

Class	Navn	Klasse	Tid
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D70

6	Hanne Sophie Greve	SKOGSE	48:46
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04:04+	10:11+	18:30+	26:15+	33:08+	39:24+	44:13+	47:59+	48:46+
04:04+	06:07+	08:19+	07:45+	06:53+	06:16+	04:49+	03:46+	00:47+
00:46#	01:01#	03:49&	03:22&	02:58&	01:32&	01:45&	01:33&	00:14&

7	Kari Secher	3	54:12
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04:35+	14:13+	21:36+	28:06+	34:16+	40:51+	49:58+	53:21+	54:12+
04:35+	09:38+	07:23+	06:30+	06:10+	06:35+	09:07+	03:23+	00:51+
04:35+	09:38+	07:23+	06:30+	06:10+	06:35+	09:07+	03:23+	00:51+

8	Grete Lind	19	1:03:15
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04:32+	10:28+	21:17+	35:44+	41:37+	54:33+	59:15+	62:30+	63:15+
04:32+	05:56+	10:49+	14:27+	05:53+	12:56+	04:42+	03:15+	00:45+
04:32+	05:56+	10:49+	14:27+	05:53+	12:56+	04:42+	03:15+	00:45+

Beste strekktid for klassen

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

H50

1	Ketil Døskeland	4	30:16
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03:34=	07:32=	10:20=	12:26=	14:42=	16:06=	17:49=	20:25=	22:55=	24:53=	28:36=	29:51=	30:16=
03:34=	03:58=	02:48=	02:06=	02:16=	01:24=	01:43=	02:36=	02:30=	01:58=	03:43=	01:15=	00:25=
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

03:34	03:58	02:48	02:06	02:16	01:24	01:43	02:36	02:30	01:58	03:43	01:15	00:25
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H60

1	Svein Linga	6	34:44
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04:28=	10:04=	13:34=	15:56=	18:22=	19:34=	21:37=	24:27=	27:07=	29:02=	32:59=	34:19=	34:44=
04:28=	05:36=	03:30=	02:22=	02:26=	01:12=	02:03=	02:50=	02:40=	01:55=	03:57=	01:20=	00:25=
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	Tommy Sævareid	OS	36:04
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03:42-	10:26+	13:40+	16:26+	19:18+	20:36+	22:23+	24:56+	27:54+	30:18+	34:04+	35:45+	36:04+
03:42-	06:44+	03:14-	02:46+	02:52+	01:18+	01:47-	02:33-	02:58+	02:24+	03:46-	01:41+	00:19-
00:46-	01:08#	00:16-	00:24#	00:26#	00:06+	00:16-	00:17-	00:18#	00:29&	00:11-	00:21&	00:06-

3	Tore Svein Nese	2	38:21
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07:03+	12:59+	15:51+	18:02+	21:04+	22:20+	24:30+	27:05+	30:02+	32:10+	36:31+	37:51+	38:21+
07:03+	05:56+	02:52-	02:11-	03:02+	01:16+	02:10+	02:35-	02:57+	02:08+	04:21+	01:20=	00:30+
02:35&	00:20+	00:38-	00:11-	00:36#	00:04+	00:07+	00:15-	00:17#	00:13#	00:24#	00:00=	00:05#

4	Jan Haugland	1	40:39
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04:12-	12:08+	15:32+	17:59+	20:40+	22:14+	24:26+	27:58+	31:11+	33:33+	38:27+	40:03+	40:39+
04:12-	07:56+	03:24-	02:27+	02:41+	01:34+	02:12+	03:32+	03:13+	02:22+	04:54+	01:36+	00:36+
00:16-	02:20&	00:06-	00:05+	00:15#	00:22&	00:09+	00:42#	00:33#	00:27#	00:57#	00:16#	00:11&

