

Plass	Navn	Klasse	Tid
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D 1,5

1	Turid Norstad Opsahl	89	30:15
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04:10=	06:56=	11:59=	14:47=	18:23=	22:27=	27:54=	30:15=
04:10=	02:46=	05:03=	02:48=	03:36=	04:04=	05:27=	02:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Solveig Johannessen	7	35:39
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05:06+	08:58+	14:31+	18:04+	22:42+	27:12+	33:17+	35:39+
05:06+	03:52+	05:33+	03:33+	04:38+	04:30+	06:05+	02:22+
00:56#	01:06&	00:30+	00:45&	01:02&	00:26#	00:38#	00:01+

3	Aud Grønvold	7	36:01
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04:55+	09:32+	14:39+	18:25+	23:27+	27:59+	34:01+	36:01+
04:55+	04:37+	05:07+	03:46+	05:02+	04:32+	06:02+	02:00-
00:45#	01:51&	00:04+	00:58&	01:26&	00:28#	00:35#	00:21-

4	Unni Fladsrud Vold	96	37:09
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05:05+	08:44+	13:37+	16:36+	21:03+	28:46+	35:09+	37:09+
05:05+	03:39+	04:53-	02:59+	04:27+	07:43+	06:23+	02:00-
00:55#	00:53&	00:10-	00:11+	00:51#	03:39&	00:56#	00:21-

5	Marie Rustadbakken	7	45:26
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04:36+	09:02+	14:22+	19:17+	27:28+	37:31+	43:44+	45:26+
04:36+	04:26+	05:20+	04:55+	08:11+	10:03+	06:13+	01:42-
00:26#	01:40&	00:17+	02:07&	04:35@	05:59@	00:46#	00:39-

6	Helga Hansen	7	47:57
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06:57+	12:33+	20:06+	23:22+	29:51+	39:00+	45:55+	47:57+
06:57+	05:36+	07:33+	03:16+	06:29+	09:09+	06:55+	02:02-
02:47&	02:50@	02:30&	00:28#	02:53&	05:05@	01:28&	00:19-

7	Gerd Grønvold	7	49:15
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06:30+	12:40+	19:11+	23:09+	30:06+	40:10+	46:37+	49:15+
06:30+	06:10+	06:31+	03:58+	06:57+	10:04+	06:27+	02:38+
02:20&	03:24@	01:28&	01:10&	03:21&	06:00@	01:00#	00:17#

Beste strekktid for klassen

04:10	02:46	04:53	02:48	03:36	04:04	05:27	01:42
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 2,5

1	Inger K. Brøndbo	165	34:07
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02:15=	08:26=	17:40=	19:20=	24:08=	26:39=	31:23=	33:05=	34:07=
02:15=	06:11=	09:14=	01:40=	04:48=	02:31=	04:44=	01:42=	01:02=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Anne Karin Elisenberg	146	38:06
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03:08+	08:06-	17:52+	21:20+	28:10+	30:26+	35:06+	36:57+	38:06+
03:08+	04:58-	09:46+	03:28+	06:50+	02:16-	04:40-	01:51+	01:09+
00:53&	01:13-	00:32+	01:48@	02:02&	00:15-	00:04-	00:09+	00:07#

3	Karen Tomter	163	39:59
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03:20+	09:49+	22:16+	23:58+	29:38+	32:19+	37:07+	38:35+	39:59+
03:20+	06:29+	12:27+	01:42+	05:40+	02:41+	04:48+	01:28-	01:24+
01:05&	00:18+	03:13&	00:02+	00:52#	00:10+	00:04+	00:14-	00:22&

Class	Navn	Klasse	Tid
D 2,5			
4	Bente Tangen Wikstrøm	Geno	40:23
03:29+	10:05+	19:41+	21:49+
03:29+	06:36+	09:36+	02:08+
01:14&	00:25+	00:22+	00:28&
			00:15+
			03:20@
			00:04-
			00:10-
			00:26&
5	Susanne Valberg Granheim	1071	40:48
02:23+	11:22+	22:07+	24:54+
02:23+	08:59+	10:45+	02:47+
02:23+	08:59+	10:45+	02:47+
			06:35+
			02:26+
			04:14+
			01:38+
			01:01+
			01:01+
6	Anita Grønvold Tollefsen	7	41:47
02:43+	08:14+	23:20+	25:43+
02:43+	05:31+	15:06+	02:23+
02:43+	05:31+	15:06+	02:23+
			06:24+
			02:38+
			04:13+
			01:48+
			01:01+
7	Anne Bergljot Falck-Ytter	1058	42:44
05:59+	11:52+	23:56+	25:36+
05:59+	05:53+	12:04+	01:40+
05:59+	05:53+	12:04+	01:40+
			05:57+
			03:19+
			05:16+
			01:21+
			01:15+
8	Kari Undrum	152	47:22
03:42+	11:54+	23:38+	25:32+
03:42+	08:12+	11:44+	01:54+
03:42+	08:12+	11:44+	01:54+
			06:24+
			07:18+
			05:02+
			01:41+
			01:25+
9	Øyfrid Larsen Moen	Ntnui	50:15
03:07+	08:10+	31:46+	33:13+
03:07+	05:03+	23:36+	01:27+
03:07+	05:03+	23:36+	01:27+
			05:05+
			04:41+
			04:25+
			01:31+
			01:20+
10	Rønnaug Sagbakken	1071	51:14
03:51+	11:14+	24:45+	29:12+
03:51+	07:23+	13:31+	04:27+
03:51+	07:23+	13:31+	04:27+
			07:35+
			03:55+
			06:47+
			02:03+
			01:42+
11	Anita Stensby Bekkelund	89	51:22
04:44+	15:08+	29:29+	32:29+
04:44+	10:24+	14:21+	03:00+
04:44+	10:24+	14:21+	03:00+
			06:56+
			02:38+
			05:48+
			01:58+
			01:33+
12	Helene Kartomten	NOTEAM	51:28
02:39+	07:41+	22:09+	24:12+
02:39+	05:02+	14:28+	02:03+
02:39+	05:02+	14:28+	02:03+
			13:28+
			05:20+
			05:16+
			01:51+
			01:21+
13	Oddveig Anne Sagbakken	88	51:58
04:25+	12:21+	26:21+	28:13+
04:25+	07:56+	14:00+	01:52+
04:25+	07:56+	14:00+	01:52+
			06:40+
			03:16+
			09:44+
			02:30+
			01:35+
14	Marit Holmgren	7	52:15
03:19+	20:24+	31:35+	33:28+
03:19+	17:05+	11:11+	01:53+
03:19+	17:05+	11:11+	01:53+
			07:10+
			02:32+
			05:39+
			01:54+
			01:32+
15	Bente Grøndalen	152	53:30
04:27+	10:52+	32:34+	34:52+
04:27+	06:25+	21:42+	02:18+
04:27+	06:25+	21:42+	02:18+
			06:13+
			04:29+
			04:56+
			01:44+
			01:16+

