33-70	01:27-61	02:11-100	01:41-91	01:05-77	01:38-57	01:49-62	01:39-29	04:33-135	00:42-92	01:30-95	03:47-125	01:03-66	01:31-38	01:13-59	00:41-20	00:23-58
Tid etter	+00:42 &	+00:37 #	+01:23 &	+00:14 #	+00:34 #	+00:24 &	+00:57 &	+00:33 &	+00:17 &	+00:14 #	+00:18 #	+00:09 #	+01:10 &	+00:10 &	+00:16 #	+00:47 &	+00:17 &	+00:17 #	+00:19 &	+00:06 #	+00:03#

61 Adne Skjærstein, IL Tyrving 40:54 +10:03

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:23-16	04:20-20	09:24-100	10:24-90	13:35-63	15:17-67	17:29-77	18:53-70	20:01-73	21:42-73	23:44-73	26:46-79	30:26-80	31:18-81	32:41-79	35:43-77	36:50-73	38:23-75	39:35-71	40:26-71	40:54-65
Strek ktid	01:23	02:57-27	05:04-130	01:00-31	03:11-22	01:42-85	02:12-102	01:24-45	01:08-93	01:41-79	02:02-104	03:02-129	03:40-106	00:52-132	01:23-75	03:02-68	01:07-77	01:33-42	01:12-58	00:51-78	00:28-92
Tid etter	+00:14 #	-00:06	+02:56 @	+00:04	+00:12	+00:39 &	+00:58 &	+00:16 #	+00:20 &	+00:17 #	+00:31 &	+01:32 @	+00:17	+00:20 &	+00:09 #	+00:02	+00:21 &	+00:19 &	+00:18 &	+00:16 &	+00:08 &

62 Håvard Sandstad Eidsmo, Freidig 41:15 +10:24

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:24-19	03:56-2	06:32-8	07:30-8	10:40-8	12:37-14	15:30-36	16:41-32	17:37-31	19:27-37	20:54-34	22:32-27	25:15-22	25:49-23	27:06-25	29:39-23	30:48-18	33:02-29	35:24-35	36:39-40	38:21-47	40:0-2-	40:4-9-	41:1-5-
Strek ktid	01:24	02:32-2	02:36-33	00:58-17	03:10-20	01:57-99	02:53-122	01:11-8	00:56-18	01:50-113	01:27-1	01:38-26	02:43-7	00:34-17	01:17-54	02:33-3	01:09-81	02:14-105	02:22-112	01:15-102	01:42-109	01:4-1-	00:4-7-	00:2-6-
Tid etter	+00:15 #	-00:31	+00:28 #	+00:02	+00:11	+00:54 &	+01:39 @	+00:03	+00:08 #	+00:26 &	-00:04	+00:08	-00:40	+00:02	+00:03	-00:27	+00:23 &	+01:00 &	+01:28 @	+00:40 @	+01:22 @	+01:41	+00:47	+00:26

63 Jonatan Graversen, IL BUL-Tromsø 41:32 +10:41

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:45-77	05:03-64	07:48-36	08:48-34	12:06-24	13:17-26	14:48-18	16:01-16	16:58-15	18:37-17	20:17-17	22:42-31	25:52-32	26:31-32	27:39-32	30:33-31	31:22-30	33:30-33	36:00-44	37:21-49	39:07-53	40:3-8-	41:1-5-	41:3-2-
Strek ktid	01:45	03:18-68	02:45-45	01:00-31	03:18-31	01:11-27	01:31-44	01:13-16	00:57-22	01:39-67	01:40-29	02:25-109	03:10-61	00:39-66	01:08-12	02:54-40	00:49-23	02:08-98	02:30-120	01:21-105	01:46-116	01:3-1-	00:3-7-	00:1-7-
Tid etter	+00:36 &	+00:15	+00:37 &	+00:04	+00:19 #	+00:08 #	+00:17 #	+00:05	+00:09 #	+00:15 #	+00:09	+00:55 &	-00:13	+00:07 #	-00:06	-00:06	+00:03	+00:54 &	+01:36 @	+00:46 @	+01:26 @	+01:31	+00:37	+00:17

64 Henrik Reusch, Heming Orientering 41:45 +10:54

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Total	01:27-	05:25-	08:01-	08:58-	12:16-	13:37-	14:58-	16:14-	17:12-	18:50-	20:37-	22:51-	26:14-	26:48-	27:55-	30:54-	31:35-	33:50-	36:10-	37:27-	39:15-	40:4	41:2	41:4
tid	30	92	48	44	39	33	28	19	19	20	26	34	39	39	36	35	33	35	45	50	54	7-	5-	5-
Strek	01:27	03:58-	02:36-	00:57-	03:18-	01:21-	01:21-	01:16-	00:58-	01:38-	01:47-	02:14-	03:23-	00:34-	01:07-	02:59-	00:41-	02:15-	02:20-	01:17-	01:48-	01:3	00:3	00:2
ktid		110	33	11	31	49	30	25	30	57	48	98	84	17	10	58	2	107	111	104	117	2-	8-	0-
Tid	+00:18	+00:55	+00:28	+00:01	+00:19	+00:18	+00:07	+00:08	+00:10	+00:14	+00:16	+00:44	+00:00	+00:02	-00:07	-00:01	-00:05	+01:01	+01:26	+00:42	+01:28	+01:	+00:	+00:
etter	&	&	#		#	&		#	#	#	#	&					&	@	@	@		32	38	20

65 Audun Bergan, Nydalens SK 41:52 +11:01

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
Total	01:36-	05:34-	08:04-	09:03-	12:24-	13:43-	15:06-	16:22-	17:19-	18:57-	20:44-	23:10-	26:19-	26:57-	28:05-	31:08-	31:50-	33:58-	36:20-	37:36-	39:20-	40:5	41:3	41:5	
tid	52	100	51	49	42	36	31	21	20	25	28	39	41	41	38	38	35	36	51	51	55	0-	2-	2-	
Strek	01:36	03:58-	02:30-	00:59-	03:21-	01:19-	01:23-	01:16-	00:57-	01:38-	01:47-	02:26-	03:09-	00:38-	01:08-	03:03-	00:42-	02:08-	02:22-	01:16-	01:44-	01:3	00:4	00:2	
ktid		110	27	21	42	41	33	25	22	57	48	110	60	52	12	71	6	98	112	103	111	0-	2-	0-	
Tid	+00:27	+00:55	+00:22	+00:03	+00:22	+00:16	+00:09	+00:08	+00:09	+00:14	+00:16	+00:56	-00:14	+00:06	-00:06	+00:03	-00:04	+00:54	+01:28	+00:41	+01:24	+01:	+00:	+00:	
etter	&	&	#		#	&	#	#	#	#	#	&		#				&	@	@	@		30	42	20

66 Elias Skjolden Sørensen, Lillomarka OL 41:58 +11:07

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	02:08-	05:24-	09:11-	10:14-	13:32-	15:00-	17:21-	18:55-	19:56-	21:33-	23:21-	25:07-	31:32-	32:15-	33:49-	36:54-	37:51-	39:27-	40:55-	41:37-	41:58-
tid	125	91	87	79	61	56	72	72	70	68	68	64	88	88	89	85	83	80	75	73	69
Strek	02:08	03:16-	03:47-	01:03-	03:18-	01:28-	02:21-	01:34-	01:01-	01:37-	01:48-	01:46-	06:25-	00:43-	01:34-	03:05-	00:57-	01:36-	01:28-	00:42-	00:21-
ktid		64	90	54	31	64	110	76	48	54	58	51	150	102	107	76	47	50	84	24	28
Tid	+00:59	+00:13	+01:39	+00:07	+00:19	+00:25	+01:07	+00:26	+00:13	+00:13	+00:17	+00:16	+03:02	+00:11	+00:20	+00:05	+00:11	+00:22	+00:34	+00:07	+00:01
etter	&		&	#	#	&	&	&	&	#	#	#	&	&	&		#	&	&	#	

67 Joar Gjerdahl, Konnerud IL 41:59 +11:08

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	02:09-	05:21-	07:53-	08:54-	12:13-	17:31-	19:21-	20:50-	21:55-	23:25-	25:24-	27:33-	30:48-	31:26-	33:01-	36:02-	36:51-	39:02-	40:56-	41:39-	41:59-
tid	126	85	42	41	36	94	91	87	86	83	83	83	82	82	81	80	75	78	76	74	70
Strek	02:09	03:12-	02:32-	01:01-	03:19-	05:18-	01:50-	01:29-	01:05-	01:30-	01:59-	02:09-	03:15-	00:38-	01:35-	03:01-	00:49-	02:11-	01:54-	00:43-	00:20-
ktid		58	28	38	37	146	76	64	77	27	94	90	66	52	111	66	23	101	95	30	18
Tid	+01:00	+00:09	+00:24	+00:05	+00:20	+04:15	+00:36	+00:21	+00:17	+00:06	+00:28	+00:39	-00:08	+00:06	+00:21	+00:01	+00:03	+00:57	+01:00	+00:08	+00:00
etter	&		#		#	@	&	&	&		&	&		#	&			&	@	#	

68 Jonas Eikås, Sandefjord OK 42:29 +11:38

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21			
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Total tid	02:25-135	07:48-132	12:24-127	13:35-125	17:15-121	18:39-115	20:19-103	21:42-93	22:51-94	24:31-93	26:22-93	28:27-91	32:06-90	32:46-90	34:08-90	37:30-90	38:36-87	40:12-83	41:18-81	42:04-76	42:29-73
Strek ktid	02:25-135	05:23-135	04:36-121	01:11-98	03:40-78	01:24-54	01:40-59	01:23-41	01:09-101	01:40-73	01:51-67	02:05-81	03:39-104	00:40-76	01:22-70	03:22-110	01:06-75	01:36-50	01:06-33	00:46-52	00:25-77
Tid etter	+01:16 @	+02:20 &	+02:28 @	+00:15 &	+00:41 #	+00:21 &	+00:26 &	+00:15 #	+00:21 &	+00:16 #	+00:20 #	+00:35 &	+00:16 #	+00:08 #	+00:08 #	+00:22 #	+00:20 &	+00:22 &	+00:12 #	+00:11 &	+00:05#
69	Bendik Eliassen, Fredrikstad SK					42:44	+11:53														
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:38-59	05:22-88	08:01-48	09:00-47	13:56-75	15:02-58	17:36-80	19:15-78	20:33-79	22:23-79	24:22-79	27:18-82	30:48-82	31:34-84	33:20-85	36:39-84	37:48-82	39:42-81	41:08-78	42:12-77	42:44-74
Strek ktid	01:38-103	03:44-103	02:39-39	00:59-21	04:56-115	01:06-19	02:34-119	01:39-85	01:18-128	01:50-113	01:59-94	02:56-127	03:30-96	00:46-120	01:46-133	03:19-105	01:09-81	01:54-83	01:26-82	01:04-95	00:32-98
Tid etter	+00:29 &	+00:41 #	+00:31 #	+00:03 &	+01:57 &	+00:03 @	+01:20 &	+00:31 &	+00:30 &	+00:26 &	+00:28 &	+01:26 &	+00:07 #	+00:14 &	+00:32 &	+00:19 #	+00:23 &	+00:40 &	+00:32 &	+00:29 &	+00:12 &
=	Oliver Østby, OL Tønsberg og omegn					42:44	+11:53														
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:43-73	04:51-47	07:55-44	08:56-43	12:09-29	16:13-82	17:12-68	18:57-74	20:00-71	21:38-69	23:23-69	25:07-64	28:56-67	29:34-67	31:14-70	34:13-66	39:20-97	40:30-85	41:32-82	42:20-79	42:44-74
Strek ktid	01:43-47	03:08-47	03:04-56	01:01-38	03:13-24	04:04-143	00:59-10	01:45-108	01:03-55	01:38-57	01:45-40	01:44-45	03:49-113	00:38-52	01:40-123	02:59-58	05:07-150	01:10-9	01:02-18	00:48-67	00:24-70
Tid etter	+00:34 &	+00:05 &	+00:56 &	+00:05 &	+00:14 &	+03:01 @	-00:15 &	+00:37 &	+00:15 &	+00:14 #	+00:14 #	+00:14 #	+00:26 #	+00:06 #	+00:26 &	-00:01 @	+04:21 @	-00:04 #	+00:08 #	+00:13 &	+00:04#
71	Viljan van Raaij, Hedrum OL					42:52	+12:01														
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	02:02-119	05:00-59	09:09-84	10:18-84	13:51-72	16:50-89	18:31-83	20:15-83	21:29-83	23:35-86	25:29-85	27:36-84	31:01-85	31:44-85	33:04-82	37:09-88	39:06-92	40:36-87	41:41-84	42:28-80	42:52-76
Strek ktid	02:02-29	02:58-29	04:09-108	01:09-86	03:33-70	02:59-128	01:41-62	01:44-104	01:14-117	02:06-137	01:54-75	02:07-85	03:25-90	00:43-102	01:20-58	04:05-135	01:57-136	01:30-35	01:05-28	00:47-61	00:24-70
Tid etter	+00:53 &	-00:05 &	+02:01 &	+00:13 #	+00:34 #	+01:56 @	+00:27 &	+00:36 &	+00:26 &	+00:42 &	+00:23 &	+00:37 &	+00:02 #	+00:11 &	+00:06 &	+01:05 &	+01:11 @	+00:16 #	+00:11 #	+00:12 &	+00:04#
=	Amund Bø Kongsbakk, Bodø og Omegn IF Orientering					42:52	+12:01														
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

Total tid	01:57-112	05:10-72	09:02-75	10:11-77	13:41-65	18:10-107	20:31-105	22:12-101	23:32-101	25:14-100	27:14-99	29:20-96	32:42-98	33:22-98	34:56-98	38:07-96	39:11-93	40:45-89	41:53-88	42:35-82	42:52-76
Strek ktid	01:57	03:13-60	03:52-96	01:09-86	03:30-60	04:29-144	02:21-110	01:41-91	01:20-131	01:42-82	02:00-97	02:06-84	03:22-80	00:40-76	01:34-107	03:11-87	01:04-68	01:34-46	01:08-42	00:42-24	00:17-2
Tid etter	+00:48 &	+00:10	+01:44 &	+00:13 #	+00:31 #	+03:26 @	+01:07 &	+00:33 &	+00:32 &	+00:18 #	+00:29 &	+00:36 &	-00:01	+00:08 #	+00:20 &	+00:11	+00:18 &	+00:20 &	+00:14 &	+00:07 #	-00:03

