

Trondheim Sprintcupfinale 2006

-11.05.2006

Plass Navn

Klasse

Strekktider

Tid

D10-12

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+ 03:11+ 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

0:33 01:23 02:24 00:49 00:55 01:00 01:57 01:14 01:57 00:55 00:32 00:16

= 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=

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+ 01:33- 01:20& 00:53& 00:12- 00:44& 00:05# 00:02- 00:04- 00:13+ 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& 00:03- 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	NTNU	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	NTNU	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	NTNU	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	NTNU	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	NTNU	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
9	Ane Helgerud	Byåsen IL	27:56
04:50+ 05:35+ 08:07+ 08:38+ 09:23+ 10:57+ 12:00+ 13:33+ 15:05+ 16:10+ 16:30+ 18:25+ 19:55+ 21:04+ 23:11+ 24:49+ 26:57+ 27:33+ 27:56+	05:35+ 08:07+ 08:38+ 09:23+ 10:57+ 12:00+ 13:33+ 15:05+ 16:10+ 16:30+ 18:25+ 19:55+ 21:04+ 23:11+ 24:49+ 26:57+ 27:33+ 27:56+	04:50+ 00:45+ 02:32+ 00:31+ 00:45+ 01:34- 01:03- 01:33+ 01:32+ 01:05+ 00:20- 01:55+ 01:30+ 01:09+ 02:07+ 01:38+ 02:08+ 00:36+ 00:23+	
04:50+ 00:00= 00:16# 00:04# 00:04# 02:11- 00:00= 00:11# 00:04# 00:07# 00:03- 00:14# 00:11# 00:11# 00:11+ 00:44& 00:52# 00:17& 00:07&	00:16# 00:04# 00:04# 02:11- 00:00= 00:11# 00:04# 00:07# 00:03- 00:14# 00:11# 00:11# 00:11+ 00:44& 00:52# 00:17& 00:07&		
10	Hanne Nøvik	NTNU	28:41
09:28+ 09:56+ 12:18+ 12:44+ 13:20+ 14:26+ 15:38+ 17:02+ 18:24+ 19:27+ 19:45+ 21:26+ 22:48+ 23:49+ 25:46+ 26:41+ 28:08+ 28:25+ 28:41+	09:56+ 12:18+ 12:44+ 13:20+ 14:26+ 15:38+ 17:02+ 18:24+ 19:27+ 19:45+ 21:26+ 22:48+ 23:49+ 25:46+ 26:41+ 28:08+ 28:25+ 28:41+	09:28+ 00:28- 02:22+ 00:26- 00:36- 01:06- 01:12+ 01:24+ 01:22- 01:03+ 00:18- 01:41= 01:22+ 01:01+ 01:57+ 00:55+ 01:27+ 00:17- 00:16=	
08:38@ 00:17- 00:06+ 00:01- 00:05- 02:39- 00:09# 00:02# 00:06- 00:05+ 00:05- 00:00= 00:03+ 00:03+ 00:01+ 00:01+ 00:11# 00:02- 00:00=	00:06+ 00:01- 00:05- 02:39- 00:09# 00:02# 00:06- 00:05+ 00:05- 00:00= 00:03+ 00:03+ 00:01+ 00:01+ 00:11# 00:02- 00:00=		
11	Ane Baldishol Brevig	NTNU	28:54
09:36+ 10:01+ 12:25+ 12:51+ 13:27+ 14:35+ 15:44+ 17:08+ 18:33+ 19:33+ 19:50+ 21:33+ 22:54+ 23:55+ 25:52+ 26:48+ 28:17+ 28:35+ 28:54+	10:01+ 12:25+ 12:51+ 13:27+ 14:35+ 15:44+ 17:08+ 18:33+ 19:33+ 19:50+ 21:33+ 22:54+ 23:55+ 25:52+ 26:48+ 28:17+ 28:35+ 28:54+	09:36+ 00:25- 02:24+ 00:26- 00:36- 01:08- 01:09+ 01:24+ 01:25- 01:00+ 00:17- 01:43+ 01:21+ 01:01+ 01:57+ 00:56+ 01:29+ 00:18- 00:19+	
08:46@ 00:20- 00:08+ 00:01- 00:05- 02:37- 00:06+ 00:02# 00:03- 00:02+ 00:06- 00:02+ 00:03+ 00:01+ 00:01+ 00:13# 00:01- 00:03#	00:08+ 00:01- 00:05- 02:37- 00:06+ 00:02# 00:03- 00:02+ 00:06- 00:02+ 00:03+ 00:01+ 00:01+ 00:13# 00:01- 00:03#		
12	Stephanie Amrein	Byåsen IL	31:57
09:30+ 09:59+ 12:45+ 13:14+ 14:02+ 15:16+ 16:32+ 18:08+ 19:47+ 20:57+ 21:17+ 23:09+ 24:26+ 25:58+ 28:05+ 29:29+ 31:20+ 31:38+ 31:57+	09:59+ 12:45+ 13:14+ 14:02+ 15:16+ 16:32+ 18:08+ 19:47+ 20:57+ 21:17+ 23:09+ 24:26+ 25:58+ 28:05+ 29:29+ 31:20+ 31:38+ 31:57+	09:30+ 00:29- 02:46+ 00:29+ 00:48+ 01:14- 01:16+ 01:36+ 01:39+ 01:10+ 00:20- 01:52+ 01:17- 01:32+ 02:07+ 01:24+ 01:51+ 00:18- 00:19+	
08:40@ 00:16- 00:30# 00:02# 00:07# 02:31- 00:13# 00:14# 00:11# 00:12# 00:03- 00:11# 00:02- 00:34# 00:11+ 00:30+ 00:35& 00:01- 00:03#	00:16- 00:30# 00:02# 00:07# 02:31- 00:13# 00:14# 00:11# 00:12# 00:03- 00:11# 00:02- 00:34# 00:11+ 00:30+ 00:35& 00:01- 00:03#		
