

D40 A-finale

1	Alix Young Vik					Nydalens SK					13:25
01:28=	03:32=	05:27=	08:05=	08:44=	09:33=	10:01=	11:53=	12:57=	13:25=		
01:28=	02:04=	01:55=	02:38=	00:39=	00:49=	00:28=	01:52=	01:04=	00:28=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

2	Marit B. Eithun				Nittedal OL					13:28
01:24-	03:33+	05:25-	08:06+	08:47+	09:35+	09:59-	11:55+	12:57=	13:28+	
01:24-	02:09+	01:52-	02:41+	00:41+	00:48-	00:24-	01:56+	01:02-	00:31+	
00:04-	00:05+	00:03-	00:03+	00:02+	00:01-	00:04-	00:04+	00:02-	00:03#	

3	Heidi Sønsterudbråten					Raumar Orientering				16:06
01:36+	03:56+	06:08+	09:26+	10:20+	11:22+	11:50+	14:07+	15:32+	16:06+	
01:36+	02:20+	02:12+	03:18+	00:54+	01:02+	00:28=	02:17+	01:25+	00:34+	
00:08+	00:16#	00:17#	00:40&	00:15&	00:13&	00:00=	00:25#	00:21&	00:06#	

Beste strekktid for klassen

01:24	02:04	01:52	02:38	00:39	00:48	00:24	01:52	01:02	00:28
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D40 B-finale

1	Trine Oldernes					Lillomarka OL					14:41
01:39=	03:59=	06:02=	09:07=	09:53=	10:49=	11:13=	13:08=	14:17=	14:41=		
01:39=	02:20=	02:03=	03:05=	00:46=	00:56=	00:24=	01:55=	01:09=	00:24=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Hilde Nytun Martinsen					Nittedal OL					17:54
01:41+	04:02+	06:05+	11:33+	12:26+	13:31+	13:58+	16:15+	17:28+	17:54+		
01:41+	02:21+	02:03=	05:28+	00:53+	01:05+	00:27+	02:17+	01:13+	00:26+		
00:02+	00:01+	00:00=	02:23&	00:07#	00:09#	00:03#	00:22#	00:04+	00:02+		
3	Ingrid Eide Rapp					Raumar Orientering					18:27
01:45+	04:12+	08:31+	12:10+	12:59+	13:57+	14:27+	16:42+	17:55+	18:27+		
01:45+	02:27+	04:19+	03:39+	00:49+	00:58+	00:30+	02:15+	01:13+	00:32+		
00:06+	00:07+	02:16@	00:34#	00:03+	00:02+	00:06#	00:20#	00:04+	00:08&		
4	Anne Karin Thorstensen					Oppsal Orientering					21:21
02:12+	05:37+	08:33+	12:31+	13:36+	14:58+	15:30+	18:53+	20:37+	21:21+		
02:12+	03:25+	02:56+	03:58+	01:05+	01:22+	00:32+	03:23+	01:44+	00:44+		
00:33&	01:05&	00:53&	00:53&	00:19&	00:26&	00:08&	01:28&	00:35&	00:20&		

Beste strekktid for klassen

01:39 02:20 02:03 03:05 00:46 00:56 00:24 01:55 01:09 00:24

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

D50 A-finale

1	Mari Hernandez				OL Toten-Troll				11:44
02:49=	04:20=	07:21=	08:08=	08:37=	10:22=	11:17=	11:44=		
02:49=	01:31=	03:01=	00:47=	00:29=	01:45=	00:55=	00:27=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Kari Natvig				Nittedal OL				16:22
02:30-	09:18+	12:20+	13:07+	13:37+	15:02+	15:58+	16:22+		
02:30-	06:48+	03:02+	00:47=	00:30+	01:25-	00:56+	00:24-		
00:19-	05:17@	00:01+	00:00=	00:01+	00:20-	00:01+	00:03-		
3	Mette Solbergseter				Austmarka IL				17:42
03:45+	06:50+	11:42+	12:48+	13:31+	15:50+	17:07+	17:42+		
03:45+	03:05+	04:52+	01:06+	00:43+	02:19+	01:17+	00:35+		
00:56&	01:34@	01:51&	00:19&	00:14&	00:34&	00:22&	00:08&		

Beste strekktid for klassen

02:3001:3103:0100:4700:2901:2500:5500:24

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

D50 B-finale

1	Anna Göhlman	IL Tyrving	18:32
03:22=	07:58=	12:15=	13:12=
14:06=	16:34=	18:01=	18:32=
03:22=	04:36=	04:17=	00:57=
00:54=	02:28=	01:27=	00:31=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=

2	Kristin Fleisje	Nittedal OL	20:20
08:09+	10:08+	15:00+	15:54+
16:31+	18:40+	19:52+	20:20+
08:09+	01:59-	04:52+	00:54-
00:37-	02:09-	01:12-	00:28-
04:47@	02:37-	00:35#	00:03-
00:03-	00:17-	00:19-	00:15-
00:03-			

Beste strekktid for klassen

03:22	01:59	04:17	00:54	00:37	02:09	01:12	00:28
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse	Tid
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H40 A-finale

