

1	Victoria Hæstad Bjørnstad	80	11:40																	
01:06=	01:38=	02:15=	02:59=	03:41=	05:15=	05:48=	06:05=	06:42=	07:09=	07:35=	07:59=	08:21=	08:41=	09:06=	09:30=	10:17=	10:33=	11:24=	11:32=	11:40=
01:06=	00:32=	00:37=	00:44=	00:42=	01:34=	00:33=	00:17=	00:37=	00:27=	00:26=	00:24=	00:22=	00:20=	00:25=	00:24=	00:47=	00:16=	00:51=	00:08=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Andrine Benjaminsen	203	12:00																	
01:05-	01:38=	02:17+	03:03+	03:45+	05:25+	06:00+	06:17+	06:56+	07:24+	07:50+	08:14+	08:37+	08:56+	09:23+	09:46+	10:32+	10:49+	11:42+	11:51+	12:00+
01:05-	00:33+	00:39+	00:46+	00:42=	01:40+	00:35+	00:17=	00:39+	00:28+	00:26=	00:24=	00:23+	00:19-	00:27+	00:23-	00:46-	00:17+	00:53+	00:09+	00:09+
00:01-	00:01+	00:02+	00:02+	00:00=	00:06+	00:02+	00:00=	00:02+	00:01+	00:00=	00:00=	00:01+	00:01-	00:02+	00:01-	00:01-	00:01+	00:02+	00:01#	00:01#
3	Sigrid Alexandersen	244	12:01																	
01:08+	01:40+	02:19+	03:05+	03:50+	05:28+	06:01+	06:19+	06:56+	07:24+	07:51+	08:38+	08:58+	09:24+	09:47+	10:34+	10:51+	11:44+	11:53+	12:01+	
01:08+	00:32=	00:39+	00:46+	00:45+	01:38+	00:33=	00:18+	00:37=	00:28+	00:27+	00:47+	00:20-	00:26+	00:23-	00:47+	00:17-	00:53+	00:09-	00:08=	
00:02+	00:00=	00:02+	00:02+	00:03+	00:04+	00:00=	00:01+	00:00=	00:01+	00:01+	00:23&	00:02-	00:06&	00:02-	00:23&	00:30-	00:37@	00:42-	00:00=	
4	Ingeborg Eide	51	12:01																	
01:05-	01:37-	02:14-	02:58-	03:40-	05:24+	06:02+	06:20+	06:56+	07:24+	07:49+	08:13+	08:36+	08:56+	09:21+	09:45+	10:32+	10:49+	11:43+	11:52+	12:01+
01:05-	00:32=	00:37=	00:44=	00:42=	01:44+	00:38+	00:18+	00:36-	00:28+	00:25-	00:24=	00:23+	00:20=	00:25=	00:24=	00:47=	00:17+	00:54+	00:09+	00:09+
00:01-	00:00=	00:00=	00:00=	00:00=	00:10#	00:05#	00:01+	00:01-	00:01+	00:01-	00:00=	00:01+	00:00=	00:00=	00:00=	00:00=	00:01+	00:03+	00:01#	00:01#
5	Anine Lome	104	12:04																	
01:07+	01:38=	02:15=	03:00+	03:42+	05:21+	05:54+	06:12+	06:53+	07:23+	07:49+	08:36+	08:56+	09:24+	09:48+	10:35+	10:55+	11:46+	11:55+	12:04+	
01:07+	00:31-	00:37=	00:45+	00:42=	01:39+	00:33=	00:18+	00:41+	00:30+	00:26=	00:47+	00:20-	00:28+	00:24-	00:47+	00:20-	00:51+	00:09-	00:09+	
00:01+	00:01-	00:00=	00:01+	00:00=	00:05+	00:00=	00:01+	00:04#	00:03#	00:00=	00:23&	00:02-	00:08&	00:01-	00:23&	00:27-	00:35@	00:42-	00:01#	
6	Silje Ekroll Jahren	245	12:14																	
01:11+	01:44+	02:23+	03:09+	03:53+	05:37+	06:12+	06:30+	07:09+	07:38+	08:03+	08:51+	09:11+	09:36+	10:01+	10:48+	11:05+	11:57+	12:06+	12:14+	
01:11+	00:33+	00:39+	00:46+	00:44+	01:44+	00:35+	00:18+	00:39+	00:29+	00:25-	00:48+	00:20-	00:25+	00:25=	00:47+	00:17-	00:52+	00:09-	00:08=	
00:05+	00:01+	00:02+	00:02+	00:02+	00:10#	00:02+	00:01+	00:02+	00:02+	00:01-	00:24&	00:02-	00:05#	00:00=	00:23&	00:30-	00:36@	00:42-	00:00=	
7	Eirin Svanøe-Hafstad	84	12:24																	
01:05-	01:39+	02:18+	03:06+	03:52+	05:33+	06:07+	06:26+	07:05+	07:35+	08:02+	08:52+	09:13+	09:38+	10:03+	10:53+	11:10+	12:05+	12:15+	12:24+	
01:05-	00:34+	00:39+	00:48+	00:46+	01:41+	00:34+	00:19+	00:39+	00:30+	00:27+	00:50+	00:21-	00:25+	00:25=	00:50+	00:17-	00:55+	00:10-	00:09+	
00:01-	00:02+	00:02+	00:04+	00:04+	00:07+	00:01+	00:02#	00:02+	00:03#	00:01+	00:26@	00:01-	00:05#	00:00=	00:26@	00:30-	00:39@	00:41-	00:01#	
8	Marthe Gløersen	32	12:28																	
01:07+	01:44+	02:24+	03:11+	03:55+	05:38+	06:12+	06:31+	07:11+	07:41+	08:08+	08:57+	09:18+	09:45+	10:09+	10:59+	11:16+	12:11+	12:20+	12:28+	
01:07+	00:37+	00:40+	00:47+	00:44+	01:43+	00:34+	00:19+	00:40+	00:30+	00:27+	00:49+	00:21-	00:27+	00:24-	00:50+	00:17-	00:55+	00:09-	00:08=	
