

2 Else M Engebakken 1 37:07

00:57+ 05:55+ 12:30+ 21:51+ 27:00+ 30:51+ 35:55+ 37:07+
 00:57+ 04:58+ 06:35+ 09:21+ 05:09+ 03:51+ 05:04+ 01:12+
 00:57+ 04:58+ 06:35+ 09:21+ 05:09+ 03:51+ 05:04+ 01:12+

16 Arne Galaaen 1 15:26

00:44+ 03:04+ 06:57+ 08:02+ 10:42+ 12:51+ 14:47+ 15:26+
 00:44+ 02:20+ 03:53+ 01:05+ 02:40+ 02:09+ 01:56+ 00:39+
 00:44+ 02:20+ 03:53+ 01:05+ 02:40+ 02:09+ 01:56+ 00:39+

17 Dagrunn Urseth 1 40:16

02:25+ 09:30+ 16:10+ 19:17+ 27:54+ 32:42+ 38:14+ 40:16+
 02:25+ 07:05+ 06:40+ 03:07+ 08:37+ 04:48+ 05:32+ 02:02+
 02:25+ 07:05+ 06:40+ 03:07+ 08:37+ 04:48+ 05:32+ 02:02+

Beste strekktid for klassen

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

Kort B

1 Ellen Gullbrekken 1 23:17

02:47= 08:17= 10:57= 15:46= 22:18= 23:17=
 02:47= 05:30= 02:40= 04:49= 06:32= 00:59=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

02:47 05:30 02:40 04:49 06:32 00:59

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

Kort C

7 Celine Kildahl 1 32:31

00:51+ 02:32+ 04:35+ 06:07+ 29:26+ 31:46+ 32:31+
 00:51+ 01:41+ 02:03+ 01:32+ 23:19+ 02:20+ 00:45+
 00:51+ 01:41+ 02:03+ 01:32+ 23:19+ 02:20+ 00:45+

8 Maria Sæther Verdenius 1 32:27

00:47+ 02:33+ 04:29+ 06:00+ 29:05+ 31:42+ 32:27+
 00:47+ 01:46+ 01:56+ 01:31+ 23:05+ 02:37+ 00:45+
 00:47+ 01:46+ 01:56+ 01:31+ 23:05+ 02:37+ 00:45+

9 Lisa Sæther Verdenius 1 33:11

00:58+ 02:43+ 04:44+ 06:15+ 29:35+ 32:17+ 33:11+
 00:58+ 01:45+ 02:01+ 01:31+ 23:20+ 02:42+ 00:54+
 00:58+ 01:45+ 02:01+ 01:31+ 23:20+ 02:42+ 00:54+

14 Ola Håvard Jordet 1 13:42

01:02+ 03:34+ 06:13+ 07:53+ 10:04+ 12:33+ 13:42+
 01:02+ 02:32+ 02:39+ 01:40+ 02:11+ 02:29+ 01:09+
 01:02+ 02:32+ 02:39+ 01:40+ 02:11+ 02:29+ 01:09+

18 Johan Flatgård 1 14:16

01:41+ 04:12+ 06:56+ 09:19+ 10:45+ 13:21+ 14:16+
 01:41+ 02:31+ 02:44+ 02:23+ 01:26+ 02:36+ 00:55+
 01:41+ 02:31+ 02:44+ 02:23+ 01:26+ 02:36+ 00:55+

21 Tina Andersson 1 32:19

02:53+ 07:13+ 11:27+ 15:30+ 20:07+ 30:51+ 32:19+
 02:53+ 04:20+ 04:14+ 04:03+ 04:37+ 10:44+ 01:28+
 02:53+ 04:20+ 04:14+ 04:03+ 04:37+ 10:44+ 01:28+

Class	Navn	Klasse	Tid
22	Per Jacob Jordet	1	16:52
01:01+	03:55+ 07:09+ 08:57+ 10:50+ 15:04+ 16:52+		
01:01+	02:54+ 03:14+ 01:48+ 01:53+ 04:14+ 01:48+		
01:01+	02:54+ 03:14+ 01:48+ 01:53+ 04:14+ 01:48+		
23	Ingrid Amalie Jordet	1	32:13
02:50+	07:02+ 11:02+ 15:26+ 20:05+ 30:37+ 32:13+		
02:50+	04:12+ 04:00+ 04:24+ 04:39+ 10:32+ 01:36+		
02:50+	04:12+ 04:00+ 04:24+ 04:39+ 10:32+ 01:36+		

