

Plass Navn

Klasse

Tid

D - 12 N

61 Lise Marcussen Sørreisa IL 23:00

07:09+ 09:49+ 13:15+ 16:03+ 18:59+ 22:20+ 23:00+
 07:09+ 02:40+ 03:26+ 02:48+ 02:56+ 03:21+ 00:40+
 07:09+ 02:40+ 03:26+ 02:48+ 02:56+ 03:21+ 00:40+

62 Anna Jakobsen BUL Tromsø 20:04

02:30+ 05:33+ 10:33+ 13:40+ 16:17+ 19:29+ 20:04+
 02:30+ 03:03+ 05:00+ 03:07+ 02:37+ 03:12+ 00:35+
 02:30+ 03:03+ 05:00+ 03:07+ 02:37+ 03:12+ 00:35+

63 Julia Helena Møller Jørgensen Sørreisa IL 16:55

01:44+ 03:44+ 07:00+ 09:54+ 12:55+ 16:18+ 16:55+
 01:44+ 02:00+ 03:16+ 02:54+ 03:01+ 03:23+ 00:37+
 01:44+ 02:00+ 03:16+ 02:54+ 03:01+ 03:23+ 00:37+

Beste strekktid for klassen

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

D 11-12**1 Anna Jacobsen-Gaski Bardu 19:15**

02:11= 04:39= 09:55= 11:53= 13:49= 14:35= 17:04= 17:36= 18:44= 19:15=
 02:11= 02:28= 05:16= 01:58= 01:56= 00:46= 02:29= 00:32= 01:08= 00:31=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Hanne Marcussen Sørreisa IL 26:00

02:23+ 07:08+ 13:18+ 15:30+ 18:09+ 19:14+ 21:14+ 22:27+ 25:10+ 26:00+
 02:23+ 04:45+ 06:10+ 02:12+ 02:39+ 01:05+ 02:00- 01:13+ 02:43+ 00:50+
 00:12+ 02:17& 00:54# 00:14# 00:43& 00:19& 00:29- 00:41@ 01:35@ 00:19&

Beste strekktid for klassen

02:11 02:28 05:16 01:58 01:56 00:46 02:00 00:32 01:08 00:31

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

D 13-14**1 Tora Indregard BUL Tromsø 32:08**

01:56= 02:46= 05:30= 06:57= 09:43= 11:19= 14:23= 16:12= 18:48= 23:55= 28:28= 30:23= 31:44= 32:08=
 01:56= 00:50= 02:44= 01:27= 02:46= 01:36= 03:04= 01:49= 02:36= 05:07= 04:33= 01:55= 01:21= 00:24=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Malin Kristina Møller Jørgensen Sørreisa IL 39:52

04:29+ 05:23+ 09:32+ 11:14+ 14:50+ 16:18+ 20:12+ 22:25+ 25:11+ 29:43+ 33:41+ 36:51+ 39:23+ 39:52+
 04:29+ 00:54+ 04:09+ 01:42+ 03:36+ 01:28- 03:54+ 02:13+ 02:46+ 04:32- 03:58- 03:10+ 02:32+ 00:29+
 02:33@ 00:04+ 01:25& 00:15# 00:50& 00:08- 00:50& 00:24# 00:10+ 00:35- 00:35- 01:15& 01:11& 00:05#

3 Idunn Strand BUL Tromsø 42:53

02:49+ 03:54+ 07:15+ 09:30+ 14:20+ 15:53+ 19:58+ 22:14+ 24:54+ 32:15+ 36:48+ 39:59+ 42:23+ 42:53+
 02:49+ 01:05+ 03:21+ 02:15+ 04:50+ 01:33- 04:05+ 02:16+ 02:40+ 07:21+ 04:33= 03:11+ 02:24+ 00:30+
 00:53& 00:15& 00:37# 00:48& 02:04& 00:03- 01:01& 00:27# 00:04+ 02:14& 00:00= 01:16& 01:03& 00:06#

Beste strekktid for klassen

01:56 00:50 02:44 01:27 02:46 01:28 03:04 01:49 02:36 04:32 03:58 01:55 01:21 00:24

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

D 17-20

Class	Navn	Klasse	Tid
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1	Hilde Espnes	OK Silsand	1:00:06												
07:03=	09:07=	16:44=	18:44=	25:29=	26:27=	33:12=	38:43=	41:28=	47:29=	52:50=	54:23=	57:01=	58:30=	59:37=	60:06=
07:03=	02:04=	07:37=	02:00=	06:45=	00:58=	06:45=	05:31=	02:45=	06:01=	05:21=	01:33=	02:38=	01:29=	01:07=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen
 07:03 02:04 07:37 02:00 06:45 00:58 06:45 05:31 02:45 06:01 05:21 01:33 02:38 01:29 01:07 00:29

