

H 21-

Strekktider

Tid

Kråkenesmarka-06.09.2015

1	Per Harald Havnén Johansen										368										29:28									
01:49=	03:23=	04:17=	07:42=	08:56=	11:24=	12:18=	13:42=	14:54=	15:29=	18:47=	19:57=	20:26=	22:43=	24:15=	25:30=	26:09=	27:36=	28:16=	28:59=	29:28=										
01:49=	03:24=	04:54=	03:25=	01:14=	02:28=	00:54=	01:24=	01:12=	00:35=	03:18=	01:10=	00:29=	02:17=	01:32=	01:15=	00:39=	01:27=	00:40=	00:43=	00:29=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Andreas G. Polden										141										32:04									
01:57+	03:36+	04:29+	08:01+	09:26+	12:12+	13:17+	14:45+	15:54+	16:26+	20:00+	21:53+	22:21+	24:46+	26:21+	28:00+	28:36+	30:15+	30:57+	31:31+	32:04+										
01:57+	01:39+	00:53+	03:32+	01:25+	02:46+	01:05+	01:28+	01:09+	00:32+	03:34+	01:53+	00:28+	02:25+	01:35+	01:39+	00:36+	01:39+	00:42+	00:34+	00:33+										
00:08+	00:05=	00:01=	00:07+	00:11#	00:18#	00:11#	00:04+	00:03+	00:03-	00:16+	00:43#	00:01+	00:29+	00:03+	00:24#	00:03-	00:12#	00:02+	00:09-	00:04#										
3	Alan Cherry										368										32:27									
01:48=	03:30+	04:20+	07:59+	09:14+	11:44+	12:40+	14:06+	15:18+	15:53+	19:14+	20:23+	20:49+	23:04+	24:31+	25:49+	26:28+	29:59+	31:16+	31:57+	32:27+										
01:48=	01:42+	00:50-	03:39+	01:15+	02:30+	00:56+	01:26+	01:12=	00:35=	03:21+	01:09-	00:26-	02:15-	01:27-	01:18+	00:39=	03:31+	01:17+	00:41-	00:30+										
00:01-	00:01=	00:04+	00:04=	00:01+	00:02+	00:02=	00:02+	00:00=	00:00=	00:03+	00:01-	00:03+	00:05-	00:05-	00:03+	00:00=	02:04#	00:37#	00:02-	00:01+										
4	Per Arne Aadland										299										32:55									
02:08+	03:52+	04:42+	08:44+	09:57+	12:31+	13:31+	15:03+	16:22+	17:04+	20:37+	21:56+	22:23+	25:06+	26:44+	28:29+	29:06+	30:57+	31:38+	32:20+	32:55+										
02:08+	01:44+	00:50-	04:02+	01:13-	02:34+	01:00+	01:32+	01:19+	00:42+	03:33+	01:19+	00:27-	02:43+	01:38+	01:45+	00:37-	01:51+	00:41+	00:42-	00:35+										
00:19#	00:10#	00:04+	00:37#	00:01-	00:06+	00:06#	00:08+	00:07+	00:07#	00:15+	00:09#	00:02+	00:25#	00:06+	00:30#	00:02-	00:24#	00:01+	00:01-	00:06#										
5	Trygve Buanes										347										32:58									
02:02+	03:54+	05:03+	08:48+	10:10+	12:56+	13:50+	15:20+	16:37+	17:18+	21:27+	22:48+	23:19+	25:53+	27:26+	28:40+	29:24+	31:08+	31:56+	32:28+	32:58+										
02:02+	01:52+	00:51+	03:45+	01:22+	02:46+	00:54=	01:30+	01:17+	00:41+	04:09+	01:21+	00:31+	02:34+	01:33+	01:14-	00:44+	01:44+	00:48+	00:32-	00:30+										
00:13#	00:04#	00:00=	00:00=	00:18#	00:00=	00:00=	00:06+	00:05+	00:06#	00:51#	00:11#	00:02+	00:02#	00:01+	00:01-	00:05#	00:17#	00:08#	00:11-	00:01+										
