

Pllass	Navn								Klasse	Tid							
2	Marion Halvorsen Nustad								Øyer-Tretten IF	20:38							
	04:19+	05:58+	09:41+	14:09+	16:18+	17:40+	19:42+	20:16+	20:38+								
	04:19+	01:39+	03:43+	04:28+	02:09+	01:22-	02:02-	00:34-	00:22-								
	01:45&	00:04+	00:48&	01:34&	00:05+	00:02-	00:04-	00:17-	00:06-								
3	Anna Louise Fredriksen								Botne SK	20:57							
	03:46+	06:02+	09:43+	12:12+	15:23+	17:33+	19:35+	20:28+	20:57+								
	03:46+	02:16+	03:41+	02:29-	03:11+	02:10+	02:02-	00:53+	00:29+								
	01:12&	00:41&	00:46&	00:25-	01:07&	00:46&	00:04-	00:02+	00:01+								
Beste strekktid for klassen																	
	02:34	01:35	02:55	02:29	02:04	01:22	02:02	00:34	00:22								

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

D 13-14

1	Ingeborg Rognstad								Hadeland OL	41:39							
	03:08=	06:41=	08:09=	10:57=	15:22=	19:41=	21:50=	24:29=	28:12=	34:03=	38:20=	41:20=	41:39=				
	03:08=	03:33=	01:28=	02:48=	04:25=	04:19=	02:09=	02:39=	03:43=	05:51=	04:17=	03:00=	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=				
2	Synne Solberg								Gjø-Vard OL	51:00							
	03:24+	07:01+	08:30+	11:56+	17:15+	22:23+	25:31+	28:10+	33:17+	39:24+	46:03+	50:37+	51:00+				
	03:24+	03:37+	01:29+	03:26+	05:19+	05:08+	03:08+	02:39=	05:07+	06:07+	06:39+	04:34+	00:23+				
	00:16+	00:04+	00:01+	00:38#	00:54#	00:49#	00:59&	00:00=	01:24&	00:16+	02:22&	01:34&	00:04#				
3	Charlotte Eide								Gjø-Vard OL	1:01:42							
	05:24+	09:18+	11:40+	14:22+	21:26+	26:30+	30:39+	34:50+	40:05+	49:24+	56:57+	61:20+	61:42+				
	05:24+	03:54+	02:22+	02:42-	07:04+	05:04+	04:09+	04:11+	05:15+	09:19+	07:33+	04:23+	00:22+				
	02:16&	00:21+	00:54&	00:06-	02:39&	00:45#	02:00&	01:32&	01:32&	03:28&	03:16&	01:23&	00:03#				
4	Ingvild Snuggerud								Gjø-Vard OL	1:05:29							
	03:42+	08:10+	10:51+	16:13+	22:57+	30:34+	34:46+	38:53+	44:00+	53:28+	60:52+	65:06+	65:29+				
	03:42+	04:28+	02:41+	05:22+	06:44+	07:37+	04:12+	04:07+	05:07+	09:28+	07:24+	04:14+	00:23+				
	00:34#	00:55&	01:13&	02:34&	02:19&	03:18&	02:03&	01:28&	01:24&	03:37&	03:07&	01:14&	00:04#				
Beste strekktid for klassen																	
	03:08	03:33	01:28	02:42	04:25	04:19	02:09	02:39	03:43	05:51	04:17	03:00	00:19				

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

D 15-16

1	Sigrid Snuggerud								Gjø-Vard OL	59:09							
	07:12=	11:05=	16:37=	21:08=	26:00=	28:23=	38:25=	48:33=	52:26=	57:16=	58:44=	59:09=					
	07:12=	03:53=	05:32=	04:31=	04:52=	02:23=	10:02=	10:08=	03:53=	04:50=	01:28=	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=					
2	Mathilde Sønsterudbråten								Raumar Orientering	1:00:34							
	08:13+	12:01+	17:39+	22:11+	27:02+	29:25+	39:27+	49:37+	53:28+	58:27+	60:05+	60:34+					
	08:13+	03:48-	05:38+	04:32+	04:51-	02:23=	10:02=	10:10+	03:51-	04:59+	01:38+	00:29+					
	01:01#	00:05-	00:06+	00:01+	00:01-	00:00=	00:00=	00:02+	00:02-	00:09+	00:10#	00:04#					
Beste strekktid for klassen																	
	07:12	03:48	05:32	04:31	04:51	02:23	10:02	10:08	03:51	04:50	01:28	00:25					

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

D 21-

1	Marte Narum								Kønnerud IL	34:43							
	02:12=	04:21=	08:52=	11:10=	14:18=	16:09=	19:57=	24:13=	25:22=	28:10=	30:38=	31:59=	34:23=	34:43=			
	02:12=	02:09=	04:31=	02:18=	03:08=	01:51=	03:48=	04:16=	01:09=	02:48=	02:28=	01:21=	02:24=	00:20=			
	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=			

Plass	Navn														Klasse										Tid									
2	Ine Hovi														Ås-NMBU Orientering										42:38									
	02:10-	04:25+	10:19+	11:56+	15:49+	17:35+	22:01+	29:37+	31:24+	35:06+	38:04+	39:34+	42:14+	42:38+																				
	02:10-	02:15+	05:54+	01:37-	03:53+	01:46-	04:26+	07:36+	01:47+	03:42+	02:58+	01:30+	02:40+	00:24+																				
	00:02-	00:06+	01:23&	00:41-	00:45#	00:05-	00:38#	03:20&	00:38&	00:54&	00:30#	00:09#	00:16#	00:04#																				
3	Marta Ulvensøen														NTNUI										50:47									
	02:40+	08:33+	14:53+	17:16+	26:04+	28:21+	32:33+	37:47+	39:34+	43:18+	46:31+	47:54+	50:28+	50:47+																				
	02:40+	05:53+	06:20+	02:23+	08:48+	02:17+	04:12+	05:14+	01:47+	03:44+	03:13+	01:23+	02:34+	00:19-																				
	00:28#	03:44@	01:49&	00:05+	05:40@	00:26#	00:24#	00:58#	00:38&	00:56&	00:45&	00:02+	00:10+	00:01-																				
4	Kaisa Svergja														Raumar Orientering										51:03									
	02:24+	05:16+	11:04+	14:10+	19:18+	21:40+	30:01+	35:23+	37:22+	41:00+	45:49+	47:35+	50:41+	51:03+																				
	02:24+	02:52+	05:48+	03:06+	05:08+	02:22+	08:21+	05:22+	01:59+	03:38+	04:49+	01:46+	03:06+	00:22+																				
	00:12+	00:43&	01:17&	00:48&	02:00&	00:31&	04:33@	01:06&	00:50&	00:50&	02:21&	00:25&	00:42&	00:02#																				
5	Nina Jeanette Tollehaug														Eiker OL										53:49									
	02:37+	06:48+	15:02+	17:14+	22:33+	25:49+	30:58+	38:55+	40:35+	44:58+	48:38+	50:11+	53:24+	53:49+																				
	02:37+	04:11+	08:14+	02:12-	05:19+	03:16+	05:09+	07:57+	01:40+	04:23+	03:40+	01:33+	03:13+	00:25+																				
	00:25#	02:02&	03:43&	00:06-	02:11&	01:25&	01:21&	03:41&	00:31&	01:35&	01:12&	00:12#	00:49&	00:05#																				
6	Nora Hui Andersen														Hamar OK										1:05:20									
	02:36+	05:30+	21:47+	23:28+	28:15+	31:12+	36:46+	44:30+	46:09+	53:05+	59:34+	61:48+	64:57+	65:20+																				
	02:36+	02:54+	16:17+	01:41-	04:47+	02:57+	05:34+	07:44+	01:39+	06:56+	06:29+	02:14+	03:09+	00:23+																				
	00:24#	00:45&	11:46@	00:37-	01:39&	01:06&	01:46&	03:28&	00:30&	04:08@	04:01@	00:53&	00:45&	00:03#																				
7	Christine Turter Sandvold														NTNUI										1:10:13									
	02:40+	11:23+	27:27+	30:08+	36:09+	38:03+	43:47+	51:53+	53:43+	59:01+	63:16+	66:08+	69:46+	70:13+																				
	02:40+	08:43+	16:04+	02:41+	06:01+	01:54+	05:44+	08:06+	01:50+	05:18+	04:15+	02:52+	03:38+	00:27+																				
	00:28#	06:34@	11:33@	00:23#	02:53&	00:03+	01:56&	03:50&	00:41&	02:30&	01:47&	01:31@	01:14&	00:07&																				
8	Hildegunn Lindstad														OL Toten-Troll										1:22:21									
	03:03+	11:40+	19:11+	21:18+	27:38+	30:22+	38:26+	50:06+	52:00+	57:58+	74:28+	77:27+	81:47+	82:21+																				
	03:03+	08:37+	07:31+	02:07-	06:20+	02:44+	08:04+	11:40+	01:54+	05:58+	16:30+	02:59+	04:20+	00:34+																				
	00:51&	06:28@	03:00&	00:11-	03:12@	00:53&	04:16@	07:24@	00:45&	03:10@	14:02@	01:38@	01:56&	00:14&																				
Beste strekktid for klassen																																		
	02:10	02:09	04:31	01:37	03:08	01:46	03:48	04:16	01:09	02:48	02:28	01:21	02:24	00:19																				
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																		
D 35-																																		
1	Ann Helen Aabogen Haugaard														Skaukameratene OL										53:41									
	02:15=	06:28=	08:15=	10:38=	14:23=	16:37=	22:58=	27:51=	31:13=	34:03=	35:52=	36:59=	40:39=	45:05=	47:36=	49:41=	53:15=	53:41=																
	02:15=	04:13=	01:47=	02:23=	03:45=	02:14=	06:21=	04:53=	03:22=	02:50=	01:49=	01:07=	03:40=	04:26=	02:31=	02:05=	03:34=	00:26=																
	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=															
Beste strekktid for klassen																																		
	02:15	04:13	01:47	02:23	03:45	02:14	06:21	04:53	03:22	02:50	01:49	01:07	03:40	04:26	02:31	02:05	03:34	00:26																
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																		
D 40-																																		
1	Heidi Østli														Raumar Orientering										49:24									
	02:08=	06:18=	08:10=	09:57=	13:18=	15:24=	19:47=	23:46=	26:00=	28:15=	30:06=	31:34=	35:16=	40:00=	42:01=	44:59=	48:54=	49:24=																
	02:08=	04:10=	01:52=	01:47=	03:21=	02:06=	04:23=	03:59=	02:14=	02:15=	01:51=	01:28=	03:42=	04:44=	02:01=	02:58=	03:55=	00:30=																
	00:00=	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=	00:00=	00:00=	00:00=															
2	Kristine Sollien Flakerud														OL Toten-Troll										50:54									
	01:55-	06:24+	07:57-	09:43-	13:20+	15:08-	20:06+	24:30+	28:02+	30:09+	31:59+	32:40+	36:24+	42:40+	44:52+	47:49+	50:27+	50:54+																
	01:55-	04:29+	01:33-	01:46-	03:37+	01:48-	04:58+	04:24+	03:32+	02:07-	01:50-	00:41-	03:44+	06:16+	02:12+	02:57-	02:38-	00:27-																
	00:13-	00:19+	00:16-	00:01-	00:16+	00:18-	00:35#	00:25#	01:18&	00:08+	00:01-	00:47-	00:02+	01:32&	00:11+	00:01-	01:17-	00:03-																
3	Else Kari Scheele														Nydalens SK										52:23									
	02:00-	06:35+	08:11+	10:04+	18:46+	20:06+	24:58+	29:25+	31:47+	35:37+	37:16+	38:10+	41:19+	45:39+	47:18+	49:03+	51:59+	52:23+																
	02:00-	04:35+	01:36-	01:53+	08:42+	01:20-	04:52+	04:27+	02:22+	03:50+	01:39-	00:54-	03:09-	04:20-	01:39-	01:45-	02:56-	00:24-																
	00:08-	00:25#	00:16-	00:06+	05:21@	00:46-	00:29#	00:28#	00:08+	01:35&	00:12-	00:34-	00:33-	00:24-	00:22-	01:13-	00:59-	00:06-																

