

Plass Navn

Klasse

Tid

D40 - lang

1 Rannveig Nordhagen

4

25:57

00:36= 02:50= 03:23= 05:15= 07:11= 10:04= 11:39= 12:21= 14:00= 14:49= 16:17= 18:32= 19:37= 20:34= 21:24= 22:25= 24:28= 25:36= 25:57=
 00:36= 02:14= 00:33= 01:52= 01:56= 02:53= 01:35= 00:42= 01:39= 00:49= 01:28= 02:15= 01:05= 00:57= 00:50= 01:01= 02:03= 01:08= 00:21=
 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 Marit Nipen

5

30:56

00:40+ 03:35+ 04:10+ 06:50+ 08:39+ 11:46+ 13:37+ 14:12+ 15:55+ 16:56+ 18:25+ 20:54+ 22:31+ 23:30+ 24:29+ 25:54+ 29:28+ 30:36+ 30:56+
 00:40+ 02:55+ 00:35+ 02:40+ 01:49- 03:07+ 01:51+ 00:35- 01:43+ 01:01+ 01:29+ 02:29+ 01:37+ 00:59+ 00:59+ 01:25+ 03:34+ 01:08= 00:20-
 00:04# 00:41& 00:02+ 00:48& 00:07- 00:14+ 00:16# 00:07- 00:04+ 00:12# 00:01+ 00:14# 00:32& 00:02+ 00:09# 00:24& 01:31& 00:00= 00:01-

3 Lise Christensen

9

33:57

02:30+ 04:03+ 04:34+ 06:29+ 08:07+ 10:54+ 12:26+ 13:00+ 14:36+ 15:20+ 16:46+ 19:21+ 22:06+ 22:55+ 24:01+ 25:03+ 32:04+ 33:35+ 33:57+
 02:30+ 01:33- 00:31- 01:55+ 01:38- 02:47- 01:32- 00:34- 01:36- 00:44- 01:26- 02:35+ 02:45+ 00:49- 01:06+ 01:02+ 07:01+ 01:31+ 00:22+
 01:54@ 00:41- 00:02- 00:03+ 00:18- 00:06- 00:03- 00:03- 00:05- 00:02- 00:20# 01:40@ 00:08- 00:16& 00:01+ 04:58@ 00:23& 00:01+

4 Siren Greve

3

42:23

00:47+ 07:10+ 07:50+ 10:18+ 12:41+ 16:50+ 19:27+ 20:12+ 22:20+ 23:16+ 25:11+ 28:19+ 29:44+ 31:01+ 34:34+ 37:30+ 40:13+ 41:52+ 42:23+
 00:47+ 06:23+ 00:40+ 02:28+ 02:23+ 04:09+ 02:37+ 00:45+ 02:08+ 00:56+ 01:55+ 03:08+ 01:25+ 01:17+ 03:33+ 02:56+ 02:43+ 01:39+ 00:31+
 00:11& 04:09@ 00:07# 00:36& 00:27# 01:16& 01:02& 00:03+ 00:29& 00:07# 00:27& 00:53& 00:20& 00:20& 02:43@ 01:55@ 00:40& 00:31& 00:10&

Beste strekketid for klassen

00:36 01:33 00:31 01:52 01:38 02:47 01:32 00:34 01:36 00:44 01:26 02:15 01:05 00:49 00:50 01:01 02:03 01:08 00:20

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

D45

1 Ute Kesser

19

29:22

00:40= 02:23= 06:05= 07:36= 10:00= 12:34= 14:40= 16:20= 17:00= 18:37= 19:30= 20:32= 22:16= 23:44= 27:37= 28:56= 29:22=
 00:40= 01:43= 03:42= 01:31= 02:24= 02:34= 02:06= 01:40= 00:40= 01:37= 00:53= 01:02= 01:44= 01:28= 03:53= 01:19= 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= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Vibeke Øye

