

Class	Navn	Klasse	Tid
D16			
1	Siri Eppeland	1884	23:14
00:43=	01:59= 03:01= 05:05= 06:42= 07:56= 09:54= 11:31= 12:02= 13:15= 15:41= 16:05= 17:43= 19:00= 19:18= 19:36= 20:48= 21:33= 23:02= 23:14=		
00:43=	01:16= 01:02= 02:04= 01:37= 01:14= 01:58= 01:37= 00:31= 01:13= 02:26= 00:24= 01:38= 01:17= 00:18= 00:18= 01:12= 00:45= 01:29= 00:12=		
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= 00:00=		
2	Hanne Berg Aspøy	896	23:31
00:43=	02:03+ 03:13+ 05:26+ 07:02+ 08:18+ 09:46- 11:28- 11:53- 13:15= 15:47+ 16:04- 17:51+ 19:28+ 19:42+ 20:01+ 21:01+ 21:45+ 23:16+ 23:31+		
00:43=	01:20+ 01:10+ 02:13+ 01:36- 01:16+ 01:28- 01:42+ 00:25- 01:22+ 02:32+ 00:17- 01:47+ 01:37+ 00:14- 00:19+ 01:00- 00:44- 01:31+ 00:15+		
00:00=	00:04+ 00:08# 00:01+ 00:07+ 00:02+ 00:30- 00:05+ 00:06- 00:09# 00:06+ 00:07- 00:09+ 00:20& 00:04- 00:01+ 00:12- 00:01- 00:02+ 00:03#		
3	Hanna Haaland Sømme	874	24:26
01:07+	02:32+ 03:31+ 05:36+ 07:20+ 09:19+ 10:53+ 12:42+ 13:06+ 14:12+ 16:54+ 17:11+ 18:55+ 20:16+ 20:34+ 20:54+ 21:57+ 22:40+ 24:13+ 24:26+		
01:07+	01:25+ 00:59- 02:05+ 01:44+ 01:59+ 01:34- 01:49+ 00:24- 01:06- 02:42+ 00:17- 01:44+ 01:21+ 00:18= 00:20+ 01:03- 00:43- 01:33+ 00:13+		
00:24&	00:09# 00:03- 00:01+ 00:07+ 00:45& 00:24- 00:12# 00:07- 00:07- 00:16# 00:07- 00:06+ 00:04+ 00:00= 00:02# 00:09- 00:02- 00:04+ 00:01+		
4	Sina Thu Randulff	643	25:09
01:08+	02:02+ 03:04+ 04:58- 06:34- 07:43- 10:29+ 13:16+ 13:31+ 14:48+ 17:03+ 17:21+ 19:31+ 20:48+ 21:08+ 21:27+ 22:36+ 23:16+ 24:58+ 25:09+		
01:08+	00:54- 01:02= 01:54- 01:36- 01:09- 02:46+ 02:47+ 00:15- 01:17+ 02:15- 00:18- 02:10+ 01:17= 00:20+ 00:19+ 01:09- 00:40- 01:42+ 00:11-		
00:25&	00:22- 00:00= 00:10- 00:01- 00:05- 00:48& 01:10& 00:16- 00:04+ 00:11- 00:06- 00:32& 00:00= 00:02# 00:01+ 00:03- 00:05- 00:13# 00:01-		
5	Marie Silkeborg Brolev	3619	27:09
00:41-	02:01+ 03:14+ 05:37+ 07:29+ 08:38+ 11:09+ 12:47+ 13:17+ 15:00+ 17:45+ 18:15+ 20:53+ 22:30+ 22:47+ 23:08+ 24:27+ 25:20+ 26:55+ 27:09+		
00:41-	01:20+ 01:13+ 02:23+ 01:52+ 01:09- 02:31+ 01:38+ 00:30- 01:43+ 02:45+ 00:30+ 02:38+ 01:37+ 00:17- 00:21+ 01:19+ 00:53+ 01:35+ 00:14+		
00:02-	00:04+ 00:11# 00:19# 00:15# 00:05- 00:33& 00:01+ 00:01- 00:30& 00:19# 00:06# 01:00& 00:20& 00:01- 00:03# 00:07+ 00:08# 00:06+ 00:02#		
6	Paula Linge	1758	27:16
01:02+	02:44+ 03:48+ 05:58+ 08:03+ 09:42+ 11:17+ 12:39+ 13:07+ 14:21+ 17:20+ 17:41+ 19:49+ 21:16+ 22:32+ 22:47+ 23:08+ 24:36+ 25:24+ 27:01+ 27:16+		
01:02+	01:42+ 01:04+ 02:10+ 02:05+ 01:39+ 01:35- 01:22- 00:28- 01:14+ 02:59+ 00:21- 02:08+ 01:27+ 01:16+ 00:15- 00:21- 01:28+ 00:48- 01:37+ 00:15+		
00:19&	00:26& 00:02+ 00:06+ 00:28& 00:25& 00:23- 00:15- 00:03- 00:01+ 00:33# 00:03- 00:30& 00:10# 00:58& 00:03- 00:51- 00:43& 00:41- 01:25& 00:15+		
7	Ingrid Lycke Austbø	989	29:08
00:52+	02:09+ 03:20+ 05:44+ 07:28+ 10:56+ 12:36+ 15:17+ 15:51+ 17:21+ 20:09+ 20:29+ 22:44+ 24:01+ 24:21+ 24:41+ 26:03+ 26:58+ 28:53+ 29:08+		
00:52+	01:17+ 01:11+ 02:24+ 01:44+ 03:28+ 01:40- 02:41+ 00:34+ 01:30+ 02:48+ 00:20- 02:15+ 01:17= 00:20+ 00:20+ 01:22+ 00:55+ 01:55+ 00:15+		
00:09#	00:01+ 00:09# 00:20# 00:07+ 02:14@ 00:18- 01:04& 00:03+ 00:17# 00:22# 00:04- 00:37& 00:00= 00:02# 00:02# 00:10# 00:10# 00:26& 00:03#		
8	Ingunn Landsnes	892	30:28
01:04+	02:24+ 03:42+ 06:40+ 09:06+ 10:39+ 12:49+ 14:19+ 14:53+ 16:54+ 20:11+ 20:46+ 22:58+ 24:50+ 25:23+ 25:48+ 27:15+ 28:13+ 30:10+ 30:28+		
01:04+	01:20+ 01:18+ 02:58+ 02:26+ 01:33+ 02:10+ 01:30- 00:34+ 02:01+ 03:17+ 00:35+ 02:12+ 01:52+ 00:33+ 00:25+ 01:27+ 00:58+ 01:57+ 00:18+		
00:21&	00:04+ 00:16& 00:54& 00:49& 00:19& 00:12# 00:07- 00:03+ 00:48& 00:51& 00:11& 00:34& 00:35& 00:15& 00:07& 00:15# 00:13& 00:28& 00:06&		
9	Hege Bakken	1754	31:04
00:59+	03:29+ 04:44+ 07:23+ 09:16+ 10:31+ 12:17+ 16:24+ 17:00+ 19:05+ 21:50+ 22:34+ 24:39+ 26:09+ 26:47+ 27:07+ 28:27+ 29:14+ 30:48+ 31:04+		
00:59+	02:30+ 01:15+ 02:39+ 01:53+ 01:15+ 01:46- 04:07+ 00:36+ 02:05+ 02:45+ 00:44+ 02:05+ 01:30+ 00:38+ 00:20+ 01:20+ 00:47+ 01:34+ 00:16+		
00:16&	01:14& 00:13# 00:35& 00:16# 00:01+ 00:12- 02:30@ 00:05# 00:52& 00:19# 00:20& 00:27& 00:13# 00:20# 00:02# 00:08# 00:02+ 00:05+ 00:04&		
10	Mari-Marthe Aamold	880	31:07
02:00+	03:43+ 05:09+ 07:46+ 09:20+ 10:53+ 13:58+ 17:10+ 17:42+ 18:43+ 21:01+ 21:22+ 23:21+ 24:52+ 25:08+ 25:33+ 27:09+ 27:55+ 30:51+ 31:07+		
02:00+	01:43+ 01:26+ 02:37+ 01:34- 01:33+ 03:05+ 03:12+ 00:32+ 01:01- 02:18- 00:21- 01:59+ 01:31+ 00:16- 00:25+ 01:36+ 00:46+ 02:56+ 00:16+		
01:17@	00:27& 00:24& 00:33& 00:03- 00:19& 01:07& 01:35& 00:01+ 00:12- 00:08- 00:03- 00:21# 00:14# 00:02- 00:07& 00:24& 00:01+ 01:27& 00:04&		
11	Thea Karoline Mork Aamodt	3512	31:46
01:14+	02:38+ 04:02+ 06:28+ 08:16+ 09:46+ 12:03+ 16:59+ 17:31+ 19:11+ 22:09+ 22:27+ 24:10+ 25:50+ 26:08+ 26:27+ 28:49+ 29:43+ 31:28+ 31:46+		
01:14+	01:24+ 01:24+ 02:26+ 01:48+ 01:30+ 02:17+ 04:56+ 00:32+ 01:40+ 02:58+ 00:18- 01:43+ 01:40+ 00:18= 00:19+ 02:22+ 00:54+ 01:45+ 00:18+		
00:31&	00:08# 00:22& 00:22# 00:11# 00:16# 00:19# 03:19@ 00:01+ 00:27& 00:32# 00:06- 00:05+ 00:23& 00:00= 00:01+ 01:10& 00:09# 00:16# 00:06&		
12	Christina Skår	3523	31:56
01:08+	03:17+ 04:41+ 07:23+ 09:21+ 10:45+ 12:33+ 16:10+ 17:45+ 19:16+ 22:03+ 22:32+ 24:54+ 26:29+ 26:54+ 27:22+ 28:53+ 29:48+ 31:37+ 31:56+		
01:08+	02:09+ 01:24+ 02:42+ 01:58+ 01:24+ 01:48- 03:37+ 01:35+ 01:31+ 02:47+ 00:29+ 02:22+ 01:35+ 00:25+ 00:28+ 01:31+ 00:55+ 01:49+ 00:19+		
00:25&	00:53& 00:22& 00:38& 00:21# 00:10# 00:10- 02:00@ 01:04@ 00:18# 00:21# 00:05# 00:44& 00:18# 00:07& 00:10& 00:19& 00:10# 00:20# 00:07&		
13	Ann-Mari Vold	3529	34:37
03:31+	06:14+ 07:25+ 09:47+ 11:24+ 13:02+ 15:50+ 16:58+ 17:26+ 19:05+ 24:33+ 25:21+ 27:48+ 29:16+ 29:37+ 29:59+ 31:25+ 32:11+ 34:24+ 34:37+		
03:31+	02:43+ 01:11+ 02:22+ 01:37= 01:38+ 02:48+ 01:08- 00:28- 01:39+ 05:28+ 00:48+ 02:27+ 01:28+ 00:21+ 00:22+ 01:26+ 00:46+ 02:13+ 00:13+		
02:48@	01:27@ 00:09# 00:18# 00:00= 00:24& 00:50& 00:29- 00:03- 00:26& 03:02@ 00:24& 00:49& 00:11# 00:03# 00:04# 00:14# 00:01+ 00:44& 00:01+		
14	Maria Fjelde	892	39:10
01:12+	03:05+ 04:46+ 08:26+ 10:41+ 13:00+ 15:22+ 19:38+ 20:36+ 23:08+ 26:50+ 27:18+ 30:26+ 32:46+ 33:13+ 34:30+ 36:04+ 36:59+ 38:58+ 39:10+		
01:12+	01:53+ 01:41+ 03:40+ 02:15+ 02:19+ 02:22+ 04:16+ 00:58+ 02:32+ 03:42+ 00:28+ 03:08+ 02:20+ 00:27+ 01:17+ 01:34+ 00:55+ 01:59+ 00:12=		
00:29&	00:37& 00:39& 01:36& 00:38& 01:05& 00:24# 02:39@ 00:27& 01:19@ 01:16& 00:04# 01:30& 01:03& 00:09& 00:59@ 00:22& 00:10# 00:30& 00:00=		

D16

15	Anna Hole	3503	40:01																
01:21+	02:45+	04:17+	07:49+	10:14+	12:07+	14:48+	18:34+	19:09+	21:42+	25:30+	26:23+	29:31+	31:40+	32:08+	32:33+	35:20+	37:01+	39:41+	40:01+
01:21+	01:24+	01:32+	03:32+	02:25+	01:53+	02:41+	03:46+	00:35+	02:33+	03:48+	00:53+	03:08+	02:09+	00:28+	00:25+	02:47+	01:41+	02:40+	00:20+
00:38&	00:08#	00:30&	01:28&	00:48&	00:39&	00:43&	02:09@	00:04#	01:20@	01:22&	00:29@	01:30&	00:52&	00:10&	00:07&	01:35@	00:56@	01:11&	00:08&
16	Ritva Halsne	722	40:06																
01:12+	03:40+	05:24+	08:17+	10:38+	12:20+	14:44+	16:30+	17:24+	20:15+	28:15+	28:45+	31:26+	35:10+	35:51+	36:09+	37:22+	38:07+	39:52+	40:06+
01:12+	02:28+	01:44+	02:53+	02:21+	01:42+	02:24+	01:46+	00:54+	02:51+	08:00+	00:30+	02:41+	03:44+	00:41+	00:18+	01:13+	00:45+	01:45+	00:14+
01:12+	02:28+	01:44+	02:53+	02:21+	01:42+	02:24+	01:46+	00:54+	02:51+	08:00+	00:30+	02:41+	03:44+	00:41+	00:18+	01:13+	00:45+	01:45+	00:14+
17	Idunn Husøy Naustdal	722	41:22																
01:30+	04:02+	05:13+	07:25+	14:28+	15:53+	18:59+	24:36+	25:21+	27:59+	30:39+	31:08+	33:44+	35:56+	36:18+	36:40+	38:18+	39:19+	41:08+	41:22+
01:30+	02:32+	01:11+	02:12+	07:03+	01:25+	03:06+	05:37+	00:45+	02:38+	02:40+	00:29+	02:36+	02:12+	00:22+	00:22+	01:38+	01:01+	01:49+	00:14+
01:30+	02:32+	01:11+	02:12+	07:03+	01:25+	03:06+	05:37+	00:45+	02:38+	02:40+	00:29+	02:36+	02:12+	00:22+	00:22+	01:38+	01:01+	01:49+	00:14+

Beste strekktid for klassen

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

D40

1	Helene Lie	3565	21:38													
00:21=	02:11=	03:15=	04:28=	06:58=	08:46=	09:50=	11:31=	12:50=	14:48=	16:04=	16:32=	16:50=	18:14=	19:42=	21:22=	21:38=
00:21=	01:50=	01:04=	01:13=	02:30=	01:48=	01:04=	01:41=	01:19=	01:58=	01:16=	00:28=	00:18=	01:24=	01:28=	01:40=	00:16=
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	Cecilie Johnson	892	23:11													
00:24+	01:26-	02:32-	03:51-	06:33-	08:29-	09:39-	11:46+	13:03+	15:08+	16:45+	17:14+	17:58+	19:30+	20:57+	22:57+	23:11+
00:24+	01:02-	01:06+	01:19+	02:42+	01:56+	01:10+	02:07+	01:17-	02:05+	01:37+	00:29+	00:44+	01:32+	01:27-	02:00+	00:14-
00:03#	00:48-	00:02+	00:06+	00:12+	00:08+	00:06+	00:26&	00:02-	00:07+	00:21&	00:01+	00:26@	00:08+	00:01-	00:20#	00:02-
3	Brit Nilsen	1830	23:12													
00:24+	01:41-	02:49-	04:10-	06:38-	08:39-	10:11+	11:51+	13:05+	15:25+	16:52+	17:21+	17:41+	19:07+	20:58+	22:56+	23:12+
00:24+	01:17-	01:08+	01:21+	02:28-	02:01+	01:32+	01:40-	01:14-	02:20+	01:27+	00:29+	00:20+	01:26+	01:51+	01:58+	00:16=
00:03#	00:33-	00:04+	00:08#	00:02-	00:13#	00:28&	00:01-	00:05-	00:22#	00:11#	00:01+	00:02#	00:02+	00:23&	00:18#	00:00=
4	Maira Andersone	1884	24:16													
00:32+	02:06-	03:22+	04:50+	07:27+	09:26+	10:46+	12:40+	14:04+	16:30+	17:59+	18:33+	18:54+	20:21+	22:04+	24:00+	24:16+
00:32+	01:34-	01:16+	01:28+	02:37+	01:59+	01:20+	01:54+	01:24+	02:26+	01:29+	00:34+	00:21+	01:27+	01:43+	01:56+	00:16=
00:11&	00:16-	00:12#	00:15#	00:07+	00:11#	00:16#	00:13#	00:05+	00:28#	00:13#	00:06#	00:03#	00:03+	00:15#	00:16#	00:00=
5	Ingvild Marthinussen	3524	25:14													
00:31+	02:10-	03:17+	04:29+	07:15+	09:05+	10:09+	12:24+	13:37+	17:09+	18:41+	19:13+	19:39+	21:33+	23:03+	24:53+	25:14+
00:31+	01:39-	01:07+	01:12-	02:46+	01:50+	01:04=	02:15+	01:13-	03:32+	01:32+	00:32+	00:26+	01:54+	01:30+	01:50+	00:21+
00:10&	00:11-	00:03+	00:01-	00:16#	00:02+	00:00=	00:34&	00:06-	01:34&	00:16#	00:04#	00:08&	00:30&	00:02+	00:10#	00:05&
6	Ane Odland	1683	28:15													
00:31+	03:10+	04:10+	05:22+	07:53+	11:18+	12:45+	17:00+	18:25+	20:57+	22:20+	22:53+	23:35+	24:54+	26:24+	28:02+	28:15+
00:31+	02:39+	01:00-	01:12-	02:31+	03:25+	01:27+	04:15+	01:25+	02:32+	01:23+	00:33+	00:42+	01:19-	01:30+	01:38-	00:13-
00:10&	00:49&	00:04-	00:01-	00:01+	01:37&	00:23&	02:34@	00:06+	00:34&	00:07+	00:05#	00:24@	00:05-	00:02+	00:02-	00:03-
7	Ane Hatteland Nese	769	29:28													
00:24+	01:45-	03:05-	04:29+	07:20+	09:46+	12:33+	14:38+	16:48+	20:31+	22:28+	23:08+	23:33+	25:23+	27:00+	29:09+	29:28+
00:24+	01:21-	01:20+	01:24+	02:51+	02:26+	02:47+	02:05+	02:10+	03:43+	01:57+	00:40+	00:25+	01:50+	01:37+	02:09+	00:19+
00:03#	00:29-	00:16#	00:11#	00:21#	00:38&	01:43@	00:24#	00:51&	01:45&	00:41&	00:12&	00:07&	00:26&	00:09#	00:29&	00:03#
8	Jeanette Mjølhus	896	31:58													
04:40+	05:43+	07:13+	08:30+	10:41+	12:39+	14:58+	18:25+	19:41+	22:59+	24:17+	24:51+	25:44+	27:56+	30:04+	31:41+	31:58+
04:40+	01:03-	01:30+	01:17+	02:11-	01:58+	02:19+	03:27+	01:16-	03:18+	01:18+	00:34+	00:53+	02:12+	02:08+	01:37-	00:17+
04:19@	00:47-	00:26&	00:04+	00:19-	00:10+	01:15@	01:46@	00:03-	01:20&	00:02+	00:06#	00:35@	00:48&	00:40&	00:03-	00:01+
9	Anne Lill M. Njå	896	32:57													
00:40+	02:36+	03:58+	05:19+	07:39+	10:26+	12:04+	19:01+	20:19+	23:39+	25:07+	26:44+	27:15+	29:02+	30:48+	32:42+	32:57+
00:40+	01:56+	01:22+	01:21+	02:20-	02:47+	01:38+	06:57+	01:18-	03:20+	01:28+	01:37+	00:31+	01:47+	01:46+	01:54+	00:15-
00:19&	00:06+	00:18&	00:08#	00:10-	00:59&	00:34&	05:16@	00:01-	01:22&	00:12#	01:09@	00:13&	00:23&	00:18#	00:14#	00:01-

D40

Beste strekktid for klassen

00:21 01:02 01:00 01:12 02:11 01:48 01:04 01:40 01:13 01:58 01:16 00:28 00:18 01:19 01:27 01:37 00:13

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

D50

1	Anette Musum	722	20:23													
00:19=	01:17=	02:20=	03:28=	05:20=	06:55=	08:31=	11:04=	11:59=	14:44=	15:52=	16:13=	16:29=	17:38=	18:50=	20:09=	20:23=
00:19=	00:58=	01:03=	01:08=	01:52=	01:35=	01:36=	02:33=	00:55=	02:45=	01:08=	00:21=	00:16=	01:09=	01:12=	01:19=	00:14=
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 Haavardsholm	1683	20:39													
00:20+	01:17=	02:14=	03:29+	05:50+	07:45+	09:15+	11:02-	12:10+	13:58-	15:18-	15:42-	15:59-	17:17-	18:39-	20:22+	20:39+
00:20+	00:57-	00:57-	01:15+	02:21+	01:55+	01:29-	01:39-	01:08+	01:48-	01:20+	00:24+	00:17+	01:18+	01:22+	01:43+	00:17+
00:01+	00:01-	00:06-	00:07#	00:29#	00:20#	00:06-	00:46-	00:13#	00:57-	00:12#	00:03#	00:01+	00:09#	00:10#	00:24#	00:03#
3	Anita Glenne Kallhovd	3502	20:48													
00:23+	01:58+	02:56+	04:09+	06:24+	08:17+	09:46+	11:25+	12:13+	14:21-	15:36-	16:03-	16:20-	17:36-	19:00+	20:33+	20:48+
00:23+	01:35+	00:58-	01:13+	02:15+	01:53+	01:29-	01:39-	00:48-	02:08-	01:15+	00:27+	00:17+	01:16+	01:24+	01:33+	00:15+
00:04#	00:37#	00:05-	00:05+	00:23#	00:18#	00:07-	00:54-	00:07-	00:37-	00:07#	00:06#	00:01+	00:07#	00:12#	00:14#	00:01+
4	Grethe Anda Fuglestad	1683	21:36													
00:23+	01:44+	02:52+	04:06+	06:23+	08:11+	09:26+	11:34+	12:26+	14:59+	16:16+	16:41+	16:57+	18:12+	19:33+	21:21+	21:36+
00:23+	01:21+	01:08+	01:14+	02:17+	01:48+	01:15-	02:08-	00:52-	02:33-	01:17+	00:25+	00:16=	01:15+	01:21+	01:48+	00:15+
00:04#	00:23#	00:05+	00:06+	00:25#	00:13#	00:21-	00:25-	00:03-	00:12-	00:09#	00:04#	00:00=	00:06+	00:09#	00:29#	00:01+
5	Berit Aksland	1683	22:04													
00:44+	01:55+	03:34+	04:47+	07:05+	08:50+	10:05+	12:06+	13:27+	15:20+	16:37+	17:04+	17:23+	18:43+	20:04+	21:48+	22:04+
00:44+	01:11+	01:39+	01:13+	02:18+	01:45+	01:15-	02:01-	01:21+	01:53-	01:17+	00:27+	00:19+	01:20+	01:21+	01:44+	00:16+
00:25@	00:13#	00:36#	00:05+	00:26#	00:10#	00:21-	00:32-	00:26#	00:52-	00:09#	00:06#	00:03#	00:11#	00:09#	00:25#	00:02#
6	Tone Cecilie Nystrom	874	22:06													
00:28+	01:40+	03:02+	04:16+	06:59+	08:49+	10:02+	11:55+	12:56+	14:55+	16:20+	16:48+	17:09+	18:36+	20:04+	21:49+	22:06+
00:28+	01:12+	01:22+	01:14+	02:43+	01:50+	01:13-	01:53-	01:01+	01:59-	01:25+	00:28+	00:21+	01:27+	01:28+	01:45+	00:17+
00:09#	00:14#	00:19#	00:06+	00:51#	00:15#	00:23-	00:40-	00:06#	00:46-	00:17#	00:07#	00:05#	00:18#	00:16#	00:26#	00:03#
7	May Bente Valdahl	1683	23:03													
00:26+	01:34+	03:09+	04:24+	07:35+	09:14+	10:22+	13:48+	14:19+	16:13+	17:20+	17:48+	18:03+	19:20+	20:59+	22:51+	23:03+
00:26+	01:08+	01:35+	01:15+	03:11+	01:39+	01:08-	03:26+	00:31-	01:54-	01:07-	00:28+	00:15-	01:17+	01:39+	01:52+	00:12-
00:07#	00:10#	00:32#	00:07#	01:19#	00:04+	00:28-	00:53#	00:24-	00:51-	00:01-	00:07#	00:01-	00:08#	00:27#	00:33#	00:02-
8	Keth Berggraf	1683	23:37													
00:17-	01:21+	02:47+	03:58+	06:51+	08:43+	10:16+	12:13+	13:40+	15:58+	17:30+	18:21+	18:41+	20:12+	21:40+	23:21+	23:37+
00:17-	01:04+	01:26+	01:11+	02:53+	01:52+	01:33-	01:57-	01:27+	02:18-	01:32+	00:51+	00:20+	01:31+	01:28+	01:41+	00:16+
00:02-	00:06#	00:23#	00:03+	01:01#	00:17#	00:03-	00:36-	00:32#	00:27-	00:24#	00:30#	00:04#	00:22#	00:16#	00:22#	00:02#
9	Trude Hermanrud	896	24:03													
00:22+	01:25+	02:29+	04:12+	06:49+	08:36+	09:57+	11:59+	13:33+	15:19+	16:00+	17:24+	18:04+	18:26+	20:37+	22:07+	23:47+
00:22+	01:03+	01:04+	01:43+	02:37+	01:47+	01:21-	02:02-	01:34+	01:46-	00:41-	01:24+	00:40+	00:22-	02:11+	01:30+	01:40+
00:03#	00:05+	00:01+	00:35#	00:45#	00:12#	00:15-	00:31-	00:39#	00:59-	00:27-	01:03#	00:24#	00:47-	00:59#	00:11#	01:26@
10	Tonje Tiley	882	24:22													
00:27+	02:12+	03:34+	04:52+	07:32+	09:32+	11:10+	13:10+	14:23+	17:00+	18:21+	18:52+	19:14+	20:46+	22:18+	24:05+	24:22+
00:27+	01:45+	01:22+	01:18+	02:40+	02:00+	01:38+	02:00-	01:13+	02:37-	01:21+	00:31+	00:22+	01:32+	01:32+	01:47+	00:17+
00:08#	00:47#	00:19#	00:10#	00:48#	00:25#	00:02+	00:33-	00:18#	00:08-	00:13#	00:10#	00:06#	00:23#	00:20#	00:28#	00:03#
11	Turid Eikebu Alfsen	1683	24:46													
00:30+	01:45+	02:51+	04:17+	06:36+	08:33+	10:16+	12:55+	14:36+	16:54+	18:22+	18:53+	19:12+	20:57+	22:33+	24:31+	24:46+
00:30+	01:15+	01:06+	01:26+	02:19+	01:57+	01:43+	02:39+	01:41+	02:18-	01:28+	00:31+	00:19+	01:45+	01:36+	01:58+	00:15+
00:11#	00:17#	00:03+	00:18#	00:27#	00:22#	00:07+	00:06+	00:46#	00:27-	00:20#	00:10#	00:03#	00:36#	00:24#	00:39#	00:01+
12	Signe Ottesen	1683	24:58													
00:27+	02:06+	03:16+	04:34+	07:28+	09:29+	11:03+	12:58+	14:16+	16:54+	18:50+	19:17+	19:36+	21:38+	23:05+	24:43+	24:58+
00:27+	01:39+	01:10+	01:18+	02:54+	02:01+	01:34-	01:55-	01:18+	02:38-	01:56+	00:27+	00:19+	02:02+	01:27+	01:38+	00:15+
00:08#	00:41#	00:07#	00:10#	01:02#	00:26#	00:02-	00:38-	00:23#	00:07-	00:48#	00:06#	00:03#	00:53#	00:15#	00:19#	00:01+

D50

13	Marie-Elizabeth Reinseth	882	25:16													
01:40+	03:07+	04:29+	05:41+	08:21+	10:17+	11:23+	13:53+	15:06+	17:26+	18:47+	19:22+	19:44+	21:13+	22:58+	25:00+	25:16+
01:40+	01:27+	01:22+	01:12+	02:40+	01:56+	01:06-	02:30-	01:13+	02:20-	01:21+	00:35+	00:22+	01:29+	01:45+	02:02+	00:16+
01:21@	00:29&	00:19&	00:04+	00:48&	00:21#	00:30-	00:03-	00:18&	00:25-	00:13#	00:14&	00:06&	00:20&	00:33&	00:43&	00:02#

14	Gerd Oaug Vikeså	1758	25:33													
00:31+	01:45+	02:54+	04:10+	06:48+	08:43+	10:00+	12:07+	13:44+	15:50+	17:26+	18:32+	19:06+	21:55+	23:19+	25:17+	25:33+
00:31+	01:14+	01:09+	01:16+	02:38+	01:55+	01:17+	02:07+	01:37+	02:06+	01:36+	01:06+	00:34+	02:49+	01:24+	01:58+	00:16+
00:31+	01:14+	01:09+	01:16+	02:38+	01:55+	01:17+	02:07+	01:37+	02:06+	01:36+	01:06+	00:34+	02:49+	01:24+	01:58+	00:16+

15	Marianne Fuglestad	896	25:45													
00:19+	01:56+	02:51+	04:05+	06:01+	07:46+	09:28+	11:14+	14:59+	18:56+	20:15+	20:48+	21:10+	22:29+	23:55+	25:31+	25:45+
00:19+	01:37+	00:55+	01:14+	01:56+	01:45+	01:42+	01:46+	03:45+	03:57+	01:19+	00:33+	00:22+	01:19+	01:26+	01:36+	00:14+
00:19+	01:37+	00:55+	01:14+	01:56+	01:45+	01:42+	01:46+	03:45+	03:57+	01:19+	00:33+	00:22+	01:19+	01:26+	01:36+	00:14+

16	Gøril Braut Aarsand	2539	25:49													
00:26+	01:54+	03:11+	04:29+	07:02+	09:07+	10:23+	12:45+	14:14+	16:55+	19:17+	19:46+	20:12+	21:41+	23:15+	25:29+	25:49+
00:26+	01:28+	01:17+	01:18+	02:33+	02:05+	01:16+	02:22+	01:29+	02:41+	02:22+	00:29+	00:26+	01:29+	01:34+	02:14+	00:20+
00:26+	01:28+	01:17+	01:18+	02:33+	02:05+	01:16+	02:22+	01:29+	02:41+	02:22+	00:29+	00:26+	01:29+	01:34+	02:14+	00:20+

17	Randi Ladsten	1832	26:11													
00:37+	02:00+	03:09+	04:26+	06:37+	08:24+	10:04+	11:52+	13:29+	17:04+	18:28+	18:58+	20:48+	22:13+	23:41+	25:56+	26:11+
00:37+	01:23+	01:09+	01:17+	02:11+	01:47+	01:40+	01:48+	01:37+	03:35+	01:24+	00:30+	01:50+	01:25+	01:28+	02:15+	00:15+
00:37+	01:23+	01:09+	01:17+	02:11+	01:47+	01:40+	01:48+	01:37+	03:35+	01:24+	00:30+	01:50+	01:25+	01:28+	02:15+	00:15+

18	Elisabeth Melbø	879	26:15													
00:32+	01:45+	03:20+	04:40+	07:27+	09:24+	11:01+	13:23+	14:45+	18:13+	19:51+	20:20+	20:44+	22:12+	23:48+	25:58+	26:15+
00:32+	01:13+	01:35+	01:20+	02:47+	01:57+	01:37+	02:22+	01:22+	03:28+	01:38+	00:29+	00:24+	01:28+	01:36+	02:10+	00:17+
00:32+	01:13+	01:35+	01:20+	02:47+	01:57+	01:37+	02:22+	01:22+	03:28+	01:38+	00:29+	00:24+	01:28+	01:36+	02:10+	00:17+

19	Helen Haneferd	882	27:09													
02:50+	03:50+	05:15+	06:34+	09:18+	11:09+	12:31+	14:25+	16:21+	18:38+	21:08+	21:35+	22:13+	23:52+	25:14+	26:53+	27:09+
02:50+	01:00+	01:25+	01:19+	02:44+	01:51+	01:22+	01:54+	01:56+	02:17+	02:30+	00:27+	00:38+	01:39+	01:22+	01:39+	00:16+
02:50+	01:00+	01:25+	01:19+	02:44+	01:51+	01:22+	01:54+	01:56+	02:17+	02:30+	00:27+	00:38+	01:39+	01:22+	01:39+	00:16+

20	Ingunn Anda Haug	2342	27:49													
02:45+	03:52+	05:03+	06:30+	09:37+	11:47+	13:11+	15:18+	16:43+	19:41+	21:28+	21:58+	22:18+	23:57+	25:29+	27:30+	27:49+
02:45+	01:07+	01:11+	01:27+	03:07+	02:10+	01:24+	02:07+	01:25+	02:58+	01:47+	00:30+	00:20+	01:39+	01:32+	02:01+	00:19+
02:45+	01:07+	01:11+	01:27+	03:07+	02:10+	01:24+	02:07+	01:25+	02:58+	01:47+	00:30+	00:20+	01:39+	01:32+	02:01+	00:19+

21	Hilde Frøylog Karlsen	1284	28:52													
00:36+	02:02+	03:45+	05:15+	08:27+	10:58+	12:37+	15:03+	17:17+	20:00+	21:50+	22:26+	22:51+	24:42+	26:30+	28:29+	28:52+
00:36+	01:26+	01:43+	01:30+	03:12+	02:31+	01:39+	02:26+	02:14+	02:43+	01:50+	00:36+	00:25+	01:51+	01:48+	01:59+	00:23+
00:36+	01:26+	01:43+	01:30+	03:12+	02:31+	01:39+	02:26+	02:14+	02:43+	01:50+	00:36+	00:25+	01:51+	01:48+	01:59+	00:23+

22	Åse Sellereite	882	29:53													
02:59+	04:07+	05:11+	06:43+	09:11+	11:06+	13:09+	15:11+	17:09+	22:03+	23:47+	24:15+	24:38+	26:13+	27:47+	29:39+	29:53+
02:59+	01:08+	01:04+	01:32+	02:28+	01:55+	02:03+	02:02+	01:58+	04:54+	01:44+	00:28+	00:23+	01:35+	01:34+	01:52+	00:14+
02:59+	01:08+	01:04+	01:32+	02:28+	01:55+	02:03+	02:02+	01:58+	04:54+	01:44+	00:28+	00:23+	01:35+	01:34+	01:52+	00:14+

23	Marianne Gjesdal Lyngås	892	29:56													
00:28+	01:58+	03:12+	04:49+	07:41+	09:48+	12:12+	14:49+	17:07+	20:32+	22:17+	22:53+	23:28+	25:20+	27:09+	29:39+	29:56+
00:28+	01:30+	01:14+	01:37+	02:52+	02:07+	02:24+	02:37+	02:18+	03:25+	01:45+	00:36+	00:35+	01:52+	01:49+	02:30+	00:17+
00:28+	01:30+	01:14+	01:37+	02:52+	02:07+	02:24+	02:37+	02:18+	03:25+	01:45+	00:36+	00:35+	01:52+	01:49+	02:30+	00:17+

24	Evy Klausen Mjøltnes	769	30:24															
03:53+	04:53+	06:50+	07:54+	09:03+	10:29+	13:25+	15:22+	16:44+	18:39+	20:01+	22:30+	23:57+	24:27+	24:50+	27:05+	28:26+	30:08+	30:24+
03:53+	01:00+	01:57+	01:04+	01:09+	01:26+	02:56+	01:57+	01:22+	01:55+	01:22+	02:29+	01:27+	00:30+	00:23+	02:15+	01:21+	01:42+	00:16+
03:53+	01:00+	01:57+	01:04+	01:09+	01:26+	02:56+	01:57+	01:22+	01:55+	01:22+	02:29+	01:27+	00:30+	00:23+	02:15+	01:21+	01:42+	00:16+

25	Andrea Tapken	3529	31:41													
00:36+	02:08+	03:44+	05:08+	08:07+	10:13+	12:14+	17:35+	18:56+	22:20+	23:48+	24:25+	24:46+	27:32+	29:26+	31:22+	31:41+
00:36+	01:32+	01:36+	01:24+	02:59+	02:06+	02:01+	05:21+	01:21+	03:24+	01:28+	00:37+	00:21+	02:46+	01:54+	01:56+	00:19+
00:36+	01:32+	01:36+	01:24+	02:59+	02:06+	02:01+	05:21+	01:21+	03:24+	01:28+	00:37+	00:21+	02:46+	01:54+	01:56+	00:19+

26	Irene Sirevåg	1754	32:13													
06:18+	07:29+	08:50+	10:17+	13:20+	15:32+	17:01+	19:17+	21:03+	23:34+	25:11+	25:46+	26:12+	28:08+	29:48+	31:54+	32:13+
06:18+	01:11+	01:21+	01:27+	03:03+	02:12+	01:29+	02:16+	01:46+	02:31+	01:37+	00:35+	00:26+	01:56+	01:40+	02:06+	00:19+
06:18+	01:11+	01:21+	01:27+	03:03+	02:12+	01:29+	02:16+	01:46+	02:31+	01:37+	00:35+	00:26+	01:56+	01:40+	02:06+	00:19+