Beste strekktid for klassen

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

Lang A

1	Terje Hansen	1	1:04:29
01:48=	07:26= 08:48= 11:13= 13:49= 37:46= 43:44= 47:13= 58:13= 59:26= 63:41= 64:29=		
01:48=	05:38= 01:22= 02:25= 02:36= 23:57= 05:58= 03:29= 11:00= 01:13= 04:15= 00:48=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Jan Jacob Verdenius	1	1:09:07
06:35+	23:23+ 24:31+ 28:53+ 32:11+ 40:13+ 49:50+ 52:17+ 61:44+ 63:45+ 68:18+ 69:07+		
06:35+	16:48+ 01:08- 04:22+ 03:18+ 08:02- 09:37+ 02:27- 09:27- 02:01+ 04:33+ 00:49+		
04:47@	11:10@ 00:14- 01:57& 15:55- 03:39& 01:02- 01:33- 00:48& 00:18+ 00:01+		

Beste strekktid for klassen

01:48 05:38 01:08 02:25 02:36 08:02 05:58 02:27 09:27 01:13 04:15 00:48

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

Middels A

1	Kjersti S Flatgård	1	46:12
09:09=	13:01= 19:57= 26:43= 33:18= 37:08= 39:56= 45:20= 46:12=		
09:09=	03:52= 06:56= 06:46= 06:35= 03:50= 02:48= 05:24= 00:52=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Leif Jordet	1	49:09
05:39-	09:56- 16:36- 30:30+ 35:24+ 40:29+ 43:34+ 48:17+ 49:09+		
05:39-	04:17+ 06:40- 13:54+ 04:54- 05:05+ 03:05+ 04:43- 00:52=		
03:30-	00:25# 00:16- 07:08@ 01:41- 01:15& 00:17# 00:41- 00:00=		

3	Bjørn Ivar Ryen	1	50:08
05:59-	12:02- 19:58+ 28:14+ 34:06+ 38:55+ 43:21+ 49:04+ 50:08+		
05:59-	06:03+ 07:56+ 08:16+ 05:52- 04:49+ 04:26+ 05:43+ 01:04+		
03:10-	02:11& 01:00# 01:30# 00:43- 00:59& 01:38& 00:19+ 00:12#		

4	Eline Horten Jordet	1	52:25
05:24-	11:29- 19:49- 28:58+ 33:55+ 38:37+ 43:55+ 51:31+ 52:25+		
05:24-	06:05+ 08:20+ 09:09+ 04:57- 04:42+ 05:18+ 07:36+ 00:54+		
03:45-	02:13& 01:24# 02:23& 01:38- 00:52# 02:30& 02:12& 00:02+		

5	Otto Engebakken	1	57:41
06:44-	11:43- 20:19+ 28:10+ 39:43+ 45:29+ 49:34+ 56:40+ 57:41+		
06:44-	04:59+ 08:36+ 07:51+ 11:33+ 05:46+ 04:05+ 07:06+ 01:01+		
02:25-	01:07& 01:40# 01:05# 04:58& 01:56& 01:17& 01:42& 00:09#		

6	Odd Arne Skjæret	1	1:04:19
15:54+	23:45+ 33:04+ 41:13+ 47:04+ 52:23+ 56:18+ 63:18+ 64:19+		
15:54+	07:51+ 09:19+ 08:09+ 05:51- 05:19+ 03:55+ 07:00+ 01:01+		
06:45&	03:59@ 02:23& 01:23# 00:44- 01:29& 01:07& 01:36& 00:09#		

7	Andrea Sæther Verdenius	1	1:10:36
05:52-	09:13- 16:54- 36:13+ 51:42+ 57:18+ 63:45+ 69:41+ 70:36+		
05:52-	03:21- 07:41+ 19:19+ 15:29+ 05:36+ 06:27+ 05:56+ 00:55+		
03:17-	00:31- 00:45# 12:33@ 08:54@ 01:46& 03:39@ 00:32+ 00:03+		

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

05:24 03:21 06:40 06:46 04:54 03:50 02:48 04:43 00:52

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

Middels B

1	Pål Sverre Flatgård	1	31:36
06:54=	15:19=	19:20=	24:09=
06:54=	08:25=	04:01=	04:49=
00:00=	00:00=	00:00=	00:00=

2	Grete Urset	1	46:46
09:47+	21:54+	28:46+	34:22+
09:47+	12:07+	06:52+	05:36+
02:53&	03:42&	02:51&	00:47#

Beste strekktid for klassen

06:54 08:25 04:01 04:49 04:56 02:31

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