

KM Sprint

Strekketider

-17.08.2013

Class Navn

Klasse

Tid

D -12N

199 Hanne Marcussen D -12N 09:40

02:03 03:36 04:27 05:52 08:10 09:07 09:40
 02:03 01:33 00:51 01:25 02:18 00:57 00:33
 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+

200 Maya Valen D -12N 39:54

03:14 07:45 10:13 16:45 37:45 39:12 39:54
 03:14 04:31 02:28 06:32 21:00 01:27 00:42
 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+

D 11-12

1 Idunn Strand D 11-12 10:37

01:31 02:56 03:36 04:30 05:05 05:18 06:39 07:53 09:07 10:11 10:37
 01:31 01:25 00:40 00:54 00:35 00:13 01:21 01:14 01:14 01:04 00:26
 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+

2 Anna Jacobsen-Gaski D 11-12 11:35

01:30 03:44 04:25 05:23 06:01 06:14 07:59 09:04 10:08 11:11 11:35
 01:30 02:14 00:41 00:58 00:38 00:13 01:45 01:05 01:04 01:03 00:24
 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+

3 Malin Kristina Møller Jørgensen D 11-12 13:27

02:02 03:56 05:00 06:20 07:06 07:21 08:46 10:17 11:40 12:59 13:27
 02:02 01:54 01:04 01:20 00:46 00:15 01:25 01:31 01:23 01:19 00:28
 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+

D 13-14

1 Tora Indregard D 13-14 14:12

01:56 04:49 06:33 07:31 08:32 10:28 11:53 13:06 13:51 14:12
 01:56 02:53 01:44 00:58 01:01 01:56 01:25 01:13 00:45 00:21
 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+

2 Ida Urset D 13-14 16:17

02:30 05:08 06:18 07:48 09:27 11:30 12:58 14:17 15:53 16:17
 02:30 02:38 01:10 01:30 01:39 02:03 01:28 01:19 01:36 00:24
 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+

D 13-16N

1 Ellinor Agersborg Moan D 13-16N 10:16

01:25 02:39 03:22 04:21 05:02 05:23 07:02 08:10 09:14 09:53 10:16
 01:25 01:14 00:43 00:59 00:41 00:21 01:39 01:08 01:04 00:39 00:23
 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+

2 Ane-Marte Borg Hanssen D 13-16N 11:57

01:36 03:10 04:10 05:28 06:14 06:32 07:47 09:12 10:30 11:25 11:57
 01:36 01:34 01:00 01:18 00:46 00:18 01:15 01:25 01:18 00:55 00:32
 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+

3 Maija Kildalsen D 13-16N 14:28

01:57 03:50 04:44 06:03 06:49 07:09 08:42 10:32 12:26 13:58 14:28
 01:57 01:53 00:54 01:19 00:46 00:20 01:33 01:50 01:54 01:32 00:30
 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+

4 Alexandra Angelin Valen D 13-16N 15:19

01:59 03:36 04:55 06:06 07:34 07:52 09:54 11:10 14:03 14:51 15:19
 01:59 01:37 01:19 01:11 01:28 00:18 02:02 01:16 02:53 00:48 00:28
 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+