00:01+	00:05#	00:03+	00:03+	00:02+	00:09+	00:01+	00:02#	00:03+	00:03#	00:01+	00:25@	00:01-	00:07&	00:01-	00:26@	00:30-	00:39@	00:42-	00:00=	
9	Mai Elin B. Watson	32	12:30																	
01:08+	01:42+	02:22+	03:10+	03:54+	05:37+	06:12+	06:32+	07:14+	07:45+	08:11+	08:35+	08:59+	09:22+	09:48+	10:12+	11:01+	11:19+	12:12+	12:22+	12:30+
01:08+	00:34+	00:40+	00:48+	00:44+	01:43+	00:35+	00:20+	00:42+	00:31+	00:26=	00:24=	00:24+	00:23+	00:26+	00:24=	00:49+	00:18+	00:53+	00:10+	00:08=
00:02+	00:02+	00:03+	00:04+	00:02+	00:09+	00:02+	00:03#	00:05#	00:04#	00:00=	00:00=	00:02+	00:03#	00:01+	00:00=	00:02+	00:02#	00:02+	00:02#	00:00=
10	Kristine Fjellanger	368	12:43																	
01:12+	01:47+	02:28+	03:17+	04:03+	05:49+	06:24+	06:42+	07:23+	07:54+	08:22+	09:12+	09:32+	10:00+	10:24+	11:13+	11:30+	12:26+	12:35+	12:43+	
01:12+	00:35+	00:41+	00:49+	00:46+	01:46+	00:35+	00:18+	00:41+	00:31+	00:28+	00:50+	00:20-	00:28+	00:24-	00:49+	00:17-	00:56+	00:09-	00:08=	
00:06+	00:03+	00:04#	00:05#	00:04+	00:12#	00:02+	00:01+	00:04#	00:04#	00:02+	00:26@	00:02-	00:08&	00:01-	00:25@	00:30-	00:40@	00:42-	00:00=	
11	Ingrid Lundanes	244	12:44																	
01:07+	01:43+	02:24+	03:13+	04:00+	05:46+	06:21+	06:40+	07:21+	07:52+	08:20+	09:10+	09:30+	09:58+	10:23+	11:13+	11:30+	12:26+	12:36+	12:44+	
01:07+	00:36+	00:41+	00:49+	00:47+	01:46+	00:35+	00:19+	00:41+	00:31+	00:28+	00:50+	00:20-	00:28+	00:25=	00:50+	00:17-	00:56+	00:10-	00:08=	
00:01+	00:04#	00:04#	00:05#	00:05#	00:12#	00:02+	00:02#	00:04#	00:04#	00:02+	00:26@	00:02-	00:08&	00:00=	00:26@	00:30-	00:40@	00:41-	00:00=	
12	Runa Fremstad	198	12:45																	
01:11+	01:47+	02:26+	03:14+	03:58+	05:41+	06:18+	06:37+	07:16+	07:46+	08:14+	08:39+	09:03+	09:25+	09:53+	10:18+	11:11+	11:29+	12:27+	12:36+	12:45+
01:11+	00:36+	00:39+	00:48+	00:44+	01:43+	00:37+	00:19+	00:39+	00:30+	00:28+	00:25+	00:24+	00:22+	00:28+	00:25+	00:53+	00:18+	00:58+	00:09+	00:09+
00:05+	00:04#	00:02+	00:04+	00:02+	00:09+	00:04#	00:02#	00:02+	00:03#	00:02+	00:01+	00:02+	00:02+	00:03#	00:01+	00:06#	00:02#	00:07#	00:01#	00:01#
13	Lene Berg Hanssen	51	12:48																	
01:11+	01:46+	02:26+	03:14+	04:01+	05:49+	06:25+	06:43+	07:24+	07:55+	08:22+	08:47+	09:12+	09:33+	10:00+	10:24+	11:15+	11:32+	12:30+	12:39+	12:48+
01:11+	00:35+	00:40+	00:48+	00:47+	01:48+	00:36+	00:18+	00:41+	00:31+	00:27+	00:25+	00:25+	00:21+	00:27+	00:24=	00:51+	00:17+	00:58+	00:09+	00:09+
00:05+	00:03+	00:03+	00:04+	00:05#	00:14#	00:03+	00:01+	00:04#	00:04#	00:01+	00:01+	00:03#	00:01+	00:02+	00:00=	00:04+	00:01+	00:07#	00:01#	00:01#
14	Frida Haugskott	262	12:49																	
01:10+	01:43+	02:22+	03:10+	03:54+	05:43+	06:19+	06:38+	07:21+	07:55+	08:22+	08:48+	09:14+	09:38+	10:04+	10:29+	11:22+	11:39+	12:33+	12:42+	12:49+
01:10+	00:33+	00:39+	00:48+	00:44+	01:49+	00:36+	00:19+	00:43+	00:34+	00:27+	00:26+	00:26+	00:24+	00:26+	00:25+	00:53+	00:17+	00:54+	00:09+	00:07-
00:04+	00:01+	00:02+	00:04+	00:02+	00:15#	00:03+	00:02#	00:06#	00:07&	00:01+	00:02+	00:04#	00:04#	00:01+	00:01+	00:06#	00:01+	00:03+	00:01#	00:01-

Plass	Navn				Klasse				Tid												
Damer																					
16	Oda J Sikkeland				163				12:58												
	01:16+	01:53+	02:35+	03:25+	04:13+	05:57+	06:33+	06:51+	07:32+	08:02+	08:29+	09:17+	09:39+	10:06+	10:31+	11:23+	11:42+	12:40+	12:49+	12:58+	
	01:16+	00:37+	00:42+	00:50+	00:48+	01:44+	00:36+	00:18+	00:41+	00:30+	00:27+	00:48+	00:22+	00:27+	00:25+	00:52+	00:19+	00:58+	00:09+	00:09+	
00:10#	00:05#	00:05#	00:06#	00:06#	00:10#	00:03+	00:01+	00:04#	00:03#	00:01+	00:02#	00:00=	00:07#	00:00=	00:28#	00:28+	00:42#	00:42+	00:01#		
17	Lone Brochmann				32				13:02												
	01:14+	01:50+	02:32+	03:23+	04:11+	05:58+	06:33+	06:52+	07:33+	08:04+	08:32+	08:58+	09:23+	09:43+	10:12+	10:37+	11:28+	11:46+	12:44+	12:54+	13:02+