Plass	Navn					Klasse					Tid								
4	Gunn Elin Rudi					Hadeland OL					54:08								
	02:28+	07:06+	08:59+	11:13+	15:14+	17:20+	23:34+	27:56+	30:09+	32:59+	34:55+	36:10+	40:11+	44:58+	47:05+	49:22+	53:35+	54:08+	
	02:28+	04:38+	01:53+	02:14+	04:01+	02:06=	06:14+	04:22+	02:13-	02:50+	01:56+	01:15-	04:01+	04:47+	02:07+	02:17-	04:13+	00:33+	
	00:20#	00:28#	00:01+	00:27&	00:40#	00:00=	01:51&	00:23+	00:01-	00:35&	00:05+	00:13-	00:19+	00:03+	00:06+	00:41-	00:18+	00:03#	
5	Kari Klynderud Sundfør					Lillehammer OK					1:02:56								
	02:29+	07:56+	09:47+	14:48+	18:40+	22:14+	27:58+	32:40+	34:41+	37:19+	39:27+	44:44+	48:11+	54:40+	56:46+	58:57+	62:28+	62:56+	
	02:29+	05:27+	01:51-	05:01+	03:52+	03:34+	05:44+	04:42+	02:01-	02:38+	02:08+	05:17+	03:27-	06:29+	02:06+	02:11-	03:31-	00:28-	
	00:21#	01:17&	00:01-	03:14@	00:31#	01:28&	01:21&	00:43#	00:13-	00:23#	00:17#	03:49@	00:15-	01:45&	00:05+	00:47-	00:24-	00:02-	
Beste strekktid for klassen																			
	01:55	04:10	01:33	01:46	03:21	01:20	04:23	03:59	02:01	02:07	01:39	00:41	03:09	04:20	01:39	01:45	02:38	00:24	

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

D 45-

1	Anne Marit Bordal					Ringsaker OK					34:34									
	04:47=	07:35=	11:52=	13:47=	17:02=	18:46=	21:38=	26:37=	28:09=	32:39=	34:10=	34:34=								
	04:47=	02:48=	04:17=	01:55=	03:15=	01:44=	02:52=	04:59=	01:32=	04:30=	01:31=	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	Eirin Lodgaard					Raufoss IL Orientering					39:03									
	04:54+	09:04+	13:32+	15:20+	18:42+	19:56+	22:40+	29:09+	32:11+	36:46+	38:34+	39:03+								
	04:54+	04:10+	04:28+	01:48-	03:22+	01:14-	02:44-	06:29+	03:02+	04:35+	01:48+	00:29+								
	00:07+	01:22&	00:11+	00:07-	00:07+	00:30-	00:08-	01:30&	01:30&	00:05+	00:17#	00:05#								
3	Ane Bjørnsgaard					Lillehammer OK					39:55									
	05:48+	09:40+	15:33+	17:28+	20:59+	22:31+	25:19+	30:59+	33:05+	37:40+	39:28+	39:55+								
	05:48+	03:52+	05:53+	01:55=	03:31+	01:32-	02:48-	05:40+	02:06+	04:35+	01:48+	00:27+								
	01:01#	01:04&	01:36&	00:00=	00:16+	00:12-	00:04-	00:41#	00:34&	00:05+	00:17#	00:03#								
4	Anita Stenseth					Synnfjell OK					41:44									
	04:48+	08:04+	13:49+	16:55+	21:32+	23:26+	26:31+	32:27+	34:38+	39:17+	41:16+	41:44+								
	04:48+	03:16+	05:45+	03:06+	04:37+	01:54+	03:05+	05:56+	02:11+	04:39+	01:59+	00:28+								
	00:01+	00:28#	01:28&	01:11&	01:22&	00:10+	00:13+	00:57#	00:39&	00:09+	00:28&	00:04#								
5	Unn Mette Klopbakken					Synnfjell OK					41:56									
	04:15-	07:32-	12:01+	14:30+	19:49+	22:26+	25:47+	33:13+	35:31+	39:59+	41:30+	41:56+								
	04:15-	03:17+	04:29+	02:29+	05:19+	02:37+	03:21+	07:26+	02:18+	04:28-	01:31=	00:26+								
	00:32-	00:29#	00:12+	00:34&	02:04&	00:53&	00:29#	02:27&	00:46&	00:02-	00:00=	00:02+								
6	Kathrine Tollehaug					Eiker OL					1:48:41									
	07:40+	13:35+	22:27+	40:15+	48:54+	53:25+	78:03+	92:34+	97:01+	104:51+	108:06+	108:41+								
	07:40+	05:55+	08:52+	17:48+	08:39+	04:31+	24:38+	14:31+	04:27+	07:50+	03:15+	00:35+								
	02:53&	03:07@	04:35@	15:53@	05:24@	02:47@	21:46@	09:32@	02:55@	03:20&	01:44@	00:11&								
Beste strekktid for klassen																				
	04:15	02:48	04:17	01:48	03:15	01:14	02:44	04:59	01:32	04:28	01:31	00:24								

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

D 50-

1	Toril Hallan					Lillomarka OL					34:24									
	03:54=	06:30=	11:41=	13:26=	16:18=	17:51=	20:27=	26:08=	27:38=	32:21=	34:01=	34:24=								
	03:54=	02:36=	05:11=	01:45=	02:52=	01:33=	02:36=	05:41=	01:30=	04:43=	01:40=	00:23=								
	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	Line Asplin Grundtvig					Gjø-Vard OL					37:22									
	03:51-	06:24-	11:12-	13:06-	17:43+	19:11+	22:52+	29:48+	31:17+	35:15+	36:57+	37:22+								
	03:51-	02:33-	04:48-	01:54+	04:37+	01:28-	03:41+	06:56+	01:29-	03:58-	01:42+	00:25+								
	00:03-	00:03-	00:23-	00:09+	01:45&	00:05-	01:05&	01:15#	00:01-	00:45-	00:02+	00:02+								
3	Vanja Staff					OL Toten-Troll					39:26									
	04:26+	08:16+	14:13+	15:59+	19:47+	21:33+	24:47+	30:41+	32:21+	36:56+	38:57+	39:26+								
	04:26+	03:50+	05:57+	01:46+	03:48+	01:46+	03:14+	05:54+	01:40+	04:35-	02:01+	00:29+								
	00:32#	01:14&	00:46#	00:01+	00:56&	00:13#	00:38#	00:13+	00:10#	00:08-	00:21#	00:06&								