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

D 21 A

1	Liv Karen Johannessen	BUL Tromsø	1:34:05													
04:51=	06:53=	08:45=	15:20=	19:49=	37:14=	41:53=	49:21=	53:11=	62:06=	64:13=	71:43=	74:47=	88:38=	91:11=	93:26=	94:05=
04:51=	02:02=	01:52=	06:35=	04:29=	17:25=	04:39=	07:28=	03:50=	08:55=	02:07=	07:30=	03:04=	13:51=	02:33=	02:15=	00:39=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Torun Ankjell	Nordreisa	2:01:56													
05:04+	07:22+	09:25+	29:50+	36:14+	57:42+	61:09+	73:29+	76:58+	86:02+	88:30+	97:36+	104:08+	117:54+	119:46+	121:29+	121:56+
05:04+	02:18+	02:03+	20:25+	06:24+	21:28+	03:27-	12:20+	03:29-	09:04+	02:28+	09:06+	06:32+	13:46-	01:52-	01:43-	00:27-
00:13+	00:16#	00:11+	13:50@	01:55&	04:03#	01:12-	04:52&	00:21-	00:09+	00:21#	01:36#	03:28@	00:05-	00:41-	00:32-	00:12-

Beste strekktid for klassen
 04:51 02:02 01:52 06:35 04:29 17:25 03:27 07:28 03:29 08:55 02:07 07:30 03:04 13:46 01:52 01:43 00:27

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

D 35

1	Anne Urset	BUL Tromsø	55:58								
05:17=	11:12=	13:26=	21:27=	29:12=	36:45=	38:30=	45:30=	48:00=	53:15=	55:20=	55:58=
05:17=	05:55=	02:14=	08:01=	07:45=	07:33=	01:45=	07:00=	02:30=	05:15=	02:05=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Bodil Brun Marcussen	Sørreisa IL	1:05:12								
04:28-	08:30-	10:18-	20:12-	32:55+	41:46+	43:29+	50:11+	57:59+	63:08+	64:43+	65:12+
04:28-	04:02-	01:48-	09:54+	12:43+	08:51+	01:43-	06:42-	07:48+	05:09-	01:35-	00:29-
00:49-	01:53-	00:26-	01:53#	04:58&	01:18#	00:02-	00:18-	05:18@	00:06-	00:30-	00:09-

Beste strekktid for klassen
 04:28 04:02 01:48 08:01 07:45 07:33 01:43 06:42 02:30 05:09 01:35 00:29

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

D 45

1	Margrete Gaski	Bardu	1:01:31								
04:03=	12:32=	14:12=	28:29=	34:45=	41:31=	43:18=	49:05=	51:32=	59:18=	61:00=	61:31=
04:03=	08:29=	01:40=	14:17=	06:16=	06:46=	01:47=	05:47=	02:27=	07:46=	01:42=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen
 04:03 08:29 01:40 14:17 06:16 06:46 01:47 05:47 02:27 07:46 01:42 00:31

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

D 65

1	Guri Løkse	Sørreisa IL	49:35							
02:53=	04:02=	09:58=	17:41=	25:11=	27:52=	34:55=	37:34=	45:42=	48:49=	49:35=
02:53=	01:09=	05:56=	07:43=	07:30=	02:41=	07:03=	02:39=	08:08=	03:07=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

02:53 01:09 05:56 07:43 07:30 02:41 07:03 02:39 08:08 03:07 00:46

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

H - 12 N

64 Kasper Ankjell Holmøy Nordreisa 19:30

01:32+ 03:15+ 06:17+ 10:53+ 16:26+ 18:57+ 19:30+

01:32+ 01:43+ 03:02+ 04:36+ 05:33+ 02:31+ 00:33+

01:32+ 01:43+ 03:02+ 04:36+ 05:33+ 02:31+ 00:33+

Beste strekktid for klassen

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

H 11-12

1 Hans Urset BUL Tromsø 18:12

01:41= 05:47= 09:20= 11:25= 13:31= 14:17= 15:58= 16:28= 17:42= 18:12=

01:41= 04:06= 03:33= 02:05= 02:06= 00:46= 01:41= 00:30= 01:14= 00:30=

00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Jon Marcussen Sørreisa IL 19:34