	01:14+	00:36+	00:42+	00:51+	00:48+	01:47+	00:35+	00:19+	00:41+	00:31+	00:28+	00:26+	00:25+	00:20+	00:29+	00:25+	00:51+	00:18+	00:58+	00:10+	00:08+
01:14+	00:36+	00:42+	00:51+	00:48+	01:47+	00:35+	00:19+	00:41+	00:31+	00:28+	00:26+	00:25+	00:20+	00:29+	00:25+	00:51+	00:18+	00:58+	00:10+	00:08+	
18	Ragnhild Eide				51				13:03												
	01:10+	01:46+	02:28+	03:18+	04:04+	05:52+	06:30+	06:49+	07:32+	08:03+	08:31+	08:57+	09:22+	09:43+	10:12+	10:38+	11:30+	11:48+	12:45+	12:55+	13:03+
	01:10+	00:36+	00:42+	00:50+	00:46+	01:48+	00:38+	00:19+	00:43+	00:31+	00:28+	00:26+	00:25+	00:21+	00:29+	00:26+	00:52+	00:18+	00:57+	00:10+	00:08+
01:10+	00:36+	00:42+	00:50+	00:46+	01:48+	00:38+	00:19+	00:43+	00:31+	00:28+	00:26+	00:25+	00:21+	00:29+	00:26+	00:52+	00:18+	00:57+	00:10+	00:08+	
19	Maren Grande				84				13:07												
	01:12+	01:50+	02:32+	03:23+	04:11+	05:57+	06:34+	06:53+	07:35+	08:05+	08:34+	09:24+	09:47+	10:17+	10:42+	11:34+	11:51+	12:49+	12:58+	13:07+	
	01:12+	00:38+	00:42+	00:51+	00:48+	01:46+	00:37+	00:19+	00:42+	00:30+	00:29+	00:50+	00:23+	00:30+	00:25+	00:52+	00:17+	00:58+	00:09+	00:09+	
01:12+	00:38+	00:42+	00:51+	00:48+	01:46+	00:37+	00:19+	00:42+	00:30+	00:29+	00:50+	00:23+	00:30+	00:25+	00:52+	00:17+	00:58+	00:09+	00:09+		
20	Synnøve Bråten				371				13:22												
	01:15+	01:51+	02:34+	03:25+	04:13+	06:09+	06:48+	07:06+	07:48+	08:19+	08:47+	09:38+	09:59+	10:28+	10:53+	11:46+	12:04+	13:03+	13:13+	13:22+	
	01:15+	00:36+	00:43+	00:51+	00:48+	01:56+	00:39+	00:18+	00:42+	00:31+	00:28+	00:51+	00:21+	00:29+	00:25+	00:53+	00:18+	00:59+	00:10+	00:09+	
01:15+	00:36+	00:43+	00:51+	00:48+	01:56+	00:39+	00:18+	00:42+	00:31+	00:28+	00:51+	00:21+	00:29+	00:25+	00:53+	00:18+	00:59+	00:10+	00:09+		
22	Marlin Haavengen				184				13:29												
	01:18+	01:56+	02:40+	03:31+	04:23+	06:13+	06:50+	07:09+	07:51+	08:23+	08:52+	09:44+	10:07+	10:35+	11:00+	11:54+	12:12+	13:10+	13:20+	13:29+	
	01:18+	00:38+	00:44+	00:51+	00:52+	01:50+	00:37+	00:19+	00:42+	00:32+	00:29+	00:52+	00:23+	00:28+	00:25+	00:54+	00:18+	00:58+	00:10+	00:09+	
01:18+	00:38+	00:44+	00:51+	00:52+	01:50+	00:37+	00:19+	00:42+	00:32+	00:29+	00:52+	00:23+	00:28+	00:25+	00:54+	00:18+	00:58+	00:10+	00:09+		
23	Marie Olausen				82				13:43												
	01:12+	01:45+	02:26+	03:16+	04:02+	05:53+	06:31+	06:52+	07:34+	08:07+	08:38+	09:33+	09:55+	10:26+	10:54+	11:52+	12:13+	13:20+	13:32+	13:43+	
	01:12+	00:33+	00:41+	00:50+	00:46+	01:51+	00:38+	00:21+	00:42+	00:33+	00:31+	00:55+	00:22+	00:31+	00:28+	00:58+	00:21+	01:07+	00:12+	00:11+	
01:12+	00:33+	00:41+	00:50+	00:46+	01:51+	00:38+	00:21+	00:42+	00:33+	00:31+	00:55+	00:22+	00:31+	00:28+	00:58+	00:21+	01:07+	00:12+	00:11+		
24	Aurora Gjølshj				252				13:47												
	01:14+	01:54+	02:36+	03:28+	04:17+	06:12+	06:51+	07:12+	07:57+	08:30+	09:01+	09:55+	10:16+	10:47+	11:14+	12:10+	12:28+	13:30+	13:39+	13:47+	
	01:14+	00:40+	00:42+	00:52+	00:49+	01:55+	00:39+	00:21+	00:45+	00:33+	00:31+	00:54+	00:21+	00:31+	00:27+	00:56+	00:18+	01:02+	00:09+	00:08+	
01:14+	00:40+	00:42+	00:52+	00:49+	01:55+	00:39+	00:21+	00:45+	00:33+	00:31+	00:54+	00:21+	00:31+	00:27+	00:56+	00:18+	01:02+	00:09+	00:08+		
25	Ragnhild Hjermsstad				80				13:50												
	01:18+	01:57+	02:40+	03:32+	04:21+	06:16+	06:55+	07:15+	07:57+	08:30+	09:00+	09:54+	10:17+	10:47+	11:15+	12:09+	12:28+	13:30+	13:40+	13:50+	
	01:18+	00:39+	00:43+	00:52+	00:49+	01:55+	00:39+	00:20+	00:42+	00:33+	00:30+	00:54+	00:23+	00:30+	00:28+	00:54+	00:19+	01:02+	00:10+	00:10+	
01:18+	00:39+	00:43+	00:52+	00:49+	01:55+	00:39+	00:20+	00:42+	00:33+	00:30+	00:54+	00:23+	00:30+	00:28+	00:54+	00:19+	01:02+	00:10+	00:10+		