Plass	Navn										Klasse	Tid									
4	Tone Bakken										Lillomarka OL	41:52									
	04:49+	07:48+	13:27+	17:00+	20:09+	21:50+	24:57+	32:14+	33:59+	39:09+	41:23+	41:52+									
	04:49+	02:59+	05:39+	03:33+	03:09+	01:41+	03:07+	07:17+	01:45+	05:10+	02:14+	00:29+									
	00:55#	00:23#	00:28+	01:48@	00:17+	00:08+	00:31#	01:36&	00:15#	00:27+	00:34&	00:06&									
5	Unni Halvorsen Nustad										Øyer-Tretten IF	42:07									
	05:52+	09:00+	15:01+	17:53+	21:48+	23:04+	25:52+	32:16+	35:17+	39:35+	41:40+	42:07+									
	05:52+	03:08+	06:01+	02:52+	03:55+	01:16-	02:48+	06:24+	03:01+	04:18-	02:05+	00:27+									
	01:58&	00:32#	00:50#	01:07&	01:03&	00:17-	00:12+	00:43#	01:31@	00:25-	00:25#	00:04#									
6	Mona Bugge Haug										OL Vallset/Stange	42:20									
	04:20+	07:38+	14:58+	16:52+	21:55+	23:14+	27:13+	33:37+	35:15+	39:49+	41:48+	42:20+									
	04:20+	03:18+	07:20+	01:54+	05:03+	01:19-	03:59+	06:24+	01:38+	04:34-	01:59+	00:32+									
	00:26#	00:42&	02:09&	00:09+	02:11&	00:14-	01:23&	00:43#	00:08+	00:09-	00:19#	00:09&									
Beste strekktid for klassen																					
	03:51	02:33	04:48	01:45	02:52	01:16	02:36	05:41	01:29	03:58	01:40	00:23									

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

D 55-

1	Wenche Bjørnstad										Ringsaker OK	37:22									
	02:52=	04:14=	08:14=	10:06=	15:55=	19:08=	21:13=	25:04=	30:09=	32:28=	35:07=	36:50=	37:22=								
	02:52=	01:22=	04:00=	01:52=	05:49=	03:13=	02:05=	03:51=	05:05=	02:19=	02:39=	01:43=	00:32=								
	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	Guri Larssen										Lillehammer OK	37:43									
	04:11+	05:53+	10:39+	12:51+	15:01-	18:37-	21:21+	24:53-	29:13-	31:32-	34:36-	37:12+	37:43+								
	04:11+	01:42+	04:46+	02:12+	02:10-	03:36+	02:44+	03:32-	04:20-	02:19=	03:04+	02:36+	00:31-								
	01:19&	00:20#	00:46#	00:20#	03:39-	00:23#	00:39&	00:19-	00:45-	00:00=	00:25#	00:53&	00:01-								
3	Tove Bakken										Lillehammer OK	48:28									
	04:50+	06:30+	13:23+	15:53+	18:13+	23:39+	26:40+	31:07+	38:09+	41:31+	45:27+	47:53+	48:28+								
	04:50+	01:40+	06:53+	02:30+	02:20-	05:26+	03:01+	04:27+	07:02+	03:22+	03:56+	02:26+	00:35+								
	01:58&	00:18#	02:53&	00:38&	03:29-	02:13&	00:56&	00:36#	01:57&	01:03&	01:17&	00:43&	00:03+								
4	Ingrid Byfuglien										Synnfjell OK	57:48									
	04:00+	06:55+	14:54+	17:33+	20:59+	30:25+	34:35+	39:07+	48:22+	52:05+	55:21+	57:18+	57:48+								
	04:00+	02:55+	07:59+	02:39+	03:26-	09:26+	04:10+	04:32+	09:15+	03:43+	03:16+	01:57+	00:30-								
	01:08&	01:33@	03:59&	00:47&	02:23-	06:13@	02:05&	00:41#	04:10&	01:24&	00:37#	00:14#	00:02-								
Beste strekktid for klassen																					
	02:52	01:22	04:00	02:10	03:13	02:05	03:32	04:20	02:19	02:39	01:43	00:30									

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

D 60-

1	Britt Gunnarsson										Kristinehamns OK	35:16									
	03:00=	04:33=	09:25=	11:09=	13:37=	17:16=	19:17=	23:08=	28:15=	30:30=	33:09=	34:51=	35:16=								
	03:00=	01:33=	04:52=	01:44=	02:28=	03:39=	02:01=	03:51=	05:07=	02:15=	02:39=	01:42=	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=								
2	Gro Solnørdal										Rudsbygd IL	46:57									
	03:15+	05:00+	18:49+	21:15+	23:17+	29:02+	31:33+	34:38+	38:42+	41:26+	44:52+	46:29+	46:57+								
	03:15+	01:45+	13:49+	02:26+	02:02-	05:45+	02:31+	03:05-	04:04-	02:44+	03:26+	01:37-	00:28+								
	00:15+	00:12#	08:57@	00:42&	00:26-	02:06&	00:30#	00:46-	01:03-	00:29#	00:47&	00:05-	00:03#								
3	Gunnel Gillenäs										Kristinehamns OK	1:05:58									
	04:27+	08:01+	17:09+	21:42+	25:33+	32:37+	36:17+	42:48+	51:28+	55:42+	60:36+	64:40+	65:58+								
	04:27+	03:34+	09:08+	04:33+	03:51+	07:04+	03:40+	06:31+	08:40+	04:14+	04:54+	04:04+	01:18+								
	01:27&	02:01@	04:16&	02:49@	01:23&	03:25&	01:39&	02:40&	03:33&	01:59&	02:15&	02:22@	00:53@								
Beste strekktid for klassen																					
	03:00	01:33	04:52	01:44	02:02	03:39	02:01	03:05	04:04	02:15	02:39	01:37	00:25								

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

Plass	Navn	Klasse	Tid
D 65-			
1	Marith Brekke	Hamar OK	37:25
	02:55= 04:28= 09:14= 11:33= 14:03= 16:48= 20:55= 26:05= 28:50= 32:05= 36:59= 37:25=		
	02:55= 01:33= 04:46= 02:19= 02:30= 02:45= 04:07= 05:10= 02:45= 03:15= 04:54= 00:26=		
	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			
	02:55 01:33 04:46 02:19 02:30 02:45 04:07 05:10 02:45 03:15 04:54 00:26		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 70-			
1	Margith Reppesgård	Hedrum OL	37:05
	03:02= 04:30= 08:00= 11:02= 13:25= 16:18= 20:45= 27:05= 29:29= 32:01= 36:26= 37:05=		
	03:02= 01:28= 03:30= 03:02= 02:23= 02:53= 04:27= 06:20= 02:24= 02:32= 04:25= 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=		
2	Odbjörg Nordeng	Rudsbygd IL	40:38
	03:20+ 04:39+ 08:25+ 13:30+ 16:41+ 19:31+ 25:03+ 30:36+ 32:53+ 35:52+ 40:06+ 40:38+		
	03:20+ 01:19- 03:46+ 05:05+ 03:11+ 02:50- 05:32+ 05:33- 02:17- 02:59+ 04:14- 00:32-		
	00:18+ 00:09- 00:16+ 02:03& 00:48& 00:03- 01:05# 00:47- 00:07- 00:27# 00:11- 00:07-		
3	Lajla Tidemann	Gjø-Vard OL	47:14
	03:27+ 05:20+ 10:33+ 17:05+ 20:05+ 24:02+ 28:13+ 34:43+ 37:28+ 40:51+ 46:43+ 47:14+		
	03:27+ 01:53+ 05:13+ 06:32+ 03:00+ 03:57+ 04:11- 06:30+ 02:45+ 03:23+ 05:52+ 00:31-		
	00:25# 00:25& 01:43& 03:30@ 00:37& 01:04& 00:16- 00:10+ 00:21# 00:51& 01:27& 00:08-		
Beste strekktid for klassen			
	03:02 01:19 03:30 03:02 02:23 02:50 04:11 05:33 02:17 02:32 04:14 00:31		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Direkte A			
1	Trygve Rognstad	Hadeland OL	29:42
	02:26= 03:39= 07:04= 08:46= 10:43= 14:35= 16:27= 19:30= 22:35= 24:31= 27:26= 29:11= 29:42=		
	02:26= 01:13= 03:25= 01:42= 01:57= 03:52= 01:52= 03:03= 03:05= 01:56= 02:55= 01:45= 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=		
2	Stein Arne Negård	Vang OL	32:38
	02:40+ 04:06+ 08:19+ 10:13+ 12:40+ 17:22+ 19:21+ 22:21+ 25:24+ 27:28+ 30:06+ 32:14+ 32:38+		
	02:40+ 01:26+ 04:13+ 01:54+ 02:27+ 04:42+ 01:59+ 03:00- 03:03- 02:04+ 02:38- 02:08+ 00:24-		
	00:14+ 00:13# 00:48# 00:12# 00:30& 00:50# 00:07+ 00:03- 00:02- 00:08+ 00:17- 00:23# 00:07-		
3	Øivind Berget	Sarpsborg OK	40:22
	03:28+ 05:04+ 10:01+ 12:01+ 15:04+ 20:04+ 23:03+ 26:41+ 31:59+ 34:29+ 37:39+ 39:51+ 40:22+		
	03:28+ 01:36+ 04:57+ 02:00+ 03:03+ 05:00+ 02:59+ 03:38+ 05:18+ 02:30+ 03:10+ 02:12+ 00:31=		
	01:02& 00:23& 01:32& 00:18# 01:06& 01:08& 01:07& 00:35# 02:13& 00:34& 00:15+ 00:27& 00:00=		
4	Kristin Vollen Sataøen	Rond OL	45:31
	03:09+ 04:33+ 09:36+ 11:36+ 15:57+ 26:59+ 29:53+ 33:16+ 37:43+ 40:01+ 43:05+ 45:08+ 45:31+		
	03:09+ 01:24+ 05:03+ 02:00+ 04:21+ 11:02+ 02:54+ 03:23+ 04:27+ 02:18+ 03:04+ 02:03+ 00:23-		
	00:43& 00:11# 01:38& 00:18# 02:24@ 07:10@ 01:02& 00:20# 01:22& 00:22# 00:09+ 00:18# 00:08-		
5	Hanne Holmen	NOTEAM	46:44
	04:04+ 05:44+ 11:01+ 13:36+ 16:21+ 25:32+ 28:19+ 32:38+ 36:58+ 39:44+ 43:45+ 46:13+ 46:44+		
	04:04+ 01:40+ 05:17+ 02:35+ 02:45+ 09:11+ 02:47+ 04:19+ 04:20+ 02:46+ 04:01+ 02:28+ 00:31=		
	01:38& 00:27& 01:52& 00:53& 00:48& 05:19@ 00:55& 01:16& 01:15& 00:50& 01:06& 00:43& 00:00=		
6	Astrid Brattlid	Rond OL	47:13
	05:10+ 08:54+ 14:02+ 16:21+ 18:50+ 25:47+ 28:10+ 31:55+ 36:24+ 39:20+ 43:25+ 46:42+ 47:13+		
	05:10+ 03:44+ 05:08+ 02:19+ 02:29+ 06:57+ 02:23+ 03:45+ 04:29+ 02:56+ 04:05+ 03:17+ 00:31=		
	02:44@ 02:31@ 01:43& 00:37& 00:32& 03:05& 00:31& 00:42# 01:24& 01:00& 01:10& 01:32& 00:00=		

