

Plass Navn

Klasse

Tid

D11-12

1 Tonje Vassend D11-12 26:24

00:54	02:25	04:22	07:48	12:40	14:09	15:17	17:44	19:19	21:13	22:58	25:18	25:52	26:24
00:54	01:31	01:57	03:26	04:52	01:29	01:08	02:27	01:35	01:54	01:45	02:20	00:34	00:32
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

2 Lovise Fremstad D11-12 27:42

01:31	02:46	04:24	09:15	11:24	13:52	15:08	20:25	21:52	24:15	26:03	27:09	27:42
01:31	01:15	01:38	04:51	02:09	02:28	01:16	05:17	01:27	02:23	01:48	01:06	00:33
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

3 Synne Fossøy D11-12 32:53

01:17	02:50	04:33	10:22	13:59	16:49	18:35	24:15	26:04	29:01	31:35	32:17	32:53
01:17	01:33	01:43	05:49	03:37	02:50	01:46	05:40	01:49	02:57	02:34	00:42	00:36
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

D1112N

1 Idun Høiset D1112N 18:57

01:09	02:20	04:44	09:39	10:35	12:14	16:10	17:40	18:22	18:57
01:09	01:11	02:24	04:55	00:56	01:39	03:56	01:30	00:42	00:35
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

2 Lene Rauland D1112N 29:03

01:37	03:37	05:38	11:15	13:14	15:59	23:35	26:48	28:14	29:03
01:37	02:00	02:01	05:37	01:59	02:45	07:36	03:13	01:26	00:49
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

D13-14

1 Ingrid Nygård D13-14 37:19

02:12	04:34	06:45	11:08	13:53	17:56	20:13	23:36	24:30	26:03	27:13	27:27	28:33	28:46	30:15	32:46	33:06	36:16	36:46	37:19
02:12	02:22	02:11	04:23	02:45	04:03	02:17	03:23	00:54	01:33	01:10	00:14	01:06	00:13	01:29	02:31	00:20	03:10	00:30	00:33
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

2 Marie Styrvold D13-14 37:27

01:58	04:03	05:56	09:09	11:29	17:41	19:32	24:44	25:49	27:20	28:23	28:36	29:37	29:50	31:02	33:23	33:42	36:23	37:00	37:27
01:58	02:05	01:53	03:13	02:20	06:12	01:51	05:12	01:05	01:31	01:03	00:13	01:01	00:13	01:12	02:21	00:19	02:41	00:37	00:27
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

3 Marthe Gløersen D13-14 38:00

02:23	04:41	06:30	09:49	12:08	18:02	20:01	25:30	26:23	27:56	29:03	29:18	30:23	30:36	31:52	34:22	34:40	37:08	37:35	38:00
02:23	02:18	01:49	03:19	02:19	05:54	01:59	05:29	00:53	01:33	01:07	00:15	01:05	00:13	01:16	02:30	00:18	02:28	00:27	00:25
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

4 Jannike Tveitane Skogen D13-14 38:06

02:23	04:36	06:28	09:46	12:06	18:06	20:00	25:22	26:17	27:59	29:02	29:15	30:20	30:32	31:51	34:22	34:40	37:08	37:37	38:06
02:23	02:13	01:52	03:18	02:20	06:00	01:54	05:22	00:55	01:42	01:03	00:13	01:05	00:12	01:19	02:31	00:18	02:28	00:29	00:29
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

5 Anna Ulvensøen D13-14 38:33

01:40	03:34	06:49	10:01	12:27	18:40	20:29	25:58	26:56	28:26	29:32	29:44	30:50	31:01	32:10	34:21	34:54	35:14	37:33	38:07	38:33
01:40	01:54	03:15	03:12	02:26	06:13	01:49	05:29	00:58	01:30	01:06	00:12	01:06	00:11	01:09	02:11	00:33	00:20	02:19	00:34	00:26
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

