

Plass Navn

Klasse

Tid

D -10

|            |                                    |                                    |              |
|------------|------------------------------------|------------------------------------|--------------|
| <b>250</b> | <b>Live Raknes Sogstad</b>         | <b>Gjø-Vard OL</b>                 | <b>32:16</b> |
| 03:20+     | 06:54+ 09:54+ 13:35+ 18:40+ 24:16+ | 26:02+ 27:43+ 30:39+ 31:56+ 32:16+ |              |
| 03:20+     | 03:34+ 03:00+ 03:41+ 05:05+ 05:36+ | 01:46+ 01:41+ 02:56+ 01:17+ 00:20+ |              |
| 03:20+     | 03:34+ 03:00+ 03:41+ 05:05+ 05:36+ | 01:46+ 01:41+ 02:56+ 01:17+ 00:20+ |              |
| <b>251</b> | <b>Launy Wiseth</b>                | <b>Lillehammer OK</b>              | <b>51:03</b> |
| 04:29+     | 07:52+ 12:11+ 17:09+ 31:27+ 39:03+ | 41:10+ 44:56+ 48:02+ 50:39+ 51:03+ |              |
| 04:29+     | 03:23+ 04:19+ 04:58+ 14:18+ 07:36+ | 02:07+ 03:46+ 03:06+ 02:37+ 00:24+ |              |
| 04:29+     | 03:23+ 04:19+ 04:58+ 14:18+ 07:36+ | 02:07+ 03:46+ 03:06+ 02:37+ 00:24+ |              |
| <b>252</b> | <b>Marie Scheele</b>               | <b>Nydalens SK</b>                 | <b>38:19</b> |
| 04:15+     | 06:40+ 09:04+ 17:00+ 22:33+ 27:36+ | 29:39+ 31:52+ 36:29+ 37:57+ 38:19+ |              |
| 04:15+     | 02:25+ 02:24+ 07:56+ 05:33+ 05:03+ | 02:03+ 02:13+ 04:37+ 01:28+ 00:22+ |              |
| 04:15+     | 02:25+ 02:24+ 07:56+ 05:33+ 05:03+ | 02:03+ 02:13+ 04:37+ 01:28+ 00:22+ |              |
| <b>253</b> | <b>Selma Bjørnsgaard Lenndin</b>   | <b>Lillehammer OK</b>              | <b>43:01</b> |
| 04:18+     | 10:02+ 14:22+ 20:32+ 26:31+ 33:48+ | 35:47+ 37:47+ 40:43+ 42:40+ 43:01+ |              |
| 04:18+     | 05:44+ 04:20+ 06:10+ 05:59+ 07:17+ | 01:59+ 02:00+ 02:56+ 01:57+ 00:21+ |              |
| 04:18+     | 05:44+ 04:20+ 06:10+ 05:59+ 07:17+ | 01:59+ 02:00+ 02:56+ 01:57+ 00:21+ |              |
| <b>254</b> | <b>Marie Kravdal</b>               | <b>Gjø-Vard OL</b>                 | <b>26:54</b> |
| 04:20+     | 07:12+ 09:25+ 12:07+ 15:11+ 19:05+ | 20:53+ 22:28+ 25:24+ 26:32+ 26:54+ |              |
| 04:20+     | 02:52+ 02:13+ 02:42+ 03:04+ 03:54+ | 01:48+ 01:35+ 02:56+ 01:08+ 00:22+ |              |
| 04:20+     | 02:52+ 02:13+ 02:42+ 03:04+ 03:54+ | 01:48+ 01:35+ 02:56+ 01:08+ 00:22+ |              |

Beste strekktid for klassen

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

D 11-12

|          |                                    |                             |              |
|----------|------------------------------------|-----------------------------|--------------|
| <b>1</b> | <b>Kristine Kravdal</b>            | <b>Gjø-Vard OL</b>          | <b>20:53</b> |
| 02:29=   | 06:12= 10:13= 11:53= 15:17= 16:50= | 18:10= 19:39= 20:34= 20:53= |              |
| 02:29=   | 03:43= 04:01= 01:40= 03:24= 01:33= | 01:20= 01:29= 00:55= 00:19= |              |
| 00:00=   | 00:00= 00:00= 00:00= 00:00= 00:00= | 00:00= 00:00= 00:00= 00:00= |              |
| <b>2</b> | <b>Oda Scheele</b>                 | <b>Nydalens SK</b>          | <b>24:28</b> |
| 03:04+   | 05:50- 10:01- 15:29+ 18:36+ 20:02+ | 21:14+ 23:08+ 24:07+ 24:28+ |              |
| 03:04+   | 02:46- 04:11+ 05:28+ 03:07- 01:26- | 01:12- 01:54+ 00:59+ 00:21+ |              |
| 00:35#   | 00:57- 00:10+ 03:48@ 00:17- 00:07- | 00:08- 00:25& 00:04+ 00:02# |              |
| <b>3</b> | <b>Caroline Eide</b>               | <b>Gjø-Vard OL</b>          | <b>29:23</b> |
| 03:03+   | 06:39+ 14:27+ 17:43+ 22:25+ 24:08+ | 25:50+ 27:49+ 28:58+ 29:23+ |              |
| 03:03+   | 03:36- 07:48+ 03:16+ 04:42+ 01:43+ | 01:42+ 01:59+ 01:09+ 00:25+ |              |
| 00:34#   | 00:07- 03:47& 01:36& 01:18& 00:10# | 00:22& 00:30& 00:14& 00:06& |              |
| <b>4</b> | <b>Berthe Teslo</b>                | <b>Hadeland OL</b>          | <b>41:34</b> |
| 03:44+   | 07:47+ 15:22+ 28:25+ 32:20+ 34:19+ | 36:38+ 39:22+ 41:14+ 41:34+ |              |
| 03:44+   | 04:03+ 07:35+ 13:03+ 03:55+ 01:59+ | 02:19+ 02:44+ 01:52+ 00:20+ |              |
| 01:15&   | 00:20+ 03:34& 11:23@ 00:31#        | 00:26& 00:59& 01:15& 00:57@ | 00:01+       |

Beste strekktid for klassen

02:29 02:46 04:01 01:40 03:07 01:26 01:12 01:29 00:55 00:19

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

D 11-12N

|          |                             |                             |              |
|----------|-----------------------------|-----------------------------|--------------|
| <b>1</b> | <b>Astrid Rognstad</b>      | <b>Hadeland OL</b>          | <b>24:06</b> |
| 03:03=   | 06:25= 08:52= 11:31= 17:40= | 19:43= 21:52= 23:38= 24:06= |              |
| 03:03=   | 03:22= 02:27= 02:39= 04:30= | 01:39= 02:03= 02:09= 01:46= | 00:28=       |
| 00:00=   | 00:00= 00:00= 00:00= 00:00= | 00:00= 00:00= 00:00= 00:00= | 00:00=       |

| Class    | Navn                           | Klasse                 | Tid          |        |        |        |        |        |        |  |  |  |  |
|----------|--------------------------------|------------------------|--------------|--------|--------|--------|--------|--------|--------|--|--|--|--|
| <b>2</b> | <b>Marion Halvorsen Nustad</b> | <b>Øyer-Tretten IF</b> | <b>28:05</b> |        |        |        |        |        |        |  |  |  |  |
| 02:10-   | 15:12+                         | 16:46+                 | 18:40+       | 21:23+ | 22:56+ | 24:40+ | 26:28+ | 27:46+ | 28:05+ |  |  |  |  |
| 02:10-   | 13:02+                         | 01:34-                 | 01:54-       | 02:43- | 01:33- | 01:44- | 01:48- | 01:18- | 00:19- |  |  |  |  |
| 00:53-   | 09:40@                         | 00:53-                 | 00:45-       | 01:47- | 00:06- | 00:19- | 00:21- | 00:28- | 00:09- |  |  |  |  |

|          |                               |                 |              |        |        |        |        |        |        |  |  |  |  |
|----------|-------------------------------|-----------------|--------------|--------|--------|--------|--------|--------|--------|--|--|--|--|
| <b>3</b> | <b>Anna Louise Fredriksen</b> | <b>Botne SK</b> | <b>32:39</b> |        |        |        |        |        |        |  |  |  |  |
| 02:59-   | 11:43+                        | 14:04+          | 16:46+       | 20:45+ | 22:50+ | 25:42+ | 30:10+ | 32:14+ | 32:39+ |  |  |  |  |
| 02:59-   | 08:44+                        | 02:21-          | 02:42+       | 03:59- | 02:05+ | 02:52+ | 04:28+ | 02:04+ | 00:25- |  |  |  |  |
| 00:04-   | 05:22@                        | 00:06-          | 00:03+       | 00:31- | 00:26& | 00:49& | 02:19@ | 00:18# | 00:03- |  |  |  |  |

#### Beste strekktid for klassen

02:10 03:22 01:34 01:54 02:43 01:33 01:44 01:48 01:18 00:19

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

## D 13-14

|          |                      |                    |              |        |        |        |        |        |        |        |        |        |        |
|----------|----------------------|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Synne Solberg</b> | <b>Gjø-Vard OL</b> | <b>49:28</b> |        |        |        |        |        |        |        |        |        |        |
| 03:07=   | 03:59=               | 09:50=             | 13:10=       | 18:38= | 22:10= | 25:36= | 33:09= | 36:01= | 40:44= | 46:03= | 47:50= | 49:08= | 49:28= |
| 03:07=   | 00:52=               | 05:51=             | 03:20=       | 05:28= | 03:32= | 03:26= | 07:33= | 02:52= | 04:43= | 05:19= | 01:47= | 01:18= | 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= |

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|----------|--------------------------|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>2</b> | <b>Ingeborg Rognstad</b> | <b>Hadeland OL</b> | <b>51:08</b> |        |        |        |        |        |        |        |        |        |        |
| 03:15+   | 04:11+                   | 10:46+             | 14:05+       | 19:28+ | 23:06+ | 26:14+ | 37:35+ | 41:06+ | 44:45+ | 48:27+ | 50:00+ | 50:45+ | 51:08+ |
| 03:15+   | 00:56+                   | 06:35+             | 03:19-       | 05:23- | 03:38+ | 03:08- | 11:21+ | 03:31+ | 03:39- | 03:42- | 01:33- | 00:45- | 00:23+ |
| 00:08+   | 00:04+                   | 00:44#             | 00:01-       | 00:05- | 00:06+ | 00:18- | 03:48& | 00:39# | 01:04- | 01:37- | 00:14- | 00:33- | 00:03# |

|          |                                  |                    |              |        |        |        |        |        |        |        |        |        |        |
|----------|----------------------------------|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>3</b> | <b>Kristine Haanes Strandlie</b> | <b>Gjø-Vard OL</b> | <b>54:00</b> |        |        |        |        |        |        |        |        |        |        |
| 02:20-   | 03:01-                           | 09:59+             | 12:32-       | 24:37+ | 26:21+ | 29:12+ | 40:28+ | 44:02+ | 47:34+ | 51:17+ | 52:51+ | 53:38+ | 54:00+ |
| 02:20-   | 00:41-                           | 06:58+             | 02:33-       | 12:05+ | 01:44- | 02:51- | 11:16+ | 03:34+ | 03:32- | 03:43- | 01:34- | 00:47- | 00:22+ |
| 00:47-   | 00:11-                           | 01:07#             | 00:47-       | 06:37@ | 01:48- | 00:35- | 03:43& | 00:42# | 01:11- | 01:36- | 00:13- | 00:31- | 00:02# |

|          |                             |                          |              |        |        |        |        |        |        |        |        |        |        |
|----------|-----------------------------|--------------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>4</b> | <b>Ida Aabogen Haugaard</b> | <b>Skaukameratene OL</b> | <b>54:05</b> |        |        |        |        |        |        |        |        |        |        |
| 02:41-   | 03:35-                      | 08:55-                   | 15:46+       | 21:47+ | 24:41+ | 28:57+ | 36:23+ | 39:58+ | 45:31+ | 50:58+ | 52:54+ | 53:48+ | 54:05+ |
| 02:41-   | 00:54+                      | 05:20-                   | 06:51+       | 06:01+ | 02:54- | 04:16+ | 07:26- | 03:35+ | 05:33+ | 05:27+ | 01:56+ | 00:54- | 00:17- |
| 00:26-   | 00:02+                      | 00:31-                   | 03:31@       | 00:33# | 00:38- | 00:50# | 00:07- | 00:43# | 00:50# | 00:08+ | 00:09+ | 00:24- | 00:03- |

|          |                          |                    |                |        |        |        |        |        |        |        |        |        |        |
|----------|--------------------------|--------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>5</b> | <b>Ingvild Snuggerud</b> | <b>Gjø-Vard OL</b> | <b>1:16:20</b> |        |        |        |        |        |        |        |        |        |        |
| 03:40+   | 04:30+                   | 09:44-             | 14:47+         | 22:22+ | 27:10+ | 35:01+ | 46:00+ | 52:40+ | 59:23+ | 70:17+ | 74:24+ | 75:46+ | 76:20+ |
| 03:40+   | 00:50-                   | 05:14-             | 05:03+         | 07:35+ | 04:48+ | 07:51+ | 10:59+ | 06:40+ | 06:43+ | 10:54+ | 04:07+ | 01:22+ | 00:34+ |
| 00:33#   | 00:02-                   | 00:37-             | 01:43&         | 02:07& | 01:16& | 04:25@ | 03:26& | 03:48@ | 02:00& | 05:35@ | 02:20@ | 00:04+ | 00:14& |

#### Beste strekktid for klassen

02:20 00:41 05:14 05:23 01:44 02:51 07:26 02:52 03:32 03:42 01:33 00:45 00:17

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

## D 15-16

|          |                         |                    |                |        |        |        |        |        |        |        |        |  |  |
|----------|-------------------------|--------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|
| <b>1</b> | <b>Sigrid Snuggerud</b> | <b>Gjø-Vard OL</b> | <b>1:26:09</b> |        |        |        |        |        |        |        |        |  |  |
| 04:58=   | 19:12=                  | 24:23=             | 34:09=         | 38:12= | 53:41= | 61:35= | 68:28= | 73:17= | 84:54= | 85:42= | 86:09= |  |  |
| 04:58=   | 14:14=                  | 05:11=             | 09:46=         | 04:03= | 15:29= | 07:54= | 06:53= | 04:49= | 11:37= | 00:48= | 00:27= |  |  |
| 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

