

Plass Navn

Klasse

Tid

D 17-18E

<b>1</b>	<b>Lotte Jauhojärvi Markussen</b>	<b>26</b>	<b>39:01</b>
03:47=	07:36= 12:58= 14:52= 19:27= 22:41=	24:29= 26:01= 29:02= 30:51= 33:30= 36:12= 38:01=	39:01= 39:20=
03:47=	03:49= 05:22= 01:54= 04:35= 03:14=	01:48= 01:32= 03:01= 01:49= 02:39= 02:42= 01:49=	01:00= 00:19=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00=
<b>2</b>	<b>Jenny Baklid</b>	<b>185</b>	<b>41:06</b>
04:05+	08:32+ 14:36+ 16:46+ 20:28+ 23:33+	25:30+ 27:03+ 30:04+ 31:46+ 34:04+ 36:54+ 40:08+	41:06+ 41:24+
04:05+	04:27+ 06:04+ 02:10+ 03:42- 03:05-	01:57+ 01:33+ 03:01= 01:42- 02:18- 02:50+ 03:14+	00:58- 00:18-
00:18+	00:38# 00:42# 00:16# 00:53- 00:09-	00:09+ 00:01+ 00:00= 00:07- 00:21- 00:08+ 01:25&	00:02- 00:01-
<b>3</b>	<b>Ragne Wiklund</b>	<b>245</b>	<b>42:16</b>
04:06+	09:00+ 14:23+ 16:01+ 19:54+ 26:26+	28:24+ 30:02+ 32:50+ 34:32+ 36:51+ 39:32+ 41:19+	42:16+ 42:35+
04:06+	04:54+ 05:23+ 01:38- 03:53- 06:32+	01:58+ 01:38+ 02:48- 01:42- 02:19- 02:41- 01:47-	00:57- 00:19=
00:19+	01:05& 00:01+ 00:16- 00:42- 03:18@	00:10+ 00:06+ 00:13- 00:07- 00:20- 00:01- 00:02-	00:03- 00:00=
<b>4</b>	<b>Marlin Haavengen</b>	<b>184</b>	<b>42:53</b>
04:46+	08:40+ 14:04+ 16:13+ 19:31+ 24:12+	26:06+ 27:49+ 30:48+ 32:48+ 35:55+ 38:40+ 41:55+	42:53+ 43:11+
04:46+	03:54+ 05:24+ 02:09+ 03:18- 04:41+	01:54+ 01:43+ 02:59- 02:00+ 03:07+ 02:45+ 03:15+	00:58- 00:18-
00:59&	00:05+ 00:02+ 00:15# 01:17- 01:27&	00:06+ 00:11# 00:02- 00:11# 00:28# 00:03+ 01:26&	00:02- 00:01-
<b>5</b>	<b>Aurora Gjølshø</b>	<b>252</b>	<b>43:31</b>
04:47+	09:32+ 15:17+ 17:18+ 21:35+ 25:28+	27:48+ 29:43+ 32:59+ 34:52+ 37:09+ 40:05+ 42:22+	43:31+ 43:40+
04:47+	04:45+ 05:45+ 02:01+ 04:17- 03:53+	02:20+ 01:55+ 03:16+ 01:53+ 02:17- 02:56+ 02:17+	01:09+ 00:09-
01:00&	00:56# 00:23+ 00:07+ 00:18- 00:39#	00:32& 00:23# 00:15+ 00:04+ 00:22- 00:14+ 00:28&	00:09# 00:10-
<b>6</b>	<b>Tale Strand</b>	<b>184</b>	<b>44:26</b>
04:13+	09:02+ 15:04+ 17:47+ 21:53+ 25:37+	27:55+ 29:37+ 32:50+ 34:35+ 36:59+ 40:10+ 43:14+	44:26+ 44:35+
04:13+	04:49+ 06:02+ 02:43+ 04:06- 03:44+	02:18+ 01:42+ 03:13+ 01:45- 02:24- 03:11+ 03:04+	01:12+ 00:09-
00:26#	01:00& 00:40# 00:49& 00:29- 00:30#	00:30& 00:10# 00:12+ 00:04- 00:15- 00:29# 01:15&	00:12# 00:10-
<b>7</b>	<b>Helene Eger</b>	<b>184</b>	<b>44:59</b>
04:00+	08:53+ 15:04+ 17:05+ 22:20+ 26:23+	29:35+ 31:11+ 34:25+ 36:15+ 38:58+ 42:00+ 44:10+	44:59+ 45:18+
04:00+	04:53+ 06:11+ 02:01+ 05:15+ 04:03+	03:12+ 01:36+ 03:14+ 01:50+ 02:43+ 03:02+ 02:10+	00:49- 00:19=
00:13+	01:04& 00:49# 00:07+ 00:40# 00:49&	01:24& 00:04+ 00:13+ 00:01+ 00:04+ 00:20# 00:21#	00:11- 00:00=
<b>8</b>	<b>Hedda Raadal Bjørlo</b>	<b>101</b>	<b>45:12</b>
05:21+	09:26+ 15:13+ 17:03+ 22:55+ 29:29+	31:24+ 32:59+ 35:45+ 37:24+ 39:56+ 42:27+ 44:08+	45:12+ 45:24+
05:21+	04:05+ 05:47+ 01:50- 05:52+ 06:34+	01:55+ 01:35+ 02:46- 01:39- 02:32- 02:31- 01:41-	01:04+ 00:12-
01:34&	00:16+ 00:25+ 00:04- 01:17& 03:20@	00:07+ 00:03+ 00:15- 00:10- 00:07- 00:11- 00:08-	00:04+ 00:07-
<b>9</b>	<b>Åsne Naadland Holo</b>	<b>80</b>	<b>46:38</b>
04:20+	09:58+ 16:37+ 18:58+ 22:50+ 27:19+	29:35+ 32:00+ 35:13+ 37:31+ 40:39+ 43:38+ 45:30+	46:38+ 46:45+
04:20+	05:38+ 06:39+ 02:21+ 03:52- 04:29+	02:16+ 02:25+ 03:13+ 02:18+ 03:08+ 02:59+ 01:52+	01:08+ 00:07-
00:33#	01:49& 01:17# 00:27# 00:43- 01:15&	00:28& 00:53& 00:12+ 00:29& 00:29# 00:17# 00:03+	00:08# 00:12-
<b>10</b>	<b>Ingrid G. Kvålsgard</b>	<b>80</b>	<b>48:23</b>
05:24+	10:42+ 19:15+ 22:31+ 26:30+ 32:14+	34:07+ 35:45+ 38:39+ 40:25+ 42:46+ 45:20+ 47:19+	48:23+ 48:34+
05:24+	05:18+ 08:33+ 03:16+ 03:59- 05:44+	01:53+ 01:38+ 02:54- 01:46- 02:21- 02:34- 01:59+	01:04+ 00:11-
01:37&	01:29& 03:11& 01:22& 00:36- 02:30&	00:05+ 00:06+ 00:07- 00:03- 00:18- 00:08- 00:10+	00:04+ 00:08-
<b>11</b>	<b>Sigrid Vehus Skjerve</b>	<b>372</b>	<b>49:19</b>
04:44+	12:02+ 19:17+ 21:20+ 25:29+ 29:14+	31:50+ 34:11+ 38:00+ 40:06+ 42:48+ 45:48+ 47:48+	49:19+ 49:32+
04:44+	07:18+ 07:15+ 02:03+ 04:09- 03:45+	02:36+ 02:21+ 03:49+ 02:06+ 02:42+ 03:00+ 02:00+	01:31+ 00:13-
00:57&	03:29& 01:53& 00:09+ 00:26- 00:31#	00:48& 00:49& 00:48& 00:17# 00:03+ 00:18# 00:11#	00:31& 00:06-
<b>12</b>	<b>Mina Jørgensen</b>	<b>163</b>	<b>50:59</b>
05:40+	11:34+ 19:21+ 21:38+ 26:37+ 30:25+	33:11+ 35:16+ 38:26+ 40:23+ 44:33+ 47:40+ 49:50+	50:59+ 51:16+
05:40+	05:54+ 07:47+ 02:17+ 04:59+ 03:48+	02:46+ 02:05+ 03:10+ 01:57+ 04:10+ 03:07+ 02:10+	01:09+ 00:17-
01:53&	02:05& 02:25& 00:23# 00:24+ 00:34#	00:58& 00:33& 00:09+ 00:08+ 01:31& 00:25# 00:21#	00:09# 00:02-
<b>13</b>	<b>Maria Rørvik Haver</b>	<b>203</b>	<b>51:13</b>
04:41+	09:34+ 16:50+ 19:12+ 23:34+ 28:12+	30:49+ 33:52+ 37:56+ 40:39+ 44:21+ 47:51+ 49:51+	51:13+ 51:24+
04:41+	04:53+ 07:16+ 02:22+ 04:22- 04:38+	02:37+ 03:03+ 04:04+ 02:43+ 03:42+ 03:30+ 02:00+	01:22+ 00:11-
00:54#	01:04& 01:54& 00:28# 00:13- 01:24&	00:49& 01:31& 01:03& 00:54& 01:03& 00:48& 00:11#	00:22& 00:08-
<b>14</b>	<b>Ingvild Langeggen</b>	<b>184</b>	<b>51:16</b>
07:54+	14:01+ 21:30+ 23:17+ 28:05+ 32:20+	35:42+ 37:27+ 40:30+ 42:16+ 44:59+ 48:06+ 50:06+	51:16+ 51:26+
07:54+	06:07+ 07:29+ 01:47- 04:48+ 04:15+	03:22+ 01:45+ 03:03+ 01:46- 02:43+ 03:07+ 02:00+	01:10+ 00:10-
04:07@	02:18& 02:07& 00:07- 00:13+ 01:01&	01:34& 00:13# 00:02+ 00:03- 00:04+ 00:25# 00:11#	00:10# 00:09-