6

39:02

01:20+ 08:10+ 10:53+ 12:09+ 13:17+ 15:47+ 22:40+ 24:41+ 25:21+ 27:20+ 28:48+ 29:44+ 30:54+ 33:52+ 37:07+ 38:34+ 39:02+
 01:20+ 06:50+ 02:43- 01:16- 01:08- 02:30- 06:53+ 02:01+ 00:40= 01:59+ 01:28+ 00:56- 01:10- 02:58+ 03:15- 01:27+ 00:28+
 00:40& 05:07@ 00:59- 00:15- 01:16- 00:04- 04:47@ 00:21# 00:00= 00:22# 00:35& 00:06- 00:34- 01:30@ 00:38- 00:08# 00:02+

Beste strekketid for klassen

00:40 01:43 02:43 01:16 01:08 02:30 02:06 01:40 00:40 01:37 00:53 00:56 01:10 01:28 03:15 01:19 00:26

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

D50

1 Nina Goga

3

32:08

00:28= 06:15= 09:09= 10:25= 12:04= 14:33= 16:16= 17:55= 18:43= 21:44= 22:55= 24:19= 25:31= 26:53= 30:42= 31:47= 32:08=
 00:28= 05:47= 02:54= 01:16= 01:39= 02:29= 01:43= 01:39= 00:48= 03:01= 01:11= 01:24= 01:12= 01:22= 03:49= 01:05= 00:21=
 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=

Beste strekketid for klassen

00:28 05:47 02:54 01:16 01:39 02:29 01:43 01:39 00:48 03:01 01:11 01:24 01:12 01:22 03:49 01:05 00:21

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

D55

1 Liv Sylvi Meyer

5

34:29

02:23= 08:04= 11:26= 13:44= 15:25= 17:09= 18:33= 20:35= 21:23= 23:31= 24:35= 25:42= 26:55= 29:07= 32:42= 34:02= 34:29=
 02:23= 05:41= 03:22= 02:18= 01:41= 01:44= 01:24= 02:02= 00:48= 02:08= 01:04= 01:07= 01:13= 02:12= 03:35= 01:20= 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= 00:00= 00:00= 00:00= 00:00=

Class	Navn	Klasse	Tid
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2	Britt Karlsen	2	40:14													
00:38-	05:21-	12:42+	14:03+	15:12-	16:49-	18:16-	19:58-	20:42-	23:22-	24:38+	25:38-	26:33-	29:30+	38:23+	39:48+	40:14+
00:38-	04:43-	07:21+	01:21-	01:09-	01:37-	01:27+	01:42-	00:44-	02:40+	01:16+	01:00-	00:55-	02:57+	08:53+	01:25+	00:26-
01:45-	00:58-	03:59@	00:57-	00:32-	00:07-	00:03+	00:20-	00:04-	00:32#	00:12#	00:07-	00:18-	00:45&	05:18@	00:05+	00:01-

Beste strekktid for klassen
 00:38 04:43 03:22 01:21 01:09 01:37 01:24 01:42 00:44 02:08 01:04 01:00 00:55 02:12 03:35 01:20 00:26

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

D60

1	Karen Clementsen Kayser	4	36:34													
00:43=	03:59=	09:00=	11:11=	14:01=	15:49=	17:18=	21:12=	22:05=	24:49=	26:24=	28:00=	29:04=	31:01=	34:40=	36:06=	36:34=
00:43=	03:16=	05:01=	02:11=	02:50=	01:48=	01:29=	03:54=	00:53=	02:44=	01:35=	01:36=	01:04=	01:57=	03:39=	01:26=	00:28=
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=

Beste strekktid for klassen
 00:43 03:16 05:01 02:11 02:50 01:48 01:29 03:54 00:53 02:44 01:35 01:36 01:04 01:57 03:39 01:26 00:28

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

D65

1	Berit Hegdal	3	20:14									
01:19=	02:34=	04:24=	06:25=	07:16=	08:22=	09:39=	14:27=	15:39=	17:03=	18:19=	19:48=	20:14=
01:19=	01:15=	01:50=	02:01=	00:51=	01:06=	01:17=	04:48=	01:12=	01:24=	01:16=	01:29=	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=

