

Plass Navn

Klasse

Tid

D 1,5

1 Marie Rustadbakken 7 43:23

05:02= 13:04= 18:39= 21:23= 26:34= 32:53= 34:35= 38:12= 42:04= 43:23=
 05:02= 08:02= 05:35= 02:44= 05:11= 06:19= 01:42= 03:37= 03:52= 01:19=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Turid Norstad Opsahl 89 45:26

05:55+ 13:55+ 19:26+ 22:16+ 27:22+ 34:02+ 35:41+ 39:02+ 43:51+ 45:26+
 05:55+ 08:00- 05:31- 02:50+ 05:06- 06:40+ 01:39- 03:21- 04:49+ 01:35+
 00:53# 00:02- 00:04- 00:06+ 00:05- 00:21+ 00:03- 00:16- 00:57# 00:16#

3 Unni Fladsrud Vold 96 47:01

04:04- 07:16- 10:05- 15:33- 18:02- 41:35+ 42:26+ 43:37+ 46:08+ 47:01+
 04:04- 03:12- 02:49- 05:28+ 02:29- 23:33+ 00:51- 01:11- 02:31- 00:53-
 00:58- 04:50- 02:46- 02:44& 02:42- 17:14@ 00:51- 02:26- 01:21- 00:26-

4 Aud Grønvold 7 52:05

04:57- 13:16+ 23:37+ 27:45+ 32:41+ 39:56+ 41:52+ 45:18+ 50:39+ 52:05+
 04:57- 08:19+ 10:21+ 04:08+ 04:56- 07:15+ 01:56+ 03:26- 05:21+ 01:26+
 00:05- 00:17+ 04:46& 01:24& 00:15- 00:56# 00:14# 00:11- 01:29& 00:07+

5 Solveig Johannessen 7 1:08:51

06:46+ 13:11+ 23:11+ 30:10+ 47:11+ 51:16+ 57:45+ 59:19+ 61:58+ 67:00+ 68:51+
 06:46+ 06:25- 10:00+ 06:59+ 17:01+ 04:05- 06:29+ 01:34- 02:39- 05:02+ 01:51+
 01:44& 01:37- 04:25& 04:15@ 02:14- 04:47@ 02:03- 01:13- 03:43@ 01:51+

6 Gerd Grønvold 7 1:08:56

17:16+ 24:52+ 36:03+ 41:34+ 46:36+ 54:27+ 56:04+ 59:47+ 67:03+ 68:56+
 17:16+ 07:36- 11:11+ 05:31+ 05:02- 07:51+ 01:37- 03:43+ 07:16+ 01:53+
 12:14@ 00:26- 05:36@ 02:47@ 00:09- 01:32# 00:05- 00:06+ 03:24& 00:34&

7 Helga Hansen 7 1:08:57

16:48+ 24:42+ 36:04+ 41:36+ 46:11+ 54:12+ 55:40+ 59:30+ 67:06+ 68:57+
 16:48+ 07:54- 11:22+ 05:32+ 04:35- 08:01+ 01:28- 03:50+ 07:36+ 01:51+
 11:46@ 00:08- 05:47@ 02:48@ 00:36- 01:42& 00:14- 00:13+ 03:44& 00:32&

Beste strekketid for klassen

04:04 03:12 02:49 02:44 02:29 04:05 00:51 01:11 02:31 00:53

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

D 2,5

1 Bente Tangen Wikstrøm Geno 1:01:14

08:59= 20:31= 26:50= 31:10= 33:43= 36:30= 39:10= 42:05= 44:58= 47:20= 52:35= 53:39= 56:25= 60:07= 61:14=
 08:59= 11:32= 06:19= 04:20= 02:33= 02:47= 02:40= 02:55= 02:53= 02:22= 05:15= 01:04= 02:46= 03:42= 01:07=
 00:00= 00:00= 00:00= 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 Inger K. Brøndbo 165 1:05:39

16:21+ 24:37+ 30:31+ 34:24+ 36:11+ 40:00+ 43:13+ 46:17+ 50:39+ 54:10+ 59:21+ 60:20+ 61:49+ 64:41+ 65:39+
 16:21+ 08:16- 05:54- 03:53- 01:47- 03:49+ 03:13+ 03:04+ 04:22+ 03:31+ 05:11- 00:59- 01:29- 02:52- 00:58-
 07:22& 03:16- 00:25- 00:27- 00:46- 01:02& 00:33# 00:09+ 01:29& 01:09& 00:04- 00:05- 01:17- 00:50- 00:09-

3 Karen Tomter 163 1:07:49

05:55- 11:42- 22:55- 26:37- 28:54- 31:35- 35:20- 37:58- 42:55- 54:56+ 61:16+ 62:07+ 63:50+ 66:46+ 67:49+
 05:55- 05:47- 11:13+ 03:42- 02:17- 02:41- 03:45+ 02:38- 04:57+ 12:01+ 06:20+ 00:51- 01:43- 02:56- 01:03-
 03:04- 05:45- 04:54& 00:38- 00:16- 00:06- 01:05& 00:17- 02:04& 09:39@ 01:05# 00:13- 01:03- 00:46- 00:04-