Class	Navn	Klasse	Tid
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D50

27	Ragnhild Båtnes Berntsen	1758	36:03													
02:25+	06:04+	09:51+	12:11+	15:24+	17:26+	20:41+	22:54+	24:21+	26:50+	28:49+	29:22+	29:57+	31:30+	33:36+	35:44+	36:03+
02:25+	03:39+	03:47+	02:20+	03:13+	02:02+	03:15+	02:13+	01:27+	02:29+	01:59+	00:33+	00:35+	01:33+	02:06+	02:08+	00:19+
02:25+	03:39+	03:47+	02:20+	03:13+	02:02+	03:15+	02:13+	01:27+	02:29+	01:59+	00:33+	00:35+	01:33+	02:06+	02:08+	00:19+
28	Astri Sandanger	896	36:52													
00:24+	01:40+	03:36+	04:58+	07:49+	10:20+	18:46+	21:05+	23:19+	26:17+	28:14+	28:53+	29:12+	31:06+	34:26+	36:36+	36:52+
00:24+	01:16+	01:56+	01:22+	02:51+	02:31+	08:26+	02:19+	02:14+	02:58+	01:57+	00:39+	00:19+	01:54+	03:20+	02:10+	00:16+
00:24+	01:16+	01:56+	01:22+	02:51+	02:31+	08:26+	02:19+	02:14+	02:58+	01:57+	00:39+	00:19+	01:54+	03:20+	02:10+	00:16+
29	Siw Gjerdingen	3676	1:01:47													
02:22+	07:53+	09:48+	12:15+	16:24+	19:36+	22:51+	25:54+	29:38+	38:42+	41:03+	41:51+	42:35+	55:32+	57:39+	61:18+	61:47+
02:22+	05:31+	01:55+	02:27+	04:09+	03:12+	03:15+	03:03+	03:44+	09:04+	02:21+	00:48+	00:44+	12:57+	02:07+	03:39+	00:29+
02:22+	05:31+	01:55+	02:27+	04:09+	03:12+	03:15+	03:03+	03:44+	09:04+	02:21+	00:48+	00:44+	12:57+	02:07+	03:39+	00:29+

Beste strekktid for klassen

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

D60

1	Ingrid E. I. Øxnevad	3516	17:19														
00:22=	01:17=	01:50=	02:26=	03:33=	04:44=	06:17=	07:39=	08:13=	09:54=	10:34=	12:42=	13:01=	13:15=	14:42=	15:23=	17:06=	17:19=
00:22=	00:55=	00:33=	00:36=	01:07=	01:11=	01:33=	01:22=	00:34=	01:41=	00:40=	02:08=	00:19=	00:14=	01:27=	00:41=	01:43=	00:13=
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	Anne-Siv Gjertsen	882	19:13														
00:22=	01:21+	01:55+	02:27+	03:38+	05:08+	06:16=	07:55+	08:31+	10:32+	11:01+	12:56+	13:13+	13:29+	15:15+	17:05+	18:58+	19:13+
00:22=	00:59+	00:34+	00:32=	01:11+	01:30+	01:08=	01:39+	00:36+	02:01+	00:29=	01:55=	00:17=	00:16+	01:46+	01:50+	01:53+	00:15+
00:00=	00:04+	00:01+	00:04=	00:04+	00:19=	00:25=	00:17#	00:02+	00:20#	00:11=	00:13=	00:02=	00:02#	00:19#	01:09#	00:10+	00:02#
3	Nina Christiansen	722	20:04														
00:25+	01:20+	02:07+	02:57+	04:34+	05:53+	07:36+	09:01+	09:42+	11:28+	12:00+	13:45+	14:22+	14:34+	16:46+	17:56+	19:48+	20:04+
00:25+	00:55=	00:47+	00:50+	01:37+	01:19+	01:43+	01:25+	00:41+	01:46+	00:32=	01:45=	00:37+	00:12=	02:12+	01:10+	01:52+	00:16+
00:03#	00:00=	00:14&	00:14&	00:30&	00:08#	00:10#	00:03+	00:07#	00:05+	00:08=	00:23=	00:18&	00:02=	00:45&	00:29&	00:09+	00:03#
4	Elisabeth Christie Ørke	722	20:10														
00:18=	00:58=	01:35=	02:16=	03:32=	04:50+	07:06+	09:19+	09:54+	11:54+	12:42+	14:25+	16:14+	16:28+	17:51+	18:28+	19:57+	20:10+
00:18=	00:40=	00:37+	00:41+	01:16+	01:18+	02:16+	02:13+	00:35+	02:00+	00:48+	01:43=	01:49+	00:14=	01:23=	00:37=	01:29=	00:13=
00:04=	00:15=	00:04#	00:05#	00:09#	00:07+	00:43&	00:51&	00:01+	00:19#	00:08#	00:25=	01:30#	00:00=	00:04=	00:04=	00:14=	00:00=
5	Kari Anstensrud	896	20:51														
00:28+	01:17=	01:58+	03:16+	05:04+	06:35+	08:24+	10:11+	10:52+	12:45+	13:14+	15:13+	15:31+	16:25+	17:55+	18:44+	20:34+	20:51+
00:28+	00:49=	00:41+	01:18+	01:48+	01:31+	01:49+	01:47+	00:41+	01:53+	00:29=	01:59=	00:18=	00:54+	01:30+	00:49+	01:50+	00:17+
00:06&	00:06=	00:08#	00:42#	00:41&	00:20&	00:16#	00:25&	00:07#	00:12#	00:11=	00:09=	00:01=	00:40#	00:03+	00:08#	00:07+	00:04&
6	Liv Omdal	1683	21:26														
00:25+	01:59+	02:30+	03:24+	04:37+	06:13+	07:36+	09:15+	10:00+	11:53+	12:31+	14:42+	15:03+	15:14+	18:25+	19:03+	21:14+	21:26+
00:25+	01:34+	00:31=	00:54+	01:13+	01:36+	01:23=	01:39+	00:45+	01:53+	00:38=	02:11+	00:21+	00:11=	03:11+	00:38=	02:11+	00:12=
00:03#	00:39&	00:02=	00:18&	00:06+	00:25&	00:10=	00:17#	00:11&	00:12#	00:02=	00:03+	00:02#	00:03=	01:44#	00:03=	00:28&	00:01=
7	Eli Tjøland Stokka	1141	22:00														
00:31+	01:44+	02:30+	03:13+	05:04+	06:55+	08:23+	10:17+	11:02+	13:05+	14:04+	16:18+	16:39+	16:57+	18:54+	19:42+	21:37+	22:00+
00:31+	01:13+	00:46+	00:43+	01:51+	01:51+	01:28=	01:54+	00:45+	02:03+	00:59+	02:14+	00:21+	00:18+	01:57+	00:48+	01:55+	00:23+
00:09&	00:18&	00:13&	00:07#	00:44&	00:40&	00:05=	00:32&	00:11&	00:22#	00:19&	00:06+	00:02#	00:04&	00:30&	00:07#	00:12#	00:10&
8	Mona Berntsen	1832	22:32														
00:22=	01:08=	01:52+	03:09+	04:19+	07:06+	08:14+	10:03+	10:46+	13:20+	13:57+	16:29+	16:47+	17:02+	19:37+	20:24+	22:14+	22:32+
00:22=	00:46=	00:44+	01:17+	01:10+	02:47+	01:08=	01:49+	00:43+	02:34+	00:37=	02:32+	00:18=	00:15+	02:35+	00:47+	01:50+	00:18+
00:00=	00:09=	00:11&	00:41#	00:03+	01:36#	00:25=	00:27&	00:09&	00:53&	00:03=	00:24#	00:01=	00:01+	01:08&	00:06#	00:07+	00:05&
9	Kristin Skadsem	3516	22:45														
00:21=	02:34+	03:08+	03:53+	05:16+	06:40+	09:05+	10:50+	11:32+	13:47+	14:18+	16:07+	16:23+	16:45+	19:23+	20:13+	22:26+	22:45+
00:21=	02:13+	00:34+	00:45+	01:23+	01:24+	02:25+	01:45+	00:42+	02:15+	00:31=	01:49=	00:16=	00:22+	02:38+	00:50+	02:13+	00:19+
00:01=	01:18#	00:01+	00:09#	00:16#	00:13#	00:52&	00:23&	00:08#	00:34&	00:09=	00:19=	00:03=	00:08&	01:11&	00:09#	00:30&	00:06&

Class	Navn	Klasse	Tid
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D60

10	Ellinor Hoemsnes	1683	23:03														
00:28+	01:20+	02:05+	04:52+	06:15+	07:40+	09:10+	10:47+	11:39+	13:41+	14:48+	17:05+	17:44+	18:00+	19:57+	20:48+	22:46+	23:03+
00:28+	00:52-	00:45+	02:47+	01:23+	01:25+	01:30-	01:37+	00:52+	02:02+	01:07+	02:17+	00:39+	00:16+	01:57+	00:51+	01:58+	00:17+
00:06&	00:03-	00:12&	02:11@	00:16#	00:14#	00:03-	00:15#	00:18&	00:21#	00:27&	00:09+	00:20@	00:02#	00:30&	00:10#	00:15#	00:04&
11	Hildegunn Svensson	1683	31:16														
00:45+	02:37+	03:32+	05:12+	06:59+	10:03+	11:26+	13:32+	14:51+	17:55+	19:06+	22:01+	25:03+	25:16+	27:36+	28:27+	30:59+	31:16+
00:45+	01:52+	00:55+	01:40+	01:47+	03:04+	01:23+	02:06+	01:19+	03:04+	01:11+	02:55+	03:02+	00:13+	02:20+	00:51+	02:32+	00:17+
00:45+	01:52+	00:55+	01:40+	01:47+	03:04+	01:23+	02:06+	01:19+	03:04+	01:11+	02:55+	03:02+	00:13+	02:20+	00:51+	02:32+	00:17+

Beste strekktid for klassen

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

D65

1	Ingrid Eik	1830	17:56														
00:23=	01:03=	01:41=	02:10=	03:29=	04:48=	06:30=	08:08=	08:48=	10:43=	11:10=	12:59=	13:22=	13:39=	15:11=	15:46=	17:43=	17:56=
00:23=	00:40=	00:38=	00:29=	01:19=	01:19=	01:42=	01:38=	00:40=	01:55=	00:27=	01:49=	00:23=	00:17=	01:32=	00:35=	01:57=	00:13=
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	Ingunn Voilås	3502	21:12														
00:25+	01:18+	01:59+	02:32+	04:03+	05:21+	07:35+	09:15+	09:58+	12:26+	12:54+	15:26+	15:43+	15:57+	18:01+	19:00+	20:52+	21:12+
00:25+	00:53+	00:41+	00:33+	01:31+	01:18-	02:14+	01:40+	00:43+	02:28+	00:28+	02:32+	00:17-	00:14-	02:04+	00:59+	01:52-	00:20+
00:02+	00:13&	00:03+	00:04#	00:12#	00:01-	00:32&	00:02+	00:03+	00:33&	00:01+	00:43&	00:06-	00:03-	00:32&	00:24&	00:05-	00:07&
3	May Meling	593	21:39														
00:25+	01:25+	02:01+	03:02+	04:21+	05:37+	06:58+	08:37+	09:17+	11:09+	12:02+	13:57+	14:15+	14:31+	18:45+	19:23+	21:21+	21:39+
00:25+	01:00+	00:36-	01:01+	01:19=	01:16-	01:21-	01:39+	00:40=	01:52-	00:53+	01:55+	00:18-	00:16-	04:14+	00:38+	01:58+	00:18+
00:02+	00:20&	00:02-	00:32@	00:00=	00:03-	00:21-	00:01+	00:00=	00:03-	00:26&	00:06+	00:05-	00:01-	02:42@	00:03+	00:01+	00:05&
4	Eli Frafjord	1141	22:11														
00:24+	01:17+	01:58+	03:26+	05:09+	06:41+	08:32+	10:36+	11:17+	13:26+	14:06+	16:19+	16:36+	16:51+	18:44+	19:44+	21:55+	22:11+
00:24+	00:53+	00:41+	01:28+	01:43+	01:32+	01:51+	02:04+	00:41+	02:09+	00:40+	02:13+	00:17-	00:15-	01:53+	01:00+	02:11+	00:16+
00:01+	00:13&	00:03+	00:05@	00:24&	00:13#	00:09+	00:26&	00:01+	00:14#	00:13&	00:24#	00:06-	00:02-	00:21#	00:25&	00:14#	00:03#
5	Marit Karin Skretting Nygård	892	22:38														
00:25+	01:18+	02:05+	02:40+	04:18+	05:46+	08:29+	10:25+	11:09+	13:47+	14:13+	16:58+	17:14+	17:33+	19:29+	20:13+	22:20+	22:38+
00:25+	00:53+	00:47+	00:35+	01:38+	01:28+	02:43+	01:56+	00:44+	02:38+	00:26-	02:45+	00:16-	00:19+	01:56+	00:44+	02:07+	00:18+
00:02+	00:13&	00:09#	00:06#	00:19#	00:09#	01:01&	00:18#	00:04#	00:43&	00:01-	00:56&	00:07-	00:02#	00:24&	00:09&	00:10+	00:05&
6	Ellinor Nesse	1683	26:42														
00:26+	03:12+	03:58+	04:43+	06:55+	08:30+	10:03+	12:10+	12:58+	17:05+	17:37+	19:53+	20:25+	20:42+	23:06+	24:10+	26:19+	26:42+
00:26+	02:46+	00:46+	00:45+	02:12+	01:35+	01:33-	02:07+	00:48+	04:07+	00:32+	02:16+	00:32+	00:17=	02:24+	01:04+	02:09+	00:23+
00:03#	02:06@	00:08#	00:16&	00:53&	00:16#	00:09-	00:29&	00:08#	02:12@	00:05#	00:27#	00:09&	00:00=	00:52&	00:29&	00:12#	00:10&
7	Hanne Hermanrud	3530	27:55														
00:32+	01:34+	02:29+	03:16+	05:23+	07:27+	09:05+	11:36+	12:36+	15:10+	15:46+	18:45+	19:17+	19:35+	24:35+	25:24+	27:35+	27:55+
00:32+	01:02+	00:55+	00:47+	02:07+	02:04+	01:38-	02:31+	01:00+	02:34+	00:36+	02:59+	00:32+	00:18+	05:00+	00:49+	02:11+	00:20+
00:09&	00:22&	00:17&	00:18&	00:48&	00:45&	00:04-	00:53&	00:20&	00:39&	00:09&	01:10&	00:09&	00:01+	03:28@	00:14&	00:14#	00:07&

Beste strekktid for klassen

00:23 00:40 00:36 00:29 01:19 01:16 01:21 01:38 00:40 01:52 00:26 01:49 00:16 00:14 01:32 00:35 01:52 00:13

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

D70

1	Mette Dagsland	874	22:38														
00:37=	01:41=	02:33=	03:11=	04:51=	06:28=	07:58=	09:59=	10:55=	12:58=	13:40=	16:16=	16:35=	16:51=	19:10=	19:58=	22:16=	22:38=
00:37=	01:04=	00:52=	00:38=	01:40=	01:37=	01:30=	02:01=	00:56=	02:03=	00:42=	02:36=	00:19=	00:16=	02:19=	00:48=	02:18=	00:22=
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=

Class	Navn	Klasse	Tid
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D70

2	Lillian Dahl Fitjar	896	26:29														
00:26-	01:26-	04:06+	05:06+	06:49+	08:35+	10:09+	12:42+	13:41+	16:10+	16:43+	19:46+	20:36+	20:51+	23:06+	23:56+	26:01+	26:29+
00:26-	01:00-	02:40+	01:00+	01:43+	01:46+	01:34+	02:33+	00:59+	02:29+	00:33-	03:03+	00:50+	00:15-	02:15-	00:50+	02:05-	00:28+
00:11-	00:04-	01:48@	00:22&	00:03+	00:09+	00:04+	00:32&	00:03+	00:26#	00:09-	00:27#	00:31@	00:01-	00:04-	00:02+	00:13-	00:06&

Beste strekktid for klassen

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

D75

1	Ingrid W. Hestness	896	18:16															
00:25=	01:01=	01:38=	02:34=	03:55=	05:16=	07:00=	08:30=	09:06=	10:57=	11:21=	13:15=	13:33=	14:02=	15:42=	16:23=	18:02=	18:16=	
00:25=	00:36=	00:37=	00:56=	01:21=	01:21=	01:44=	01:30=	00:36=	01:51=	00:24=	01:54=	00:18=	00:29=	01:40=	00:41=	01:39=	00:14=	
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	Haldis Glendrange	874	23:54															
00:40+	01:33+	02:24+	03:13+	05:21+	07:30+	09:04+	11:15+	12:05+	14:52+	15:14+	17:43+	18:02+	18:24+	20:24+	21:26+	23:33+	23:54+	
00:40+	00:53+	00:51+	00:49-	02:08+	02:09+	01:34-	02:11+	00:50+	02:47+	00:22-	02:29+	00:19+	00:22-	02:00+	01:02+	02:07+	00:21+	
00:15&	00:17&	00:14&	00:07-	00:47&	00:48&	00:10-	00:41&	00:14&	00:56&	00:02-	00:35&	00:01+	00:07-	00:20#	00:21&	00:28&	00:07&	
3	Inger Skretting Opstad	3529	27:22															
00:36+	01:42+	02:46+	03:46+	05:19+	07:06+	11:01+	13:11+	14:05+	16:50+	17:28+	20:11+	20:35+	20:56+	23:37+	24:34+	27:01+	27:22+	
00:36+	01:06+	01:04+	01:00+	01:33+	01:47+	03:55+	02:10+	00:54+	02:45+	00:38+	02:43+	00:24+	00:21-	02:41+	00:57+	02:27+	00:21+	
00:11&	00:30&	00:27&	00:04+	00:12#	00:26&	02:11@	00:40&	00:18&	00:54&	00:14&	00:49&	00:06&	00:08-	01:01&	00:16&	00:48&	00:07&	
4	Helga Klausen	769	32:26															
00:32+	02:38+	03:50+	04:34+	05:35+	07:42+	09:58+	12:32+	14:59+	16:01+	18:55+	19:55+	23:04+	25:10+	25:37+	28:21+	29:16+	32:01+	32:26+
00:32+	02:06+	01:12+	00:44-	01:01-	02:07+	02:16+	02:34+	02:27+	01:02-	02:54+	01:00-	03:09+	02:06+	00:27-	02:44+	00:55-	02:45+	00:25+
00:07&	01:30@	00:35&	00:12-	00:20-	00:46&	00:32&	01:04&	01:51@	00:49-	02:30@	00:54-	02:51@	01:37@	01:13-	02:03@	00:44-	02:31@	00:25+
5	Brit Skjelbred	1141	37:32															
00:41+	02:27+	03:27+	04:48+	08:26+	10:40+	14:17+	17:00+	18:21+	21:11+	22:43+	25:43+	26:12+	26:52+	33:13+	34:24+	37:08+	37:32+	
00:41+	01:46+	01:00+	01:21+	03:38+	02:14+	03:37+	02:43+	01:21+	02:50+	01:32+	03:00+	00:29+	00:40+	06:21+	01:11+	02:44+	00:24+	
00:16&	01:10@	00:23&	00:25&	02:17@	00:53&	01:53@	01:13&	00:45@	00:59&	01:08@	01:06&	00:11&	00:11&	04:41@	00:30&	01:05&	00:10&	

Beste strekktid for klassen

00:25 00:36 00:37 00:44 01:01 01:21 01:34 01:30 00:36 01:02 00:22 01:00 00:18 00:21 00:27 00:41 00:55 00:14

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

D80

1	Turid Nystrøm	874	21:34															
01:26=	02:09=	03:08=	05:31=	07:16=	09:24=	09:52=	11:46=	12:36=	13:02=	14:10=	14:34=	15:30=	16:31=	17:31=	18:19=	19:29=	21:15=	21:34=
01:26=	00:43=	00:59=	02:23=	01:45=	02:08=	00:28=	01:54=	00:50=	00:26=	01:08=	00:24=	00:56=	01:01=	01:00=	00:48=	01:10=	01:46=	00:19=
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	Gry Vikhamar Thengs	874	25:25															
01:28+	02:17+	03:27+	06:32+	08:28+	11:33+	12:04+	14:33+	15:16+	15:38+	16:55+	17:37+	19:44+	20:40+	21:58+	22:52+	23:55+	25:07+	25:25+
01:28+	00:49+	01:10+	03:05+	01:56+	03:05+	00:31+	02:29+	00:43-	00:22-	01:17+	00:42+	02:07+	00:56-	01:18+	00:54+	01:03-	01:12-	00:18-
00:02+	00:06#	00:11#	00:42&	00:11#	00:57&	00:03#	00:35&	00:07-	00:04-	00:09#	00:18&	01:11@	00:05-	00:18&	00:06#	00:07-	00:34-	00:01-
3	Helga Aaslid	3529	31:49															
02:20+	03:43+	05:10+	08:29+	10:41+	13:16+	13:57+	17:25+	18:13+	18:43+	21:51+	22:20+	23:45+	25:07+	26:42+	28:16+	29:43+	31:27+	31:49+
02:20+	01:23+	01:27+	03:19+	02:12+	02:35+	00:41+	03:28+	00:48-	00:30+	03:08+	00:29+	01:25+	01:22+	01:35+	01:34+	01:27+	01:44-	00:22+
00:54&	00:40&	00:28&	00:56&	00:27&	00:27#	00:13&	01:34&	00:02-	00:04#	02:00@	00:05#	00:29&	00:21&	00:35&	00:46&	00:17#	00:02-	00:03#
4	Berit Ebbell Olsen	874	38:51															
02:04+	03:06+	04:34+	10:25+	12:40+	18:42+	19:32+	23:14+	24:14+	24:55+	26:43+	27:47+	29:54+	31:45+	33:29+	34:40+	36:11+	38:24+	38:51+
02:04+	01:02+	01:28+	05:51+	02:15+	06:02+	00:50+	03:42+	01:00+	00:41+	01:48+	01:04+	02:07+	01:51+	01:44+	01:11+	01:31+	02:13+	00:27+
00:38&	00:19&	00:29&	03:28@	00:30&	03:54@	00:22&	01:48&	00:10#	00:15&	00:40&	00:40@	01:11@	00:50&	00:44&	00:23&	00:21&	00:27&	00:08&

D80

Beste strekktid for klassen

01:26 00:43 00:59 02:23 01:45 02:08 00:28 01:54 00:43 00:22 01:08 00:24 00:56 00:56 01:00 00:48 01:03 01:12 00:18

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

DA

1	Aud Hognestad Taksdal	892	22:47
00:50=	01:29= 02:56= 04:24= 04:58= 05:41=	06:00= 06:15= 07:21= 08:12= 09:35=	10:16= 12:43= 14:21= 15:50= 16:24= 17:42= 19:27= 21:07= 22:36= 22:47=
00:50=	00:39= 01:27= 01:28= 00:34= 00:43=	00:19= 00:15= 01:06= 00:51= 01:23=	00:41= 02:27= 01:38= 01:29= 00:34= 01:18= 01:45= 01:40= 01:29= 00:11=
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= 00:00= 00:00=
2	Katrine Haaland Leveraas	896	23:56
00:39-	01:20- 02:48- 04:09- 04:49- 05:35-	05:53- 06:10- 07:38+ 08:30+ 09:50+	11:15+ 13:58+ 15:25+ 16:41+ 17:27+ 18:46+ 20:28+ 22:00+ 23:47+ 23:56+
00:39-	00:41+ 01:28+ 01:21- 00:40+ 00:46+	00:18- 00:17+ 01:28+ 00:52+ 01:20-	01:25+ 02:43+ 01:27- 01:16- 00:46+ 01:19+ 01:42- 01:32- 01:47+ 00:09-
00:11-	00:02+ 00:01+ 00:07- 00:06# 00:03+	00:01- 00:02# 00:22& 00:01+ 00:03-	00:44@ 00:16# 00:11- 00:13- 00:12& 00:01+ 00:03- 00:08- 00:18# 00:02-
3	Silje Skorve Skarpeid	1758	25:37
00:36-	02:05+ 03:40+ 05:09+ 05:43+ 06:33+	07:01+ 07:18+ 08:35+ 09:36+ 10:47+	12:07+ 14:52+ 16:19+ 17:58+ 18:37+ 19:54+ 21:54+ 23:51+ 25:23+ 25:37+
00:36-	01:29+ 01:35+ 01:29+ 00:34= 00:50+	00:28+ 00:17+ 01:17+ 01:01+ 01:11-	01:20+ 02:45+ 01:27- 01:39+ 00:39+ 01:17- 02:00+ 01:57+ 01:32+ 00:14+
00:14-	00:50@ 00:08+ 00:01+ 00:00= 00:07#	00:09& 00:02# 00:11# 00:10# 00:12-	00:39& 00:18# 00:11- 00:10# 00:05# 00:01- 00:15# 00:17# 00:03+ 00:03&
4	Helena Kolesova	1754	26:19
00:37-	01:10- 02:52- 04:25+ 05:10+ 05:57+	06:20+ 06:37+ 07:54+ 08:51+ 10:23+	11:45+ 14:39+ 16:30+ 18:05+ 18:47+ 20:25+ 22:22+ 24:12+ 26:06+ 26:19+
00:37-	00:33- 01:42+ 01:33+ 00:45+ 00:47+	00:23+ 00:17+ 01:17+ 00:57+ 01:32+	01:22+ 02:54+ 01:51+ 01:35+ 00:42+ 01:38+ 01:57+ 01:50+ 01:54+ 00:13+
00:13-	00:06- 00:15# 00:05+ 00:11& 00:04+	00:04# 00:02# 00:11# 00:06# 00:09#	00:41& 00:27# 00:13# 00:06+ 00:08# 00:20& 00:12# 00:10# 00:25& 00:02#
5	Clare Leveridge	877	26:44
00:37-	01:12- 02:54- 04:39+ 05:16+ 06:09+	06:31+ 06:49+ 08:10+ 09:11+ 10:31+	11:37+ 14:54+ 16:26+ 18:08+ 19:00+ 20:42+ 22:52+ 24:50+ 26:31+ 26:44+
00:37-	00:35- 01:42+ 01:45+ 00:37+ 00:53+	00:22+ 00:18+ 01:21+ 01:01+ 01:20-	01:06+ 03:17+ 01:32- 01:42+ 00:52+ 01:42+ 02:10+ 01:58+ 01:41+ 00:13+
00:13-	00:04- 00:15# 00:17# 00:03+ 00:10#	00:03# 00:03# 00:15# 00:10# 00:03-	00:25& 00:50& 00:06- 00:13# 00:18& 00:24& 00:25# 00:18# 00:12# 00:02#
6	Trine Bolstad Scheie	769	27:33
00:36-	01:07- 02:49- 04:31+ 06:28+ 07:22+	07:42+ 07:59+ 09:20+ 10:16+ 11:41+	12:34+ 15:35+ 17:41+ 19:21+ 20:06+ 21:38+ 23:46+ 25:43+ 27:20+ 27:33+
00:36-	00:31- 01:42+ 01:42+ 01:57+ 00:54+	00:20+ 00:17+ 01:21+ 00:56+ 01:25+	00:53+ 03:01+ 02:06+ 01:40+ 00:45+ 01:32+ 02:08+ 01:57+ 01:37+ 00:13+
00:14-	00:08- 00:15# 00:14# 01:23@ 00:11&	00:01+ 00:02# 00:15# 00:05+ 00:02+	00:12& 00:34# 00:02+ 00:12& 00:34# 00:28& 00:11# 00:11& 00:14# 00:23# 00:17# 00:08+ 00:02#
7	Nina Karlsen	3531	27:44
00:39-	01:20- 03:10+ 05:01+ 05:40+ 06:35+	06:58+ 07:16+ 08:48+ 09:46+ 11:18+	12:32+ 15:57+ 17:34+ 19:14+ 19:56+ 21:32+ 23:50+ 25:50+ 27:29+ 27:44+
00:39-	00:41+ 01:50+ 01:51+ 00:39+ 00:55+	00:23+ 00:18+ 01:32+ 00:58+ 01:32+	01:14+ 03:25+ 01:37- 01:40+ 00:42+ 01:36+ 02:18+ 02:00+ 01:39+ 00:15+
00:11-	00:02+ 00:23& 00:23& 00:23& 00:05#	00:12& 00:04# 00:03# 00:07# 00:09#	00:33& 00:58& 00:01- 00:11# 00:08# 00:18# 00:33& 00:20# 00:10# 00:04&
8	Matilde Skjæveland Skår	3486	28:04
01:55+	02:57+ 04:34+ 06:07+ 06:46+ 07:34+	07:55+ 08:12+ 09:31+ 10:28+ 12:02+	13:30+ 16:26+ 18:29+ 19:57+ 20:45+ 22:26+ 24:29+ 26:17+ 27:51+ 28:04+
01:55+	01:02+ 01:37+ 01:33+ 00:39+ 00:48+	00:21+ 00:17+ 01:19+ 00:57+ 01:34+	01:28+ 02:56+ 02:03+ 01:28- 00:48+ 01:41+ 02:03+ 01:48+ 01:34+ 00:13+
01:05@	00:23& 00:10# 00:05+ 00:05# 00:05#	00:02# 00:02# 00:13# 00:06# 00:11#	00:47@ 00:29# 00:25& 00:01- 00:14& 00:23& 00:18# 00:08+ 00:05+ 00:02#
9	Jane Tangen	3523	29:08
00:45-	01:26- 03:18+ 04:56+ 06:08+ 06:52+	07:14+ 08:12+ 08:58+ 09:15+ 09:29-	10:57+ 12:02- 13:49- 15:20- 18:23+ 19:50+ 21:18+ 21:54+ 23:40+ 25:30+ 27:19+ 28:56+ 29:08+
00:45-	00:41+ 01:52+ 01:38+ 01:12+ 00:44+	00:22+ 00:58+ 00:46- 00:17- 00:14-	01:28+ 01:05- 01:47+ 01:31+ 03:03+ 01:27+ 01:28- 00:36- 01:46+ 01:50+ 01:49+ 01:37+ 00:12+
00:05-	00:02+ 00:25& 00:10# 00:38@ 00:01+	00:03# 00:43@ 00:20- 00:34- 01:09-	00:47@ 01:22- 00:09+ 00:02+ 02:29@ 00:09# 00:17- 01:04- 00:17# 01:39@ 01:49+ 01:37+ 00:12+
10	Wibeke Lende	3503	29:48
01:15+	02:05+ 04:05+ 05:58+ 06:38+ 07:55+	08:15+ 08:36+ 10:03+ 11:13+ 13:15+	14:31+ 17:33+ 19:50+ 21:26+ 22:14+ 23:31+ 25:41+ 27:42+ 29:34+ 29:48+
01:15+	00:50+ 02:00+ 01:53+ 00:40+ 01:17+	00:20+ 00:21+ 01:27+ 01:10+ 02:02+	01:16+ 03:02+ 02:17+ 01:36+ 00:48+ 01:17- 02:10+ 02:01+ 01:52+ 00:14+
00:25&	00:11& 00:33& 00:25& 00:06# 00:34&	00:01+ 00:06& 00:21& 00:19& 00:39&	00:35& 00:35# 00:39& 00:07+ 00:14& 00:01- 00:25# 00:21# 00:23& 00:03&
11	Aina Kalsaas Urstad	4232	30:52
00:56+	01:40+ 03:26+ 05:09+ 06:41+ 07:52+	08:18+ 08:39+ 10:22+ 11:42+ 13:10+	15:06+ 18:45+ 20:30+ 22:13+ 22:57+ 24:30+ 26:54+ 28:56+ 30:40+ 30:52+
00:56+	00:44+ 01:46+ 01:43+ 01:32+ 01:11+	00:26+ 00:21+ 01:43+ 01:20+ 01:28+	01:56+ 03:39+ 01:45+ 01:43+ 00:44+ 01:33+ 02:24+ 02:02+ 01:44+ 00:12+
00:06#	00:05# 00:19# 00:15# 00:58@ 00:28&	00:07& 00:06& 00:37& 00:29& 00:05+	01:15@ 01:12& 00:07+ 00:14# 00:10& 00:15# 00:39& 00:22# 00:15# 00:01+
12	Maren Benjaminsen	1832	31:03
00:44-	01:26- 03:28+ 05:22+ 06:28+ 08:16+	08:37+ 08:57+ 10:30+ 11:55+ 13:35+	15:24+ 18:48+ 20:51+ 22:35+ 23:33+ 25:02+ 27:09+ 29:06+ 30:50+ 31:03+
00:44-	00:42+ 02:02+ 01:54+ 01:06+ 01:48+	00:21+ 00:20+ 01:33+ 01:25+ 01:40+	01:49+ 03:24+ 02:03+ 01:44+ 00:58+ 01:29+ 02:07+ 01:57+ 01:44+ 00:13+
00:06-	00:03+ 00:35& 00:26& 00:32& 01:05@	00:02# 00:05& 00:27& 00:34& 00:17#	01:08@ 00:57& 00:25& 00:15# 00:24& 00:11# 00:22# 00:17# 00:15# 00:02#

Pluss	Navn	Klasse	Tid
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DA

13	Ingvild Amalixsen	1683	38:00																	
01:33+	02:20+	05:00+	06:57+	07:56+	10:46+	11:09+	11:31+	13:03+	14:18+	16:22+	19:35+	23:30+	25:34+	27:34+	28:43+	31:00+	33:21+	35:43+	37:44+	38:00+
01:33+	00:47+	02:40+	01:57+	00:59+	02:50+	00:23+	00:22+	01:32+	01:15+	02:04+	03:13+	03:55+	02:04+	02:00+	01:09+	02:17+	02:21+	02:22+	02:01+	00:16+
00:43&	00:08#	01:13&	00:29&	00:25&	02:07@	00:04#	00:07&	00:26&	00:24&	00:41&	02:32@	01:28&	00:26&	00:31&	00:35@	00:59&	00:36&	00:42&	00:32&	00:05&

Beste strekktid for klassen

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

DB

1	Tone Torgersen	882	23:13																
00:20=	01:03=	02:39=	04:28=	06:36=	07:22=	07:41=	08:29=	09:40=	10:27=	11:25=	12:15=	13:30=	15:11=	15:53=	17:12=	19:14=	21:15=	22:58=	23:13=
00:20=	00:43=	01:36=	01:49=	02:08=	00:46=	00:19=	00:48=	01:11=	00:47=	00:58=	00:50=	01:15=	01:41=	00:42=	01:19=	02:02=	02:01=	01:43=	00:15=
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=	00:00=
2	Vibeke Lamark	878	23:35																
00:20=	01:01-	01:46-	03:42-	06:20-	07:10-	07:25-	07:43-	08:50-	09:35-	10:55-	11:47-	13:18-	15:07-	15:51-	17:02-	19:27+	21:32+	23:22+	23:35+
00:20=	00:41-	00:45-	01:56+	02:38+	00:50+	00:15-	00:18-	01:07-	00:45-	01:20+	00:52+	01:31+	01:49+	00:44+	01:11-	02:25+	02:05+	01:50+	00:13-
00:00=	00:02-	00:51-	00:07+	00:30#	00:04+	00:04-	00:30-	00:04-	00:02-	00:22&	00:02+	00:16#	00:08+	00:02+	00:08-	00:23#	00:04+	00:07+	00:02-
3	Inger Tone Nygård	3502	23:39																
00:19-	00:56-	01:56-	04:02-	06:21-	07:05-	07:22-	07:42-	08:51-	09:28-	11:37+	12:23+	13:34+	15:15+	15:58+	17:11-	19:22+	21:35+	23:25+	23:39+
00:19-	00:37-	01:00-	02:06+	02:19+	00:44-	00:17-	00:20-	01:09-	00:37-	02:09+	00:46-	01:11-	01:41=	00:43+	01:13-	02:11+	02:13+	01:50+	00:14-
00:01-	00:06-	00:36-	00:17#	00:11+	00:02-	00:02-	00:28-	00:02-	00:10-	01:11@	00:04-	00:04-	00:00=	00:01+	00:06-	00:09+	00:12+	00:07+	00:01-
4	Wenche Margrethe Sæbbø	896	23:50																
00:17-	01:00-	01:36-	03:25-	05:39-	06:20-	06:33-	07:03-	08:15-	09:00-	10:13-	11:19-	13:16-	14:57-	15:41-	17:01-	19:18+	21:48+	23:35+	23:50+
00:17-	00:43=	00:36-	01:49=	02:14+	00:41-	00:13-	00:30-	01:12+	00:45-	01:13+	01:06+	01:57+	01:41=	00:44+	01:20+	02:17+	02:30+	01:47+	00:15=
00:03-	00:00=	01:00-	00:00=	00:06+	00:05-	00:06-	00:18-	00:01+	00:02-	00:15&	00:16&	00:42&	00:00=	00:02+	00:01+	00:15#	00:29#	00:04+	00:00=
5	Ida Kolstø	3502	24:30																
00:16-	01:05+	02:11-	03:50-	07:23+	08:01+	08:29+	08:42+	09:56+	10:41+	11:58+	12:51+	14:30+	16:07+	16:50+	18:06+	20:17+	22:35+	24:19+	24:30+
00:16-	00:49+	01:06-	01:39-	03:33+	00:38-	00:28+	00:13-	01:14+	00:45-	01:17+	00:53+	01:39+	01:37-	00:43+	01:16-	02:11+	02:18+	01:44+	00:11-
00:04-	00:06#	00:30-	00:10-	01:25&	00:08-	00:09&	00:35-	00:03+	00:02-	00:19&	00:03+	00:24&	00:04-	00:01+	00:03-	00:09+	00:17#	00:01+	00:04-
6	Anina Hadland	3502	24:53																
00:14-	00:53-	01:21-	03:12-	06:02-	07:03-	07:47+	08:02-	09:13-	09:59-	11:27+	12:22+	13:59+	15:50+	16:34+	18:05+	20:28+	22:51+	24:42+	24:53+
00:14-	00:39-	00:28-	01:51+	02:50+	01:01+	00:44+	00:15-	01:11=	00:46-	01:28+	00:55+	01:37+	01:51+	00:44+	01:31+	02:23+	02:23+	01:51+	00:11-
00:06-	00:04-	01:08-	00:02+	00:42&	00:15&	00:25@	00:33-	00:00=	00:01-	00:30&	00:05#	00:22&	00:10+	00:02+	00:12#	00:21#	00:22#	00:08+	00:04-
7	Agnes Haker	1284	25:42																
00:15-	00:56-	01:30-	03:12-	05:24-	06:31-	07:35-	07:51-	09:03-	09:45-	11:12-	12:15=	14:09+	15:47+	16:39+	19:29+	21:35+	23:47+	25:30+	25:42+
00:15-	00:41-	00:34-	01:42-	05:12+	01:07+	01:04+	00:16-	01:12+	00:42-	01:27+	01:03+	01:54+	01:38-	00:52+	02:50+	02:06+	02:12+	01:43=	00:12-
00:05-	00:02-	01:02-	00:07-	00:04+	00:21&	00:45@	00:32-	00:01+	00:05-	00:29&	00:13&	00:39&	00:03-	00:10#	01:31@	00:04+	00:11+	00:00=	00:03-
8	Ann-Cathrin Nybak Urdal	3595	25:50																
00:17-	00:58-	01:37-	03:36-	06:06-	06:59-	07:15-	07:37-	08:55-	10:21-	11:46+	12:45+	14:22+	16:18+	17:07+	18:43+	21:16+	23:37+	25:34+	25:50+
00:17-	00:41-	00:39-	01:59+	02:30+	00:53+	00:16-	00:22-	01:18+	01:26+	01:25+	00:59+	01:37+	01:56+	00:49+	01:36+	02:33+	02:21+	01:57+	00:16+
00:03-	00:02-	00:57-	00:10+	00:22#	00:07#	00:03-	00:26-	00:07+	00:39&	00:27&	00:09#	00:22&	00:15#	00:07#	00:17#	00:31&	00:20#	00:14#	00:01+
9	Anne Garsrud	3518	26:14																
00:17-	01:31+	02:40+	04:32+	07:03+	08:39+	08:55+	09:10+	10:36+	11:27+	13:18+	14:37+	15:57+	17:41+	18:33+	19:49+	21:51+	24:03+	25:59+	26:14+
00:17-	01:14+	01:09-	01:52+	02:31+	01:36+	00:16-	00:15-	01:26+	00:51+	01:51+	01:19+	01:20+	01:44+	00:52+	01:16-	02:02=	02:12+	01:56+	00:15=
00:03-	00:31&	00:27-	00:03+	00:23#	00:50@	00:03-	00:33-	00:15#	00:04+	00:53&	00:29&	00:05+	00:03+	00:10#	00:03-	00:00=	00:11+	00:13#	00:00=
10	Mariann Sveinsvoll	3504	27:41																
00:20=	00:59-	01:53-	03:54-	06:38+	07:42+	08:03+	08:53+	10:34+	11:33+	13:14+	14:15+	15:53+	17:56+	18:49+	20:25+	22:52+	25:20+	27:26+	27:41+
00:20=	00:39-	00:54-	02:01+	02:44+	01:04+	00:21+	00:50+	01:41+	00:59+	01:41+	01:01+	01:38+	02:03+	00:53+	01:36+	02:27+	02:28+	02:06+	00:15=
00:00=	00:04-	00:42-	00:12#	00:36&	00:18&	00:02#	00:02+	00:30&	00:12&	00:43&	00:11#	00:23&	00:22#	00:11&	00:17#	00:25#	00:27#	00:23#	00:00=
11	Helen Lomeland	722	27:45																
00:22+	01:18+	02:03-	04:08-	06:38+	07:45+	08:40+	09:06+	11:04+	11:41+	13:35+	14:34+	16:41+	18:32+	19:19+	20:40+	22:50+	25:23+	27:32+	27:45+
00:22+	00:56+	00:45-	02:05+	02:30+	01:07+	00:55+	00:26-	01:58+	00:37-	01:54+	00:59+	02:07+	01:51+	00:47+	01:21+	02:10+	02:33+	02:09+	00:13-
00:02#	00:13&	00:51-	00:16#	00:22#	00:21&	00:36@	00:22-	00:47&	00:10-	00:56&	00:09#	00:52&	00:10+	00:05#	00:02+	00:08+	00:32&	00:26&	00:02-