H60

5	Lars Sveen	BGLÆR	40:56
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06:13+	10:47+	15:40+	18:20+	21:20+	22:45+	25:18+	28:55+	32:01+	34:34+	38:56+	40:27+	40:56+
06:13+	04:34-	04:53+	02:40+	03:00+	01:25+	02:33+	03:37+	03:06+	02:33+	04:22+	01:31+	00:29+
01:45&	01:02-	01:23&	00:18#	00:34#	00:13#	00:30#	00:47&	00:26#	00:38&	00:25#	00:11#	00:04#

6	Ørjan Eirik Valestrand	4	47:14
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06:40+	12:50+	16:49+	20:00+	23:29+	25:38+	28:28+	32:20+	36:35+	39:21+	44:55+	46:53+	47:14+
06:40+	06:10+	03:59+	03:11+	03:29+	02:09+	02:50+	03:52+	04:15+	02:46+	05:34+	01:58+	00:21+
06:40+	06:10+	03:59+	03:11+	03:29+	02:09+	02:50+	03:52+	04:15+	02:46+	05:34+	01:58+	00:21+

7	Gunnar Helmich Pedersen	9	56:10
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04:56+	15:17+	21:06+	24:31+	27:55+	32:10+	35:05+	39:58+	45:16+	48:30+	53:46+	55:46+	56:10+
04:56+	10:21+	05:49+	03:25+	03:24+	04:15+	02:55+	04:53+	05:18+	03:14+	05:16+	02:00+	00:24+
04:56+	10:21+	05:49+	03:25+	03:24+	04:15+	02:55+	04:53+	05:18+	03:14+	05:16+	02:00+	00:24+

8	John Olav Alvsvåg	4	56:36
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05:02+	12:42+	17:33+	29:10+	32:52+	34:44+	37:46+	41:37+	46:04+	49:19+	54:30+	56:04+	56:36+
05:02+	07:40+	04:51+	11:37+	03:42+	01:52+	03:02+	03:51+	04:27+	03:15+	05:11+	01:34+	00:32+
05:02+	07:40+	04:51+	11:37+	03:42+	01:52+	03:02+	03:51+	04:27+	03:15+	05:11+	01:34+	00:32+

9	Knut Hestenes	FISKEN	1:22:34
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07:13+	25:40+	34:53+	47:53+	52:33+	55:01+	59:18+	64:35+	69:21+	73:10+	79:31+	82:00+	82:34+
07:13+	18:27+	09:13+	13:00+	04:40+	02:28+	04:17+	05:17+	04:46+	03:49+	06:21+	02:29+	00:34+
07:13+	18:27+	09:13+	13:00+	04:40+	02:28+	04:17+	05:17+	04:46+	03:49+	06:21+	02:29+	00:34+

Beste strekktid for klassen

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

H70

1	Ove Osland	3	30:31
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03:00=	07:53=	12:41=	16:00=	19:43=	24:30=	27:40=	29:57=	30:31=
03:00=	04:53=	04:48=	03:19=	03:43=	04:47=	03:10=	02:17=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Gunnar Mikkelsen	9	32:12
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02:55-	07:09-	13:28+	17:15+	20:48+	25:23+	29:36+	31:40+	32:12+
02:55-	04:14-	06:19+	03:47+	03:33-	04:35-	04:13+	02:04-	00:32-
00:05-	00:39-	01:31&	00:28#	00:10-	00:12-	01:03&	00:13-	00:02-

3	Bjørn Myrseth	SKOGSE	37:08
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07:07+	12:07+	19:07+	22:53+	26:13+	30:59+	33:51+	36:26+	37:08+
07:07+	05:00+	07:00+	03:46+	03:20-	04:46-	02:52-	02:35+	00:42+
04:07@	00:07+	02:12&	00:27#	00:23-	00:01-	00:18-	00:18#	00:08#

4	Dagfinn Hole	3	39:07
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03:43+	11:38+	17:13+	21:59+	28:20+	33:52+	36:51+	38:39+	39:07+
03:43+	07:55+	05:35+	04:46+	06:21+	05:32+	02:59-	01:48-	00:28-
00:43#	03:02&	00:47#	01:27&	02:38&	00:45#	00:11-	00:29-	00:06-