Pllass	Navn												Klasse	Tid											
7	Yngve Mobråthen												Botne SK	58:24											
	04:40+	07:33+	14:44+	18:02+	21:31+	29:01+	33:24+	38:49+	46:11+	49:54+	54:37+	57:46+	58:24+												
	04:40+	02:53+	07:11+	03:18+	03:29+	07:30+	04:23+	05:25+	07:22+	03:43+	04:43+	03:09+	00:38+												
	02:14&	01:40@	03:46@	01:36&	01:32&	03:38&	02:31@	02:22&	04:17@	01:47&	01:48&	01:24&	00:07#												
8	Elin Lauritsen												Hamar OK	1:03:30											
	07:50+	09:32+	16:12+	18:34+	30:04+	37:17+	40:57+	45:57+	54:06+	56:48+	60:27+	62:57+	63:30+												
	07:50+	01:42+	06:40+	02:22+	11:30+	07:13+	03:40+	05:00+	08:09+	02:42+	03:39+	02:30+	00:33+												
	05:24@	00:29&	03:15&	00:40&	09:33@	03:21&	01:48&	01:57&	05:04@	00:46&	00:44&	00:45&	00:02+												
Beste strekktid for klassen																									
	02:26	01:13	03:25	01:42	01:57	03:52	01:52	03:00	03:03	01:56	02:38	01:45	00:23												

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

Direkte C

1	Bjørn Sverre Gulheim						Kolbotn og Skimt OL						25:54
02:33=	05:57=	10:47=	13:44=	15:37=	17:50=	21:44=	23:32=	25:05=	25:36=	25:54=			
02:33=	03:24=	04:50=	02:57=	01:53=	02:13=	03:54=	01:48=	01:33=	00:31=	00:18=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Knut Bjerknes						Røyken OL						36:49
03:10+	06:51+	13:41+	18:07+	20:44+	22:54+	29:05+	33:34+	35:44+	36:21+	36:49+			
03:10+	03:41+	06:50+	04:26+	02:37+	02:10-	06:11+	04:29+	02:10+	00:37+	00:28+			
00:37#	00:17+	02:00&	01:29&	00:44&	00:03-	02:17&	02:41@	00:37&	00:06#	00:10&			
3	Thea Slotnes						Synnfjell OK						39:20
03:51+	09:22+	16:42+	22:35+	25:27+	28:32+	33:28+	36:11+	38:10+	38:50+	39:20+			
03:51+	05:31+	07:20+	05:53+	02:52+	03:05+	04:56+	02:43+	01:59+	00:40+	00:30+			
01:18&	02:07&	02:30&	02:56&	00:59&	00:52&	01:02&	00:55&	00:26&	00:09&	00:12&			
4	Wenche Brobakken						Synnfjell OK						59:09
05:58+	12:08+	23:49+	30:09+	38:56+	42:49+	49:08+	54:41+	57:49+	58:37+	59:09+			
05:58+	06:10+	11:41+	06:20+	08:47+	03:53+	06:19+	05:33+	03:08+	00:48+	00:32+			
03:25@	02:46&	06:51@	03:23@	06:54@	01:40&	02:25&	03:45@	01:35@	00:17&	00:14&			
Beste strekktid for klassen													
02:33	03:24	04:50	02:57	01:53	02:10	03:54	01:48	01:33	00:31	00:18			

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

Direkte N

1	Morten Engebretsen						Raumar Orientering						25:30
	03:31=	05:05=	08:45=	11:20=	16:32=	17:13=	20:37=	22:05=	24:06=	24:54=	25:30=		
	03:31=	01:34=	03:40=	02:35=	05:12=	00:41=	03:24=	01:28=	02:01=	00:48=	00:36=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Marte Skolsegg						Synnfjell OK						47:46
	05:18+	07:49+	12:54+	17:53+	28:41+	30:02+	39:36+	41:49+	46:04+	47:09+	47:46+		
	05:18+	02:31+	05:05+	04:59+	10:48+	01:21+	09:34+	02:13+	04:15+	01:05+	00:37+		
	01:47&	00:57&	01:25&	02:24&	05:36@	00:40&	06:10@	00:45&	02:14@	00:17&	00:01+		
3	Tina Bjørnstad						Raumar Orientering						1:15:47
	03:55+	05:54+	11:30+	23:35+	62:23+	63:06+	67:52+	70:48+	74:06+	75:12+	75:47+		
	03:55+	01:59+	05:36+	12:05+	38:48+	00:43+	04:46+	02:56+	03:18+	01:06+	00:35-		
	00:24#	00:25&	01:56&	09:30@	33:36@	00:02+	01:22&	01:28&	01:17&	00:18&	00:01-		
Beste strekktid for klassen													
	03:31	01:34	03:40	02:35	05:12	00:41	03:24	01:28	02:01	00:48	00:35		

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

H -10

Plass	Navn	Klasse	Tid
255	Lars Lien	Gjø-Vard OL	16:07
	02:34+ 05:05+ 06:52+ 08:13+ 10:10+ 12:02+ 13:31+ 15:07+ 15:45+ 16:07+		
	02:34+ 02:31+ 01:47+ 01:21+ 01:57+ 01:52+ 01:29+ 01:36+ 00:38+ 00:22+		
	02:34+ 02:31+ 01:47+ 01:21+ 01:57+ 01:52+ 01:29+ 01:36+ 00:38+ 00:22+		
257	Ole Edvard Snuggerud	Gjø-Vard OL	18:05
	02:38+ 05:05+ 08:54+ 10:16+ 12:14+ 14:18+ 15:40+ 17:10+ 17:42+ 18:05+		
	02:38+ 02:27+ 03:49+ 01:22+ 01:58+ 02:04+ 01:22+ 01:30+ 00:32+ 00:23+		
	02:38+ 02:27+ 03:49+ 01:22+ 01:58+ 02:04+ 01:22+ 01:30+ 00:32+ 00:23+		
258	Johannes Bjørke Sollien	OL Toten-Troll	33:19
	03:26+ 10:17+ 15:43+ 18:02+ 21:30+ 25:04+ 27:52+ 32:13+ 32:50+ 33:19+		
	03:26+ 06:51+ 05:26+ 02:19+ 03:28+ 03:34+ 02:48+ 04:21+ 00:37+ 00:29+		
	03:26+ 06:51+ 05:26+ 02:19+ 03:28+ 03:34+ 02:48+ 04:21+ 00:37+ 00:29+		
259	Harald Haanes Strandlie	Gjø-Vard OL	18:18
	02:31+ 05:25+ 07:54+ 09:35+ 12:01+ 14:01+ 15:29+ 17:11+ 17:58+ 18:18+		
	02:31+ 02:54+ 02:29+ 01:41+ 02:26+ 02:00+ 01:28+ 01:42+ 00:47+ 00:20+		
	02:31+ 02:54+ 02:29+ 01:41+ 02:26+ 02:00+ 01:28+ 01:42+ 00:47+ 00:20+		