04:58 14:14 05:11 09:46 04:03 15:29 07:54 06:53 04:49 11:37 00:48 00:27

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

## D 21-

|          |                    |                    |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|--------------------|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Marte Narum</b> | <b>Konnerud IL</b> | <b>48:44</b> |        |        |        |        |        |        |        |        |        |        |        |
| 02:51=   | 11:16=             | 12:24=             | 20:17=       | 21:58= | 26:49= | 37:19= | 38:10= | 39:30= | 41:27= | 43:28= | 45:47= | 47:49= | 48:26= | 48:44= |
| 02:51=   | 08:25=             | 01:08=             | 07:53=       | 01:41= | 04:51= | 10:30= | 00:51= | 01:20= | 01:57= | 02:01= | 02:19= | 02:02= | 00:37= | 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= |

| Class | Navn | Klasse | Tid |
|-------|------|--------|-----|
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|          |                 |                            |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|-----------------|----------------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>2</b> | <b>Ine Hovi</b> | <b>Ås-NMBU Orientering</b> | <b>57:57</b> |        |        |        |        |        |        |        |        |        |        |        |
| 02:26-   | 12:28+          | 13:50+                     | 22:46+       | 24:47+ | 32:32+ | 45:25+ | 46:19+ | 47:46+ | 49:18+ | 51:44+ | 54:34+ | 56:56+ | 57:39+ | 57:57+ |
| 02:26-   | 10:02+          | 01:22+                     | 08:56+       | 02:01+ | 07:45+ | 12:53+ | 00:54+ | 01:27+ | 01:32- | 02:26+ | 02:50+ | 02:22+ | 00:43+ | 00:18= |
| 00:25-   | 01:37#          | 00:14#                     | 01:03#       | 00:20# | 02:54# | 02:23# | 00:03+ | 00:07+ | 00:25- | 00:25# | 00:31# | 00:20# | 00:06# | 00:00= |

|          |                        |             |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|------------------------|-------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>3</b> | <b>Marta Ulvensøen</b> | <b>NTNU</b> | <b>59:22</b> |        |        |        |        |        |        |        |        |        |        |        |
| 03:33+   | 14:20+                 | 15:46+      | 25:15+       | 28:08+ | 35:36+ | 46:29+ | 47:26+ | 49:24+ | 50:57+ | 53:21+ | 55:46+ | 58:19+ | 59:04+ | 59:22+ |
| 03:33+   | 10:47+                 | 01:26+      | 09:29+       | 02:53+ | 07:28+ | 10:53+ | 00:57+ | 01:58+ | 01:33- | 02:24+ | 02:25+ | 02:33+ | 00:45+ | 00:18= |
| 00:42#   | 02:22&                 | 00:18&      | 01:36#       | 01:12& | 02:37& | 00:23+ | 00:06# | 00:38& | 00:24- | 00:23# | 00:06+ | 00:31& | 00:08# | 00:00= |

|          |                                 |                    |                |        |        |        |        |        |        |        |        |        |        |        |
|----------|---------------------------------|--------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>4</b> | <b>Ingeborg Ellegaard Melby</b> | <b>Nydalens SK</b> | <b>1:00:03</b> |        |        |        |        |        |        |        |        |        |        |        |
| 04:11+   | 16:05+                          | 17:29+             | 26:38+         | 29:05+ | 35:33+ | 46:16+ | 47:10+ | 49:10+ | 51:05+ | 53:37+ | 56:25+ | 59:02+ | 59:44+ | 60:03+ |
| 04:11+   | 11:54+                          | 01:24+             | 09:09+         | 02:27+ | 06:28+ | 10:43+ | 00:54+ | 02:00+ | 01:55- | 02:32+ | 02:48+ | 02:37+ | 00:42+ | 00:19+ |
| 01:20&   | 03:29&                          | 00:16#             | 01:16#         | 00:46& | 01:37& | 00:13+ | 00:03+ | 00:40& | 00:02- | 00:31& | 00:29# | 00:35& | 00:05# | 00:01+ |

|          |                                |                 |                |        |        |        |        |        |        |        |        |        |        |        |
|----------|--------------------------------|-----------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>5</b> | <b>Nina Jeanette Tollehaug</b> | <b>Eiker OL</b> | <b>1:15:51</b> |        |        |        |        |        |        |        |        |        |        |        |
| 04:03+   | 16:43+                         | 18:29+          | 30:34+         | 33:21+ | 40:12+ | 53:30+ | 57:09+ | 59:36+ | 62:42+ | 66:36+ | 71:35+ | 74:37+ | 75:30+ | 75:51+ |
| 04:03+   | 12:40+                         | 01:46+          | 12:05+         | 02:47+ | 06:51+ | 13:18+ | 03:39+ | 02:27+ | 03:06+ | 03:54+ | 04:59+ | 03:02+ | 00:53+ | 00:21+ |
| 01:12&   | 04:15&                         | 00:38&          | 04:12&         | 01:06& | 02:00& | 02:48& | 02:48@ | 01:09& | 01:53& | 02:40@ | 01:00& | 00:16& | 00:03# |        |

|          |                          |                 |                |        |        |        |        |        |        |        |        |        |        |        |
|----------|--------------------------|-----------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>6</b> | <b>Nora Hui Andersen</b> | <b>Hamar OK</b> | <b>1:16:16</b> |        |        |        |        |        |        |        |        |        |        |        |
| 10:02+   | 20:32+                   | 22:27+          | 34:54+         | 37:31+ | 46:38+ | 58:47+ | 60:02+ | 62:11+ | 65:33+ | 69:03+ | 72:29+ | 75:14+ | 75:57+ | 76:16+ |
| 10:02+   | 10:30+                   | 01:55+          | 12:27+         | 02:37+ | 09:07+ | 12:09+ | 01:15+ | 02:09+ | 03:22+ | 03:30+ | 03:26+ | 02:45+ | 00:43+ | 00:19+ |
| 07:11@   | 02:05#                   | 00:47&          | 04:34&         | 00:56& | 04:16& | 01:39# | 00:24& | 00:49& | 01:25& | 01:29& | 01:07& | 00:43& | 00:06# | 00:01+ |

|          |                      |                           |                |        |        |        |        |        |        |        |        |        |        |        |
|----------|----------------------|---------------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>7</b> | <b>Kaisa Svergja</b> | <b>Raumar Orientering</b> | <b>1:28:02</b> |        |        |        |        |        |        |        |        |        |        |        |
| 21:57+   | 34:58+               | 36:58+                    | 47:29+         | 50:18+ | 58:31+ | 70:32+ | 71:41+ | 73:35+ | 77:47+ | 81:00+ | 84:26+ | 87:00+ | 87:44+ | 88:02+ |
| 21:57+   | 13:01+               | 02:00+                    | 10:31+         | 02:49+ | 08:13+ | 12:01+ | 01:09+ | 01:54+ | 04:12+ | 03:13+ | 03:26+ | 02:34+ | 00:44+ | 00:18= |
| 19:06@   | 04:36&               | 00:52&                    | 02:38&         | 01:08& | 03:22& | 01:31# | 00:18& | 00:34& | 02:15@ | 01:12& | 01:07& | 00:32& | 00:07# | 00:00= |

|                                    |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| <b>Beste strekktid for klassen</b> |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| 02:26                              | 08:25 | 01:08 | 07:53 | 01:41 | 04:51 | 10:30 | 00:51 | 01:20 | 01:32 | 02:01 | 02:19 | 02:02 | 00:37 | 00:18 |

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

### D 35-

|          |                                   |                          |                |        |        |        |        |        |        |        |        |  |  |  |
|----------|-----------------------------------|--------------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|--|
| <b>1</b> | <b>Ann Helen Aabogen Haugaard</b> | <b>Skaukameratene OL</b> | <b>1:12:06</b> |        |        |        |        |        |        |        |        |  |  |  |
| 02:42=   | 24:58=                            | 26:46=                   | 39:22=         | 42:12= | 47:40= | 59:41= | 62:34= | 66:52= | 69:47= | 71:40= | 72:06= |  |  |  |
| 02:42=   | 22:16=                            | 01:48=                   | 12:36=         | 02:50= | 05:28= | 12:01= | 02:53= | 04:18= | 02:55= | 01:53= | 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= |  |  |  |

|                                    |       |       |       |       |       |       |       |       |       |       |       |  |  |  |
|------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|
| <b>Beste strekktid for klassen</b> |       |       |       |       |       |       |       |       |       |       |       |  |  |  |
| 02:42                              | 22:16 | 01:48 | 12:36 | 02:50 | 05:28 | 12:01 | 02:53 | 04:18 | 02:55 | 01:53 | 00:26 |  |  |  |

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

### D 40-

|          |                          |                    |              |        |        |        |        |        |        |        |        |  |  |  |
|----------|--------------------------|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|--|
| <b>1</b> | <b>Else Kari Scheele</b> | <b>Nydalens SK</b> | <b>58:51</b> |        |        |        |        |        |        |        |        |  |  |  |
| 02:17=   | 15:35=                   | 17:08=             | 27:16=       | 29:23= | 33:48= | 43:16= | 46:39= | 54:39= | 56:49= | 58:31= | 58:51= |  |  |  |
| 02:17=   | 13:18=                   | 01:33=             | 10:08=       | 02:07= | 04:25= | 09:28= | 03:23= | 08:00= | 02:10= | 01:42= | 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= |  |  |  |

|          |                                   |                       |              |        |        |        |        |        |        |        |        |  |  |  |
|----------|-----------------------------------|-----------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|--|
| <b>2</b> | <b>Kristine Sollien Flaskerud</b> | <b>OL Toten-Troll</b> | <b>59:19</b> |        |        |        |        |        |        |        |        |  |  |  |
| 02:17=   | 16:37+                            | 19:10+                | 30:03+       | 32:51+ | 38:56+ | 48:16+ | 53:05+ | 55:14+ | 57:33+ | 58:58+ | 59:19+ |  |  |  |
| 02:17=   | 14:20+                            | 02:33+                | 10:53+       | 02:48+ | 06:05+ | 09:20- | 04:49+ | 02:09- | 02:19+ | 01:25- | 00:21+ |  |  |  |
| 00:00=   | 01:02+                            | 01:00&                | 00:45+       | 00:41& | 01:40& | 00:08- | 01:26& | 05:51- | 00:09+ | 00:17- | 00:01+ |  |  |  |

|          |                         |                           |                |        |        |        |        |        |        |        |        |  |  |  |
|----------|-------------------------|---------------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|--|
| <b>3</b> | <b>Audrun Utskarpen</b> | <b>Oslostudentenes IK</b> | <b>1:00:29</b> |        |        |        |        |        |        |        |        |  |  |  |
| 02:55+   | 16:52+                  | 18:40+                    | 31:50+         | 34:44+ | 40:26+ | 50:58+ | 53:37+ | 55:56+ | 58:32+ | 60:06+ | 60:29+ |  |  |  |
| 02:55+   | 13:57+                  | 01:48+                    | 13:10+         | 02:54+ | 05:42+ | 10:32+ | 02:39- | 02:19- | 02:36+ | 01:34- | 00:23+ |  |  |  |
| 00:38&   | 00:39+                  | 00:15#                    | 03:02&         | 00:47& | 01:17& | 01:04# | 00:44- | 05:41- | 00:26# | 00:08- | 00:03# |  |  |  |

|                                    |       |       |       |       |       |       |       |       |       |       |       |  |  |  |
|------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|
| <b>Beste strekktid for klassen</b> |       |       |       |       |       |       |       |       |       |       |       |  |  |  |
| 02:17                              | 13:18 | 01:33 | 10:08 | 02:07 | 04:25 | 09:20 | 02:39 | 02:09 | 02:10 | 01:25 | 00:20 |  |  |  |

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

### D 45-

|          |                             |                           |              |        |        |        |        |        |        |        |        |
|----------|-----------------------------|---------------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Anne Marit Bordal</b>    | <b>Ringsaker OK</b>       | <b>48:25</b> |        |        |        |        |        |        |        |        |
| 03:46=   | 09:23=                      | 11:41=                    | 16:21=       | 18:37= | 31:37= | 34:50= | 38:01= | 41:03= | 47:08= | 48:03= | 48:25= |
| 03:46=   | 05:37=                      | 02:18=                    | 04:40=       | 02:16= | 13:00= | 03:13= | 03:11= | 03:02= | 06:05= | 00:55= | 00:22= |
| 00:00=   | 00:00=                      | 00:00=                    | 00:00=       | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| <b>2</b> | <b>Ane Bjørnsgaard</b>      | <b>Lillehammer OK</b>     | <b>53:33</b> |        |        |        |        |        |        |        |        |
| 03:59+   | 10:15+                      | 12:47+                    | 17:51+       | 20:23+ | 33:44+ | 37:15+ | 40:56+ | 45:01+ | 52:14+ | 53:05+ | 53:33+ |
| 03:59+   | 06:16+                      | 02:32+                    | 05:04+       | 02:32+ | 13:21+ | 03:31+ | 03:41+ | 04:05+ | 07:13+ | 00:51- | 00:28+ |
| 00:13+   | 00:39#                      | 00:14#                    | 00:24+       | 00:16# | 00:21+ | 00:18+ | 00:30# | 01:03& | 01:08# | 00:04- | 00:06& |
| <b>3</b> | <b>Unn Mette Klopbakken</b> | <b>Synnfjell OK</b>       | <b>55:12</b> |        |        |        |        |        |        |        |        |
| 04:53+   | 12:12+                      | 14:48+                    | 21:06+       | 24:11+ | 36:59+ | 40:50+ | 44:48+ | 47:57+ | 54:01+ | 54:50+ | 55:12+ |
| 04:53+   | 07:19+                      | 02:36+                    | 06:18+       | 03:05+ | 12:48- | 03:51+ | 03:58+ | 03:09+ | 06:04- | 00:49- | 00:22= |
| 01:07&   | 01:42&                      | 00:18#                    | 01:38&       | 00:49& | 00:12- | 00:38# | 00:47# | 00:07+ | 00:01- | 00:06- | 00:00= |
| <b>4</b> | <b>Anita Stenseth</b>       | <b>Synnfjell OK</b>       | <b>56:25</b> |        |        |        |        |        |        |        |        |
| 04:21+   | 11:10+                      | 13:54+                    | 19:02+       | 24:24+ | 38:30+ | 41:47+ | 45:53+ | 49:17+ | 55:06+ | 56:00+ | 56:25+ |
| 04:21+   | 06:49+                      | 02:44+                    | 05:08+       | 05:22+ | 14:06+ | 03:17+ | 04:06+ | 03:24+ | 05:49- | 00:54- | 00:25+ |
| 00:35#   | 01:12#                      | 00:26#                    | 00:28#       | 03:06@ | 01:06+ | 00:04+ | 00:55& | 00:22# | 00:16- | 00:01- | 00:03# |
| <b>5</b> | <b>Astrid Ruud</b>          | <b>Nittedal OL</b>        | <b>59:08</b> |        |        |        |        |        |        |        |        |
| 03:57+   | 12:08+                      | 14:43+                    | 19:31+       | 25:12+ | 39:41+ | 43:18+ | 47:39+ | 52:34+ | 58:06+ | 58:48+ | 59:08+ |
| 03:57+   | 08:11+                      | 02:35+                    | 04:48+       | 05:41+ | 14:29+ | 03:37+ | 04:21+ | 04:55+ | 05:32- | 00:42- | 00:20- |
| 00:11+   | 02:34&                      | 00:17#                    | 00:08+       | 03:25@ | 01:29# | 00:24# | 01:10& | 01:53& | 00:33- | 00:13- | 00:02- |
| <b>6</b> | <b>Anne Grete Austad</b>    | <b>Raumar Orientering</b> | <b>59:33</b> |        |        |        |        |        |        |        |        |
| 04:33+   | 14:26+                      | 17:03+                    | 21:57+       | 27:20+ | 41:25+ | 45:04+ | 48:52+ | 52:12+ | 58:19+ | 59:11+ | 59:33+ |
| 04:33+   | 09:53+                      | 02:37+                    | 04:54+       | 05:23+ | 14:05+ | 03:39+ | 03:48+ | 03:20+ | 06:07+ | 00:52- | 00:22= |
| 00:47#   | 04:16&                      | 00:19#                    | 00:14+       | 03:07@ | 01:05+ | 00:26# | 00:37# | 00:18+ | 00:02+ | 00:03- | 00:00= |
| 03:46    | 05:37                       | 02:18                     | 04:40        | 02:16  | 12:48  | 03:13  | 03:11  | 03:02  | 05:32  | 00:42  | 00:20  |