D 2,5

16	Randi Aas Fjæstad	89	58:12					
04:09+	16:34+	30:54+	33:25+	42:00+	46:29+	53:36+	56:01+	58:12+
04:09+	12:25+	14:20+	02:31+	08:35+	04:29+	07:07+	02:25+	02:11+
04:09+	12:25+	14:20+	02:31+	08:35+	04:29+	07:07+	02:25+	02:11+
17	Sigrun Sigurjonsdotter	119	1:04:08					
03:04+	10:04+	21:31+	24:08+	49:11+	55:14+	60:43+	63:03+	64:08+
03:04+	07:00+	11:27+	02:37+	25:03+	06:03+	05:29+	02:20+	01:05+
03:04+	07:00+	11:27+	02:37+	25:03+	06:03+	05:29+	02:20+	01:05+

Beste strekktid for klassen

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

D 3,5

1	Wenche Bjørnstad	Geno	41:31									
02:16=	04:49=	09:57=	11:07=	16:52=	18:29=	27:08=	30:32=	31:45=	35:11=	38:55=	40:38=	41:31=
02:16=	02:33=	05:08=	01:10=	05:45=	01:37=	08:39=	03:24=	01:13=	03:26=	03:44=	01:43=	00:53=
00:00=	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	May Kristin Tangen	119	42:21									
02:52+	05:39+	12:37+	13:36+	19:02+	21:08+	26:32-	29:54-	31:00-	37:12+	40:26+	41:22+	42:21+
02:52+	02:47+	06:58+	00:59-	05:26-	02:06+	05:24-	03:22-	01:06-	06:12+	03:14-	00:56-	00:59+
00:36&	00:14+	01:50&	00:11-	00:19-	00:29&	03:15-	00:02-	00:07-	02:46&	00:30-	00:47-	00:06#
3	Line Merete Libak	89	43:08									
02:30+	04:59+	12:31+	13:48+	20:42+	23:02+	27:51+	32:03+	33:35+	37:04+	40:54+	41:56+	43:08+
02:30+	02:29-	07:32+	01:17+	06:54+	02:20+	04:49-	04:12+	01:32+	03:29+	03:50+	01:02-	01:12+
00:14#	00:04-	02:24&	00:07+	01:09#	00:43&	03:50-	00:48#	00:19&	00:03+	00:06+	00:41-	00:19&
4	Eirin Lodgaard	136	44:42									
02:33+	05:06+	12:40+	14:08+	20:11+	22:00+	27:12+	32:04+	33:19+	37:04+	42:00+	43:43+	44:42+
02:33+	02:33=	07:34+	01:28+	06:03+	01:49+	05:12-	04:52+	01:15+	03:45+	04:56+	01:43=	00:59+
00:17#	00:00=	02:26&	00:18&	00:18+	00:12#	03:27-	01:28&	00:02+	00:19+	01:12&	00:00=	00:06#
5	Rita Hangaard	1071	46:42									
03:28+	06:23+	16:46+	17:55+	24:03+	26:22+	31:16+	35:16+	36:40+	40:23+	44:33+	45:39+	46:42+
03:28+	02:55+	10:23+	01:09-	06:08+	02:19+	04:54-	04:00+	01:24+	03:43+	04:10+	01:06-	01:03+
01:12&	00:22#	05:15@	00:01-	00:23+	00:42&	03:45-	00:36#	00:11#	00:17+	00:26#	00:37-	00:10#
6	Sidsel Storihle	Geno	47:28									
02:55+	05:53+	13:28+	14:53+	22:04+	23:48+	30:01+	34:38+	36:05+	39:51+	44:56+	46:12+	47:28+
02:55+	02:58+	07:35+	01:25+	07:11+	01:44+	06:13-	04:37+	01:27+	03:46+	05:05+	01:16-	01:16+
00:39&	00:25#	02:27&	00:15#	01:26#	00:07+	02:26-	01:13&	00:14#	00:20+	01:21&	00:27-	00:23&
7	Marianne Rud Skjærstad	89	51:41									
11:57+	14:49+	22:13+	23:25+	28:57+	31:13+	35:45+	39:52+	41:04+	45:10+	49:33+	50:44+	51:41+
11:57+	02:52+	07:24+	01:12+	05:32-	02:16+	04:32-	04:07+	01:12-	04:06+	04:23+	01:11-	00:57+
09:41@	00:19#	02:16&	00:02+	00:13-	00:39&	04:07-	00:43#	00:01-	00:40#	00:39#	00:32-	00:04+
8	Sylvia Andersen	27	52:56									
03:18+	06:40+	14:07+	15:54+	22:18+	25:08+	34:55+	39:49+	41:16+	45:23+	50:25+	51:39+	52:56+
03:18+	03:22+	07:27+	01:47+	06:24+	02:50+	09:47+	04:54+	01:27+	04:07+	05:02+	01:14-	01:17+
01:02&	00:49&	02:19&	00:37&	00:39#	01:13&	01:08#	01:30&	00:14#	00:41#	01:18&	00:29-	00:24&

D 3,5

9 Linda Thorvaldsen 7 54:36

03:44+	07:12+	15:38+	17:14+	23:58+	26:10+	33:51+	38:52+	40:15+	47:20+	52:06+	53:29+	54:36+
03:44+	03:28+	08:26+	01:36+	06:44+	02:12+	07:41-	05:01+	01:23+	07:05+	04:46+	01:23-	01:07+
01:28&	00:55&	03:18&	00:26&	00:59#	00:35&	00:58-	01:37&	00:10#	03:39@	01:02&	00:20-	00:14&

