

1	Marie Roll Tørnqvist				69				23:00
03:05=	07:41=	11:22=	12:38=	14:58=	17:39=	18:56=	21:08=	23:00=	
03:05=	04:36=	03:41=	01:16=	02:20=	02:41=	01:17=	02:12=	01:52=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Marie Herigstad				1103				35:39
03:41+	10:50+	14:50+	17:30+	22:55+	28:29+	30:18+	32:59+	35:39+	
03:41+	07:09+	04:00+	02:40+	05:25+	05:34+	01:49+	02:41+	02:40+	
00:36#	02:33&	00:19+	01:24@	03:05@	02:53@	00:32&	00:29#	00:48&	
3	Turid Tangen				1103				46:15
05:23+	16:24+	23:53+	26:55+	30:33+	37:05+	39:48+	43:08+	46:15+	
05:23+	11:01+	07:29+	03:02+	03:38+	06:32+	02:43+	03:20+	03:07+	
02:18&	06:25@	03:48@	01:46@	01:18&	03:51@	01:26@	01:08&	01:15&	
4	Torhild Frønsdal				1103				57:05
03:38+	19:31+	26:41+	28:49+	32:42+	50:22+	51:56+	54:36+	57:05+	
03:38+	15:53+	07:10+	02:08+	03:53+	17:40+	01:34+	02:40+	02:29+	
00:33#	11:17@	03:29&	00:52&	01:33&	14:59@	00:17#	00:28#	00:37&	
5	Marie Pontoppidan				1103				59:45
06:14+	29:28+	34:02+	37:35+	42:37+	48:35+	51:23+	55:35+	59:45+	
06:14+	23:14+	04:34+	03:33+	05:02+	05:58+	02:48+	04:12+	04:10+	
03:09@	18:38@	00:53#	02:17@	02:42@	03:17@	01:31@	02:00&	02:18@	

Beste strekktid for klassen

03:05 04:36 03:41 01:16 02:20 02:41 01:17 02:12 01:52

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

Damer Lang

1	Turid Rognsvåg									1103	43:02
	03:30=	06:26=	09:21=	13:36=	27:26=	30:05=	32:28=	38:11=	40:45=	43:02=	
	03:30=	02:56=	02:55=	04:15=	13:50=	02:39=	02:23=	05:43=	02:34=	02:17=	
	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	48:32
	04:00+	08:37+	12:21+	15:40+	30:28+	34:03+	38:23+	43:35+	46:20+	48:32+	
	04:00+	04:37+	03:44+	03:19-	14:48+	03:35+	04:20+	05:12-	02:45+	02:12-	
	00:30#	01:41&	00:49&	00:56-	00:58+	00:56&	01:57&	00:31-	00:11+	00:05-	
3	Siren Greve									37	50:43
	06:25+	11:14+	14:50+	18:22+	32:34+	35:17+	38:18+	44:44+	47:34+	50:43+	
	06:25+	04:49+	03:36+	03:32-	14:12+	02:43+	03:01+	06:26+	02:50+	03:09+	
	02:55&	01:53&	00:41#	00:43-	00:22+	00:04+	00:38&	00:43#	00:16#	00:52&	