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

### D 50-

|          |                              |                          |                |        |        |        |        |        |        |         |         |
|----------|------------------------------|--------------------------|----------------|--------|--------|--------|--------|--------|--------|---------|---------|
| <b>1</b> | <b>Vanja Staff</b>           | <b>OL Toten-Troll</b>    | <b>50:19</b>   |        |        |        |        |        |        |         |         |
| 05:13=   | 11:05=                       | 13:38=                   | 18:18=         | 20:46= | 34:39= | 38:17= | 40:25= | 43:39= | 48:53= | 49:55=  | 50:19=  |
| 05:13=   | 05:52=                       | 02:33=                   | 04:40=         | 02:28= | 13:53= | 03:38= | 02:08= | 03:14= | 05:14= | 01:02=  | 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=  |
| <b>2</b> | <b>Mona Bugge Haug</b>       | <b>OL Vallset/Stange</b> | <b>56:04</b>   |        |        |        |        |        |        |         |         |
| 04:23-   | 11:53+                       | 14:29+                   | 19:11+         | 22:13+ | 39:30+ | 42:38+ | 44:38+ | 47:24+ | 54:43+ | 55:37+  | 56:04+  |
| 04:23-   | 07:30+                       | 02:36+                   | 04:42+         | 03:02+ | 17:17+ | 03:08- | 02:00- | 02:46- | 07:19+ | 00:54-  | 00:27+  |
| 00:50-   | 01:38&                       | 00:03+                   | 00:02+         | 00:34# | 03:24# | 00:30- | 00:08- | 00:28- | 02:05& | 00:08-  | 00:03#  |
| <b>3</b> | <b>Unni Halvorsen Nustad</b> | <b>Øyer-Tretten IF</b>   | <b>1:01:02</b> |        |        |        |        |        |        |         |         |
| 06:21+   | 12:24+                       | 14:56+                   | 21:39+         | 25:11+ | 41:25+ | 46:43+ | 49:35+ | 52:31+ | 59:49+ | 60:39+  | 61:02+  |
| 06:21+   | 06:03+                       | 02:32-                   | 06:43+         | 03:32+ | 16:14+ | 05:18+ | 02:52+ | 02:56- | 07:18+ | 00:50-  | 00:23-  |
| 01:08#   | 00:11+                       | 00:01-                   | 02:03&         | 01:04& | 02:21# | 01:40& | 00:44& | 00:18- | 02:04& | 00:12-  | 00:01-  |
| <b>4</b> | <b>Tone Bakken</b>           | <b>Lillomarka OL</b>     | <b>1:05:28</b> |        |        |        |        |        |        |         |         |
| 05:03-   | 15:42+                       | 19:23+                   | 31:06+         | 33:50+ | 47:55+ | 51:22+ | 53:05+ | 56:28+ | 64:03+ | 65:00+  | 65:28+  |
| 05:03-   | 10:39+                       | 03:41+                   | 11:43+         | 02:44+ | 14:05+ | 03:27- | 01:43- | 03:23+ | 07:35+ | 00:57-  | 00:28+  |
| 00:10-   | 04:47&                       | 01:08&                   | 07:03@         | 00:16# | 00:12+ | 00:11- | 00:25- | 00:09+ | 02:21& | 00:05-  | 00:04#  |
| <b>5</b> | <b>Gro Ellegaard</b>         | <b>Hamar OK</b>          | <b>1:41:31</b> |        |        |        |        |        |        |         |         |
| 10:12+   | 21:41+                       | 25:57+                   | 33:00+         | 36:40+ | 61:14+ | 66:29+ | 69:30+ | 87:32+ | 99:14+ | 100:56+ | 101:31+ |
| 10:12+   | 11:29+                       | 04:16+                   | 07:03+         | 03:40+ | 24:34+ | 05:15+ | 03:01+ | 18:02+ | 11:42+ | 01:42+  | 00:35+  |
| 04:59&   | 05:37&                       | 01:43&                   | 02:23&         | 01:12& | 10:41& | 01:37& | 00:53& | 14:48@ | 06:28@ | 00:40&  | 00:11&  |
| 04:23    | 05:52                        | 02:32                    | 04:40          | 02:28  | 13:53  | 03:08  | 01:43  | 02:46  | 05:14  | 00:50   | 00:23   |

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

### D 55-

|          |                         |                     |              |        |        |        |        |        |        |        |        |        |
|----------|-------------------------|---------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Wenche Bjørnstad</b> | <b>Ringsaker OK</b> | <b>51:43</b> |        |        |        |        |        |        |        |        |        |
| 04:29=   | 17:43=                  | 20:15=              | 23:14=       | 32:48= | 35:57= | 38:13= | 41:25= | 43:45= | 48:17= | 50:02= | 51:12= | 51:43= |
| 04:29=   | 13:14=                  | 02:32=              | 02:59=       | 09:34= | 03:09= | 02:16= | 03:12= | 02:20= | 04:32= | 01:45= | 01:10= | 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= |

#### Beste strekktid for klassen

04:29 13:14 02:32 02:59 09:34 03:09 02:16 03:12 02:20 04:32 01:45 01:10 00:31

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

### D 60-

|          |                      |                    |              |        |        |        |        |        |        |        |        |        |
|----------|----------------------|--------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Gro Solnørdal</b> | <b>Rudsbygd IL</b> | <b>52:08</b> |        |        |        |        |        |        |        |        |        |
| 05:14=   | 15:00=               | 18:03=             | 20:38=       | 33:19= | 37:26= | 39:38= | 42:50= | 45:04= | 48:39= | 50:30= | 51:43= | 52:08= |
| 05:14=   | 09:46=               | 03:03=             | 02:35=       | 12:41= | 04:07= | 02:12= | 03:12= | 02:14= | 03:35= | 01:51= | 01:13= | 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= |

|          |                         |                         |              |        |        |        |        |        |        |        |        |        |
|----------|-------------------------|-------------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>2</b> | <b>Britt Gunnarsson</b> | <b>Kristinehamns OK</b> | <b>53:09</b> |        |        |        |        |        |        |        |        |        |
| 04:50-   | 18:25+                  | 21:12+                  | 26:17+       | 35:03+ | 38:49+ | 41:10+ | 44:16+ | 46:25+ | 49:52+ | 51:40+ | 52:46+ | 53:09+ |
| 04:50-   | 13:35+                  | 02:47-                  | 05:05+       | 08:46- | 03:46- | 02:21+ | 03:06- | 02:09- | 03:27- | 01:48- | 01:06- | 00:23- |
| 00:24-   | 03:49&                  | 00:16-                  | 02:30&       | 03:55- | 00:21- | 00:09+ | 00:06- | 00:05- | 00:08- | 00:03- | 00:07- | 00:02- |

#### Beste strekktid for klassen

04:50 09:46 02:47 02:35 08:46 03:46 02:12 03:06 02:09 03:27 01:48 01:06 00:23

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

### D 65-

|          |                         |                           |                |        |        |        |        |        |        |        |
|----------|-------------------------|---------------------------|----------------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Sidsel Sandelien</b> | <b>Heming Orientering</b> | <b>1:12:05</b> |        |        |        |        |        |        |        |
| 06:21=   | 19:40=                  | 25:23=                    | 43:53=         | 46:26= | 59:28= | 61:31= | 65:23= | 67:19= | 71:20= | 72:05= |
| 06:21=   | 13:19=                  | 05:43=                    | 18:30=         | 02:33= | 13:02= | 02:03= | 03:52= | 01:56= | 04:01= | 00:45= |
| 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

06:21 13:19 05:43 18:30 02:33 13:02 02:03 03:52 01:56 04:01 00:45

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

### D 70-

|          |                           |                  |              |        |        |        |        |        |        |        |
|----------|---------------------------|------------------|--------------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Margith Reppesgård</b> | <b>Hedrum OL</b> | <b>49:01</b> |        |        |        |        |        |        |        |
| 04:39=   | 14:36=                    | 18:54=           | 31:53=       | 34:44= | 40:32= | 42:00= | 44:48= | 46:04= | 48:30= | 49:01= |
| 04:39=   | 09:57=                    | 04:18=           | 12:59=       | 02:51= | 05:48= | 01:28= | 02:48= | 01:16= | 02:26= | 00:31= |
| 00:00=   | 00:00=                    | 00:00=           | 00:00=       | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |

|          |                       |                    |                |        |        |        |        |        |        |        |
|----------|-----------------------|--------------------|----------------|--------|--------|--------|--------|--------|--------|--------|
| <b>2</b> | <b>Lajla Tidemann</b> | <b>Gjø-Vard OL</b> | <b>1:00:24</b> |        |        |        |        |        |        |        |
| 06:14+   | 16:31+                | 21:22+             | 38:56+         | 40:52+ | 50:15+ | 52:05+ | 55:09+ | 57:06+ | 59:53+ | 60:24+ |
| 06:14+   | 10:17+                | 04:51+             | 17:34+         | 01:56- | 09:23+ | 01:50+ | 03:04+ | 01:57+ | 02:47+ | 00:31= |
| 01:35&   | 00:20+                | 00:33#             | 04:35&         | 00:55- | 03:35& | 00:22# | 00:16+ | 00:41& | 00:21# | 00:00= |

|          |                           |                 |                |        |        |        |        |        |        |        |
|----------|---------------------------|-----------------|----------------|--------|--------|--------|--------|--------|--------|--------|
| <b>3</b> | <b>Inger Johanne Ruud</b> | <b>Hamar OK</b> | <b>1:07:15</b> |        |        |        |        |        |        |        |
| 08:22+   | 22:14+                    | 27:16+          | 45:16+         | 46:51+ | 56:38+ | 59:03+ | 62:09+ | 63:53+ | 66:43+ | 67:15+ |
| 08:22+   | 13:52+                    | 05:02+          | 18:00+         | 01:35- | 09:47+ | 02:25+ | 03:06+ | 01:44+ | 02:50+ | 00:32+ |
| 03:43&   | 03:55&                    | 00:44#          | 05:01&         | 01:16- | 03:59& | 00:57& | 00:18# | 00:28& | 00:24# | 00:01+ |