5 Guro Vassend D13-14 38:33

02:04	04:10	06:02	09:17	11:38	17:53	19:47	24:59	25:57	27:26	28:29	28:44	29:46	29:58	31:16	33:38	33:57	37:28	37:59	38:33
02:04	02:06	01:52	03:15	02:21	06:15	01:54	05:12	00:58	01:29	01:03	00:15	01:02	00:12	01:18	02:22	00:19	03:31	00:31	00:34
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

7 Live Bredholt Jørgensen D13-14 38:55

01:56	03:59	07:05	10:29	12:51	19:17	21:08	26:23	27:10	28:52	29:55	30:08	31:12	31:26	32:42	34:44	35:08	35:30	37:55	38:26	38:55
01:56	02:03	03:06	03:24	02:22	06:26	01:51	05:15	00:47	01:42	01:03	00:13	01:04	00:14	01:16	02:02	00:24	00:22	02:25	00:31	00:29
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

Class	Navn	Klasse										Tid									
8	Marta Ulvensøen	D13-14										39:26									
02:02	04:07	13:29	17:20	19:54	23:42	25:35	28:09	28:53	30:18	31:22	31:39	32:46	32:59	34:15	36:43	37:02	38:29	38:59	39:26		
02:02	02:05	09:22	03:51	02:34	03:48	01:53	02:34	00:44	01:25	01:04	00:17	01:07	00:13	01:16	02:28	00:19	01:27	00:30	00:27		
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
9	Runa Fremstad	D13-14										40:17									
02:02	04:29	14:44	18:10	20:53	24:39	26:30	29:01	29:45	31:13	32:18	32:35	33:38	33:50	35:06	37:34	37:53	39:26	39:53	40:16		
02:02	02:27	10:15	03:26	02:43	03:46	01:51	02:31	00:44	01:28	01:05	00:17	01:03	00:12	01:16	02:28	00:19	01:33	00:27	00:23		
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
10	Else Marit Mathisen	D13-14										43:03									
02:15	05:07	07:21	12:05	15:05	19:49	23:11	26:04	26:55	28:39	29:50	30:13	31:53	32:09	34:29	38:09	38:44	41:35	42:38	43:03		
02:15	02:52	02:14	04:44	03:00	04:44	03:22	02:53	00:51	01:44	01:11	00:23	01:40	00:16	02:20	03:40	00:35	02:51	01:03	00:25		
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
11	Ida Elisabeth Hestvik Sten	D13-14										44:14									
02:28	05:12	07:41	12:30	16:35	22:08	25:20	28:59	30:22	32:25	33:33	33:51	35:16	35:36	37:15	40:34	41:03	42:49	43:34	44:14		
02:28	02:44	02:29	04:49	04:05	05:33	03:12	03:39	01:23	02:03	01:08	00:18	01:25	00:20	01:39	03:19	00:29	01:46	00:45	00:40		
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
12	Stine Bakke	D13-14										1:07:55									
10:30	15:42	19:18	25:19	30:21	40:25	43:25	47:29	48:37	51:20	52:30	52:52	54:36	54:50	56:35	64:06	64:31	66:29	67:17	67:55		
10:30	05:12	03:36	06:01	05:02	10:04	03:00	04:04	01:08	02:43	01:10	00:22	01:44	00:14	01:45	07:31	00:25	01:58	00:48	00:38		
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
D15-16																					
1	Elin Kristin Hem	D15-16										43:05									
02:11	04:16	10:02	13:12	14:52	17:22	25:29	26:34	30:32	31:19	32:53	34:25	34:39	35:49	36:01	37:18	40:20	40:43	42:07	42:38	43:05	
02:11	02:05	05:46	03:10	01:40	02:30	08:07	01:05	03:58	00:47	01:34	01:32	00:14	01:10	00:12	01:17	03:02	00:23	01:24	00:31	00:27	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
2	Maja Knutsen	D15-16										44:29									
