

KM mellomdistanse

Strekketider

-24.08.2019

Class Navn

Klasse

Tid

D-10

30 Olivia Roskifte OK Moss 44:29

06:58+ 09:34+ 18:24+ 23:16+ 27:48+ 32:10+ 35:38+ 41:29+ 43:44+ 44:29+
06:58+ 02:36+ 08:50+ 04:52+ 04:32+ 04:22+ 03:28+ 05:51+ 02:15+ 00:45+
06:58+ 02:36+ 08:50+ 04:52+ 04:32+ 04:22+ 03:28+ 05:51+ 02:15+ 00:45+

31 Amalie Tonjer Nydalens SK 42:58

07:33+ 10:11+ 19:57+ 24:11+ 28:13+ 31:43+ 34:39+ 40:09+ 42:07+ 42:58+
07:33+ 02:38+ 09:46+ 04:14+ 04:02+ 03:30+ 02:56+ 05:30+ 01:58+ 00:51+
07:33+ 02:38+ 09:46+ 04:14+ 04:02+ 03:30+ 02:56+ 05:30+ 01:58+ 00:51+

34 Ingrid Sofie Hox Brynildsen Fredrikstad SK 21:06

02:37+ 03:28+ 09:54+ 11:31+ 13:16+ 15:16+ 17:00+ 19:35+ 20:38+ 21:06+
02:37+ 00:51+ 06:26+ 01:37+ 01:45+ 02:00+ 01:44+ 02:35+ 01:03+ 00:28+
02:37+ 00:51+ 06:26+ 01:37+ 01:45+ 02:00+ 01:44+ 02:35+ 01:03+ 00:28+

35 Hanna Haldin Halden SK 37:26

05:43+ 07:13+ 17:38+ 21:21+ 24:44+ 28:51+ 30:57+ 35:07+ 36:56+ 37:26+
05:43+ 01:30+ 10:25+ 03:43+ 03:23+ 04:07+ 02:06+ 04:10+ 01:49+ 00:30+
05:43+ 01:30+ 10:25+ 03:43+ 03:23+ 04:07+ 02:06+ 04:10+ 01:49+ 00:30+

36 Tuva Lundsrud OK Moss 20:18

02:32+ 03:31+ 07:58+ 09:27+ 11:11+ 13:40+ 15:37+ 18:55+ 19:53+ 20:18+
02:32+ 00:59+ 04:27+ 01:29+ 01:44+ 02:29+ 01:57+ 03:18+ 00:58+ 00:25+
02:32+ 00:59+ 04:27+ 01:29+ 01:44+ 02:29+ 01:57+ 03:18+ 00:58+ 00:25+

Beste strekktid for klassen

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

D11-12

1 Jenny Danevad Fredrikstad SK 17:10

02:34= 03:12= 06:13= 09:15= 10:39= 12:14= 13:15= 16:01= 16:42= 17:10=
02:34= 00:38= 03:01= 03:02= 01:24= 01:35= 01:01= 02:46= 00:41= 00:28=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Emma Aune Jakobsen OK Moss 17:48

03:13+ 04:05+ 07:30+ 09:10- 10:44+ 12:42+ 14:01+ 16:22+ 17:16+ 17:48+
03:13+ 00:52+ 03:25+ 01:40- 01:34+ 01:58+ 01:19+ 02:21- 00:54+ 00:32+
00:39& 00:14& 00:24# 01:22- 00:10# 00:23# 00:18& 00:25- 00:13& 00:04#

3 Sofie Holm Nedrebø OK Moss 20:00

02:56+ 03:51+ 08:45+ 10:47+ 12:36+ 14:32+ 15:54+ 18:45+ 19:33+ 20:00+
02:56+ 00:55+ 04:54+ 02:02- 01:49+ 01:56+ 01:22+ 02:51+ 00:48+ 00:27-
00:22# 00:17& 01:53& 01:00- 00:25& 00:21# 00:21& 00:05+ 00:07# 00:01-

4 Malin Husebye Aamodt Fredrikstad SK 25:21

07:31+ 08:24+ 12:50+ 14:31+ 16:06+ 18:48+ 20:23+ 24:01+ 24:53+ 25:21+
07:31+ 00:53+ 04:26+ 01:41- 01:35+ 02:42+ 01:35+ 03:38+ 00:52+ 00:28=
04:57@ 00:15& 01:25& 01:21- 00:11# 01:07& 00:34& 00:52& 00:11& 00:00=

5 Una Retteraasen Indre Østfold OK 46:00

11:10+ 13:32+ 20:34+ 25:58+ 28:38+ 31:28+ 33:33+ 44:29+ 45:34+ 46:00+
11:10+ 02:22+ 07:02+ 05:24+ 02:40+ 02:50+ 02:05+ 10:56+ 01:05+ 00:26-
08:36@ 01:44@ 04:01@ 02:22& 01:16& 01:15& 01:04@ 08:10@ 00:24& 00:02-

Beste strekktid for klassen

02:34 00:38 03:01 01:40 01:24 01:35 01:01 02:21 00:41 00:26

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

D13-14

Class	Navn	Klasse	Tid
1	Marte Lillegraven Langsæter	Trøsken IL	28:00
	03:03= 07:51= 09:42= 12:20= 13:48= 16:59= 19:38= 21:35= 26:58= 27:36= 28:00=		
	03:03= 04:48= 01:51= 02:38= 01:28= 03:11= 02:39= 01:57= 05:23= 00:38= 00:24=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Sigrd Schmitt Gran	Halden SK	29:53
	03:52+ 09:39+ 11:28+ 13:57+ 15:35+ 18:38+ 21:10+ 23:11+ 28:54+ 29:28+ 29:53+		
	03:52+ 05:47+ 01:49- 02:29- 01:38+ 03:03- 02:32- 02:01+ 05:43+ 00:34- 00:25+		
	00:49& 00:59# 00:02- 00:09- 00:10# 00:08- 00:07- 00:04+ 00:20+ 00:04- 00:01+		
3	Ingrid Pedersen Holmskau	Trøsken IL	32:40
	03:21+ 05:53- 08:03- 10:18- 12:04- 16:25- 19:11- 21:37+ 31:41+ 32:18+ 32:40+		
	03:21+ 02:32- 02:10+ 02:15- 01:46+ 04:21+ 02:46+ 02:26+ 10:04+ 00:37- 00:22-		
	00:18+ 02:16- 00:19# 00:23- 00:18# 01:10& 00:07+ 00:29# 04:41& 00:01- 00:02-		
4	Marte Hox Brynildsen	Fredrikstad SK	37:30
	02:40- 06:48- 19:13+ 21:01+ 22:46+ 26:53+ 29:52+ 32:02+ 36:21+ 37:06+ 37:30+		
	02:40- 04:08- 12:25+ 01:48- 01:45+ 04:07+ 02:59+ 02:10+ 04:19- 00:45+ 00:24=		
	00:23- 00:40- 10:34@ 00:50- 00:17# 00:56& 00:20# 00:13# 01:04- 00:07# 00:00=		
5	Inger Anne Svendsby Braarud	Halden SK	39:42
	05:09+ 08:38+ 11:14+ 13:27+ 15:25+ 21:57+ 29:49+ 33:56+ 38:40+ 39:19+ 39:42+		
	05:09+ 03:29- 02:36+ 02:13- 01:58+ 06:32+ 07:52+ 04:07+ 04:44- 00:39+ 00:23-		
	02:06& 01:19- 00:45& 00:25- 00:30& 03:21@ 05:13@ 02:10@ 00:39- 00:01+ 00:01-		

Beste strekktid for klassen

02:40 02:32 01:49 01:48 01:28 03:03 02:32 01:57 04:19 00:34 00:22

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

D13-16C

1	Silje Gåsvik Narvestad	Halden SK	19:17
	03:12= 04:08= 07:35= 09:39= 11:30= 13:35= 15:05= 17:56= 18:51= 19:17=		
	03:12= 00:56= 03:27= 02:04= 01:51= 02:05= 01:30= 02:51= 00:55= 00:26=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Beste strekktid for klassen

03:12 00:56 03:27 02:04 01:51 02:05 01:30 02:51 00:55 00:26

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

D17-

1	Marit Kahrs	Fredrikstad SK	35:17
	03:00= 04:56= 06:26= 11:01= 12:10= 14:42= 15:42= 19:09= 19:57= 22:52= 25:03= 26:24= 28:38= 31:04= 32:49= 34:52= 35:17=		
	03:00= 01:56= 01:30= 04:35= 01:09= 02:32= 01:00= 03:27= 00:48= 02:55= 02:11= 01:21= 02:14= 02:26= 01:45= 02:03= 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=		
2	Bodil Helgerud	Halden SK	37:18
	03:04+ 05:27+ 07:14+ 12:11+ 13:29+ 15:34+ 16:40+ 19:41+ 20:45+ 24:04+ 26:38+ 28:04+ 30:15+ 33:03+ 34:52+ 36:52+ 37:18+		
	03:04+ 02:23+ 01:47+ 04:57+ 01:18+ 02:05- 01:06+ 03:01- 01:04+ 03:19+ 02:34+ 01:26+ 02:11- 02:48+ 01:49+ 02:00- 00:26+		
	00:04+ 00:27# 00:17# 00:22+ 00:09# 00:27- 00:06+ 00:26- 00:16& 00:24# 00:23# 00:05+ 00:03- 00:22# 00:04+ 00:03- 00:01+		
3	Iljana Ilieva	Halden SK	37:58
	03:05+ 05:44+ 07:33+ 12:20+ 13:43+ 15:48+ 17:09+ 20:01+ 21:05+ 24:24+ 27:17+ 28:38+ 30:52+ 33:47+ 35:32+ 37:33+ 37:58+		
	03:05+ 02:39+ 01:49+ 04:47+ 01:23+ 02:05- 01:21+ 02:52- 01:04+ 03:19+ 02:53+ 01:21= 02:14= 02:55+ 01:45= 02:01- 00:25=		
	00:05+ 00:43& 00:19# 00:12+ 00:14# 00:27- 00:21& 00:35- 00:16& 00:24# 00:42& 00:00= 00:00= 00:29# 00:00= 00:02- 00:00=		
4	Linda Solberg	Fredrikstad SK	39:12
	03:11+ 05:25+ 06:50+ 11:43+ 12:55+ 15:26+ 16:35+ 19:31+ 20:35+ 23:44+ 26:56+ 28:42+ 31:40+ 34:44+ 36:34+ 38:46+ 39:12+		
	03:11+ 02:14+ 01:25- 04:53+ 01:12+ 02:31- 01:09+ 02:56- 01:04+ 03:09+ 03:12+ 01:46+ 02:58+ 03:04+ 01:50+ 02:12+ 00:26+		
	00:11+ 00:18# 00:05- 00:18+ 00:03+ 00:01- 00:09# 00:31- 00:16& 00:14+ 01:01& 00:25& 00:44& 00:38& 00:05+ 00:09+ 00:01+		
5	Ane Sofie Næss Bjørgul	Halden SK	42:02
	03:07+ 05:27+ 06:57+ 12:24+ 13:52+ 16:33+ 17:42+ 22:15+ 23:09+ 26:58+ 30:14+ 31:38+ 34:12+ 37:12+ 39:16+ 41:29+ 42:02+		
	03:07+ 02:20+ 01:30= 05:27+ 01:28+ 02:41+ 01:09+ 04:33+ 00:54+ 03:49+ 03:16+ 01:24+ 02:34+ 03:00+ 02:04+ 02:13+ 00:33+		
	00:07+ 00:24# 00:00= 00:52# 00:19& 00:09+ 00:09# 01:06& 00:06# 00:54& 01:05& 00:03+ 00:20# 00:34# 00:19# 00:10+ 00:08&		