#### Beste strekktid for klassen

04:39 09:57 04:18 12:59 01:35 05:48 01:28 02:48 01:16 02:26 00:31

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

### Direkte A

|          |                                  |                     |                |        |        |        |        |        |        |        |        |        |
|----------|----------------------------------|---------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Andreas Huber</b>             | <b>Hamar OK</b>     | <b>35:59</b>   |        |        |        |        |        |        |        |        |        |
| 03:13=   | 10:47=                           | 12:31=              | 14:23=         | 21:16= | 23:42= | 25:21= | 27:54= | 29:47= | 33:14= | 34:43= | 35:34= | 35:59= |
| 03:13=   | 07:34=                           | 01:44=              | 01:52=         | 06:53= | 02:26= | 01:39= | 02:33= | 01:53= | 03:27= | 01:29= | 00:51= | 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= |
| <b>2</b> | <b>Trygve Rognstad</b>           | <b>Hadeland OL</b>  | <b>40:58</b>   |        |        |        |        |        |        |        |        |        |
| 03:52+   | 12:41+                           | 15:02+              | 17:09+         | 25:30+ | 28:25+ | 30:04+ | 33:05+ | 35:05+ | 38:12+ | 39:38+ | 40:32+ | 40:58+ |
| 03:52+   | 08:49+                           | 02:21+              | 02:07+         | 08:21+ | 02:55+ | 01:39+ | 03:01+ | 02:00+ | 03:07- | 01:26- | 00:54+ | 00:26+ |
| 00:39#   | 01:15#                           | 00:37&              | 00:15#         | 01:28# | 00:29# | 00:00= | 00:28# | 00:07+ | 00:20- | 00:03- | 00:03+ | 00:01+ |
| <b>3</b> | <b>Per Olav Andersen</b>         | <b>Halden SK</b>    | <b>41:23</b>   |        |        |        |        |        |        |        |        |        |
| 04:04+   | 12:52+                           | 14:57+              | 17:10+         | 26:14+ | 29:01+ | 30:43+ | 33:31+ | 35:29+ | 38:30+ | 40:09+ | 41:00+ | 41:23+ |
| 04:04+   | 08:48+                           | 02:05+              | 02:13+         | 09:04+ | 02:47+ | 01:42+ | 02:48+ | 01:58+ | 03:01- | 01:39+ | 00:51= | 00:23- |
| 00:51&   | 01:14#                           | 00:21#              | 00:21#         | 02:11& | 00:21# | 00:03+ | 00:15+ | 00:05+ | 00:26- | 00:10# | 00:00= | 00:02- |
| <b>4</b> | <b>Stein Arne Negård</b>         | <b>Vang OL</b>      | <b>41:30</b>   |        |        |        |        |        |        |        |        |        |
| 03:46+   | 12:30+                           | 14:34+              | 16:58+         | 24:58+ | 28:11+ | 30:22+ | 33:03+ | 35:06+ | 38:18+ | 40:03+ | 41:06+ | 41:30+ |
| 03:46+   | 08:44+                           | 02:04+              | 02:24+         | 08:00+ | 03:13+ | 02:11+ | 02:41+ | 02:03+ | 03:12- | 01:45+ | 01:03+ | 00:24- |
| 00:33#   | 01:10#                           | 00:20#              | 00:32&         | 01:07# | 00:47& | 00:32& | 00:08+ | 00:10+ | 00:15- | 00:16# | 00:12# | 00:01- |
| <b>5</b> | <b>Kjersti Rønning</b>           | <b>NOTEAM</b>       | <b>41:54</b>   |        |        |        |        |        |        |        |        |        |
| 03:22+   | 10:46-                           | 12:54+              | 15:11+         | 26:13+ | 28:53+ | 30:32+ | 33:20+ | 35:12+ | 38:14+ | 40:33+ | 41:28+ | 41:54+ |
| 03:22+   | 07:24-                           | 02:08+              | 02:17+         | 11:02+ | 02:40+ | 01:39+ | 02:48+ | 01:52- | 03:02- | 02:19+ | 00:55+ | 00:26+ |
| 00:09+   | 00:10-                           | 00:24#              | 00:25#         | 04:09& | 00:14+ | 00:00= | 00:15+ | 00:01- | 00:25- | 00:50& | 00:04+ | 00:01+ |
| <b>6</b> | <b>Christine Turtur Sandvold</b> | <b>NTNU1</b>        | <b>49:22</b>   |        |        |        |        |        |        |        |        |        |
| 04:21+   | 13:51+                           | 17:10+              | 19:31+         | 28:24+ | 31:40+ | 36:23+ | 39:36+ | 41:37+ | 45:54+ | 47:46+ | 48:58+ | 49:22+ |
| 04:21+   | 09:30+                           | 03:19+              | 02:21+         | 08:53+ | 03:16+ | 04:43+ | 03:13+ | 02:01+ | 04:17+ | 01:52+ | 01:12+ | 00:24- |
| 01:08&   | 01:56&                           | 01:35&              | 00:29&         | 02:00& | 00:50& | 03:04@ | 00:40& | 00:08+ | 00:50# | 00:23& | 00:21& | 00:01- |
| <b>7</b> | <b>Gunn Elin Rudi</b>            | <b>Hadeland OL</b>  | <b>52:51</b>   |        |        |        |        |        |        |        |        |        |
| 05:05+   | 15:50+                           | 18:27+              | 21:36+         | 31:58+ | 36:25+ | 38:41+ | 42:42+ | 45:01+ | 49:28+ | 51:27+ | 52:25+ | 52:51+ |
| 05:05+   | 10:45+                           | 02:37+              | 03:09+         | 10:22+ | 04:27+ | 02:16+ | 04:01+ | 02:19+ | 04:27+ | 01:59+ | 00:58+ | 00:26+ |
| 01:52&   | 03:11&                           | 00:53&              | 01:17&         | 03:29& | 02:01& | 00:37& | 01:28& | 00:26# | 01:00& | 00:30& | 00:07# | 00:01+ |
| <b>8</b> | <b>Hanne Holmen</b>              | <b>Synnfjell OK</b> | <b>1:14:28</b> |        |        |        |        |        |        |        |        |        |
| 13:30+   | 27:26+                           | 31:18+              | 34:29+         | 48:06+ | 53:16+ | 56:20+ | 60:37+ | 63:28+ | 69:43+ | 72:19+ | 73:52+ | 74:28+ |
| 13:30+   | 13:56+                           | 03:52+              | 03:11+         | 13:37+ | 05:10+ | 03:04+ | 04:17+ | 02:51+ | 06:15+ | 02:36+ | 01:33+ | 00:36+ |
| 10:17@   | 06:22&                           | 02:08@              | 01:19&         | 06:44& | 02:44@ | 01:25& | 01:44& | 00:58& | 02:48& | 01:07& | 00:42& | 00:11& |
| <b>9</b> | <b>Yngve Mobråthen</b>           | <b>Botne SK</b>     | <b>1:17:23</b> |        |        |        |        |        |        |        |        |        |
| 07:40+   | 23:41+                           | 27:09+              | 31:15+         | 45:50+ | 51:23+ | 56:04+ | 62:15+ | 65:49+ | 71:59+ | 75:06+ | 76:50+ | 77:23+ |
| 07:40+   | 16:01+                           | 03:28+              | 04:06+         | 14:35+ | 05:33+ | 04:41+ | 06:11+ | 03:34+ | 06:10+ | 03:07+ | 01:44+ | 00:33+ |
| 04:27@   | 08:27@                           | 01:44&              | 02:14@         | 07:42@ | 03:07@ | 03:02@ | 03:38@ | 01:41& | 02:43& | 01:38@ | 00:53@ | 00:08& |

### Beste strekktid for klassen

03:13 07:24 01:44 01:52 06:53 02:26 01:39 02:33 01:52 03:01 01:26 00:51 00:23

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

### Direkte C

|          |                             |                            |              |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|-----------------------------|----------------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Brage Askeli</b>         | <b>Gjø-Vard OL</b>         | <b>32:24</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:16=   | 03:30=                      | 06:36=                     | 07:40=       | 09:13= | 10:39= | 15:10= | 18:50= | 22:44= | 23:47= | 25:04= | 26:11= | 29:34= | 30:50= | 32:04= | 32:24= |
| 02:16=   | 01:14=                      | 03:06=                     | 01:04=       | 01:33= | 01:26= | 04:31= | 03:40= | 03:54= | 01:03= | 01:17= | 01:07= | 03:23= | 01:16= | 01:14= | 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= | 00:00= | 00:00= |
| <b>2</b> | <b>Bjørn Sverre Gulheim</b> | <b>Kolbotn og Skimt OL</b> | <b>35:56</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:43+   | 03:56+                      | 05:48-                     | 07:21-       | 09:04- | 13:01+ | 20:40+ | 22:28+ | 25:33+ | 27:04+ | 28:37+ | 29:58+ | 33:15+ | 34:56+ | 35:41+ | 35:56+ |
| 02:43+   | 01:13-                      | 01:52-                     | 01:33+       | 01:43+ | 03:57+ | 07:39+ | 01:48- | 03:05- | 01:31+ | 01:33+ | 01:21+ | 03:17- | 01:41+ | 00:45- | 00:15- |
| 00:27#   | 00:01-                      | 01:14-                     | 00:29&       | 00:10# | 02:31@ | 03:08& | 01:52- | 00:49- | 00:28& | 00:16# | 00:14# | 00:06- | 00:25& | 00:29- | 00:05- |
| <b>3</b> | <b>Erik Haugen</b>          | <b>Ringsaker OK</b>        | <b>39:52</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:15+   | 04:47+                      | 08:10+                     | 09:49+       | 11:52+ | 13:49+ | 20:16+ | 22:29+ | 26:03+ | 27:46+ | 29:24+ | 31:13+ | 36:08+ | 38:05+ | 39:25+ | 39:52+ |
| 03:15+   | 01:32+                      | 03:23+                     | 01:39+       | 02:03+ | 01:57+ | 06:27+ | 02:13- | 03:34- | 01:43+ | 01:38+ | 01:49+ | 04:55+ | 01:57+ | 01:20+ | 00:27+ |
| 00:59&   | 00:18#                      | 00:17+                     | 00:35&       | 00:30& | 00:31& | 01:56& | 01:27- | 00:20- | 00:40& | 00:21& | 00:42& | 01:32& | 00:41& | 00:06+ | 00:07& |

| Class    | Navn                    | Klasse              |        |        |        |        |        |        |        |        |        | Tid            |        |        |        |  |  |
|----------|-------------------------|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|--------|--------|--|--|
| <b>5</b> | <b>Wenche Brobakken</b> | <b>Synnfjell OK</b> |        |        |        |        |        |        |        |        |        | <b>1:30:31</b> |        |        |        |  |  |
| 05:03+   | 08:04+                  | 12:15+              | 15:48+ | 26:20+ | 29:36+ | 46:43+ | 50:14+ | 56:08+ | 58:27+ | 60:25+ | 66:42+ | 83:19+         | 88:17+ | 89:56+ | 90:31+ |  |  |
| 05:03+   | 03:01+                  | 04:11+              | 03:33+ | 10:32+ | 03:16+ | 17:07+ | 03:31- | 05:54+ | 02:19+ | 01:58+ | 06:17+ | 16:37+         | 04:58+ | 01:39+ | 00:35+ |  |  |
| 02:47@   | 01:47@                  | 01:05&              | 02:29@ | 08:59@ | 01:50@ | 12:36@ | 00:09- | 02:00& | 01:16@ | 00:41& | 05:10@ | 13:14@         | 03:42@ | 00:25& | 00:15& |  |  |

#### Beste strekktid for klassen

02:16 01:13 01:52 01:04 01:33 01:26 04:31 01:48 03:05 01:03 01:17 01:07 03:17 01:16 00:45 00:15

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

## Direkte N

|          |                       |                           |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |
|----------|-----------------------|---------------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|
| <b>1</b> | <b>Tina Bjørnstad</b> | <b>Raumar Orientering</b> |  |  |  |  |  |  |  |  |  | <b>45:04</b> |  |  |  |  |  |
|----------|-----------------------|---------------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|

03:32= 08:20= 12:27= 25:22= 28:37= 33:46= 36:14= 38:41= 43:19= 44:34= 45:04=  
 03:32= 04:48= 04:07= 12:55= 03:15= 05:09= 02:28= 02:27= 04:38= 01:15= 00:30=  
 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

03:32 04:48 04:07 12:55 03:15 05:09 02:28 02:27 04:38 01:15 00:30

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

## H -10

|            |                  |                    |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |
|------------|------------------|--------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|
| <b>255</b> | <b>Lars Lien</b> | <b>Gjø-Vard OL</b> |  |  |  |  |  |  |  |  |  | <b>37:56</b> |  |  |  |  |  |
|------------|------------------|--------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|

07:54+ 10:17+ 12:27+ 15:11+ 24:00+ 30:27+ 32:16+ 33:55+ 36:36+ 37:36+ 37:56+  
 07:54+ 02:23+ 02:10+ 02:44+ 08:49+ 06:27+ 01:49+ 01:39+ 02:41+ 01:00+ 00:20+  
 07:54+ 02:23+ 02:10+ 02:44+ 08:49+ 06:27+ 01:49+ 01:39+ 02:41+ 01:00+ 00:20+

|            |                             |                    |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |
|------------|-----------------------------|--------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|
| <b>257</b> | <b>Ole Edvard Snuggerud</b> | <b>Gjø-Vard OL</b> |  |  |  |  |  |  |  |  |  | <b>39:13</b> |  |  |  |  |  |
|------------|-----------------------------|--------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|

03:48+ 15:16+ 17:46+ 21:30+ 25:07+ 31:34+ 33:31+ 35:12+ 37:46+ 38:48+ 39:13+  
 03:48+ 11:28+ 02:30+ 03:44+ 03:37+ 06:27+ 01:57+ 01:41+ 02:34+ 01:02+ 00:25+  
 03:48+ 11:28+ 02:30+ 03:44+ 03:37+ 06:27+ 01:57+ 01:41+ 02:34+ 01:02+ 00:25+

|            |                                |                    |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |
|------------|--------------------------------|--------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|
| <b>259</b> | <b>Harald Haanes Strandlie</b> | <b>Gjø-Vard OL</b> |  |  |  |  |  |  |  |  |  | <b>36:55</b> |  |  |  |  |  |
|------------|--------------------------------|--------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|

03:38+ 06:43+ 09:02+ 16:04+ 23:04+ 29:25+ 31:18+ 32:52+ 35:37+ 36:37+ 36:55+  
 03:38+ 03:05+ 02:19+ 07:02+ 07:00+ 06:21+ 01:53+ 01:34+ 02:45+ 01:00+ 00:18+  
 03:38+ 03:05+ 02:19+ 07:02+ 07:00+ 06:21+ 01:53+ 01:34+ 02:45+ 01:00+ 00:18+

#### Beste strekktid for klassen

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

## H 11-12

|          |                            |                    |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |
|----------|----------------------------|--------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|
| <b>1</b> | <b>Sune Raknes Sogstad</b> | <b>Gjø-Vard OL</b> |  |  |  |  |  |  |  |  |  | <b>25:46</b> |  |  |  |  |  |
|----------|----------------------------|--------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|

05:26= 10:33= 15:37= 17:18= 20:30= 22:00= 23:15= 24:38= 25:28= 25:46=  
 05:26= 05:07= 05:04= 01:41= 03:12= 01:30= 01:15= 01:23= 00:50= 00:18=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

|          |                    |                     |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |
|----------|--------------------|---------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|
| <b>2</b> | <b>Even Bordal</b> | <b>Ringsaker OK</b> |  |  |  |  |  |  |  |  |  | <b>32:46</b> |  |  |  |  |  |
|----------|--------------------|---------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|

03:01- 06:06- 20:20+ 22:22+ 26:08+ 27:54+ 29:32+ 31:15+ 32:26+ 32:46+  
 03:01- 03:05- 14:14+ 02:02+ 03:46+ 01:46+ 01:38+ 01:43+ 01:11+ 00:20+  
 02:25- 02:02- 09:10@ 00:21# 00:34# 00:16# 00:23& 00:20# 00:21& 00:02#

|          |                      |                       |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |
|----------|----------------------|-----------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|
| <b>3</b> | <b>Sigurd Kvamme</b> | <b>OL Toten-Troll</b> |  |  |  |  |  |  |  |  |  | <b>52:47</b> |  |  |  |  |  |
|----------|----------------------|-----------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|

03:34- 11:15+ 24:00+ 29:18+ 38:58+ 42:26+ 45:56+ 49:32+ 51:36+ 52:47+  
 03:34- 07:41+ 12:45+ 05:18+ 09:40+ 03:28+ 03:30+ 03:36+ 02:04+ 01:11+  
 01:52- 02:34& 07:41@ 03:37@ 06:28@ 01:58@ 02:15@ 02:13@ 01:14@ 00:53@

|          |                               |                          |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |
|----------|-------------------------------|--------------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|
| <b>4</b> | <b>Peder Aabogen Haugaard</b> | <b>Skaukameratene OL</b> |  |  |  |  |  |  |  |  |  | <b>54:35</b> |  |  |  |  |  |
|----------|-------------------------------|--------------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|