13	Marianne Berg	NTNU	38:57
11:00+ 12:03+ 15:16+ 15:55+ 18:22+ 19:57+ 21:59+ 23:42+ 25:36+ 27:10+ 27:38+ 29:42+ 31:25+ 32:38+ 35:06+ 36:05+ 38:20+ 38:39+ 38:57+	12:03+ 15:16+ 15:55+ 18:22+ 19:57+ 21:59+ 23:42+ 25:36+ 27:10+ 27:38+ 29:42+ 31:25+ 32:38+ 35:06+ 36:05+ 38:20+ 38:39+ 38:57+	11:00+ 01:03+ 03:13+ 00:39+ 02:27+ 01:35- 02:02+ 01:43+ 01:54+ 01:34+ 00:28+ 02:04+ 01:43+ 01:13+ 02:28+ 00:59+ 02:15+ 00:19= 00:18+	
10:10@ 00:18& 00:57& 00:12& 01:46@ 02:10- 00:59& 00:21& 00:26& 00:36& 00:05# 00:23# 00:24& 00:15& 00:32& 00:05+ 00:59+ 00:00= 00:02#	00:18& 00:57& 00:12& 01:46@ 02:10- 00:59& 00:21& 00:26& 00:36& 00:05# 00:23# 00:24& 00:15& 00:32& 00:05+ 00:59+ 00:00= 00:02#		
14	Kristin Horghagen	NTNU	39:06
10:55+ 12:12+ 15:23+ 16:08+ 17:56+ 19:30+ 21:57+ 23:44+ 25:56+ 27:20+ 27:47+ 29:51+ 31:24+ 32:47+ 35:15+ 36:14+ 38:27+ 38:48+ 39:06+	12:12+ 15:23+ 16:08+ 17:56+ 19:30+ 21:57+ 23:44+ 25:56+ 27:20+ 27:47+ 29:51+ 31:24+ 32:47+ 35:15+ 36:14+ 38:27+ 38:48+ 39:06+	10:55+ 01:17+ 03:11+ 00:45+ 01:48+ 01:34- 02:27+ 01:47+ 02:12+ 01:24+ 00:27+ 02:04+ 01:33+ 01:23+ 02:28+ 00:59+ 02:13+ 00:21+ 00:18+	
10:05@ 00:32& 00:55& 00:18& 01:07@ 02:11- 01:24@ 00:25& 00:44& 00:26& 00:04# 00:23# 00:14# 00:25& 00:32& 00:05+ 00:57& 00:02# 00:02#	00:32& 00:55& 00:18& 01:07@ 02:11- 01:24@ 00:25& 00:44& 00:26& 00:04# 00:23# 00:14# 00:25& 00:32& 00:05+ 00:57& 00:02# 00:02#		
15	Mari Voldsgund	OL Trollelg	39:18
11:05+ 12:05+ 15:17+ 16:01+ 17:49+ 19:52+ 22:03+ 23:39+ 25:28+ 27:14+ 27:40+ 29:40+ 31:24+ 32:41+ 35:02+ 36:03+ 38:19+ 38:56+ 39:18+	12:05+ 15:17+ 16:01+ 17:49+ 19:52+ 22:03+ 23:39+ 25:28+ 27:14+ 27:40+ 29:40+ 31:24+ 32:41+ 35:02+ 36:03+ 38:19+ 38:56+ 39:18+	11:05+ 01:00+ 03:12+ 00:44+ 01:48+ 02:03- 02:11+ 01:36+ 01:49+ 01:46+ 00:26+ 02:00+ 01:44+ 01:17+ 02:21+ 01:01+ 02:16+ 00:37+ 00:22+	
10:15@ 00:15& 00:56& 00:17& 01:07@ 01:42- 01:08@ 00:14# 00:21# 00:48& 00:03# 00:19# 00:25# 00:25# 00:07# 01:00& 00:18& 00:06&	00:15& 00:56& 00:17& 01:07@ 01:42- 01:08@ 00:14# 00:21# 00:48& 00:03# 00:19# 00:25# 00:25# 00:07# 01:00& 00:18& 00:06&		
16	Trine Baardsgaard	OL Trollelg	39:27
11:09+ 12:03+ 15:16+ 15:51+ 17:35+ 19:26+ 22:08+ 23:58+ 25:53+ 27:17+ 27:45+ 29:58+ 31:33+ 32:49+ 35:25+ 36:33+ 38:41+ 39:08+ 39:27+	12:03+ 15:16+ 15:51+ 17:35+ 19:26+ 22:08+ 23:58+ 25:53+ 27:17+ 27:45+ 29:58+ 31:33+ 32:49+ 35:25+ 36:33+ 38:41+ 39:08+ 39:27+	11:09+ 00:54+ 03:13+ 00:35+ 01:44+ 01:51- 02:42+ 01:50+ 01:55+ 01:24+ 00:28+ 02:13+ 01:35+ 01:16+ 02:36+ 01:08+ 02:08+ 00:27+ 00:19+	
10:19@ 00:09# 00:57& 00:08& 01:03@ 01:54- 01:39@ 00:28& 00:27& 00:26& 00:05# 00:32& 00:16# 00:18& 00:40& 00:14& 00:52& 00:08& 00:03#	00:09# 00:57& 00:08& 01:03@ 01:54- 01:39@ 00:28& 00:27& 00:26& 00:05# 00:32& 00:16# 00:18& 00:40& 00:14& 00:52& 00:08& 00:03#		
17	Marte Gammelsæter	Spkl. Freidig	40:45
11:10+ 12:08+ 15:35+ 16:17+ 17:19+ 19:21+ 21:51+ 23:44+ 26:01+ 27:27+ 27:56+ 30:18+ 32:13+ 33:26+ 36:22+ 37:41+ 39:51+ 40:22+ 40:45+	12:08+ 15:35+ 16:17+ 17:19+ 19:21+ 21:51+ 23:44+ 26:01+ 27:27+ 27:56+ 30:18+ 32:13+ 33:26+ 36:22+ 37:41+ 39:51+ 40:22+ 40:45+	11:10+ 00:58+ 03:27+ 00:42+ 01:02+ 02:02- 02:30+ 01:53+ 02:17+ 01:26+ 00:29+ 02:22+ 01:55+ 01:13+ 02:56+ 01:19+ 02:10+ 00:31+ 00:23+	
10:20@ 00:13& 01:11& 00:15& 00:21& 01:43- 01:27@ 00:31& 00:49& 00:28& 00:06& 00:41& 00:36& 00:15& 01:00& 00:25& 00:54& 00:12& 00:07&	00:13& 01:11& 00:15& 00:21& 01:43- 01:27@ 00:31& 00:49& 00:28& 00:06& 00:41& 00:36& 00:15& 01:00& 00:25& 00:54& 00:12& 00:07&		
18	Anne Solbraa	NTNU	53:13

