

1	Frida Eisvang										252	41:32
03:13=	11:10=	17:53=	21:18=	28:49=	31:50=	34:25=	35:32=	36:16=	39:40=	40:57=	41:32=	
03:13=	07:57=	06:43=	03:25=	07:31=	03:01=	02:35=	01:07=	00:44=	03:24=	01:17=	00:35=	
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												
03:13	07:57	06:43	03:25	07:31	03:01	02:35	01:07	00:44	03:24	01:17	00:35	

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

D13-16

1	Karoline Bjørnerød					252					37:53				
05:11=	10:22=	12:26=	20:19=	24:26=	26:17=	27:58=	30:58=	32:03=	33:06=	34:01=	34:32=	36:26=	37:17=	37:53=	
05:11=	05:11=	02:04=	07:53=	04:07=	01:51=	01:41=	03:00=	01:05=	01:03=	00:55=	00:31=	01:54=	00:51=	00:36=	
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=	
3	Ida Synnøve Kristiansen					82					42:48				
05:41+	09:27-	11:49-	21:49+	26:43+	28:40+	30:58+	34:34+	35:40+	37:07+	38:12+	39:00+	41:02+	42:09+	42:48+	
05:41+	03:46-	02:22+	10:00+	04:54+	01:57+	02:18+	03:36+	01:06+	01:27+	01:05+	00:48+	02:02+	01:07+	00:39+	
00:30+	01:25-	00:18#	02:07&	00:47#	00:06+	00:37&	00:36#	00:01+	00:24&	00:10#	00:17&	00:08+	00:16&	00:03+	
4	Ingrid Kristine Hansen					305					44:49				
05:27+	09:11-	11:27-	23:02+	27:55+	30:00+	32:18+	36:02+	37:20+	38:34+	40:10+	40:49+	42:40+	43:57+	44:49+	
05:27+	03:44-	02:16+	11:35+	04:53+	02:05+	02:18+	03:44+	01:18+	01:14+	01:36+	00:39+	01:51-	01:17+	00:52+	
00:16+	01:27-	00:12+	03:42&	00:46#	00:14#	00:37&	00:44#	00:13#	00:11#	00:41&	00:08&	00:03-	00:26&	00:16&	
5	Marie F. Lindløv Jensen					305					44:49				
05:31+	09:07-	11:33-	22:51+	27:48+	29:55+	32:25+	36:08+	37:25+	38:40+	40:16+	40:56+	42:45+	43:56+	44:49+	
05:31+	03:36-	02:26+	11:18+	04:57+	02:07+	02:30+	03:43+	01:17+	01:15+	01:36+	00:40+	01:49-	01:11+	00:53+	
00:20+	01:35-	00:22#	03:25&	00:50#	00:16#	00:49&	00:43#	00:12#	00:12#	00:41&	00:09&	00:05-	00:20&	00:17&	
Beste strekktid for klassen															
05:11	03:36	02:04	07:53	04:07	01:51	01:41	03:00	01:05	01:03	00:55	00:31	01:49	00:51	00:36	

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

D17-

1	Mia Mathisen Bekhus															82	44:53														
04:11=	10:15=	13:03=	16:23=	20:59=	29:25=	33:09=	34:45=	36:07=	39:03=	39:57=	40:43=	41:32=	42:00=	43:27=	44:18=	44:53=															
04:11=	06:04=	02:48=	03:20=	04:36=	08:26=	03:44=	01:36=	01:22=	02:56=	00:54=	00:46=	00:49=	00:28=	01:27=	00:51=	00:35=															
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	Ida Katrine Børstad Thoresen															305	54:04														
05:19+	08:47-	12:28-	16:28+	21:38+	34:28+	39:02+	41:02+	42:38+	46:13+	47:28+	48:37+	49:45+	50:19+	52:12+	53:18+	54:04+															
05:19+	03:28-	03:41+	04:00+	05:10+	12:50+	04:34+	02:00+	01:36+	03:35+	01:15+	01:09+	01:08+	00:34+	01:53+	01:06+	00:46+															
01:08&	02:36-	00:53&	00:40#	00:34#	04:24&	00:50#	00:24#	00:14#	00:39#	00:21&	00:23&	00:19&	00:06#	00:26&	00:15&	00:11&															
Beste strekktid for klassen																															
04:11	03:28	02:48	03:20	04:36	08:26	03:44	01:36	01:22	02:56	00:54	00:46	00:49	00:28	01:27	00:51	00:35															

