

Plass Navn

Klasse

Tid

D40 - lang

1 Lise Christensen 9 57:11

05:57= 09:49= 12:55= 17:01= 30:20= 33:40= 39:36= 41:56= 43:27= 47:09= 53:25= 56:42= 57:11=
 05:57= 03:52= 03:06= 04:06= 13:19= 03:20= 05:56= 02:20= 01:31= 03:42= 06:16= 03:17= 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=

Beste strekktid for klassen

05:57 03:52 03:06 04:06 13:19 03:20 05:56 02:20 01:31 03:42 06:16 03:17 00:29

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

D50

1 Vibeke Øye 6 40:38

04:22= 08:12= 11:08= 21:16= 27:34= 30:41= 34:29= 37:31= 40:04= 40:38=
 04:22= 03:50= 02:56= 10:08= 06:18= 03:07= 03:48= 03:02= 02:33= 00:34=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

04:22 03:50 02:56 10:08 06:18 03:07 03:48 03:02 02:33 00:34

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

D55

1 Hege Fjellbirkeland 6 40:35

05:40= 09:41= 15:13= 19:19= 25:21= 29:32= 34:52= 37:02= 39:55= 40:35=
 05:40= 04:01= 05:32= 04:06= 06:02= 04:11= 05:20= 02:10= 02:53= 00:40=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Inger Lise Angelskår 42 54:09

04:52- 16:16+ 20:17+ 27:20+ 37:12+ 42:07+ 48:08+ 49:59+ 53:25+ 54:09+
 04:52- 11:24+ 04:01- 07:03+ 09:52+ 04:55+ 06:01+ 01:51- 03:26+ 00:44+
 00:48- 07:23@ 01:31- 02:57& 03:50& 00:44# 00:41# 00:19- 00:33# 00:04+

3 Mai Helen Linga 31 55:31

06:44+ 11:33+ 16:35+ 23:33+ 34:27+ 39:45+ 46:31+ 50:18+ 54:37+ 55:31+
 06:44+ 04:49+ 05:02- 06:58+ 10:54+ 05:18+ 06:46+ 03:47+ 04:19+ 00:54+
 01:04# 00:48# 00:30- 02:52& 04:52& 01:07& 01:26& 01:37& 01:26& 00:14&

4 Anne Fjellbirkeland 15 1:00:25

07:31+ 16:36+ 22:58+ 28:52+ 38:53+ 44:14+ 51:43+ 53:54+ 59:36+ 60:25+
 07:31+ 09:05+ 06:22+ 05:54+ 10:01+ 05:21+ 07:29+ 02:11+ 05:42+ 00:49+
 01:51& 05:04@ 00:50# 01:48& 03:59& 01:10& 02:09& 00:01+ 02:49& 00:09#

Beste strekktid for klassen

04:52 04:01 04:01 04:06 06:02 04:11 05:20 01:51 02:53 00:40

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

D60

1 Siren Greve 3 38:56

05:20= 08:55= 13:21= 17:04= 24:30= 28:54= 33:41= 35:33= 38:19= 38:56=
 05:20= 03:35= 04:26= 03:43= 07:26= 04:24= 04:47= 01:52= 02:46= 00:37=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Karen Clementsen Kayser 4 1:07:19

07:54+ 22:04+ 25:51+ 34:55+ 42:41+ 47:19+ 53:07+ 62:22+ 66:43+ 67:19+
 07:54+ 14:10+ 03:47- 09:04+ 07:46+ 04:38+ 05:48+ 09:15+ 04:21+ 00:36-
 02:34& 10:35@ 00:39- 05:21@ 00:20+ 00:14+ 01:01# 07:23@ 01:35& 00:01-

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

05:20 03:35 03:47 03:43 07:26 04:24 04:47 01:52 02:46 00:36

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

D65

1 Nina Soligard 3 29:51

04:54= 07:25= 11:24= 17:52= 21:52= 25:53= 29:14= 29:51=
 04:54= 02:31= 03:59= 06:28= 04:00= 04:01= 03:21= 00:37=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Bjørg Midttun 3 47:10

07:15+ 12:44+ 20:23+ 31:04+ 36:06+ 41:46+ 46:17+ 47:10+
 07:15+ 05:29+ 07:39+ 10:41+ 05:02+ 05:40+ 04:31+ 00:53+
 02:21& 02:58@ 03:40& 04:13& 01:02& 01:39& 01:10& 00:16&

Beste strekktid for klassen

04:54 02:31 03:59 06:28 04:00 04:01 03:21 00:37

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

D70

1 Bjørg Lohne Kocbach 3 33:58

05:31= 08:27= 12:48= 20:43= 24:41= 30:11= 33:22= 33:58=
 05:31= 02:56= 04:21= 07:55= 03:58= 05:30= 03:11= 00:36=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Berit Hegdal 3 36:48