10 Grete Storsveen 1071 54:39

03:29+	07:31+	15:07+	17:01+	24:12+	27:09+	33:01+	37:51+	40:10+	44:50+	51:13+	53:16+	54:39+
03:29+	04:02+	07:36+	01:54+	07:11+	02:57+	05:52+	04:50+	02:19+	04:40+	06:23+	02:03+	01:23+
03:29+	04:02+	07:36+	01:54+	07:11+	02:57+	05:52+	04:50+	02:19+	04:40+	06:23+	02:03+	01:23+

11 Anita Bekkum 7 55:12

03:40+	06:59+	15:58+	17:33+	24:24+	26:57+	32:07+	37:03+	38:34+	43:17+	52:50+	54:02+	55:12+
03:40+	03:19+	08:59+	01:35+	06:51+	02:33+	05:10+	04:56+	01:31+	04:43+	09:33+	01:12+	01:10+
03:40+	03:19+	08:59+	01:35+	06:51+	02:33+	05:10+	04:56+	01:31+	04:43+	09:33+	01:12+	01:10+

Beste strekktid for klassen

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

D 4,5

1 Unn Mette Klopbakken 43 49:22

02:20=	04:52=	08:11=	11:56=	13:58=	15:35=	19:09=	24:48=	32:57=	34:29=	38:28=	39:31=	42:55=	47:09=	48:19=	49:22=
02:20=	02:32=	03:19=	03:45=	02:02=	01:37=	03:34=	05:39=	08:09=	01:32=	03:59=	01:03=	03:24=	04:14=	01:10=	01:03=
00:00=	00:00=	00:00=	00:00=	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 Lund Nordstrøm 105 54:31

02:44+	05:37+	09:30+	13:48+	15:57+	18:04+	22:52+	27:52+	35:45+	37:26+	42:30+	43:37+	47:31+	52:15+	53:33+	54:31+
02:44+	02:53+	03:53+	04:18+	02:09+	02:07+	04:48+	05:00-	07:53-	01:41+	05:04+	01:07+	03:54+	04:44+	01:18+	00:58-
00:24#	00:21#	00:34#	00:33#	00:07+	00:30&	01:14&	00:39-	00:16-	00:09+	01:05&	00:04+	00:30#	00:30#	00:08#	00:05-

3 Lis Dæhli 90 58:38

05:06+	08:30+	11:51+	17:10+	19:33+	21:23+	25:44+	31:42+	40:19+	42:09+	46:13+	47:30+	51:44+	55:50+	57:21+	58:38+
05:06+	03:24+	03:21+	05:19+	02:23+	01:50+	04:21+	05:58+	08:37+	01:50+	04:04+	01:17+	04:14+	04:06-	01:31+	01:17+
02:46@	00:52&	00:02+	01:34&	00:21#	00:13#	00:47#	00:19+	00:28+	00:18#	00:05+	00:14#	00:50#	00:08-	00:21&	00:14#

Beste strekktid for klassen

02:20	02:32	03:19	03:45	02:02	01:37	03:34	05:00	07:53	01:32	03:59	01:03	03:24	04:06	01:10	00:58
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 5,5

1 Mari Norstad Opsahl 1032 55:30

03:23=	06:29=	07:48=	13:06=	15:18=	16:39=	19:37=	21:40=	23:43=	26:58=	32:30=	39:24=	43:33=	44:41=	48:50=	52:38=	53:33=	54:35=	55:30=
03:23=	03:06=	01:19=	05:18=	02:12=	01:21=	02:58=	02:03=	02:03=	03:15=	05:32=	06:54=	04:09=	01:08=	04:09=	03:48=	00:55=	01:02=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

03:23	03:06	01:19	05:18	02:12	01:21	02:58	02:03	02:03	03:15	05:32	06:54	04:09	01:08	04:09	03:48	00:55	01:02	00:55
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 1,5

Class	Navn	Klasse	Tid
H 1,5			
1	Geir-Håkon Øverby	If	25:16
	02:59= 07:54= 10:57= 15:16= 17:45= 19:41= 23:58= 25:16=		
	02:59= 04:55= 03:03= 04:19= 02:29= 01:56= 04:17= 01:18=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Trygve Jan Bjerke	55	27:05
	03:08+ 09:50+ 12:41+ 17:53+ 21:11+ 23:17+ 25:22+ 27:05+		
	03:08+ 06:42+ 02:51+ 05:12+ 03:18+ 02:06+ 02:05+ 01:43+		
	03:08+ 06:42+ 02:51+ 05:12+ 03:18+ 02:06+ 02:05+ 01:43+		
3	Knut Røhrsveen	7	27:35
	02:58+ 08:52+ 11:15+ 19:16+ 22:02+ 24:20+ 26:21+ 27:35+		
	02:58+ 05:54+ 02:23+ 08:01+ 02:46+ 02:18+ 02:01+ 01:14+		
	02:58+ 05:54+ 02:23+ 08:01+ 02:46+ 02:18+ 02:01+ 01:14+		
4	Ottar Evensen	27	29:56
	02:36+ 08:27+ 10:38+ 21:46+ 24:31+ 26:29+ 28:46+ 29:56+		
	02:36+ 05:51+ 02:11+ 11:08+ 02:45+ 01:58+ 02:17+ 01:10+		
	02:36+ 05:51+ 02:11+ 11:08+ 02:45+ 01:58+ 02:17+ 01:10+		
5	Ingvald Pedersen	28	35:16
	03:25+ 10:16+ 14:08+ 20:52+ 26:44+ 29:39+ 33:18+ 35:16+		
	03:25+ 06:51+ 03:52+ 06:44+ 05:52+ 02:55+ 03:39+ 01:58+		
	03:25+ 06:51+ 03:52+ 06:44+ 05:52+ 02:55+ 03:39+ 01:58+		
6	Halstein Ødegård	89	35:55
	04:03+ 11:21+ 15:56+ 22:51+ 27:36+ 30:48+ 33:49+ 35:55+		
	04:03+ 07:18+ 04:35+ 06:55+ 04:45+ 03:12+ 03:01+ 02:06+		
	04:03+ 07:18+ 04:35+ 06:55+ 04:45+ 03:12+ 03:01+ 02:06+		
7	Dag Erik Hovde	7	42:24
	04:21+ 11:41+ 15:00+ 27:57+ 33:29+ 36:50+ 39:56+ 42:24+		
	04:21+ 07:20+ 03:19+ 12:57+ 05:32+ 03:21+ 03:06+ 02:28+		
	04:21+ 07:20+ 03:19+ 12:57+ 05:32+ 03:21+ 03:06+ 02:28+		
8	Ragnar Høsøien	55	56:27
	08:44+ 21:32+ 26:52+ 39:18+ 45:00+ 49:08+ 53:38+ 56:27+		
	08:44+ 12:48+ 05:20+ 12:26+ 05:42+ 04:08+ 04:30+ 02:49+		
	08:44+ 12:48+ 05:20+ 12:26+ 05:42+ 04:08+ 04:30+ 02:49+		