73 Sivert Sande Kverme, Fossum IF 42:54 +12:03

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:58-115	05:06-70	09:22-98	10:27-93	13:57-79	17:49-101	19:25-93	20:50-87	21:58-89	23:37-87	25:32-86	27:44-87	31:12-87	31:54-86	33:36-86	36:58-87	39:16-95	40:45-89	41:49-86	42:35-82	42:54-78
Strek ktid	01:58	03:08-47	04:16-112	01:05-75	03:30-60	03:52-142	01:36-53	01:25-49	01:08-93	01:39-67	01:55-80	02:12-94	03:28-93	00:42-92	01:42-129	03:22-110	02:18-145	01:29-34	01:04-25	00:46-52	00:19-8
Tid etter	+00:49 &	+00:05	+02:08 &	+00:09 #	+00:31 #	+02:49 @	+00:22 &	+00:17 #	+00:20 &	+00:15 #	+00:24 &	+00:42 &	+00:05	+00:10 &	+00:28 &	+00:22 #	+01:32 @	+00:15 #	+00:10 #	+00:11 &	-00:01

= Mathias Rosenlund, Varegg Fleridrett 42:54 +12:03

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:27-30	04:39-37	09:03-78	10:27-93	14:35-98	16:22-85	18:12-82	19:53-81	21:08-81	23:05-81	25:28-84	27:36-84	31:11-86	32:05-87	33:45-87	37:19-89	38:21-85	40:16-84	41:40-83	42:31-81	42:54-78
Strek ktid	01:27	03:12-58	04:24-115	01:24-133	04:08-95	01:47-89	01:50-76	01:41-91	01:15-119	01:57-128	02:23-129	02:08-88	03:35-101	00:54-134	01:40-123	03:34-119	01:02-60	01:55-84	01:24-79	00:51-78	00:23-58
Tid etter	+00:18 &	+00:09	+02:16 @	+00:28 &	+01:09 &	+00:44 &	+00:36 &	+00:33 &	+00:27 &	+00:33 &	+00:52 &	+00:38 &	+00:12	+00:22 &	+00:26 &	+00:34 #	+00:16 &	+00:41 &	+00:30 &	+00:16 &	+00:03#

75 Mathias Skourup Rognebakke, Sturla, IF 42:55 +12:04

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:48-87	06:04-112	09:10-85	10:14-79	13:50-71	18:21-111	21:10-110	22:42-104	23:48-103	25:21-101	27:19-100	29:23-98	32:38-97	33:15-95	34:43-95	37:55-93	39:03-91	40:33-86	41:54-89	42:35-82	42:55-80
Strek ktid	01:48	04:16-120	03:06-60	01:04-65	03:36-75	04:31-145	02:49-121	01:32-70	01:06-86	01:33-40	01:58-91	02:04-80	03:15-66	00:37-37	01:28-88	03:12-92	01:08-80	01:30-35	01:21-76	00:41-20	00:20-18
Tid etter	+00:39 &	+01:13 &	+00:58 &	+00:08 #	+00:37 #	+03:28 @	+01:35 @	+00:24 &	+00:18 &	+00:09 #	+00:27 &	+00:34 &	-00:08	+00:05 #	+00:14 #	+00:12	+00:22 &	+00:16 #	+00:27 &	+00:06 #	+00:00

76 Olav Milian Schmitt Gran, NTNUI 42:57 +12:06

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Total tid	01:25-24	06:02-109	08:25-60	09:28-61	12:53-51	14:58-54	16:06-48	17:36-50	18:35-46	20:11-44	21:48-44	23:35-43	26:24-42	27:04-42	28:17-40	31:26-47	32:21-41	34:28-42	36:45-52	38:14-53	40:15-58	41:50-	42:35-	42:57-
Strek ktid	01:25	04:37-125	02:23-12	01:03-54	03:25-46	02:05-106	01:08-17	01:30-67	00:59-36	01:36-52	01:37-17	01:47-52	02:49-14	00:40-76	01:13-32	03:09-83	00:55-41	02:07-95	02:17-110	01:29-115	02:01-130	01:35-	00:45-	00:22-
Tid etter	+00:16 #	+01:34 &	+00:15 #	+00:07 #	+00:26 #	+01:02 &	-00:06	+00:22 &	+00:11 #	+00:12 #	+00:06	+00:17 #	-00:34	+00:08 #	-00:01	+00:09	+00:09 #	+00:53 &	+01:23 @	+00:54 @	+01:41 @	+01:35	+00:45	+00:22

= **Jakob Mo, OL Toten-Troll** 42:57 +12:06

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:53-102	05:26-93	09:29-105	10:33-99	13:56-75	17:24-93	21:07-109	22:49-105	23:53-104	25:33-104	27:29-102	29:25-99	32:54-99	33:34-99	34:59-99	38:14-97	39:13-94	40:41-88	41:51-87	42:36-85	42:57-81
Strek ktid	01:53	03:33-92	04:03-104	01:04-65	03:23-44	03:28-136	03:43-134	01:42-99	01:04-69	01:40-73	01:56-85	01:56-68	03:29-94	00:40-76	01:25-81	03:15-100	00:59-55	01:28-33	01:10-53	00:45-44	00:21-28
Tid etter	+00:44 &	+00:30 #	+01:55 &	+00:08 #	+00:24 #	+02:25 @	+02:29 @	+00:34 &	+00:16 &	+00:16 #	+00:25 &	+00:26 &	+00:06	+00:08 #	+00:11 #	+00:15	+00:13 &	+00:14 #	+00:16 &	+00:10 &	+00:01

78 Tobias Espedal, Nydalens SK 43:04 +12:13

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:57-112	05:12-76	08:34-65	09:43-66	14:43-99	17:20-92	19:07-88	20:47-86	22:11-90	23:58-89	26:00-90	27:59-89	30:57-84	31:32-83	32:45-80	35:38-76	37:31-81	40:56-92	41:57-90	42:42-86	43:04-83
Strek ktid	01:57	03:15-62	03:22-74	01:09-86	05:00-116	02:37-123	01:47-70	01:40-88	01:24-133	01:47-99	02:02-104	01:59-73	02:58-48	00:35-25	01:13-32	02:53-36	01:53-129	03:25-141	01:01-15	00:45-44	00:22-46
Tid etter	+00:48 &	+00:12	+01:14 &	+00:13 #	+02:01 &	+01:34 @	+00:33 &	+00:32 &	+00:36 &	+00:23 &	+00:31 &	+00:29 &	-00:25	+00:03	-00:01	-00:07	+01:07 @	+02:11 @	+00:07 #	+00:10 &	+00:02#

79 Håkon Holstad, Freidig 43:42 +12:51

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:49-90	05:33-98	11:14-121	12:35-121	17:26-122	19:28-117	21:29-112	23:25-110	24:28-109	26:06-109	28:01-107	30:24-107	33:55-107	34:37-107	36:04-107	39:13-103	40:19-100	41:36-95	42:44-91	43:24-90	43:42-85
Strek ktid	01:49	03:44-103	05:41-132	01:21-130	04:51-113	02:02-103	02:01-89	01:56-117	01:03-55	01:38-57	01:55-80	02:23-106	03:31-98	00:42-92	01:27-86	03:09-83	01:06-75	01:17-18	01:08-42	00:40-15	00:18-5
Tid etter	+00:40 &	+00:41 #	+03:33 @	+00:25 &	+01:52 &	+00:59 &	+00:47 &	+00:48 &	+00:15 &	+00:14 #	+00:24 &	+00:53 &	+00:08	+00:10 &	+00:13 #	+00:09	+00:20 &	+00:03	+00:14 &	+00:05 #	-00:02

80 Trym B Island, OL Tønsberg og omegn 43:54 +13:03

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Total	01:27-	05:21-	08:34-	09:37-	12:58-	14:25-	15:55-	18:10-	19:10-	20:40-	22:25-	24:42-	27:44-	28:22-	29:38-	32:39-	33:35-	35:48-	37:58-	39:26-	41:21-	42:4	43:3	43:5
tid	30	85	65	63	53	44	41	59	59	58	55	60	57	57	56	58	56	56	61	60	68	9-	4-	4-
Strek	01:27	03:54-	03:13-	01:03-	03:21-	01:27-	01:30-	02:15-	01:00-	01:30-	01:45-	02:17-	03:02-	00:38-	01:16-	03:01-	00:56-	02:13-	02:10-	01:28-	01:55-	01:2	00:4	00:2
ktid		109	67	54	42	61	41	129	43	27	40	103	53	52	50	66	43	104	106	113	123	8-	5-	0-
Tid	+00:18	+00:51	+01:05	+00:07	+00:22	+00:24	+00:16	+01:07	+00:12	+00:06	+00:14	+00:47	-00:21	+00:06	+00:02	+00:01	+00:10	+00:59	+01:16	+00:53	+01:35	+01:	+00:	+00:
etter	&	&	&	#	#	&	#	&	#	#	#	&	#	#	#	#	#	&	@	@	@	28	45	20

= **Jørgen Baklid, Konnerud IL** 43:54 +13:03

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:31-	04:24-	07:29-	08:27-	11:58-	13:12-	15:23-	16:51-	17:48-	20:33-	22:07-	23:56-	26:43-	27:18-	28:49-	31:23-	32:14-	34:16-	36:47-	39:16-	41:08-	42:5	43:3	43:5
tid	40	26	29	27	20	23	35	36	36	55	50	54	50	48	52	41	39	40	53	59	66	7-	2-	4-
Strek	01:31	02:53-	03:05-	00:58-	03:31-	01:14-	02:11-	01:28-	00:57-	02:45-	01:34-	01:49-	02:47-	00:35-	01:31-	02:34-	00:51-	02:02-	02:31-	02:29-	01:52-	01:4	00:3	00:2
ktid	21	58	17	63	32	100	60	22	144	11	58	11	25	99	5	33	92	122	146	121	9-	5-	2-	
Tid	+00:22	-00:10	+00:57	+00:02	+00:32	+00:11	+00:57	+00:20	+00:09	+01:21	+00:03	+00:19	-00:36	+00:03	+00:17	-00:26	+00:05	+00:48	+01:37	+01:54	+01:32	+01:	+00:	+00:
etter	&	&	&	#	#	#	&	&	#	&	#	#	#	#	#	#	#	&	@	@	@	49	35	22

82 **Johan Kristian Undeland, Sturla, IF** 43:58 +13:07

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:30-	04:29-	07:02-	08:08-	11:28-	12:42-	14:23-	15:51-	17:00-	18:27-	20:14-	23:50-	26:41-	27:17-	28:29-	31:24-	32:13-	34:39-	37:21-	39:35-	41:16-	42:5	43:3	43:5
tid	36	30	22	22	15	15	12	14	17	16	16	51	48	47	45	43	38	45	55	61	67	5-	9-	8-
Strek	01:30	02:59-	02:33-	01:06-	03:20-	01:14-	01:41-	01:28-	01:09-	01:27-	01:47-	03:36-	02:51-	00:36-	01:12-	02:55-	00:49-	02:26-	02:42-	02:14-	01:41-	01:3	00:4	00:1
ktid	30	30	30	78	41	32	62	60	101	16	48	140	16	33	28	43	23	117	130	141	108	9-	4-	9-
Tid	+00:21	-00:04	+00:25	+00:10	+00:21	+00:11	+00:27	+00:20	+00:21	+00:03	+00:16	+02:06	-00:32	+00:04	-00:02	-00:05	+00:03	+01:12	+01:48	+01:39	+01:21	+01:	+00:	+00:
etter	&	&	#	#	#	#	&	&	&	#	@	#	#	#	#	#	#	&	@	@	@	39	44	19

83 **Runar Saur Modahl, Fredrikstad SK** 44:13 +13:22

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21			
Total	01:42-	05:26-	09:16-	10:48-	15:43-	17:44-	19:19-	21:34-	22:37-	24:36-	26:43-	29:01-	32:36-	33:21-	34:49-	38:25-	39:47-	41:27-	42:45-	43:44-	44:13-			
tid	68	93	90	105	107	97	90	92	92	94	94	95	95	97	97	99	98	94	92	92	86			
Strek	01:42	03:44-	03:50-	01:32-	04:55-	02:01-	01:35-	02:15-	01:03-	01:59-	02:07-	02:18-	03:35-	00:45-	01:28-	03:36-	01:22-	01:40-	01:18-	00:59-	00:29-			
ktid	103	92	139	114	102	51	129	55	133	114	104	101	117	88	120	99	60	73	93	97				
Tid	+00:33	+00:41	+01:42	+00:36	+01:56	+00:58	+00:21	+01:07	+00:15	+00:35	+00:36	+00:48	+00:12	+00:13	+00:14	+00:36	+00:36	+00:26	+00:24	+00:24	+00:09			
etter	&	#	&	&	&	&	&	&	&	&	&	&	#	#	#	#	#	&	&	&	&			

84 **Eivind Berner Myhre, Fossum IF** 44:54 +14:03

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
------	---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