26	Hedda Raadal Bjørlo				101				14:02												
	01:18+	01:57+	02:41+	03:34+	04:23+	06:22+	07:00+	07:20+	08:03+	08:36+	09:07+	10:01+	10:24+	10:53+	11:21+	12:18+	12:37+	13:42+	13:52+	14:02+	
	01:18+	00:39+	00:44+	00:53+	00:49+	01:59+	00:38+	00:20+	00:43+	00:33+	00:31+	00:54+	00:23+	00:29+	00:28+	00:57+	00:19+	01:05+	00:10+	00:10+	
01:18+	00:39+	00:44+	00:53+	00:49+	01:59+	00:38+	00:20+	00:43+	00:33+	00:31+	00:54+	00:23+	00:29+	00:28+	00:57+	00:19+	01:05+	00:10+	00:10+		
27	Marie Line Furland				244				14:10												
	01:21+	02:02+	02:46+	03:39+	04:28+	06:23+	07:03+	07:24+	08:09+	08:42+	09:11+	09:39+	10:06+	10:28+	10:59+	11:27+	12:25+	12:45+	13:49+	14:00+	14:10+
	01:21+	00:41+	00:44+	00:53+	00:49+	01:55+	00:40+	00:21+	00:45+	00:33+	00:29+	00:28+	00:27+	00:22+	00:31+	00:28+	00:58+	00:20+	01:04+	00:11+	00:10+
01:21+	00:41+	00:44+	00:53+	00:49+	01:55+	00:40+	00:21+	00:45+	00:33+	00:29+	00:28+	00:27+	00:22+	00:31+	00:28+	00:58+	00:20+	01:04+	00:11+	00:10+	
28	Emma Arnesen				51				14:19												
	01:13+	01:50+	02:36+	03:29+	04:21+	06:22+	07:01+	07:21+	08:07+	08:42+	09:12+	10:10+	10:33+	11:04+	11:34+	12:34+	12:53+	14:00+	14:11+	14:19+	
	01:13+	00:37+	00:46+	00:53+	00:52+	02:01+	00:39+	00:20+	00:46+	00:35+	00:30+	00:58+	00:23+	00:31+	00:30+	01:00+	00:19+	01:07+	00:11+	00:08+	
01:13+	00:37+	00:46+	00:53+	00:52+	02:01+	00:39+	00:20+	00:46+	00:35+	00:30+	00:58+	00:23+	00:31+	00:30+	01:00+	00:19+	01:07+	00:11+	00:08+		
29	Ellen Merethe Schjelderup Skarps				262				14:27												
	01:15+	01:54+	02:36+	03:28+	04:16+	06:18+	07:02+	07:23+	08:17+	08:56+	09:25+	10:22+	10:45+	11:15+	11:44+	12:44+	13:04+	14:06+	14:17+	14:27+	
	01:15+	00:39+	00:42+	00:52+	00:48+	02:02+	00:44+	00:21+	00:54+	00:39+	00:29+	00:57+	00:23+	00:30+	00:29+	01:00+	00:20+	01:02+	00:11+	00:10+	
01:15+	00:39+	00:42+	00:52+	00:48+	02:02+	00:44+	00:21+	00:54+	00:39+	00:29+	00:57+	00:23+	00:30+	00:29+	01:00+	00:20+	01:02+	00:11+	00:10+		
30	Helene Eger				184				14:36												
	01:17+	01:56+	02:42+	03:37+	04:29+	06:34+	07:17+	07:39+	08:26+	08:59+	09:31+	10:27+	10:52+	11:23+	11:51+	12:51+	13:11+	14:16+	14:26+	14:36+	
	01:17+	00:39+	00:46+	00:55+	00:52+	02:05+	00:43+	00:22+	00:47+	00:33+	00:32+	00:56+	00:25+	00:31+	00:28+	01:00+	00:20+	01:05+	00:10+	00:10+	
01:17+	00:39+	00:46+	00:55+	00:52+	02:05+	00:43+	00:22+	00:47+	00:33+	00:32+	00:56+	00:25+	00:31+	00:28+	01:00+	00:20+	01:05+	00:10+	00:10+		

Plass	Navn	Klasse	Tid
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Damer

31	Marte Hoff Hagen					244							15:16							
01:20+	02:03+	02:51+	03:49+	04:42+	06:48+	07:28+	07:51+	08:40+	09:17+	09:51+	10:23+	10:53+	11:17+	11:51+	12:23+	13:23+	13:43+	14:53+	15:05+	15:16+
01:20+	00:43+	00:48+	00:58+	00:53+	02:06+	00:40+	00:23+	00:49+	00:37+	00:34+	00:32+	00:30+	00:24+	00:34+	00:32+	01:00+	00:20+	01:10+	00:12+	00:11+
01:20+	00:43+	00:48+	00:58+	00:53+	02:06+	00:40+	00:23+	00:49+	00:37+	00:34+	00:32+	00:30+	00:24+	00:34+	00:32+	01:00+	00:20+	01:10+	00:12+	00:11+
32	Stine Aune					253							15:56							
01:23+	02:04+	02:53+	03:52+	04:48+	07:09+	07:54+	08:16+	09:07+	09:45+	10:18+	10:49+	11:19+	11:47+	12:20+	12:50+	13:57+	14:20+	15:35+	15:46+	15:56+
01:23+	00:41+	00:49+	00:59+	00:56+	02:21+	00:45+	00:22+	00:51+	00:38+	00:33+	00:31+	00:30+	00:28+	00:33+	00:30+	01:07+	00:23+	01:15+	00:11+	00:10+
01:23+	00:41+	00:49+	00:59+	00:56+	02:21+	00:45+	00:22+	00:51+	00:38+	00:33+	00:31+	00:30+	00:28+	00:33+	00:30+	01:07+	00:23+	01:15+	00:11+	00:10+
33	Hanne Helmine Rogstad					253							16:07							
01:26+	02:15+	03:03+	04:02+	04:57+	07:09+	07:54+	08:17+	09:06+	09:44+	10:17+	10:48+	11:18+	11:45+	12:20+	12:52+	14:03+	14:25+	15:45+	15:57+	16:07+
