

Plass Navn

Klasse

Tid

## AK-Open

## 1 Knut Even Hole AK-Open 46:35

03:13	07:18	12:25	16:02	19:52	22:44	29:25	32:43	34:39	40:11	42:47	45:59	46:35
03:13	04:05	05:07	03:37	03:50	02:52	06:41	03:18	01:56	05:32	02:36	03:12	00:36
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

## B-Open

## 1 Knut-Gunnar Ulvedal B-Open 40:59

06:28	08:56	13:59	26:05	28:20	32:22	35:03	36:09	38:00	40:17	40:59
06:28	02:28	05:03	12:06	02:15	04:02	02:41	01:06	01:51	02:17	00:42
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

## C-Open

## 1 Anders Mallasvik C-Open 25:24

04:26	06:07	09:19	10:42	14:08	18:00	19:39	23:12	24:48	25:24
04:26	01:41	03:12	01:23	03:26	03:52	01:39	03:33	01:36	00:36
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

## D11-12

## 39 Olina Svarstad Heggdal D11-12 39:51

08:08	09:32	23:56	25:05	27:44	32:00	33:55	37:22	39:07	39:51
08:08	01:24	14:24	01:09	02:39	04:16	01:55	03:27	01:45	00:44
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

## D15-16

## 1 Hedda Sølvberg D15-16 54:47

05:07	20:32	23:59	28:00	32:26	35:38	41:30	45:16	47:23	49:06	51:38	54:12	54:47
05:07	15:25	03:27	04:01	04:26	03:12	05:52	03:46	02:07	01:43	02:32	02:34	00:35
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

## D17-18

## 1 Anja Hole D17-18 30:22

02:40	05:52	08:08	12:36	15:02	16:55	21:40	23:36	25:10	26:15	28:00	29:53	30:22
02:40	03:12	02:16	04:28	02:26	01:53	04:45	01:56	01:34	01:05	01:45	01:53	00:29
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

## 2 Ingunn Bergset D17-18 54:48

03:35	08:09	12:49	20:12	23:28	30:31	39:14	41:56	44:06	48:59	51:17	54:09	54:48
03:35	04:34	04:40	07:23	03:16	07:03	08:43	02:42	02:10	04:53	02:18	02:52	00:39
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

## D19

## 1 Christiane Trösse D19 27:30

02:30	05:16	07:49	10:15	12:26	14:21	18:28	20:39	22:06	23:04	24:35	26:34	27:30
02:30	02:46	02:33	02:26	02:11	01:55	04:07	02:11	01:27	00:58	01:31	01:59	00:56
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

## 2 Karin Street D19 30:15

02:30	05:35	08:07	11:02	13:32	15:34	20:36	23:15	25:03	25:52	27:36	29:42	30:15
02:30	03:05	02:32	02:55	02:30	02:02	05:02	02:39	01:48	00:49	01:44	02:06	00:33
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

Class	Navn	Klasse												Tid
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### D40-

**1 Anne Marie Svarstad D40- 33:56**

03:19	06:19	08:54	11:53	14:19	17:57	22:44	25:14	27:23	28:28	30:45	33:13	33:56
03:19	03:00	02:35	02:59	02:26	03:38	04:47	02:30	02:09	01:05	02:17	02:28	00:43
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**2 Anja Sægrov D40- 50:16**

05:00	09:31	13:20	22:02	25:33	28:36	34:46	38:01	40:58	42:53	46:18	49:31	50:16
05:00	04:31	03:49	08:42	03:31	03:03	06:10	03:15	02:57	01:55	03:25	03:13	00:45
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

### D50-

**1 Anita E. Hole D50- 48:29**

03:48	07:55	11:49	15:52	19:40	23:13	30:59	36:33	38:53	40:32	43:27	47:32	48:29
03:48	04:07	03:54	04:03	03:48	03:33	07:46	05:34	02:20	01:39	02:55	04:05	00:57
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

