

Plass Navn

Klasse

Tid

## D40 - lang

<b>1</b>	<b>Lise Christensen</b>	<b>D40 - lang</b>	<b>54:47</b>									
02:42	08:09	13:16	17:26	21:11	24:20	28:41	41:00	44:01	47:51	51:16	54:24	54:47
02:42	05:27	05:07	04:10	03:45	03:09	04:21	12:19	03:01	03:50	03:25	03:08	00:23
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=

## D45

<b>1</b>	<b>Vibeke Øye</b>	<b>D45</b>	<b>1:17:37</b>						
05:33	13:50	30:06	37:12	58:38	68:23	72:04	74:56	77:07	77:37
05:33	08:17	16:16	07:06	21:26	09:45	03:41	02:52	02:11	00:30
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## D50

<b>1</b>	<b>Katrine Nygaard Algerøy</b>	<b>D50</b>	<b>56:51</b>						
05:00	21:09	23:43	31:55	42:12	47:53	51:18	54:16	56:16	56:51
05:00	16:09	02:34	08:12	10:17	05:41	03:25	02:58	02:00	00:35
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Linda Klanderud</b>	<b>D50</b>	<b>1:06:37</b>						
05:50	23:33	33:06	38:58	47:20	55:16	59:00	62:31	66:07	66:37
05:50	17:43	09:33	05:52	08:22	07:56	03:44	03:31	03:36	00:30
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>3</b>	<b>Vibeke Mjaatvedt</b>	<b>D50</b>	<b>1:09:10</b>						
12:45	33:32	36:09	40:43	48:39	56:53	61:36	66:44	68:30	69:10
12:45	20:47	02:37	04:34	07:56	08:14	04:43	05:08	01:46	00:40
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>4</b>	<b>Eli Kryvi Strandenes</b>	<b>D50</b>	<b>1:14:09</b>						
04:57	19:38	23:27	36:14	49:58	57:50	65:07	71:43	73:36	74:09
04:57	14:41	03:49	12:47	13:44	07:52	07:17	06:36	01:53	00:33
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>5</b>	<b>May-Lill Damm</b>	<b>D50</b>	<b>1:17:14</b>						
05:42	38:24	40:45	46:07	59:00	68:03	71:40	75:03	76:39	77:14
05:42	32:42	02:21	05:22	12:53	09:03	03:37	03:23	01:36	00:35
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>6</b>	<b>Boel Johnsen</b>	<b>D50</b>	<b>1:18:02</b>						
22:02	34:35	38:03	47:30	60:27	67:25	71:40	75:22	77:25	78:02
22:02	12:33	03:28	09:27	12:57	06:58	04:15	03:42	02:03	00:37
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>7</b>	<b>Anita Lindvik Sævareid</b>	<b>D50</b>	<b>1:45:12</b>						
18:27	39:58	55:23	66:07	79:17	91:08	97:36	101:45	104:37	105:12
18:27	21:31	15:25	10:44	13:10	11:51	06:28	04:09	02:52	00:35
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## D55