Class	Navn	Klasse	Tid
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6	Vendula Haldin	Halden SK	42:57													
04:43+	10:45+	12:44+	18:17+	19:25+	21:27+	22:35+	25:15+	26:06+	29:30+	31:57+	33:24+	35:37+	38:04+	39:57+	42:26+	42:57+
04:43+	06:02+	01:59+	05:33+	01:08-	02:02-	01:08+	02:40-	00:51+	03:24+	02:27+	01:27+	02:13-	02:27+	01:53+	02:29+	00:31+
01:43&	04:06@	00:29&	00:58#	00:01-	00:30-	00:08#	00:47-	00:03+	00:29#	00:16#	00:06+	00:01-	00:01+	00:08+	00:26#	00:06#

7	Ingrid Kronborg Bronebakk	Halden SK	44:05												
04:53+	09:05+	16:12+	17:41+	19:51+	21:00+	23:59+	24:50+	29:07+	32:38+	34:03+	37:14+	39:56+	41:44+	43:41+	44:05+
04:53+	04:12+	07:07+	01:29-	02:10+	01:09-	02:59+	00:51-	04:17+	03:31+	01:25-	03:11+	02:42+	01:48-	01:57+	00:24-
01:53&	02:16@	05:37@	03:06-	01:01&	01:23-	01:59@	02:36-	03:29@	00:36#	00:46-	01:50@	00:28#	00:38-	00:12#	01:39-

8	Stina Fasting Risbråthe	Indre Østfold OK	51:44													
04:40+	08:28+	10:27+	16:36+	17:56+	20:37+	21:58+	25:15+	26:19+	30:41+	34:41+	36:19+	38:54+	45:18+	47:25+	51:14+	51:44+
04:40+	03:48+	01:59+	06:09+	01:20+	02:41+	01:21+	03:17-	01:04+	04:22+	04:00+	01:38+	02:35+	06:24+	02:07+	03:49+	00:30+
01:40&	01:52&	00:29&	01:34&	00:11#	00:09+	00:21&	00:10-	00:16&	01:27&	01:49&	00:17#	00:21#	03:58@	00:22#	01:46&	00:05#

9	Marie Lindløv Jensen	OK Moss	1:04:59													
04:28+	07:19+	09:07+	16:06+	17:53+	21:33+	23:16+	27:34+	28:40+	33:14+	43:04+	46:24+	55:51+	59:33+	61:53+	64:20+	64:59+
04:28+	02:51&	01:48+	06:59+	01:47+	03:40+	01:43+	04:18+	01:06+	04:34+	09:50+	03:20+	09:27+	03:42+	02:20+	02:27+	00:39+
01:28&	00:55&	00:18#	02:24&	00:38&	01:08&	00:43&	00:51#	00:18&	01:39&	07:39@	01:59@	07:13@	01:16&	00:35&	00:24#	00:14&

10	Lea Taraldsvik	Varteig OL	1:17:19													
06:39+	11:49+	17:57+	24:30+	30:18+	34:04+	35:30+	39:31+	40:53+	46:02+	53:05+	55:23+	58:47+	70:07+	72:42+	76:52+	77:19+
06:39+	05:10+	06:08+	06:33+	05:48+	03:46+	01:26+	04:01+	01:22+	05:09+	07:03+	02:18+	03:24+	11:20+	02:35+	04:10+	00:27+
03:39@	03:14@	04:38@	01:58&	04:39@	01:14&	00:26&	00:34#	00:34&	02:14&	04:52@	00:57&	01:10&	08:54@	00:50&	02:07@	00:02+

Beste strekktid for klassen

03:00	01:56	01:25	01:29	01:08	01:09	01:00	00:51	00:48	02:55	01:25	01:21	02:11	01:48	01:45	00:24	00:25
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D17-C

1	Nanna Aaby	Fredrikstad SK	16:20						
02:13=	03:05=	06:40=	08:32=	10:04=	11:48=	13:01=	15:05=	15:49=	16:20=
02:13=	00:52=	03:35=	01:52=	01:32=	01:44=	01:13=	02:04=	00:44=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

02:13	00:52	03:35	01:52	01:32	01:44	01:13	02:04	00:44	00:31
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D17-N

1	Liv Simonsen	OK Øst	29:54					
06:04=	08:27=	12:35=	19:25=	22:11=	23:48=	26:01=	28:49=	29:54=
06:04=	02:23=	04:08=	06:50=	02:46=	01:37=	02:13=	02:48=	01:05=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

06:04	02:23	04:08	06:50	02:46	01:37	02:13	02:48	01:05
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D40-

1	Ellen Kathrine Svendsby	Halden SK	32:02											
03:42=	05:08=	07:57=	11:01=	13:59=	15:17=	16:22=	18:23=	21:20=	23:28=	25:20=	27:54=	29:39=	31:35=	32:02=
03:42=	01:26=	02:49=	03:04=	02:58=	01:18=	01:05=	02:01=	02:57=	02:08=	01:52=	02:34=	01:45=	01:56=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Guro Bryggen	Halden SK	39:22											
03:49+	05:33+	09:48+	13:46+	16:54+	18:22+	20:11+	22:34+	26:18+	29:04+	31:20+	33:47+	36:02+	38:47+	39:22+
03:49+	01:44+	04:15+	03:58+	03:08+	01:28+	01:49+	02:23+	03:44+	02:46+	02:16+	02:27-	02:15+	02:45+	00:35+
00:07+	00:18#	01:26&	00:54&	00:10+	00:10#	00:44&	00:22#	00:47&	00:38&	00:24#	00:07-	00:30&	00:49&	00:08&

Class	Navn	Klasse										Tid			
3	Kristine Roskifte	OK Moss										52:16			
05:07+	07:24+	14:41+	20:40+	24:46+	26:25+	28:18+	30:46+	35:33+	41:28+	43:45+	46:41+	49:17+	51:47+	52:16+	
05:07+	02:17+	07:17+	05:59+	04:06+	01:39+	01:53+	02:28+	04:47+	05:55+	02:17+	02:56+	02:36+	02:30+	00:29+	
01:25&	00:51&	04:28@	02:55&	01:08&	00:21&	00:48&	00:27#	01:50&	03:47@	00:25#	00:22#	00:51&	00:34&	00:02+	
4	Tonje Holm	OK Moss										1:00:12			
05:54+	08:29+	14:04+	19:27+	25:02+	29:00+	31:24+	35:00+	40:29+	44:36+	48:00+	51:35+	55:24+	59:33+	60:12+	
05:54+	02:35+	05:35+	05:23+	05:35+	03:58+	02:24+	03:36+	05:29+	04:07+	03:24+	03:35+	03:49+	04:09+	00:39+	
02:12&	01:09&	02:46&	02:19&	02:37&	02:40@	01:19@	01:35&	02:32&	01:59&	01:32&	01:01&	02:04@	02:13@	00:12&	
5	Linda Fredh	OK Moss										1:00:24			
05:55+	08:06+	12:51+	18:00+	23:11+	25:35+	28:01+	30:14+	36:50+	49:37+	51:55+	54:31+	57:25+	59:52+	60:24+	
05:55+	02:11+	04:45+	05:09+	05:11+	02:24+	02:26+	02:13+	06:36+	12:47+	02:18+	02:36+	02:54+	02:27+	00:32+	
02:13&	00:45&	01:56&	02:05&	02:13&	01:06&	01:21@	00:12+	03:39@	10:39@	00:26#	00:02+	01:09&	00:31&	00:05#	
6	Anne-Sofie Hox Brynildsen	Fredrikstad SK										1:46:45			
30:34+	34:36+	42:26+	50:14+	62:52+	64:49+	67:56+	71:34+	78:18+	82:35+	86:27+	90:32+	99:53+	106:00+	106:45+	
30:34+	04:02+	07:50+	07:48+	12:38+	01:57+	03:07+	03:38+	06:44+	04:17+	03:52+	04:05+	09:21+	06:07+	00:45+	
26:52@	02:36@	05:01@	04:44@	09:40@	00:39&	02:02@	01:37&	03:47@	02:09@	02:00@	01:31&	07:36@	04:11@	00:18&	
7	Elisabeth Aune Jakobsen	OK Moss										1:47:17			
09:56+	16:50+	26:34+	38:53+	53:38+	56:43+	60:06+	63:33+	76:29+	82:37+	87:23+	96:55+	101:24+	106:26+	107:17+	
09:56+	06:54+	09:44+	12:19+	14:45+	03:05+	03:23+	03:27+	12:56+	06:08+	04:46+	09:32+	04:29+	05:02+	00:51+	
06:14@	05:28@	06:55@	09:15@	11:47@	01:47@	02:18@	01:26&	09:59@	04:00@	02:54@	06:58@	02:44@	03:06@	00:24&	
Beste strekktid for klassen															
03:42	01:26	02:49	03:04	02:58	01:18	01:05	02:01	02:57	02:08	01:52	02:27	01:45	01:56	00:27	