D 2,5

4	Sigrun Sigurjonsdottir	119													1:10:22	
	10:14+	16:14-	31:18+	36:16+	38:30+	41:35+	44:17+	47:13+	49:55+	57:04+	63:26+	64:31+	66:19+	69:33+	70:22+	
	10:14+	06:00-	15:04+	04:58+	02:14-	03:05+	02:42+	02:56+	02:42-	07:09+	06:22+	01:05+	01:48-	03:14-	00:49-	
	01:15#	05:32-	08:45@	00:38#	00:19-	00:18#	00:02+	00:01+	00:11-	04:47@	01:07#	00:01+	00:58-	00:28-	00:18-	
5	Rønnaug Sagbakken	1071													1:10:55	
	08:42+	14:58+	23:09+	28:32+	31:13+	33:26+	37:34+	42:05+	46:17+	50:27+	53:21+	60:44+	61:59+	64:43+	69:38+	70:55+
	08:42+	06:16+	08:11+	05:23+	02:41+	02:13+	04:08+	04:31+	04:12+	04:10+	02:54+	07:23+	01:15+	02:44+	04:55+	01:17+
	08:42+	06:16+	08:11+	05:23+	02:41+	02:13+	04:08+	04:31+	04:12+	04:10+	02:54+	07:23+	01:15+	02:44+	04:55+	01:17+
6	Claire Bant	INN													1:12:45	
	19:05+	24:11+	29:56+	33:58+	36:19+	43:14+	46:32+	49:21+	54:33+	61:18+	66:43+	67:45+	69:26+	71:56+	72:45+	
	19:05+	05:06+	05:45+	04:02+	02:21+	06:55+	03:18+	02:49+	05:12+	06:45+	05:25+	01:02+	01:41+	02:30+	00:49+	
	19:05+	05:06+	05:45+	04:02+	02:21+	06:55+	03:18+	02:49+	05:12+	06:45+	05:25+	01:02+	01:41+	02:30+	00:49+	
7	Mette Marit Jensen	INN													1:14:33	
	20:39+	26:22+	34:14+	38:39+	40:58+	44:29+	47:47+	51:24+	55:18+	58:27+	64:45+	66:07+	69:33+	73:28+	74:33+	
	20:39+	05:43+	07:52+	04:25+	02:19+	03:31+	03:18+	03:37+	03:54+	03:09+	06:18+	01:22+	03:26+	03:55+	01:05+	
	20:39+	05:43+	07:52+	04:25+	02:19+	03:31+	03:18+	03:37+	03:54+	03:09+	06:18+	01:22+	03:26+	03:55+	01:05+	
8	Randi Aas Fjæstad	89													1:17:24	
	08:34+	15:51+	24:15+	31:27+	34:26+	39:54+	43:30+	48:22+	51:37+	59:55+	66:11+	68:30+	70:50+	76:00+	77:24+	
	08:34+	07:17+	08:24+	07:12+	02:59+	05:28+	03:36+	04:52+	03:15+	08:18+	06:16+	02:19+	02:20+	05:10+	01:24+	
	08:34+	07:17+	08:24+	07:12+	02:59+	05:28+	03:36+	04:52+	03:15+	08:18+	06:16+	02:19+	02:20+	05:10+	01:24+	

Beste strekktid for klassen

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

D 3,5

1	Sylvia Andersen	27													58:33			
	03:09=	08:41=	10:21=	12:07=	14:37=	17:52=	25:41=	28:30=	30:45=	32:35=	41:19=	42:49=	44:54=	48:35=	53:29=	55:11=	57:36=	58:33=
	03:09=	05:32=	01:40=	01:46=	02:30=	03:15=	07:49=	02:49=	02:15=	01:50=	08:44=	01:30=	02:05=	03:41=	04:54=	01:42=	02:25=	00:57=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Sidsel Storihe	Geno													1:00:40			
	03:04-	07:29-	09:36-	11:50-	14:16-	17:16-	26:03+	28:41+	31:02+	33:21+	41:33+	42:55+	45:22+	49:43+	55:23+	57:07+	59:50+	60:40+
	03:04-	04:25-	02:07+	02:14+	02:26-	03:00-	08:47+	02:38-	02:21+	02:19+	08:12-	01:22-	02:27+	04:21+	05:40+	01:44+	02:43+	00:50-
	00:05-	01:07-	00:27&	00:28&	00:04-	00:15-	00:58#	00:11-	00:06+	00:29&	00:32-	00:08-	00:22#	00:40#	00:46#	00:02+	00:18#	00:07-
3	Line Merete Libak	89													1:02:44			
	03:47+	12:35+	14:44+	16:28+	18:17+	21:24+	30:11+	32:40+	34:53+	36:39+	44:05+	45:17+	46:58+	52:53+	57:43+	59:21+	61:51+	62:44+
	03:47+	08:48+	02:09+	01:44-	01:49-	03:07-	08:47+	02:29-	02:13-	01:46-	07:26-	01:12-	01:41-	05:55+	04:50-	01:38-	02:30+	00:53-
	00:38#	03:16&	00:29&	00:02-	00:41-	00:08-	00:58#	00:20-	00:02-	00:04-	01:18-	00:18-	00:24-	02:14&	00:04-	00:04-	00:05+	00:04-
4	Elianne Haneberg	1071													1:05:07			
	08:48+	12:40+	13:54+	15:54+	19:44+	23:14+	33:42+	35:46+	37:38+	38:56+	47:39+	48:42+	50:31+	55:33+	59:59+	61:17+	64:08+	65:07+
	08:48+	03:52-	01:14-	02:00+	03:50+	03:30+	10:28+	02:04-	01:52-	01:18-	08:43-	01:03-	01:49-	05:02+	04:26-	01:18-	02:51+	00:59+
	05:39@	01:40-	00:26-	00:14#	01:20&	00:15+	02:39&	00:45-	00:23-	00:32-	00:01-	00:27-	00:16-	01:21&	00:28-	00:24-	00:26#	00:02+
5	Wenche Bjørnstad	Geno													1:07:05			
	09:07+	17:24+	18:58+	20:53+	23:46+	26:37+	36:28+	38:28+	40:09+	41:44+	50:12+	51:38+	53:44+	57:18+	61:54+	63:52+	66:09+	67:05+
	09:07+	08:17+	01:34-	01:55+	02:53+	02:51-	09:51+	02:00-	01:41-	01:35-	08:28-	01:26-	02:06+	03:34-	04:36-	01:58+	02:17-	00:56-
	05:58@	02:45&	00:06-	00:09+	00:23#	00:24-	02:02&	00:49-	00:34-	00:15-	00:16-	00:04-	00:01+	00:07-	00:18-	00:16#	00:08-	00:01-

D 3,5

6	Rita Hangaard	1071	1:10:31														
19:24+	23:42+	25:40+	27:46+	30:12+	32:37+	39:56+	42:07+	43:57+	45:14+	53:45+	55:02+	56:35+	60:22+	64:55+	67:01+	69:32+	70:31+
19:24+	04:18-	01:58+	02:06+	02:26-	02:25-	07:19-	02:11-	01:50-	01:17-	08:31-	01:17-	01:33-	03:47+	04:33-	02:06+	02:31+	00:59+
16:15@	01:14-	00:18#	00:20#	00:04-	00:50-	00:30-	00:38-	00:25-	00:33-	00:13-	00:13-	00:32-	00:06+	00:21-	00:24#	00:06+	00:02+