Beste strekktid for klassen

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

H 2,5

1	Per Vold	96	31:09
	03:06= 05:59= 09:32= 13:29= 19:51= 25:15= 28:39= 29:59= 31:09=		
	03:06= 02:53= 03:33= 03:57= 06:22= 05:24= 03:24= 01:20= 01:10=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Harald Øie	ARBIL	31:21
	02:46- 05:54- 09:33+ 13:01- 19:16- 25:23+ 28:48+ 30:14+ 31:21+		
	02:46- 03:08+ 03:39+ 03:28- 06:15- 06:07+ 03:25+ 01:26+ 01:07-		
	00:20- 00:15+ 00:06+ 00:29- 00:07- 00:43# 00:01+ 00:06+ 00:03-		

Class	Navn	Klasse	Tid
H 2,5			
3	Leif Martin Kjos	1071	31:37
	02:27- 05:23- 08:53- 13:05- 19:07- 24:54- 28:59+ 30:36+ 31:37+		
	02:27- 02:56+ 03:30- 04:12+ 06:02- 05:47+ 04:05+ 01:37+ 01:01-		
	00:39- 00:03+ 00:03- 00:15+ 00:20- 00:23+ 00:41# 00:17# 00:09-		
4	Magnar Nybakk	1071	34:14
	02:38+ 05:33+ 08:48+ 13:38+ 22:02+ 27:57+ 31:44+ 33:02+ 34:14+		
	02:38+ 02:55+ 03:15+ 04:50+ 08:24+ 05:55+ 03:47+ 01:18+ 01:12+		
	02:38+ 02:55+ 03:15+ 04:50+ 08:24+ 05:55+ 03:47+ 01:18+ 01:12+		
5	Ludvig Bjerke-Narud	Geno	34:21
	03:56+ 07:20+ 11:10+ 15:25+ 22:20+ 28:10+ 31:51+ 33:12+ 34:21+		
	03:56+ 03:24+ 03:50+ 04:15+ 06:55+ 05:50+ 03:41+ 01:21+ 01:09+		
	03:56+ 03:24+ 03:50+ 04:15+ 06:55+ 05:50+ 03:41+ 01:21+ 01:09+		
6	Steinar Libak	89	35:03
	02:57+ 07:08+ 11:07+ 15:14+ 22:15+ 28:20+ 32:19+ 33:42+ 35:03+		
	02:57+ 04:11+ 03:59+ 04:07+ 07:01+ 06:05+ 03:59+ 01:23+ 01:21+		
	02:57+ 04:11+ 03:59+ 04:07+ 07:01+ 06:05+ 03:59+ 01:23+ 01:21+		
7	Stein Sandaker	1038	35:09
	03:33+ 06:52+ 10:55+ 15:37+ 22:42+ 28:45+ 32:54+ 34:09+ 35:09+		
	03:33+ 03:19+ 04:03+ 04:42+ 07:05+ 06:03+ 04:09+ 01:15+ 01:00+		
	03:33+ 03:19+ 04:03+ 04:42+ 07:05+ 06:03+ 04:09+ 01:15+ 01:00+		
8	Ole Rostad	25	35:10
	03:28+ 06:37+ 12:35+ 18:34+ 23:48+ 29:01+ 32:32+ 34:16+ 35:10+		
	03:28+ 03:09+ 05:58+ 05:59+ 05:14+ 05:13+ 03:31+ 01:44+ 00:54+		
	03:28+ 03:09+ 05:58+ 05:59+ 05:14+ 05:13+ 03:31+ 01:44+ 00:54+		
9	Knut Olav Strætkvern	1058	35:29
	03:07+ 06:04+ 09:52+ 16:06+ 23:17+ 29:32+ 33:12+ 34:30+ 35:29+		
	03:07+ 02:57+ 03:48+ 06:14+ 07:11+ 06:15+ 03:40+ 01:18+ 00:59+		
	03:07+ 02:57+ 03:48+ 06:14+ 07:11+ 06:15+ 03:40+ 01:18+ 00:59+		
10	Tore Stenseth	1013	35:33
	02:27+ 05:22+ 09:04+ 13:22+ 20:44+ 27:34+ 32:49+ 34:06+ 35:33+		
	02:27+ 02:55+ 03:42+ 04:18+ 07:22+ 06:50+ 05:15+ 01:17+ 01:27+		
	02:27+ 02:55+ 03:42+ 04:18+ 07:22+ 06:50+ 05:15+ 01:17+ 01:27+		
11	Arne Hagen	167	36:21
	03:03+ 06:34+ 10:33+ 16:09+ 22:49+ 28:41+ 33:44+ 35:27+ 36:21+		
	03:03+ 03:31+ 03:59+ 05:36+ 06:40+ 05:52+ 05:03+ 01:43+ 00:54+		
	03:03+ 03:31+ 03:59+ 05:36+ 06:40+ 05:52+ 05:03+ 01:43+ 00:54+		
12	Harald Grønvold	7	36:53
	04:59+ 09:05+ 13:22+ 17:56+ 24:54+ 30:28+ 34:11+ 35:34+ 36:53+		
	04:59+ 04:06+ 04:17+ 04:34+ 06:58+ 05:34+ 03:43+ 01:23+ 01:19+		
	04:59+ 04:06+ 04:17+ 04:34+ 06:58+ 05:34+ 03:43+ 01:23+ 01:19+		
13	Morten Øie	39	37:22
	04:13+ 07:22+ 10:56+ 15:45+ 23:16+ 30:35+ 34:40+ 36:06+ 37:22+		
	04:13+ 03:09+ 03:34+ 04:49+ 07:31+ 07:19+ 04:05+ 01:26+ 01:16+		
	04:13+ 03:09+ 03:34+ 04:49+ 07:31+ 07:19+ 04:05+ 01:26+ 01:16+		
14	Terje Lien	155	38:28
	06:23+ 09:35+ 14:15+ 18:27+ 25:32+ 31:44+ 35:30+ 37:01+ 38:28+		
	06:23+ 03:12+ 04:40+ 04:12+ 07:05+ 06:12+ 03:46+ 01:31+ 01:27+		
	06:23+ 03:12+ 04:40+ 04:12+ 07:05+ 06:12+ 03:46+ 01:31+ 01:27+		

