

Plass Navn

Klasse

Tid

D10-20 Utvikling

1 Julie Såheim Fredrikstad SK 28:51

02:22= 11:25= 14:30= 16:40= 20:14= 24:25= 28:17= 28:51=
 02:22= 09:03= 03:05= 02:10= 03:34= 04:11= 03:52= 00:34=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Hermine Andersen Sarpsborg OL 36:50

04:00+ 10:18= 15:23+ 19:15+ 24:58+ 29:31+ 35:55+ 36:50+
 04:00+ 06:18= 05:05+ 03:52+ 05:43+ 04:33+ 06:24+ 00:55+
 01:38& 02:45= 02:00& 01:42& 02:09& 00:22+ 02:32& 00:21&

Beste strekktid for klassen

02:22 06:18 03:05 02:10 03:34 04:11 03:52 00:34

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

D11-12

1 Jenny Danevad Fredrikstad SK 20:25

02:15= 05:17= 10:14= 11:50= 13:49= 16:35= 19:43= 20:25=
 02:15= 03:02= 04:57= 01:36= 01:59= 02:46= 03:08= 00:42=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Emma Aune Jakobsen OK Moss 22:55

02:37+ 06:23+ 09:15= 11:30= 14:05+ 18:04+ 22:08+ 22:55+
 02:37+ 03:46+ 02:52= 02:15+ 02:35+ 03:59+ 04:04+ 00:47+
 00:22# 00:44# 02:05= 00:39& 00:36& 01:13& 00:56& 00:05#

3 Hedvig Scheele Søyland Fredrikstad SK 23:19

03:31+ 07:40+ 10:48+ 12:47+ 15:14+ 18:48+ 22:40+ 23:19+
 03:31+ 04:09+ 03:08= 01:59+ 02:27+ 03:34+ 03:52+ 00:39=
 01:16& 01:07& 01:49= 00:23# 00:28# 00:48& 00:44# 00:03=

4 Sofie Holm Nedrebø OK Moss 24:41

02:41+ 06:39+ 10:41+ 13:11+ 16:43+ 20:01+ 24:02+ 24:41+
 02:41+ 03:58+ 04:02= 02:30+ 03:32+ 03:18+ 04:01+ 00:39=
 00:26# 00:56& 00:55= 00:54& 01:33& 00:32# 00:53& 00:03=

5 Erle P. Wetterhus OK Moss 25:00

02:41+ 06:45+ 09:50= 11:59+ 15:18+ 19:35+ 24:20+ 25:00+
 02:41+ 04:04+ 03:05= 02:09+ 03:19+ 04:17+ 04:45+ 00:40=
 00:26# 01:02& 01:52= 00:33& 01:20& 01:31& 01:37& 00:02=

6 Erle Elise Wold OK Moss 26:23

03:01+ 07:31+ 10:23+ 12:55+ 16:13+ 20:56+ 25:52+ 26:23+
 03:01+ 04:30+ 02:52= 02:32+ 03:18+ 04:43+ 04:56+ 00:31=
 00:46& 01:28& 02:05= 00:56& 01:19& 01:57& 01:48& 00:11=

7 Malin Husebye Aamodt Fredrikstad SK 29:37

03:35+ 08:38+ 12:00+ 14:30+ 17:51+ 23:42+ 29:09+ 29:37+
 03:35+ 05:03+ 03:22= 02:30+ 03:21+ 05:51+ 05:27+ 00:28=
 01:20& 02:01& 01:35= 00:54& 01:22& 03:05@ 02:19& 00:14=

8 Betina Arnesen Fredrikstad SK 39:45

03:23+ 08:51+ 17:45+ 21:55+ 27:56+ 34:06+ 39:00+ 39:45+
 03:23+ 05:28+ 08:54+ 04:10+ 06:01+ 06:10+ 04:54+ 00:45+
 01:08& 02:26& 03:57& 02:34@ 04:02@ 03:24@ 01:46& 00:03+

9 Una Retteraasen Indre Østfold OK 1:16:42

07:12+ 28:41+ 35:00+ 40:17+ 49:04+ 68:23+ 75:57+ 76:42+
 07:12+ 21:29+ 06:19+ 05:17+ 08:47+ 19:19+ 07:34+ 00:45+
 04:57@ 18:27@ 01:22& 03:41@ 06:48@ 16:33@ 04:26@ 00:03+