7	Linda Thorvaldsen	7	1:32:52														
07:08+	18:54+	20:33+	22:32+	25:41+	29:13+	44:47+	48:08+	51:27+	54:17+	65:48+	68:27+	73:44+	79:01+	85:51+	88:46+	92:07+	92:52+
07:08+	11:46+	01:39+	01:59+	03:09+	03:32+	15:34+	03:21+	03:19+	02:50+	11:31+	02:39+	05:17+	05:17+	06:50+	02:55+	03:21+	00:45+
07:08+	11:46+	01:39+	01:59+	03:09+	03:32+	15:34+	03:21+	03:19+	02:50+	11:31+	02:39+	05:17+	05:17+	06:50+	02:55+	03:21+	00:45+

8	Inger Marie Øygaard	89	1:33:53														
06:55+	18:44+	24:28+	26:32+	28:45+	32:15+	45:57+	49:27+	52:08+	55:15+	67:23+	69:31+	75:06+	79:58+	86:59+	89:39+	93:06+	93:53+
06:55+	11:49+	05:44+	02:04+	02:13+	03:30+	13:42+	03:30+	02:41+	03:07+	12:08+	02:08+	05:35+	04:52+	07:01+	02:40+	03:27+	00:47+
06:55+	11:49+	05:44+	02:04+	02:13+	03:30+	13:42+	03:30+	02:41+	03:07+	12:08+	02:08+	05:35+	04:52+	07:01+	02:40+	03:27+	00:47+

Beste strekktid for klassen

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

D 4,5

1	Ingunn Lund Nordstrøm	105	1:11:04																	
04:43=	06:55=	12:09=	12:46=	21:49=	27:12=	29:35=	30:59=	32:16=	34:21=	37:23=	42:14=	43:34=	47:49=	54:23=	56:08=	62:06=	65:33=	67:54=	70:22=	71:04=
04:43=	02:12=	05:14=	00:37=	09:03=	05:23=	02:23=	01:24=	01:17=	02:05=	03:02=	04:51=	01:20=	04:15=	06:34=	01:45=	05:58=	03:27=	02:21=	02:28=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

04:43 02:12 05:14 00:37 09:03 05:23 02:23 01:24 01:17 02:05 03:02 04:51 01:20 04:15 06:34 01:45 05:58 03:27 02:21 02:28 00:42

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

H 1,5

1	Trygve Jan Bjerke	55	47:58						
06:57=	12:23=	22:15=	25:54=	31:09=	37:58=	39:19=	42:50=	46:45=	47:58=
06:57=	05:26=	09:52=	03:39=	05:15=	06:49=	01:21=	03:31=	03:55=	01:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Erik Skårås	1071	1:02:40						
13:52+	20:06+	29:52+	35:46+	42:10+	49:47+	51:30+	55:37+	61:06+	62:40+
13:52+	06:14+	09:46-	05:54+	06:24+	07:37+	01:43+	04:07+	05:29+	01:34+
06:55&	00:48#	00:06-	02:15&	01:09#	00:48#	00:22&	00:36#	01:34&	00:21&

3	Dag Erik Hovde	7	1:04:51						
21:15+	31:46+	38:29+	42:20+	47:13+	52:51+	54:17+	57:29+	63:12+	64:51+
21:15+	10:31+	06:43-	03:51+	04:53-	05:38-	01:26+	03:12-	05:43+	01:39+
14:18@	05:05&	03:09-	00:12+	00:22-	01:11-	00:05+	00:19-	01:48&	00:26&

