

1	Jorunn Kvakland					Spkl. Freidig						14:17
00:33=	02:05=	04:29=	05:18=	06:13=	07:18=	09:21=	10:35=	12:32=	13:29=	14:01=	14:17=	
00:33=	01:32=	02:24=	00:49=	00:55=	01:05=	02:03=	01:14=	01:57=	00:57=	00:32=	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=	
2	Sigrid Merete Moen Pedersli					OL Trollelg						15:19
00:34+	01:57-	05:01+	06:03+	07:04+	08:04+	10:01+	11:21+	13:29+	14:24+	14:59+	15:19+	
00:34+	01:23-	03:04+	01:02+	01:01+	01:00-	01:57-	01:20+	02:08+	00:55-	00:35+	00:20+	
00:01+	00:09-	00:40&	00:13&	00:06#	00:05-	00:06-	00:06+	00:11+	00:02-	00:03+	00:04#	
3	Karen Oline Kolstad					Spkl. Freidig						21:14
00:37+	02:12+	05:19+	06:32+	07:52+	09:33+	12:33+	14:34+	18:56+	20:10+	20:55+	21:14+	
00:37+	01:35+	03:07+	01:13+	01:20+	01:41+	03:00+	02:01+	04:22+	01:14+	00:45+	00:19+	
00:04#	00:03+	00:43&	00:24&	00:25&	00:36&	00:57&	00:47&	02:25@	00:17&	00:13&	00:03#	
4	Martine Kristiansen					Byåsen IL						22:03
00:38+	02:34+	07:28+	08:39+	10:00+	12:02+	14:16+	16:52+	20:00+	21:09+	21:42+	22:03+	
00:38+	01:56+	04:54+	01:11+	01:21+	02:02+	02:14+	02:36+	03:08+	01:09+	00:33+	00:21+	
00:05#	00:24&	02:30@	00:22&	00:26&	00:57&	00:11+	01:22@	01:11&	00:12#	00:01+	00:05&	
5	Stine Brandvik					OL Trollelg						26:18
00:40+	02:41+	07:44+	09:17+	13:13+	15:01+	19:44+	21:10+	23:58+	25:03+	25:57+	26:18+	
00:40+	02:01+	05:03+	01:33+	03:56+	01:48+	04:43+	01:26+	02:48+	01:05+	00:54+	00:21+	
00:07#	00:29&	02:39@	00:44&	03:01@	00:43&	02:40@	00:12#	00:51&	00:08#	00:22&	00:05&	
6	Ingrid Therese Helland Eriksen					Wing OK						42:58
02:15+	06:44+	14:09+	16:51+	19:29+	23:10+	29:29+	32:38+	37:41+	40:24+	42:15+	42:58+	
02:15+	04:29+	07:25+	02:42+	02:38+	03:41+	06:19+	03:09+	05:03+	02:43+	01:51+	00:43+	
01:42@	02:57@	05:01@	01:53@	01:43@	02:36@	04:16@	01:55@	03:06@	01:46@	01:19@	00:27@	
7	Eldrid Bratsberg					Wing OK						49:50
02:53+	08:35+	19:34+	22:12+	25:06+	27:32+	34:21+	38:31+	44:41+	47:09+	49:04+	49:50+	
02:53+	05:42+	10:59+	02:38+	02:54+	02:26+	06:49+	04:10+	06:10+	02:28+	01:55+	00:46+	
02:20@	04:10@	08:35@	01:49@	01:59@	01:21@	04:46@	02:56@	04:13@	01:31@	01:23@	00:30@	
8	Sigrid Bratsberg					Wing OK						50:01
03:07+	08:50+	19:50+	22:29+	25:22+	27:47+	34:41+	38:52+	44:59+	47:26+	49:14+	50:01+	
03:07+	05:43+	11:00+	02:39+	02:53+	02:25+	06:54+	04:11+	06:07+	02:27+	01:48+	00:47+	
02:34@	04:11@	08:36@	01:50@	01:58@	01:20@	04:51@	02:57@	04:10@	01:30@	01:16@	00:31@	

Beste strekktid for klassen

00:33	01:23	02:24	00:49	00:55	01:00	01:57	01:14	01:57	00:55	00:32	00:16
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D13-14

1	Mali Gederaas Kanstad					Wing OK					30:39								
03:39=	04:33=	07:19=	07:45=	08:44=	11:50=	13:20=	14:42=	16:46=	18:07=	18:30=	20:58=	22:57=	24:09=	27:24=	28:14=	30:02=	30:21=	30:39=	
03:39=	00:54=	02:46=	00:26=	00:59=	03:06=	01:30=	01:22=	02:04=	01:21=	00:23=	02:28=	01:59=	01:12=	03:15=	00:50=	01:48=	00:19=	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	Magnhild Seim Grøvlen					OK Nidarøst					30:45								
01:01-	02:18-	05:30-	06:01-	07:05-	08:38-	11:28-	13:43-	15:59-	18:04-	18:32+	20:58=	22:53-	24:01-	27:29+	28:21+	30:11+	30:28+	30:45+	
01:01-	01:17+	03:12+	00:31+	01:04+	01:33-	02:50+	02:15+	02:16+	02:05+	00:28+	02:26-	01:55-	01:08-	03:28+	00:52+	01:50+	00:17-	00:17-	
02:38-	00:23&	00:26#	00:05#	00:05+	01:33-	01:20&	00:53&	00:12+	00:44&	00:05#	00:02-	00:04-	00:04-	00:13+	00:02+	00:02+	00:02-	00:01-	
3	Julie Arnesen					Byåsen IL					33:50								
08:02+	10:05+	12:48+	13:15+	14:01+	15:03+	16:26+	18:00+	20:57+	22:00+	22:18+	24:18+	26:05+	27:22+	29:42+	31:01+	33:18+	33:34+	33:50+	
08:02+	02:03+	02:43-	00:27+	00:46-	01:02-	01:23-	01:34+	02:57+	01:03-	00:18-	02:00-	01:47-	01:17+	02:20-	01:19+	02:17+	00:16-	00:16-	
04:23@	01:09@	00:03-	00:01+	00:13-	02:04-	00:07-	00:12#	00:53&	00:18-	00:05-	00:28-	00:12-	00:05+	00:55-	00:29&	00:29&	00:03-	00:02-	
4	Ina Storrønning					Byåsen IL					38:43								
09:27+	10:46+	14:13+	14:48+	16:20+	17:53+	19:25+	21:49+	24:05+	25:50+	26:19+	29:00+	30:42+	31:59+	34:34+	35:49+	38:09+	38:29+	38:45+	
09:27+	01:19+	03:27+	00:35+	01:32+	01:33-	01:32+	02:24+	02:16+	01:45+	00:29+	02:41+	01:42-	01:17+	02:35-	01:15+	02:20+	00:20+	00:16-	
05:48@	00:25&	00:41#	00:09&	00:33&	01:33-	00:02+	01:02&	00:12+	00:24&	00:06&	00:13+	00:17-	00:05+	00:40-	00:25&	00:32&	00:01+	00:02-	