Beste strekktid for klassen

02:15 03:02 02:52 01:36 01:59 02:46 03:08 00:28

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

D13-14

1	Erika Lind-Larsen	OK Moss	25:26							
02:27=	05:25=	07:05=	09:15=	10:18=	12:39=	16:20=	19:40=	23:05=	24:51=	25:26=
02:27=	02:58=	01:40=	02:10=	01:03=	02:21=	03:41=	03:20=	03:25=	01:46=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marte Hox Brynildsen	Fredrikstad SK	32:27							
03:03+	06:29+	08:14+	10:45+	11:53+	13:43+	16:56+	21:01+	29:49+	31:55+	32:27+
03:03+	03:26+	01:45+	02:31+	01:08+	01:50-	03:13-	04:05+	08:48+	02:06+	00:32-
00:36#	00:28#	00:05+	00:21#	00:05+	00:31-	00:28-	00:45#	05:23@	00:20#	00:03-
3	Elma Sagli Gudim	Indre Østfold OK	34:47							
03:54+	07:32+	09:44+	12:59+	14:30+	16:49+	20:24+	24:10+	31:45+	34:01+	34:47+
03:54+	03:38+	02:12+	03:15+	01:31+	02:19-	03:35-	03:46+	07:35+	02:16+	00:46+
01:27&	00:40#	00:32&	01:05&	00:28&	00:02-	00:06-	00:26#	04:10@	00:30&	00:11&
4	Sigrd Schmitt Gran	Halden SK	38:10							
02:55+	11:32+	13:21+	16:10+	17:48+	19:40+	22:10+	25:35+	35:39+	37:30+	38:10+
02:55+	08:37+	01:49+	02:49+	01:38+	01:52-	02:30-	03:25+	10:04+	01:51+	00:40+
00:28#	05:39@	00:09+	00:39&	00:35&	00:29-	01:11-	00:05+	06:39@	00:05+	00:05#
5	Marte Lillegraven Langsæter	Trøsken IL	41:18							
02:37+	05:44+	07:33+	14:47+	15:51+	17:40+	26:16+	28:46+	39:26+	40:48+	41:18+
02:37+	03:07+	01:49+	07:14+	01:04+	01:49-	08:36+	02:30-	10:40+	01:22-	00:30-
00:10+	00:09+	00:09+	05:04@	00:01+	00:32-	04:55@	00:50-	07:15@	00:24-	00:05-
6	Åse Valero Kjerkreit	Halden SK	41:25							
03:50+	08:49+	11:56+	15:18+	17:06+	20:22+	23:48+	29:30+	38:01+	40:49+	41:25+
03:50+	04:59+	03:07+	03:22+	01:48+	03:16+	03:26-	05:42+	08:31+	02:48+	00:36+
01:23&	02:01&	01:27&	01:12&	00:45&	00:55&	00:15-	02:22&	05:06@	01:02&	00:01+
7	Sigrd Hauge	Sarpsborg OL	50:10							
03:14+	07:09+	10:17+	16:44+	17:35+	19:33+	22:30+	25:50+	47:09+	49:34+	50:10+
03:14+	03:55+	03:08+	06:27+	00:51-	01:58-	02:57-	03:20=	21:19+	02:25+	00:36+
00:47&	00:57&	01:28&	04:17@	00:12-	00:23-	00:44-	00:00=	17:54@	00:39&	00:01+
8	Viola Vedvik	OK Moss	59:39							
03:21+	07:41+	11:03+	20:03+	21:31+	23:59+	44:26+	49:57+	55:38+	58:55+	59:39+
03:21+	04:20+	03:22+	09:00+	01:28+	02:28+	20:27+	05:31+	05:41+	03:17+	00:44+
00:54&	01:22&	01:42@	06:50@	00:25&	00:07+	16:46@	02:11&	02:16&	01:31&	00:09&

Beste strekktid for klassen

02:27 02:58 01:40 02:10 00:51 01:49 02:30 02:30 03:25 01:22 00:30

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

D15-16

1	Emma Sofie Steinsland	Fredrikstad SK	34:02				
04:09=	10:53=	16:14=	22:02=	25:39=	31:35=	33:33=	34:02=
04:09=	06:44=	05:21=	05:48=	03:37=	05:56=	01:58=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Emma Helene Olsen	Halden SK	36:05				
01:57-	09:40-	16:35+	24:12+	27:41+	33:39+	35:36+	36:05+
01:57-	07:43+	06:55+	07:37+	03:29-	05:58+	01:57-	00:29=
02:12-	00:59#	01:34&	01:49&	00:08-	00:02+	00:01-	00:00=
3	Amalie Løkkeberg	Fredrikstad SK	37:08				
02:01-	09:41-	14:41-	22:21+	26:22+	34:43+	36:37+	37:08+
02:01-	07:40+	05:00-	07:40+	04:01+	08:21+	01:54-	00:31+
02:08-	00:56#	00:21-	01:52&	00:24#	02:25&	00:04-	00:02+
4	Julie Sophie Wold	OK Moss	38:25				
02:07-	10:12-	16:27+	24:11+	27:56+	35:45+	37:40+	38:25+
02:07-	08:05+	06:15+	07:44+	03:45+	07:49+	01:55-	00:45+
02:02-	01:21#	00:54#	01:56&	00:08+	01:53&	00:03-	00:16&