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

D50-

1	Astrid Bjørnerød	OK Moss										49:12			
06:29=	09:41=	15:04=	20:36=	25:33=	27:24=	29:05=	31:32=	35:45=	38:51=	41:31=	44:00=	46:25=	48:46=	49:12=	
06:29=	03:12=	05:23=	05:32=	04:57=	01:51=	01:41=	02:27=	04:13=	03:06=	02:40=	02:29=	02:25=	02:21=	00:26=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Tone Karina Ingesen	Sarpsborg OL										51:11			
08:32+	11:50+	16:30+	21:15+	25:15-	26:42-	28:38-	31:44+	37:01+	40:54+	43:32+	46:02+	48:37+	50:45+	51:11+	
08:32+	03:18+	04:40-	04:45-	04:00-	01:27-	01:56+	03:06+	05:17+	03:53+	02:38-	02:30+	02:35+	02:08-	00:26=	
02:03&	00:06+	00:43-	00:47-	00:57-	00:24-	00:15#	00:39&	01:04&	00:47&	00:02-	00:01+	00:10+	00:13-	00:00=	
3	Wenche Lindløv	Sarpsborg OL										54:42			
09:40+	11:52+	16:27+	21:27+	25:16-	27:19-	32:45+	35:04+	39:18+	42:19+	44:56+	47:50+	51:37+	54:07+	54:42+	
09:40+	02:12-	04:35-	05:00-	03:49-	02:03+	05:26+	02:19-	04:14+	03:01-	02:37-	02:54+	03:47+	02:30+	00:35+	
03:11&	01:00-	00:48-	00:32-	01:08-	00:12#	03:45@	00:08-	00:01+	00:05-	00:03-	00:25#	01:22&	00:09+	00:09&	
4	Heidi Børstad	Sarpsborg OL										2:04:44			
48:30+	52:25+	60:17+	68:08+	80:49+	82:44+	85:51+	89:31+	96:15+	100:32+	104:24+	108:13+	117:57+	123:59+	124:44+	
48:30+	03:55+	07:52+	07:51+	12:41+	01:55+	03:07+	03:40+	06:44+	04:17+	03:52+	03:49+	09:44+	06:02+	00:45+	
42:01@	00:43#	02:29&	02:19&	07:44@	00:04+	01:26&	01:13&	02:31&	01:11&	01:12&	01:20&	07:19@	03:41@	00:19&	
Beste strekktid for klassen															
06:29	02:12	04:35	04:45	03:49	01:27	01:41	02:19	04:13	03:01	02:37	02:29	02:25	02:08	00:26	

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

D60-

1	Liv Inger Prangerød	Tistedalen FL										36:56			
03:36=	04:58=	09:50=	12:02=	16:22=	20:29=	21:47=	25:54=	28:34=	31:04=	35:38=	36:25=	36:56=			
03:36=	01:22=	04:52=	02:12=	04:20=	04:07=	01:18=	04:07=	02:40=	02:30=	04:34=	00:47=	00:31=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Anne Sørum	Indre Østfold OK										59:50			
12:55+	14:35+	22:49+	26:14+	29:28+	33:48+	35:11+	41:47+	47:06+	50:31+	57:40+	59:20+	59:50+			
12:55+	01:40+	08:14+	03:25+	03:14-	04:20+	01:23+	06:36+	05:19+	03:25+	07:09+	01:40+	00:30-			
09:19@	00:18#	03:22&	01:13&	01:06-	00:13+	00:05+	02:29&	02:39&	00:55&	02:35&	00:53@	00:01-			

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

03:36 01:22 04:52 02:12 03:14 04:07 01:18 04:07 02:40 02:30 04:34 00:47 00:30

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

D70-

1	Inger Lindløv	OK Moss	57:53
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06:23= 08:35= 18:31= 22:00= 25:43= 34:16= 36:05= 41:58= 46:07= 49:47= 55:52= 57:14= 57:53=
06:23= 02:12= 09:56= 03:29= 03:43= 08:33= 01:49= 05:53= 04:09= 03:40= 06:05= 01:22= 00:39=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2	Johanna Ytterbøl	Gimle IF	1:22:04
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08:43+ 11:32+ 28:56+ 34:39+ 40:18+ 49:14+ 51:45+ 60:12+ 65:03+ 69:38+ 78:50+ 80:49+ 82:04+
08:43+ 02:49+ 17:24+ 05:43+ 05:39+ 08:56+ 02:31+ 08:27+ 04:51+ 04:35+ 09:12+ 01:59+ 01:15+
02:20& 00:37& 07:28& 02:14& 01:56& 00:23+ 00:42& 02:34& 00:42# 00:55# 03:07& 00:37& 00:36&

Beste strekktid for klassen

06:23 02:12 09:56 03:29 03:43 08:33 01:49 05:53 04:09 03:40 06:05 01:22 00:39

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

H-10

39	Håkon Bryggen	Halden SK	24:08
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06:11+ 07:16+ 12:25+ 14:27+ 16:02+ 17:49+ 18:53+ 22:57+ 23:37+ 24:08+
06:11+ 01:05+ 05:09+ 02:02+ 01:35+ 01:47+ 01:04+ 04:04+ 00:40+ 00:31+
06:11+ 01:05+ 05:09+ 02:02+ 01:35+ 01:47+ 01:04+ 04:04+ 00:40+ 00:31+

40	Isak Solberg	Fredrikstad SK	21:59
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03:30+ 04:17+ 10:15+ 12:15+ 13:50+ 15:40+ 16:48+ 20:52+ 21:31+ 21:59+
03:30+ 00:47+ 05:58+ 02:00+ 01:35+ 01:50+ 01:08+ 04:04+ 00:39+ 00:28+
03:30+ 00:47+ 05:58+ 02:00+ 01:35+ 01:50+ 01:08+ 04:04+ 00:39+ 00:28+

41	Joel Bronebakk Johansson	Halden SK	23:34
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06:21+ 07:07+ 13:52+ 15:31+ 17:08+ 18:46+ 20:02+ 22:25+ 23:07+ 23:34+
06:21+ 00:46+ 06:45+ 01:39+ 01:37+ 01:38+ 01:16+ 02:23+ 00:42+ 00:27+
06:21+ 00:46+ 06:45+ 01:39+ 01:37+ 01:38+ 01:16+ 02:23+ 00:42+ 00:27+

43	Anders Rostveit Elmi	OK Moss	38:25
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04:05+ 05:09+ 09:57+ 12:12+ 14:18+ 16:20+ 18:12+ 36:24+ 37:56+ 38:25+
04:05+ 01:04+ 04:48+ 02:15+ 02:06+ 02:02+ 01:52+ 18:12+ 01:32+ 00:29+
04:05+ 01:04+ 04:48+ 02:15+ 02:06+ 02:02+ 01:52+ 18:12+ 01:32+ 00:29+

44	Johan Fredrik Svendsby Braarud	Halden SK	36:53
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04:09+ 05:06+ 09:11+ 11:26+ 13:19+ 15:17+ 16:50+ 35:23+ 36:24+ 36:53+
04:09+ 00:57+ 04:05+ 02:15+ 01:53+ 01:58+ 01:33+ 18:33+ 01:01+ 00:29+
04:09+ 00:57+ 04:05+ 02:15+ 01:53+ 01:58+ 01:33+ 18:33+ 01:01+ 00:29+

Beste strekktid for klassen

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

H11-12

1	Håkon Lillegraven Langsæter	Trøsken IL	16:28
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03:06= 04:01= 07:36= 09:25= 10:45= 12:20= 13:29= 15:26= 16:05= 16:28=
03:06= 00:55= 03:35= 01:49= 01:20= 01:35= 01:09= 01:57= 00:39= 00:23=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2	Selmer Løken	OK Moss	16:42
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02:34- 03:39- 07:07- 08:44- 10:11- 11:58- 13:05- 15:32+ 16:16+ 16:42+
02:34- 01:05+ 03:28- 01:37- 01:27+ 01:47+ 01:07- 02:27+ 00:44+ 00:26+
00:32- 00:10# 00:07- 00:12- 00:07+ 00:12# 00:02- 00:30& 00:05# 00:03#

Class	Navn	Klasse	Tid
3	Jesper Vonon Svae	Sarpsborg OL	18:24
	02:25- 03:27- 07:31- 11:09+ 12:26+ 14:11+ 15:15+ 17:18+ 17:59+ 18:24+		
	02:25- 01:02+ 04:04+ 03:38+ 01:17- 01:45+ 01:04- 02:03+ 00:41+ 00:25+		
	00:41- 00:07# 00:29# 01:49& 00:03- 00:10# 00:05- 00:06+ 00:02+ 00:02+		
4	Peder Kjerkreit	Trøsken IL	18:46
	04:15+ 05:16+ 09:02+ 10:47+ 12:17+ 14:04+ 15:14+ 17:37+ 18:17+ 18:46+		
	04:15+ 01:01+ 03:46+ 01:45- 01:30+ 01:47+ 01:10+ 02:23+ 00:40+ 00:29+		
	01:09& 00:06# 00:11+ 00:04- 00:10# 00:12# 00:01+ 00:26# 00:01+ 00:06&		
Beste strekktid for klassen			
	02:25 00:55 03:28 01:37 01:17 01:35 01:04 01:57 00:39 00:23		

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

H11-12N

1	Oskar Roskifte	OK Moss	30:22
	07:45= 09:36= 13:38= 18:46= 22:09= 24:05= 26:36= 29:45= 30:22=		
	07:45= 01:51= 04:02= 05:08= 03:23= 01:56= 02:31= 03:09= 00:37=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Beste strekktid for klassen