Plass	Navn				Klasse				Tid											
5	Marianne Løvås				OK Nidarøst				38:45											
	05:25+	06:00+	11:35+	12:28+	13:54+	15:07+	16:58+	19:08+	21:41+	24:05+	24:33+	28:50+	30:40+	32:02+	34:38+	35:54+	38:13+	38:29+	38:45+	
	05:25+	00:35-	05:35+	00:53+	01:26+	01:13-	01:51+	02:10+	02:33+	02:24+	00:28+	04:17+	01:50-	01:22+	02:36-	01:16+	02:19+	00:16-	00:16-	
	01:46&	00:19-	02:49@	00:27@	00:27&	01:53-	00:21#	00:48&	00:29#	01:03&	00:05#	01:49&	00:09-	00:10#	00:39-	00:26&	00:31&	00:03-	00:02-	
Beste strekktid for klassen																				
	01:01	00:35	02:43	00:26	00:46	01:02	01:23	01:22	02:04	01:03	00:18	02:00	01:42	01:08	02:20	00:50	01:48	00:16	00:16	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
D15-16																				
1	Kari E. Lien Johnsen				Byåsen IL				30:41											
	01:02=	02:11=	05:24=	05:53=	06:51=	08:08=	10:01=	11:36=	13:38=	15:09=	16:14=	18:34=	21:03=	22:35=	26:45=	27:57=	30:07=	30:25=	30:41=	
	01:02=	01:09=	03:13=	00:29=	00:58=	01:17=	01:53=	01:35=	02:02=	01:31=	01:05=	02:20=	02:29=	01:32=	04:10=	01:12=	02:10=	00:18=	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=	
2	Kjersti Denstad				IL Stjørdals-Blink				38:34											
	06:24+	06:59+	09:59+	13:40+	14:34+	15:48+	18:20+	20:51+	23:22+	24:46+	25:44+	28:58+	30:37+	31:56+	35:00+	36:01+	37:58+	38:17+	38:34+	
	06:24+	00:35-	03:00-	03:41+	00:54-	01:14-	02:32+	02:31+	02:31+	01:24-	00:58-	03:14+	01:39-	01:19-	03:04-	01:01-	01:57-	00:19+	00:17+	
	05:22@	00:34-	00:13-	03:12@	00:04-	00:03-	00:39&	00:56&	00:29#	00:07-	00:07-	00:54&	00:50-	00:13-	01:06-	00:11-	00:13-	00:01+	00:01+	
Beste strekktid for klassen																				
	01:02	00:35	03:00	00:29	00:54	01:14	01:53	01:35	02:02	01:24	00:58	02:20	01:39	01:19	03:04	01:01	01:57	00:18	00:16	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
D17-																				
1	Åsa Franzen				NTNUI				22:37											
	00:50=	01:35=	03:51=	04:18=	04:59=	08:44=	09:47=	11:09=	12:37=	13:35=	13:58=	15:39=	16:58=	17:56=	19:52=	20:46=	22:02=	22:21=	22:37=	
	00:50=	00:45=	02:16=	00:27=	00:41=	03:45=	01:03=	01:22=	01:28=	00:58=	00:23=	01:41=	01:19=	00:58=	01:56=	00:54=	01:16=	00:19=	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=	
2	Hege Ask-Henriksen				NTNUI				22:41											
	02:55+	03:20+	05:30+	05:57+	07:06+	08:05-	09:18-	10:46-	12:21-	13:20-	13:36-	15:27-	16:53-	17:51-	19:49-	20:42-	22:05+	22:23+	22:41+	
	02:55+	00:25-	02:10-	00:27=	01:09+	00:59-	01:13+	01:28+	01:35+	00:59+	00:16-	01:51+	01:26+	00:58=	01:58+	00:53-	01:23+	00:18-	00:18+	
	02:05@	00:20-	00:06-	00:00=	00:28&	02:46-	00:10#	00:06+	00:07+	00:01+	00:07-	00:10+	00:07+	00:00=	00:02+	00:01-	00:07+	00:01-	00:02#	
3	Mari Angell-Petersen				Spkl. Freidig				24:12											
	02:46+	03:20+	05:44+	06:14+	06:54+	08:22-	09:35-	11:06-	12:44+	13:44+	14:03+	15:47+	17:04+	18:01+	20:05+	21:43+	23:36+	23:53+	24:12+	
	02:46+	00:34-	02:24+	00:30+	00:40-	01:28-	01:13+	01:31+	01:38+	01:00+	00:19-	01:44+	01:17-	00:57-	02:04+	01:38+	01:53+	00:17-	00:19+	
	01:56@	00:11-	00:08+	00:03#	00:01-	02:17-	00:10#	00:09#	00:10#	00:02+	00:04-	00:03+	00:02-	00:01-	00:08+	00:44&	00:37&	00:02-	00:03#	
4	Ida Svanberg				NTNUI				24:35											
	03:42+	04:08+	06:30+	06:55+	07:31+	08:25-	09:36-	11:04-	12:41+	13:53+	14:10+	15:55+	17:17+	18:32+	20:34+	21:44+	23:50+	24:13+	24:35+	
	03:42+	00:26-	02:22+	00:25-	00:36-	00:54-	01:11+	01:28+	01:37+	01:12+	00:17-	01:45+	01:22+	01:15+	02:02+	01:10+	02:06+	00:23+	00:22+	
	02:52@	00:19-	00:06+	00:02-	00:05-	02:51-	00:08#	00:06+	00:09#	00:14#	00:06-	00:04+	00:03+	00:17&	00:06+	00:16&	00:50&	00:04#	00:06&	
5	Kari G. Aarhus				NTNUI				25:16											
	03:58+	04:24+	06:48+	07:19+	07:51+	08:52+	10:18+	11:58+	13:41+	14:45+	15:06+	17:00+	18:18+	19:15+	21:25+	22:40+	24:32+	24:55+	25:16+	
	03:58+	00:26-	02:24+	00:31+	00:32-	01:01-	01:26+	01:40+	01:43+	01:04+	00:21-	01:54+	01:18-	00:57-	02:10+	01:15+	01:52+	00:23+	00:21+	
	03:08@	00:19-	00:08+	00:04#	00:09-	02:44-	00:23&	00:18#	00:15#	00:06#	00:02-	00:13#	00:01-	00:01-	00:14#	00:21&	00:36&	00:04#	00:05&	
6	Solveig Vassenden				NTNUI				25:20											
	04:05+	04:29+	06:51+	07:20+	07:54+	08:58+	10:07+	11:34+	13:16+	14:21+	14:42+	16:32+	17:54+	19:08+	22:12+	23:10+	24:42+	25:00+	25:20+	
	04:05+	00:24-	02:22+	00:29+	00:34-	01:04-	01:09+	01:27+	01:42+	01:05+	00:21-	01:50+	01:22+	01:14+	03:04+	00:58+	01:32+	00:18-	00:20+	
	03:15@	00:21-	00:06+	00:02+	00:07-	02:41-	00:06+	00:05+	00:14#	00:07#	00:02-	00:09+	00:03+	00:16&	01:08&	00:04+	00:16#	00:01-	00:04#	
7	Hanne Merete Vefsnmo				Byåsen IL				26:33											
	04:50+	05:38+	08:08+	08:34+	09:20+	10:32+	11:46+	13:21+	14:57+	16:05+	16:27+	18:27+	19:53+	20:56+	23:07+	23:58+	25:51+	26:13+	26:33+	
	04:50+	00:48+	02:30+	00:26-	00:46+	01:12-	01:14+	01:35+	01:36+	01:08+	00:22-	02:00+	01:26+	01:03+	02:11+	00:51-	01:53+	00:22+	00:20+	
	04:00@	00:03+	00:14#	00:01-	00:05#	02:33-	00:11#	00:13#	00:08+	00:10#	00:01-	00:19#	00:07+	00:05+	00:15#	00:03-	00:37&	00:03#	00:04#	
8	Jenny Persson				Kristinehamns OK				27:29											
	04:43+	05:33+	08:11+	08:40+	09:19+	11:02+	12:08+	13:35+	15:03+	16:09+	16:25+	18:23+	19:52+	21:06+	23:13+	24:13+	26:48+	27:09+	27:29+	
	04:43+	00:50+	02:38+	00:29+	00:39-	01:43-	01:06+	01:27+	01:28=	01:06+	00:16-	01:58+	01:29+	01:14+	02:07+	01:00+	02:35+	00:21+	00:20+	
	03:53@	00:05#	00:22#	00:02+	00:02-	02:02-	00:03+	00:05+	00:00=	00:08#	00:07-	00:17#	00:10#	00:16&	00:11+	00:06#	01:19@	00:02#	00:04#	

Plass	Navn				Klasse				Tid											
5	Gro Rypdal				Byåsen IL				41:19											
	10:05+	10:54+	14:40+	15:45+	17:10+	18:54+	21:05+	22:58+	25:04+	26:41+	27:13+	29:58+	32:12+	33:59+	36:58+	38:19+	40:39+	41:01+	41:19+	
	10:05+	00:49+	03:46+	01:05-	01:25+	01:44+	02:11+	01:53+	02:06-	01:37+	00:32+	02:45+	02:14+	01:47+	02:59+	01:21+	02:20+	00:22+	00:18+	
	09:11@	00:20&	01:20&	00:19-	00:42&	00:15#	00:57&	00:28&	00:20-	00:32&	00:05#	00:28#	00:31&	00:45&	00:56&	00:23&	00:29&	00:03#	00:02#	
6	Anne-Lise Bratsberg				Wing OK				41:31											
	09:47+	10:34+	14:03+	14:40+	15:35+	17:15+	19:20+	21:17+	23:40+	25:18+	25:49+	28:08+	30:15+	33:52+	37:02+	38:25+	40:43+	41:08+	41:31+	
	09:47+	00:47+	03:29+	00:37-	00:55+	01:40+	02:05+	01:57+	02:23-	01:38+	00:31+	02:19+	02:07+	03:37+	03:10+	01:23+	02:18+	00:25+	00:23+	
	08:53@	00:18&	01:03&	00:47-	00:12&	00:11#	00:51&	00:32&	00:03-	00:33&	00:04#	00:02+	00:24#	02:35@	01:07&	00:25&	00:27#	00:06&	00:07&	
7	Anna Marie Hammer				Børsa IL				42:00											
	09:52+	10:39+	14:13+	14:54+	15:45+	18:28+	21:09+	23:07+	25:12+	26:50+	27:17+	30:06+	32:19+	34:06+	37:12+	38:32+	41:03+	41:34+	42:00+	
	09:52+	00:47+	03:34+	00:41-	00:51+	02:43+	02:41+	01:58+	02:05-	01:38+	00:27+	02:49+	02:13+	01:47+	03:06+	01:20+	02:31+	00:31+	00:26+	
	08:58@	00:18&	01:08&	00:43-	00:08#	01:14&	01:27@	00:33&	00:21-	00:33&	00:00=	00:32#	00:30&	00:45&	01:03&	00:22&	00:40&	00:12&	00:10&	
Beste strekktid for klassen																				
	00:54	00:29	02:23	00:27	00:34	01:17	01:14	01:25	01:47	01:05	00:21	02:01	01:26	01:02	02:03	00:58	01:46	00:17	00:16	

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

D50-

1	Gerd Bjørseth				Krokstadsøra IL				26:16											
	00:55=	01:25=	04:10=	04:55=	05:47=	07:20=	08:47=	10:24=	12:18=	13:37=	14:07=	16:57=	18:37=	19:45=	22:12=	23:34=	25:34=	25:55=	26:16=	
	00:55=	00:30=	02:45=	00:45=	00:52=	01:33=	01:27=	01:37=	01:54=	01:19=	00:30=	02:50=	01:40=	01:08=	02:27=	01:22=	02:00=	00:21=	00:21=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Stina Elfving				Byåsen IL				37:38											
	06:57+	07:31+	10:49+	11:35+	12:41+	14:48+	17:08+	19:07+	21:35+	23:12+	23:45+	26:13+	28:01+	29:30+	32:44+	34:25+	36:50+	37:16+	37:38+	
	06:57+	00:34+	03:18+	00:46+	01:06+	02:07+	02:20+	01:59+	02:28+	01:37+	00:33+	02:28-	01:48+	01:29+	03:14+	01:41+	02:25+	00:26+	00:22+	
	06:02@	00:04#	00:33#	00:01+	00:14&	00:34&	00:53&	00:22#	00:34&	00:18#	00:03#	00:22-	00:08+	00:21&	00:47&	00:19#	00:25#	00:05#	00:01+	
3	Sunniva J Ryen				Rennebu IL				48:44											
	11:32+	12:48+	16:13+	16:56+	21:14+	23:59+	27:22+	29:28+	31:32+	32:57+	33:22+	35:40+	37:25+	40:05+	42:49+	44:07+	48:03+	48:25+	48:44+	
	11:32+	01:16+	03:25+	00:43-	04:18+	02:45+	03:23+	02:06+	02:04+	01:25+	00:25-	02:18-	01:45+	02:40+	02:44+	01:18-	03:56+	00:22+	00:19-	
	10:37@	00:46@	00:40#	00:02-	03:26@	01:12&	01:56@	00:29&	00:10+	00:06+	00:05-	00:32-	00:05+	01:32@	00:17#	00:04-	01:56&	00:01+	00:02-	
Beste strekktid for klassen																				
	00:55	00:30	02:45	00:43	00:52	01:33	01:27	01:37	01:54	01:19	00:25	02:18	01:40	01:08	02:27	01:18	02:00	00:21	00:19	

