

Plass Navn

Klasse

Tid

D40 - lang

1	Mariann Schei	9	31:48								
02:15=	04:32=	07:38=	10:48=	13:05=	15:07=	19:18=	22:00=	25:24=	28:13=	31:08=	31:48=
02:15=	02:17=	03:06=	03:10=	02:17=	02:02=	04:11=	02:42=	03:24=	02:49=	02:55=	00:40=
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	Marit Nipen	5	37:11								
02:14-	05:02+	08:20+	11:57+	15:41+	18:05+	22:45+	26:14+	30:05+	33:09+	36:25+	37:11+
02:14-	02:48+	03:18+	03:37+	03:44+	02:24+	04:40+	03:29+	03:51+	03:04+	03:16+	00:46+
00:01-	00:31#	00:12+	00:27#	00:27#	00:29#	00:47#	00:27#	00:15+	00:21#	00:06#	
3	Marianne Nummedal	4	42:34								
02:48+	05:32+	09:22+	13:33+	17:01+	19:47+	24:43+	28:09+	33:35+	38:24+	41:44+	42:34+
02:48+	02:44+	03:50+	04:11+	03:28+	02:46+	04:56+	03:26+	05:26+	04:49+	03:20+	00:50+
00:33#	00:27#	00:44#	01:01&	01:11&	00:44&	00:45#	00:44&	02:02&	02:00&	00:25#	00:10#
4	Siren Greve	3	47:36								
03:22+	07:04+	11:04+	14:49+	17:57+	21:19+	26:59+	30:47+	37:16+	42:33+	46:39+	47:36+
03:22+	03:42+	04:00+	03:45+	03:08+	03:22+	05:40+	03:48+	06:29+	05:17+	04:06+	00:57+
01:07&	01:25&	00:54&	00:35#	00:51&	01:20&	01:29&	01:06&	03:05&	02:28&	01:11&	00:17&

Beste strekketid for klassen

02:14 02:17 03:06 03:10 02:17 02:02 04:11 02:42 03:24 02:49 02:55 00:40

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

D45

1	Nina Goga	3	35:53							
03:10=	07:00=	11:48=	13:38=	17:24=	18:28=	24:35=	27:12=	31:10=	35:15=	35:53=
03:10=	03:50=	04:48=	01:50=	03:46=	01:04=	06:07=	02:37=	03:58=	04:05=	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	Karianne Alsaker	1	1:11:43							
03:03-	07:27+	15:16+	18:19+	20:45+	22:19+	45:56+	53:50+	65:29+	70:38+	71:43+
03:03-	04:24+	07:49+	03:03+	02:26-	01:34+	23:37+	07:54+	11:39+	05:09+	01:05+
00:07-	00:34#	03:01&	01:13&	01:20-	00:30&	17:30@	05:17@	07:41@	01:04&	00:27&

Beste strekketid for klassen

03:03 03:50 04:48 01:50 02:26 01:04 06:07 02:37 03:58 04:05 00:38

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

D50

1	Anne Fjeldstad	1	38:37							
02:45=	07:09=	11:53=	14:08=	16:09=	18:13=	25:09=	27:29=	33:56=	37:38=	38:37=
02:45=	04:24=	04:44=	02:15=	02:01=	02:04=	06:56=	02:20=	06:27=	03:42=	00:59=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Yngvil E. Dahl	CERAGO	41:45							
03:10+	07:19+	12:02+	13:47-	16:36+	18:23+	26:22+	28:39+	34:12+	40:51+	41:45+
03:10+	04:09-	04:43-	01:45-	02:49+	01:47-	07:59+	02:17-	05:33-	06:39+	00:54-
00:25#	00:15-	00:01-	00:30-	00:48&	00:17-	01:03#	00:03-	00:54-	02:57&	00:05-
3	Vibeke Mjaatvedt	17	51:54							
03:09+	16:04+	20:39+	23:07+	25:57+	27:40+	38:00+	40:17+	45:55+	50:48+	51:54+
03:09+	12:55+	04:35-	02:28+	02:50+	01:43-	10:20+	02:17-	05:38-	04:53+	01:06+
00:24#	08:31@	00:09-	00:13+	00:49&	00:21-	03:24&	00:03-	00:49-	01:11&	00:07#

Beste strekketid for klassen

02:45 04:09 04:35 01:45 02:01 01:43 06:56 02:17 05:33 03:42 00:54

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

D60

1 Karen Clementsen Kayser 4 53:46

04:15= 07:57= 13:02= 16:27= 18:35= 19:57= 30:24= 32:44= 38:08= 52:43= 53:46=
 04:15= 03:42= 05:05= 03:25= 02:08= 01:22= 10:27= 02:20= 05:24= 14:35= 01:03=
 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