<b>1</b>	<b>Hege Fjellbirkeland</b>	<b>D55</b>	<b>41:49</b>						
03:23	12:45	14:44	21:22	26:27	32:53	36:32	39:42	41:19	41:49
03:23	09:22	01:59	06:38	05:05	06:26	03:39	03:10	01:37	00:30
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Anne Fjeldstad</b>	<b>D55</b>	<b>43:46</b>						
02:53	13:03	17:40	22:04	29:26	35:12	38:11	40:48	43:10	43:46
02:53	10:10	04:37	04:24	07:22	05:46	02:59	02:37	02:22	00:36
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>3</b>	<b>Yngvil E. Dahl</b>	<b>D55</b>										<b>58:13</b>	
	05:35	18:30	22:03	31:06	39:03	46:39	51:31	55:42	57:38	58:13			
	05:35	12:55	03:33	09:03	07:57	07:36	04:52	04:11	01:56	00:35			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>D60</b>													
<b>1</b>	<b>Rannveig Solli</b>	<b>D60</b>										<b>44:36</b>	
	05:31	13:42	16:39	23:04	28:36	34:14	37:45	40:51	44:04	44:36			
	05:31	08:11	02:57	06:25	05:32	05:38	03:31	03:06	03:13	00:32			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Turid Rognsvåg</b>	<b>D60</b>										<b>52:44</b>	
	07:11	17:35	20:04	27:53	36:32	42:28	45:48	48:44	52:12	52:44			
	07:11	10:24	02:29	07:49	08:39	05:56	03:20	02:56	03:28	00:32			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>D65</b>													
<b>1</b>	<b>Nina Soligard</b>	<b>D65</b>										<b>28:44</b>	
	02:34	06:26	11:20	18:08	22:17	23:45	26:36	28:15	28:44				
	02:34	03:52	04:54	06:48	04:09	01:28	02:51	01:39	00:29				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>2</b>	<b>Berit Hegdal</b>	<b>D65</b>										<b>50:59</b>	
	10:53	16:50	23:16	35:06	42:12	44:10	48:04	50:17	50:59				
	10:53	05:57	06:26	11:50	07:06	01:58	03:54	02:13	00:42				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>3</b>	<b>Astrid Ormberg</b>	<b>D65</b>										<b>54:30</b>	
	04:48	15:20	24:00	36:46	45:37	47:32	51:44	53:48	54:30				
	04:48	10:32	08:40	12:46	08:51	01:55	04:12	02:04	00:42				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>4</b>	<b>Hanne Sophie Greve</b>	<b>D65</b>										<b>1:05:04</b>	
	10:27	16:16	22:54	42:24	54:11	56:07	62:29	64:28	65:04				
	10:27	05:49	06:38	19:30	11:47	01:56	06:22	01:59	00:36				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>5</b>	<b>Astrid Ese Hole</b>	<b>D65</b>										<b>1:12:51</b>	
	10:15	19:18	31:49	50:33	59:11	62:18	68:09	71:52	72:51				
	10:15	09:03	12:31	18:44	08:38	03:07	05:51	03:43	00:59				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>D70</b>													
<b>1</b>	<b>Audny Totland</b>	<b>D70</b>										<b>1:00:32</b>	
	18:30	24:49	31:05	40:50	45:55	48:07	51:53	59:42	60:32				
	18:30	06:19	06:16	09:45	05:05	02:12	03:46	07:49	00:50				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>D85</b>													
<b>1</b>	<b>Guldborg Søvik</b>	<b>D85</b>										<b>1:16:04</b>	
	06:34	27:15	36:52	56:43	65:05	67:27	72:12	75:17	76:04				
	06:34	20:41	09:37	19:51	08:22	02:22	04:45	03:05	00:47				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>H40</b>													
<b>1</b>	<b>Anders Scisly Sagevik</b>	<b>H40</b>										<b>1:10:30</b>	
	03:23	07:07	13:09	20:07	27:28	31:39	36:28	47:24	57:10	60:53	65:47	70:01	70:30
	03:23	03:44	06:02	06:58	07:21	04:11	04:49	10:56	09:46	03:43	04:54	04:14	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=

Class	Navn	Klasse											Tid
-------	------	--------	--	--	--	--	--	--	--	--	--	--	-----

### H50

<b>1</b>	<b>Kjetil Damm</b>	<b>H50</b>											<b>1:17:28</b>
04:03	11:15	18:52	26:21	31:07	35:26	40:37	57:47	61:09	66:00	72:01	77:02	77:28	
04:03	07:12	07:37	07:29	04:46	04:19	05:11	17:10	03:22	04:51	06:01	05:01	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=	00:00=	

<b>2</b>	<b>Jan Gunnik Hope</b>	<b>H50</b>											<b>1:32:33</b>
08:13	20:16	28:08	33:17	50:21	53:51	59:45	74:37	79:25	83:44	88:27	92:01	92:33	
08:13	12:03	07:52	05:09	17:04	03:30	05:54	14:52	04:48	04:19	04:43	03:34	00:32	
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=	

### H55

<b>1</b>	<b>Tore Svein Nese</b>	<b>H55</b>											<b>58:23</b>
04:40	10:00	15:53	20:07	24:42	27:41	32:12	44:22	47:31	51:22	54:39	57:53	58:23	
04:40	05:20	05:53	04:14	04:35	02:59	04:31	12:10	03:09	03:51	03:17	03:14	00:30	
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>Lars Sveen</b>	<b>H55</b>											<b>1:03:07</b>
02:44	06:42	14:10	18:53	25:50	29:34	33:26	43:11	50:07	54:10	58:46	62:40	63:07	
02:44	03:58	07:28	04:43	06:57	03:44	03:52	09:45	06:56	04:03	04:36	03:54	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=	00:00=	