01:34- 04:03- 08:20- 10:19- 12:27- 13:20- 15:02- 16:49+ 19:06+ 19:34+

01:34- 02:29- 04:17+ 01:59- 02:08+ 00:53+ 01:42+ 01:47+ 02:17+ 00:28-

00:07- 01:37- 00:44# 00:06- 00:02+ 00:07# 00:01+ 01:17@ 01:03& 00:02-

3 Edvard Uteng OK Silsand 20:19

01:58+ 04:36- 10:36+ 12:36+ 14:53+ 15:42+ 17:20+ 18:12+ 19:50+ 20:19+

01:58+ 02:38- 06:00+ 02:00- 02:17+ 00:49+ 01:38- 00:52+ 01:38+ 00:29-

00:17# 01:28- 02:27& 00:05- 00:11+ 00:03+ 00:03- 00:22& 00:24& 00:01-

4 Henning Strand BUL Tromsø 24:24

03:24+ 06:18+ 13:31+ 15:48+ 18:06+ 18:58+ 20:43+ 21:35+ 23:49+ 24:24+

03:24+ 02:54- 07:13+ 02:17+ 02:18+ 00:52+ 01:45+ 00:52+ 02:14+ 00:35+

01:43@ 01:12- 03:40@ 00:12+ 00:12+ 00:06# 00:04+ 00:22& 01:00& 00:05#

Beste strekktid for klassen

01:34 02:29 03:33 01:59 02:06 00:46 01:38 00:30 01:14 00:28

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

H 13-14

1 Oskar Uteng OK Silsand 37:21

02:54= 03:44= 10:05= 11:28= 14:22= 15:39= 18:54= 20:51= 23:02= 26:52= 31:14= 35:10= 36:56= 37:21=

02:54= 00:50= 06:21= 01:23= 02:54= 01:17= 03:15= 01:57= 02:11= 03:50= 04:22= 03:56= 01:46= 00:25=

00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Erik Nicolaisen OK Silsand 41:51

03:08+ 03:49+ 16:48+ 18:08+ 21:02+ 22:40+ 26:04+ 27:58+ 30:40+ 34:34+ 38:46+ 40:12+ 41:28+ 41:51+

03:08+ 00:41- 12:59+ 01:20- 02:54= 01:38+ 03:24+ 01:54- 02:42+ 03:54+ 04:12- 01:26- 01:16- 00:23-

00:14+ 00:09- 06:38@ 00:03- 00:00= 00:21& 00:09+ 00:03- 00:31# 00:04+ 00:10- 02:30- 00:30- 00:02-

3 Håvard Vaeng Bernhardsen BUL Tromsø 44:52

03:48+ 04:39+ 08:47- 10:15- 15:29+ 17:55+ 21:46+ 23:33+ 28:52+ 34:09+ 38:06+ 42:21+ 44:29+ 44:52+

03:48+ 00:51+ 04:08- 01:28+ 05:14+ 02:26+ 03:51+ 01:47- 05:19+ 05:17+ 03:57- 04:15+ 02:08+ 00:23-

00:54& 00:01+ 02:13- 00:05+ 02:20& 01:09& 00:36# 00:10- 03:08@ 01:27& 00:25- 00:19+ 00:22# 00:02-

4 Kristian Strøm Bardu 57:09

03:16+ 04:04+ 08:05- 10:02- 14:39+ 16:13+ 20:13+ 22:40+ 24:41+ 38:53+ 43:57+ 54:07+ 56:24+ 57:09+

03:16+ 00:48- 04:01- 01:57+ 04:37+ 01:34+ 04:00+ 02:27+ 12:01+ 04:12+ 05:04+ 10:10+ 02:17+ 00:45+

00:22# 00:02- 02:20- 00:34& 01:43& 00:17# 00:45# 00:30& 09:50@ 00:22+ 00:42# 06:14@ 00:31& 00:20&

Class	Navn	Klasse	Tid										
5	Trym Engelsen	BUL Tromsø	58:25										
03:33+	04:40+	22:19+	25:23+	29:00+	30:45+	36:39+	38:58+	42:05+	46:50+	52:47+	55:20+	57:51+	58:25+
03:33+	01:07+	17:39+	03:04+	03:37+	01:45+	05:54+	02:19+	03:07+	04:45+	05:57+	02:33-	02:31+	00:34+
00:39#	00:17&	11:18@	01:41@	00:43#	00:28&	02:39&	00:22#	00:56&	00:55#	01:35&	01:23-	00:45&	00:09&

Beste strekktid for klassen

02:54 00:41 04:01 01:20 02:54 01:17 03:15 01:47 02:11 03:50 03:57 01:26 01:16 00:23