04:15 03:42 05:05 03:25 02:08 01:22 10:27 02:20 05:24 14:35 01:03

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

D65

1 Nina Solligard 3 24:57

01:29= 03:19= 06:38= 09:11= 11:30= 13:00= 14:41= 17:32= 21:31= 23:58= 24:57=
 01:29= 01:50= 03:19= 02:33= 02:19= 01:30= 01:41= 02:51= 03:59= 02:27= 00:59=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Berit Hegdal 3 32:00

01:37+ 06:57+ 10:52+ 13:15+ 16:19+ 18:59+ 21:16+ 24:51+ 28:54+ 30:55+ 32:00+
 01:37+ 05:20+ 03:55+ 02:23- 03:04+ 02:40+ 02:17+ 03:35+ 04:03+ 02:01- 01:05+
 00:08+ 03:30@ 00:36# 00:10- 00:45& 01:10& 00:36& 00:44& 00:04+ 00:26- 00:06#

3 Astrid Ormberg 4 33:44

01:40+ 04:13+ 10:52+ 14:05+ 17:36+ 19:26+ 23:00+ 25:26+ 29:28+ 32:30+ 33:44+
 01:40+ 02:33+ 06:39+ 03:13+ 03:31+ 01:50+ 03:34+ 02:26- 04:02+ 03:02+ 01:14+
 00:11# 00:43& 03:20@ 00:40& 01:12& 00:20# 01:53@ 00:25- 00:03+ 00:35# 00:15&

4 Bjørg Midttun 3 35:11

01:31+ 05:13+ 09:37+ 13:50+ 17:35+ 19:40+ 23:58+ 25:58+ 31:41+ 34:01+ 35:11+
 01:31+ 03:42+ 04:24+ 04:13+ 03:45+ 02:05+ 04:18+ 02:00- 05:43+ 02:20- 01:10+
 00:02+ 01:52@ 01:05& 01:40& 01:26& 00:35& 02:37@ 00:51- 01:44& 00:07- 00:11#

5 Grete Lind 19 42:38

02:09+ 05:20+ 11:31+ 16:30+ 21:02+ 23:26+ 30:56+ 33:31+ 38:54+ 41:32+ 42:38+
 02:09+ 03:11+ 06:11+ 04:59+ 04:32+ 02:24+ 07:30+ 02:35- 05:23+ 02:38+ 01:06+
 00:40& 01:21& 02:52& 02:26& 02:13& 00:54& 05:49@ 00:16- 01:24& 00:11+ 00:07#

6 Hanne Sophie Greve SKOGSE 1:04:18

02:12+ 05:48+ 11:38+ 16:05+ 41:03+ 43:43+ 48:12+ 51:02+ 57:16+ 62:54+ 64:18+
 02:12+ 03:36+ 05:50+ 04:27+ 24:58+ 02:40+ 04:29+ 02:50- 06:14+ 05:38+ 01:24+
 00:43& 01:46& 02:31& 01:54& 22:39@ 01:10& 02:48@ 00:01- 02:15& 03:11@ 00:25&

Beste strekktid for klassen

01:29 01:50 03:19 02:23 02:19 01:30 01:41 02:00 03:59 02:01 00:59

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

D70

1 Ingjerd Sognæs 3 25:37

01:21= 04:11= 07:32= 09:28= 11:55= 14:53= 17:11= 19:18= 22:25= 24:47= 25:37=
 01:21= 02:50= 03:21= 01:56= 02:27= 02:58= 02:18= 02:07= 03:07= 02:22= 00:50=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Kjellaug Hodnekvam 3 34:45

01:47+ 05:14+ 09:30+ 12:51+ 16:21+ 19:06+ 21:49+ 25:17+ 31:20+ 33:38+ 34:45+
 01:47+ 03:27+ 04:16+ 03:21+ 03:30+ 02:45- 02:43+ 03:28+ 06:03+ 02:18- 01:07+
 00:26& 00:37# 00:55& 01:25& 01:03& 00:13- 00:25# 01:21& 02:56& 00:04- 00:17&

3 Else Lerche Raadal 4 37:57

01:59+ 06:19+ 10:52+ 15:02+ 18:33+ 20:50+ 25:00+ 27:47+ 33:06+ 36:05+ 37:57+
 01:59+ 04:20+ 04:33+ 04:10+ 03:31+ 02:17- 04:10+ 02:47+ 05:19+ 02:59+ 01:52+
 00:38& 01:30& 01:12& 02:14@ 01:04& 00:41- 01:52& 00:40& 02:12& 00:37& 01:02@

