

**Class Navn Klasse**

**Tid**

**D 13-16**

**1 Klara Graversen 146 20:12**

04:00= 05:59= 07:22= 08:21= 12:59= 14:59= 16:32= 19:34= 20:12=  
 04:00= 01:59= 01:23= 00:59= 04:38= 02:00= 01:33= 03:02= 00:38=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Ronja Götsch Iversen 146 23:49**

05:08+ 07:15+ 09:32+ 10:31+ 17:06+ 19:30+ 20:28+ 23:07+ 23:49+  
 05:08+ 02:07+ 02:17+ 00:59= 06:35+ 02:24+ 00:58= 02:39= 00:42+  
 01:08& 00:08+ 00:54& 00:00= 01:57& 00:24# 00:35= 00:23= 00:04#

**3 Astrid Elida Vaeng Bernhardsen 146 31:19**

04:26+ 06:29+ 10:22+ 17:45+ 23:14+ 26:06+ 28:03+ 30:39+ 31:19+  
 04:26+ 02:03+ 03:53+ 07:23+ 05:29+ 02:52+ 01:57+ 02:36= 00:40+  
 00:26# 00:04+ 02:30@ 06:24@ 00:51# 00:52& 00:24& 00:26= 00:02+

**Beste strekktid for klassen**

04:00 01:59 01:23 00:59 04:38 02:00 00:58 02:36 00:38

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

**D15**

**1 Elin Högstrand 45 30:48**

06:20= 08:53= 15:40= 16:18= 18:56= 20:52= 26:05= 28:15= 30:12= 30:48=  
 06:20= 02:33= 06:47= 00:38= 02:38= 01:56= 05:13= 02:10= 01:57= 00:36=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Elisa Götsch Iversen 146 33:17**

05:56= 09:41+ 17:18+ 18:00+ 20:33+ 22:43+ 27:39+ 30:19+ 32:39+ 33:17+  
 05:56= 03:45+ 07:37+ 00:42+ 02:33= 02:10+ 04:56= 02:40+ 02:20+ 00:38+  
 00:24= 01:12& 00:50# 00:04# 00:05= 00:14# 00:17= 00:30# 00:23# 00:02+

**3 Arntraut Götsch 146 33:22**

05:05= 09:48+ 16:23+ 17:06+ 19:29+ 23:29+ 27:13+ 29:55+ 32:44+ 33:22+  
 05:05= 04:43+ 06:35= 00:43+ 02:23= 04:00+ 03:44= 02:42+ 02:49+ 00:38+  
 01:15= 02:10& 00:12= 00:05# 00:15= 02:04@ 01:29= 00:32# 00:52& 00:02+

**4 Anne-Kari Bakkland 345 34:01**

05:13= 06:09= 08:52= 11:39= 15:49= 18:02= 20:59= 21:39=  
 05:13= 00:56= 02:43= 02:47+ 04:10+ 02:13+ 02:57= 00:40=  
 01:07= 01:37= 04:04= 02:09@ 01:32& 00:17# 02:16= 01:30=

**5 Mali Gederaas Kanstad 329 34:10**

04:51= 10:05+ 17:53+ 18:34+ 21:14+ 23:18+ 29:17+ 31:18+ 33:27+ 34:10+  
 04:51= 05:14+ 07:48+ 00:41+ 02:40+ 02:04+ 05:59+ 02:01= 02:09+ 00:43+  
 01:29= 02:41@ 01:01# 00:03+ 00:02+ 00:08+ 00:46# 00:09= 00:12# 00:07#

**6 Idunn Strand 146 34:47**

06:08= 11:32+ 18:46+ 19:29+ 22:15+ 24:40+ 29:41+ 31:58+ 34:09+ 34:47+  
 06:08= 05:24+ 07:14+ 00:43+ 02:46+ 02:25+ 05:01= 02:17+ 02:11+ 00:38+  
 00:12= 02:51@ 00:27+ 00:05# 00:08+ 00:29# 00:12= 00:07+ 00:14# 00:02+

**7 Ingvild Osdal 106 36:22**

08:06+ 11:07+ 18:35+ 19:50+ 22:43+ 24:34+ 30:03+ 32:27+ 35:39+ 36:22+  
 08:06+ 03:01+ 07:28+ 01:15+ 02:53+ 01:51= 05:29+ 02:24+ 03:12+ 00:43+  
 01:46& 00:28# 00:41# 00:37& 00:15+ 00:05= 00:16+ 00:14# 01:15& 00:07#