02:23	04:42	11:16	14:30	16:21	18:26	26:45	27:52	31:48	32:35	34:15	35:39	35:55	37:06	37:20	38:38	41:34	41:57	43:29	44:01	44:29	
02:23	02:19	06:34	03:14	01:51	02:05	08:19	01:07	03:56	00:47	01:40	01:24	00:16	01:11	00:14	01:18	02:56	00:23	01:32	00:32	00:28	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
3	Henriette Kløvstad	D15-16										45:15									
02:15	04:17	10:16	13:52	15:35	17:26	27:48	29:05	33:07	33:41	35:12	36:28	36:47	37:52	38:05	39:37	42:12	42:33	43:51	44:47	45:15	
02:15	02:02	05:59	03:36	01:43	01:51	10:22	01:17	04:02	00:34	01:31	01:16	00:19	01:05	00:13	01:32	02:35	00:21	01:18	00:56	00:28	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
4	Kjersti Westin	D15-16										46:29									
02:29	05:02	11:21	13:42	15:57	17:54	27:31	28:38	32:27	33:22	35:11	36:26	36:43	38:03	38:19	40:00	43:01	43:27	45:16	45:54	46:29	
02:29	02:33	06:19	02:21	02:15	01:57	09:37	01:07	03:49	00:55	01:49	01:15	00:17	01:20	00:16	01:41	03:01	00:26	01:49	00:38	00:35	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
5	Solfrid Dahl Helgesen	D15-16										46:46									
02:43	05:22	12:26	15:00	17:19	19:17	27:03	28:13	32:16	33:03	34:33	36:06	36:24	37:36	37:49	39:05	42:00	42:21	45:39	46:13	46:46	
02:43	02:39	07:04	02:34	02:19	01:58	07:46	01:10	04:03	00:47	01:30	01:33	00:18	01:12	00:13	01:16	02:55	00:21	03:18	00:34	00:33	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
6	Silje Wästlund	D15-16										57:38									
02:27	04:45	18:12	24:30	27:38	29:24	35:48	37:15	44:13	45:26	47:11	48:12	48:27	49:41	50:00	51:24	54:23	54:50	56:25	57:03	57:38	
02:27	02:18	13:27	06:18	03:08	01:46	06:24	01:27	06:58	01:13	01:45	01:01	00:15	01:14	00:19	01:24	02:59	00:27	01:35	00:38	00:35	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
D17-20																					
1	Guro Torpe	D17-20										40:30									
03:51	05:23	06:41	11:56	14:09	16:08	19:27	21:25	25:12	26:40	30:06	36:49	38:26	39:56	40:30							
03:51	01:32	01:18	05:15	02:13	01:59	03:19	01:58	03:47	01:28	03:26	06:43	01:37	01:30	00:34							
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
2	Maiken Flågan	D17-20										49:58									
04:02	05:53	07:05	13:10	16:32	19:15	23:12	26:16	31:22	35:47	38:22	45:52	47:36	49:19	49:58							
04:02	01:51	01:12	06:05	03:22	02:43	03:57	03:04	05:06	04:25	02:35	07:30	01:44	01:43	00:39							
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
3	Astri Marie Remme	D17-20										1:06:18									
07:06	08:45	10:03	20:42	24:28	27:16	32:20	35:21	43:06	47:51	49:45	60:25	62:54	65:32	66:18							
07:06	01:39	01:18	10:39	03:46	02:48	05:04	03:01	07:45	04:45	01:54	10:40	02:29	02:38	00:46							
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

D17C

1 Veslemøy Solberg D17C 1:05:51

05:11	15:24	19:31	26:50	30:11	32:14	47:11	48:05	55:15	58:11	64:04	65:05	65:51
05:11	10:13	04:07	07:19	03:21	02:03	14:57	00:54	07:10	02:56	05:53	01:01	00:46
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