07:45 01:51 04:02 05:08 03:23 01:56 02:31 03:09 00:37

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

H13-14

1	Henrik Julian Fontes Aarbu	Varteig OL	17:23
	01:52= 03:48= 04:59= 06:26= 08:10= 10:47= 12:46= 14:01= 16:26= 16:58= 17:23=		
	01:52= 01:56= 01:11= 01:27= 01:44= 02:37= 01:59= 01:15= 02:25= 00:32= 00:25=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Emil Husebye Aamodt	Fredrikstad SK	22:03
	01:59+ 07:20+ 08:25+ 09:52+ 11:12+ 13:59+ 17:31+ 18:52+ 21:02+ 21:40+ 22:03+		
	01:59+ 05:21+ 01:05- 01:27= 01:20- 02:47+ 03:32+ 01:21+ 02:10- 00:38+ 00:23-		
	00:07+ 03:25@ 00:06- 00:00= 00:24- 00:10+ 01:33& 00:06+ 00:15- 00:06# 00:02-		
3	Martin Bryggen	Halden SK	26:50
	02:27+ 05:37+ 06:58+ 09:55+ 11:25+ 15:35+ 20:38+ 22:25+ 25:35+ 26:25+ 26:50+		
	02:27+ 03:10+ 01:21+ 02:57+ 01:30- 04:10+ 05:03+ 01:47+ 03:10+ 00:50+ 00:25=		
	00:35& 01:14& 00:10# 01:30@ 00:14- 01:33& 03:04@ 00:32& 00:45& 00:18& 00:00=		
4	Audun Nordby	Fredrikstad SK	28:05
	03:00+ 05:51+ 09:09+ 10:55+ 12:56+ 16:41+ 19:59+ 21:52+ 26:50+ 27:38+ 28:05+		
	03:00+ 02:51+ 03:18+ 01:46+ 02:01+ 03:45+ 03:18+ 01:53+ 04:58+ 00:48+ 00:27+		
	01:08& 00:55& 02:07@ 00:19# 00:17# 01:08& 01:19& 00:38& 02:33@ 00:16& 00:02+		
5	Sebastian Bøhn-Bryntesen	Halden SK	29:23
	05:40+ 08:20+ 11:11+ 13:16+ 15:07+ 19:18+ 22:26+ 24:54+ 28:17+ 28:58+ 29:23+		
	05:40+ 02:40+ 02:51+ 02:05+ 01:51+ 04:11+ 03:08+ 02:28+ 03:23+ 00:41+ 00:25=		
	03:48@ 00:44& 01:40@ 00:38& 00:07+ 01:34& 01:09& 01:13& 00:58& 00:09& 00:00=		
6	Sverre Sandvik	Halden SK	32:57
	07:07+ 10:47+ 12:39+ 14:55+ 17:12+ 21:09+ 26:33+ 28:36+ 31:46+ 32:32+ 32:57+		
	07:07+ 03:40+ 01:52+ 02:16+ 02:17+ 03:57+ 05:24+ 02:03+ 03:10+ 00:46+ 00:25=		
	05:15@ 01:44& 00:41& 00:49& 00:33& 01:20& 03:25@ 00:48& 00:45& 00:14& 00:00=		
7	Sivert Finstad	Fredrikstad SK	39:40
	05:00+ 10:00+ 13:24+ 15:31+ 17:20+ 22:08+ 28:34+ 31:14+ 38:21+ 39:16+ 39:40+		
	05:00+ 05:00+ 03:24+ 02:07+ 01:49+ 04:48+ 06:26+ 02:40+ 07:07+ 00:55+ 00:24-		
	03:08@ 03:04@ 02:13@ 00:40& 00:05+ 02:11& 04:27@ 01:25@ 04:42@ 00:23& 00:01-		

Beste strekktid for klassen

01:52 01:56 01:05 01:27 01:20 02:37 01:59 01:15 02:10 00:32 00:23

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

H15-16

1 Alfred Bjørnerød OK Moss 28:56
 02:51= 04:06= 06:21= 12:08= 14:31= 15:34= 16:33= 17:56= 20:18= 22:03= 23:24= 24:52= 26:20= 28:38= 28:56=
 02:51= 01:15= 02:15= 05:47= 02:23= 01:03= 00:59= 01:23= 02:22= 01:45= 01:21= 01:28= 01:28= 02:18= 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=

2 Sigurd Saxe Sandvik Halden SK 29:24
 03:15+ 04:42+ 07:31+ 10:30- 13:21- 14:38- 15:49- 17:38- 20:27+ 22:23+ 24:04+ 25:39+ 27:12+ 29:01+ 29:24+
 03:15+ 01:27+ 02:49+ 02:59- 02:51+ 01:17+ 01:11+ 01:49+ 02:49+ 01:56+ 01:41+ 01:35+ 01:33+ 01:49- 00:23+
 00:24# 00:12# 00:34& 02:48- 00:28# 00:14# 00:12# 00:26& 00:27# 00:11# 00:20# 00:07+ 00:05+ 00:29- 00:05&

3 Herman Lien Backstrøm Halden SK 30:15
 03:44+ 05:05+ 07:36+ 11:13- 14:35+ 15:42+ 16:41+ 18:16+ 21:19+ 23:27+ 24:51+ 26:32+ 28:06+ 29:53+ 30:15+
 03:44+ 01:21+ 02:31+ 03:37- 03:22+ 01:07+ 00:59= 01:35+ 03:03+ 02:08+ 01:24+ 01:41+ 01:34+ 01:47- 00:22+
 00:53& 00:06+ 00:16# 02:10- 00:59& 00:04+ 00:00= 00:12# 00:26& 00:27# 00:03+ 00:13# 00:06+ 00:31- 00:04#

4 Peder Haugaard Halden SK 33:40
 03:03+ 04:19+ 06:53+ 10:11- 12:38- 13:56- 14:58- 18:11+ 20:53+ 23:05+ 24:43+ 28:40+ 30:28+ 33:21+ 33:40+
 03:03+ 01:16+ 02:34+ 03:18- 02:27+ 01:18+ 01:02+ 03:13+ 02:42+ 02:12+ 01:38+ 03:57+ 01:48+ 02:53+ 00:19+
 00:12+ 00:01+ 00:19# 02:29- 00:04+ 00:15# 00:03+ 01:50@ 00:20# 00:27& 00:17# 02:29@ 00:20# 00:35& 00:01+

5 Sebastian Blomfeldt Unnerud OK Moss 35:40
 05:05+ 06:23+ 09:00+ 12:16+ 14:40+ 15:59+ 17:02+ 20:13+ 22:57+ 24:59+ 26:43+ 30:52+ 32:30+ 35:22+ 35:40+
 05:05+ 01:18+ 02:37+ 03:16- 02:24+ 01:19+ 01:03+ 03:11+ 02:44+ 02:02+ 01:44+ 04:09+ 01:38+ 02:52+ 00:18=
 02:14& 00:03+ 00:22# 02:31- 00:01+ 00:16& 00:04+ 01:48@ 00:22# 00:17# 00:23& 02:41@ 00:10# 00:34# 00:00=

6 Sondre Ladim OK Moss 38:03
 09:01+ 10:16+ 12:40+ 16:18+ 18:34+ 19:42+ 20:39+ 22:18+ 24:59+ 27:16+ 29:42+ 32:41+ 34:43+ 37:26+ 38:03+
 09:01+ 01:15= 02:24+ 03:38- 02:16- 01:08+ 00:57- 01:39+ 02:48+ 02:10+ 02:26+ 02:59+ 02:02+ 02:43+ 00:37+
 06:10@ 00:00= 00:09+ 02:09- 00:07- 00:05+ 00:02- 00:16# 00:26# 00:25# 01:05& 01:31@ 00:34& 00:25# 00:19@

7 Ludvik Sæther Fredrikstad SK 38:15
 04:01+ 08:30+ 10:53+ 14:19+ 16:43+ 18:05+ 19:06+ 22:17+ 24:59+ 27:05+ 28:46+ 32:48+ 34:33+ 37:34+ 38:15+
 04:01+ 04:29+ 02:23+ 03:26- 02:24+ 01:22+ 01:01+ 03:11+ 02:42+ 02:06+ 01:41+ 04:02+ 01:45+ 03:01+ 00:41+
 01:10& 03:14@ 00:08+ 02:21- 00:01+ 00:19& 00:02+ 01:48@ 00:20# 00:21# 00:20# 02:34@ 00:17# 00:43& 00:23@

8 Peder Bryggen Halden SK 40:06
 04:22+ 06:32+ 10:14+ 15:16+ 18:46+ 20:22+ 21:51+ 24:11+ 27:14+ 29:23+ 31:01+ 34:31+ 36:36+ 39:45+ 40:06+
 04:22+ 02:10+ 03:42+ 05:02- 03:30+ 01:36+ 01:29+ 02:20+ 03:03+ 02:09+ 01:38+ 03:30+ 02:05+ 03:09+ 00:21+
 01:31& 00:55& 01:27& 00:45- 01:07& 00:33& 00:30& 00:57& 00:41& 00:24# 00:17# 02:02@ 00:37& 00:51& 00:03#

9 Jonathan Eylertsen Halden SK 41:01
 07:04+ 08:31+ 12:28+ 17:19+ 21:00+ 22:52+ 24:20+ 26:19+ 29:59+ 32:21+ 34:23+ 36:50+ 38:46+ 40:40+ 41:01+
 07:04+ 01:27+ 03:57+ 04:51- 03:41+ 01:52+ 01:28+ 01:59+ 03:40+ 02:22+ 02:02+ 02:27+ 01:56+ 01:54- 00:21+
 04:13@ 00:12# 01:42& 00:56- 01:18& 00:49& 00:29& 00:36& 01:18& 00:37& 00:41& 00:59& 00:28& 00:24- 00:03#

10 Christoffer Gzyl OK Moss 54:06
 05:34+ 07:13+ 11:07+ 23:23+ 27:38+ 29:33+ 31:02+ 34:19+ 39:05+ 42:18+ 44:36+ 48:37+ 50:38+ 53:44+ 54:06+
 05:34+ 01:39+ 03:54+ 12:16+ 04:15+ 01:55+ 01:29+ 03:17+ 04:46+ 03:13+ 02:18+ 04:01+ 02:01+ 03:06+ 00:22+
 02:43& 00:24& 01:39& 06:29@ 01:52& 00:52& 00:30& 01:54@ 02:24@ 01:28& 00:57& 02:33@ 00:33& 00:48& 00:04#