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

H 15-16

1	Vegard Vaeng Bernhardsen	BUL Tromsø	1:10:17										
03:28=	07:05=	08:45=	15:31=	32:15=	42:41=	45:47=	53:52=	56:52=	65:06=	69:53=	70:17=		
03:28=	03:37=	01:40=	06:46=	16:44=	10:26=	03:06=	08:05=	03:00=	08:14=	04:47=	00:24=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

2	Egil Espnes	OK Silsand	1:11:51										
04:12+	13:11+	14:58+	30:55+	42:22+	52:21+	54:22+	61:52+	64:15+	69:35+	71:24+	71:51+		
04:12+	08:59+	01:47+	15:57+	11:27-	09:59-	02:01-	07:30-	02:23-	05:20-	01:49-	00:27+		
00:44#	05:22@	00:07+	09:11@	05:17-	00:27-	01:05-	00:35-	00:37-	02:54-	02:58-	00:03#		

Beste strekktid for klassen

03:28 03:37 01:40 06:46 11:27 09:59 02:01 07:30 02:23 05:20 01:49 00:24

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

H 17 C

1	Mats Clausen Furu	OK Silsand	19:34										
02:29=	05:00=	09:04=	11:27=	13:46=	14:32=	16:43=	17:30=	19:07=	19:34=				
02:29=	02:31=	04:04=	02:23=	02:19=	00:46=	02:11=	00:47=	01:37=	00:27=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

2	Ted Bernhardsen	BUL Tromsø	21:21										
01:40-	04:43-	07:31-	12:54+	15:06+	18:01+	19:16+	20:48+	21:21+					
01:40-	03:03+	02:48-	05:23+	02:12-	00:49+	02:06-	01:15+	01:32-	00:33+				
00:49-	00:32#	01:16-	03:00@	00:07-	00:03+	00:05-	00:28&	00:05-	00:06#				

3	Kenneth Henriksen	OK Silsand	22:19										
02:13-	04:30-	12:33+	14:30+	16:28+	17:38+	19:46+	20:35+	21:55+	22:19+				
02:13-	02:17-	08:03+	01:57-	01:58-	01:10+	02:08-	00:49+	01:20-	00:24-				
00:16-	00:14-	03:59&	00:26-	00:21-	00:24&	00:03-	00:02+	00:17-	00:03-				

Beste strekktid for klassen

01:40 02:17 02:48 01:57 01:58 00:46 02:06 00:47 01:20 00:24

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

H 17-20

1	Sondre Lorentsen	OK Silsand	57:33													
07:15=	08:45=	10:19=	14:02=	16:29=	28:21=	31:35=	36:32=	39:10=	45:22=	47:21=	49:36=	51:34=	54:48=	56:09=	57:14=	57:33=
07:15=	01:30=	01:34=	03:43=	02:27=	11:52=	03:14=	04:57=	02:38=	06:12=	01:59=	02:15=	01:58=	03:14=	01:21=	01:05=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Mats Jørgen Nordmo Ingdal	Mellebygd	1:02:59													
04:11-	06:36-	08:39-	13:59-	16:33+	29:59+	33:20+	38:16+	41:33+	49:58+	51:54+	54:07+	56:55+	59:47+	61:20+	62:38+	62:59+
04:11-	02:25+	02:03+	05:20+	02:34+	13:26+	03:21+	04:56-	03:17+	08:25+	01:56-	02:13-	02:48+	02:52-	01:33+	01:18+	00:21+
03:04-	00:55&	00:29&	01:37&	00:07+	01:34#	00:07+	00:01-	00:39#	02:13&	00:03-	00:02-	00:50&	00:22-	00:12#	00:13#	00:02#

3	Simen Solli Lind	BUL Tromsø	2:07:52													
07:30+	09:47+	12:42+	18:04+	23:00+	46:56+	53:34+	61:28+	66:06+	91:08+	96:27+	108:48+	113:20+	123:03+	125:39+	127:32+	127:52+
07:30+	02:17+	02:55+	05:22+	04:56+	23:56+	06:38+	07:54+	04:38+	25:02+	05:19+	12:21+	04:32+	09:43+	02:36+	01:53+	00:20+
00:15+	00:47&	01:21&	01:39&	02:29@	12:04@	03:24@	02:57&	02:00&	18:50@	03:20@	10:06@	02:34@	06:29@	01:15&	00:48&	00:01+