D21

1 Kari Christiansen D21 45:53

05:19	07:46	10:05	11:21	18:06	20:39	23:06	25:35	29:12	31:01	32:28	35:35	41:55	43:55	45:18	45:53
05:19	02:27	02:19	01:16	06:45	02:33	02:27	02:29	03:37	01:49	01:27	03:07	06:20	02:00	01:23	00:35
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

2 Hilde Vassend D21 58:06

06:25	09:21	12:34	14:41	20:37	23:52	26:43	29:40	36:12	38:23	40:35	44:23	49:17	51:39	57:26	58:06
06:25	02:56	03:13	02:07	05:56	03:15	02:51	02:57	06:32	02:11	02:12	03:48	04:54	02:22	05:47	00:40
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

3 Anne Lene Berg D21 1:03:55

08:32	14:13	17:59	21:02	28:27	32:04	35:35	38:46	43:35	45:51	48:30	52:43	57:32	60:30	63:14	63:55
08:32	05:41	03:46	03:03	07:25	03:37	03:31	03:11	04:49	02:16	02:39	04:13	04:49	02:58	02:44	00:41
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

4 Lenka Westin D21 1:18:59

07:58	12:28	17:45	25:49	34:10	38:21	43:20	47:10	54:04	57:47	60:44	66:08	72:07	74:54	77:53	78:59
07:58	04:30	05:17	08:04	08:21	04:11	04:59	03:50	06:54	03:43	02:57	05:24	05:59	02:47	02:59	01:06
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

D40

1 Sissel Tvedten D40 56:45

04:43	06:36	08:41	23:10	25:40	29:47	33:16	35:34	39:27	41:46	46:10	51:27	53:29	56:09	56:45
04:43	01:53	02:05	14:29	02:30	04:07	03:29	02:18	03:53	02:19	04:24	05:17	02:02	02:40	00:36
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

D60

1 Synnøve Dalva D60 1:24:09

06:50	24:26	39:54	41:53	50:24	53:41	60:35	62:12	72:56	74:59	79:08	83:06	84:09
06:50	17:36	15:28	01:59	08:31	03:17	06:54	01:37	10:44	02:03	04:09	03:58	01:03
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

D70

1 Rannveig Sommerhein D70 1:21:49

05:48	08:46	13:20	18:49	20:44	35:17	48:26	53:03	68:55	74:56	77:15	80:42	81:49
05:48	02:58	04:34	05:29	01:55	14:33	13:09	04:37	15:52	06:01	02:19	03:27	01:07
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

H11-12

1 Magnus Sandven H11-12 17:02

00:59	01:51	02:51	06:01	07:31	08:50	09:50	12:21	13:14	14:43	15:54	16:29	17:02
00:59	00:52	01:00	03:10	01:30	01:19	01:00	02:31	00:53	01:29	01:11	00:35	00:33
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

2 Karl Fremstad H11-12 17:29

00:53	01:45	02:48	05:51	07:27	08:47	09:41	12:28	13:25	15:10	16:31	17:01	17:29
00:53	00:52	01:03	03:03	01:36	01:20	00:54	02:47	00:57	01:45	01:21	00:30	00:28
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+

Class	Navn	Klasse														Tid									
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12	Mats Endresen	H15-16														47:43									
04:40	06:35	09:15	16:05	18:36	20:37	24:07	30:30	31:40	35:07	36:03	37:58	39:03	39:18	40:17	40:30	41:50	44:54	45:12	46:34	47:14	47:43				
04:40	01:55	02:40	06:50	02:31	02:01	03:30	06:23	01:10	03:27	00:56	01:55	01:05	00:15	00:59	00:13	01:20	03:04	00:18	01:22	00:40	00:29				
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				

H17-20

1	Såmund Botnen	H17-20														30:08									
04:29	06:26	08:24	09:22	13:04	15:12	16:52	18:14	20:45	21:40	23:13	25:16	27:08	28:19	29:40	30:08										
04:29	01:57	01:58	00:58	03:42	02:08	01:40	01:22	02:31	00:55	01:33	02:03	01:52	01:11	01:21	00:28										
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+										