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

D60-

1	Torid Kvaal				Spkl. Freidig				26:13											
	01:02=	01:33=	04:23=	05:01=	05:54=	07:32=	08:56=	10:33=	12:26=	13:45=	14:11=	16:24=	18:14=	19:26=	21:54=	23:40=	25:29=	25:52=	26:13=	
	01:02=	00:31=	02:50=	00:38=	00:53=	01:38=	01:24=	01:37=	01:53=	01:19=	00:26=	02:13=	01:50=	01:12=	02:28=	01:46=	01:49=	00:23=	00:21=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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																				
	01:02	00:31	02:50	00:38	00:53	01:38	01:24	01:37	01:53	01:19	00:26	02:13	01:50	01:12	02:28	01:46	01:49	00:23	00:21	

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

H10-12

1	Trond Einar Moen Pedersli				OL Trollelg				11:49											
	00:27=	01:33=	03:48=	04:33=	05:17=	06:01=	07:53=	08:40=	10:22=	11:04=	11:33=	11:49=								
	00:27=	01:06=	02:15=	00:45=	00:44=	00:44=	01:52=	00:47=	01:42=	00:42=	00:29=	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=								
2	Torleif Syrstad				Leik				13:37											
	00:28+	01:32-	04:19+	05:11+	05:53+	06:44+	09:27+	10:17+	12:06+	12:55+	13:21+	13:37+								
	00:28+	01:04-	02:47+	00:52+	00:42-	00:51+	02:43+	00:50+	01:49+	00:49+	00:26-	00:16=								
	00:01+	00:02-	00:32#	00:07#	00:02-	00:07#	00:51&	00:03+	00:07+	00:07#	00:03-	00:00=								

Plass	Navn	Klasse	Tid
3	Kristian Magnus Øien	OL Trollelg	14:05
00:32+	02:18+ 04:43+ 05:39+ 06:25+ 07:11+	09:07+ 10:08+ 12:27+ 13:16+ 13:48+ 14:05+	
00:32+	01:46+ 02:25+ 00:56+ 00:46+ 00:46+	01:56+ 01:01+ 02:19+ 00:49+ 00:32+ 00:17+	
00:05#	00:40& 00:10+ 00:11# 00:02+ 00:02+	00:04+ 00:14& 00:37& 00:07# 00:03# 00:01+	
4	Tore Gederaas Kanstad	Wing OK	17:55
00:38+	02:15+ 04:40+ 05:52+ 07:03+ 08:34+	11:00+ 12:12+ 15:12+ 16:17+ 17:37+ 17:55+	
00:38+	01:37+ 02:25+ 01:12+ 01:11+ 01:31+	02:26+ 01:12+ 03:00+ 01:05+ 01:20+ 00:18+	
00:11&	00:31& 00:10+ 00:27& 00:27& 00:47@	00:34& 00:25& 01:18& 00:23& 00:51@ 00:02#	
5	John Gederaas Kanstad	Wing OK	20:13
00:40+	02:56+ 06:35+ 07:44+ 09:10+ 10:35+	12:55+ 14:36+ 17:20+ 19:00+ 19:55+ 20:13+	
00:40+	02:16+ 03:39+ 01:09+ 01:26+ 01:25+	02:20+ 01:41+ 02:44+ 01:40+ 00:55+ 00:18+	
00:13&	01:10@ 01:24& 00:24& 00:42& 00:41&	00:28# 00:54@ 01:02& 00:58@ 00:26& 00:02#	
Beste strekketid for klassen			
00:27	01:04	02:15	00:45 00:42 00:44 01:52 00:47 01:42 00:42 00:26 00:16

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

H13-14

1	Tor Håkon Skogstad	Gaula OL	23:23
01:20=	01:50= 04:00= 05:47= 06:51= 08:03=	09:08= 10:42= 12:09= 13:09= 13:28= 15:07= 16:33= 18:11= 20:25= 21:10= 22:49= 23:08= 23:23=	
01:20=	00:30= 02:10= 01:47= 01:04= 01:12=	01:05= 01:34= 01:27= 01:00= 00:19= 01:39= 01:26= 01:38= 02:14= 00:45= 01:39= 00:19= 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	Simen Olafsen	Spkl. Freidig	23:32
02:07+	02:39+ 05:26+ 05:51+ 06:43= 08:04+	09:14+ 10:45+ 12:06= 13:07= 13:27= 15:05= 16:29= 18:20+ 20:29+ 21:13+ 22:59+ 23:16+ 23:32+	
02:07+	00:32+ 02:47+ 00:25= 00:52= 01:21+	01:10+ 01:31= 01:21= 01:01+ 00:20+ 01:38= 01:24= 01:51+ 02:09= 00:44= 01:46+ 00:17= 00:16+	
00:47&	00:02+ 00:37& 01:22= 00:12= 00:09#	00:05+ 00:03= 00:06= 00:01+ 00:01+ 00:01= 00:02= 00:13# 00:05= 00:01= 00:07+ 00:02= 00:01+	
3	Sindre Sæther	Spkl. Freidig	23:34
00:42=	01:08= 03:57= 05:50+ 06:49= 08:00=	09:07= 10:44+ 12:15+ 13:17+ 13:37+ 15:14+ 16:39+ 18:17+ 20:26+ 21:16+ 23:00+ 23:18+ 23:34+	
00:42=	00:26= 02:49+ 01:53+ 00:59= 01:11=	01:07+ 01:37+ 01:31+ 01:02+ 00:20+ 01:37= 01:25= 01:38= 02:09= 00:50+ 01:44+ 00:18= 00:16+	
00:38=	00:04= 00:39& 00:06+ 00:05= 00:01=	00:02+ 00:03+ 00:04+ 00:02+ 00:01+ 00:02= 00:01= 00:00= 00:05= 00:05# 00:05+ 00:01= 00:01+	
4	Per Harald Skogstad	Gaula OL	23:35
02:16+	02:42+ 05:34+ 05:57+ 06:53+ 08:02=	09:12+ 10:46+ 12:12+ 13:11+ 13:30+ 15:05= 16:31= 18:22+ 20:23= 21:15+ 23:02+ 23:19+ 23:35+	
02:16+	00:26= 02:52+ 00:23= 00:56= 01:09=	01:10+ 01:34= 01:26= 00:59= 00:19= 01:35= 01:26= 01:51+ 02:01= 00:52+ 01:47+ 00:17= 00:16+	
00:56&	00:04= 00:42& 01:24= 00:08= 00:03=	00:05+ 00:00= 00:01= 00:01= 00:00= 00:04= 00:00= 00:13# 00:13= 00:07# 00:08+ 00:02= 00:01+	
5	Martin Husbyn	Wing OK	29:51
05:22+	05:50+ 08:39+ 09:08+ 10:16+ 11:54+	13:22+ 15:05+ 16:58+ 18:20+ 18:42+ 20:56+ 22:35+ 23:52+ 26:15+ 27:23+ 29:17+ 29:36+ 29:51+	
05:22+	00:28= 02:49+ 00:29= 01:08+ 01:38+	01:28+ 01:43+ 01:53+ 01:22+ 00:22+ 02:14+ 01:39+ 01:17= 02:23+ 01:08+ 01:54+ 00:19= 00:15=	
04:02@	00:02= 00:39& 01:18= 00:04+ 00:26&	00:23& 00:09+ 00:26& 00:22& 00:03# 00:35& 00:13# 00:21= 00:09+ 00:23& 00:15# 00:00= 00:00=	
6	Ola Morset	Wing OK	30:29
09:24+	10:04+ 12:51+ 13:14+ 14:03+ 14:52+	16:16+ 17:43+ 19:21+ 20:31+ 20:51+ 23:07+ 24:28+ 25:31+ 27:28+ 28:17+ 29:57+ 30:13+ 30:29+	
09:24+	00:40+ 02:47+ 00:23= 00:49= 00:49=	01:24+ 01:27= 01:38+ 01:10+ 00:20+ 02:16+ 01:21= 01:03= 01:57= 00:49+ 01:40+ 00:16= 00:16+	
08:04@	00:10& 00:37& 01:24= 00:15= 00:23=	00:19& 00:07= 00:11# 00:10# 00:01+ 00:37& 00:05= 00:35= 00:17= 00:04+ 00:01+ 00:03= 00:01+	
7	Lars Owren	Spkl. Freidig	35:14
09:52+	10:50+ 13:47+ 14:19+ 15:09+ 16:19+	17:24+ 18:58+ 20:35+ 21:46+ 22:01+ 23:51+ 25:38+ 26:43+ 31:33+ 32:47+ 34:36+ 35:01+ 35:14+	
09:52+	00:58+ 02:57+ 00:32= 00:50= 01:10=	01:05= 01:34= 01:37+ 01:11+ 00:15= 01:50+ 01:47+ 01:05= 04:50+ 01:14+ 01:49+ 00:25+ 00:13=	
08:32@	00:28& 00:47& 01:15= 00:14= 00:02=	00:00= 00:00= 00:10# 00:11# 00:04= 00:11# 00:21# 00:33= 02:36@ 00:29& 00:10# 00:06& 00:02=	
8	Henning Schei	Spkl. Freidig	37:01
10:38+	11:08+ 13:53+ 14:21= 15:05+ 16:22+	17:29+ 19:01+ 20:33+ 21:44+ 21:59+ 23:53+ 25:30+ 26:40+ 31:32+ 33:30+ 35:52+ 36:42+ 37:01+	
10:38+	00:30= 02:45+ 00:28= 00:44= 01:17+	01:07+ 01:32= 01:32+ 01:11+ 00:15= 01:54+ 01:37+ 01:10= 04:52+ 01:58+ 02:22+ 00:50+ 00:19+	
09:18@	00:00= 00:35& 01:19= 00:20= 00:05+	00:02+ 00:02= 00:05+ 00:11# 00:04= 00:15# 00:11# 00:28= 02:38@ 01:13@ 00:43& 00:31@ 00:04&	
9	Markus Settemsdal	OK Nidarøst	44:25
04:50+	06:07+ 09:39+ 11:11+ 13:15+ 17:51+	19:15+ 22:45+ 32:13+ 33:41+ 34:04+ 36:15+ 38:05+ 38:58+ 41:10+ 42:02+ 43:52+ 44:08+ 44:25+	
04:50+	01:17+ 03:32+ 01:32= 02:04+ 04:36+	01:24+ 03:30+ 09:28+ 01:28+ 00:23+ 02:11+ 01:50+ 00:53= 02:12= 00:52+ 01:50+ 00:16= 00:17+	
03:30@	00:47@ 01:22& 00:15= 01:00& 03:24@	00:19& 01:56@ 08:01@ 00:28& 00:04# 00:32& 00:24& 00:45= 00:02= 00:07# 00:11# 00:03= 00:02#	
10	Tormod Hovdenak Stenersen	OK Nidarøst	44:29
07:08+	07:45+ 14:19+ 14:53+ 16:28+ 17:52+	20:20+ 23:06+ 27:28+ 29:14+ 29:53+ 33:12+ 35:27+ 37:07+ 40:10+ 41:41+ 43:54+ 44:12+ 44:29+	
07:08+	00:37+ 06:34+ 00:34= 01:35+ 01:24+	02:28+ 02:46+ 04:22+ 01:46+ 00:39+ 03:19+ 02:15+ 01:40+ 03:03+ 01:31+ 02:13+ 00:18= 00:17+	
05:48@	00:07# 04:24@ 01:13= 00:31& 00:12#	01:23@ 01:12& 02:55@ 00:46& 00:20@ 01:40@ 00:49& 00:02+ 00:49& 00:46@ 00:34& 00:01= 00:02#	