5	Jan Harald Helmich Pedersen	9	39:30
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03:43+	13:27+	18:12+	22:40+	27:14+	32:33+	36:38+	39:02+	39:30+
03:43+	09:44+	04:45-	04:28+	04:34+	05:19+	04:05+	02:24+	00:28-
00:43#	04:51&	00:03-	01:09&	00:51#	00:32#	00:55&	00:07+	00:06-

Class	Navn	Klasse	Tid
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H70

6 Olav Thornes 1 46:44

06:16+ 10:32+ 22:32+ 27:29+ 33:53+ 39:31+ 43:04+ 45:54+ 46:44+
 06:16+ 04:16- 12:00+ 04:57+ 06:24+ 05:38+ 03:33+ 02:50+ 00:50+
 03:16@ 00:37- 07:12@ 01:38& 02:41& 00:51# 00:23# 00:33# 00:16&

7 Gunnar Knudsen 9 49:02

02:58+ 16:33+ 21:26+ 31:33+ 35:54+ 40:22+ 46:31+ 48:28+ 49:02+
 02:58+ 13:35+ 04:53+ 10:07+ 04:21+ 04:28+ 06:09+ 01:57+ 00:34+
 02:58+ 13:35+ 04:53+ 10:07+ 04:21+ 04:28+ 06:09+ 01:57+ 00:34+

8 Karl Johan Jebsen 19 49:18

04:52+ 17:02+ 25:14+ 31:00+ 36:11+ 42:02+ 46:08+ 48:39+ 49:18+
 04:52+ 12:10+ 08:12+ 05:46+ 05:11+ 05:51+ 04:06+ 02:31+ 00:39+
 04:52+ 12:10+ 08:12+ 05:46+ 05:11+ 05:51+ 04:06+ 02:31+ 00:39+

9 Harald Risnes 4 49:52

04:28+ 11:01+ 20:43+ 26:38+ 31:13+ 40:33+ 46:34+ 49:10+ 49:52+
 04:28+ 06:33+ 09:42+ 05:55+ 04:35+ 09:20+ 06:01+ 02:36+ 00:42+
 04:28+ 06:33+ 09:42+ 05:55+ 04:35+ 09:20+ 06:01+ 02:36+ 00:42+

10 Olav Bjørgen 29 52:13

03:06+ 21:33+ 30:09+ 34:20+ 38:47+ 44:34+ 47:28+ 51:42+ 52:13+
 03:06+ 18:27+ 08:36+ 04:11+ 04:27+ 05:47+ 02:54+ 04:14+ 00:31+
 03:06+ 18:27+ 08:36+ 04:11+ 04:27+ 05:47+ 02:54+ 04:14+ 00:31+

Beste strekktid for klassen

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

H80

1 Olav Totland 4 33:38

03:07= 07:16= 12:54= 16:31= 20:59= 27:26= 30:48= 33:05= 33:38=
 03:07= 04:09= 05:38= 03:37= 04:28= 06:27= 03:22= 02:17= 00:33=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Gunnar Alsaker 1 41:17

03:53+ 11:39+ 18:19+ 22:44+ 27:04+ 32:43+ 37:44+ 40:36+ 41:17+
 03:53+ 07:46+ 06:40+ 04:25+ 04:20- 05:39- 05:01+ 02:52+ 00:41+
 00:46# 03:37& 01:02# 00:48# 00:08- 00:48- 01:39& 00:35& 00:08#

3 Per Johan Haugland 1 45:45

03:23+ 09:19+ 20:49+ 25:12+ 31:09+ 37:53+ 41:49+ 44:45+ 45:45+
 03:23+ 05:56+ 11:30+ 04:23+ 05:57+ 06:44+ 03:56+ 02:56+ 01:00+
 00:16+ 01:47& 05:52@ 00:46# 01:29& 00:17+ 00:34# 00:39& 00:27&