2	Mathias Myrting Gotaas	H17-20														42:11									
06:59	09:13	11:39	12:52	17:53	19:44	22:12	24:32	28:36	31:16	32:45	36:39	38:29	40:01	41:41	42:11										
06:59	02:14	02:26	01:13	05:01	01:51	02:28	02:20	04:04	02:40	01:29	03:54	01:50	01:32	01:40	00:30										
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+										

H17C

1	Sven Ohrvik	H17C														54:17									
04:08	09:38	13:10	16:05	18:55	29:20	38:53	40:36	47:00	48:54	52:48	53:39	54:17													
04:08	05:30	03:32	02:55	02:50	10:25	09:33	01:43	06:24	01:54	03:54	00:51	00:38													
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+													

2	Torbjørn Barikmo	H17C														1:18:59									
07:24	14:25	18:55	24:35	29:25	31:46	45:21	48:38	67:42	72:18	76:30	78:12	78:59													
07:24	07:01	04:30	05:40	04:50	02:21	13:35	03:17	19:04	04:36	04:12	01:42	00:47													
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+													

H21

1	Jørn Sundby	H21														39:07									
03:57	05:49	08:21	09:13	13:22	16:27	18:43	21:16	22:48	25:31	27:08	29:12	30:23	34:05	35:35	37:56	38:37	39:07								
03:57	01:52	02:32	00:52	04:09	03:05	02:16	02:33	01:32	02:43	01:37	02:04	01:11	03:42	01:30	02:21	00:41	00:30								
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+							

2	Dag Ausen	H21														42:04									
04:26	06:46	09:07	09:52	14:35	17:47	20:08	22:56	24:32	27:24	29:00	31:27	32:53	36:50	38:23	40:50	41:32	42:04								
04:26	02:20	02:21	00:45	04:43	03:12	02:21	02:48	01:36	02:52	01:36	02:27	01:26	03:57	01:33	02:27	00:42	00:32								
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+							

3	Dag Steinar Ragvin	H21														43:32									
04:23	06:12	08:27	09:14	13:28	16:34	19:02	21:23	23:14	25:48	27:29	29:59	31:37	38:11	39:34	42:04	42:54	43:32								
04:23	01:49	02:15	00:47	04:14	03:06	02:28	02:21	01:51	02:34	01:41	02:30	01:38	06:34	01:23	02:30	00:50	00:38								
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+							

4	Ole Petter Ruud	H21														1:18:40									
08:47	12:28	16:29	18:09	25:56	32:00	37:07	42:00	45:38	52:21	56:09	59:36	62:02	69:32	72:48	76:40	77:54	78:40								
08:47	03:41	04:01	01:40	07:47	06:04	05:07	04:53	03:38	06:43	03:48	03:27	02:26	07:30	03:16	03:52	01:14	00:46								
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+							

H40

1	Jørn Myrland	H40														33:55									
04:38	06:42	09:05	10:15	14:55	17:14	19:11	21:06	23:49	24:58	26:15	28:58	30:54	32:02	33:20	33:55										
04:38	02:04	02:23	01:10	04:40	02:19	01:57	01:55	02:43	01:09	01:17	02:43	01:56	01:08	01:18	00:35										
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+										

2	Helge Fossøy	H40														33:58									
04:34	06:34	08:30	09:23	13:40	15:36	17:19	19:13	22:10	23:21	24:38	27:56	30:31	31:55	33:23	33:58										
04:34	02:00	01:56	00:53	04:17	01:56	01:43	01:54	02:57	01:11	01:17	03:18	02:35	01:24	01:28	00:35										
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+										

3	Espen Løe	H40														35:05									
05:09	07:17	09:33	10:32	15:14	17:29	19:24	21:03	24:09	25:26	26:57	29:43	31:44	33:03	34:25	35:05										
05:09	02:08	02:16	00:59	04:42	02:15	01:55	01:39	03:06	01:17	01:31	02:46	02:01	01:19	01:22	00:40										
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+										