### D9-10

**49 Ronja Sveen Hatledal D9-10 26:37**

01:37	06:01	12:34	14:52	18:35	21:32	25:34	26:37
01:37	04:24	06:33	02:18	03:43	02:57	04:02	01:03
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**51 Brita Svarstad Heggdal D9-10 20:57**

01:10	08:04	11:07	12:37	15:59	17:57	20:04	20:57
01:10	06:54	03:03	01:30	03:22	01:58	02:07	00:53
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**52 Vena Fristad D9-10 23:08**

01:23	04:33	08:20	09:56	13:44	17:20	21:58	23:08
01:23	03:10	03:47	01:36	03:48	03:36	04:38	01:10
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

### H 15-16

**1 Peder Nyberg H 15-16 34:32**

02:22	06:31	08:44	12:10	14:56	17:04	23:38	25:54	27:22	28:27	31:34	34:04	34:32
02:22	04:09	02:13	03:26	02:46	02:08	06:34	02:16	01:28	01:05	03:07	02:30	00:28
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

### H 9-10

**45 Benjamin Barsnes Frøyd H 9-10 22:34**

00:56	03:35	06:37	08:16	11:54	19:11	21:05	22:34
00:56	02:39	03:02	01:39	03:38	07:17	01:54	01:29
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**46 Jakob Lapp H 9-10 20:26**

01:20	06:30	09:32	11:25	14:32	17:02	19:36	20:26
01:20	05:10	03:02	01:53	03:07	02:30	02:34	00:50
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**47 Eirik Aalbu H 9-10 19:46**

01:18	04:22	07:58	09:23	13:17	16:46	19:03	19:46
01:18	03:04	03:36	01:25	03:54	03:29	02:17	00:43
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**48 Jøran Lien Molland H 9-10 33:17**

01:13	04:06	06:49	08:16	11:38	26:15	31:32	33:17
01:13	02:53	02:43	01:27	03:22	14:37	05:17	01:45
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

## H11-12

**1 Jakob Ulvedal H11-12 1:00:55**

05:57	07:39	37:25	38:31	48:26	52:19	55:09	58:50	60:24	60:55					
05:57	01:42	29:46	01:06	09:55	03:53	02:50	03:41	01:34	00:31					
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+					

## H17-18

**1 Håkon Grønli H17-18 34:15**

02:20	05:16	06:32	08:38	11:17	13:16	15:36	24:29	27:01	28:31	30:03	30:55	32:09	33:49	34:15
02:20	02:56	01:16	02:06	02:39	01:59	02:20	08:53	02:32	01:30	01:32	00:52	01:14	01:40	00:26
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**2 Tord Sølvberg H17-18 46:37**

02:59	06:26	07:39	09:00	11:45	13:55	16:23	27:46	31:13	36:21	37:40	39:42	41:04	46:06	46:37
02:59	03:27	01:13	01:21	02:45	02:10	02:28	11:23	03:27	05:08	01:19	02:02	01:22	05:02	00:31
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

## H19-

**1 Jakob Kalvig Skogan H19- 30:57**

02:06	05:19	06:30	07:24	10:39	12:35	15:23	22:07	24:13	25:44	26:49	27:27	28:38	30:15	30:57
02:06	03:13	01:11	00:54	03:15	01:56	02:48	06:44	02:06	01:31	01:05	00:38	01:11	01:37	00:42
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**2 Jan Kocbach H19- 33:00**

02:16	05:31	06:49	07:47	10:19	12:55	15:21	22:43	25:55	27:32	28:43	29:31	30:51	32:34	33:00
02:16	03:15	01:18	00:58	02:32	02:36	02:26	07:22	03:12	01:37	01:11	00:48	01:20	01:43	00:26
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**3 Håkon Reikvam H19- 33:25**

01:58	05:27	06:33	07:39	10:18	12:07	14:31	21:43	24:13	25:56	27:48	29:38	30:55	32:35	33:25
01:58	03:29	01:06	01:06	02:39	01:49	02:24	07:12	02:30	01:43	01:52	01:50	01:17	01:40	00:50
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**4 Hendrik Lapp H19- 33:55**