DB

12	Lise Isachsen	1384	29:01																
00:21+	01:24+	02:31-	04:42+	07:07+	08:10+	09:04+	09:26+	10:46+	11:35+	13:09+	14:38+	17:25+	19:29+	20:15+	21:24+	23:45+	26:37+	28:41+	29:01+
00:21+	01:03+	01:07-	02:11+	02:25+	01:03+	00:54+	00:22-	01:20+	00:49+	01:34+	01:29+	02:47+	02:04+	00:46+	01:09-	02:21+	02:52+	02:04+	00:20+
00:01+	00:20&	00:29-	00:22#	00:17#	00:17&	00:35#	00:26-	00:09#	00:02+	00:36&	00:39&	01:32@	00:23#	00:04+	00:10-	00:19#	00:51&	00:21#	00:05&

13	Kristin Breivold	892	30:38																
00:22+	01:24+	03:25+	05:23+	07:52+	08:59+	09:52+	10:09+	11:20+	12:23+	14:25+	15:49+	18:10+	20:02+	21:02+	22:34+	25:08+	28:02+	30:24+	30:38+
00:22+	01:02+	02:01+	01:58+	02:29+	01:07+	00:53+	00:17+	01:11+	01:03+	02:02+	01:24+	02:21+	01:52+	01:00+	01:32+	02:34+	02:54+	02:22+	00:14+
00:22+	01:02+	02:01+	01:58+	02:29+	01:07+	00:53+	00:17+	01:11+	01:03+	02:02+	01:24+	02:21+	01:52+	01:00+	01:32+	02:34+	02:54+	02:22+	00:14+

Beste strekktid for klassen

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

DNY

1	Anne Linn Olsen	3528	12:42										
00:20=	00:35=	02:12=	03:33=	04:36=	05:15=	06:17=	07:09=	07:59=	09:03=	10:08=	11:26=	12:17=	12:42=
00:20=	00:15=	01:37=	01:21=	01:03=	00:39=	01:02=	00:52=	00:50=	01:04=	01:05=	01:18=	00:51=	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=	00:00=
2	Emilie W Refseth	1830	14:08										
00:27+	00:44+	02:38+	04:30+	05:41+	06:17+	07:16+	08:11+	09:02+	10:10+	11:30+	12:59+	13:48+	14:08+
00:27+	00:17+	01:54+	01:52+	01:11+	00:36-	00:59-	00:55+	00:51+	01:08+	01:20+	01:29+	00:49-	00:20-
00:07&	00:02#	00:17#	00:31&	00:08#	00:03-	00:03-	00:03+	00:01+	00:04+	00:15#	00:11#	00:02-	00:05-
3	Ellen Nesbjørg	3552	14:45										
00:31+	00:48+	01:58-	03:37+	05:14+	05:57+	06:58+	08:00+	09:08+	10:27+	11:32+	13:20+	14:22+	14:45+
00:31+	00:17+	01:10-	01:39+	01:37+	00:43+	01:01-	01:02+	01:08+	01:19+	01:05=	01:48+	01:02+	00:23-
00:11&	00:02#	00:27-	00:18#	00:34&	00:04#	00:01-	00:10#	00:18&	00:15#	00:00=	00:30&	00:11#	00:02-
4	Paula Barco	1283	22:50										
00:42+	01:24+	02:55+	04:58+	06:24+	07:09+	08:47+	10:00+	11:38+	13:33+	16:30+	20:04+	22:16+	22:50+
00:42+	00:42+	01:31-	02:03+	01:26+	00:45+	01:38+	01:13+	01:38+	01:55+	02:57+	03:34+	02:12+	00:34+
00:22@	00:27@	00:06-	00:42&	00:23&	00:06#	00:36&	00:21&	00:44&	00:51&	01:52@	02:16@	01:21@	00:09&
5	Runa Vatna Sandmoen	1283	22:51										
00:44+	01:34+	03:08+	05:08+	06:33+	07:11+	08:55+	10:08+	11:42+	13:42+	16:39+	20:06+	22:20+	22:51+
00:44+	00:50+	01:34-	02:00+	01:25+	00:38-	01:44+	01:13+	01:34+	02:00+	02:57+	03:27+	02:14+	00:31+
00:24@	00:35@	00:03-	00:39&	00:22&	00:01-	00:42&	00:21&	00:44&	00:56&	01:52@	02:09@	01:23@	00:06#

Beste strekktid for klassen

00:20	00:15	01:10	01:21	01:03	00:36	00:59	00:52	00:50	01:04	01:05	01:18	00:49	00:20
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

DT

1	Elisa Møller	769	18:02																		
00:23=	01:16=	02:02=	02:55=	04:47=	06:21=	07:58=	08:20=	09:10=	09:47=	10:04=	10:44=	11:33=	11:47=	12:39=	13:31=	14:23=	14:59=	15:42=	16:50=	17:49=	18:02=
00:23=	00:53=	00:46=	00:53=	01:52=	01:34=	01:37=	00:22=	00:50=	00:37=	00:17=	00:40=	00:49=	00:14=	00:52=	00:52=	00:52=	00:36=	00:43=	01:08=	00:59=	00:13=
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=	00:00=	00:00=	00:00=
2	Marie Sjursen	1683	18:08																		
00:24+	02:10+	02:46+	03:30+	05:22+	06:44+	08:03+	08:29+	09:17+	09:37-	09:49-	10:25-	11:24-	11:37-	12:26-	13:23-	14:42+	15:23+	16:00+	16:52+	17:52+	18:08+
00:24+	01:46+	00:36-	00:44-	01:52=	01:22-	01:19-	00:26+	00:48-	00:20-	00:12-	00:36-	00:59+	00:13-	00:49-	00:57+	01:19+	00:41+	00:37-	00:52-	01:00+	00:16+
00:01+	00:53&	00:10-	00:09-	00:00=	00:12-	00:18-	00:04#	00:02-	00:17-	00:05-	00:04-	00:10#	00:01-	00:03-	00:05+	00:27&	00:05#	00:06-	00:16-	00:01+	00:03#
3	Mette Langeland	1832	18:18																		
00:35+	01:31+	02:16+	03:04+	05:06+	06:45+	08:17+	08:39+	09:30+	09:59+	10:17+	10:57+	11:38+	11:49+	12:38-	13:38+	14:29+	15:01+	15:48+	16:56+	18:03+	18:18+
00:35+	00:56+	00:45-	00:48-	02:02+	01:39+	01:32-	00:22=	00:51+	00:29-	00:18+	00:40=	00:41-	00:11-	00:49-	01:00+	00:51-	00:32-	00:47+	01:08=	01:07+	00:15+
00:12&	00:03+	00:01-	00:05-	00:10+	00:05+	00:05-	00:00=	00:01+	00:08-	00:01+	00:00=	00:08-	00:03-	00:03-	00:08#	00:01-	00:04-	00:04+	00:00=	00:08#	00:02#

Class	Navn	Klasse	Tid																		
DT																					
4	Lina Dahle	3533	18:23																		
00:33+	01:56+	02:40+	03:40+	05:31+	06:52+	08:28+	08:51+	09:50+	10:08+	10:24+	10:57+	11:42+	12:02+	12:45+	13:45+	14:34+	15:08+	15:51+	16:59+	18:06+	18:23+
00:33+	01:23+	00:44-	01:00+	01:51-	01:21-	01:36-	00:23+	00:59+	00:18-	00:16-	00:33-	00:45-	00:20+	00:43-	01:00+	00:49-	00:34-	00:43=	01:08=	01:07+	00:17+
00:10&	00:30&	00:02-	00:07#	00:01-	00:13-	00:01-	00:01+	00:09#	00:19-	00:01-	00:07-	00:04-	00:06&	00:09-	00:08#	00:03-	00:02-	00:00=	00:00=	00:08#	00:04&
5	Karianne Skogland Enerstvedt	722	18:23																		
00:24+	01:30+	02:12+	02:56+	04:49+	06:02+	07:29+	07:54+	08:42+	09:06+	09:23+	09:59+	11:03+	11:42+	12:47+	13:41+	14:31+	15:22+	16:05+	17:04+	18:07+	18:23+
00:24+	01:06+	00:42+	00:44+	01:53+	01:13+	01:27+	00:25+	00:48+	00:24+	00:17+	00:36+	01:04+	00:39+	01:05+	00:54+	00:50+	00:51+	00:43+	00:59+	01:03+	00:16+
00:24+	01:06+	00:42+	00:44+	01:53+	01:13+	01:27+	00:25+	00:48+	00:24+	00:17+	00:36+	01:04+	00:39+	01:05+	00:54+	00:50+	00:51+	00:43+	00:59+	01:03+	00:16+
6	Monica Regine Romstad	722	18:28																		
00:27+	01:54+	03:51+	04:22+	05:56+	07:12+	08:25+	08:51+	09:42+	10:04+	10:20+	11:26+	12:24+	12:38+	13:38+	14:25+	15:10+	15:41+	16:24+	17:16+	18:13+	18:28+
00:27+	01:27+	01:57+	00:31+	01:34+	01:16+	01:13+	00:26+	00:51+	00:22+	00:16+	01:06+	00:58+	00:14+	01:00+	00:47+	00:45+	00:31+	00:43+	00:52+	00:57+	00:15+
00:27+	01:27+	01:57+	00:31+	01:34+	01:16+	01:13+	00:26+	00:51+	00:22+	00:16+	01:06+	00:58+	00:14+	01:00+	00:47+	00:45+	00:31+	00:43+	00:52+	00:57+	00:15+
7	Johanne Trandem Næss	3512	18:29																		
00:30+	01:20+	02:00+	04:14+	05:48+	07:01+	08:06+	08:26+	09:12+	09:34+	09:52+	11:32+	12:11+	12:25+	13:08+	14:18+	14:58+	15:35+	16:21+	17:13+	18:13+	18:29+
00:30+	00:50+	00:40+	02:14+	01:34+	01:13+	01:05+	00:20+	00:46+	00:22+	00:18+	01:40+	00:39+	00:14+	00:43+	01:10+	00:40+	00:37+	00:46+	00:52+	01:00+	00:16+
00:30+	00:50+	00:40+	02:14+	01:34+	01:13+	01:05+	00:20+	00:46+	00:22+	00:18+	01:40+	00:39+	00:14+	00:43+	01:10+	00:40+	00:37+	00:46+	00:52+	01:00+	00:16+
8	Mette Baardsgaard	1884	18:46																		
00:27+	01:17+	01:57+	02:54+	04:45+	05:51+	07:10+	07:31+	08:13+	08:37+	09:27+	10:52+	11:32+	11:49+	13:05+	13:52+	15:37+	16:09+	16:53+	17:43+	18:32+	18:46+
00:27+	00:50+	00:40+	00:57+	01:51+	01:06+	01:19+	00:21+	00:42+	00:24+	00:50+	01:25+	00:40+	00:17+	01:16+	00:47+	01:45+	00:32+	00:44+	00:50+	00:49+	00:14+
00:27+	00:50+	00:40+	00:57+	01:51+	01:06+	01:19+	00:21+	00:42+	00:24+	00:50+	01:25+	00:40+	00:17+	01:16+	00:47+	01:45+	00:32+	00:44+	00:50+	00:49+	00:14+
9	Line Skaar	4235	19:33																		
00:24+	01:26+	02:07+	03:11+	04:51+	06:08+	07:33+	07:55+	08:54+	09:21+	09:40+	10:15+	11:37+	13:25+	14:10+	15:06+	16:02+	16:42+	17:23+	18:23+	19:16+	19:33+
00:24+	01:02+	00:41+	01:04+	01:40+	01:17+	01:25+	00:22+	00:59+	00:27+	00:19+	00:35+	01:22+	01:48+	00:45+	00:56+	00:56+	00:40+	00:41+	01:00+	00:53+	00:17+
00:24+	01:02+	00:41+	01:04+	01:40+	01:17+	01:25+	00:22+	00:59+	00:27+	00:19+	00:35+	01:22+	01:48+	00:45+	00:56+	00:56+	00:40+	00:41+	01:00+	00:53+	00:17+
10	Heidi Camilla Raugstad Hovet	769	20:04																		
00:23+	01:23+	02:04+	03:53+	05:39+	08:55+	10:12+	10:42+	11:31+	11:55+	12:13+	12:43+	13:38+	13:55+	14:44+	15:38+	16:29+	17:01+	18:01+	19:02+	19:52+	20:04+
00:23+	01:00+	00:41+	01:49+	01:46+	03:16+	01:17+	00:30+	00:49+	00:24+	00:18+	00:30+	00:55+	00:17+	00:49+	00:54+	00:51+	00:32+	01:00+	01:01+	00:50+	00:12+
00:23+	01:00+	00:41+	01:49+	01:46+	03:16+	01:17+	00:30+	00:49+	00:24+	00:18+	00:30+	00:55+	00:17+	00:49+	00:54+	00:51+	00:32+	01:00+	01:01+	00:50+	00:12+
11	Siv Bogfjelldal	3507	20:20																		
00:28+	02:49+	03:36+	04:32+	06:18+	07:46+	09:05+	09:28+	10:25+	10:56+	11:14+	11:54+	13:06+	13:30+	14:20+	15:32+	16:22+	17:12+	18:00+	19:01+	20:03+	20:20+
00:28+	02:21+	00:47+	00:56+	01:46+	01:28+	01:19+	00:23+	00:57+	00:31+	00:18+	00:40+	01:12+	00:24+	00:50+	01:12+	00:50+	00:50+	00:48+	01:01+	01:02+	00:17+
00:28+	02:21+	00:47+	00:56+	01:46+	01:28+	01:19+	00:23+	00:57+	00:31+	00:18+	00:40+	01:12+	00:24+	00:50+	01:12+	00:50+	00:50+	00:48+	01:01+	01:02+	00:17+
12	Marta Bertolaso	1832	20:27																		
00:32+	01:35+	02:20+	03:26+	05:31+	07:31+	08:59+	09:23+	10:21+	10:46+	11:15+	12:20+	13:13+	13:31+	14:28+	15:28+	16:25+	17:16+	18:01+	18:59+	20:04+	20:27+
00:32+	01:03+	00:45+	01:06+	02:05+	02:00+	01:28+	00:24+	00:58+	00:25+	00:29+	01:05+	00:53+	00:18+	00:57+	01:00+	00:57+	00:51+	00:45+	00:58+	01:05+	00:23+
00:32+	01:03+	00:45+	01:06+	02:05+	02:00+	01:28+	00:24+	00:58+	00:25+	00:29+	01:05+	00:53+	00:18+	00:57+	01:00+	00:57+	00:51+	00:45+	00:58+	01:05+	00:23+
13	Silje Rese	1832	20:27																		
00:29+	01:32+	02:18+	03:27+	05:33+	07:34+	08:55+	09:21+	10:23+	10:46+	11:16+	12:17+	13:10+	13:33+	14:25+	15:29+	16:22+	17:13+	17:59+	18:56+	20:05+	20:27+
00:29+	01:03+	00:46+	01:09+	02:06+	02:01+	01:21+	00:26+	01:02+	00:23+	00:30+	01:01+	00:53+	00:23+	00:52+	01:04+	00:53+	00:51+	00:46+	00:57+	01:09+	00:22+
00:29+	01:03+	00:46+	01:09+	02:06+	02:01+	01:21+	00:26+	01:02+	00:23+	00:30+	01:01+	00:53+	00:23+	00:52+	01:04+	00:53+	00:51+	00:46+	00:57+	01:09+	00:22+
14	Valeria Isabella Bermudez	3533	20:44																		
00:42+	01:49+	02:40+	04:10+	06:50+	08:03+	09:18+	09:44+	10:35+	11:15+	11:48+	12:46+	13:52+	14:16+	15:03+	15:56+	16:49+	17:44+	18:32+	19:24+	20:24+	20:44+
00:42+	01:07+	00:51+	01:30+	02:40+	01:13+	01:15+	00:26+	00:51+	00:40+	00:33+	00:58+	01:06+	00:24+	00:47+	00:53+	00:53+	00:55+	00:48+	00:52+	01:00+	00:20+
00:42+	01:07+	00:51+	01:30+	02:40+	01:13+	01:15+	00:26+	00:51+	00:40+	00:33+	00:58+	01:06+	00:24+	00:47+	00:53+	00:53+	00:55+	00:48+	00:52+	01:00+	00:20+
15	Ingrid Overegseth Foss	896	20:45																		
00:23+	01:11+	01:56+	02:45+	05:51+	07:13+	08:54+	09:18+	10:13+	10:36+	10:57+	12:02+	13:09+	13:36+	14:27+	15:35+	16:33+	17:19+	18:08+	19:16+	20:29+	20:45+
00:23+	00:48+	00:45+	00:49+	03:06+	01:22+	01:41+	00:24+	00:55+	00:23+	00:21+	01:05+	01:07+	00:27+	00:51+	01:08+	00:58+	00:46+	00:49+	01:08+	01:13+	00:16+
00:23+	00:48+	00:45+	00:49+	03:06+	01:22+	01:41+	00:24+	00:55+	00:23+	00:21+	01:05+	01:07+	00:27+	00:51+	01:08+	00:58+	00:46+	00:49+	01:08+	01:13+	00:16+
16	Marianne Berge	3512	21:49																		
00:32+	01:39+	02:25+	05:09+	07:08+	08:26+	10:25+	10:52+	11:58+	12:21+	12:38+	13:39+	14:32+	14:51+	15:55+	16:59+	18:05+	18:43+	19:35+	20:31+	21:31+	21:49+
00:32+	01:07+	00:46+	02:44+	01:59+	01:18+	01:59+	00:27+	01:06+	00:23+	00:17+	01:01+	00:53+	00:19+	01:04+	01:04+	01:06+	00:38+	00:52+	00:56+	01:00+	00:18+
00:32+	01:07+	00:46+	02:44+	01:59+	01:18+	01:59+	00:27+	01:06+	00:23+	00:17+	01:01+	00:53+	00:19+	01:04+	01:04+	01:06+	00:38+	00:52+	00:56+	01:00+	00:18+
17	Silje Myklebust	3529	22:21																		
00:30+	01:22+	02:01+	03:02+	05:22+	06:36+	10:43+	10:59+	11:42+	12:28+	12:46+	13:24+	14:36+	14:52+	15:50+	16:50+	17:42+	18:23+	19:13+	20:23+	22:07+	22:21+
00:30+	00:52+	00:39+	01:01+	02:20+	01:14+	04:07+	00:16+	00:43+	00:46+	00:18+	00:38+	01:12+	00:16+	00:58+	01:00+	00:52+	00:41+	00:50+	01:10+	01:44+	00:14+
00:30+	00:52+	00:39+	01:01+	02:20+	01:14+	04:07+	00:16+	00:43+	00:46+	00:18+	00:38+	01:12+	00:16+	00:58+	01:00+	00:52+	00:41+	00:50+	01:10+	01:44+	00:14+

DT

18	Ida Sjursø	1754	22:29
00:27+	01:27+ 02:19+ 03:23+ 05:41+ 07:22+ 09:11+ 10:23+ 10:40+ 11:34+ 12:29+ 12:50+ 13:43+ 15:03+ 15:20+ 16:31+ 17:36+ 18:31+ 19:18+ 20:06+ 21:06+ 22:13+ 22:29+		
00:27+	01:00+ 00:52+ 01:04+ 02:18+ 01:41+ 01:49+ 01:12+ 00:17+ 00:54+ 00:55+ 00:21+ 00:53+ 01:20+ 00:17+ 01:11+ 01:05+ 00:55+ 00:47+ 00:48+ 01:00+ 01:07+ 00:16+		
00:27+	01:00+ 00:52+ 01:04+ 02:18+ 01:41+ 01:49+ 01:12+ 00:17+ 00:54+ 00:55+ 00:21+ 00:53+		

19	Elisabet Horpestad	896	22:42
00:27+	01:35+ 02:20+ 03:19+ 08:55+ 11:07+ 12:25+ 12:53+ 13:43+ 14:20+ 14:39+ 15:15+ 16:12+ 16:29+ 17:15+ 18:09+ 19:29+ 20:02+ 20:40+ 21:32+ 22:30+ 22:42+		
00:27+	01:08+ 00:45+ 00:59+ 05:36+ 02:12+ 01:18+ 00:28+ 00:50+ 00:37+ 00:19+ 00:36+ 00:57+		
00:27+	01:08+ 00:45+ 00:59+ 05:36+ 02:12+ 01:18+ 00:28+ 00:50+ 00:37+ 00:19+ 00:36+ 00:57+		

20	Gunhild Nordbø	896	22:45
00:32+	01:36+ 02:28+ 03:46+ 06:08+ 08:02+ 09:41+ 10:05+ 10:59+ 11:30+ 11:51+ 12:44+ 14:32+ 14:50+ 16:35+ 17:36+ 18:31+ 19:10+ 20:01+ 21:12+ 22:24+ 22:45+		
00:32+	01:04+ 00:52+ 01:18+ 02:22+ 01:54+ 01:39+ 00:24+ 00:54+ 00:31+ 00:21+ 00:53+ 01:48+		
00:32+	01:04+ 00:52+ 01:18+ 02:22+ 01:54+ 01:39+ 00:24+ 00:54+ 00:31+ 00:21+ 00:53+ 01:48+		

21	Anastasia Ollestad	3676	23:12
00:27+	01:28+ 02:16+ 06:50+ 08:57+ 10:32+ 11:52+ 12:16+ 13:03+ 13:26+ 13:53+ 14:59+ 15:57+ 16:10+ 17:21+ 18:17+ 19:09+ 19:52+ 20:37+ 21:36+ 22:54+ 23:12+		
00:27+	01:01+ 00:48+ 04:34+ 02:07+ 01:35+ 01:20+ 00:24+ 00:47+ 00:23+ 00:27+ 01:06+ 00:58+		
00:27+	01:01+ 00:48+ 04:34+ 02:07+ 01:35+ 01:20+ 00:24+ 00:47+ 00:23+ 00:27+ 01:06+ 00:58+		

22	Eli Thorset Våge	896	23:24
00:39+	01:41+ 02:30+ 04:00+ 06:37+ 08:40+ 10:31+ 11:02+ 12:07+ 12:41+ 13:19+ 14:13+ 15:14+ 15:32+ 16:39+ 17:52+ 18:52+ 19:34+ 20:24+ 21:42+ 23:05+ 23:24+		
00:39+	01:02+ 00:49+ 01:30+ 02:37+ 02:03+ 01:51+ 00:31+ 01:05+ 00:34+ 00:38+ 00:54+ 01:01+		
00:39+	01:02+ 00:49+ 01:30+ 02:37+ 02:03+ 01:51+ 00:31+ 01:05+ 00:34+ 00:38+ 00:54+ 01:01+		

23	Karolina Lenart	1376	23:49
00:23+	03:42+ 04:10+ 05:25+ 07:35+ 10:15+ 11:52+ 12:17+ 13:03+ 13:37+ 14:29+ 15:15+ 16:17+ 16:31+ 17:35+ 18:39+ 19:33+ 20:23+ 21:38+ 22:34+ 23:31+ 23:49+		
00:23+	03:19+ 00:28+ 01:15+ 02:10+ 02:40+ 01:37+ 00:25+ 00:46+ 00:34+ 00:52+ 00:46+ 01:02+		
00:23+	03:19+ 00:28+ 01:15+ 02:10+ 02:40+ 01:37+ 00:25+ 00:46+ 00:34+ 00:52+ 00:46+ 01:02+		

24	Therese Østbø	896	24:03
00:36+	02:03+ 03:03+ 04:32+ 07:58+ 10:06+ 12:01+ 12:31+ 13:38+ 14:02+ 14:29+ 15:25+ 16:22+ 16:39+ 17:47+ 18:45+ 19:46+ 20:22+ 21:23+ 22:38+ 23:47+ 24:03+		
00:36+	01:27+ 01:00+ 01:29+ 03:26+ 02:08+ 01:55+ 00:30+ 01:07+ 00:24+ 00:27+ 00:56+ 00:57+		
00:36+	01:27+ 01:00+ 01:29+ 03:26+ 02:08+ 01:55+ 00:30+ 01:07+ 00:24+ 00:27+ 00:56+ 00:57+		

25	Karine Ditlevsen	896	24:03
00:34+	02:01+ 03:04+ 04:35+ 08:00+ 10:04+ 12:00+ 12:30+ 13:37+ 14:06+ 14:26+ 15:27+ 16:23+ 16:41+ 17:45+ 18:47+ 19:44+ 20:23+ 21:22+ 22:37+ 23:46+ 24:03+		
00:34+	01:27+ 01:03+ 01:31+ 03:25+ 02:04+ 01:56+ 00:30+ 01:07+ 00:29+ 00:20+ 01:01+ 00:56+		
00:34+	01:27+ 01:03+ 01:31+ 03:25+ 02:04+ 01:56+ 00:30+ 01:07+ 00:29+ 00:20+ 01:01+ 00:56+		

26	Hilde Meisingset	1456	24:12
00:33+	01:52+ 02:45+ 05:20+ 07:33+ 09:02+ 10:50+ 11:21+ 12:24+ 13:04+ 13:42+ 14:30+ 15:46+ 16:02+ 17:10+ 18:13+ 19:18+ 20:03+ 21:07+ 22:32+ 23:51+ 24:12+		
00:33+	01:19+ 00:53+ 02:35+ 02:13+ 01:29+ 01:48+ 00:31+ 01:03+ 00:40+ 00:38+ 00:48+ 01:16+		
00:33+	01:19+ 00:53+ 02:35+ 02:13+ 01:29+ 01:48+ 00:31+ 01:03+ 00:40+ 00:38+ 00:48+ 01:16+		

27	Unni Byberg Mæstad	892	24:35
00:38+	01:45+ 02:54+ 04:22+ 06:55+ 09:11+ 10:57+ 11:29+ 12:25+ 13:59+ 14:15+ 15:06+ 16:21+ 16:39+ 18:06+ 19:09+ 20:16+ 20:57+ 21:51+ 23:09+ 24:17+ 24:35+		
00:38+	01:07+ 01:09+ 01:28+ 02:33+ 02:16+ 01:46+ 00:32+ 00:56+ 01:34+ 00:16+ 00:51+ 01:15+		
00:38+	01:07+ 01:09+ 01:28+ 02:33+ 02:16+ 01:46+ 00:32+ 00:56+ 01:34+ 00:16+ 00:51+ 01:15+		

28	Kari Dahle Haukland	3503	24:44
00:29+	01:32+ 02:21+ 05:09+ 07:03+ 08:37+ 10:07+ 10:28+ 11:17+ 11:40+ 11:54+ 12:33+ 13:38+ 15:14+ 15:27+ 16:12+ 17:06+ 20:39+ 21:32+ 22:28+ 23:28+ 24:27+ 24:44+		
00:29+	01:03+ 00:49+ 02:48+ 01:54+ 01:34+ 01:30+ 00:21+ 00:49+ 00:23+ 00:14+ 00:39+ 01:05+		
00:29+	01:03+ 00:49+ 02:48+ 01:54+ 01:34+ 01:30+ 00:21+ 00:49+ 00:23+ 00:14+ 00:39+ 01:05+		

29	Johanna Rajala	885	25:27
00:28+	02:07+ 02:58+ 04:04+ 06:14+ 08:04+ 11:31+ 11:50+ 12:57+ 13:28+ 14:14+ 15:27+ 16:40+ 17:10+ 18:37+ 19:47+ 20:48+ 21:34+ 22:24+ 23:34+ 25:09+ 25:27+		
00:28+	01:39+ 00:51+ 01:06+ 02:10+ 01:50+ 03:27+ 00:19+ 01:07+ 00:31+ 00:46+ 01:13+ 01:13+		
00:28+	01:39+ 00:51+ 01:06+ 02:10+ 01:50+ 03:27+ 00:19+ 01:07+ 00:31+ 00:46+ 01:13+ 01:13+		

30	Benedicte Kvalevåg	769	25:33
00:53+	02:28+ 03:26+ 04:51+ 07:38+ 09:11+ 10:58+ 11:26+ 12:34+ 13:07+ 13:37+ 14:37+ 15:42+ 16:00+ 17:08+ 18:31+ 19:41+ 20:29+ 21:36+ 23:18+ 24:59+ 25:33+		
00:53+	01:35+ 00:58+ 01:25+ 02:47+ 01:33+ 01:47+ 00:28+ 01:08+ 00:33+ 00:30+ 01:00+ 01:05+		
00:53+	01:35+ 00:58+ 01:25+ 02:47+ 01:33+ 01:47+ 00:28+ 01:08+ 00:33+ 00:30+ 01:00+ 01:05+		

31	Marie Hernæs Larsen	3565	25:56
00:40+	02:07+ 02:59+ 03:51+ 06:12+ 07:37+ 09:18+ 09:48+ 11:07+ 11:43+ 12:11+ 14:00+ 15:33+ 15:52+ 17:07+ 18:27+ 19:45+ 20:34+ 21:41+ 23:16+ 25:27+ 25:56+		
00:40+	01:27+ 00:52+ 00:52+ 02:21+ 01:25+ 01:41+ 00:30+ 01:19+ 00:36+ 00:28+ 01:49+ 01:33+		
00:40+	01:27+ 00:52+ 00:52+ 02:21+ 01:25+ 01:41+ 00:30+ 01:19+ 00:36+ 00:28+ 01:49+ 01:33+		

