

1	Marie Kravdal							93	17:05
	02:10=	04:23=	06:41=	08:25=	10:48=	13:47=	15:57=	17:05=	
	02:10=	02:13=	02:18=	01:44=	02:23=	02:59=	02:10=	01:08=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Maja Mo Hjelseth							245	18:55
	02:12+	04:19-	07:12+	09:04+	11:05+	15:51+	17:54+	18:55+	
	02:12+	02:07-	02:53+	01:52+	02:01-	04:46+	02:03-	01:01-	
	00:02+	00:06-	00:35&	00:08+	00:22-	01:47&	00:07-	00:07-	
3	Hanna Lerche Fodstad							93	24:48
	03:04+	06:04+	09:20+	12:25+	15:38+	20:05+	23:15+	24:48+	
	03:04+	03:00+	03:16+	03:05+	03:13+	04:27+	03:10+	01:33+	
	00:54&	00:47&	00:58&	01:21&	00:50&	01:28&	01:00&	00:25&	

Beste strekktid for klassen

02:10	02:07	02:18	01:44	02:01	02:59	02:03	01:01
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 13-16

1	Hedda Raadal Bjørlo								101	22:08
02:12=	04:11=	08:24=	11:20=	13:12=	16:37=	19:30=	21:15=	22:08=		
02:12=	01:59=	04:13=	02:56=	01:52=	03:25=	02:53=	01:45=	00:53=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Jenny Baklid								185	22:22
02:37+	05:01+	09:10+	11:49+	13:41+	17:20+	20:01+	21:34+	22:22+		
02:37+	02:24+	04:09-	02:39-	01:52=	03:39+	02:41-	01:33-	00:48-		
00:25#	00:25#	00:04-	00:17-	00:00=	00:14+	00:12-	00:12-	00:05-		
3	Marte Madslien Bakken								245	23:16
02:30+	04:41+	08:15-	11:03-	13:11-	17:04+	20:35+	22:20+	23:16+		
02:30+	02:11+	03:34-	02:48-	02:08+	03:53+	03:31+	01:45=	00:56+		
00:18#	00:12#	00:39-	00:08-	00:16#	00:28#	00:38#	00:00=	00:03+		
4	Anna Øfsthus Gravir								26	23:40
02:15+	04:15+	08:45+	11:28+	13:43+	18:03+	21:13+	22:55+	23:40+		
02:15+	02:00+	04:30+	02:43-	02:15+	04:20+	03:10+	01:42-	00:45-		
00:03+	00:01+	00:17+	00:13-	00:23#	00:55&	00:17+	00:03-	00:08-		
5	Solveig Eline Berg								163	24:58
02:56+	05:18+	09:19+	12:10+	14:44+	18:31+	22:01+	24:05+	24:58+		
02:56+	02:22+	04:01-	02:51-	02:34+	03:47+	03:30+	02:04+	00:53=		
00:44&	00:23#	00:12-	00:05-	00:42&	00:22#	00:37#	00:19#	00:00=		
6	Ingrid Madslien								245	29:59
02:50+	05:08+	10:16+	13:24+	19:19+	23:35+	27:25+	29:04+	29:59+		
02:50+	02:18+	05:08+	03:08+	05:55+	04:16+	03:50+	01:39-	00:55+		
00:38&	00:19#	00:55#	00:12+	04:03@	00:51#	00:57&	00:06-	00:02+		
7	Berthe Teslo								98	34:00
03:07+	06:15+	12:17+	17:02+	20:02+	24:47+	30:29+	32:57+	34:00+		
03:07+	03:08+	06:02+	04:45+	03:00+	04:45+	05:42+	02:28+	01:03+		
00:55&	01:09&	01:49&	01:49&	01:08&	01:20&	02:49&	00:43&	00:10#		

Beste strekktid for klassen

02:12	01:59	03:34	02:39	01:52	03:25	02:41	01:33	00:45
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 17-20