Beste strekktid for klassen

00:50 00:24 02:10 00:25 00:32 00:54 01:03 01:22 01:22 00:58 00:16 01:41 01:17 00:57 01:56 00:51 01:16 00:17 00:16

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

D40-

1	Nina Beate Liabakk	Byåsen IL	24:31
00:54= 01:23- 03:49- 05:13- 05:56= 07:25= 08:39- 10:04- 12:30= 13:35= 14:02= 16:19= 18:02= 19:04= 21:07= 22:05= 23:56= 24:15= 24:31=	01:23- 03:49- 05:13- 05:56= 07:25= 08:39- 10:04- 12:30= 13:35= 14:02= 16:19= 18:02= 19:04= 21:07= 22:05= 23:56= 24:15= 24:31=	00:54= 00:29- 02:26- 01:24- 00:43- 01:29- 01:14- 02:25- 02:26- 01:05- 00:27- 02:17- 01:43- 01:02- 02:03- 00:58= 01:51- 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= 00:00= 00:00= 00:00= 00:00= 00:00= 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	Guri Bjørndal	Byåsen IL	24:32
01:33+ 02:32+ 04:55+ 05:22+ 05:56= 07:13- 08:31- 09:56- 11:46- 13:47+ 14:08+ 16:16- 17:59- 19:02- 21:08+ 22:07+ 23:59+ 24:16+ 24:32+	02:32+ 04:55+ 05:22+ 05:56= 07:13- 08:31- 09:56- 11:46- 13:47+ 14:08+ 16:16- 17:59- 19:02- 21:08+ 22:07+ 23:59+ 24:16+ 24:32+	01:33+ 00:59+ 02:23- 00:27- 00:34- 01:17- 01:18+ 01:25- 01:50- 02:01+ 00:21- 02:08- 01:43- 01:03+ 02:06+ 00:59+ 01:52- 00:17- 00:16-	
00:39@ 00:30@ 00:03- 00:57- 00:09- 00:12- 00:04# 00:00= 00:36- 00:56& 00:06- 00:09- 00:00= 00:01+ 00:03+ 00:01+ 00:02- 00:00=	00:30@ 00:03- 00:57- 00:09- 00:12- 00:04# 00:00= 00:36- 00:56& 00:06- 00:09- 00:00= 00:01+ 00:03+ 00:01+ 00:02- 00:00=		
3	Ingrid Kvåkland	Spkl. Freidig	27:55
03:13+ 04:17+ 06:50+ 07:21+ 08:11+ 09:38+ 11:05+ 12:35+ 14:22+ 15:29+ 15:53+ 17:54+ 19:59+ 21:14+ 24:15+ 25:25+ 27:11+ 27:35+ 27:55+	04:17+ 06:50+ 07:21+ 08:11+ 09:38+ 11:05+ 12:35+ 14:22+ 15:29+ 15:53+ 17:54+ 19:59+ 21:14+ 24:15+ 25:25+ 27:11+ 27:35+ 27:55+	03:13+ 01:04+ 02:33+ 00:31- 00:50+ 01:27- 01:27+ 01:30+ 01:47- 01:07+ 00:24- 02:01- 02:05+ 01:15+ 03:01+ 01:10+ 01:46- 00:24+ 00:20+	
02:19@ 00:35@ 00:07+ 00:53- 00:07# 00:02- 00:13# 00:05+ 00:39- 00:02+ 00:03- 00:16- 00:22# 00:13# 00:58& 00:12# 00:05- 00:05& 00:04#	00:35@ 00:07+ 00:53- 00:07# 00:02- 00:13# 00:05+ 00:39- 00:02+ 00:03- 00:16- 00:22# 00:13# 00:58& 00:12# 00:05- 00:05& 00:04#		
4	Hilde Forbord Johannessen	Malvik IL	34:25
06:09+ 06:40+ 09:53+ 10:26+ 11:03+ 13:47+ 15:42+ 17:30+ 19:36+ 20:53+ 21:16+ 23:32+ 24:58+ 26:08+ 30:26+ 31:33+ 33:46+ 34:04+ 34:25+	06:40+ 09:53+ 10:26+ 11:03+ 13:47+ 15:42+ 17:30+ 19:36+ 20:53+ 21:16+ 23:32+ 24:58+ 26:08+ 30:26+ 31:33+ 33:46+ 34:04+ 34:25+	06:09+ 00:31+ 03:13+ 00:33- 00:37- 02:44+ 01:55+ 01:48+ 02:06- 01:17+ 00:23- 02:16- 01:26- 01:10+ 04:18+ 01:07+ 02:13+ 00:18- 00:21+	
05:15@ 00:02- 00:47& 00:51- 00:06- 01:15& 00:41+ 00:23& 00:20- 00:12# 00:04- 00:01- 00:17- 00:08# 02:15@ 00:09# 00:22# 00:01- 00:05&	00:02- 00:47& 00:51- 00:06- 01:15& 00:41+ 00:23& 00:20- 00:12# 00:04- 00:01- 00:17- 00:08# 02:15@ 00:09# 00:22# 00:01- 00:05&		