Class	Navn	Klasse											Tid		
4	Oscar Espeland	H40											35:59		
05:06	07:19	09:45	11:04	15:19	17:45	20:17	22:10	25:17	26:33	28:05	30:46	32:53	34:09	35:26	35:59
05:06	02:13	02:26	01:19	04:15	02:26	02:32	01:53	03:07	01:16	01:32	02:41	02:07	01:16	01:17	00:33
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
5	Magne Flågan	H40											37:51		
05:36	08:07	10:46	12:28	17:28	19:43	22:19	24:06	27:12	28:28	30:02	32:41	34:49	36:06	37:22	37:51
05:36	02:31	02:39	01:42	05:00	02:15	02:36	01:47	03:06	01:16	01:34	02:39	02:08	01:17	01:16	00:29
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
6	Arne Håkon Jørgensen	H40											40:20		
05:58	08:26	10:49	12:06	17:37	19:54	22:09	24:15	27:32	29:14	30:49	34:08	36:58	38:20	39:48	40:20
05:58	02:28	02:23	01:17	05:31	02:17	02:15	02:06	03:17	01:42	01:35	03:19	02:50	01:22	01:28	00:32
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
7	Helge Stenerud	H40											42:39		
05:34	07:48	10:15	11:34	16:46	19:06	21:03	22:48	25:46	27:18	28:52	31:59	39:09	40:36	42:09	42:39
05:34	02:14	02:27	01:19	05:12	02:20	01:57	01:45	02:58	01:32	01:34	03:07	07:10	01:27	01:33	00:30
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
8	Espen Raastad	H40											44:50		
05:07	07:29	09:47	11:11	17:50	20:34	23:08	25:31	30:37	32:46	34:53	37:51	40:38	42:27	44:15	44:50
05:07	02:22	02:18	01:24	06:39	02:44	02:34	02:23	05:06	02:09	02:07	02:58	02:47	01:49	01:48	00:35
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
9	Stein H. Hagen	H40											46:07		
06:25	09:09	12:07	13:41	19:10	21:52	24:38	26:49	31:04	34:43	36:30	39:24	42:16	43:55	45:32	46:07
06:25	02:44	02:58	01:34	05:29	02:42	02:46	02:11	04:15	03:39	01:47	02:54	02:52	01:39	01:37	00:35
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
10	Trond Andre Hem	H40											51:21		
07:06	09:43	13:11	14:45	24:05	27:18	29:46	31:37	35:03	36:57	39:47	42:48	46:24	49:01	50:39	51:21
07:06	02:37	03:28	01:34	09:20	03:13	02:28	01:51	03:26	01:54	02:50	03:01	03:36	02:37	01:38	00:42
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
11	Kjetil Kløvstad	H40											58:21		
08:20	11:34	14:57	16:40	24:58	27:45	30:44	34:53	39:19	42:32	45:04	49:38	52:53	54:55	57:37	58:21
08:20	03:14	03:23	01:43	08:18	02:47	02:59	04:09	04:26	03:13	02:32	04:34	03:15	02:02	02:42	00:44
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
12	Oskar Kaaløy	H40											1:17:04		
07:04	11:41	16:18	21:26	33:32	37:30	41:22	45:50	51:13	54:41	58:44	63:17	69:30	73:26	76:30	77:04
07:04	04:37	04:37	05:08	12:06	03:58	03:52	04:28	05:23	03:28	04:03	04:33	06:13	03:56	03:04	00:34
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
H50															
1	Kjell Westin	H50											33:59		
03:01	04:19	05:31	09:58	12:07	13:51	16:17	18:27	22:44	24:08	25:39	30:32	32:01	33:28	33:59	
03:01	01:18	01:12	04:27	02:09	01:44	02:26	02:10	04:17	01:24	01:31	04:53	01:29	01:27	00:31	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
2	Dagfinn Torpe	H50											39:04		
03:34	04:58	06:14	10:41	13:08	15:34	18:33	20:18	24:52	26:22	31:00	34:57	36:49	38:27	39:04	
03:34	01:24	01:16	04:27	02:27	02:26	02:59	01:45	04:34	01:30	04:38	03:57	01:52	01:38	00:37	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
3	Per Chr. Hagen	H50											40:55		
03:41	05:08	06:18	11:15	13:33	15:48	19:44	21:40	26:35	30:35	32:21	36:32	38:25	40:16	40:55	
03:41	01:27	01:10	04:57	02:18	02:15	03:56	01:56	04:55	04:00	01:46	04:11	01:53	01:51	00:39	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
4	Bjørn Atle Remme	H50											41:21		
04:30	06:09	07:48	12:45	15:18	17:45	21:08	23:44	28:40	30:55	33:05	36:50	38:48	40:41	41:21	
04:30	01:39	01:39	04:57	02:33	02:27	03:23	02:36	04:56	02:15	02:10	03:45	01:58	01:53	00:40	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
5	Elling Aakre	H50											45:03		
04:40	06:24	08:36	15:17	18:19	21:00	24:23	26:56	31:53	33:35	36:12	40:10	42:26	44:24	45:03	
04:40	01:44	02:12	06:41	03:02	02:41	03:23	02:33	04:57	01:42	02:37	03:58	02:16	01:58	00:39	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	