Plass	Navn	Klasse	Tid
1	Ragnhild Hjermstad	80	32:46
	03:54= 06:58= 11:30= 14:33= 17:49= 21:00= 23:07= 27:10= 30:34= 32:00= 32:46=		
	03:54= 03:04= 04:32= 03:03= 03:16= 03:11= 02:07= 04:03= 03:24= 01:26= 00:46=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
3	Fanni Jauhojärvi Markussen	26	40:42
	05:08+ 08:32+ 14:16+ 17:54+ 21:57+ 25:51+ 28:33+ 33:38+ 37:57+ 39:43+ 40:42+		
	05:08+ 03:24+ 05:44+ 03:38+ 04:03+ 03:54+ 02:42+ 05:05+ 04:19+ 01:46+ 00:59+		
	01:14& 00:20# 01:12& 00:35# 00:47# 00:43# 00:35& 01:02& 00:55& 00:20# 00:13&		
Beste strekktid for klassen			
	03:54 03:04 04:32 03:03 03:16 03:11 02:07 04:03 03:24 01:26 00:46		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 21-			
1	Zsuzsa Fey	26	35:48
	04:03= 07:07= 11:56= 15:03= 18:45= 22:36= 24:54= 29:22= 33:27= 34:59= 35:48=		
	04:03= 03:04= 04:49= 03:07= 03:42= 03:51= 02:18= 04:28= 04:05= 01:32= 00:49=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Marianne Dæhli	101	49:05
	05:42+ 09:46+ 16:21+ 21:29+ 26:25+ 31:42+ 34:50+ 41:15+ 45:42+ 47:54+ 49:05+		
	05:42+ 04:04+ 06:35+ 05:08+ 04:56+ 05:17+ 03:08+ 06:25+ 04:27+ 02:12+ 01:11+		
	01:39& 01:00& 01:46& 02:01& 01:14& 01:26& 00:50& 01:57& 00:22+ 00:40& 00:22&		
Beste strekktid for klassen			
	04:03 03:04 04:49 03:07 03:42 03:51 02:18 04:28 04:05 01:32 00:49		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D 40-			
1	Signe Astrup Arnesen	114	28:06
	01:46= 03:48= 05:26= 08:34= 11:37= 13:28= 18:16= 21:18= 25:35= 27:13= 28:06=		
	01:46= 02:02= 01:38= 03:08= 03:03= 01:51= 04:48= 03:02= 04:17= 01:38= 00:53=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Hanne Lerche Raadal	101	29:38
	01:50+ 04:01+ 05:58+ 09:06+ 12:00+ 15:26+ 20:03+ 23:05+ 26:40+ 28:32+ 29:38+		
	01:50+ 02:11+ 01:57+ 03:08= 02:54- 03:26+ 04:37- 03:02= 03:35- 01:52+ 01:06+		
	00:04+ 00:09+ 00:19# 00:00= 00:09- 01:35& 00:11- 00:00= 00:42- 00:14# 00:13#		
3	Anne Madslien	245	29:55
	01:56+ 04:05+ 05:49+ 08:55+ 11:52+ 15:30+ 20:02+ 23:00+ 27:17+ 29:03+ 29:55+		
	01:56+ 02:09+ 01:44+ 03:06- 02:57- 03:38+ 04:32- 02:58- 04:17= 01:46+ 00:52-		
	00:10+ 00:07+ 00:06+ 00:02- 00:06- 01:47& 00:16- 00:04- 00:00= 00:08+ 00:01-		
4	Kari Madslien	245	31:56
	01:57+ 04:09+ 06:18+ 09:54+ 12:52+ 16:36+ 21:56+ 25:01+ 29:23+ 31:04+ 31:56+		
	01:57+ 02:12+ 02:09+ 03:36+ 02:58- 03:44+ 05:20+ 03:05+ 04:22+ 01:41+ 00:52-		
	00:11# 00:10+ 00:31& 00:28# 00:05- 01:53@ 00:32# 00:03+ 00:05+ 00:03+ 00:01-		
6	Marianne Hjermstad	80	34:32
	05:09+ 07:16+ 09:16+ 13:03+ 16:14+ 19:33+ 24:53+ 28:11+ 32:14+ 33:45+ 34:32+		
	05:09+ 02:07+ 02:00+ 03:47+ 03:11+ 03:19+ 05:20+ 03:18+ 04:03- 01:31- 00:47-		
	03:23@ 00:05+ 00:22# 00:39# 00:08+ 01:28& 00:32# 00:16+ 00:14- 00:07- 00:06-		
9	Siri Scherdin Sætra	26	40:11
	02:29+ 05:08+ 08:12+ 12:55+ 16:44+ 19:49+ 26:21+ 30:13+ 36:20+ 39:05+ 40:11+		
	02:29+ 02:39+ 03:04+ 04:43+ 03:49+ 03:05+ 06:32+ 03:52+ 06:07+ 02:45+ 01:06+		
	00:43& 00:37& 01:26& 01:35& 00:46& 01:14& 01:44& 00:50& 01:50& 01:07& 00:13#		
Beste strekktid for klassen			
	01:46 02:02 01:38 03:06 02:54 01:51 04:32 02:58 03:35 01:31 00:47		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			