Plass	Navn					Klasse					Tid									
11	Ole Jørgen Kristensen					OK Nidarøst					44:44									
	05:47+	06:22+	09:37+	15:55+	17:17+	19:29+	21:24+	23:52+	32:24+	33:40+	34:06+	36:22+	38:04+	39:06+	41:13+	42:10+	44:01+	44:21+	44:44+	
	05:47+	00:35+	03:15+	06:18+	01:22+	02:12+	01:55+	02:28+	08:32+	01:16+	00:26+	02:16+	01:42+	01:02-	02:07-	00:57+	01:51+	00:20+	00:23+	
	04:27@	00:05#	01:05&	04:31@	00:18&	01:00&	00:50&	00:54&	07:05@	00:16&	00:07&	00:37&	00:16#	00:36-	00:07-	00:12&	00:12#	00:01+	00:08&	

Beste strekktid for klassen

00:42	00:26	02:10	00:23	00:44	00:49	01:05	01:27	01:21	00:59	00:15	01:35	01:21	00:53	01:57	00:44	01:39	00:16	00:13	
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H15-16

1	Johan Riseth Hammer					Børsa IL					23:16									
	00:43=	01:04=	03:01=	03:27=	04:16=	07:52=	09:03=	10:35=	11:58=	13:00=	13:25=	14:59=	16:45=	18:12=	20:18=	21:04=	22:47=	23:03=	23:16=	
	00:43=	00:21=	01:57=	00:26=	00:49=	03:36=	01:11=	01:32=	01:23=	01:02=	00:25=	01:34=	01:46=	01:27=	02:06=	00:46=	01:43=	00:16=	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=	

2	Are Gederås Denstad					IL Stjørdals-Blink					23:19									
	00:39-	01:00-	02:58-	03:23-	04:12-	07:56+	09:01-	10:33-	11:53-	13:04+	13:23-	14:57-	16:46+	18:10-	20:19+	21:00-	22:50+	23:04+	23:19+	
	00:39-	00:21=	01:58+	00:25-	00:49=	03:44+	01:05-	01:32=	01:20-	01:11+	00:19-	01:34=	01:49+	01:24-	02:09+	00:41-	01:50+	00:14-	00:15+	
	00:04-	00:00=	00:01+	00:01-	00:00=	00:08+	00:06-	00:00=	00:03-	00:09#	00:06-	00:00=	00:03+	00:03-	00:03+	00:05-	00:07+	00:02-	00:02#	

3	Marius Bjørngaard Rødde					IL Stjørdals-Blink					23:27									
	02:11+	02:39+	05:22+	05:46+	06:46+	08:20+	09:21+	10:51+	12:18+	13:13+	13:32+	15:03+	16:25-	18:08-	20:50+	21:37+	22:57+	23:12+	23:27+	
	02:11+	00:28+	02:43+	00:24-	01:00+	01:34-	01:01-	01:30-	01:27+	00:55-	00:19-	01:31-	01:22-	01:43+	02:42+	00:47+	01:20-	00:15-	00:15+	
	01:28@	00:07&	00:46&	00:02-	00:11#	02:02-	00:10-	00:02-	00:04+	00:07-	00:06-	00:03-	00:24-	00:16#	00:36&	00:01+	00:23-	00:01-	00:02#	

4	Joakim Svegård					Leik					23:31									
	01:17+	01:46+	03:51+	05:48+	06:49+	08:22+	09:22+	10:52+	12:18+	13:14+	13:33+	15:09+	16:25-	18:08-	20:27+	21:17+	22:58+	23:15+	23:31+	
	01:17+	00:29+	02:05+	01:57+	01:01+	01:33-	01:00-	01:30-	01:26+	00:56-	00:19-	01:36+	01:16-	01:43+	02:19+	00:50+	01:41-	00:17+	00:16+	
	00:34&	00:08&	00:08+	01:31@	00:12#	02:03-	00:11-	00:02-	00:03+	00:06-	00:06-	00:02+	00:30-	00:16#	00:13#	00:04+	00:02-	00:01+	00:03#	

5	Erlend Skrøvseth					Wing OK					29:27									
	04:25+	05:04+	08:46+	09:09+	10:11+	11:47+	13:59+	15:24+	17:09+	18:12+	18:33+	20:32+	22:12+	23:05+	25:53+	27:02+	28:51+	29:12+	29:27+	
	04:25+	00:39+	03:42+	00:23-	01:02+	01:36-	02:12+	01:25-	01:45+	01:03+	00:21-	01:59+	01:40-	00:53-	02:48+	01:09+	01:49+	00:21+	00:15+	
	03:42@	00:18&	01:45&	00:03-	00:13&	02:00-	01:01&	00:07-	00:22&	00:01+	00:04-	00:25&	00:06-	00:34-	00:42&	00:23&	00:06+	00:05&	00:02#	

5	Mads Nonstad Fornes					Wing OK					29:27									
	07:05+	07:40+	10:25+	10:59+	12:25+	13:22+	14:26+	15:47+	17:28+	18:23+	18:39+	20:33+	21:57+	22:51+	26:16+	27:07+	28:50+	29:12+	29:27+	
	07:05+	00:35+	02:45+	00:34+	01:26+	00:57-	01:04-	01:21-	01:41+	00:55-	00:16-	01:54+	01:24-	00:54-	03:25+	00:51+	01:43=	00:22+	00:15+	
	06:22@	00:14&	00:48&	00:08&	00:37&	02:39-	00:07-	00:11-	00:18#	00:07-	00:09-	00:20#	00:22-	00:33-	01:19&	00:05#	00:00=	00:06&	00:02#	

7	Kristian Stahl Pedersen					OL Trollelg					29:32									
	06:28+	06:51+	09:24+	10:42+	12:20+	13:26+	14:31+	15:56+	17:36+	18:29+	18:49+	20:34+	22:00+	22:53+	26:14+	27:06+	28:52+	29:13+	29:32+	
	06:28+	00:23+	02:33+	01:18+	01:38+	01:06-	01:05-	01:25-	01:40+	00:53-	00:20-	01:45+	01:26-	00:53-	03:21+	00:52+	01:46+	00:21+	00:19+	
	05:45@	00:02+	00:36&	00:52@	00:49&	02:30-	00:06-	00:07-	00:17#	00:09-	00:05-	00:11#	00:20-	00:34-	01:15&	00:06#	00:03+	00:05&	00:06&	

8	Martin Morset					Wing OK					30:32									
	06:20+	06:50+	09:22+	10:41+	12:18+	13:29+	14:41+	16:15+	18:12+	20:00+	20:21+	22:21+	23:50+	25:30+	27:26+	28:19+	29:59+	30:18+	30:34+	
	06:20+	00:30+	02:32+	01:19+	01:37+	01:11-	01:12+	01:34+	01:57+	01:48+	00:21-	02:00+	01:29-	01:40+	01:56-	00:53+	01:40-	00:19+	00:16+	
	05:37@	00:09&	00:35&	00:53@	00:48&	02:25-	00:01+	00:02+	00:34&	00:46&	00:04-	00:26&	00:17-	00:13#	00:10-	00:07#	00:03-	00:03#	00:03#	

Beste strekktid for klassen

00:39	00:21	01:57	00:23	00:49	00:57	01:00	01:21	01:20	00:53	00:16	01:31	01:16	00:53	01:56	00:41	01:20	00:14	00:13	
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	--