2	Herdis Alvheim	4	25:18									
01:37+	03:18+	05:13+	07:09+	09:00+	10:06+	11:41+	18:31+	19:49+	21:34+	22:57+	24:51+	25:18+
01:37+	01:41+	01:55+	01:56-	01:51+	01:06=	01:35+	06:50+	01:18+	01:45+	01:23+	01:54+	00:27+
00:18#	00:26&	00:05+	00:05-	01:00@	00:00=	00:18#	02:02&	00:06+	00:21#	00:07+	00:25&	00:01+

3	Nina Soligard	3	27:26									
01:19=	03:01+	04:40+	06:48+	11:28+	12:24+	13:40+	19:00+	22:43+	24:06+	25:27+	26:58+	27:26+
01:19=	01:42+	01:39-	02:08+	04:40+	00:56-	01:16-	05:20+	03:43+	01:23-	01:21+	01:31+	00:28+
00:00=	00:27&	00:11-	00:07+	03:49@	00:10-	00:01-	00:32#	02:31@	00:01-	00:05+	00:02+	00:02+

Beste strekktid for klassen
 01:19 01:15 01:39 01:56 00:51 00:56 01:16 04:48 01:12 01:23 01:16 01:29 00:26

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

D70

1	Astrid Ormberg	4	24:10									
01:54=	03:13=	04:58=	06:32=	07:36=	08:39=	10:07=	15:56=	17:13=	18:40=	20:01=	23:41=	24:10=
01:54=	01:19=	01:45=	01:34=	01:04=	01:03=	01:28=	05:49=	01:17=	01:27=	01:21=	03:40=	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=

2	Turid Tangen	OS	42:17									
02:31+	07:10+	09:39+	12:32+	13:46+	15:08+	16:45+	23:17+	24:44+	26:45+	37:55+	41:40+	42:17+
02:31+	04:39+	02:29+	02:53+	01:14+	01:22+	01:37+	06:32+	01:27+	02:01+	11:10+	03:45+	00:37+
00:37&	03:20@	00:44&	01:19&	00:10#	00:09#	00:43#	00:10#	00:34&	09:49@	00:05+	00:08&	

3	Kjellaug Hodnekvam	3	51:48									
04:14+	05:52+	26:35+	28:48+	29:51+	30:57+	32:20+	37:44+	39:06+	41:21+	45:51+	51:18+	51:48+
04:14+	01:38+	20:43+	02:13+	01:03-	01:06+	01:23-	05:24-	01:22+	02:15+	04:30+	05:27+	00:30+
02:20@	00:19#	18:58@	00:39&	00:01-	00:03+	00:05-	00:25-	00:05+	00:48&	03:09@	01:47&	00:01+

Beste strekktid for klassen
 01:54 01:19 01:45 01:34 01:03 01:03 01:23 05:24 01:17 01:27 01:21 03:40 00:29

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

H50

1	Ole Kragset	31	33:10															
00:25=	03:00=	04:23=	05:59=	07:46=	10:33=	11:59=	12:47=	16:54=	17:48=	19:50=	22:25=	23:48=	24:44=	26:27=	27:36=	31:11=	32:46=	33:10=
00:25=	02:35=	01:23=	01:36=	01:47=	02:47=	01:26=	00:48=	04:07=	00:54=	02:02=	02:35=	01:23=	00:56=	01:43=	01:09=	03:35=	01:35=	00:24=
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=

Beste strekktid for klassen

00:25	02:35	01:23	01:36	01:47	02:47	01:26	00:48	04:07	00:54	02:02	02:35	01:23	00:56	01:43	01:09	03:35	01:35	00:24
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H55