Class	Navn	Klasse	Tid
5	Solveig Pehrson-Lunde	Sarpsborg OL	39:05
	02:33- 10:22- 15:51- 22:27+ 26:03+ 36:47+ 38:39+ 39:05+		
	02:33- 07:49+ 05:29+ 06:36+ 03:36- 10:44+ 01:52- 00:26-		
	01:36- 01:05# 00:08+ 00:48# 00:01- 04:48& 00:06- 00:03-		
6	Signe Strand Gulbrandsen	Fredrikstad SK	41:25
	02:29- 12:21+ 18:06+ 26:12+ 30:32+ 38:59+ 40:44+ 41:25+		
	02:29- 09:52+ 05:45+ 08:06+ 04:20+ 08:27+ 01:45- 00:41+		
	01:40- 03:08& 00:24+ 02:18& 00:43# 02:31& 00:13- 00:12&		
7	Embla Øvretveit	Fredrikstad SK	44:01
	01:56- 08:24- 16:37+ 25:16+ 35:30+ 41:45+ 43:26+ 44:01+		
	01:56- 06:28- 08:13+ 08:39+ 10:14+ 06:15+ 01:41- 00:35+		
	02:13- 00:16- 02:52& 02:51& 06:37@ 00:19+ 00:17- 00:06#		
8	Frida Hovgaard Eisvang	OK Moss	50:14
	02:14- 16:39+ 20:45+ 27:54+ 40:08+ 48:02+ 49:42+ 50:14+		
	02:14- 14:25+ 04:06- 07:09+ 12:14+ 07:54+ 01:40- 00:32+		
	01:55- 07:41@ 01:15- 01:21# 08:37@ 01:58& 00:18- 00:03#		

Beste strekktid for klassen

01:56 06:28 04:06 05:48 03:29 05:56 01:40 00:26

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

D17-20

1	Rikke Blakkestad Ingesen	Fossum IF	40:57
	02:22= 10:37= 15:08= 20:19= 24:21= 28:20= 38:31= 40:12= 40:57=		
	02:22= 08:15= 04:31= 05:11= 04:02= 03:59= 10:11= 01:41= 00:45=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Gea Øiseth Bedin	Indre Østfold OK	45:42
	02:34+ 11:15+ 16:49+ 22:03+ 27:09+ 32:02+ 42:46+ 45:02+ 45:42+		
	02:34+ 08:41+ 05:34+ 05:14+ 05:06+ 04:53+ 10:44+ 02:16+ 00:40-		
	00:12+ 00:26+ 01:03# 00:03+ 01:04& 00:54# 00:33+ 00:35& 00:05-		
3	Adine Blakkestad Ingesen	Fredrikstad SK	51:23
	02:20- 10:49+ 17:41+ 23:20+ 29:21+ 34:04+ 48:47+ 50:41+ 51:23+		
	02:20- 08:29+ 06:52+ 05:39+ 06:01+ 04:43+ 14:43+ 01:54+ 00:42-		
	00:02- 00:14+ 02:21& 00:28+ 01:59& 00:44# 04:32& 00:13# 00:03-		
4	Marte Sletten Bergsland	Trøsken IL	55:06
	02:31+ 23:29+ 29:25+ 34:16+ 39:09+ 45:41+ 52:56+ 54:29+ 55:06+		
	02:31+ 20:58+ 05:56+ 04:51- 04:53+ 06:32+ 07:15- 01:33- 00:37-		
	00:09+ 12:43@ 01:25& 00:20- 00:51# 02:33& 02:56- 00:08- 00:08-		

Beste strekktid for klassen

02:20 08:15 04:31 04:51 04:02 03:59 07:15 01:33 00:37

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

D9-10

1	Tuva Lundrud	OK Moss	16:44
	02:21= 04:33= 07:50= 08:43= 10:14= 13:07= 16:04= 16:44=		
	02:21= 02:12= 03:17= 00:53= 01:31= 02:53= 02:57= 00:40=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Ingrid Sofie Hox Brynildsen	Fredrikstad SK	18:39
	03:44+ 05:47+ 09:12+ 10:04+ 11:35+ 14:28+ 17:58+ 18:39+		
	03:44+ 02:03- 03:25+ 00:52- 01:31= 02:53= 03:30+ 00:41+		
	01:23& 00:09- 00:08+ 00:01- 00:00= 00:00= 00:33# 00:01+		
3	Pauline Gudim Valsgård	Indre Østfold OK	20:59
	02:36+ 05:07+ 09:46+ 10:52+ 13:05+ 16:25+ 20:12+ 20:59+		
	02:36+ 02:31+ 04:39+ 01:06+ 02:13+ 03:20+ 03:47+ 00:47+		
	00:15# 00:19# 01:22& 00:13# 00:42& 00:27# 00:50& 00:07#		

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

02:21 02:03 03:17 00:52 01:31 02:53 02:57 00:40

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

H10-20 Utvikling**1 Balder Hasvik Larsen Halden SK 22:13**02:01= 08:50= 11:05= 12:46= 14:41= 18:19= 21:42= 22:13=
02:01= 06:49= 02:15= 01:41= 01:55= 03:38= 03:23= 00:31=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=**2 Jakob Tunesvik Høstmark OK Moss 43:23**03:47+ 13:17+ 18:03+ 23:06+ 27:57+ 36:27+ 42:23+ 43:23+
03:47+ 09:30+ 04:46+ 05:03+ 04:51+ 08:30+ 05:56+ 01:00+
01:46& 02:41& 02:31@ 03:22@ 02:56@ 04:52@ 02:33& 00:29&**Beste strekktid for klassen**