Total	01:38-	04:56-	07:45-	08:54-	12:10-	14:29-	15:56-	17:29-	18:38-	20:35-	22:40-	24:45-	28:07-	28:50-	30:20-	33:30-	34:28-	36:50-	39:01-	40:22-	42:16-	43:4	44:3	44:5
tid	59	52	34	41	32	46	42	46	47	56	58	61	61	61	61	61	60	62	63	70	72	9-	3-	4-
Strek	01:38	03:18-	02:49-	01:09-	03:16-	02:19-	01:27-	01:33-	01:09-	01:57-	02:05-	02:05-	03:22-	00:43-	01:30-	03:10-	00:58-	02:22-	02:11-	01:21-	01:54-	01:3	00:4	00:2
ktid		68	49	86	30	113	39	75	101	128	109	81	80	102	95	85	50	115	107	105	122	3-	4-	1-
Tid	+00:29	+00:15	+00:41	+00:13	+00:17	+01:16	+00:13	+00:25	+00:21	+00:33	+00:34	+00:35	-00:01	+00:11	+00:16	+00:10	+00:12	+01:08	+01:17	+00:46	+01:34	+01:	+00:	+00:
etter	&	&	&	#	@	#	&	&	&	&	&	&	&	#	#	&	&	@	@	@	33	44	21	

85 Kristian Fredrik Lynum, Freidig 44:56 +14:05

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:25-	04:18-	06:56-	08:10-	11:43-	13:10-	14:52-	16:47-	17:43-	19:18-	21:14-	23:01-	25:56-	26:47-	28:34-	31:33-	32:25-	34:39-	37:38-	40:04-	42:10-	43:5	44:3	44:5
tid	24	17	20	23	19	21	23	35	35	33	38	35	33	38	48	50	43	45	57	64	71	1-	9-	6-
Strek	01:25	02:53-	02:38-	01:14-	03:33-	01:27-	01:42-	01:55-	00:56-	01:35-	01:56-	01:47-	02:55-	00:51-	01:47-	02:59-	00:52-	02:14-	02:59-	02:26-	02:06-	01:4	00:4	00:1
ktid	21	37	115	70	61	65	116	18	46	85	52	35	129	134	58	35	105	134	144	134	1-	8-	7-	
Tid	+00:16	-00:10	+00:30	+00:18	+00:34	+00:24	+00:28	+00:47	+00:08	+00:11	+00:25	+00:17	-00:28	+00:19	+00:33	-00:01	+00:06	+01:00	+02:05	+01:51	+01:46	+01:	+00:	+00:
etter	#	#	#	&	#	&	&	&	#	#	&	#	&	&	&	#	&	@	@	@	41	48	17	

86 Sander Solheim Ottesen, Sturla, IF 44:59 +14:08

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:51-	05:16-	11:37-	12:49-	16:31-	18:29-	20:12-	21:51-	23:03-	24:50-	27:01-	30:13-	33:32-	34:14-	35:39-	38:52-	40:53-	42:32-	43:47-	44:38-	44:59-
tid	95	83	123	123	116	113	100	95	96	96	97	105	103	103	104	101	103	103	96	93	89
Strek	01:51	03:25-	06:21-	01:12-	03:42-	01:58-	01:43-	01:39-	01:12-	01:47-	02:11-	03:12-	03:19-	00:42-	01:25-	03:13-	02:01-	01:39-	01:15-	00:51-	00:21-
ktid	81	136	103	103	81	101	66	85	112	99	118	137	77	92	81	96	140	59	66	78	28
Tid	+00:42	+00:22	+04:13	+00:16	+00:43	+00:55	+00:29	+00:31	+00:24	+00:23	+00:40	+01:42	-00:04	+00:10	+00:11	+00:13	+01:15	+00:25	+00:21	+00:16	+00:01
etter	&	#	@	&	#	&	&	&	&	&	&	@		&	#		@	&	&	&	

87 Ole Jørgen Bogen Arenth, Sturla, IF 45:02 +14:11

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:51-	05:23-	09:18-	10:29-	14:30-	16:14-	17:25-	18:56-	20:22-	22:06-	24:01-	26:16-	29:41-	30:25-	31:56-	36:36-	41:08-	42:31-	43:56-	44:42-	45:02-
tid	95	90	94	95	97	83	75	73	77	76	77	76	74	76	77	83	106	102	97	95	90
Strek	01:51	03:32-	03:55-	01:11-	04:01-	01:44-	01:11-	01:31-	01:26-	01:44-	01:55-	02:15-	03:25-	00:44-	01:31-	04:40-	04:32-	01:23-	01:25-	00:46-	00:20-
ktid	89	98	98	93	88	21	69	134	88	80	101	90	111	99	141	149	25	81	52	18	
Tid	+00:42	+00:29	+01:47	+00:15	+01:02	+00:41	-00:03	+00:23	+00:38	+00:20	+00:24	+00:45	+00:02	+00:12	+00:17	+01:40	+03:46	+00:09	+00:31	+00:11	+00:00
etter	&	#	&	&	&	&	&	&	&	#	&	&	&	&	#	&	@	#	&	&	

88 Jakob Hjelseth, OL Tønsberg og omegn 45:05 +14:14

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total	01:45- tid	05:13- 78	11:38- 124	12:50- 124	16:24- 113	18:29- 113	20:14- 101	21:51- 95	23:04- 97	24:53- 99	27:04- 98	30:11- 104	33:34- 104	34:16- 105	35:37- 103	38:50- 100	40:43- 102	42:24- 100	43:45- 94	44:40- 94	45:05- 91	
Strek	01:45	03:28- 85	06:25- 137	01:12- 103	03:34- 73	02:05- 106	01:45- 67	01:37- 82	01:13- 115	01:49- 107	02:11- 118	03:07- 133	03:23- 84	00:42- 92	01:21- 66	03:13- 96	01:53- 129	01:41- 63	01:21- 76	00:55- 89	00:25- 77	
Tid		+00:36	+00:25	+04:17	+00:16	+00:35	+01:02	+00:31	+00:29	+00:25	+00:25	+00:40	+01:37	+00:00	+00:10	+00:07	+00:13	+01:07	+00:27	+00:27	+00:20	+00:05#
etter	&	#	@	&	#	&	&	&	&	&	&	@		&		@	&	&	&			

89 Anders Haugskott, OL Trollelg 45:24 +14:33

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:40- 62	04:22- 23	07:59- 47	09:17- 55	15:04- 103	17:14- 91	19:43- 96	21:00- 90	21:56- 87	23:30- 85	25:09- 81	26:50- 81	29:52- 78	30:31- 78	31:35- 73	34:13- 66	35:26- 69	37:33- 66	39:46- 72	41:15- 72	43:00- 82	44:2 2-	45:0 3-	45:2 4-
Strek ktid	01:40	02:42- 5	03:37- 87	01:18- 124	05:47- 128	02:10- 110	02:29- 117	01:17- 30	00:56- 18	01:34- 43	01:39- 24	01:41- 34	03:02- 53	00:39- 66	01:04- 5	02:38- 11	01:13- 87	02:07- 95	02:13- 108	01:29- 115	01:45- 113	01:2 2-	00:4 1-	00:2 1-
Tid etter	+00:31 &	-00:21	+01:29 &	+00:22 &	+02:48 &	+01:07 @	+01:15 @	+00:09 #	+00:08 #	+00:10 #	+00:08 #	+00:11 #	-00:21 #	+00:07 #	-00:10	-00:22	+00:27 &	+00:53 &	+01:19 @	+00:54 @	+01:25 @	+01: 22	+00: 41	+00: 21

90 Jo Even Kolstad, Freidig 45:40 +14:49

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:36- 52	04:19- 19	08:53- 73	09:52- 70	16:28- 114	17:59- 104	19:16- 89	20:50- 87	21:56- 87	23:43- 88	25:32- 86	30:08- 103	33:13- 100	34:14- 103	35:32- 102	39:42- 105	40:56- 104	42:47- 104	44:31- 98	45:16- 97	45:40- 95
Strek ktid	01:36	02:43- 7	04:34- 120	00:59- 21	06:36- 141	01:31- 70	01:17- 25	01:34- 76	01:06- 86	01:47- 99	01:49- 62	04:36- 142	03:05- 56	01:01- 141	01:18- 57	04:10- 136	01:14- 89	01:51- 81	01:44- 92	00:45- 44	00:24- 70
Tid etter	+00:27 &	-00:20	+02:26 @	+00:03	+03:37 @	+00:28 &	+00:03	+00:26 &	+00:18 &	+00:23 &	+00:18 #	+03:06 @	-00:18	+00:29 &	+00:04	+01:10 &	+00:28 &	+00:37 &	+00:50 &	+00:10 &	+00:04#

91 Snorre Slokvik, Notodden OL 46:00 +15:09

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:55- 106	05:28- 95	09:19- 96	10:31- 98	14:03- 84	17:33- 95	21:12- 111	22:54- 106	23:59- 105	25:48- 106	27:44- 104	29:33- 100	33:15- 101	33:54- 100	35:29- 101	39:30- 104	41:05- 105	43:05- 105	44:42- 102	45:32- 99	46:00- 96
Strek ktid	01:55	03:33- 92	03:51- 93	01:12- 103	03:32- 66	03:30- 138	03:39- 133	01:42- 99	01:05- 77	01:49- 107	01:56- 85	01:49- 58	03:42- 108	00:39- 66	01:35- 111	04:01- 133	01:35- 114	02:00- 90	01:37- 90	00:50- 77	00:28- 92
Tid etter	+00:46 &	+00:30 #	+01:43 &	+00:16 &	+00:33 #	+02:27 @	+02:25 @	+00:34 &	+00:17 &	+00:25 &	+00:25 &	+00:19 #	+00:19 #	+00:07 #	+00:21 &	+01:01 &	+00:49 @	+00:46 &	+00:43 &	+00:15 &	+00:08 &

92 Simen Ballangrud, OL Toten-Troll 46:06 +15:15

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Total	01:30-	04:45-	07:19-	08:30-	11:58-	14:27-	16:03-	17:44-	18:44-	20:21-	22:09-	23:53-	26:49-	27:53-	29:13-	32:16-	33:10-	36:08-	40:11-	41:44-	43:39-	45:1	45:5	46:0
tid	36	45	26	29	20	45	46	54	52	52	52	52	54	54	53	50	59	73	75	84	0-	1-	6-	
Strek	01:30	03:15-	02:34-	01:11-	03:28-	02:29-	01:36-	01:41-	01:00-	01:37-	01:48-	01:44-	02:56-	01:04-	01:20-	03:03-	00:54-	02:58-	04:03-	01:33-	01:55-	01:3	00:4	00:1
ktid		62	31	98	56	117	53	91	43	54	58	45	39	145	58	71	40	131	148	120	123	1-	1-	5-
Tid	+00:21		+00:26	+00:15	+00:29	+01:26	+00:22	+00:33	+00:12	+00:13	+00:17	+00:14		+00:32			+00:08	+01:44	+03:09	+00:58	+01:35	+01:	+00:	+00:
etter	&	+00:12	#	&	#	@	&	&	#	#	#	#	-00:27	&	+00:06	+00:03	#	@	@	@	@	31	41	15

93 Anders Horvei, Raumar Orientering

46:48 +15:57

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	02:57-	09:09-	13:37-	15:02-	20:29-	22:11-	24:16-	25:58-	27:13-	28:57-	31:03-	33:15-	36:51-	37:32-	39:04-	41:55-	43:10-	44:30-	45:40-	46:29-	46:48-
tid	139	140	133	133	131	130	126	122	122	122	120	114	113	113	113	110	110	108	106	103	97
Strek	02:57	06:12-	04:28-	01:25-	05:27-	01:42-	02:05-	01:42-	01:15-	01:44-	02:06-	02:12-	03:36-	00:41-	01:32-	02:51-	01:15-	01:20-	01:10-	00:49-	00:19-8
ktid	140	118	136	124	85	94	99	119	88	112	94	103	86	103	32	92	21	53	71		
Tid	+01:48	+03:09	+02:20	+00:29	+02:28	+00:39	+00:51	+00:34	+00:27	+00:20	+00:35	+00:42	+00:13	+00:09	+00:18	-00:09	+00:29	+00:06	+00:16	+00:14	-00:01
etter	@	@	@	&	&	&	&	&	&	#	&	&	#	#	#	&	#	@	&	&	

94 Ole Jakob Frankrig, Nydalens SK

47:12 +16:31

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:52-	05:59-	09:10-	10:10-	13:57-	17:47-	22:29-	24:01-	25:05-	26:44-	28:27-	30:14-	36:20-	36:58-	38:23-	41:26-	42:13-	43:53-	45:58-	46:45-	47:12-
tid	98	108	85	75	79	100	117	111	111	110	110	106	112	111	110	109	107	106	107	104	99
Strek	01:52	04:07-	03:11-	01:00-	03:47-	03:50-	04:42-	01:32-	01:04-	01:39-	01:43-	01:47-	06:06-	00:38-	01:25-	03:03-	00:47-	01:40-	02:05-	00:47-	00:27-
ktid	117	65	31	87	140	141	70	69	67	35	52	148	52	81	71	20	60	100	61	86	
Tid	+00:43	+01:04	+01:03	+00:04	+00:48	+02:47	+03:28	+00:24	+00:16	+00:15	+00:12	+00:17	+02:43	+00:06	+00:11	+00:03	+00:01	+00:26	+01:11	+00:12	+00:07
etter	&	&	&	#	@	@	&	&	#	#	#	&	#	#	#	#	#	&	@	&	&

95 Per Clemet Wisløff, Asker Skiklubb

47:35 +16:44

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	03:48-	06:51-	09:28-	10:40-	14:28-	16:09-	17:13-	18:37-	20:06-	21:55-	23:55-	25:47-	28:47-	29:22-	30:51-	33:59-	34:48-	39:19-	41:45-	43:13-	45:11-	46:4	47:1	47:3
tid	147	127	104	103	95	79	69	67	75	75	75	73	65	65	65	64	62	79	85	88	92	0-	9-	5-
Strek	03:48	03:03-	02:37-	01:12-	03:48-	01:41-	01:04-	01:24-	01:29-	01:49-	02:00-	01:52-	03:00-	00:35-	01:29-	03:08-	00:49-	04:31-	02:26-	01:28-	01:58-	01:2	00:3	00:1
ktid		37	36	103	88	84	15	45	137	107	97	64	51	25	91	81	23	148	116	113	126	9-	9-	6-
Tid	+02:39		+00:29	+00:16	+00:49	+00:38		+00:16	+00:41	+00:25	+00:29	+00:22		+00:15		+00:08	+00:03	+03:17	+01:32	+00:53	+01:38	+01:	+00:	+00:
etter	@	+00:00	#	&	&	&	-00:10	#	&	&	&	#	-00:23	+00:03	#			@	@	@	@	29	39	16