1	Tore Juvik	31	25:15															
00:35=	01:59=	02:27=	03:59=	06:15=	08:42=	09:54=	10:25=	12:00=	12:40=	14:24=	16:23=	17:43=	18:37=	19:17=	20:09=	22:12=	24:49=	25:15=
00:35=	01:24=	00:28=	01:32=	02:16=	02:27=	01:12=	00:31=	01:35=	00:40=	01:44=	01:59=	01:20=	00:54=	00:40=	00:52=	02:03=	02:37=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Jan Haugland	1	26:57															
01:23+	03:05+	03:37+	05:25+	07:18+	10:03+	11:20+	11:58+	13:30+	14:19+	15:46+	18:26+	19:40+	20:38+	21:31+	22:42+	25:02+	26:28+	26:57+
01:23+	01:42+	00:32+	01:48+	01:53-	02:45+	01:17+	00:38+	01:32-	00:49+	01:27-	02:40+	01:14-	00:58+	00:53+	01:11+	02:20+	01:26-	00:29+
00:48@	00:18#	00:04#	00:16#	00:23-	00:18#	00:05+	00:07#	00:03-	00:09#	00:17-	00:41&	00:06-	00:04+	00:13&	00:19&	00:17#	01:11-	00:03#

3	Svein Linga	6	35:29															
01:36+	03:47+	04:25+	06:15+	08:03+	10:49+	13:15+	13:54+	16:19+	17:12+	18:58+	21:35+	23:04+	24:00+	29:49+	30:58+	33:28+	35:00+	35:29+
01:36+	02:11+	00:38+	01:50+	01:48-	02:46+	02:26+	00:39+	02:25+	00:53+	01:46+	02:37+	01:29+	00:56+	05:49+	01:09+	02:30+	01:32-	00:29+
01:01@	00:47&	00:10&	00:18#	00:28-	00:19#	01:14@	00:08&	00:50&	00:13&	00:02+	00:38&	00:09#	00:02+	05:09@	00:17&	00:27#	01:05-	00:03#

4	Lars Sveen	BGLÆR	42:23															
02:39+	05:24+	06:20+	08:54+	11:01+	18:26+	20:43+	22:01+	24:07+	25:16+	28:03+	31:40+	33:15+	34:23+	35:33+	37:09+	40:27+	41:49+	42:23+
02:39+	02:45+	00:56+	02:34+	02:07-	07:25+	02:17+	01:18+	02:06+	01:09+	02:47+	03:37+	01:35+	01:08+	01:10+	01:36+	03:18+	01:22-	00:34+
02:04@	01:21&	00:28&	01:02&	00:09-	04:58@	01:05&	00:47@	00:31&	00:29&	01:03&	01:38&	00:15#	00:14&	00:30&	00:44&	01:15&	01:15-	00:08&

5	Bjørn Sigvar Batalden	29	52:30															
00:55+	03:22+	04:12+	06:50+	10:14+	15:44+	18:09+	19:07+	22:49+	25:39+	28:37+	35:06+	36:59+	38:13+	40:00+	41:25+	50:20+	52:08+	52:30+
00:55+	02:27+	00:50+	02:38+	03:24+	05:30+	02:25+	00:58+	03:42+	02:50+	02:58+	06:29+	01:53+	01:14+	01:47+	01:25+	08:55+	01:48-	00:22-
00:20&	01:03&	00:22&	01:06&	01:08&	03:03@	01:13@	00:27&	02:07@	02:10@	01:14&	04:30@	00:33&	00:20&	01:07@	00:33&	06:52@	00:49-	00:04-

Beste strekktid for klassen

00:35	01:24	00:28	01:32	01:48	02:27	01:12	00:31	01:32	00:40	01:27	01:59	01:14	00:54	00:40	00:52	02:03	01:22	00:22
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H60

1	Stein Ove Dyngeland	4	38:01													
00:30=	10:46=	15:57=	17:35=	18:37=	20:00=	21:30=	24:16=	25:00=	26:37=	27:29=	29:15=	30:34=	32:54=	36:29=	37:38=	38:01=
00:30=	10:16=	05:11=	01:38=	01:02=	01:23=	01:30=	02:46=	00:44=	01:37=	00:52=	01:46=	01:19=	02:20=	03:35=	01:09=	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=	00:00=	00:00=	00:00=	00:00=