02:01 06:49 02:15 01:41 01:55 03:38 03:23 00:31

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

H11-12**1 Anders Hovgaard Eivvang OK Moss 19:47**02:29= 05:46= 08:19= 09:54= 13:27= 16:12= 19:14= 19:47=
02:29= 03:17= 02:33= 01:35= 03:33= 02:45= 03:02= 00:33=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=**2 Eskil Pehrson-Lunde Sarpsborg OL 25:47**02:32+ 06:42+ 09:37+ 11:58+ 15:15+ 20:51+ 25:06+ 25:47+
02:32+ 04:10+ 02:55+ 02:21+ 03:17- 05:36+ 04:15+ 00:41+
00:03+ 00:53& 00:22# 00:46& 00:16- 02:51@ 01:13& 00:08#**3 Syver Strand Gulbrandsen Fredrikstad SK 26:12**02:09- 05:07- 13:50+ 15:30+ 17:38+ 22:34+ 25:41+ 26:12=
02:09- 02:58- 08:43+ 01:40+ 02:08- 04:56+ 03:07+ 00:31-
00:20- 00:19- 06:10@ 00:05+ 01:25- 02:11& 00:05+ 00:02-**4 Fredrik Texmo Grønn Sarpsborg OL 28:39**03:03+ 07:35+ 11:26+ 13:50+ 16:49+ 22:24+ 27:55+ 28:39+
03:03+ 04:32+ 03:51+ 02:24+ 02:59- 05:35+ 05:31+ 00:44+
00:34# 01:15& 01:18& 00:49& 00:34- 02:50@ 02:29& 00:11&**5 Jesper Vonon Svae Sarpsborg OL 30:22**02:16- 06:05+ 08:23+ 10:07+ 20:51+ 26:09+ 29:48+ 30:22+
02:16- 03:49+ 02:18- 01:44+ 10:44+ 05:18+ 03:39+ 00:34+
00:13- 00:32# 00:15- 00:09+ 07:11@ 02:33& 00:37# 00:01+**6 Brage Kristiansen OK Moss 35:10**03:32+ 13:28+ 17:00+ 19:14+ 22:53+ 30:13+ 34:32+ 35:10+
03:32+ 09:56+ 03:32+ 02:14+ 03:39+ 07:20+ 04:19+ 00:38+
01:03& 06:39@ 00:59& 00:39& 00:06+ 04:35@ 01:17& 00:05#**7 Peder Kjerkeit Trøsken IL 38:50**02:16- 18:51+ 22:23+ 27:11+ 29:21+ 34:08+ 38:09+ 38:50+
02:16- 16:35+ 03:32+ 04:48+ 02:10- 04:47+ 04:01+ 00:41+
00:13- 13:18@ 00:59& 03:13@ 01:23- 02:02& 00:59& 00:08#**8 Selmer Løken OK Moss 39:35**02:28- 25:12+ 27:43+ 29:25+ 31:33+ 35:04+ 38:49+ 39:35+
02:28- 22:44+ 02:31- 01:42+ 02:08- 03:31+ 03:45+ 00:46+
00:01- 19:27@ 00:02- 00:07+ 01:25- 00:46& 00:43# 00:13&**9 Aksel Rekkedal Indre Østfold OK 41:25**05:50+ 11:01+ 16:17+ 25:07+ 29:22+ 35:09+ 40:42+ 41:25+
05:50+ 05:11+ 05:16+ 08:50+ 04:15+ 05:47+ 05:33+ 00:43+
03:21@ 01:54& 02:43@ 07:15@ 00:42# 03:02@ 02:31& 00:10&

Class	Navn	Klasse	Tid
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10	Theodor Johannessen Nilsen	Trøsken IL	49:35				
02:42+	21:33+	24:11+	36:50+	39:22+	44:23+	48:48+	49:35+
02:42+	18:51+	02:38+	12:39+	02:32-	05:01+	04:25+	00:47+
00:13+	15:34@	00:05+	11:04@	01:01-	02:16&	01:23&	00:14&

Beste strekktid for klassen

02:09 02:58 02:18 01:35 02:08 02:45 03:02 00:31

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

H13-14

1	Emil Husebye Aamodt	Fredrikstad SK	18:44							
02:20=	04:46=	06:13=	07:57=	08:44=	09:56=	11:33=	13:55=	16:44=	18:08=	18:44=
02:20=	02:26=	01:27=	01:44=	00:47=	01:12=	01:37=	02:22=	02:49=	01:24=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Henrik Julian Fontes Aarbu	Varteig OL	21:04							
02:23+	04:45-	06:06-	08:52+	09:36+	10:58+	12:35+	15:07+	19:22+	20:35+	21:04+
02:23+	02:22-	01:21-	02:46+	00:44-	01:22+	01:37=	02:32+	04:15+	01:13-	00:29-
00:03+	00:04-	00:06-	01:02&	00:03-	00:10#	00:00=	00:10+	01:26&	00:11-	00:07-