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

H17-

1	Ola Berger					Wing OK					15:34									
	01:11=	01:33=	03:07=	03:32=	03:59=	04:37=	05:39=	06:42=	07:47=	08:29=	08:41=	10:08=	11:04=	11:52=	13:17=	13:59=	15:01=	15:19=	15:34=	
	01:11=	00:22=	01:34=	00:25=	00:27=	00:38=	01:02=	01:03=	01:05=	00:42=	00:12=	01:27=	00:56=	00:48=	01:25=	00:42=	01:02=	00:18=	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	Bård Nonstad					OL Trollelg					16:16									
	01:12+	01:36+	03:12+	03:34+	03:58-	04:40+	05:41+	06:45+	07:50+	08:34+	08:45+	10:11+	11:07+	11:55+	13:28+	14:38+	15:41+	15:57+	16:16+	
	01:12+	00:24+	01:36+	00:22-	00:24-	00:42+	01:01-	01:04+	01:05=	00:44+	00:11-	01:26-	00:56=	00:48=	01:33+	01:10+	01:03+	00:16-	00:19+	
	00:01+	00:02+	00:02+	00:03-	00:03-	00:04#	00:01-	00:01+	00:00=	00:02+	00:01-	00:01-	00:00=	00:00=	00:08+	00:28&	00:01+	00:02-	00:04&	

Plass	Navn					Klasse					Tid								
18	Kristian Riseth Hammer					Børsa IL					22:38								
05:45+	06:07+	07:56+	08:14+	09:04+	10:13+	11:10+	12:17+	13:33+	14:22+	14:40+	16:09+	17:15+	18:03+	19:44+	20:46+	22:02+	22:21+	22:38+	
05:45+	00:22=	01:49+	00:18-	00:50+	01:09+	00:57-	01:07+	01:16+	00:49+	00:18+	01:29+	01:06+	00:48=	01:41+	01:02+	01:16+	00:19+	00:17+	
04:34@	00:00=	00:15#	00:07-	00:23&	00:31&	00:05-	00:04+	00:11#	00:07#	00:06&	00:02+	00:10#	00:00=	00:16#	00:20&	00:14#	00:01+	00:02#	
19	Anders Henriksson					NTNUI					22:41								
05:42+	06:05+	07:53+	08:12+	09:04+	10:16+	11:15+	12:23+	13:42+	14:27+	14:45+	16:12+	17:22+	18:13+	19:51+	20:52+	22:02+	22:24+	22:41+	
05:42+	00:23+	01:48+	00:19-	00:52+	01:12+	00:59-	01:08+	01:19+	00:45+	00:18+	01:27=	01:10+	00:51+	01:38+	01:01+	01:10+	00:22+	00:17+	
04:31@	00:01+	00:14#	00:06-	00:25&	00:34&	00:03-	00:05+	00:14#	00:03+	00:06&	00:00=	00:14#	00:03+	00:13#	00:19&	00:08#	00:04#	00:02#	
20	Christian Bakkhaug					OL Trollelg					23:10								
04:45+	05:24+	07:00+	07:59+	08:18+	08:59+	10:08+	11:11+	12:23+	13:46+	14:36+	14:54+	16:29+	17:40+	18:37+	20:20+	21:20+	22:37+	22:56+	23:10+
04:45+	00:39+	01:36+	00:59+	00:19-	00:41+	01:09+	01:03=	01:12+	01:23+	00:50+	00:18-	01:35+	01:11+	00:57-	01:43+	01:00-	01:17+	00:19+	00:14+
03:34@	00:17&	00:02+	00:34@	00:08-	00:03+	00:07#	00:00=	00:07#	00:41&	00:38@	01:09-	00:39&	00:23&	00:28-	01:01@	00:02-	00:59@	00:04&	00:14+
21	Lars Martin Hafstad					Byåsen IL					23:13								
04:56+	05:25+	07:40+	08:01+	08:59+	10:04+	11:07+	12:22+	13:41+	14:31+	14:48+	16:23+	17:37+	18:26+	20:14+	21:23+	22:34+	22:57+	23:13+	
04:56+	00:29+	02:15+	00:21-	00:58+	01:05+	01:03+	01:15+	01:19+	00:50+	00:17+	01:35+	01:14+	00:49+	01:48+	01:09+	01:11+	00:23+	00:16+	
03:45@	00:07&	00:41&	00:04-	00:31@	00:27&	00:01+	00:12#	00:14#	00:08#	00:05&	00:08+	00:18&	00:01+	00:23&	00:27&	00:09#	00:05&	00:01+	
22	Christoffer Bremvåg					Leik					23:16								
04:50+	05:26+	07:52+	08:11+	09:07+	10:15+	11:17+	12:29+	13:47+	14:36+	14:55+	16:25+	17:36+	18:28+	20:19+	21:20+	22:38+	22:58+	23:16+	
04:50+	00:36+	02:26+	00:19-	00:56+	01:08+	01:02=	01:12+	01:18+	00:49+	00:19+	01:30+	01:11+	00:52+	01:51+	01:01+	01:18+	00:20+	00:18+	
03:39@	00:14&	00:52&	00:06-	00:29@	00:30&	00:00=	00:09#	00:13#	00:07#	00:07&	00:03+	00:15&	00:04+	00:26&	00:19&	00:16&	00:02#	00:03#	
23	Runar Krognes					Leik					23:22								
05:27+	05:50+	07:58+	08:18+	09:02+	10:11+	11:13+	12:28+	13:51+	14:42+	15:00+	16:32+	17:40+	18:30+	20:16+	21:22+	22:42+	23:05+	23:22+	
05:27+	00:23+	02:08+	00:20-	00:44+	01:09+	01:02=	01:15+	01:23+	00:51+	00:18+	01:32+	01:08+	00:50+	01:46+	01:06+	01:20+	00:23+	00:17+	
04:16@	00:01+	00:34&	00:05-	00:17&	00:31&	00:00=	00:12#	00:18&	00:09#	00:06&	00:05+	00:12#	00:02+	00:21#	00:24&	00:18&	00:05&	00:02#	
24	Mattis Myhre					NTNUI					23:24								
05:06+	05:29+	07:33+	07:56+	08:53+	09:59+	11:14+	12:26+	13:48+	14:39+	14:57+	16:30+	17:41+	18:36+	20:45+	21:31+	22:49+	23:07+	23:24+	
05:06+	00:23+	02:04+	00:23-	00:57+	01:06+	01:15+	01:12+	01:22+	00:51+	00:18+	01:33+	01:11+	00:55+	02:09+	00:46+	01:18+	00:18=	00:17+	
03:55@	00:01+	00:30&	00:02-	00:30@	00:28&	00:13#	00:09#	00:17&	00:09#	00:06&	00:06+	00:15&	00:07#	00:44&	00:04+	00:16&	00:00=	00:02#	
25	Bjørn Egil Rossebø					NTNUI					23:58								
04:35+	05:20+	07:06+	08:04+	08:24+	09:00+	10:19+	11:18+	12:30+	13:45+	14:34+	14:53+	16:25+	17:34+	18:24+	20:47+	21:33+	23:27+	23:43+	23:58+
04:35+	00:45+	01:46+	00:58+	00:20-	00:36-	01:19+	00:59-	01:12+	01:15+	00:49+	00:19-	01:32+	01:09+	00:50-	02:23+	00:46-	01:54+	00:16+	00:15+
03:24@	00:23@	00:12#	00:33@	00:07-	00:02-	00:17&	00:04-	00:07#	00:33&	00:37@	01:08-	00:36&	00:21&	00:35-	01:41@	00:16-	01:36@	00:01+	00:15+
26	Asle Heide Vaskinn					NTNUI					25:03								
05:38+	06:04+	08:01+	08:22+	09:10+	10:08+	11:12+	12:32+	14:00+	14:56+	15:14+	16:55+	18:19+	19:10+	21:46+	22:48+	24:26+	24:45+	25:03+	
05:38+	00:26+	01:57+	00:21-	00:48+	00:58+	01:04+	01:20+	01:28+	00:56+	00:18+	01:41+	01:24+	00:51+	02:36+	01:02+	01:38+	00:19+	00:18+	
04:27@	00:04#	00:23#	00:04-	00:21&	00:20&	00:02+	00:17&	00:23&	00:14&	00:06&	00:14#	00:28&	00:03+	01:11&	00:20&	00:36&	00:01+	00:03#	
27	Lars-Christian Unger					Østmarka OK					25:34								
09:25+	09:56+	11:38+	11:56+	12:42+	13:45+	14:55+	16:08+	17:21+	18:08+	18:19+	19:45+	20:52+	21:40+	23:15+	23:57+	25:06+	25:19+	25:34+	
09:25+	00:31+	01:42+	00:18-	00:46+	01:03+	01:10+	01:13+	01:13+	00:47+	00:11-	01:26-	01:07+	00:48=	01:35+	00:42=	01:09+	00:13-	00:15=	
08:14@	00:09&	00:08+	00:07-	00:19&	00:25&	00:08#	00:10#	00:08#	00:05#	00:01-	00:01-	00:11#	00:00=	00:10#	00:00=	00:07#	00:05-	00:00=	
28	Tommy Schmid					OL Trollelg					25:38								
04:54+	05:25+	07:01+	07:51+	08:10+	09:33+	10:37+	11:55+	13:20+	14:53+	15:48+	16:03+	17:57+	19:24+	20:28+	22:28+	23:26+	25:07+	25:22+	25:38+
04:54+	00:31+	01:36+	00:50+	00:19-	01:23+	01:04+	01:18+	01:25+	01:33+	00:55+	00:15-	01:54+	01:27+	01:04-	02:00+	00:58-	01:41+	00:15=	00:16+
03:43@	00:09&	00:02+	00:25&	00:08-	00:45@	00:02+	00:15#	00:20&	00:51@	00:43@	01:12-	00:58@	00:39&	00:21-	01:18@	00:04-	01:23@	00:00=	00:16+
29	Eirik Salvesen					Byåsen IL					25:42								
05:40+	06:09+	08:18+	09:19+	09:48+	12:03+	13:06+	14:24+	15:55+	16:46+	17:06+	18:44+	20:00+	20:56+	23:11+	23:58+	25:11+	25:24+	25:42+	
05:40+	00:29+	02:09+	01:01+	00:29+	02:15+	01:03+	01:18+	01:31+	00:51+	00:20+	01:38+	01:16+	00:56+	02:15+	00:47+	01:13+	00:13-	00:18+	
04:29@	00:07&	00:35&	00:36@	00:02+	01:37@	00:01+	00:15#	00:26&	00:09#	00:08&	00:11#	00:20&	00:08#	00:50&	00:05#	00:11#	00:05-	00:03#	
30	Arve Kristian Lien Johnsen					Byåsen IL					25:46								
06:14+	07:04+	07:24+	09:28+	09:50+	10:28+	11:54+	13:09+	14:38+	16:05+	16:59+	17:17+	18:56+	20:14+	20:59+	23:13+	24:00+	25:12+	25:30+	25:46+
06:14+	00:50+	00:20-	02:04+	00:22-	00:38=	01:26+	01:15+	01:29+	01:27+	00:54+	00:18-	01:39+	01:18+	00:45-	02:14+	00:47-	01:12+	00:18+	00:16+
05:03@	00:28@	01:14-	01:39@	00:05-	00:00=	00:24&	00:12#	00:24&	00:45@	00:42@	01:09-	00:43&	00:30&	00:40-	01:32@	00:15-	00:54@	00:03#	00:16+
31	Trond Sletner					Byåsen IL					25:59								
06:58+	07:28+	09:16+	09:42+	10:27+	11:50+	13:00+	14:28+	15:50+	16:42+	17:09+	18:49+	20:11+	21:04+	23:16+	24:07+	25:17+	25:40+	25:59+	
06:58+	00:30+	01:48+	00:26+	00:45+	01:23+	01:10+	01:28+	01:22+	00:52+	00:27+	01:40+	01:22+	00:53+	02:12+	00:51+	01:10+	00:23+	00:19+	
05:47@	00:08&	00:14#	00:01+	00:18&	00:45@	00:08#	00:25&	00:17&	00:10#	00:15@	00:13#	00:26&	00:05#	00:47&	00:09#	00:08#	00:05&	00:04&	
32	Ole Ivar Stakvik Eide					NTNUI					26:24								
10:37+	11:06+	12:54+	13:16+	14:02+	14:55+	15:49+	16:55+	18:06+	18:53+	19:04+	20:28+	21:32+	22:28+	23:59+	24:45+	25:56+	26:10+	26:24+	
10:37+	00:29+	01:48+	00:22-	00:46+	00:53+	00:54-	01:06+	01:11+	00:47+	00:11-	01:24+	01:04+	00:56+	01:31+	00:46+	01:11+	00:14-	00:14=	
09:26@	00:07&	00:14#	00:03-	00:19&	00:15&	00:08-	00:03+	00:06+	00:05#	00:01-	00:03-	00:08#	00:08#	00:06+	00:04+	00:09#	00:04-	00:01-	