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

H13-16

1	Sondre Ladim												252				34:58			
04:37=	08:29=	11:08=	18:10=	22:06=	23:49=	25:09=	28:08=	29:17=	30:13=	31:06=	31:41=	33:28=	34:22=	34:58=						
04:37=	03:52=	02:39=	07:02=	03:56=	01:43=	01:20=	02:59=	01:09=	00:56=	00:53=	00:35=	01:47=	00:54=	00:36=						
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									
2	Alfred Bjørnerød										252										35:02									
	04:31-	08:19-	11:04-	18:05-	22:01-	23:36-	25:06-	28:03-	29:07-	30:04-	31:02-	31:44+	33:33+	34:26+	35:02+															
	04:31-	03:48-	02:45+	07:01-	03:56=	01:35-	01:30+	02:57-	01:04-	00:57+	00:58+	00:42+	01:49+	00:53-	00:36=															
	00:06-	00:04-	00:06+	00:01-	00:00=	00:08-	00:10#	00:02-	00:05-	00:01+	00:05+	00:07#	00:02+	00:01-	00:00=															
3	Christopher Ladim										252										35:03									
	04:29-	08:28-	11:01-	18:01-	21:59-	23:41-	25:00-	27:59-	29:04-	30:01-	30:56-	31:37-	33:31+	34:26+	35:03+															
	04:29-	03:59+	02:33-	07:00-	03:58+	01:42-	01:19-	02:59=	01:05-	00:57+	00:55+	00:41+	01:54+	00:55+	00:37+															
	00:08-	00:07+	00:06-	00:02-	00:02+	00:01-	00:01-	00:00=	00:04-	00:01+	00:02+	00:06#	00:07+	00:01+	00:01+															
Beste strekktid for klassen																														
	04:29	03:48	02:33	07:00	03:56	01:35	01:19	02:57	01:04	00:56	00:53	00:35	01:47	00:53	00:36															

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

H17-

1	Benjamin Aasen										305										43:13									
	04:17=	10:35=	13:28=	16:53=	20:51=	28:52=	32:14=	33:39=	35:15=	37:47=	38:54=	39:38=	40:25=	40:50=	42:06=	42:48=	43:13=													
	04:17=	06:18=	02:53=	03:25=	03:58=	08:01=	03:22=	01:25=	01:36=	02:32=	01:07=	00:44=	00:47=	00:25=	01:16=	00:42=	00:25=													
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													
2	Espen Bekhus										82										47:18									
	04:56+	08:18-	11:56-	16:10-	21:05+	30:44+	34:46+	36:27+	37:47+	40:59+	41:55+	42:56+	43:46+	44:17+	45:59+	46:46+	47:18+													
	04:56+	03:22-	03:38+	04:14+	04:55+	09:39+	04:02+	01:41+	01:20-	03:12+	00:56-	01:01+	00:50+	00:31+	01:42+	00:47+	00:32+													
	00:39#	02:56-	00:45&	00:49#	00:57#	01:38#	00:40#	00:16#	00:16-	00:40&	00:11-	00:17&	00:03+	00:06#	00:26&	00:05#	00:07&													
3	Henning Bratland Carlsen										252										47:22									
	04:46+	08:09-	12:16-	16:48-	21:16+	30:41+	34:44+	36:24+	37:42+	40:40+	41:37+	42:48+	43:42+	44:14+	46:09+	46:51+	47:22+													
	04:46+	03:23-	04:07+	04:32+	04:28+	09:25+	04:03+	01:40+	01:18-	02:58+	00:57-	01:11+	00:54+	00:32+	01:55+	00:42=	00:31+													
	00:29#	02:55-	01:14&	01:07&	00:30#	01:24#	00:41#	00:15#	00:18-	00:26#	00:10-	00:27&	00:07#	00:07&	00:39&	00:00=	00:06#													
Beste strekktid for klassen																														
	04:17	03:22	02:53	03:25	03:58	08:01	03:22	01:25	01:18	02:32	00:56	00:44	00:47	00:25	01:16	00:42	00:25													