Beste strekktid for klassen

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

H 11-12

1	Sune Raknes Sogstad	Gjø-Vard OL	19:14
	03:05= 05:01= 06:54= 08:39= 10:29= 11:50= 14:13= 16:17= 17:33= 18:53= 19:14=		
	03:05= 01:56= 01:53= 01:45= 01:50= 01:21= 02:23= 02:04= 01:16= 01:20= 00:21=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Even Bordal	Ringsaker OK	24:07
	02:50- 05:29+ 08:32+ 10:18+ 12:42+ 14:22+ 18:07+ 20:43+ 22:13+ 23:45+ 24:07+		
	02:50- 02:39+ 03:03+ 01:46+ 02:24+ 01:40+ 03:45+ 02:36+ 01:30+ 01:32+ 00:22+		
	00:15- 00:43& 01:10& 00:01+ 00:34& 00:19# 01:22& 00:32& 00:14# 00:12# 00:01+		
3	Peder Aabogen Haugaard	Skaukameratene OL	25:32
	02:37- 04:52- 07:26+ 08:50+ 11:22+ 13:03+ 18:26+ 21:37+ 22:46+ 25:14+ 25:32+		
	02:37- 02:15+ 02:34+ 01:24- 02:32+ 01:41+ 05:23+ 03:11+ 01:09- 02:28+ 00:18-		
	00:28- 00:19# 00:41& 00:21- 00:42& 00:20# 03:00@ 01:07& 00:07- 01:08& 00:03-		
4	Per Ingvar Tollehaug	Eiker OL	35:27
	03:10+ 06:21+ 10:25+ 12:06+ 16:00+ 19:34+ 26:07+ 29:46+ 31:22+ 35:06+ 35:27+		
	03:10+ 03:11+ 04:04+ 01:41- 03:54+ 03:34+ 06:33+ 03:39+ 01:36+ 03:44+ 00:21=		
	00:05+ 01:15& 02:11@ 00:04- 02:04@ 02:13@ 04:10@ 01:35& 00:20& 02:24@ 00:00=		

Beste strekktid for klassen

02:37 01:56 01:53 01:24 01:50 01:21 02:23 02:04 01:09 01:20 00:18

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

H 13-14

1	Jon Magnus Smestad	OL Toten-Troll	37:22
	05:00= 08:25= 09:23= 12:38= 15:46= 18:31= 20:44= 22:22= 26:07= 31:18= 34:24= 37:03= 37:22=		
	05:00= 03:25= 00:58= 03:15= 03:08= 02:45= 02:13= 01:38= 03:45= 05:11= 03:06= 02:39= 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=		
2	Elias Øhman	Gjø-Vard OL	37:32
	02:30- 05:10- 06:31- 09:51- 15:49+ 19:47+ 21:19+ 23:43+ 26:09+ 31:38+ 34:14- 37:11+ 37:32+		
	02:30- 02:40- 01:21+ 03:20+ 05:58+ 03:58+ 01:32- 02:24+ 02:26- 05:29+ 02:36- 02:57+ 00:21+		
	02:30- 00:45- 00:23& 00:05+ 02:50& 01:13& 00:41- 00:46& 01:19- 00:18+ 00:30- 00:18# 00:02#		

Beste strekktid for klassen

02:30 02:40 00:58 03:15 03:08 02:45 01:32 01:38 02:26 05:11 02:36 02:39 00:19

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

Plass	Navn										Klasse										Tid													
H 15-16																																		
1	Simen Ballangrud										Raufoss IL Orientering										50:08													
	01:45=	04:48=	07:23=	11:06=	19:56=	21:27=	27:47=	31:40=	33:21=	35:02=	36:15=	36:47=	39:33=	43:31=	45:23=	46:56=	49:50=	50:08=																
	01:45=	03:03=	02:35=	03:43=	08:50=	01:31=	06:20=	03:53=	01:41=	01:41=	01:13=	00:32=	02:46=	03:58=	01:52=	01:33=	02:54=	00:18=																
	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=																
Beste strekktid for klassen																																		
	01:45	03:03	02:35	03:43	08:50	01:31	06:20	03:53	01:41	01:41	01:13	00:32	02:46	03:58	01:52	01:33	02:54	00:18																
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																		
H 17-20																																		
1	Tor-Arve Bjørnstad Strand										Raumar Orientering										47:11													
	02:13=	07:32=	14:04=	15:36=	19:41=	22:43=	27:11=	33:08=	34:44=	38:51=	42:25=	44:00=	46:53=	47:11=																				
	02:13=	05:19=	06:32=	01:32=	04:05=	03:02=	04:28=	05:57=	01:36=	04:07=	03:34=	01:35=	02:53=	00:18=																				
	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																																		
	02:13	05:19	06:32	01:32	04:05	03:02	04:28	05:57	01:36	04:07	03:34	01:35	02:53	00:18																				
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																		
H 21-																																		
1	Håvard Lucassen										Vaajakosken Terä										34:44													
	01:29=	03:06=	08:18=	09:28=	10:37=	13:57=	14:43=	17:26=	18:03=	19:23=	22:48=	25:15=	26:08=	26:59=	29:21=	30:50=	31:53=	34:25=	34:44=															
	01:29=	01:37=	05:12=	01:10=	01:09=	03:20=	00:46=	02:43=	00:37=	01:20=	03:25=	02:27=	00:53=	00:51=	02:22=	01:29=	01:03=	02:32=	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=	00:00=	00:00=															
2	Per Melander Often										NTNUI										37:17													
	01:26-	03:21+	07:48-	09:35+	10:49+	13:37-	14:27-	17:36+	18:19+	19:41+	23:41+	26:25+	27:31+	28:32+	31:08+	33:02+	34:20+	36:59+	37:17+															
	01:26-	01:55+	04:27-	01:47+	01:14+	02:48-	00:50+	03:09+	00:43+	01:22+	04:00+	02:44+	01:06+	01:01+	02:36+	01:54+	01:18+	02:39+	00:18-															
	00:03-	00:18#	00:45-	00:37&	00:05+	00:32-	00:04+	00:26#	00:06#	00:02+	00:35#	00:17#	00:13#	00:10#	00:14+	00:25&	00:15#	00:07+	00:01-															
3	Eirik Rustad										Raumar Orientering										38:29													
	01:44+	03:39+	08:07-	09:38+	10:50+	13:29-	14:20-	17:30+	18:20+	19:44+	23:16+	26:08+	27:22+	28:25+	31:03+	34:17+	35:26+	38:12+	38:29+															
	01:44+	01:55+	04:28-	01:31+	01:12+	02:39-	00:51+	03:10+	00:50+	01:24+	03:32+	02:52+	01:14+	01:03+	02:38+	03:14+	01:09+	02:46+	00:17-															
	00:15#	00:18#	00:44-	00:21&	00:03+	00:41-	00:05#	00:27#	00:13&	00:04+	00:07+	00:25#	00:21&	00:12#	00:16#	01:45@	00:06+	00:14+	00:02-															
4	Bernt Bjørnsgaard										Lillehammer OK										42:34													
	01:38+	03:41+	09:11+	10:49+	12:18+	15:23+	16:37+	20:30+	21:49+	23:24+	26:49+	30:02+	31:12+	32:12+	35:10+	37:56+	39:03+	42:11+	42:34+															
	01:38+	02:03+	05:30+	01:38+	01:29+	03:05-	01:14+	03:53+	01:19+	01:35+	03:25=	03:13+	01:10+	01:00+	02:58+	02:46+	01:07+	03:08+	00:23+															
	00:09#	00:26&	00:18+	00:28&	00:20&	00:15-	00:28&	01:10&	00:42@	00:15#	00:00=	00:46&	00:17&	00:09#	00:36&	01:17&	00:04+	00:36#	00:04#															
5	Eskil Sande Gullord										Raumar Orientering										44:15													
	01:54+	03:58+	09:42+	10:59+	12:32+	15:48+	17:09+	20:34+	21:20+	23:00+	26:51+	30:30+	31:44+	32:47+	35:49+	39:43+	40:49+	43:57+	44:15+															
	01:54+	02:04+	05:44+	01:17+	01:33+	03:16-	01:21+	03:25+	00:46+	01:40+	03:51+	03:39+	01:14+	01:03+	03:02+	03:54+	01:06+	03:08+	00:18-															
	00:25&	00:27&	00:32#	00:07#	00:24&	00:04-	00:35&	00:42&	00:09#	00:20#	00:26#	01:12&	00:21&	00:12#	00:40&	02:25@	00:03+	00:36#	00:01-															
6	Haakon Ingvaldsen										Nydalens SK										45:14													
	01:36+	03:25+	11:19+	13:32+	14:45+	17:43+	18:31+	25:12+	25:57+	27:34+	31:24+	34:20+	35:22+	36:26+	39:16+	41:07+	42:04+	44:56+	45:14+															
	01:36+	01:49+	07:54+	02:13+	01:13+	02:58-	00:48+	06:41+	00:45+	01:37+	03:50+	02:56+	01:02+	01:04+	02:50+	01:51+	00:57-	02:52+	00:18-															
	00:07+	00:12#	02:42&	01:03&	00:04+	00:22-	00:02+	03:58@	00:08#	00:17#	00:25#	00:29#	00:09#	00:13&	00:28#	00:22#	00:06-	00:20#	00:01-															
7	Øystein Bakken										NTNUI										47:46													
	02:03+	04:07+	11:47+	13:05+	14:36+	18:02+	19:03+	22:23+	23:11+	24:58+	28:54+	32:21+	33:26+	35:16+	39:20+	42:17+	44:05+	47:25+	47:46+															
	02:03+	02:04+	07:40+	01:18+	01:31+	03:26+	01:01+	03:20+	00:48+	01:47+	03:56+	03:27+	01:05+	01:50+	04:04+	02:57+	01:48+	03:20+	00:21+															
	00:34&	00:27&	02:28&	00:08#	00:22&	00:06+	00:15&	00:37#	00:11&	00:27&	00:31#	01:00&	00:12#	00:59@	01:42&	01:28&	00:45&	00:48&	00:02#															
8	Klaus Klausen Espedal										NTNUI										48:22													
	01:37+	03:19+	09:46+	12:01+	13:34+	16:32+	18:16+	22:19+	25:49+	27:30+	31:34+	35:01+	36:29+	38:05+	41:23+	44:03+	45:06+	48:04+	48:22+															
	01:37+	01:42+	06:27+	02:15+	01:33+	02:58-	01:44+	04:03+	03:30+	01:41+	04:04+	03:27+	01:28+	01:36+	03:18+	02:40+	01:03=	02:58+	00:18-															
	00:08+	00:05+	01:15#	01:05&	00:24&	00:22-	00:58@	01:20&	02:53@	00:21&	00:39#	01:00&	00:35&	00:45&	00:56&	01:11&	00:00=	00:26#	00:01-															