10:58+ 14:18+ 38:55+ 42:48+ 46:42+ 48:38+ 50:29+ 52:57+ 54:18+ 54:35+  
 10:58+ 03:20- 24:37+ 03:53+ 03:54+ 01:56+ 01:51+ 02:28+ 01:21+ 00:17-  
 05:32@ 01:47- 19:33@ 02:12@ 00:42# 00:26& 00:36& 01:05& 00:31& 00:01-

| Class    | Navn                        | Klasse          | Tid          |        |        |        |        |        |        |  |  |  |  |  |
|----------|-----------------------------|-----------------|--------------|--------|--------|--------|--------|--------|--------|--|--|--|--|--|
| <b>5</b> | <b>Per Ingvar Tollehaug</b> | <b>Eiker OL</b> | <b>58:33</b> |        |        |        |        |        |        |  |  |  |  |  |
| 13:55+   | 17:27+                      | 41:18+          | 47:26+       | 51:13+ | 53:21+ | 54:51+ | 56:55+ | 58:14+ | 58:33+ |  |  |  |  |  |
| 13:55+   | 03:32-                      | 23:51+          | 06:08+       | 03:47+ | 02:08+ | 01:30+ | 02:04+ | 01:19+ | 00:19+ |  |  |  |  |  |
| 08:29@   | 01:35-                      | 18:47@          | 04:27@       | 00:35# | 00:38& | 00:15# | 00:41& | 00:29& | 00:01+ |  |  |  |  |  |

### Beste strekktid for klassen

03:01 03:05 05:04 01:41 03:12 01:30 01:15 01:23 00:50 00:17

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

## H 13-14

|          |                           |                       |              |        |        |        |        |        |        |        |        |        |        |
|----------|---------------------------|-----------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Jon Magnus Smestad</b> | <b>OL Toten-Troll</b> | <b>39:29</b> |        |        |        |        |        |        |        |        |        |        |
| 02:30=   | 03:07=                    | 07:26=                | 10:25=       | 14:14= | 16:07= | 19:50= | 26:22= | 28:48= | 33:43= | 36:55= | 38:16= | 39:13= | 39:29= |
| 02:30=   | 00:37=                    | 04:19=                | 02:59=       | 03:49= | 01:53= | 03:43= | 06:32= | 02:26= | 04:55= | 03:12= | 01:21= | 00:57= | 00:16= |
| 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

02:30 00:37 04:19 02:59 03:49 01:53 03:43 06:32 02:26 04:55 03:12 01:21 00:57 00:16

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

## H 15-16

|          |                        |                     |              |        |        |        |        |        |        |        |        |        |        |
|----------|------------------------|---------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Johannes Bordal</b> | <b>Ringsaker OK</b> | <b>52:13</b> |        |        |        |        |        |        |        |        |        |        |
| 02:07=   | 16:07=                 | 17:30=              | 26:27=       | 28:56= | 33:32= | 41:24= | 44:06= | 48:23= | 50:21= | 51:54= | 52:13= |        |        |
| 02:07=   | 14:00=                 | 01:23=              | 08:57=       | 02:29= | 04:36= | 07:52= | 02:42= | 04:17= | 01:58= | 01:33= | 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= |

|          |                     |                          |              |        |        |        |        |        |        |        |        |  |  |
|----------|---------------------|--------------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|
| <b>2</b> | <b>Sverre Narum</b> | <b>OL Vallset/Stange</b> | <b>52:21</b> |        |        |        |        |        |        |        |        |  |  |
| 02:09+   | 13:10-              | 14:38-                   | 26:58+       | 29:38+ | 34:12+ | 43:05+ | 45:14+ | 47:44- | 49:46- | 52:03+ | 52:21+ |  |  |
| 02:09+   | 11:01-              | 01:28+                   | 12:20+       | 02:40+ | 04:34- | 08:53+ | 02:09- | 02:30- | 02:02+ | 02:17+ | 00:18- |  |  |
| 00:02+   | 02:59-              | 00:05+                   | 03:23&       | 00:11+ | 00:02- | 01:01# | 00:33- | 01:47- | 00:04+ | 00:44& | 00:01- |  |  |

### Beste strekktid for klassen

02:07 11:01 01:23 08:57 02:29 04:34 07:52 02:09 02:30 01:58 01:33 00:18

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

## H 17-20

|          |                                  |                           |                |        |        |        |        |        |        |        |        |        |        |        |
|----------|----------------------------------|---------------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Tor-Arve Bjørnstad Strand</b> | <b>Raumar Orientering</b> | <b>1:11:03</b> |        |        |        |        |        |        |        |        |        |        |        |
| 04:09=   | 18:23=                           | 20:28=                    | 31:36=         | 34:03= | 41:09= | 53:04= | 55:03= | 56:52= | 60:07= | 63:43= | 66:53= | 69:40= | 70:44= | 71:03= |
| 04:09=   | 14:14=                           | 02:05=                    | 11:08=         | 02:27= | 07:06= | 11:55= | 01:59= | 01:49= | 03:15= | 03:36= | 03:10= | 02:47= | 01:04= | 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= |

### Beste strekktid for klassen

04:09 14:14 02:05 11:08 02:27 07:06 11:55 01:59 01:49 03:15 03:36 03:10 02:47 01:04 00:19

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

## H 21-

|          |                        |                         |              |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|------------------------|-------------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Håvard Lucassen</b> | <b>Vaajakosken Terä</b> | <b>42:45</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:04=   | 08:42=                 | 09:47=                  | 11:55=       | 18:47= | 20:08= | 23:03= | 29:24= | 30:27= | 33:11= | 34:20= | 35:26= | 38:15= | 40:04= | 41:50= | 42:27= | 42:45= |
| 01:04=   | 07:38=                 | 01:05=                  | 02:08=       | 06:52= | 01:21= | 02:55= | 06:21= | 01:03= | 02:44= | 01:09= | 01:06= | 02:49= | 01:49= | 01:46= | 00:37= | 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= |

|          |                           |              |              |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|---------------------------|--------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>2</b> | <b>Per Melander Oftan</b> | <b>NTNUI</b> | <b>47:17</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:13+   | 10:14+                    | 11:22+       | 13:43+       | 21:17+ | 23:02+ | 25:42+ | 32:45+ | 34:05+ | 36:35+ | 37:51+ | 39:50+ | 42:09+ | 44:24+ | 46:20+ | 47:01+ | 47:17+ |
| 01:13+   | 09:01+                    | 01:08+       | 02:21+       | 07:34+ | 01:45+ | 02:40- | 07:03+ | 01:20+ | 02:30- | 01:16+ | 01:59+ | 02:19- | 02:15+ | 01:56+ | 00:41+ | 00:16- |
| 00:09#   | 01:23#                    | 00:03+       | 00:13#       | 00:42# | 00:24& | 00:15- | 00:42# | 00:17& | 00:14- | 00:07# | 00:53& | 00:30- | 00:26# | 00:10+ | 00:04# | 00:02- |



| Class     | Navn                         | Klasse                    | Tid            |        |        |        |        |        |        |        |        |        |         |         |         |         |
|-----------|------------------------------|---------------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|
| <b>3</b>  | <b>Eirik Rustad</b>          | <b>Raumar Orientering</b> | <b>48:37</b>   |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 01:10+    | 09:35+                       | 10:46+                    | 13:01+         | 21:00+ | 22:28+ | 25:33+ | 33:03+ | 34:25+ | 37:00+ | 38:46+ | 41:00+ | 43:44+ | 46:04+  | 47:49+  | 48:22+  | 48:37+  |
| 01:10+    | 08:25+                       | 01:11+                    | 02:15+         | 07:59+ | 01:28+ | 03:07+ | 07:43+ | 01:22+ | 02:35- | 01:46+ | 02:14+ | 02:44- | 02:20+  | 01:45-  | 00:33-  | 00:15-  |
| 00:06+    | 00:47#                       | 00:06+                    | 00:07+         | 01:07# | 00:07+ | 00:10+ | 01:09# | 00:19& | 00:09- | 00:37& | 01:08@ | 00:05- | 00:31&  | 00:01-  | 00:04-  | 00:03-  |
| <b>4</b>  | <b>Trygve Tømta</b>          | <b>Raumar Orientering</b> | <b>48:48</b>   |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 01:10+    | 09:41+                       | 10:57+                    | 13:36+         | 22:00+ | 23:42+ | 26:49+ | 34:32+ | 35:55+ | 38:43+ | 40:11+ | 41:36+ | 43:39+ | 45:57+  | 47:46+  | 48:32+  | 48:48+  |
| 01:10+    | 08:31+                       | 01:16+                    | 02:39+         | 08:24+ | 01:42+ | 03:07+ | 07:43+ | 01:22+ | 02:48+ | 01:28+ | 01:25+ | 02:03- | 02:18+  | 01:49+  | 00:46+  | 00:16-  |
| 00:06+    | 00:53#                       | 00:11#                    | 00:31#         | 01:32# | 00:21& | 00:12+ | 01:22# | 00:20& | 00:04+ | 00:19& | 00:19& | 00:46- | 00:29&  | 00:03+  | 00:09#  | 00:02-  |
| <b>5</b>  | <b>Roar Haug</b>             | <b>Hadeland OL</b>        | <b>54:44</b>   |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 01:21+    | 11:28+                       | 12:54+                    | 15:30+         | 25:47+ | 27:48+ | 31:16+ | 39:44+ | 41:16+ | 44:34+ | 46:04+ | 47:17+ | 49:11+ | 51:36+  | 53:36+  | 54:27+  | 54:44+  |
| 01:21+    | 10:07+                       | 01:26+                    | 02:36+         | 10:17+ | 02:01+ | 03:28+ | 08:28+ | 01:32+ | 03:18+ | 01:30+ | 01:13+ | 01:54- | 02:25+  | 02:00+  | 00:51+  | 00:17-  |
| 00:17&    | 02:29&                       | 00:21&                    | 00:28#         | 03:25& | 00:40& | 00:33# | 02:07& | 00:29& | 00:34# | 00:21& | 00:07# | 00:55- | 00:36&  | 00:14#  | 00:14&  | 00:01-  |
| <b>6</b>  | <b>Haakon Ingvaldsen</b>     | <b>Nydalens SK</b>        | <b>54:50</b>   |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 01:45+    | 12:25+                       | 13:36+                    | 15:52+         | 23:23+ | 25:06+ | 28:09+ | 36:41+ | 37:58+ | 43:07+ | 44:44+ | 47:26+ | 49:33+ | 51:37+  | 53:52+  | 54:30+  | 54:50+  |
| 01:45+    | 10:40+                       | 01:11+                    | 02:16+         | 07:31+ | 01:43+ | 03:03+ | 08:32+ | 01:17+ | 05:09+ | 01:37+ | 02:42+ | 02:07- | 02:04+  | 02:15+  | 00:38+  | 00:20+  |
| 00:41&    | 03:02&                       | 00:06+                    | 00:08+         | 00:39+ | 00:22& | 00:08+ | 02:11& | 00:14# | 02:25& | 00:28& | 01:36@ | 00:42- | 00:15#  | 00:29&  | 00:01+  | 00:02#  |
| <b>8</b>  | <b>Jens Olav Kløvrud</b>     | <b>Lillomarka OL</b>      | <b>57:23</b>   |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 01:19+    | 11:24+                       | 12:59+                    | 15:49+         | 25:17+ | 27:22+ | 30:39+ | 40:34+ | 43:39+ | 46:36+ | 48:10+ | 49:24+ | 51:26+ | 53:55+  | 56:07+  | 57:03+  | 57:23+  |
| 01:19+    | 10:05+                       | 01:35+                    | 02:50+         | 09:28+ | 02:05+ | 03:17+ | 09:55+ | 03:05+ | 02:57+ | 01:34+ | 01:14+ | 02:02- | 02:29+  | 02:12+  | 00:56+  | 00:20+  |
| 00:15#    | 02:27&                       | 00:30&                    | 00:42&         | 02:36& | 00:44& | 00:22# | 03:34& | 02:02@ | 00:13+ | 00:25& | 00:08# | 00:47- | 00:40&  | 00:26#  | 00:19&  | 00:02#  |
| <b>9</b>  | <b>Håvard Telstø</b>         | <b>Etnedal IL</b>         | <b>58:56</b>   |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 01:26+    | 12:10+                       | 13:40+                    | 16:29+         | 26:40+ | 28:28+ | 32:16+ | 40:56+ | 42:26+ | 45:53+ | 47:54+ | 49:53+ | 52:30+ | 55:02+  | 57:43+  | 58:33+  | 58:56+  |
| 01:26+    | 10:44+                       | 01:30+                    | 02:49+         | 10:11+ | 01:48+ | 03:48+ | 08:40+ | 01:30+ | 03:27+ | 02:01+ | 01:59+ | 02:37- | 02:32+  | 02:41+  | 00:50+  | 00:23+  |
| 00:22&    | 03:06&                       | 00:25&                    | 00:41&         | 03:19& | 00:27& | 00:53& | 02:19& | 00:27& | 00:43& | 00:52& | 00:53& | 00:12- | 00:43&  | 00:55&  | 00:13&  | 00:05&  |
| <b>10</b> | <b>Elling Fossheim</b>       | <b>Gjø-Vard OL</b>        | <b>1:02:37</b> |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 01:31+    | 13:00+                       | 14:53+                    | 18:22+         | 28:10+ | 30:07+ | 33:48+ | 43:16+ | 44:55+ | 48:55+ | 50:36+ | 54:05+ | 56:58+ | 59:36+  | 61:40+  | 62:16+  | 62:37+  |
| 01:31+    | 11:29+                       | 01:53+                    | 03:29+         | 09:48+ | 01:57+ | 03:41+ | 09:28+ | 01:39+ | 04:00+ | 01:41+ | 03:29+ | 02:53+ | 02:38+  | 02:04+  | 00:36-  | 00:21+  |
| 00:27&    | 03:51&                       | 00:48&                    | 01:21&         | 02:56& | 00:36& | 00:46& | 03:07& | 00:36& | 01:16& | 00:32& | 02:23@ | 00:04+ | 00:49&  | 00:18#  | 00:01-  | 00:03#  |
| <b>11</b> | <b>Klaus Klausen Espedal</b> | <b>NTNU I</b>             | <b>1:04:19</b> |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 01:23+    | 15:20+                       | 16:33+                    | 19:07+         | 30:54+ | 33:04+ | 36:47+ | 47:14+ | 48:36+ | 52:08+ | 54:08+ | 55:31+ | 58:52+ | 61:23+  | 63:24+  | 64:03+  | 64:19+  |
| 01:23+    | 13:57+                       | 01:13+                    | 02:34+         | 11:47+ | 02:10+ | 03:43+ | 10:27+ | 01:22+ | 03:32+ | 02:00+ | 01:23+ | 03:21+ | 02:31+  | 02:01+  | 00:39+  | 00:16-  |
| 00:19&    | 06:19&                       | 00:08#                    | 00:26#         | 04:55& | 00:49& | 00:48& | 04:06& | 00:19& | 00:48& | 00:51& | 00:17& | 00:32# | 00:42&  | 00:15#  | 00:02+  | 00:02-  |
| <b>12</b> | <b>Einar M. Often</b>        | <b>Raumar Orientering</b> | <b>1:12:12</b> |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 01:12+    | 12:22+                       | 13:37+                    | 16:36+         | 26:38+ | 28:36+ | 32:20+ | 43:27+ | 45:02+ | 49:41+ | 51:18+ | 53:55+ | 66:11+ | 68:34+  | 71:00+  | 71:48+  | 72:12+  |
| 01:12+    | 11:10+                       | 01:15+                    | 02:59+         | 10:02+ | 01:58+ | 03:44+ | 11:07+ | 01:35+ | 04:39+ | 01:37+ | 02:37+ | 12:16+ | 02:23+  | 02:26+  | 00:48+  | 00:24+  |
| 00:08#    | 03:32&                       | 00:10#                    | 00:51&         | 03:10& | 00:37& | 00:49& | 04:46& | 00:32& | 01:55& | 00:28& | 01:31@ | 09:27@ | 00:34&  | 00:40&  | 00:11&  | 00:06&  |
| <b>13</b> | <b>Peder Fossheim</b>        | <b>Gjø-Vard OL</b>        | <b>1:12:22</b> |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 01:43+    | 14:41+                       | 16:55+                    | 20:29+         | 30:40+ | 32:41+ | 36:45+ | 47:24+ | 49:02+ | 56:46+ | 58:35+ | 62:12+ | 66:18+ | 68:47+  | 71:17+  | 72:05+  | 72:22+  |
| 01:43+    | 12:58+                       | 02:14+                    | 03:34+         | 10:11+ | 02:01+ | 04:04+ | 10:39+ | 01:38+ | 07:44+ | 01:49+ | 03:37+ | 04:06+ | 02:29+  | 02:30+  | 00:48+  | 00:17-  |
| 00:39&    | 05:20&                       | 01:09@                    | 01:26&         | 03:19& | 00:40& | 01:09& | 04:18& | 00:35& | 05:00@ | 00:40& | 02:31@ | 01:17& | 00:40&  | 00:44&  | 00:11&  | 00:01-  |
| <b>14</b> | <b>Øivind Berget</b>         | <b>IL Tyrving</b>         | <b>1:46:33</b> |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 02:08+    | 19:18+                       | 21:56+                    | 27:19+         | 48:30+ | 52:17+ | 58:44+ | 73:15+ | 75:56+ | 82:27+ | 85:46+ | 91:04+ | 96:50+ | 101:37+ | 104:52+ | 106:02+ | 106:33+ |
| 02:08+    | 17:10+                       | 02:38+                    | 05:23+         | 21:11+ | 03:47+ | 06:27+ | 14:31+ | 02:41+ | 06:31+ | 03:19+ | 05:18+ | 05:46+ | 04:47+  | 03:15+  | 01:10+  | 00:31+  |
| 01:04&    | 09:32@                       | 01:33@                    | 03:15@         | 14:19@ | 02:26@ | 03:32@ | 08:10@ | 01:38@ | 03:47@ | 02:10@ | 04:12@ | 02:57@ | 02:58@  | 01:29&  | 00:33&  | 00:13&  |