02:03	05:25	06:35	08:11	11:05	13:05	15:17	24:25	26:39	28:38	29:49	30:34	31:41	33:18	33:55
02:03	03:22	01:10	01:36	02:54	02:00	02:12	09:08	02:14	01:59	01:11	00:45	01:07	01:37	00:37
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**5 Torbjørn Os H19- 34:22**

02:12	05:47	07:27	08:36	11:23	13:22	16:03	24:38	27:01	28:41	29:56	30:37	32:00	33:49	34:22
02:12	03:35	01:40	01:09	02:47	01:59	02:41	08:35	02:23	01:40	01:15	00:41	01:23	01:49	00:33
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**6 Henning Tjørhom H19- 37:43**

02:24	06:01	07:27	08:35	12:23	14:35	17:30	26:58	29:37	31:41	33:08	33:57	35:18	37:15	37:43
02:24	03:37	01:26	01:08	03:48	02:12	02:55	09:28	02:39	02:04	01:27	00:49	01:21	01:57	00:28
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**7 Torbjørn Holsen H19- 39:45**

02:16	05:38	06:52	08:04	10:40	16:15	19:11	28:40	31:01	32:37	34:35	35:28	37:04	39:14	39:45
02:16	03:22	01:14	01:12	02:36	05:35	02:56	09:29	02:21	01:36	01:58	00:53	01:36	02:10	00:31
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**8 Jan Helge Aalbu H19- 40:18**

02:39	06:01	07:22	08:24	11:15	13:32	16:32	25:13	28:08	30:01	31:39	36:19	37:49	39:48	40:18
02:39	03:22	01:21	01:02	02:51	02:17	03:00	08:41	02:55	01:53	01:38	04:40	01:30	01:59	00:30
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**9 Jens Øien Kloster H19- 48:57**

02:43	07:25	09:14	10:45	15:45	18:40	23:16	36:02	38:59	40:58	42:52	43:57	46:05	48:22	48:57
02:43	04:42	01:49	01:31	05:00	02:55	04:36	12:46	02:57	01:59	01:54	01:05	02:08	02:17	00:35
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**10 Leif-Inge Jevnlid H19- 1:04:10**

03:01	07:09	09:35	11:53	15:59	18:59	33:53	48:17	51:52	55:42	57:26	58:57	60:42	63:26	64:10
03:01	04:08	02:26	02:18	04:06	03:00	14:54	14:24	03:35	03:50	01:44	01:31	01:45	02:44	00:44
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

Class	Navn	Klasse											Tid
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### H40-

**1 Christian Frøyd H40- 25:57**

02:16	04:50	06:52	09:32	11:39	13:26	17:47	19:37	20:52	21:50	23:20	25:20	25:57
02:16	02:34	02:02	02:40	02:07	01:47	04:21	01:50	01:15	00:58	01:30	02:00	00:37
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

### H50-

**1 Marius Dalin H50- 38:36**

03:10	07:21	10:04	15:33	18:20	21:20	27:16	29:49	32:01	33:01	35:18	37:54	38:36
03:10	04:11	02:43	05:29	02:47	03:00	05:56	02:33	02:12	01:00	02:17	02:36	00:42
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**2 Olav Arne Herstad H50- 56:58**

02:58	10:39	15:11	18:30	26:47	29:43	40:16	44:10	46:46	48:28	50:53	56:01	56:58
02:58	07:41	04:32	03:19	08:17	02:56	10:33	03:54	02:36	01:42	02:25	05:08	00:57
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

### H60-

**1 Ingar Hals H60- 27:27**

02:26	04:57	07:00	11:23	13:30	15:16	19:14	21:22	22:43	23:30	24:53	26:46	27:27
02:26	02:31	02:03	04:23	02:07	01:46	03:58	02:08	01:21	00:47	01:23	01:53	00:41
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**2 Norvald Ospehaug H60- 32:36**