Class	Navn	Klasse										Tid		
<b>15</b>	<b>Andrea Ranvik</b>	<b>185</b>										<b>51:17</b>		
12:56+	18:07+	23:31+	25:13+	29:53+	35:20+	37:13+	39:03+	41:48+	43:30+	45:56+	48:35+	50:21+	51:17+	51:35+
12:56+	05:11+	05:24+	01:42-	04:40+	05:27+	01:53+	01:50+	02:45-	01:42-	02:26-	02:39-	01:46-	00:56-	00:18-
09:09@	01:22&	00:02+	00:12-	00:05+	02:13&	00:05+	00:18#	00:16-	00:07-	00:13-	00:03-	00:03-	00:04-	00:01-
<b>16</b>	<b>Karen Hoel Jomaas</b>	<b>80</b>										<b>52:10</b>		
05:56+	10:31+	16:07+	18:03+	23:08+	28:44+	30:51+	32:48+	38:01+	41:03+	44:20+	47:38+	50:51+	52:10+	52:26+
05:56+	04:35+	05:36+	01:56+	05:05+	05:36+	02:07+	01:57+	05:13+	03:02+	03:17+	03:18+	03:13+	01:19+	00:16-
02:09&	00:46#	00:14+	00:02+	00:30#	02:22&	00:19#	00:25&	02:12&	01:13&	00:38#	00:36#	01:24&	00:19&	00:03-
<b>17</b>	<b>Kjersti Tønnessen Bergstøl</b>	<b>184</b>										<b>52:16</b>		
05:34+	10:38+	18:19+	20:44+	24:56+	28:49+	31:26+	33:43+	39:17+	41:53+	44:55+	48:23+	51:05+	52:16+	52:30+
05:34+	05:04+	07:41+	02:25+	04:12-	03:53+	02:37+	02:17+	05:34+	02:36+	03:02+	03:28+	02:42+	01:11+	00:14-
01:47&	01:15&	02:19&	00:31&	00:23-	00:39#	00:49&	00:45&	02:33&	00:47&	00:23#	00:46&	00:53&	00:11#	00:05-
<b>18</b>	<b>Karoline Bjørnerød</b>	<b>252</b>										<b>52:36</b>		
04:32+	08:40+	16:18+	18:42+	23:00+	26:37+	29:00+	31:40+	36:32+	39:07+	43:04+	48:04+	51:28+	52:36+	52:52+
04:32+	04:08+	07:38+	02:24+	04:18-	03:37+	02:23+	02:40+	04:52+	02:35+	03:57+	05:00+	03:24+	01:08+	00:16-
00:45#	00:19+	02:16&	00:30&	00:17-	00:23#	00:35&	01:08&	01:51&	00:46&	01:18&	02:18&	01:35&	00:08#	00:03-
<b>19</b>	<b>Malin Hauge</b>	<b>119</b>										<b>52:43</b>		
05:07+	09:29+	16:36+	18:36+	23:14+	27:17+	30:36+	32:18+	35:49+	42:16+	45:23+	48:53+	51:24+	52:43+	52:55+
05:07+	04:22+	07:07+	02:00+	04:38+	04:03+	03:19+	01:42+	03:31+	06:27+	03:07+	03:30+	02:31+	01:19+	00:12-
01:20&	00:33#	01:45&	00:06+	00:03+	00:49&	01:31&	00:10#	00:30#	04:38@	00:28#	00:48&	00:42&	00:19&	00:07-
<b>20</b>	<b>Pernille Katla</b>	<b>80</b>										<b>53:18</b>		
07:16+	12:17+	23:32+	25:33+	29:41+	33:07+	35:16+	37:07+	41:00+	44:29+	47:30+	50:16+	52:15+	53:18+	53:36+
07:16+	05:01+	11:15+	02:01+	04:08-	03:26+	02:09+	01:51+	03:53+	03:29+	03:01+	02:46+	01:59+	01:03+	00:18-
03:29&	01:12&	05:53@	00:07+	00:27-	00:12+	00:21#	00:19#	00:52&	01:40&	00:22#	00:04+	00:10+	00:03+	00:01-
<b>21</b>	<b>Kristine Eide Rapp</b>	<b>281</b>										<b>53:59</b>		
04:46+	10:04+	17:11+	19:06+	25:50+	31:02+	33:50+	36:02+	41:07+	43:07+	46:27+	49:53+	52:10+	54:11+	1246:00+
04:46+	05:18+	07:07+	01:55+	06:44+	05:12+	02:48+	02:12+	05:05+	02:00+	03:20+	03:26+	02:17+	02:01+	1191:49+
00:59&	01:29&	01:45&	00:01+	02:09&	01:58&	01:00&	00:40&	02:04&	00:11#	00:41&	00:44&	00:28&	01:01@	1191:30@
<b>22</b>	<b>Tora Aasheim Nymark</b>	<b>368</b>										<b>55:49</b>		
04:13+	09:00+	16:32+	19:49+	24:35+	29:07+	31:44+	33:47+	39:01+	44:03+	49:33+	52:50+	54:44+	55:49+	56:08+
04:13+	04:47+	07:32+	03:17+	04:46+	04:32+	02:37+	02:03+	05:14+	05:02+	05:30+	03:17+	01:54+	01:05+	00:19=
00:26#	00:58&	02:10&	01:23&	00:11+	01:18&	00:49&	00:31&	02:13&	03:13@	02:51@	00:35#	00:05+	00:05+	00:00=
<b>23</b>	<b>Christiane Ruud Bøckman</b>	<b>189</b>										<b>55:52</b>		
07:02+	11:32+	19:29+	23:47+	29:35+	33:13+	36:14+	38:27+	41:47+	43:41+	48:34+	52:08+	54:23+	55:52+	55:57+
07:02+	04:30+	07:57+	04:18+	05:48+	03:38+	03:01+	02:13+	03:20+	01:54+	04:53+	03:34+	02:15+	01:29+	00:05-
03:15&	00:41#	02:35&	02:24@	01:13&	00:24#	01:13&	00:41&	00:19#	00:05+	02:14&	00:52&	00:26#	00:29&	00:14-
<b>24</b>	<b>Anniken Ranvik</b>	<b>185</b>										<b>56:26</b>		
07:22+	14:08+	20:57+	23:23+	28:23+	31:57+	34:27+	36:38+	41:24+	44:14+	48:04+	52:16+	55:11+	56:26+	56:43+
07:22+	06:46+	06:49+	02:26+	05:00+	03:34+	02:30+	02:11+	04:46+	02:50+	03:50+	04:12+	02:55+	01:15+	00:17-
03:35&	02:57&	01:27&	00:32&	00:25+	00:20#	00:42&	00:39&	01:45&	01:01&	01:11&	01:30&	01:06&	00:15#	00:02-
<b>25</b>	<b>Hanne Vassend</b>	<b>278</b>										<b>56:49</b>		
14:59+	19:10+	26:45+	28:42+	32:35+	36:08+	39:08+	40:49+	44:18+	47:49+	50:34+	53:30+	55:33+	56:49+	57:05+
14:59+	04:11+	07:35+	01:57+	03:53-	03:33+	03:00+	01:41+	03:29+	03:31+	02:45+	02:56+	02:03+	01:16+	00:16-
11:12@	00:22+	02:13&	00:03+	00:42-	00:19+	01:12&	00:09+	00:28#	01:42&	00:06+	00:14+	00:14#	00:16&	00:03-
<b>26</b>	<b>Mari Strømme Lid</b>	<b>368</b>										<b>57:16</b>		
05:01+	10:42+	18:23+	21:10+	27:06+	31:32+	35:15+	37:05+	41:24+	44:05+	47:34+	53:24+	55:44+	57:16+	57:25+
05:01+	05:41+	07:41+	02:47+	05:56+	04:26+	03:43+	01:50+	04:19+	02:41+	03:29+	05:50+	02:20+	01:32+	00:09-
01:14&	01:52&	02:19&	00:53&	01:21&	01:12&	01:55@	00:18#	01:18&	00:52&	00:50&	03:08@	00:31&	00:32&	00:10-
<b>27</b>	<b>Anna Øfsthus Gravir</b>	<b>26</b>										<b>59:43</b>		
12:52+	18:23+	24:55+	27:30+	34:21+	38:08+	40:23+	42:16+	46:41+	49:06+	52:31+	56:19+	58:24+	59:43+	59:53+
12:52+	05:31+	06:32+	02:35+	06:51+	03:47+	02:15+	01:53+	04:25+	02:25+	03:25+	03:48+	02:05+	01:19+	00:10-
09:05@	01:42&	01:10#	00:41&	02:16&	00:33#	00:27#	00:21#	01:24&	00:36&	00:46&	01:06&	00:16#	00:19&	00:09-
<b>28</b>	<b>Oda Marie Colquhoun</b>	<b>203</b>										<b>1:01:53</b>		
04:58+	10:59+	20:42+	23:29+	30:20+	35:07+	39:42+	42:26+	46:20+	49:13+	53:11+	57:14+	60:24+	61:53+	61:56+
04:58+	06:01+	09:43+	02:47+	06:51+	04:47+	04:35+	02:44+	03:54+	02:53+	03:58+	04:03+	03:10+	01:29+	00:03-
01:11&	02:12&	04:21&	00:53&	02:16&	01:33&	02:47@	01:12&	00:53&	01:04&	01:19&	01:21&	01:21&	00:29&	00:16-
<b>29</b>	<b>Anna Meen</b>	<b>278</b>										<b>1:03:32</b>		
08:05+	13:29+	20:34+	24:24+	31:58+	39:04+	42:16+	44:49+	48:35+	51:20+	54:47+	58:22+	62:42+	63:32+	64:13+
08:05+	05:24+	07:05+	03:50+	07:34+	07:06+	03:12+	02:33+	03:46+	02:45+	03:27+	03:35+	04:20+	00:50-	00:41+
04:18@	01:35&	01:43&	01:56@	02:59&	03:52@	01:24&	01:01&	00:45#	00:56&	00:48&	00:53&	02:31@	00:10-	00:22@

Class	Navn	Klasse												Tid
<b>30</b>	<b>Tuva Aas Stræte</b>	<b>285</b>												<b>1:04:19</b>
15:34+	22:53+	31:08+	33:52+	40:37+	44:17+	47:39+	49:19+	52:33+	54:24+	57:15+	61:06+	63:17+	64:19+	64:38+
15:34+	07:19+	08:15+	02:44+	06:45+	03:40+	03:22+	01:40+	03:14+	01:51+	02:51+	03:51+	02:11+	01:02+	00:19+
11:47@	03:30&	02:53&	00:50&	02:10&	00:26#	01:34&	00:08+	00:13+	00:02+	00:12+	01:09&	00:22#	00:02+	00:00=
<b>31</b>	<b>Anna Cecilie Linløkken</b>	<b>388</b>												<b>1:05:31</b>
04:49+	10:01+	17:32+	20:29+	28:36+	35:35+	39:27+	41:47+	47:51+	50:22+	55:28+	59:31+	63:55+	65:31+	65:41+
04:49+	05:12+	07:31+	02:57+	08:07+	06:59+	03:52+	02:20+	06:04+	02:31+	05:06+	04:03+	04:24+	01:36+	00:10-
01:02&	01:23&	02:09&	01:03&	03:32&	03:45@	02:04@	00:48&	03:03@	00:42&	02:27&	01:21&	02:35@	00:36&	00:09-
<b>32</b>	<b>Christine Hoen</b>	<b>64</b>												<b>1:06:20</b>
05:46+	11:48+	22:11+	24:51+	33:25+	39:27+	41:53+	43:50+	47:49+	53:32+	56:35+	61:21+	65:14+	66:20+	66:29+
05:46+	06:02+	10:23+	02:40+	08:34+	06:02+	02:26+	01:57+	03:59+	05:43+	03:03+	04:46+	03:53+	01:06+	00:09-
01:59&	02:13&	05:01&	00:46&	03:59&	02:48&	00:38&	00:25&	00:58&	03:54@	00:24#	02:04&	02:04@	00:06#	00:10-
<b>33</b>	<b>Linda Gammelsæter</b>	<b>181</b>												<b>1:06:22</b>
13:51+	19:07+	26:41+	29:34+	38:10+	43:21+	45:51+	49:00+	53:04+	55:45+	59:26+	62:58+	64:58+	66:22+	66:31+
13:51+	05:16+	07:34+	02:53+	08:36+	05:11+	02:30+	03:09+	04:04+	02:41+	03:41+	03:32+	02:00+	01:24+	00:09-
10:04@	01:27&	02:12&	00:59&	04:01&	01:57&	00:42&	01:37@	01:03&	00:52&	01:02&	00:50&	00:11#	00:24&	00:10-
<b>34</b>	<b>Ane Sofie Krogh</b>	<b>268</b>												<b>1:07:38</b>
14:31+	19:12+	26:03+	28:09+	32:23+	36:12+	38:56+	41:38+	49:41+	54:51+	58:28+	62:28+	66:12+	67:38+	67:49+
14:31+	04:41+	06:51+	02:06+	04:14-	03:49+	02:44+	02:42+	08:03+	05:10+	03:37+	04:00+	03:44+	01:26+	00:11-
10:44@	00:52#	01:29&	00:12#	00:21-	00:35#	00:56&	01:10&	05:02@	03:21@	00:58&	01:18&	01:55@	00:26&	00:08-
<b>35</b>	<b>Elise Aussen</b>	<b>278</b>												<b>1:08:57</b>
10:20+	15:17+	25:04+	32:12+	37:10+	41:13+	45:45+	48:20+	54:33+	57:40+	61:10+	64:48+	67:02+	68:57+	69:04+
10:20+	04:57+	09:47+	07:08+	04:58+	04:03+	04:32+	02:35+	06:13+	03:07+	03:30+	03:38+	02:14+	01:55+	00:07-
06:33@	01:08&	04:25&	05:14@	00:23+	00:49&	02:44@	01:03&	03:12@	01:18&	00:51&	00:56&	00:25#	00:55&	00:12-
<b>36</b>	<b>Solveig Moen Letmolie</b>	<b>64</b>												<b>1:10:55</b>
05:20+	10:23+	18:06+	21:03+	27:50+	33:40+	36:11+	39:29+	43:46+	47:03+	51:54+	56:32+	69:15+	70:55+	71:02+
05:20+	05:03+	07:43+	02:57+	06:47+	05:50+	02:31+	03:18+	04:17+	03:17+	04:51+	04:38+	12:43+	01:40+	00:07-
01:33&	01:14&	02:21&	01:03&	02:12&	02:36&	00:43&	01:46@	01:16&	01:28&	02:12&	01:56&	10:54@	00:40&	00:12-
<b>37</b>	<b>Ingeborg Kvarme</b>	<b>133</b>												<b>1:11:01</b>
06:01+	12:09+	22:05+	25:01+	33:29+	38:09+	44:37+	47:09+	52:04+	55:24+	60:50+	66:00+	69:01+	71:01+	71:07+
06:01+	06:08+	09:56+	02:56+	08:28+	04:40+	06:28+	02:32+	04:55+	03:20+	05:26+	05:10+	03:01+	02:00+	00:06-
02:14&	02:19&	04:34&	01:02&	03:53&	01:26&	04:40@	01:00&	01:54&	01:31&	02:47@	02:28&	01:12&	01:00&	00:13-
<b>38</b>	<b>Tomine Lysaker Sanden</b>	<b>64</b>												<b>1:15:15</b>
06:03+	11:48+	21:21+	24:32+	31:35+	37:13+	39:45+	41:53+	46:16+	53:15+	64:55+	70:24+	73:36+	75:15+	75:49+
06:03+	05:45+	09:33+	03:11+	07:03+	05:38+	02:32+	02:08+	04:23+	06:59+	11:40+	05:29+	03:12+	01:39+	00:34+
02:16&	01:56&	04:11&	01:17&	02:28&	02:24&	00:44&	00:36&	01:22&	05:10@	09:01@	02:47@	01:23&	00:39&	00:15&
<b>39</b>	<b>Ingeborg Rognstad</b>	<b>98</b>												<b>1:17:02</b>
07:02+	18:08+	31:24+	34:05+	40:57+	45:56+	48:43+	53:59+	61:55+	64:15+	68:15+	72:07+	75:54+	77:02+	77:18+
07:02+	11:06+	13:16+	02:41+	06:52+	04:59+	02:47+	05:16+	07:56+	02:20+	04:00+	03:52+	03:47+	01:08+	00:16-
03:15&	07:17@	07:54@	00:47&	02:17&	01:45&	00:59&	03:44@	04:55@	00:31&	01:21&	01:10&	01:58@	00:08#	00:03-
<b>40</b>	<b>Amanda Skyttersæter Saugerud</b>	<b>185</b>												<b>1:20:10</b>
12:37+	20:23+	29:38+	33:07+	39:14+	44:24+	49:12+	51:32+	56:15+	59:23+	64:15+	68:12+	78:40+	80:10+	80:20+
12:37+	07:46+	09:15+	03:29+	06:07+	05:10+	04:48+	02:20+	04:43+	03:08+	04:52+	03:57+	10:28+	01:30+	00:10-
08:50@	03:57@	03:53&	01:35&	01:32&	01:56&	03:00@	00:48&	01:42&	01:19&	02:13&	01:15&	08:39@	00:30&	00:09-
<b>Beste strekktid for klassen</b>														
03:47	03:49	05:22	01:38	03:18	03:05	01:48	01:32	02:45	01:39	02:17	02:31	01:41	00:49	00:03

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

## D 19-20E

<b>1</b>	<b>Ane Dyrkorn</b>	<b>64</b>												<b>45:03</b>			
04:18=	10:31=	11:57=	14:00=	16:49=	24:16=	27:00=	28:32=	31:08=	32:22=	34:41=	36:36=	38:32=	40:17=	41:31=	44:08=	45:03=	45:21=
04:18=	06:13=	01:26=	02:03=	02:49=	07:27=	02:44=	01:32=	02:36=	01:14=	02:19=	01:55=	01:56=	01:45=	01:14=	02:37=	00:55=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Victoria Hæstad Bjørnstad</b>	<b>80</b>												<b>45:12</b>			
03:58-	09:41-	11:05-	12:33-	15:16-	22:40-	25:33-	27:00-	29:48-	31:05-	33:18-	35:16-	38:32=	41:11+	42:20+	44:16+	45:12+	45:31+
03:58-	05:43-	01:24-	01:28-	02:43-	07:24-	02:53+	01:27-	02:48+	01:17+	02:13-	01:58+	03:16+	02:39+	01:09-	01:56-	00:56+	00:19+
00:20-	00:30-	00:02-	00:35-	00:06-	00:03-	00:09+	00:05-	00:12+	00:03+	00:06-	00:03+	01:20&	00:54&	00:05-	00:41-	00:01+	00:01+