2	Roar Bye	29	38:30													
00:32+	02:38-	08:45-	11:58-	15:39-	17:34-	19:10-	21:20-	22:24-	25:00-	26:18-	27:33-	28:44-	31:37-	34:57-	38:03+	38:30+
00:32+	02:06-	06:07+	03:13+	03:41+	01:55+	01:36+	02:10-	01:04+	02:36+	01:18+	01:15-	01:11-	02:53+	03:20-	03:06+	00:27+
00:02+	08:10-	00:56#	01:35&	02:39@	00:32&	00:06+	00:36-	00:20&	00:59&	00:26&	00:31-	00:08-	00:33#	00:15-	01:57@	00:04#

3	Ragnar Kayser	4	40:52													
00:45+	03:55-	08:04-	10:17-	12:14-	14:24-	16:31-	18:48-	19:55-	22:22-	23:35-	25:01-	26:15-	28:52-	32:26-	40:22+	40:52+
00:45+	03:10-	04:09-	02:13+	01:57+	02:10+	02:07+	02:17-	01:07+	02:27+	01:13+	01:26-	01:14-	02:37+	03:34-	07:56+	00:30+
00:15&	07:06-	01:02-	00:35&	00:55&	00:47&	00:37&	00:29-	00:23&	00:50&	00:21&	00:20-	00:05-	00:17#	00:01-	06:47@	00:07&

4	Reidar Vetti	HELSEB	45:54													
00:38+	11:48+	16:16+	18:17+	21:14+	23:09+	27:42+	29:34+	31:06+	33:15+	34:21+	35:42+	36:50+	39:14+	42:38+	45:28+	45:54+
00:38+	11:10+	04:28-	02:01+	02:57+	01:55+	04:33+	01:52-	01:32+	02:09+	01:06+	01:21-	01:08-	02:24+	03:24-	02:50+	00:26+
00:08&	00:54+	00:43-	00:23#	01:55@	00:32&	03:03@	00:54-	00:48@	00:32&	00:14&	00:25-	00:11-	00:04+	00:11-	01:41@	00:03#

Beste strekktid for klassen

00:30 02:06 04:09 01:38 01:02 01:23 01:30 01:52 00:44 01:37 00:52 01:15 01:08 02:20 03:20 01:09 00:23

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

H65

1	Steinar Utne	8	32:40														
00:36=	02:52=	06:08=	08:11=	10:27=	12:25=	13:52=	16:12=	17:11=	20:17=	21:26=	22:54=	24:42=	26:50=	30:39=	32:11=	32:40=	
00:36=	02:16=	03:16=	02:03=	02:16=	01:58=	01:27=	02:20=	00:59=	03:06=	01:09=	01:28=	01:48=	02:08=	03:49=	01:32=	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=	
2	Øistein Paulsen	3	40:35														
01:54+	04:01+	10:20+	12:22+	15:10+	19:47+	21:34+	23:11+	24:46+	27:08+	28:15+	30:02+	31:06+	33:17+	36:33+	39:34+	40:14+	40:35+
01:54+	02:07-	06:19+	02:02-	02:48+	04:37+	01:47+	01:37-	01:35+	02:22-	01:07-	01:47+	01:04-	02:11+	03:16-	03:01+	00:40+	00:21+
01:18@	00:09-	03:03&	00:01-	00:32#	02:39@	00:20#	00:43-	00:36&	00:44-	00:02-	00:19#	00:44-	00:03+	00:33-	01:29&	00:11&	00:21+
3	Egil Karlsen	2	45:18														
00:26-	04:29+	17:22+	18:48+	20:22+	22:15+	23:37+	25:19+	27:04+	29:26+	30:33+	31:39+	32:49+	36:56+	42:04+	44:57+	45:18+	
00:26-	04:03+	12:53+	01:26-	01:34-	01:53-	01:22-	01:42-	01:45+	02:22-	01:07-	01:06-	01:10-	04:07+	05:08+	02:53+	00:21-	
00:10-	01:47&	09:37@	00:37-	00:42-	00:05-	00:05-	00:38-	00:46&	00:44-	00:02-	00:22-	00:38-	01:59&	01:19&	01:21&	00:08-	