Class	Navn	Klasse	Tid
H 2,5			
15	Einar Stensby	89	40:38
04:01+	07:43+ 12:07+ 17:30+ 24:46+ 33:28+ 37:47+ 39:23+ 40:38+		
04:01+	03:42+ 04:24+ 05:23+ 07:16+ 08:42+ 04:19+ 01:36+ 01:15+		
04:01+	03:42+ 04:24+ 05:23+ 07:16+ 08:42+ 04:19+ 01:36+ 01:15+		
16	Karl Petter Opsahl	89	40:51
04:35+	08:01+ 12:15+ 22:03+ 28:49+ 34:32+ 38:20+ 39:41+ 40:51+		
04:35+	03:26+ 04:14+ 09:48+ 06:46+ 05:43+ 03:48+ 01:21+ 01:10+		
04:35+	03:26+ 04:14+ 09:48+ 06:46+ 05:43+ 03:48+ 01:21+ 01:10+		
17	Steinar Mariussen	27	40:54
04:15+	07:38+ 12:08+ 16:58+ 24:18+ 32:41+ 38:18+ 39:45+ 40:54+		
04:15+	03:23+ 04:30+ 04:50+ 07:20+ 08:23+ 05:37+ 01:27+ 01:09+		
04:15+	03:23+ 04:30+ 04:50+ 07:20+ 08:23+ 05:37+ 01:27+ 01:09+		
18	Jan Olav Sæther	165	43:29
04:06+	09:26+ 14:14+ 20:30+ 29:25+ 36:03+ 40:44+ 42:11+ 43:29+		
04:06+	05:20+ 04:48+ 06:16+ 08:55+ 06:38+ 04:41+ 01:27+ 01:18+		
04:06+	05:20+ 04:48+ 06:16+ 08:55+ 06:38+ 04:41+ 01:27+ 01:18+		
19	Johnny Johansen	89	43:30
04:33+	09:01+ 14:56+ 21:03+ 28:59+ 35:49+ 40:39+ 42:12+ 43:30+		
04:33+	04:28+ 05:55+ 06:07+ 07:56+ 06:50+ 04:50+ 01:33+ 01:18+		
04:33+	04:28+ 05:55+ 06:07+ 07:56+ 06:50+ 04:50+ 01:33+ 01:18+		
20	Magne Johansen	1032	45:30
04:34+	08:45+ 14:16+ 19:56+ 27:57+ 35:53+ 41:17+ 43:40+ 45:30+		
04:34+	04:11+ 05:31+ 05:40+ 08:01+ 07:56+ 05:24+ 02:23+ 01:50+		
04:34+	04:11+ 05:31+ 05:40+ 08:01+ 07:56+ 05:24+ 02:23+ 01:50+		
21	Torbjørn Ødegaard	1058	46:14
04:04+	08:33+ 14:13+ 20:21+ 28:32+ 36:33+ 42:46+ 44:48+ 46:14+		
04:04+	04:29+ 05:40+ 06:08+ 08:11+ 08:01+ 06:13+ 02:02+ 01:26+		
04:04+	04:29+ 05:40+ 06:08+ 08:11+ 08:01+ 06:13+ 02:02+ 01:26+		
22	Hans Petter Jevanord	Geno	46:37
04:36+	09:15+ 14:13+ 20:19+ 29:45+ 37:22+ 42:40+ 44:39+ 46:37+		
04:36+	04:39+ 04:58+ 06:06+ 09:26+ 07:37+ 05:18+ 01:59+ 01:58+		
04:36+	04:39+ 04:58+ 06:06+ 09:26+ 07:37+ 05:18+ 01:59+ 01:58+		
23	Sven Marken	89	46:53
05:04+	09:21+ 14:01+ 19:31+ 28:48+ 38:02+ 42:54+ 44:58+ 46:53+		
05:04+	04:17+ 04:40+ 05:30+ 09:17+ 09:14+ 04:52+ 02:04+ 01:55+		
05:04+	04:17+ 04:40+ 05:30+ 09:17+ 09:14+ 04:52+ 02:04+ 01:55+		
24	Tore Lindaas	27	51:27
04:39+	08:38+ 15:17+ 22:05+ 33:01+ 41:57+ 47:26+ 49:22+ 51:27+		
04:39+	03:59+ 06:39+ 06:48+ 10:56+ 08:56+ 05:29+ 01:56+ 02:05+		
04:39+	03:59+ 06:39+ 06:48+ 10:56+ 08:56+ 05:29+ 01:56+ 02:05+		