03:14	06:16	08:55	11:54	14:31	16:44	21:30	23:53	25:29	27:37	29:26	31:47	32:36
03:14	03:02	02:39	02:59	02:37	02:13	04:46	02:23	01:36	02:08	01:49	02:21	00:49
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**3 Knut Folkestad H60- 35:08**

02:54	06:05	09:11	12:13	14:46	17:16	24:41	27:20	29:10	30:20	31:59	34:21	35:08
02:54	03:11	03:06	03:02	02:33	02:30	07:25	02:39	01:50	01:10	01:39	02:22	00:47
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**4 Kjell Arne Hjellbrekke H60- 40:20**

03:18	06:38	09:37	13:24	16:24	18:43	28:32	31:00	32:37	34:10	36:32	39:34	40:20
03:18	03:20	02:59	03:47	03:00	02:19	09:49	02:28	01:37	01:33	02:22	03:02	00:46
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

### H70

**1 Helge Schei H70 31:30**

04:39	07:30	12:29	15:21	17:15	21:02	23:56	25:04	27:13	30:17	31:30
04:39	02:51	04:59	02:52	01:54	03:47	02:54	01:08	02:09	03:04	01:13
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

**2 Kurt Grønli H70 33:59**

05:32	09:07	14:25	17:43	19:54	23:35	26:08	27:18	29:37	33:07	33:59
05:32	03:35	05:18	03:18	02:11	03:41	02:33	01:10	02:19	03:30	00:52
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

### H80-

**1 Sveinung Fristad H80- 1:05:03**

18:16	22:20	29:57	34:00	37:04	41:40	45:19	55:27	60:24	63:45	65:03
18:16	04:04	07:37	04:03	03:04	04:36	03:39	10:08	04:57	03:21	01:18
01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+	01:49+

### N-Open

**N-Open**

<b>42</b>	<b>Malene Lien Molland</b>	<b>N-Open</b>	<b>37:13</b>
02:26	08:09 14:08 16:33 23:43 28:21 36:07	37:13	
02:26	05:43 05:59 02:25 07:10 04:38 07:46	01:06	
01:49+	01:49+ 01:49+ 01:49+ 01:49+ 01:49+ 01:49+	01:49+	
<b>43</b>	<b>Casper Barsnes Frøyd</b>	<b>N-Open</b>	<b>51:40</b>
02:07	09:13 20:23 24:21 31:51 40:47 47:12	51:40	
02:07	07:06 11:10 03:58 07:30 08:56 06:25	04:28	
01:49+	01:49+ 01:49+ 01:49+ 01:49+ 01:49+ 01:49+	01:49+	
<b>44</b>	<b>Sigrid Aalbu</b>	<b>N-Open</b>	<b>37:21</b>
02:31	08:14 14:07 16:28 23:37 28:23 36:05	37:21	
02:31	05:43 05:53 02:21 07:09 04:46 07:42	01:16	
01:49+	01:49+ 01:49+ 01:49+ 01:49+ 01:49+ 01:49+	01:49+	
<b>59</b>	<b>Klara Helen Sørлие Street</b>	<b>N-Open</b>	<b>1:10:09</b>
04:13	13:21 30:05 33:56 43:46 52:32 66:50	70:09	
04:13	09:08 16:44 03:51 09:50 08:46 14:18	03:19	
01:49+	01:49+ 01:49+ 01:49+ 01:49+ 01:49+ 01:49+	01:49+	
<b>60</b>	<b>Oliver Dag Sørлие Street</b>	<b>N-Open</b>	<b>1:15:50</b>
04:29	22:14 42:52 46:35 55:57 64:07 74:01	75:50	
04:29	17:45 20:38 03:43 09:22 08:10 09:54	01:49	
01:49+	01:49+ 01:49+ 01:49+ 01:49+ 01:49+ 01:49+	01:49+	