Beste strekktid for klassen

06:57 05:26 06:43 03:39 04:53 05:38 01:21 03:12 03:55 01:13

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

H 2,5

H 2,5

1	Terje Malm	52	43:56												
04:07=	05:42=	07:27=	10:31=	12:52=	14:27=	16:56=	19:31=	23:06=	27:34=	32:02=	36:42=	37:45=	40:17=	43:05=	43:56=
04:07=	01:35=	01:45=	03:04=	02:21=	01:35=	02:29=	02:35=	03:35=	04:28=	04:28=	04:40=	01:03=	02:32=	02:48=	00:51=
00:00=	00:00=	00:00=	00:00=	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	Harald Grønvold	7	45:08												
04:22+	06:07+	08:14+	11:13+	13:58+	16:05+	18:37+	20:42+	24:18+	29:00+	32:54+	37:45+	38:46+	41:23+	44:10+	45:08+
04:22+	01:45+	02:07+	02:59+	02:45+	02:07+	02:32+	02:05+	03:36+	04:42+	03:54+	04:51+	01:01+	02:37+	02:47+	00:58+
04:22+	01:45+	02:07+	02:59+	02:45+	02:07+	02:32+	02:05+	03:36+	04:42+	03:54+	04:51+	01:01+	02:37+	02:47+	00:58+
3	Ludvig Bjerke-Narud	Geno	46:54												
03:57+	06:13+	08:17+	11:52+	15:28+	17:08+	20:24+	23:05+	25:56+	30:38+	34:39+	40:33+	41:33+	42:59+	46:00+	46:54+
03:57+	02:16+	02:04+	03:35+	03:36+	01:40+	03:16+	02:41+	02:51+	04:42+	04:01+	05:54+	01:00+	01:26+	03:01+	00:54+
03:57+	02:16+	02:04+	03:35+	03:36+	01:40+	03:16+	02:41+	02:51+	04:42+	04:01+	05:54+	01:00+	01:26+	03:01+	00:54+
4	Johnny Johansen	89	47:11												
03:47+	06:15+	08:30+	12:26+	15:04+	16:44+	19:19+	21:56+	24:53+	29:57+	34:26+	39:42+	40:48+	43:05+	46:03+	47:11+
03:47+	02:28+	02:15+	03:56+	02:38+	01:40+	02:35+	02:37+	02:57+	05:04+	04:29+	05:16+	01:06+	02:17+	02:58+	01:08+
03:47+	02:28+	02:15+	03:56+	02:38+	01:40+	02:35+	02:37+	02:57+	05:04+	04:29+	05:16+	01:06+	02:17+	02:58+	01:08+
5	Karl Petter Opsahl	89	50:29												
03:27+	05:21+	10:23+	15:24+	17:32+	18:53+	20:55+	23:11+	25:18+	29:02+	39:20+	44:34+	45:15+	46:36+	49:21+	50:29+
03:27+	01:54+	05:02+	05:01+	02:08+	01:21+	02:02+	02:16+	02:07+	03:44+	10:18+	05:14+	00:41+	01:21+	02:45+	01:08+
03:27+	01:54+	05:02+	05:01+	02:08+	01:21+	02:02+	02:16+	02:07+	03:44+	10:18+	05:14+	00:41+	01:21+	02:45+	01:08+
6	Magne Smeland	167	51:12												
04:07+	05:55+	07:42+	11:05+	16:45+	18:25+	20:42+	26:43+	29:59+	34:53+	40:01+	44:39+	45:41+	47:19+	50:13+	51:12+
04:07+	01:48+	01:47+	03:23+	05:40+	01:40+	02:17+	06:01+	03:16+	04:54+	05:08+	04:38+	01:02+	01:38+	02:54+	00:59+
04:07+	01:48+	01:47+	03:23+	05:40+	01:40+	02:17+	06:01+	03:16+	04:54+	05:08+	04:38+	01:02+	01:38+	02:54+	00:59+
7	Leif Martin Kjos	1071	51:34												
02:21+	05:09+	06:40+	09:41+	11:45+	14:08+	16:23+	22:06+	26:08+	29:48+	41:31+	46:15+	46:59+	48:29+	50:48+	51:34+
02:21+	02:48+	01:31+	03:01+	02:04+	02:23+	02:15+	05:43+	04:02+	03:40+	11:43+	04:44+	00:44+	01:30+	02:19+	00:46+
02:21+	02:48+	01:31+	03:01+	02:04+	02:23+	02:15+	05:43+	04:02+	03:40+	11:43+	04:44+	00:44+	01:30+	02:19+	00:46+
8	Jan Olav Sæther	165	53:10												
05:04+	07:21+	09:36+	13:20+	15:44+	17:59+	20:41+	23:11+	25:46+	31:06+	40:28+	45:41+	47:04+	48:55+	52:04+	53:10+
05:04+	02:17+	02:15+	03:44+	02:24+	02:15+	02:42+	02:30+	02:35+	05:20+	09:22+	05:13+	01:23+	01:51+	03:09+	01:06+
05:04+	02:17+	02:15+	03:44+	02:24+	02:15+	02:42+	02:30+	02:35+	05:20+	09:22+	05:13+	01:23+	01:51+	03:09+	01:06+
9	Espen Melby	89	54:35												
04:14+	07:13+	08:47+	11:44+	13:56+	16:17+	18:25+	24:11+	28:11+	32:02+	43:53+	48:30+	49:10+	50:40+	53:33+	54:35+
04:14+	02:59+	01:34+	02:57+	02:12+	02:21+	02:08+	05:46+	04:00+	03:51+	11:51+	04:37+	00:40+	01:30+	02:53+	01:02+
04:14+	02:59+	01:34+	02:57+	02:12+	02:21+	02:08+	05:46+	04:00+	03:51+	11:51+	04:37+	00:40+	01:30+	02:53+	01:02+
10	Arne Hagen	167	54:50												
05:03+	06:39+	08:14+	11:26+	13:11+	15:11+	17:28+	23:09+	26:58+	31:16+	44:59+	49:38+	50:23+	51:33+	54:02+	54:50+
05:03+	01:36+	01:35+	03:12+	01:45+	02:00+	02:17+	05:41+	03:49+	04:18+	13:43+	04:39+	00:45+	01:10+	02:29+	00:48+
05:03+	01:36+	01:35+	03:12+	01:45+	02:00+	02:17+	05:41+	03:49+	04:18+	13:43+	04:39+	00:45+	01:10+	02:29+	00:48+
11	Hans Petter Jevanord	Geno	55:30												
04:18+	06:17+	08:41+	12:45+	15:14+	17:28+	20:06+	22:45+	25:19+	32:07+	38:24+	45:54+	46:56+	49:33+	54:05+	55:30+
04:18+	01:59+	02:24+	04:04+	02:29+	02:14+	02:38+	02:39+	02:34+	06:48+	06:17+	07:30+	01:02+	02:37+	04:32+	01:25+
04:18+	01:59+	02:24+	04:04+	02:29+	02:14+	02:38+	02:39+	02:34+	06:48+	06:17+	07:30+	01:02+	02:37+	04:32+	01:25+
12	Reidar Syversen	155	1:03:02												
05:12+	09:58+	12:48+	16:52+	18:57+	21:21+	24:44+	27:15+	31:56+	44:42+	51:09+	56:34+	57:32+	59:14+	62:08+	63:02+
05:12+	04:46+	02:50+	04:04+	02:05+	02:24+	03:23+	02:31+	04:41+	12:46+	06:27+	05:25+	00:58+	01:42+	02:54+	00:54+
05:12+	04:46+	02:50+	04:04+	02:05+	02:24+	03:23+	02:31+	04:41+	12:46+	06:27+	05:25+	00:58+	01:42+	02:54+	00:54+

H 2,5

13	Magnar Nybakk	1071	1:07:28												
03:22+	06:24+	08:26+	12:13+	14:32+	28:47+	31:31+	35:45+	40:10+	47:24+	53:01+	58:35+	59:39+	61:56+	65:55+	67:28+
03:22+	03:02+	02:02+	03:47+	02:19+	14:15+	02:44+	04:14+	04:25+	07:14+	05:37+	05:34+	01:04+	02:17+	03:59+	01:33+
03:22+	03:02+	02:02+	03:47+	02:19+	14:15+	02:44+	04:14+	04:25+	07:14+	05:37+	05:34+	01:04+	02:17+	03:59+	01:33+