Class	Navn	Klasse										Tid			
5	Alexandra Beatrice Valen	D 13-16N										20:15			
	02:43	04:43	06:07	07:07	08:56	09:51	12:21	17:37	19:03	19:45	20:15				
	02:43	02:00	01:24	01:00	01:49	00:55	02:30	05:16	01:26	00:42	00:30				
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+				
D 19-20															
1	Line Birgitte Solvang	D 19-20										18:51			
	02:07	04:06	05:16	07:14	10:34	13:03	13:57	14:43	16:48	17:55	18:25	18:51			
	02:07	01:59	01:10	01:58	03:20	02:29	00:54	00:46	02:05	01:07	00:30	00:26			
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+			
D 21-															
1	Arntraut Götsch	D 21-										20:03			
	02:11	04:23	05:04	06:58	07:55	09:31	11:55	13:22	14:05	14:49	16:46	18:01	19:12	19:38	20:03
	02:11	02:12	00:41	01:54	00:57	01:36	02:24	01:27	00:43	00:44	01:57	01:15	01:11	00:26	00:25
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+
2	Torun Ankjell	D 21-										20:55			
	02:18	04:28	05:09	07:06	08:04	09:46	12:08	13:10	14:01	14:46	17:16	18:46	20:04	20:32	20:55
	02:18	02:10	00:41	01:57	00:58	01:42	02:22	01:02	00:51	00:45	02:30	01:30	01:18	00:28	00:23
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+
3	Siri Eidnes	D 21-										21:38			
	01:47	04:02	05:01	07:02	08:09	09:52	12:11	13:28	14:23	15:13	17:45	19:12	20:37	21:11	21:38
	01:47	02:15	00:59	02:01	01:07	01:43	02:19	01:17	00:55	00:50	02:32	01:27	01:25	00:34	00:27
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+
4	Margrete Gaski	D 21-										21:54			
	01:53	04:18	05:04	07:06	08:11	10:22	13:05	14:19	15:14	16:06	18:24	19:47	20:59	21:27	21:54
	01:53	02:25	00:46	02:02	01:05	02:11	02:43	01:14	00:55	00:52	02:18	01:23	01:12	00:28	00:27
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+
5	Bodil Brun Marcussen	D 21-										24:18			
	01:56	04:24	05:14	07:27	08:55	10:57	13:29	14:51	16:38	17:30	20:09	21:38	23:15	23:48	24:18
	01:56	02:28	00:50	02:13	01:28	02:02	02:32	01:22	01:47	00:52	02:39	01:29	01:37	00:33	00:30
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+
6	Ragnhild Bergset Elvestad	D 21-										57:39			
	27:52	32:05	33:03	38:07	39:37	42:42	45:39	47:28	48:33	49:41	52:54	54:58	56:31	57:07	57:39
	27:52	04:13	00:58	05:04	01:30	03:05	02:57	01:49	01:05	01:08	03:13	02:04	01:33	00:36	00:32
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+
D 45-															
1	Eli Blomseth Helgesen	D 45-										17:58			
	02:37	03:56	04:43	06:42	09:25	10:41	13:16	15:15	16:06	17:00	17:31	17:58			
	02:37	01:19	00:47	01:59	02:43	01:16	02:35	01:59	00:51	00:54	00:31	00:27			
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+			
2	Hilde Gulbrandsen	D 45-										20:28			
	02:23	06:30	07:14	08:54	12:08	13:25	16:05	17:37	18:45	19:35	20:04	20:28			
	02:23	04:07	00:44	01:40	03:14	01:17	02:40	01:32	01:08	00:50	00:29	00:24			
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+			
D 55-															
1	Olaug Bergset	D 55-										32:42			
	08:57	10:18	11:38	16:58	21:02	22:57	26:43	28:41	29:55	31:17	32:06	32:42			
	08:57	01:21	01:20	05:20	04:04	01:55	03:46	01:58	01:14	01:22	00:49	00:36			
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+			
D 65-															