Plass	Navn				Klasse				Tid			
9	Einar M. Often				Raumar Orientering				50:35			
	01:46+	03:58+	10:42+	12:29+	14:31+	19:41+	20:44+	25:37+	26:40+	31:01+	34:47+	38:10+
	01:46+	02:12+	06:44+	01:47+	02:02+	05:10+	01:03+	04:53+	01:03+	04:21+	03:46+	03:23+
	00:17#	00:35&	01:32&	00:37&	00:53&	01:50&	00:17&	02:10&	00:26&	03:01@	00:21#	00:56&
		00:14&	00:22&	00:25#	00:37&	00:48&	00:28#	00:02#				
10	Einar Lofthus				Hamar OK				54:38			
	02:06+	05:06+	14:10+	16:04+	17:44+	22:03+	23:11+	27:34+	28:43+	31:02+	35:28+	39:21+
	02:06+	03:00+	09:04+	01:54+	01:40+	04:19+	01:08+	04:23+	01:09+	02:19+	04:26+	03:53+
	00:37&	01:23&	03:52&	00:44&	00:31&	00:59&	00:22&	01:40&	00:32&	00:59&	01:01&	01:26&
		00:31&	00:31&	01:21&	01:05&	01:29@	00:47&	00:04#				
11	Per Magnus Dahl				Elverum OK				1:02:59			
	02:27+	04:57+	11:08+	13:23+	16:14+	23:47+	24:46+	34:59+	35:43+	37:20+	41:28+	46:41+
	02:27+	02:30+	06:11+	02:15+	02:51+	07:33+	00:59+	10:13+	00:44+	01:37+	04:08+	05:13+
	00:58&	00:53&	00:59#	01:05&	01:42@	04:13@	00:13&	07:30@	00:07#	00:17#	00:43#	02:46@
		01:05@	00:43&	00:12&	00:43&	00:17#	00:43#	02:46@	01:05@	00:43&	01:12&	02:14@
		00:26&	01:07&	00:02#								
12	Even Haug				OL Vallset/Stange				1:04:31			
	02:20+	05:12+	13:38+	18:00+	19:50+	24:44+	25:56+	32:38+	33:37+	36:00+	41:31+	46:13+
	02:20+	02:52+	08:26+	04:22+	01:50+	04:54+	01:12+	06:42+	00:59+	02:23+	05:31+	04:42+
	00:51&	01:15&	03:14&	03:12@	00:41&	01:34&	00:26&	03:59@	00:22&	01:03&	02:06&	02:15&
		00:54@	00:53@	02:27@	01:55@	00:46&	01:48&	00:06&				
13	Steinar Lyshaug				Synnfjell OK				1:05:55			
	02:38+	09:31+	16:06+	17:59+	25:00+	32:14+	33:13+	39:08+	40:06+	42:18+	47:29+	51:49+
	02:38+	06:53+	06:35+	01:53+	07:01+	07:14+	00:59+	05:55+	00:58+	02:12+	05:11+	04:20+
	01:09&	05:16@	01:23&	00:43&	05:52@	03:54@	00:13&	03:12@	00:21&	00:52&	01:46&	01:53&
		00:50&	00:23&	00:43&	01:09&	00:11#	01:11&	00:10&				
14	Steinar Bakken				Lillehammer OK				1:11:11			
	03:07+	09:54+	18:53+	21:08+	22:45+	29:36+	31:11+	35:52+	37:23+	39:47+	47:35+	52:19+
	03:07+	06:47+	08:59+	02:15+	01:37+	06:51+	01:35+	04:41+	01:31+	02:24+	07:48+	04:44+
	01:38@	05:10@	03:47&	01:05&	00:28&	03:31@	00:49@	01:58&	00:54@	01:04&	04:23@	02:17&
		00:34&	00:51&	04:24@	00:54&	01:04&	00:01+					
15	Marius Staff				OL Toten-Troll				1:23:03			
	04:24+	07:26+	23:54+	26:31+	29:33+	34:57+	37:36+	45:23+	47:41+	50:33+	56:37+	61:48+
	04:24+	03:02+	16:28+	02:37+	03:02+	05:24+	02:39+	07:47+	02:18+	02:52+	06:04+	05:11+
	02:55@	01:25&	11:16@	01:27@	01:53@	02:04&	01:53@	05:04@	01:41@	01:32@	02:39&	02:44@
		01:02@	01:40@	01:50&	03:19@	02:05@	01:43&	00:07&				
Beste strekktid for klassen												
	01:26	01:37	04:27	01:10	01:09	02:39	00:46	02:43	00:37	01:20	03:25	02:27
		00:53	00:51	02:22	01:29	00:57	02:32	00:17				
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H 40-												
1	Anders Sollien				OL Toten-Troll				39:22			
	02:09=	05:18=	10:09=	11:49=	16:06=	18:09=	22:02=	27:10=	28:28=	31:38=	34:42=	36:15=
	02:09=	03:09=	04:51=	01:40=	04:17=	02:03=	03:53=	05:08=	01:18=	03:10=	03:04=	01:33=
	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	Trond Flaskerud				OL Toten-Troll				46:10			
	02:38+	07:28+	12:55+	14:49+	19:33+	22:12+	27:32+	33:15+	34:42+	38:30+	41:30+	43:07+
	02:38+	04:50+	05:27+	01:54+	04:44+	02:39+	05:20+	05:43+	01:27+	03:48+	03:00-	01:37+
	00:29#	01:41&	00:36#	00:14#	00:36&	01:27&	00:35#	00:09#	00:38#	00:04-	00:04+	00:03-
		00:01-										
3	Per Olav Andersen				Halden SK				47:18			
	02:36+	05:14-	11:14+	13:44+	20:21+	22:19+	26:54+	32:53+	34:29+	38:21+	41:59+	43:44+
	02:36+	02:38-	06:00+	02:30+	06:37+	01:58-	04:35+	05:59+	01:36+	03:52+	03:38+	01:45+
	00:27#	00:31-	01:09#	00:50&	02:20&	00:05-	00:42#	00:51#	00:18#	00:42#	00:34#	00:12#
		00:27#										
Beste strekktid for klassen												
	02:09	02:38	04:51	01:40	04:17	01:58	03:53	05:08	01:18	03:10	03:00	01:33
		02:38										02:38
												00:25
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
H 45-												
1	Rune Scheele				Nydalens SK				32:06			
	01:34=	04:12=	05:37=	06:51=	10:29=	11:31=	14:33=	17:22=	18:47=	20:04=	21:05=	21:36=
	01:34=	02:38=	01:25=	01:14=	03:38=	01:02=	03:02=	02:49=	01:25=	01:17=	01:01=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Plass	Navn					Klasse					Tid									
2	Ståle Sønsterudbråten					Raumar Orientering					32:31									
	01:52+	05:10+	06:32+	07:54+	10:16-	11:24-	14:51+	17:18-	18:28-	19:53-	21:02-	21:32-	23:47-	26:57+	28:17+	29:43+	32:07+	32:31+		
	01:52+	03:18+	01:22-	01:22+	02:22-	01:08+	03:27+	02:27-	01:10-	01:25+	01:09+	00:30-	02:15-	03:10+	01:20+	01:26+	02:24-	00:24=		
	00:18#	00:40&	00:03-	00:08#	01:16-	00:06+	00:25#	00:22-	00:15-	00:08#	00:08#	00:01-	00:07-	00:27#	00:16#	00:05+	00:12-	00:00=		
3	Guttorm L Egge					Oslostudentenes IK					37:39									
	01:42+	04:38+	06:18+	08:01+	10:40+	12:27+	15:58+	18:37+	20:00+	21:29+	22:45+	24:39+	27:18+	31:53+	33:13+	34:42+	37:18+	37:39+		
	01:42+	02:56+	01:40+	01:43+	02:39-	01:47+	03:31+	02:39-	01:23-	01:29+	01:16+	01:54+	02:39+	04:35+	01:20+	01:29+	02:36=	00:21-		
	00:08+	00:18#	00:15#	00:29&	00:59-	00:45&	00:29#	00:10-	00:02-	00:12#	00:15#	01:23@	00:17#	01:52&	00:16#	00:08+	00:00=	00:03-		
4	Kai Solum					Rond OL					38:05									
	01:52+	05:21+	06:58+	08:41+	11:41+	13:19+	17:10+	19:54+	21:15+	22:54+	24:12+	24:43+	27:17+	31:21+	32:37+	34:19+	37:38+	38:05+		
	01:52+	03:29+	01:37+	01:43+	03:00-	01:38+	03:51+	02:44-	01:21-	01:39+	01:18+	00:31=	02:34+	04:04+	01:16+	01:42+	03:19+	00:27+		
	00:18#	00:51&	00:12#	00:29&	00:38-	00:36&	00:49&	00:05-	00:04-	00:22&	00:17&	00:00=	00:12+	01:21&	00:12#	00:21&	00:43&	00:03#		
5	Jan Erik Aalberg					Bækkelagets SK					46:23									
	01:49+	05:29+	06:54+	08:48+	11:45+	13:24+	19:50+	24:25+	25:55+	27:43+	29:13+	29:55+	34:01+	39:21+	40:53+	42:56+	46:02+	46:23+		
	01:49+	03:40+	01:25=	01:54+	02:57-	01:39+	06:26+	04:35+	01:30+	01:48+	01:30+	00:42+	04:06+	05:20+	01:32+	02:03+	03:06+	00:21-		
	00:15#	01:02&	00:00=	00:40&	00:41-	00:37&	03:24@	01:46&	00:05+	00:31&	00:29&	00:11&	01:44&	02:37&	00:28&	00:42&	00:30#	00:03-		
6	Frode Ødegårdstuen					Synnfjell OK					50:06									
	01:52+	05:47+	07:25+	09:13+	12:03+	13:37+	26:38+	29:55+	31:35+	33:28+	34:56+	36:37+	40:03+	43:35+	45:03+	47:02+	49:43+	50:06+		
	01:52+	03:55+	01:38+	01:48+	02:50-	01:34+	13:01+	03:17+	01:40+	01:53+	01:28+	01:41+	03:26+	03:32+	01:28+	01:59+	02:41+	00:23-		
	00:18#	01:17&	00:13#	00:34&	00:48-	00:32&	09:59@	00:28#	00:15#	00:36&	00:27&	01:10@	01:04&	00:49&	00:24&	00:38&	00:05+	00:01-		
Beste strekktid for klassen																				
	01:34	02:38	01:22	01:14	02:22	01:02	03:02	02:27	01:10	01:17	01:01	00:30	02:15	02:43	01:04	01:21	02:24	00:21		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
H 50-																				
1	Nils Harald Staff					OL Toten-Troll					40:50									
	01:37=	04:26=	05:47=	07:09=	13:03=	15:42=	19:03=	22:57=	24:11=	25:48=	27:04=	27:35=	29:51=	35:18=	36:33=	37:58=	40:29=	40:50=		
	01:37=	02:49=	01:21=	01:22=	05:54=	02:39=	03:21=	03:54=	01:14=	01:37=	01:16=	00:31=	02:16=	05:27=	01:15=	01:25=	02:31=	00:21=		
	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	Thor Inge Tollehaug					Eiker OL					43:11									
	01:46+	06:02+	07:42+	09:19+	12:35-	14:24-	20:44+	24:36+	26:19+	27:59+	29:09+	29:39+	32:08+	36:25+	38:10+	39:44+	42:48+	43:11+		
	01:46+	04:16+	01:40+	01:37+	03:16-	01:49-	06:20+	03:52-	01:43+	01:40+	01:10-	00:30-	02:29+	04:17-	01:45+	01:34+	03:04+	00:23+		
	00:09+	01:27&	00:19#	00:15#	02:38-	00:50-	02:59&	00:02-	00:29&	00:03+	00:06-	00:01-	00:13+	01:10-	00:30&	00:09#	00:33#	00:02+		
3	Bjarte Lindstad					OL Toten-Troll					43:32									
	01:50+	05:05+	06:38+	10:57+	13:51+	15:15-	19:06+	21:50-	23:22-	24:58-	26:29-	27:44+	30:43+	34:41-	37:40+	39:16+	43:09+	43:32+		
	01:50+	03:15+	01:33+	04:19+	02:54-	01:24-	03:51+	02:44-	01:32+	01:36-	01:31+	01:15+	02:59+	03:58-	02:59+	01:36+	03:53+	00:23+		
	00:13#	00:26#	00:12#	02:57@	03:00-	01:15-	00:30#	01:10-	00:18#	00:01-	00:15#	00:44@	00:43&	01:29-	01:44@	00:11#	01:22&	00:02+		
4	Per Arne Arnesen					Kolbotn og Skimt OL					44:13									
	01:56+	05:33+	07:04+	08:47+	11:45-	15:06-	19:27+	23:30+	25:42+	27:33+	29:03+	29:41+	33:06+	37:08+	38:56+	40:35+	43:45+	44:13+		
	01:56+	03:37+	01:31+	01:43+	02:58-	03:21+	04:21+	04:03+	02:12+	01:51+	01:30+	00:38+	03:25+	04:02-	01:48+	01:39+	03:10+	00:28+		
	00:19#	00:48&	00:10#	00:21&	02:56-	00:42&	01:00&	00:09+	00:58&	00:14#	00:14#	00:07#	01:09&	01:25-	00:33&	00:14#	00:39&	00:07&		
5	Knut Haug					OL Vallset/Stange					59:57									
	02:15+	08:00+	09:35+	12:07+	15:23+	18:32+	24:54+	30:11+	32:24+	34:48+	37:49+	42:40+	46:06+	52:02+	54:05+	56:03+	59:28+	59:57+		
	02:15+	05:45+	01:35+	02:32+	03:16-	03:09+	06:22+	05:17+	02:13+	02:24+	03:01+	04:51+	03:26+	05:56+	02:03+	01:58+	03:25+	00:29+		
	00:38&	02:56@	00:14#	01:10&	02:38-	00:30#	03:01&	01:23&	00:59&	00:47&	01:45@	04:20@	01:10&	00:29+	00:48&	00:33&	00:54&	00:08&		
6	Olav Bakken					Lillomarka OL					1:06:43									
	02:16+	08:02+	09:51+	14:36+	19:02+	21:28+	27:00+	33:17+	35:29+	38:05+	40:34+	42:20+	46:05+	51:10+	59:11+	61:44+	66:07+	66:43+		
	02:16+	05:46+	01:49+	04:45+	04:26-	05:32+	05:32+	06:17+	02:12+	02:36+	02:29+	01:46+	03:45+	05:05-	08:01+	02:33+	04:23+	00:36+		
	00:39&	02:57@	00:28&	03:23@	01:28-	00:13-	02:11&	02:23&	00:58&	00:59&	01:13&	01:15@	01:29&	00:22-	06:46@	01:08&	01:52&	00:15&		
Beste strekktid for klassen																				
	01:37	02:49	01:21	01:22	02:54	01:24	03:21	02:44	01:14	01:36	01:10	00:30	02:16	03:58	01:15	01:25	02:31	00:21		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
H 55-																				