14	Jan Roald Bøgeberg	89	1:07:48												
17:29+	19:29+	21:47+	27:29+	30:13+	32:49+	36:00+	39:03+	41:11+	47:30+	55:13+	60:59+	62:01+	64:00+	67:02+	67:48+
17:29+	02:00+	02:18+	05:42+	02:44+	02:36+	03:11+	03:03+	02:08+	06:19+	07:43+	05:46+	01:02+	01:59+	03:02+	00:46+
17:29+	02:00+	02:18+	05:42+	02:44+	02:36+	03:11+	03:03+	02:08+	06:19+	07:43+	05:46+	01:02+	01:59+	03:02+	00:46+

15	Einar Stensby	89	1:11:55												
06:59+	08:27+	10:35+	15:23+	23:19+	24:46+	28:22+	32:11+	35:15+	45:04+	60:06+	65:28+	66:20+	67:49+	70:53+	71:55+
06:59+	01:28+	02:08+	04:48+	07:56+	01:27+	03:36+	03:49+	03:04+	09:49+	15:02+	05:22+	00:52+	01:29+	03:04+	01:02+
06:59+	01:28+	02:08+	04:48+	07:56+	01:27+	03:36+	03:49+	03:04+	09:49+	15:02+	05:22+	00:52+	01:29+	03:04+	01:02+

16	Sven Marken	89	1:13:35												
20:31+	23:23+	26:02+	30:29+	33:22+	35:27+	38:11+	42:22+	45:33+	52:31+	58:48+	64:49+	65:48+	68:16+	72:01+	73:35+
20:31+	02:52+	02:39+	04:27+	02:53+	02:05+	02:44+	04:11+	03:11+	06:58+	06:17+	06:01+	00:59+	02:28+	03:45+	01:34+
20:31+	02:52+	02:39+	04:27+	02:53+	02:05+	02:44+	04:11+	03:11+	06:58+	06:17+	06:01+	00:59+	02:28+	03:45+	01:34+

Beste strekktid for klassen

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

H 3,5

1	Tom S Helgesen	55	46:04																
02:38=	03:46=	05:55=	07:00=	08:23=	09:29=	11:36=	19:42=	22:09=	23:24=	24:58=	31:19=	32:25=	34:04=	36:55=	41:26=	42:12=	43:15=	45:28=	46:04=
02:38=	01:08=	02:09=	01:05=	01:23=	01:06=	02:07=	08:06=	02:27=	01:15=	01:34=	06:21=	01:06=	01:39=	02:51=	04:31=	00:46=	01:03=	02:13=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Jan Åsmund Sætaberget	1002	48:54																
05:35+	06:46+	09:17+	10:24+	11:51+	13:05+	15:28+	23:40+	26:05+	27:34+	29:05+	35:05+	36:18+	37:44+	40:39+	44:26+	45:03+	46:12+	48:16+	48:54+
05:35+	01:11+	02:31+	01:07+	01:27+	01:14+	02:23+	08:12+	02:25-	01:29+	01:31-	06:00-	01:13+	01:26-	02:55+	03:47-	00:37-	01:09+	02:04-	00:38+
02:57@	00:03+	00:22#	00:02+	00:04+	00:08#	00:16#	00:06+	00:02-	00:14#	00:03-	00:21-	00:07#	00:13-	00:04+	00:44-	00:09-	00:06+	00:09-	00:02+

3	Tormod Pedersen	7	51:04																
02:18-	03:21-	05:34-	06:33-	07:46-	10:57+	14:08+	19:21-	21:17-	22:26-	30:06+	37:04+	38:13+	39:34+	42:28+	46:23+	47:11+	48:15+	50:22+	51:04+
02:18-	01:03-	02:13+	00:59-	01:13-	03:11+	03:11+	05:13-	01:56-	01:09-	07:40+	06:58+	01:09+	01:21-	02:54+	03:55-	00:48+	01:04+	02:07-	00:42+
00:20-	00:05-	00:04+	00:06-	00:10-	02:05@	01:04&	02:53-	00:31-	00:06-	06:06@	00:37+	00:03+	00:18-	00:03+	00:36-	00:02+	00:01+	00:06-	00:06#

4	Arne Arnesen	25	51:06																
03:35+	05:27+	08:01+	09:20+	10:51+	11:47+	14:52+	21:12+	23:19+	25:33+	27:02+	33:33+	34:52+	36:21+	40:05+	45:26+	46:06+	47:25+	50:20+	51:06+
03:35+	01:52+	02:34+	01:19+	01:31+	00:56-	03:05+	06:20-	02:07-	02:14+	01:29-	06:31+	01:19+	01:29-	03:44+	05:21+	00:40-	01:19+	02:55+	00:46+
00:57&	00:44&	00:25#	00:14#	00:08+	00:10-	00:58&	01:46-	00:20-	00:59&	00:05-	00:10+	00:13#	00:10-	00:53&	00:50#	00:06-	00:16&	00:42&	00:10&

5	Odin Høie Vollum	7	51:50																
08:52+	09:50+	11:31+	12:20+	13:30+	14:22+	17:22+	23:52+	25:14+	29:01+	29:57+	40:20+	41:20+	42:49+	45:17+	48:13+	48:42+	49:41+	51:26+	51:50+
08:52+	00:58-	01:41-	00:49-	01:10-	00:52-	03:00+	06:30-	01:22-	03:47+	00:56-	10:23+	01:00-	01:29-	02:28-	02:56-	00:29-	00:59-	01:45-	00:24-
06:14@	00:10-	00:28-	00:16-	00:13-	00:14-	00:53&	01:36-	01:05-	02:32@	00:38-	04:02&	00:06-	00:10-	00:23-	01:35-	00:17-	00:04-	00:28-	00:12-

6	Einar Flenvold	1041	52:13																
06:47+	08:15+	10:44+	11:54+	13:17+	16:12+	18:48+	24:48+	27:11+	28:24+	30:06+	36:26+	37:46+	39:11+	42:26+	46:30+	47:09+	48:29+	51:19+	52:13+
06:47+	01:28+	02:29+	01:10+	01:23=	02:55+	02:36+	06:00-	02:23-	01:13-	01:42+	06:20-	01:20+	01:25-	03:15+	04:04-	00:39-	01:20+	02:50+	00:54+
04:09@	00:20&	00:20#	00:05+	00:00=	01:49@	00:29#	02:06-	00:04-	00:02-	00:08+	00:01-	00:14#	00:14-	00:24#	00:27-	00:07-	00:17&	00:37&	00:18&