### Beste strekktid for klassen

01:04 07:38 01:05 02:08 06:52 01:21 02:40 06:21 01:03 02:30 01:09 01:06 01:54 01:49 01:45 00:33 00:15

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

## H 40-

|          |                        |                       |                |        |        |        |        |        |        |        |        |        |        |        |
|----------|------------------------|-----------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Anders Sollien</b>  | <b>OL Toten-Troll</b> | <b>56:31</b>   |        |        |        |        |        |        |        |        |        |        |        |
| 02:38=   | 11:58=                 | 13:20=                | 21:42=         | 23:49= | 29:08= | 40:10= | 41:13= | 43:05= | 45:01= | 49:14= | 52:09= | 55:26= | 56:07= | 56:31= |
| 02:38=   | 09:20=                 | 01:22=                | 08:22=         | 02:07= | 05:19= | 11:02= | 01:03= | 01:52= | 01:56= | 04:13= | 02:55= | 03:17= | 00:41= | 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= |
| <b>2</b> | <b>Trond Flaskerud</b> | <b>OL Toten-Troll</b> | <b>1:14:03</b> |        |        |        |        |        |        |        |        |        |        |        |
| 13:05+   | 22:44+                 | 24:11+                | 34:14+         | 38:01+ | 44:55+ | 56:57+ | 57:58+ | 60:40+ | 64:29+ | 67:37+ | 70:26+ | 72:56+ | 73:39+ | 74:03+ |
| 13:05+   | 09:39+                 | 01:27+                | 10:03+         | 03:47+ | 06:54+ | 12:02+ | 01:01- | 02:42+ | 03:49+ | 03:08- | 02:49- | 02:30- | 00:43+ | 00:24= |
| 10:27@   | 00:19+                 | 00:05+                | 01:41#         | 01:40& | 01:35& | 01:00+ | 00:02- | 00:50& | 01:53& | 01:05- | 00:06- | 00:47- | 00:02+ | 00:00= |

| Class    | Navn              | Klasse                | Tid            |
|----------|-------------------|-----------------------|----------------|
| <b>3</b> | <b>Ole Wiseth</b> | <b>Lillehammer OK</b> | <b>1:24:31</b> |
| 04:01+   | 17:45+            | 20:18+                | 31:11+         |
| 04:01+   | 13:44+            | 02:33+                | 10:53+         |
| 01:23&   | 04:24&            | 01:11&                | 02:31&         |
| 01:00&   | 12:49@            | 00:26+                | 00:16&         |
| 00:21#   | 00:45&            | 00:09-                | 01:22&         |
| 00:01-   | 01:39@            | 00:03#                |                |

#### Beste strekktid for klassen

02:38 09:20 01:22 08:22 02:07 05:19 11:02 01:01 01:52 01:56 03:08 02:49 02:30 00:41 00:24

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

## H 45-

|          |                     |                    |              |
|----------|---------------------|--------------------|--------------|
| <b>1</b> | <b>Rune Scheele</b> | <b>Nydalens SK</b> | <b>39:45</b> |
| 01:46=   | 12:59=              | 13:57=             | 22:16=       |
| 01:46=   | 11:13=              | 00:58=             | 08:19=       |
| 00:00=   | 00:00=              | 00:00=             | 00:00=       |

|          |                       |                           |              |
|----------|-----------------------|---------------------------|--------------|
| <b>2</b> | <b>Guttorm L Egge</b> | <b>Oslostudentenes IK</b> | <b>44:22</b> |
| 02:01+   | 12:53-                | 14:15+                    | 22:54+       |
| 02:01+   | 10:52-                | 01:22+                    | 08:39+       |
| 00:15#   | 00:21-                | 00:24&                    | 00:20+       |
| 00:07+   | 00:53&                | 01:38&                    | 00:17#       |
| 00:49&   | 00:18#                | 00:02-                    | 00:01-       |

|          |                           |                     |              |
|----------|---------------------------|---------------------|--------------|
| <b>3</b> | <b>Frode Ødegårdstuen</b> | <b>Synnfjell OK</b> | <b>50:30</b> |
| 02:11+   | 15:40+                    | 16:51+              | 25:52+       |
| 02:11+   | 13:29+                    | 01:11+              | 09:01+       |
| 00:25#   | 02:16#                    | 00:13#              | 00:42+       |
| 01:35&   | 01:46&                    | 01:53@              | 00:12#       |
| 00:52&   | 00:24&                    | 00:03#              |              |

|          |                         |                       |              |
|----------|-------------------------|-----------------------|--------------|
| <b>4</b> | <b>Jan Erik Aalberg</b> | <b>Bækkelagets SK</b> | <b>51:25</b> |
| 02:18+   | 13:46+                  | 15:30+                | 25:26+       |
| 02:18+   | 11:28+                  | 01:44+                | 09:56+       |
| 00:32&   | 00:15+                  | 00:46&                | 01:37#       |
| 00:34&   | 01:10&                  | 04:17&                | 01:09&       |
| 00:51&   | 00:27#                  | 00:01+                | 00:01+       |

|          |                            |                |              |
|----------|----------------------------|----------------|--------------|
| <b>5</b> | <b>Bjørn Gaute Herlyng</b> | <b>Grue IL</b> | <b>51:59</b> |
| 02:03+   | 13:28+                     | 14:41+         | 24:46+       |
| 02:03+   | 11:25+                     | 01:13+         | 10:05+       |
| 00:17#   | 00:12+                     | 00:15&         | 01:46#       |
| 00:28&   | 01:10&                     | 01:36&         | 04:29@       |
| 01:12&   | 00:28#                     | 00:19#         | 00:02#       |

#### Beste strekktid for klassen

01:46 10:52 00:58 08:19 01:41 03:07 06:10 01:35 01:20 01:52 01:22 00:19

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

## H 50-

|          |                          |                       |              |
|----------|--------------------------|-----------------------|--------------|
| <b>1</b> | <b>Nils Harald Staff</b> | <b>OL Toten-Troll</b> | <b>45:58</b> |
| 01:48=   | 14:32=                   | 15:49=                | 24:18=       |
| 01:48=   | 12:44=                   | 01:17=                | 08:29=       |
| 00:00=   | 00:00=                   | 00:00=                | 00:00=       |

|          |                         |                            |              |
|----------|-------------------------|----------------------------|--------------|
| <b>2</b> | <b>Per Arne Arnesen</b> | <b>Kolbotn og Skimt OL</b> | <b>51:14</b> |
| 02:12+   | 13:14-                  | 14:42-                     | 25:29+       |
| 02:12+   | 11:02-                  | 01:28+                     | 10:47+       |
| 00:24#   | 01:42-                  | 00:11#                     | 02:18&       |
| 00:01-   | 00:59#                  | 00:55#                     | 01:10&       |
| 00:24#   | 00:17#                  | 00:15#                     | 00:06&       |

|          |                            |                 |              |
|----------|----------------------------|-----------------|--------------|
| <b>3</b> | <b>Thor Inge Tollehaug</b> | <b>Eiker OL</b> | <b>53:51</b> |
| 02:18+   | 15:29+                     | 16:51+          | 27:29+       |
| 02:18+   | 13:11+                     | 01:22+          | 10:38+       |
| 00:30&   | 00:27+                     | 00:05+          | 02:09&       |
| 00:25#   | 01:01&                     | 01:27#          | 00:35&       |
| 00:46&   | 00:01-                     | 00:30&          | 00:01-       |

|          |                        |                       |              |
|----------|------------------------|-----------------------|--------------|
| <b>4</b> | <b>Bjarte Lindstad</b> | <b>OL Toten-Troll</b> | <b>56:59</b> |
| 01:59+   | 14:32=                 | 16:04+                | 26:17+       |
| 01:59+   | 12:33-                 | 01:32+                | 10:13+       |
| 00:11#   | 00:11-                 | 00:15#                | 01:44#       |
| 00:34@   | 00:44#                 | 01:04#                | 00:16#       |
| 00:47&   | 00:02-                 | 00:34&                | 00:05#       |

#### Beste strekktid for klassen

01:48 11:02 01:17 08:29 02:18 03:58 07:39 01:54 02:01 02:05 01:22 00:19

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

## H 55-

**1 Sigurd Dæhli Løten OL 35:18**

03:23= 07:54= 09:40= 12:56= 15:03= 24:18= 26:45= 28:10= 30:15= 34:11= 34:56= 35:18=  
 03:23= 04:31= 01:46= 03:16= 02:07= 09:15= 02:27= 01:25= 02:05= 03:56= 00:45= 00:22=  
 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 Hallvard Kjær Lillomarka OL 37:48**

03:05- 07:41- 09:53+ 13:41+ 15:25+ 25:58+ 28:31+ 30:03+ 32:46+ 36:46+ 37:30+ 37:48+  
 03:05- 04:36+ 02:12+ 03:48+ 01:44- 10:33+ 02:33+ 01:32+ 02:43+ 04:00+ 00:44- 00:18-  
 00:18- 00:05+ 00:26# 00:32# 00:23- 01:18# 00:06+ 00:07+ 00:38& 00:04+ 00:01- 00:04-

**3 Karl Aasmund Erøy OK Moss 39:55**

03:04- 08:02+ 10:22+ 14:34+ 16:57+ 27:12+ 31:05+ 32:25+ 34:43+ 38:43+ 39:34+ 39:55+  
 03:04- 04:58+ 02:20+ 04:12+ 02:23+ 10:15+ 03:53+ 01:20- 02:18+ 04:00+ 00:51+ 00:21-  
 00:19- 00:27+ 00:34& 00:56& 00:16# 01:00# 01:26& 00:05- 00:13# 00:04+ 00:06# 00:01-

**4 Martin Granly Lillomarka OL 40:53**

04:29+ 09:51+ 12:10+ 16:21+ 18:28+ 29:01+ 31:42+ 33:16+ 35:45+ 39:43+ 40:32+ 40:53+  
 04:29+ 05:22+ 02:19+ 04:11+ 02:07= 10:33+ 02:41+ 01:34+ 02:29+ 03:58+ 00:49+ 00:21-  
 01:06& 00:51# 00:33& 00:55& 00:00= 01:18# 00:14+ 00:09# 00:24# 00:02+ 00:04+ 00:01-

**5 Magnar Often Tynset IF 55:09**

04:17+ 09:21+ 11:41+ 21:57+ 24:07+ 35:30+ 39:48+ 43:33+ 47:04+ 54:01+ 54:45+ 55:09+  
 04:17+ 05:04+ 02:20+ 10:16+ 02:10+ 11:23+ 04:18+ 03:45+ 03:31+ 06:57+ 00:44- 00:24+  
 00:54& 00:33# 00:34& 07:00@ 00:03+ 02:08# 01:51& 02:20@ 01:26& 03:01& 00:01- 00:02+