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+	04:21+	05:52+	07:03+	08:34+	11:00+	12:12+	15:12+	16:17+	17:37+	17:55+
00:38+	01:37+	02:25+	03:12+	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 strekktid 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+	03:53+	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&	03:24-	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+	00:35+	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+	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+	
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&	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			

= 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=	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=	
00:43= 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=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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 Gederaas 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+	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+	
00:39- 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- 00:05- 00:07+ 00:02- 00:02#	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
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+	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- 01:26- 00:55- 00:19- 01:31- 01:22- 01:43+ 02:42+ 00:47+ 01:20- 00:15- 00:15+	
02:11+ 00:28+ 02:43+ 00:24- 01:00+ 01:34- 01:01- 01:30- 01:26- 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#	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
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+	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+	
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#	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
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+	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+	
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#	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
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+	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+	
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#	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
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+	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+ 03:18+ 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+	
06:28+ 00:23+ 02:33+ 03:18+ 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&	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
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+	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+	
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& 00:04- 00:04- 00:26& 00:17- 00:13# 00:10- 00:07# 00:03- 00:03# 00:03#	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= 00:00= 00:00= 00:00=	

= 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=	01:33= 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=	
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=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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+	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+	
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+ 00:03- 00:03# 00:04# 00:01- 00:01- 00:00- 00:00= 00:02+ 00:01- 00:01- 00:00- 00:00= 00:08+ 00:28& 00:01+ 00:02- 00:04&	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	