Class	Navn	Klasse	Tid
4	Kirsten Eggen	4	40:51
	01:58+ 06:03+ 13:25+ 18:37+ 22:30+ 24:45+ 29:13+ 31:35+ 36:59+ 39:40+ 40:51+		
	01:58+ 04:05+ 07:22+ 05:12+ 03:53+ 02:15- 04:28+ 02:22+ 05:24+ 02:41+ 01:11+		
	00:37& 01:15& 04:01@ 03:16@ 01:26& 00:43- 02:10& 00:15# 02:17& 00:19# 00:21&		
5	Turid Tangen	4	51:02
	02:14+ 06:39+ 12:48+ 17:13+ 23:29+ 26:48+ 30:38+ 41:38+ 47:13+ 49:37+ 51:02+		
	02:14+ 04:25+ 06:09+ 04:25+ 06:16+ 03:19+ 03:50+ 11:00+ 05:35+ 02:24+ 01:25+		
	00:53& 01:35& 02:48& 02:29@ 03:49@ 00:21# 01:32& 08:53@ 02:28& 00:02+ 00:35&		
6	Ingun Thornes	1	52:00
	02:42+ 07:40+ 14:59+ 19:25+ 24:32+ 27:54+ 31:41+ 37:13+ 47:27+ 50:24+ 52:00+		
	02:42+ 04:58+ 07:19+ 04:26+ 05:07+ 03:22+ 03:47+ 05:32+ 10:14+ 02:57+ 01:36+		
	01:21& 02:08& 03:58@ 02:30@ 02:40@ 00:24# 01:29& 03:25@ 07:07@ 00:35# 00:46&		
7	Audny Totland	4	57:06
	01:45+ 04:29+ 09:36+ 15:22+ 24:23+ 42:40+ 45:56+ 48:21+ 53:22+ 55:52+ 57:06+		
	01:45+ 02:44- 05:07+ 05:46+ 25:01+ 02:17- 03:16+ 02:25+ 05:01+ 02:30+ 01:14+		
	00:24& 00:06- 01:46& 03:50@ 22:34@ 00:41- 00:58& 00:18# 01:54& 00:08+ 00:24&		
8	Kari Natås	3	1:01:24
	02:55+ 09:08+ 17:26+ 24:04+ 30:23+ 34:11+ 39:49+ 45:49+ 56:05+ 59:35+ 61:24+		
	02:55+ 06:13+ 08:18+ 06:38+ 06:19+ 03:48+ 05:38+ 06:00+ 10:16+ 03:30+ 01:49+		
	01:34@ 03:23@ 04:57@ 04:42@ 03:52@ 00:50& 03:20@ 03:53@ 07:09@ 01:08& 00:59@		
Beste strekktid for klassen			
	01:21 02:44 03:21 01:56 02:27 02:15 02:18 02:07 03:07 02:18 00:50		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
DT			
1	Annhild Fetvedt	4	1:02:48
	12:13= 16:46= 21:43= 31:12= 35:49= 39:06= 50:21= 53:34= 58:32= 61:22= 62:48=		
	12:13= 04:33= 04:57= 09:29= 04:37= 03:17= 11:15= 03:13= 04:58= 02:50= 01:26=		
	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			
	12:13 04:33 04:57 09:29 04:37 03:17 11:15 03:13 04:58 02:50 01:26		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H40			
1	Frode Helmich Pedersen	9	42:37
	02:42= 05:30= 09:58= 15:06= 18:21= 21:31= 26:49= 30:32= 35:10= 38:28= 41:49= 42:37=		
	02:42= 02:48= 04:28= 05:08= 03:15= 03:10= 05:18= 03:43= 04:38= 03:18= 03:21= 00:48=		
	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			
	02:42 02:48 04:28 05:08 03:15 03:10 05:18 03:43 04:38 03:18 03:21 00:48		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H55			
1	Sverre Ottesen	26	33:54
	02:21= 04:46= 08:20= 11:27= 13:54= 16:00= 20:26= 23:30= 26:58= 30:19= 33:13= 33:54=		
	02:21= 02:25= 03:34= 03:07= 02:27= 02:06= 04:26= 03:04= 03:28= 03:21= 02:54= 00:41=		
	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 Inge Skage	5	35:05
	02:29+ 05:15+ 08:33+ 11:55+ 14:35+ 16:44+ 21:00+ 24:12+ 27:51+ 30:52+ 34:14+ 35:05+		
	02:29+ 02:46+ 03:18- 03:22+ 02:40+ 02:09+ 04:16- 03:12+ 03:39+ 03:01- 03:22+ 00:51+		
	00:08+ 00:21# 00:16- 00:15+ 00:13+ 00:03+ 00:10- 00:08+ 00:11+ 00:20- 00:28# 00:10#		