Class	Navn	Klasse										Tid			
6	Jarle Botnen	H50										46:35			
03:44	05:13	06:25	16:31	18:35	21:14	24:51	27:05	31:46	37:35	39:23	43:01	44:22	45:59	46:35	
03:44	01:29	01:12	10:06	02:04	02:39	03:37	02:14	04:41	05:49	01:48	03:38	01:21	01:37	00:36	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
7	Odd Harald Nilsen	H50										1:01:03			
06:45	09:11	14:06	21:29	25:25	28:44	33:30	38:02	43:31	45:29	49:12	54:42	57:16	60:07	61:03	
06:45	02:26	04:55	07:23	03:56	03:19	04:46	04:32	05:29	01:58	03:43	05:30	02:34	02:51	00:56	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
H60															
1	Runar Kittilsen	H60										41:56			
04:27	06:14	07:47	13:21	15:54	18:12	21:32	24:00	29:06	30:45	32:57	37:44	39:31	41:18	41:56	
04:27	01:47	01:33	05:34	02:33	02:18	03:20	02:28	05:06	01:39	02:12	04:47	01:47	01:47	00:38	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
2	Arne Lande	H60										51:24			
05:19	07:11	09:36	16:18	19:26	22:35	26:50	29:27	34:27	36:19	40:04	45:40	48:19	50:42	51:24	
05:19	01:52	02:25	06:42	03:08	03:09	04:15	02:37	05:00	01:52	03:45	05:36	02:39	02:23	00:42	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
3	Lars Magne Klovning	H60										52:02			
04:38	06:50	08:51	15:31	18:37	21:52	26:06	29:03	33:39	35:29	42:23	46:23	48:33	51:14	52:02	
04:38	02:12	02:01	06:40	03:06	03:15	04:14	02:57	04:36	01:50	06:54	04:00	02:10	02:41	00:48	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
4	Kjell Dolva	H60										52:57			
04:52	06:41	08:05	15:29	18:43	21:36	26:19	29:44	35:02	37:12	41:52	47:14	49:42	52:13	52:57	
04:52	01:49	01:24	07:24	03:14	02:53	04:43	03:25	05:18	02:10	04:40	05:22	02:28	02:31	00:44	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
5	Asbjørn Bræck	H60										55:21			
05:04	06:45	08:37	14:02	16:09	19:19	21:58	25:37	27:59	37:44	40:08	42:46	49:54	52:07	54:38	55:21
05:04	01:41	01:52	05:25	02:07	03:10	02:39	03:39	02:22	09:45	02:24	02:38	07:08	02:13	02:31	00:43
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
6	Eigil Kongsfjell	H60										56:55			
06:10	08:26	10:29	17:32	21:28	25:09	29:58	33:11	40:00	42:38	45:40	50:49	53:25	56:08	56:55	
06:10	02:16	02:03	07:03	03:56	03:41	04:49	03:13	06:49	02:38	03:02	05:09	02:36	02:43	00:47	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
7	Thor Edvardsen	H60										1:13:55			
05:34	08:10	10:12	17:44	23:18	26:30	33:33	39:29	48:36	56:00	60:09	66:56	70:11	73:00	73:55	
05:34	02:36	02:02	07:32	05:34	03:12	07:03	05:56	09:07	07:24	04:09	06:47	03:15	02:49	00:55	
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	
H70															
1	Helge Halvorsen	H70										54:09			
04:29	13:43	18:52	20:27	26:28	29:33	35:39	38:04	45:20	46:35	52:13	53:18	54:09			
04:29	09:14	05:09	01:35	06:01	03:05	06:06	02:25	07:16	01:15	05:38	01:05	00:51			
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+			
2	Hans Mathisen	H70										57:12			
04:45	14:13	18:56	21:09	28:58	31:45	37:09	39:59	47:05	48:44	55:12	56:26	57:12			
04:45	09:28	04:43	02:13	07:49	02:47	05:24	02:50	07:06	01:39	06:28	01:14	00:46			
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+			
3	Roald Lunde	H70										1:00:00			
05:04	12:52	23:20	25:05	31:42	35:19	41:30	43:59	50:54	52:29	57:57	59:08	60:00			
05:04	07:48	10:28	01:45	06:37	03:37	06:11	02:29	06:55	01:35	05:28	01:11	00:52			
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+			
4	Frithjof Robertsen	H70										1:01:51			
05:06	14:11	25:32	27:02	34:11	37:36	43:16	46:07	52:59	54:47	60:01	61:09	61:51			
05:06	09:05	11:21	01:30	07:09	03:25	05:40	02:51	06:52	01:48	05:14	01:08	00:42			
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+			
5	Konrad Valderhaug	H70										1:03:30			
06:01	16:17	27:27	29:11	36:20	39:27	45:12	47:54	55:12	56:39	61:55	62:55	63:30			
06:01	10:16	11:10	01:44	07:09	03:07	05:45	02:42	07:18	01:27	05:16	01:00	00:35			
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+			