1	Svein Nygård	Lillomarka OL	11:37
	01:24= 03:19= 04:51= 07:15= 07:46= 08:27= 08:48= 10:18= 11:09= 11:37=		
	01:24= 01:55= 01:32= 02:24= 00:31= 00:41= 00:21= 01:30= 00:51= 00:28=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Tore Bredalen	Nittedal OL	11:44
	01:16- 03:19= 04:51= 07:20+ 07:55+ 08:35+ 08:57+ 10:27+ 11:18+ 11:44+		
	01:16- 02:03+ 01:32= 02:29+ 00:35+ 00:40- 00:22+ 01:30= 00:51= 00:26-		
	00:08- 00:08+ 00:00= 00:05+ 00:04# 00:01- 00:01+ 00:00= 00:00= 00:02-		
3	Erlend Råheim	OK Øst	11:57
	01:22- 03:14- 04:47- 07:16+ 07:51+ 08:34+ 08:56+ 10:34+ 11:31+ 11:57+		
	01:22- 01:52- 01:33+ 02:29+ 00:35+ 00:43+ 00:22+ 01:38+ 00:57+ 00:26-		
	00:02- 00:03- 00:01+ 00:05+ 00:04# 00:02+ 00:01+ 00:08+ 00:06# 00:02-		
4	Vidar Strand	Lierbygda OL	13:37
	01:25+ 03:24+ 05:16+ 07:56+ 08:40+ 09:30+ 09:54+ 11:53+ 13:01+ 13:37+		
	01:25+ 01:59+ 01:52+ 02:40+ 00:44+ 00:50+ 00:24+ 01:59+ 01:08+ 00:36+		
	00:01+ 00:04+ 00:20# 00:16# 00:13& 00:09# 00:03# 00:29& 00:17& 00:08&		
5	Gunnar Engen Vik	Nydalens SK	13:39
	01:18- 03:16- 04:49- 08:36+ 09:33+ 10:15+ 10:35+ 12:21+ 13:13+ 13:39+		
	01:18- 01:58+ 01:33+ 03:47+ 00:57+ 00:42+ 00:20- 01:46+ 00:52+ 00:26-		
	00:06- 00:03+ 00:01+ 01:23& 00:26& 00:01+ 00:01- 00:16# 00:01+ 00:02-		

Beste strekktid for klassen

01:16 01:52 01:32 02:24 00:31 00:40 00:20 01:30 00:51 00:26

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

H40 B-finale

1	Bent Skatvedt					Raumar Orientering					11:40
01:27=	03:07=	04:46=	07:17=	07:53=	08:31=	08:49=	10:28=	11:16=	11:40=		
01:27=	01:40=	01:39=	02:31=	00:36=	00:38=	00:18=	01:39=	00:48=	00:24=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Per Kristian Ramstad					Fet OL					12:48
01:31+	03:19+	05:11+	07:47+	08:46+	09:33+	09:55+	11:34+	12:21+	12:48+		
01:31+	01:48+	01:52+	02:36+	00:59+	00:47+	00:22+	01:39=	00:47-	00:27+		
00:04+	00:08+	00:13#	00:05+	00:23&	00:09#	00:04#	00:00=	00:01-	00:03#		
3	Jørn Moe					Fet OL					12:57
01:33+	03:22+	05:18+	07:45+	08:45+	09:30+	09:57+	11:37+	12:27+	12:57+		
01:33+	01:49+	01:56+	02:27-	01:00+	00:45+	00:27+	01:40+	00:50+	00:30+		
00:06+	00:09+	00:17#	00:04-	00:24&	00:07#	00:09&	00:01+	00:02+	00:06#		
4	Runar Thorstensen					Oppsal Orientering					13:05
01:34+	03:40+	05:24+	07:55+	08:33+	09:19+	09:49+	11:31+	12:33+	13:05+		
01:34+	02:06+	01:44+	02:31=	00:38+	00:46+	00:30+	01:42+	01:02+	00:32+		
00:07+	00:26&	00:05+	00:00=	00:02+	00:08#	00:12&	00:03+	00:14&	00:08&		
5	Øyvind Grandum					IL GeoForm					17:04
01:42+	04:00+	06:24+	11:20+	12:15+	13:08+	13:33+	15:29+	16:36+	17:04+		
01:42+	02:18+	02:24+	04:56+	00:55+	00:53+	00:25+	01:56+	01:07+	00:28+		
00:15#	00:38&	00:45&	02:25&	00:19&	00:15&	00:07&	00:17#	00:19&	00:04#		

Beste strekktid for klassen

01:27	01:40	01:39	02:27	00:36	00:38	00:18	01:39	00:47	00:24
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H50 A-finale

1	Bjørn Henning Grandal	IL Tyrving	13:07
01:19=	03:07=	05:43=	08:05=
01:19=	01:48=	02:36=	02:22=
00:00=	00:00=	00:00=	00:00=

2	Per Arne Arnesen	Kolbotn og Skimt OL	13:48
01:25+	03:31+	05:24=	07:59=
01:25+	02:06+	01:53=	02:35+
00:06+	00:18#	00:43=	00:13+

3	Bård Natvig	Nittedal OL	14:00
01:24+	03:31+	06:14+	08:53+
01:24+	02:07+	02:43+	02:39+
00:05+	00:19#	00:07+	00:17#

Beste strekktid for klassen

01:19	01:48	01:53	02:22	00:42	00:47	00:22	01:43	00:56	00:27
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H50 B-finale

1	Bjørn Åstorp				Sarpsborg OL					15:06
01:36=	03:40=	05:34=	10:00=	10:38=	11:28=	11:50=	13:39=	14:43=	15:06=	
01:36=	02:04=	01:54=	04:26=	00:38=	00:50=	00:22=	01:49=	01:04=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Tor Solbergseter					Austmarka IL					16:28
01:34-	03:44+	05:31-	10:38+	11:23+	12:12+	12:51+	14:49+	15:54+	16:28+		
01:34-	02:10+	01:47-	05:07+	00:45+	00:49-	00:39+	01:58+	01:05+	00:34+		
00:02-	00:06+	00:07-	00:41#	00:07#	00:01-	00:17&	00:09+	00:01+	00:11&		

Beste strekktid for klassen

01:34	02:04	01:47	04:26	00:38	00:49	00:22	01:49	01:04	00:23
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.