Class	Navn	Klasse	Tid								
3	Arne Johannesen	31	35:55								
02:14-	04:56+	07:58-	10:53-	14:27+	17:17+	21:08+	24:18+	28:26+	32:29+	35:11+	35:55+
02:14-	02:42+	03:02-	02:55-	03:34+	02:50+	03:51-	03:10+	04:08+	04:03+	02:42-	00:44+
00:07-	00:17#	00:32-	00:12-	01:07&	00:44&	00:35-	00:06+	00:40#	00:42#	00:12-	00:03+
4	Svein Linga	6	38:05								
02:37+	05:18+	09:03+	12:46+	15:29+	17:37+	22:32+	25:40+	30:47+	33:58+	37:12+	38:05+
02:37+	02:41+	03:45+	03:43+	02:43+	02:08+	04:55+	03:08+	05:07+	03:11-	03:14+	00:53+
00:16#	00:16#	00:11+	00:36#	00:16#	00:02+	00:29#	00:04+	01:39&	00:10-	00:20#	00:12&
5	Lars Sveen	BGLÆR	52:44								
03:15+	06:28+	11:06+	15:00+	18:28+	28:16+	33:52+	37:51+	44:02+	47:28+	51:42+	52:44+
03:15+	03:13+	04:38+	03:54+	03:28+	09:48+	05:36+	03:59+	06:11+	03:26+	04:14+	01:02+
00:54&	00:48&	01:04&	00:47&	01:01&	07:42@	01:10&	00:55&	02:43&	00:05+	01:20&	00:21&
6	Knut Hestenes	FISKEN	1:30:22								
09:19+	15:49+	30:29+	47:06+	51:51+	56:36+	66:10+	71:29+	79:20+	84:27+	89:15+	90:22+
09:19+	06:30+	14:40+	16:37+	04:45+	04:45+	09:34+	05:19+	07:51+	05:07+	04:48+	01:07+
06:58@	04:05@	11:06@	13:30@	02:18&	02:39@	05:08@	02:15&	04:23@	01:46&	01:54&	00:26&
Beste strekktid for klassen											
02:14	02:25	03:02	02:55	02:27	02:06	03:51	03:04	03:28	03:01	02:42	00:41

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

H60

1	Ove Drange	2	28:26							
02:34=	06:15=	09:59=	11:34=	13:02=	14:14=	19:17=	21:06=	24:08=	27:28=	28:26=
02:34=	03:41=	03:44=	01:35=	01:28=	05:03=	01:49=	03:02=	03:20=	00:58=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Rune Tonaas	42	33:11							
02:22-	05:30-	10:31+	11:57+	15:52+	16:41+	23:42+	25:34+	28:55+	32:22+	33:11+
02:22-	03:08-	05:01+	01:26-	03:55+	00:49-	07:01+	01:52+	03:21+	03:27+	00:49-
00:12-	00:33-	01:17&	00:09-	02:27@	00:23-	01:58&	00:03+	00:19#	00:07+	00:09-
3	Laurence Albert Bindoff	HELSEB	52:20							
05:12+	09:20+	19:17+	21:08+	23:23+	25:22+	34:43+	37:53+	46:41+	51:14+	52:20+
05:12+	04:08+	09:57+	01:51+	02:15+	01:59+	09:21+	03:10+	08:48+	04:33+	01:06+
02:38@	00:27#	06:13@	00:16#	00:47&	00:47&	04:18&	01:21&	05:46@	01:13&	00:08#
4	Øistein Paulsen	3	58:09							
03:14+	08:09+	13:22+	16:19+	27:50+	30:41+	37:31+	40:47+	53:50+	56:53+	58:09+
03:14+	04:55+	05:13+	02:57+	11:31+	02:51+	06:50+	03:16+	13:03+	03:03-	01:16+
00:40&	01:14&	01:29&	01:22&	10:03@	01:39@	01:47&	01:27&	10:01@	00:17-	00:18&
5	Ragnar Kayser	4	59:36							
03:13+	06:54+	13:31+	15:45+	18:26+	23:29+	35:57+	44:16+	52:10+	57:41+	59:36+
03:13+	03:41=	06:37+	02:14+	02:41+	05:03+	12:28+	08:19+	07:54+	05:31+	01:55+
00:39&	00:00=	02:53&	00:39&	01:13&	03:51@	07:25@	06:30@	04:52@	02:11&	00:57&

Beste strekktid for klassen

02:22 03:08 03:44 01:26 01:28 00:49 05:03 01:49 03:02 03:03 00:49

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

H65

1	Gunnar Mikkelsen	9	34:49							
02:28=	05:50=	10:26=	12:15=	14:01=	15:23=	23:07=	25:20=	30:50=	34:02=	34:49=
02:28=	03:22=	04:36=	01:49=	01:46=	01:22=	07:44=	02:13=	05:30=	03:12=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Steinar Utne	8	39:02							
03:44+	07:20+	12:24+	14:34+	16:57+	18:58+	26:54+	29:13+	34:00+	38:08+	39:02+
03:44+	03:36+	05:04+	02:10+	02:23+	02:01+	07:56+	02:19+	04:47-	04:08+	00:54+
01:16&	00:14+	00:28#	00:21#	00:37&	00:39&	00:12+	00:06+	00:43-	00:56&	00:07#