01:26+	00:49+	00:48+	00:59+	00:55+	02:12+	00:45+	00:23+	00:49+	00:38+	00:33+	00:31+	00:30+	00:27+	00:35+	00:32+	01:11+	00:22+	01:20+	00:12+	00:10+
01:26+	00:49+	00:48+	00:59+	00:55+	02:12+	00:45+	00:23+	00:49+	00:38+	00:33+	00:31+	00:30+	00:27+	00:35+	00:32+	01:11+	00:22+	01:20+	00:12+	00:10+
34	Sunniva Omdal					244							16:14							
01:22+	02:05+	02:56+	03:57+	04:53+	07:09+	07:56+	08:18+	09:10+	09:49+	10:24+	11:28+	11:56+	12:33+	13:05+	14:12+	14:34+	15:50+	16:03+	16:14+	
01:22+	00:43+	00:51+	01:01+	00:56+	02:16+	00:47+	00:22+	00:52+	00:39+	00:35+	01:04+	00:28+	00:37+	00:32+	01:07+	00:22+	01:16+	00:13+	00:11+	
01:22+	00:43+	00:51+	01:01+	00:56+	02:16+	00:47+	00:22+	00:52+	00:39+	00:35+	01:04+	00:28+	00:37+	00:32+	01:07+	00:22+	01:16+	00:13+	00:11+	

Beste strekktid for klassen

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

Plass	Navn					Klasse					Tid														
Herrer																									
1	Kasper Fosser					114					12:39														
00:56=	01:22=	01:48=	02:03=	03:21=	03:36=	04:31=	05:10=	05:46=	07:08=	07:35=	07:50=	08:22=	08:46=	09:09=	09:51=	10:06=	10:28=	10:48=	11:27=	11:41=	12:25=	12:32=	12:39=		
00:56=	00:26=	00:26=	00:15=	01:18=	00:15=	00:55=	00:39=	00:36=	01:22=	00:27=	00:15=	00:32=	00:24=	00:23=	00:42=	00:15=	00:22=	00:20=	00:39=	00:14=	00:44=	00:07=	00:07=		
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=	00:00=		
2	Emil Ahlbäck					80					12:45														
00:55-	01:23+	01:50+	02:06+	03:24+	03:36=	04:32+	05:11+	05:48+	07:11+	07:39+	07:54+	08:26+	08:51+	09:14+	09:54+	10:10+	10:32+	10:53+	11:32+	11:46+	12:30+	12:38+	12:45+		
00:55-	00:28+	00:27+	00:16+	01:18=	00:12-	00:56+	00:39=	00:37+	01:23+	00:28+	00:15=	00:32=	00:25+	00:23=	00:40-	00:16+	00:22=	00:21+	00:39=	00:14=	00:44=	00:08+	00:07=		
00:01-	00:02+	00:01+	00:01+	00:00=	00:03-	00:01+	00:00=	00:01+	00:01+	00:01+	00:00=	00:00=	00:01+	00:00=	00:02-	00:01+	00:00=	00:01+	00:00=	00:00=	00:00=	00:01#	00:00=		
3	Audun Heimdal					244					12:45														
00:56=	01:23+	01:50+	02:07+	03:23+	03:35-	04:29-	05:08-	05:44-	07:08=	07:37+	07:53+	08:26+	08:50+	09:13+	09:53+	10:10+	10:33+	10:52+	11:31+	11:45+	12:31+	12:39+	12:45+		
00:56=	00:27+	00:27+	00:17+	01:16-	00:12-	00:54-	00:39=	00:36=	01:24+	00:29+	00:16+	00:33+	00:24=	00:23=	00:40-	00:17+	00:23+	00:19-	00:39=	00:14=	00:46+	00:08+	00:06-		
00:00=	00:01+	00:01+	00:02#	00:02-	00:03-	00:01-	00:00=	00:00=	00:02+	00:02+	00:01+	00:01+	00:00=	00:00=	00:02-	00:02#	00:01+	00:01-	00:00=	00:00=	00:02+	00:01#	00:01-		
4	Dag Blandkjenn					189					12:55														
00:56=	01:24+	01:50+	02:06+	03:26+	03:38+	04:32+	05:14+	05:52+	07:15+	07:45+	08:00+	08:33+	08:57+	09:20+	10:03+	10:19+	10:41+	11:01+	11:41+	11:55+	12:40+	12:48+	12:55+		
00:56=	00:28+	00:26=	00:16+	01:20+	00:12-	00:54-	00:42+	00:38+	01:23+	00:30+	00:15=	00:33+	00:24=	00:23=	00:43+	00:16+	00:22=	00:20=	00:40+	00:14=	00:45+	00:08+	00:07=		
00:00=	00:02+	00:00=	00:01+	00:02+	00:03-	00:01-	00:03+	00:02+	00:01+	00:03#	00:00=	00:01+	00:00=	00:00=	00:01+	00:01+	00:00=	00:00=	00:01+	00:00=	00:01+	00:01#	00:00=		
5	Trond Einar Moen Pedersli					262					12:59														
00:56=	01:23+	01:49+	02:08+	03:29+	03:41+	04:37+	05:17+	05:54+	07:19+	07:49+	08:04+	08:37+	09:02+	09:25+	10:05+	10:23+	10:45+	11:05+	11:44+	11:59+	12:45+	12:52+	12:59+		
00:56=	00:27+	00:26=	00:19+	01:21+	00:12-	00:56+	00:40+	00:37+	01:25+	00:30+	00:15=	00:33+	00:25+	00:23=	00:40-	00:18+	00:22=	00:20=	00:39=	00:15+	00:46+	00:07=	00:07=		
00:00=	00:01+	00:00=	00:04#	00:03+	00:03-	00:01+	00:01+	00:01+	00:03+	00:03#	00:00=	00:01+	00:01+	00:00=	00:02-	00:03#	00:00=	00:00=	00:00=	00:01+	00:02+	00:00=	00:00=		