Beste strekktid for klassen

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

H 3,5

Class	Navn	Klasse	Tid									
H 3,5												
1	Terje Tangen	119	32:42									
02:33=	05:28=	07:33=	10:30=	15:16=	16:44=	20:29=	23:37=	24:36=	27:34=	30:45=	31:43=	32:42=
02:33=	02:55=	02:05=	02:57=	04:46=	01:28=	03:45=	03:08=	00:59=	02:58=	03:11=	00:58=	00:59=
00:00=	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	Tormod Pedersen	7	33:20									
02:01+	05:03+	07:02+	10:15+	15:13+	16:59+	21:03+	24:25+	25:22+	28:16+	31:22+	32:20+	33:20+
02:01+	03:02+	01:59+	03:13+	04:58+	01:46+	04:04+	03:22+	00:57+	02:54+	03:06+	00:58+	01:00+
02:01+	03:02+	01:59+	03:13+	04:58+	01:46+	04:04+	03:22+	00:57+	02:54+	03:06+	00:58+	01:00+
3	Ove Tåsåsen	1013	37:07									
05:07+	08:43+	10:52+	13:51+	18:41+	20:35+	24:34+	28:10+	29:12+	32:25+	35:28+	36:16+	37:07+
05:07+	03:36+	02:09+	02:59+	04:50+	01:54+	03:59+	03:36+	01:02+	03:13+	03:03+	00:48+	00:51+
05:07+	03:36+	02:09+	02:59+	04:50+	01:54+	03:59+	03:36+	01:02+	03:13+	03:03+	00:48+	00:51+
4	Morten Eriksen	105	38:17									
02:30+	07:38+	10:01+	13:13+	18:14+	19:52+	24:12+	27:23+	28:41+	32:22+	35:51+	37:29+	38:17+
02:30+	05:08+	02:23+	03:12+	05:01+	01:38+	04:20+	03:11+	01:18+	03:41+	03:29+	01:38+	00:48+
02:30+	05:08+	02:23+	03:12+	05:01+	01:38+	04:20+	03:11+	01:18+	03:41+	03:29+	01:38+	00:48+
5	Olav Juliussen	55	39:08									
02:17+	05:55+	08:09+	12:24+	17:42+	19:28+	23:46+	28:19+	29:40+	33:11+	37:02+	38:15+	39:08+
02:17+	03:38+	02:14+	04:15+	05:18+	01:46+	04:18+	04:33+	01:21+	03:31+	03:51+	01:13+	00:53+
02:17+	03:38+	02:14+	04:15+	05:18+	01:46+	04:18+	04:33+	01:21+	03:31+	03:51+	01:13+	00:53+
6	Lars Ivar Ulmo	120	39:34									
02:31+	06:23+	09:21+	13:00+	19:01+	20:25+	24:22+	29:52+	30:35+	33:56+	37:23+	38:33+	39:34+
02:31+	03:52+	02:58+	03:39+	06:01+	01:24+	03:57+	05:30+	00:43+	03:21+	03:27+	01:10+	01:01+
02:31+	03:52+	02:58+	03:39+	06:01+	01:24+	03:57+	05:30+	00:43+	03:21+	03:27+	01:10+	01:01+
7	Tore Gustav Tomter	1021	40:32									
02:49+	06:35+	08:51+	12:42+	18:18+	19:49+	24:21+	28:21+	31:29+	35:03+	38:39+	39:42+	40:32+
02:49+	03:46+	02:16+	03:51+	05:36+	01:31+	04:32+	04:00+	03:08+	03:34+	03:36+	01:03+	00:50+
02:49+	03:46+	02:16+	03:51+	05:36+	01:31+	04:32+	04:00+	03:08+	03:34+	03:36+	01:03+	00:50+
8	Tom S Helgesen	55	41:03									
02:28+	07:05+	09:48+	14:45+	20:12+	22:04+	26:21+	30:21+	31:39+	35:32+	38:55+	40:09+	41:03+
02:28+	04:37+	02:43+	04:57+	05:27+	01:52+	04:17+	04:00+	01:18+	03:53+	03:23+	01:14+	00:54+
02:28+	04:37+	02:43+	04:57+	05:27+	01:52+	04:17+	04:00+	01:18+	03:53+	03:23+	01:14+	00:54+
9	Jan Åsmund Sætaberget	1002	41:27									
03:37+	06:41+	08:59+	13:11+	20:00+	21:52+	27:04+	31:10+	32:22+	35:40+	39:28+	40:36+	41:27+
03:37+	03:04+	02:18+	04:12+	06:49+	01:52+	05:12+	04:06+	01:12+	03:18+	03:48+	01:08+	00:51+
03:37+	03:04+	02:18+	04:12+	06:49+	01:52+	05:12+	04:06+	01:12+	03:18+	03:48+	01:08+	00:51+
10	Erik Haugen	119	42:36									
02:26+	06:23+	09:27+	13:24+	20:23+	22:24+	27:11+	31:28+	32:52+	36:22+	40:25+	41:33+	42:36+
02:26+	03:57+	03:04+	03:57+	06:59+	02:01+	04:47+	04:17+	01:24+	03:30+	04:03+	01:08+	01:03+
02:26+	03:57+	03:04+	03:57+	06:59+	02:01+	04:47+	04:17+	01:24+	03:30+	04:03+	01:08+	01:03+
11	Jo Gisle Jørgensen	105	43:40									
03:18+	06:58+	09:37+	14:31+	20:27+	22:35+	27:30+	31:32+	33:52+	37:27+	41:34+	42:39+	43:40+
03:18+	03:40+	02:39+	04:54+	05:56+	02:08+	04:55+	04:02+	02:20+	03:35+	04:07+	01:05+	01:01+
03:18+	03:40+	02:39+	04:54+	05:56+	02:08+	04:55+	04:02+	02:20+	03:35+	04:07+	01:05+	01:01+
12	Rune Engen	99	45:18									
04:32+	08:10+	11:36+	15:37+	23:12+	25:01+	29:43+	33:40+	34:55+	38:44+	43:03+	44:14+	45:18+
04:32+	03:38+	03:26+	04:01+	07:35+	01:49+	04:42+	03:57+	01:15+	03:49+	04:19+	01:11+	01:04+
04:32+	03:38+	03:26+	04:01+	07:35+	01:49+	04:42+	03:57+	01:15+	03:49+	04:19+	01:11+	01:04+