Plass	Navn	Klasse	Tid
3	Johan Ivarsson	IK Hakarspojkarna	16:41
		01:55+ 02:16+ 03:53+ 04:11+ 04:35+ 05:28+ 06:29+ 07:33+ 08:43+ 09:24+ 09:37+ 11:10+ 12:07+ 12:51+ 14:19+ 15:00+ 16:10+ 16:24+ 16:41+ 01:55+ 00:21- 01:37+ 00:18- 00:24- 00:53+ 01:01- 01:04+ 01:10+ 00:41- 00:13+ 01:33+ 00:57+ 00:44- 01:28+ 00:41- 01:10+ 00:14- 00:17+ 00:44& 00:01- 00:03+ 00:07- 00:03- 00:15& 00:01- 00:01+ 00:05+ 00:01- 00:01+ 00:06+ 00:01+ 00:04- 00:03+ 00:01- 00:08# 00:04- 00:02#	
4	Torbjørn Sagberg	Tyrving IL	17:27
		01:49+ 02:11+ 04:03+ 04:20+ 04:43+ 05:34+ 06:34+ 07:40+ 08:58+ 09:48+ 10:00+ 11:24+ 12:25+ 13:08+ 15:01+ 15:42+ 16:52+ 17:08+ 17:27+ 01:49+ 00:22- 01:52+ 00:17- 00:23- 00:51+ 01:00- 01:06+ 01:18+ 00:50+ 00:12- 01:24- 01:01+ 00:43- 01:53+ 00:41- 01:10+ 00:16- 00:19+ 00:38& 00:00= 00:18# 00:08- 00:04- 00:13& 00:02- 00:03+ 00:13# 00:08# 00:00= 00:03- 00:05+ 00:05- 00:28& 00:01- 00:08# 00:02- 00:04&	
5	Lars Moholdt	Wing OK	18:48
		01:55+ 02:15+ 04:18+ 04:36+ 06:10+ 06:50+ 07:49+ 09:00+ 10:18+ 11:02+ 11:16+ 12:45+ 13:48+ 14:36+ 16:08+ 16:49+ 18:22+ 18:34+ 18:48+ 01:55+ 00:20- 02:03+ 00:18- 01:34+ 00:40+ 00:59- 01:11+ 01:18+ 00:44+ 00:14+ 01:29+ 01:03+ 00:48- 01:32+ 00:41- 01:33+ 00:12- 00:14- 00:44& 00:02- 00:29+ 00:07- 01:07@ 00:02+ 00:03- 00:08# 00:13# 00:02+ 00:02# 00:00+ 00:07# 00:00- 00:07+ 00:01- 00:31& 00:06- 00:01-	
6	Ole Hartvik Skogstad	Gaula OL	18:58
		04:03+ 04:22+ 06:05+ 06:22+ 06:58+ 07:58+ 08:52+ 09:52+ 11:01+ 11:44+ 11:57+ 13:14+ 14:16+ 15:11+ 16:40+ 17:23+ 18:52+ 19:04+ 19:17+ 04:03+ 00:19- 01:43+ 00:17- 00:36+ 01:00+ 00:54- 01:00- 01:09+ 00:43+ 00:13+ 01:17- 01:02+ 00:55+ 01:29+ 00:43+ 01:29+ 00:12- 00:13- 02:52@ 00:03- 00:09+ 00:08- 00:09& 00:22+ 00:08- 00:03- 00:04+ 00:01+ 00:01+ 00:10- 00:06# 00:07# 00:04+ 00:01+ 00:27& 00:06- 00:02-	
7	Kristian Kullerud	Fredrikstad SK	18:59
		01:53+ 02:13+ 04:15+ 04:32+ 06:23+ 07:23+ 08:18+ 09:20+ 10:29+ 11:13+ 11:26+ 12:48+ 13:59+ 14:45+ 16:18+ 17:12+ 18:29+ 18:43+ 18:59+ 01:53+ 00:20- 02:02+ 00:17- 01:51+ 01:00+ 00:55- 01:02- 01:09+ 00:44+ 00:13+ 01:22- 01:11+ 00:46- 01:33+ 00:54+ 01:17+ 00:14- 00:16+ 00:42& 00:02- 00:28& 00:08- 01:24@ 00:22& 00:07- 00:01- 00:04+ 00:02+ 00:01+ 00:05- 00:15& 00:02- 00:08+ 00:12& 00:15# 00:04- 00:01+	
8	Tore Bjørset Berdal	Wing OK	19:01
		02:36+ 03:09+ 04:52+ 05:14+ 05:51+ 06:44+ 07:46+ 08:56+ 10:10+ 10:58+ 11:12+ 12:42+ 13:46+ 14:37+ 16:10+ 17:20+ 18:32+ 18:46+ 19:01+ 02:36+ 00:33+ 01:43+ 00:22- 00:37+ 00:53+ 01:02- 01:10+ 01:14+ 00:48+ 00:14+ 01:30+ 01:04+ 00:51+ 01:33+ 01:10+ 01:12+ 00:14- 00:15=+ 01:25@ 00:11& 00:09+ 00:03- 00:10& 00:15& 00:00= 00:07# 00:09# 00:06# 00:02# 00:03+ 00:03+ 00:08+ 00:28& 00:10# 00:04- 00:00=	
9	Audun Bakk	Melhus IL	19:33
		03:29+ 03:51+ 05:41+ 06:00+ 06:35+ 07:34+ 08:34+ 09:43+ 10:56+ 11:46+ 12:03+ 13:29+ 14:34+ 15:22+ 16:58+ 17:48+ 19:02+ 19:17+ 19:33+ 03:29+ 00:22- 01:50+ 00:19- 00:35+ 00:59+ 01:00- 01:09+ 01:13+ 00:50+ 00:17+ 01:26- 01:05+ 00:48- 01:36+ 00:50+ 01:14+ 00:15- 00:16+ 02:18@ 00:00- 00:16# 00:06- 00:08& 00:21& 00:02- 00:06- 00:08# 00:08# 00:05& 00:01- 00:09# 00:00- 00:11# 00:08# 00:12# 00:03- 00:01+	
10	Jostein Kvåland	Spkl. Freidig	19:34