**6 Pål Woldstad Hanssen Eiker OL 56:35**

04:55+ 11:25+ 14:30+ 21:32+ 24:12+ 39:43+ 43:15+ 45:45+ 49:10+ 55:12+ 56:06+ 56:35+  
 04:55+ 06:30+ 03:05+ 07:02+ 02:40+ 15:31+ 03:32+ 02:30+ 03:25+ 06:02+ 00:54+ 00:29+  
 01:32& 01:59& 01:19& 03:46@ 00:33& 06:16& 01:05& 01:05& 01:20& 02:06& 00:09# 00:07&

**7 Tor Strand Raumar Orientering 56:53**

03:50+ 22:30+ 24:55+ 29:29+ 32:03+ 43:10+ 45:52+ 47:37+ 50:57+ 55:37+ 56:33+ 56:53+  
 03:50+ 18:40+ 02:25+ 04:34+ 02:34+ 11:07+ 02:42+ 01:45+ 03:20+ 04:40+ 00:56+ 00:20-  
 00:27# 14:09@ 00:39& 01:18& 00:27# 01:52# 00:15# 00:20# 01:15& 00:44# 00:11# 00:02-

**8 Tore Lund Hadeland OL 1:18:59**

04:33+ 13:39+ 17:24+ 23:53+ 27:29+ 47:11+ 52:19+ 54:50+ 60:47+ 77:29+ 78:34+ 78:59+  
 04:33+ 09:06+ 03:45+ 06:29+ 03:36+ 19:42+ 05:08+ 02:31+ 05:57+ 16:42+ 01:05+ 00:25+  
 01:10& 04:35@ 01:59@ 03:13& 01:29& 10:27@ 02:41@ 01:06& 03:52@ 12:46@ 00:20& 00:03#

### Beste strekktid for klassen

03:04 04:31 01:46 03:16 01:44 09:15 02:27 01:20 02:05 03:56 00:44 00:18

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

## H 60-

**1 Ola Brox OL Toten-Troll 44:24**

03:59= 09:21= 11:39= 15:37= 17:37= 29:11= 32:16= 33:45= 37:20= 43:10= 44:02= 44:24=  
 03:59= 05:22= 02:18= 03:58= 02:00= 11:34= 03:05= 01:29= 03:35= 05:50= 00:52= 00:22=  
 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 Stefan Gunnarsson Kristinehamns OK 48:38**

04:40+ 10:06+ 12:24+ 17:19+ 19:44+ 32:05+ 35:24+ 37:35+ 41:00+ 47:11+ 48:12+ 48:38+  
 04:40+ 05:26+ 02:18= 04:55+ 02:25+ 12:21+ 03:19+ 02:11+ 03:25- 06:11+ 01:01+ 00:26+  
 00:41# 00:04+ 00:00= 00:57# 00:25# 00:47+ 00:14+ 00:42& 00:10- 00:21+ 00:09# 00:04#

**3 Jan Sveen Raumar Orientering 1:14:56**

04:46+ 22:37+ 27:04+ 33:24+ 37:13+ 53:40+ 58:21+ 61:08+ 65:52+ 73:13+ 74:28+ 74:56+  
 04:46+ 17:51+ 04:27+ 06:20+ 03:49+ 16:27+ 04:41+ 02:47+ 04:44+ 07:21+ 01:15+ 00:28+  
 00:47# 12:29@ 02:09& 02:22& 01:49& 04:53& 01:36& 01:18& 01:09& 01:31& 00:23& 00:06&

### Beste strekktid for klassen

03:59 05:22 02:18 03:58 02:00 11:34 03:05 01:29 03:25 05:50 00:52 00:22

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

### H 65-

|          |                             |                               |                |        |        |        |        |        |        |        |        |        |
|----------|-----------------------------|-------------------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>John Thomas Petersen</b> | <b>Nittedal OL</b>            | <b>41:43</b>   |        |        |        |        |        |        |        |        |        |
| 04:10=   | 12:55=                      | 14:58=                        | 17:13=         | 25:31= | 28:32= | 30:42= | 33:28= | 35:18= | 38:44= | 40:30= | 41:19= | 41:43= |
| 04:10=   | 08:45=                      | 02:03=                        | 02:15=         | 08:18= | 03:01= | 02:10= | 02:46= | 01:50= | 03:26= | 01:46= | 00:49= | 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= |
| <b>2</b> | <b>Knut Skjeset</b>         | <b>Vang OL</b>                | <b>42:25</b>   |        |        |        |        |        |        |        |        |        |
| 03:45-   | 11:28-                      | 14:53-                        | 17:17+         | 25:32+ | 29:45+ | 31:39+ | 34:25+ | 36:19+ | 39:23+ | 41:06+ | 42:02+ | 42:25+ |
| 03:45-   | 07:43-                      | 03:25+                        | 02:24+         | 08:15- | 04:13+ | 01:54- | 02:46= | 01:54+ | 03:04- | 01:43- | 00:56+ | 00:23- |
| 00:25-   | 01:02-                      | 01:22&                        | 00:09+         | 00:03- | 01:12& | 00:16- | 00:00= | 00:04+ | 00:22- | 00:03- | 00:07# | 00:01- |
| <b>3</b> | <b>Hasse Bergstrøm</b>      | <b>IL Tyrving</b>             | <b>46:56</b>   |        |        |        |        |        |        |        |        |        |
| 06:16+   | 15:26+                      | 17:54+                        | 20:21+         | 30:49+ | 33:40+ | 35:44+ | 38:34+ | 40:23+ | 43:52+ | 45:42+ | 46:33+ | 46:56+ |
| 06:16+   | 09:10+                      | 02:28+                        | 02:27+         | 10:28+ | 02:51- | 02:04- | 02:50+ | 01:49- | 03:29+ | 01:50+ | 00:51+ | 00:23- |
| 02:06&   | 00:25+                      | 00:25#                        | 00:12+         | 02:10& | 00:10- | 00:06- | 00:04+ | 00:01- | 00:03+ | 00:04+ | 00:02+ | 00:01- |
| <b>4</b> | <b>Hans A. Tingvold</b>     | <b>Raufoss IL Orientering</b> | <b>47:22</b>   |        |        |        |        |        |        |        |        |        |
| 04:16+   | 13:20+                      | 15:34+                        | 18:10+         | 28:02+ | 31:38+ | 33:58+ | 37:32+ | 39:41+ | 43:18+ | 45:42+ | 46:55+ | 47:22+ |
| 04:16+   | 09:04+                      | 02:14+                        | 02:36+         | 09:52+ | 03:36+ | 02:20+ | 03:34+ | 02:09+ | 03:37+ | 02:24+ | 01:13+ | 00:27+ |
| 00:06+   | 00:19+                      | 00:11+                        | 00:21#         | 01:34# | 00:35# | 00:10+ | 00:48& | 00:19# | 00:11+ | 00:38& | 00:24& | 00:03# |
| <b>5</b> | <b>Tormod Prestrud</b>      | <b>Rudsbygd IL</b>            | <b>47:27</b>   |        |        |        |        |        |        |        |        |        |
| 06:59+   | 17:10+                      | 19:48+                        | 22:34+         | 31:14+ | 34:01+ | 35:45+ | 39:02+ | 40:58+ | 44:32+ | 46:09+ | 47:04+ | 47:27+ |
| 06:59+   | 10:11+                      | 02:38+                        | 02:46+         | 08:40+ | 02:47- | 01:44- | 03:17+ | 01:56+ | 03:34+ | 01:37- | 00:55+ | 00:23- |
| 02:49&   | 01:26#                      | 00:35&                        | 00:31#         | 00:22+ | 00:14- | 00:26- | 00:31# | 00:06+ | 00:08+ | 00:09- | 00:06# | 00:01- |
| <b>6</b> | <b>John Birger Skansen</b>  | <b>Rudsbygd IL</b>            | <b>50:58</b>   |        |        |        |        |        |        |        |        |        |
| 04:14+   | 17:29+                      | 20:11+                        | 22:32+         | 31:08+ | 34:45+ | 38:25+ | 41:33+ | 43:51+ | 47:37+ | 49:23+ | 50:33+ | 50:58+ |
| 04:14+   | 13:15+                      | 02:42+                        | 02:21+         | 08:36+ | 03:37+ | 03:40+ | 03:08+ | 02:18+ | 03:46+ | 01:46= | 01:10+ | 00:25+ |
| 00:04+   | 04:30&                      | 00:39&                        | 00:06+         | 00:18+ | 00:36# | 01:30& | 00:22# | 00:28& | 00:20+ | 00:00= | 00:21& | 00:01+ |
| <b>7</b> | <b>Paul Skjaker</b>         | <b>Hadeland OL</b>            | <b>51:11</b>   |        |        |        |        |        |        |        |        |        |
| 05:00+   | 14:56+                      | 17:47+                        | 20:28+         | 30:18+ | 34:27+ | 36:54+ | 40:27+ | 42:47+ | 47:30+ | 49:41+ | 50:44+ | 51:11+ |
| 05:00+   | 09:56+                      | 02:51+                        | 02:41+         | 09:50+ | 04:09+ | 02:27+ | 03:33+ | 02:20+ | 04:43+ | 02:11+ | 01:03+ | 00:27+ |
| 00:50#   | 01:11#                      | 00:48&                        | 00:26#         | 01:32# | 01:08& | 00:17# | 00:47& | 00:30& | 01:17& | 00:25# | 00:14& | 00:03# |
| <b>8</b> | <b>Terje Malm</b>           | <b>Hamar OK</b>               | <b>59:11</b>   |        |        |        |        |        |        |        |        |        |
| 07:49+   | 20:02+                      | 23:06+                        | 25:41+         | 37:11+ | 42:35+ | 44:58+ | 48:36+ | 51:01+ | 55:02+ | 57:19+ | 58:43+ | 59:11+ |
| 07:49+   | 12:13+                      | 03:04+                        | 02:35+         | 11:30+ | 05:24+ | 02:23+ | 03:38+ | 02:25+ | 04:01+ | 02:17+ | 01:24+ | 00:28+ |
| 03:39&   | 03:28&                      | 01:01&                        | 00:20#         | 03:12& | 02:23& | 00:13# | 00:52& | 00:35& | 00:35# | 00:31& | 00:35& | 00:04# |
| <b>9</b> | <b>Christer Gillenäs</b>    | <b>Kristinehamns OK</b>       | <b>1:07:00</b> |        |        |        |        |        |        |        |        |        |
| 10:26+   | 28:15+                      | 31:13+                        | 34:21+         | 45:06+ | 49:24+ | 52:33+ | 56:58+ | 59:26+ | 63:25+ | 65:17+ | 66:28+ | 67:00+ |
| 10:26+   | 17:49+                      | 02:58+                        | 03:08+         | 10:45+ | 04:18+ | 03:09+ | 04:25+ | 02:28+ | 03:59+ | 01:52+ | 01:11+ | 00:32+ |
| 06:16@   | 09:04@                      | 00:55&                        | 00:53&         | 02:27& | 01:17& | 00:59& | 01:39& | 00:38& | 00:33# | 00:06+ | 00:22& | 00:08& |

#### Beste strekktid for klassen

03:45 07:43 02:03 02:15 08:15 02:47 01:44 02:46 01:49 03:04 01:37 00:49 00:23

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

### H 70-

|          |                        |                       |              |        |        |        |        |        |        |        |        |        |
|----------|------------------------|-----------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Olav Høiås</b>      | <b>Vang OL</b>        | <b>41:17</b> |        |        |        |        |        |        |        |        |        |
| 03:51=   | 12:57=                 | 15:01=                | 17:22=       | 25:07= | 28:23= | 30:07= | 33:17= | 35:14= | 38:18= | 40:01= | 40:53= | 41:17= |
| 03:51=   | 09:06=                 | 02:04=                | 02:21=       | 07:45= | 03:16= | 01:44= | 03:10= | 01:57= | 03:04= | 01:43= | 00:52= | 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= |
| <b>2</b> | <b>Kjell Røkke</b>     | <b>IL Tyrving</b>     | <b>46:42</b> |        |        |        |        |        |        |        |        |        |
| 04:54+   | 14:13+                 | 17:01+                | 20:03+       | 29:10+ | 32:29+ | 34:19+ | 38:07+ | 40:15+ | 43:33+ | 45:23+ | 46:19+ | 46:42+ |
| 04:54+   | 09:19+                 | 02:48+                | 03:02+       | 09:07+ | 03:19+ | 01:50+ | 03:48+ | 02:08+ | 03:18+ | 01:50+ | 00:56+ | 00:23- |
| 01:03&   | 00:13+                 | 00:44&                | 00:41&       | 01:22# | 00:03+ | 00:06+ | 00:38# | 00:11+ | 00:14+ | 00:07+ | 00:04+ | 00:01- |
| <b>3</b> | <b>Erling Tidemann</b> | <b>Lommedalens IL</b> | <b>58:00</b> |        |        |        |        |        |        |        |        |        |
| 07:04+   | 18:18+                 | 21:25+                | 25:05+       | 35:43+ | 40:01+ | 42:50+ | 46:38+ | 49:09+ | 53:39+ | 56:16+ | 57:31+ | 58:00+ |
| 07:04+   | 11:14+                 | 03:07+                | 03:40+       | 10:38+ | 04:18+ | 02:49+ | 03:48+ | 02:31+ | 04:30+ | 02:37+ | 01:15+ | 00:29+ |
| 03:13&   | 02:08#                 | 01:03&                | 01:19&       | 02:53& | 01:02& | 01:05& | 00:38# | 00:34& | 01:26& | 00:54& | 00:23& | 00:05# |

| Class                               | Navn                               | Klasse                             | Tid                     |
|-------------------------------------|------------------------------------|------------------------------------|-------------------------|
| <b>4</b>                            | <b>Bjørn Sandelien</b>             | <b>Heming Orientering</b>          | <b>58:24</b>            |
| 05:39+                              | 16:41+ 19:41+ 22:51+ 33:52+ 39:06+ | 43:27+ 47:17+ 49:41+ 54:10+ 56:57+ | 57:59+ 58:24+           |
| 05:39+                              | 11:02+ 03:00+ 03:10+ 11:01+ 05:14+ | 04:21+ 03:50+ 02:24+ 04:29+ 02:47+ | 01:02+ 00:25+           |
| 01:48&                              | 01:56# 00:56& 00:49& 03:16&        | 01:58& 02:37@ 00:40# 00:27# 01:25& | 01:04& 00:10# 00:01+    |
| <b>5</b>                            | <b>Tormod Hegdahl</b>              | <b>Heming Orientering</b>          | <b>59:09</b>            |
| 05:42+                              | 18:57+ 21:50+ 25:04+ 35:23+ 40:03+ | 42:37+ 46:50+ 49:42+ 55:03+ 57:01+ | 58:37+ 59:09+           |
| 05:42+                              | 13:15+ 02:53+ 03:14+ 10:19+ 04:40+ | 02:34+ 04:13+ 02:52+ 05:21+ 01:58+ | 01:36+ 00:32+           |
| 01:51&                              | 04:09& 00:49& 00:53& 02:34&        | 01:24& 00:50& 01:03& 00:55& 02:17& | 00:15# 00:44& 00:08&    |
| <b>6</b>                            | <b>Jon C. Fougner</b>              | <b>Heming Orientering</b>          | <b>1:01:36</b>          |
| 05:44+                              | 18:55+ 22:13+ 25:38+ 37:06+ 42:41+ | 45:02+ 49:26+ 52:27+ 57:16+ 59:48+ | 61:06+ 61:36+           |
| 05:44+                              | 13:11+ 03:18+ 03:25+ 11:28+ 05:35+ | 02:21+ 04:24+ 03:01+ 04:49+ 02:32+ | 01:18+ 00:30+           |
| 01:53&                              | 04:05& 01:14& 01:04& 03:43&        | 02:19& 00:37& 01:14& 01:04& 01:45& | 00:49& 00:26& 00:06#    |
| <b>Beste strekketid for klassen</b> |                                    |                                    |                         |
| 03:51                               | 09:06 02:04 02:21 07:45            | 03:16 01:44 03:10 01:57            | 03:04 01:43 00:52 00:23 |