Class	Navn	Klasse										Tid					
<b>3</b>	<b>Synne Strand</b>	<b>26</b>										<b>47:59</b>					
05:26+	11:26+	15:25+	17:03+	19:49+	27:16+	30:04+	31:32+	34:08+	35:22+	37:41+	39:36+	41:32+	43:20+	44:34+	47:08+	47:59+	48:21+
05:26+	06:00-	03:59+	01:38-	02:46-	07:27=	02:48+	01:28-	02:36=	01:14=	02:19=	01:55=	01:56=	01:48+	01:14=	02:34-	00:51-	00:22+
01:08&	00:13-	02:33@	00:25-	00:03-	00:00=	00:04+	00:04-	00:00=	00:00=	00:00=	00:00=	00:00=	00:03+	00:00=	00:03-	00:04-	00:04#
<b>4</b>	<b>Tilla Farnes Hennum</b>	<b>26</b>										<b>48:18</b>					
04:43+	10:50+	12:28+	14:23+	17:34+	25:38+	28:46+	30:14+	32:56+	34:21+	36:41+	38:49+	41:10+	43:40+	45:09+	47:12+	48:18+	48:30+
04:43+	06:07-	01:38+	01:55-	03:11+	08:04+	03:08+	01:28-	02:42+	01:25+	02:20+	02:08+	02:21+	02:30+	01:29+	02:03-	01:06+	00:12-
00:25+	00:06-	00:12#	00:08-	00:22#	00:37+	00:24#	00:04-	00:06+	00:11#	00:01+	00:13#	00:25#	00:45&	00:15#	00:34-	00:11#	00:06-
<b>5</b>	<b>Ragnhild Eide</b>	<b>51</b>										<b>49:10</b>					
05:12+	11:13+	12:47+	14:18+	17:45+	25:10+	27:59+	29:35+	32:00+	35:04+	37:25+	39:42+	41:57+	43:56+	45:36+	48:04+	49:10+	49:31+
05:12+	06:01-	01:34+	01:31-	03:27+	07:25-	02:49+	01:36+	02:25-	03:04+	02:21+	02:17+	02:15+	01:59+	01:40+	02:28-	01:06+	00:21+
00:54#	00:12-	00:08+	00:32-	00:38#	00:02-	00:05+	00:04+	00:11-	01:50@	00:02+	00:22#	00:19#	00:14#	00:26&	00:09-	00:11#	00:03#
<b>6</b>	<b>Malin Sandstad</b>	<b>320</b>										<b>50:24</b>					
05:07+	11:57+	13:24+	14:53+	17:41+	25:35+	29:23+	31:57+	34:22+	36:16+	38:43+	40:54+	43:44+	45:50+	47:08+	49:19+	50:24+	50:35+
05:07+	06:50+	01:27+	01:29-	02:48-	07:54+	03:48+	02:34+	02:25-	01:54+	02:27+	02:11+	02:50+	02:06+	01:18+	02:11-	01:05+	00:11-
00:49#	00:37+	00:01+	00:34-	00:01-	00:27+	01:04&	01:02&	00:11-	00:40&	00:08+	00:16#	00:54&	00:21#	00:04+	00:26-	00:10#	00:07-
<b>7</b>	<b>Idun Kristine Felde Olaussen</b>	<b>101</b>										<b>54:11</b>					
10:53+	17:02+	18:36+	20:02+	22:54+	30:22+	33:59+	35:27+	38:00+	39:30+	41:38+	43:49+	46:13+	49:16+	50:38+	53:06+	54:11+	54:26+
10:53+	06:09-	01:34+	01:26-	02:52+	07:28+	03:37+	01:28-	02:33-	01:30+	02:08-	02:11+	02:24+	03:03+	01:22+	02:28-	01:05+	00:15-
06:35@	00:04-	00:08+	00:37-	00:03+	00:01+	00:53&	00:04-	00:03-	00:16#	00:11-	00:16#	00:28#	01:18&	00:08#	00:09-	00:10#	00:03-
<b>8</b>	<b>Oda J Sikkeland</b>	<b>163</b>										<b>54:15</b>					
05:47+	11:24+	13:04+	15:05+	20:48+	28:08+	31:03+	32:26+	34:58+	37:59+	40:37+	42:40+	45:08+	49:21+	50:33+	53:13+	54:15+	54:28+
05:47+	05:37-	01:40+	02:01-	05:43+	07:20-	02:55+	01:23-	03:01+	02:38+	02:03+	02:28+	02:28+	04:13+	01:12-	02:40+	01:02+	00:13-
01:29&	00:36-	00:14#	00:02-	02:54@	00:07-	00:11+	00:09-	00:04-	01:47@	00:19#	00:08+	00:32&	02:28@	00:02-	00:03+	00:07#	00:05-
<b>9</b>	<b>Mia Mathisen Bekhus</b>	<b>82</b>										<b>54:56</b>					
04:17-	11:20+	13:05+	14:53+	19:45+	28:07+	31:59+	33:34+	36:15+	39:45+	42:17+	44:45+	47:10+	49:12+	51:03+	53:35+	54:56+	55:10+
04:17-	07:03+	01:45+	01:48-	04:52+	08:22+	03:52+	01:35+	02:41+	03:30+	02:32+	02:28+	02:25+	02:02+	01:51+	02:32-	01:21+	00:14-
00:01-	00:50#	00:19#	00:15-	02:03&	00:55#	01:08&	00:03+	00:05+	02:16@	00:13+	00:33&	00:29#	00:17#	00:37&	00:05-	00:26&	00:04-
<b>10</b>	<b>Ingvild Paulsen Vie</b>	<b>402</b>										<b>55:31</b>					
04:38+	11:30+	14:31+	16:19+	19:39+	28:52+	31:46+	33:19+	36:19+	38:22+	42:31+	45:06+	47:24+	49:46+	51:20+	54:10+	55:31+	55:39+
04:38+	06:52+	03:01+	01:48-	03:20+	09:13+	02:54+	01:33+	03:00+	02:03+	04:09+	02:35+	02:18+	02:22+	01:34+	02:50+	01:21+	00:08-
00:20+	00:39#	01:35@	00:15-	00:31#	01:46#	00:10+	00:01+	00:24#	00:49&	01:50&	00:40&	00:22#	00:37&	00:20&	00:13+	00:26&	00:10-
<b>11</b>	<b>Anine Lome</b>	<b>104</b>										<b>56:16</b>					
05:17+	11:39+	13:09+	16:58+	20:12+	29:03+	32:28+	34:06+	36:49+	38:37+	41:23+	43:44+	46:18+	51:16+	52:40+	55:23+	56:16+	56:36+
05:17+	06:22+	01:30+	03:49+	03:14+	08:51+	03:25+	01:38+	02:43+	01:48+	02:46+	02:21+	02:34+	04:58+	01:24+	02:43+	00:53-	00:20+
00:59#	00:09+	00:04+	01:46&	00:25#	01:24#	00:41#	00:06+	00:07+	00:34&	00:27#	00:26#	00:38&	03:13@	00:10#	00:06+	00:02-	00:02#
<b>12</b>	<b>Karoline Aune</b>	<b>101</b>										<b>56:40</b>					
05:00+	11:57+	15:07+	17:01+	21:04+	30:16+	34:18+	36:05+	39:36+	41:13+	44:33+	46:55+	49:33+	51:42+	53:08+	55:26+	56:40+	56:51+
05:00+	06:57+	03:10+	01:54-	04:03+	09:12+	04:02+	01:47+	03:31+	01:37+	03:20+	02:22+	02:38+	02:09+	01:26+	02:18-	01:14+	00:11-
00:42#	00:44#	01:44@	00:09-	01:14&	01:45#	01:18&	00:15#	00:55&	00:23&	01:01&	00:27#	00:42&	00:24#	00:12#	00:19-	00:19&	00:07-
<b>13</b>	<b>Johanne Bratland Tjernshaugen</b>	<b>252</b>										<b>57:07</b>					
05:01+	12:09+	13:49+	15:44+	19:23+	28:42+	32:26+	34:34+	37:41+	39:26+	42:02+	44:50+	49:03+	51:42+	53:23+	55:53+	57:07+	57:18+
05:01+	07:08+	01:40+	01:55-	03:39+	09:19+	03:44+	02:08+	03:07+	01:45+	02:36+	02:48+	04:13+	02:39+	01:41+	02:30-	01:14+	00:11-
00:43#	00:55#	00:14#	00:08-	00:50&	01:52&	01:00&	00:36&	00:31#	00:31&	00:17#	00:53&	02:17@	00:54&	00:27&	00:07-	00:19&	00:07-
<b>14</b>	<b>Maiken Økern Hågård</b>	<b>185</b>										<b>57:36</b>					
05:37+	12:40+	14:20+	16:30+	20:22+	30:36+	34:01+	35:52+	38:40+	41:15+	43:53+	46:56+	49:58+	52:26+	54:15+	56:30+	57:36+	57:53+
05:37+	07:03+	01:40+	02:10+	03:52+	10:14+	03:25+	01:51+	02:48+	02:35+	02:38+	03:03+	03:02+	02:28+	01:49+	02:15-	01:06+	00:17-
01:19&	00:50#	00:14#	00:07+	01:03&	02:47&	00:41#	00:19#	00:12+	01:21@	00:19#	01:08&	01:06&	00:43&	00:35&	00:22-	00:11#	00:01-
<b>15</b>	<b>Vera Melkild</b>	<b>320</b>										<b>58:03</b>					
05:50+	12:53+	14:16+	18:51+	22:12+	31:04+	34:50+	37:22+	40:44+	42:04+	44:54+	47:34+	50:08+	52:37+	54:31+	56:50+	58:03+	58:14+
05:50+	07:03+	01:23-	04:35+	03:21+	08:52+	03:46+	02:32+	03:22+	01:20+	02:50+	02:40+	02:34+	02:29+	01:54+	02:19-	01:13+	00:11-
01:32&	00:50#	00:03-	02:32@	00:32#	01:25#	01:02&	01:00&	00:46&	00:06+	00:31#	00:45&	00:38&	00:44&	00:40&	00:18-	00:18&	00:07-
<b>16</b>	<b>Kårhild Husby Nordstad</b>	<b>244</b>										<b>58:59</b>					
05:14+	12:37+	14:34+	16:24+	20:30+	31:04+	34:40+	36:23+	39:25+	41:19+	43:56+	47:38+	50:19+	52:55+	54:32+	57:18+	58:59+	59:04+
05:14+	07:23+	01:57+	01:50-	04:06+	10:34+	03:36+	01:43+	03:02+	01:54+	02:37+	03:42+	02:41+	02:36+	01:37+	02:46+	01:41+	00:05-
00:56#	01:10#	00:31&	00:13-	01:17&	03:07&	00:52&	00:11#	00:26#	00:40&	00:18#	01:47&	00:45&	00:51&	00:23&	00:09+	00:46&	00:13-
<b>17</b>	<b>Margrethe Wisløff</b>	<b>26</b>										<b>59:09</b>					
05:15+	12:06+	16:41+	18:12+	22:57+	31:21+	35:11+	36:42+	39:21+	40:57+	44:07+	47:46+	50:14+	52:28+	54:41+	57:49+	59:09+	59:18+
05:15+	06:51+	04:35+	01:31-	04:45+	08:24+	03:50+	01:31-	02:39+	01:36+	03:10+	03:39+	02:28+	02:14+	02:13+	03:08+	01:20+	00:09-
00:57#	00:38#	03:09@	00:32-	01:56&	00:57#	01:06&	00:01-	00:03+	00:22&	00:51&	01:44&	00:32&	00:29&	00:59&	00:31#	00:25&	00:09-