96 Gaute Kvittum Nytrøen, Tynset IF

47:37 +16:46

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Total tid	01:17-6	06:49-126	09:21-97	10:56-110	14:14-89	15:39-75	17:08-67	19:38-80	20:48-80	22:14-78	23:55-75	25:45-72	28:37-64	29:13-63	30:33-62	35:10-75	36:00-70	38:37-77	41:15-79	42:48-87	44:52-88	46:36-6	47:18-8	47:37-7
Strek ktid	01:17	05:32-137	02:32-28	01:35-141	03:18-31	01:25-57	01:29-40	02:30-133	01:10-106	01:26-15	01:41-31	01:50-61	02:52-21	00:36-33	01:20-58	04:37-140	00:50-30	02:37-122	02:38-127	01:33-120	02:04-133	01:44-4	00:42-2	00:19-9
Tid etter	+00:08 #	+02:29 &	+00:24 #	+00:39 &	+00:19 #	+00:22 &	+00:15 #	+01:22 @	+00:22 &	+00:02	+00:10 #	+00:20 #	-00:31	+00:04 #	+00:06	+01:37 &	+00:04	+01:23 @	+01:44 @	+00:58 @	+01:44 @	+01:44	+00:44	+00:19

97 Espen Samuelsen Skiri, Bodø og Omegn IF Orientering 47:42 +16:51

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:56-108	06:02-109	08:52-72	10:10-75	13:56-75	15:24-73	16:55-64	18:24-63	19:30-64	21:18-65	23:12-65	25:19-69	28:36-63	29:19-64	30:50-64	34:10-65	35:14-65	38:14-70	40:45-74	42:17-78	44:39-87	46:29-9	47:22-2	47:42-2
Strek ktid	01:56	04:06-115	02:50-50	01:18-124	03:46-85	01:28-64	01:31-44	01:29-64	01:06-86	01:48-105	01:54-75	02:07-85	03:17-72	00:43-102	01:31-99	03:20-107	01:04-68	03:00-132	02:31-122	01:32-118	02:22-139	01:50-0	00:53-3	00:20-0
Tid etter	+00:47 &	+01:03 &	+00:42 &	+00:22 &	+00:47 &	+00:25 &	+00:17 #	+00:21 &	+00:18 &	+00:24 &	+00:23 &	+00:37 &	-00:06	+00:11 &	+00:17 #	+00:20 #	+00:18 &	+01:46 @	+01:37 @	+00:57 @	+02:02 @	+01:50	+00:53	+00:20

98 Sondre Ottesen, Fredrikstad SK 47:52 +17:01

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:48-87	05:10-72	09:14-89	10:18-84	14:10-85	21:08-125	22:33-118	24:18-114	25:15-112	26:56-111	28:56-112	31:31-109	35:22-108	36:15-108	37:51-108	41:08-108	42:34-108	44:29-107	46:20-108	47:26-108	47:52-101
Strek ktid	01:48	03:22-75	04:04-106	01:04-65	03:52-90	06:58-148	01:25-38	01:45-108	00:57-22	01:41-79	02:00-97	02:35-117	03:51-114	00:53-133	01:36-115	03:17-103	01:26-106	01:55-84	01:51-94	01:06-98	00:26-83
Tid etter	+00:39 &	+00:19 #	+01:56 &	+00:08 #	+00:53 &	+05:55 @	+00:11 #	+00:37 &	+00:09 #	+00:17 #	+00:29 &	+01:05 &	+00:28 #	+00:21 &	+00:22 &	+00:17	+00:40 &	+00:41 &	+00:57 @	+00:31 &	+00:06 &

99 Mathias Pedersen Vold, Lillomarka OL / Raumar 47:56 +17:05

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	02:03-121	05:09-71	09:25-102	10:37-102	14:59-102	16:47-87	18:40-84	20:24-84	21:41-84	23:27-84	25:37-88	27:50-88	32:30-94	33:13-94	34:46-96	39:57-107	42:53-109	44:34-109	46:36-109	47:29-109	47:56-102
Strek ktid	02:03	03:06-43	04:16-112	01:12-103	04:22-101	01:48-92	01:53-81	01:44-104	01:17-125	01:46-96	02:10-116	02:13-96	04:40-138	00:43-102	01:33-105	05:11-143	02:56-147	01:41-63	02:02-98	00:53-85	00:27-86
Tid etter	+00:54 &	+00:03	+02:08 &	+00:16 &	+01:23 &	+00:45 &	+00:39 &	+00:36 &	+00:29 &	+00:22 &	+00:39 &	+00:43 &	+01:17 &	+00:11 &	+00:19 &	+02:11 @	+00:27 &	+01:08 @	+00:18 &	+00:07 &	

100 Frida Haugskott, OL Trollelg 48:03 +17:12

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total tid	01:31-40	06:17-115	14:36-135	15:56-135	21:33-134	23:50-135	25:52-130	27:40-128	28:43-127	30:30-125	32:17-124	34:27-119	37:59-120	38:43-120	40:13-119	43:19-116	44:23-114	45:50-111	46:59-111	47:43-111	48:03-104
Strek ktid	01:31	04:46-129	08:19-143	01:20-127	05:37-127	02:17-112	02:02-91	01:48-114	01:03-55	01:47-99	01:47-48	02:10-91	03:32-100	00:44-111	01:30-95	03:06-78	01:04-68	01:27-32	01:09-48	00:44-35	00:20-18
Tid etter	+00:22 &	+01:43 &	+06:11 @	+00:24 &	+02:38 &	+01:14 @	+00:48 &	+00:40 &	+00:15 &	+00:23 &	+00:16 #	+00:40 &	+00:09	+00:12 &	+00:16 #	+00:06	+00:18 &	+00:13 #	+00:15 &	+00:09 &	+00:00

101 Gaute Fosstveit, Raumar Orientering

48:07 +17:16

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:52-98	04:58-55	07:58-46	09:02-48	12:29-43	21:24-127	22:37-119	24:15-113	25:30-114	27:13-113	29:14-114	31:38-110	35:59-110	36:45-110	38:32-111	42:04-111	43:41-111	45:14-110	46:48-110	47:40-110	48:07-105
Strek ktid	01:52	03:06-43	03:00-53	01:04-65	03:27-52	08:55-149	01:13-22	01:38-84	01:15-119	01:43-85	02:01-102	02:24-107	04:21-131	00:46-120	01:47-134	03:32-118	01:37-115	01:33-42	01:34-87	00:52-83	00:27-86
Tid etter	+00:43 &	+00:03	+00:52 &	+00:08 #	+00:28 #	+07:52 @	-00:01	+00:30 &	+00:27 &	+00:19 #	+00:30 &	+00:54 &	+00:58 &	+00:14 &	+00:33 #	+00:32 @	+00:51 &	+00:19 &	+00:40 &	+00:17 &	+00:07 &

102 Mikkel Katla, Fossum IF

48:11 +17:20

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:35-51	04:59-57	07:22-27	08:19-26	11:33-17	13:13-24	14:22-11	15:36-11	16:33-11	18:12-13	19:55-13	22:17-22	27:10-54	27:51-53	29:08-53	32:21-55	34:23-58	36:57-64	41:17-80	43:31-91	45:31-94	47:1-1-	47:5-1-	48:1-1-
Strek ktid	01:35	03:24-78	02:23-12	00:57-11	03:14-26	01:40-81	01:09-19	01:14-19	00:57-22	01:39-67	01:43-35	02:22-105	04:53-140	00:41-86	01:17-54	03:13-96	02:02-141	02:34-118	04:20-149	02:14-141	02:00-128	01:4-0-	00:4-0-	00:2-0-
Tid etter	+00:26 &	+00:21 #	+00:15 #	+00:01	+00:15	+00:37 &	-00:05	+00:06	+00:09 #	+00:15 #	+00:12 #	+00:52 &	+01:30 &	+00:09 &	+00:03	+00:13	+01:16 @	+01:20 @	+03:26 @	+01:39 @	+01:40 @	+01:40	+00:40	+00:20

103 Alexander Repstad Storemyr, Porsgrunn OL

48:20 +17:29

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:24-19	04:42-39	08:33-63	09:40-64	13:32-61	15:02-58	17:21-72	18:39-68	19:53-68	21:41-71	23:54-74	25:41-70	28:58-68	29:36-68	31:05-67	34:17-69	35:15-66	37:54-68	41:00-77	43:14-89	45:30-93	47:1-9-	48:0-0-	48:2-0-
Strek ktid	01:24	03:18-68	03:51-93	01:07-83	03:52-90	01:30-69	02:19-107	01:18-32	01:14-117	01:48-105	02:13-120	01:47-52	03:17-72	00:38-52	01:29-91	03:12-92	00:58-50	02:39-124	03:06-137	02:14-141	02:16-136	01:4-9-	00:4-1-	00:2-0-
Tid etter	+00:15 #	+00:15	+01:43 &	+00:11 #	+00:53 &	+00:27 &	+01:05 &	+00:10 #	+00:26 &	+00:24 &	+00:42 &	+00:17 #	-00:06	+00:06 #	+00:15 #	+00:12	+00:12 &	+01:25 @	+02:12 @	+01:39 @	+01:56 @	+01:49	+00:41	+00:20

104 Henrik R Holt, Hedrum OL

48:33 +17:42

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total	01:46-	05:47-	12:50-	14:02-	19:11-	20:06-	22:25-	25:27-	26:45-	28:37-	30:40-	33:47-	37:30-	38:25-	40:08-	43:16-	44:32-	45:56-	47:13-	48:07-	48:33-
tid	82	105	130	129	127	121	115	117	119	119	116	118	115	117	118	115	115	112	112	112	107
Strek	01:46	04:01-	07:03-	01:12-	05:09-	00:55-	02:19-	03:02-	01:18-	01:52-	02:03-	03:07-	03:43-	00:55-	01:43-	03:08-	01:16-	01:24-	01:17-	00:54-	00:26-
ktid	112	112	138	103	118	10	107	136	128	118	107	133	110	135	130	81	94	27	71	86	83
Tid	+00:37	+00:58	+04:55	+00:16	+02:10	-00:08	+01:05	+01:54	+00:30	+00:28	+00:32	+01:37	+00:20	+00:23	+00:29	+00:08	+00:30	+00:10	+00:23	+00:19	+00:06
etter	&	&	@	&	&		&	@	&	&	&	@		&	&		&	#	&	&	&

105 Jakob Torgersen, Halden/Fossum 48:49 +17:58

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:58-	05:35-	09:05-	10:15-	13:53-	17:44-	22:26-	24:10-	25:18-	27:00-	28:55-	31:40-	35:31-	36:18-	37:57-	43:40-	44:45-	46:31-	47:40-	48:26-	48:49-
tid	115	102	80	81	73	97	116	112	113	112	111	111	109	109	109	119	118	116	113	113	110
Strek	01:58	03:37-	03:30-	01:10-	03:38-	03:51-	04:42-	01:44-	01:08-	01:42-	01:55-	02:45-	03:51-	00:47-	01:39-	05:43-	01:05-	01:46-	01:09-	00:46-	00:23-
ktid	95	81	93	77	141	141	104	93	82	80	122	114	123	120	148	72	74	48	52	58	
Tid	+00:49	+00:34	+01:22	+00:14	+00:39	+02:48	+03:28	+00:36	+00:20	+00:18	+00:24	+01:15	+00:28	+00:15	+00:25	+02:43	+00:19	+00:32	+00:15	+00:11	+00:03#
etter	&	#	&	#	#	@	@	&	&	#	&	&	#	&	&	&	&	&	&	&	

106 Ole Kristian Taksdal, Ganddal IL 49:02 +18:11

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:57-	05:21-	09:23-	10:33-	15:17-	18:28-	20:16-	22:30-	24:00-	26:03-	28:25-	31:50-	36:12-	37:00-	38:45-	42:41-	44:48-	46:26-	47:43-	48:37-	49:02-
tid	112	85	99	99	105	112	102	103	106	108	109	112	111	112	112	113	119	115	114	114	113
Strek	01:57	03:24-	04:02-	01:10-	04:44-	03:11-	01:48-	02:14-	01:30-	02:03-	02:22-	03:25-	04:22-	00:48-	01:45-	03:56-	02:07-	01:38-	01:17-	00:54-	00:25-
ktid	78	102	93	112	133	73	126	139	134	127	139	132	124	132	130	144	56	71	86	77	
Tid	+00:48	+00:21	+01:54	+00:14	+01:45	+02:08	+00:34	+01:06	+00:42	+00:39	+00:51	+01:55	+00:59	+00:16	+00:31	+00:56	+01:21	+00:24	+00:23	+00:19	+00:05#
etter	&	#	&	#	&	@	&	&	&	&	&	@	&	&	&	&	@	&	&	&	

107 Åsmund Slokvik, Notodden OL 49:46 +18:55

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	02:15-	06:52-	09:52-	11:02-	15:39-	18:09-	19:45-	21:32-	22:28-	24:03-	25:52-	27:36-	30:32-	31:13-	33:12-	36:11-	37:24-	39:45-	43:36-	45:21-	47:18-	48:4	49:2	49:4
tid	131	128	112	111	106	105	98	91	91	90	89	84	81	79	84	82	80	82	93	98	100	8-	8-	6-
Strek	02:15	04:37-	03:00-	01:10-	04:37-	02:30-	01:36-	01:47-	00:56-	01:35-	01:49-	01:44-	02:56-	00:41-	01:59-	02:59-	01:13-	02:21-	03:51-	01:45-	01:57-	01:3	00:4	00:1
ktid	125	53	93	110	118	53	113	18	46	62	45	39	86	144	58	87	114	147	130	125	0-	0-	8-	
Tid	+01:06	+01:34	+00:52	+00:14	+01:38	+01:27	+00:22	+00:39	+00:08	+00:11	+00:18	+00:14	-00:27	+00:09	+00:45	-00:01	+00:27	+01:07	+02:57	+01:10	+01:37	+01:	+00:	+00:
etter	&	&	&	#	&	@	&	&	#	#	#	#		&	&		&	&	@	@	@	30	40	18