Class	Navn	Klasse	Tid
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4	Sivert Moen	Øverbygd	2:20:39													
07:34+	12:56+	14:33+	21:16+	26:27+	80:35+	84:55+	92:16+	96:11+	109:38+	116:32+	125:20+	130:24+	136:52+	138:22+	140:12+	140:39+
07:34+	05:22+	01:37+	06:43+	05:11+	54:08+	04:20+	07:21+	03:55+	13:27+	06:54+	08:48+	05:04+	06:28+	01:30+	01:50+	00:27+
00:19+	03:52@	00:03+	03:00&	02:44@	42:16@	01:06&	02:24&	01:17&	07:15@	04:55@	06:33@	03:06@	03:14&	00:09#	00:45&	00:08&

Beste strekktid for klassen

04:11	01:30	01:34	03:43	02:27	11:52	03:14	04:56	02:38	06:12	01:56	02:13	01:58	02:52	01:21	01:05	00:19
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 21

1	Gjermund Urset	BUL Tromsø	1:05:37																
03:34=	05:21=	06:35=	20:29=	22:46=	26:09=	27:06=	32:17=	33:32=	44:18=	45:48=	48:17=	51:28=	54:00=	55:13=	59:14=	60:34=	62:46=	65:13=	65:37=
03:34=	01:47=	01:14=	13:54=	02:17=	03:23=	00:57=	05:11=	01:15=	10:46=	01:30=	02:29=	03:11=	02:32=	01:13=	04:01=	01:20=	02:12=	02:27=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Carl Henrik Bjørseth	BUL Tromsø	1:10:58																
03:42+	05:26+	06:29-	21:40+	24:20+	27:59+	28:58+	36:06+	38:03+	51:00+	52:28+	54:26+	56:05+	58:40+	60:00+	64:31+	65:52+	68:17+	70:28+	70:58+
03:42+	01:44-	01:03-	15:11+	02:40+	03:39+	00:59+	07:08+	01:57+	12:57+	01:28-	01:58-	01:39-	02:35+	01:20+	04:31+	01:21+	02:25+	02:11-	00:30+
00:08+	00:03-	00:11-	01:17+	00:23#	00:16+	00:02+	01:57&	00:42&	02:11#	00:02-	00:31-	01:32-	00:03+	00:07+	00:30#	00:01+	00:13+	00:16-	00:06#

4	Jan-Hugo Hanssen	BUL Tromsø	1:30:49																
04:48+	09:07+	10:22+	28:48+	33:12+	37:39+	39:10+	46:12+	48:01+	65:00+	67:01+	69:14+	72:00+	76:01+	77:36+	83:10+	84:38+	87:35+	90:12+	90:49+
04:48+	04:19+	01:15+	18:26+	04:24+	04:27+	01:31+	07:02+	01:49+	16:59+	02:01+	02:13-	02:46-	04:01+	01:35+	05:34+	01:28+	02:57+	02:37+	00:37+
01:14&	02:32@	00:01+	04:32&	02:07&	01:04&	00:34&	01:51&	00:34&	06:13&	00:31&	00:16-	00:25-	01:29&	00:22&	01:33&	00:08#	00:45&	00:10+	00:13&

5	Ruben Bjørkli Olsen	OK Silsand	1:35:36																
05:31+	08:10+	10:21+	28:05+	31:43+	36:49+	38:08+	45:14+	46:58+	64:46+	66:31+	72:21+	75:06+	79:14+	80:44+	86:32+	88:24+	92:47+	95:07+	95:36+
05:31+	02:39+	02:11+	17:44+	03:38+	05:06+	01:19+	07:06+	01:44+	17:48+	01:45+	05:50+	02:45-	04:08+	01:30+	05:48+	01:52+	04:23+	02:20-	00:29+
01:57&	00:52&	00:57&	03:50&	01:21&	01:43&	00:22&	01:55&	00:29&	07:02&	00:15#	03:21@	00:26-	01:36&	00:17#	01:47&	00:32&	02:11&	00:07-	00:05#

6	Knut Øyvind Johansen	Bardu	1:46:10																
04:19+	06:43+	08:43+	33:52+	38:05+	42:35+	43:59+	51:05+	52:51+	70:34+	72:19+	83:15+	85:26+	89:07+	90:58+	97:17+	99:25+	102:39+	105:34+	106:10+
04:19+	02:24+	02:00+	25:09+	04:13+	04:30+	01:24+	07:06+	01:46+	17:43+	01:45+	10:56+	02:11-	03:41+	01:51+	06:19+	02:08+	03:14+	02:55+	00:36+
00:45#	00:37&	00:46&	11:15&	01:56&	01:07&	00:27&	01:55&	00:31&	06:57&	00:15#	08:27@	01:00-	01:09&	00:38&	02:18&	00:48&	01:02&	00:28#	00:12&