4 Per Vikane 4 56:57

04:02+ 10:37+ 31:08+ 36:19+ 41:31+ 47:58+ 54:05+ 56:23+ 56:57+
 04:02+ 06:35+ 20:31+ 05:11+ 05:12+ 06:27= 06:07+ 02:18+ 00:34+
 00:55& 02:26& 14:53@ 01:34& 00:44# 00:00= 02:45& 00:01+ 00:01+

Beste strekktid for klassen

03:07 04:09 05:38 03:37 04:20 05:39 03:22 02:17 00:33

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

Class	Navn	Klasse	Tid
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Åpen L2

1	Daniel Skår	OS	31:40					
02:31=	08:36=	14:35=	18:37=	21:38=	25:25=	29:03=	31:20=	31:40=
02:31=	06:05=	05:59=	04:02=	03:01=	03:47=	03:38=	02:17=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Mai Helen Linga	31	36:29					
03:24+	09:21+	15:58+	20:21+	24:47+	29:43+	33:31+	35:51+	36:29+
03:24+	05:57-	06:37+	04:23+	04:26+	04:56+	03:48+	02:20+	00:38+
00:53&	00:08-	00:38#	00:21+	01:25&	01:09&	00:10+	00:03+	00:18&
3	Ragnar Kayser	4	40:46					
03:33+	09:30+	15:32+	20:43+	28:15+	33:19+	37:51+	40:12+	40:46+
03:33+	05:57-	06:02+	05:11+	07:32+	05:04+	04:32+	02:21+	00:34+
01:02&	00:08-	00:03+	01:09&	04:31@	01:17&	00:54#	00:04+	00:14&
4	Anita Lindvik Sævareid	OS	1:03:40					
04:29+	10:09+	20:50+	36:21+	44:17+	52:27+	59:44+	63:00+	63:40+
04:29+	05:40-	10:41+	15:31+	07:56+	08:10+	07:17+	03:16+	00:40+
01:58&	00:25-	04:42&	11:29@	04:55@	04:23@	03:39@	00:59&	00:20&

Beste strekktid for klassen

02:31 05:40 05:59 04:02 03:01 03:47 03:38 02:17 00:20

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

Åpen L3 (C/N-nivå)

1	Ragnar Vikøren	29	27:03				
01:02=	06:07=	08:20=	15:46=	19:44=	24:14=	26:25=	27:03=
01:02=	05:05=	02:13=	07:26=	03:58=	04:30=	02:11=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Alis Skår	OS	28:20				
02:04+	06:39+	09:12+	13:20-	18:35-	22:41-	27:49+	28:20+
02:04+	04:35-	02:33+	04:08-	05:15+	04:06-	05:08+	00:31-
01:02&	00:30-	00:20#	03:18-	01:17&	00:24-	02:57@	00:07-
3	Astrid Ese Hole	3	42:43				
01:59+	08:21+	12:29+	26:12+	31:04+	37:42+	41:52+	42:43+
01:59+	06:22+	04:08+	13:43+	04:52+	06:38+	04:10+	00:51+
00:57&	01:17&	01:55&	06:17&	00:54#	02:08&	01:59&	00:13&
4	Magne Lystad	METEOR	57:15				
13:53+	26:18+	30:37+	35:02+	40:18+	51:21+	56:10+	57:15+
13:53+	12:25+	04:19+	04:25-	05:16+	11:03+	04:49+	01:05+
12:51@	07:20@	02:06&	03:01-	01:18&	06:33@	02:38@	00:27&
5	Bjørn Edvard Strømme	9	58:21				
03:08+	11:02+	16:54+	29:45+	37:19+	51:19+	56:52+	58:21+
03:08+	07:54+	05:52+	12:51+	07:34+	14:00+	05:33+	01:29+
02:06@	02:49&	03:39@	05:25&	03:36&	09:30@	03:22@	00:51@

Beste strekktid for klassen

01:02 04:35 02:13 04:08 03:58 04:06 02:11 00:31

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