Class	Navn	Klasse	Tid
<b>D15</b>			
<b>8</b>	<b>Ida Solli</b>	<b>222</b>	<b>36:29</b>
	05:51- 12:57+ 19:40+ 20:21+ 23:03+ 25:30+ 31:43+ 33:36+ 35:50+ 36:29+		
	05:51- 07:06+ 06:43- 00:41+ 02:42+ 02:27+ 06:13+ 01:53- 02:14+ 00:39+		
	00:29- 04:33@ 00:04- 00:03+ 00:04+ 00:31& 01:00# 00:17- 00:17# 00:03+		
<b>9</b>	<b>Marte Fallbakken Berge</b>	<b>45</b>	<b>36:45</b>
	06:44+ 11:30+ 19:19+ 20:07+ 23:24+ 25:37+ 31:02+ 33:42+ 36:01+ 36:45+		
	06:44+ 04:46+ 07:49+ 00:48+ 03:17+ 02:13+ 05:25+ 02:40+ 02:19+ 00:44+		
	06:44+ 04:46+ 07:49+ 00:48+ 03:17+ 02:13+ 05:25+ 02:40+ 02:19+ 00:44+		
<b>10</b>	<b>Anna Jacobsen-Gaski</b>	<b>35</b>	<b>37:33</b>
	05:52+ 11:39+ 20:26+ 21:15+ 24:14+ 27:17+ 31:41+ 33:52+ 36:46+ 37:33+		
	05:52+ 05:47+ 08:47+ 00:49+ 02:59+ 03:03+ 04:24+ 02:11+ 02:54+ 00:47+		
	05:52+ 05:47+ 08:47+ 00:49+ 02:59+ 03:03+ 04:24+ 02:11+ 02:54+ 00:47+		
<b>11</b>	<b>Siri Eidnes Mellem</b>	<b>106</b>	<b>40:35</b>
	08:27+ 11:55+ 20:08+ 21:25+ 24:17+ 26:20+ 34:13+ 36:44+ 39:43+ 40:35+		
	08:27+ 03:28+ 08:13+ 01:17+ 02:52+ 02:03+ 07:53+ 02:31+ 02:59+ 00:52+		
	08:27+ 03:28+ 08:13+ 01:17+ 02:52+ 02:03+ 07:53+ 02:31+ 02:59+ 00:52+		
<b>12</b>	<b>Alise Kløvstad</b>	<b>329</b>	<b>41:07</b>
	08:43+ 11:42+ 20:01+ 20:44+ 23:59+ 28:49+ 33:59+ 36:32+ 40:21+ 41:07+		
	08:43+ 02:59+ 08:19+ 00:43+ 03:15+ 04:50+ 05:10+ 02:33+ 03:49+ 00:46+		
	08:43+ 02:59+ 08:19+ 00:43+ 03:15+ 04:50+ 05:10+ 02:33+ 03:49+ 00:46+		
<b>13</b>	<b>Hilde Sofie Hansen</b>	<b>222</b>	<b>41:35</b>
	06:48+ 12:31+ 19:54+ 20:40+ 23:38+ 26:25+ 33:56+ 37:20+ 40:54+ 41:35+		
	06:48+ 05:43+ 07:23+ 00:46+ 02:58+ 02:47+ 07:31+ 03:24+ 03:34+ 00:41+		
	06:48+ 05:43+ 07:23+ 00:46+ 02:58+ 02:47+ 07:31+ 03:24+ 03:34+ 00:41+		
<b>14</b>	<b>Trine Alsos</b>	<b>106</b>	<b>44:34</b>
	07:25+ 15:15+ 24:34+ 26:02+ 29:19+ 32:13+ 37:00+ 40:15+ 43:42+ 44:34+		
	07:25+ 07:50+ 09:19+ 01:28+ 03:17+ 02:54+ 04:47+ 03:15+ 03:27+ 00:52+		
	07:25+ 07:50+ 09:19+ 01:28+ 03:17+ 02:54+ 04:47+ 03:15+ 03:27+ 00:52+		
<b>15</b>	<b>Thea Holand</b>	<b>106</b>	<b>44:50</b>
	12:33+ 17:21+ 24:45+ 27:15+ 29:57+ 33:23+ 38:55+ 41:20+ 44:10+ 44:50+		
	12:33+ 04:48+ 07:24+ 02:30+ 02:42+ 03:26+ 05:32+ 02:25+ 02:50+ 00:40+		
	12:33+ 04:48+ 07:24+ 02:30+ 02:42+ 03:26+ 05:32+ 02:25+ 02:50+ 00:40+		
<b>16</b>	<b>Ann-Mari Midttun</b>	<b>345</b>	<b>45:04</b>
	06:55+ 12:29+ 22:06+ 23:19+ 26:39+ 29:22+ 39:00+ 41:26+ 44:24+ 45:04+		
	06:55+ 05:34+ 09:37+ 01:13+ 03:20+ 02:43+ 09:38+ 02:26+ 02:58+ 00:40+		
	06:55+ 05:34+ 09:37+ 01:13+ 03:20+ 02:43+ 09:38+ 02:26+ 02:58+ 00:40+		
<b>17</b>	<b>Margrete Gaski</b>	<b>35</b>	<b>47:40</b>
	08:34+ 14:05+ 22:16+ 23:02+ 27:47+ 30:53+ 36:06+ 43:44+ 46:55+ 47:40+		
	08:34+ 05:31+ 08:11+ 00:46+ 04:45+ 03:06+ 05:13+ 07:38+ 03:11+ 00:45+		
	08:34+ 05:31+ 08:11+ 00:46+ 04:45+ 03:06+ 05:13+ 07:38+ 03:11+ 00:45+		
<b>18</b>	<b>Ellen Gyllan Hanssen</b>	<b>329</b>	<b>49:06</b>
	08:11+ 12:04+ 20:15+ 21:18+ 24:30+ 27:25+ 40:35+ 45:43+ 48:30+ 49:06+		
	08:11+ 03:53+ 08:11+ 01:03+ 03:12+ 02:55+ 13:10+ 05:08+ 02:47+ 00:36+		
	08:11+ 03:53+ 08:11+ 01:03+ 03:12+ 02:55+ 13:10+ 05:08+ 02:47+ 00:36+		
<b>19</b>	<b>Hege Nornes</b>	<b>106</b>	<b>54:08</b>
	07:58+ 21:14+ 30:58+ 32:02+ 36:13+ 39:34+ 46:29+ 49:40+ 53:23+ 54:08+		
	07:58+ 13:16+ 09:44+ 01:04+ 04:11+ 03:21+ 06:55+ 03:11+ 03:43+ 00:45+		
	07:58+ 13:16+ 09:44+ 01:04+ 04:11+ 03:21+ 06:55+ 03:11+ 03:43+ 00:45+		