Beste strekktid for klassen

03:30 02:56 02:55 03:19 13:50 02:39 02:23 05:12 02:34 02:12

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

Damer Ny

Plass	Navn	Klasse	Tid
Damer Ny			
1	Mari Hage	1103	23:54
06:51= 09:09= 11:40= 14:26= 17:44= 20:46= 23:54= 06:51= 02:18= 02:31= 02:46= 03:18= 03:02= 03:08= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer Kort			
1	Mathias Døsen Pontoppidan	1103	18:37
06:33= 11:11= 12:40= 14:52= 17:12= 06:33= 04:38= 01:29= 02:12= 02:20= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Per Olaf Tangen	69	46:35
05:32- 16:37+ 24:14+ 27:04+ 37:11+ 40:06+ 43:14+ 46:35+ 05:32- 11:05+ 07:37+ 02:50+ 10:07+ 02:55+ 03:08+ 03:21+ 01:01- 06:27@ 06:08@ 00:38& 07:47@ 02:55+ 03:08+ 03:21+			
3	Geir Engelsen	1103	59:22
04:36- 15:14+ 36:07+ 38:16+ 44:42+ 49:39+ 52:20+ 55:54+ 59:22+ 04:36- 10:38+ 20:53+ 02:09- 06:26+ 04:57+ 02:41+ 03:34+ 03:28+ 01:57- 06:00@ 19:24@ 00:03- 04:06@ 04:57+ 02:41+ 03:34+ 03:28+			
4	Jostein Døsen	1103	59:54
06:27- 29:31+ 34:15+ 37:48+ 42:40+ 48:38+ 51:31+ 55:50+ 59:54+ 06:27- 23:04+ 04:44+ 03:33+ 04:52+ 05:58+ 02:53+ 04:19+ 04:04+ 00:06- 18:26@ 03:15@ 01:21& 02:32@ 05:58+ 02:53+ 04:19+ 04:04+			
Beste strekktid for klassen			
04:36 04:38 01:29 02:09 02:20			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer Lang			
1	Anders Tønnessen Rød	1103	36:20
02:53= 05:21= 08:02= 14:03= 25:58= 27:39= 29:44= 33:10= 34:43= 36:20= 02:53= 02:28= 02:41= 06:01= 11:55= 01:41= 02:05= 03:26= 01:33= 01:37= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Steinar Danielsen	1103	37:24
03:58+ 07:17+ 09:47+ 12:05- 14:23- 24:23- 26:17- 28:04- 33:21- 35:11- 37:24+ 03:58+ 03:19+ 02:30- 02:18- 02:18- 10:00+ 01:54- 01:47- 05:17+ 01:50+ 02:13+ 01:05& 00:51& 00:11- 03:43- 09:37- 08:19@ 00:11- 01:39- 03:44@ 00:13# 02:13+			
3	Ole Tørnqvist	69	43:57
03:11+ 06:33+ 09:51+ 13:00- 28:07+ 30:34+ 33:07+ 38:55+ 41:33+ 43:57+ 03:11+ 03:22+ 03:18+ 03:09- 15:07+ 02:27+ 02:33+ 05:48+ 02:38+ 02:24+ 00:18# 00:54& 00:37# 02:52- 03:12& 00:46& 00:28# 02:22& 01:05& 00:47&			

Plass	Navn	Klasse	Tid
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Herrer Lang

4 **Krsitian Sandvik Monsen** **1000** **52:29**

04:23+ 13:38+ 16:22+ 18:49+ 40:29+ 41:35+ 43:40+ 47:46+ 50:38+ 52:29+
04:23+ 09:15+ 02:44+ 02:27- 21:40+ 01:06- 02:05= 04:06+ 02:52+ 01:51+
01:30& 06:47@ 00:03+ 03:34- 09:45& 00:35- 00:00= 00:40# 01:19& 00:14#

5 **Erling Strand** **37** **1:11:47**

04:38+ 10:19+ 14:50+ 31:14+ 48:49+ 51:53+ 56:38+ 63:57+ 67:48+ 71:47+
04:38+ 05:41+ 04:31+ 16:24+ 17:35+ 03:04+ 04:45+ 07:19+ 03:51+ 03:59+
04:38+ 05:41+ 04:31+ 16:24+ 17:35+ 03:04+ 04:45+ 07:19+ 03:51+ 03:59+

Beste strekktid for klassen

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

Herrer Ny

1 **Kjetil Aksnes** **NOTEAM** **45:40**

08:40= 17:12= 17:21= 33:42= 36:29= 40:22= 43:08= 45:40=
08:40= 08:32= 00:09= 16:21= 02:47= 03:53= 02:46= 02:32=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

08:40 08:32 00:09 16:21 02:47 03:53 02:46 02:32

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