Class	Navn	Klasse										Tid
1	Anne-Marie Pedersen	D 65-										24:28
06:05	09:05	10:37	11:59	13:58	17:42	19:38	22:20	23:48	24:28			
06:05	03:00	01:32	01:22	01:59	03:44	01:56	02:42	01:28	00:40			
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+			
2	Inger Eriksen	D 65-										44:21
03:43	20:20	22:01	24:20	26:38	29:52	39:56	42:06	43:25	44:21			
03:43	16:37	01:41	02:19	02:18	03:14	10:04	02:10	01:19	00:56			
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+			
H -12N												
201	Edvard Uteng	H -12N										08:36
01:55	03:17	04:12	05:59	07:27	08:09	08:36						
01:55	01:22	00:55	01:47	01:28	00:42	00:27						
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+						
202	Henning Strand	H -12N										08:34
02:00	03:23	04:28	05:49	07:24	08:02	08:34						
02:00	01:23	01:05	01:21	01:35	00:38	00:32						
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+						
203	Hans Urset	H -12N										07:27
01:34	03:03	03:57	05:15	06:23	06:57	07:27						
01:34	01:29	00:54	01:18	01:08	00:34	00:30						
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+						
204	Isak Jacobsen-Gaski	H -12N										15:41
03:09	07:36	09:12	11:56	13:53	15:06	15:41						
03:09	04:27	01:36	02:44	01:57	01:13	00:35						
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+						
139486	Kasper Ankjell-Holmøy	H -12N										12:39
02:00	03:57	04:57	06:41	11:27	12:13	12:39						
02:00	01:57	01:00	01:44	04:46	00:46	00:26						
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+						
H 11-12												
1	Oskar Uteng	H 11-12										11:31
01:49	04:04	05:05	06:08	06:46	07:07	08:15	09:27	10:33	11:08	11:31		
01:49	02:15	01:01	01:03	00:38	00:21	01:08	01:12	01:06	00:35	00:23		
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+		
1	Vegard Stangnes	H 11-12										11:31
01:27	02:55	04:03	05:03	05:50	06:10	07:37	09:03	10:17	11:05	11:31		
01:27	01:28	01:08	01:00	00:47	00:20	01:27	01:26	01:14	00:48	00:26		
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+		
3	Jon Marcussen	H 11-12										11:39
01:38	03:11	03:52	04:57	05:43	06:01	07:20	09:03	10:15	11:12	11:39		
01:38	01:33	00:41	01:05	00:46	00:18	01:19	01:43	01:12	00:57	00:27		
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+		
4	Trym Engelsen	H 11-12										12:57
02:19	04:00	05:08	06:15	07:00	07:19	08:56	10:21	11:43	12:21	12:57		
02:19	01:41	01:08	01:07	00:45	00:19	01:37	01:25	01:22	00:38	00:36		
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+		
H 13-14												
1	Erling Stangnes	H 13-14										10:29
01:38	03:24	04:27	05:15	06:12	07:21	08:26	09:28	10:11	10:29			
01:38	01:46	01:03	00:48	00:57	01:09	01:05	01:02	00:43	00:18			
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+			
2	Jakob Solli Lind	H 13-14										12:12
02:04	03:45	04:59	05:50	06:48	07:59	09:25	10:36	11:53	12:12			
02:04	01:41	01:14	00:51	00:58	01:11	01:26	01:11	01:17	00:19			
01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+			