Class	Navn	Klasse	Tid
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DT

32	Juliane Tytlandsvik Nødland	3512	26:05
00:40+	03:19+ 04:17+ 06:00+ 08:46+ 10:22+	12:27+ 13:01+ 14:11+ 14:38+ 15:09+ 16:29+ 17:18+	17:35+ 18:37+ 20:02+ 21:00+ 22:14+ 23:08+ 24:25+ 25:47+ 26:05+
00:40+	02:39+ 00:58+ 01:43+ 02:46+ 01:36+	02:05+ 00:34+ 01:10+ 00:27+ 00:31+ 01:20+ 00:49+	00:17+ 01:02+ 01:25+ 00:58+ 01:14+ 00:54+ 01:17+ 01:22+ 00:18+
00:40+	02:39+ 00:58+ 01:43+ 02:46+ 01:36+	02:05+ 00:34+ 01:10+ 00:27+ 00:31+ 01:20+ 00:49+	00:17+ 01:02+ 01:25+ 00:58+ 01:14+ 00:54+ 01:17+ 01:22+ 00:18+
33	Kitty Garborg	1754	26:48
00:31+	02:00+ 03:04+ 04:30+ 07:54+ 10:41+	12:48+ 13:13+ 14:21+ 14:53+ 15:22+ 16:21+ 17:43+	18:09+ 19:25+ 20:38+ 21:56+ 22:57+ 23:48+ 24:56+ 26:22+ 26:48+
00:31+	01:29+ 01:04+ 01:26+ 03:24+ 02:47+	02:07+ 00:25+ 01:08+ 00:32+ 00:29+ 00:59+ 01:22+	00:26+ 01:16+ 01:13+ 01:18+ 01:01+ 00:51+ 01:08+ 01:26+ 00:26+
00:31+	01:29+ 01:04+ 01:26+ 03:24+ 02:47+	02:07+ 00:25+ 01:08+ 00:32+ 00:29+ 00:59+ 01:22+	00:26+ 01:16+ 01:13+ 01:18+ 01:01+ 00:51+ 01:08+ 01:26+ 00:26+
34	Marianne Steinkopf	880	27:15
00:38+	01:32+ 02:15+ 03:06+ 06:27+ 07:53+	10:46+ 11:02+ 11:47+ 12:12+ 13:43+ 14:24+ 15:27+	15:54+ 16:41+ 21:39+ 22:34+ 24:12+ 24:48+ 25:59+ 26:59+ 27:15+
00:38+	00:54+ 00:43+ 00:51+ 03:21+ 01:26+	02:53+ 00:16+ 00:45+ 00:25+ 01:31+ 00:41+ 01:03+	00:27+ 00:47+ 04:58+ 00:55+ 01:38+ 00:36+ 01:11+ 01:00+ 00:16+
00:38+	00:54+ 00:43+ 00:51+ 03:21+ 01:26+	02:53+ 00:16+ 00:45+ 00:25+ 01:31+ 00:41+ 01:03+	00:27+ 00:47+ 04:58+ 00:55+ 01:38+ 00:36+ 01:11+ 01:00+ 00:16+
35	Bente Skagseth	3558	27:43
00:43+	01:48+ 02:40+ 06:05+ 08:36+ 10:36+	12:18+ 12:53+ 14:19+ 14:59+ 15:50+ 16:58+ 17:55+	18:22+ 20:36+ 21:44+ 22:44+ 23:35+ 24:36+ 25:55+ 27:24+ 27:43+
00:43+	01:05+ 00:52+ 03:25+ 02:31+ 02:00+	01:42+ 00:35+ 01:26+ 00:40+ 00:51+ 01:08+ 00:57+	00:27+ 02:14+ 01:08+ 01:00+ 00:51+ 01:01+ 01:19+ 01:29+ 00:19+
00:43+	01:05+ 00:52+ 03:25+ 02:31+ 02:00+	01:42+ 00:35+ 01:26+ 00:40+ 00:51+ 01:08+ 00:57+	00:27+ 02:14+ 01:08+ 01:00+ 00:51+ 01:01+ 01:19+ 01:29+ 00:19+
36	Åse Kristensen	1141	28:54
00:37+	02:04+ 03:00+ 05:07+ 07:33+ 10:30+	12:26+ 12:54+ 13:56+ 14:26+ 14:52+ 19:44+ 20:45+	21:09+ 22:11+ 23:20+ 24:24+ 25:06+ 26:02+ 27:19+ 28:33+ 28:54+
00:37+	01:27+ 00:56+ 02:07+ 02:26+ 02:57+	01:56+ 00:28+ 01:02+ 00:30+ 00:26+ 04:52+ 01:01+	00:24+ 01:02+ 01:09+ 01:04+ 00:42+ 00:56+ 01:17+ 01:14+ 00:21+
00:37+	01:27+ 00:56+ 02:07+ 02:26+ 02:57+	01:56+ 00:28+ 01:02+ 00:30+ 00:26+ 04:52+ 01:01+	00:24+ 01:02+ 01:09+ 01:04+ 00:42+ 00:56+ 01:17+ 01:14+ 00:21+
37	Signe Lise Haaland	3507	29:07
02:05+	04:25+ 05:52+ 07:04+ 10:21+ 12:11+	14:10+ 14:40+ 16:01+ 16:32+ 17:01+ 17:58+ 19:05+	19:24+ 20:33+ 21:55+ 23:10+ 23:56+ 25:04+ 26:49+ 28:35+ 29:07+
02:05+	02:20+ 01:27+ 01:12+ 03:17+ 01:50+	01:59+ 00:30+ 01:21+ 00:31+ 00:29+ 00:57+ 01:07+	00:19+ 01:09+ 01:22+ 01:15+ 00:46+ 01:08+ 01:45+ 01:46+ 00:32+
02:05+	02:20+ 01:27+ 01:12+ 03:17+ 01:50+	01:59+ 00:30+ 01:21+ 00:31+ 00:29+ 00:57+ 01:07+	00:19+ 01:09+ 01:22+ 01:15+ 00:46+ 01:08+ 01:45+ 01:46+ 00:32+
38	Ruth Grødem	722	29:35
00:44+	02:27+ 03:28+ 05:02+ 07:40+ 09:39+	13:29+ 13:53+ 15:14+ 16:10+ 16:39+ 17:35+ 18:32+	19:04+ 20:29+ 21:51+ 24:48+ 25:53+ 26:47+ 27:53+ 29:11+ 29:35+
00:44+	01:43+ 01:01+ 01:34+ 02:38+ 01:59+	03:50+ 00:24+ 01:21+ 00:56+ 00:29+ 00:56+ 00:57+	00:32+ 01:25+ 01:22+ 02:57+ 01:05+ 00:54+ 01:06+ 01:18+ 00:24+
00:44+	01:43+ 01:01+ 01:34+ 02:38+ 01:59+	03:50+ 00:24+ 01:21+ 00:56+ 00:29+ 00:56+ 00:57+	00:32+ 01:25+ 01:22+ 02:57+ 01:05+ 00:54+ 01:06+ 01:18+ 00:24+
39	Tove Kristin Kleven	722	29:53
00:26+	02:57+ 03:40+ 05:31+ 07:51+ 10:02+	12:00+ 12:25+ 13:33+ 14:02+ 14:34+ 16:02+ 18:07+	18:22+ 22:38+ 24:05+ 25:07+ 25:56+ 26:45+ 27:55+ 29:33+ 29:53+
00:26+	02:31+ 00:43+ 01:51+ 02:20+ 02:11+	01:58+ 00:25+ 01:08+ 00:29+ 00:32+ 01:28+ 02:05+	00:15+ 04:16+ 01:27+ 01:02+ 00:49+ 00:49+ 01:10+ 01:38+ 00:20+
00:26+	02:31+ 00:43+ 01:51+ 02:20+ 02:11+	01:58+ 00:25+ 01:08+ 00:29+ 00:32+ 01:28+ 02:05+	00:15+ 04:16+ 01:27+ 01:02+ 00:49+ 00:49+ 01:10+ 01:38+ 00:20+
40	Lisbeth Davidsen	722	30:29
01:11+	02:24+ 03:28+ 05:12+ 08:09+ 10:20+	12:06+ 12:43+ 13:44+ 14:43+ 15:16+ 17:34+ 20:11+	20:34+ 21:49+ 23:15+ 25:21+ 26:20+ 27:24+ 28:35+ 30:10+ 30:29+
01:11+	01:13+ 01:04+ 01:44+ 02:57+ 02:11+	01:46+ 00:37+ 01:01+ 00:59+ 00:33+ 02:18+ 02:37+	00:23+ 01:15+ 01:26+ 02:06+ 00:59+ 01:04+ 01:11+ 01:35+ 00:19+
01:11+	01:13+ 01:04+ 01:44+ 02:57+ 02:11+	01:46+ 00:37+ 01:01+ 00:59+ 00:33+ 02:18+ 02:37+	00:23+ 01:15+ 01:26+ 02:06+ 00:59+ 01:04+ 01:11+ 01:35+ 00:19+
41	Esther Boenheim	2539	31:14
00:25+	03:40+ 04:24+ 05:46+ 07:48+ 09:37+	11:20+ 12:32+ 13:39+ 14:07+ 14:28+ 15:31+ 16:29+	16:51+ 17:52+ 18:59+ 19:44+ 25:41+ 28:51+ 29:57+ 30:56+ 31:14+
00:25+	03:15+ 00:44+ 01:22+ 02:02+ 01:49+	01:43+ 01:12+ 01:07+ 00:28+ 00:21+ 01:03+ 00:58+	00:22+ 01:01+ 01:07+ 00:45+ 05:57+ 03:10+ 01:06+ 00:59+ 00:18+
00:25+	03:15+ 00:44+ 01:22+ 02:02+ 01:49+	01:43+ 01:12+ 01:07+ 00:28+ 00:21+ 01:03+ 00:58+	00:22+ 01:01+ 01:07+ 00:45+ 05:57+ 03:10+ 01:06+ 00:59+ 00:18+
42	Ingunn Johanne Fandrem	3511	32:04
00:44+	03:12+ 04:29+ 06:07+ 08:57+ 10:40+	12:43+ 13:10+ 14:23+ 15:40+ 17:26+ 20:31+ 21:28+	22:22+ 24:29+ 25:38+ 26:52+ 27:37+ 28:43+ 30:14+ 31:43+ 32:04+
00:44+	02:28+ 01:17+ 01:38+ 02:50+ 01:43+	02:03+ 00:27+ 01:13+ 01:17+ 01:46+ 03:05+ 00:57+	00:54+ 02:07+ 01:09+ 01:14+ 00:45+ 01:06+ 01:31+ 01:29+ 00:21+
00:44+	02:28+ 01:17+ 01:38+ 02:50+ 01:43+	02:03+ 00:27+ 01:13+ 01:17+ 01:46+ 03:05+ 00:57+	00:54+ 02:07+ 01:09+ 01:14+ 00:45+ 01:06+ 01:31+ 01:29+ 00:21+
43	Sigrund Serigstad	879	33:07
03:49+	05:46+ 11:22+ 12:08+ 13:51+ 16:08+	17:43+ 18:04+ 22:01+ 22:42+ 23:01+ 23:57+ 24:27+	24:42+ 26:04+ 27:06+ 28:18+ 29:15+ 30:00+ 30:48+ 32:55+ 33:07+
03:49+	01:57+ 05:36+ 00:46+ 01:43+ 02:17+	01:35+ 00:21+ 03:57+ 00:41+ 00:19+ 00:56+ 00:30+	00:15+ 01:22+ 01:02+ 01:12+ 00:57+ 00:45+ 00:48+ 02:07+ 00:12+
03:49+	01:57+ 05:36+ 00:46+ 01:43+ 02:17+	01:35+ 00:21+ 03:57+ 00:41+ 00:19+ 00:56+ 00:30+	00:15+ 01:22+ 01:02+ 01:12+ 00:57+ 00:45+ 00:48+ 02:07+ 00:12+
44	Solbjørg Borgersen	3536	33:12
00:40+	01:56+ 02:49+ 04:23+ 06:41+ 08:15+	10:05+ 10:30+ 11:38+ 13:35+ 13:58+ 18:03+ 19:17+	19:57+ 21:41+ 22:58+ 23:56+ 25:12+ 29:59+ 30:39+ 31:39+ 32:49+ 33:12+
00:40+	01:16+ 00:53+ 01:34+ 02:18+ 01:34+	01:50+ 00:25+ 01:08+ 01:57+ 00:23+ 04:05+ 01:14+	00:40+ 01:44+ 01:17+ 00:58+ 01:16+ 04:47+ 00:40+ 01:00+ 01:10+ 00:23+
00:40+	01:16+ 00:53+ 01:34+ 02:18+ 01:34+	01:50+ 00:25+ 01:08+ 01:57+ 00:23+ 04:05+ 01:14+	00:40+ 01:44+ 01:17+ 00:58+ 01:16+ 04:47+ 00:40+ 01:00+ 01:10+ 00:23+
45	Else Marie Furland	1884	39:53
01:15+	02:57+ 04:21+ 06:06+ 10:22+ 13:36+	16:51+ 17:42+ 19:38+ 20:35+ 21:35+ 24:04+ 25:39+	26:23+ 28:15+ 30:25+ 32:10+ 33:43+ 35:19+ 37:13+ 39:12+ 39:53+
01:15+	01:42+ 01:24+ 01:45+ 04:16+ 03:14+	03:15+ 00:51+ 01:56+ 00:57+ 01:00+ 02:29+ 01:35+	00:44+ 01:52+ 02:10+ 01:45+ 01:33+ 01:36+ 01:54+ 01:59+ 00:41+
01:15+	01:42+ 01:24+ 01:45+ 04:16+ 03:14+	03:15+ 00:51+ 01:56+ 00:57+ 01:00+ 02:29+ 01:35+	00:44+ 01:52+ 02:10+ 01:45+ 01:33+ 01:36+ 01:54+ 01:59+ 00:41+

DT

46	Marit Kløvstad Braut	892	39:55																		
01:05+	02:47+	04:12+	06:05+	10:32+	13:33+	17:02+	17:51+	19:45+	20:41+	21:34+	23:56+	25:38+	26:17+	28:26+	30:34+	32:17+	33:57+	35:24+	37:19+	39:10+	39:55+
01:05+	01:42+	01:25+	01:53+	04:27+	03:01+	03:29+	00:49+	01:54+	00:56+	00:53+	02:22+	01:42+	00:39+	02:09+	02:08+	01:43+	01:40+	01:27+	01:55+	01:51+	00:45+
01:05+	01:42+	01:25+	01:53+	04:27+	03:01+	03:29+	00:49+	01:54+	00:56+	00:53+	02:22+	01:42+	00:39+	02:09+	02:08+	01:43+	01:40+	01:27+	01:55+	01:51+	00:45+
47	Ragnhild Christiansen	1884	39:56																		
01:09+	02:53+	04:14+	05:55+	10:26+	13:22+	16:48+	17:46+	19:37+	20:45+	21:40+	23:52+	25:42+	26:12+	28:12+	30:28+	32:14+	33:46+	35:22+	37:20+	39:15+	39:56+
01:09+	01:44+	01:21+	01:41+	04:31+	02:56+	03:26+	00:58+	01:51+	01:08+	00:55+	02:12+	01:50+	00:30+	02:00+	02:16+	01:46+	01:32+	01:36+	01:58+	01:55+	00:41+
01:09+	01:44+	01:21+	01:41+	04:31+	02:56+	03:26+	00:58+	01:51+	01:08+	00:55+	02:12+	01:50+	00:30+	02:00+	02:16+	01:46+	01:32+	01:36+	01:58+	01:55+	00:41+
48	May Kristin Haaland	3511	44:55																		
01:10+	05:39+	07:30+	10:15+	14:21+	17:23+	20:33+	21:16+	23:09+	25:00+	26:37+	28:47+	30:44+	31:33+	33:19+	35:09+	37:31+	38:51+	40:38+	42:45+	44:27+	44:55+
01:10+	04:29+	01:51+	02:45+	04:06+	03:02+	03:10+	00:43+	01:53+	01:51+	01:37+	02:10+	01:57+	00:49+	01:46+	01:50+	02:22+	01:20+	01:47+	02:07+	01:42+	00:28+
01:10+	04:29+	01:51+	02:45+	04:06+	03:02+	03:10+	00:43+	01:53+	01:51+	01:37+	02:10+	01:57+	00:49+	01:46+	01:50+	02:22+	01:20+	01:47+	02:07+	01:42+	00:28+
49	Agnete Dedekam Stabel	1758	57:18																		
04:05+	05:46+	06:58+	16:17+	19:25+	22:59+	26:50+	27:26+	28:43+	30:02+	30:59+	32:31+	35:26+	41:51+	43:06+	48:52+	50:05+	51:09+	52:37+	54:29+	56:56+	57:18+
04:05+	01:41+	01:12+	09:19+	03:08+	03:34+	03:51+	00:36+	01:17+	01:19+	00:57+	01:32+	02:55+	06:25+	01:15+	05:46+	01:13+	01:04+	01:28+	01:52+	02:27+	00:22+
04:05+	01:41+	01:12+	09:19+	03:08+	03:34+	03:51+	00:36+	01:17+	01:19+	00:57+	01:32+	02:55+	06:25+	01:15+	05:46+	01:13+	01:04+	01:28+	01:52+	02:27+	00:22+

Beste strekktid for klassen

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

H16

1	Erling Byberg	793	19:55																
00:15=	00:57=	01:45=	03:01=	04:42=	05:34=	06:05=	07:08=	07:54=	08:31=	09:39=	11:00=	12:14=	13:27=	14:21=	15:12=	16:46=	18:18=	19:45=	19:55=
00:15=	00:42=	00:48=	01:16=	01:41=	00:52=	00:31=	01:03=	00:46=	00:37=	01:08=	01:21=	01:14=	01:13=	00:54=	00:51=	01:34=	01:32=	01:27=	00:10=
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=	00:00=
2	Børge Grødem	3619	21:02																
00:15=	00:45=	01:17=	02:49=	04:51+	05:22=	06:11+	06:25=	07:20=	08:13=	09:16=	11:54+	13:03+	14:25+	14:58+	15:54+	17:44+	19:21+	20:49+	21:02+
00:15=	00:30=	00:32=	01:32+	02:02+	00:31=	00:49+	00:14=	00:55+	00:53+	01:03=	02:38+	01:09=	01:22+	00:33=	00:56+	01:50+	01:37+	01:28+	00:13+
00:00=	00:12=	00:16=	00:16#	00:21#	00:21=	00:18#	00:49=	00:09#	00:16#	00:05=	01:17#	00:05=	00:09#	00:21=	00:05+	00:16#	00:05+	00:01+	00:03#
3	Vegard Eiane Kyllingstad	3507	21:34																
00:15=	01:00+	01:48+	03:28+	06:16+	07:04+	07:32+	07:47+	08:59+	09:58+	11:02+	11:58+	13:10+	14:33+	15:10+	16:14+	18:01+	19:46+	21:22+	21:34+
00:15=	00:45+	00:48=	01:40+	02:48+	00:48=	00:28=	00:15=	01:12+	00:59+	01:04=	00:56=	01:12=	01:23+	00:37=	01:04+	01:47+	01:45+	01:36+	00:12+
00:00=	00:03+	00:00=	00:24#	01:07#	00:04=	00:03=	00:48=	00:26#	00:22#	00:04=	00:25=	00:02=	00:10#	00:17=	00:13#	00:13#	00:13#	00:09#	00:02#
4	Fredrik Svendal	1376	22:01																
00:16+	00:57=	02:08+	03:43+	05:40+	06:25+	07:03+	07:28+	08:48+	09:43+	11:21+	12:30+	13:56+	15:22+	16:13+	17:11+	18:43+	20:19+	21:47+	22:01+
00:16+	00:41=	01:11+	01:35+	01:57+	00:45=	00:38+	00:25=	01:20+	00:55+	01:38+	01:09=	01:26+	01:26+	00:51=	00:58+	01:32=	01:36+	01:28+	00:14+
00:01+	00:01=	00:23#	00:19#	00:16#	00:07=	00:07#	00:38=	00:34#	00:18#	00:30#	00:12=	00:12#	00:13#	00:03=	00:07#	00:02=	00:04+	00:01+	00:04#
5	Sondre Aspøy	2074	22:07																
00:17+	00:52=	01:32=	03:17+	05:26+	06:29+	06:45+	07:16+	08:23+	09:02+	10:26+	11:19+	12:41+	14:16+	14:57+	16:19+	18:28+	20:15+	21:54+	22:07+
00:17+	00:35=	00:40=	01:45+	02:09+	01:03+	00:16=	00:31=	01:07+	00:39+	01:24+	00:53=	01:22+	01:35+	00:41=	01:22+	02:09+	01:47+	01:39+	00:13+
00:02#	00:07=	00:08=	00:29#	00:28#	00:11#	00:15=	00:32=	00:21#	00:02+	00:16#	00:28=	00:08#	00:22#	00:13=	00:31#	00:35#	00:15#	00:12#	00:03#
6	Alexander Romanov	3562	22:14																
00:18+	00:59+	01:52+	03:24+	05:30+	06:22+	06:34+	06:48=	07:47=	08:36+	10:44+	11:28+	13:12+	14:53+	15:30+	16:37+	18:33+	20:23+	21:58+	22:14+
00:18+	00:41=	00:53+	01:32+	02:06+	00:52=	00:12=	00:14=	00:59+	00:49+	02:08+	00:44=	01:44+	01:41+	00:37=	01:07+	01:56+	01:50+	01:35+	00:16+
00:03#	00:01=	00:05#	00:16#	00:25#	00:00=	00:19=	00:49=	00:13#	00:12#	01:00#	00:37=	00:30#	00:28#	00:17=	00:16#	00:22#	00:18#	00:08+	00:06#
7	Jens Otto Hatlevold	2023	22:24																
00:17+	00:54=	01:32=	03:24+	06:05+	06:47+	06:58+	07:14+	08:31+	09:33+	10:50+	12:01+	13:38+	15:02+	15:53+	16:57+	18:49+	20:37+	22:08+	22:24+
00:17+	00:37=	00:38=	01:52+	02:41+	00:42=	00:11=	00:16=	01:17+	01:02+	01:17+	01:11=	01:37+	01:24+	00:51=	01:04+	01:52+	01:48+	01:31+	00:16+
00:02#	00:05=	00:10=	00:36#	01:00#	00:10=	00:20=	00:47=	00:31#	00:25#	00:09#	00:10=	00:23#	00:11#	00:03=	00:13#	00:18#	00:16#	00:04+	00:06#
8	Truls Thorkildsen	2074	24:10																
00:13=	00:45=	01:24=	03:02+	05:07+	05:54+	06:19+	06:36=	07:36=	08:07=	13:07+	13:44+	14:50+	17:09+	17:51+	19:12+	20:56+	22:26+	23:58+	24:10+
00:13=	00:32=	00:39=	01:38+	02:05+	00:47=	00:25=	00:17=	01:00+	00:31=	05:00+	00:37=	01:06=	02:19+	00:42=	01:21+	01:44+	01:30=	01:32+	00:12+
00:02=	00:10=	00:09=	00:22#	00:24#	00:05=	00:06=	00:46=	00:14#	00:06=	03:52#	00:44=	00:08=	01:06#	00:12=	00:30#	00:10#	00:02=	00:05+	00:02#

H16

9	Stian Bentsen Malmanger	3676	24:20
00:18+	01:02+ 01:44- 03:46+ 06:06+ 06:49+	07:04+ 07:26+ 08:37+ 09:30+ 10:47+ 12:18+ 13:56+	15:41+ 16:21+ 17:40+ 19:53+ 22:19+ 24:07+ 24:20+
00:18+	00:44+ 00:42- 02:02+ 02:20+ 00:43-	00:15- 00:22- 01:11+ 00:53+ 01:17+ 01:31+ 01:38+	01:45+ 00:40- 01:19+ 02:13+ 02:26+ 01:48+ 00:13+
00:03#	00:02+ 00:06- 00:46& 00:39& 00:09-	00:16- 00:041- 00:25& 00:16& 00:09#	00:10# 00:24& 00:32& 00:14- 00:28& 00:39& 00:54& 00:21# 00:03&
10	Kristian Dyrnes	3503	24:21
00:16+	00:54+ 01:28+ 02:50+ 04:47+ 05:32+	05:46+ 06:35+ 07:27+ 08:00+ 13:35+ 14:25+ 16:13+	17:31+ 18:09+ 19:10+ 20:42+ 22:17+ 24:08+ 24:21+
00:16+	00:38+ 00:34+ 01:22+ 01:57+ 00:45+	00:14+ 00:49+ 00:52+ 00:33+ 05:35+ 00:50+ 01:48+	01:18+ 00:38+ 01:01+ 01:32+ 01:35+ 01:51+ 00:13+
00:16+	00:38+ 00:34+ 01:22+ 01:57+ 00:45+	00:14+ 00:49+ 00:52+ 00:33+ 05:35+ 00:50+ 01:48+	01:18+ 00:38+ 01:01+ 01:32+ 01:35+ 01:51+ 00:13+
11	David Wade	1683	24:43
00:13+	00:54+ 01:45+ 03:25+ 06:03+ 07:04+	07:28+ 08:04+ 09:31+ 10:17+ 11:28+ 12:36+ 14:35+	16:26+ 17:11+ 18:26+ 20:41+ 22:55+ 24:32+ 24:43+
00:13+	00:41+ 00:51+ 01:40+ 02:38+ 01:01+	00:24+ 00:36+ 01:27+ 00:46+ 01:11+ 01:08+ 01:59+	01:51+ 00:45+ 01:15+ 02:15+ 02:14+ 01:37+ 00:11+
00:13+	00:41+ 00:51+ 01:40+ 02:38+ 01:01+	00:24+ 00:36+ 01:27+ 00:46+ 01:11+ 01:08+ 01:59+	01:51+ 00:45+ 01:15+ 02:15+ 02:14+ 01:37+ 00:11+
12	Sindre Jakobsen	1830	25:02
00:18+	01:04+ 01:51+ 04:02+ 06:37+ 08:01+	08:21+ 08:44+ 09:55+ 10:45+ 11:53+ 13:04+ 15:07+	16:45+ 17:28+ 18:58+ 21:07+ 23:27+ 24:53+ 25:02+
00:18+	00:46+ 00:47+ 02:11+ 02:35+ 01:24+	00:20+ 00:23+ 01:11+ 00:50+ 01:08+ 01:11+ 02:03+	01:38+ 00:43+ 01:30+ 02:09+ 02:20+ 01:26+ 00:09+
00:18+	00:46+ 00:47+ 02:11+ 02:35+ 01:24+	00:20+ 00:23+ 01:11+ 00:50+ 01:08+ 01:11+ 02:03+	01:38+ 00:43+ 01:30+ 02:09+ 02:20+ 01:26+ 00:09+
13	Christian Schmidt	2342	25:48
00:15+	00:59+ 02:14+ 03:36+ 05:28+ 07:29+	07:43+ 07:56+ 09:01+ 09:52+ 11:34+ 13:58+ 15:17+	17:06+ 17:39+ 18:51+ 21:26+ 23:58+ 25:39+ 25:48+
00:15+	00:44+ 01:15+ 01:22+ 01:52+ 02:01+	00:14+ 00:13+ 01:05+ 00:51+ 01:42+ 02:24+ 01:19+	01:49+ 00:33+ 01:12+ 02:35+ 02:32+ 01:41+ 00:09+
00:15+	00:44+ 01:15+ 01:22+ 01:52+ 02:01+	00:14+ 00:13+ 01:05+ 00:51+ 01:42+ 02:24+ 01:19+	01:49+ 00:33+ 01:12+ 02:35+ 02:32+ 01:41+ 00:09+
14	Eivind Baltzersen	1283	26:47
00:24+	01:10+ 02:53+ 04:44+ 07:24+ 08:28+	08:58+ 09:44+ 11:39+ 13:00+ 14:11+ 15:52+ 17:33+	18:54+ 19:38+ 21:41+ 23:22+ 25:06+ 26:37+ 26:47+
00:24+	00:46+ 01:43+ 01:51+ 02:40+ 01:04+	00:30+ 00:46+ 01:55+ 01:21+ 01:11+ 01:41+ 01:41+	01:21+ 00:44+ 02:03+ 01:41+ 01:44+ 01:31+ 00:10+
00:24+	00:46+ 01:43+ 01:51+ 02:40+ 01:04+	00:30+ 00:46+ 01:55+ 01:21+ 01:11+ 01:41+ 01:41+	01:21+ 00:44+ 02:03+ 01:41+ 01:44+ 01:31+ 00:10+
15	Henrik Aasheim	2342	27:27
00:18+	00:57+ 02:25+ 04:03+ 06:00+ 06:51+	07:35+ 07:52+ 08:59+ 09:43+ 10:59+ 12:46+ 15:42+	17:16+ 18:37+ 20:40+ 22:59+ 25:12+ 27:09+ 27:27+
00:18+	00:39+ 01:28+ 01:38+ 01:57+ 00:51+	00:44+ 00:17+ 01:07+ 00:44+ 01:16+ 01:47+ 02:56+	01:34+ 01:21+ 02:03+ 02:19+ 02:13+ 01:57+ 00:18+
00:18+	00:39+ 01:28+ 01:38+ 01:57+ 00:51+	00:44+ 00:17+ 01:07+ 00:44+ 01:16+ 01:47+ 02:56+	01:34+ 01:21+ 02:03+ 02:19+ 02:13+ 01:57+ 00:18+
16	Martin Gjerstad	3676	27:30
00:17+	01:58+ 02:44+ 05:47+ 07:55+ 08:52+	09:06+ 09:32+ 10:53+ 11:46+ 13:16+ 14:29+ 15:53+	17:49+ 19:13+ 20:37+ 23:02+ 25:20+ 27:18+ 27:30+
00:17+	01:41+ 00:46+ 03:03+ 02:08+ 00:57+	00:14+ 00:26+ 01:21+ 00:53+ 01:30+ 01:13+ 01:24+	01:56+ 01:24+ 01:24+ 02:25+ 02:18+ 01:58+ 00:12+
00:17+	01:41+ 00:46+ 03:03+ 02:08+ 00:57+	00:14+ 00:26+ 01:21+ 00:53+ 01:30+ 01:13+ 01:24+	01:56+ 01:24+ 01:24+ 02:25+ 02:18+ 01:58+ 00:12+
17	Bjørn Morten Bø Brunstøl	2023	27:46
00:21+	01:36+ 02:28+ 04:57+ 07:04+ 08:14+	08:37+ 09:03+ 10:41+ 11:33+ 15:01+ 16:03+ 17:56+	19:38+ 20:38+ 21:50+ 23:51+ 25:45+ 27:34+ 27:46+
00:21+	01:15+ 00:52+ 02:29+ 02:07+ 01:10+	00:23+ 00:26+ 01:38+ 00:52+ 03:28+ 01:02+ 01:53+	01:42+ 01:00+ 01:12+ 02:01+ 01:54+ 01:49+ 00:12+
00:21+	01:15+ 00:52+ 02:29+ 02:07+ 01:10+	00:23+ 00:26+ 01:38+ 00:52+ 03:28+ 01:02+ 01:53+	01:42+ 01:00+ 01:12+ 02:01+ 01:54+ 01:49+ 00:12+
18	Magnus Kristoffersen	3676	32:23
00:23+	03:01+ 04:20+ 06:17+ 09:05+ 10:08+	10:08+ 10:29+ 11:50+ 12:49+ 14:09+ 15:26+ 20:11+	21:56+ 23:25+ 24:54+ 27:14+ 29:36+ 32:06+ 32:23+
00:23+	02:38+ 01:19+ 01:57+ 02:48+ 00:49+	00:14+ 00:21+ 01:21+ 00:59+ 01:20+ 01:17+ 04:45+	01:45+ 01:29+ 01:29+ 02:20+ 02:22+ 02:30+ 00:17+
00:23+	02:38+ 01:19+ 01:57+ 02:48+ 00:49+	00:14+ 00:21+ 01:21+ 00:59+ 01:20+ 01:17+ 04:45+	01:45+ 01:29+ 01:29+ 02:20+ 02:22+ 02:30+ 00:17+
19	Jone Klemo Øverland	1384	33:54
00:19+	05:00+ 06:03+ 09:12+ 12:49+ 13:55+	14:12+ 14:41+ 15:58+ 16:47+ 19:09+ 20:18+ 22:28+	24:28+ 25:26+ 27:15+ 29:46+ 31:52+ 33:38+ 33:54+
00:19+	04:41+ 01:03+ 03:09+ 03:37+ 01:06+	00:17+ 00:29+ 01:17+ 00:49+ 02:22+ 01:09+ 02:10+	02:00+ 00:58+ 01:49+ 02:31+ 02:06+ 01:46+ 00:16+
00:19+	04:41+ 01:03+ 03:09+ 03:37+ 01:06+	00:17+ 00:29+ 01:17+ 00:49+ 02:22+ 01:09+ 02:10+	02:00+ 00:58+ 01:49+ 02:31+ 02:06+ 01:46+ 00:16+
20	Håvard Stensland	3503	34:03
01:40+	03:30+ 04:44+ 06:42+ 09:29+ 10:51+	11:06+ 11:33+ 13:08+ 14:13+ 16:08+ 18:45+ 21:02+	23:23+ 24:18+ 26:01+ 28:44+ 31:41+ 33:45+ 34:03+
01:40+	01:50+ 01:14+ 01:58+ 02:47+ 01:22+	00:15+ 00:27+ 01:35+ 01:05+ 01:55+ 02:37+ 02:17+	02:21+ 00:55+ 01:43+ 02:43+ 02:57+ 02:04+ 00:18+
01:40+	01:50+ 01:14+ 01:58+ 02:47+ 01:22+	00:15+ 00:27+ 01:35+ 01:05+ 01:55+ 02:37+ 02:17+	02:21+ 00:55+ 01:43+ 02:43+ 02:57+ 02:04+ 00:18+

Beste strekktid for klassen

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

H40

H40

1	Christian Ask	3563	21:27
00:16=	00:58= 01:34= 03:09= 05:19= 06:01= 06:19= 06:39= 07:56= 08:44= 09:59= 10:50= 12:18= 13:55= 14:42= 15:51= 17:50= 19:50= 21:15= 21:27=		
00:16=	00:42= 00:36= 01:35= 02:10= 00:42= 00:18= 00:20= 01:17= 00:48= 01:15= 00:51= 01:28= 01:37= 00:47= 01:09= 01:59= 02:00= 01:25= 00:12=		
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= 00:00=		
2	Arild Stave	3676	22:27
00:16+	01:02+ 02:02+ 03:28+ 05:18+ 05:50+ 06:15+ 06:23+ 06:38+ 07:49+ 08:41+ 11:41+ 12:29+ 13:41+ 15:05+ 15:42+ 16:59+ 18:45+ 20:39+ 22:15+ 22:27+		
00:16+	00:46+ 01:00+ 01:26+ 01:50+ 00:32+ 00:25+ 00:08+ 00:15+ 01:11+ 00:52+ 03:00+ 00:48+ 01:12+ 01:24+ 00:37+ 01:17+ 01:46+ 01:54+ 01:36+ 00:12+		
00:16+	00:46+ 01:00+ 01:26+ 01:50+ 00:32+ 00:25+ 00:08+ 00:15+ 01:11+ 00:52+ 03:00+ 00:48+ 01:12+ 01:24+ 00:37+ 01:17+ 01:46+ 01:54+ 01:36+ 00:12+		
3	Anders Presterud	903	22:54
00:19+	01:10+ 02:14+ 03:58+ 06:28+ 07:25+ 08:18+ 08:33+ 09:43+ 10:33+ 11:50+ 12:39+ 13:42+ 15:23+ 16:03+ 17:08+ 19:07+ 21:04+ 22:43+ 22:54+		
00:19+	00:51+ 01:04+ 01:44+ 02:30+ 00:57+ 00:53+ 00:15+ 01:10+ 00:50+ 01:17+ 00:49+ 01:03+ 01:41+ 00:40+ 01:05+ 01:59+ 01:57+ 01:39+ 00:11+		
00:19+	00:51+ 01:04+ 01:44+ 02:30+ 00:57+ 00:53+ 00:15+ 01:10+ 00:50+ 01:17+ 00:49+ 01:03+ 01:41+ 00:40+ 01:05+ 01:59+ 01:57+ 01:39+ 00:11+		
4	Jan-Kenneth Polle	3525	23:03
00:15+	00:47+ 02:14+ 03:36+ 06:41+ 07:26+ 07:55+ 08:07+ 09:32+ 10:22+ 11:26+ 12:20+ 13:45+ 15:15+ 15:57+ 17:17+ 19:14+ 21:10+ 22:51+ 23:03+		
00:15+	00:32+ 01:27+ 01:22+ 03:05+ 00:45+ 00:29+ 00:12+ 01:25+ 00:50+ 01:04+ 00:54+ 01:25+ 01:30+ 00:42+ 01:20+ 01:57+ 01:56+ 01:41+ 00:12+		
00:15+	00:32+ 01:27+ 01:22+ 03:05+ 00:45+ 00:29+ 00:12+ 01:25+ 00:50+ 01:04+ 00:54+ 01:25+ 01:30+ 00:42+ 01:20+ 01:57+ 01:56+ 01:41+ 00:12+		
5	Rune Hatle	903	23:06
00:14+	00:48+ 01:34+ 03:19+ 05:59+ 06:34+ 06:47+ 07:03+ 08:14+ 08:58+ 10:14+ 11:15+ 13:30+ 15:08+ 15:45+ 17:00+ 19:08+ 21:16+ 22:55+ 23:06+		
00:14+	00:34+ 00:46+ 01:45+ 02:40+ 00:35+ 00:13+ 00:16+ 01:11+ 00:44+ 01:16+ 01:01+ 02:15+ 01:38+ 00:37+ 01:15+ 02:08+ 02:08+ 01:39+ 00:11+		
00:14+	00:34+ 00:46+ 01:45+ 02:40+ 00:35+ 00:13+ 00:16+ 01:11+ 00:44+ 01:16+ 01:01+ 02:15+ 01:38+ 00:37+ 01:15+ 02:08+ 02:08+ 01:39+ 00:11+		
6	Magnus Langvik	3516	23:08
00:16+	00:50+ 01:25+ 03:25+ 05:55+ 06:45+ 06:56+ 07:09+ 08:11+ 09:07+ 10:30+ 11:23+ 12:43+ 14:32+ 15:23+ 16:37+ 19:00+ 21:03+ 22:53+ 23:08+		
00:16+	00:34+ 00:35+ 02:00+ 02:30+ 00:50+ 00:11+ 00:13+ 01:02+ 00:56+ 01:23+ 00:53+ 01:20+ 01:49+ 00:51+ 01:14+ 02:23+ 02:03+ 01:50+ 00:15+		
00:16+	00:34+ 00:35+ 02:00+ 02:30+ 00:50+ 00:11+ 00:13+ 01:02+ 00:56+ 01:23+ 00:53+ 01:20+ 01:49+ 00:51+ 01:14+ 02:23+ 02:03+ 01:50+ 00:15+		
7	Anders Klungre	3548	23:25
00:17+	01:07+ 02:42+ 04:19+ 06:25+ 07:10+ 07:31+ 07:44+ 08:56+ 10:03+ 11:45+ 12:34+ 13:53+ 15:29+ 16:10+ 17:34+ 19:33+ 21:30+ 23:11+ 23:25+		
00:17+	00:50+ 01:35+ 01:37+ 02:06+ 00:45+ 00:21+ 00:13+ 01:12+ 01:07+ 01:42+ 00:49+ 01:19+ 01:36+ 00:41+ 01:24+ 01:59+ 01:57+ 01:41+ 00:14+		
00:17+	00:50+ 01:35+ 01:37+ 02:06+ 00:45+ 00:21+ 00:13+ 01:12+ 01:07+ 01:42+ 00:49+ 01:19+ 01:36+ 00:41+ 01:24+ 01:59+ 01:57+ 01:41+ 00:14+		
8	Bjarne Bore	3529	23:27
00:17+	01:11+ 02:00+ 03:40+ 05:48+ 06:48+ 07:33+ 08:02+ 09:14+ 10:07+ 11:13+ 12:26+ 13:59+ 15:20+ 16:01+ 17:13+ 19:04+ 21:12+ 23:12+ 23:27+		
00:17+	00:54+ 00:49+ 01:40+ 02:08+ 01:00+ 00:45+ 00:29+ 01:12+ 00:53+ 01:06+ 01:13+ 01:33+ 01:21+ 00:41+ 01:12+ 01:51+ 02:08+ 02:00+ 00:15+		
00:17+	00:54+ 00:49+ 01:40+ 02:08+ 01:00+ 00:45+ 00:29+ 01:12+ 00:53+ 01:06+ 01:13+ 01:33+ 01:21+ 00:41+ 01:12+ 01:51+ 02:08+ 02:00+ 00:15+		
9	Ole-Tobias Frich	1683	23:36
00:17+	01:05+ 01:43+ 03:34+ 05:59+ 06:47+ 07:11+ 07:27+ 08:40+ 09:28+ 10:37+ 11:44+ 13:44+ 15:13+ 15:55+ 17:06+ 19:12+ 21:18+ 23:21+ 23:36+		
00:17+	00:48+ 00:38+ 01:51+ 02:25+ 00:48+ 00:24+ 00:16+ 01:13+ 00:48+ 01:09+ 01:07+ 02:00+ 01:29+ 00:42+ 01:11+ 02:06+ 02:06+ 02:03+ 00:15+		
00:17+	00:48+ 00:38+ 01:51+ 02:25+ 00:48+ 00:24+ 00:16+ 01:13+ 00:48+ 01:09+ 01:07+ 02:00+ 01:29+ 00:42+ 01:11+ 02:06+ 02:06+ 02:03+ 00:15+		
10	Rune Dahl Fitjar	1754	24:08
00:18+	01:15+ 01:58+ 03:40+ 06:06+ 07:06+ 07:26+ 07:42+ 08:58+ 09:44+ 10:59+ 12:19+ 13:47+ 15:40+ 16:27+ 17:53+ 20:10+ 22:16+ 23:55+ 24:08+		
00:18+	00:57+ 00:43+ 01:42+ 02:26+ 01:00+ 00:20+ 00:16+ 01:16+ 00:46+ 01:15+ 01:20+ 01:28+ 01:53+ 00:47+ 01:26+ 02:17+ 02:06+ 01:39+ 00:13+		
00:18+	00:57+ 00:43+ 01:42+ 02:26+ 01:00+ 00:20+ 00:16+ 01:16+ 00:46+ 01:15+ 01:20+ 01:28+ 01:53+ 00:47+ 01:26+ 02:17+ 02:06+ 01:39+ 00:13+		
11	Magne Habbestad	3531	24:11
00:17+	00:59+ 02:02+ 03:35+ 06:15+ 07:19+ 08:01+ 08:24+ 09:50+ 10:33+ 11:39+ 12:34+ 13:57+ 15:46+ 16:29+ 17:44+ 20:05+ 22:11+ 23:58+ 24:11+		
00:17+	00:42+ 01:03+ 01:33+ 02:40+ 01:04+ 00:42+ 00:23+ 01:26+ 00:43+ 01:06+ 00:55+ 01:23+ 01:49+ 00:43+ 01:15+ 02:21+ 02:06+ 01:47+ 00:13+		
00:17+	00:42+ 01:03+ 01:33+ 02:40+ 01:04+ 00:42+ 00:23+ 01:26+ 00:43+ 01:06+ 00:55+ 01:23+ 01:49+ 00:43+ 01:15+ 02:21+ 02:06+ 01:47+ 00:13+		
12	Bjørn Kristian Røyland	3503	24:18
00:19+	01:07+ 02:00+ 03:54+ 06:21+ 07:03+ 07:40+ 07:57+ 09:09+ 09:48+ 11:15+ 13:10+ 14:16+ 16:00+ 16:51+ 18:04+ 20:13+ 22:15+ 24:06+ 24:18+		
00:19+	00:48+ 00:53+ 01:54+ 02:27+ 00:42+ 00:37+ 00:17+ 01:12+ 00:39+ 01:27+ 01:55+ 01:06+ 01:44+ 00:51+ 01:13+ 02:09+ 02:02+ 01:51+ 00:12+		
00:19+	00:48+ 00:53+ 01:54+ 02:27+ 00:42+ 00:37+ 00:17+ 01:12+ 00:39+ 01:27+ 01:55+ 01:06+ 01:44+ 00:51+ 01:13+ 02:09+ 02:02+ 01:51+ 00:12+		
13	Glenn Madland	879	24:42
00:19+	01:01+ 01:49+ 03:33+ 05:37+ 06:29+ 06:49+ 07:12+ 11:24+ 12:02+ 13:19+ 14:19+ 15:50+ 17:16+ 18:00+ 19:15+ 21:08+ 23:00+ 24:30+ 24:42+		
00:19+	00:42+ 00:48+ 01:44+ 02:04+ 00:52+ 00:20+ 00:23+ 04:12+ 00:38+ 01:17+ 01:00+ 01:31+ 01:26+ 00:44+ 01:15+ 01:53+ 01:52+ 01:30+ 00:12+		
00:19+	00:42+ 00:48+ 01:44+ 02:04+ 00:52+ 00:20+ 00:23+ 04:12+ 00:38+ 01:17+ 01:00+ 01:31+ 01:26+ 00:44+ 01:15+ 01:53+ 01:52+ 01:30+ 00:12+		
14	Kjetil Torgersen	3502	25:35
00:21+	00:52+ 01:24+ 03:19+ 05:44+ 06:38+ 06:56+ 07:35+ 08:55+ 09:39+ 11:09+ 14:28+ 16:24+ 18:02+ 18:35+ 19:42+ 21:47+ 23:41+ 25:20+ 25:35+		
00:21+	00:31+ 00:32+ 01:55+ 02:25+ 00:54+ 00:18+ 00:39+ 01:20+ 00:44+ 01:30+ 03:19+ 01:56+ 01:38+ 00:33+ 01:07+ 02:05+ 01:54+ 01:39+ 00:15+		
00:21+	00:31+ 00:32+ 01:55+ 02:25+ 00:54+ 00:18+ 00:39+ 01:20+ 00:44+ 01:30+ 03:19+ 01:56+ 01:38+ 00:33+ 01:07+ 02:05+ 01:54+ 01:39+ 00:15+		