<b>3</b>	<b>Knut Hestenes</b>	<b>H55</b>											<b>1:48:13</b>
05:44	15:47	22:59	31:19	41:13	49:53	57:31	76:37	89:22	94:33	101:04	107:25	108:13	
05:44	10:03	07:12	08:20	09:54	08:40	07:38	19:06	12:45	05:11	06:31	06:21	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=	00:00=	

### H60

<b>1</b>	<b>Stein Ove Dyngeland</b>	<b>H60</b>											<b>36:03</b>
02:46	11:15	13:10	17:37	24:26	28:48	31:16	33:52	35:32	36:03				
02:46	08:29	01:55	04:27	06:49	04:22	02:28	02:36	01:40	00:31				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

<b>2</b>	<b>Svein Linga</b>	<b>H60</b>											<b>37:02</b>
04:14	12:35	14:57	18:57	24:38	29:09	32:14	35:08	36:33	37:02				
04:14	08:21	02:22	04:00	05:41	04:31	03:05	02:54	01:25	00:29				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

<b>3</b>	<b>Øistein Paulsen</b>	<b>H60</b>											<b>55:26</b>
03:57	24:24	27:28	33:45	41:10	47:33	50:42	53:36	55:01	55:26				
03:57	20:27	03:04	06:17	07:25	06:23	03:09	02:54	01:25	00:25				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

<b>4</b>	<b>Ragnar Kayser</b>	<b>H60</b>											<b>57:21</b>
04:23	18:04	21:28	28:05	36:53	43:47	48:41	54:01	56:41	57:21				
04:23	13:41	03:24	06:37	08:48	06:54	04:54	05:20	02:40	00:40				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

### H65

<b>1</b>	<b>Jan Arve Solli</b>	<b>H65</b>											<b>30:12</b>
02:31	10:19	12:23	15:19	19:59	23:55	26:19	28:27	29:52	30:12				
02:31	07:48	02:04	02:56	04:40	03:56	02:24	02:08	01:25	00:20				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

<b>2</b>	<b>Gunnar Mikkelsen</b>	<b>H65</b>											<b>45:31</b>
03:16	12:57	16:10	23:54	29:45	36:02	39:28	43:12	44:58	45:31				
03:16	09:41	03:13	07:44	05:51	06:17	03:26	03:44	01:46	00:33				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