## D15

**20 Marianne Pettersen 45 56:28**

08:09+ 16:19+ 28:25+ 29:32+ 34:03+ 39:41+ 46:54+ 51:05+ 55:23+ 56:28+  
 08:09+ 08:10+ 12:06+ 01:07+ 04:31+ 05:38+ 07:13+ 04:11+ 04:18+ 01:05+  
 08:09+ 08:10+ 12:06+ 01:07+ 04:31+ 05:38+ 07:13+ 04:11+ 04:18+ 01:05+

**21 Doris Stien Kaspersen 222 1:03:14**

10:16+ 16:24+ 24:17+ 25:19+ 28:29+ 30:54+ 39:54+ 58:08+ 62:32+ 63:14+  
 10:16+ 06:08+ 07:53+ 01:02+ 03:10+ 02:25+ 09:00+ 18:14+ 04:24+ 00:42+  
 10:16+ 06:08+ 07:53+ 01:02+ 03:10+ 02:25+ 09:00+ 18:14+ 04:24+ 00:42+

**22 Stine-Mari Gabrielsen 345 1:17:18**

09:47+ 20:17+ 37:22+ 39:01+ 42:45+ 45:14+ 70:29+ 73:27+ 76:39+ 77:18+  
 09:47+ 10:30+ 17:05+ 01:39+ 03:44+ 02:29+ 25:15+ 02:58+ 03:12+ 00:39+  
 09:47+ 10:30+ 17:05+ 01:39+ 03:44+ 02:29+ 25:15+ 02:58+ 03:12+ 00:39+

### Beste strekktid for klassen

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

## D150

**1 Liv Karen Johannessen 146 36:53**

06:52= 12:50= 17:54= 22:08= 27:47= 29:04= 32:19= 35:59= 36:53=  
 06:52= 05:58= 05:04= 04:14= 05:39= 01:17= 03:15= 03:40= 00:54=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Anna Karlqvist 146 43:01**

05:13- 16:35+ 22:20+ 27:40+ 33:09+ 34:15+ 37:52+ 42:12+ 43:01+  
 05:13- 11:22+ 05:45+ 05:20+ 05:29- 01:06- 03:37+ 04:20+ 00:49-  
 01:39- 05:24& 00:41# 01:06& 00:10- 00:11- 00:22# 00:40# 00:05-

**3 Kari Lofthus 146 51:59**

08:20+ 14:07+ 18:55+ 22:10+ 43:35+ 47:05+ 51:11+ 51:59+  
 08:20+ 05:47- 04:48- 03:15- 21:25+ 03:30+ 04:06+ 00:48-  
 01:28# 00:11- 00:16- 00:59- 15:46@ 02:13@ 00:51& 02:52-

### Beste strekktid for klassen

05:13 05:47 04:48 03:15 05:29 01:06 03:15 00:48 00:49

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

## H 13-16

**1 Nikolai Pettersen 45 33:41**

04:51= 08:41= 13:01= 20:21= 26:16= 29:48= 33:01= 33:41=  
 04:51= 03:50= 04:20= 07:20= 05:55= 03:32= 03:13= 00:40=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Erlend Mathias Olsen 45 38:29**

16:20+ 18:29+ 21:05+ 27:59+ 32:02+ 34:52+ 37:49+ 38:29+  
 16:20+ 02:09- 02:36- 06:54- 04:03- 02:50- 02:57- 00:40=  
 11:29@ 01:41- 01:44- 00:26- 01:52- 00:42- 00:16- 00:00=

