

1	Kirsti Lysaker	69	58:47					
05:48=	16:50=	20:26=	23:51=	29:37=	46:07=	52:20=	56:51=	58:47=
05:48=	11:02=	03:36=	03:25=	05:46=	16:30=	06:13=	04:31=	01:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Aurora Helena Wikestad	1103	1:07:37					
04:14-	21:17+	23:25+	40:36+	50:28+	59:49+	62:57+	66:35+	67:37+
04:14-	17:03+	02:08-	17:11+	09:52+	09:21-	03:08-	03:38-	01:02-
01:34-	06:01&	01:28-	13:46@	04:06&	07:09-	03:05-	00:53-	00:54-
3	Marie Pontoppidan	1103	1:11:10					
05:46-	15:44-	20:00-	30:36+	39:59+	59:06+	63:35+	68:29+	71:10+
05:46-	09:58-	04:16+	10:36+	09:23+	19:07+	04:29-	04:54+	02:41+
00:02-	01:04-	00:40#	07:11@	03:37&	02:37#	01:44-	00:23+	00:45&
4	Turid Tangen	1103	1:20:37					
05:13-	16:30-	20:29+	26:52+	47:04+	66:41+	73:11+	78:58+	80:37+
05:13-	11:17+	03:59+	06:23+	20:12+	19:37+	06:30+	05:47+	01:39-
00:35-	00:15+	00:23#	02:58&	14:26@	03:07#	00:17+	01:16&	00:17-
5	Astrid Oline Ervik	368	1:30:28					
05:10-	15:53-	18:48-	29:50+	40:21+	66:31+	85:21+	88:59+	90:28+
05:10-	10:43-	02:55-	11:02+	10:31+	26:10+	18:50+	03:38-	01:29-
00:38-	00:19-	00:41-	07:37@	04:45&	09:40&	12:37@	00:53-	00:27-
6	Ragna Oline Doppelhofer Ervik	368	1:30:32					
04:47-	15:30-	18:47-	29:55+	40:28+	66:48+	85:26+	89:03+	90:32+
04:47-	10:43-	03:17-	11:08+	10:33+	26:20+	18:38+	03:37-	01:29-
01:01-	00:19-	00:19-	07:43@	04:47&	09:50&	12:25@	00:54-	00:27-

Beste strekktid for klassen
04:14 09:58 02:08 03:25 05:46 09:21 03:08 03:37 01:02

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

Damer Lang

1	Turid Rognsvåg									1103	1:03:32
04:20=	11:13=	13:35=	19:10=	22:14=	27:40=	35:59=	44:58=	60:11=	63:32=		
04:20=	06:53=	02:22=	05:35=	03:04=	05:26=	08:19=	08:59=	15:13=	03:21=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Venla Arponen Snilstveit									1103	1:06:53
03:48-	13:09+	16:30+	27:14+	31:02+	37:24+	49:20+	58:48+	65:33+	66:53+		
03:48-	09:21+	03:21+	10:44+	03:48+	06:22+	11:56+	09:28+	06:45-	01:20-		
00:32-	02:28&	00:59&	05:09&	00:44#	00:56#	03:37&	00:29+	08:28-	02:01-		

Beste strekktid for klassen
03:48 06:53 02:22 05:35 03:04 05:26 08:19 08:59 06:45 01:20