7	Xoel Chamorro	BUL Tromsø	2:03:18																
07:14+	09:37+	11:52+	43:06+	47:33+	53:06+	54:28+	62:32+	65:46+	85:40+	88:07+	91:03+	95:29+	100:01+	102:12+	114:13+	116:26+	119:57+	122:43+	123:18+
07:14+	02:23+	02:15+	31:14+	04:27+	05:33+	01:22+	08:04+	03:14+	19:54+	02:27+	02:56+	04:26+	04:32+	02:11+	12:01+	02:13+	03:31+	02:46+	00:35+
03:40@	00:36&	01:01&	17:20@	02:10&	02:10&	00:25&	02:53&	01:59@	09:08&	00:57&	00:27#	01:15&	02:00&	00:58&	08:00@	00:53&	01:19&	00:19#	00:11&

Beste strekktid for klassen

03:34	01:44	01:03	13:54	02:17	03:23	00:57	05:11	01:15	10:46	01:28	01:58	01:39	02:32	01:13	04:01	01:20	02:12	02:11	00:24
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 35

1	Ola Bratlie	BUL Tromsø	1:01:54												
06:07=	08:01=	15:20=	20:10=	26:45=	27:52=	34:08=	39:11=	40:33=	46:31=	51:39=	53:27=	57:37=	59:57=	61:20=	61:54=
06:07=	01:54=	07:19=	04:50=	06:35=	01:07=	06:16=	05:03=	01:22=	05:58=	05:08=	01:48=	04:10=	02:20=	01:23=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Roar Jørgensen	Sørreisa IL	1:08:35												
06:48+	08:46+	16:01+	19:25-	26:55+	28:16+	37:13+	42:58+	45:09+	52:28+	58:55+	61:10+	64:04+	65:58+	67:54+	68:35+
06:48+	01:58+	07:15-	03:24-	07:30+	01:21+	08:57+	05:45+	02:11+	07:19+	06:27+	02:15+	02:54-	01:54-	01:56+	00:41+
00:41#	00:04+	00:04-	01:26-	00:55#	00:14#	02:41&	00:42#	00:49&	01:21#	01:19&	00:27#	01:16-	00:26-	00:33&	00:07#

3	Dag Marcussen	Sørreisa IL	1:24:27												
08:36+	10:37+	19:35+	21:21+	27:56+	29:18+	41:18+	48:43+	51:35+	57:49+	73:10+	76:14+	79:29+	81:46+	83:47+	84:27+
08:36+	02:01+	08:58+	01:46-	06:35=	01:22+	12:00+	07:25+	02:52+	06:14+	15:21+	03:04+	03:15-	02:17-	02:01+	00:40+
02:29&	00:07+	01:39#	03:04-	00:00=	00:15#	05:44&	02:22&	01:30@	00:16+	10:13@	01:16&	00:55-	00:03-	00:38&	00:06#

4	Ola Engelsen	BUL Tromsø	1:24:39												
08:04+	10:21+	27:49+	29:42+	36:47+	37:58+	46:32+	53:47+	55:48+	64:08+	73:38+	77:27+	81:02+	82:42+	84:06+	84:39+
08:04+	02:17+	17:28+	01:53+	07:05+	01:11+	08:34+	07:15+	02:01+	08:20+	09:30+	03:49+	03:35-	01:40-	01:24+	00:33-
01:57&	00:23#	10:09@	02:57-	00:30+	00:04+	02:18&	02:12&	00:39&	02:22&	04:22&	02:01@	00:35-	00:40-	00:01+	00:01-

Class	Navn	Klasse										Tid				
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Beste strekktid for klassen

06:07 01:54 07:15 01:46 06:35 01:07 06:16 05:03 01:22 05:58 05:08 01:48 02:54 01:40 01:23 00:33

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

H 45

1	Børge Harvey	BUL Tromsø	46:47
05:28=	07:08= 12:58= 14:12= 18:48= 19:59= 25:04= 29:19= 30:26= 35:41= 39:43= 41:26= 43:30= 45:07= 46:18= 46:47=		
05:28=	01:40= 05:50= 01:14= 04:36= 01:11= 05:05= 04:15= 01:07= 05:15= 04:02= 01:43= 02:04= 01:37= 01:11= 00:29=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Pål Jakobsen	BUL Tromsø	51:21
07:57+	09:32+ 14:54+ 16:17+ 21:40+ 22:48+ 28:36+ 32:47+ 34:09+ 39:54+ 44:04+ 46:02+ 48:10+ 49:38+ 50:50+ 51:21+		
07:57+	01:35- 05:22- 01:23+ 05:23+ 01:08- 05:48+ 04:11- 01:22+ 05:45+ 04:10+ 01:58+ 02:08+ 01:28- 01:12+ 00:31+		
02:29&	00:05- 00:28- 00:09# 00:47# 00:03- 00:43# 00:04- 00:15# 00:30+ 00:08+ 00:15# 00:04+ 00:09- 00:01+ 00:02+		