### Beste strekktid for klassen

04:51 02:09 02:36 06:54 04:03 02:50 02:57 00:40

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

Class	Navn	Klasse	Tid						
<b>H15</b>									
<b>1</b>	<b>Stig Løvlund</b>	<b>239</b>	<b>30:49</b>						
04:46=	06:32=	11:18=	16:27=	19:07=	21:53=	25:03=	28:05=	30:13=	30:49=
04:46=	01:46=	04:46=	05:09=	02:40=	02:46=	03:10=	03:02=	02:08=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Gjermund Urset</b>	<b>146</b>	<b>30:53</b>						
05:28+	07:11+	12:06+	17:28+	20:11+	22:53+	26:22+	28:10+	30:18+	30:53+
05:28+	01:43-	04:55+	05:22+	02:43+	02:42-	03:29+	01:48-	02:08=	00:35-
00:42#	00:03-	00:09+	00:13+	00:03+	00:04-	00:19#	01:14-	00:00=	00:01-
<b>3</b>	<b>Magnus Beyer Brattli</b>	<b>222</b>	<b>31:28</b>						
04:23-	07:20+	12:16+	18:50+	21:21+	24:08+	27:07+	28:49+	30:57+	31:28+
04:23-	02:57+	04:56+	06:34+	02:31-	02:47+	02:59-	01:42-	02:08=	00:31-
00:23-	01:11&	00:10+	01:25&	00:09-	00:01+	00:11-	01:20-	00:00=	00:05-
<b>4</b>	<b>Geir Moholdt</b>	<b>146</b>	<b>31:33</b>						
05:44+	07:28+	12:37+	17:48+	20:36+	23:50+	27:04+	28:47+	30:56+	31:33+
05:44+	01:44-	05:09+	05:11+	02:48+	03:14+	03:14+	01:43-	02:09+	00:37+
00:58#	00:02-	00:23+	00:02+	00:08+	00:28#	00:04+	01:19-	00:01+	00:01+
<b>5</b>	<b>Hans Urset</b>	<b>146</b>	<b>32:55</b>						
04:05-	09:03+	13:36+	19:09+	22:55+	25:19+	28:09+	30:25+	32:14+	32:55+
04:05-	04:58+	04:33-	05:33+	03:46+	02:24-	02:50-	02:16-	01:49-	00:41+
00:41-	03:12@	00:13-	00:24+	01:06&	00:22-	00:20-	00:46-	00:19-	00:05#
<b>6</b>	<b>Eskil Frischknecht</b>	<b>21</b>	<b>32:58</b>						
04:45-	08:11+	13:06+	18:23+	20:39+	23:44+	27:44+	29:40+	32:24+	32:58+
04:45-	03:26+	04:55+	05:17+	02:16-	03:05+	04:00+	01:56-	02:44+	00:34-
00:01-	01:40&	00:09+	00:08+	00:24-	00:19#	00:50&	01:06-	00:36&	00:02-
<b>7</b>	<b>Thomas Frost</b>	<b>21</b>	<b>33:04</b>						
05:22+	06:58+	12:10+	18:43+	21:26+	24:11+	27:15+	30:29+	32:26+	33:04+
05:22+	01:36-	05:12+	06:33+	02:43+	02:45-	03:04-	03:14+	01:57-	00:38+
00:36#	00:10-	00:26+	01:24&	00:03+	00:01-	00:06-	00:12+	00:11-	00:02+
<b>8</b>	<b>Håvard Krey Hansen</b>	<b>254</b>	<b>33:25</b>						
03:51-	08:09+	12:39+	18:14+	21:28+	24:28+	28:29+	30:53+	32:49+	33:25+
03:51-	04:18+	04:30-	05:35+	03:14+	03:00+	04:01+	02:24-	01:56-	00:36=
00:55-	02:32@	00:16-	00:26+	00:34#	00:14+	00:51&	00:38-	00:12-	00:00=
<b>9</b>	<b>Eirik Frost</b>	<b>21</b>	<b>33:32</b>						
05:51+	08:11+	12:49+	18:31+	21:48+	24:23+	27:50+	30:31+	32:59+	33:32+
05:51+	02:20+	04:38-	05:42+	03:17+	02:35-	03:27+	02:41-	02:28+	00:33-
01:05#	00:34&	00:08-	00:33#	00:37#	00:11-	00:17+	00:21-	00:20#	00:03-
<b>10</b>	<b>Jonatan Graversen</b>	<b>146</b>	<b>34:04</b>						
04:20-	08:13+	12:49+	18:03+	21:45+	24:21+	28:30+	31:13+	33:29+	34:04+
04:20-	03:53+	04:36-	05:14+	03:42+	02:36-	04:09+	02:43-	02:16+	00:35-
00:26-	02:07@	00:10-	00:05+	01:02&	00:10-	00:59&	00:19-	00:08+	00:01-
<b>11</b>	<b>Daniel Carløv Skjønsfjell</b>	<b>239</b>	<b>36:06</b>						
04:21-	06:55+	12:01+	18:12+	23:03+	25:55+	30:02+	33:03+	35:29+	36:06+
04:21-	02:34+	05:06+	06:11+	04:51+	02:52+	04:07+	03:01-	02:26+	00:37+
00:25-	00:48&	00:20+	01:02#	02:11&	00:06+	00:57&	00:01-	00:18#	00:01+
<b>12</b>	<b>Lars Solli</b>	<b>222</b>	<b>36:13</b>						
04:27-	07:47+	12:58+	19:00+	23:14+	26:25+	30:22+	33:25+	35:36+	36:13+
04:27-	03:20+	05:11+	06:02+	04:14+	03:11+	03:57+	03:03+	02:11+	00:37+
00:19-	01:34&	00:25+	00:53#	01:34&	00:25#	00:47#	00:01+	00:03+	00:01+