Plass	Navn				Klasse				Tid									
33	Runar Lien				NTNUI				26:25									
10:38+	11:05+	12:52+	13:11+	14:02+	14:55+	15:50+	16:56+	18:06+	18:52+	19:05+	20:29+	21:33+	22:29+	24:01+	24:46+	25:57+	26:11+	26:25+
10:38+	00:27+	01:47+	00:19-	00:51+	00:53+	00:55-	01:06+	01:10+	00:46+	00:13+	01:24-	01:04+	00:56+	01:32+	00:45+	01:11+	00:14-	00:14-
09:27@	00:05#	00:13#	00:06-	00:24&	00:15&	00:07-	00:03+	00:05+	00:04+	00:01+	00:03-	00:08#	00:08#	00:07+	00:03+	00:09#	00:04-	00:01-
34	Håvard Hågård				Ringerike OL				26:28									
10:06+	10:35+	12:23+	12:45+	13:18+	14:01+	15:11+	16:26+	17:42+	18:34+	18:49+	20:22+	21:28+	22:25+	24:01+	24:47+	25:57+	26:11+	26:28+
10:06+	00:29+	01:48+	00:22-	00:33+	00:43+	01:10+	01:15+	01:16+	00:52+	00:15+	01:33+	01:06+	00:57+	01:36+	00:46+	01:10+	00:14-	00:17+
08:55@	00:07&	00:14#	00:03-	00:06#	00:05#	00:08#	00:12#	00:11#	00:10#	00:03#	00:06+	00:10#	00:09#	00:11#	00:04+	00:08#	00:04-	00:02#
35	Vegard Grønli				Spkl. Freidig				26:46									
06:32+	06:58+	09:12+	09:35+	10:24+	11:44+	13:04+	14:30+	15:57+	16:52+	17:14+	18:49+	20:06+	21:01+	23:25+	24:19+	26:09+	26:27+	26:46+
06:32+	00:26+	02:14+	00:23-	00:49+	01:20+	01:20+	01:26+	01:27+	00:55+	00:22+	01:35+	01:17+	00:55+	02:24+	00:54+	01:50+	00:18=	00:19+
05:21@	00:04#	00:40&	00:02-	00:22&	00:42@	00:18&	00:23&	00:22&	00:13&	00:10&	00:08+	00:21&	00:07#	00:59&	00:12&	00:48&	00:00=	00:04&
36	Asbjørn Bjørgum				NTNUI				26:49									
07:06+	07:31+	09:40+	10:04+	10:42+	12:01+	13:18+	14:43+	16:11+	17:08+	17:29+	19:15+	20:51+	21:45+	23:45+	24:39+	26:14+	26:32+	26:49+
07:06+	00:25+	02:09+	00:24-	00:38+	01:19+	01:17+	01:25+	01:28+	00:57+	00:21+	01:46+	01:36+	00:54+	02:00+	00:54+	01:35+	00:18=	00:17+
05:55@	00:03#	00:35&	00:01-	00:11&	00:41@	00:15#	00:22&	00:23&	00:15&	00:09&	00:19#	00:40&	00:06#	00:35&	00:12&	00:33&	00:00=	00:02#
37	Anstein Mykland				NTNUI				26:53									
10:39+	11:08+	12:53+	13:14+	14:15+	15:03+	15:57+	17:03+	18:14+	18:59+	19:12+	20:38+	21:43+	22:32+	24:08+	24:54+	26:18+	26:35+	26:53+
10:39+	00:29+	01:45+	00:21-	01:01+	00:48+	00:54-	01:06+	01:11+	00:45+	00:13+	01:26-	01:05+	00:49+	01:36+	00:46+	01:24+	00:17-	00:18+
09:28@	00:07&	00:11#	00:04-	00:34@	00:10&	00:08-	00:03+	00:06+	00:03+	00:01+	00:01-	00:09#	00:01+	00:11#	00:04+	00:22&	00:01-	00:03#
38	Rune Strandberg				NTNUI				27:10									
10:35+	11:01+	12:56+	13:17+	13:43+	14:30+	15:32+	16:47+	18:03+	18:52+	19:06+	20:36+	21:39+	22:30+	24:10+	25:06+	26:36+	26:52+	27:10+
10:35+	00:26+	01:55+	00:21-	00:26-	00:47+	01:02=	01:15+	01:16+	00:49+	00:14+	01:30+	01:03+	00:51+	01:40+	00:56+	01:30+	00:16-	00:18+
09:24@	00:04#	00:21#	00:04-	00:01-	00:09#	00:00=	00:12#	00:11#	00:07#	00:02#	00:03+	00:07#	00:03+	00:15#	00:14&	00:28&	00:02-	00:03#
39	Øystein Østeraas				OL Trollelg				27:59									
05:25+	05:46+	08:01+	08:22+	09:10+	10:18+	11:30+	13:01+	14:39+	15:33+	15:52+	18:02+	19:20+	20:31+	24:56+	25:50+	27:24+	27:40+	27:59+
05:25+	00:21-	02:15+	00:21-	00:48+	01:08+	01:12+	01:31+	01:38+	00:54+	00:19+	02:10+	01:18+	01:11+	04:25+	00:54+	01:34+	00:16-	00:19+
04:14@	00:01-	00:41&	00:04-	00:21&	00:30&	00:10#	00:28&	00:33&	00:12&	00:07&	00:43&	00:22&	00:23&	03:00@	00:12&	00:32&	00:02-	00:04&
40	Anders Estenstad				Leik				28:02									
07:50+	08:25+	10:48+	11:12+	12:52+	13:44+	15:01+	16:15+	17:45+	18:40+	18:54+	20:29+	21:44+	22:37+	24:18+	25:30+	27:27+	27:44+	28:02+
07:50+	00:35+	02:23+	00:24-	01:40+	00:52+	01:17+	01:14+	01:30+	00:55+	00:14+	01:35+	01:15+	00:53+	01:41+	01:12+	01:57+	00:17-	00:18+
06:39@	00:13&	00:49&	00:01-	01:13@	00:14&	00:15#	00:11#	00:25&	00:13&	00:02#	00:08+	00:19&	00:05#	00:16#	00:30&	00:55&	00:01-	00:03#
41	Vegard Hansen				OL Trollelg				29:12									
07:33+	07:58+	10:12+	10:36+	11:09+	12:36+	13:58+	15:24+	17:17+	18:22+	18:40+	20:27+	22:13+	23:29+	25:41+	26:42+	28:31+	28:50+	29:12+
07:33+	00:25+	02:14+	00:24-	00:33+	01:27+	01:22+	01:26+	01:53+	01:05+	00:18+	01:47+	01:46+	01:16+	02:12+	01:01+	01:49+	00:19+	00:22+
06:22@	00:03#	00:40&	00:01-	00:06#	00:49@	00:20&	00:23&	00:48&	00:23&	00:06&	00:20#	00:50&	00:28&	00:47&	00:19&	00:47&	00:01+	00:07&
42	Magnus Mellbye Larsen				NTNUI				30:03									
10:11+	10:55+	12:52+	13:15+	13:52+	15:26+	16:34+	17:58+	19:37+	20:29+	20:47+	22:25+	23:30+	25:01+	26:53+	27:51+	29:13+	29:47+	30:03+
10:11+	00:44+	01:57+	00:23-	00:37+	01:34+	01:08+	01:24+	01:39+	00:52+	00:18+	01:38+	01:05+	01:31+	01:52+	00:58+	01:22+	00:34+	00:16+
09:00@	00:22&	00:23#	00:02-	00:10&	00:56@	00:06+	00:21&	00:34&	00:10#	00:06&	00:11#	00:09#	00:43&	00:27&	00:16&	00:20&	00:16&	00:01+
43	Eirik Marthinsen				OL Trollelg				30:04									
07:47+	08:22+	10:42+	11:06+	12:50+	13:53+	15:07+	16:37+	18:07+	19:00+	19:14+	20:56+	22:09+	23:01+	26:14+	27:24+	29:21+	29:50+	30:04+
07:47+	00:35+	02:20+	00:24-	01:44+	01:03+	01:14+	01:30+	01:30+	00:53+	00:14+	01:42+	01:13+	00:52+	03:13+	01:10+	01:57+	00:29+	00:14-
06:36@	00:13&	00:46&	00:01-	01:17@	00:25&	00:12#	00:27&	00:25&	00:11&	00:02#	00:15#	00:17&	00:04+	01:48@	00:28&	00:55&	00:11&	00:01-
44	Ove Antvord Haugereid				NTNUI				30:23									
10:41+	11:11+	13:00+	13:20+	14:05+	14:59+	15:55+	17:14+	18:38+	19:33+	19:49+	21:36+	23:05+	25:07+	26:58+	28:04+	29:44+	30:07+	30:23+
10:41+	00:30+	01:49+	00:20-	00:45+	00:54+	00:56-	01:19+	01:24+	00:55+	00:16+	01:47+	01:29+	02:02+	01:51+	01:06+	01:40+	00:23+	00:16+
09:30@	00:08&	00:15#	00:05-	00:18&	00:16&	00:06-	00:16&	00:19&	00:13&	00:04&	00:20#	00:33&	01:14@	00:26&	00:24&	00:38&	00:05&	00:01+
45	Simen Natvig				Byåsen IL				30:30									
08:47+	09:17+	11:39+	12:05+	12:50+	13:59+	15:17+	16:50+	18:23+	19:23+	19:53+	21:44+	23:20+	25:04+	27:02+	28:06+	29:42+	30:15+	30:30+
08:47+	00:30+	02:22+	00:26+	00:45+	01:09+	01:18+	01:33+	01:33+	01:00+	00:30+	01:51+	01:36+	01:44+	01:58+	01:04+	01:36+	00:33+	00:15=
07:36@	00:08&	00:48&	00:01+	00:18&	00:31&	00:16&	00:30&	00:28&	00:18&	00:18@	00:24&	00:40&	00:56@	00:33&	00:22&	00:34&	00:15&	00:00=
46	Tomas Brikselli				NTNUI				30:45									
10:44+	11:21+	13:44+	14:16+	14:57+	15:56+	17:02+	18:25+	19:52+	20:46+	21:07+	22:47+	24:01+	25:06+	27:08+	28:00+	30:02+	30:31+	30:45+
10:44+	00:37+	02:23+	00:32+	00:41+	00:59+	01:06+	01:23+	01:27+	00:54+	00:21+	01:40+	01:14+	01:05+	02:02+	00:52+	02:02+	00:29+	00:14-
09:33@	00:15&	00:49&	00:07&	00:14&	00:21&	00:04+	00:20&	00:22&	00:12&	00:09&	00:13#	00:18&	00:17&	00:37&	00:10#	01:00&	00:11&	00:01-
47	Haavard Klemetsen				OL Trollelg				30:46									
10:52+	11:29+	13:57+	14:22+	15:01+	16:01+	17:06+	18:30+	19:57+	20:52+	21:13+	22:51+	24:05+	25:12+	27:10+	28:02+	30:07+	30:33+	30:46+
10:52+	00:37+	02:28+	00:25=	00:39+	01:00+	01:05+	01:24+	01:27+	00:55+	00:21+	01:38+	01:14+	01:07+	01:58+	00:52+	02:05+	00:26+	00:13-
09:41@	00:15&	00:54&	00:00=	00:12&	00:22&	00:03+	00:21&	00:22&	00:13&	00:09&	00:11#	00:18&	00:19&	00:33&	00:10#	01:03@	00:08&	00:02-