11 Mathias Pedersen Holmskau Trøsken IL 57:06
 05:15+ 06:39+ 10:33+ 22:27+ 26:48+ 30:21+ 31:47+ 34:30+ 41:43+ 45:02+ 47:44+ 51:02+ 54:19+ 56:39+ 57:06+
 05:15+ 01:24+ 03:54+ 11:54+ 04:21+ 03:33+ 01:26+ 02:43+ 07:13+ 03:19+ 02:42+ 03:18+ 03:17+ 02:20+ 00:27+
 02:24& 00:09# 01:39& 06:07@ 01:58& 02:30@ 00:27& 01:20& 04:51@ 01:34& 01:21& 01:50@ 01:49@ 00:02+ 00:09&

12 Balder Hasvik Larsen Halden SK 1:09:25
 08:53+ 10:41+ 14:41+ 19:56+ 25:36+ 28:09+ 29:21+ 31:45+ 54:02+ 56:13+ 58:26+ 64:10+ 66:42+ 69:02+ 69:25+
 08:53+ 01:48+ 04:00+ 05:15- 05:40+ 02:33+ 01:12+ 02:24+ 22:17+ 02:11+ 02:13+ 05:44+ 02:32+ 02:20+ 00:23+
 06:02@ 00:33& 01:45& 00:32- 03:17@ 01:30@ 00:13# 01:01& 19:55@ 00:26# 00:52& 04:16@ 01:04& 00:02+ 00:05&

Beste strekktid for klassen
 02:51 01:15 02:15 02:16 01:03 00:57 01:23 02:22 01:45 01:21 01:28 01:28 01:47 00:18

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

H17-

Class	Navn	Klasse	Tid
1	Thomas Natvig Årstad	Halden SK	32:36
02:58=	04:10= 05:24= 08:54= 09:46= 11:49=	12:36= 14:55= 16:54= 18:28= 20:27=	21:21= 22:51= 24:46= 25:23= 27:28=
02:58=	01:12= 01:14= 03:30= 00:52= 02:03=	00:47= 02:19= 01:59= 01:34= 01:59=	00:54= 01:30= 01:55= 00:37= 02:05=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=
2	Markus Holter	Halden SK	35:19
02:34-	03:46- 05:04- 08:57+ 09:58+ 12:26+	13:30+ 16:04+ 18:25+ 20:05+ 22:05+	23:20+ 24:58+ 26:52+ 27:32+ 29:40+
02:34-	01:12= 01:18+ 03:53+ 01:01+ 02:28+	01:04+ 02:34+ 02:21+ 01:40+ 02:00+	01:15+ 01:38+ 01:54+ 00:40+ 02:08+
00:24-	00:00= 00:04+ 00:23# 00:09# 00:25#	00:17& 00:15# 00:22# 00:06+ 00:01+	00:21& 00:08+ 00:01- 00:03+ 00:03+
3	Niels Christian Hellerud	Halden SK	36:03
03:08+	04:14+ 05:32+ 09:11+ 10:05+ 12:12+	13:11+ 15:37+ 18:17+ 20:00+ 22:05+	23:03+ 24:51+ 27:04+ 27:42+ 29:40+
03:08+	01:06- 01:18+ 03:39+ 00:54+ 02:07+	00:59+ 02:26+ 02:40+ 01:43+ 02:05+	00:58+ 01:48+ 02:13+ 00:38+ 01:58-
00:10+	00:06- 00:04+ 00:09+ 00:02+ 00:04+	00:12& 00:07+ 00:41& 00:09+ 00:06+	00:04+ 00:18# 00:18# 00:01+ 00:07-
4	Mats Haldin	Halden SK	36:26
02:49-	04:04- 05:24= 08:58+ 09:54+ 12:10+	13:00+ 15:24+ 18:37+ 20:23+ 22:15+	23:13+ 25:28+ 27:24+ 27:59+ 30:17+
02:49-	01:15+ 01:20+ 03:34+ 00:56+ 02:16+	00:50+ 02:24+ 03:13+ 01:46+ 01:52-	00:58+ 02:15+ 01:56+ 00:35- 02:18+
00:09-	00:03+ 00:06+ 00:04+ 00:04+ 00:13#	00:03+ 00:05+ 01:14& 00:12# 00:07-	00:04+ 00:45& 00:01+ 00:02- 00:13#
5	Mattias Karlsson	Fredrikstad SK	36:53
02:57-	04:08- 05:21- 08:49- 09:45- 12:05+	13:45+ 16:40+ 19:24+ 21:05+ 23:09+	24:08+ 26:12+ 28:31+ 29:07+ 31:10+
02:57-	01:11- 01:13- 03:28- 00:56+ 02:20+	01:40+ 02:55+ 02:44+ 01:41+ 02:04+	00:59+ 02:04+ 02:19+ 00:36- 02:03-
00:01-	00:01- 00:01- 00:02- 00:04+ 00:17#	00:53@ 00:36& 00:45& 00:07+ 00:05+	00:05+ 00:34& 00:24# 00:01- 00:02-
6	Bent Olav Aamodt	Fredrikstad SK	37:16
03:03+	04:34+ 05:58+ 09:49+ 10:50+ 13:13+	14:12+ 16:44+ 19:43+ 21:30+ 23:41+	24:55+ 26:44+ 28:50+ 29:30+ 31:33+
03:03+	01:31+ 01:24+ 03:51+ 01:01+ 02:23+	00:59+ 02:32+ 02:59+ 01:47+ 02:11+	01:14+ 01:49+ 02:06+ 00:40+ 02:03-
00:05+	00:19& 00:10# 00:21+ 00:09# 00:20#	00:12& 00:13+ 01:00& 00:13# 00:12#	00:20& 00:19# 00:11+ 00:03+ 00:02-
7	Øyvind Helgerud	Halden SK	39:18
03:10+	04:26+ 05:51+ 09:58+ 11:02+ 13:25+	14:26+ 17:08+ 19:29+ 21:30+ 24:13+	25:33+ 27:25+ 29:37+ 30:19+ 32:38+
03:10+	01:16+ 01:25+ 04:07+ 01:04+ 02:23+	01:01+ 02:42+ 02:21+ 02:01+ 02:43+	01:20+ 01:52+ 02:12+ 00:42+ 02:19+
00:12+	00:04+ 00:11# 00:37# 00:12# 00:20#	00:14& 00:23# 00:22# 00:27& 00:44&	00:26& 00:22# 00:17# 00:05# 00:14#
8	Espen Danevad	Fredrikstad SK	40:07
02:49-	04:12+ 05:40+ 09:55+ 11:06+ 13:43+	14:59+ 17:55+ 20:23+ 22:24+ 24:51+	26:05+ 28:07+ 30:23+ 31:05+ 33:31+
02:49-	01:23+ 01:28+ 04:15+ 01:11+ 02:37+	01:16+ 02:56+ 02:28+ 02:01+ 02:27+	01:14+ 02:02+ 02:16+ 00:42+ 02:26+
00:09-	00:11# 00:14# 00:45# 00:19& 00:34&	00:29& 00:37& 00:29# 00:27& 00:28#	00:20& 00:32& 00:21# 00:05# 00:21#
9	Bendik Eliassen	Fredrikstad SK	42:54
02:49-	04:05- 05:29+ 09:35+ 10:46+ 13:29+	14:34+ 17:21+ 20:28+ 22:40+ 25:10+	26:19+ 28:29+ 30:57+ 32:03+ 34:49+
02:49-	01:16+ 01:24+ 04:06+ 01:11+ 02:43+	01:05+ 02:47+ 03:07+ 02:12+ 02:30+	01:09+ 02:10+ 02:28+ 01:06+ 02:46+
00:09-	00:04+ 00:10# 00:36# 00:19& 00:40&	00:18& 00:28# 01:08& 00:38& 00:31&	00:15& 00:40& 00:33& 00:29& 00:41&
10	Vegard Line	Nydalens SK	43:11
03:13+	04:28+ 06:06+ 10:58+ 12:04+ 14:55+	16:10+ 19:09+ 21:51+ 24:30+ 27:03+	28:12+ 30:10+ 32:18+ 33:01+ 35:35+
03:13+	01:15+ 01:38+ 04:52+ 01:06+ 02:51+	01:15+ 02:59+ 02:42+ 02:39+ 02:33+	01:09+ 01:58+ 02:08+ 00:43+ 02:34+
00:15+	00:03+ 00:24& 01:22& 00:14& 00:48&	00:28& 00:40& 00:43& 01:05& 00:34&	00:15& 00:28& 00:13# 00:06# 00:29#
11	Lacho Iliev	Halden SK	43:23
03:06+	04:28+ 06:00+ 10:27+ 11:37+ 14:30+	15:42+ 18:40+ 22:06+ 24:19+ 26:27+	27:47+ 29:48+ 32:34+ 33:19+ 36:07+
03:06+	01:22+ 01:32+ 04:27+ 01:10+ 02:53+	01:12+ 02:58+ 03:26+ 02:13+ 02:08+	01:20+ 02:01+ 02:46+ 00:45+ 02:48+
00:08+	00:10# 00:18# 00:57& 00:18& 00:50&	00:25& 00:39& 01:27& 00:39& 00:09+	00:26& 00:31& 00:51& 00:08# 00:43&
12	Kristoffer B. Helminen	Fredrikstad SK	50:06
03:32+	05:05+ 06:49+ 12:01+ 13:20+ 16:46+	17:46+ 21:38+ 25:53+ 29:20+ 32:16+	33:44+ 36:16+ 38:54+ 39:39+ 42:13+
03:32+	01:33+ 01:44+ 05:12+ 01:19+ 03:26+	01:00+ 03:52+ 04:15+ 03:27+ 02:56+	01:28+ 02:32+ 02:38+ 00:45+ 02:34+
00:34#	00:21& 00:30& 01:42& 00:27& 01:23&	00:13& 01:33& 02:16@ 01:53@ 00:57&	01:02& 01:32& 00:43& 00:08# 00:29#
13	Morten Fredh	OK Moss	56:19
04:47+	06:30+ 08:41+ 14:19+ 15:50+ 20:00+	21:39+ 25:50+ 30:18+ 33:16+ 36:21+	38:21+ 41:27+ 44:16+ 45:09+ 48:04+
04:47+	01:43+ 02:11+ 05:38+ 01:31+ 04:00+	01:39+ 04:11+ 04:28+ 02:58+ 03:05+	02:00+ 03:06+ 02:49+ 00:53+ 02:55+
01:49&	00:31& 00:57& 02:08& 00:39& 02:07@	00:52@ 01:52& 02:29@ 01:24& 01:06&	01:06@ 01:36@ 00:54& 00:16& 00:50&
14	Lea-Rebekka Tonjer	Nydalens SK	56:23
04:32+	06:25+ 08:26+ 13:55+ 15:06+ 18:49+	20:03+ 23:50+ 28:14+ 31:25+ 34:21+	35:53+ 39:04+ 42:36+ 43:23+ 46:38+
04:32+	01:53+ 02:01+ 05:29+ 01:11+ 03:43+	01:14+ 03:47+ 04:24+ 03:11+ 02:56+	01:32+ 03:11+ 03:32+ 00:47+ 03:15+
01:34&	00:41& 00:47& 01:59& 00:19& 01:40&	00:27& 01:28& 02:25@ 01:37@ 00:57&	00:38& 01:41@ 01:37& 00:10& 01:10&
15	Børge Brenås	Varteig OL	1:14:58
06:42+	08:11+ 15:00+ 20:49+ 22:14+ 35:34+	36:39+ 39:29+ 42:44+ 45:03+ 49:04+	51:12+ 54:06+ 57:14+ 58:36+ 61:26+
06:42+	01:29+ 06:49+ 05:49+ 01:25+ 13:20+	01:05+ 02:50+ 03:15+ 02:19+ 04:01+	02:08+ 02:54+ 03:08+ 01:22+ 02:50+
03:44@	00:17# 05:35@ 02:19& 00:33& 11:17@	00:18& 00:31# 01:16& 00:45& 02:02@	01:14@ 01:24& 01:13& 00:45@ 00:45&