Class	Navn	Klasse										Tid					
<b>18</b>	<b>Ane Nielsen Solberg</b>	<b>327</b>										<b>59:34</b>					
05:07+	12:49+	15:28+	17:23+	20:37+	30:23+	33:59+	35:38+	38:21+	41:18+	44:14+	47:11+	50:02+	54:04+	55:34+	58:11+	59:34+	59:37+
05:07+	07:42+	02:39+	01:55-	03:14+	09:46+	03:36+	01:39+	02:43+	02:57+	02:56+	02:57+	02:51+	04:02+	01:30+	02:37=	01:23+	00:03-
00:49#	01:29#	01:13&	00:08-	00:25#	02:19&	00:52&	00:07+	00:07+	01:43@	00:37&	01:02&	00:55&	02:17@	00:16#	00:00=	00:28&	00:15-
<b>19</b>	<b>Thea Dyrkorn</b>	<b>64</b>										<b>1:00:47</b>					
11:28+	18:16+	19:53+	21:50+	25:08+	35:00+	38:43+	40:16+	43:17+	45:12+	47:57+	50:27+	53:16+	55:25+	57:08+	59:40+	60:47+	61:00+
11:28+	06:48+	01:37+	01:57-	03:18+	09:52+	03:43+	01:33+	03:01+	01:55+	02:45+	02:30+	02:49+	02:09+	01:43+	02:32-	01:07+	00:13-
07:10@	00:35+	00:11#	00:06-	00:29#	02:25&	00:59&	00:01+	00:25#	00:41&	00:26#	00:35&	00:53&	00:24#	00:29&	00:05-	00:12#	00:05-
<b>20</b>	<b>Emilie Westin</b>	<b>245</b>										<b>1:10:21</b>					
07:09+	20:32+	28:00+	30:00+	33:55+	43:46+	47:49+	49:26+	52:20+	54:33+	58:09+	60:50+	63:21+	65:22+	66:39+	69:07+	70:21+	70:32+
07:09+	13:23+	07:28+	02:00-	03:55+	09:51+	04:03+	01:37+	02:54+	02:13+	03:36+	02:41+	02:31+	02:01+	01:17+	02:28-	01:14+	00:11-
02:51&	07:10@	06:02@	00:03-	01:06&	02:24&	01:19&	00:05+	00:18#	00:59&	01:17&	00:46&	00:35&	00:16#	00:03+	00:09-	00:19&	00:07-
<b>21</b>	<b>Idunn Haavengen</b>	<b>244</b>										<b>1:11:50</b>					
05:47+	14:24+	17:12+	19:23+	23:33+	35:53+	40:18+	42:47+	46:39+	49:27+	52:46+	56:11+	60:27+	63:52+	66:29+	69:49+	71:50+	71:52+
05:47+	08:37+	02:48+	02:11+	04:10+	12:20+	04:25+	02:29+	03:52+	02:48+	03:19+	03:25+	04:16+	03:25+	02:37+	03:20+	02:01+	00:02-
01:29&	02:24&	01:22&	00:08+	01:21&	04:53&	01:41&	00:57&	01:16&	01:34@	01:00&	01:30&	02:20@	01:40&	01:23@	00:43&	01:06@	00:16-
<b>22</b>	<b>Rikke Blakkestad Ingesen</b>	<b>80</b>										<b>1:12:18</b>					
08:02+	14:47+	17:41+	19:42+	23:48+	37:34+	43:57+	45:39+	49:11+	52:18+	56:01+	59:43+	64:20+	67:25+	68:47+	71:06+	72:18+	72:29+
08:02+	06:45+	02:54+	02:01-	04:06+	13:46+	06:23+	01:42+	03:32+	03:07+	03:43+	03:42+	04:37+	03:05+	01:22+	02:19-	01:12+	00:11-
03:44&	00:32+	01:28@	00:02-	01:17&	06:19&	03:39@	00:10#	00:56&	01:53@	01:24&	01:47&	02:41@	01:20&	00:08#	00:18-	00:17&	00:07-
<b>23</b>	<b>Anniken Eriksrud Karlsen</b>	<b>244</b>										<b>1:12:59</b>					
04:44+	12:38+	14:30+	16:38+	20:13+	39:20+	44:26+	46:39+	49:54+	52:15+	55:11+	58:39+	61:37+	64:54+	66:50+	71:39+	72:59+	73:12+
04:44+	07:54+	01:52+	02:08+	03:35+	19:07+	05:06+	02:13+	03:15+	02:21+	02:56+	03:28+	02:58+	03:17+	01:56+	04:49+	01:20+	00:13-
00:26#	01:41&	00:26&	00:05+	00:46&	11:40@	02:22&	00:41&	00:39#	01:07&	00:37&	01:33&	01:02&	01:32&	00:42&	02:12&	00:25&	00:05-
<b>24</b>	<b>Sofie Skyttersæter Iversen</b>	<b>114</b>										<b>1:13:02</b>					
06:07+	13:14+	18:08+	19:55+	40:18+	48:31+	52:13+	53:38+	56:29+	58:11+	61:15+	63:41+	66:02+	68:03+	69:23+	71:51+	73:02+	73:13+
06:07+	07:07+	04:54+	01:47-	20:23+	08:13+	03:42+	01:25-	02:51+	01:42+	03:04+	02:26+	02:21+	02:01+	01:20+	02:28-	01:11+	00:11-
01:49&	00:54#	03:28@	00:16-	17:34@	00:46#	00:58&	00:07-	00:15+	00:28&	00:45&	00:31&	00:25#	00:16#	00:06+	00:09-	00:16&	00:07-
<b>25</b>	<b>Agnethe Hasli</b>	<b>93</b>										<b>1:19:32</b>					
15:12+	25:07+	27:17+	29:40+	34:57+	46:43+	51:42+	54:06+	57:47+	60:13+	63:27+	67:16+	70:14+	73:19+	75:23+	78:18+	79:32+	79:49+
15:12+	09:55+	02:10+	02:23+	05:17+	11:46+	04:59+	02:24+	03:41+	02:26+	03:14+	03:49+	02:58+	03:05+	02:04+	02:55+	01:14+	00:17-
10:54@	03:42&	00:44&	00:20#	02:28&	04:19&	02:15&	00:52&	01:05&	01:12&	00:55&	01:54&	01:02&	01:20&	00:50&	00:18#	00:19&	00:01-
<b>Beste strekktid for klassen</b>																	
03:58	05:37	01:23	01:26	02:43	07:20	02:44	01:23	02:25	01:14	02:08	01:55	01:56	01:45	01:09	01:56	00:51	00:02

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

## D 21-E

<b>1</b>	<b>Siri Ulvestad</b>	<b>245</b>										<b>59:19</b>								
04:26=	08:19=	13:27=	14:21=	17:28=	19:21=	26:42=	30:41=	34:10=	35:59=	40:38=	43:30=	45:44=	47:52=	49:55=	52:26=	54:25=	56:49=	58:24=	59:19=	59:38=
04:26=	03:53=	05:08=	00:54=	03:07=	01:53=	07:21=	03:59=	03:29=	01:49=	04:39=	02:52=	02:14=	02:08=	02:03=	02:31=	01:59=	02:24=	01:35=	00:55=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Marianne Andersen</b>	<b>189</b>										<b>1:01:56</b>								
04:34+	11:27+	17:12+	17:56+	20:43+	22:39+	29:13+	32:20+	35:32+	37:09+	41:16+	43:51+	46:20+	48:26+	50:35+	54:06+	56:27+	58:45+	60:56+	61:56+	62:11+
04:34+	06:53+	05:45+	00:44-	02:47-	01:56+	06:34+	03:07-	03:12-	01:37-	04:07-	02:35-	02:29+	02:06+	02:09+	03:31+	02:21+	02:18-	02:11+	01:00+	00:15-
00:08+	03:00&	00:37#	00:10-	00:20-	00:03+	00:47-	00:52-	00:17-	00:12-	00:32-	00:17-	00:15#	00:02-	00:06+	01:00&	00:22#	00:06-	00:36&	00:05+	00:04-
<b>3</b>	<b>Maren Jansson Haverstad</b>	<b>244</b>										<b>1:02:26</b>								
04:44+	11:05+	16:31+	17:22+	20:26+	22:26+	29:39+	33:29+	37:07+	38:56+	43:42+	46:26+	48:41+	50:50+	52:52+	55:34+	57:29+	59:58+	61:27+	62:26+	62:46+
04:44+	06:21+	05:26+	00:51-	03:04-	02:00+	07:13+	03:50-	01:49+	04:46+	02:44-	02:15+	02:09+	02:09+	02:02-	02:42+	01:55-	02:29+	01:29-	00:59+	00:20+
00:18+	02:28&	00:18+	00:03-	00:03-	00:07+	00:08-	00:09-	00:09+	00:00=	00:07+	00:08-	00:01+	00:01+	00:01-	00:11+	00:04-	00:05+	00:06-	00:04+	00:01+
<b>4</b>	<b>Marie Olaussen</b>	<b>82</b>										<b>1:04:51</b>								
04:32+	08:42+	14:00+	14:58+	18:44+	23:42+	31:04+	34:39+	37:52+	39:56+	44:18+	46:51+	49:15+	51:38+	53:36+	57:01+	59:27+	61:43+	63:58+	64:51+	65:12+
04:32+	04:10+	05:18+	00:58+	03:46+	04:58+	07:22+	03:35-	03:13-	02:04+	04:22-	02:33-	02:24+	02:23+	01:58-	03:25+	02:26+	02:16-	02:15+	00:53-	00:21+
00:06+	00:17+	00:10+	00:04+	00:39#	03:05@	00:01+	00:24-	00:16-	00:15#	00:17-	00:19-	00:10+	00:15#	00:05-	00:54&	00:27#	00:08-	00:40&	00:02-	00:02#
<b>5</b>	<b>Ingrid Gulbrandsen</b>	<b>244</b>										<b>1:05:18</b>								
04:37+	08:39+	14:12+	15:07+	18:49+	21:20+	28:35+	32:09+	35:36+	37:36+	42:46+	46:00+	48:42+	51:14+	53:32+	56:38+	59:15+	61:55+	64:18+	65:18+	65:34+
04:37+	04:02+	05:33+	00:55+	03:42+	02:31+	07:15-	03:34-	03:27-	02:00+	05:10+	03:14+	02:42+	02:32+	02:18+	03:06+	02:37+	02:40+	02:23+	01:00+	00:16-
00:11+	00:09+	00:25+	00:01+	00:35#	00:38&	00:06-	00:25-	00:02-	00:11#	00:31#	00:22#	00:28#	00:24#	00:15#	00:35#	00:38&	00:16#	00:48&	00:05+	00:03-



<b>Class</b>	<b>Navn</b>																<b>Klasse</b>																<b>Tid</b>
<b>21</b>	<b>Kine Gulliksen</b>	12:13+	17:40+	18:33+	21:38+	23:44+	31:29+	35:30+	39:50+	44:30+	50:52+	55:12+	58:00+	60:02+	63:09+	73:07+	75:42+	79:02+	80:51+	82:35+	82:40+												
06:39+	05:34+	05:27+	00:53-	03:05-	02:06+	07:45+	04:01+	04:20+	04:40+	06:22+	04:20+	02:48+	02:02-	03:07+	09:58+	02:35+	03:20+	01:49+	01:44+	00:05-													
02:13&	01:41&	00:19+	00:01-	00:02-	00:13#	00:24+	00:02+	00:51#	02:51@	01:43&	01:28&	00:34&	00:06-	01:04&	07:27@	00:36&	00:56&	00:14#	00:49&	00:14-													
<b>22</b>	<b>Emma Arnesen</b>	10:36+	25:16+	26:10+	29:57+	36:43+	44:52+	48:36+	52:24+	54:15+	59:06+	61:53+	64:24+	66:56+	69:35+	73:17+	75:59+	78:50+	81:59+	83:07+	83:25+												
05:20+	05:16+	14:40+	00:54=	03:47+	06:46+	08:09+	03:44-	03:48+	01:51+	04:51+	02:47-	02:31+	02:32+	02:39+	03:42+	02:42+	02:51+	03:09+	01:08+	00:18-													
00:54#	01:23&	09:32@	00:00=	00:40#	04:53@	00:48#	00:15-	00:19+	00:02+	00:12+	00:05-	00:17#	00:24#	00:36&	01:11&	00:43&	00:27#	01:34&	00:13#	00:01-													
<b>23</b>	<b>Solveig Blandkjenn</b>	12:29+	19:56+	21:09+	30:33+	34:11+	43:02+	47:13+	51:29+	54:56+	61:10+	64:29+	66:53+	69:11+	71:39+	75:46+	78:45+	82:26+	84:48+	86:01+	86:16+												
06:37+	05:52+	07:27+	01:13+	09:24+	03:38+	08:51+	04:11+	04:16+	03:27+	06:14+	03:19+	02:24+	02:18+	02:28+	04:07+	02:59+	03:41+	02:22+	01:13+	00:15-													
02:11&	01:59&	02:19&	00:19&	06:17@	01:45&	01:30#	00:12+	00:47#	01:38&	01:35&	00:27#	00:10+	00:10+	00:25#	01:36&	01:00&	01:17&	00:47&	00:18&	00:04-													
<b>24</b>	<b>Ronja Bjørklund</b>	14:17+	20:40+	21:40+	28:42+	31:08+	39:08+	44:38+	48:55+	52:44+	59:24+	63:12+	66:17+	68:32+	71:33+	76:10+	79:14+	82:46+	84:59+	86:27+													
05:40+	08:37+	06:23+	01:00+	07:02+	02:26+	08:00+	05:30+	04:17+	03:49+	06:40+	03:48+	03:05+	02:15+	03:01+	04:37+	03:04+	03:32+	02:13+	01:28+														
01:14&	04:44@	01:15#	00:06#	03:55@	00:33&	00:39+	01:31&	00:48#	02:00@	02:01&	00:56&	00:51&	00:07+	00:58&	02:06&	01:05&	01:08&	00:38&	00:33&														
<b>25</b>	<b>Kristine Fjeldbo</b>	19:29+	26:52+	27:40+	31:44+	35:32+	43:36+	47:06+	50:33+	52:29+	59:06+	62:35+	65:15+	69:05+	73:07+	76:54+	79:14+	83:30+	85:44+	87:09+	87:11+												
05:18+	14:11+	07:23+	00:48-	04:04+	03:48+	08:04+	03:30-	03:27-	01:56+	06:37+	03:29+	02:40+	03:50+	04:02+	03:47+	02:20+	04:16+	02:14+	01:25+	00:02-													
00:52#	10:18@	02:15&	00:06-	00:57&	01:55@	00:43+	00:29-	00:02-	00:07+	01:58&	00:37#	00:26#	01:42&	01:59&	01:16&	00:21#	01:52&	00:39&	00:30&	00:17-													
<b>26</b>	<b>Hanna Fiskum Nordbrøden</b>	11:50+	19:13+	20:23+	25:07+	28:00+	39:21+	44:18+	49:47+	54:17+	60:39+	64:54+	67:37+	71:26+	74:18+	78:14+	80:46+	84:25+	86:47+	88:06+	88:15+												
05:43+	06:07+	07:23+	01:10+	04:44+	02:53+	11:21+	04:57+	05:29+	04:30+	06:22+	04:15+	02:43+	03:49+	02:52+	03:56+	02:32+	03:39+	02:22+	01:19+	00:09-													
01:17&	02:14&	02:15&	00:16&	01:37&	01:00&	04:00&	00:58#	02:00&	02:41@	01:43&	01:23&	00:29#	01:41&	00:49&	01:25&	00:33&	01:15&	00:47&	00:24&	00:10-													
<b>27</b>	<b>Malin Sørensen</b>	18:15+	25:47+	26:47+	31:17+	34:32+	44:07+	48:23+	52:47+	55:28+	61:26+	67:16+	69:56+	72:14+	75:02+	78:54+	82:07+	85:22+	87:11+	88:13+	88:25+												
05:18+	12:57+	07:32+	01:00+	04:30+	03:15+	09:35+	04:16+	04:24+	02:41+	05:58+	05:50+	02:40+	02:18+	02:48+	03:52+	03:13+	03:15+	01:49+	01:02+	00:12-													
00:52#	09:04@	02:24&	00:06#	01:23&	01:22&	02:14&	00:17+	00:55&	00:52&	01:19&	02:58@	00:26#	00:10+	00:45&	01:21&	01:14&	00:51&	00:14#	00:07#	00:07-													
<b>28</b>	<b>Ingvild Maalen-Johansen</b>	12:07+	21:01+	22:09+	27:37+	30:12+	40:10+	45:04+	50:28+	53:05+	60:49+	64:51+	67:42+	70:37+	73:57+	79:31+	82:46+	86:34+	89:21+	90:53+	91:08+												
05:45+	06:22+	08:54+	01:08+	05:28+	02:35+	09:58+	04:54+	05:24+	02:37+	07:44+	04:02+	02:51+	02:55+	03:20+	05:34+	03:15+	03:48+	02:47+	01:32+	00:15-													
01:19&	02:29&	03:46&	00:14&	02:21&	00:42&	02:37&	00:55#	01:55&	00:48&	03:05&	01:10&	00:37&	00:47&	01:17&	03:03@	01:16&	01:24&	01:12&	00:37&	00:04-													
<b>29</b>	<b>Karoline Sønsterudbråten</b>	11:45+	18:26+	19:33+	26:12+	29:20+	38:42+	44:06+	48:02+	58:26+	65:10+	69:03+	72:22+	74:40+	77:41+	81:14+	84:19+	88:19+	90:33+	91:48+	92:00+												
05:29+	06:16+	06:41+	01:07+	06:39+	03:08+	09:22+	05:24+	03:56+	10:24+	06:44+	03:53+	03:19+	02:18+	03:01+	03:33+	03:05+	04:00+	02:14+	01:15+	00:12-													
01:03#	02:23&	01:33&	00:13#	03:32@	01:15&	02:01&	01:25&	00:27#	08:35@	02:05&	01:01&	01:05&	00:10+	00:58&	01:02&	01:06&	01:36&	00:39&	00:20&	00:07-													
<b>30</b>	<b>Aurora Fossøy</b>	12:22+	20:21+	21:30+	27:16+	30:38+	40:37+	46:49+	51:59+	54:38+	61:25+	65:14+	71:02+	73:38+	77:11+	81:21+	84:49+	88:40+	91:18+	93:07+	93:18+												
05:46+	06:36+	07:59+	01:09+	05:46+	03:22+	09:59+	06:12+	05:10+	02:39+	06:47+	03:49+	05:48+	02:36+	03:33+	04:10+	03:28+	03:51+	02:38+	01:49+	00:11-													
01:20&	02:43&	02:51&	00:15&	02:39&	01:29&	02:38&	02:13&	01:41&	00:50&	02:08&	00:57&	03:34@	00:28#	01:30&	01:39&	01:29&	01:27&	01:03&	00:54&	00:08-													
<b>31</b>	<b>Christiane Trösse</b>	11:59+	20:17+	21:25+	26:03+	35:11+	44:28+	49:20+	54:48+	57:34+	66:03+	69:53+	72:46+	75:27+	79:07+	83:05+	86:37+	90:54+	93:35+	95:15+	95:19+												
05:48+	06:11+	08:18+	01:08+	04:38+	09:08+	09:17+	04:52+	05:28+	02:46+	08:29+	03:50+	02:53+	02:41+	03:40+	03:58+	03:32+	04:17+	02:41+	01:40+	00:04-													
01:22&	02:18&	03:10&	00:14&	01:31&	07:15@	01:56&	00:53#	01:59&	00:57&	03:50&	00:58&	00:39&	00:33&	01:37&	01:27&	01:33&	01:53&	01:06&	00:45&	00:15-													
<b>32</b>	<b>Kjersti Adéla Westin</b>	13:06+	21:17+	22:32+	27:38+	31:11+	42:00+	47:31+	52:49+	55:44+	64:02+	68:09+	71:19+	73:57+	77:25+	83:08+	86:57+	90:50+	94:23+	96:18+	96:21+												
05:47+	07:19+	08:11+	01:15+	05:06+	03:33+	10:49+	05:31+	05:18+	02:55+	08:18+	04:07+	03:10+	02:38+	03:28+	05:43+	03:49+	03:53+	03:33+	01:55+	00:03-													
01:21&	03:26&	03:03&	00:21&	01:59&	01:40&	03:28&	01:32&	01:49&	01:06&	03:39&	01:15&	00:56&	00:30#	01:25&	03:12@	01:50&	01:29&	01:58@	01:00@	00:16-													
<b>33</b>	<b>Lene Therese Myrland</b>	12:37+	21:52+	23:08+	28:35+	32:43+	43:49+	50:17+	57:06+	62:13+	70:08+	74:39+	80:13+	83:06+	86:57+	91:19+	94:58+	99:56+	102:34+	103:46+	103:55+												
05:52+	06:45+	09:15+	01:16+	05:27+	04:08+	11:06+	06:28+	06:49+	05:07+	07:55+	04:31+	05:34+	02:53+	03:51+	04:22+	03:39+	04:58+	02:38+	01:12+	00:09-													
01:26&	02:52&	04:07&	00:22&	02:20&	02:15@	03:45&	02:29&	03:20&	03:18@	03:16&	01:39&	03:20@	00:45&	01:48&	01:51&	01:40&	02:34@	01:03&	00:17&	00:10-													
<b>34</b>	<b>Line Drange Ruud</b>	13:29+	21:49+	23:06+	27:29+	37:44+	48:06+	54:26+	59:30+	62:27+	71:33+	76:22+	79:54+	82:46+	86:46+	92:08+	97:14+	101:02+	103:48+	105:42+	105:47+												
06:36+	06:53+	08:20+	01:17+	04:23+	10:15+	10:22+	06:20+	05:04+	02:57+	09:06+	04:49+	03:32+	02:52+	04:00+	05:22+	05:06+	03:48+	02:46+	01:54+	00:05-													
02:10&	03:00&	03:12&	00:23&	01:16&	08:22@	03:01&	02:21&	01:35&	01:08&	04:27&	01:57&	01:18&	00:44&	01:57&	02:51@	03:07@	01:24&	01:11&	00:59@	00:14-													
<b>35</b>	<b>Marianne Dæhli</b>	15:53+	24:33+	25:56+	31:36+	34:53+	45:34+	50:56+	56:34+	63:09+	71:51+	76:25+	79:29+	82:31+	86:55+	93:25+	103:25+	107:45+	111:02+	113:39+	1200:00+												
08:09+	07:44+	08:40+	01:23+	05:40+	03:17+	10:41+	05:22+	05:38+	06:35+	08:42+	04:34+	03:04+	03:02+	04:24+	06:30+	10:00+	04:20+	03:17+	02:37+	1086:21+													
03:43&	03:51&	03:32&	00:29&	02:33&	01:24&	03:20&	01:23&	02:09&	04:46@	04:03&	01:42&	00:50&	00:54&	02:21@	03:59@	08:01@	01:56&	01:42@	01:42@	1086:02@													