Class	Navn	Klasse	Tid
<b>H15</b>			
<b>13</b>	<b>Even-Johan Kaspersen</b>	<b>222</b>	<b>37:09</b>
06:13+	08:07+	13:36+	20:05+
06:13+	01:54+	05:29+	06:29+
01:27&	00:08+	00:43#	01:20&
23:01+	26:32+	30:15+	34:21+
02:56+	03:31+	03:43+	04:06+
00:16#	00:45&	00:33#	01:04&
36:33+	37:09+	00:04+	00:00=
<b>14 Alvin Fyhn 345 38:32</b>			
04:41+	08:25+	14:03+	21:54+
04:41+	03:44+	05:38+	07:51+
04:41+	03:44+	05:38+	07:51+
25:13+	28:42+	32:35+	35:30+
03:19+	03:29+	03:53+	02:55+
03:19+	03:29+	03:53+	02:55+
37:51+	38:32+	02:21+	00:41+
<b>15 Odd-Ivan Lorentsen 254 39:53</b>			
05:01+	08:40+	14:23+	21:55+
05:01+	03:39+	05:43+	07:32+
05:01+	03:39+	05:43+	07:32+
25:26+	29:31+	33:29+	36:33+
03:31+	04:05+	03:58+	03:04+
03:31+	04:05+	03:58+	03:04+
39:10+	39:53+	02:37+	00:43+
<b>16 Henning Strand 146 40:12</b>			
07:11+	10:37+	16:06+	23:14+
07:11+	03:26+	05:29+	07:08+
07:11+	03:26+	05:29+	07:08+
26:12+	29:36+	34:04+	37:07+
02:58+	03:24+	04:28+	03:03+
02:58+	03:24+	04:28+	03:03+
39:35+	40:12+	02:28+	00:37+
<b>17 Bård Fyhn 345 40:46</b>			
06:04+	07:56+	13:32+	22:19+
06:04+	01:52+	05:36+	08:47+
06:04+	01:52+	05:36+	08:47+
26:42+	32:17+	35:25+	37:53+
04:23+	05:35+	03:08+	02:28+
04:23+	05:35+	03:08+	02:28+
40:05+	40:46+	02:12+	00:41+
<b>18 Knut Øyvind Johansen 35 40:54</b>			
01:33+	08:51+	15:49+	19:31+
01:33+	07:18+	06:58+	03:42+
01:33+	07:18+	06:58+	03:42+
23:00+	26:33+	30:06+	32:43+
03:00+	03:33+	03:33+	02:37+
03:00+	03:33+	03:33+	02:37+
33:19+	00:36+	00:36+	
<b>19 Jan-Hugo Hanssen 146 41:02</b>			
05:23+	09:05+	14:56+	22:26+
05:23+	03:42+	05:51+	07:30+
05:23+	03:42+	05:51+	07:30+
27:25+	31:07+	35:14+	37:59+
04:59+	03:42+	04:07+	02:45+
04:59+	03:42+	04:07+	02:45+
40:21+	41:02+	02:22+	00:41+
<b>20 Gjermund Osdal 106 43:05</b>			
00:09+	05:56+	12:34+	19:52+
00:09+	05:47+	06:38+	07:18+
00:09+	05:47+	06:38+	07:18+
24:15+	27:59+	32:10+	35:35+
04:23+	03:44+	04:11+	03:25+
04:23+	03:44+	04:11+	03:25+
38:00+	38:33+	02:25+	00:33+
<b>21 Håkon Brynjulfson 254 44:56</b>			
05:45+	09:20+	16:38+	26:11+
05:45+	03:35+	07:18+	09:33+
05:45+	03:35+	07:18+	09:33+
29:49+	34:06+	38:31+	41:29+
03:38+	04:17+	04:25+	02:58+
03:38+	04:17+	04:25+	02:58+
44:15+	44:56+	02:46+	00:41+
<b>22 Svein Harald Hansen 254 46:33</b>			
07:15+	09:23+	15:44+	23:53+
07:15+	02:08+	06:21+	08:09+
07:15+	02:08+	06:21+	08:09+
32:50+	36:44+	40:40+	42:58+
08:57+	03:54+	03:56+	02:18+
08:57+	03:54+	03:56+	02:18+
45:53+	46:33+	02:55+	00:40+
<b>23 Helge Midttun 35 47:42</b>			
06:01+	08:14+	14:46+	22:52+
06:01+	02:13+	06:32+	08:06+
06:01+	02:13+	06:32+	08:06+
31:23+	35:18+	40:16+	44:20+
08:31+	03:55+	04:58+	04:04+
08:31+	03:55+	04:58+	04:04+
46:59+	47:42+	02:39+	00:43+
<b>24 Tim Uteng 254 48:37</b>			
10:35+	13:06+	19:43+	27:44+
10:35+	02:31+	06:37+	08:01+
10:35+	02:31+	06:37+	08:01+
32:16+	36:38+	42:07+	45:18+
04:32+	04:22+	05:29+	03:11+
04:32+	04:22+	05:29+	03:11+
47:56+	48:37+	02:38+	00:41+