H40

15	Sven Undheim	793	25:52																
00:23+	03:08+	04:22+	06:03+	07:57+	08:56+	09:20+	09:32+	10:49+	11:35+	14:31+	15:26+	17:03+	18:19+	19:01+	20:17+	21:56+	24:10+	25:39+	25:52+
00:23+	02:45+	01:14+	01:41+	01:54+	00:59+	00:24+	00:12+	01:17+	00:46+	02:56+	00:55+	01:37+	01:16+	00:42+	01:16+	01:39+	02:14+	01:29+	00:13+
00:23+	02:45+	01:14+	01:41+	01:54+	00:59+	00:24+	00:12+	01:17+	00:46+	02:56+	00:55+	01:37+	01:16+	00:42+	01:16+	01:39+	02:14+	01:29+	00:13+
16	Frode Ungar	1683	26:20																
00:18+	01:16+	02:04+	03:51+	06:16+	07:12+	07:53+	09:48+	10:59+	11:37+	13:01+	13:55+	15:35+	17:28+	18:15+	19:34+	21:54+	24:13+	26:06+	26:20+
00:18+	00:58+	00:48+	01:47+	02:25+	00:56+	00:41+	01:55+	01:11+	00:38+	01:24+	00:54+	01:40+	01:53+	00:47+	01:19+	02:20+	02:19+	01:53+	00:14+
00:18+	00:58+	00:48+	01:47+	02:25+	00:56+	00:41+	01:55+	01:11+	00:38+	01:24+	00:54+	01:40+	01:53+	00:47+	01:19+	02:20+	02:19+	01:53+	00:14+
17	Bjarte Harbo	1830	26:26																
00:19+	00:59+	02:47+	04:40+	07:15+	08:29+	09:14+	09:36+	10:56+	11:45+	13:55+	14:59+	16:31+	18:21+	19:10+	20:32+	22:40+	24:46+	26:11+	26:26+
00:19+	00:40+	01:48+	01:53+	02:35+	01:14+	00:45+	00:22+	01:20+	00:49+	02:10+	01:04+	01:32+	01:50+	00:49+	01:22+	02:08+	02:06+	01:25+	00:15+
00:19+	00:40+	01:48+	01:53+	02:35+	01:14+	00:45+	00:22+	01:20+	00:49+	02:10+	01:04+	01:32+	01:50+	00:49+	01:22+	02:08+	02:06+	01:25+	00:15+
18	Alexander Khorunzhiy	1456	27:38																
00:27+	02:08+	03:31+	05:42+	08:22+	09:15+	09:35+	09:56+	11:18+	12:07+	13:26+	14:56+	16:50+	18:31+	19:35+	20:51+	23:19+	25:50+	27:24+	27:38+
00:27+	01:41+	01:23+	02:11+	02:40+	00:53+	00:20+	00:21+	01:22+	00:49+	01:19+	01:30+	01:54+	01:41+	01:04+	01:16+	02:28+	02:31+	01:34+	00:14+
00:27+	01:41+	01:23+	02:11+	02:40+	00:53+	00:20+	00:21+	01:22+	00:49+	01:19+	01:30+	01:54+	01:41+	01:04+	01:16+	02:28+	02:31+	01:34+	00:14+
19	Olav Johannes Espedal	3519	28:02																
00:17+	01:39+	02:31+	03:58+	06:43+	08:21+	08:43+	09:15+	10:23+	11:13+	12:48+	14:03+	15:46+	17:20+	18:59+	20:20+	22:27+	25:42+	27:46+	28:02+
00:17+	01:22+	00:52+	01:27+	02:45+	01:38+	00:22+	00:32+	01:08+	00:50+	01:35+	01:15+	01:43+	01:34+	01:39+	01:21+	02:07+	03:15+	02:04+	00:16+
00:17+	01:22+	00:52+	01:27+	02:45+	01:38+	00:22+	00:32+	01:08+	00:50+	01:35+	01:15+	01:43+	01:34+	01:39+	01:21+	02:07+	03:15+	02:04+	00:16+
20	Håkon André Waage	1683	28:45																
00:22+	03:25+	04:38+	06:22+	08:58+	10:01+	10:38+	11:02+	12:17+	13:12+	15:27+	17:03+	18:25+	20:15+	20:59+	22:27+	24:44+	26:38+	28:29+	28:45+
00:22+	03:03+	01:13+	01:44+	02:36+	01:03+	00:37+	00:24+	01:15+	00:55+	02:15+	01:36+	01:22+	01:50+	00:44+	01:28+	02:17+	01:54+	01:51+	00:16+
00:22+	03:03+	01:13+	01:44+	02:36+	01:03+	00:37+	00:24+	01:15+	00:55+	02:15+	01:36+	01:22+	01:50+	00:44+	01:28+	02:17+	01:54+	01:51+	00:16+
21	Christoffer Soma	903	37:45																
00:17+	01:41+	06:06+	08:41+	12:04+	13:26+	14:06+	14:44+	16:39+	17:54+	20:12+	21:36+	23:45+	26:24+	27:25+	29:06+	31:59+	34:52+	37:31+	37:45+
00:17+	01:24+	04:25+	02:35+	03:23+	01:22+	00:40+	00:38+	01:55+	01:15+	02:18+	01:24+	02:09+	02:39+	01:01+	01:41+	02:53+	02:53+	02:39+	00:14+
00:17+	01:24+	04:25+	02:35+	03:23+	01:22+	00:40+	00:38+	01:55+	01:15+	02:18+	01:24+	02:09+	02:39+	01:01+	01:41+	02:53+	02:53+	02:39+	00:14+
22	Carlos Lluna	2342	40:16																
00:19+	03:48+	04:45+	07:01+	09:38+	12:14+	12:49+	13:16+	14:32+	17:47+	20:42+	22:13+	24:25+	26:11+	27:49+	29:46+	35:11+	37:54+	39:59+	40:16+
00:19+	03:29+	00:57+	02:16+	02:37+	02:36+	00:35+	00:27+	01:16+	03:15+	02:55+	01:31+	02:12+	01:46+	01:38+	01:57+	05:25+	02:43+	02:05+	00:17+
00:19+	03:29+	00:57+	02:16+	02:37+	02:36+	00:35+	00:27+	01:16+	03:15+	02:55+	01:31+	02:12+	01:46+	01:38+	01:57+	05:25+	02:43+	02:05+	00:17+

Beste strekktid for klassen

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

H50

1	Geir Inge Høivik	3522	21:18															
01:09=	02:01=	03:09=	05:00=	06:47=	07:32=	08:37=	09:05=	09:51=	12:46=	13:22=	16:04=	16:22=	16:33=	16:50=	17:45=	19:18=	21:03=	21:18=
01:09=	00:52=	01:08=	01:51=	01:47=	00:45=	01:05=	00:28=	00:46=	02:55=	00:36=	02:42=	00:18=	00:11=	00:17=	00:55=	01:33=	01:45=	00:15=
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	Inge Arild Leknes	3548	22:19															
00:53-	01:59-	03:31+	05:16+	06:50+	07:40+	08:38+	09:08+	10:00+	12:55+	14:26+	17:17+	17:30+	17:46+	18:02+	18:57+	20:37+	22:04+	22:19+
00:53-	01:06+	01:32+	01:45-	01:34-	00:50+	00:58-	00:30+	00:52+	02:55=	01:31+	02:51+	00:13-	00:16+	00:16-	00:55=	01:40+	01:27-	00:15=
00:16-	00:14&	00:24&	00:06-	00:13-	00:05#	00:07-	00:02+	00:06#	00:00=	00:55@	00:09+	00:05-	00:05&	00:01-	00:00=	00:07+	00:18-	00:00=
3	Øyvind Madland	3522	22:20															
00:52-	01:44-	02:45-	05:03+	06:34-	07:34+	09:19+	09:43+	10:34+	13:43+	14:19+	17:08+	17:29+	17:40+	17:58+	19:00+	20:29+	22:06+	22:20+
00:52-	00:52=	01:01-	02:18+	01:31-	01:00+	01:45+	00:24-	00:51+	03:09+	00:36=	02:49+	00:21+	00:11=	00:18+	01:02+	01:29-	01:37-	00:14-
00:17-	00:00=	00:07-	00:27#	00:16-	00:15&	00:40&	00:04-	00:05#	00:14+	00:00=	00:07+	00:03#	00:00=	00:01+	00:07#	00:04-	00:08-	00:01-
4	Reidar Mosvold	1754	22:28															
01:01-	01:58-	03:02-	05:02+	06:34-	07:22-	08:31-	09:00-	09:42-	13:08+	14:07+	17:11+	17:23+	17:41+	17:58+	18:52+	20:26+	22:13+	22:28+
01:01-	00:57+	01:04-	02:00+	01:32-	00:48+	01:09+	00:29+	00:42-	03:26+	00:59+	03:04+	00:12-	00:18+	00:17=	00:54-	01:34+	01:47+	00:15=
00:08-	00:05+	00:04-	00:09+	00:15-	00:03+	00:04+	00:01+	00:04-	00:31#	00:23&	00:22#	00:06-	00:07&	00:00=	00:01-	00:01+	00:02+	00:00=

Class	Navn	Klasse															Tid				
H50																					
19	Tore Halset	3486															27:44				
00:59+	02:07+	03:19+	06:07+	07:57+	08:55+	10:23+	10:56+	12:27+	16:09+	18:14+	21:22+	21:42+	21:59+	22:17+	23:25+	25:07+	27:23+	27:44+			
00:59+	01:08+	01:12+	02:48+	01:50+	00:58+	01:28+	00:33+	01:31+	03:42+	02:05+	03:08+	00:20+	00:17+	00:18+	01:08+	01:42+	02:16+	00:21+			
00:59+	01:08+	01:12+	02:48+	01:50+	00:58+	01:28+	00:33+	01:31+	03:42+	02:05+	03:08+	00:20+	00:17+	00:18+	01:08+	01:42+	02:16+	00:21+			
20	Thomas Romstad	1683															28:06				
00:58+	01:56+	03:38+	05:31+	07:12+	08:04+	11:09+	11:45+	12:55+	16:32+	17:52+	22:20+	23:08+	23:20+	23:36+	24:38+	26:12+	27:52+	28:06+			
00:58+	00:58+	01:42+	01:53+	01:41+	00:52+	03:05+	00:36+	01:10+	03:37+	01:20+	04:28+	00:48+	00:12+	00:16+	01:02+	01:34+	01:40+	00:14+			
00:58+	00:58+	01:42+	01:53+	01:41+	00:52+	03:05+	00:36+	01:10+	03:37+	01:20+	04:28+	00:48+	00:12+	00:16+	01:02+	01:34+	01:40+	00:14+			
21	Svend Vihovde	1683															28:17				
01:26+	02:38+	04:00+	06:44+	08:40+	09:45+	11:17+	11:55+	13:09+	17:03+	18:32+	21:57+	22:13+	22:25+	22:45+	24:09+	25:59+	28:00+	28:17+			
01:26+	01:12+	01:22+	02:44+	01:56+	01:05+	01:32+	00:38+	01:14+	03:54+	01:29+	03:25+	00:16+	00:12+	00:20+	01:24+	01:50+	02:01+	00:17+			
01:26+	01:12+	01:22+	02:44+	01:56+	01:05+	01:32+	00:38+	01:14+	03:54+	01:29+	03:25+	00:16+	00:12+	00:20+	01:24+	01:50+	02:01+	00:17+			
22	Ådne Hausberg	793															28:45				
01:03+	02:01+	03:14+	06:06+	07:51+	08:47+	10:49+	11:14+	12:24+	16:22+	18:03+	21:35+	22:28+	22:44+	23:04+	24:20+	26:12+	28:27+	28:45+			
01:03+	00:58+	01:13+	02:52+	01:45+	00:56+	02:02+	00:25+	01:10+	03:58+	01:41+	03:32+	00:53+	00:16+	00:20+	01:16+	01:52+	02:15+	00:18+			
01:03+	00:58+	01:13+	02:52+	01:45+	00:56+	02:02+	00:25+	01:10+	03:58+	01:41+	03:32+	00:53+	00:16+	00:20+	01:16+	01:52+	02:15+	00:18+			
23	Asbjørn Brådlund	879															28:46				
01:06+	02:12+	03:32+	06:11+	07:54+	09:29+	10:55+	11:33+	13:12+	17:07+	18:22+	21:53+	22:30+	22:47+	23:07+	24:31+	26:23+	28:31+	28:46+			
01:06+	01:06+	01:20+	02:39+	01:43+	01:35+	01:26+	00:38+	01:39+	03:55+	01:15+	03:31+	00:37+	00:17+	00:20+	01:24+	01:52+	02:08+	00:15+			
01:06+	01:06+	01:20+	02:39+	01:43+	01:35+	01:26+	00:38+	01:39+	03:55+	01:15+	03:31+	00:37+	00:17+	00:20+	01:24+	01:52+	02:08+	00:15+			
24	Jarl Steinar Berntsen	882															29:01				
01:24+	02:35+	03:42+	06:02+	07:59+	08:51+	10:29+	11:12+	12:22+	16:04+	17:38+	21:37+	22:07+	23:09+	23:28+	24:42+	26:45+	28:47+	29:01+			
01:24+	01:11+	01:07+	02:20+	01:57+	00:52+	01:38+	00:43+	01:10+	03:42+	01:34+	03:59+	00:30+	01:02+	00:19+	01:14+	02:03+	02:02+	00:14+			
01:24+	01:11+	01:07+	02:20+	01:57+	00:52+	01:38+	00:43+	01:10+	03:42+	01:34+	03:59+	00:30+	01:02+	00:19+	01:14+	02:03+	02:02+	00:14+			
25	Ove Mæstad	2342															29:04				
01:27+	02:50+	04:13+	06:48+	09:36+	10:37+	12:08+	12:42+	14:01+	18:03+	18:48+	22:24+	22:44+	22:58+	23:17+	24:32+	26:30+	28:50+	29:04+			
01:27+	01:23+	01:23+	02:35+	02:48+	01:01+	01:31+	00:34+	01:19+	04:02+	00:45+	03:36+	00:20+	00:14+	00:19+	01:15+	01:58+	02:20+	00:14+			
01:27+	01:23+	01:23+	02:35+	02:48+	01:01+	01:31+	00:34+	01:19+	04:02+	00:45+	03:36+	00:20+	00:14+	00:19+	01:15+	01:58+	02:20+	00:14+			
26	Jerome Renoult	3524															29:30				
01:07+	02:42+	04:21+	07:04+	09:06+	10:06+	11:39+	12:17+	13:40+	17:57+	19:08+	23:00+	23:19+	23:36+	23:56+	24:57+	26:57+	29:14+	29:30+			
01:07+	01:35+	01:39+	02:43+	02:02+	01:00+	01:33+	00:38+	01:23+	04:17+	01:11+	03:52+	00:19+	00:17+	00:20+	01:01+	02:00+	02:17+	00:16+			
01:07+	01:35+	01:39+	02:43+	02:02+	01:00+	01:33+	00:38+	01:23+	04:17+	01:11+	03:52+	00:19+	00:17+	00:20+	01:01+	02:00+	02:17+	00:16+			
27	Christof Schätz	3598															29:50				
01:37+	02:54+	04:06+	06:33+	08:17+	09:21+	11:01+	11:30+	12:39+	16:09+	17:31+	20:55+	22:26+	22:37+	23:03+	25:10+	27:05+	29:31+	29:50+			
01:37+	01:17+	01:12+	02:27+	01:44+	01:04+	01:40+	00:29+	01:09+	03:30+	01:22+	03:24+	01:31+	00:11+	00:26+	02:07+	01:55+	02:26+	00:19+			
01:37+	01:17+	01:12+	02:27+	01:44+	01:04+	01:40+	00:29+	01:09+	03:30+	01:22+	03:24+	01:31+	00:11+	00:26+	02:07+	01:55+	02:26+	00:19+			
28	Øystein Endresen	3504															35:15				
01:17+	02:49+	04:01+	06:28+	09:02+	10:06+	11:35+	12:10+	13:58+	19:16+	21:13+	24:52+	28:40+	28:58+	29:18+	30:43+	32:51+	34:57+	35:15+			
01:17+	01:32+	01:12+	02:27+	02:34+	01:04+	01:29+	00:35+	01:48+	05:18+	01:57+	03:39+	03:48+	00:18+	00:20+	01:25+	02:08+	02:06+	00:18+			
01:17+	01:32+	01:12+	02:27+	02:34+	01:04+	01:29+	00:35+	01:48+	05:18+	01:57+	03:39+	03:48+	00:18+	00:20+	01:25+	02:08+	02:06+	00:18+			
29	Raymond B Pettersen	722															36:42				
01:11+	02:24+	03:53+	06:50+	09:05+	10:06+	12:06+	12:38+	15:04+	21:13+	23:01+	28:23+	28:46+	29:07+	29:40+	31:25+	33:39+	36:24+	36:42+			
01:11+	01:13+	01:29+	02:57+	02:15+	01:01+	02:00+	00:32+	02:26+	06:09+	01:48+	05:22+	00:23+	00:21+	00:33+	01:45+	02:14+	02:45+	00:18+			
01:11+	01:13+	01:29+	02:57+	02:15+	01:01+	02:00+	00:32+	02:26+	06:09+	01:48+	05:22+	00:23+	00:21+	00:33+	01:45+	02:14+	02:45+	00:18+			
30	Ole Bakkevold	3517															38:29				
01:00+	02:19+	03:36+	06:34+	08:43+	10:58+	14:34+	15:48+	16:14+	20:37+	25:07+	26:30+	30:38+	30:51+	31:06+	31:37+	33:24+	35:53+	38:16+	38:29+		
01:00+	01:19+	01:17+	02:58+	02:09+	02:15+	03:36+	01:14+	00:26+	04:23+	04:30+	01:23+	04:08+	00:13+	00:15+	00:31+	01:47+	02:29+	02:23+	00:13+		
01:00+	01:19+	01:17+	02:58+	02:09+	02:15+	03:36+	01:14+	00:26+	04:23+	04:30+	01:23+	04:08+	00:13+	00:15+	00:31+	01:47+	02:29+	02:23+	00:13+		

Beste strekktid for klassen

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

H60

Class	Navn	Klasse	Tid
H60			
1	Inge Løland	1119	20:57
	00:37= 01:39= 02:38= 04:49= 06:34= 07:46= 09:01= 10:04= 10:24= 11:25= 13:16= 13:32= 15:01= 16:57= 17:16= 17:33= 18:36= 19:18= 20:41= 20:57=		
	00:37= 01:02= 00:59= 02:11= 01:45= 01:12= 01:15= 01:03= 00:20= 01:01= 01:51= 00:16= 01:29= 01:56= 00:19= 00:17= 01:03= 00:42= 01:23= 00:16=		
	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= 00:00=		
2	Knut Feldmann	882	23:09
	00:41+ 01:37+ 02:37+ 04:32+ 06:14+ 07:20+ 08:45+ 10:16+ 10:39+ 12:27+ 15:15+ 15:42+ 17:31+ 18:47+ 19:09+ 19:30+ 20:38+ 21:24+ 22:56+ 23:09+		
	00:41+ 00:56+ 01:00+ 01:55+ 01:42+ 01:06+ 01:25+ 01:31+ 00:23+ 01:48+ 02:48+ 00:27+ 01:49+ 01:16+ 00:22+ 00:21+ 01:08+ 00:46+ 01:32+ 00:13+		
	00:41+ 00:56+ 01:00+ 01:55+ 01:42+ 01:06+ 01:25+ 01:31+ 00:23+ 01:48+ 02:48+ 00:27+ 01:49+ 01:16+ 00:22+ 00:21+ 01:08+ 00:46+ 01:32+ 00:13+		
3	Frank Hansen	3502	23:46
	00:41+ 01:45+ 02:49+ 05:11+ 06:50+ 08:04+ 09:25+ 11:19+ 11:50+ 13:21+ 15:38+ 16:03+ 17:48+ 19:08+ 19:27+ 19:47+ 21:07+ 21:58+ 23:33+ 23:46+		
	00:41+ 01:04+ 01:04+ 02:22+ 01:39+ 01:14+ 01:21+ 01:54+ 00:31+ 01:31+ 02:17+ 00:25+ 01:45+ 01:20+ 00:19+ 00:20+ 01:20+ 00:51+ 01:35+ 00:13+		
	00:41+ 01:04+ 01:04+ 02:22+ 01:39+ 01:14+ 01:21+ 01:54+ 00:31+ 01:31+ 02:17+ 00:25+ 01:45+ 01:20+ 00:19+ 00:20+ 01:20+ 00:51+ 01:35+ 00:13+		
4	Sturle Omdal	1683	23:59
	00:41+ 01:43+ 02:43+ 04:52+ 06:38+ 07:42+ 09:03+ 12:23+ 12:49+ 13:54+ 15:43+ 16:22+ 18:20+ 19:53+ 20:16+ 20:35+ 21:43+ 22:24+ 23:46+ 23:59+		
	00:41+ 01:02+ 01:00+ 02:09+ 01:46+ 01:04+ 01:21+ 03:20+ 00:26+ 01:05+ 01:49+ 00:39+ 01:58+ 01:33+ 00:23+ 00:19+ 01:08+ 00:41+ 01:22+ 00:13+		
	00:41+ 01:02+ 01:00+ 02:09+ 01:46+ 01:04+ 01:21+ 03:20+ 00:26+ 01:05+ 01:49+ 00:39+ 01:58+ 01:33+ 00:23+ 00:19+ 01:08+ 00:41+ 01:22+ 00:13+		
5	Geir Frøylog	3502	25:08
	00:36+ 01:33+ 02:37+ 04:50+ 06:29+ 07:38+ 09:02+ 10:22+ 12:55+ 13:57+ 16:22+ 16:48+ 19:00+ 20:27+ 20:47+ 21:17+ 22:39+ 23:25+ 24:54+ 25:08+		
	00:36+ 00:57+ 01:04+ 02:13+ 01:39+ 01:09+ 01:24+ 01:20+ 02:33+ 01:02+ 02:25+ 00:26+ 02:12+ 01:27+ 00:20+ 00:30+ 01:22+ 00:46+ 01:29+ 00:14+		
	00:36+ 00:57+ 01:04+ 02:13+ 01:39+ 01:09+ 01:24+ 01:20+ 02:33+ 01:02+ 02:25+ 00:26+ 02:12+ 01:27+ 00:20+ 00:30+ 01:22+ 00:46+ 01:29+ 00:14+		
6	Kjell Seland	3547	25:08
	00:45+ 01:55+ 03:10+ 05:37+ 07:31+ 08:49+ 10:46+ 11:38+ 12:24+ 12:45+ 14:03+ 16:17+ 16:42+ 18:39+ 20:19+ 20:33+ 20:57+ 22:21+ 23:14+ 24:53+ 25:08+		
	00:45+ 01:10+ 01:15+ 02:27+ 01:54+ 01:18+ 01:57+ 00:52+ 00:46+ 00:21+ 01:18+ 02:14+ 00:25+ 01:57+ 01:40+ 00:14+ 00:24+ 01:24+ 00:53+ 01:39+ 00:15+		
	00:45+ 01:10+ 01:15+ 02:27+ 01:54+ 01:18+ 01:57+ 00:52+ 00:46+ 00:21+ 01:18+ 02:14+ 00:25+ 01:57+ 01:40+ 00:14+ 00:24+ 01:24+ 00:53+ 01:39+ 00:15+		
7	Per Ingar Hadland	793	26:46
	00:43+ 01:45+ 03:06+ 05:42+ 07:32+ 08:01+ 09:14+ 10:52+ 12:29+ 13:09+ 14:31+ 17:19+ 17:44+ 20:08+ 21:44+ 22:03+ 22:25+ 23:45+ 24:41+ 26:31+ 26:46+		
	00:43+ 01:02+ 01:21+ 02:36+ 01:50+ 00:29+ 01:13+ 01:38+ 01:37+ 00:40+ 01:22+ 02:48+ 00:25+ 02:24+ 01:36+ 00:19+ 00:22+ 01:20+ 00:56+ 01:50+ 00:15+		
	00:43+ 01:02+ 01:21+ 02:36+ 01:50+ 00:29+ 01:13+ 01:38+ 01:37+ 00:40+ 01:22+ 02:48+ 00:25+ 02:24+ 01:36+ 00:19+ 00:22+ 01:20+ 00:56+ 01:50+ 00:15+		
8	Kjell Ove Aksland	882	27:31
	00:49+ 02:37+ 03:51+ 06:16+ 08:14+ 09:30+ 11:31+ 12:51+ 13:26+ 14:46+ 17:25+ 17:48+ 20:39+ 22:23+ 22:44+ 23:03+ 24:25+ 25:23+ 27:16+ 27:31+		
	00:49+ 01:48+ 01:14+ 02:25+ 01:58+ 01:16+ 02:01+ 01:20+ 00:35+ 01:20+ 02:39+ 00:23+ 02:51+ 01:44+ 00:21+ 00:19+ 01:22+ 00:58+ 01:53+ 00:15+		
	00:49+ 01:48+ 01:14+ 02:25+ 01:58+ 01:16+ 02:01+ 01:20+ 00:35+ 01:20+ 02:39+ 00:23+ 02:51+ 01:44+ 00:21+ 00:19+ 01:22+ 00:58+ 01:53+ 00:15+		
9	Stein Sigbjørnsen	882	27:41
	00:52+ 02:13+ 03:15+ 05:42+ 07:18+ 08:30+ 10:22+ 12:36+ 13:08+ 14:32+ 16:52+ 17:13+ 19:58+ 22:21+ 22:49+ 23:09+ 24:25+ 25:37+ 27:25+ 27:41+		
	00:52+ 01:21+ 01:02+ 02:27+ 01:36+ 01:12+ 01:52+ 02:14+ 00:32+ 01:24+ 02:20+ 00:21+ 02:45+ 02:23+ 00:28+ 00:20+ 01:16+ 01:12+ 01:48+ 00:16+		
	00:52+ 01:21+ 01:02+ 02:27+ 01:36+ 01:12+ 01:52+ 02:14+ 00:32+ 01:24+ 02:20+ 00:21+ 02:45+ 02:23+ 00:28+ 00:20+ 01:16+ 01:12+ 01:48+ 00:16+		
10	Harald Syse	1884	27:56
	00:48+ 03:28+ 04:30+ 07:02+ 08:51+ 10:51+ 12:50+ 14:08+ 14:50+ 16:08+ 18:15+ 18:38+ 20:31+ 22:51+ 23:03+ 23:20+ 25:44+ 26:27+ 27:42+ 27:56+		
	00:48+ 02:40+ 01:02+ 02:32+ 01:49+ 02:00+ 01:59+ 01:18+ 00:42+ 01:18+ 02:07+ 00:23+ 01:53+ 02:20+ 00:12+ 00:17+ 02:24+ 00:43+ 01:15+ 00:14+		
	00:48+ 02:40+ 01:02+ 02:32+ 01:49+ 02:00+ 01:59+ 01:18+ 00:42+ 01:18+ 02:07+ 00:23+ 01:53+ 02:20+ 00:12+ 00:17+ 02:24+ 00:43+ 01:15+ 00:14+		
11	Inge Skretting	1384	29:39
	01:26+ 02:46+ 04:03+ 06:19+ 08:05+ 11:02+ 13:07+ 14:34+ 15:05+ 16:36+ 19:05+ 19:32+ 21:51+ 23:32+ 23:57+ 24:53+ 26:29+ 27:27+ 29:24+ 29:39+		
	01:26+ 01:20+ 01:17+ 02:16+ 01:46+ 02:57+ 02:05+ 01:27+ 00:31+ 01:31+ 02:29+ 00:27+ 02:19+ 01:41+ 00:25+ 00:56+ 01:36+ 00:58+ 01:57+ 00:15+		
	01:26+ 01:20+ 01:17+ 02:16+ 01:46+ 02:57+ 02:05+ 01:27+ 00:31+ 01:31+ 02:29+ 00:27+ 02:19+ 01:41+ 00:25+ 00:56+ 01:36+ 00:58+ 01:57+ 00:15+		
12	John Carsten Sinnes	1884	31:01
	00:55+ 02:06+ 03:33+ 05:49+ 07:51+ 09:18+ 11:06+ 15:27+ 16:08+ 17:23+ 20:17+ 20:49+ 23:09+ 24:39+ 25:47+ 26:04+ 27:29+ 28:30+ 30:47+ 31:01+		
	00:55+ 01:11+ 01:27+ 02:16+ 02:02+ 01:27+ 01:48+ 04:21+ 00:41+ 01:15+ 02:54+ 00:32+ 02:20+ 01:30+ 01:08+ 00:17+ 01:25+ 01:01+ 02:17+ 00:14+		
	00:55+ 01:11+ 01:27+ 02:16+ 02:02+ 01:27+ 01:48+ 04:21+ 00:41+ 01:15+ 02:54+ 00:32+ 02:20+ 01:30+ 01:08+ 00:17+ 01:25+ 01:01+ 02:17+ 00:14+		
13	Sveinung Rosenvinge	1683	34:50
	01:17+ 02:55+ 04:32+ 07:24+ 09:43+ 11:14+ 13:27+ 16:53+ 17:26+ 20:05+ 23:07+ 23:44+ 26:06+ 29:00+ 29:25+ 29:47+ 31:20+ 32:27+ 34:31+ 34:50+		
	01:17+ 01:38+ 01:37+ 02:52+ 02:19+ 01:31+ 02:13+ 03:26+ 00:33+ 02:39+ 03:02+ 00:37+ 02:22+ 02:54+ 00:25+ 00:22+ 01:33+ 01:07+ 02:04+ 00:19+		
	01:17+ 01:38+ 01:37+ 02:52+ 02:19+ 01:31+ 02:13+ 03:26+ 00:33+ 02:39+ 03:02+ 00:37+ 02:22+ 02:54+ 00:25+ 00:22+ 01:33+ 01:07+ 02:04+ 00:19+		