7	Oskar Størmer					80					13:01														
00:54-	01:22=	01:50+	02:07+	03:28+	03:41+	04:35+	05:17+	05:55+	07:20+	07:48+	08:03+	08:38+	09:03+	09:26+	09:47-	10:08+	10:26-	10:47-	11:06-	11:46+	12:00-	12:46+	12:54+	13:01+	
00:54-	00:28+	00:28+	00:17+	01:21+	00:13-	00:54-	00:42+	00:38+	01:25+	00:28+	00:15=	00:35+	00:25+	00:23=	00:21-	00:21+	00:18-	00:21+	00:19-	00:40+	00:14-	00:46+	00:08+	00:07+	
00:02-	00:02+	00:02+	00:02#	00:03+	00:02-	00:01-	00:03+	00:02+	00:03+	00:01+	00:00=	00:03+	00:01+	00:00=	00:21-	00:06#	00:04-	00:01+	00:20-	00:26#	00:30-	00:39#	00:01#	00:07+	
8	Håvard Sandstad Eidsmo					320					13:07														
00:59+	01:28+	01:55+	02:12+	03:33+	03:45+	04:39+	05:19+	05:57+	07:23+	07:51+	08:06+	08:40+	09:06+	09:29+	10:10+	10:27+	10:49+	11:09+	11:50+	12:04+	12:51+	12:59+	13:07+		
00:59+	00:29+	00:27+	00:17+	01:21+	00:12-	00:54-	00:40+	00:38+	01:26+	00:28+	00:15=	00:34+	00:26+	00:23=	00:41-	00:17+	00:22=	00:20=	00:41+	00:14=	00:47+	00:08+	00:08+		
00:03+	00:03#	00:01+	00:02#	00:03+	00:03-	00:01-	00:01+	00:02+	00:04+	00:01+	00:00=	00:02+	00:02+	00:00=	00:01-	00:02#	00:00=	00:00=	00:02+	00:00=	00:03+	00:01#	00:01#		
9	Jon Aukrust Osmoen					245					13:08														
00:56=	01:23+	01:51+	02:07+	03:27+	03:39+	04:32+	05:13+	05:51+	07:16+	07:45+	08:01+	08:35+	09:01+	09:24+	10:08+	10:24+	10:46+	11:08+	11:50+	12:06+	12:53+	13:01+	13:08+		
00:56=	00:27+	00:28+	00:16+	01:20+	00:12-	00:53-	00:41+	00:38+	01:25+	00:29+	00:16+	00:34+	00:26+	00:23=	00:44+	00:16+	00:22=	00:22+	00:42+	00:16+	00:47+	00:08+	00:07=		
00:00=	00:01+	00:02+	00:01+	00:02+	00:03-	00:02-	00:02+	00:02+	00:03+	00:02+	00:01+	00:02+	00:02+	00:00=	00:02+	00:01+	00:00=	00:02+	00:03+	00:02#	00:03+	00:01#	00:00=		
10	Gaute Hallan Steiwer					82					13:08														
00:55-	01:22=	01:49+	02:05+	03:25+	03:37+	04:32+	05:13+	05:50+	07:16+	07:53+	08:09+	08:41+	09:06+	09:29+	10:10+	10:28+	10:50+	11:10+	11:51+	12:05+	12:52+	13:00+	13:08+		
00:55-	00:27+	00:27+	00:16+	01:20+	00:12-	00:55=	00:41+	00:37+	01:26+	00:37+	00:16+	00:32=	00:25+	00:23=	00:41-	00:18+	00:22=	00:20=	00:41+	00:14=	00:47+	00:08+	00:08+		
00:01-	00:01+	00:01+	00:01+	00:02+	00:03-	00:00=	00:02+	00:01+	00:04+	00:10#	00:01+	00:00=	00:01+	00:00=	00:01-	00:03#	00:00=	00:00=	00:02+	00:00=	00:03+	00:01#	00:01#		
11	Håkon Jarvis Westergård					163					13:13														
00:55-	01:23+	01:50+	02:07+	03:28+	03:40+	04:36+	05:15+	05:52+	07:15+	07:44+	08:08+	08:41+	09:06+	09:33+	09:53+	10:15+	10:32+	10:54+	11:15-	11:56+	12:11-	12:57+	13:05+	13:13+	
00:55-	00:28+	00:27+	00:17+	01:21+	00:12-	00:56+	00:39=	00:37+	01:23+	00:29+	00:24+	00:33+	00:25+	00:27+	00:20-	00:22+	00:17-	00:22+	00:21-	00:41+	00:15-	00:46+	00:08+	00:08+	
00:01-	00:02+	00:01+	00:02#	00:03+	00:03-	00:01+	00:00=	00:01+	00:01+	00:02+	00:09#	00:01+	00:01+	00:04#	00:22-	00:07#	00:05-	00:02+	00:18-	00:27#	00:29-	00:39#	00:01#	00:08+	
12	Jørgen Baklid					185					13:17														
00:56=	01:25+	01:53+	02:10+	03:33+	03:45+	04:42+	05:22+	06:00+	07:27+	07:57+	08:12+	08:46+	09:12+	09:35+	10:17+	10:34+	10:58+	11:19+	12:00+	12:15+	13:01+	13:09+	13:17+		
00:56=	00:29+	00:28+	00:17+	01:23+	00:12-	00:57+	00:40+	00:38+	01:27+	00:30+	00:15=	00:34+	00:26+	00:23=	00:42=	00:17+	00:24+	00:21+	00:41+	00:15+	00:46+	00:08+	00:08+		
00:00=	00:03#	00:02+	00:02#	00:05+	00:03-	00:02+	00:01+	00:02+	00:05+	00:03#	00:00=	00:02+	00:02+	00:00=	00:00=	00:02#	00:02+	00:01+	00:02+	00:01+	00:02+	00:01#	00:01#		
13	Vegard Jarvis Westergård					244					13:19														
00:55-	01:24+	01:52+	02:09+	03:30+	03:42+	04:39+	05:20+	06:00+	07:26+	07:56+	08:12+	08:47+	09:13+	09:37+	10:19+	10:38+	11:00+	11:22+	12:03+	12:18+	13:04+	13:12+	13:19+		