Plass	Navn	Klasse	Tid
H 13-16			
1	Trygve Myhr	26	23:23
01:26= 03:02= 04:52= 07:09= 09:27= 12:16= 15:55= 18:14= 21:31= 22:45= 23:23= 01:26= 01:36= 01:50= 02:17= 02:18= 02:49= 03:39= 02:19= 03:17= 01:14= 00:38= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Even Lindaas	66	23:50
01:29+ 03:07+ 05:03+ 07:18+ 09:41+ 12:49+ 16:25+ 18:50+ 22:02+ 23:14+ 23:50+ 01:29+ 01:38+ 01:56+ 02:15- 02:23+ 03:08+ 03:36- 02:25+ 03:12- 01:12- 00:36- 00:03+ 00:02+ 00:06+ 00:02- 00:05+ 00:19# 00:03- 00:06+ 00:05- 00:02- 00:02-			
3	Njaal Ellegaard Melby	366	25:11
01:50+ 03:35+ 05:21+ 07:51+ 10:29+ 13:26+ 17:20+ 19:48+ 23:11+ 24:30+ 25:11+ 01:50+ 01:45+ 01:46- 02:30+ 02:38+ 02:57+ 03:54+ 02:28+ 03:23+ 01:19+ 00:41+ 00:24& 00:09+ 00:04- 00:13+ 00:20# 00:08+ 00:15+ 00:09+ 00:06+ 00:05+ 00:03+			
4	Henrik Fredriksen Aas	26	25:12
02:02+ 03:44+ 05:46+ 08:14+ 10:44+ 13:37+ 17:26+ 19:48+ 23:01+ 24:15+ 25:12+ 02:02+ 01:42+ 02:02+ 02:28+ 02:30+ 02:53+ 03:49+ 02:22+ 03:13- 01:14= 00:57+ 00:36& 00:06+ 00:12# 00:11+ 00:12+ 00:04+ 00:10+ 00:03+ 00:04- 00:00= 00:19&			
5	Per Clemet Wisløff	26	25:46
01:38+ 03:29+ 05:25+ 08:23+ 10:49+ 13:43+ 17:35+ 20:20+ 23:46+ 25:07+ 25:46+ 01:38+ 01:51+ 01:56+ 02:58+ 02:26+ 02:54+ 03:52+ 02:45+ 03:26+ 01:21+ 00:39+ 00:12# 00:15# 00:06+ 00:41& 00:08+ 00:05+ 00:13+ 00:26# 00:09+ 00:07+ 00:01+			
6	Jostein Svaland Dale	265	26:02
01:31+ 03:11+ 05:27+ 08:06+ 10:48+ 13:47+ 17:53+ 20:25+ 23:58+ 25:14+ 26:02+ 01:31+ 01:40+ 02:16+ 02:39+ 02:42+ 02:59+ 04:06+ 02:32+ 03:33+ 01:16+ 00:48+ 00:05+ 00:04+ 00:26# 00:22# 00:24# 00:10+ 00:27# 00:13+ 00:16+ 00:02+ 00:10&			
7	Teodor Mo Hjelseth	245	26:05
01:57+ 03:49+ 05:55+ 08:34+ 11:10+ 13:59+ 18:04+ 20:42+ 24:06+ 25:27+ 26:05+ 01:57+ 01:52+ 02:06+ 02:39+ 02:36+ 02:49= 04:05+ 02:38+ 03:24+ 01:21+ 00:38= 00:31& 00:16# 00:16# 00:22# 00:18# 00:00= 00:26# 00:19# 00:07+ 00:07+ 00:00=			