Class	Navn	Klasse										Tid									
<b>36</b>	<b>Marte Hoff Hagen</b>	<b>244</b>										<b>2:27:15</b>									
06:43+	29:16+	38:47+	40:39+	46:22+	58:03+	70:28+	76:55+	85:48+	90:16+	99:51+	104:55+	114:54+	118:11+	122:16+	126:54+	130:03+	134:18+	144:48+	146:55+	147:15+	
06:43+	22:33+	09:31+	01:52+	05:43+	11:41+	12:25+	06:27+	08:53+	04:28+	09:35+	05:04+	09:59+	03:17+	04:05+	04:38+	03:09+	04:15+	10:30+	02:07+	00:20+	
02:17&	18:40&	04:23&	00:58&	02:36&	09:48&	05:04&	02:28&	05:24&	02:39&	04:56&	02:12&	07:45&	01:09&	02:02&	02:07&	01:10&	01:51&	08:55&	01:12&	00:01+	

**Beste strekktid for klassen**

04:26 03:53 05:08 00:44 02:47 01:53 06:34 03:07 03:12 01:37 04:07 02:33 02:10 01:56 01:58 02:31 01:55 02:16 01:29 00:53 00:02

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

**Gj-D**

<b>1</b>	<b>Lisa Holer</b>	<b>1008</b>										<b>1:19:52</b>									
10:12=	15:22=	21:06=	21:59=	26:05=	28:45=	36:27=	40:48=	44:21=	48:28=	54:53=	57:58=	60:46=	62:57=	65:33=	68:50=	72:32=	76:01=	78:16=	79:52=		
10:12=	05:10=	05:44=	00:53=	04:06=	02:40=	07:42=	04:21=	03:33=	04:07=	06:25=	03:05=	02:48=	02:11=	02:36=	03:17=	03:42=	03:29=	02:15=	01:36=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

<b>2</b>	<b>Jenny Wegebro</b>	<b>101</b>										<b>1:32:52</b>									
08:32-	14:03-	21:35+	22:37+	27:17+	32:20+	40:51+	45:28+	50:13+	56:00+	64:08+	67:52+	70:40+	73:08+	76:02+	79:51+	83:17+	87:24+	91:17+	92:52+	92:59+	
08:32-	05:31+	07:32+	01:02+	04:40+	05:03+	08:31+	04:37+	04:45+	05:47+	08:08+	03:44+	02:48=	02:28+	02:54+	03:49+	03:26-	04:07+	03:53+	01:35-	00:07+	
01:40-	00:21+	01:48&	00:09#	00:34#	02:23&	00:49#	00:16+	01:12&	01:40&	01:43&	00:39#	00:00=	00:17#	00:18#	00:32#	00:16-	00:38#	01:38&	00:01-	00:07+	

**Beste strekktid for klassen**

08:32 05:10 05:44 00:53 04:06 02:40 07:42 04:21 03:33 04:07 06:25 03:05 02:48 02:11 02:36 03:17 03:26 03:29 02:15 01:35

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

**Gj-D17**

<b>1</b>	<b>Alexandra Linløkken</b>	<b>388</b>										<b>52:43</b>									
04:24=	10:02=	16:21=	18:52=	24:02=	30:25=	33:09=	35:46=	39:22=	41:39=	44:33=	48:03=	51:17=	52:43=	52:51=							
04:24=	05:38=	06:19=	02:31=	05:10=	06:23=	02:44=	02:37=	03:36=	02:17=	02:54=	03:30=	03:14=	01:26=	00:08=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							

<b>2</b>	<b>Kristin Melby Jacobsen</b>	<b>197</b>										<b>1:00:32</b>									
03:57-	09:51-	20:46+	25:13+	32:41+	36:49+	39:25+	41:07+	44:17+	50:22+	53:35+	56:46+	59:03+	60:32+	60:42+							
03:57-	05:54+	10:55+	04:27+	07:28+	04:08-	02:36-	01:42-	03:10-	06:05+	03:13+	03:11-	02:17-	01:29+	00:10+							
00:27-	00:16+	04:36&	01:56&	02:18&	02:15-	00:08-	00:55-	00:26-	03:48&	00:19#	00:19-	00:57-	00:03+	00:02#							

<b>3</b>	<b>Anne Marthe Peveri</b>	<b>64</b>										<b>1:07:30</b>									
05:11+	11:18+	20:11+	22:58+	28:28+	33:19+	38:19+	40:53+	45:32+	48:09+	58:42+	62:43+	65:41+	67:30+	67:32+							
05:11+	06:07+	08:53+	02:47+	05:30+	04:51-	05:00+	02:34-	04:39+	02:37+	10:33+	04:01+	02:58-	01:49+	00:02-							
00:47#	00:29+	02:34&	00:16#	00:20+	01:32-	02:16&	00:03-	01:03&	00:20#	07:39&	00:31#	00:16-	00:23&	00:06-							

<b>4</b>	<b>Terje Ulla Eiken</b>	<b>184</b>										<b>1:25:04</b>									
05:37+	13:18+	32:28+	36:44+	45:50+	51:23+	54:41+	58:27+	65:18+	69:11+	74:01+	79:19+	82:40+	84:57+	85:04+							
05:37+	07:41+	19:10+	04:16+	09:06+	05:33-	03:18+	03:46+	06:51+	03:53+	04:50+	05:18+	03:21+	02:17+	00:07-							
01:13&	02:03&	12:51&	01:45&	03:56&	00:50-	00:34#	01:09&	03:15&	01:36&	01:56&	01:48&	00:07+	00:51&	00:01-							

<b>5</b>	<b>Helga Haverstad</b>	<b>201</b>										<b>1:37:37</b>									
04:47+	19:21+	31:31+	34:56+	41:42+	47:36+	51:25+	56:30+	62:33+	70:25+	86:14+	91:13+	94:49+	97:21+	97:37+							
04:47+	14:34+	12:10+	03:25+	06:46+	05:54-	03:49+	05:05+	06:03+	07:52+	15:49+	04:59+	03:36+	02:32+	00:16+							
00:23+	08:56&	05:51&	00:54&	01:36&	00:29-	01:05&	02:28&	02:27&	05:35&	12:55&	01:29&	00:22#	01:06&	00:08&							

**Beste strekktid for klassen**

03:57 05:38 06:19 02:31 05:10 04:08 02:36 01:42 03:10 02:17 02:54 03:11 02:17 01:26 00:02

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

**Gj-D19**

<b>1</b>	<b>Øystein Holo</b>	<b>80</b>										<b>48:51</b>									
04:40=	10:29=	11:50=	13:23=	16:37=	25:37=	28:27=	30:01=	32:36=	34:04=	36:45=	39:00=	41:19=	43:29=	44:53=	47:37=	48:51=	49:04=				
04:40=	05:49=	01:21=	01:33=	03:14=	09:00=	02:50=	01:34=	02:35=	01:28=	02:41=	02:15=	02:19=	02:10=	01:24=	02:44=	01:14=	00:13=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				