Beste strekktid for klassen

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

H65

1	Otte Omdal	903	21:12
00:33=	01:13= 02:14= 04:04= 05:45= 06:47= 08:08= 08:58= 09:20= 10:18= 12:17= 12:38= 14:28= 16:03= 16:20= 16:37= 17:43= 18:47= 21:00= 21:12=		
00:33=	00:40= 01:01= 01:50= 01:41= 01:02= 01:21= 00:50= 00:22= 00:58= 01:59= 00:21= 01:50= 01:35= 00:17= 00:17= 01:06= 01:04= 02:13= 00:12=		
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= 00:00=		
2	Geir Bjaanes	1683	21:51
00:41+	01:40+ 02:44+ 04:37+ 06:08+ 07:12+ 08:55+ 09:43+ 10:08+ 11:10+ 13:44+ 14:09+ 15:38+ 16:54+ 17:10+ 17:28+ 19:18+ 20:02+ 21:37+ 21:51+		
00:41+	00:59+ 01:04+ 01:53+ 01:31- 01:04+ 01:43+ 00:48- 00:25+ 01:02+ 02:34+ 00:25+ 01:29- 01:16- 00:16- 00:18+ 01:50+ 00:44- 01:35- 00:14+		
00:08#	00:19# 00:03+ 00:03+ 00:10- 00:02+ 00:22# 00:02- 00:03# 00:04+ 00:35# 00:04# 00:21- 00:19- 00:01- 00:01+ 00:44# 00:20- 00:38- 00:02#		
3	Torbjørn Evensen	3556	24:37
00:42+	01:54+ 03:13+ 05:23+ 07:09+ 08:34+ 10:19+ 11:16+ 12:05+ 13:15+ 15:31+ 15:56+ 17:49+ 19:49+ 20:03+ 20:26+ 21:45+ 22:37+ 24:20+ 24:37+		
00:42+	01:12+ 01:19+ 02:10+ 01:46+ 01:25+ 01:45+ 00:57+ 00:49+ 01:10+ 02:16+ 00:25+ 01:53+ 02:00+ 00:14- 00:23+ 01:19+ 00:52- 01:43- 00:17+		
00:09#	00:32# 00:18# 00:20# 00:05+ 00:23# 00:24# 00:07# 00:27# 00:12# 00:17# 00:04# 00:03+ 00:25# 00:03- 00:06# 00:13# 00:12- 00:30- 00:05#		
4	Kjell Skjæveland	3515	25:07
00:40+	01:46+ 03:00+ 05:17+ 06:59+ 08:13+ 09:39+ 11:27+ 12:00+ 13:29+ 16:03+ 16:29+ 19:01+ 20:29+ 20:50+ 21:10+ 22:22+ 23:19+ 24:53+ 25:07+		
00:40+	01:06+ 01:14+ 02:17+ 01:42+ 01:14+ 01:26+ 01:48+ 00:33+ 01:29+ 02:34+ 00:26+ 02:32+ 01:28- 00:21+ 00:20+ 01:12+ 00:57- 01:34- 00:14+		
00:07#	00:26# 00:13# 00:27# 00:01+ 00:12# 00:05+ 00:58# 00:11# 00:31# 00:35# 00:05# 00:42# 00:07- 00:04# 00:03# 00:06+ 00:07- 00:39- 00:02#		
5	Sveinung Svebestad	878	25:40
00:46+	01:50+ 02:57+ 05:18+ 07:08+ 08:41+ 10:18+ 11:30+ 12:19+ 13:43+ 16:10+ 16:35+ 18:48+ 20:21+ 20:46+ 21:12+ 22:30+ 23:39+ 25:23+ 25:40+		
00:46+	01:04+ 01:07+ 02:21+ 01:50+ 01:33+ 01:37+ 01:12+ 00:49+ 01:24+ 02:27+ 00:25+ 02:13+ 01:33- 00:25+ 00:26+ 01:18+ 01:09+ 01:44- 00:17+		
00:13#	00:24# 00:06+ 00:31# 00:09+ 00:31# 00:16# 00:22# 00:27# 00:26# 00:28# 00:04# 00:23# 00:02- 00:08# 00:09# 00:12# 00:05+ 00:29- 00:05#		
6	Ivar Knutsen	1683	25:56
00:45+	02:17+ 03:30+ 06:06+ 08:03+ 09:26+ 11:09+ 12:53+ 13:28+ 14:45+ 17:05+ 17:39+ 19:30+ 21:04+ 21:21+ 21:43+ 23:07+ 24:00+ 25:41+ 25:56+		
00:45+	01:32+ 01:13+ 02:36+ 01:57+ 01:23+ 01:43+ 01:44+ 00:35+ 01:17+ 02:20+ 00:34+ 01:51+ 01:34- 00:17= 00:22+ 01:24+ 00:53- 01:41- 00:15+		
00:12#	00:52# 00:12# 00:46# 00:16# 00:21# 00:22# 00:54# 00:13# 00:19# 00:21# 00:13# 00:01+ 00:01- 00:00= 00:05# 00:18# 00:11- 00:32- 00:03#		
7	Espen Krogh	793	27:21
00:30-	03:39+ 05:04+ 07:16+ 08:51+ 10:05+ 11:30+ 13:58+ 14:21+ 15:24+ 18:30+ 19:29+ 19:46+ 21:48+ 23:09+ 23:26+ 23:45+ 25:00+ 25:44+ 27:07+ 27:21+		
00:30-	03:09+ 01:25+ 02:12+ 01:35- 01:14+ 01:25+ 02:28+ 00:23+ 01:03+ 03:06+ 00:59+ 00:17- 02:02+ 01:21+ 00:17= 00:19- 01:15+ 00:44- 01:23+ 00:14+		
00:03-	02:29# 00:24# 00:22# 00:06- 00:12# 00:04+ 01:38# 00:01+ 00:05+ 01:07# 00:38# 01:33- 00:27# 01:04# 00:00= 00:47- 00:11# 01:29- 01:11# 00:14+		
8	Jan Arendal	1683	28:39
00:51+	02:17+ 03:47+ 06:29+ 08:37+ 10:02+ 11:58+ 13:05+ 13:36+ 15:05+ 18:03+ 18:31+ 21:12+ 22:54+ 23:18+ 23:48+ 25:27+ 26:28+ 28:17+ 28:39+		
00:51+	01:26+ 01:30+ 02:42+ 02:08+ 01:25+ 01:56+ 01:07+ 00:31+ 01:29+ 02:58+ 00:28+ 02:41+ 01:42+ 00:24+ 00:30+ 01:39+ 01:01- 01:49- 00:22+		
00:18#	00:46# 00:29# 00:52# 00:27# 00:23# 00:35# 00:17# 00:09# 00:31# 00:52# 00:07# 00:51# 00:07+ 00:07# 00:13# 00:33# 00:03- 00:24- 00:10#		
9	Sverre Magnar Nordal	1683	31:34
00:49+	02:13+ 04:05+ 06:40+ 08:45+ 11:43+ 13:49+ 15:27+ 16:40+ 18:06+ 20:36+ 21:13+ 23:47+ 26:23+ 26:39+ 27:01+ 28:20+ 29:22+ 31:15+ 31:34+		
00:49+	01:24+ 01:52+ 02:35+ 02:05+ 02:58+ 02:06+ 01:38+ 01:13+ 01:26+ 02:30+ 00:37+ 02:34+ 02:36+ 00:16- 00:22+ 01:19+ 01:02- 01:53- 00:19+		
00:16#	00:44# 00:51# 00:45# 00:24# 01:56# 00:45# 00:48# 00:51# 00:28# 00:31# 00:16# 00:44# 01:01# 00:01- 00:05# 00:13# 00:02- 00:20- 00:07#		
10	Arnstein Skretting	3529	33:52
01:02+	02:26+ 03:49+ 06:23+ 08:17+ 09:44+ 11:33+ 14:11+ 14:47+ 16:31+ 21:00+ 23:03+ 23:33+ 25:57+ 28:11+ 28:31+ 29:01+ 30:35+ 31:34+ 33:30+ 33:52+		
01:02+	01:24+ 01:23+ 02:34+ 01:54+ 01:27+ 01:49+ 02:38+ 00:36+ 01:44+ 04:29+ 02:03+ 00:30- 02:24+ 02:14+ 00:20+ 00:30- 01:34+ 00:59- 01:56+ 00:22+		
00:29#	00:44# 00:22# 00:44# 00:13# 00:25# 00:28# 01:48# 00:14# 00:46# 02:30# 01:42# 01:20- 00:49# 01:57# 00:03# 00:36- 00:30# 01:14- 01:44# 00:22+		
11	Ernst Kristensen	1683	34:45
01:07+	03:07+ 04:18+ 06:59+ 09:08+ 11:26+ 13:17+ 15:21+ 15:50+ 17:41+ 21:52+ 22:25+ 25:27+ 27:35+ 28:48+ 29:18+ 30:43+ 31:41+ 34:27+ 34:45+		
01:07+	02:00+ 01:11+ 02:41+ 02:09+ 02:18+ 01:51+ 02:04+ 00:29+ 01:51+ 04:11+ 00:33+ 03:02+ 02:08+ 01:13+ 00:30+ 01:25+ 00:58- 02:46+ 00:18+		
00:34#	01:20# 00:10# 00:51# 00:28# 01:16# 00:30# 01:14# 00:07# 00:53# 02:12# 00:12# 01:12# 00:33# 00:56# 00:13# 00:19# 00:06- 00:33# 00:06#		
12	Per Kolbein Tonstad	3507	35:02
01:02+	02:33+ 03:51+ 06:15+ 08:17+ 10:47+ 13:03+ 15:20+ 15:53+ 17:42+ 21:12+ 21:50+ 24:51+ 26:35+ 26:55+ 27:30+ 29:37+ 30:33+ 34:41+ 35:02+		
01:02+	01:31+ 01:18+ 02:24+ 02:02+ 02:30+ 02:16+ 02:17+ 00:33+ 01:49+ 03:30+ 00:38+ 03:01+ 01:44+ 00:20+ 00:35+ 02:07+ 00:56- 04:08+ 00:21+		
00:29#	00:51# 00:17# 00:34# 00:21# 01:28# 00:55# 01:27# 00:11# 00:51# 01:31# 00:17# 01:11# 00:09+ 00:03# 00:18# 01:01# 00:08- 01:55# 00:09#		
13	Steinar Barmen	722	35:50
01:10+	03:08+ 04:38+ 07:09+ 09:17+ 10:56+ 12:47+ 14:09+ 14:55+ 17:37+ 21:23+ 21:54+ 24:11+ 26:11+ 27:55+ 28:17+ 32:46+ 33:49+ 35:32+ 35:50+		
01:10+	01:58+ 01:30+ 02:31+ 02:08+ 01:39+ 01:51+ 01:22+ 00:46+ 02:42+ 03:46+ 00:31+ 02:17+ 02:00+ 01:44+ 00:22+ 04:29+ 01:03- 01:43- 00:18+		
00:37#	01:18# 00:29# 00:41# 00:27# 00:37# 00:30# 00:32# 00:24# 01:44# 01:47# 00:10# 00:27# 00:25# 01:27# 00:05# 03:23# 00:01- 00:30- 00:06#		
14	Tore Karlsen	722	38:59
01:26+	06:40+ 08:06+ 10:32+ 12:31+ 14:11+ 17:36+ 19:39+ 20:11+ 21:50+ 24:29+ 25:11+ 28:33+ 31:11+ 32:02+ 32:28+ 35:44+ 36:38+ 38:42+ 38:59+		
01:26+	05:14+ 01:26+ 02:26+ 01:59+ 01:40+ 03:25+ 02:03+ 00:32+ 01:39+ 02:39+ 00:42+ 03:22+ 02:38+ 00:51+ 00:26+ 03:16+ 00:54- 02:04- 00:17+		
00:53#	04:34# 00:25# 00:36# 00:18# 00:38# 02:04# 01:13# 00:10# 00:41# 00:40# 00:21# 01:32# 01:03# 00:34# 00:09# 02:10# 00:10- 00:09- 00:05#		

H65

15 Rolf Kleppe

3524

45:21

01:07+	03:38+	05:09+	08:54+	11:32+	13:36+	17:29+	19:28+	20:06+	22:07+	25:36+	26:29+	30:34+	33:33+	33:58+	34:30+	37:00+	42:45+	45:04+	45:21+
01:07+	02:31+	01:31+	03:45+	02:38+	02:04+	03:53+	01:59+	00:38+	02:01+	03:29+	00:53+	04:05+	02:59+	00:25+	00:32+	02:30+	05:45+	02:19+	00:17+
00:34@	01:51@	00:30&	01:55@	00:57&	01:02&	02:32@	01:09@	00:16&	01:03@	01:30&	00:32@	02:15@	01:24&	00:08&	00:15&	01:24@	04:41@	00:06+	00:05&

Beste strekktid for klassen

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

H70

1 Arne Kristian Espedal

874

19:36

00:37=	01:25=	03:15=	04:51=	06:11=	07:03=	08:22=	09:12=	09:39=	10:45=	12:21=	12:41=	14:12=	15:46=	16:06=	16:22=	17:24=	18:06=	19:23=	19:36=
00:37=	00:48=	01:50=	01:36=	01:20=	00:52=	01:19=	00:50=	00:27=	01:06=	01:36=	00:20=	01:31=	01:34=	00:20=	00:16=	01:02=	00:42=	01:17=	00:13=
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=	00:00=

2 Bjørn Martin Alsaker

3530

20:10

00:38+	01:30+	02:32-	04:32-	06:09-	07:09+	08:31+	09:20+	09:40+	10:54+	12:50+	13:09+	14:48+	16:02+	16:22+	16:40+	17:48+	18:40+	19:57+	20:10+
00:38+	00:52+	01:02-	02:00+	01:37+	01:00+	01:22+	00:49-	00:20-	01:14+	01:56+	00:19-	01:39+	01:14-	00:20=	00:18+	01:08+	00:52+	01:17=	00:13=
00:01+	00:04+	00:48-	00:24#	00:17#	00:08#	00:03+	00:01-	00:07-	00:08#	00:20#	00:01-	00:08+	00:20-	00:00=	00:02#	00:06+	00:10#	00:00=	00:00=

3 Jan Hetland

3502

23:44

00:47+	01:51+	02:54-	05:14+	06:56+	08:08+	09:31+	11:27+	11:58+	13:32+	15:47+	16:10+	17:52+	19:15+	19:32+	19:52+	21:07+	22:02+	23:32+	23:44+
00:47+	01:04+	01:03-	02:20+	01:42+	01:12+	01:23+	01:56+	00:31+	01:34+	02:15+	00:23+	01:42+	01:23-	00:17-	00:20+	01:15+	00:55+	01:30+	00:12-
00:10&	00:16&	00:47-	00:44&	00:22&	00:20&	00:04+	01:06@	00:04#	00:28&	00:39&	00:03#	00:11#	00:11-	00:03-	00:04#	00:13#	00:13&	00:13#	00:01-

4 Harry Breiland

3507

25:20

00:46+	01:46+	02:55-	04:55+	06:42+	07:36+	09:19+	11:23+	12:01+	13:20+	16:49+	17:36+	19:28+	20:46+	21:11+	21:34+	22:44+	23:33+	25:05+	25:20+
00:46+	01:00+	01:09-	02:00+	01:47+	00:54+	01:43+	02:04+	00:38+	01:19+	03:29+	00:47+	01:52+	01:18-	00:25+	00:23+	01:10+	00:49+	01:32+	00:15+
00:09#	00:12#	00:41-	00:24#	00:27&	00:02+	00:24&	01:14@	00:11&	00:13#	01:53@	00:27@	00:21#	00:16-	00:05#	00:07&	00:08#	00:07#	00:15#	00:02#

5 Bjarne Gimre

1830

27:57

00:49+	01:51+	03:20+	06:08+	08:03+	09:14+	11:04+	12:01+	13:46+	15:29+	18:11+	18:45+	21:03+	22:43+	23:02+	23:30+	24:57+	25:54+	27:39+	27:57+
00:49+	01:02+	01:29-	02:48+	01:55+	01:11+	01:50+	00:57+	01:45+	01:43+	02:42+	00:34+	02:18+	01:40+	00:19-	00:28+	01:27+	00:57+	01:45+	00:18+
00:12&	00:14&	00:21-	01:12&	00:35&	00:19&	00:31&	00:07#	01:18@	00:37&	01:06&	00:14&	00:47&	00:06+	00:01-	00:12&	00:25&	00:15&	00:28&	00:05&

6 Eivind Lars Rake

892

30:20

00:50+	02:09+	03:36+	06:00+	08:13+	10:02+	11:53+	13:06+	13:36+	15:00+	17:41+	18:17+	18:47+	21:16+	23:07+	23:30+	24:00+	27:09+	28:15+	30:05+	30:20+
00:50+	01:19+	01:27-	02:24+	02:13+	01:49+	01:51+	01:13+	00:30+	01:24+	02:41+	00:36+	00:30-	02:29+	01:51+	00:23+	00:30-	03:09+	01:06-	01:50+	00:15+
00:13&	00:31&	00:23-	00:48&	00:53&	00:57@	00:32&	00:23&	00:03#	00:18&	01:05&	00:16&	01:01-	00:55&	01:31@	00:07&	00:32-	02:27@	00:11-	01:37@	00:15+

7 Leif Kåre Lende

879

30:58

00:38+	02:22+	04:54+	07:56+	10:04+	13:11+	14:51+	15:51+	16:23+	17:38+	19:57+	20:33+	23:06+	25:28+	25:46+	26:12+	27:32+	28:29+	30:43+	30:58+
00:38+	01:44+	02:32+	03:02+	02:08+	03:07+	01:40+	01:00+	00:32+	01:15+	02:19+	00:36+	02:33+	02:22+	00:18-	00:26+	01:20+	00:57+	02:14+	00:15+
00:01+	00:56@	00:42&	01:26&	00:48&	02:15@	00:21&	00:10#	00:05#	00:09#	00:43&	00:16&	01:02&	00:48&	00:02-	00:10&	00:18&	00:15&	00:57&	00:02#

8 Per Marthon Møland

880

31:30

01:06+	02:16+	03:41+	06:58+	08:59+	10:25+	12:18+	14:01+	14:27+	16:03+	18:46+	19:24+	23:09+	25:28+	25:47+	26:10+	27:40+	28:46+	31:09+	31:30+
01:06+	01:10+	01:25-	03:17+	02:01+	01:26+	01:53+	01:43+	00:26-	01:36+	02:43+	00:38+	03:45+	02:19+	00:19-	00:23+	01:30+	01:06+	02:23+	00:21+
00:29&	00:22&	00:25-	01:41@	00:41&	00:34&	00:34&	00:53@	00:01-	00:30&	01:07&	00:18&	02:14@	00:45&	00:01-	00:07&	00:28&	00:24&	01:06&	00:08&

9 Bjørn Bjelland

3541

31:35

00:51+	02:28+	03:50+	06:43+	08:35+	11:00+	12:38+	15:57+	16:24+	18:04+	20:37+	21:06+	23:57+	25:37+	25:59+	26:19+	27:48+	28:47+	31:17+	31:35+
00:51+	01:37+	01:22-	02:53+	01:52+	02:25+	01:38+	03:19+	00:27=	01:40+	02:33+	00:29+	02:51+	01:40+	00:22+	00:20+	01:29+	00:59+	02:30+	00:18+
00:14&	00:49@	00:28-	01:17&	00:32&	01:33@	00:19#	02:29@	00:00=	00:34&	00:57&	00:09&	01:20&	00:06+	00:02#	00:04#	00:27&	00:17&	01:13&	00:05&

10 Ragnvald Frøyland

879

33:40

03:31+	04:42+	06:05+	08:43+	12:27+	13:53+	16:14+	17:37+	18:14+	19:35+	22:34+	23:00+	26:18+	28:11+	28:29+	28:52+	30:28+	31:35+	33:24+	33:40+
03:31+	01:11+	01:23-	02:38+	03:44+	01:26+	02:21+	01:23+	00:37+	01:21+	02:59+	00:26+	03:18+	01:53+	00:18-	00:23+	01:36+	01:07+	01:49+	00:16+
02:54@	00:23&	00:27-	01:02&	02:24@	00:34&	01:02&	00:33&	00:10&	00:15#	01:23&	00:06&	01:47@	00:19#	00:02-	00:07&	00:34&	00:25&	00:32&	00:03#

11 Tore Romon Tvedt

3518

34:42

00:56+	02:18+	03:47+	07:03+	09:27+	10:47+	13:02+	14:56+	15:28+	17:17+	20:27+	20:58+	24:42+	27:46+	28:16+	28:44+	29:47+	31:09+	32:03+	34:22+	34:42+
00:56+	01:22+	01:29-	03:16+	02:24+	01:20+	02:15+	01:54+	00:32+	01:49+	03:10+	00:31+	03:44+	03:04+	00:30+	00:28+	01:03+	01:22+	00:54-	02:19+	00:20+
00:19&	00:34&	00:21-	01:40@	01:04&	00:28&	00:56&	01:04@	00:05#	00:43&	01:34&	00:11&	02:13@	01:30&	00:10&	00:12&	00:01+	00:40&	00:23-	02:06@	00:20+

Class	Navn	Klasse	Tid
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H70

12	Lars Tore Kvasheim	793	35:48																
01:11+	03:42+	05:05+	08:16+	10:28+	11:54+	14:13+	16:25+	17:08+	18:59+	21:54+	22:27+	26:16+	28:41+	29:16+	30:04+	31:58+	33:08+	35:29+	35:48+
01:11+	02:31+	01:23-	03:11+	02:12+	01:26+	02:19+	02:12+	00:43+	01:51+	02:55+	00:33+	03:49+	02:25+	00:35+	00:48+	01:54+	01:10+	02:21+	00:19+
00:34&	01:43@	00:27-	01:35&	00:52&	00:34&	01:00&	01:22@	00:16&	00:45&	01:19&	00:13&	02:18@	00:51&	00:15&	00:32@	00:52&	00:28&	01:04&	00:06&
13	Bjørn Vidar Gunvaldsen	3502	40:09																
04:48+	06:05+	07:35+	10:21+	12:22+	14:12+	16:26+	18:08+	18:45+	22:00+	25:10+	25:41+	28:40+	31:43+	32:06+	32:29+	36:31+	37:51+	39:50+	40:09+
04:48+	01:17+	01:30+	02:46+	02:01+	01:50+	02:14+	01:42+	00:37+	03:15+	03:10+	00:31+	02:59+	03:03+	00:23+	00:23+	04:02+	01:20+	01:59+	00:19+
04:48+	01:17+	01:30+	02:46+	02:01+	01:50+	02:14+	01:42+	00:37+	03:15+	03:10+	00:31+	02:59+	03:03+	00:23+	00:23+	04:02+	01:20+	01:59+	00:19+
14	Tom Hetland	880	43:08																
00:46+	05:01+	06:14+	08:59+	10:55+	13:41+	22:22+	23:20+	24:26+	26:18+	29:50+	30:36+	34:05+	38:16+	38:41+	39:04+	40:27+	41:19+	42:54+	43:08+
00:46+	04:15+	01:13+	02:45+	01:56+	02:46+	08:41+	00:58+	01:06+	01:52+	03:32+	00:46+	03:29+	04:11+	00:25+	00:23+	01:23+	00:52+	01:35+	00:14+
00:46+	04:15+	01:13+	02:45+	01:56+	02:46+	08:41+	00:58+	01:06+	01:52+	03:32+	00:46+	03:29+	04:11+	00:25+	00:23+	01:23+	00:52+	01:35+	00:14+
15	Rune Inge Olsen	1884	1:04:37																
00:53+	02:12+	05:51+	14:35+	16:48+	24:41+	27:19+	36:20+	37:01+	39:46+	42:51+	43:21+	49:03+	50:58+	51:33+	52:08+	54:49+	59:33+	64:15+	64:37+
00:53+	01:19+	03:39+	08:44+	02:13+	07:53+	02:38+	09:01+	00:41+	02:45+	03:05+	00:30+	05:42+	01:55+	00:35+	00:35+	02:41+	04:44+	04:42+	00:22+
00:53+	01:19+	03:39+	08:44+	02:13+	07:53+	02:38+	09:01+	00:41+	02:45+	03:05+	00:30+	05:42+	01:55+	00:35+	00:35+	02:41+	04:44+	04:42+	00:22+

Beste strekktid for klassen

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

H75

1	Asgeir Bell	896	17:20																
00:21=	01:01=	01:33=	02:03=	03:08=	04:29=	05:40=	07:30=	08:10=	10:14=	10:44=	12:25=	12:41=	12:55=	14:33=	15:16=	17:01=	17:20=		
00:21=	00:40=	00:32=	00:30=	01:05=	01:21=	01:11=	01:50=	00:40=	02:04=	00:30=	01:41=	00:16=	00:14=	01:38=	00:43=	01:45=	00:19=		
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	Arne Østensen	3518	19:38																
00:26+	01:18+	01:53+	02:46+	03:55+	05:11+	06:58+	08:41+	09:29+	11:26+	11:55+	13:35+	14:22+	14:35+	16:31+	17:15+	19:07+	19:38+		
00:26+	00:52+	00:35+	00:53+	01:09+	01:16-	01:47+	01:43-	00:48+	01:57-	00:29-	01:40-	00:47+	00:13-	01:56+	00:44+	01:52+	00:31+		
00:05#	00:12&	00:03+	00:23&	00:04+	00:05-	00:36&	00:07-	00:08#	00:07-	00:01-	00:01-	00:31@	00:01-	00:18#	00:01+	00:07+	00:12&		
3	Paul Andreas Paulsen	896	20:05																
00:27+	01:52+	02:35+	03:23+	04:43+	06:08+	07:36+	09:27+	10:14+	12:26+	13:01+	14:51+	15:09+	15:26+	17:13+	17:54+	19:49+	20:05+		
00:27+	01:25+	00:43+	00:48+	01:20+	01:25+	01:28+	01:51+	00:47+	02:12+	00:35+	01:50+	00:18+	00:17+	01:47+	00:41-	01:55+	00:16-		
00:06&	00:45@	00:11&	00:18&	00:15#	00:04+	00:17#	00:01+	00:07#	00:08+	00:05#	00:09+	00:02#	00:03#	00:09+	00:02-	00:10+	00:03-		
4	Finn-Morten Årstad	3530	20:49																
00:21=	01:08+	01:48+	02:24+	03:29+	05:11+	06:45+	08:43+	09:34+	12:40+	13:12+	15:38+	15:54+	16:11+	18:04+	18:51+	20:34+	20:49+		
00:21=	00:47+	00:40+	00:36+	01:05=	01:42+	01:34+	01:58+	00:51+	03:06+	00:32+	02:26+	00:16=	00:17+	01:53+	00:47+	01:43-	00:15-		
00:00=	00:07#	00:08#	00:06#	00:00=	00:21&	00:23&	00:08+	00:11&	01:02&	00:02+	00:45&	00:00=	00:03#	00:15#	00:04+	00:02-	00:04-		
5	Leif Gunnar Wikene	1832	21:57																
00:27+	01:15+	01:57+	02:49+	04:32+	05:49+	08:00+	09:53+	10:40+	12:40+	13:19+	15:17+	15:34+	15:49+	18:40+	19:26+	21:36+	21:57+		
00:27+	00:48+	00:42+	00:52+	01:43+	01:17-	02:11+	01:53+	00:47+	02:00-	00:39+	01:58+	00:17+	00:15+	02:51+	00:46+	02:10+	00:21+		
00:06&	00:08#	00:10&	00:22&	00:38&	00:04-	01:00&	00:03+	00:07#	00:04-	00:09&	00:17#	00:01+	00:01+	01:13&	00:03+	00:25#	00:02#		
6	Olav A. Hognestad	892	23:03																
00:27+	01:49+	02:25+	02:56+	04:06+	05:28+	06:37+	08:18+	09:18+	11:51+	12:16+	14:59+	15:21+	15:36+	19:26+	20:10+	22:47+	23:03+		
00:27+	01:22+	00:36+	00:31+	01:10+	01:22+	01:09-	01:41-	01:00+	02:33+	00:25-	02:43+	00:22+	00:15+	03:50+	00:44+	02:37+	00:16-		
00:06&	00:42@	00:04#	00:01+	00:05+	00:01+	00:02-	00:09-	00:20&	00:29#	00:05-	01:02&	00:06&	00:01+	02:12@	00:01+	00:52&	00:03-		
7	Hans Klausen	769	23:32																
00:20-	01:19+	02:06+	02:50+	04:27+	06:02+	07:37+	09:35+	10:27+	12:23+	13:32+	14:01+	17:17+	17:35+	17:51+	20:07+	21:01+	23:18+	23:32+	
00:20-	00:59+	00:47+	00:44+	01:37+	01:35+	01:35+	01:58+	00:52+	01:56-	01:09+	00:29-	03:16+	00:18+	00:16-	02:16+	00:54-	02:17+	00:14+	
00:01-	00:19&	00:15&	00:14&	00:32&	00:14#	00:24&	00:08+	00:12&	00:08-	00:39@	01:12-	03:00@	00:04&	01:22-	01:33@	00:51-	01:58@	00:14+	
8	Gudmund Gausel	1508	23:33																
00:30+	02:01+	02:45+	03:25+	04:57+	06:27+	08:53+	10:51+	11:43+	14:02+	14:30+	17:11+	17:38+	17:57+	20:04+	21:01+	23:11+	23:33+		
00:30+	01:31+	00:44+	00:40+	01:32+	01:30+	02:26+	01:58+	00:52+	02:19+	00:28-	02:41+	00:27+	00:19+	02:07+	00:57+	02:10+	00:22+		
00:09&	00:51@	00:12&	00:10&	00:27&	00:09#	01:15@	00:08+	00:12&	00:15#	00:02-	01:00&	00:11&	00:05&	00:29&	00:14&	00:25#	00:03#		

H75

9	Jostein Tunheim	1683															24:33	
00:20-	01:38+	02:26+	03:09+	03:56+	05:14+	06:41+	11:16+	13:07+	13:53+	16:29+	17:06+	18:54+	19:51+	20:04+	21:41+	22:40+	24:17+	24:33+
00:20-	01:18+	00:48+	00:43+	00:47-	01:18-	01:27+	04:35+	01:51+	00:46-	02:36+	00:37-	01:48+	00:57+	00:13-	01:37+	00:59-	01:37+	00:16+
00:01-	00:38&	00:16&	00:13&	00:18-	00:03-	00:16#	02:45@	01:11@	01:18-	02:06@	01:04-	01:32@	00:43@	01:25-	00:54@	00:46-	01:18@	00:16+
10	Ole Auklend	885															26:11	
00:28+	02:35+	03:22+	04:11+	05:38+	07:15+	08:40+	10:41+	11:28+	13:52+	14:32+	16:46+	17:35+	17:47+	21:50+	23:05+	25:51+	26:11+	
00:28+	02:07+	00:47+	00:49+	01:27+	01:37+	01:25+	02:01+	00:47+	02:24+	00:40+	02:14+	00:49+	00:12+	04:03+	01:15+	02:46+	00:20+	
00:28+	02:07+	00:47+	00:49+	01:27+	01:37+	01:25+	02:01+	00:47+	02:24+	00:40+	02:14+	00:49+	00:12+	04:03+	01:15+	02:46+	00:20+	
11	Norvald Skretting	1832															26:18	
00:29+	01:26+	02:07+	03:02+	05:56+	07:32+	09:37+	11:29+	12:17+	14:10+	14:58+	18:18+	19:37+	19:56+	22:38+	23:48+	25:57+	26:18+	
00:29+	00:57+	00:41+	00:55+	02:54+	01:36+	02:05+	01:52+	00:48+	01:53+	00:48+	03:20+	01:19+	00:19+	02:42+	01:10+	02:09+	00:21+	
00:29+	00:57+	00:41+	00:55+	02:54+	01:36+	02:05+	01:52+	00:48+	01:53+	00:48+	03:20+	01:19+	00:19+	02:42+	01:10+	02:09+	00:21+	
12	Sverre Uhlving	722															27:21	
00:34+	01:47+	02:48+	04:35+	07:07+	08:46+	11:28+	13:46+	14:36+	17:00+	17:48+	20:29+	20:57+	21:16+	23:46+	24:52+	26:57+	27:21+	
00:34+	01:13+	01:01+	01:47+	02:32+	01:39+	02:42+	02:18+	00:50+	02:24+	00:48+	02:41+	00:28+	00:19+	02:30+	01:06+	02:05+	00:24+	
00:34+	01:13+	01:01+	01:47+	02:32+	01:39+	02:42+	02:18+	00:50+	02:24+	00:48+	02:41+	00:28+	00:19+	02:30+	01:06+	02:05+	00:24+	
13	Kjell-Ingar Olsen	1119															30:00	
00:38+	01:35+	02:23+	03:20+	04:48+	06:28+	08:23+	10:27+	11:18+	14:01+	18:25+	21:16+	21:32+	21:53+	26:23+	27:14+	29:41+	30:00+	
00:38+	00:57+	00:48+	00:57+	01:28+	01:40+	01:55+	02:04+	00:51+	02:43+	04:24+	02:51+	00:16+	00:21+	04:30+	00:51+	02:27+	00:19+	
00:38+	00:57+	00:48+	00:57+	01:28+	01:40+	01:55+	02:04+	00:51+	02:43+	04:24+	02:51+	00:16+	00:21+	04:30+	00:51+	02:27+	00:19+	

Beste strekktid for klassen

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

H80

1	Hermann Skogsholm	1754															19:36	
01:18=	01:54=	02:43=	05:09=	06:46=	08:44=	09:07=	10:54=	11:33=	11:56=	13:07=	13:22=	14:11=	15:10=	16:11=	16:57=	18:14=	19:18=	19:36=
01:18=	00:36=	00:49=	02:26=	01:37=	01:58=	00:23=	01:47=	00:39=	00:23=	01:11=	00:15=	00:49=	00:59=	01:01=	00:46=	01:17=	01:04=	00:18=
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	Øyvind Egeskog	880															21:58	
01:21+	02:03+	02:50+	05:20+	07:03+	09:06+	09:34+	11:20+	11:57+	12:18+	13:20+	13:34+	15:25+	16:26+	18:43+	19:29+	20:31+	21:41+	21:58+
01:21+	00:42+	00:47-	02:30+	01:43+	02:03+	00:28+	01:46-	00:37-	00:21-	01:02-	00:14-	01:51+	01:01+	02:17+	00:46=	01:02-	01:10+	00:17-
00:03+	00:06#	00:02-	00:04+	00:06+	00:05+	00:05#	00:01-	00:02-	00:02-	00:09-	00:01-	01:02@	00:02+	01:16@	00:00=	00:15-	00:06+	00:01-
3	Svein Glendrange	874															22:55	
01:40+	02:35+	03:35+	06:16+	08:09+	10:18+	10:49+	12:59+	13:44+	14:13+	15:30+	15:46+	16:48+	17:59+	19:09+	20:03+	21:16+	22:31+	22:55+
01:40+	00:55+	01:00+	02:41+	01:53+	02:09+	00:31+	02:10+	00:45+	00:29+	01:17+	00:16+	01:02+	01:11+	01:10+	00:54+	01:13-	01:15+	00:24+
00:22&	00:19&	00:11#	00:15#	00:16#	00:11+	00:08&	00:23#	00:06#	00:06&	00:06+	00:01+	00:13&	00:12#	00:09#	00:08#	00:04-	00:11#	00:06&
4	Steinar Undheim	3529															23:28	
01:28+	02:09+	03:07+	05:41+	07:22+	09:25+	09:52+	12:02+	12:41+	13:09+	14:26+	14:50+	15:51+	16:55+	20:00+	20:57+	22:05+	23:08+	23:28+
01:28+	00:41+	00:58+	02:34+	01:41+	02:03+	00:27+	02:10+	00:39=	00:28+	01:17+	00:24+	01:01+	01:04+	03:05+	00:57+	01:08-	01:03-	00:20+
00:10#	00:05#	00:09#	00:08+	00:04+	00:05+	00:04#	00:23#	00:00=	00:05#	00:06+	00:09&	00:12#	00:05+	02:04@	00:11#	00:09-	00:01-	00:02#
5	Alf Gyland	892															25:00	
01:15-	01:53-	03:05+	06:25+	08:30+	10:46+	11:22+	13:23+	14:18+	14:46+	15:57+	16:25+	18:29+	19:48+	20:48+	21:44+	23:02+	24:23+	25:00+
01:15-	00:38+	01:12+	03:20+	02:05+	02:16+	00:36+	02:01+	00:55+	00:28+	01:11=	00:28+	02:04+	01:19+	01:00-	00:56+	01:18+	01:21+	00:37+
00:03-	00:02+	00:23&	00:54&	00:28&	00:18#	00:13&	00:14#	00:16&	00:05#	00:00=	00:13&	01:15@	00:20&	00:01-	00:10#	00:01+	00:17&	00:19@
6	Terje Braut	892															25:43	
01:21+	02:09+	03:25+	06:12+	08:10+	10:25+	11:03+	13:16+	14:16+	14:58+	16:20+	16:40+	17:47+	18:55+	22:29+	23:14+	24:19+	25:27+	25:43+
01:21+	00:48+	01:16+	02:47+	01:58+	02:15+	00:38+	02:13+	01:00+	00:42+	01:22+	00:20+	01:07+	01:08+	03:34+	00:45-	01:05-	01:08+	00:16-
00:03+	00:12&	00:27&	00:21#	00:21#	00:17#	00:15&	00:26#	00:21&	00:19&	00:11#	00:05&	00:18&	00:09#	02:33@	00:01-	00:12-	00:04+	00:02-
7	Sigurd Krosli	1884															26:04	
02:13+	03:07+	04:16+	07:14+	09:18+	11:53+	12:41+	15:21+	16:04+	16:42+	18:02+	18:33+	19:54+	20:59+	22:19+	23:21+	24:28+	25:46+	26:04+
02:13+	00:54+	01:09+	02:58+	02:04+	02:35+	00:48+	02:40+	00:43+	00:38+	01:20+	00:31+	01:21+	01:05+	01:20+	01:02+	01:07-	01:18+	00:18=
00:55&	00:18&	00:20&	00:32#	00:27&	00:37&	00:25@	00:53&	00:04#	00:15&	00:09#	00:16@	00:32&	00:06#	00:19&	00:16&	00:10-	00:14#	00:00=

H80

8	Kjell Langvik	1884	26:24																
01:25+	02:09+	03:17+	06:10+	08:25+	11:06+	11:51+	14:55+	15:40+	16:05+	17:07+	17:33+	19:19+	20:24+	22:14+	23:36+	24:49+	26:04+	26:24+	
01:25+	00:44+	01:08+	02:53+	02:15+	02:41+	00:45+	03:04+	00:45+	00:25+	01:02-	00:26+	01:46+	01:05+	01:50+	01:22+	01:13-	01:15+	00:20+	
00:07+	00:08#	00:19&	00:27#	00:38&	00:43&	00:22&	01:17&	00:06#	00:02+	00:09-	00:11&	00:57@	00:06#	00:49&	00:36&	00:04-	00:11#	00:02#	
9	Jan A. Bekkeheien	892	27:03																
02:02+	02:48+	04:02+	07:03+	09:14+	12:03+	12:42+	15:22+	16:07+	16:36+	18:08+	19:23+	20:35+	21:55+	23:00+	23:56+	25:08+	26:30+	27:03+	
02:02+	00:46+	01:14+	03:01+	02:11+	02:49+	00:39+	02:40+	00:45+	00:29+	01:32+	01:15+	01:12+	01:20+	01:05+	00:56+	01:12+	01:22+	00:33+	
02:02+	00:46+	01:14+	03:01+	02:11+	02:49+	00:39+	02:40+	00:45+	00:29+	01:32+	01:15+	01:12+	01:20+	01:05+	00:56+	01:12+	01:22+	00:33+	
10	Geir Husdal	1884	27:25																
01:35+	02:13+	03:05+	05:35+	07:23+	09:21+	09:50+	11:43+	12:21+	13:41+	14:56+	16:21+	16:38+	18:08+	19:01+	24:09+	25:05+	26:06+	27:06+	27:25+
01:35+	00:38+	00:52+	02:30+	01:48+	01:58+	00:29+	01:53+	00:38+	01:20+	01:15+	01:25+	00:17+	01:30+	00:53+	05:08+	00:56+	01:01+	01:00+	00:19+
01:35+	00:38+	00:52+	02:30+	01:48+	01:58+	00:29+	01:53+	00:38+	01:20+	01:15+	01:25+	00:17+	01:30+	00:53+	05:08+	00:56+	01:01+	01:00+	00:19+
11	Tormod Aaslid	3529	31:50																
02:23+	03:32+	05:12+	08:35+	10:37+	13:20+	14:06+	17:23+	18:18+	18:45+	21:55+	22:26+	23:49+	25:10+	26:46+	28:12+	29:39+	31:24+	31:50+	
02:23+	01:09+	01:40+	03:23+	02:02+	02:43+	00:46+	03:17+	00:55+	00:27+	03:10+	00:31+	01:23+	01:21+	01:36+	01:26+	01:27+	01:45+	00:26+	
02:23+	01:09+	01:40+	03:23+	02:02+	02:43+	00:46+	03:17+	00:55+	00:27+	03:10+	00:31+	01:23+	01:21+	01:36+	01:26+	01:27+	01:45+	00:26+	
12	Arne Brandsberg	3502	35:22																
01:59+	03:03+	04:16+	10:09+	12:30+	17:47+	18:31+	21:13+	22:14+	23:28+	24:58+	25:36+	26:58+	28:26+	30:11+	31:29+	33:13+	34:51+	35:22+	
01:59+	01:04+	01:13+	05:53+	02:21+	05:17+	00:44+	02:42+	01:01+	01:14+	01:30+	00:38+	01:22+	01:28+	01:45+	01:18+	01:44+	01:38+	00:31+	
01:59+	01:04+	01:13+	05:53+	02:21+	05:17+	00:44+	02:42+	01:01+	01:14+	01:30+	00:38+	01:22+	01:28+	01:45+	01:18+	01:44+	01:38+	00:31+	