8	Niels Christian Hellerud	101	29:02
01:44+ 03:52+ 06:03+ 09:03+ 11:58+ 14:49+ 19:39+ 22:40+ 26:36+ 28:13+ 29:02+ 01:44+ 02:08+ 02:11+ 03:00+ 02:55+ 02:51+ 04:50+ 03:01+ 03:56+ 01:37+ 00:49+ 00:18# 00:32& 00:21# 00:43& 00:37& 00:02+ 01:11& 00:42& 00:39# 00:23& 00:11&			
9	Ole Johan Bråten	366	29:13
01:38+ 03:31+ 05:44+ 10:24+ 13:23+ 16:26+ 20:28+ 23:10+ 27:01+ 28:29+ 29:13+ 01:38+ 01:53+ 02:13+ 04:40+ 02:59+ 03:03+ 04:02+ 02:42+ 03:51+ 01:28+ 00:44+ 00:12# 00:17# 00:23# 02:23@ 00:41& 00:14+ 00:23# 00:23# 00:34# 00:14# 00:06#			
10	Grunde Isaksætre	97	30:46
01:45+ 03:49+ 06:13+ 09:18+ 12:22+ 15:41+ 20:25+ 23:42+ 28:20+ 30:01+ 30:46+ 01:45+ 02:04+ 02:24+ 03:05+ 03:04+ 03:19+ 04:44+ 03:17+ 04:38+ 01:41+ 00:45+ 00:19# 00:28& 00:34& 00:48& 00:46& 00:30# 01:05& 00:58& 01:21& 00:27& 00:07#			
11	Håvard Gjestvang	261	33:42
02:02+ 04:13+ 07:07+ 10:29+ 14:04+ 17:53+ 22:52+ 25:54+ 30:54+ 32:51+ 33:42+ 02:02+ 02:11+ 02:54+ 03:22+ 03:35+ 03:49+ 04:59+ 03:02+ 05:00+ 01:57+ 00:51+ 00:36& 00:35& 01:04& 01:05& 01:17& 01:00& 01:20& 00:43& 01:43& 00:43& 00:13&			
12	Eskil Frøisland	366	33:50
01:46+ 03:40+ 05:47+ 09:17+ 13:01+ 17:23+ 22:23+ 26:14+ 31:24+ 33:03+ 33:50+ 01:46+ 01:54+ 02:07+ 03:30+ 03:44+ 04:22+ 05:00+ 03:51+ 05:10+ 01:39+ 00:47+ 00:20# 00:18# 00:17# 01:13& 01:26& 01:33& 01:21& 01:32& 01:53& 00:25& 00:09#			
13	Mats Lindaas	66	36:49
02:03+ 04:27+ 06:55+ 11:09+ 15:16+ 19:40+ 25:01+ 28:57+ 34:00+ 35:51+ 36:49+ 02:03+ 02:24+ 02:28+ 04:14+ 04:07+ 04:24+ 05:21+ 03:56+ 05:03+ 01:51+ 00:58+ 00:37& 00:48& 00:38& 01:57& 01:49& 01:35& 01:42& 01:37& 01:46& 00:37& 00:20&			
14	Snorre Slokvik	243	37:21
02:08+ 04:34+ 07:17+ 11:54+ 15:48+ 20:27+ 26:23+ 30:00+ 34:25+ 36:36+ 37:21+ 02:08+ 02:26+ 02:43+ 04:37+ 03:54+ 04:39+ 05:56+ 03:37+ 04:25+ 02:11+ 00:45+ 00:42& 00:50& 00:53& 02:20@ 01:36& 01:50& 02:17& 01:18& 01:08& 00:57& 00:07#			