Class	Navn	Klasse	Tid
<b>H15</b>			
<b>25</b>	<b>Gjermund Raen</b>	<b>41</b>	<b>50:51</b>
07:33+	10:08+ 17:42+ 27:00+ 32:28+ 37:09+ 42:53+ 46:37+ 50:01+ 50:51+		
07:33+	02:35+ 07:34+ 09:18+ 05:28+ 04:41+ 05:44+ 03:44+ 03:24+ 00:50+		
07:33+	02:35+ 07:34+ 09:18+ 05:28+ 04:41+ 05:44+ 03:44+ 03:24+ 00:50+		
<b>26</b>	<b>Oskar Johannessen</b>	<b>41</b>	<b>52:00</b>
06:12+	09:29+ 16:26+ 27:13+ 33:24+ 40:21+ 44:37+ 49:13+ 51:20+ 52:00+		
06:12+	03:17+ 06:57+ 10:47+ 06:11+ 06:57+ 04:16+ 04:36+ 02:07+ 00:40+		
06:12+	03:17+ 06:57+ 10:47+ 06:11+ 06:57+ 04:16+ 04:36+ 02:07+ 00:40+		
<b>27</b>	<b>Torstein Eidnes Mellem</b>	<b>106</b>	<b>52:15</b>
05:46+	09:36+ 16:47+ 27:57+ 33:26+ 41:58+ 46:23+ 49:09+ 51:35+ 52:15+		
05:46+	03:50+ 07:11+ 11:10+ 05:29+ 08:32+ 04:25+ 02:46+ 02:26+ 00:40+		
05:46+	03:50+ 07:11+ 11:10+ 05:29+ 08:32+ 04:25+ 02:46+ 02:26+ 00:40+		
<b>28</b>	<b>Espen Johannessen</b>	<b>41</b>	<b>53:58</b>
05:43+	13:02+ 22:32+ 33:33+ 38:39+ 42:55+ 47:54+ 50:46+ 53:19+ 53:58+		
05:43+	07:19+ 09:30+ 11:01+ 05:06+ 04:16+ 04:59+ 02:52+ 02:33+ 00:39+		
05:43+	07:19+ 09:30+ 11:01+ 05:06+ 04:16+ 04:59+ 02:52+ 02:33+ 00:39+		
<b>29</b>	<b>Erlend Dårflot Olsen</b>	<b>345</b>	<b>54:49</b>
05:24+	08:38+ 14:03+ 25:04+ 39:10+ 42:45+ 47:15+ 51:39+ 54:16+ 54:49+		
05:24+	03:14+ 05:25+ 11:01+ 14:06+ 03:35+ 04:30+ 04:24+ 02:37+ 00:33+		
05:24+	03:14+ 05:25+ 11:01+ 14:06+ 03:35+ 04:30+ 04:24+ 02:37+ 00:33+		
<b>30</b>	<b>Magnus Höglin</b>	<b>106</b>	<b>57:01</b>
06:09+	12:40+ 22:01+ 31:43+ 38:41+ 43:00+ 49:05+ 53:03+ 56:17+ 57:01+		
06:09+	06:31+ 09:21+ 09:42+ 06:58+ 04:19+ 06:05+ 03:58+ 03:14+ 00:44+		
06:09+	06:31+ 09:21+ 09:42+ 06:58+ 04:19+ 06:05+ 03:58+ 03:14+ 00:44+		
<b>31</b>	<b>Vebjørn Johnsen</b>	<b>106</b>	<b>58:58</b>
02:10+	04:53+ 11:02+ 26:38+ 33:02+ 38:33+ 52:58+ 55:17+ 58:21+ 58:58+		
02:10+	02:43+ 06:09+ 15:36+ 06:24+ 05:31+ 14:25+ 02:19+ 03:04+ 00:37+		
02:10+	02:43+ 06:09+ 15:36+ 06:24+ 05:31+ 14:25+ 02:19+ 03:04+ 00:37+		
<b>32</b>	<b>Jørgen Eliseussen-Skalle</b>	<b>106</b>	<b>1:04:32</b>
07:41+	10:45+ 20:40+ 31:56+ 46:06+ 50:04+ 54:12+ 61:16+ 63:56+ 64:32+		
07:41+	03:04+ 09:55+ 11:16+ 14:10+ 03:58+ 04:08+ 07:04+ 02:40+ 00:36+		
07:41+	03:04+ 09:55+ 11:16+ 14:10+ 03:58+ 04:08+ 07:04+ 02:40+ 00:36+		
<b>33</b>	<b>Toralf Heimdal</b>	<b>35</b>	<b>1:09:53</b>
06:05+	28:11+ 33:38+ 46:49+ 52:19+ 58:45+ 63:29+ 66:24+ 69:17+ 69:53+		
06:05+	22:06+ 05:27+ 13:11+ 05:30+ 06:26+ 04:44+ 02:55+ 02:53+ 00:36+		
06:05+	22:06+ 05:27+ 13:11+ 05:30+ 06:26+ 04:44+ 02:55+ 02:53+ 00:36+		
<b>34</b>	<b>Trond-Henry Skjønsfjell</b>	<b>239</b>	<b>1:10:42</b>
05:00+	11:53+ 17:54+ 42:08+ 52:45+ 58:57+ 64:09+ 67:24+ 69:53+ 70:42+		
05:00+	06:53+ 06:01+ 24:14+ 10:37+ 06:12+ 05:12+ 03:15+ 02:29+ 00:49+		
05:00+	06:53+ 06:01+ 24:14+ 10:37+ 06:12+ 05:12+ 03:15+ 02:29+ 00:49+		
<b>35</b>	<b>Lasse Skalle</b>	<b>106</b>	<b>1:15:54</b>
06:38+	11:37+ 17:56+ 56:32+ 59:56+ 64:24+ 68:36+ 71:51+ 75:15+ 75:54+		
06:38+	04:59+ 06:19+ 38:36+ 03:24+ 04:28+ 04:12+ 03:15+ 03:24+ 00:39+		
06:38+	04:59+ 06:19+ 38:36+ 03:24+ 04:28+ 04:12+ 03:15+ 03:24+ 00:39+		