Class	Navn	Klasse	Tid
3	Erling Strand	3	39:33
02:56+	06:45+ 11:36+ 13:34+ 15:24+ 16:59+ 23:45+ 29:28+ 33:45+ 38:27+ 39:33+		
02:56+	03:49+ 04:51+ 01:58+ 01:50+ 01:35+ 06:46- 05:43+ 04:17- 04:42+ 01:06+		
00:28#	00:27# 00:15+ 00:09+ 00:04+ 00:13# 00:58- 03:30@ 01:13- 01:30& 00:19&		
4	Jan Olav Ormberg	4	51:46
04:46+	09:44+ 15:28+ 18:46+ 21:49+ 23:33+ 32:35+ 35:21+ 44:57+ 50:29+ 51:46+		
04:46+	04:58+ 05:58+ 05:44+ 03:18+ 03:03+ 01:44+ 09:02+ 02:46+ 09:36+ 05:32+ 01:17+		
02:18&	01:36& 01:08# 01:29& 01:17& 00:22& 01:18# 00:33# 04:06& 02:20& 00:30&		
5	Anders Børkaas	34	52:45
04:48+	10:18+ 20:10+ 22:39+ 25:03+ 26:44+ 37:15+ 39:43+ 46:14+ 51:29+ 52:45+		
04:48+	05:30+ 09:52+ 02:29+ 02:24+ 01:41+ 10:31+ 02:28+ 06:31+ 05:15+ 01:16+		
02:20&	02:08& 05:16@ 00:40& 00:38& 00:19# 02:47& 00:15# 01:01# 02:03& 00:29&		
6	Karl Johan Jepsen	19	1:07:11
04:10+	09:46+ 21:12+ 24:46+ 32:00+ 33:39+ 48:16+ 51:25+ 60:38+ 65:44+ 67:11+		
04:10+	05:36+ 11:26+ 03:34+ 07:14+ 01:39+ 14:37+ 03:09+ 09:13+ 05:06+ 01:27+		
01:42&	02:14& 06:50@ 01:45& 05:28@ 00:17# 06:53& 00:56& 03:43& 01:54& 00:40&		
Beste strekktid for klassen			
02:28	03:22	04:36	01:49
01:46	01:22	06:46	02:13
04:17	03:12	00:47	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H70			
1	Magnus Natås	3	30:02
02:25=	05:47= 09:53= 11:16= 12:48= 13:53= 19:28= 21:27= 25:11= 29:07= 30:02=		
02:25=	03:22= 04:06= 01:23= 01:32= 01:05= 05:35= 01:59= 03:44= 03:56= 00:55=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Ove Osland	3	31:50
02:53+	06:05+ 10:39+ 12:16+ 14:08+ 15:43+ 21:24+ 23:19+ 27:26+ 30:53+ 31:50+		
02:53+	03:12- 04:34+ 01:37+ 01:52+ 01:35+ 05:41+ 01:55- 04:07+ 03:27- 00:57+		
00:28#	00:10- 00:28# 00:14# 00:20# 00:30& 00:06+ 00:04- 00:23# 00:29- 00:02+		
3	Arne Halvorsen	1	34:48
03:19+	06:46+ 11:08+ 14:04+ 15:46+ 17:02+ 23:40+ 25:42+ 29:40+ 33:46+ 34:48+		
03:19+	03:27+ 04:22+ 02:56+ 01:42+ 01:16+ 06:38+ 02:02+ 03:58+ 04:06+ 01:02+		
00:54&	00:05+ 00:16+ 01:33@ 00:10# 00:11# 01:03# 00:03+ 00:14+ 00:10+ 00:07#		
4	Atle Alvheim	4	35:39
02:42+	05:36- 09:27- 10:49- 13:42+ 15:05+ 25:53+ 27:40+ 31:46+ 34:49+ 35:39+		
02:42+	02:54- 03:51- 01:22- 02:53+ 01:23+ 10:48+ 01:47- 04:06+ 03:03- 00:50-		
00:17#	00:28- 00:15- 00:01- 01:21& 00:18& 05:13& 00:12- 00:22+ 00:53- 00:05-		
5	Geir Husdal	9	38:14
03:13+	07:00+ 12:37+ 14:22+ 16:22+ 17:44+ 25:32+ 27:50+ 33:16+ 37:21+ 38:14+		
03:13+	03:47+ 05:37+ 01:45+ 02:00+ 01:22+ 07:48+ 02:18+ 05:26+ 04:05+ 00:53-		
00:48&	00:25# 01:31& 00:22& 00:28& 00:17& 02:13& 00:19# 01:42& 00:09+ 00:02-		
6	Olav Bjørgen	KOBBEL	41:28
02:38+	05:51+ 10:24+ 12:03+ 13:58+ 18:08+ 28:36+ 30:39+ 36:49+ 40:36+ 41:28+		
02:38+	03:13- 04:33+ 01:39+ 01:55+ 04:10+ 10:28+ 02:03+ 06:10+ 03:47- 00:52-		
00:13+	00:09- 00:27# 00:16# 00:23# 03:05@ 04:53& 00:04+ 02:26& 00:09- 00:03-		
7	Per Vold	4	41:46
03:37+	07:22+ 12:11+ 13:51+ 15:52+ 17:16+ 24:19+ 32:19+ 36:47+ 40:47+ 41:46+		
03:37+	03:45+ 04:49+ 01:40+ 02:01+ 01:24+ 07:03+ 08:00+ 04:28+ 04:00+ 00:59+		
01:12&	00:23# 00:43# 00:17# 00:29& 00:19& 01:28& 06:01@ 00:44# 00:04+ 00:04+		
8	Jan Harald Helmich Pedersen	9	41:51
04:06+	10:00+ 15:21+ 17:58+ 20:23+ 22:01+ 29:42+ 32:15+ 36:44+ 40:21+ 41:51+		
04:06+	05:54+ 05:21+ 02:37+ 02:25+ 01:38+ 07:41+ 02:33+ 04:29+ 03:37- 01:30+		
01:41&	02:32& 01:15& 01:14& 00:53& 00:33& 02:06& 00:34& 00:45# 00:19- 00:35&		
9	Jan Lohne	SKOGSE	47:17
02:52+	05:49+ 12:02+ 13:33+ 15:27+ 16:45+ 27:16+ 31:54+ 41:14+ 46:09+ 47:17+		
02:52+	02:57- 06:13+ 01:31+ 01:54+ 01:18+ 10:31+ 04:38+ 09:20+ 04:55+ 01:08+		
00:27#	00:25- 02:07& 00:08+ 00:22# 00:13# 04:56& 02:39@ 05:36@ 00:59# 00:13#		