3	Martin Bryggen	Halden SK	24:24							
02:32+	05:28+	07:12+	09:18+	10:23+	12:24+	14:39+	18:03+	22:02+	23:48+	24:24+
02:32+	02:56+	01:44+	02:06+	01:05+	02:01+	02:15+	03:24+	03:59+	01:46+	00:36=
00:12+	00:30#	00:17#	00:22#	00:18&	00:49&	00:38&	01:02&	01:10&	00:22&	00:00=

4	Audun Nordby	Fredrikstad SK	25:06							
03:24+	06:25+	08:13+	10:53+	12:11+	14:02+	16:39+	19:18+	22:35+	24:28+	25:06+
03:24+	03:01+	01:48+	02:40+	01:18+	01:51+	02:37+	02:39+	03:17+	01:53+	00:38+
01:04&	00:35#	00:21#	00:56&	00:31&	00:39&	01:00&	00:17#	00:28#	00:29&	00:02+

5	Sebastian Bøhn-Bryntesen	Halden SK	25:28							
03:08+	06:08+	08:00+	10:54+	12:19+	14:16+	16:41+	19:36+	22:57+	24:47+	25:28+
03:08+	03:00+	01:52+	02:54+	01:25+	01:57+	02:25+	02:55+	03:21+	01:50+	00:41+
00:48&	00:34#	00:25&	01:10&	00:38&	00:45&	00:48&	00:33#	00:32#	00:26&	00:05#

6	Elias Mosebekk	Halden SK	33:46							
03:45+	06:42+	16:03+	18:38+	19:47+	21:19+	24:39+	27:26+	31:29+	33:11+	33:46+
03:45+	02:57+	09:21+	02:35+	01:09+	01:32+	03:20+	02:47+	04:03+	01:42+	00:35-
01:25&	00:31#	07:54@	00:51&	00:22&	00:20&	01:43@	00:25#	01:14&	00:18#	00:01-

7	Sivert Finstad	Fredrikstad SK	33:59							
03:50+	07:34+	09:15+	11:44+	13:12+	15:16+	21:36+	25:54+	31:17+	33:20+	33:59+
03:50+	03:44+	01:41+	02:29+	01:28+	02:04+	06:20+	04:18+	05:23+	02:03+	00:39+
01:30&	01:18&	00:14#	00:45&	00:41&	00:52&	04:43@	01:56&	02:34&	00:39&	00:03+

8	Elias Thoresen	Halden SK	42:37							
04:28+	09:39+	11:59+	14:33+	16:31+	19:04+	25:37+	31:08+	36:06+	42:01+	42:37+
04:28+	05:11+	02:20+	02:34+	01:58+	02:33+	06:33+	05:31+	04:58+	05:55+	00:36=
02:08&	02:45@	00:53&	00:50&	01:11@	01:21@	04:56@	03:09@	02:09&	04:31@	00:00=

9	Birk Breimo	OK Moss	45:13							
04:51+	09:13+	11:33+	14:46+	15:59+	27:11+	29:46+	37:19+	42:21+	44:41+	45:13+
04:51+	04:22+	02:20+	03:13+	01:13+	11:12+	02:35+	07:33+	05:02+	02:20+	00:32-
02:31@	01:56&	00:53&	01:29&	00:26&	10:00@	00:58&	05:11@	02:13&	00:56&	00:04-

10	Eivind Imrik	Fredrikstad SK	49:09							
05:47+	17:46+	20:04+	25:48+	27:59+	30:12+	33:41+	39:43+	44:24+	48:34+	49:09+
05:47+	11:59+	02:18+	05:44+	02:11+	02:13+	03:29+	06:02+	04:41+	04:10+	00:35-
03:27@	09:33@	00:51&	04:00@	01:24@	01:01&	01:52@	03:40@	01:52&	02:46@	00:01-