Class	Navn	Klasse														Tid			
<b>2</b>	<b>Øyvind Thon</b>	<b>184</b>														<b>51:48</b>			
04:21-	10:22-	11:57+	13:38+	16:46+	25:07-	28:13-	29:49-	33:09+	34:48+	37:09+	39:50+	43:25+	45:30+	46:58+	50:25+	51:48+	51:55+		
04:21-	06:01+	01:35+	01:41+	03:08-	08:21-	03:06+	01:36+	03:20+	01:39+	02:21-	02:41+	03:35+	02:05-	01:28+	03:27+	01:23+	00:07-		
00:19-	00:12+	00:14#	00:08+	00:06-	00:39-	00:16+	00:02+	00:45&	00:11#	00:20-	00:26#	01:16&	00:05-	00:04+	00:43&	00:09#	00:06-		
<b>3</b>	<b>Kim Farnes Hansen</b>	<b>201</b>														<b>55:07</b>			
04:23-	11:20+	12:50+	14:32+	17:52+	26:42+	30:26+	32:08+	35:26+	37:15+	40:41+	43:31+	46:13+	49:11+	50:46+	53:39+	55:07+	55:14+		
04:23-	06:57+	01:30+	01:42+	03:20+	08:50-	03:44+	01:42+	03:18+	01:49+	03:26+	02:50+	02:42+	02:58+	01:35+	02:53+	01:28+	00:07-		
00:17-	01:08#	00:09#	00:09+	00:06+	00:10-	00:54&	00:08+	00:43&	00:21#	00:45&	00:35&	00:23#	00:48&	00:11#	00:09+	00:14#	00:06-		
<b>4</b>	<b>Erik Saugerud</b>	<b>185</b>														<b>59:40</b>			
05:01+	11:02+	12:31+	14:29+	17:53+	27:36+	30:54+	32:53+	35:45+	37:45+	41:27+	44:17+	47:16+	51:17+	54:54+	57:55+	59:40+			
05:01+	06:01+	01:29+	01:58+	03:24+	09:43+	03:18+	01:59+	02:52+	02:00+	03:42+	02:50+	02:59+	04:01+	03:37+	03:01+	01:45+			
00:21+	00:12+	00:08+	00:25&	00:10+	00:43+	00:28#	00:25&	00:17#	00:32&	01:01&	00:35&	00:40&	01:51&	02:13@	00:17#	00:31&			
<b>5</b>	<b>Øivind Myhre</b>	<b>184</b>														<b>1:01:54</b>			
05:27+	12:55+	14:30+	16:17+	20:17+	30:50+	34:21+	36:36+	39:47+	41:37+	46:26+	49:17+	52:03+	54:37+	56:21+	60:06+	61:52+	61:54+		
05:27+	07:28+	01:35+	01:47+	04:00+	10:33+	03:31+	02:15+	03:11+	01:50+	04:49+	02:51+	02:46+	02:34+	01:44+	03:45+	01:46+	00:02-		
00:47#	01:39&	00:14#	00:14#	00:46#	01:33#	00:41#	00:41&	00:36#	00:22#	02:08&	00:36&	00:27#	00:24#	00:20#	01:01&	00:32&	00:11-		
<b>6</b>	<b>Arne Fossheim</b>	<b>26</b>														<b>1:03:53</b>			
04:53+	11:57+	14:21+	16:17+	19:49+	28:53+	32:10+	34:11+	37:35+	39:29+	42:43+	45:16+	48:59+	52:58+	55:03+	60:56+	62:51+	69:53+		
04:53+	07:04+	02:24+	01:56+	03:32+	09:04+	03:17+	02:01+	03:24+	01:54+	03:14+	02:33+	03:43+	03:59+	02:05+	05:53+	01:55+	07:02+		
00:13+	01:15#	01:03&	00:23#	00:18+	00:04+	00:27#	00:27&	00:49&	00:26&	00:33#	00:18#	01:24&	01:49&	00:41&	03:09@	00:41&	06:49@		
<b>7</b>	<b>Helge Stubberud</b>	<b>245</b>														<b>1:05:09</b>			
05:33+	13:38+	15:29+	17:37+	21:42+	34:39+	38:23+	40:26+	43:51+	45:57+	49:25+	52:14+	54:58+	57:37+	59:26+	63:11+	65:04+	65:09+		
05:33+	08:05+	01:51+	02:08+	04:05+	12:57+	03:44+	02:03+	03:25+	02:06+	03:28+	02:49+	02:44+	02:39+	01:49+	03:45+	01:53+	00:05-		
00:53#	02:16&	00:30&	00:35&	00:51&	03:57&	00:54&	00:29&	00:50&	00:38&	00:47&	00:34&	00:25#	00:29#	00:25&	01:01&	00:39&	00:08-		
<b>8</b>	<b>Egil Wickstrand Iversen</b>	<b>114</b>														<b>1:12:41</b>			
05:55+	13:37+	15:21+	17:59+	22:00+	33:10+	37:59+	40:03+	43:30+	45:36+	49:41+	52:59+	60:34+	63:34+	65:23+	68:30+	72:39+	72:41+		
05:55+	07:42+	01:44+	02:38+	04:01+	11:10+	04:49+	02:04+	03:27+	02:06+	04:05+	03:18+	07:35+	03:00+	01:49+	03:07+	04:09+	00:02-		
01:15&	01:53&	00:23&	01:05&	00:47#	02:10#	01:59&	00:30&	00:52&	00:38&	01:24&	01:03&	05:16@	00:50&	00:25&	00:23#	02:55@	00:11-		
<b>9</b>	<b>Jan Sævig</b>	<b>1000</b>														<b>1:14:33</b>			
05:00+	12:16+	13:52+	15:44+	19:37+	31:07+	35:00+	37:16+	41:17+	43:23+	46:45+	50:17+	59:41+	62:39+	68:14+	71:55+	74:03+	74:33+		
05:00+	07:16+	01:36+	01:52+	03:53+	11:30+	03:53+	02:16+	04:01+	02:06+	03:22+	03:32+	09:24+	02:58+	05:35+	03:41+	02:08+	00:30+		
00:20+	01:27#	00:15#	00:19#	00:39#	02:30&	01:03&	00:42&	01:26&	00:38&	00:41&	01:17&	07:05@	00:48&	04:11@	00:57&	00:54&	00:17@		
<b>10</b>	<b>Bjørn Bendiktsen</b>	<b>185</b>														<b>1:27:09</b>			
12:36+	22:15+	24:03+	25:51+	42:01+	54:16+	59:53+	61:56+	65:33+	67:33+	71:48+	75:55+	78:27+	80:46+	82:26+	85:23+	87:09+	87:10+		
12:36+	09:39+	01:48+	01:48+	16:10+	12:15+	05:37+	02:03+	03:37+	02:00+	04:15+	04:07+	02:32+	02:19+	01:40+	02:57+	01:46+	00:01-		
07:56@	03:50&	00:27&	00:15#	12:56@	03:15&	02:47&	00:29&	01:02&	00:32&	01:34&	01:52&	00:13+	00:09+	00:16#	00:13+	00:32&	00:12-		

### Beste strekketid for klassen

04:21 05:49 01:21 01:33 03:08 08:21 02:50 01:34 02:35 01:28 02:21 02:15 02:19 02:05 01:24 02:44 01:14 00:01

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

## Gj-H

<b>1</b>	<b>Albin Ridefelt</b>	<b>403</b>														<b>1:03:30</b>						
03:13=	06:33=	10:36=	18:09=	19:56=	23:14=	25:48=	27:17=	30:06=	32:53=	41:12=	42:33=	49:26=	50:32=	53:03=	54:57=	56:43=	58:02=	59:55=	61:00=	62:43=	63:30=	63:50=
03:13=	03:20=	04:03=	07:33=	01:47=	03:18=	02:34=	01:29=	02:49=	02:47=	08:19=	01:21=	06:53=	01:06=	02:31=	01:54=	01:46=	01:19=	01:53=	01:05=	01:43=	00:47=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Jonas Egger</b>	<b>1008</b>														<b>1:08:44</b>						
03:22+	07:51+	12:06+	20:50+	22:31+	26:16+	29:30+	31:00+	33:54+	36:42+	44:44+	46:01+	53:29+	54:45+	57:28+	59:15+	60:59+	62:25+	64:36+	65:45+	67:36+	68:44+	68:54+
03:22+	04:29+	04:15+	08:44+	01:41-	03:45+	03:14+	01:30+	02:54+	02:48+	08:02-	01:17-	07:28+	01:16+	07:28+	01:47-	01:44-	01:26+	02:11+	01:09+	01:51+	01:08+	00:10-
00:09+	01:09&	00:12+	01:11#	00:06-	00:27#	00:40&	00:01+	00:05+	00:01+	00:17-	00:04-	00:35+	00:10#	00:12+	00:07-	00:02-	00:07+	00:18#	00:04+	00:08+	00:21&	00:10-
<b>3</b>	<b>Sven Hellmüller</b>	<b>32</b>														<b>1:10:00</b>						
03:10-	06:46+	11:51+	20:15+	21:56+	25:41+	28:54+	30:38+	33:39+	36:40+	45:22+	46:44+	54:45+	55:57+	58:37+	60:36+	62:15+	63:44+	66:19+	67:20+	69:15+	70:00+	70:19+
03:10-	03:36+	05:05+	08:24+	01:41-	03:45+	03:13+	01:44+	03:01+	03:01+	08:42+	01:22+	08:01+	01:12+	02:40+	01:59+	01:39-	01:29+	02:35+	01:01-	01:55+	00:45-	00:19-
00:03-	00:16+	01:02&	00:51#	00:06-	00:27#	00:39&	00:15#	00:12+	00:14+	00:23+	00:01+	01:08#	00:06+	00:09+	00:05+	00:07-	00:10#	00:42&	00:04-	00:12#	00:02-	00:01-
<b>4</b>	<b>Olle Boström</b>	<b>404</b>														<b>1:10:46</b>						
03:13=	06:50+	12:01+	20:25+	22:27+	26:14+	29:10+	30:49+	34:25+	37:17+	46:00+	47:15+	55:49+	57:07+	59:46+	61:36+	63:18+	64:53+	67:01+	68:02+	70:10+	70:46+	71:10+
03:13=	03:37+	05:11+	08:24+	02:02+	03:47+	02:56+	01:39+	03:36+	02:52+	08:43+	01:15-	08:34+	01:18+	02:39+	01:50-	01:42-	01:35+	02:08+	01:01-	02:08+	00:36-	00:24+
00:00=	00:17+	01:08&	00:51#	00:15#	00:29#	00:22#	00:10#	00:47&	00:05+	00:24+	00:06-	01:41#	00:12#	00:08+	00:04-	00:04-	00:16#	00:15#	00:04-	00:25#	00:11-	00:04#

Class	Navn	Klasse										Tid										
<b>5</b>	<b>Mikael Eliasson</b>	<b>1008</b>										<b>1:13:21</b>										
03:32+	07:36+	12:17+	20:11+	21:58+	25:22+	28:08+	29:45+	32:46+	37:07+	46:12+	47:40+	56:03+	57:24+	60:25+	62:12+	64:01+	65:58+	68:32+	70:09+	72:13+	73:21+	73:32+
03:32+	04:04+	04:41+	07:54+	01:47=	03:24+	02:46+	01:37+	03:01+	04:21+	09:05+	01:28+	08:23+	01:21+	03:01+	01:47-	01:49+	01:57+	02:34+	01:37+	02:04+	01:08+	00:11-
00:19+	00:44#	00:38#	00:21+	00:00=	00:06+	00:12+	00:08+	00:12+	01:34#	00:46+	00:07+	01:30#	00:15#	00:30#	00:07-	00:03+	00:38&	00:41&	00:32&	00:21#	00:21&	00:09-
<b>6</b>	<b>Göran Winblad</b>	<b>513</b>										<b>1:14:42</b>										
03:22+	07:38+	12:27+	21:31+	23:28+	27:23+	30:44+	32:35+	35:57+	39:07+	48:34+	50:09+	58:04+	59:22+	62:09+	64:03+	66:15+	68:11+	70:37+	71:41+	73:48+	74:42+	75:00+
03:22+	04:16+	04:49+	09:04+	01:57+	03:55+	03:21+	01:51+	03:22+	03:10+	09:27+	01:35+	07:55+	01:18+	02:47+	01:54=	02:12+	01:56+	02:26+	01:04-	02:07+	00:54+	00:18-
00:09+	00:56&	00:46#	01:31#	00:10+	00:37#	00:47&	00:22#	00:33#	00:23#	01:08#	00:14#	01:02#	00:12#	00:16#	00:00=	00:26#	00:37&	00:33&	00:01-	00:24#	00:07#	00:02-
<b>7</b>	<b>Pål Skogedal</b>	<b>26</b>										<b>1:46:07</b>										
04:51+	10:33+	16:54+	28:36+	30:52+	36:28+	40:50+	43:25+	47:42+	52:26+	66:01+	68:16+	80:55+	82:43+	87:24+	90:18+	93:23+	96:02+	99:26+	101:08+	104:02+	105:53+	106:07+
04:51+	05:42+	06:21+	11:42+	02:16+	05:36+	04:22+	02:35+	04:17+	04:44+	13:35+	02:15+	12:39+	01:48+	04:41+	02:54+	03:05+	02:39+	03:24+	01:42+	02:54+	01:51+	00:14-
01:38&	02:22&	02:18&	04:09&	00:29&	02:18&	01:48&	01:06&	01:28&	01:57&	05:16&	00:54&	05:46&	00:42&	02:10&	01:00&	01:19&	01:20&	01:31&	00:37&	01:11&	01:04@	00:06-
<b>Beste strekktid for klassen</b>																						
03:10	03:20	04:03	07:33	01:41	03:18	02:34	01:29	02:49	02:47	08:02	01:15	06:53	01:06	02:31	01:47	01:39	01:19	01:53	01:01	01:43	00:36	00:10