Plass	Navn										Klasse	Tid									
17	Fredrik Sveen										366	45:55									
	02:49+	05:46+	09:12+	14:26+	18:52+	24:26+	31:18+	37:00+	42:32+	44:50+	45:55+										
	02:49+	02:57+	03:26+	05:14+	04:26+	05:34+	06:52+	05:42+	05:32+	02:18+	01:05+										
	01:23&	01:21&	01:36&	02:57@	02:08&	02:45&	03:13&	03:23@	02:15&	01:04&	00:27&										
18	Åsmund Slokvik										243	47:23									
	02:28+	05:14+	08:27+	13:23+	17:51+	23:15+	30:04+	34:41+	42:56+	46:06+	47:23+										
	02:28+	02:46+	03:13+	04:56+	04:28+	05:24+	06:49+	04:37+	08:15+	03:10+	01:17+										
	01:02&	01:10&	01:23&	02:39@	02:10&	02:35&	03:10&	02:18&	04:58@	01:56@	00:39@										
Beste strekktid for klassen																					
	01:26	01:36	01:46	02:15	02:18	02:49	03:36	02:19	03:12	01:12	00:36										

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

H 17-20

1	Aksel Madslien										245	37:30									
	01:46=	05:08=	07:07=	10:12=	13:30=	15:34=	16:45=	22:06=	23:44=	29:03=	30:25=	32:10=	33:49=	35:50=	36:57=	37:30=					
	01:46=	03:22=	01:59=	03:05=	03:18=	02:04=	01:11=	05:21=	01:38=	05:19=	01:22=	01:45=	01:39=	02:01=	01:07=	00:33=					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Øyvind Wigger										51	37:50									
	01:51+	05:17+	07:06-	10:00-	13:11-	15:30-	16:43-	23:01+	24:36+	29:28+	30:52+	32:41+	34:12+	36:00+	37:08+	37:50+					
	01:51+	03:26+	01:49-	02:54-	03:11-	02:19+	01:13+	06:18+	01:35-	04:52-	01:24+	01:49+	01:31-	01:48-	01:08+	00:42+					
	00:05+	00:04+	00:10-	00:11-	00:07-	00:15#	00:02+	00:57#	00:03-	00:27-	00:02+	00:04+	00:08-	00:13-	00:01+	00:09&					
3	Vegard Gulbrandsen										26	41:38									
	01:47+	06:11+	08:03+	11:04+	15:16+	17:31+	18:44+	25:36+	26:48+	32:04+	33:28+	36:22+	37:56+	39:51+	40:58+	41:38+					
	01:47+	04:24+	01:52-	03:01-	04:12+	02:15+	01:13+	06:52+	01:12-	05:16-	01:24+	02:54+	01:34-	01:55-	01:07=	00:40+					
	00:01+	01:02&	00:07-	00:04-	00:54&	00:11+	00:02+	01:31&	00:26-	00:03-	00:02+	01:09&	00:05-	00:06-	00:00=	00:07#					
4	Ulrik Astrup Arnesen										114	42:41									
	01:47+	05:40+	07:43+	10:53+	14:52+	17:31+	18:57+	25:30+	27:10+	33:07+	34:38+	36:51+	38:44+	40:49+	42:08+	42:41+					
	01:47+	03:53+	02:03+	03:10+	03:59+	02:39+	01:26+	06:33+	01:40+	05:57+	01:31+	02:13+	01:53+	02:05+	01:19+	00:33=					