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

## H 75-

|                                     |                                    |                                    |                |
|-------------------------------------|------------------------------------|------------------------------------|----------------|
| <b>1</b>                            | <b>Svein Solerød</b>               | <b>OL Toten-Troll</b>              | <b>43:02</b>   |
| 04:04=                              | 11:20= 16:32= 27:52= 29:14= 35:37= | 36:49= 39:12= 40:30= 42:34= 43:02= |                |
| 04:04=                              | 07:16= 05:12= 11:20= 01:22= 06:23= | 01:12= 02:23= 01:18= 02:04= 00:28= |                |
| 00:00=                              | 00:00= 00:00= 00:00= 00:00= 00:00= | 00:00= 00:00= 00:00= 00:00= 00:00= |                |
| <b>2</b>                            | <b>Magnar Reppesgård</b>           | <b>Hedrum OL</b>                   | <b>46:25</b>   |
| 04:41+                              | 13:36+ 18:48+ 30:10+ 31:51+ 37:35+ | 39:04+ 41:20+ 42:49+ 45:52+ 46:25+ |                |
| 04:41+                              | 08:55+ 05:12= 11:22+ 01:41+ 05:44- | 01:29+ 02:16- 01:29+ 03:03+ 00:33+ |                |
| 00:37#                              | 01:39# 00:00= 00:02+ 00:19# 00:39- | 00:17# 00:07- 00:11# 00:59& 00:05# |                |
| <b>3</b>                            | <b>Jon Vegard Lunde</b>            | <b>Lillehammer OK</b>              | <b>57:49</b>   |
| 09:03+                              | 18:51+ 23:13+ 40:44+ 42:40+ 49:05+ | 50:53+ 53:29+ 55:05+ 57:19+ 57:49+ |                |
| 09:03+                              | 09:48+ 04:22- 17:31+ 01:56+ 06:25+ | 01:48+ 02:36+ 01:36+ 02:14+ 00:30+ |                |
| 04:59@                              | 02:32& 00:50- 06:11& 00:34& 00:02+ | 00:36& 00:13+ 00:18# 00:10+ 00:02+ |                |
| <b>4</b>                            | <b>Iver Rognstad</b>               | <b>Hadeland OL</b>                 | <b>1:28:09</b> |
| 07:14+                              | 19:11+ 33:35+ 50:34+ 67:54+ 77:04+ | 79:47+ 83:02+ 84:38+ 87:25+ 88:09+ |                |
| 07:14+                              | 11:57+ 14:24+ 16:59+ 17:20+ 09:10+ | 02:43+ 03:15+ 01:36+ 02:47+ 00:44+ |                |
| 03:10&                              | 04:41& 09:12@ 05:39& 15:58@ 02:47& | 01:31@ 00:52& 00:18# 00:43& 00:16& |                |
| <b>Beste strekketid for klassen</b> |                                    |                                    |                |
| 04:04                               | 07:16 04:22 11:20 01:22            | 05:44 01:12 02:16 01:18            | 02:04 00:28    |

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

## H 80-

|                                     |                                    |  |                |
|-------------------------------------|------------------------------------|--|----------------|
| <b>1</b>                            | <b>Hans Ruud</b>                   | <b>Hamar OK</b>                        | <b>55:43</b>   |
| 05:07=                              | 16:01= 20:56= 36:25= 38:18= 45:56= | 48:26= 51:27= 52:52= 55:10= 55:43=     |                |
| 05:07=                              | 10:54= 04:55= 15:29= 01:53= 07:38= | 02:30= 03:01= 01:25= 02:18= 00:33=     |                |
| 00:00=                              | 00:00= 00:00= 00:00= 00:00= 00:00= | 00:00= 00:00= 00:00= 00:00= 00:00=     |                |
| <b>2</b>                            | <b>Jan Gunnar Løvli</b>            | <b>Raumar Orientering</b>              | <b>1:49:52</b> |
| 14:29+                              | 46:33+ 54:05+ 78:01+ 81:16+ 95:30+ | 98:48+ 103:44+ 105:48+ 109:00+ 109:52+ |                |
| 14:29+                              | 32:04+ 07:32+ 23:56+ 03:15+ 14:14+ | 03:18+ 04:56+ 02:04+ 03:12+ 00:52+     |                |
| 09:22@                              | 21:10@ 02:37& 08:27& 01:22& 06:36& | 00:48& 01:55& 00:39& 00:54& 00:19&     |                |
| <b>Beste strekketid for klassen</b> |                                    |  |                |
| 05:07                               | 10:54 04:55 15:29 01:53            | 07:38 02:30 03:01 01:25                | 02:18 00:33    |

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

## N-åpen

| Class      | Navn                               | Klasse                      | Tid          |
|------------|------------------------------------|-----------------------------|--------------|
| <b>258</b> | <b>Johannes Bjørke Sollien</b>     | <b>OL Toten-Troll</b>       | <b>31:48</b> |
| 03:46+     | 08:29+ 11:08+ 15:08+ 20:20+ 22:51+ | 26:25+ 29:29+ 31:22+ 31:48+ |              |
| 03:46+     | 04:43+ 02:39+ 04:00+ 05:12+ 02:31+ | 03:34+ 03:04+ 01:53+ 00:26+ |              |
| 03:46+     | 04:43+ 02:39+ 04:00+ 05:12+ 02:31+ | 03:34+ 03:04+ 01:53+ 00:26+ |              |
| <b>270</b> | <b>Helene Scheele</b>              | <b>Nydalens SK</b>          | <b>46:57</b> |
| 05:22+     | 11:21+ 15:32+ 20:00+ 28:06+ 31:57+ | 36:46+ 41:04+ 44:03+ 46:57+ |              |
| 05:22+     | 05:59+ 04:11+ 04:28+ 08:06+ 03:51+ | 04:49+ 04:18+ 02:59+ 02:54+ |              |
| 05:22+     | 05:59+ 04:11+ 04:28+ 08:06+ 03:51+ | 04:49+ 04:18+ 02:59+ 02:54+ |              |
| <b>279</b> | <b>Nikolai Teslo</b>               | <b>Hadeland OL</b>          | <b>36:11</b> |
| 05:37+     | 10:47+ 15:09+ 19:29+ 24:32+ 26:58+ | 29:31+ 33:06+ 35:37+ 36:11+ |              |
| 05:37+     | 05:10+ 04:22+ 04:20+ 05:03+ 02:26+ | 02:33+ 03:35+ 02:31+ 00:34+ |              |
| 05:37+     | 05:10+ 04:22+ 04:20+ 05:03+ 02:26+ | 02:33+ 03:35+ 02:31+ 00:34+ |              |
| <b>283</b> | <b>Aksel Holmen</b>                | <b>Synnfjell OK</b>         | <b>35:59</b> |
| 03:51+     | 11:07+ 13:58+ 17:56+ 22:48+ 26:27+ | 30:05+ 33:23+ 35:34+ 35:59+ |              |
| 03:51+     | 07:16+ 02:51+ 03:58+ 04:52+ 03:39+ | 03:38+ 03:18+ 02:11+ 00:25+ |              |
| 03:51+     | 07:16+ 02:51+ 03:58+ 04:52+ 03:39+ | 03:38+ 03:18+ 02:11+ 00:25+ |              |
| <b>284</b> | <b>Therese Holmen</b>              | <b>Synnfjell OK</b>         | <b>37:36</b> |
| 04:54+     | 11:10+ 15:43+ 20:36+ 24:53+ 27:19+ | 30:17+ 34:32+ 36:56+ 37:36+ |              |
| 04:54+     | 06:16+ 04:33+ 04:53+ 04:17+ 02:26+ | 02:58+ 04:15+ 02:24+ 00:40+ |              |
| 04:54+     | 06:16+ 04:33+ 04:53+ 04:17+ 02:26+ | 02:58+ 04:15+ 02:24+ 00:40+ |              |
| <b>286</b> | <b>Endre Solberg</b>               | <b>Gjø-Vard OL</b>          | <b>42:23</b> |
| 03:23+     | 13:12+ 16:04+ 19:45+ 24:33+ 27:17+ | 31:09+ 39:56+ 41:53+ 42:23+ |              |
| 03:23+     | 09:49+ 02:52+ 03:41+ 04:48+ 02:44+ | 03:52+ 08:47+ 01:57+ 00:30+ |              |
| 03:23+     | 09:49+ 02:52+ 03:41+ 04:48+ 02:44+ | 03:52+ 08:47+ 01:57+ 00:30+ |              |
| <b>289</b> | <b>Hedvig Røkke</b>                | <b>IL Tyrving</b>           | <b>30:39</b> |
| 04:02+     | 08:22+ 11:28+ 14:24+ 18:37+ 21:20+ | 24:46+ 28:10+ 30:17+ 30:39+ |              |
| 04:02+     | 04:20+ 03:06+ 02:56+ 04:13+ 02:43+ | 03:26+ 03:24+ 02:07+ 00:22+ |              |
| 04:02+     | 04:20+ 03:06+ 02:56+ 04:13+ 02:43+ | 03:26+ 03:24+ 02:07+ 00:22+ |              |
| <b>293</b> | <b>Iver Nordli Eriksen</b>         | <b>Gjø-Vard OL</b>          | <b>26:56</b> |
| 02:38+     | 06:28+ 08:48+ 12:23+ 17:09+ 19:07+ | 21:37+ 24:46+ 26:33+ 26:56+ |              |
| 02:38+     | 03:50+ 02:20+ 03:35+ 04:46+ 01:58+ | 02:30+ 03:09+ 01:47+ 00:23+ |              |
| 02:38+     | 03:50+ 02:20+ 03:35+ 04:46+ 01:58+ | 02:30+ 03:09+ 01:47+ 00:23+ |              |
| <b>294</b> | <b>Tage Raknes Sogstad</b>         | <b>Gjø-Vard OL</b>          | <b>50:01</b> |
| 04:11+     | 10:59+ 14:26+ 22:55+ 31:22+ 34:52+ | 40:27+ 46:30+ 49:35+ 50:01+ |              |
| 04:11+     | 06:48+ 03:27+ 08:29+ 08:27+ 03:30+ | 05:35+ 06:03+ 03:05+ 00:26+ |              |
| 04:11+     | 06:48+ 03:27+ 08:29+ 08:27+ 03:30+ | 05:35+ 06:03+ 03:05+ 00:26+ |              |
| <b>295</b> | <b>Even Nordli Eriksen</b>         | <b>Gjø-Vard OL</b>          | <b>27:09</b> |
| 02:41+     | 06:25+ 08:43+ 12:28+ 17:07+ 19:11+ | 21:29+ 24:53+ 26:44+ 27:09+ |              |
| 02:41+     | 03:44+ 02:18+ 03:45+ 04:39+ 02:04+ | 02:18+ 03:24+ 01:51+ 00:25+ |              |
| 02:41+     | 03:44+ 02:18+ 03:45+ 04:39+ 02:04+ | 02:18+ 03:24+ 01:51+ 00:25+ |              |
| <b>298</b> | <b>Even Lien</b>                   | <b>Gjø-Vard OL</b>          | <b>28:00</b> |
| 02:18+     | 08:42+ 10:52+ 14:49+ 18:48+ 20:46+ | 23:15+ 26:07+ 27:33+ 28:00+ |              |
| 02:18+     | 06:24+ 02:10+ 03:57+ 03:59+ 01:58+ | 02:29+ 02:52+ 01:26+ 00:27+ |              |
| 02:18+     | 06:24+ 02:10+ 03:57+ 03:59+ 01:58+ | 02:29+ 02:52+ 01:26+ 00:27+ |              |
| <b>299</b> | <b>Maren Henriksen</b>             | <b>Halden SK</b>            | <b>22:31</b> |
| 02:34+     | 05:30+ 07:41+ 10:32+ 14:11+ 15:43+ | 18:03+ 20:40+ 22:05+ 22:31+ |              |
| 02:34+     | 02:56+ 02:11+ 02:51+ 03:39+ 01:32+ | 02:20+ 02:37+ 01:25+ 00:26+ |              |
| 02:34+     | 02:56+ 02:11+ 02:51+ 03:39+ 01:32+ | 02:20+ 02:37+ 01:25+ 00:26+ |              |
| <b>300</b> | <b>Amund Flaskerud</b>             | <b>OL Toten-Troll</b>       | <b>34:18</b> |
| 05:05+     | 10:34+ 13:56+ 18:13+ 22:46+ 25:32+ | 28:09+ 31:25+ 33:41+ 34:18+ |              |
| 05:05+     | 05:29+ 03:22+ 04:17+ 04:33+ 02:46+ | 02:37+ 03:16+ 02:16+ 00:37+ |              |
| 05:05+     | 05:29+ 03:22+ 04:17+ 04:33+ 02:46+ | 02:37+ 03:16+ 02:16+ 00:37+ |              |

### Beste strekktid for klassen

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