6	Vyacheslav Mukhomedov										368										34:02									
02:11+	03:58+	04:48+	08:13+	09:41+	12:12+	13:14+	15:54+	17:06+	17:43+	21:36+	22:53+	23:21+	25:54+	27:36+	29:13+	29:53+	31:52+	32:46+	33:26+	34:02+										
02:11+	01:47+	00:50-	03:25=	01:28+	02:31+	01:02+	02:40+	01:12=	00:37+	03:53+	01:17+	00:28-	02:33+	01:42+	01:37+	00:40+	01:59+	00:54+	00:40-	00:36+										
00:22#	00:13#	00:00=	00:00=	00:14#	00:03+	00:08#	01:16#	00:00=	00:27+	00:35#	00:07#	00:01-	00:16#	00:10#	00:22#	00:01+	00:32#	00:14#	00:03-	00:07#										
7	Fabian Wennerberg										368										35:15									
01:44-	03:58+	06:02+	09:59+	11:41+	14:22+	15:16+	16:49+	18:09+	18:49+	23:13+	24:51+	25:18+	27:51+	29:25+	31:24+	31:56+	33:23+	34:04+	34:41+	35:15+										
01:44-	02:14+	02:04+	03:57+	01:42+	02:41+	00:54=	01:33+	01:20+	00:40+	04:24+	01:38+	00:27-	02:33+	01:34+	01:59+	00:32-	01:27=	00:41+	00:37-	00:34+										
00:05-	00:40#	01:10#	00:32#	00:28#	00:13+	00:00=	00:09#	00:08#	00:05#	01:06#	00:28#	00:02-	00:16#	00:02+	00:44#	00:07-	00:00=	00:01+	00:06-	00:05#										
8	Daniel Blomster										368										36:34									
02:16+	04:20+	05:20+	09:13+	10:43+	13:38+	14:50+	16:23+	17:38+	18:32+	22:41+	24:39+	25:11+	28:14+	30:01+	31:37+	32:21+	34:18+	35:13+	36:00+	36:34+										
02:16+	02:04+	01:00+	03:53+	01:30+	02:55+	01:12+	01:33+	01:15+	00:54+	04:09+	01:58+	00:32+	03:03+	01:47+	01:36+	00:44+	01:57+	00:55+	00:47+	00:34+										
00:27#	00:30#	00:06#	00:28#	00:16#	00:27#	00:18#	00:09#	00:03+	00:19#	00:51#	00:48#	00:03#	00:16#	00:15#	00:21#	00:05#	00:30#	00:15#	00:04+	00:05#										
9	Oskar Røen										368										38:05									
02:08+	04:23+	05:18+	09:26+	11:15+	14:25+	15:42+	17:29+	18:52+	19:34+	23:34+	25:07+	25:38+	28:44+	30:33+	32:13+	32:49+	35:09+	36:37+	37:22+	38:05+										
02:08+	02:15+	00:55+	04:08+	01:49+	03:10+	01:17+	01:47+	01:23+	00:42+	04:00+	01:33+	00:31+	03:06+	01:49+	01:40+	00:36-	02:20+	01:28+	00:45+	00:43+										
00:19#	00:41#	00:01+	00:43#	00:25#	00:42#	00:23#	00:23#	00:11#	00:07#	00:42#	00:23#	00:02+	00:29#	00:17#	00:25#	00:03-	00:53#	00:48#	00:02+	00:14#										
10	Kenneth Westerheim										331										38:25									
01:53+	03:37+	04:29+	08:21+	09:44+	13:24+	14:34+	16:13+	17:29+	18:03+	22:12+	24:34+	25:04+	28:22+	30:51+	32:16+	34:11+	36:15+	37:01+	37:47+	38:25+										
01:53+	01:44+	00:52-	03:52+	01:23+	03:40+	01:10+	01:39+	01:16+	00:34-	04:09+	02:22+	00:30+	03:18+	02:29+	01:25+	01:55+	02:04+	00:46+	00:38+											