108 August Syrdal Øen, Heming Orientering 49:50 +18:59

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total	01:40- tid	06:02- 62	14:38- 109	17:13- 136	21:24- 139	23:36- 132	24:44- 133	28:12- 128	29:12- 129	30:48- 127	32:41- 126	34:36- 121	37:32- 116	38:07- 114	39:20- 114	42:14- 112	44:09- 113	47:26- 118	48:42- 116	49:31- 115	49:50- 114	
Strek	01:40	04:22- 121	08:36- 145	02:35- 150	04:11- 97	02:12- 111	01:08- 17	03:28- 142	01:00- 43	01:36- 52	01:53- 72	01:55- 67	02:56- 39	00:35- 25	01:13- 32	02:54- 40	01:55- 134	03:17- 139	01:16- 70	00:49- 71	00:19-8	
Tid		+00:31	+01:19	+06:28	+01:39	+01:12	+01:09	-00:06	+02:20	+00:12	+00:12	+00:22	+00:25	-00:27	+00:03	-00:01	-00:06	+01:09	+02:03	+00:22	+00:14	-00:01
etter	&	&	@	@	&	@		@	#	#	#	&					@	@	&	&		

109 Erlend Børli, Fossum IF 50:39 +19:48

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:37- 56	08:17- 136	11:34- 122	12:44- 122	17:06- 120	18:12- 108	24:15- 125	26:04- 123	27:15- 123	28:54- 121	32:15- 123	35:14- 122	38:28- 121	40:49- 127	42:26- 125	45:44- 124	47:01- 126	48:13- 123	49:31- 118	50:16- 117	50:39- 115
Strek ktid	01:37	06:40- 143	03:17- 69	01:10- 93	04:22- 101	01:06- 19	06:03- 147	01:49- 115	01:11- 109	01:39- 67	03:21- 147	02:59- 128	03:14- 64	02:21- 150	01:37- 117	03:18- 104	01:17- 95	01:12- 12	01:18- 73	00:45- 44	00:23- 58
Tid etter &	+00:28 &	+03:37 @	+01:09 &	+00:14 #	+01:23 &	+00:03 @	+04:49 &	+00:41 &	+00:23 &	+00:15 #	+01:50 @	+01:29 &	-00:09 @	+01:49 @	+00:23 &	+00:18 #	+00:31 &	-00:02 @	+00:24 &	+00:10 &	+00:03#

110 Eirik Imrik, Fredrikstad SK 50:49 +19:58

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	02:27- 136	07:51- 133	10:36- 117	11:42- 116	16:18- 112	17:52- 102	19:41- 95	21:44- 94	22:46- 93	24:27- 92	26:16- 92	28:40- 92	31:56- 89	32:33- 89	33:45- 87	36:57- 86	37:55- 84	41:04- 93	43:46- 95	45:13- 96	47:02- 98	49:2 8-	50:1 7-	50:4 9-
Strek ktid	02:27	05:24- 136	02:45- 45	01:06- 78	04:36- 109	01:34- 75	01:49- 74	02:03- 119	01:02- 53	01:41- 79	01:49- 62	02:24- 107	03:16- 70	00:37- 37	01:12- 28	03:12- 92	00:58- 50	03:09- 136	02:42- 130	01:27- 110	01:49- 118	02:2 6-	00:4 9-	00:3 2-
Tid etter	+01:18 @	+02:21 &	+00:37 &	+00:10 #	+01:37 &	+00:31 &	+00:35 &	+00:55 &	+00:14 &	+00:17 #	+00:18 #	+00:54 &	-00:07 #	+00:05 #	-00:02 #	+00:12 #	+00:12 &	+01:55 @	+01:48 @	+00:52 @	+01:29 @	+02: 26	+00: 49	+00: 32

= Sigurd Paulsen Vie, Asker Skiklubb 50:49 +19:58

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Total	01:21- tid	04:26- 12	08:33- 63	09:36- 62	16:08- 110	17:57- 103	19:46- 99	23:17- 108	24:25- 108	25:57- 107	27:57- 105	38:07- 134	41:14- 130	41:51- 129	43:01- 129	45:56- 126	46:46- 124	48:02- 122	49:38- 120	50:24- 118	50:49- 116	
Strek	01:21	03:05- 42	04:07- 107	01:03- 54	06:32- 140	01:49- 94	01:49- 74	03:31- 143	01:08- 93	01:32- 36	02:00- 97	10:10- 150	03:07- 58	00:37- 37	01:10- 19	02:55- 43	00:50- 30	01:16- 15	01:36- 89	00:46- 52	00:25- 77	
Tid		+00:12	+00:02	+01:59	+00:07	+03:33	+00:46	+00:35	+02:23	+00:20	+00:08	+00:29	+08:40	-00:16	+00:05	-00:04	-00:05	+00:04	+00:02	+00:42	+00:11	+00:05#
etter	#		&	#	@	&	&	@	&			&	@		#					&	&	

112 Andreas Ramberg, Østmarka OK / Mo OK 1 50:50 +19:59

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Total	02:06- tid	05:15- 81	09:17- 92	10:29- 95	15:53- 109	16:51- 90	20:19- 103	21:51- 95	22:57- 95	24:42- 95	26:47- 95	28:55- 94	32:13- 92	32:56- 92	34:21- 91	37:40- 92	39:17- 96	42:12- 98	44:39- 101	46:12- 100	48:02- 103	49:4 6-	50:3 4-	50:5 0-
Strek	02:06	03:09- 51	04:02- 102	01:12- 103	05:24- 123	00:58- 13	03:28- 131	01:32- 70	01:06- 86	01:45- 94	02:05- 109	02:08- 88	03:18- 75	00:43- 102	01:25- 81	03:19- 105	01:37- 115	02:55- 129	02:27- 119	01:33- 120	01:50- 120	01:4 4-	00:4 8-	00:1 6-
Tid etter	+00:57 &	+00:06	+01:54 &	+00:16 &	+02:25 &	-00:05	+02:14 @	+00:24 &	+00:18 &	+00:21 #	+00:34 &	+00:38 &	-00:05	+00:11 &	+00:11 #	+00:19 #	+00:51 @	+01:41 @	+01:33 @	+00:58 @	+01:30 @	+01: 44	+00: 48	+00: 16
113	Hallvard Arntzen Foss, Sandefjord OK					51:24	+20:3 3																	
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:41- tid	05:10- 65	09:08- 83	10:20- 86	14:23- 93	15:21- 71	18:45- 85	22:03- 99	23:06- 99	24:50- 96	26:51- 96	28:48- 93	32:19- 93	33:02- 93	34:37- 94	38:04- 95	39:00- 88	41:37- 96	44:32- 99	46:14- 101	48:17- 106	50:0 8-	51:0 1-	51:2 4-
Strek	01:41	03:29- 86	03:58- 99	01:12- 103	04:03- 94	00:58- 13	03:24- 128	03:18- 139	01:03- 55	01:44- 88	02:01- 102	01:57- 70	03:31- 98	00:43- 102	01:35- 111	03:27- 115	00:56- 43	02:37- 122	02:55- 133	01:42- 127	02:03- 131	01:5 1-	00:5 3-	00:2 3-
Tid etter	+00:32 &	+00:26 #	+01:50 &	+00:16 &	+01:04 &	-00:05	+02:10 @	+02:10 @	+00:15 &	+00:20 #	+00:30 &	+00:27 &	+00:08	+00:11 &	+00:21 &	+00:27 #	+00:10 #	+01:23 @	+02:01 @	+01:07 @	+01:43 @	+01: 51	+00: 53	+00: 23
114	Bjørnar Løvli, Asker Skiklubb					51:25	+20:3 4																	
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	02:11- tid	06:17- 115	09:36- 108	10:47- 104	15:15- 104	17:46- 99	20:40- 106	22:21- 102	23:36- 102	25:31- 103	27:58- 106	30:01- 102	33:23- 102	34:05- 101	35:40- 105	38:55- 102	39:48- 99	42:28- 101	44:59- 104	46:49- 106	48:49- 110	50:2 3-	51:0 7-	51:2 4-
Strek	02:11	04:06- 115	03:19- 72	01:11- 98	04:28- 105	02:31- 120	02:54- 124	01:41- 91	01:15- 119	01:55- 122	02:27- 134	02:03- 79	03:22- 80	00:42- 92	01:35- 111	03:15- 100	00:53- 37	02:40- 126	02:31- 122	01:50- 133	02:00- 128	01:3 4-	00:4 4-	00:1 7-
Tid etter	+01:02 &	+01:03 &	+01:11 &	+00:15 &	+01:29 &	+01:28 @	+01:40 @	+00:33 &	+00:27 &	+00:31 &	+00:56 &	+00:33 &	-00:01	+00:10 &	+00:21 &	+00:15	+00:07 #	+01:26 @	+01:37 @	+01:15 @	+01:40 @	+01: 34	+00: 44	+00: 17
115	Øistein Fagerli Næss, Raumar Orientering					51:28	+20:3 7																	
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:43- tid	05:01- 60	09:37- 109	10:50- 107	16:51- 118	17:40- 96	20:53- 107	23:01- 107	24:07- 107	25:37- 105	27:28- 101	29:22- 97	32:37- 96	33:16- 96	34:32- 92	37:34- 91	38:30- 86	40:50- 91	45:19- 105	47:03- 107	48:48- 109	50:2 7-	51:0 9-	51:2 8-
Strek	01:43	03:18- 68	04:36- 121	01:13- 113	06:01- 133	00:49- 5	03:13- 125	02:08- 121	01:06- 86	01:30- 27	01:51- 67	01:54- 65	03:15- 66	00:39- 66	01:16- 50	03:02- 68	00:56- 43	02:20- 112	04:29- 150	01:44- 129	01:45- 113	01:3 9-	00:4 2-	00:1 9-
Tid etter	+00:34 &	+00:15	+02:28 @	+00:17 &	+03:02 @	-00:14	+01:59 @	+01:00 &	+00:18 &	+00:06	+00:20 #	+00:24 &	-00:08	+00:07 #	+00:02	+00:02	+00:10 #	+01:06 &	+03:35 @	+01:09 @	+01:25 @	+01: 39	+00: 42	+00: 19
116	David Runde, Kristiansand OK					51:36	+20:4 5																	
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24

Total	01:37-	04:41-	08:25-	09:41-	13:06-	14:39-	18:52-	20:38-	21:47-	24:07-	26:10-	28:24-	32:10-	32:54-	34:35-	37:55-	39:02-	41:37-	44:45-	46:16-	48:34-	50:2	51:1	51:3
tid	56	38	60	65	55	49	86	85	85	91	91	90	91	91	93	93	90	96	103	102	108	7-	5-	6-
Strek	01:37	03:04-	03:44-	01:16-	03:25-	01:33-	04:13-	01:46-	01:09-	02:20-	02:03-	02:14-	03:46-	00:44-	01:41-	03:20-	01:07-	02:35-	03:08-	01:31-	02:18-	01:5	00:4	00:2
ktid	39	89	121	46	73	137	110	101	142	107	98	112	111	127	107	77	119	138	117	138	3-	8-	1-	
Tid	+00:28	+00:01	+01:36	+00:20	+00:26	+00:30	+02:59	+00:38	+00:21	+00:56	+00:32	+00:44	+00:23	+00:12	+00:27	+00:20	+00:21	+01:21	+02:14	+00:56	+01:58	+01:	+00:	+00:
etter	&		&	&	#	&	@	&	&	&	&	#	&	&	#	&	@	@	@	@	53	48	21	

117 Kristian Rykkje, Varegg Fleridrett 51:45 +20:54

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
Total	03:06-	08:17-	15:21-	16:16-	19:23-	20:43-	23:06-	24:41-	25:38-	27:34-	29:10-	30:45-	33:38-	34:11-	35:25-	38:17-	39:00-	42:14-	44:38-	46:46-	48:49-	50:4	51:2	51:4	
tid	143	136	138	136	128	123	121	115	115	115	113	108	106	102	100	98	88	99	100	105	110	4-	4-	5-	
Strek	03:06	05:11-	07:04-	00:55-	03:07-	01:20-	02:23-	01:35-	00:57-	01:56-	01:36-	01:35-	02:53-	00:33-	01:14-	02:52-	00:43-	03:14-	02:24-	02:08-	02:03-	01:5	00:4	00:2	
ktid		133	139	2	18	43	114	79	22	126	14	21	25	9	39	34	8	138	115	137	131	5-	0-	1-	
Tid	+01:57	+02:08	+04:56	-00:01	+00:08	+00:17	+01:09	+00:27	+00:09	+00:32		+00:05	+00:05	-00:30	+00:01	+00:00	-00:08	-00:03	+02:00	+01:30	+01:33	+01:43	+01:	+00:	+00:
etter	@	&	@			&	&	&	#	&				-00:30	+00:01	+00:00	-00:08	-00:03	@	@	@	@	55	40	21

118 Eskil Frischknecht, Alta OL 51:54 +21:03

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:54-	05:47-	10:11-	11:31-	21:27-	23:23-	25:03-	27:03-	29:04-	30:49-	34:03-	36:31-	40:01-	40:45-	42:28-	45:59-	47:53-	49:33-	50:47-	51:35-	51:54-
tid	105	105	115	114	133	132	129	127	128	128	129	128	127	126	126	127	127	126	123	120	118
Strek	01:54	03:53-	04:24-	01:20-	09:56-	01:56-	01:40-	02:00-	02:01-	01:45-	03:14-	02:28-	03:30-	00:44-	01:43-	03:31-	01:54-	01:40-	01:14-	00:48-	00:19-8
ktid	108	115	127	145	98	59	118	147	94	145	114	96	111	130	117	132	60	62	67		
Tid	+00:45	+00:50	+02:16	+00:24	+06:57	+00:53	+00:26	+00:52	+01:13	+00:21	+01:43	+00:58	+00:07	+00:12	+00:29	+00:31	+01:08	+00:26	+00:20	+00:13	-00:01
etter	&	&	@	&	@	&	&	&	@	#	@	&		&	&	#	@	&	&	&	