Beste strekktid for klassen

02:20 02:22 01:21 01:44 00:44 01:12 01:37 02:22 02:49 01:13 00:29

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

H15-16

Class	Navn	Klasse	Tid
1	Alfred Bjørnerød	OK Moss	24:18
	01:36= 07:11= 10:36= 14:47= 17:39= 22:33= 23:47= 24:18=		
	01:36= 05:35= 03:25= 04:11= 02:52= 04:54= 01:14= 00:31=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Sigurd Saxe Sandvik	Halden SK	24:31
	01:35- 07:00- 10:13- 14:42- 17:28- 22:46+ 24:01+ 24:31+		
	01:35- 05:25- 03:13- 04:29+ 02:46- 05:18+ 01:15+ 00:30-		
	00:01- 00:10- 00:12- 00:18+ 00:06- 00:24+ 00:01+ 00:01-		
3	Sivert Poppe	Fredrikstad SK	26:30
	01:29- 09:13+ 12:15+ 16:58+ 19:21+ 24:34+ 26:02+ 26:30+		
	01:29- 07:44+ 03:02- 04:43+ 02:23- 05:13+ 01:28+ 00:28-		
	00:07- 02:09& 00:23- 00:32# 00:29- 00:19+ 00:14# 00:03-		
4	Peder Aabogen Haugaard	Indre Østfold OK	27:08
	01:39+ 07:11= 11:15+ 16:05+ 18:49+ 25:18+ 26:36+ 27:08+		
	01:39+ 05:32- 04:04+ 04:50+ 02:44- 06:29+ 01:18+ 00:32+		
	00:03+ 00:03- 00:39# 00:39# 00:08- 01:35& 00:04+ 00:01+		
5	Sondre Ladim	OK Moss	28:49
	01:43+ 07:41+ 12:06+ 17:07+ 20:23+ 26:39+ 28:07+ 28:49+		
	01:43+ 05:58+ 04:25+ 05:01+ 03:16+ 06:16+ 01:28+ 00:42+		
	00:07+ 00:23+ 01:00& 00:50# 00:24# 01:22& 00:14# 00:11&		
6	Sebastian Blomfeldt Unnerud	OK Moss	32:40
	01:43+ 10:15+ 14:10+ 21:17+ 24:45+ 30:28+ 32:09+ 32:40+		
	01:43+ 08:32+ 03:55+ 07:07+ 03:28+ 05:43+ 01:41+ 00:31=		
	00:07+ 02:57& 00:30# 02:56& 00:36# 00:49# 00:27& 00:00=		
7	William Fosser	Indre Østfold OK	46:07
	02:17+ 09:31+ 14:59+ 21:28+ 31:41+ 43:32+ 45:36+ 46:07+		
	02:17+ 07:14+ 05:28+ 06:29+ 10:13+ 11:51+ 02:04+ 00:31=		
	00:41& 01:39& 02:03& 02:18& 07:21@ 06:57@ 00:50& 00:00=		
8	Herman Lien Backstrøm	Halden SK	51:56
	05:08+ 12:58+ 16:30+ 23:56+ 38:14+ 48:55+ 50:48+ 51:56+		
	05:08+ 07:50+ 03:32+ 07:26+ 14:18+ 10:41+ 01:53+ 01:08+		
	03:32@ 02:15& 00:07+ 03:15& 11:26@ 05:47@ 00:39& 00:37@		

Beste strekktid for klassen

01:29 05:25 03:02 04:11 02:23 04:54 01:14 00:28

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

H17-20

1	Christopher Ladim	OK Moss	26:52
	01:45= 07:15= 10:39= 13:38= 17:27= 20:18= 25:10= 26:26= 26:52=		
	01:45= 05:30= 03:24= 02:59= 03:49= 02:51= 04:52= 01:16= 00:26=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Martin Brække	Halden SK	35:44
	03:51+ 13:13+ 17:32+ 21:19+ 24:53+ 28:10+ 33:38+ 35:11+ 35:44+		
	03:51+ 09:22+ 04:19+ 03:47+ 03:34- 03:17+ 05:28+ 01:33+ 00:33+		
	02:06@ 03:52& 00:55& 00:48& 00:15- 00:26# 00:36# 00:17# 00:07&		
3	Alf Kristian Helle	Halden SK	39:57
	03:28+ 09:18+ 13:27+ 24:14+ 28:32+ 31:57+ 37:43+ 39:28+ 39:57+		
	03:28+ 05:50+ 04:09+ 10:47+ 04:18+ 03:25+ 05:46+ 01:45+ 00:29+		
	01:43& 00:20+ 00:45# 07:48@ 00:29# 00:34# 00:54# 00:29& 00:03#		
4	Adam Kristiansen	OK Moss	1:04:16
	06:30+ 18:35+ 23:42+ 27:57+ 32:15+ 38:14+ 62:30+ 63:42+ 64:16+		
	06:30+ 12:05+ 05:07+ 04:15+ 04:18+ 05:59+ 24:16+ 01:12- 00:34+		
	04:45@ 06:35@ 01:43& 01:16& 00:29# 03:08@ 19:24@ 00:04- 00:08&		