Class	Navn	Klasse	Tid
10	Dag Olav Sletten	3	49:13
03:12+	07:03+ 12:01+ 14:14+ 17:01+ 18:26+ 35:40+ 37:51+ 44:06+ 48:15+ 49:13+		
03:12+	03:51+ 04:58+ 02:13+ 02:47+ 01:25+ 17:14+ 02:11+ 06:15+ 04:09+ 00:58+		
00:47&	00:29# 00:52# 00:50& 01:15& 00:20& 11:39@ 00:12# 02:31& 00:13+ 00:03+		
11	Einar Mørk	16	59:25
03:32+	08:29+ 16:20+ 18:46+ 23:11+ 33:17+ 34:50+ 44:05+ 47:03+ 52:30+ 58:08+ 59:25+		
03:32+	04:57+ 07:51+ 02:26+ 04:25+ 10:06+ 01:33- 09:15+ 02:58- 05:27+ 05:38+ 01:17+		
01:07&	01:35& 03:45& 01:03& 02:53@ 09:01@ 04:02- 07:16@ 00:46- 01:31& 04:43@ 01:17+		
12	Lars Olav Tveita	25	1:03:29
03:12+	08:25+ 14:23+ 19:11+ 22:04+ 23:20+ 47:58+ 50:34+ 57:47+ 62:24+ 63:29+		
03:12+	05:13+ 05:58+ 04:48+ 02:53+ 01:16+ 24:38+ 02:36+ 07:13+ 04:37+ 01:05+		
00:47&	01:51& 01:52& 03:25@ 01:21& 00:11# 19:03@ 00:37& 03:29& 00:41# 00:10#		