119 Vebjørn Blom-Hagen, Fossum IF 51:58 +21:07

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	02:32-	06:18-	09:24-	10:26-	14:43-	15:52-	27:16-	28:57-	30:09-	32:00-	35:02-	38:07-	42:02-	42:50-	44:16-	47:13-	48:28-	49:45-	50:54-	51:40-	51:58-
tid	137	117	100	92	99	77	132	132	132	131	132	134	132	132	132	129	129	127	125	121	119
Strek	02:32	03:46-	03:06-	01:02-	04:17-	01:09-	11:24-	01:41-	01:12-	01:51-	03:02-	03:05-	03:55-	00:48-	01:26-	02:57-	01:15-	01:17-	01:09-	00:46-	00:18-5
ktid	107	60	42	100	24	150	91	112	116	143	131	116	124	85	50	92	18	48	52		
Tid	+01:23	+00:43	+00:58	+00:06	+01:18	+00:06	+10:10	+00:33	+00:24	+00:27	+01:31	+01:35	+00:32	+00:16	+00:12	-00:03	+00:29	+00:03	+00:15	+00:11	
etter	@	#	&	#	&		@	&	&	&	&	@	#	&	#		&		&	&	-00:02

120 Petter Liabakk Eriksen, Freidig/Byåsen/Vang 52:56 +22:05

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21			
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Total tid	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0
Strek ktid	00:00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tid etter	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

121 Lars Young Vik, Nydalens SK 53:56 +23:05

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:26-28	06:07-114	11:07-119	12:04-117	14:54-101	20:27-122	27:17-133	28:36-131	29:36-130	31:10-129	34:07-130	35:38-124	38:31-122	39:04-121	40:21-121	43:06-114	43:50-112	46:07-113	48:33-115	50:00-116	51:35-117	52:53-3-	53:29-9-	53:56-6-
Strek ktid	01:26	04:41-127	05:00-128	00:57-11	02:50-2	05:33-147	06:50-148	01:19-33	01:00-43	01:34-43	02:57-142	01:31-12	02:53-25	00:33-9	01:17-54	02:45-22	00:44-11	02:17-109	02:26-116	01:27-110	01:35-102	01:18-8-	00:36-6-	00:27-7-
Tid etter	+00:17#	+01:38&	+02:52@	+00:01	-00:09	+04:30@	+05:36@	+00:11#	+00:12#	+00:10#	+01:26&	+00:01	-00:30	+00:01	+00:03	-00:15	-00:02	+01:03&	+01:32@	+00:52@	+01:15@	+01:18	+00:36	+00:27

122 Morten Krona Hafslan, OL Tønsberg og omegn 54:38 +23:47

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	03:01-140	06:40-125	16:41-142	17:58-140	22:24-136	23:14-131	28:42-136	30:09-134	31:17-134	32:59-133	35:12-133	37:50-131	43:22-136	44:07-134	45:46-135	48:57-131	49:54-131	51:54-130	53:09-128	54:18-128	54:38-122
Strek ktid	03:01	03:39-98	10:01-147	01:17-123	04:26-104	00:50-6	05:28-146	01:27-57	01:08-93	01:42-82	02:13-120	02:38-119	05:32-147	00:45-117	01:39-120	03:11-87	00:57-47	02:00-90	01:15-66	01:09-101	00:20-18
Tid etter	+01:52@	+00:36#	+07:53@	+00:21&	+01:27&	-00:13	+04:14@	+00:19&	+00:20&	+00:18#	+00:42&	+01:08&	+02:09&	+00:13&	+00:25&	+00:11	+00:11#	+00:46&	+00:21&	+00:34&	+00:00

123 Joachim Knudsen, Sturla, IF 54:43 +23:52

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	02:15-131	07:36-130	11:11-120	12:27-120	23:19-137	24:21-136	28:38-135	30:19-135	31:27-135	33:16-134	35:15-134	37:55-132	43:18-135	44:08-135	45:47-136	49:31-133	50:34-132	52:16-132	53:25-129	54:21-129	54:43-124
Strek ktid	02:15	05:21-134	03:35-86	01:16-121	10:52-147	01:02-17	04:17-138	01:41-91	01:08-93	01:49-107	01:59-94	02:40-121	05:23-144	00:50-128	01:39-120	03:44-123	01:03-66	01:42-65	01:09-48	00:56-90	00:22-46
Tid etter	+01:06&	+02:18&	+01:27&	+00:20&	+07:53@	-00:01	+03:03@	+00:33&	+00:20&	+00:25&	+00:28&	+01:10&	+02:00&	+00:18&	+00:25&	+00:44#	+00:17&	+00:28&	+00:15&	+00:21&	+00:02#

124 Erling Hjermsstad, Fossum IF 55:06 +24:15

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Total	18:25-	21:15-	23:25-	24:27-	27:24-	28:32-	29:55-	31:11-	32:08-	33:37-	35:21-	36:51-	39:32-	40:10-	41:14-	44:05-	44:54-	47:01-	49:10-	50:58-	52:32-	53:5	54:3	55:0
tid	150	149	147	147	142	138	137	137	137	135	135	129	125	123	122	121	120	117	117	119	120	3-	9-	6-
Strek	18:25	02:50-	02:10-	01:02-	02:57-	01:08-	01:23-	01:16-	00:57-	01:29-	01:44-	01:30-	02:41-	00:38-	01:04-	02:51-	00:49-	02:07-	02:09-	01:48-	01:34-	01:2	00:4	00:2
ktid	15	6	42	7	22	33	25	22	23	38	6	5	52	5	32	23	95	105	132	101	1-	6-	7-	
Tid etter	+17:16 @	-00:13	+00:02	+00:06 #	-00:02	+00:05	+00:09 #	+00:08 #	+00:09 #	+00:05	+00:13 #	+00:00	-00:42	+00:06 #	-00:10	-00:09	+00:03	+00:53 &	+01:15 @	+01:13 @	+01:14 @	+01:21	+00:46	+00:27

125 Hallvar Hallan, OK Skøyenar 55:10 +24:19

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:30-	05:38-	09:47-	10:49-	14:21-	16:48-	19:05-	29:29-	30:52-	35:09-	37:29-	40:37-	44:00-	44:39-	46:19-	49:43-	50:52-	52:48-	53:56-	54:43-	55:10-
tid	36	103	111	106	92	88	87	133	133	137	137	138	137	137	137	134	133	133	132	130	126
Strek	01:30	04:08-	04:09-	01:02-	03:32-	02:27-	02:17-	10:24-	01:23-	04:17-	02:20-	03:08-	03:23-	00:39-	01:40-	03:24-	01:09-	01:56-	01:08-	00:47-	00:27-
ktid		118	108	42	66	116	106	150	132	150	125	135	84	66	123	112	81	86	42	61	86
Tid etter	+00:21 &	+01:05 &	+02:01 &	+00:06 #	+00:33 #	+01:24 @	+01:03 &	+09:16 @	+00:35 &	+02:53 @	+00:49 &	+01:38 @	+00:00 #	+00:07 #	+00:26 &	+00:24 #	+00:23 &	+00:42 &	+00:14 &	+00:12 &	+00:07 &

126 Christoffer Sletten, Lillomarka OL / Raumar 56:44 +25:53

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	02:17- tid	07:05- 133	11:51- 125	13:51- 127	20:06- 130	21:43- 129	29:56- 138	31:42- 138	33:29- 138	35:24- 138	38:00- 138	40:13- 137	44:26- 138	45:17- 138	47:21- 138	51:06- 139	52:08- 138	53:46- 134	55:20- 133	56:12- 133	56:44- 130
Strek	02:17	04:48- 130	04:46- 124	02:00- 144	06:15- 137	01:37- 77	08:13- 149	01:46- 110	01:47- 146	01:55- 122	02:36- 138	02:13- 96	04:13- 127	00:51- 129	02:04- 146	03:45- 124	01:02- 60	01:38- 56	01:34- 87	00:52- 83	00:32- 98
ktid																					
Tid etter	+01:08 &	+01:45 &	+02:38 @	+01:04 @	+03:16 @	+00:34 &	+06:59 @	+00:38 &	+00:59 @	+00:31 &	+01:05 &	+00:43 &	+00:50 #	+00:19 &	+00:50 &	+00:45 #	+00:16 &	+00:24 &	+00:40 &	+00:17 &	+00:12 &

127 Erik Bohne, Varegg Fleridrett 57:29 +26:38

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:56-	05:19-	09:00-	10:15-	14:23-	16:28-	19:21-	22:09-	23:26-	25:29-	27:34-	29:39-	33:34-	34:34-	35:56-	39:46-	40:41-	46:13-	49:33-	51:43-	54:07-	55:5	56:5	57:2
tid	108	84	74	81	93	86	91	100	100	102	103	101	104	106	106	106	101	114	119	122	121	7-	5-	9-
Strek	01:56	03:23-	03:41-	01:15-	04:08-	02:05-	02:53-	02:48-	01:17-	02:03-	02:05-	02:05-	03:55-	01:00-	01:22-	03:50-	00:55-	05:32-	03:20-	02:10-	02:24-	01:5	00:5	00:3
ktid		77	88	118	95	106	122	135	125	134	109	81	116	139	70	127	41	150	142	139	140	0-	8-	4-
Tid	+00:47	+00:20	+01:33	+00:19	+01:09	+01:02	+01:39	+01:40	+00:29	+00:39	+00:34	+00:35	+00:32	+00:28	+00:08	+00:50	+00:09	+04:18	+02:26	+01:35	+02:04	+01:	+00:	+00:
etter	&	#	&	&	&	&	@	@	&	&	&	&	#	&	#	&	#	@	@	@	@	50	58	34

= Jørgen Schjølberg, Tynset IF 57:29 +26:38

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total	01:50- tid 93	05:15- 81	09:30- 107	10:35- 101	14:12- 88	24:39- 137	28:37- 134	30:50- 136	31:55- 136	33:52- 136	36:55- 136	39:02- 136	43:13- 134	44:10- 136	45:41- 134	50:38- 135	52:05- 137	54:40- 137	56:06- 135	57:04- 134	57:29- 131
Strek ktid	01:50	03:25- 81	04:15- 111	01:05- 75	03:37- 76	10:27- 150	03:58- 136	02:13- 125	01:05- 77	01:57- 128	03:03- 144	02:07- 85	04:11- 125	00:57- 137	01:31- 99	04:57- 142	01:27- 109	02:35- 119	01:26- 82	00:58- 91	00:25- 77
Tid	+00:41	+00:22	+02:07	+00:09	+00:38	+09:24	+02:44	+01:05	+00:17	+00:33	+01:32	+00:37	+00:48	+00:25	+00:17	+01:57	+00:41	+01:21	+00:32	+00:23	+00:05#
etter	&	#	&	#	#	@	@	&	&	&	@	&	#	&	#	&	&	@	&	&	

129 Andreas Juell Larsen, IL Tyrving 58:10 +27:19

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	02:02- 119	06:05- 113	10:44- 118	12:06- 118	16:28- 114	18:15- 109	19:37- 94	25:29- 118	26:40- 118	28:31- 117	30:46- 117	33:22- 115	37:40- 118	38:19- 115	39:59- 117	44:00- 120	44:59- 121	47:40- 121	50:18- 121	52:03- 123	54:39- 123	56:5 3-	57:4 6-	58:1 0-
Strek ktid	02:02	04:03- 114	04:39- 123	01:22- 131	04:22- 101	01:47- 89	01:22- 31	05:52- 149	01:11- 109	01:51- 116	02:15- 123	02:36- 118	04:18- 128	00:39- 66	01:40- 123	04:01- 133	00:59- 55	02:41- 127	02:38- 127	01:45- 130	02:36- 143	02:1 4-	00:5 3-	00:2 4-
Tid etter	+00:53 &	+01:00 &	+02:31 @	+00:26 &	+01:23 &	+00:44 &	+00:08 #	+04:44 @	+00:23 &	+00:27 &	+00:44 &	+01:06 &	+00:55 &	+00:07 #	+00:26 &	+01:01 &	+00:13 &	+01:27 @	+01:44 @	+01:10 @	+02:16 @	+02: 14	+00: 53	+00: 24

130 Olav Aasmundtveit Hoff, OL Tønsberg og omegn 58:22 +27:31

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:47- 83	05:28- 95	09:29- 105	10:53- 108	16:12- 111	18:15- 109	22:45- 120	24:56- 116	26:38- 117	28:32- 118	30:55- 119	33:09- 113	37:27- 114	38:28- 118	39:58- 116	43:23- 117	44:42- 117	47:36- 119	50:35- 122	52:45- 124	55:02- 125	57:0 5-	57:5 7-	58:2 2-
Strek ktid	01:47	03:41- 101	04:01- 101	01:24- 133	05:19- 121	02:03- 105	04:30- 140	02:11- 123	01:42- 143	01:54- 121	02:23- 129	02:14- 98	04:18- 128	01:01- 141	01:30- 95	03:25- 114	01:19- 97	02:54- 128	02:59- 134	02:10- 139	02:17- 137	02:0 3-	00:5 2-	00:2 5-
Tid etter	+00:38 &	+00:38 #	+01:53 &	+00:28 &	+02:20 &	+01:00 &	+03:16 @	+01:03 &	+00:54 @	+00:30 &	+00:52 &	+00:44 &	+00:55 &	+00:29 &	+00:16 #	+00:25 #	+00:33 &	+01:40 @	+02:05 @	+01:35 @	+01:57 @	+02: 03	+00: 52	+00: 25