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

Damer Ny

Plass	Navn	Klasse	Tid
Damer Ny			
1	Nora Ruth Wikestad	1103	19:24
	04:32= 07:41= 09:32= 12:25= 15:41= 16:23= 19:24=		
	04:32= 03:09= 01:51= 02:53= 03:16= 00:42= 03:01=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Mari Hage	1103	23:40
	05:10+ 08:03+ 09:29+ 12:41+ 15:46+ 16:54+ 23:40+		
	05:10+ 02:53+ 01:26+ 03:12+ 03:05+ 01:08+ 06:46+		
	05:10+ 02:53+ 01:26+ 03:12+ 03:05+ 01:08+ 06:46+		
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer Kort			
1	Matias Døsen Pontoppidan	1103	57:08
	03:52= 10:55= 13:35= 24:27= 34:41= 47:09= 53:37= 56:08= 57:08=		
	03:52= 07:03= 02:40= 10:52= 10:14= 12:28= 06:28= 02:31= 01:00=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Jostein Døsen	1103	1:11:36
	05:44+ 15:54+ 19:36+ 29:06+ 40:13+ 59:22+ 63:47+ 68:41+ 71:36+		
	05:44+ 10:10+ 03:42+ 09:30- 11:07+ 19:09+ 04:25- 04:54+ 02:55+		
	01:52& 03:07& 01:02& 01:22- 00:53+ 06:41& 02:03- 02:23& 01:55@		
3	Per Olaf Tangen	69	1:20:45
	06:01+ 16:45+ 21:10+ 27:01+ 46:41+ 66:52+ 73:16+ 79:03+ 80:45+		
	06:01+ 10:44+ 04:25+ 05:51- 19:40+ 20:11+ 06:24- 05:47+ 01:42+		
	02:09& 03:41& 01:45& 05:01- 09:26& 07:43& 00:04- 03:16@ 00:42&		
Beste strekktid for klassen			
	03:52 07:03 02:40 05:51 10:14 12:28 04:25 02:31 01:00		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer Lang			
1	Espen Rognsvåg	1103	31:30
	02:01= 05:55= 07:26= 09:44= 11:37= 14:57= 20:28= 27:00= 30:42= 31:30=		
	02:01= 03:54= 01:31= 02:18= 01:53= 03:20= 05:31= 06:32= 03:42= 00:48=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Brage Bell Lysaker	69	34:59
	02:25+ 07:02+ 09:47+ 12:46+ 15:06+ 18:53+ 24:32+ 30:37+ 34:06+ 34:59+		
	02:25+ 04:37+ 02:45+ 02:59+ 02:20+ 03:47+ 05:39+ 06:05- 03:29- 00:53+		
	00:24# 00:43# 01:14& 00:41& 00:27# 00:27# 00:08+ 00:27- 00:13- 00:05#		
3	Steinar Danielsen	1103	45:10
	02:50+ 07:52+ 10:54+ 13:45+ 17:45+ 22:17+ 29:36+ 37:15+ 43:54+ 45:10+		
	02:50+ 05:02+ 03:02+ 02:51+ 04:00+ 04:32+ 07:19+ 07:39+ 06:39+ 01:16+		
	00:49& 01:08& 01:31& 00:33# 02:07@ 01:12& 01:48& 01:07# 02:57& 00:28&		

Plass	Navn	Klasse	Tid
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Herrer Lang

4 Jon Erik Doppelhofer Ervik 368 45:26

03:18+ 13:30+ 16:36+ 22:03+ 25:41+ 29:12+ 34:59+ 41:06+ 44:37+ 45:26+
03:18+ 10:12+ 03:06+ 05:27+ 03:38+ 03:31+ 05:47+ 06:07- 03:31- 00:49+
01:17& 06:18@ 01:35@ 03:09@ 01:45& 00:11+ 00:16+ 00:25- 00:11- 00:01+

5 Gernot Doppelhofer 368 50:45

03:10+ 09:27+ 11:31+ 15:09+ 18:07+ 24:42+ 34:17+ 44:57+ 49:34+ 50:45+
03:10+ 06:17+ 02:04+ 03:38+ 02:58+ 06:35+ 09:35+ 10:40+ 04:37+ 01:11+
03:10+ 06:17+ 02:04+ 03:38+ 02:58+ 06:35+ 09:35+ 10:40+ 04:37+ 01:11+

6 Rolf Nord 1103 58:56

04:14+ 11:07+ 14:15+ 17:57+ 21:26+ 29:37+ 39:51+ 50:46+ 57:45+ 58:56+
04:14+ 06:53+ 03:08+ 03:42+ 03:29+ 08:11+ 10:14+ 10:55+ 06:59+ 01:11+
04:14+ 06:53+ 03:08+ 03:42+ 03:29+ 08:11+ 10:14+ 10:55+ 06:59+ 01:11+

Beste strekktid for klassen

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

Herrer Ny

1 Sigurd Aarbakke 1103 30:38

08:41= 13:45= 16:29= 20:33= 23:11= 24:37= 30:38=
08:41= 05:04= 02:44= 04:04= 02:38= 01:26= 06:01=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Sondre Nøkland 1103 31:06

09:13+ 14:32+ 17:17+ 21:10+ 23:54+ 24:56+ 31:06+
09:13+ 05:19+ 02:45+ 03:53- 02:44+ 01:02- 06:10+
00:32+ 00:15+ 00:01+ 00:11- 00:06+ 00:24- 00:09+

3 Stian Lien 1103 37:13

11:15+ 14:20+ 15:55- 19:22- 32:38+ 33:21+ 37:13+
11:15+ 03:05- 01:35- 03:27- 13:16+ 00:43- 03:52-
02:34& 01:59- 01:09- 00:37- 10:38@ 00:43- 02:09-

Beste strekktid for klassen

08:41 03:05 01:35 03:27 02:38 00:43 03:52

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