Beste strekktid for klassen

00:26 02:07 03:16 01:26 01:34 01:53 01:22 01:37 00:59 02:22 01:07 01:06 01:04 02:08 03:16 01:32 00:21

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

H70

1	Ove Osland	3	33:16													
01:15=	02:51=	05:43=	07:01=	08:13=	09:38=	11:16=	13:30=	14:20=	16:41=	17:58=	19:14=	20:17=	23:10=	29:51=	32:46=	33:16=
01:15=	01:36=	02:52=	01:18=	01:12=	01:25=	01:38=	02:14=	00:50=	02:21=	01:17=	01:16=	01:03=	02:53=	06:41=	02:55=	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=	00:00=	00:00=	00:00=	00:00=
2	Olav Bjørgen	29	33:49													
00:37-	02:44-	06:20+	07:43+	09:09+	10:39+	15:14+	17:49+	18:27+	20:28+	21:44+	23:07+	27:10+	31:11+	33:27+	33:49+	
00:37-	02:07+	03:36+	01:23+	01:26+	01:30+	04:35+	02:35+	00:38-	02:01-	01:16-	01:23+	04:03+	04:01+	02:16-	00:22-	
00:38-	00:31&	00:44&	00:05+	00:14#	00:05+	02:57@	00:21#	00:12-	00:20-	00:01-	00:07+	03:00@	01:08&	04:25-	02:33-	
3	Jan Harald Helmich Pedersen	9	39:36													
01:21+	11:28+	14:32+	16:41+	17:54+	19:39+	21:16+	24:01+	25:19+	28:10+	29:25+	31:11+	32:34+	34:15+	37:39+	39:03+	39:36+
01:21+	10:07+	03:04+	02:09+	01:13+	01:45+	01:37-	02:45+	01:18+	02:51+	01:15-	01:46+	01:23+	01:41-	03:24-	01:24-	00:33+
00:06+	08:31@	00:12+	00:51&	00:01+	00:20#	00:01-	00:31#	00:28&	00:30#	00:02-	00:30&	00:20&	01:12-	03:17-	01:31-	00:03#
4	Gunnar Knudsen	9	42:06													
01:45+	03:52+	06:40+	11:43+	13:05+	15:25+	18:02+	19:36+	20:31+	24:20+	28:47+	29:54+	31:05+	34:14+	36:36+	41:39+	42:06+
01:45+	02:07+	02:48-	05:03+	01:22+	02:20+	02:37+	01:34-	00:55+	03:49+	04:27+	01:07-	01:11+	03:09+	02:22-	05:03+	00:27-
00:30&	00:31&	00:04-	03:45@	00:10#	00:55&	00:59&	00:40-	00:05#	01:28&	03:10@	00:09-	00:08#	00:16+	04:19-	02:08&	00:03-
5	Karl Johan Jebsen	19	49:02													
00:56-	03:57+	09:58+	12:47+	16:31+	18:54+	20:38+	23:00+	24:14+	26:39+	27:48+	29:08+	30:33+	32:58+	45:43+	48:23+	49:02+
00:56-	03:01+	06:01+	02:49+	03:44+	02:23+	01:44+	02:22+	01:14+	02:25+	01:09-	01:20+	01:25+	02:25-	12:45+	02:40-	00:39+
00:19-	01:25&	03:09@	01:31@	02:32@	00:58&	00:06+	00:08+	00:24&	00:04+	00:08-	00:04+	00:22&	00:28-	06:04&	00:15-	00:09&

Beste strekktid for klassen

00:37 01:36 02:48 01:18 01:12 01:25 01:37 01:34 00:38 02:01 01:09 01:07 01:03 01:41 02:16 00:22 00:27