05:17- 09:28+ 13:41+ 22:24+ 26:55+ 32:26+ 36:13+ 36:48+
 05:17- 04:11+ 04:13- 08:43+ 04:31+ 05:31+ 03:47+ 00:35-
 00:14- 01:15& 00:08- 00:48# 00:33# 00:01+ 00:36# 00:01-

3 Astrid Ormberg 4 46:28

08:52+ 12:23+ 17:00+ 27:27+ 32:50+ 40:57+ 45:28+ 46:28+
 08:52+ 03:31+ 04:37+ 10:27+ 05:23+ 08:07+ 04:31+ 01:00+
 03:21& 00:35# 00:16+ 02:32& 01:25& 02:37& 01:20& 00:24&

4 Grete Lind 19 1:07:31

07:47+ 11:08+ 23:43+ 47:28+ 53:41+ 62:06+ 66:40+ 67:31+
 07:47+ 03:21+ 12:35+ 23:45+ 06:13+ 08:25+ 04:34+ 00:51+
 02:16& 00:25# 08:14@ 15:50@ 02:15& 02:55& 01:23& 00:15&

5 Turid Tangen OS 1:19:15

12:34+ 20:33+ 32:29+ 51:45+ 61:13+ 72:27+ 78:03+ 79:15+
 12:34+ 07:59+ 11:56+ 19:16+ 09:28+ 11:14+ 05:36+ 01:12+
 07:03@ 05:03@ 07:35@ 11:21@ 05:30@ 05:44@ 02:25& 00:36&

Beste strekktid for klassen

05:17 02:56 04:13 07:55 03:58 05:30 03:11 00:35

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

H45

1 Trond Døskeland 4 44:59

04:08= 07:20= 11:13= 15:28= 20:25= 23:41= 27:48= 33:11= 34:42= 37:59= 42:10= 44:28= 44:59=
 04:08= 03:12= 03:53= 04:15= 04:57= 03:16= 04:07= 05:23= 01:31= 03:17= 04:11= 02:18= 00:31=
 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

04:08 03:12 03:53 04:15 04:57 03:16 04:07 05:23 01:31 03:17 04:11 02:18 00:31

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

Class	Navn	Klasse	Tid
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H50

1	Eirik Øgaard	EQUINO	46:49
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05:50=	08:55=	12:23=	16:38=	21:57=	24:53=	29:03=	34:04=	35:42=	38:53=	43:50=	46:21=	46:49=
05:50=	03:05=	03:28=	04:15=	05:19=	02:56=	04:10=	05:01=	01:38=	03:11=	04:57=	02:31=	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=

2	Ketil Døskeland	4	48:25
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04:19-	06:51-	10:17-	13:53-	19:15-	22:16-	27:16-	35:39+	37:19+	40:36+	45:19+	47:55+	48:25+
04:19-	02:32-	03:26-	03:36-	05:22+	03:01+	05:00+	08:23+	01:40+	03:17+	04:43-	02:36+	00:30+
01:31-	00:33-	00:02-	00:39-	00:03+	00:05+	00:50#	03:22&	00:02+	00:06+	00:14-	00:05+	00:02+

Beste strekktid for klassen

04:19	02:32	03:26	03:36	05:19	02:56	04:10	05:01	01:38	03:11	04:43	02:31	00:28
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H55

1	Tore Svein Nese	2	46:40
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04:20=	07:44=	11:34=	15:39=	21:05=	24:09=	28:52=	32:04=	35:34=	38:59=	43:34=	46:04=	46:40=
04:20=	03:24=	03:50=	04:05=	05:26=	03:04=	04:43=	03:12=	03:30=	03:25=	04:35=	02:30=	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=

2	Øistein Bøe	4	50:20
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04:20=	07:41-	11:13-	15:32-	21:00-	24:28+	29:45+	33:33+	38:45+	42:03+	46:59+	49:44+	50:20+
04:20=	03:21-	03:32-	04:19+	05:28+	03:28+	05:17+	03:48+	05:12+	03:18-	04:56+	02:45+	00:36=
00:00=	00:03-	00:18-	00:14+	00:02+	00:24#	00:34#	00:36#	01:42&	00:07-	00:21+	00:15+	00:00=

3	Svein Linga	6	55:39
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04:26+	08:32+	12:02+	16:34+	23:15+	27:48+	32:24+	35:05+	43:58+	47:20+	52:32+	55:06+	55:39+
04:26+	04:06+	03:30-	04:32+	06:41+	04:33+	04:36-	02:41-	08:53+	03:22-	05:12+	02:34+	00:33-
00:06+	00:42#	00:20-	00:27#	01:15#	01:29&	00:07-	00:31-	05:23@	00:03-	00:37#	00:04+	00:03-