		03:27+ 03:48+ 05:33+ 05:52+ 06:26+ 07:25+ 08:19+ 09:24+ 10:42+ 11:39+ 11:59+ 13:23+ 14:35+ 15:29+ 17:06+ 17:52+ 19:06+ 19:20+ 19:34+ 03:27+ 00:21- 01:45+ 00:19- 00:34+ 00:59+ 00:54- 01:05+ 01:18+ 00:57+ 00:20+ 01:24- 01:12+ 00:54+ 01:37+ 00:46+ 01:14+ 00:14- 00:14- 02:16@ 00:01- 00:11# 00:06- 00:07& 00:21& 00:08- 00:02+ 00:13# 00:15& 00:08& 00:03- 00:16& 00:06# 00:12# 00:04+ 00:12# 00:04- 00:01-	
10	Jan Andreas Schmid	OL Trolleløg	19:34
		03:31+ 03:52+ 05:36+ 05:55+ 06:31+ 07:31+ 08:27+ 09:40+ 10:57+ 11:49+ 12:09+ 13:31+ 14:37+ 15:26+ 17:04+ 17:51+ 19:05+ 19:20+ 19:34+ 03:31+ 00:21- 01:44+ 00:19- 00:36+ 01:00+ 00:56- 01:13+ 01:17+ 00:52+ 00:20+ 01:22- 01:06+ 00:49+ 01:38+ 00:47+ 01:14+ 00:15- 00:14- 02:20@ 00:01- 00:10# 00:06- 00:09& 00:22+ 00:06- 00:10# 00:12# 00:10# 00:08& 00:05- 00:10# 00:01+ 00:13# 00:05# 00:12# 00:03- 00:01-	
12	Frank Aasgård	NTNUI	19:40
		03:16+ 03:38+ 05:25+ 05:45+ 06:37+ 07:36+ 08:39+ 09:48+ 11:04+ 11:54+ 12:10+ 13:35+ 14:39+ 15:28+ 17:08+ 17:52+ 19:09+ 19:23+ 19:40+ 03:16+ 00:22- 01:47+ 00:20- 00:52+ 00:59+ 01:03+ 01:09+ 01:16+ 00:50+ 00:16+ 01:25- 01:04+ 00:49+ 01:40+ 00:44+ 01:17+ 00:14- 00:17+ 02:05@ 00:00= 00:13# 00:05- 00:25& 00:21& 00:01+ 00:06+ 00:11# 00:08# 00:04& 00:02- 00:08# 00:01+ 00:15# 00:02+ 00:15# 00:04- 00:02#	
13	Jørgen Tegdån	OL Trolleløg	20:12
		03:16+ 03:40+ 05:28+ 05:48+ 06:25+ 07:28+ 08:31+ 09:45+ 11:02+ 11:53+ 12:13+ 13:39+ 14:46+ 15:37+ 17:23+ 18:09+ 19:38+ 19:54+ 20:12+ 03:16+ 00:24- 01:48+ 00:20- 00:37+ 01:03+ 01:14+ 01:17+ 00:51+ 00:20+ 01:26- 01:07+ 00:51+ 01:46+ 00:46+ 01:29+ 00:16- 00:18+ 02:05@ 00:02+ 00:14# 00:05- 00:10& 00:25& 00:01+ 00:11# 00:12# 00:09# 00:08& 00:01- 00:11# 00:03+ 00:21# 00:04+ 00:27+ 00:02- 00:03#	
14	Magnus Solbjørg	NTNUI	20:38
		03:16+ 03:37+ 05:39+ 05:58+ 06:34+ 07:34+ 08:37+ 09:51+ 11:10+ 12:01+ 12:15+ 13:48+ 14:56+ 15:46+ 17:33+ 18:31+ 20:01+ 20:18+ 20:38+ 03:16+ 00:21- 02:02+ 00:19- 00:36+ 01:00+ 01:03+ 01:14+ 01:19+ 00:51+ 00:14+ 01:33+ 01:08+ 00:50+ 01:47+ 00:58+ 01:30+ 00:17- 00:20+ 02:05@ 00:01- 00:28+ 00:06- 00:09& 00:22& 00:06- 00:07# 00:08# 00:03# 00:01- 00:12# 00:00- 00:22& 00:06# 00:14# 00:03- 00:01-	
15	Øyvind Lund	NTNUI	22:15
		05:47+ 06:10+ 07:48+ 08:06+ 09:08+ 10:09+ 11:05+ 12:15+ 13:28+ 14:18+ 14:33+ 15:59+ 17:07+ 17:55+ 19:42+ 20:30+ 21:46+ 22:01+ 22:15+ 05:47+ 00:23- 01:38+ 00:18- 01:02+ 01:01+ 00:56- 01:10+ 01:13+ 00:50+ 00:15+ 01:26- 01:08+ 00:48- 01:47+ 00:48+ 01:16+ 00:15- 00:14- 04:36@ 00:01+ 00:04+ 00:07- 00:35@ 00:23& 00:06- 00:07# 00:08# 00:03# 00:01- 00:12# 00:00- 00:22& 00:06# 00:14# 00:03- 00:01-	
16	Erik Lien Johnsen	NTNUI	22:26
		04:45+ 05:23+ 07:42+ 08:02+ 09:19+ 10:08+ 11:05+ 12:15+ 13:29+ 14:19+ 14:37+ 16:03+ 17:12+ 17:59+ 19:37+ 20:46+ 21:57+ 22:12+ 22:26+ 04:45+ 00:38+ 02:19+ 00:20- 01:17+ 00:49+ 00:57- 01:10+ 01:14+ 00:50+ 00:18+ 01:26- 01:09+ 00:47- 01:38+ 01:09+ 01:11+ 00:15- 00:14- 03:34@ 00:16& 00:45& 00:05- 00:50@ 00:11& 00:05- 00:07# 00:09# 00:08# 00:06& 00:01- 00:13# 00:01- 00:13# 00:27& 00:09# 00:03- 00:01-	
17	John Arve Engebakken	Vingelen IL	22:33
		04:02+ 04:27+ 06:26+ 06:51+ 07:20+ 08:15+ 09:19+ 10:39+ 12:03+ 13:46+ 14:00+ 15:41+ 16:54+ 17:51+ 19:39+ 20:43+ 22:00+ 22:18+ 22:33+ 04:02+ 00:25+ 01:59+ 00:25- 00:29+ 00:55+ 01:04+ 01:20+ 01:24+ 01:43+ 00:14+ 01:41+ 01:13+ 00:57+ 01:48+ 01:04+ 01:17+ 00:18+ 00:15=+ 02:51@ 00:03# 00:25& 00:00= 00:02+ 00:17& 00:02+ 00:17& 00:19& 01:01@ 00:02# 00:14# 00:17& 00:09# 00:23& 00:22& 00:15# 00:00= 00:00=	