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

## Gj-H17

<b>1</b>	<b>Kornelius Kriszat-Løvfald</b>	<b>245</b>										<b>50:31</b>										
04:02=	07:19=	08:27=	15:08=	19:45=	21:19=	23:44=	26:58=	30:21=	32:22=	35:10=	36:35=	37:57=	43:00=	44:54=	47:15=	48:09=	49:50=	50:31=	50:54=			
04:02=	03:17=	01:08=	06:41=	04:37=	01:34=	02:25=	03:14=	03:23=	02:01=	02:48=	01:25=	01:22=	05:03=	01:54=	02:21=	00:54=	01:41=	00:41=	00:23=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kristoffer Jacobsen</b>	<b>163</b>										<b>55:26</b>										
03:50-	07:38+	08:47+	16:29+	21:32+	23:16+	26:21+	29:22+	33:12+	35:56+	38:45+	39:59+	41:30+	44:45+	47:20+	49:45+	50:39+	53:30+	54:44+	55:26+			
03:50-	03:48+	01:09+	07:42+	05:03+	01:44+	03:05+	03:01-	03:50+	02:44+	02:49+	01:14-	01:31+	03:15-	02:35+	02:25+	00:54=	02:51+	01:14+	00:42+			
00:12-	00:31#	00:01+	01:01#	00:26+	00:10#	00:40&	00:13-	00:27#	00:43&	00:01+	00:11-	00:09#	01:48-	00:41&	00:04+	00:00=	01:10&	00:33&	00:19&			
<b>3</b>	<b>Magnus Eide-Fredriksen</b>	<b>114</b>										<b>57:21</b>										
03:45-	07:00-	08:12-	15:44+	20:33+	22:09+	25:01+	28:08+	31:43+	33:47+	37:40+	39:36+	41:03+	46:01+	49:25+	51:52+	53:19+	56:11+	57:21+	57:31+			
03:45-	03:15-	01:12+	07:32+	04:49+	01:36+	02:52+	03:07-	03:35+	02:04+	03:53+	01:56+	01:27+	04:58-	03:24+	02:27+	01:27+	02:52+	01:10+	00:10-			
00:17-	00:02-	00:04+	00:51#	00:12+	00:02+	00:27#	00:07-	00:12+	00:03+	01:05&	00:31&	00:05+	00:05-	01:30&	00:06+	00:33&	01:11&	00:29&	00:13-			
<b>4</b>	<b>Erik Bohne</b>	<b>368</b>										<b>1:04:13</b>										
04:03+	08:15+	09:37+	18:30+	24:26+	26:24+	29:26+	32:48+	37:27+	39:48+	43:41+	45:02+	46:43+	52:25+	55:58+	58:31+	59:28+	63:02+	64:13+	64:28+			
04:03+	04:12+	01:22+	08:53+	05:56+	01:58+	03:02+	03:22+	04:39+	02:21+	03:53+	01:21-	01:41+	05:42+	03:33+	02:33+	00:57+	03:34+	01:11+	00:15-			
00:01+	00:55&	00:14#	02:12&	01:19&	00:24&	00:37&	00:08+	01:16&	00:20#	01:05&	00:04-	00:19#	00:39#	01:39&	00:12+	00:03+	01:53@	00:30&	00:08-			
<b>5</b>	<b>Henrik Reusch</b>	<b>114</b>										<b>1:12:08</b>										
04:23+	08:07+	09:24+	17:25+	23:35+	25:32+	28:47+	32:19+	35:58+	38:34+	42:09+	45:45+	47:27+	57:26+	61:05+	63:34+	64:29+	70:55+	72:08+	72:12+			
04:23+	03:44+	01:17+	08:01+	06:10+	01:57+	03:15+	03:32+	03:39+	02:36+	03:35+	03:36+	01:42+	09:59+	03:39+	02:29+	00:55+	06:26+	01:13+	00:04-			
00:21+	00:27#	00:09#	01:20#	01:33&	00:23#	00:50&	00:18+	00:16+	00:35&	00:47&	02:11@	00:20#	04:56&	01:45&	00:08+	00:01+	04:45@	00:32&	00:19-			
<b>6</b>	<b>Stein H. Hagen</b>	<b>80</b>										<b>1:31:54</b>										
06:37+	12:50+	14:53+	27:02+	35:48+	39:16+	44:09+	49:48+	55:36+	60:23+	65:09+	67:00+	69:48+	74:49+	83:09+	86:35+	88:01+	90:32+	91:54+	92:17+			
06:37+	06:13+	02:03+	12:09+	08:46+	03:28+	04:53+	05:39+	05:48+	04:47+	04:46+	01:51+	02:48+	05:01-	08:20+	03:26+	01:26+	02:31+	01:22+	00:23=			
02:35&	02:56&	00:55&	05:28&	04:09&	01:54@	02:28@	02:25&	02:25&	02:46@	01:58&	00:26&	01:26@	00:02-	06:26@	01:05&	00:32&	00:50&	00:41&	00:00=			
<b>Beste strekktid for klassen</b>																						
03:45	03:15	01:08	06:41	04:37	01:34	02:25	03:01	03:23	02:01	02:48	01:14	01:22	03:15	01:54	02:21	00:54	01:41	00:41	00:04			

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

## Gj-H19

<b>1</b>	<b>Per Øivind Eger</b>	<b>184</b>										<b>1:17:45</b>										
05:29=	13:37=	15:20=	17:39=	22:08=	30:06=	34:31=	40:32=	44:03=	47:41=	52:26=	56:37=	60:30=	63:18=	65:05=	69:02=	72:16=	73:43=	76:24=	77:45=	77:56=		
05:29=	08:08=	01:43=	02:19=	04:29=	07:58=	04:25=	06:01=	03:31=	03:38=	04:45=	04:11=	03:53=	02:48=	01:47=	03:57=	03:14=	01:27=	02:41=	01:21=	00:11=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Odd Strand</b>	<b>184</b>										<b>1:19:53</b>										
04:31-	17:05+	19:07+	21:36+	25:25+	33:24+	37:22+	42:51+	46:17+	49:51+	54:24+	58:27+	63:01+	65:18+	67:07+	71:02+	74:21+	75:55+	78:36+	79:53+	80:06+		
04:31-	12:34+	02:02+	02:29+	03:49-	07:59+	03:58-	05:29-	03:26-	03:34-	04:33-	04:03-	04:34+	02:17-	01:49+	03:55-	03:19+	01:34+	02:41=	01:17-	00:13+		
00:58-	04:26&	00:19#	00:10+	00:40-	00:01+	00:27-	00:32-	00:05-	00:04-	00:12-	00:08-	00:41#	00:31-	00:02+	00:02-	00:05+	00:07+	00:00=	00:04-	00:02#		

Class	Navn	Klasse										Tid									
<b>3</b>	<b>Syver Løken</b>	<b>184</b>										<b>1:20:57</b>									
04:39-	12:55-	14:43-	17:08-	20:43-	28:38-	33:21-	39:52-	43:01-	46:56-	51:51-	56:13-	59:45-	63:49+	65:40+	71:23+	74:58+	76:27+	79:21+	80:57+	80:59+	
04:39-	08:16+	01:48+	02:25+	03:35-	07:55-	04:43+	06:31+	03:09-	03:55+	04:55+	04:22+	03:32-	04:04+	01:51+	05:43+	03:35+	01:29+	02:54+	01:36+	00:02-	
00:50-	00:08+	00:05+	00:06+	00:54-	00:03-	00:18+	00:30+	00:22-	00:17+	00:10+	00:11+	00:21-	01:16&	00:04+	01:46&	00:21#	00:02+	00:13+	00:15#	00:09-	

**Beste strekktid for klassen**

04:31 08:08 01:43 02:19 03:35 07:55 03:58 05:29 03:09 03:34 04:33 04:03 03:32 02:17 01:47 03:55 03:14 01:27 02:41 01:17 00:02

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

**H 17-18E**

<b>1</b>	<b>Sander Arntzen</b>	<b>26</b>										<b>43:09</b>									
03:22=	06:04=	06:59=	12:47=	16:45=	18:18=	20:40=	23:16=	26:22=	28:22=	31:05=	32:11=	33:31=	36:29=	37:57=	40:02=	40:50=	42:32=	43:09=	43:34=		
03:22=	02:42=	00:55=	05:48=	03:58=	01:33=	02:22=	02:36=	03:06=	02:00=	02:43=	01:06=	01:20=	02:58=	01:28=	02:05=	00:48=	01:42=	00:37=	00:25=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Isak Jonsson</b>	<b>245</b>										<b>44:51</b>									
03:28+	06:23+	07:27+	13:18+	17:10+	18:37+	21:06+	23:56+	27:02+	28:46+	31:13+	32:30+	34:53+	37:54+	39:26+	41:38+	42:39+	44:09+	44:51+	45:15+		
03:28+	02:55+	01:04+	05:51+	03:52-	01:27-	02:29+	02:50+	03:06=	01:44-	02:27-	01:17+	02:23+	03:01+	01:32+	02:12+	01:01+	01:30-	00:42+	00:24-		
00:06+	00:13+	00:09#	00:03+	00:06-	00:06-	00:07+	00:14+	00:00=	00:16-	00:16-	00:11#	01:03&	00:03+	00:04+	00:07+	00:13&	00:12-	00:05#	00:01-		
<b>3</b>	<b>Aslak Heimdahl</b>	<b>185</b>										<b>45:23</b>									
03:49+	06:51+	07:49+	14:07+	18:27+	20:10+	22:53+	25:45+	28:53+	31:02+	33:35+	34:39+	35:48+	39:14+	40:42+	42:44+	43:28+	44:50+	45:23+	45:50+		
03:49+	03:02+	00:58+	06:18+	04:20+	01:43+	02:43+	02:52+	03:08+	02:09+	02:33-	01:04-	01:09-	03:26+	01:28=	02:02-	00:44-	01:22-	00:33-	00:27+		
00:27#	00:20#	00:03+	00:30+	00:22+	00:10#	00:21#	00:16#	00:02+	00:09+	00:10-	00:02-	00:11-	00:28#	00:00=	00:03-	00:04-	00:20-	00:04-	00:02+		
<b>4</b>	<b>Niels Christian Hellerud</b>	<b>101</b>										<b>48:01</b>									
03:44+	07:07+	08:05+	14:09+	18:14+	19:43+	22:13+	25:24+	28:39+	31:40+	34:24+	35:46+	37:36+	40:40+	42:18+	44:39+	45:40+	47:17+	48:01+	48:23+		
03:44+	03:23+	00:58+	06:04+	04:05+	01:29-	02:30+	03:11+	03:15+	03:01+	02:44+	01:22+	01:50+	03:04+	01:38+	02:21+	01:01+	01:37-	00:44+	00:22-		
00:22#	00:41&	00:03+	00:16+	00:07+	00:04-	00:08+	00:35#	00:09+	01:01&	00:01+	00:16#	00:30&	00:06+	00:10#	00:16#	00:13&	00:05-	00:07#	00:03-		
<b>5</b>	<b>Mats Eidsmo</b>	<b>320</b>										<b>49:17</b>									
03:43+	06:56+	08:00+	14:15+	18:34+	20:34+	23:09+	25:46+	29:15+	31:35+	34:30+	35:55+	37:19+	40:42+	42:29+	45:01+	46:08+	48:35+	49:17+	49:41+		
03:43+	03:13+	01:04+	06:15+	04:19+	02:00+	02:35+	02:37+	03:29+	02:20+	02:55+	01:25+	01:24+	03:23+	01:47+	02:32+	01:07+	02:27+	00:42+	00:24-		
00:21#	00:31#	00:09#	00:27+	00:21+	00:27&	00:13+	00:01+	00:23#	00:20#	00:12+	00:19&	00:04+	00:25#	00:19#	00:27#	00:19&	00:45&	00:05#	00:01-		
<b>6</b>	<b>Kristian Rykkje</b>	<b>368</b>										<b>49:50</b>									
04:06+	07:15+	08:27+	15:47+	20:14+	22:11+	24:38+	27:56+	31:50+	33:49+	36:29+	37:35+	38:59+	42:08+	43:47+	45:59+	46:54+	49:12+	49:50+	50:16+		
04:06+	03:09+	01:12+	07:20+	04:27+	01:57+	02:27+	03:18+	03:54+	01:59-	02:40-	01:06=	01:24+	03:09+	01:39+	02:12+	00:55+	02:18+	00:38+	00:26+		
00:44#	00:27#	00:17&	01:32&	00:29#	00:24&	00:05+	00:42&	00:48&	00:01-	00:03-	00:00=	00:04+	00:11+	00:11#	00:07+	00:07#	00:36&	00:01+	00:01+		
<b>7</b>	<b>Henrik Fredriksen Aas</b>	<b>26</b>										<b>51:31</b>									
09:45+	12:51+	13:48+	20:10+	24:30+	26:12+	28:44+	31:33+	35:05+	37:02+	39:34+	40:41+	41:50+	45:19+	46:45+	48:48+	49:31+	50:52+	51:31+	51:55+		
09:45+	03:06+	00:57+	06:22+	04:20+	01:42+	02:32+	02:49+	03:32+	01:57-	02:32-	01:07+	01:09-	03:29+	01:26-	02:03-	00:43-	01:21-	00:39+	00:24-		
06:23@	00:24#	00:02+	00:34+	00:22+	00:09+	00:10+	00:13+	00:26#	00:03-	00:11-	00:01+	00:11-	00:31#	00:02-	00:02-	00:05-	00:21-	00:02+	00:01-		
<b>8</b>	<b>Eskil Frøisland</b>	<b>366</b>										<b>51:46</b>									
03:53+	09:30+	10:34+	16:58+	21:37+	23:27+	25:59+	29:07+	32:55+	34:52+	37:53+	39:02+	40:37+	44:03+	45:50+	48:17+	49:16+	50:44+	51:46+	52:06+		
03:53+	05:37+	01:04+	06:24+	04:39+	01:50+	02:32+	03:08+	03:48+	01:57-	03:01+	01:09+	01:35+	03:26+	01:47+	02:27+	00:59+	01:28-	01:02+	00:20-		
00:31#	02:55@	00:09#	00:36#	00:41#	00:17#	00:10+	00:32#	00:42#	00:03-	00:18#	00:03+	00:15#	00:28#	00:19#	00:22#	00:11#	00:14-	00:25&	00:05-		
<b>9</b>	<b>Jo Even Kolstad</b>	<b>320</b>										<b>51:58</b>									
04:09+	07:25+	08:34+	15:16+	20:10+	21:54+	24:36+	27:21+	30:31+	32:23+	35:22+	36:33+	38:06+	41:24+	43:00+	45:24+	46:11+	51:14+	51:58+	52:25+		
04:09+	03:16+	01:09+	06:42+	04:54+	01:44+	02:42+	02:45+	03:10+	01:52-	02:59+	01:11+	01:33+	03:18+	01:36+	02:24+	00:47-	05:03+	00:44+	00:27+		
00:47#	00:34#	00:14&	00:54#	00:56#	00:11#	00:20#	00:09+	00:04+	00:08-	00:16+	00:05+	00:13#	00:20#	00:08+	00:19#	00:01-	03:21@	00:07#	00:02+		
<b>10</b>	<b>Vegard Kittilsen</b>	<b>320</b>										<b>53:38</b>									
03:57+	06:48+	07:53+	14:37+	19:05+	20:43+	23:42+	27:50+	31:33+	33:27+	36:10+	37:47+	39:05+	46:08+	48:00+	50:19+	51:09+	52:40+	53:38+	53:51+		
03:57+	02:51+	01:05+	06:44+	04:28+	01:38+	02:59+	04:08+	03:43+	01:54-	02:43=	01:37+	01:18-	07:03+	01:52+	02:19+	00:50+	01:31-	00:58+	00:13-		
00:35#	00:09+	00:10#	00:56#	00:30#	00:05+	00:37&	01:32&	00:37#	00:06-	00:00=	00:31&	00:02-	04:05@	00:24&	00:14#	00:02+	00:11-	00:21&	00:12-		
<b>11</b>	<b>Even Lindaas</b>	<b>366</b>										<b>54:27</b>									
03:47+	07:31+	08:57+	15:55+	21:56+	24:01+	27:19+	30:20+	34:03+	36:15+	39:28+	40:32+	42:03+	45:13+	47:35+	50:40+	51:35+	53:33+	54:27+	54:40+		
03:47+	03:44+	01:26+	06:58+	06:01+	02:05+	03:18+	03:01+	03:43+	02:12+	03:13+	01:04-	01:31+	03:10+	02:22+	03:05+	00:55+	01:58+	00:54+	00:13-		
00:25#	01:02&	00:31&	01:10#	02:03&	00:32&	00:56&	00:25#	00:37#	00:12#	00:30#	00:02-	00:11#	00:12+	00:54&	01:00&	00:07#	00:16#	00:17&	00:12-		
<b>12</b>	<b>Lars Young Vik</b>	<b>245</b>										<b>54:28</b>									
08:54+	11:57+	13:21+	20:05+	24:54+	27:37+	30:08+	33:00+	36:23+	38:36+	41:36+	43:01+	44:33+	48:08+	49:43+	51:43+	52:24+	53:42+	54:28+	54:45+		
08:54+	03:03+	01:24+	06:44+	04:49+	02:43+	02:31+	02:52+	03:23+	02:13+	03:00+	01:25+	01:32+	03:35+	01:35+	02:00-	00:41-	01:18-	00:46+	00:17-		
05:32@	00:21#	00:29&	00:56#	00:51#	01:10&	00:09+	00:16#	00:17+	00:13#	00:17#	00:19&	00:12#	00:37#	00:07+	00:05-	00:07-	00:24-	00:09#	00:08-		