131 Ewen Heurtaux, Notodden OL 58:41 +27:50

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:49- 90	08:08- 135	16:31- 141	19:05- 142	26:10- 138	29:43- 141	31:34- 139	33:17- 139	34:34- 139	36:24- 140	38:51- 140	41:40- 140	45:22- 139	47:24- 141	49:20- 141	52:27- 140	54:31- 141	55:57- 139	57:20- 137	58:14- 136	58:41- 134
Strek ktid	01:49	06:19- 141	08:23- 144	02:34- 149	07:05- 142	03:33- 139	01:51- 79	01:43- 102	01:17- 125	01:50- 113	02:27- 134	02:49- 124	03:42- 108	02:02- 149	01:56- 142	03:07- 79	02:04- 142	01:26- 29	01:23- 78	00:54- 86	00:27- 86
Tid etter	+00:40 &	+03:16 @	+06:15 @	+01:38 @	+04:06 @	+02:30 @	+00:37 &	+00:35 &	+00:29 &	+00:26 &	+00:56 &	+01:19 &	+00:19 +00:19	+01:30 @	+00:42 &	+00:07 +00:07	+01:18 @	+00:12 #	+00:29 &	+00:19 &	+00:07 &

132 Trygve Kongsbakk, Bodø og Omegn IF Orientering 58:45 +27:54

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total	01:52-	05:22-	12:36-	14:08-	30:27-	33:27-	35:08-	36:34-	37:50-	39:43-	41:49-	44:16-	47:39-	48:17-	49:53-	53:14-	54:39-	56:15-	57:34-	58:22-	58:45-			
tid	98	88	128	130	145	146	145	143	142	142	142	142	142	142	142	141	142	141	138	137	135			
Strek	01:52	03:30-	07:14-	01:32-	16:19-	03:00-	01:41-	01:26-	01:16-	01:53-	02:06-	02:27-	03:23-	00:38-	01:36-	03:21-	01:25-	01:36-	01:19-	00:48-	00:23-			
ktid	88	140	139	149	129	62	52	123	119	112	113	84	52	115	109	104	50	75	67	58				
Tid	+00:43	+00:27	+05:06	+00:36	+13:20	+01:57	+00:27	+00:18	+00:28	+00:29	+00:35	+00:57	+00:00	+00:06	+00:22	+00:21	+00:39	+00:22	+00:25	+00:13	+00:03#			
etter	&	#	@	&	@	@	&	&	&	&	&	&		#	&	#	&	&	&	&				

133 Mathias Hermstad, Freidig **59:09** **+28:18**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	02:41-	06:25-	12:36-	13:45-	16:53-	19:46-	22:09-	25:30-	26:35-	28:15-	30:12-	35:40-	40:51-	41:26-	42:50-	45:45-	46:57-	49:08-	51:39-	53:06-	56:01-	58:0	58:4	59:0
tid	138	119	128	126	119	119	114	119	116	116	115	125	128	128	128	125	125	124	126	125	127	4-	6-	9-
Strek	02:41	03:44-	06:11-	01:09-	03:08-	02:53-	02:23-	03:21-	01:05-	01:40-	01:57-	05:28-	05:11-	00:35-	01:24-	02:55-	01:12-	02:11-	02:31-	01:27-	02:55-	02:0	00:4	00:2
ktid	103	134	86	19	126	114	140	77	73	88	145	143	25	78	43	85	101	122	110	147	3-	2-	3-	
Tid	+01:32	+00:41	+04:03	+00:13	+00:09	+01:50	+01:09	+02:13	+00:17	+00:16	+00:26	+03:58	+01:48	+00:03	+00:10	-00:05	+00:26	+00:57	+01:37	+00:52	+02:35	+02:0	+00:	+00:
etter	@	#	@	#		@	&	@	&	#	&	@	&		#		&	&	@	@	@	03	42	23

= **Simon Beckmann Kristiansen, Kristiansand OK** **59:09** **+28:18**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:47-	11:01-	15:27-	16:39-	21:45-	23:47-	26:20-	28:31-	29:36-	31:34-	34:00-	36:10-	41:09-	41:51-	43:43-	53:15-	54:17-	56:03-	57:43-	58:41-	59:09-
tid	83	145	139	137	135	134	131	130	130	130	128	127	129	129	130	142	140	140	139	138	136
Strek	01:47	09:14-	04:26-	01:12-	05:06-	02:02-	02:33-	02:11-	01:05-	01:58-	02:26-	02:10-	04:59-	00:42-	01:52-	09:32-	01:02-	01:46-	01:40-	00:58-	00:28-
ktid		148	117	103	117	103	118	123	77	132	133	91	141	92	139	150	60	74	91	91	92
Tid	+00:38	+06:11	+02:18	+00:16	+02:07	+00:59	+01:19	+01:03	+00:17	+00:34	+00:55	+00:40	+01:36	+00:10	+00:38	+06:32	+00:16	+00:32	+00:46	+00:23	+00:08
etter	&	@	@	&	&	&	@	&	&	&	&	&	&	&	&	@	&	&	&	&	&

135 Marius Bakke, Halden/Fossum **59:20** **+28:29**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total	01:32-	05:13-	12:57-	14:09-	18:20-	20:00-	21:47-	25:30-	26:49-	28:44-	30:46-	33:32-	37:33-	38:24-	39:46-	45:05-	46:05-	49:23-	52:26-	54:01-	56:32-	58:0	58:5	59:2
tid	44	78	132	131	125	120	113	119	120	120	117	116	117	116	115	122	122	125	127	127	129	9-	8-	0-
Strek	01:32	03:41-	07:44-	01:12-	04:11-	01:40-	01:47-	03:43-	01:19-	01:55-	02:02-	02:46-	04:01-	00:51-	01:22-	05:19-	01:00-	03:18-	03:03-	01:35-	02:31-	01:3	00:4	00:2
ktid	101	141	103	97	81	70	144	130	122	104	123	121	129	70	146	57	140	136	125	142	7-	9-	2-	
Tid	+00:23	+00:38	+05:36	+00:16	+01:12	+00:37	+00:33	+02:35	+00:31	+00:31	+00:31	+01:16	+00:38	+00:19	+00:08	+02:19	+00:14	+02:04	+02:09	+01:00	+02:11	+01:	+00:	+00:
etter	&	#	@	&	&	&	&	@	&	&	&	&	#	&	#	&	&	@	@	@	@	37	49	22

136 Tor Magnus Grøstad, Østmarka OK / Mo OK 1 **59:28** **+28:37**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21			
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Total	03:06- tid	08:39- 143	12:09- 126	13:51- 127	19:07- 126	21:16- 126	23:38- 122	26:45- 126	28:25- 126	32:30- 132	34:50- 131	37:56- 133	42:06- 133	43:13- 133	45:32- 133	49:27- 132	51:27- 134	54:32- 136	57:55- 140	59:02- 139	59:28- 137
Strek	03:06	05:33- 138	03:30- 81	01:42- 142	05:16- 120	02:09- 109	02:22- 113	03:07- 137	01:40- 141	04:05- 149	02:20- 125	03:06- 132	04:10- 124	01:07- 146	02:19- 149	03:55- 129	02:00- 139	03:05- 133	03:23- 143	01:07- 100	00:26- 83
Tid		+01:57	+02:30	+01:22	+00:46	+02:17	+01:06	+01:08	+01:59	+00:52	+02:41	+00:49	+01:36	+00:47	+00:35	+01:05	+00:55	+01:14	+01:51	+02:29	+00:32
etter	@	&	&	&	&	@	&	@	@	@	&	@	#	@	&	&	@	@	@	&	&

137 Alf Kristian Helle, Halden/Fossum 59:33 +28:42

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	03:46- 146	07:47- 131	12:51- 131	14:11- 132	19:41- 129	21:34- 128	23:54- 123	25:38- 121	27:10- 121	29:14- 123	31:54- 121	35:16- 123	39:16- 124	40:16- 124	42:11- 124	50:42- 136	52:26- 139	57:16- 142	58:30- 142	59:13- 140	59:33- 138
Strek ktid	03:46	04:01- 112	05:04- 130	01:20- 127	05:30- 126	01:53- 97	02:20- 109	01:44- 104	01:32- 140	02:04- 136	02:40- 139	03:22- 138	04:00- 120	01:00- 139	01:55- 141	08:31- 149	01:44- 121	04:50- 149	01:14- 62	00:43- 30	00:20- 18
Tid etter	+02:37 @	+00:58 &	+02:56 @	+00:24 &	+02:31 &	+00:50 &	+01:06 &	+00:36 &	+00:44 &	+00:40 &	+01:09 &	+01:52 @	+00:37 #	+00:28 &	+00:41 &	+05:31 @	+00:58 @	+03:36 @	+00:20 &	+00:08 #	+00:00

138 Simen Elvhaug, Lillomarka OL / Raumar 59:58 +29:07

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	02:03- 121	06:35- 122	09:59- 114	11:10- 112	15:44- 108	18:09- 105	19:43- 96	21:52- 98	23:04- 97	24:51- 98	28:17- 108	33:33- 117	37:44- 119	38:28- 118	40:18- 120	43:31- 118	44:33- 116	47:38- 120	50:50- 124	53:18- 126	56:26- 128	58:4 1-	59:3 5-	59:5 8-
Strek ktid	02:03	04:32- 124	03:24- 76	01:11- 98	04:34- 108	02:25- 114	01:34- 49	02:09- 122	01:12- 112	01:47- 99	03:26- 148	05:16- 143	04:11- 125	00:44- 111	01:50- 137	03:13- 96	01:02- 60	03:05- 133	03:12- 140	02:28- 145	03:08- 149	02:1 5-	00:5 4-	00:2 3-
Tid etter	+00:54 &	+01:29 &	+01:16 &	+00:15 &	+01:35 &	+01:22 @	+00:20 &	+01:01 &	+00:24 &	+00:23 &	+01:55 @	+03:46 @	+00:48 #	+00:12 &	+00:36 &	+00:13 +	+00:16 &	+01:51 @	+02:18 @	+01:53 @	+02:48 @	+02: 15	+00: 54	+00: 23

139 Tobias Rødde, Ganddal IL 1:00:07 +29:16

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:56- 108	05:34- 100	09:02- 75	11:32- 115	17:48- 123	19:27- 116	24:27- 127	26:41- 125	28:08- 125	30:05- 124	32:18- 125	37:37- 130	41:43- 131	42:28- 131	44:02- 131	46:56- 128	48:01- 128	50:36- 129	53:28- 130	55:26- 131	57:39- 132	59:0 8-	59:5 0-	60:0 7-
Strek ktid	01:56	03:38- 96	03:28- 79	02:30- 148	06:16- 138	01:39- 79	05:00- 144	02:14- 126	01:27- 136	01:57- 128	02:13- 120	05:19- 144	04:06- 123	00:45- 117	01:34- 107	02:54- 40	01:05- 72	02:35- 119	02:52- 132	01:58- 135	02:13- 135	01:2 9-	00:4 2-	00:1 7-
Tid etter	+00:47 &	+00:35 #	+01:20 &	+01:34 @	+03:17 @	+00:36 &	+03:46 @	+01:06 &	+00:39 &	+00:33 &	+00:42 &	+03:49 @	+00:43 #	+00:13 &	+00:20 &	-00:06 -	+00:19 &	+01:21 @	+01:58 @	+01:23 @	+01:53 @	+01: 29	+00: 42	+00: 17

140 Sigrid Vehus Skjerve, Verdal OK 1:01:46 +30:55

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Total tid	01:56-108	06:18-117	09:46-110	11:13-113	16:41-117	19:32-118	21:04-108	23:23-109	25:03-110	27:17-114	32:09-122	34:35-120	38:58-123	39:47-122	41:28-123	45:15-123	46:29-123	50:12-128	53:53-131	55:46-132	58:32-133	60:32-2-	61:24-4-	61:46-
Strek ktid	01:56	04:22-121	03:28-79	01:27-138	05:28-125	02:51-124	01:32-46	02:19-131	01:40-141	02:14-141	04:52-149	02:26-110	04:23-133	00:49-126	01:41-127	03:47-125	01:14-89	03:43-144	03:41-145	01:53-134	02:46-145	02:00-0-	00:52-	00:22-
Tid etter	+00:47 &	+01:19 &	+01:20 &	+00:31 &	+02:29 &	+01:48 @	+00:18 #	+01:11 @	+00:52 @	+00:50 &	+03:21 @	+00:56 &	+01:00 &	+00:17 &	+00:27 &	+00:47 &	+00:28 @	+02:29 @	+02:47 @	+01:18 @	+02:26 @	+02:00	+00:52	+00:22

141 Håvard Skriubakken, Porsgrunn OL / Skien OK
1:04:06 +33:15

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:44-76	06:29-120	10:20-116	12:10-119	18:19-124	20:49-124	24:08-124	26:32-124	28:01-124	30:36-126	33:16-127	36:05-126	39:49-126	40:35-125	42:39-127	47:13-129	48:30-130	52:03-131	55:45-134	57:52-135	60:40-139	62:45-5-	63:40-	64:06-
Strek ktid	01:44	04:45-128	03:51-93	01:50-143	06:09-135	02:30-118	03:19-126	02:24-132	01:29-137	02:35-143	02:40-139	02:49-124	03:44-111	00:46-120	02:04-146	04:34-138	01:17-95	03:33-142	03:42-146	02:07-136	02:48-146	02:00-5-	00:55-	00:26-
Tid etter	+00:35 &	+01:42 &	+01:43 &	+00:54 &	+03:10 @	+01:27 @	+02:05 @	+01:16 @	+00:41 &	+01:11 &	+01:09 &	+01:19 &	+00:21 #	+00:14 &	+00:50 &	+01:34 &	+00:31 &	+02:19 @	+02:48 @	+01:32 @	+02:28 @	+02:05	+00:55	+00:26