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	NTNU	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	NTNU	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	NTNU	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	NTNU	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+ 00:01+ 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& 00:11# 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	NTNU	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# 00:06+ 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& 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# 00:16# 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= 00:15=	
46	Tomas Briksselli	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	NTNU1	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+ 00:36+ 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	NTNU1	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+ 00:43+ 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=	
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+ 01:44+ 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# 00:24# 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+ 00:27+ 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@ 00:10- 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
6	Lasse Natvig	Byåsen IL	27:41
			06:47+ 07:20+ 09:39+ 10:11+ 10:48+ 11:59+ 13:19+ 14:49+ 16:27+ 17:33+ 17:49+ 19:36+ 20:54+ 21:57+ 24:07+ 25:08+ 26:55+ 27:15+ 27:41+ 06:47+ 00:33+ 02:19+ 00:32+ 00:37+ 01:11+ 01:20+ 01:30+ 01:38+ 01:06+ 00:16+ 01:47+ 01:18+ 01:03+ 02:10+ 01:01- 01:47+ 00:20+ 00:26+ 05:46@ 00:10& 00:37& 00:10& 00:02+ 00:19& 00:22& 00:23& 00:25& 00:14& 00:02# 00:22& 00:16& 00:13& 00:34& 00:07- 00:37& 00:04# 00:10&
7	Rolf Helge Røsand	OK Nidarøst	31:01
			07:46+ 08:22+ 11:25+ 11:49+ 12:31+ 13:42+ 15:06+ 16:40+ 18:35+ 19:51+ 20:12+ 22:08+ 23:44+ 24:45+ 27:38+ 28:33+ 30:20+ 30:42+ 31:01+ 07:46+ 00:36+ 03:03+ 00:24+ 00:42+ 01:11+ 01:24+ 01:34+ 01:55+ 01:16+ 00:21+ 01:56+ 01:36+ 01:01+ 02:53+ 00:55- 01:47+ 00:22+ 00:19+ 06:45@ 00:13& 01:21& 00:02+ 00:07# 00:19& 00:26& 00:27& 00:42& 00:24& 00:07& 00:31+ 00:34& 00:11# 01:17& 00:13- 00:37& 00:06& 00:03#
8	Håvard Eidnes	OL Trollelg	34:49
			11:01+ 11:25+ 13:51+ 14:21+ 15:04+ 17:43+ 19:00+ 20:33+ 22:05+ 23:22+ 23:42+ 26:08+ 28:02+ 29:25+ 31:34+ 32:39+ 34:09+ 34:30+ 34:49+ 11:01+ 00:24+ 02:26+ 00:30+ 00:43+ 02:39+ 01:17+ 01:33+ 01:32+ 01:17+ 00:20+ 02:26+ 01:54+ 01:23+ 02:09+ 01:05- 01:30+ 00:21+ 00:19+ 10:00@ 00:01+ 00:44& 00:08+ 00:08# 01:47@ 00:19& 00:26& 00:19& 00:25& 00:06& 01:01& 00:52& 00:33& 00:03- 00:20& 00:05& 00:03#
Beste strekktid for klassen			
			01:01 00:23 01:42 00:22 00:30 00:48 00:58 01:07 01:13 00:52 00:13 01:25 01:02 00:50 01:36 00:49 01:10 00:16 00:14
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H50-			
1	Håkon Gammelsæter	Spkl. Freidig	20:27
			00:47= 01:13= 03:11= 03:33= 04:08= 05:01= 06:03= 07:19= 08:47= 09:51= 10:09= 11:49= 13:12= 14:51= 17:09= 17:54= 19:31= 20:09= 20:27= 00:47= 00:26= 01:58= 00:22= 00:35= 00:53= 01:02= 01:16= 01:28= 01:04= 00:18= 01:40= 01:23= 01:39= 02:18= 00:45= 01:37= 00:38= 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=
2	Eirik Vefsnmo	Byåsen IL	24:21
			02:36+ 03:21+ 05:57+ 06:23+ 07:09+ 08:08+ 09:20+ 10:41+ 12:31+ 13:30+ 13:57+ 16:09+ 17:48+ 18:46+ 20:55+ 21:58+ 23:44+ 24:05+ 24:21+ 02:36+ 00:45+ 02:36+ 00:26+ 00:46+ 00:59+ 01:12+ 01:21+ 01:50+ 00:59- 00:27+ 02:12+ 01:39+ 00:58- 02:09- 01:03+ 01:46+ 00:21- 00:16- 01:49@ 00:19& 00:38+ 00:04# 00:11& 00:06# 00:10# 00:05+ 00:22# 00:05- 00:09& 00:32& 00:16# 00:41- 00:09- 00:18& 00:09+ 00:17- 00:02-
3	Bjørn Berger	Byåsen IL	24:27
			03:07+ 03:39+ 06:11+ 06:39+ 07:17+ 08:18+ 09:35+ 11:06+ 12:47+ 13:52+ 14:17+ 16:17+ 17:44+ 18:49+ 21:01+ 21:57+ 23:53+ 24:11+ 24:27+ 03:07+ 00:32+ 02:32+ 00:28+ 00:38+ 01:01+ 01:17+ 01:31+ 01:41+ 01:05+ 00:25+ 02:00+ 01:27+ 01:05- 02:12- 00:56+ 01:56+ 00:18- 00:16- 02:20@ 00:06# 00:34& 00:06& 00:03+ 00:08# 00:15# 00:13# 00:01+ 00:07& 00:20# 00:04+ 00:34- 00:06- 00:11# 00:19# 00:20- 00:02-