Class	Navn	Klasse										Tid			
3	Henning Kvaal-Tanguay	H 13-14										13:48			
	01:54	04:38	06:07	07:11	08:29	09:49	10:57	12:07	13:23	13:48					
	01:54	02:44	01:29	01:04	01:18	01:20	01:08	01:10	01:16	00:25					
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+					
4	Håvard Vaeng Bernhardsen	H 13-14										14:11			
	03:00	06:10	06:59	07:51	08:49	10:05	11:21	12:37	13:50	14:11					
	03:00	03:10	00:49	00:52	00:58	01:16	01:16	01:16	01:13	00:21					
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+					
H 13-16N															
1	Hans Erik Sandelin	H 13-16N										14:05			
	01:39	05:16	06:04	07:07	07:57	08:16	09:38	11:04	12:37	13:39	14:05				
	01:39	03:37	00:48	01:03	00:50	00:19	01:22	01:26	01:33	01:02	00:26				
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+				
H 15-16															
1	Mats Jørgen Nordmo Ingdal	H 15-16										16:07			
	01:29	03:39	04:35	06:22	08:40	10:21	11:27	12:12	14:02	15:22	15:46	16:07			
	01:29	02:10	00:56	01:47	02:18	01:41	01:06	00:45	01:50	01:20	00:24	00:21			
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+			
2	Simen Solli Lind	H 15-16										16:38			
	01:28	03:16	04:06	06:11	08:41	10:49	11:51	12:37	14:38	15:48	16:18	16:38			
	01:28	01:48	00:50	02:05	02:30	02:08	01:02	00:46	02:01	01:10	00:30	00:20			
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+			
3	Vegard Vaeng Bernhardsen	H 15-16										19:45			
	05:18	07:16	08:04	10:04	12:25	14:11	15:02	15:54	17:49	18:55	19:21	19:45			
	05:18	01:58	00:48	02:00	02:21	01:46	00:51	00:52	01:55	01:06	00:26	00:24			
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+			
H 17-18															
1	Nils Martin Sandelin	H 17-18										20:52			
	01:46	03:57	04:42	06:16	07:21	09:03	12:16	13:25	14:23	15:08	17:29	19:00	20:03	20:28	20:52
	01:46	02:11	00:45	01:34	01:05	01:42	03:13	01:09	00:58	00:45	02:21	01:31	01:03	00:25	00:24
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+
2	Yngve Blomseth Helgesen	H 17-18										21:27			
	01:46	04:12	04:57	06:57	08:13	10:05	12:58	14:12	15:06	15:53	18:00	19:27	20:37	21:06	21:27
	01:46	02:26	00:45	02:00	01:16	01:52	02:53	01:14	00:54	00:47	02:07	01:27	01:10	00:29	00:21
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+
H 17-C															
1	Kenneth Henriksen	H 17-C										10:37			
	01:28	02:43	03:24	04:22	05:26	05:45	06:48	08:00	09:11	10:17	10:37				
	01:28	01:15	00:41	00:58	01:04	00:19	01:03	01:12	01:11	01:06	00:20				
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+				
2	Bjørn Stangnes	H 17-C										11:21			
	02:05	03:26	04:13	05:17	05:59	06:20	07:25	08:45	09:58	10:54	11:21				
	02:05	01:21	00:47	01:04	00:42	00:21	01:05	01:20	01:13	00:56	00:27				
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+				
3	Ronny Moan	H 17-C										11:25			
	01:50	03:13	03:53	04:55	05:41	06:00	07:21	08:47	10:10	10:58	11:25				
	01:50	01:23	00:40	01:02	00:46	00:19	01:21	01:26	01:23	00:48	00:27				
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+				
4	Jan Inge Eriksen	H 17-C										11:41			
	01:45	03:16	04:00	05:00	05:34	06:20	07:33	08:51	10:06	11:13	11:41				
	01:45	01:31	00:44	01:00	00:34	00:46	01:13	01:18	01:15	01:07	00:28				
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+				

H 19-20

1	Jacob Berg Lofthus	H 19-20										20:19			
	01:34	03:44	04:24	06:22	07:24	09:08	11:25	12:38	13:31	14:20	16:45	18:12	19:22	19:51	20:19
	01:34	02:10	00:40	01:58	01:02	01:44	02:17	01:13	00:53	00:49	02:25	01:27	01:10	00:29	00:28
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

H 21-

1	Christian Peter MacLassen	H 21-										17:09			
	01:19	03:15	03:50	05:27	06:19	07:42	09:44	10:41	11:24	12:06	14:07	15:16	16:18	16:45	17:09
	01:19	01:56	00:35	01:37	00:52	01:23	02:02	00:57	00:43	00:42	02:01	01:09	01:02	00:27	00:24
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

2	Jan-Hugo Hanssen	H 21-										17:58			
	01:26	03:20	03:59	05:49	06:45	08:21	10:25	11:33	12:18	13:02	14:59	16:11	17:12	17:37	17:58
	01:26	01:54	00:39	01:50	00:56	01:36	02:04	01:08	00:45	00:44	01:57	01:12	01:01	00:25	00:21
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

3	Håvar Østvik	H 21-										18:28			
	01:28	03:26	04:40	06:14	07:08	08:47	11:00	11:55	12:45	13:28	15:25	16:38	17:37	18:03	18:28
	01:28	01:58	01:14	01:34	00:54	01:39	02:13	00:55	00:50	00:43	01:57	01:13	00:59	00:26	00:25
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

4	Håvard Krey Hansen	H 21-										18:30			
	01:25	03:16	03:52	05:36	07:08	08:48	10:50	11:54	12:41	13:22	15:21	16:30	17:43	18:09	18:30
	01:25	01:51	00:36	01:44	01:32	01:40	02:02	01:04	00:47	00:41	01:59	01:09	01:13	00:26	00:21
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