3	Bengt Haugen	BUL Tromsø	56:22
05:47+	09:00+ 15:22+ 17:24+ 23:03+ 24:13+ 30:09+ 36:00+ 37:14+ 43:29+ 49:01+ 50:42+ 53:07+ 54:30+ 55:51+ 56:22+		
05:47+	03:13+ 06:22+ 02:02+ 05:39+ 01:10- 05:56+ 05:51+ 01:14+ 06:15+ 05:32+ 01:41- 02:25+ 01:23- 01:21+ 00:31+		
00:19+	01:33& 00:32+ 00:48& 01:03# 00:01- 00:51# 01:36& 00:07# 01:00# 01:30& 00:02- 00:21# 00:14- 00:10# 00:02+		

4	Axel Juell Theisen	Mellebygd	56:25
06:34+	08:30+ 14:38+ 16:32+ 22:49+ 23:47+ 30:14+ 34:55+ 36:14+ 42:13+ 48:35+ 50:20+ 52:49+ 54:19+ 55:52+ 56:25+		
06:34+	01:56+ 06:08+ 01:54+ 06:17+ 00:58- 06:27+ 04:41+ 01:19+ 05:59+ 06:22+ 01:45+ 02:29+ 01:30- 01:33+ 00:33+		
01:06#	00:16# 00:18+ 00:40& 01:41& 00:13- 01:22& 00:26# 00:12# 00:44# 02:20& 00:02+ 00:25# 00:07- 00:22& 00:04#		

5	Hans Martin Vaeng	Sørreisa IL	56:26
06:46+	08:38+ 14:52+ 16:33+ 22:11+ 23:15+ 29:38+ 35:03+ 36:28+ 42:59+ 48:45+ 50:30+ 53:10+ 54:34+ 55:50+ 56:26+		
06:46+	01:52+ 06:14+ 01:41+ 05:38+ 01:04- 06:23+ 05:25+ 01:25+ 06:31+ 05:46+ 01:45+ 02:40+ 01:24- 01:16+ 00:36+		
01:18#	00:12# 00:24+ 00:27& 01:02# 00:07- 01:18& 01:10& 00:18& 01:16# 01:44& 00:02+ 00:36& 00:13- 00:05+ 00:07#		

6	Jan Hugo Johnsen	Bjerkvik	1:02:38
06:46+	08:53+ 16:14+ 18:13+ 24:28+ 25:39+ 32:11+ 37:30+ 38:54+ 45:30+ 52:01+ 53:47+ 59:18+ 60:36+ 62:00+ 62:38+		
06:46+	02:07+ 07:21+ 01:59+ 06:15+ 01:11= 06:32+ 05:19+ 01:24+ 06:36+ 06:31+ 01:46+ 05:31+ 01:18- 01:24+ 00:38+		
01:18#	00:27& 01:31& 00:45& 01:39& 00:00= 01:27& 01:04& 00:17& 01:21& 02:29& 00:03+ 03:27@ 00:19- 00:13# 00:09&		

7	Stein Johansen	BUL Tromsø	1:12:57
07:55+	11:12+ 20:29+ 22:34+ 29:06+ 30:34+ 37:07+ 44:03+ 46:38+ 55:49+ 61:54+ 64:47+ 68:03+ 70:09+ 72:13+ 72:57+		
07:55+	03:17+ 09:17+ 02:05+ 06:32+ 01:28+ 06:33+ 06:56+ 02:35+ 09:11+ 06:05+ 02:53+ 03:16+ 02:06+ 02:04+ 00:44+		
02:27&	01:37& 03:27& 00:51& 01:56& 00:17# 01:28& 02:41& 01:28@ 03:56& 02:03& 01:10& 01:12& 00:29& 00:53& 00:15&		

8	Arild Ingdal	Mellebygd	1:15:34
07:09+	09:18+ 16:54+ 18:48+ 30:20+ 31:20+ 38:15+ 46:32+ 49:04+ 55:34+ 63:58+ 67:06+ 71:42+ 73:12+ 74:57+ 75:34+		
07:09+	02:09+ 07:36+ 01:54+ 11:32+ 01:00- 06:55+ 08:17+ 02:32+ 06:30+ 08:24+ 03:08+ 04:36+ 01:30- 01:45+ 00:37+		
01:41&	00:29& 01:46& 00:40& 06:56@ 00:11- 01:50& 04:02& 01:25@ 01:15# 04:22@ 01:25& 02:32@ 00:07- 00:34& 00:08&		