4	Helge Rustad	Spkl. Freidig	24:33
			03:21+ 03:53+ 06:23+ 06:54+ 07:37+ 08:37+ 09:53+ 11:27+ 13:07+ 14:15+ 14:35+ 16:29+ 17:47+ 18:52+ 21:02+ 22:00+ 23:57+ 24:15+ 24:33+ 03:21+ 00:32+ 02:30+ 00:31+ 00:43+ 01:00+ 01:16+ 01:34+ 01:40+ 01:08+ 00:20+ 01:54+ 01:18- 01:05- 02:10- 00:58+ 01:57+ 00:18- 00:18- 02:34@ 00:06# 00:32& 00:09& 00:08# 00:07# 00:14# 00:18# 00:12# 00:04+ 00:02# 00:14# 00:05- 00:34- 00:08- 00:13& 00:20# 00:20- 00:00=
5	Kjell Maroni	Byåsen IL	24:51
			04:22+ 04:47+ 07:09+ 07:36+ 08:16+ 09:44+ 10:59+ 12:24+ 14:02+ 15:14+ 15:33+ 17:14+ 18:35+ 19:31+ 21:38+ 22:37+ 24:16+ 24:33+ 24:51+ 04:22+ 00:25- 02:22+ 00:27+ 00:40+ 01:28+ 01:15+ 01:25+ 01:38+ 01:12+ 00:19+ 01:41+ 01:21- 00:56- 02:07- 00:59+ 01:39+ 00:17- 00:18= 03:35@ 00:01- 00:24# 00:05# 00:05# 00:35& 00:13# 00:09# 00:10# 00:08# 00:01+ 00:01+ 00:02- 00:43- 00:11- 00:14& 00:02+ 00:21- 00:00=
6	Ottar Ryen	Rennebu IL	26:24
			02:30+ 03:01+ 05:04+ 05:29+ 06:02+ 06:54+ 08:09+ 09:47+ 11:56+ 15:05+ 15:26+ 17:09+ 18:30+ 19:28+ 22:13+ 23:39+ 25:43+ 26:02+ 26:24+ 02:30+ 00:31+ 02:03+ 00:25+ 00:33- 00:52- 01:15+ 01:38+ 02:09+ 03:09+ 00:21+ 01:43+ 01:21- 00:58- 02:45+ 01:26+ 02:04+ 00:19- 00:22+ 01:43@ 00:05# 00:05+ 00:03# 00:02- 00:01- 00:13# 00:22& 00:41& 02:05@ 00:03# 00:03+ 00:02- 00:41- 00:27# 00:41& 00:27& 00:19- 00:04#
7	Kristian J. Fougnér	OK Nidarøst	27:25
			05:47+ 06:12+ 08:43+ 09:46+ 10:13+ 10:50+ 12:11+ 13:31+ 14:52+ 16:28+ 17:34+ 17:51+ 19:37+ 20:56+ 21:49+ 23:54+ 24:58+ 26:49+ 27:10+ 27:25+ 05:47+ 00:25- 02:31+ 01:03+ 00:27- 00:37- 01:21+ 01:20+ 01:21- 01:36+ 01:06+ 00:17- 01:46+ 01:19- 00:53- 02:05+ 01:04- 01:51+ 00:21+ 00:15+ 05:00@ 00:01- 00:33& 00:41@ 00:08- 00:16- 00:19& 00:07- 00:32& 00:48@ 01:23- 00:23& 00:20- 01:25- 01:20@ 00:33- 01:13@ 00:03# 00:15+
8	Magne Gjønnes	OL Trollelg	28:15
			04:25+ 04:53+ 07:53+ 08:29+ 09:15+ 10:47+ 12:18+ 13:53+ 15:58+ 17:09+ 17:29+ 19:30+ 21:04+ 22:08+ 24:28+ 25:35+ 27:28+ 27:54+ 28:15+ 04:25+ 00:28+ 03:00+ 00:36+ 00:46+ 01:32+ 01:31+ 01:35+ 02:05+ 01:11+ 00:20+ 02:01+ 01:34+ 01:04- 02:20+ 01:07+ 01:53+ 00:26- 00:21+ 03:38@ 00:02- 01:02& 00:14& 00:11& 00:39& 00:29& 00:19# 00:37& 00:07# 00:02# 00:21# 00:11# 00:35- 00:02+ 00:22& 00:16# 00:12- 00:03#
9	Tom Bugge	Byåsen IL	31:02
			05:27+ 05:55+ 09:10+ 09:48+ 10:27+ 12:27+ 13:52+ 15:50+ 17:31+ 19:00+ 19:34+ 21:52+ 23:26+ 24:36+ 27:42+ 28:43+ 30:19+ 30:41+ 31:02+ 05:27+ 00:28+ 03:15+ 00:38+ 00:39+ 02:00+ 01:25+ 01:58+ 01:41+ 01:29+ 00:34+ 02:18+ 01:34+ 01:10- 03:06+ 01:01+ 01:36- 00:22- 00:21+ 04:40@ 00:02+ 01:17& 00:16& 00:04# 01:07@ 00:23+ 00:42& 00:13# 00:25& 00:16& 00:38+ 00:11# 00:29- 00:48& 00:16& 00:01- 00:16- 00:03#
10	Kjell-Arne Henninen	Byåsen IL	38:36
			09:03+ 09:48+ 13:08+ 14:49+ 15:38+ 17:01+ 18:37+ 20:28+ 23:50+ 25:11+ 25:52+ 28:06+ 29:55+ 31:14+ 34:44+ 36:01+ 37:51+ 38:17+ 38:36+ 09:03+ 00:45+ 03:20+ 01:41+ 00:49+ 01:23+ 01:36+ 01:51+ 03:22+ 01:21+ 00:41+ 02:14+ 01:49+ 01:19+ 03:30+ 01:17+ 01:50+ 00:26- 00:19+ 08:16@ 00:19+ 01:22& 01:19@ 00:14& 00:30& 00:34& 00:35& 01:54@ 00:17& 00:23@ 00:34& 00:26& 00:20- 01:12& 00:32& 00:13# 00:12- 00:01+

Plass	Navn	Klasse	Tid
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
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H60-			
1	Roar Forbord	Malvik IL	20:37
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=	
2	Robert Strøm	Wing OK	29:59
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-	
3	Egil Sørli	Malvik IL	32:08
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=	
4	Finn Knudsen	NTNU	35:13
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+	
5	Henry Sundsetvik	OL Trollelg	1:09:06
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&	
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
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H70-			
1	Rolf Hellan	Wing OK	31:16
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=	
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
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			