5	Martin Damm	H 21-										18:50			
	01:30	03:29	04:03	05:48	06:46	08:26	10:32	11:43	12:45	13:29	15:34	16:55	18:04	18:29	18:50
	01:30	01:59	00:34	01:45	00:58	01:40	02:06	01:11	01:02	00:44	02:05	01:21	01:09	00:25	00:21
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

6	Ottar K Kvaal	H 21-										18:52			
	01:26	03:24	04:02	05:44	06:47	08:17	10:45	11:50	12:38	13:22	15:26	16:35	18:08	18:31	18:52
	01:26	01:58	00:38	01:42	01:03	01:30	02:28	01:05	00:48	00:44	02:04	01:09	01:33	00:23	00:21
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

7	Tim Uteng	H 21-										19:18			
	01:33	03:37	04:10	05:56	06:54	08:21	10:38	11:59	12:56	13:48	16:01	17:14	18:29	18:55	19:18
	01:33	02:04	00:33	01:46	00:58	01:27	02:17	01:21	00:57	00:52	02:13	01:13	01:15	00:26	00:23
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

8	Sven-Are Paulsen	H 21-										20:01			
	03:03	06:03	06:42	08:09	09:00	10:39	12:51	13:42	14:27	15:03	16:56	18:20	19:19	19:41	20:01
	03:03	03:00	00:39	01:27	00:51	01:39	02:12	00:51	00:45	00:36	01:53	01:24	00:59	00:22	00:20
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

9	Thomas Åsheim	H 21-										20:28			
	01:49	03:44	04:39	07:26	08:17	09:49	11:57	13:03	14:00	14:44	16:57	18:16	19:39	20:07	20:28
	01:49	01:55	00:55	02:47	00:51	01:32	02:08	01:06	00:57	00:44	02:13	01:19	01:23	00:28	00:21
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

10	Runar Johansen	H 21-										20:31			
	01:38	04:13	04:50	06:41	07:37	09:12	11:47	12:55	13:47	14:35	16:55	18:15	19:34	20:04	20:31
	01:38	02:35	00:37	01:51	00:56	01:35	02:35	01:08	00:52	00:48	02:20	01:20	01:19	00:30	00:27
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

11	Christian A Pedersen	H 21-										23:15			
	01:47	04:09	04:57	07:02	08:14	10:12	12:56	14:18	15:15	16:09	19:09	20:49	22:13	22:48	23:15
	01:47	02:22	00:48	02:05	01:12	01:58	02:44	01:22	00:57	00:54	03:00	01:40	01:24	00:35	00:27
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

12	Andreas Hansen	H 21-										24:21			
	01:55	04:23	05:07	07:17	08:32	10:39	13:48	15:11	16:14	17:10	20:02	21:41	23:24	23:58	24:21
	01:55	02:28	00:44	02:10	01:15	02:07	03:09	01:23	01:03	00:56	02:52	01:39	01:43	00:34	00:23
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

13	Stig Erik Ørum	H 21-										27:40			
	02:42	05:46	06:47	09:39	10:58	13:16	16:25	17:36	18:46	19:50	23:15	24:59	26:30	27:09	27:40
	02:42	03:04	01:01	02:52	01:19	02:18	03:09	01:11	01:10	01:04	03:25	01:44	01:31	00:39	00:31
	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+	01:15+

Class	Navn	Klasse	Tid
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H 35-

1	Dag Marcussen	H 35-	22:59
01:56	04:29 05:15 07:28 08:37 10:28 13:10 14:31 15:25 16:18 18:52 20:39 22:09 22:35 22:59		
01:56	02:33 00:46 02:13 01:09 01:51 02:42 01:21 00:54 00:53 02:34 01:47 01:30 00:26 00:24		
01:15+	01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+		
2	Ola Engelsen	H 35-	24:55
02:49	05:21 06:15 08:34 09:36 11:40 14:29 16:41 17:48 18:42 21:17 22:44 23:57 24:29 24:55		
02:49	02:32 00:54 02:19 01:02 02:04 02:49 02:12 01:07 00:54 02:35 01:27 01:13 00:32 00:26		
01:15+	01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+		
3	Roar Jørgensen	H 35-	24:56
02:30	05:09 05:55 08:13 09:28 11:32 14:31 16:05 17:13 18:12 20:44 22:41 23:58 24:29 24:56		
02:30	02:39 00:46 02:18 01:15 02:04 02:59 01:34 01:08 00:59 02:32 01:57 01:17 00:31 00:27		
01:15+	01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+		