Class Navn Klasse Tid

16 Alf Kristian Helle Halden SK 1:29:28
04:42+ 07:33+ 12:02+ 18:10+ 20:06+ 24:31+ 26:19+ 49:56+ 55:02+ 58:05+ 62:14+ 63:55+ 66:35+ 70:16+ 71:57+ 75:45+ 78:25+ 80:48+ 88:04+ 88:51+ 89:28+
04:42+ 02:51+ 04:29+ 06:08+ 01:56+ 04:25+ 01:48+ 23:37+ 05:06+ 03:03+ 04:09+ 01:41+ 02:40+ 03:41+ 01:41+ 03:48+ 02:40+ 02:23+ 07:16+ 00:47+ 00:37+
01:44& 01:39@ 03:15@ 02:38& 01:04@ 02:22@ 01:01@ 21:18@ 03:07@ 01:29& 02:10@ 00:47& 01:10& 01:46& 01:04@ 01:43& 01:31@ 01:16@ 05:14@ 00:18& 00:16&

Beste strekktid for klassen
02:34 01:06 01:13 03:28 00:52 02:03 00:47 02:19 01:59 01:34 01:52 00:54 01:30 01:54 00:35 01:58 01:09 01:07 02:02 00:27 00:19

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

H17-C

1 Henrik Fjelle Trøsken IL 30:50
09:47= 10:38= 14:30= 19:54= 21:29= 23:23= 24:41= 29:39= 30:27= 30:50=
09:47= 00:51= 03:52= 05:24= 01:35= 01:54= 01:18= 04:58= 00:48= 00:23=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Svein-Tore Gåsvik Narvestad Halden SK 50:27
02:50- 03:36- 38:56+ 41:31+ 43:17+ 45:22+ 46:37+ 49:19+ 49:58+ 50:27+
02:50- 00:46- 35:20+ 02:35- 01:46+ 02:05+ 01:15- 02:42- 00:39- 00:29+
06:57- 00:05- 31:28@ 02:49- 00:11# 00:03- 02:16- 00:09- 00:06&

Beste strekktid for klassen
02:50 00:46 03:52 02:35 01:35 01:54 01:15 02:42 00:39 00:23

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

H17-N

1 Tor Simonsen OK Øst 25:59
05:25= 07:02= 10:04= 15:27= 18:22= 19:52= 22:05= 24:53= 25:59=
05:25= 01:37= 03:02= 05:23= 02:55= 01:30= 02:13= 02:48= 01:06=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen
05:25 01:37 03:02 05:23 02:55 01:30 02:13 02:48 01:06

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

H40-

1 Håkon Gjerde Indre Østfold OK 32:03
03:25= 05:16= 06:29= 10:49= 11:48= 13:35= 14:34= 16:56= 17:41= 20:07= 22:44= 23:58= 25:48= 28:13= 29:54= 31:42= 32:03=
03:25= 01:51= 01:13= 04:20= 00:59= 01:47= 00:59= 02:22= 00:45= 02:26= 02:37= 01:14= 01:50= 02:25= 01:41= 01:48= 00:21=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Vidar Solberg Fredrikstad SK 33:14
03:01- 05:25+ 06:42+ 11:25+ 12:34+ 14:23+ 15:31+ 17:58+ 18:45+ 21:18+ 23:27+ 24:55+ 26:53+ 29:11+ 30:52+ 32:44+ 33:14+
03:01- 02:24+ 01:17+ 04:43+ 01:09+ 01:49+ 01:08+ 02:27+ 00:47+ 02:33+ 02:09- 01:28+ 01:58+ 02:18- 01:41= 01:52+ 00:30+
00:24- 00:33& 00:04+ 00:23+ 00:10# 00:02+ 00:09# 00:05+ 00:02+ 00:07+ 00:28- 00:14# 00:08+ 00:07- 00:00= 00:04+ 00:09&

3 Thomas Roskifte OK Moss 39:06
04:00+ 06:21+ 07:46+ 12:46+ 13:59+ 16:12+ 17:17+ 20:32+ 21:16+ 24:49+ 28:23+ 29:41+ 32:14+ 35:10+ 36:58+ 38:41+ 39:06+
04:00+ 02:21+ 01:25+ 05:00+ 01:13+ 02:13+ 01:05+ 03:15+ 00:44- 03:33+ 03:34+ 01:18+ 02:33+ 02:56+ 01:48+ 01:43- 00:25+
00:35# 00:30& 00:12# 00:40# 00:14# 00:26# 00:06# 00:53& 00:01- 01:07& 00:57& 00:04+ 00:43& 00:31# 00:07+ 00:05- 00:04#

4 Øyvind Løken OK Moss 39:51
04:42+ 07:11+ 08:40+ 13:06+ 14:12+ 16:01+ 16:57+ 19:24+ 20:11+ 24:47+ 27:30+ 28:42+ 31:13+ 34:01+ 37:01+ 39:27+ 39:51+
04:42+ 02:29+ 01:29+ 04:26+ 01:06+ 01:49+ 00:56- 02:27+ 00:47+ 04:36+ 02:43+ 01:12- 02:31+ 02:48+ 03:00+ 02:26+ 00:24+
01:17& 00:38& 00:16# 00:06+ 00:07# 00:02+ 00:03- 00:05+ 00:02+ 02:10& 00:06+ 00:02- 00:41& 00:23# 01:19& 00:38& 00:03#

5 Henning Bratland Carlsen OK Moss 39:59
03:24- 07:37+ 09:08+ 14:09+ 15:15+ 17:27+ 18:31+ 21:12+ 22:00+ 25:16+ 28:00+ 29:26+ 32:21+ 35:04+ 36:53+ 39:31+ 39:59+
03:24- 04:13+ 01:31+ 05:01+ 01:06+ 02:12+ 01:04+ 02:41+ 00:48+ 03:16+ 01:26+ 02:55+ 02:43+ 01:49+ 02:38+ 00:28+
00:01- 02:22@ 00:18# 00:41# 00:07# 00:25# 00:05+ 00:19# 00:03+ 00:50& 00:07+ 00:12# 01:05& 00:18# 00:08+ 00:50& 00:07&

Class	Navn	Klasse	Tid
6	Egon Lundrud	OK Moss	42:27
03:20-	05:42+	07:49+	12:49+
03:20-	02:22+	02:07+	05:00+
00:05-	00:31&	00:54&	00:40#
	00:21&	00:21#	00:14#
	01:22&	00:19&	02:04&
	00:11+	00:07+	00:57&
	01:09&	00:24#	00:51&
	00:04#		
7	Dag Arne Lier	Indre Østfold OK	42:31
03:45+	05:54+	07:36+	13:03+
03:45+	02:09+	01:42+	05:27+
00:20+	00:18#	00:29&	01:07&
	00:21&	00:27&	00:16&
	00:43&	00:45&	01:18&
	00:04+	00:39&	00:37&
	01:22&	00:57&	00:35&
	00:10&		
8	Frode Risbråthe	Indre Østfold OK	43:17
03:31+	06:10+	08:00+	13:41+
03:31+	02:39+	01:50+	05:41+
00:06+	00:48&	00:37&	01:21&
	00:24&	00:30&	00:11#
	01:19&	00:21&	01:27&
	00:34#	00:12#	00:54&
	00:47&	00:23#	01:12&
	00:08&		
9	Tore Grønlund Moen	Gimle IF	55:45
06:41+	09:23+	11:26+	18:04+
06:41+	02:42+	02:03+	06:38+
03:16&	00:51&	00:50&	02:18&
	00:38&	01:55@	00:25&
	01:50&	00:29&	03:40@
	01:56&	00:19&	01:19&
	01:19&	00:54&	00:51&
	02:03@	00:08&	
10	Anders Brynildsen	Fredrikstad SK	58:51
04:34+	07:46+	10:07+	15:55+
04:34+	03:12+	02:21+	05:48+
01:09&	01:21&	01:08&	01:28&
	00:44&	00:06+	00:12#
	00:32#	00:11#	01:53&
	00:20#	00:22&	01:36&
	00:38&	14:19@	00:40&
	00:09&		
11	Bjørn Ketil Hansen	Sarpsborg OL	1:05:50
10:04+	13:04+	17:00+	24:14+
10:04+	03:00+	03:56+	07:14+
06:39@	01:09&	02:43@	02:54&
	00:55&	00:30&	02:15&
	00:34&	00:34&	07:00@
	01:13&	00:36&	01:39&
	02:11&	01:05&	01:17&
	00:13&		
12	Pål Angvoll	Fredrikstad SK	1:08:48
04:11+	07:25+	09:22+	15:57+
04:11+	03:14+	01:57+	06:35+
00:46#	01:23&	00:44&	02:15&
	00:36&	00:55&	00:16&
	07:06@	00:14&	03:20@
	00:48&	00:28&	03:31@
	01:40&	10:16@	02:12@
	00:15&		
13	Bjørn Fjeldstad	Indre Østfold OK	1:11:21
04:51+	16:11+	19:11+	26:07+
04:51+	11:20+	03:00+	06:56+
01:26&	09:29@	01:47@	02:36&
	00:55&	01:15&	00:25&
	01:48&	00:33&	04:52@
	00:53&	00:53&	02:16@
	06:41@	01:07&	02:12@
	00:10&		
14	Jens-Henrik Simonsen	OK Øst	1:47:06
05:09+	49:51+	54:02+	62:29+
05:09+	44:42+	04:11+	08:27+
01:44&	42:51@	02:58@	04:07&
	00:57&	01:35&	00:44&
	02:49@	00:38&	03:26@
	03:48@	01:33@	02:01@
	02:17&	01:37&	01:46&
	00:12&		
Beste strekketid for klassen	03:01	01:51	01:13
	04:20	00:59	01:47
	00:56	02:22	00:44
	02:26	02:09	01:12
	01:50	02:18	01:41
	01:43	00:21	