H 3,5

7	Erik Haugen	119	55:40																
06:48+	08:00+	10:27+	11:40+	13:17+	14:46+	17:19+	25:41+	28:14+	29:59+	31:36+	38:13+	39:48+	41:41+	45:29+	50:11+	50:54+	52:21+	54:54+	55:40+
06:48+	01:12+	02:27+	01:13+	01:37+	01:29+	02:33+	08:22+	02:33+	01:45+	01:37+	06:37+	01:35+	01:53+	03:48+	04:42+	00:43+	01:27+	02:33+	00:46+
04:10@	00:04+	00:18#	00:08#	00:14#	00:23&	00:26#	00:16+	00:06+	00:30&	00:03+	00:16+	00:29&	00:14#	00:57&	00:11+	00:03-	00:24&	00:20#	00:10&
8	Kjetil Liven	LMF	56:18																
03:08+	05:51+	10:01+	11:13+	13:36+	14:52+	18:13+	25:17+	30:47+	32:07+	33:35+	40:09+	41:32+	43:51+	47:07+	51:49+	52:24+	53:30+	55:38+	56:18+
03:08+	02:43+	04:10+	01:12+	02:23+	01:16+	03:21+	07:04+	05:30+	01:20+	01:28+	06:34+	01:23+	02:19+	03:16+	04:42+	00:35+	01:06+	02:08+	00:40+
03:08+	02:43+	04:10+	01:12+	02:23+	01:16+	03:21+	07:04+	05:30+	01:20+	01:28+	06:34+	01:23+	02:19+	03:16+	04:42+	00:35+	01:06+	02:08+	00:40+
9	Rune Engen	99	58:34																
03:34+	05:01+	10:17+	12:54+	14:38+	16:50+	19:12+	27:32+	30:02+	31:49+	33:23+	40:05+	41:52+	43:53+	47:36+	52:33+	53:16+	54:50+	57:33+	58:34+
03:34+	01:27+	05:16+	02:37+	01:44+	02:12+	02:22+	08:20+	02:30+	01:47+	01:34+	06:42+	01:47+	02:01+	03:43+	04:57+	00:43+	01:34+	02:43+	01:01+
03:34+	01:27+	05:16+	02:37+	01:44+	02:12+	02:22+	08:20+	02:30+	01:47+	01:34+	06:42+	01:47+	02:01+	03:43+	04:57+	00:43+	01:34+	02:43+	01:01+
10	Håkon Beitnes	49	59:57																
04:14+	07:05+	10:04+	12:17+	14:11+	19:21+	22:01+	30:54+	33:22+	35:03+	36:38+	43:19+	44:38+	46:08+	49:46+	54:44+	55:28+	56:45+	59:16+	59:57+
04:14+	02:51+	02:59+	02:13+	01:54+	05:10+	02:40+	08:53+	02:28+	01:41+	01:35+	06:41+	01:19+	01:30+	03:38+	04:58+	00:44+	01:17+	02:31+	00:41+
04:14+	02:51+	02:59+	02:13+	01:54+	05:10+	02:40+	08:53+	02:28+	01:41+	01:35+	06:41+	01:19+	01:30+	03:38+	04:58+	00:44+	01:17+	02:31+	00:41+
11	Trond Øie	1071	1:02:30																
03:33+	05:24+	10:15+	11:27+	13:07+	14:56+	17:52+	25:42+	28:45+	30:49+	32:53+	41:00+	42:34+	44:34+	50:35+	56:00+	57:16+	58:59+	61:43+	62:30+
03:33+	01:51+	04:51+	01:12+	01:40+	01:49+	02:56+	07:50+	03:03+	02:04+	02:04+	08:07+	01:34+	02:00+	06:01+	05:25+	01:16+	01:43+	02:44+	00:47+
03:33+	01:51+	04:51+	01:12+	01:40+	01:49+	02:56+	07:50+	03:03+	02:04+	02:04+	08:07+	01:34+	02:00+	06:01+	05:25+	01:16+	01:43+	02:44+	00:47+
12	Rune Waaler	RAUT	1:05:12																
02:34+	07:26+	09:59+	11:16+	13:00+	15:27+	18:28+	29:39+	31:48+	33:18+	35:11+	47:36+	49:09+	50:33+	53:31+	59:53+	60:36+	62:07+	64:23+	65:12+
02:34+	04:52+	02:33+	01:17+	01:44+	02:27+	03:01+	11:11+	02:09+	01:30+	01:53+	12:25+	01:33+	01:24+	02:58+	06:22+	00:43+	01:31+	02:16+	00:49+
02:34+	04:52+	02:33+	01:17+	01:44+	02:27+	03:01+	11:11+	02:09+	01:30+	01:53+	12:25+	01:33+	01:24+	02:58+	06:22+	00:43+	01:31+	02:16+	00:49+
13	Jo Gisle Jørgensen	105	1:08:11																
06:09+	07:11+	10:25+	12:30+	14:09+	15:19+	17:46+	25:55+	28:04+	29:34+	31:04+	50:48+	52:08+	53:28+	57:03+	62:17+	63:54+	65:00+	67:16+	68:11+
06:09+	01:02+	03:14+	02:05+	01:39+	01:10+	02:27+	08:09+	02:09+	01:30+	01:30+	19:44+	01:20+	01:20+	03:35+	05:14+	01:37+	01:06+	02:16+	00:55+
06:09+	01:02+	03:14+	02:05+	01:39+	01:10+	02:27+	08:09+	02:09+	01:30+	01:30+	19:44+	01:20+	01:20+	03:35+	05:14+	01:37+	01:06+	02:16+	00:55+
14	Morten Eriksen	105	1:11:48																
10:12+	11:12+	15:24+	16:10+	18:15+	20:23+	22:29+	30:00+	31:52+	33:21+	34:58+	54:40+	55:59+	57:24+	60:51+	66:45+	67:38+	69:22+	71:06+	71:48+
10:12+	01:00+	04:12+	00:46+	02:05+	02:08+	02:06+	07:31+	01:52+	01:29+	01:37+	19:42+	01:19+	01:25+	03:27+	05:54+	00:53+	01:44+	01:44+	00:42+
10:12+	01:00+	04:12+	00:46+	02:05+	02:08+	02:06+	07:31+	01:52+	01:29+	01:37+	19:42+	01:19+	01:25+	03:27+	05:54+	00:53+	01:44+	01:44+	00:42+
15	Stein Arne Bekkum	7	1:13:29																
08:10+	11:06+	19:05+	20:12+	22:07+	24:21+	27:14+	38:29+	40:37+	42:24+	44:16+	56:44+	58:17+	59:38+	62:18+	68:25+	69:41+	71:03+	72:55+	73:29+
08:10+	02:56+	07:59+	01:07+	01:55+	02:14+	02:53+	11:15+	02:08+	01:47+	01:52+	12:28+	01:33+	01:21+	02:40+	06:07+	01:16+	01:22+	01:52+	00:34+
08:10+	02:56+	07:59+	01:07+	01:55+	02:14+	02:53+	11:15+	02:08+	01:47+	01:52+	12:28+	01:33+	01:21+	02:40+	06:07+	01:16+	01:22+	01:52+	00:34+
16	Steinar Tønsager	11	1:47:59																
05:13+	07:16+	11:22+	13:20+	15:11+	17:57+	23:09+	43:43+	46:10+	48:02+	49:55+	59:51+	61:46+	63:36+	94:06+	101:04+	102:08+	104:19+	106:47+	107:59+
05:13+	02:03+	04:06+	01:58+	01:51+	02:46+	05:12+	20:34+	02:27+	01:52+	01:53+	09:56+	01:55+	01:50+	30:30+	06:58+	01:04+	02:11+	02:28+	01:12+
05:13+	02:03+	04:06+	01:58+	01:51+	02:46+	05:12+	20:34+	02:27+	01:52+	01:53+	09:56+	01:55+	01:50+	30:30+	06:58+	01:04+	02:11+	02:28+	01:12+