<b>3</b>	<b>Rune Tonaas</b>	<b>H65</b>											<b>49:39</b>
05:22	14:38	17:09	24:31	33:42	41:11	44:26	46:46	49:14	49:39				
05:22	09:16	02:31	07:22	09:11	07:29	03:15	02:20	02:28	00:25				
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>4</b>	<b>Steinar Utne</b>	<b>H65</b>									<b>51:21</b>
	05:30	15:25	18:21	25:29	35:21	41:27	45:11	49:12	50:49	51:21	
	05:30	09:55	02:56	07:08	09:52	06:06	03:44	04:01	01:37	00:32	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>5</b>	<b>Anders Bjørkaas</b>	<b>H65</b>									<b>59:28</b>
	05:01	16:30	19:26	26:30	35:33	43:39	51:42	56:28	58:40	59:28	
	05:01	11:29	02:56	07:04	09:03	08:06	08:03	04:46	02:12	00:48	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>H70</b>											
<b>1</b>	<b>Magnus Natås</b>	<b>H70</b>									<b>42:33</b>
	03:40	11:27	13:59	20:49	28:38	34:11	37:09	40:26	42:05	42:33	
	03:40	07:47	02:32	06:50	07:49	05:33	02:58	03:17	01:39	00:28	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Olav Totland</b>	<b>H70</b>									<b>49:06</b>
	03:56	14:37	18:04	27:44	33:48	39:15	42:56	46:37	48:32	49:06	
	03:56	10:41	03:27	09:40	06:04	05:27	03:41	03:41	01:55	00:34	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>3</b>	<b>Jan Harald Helmich Pedersen</b>	<b>H70</b>									<b>49:35</b>
	06:57	17:59	20:15	26:26	34:25	40:49	44:09	47:16	49:14	49:35	
	06:57	11:02	02:16	06:11	07:59	06:24	03:20	03:07	01:58	00:21	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>4</b>	<b>Dagfinn Hole</b>	<b>H70</b>									<b>56:33</b>
	05:46	25:02	28:23	32:30	40:35	48:41	51:56	54:49	56:07	56:33	
	05:46	19:16	03:21	04:07	08:05	08:06	03:15	02:53	01:18	00:26	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>5</b>	<b>Jan Lohne</b>	<b>H70</b>									<b>1:01:18</b>
	05:41	22:10	24:22	37:22	45:09	51:14	54:38	58:44	60:52	61:18	
	05:41	16:29	02:12	13:00	07:47	06:05	03:24	04:06	02:08	00:26	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>6</b>	<b>Gunnar Knudsen</b>	<b>H70</b>									<b>1:02:47</b>
	07:01	15:56	19:36	28:48	34:16	46:31	50:22	60:26	62:19	62:47	
	07:01	08:55	03:40	09:12	05:28	12:15	03:51	10:04	01:53	00:28	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>7</b>	<b>Karl Johan Jepsen</b>	<b>H70</b>									<b>1:10:23</b>
	14:18	27:19	30:38	39:24	52:34	59:10	63:12	67:32	69:43	70:23	
	14:18	13:01	03:19	08:46	13:10	06:36	04:02	04:20	02:11	00:40	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>H75</b>											
<b>1</b>	<b>Egill Knudsen</b>	<b>H75</b>									<b>40:24</b>
	03:41	08:33	14:18	23:28	30:28	32:13	36:01	39:54	40:24		
	03:41	04:52	05:45	09:10	07:00	01:45	03:48	03:53	00:30		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Gunnar Alsaker</b>	<b>H75</b>									<b>41:56</b>
	08:59	14:13	20:24	29:35	34:15	36:03	39:43	41:23	41:56		
	08:59	05:14	06:11	09:11	04:40	01:48	03:40	01:40	00:33		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>3</b>	<b>Per Johan Haugland</b>	<b>H75</b>									<b>43:09</b>
	02:14	08:31	13:34	25:47	34:06	35:56	40:45	42:37	43:09		
	02:14	06:17	05:03	12:13	08:19	01:50	04:49	01:52	00:32		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>4</b>	<b>Lasse Hestness</b>	<b>H75</b>									<b>1:01:39</b>
	05:58	11:35	19:12	35:16	50:31	52:56	58:36	60:44	61:39		
	05:58	05:37	07:37	16:04	15:15	02:25	05:40	02:08	00:55		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>5</b>	<b>Per Olaf Tangen</b>	<b>H75</b>									<b>1:26:57</b>
	25:27	39:30	48:25	67:52	76:05	78:51	83:15	86:17	86:57		
	25:27	14:03	08:55	19:27	08:13	02:46	04:24	03:02	00:40		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

### H80

<b>1</b>	<b>Axel Ingvaldsen</b>	<b>H80</b>	<b>37:54</b>
03:02	08:02 15:01 23:54 28:37 30:30 33:57 37:13 37:54		
03:02	05:00 06:59 08:53 04:43 01:53 03:27 03:16 00:41		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

<b>2</b>	<b>Per Vikane</b>	<b>H80</b>	<b>42:28</b>
05:35	10:18 16:22 25:32 32:13 34:10 37:55 41:53 42:28		
05:35	04:43 06:04 09:10 06:41 01:57 03:45 03:58 00:35		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

<b>3</b>	<b>Bjørn Bjørgås</b>	<b>H80</b>	<b>1:17:06</b>
18:58	29:59 38:20 57:28 65:54 68:23 73:06 76:20 77:06		
18:58	11:01 08:21 19:08 08:26 02:29 04:43 03:14 00:46		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

### H85

<b>1</b>	<b>Svein Haukaas</b>	<b>H85</b>	<b>1:11:38</b>
05:04	20:33 33:08 50:48 60:12 62:53 67:45 70:49 71:38		
05:04	15:29 12:35 17:40 09:24 02:41 04:52 03:04 00:49		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

### HT3

<b>1</b>	<b>Sindre Ekrheim</b>	<b>HT3</b>	<b>1:31:07</b>
07:33	27:22 32:49 43:02 60:37 72:55 81:07 86:58 90:09 91:07		
07:33	19:49 05:27 10:13 17:35 12:18 08:12 05:51 03:11 00:58		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		