### Beste strekktid for klassen

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

Class	Navn	Klasse	Tid
<b>H150</b>			
<b>1</b>	<b>Børge Harvey</b>	<b>146</b>	<b>35:50</b>
	06:09= 08:28= 11:08= 15:15= 20:36= 22:55= 28:15= 30:38= 32:51= 35:14= 35:50=		
	06:09= 02:19= 02:40= 04:07= 05:21= 02:19= 05:20= 02:23= 02:13= 02:23= 00:36=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Anne Urset</b>	<b>146</b>	<b>37:37</b>
	05:36- 10:19+ 14:01+ 18:46+ 19:41- 23:04+ 29:50+ 32:40+ 34:01+ 36:52+ 37:37+		
	05:36- 04:43+ 03:42+ 04:45+ 00:55- 03:23+ 06:46+ 02:50+ 01:21- 02:51+ 00:45+		
	00:33- 02:24@ 01:02& 00:38# 04:26- 01:04& 01:26& 00:27# 00:52- 00:28# 00:09#		
<b>3</b>	<b>Helge Aronsen Hæstad</b>	<b>146</b>	<b>38:25</b>
	06:27+ 08:35+ 11:46+ 15:38+ 18:31- 24:43+ 25:38- 34:33+ 37:37+ 38:25+		
	06:27+ 02:08- 03:11+ 03:52- 02:53- 06:12+ 00:55- 08:55+ 03:04+ 00:48-		
	00:18+ 00:11- 00:31# 00:15- 02:28- 03:53@ 04:25- 06:32@ 00:51& 01:35-		
<b>5</b>	<b>Per Rekkedal</b>	<b>45</b>	<b>42:53</b>
	07:45+ 10:17+ 14:03+ 18:22+ 24:30+ 27:56+ 34:50+ 38:06+ 39:09+ 42:08+ 42:53+		
	07:45+ 02:32+ 03:46+ 04:19+ 06:08+ 03:26+ 06:54+ 03:16+ 01:03- 02:59+ 00:45+		
	01:36& 00:13+ 01:06& 00:12+ 00:47# 01:07& 01:34& 00:53& 01:10- 00:36& 00:09#		
<b>6</b>	<b>Rune Graversen</b>	<b>146</b>	<b>43:29</b>
	06:39+ 09:40+ 12:51+ 18:58+ 26:29+ 29:10+ 35:11+ 36:26+ 39:33+ 42:45+ 43:29+		
	06:39+ 03:01+ 03:11+ 06:07+ 07:31+ 02:41+ 06:01+ 01:15- 03:07+ 03:12+ 00:44+		
	00:30+ 00:42& 00:31# 02:00& 02:10& 00:22# 00:41# 01:08- 00:54& 00:49& 00:08#		
<b>7</b>	<b>Leif Gulbrandsen</b>	<b>345</b>	<b>47:26</b>
	06:26+ 12:10+ 16:41+ 24:55+ 26:16+ 29:50+ 37:46+ 39:10+ 43:02+ 46:40+ 47:26+		
	06:26+ 05:44+ 04:31+ 08:14+ 01:21- 03:34+ 07:56+ 01:24- 03:52+ 03:38+ 00:46+		
	00:17+ 03:25@ 01:51& 04:07& 04:00- 01:15& 02:36& 00:59- 01:39& 01:15& 00:10&		
<b>8</b>	<b>Eirik Sørensen</b>	<b>345</b>	<b>47:45</b>
	07:59+ 10:40+ 14:15+ 18:58+ 22:07+ 35:50+ 39:12+ 43:53+ 46:57+ 47:45+		
	07:59+ 02:41+ 03:35+ 04:43+ 03:09- 13:43+ 03:22- 04:41+ 03:04+ 00:48-		
	01:50& 00:22# 00:55& 00:36# 02:12- 11:24@ 01:58- 02:18& 00:51& 01:35-		
<b>9</b>	<b>Tor Midttun</b>	<b>345</b>	<b>48:31</b>
	07:45+ 14:46+ 20:04+ 26:28+ 29:15+ 36:26+ 42:29+ 44:05+ 47:34+ 48:31+		
	07:45+ 07:01+ 05:18+ 06:24+ 02:47- 07:11+ 06:03+ 01:36- 03:29+ 00:57-		
	01:36& 04:42@ 02:38& 02:17& 02:34- 04:52@ 00:43# 00:47- 01:16& 01:26-		
<b>10</b>	<b>Torkel Irgens</b>	<b>45</b>	<b>50:54</b>
	06:22+ 10:34+ 14:19+ 20:49+ 26:06+ 39:48+ 45:26+ 47:03+ 50:08+ 50:54+		
	06:22+ 04:12+ 03:45+ 06:30+ 05:17- 13:42+ 05:38+ 01:37- 03:05+ 00:46-		
	00:13+ 01:53& 01:05& 02:23& 00:04- 11:23@ 00:18+ 00:46- 00:52& 01:37-		
<b>11</b>	<b>Leif Magne Eggestad</b>	<b>45</b>	<b>53:46</b>
	10:21+ 12:53+ 16:23+ 20:38+ 21:21+ 24:25+ 46:17+ 47:17+ 50:01+ 52:52+ 53:46+		
	10:21+ 02:32+ 03:30+ 04:15+ 00:43- 03:04+ 21:52+ 01:00- 02:44+ 02:51+ 00:54+		
	04:12& 00:13+ 00:50& 00:08+ 04:38- 00:45& 16:32@ 01:23- 00:31# 00:28# 00:18&		
<b>12</b>	<b>Harald Strand</b>	<b>146</b>	<b>54:28</b>