Plass	Navn	Klasse	Tid
1	Terje Gudbrandsen	Hamar OK	32:21
03:49=	06:07=	09:59=	11:32=
03:49=	02:18=	03:52=	01:33=
00:00=	00:00=	00:00=	00:00=
2	Martin Granly	Lillomarka OL	33:49
03:51+	06:21+	10:24+	13:08+
03:51+	02:30+	04:03+	02:44+
00:02+	00:12+	00:11+	01:11&
3	Karl Aasmund Erøy	OK Moss	35:23
03:16-	05:50-	10:04+	13:29+
03:16-	02:34+	04:14+	03:25+
00:33-	00:16#	00:22+	01:52@
4	Magnar Often	Tynset IF	37:18
04:58+	07:21+	11:54+	13:31+
04:58+	02:23+	04:33+	01:37+
01:09&	00:05+	00:41#	00:04+
5	Stefan Gunnarsson	Kristinehamns OK	38:28
03:59+	06:50+	11:13+	13:16+
03:59+	02:51+	04:23+	02:03+
00:10+	00:33#	00:31#	00:30&
6	Øyvind Sørlie	Hadeland OL	39:21
03:37-	06:17+	16:50+	18:19+
03:37-	02:40+	10:33+	01:29-
00:12-	00:22#	06:41@	00:04-
7	Tor Strand	Raumar Orientering	39:22
05:01+	07:49+	12:08+	14:13+
05:01+	02:48+	04:19+	02:05+
01:12&	00:30#	00:27#	00:32&
8	Pål Woldstad Hanssen	Eiker OL	42:02
04:38+	08:27+	13:04+	15:04+
04:38+	03:49+	04:37+	02:00+
00:49#	01:31&	00:45#	00:27&
9	Øystein Holmen	Synnfjell OK	49:29
04:46+	07:53+	16:03+	18:06+
04:46+	03:07+	08:10+	02:03+
00:57#	00:49&	04:18@	00:30&
10	Kjell Joar Rognstad	Lillehammer OK	1:00:03
05:15+	08:59+	14:28+	17:59+
05:15+	03:44+	05:29+	03:31+
01:26&	01:26&	01:37&	01:58@
Beste strekktid for klassen			
03:16	02:18	03:52	01:29
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			

H 65-

1	Knut Skjeset	Vang OL	30:17
02:11=	03:21=	07:42=	09:11=
02:11=	01:10=	04:21=	01:29=
00:00=	00:00=	00:00=	00:00=
2	John Thomas Petersen	Nittedal OL	30:25
02:16+	03:32+	07:03-	09:54+
02:16+	01:16+	03:31-	02:51+
00:05+	00:06+	00:50-	01:22&
3	Hans A. Tingvold	Raufoss IL Orientering	31:56
02:39+	04:05+	08:13+	10:03+
02:39+	01:26+	04:08-	01:50+
00:28#	00:16#	00:13-	00:21#