Class	Navn	Klasse											Tid
H 3,5													
13	Trond Øie	1071											45:30
04:32+	09:08+	11:17+	14:49+	20:40+	23:05+	28:32+	32:36+	33:32+	37:26+	42:44+	44:33+	45:30+	
04:32+	04:36+	02:09+	03:32+	05:51+	02:25+	05:27+	04:04+	00:56+	03:54+	05:18+	01:49+	00:57+	
04:32+	04:36+	02:09+	03:32+	05:51+	02:25+	05:27+	04:04+	00:56+	03:54+	05:18+	01:49+	00:57+	
14	Rune Waaler	RAUT											47:07
04:24+	08:06+	10:24+	14:38+	21:38+	24:05+	29:02+	33:17+	35:44+	39:47+	44:40+	46:08+	47:07+	
04:24+	03:42+	02:18+	04:14+	07:00+	02:27+	04:57+	04:15+	02:27+	04:03+	04:53+	01:28+	00:59+	
04:24+	03:42+	02:18+	04:14+	07:00+	02:27+	04:57+	04:15+	02:27+	04:03+	04:53+	01:28+	00:59+	
15	Knut Wikstrøm	78											47:09
03:10+	06:20+	08:27+	16:21+	23:02+	24:56+	30:28+	35:33+	36:42+	40:28+	44:41+	46:13+	47:09+	
03:10+	03:10+	02:07+	07:54+	06:41+	01:54+	05:32+	05:05+	01:09+	03:46+	04:13+	01:32+	00:56+	
03:10+	03:10+	02:07+	07:54+	06:41+	01:54+	05:32+	05:05+	01:09+	03:46+	04:13+	01:32+	00:56+	
16	Torleif Finstad	55											47:10
03:25+	08:16+	10:56+	15:54+	22:14+	24:46+	29:52+	33:36+	34:51+	40:00+	44:49+	46:04+	47:10+	
03:25+	04:51+	02:40+	04:58+	06:20+	02:32+	05:06+	03:44+	01:15+	05:09+	04:49+	01:15+	01:06+	
03:25+	04:51+	02:40+	04:58+	06:20+	02:32+	05:06+	03:44+	01:15+	05:09+	04:49+	01:15+	01:06+	
17	Jonny Rudi	7											47:38
06:43+	11:30+	13:50+	18:41+	24:41+	26:26+	31:31+	35:41+	36:53+	41:03+	44:48+	46:40+	47:38+	
06:43+	04:47+	02:20+	04:51+	06:00+	01:45+	05:05+	04:10+	01:12+	04:10+	03:45+	01:52+	00:58+	
06:43+	04:47+	02:20+	04:51+	06:00+	01:45+	05:05+	04:10+	01:12+	04:10+	03:45+	01:52+	00:58+	
18	Erik Neby	105											49:19
02:50+	07:09+	10:04+	14:32+	21:22+	23:25+	29:29+	34:03+	35:39+	41:05+	46:14+	47:48+	49:19+	
02:50+	04:19+	02:55+	04:28+	06:50+	02:03+	06:04+	04:34+	01:36+	05:26+	05:09+	01:34+	01:31+	
02:50+	04:19+	02:55+	04:28+	06:50+	02:03+	06:04+	04:34+	01:36+	05:26+	05:09+	01:34+	01:31+	
19	Håkon Beitnes	49											52:05
05:16+	10:02+	13:02+	18:55+	28:39+	30:55+	36:46+	40:42+	41:42+	45:57+	50:00+	51:03+	52:05+	
05:16+	04:46+	03:00+	05:53+	09:44+	02:16+	05:51+	03:56+	01:00+	04:15+	04:03+	01:03+	01:02+	
05:16+	04:46+	03:00+	05:53+	09:44+	02:16+	05:51+	03:56+	01:00+	04:15+	04:03+	01:03+	01:02+	
20	Bjørn Vidar Bekkum	7											52:19
10:49+	15:35+	17:59+	21:59+	28:33+	31:11+	36:23+	40:35+	41:46+	46:29+	50:11+	51:12+	52:19+	
10:49+	04:46+	02:24+	04:00+	06:34+	02:38+	05:12+	04:12+	01:11+	04:43+	03:42+	01:01+	01:07+	
10:49+	04:46+	02:24+	04:00+	06:34+	02:38+	05:12+	04:12+	01:11+	04:43+	03:42+	01:01+	01:07+	
21	Bård Bjøntegaard	145											55:36
03:13+	17:38+	21:34+	25:39+	31:49+	33:50+	38:23+	44:13+	45:16+	48:55+	53:12+	54:37+	55:36+	
03:13+	14:25+	03:56+	04:05+	06:10+	02:01+	04:33+	05:50+	01:03+	03:39+	04:17+	01:25+	00:59+	
03:13+	14:25+	03:56+	04:05+	06:10+	02:01+	04:33+	05:50+	01:03+	03:39+	04:17+	01:25+	00:59+	
22	Steinar Tønsager	11											1:04:00
17:54+	22:30+	25:02+	29:55+	36:13+	38:36+	44:28+	48:52+	50:11+	54:45+	61:01+	63:02+	64:00+	
17:54+	04:36+	02:32+	04:53+	06:18+	02:23+	05:52+	04:24+	01:19+	04:34+	06:16+	02:01+	00:58+	
17:54+	04:36+	02:32+	04:53+	06:18+	02:23+	05:52+	04:24+	01:19+	04:34+	06:16+	02:01+	00:58+	