Beste strekktid for klassen

01:45 05:30 03:24 02:59 03:34 02:51 04:52 01:12 00:26

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

H9-10

1	Isak Solberg	Fredrikstad SK	19:23				
02:38=	04:56=	09:00=	09:58=	11:31=	14:59=	18:38=	19:23=
02:38=	02:18=	04:04=	00:58=	01:33=	03:28=	03:39=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ville Emil Wingstedt	Halden SK	20:22				
02:23-	04:21-	07:34-	08:17-	09:37-	17:00+	19:39+	20:22+
02:23-	01:58-	03:13-	00:43-	01:20-	07:23+	02:39-	00:43-
00:15-	00:20-	00:51-	00:15-	00:13-	03:55@	01:00-	00:02-
3	Sander Agnalt Heggnes	Trøsken IL	21:00				
02:17-	04:35-	10:43+	11:42+	13:24+	16:50+	21:00+	
02:17-	02:18=	06:08+	00:59+	01:42+	03:26-	04:10+	
00:21-	00:00=	02:04&	00:01+	00:09+	00:02-	00:31#	
4	Johan Fredrik Svendsby Braarud	Halden SK	25:53				
04:27+	07:09+	12:17+	13:39+	16:01+	20:10+	25:17+	25:53+
04:27+	02:42+	05:08+	01:22+	02:22+	04:09+	05:07+	00:36-
01:49&	00:24#	01:04&	00:24&	00:49&	00:41#	01:28&	00:09-
5	Anders Rostveit Elmi	OK Moss	26:09				
02:58+	05:27+	16:41+	18:16+	19:36+	22:23+	25:31+	26:09+
02:58+	02:29+	11:14+	01:35+	01:20-	02:47-	03:08-	00:38-
00:20#	00:11+	07:10@	00:37&	00:13-	00:41-	00:31-	00:07-
6	Sondre Strømberg	Fredrikstad SK	28:12				
02:36-	04:57+	19:10+	20:10+	21:35+	24:33+	27:34+	28:12+
02:36-	02:21+	14:13+	01:00+	01:25-	02:58-	03:01-	00:38-
00:02-	00:03+	10:09@	00:02+	00:08-	00:30-	00:38-	00:07-
7	Trym Breimo	OK Moss	40:47				
04:08+	07:50+	14:56+	16:45+	19:39+	33:54+	40:02+	40:47+
04:08+	03:42+	07:06+	01:49+	02:54+	14:15+	06:08+	00:45=
01:30&	01:24&	03:02&	00:51&	01:21&	10:47@	02:29&	00:00=
8	Halvor Ek Hedlund	Trøsken IL	51:34				
04:50+	09:10+	34:49+	36:52+	39:19+	44:18+	50:46+	51:34+
04:50+	04:20+	25:39+	02:03+	02:27+	04:59+	06:28+	00:48+
02:12&	02:02&	21:35@	01:05@	00:54&	01:31&	02:49&	00:03+

Beste strekktid for klassen

02:17 01:58 03:13 00:43 01:20 02:47 02:39 00:36

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

N-åpen

1	Hanna Wilhelmsen	Sarpsborg OL	21:18			
03:50=	07:11=	09:23=	10:18=	15:36=	20:33=	21:18=
03:50=	03:21=	02:12=	00:55=	05:18=	04:57=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Julian Inderdal	OK Moss	40:29			
08:48+	13:12+	16:43+	18:10+	28:00+	37:57+	40:29+
08:48+	04:24+	03:31+	01:27+	09:50+	09:57+	02:32+
04:58@	01:03&	01:19&	00:32&	04:32&	05:00@	01:47@
3	Anna Elizabeth Årbu	Varteig OL	30:18			
04:59+	09:31+	12:24+	14:16+	21:10+	28:41+	30:18+
04:59+	04:32+	02:53+	01:52+	06:54+	07:31+	01:37+
01:09&	01:11&	00:41&	00:57@	01:36&	02:34&	00:52@
6	Mira Lundsrud	OK Moss	21:29			
03:54+	07:07-	09:15-	10:44+	14:49-	20:11-	21:29+
03:54+	03:13-	02:08-	01:29+	04:05-	05:22+	01:18+
00:04+	00:08-	00:04-	00:34&	01:13-	00:25+	00:33&