Plass	Navn					Klasse					Tid									
48	Trygve A. Nielsen					NTNUI					31:25									
	13:26+	14:08+	16:11+	16:44+	17:20+	18:21+	19:19+	20:31+	21:44+	22:33+	22:47+	24:25+	25:35+	26:52+	28:33+	29:26+	30:50+	31:06+	31:25+	
	13:26+	00:42+	02:03+	00:33+	00:38+	01:01+	00:58-	01:12+	01:13+	00:49+	00:14+	01:38+	01:10+	01:17+	01:41+	00:53+	01:24+	00:16-	00:19+	
	12:15@	00:20&	00:29&	00:08&	00:09&	00:23&	00:04-	00:09#	00:08#	00:07#	00:02#	00:11#	00:14#	00:29&	00:16#	00:11&	00:22&	00:02-	00:04&	
49	Hans Helmer Sæternes					Byåsen IL					32:46									
	08:44+	09:19+	11:53+	12:23+	13:01+	14:14+	15:37+	17:12+	18:45+	19:58+	20:19+	22:15+	23:43+	25:15+	29:12+	30:20+	32:07+	32:26+	32:46+	
	08:44+	00:35+	02:34+	00:30+	00:38+	01:13+	01:23+	01:35+	01:33+	01:13+	00:21+	01:56+	01:28+	01:32+	03:57+	01:08+	01:47+	00:19+	00:20+	
	07:33@	00:13&	01:00&	00:05#	00:11&	00:35&	00:21&	00:32&	00:28&	00:31&	00:09&	00:29&	00:32&	00:44&	02:32@	00:26&	00:45&	00:01+	00:05&	
50	Ole Jakob Martinsen					NTNUI					32:51									
	09:24+	10:04+	12:06+	12:35+	13:28+	15:00+	16:02+	18:11+	20:01+	20:54+	21:18+	23:01+	24:16+	25:20+	27:47+	29:43+	32:11+	32:30+	32:51+	
	09:24+	00:40+	02:02+	00:29+	00:53+	01:32+	01:02=	02:09+	01:50+	00:53+	00:24+	01:43+	01:15+	01:04+	02:27+	01:56+	02:28+	00:19+	00:21+	
	08:13@	00:18&	00:28&	00:04#	00:26&	00:54@	00:00=	01:06@	00:45&	00:11&	00:12&	00:16#	00:19&	00:16&	01:02&	01:14@	01:26@	00:01+	00:06&	
51	Tor Erling Unander					Wing OK					34:41									
	09:20+	10:00+	12:47+	13:13+	13:54+	14:55+	16:20+	18:06+	20:20+	21:23+	21:55+	24:06+	26:06+	27:20+	30:16+	31:34+	33:53+	34:17+	34:41+	
	09:20+	00:40+	02:47+	00:26+	00:41+	01:01+	01:25+	01:46+	02:14+	01:03+	00:32+	02:11+	02:00+	01:14+	02:56+	01:18+	02:19+	00:24+	00:24+	
	08:09@	00:18&	01:13&	00:01+	00:14&	00:23&	00:23&	00:43&	01:09@	00:21&	00:20@	00:44&	01:04@	00:26&	01:31@	00:36&	01:17@	00:06&	00:09&	
52	Ruben Fagerli					Spkl. Freidig					35:04									
	10:54+	11:36+	14:35+	15:34+	16:05+	17:04+	18:06+	19:24+	20:46+	22:24+	23:49+	24:14+	26:30+	28:06+	29:22+	31:56+	32:52+	34:33+	34:51+	35:04+
	10:54+	00:42+	02:59+	00:59+	00:31+	00:59+	01:02=	01:18+	01:22+	01:38+	01:25+	00:25-	02:16+	01:36+	01:16-	02:34+	00:56-	01:41+	00:18+	00:13+
	09:43@	00:20&	01:25&	00:34@	00:04#	00:21&	00:00=	00:15#	00:17&	00:56@	01:13@	01:02-	01:20@	00:48&	00:09-	01:52@	00:06-	01:23@	00:03#	00:13+
53	Marius Døllner					Wing OK					36:27									
	10:48+	11:24+	13:47+	14:21+	15:02+	16:05+	17:17+	18:57+	22:51+	23:59+	24:19+	26:26+	28:00+	29:28+	32:06+	33:08+	35:49+	36:08+	36:27+	
	10:48+	00:36+	02:23+	00:34+	00:41+	01:03+	01:12+	01:40+	03:54+	01:08+	00:20+	02:07+	01:34+	01:28+	02:38+	01:02+	02:41+	00:19+	00:19+	
	09:37@	00:14&	00:49&	00:09&	00:14&	00:25&	00:10#	00:37&	02:49@	00:26&	00:08&	00:40&	00:38&	00:40&	01:13&	00:20&	01:39@	00:01+	00:04&	
54	Jørn Talsnes					Leik					41:17									
	11:19+	11:58+	14:53+	15:45+	17:18+	18:25+	19:57+	22:02+	24:20+	26:42+	27:19+	31:11+	32:54+	34:25+	37:26+	38:36+	40:37+	40:59+	41:17+	
	11:19+	00:39+	02:55+	00:52+	01:33+	01:07+	01:32+	02:05+	02:18+	02:22+	00:37+	03:52+	01:43+	01:31+	03:01+	01:10+	02:01+	00:22+	00:18+	
	10:08@	00:17&	01:21&	00:27@	01:06@	00:29&	00:30&	01:02&	01:13@	01:40@	00:25@	02:25@	00:47&	00:43&	01:36@	00:28&	00:59&	00:04#	00:03#	
55	Geir Solskinnsbakk					Wing OK					42:09									
	11:10+	12:00+	15:18+	16:01+	17:15+	18:42+	20:26+	22:56+	25:34+	27:02+	27:34+	30:43+	32:51+	34:33+	37:20+	38:53+	41:19+	41:47+	42:09+	
	11:10+	00:50+	03:18+	00:43+	01:14+	01:27+	01:44+	02:30+	02:38+	01:28+	00:32+	03:09+	02:08+	01:42+	02:47+	01:33+	02:26+	00:28+	00:22+	
	09:59@	00:28@	01:44@	00:18&	00:47@	00:49@	00:42&	01:27@	01:33@	00:46@	00:20@	01:42@	01:12@	00:54@	01:22&	00:51@	01:24@	00:10&	00:07&	
Beste strekktid for klassen																				
	01:11	00:19	00:20	00:17	00:19	00:36	00:54	00:59	01:05	00:41	00:11	00:15	00:56	00:43	00:45	00:41	00:46	00:12	00:13	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
H40-																				
1	Svein Erik Bratsberg					Wing OK					17:02									
	01:01=	01:24=	03:06=	03:28=	04:03=	04:55=	05:53=	07:00=	08:13=	09:05=	09:19=	10:44=	11:46=	12:36=	14:12=	15:20=	16:30=	16:46=	17:02=	
	01:01=	00:23=	01:42=	00:22=	00:35=	00:52=	00:58=	01:07=	01:13=	00:52=	00:14=	01:25=	01:02=	00:50=	01:36=	01:08=	01:10=	00:16=	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=	
2	Svein Terje Kolstad					Spkl. Freidig					22:40									
	04:13+	04:38+	06:39+	07:02+	07:32+	08:20+	09:25+	10:39+	12:03+	13:05+	13:25+	15:03+	16:15+	17:14+	19:14+	20:13+	22:08+	22:24+	22:40+	
	04:13+	00:25+	02:01+	00:23+	00:30-	00:48-	01:05+	01:14+	01:24+	01:02+	00:20+	01:38+	01:12+	00:59+	02:00+	00:59-	01:55+	00:16=	00:16=	
	03:12@	00:02+	00:19#	00:01+	00:05-	00:04-	00:07#	00:07#	00:11#	00:10#	00:06&	00:13#	00:10#	00:09#	00:24#	00:09-	00:45&	00:00=	00:00=	
3	Geir Paulsen					OL Trollelg					26:16									
	05:21+	05:47+	08:35+	09:11+	09:41+	10:41+	12:00+	13:25+	15:08+	16:13+	16:40+	18:30+	19:52+	21:04+	23:03+	23:56+	25:38+	25:58+	26:16+	
	05:21+	00:26+	02:48+	00:36+	00:30-	01:00+	01:19+	01:25+	01:43+	01:05+	00:17+	01:50+	01:22+	01:12+	01:59+	00:53-	01:42+	00:20+	00:18+	
	04:20@	00:03#	01:06&	00:14&	00:05-	00:08#	00:21&	00:18&	00:30&	00:13#	00:13&	00:25&	00:20&	00:22&	00:23#	00:15-	00:32&	00:04#	00:02#	
4	Hans Boye Skogstad					Gaula OL					27:29									
	04:54+	05:25+	08:34+	09:04+	09:40+	10:58+	12:01+	13:26+	15:20+	16:21+	16:43+	18:31+	19:49+	22:13+	24:03+	25:01+	26:54+	27:15+	27:29+	
	04:54+	00:31+	03:09+	00:30+	00:36+	01:18+	01:03+	01:25+	01:54+	01:01+	00:22+	01:48+	01:18+	02:24+	01:50+	00:58-	01:53+	00:21+	00:14-	
	03:53@	00:08&	01:27&	00:08&	00:01+	00:26&	00:05+	00:18&	00:41&	00:09#	00:08&	00:23&	00:16&	01:34@	00:14#	00:10-	00:43&	00:05&	00:02-	
5	John Henry Hammer					Børsa IL					27:37									
	05:47+	06:14+	08:34+	09:06+	09:39+	10:52+	12:00+	13:25+	15:12+	16:31+	16:44+	18:27+	19:44+	21:51+	24:35+	25:24+	27:00+	27:20+	27:37+	
	05:47+	00:27+	02:20+	00:32+	00:33-	01:13+	01:08+	01:25+	01:47+	01:19+	00:13-	01:43+	01:17+	02:07+	02:44+	00:49-	01:36+	00:20+	00:17+	
	04:46@	00:04#	00:38&	00:10&	00:02-	00:21&	00:10#	00:18&	00:34&	00:27&	00:01-	00:18#	00:15#	01:17@	01:08&	00:19-	00:26&	00:04#	00:01+	