00:55-	00:29+	00:28+	00:17+	01:21+	00:12-	00:57+	00:41+	00:40+	01:26+	00:30+	00:16+	00:35+	00:26+	00:24+	00:42=	00:19+	00:22=	00:22+	00:41+	00:15+	00:46+	00:08+	00:07=		
00:01-	00:03#	00:02+	00:02#	00:03+	00:03-	00:02+	00:02+	00:04#	00:04+	00:03#	00:01+	00:03+	00:02+	00:01+	00:00=	00:04#	00:00=	00:02+	00:02+	00:01+	00:02+	00:01#	00:00=		
14	Ulrik Astrup Arnesen					244					13:24														
00:56=	01:25+	01:53+	02:09+	03:31+	03:43+	04:40+	05:22+	06:01+	07:30+	07:59+	08:16+	08:50+	09:16+	09:42+	10:26+	10:44+	11:06+	11:27+	12:10+	12:26+	13:10+	13:17+	13:24+		
00:56=	00:29+	00:28+	00:16+	01:22+	00:12-	00:57+	00:42+	00:39+	01:29+	00:29+	00:17+	00:34+	00:26+	00:26+	00:44+	00:18+	00:22=	00:21+	00:43+	00:16+	00:44=	00:07=	00:07=		
00:00=	00:03#	00:02+	00:01+	00:04+	00:03-	00:02+	00:03+	00:03+	00:07+	00:02+	00:02#	00:02+	00:02+	00:03#	00:02+	00:03#	00:00=	00:01+	00:04#	00:02#	00:00=	00:00=	00:00=		
15	Øystein Kvaal Østerbø					32					13:25														
00:59+	01:27+	01:55+	02:11+	03:35+	03:48+	04:45+	05:27+	06:08+	07:37+	08:06+	08:22+	08:57+	09:22+	09:45+	10:27+	10:44+	11:06+	11:27+	12:08+	12:24+	13:10+	13:18+	13:25+		
00:59+	00:28+	00:28+	00:16+	01:24+	00:13-	00:57+	00:42+	00:41+	01:29+	00:29+	00:16+	00:35+	00:25+	00:23=	00:42=	00:17+	00:22=	00:21+	00:41+	00:16+	00:46+	00:08+	00:07=		
00:03+	00:02+	00:02+	00:01+	00:06+	00:02-	00:02+	00:03+	00:05#	00:07+	00:02+	00:01+	00:03+	00:01+	00:00=	00:00=	00:02#	00:02#	00:00=	00:02+	00:02#	00:02+	00:01#	00:00=		

Plass	Navn				Klasse				Tid															
Herrer																								
16	Marius Aurebekk				189				13:28															
00:56=	01:24+	01:50+	02:06+	03:27+	03:44+	04:43+	05:26+	06:05+	07:35+	08:04+	08:19+	08:53+	09:18+	09:41+	10:24+	10:42+	11:06+	11:25+	12:08+	12:23+	13:13+	13:20+	13:28+	
00:56=	00:28+	00:26=	00:16+	01:21+	00:17+	00:59+	00:43+	00:39+	01:30+	00:29+	00:15=	00:34+	00:25+	00:23=	00:43+	00:18+	00:24+	00:19-	00:43+	00:15+	00:50+	00:07=	00:08+	
00:00=	00:02+	00:00=	00:01+	00:03+	00:02#	00:04+	00:04#	00:03+	00:08+	00:02+	00:00=	00:02+	00:01+	00:00=	00:01+	00:03#	00:02+	00:01-	00:04#	00:01+	00:06#	00:00=	00:01#	
17	Henrik Fredriksen Aas				26				13:45															
01:02+	01:32+	02:00+	02:18+	03:40+	03:53+	04:49+	05:31+	06:12+	07:42+	08:12+	08:28+	09:03+	09:29+	09:54+	10:38+	10:56+	11:19+	11:41+	12:26+	12:41+	13:28+	13:37+	13:45+	
01:02+	00:30+	00:28+	00:18+	01:22+	00:13+	00:56+	00:42+	00:41+	01:30+	00:30+	00:16+	00:35+	00:26+	00:25+	00:44+	00:18+	00:23+	00:22+	00:45+	00:15+	00:47+	00:09+	00:08+	
01:02+	00:30+	00:28+	00:18+	01:22+	00:13+	00:56+	00:42+	00:41+	01:30+	00:30+	00:16+	00:35+	00:26+	00:25+	00:44+	00:18+	00:23+	00:22+	00:45+	00:15+	00:47+	00:09+	00:08+	
18	Per Harald Löfgren Johansen				368				13:48															
01:00+	01:30+	02:00+	02:17+	03:43+	03:56+	04:54+	05:38+	06:18+	07:49+	08:19+	08:35+	09:10+	09:36+	10:00+	10:43+	11:01+	11:25+	11:46+	12:29+	12:43+	13:32+	13:40+	13:48+	
01:00+	00:30+	00:30+	00:17+	01:26+	00:13+	00:58+	00:44+	00:40+	01:31+	00:30+	00:16+	00:35+	00:26+	00:24+	00:43+	00:18+	00:24+	00:21+	00:43+	00:14+	00:49+	00:08+	00:08+	
01:00+	00:30+	00:30+	00:17+	01:26+	00:13+	00:58+	00:44+	00:40+	01:31+	00:30+	00:16+	00:35+	00:26+	00:24+	00:43+	00:18+	00:24+	00:21+	00:43+	00:14+	00:49+	00:08+	00:08+	
19	Erling Hjermstad				80				13:57															
01:00+	01:31+	02:01+	02:20+	03:46+	03:59+	05:00+	05:43+	06:22+	07:53+	08:24+	08:40+	09:16+	09:42+	10:07+	10:29+	10:51+	11:09+	11:33+	11:55+	12:38+	12:54+	13:41+	13:49+	13:57+
01:00+	00:31+	00:30+	00:19+	01:26+	00:13+	01:01+	00:43+	00:39+	01:31+	00:31+	00:16+	00:36+	00:26+	00:25+	00:22+	00:22+	00:18+	00:24+	00:22+	00:43+	00:16+	00:47+	00:08+	00:08+