9	Ingemar Eriksen	Målselv	1:16:56
06:11+	08:04+ 15:00+ 16:26+ 22:30+ 23:39+ 31:18+ 39:05+ 41:06+ 51:13+ 61:20+ 65:13+ 70:18+ 72:51+ 75:37+ 76:56+		
06:11+	01:53+ 06:56+ 01:26+ 06:04+ 01:09- 07:39+ 07:47+ 02:01+ 10:07+ 10:07+ 03:53+ 05:05+ 02:33+ 02:46+ 01:19+		
00:43#	00:13# 01:06# 00:12# 01:28& 00:02- 02:34& 03:32& 00:54& 04:52& 06:05@ 02:10@ 03:01@ 00:56& 01:35@ 00:50@		

10	Jon Helge Vaeng	Sørreisa IL	1:18:18
10:22+	12:48+ 21:25+ 23:29+ 30:14+ 31:53+ 40:08+ 48:34+ 50:21+ 59:21+ 67:09+ 69:53+ 73:32+ 75:53+ 77:36+ 78:18+		
10:22+	02:26+ 08:37+ 02:04+ 06:45+ 01:39+ 08:15+ 08:26+ 01:47+ 09:00+ 07:48+ 02:44+ 03:39+ 02:21+ 01:43+ 00:42+		
04:54&	00:46& 02:47& 00:50& 02:09& 00:28& 03:10& 04:11& 00:40& 03:45& 03:46& 01:01& 01:35& 00:44& 00:32& 00:13&		

Beste strekktid for klassen

05:28 01:35 05:22 01:14 04:36 00:58 05:05 04:11 01:07 05:15 04:02 01:41 02:04 01:18 01:11 00:29

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

H 55

1	Per Osen	Vestre Aker SK	56:07
05:27=	09:56= 11:33= 19:22= 25:41= 34:52= 36:45= 46:22= 48:53= 54:08= 55:36= 56:07=		
05:27=	04:29= 01:37= 07:49= 06:19= 09:11= 01:53= 09:37= 02:31= 05:15= 01:28= 00:31=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Class	Navn	Klasse	Tid								
2	Peter Prydz	Neverfjord	1:19:43								
04:46-	10:10+	12:20+	22:18+	34:05+	50:28+	52:19+	61:08+	70:31+	77:23+	79:10+	79:43+
04:46-	05:24+	02:10+	09:58+	11:47+	16:23+	01:51-	08:49-	09:23+	06:52+	01:47+	00:33+
00:41-	00:55#	00:33&	02:09&	05:28&	07:12&	00:02-	00:48-	06:52@	01:37&	00:19#	00:02+

Beste strekktid for klassen

04:46 04:29 01:37 07:49 06:19 09:11 01:51 08:49 02:31 05:15 01:28 00:31

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

H 65

1	Asgaut Løkse	Sørreisa IL	45:34							
02:22=	03:32=	08:57=	16:19=	24:33=	26:42=	33:05=	35:12=	42:52=	44:51=	45:34=
02:22=	01:10=	05:25=	07:22=	08:14=	02:09=	06:23=	02:07=	07:40=	01:59=	00:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Gunnar Kvaal	Storsteinnes IL	51:37							
03:02+	04:24+	11:28+	18:57+	27:01+	29:10+	37:39+	40:29+	48:29+	50:46+	51:37+
03:02+	01:22+	07:04+	07:29+	08:04-	02:09=	08:29+	02:50+	08:00+	02:17+	00:51+
00:40&	00:12#	01:39&	00:07+	00:10-	00:00=	02:06&	00:43&	00:20+	00:18#	00:08#

3	Einar Mjøhus	BUL Tromsø	1:28:29							
03:37+	05:13+	16:07+	26:24+	40:02+	53:50+	66:08+	69:35+	83:45+	87:12+	88:29+
03:37+	01:36+	10:54+	10:17+	13:38+	13:48+	12:18+	03:27+	14:10+	03:27+	01:17+
01:15&	00:26&	05:29@	02:55&	05:24&	11:39@	05:55&	01:20&	06:30&	01:28&	00:34&

Beste strekktid for klassen

02:22 01:10 05:25 07:22 08:04 02:09 06:23 02:07 07:40 01:59 00:43

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