H 45-

1	Atle Iversen	H 45-	15:39
01:23	02:58 03:38 05:34 07:42 09:25 10:17 11:14 13:15 14:38 15:13 15:39		
01:23	01:35 00:40 01:56 02:08 01:43 00:52 00:57 02:01 01:23 00:35 00:26		
01:15+	01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+		
2	Harald Valen	H 45-	16:39
01:33	03:19 04:13 06:31 08:44 10:37 11:32 12:26 14:38 15:45 16:14 16:39		
01:33	01:46 00:54 02:18 02:13 01:53 00:55 00:54 02:12 01:07 00:29 00:25		
01:15+	01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+		
3	Håkon Brynjulfson	H 45-	18:15
03:10	04:56 05:53 07:47 09:59 11:47 12:41 13:33 15:38 17:08 17:48 18:15		
03:10	01:46 00:57 01:54 02:12 01:48 00:54 00:52 02:05 01:30 00:40 00:27		
01:15+	01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+		

H 65-

1	Jan A Eriksen	H 65-	17:29
02:24	03:41 04:29 05:51 08:53 10:35 13:18 14:41 15:41 16:34 17:06 17:29		
02:24	01:17 00:48 01:22 03:02 01:42 02:43 01:23 01:00 00:53 00:32 00:23		
01:15+	01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+		
2	Gunnar Kvaal	H 65-	18:48
02:08	03:37 04:33 06:30 09:26 11:04 14:05 15:45 16:46 17:46 18:19 18:48		
02:08	01:29 00:56 01:57 02:56 01:38 03:01 01:40 01:01 01:00 00:33 00:29		
01:15+	01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+		
3	Jan Løvlund	H 65-	53:25
02:23	08:47 09:30 40:56 44:38 45:54 48:43 50:14 51:34 52:26 52:54 53:25		
02:23	06:24 00:43 31:26 03:42 01:16 02:49 01:31 01:20 00:52 00:28 00:31		
01:15+	01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+ 01:15+		

N-åpen

99	Valdemar Kvaal Karlsen	N-åpen	16:59
05:55	07:29 10:55 15:22 16:59		
05:55	01:34 03:26 04:27 01:37		
01:15+	01:15+ 01:15+ 01:15+		
112	Ina Kildalsen	N-åpen	11:47
02:24	04:52 07:58 10:46 11:47		
02:24	02:28 03:06 02:48 01:01		
01:15+	01:15+ 01:15+ 01:15+ 01:15+		
113	Julie Helena Møller Jørgensen	N-åpen	13:13
04:13	05:35 08:02 12:24 13:13		
04:13	01:22 02:27 04:22 00:49		
01:15+	01:15+ 01:15+ 01:15+		

Plass	Navn	Klasse	Tid
114	Ronja Götsch Iversen	N-åpen	11:04
03:56	05:42 07:27 09:57 11:04		
03:56	01:46 01:45 02:30 01:07		
01:15+	01:15+ 01:15+ 01:15+ 01:15+		
115	Hanne Skjelmo Sæbø	N-åpen	11:50
02:36	05:08 08:02 10:49 11:50		
02:36	02:32 02:54 02:47 01:01		
01:15+	01:15+ 01:15+ 01:15+ 01:15+		
116	Lise Marcussen	N-åpen	10:35
02:52	05:19 07:18 09:57 10:35		
02:52	02:27 01:59 02:39 00:38		
01:15+	01:15+ 01:15+ 01:15+ 01:15+		
117	Brage Engelsen	N-åpen	08:53
02:17	03:33 05:41 08:03 08:53		
02:17	01:16 02:08 02:22 00:50		
01:15+	01:15+ 01:15+ 01:15+ 01:15+		
150557	Amalie Moan Brattaas	N-åpen	13:47
05:19	07:11 09:47 12:32 13:47		
05:19	01:52 02:36 02:45 01:15		
01:15+	01:15+ 01:15+ 01:15+ 01:15+		