01:00+	00:31+	00:30+	00:19+	01:26+	00:13+	01:01+	00:43+	00:39+	01:31+	00:31+	00:16+	00:36+	00:26+	00:25+	00:22+	00:22+	00:18+	00:24+	00:22+	00:43+	00:16+	00:47+	00:08+	00:08+
20	Mats Eidsmo				320				14:08															
01:00+	01:31+	02:01+	02:19+	03:48+	04:06+	05:04+	05:47+	06:29+	08:00+	08:32+	08:47+	09:22+	09:49+	10:14+	10:58+	11:16+	11:40+	12:02+	12:46+	13:01+	13:52+	14:00+	14:08+	
01:00+	00:31+	00:30+	00:18+	01:29+	00:18+	00:58+	00:43+	00:42+	01:31+	00:32+	00:15+	00:35+	00:27+	00:25+	00:44+	00:18+	00:24+	00:22+	00:44+	00:15+	00:51+	00:08+	00:08+	
01:00+	00:31+	00:30+	00:18+	01:29+	00:18+	00:58+	00:43+	00:42+	01:31+	00:32+	00:15+	00:35+	00:27+	00:25+	00:44+	00:18+	00:24+	00:22+	00:44+	00:15+	00:51+	00:08+	00:08+	
21	Erik Hæstad Bjørnstad				80				14:12															
01:01+	01:32+	02:02+	02:20+	03:44+	03:57+	05:01+	05:45+	06:24+	08:01+	08:33+	08:49+	09:26+	09:54+	10:19+	11:04+	11:23+	11:47+	12:08+	12:50+	13:07+	13:57+	14:05+	14:12+	
01:01+	00:31+	00:30+	00:18+	01:24+	00:13+	01:04+	00:44+	00:39+	01:37+	00:32+	00:16+	00:37+	00:28+	00:25+	00:45+	00:19+	00:24+	00:21+	00:42+	00:17+	00:50+	00:08+	00:07+	
01:01+	00:31+	00:30+	00:18+	01:24+	00:13+	01:04+	00:44+	00:39+	01:37+	00:32+	00:16+	00:37+	00:28+	00:25+	00:45+	00:19+	00:24+	00:21+	00:42+	00:17+	00:50+	00:08+	00:07+	
22	Anders Haugskott				262				14:19															
01:01+	01:29+	02:00+	02:19+	03:44+	03:56+	05:00+	05:47+	06:28+	08:04+	08:36+	08:52+	09:29+	09:56+	10:21+	10:45+	11:08+	11:28+	11:51+	12:11+	12:56+	13:11+	14:04+	14:12+	14:19+
01:01+	00:28+	00:31+	00:19+	01:25+	00:12+	01:04+	00:47+	00:41+	01:36+	00:32+	00:16+	00:37+	00:27+	00:25+	00:24+	00:23+	00:20+	00:23+	00:20+	00:45+	00:15+	00:53+	00:08+	00:07+
01:01+	00:28+	00:31+	00:19+	01:25+	00:12+	01:04+	00:47+	00:41+	01:36+	00:32+	00:16+	00:37+	00:27+	00:25+	00:24+	00:23+	00:20+	00:23+	00:20+	00:45+	00:15+	00:53+	00:08+	00:07+
23	Ove Baardsgaard				262				14:43															
01:02+	01:32+	02:01+	02:19+	03:49+	04:02+	05:05+	05:53+	06:35+	08:14+	08:47+	09:04+	09:40+	10:09+	10:34+	11:21+	11:40+	12:05+	12:29+	13:15+	13:32+	14:25+	14:35+	14:43+	
01:02+	00:30+	00:29+	00:18+	01:30+	00:13+	01:03+	00:48+	00:42+	01:39+	00:33+	00:17+	00:36+	00:29+	00:25+	00:47+	00:19+	00:25+	00:24+	00:46+	00:17+	00:53+	00:10+	00:08+	
01:02+	00:30+	00:29+	00:18+	01:30+	00:13+	01:03+	00:48+	00:42+	01:39+	00:33+	00:17+	00:36+	00:29+	00:25+	00:47+	00:19+	00:25+	00:24+	00:46+	00:17+	00:53+	00:10+	00:08+	
24	Mikkel Holt				320				15:22															
01:04+	01:34+	02:06+	02:25+	03:51+	04:05+	05:08+	05:57+	07:19+	09:01+	09:33+	09:50+	10:26+	10:55+	11:19+	12:04+	12:23+	12:48+	13:12+	13:57+	14:14+	15:06+	15:15+	15:22+	
01:04+	00:30+	00:32+	00:19+	01:26+	00:14+	01:03+	00:49+	01:22+	01:42+	00:32+	00:17+	00:36+	00:29+	00:24+	00:45+	00:19+	00:25+	00:24+	00:45+	00:17+	00:52+	00:09+	00:07+	
01:04+	00:30+	00:32+	00:19+	01:26+	00:14+	01:03+	00:49+	01:22+	01:42+	00:32+	00:17+	00:36+	00:29+	00:24+	00:45+	00:19+	00:25+	00:24+	00:45+	00:17+	00:52+	00:09+	00:07+	
25	Lars Sandstad				320				15:30															
01:07+	01:45+	02:18+	02:37+	04:09+	04:23+	05:28+	06:19+	07:02+	08:47+	09:23+	09:40+	10:19+	10:47+	11:14+	12:00+	12:20+	12:47+	13:12+	14:03+	14:19+	15:13+	15:22+	15:30+	
01:07+	00:38+	00:33+	00:19+	01:32+	00:14+	01:05+	00:51+	00:43+	01:45+	00:36+	00:17+	00:39+	00:28+	00:27+	00:46+	00:20+	00:27+	00:25+	00:51+	00:16+	00:54+	00:09+	00:08+	
01:07+	00:38+	00:33+	00:19+	01:32+	00:14+	01:05+	00:51+	00:43+	01:45+	00:36+	00:17+	00:39+	00:28+	00:27+	00:46+	00:20+	00:27+	00:25+	00:51+	00:16+	00:54+	00:09+	00:08+	

**Beste strekktid for klassen**

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