Beste strekktid for klassen

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

HA

1	Sven Hatteland	3528	22:07																						
00:10=	00:37=	01:05=	02:22=	03:39=	04:10=	04:41=	04:51=	05:32=	05:41=	05:55=	06:08=	07:25=	08:13=	09:09=	09:23=	09:43=	10:06=	10:36=	10:53=	13:54=	15:38=	16:07=	17:15=	18:55=	20:39=
00:10=	00:27=	00:28=	01:17=	01:17=	00:31=	00:31=	00:10=	00:41=	00:09=	00:14=	00:13=	01:17=	00:48=	00:56=	00:14=	00:20=	00:23=	00:30=	00:17=	03:01=	01:44=	00:29=	01:08=	01:40=	01:44=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
21:55=	22:07=																								
01:16=	00:12=																								
00:00=	00:00=																								
2	Ørjan Ravndal	3522	22:33																						
00:12+	01:07+	01:40+	02:59+	04:13+	04:41+	05:14+	05:23+	05:42+	05:50+	06:04+	06:18+	07:24-	08:06-	08:51-	09:05-	09:26-	09:54-	10:57+	11:49+	14:38+	16:17+	16:47+	17:56+	19:33+	21:07+
00:12+	00:55+	00:33+	01:19+	01:14-	00:28-	00:33+	00:09-	00:19-	00:08-	00:14=	00:14+	01:06-	00:42-	00:45-	00:14=	00:21+	00:28+	01:03+	00:52+	02:49-	01:39-	00:30+	01:09+	01:37-	01:34-
00:02#	00:28@	00:05#	00:02+	00:03-	00:03-	00:02+	00:01-	00:22-	00:01-	00:00=	00:01+	00:11-	00:06-	00:11-	00:00=	00:01+	00:05#	00:33@	00:35@	00:12-	00:05-	00:01+	00:01+	00:03-	00:10-
22:22+	22:33+																								
01:15-	00:11-																								
00:01-	00:01-																								
3	Erik Lima	1832	23:03																						
00:12+	00:38+	01:09+	02:31+	03:53+	04:23+	04:57+	05:15+	05:25-	05:39-	05:53-	07:07+	07:56+	09:03+	09:23+	09:46+	10:12+	11:03+	11:19+	14:21+	16:06+	16:45+	17:57+	19:43+	21:32+	22:53+
00:12+	00:26-	00:31+	01:22+	01:22+	00:30-	00:34+	00:18+	00:10-	00:14+	00:14=	01:14+	00:49-	01:07+	00:20-	00:23+	00:26+	00:51+	00:16-	03:02+	01:45-	00:39-	01:12+	01:46+	01:49+	01:21-
00:02#	00:01-	00:03#	00:05+	00:05+	00:01-	00:03+	00:08&	00:31-	00:05&	00:00=	01:01@	00:28-	00:19&	00:36-	00:09&	00:06&	00:28@	00:14-	02:45@	01:16-	01:05-	00:43@	00:38&	00:09+	00:23-
23:03+																									
00:10-																									
01:06-																									
4	Andreas Terjesen	1832	25:02																						
00:15+	01:34+	02:03+	03:25+	04:53+	05:48+	06:37+	07:18+	07:29+	07:44+	07:57+	09:11+	10:03+	10:55+	11:17+	11:42+	12:13+	13:09+	13:24+	16:33+	18:38+	19:09+	20:18+	22:02+	23:34+	24:52+
00:15+	01:19+	00:29+	01:22+	01:28+	00:58+	00:49+	00:41+	00:11-	00:15+	00:13-	01:14+	00:52-	00:52+	00:22-	00:25+	00:31+	00:56+	00:15-	03:09+	02:05-	00:31-	01:09+	01:44+	01:32-	01:18-
00:05&	00:52@	00:01+	00:05+	00:11#	00:24&	00:18&	00:31@	00:30-	00:06&	00:01-	01:01@	00:25-	00:04+	00:34-	00:11&	00:11&	00:33@	00:15-	02:52@	00:56-	01:13-	00:40@	00:36&	00:08-	00:26-
25:02+																									
00:10-																									
01:06-																									

Pluss	Navn	Klasse	Tid
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HA

5	Martin Blystad	3530	25:13																						
00:13+	00:44+	01:15+	02:41+	04:08+	04:42+	05:23+	06:00+	06:20+	06:36+	06:56+	08:14+	09:17+	10:29+	10:49+	11:34+	12:13+	12:49+	13:12+	16:41+	18:35+	19:08+	20:19+	21:59+	23:38+	25:00+
00:13+	00:31+	00:31+	01:26+	01:27+	00:34+	00:41+	00:37+	00:20-	00:16+	00:20+	01:18+	01:03-	01:12+	00:20-	00:45+	00:39+	00:36+	00:23-	03:29+	01:54-	00:33-	01:11+	01:40+	01:39-	01:22-
00:03&	00:04#	00:03#	00:09#	00:10#	00:03+	00:10&	00:27@	00:21-	00:07&	00:06&	01:05@	00:14-	00:24&	00:36-	00:31@	00:19&	00:13&	00:07-	03:12@	01:07-	01:11-	00:42@	00:32&	00:01-	00:22-
25:13+																									
00:13-																									
01:03-																									

6	Bernhard Haver Vagle	643	26:26																						
00:14+	00:49+	01:29+	02:56+	04:23+	04:58+	05:40+	06:08+	06:22+	06:40+	06:55+	08:14+	09:07+	10:31+	10:59+	11:33+	12:17+	13:00+	13:22+	16:36+	18:58+	19:39+	20:54+	22:46+	24:39+	26:14+
00:14+	00:35+	00:40+	01:27+	01:27+	00:35+	00:42+	00:28+	00:14+	00:18+	00:15+	01:19+	00:53+	01:24+	00:28+	00:34+	00:44+	00:43+	00:22+	03:14+	02:22+	00:41+	01:15+	01:52+	01:53+	01:35+
00:14+	00:35+	00:40+	01:27+	01:27+	00:35+	00:42+	00:28+	00:14+	00:18+	00:15+	01:19+	00:53+	01:24+	00:28+	00:34+	00:44+	00:43+	00:22+	03:14+	02:22+	00:41+	01:15+	01:52+	01:53+	01:35+
26:26+																									
00:12+																									
00:12+																									

7	Håkon Eggebø	1284	27:25																						
00:14+	00:54+	01:22+	02:55+	04:19+	05:08+	05:54+	06:47+	06:58+	07:46+	07:59+	09:17+	10:07+	11:54+	12:14+	12:41+	13:07+	13:57+	14:22+	18:12+	20:11+	20:44+	22:08+	23:56+	25:48+	27:12+
00:14+	00:40+	00:28+	01:33+	01:24+	00:49+	00:46+	00:53+	00:11+	00:48+	00:13+	01:18+	00:50+	01:47+	00:20+	00:27+	00:26+	00:50+	00:25+	03:50+	01:59+	00:33+	01:24+	01:48+	01:52+	01:24+
00:14+	00:40+	00:28+	01:33+	01:24+	00:49+	00:46+	00:53+	00:11+	00:48+	00:13+	01:18+	00:50+	01:47+	00:20+	00:27+	00:26+	00:50+	00:25+	03:50+	01:59+	00:33+	01:24+	01:48+	01:52+	01:24+
27:25+																									
00:13+																									
00:13+																									

8	Ole Morten Haaland	3528	28:07																						
00:26+	01:20+	02:00+	03:31+	04:57+	05:30+	06:29+	07:01+	07:17+	07:35+	07:47+	09:12+	10:17+	11:45+	12:09+	12:42+	13:14+	14:46+	15:07+	18:29+	20:36+	21:16+	22:29+	24:25+	26:28+	27:56+
00:26+	00:54+	00:40+	01:31+	01:26+	00:33+	00:59+	00:32+	00:16+	00:18+	00:12+	01:25+	01:05+	01:28+	00:24+	00:33+	00:32+	01:32+	00:21+	03:22+	02:07+	00:40+	01:13+	01:56+	02:03+	01:28+
00:26+	00:54+	00:40+	01:31+	01:26+	00:33+	00:59+	00:32+	00:16+	00:18+	00:12+	01:25+	01:05+	01:28+	00:24+	00:33+	00:32+	01:32+	00:21+	03:22+	02:07+	00:40+	01:13+	01:56+	02:03+	01:28+
28:07+																									
00:11+																									
00:11+																									

9	Torbjørn Fuglestad	878	29:22																						
00:16+	01:41+	02:17+	03:54+	05:32+	06:09+	07:16+	07:36+	07:51+	08:06+	08:22+	09:44+	11:00+	12:03+	12:21+	12:49+	13:20+	15:59+	16:15+	19:38+	21:39+	22:16+	23:37+	25:30+	27:22+	29:12+
00:16+	01:25+	00:36+	01:37+	01:38+	00:37+	01:07+	00:20+	00:15+	00:15+	00:16+	01:22+	01:16+	01:03+	00:18+	00:28+	00:31+	02:39+	00:16+	03:23+	02:01+	00:37+	01:21+	01:53+	01:52+	01:50+
00:16+	01:25+	00:36+	01:37+	01:38+	00:37+	01:07+	00:20+	00:15+	00:15+	00:16+	01:22+	01:16+	01:03+	00:18+	00:28+	00:31+	02:39+	00:16+	03:23+	02:01+	00:37+	01:21+	01:53+	01:52+	01:50+
29:22+																									
00:10+																									
00:10+																									

Beste strekktid for klassen

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

HB

1	Torgeir Nevland	3522	22:55																						
00:13=	01:17=	01:50=	03:08=	04:23=	05:05=	05:37=	05:59=	06:12=	06:27=	06:40=	07:50=	08:34=	09:47=	10:03=	10:31=	10:59=	11:40=	11:54=	14:44=	16:28=	16:58=	18:07=	19:47=	21:23=	22:43=
00:13=	01:04=	00:33=	01:18=	01:15=	00:42=	00:32=	00:22=	00:13=	00:15=	00:13=	01:10=	00:44=	01:13=	00:16=	00:28=	00:28=	00:41=	00:14=	02:50=	01:44=	00:30=	01:09=	01:40=	01:36=	01:20=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
22:55=																									
00:12=																									
00:00=																									

2	Aart Joakim in't Veld	1884	23:02																						
00:20+	00:43-	01:17-	02:40-	04:00-	04:31-	05:02-	05:12-	05:30-	05:40-	05:57-	06:11-	07:23-	08:20-	09:09-	09:24-	09:53-	10:18-	11:48-	12:03-	14:50-	16:38-	17:08-	18:17-	19:58-	21:30-
00:20+	00:23-	00:34+	01:23+	01:20+	00:31-	00:31-	00:10-	00:18+	00:10-	00:17+	00:14-	01:12+	00:57-	00:49+	00:15-	00:29+	00:25-	01:30+	00:15-	02:47+	01:48+	00:30-	01:09-	01:41+	01:32+
00:07&	00:41-	00:01+	00:05+	00:05+	00:11-	00:01-	00:12-	00:05&	00:05-	00:04&	00:56-	00:28&	00:16-	00:33@	00:13-	00:01+	00:16-	01:16@	02:35-	01:03&	01:18@	00:39-	00:31-	00:05+	00:12#
22:50-	23:02+																								
01:20+	00:12+																								
01:08@	00:12+																								

Class	Navn	Klasse	Tid																						
HB																									
3	Oddvar Taksdal	3522	23:21																						
00:13=	00:40-	01:09-	02:29-	03:52-	04:25-	05:00-	05:20-	05:34-	05:49-	06:01-	07:16-	08:25-	09:24-	09:42-	10:05-	10:34-	11:15-	11:31-	14:42-	16:38+	17:11+	18:23+	20:07+	21:45+	23:08+
00:13=	00:27-	00:29-	01:20+	01:23+	00:33-	00:35+	00:20-	00:14+	00:15=	00:12-	01:15+	01:09+	00:59-	00:18+	00:23-	00:29+	00:41=	00:16+	03:11+	01:56+	00:33+	01:12+	01:44+	01:38+	01:23+
00:00=	00:37-	00:04-	00:02+	00:08#	00:09-	00:03+	00:02-	00:01+	00:00=	00:01-	00:05+	00:25&	00:14-	00:02#	00:05-	00:01+	00:00=	00:02#	00:21#	00:12#	00:03#	00:03+	00:04+	00:02+	00:03+
23:21+																									
00:13+																									
00:01+																									
4	Jon Åsmund Espedal	4242	23:28																						
00:11+	00:38+	01:04+	02:31+	03:56+	04:46+	05:28+	05:55+	06:08+	06:22+	06:36+	06:58+	08:14+	08:58+	09:56+	10:12+	10:38+	11:01+	11:39+	12:00+	15:03+	16:53+	17:24+	18:39+	20:21+	21:55+
00:11+	00:27+	00:26+	01:27+	01:25+	00:50+	00:42+	00:27+	00:13+	00:14+	00:14+	00:22+	01:16+	00:44+	00:58+	00:16+	00:26+	00:23+	00:38+	00:21+	03:03+	01:50+	00:31+	01:15+	01:42+	01:34+
00:11+	00:27+	00:26+	01:27+	01:25+	00:50+	00:42+	00:27+	00:13+	00:14+	00:14+	00:22+	01:16+	00:44+	00:58+	00:16+	00:26+	00:23+	00:38+	00:21+	03:03+	01:50+	00:31+	01:15+	01:42+	01:34+
23:15+	23:28+																								
01:20+	00:13+																								
01:20+	00:13+																								
5	Per Christian Munkhaug	3516	24:13																						
00:11+	01:02+	01:31+	02:55+	04:18+	04:51+	05:24+	06:01+	06:15+	06:33+	06:46+	08:04+	08:55+	10:04+	10:21+	10:49+	11:19+	12:48+	13:03+	16:05+	17:55+	18:25+	19:36+	21:12+	22:44+	24:03+
00:11+	00:51+	00:29+	01:24+	01:23+	00:33+	00:33+	00:37+	00:14+	00:18+	00:13+	01:18+	00:51+	01:09+	00:17+	00:28+	00:30+	01:29+	00:15+	03:02+	01:50+	00:30+	01:11+	01:36+	01:32+	01:19+
00:11+	00:51+	00:29+	01:24+	01:23+	00:33+	00:33+	00:37+	00:14+	00:18+	00:13+	01:18+	00:51+	01:09+	00:17+	00:28+	00:30+	01:29+	00:15+	03:02+	01:50+	00:30+	01:11+	01:36+	01:32+	01:19+
24:13+																									
00:10+																									
00:10+																									
6	Geir Sand	722	24:46																						
00:17+	01:12+	01:45+	03:07+	04:27+	04:57+	05:36+	06:00+	06:31+	06:45+	06:57+	08:10+	09:06+	10:05+	10:22+	10:57+	11:31+	12:27+	12:47+	16:36+	18:22+	18:54+	20:03+	21:42+	23:16+	24:35+
00:17+	00:55+	00:33+	01:22+	01:20+	00:30+	00:39+	00:24+	00:31+	00:14+	00:12+	01:13+	00:56+	00:59+	00:17+	00:35+	00:34+	00:56+	00:20+	03:49+	01:46+	00:32+	01:09+	01:39+	01:34+	01:19+
00:17+	00:55+	00:33+	01:22+	01:20+	00:30+	00:39+	00:24+	00:31+	00:14+	00:12+	01:13+	00:56+	00:59+	00:17+	00:35+	00:34+	00:56+	00:20+	03:49+	01:46+	00:32+	01:09+	01:39+	01:34+	01:19+
24:46+																									
00:11+																									
00:11+																									
7	Magnus Landstad	3507	25:11																						
00:15+	00:44+	01:23+	02:53+	04:17+	05:02+	05:45+	06:04+	06:15+	06:31+	06:44+	08:06+	09:05+	10:28+	10:44+	11:10+	11:39+	12:18+	12:44+	16:05+	18:01+	18:43+	19:53+	21:39+	23:18+	24:59+
00:15+	00:29+	00:39+	01:30+	01:24+	00:45+	00:43+	00:19+	00:11+	00:16+	00:13+	01:22+	00:59+	01:23+	00:16+	00:26+	00:29+	00:39+	00:26+	03:21+	01:56+	00:42+	01:10+	01:46+	01:39+	01:41+
00:15+	00:29+	00:39+	01:30+	01:24+	00:45+	00:43+	00:19+	00:11+	00:16+	00:13+	01:22+	00:59+	01:23+	00:16+	00:26+	00:29+	00:39+	00:26+	03:21+	01:56+	00:42+	01:10+	01:46+	01:39+	01:41+
25:11+																									
00:12+																									
00:12+																									
8	Kristoffer Johannessen	1830	25:12																						
00:17+	01:02+	01:51+	03:16+	04:53+	05:26+	06:46+	07:08+	07:23+	07:39+	07:53+	09:10+	10:03+	11:01+	11:25+	11:54+	12:24+	13:28+	13:46+	16:49+	18:43+	19:17+	20:28+	22:14+	23:39+	25:01+
00:17+	00:45+	00:49+	01:25+	01:37+	00:33+	01:20+	00:22+	00:15+	00:16+	00:14+	01:17+	00:53+	00:58+	00:24+	00:29+	00:30+	01:04+	00:18+	03:03+	01:54+	00:34+	01:11+	01:46+	01:25+	01:22+
00:17+	00:45+	00:49+	01:25+	01:37+	00:33+	01:20+	00:22+	00:15+	00:16+	00:14+	01:17+	00:53+	00:58+	00:24+	00:29+	00:30+	01:04+	00:18+	03:03+	01:54+	00:34+	01:11+	01:46+	01:25+	01:22+
25:12+																									
00:11+																									
00:11+																									
9	Joar Eilevstjønn	2342	25:40																						
00:13+	00:38+	01:09+	02:34+	03:58+	04:32+	05:05+	05:44+	05:58+	06:15+	06:29+	07:45+	08:37+	09:40+	09:59+	10:24+	11:07+	12:27+	12:55+	16:41+	18:33+	19:20+	20:29+	22:18+	24:08+	25:29+
00:13+	00:25+	00:31+	01:25+	01:24+	00:34+	00:33+	00:39+	00:14+	00:17+	00:14+	01:16+	00:52+	01:03+	00:19+	00:25+	00:43+	01:20+	00:28+	03:46+	01:52+	00:47+	01:09+	01:49+	01:50+	01:21+
00:13+	00:25+	00:31+	01:25+	01:24+	00:34+	00:33+	00:39+	00:14+	00:17+	00:14+	01:16+	00:52+	01:03+	00:19+	00:25+	00:43+	01:20+	00:28+	03:46+	01:52+	00:47+	01:09+	01:49+	01:50+	01:21+
25:40+																									
00:11+																									
00:11+																									
10	Tor Gunnar Aksland	1683	26:29																						
00:14+	00:48+	01:33+	03:02+	04:27+	05:01+	05:39+	05:56+	06:15+	06:34+	06:47+	08:43+	09:39+	10:56+	11:25+	11:50+	12:24+	13:21+	13:52+	17:29+	19:30+	20:05+	21:18+	23:02+	24:46+	26:15+
00:14+	00:34+	00:45+	01:29+	01:25+	00:34+	00:38+	00:17+	00:19+	00:19+	00:13+	01:56+	00:56+	01:17+	00:29+	00:25+	00:34+	00:57+	00:31+	03:37+	02:01+	00:35+	01:13+	01:44+	01:44+	01:29+
00:14+	00:34+	00:45+	01:29+	01:25+	00:34+	00:38+	00:17+	00:19+	00:19+	00:13+	01:56+	00:56+	01:17+	00:29+	00:25+	00:34+	00:57+	00:31+	03:37+	02:01+	00:35+	01:13+	01:44+	01:44+	01:29+
26:29+																									
00:14+																									
00:14+																									

HB

11	Arne Eirik Nielsen	3588	26:38																						
00:13+	01:12+	01:49+	03:25+	04:53+	05:27+	06:14+	06:38+	06:52+	07:33+	07:48+	09:16+	10:18+	11:17+	11:38+	12:05+	12:37+	13:40+	13:59+	17:12+	19:16+	20:07+	21:25+	23:15+	24:58+	26:25+
00:13+	00:59+	00:37+	01:36+	01:28+	00:34+	00:47+	00:24+	00:14+	00:41+	00:15+	01:28+	01:02+	00:59+	00:21+	00:27+	00:32+	01:03+	00:19+	03:13+	02:04+	00:51+	01:18+	01:50+	01:43+	01:27+
00:13+	00:59+	00:37+	01:36+	01:28+	00:34+	00:47+	00:24+	00:14+	00:41+	00:15+	01:28+	01:02+	00:59+	00:21+	00:27+	00:32+	01:03+	00:19+	03:13+	02:04+	00:51+	01:18+	01:50+	01:43+	01:27+
26:38+																									
00:13+																									
00:13+																									

12	Tom Furland	769	27:07																						
00:14+	00:42+	01:10+	02:39+	04:13+	04:48+	05:37+	05:59+	06:16+	06:33+	06:46+	08:05+	09:01+	10:02+	10:19+	10:46+	11:16+	13:07+	13:24+	16:57+	19:06+	19:47+	21:12+	23:11+	25:01+	26:52+
00:14+	00:28+	00:28+	01:29+	01:34+	00:35+	00:49+	00:22+	00:17+	00:17+	00:13+	01:19+	00:56+	01:01+	00:17+	00:27+	00:30+	01:51+	00:17+	03:33+	02:09+	00:41+	01:25+	01:59+	01:50+	01:51+
00:14+	00:28+	00:28+	01:29+	01:34+	00:35+	00:49+	00:22+	00:17+	00:17+	00:13+	01:19+	00:56+	01:01+	00:17+	00:27+	00:30+	01:51+	00:17+	03:33+	02:09+	00:41+	01:25+	01:59+	01:50+	01:51+
27:07+																									
00:15+																									
00:15+																									

13	Jone Sæbbø	3516	27:48																						
00:34+	01:06+	01:44+	03:17+	04:45+	05:21+	06:11+	06:36+	06:49+	07:07+	07:21+	08:37+	09:29+	10:22+	10:44+	11:19+	11:54+	13:40+	14:17+	17:38+	19:50+	20:30+	22:04+	24:04+	26:00+	27:34+
00:34+	00:32+	00:38+	01:33+	01:28+	00:36+	00:50+	00:25+	00:13+	00:18+	00:14+	01:16+	00:52+	00:53+	00:22+	00:35+	00:35+	01:46+	00:37+	03:21+	02:12+	00:40+	01:34+	02:00+	01:56+	01:34+
00:34+	00:32+	00:38+	01:33+	01:28+	00:36+	00:50+	00:25+	00:13+	00:18+	00:14+	01:16+	00:52+	00:53+	00:22+	00:35+	00:35+	01:46+	00:37+	03:21+	02:12+	00:40+	01:34+	02:00+	01:56+	01:34+
27:48+																									
00:14+																									
00:14+																									

14	Trond Sigurd Fotland	3507	28:44																						
00:14+	02:15+	02:59+	03:33+	05:00+	06:32+	07:20+	08:17+	08:38+	08:59+	09:15+	09:29+	10:58+	11:50+	12:51+	13:09+	13:36+	14:07+	14:48+	15:05+	19:04+	21:14+	21:52+	23:16+	25:14+	27:06+
00:14+	02:01+	00:44+	00:34+	01:27+	01:32+	00:48+	00:57+	00:21+	00:21+	00:16+	00:14+	01:29+	00:52+	01:01+	00:18+	00:27+	00:31+	00:41+	00:17+	03:59+	02:10+	00:38+	01:24+	01:58+	01:52+
00:14+	02:01+	00:44+	00:34+	01:27+	01:32+	00:48+	00:57+	00:21+	00:21+	00:16+	00:14+	01:29+	00:52+	01:01+	00:18+	00:27+	00:31+	00:41+	00:17+	03:59+	02:10+	00:38+	01:24+	01:58+	01:52+
28:33+																									
28:44+																									
01:27+	00:11+																								
01:27+	00:11+																								

15	Jørgen Breivold	3529	32:10																						
00:35+	02:30+	03:02+	04:52+	06:35+	07:53+	08:48+	09:41+	09:59+	10:18+	10:32+	12:10+	13:13+	15:09+	15:31+	16:05+	16:52+	18:13+	18:34+	22:35+	24:35+	25:15+	26:37+	28:32+	30:29+	31:57+
00:35+	01:55+	00:32+	01:50+	01:43+	01:18+	00:55+	00:53+	00:18+	00:19+	00:14+	01:38+	01:03+	01:56+	00:22+	00:34+	00:47+	01:21+	00:21+	04:01+	02:00+	00:40+	01:22+	01:55+	01:57+	01:28+
00:35+	01:55+	00:32+	01:50+	01:43+	01:18+	00:55+	00:53+	00:18+	00:19+	00:14+	01:38+	01:03+	01:56+	00:22+	00:34+	00:47+	01:21+	00:21+	04:01+	02:00+	00:40+	01:22+	01:55+	01:57+	01:28+
32:10+																									
00:13+																									
00:13+																									

16	Asgeir Nærland	1830	33:38																						
00:23+	01:11+	02:10+	03:46+	05:28+	06:07+	07:06+	08:07+	08:24+	09:01+	09:21+	10:52+	11:56+	14:24+	14:59+	16:09+	16:53+	18:16+	18:39+	23:07+	25:21+	26:10+	27:38+	29:43+	31:35+	33:24+
00:23+	00:48+	00:59+	01:36+	01:42+	00:39+	00:59+	01:01+	00:17+	00:37+	00:20+	01:31+	01:04+	02:28+	00:35+	01:10+	00:44+	01:23+	00:23+	04:28+	02:14+	00:49+	01:28+	02:05+	01:52+	01:49+
00:23+	00:48+	00:59+	01:36+	01:42+	00:39+	00:59+	01:01+	00:17+	00:37+	00:20+	01:31+	01:04+	02:28+	00:35+	01:10+	00:44+	01:23+	00:23+	04:28+	02:14+	00:49+	01:28+	02:05+	01:52+	01:49+
33:38+																									
00:14+																									
00:14+																									

17	Espen Fyhn Nilsen	1683	34:10																						
00:17+	00:59+	01:44+	03:39+	05:32+	06:44+	07:36+	08:03+	08:19+	08:47+	09:04+	10:38+	11:45+	13:16+	13:48+	14:26+	15:07+	16:14+	16:50+	21:47+	24:25+	25:27+	27:13+	29:39+	32:05+	33:54+
00:17+	00:42+	00:45+	01:55+	01:53+	01:12+	00:52+	00:27+	00:16+	00:28+	00:17+	01:34+	01:07+	01:31+	00:32+	00:38+	00:41+	01:07+	00:36+	04:57+	02:38+	01:02+	01:46+	02:26+	02:26+	01:49+
00:17+	00:42+	00:45+	01:55+	01:53+	01:12+	00:52+	00:27+	00:16+	00:28+	00:17+	01:34+	01:07+	01:31+	00:32+	00:38+	00:41+	01:07+	00:36+	04:57+	02:38+	01:02+	01:46+	02:26+	02:26+	01:49+
34:10+																									
00:16+																									
00:16+																									

18	Erwin Geiss	1384	42:36																						
01:18+	01:50+	02:52+	05:15+	07:23+	08:24+	10:12+	10:54+	11:19+	11:56+	12:15+	14:08+	15:21+	21:31+	21:56+	22:30+	23:09+	24:15+	24:35+	29:47+	32:11+	32:52+	35:06+	37:27+	39:56+	42:14+
01:18+	00:32+	01:02+	02:23+	02:08+	01:01+	01:48+	00:42+	00:25+	00:37+	00:19+	01:53+	01:13+	06:10+	00:25+	00:34+	00:39+	01:06+	00:20+	05:12+	02:24+	00:41+	02:14+	02:21+	02:29+	02:18+
01:18+	00:32+	01:02+	02:23+	02:08+	01:01+	01:48+	00:42+	00:25+	00:37+	00:19+	01:53+	01:13+	06:10+	00:25+	00:34+	00:39+	01:06+	00:20+	05:12+	02:24+	00:41+	02:14+	02:21+	02:29+	02:18+
42:36+																									
00:22+																									
00:22+																									

Beste strekketid for klassen

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

HC

1	Per Olav Haarr	769	22:30
00:43=	01:15= 02:42= 04:02=	04:34= 05:20= 05:38= 05:54=	07:01= 07:57= 09:01= 09:43=
00:43=	00:32= 01:27= 01:20=	00:32= 00:46= 00:18= 00:16=	01:07= 00:56= 01:04= 00:42=
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	Kjetil Wirak	3486	22:54
00:33=	01:07= 02:35= 04:03+	04:53+ 05:37+ 05:55+ 06:11+	07:25+ 08:13+ 09:22+ 10:10+
00:33=	00:34+ 01:28+ 01:28+	00:50+ 00:44= 00:18= 00:16=	01:14+ 00:48= 01:09+ 00:48+
00:10=	00:02+ 00:01+ 00:08#	00:18& 00:02= 00:00= 00:00=	00:07# 00:08= 00:05+ 00:06#
3	Morten Aamodt	1683	23:42
00:53+	01:22+ 02:49+ 04:15+	04:52+ 05:35+ 05:59+ 06:13+	08:00+ 08:56+ 10:04+ 10:42+
00:53+	00:29= 01:27= 01:26+	00:37+ 00:43= 00:24+ 00:14=	01:47+ 00:56= 01:08+ 00:38=
00:10#	00:03= 00:00= 00:06+	00:05# 00:03= 00:06& 00:02=	00:40& 00:00= 00:04+ 00:04=
4	Lars Drage	3583	24:33
01:17+	02:13+ 03:45+ 05:13+	05:48+ 06:31+ 06:51+ 07:05+	08:39+ 09:23+ 10:27+ 11:21+
01:17+	00:56+ 01:32+ 01:28+	00:35+ 00:43= 00:20+ 00:14=	01:34+ 00:44= 01:04= 00:54+
00:34&	00:24& 00:05+ 00:08#	00:03+ 00:03= 00:02# 00:02=	00:27& 00:12= 00:00= 00:12&
5	Jan-Einar Øvremo	1119	24:54
00:37=	01:13= 02:50+ 04:21+	04:59+ 05:50+ 06:13+ 06:29+	07:44+ 08:44+ 09:52+ 11:01+
00:37=	00:36+ 01:37+ 01:31+	00:38+ 00:51+ 00:23+ 00:16=	01:15+ 01:00+ 01:08+ 01:09+
00:06=	00:04# 00:10# 00:11#	00:06# 00:05# 00:05& 00:00=	00:08# 00:04+ 00:04+ 00:27&
6	Stein Arne Olsen	874	25:08
00:34=	01:07= 02:42= 04:14+	04:54+ 05:46+ 06:14+ 06:40+	07:59+ 09:01+ 10:36+ 11:38+
00:34=	00:33+ 01:35+ 01:32+	00:40+ 00:52+ 00:28+ 00:26+	01:19+ 01:02+ 01:35+ 01:02+
00:09=	00:01+ 00:08+ 00:12#	00:08# 00:06# 00:10& 00:10&	00:12# 00:06# 00:31& 00:20&
7	Terje Michaelsen	3511	26:01
02:10+	02:40+ 04:20+ 05:45+	06:44+ 07:27+ 07:44+ 08:13+	09:24+ 10:15+ 11:19+ 12:20+
02:10+	00:30= 01:40+ 01:25+	00:59+ 00:43= 00:17= 00:29+	01:11+ 00:51= 01:04= 01:01+
01:27&	00:02= 00:13# 00:05+	00:27& 00:03= 00:01= 00:13&	00:04+ 00:05= 00:00= 00:19&
8	Øyvind Rummelhoff	882	26:26
00:37=	01:14= 02:53+ 04:25+	05:24+ 06:19+ 06:40+ 07:05+	08:17+ 09:20+ 10:38+ 11:44+
00:37=	00:37+ 01:39+ 01:32+	00:59+ 00:55+ 00:21+ 00:25+	01:12+ 01:03+ 01:18+ 01:06+
00:06=	00:05# 00:12# 00:12#	00:27& 00:09# 00:03# 00:09&	00:05+ 00:07# 00:14# 00:24&
9	Ludovic Antresangle	877	26:30
00:59+	01:34+ 03:24+ 04:54+	05:57+ 06:57+ 07:19+ 07:39+	08:49+ 09:40+ 11:19+ 12:21+
00:59+	00:35+ 01:50+ 01:30+	01:03+ 01:00+ 00:22+ 00:20+	01:10+ 00:51= 01:39+ 01:02+
00:16&	00:03+ 00:23& 00:10#	00:31& 00:14& 00:04# 00:04#	00:03+ 00:05= 00:35& 00:20&
10	Leif Kjetil Hinna Gausel	1683	27:00
00:37=	01:11= 03:02+ 04:57+	05:36+ 06:28+ 06:47+ 07:02+	08:14+ 09:13+ 10:40+ 11:25+
00:37=	00:34+ 01:51+ 01:55+	00:39+ 00:52+ 00:19+ 00:15=	01:12+ 00:59+ 01:27+ 00:45+
00:06=	00:02+ 00:24& 00:35&	00:07# 00:06# 00:01+ 00:01=	00:05+ 00:03+ 00:23& 00:03+
11	Terje Undheim	3529	27:16
00:43=	01:53+ 03:26+ 05:04+	05:40+ 06:30+ 06:59+ 07:14+	08:41+ 09:58+ 11:11+ 12:48+
00:43=	01:10+ 01:33+ 01:38+	00:36+ 00:50+ 00:29+ 00:15=	01:27+ 01:17+ 01:13+ 01:37+
00:00=	00:38@ 00:06+ 00:18#	00:04# 00:04+ 00:11& 00:01=	00:20& 00:21& 00:09# 00:55@
12	Oddmund Nordgård	722	27:32
02:27+	03:02+ 04:52+ 06:28+	07:24+ 08:10+ 08:31+ 08:48+	10:08+ 11:05+ 12:27+ 13:55+
02:27+	00:35+ 01:50+ 01:36+	00:56+ 00:46= 00:21+ 00:17+	01:20+ 00:57+ 01:22+ 01:28+
01:44@	00:03+ 00:23& 00:16#	00:24& 00:00= 00:03# 00:01+	00:13# 00:01+ 00:18& 00:46@
13	Bertrand Denieul	877	27:58
00:35=	01:06= 02:45+ 04:32+	05:20+ 06:11+ 06:42+ 07:01+	08:59+ 09:55+ 11:07+ 11:55+
00:35=	00:31= 01:39+ 01:47+	00:48+ 00:51+ 00:31+ 00:19+	01:58+ 00:56= 01:12+ 00:48+
00:08=	00:01= 00:12# 00:27&	00:16& 00:05# 00:13& 00:03#	00:51& 00:00= 00:08# 00:06#
14	Eivind Lie	1683	28:05
02:20+	02:56+ 04:35+ 05:58+	08:46+ 09:57+ 10:19+ 10:41+	12:03+ 12:51+ 14:04+ 15:02+
02:20+	00:36+ 01:39+ 01:23+	02:48+ 01:11+ 00:22+ 00:22+	01:22+ 00:48= 01:13+ 00:58+
01:37@	00:04# 00:12# 00:03+	00:25& 00:04# 00:06&	00:15# 00:08= 00:09# 00:16&

Class	Navn	Klasse	Tid
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HC

15	Nils John Vestøl	3541	28:16
00:36-	01:14-	03:04+	04:46+
00:36-	00:38+	01:50+	01:42+
00:07-	00:06#	00:23&	00:22&
05:35+	06:44+	07:07+	07:35+
09:01+	10:00+	11:53+	13:09+
16:18+	18:11+	19:52+	20:36+
22:11+	24:20+	26:17+	28:01+
28:16+	00:15+	00:15#	00:03#
00:34+	01:06+	02:50+	04:26+
00:34+	00:32+	01:44+	01:36+
00:34+	00:32+	01:44+	01:36+
16	Kjell Dale	1884	28:18
00:34+	01:06+	02:50+	04:26+
00:34+	00:32+	01:44+	01:36+
00:34+	00:32+	01:44+	01:36+
17	Øistein Haaland	1683	28:37
01:07+	01:56+	03:53+	05:39+
01:07+	00:49+	01:57+	01:46+
01:07+	00:49+	01:57+	01:46+
18	Geir Haugvaldstad	1683	28:41
00:55+	01:35+	04:55+	06:25+
00:55+	00:40+	03:20+	01:30+
00:55+	00:40+	03:20+	01:30+
19	Øivind Berggraf	1683	29:28
00:54+	01:27+	03:22+	05:15+
00:54+	00:33+	01:55+	01:53+
00:54+	00:33+	01:55+	01:53+
20	Erling Mauland	3541	33:52
00:39+	01:21+	03:09+	05:01+
00:39+	00:42+	01:48+	01:52+
00:39+	00:42+	01:48+	01:52+
21	Ove Oaland	1683	34:45
01:07+	01:53+	03:55+	05:47+
01:07+	00:46+	02:02+	01:52+
01:07+	00:46+	02:02+	01:52+

Beste strekktid for klassen

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

HNY

1	Tom Erik Forshaug	3504	14:58
00:51=	01:27=	03:03=	04:54=
00:51=	00:36=	01:36=	01:51=
00:00=	00:00=	00:00=	00:00=
2	Yiteng Zhang	1758	16:25
01:00+	01:29+	04:08+	06:30+
01:00+	00:29-	02:39+	02:22+
00:09#	00:07-	01:03&	00:31&
3	Terje Hatlem	1683	20:38
03:36+	04:09+	05:24+	11:01+
03:36+	00:33-	01:15-	05:37+
02:45@	00:03-	00:21-	03:46@