Class	Navn	Klasse	Tid
<b>21</b>	<b>Vegard Danielsen</b>	<b>189</b>	<b>1:10:45</b>
03:21+	09:46+ 14:02+ 22:15+ 24:03+ 27:55+	30:35+ 32:17+ 35:22+ 37:55+ 46:27+ 47:43+ 55:19+	56:26+ 59:00+ 61:38+ 63:25+ 65:04+ 67:11+ 68:08+ 70:05+ 70:45+ 71:06+
03:21+	06:25+ 04:16+ 08:13+ 01:48+ 03:52+	02:40+ 01:42+ 03:05+ 02:33- 08:32+ 01:16+ 07:36+	01:07+ 02:34+ 02:38+ 01:47+ 01:39+ 02:07+ 00:57+ 01:57+ 00:40+ 00:21-
00:16+	03:11& 00:19+ 00:46# 00:18# 00:34#	00:09+ 00:15# 00:31# 00:02- 01:16# 00:10# 00:59#	00:06+ 00:09+ 01:04& 00:15# 00:24& 00:28& 00:01+ 00:24& 00:04# 00:02-
<b>22</b>	<b>Oskar Røen</b>	<b>368</b>	<b>1:12:10</b>
03:57+	09:02+ 13:49+ 22:55+ 24:56+ 29:34+	32:34+ 34:21+ 37:53+ 40:39+ 48:51+ 50:04+ 57:11+	58:23+ 60:51+ 62:41+ 64:31+ 65:59+ 67:59+ 69:00+ 71:19+ 72:10+ 72:28+
03:57+	05:05+ 04:47+ 09:06+ 02:01+ 04:38+	03:00+ 01:47+ 03:32+ 02:46+ 08:12+ 01:13+ 07:07+	01:12+ 02:28+ 01:50+ 01:50+ 01:28+ 02:00+ 01:01+ 02:19+ 00:51+ 00:18-
00:52&	01:51& 00:50# 01:39# 00:31& 01:20&	00:29# 00:20# 00:58& 00:11+ 00:56# 00:07# 00:30+	00:11# 00:03+ 00:16# 00:18# 00:13# 00:21# 00:05+ 00:46& 00:15& 00:05-
<b>23</b>	<b>Carl Godager Kaas</b>	<b>32</b>	<b>1:12:10</b>
03:17+	07:36+ 13:36+ 21:45+ 23:28+	26:55+ 29:36+ 31:13+ 34:03+ 36:51+	45:25+ 46:48+ 54:24+ 55:38+ 58:22+
03:17+	04:19+ 06:00+ 08:09+ 01:43+	03:27+ 02:41+ 01:37+ 02:50+ 02:48+	08:34+ 01:23+ 07:36+ 01:14+ 02:44+
00:12+	01:05& 02:03& 00:42+ 00:13# 00:09+	00:10+ 00:10# 00:16# 00:13+ 01:18#	00:17& 00:59# 00:13# 00:19# 00:27& 00:09+ 02:22& 00:18# 00:08# 01:00& 00:19& 00:08-
<b>24</b>	<b>Vyacheslav Mukhidinov</b>	<b>368</b>	<b>1:13:18</b>
03:27+	07:29+ 12:16+ 20:59+ 22:40+	28:04+ 30:51+ 32:51+ 36:00+ 38:50+	47:18+ 48:36+ 56:44+ 57:58+ 60:52+
03:27+	04:02+ 04:47+ 08:43+ 01:41+	05:24+ 02:47+ 02:00+ 03:09+ 02:50+	08:28+ 01:18+ 08:08+ 01:14+ 02:54+
00:22#	00:48# 00:50# 01:16# 00:11# 02:06&	00:16# 00:33& 00:35# 00:15+ 01:12#	00:12# 01:31# 00:13# 00:29# 00:19# 00:30& 00:32& 00:45& 00:14# 00:39& 00:22& 00:09-
<b>25</b>	<b>Anders Felde Olausen</b>	<b>244</b>	<b>1:13:53</b>
03:44+	08:21+ 13:18+ 22:58+ 24:57+	28:51+ 31:50+ 33:29+ 36:37+ 40:08+	49:27+ 50:52+ 58:42+ 59:47+ 62:24+
03:44+	04:37+ 04:57+ 09:40+ 01:59+	03:54+ 02:59+ 01:39+ 03:08+	03:31+ 09:19+ 01:25+ 07:50+
00:39#	01:23& 01:00& 02:13& 00:29&	00:36# 00:28# 00:12# 00:34#	00:04+ 00:12+ 00:21# 00:18# 00:04+ 00:30& 00:12# 00:49& 00:10& 00:05-
<b>26</b>	<b>Anders Vister</b>	<b>245</b>	<b>1:14:26</b>
03:36+	07:39+ 12:18+ 20:59+	23:12+ 27:00+	29:45+ 31:22+
03:36+	04:03+ 04:39+ 08:41+	02:13+ 03:48+	02:45+ 01:37+
00:31#	00:49& 00:42# 01:14# 00:43&	00:30# 00:14+ 00:10#	00:05+ 00:08+ 05:06& 00:22& 01:24#
<b>27</b>	<b>Jørgen Madslie</b>	<b>244</b>	<b>1:15:34</b>
03:49+	08:08+ 13:20+ 23:27+	25:23+ 29:37+	32:46+ 34:28+
03:49+	04:19+ 05:12+ 10:07+	01:56+ 04:14+	03:09+ 01:42+ 03:10+
00:44#	01:05& 01:15& 02:40&	00:26& 00:56& 00:38&	00:15# 00:36# 00:31# 01:45# 00:21& 01:33#
<b>28</b>	<b>Håvard Wedege</b>	<b>189</b>	<b>1:16:14</b>
03:31+	08:58+ 16:08+ 26:15+	28:17+ 32:09+	34:56+ 36:37+
03:31+	05:27+ 07:10+ 10:07+	02:02+ 03:52+	02:47+ 01:41+ 02:59+
00:26#	02:13& 03:13& 02:40&	00:32& 00:34# 00:16#	00:14# 00:25# 00:17# 02:04& 00:09# 01:22#
<b>29</b>	<b>Asgeir Mjøsund</b>	<b>245</b>	<b>1:16:59</b>
03:18+	08:55+ 13:36+ 22:59+	25:02+ 29:14+	32:33+ 34:20+
03:18+	05:37+ 04:41+ 09:23+	02:03+ 04:12+	03:19+ 01:47+
00:13+	02:23& 00:44# 01:56&	00:33& 00:54& 00:48&	00:20# 00:46& 00:36# 02:34& 00:17& 00:52#
<b>30</b>	<b>Øyvind Wiggen</b>	<b>51</b>	<b>1:17:02</b>
03:47+	08:25+ 12:51+ 22:36+	24:54+ 29:23+	32:54+ 34:31+
03:47+	04:38+ 04:26+ 09:45+	02:18+ 04:29+	03:31+ 01:37+
00:42#	01:24& 00:29# 02:18&	00:48& 01:11&	00:23# 00:19# 02:19& 00:19& 01:40&
<b>31</b>	<b>Espen Nordbrøden Fiskum</b>	<b>82</b>	<b>1:18:19</b>
03:50+	08:36+ 13:34+ 24:08+	26:11+ 30:13+	33:44+ 35:38+
03:50+	04:46+ 04:58+ 10:34+	02:03+ 04:02+	03:31+ 01:54+
00:45#	01:32& 01:01& 03:07&	00:33& 00:44# 01:00&	00:27& 00:26# 00:40& 02:09& 00:23& 01:44&
<b>32</b>	<b>Øyvind Helgerud</b>	<b>101</b>	<b>1:18:22</b>
03:35+	07:51+ 13:34+ 22:30+	24:25+ 28:14+	31:06+ 32:54+
03:35+	04:16+ 05:43+ 08:56+	01:55+ 03:49+	02:52+ 01:48+
00:30#	01:02& 01:46& 01:29#	00:25& 00:31# 00:21#	00:21# 00:43& 00:51& 02:42& 00:24& 02:22&
<b>33</b>	<b>Kristoffer Fiane Pedersen</b>	<b>268</b>	<b>1:20:06</b>
03:32+	07:49+ 13:50+ 22:58+	24:50+	29:03+
03:32+	04:17+ 06:01+ 09:08+	01:52+ 04:13+	02:54+ 01:48+
00:27#	01:03& 02:04& 01:41#	00:22# 00:55& 00:23#	00:21# 00:57& 01:00& 03:38& 00:26& 02:47&
<b>34</b>	<b>Torkil Eide Solstad</b>	<b>163</b>	<b>1:20:20</b>
03:32+	08:18+ 14:42+ 25:12+	27:07+ 31:05+	33:56+ 35:38+
03:32+	04:46+ 06:24+ 10:30+	01:55+ 03:58+	02:51+ 01:42+ 04:05+
00:27#	01:32& 02:27& 03:03&	00:25& 00:40# 00:20#	00:15# 01:31& 00:35# 02:50& 00:22& 01:37#
<b>35</b>	<b>Trond Kortner</b>	<b>388</b>	<b>1:20:20</b>
03:35+	07:57+ 13:05+ 22:58+	24:57+ 29:02+	31:58+ 33:44+
03:35+	04:22+ 05:08+ 09:53+	01:59+ 04:05+	02:56+ 01:46+
00:30#	01:08& 01:11& 02:26&	00:29& 00:47# 00:25#	00:19# 01:13& 00:50& 02:37& 00:21& 01:57&



Class	Navn	Klasse																		Tid																	
<b>51</b>	<b>Morten Fismen</b>	<b>80</b>																		<b>1:33:07</b>																	
04:18+	09:48+	16:39+	28:30+	30:56+	35:45+	39:00+	41:25+	44:59+	48:43+	60:31+	62:17+	73:59+	75:37+	79:20+	82:00+	84:09+	86:08+	88:30+	89:49+	91:53+	93:07+	93:12+															
04:18+	05:30+	06:51+	11:51+	02:26+	04:49+	03:15+	02:25+	03:34+	03:44+	11:48+	01:46+	11:42+	01:38+	03:43+	02:40+	02:09+	01:59+	02:22+	01:19+	02:04+	01:14+	00:05-															
01:13&	02:16&	02:54&	04:24&	00:56&	01:31&	00:44&	00:58&	01:00&	01:09&	04:32&	00:40&	05:05&	00:37&	01:18&	01:06&	00:37&	00:44&	00:43&	00:23&	00:31&	00:38@	00:18-															
<b>52</b>	<b>Håkon Heggedal</b>	<b>245</b>																		<b>1:33:45</b>																	
03:33+	08:42+	14:04+	26:06+	29:53+	34:36+	38:22+	40:51+	45:04+	49:10+	60:26+	62:09+	71:43+	74:43+	77:55+	80:33+	82:38+	86:02+	88:35+	90:00+	92:19+	93:45+	93:48+															
03:33+	05:09+	05:22+	12:02+	03:47+	04:43+	03:46+	02:29+	04:13+	04:06+	11:16+	01:43+	09:34+	03:00+	03:12+	02:38+	02:05+	03:24+	02:33+	01:25+	02:19+	01:26+	00:03-															
00:28#	01:55&	01:25&	04:35&	02:17@	01:25&	01:15&	01:02&	01:39&	01:31&	04:00&	00:37&	02:57&	01:59@	00:47&	01:04&	00:33&	02:09@	00:54&	00:29&	00:46&	00:50@	00:20-															
<b>53</b>	<b>Eirik W. Moe</b>	<b>201</b>																		<b>1:46:10</b>																	
05:15+	11:04+	17:23+	29:42+	31:58+	36:23+	40:15+	42:19+	46:27+	51:13+	64:15+	65:44+	78:31+	80:16+	84:09+	87:45+	91:29+	94:42+	99:38+	101:52+	105:00+	106:10+	106:29+															
05:15+	05:49+	06:19+	12:19+	02:16+	04:25+	03:52+	02:04+	04:08+	04:46+	13:02+	01:29+	12:47+	01:45+	03:53+	03:36+	03:44+	03:13+	04:56+	02:14+	03:08+	01:10+	00:19-															
02:10&	02:35&	02:22&	04:52&	00:46&	01:07&	01:21&	00:37&	01:34&	02:11&	05:46&	00:23&	06:10&	00:44&	01:28&	02:02@	02:12@	01:58@	03:17@	01:18@	01:35@	00:34&	00:04-															
<b>54</b>	<b>Eirik Ravnan</b>	<b>163</b>																		<b>1:48:36</b>																	
04:43+	09:39+	22:56+	36:26+	39:07+	43:57+	47:11+	49:19+	53:39+	57:12+	70:42+	72:49+	87:57+	89:34+	93:36+	96:10+	98:26+	100:23+	103:08+	104:39+	107:17+	108:36+	108:51+															
04:43+	04:56+	13:17+	13:30+	02:41+	04:50+	03:14+	02:08+	04:20+	03:33+	13:30+	02:07+	15:08+	01:37+	04:02+	02:34+	02:16+	01:57+	02:45+	01:31+	02:38+	01:19+	00:15-															
01:38&	01:42&	09:20@	06:03&	01:11&	01:32&	00:43&	00:41&	01:46&	00:58&	06:14&	01:01&	08:31@	00:36&	01:37&	01:00&	00:44&	00:42&	01:06&	00:35&	01:05&	00:43@	00:08-															
<b>Beste strekktid for klassen</b>																																					
03:01	03:14	03:55	07:20	01:26	03:06	02:22	01:27	02:32	02:26	03:26	01:06	01:21	00:59	02:21	01:34	01:27	01:15	00:58	00:51	01:07	00:09	00:02															

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