00:04+	00:10#	00:02-	00:22#	00:09#	01:12#	00:16#	00:15#	00:04+	00:01-	00:51#	01:12#	00:01+	01:29#	00:57#	00:10#	01:16#	00:37#	00:06#	00:03+	00:09#										
11	Christian Frøyd										317										41:28									
02:05+	03:46+	04:49+	08:59+	10:36+	13:46+	14:53+	16:33+	17:50+	18:26+	24:50+	26:21+	26:52+	29:40+	32:17+	35:15+	35:53+	38:05+	39:58+	40:48+	41:28+										
02:05+	01:41+	01:03+	04:10+	01:37+	03:10+	01:07+	01:40+	01:17+	00:36+	06:24+	01:31+	00:31+	02:48+	02:37+	02:58+	00:38-	02:12+	01:53+	00:50+	00:40+										
00:16#	00:07+	00:03#	00:45#	00:23#	00:42#	00:13#	00:16#	00:05+	00:01+	03:06#	00:21#	00:02+	00:21#	01:05#	01:43#	00:01-	00:45#	01:13#	00:07#	00:11#										
12	Janis Malcans										1002										46:20									
02:37+	04:54+	06:09+	10:52+	12:33+	16:03+	17:07+	19:02+	20:32+	21:23+	30:56+	32:29+	33:04+	36:12+	38:09+	40:19+	41:54+	44:16+	45:01+	45:47+	46:20+										
02:37+	02:17+	01:15+	04:33+	01:41+	03:30+	01:04+	01:55+	01:30+	00:51+	09:33+	01:33+	00:35+	03:08+	01:57+	02:10+	01:35+	02:22+	00:45+	00:46+	00:33+										
00:48#	00:47#	00:21#	01:19#	00:27#	01:02#	00:10#	00:31#	00:18#	00:16#	06:15#	00:23#	00:06#	00:39#	00:25#	00:55#	00:56#	00:55#	00:05#	00:03+	00:04#										
13	Ørjan Svaland Aas										368										49:39									
02:17+	04:21+	05:20+	09:36+	11:01+	14:07+	15:26+	17:31+	19:10+	20:00+	24:35+	26:20+	26:56+	30:23+	40:24+	42:15+	45:10+	47:11+	48:08+	48:54+	49:39+										
02:17+	02:04+	00:59+	04:16+	01:25+	03:06+	01:19+	02:05+	01:39+	00:50+	04:35+	01:45+	00:36+	03:27+	10:21+	01:51+	02:55+	02:01+	00:57+	00:46+	00:45+										
00:28#	00:20#	00:05#	00:51#	00:11#	00:38#	00:25#	00:41#	00:27#	00:15#	01:17#	00:35#	00:07#	00:19#	08:29#	00:36#	02:16#	00:34#	00:17#	00:03+	00:16#										
14	Andreas Haug										87										50:25									
02:19+	04:43+	06:02+	10:21+	12:39+	15:53+	16:59+	18:47+	20:30+	21:26+	32:35+	35:24+	35:57+	39:01+	40:58+	45:01+	46:02+	47:57+	49:03+	49:53+	50:25+										
02:19+	02:24+	01:19+	04:19+	02:18+	03:14+	01:06+	01:48+	01:43+	00:56+	11:09+	02:49+	00:33+	03:04+	01:57+	04:03+	01:01+	01:55+	01:06+	00:50+	00:32+										
00:30#	00:50#	00:25#	00:54#	00:04#	00:46#	00:12#	00:28+	00:31#	00:21#	07:51#	01:39#	00:04#	00:47#	01:25#	02:48#	00:22#	00:28#	00:26#	00:07#	00:03#										
Beste strekkitt for klassen																														
01:44	01:34	00:50	03:25	01:13	02:28	00:54	01:24	01:09	00:32	03:18	01:09	00:26	02:15	01:27	01:14	00:32	01:27	00:40	00:32	00:22										

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