Beste strekktid for klassen

02:25 02:54 03:51 01:22 01:32 01:05 01:33 01:47 02:58 03:03 00:50

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

H75

1	Per Johan Haugland	1	27:02
01:34=	03:46= 07:31= 11:28= 13:35= 15:01= 16:49= 19:34= 23:42= 26:01= 27:02=		
01:34=	02:12= 03:45= 03:57= 02:07= 01:26= 01:48= 02:45= 04:08= 02:19= 01:01=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Magne Raadal	4	27:16
01:37+	03:41- 07:34+ 10:17- 12:56- 14:32- 16:39- 19:04- 23:57+ 26:06+ 27:16+		
01:37+	02:04- 03:53+ 02:43- 02:39+ 01:36+ 02:07+ 02:25- 04:53+ 02:09- 01:10+		
00:03+	00:08- 00:08+ 01:14- 00:32& 00:10# 00:19# 00:20- 00:45# 00:10- 00:09#		
3	Bertram Brochmann	9	33:46
01:52+	05:14+ 09:43+ 12:17+ 15:29+ 19:15+ 22:42+ 25:06+ 29:41+ 32:44+ 33:46+		
01:52+	03:22+ 04:29+ 02:34- 03:12+ 03:46+ 03:27+ 02:24- 04:35+ 03:03+ 01:02+		
00:18#	01:10& 00:44# 01:23- 01:05& 02:20@ 01:39& 00:21- 00:27# 00:44& 00:01+		
4	Einar Nordås	4	34:53
01:47+	03:36- 07:41+ 09:39- 14:07+ 16:01+ 19:28+ 24:00+ 26:55+ 31:08+ 33:39+ 34:53+		
01:47+	01:49- 04:05+ 01:58- 04:28+ 01:54+ 03:27+ 04:32+ 02:55- 04:13+ 02:31+ 01:14+		
00:13#	00:23- 00:20+ 01:59- 02:21@ 00:28& 01:39& 01:47& 01:13- 01:54& 01:30@ 01:14+		
5	Gunnar Alsaker	1	35:05
02:10+	05:21+ 09:37+ 12:40+ 17:15+ 19:17+ 22:27+ 25:46+ 31:30+ 33:47+ 35:05+		
02:10+	03:11+ 04:16+ 03:03- 04:35+ 02:02+ 03:10+ 03:19+ 05:44+ 02:17- 01:18+		
00:36&	00:59& 00:31# 00:54- 02:28@ 00:36& 01:22& 00:34# 01:36& 00:02- 00:17&		
6	Egill Knudsen	9	35:42
01:57+	05:10+ 10:33+ 13:48+ 17:28+ 19:16+ 22:16+ 26:18+ 31:00+ 34:12+ 35:42+		
01:57+	03:13+ 05:23+ 03:15- 03:40+ 01:48+ 03:00+ 04:02+ 04:42+ 03:12+ 01:30+		
00:23#	01:01& 01:38& 00:42- 01:33& 00:22& 01:12& 01:17& 00:34# 00:53& 00:29&		
7	Per Vikane	4	37:31
04:20+	07:34+ 12:36+ 16:41+ 19:46+ 21:49+ 24:38+ 28:28+ 33:46+ 36:15+ 37:31+		
04:20+	03:14+ 05:02+ 04:05+ 03:05+ 02:03+ 02:49+ 03:50+ 05:18+ 02:29+ 01:16+		
02:46@	01:02& 01:17& 00:08+ 00:58& 00:37& 01:01& 01:05& 01:10& 00:10+ 00:15#		
8	Lasse Hestness	9	41:15
02:11+	05:35+ 10:29+ 14:40+ 18:12+ 20:29+ 24:33+ 27:52+ 33:21+ 39:53+ 41:15+		
02:11+	03:24+ 04:54+ 04:11+ 03:32+ 02:17+ 04:04+ 03:19+ 05:29+ 06:32+ 01:22+		
00:37&	01:12& 01:09& 00:14+ 01:25& 00:51& 02:16@ 00:34# 01:21& 04:13@ 00:21&		
9	Tor J. Samuelsen	3	43:45
01:51+	04:45+ 08:47+ 15:54+ 19:00+ 29:42+ 32:01+ 34:38+ 39:14+ 42:29+ 43:45+		
01:51+	02:54+ 04:02+ 07:07+ 03:06+ 10:42+ 02:19+ 02:37- 04:36+ 03:15+ 01:16+		
00:17#	00:42& 00:17+ 03:10& 00:59& 09:16@ 00:31& 00:08- 00:28# 00:56& 00:15#		
10	Arild Eggen	4	46:55
02:03+	07:31+ 11:59+ 14:52+ 18:44+ 22:33+ 27:49+ 31:04+ 42:31+ 45:41+ 46:55+		
02:03+	05:28+ 04:28+ 02:53- 03:52+ 03:49+ 05:16+ 03:15+ 11:27+ 03:10+ 01:14+		
00:29&	03:16@ 00:43# 01:04- 01:45& 02:23@ 03:28@ 00:30# 07:19@ 00:51& 00:13#		

Class	Navn	Klasse	Tid							
11	Per Olaf Tangen	4	50:58							
02:20+	06:35+	13:03+	17:27+	23:39+	27:50+	30:45+	41:45+	47:19+	49:43+	50:58+
02:20+	04:15+	06:28+	04:24+	06:12+	04:11+	02:55+	11:00+	05:34+	02:24+	01:15+
00:46&	02:03&	02:43&	00:27#	04:05@	02:45@	01:07&	08:15@	01:26&	00:05+	00:14#