142 Håkon Lund, Kongsberg OL
1:04:49 +33:58

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	16:14-149	19:53-148	23:04-146	24:13-146	27:13-141	30:22-143	33:47-142	35:13-141	36:18-141	37:56-141	40:48-141	42:39-141	45:53-141	46:36-140	47:59-139	51:04-138	51:55-136	54:19-135	56:57-136	60:03-142	62:02-140	63:37-	64:26-	64:49-
Strek ktid	16:14	03:39-98	03:11-65	01:09-86	03:00-10	03:09-131	03:25-129	01:26-52	01:05-77	01:38-57	02:52-141	01:51-63	03:14-64	00:43-102	01:23-75	03:05-76	00:51-33	02:24-116	02:38-127	03:06-148	01:59-127	01:35-	00:49-	00:23-
Tid etter	+15:05 @	+00:36 #	+01:03 &	+00:13 #	+00:01	+02:06 @	+02:11 @	+00:18 &	+00:17 &	+00:14 #	+01:21 &	+00:21 #	-00:09	+00:11 &	+00:09 #	+00:05	+00:05 #	+01:10 &	+01:44 @	+02:31 @	+01:39 @	+01:35	+00:49	+00:23

143 Sigurd Kvamme, OL Toten-Troll
1:05:24 +34:33

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:59-118	07:54-134	23:34-148	24:49-148	29:58-144	33:24-145	35:01-144	36:25-142	40:00-145	42:10-144	44:35-144	47:03-143	51:02-143	51:59-143	53:51-143	58:27-143	60:22-143	63:01-143	64:16-143	65:03-143	65:24-142
Strek ktid	01:59	05:55-139	15:40-150	01:15-118	05:09-118	03:26-134	01:37-57	01:24-45	03:35-150	02:10-139	02:25-131	02:28-114	03:59-119	00:57-137	01:52-139	04:36-139	01:55-134	02:39-124	01:15-66	00:47-61	00:21-28
Tid etter	+00:50 &	+02:52 &	+13:32 @	+00:19 &	+02:10 &	+02:23 @	+00:23 &	+00:16 #	+02:47 @	+00:46 &	+00:54 &	+00:58 &	+00:36 #	+00:25 &	+00:38 &	+01:36 &	+01:09 @	+01:25 @	+00:21 &	+00:12 &	+00:01

144 Peter Gisholt, Fossum IF
1:05:28 +34:37

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Total tid	14:46-148	18:18-147	21:22-145	22:41-144	26:12-139	28:43-139	32:06-140	33:35-140	34:39-140	36:22-139	38:09-139	41:11-139	45:47-140	46:27-139	48:04-140	51:00-137	51:53-135	54:58-138	58:15-141	59:50-141	62:46-141	64:2-2-	65:0-9-	65:2-8-
Strek ktid	14:46	03:32-89	03:04-56	01:19-126	03:31-63	02:31-120	03:23-127	01:29-64	01:04-69	01:43-85	01:47-48	03:02-129	04:36-136	00:40-76	01:37-117	02:56-49	00:53-37	03:05-133	03:17-141	01:35-125	02:56-148	01:3-6-	00:4-7-	00:1-9-
Tid etter	+13:37@	+00:29#	+00:56&	+00:23&	+00:32#	+01:28@	+02:09@	+00:21&	+00:16&	+00:19#	+00:16#	+01:32@	+01:13&	+00:08#	+00:23&	-00:04	+00:07#	+01:51@	+02:23@	+01:00@	+02:36@	+01:36	+00:47	+00:19

145 Vetle Mathisen, OL Tønsberg og omegn **1:10:14** **+39:23**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:43-73	10:55-144	23:44-149	24:59-149	31:13-147	34:41-148	38:07-148	42:30-148	43:56-148	45:51-147	48:01-146	51:58-145	56:26-145	57:39-145	58:59-145	64:13-145	65:18-145	67:37-145	69:01-144	69:52-144	70:14-143
Strek ktid	01:43	09:12-147	12:49-148	01:15-118	06:14-136	03:28-136	03:26-130	04:23-147	01:26-134	01:55-122	02:10-116	03:57-141	04:28-134	01:13-148	01:20-58	05:14-144	01:05-72	02:19-110	01:24-79	00:51-78	00:22-46
Tid etter	+00:34&	+06:09@	+10:41@	+00:19&	+03:15@	+02:25@	+02:12@	+03:15@	+00:38&	+00:31&	+00:39&	+02:27@	+01:05&	+00:41@	+00:06	+02:14&	+00:19&	+01:05&	+00:30&	+00:16&	+00:02#

146 Ane Ingeborg Kalbækken, Tynset IF **1:12:35** **+41:44**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	02:11-129	09:32-142	14:28-134	15:52-134	31:04-146	32:17-144	37:17-146	39:31-146	41:13-146	43:26-146	45:57-145	52:13-146	57:36-147	58:37-147	60:45-147	65:08-146	67:02-146	68:55-146	71:02-146	72:07-145	72:35-144
Strek ktid	02:11	07:21-146	04:56-127	01:24-133	15:12-148	01:13-29	05:00-144	02:14-126	01:42-143	02:13-140	02:31-136	06:16-148	05:23-144	01:01-141	02:08-148	04:23-137	01:54-132	01:53-82	02:07-102	01:05-97	00:28-92
Tid etter	+01:02&	+04:18@	+02:48@	+00:28&	+12:13@	+00:10#	+03:46@	+01:06&	+00:54@	+00:49&	+01:00&	+04:46@	+02:00&	+00:29&	+00:54&	+01:23&	+01:08@	+00:39&	+01:13@	+00:30&	+00:08&

147 Stine Aune, Nidarøst OK **1:15:56** **+45:05**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	02:09-126	08:28-138	14:39-137	16:45-138	26:44-140	29:36-140	33:13-141	36:39-144	39:04-144	42:12-145	49:39-148	52:48-147	57:07-146	57:56-146	59:43-146	65:17-147	68:12-147	72:39-147	74:28-147	75:32-146	75:56-145
Strek ktid	02:09	06:19-141	06:11-134	02:06-145	09:59-146	02:52-125	03:37-132	03:26-141	02:25-149	03:08-145	07:27-150	03:09-136	04:19-130	00:49-126	01:47-134	05:34-147	02:55-146	04:27-147	01:49-93	01:04-95	00:24-70
Tid etter	+01:00&	+03:16@	+04:03@	+01:10@	+07:00@	+01:49@	+02:23@	+02:18@	+01:37@	+01:44@	+05:56@	+01:39@	+00:56&	+00:17&	+00:33&	+02:34&	+02:09@	+03:13@	+00:55@	+00:29&	+00:04#

148 Markus Andreas Breivold, Ganddal IL **1:19:10** **+48:19**

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Total	03:02-	23:42-	37:21-	38:24-	43:43-	45:33-	47:38-	52:20-	53:36-	55:32-	58:05-	60:43-	65:27-	66:04-	67:38-	70:38-	72:37-	76:54-	78:00-	78:49-	79:10-
tid	142	150	150	150	150	150	150	150	150	150	150	149	149	149	149	149	149	149	149	148	147
Strek	03:02	20:40-	13:39-	01:03-	05:19-	01:50-	02:05-	04:42-	01:16-	01:56-	02:33-	02:38-	04:44-	00:37-	01:34-	03:00-	01:59-	04:17-	01:06-	00:49-	00:21-
ktid		150	149	54	121	96	94	148	123	126	137	119	139	37	107	63	137	146	33	71	28
Tid	+01:53	+17:37	+11:31	+00:07	+02:20	+00:47	+00:51	+03:34	+00:28	+00:32	+01:02	+01:08	+01:21	+00:05	+00:20	+00:00	+01:13	+03:03	+00:12	+00:14	+00:01
etter	@	@	@	#	&	&	&	@	&	&	&	&	&	#	&		@	@	#	&	

150	Sigurd Smemo, Sturla, IF						1:26:31	+55:40																
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:34-46	13:12-146	20:57-144	23:10-145	32:24-148	34:13-147	38:06-147	41:52-147	42:55-147	46:03-148	48:28-147	56:00-148	61:28-148	62:31-148	64:28-148	68:27-148	70:10-148	73:06-148	76:17-148	80:36-149	83:18-148	85:16-6-	86:15-5-	86:31-1-
Strek ktid	01:34	11:38-149	07:45-142	02:13-146	09:14-144	01:49-94	03:53-135	03:46-145	01:03-55	03:08-145	02:25-131	07:32-149	05:28-146	01:03-144	01:57-143	03:59-131	01:43-120	02:56-130	03:11-139	04:19-149	02:42-144	01:58-8-	00:59-9-	00:16-6-
Tid etter &	+00:25	+08:35	+05:37	+01:17	+06:15	+00:46	+02:39	+02:38	+00:15	+01:44	+00:54	+06:02	+02:05	+00:31	+00:43	+00:59	+00:57	+01:42	+02:17	+03:44	+02:22	+01:58	+00:59	+00:16

DSQ	Tobias Alstad, Frol IL																				
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total	01:45- 77	04:42- 39	06:54- 0	07:52- 0	13:51- 72	15:10- 0	16:11- 0	17:18- 0	00:00- 0	19:53- 0	21:30- 0	23:18- 0	26:10- 0	26:43- 0	27:49- 0	30:26- 0	31:26- 0	32:37- 0	33:31- 0	34:11- 0	34:33-0

Strek ktid	01:45	02:57- 27	02:12- 0	00:58- 17	05:59- 0	01:19- 41	01:01- 12	01:07- 0	-	-	01:37- 17	01:48- 57	02:52- 21	00:33- 9	01:06- 7	02:37- 8	01:00- 57	01:11- 11	00:54- 1	00:40- 15	00:22- 46
Tid etter	+00:36 &	-00:06	+00:04	+00:02	+03:00 @	+00:16 &	-00:13	-00:01	-	-	+00:06	+00:18 #	-00:31	+00:01	-00:08	-00:23	+00:14 &	-00:03	+00:00	+00:05 #	+00:02#

DSQ Øyvind Hjermstad, Fossum IF

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:38- 59	04:58- 55	07:45- 34	08:48- 34	12:26- 0	13:57- 0	16:05- 0	17:23- 43	00:00- 0	20:03- 0	21:54- 0	23:31- 0	26:27- 0	27:02- 0	28:17- 40	31:10- 0	31:59- 0	33:28- 0	34:28- 0	35:14- 0	35:36-0
Strek ktid	01:38	03:20- 74	02:47- 0	01:03- 54	03:38- 77	01:31- 70	02:08- 98	01:18- 32	-	-	01:51- 67	01:37- 24	02:56- 39	00:35- 25	01:15- 45	02:53- 36	00:49- 23	01:29- 34	01:00- 13	00:46- 52	00:22- 46
Tid etter	+00:29 &	+00:17	+00:39 &	+00:07 #	+00:39 #	+00:28 &	+00:54 &	+00:10 #	-	-	+00:20 #	+00:07	-00:27	+00:03	+00:01	-00:07	+00:03	+00:15 #	+00:06 #	+00:11 &	+00:02#

DSQ Martin Borge Heir, Fossum IF

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:37- 56	04:34- 33	06:51- 0	07:53- 0	13:42- 0	15:04- 0	16:05- 0	17:24- 0	00:00- 0	20:07- 0	21:55- 0	23:32- 0	26:28- 0	27:03- 0	28:19- 0	31:14- 0	32:57- 0	34:47- 0	35:48- 40	36:32- 0	36:56-0
Strek ktid	01:37	02:57- 27	02:17- 8	01:02- 42	05:49- 0	01:22- 0	01:01- 12	01:19- 33	-	-	01:48- 58	01:37- 24	02:56- 39	00:35- 25	01:16- 50	02:55- 43	01:43- 120	01:50- 80	01:01- 15	00:44- 35	00:24- 70
Tid etter	+00:28 &	-00:06	+00:09	+00:06 #	+02:50 &	+00:19 &	-00:13	+00:11 #	-	-	+00:17 #	+00:07	-00:27	+00:03	+00:02	-00:05	+00:57 @	+00:36 &	+00:07 #	+00:09 &	+00:04#

DSQ Rolf Trygve Haug, Kongsberg OL

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Total tid	01:39- 0	04:37- 36	06:54- 0	07:56- 0	13:47- 69	15:06- 0	16:06- 48	17:26- 0	00:00- 0	20:06- 0	21:46- 0	23:36- 0	26:30- 0	27:18- 48	28:27- 0	31:22- 0	33:02- 0	34:51- 0	35:52- 0	36:38- 0	37:00-0
Strek ktid	01:39	02:58- 29	02:17- 8	01:02- 42	05:51- 0	01:19- 41	01:00- 11	01:20- 0	-	-	01:40- 29	01:50- 61	02:54- 33	00:48- 124	01:09- 17	02:55- 43	01:40- 0	01:49- 79	01:01- 15	00:46- 52	00:22- 46
Tid etter	+00:30 &	-00:05	+00:09	+00:06 #	+02:52 &	+00:16 &	-00:14	+00:12 #	-	-	+00:09	+00:20 #	-00:29	+00:16 &	-00:05	-00:05	+00:54 @	+00:35 &	+00:07 #	+00:11 &	+00:02#

DSQ Herman Ryen Martinsen, Fredrikstad SK

Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Total tid	01:23- 16	05:51- 0	07:50- 41	08:45- 0	12:38- 0	14:13- 0	15:52- 40	17:15- 0	00:00- 0	19:27- 37	21:02- 0	22:47- 0	25:40- 27	26:32- 33	27:36- 0	30:21- 0	31:12- 0	33:26- 0	35:24- 35	36:37- 0	38:11-0	39:3 4-	40:1 6-	40:3 5-
Strek ktid	01:23	04:28- 0	01:59- 0	00:55- 2	03:53- 92	01:35- 76	01:39- 0	01:23- 41	-	-	01:35- 0	01:45- 0	02:53- 25	00:52- 132	01:04- 5	02:45- 22	00:51- 33	02:14- 105	01:58- 0	01:13- 0	01:34- 101	01:2 3-	00:4 2-	00:1 9-
Tid etter	+00:14 #	+01:25 &	-00:09	-00:01	+00:54 &	+00:32 &	+00:25 &	+00:15 #	-	-	+00:04	+00:15 #	-00:30	+00:20 &	-00:10	-00:15	+00:05 #	+01:00 &	+01:04 @	+00:38 @	+01:14 @	+01: 23	+00: 42	+00: 19