Beste strekktid for klassen

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

H 4,5

H 4,5

1	Odin Høie Vollum	7	39:58	01:56=	03:39=	07:17=	10:37=	12:11=	13:51=	17:43=	21:18=	27:26=	28:56=	31:49=	32:43=	35:26=	38:26=	39:21=	39:58=
				01:56=	01:43=	03:38=	03:20=	01:34=	01:40=	03:52=	03:35=	06:08=	01:30=	02:53=	00:54=	02:43=	03:00=	00:55=	00:37=
				00:00=	00:00=	00:00=	00:00=	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	Terje Wikstrøm	Geno	41:41	02:05+	04:16+	06:40+	09:35+	11:19+	13:39+	16:46+	20:59+	28:12+	29:34+	32:40+	33:40+	36:41+	39:44+	40:45+	41:41+
				02:05+	02:11+	02:24+	02:55+	01:44+	02:20+	03:07+	04:13+	07:13+	01:22+	03:06+	01:00+	03:01+	03:03+	01:01+	00:56+
				02:05+	02:11+	02:24+	02:55+	01:44+	02:20+	03:07+	04:13+	07:13+	01:22+	03:06+	01:00+	03:01+	03:03+	01:01+	00:56+
3	Bjørn J Sørum	1002	42:43	01:58+	04:17+	06:46+	10:00+	12:06+	13:28+	16:31+	21:17+	28:58+	30:25+	33:44+	34:43+	37:29+	40:55+	41:54+	42:43+
				01:58+	02:19+	02:29+	03:14+	02:06+	01:22+	03:03+	04:46+	07:41+	01:27+	03:19+	00:59+	02:46+	03:26+	00:59+	00:49+
				01:58+	02:19+	02:29+	03:14+	02:06+	01:22+	03:03+	04:46+	07:41+	01:27+	03:19+	00:59+	02:46+	03:26+	00:59+	00:49+
4	Tom Røise	Ntnui	44:10	02:01+	04:10+	06:55+	11:03+	13:05+	14:40+	20:36+	24:55+	31:30+	32:49+	35:45+	36:37+	39:27+	42:35+	43:20+	44:10+
				02:01+	02:09+	02:45+	04:08+	02:02+	01:35+	05:56+	04:19+	06:35+	01:19+	02:56+	00:52+	02:50+	03:08+	00:45+	00:50+
				02:01+	02:09+	02:45+	04:08+	02:02+	01:35+	05:56+	04:19+	06:35+	01:19+	02:56+	00:52+	02:50+	03:08+	00:45+	00:50+
5	Vidar Nomerstad	1071	47:30	01:52+	04:25+	07:08+	10:45+	12:58+	14:44+	18:22+	23:11+	31:49+	33:32+	37:00+	37:57+	41:35+	45:24+	46:27+	47:30+
				01:52+	02:33+	02:43+	03:37+	02:13+	01:46+	03:38+	04:49+	08:38+	01:43+	03:28+	00:57+	03:38+	03:49+	01:03+	01:03+
				01:52+	02:33+	02:43+	03:37+	02:13+	01:46+	03:38+	04:49+	08:38+	01:43+	03:28+	00:57+	03:38+	03:49+	01:03+	01:03+
6	Ole Petter Saxrud	1028	49:49	02:31+	05:05+	08:04+	11:51+	14:08+	16:02+	19:36+	24:45+	32:58+	34:39+	38:27+	39:42+	43:21+	47:30+	48:50+	49:49+
				02:31+	02:34+	02:59+	03:47+	02:17+	01:54+	03:34+	05:09+	08:13+	01:41+	03:48+	01:15+	03:39+	04:09+	01:20+	00:59+
				02:31+	02:34+	02:59+	03:47+	02:17+	01:54+	03:34+	05:09+	08:13+	01:41+	03:48+	01:15+	03:39+	04:09+	01:20+	00:59+
7	Henning Wernøe	49	54:12	02:29+	05:15+	08:50+	13:02+	15:41+	17:52+	21:59+	27:09+	35:56+	37:43+	42:41+	44:00+	47:44+	51:54+	53:20+	54:12+
				02:29+	02:46+	03:35+	04:12+	02:39+	02:11+	04:07+	05:10+	08:47+	01:47+	04:58+	01:19+	03:44+	04:10+	01:26+	00:52+
				02:29+	02:46+	03:35+	04:12+	02:39+	02:11+	04:07+	05:10+	08:47+	01:47+	04:58+	01:19+	03:44+	04:10+	01:26+	00:52+
8	Odd Arne Blystad	89	54:27	02:50+	06:02+	10:19+	14:08+	16:17+	17:52+	21:29+	29:03+	37:28+	39:22+	43:33+	44:41+	48:46+	52:19+	53:26+	54:27+
				02:50+	03:12+	04:17+	03:49+	02:09+	01:35+	03:37+	07:34+	08:25+	01:54+	04:11+	01:08+	04:05+	03:33+	01:07+	01:01+
				02:50+	03:12+	04:17+	03:49+	02:09+	01:35+	03:37+	07:34+	08:25+	01:54+	04:11+	01:08+	04:05+	03:33+	01:07+	01:01+

Beste strekktid for klassen

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

H 5,5

1	Bjørn Solbergseter	100	50:13	02:18=	05:32=	07:01=	12:41=	15:09=	16:47=	19:46=	21:45=	23:29=	26:35=	31:02=	37:32=	40:58=	41:54=	44:21=	47:37=	48:29=	49:26=	50:13=
				02:18=	03:14=	01:29=	05:40=	02:28=	01:38=	02:59=	01:59=	01:44=	03:06=	04:27=	06:30=	03:26=	00:56=	02:27=	03:16=	00:52=	00:57=	00:47=
				00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Michael Sætvædt	RAUT	51:33	02:34+	04:57+	06:07+	10:22+	13:07+	18:16+	20:22+	22:10+	25:42+	28:08+	32:16+	37:43+	41:38+	42:29+	44:56+	48:59+	49:53+	50:49+	51:33+
				02:34+	02:23+	01:10+	04:15+	02:45+	05:09+	02:06+	01:48+	03:32+	02:26+	04:08+	05:27+	03:55+	00:51+	02:27+	04:03+	00:54+	00:56+	00:44+
				00:16#	00:51-	00:19-	01:25-	00:17#	03:31@	00:53-	00:11-	01:48@	00:40-	00:19-	01:03-	00:29#	00:05-	00:00=	00:47#	00:02+	00:01-	00:03-

H 5,5

3 Stein Arne Negård

166

51:36

02:01-	05:18-	06:39-	11:50-	13:43-	15:20-	18:21-	20:18-	22:16-	25:36-	31:01-	37:14-	41:00+	42:17+	45:30+	48:47+	49:42+	50:42+	51:36+
02:01-	03:17+	01:21-	05:11-	01:53-	01:37-	03:01+	01:57-	01:58+	03:20+	05:25+	06:13-	03:46+	01:17+	03:13+	03:17+	00:55+	01:00+	00:54+
00:17-	00:03+	00:08-	00:29-	00:35-	00:01-	00:02+	00:02-	00:14#	00:14+	00:58#	00:17-	00:20+	00:21&	00:46&	00:01+	00:03+	00:03+	00:07#

4 Frode Ødegårdstuen

ASKO

52:52

02:20+	05:53+	07:17+	15:05+	16:46+	18:11+	20:48+	22:41+	26:22+	29:11+	33:51+	39:35+	43:31+	44:28+	47:18+	50:20+	51:11+	52:05+	52:52+
02:20+	03:33+	01:24+	07:48+	01:41+	01:25+	02:37+	01:53+	03:41+	02:49+	04:40+	05:44+	03:56+	00:57+	02:50+	03:02+	00:51+	00:54+	00:47+
02:20+	03:33+	01:24+	07:48+	01:41+	01:25+	02:37+	01:53+	03:41+	02:49+	04:40+	05:44+	03:56+	00:57+	02:50+	03:02+	00:51+	00:54+	00:47+

Beste strekktid for klassen

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