Beste strekktid for klassen

01:34 01:49 03:45 01:58 02:07 01:26 01:48 02:24 02:55 02:09 01:01

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

H80

1	Olav Totland	4	28:00							
01:31=	03:52=	08:24=	12:37=	14:46=	16:07=	17:59=	20:29=	24:35=	26:54=	28:00=
01:31=	02:21=	04:32=	04:13=	02:09=	01:21=	01:52=	02:30=	04:06=	02:19=	01:06=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Axel Ingvaldsen	9	31:43							
02:25+	04:39+	09:14+	12:03-	14:54+	17:11+	20:17+	23:23+	27:36+	30:10+	31:43+
02:25+	02:14-	04:35+	02:49-	02:51+	02:17+	03:06+	03:06+	04:13+	02:34+	01:33+
00:54&	00:07-	00:03+	01:24-	00:42&	00:56&	01:14&	00:36#	00:07+	00:15#	00:27&

3	Bjørn Bjørgås	5	38:39							
02:07+	06:01+	10:51+	15:21+	18:38+	21:04+	25:10+	27:54+	33:28+	37:12+	38:39+
02:07+	03:54+	04:50+	04:30+	03:17+	02:26+	04:06+	02:44+	05:34+	03:44+	01:27+
00:36&	01:33&	00:18+	00:17+	01:08&	01:05&	02:14@	00:14+	01:28&	01:25&	00:21&

4	Sverre Storøy	15	42:49							
02:25+	06:22+	11:48+	16:30+	19:52+	22:16+	26:26+	29:25+	35:24+	40:43+	42:49+
02:25+	03:57+	05:26+	04:42+	03:22+	02:24+	04:10+	02:59+	05:59+	05:19+	02:06+
00:54&	01:36&	00:54#	00:29#	01:13&	01:03&	02:18@	00:29#	01:53&	03:00@	01:00&

5	Bjørn Edvard Strømme	9	1:07:22							
03:22+	07:45+	17:12+	22:28+	35:13+	39:37+	48:34+	52:56+	61:35+	65:08+	67:22+
03:22+	04:23+	09:27+	05:16+	12:45+	04:24+	08:57+	04:22+	08:39+	03:33+	02:14+
01:51@	02:02&	04:55@	01:03#	10:36@	03:03@	07:05@	01:52&	04:33@	01:14&	01:08@

Beste strekktid for klassen

01:31 02:14 04:32 02:49 02:09 01:21 01:52 02:30 04:06 02:19 01:06

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

H85

1	Herman Kobbeltvedt	9	54:54							
02:10=	09:32=	14:06=	17:10=	20:15=	22:49=	27:57=	34:32=	50:26=	53:05=	54:54=
02:10=	07:22=	04:34=	03:04=	03:05=	02:34=	05:08=	06:35=	15:54=	02:39=	01:49=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Per Mathismoen	SKOGSE	1:01:27							
02:32+	06:12-	13:41-	18:15+	23:35+	29:28+	37:10+	48:11+	56:15+	59:32+	61:27+
02:32+	03:40-	07:29+	04:34+	05:20+	05:53+	07:42+	11:01+	08:04-	03:17+	01:55+
00:22#	03:42-	02:55&	01:30&	02:15&	03:19@	02:34&	04:26&	07:50-	00:38#	00:06+

3	Kåre Ritland	4	1:33:22							
03:54+	14:09+	23:39+	45:19+	52:11+	61:30+	69:44+	76:05+	85:45+	91:00+	93:22+
03:54+	10:15+	09:30+	21:40+	06:52+	09:19+	08:14+	06:21-	09:40-	05:15+	02:22+
01:44&	02:53&	04:56@	18:36@	03:47@	06:45@	03:06&	00:14-	06:14-	02:36&	00:33&

Beste strekktid for klassen

02:10 03:40 04:34 03:04 03:05 02:34 05:08 06:21 08:04 02:39 01:49

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

H90

Class	Navn	Klasse	Tid
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1	Roald Nydal	1	1:14:08
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03:20= 09:53= 19:40= 26:04= 38:35= 43:14= 50:29= 55:46= 64:57= 70:53= 74:08=
03:20= 06:33= 09:47= 06:24= 12:31= 04:39= 07:15= 05:17= 09:11= 05:56= 03:15=
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

03:20 06:33 09:47 06:24 12:31 04:39 07:15 05:17 09:11 05:56 03:15

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

HT3

1	Sindre Ekrheim	3	59:08
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04:35= 09:19= 15:34= 18:13= 22:33= 25:13= 43:34= 45:52= 51:16= 58:00= 59:08=
04:35= 04:44= 06:15= 02:39= 04:20= 02:40= 18:21= 02:18= 05:24= 06:44= 01:08=
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

04:35 04:44 06:15 02:39 04:20 02:40 18:21 02:18 05:24 06:44 01:08

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