	00:01+	00:31#	00:04+	00:05+	00:41#	00:35&	00:15#	01:12#	00:02+	00:38#	00:09#	00:28&	00:14#	00:04+	00:12#	00:00=					
5	Sander Hildebrand Rogndokken										71	45:46									
	02:17+	06:30+	09:06+	12:20+	16:31+	19:31+	21:01+	27:59+	30:34+	36:17+	37:53+	40:03+	41:51+	43:54+	45:07+	45:46+					
	02:17+	04:13+	02:36+	03:14+	04:11+	03:00+	01:30+	06:58+	02:35+	05:43+	01:36+	02:10+	01:48+	02:03+	01:13+	00:39+					
	00:31&	00:51&	00:37&	00:09+	00:53&	00:56&	00:19&	01:37&	00:57&	00:24+	00:14#	00:25#	00:09+	00:02+	00:06+	00:06#					
6	Bjørn Anders Flågen										114	46:01									
	02:03+	05:53+	07:52+	10:45+	14:24+	17:35+	18:58+	27:09+	29:00+	34:57+	36:52+	39:15+	41:23+	43:25+	45:22+	46:01+					
	02:03+	03:50+	01:59=	02:53-	03:39+	03:11+	01:23+	08:11+	01:51+	05:57+	01:55+	02:23+	02:08+	02:02+	01:57+	00:39+					
	00:17#	00:28#	00:00=	00:12-	00:21#	01:07&	00:12#	02:50&	00:13#	00:38#	00:33&	00:38&	00:29&	00:01+	00:50&	00:06#					
7	Vegard Myklemyr										64	52:20									
	02:15+	06:23+	08:30+	17:35+	22:28+	25:45+	27:31+	35:00+	36:00+	41:44+	43:35+	45:49+	48:08+	50:10+	51:36+	52:20+					
	02:15+	04:08+	02:07+	09:05+	04:53+	03:17+	01:46+	07:29+	01:00-	05:44+	01:51+	02:14+	02:19+	02:02+	01:26+	00:44+					
	00:29&	00:46#	00:08+	06:00@	01:35&	01:13&	00:35&	02:08&	00:38-	00:25+	00:29&	00:29&	00:40&	00:01+	00:19&	00:11&					
8	Johan Teodor Westly										26	55:15									
	03:12+	08:26+	10:31+	14:15+	24:08+	27:18+	28:58+	38:54+	40:03+	45:59+	47:36+	49:35+	51:19+	53:15+	54:31+	55:15+					
	03:12+	05:14+	02:05+	03:44+	09:53+	03:10+	01:40+	09:56+	01:09-	05:56+	01:37+	01:59+	01:44+	01:56-	01:16+	00:44+					
	01:26&	01:52&	00:06+	00:39#	06:35@	01:06&	00:29&	04:35&	00:29-	00:37#	00:15#	00:14#	00:05+	00:05-	00:09#	00:11&					
9	Lavran Thorstensen										268	1:16:27									
	02:17+	06:46+	09:24+	13:20+	20:23+	32:50+	35:00+	46:03+	49:11+	62:09+	64:27+	67:29+	70:37+	73:28+	75:25+	76:27+					
	02:17+	04:29+	02:38+	03:56+	07:03+	12:27+	02:10+	11:03+	03:08+	12:58+	02:18+	03:02+	03:08+	02:51+	01:57+	01:02+					
	00:31&	01:07&	00:39&	00:51&	03:45@	10:23@	00:59&	05:42@	01:30&	07:39@	00:56&	01:17&	01:29&	00:50&	00:50&	00:29&					
Beste strekktid for klassen																					
	01:46	03:22	01:49	02:53	03:11	02:04	01:11	05:21	01:00	04:52	01:22	01:45	01:31	01:48	01:07	00:33					