Plass	Navn												Klasse	Tid
7	Harald Brekke												Hamar OK	55:33
	05:10+	07:13+	13:21+	15:37+	21:03+	29:09+	32:41+	37:35+	43:49+	46:52+	52:39+	55:00+	55:33+	
	05:10+	02:03+	06:08+	02:16+	05:26+	08:06+	03:32+	04:54+	06:14+	03:03+	05:47+	02:21+	00:33+	
	02:25&	00:21#	01:52&	00:19#	00:29+	03:58&	01:10&	01:31&	02:46&	00:37&	02:52&	00:32&	00:10&	
Beste strekktid for klassen														
	02:45	01:35	04:16	01:57	02:48	04:08	02:22	03:23	03:28	02:26	02:55	01:49	00:23	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
H 75-														
1	Svein Solerød												OL Toten-Troll	33:35
	05:44=	07:13=	10:37=	12:45=	14:49=	17:14=	21:01=	24:22=	26:31=	28:54=	33:02=	33:35=		
	05:44=	01:29=	03:24=	02:08=	02:04=	02:25=	03:47=	03:21=	02:09=	02:23=	04:08=	00:33=		
	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	Magnar Reppesgård												Hedrum OL	36:18
	02:53-	04:52-	08:08-	10:10-	12:26-	16:20-	20:35-	26:17+	28:47+	31:38+	35:48+	36:18+		
	02:53-	01:59+	03:16-	02:02-	02:16+	03:54+	04:15+	05:42+	02:30+	02:51+	04:10+	00:30-		
	02:51-	00:30&	00:08-	00:06-	00:12+	01:29&	00:28#	02:21&	00:21#	00:28#	00:02+	00:03-		
3	Bjørn Myhrmoen												Rond OL	38:37
	02:55-	04:39-	10:14-	12:34-	14:39-	18:30+	23:50+	28:27+	30:55+	33:46+	38:00+	38:37+		
	02:55-	01:44+	05:35+	02:20+	02:05+	03:51+	05:20+	04:37+	02:28+	02:51+	04:14+	00:37+		
	02:49-	00:15#	02:11&	00:12+	00:01+	01:26&	01:33&	01:16&	00:19#	00:28#	00:06+	00:04#		
4	Iver Rognstad												Hadeland OL	42:54
	03:04-	04:24-	08:34-	10:44-	14:02-	17:23+	23:53+	31:30+	34:03+	36:35+	42:19+	42:54+		
	03:04-	01:20-	04:10+	02:10+	03:18+	03:21+	06:30+	07:37+	02:33+	02:32+	05:44+	00:35+		
	02:40-	00:09-	00:46#	00:02+	01:14&	00:56&	02:43&	04:16@	00:24#	00:09+	01:36&	00:02+		
5	Jon Vegard Lunde												Lillehammer OK	44:15
	03:01-	04:34-	08:48-	10:53-	13:16-	16:26-	20:16-	31:14+	35:13+	38:17+	43:42+	44:15+		
	03:01-	01:33+	04:14+	02:05-	02:23+	03:10+	03:50+	10:58+	03:59+	03:04+	05:25+	00:33=		
	02:43-	00:04+	00:50#	00:03-	00:19#	00:45&	00:03+	07:37@	01:50&	00:41&	01:17&	00:00=		
Beste strekktid for klassen														
	02:53	01:20	03:16	02:02	02:04	02:25	03:47	03:21	02:09	02:23	04:08	00:30		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
N-åpen														
279	Nikolai Teslo												Hadeland OL	31:04
	04:36+	07:13+	11:45+	17:05+	20:56+	24:32+	29:11+	30:28+	31:04+					
	04:36+	02:37+	04:32+	05:20+	03:51+	03:36+	04:39+	01:17+	00:36+					
	04:36+	02:37+	04:32+	05:20+	03:51+	03:36+	04:39+	01:17+	00:36+					
280	Marte Stensby Fuglehaug												Gjø-Vard OL	17:06
	02:42+	04:12+	07:26+	09:58+	12:04+	13:33+	15:51+	16:37+	17:06+					
	02:42+	01:30+	03:14+	02:32+	02:06+	01:29+	02:18+	00:46+	00:29+					
	02:42+	01:30+	03:14+	02:32+	02:06+	01:29+	02:18+	00:46+	00:29+					
281	Elida Ulvesveen Roland												Synnfjell OK	26:44
	05:31+	07:36+	11:29+	15:35+	20:12+	22:03+	25:25+	26:13+	26:44+					
	05:31+	02:05+	03:53+	04:06+	04:37+	01:51+	03:22+	00:48+	00:31+					
	05:31+	02:05+	03:53+	04:06+	04:37+	01:51+	03:22+	00:48+	00:31+					
283	Aksel Holmen												Synnfjell OK	17:19
	02:52+	04:26+	07:29+	10:10+	12:14+	13:20+	16:08+	16:52+	17:19+					
	02:52+	01:34+	03:03+	02:41+	02:04+	01:06+	02:48+	00:44+	00:27+					
	02:52+	01:34+	03:03+	02:41+	02:04+	01:06+	02:48+	00:44+	00:27+					
285	Eline Kravdal												Gjø-Vard OL	36:30
	07:22+	10:51+	17:52+	23:43+	28:03+	30:31+	34:52+	35:49+	36:30+					
	07:22+	03:29+	07:01+	05:51+	04:20+	02:28+	04:21+	00:57+	00:41+					
	07:22+	03:29+	07:01+	05:51+	04:20+	02:28+	04:21+	00:57+	00:41+					

Plass	Navn								Klasse	Tid
286	Endre Solberg								Gjø-Vard OL	22:30
	04:05+	06:31+	11:06+	14:37+	17:28+	19:15+	21:24+	22:04+	22:30+	
	04:05+	02:26+	04:35+	03:31+	02:51+	01:47+	02:09+	00:40+	00:26+	
	04:05+	02:26+	04:35+	03:31+	02:51+	01:47+	02:09+	00:40+	00:26+	
287	Maja Kjeldsrud								Synnfjell OK	46:41
	07:55+	12:35+	22:53+	30:18+	35:03+	37:09+	44:54+	46:14+	46:41+	
	07:55+	04:40+	10:18+	07:25+	04:45+	02:06+	07:45+	01:20+	00:27+	
	07:55+	04:40+	10:18+	07:25+	04:45+	02:06+	07:45+	01:20+	00:27+	
288	Sigrid Skolsegg								Synnfjell OK	47:03
	08:25+	12:46+	23:17+	30:44+	35:16+	37:36+	45:16+	46:34+	47:03+	
	08:25+	04:21+	10:31+	07:27+	04:32+	02:20+	07:40+	01:18+	00:29+	
	08:25+	04:21+	10:31+	07:27+	04:32+	02:20+	07:40+	01:18+	00:29+	
289	Hedvig Røkke								IL Tyrving	24:19
	04:05+	06:01+	09:29+	12:51+	17:02+	19:03+	23:00+	23:54+	24:19+	
	04:05+	01:56+	03:28+	03:22+	04:11+	02:01+	03:57+	00:54+	00:25+	
	04:05+	01:56+	03:28+	03:22+	04:11+	02:01+	03:57+	00:54+	00:25+	
293	Iver Nordli Eriksen								Gjø-Vard OL	20:56
	03:31+	05:50+	09:40+	13:19+	15:46+	17:12+	19:46+	20:28+	20:56+	
	03:31+	02:19+	03:50+	03:39+	02:27+	01:26+	02:34+	00:42+	00:28+	
	03:31+	02:19+	03:50+	03:39+	02:27+	01:26+	02:34+	00:42+	00:28+	
294	Tage Raknes Sogstad								Gjø-Vard OL	36:41
	05:48+	11:13+	19:49+	25:16+	29:59+	32:28+	35:24+	36:08+	36:41+	
	05:48+	05:25+	08:36+	05:27+	04:43+	02:29+	02:56+	00:44+	00:33+	
	05:48+	05:25+	08:36+	05:27+	04:43+	02:29+	02:56+	00:44+	00:33+	
295	Even Nordli Eriksen								Gjø-Vard OL	21:04
	03:54+	05:56+	09:40+	13:23+	16:01+	17:25+	19:57+	20:36+	21:04+	
	03:54+	02:02+	03:44+	03:43+	02:38+	01:24+	02:32+	00:39+	00:28+	
	03:54+	02:02+	03:44+	03:43+	02:38+	01:24+	02:32+	00:39+	00:28+	
297	Jeppe August Grundtvig								Gjø-Vard OL	42:43
	04:19+	06:40+	11:19+	32:02+	37:23+	38:56+	41:14+	42:14+	42:43+	
	04:19+	02:21+	04:39+	20:43+	05:21+	01:33+	02:18+	01:00+	00:29+	
	04:19+	02:21+	04:39+	20:43+	05:21+	01:33+	02:18+	01:00+	00:29+	
298	Even Lien								Gjø-Vard OL	16:03
	02:47+	04:27+	06:59+	09:37+	11:38+	12:53+	14:58+	15:35+	16:03+	
	02:47+	01:40+	02:32+	02:38+	02:01+	01:15+	02:05+	00:37+	00:28+	
	02:47+	01:40+	02:32+	02:38+	02:01+	01:15+	02:05+	00:37+	00:28+	
299	Maren Henriksen								Halden SK	17:36
	02:57+	04:59+	07:46+	11:10+	13:25+	14:40+	16:39+	17:11+	17:36+	
	02:57+	02:02+	02:47+	03:24+	02:15+	01:15+	01:59+	00:32+	00:25+	
	02:57+	02:02+	02:47+	03:24+	02:15+	01:15+	01:59+	00:32+	00:25+	
300	Amund Flaskerud								OL Toten-Troll	24:52
	03:51+	06:23+	09:58+	15:02+	18:27+	20:30+	23:19+	24:23+	24:52+	
	03:51+	02:32+	03:35+	05:04+	03:25+	02:03+	02:49+	01:04+	00:29+	
	03:51+	02:32+	03:35+	05:04+	03:25+	02:03+	02:49+	01:04+	00:29+	

Beste strekktid for klassen

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