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

H75

1	Per Johan Haugland	1	21:27									
02:26=	03:37=	05:28=	07:30=	08:19=	09:25=	10:44=	15:35=	16:47=	18:10=	19:27=	20:59=	21:27=
02:26=	01:11=	01:51=	02:02=	00:49=	01:06=	01:19=	04:51=	01:12=	01:23=	01:17=	01:32=	00:28=
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	Lasse Hestness	9	35:35
02:37+	04:16+ 06:29+ 08:27+	09:41+ 10:57+ 12:54+	23:13+ 25:23+ 27:10+
02:37+	01:39+ 02:13+ 01:58-	01:14+ 01:16+ 01:57+	10:19+ 02:10+ 01:47+
00:11+	00:28& 00:22# 00:04-	00:25& 00:10# 00:38&	05:28@ 00:58& 00:24&
01:45-	03:24-	05:28= 07:35+	10:53+ 11:58+ 13:49+
01:45-	01:39+ 02:04+	02:07+ 03:18+	01:05- 01:51+ 19:19+
00:41-	00:28& 00:13# 00:05+	02:29@ 00:01-	00:32& 14:28@ 00:32&
3	Harald Lyngtun	4	41:52
01:45-	03:24-	05:28= 07:35+	10:53+ 11:58+ 13:49+
01:45-	01:39+ 02:04+	02:07+ 03:18+	01:05- 01:51+ 19:19+
00:41-	00:28& 00:13# 00:05+	02:29@ 00:01-	00:32& 14:28@ 00:32&
4	Per Vold	4	43:47
01:26-	07:20+ 09:04+	11:01+ 11:44+	13:07+ 14:16+ 31:42+
01:26-	05:54+ 01:44-	01:57- 00:43-	01:23+ 01:09-
01:00-	04:43@ 00:07-	00:05- 00:06-	00:17& 00:10-
5	Arnt J. Raae	15	47:50
02:22-	08:23+ 13:31+	22:32+ 23:30+	25:29+ 27:21+ 34:52+
02:22-	06:01+ 05:08+	09:01+ 00:58+	01:59+ 01:52+
00:04-	04:50@ 03:17@	06:59@ 00:09#	00:53& 00:33&

Beste strekktid for klassen

01:26 01:11 01:44 01:57 00:43 01:05 01:09 04:51 01:12 01:23 01:17 01:32 00:28

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

H80

1	Axel Ingvaldsen	9	23:43
01:43=	03:04= 04:59= 06:46=	07:39= 08:48= 10:08=	16:21= 17:57= 19:31=
01:43=	01:21= 01:55= 01:47=	00:53= 01:09= 01:20=	06:13= 01:36= 01:34=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00=
2	Tor J. Samuelsen	3	31:32
04:03+	05:38+ 07:23+ 09:47+	11:59+ 13:19+	14:51+ 20:50+
04:03+	01:35+ 01:45-	02:24+ 02:12+	01:32+ 05:59-
02:20@	00:14# 00:10-	00:37& 01:19@	00:11# 00:12#
3	Bjørn Bjørgås	5	31:50
01:49+	06:30+ 08:49+	11:23+ 12:41+	14:20+ 15:56+
01:49+	04:41+ 02:19+	02:34+ 01:18+	01:39+ 01:36+
00:06+	03:20@ 00:24#	00:47& 00:25&	00:30& 00:16#

Beste strekktid for klassen

01:43 01:21 01:45 01:47 00:53 01:09 01:20 05:59 01:36 01:34 01:21 02:06 00:37

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

H85

1	Per Mathismoen	SKOGSE	1:23:00
03:25=	06:47= 09:55= 13:33=	17:41= 21:11= 24:16=	35:05= 39:17= 51:35=
03:25=	03:22= 03:08= 03:38=	04:08= 03:30= 03:05=	10:49= 04:12= 12:18=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00=

Beste strekktid for klassen

03:25 03:22 03:08 03:38 04:08 03:30 03:05 10:49 04:12 12:18 19:35 10:45 01:05

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

HT3

1	Sindre Ekrheim	3	48:54
00:49=	07:45= 14:05= 16:24=	20:46= 22:36= 24:16=	26:28= 27:40= 30:05=
00:49=	06:56= 06:20= 02:19=	04:22= 01:50= 01:40=	02:12= 01:12= 02:25=
00:00=	00:00= 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

00:49 06:56 06:20 02:19 04:22 01:50 01:40 02:12 01:12 02:25 01:18 01:15 01:23 02:27 04:10 07:46 00:30

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