Beste strekktid for klassen

04:20	03:21	03:30	04:05	05:26	03:04	04:36	02:41	03:30	03:18	04:35	02:30	00:33
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H60

1	Matti Torgersen	HORDAN	42:07
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04:47=	09:09=	12:59=	16:28=	25:15=	32:56=	37:26=	39:13=	41:35=	42:07=
04:47=	04:22=	03:50=	03:29=	08:47=	07:41=	04:30=	01:47=	02:22=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Reidar Vetti	HELSEB	1:14:29
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06:11+	10:54+	14:48+	19:46+	40:05+	46:50+	53:17+	69:50+	73:30+	74:29+
06:11+	04:43+	03:54+	04:58+	20:19+	06:45-	06:27+	16:33+	03:40+	00:59+
01:24&	00:21+	00:04+	01:29&	11:32@	00:56-	01:57&	14:46@	01:18&	00:27&

Beste strekktid for klassen

04:47	04:22	03:50	03:29	08:47	06:45	04:30	01:47	02:22	00:32
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H65

1	Ørjan Eirik Valestrand	4	40:57
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04:59=	08:48=	13:00=	18:57=	25:29=	30:20=	34:37=	36:32=	40:04=	40:57=
04:59=	03:49=	04:12=	05:57=	06:32=	04:51=	04:17=	01:55=	03:32=	00:53=
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	Øistein Paulsen	3	1:01:16
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06:47+	11:44+	17:15+	27:35+	34:43+	41:49+	48:50+	54:05+	60:28+	61:16+
06:47+	04:57+	05:31+	10:20+	07:08+	07:06+	07:01+	05:15+	06:23+	00:48-
01:48&	01:08&	01:19&	04:23&	00:36+	02:15&	02:44&	03:20@	02:51&	00:05-

Beste strekktid for klassen

04:59	03:49	04:12	05:57	06:32	04:51	04:17	01:55	03:32	00:48
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H70

1	Ove Osland	3	40:04
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05:37=	11:27=	14:47=	18:10=	24:41=	29:31=	34:34=	36:18=	39:10=	40:04=
05:37=	05:50=	03:20=	03:23=	06:31=	04:50=	05:03=	01:44=	02:52=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

05:37	05:50	03:20	03:23	06:31	04:50	05:03	01:44	02:52	00:54
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H75

1	Kristian Hj. Falch	6	43:12
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05:41=	09:28=	20:59=	27:34=	34:36=	39:20=	42:29=	43:12=
05:41=	03:47=	11:31=	06:35=	07:02=	04:44=	03:09=	00:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Olav Thornes	1	54:16
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08:04+	13:12+	17:59-	28:07+	36:14+	42:45+	53:09+	54:16+
08:04+	05:08+	04:47-	10:08+	08:07+	06:31+	10:24+	01:07+
02:23&	01:21&	06:44-	03:33&	01:05#	01:47&	07:15@	00:24&

3	Magne Raadal	4	54:34
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06:06+	09:34+	29:44+	39:40+	44:49+	49:57+	53:35+	54:34+
06:06+	03:28-	20:10+	09:56+	05:09-	05:08+	03:38+	00:59+
00:25+	00:19-	08:39&	03:21&	01:53-	00:24+	00:29#	00:16&

4	Magne Lystad	METEOR	1:14:00
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10:54+	15:24+	23:38+	40:55+	55:13+	65:56+	72:41+	74:00+
10:54+	04:30+	08:14-	17:17+	14:18+	10:43+	06:45+	01:19+
05:13&	00:43#	03:17-	10:42@	07:16@	05:59@	03:36@	00:36&

Beste strekktid for klassen

05:41	03:28	04:47	06:35	05:09	04:44	03:09	00:43
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H80

1	Per Olaf Tangen	4	1:19:22
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12:53=	21:34=	32:54=	52:17=	62:30=	72:50=	78:16=	79:22=
12:53=	08:41=	11:20=	19:23=	10:13=	10:20=	05:26=	01:06=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

12:53	08:41	11:20	19:23	10:13	10:20	05:26	01:06
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H85

Class	Navn	Klasse	Tid
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1	Axel Ingvaldsen	9	46:07
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07:25= 11:08= 16:25= 26:02= 33:00= 39:34= 44:58= 46:07=
07:25= 03:43= 05:17= 09:37= 06:58= 06:34= 05:24= 01:09=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

07:25 03:43 05:17 09:37 06:58 06:34 05:24 01:09

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

H90

1	Jon Sandvoll	5	1:55:04
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16:03= 24:13= 38:31= 64:21= 82:27= 99:08= 111:42= 115:04=
16:03= 08:10= 14:18= 25:50= 18:06= 16:41= 12:34= 03:22=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

16:03 08:10 14:18 25:50 18:06 16:41 12:34 03:22

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