Class	Navn	Klasse	Tid
7	Elida Espenes	Varteig OL	25:39
	04:21+ 08:12+ 10:35+ 12:02+ 17:38+ 24:34+ 25:39+		
	04:21+ 03:51+ 02:23+ 01:27+ 05:36+ 06:56+ 01:05+		
	00:31# 00:30# 00:11+ 00:32& 00:18+ 01:59& 00:20&		
8	Shirin Omer	Trøsken IL	45:53
	06:39+ 14:20+ 17:40+ 22:21+ 33:29+ 44:04+ 45:53+		
	06:39+ 07:41+ 03:20+ 04:41+ 11:08+ 10:35+ 01:49+		
	02:49& 04:20@ 01:08& 03:46@ 05:50@ 05:38@ 01:04@		
9	Trym Eng Underdal	OK Moss	40:37
	08:59+ 13:30+ 16:40+ 18:10+ 28:07+ 37:59+ 40:37+		
	08:59+ 04:31+ 03:10+ 01:30+ 09:57+ 09:52+ 02:38+		
	05:09@ 01:10& 00:58& 00:35& 04:39& 04:55& 01:53@		
10	Tora Marie Kjerkreit	Trøsken IL	33:23
	04:56+ 09:26+ 13:29+ 15:03+ 24:04+ 32:19+ 33:23+		
	04:56+ 04:30+ 04:03+ 01:34+ 09:01+ 08:15+ 01:04+		
	01:06& 01:09& 01:51& 00:39& 03:43& 03:18& 00:19&		
11	Håkon Bryggen	Halden SK	16:03
	03:05- 05:46- 07:22- 08:04- 12:24- 15:16- 16:03-		
	03:05- 02:41- 01:36- 00:42- 04:20- 02:52- 00:47+		
	00:45- 00:40- 00:36- 00:13- 00:58- 02:05- 00:02+		
12	Signe Kjerkreit	Trøsken IL	45:55
	06:54+ 14:13+ 18:02+ 22:39+ 33:54+ 44:25+ 45:55+		
	06:54+ 07:19+ 03:49+ 04:37+ 11:15+ 10:31+ 01:30+		
	03:04& 03:58@ 01:37& 03:42@ 05:57@ 05:34@ 00:45&		
13	Ludvig Spydevold	Varteig OL	27:27
	05:31+ 10:28+ 13:26+ 14:22+ 20:19+ 26:27+ 27:27+		
	05:31+ 04:57+ 02:58+ 00:56+ 05:57+ 06:08+ 01:00+		
	01:41& 01:36& 00:46& 00:01+ 00:39# 01:11# 00:15&		
14	Live Ek Hedlund	Trøsken IL	36:51
	05:28+ 09:56+ 13:57+ 16:06+ 27:10+ 35:54+ 36:51+		
	05:28+ 04:28+ 04:01+ 02:09+ 11:04+ 08:44+ 00:57+		
	01:38& 01:07& 01:49& 01:14@ 05:46@ 03:47& 00:12&		
15	Elise Holm Nedrebø	OK Moss	33:12
	05:06+ 09:25+ 13:31+ 15:19+ 24:07+ 32:28+ 33:12+		
	05:06+ 04:19+ 04:06+ 01:48+ 08:48+ 08:21+ 00:44-		
	01:16& 00:58& 01:54& 00:53& 03:30& 03:24& 00:01-		
16	Elise Hauge	Sarpsborg OL	17:05
	02:57- 05:12- 06:46- 07:43- 12:38- 16:23- 17:05-		
	02:57- 02:15- 01:34- 00:57+ 04:55- 03:45- 00:42-		
	00:53- 01:06- 00:38- 00:02+ 00:23- 01:12- 00:03-		
17	Aron Rostveit Elmi	OK Moss	18:55
	03:48- 07:00- 09:20- 10:16- 14:06- 18:05- 18:55-		
	03:48- 03:12- 02:20+ 00:56+ 03:50- 03:59- 00:50+		
	00:02- 00:09- 00:08+ 00:01+ 01:28- 00:58- 00:05#		
18	Trym Strømberg	Fredrikstad SK	19:23
	03:11- 05:58- 07:48- 08:54- 14:12- 18:36- 19:23-		
	03:11- 02:47- 01:50- 01:06+ 05:18= 04:24- 00:47+		
	00:39- 00:34- 00:22- 00:11# 00:00= 00:33- 00:02+		
19	Milli Espenes	Varteig OL	25:47
	04:31+ 08:20+ 10:49+ 11:57+ 17:49+ 24:34+ 25:47+		
	04:31+ 03:49+ 02:29+ 01:08+ 05:52+ 06:45+ 01:13+		
	00:41# 00:28# 00:17# 00:13# 00:34# 01:48& 00:28&		
20	Amalie Ek-Jacobsen	Fredrikstad SK	34:29
	05:01+ 09:26+ 12:20+ 13:53+ 23:13+ 33:31+ 34:29+		
	05:01+ 04:25+ 02:54+ 01:33+ 09:20+ 10:18+ 00:58+		
	01:11& 01:04& 00:42& 00:38& 04:02& 05:21@ 00:13&		
21	Solan Løken	OK Moss	18:56
	03:48- 06:42- 08:16- 09:13- 14:11- 18:08- 18:56-		
	03:48- 02:54- 01:34- 00:57+ 04:58- 03:57- 00:48+		
	00:02- 00:27- 00:38- 00:02+ 00:20- 01:00- 00:03+		

Class	Navn	Klasse	Tid
22	Ahmed Omer	Trøsken IL	27:56
05:17+	09:35+ 11:49+ 12:46+ 20:12+ 26:45+ 27:56+		
05:17+	04:18+ 02:14+ 00:57+ 07:26+ 06:33+ 01:11+		
01:27&	00:57& 00:02+ 00:02+ 02:08& 01:36& 00:26&		
23	Aisha Rostveit Elmi	OK Moss	31:23
03:49-	07:13+ 11:35+ 13:09+ 21:51+ 30:14+ 31:23+		
03:49-	03:24+ 04:22+ 01:34+ 08:42+ 08:23+ 01:09+		
00:01-	00:03+ 02:10& 00:39& 03:24& 03:26& 00:24&		
24	Viktor Johannessen Nilsen	Trøsken IL	30:22
05:06+	09:32+ 11:43+ 13:08+ 20:52+ 28:47+ 30:22+		
05:06+	04:26+ 02:11- 01:25+ 07:44+ 07:55+ 01:35+		
01:16&	01:05& 00:01- 00:30& 02:26& 02:58& 00:50@		

Beste strekktid for klassen

02:57 02:15 01:34 00:42 03:50 02:52 00:42

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