### Beste strekktid for klassen

05:36 02:08 02:40 03:52 00:43 02:19 00:55 01:00 01:03 00:46 00:36

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

### MIX

Class	Navn	Klasse	Tid
<b>MIX</b>			
<b>1</b>	<b>Axel Theisen</b>	<b>12345</b>	<b>28:02</b>
	03:53= 11:41= 14:48= 17:30= 20:56= 22:34= 25:05= 27:23= 28:02=		
	03:53= 07:48= 03:07= 02:42= 03:26= 01:38= 02:31= 02:18= 00:39=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Sunniva Limstrand</b>	<b>1604</b>	<b>31:28</b>
	06:49+ 12:55+ 15:31+ 18:17+ 25:07+ 27:51+ 30:52+ 31:28+		
	06:49+ 06:06+ 02:36+ 02:46+ 06:50+ 02:44+ 03:01+ 00:36+		
	06:49+ 06:06+ 02:36+ 02:46+ 06:50+ 02:44+ 03:01+ 00:36+		
<b>3</b>	<b>Anne Marthe Limstrand</b>	<b>1604</b>	<b>32:15</b>
	05:46+ 10:41+ 16:53+ 20:25+ 24:07+ 25:07+ 28:22+ 31:30+ 32:15+		
	05:46+ 04:55+ 06:12+ 03:32+ 03:42+ 01:00+ 03:15+ 03:08+ 00:45+		
	05:46+ 04:55+ 06:12+ 03:32+ 03:42+ 01:00+ 03:15+ 03:08+ 00:45+		
<b>4</b>	<b>Jan Løvlund</b>	<b>12345</b>	<b>35:39</b>
	06:53+ 14:35+ 18:53+ 22:34+ 28:41+ 31:59+ 34:55+ 35:39+		
	06:53+ 07:42+ 04:18+ 03:41+ 06:07+ 03:18+ 02:56+ 00:44+		
	06:53+ 07:42+ 04:18+ 03:41+ 06:07+ 03:18+ 02:56+ 00:44+		
<b>5</b>	<b>Jan Erik Paulsen</b>	<b>1604</b>	<b>36:05</b>
	03:35+ 19:54+ 23:03+ 26:35+ 30:13+ 31:00+ 33:14+ 35:30+ 36:05+		
	03:35+ 16:19+ 03:09+ 03:32+ 03:38+ 00:47+ 02:14+ 02:16+ 00:35+		
	03:35+ 16:19+ 03:09+ 03:32+ 03:38+ 00:47+ 02:14+ 02:16+ 00:35+		
<b>6</b>	<b>Dag Skogan</b>	<b>45</b>	<b>46:36</b>
	56:59+ 63:29+ 68:10+ 71:27+ 82:02+ 86:59+ 92:44+ 93:35+		
	56:59+ 06:30+ 04:41+ 03:17+ 10:35+ 04:57+ 05:45+ 00:51+		
	56:59+ 06:30+ 04:41+ 03:17+ 10:35+ 04:57+ 05:45+ 00:51+		
<b>7</b>	<b>Torun Ankjell</b>	<b>12345</b>	<b>46:39</b>
	05:51+ 09:55+ 13:19+ 16:16+ 40:04+ 41:01+ 43:26+ 46:02+ 46:39+		
	05:51+ 04:04+ 03:24+ 02:57+ 23:48+ 00:57+ 02:25+ 02:36+ 00:37+		
	05:51+ 04:04+ 03:24+ 02:57+ 23:48+ 00:57+ 02:25+ 02:36+ 00:37+		
<b>8</b>	<b>Janne Anita Nilsen</b>	<b>45</b>	<b>46:59</b>
	15:35+ 23:19+ 27:32+ 33:58+ 38:01+ 39:22+ 42:26+ 46:13+ 46:59+		
	15:35+ 07:44+ 04:13+ 06:26+ 04:03+ 01:21+ 03:04+ 03:47+ 00:46+		
	15:35+ 07:44+ 04:13+ 06:26+ 04:03+ 01:21+ 03:04+ 03:47+ 00:46+		
<b>9</b>	<b>Jesper Helliksrud</b>	<b>45</b>	<b>2:02:48</b>
	98:12+ 102:14+ 105:20+ 108:10+ 112:33+ 113:27+ 119:45+ 122:14+ 122:48+		
	98:12+ 04:02+ 03:06+ 02:50+ 04:23+ 00:54+ 06:18+ 02:29+ 00:34+		
	98:12+ 04:02+ 03:06+ 02:50+ 04:23+ 00:54+ 06:18+ 02:29+ 00:34+		

### Beste strekktid for klassen

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