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

H50-

2	Torgeir Snilsberg	OK Moss	36:40
02:47+	04:36+	06:03+	11:18+
02:47+	01:49+	01:27+	05:15+
02:47+	01:49+	01:27+	05:15+
	01:16+	02:00+	01:09+
	02:41+	00:55+	03:26+
	02:33+	01:21+	02:17+
	02:43+	02:17+	02:43+
	02:17+	02:18+	00:26+
3	Espen Svae	Sarpsborg OL	40:54
03:22+	05:36+	07:11+	12:32+
03:22+	02:14+	01:35+	05:21+
03:22+	02:14+	01:35+	05:21+
	01:28+	02:20+	01:17+
	02:47+	00:58+	03:34+
	03:37+	01:50+	02:44+
	03:03+	02:12+	02:04+
	00:28+		
4	Dag Brenås	Varteig OL	40:56
02:51+	08:44+	10:11+	16:05+
02:51+	05:53+	01:27+	05:54+
02:51+	05:53+	01:27+	05:54+
	01:17+	01:55+	00:58+
	02:50+	00:46+	04:20+
	02:12+	01:25+	02:49+
	02:29+	01:42+	01:43+
	00:25+		
5	Ole Ingesen	Sarpsborg OL	44:39
03:38+	05:53+	07:46+	13:47+
03:38+	02:15+	01:53+	06:01+
03:38+	02:15+	01:53+	06:01+
	01:36+	02:20+	01:15+
	03:56+	01:03+	04:03+
	02:57+	01:44+	03:23+
	03:15+	02:25+	02:19+
	00:36+		

Class	Navn	Klasse	Tid
6	Sture Ottesen	Indre Østfold OK	45:00
03:24+	07:40+ 09:10+ 14:18+ 15:34+ 18:25+	19:31+ 24:01+ 24:57+ 28:43+ 31:45+	33:10+ 36:27+ 39:39+ 42:14+ 44:27+ 45:00+
03:24+	04:16+ 01:30+ 05:08+ 01:16+ 02:51+	01:06+ 04:30+ 00:56+ 03:46+ 03:02+	01:25+ 03:17+ 03:12+ 02:35+ 02:13+ 00:33+
03:24+	04:16+ 01:30+ 05:08+ 01:16+ 02:51+	01:06+ 04:30+ 00:56+ 03:46+ 03:02+	01:25+ 03:17+ 03:12+ 02:35+ 02:13+ 00:33+
7	Øystein Jensen	Sarpsborg OL	45:17
03:45+	06:46+ 08:41+ 14:38+ 16:00+ 18:26+	19:46+ 22:55+ 24:00+ 28:23+ 31:20+	33:06+ 36:45+ 40:07+ 42:21+ 44:43+ 45:17+
03:45+	03:01+ 01:55+ 05:57+ 01:22+ 02:26+	01:20+ 03:09+ 01:05+ 04:23+ 02:57+	01:46+ 03:39+ 03:22+ 02:14+ 02:22+ 00:34+
03:45+	03:01+ 01:55+ 05:57+ 01:22+ 02:26+	01:20+ 03:09+ 01:05+ 04:23+ 02:57+	01:46+ 03:39+ 03:22+ 02:14+ 02:22+ 00:34+
8	Øistein Bøe	Fana IL	50:08
04:40+	07:12+ 09:20+ 15:41+ 17:08+ 19:46+	21:08+ 24:46+ 26:03+ 31:08+ 34:44+	36:49+ 40:01+ 44:09+ 46:56+ 49:37+ 50:08+
04:40+	02:32+ 02:08+ 06:21+ 01:27+ 02:38+	01:22+ 03:38+ 01:17+ 05:05+ 03:36+	02:05+ 03:12+ 04:08+ 02:47+ 02:41+ 00:31+
04:40+	02:32+ 02:08+ 06:21+ 01:27+ 02:38+	01:22+ 03:38+ 01:17+ 05:05+ 03:36+	02:05+ 03:12+ 04:08+ 02:47+ 02:41+ 00:31+
9	Bjørn Tore Thoresen	Sarpsborg OL	51:17
04:16+	08:00+ 10:05+ 18:04+ 19:30+ 21:58+	23:34+ 27:15+ 28:24+ 33:07+ 36:45+	38:48+ 41:27+ 44:54+ 47:09+ 50:46+ 51:17+
04:16+	03:44+ 02:05+ 07:59+ 01:26+ 02:28+	01:36+ 03:41+ 01:09+ 04:43+ 03:38+	02:03+ 02:39+ 03:27+ 02:15+ 03:37+ 00:31+
04:16+	03:44+ 02:05+ 07:59+ 01:26+ 02:28+	01:36+ 03:41+ 01:09+ 04:43+ 03:38+	02:03+ 02:39+ 03:27+ 02:15+ 03:37+ 00:31+
10	Tormod Jensen	Sarpsborg OL	52:07
04:29+	07:16+ 10:00+ 16:53+ 18:40+ 21:26+	23:13+ 26:49+ 28:02+ 32:45+ 36:37+	38:37+ 42:01+ 45:29+ 48:31+ 51:25+ 52:07+
04:29+	02:47+ 02:44+ 06:53+ 01:47+ 02:46+	01:47+ 03:36+ 01:13+ 04:43+ 03:52+	02:00+ 03:24+ 03:28+ 03:02+ 02:54+ 00:42+
04:29+	02:47+ 02:44+ 06:53+ 01:47+ 02:46+	01:47+ 03:36+ 01:13+ 04:43+ 03:52+	02:00+ 03:24+ 03:28+ 03:02+ 02:54+ 00:42+
11	Christopher Schive	OK Moss	56:40
05:50+	09:49+ 11:42+ 18:22+ 20:12+ 24:25+	25:36+ 29:23+ 30:24+ 34:24+ 37:28+	39:06+ 42:11+ 48:06+ 52:34+ 56:07+ 56:40+
05:50+	03:59+ 01:53+ 06:40+ 01:50+ 04:13+	01:11+ 03:47+ 01:01+ 04:00+ 03:04+	01:38+ 03:05+ 05:55+ 04:28+ 03:33+ 00:33+
05:50+	03:59+ 01:53+ 06:40+ 01:50+ 04:13+	01:11+ 03:47+ 01:01+ 04:00+ 03:04+	01:38+ 03:05+ 05:55+ 04:28+ 03:33+ 00:33+
12	Per Øivind Braarud	Halden SK	1:35:34
05:05+	13:09+ 15:40+ 44:55+ 47:23+ 50:17+	52:24+ 61:22+ 62:58+ 68:29+ 72:50+	75:29+ 80:32+ 86:56+ 90:47+ 95:02+ 95:34+
05:05+	08:04+ 02:31+ 29:15+ 02:28+ 02:54+	02:07+ 08:58+ 01:36+ 05:31+ 04:21+	02:39+ 05:03+ 06:24+ 03:51+ 04:15+ 00:32+
05:05+	08:04+ 02:31+ 29:15+ 02:28+ 02:54+	02:07+ 08:58+ 01:36+ 05:31+ 04:21+	02:39+ 05:03+ 06:24+ 03:51+ 04:15+ 00:32+
13	Bjørn Aarbu	Varteig OL	1:59:36
06:54+	17:46+ 22:54+ 40:55+ 44:41+ 52:02+	55:01+ 63:31+ 65:58+ 77:38+ 85:07+	88:42+ 95:59+ 104:50+ 110:42+ 116:51+ 119:36+
06:54+	10:52+ 05:08+ 18:01+ 03:46+ 07:21+	02:59+ 08:30+ 02:27+ 11:40+ 07:29+	03:35+ 07:17+ 08:51+ 05:52+ 06:09+ 02:45+
06:54+	10:52+ 05:08+ 18:01+ 03:46+ 07:21+	02:59+ 08:30+ 02:27+ 11:40+ 07:29+	03:35+ 07:17+ 08:51+ 05:52+ 06:09+ 02:45+