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

H50-

1	Øystein Jensen										305										35:48									
	04:47=	08:03=	09:56=	17:42=	21:51=	23:45=	25:11=	28:19=	29:26=	30:32=	31:27=	32:20=	34:04=	35:04=	35:48=															
	04:47=	03:16=	01:53=	07:46=	04:09=	01:54=	01:26=	03:08=	01:07=	01:06=	00:55=	00:53=	01:44=	01:00=	00:44=															
	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	Bjørn Tore Thoresen										305										43:31									
	05:07+	08:37+	11:22+	22:25+	27:02+	29:01+	30:43+	35:31+	36:38+	37:44+	39:17+	39:53+	41:51+	42:51+	43:31+															
	05:07+	03:30+	02:45+	11:03+	04:37+	01:59+	01:42+	04:48+	01:07=	01:06=	01:33+	00:36-	01:58+	01:00=	00:40-															
	00:20+	00:14+	00:52&	03:17&	00:28#	00:05+	00:16#	01:40&	00:00=	00:00=	00:38&	00:17-	00:14#	00:00=	00:04-															
3	Per Olaf Klemsdal										369										49:27									
	05:52+	09:42+	12:04+	22:56+	28:08+	30:28+	32:36+	40:46+	41:49+	43:10+	44:08+	44:48+	47:08+	48:43+	49:27+															
	05:52+	03:50+	02:22+	10:52+	05:12+	02:20+	02:08+	08:10+	01:03-	01:21+	00:58+	00:40-	02:20+	01:35+	00:44=															
	01:05#	00:34#	00:29&	03:06&	01:03&	00:26#	00:42&	05:02@	00:04-	00:15#	00:03+	00:13-	00:36&	00:35&	00:00=															
Beste strekktid for klassen																														
	04:47	03:16	01:53	07:46	04:09	01:54	01:26	03:08	01:03	01:06	00:55	00:36	01:44	01:00	00:40															

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

NOCLAS

1	176247 U1 Ukjent løper176247										NOTEAM										56:50									
	46:28=	47:51=	50:38=	51:39=	54:08=	55:40=	56:24=	56:50=																						
	46:28=	01:23=	02:47=	01:01=	02:29=	01:32=	00:44=	00:26=																						
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																						

Plass	Navn	Klasse	Tid
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Beste strekktid for klassen

46:28 01:23 02:47 01:01 02:29 01:32 00:44 00:26

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

N-ÅPEN

1	Christian F Schive	101	37:59
18:00=	21:22=	26:40=	28:51=
32:40=	35:27=	36:58=	37:59=
18:00=	03:22=	05:18=	02:11=
03:49=	02:47=	01:31=	01:01=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=

2	Anders Eisvang	252	52:29
17:28-	22:02+	30:05+	35:12+
44:31+	49:22+	51:40+	52:29+
17:28-	04:34+	08:03+	05:07+
09:19+	04:51+	02:18+	00:49-
00:32-	01:12&	02:45&	02:56@
05:30@	02:04&	00:47&	00:12-

Beste strekktid for klassen

17:28 03:22 05:18 02:11 03:49 02:47 01:31 00:49

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