Beste strekktid for klassen

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

H 4,5

H 4,5

1	Tom Røise	Ntnui	57:32																	
03:23=	05:25=	09:13=	09:43=	17:12=	20:22=	21:15=	22:15=	23:15=	24:39=	28:59=	32:18=	33:42=	36:34=	47:13=	48:06=	51:02=	54:01=	55:03=	56:57=	57:32=
03:23=	02:02=	03:48=	00:30=	07:29=	03:10=	00:53=	01:00=	01:00=	01:24=	04:20=	03:19=	01:24=	02:52=	10:39=	00:53=	02:56=	02:59=	01:02=	01:54=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Vidar Nomerstad	1071	1:01:02																	
04:27+	06:32+	10:08+	10:51+	18:34+	23:38+	24:48+	26:13+	27:42+	29:42+	35:12+	39:03+	40:32+	43:42+	49:52+	50:49+	53:47+	56:46+	57:54+	60:15+	61:02+
04:27+	02:05+	03:36+	00:43+	07:43+	05:04+	01:10+	01:25+	01:29+	02:00+	05:30+	03:51+	01:29+	03:10+	06:10+	00:57+	02:58+	02:59+	01:08+	02:21+	00:47+
04:27+	02:05+	03:36+	00:43+	07:43+	05:04+	01:10+	01:25+	01:29+	02:00+	05:30+	03:51+	01:29+	03:10+	06:10+	00:57+	02:58+	02:59+	01:08+	02:21+	00:47+

3	Bjørn J Sørum	1002	1:06:01																	
04:00+	06:24+	12:01+	12:42+	21:56+	28:33+	29:34+	31:00+	32:38+	34:24+	40:01+	43:41+	45:10+	48:47+	54:41+	55:43+	58:28+	61:20+	62:37+	65:18+	66:01+
04:00+	02:24+	05:37+	00:41+	09:14+	06:37+	01:01+	01:26+	01:38+	01:46+	05:37+	03:40+	01:29+	03:37+	05:54+	01:02+	02:45+	02:52+	01:17+	02:41+	00:43+
04:00+	02:24+	05:37+	00:41+	09:14+	06:37+	01:01+	01:26+	01:38+	01:46+	05:37+	03:40+	01:29+	03:37+	05:54+	01:02+	02:45+	02:52+	01:17+	02:41+	00:43+

4	Henning Wernøe	49	1:07:30																	
04:21+	07:12+	11:21+	12:17+	21:55+	26:07+	27:25+	28:55+	30:32+	32:20+	37:24+	41:32+	42:58+	47:17+	55:52+	56:51+	59:51+	63:05+	64:25+	66:45+	67:30+
04:21+	02:51+	04:09+	00:56+	09:38+	04:12+	01:18+	01:30+	01:37+	01:48+	05:04+	04:08+	01:26+	04:19+	08:35+	00:59+	03:00+	03:14+	01:20+	02:20+	00:45+
04:21+	02:51+	04:09+	00:56+	09:38+	04:12+	01:18+	01:30+	01:37+	01:48+	05:04+	04:08+	01:26+	04:19+	08:35+	00:59+	03:00+	03:14+	01:20+	02:20+	00:45+

5	Bjarne Harkinn	If	1:11:30																		
03:58+	06:07+	10:10+	11:04+	11:35+	21:00+	26:30+	28:14+	29:30+	30:57+	32:52+	36:05+	39:51+	41:21+	45:15+	59:43+	60:40+	64:03+	67:14+	68:32+	70:50+	71:30+
03:58+	02:09+	04:03+	00:54+	00:31+	09:25+	05:30+	01:44+	01:16+	01:27+	01:55+	03:13+	03:46+	01:30+	03:54+	14:28+	00:57+	03:23+	03:11+	01:18+	02:18+	00:40+
03:58+	02:09+	04:03+	00:54+	00:31+	09:25+	05:30+	01:44+	01:16+	01:27+	01:55+	03:13+	03:46+	01:30+	03:54+	14:28+	00:57+	03:23+	03:11+	01:18+	02:18+	00:40+