Beste strekktid for klassen

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

H70-

1	Willy Grønstad	Gimle IF	31:16
03:31=	04:52= 09:29= 11:11= 13:05= 16:26=	17:27= 21:48= 24:04= 26:20= 30:14=	30:51= 31:16=
03:31=	01:21= 04:37= 01:42= 01:54= 03:21=	01:01= 04:21= 02:16= 02:16= 03:54=	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=
2	Anders Taraldrud	Indre Østfold OK	33:43
05:23+	06:22+ 12:10+ 13:48+ 16:07+ 19:18+	20:22+ 24:04+ 26:15+ 28:29+ 32:21+	33:09+ 33:43+
05:23+	00:59- 05:48+ 01:38- 02:19+ 03:11-	01:04+ 03:42- 02:11- 02:14- 03:52-	00:48+ 00:34+
01:52&	00:22- 01:11& 00:04- 00:25# 00:10-	00:03+ 00:39- 00:05- 00:02-	00:11& 00:09&
3	Tore Aaberg	Indre Østfold OK	40:50
04:07+	05:29+ 11:05+ 13:31+ 15:44+ 19:41+	21:01+ 28:37+ 31:49+ 34:19+ 39:18+	40:19+ 40:50+
04:07+	01:22+ 05:36+ 02:13+ 03:57+	01:20+ 07:36+ 03:12+ 02:30+ 04:59+	01:01+ 00:31+
00:36#	00:01+ 00:59# 00:44& 00:19# 00:36#	00:19& 03:15& 00:56& 00:14# 01:05&	00:24& 00:06#
4	Knut Lindløv	OK Moss	57:18
06:08+	07:46+ 14:44+ 18:08+ 21:16+ 25:41+	27:04+ 43:58+ 47:18+ 50:13+ 55:21+	56:38+ 57:18+
06:08+	01:38+ 06:58+ 03:24+ 03:08+ 04:25+	01:23+ 16:54+ 03:20+ 02:55+ 05:08+	01:17+ 00:40+
02:37&	00:17# 02:21& 01:42& 01:14& 01:04&	00:22& 12:33@ 01:04& 00:39& 01:14&	00:40@ 00:15&
5	Stein Koren	OK Moss	59:13
05:39+	07:37+ 15:35+ 18:53+ 24:13+ 32:07+	34:24+ 35:43+ 41:56+ 45:13+ 48:17+	57:09+ 58:29+ 59:13+
05:39+	01:58+ 07:58+ 03:18+ 05:20+ 07:54+	02:17+ 01:19- 06:13+ 03:17+ 03:04-	08:52+ 01:20+ 00:44+
02:08&	00:37& 03:21& 01:36& 03:26@ 04:33@	01:16@ 03:02- 03:57@ 01:01& 00:50-	08:15@ 00:55@ 00:44+

Class	Navn	Klasse	Tid
6	Trygve Fosse	Gimle IF	1:01:12
09:46+	11:12+ 23:51+ 26:38+ 29:48+ 36:27+ 37:59+ 43:35+ 46:43+ 49:53+ 59:04+ 60:24+ 61:12+		
09:46+	01:26+ 12:39+ 02:47+ 03:10+ 06:39+ 01:32+ 05:36+ 03:08+ 03:10+ 09:11+ 01:20+ 00:48+		
06:15@	00:05+ 08:02@ 01:05& 01:16& 03:18& 00:31& 01:15& 00:52& 00:54& 05:17@ 00:43@ 00:23&		
7	Ingar Finstad	OK Moss	1:07:21
10:20+	14:59+ 25:59+ 29:40+ 32:47+ 42:04+ 43:48+ 50:02+ 53:24+ 56:42+ 65:19+ 66:32+ 67:21+		
10:20+	04:39+ 11:00+ 03:41+ 03:07+ 09:17+ 01:44+ 06:14+ 03:22+ 03:18+ 08:37+ 01:13+ 00:49+		
06:49@	03:18@ 06:23@ 01:59@ 01:13& 05:56@ 00:43& 01:53& 01:06& 01:02& 04:43@ 00:36& 00:24&		
Beste strekktid for klassen			
03:31	00:59 04:37 01:38 01:54 03:11 01:01 01:19 02:11 02:14 03:04 00:37 00:25		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
N-åpen			
10	Johanne Klavestad Aaby	Fredrikstad SK	19:51
04:14+	05:43+ 08:15+ 11:36+ 13:39+ 15:03+ 16:46+ 19:15+ 19:51+		
04:14+	01:29+ 02:32+ 03:21+ 02:03+ 01:24+ 01:43+ 02:29+ 00:36+		
04:14+	01:29+ 02:32+ 03:21+ 02:03+ 01:24+ 01:43+ 02:29+ 00:36+		
11	Celine Heggenes	Trøsken IL	45:59
16:18+	19:08+ 24:08+ 30:58+ 36:04+ 38:58+ 41:49+ 45:13+ 45:59+		
16:18+	02:50+ 05:00+ 06:50+ 05:06+ 02:54+ 02:51+ 03:24+ 00:46+		
16:18+	02:50+ 05:00+ 06:50+ 05:06+ 02:54+ 02:51+ 03:24+ 00:46+		
12	Kristin Kvam	OK Moss	40:51
13:33+	16:06+ 19:22+ 27:20+ 31:03+ 32:32+ 34:47+ 40:05+ 40:51+		
13:33+	02:33+ 03:16+ 07:58+ 03:43+ 01:29+ 02:15+ 05:18+ 00:46+		
13:33+	02:33+ 03:16+ 07:58+ 03:43+ 01:29+ 02:15+ 05:18+ 00:46+		
18	Lotta Ringstad Holt	Fredrikstad SK	28:27
08:54+	10:51+ 14:21+ 19:02+ 22:06+ 23:37+ 25:40+ 27:53+ 28:27+		
08:54+	01:57+ 03:30+ 04:41+ 03:04+ 01:31+ 02:03+ 02:13+ 00:34+		
08:54+	01:57+ 03:30+ 04:41+ 03:04+ 01:31+ 02:03+ 02:13+ 00:34+		
19	Anna Flier Tveten	Indre Østfold OK	32:32
06:44+	09:27+ 14:08+ 20:52+ 24:03+ 26:34+ 28:40+ 31:45+ 32:32+		
06:44+	02:43+ 04:41+ 06:44+ 03:11+ 02:31+ 02:06+ 03:05+ 00:47+		
06:44+	02:43+ 04:41+ 06:44+ 03:11+ 02:31+ 02:06+ 03:05+ 00:47+		
20	Selmer Ringstad Holt	Fredrikstad SK	22:07
08:12+	09:16+ 12:08+ 15:02+ 17:01+ 18:17+ 19:50+ 21:38+ 22:07+		
08:12+	01:04+ 02:52+ 02:54+ 01:59+ 01:16+ 01:33+ 01:48+ 00:29+		
08:12+	01:04+ 02:52+ 02:54+ 01:59+ 01:16+ 01:33+ 01:48+ 00:29+		
21	Siri Flier Tveten	Indre Østfold OK	31:51
05:57+	08:15+ 12:20+ 20:16+ 23:38+ 26:22+ 28:31+ 31:16+ 31:51+		
05:57+	02:18+ 04:05+ 07:56+ 03:22+ 02:44+ 02:09+ 02:45+ 00:35+		
05:57+	02:18+ 04:05+ 07:56+ 03:22+ 02:44+ 02:09+ 02:45+ 00:35+		
22	Sara-Sofie Larsen Simonsen	OK Øst	29:26
06:00+	08:20+ 12:30+ 19:22+ 22:06+ 23:42+ 25:57+ 28:40+ 29:26+		
06:00+	02:20+ 04:10+ 06:52+ 02:44+ 01:36+ 02:15+ 02:43+ 00:46+		
06:00+	02:20+ 04:10+ 06:52+ 02:44+ 01:36+ 02:15+ 02:43+ 00:46+		
23	Aksel Solberg	Fredrikstad SK	17:32
03:14+	04:22+ 06:36+ 10:06+ 12:27+ 13:30+ 14:59+ 16:58+ 17:32+		
03:14+	01:08+ 02:14+ 03:30+ 02:21+ 01:03+ 01:29+ 01:59+ 00:34+		
03:14+	01:08+ 02:14+ 03:30+ 02:21+ 01:03+ 01:29+ 01:59+ 00:34+		
24	Ahmed Omer	Trøsken IL	19:44
04:23+	05:26+ 07:54+ 12:14+ 14:18+ 15:34+ 16:57+ 19:16+ 19:44+		
04:23+	01:03+ 02:28+ 04:20+ 02:04+ 01:16+ 01:23+ 02:19+ 00:28+		
04:23+	01:03+ 02:28+ 04:20+ 02:04+ 01:16+ 01:23+ 02:19+ 00:28+		
25	Henrik Fasting Risbråthe	Indre Østfold OK	18:47
03:42+	06:04+ 08:26+ 11:52+ 13:58+ 15:40+ 16:59+ 18:22+ 18:47+		
03:42+	02:22+ 02:22+ 03:26+ 02:06+ 01:42+ 01:19+ 01:23+ 00:25+		
03:42+	02:22+ 02:22+ 03:26+ 02:06+ 01:42+ 01:19+ 01:23+ 00:25+		

Class	Navn	Klasse	Tid
26	Mira Lundsrud	OK Moss	51:05
30:24+	31:49+ 35:10+ 40:33+ 43:14+ 44:58+ 46:44+ 50:21+ 51:05+		
30:24+	01:25+ 03:21+ 05:23+ 02:41+ 01:44+ 01:46+ 03:37+ 00:44+		
30:24+	01:25+ 03:21+ 05:23+ 02:41+ 01:44+ 01:46+ 03:37+ 00:44+		
27	August Fasting Risbråthe	Indre Østfold OK	18:27
03:02+	03:54+ 09:14+ 11:57+ 14:18+ 15:24+ 16:40+ 18:03+ 18:27+		
03:02+	00:52+ 05:20+ 02:43+ 02:21+ 01:06+ 01:16+ 01:23+ 00:24+		
03:02+	00:52+ 05:20+ 02:43+ 02:21+ 01:06+ 01:16+ 01:23+ 00:24+		
28	Johan Karlsson Kahrs	Fredrikstad SK	40:36
06:43+	09:40+ 15:08+ 24:00+ 29:56+ 33:30+ 37:08+ 39:57+ 40:36+		
06:43+	02:57+ 05:28+ 08:52+ 05:56+ 03:34+ 03:38+ 02:49+ 00:39+		
06:43+	02:57+ 05:28+ 08:52+ 05:56+ 03:34+ 03:38+ 02:49+ 00:39+		

Beste strekktid for klassen

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