Plass	Navn	Klasse										Tid						
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Beste strekktid for klassen

00:47	00:25	01:58	00:22	00:27	00:37	01:02	01:16	01:21	00:59	00:18	00:17	01:18	00:56	00:53	00:45	01:04	00:17	00:16
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H60-

1 Roar Forbord

00:49=	01:16=	03:19=	03:42=	04:15=	05:13=	06:27=	07:55=	09:29=	10:53=	11:10=	12:59=	14:19=	15:15=	17:35=	18:33=	19:59=	20:17=	20:37=
00:49=	00:27=	02:03=	00:23=	00:33=	00:58=	01:14=	01:28=	01:34=	01:24=	00:17=	01:49=	01:20=	00:56=	02:20=	00:58=	01:26=	00:18=	00:20=
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=

Malvik IL

20:37

2 Robert Strøm

04:10+	04:42+	07:51+	08:28+	09:19+	10:46+	12:13+	13:51+	15:57+	17:14+	17:38+	20:00+	21:26+	22:41+	25:25+	27:09+	29:18+	29:41+	29:59+
04:10+	00:32+	03:09+	00:37+	00:51+	01:27+	01:27+	01:38+	02:06+	01:17-	00:24+	02:22+	01:26+	01:15+	02:44+	01:44+	02:09+	00:23+	00:18-
03:21@	00:05#	01:06&	00:14&	00:18&	00:29&	00:13#	00:10#	00:32&	00:07-	00:07&	00:33&	00:06+	00:19&	00:24#	00:46&	00:43&	00:05&	00:02-

Wing OK

29:59

3 Eigil Sørli

06:50+	07:23+	10:22+	11:01+	11:55+	13:37+	15:15+	16:57+	19:07+	20:23+	20:57+	23:12+	24:47+	26:04+	28:17+	29:25+	31:23+	31:48+	32:08+
06:50+	00:33+	02:59+	00:39+	00:54+	01:42+	01:38+	01:42+	02:10+	01:16-	00:34+	02:15+	01:35+	01:17+	02:13-	01:08+	01:58+	00:25+	00:20=
06:01@	00:06#	00:56&	00:16&	00:21&	00:44&	00:24&	00:14#	00:36&	00:08-	00:17&	00:26#	00:15#	00:21&	00:07-	00:10#	00:32&	00:07&	00:00=

Malvik IL

32:08

4 Finn Knudsen

05:54+	06:21+	09:24+	10:05+	10:48+	14:05+	15:56+	17:37+	20:08+	21:23+	21:46+	24:08+	25:55+	28:06+	30:53+	32:33+	34:24+	34:52+	35:13+
05:54+	00:27=	03:03+	00:41+	00:43+	03:17+	01:51+	01:41+	02:31+	01:15-	00:23+	02:22+	01:47+	02:11+	02:47+	01:40+	01:51+	00:28+	00:21+
05:05@	00:00=	01:00&	00:18&	00:10&	02:19@	00:37&	00:13#	00:57&	00:09-	00:06&	00:33&	00:27&	01:15@	00:27#	00:42&	00:25&	00:10&	00:01+

NTNU

35:13

5 Henry Sundsetvik

31:14+	32:33+	36:36+	37:34+	38:28+	41:22+	43:04+	45:25+	48:00+	49:44+	50:29+	53:10+	54:57+	60:06+	64:05+	65:44+	68:10+	68:35+	69:06+
31:14+	01:19+	04:03+	00:58+	00:54+	02:54+	01:42+	02:21+	02:35+	01:44+	00:45+	02:41+	01:47+	05:09+	03:59+	01:39+	02:26+	00:25+	00:31+
30:25@	00:52@	02:00&	00:35@	00:21&	01:56@	00:28&	00:53&	01:01&	00:20#	00:28@	00:52&	00:27&	04:13@	01:39&	00:41&	01:00&	00:07&	00:11&

OL Trollelg

1:09:06

Beste strekktid for klassen

00:49	00:27	02:03	00:23	00:33	00:58	01:14	01:28	01:34	01:15	00:17	01:49	01:20	00:56	02:13	00:58	01:26	00:18	00:18
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H70-

1 Rolf Hellan

02:40=	03:13=	06:35=	07:07=	08:13=	09:49=	11:19=	13:15=	15:21=	16:50=	17:21=	19:45=	21:24=	22:38=	27:09=	28:32=	30:28=	30:52=	31:16=
02:40=	00:33=	03:22=	00:32=	01:06=	01:36=	01:30=	01:56=	02:06=	01:29=	00:31=	02:24=	01:39=	01:14=	04:31=	01:23=	01:56=	00:24=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Wing OK

31:16

Beste strekktid for klassen

02:40	00:33	03:22	00:32	01:06	01:36	01:30	01:56	02:06	01:29	00:31	02:24	01:39	01:14	04:31	01:23	01:56	00:24	00:24
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.