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

H 21-

Plass	Navn	Klasse										Tid					
1	Øyvind Watterdal	98										34:31					
	01:49=	03:15=	05:38=	07:18=	10:04=	12:56=	15:04=	16:11=	21:35=	22:37=	26:48=	28:02=	29:43=	31:26=	32:55=	33:55=	34:31=
	01:49=	01:26=	02:23=	01:40=	02:46=	02:52=	02:08=	01:07=	05:24=	01:02=	04:11=	01:14=	01:41=	01:43=	01:29=	01:00=	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=	00:00=	00:00=
2	Hans Jørgen Kvåle	98										35:33					
	01:35-	04:55+	06:47+	09:23+	12:43+	14:55+	16:05+	21:46+	23:18+	27:52+	29:16+	31:07+	32:24+	33:56+	34:58+	35:33+	
	01:35-	03:20+	01:52-	02:36+	03:20+	02:12-	01:10-	05:41+	01:32-	04:34+	01:24-	01:51+	01:17-	01:32-	01:02-	00:35-	
	00:14-	01:54@	00:31-	00:56&	00:34#	00:40-	00:58-	04:34@	03:52-	03:32@	02:47-	00:37&	00:24-	00:11-	00:27-	00:25-	
3	Ove Sætra	98										36:19					
	01:48-	05:10+	06:58+	09:36+	12:58+	15:12+	16:25+	22:09+	23:37+	28:38+	29:58+	31:52+	33:04+	34:37+	35:42+	36:19+	
	01:48-	03:22+	01:48-	02:38+	03:22+	02:14-	01:13-	05:44+	01:28-	05:01+	01:20-	01:54+	01:12-	01:33-	01:05-	00:37-	
	00:01-	01:56@	00:35-	00:58&	00:36#	00:38-	00:55-	04:37@	03:56-	03:59@	02:51-	00:40&	00:29-	00:10-	00:24-	00:23-	
4	Anders Hauge	26										39:56					
	01:35-	05:22+	07:17+	10:06+	13:21+	16:43+	18:00+	24:21+	25:16+	30:27+	32:02+	34:02+	35:48+	37:57+	39:13+	39:56+	
	01:35-	03:47+	01:55-	02:49+	03:15+	03:22+	01:17-	06:21+	00:55-	05:11+	01:35-	02:00+	01:46+	02:09+	01:16-	00:43-	
	00:14-	02:21@	00:28-	01:09&	00:29#	00:30#	00:51-	05:14@	04:29-	04:09@	02:36-	00:46&	00:05+	00:26&	00:13-	00:17-	
5	Henning Spjelkavik	163										47:20					
	02:28+	06:34+	08:46+	12:04+	16:50+	19:49+	21:33+	29:39+	31:16+	37:20+	39:15+	41:29+	42:57+	45:13+	46:37+	47:20+	
	02:28+	04:06+	02:12-	03:18+	04:46+	02:59+	01:44-	08:06+	01:37-	06:04+	01:55-	02:14+	01:28-	02:16+	01:24-	00:43-	
	00:39&	02:40@	00:11-	01:38&	02:00&	00:07+	00:24-	06:59@	03:47-	05:02@	02:16-	01:00&	00:13-	00:33&	00:05-	00:17-	
Beste strekktid for klassen																	
	01:35	01:26	01:48	01:40	02:46	02:12	01:10	01:07	00:55	01:02	01:20	01:14	01:12	01:32	01:02	00:35	00:36
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
H 40-																	
3	Jon Iver Bakken	245										32:01					
	03:38+	06:43+	11:16+	14:10+	17:17+	20:40+	22:41+	26:36+	29:48+	31:17+	32:01+						
	03:38+	03:05+	04:33+	02:54+	03:07+	03:23+	02:01+	03:55+	03:12+	01:29+	00:44+						
	03:38+	03:05+	04:33+	02:54+	03:07+	03:23+	02:01+	03:55+	03:12+	01:29+	00:44+						