Beste strekktid for klassen

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

HT

HT

1	Bartłomiej Lenart	1376														13:21			
	00:53=	01:15=	01:50=	03:25=	04:34=	06:02=	06:21=	07:32=	07:59=	08:19=	09:03=	09:16=	09:50=	10:32=	11:14=	11:46=	12:27=	13:10=	13:21=
	00:53=	00:22=	00:35=	01:35=	01:09=	01:28=	00:19=	01:11=	00:27=	00:20=	00:44=	00:13=	00:34=	00:42=	00:42=	00:32=	00:41=	00:43=	00:11=
	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	Thor Hesselsøe	1376														13:32			
	00:57+	01:27+	02:10+	03:42+	04:44+	06:06+	06:26+	07:40+	08:04+	08:17+	09:02+	09:18+	09:56+	10:34+	11:21+	11:55+	12:40+	13:20+	13:32+
	00:57+	00:30+	00:43+	01:32+	01:02+	01:22+	00:20+	01:14+	00:24+	00:13+	00:45+	00:16+	00:38+	00:38+	00:47+	00:34+	00:45+	00:40+	00:12+
	00:57+	00:30+	00:43+	01:32+	01:02+	01:22+	00:20+	01:14+	00:24+	00:13+	00:45+	00:16+	00:38+	00:38+	00:47+	00:34+	00:45+	00:40+	00:12+
3	Hans Østebø	793														13:48			
	01:11+	01:45+	02:20+	03:55+	05:00+	06:19+	06:41+	07:59+	08:28+	08:41+	09:27+	09:41+	10:14+	10:59+	11:35+	12:11+	12:50+	13:37+	13:48+
	01:11+	00:34+	00:35+	01:35+	01:05+	01:19+	00:22+	01:18+	00:29+	00:13+	00:46+	00:14+	00:33+	00:45+	00:36+	00:36+	00:39+	00:47+	00:11+
	01:11+	00:34+	00:35+	01:35+	01:05+	01:19+	00:22+	01:18+	00:29+	00:13+	00:46+	00:14+	00:33+	00:45+	00:36+	00:36+	00:39+	00:47+	00:11+
4	Stig E. Ollestad	3519														15:50			
	01:02+	01:32+	02:12+	03:52+	05:13+	06:37+	07:29+	09:49+	10:09+	10:25+	11:10+	11:22+	12:09+	12:52+	13:33+	14:07+	14:54+	15:38+	15:50+
	01:02+	00:30+	00:40+	01:40+	01:21+	01:24+	00:52+	02:20+	00:20+	00:16+	00:45+	00:12+	00:47+	00:43+	00:41+	00:34+	00:47+	00:44+	00:12+
	01:02+	00:30+	00:40+	01:40+	01:21+	01:24+	00:52+	02:20+	00:20+	00:16+	00:45+	00:12+	00:47+	00:43+	00:41+	00:34+	00:47+	00:44+	00:12+
5	Marius Bergstøl Hvidsten	3533														16:04			
	01:07+	01:46+	02:30+	04:25+	05:42+	07:22+	07:45+	09:25+	09:51+	10:17+	11:10+	11:25+	12:05+	12:53+	13:38+	14:25+	15:08+	15:50+	16:04+
	01:07+	00:39+	00:44+	01:55+	01:17+	01:40+	00:23+	01:40+	00:26+	00:26+	00:53+	00:15+	00:40+	00:48+	00:45+	00:47+	00:43+	00:42+	00:14+
	01:07+	00:39+	00:44+	01:55+	01:17+	01:40+	00:23+	01:40+	00:26+	00:26+	00:53+	00:15+	00:40+	00:48+	00:45+	00:47+	00:43+	00:42+	00:14+
6	Petter Omdal	903														16:06			
	01:17+	01:41+	02:15+	04:31+	05:57+	07:34+	07:54+	09:23+	09:49+	10:22+	11:08+	11:19+	12:07+	12:53+	13:35+	14:13+	15:03+	15:53+	16:06+
	01:17+	00:24+	00:34+	02:16+	01:26+	01:37+	00:20+	01:29+	00:26+	00:33+	00:46+	00:11+	00:48+	00:46+	00:42+	00:38+	00:50+	00:50+	00:13+
	01:17+	00:24+	00:34+	02:16+	01:26+	01:37+	00:20+	01:29+	00:26+	00:33+	00:46+	00:11+	00:48+	00:46+	00:42+	00:38+	00:50+	00:50+	00:13+
7	Adam Alfred Brennhagen	3512														16:36			
	00:52+	01:24+	02:06+	03:38+	04:45+	06:21+	06:41+	08:01+	08:27+	08:44+	12:04+	12:14+	12:51+	13:37+	14:21+	14:56+	15:40+	16:25+	16:36+
	00:52+	00:32+	00:42+	01:32+	01:07+	01:36+	00:20+	01:20+	00:26+	00:17+	03:20+	00:10+	00:37+	00:46+	00:44+	00:35+	00:44+	00:45+	00:11+
	00:52+	00:32+	00:42+	01:32+	01:07+	01:36+	00:20+	01:20+	00:26+	00:17+	03:20+	00:10+	00:37+	00:46+	00:44+	00:35+	00:44+	00:45+	00:11+
8	Morten Tønnessen	3507														17:20			
	01:03+	01:35+	02:26+	04:28+	05:56+	07:53+	08:15+	09:50+	10:23+	10:44+	11:39+	12:11+	12:49+	13:49+	14:43+	15:23+	16:15+	17:07+	17:20+
	01:03+	00:32+	00:51+	02:02+	01:28+	01:57+	00:22+	01:35+	00:33+	00:21+	00:55+	00:32+	00:38+	01:00+	00:54+	00:40+	00:52+	00:52+	00:13+
	01:03+	00:32+	00:51+	02:02+	01:28+	01:57+	00:22+	01:35+	00:33+	00:21+	00:55+	00:32+	00:38+	01:00+	00:54+	00:40+	00:52+	00:52+	00:13+
9	Jan Henrik Neuenkirchen	896														18:08			
	01:07+	01:54+	02:44+	04:52+	06:18+	08:09+	08:33+	10:34+	11:08+	11:36+	12:33+	12:47+	13:34+	14:30+	15:18+	15:53+	16:49+	17:54+	18:08+
	01:07+	00:47+	00:50+	02:08+	01:26+	01:51+	00:24+	02:01+	00:34+	00:28+	00:57+	00:14+	00:47+	00:56+	00:48+	00:35+	00:56+	01:05+	00:14+
	01:07+	00:47+	00:50+	02:08+	01:26+	01:51+	00:24+	02:01+	00:34+	00:28+	00:57+	00:14+	00:47+	00:56+	00:48+	00:35+	00:56+	01:05+	00:14+
10	Per Olof Wallerstedt	3516														18:19			
	01:10+	01:43+	02:32+	04:31+	06:04+	08:18+	08:44+	10:27+	11:00+	11:52+	12:44+	13:04+	13:49+	14:45+	15:35+	16:17+	17:13+	18:03+	18:19+
	01:10+	00:33+	00:49+	01:59+	01:33+	02:14+	00:26+	01:43+	00:33+	00:52+	00:52+	00:20+	00:45+	00:56+	00:50+	00:42+	00:56+	00:50+	00:16+
	01:10+	00:33+	00:49+	01:59+	01:33+	02:14+	00:26+	01:43+	00:33+	00:52+	00:52+	00:20+	00:45+	00:56+	00:50+	00:42+	00:56+	00:50+	00:16+
11	Finn Otto Tveit	3507														18:26			
	01:15+	02:06+	03:04+	05:24+	06:46+	08:25+	08:49+	10:33+	11:00+	11:19+	12:35+	12:54+	13:38+	14:34+	15:32+	16:13+	17:09+	18:08+	18:26+
	01:15+	00:51+	00:58+	02:20+	01:22+	01:39+	00:24+	01:44+	00:27+	00:19+	01:16+	00:19+	00:44+	00:56+	00:58+	00:41+	00:56+	00:59+	00:18+
	01:15+	00:51+	00:58+	02:20+	01:22+	01:39+	00:24+	01:44+	00:27+	00:19+	01:16+	00:19+	00:44+	00:56+	00:58+	00:41+	00:56+	00:59+	00:18+
12	Adam Leveridge	877														18:41			
	00:59+	01:37+	02:21+	03:53+	05:05+	06:35+	06:59+	08:11+	08:34+	09:08+	09:49+	10:05+	10:42+	15:30+	16:08+	16:50+	17:35+	18:30+	18:41+
	00:59+	00:38+	00:44+	01:32+	01:12+	01:30+	00:24+	01:12+	00:23+	00:34+	00:41+	00:16+	00:37+	04:48+	00:38+	00:42+	00:45+	00:55+	00:11+
	00:59+	00:38+	00:44+	01:32+	01:12+	01:30+	00:24+	01:12+	00:23+	00:34+	00:41+	00:16+	00:37+	04:48+	00:38+	00:42+	00:45+	00:55+	00:11+
13	Kay Roar Harila	643														18:55			
	01:17+	02:03+	03:09+	05:15+	06:54+	08:47+	09:11+	10:52+	11:25+	11:48+	12:38+	12:51+	14:32+	15:17+	16:07+	16:47+	17:44+	18:36+	18:55+
	01:17+	00:46+	01:06+	02:06+	01:39+	01:53+	00:24+	01:41+	00:33+	00:23+	00:50+	00:13+	01:41+	00:45+	00:50+	00:40+	00:57+	00:52+	00:19+
	01:17+	00:46+	01:06+	02:06+	01:39+	01:53+	00:24+	01:41+	00:33+	00:23+	00:50+	00:13+	01:41+	00:45+	00:50+	00:40+	00:57+	00:52+	00:19+
14	Hans Gundersen	2342														18:59			
	01:26+	02:07+	03:17+	05:18+	06:44+	08:36+	09:00+	10:38+	11:13+	11:34+	12:26+	12:53+	14:27+	15:11+	15:56+	16:59+	17:53+	18:41+	18:59+
	01:26+	00:41+	01:10+	02:01+	01:26+	01:52+	00:24+	01:38+	00:35+	00:21+	00:52+	00:27+	01:34+	00:44+	00:45+	01:03+	00:54+	00:48+	00:18+
	01:26+	00:41+	01:10+	02:01+	01:26+	01:52+	00:24+	01:38+	00:35+	00:21+	00:52+	00:27+	01:34+	00:44+	00:45+	01:03+	00:54+	00:48+	00:18+

HT

15	Roger Endre Nyseth	892	19:22															
01:03+	01:45+	02:36+	04:59+	06:46+	08:41+	09:08+	10:56+	11:32+	11:57+	12:53+	13:24+	14:30+	15:29+	16:21+	17:02+	18:01+	19:02+	19:22+
01:03+	00:42+	00:51+	02:23+	01:47+	01:55+	00:27+	01:48+	00:36+	00:25+	00:56+	00:31+	01:06+	00:59+	00:52+	00:41+	00:59+	01:01+	00:20+
01:03+	00:42+	00:51+	02:23+	01:47+	01:55+	00:27+	01:48+	00:36+	00:25+	00:56+	00:31+	01:06+	00:59+	00:52+	00:41+	00:59+	01:01+	00:20+

16	Arne Magne Sondresen	722	19:26															
01:15+	01:48+	02:34+	04:42+	06:06+	08:09+	08:33+	11:16+	11:45+	12:27+	13:29+	14:01+	14:56+	15:43+	16:35+	17:21+	18:13+	19:09+	19:26+
01:15+	00:33+	00:46+	02:08+	01:24+	02:03+	00:24+	02:43+	00:29+	00:42+	01:02+	00:32+	00:55+	00:47+	00:52+	00:46+	00:52+	00:56+	00:17+
01:15+	00:33+	00:46+	02:08+	01:24+	02:03+	00:24+	02:43+	00:29+	00:42+	01:02+	00:32+	00:55+	00:47+	00:52+	00:46+	00:52+	00:56+	00:17+

17	Aksel Kleppa Hartmann	793	19:34															
01:44+	02:24+	03:17+	05:52+	07:07+	08:51+	10:08+	12:18+	12:46+	12:59+	13:46+	13:56+	14:37+	15:34+	16:26+	17:14+	18:11+	19:21+	19:34+
01:44+	00:40+	00:53+	02:35+	01:15+	01:44+	01:17+	02:10+	00:28+	00:13+	00:47+	00:10+	00:41+	00:57+	00:52+	00:48+	00:57+	01:10+	00:13+
01:44+	00:40+	00:53+	02:35+	01:15+	01:44+	01:17+	02:10+	00:28+	00:13+	00:47+	00:10+	00:41+	00:57+	00:52+	00:48+	00:57+	01:10+	00:13+

18	Lars Salvesen	1119	20:00															
01:17+	02:01+	03:20+	05:38+	07:28+	09:29+	09:56+	11:40+	12:20+	12:42+	13:37+	13:55+	14:46+	15:46+	16:45+	17:38+	18:44+	19:44+	20:00+
01:17+	00:44+	01:19+	02:18+	01:50+	02:01+	00:27+	01:44+	00:40+	00:22+	00:55+	00:18+	00:51+	01:00+	00:59+	00:53+	01:06+	01:00+	00:16+
01:17+	00:44+	01:19+	02:18+	01:50+	02:01+	00:27+	01:44+	00:40+	00:22+	00:55+	00:18+	00:51+	01:00+	00:59+	00:53+	01:06+	01:00+	00:16+

19	Sjur Bjerke	3525	20:07															
01:04+	01:39+	02:57+	05:00+	06:37+	08:40+	10:29+	12:07+	12:40+	13:00+	14:01+	14:18+	15:10+	16:10+	17:13+	18:06+	18:53+	19:49+	20:07+
01:04+	00:35+	01:18+	02:03+	01:37+	02:03+	01:49+	01:38+	00:33+	00:20+	01:01+	00:17+	00:52+	01:00+	01:03+	00:53+	00:47+	00:56+	00:18+
01:04+	00:35+	01:18+	02:03+	01:37+	02:03+	01:49+	01:38+	00:33+	00:20+	01:01+	00:17+	00:52+	01:00+	01:03+	00:53+	00:47+	00:56+	00:18+

20	Bruno Pierfelice	3519	20:32															
01:53+	02:16+	03:00+	05:08+	06:57+	09:25+	09:41+	12:03+	12:34+	12:57+	14:27+	14:40+	15:35+	16:22+	17:08+	18:32+	19:19+	20:17+	20:32+
01:53+	00:23+	00:44+	02:08+	01:49+	02:28+	00:16+	02:22+	00:31+	00:23+	01:30+	00:13+	00:55+	00:47+	00:46+	01:24+	00:47+	00:58+	00:15+
01:53+	00:23+	00:44+	02:08+	01:49+	02:28+	00:16+	02:22+	00:31+	00:23+	01:30+	00:13+	00:55+	00:47+	00:46+	01:24+	00:47+	00:58+	00:15+

21	Bernt Christian Bugge	3676	20:41															
01:01+	01:36+	02:22+	05:33+	06:50+	10:51+	11:09+	12:36+	13:09+	13:40+	14:43+	15:03+	16:09+	16:54+	17:52+	18:37+	19:42+	20:26+	20:41+
01:01+	00:35+	00:46+	03:11+	01:17+	04:01+	00:18+	01:27+	00:33+	00:31+	01:03+	00:20+	01:06+	00:45+	00:58+	00:45+	01:05+	00:44+	00:15+
01:01+	00:35+	00:46+	03:11+	01:17+	04:01+	00:18+	01:27+	00:33+	00:31+	01:03+	00:20+	01:06+	00:45+	00:58+	00:45+	01:05+	00:44+	00:15+

22	Leif Jarle Skåra	3502	20:53															
01:11+	01:48+	02:47+	05:23+	07:06+	09:02+	09:33+	11:54+	12:29+	12:48+	13:52+	14:34+	15:23+	16:29+	17:30+	18:20+	19:24+	20:36+	20:53+
01:11+	00:37+	00:59+	02:36+	01:43+	01:56+	00:31+	02:21+	00:35+	00:19+	01:04+	00:42+	00:49+	01:06+	01:01+	00:50+	01:04+	01:12+	00:17+
01:11+	00:37+	00:59+	02:36+	01:43+	01:56+	00:31+	02:21+	00:35+	00:19+	01:04+	00:42+	00:49+	01:06+	01:01+	00:50+	01:04+	01:12+	00:17+

23	Svein Sivertsen	3530	21:13															
01:13+	01:49+	02:43+	05:45+	07:34+	09:28+	09:56+	12:19+	12:53+	13:52+	14:56+	15:09+	16:14+	17:17+	18:17+	19:00+	19:56+	20:59+	21:13+
01:13+	00:36+	00:54+	03:02+	01:49+	01:54+	00:28+	02:23+	00:34+	00:59+	01:04+	00:13+	01:05+	01:03+	01:00+	00:43+	00:56+	01:03+	00:14+
01:13+	00:36+	00:54+	03:02+	01:49+	01:54+	00:28+	02:23+	00:34+	00:59+	01:04+	00:13+	01:05+	01:03+	01:00+	00:43+	00:56+	01:03+	00:14+

24	John Helge Svandal	3531	21:26															
01:03+	01:49+	03:05+	05:07+	06:54+	08:57+	09:22+	11:06+	11:38+	12:43+	13:44+	14:05+	15:04+	16:06+	17:05+	18:10+	19:57+	21:11+	21:26+
01:03+	00:46+	01:16+	02:02+	01:47+	02:03+	00:25+	01:44+	00:32+	01:05+	01:01+	00:21+	00:59+	01:02+	00:59+	01:05+	01:47+	01:14+	00:15+
01:03+	00:46+	01:16+	02:02+	01:47+	02:03+	00:25+	01:44+	00:32+	01:05+	01:01+	00:21+	00:59+	01:02+	00:59+	01:05+	01:47+	01:14+	00:15+

25	Jonas Hagen	3528	21:35															
01:30+	02:13+	03:15+	05:37+	07:08+	09:10+	09:52+	11:49+	12:22+	13:11+	14:19+	14:36+	15:52+	17:04+	18:04+	19:08+	20:11+	21:21+	21:35+
01:30+	00:43+	01:02+	02:22+	01:31+	02:02+	00:42+	01:57+	00:33+	00:49+	01:08+	00:17+	01:16+	01:12+	01:00+	01:04+	01:03+	01:10+	00:14+
01:30+	00:43+	01:02+	02:22+	01:31+	02:02+	00:42+	01:57+	00:33+	00:49+	01:08+	00:17+	01:16+	01:12+	01:00+	01:04+	01:03+	01:10+	00:14+

26	Marius Hagen	3528	21:40															
01:30+	02:17+	03:18+	05:38+	07:08+	09:12+	09:57+	11:50+	12:22+	13:10+	14:20+	14:37+	16:04+	17:07+	18:04+	19:09+	20:21+	21:23+	21:40+
01:30+	00:47+	01:01+	02:20+	01:30+	02:04+	00:45+	01:53+	00:32+	00:48+	01:10+	00:17+	01:27+	01:03+	00:57+	01:05+	01:12+	01:02+	00:17+
01:30+	00:47+	01:01+	02:20+	01:30+	02:04+	00:45+	01:53+	00:32+	00:48+	01:10+	00:17+	01:27+	01:03+	00:57+	01:05+	01:12+	01:02+	00:17+

27	Robert Hooper	1683	21:42															
01:21+	02:04+	02:56+	05:12+	07:06+	09:51+	10:37+	12:42+	13:19+	13:49+	14:51+	15:17+	16:12+	17:15+	18:27+	19:12+	20:22+	21:23+	21:42+
01:21+	00:43+	00:52+	02:16+	01:54+	02:45+	00:46+	02:05+	00:37+	00:30+	01:02+	00:26+	00:55+	01:03+	01:12+	00:45+	01:10+	01:01+	00:19+
01:21+	00:43+	00:52+	02:16+	01:54+	02:45+	00:46+	02:05+	00:37+	00:30+	01:02+	00:26+	00:55+	01:03+	01:12+	00:45+	01:10+	01:01+	00:19+

28	Anders Hagen	3528	21:44															
01:25+	02:10+	03:22+	05:42+	07:04+	09:12+	10:01+	11:45+	12:21+	13:09+	14:24+	14:41+	16:04+	17:07+	18:11+	19:13+	20:20+	21:24+	21:44+
01:25+	00:45+	01:12+	02:20+	01:22+	02:08+	00:49+	01:44+	00:36+	00:48+	01:15+	00:17+	01:23+	01:03+	01:04+	01:02+	01:07+	01:04+	00:20+
01:25+	00:45+	01:12+	02:20+	01:22+	02:08+	00:49+	01:44+	00:36+	00:48+	01:15+	00:17+	01:23+	01:03+	01:04+	01:02+	01:07+	01:04+	00:20+

HT

29	Christian Nilsen	3525	21:49															
01:08+	01:56+	02:44+	05:21+	07:26+	09:31+	10:00+	12:02+	13:36+	14:09+	15:09+	15:26+	16:21+	17:24+	18:24+	19:15+	20:22+	21:30+	21:49+
01:08+	00:48+	00:48+	02:37+	02:05+	02:05+	00:29+	02:02+	01:34+	00:33+	01:00+	00:17+	00:55+	01:03+	01:00+	00:51+	01:07+	01:08+	00:19+
01:08+	00:48+	00:48+	02:37+	02:05+	02:05+	00:29+	02:02+	01:34+	00:33+	01:00+	00:17+	00:55+	01:03+	01:00+	00:51+	01:07+	01:08+	00:19+
30	Bent Horpestad	722	21:57															
01:13+	01:52+	02:42+	05:24+	06:56+	09:07+	09:35+	11:11+	11:43+	12:07+	15:20+	15:39+	16:52+	17:59+	18:49+	19:32+	20:38+	21:40+	21:57+
01:13+	00:39+	00:50+	02:42+	01:32+	02:11+	00:28+	01:36+	00:32+	00:24+	03:13+	00:19+	01:13+	01:07+	00:50+	00:43+	01:06+	01:02+	00:17+
01:13+	00:39+	00:50+	02:42+	01:32+	02:11+	00:28+	01:36+	00:32+	00:24+	03:13+	00:19+	01:13+	01:07+	00:50+	00:43+	01:06+	01:02+	00:17+
31	Elga Silaban	1283	22:05															
01:22+	02:24+	03:28+	06:10+	07:45+	09:44+	10:26+	12:06+	12:47+	13:35+	15:19+	15:42+	16:47+	18:04+	19:05+	19:53+	20:48+	21:47+	22:05+
01:22+	01:02+	01:04+	02:42+	01:35+	01:59+	00:42+	01:40+	00:41+	00:48+	01:44+	00:23+	01:05+	01:17+	01:01+	00:48+	00:55+	00:59+	00:18+
01:22+	01:02+	01:04+	02:42+	01:35+	01:59+	00:42+	01:40+	00:41+	00:48+	01:44+	00:23+	01:05+	01:17+	01:01+	00:48+	00:55+	00:59+	00:18+
32	Trond Vigedal	896	22:05															
01:26+	02:13+	03:06+	06:01+	07:43+	09:55+	11:07+	12:53+	13:43+	14:08+	15:23+	15:44+	16:33+	17:29+	19:03+	19:49+	20:48+	21:48+	22:05+
01:26+	00:47+	00:53+	02:55+	01:42+	02:12+	01:12+	01:46+	00:50+	00:25+	01:15+	00:21+	00:49+	00:56+	01:34+	00:46+	00:59+	01:00+	00:17+
01:26+	00:47+	00:53+	02:55+	01:42+	02:12+	01:12+	01:46+	00:50+	00:25+	01:15+	00:21+	00:49+	00:56+	01:34+	00:46+	00:59+	01:00+	00:17+
33	Ivar Aalbu	3502	22:22															
01:23+	02:04+	02:55+	05:25+	07:14+	09:18+	09:49+	11:50+	12:33+	13:01+	14:06+	14:42+	16:24+	17:27+	18:37+	19:43+	20:50+	22:03+	22:22+
01:23+	00:41+	00:51+	02:30+	01:49+	02:04+	00:31+	02:01+	00:43+	00:28+	01:05+	00:36+	01:42+	01:03+	01:10+	01:06+	01:07+	01:13+	00:19+
01:23+	00:41+	00:51+	02:30+	01:49+	02:04+	00:31+	02:01+	00:43+	00:28+	01:05+	00:36+	01:42+	01:03+	01:10+	01:06+	01:07+	01:13+	00:19+
34	Ingve Morten Skjaeldal	4226	22:29															
01:20+	01:54+	02:44+	05:23+	07:04+	09:27+	09:56+	13:11+	13:40+	14:04+	15:05+	15:31+	16:23+	17:20+	18:36+	19:48+	21:00+	22:11+	22:29+
01:20+	00:34+	00:50+	02:39+	01:41+	02:23+	00:29+	03:15+	00:29+	00:24+	01:01+	00:26+	00:52+	00:57+	01:16+	01:12+	01:12+	01:11+	00:18+
01:20+	00:34+	00:50+	02:39+	01:41+	02:23+	00:29+	03:15+	00:29+	00:24+	01:01+	00:26+	00:52+	00:57+	01:16+	01:12+	01:12+	01:11+	00:18+
35	Rune Hagen Maudal	3524	22:41															
01:07+	01:51+	02:48+	05:14+	07:15+	10:07+	10:38+	13:43+	13:22+	13:49+	14:54+	15:14+	16:43+	17:41+	19:06+	20:02+	21:11+	22:25+	22:41+
01:07+	00:44+	00:57+	02:26+	02:01+	02:52+	00:31+	02:05+	00:39+	00:27+	01:05+	00:20+	01:29+	00:58+	01:25+	00:56+	01:09+	01:14+	00:16+
01:07+	00:44+	00:57+	02:26+	02:01+	02:52+	00:31+	02:05+	00:39+	00:27+	01:05+	00:20+	01:29+	00:58+	01:25+	00:56+	01:09+	01:14+	00:16+
36	Frode Følgesvold	880	23:38															
01:33+	02:24+	03:27+	06:06+	07:48+	09:46+	10:30+	13:18+	13:59+	14:25+	15:32+	15:50+	16:56+	18:13+	20:06+	21:02+	22:12+	23:18+	23:38+
01:33+	00:51+	01:03+	02:39+	01:42+	01:58+	00:44+	02:48+	00:41+	00:26+	01:07+	00:18+	01:06+	01:17+	01:53+	00:56+	01:10+	01:06+	00:20+
01:33+	00:51+	01:03+	02:39+	01:42+	01:58+	00:44+	02:48+	00:41+	00:26+	01:07+	00:18+	01:06+	01:17+	01:53+	00:56+	01:10+	01:06+	00:20+
37	Timothée Maillefer	877	23:56															
01:27+	02:11+	04:33+	06:56+	08:13+	11:14+	11:43+	13:17+	13:50+	14:14+	18:14+	18:30+	19:19+	20:16+	21:11+	21:56+	22:47+	23:39+	23:56+
01:27+	00:44+	02:22+	02:23+	01:17+	03:01+	00:29+	01:34+	00:33+	00:24+	04:00+	00:16+	00:49+	00:57+	00:55+	00:45+	00:51+	00:52+	00:17+
01:27+	00:44+	02:22+	02:23+	01:17+	03:01+	00:29+	01:34+	00:33+	00:24+	04:00+	00:16+	00:49+	00:57+	00:55+	00:45+	00:51+	00:52+	00:17+
38	Trond Raugstad	3598	24:18															
01:44+	02:37+	03:38+	06:21+	08:51+	11:37+	12:05+	14:08+	14:56+	15:18+	16:35+	16:57+	17:59+	19:12+	20:23+	21:26+	22:40+	23:56+	24:18+
01:44+	00:53+	01:01+	02:43+	02:30+	02:46+	00:28+	02:03+	00:48+	00:22+	01:17+	00:22+	01:02+	01:13+	01:11+	01:03+	01:14+	01:16+	00:22+
01:44+	00:53+	01:01+	02:43+	02:30+	02:46+	00:28+	02:03+	00:48+	00:22+	01:17+	00:22+	01:02+	01:13+	01:11+	01:03+	01:14+	01:16+	00:22+
39	Kjell-Ole Topnes	1683	25:00															
01:31+	02:30+	03:42+	06:40+	08:35+	12:27+	12:55+	14:56+	15:34+	15:58+	17:39+	18:06+	19:12+	20:14+	21:27+	22:16+	23:26+	24:40+	25:00+
01:31+	00:59+	01:12+	02:58+	01:55+	03:52+	00:28+	02:01+	00:38+	00:24+	01:41+	00:27+	01:06+	01:02+	01:13+	00:49+	01:10+	01:14+	00:20+
01:31+	00:59+	01:12+	02:58+	01:55+	03:52+	00:28+	02:01+	00:38+	00:24+	01:41+	00:27+	01:06+	01:02+	01:13+	00:49+	01:10+	01:14+	00:20+
40	Torgeir Færevåg	3553	25:16															
01:14+	01:54+	02:48+	04:55+	06:51+	10:51+	11:41+	14:40+	15:18+	15:41+	17:10+	17:41+	18:52+	19:59+	21:33+	22:58+	24:05+	25:01+	25:16+
01:14+	00:40+	00:54+	02:07+	01:56+	04:00+	00:50+	02:59+	00:38+	00:23+	01:29+	00:31+	01:11+	01:07+	01:34+	01:25+	01:07+	00:56+	00:15+
01:14+	00:40+	00:54+	02:07+	01:56+	04:00+	00:50+	02:59+	00:38+	00:23+	01:29+	00:31+	01:11+	01:07+	01:34+	01:25+	01:07+	00:56+	00:15+
41	Kjell Lervik	3598	25:17															
02:49+	03:40+	04:41+	07:18+	09:53+	12:34+	13:03+	15:09+	15:54+	16:15+	17:32+	17:59+	18:56+	20:10+	21:25+	22:24+	23:38+	24:54+	25:17+
02:49+	00:51+	01:01+	02:37+	02:35+	02:41+	00:29+	02:06+	00:45+	00:21+	01:17+	00:27+	00:57+	01:14+	01:15+	00:59+	01:14+	01:16+	00:23+
02:49+	00:51+	01:01+	02:37+	02:35+	02:41+	00:29+	02:06+	00:45+	00:21+	01:17+	00:27+	00:57+	01:14+	01:15+	00:59+	01:14+	01:16+	00:23+
42	Steinar Løgth Aase	2539	25:36															
01:20+	02:01+	03:35+	06:39+	08:49+	11:40+	12:06+	15:35+	16:25+	16:59+	17:59+	18:11+	19:28+	20:42+	21:48+	22:38+	23:53+	25:16+	25:36+
01:20+	00:41+	01:34+	03:04+	02:10+	02:51+	00:26+	03:29+	00:50+	00:34+	01:00+	00:12+	01:17+	01:14+	01:06+	00:50+	01:15+	01:23+	00:20+
01:20+	00:41+	01:34+	03:04+	02:10+	02:51+	00:26+	03:29+	00:50+	00:34+	01:00+	00:12+	01:17+	01:14+	01:06+	00:50+	01:15+	01:23+	00:20+

Class	Navn	Klasse										Tid						
HT																		
43	Jan Erik Rasmussen	3519										26:07						
01:22+	02:10+	04:04+	06:34+	08:33+	11:38+	12:14+	14:24+	15:06+	15:55+	17:22+	17:51+	19:14+	20:37+	22:04+	23:07+	24:26+	25:47+	26:07+
01:22+	00:48+	01:54+	02:30+	01:59+	03:05+	00:36+	02:10+	00:42+	00:49+	01:27+	00:29+	01:23+	01:23+	01:27+	01:03+	01:19+	01:21+	00:20+
01:22+	00:48+	01:54+	02:30+	01:59+	03:05+	00:36+	02:10+	00:42+	00:49+	01:27+	00:29+	01:23+	01:23+	01:27+	01:03+	01:19+	01:21+	00:20+
44	John Øgreid	882										26:16						
02:08+	02:54+	04:03+	07:08+	09:06+	11:31+	12:08+	15:03+	15:47+	16:13+	17:31+	17:49+	18:54+	20:10+	21:29+	22:36+	24:11+	25:47+	26:16+
02:08+	00:46+	01:09+	03:05+	01:58+	02:25+	00:37+	02:55+	00:44+	00:26+	01:18+	00:18+	01:05+	01:16+	01:19+	01:07+	01:35+	01:36+	00:29+
02:08+	00:46+	01:09+	03:05+	01:58+	02:25+	00:37+	02:55+	00:44+	00:26+	01:18+	00:18+	01:05+	01:16+	01:19+	01:07+	01:35+	01:36+	00:29+
45	Tom Leveraas	1884										26:33						
01:32+	02:33+	03:47+	06:30+	08:01+	11:20+	11:56+	13:54+	14:49+	15:15+	16:36+	17:04+	19:39+	21:03+	22:58+	24:02+	25:01+	26:16+	26:33+
01:32+	01:01+	01:14+	02:43+	01:31+	03:19+	00:36+	01:58+	00:55+	00:26+	01:21+	00:28+	02:35+	01:24+	01:55+	01:04+	00:59+	01:15+	00:17+
01:32+	01:01+	01:14+	02:43+	01:31+	03:19+	00:36+	01:58+	00:55+	00:26+	01:21+	00:28+	02:35+	01:24+	01:55+	01:04+	00:59+	01:15+	00:17+
46	Rohan Joseph	1376										28:56						
03:46+	05:52+	07:48+	10:00+	11:58+	14:08+	14:31+	17:50+	18:25+	18:50+	20:03+	20:57+	22:44+	23:56+	25:30+	26:19+	27:32+	28:36+	28:56+
03:46+	02:06+	01:56+	02:12+	01:58+	02:10+	00:23+	03:19+	00:35+	00:25+	01:13+	00:54+	01:47+	01:12+	01:34+	00:49+	01:13+	01:04+	00:20+
03:46+	02:06+	01:56+	02:12+	01:58+	02:10+	00:23+	03:19+	00:35+	00:25+	01:13+	00:54+	01:47+	01:12+	01:34+	00:49+	01:13+	01:04+	00:20+
47	Sverre Sørheim	1884										29:14						
02:36+	03:28+	04:39+	08:12+	10:20+	13:20+	14:07+	16:55+	17:43+	18:16+	19:47+	20:07+	21:50+	23:11+	24:32+	25:44+	27:18+	28:48+	29:14+
02:36+	00:52+	01:11+	03:33+	02:08+	03:00+	00:47+	02:48+	00:48+	00:33+	01:31+	00:20+	01:43+	01:21+	01:21+	01:12+	01:34+	01:30+	00:26+
02:36+	00:52+	01:11+	03:33+	02:08+	03:00+	00:47+	02:48+	00:48+	00:33+	01:31+	00:20+	01:43+	01:21+	01:21+	01:12+	01:34+	01:30+	00:26+
48	Erland Båtnes Berntsen	643										29:38						
01:29+	02:31+	03:30+	05:41+	06:55+	08:51+	09:24+	10:58+	11:26+	11:49+	21:32+	21:44+	22:16+	23:01+	24:00+	27:10+	28:31+	29:24+	29:38+
01:29+	01:02+	00:59+	02:11+	01:14+	01:56+	00:33+	01:34+	00:28+	00:23+	09:43+	00:12+	00:32+	00:45+	00:59+	03:10+	01:21+	00:53+	00:14+
01:29+	01:02+	00:59+	02:11+	01:14+	01:56+	00:33+	01:34+	00:28+	00:23+	09:43+	00:12+	00:32+	00:45+	00:59+	03:10+	01:21+	00:53+	00:14+
49	Svein Olav Høyland	1683										29:47						
03:12+	03:56+	05:16+	08:41+	10:48+	13:43+	14:23+	17:28+	18:17+	18:48+	20:36+	20:53+	21:53+	23:29+	24:58+	26:03+	27:21+	29:27+	29:47+
03:12+	00:44+	01:20+	03:25+	02:07+	02:55+	00:40+	03:05+	00:49+	00:31+	01:48+	00:17+	01:00+	01:36+	01:29+	01:05+	01:18+	02:06+	00:20+
03:12+	00:44+	01:20+	03:25+	02:07+	02:55+	00:40+	03:05+	00:49+	00:31+	01:48+	00:17+	01:00+	01:36+	01:29+	01:05+	01:18+	02:06+	00:20+
50	Erik Campbell Henriksen	1683										30:15						
02:19+	03:13+	04:28+	07:40+	09:50+	12:45+	13:26+	16:04+	16:58+	17:33+	19:04+	19:32+	20:50+	22:36+	24:21+	25:42+	27:31+	29:44+	30:15+
02:19+	00:54+	01:15+	03:12+	02:10+	02:55+	00:41+	02:38+	00:54+	00:35+	01:31+	00:28+	01:18+	01:46+	01:45+	01:21+	01:49+	02:13+	00:31+
02:19+	00:54+	01:15+	03:12+	02:10+	02:55+	00:41+	02:38+	00:54+	00:35+	01:31+	00:28+	01:18+	01:46+	01:45+	01:21+	01:49+	02:13+	00:31+
51	Augustine Okafor	1683										31:06						
03:47+	04:22+	05:14+	09:51+	11:20+	15:54+	16:33+	20:22+	20:50+	21:12+	22:40+	23:04+	24:19+	25:32+	26:44+	28:01+	29:19+	30:46+	31:06+
03:47+	00:35+	00:52+	04:37+	01:29+	04:34+	00:39+	03:49+	00:28+	00:22+	01:28+	00:24+	01:15+	01:13+	01:12+	01:17+	01:18+	01:27+	00:20+
03:47+	00:35+	00:52+	04:37+	01:29+	04:34+	00:39+	03:49+	00:28+	00:22+	01:28+	00:24+	01:15+	01:13+	01:12+	01:17+	01:18+	01:27+	00:20+
52	Jacek Jagodzinski	3486										31:25						
02:50+	04:00+	05:43+	08:58+	11:39+	15:39+	16:17+	18:18+	18:50+	19:10+	20:47+	21:24+	23:00+	24:17+	25:14+	28:12+	29:46+	31:02+	31:25+
02:50+	01:10+	01:43+	03:15+	02:41+	04:00+	00:38+	02:01+	00:32+	00:20+	01:37+	00:37+	01:36+	01:17+	00:57+	02:58+	01:34+	01:16+	00:23+
02:50+	01:10+	01:43+	03:15+	02:41+	04:00+	00:38+	02:01+	00:32+	00:20+	01:37+	00:37+	01:36+	01:17+	00:57+	02:58+	01:34+	01:16+	00:23+
53	Svein Inge Sævereid	643										36:01						
02:15+	03:19+	04:53+	08:26+	11:02+	14:14+	15:02+	18:29+	19:29+	20:56+	22:41+	23:05+	26:36+	28:26+	30:24+	31:55+	33:44+	35:24+	36:01+
02:15+	01:04+	01:34+	03:33+	02:36+	03:12+	00:48+	03:27+	01:00+	01:27+	01:45+	00:24+	03:31+	01:50+	01:58+	01:31+	01:49+	01:40+	00:37+
02:15+	01:04+	01:34+	03:33+	02:36+	03:12+	00:48+	03:27+	01:00+	01:27+	01:45+	00:24+	03:31+	01:50+	01:58+	01:31+	01:49+	01:40+	00:37+

Beste strekktid for klassen

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