6	Jon Bjørnstad	1071	1:17:09																	
04:34+	07:17+	11:48+	12:54+	23:56+	30:07+	31:20+	33:11+	35:22+	38:00+	41:32+	46:23+	48:35+	53:02+	61:57+	63:10+	67:25+	71:38+	73:24+	75:54+	77:09+
04:34+	02:43+	04:31+	01:06+	11:02+	06:11+	01:13+	01:51+	02:11+	02:38+	03:32+	04:51+	02:12+	04:27+	08:55+	01:13+	04:15+	04:13+	01:46+	02:30+	01:15+
04:34+	02:43+	04:31+	01:06+	11:02+	06:11+	01:13+	01:51+	02:11+	02:38+	03:32+	04:51+	02:12+	04:27+	08:55+	01:13+	04:15+	04:13+	01:46+	02:30+	01:15+

Beste strekktid for klassen

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

H 5,5

1	Sigurd Dæhli	89	47:32																				
02:37=	04:26=	07:14=	07:49=	14:28=	17:41=	18:40=	19:56=	21:00=	25:31=	26:42=	27:53=	30:40=	35:30=	36:18=	37:57=	39:00=	41:26=	42:38=	44:35=	45:16=	46:02=	46:52=	47:32=
02:37=	01:49=	02:48=	00:35=	06:39=	03:13=	00:59=	01:16=	01:04=	04:31=	01:11=	01:11=	02:47=	04:50=	00:48=	01:39=	01:03=	02:26=	01:12=	01:57=	00:41=	00:46=	00:50=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Sætvedt	RAUT	57:20																				
05:04+	06:44+	09:47+	10:22+	22:01+	25:25+	26:32+	27:54+	29:19+	34:01+	35:13+	36:20+	39:08+	43:58+	45:06+	46:36+	47:35+	50:43+	52:05+	53:55+	54:44+	55:40+	56:37+	57:20+
05:04+	01:40-	03:03+	00:35=	11:39+	03:24+	01:07+	01:22+	01:25+	04:42+	01:12+	01:07-	02:48+	04:50=	01:08+	01:30-	00:59-	03:08+	01:22+	01:50-	00:49+	00:56+	00:57+	00:43+
02:27&	00:09-	00:15+	00:00=	05:00&	00:11+	00:08#	00:06+	00:21&	00:11+	00:01+	00:04-	00:01+	00:00=	00:20&	00:09-	00:04-	00:42&	00:10#	00:07-	00:08#	00:10#	00:07#	00:03+

3	Jan Ola Pedersen	15	58:15																				
04:12+	06:53+	10:19+	11:50+	19:06+	23:44+	24:47+	26:18+	27:20+	32:56+	33:59+	35:05+	38:24+	43:42+	44:43+	46:27+	47:27+	51:09+	52:20+	54:28+	55:14+	55:56+	57:38+	58:15+
04:12+	02:41+	03:26+	01:31+	07:16+	04:38+	01:03+	01:31+	01:02-	05:36+	01:03-	01:06-	03:19+	05:18+	01:01+	01:44+	01:00-	03:42+	01:11-	02:08+	00:46+	00:42-	01:42+	00:37-
01:35&	00:52&	00:38#	00:56@	00:37+	01:25&	00:04+	00:15#	00:02-	01:05#	00:08-	00:05-	00:32#	00:28+	00:13&	00:05+	00:03-	01:16&	00:01-	00:11+	00:05#	00:04-	00:52@	00:03-

4	Stein Arne Negård	166	59:46																				
03:57+	07:05+	10:22+	11:06+	20:43+	24:57+	27:10+	28:43+	30:05+	35:01+	36:16+	37:39+	40:49+	46:19+	47:18+	49:06+	50:10+	52:58+	54:01+	56:05+	57:00+	57:52+	59:13+	59:46+
03:57+	03:08+	03:17+	00:44+	09:37+	04:14+	02:13+	01:33+	01:22+	04:56+	01:15+	01:23+	03:10+	05:30+	00:59+	01:48+	01:04+	02:48+	01:03-	02:04+	00:55+	00:52+	01:21+	00:33-
01:20&	01:19&	00:29#	00:09&	02:58&	01:01&	01:14@	00:17#	00:18&	00:25+	00:04+	00:12#	00:23#	00:40#	00:11#	00:09+	00:01+	00:22#	00:09-	00:07+	00:14&	00:06#	00:31&	00:07-

H 5,5

5	Frode Ødegårdstuen		ASKO		1:03:56																		
03:51+	05:43+	09:04+	09:41+	18:30+	23:10+	24:13+	25:29+	26:36+	32:25+	35:46+	36:54+	40:05+	45:07+	51:43+	53:25+	54:27+	57:03+	58:09+	60:14+	61:04+	61:50+	63:21+	63:56+
03:51+	01:52+	03:21+	00:37+	08:49+	04:40+	01:03+	01:16=	01:07+	05:49+	03:21+	01:08-	03:11+	05:02+	06:36+	01:42+	01:02-	02:36+	01:06-	02:05+	00:50+	00:46=	01:31+	00:35-
01:14&	00:03+	00:33#	00:02+	02:10&	01:27&	00:04+	00:00=	00:03+	01:18&	02:10@	00:03-	00:24#	00:12+	05:48@	00:03+	00:01-	00:10+	00:06-	00:08+	00:09#	00:00=	00:41&	00:05-

6	Frode Bergersen		1059		1:10:08																		
03:59+	07:50+	14:27+	14:59+	24:19+	29:33+	30:49+	31:56+	33:07+	38:07+	39:22+	40:48+	46:17+	56:29+	57:28+	59:25+	60:35+	63:01+	64:23+	66:20+	67:47+	68:33+	69:32+	70:08+
03:59+	03:51+	06:37+	00:32+	09:20+	05:14+	01:16+	01:07+	01:11+	05:00+	01:15+	01:26+	05:29+	10:12+	00:59+	01:57+	01:10+	02:26+	01:22+	01:57+	01:27+	00:46+	00:59+	00:36+
03:59+	03:51+	06:37+	00:32+	09:20+	05:14+	01:16+	01:07+	01:11+	05:00+	01:15+	01:26+	05:29+	10:12+	00:59+	01:57+	01:10+	02:26+	01:22+	01:57+	01:27+	00:46+	00:59+	00:36+

Beste strekktid for klassen

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