4	Øyvind Lien	93										32:08					
	03:16+	06:50+	11:13+	14:08+	17:24+	20:39+	22:30+	26:30+	30:04+	31:26+	32:08+						
	03:16+	03:34+	04:23+	02:55+	03:16+	03:15+	01:51+	04:00+	03:34+	01:22+	00:42+						
	03:16+	03:34+	04:23+	02:55+	03:16+	03:15+	01:51+	04:00+	03:34+	01:22+	00:42+						
7	Lasse Arnesen	114										34:52					
	03:56+	07:05+	11:44+	14:24+	19:35+	22:50+	25:05+	29:17+	32:31+	34:00+	34:52+						
	03:56+	03:09+	04:39+	02:40+	05:11+	03:15+	02:15+	04:12+	03:14+	01:29+	00:52+						
	03:56+	03:09+	04:39+	02:40+	05:11+	03:15+	02:15+	04:12+	03:14+	01:29+	00:52+						
8	Peter Lerche Raadal	93										37:40					
	04:06+	08:46+	14:07+	17:16+	20:56+	24:42+	27:04+	31:48+	35:06+	36:50+	37:40+						
	04:06+	04:40+	05:21+	03:09+	03:40+	03:46+	02:22+	04:44+	03:18+	01:44+	00:50+						
	04:06+	04:40+	05:21+	03:09+	03:40+	03:46+	02:22+	04:44+	03:18+	01:44+	00:50+						
9	Ole Petter Haugen	245										38:49					
	03:55+	06:55+	11:33+	16:34+	23:22+	26:30+	28:41+	33:16+	36:26+	38:02+	38:49+						
	03:55+	03:00+	04:38+	05:01+	06:48+	03:08+	02:11+	04:35+	03:10+	01:36+	00:47+						
	03:55+	03:00+	04:38+	05:01+	06:48+	03:08+	02:11+	04:35+	03:10+	01:36+	00:47+						
14	Sverre Wisløff	26										43:27					
	05:02+	08:47+	15:02+	18:59+	23:22+	27:53+	30:41+	36:26+	40:29+	42:22+	43:27+						
	05:02+	03:45+	06:15+	03:57+	04:23+	04:31+	02:48+	05:45+	04:03+	01:53+	01:05+						
	05:02+	03:45+	06:15+	03:57+	04:23+	04:31+	02:48+	05:45+	04:03+	01:53+	01:05+						
15	Øystein Wiggen	51										43:52					
	04:56+	08:38+	14:43+	18:46+	23:19+	27:32+	30:21+	36:56+	41:02+	43:00+	43:52+						
	04:56+	03:42+	06:05+	04:03+	04:33+	04:13+	02:49+	06:35+	04:06+	01:58+	00:52+						
	04:56+	03:42+	06:05+	04:03+	04:33+	04:13+	02:49+	06:35+	04:06+	01:58+	00:52+						
17	Hans-Ingar Sætra	26										44:26					
	05:01+	10:08+	16:20+	20:24+	24:56+	29:12+	31:46+	37:03+	41:21+	43:22+	44:26+						
	05:01+	05:07+	06:12+	04:04+	04:32+	04:16+	02:34+	05:17+	04:18+	02:01+	01:04+						
	05:01+	05:07+	06:12+	04:04+	04:32+	04:16+	02:34+	05:17+	04:18+	02:01+	01:04+						

Beste strekktid for klassen

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

H 60-

1	Tore Watterdal								264	26:05
02:16=	04:41=	08:46=	12:31=	14:59=	20:03=	23:25=	25:07=	26:05=		
02:16=	02:25=	04:05=	03:45=	02:28=	05:04=	03:22=	01:42=	00:58=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Beste strekktid for klassen

02:16 02:25 04:05 03:45 02:28 05:04 03:22 01:42 00:58

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