Class	Navn	Klasse											Tid
6	Egil Rygh	H70											1:06:07
	04:05	20:05	23:12	31:34	40:59	44:02	48:04	50:38	56:43	58:50	64:24	65:21	66:07
	04:05	16:00	03:07	08:22	09:25	03:03	04:02	02:34	06:05	02:07	05:34	00:57	00:46
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+
NÅPEN													
10	Beate Berg	NÅPEN											19:59
	01:49	03:38	06:04	12:23	13:43	15:35	17:23	19:12	19:59				
	01:49	01:49	02:26	06:19	01:20	01:52	01:48	01:49	00:47				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				
19	Astrid Eggum	NÅPEN											25:28
23	Sander Endresen	NÅPEN											23:16
	02:10	03:55	07:02	15:37	17:30	19:41	21:01	22:33	23:16				
	02:10	01:45	03:07	08:35	01:53	02:11	01:20	01:32	00:43				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				
64	Vegard Landsverk	NÅPEN											12:47
	01:11	02:15	03:47	07:57	09:09	10:38	11:37	12:17	12:47				
	01:11	01:04	01:32	04:10	01:12	01:29	00:59	00:40	00:30				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				
74	Ole Kristian Myrland	NÅPEN											20:03
	01:42	03:44	06:05	12:33	14:08	15:49	17:29	19:12	20:03				
	01:42	02:02	02:21	06:28	01:35	01:41	01:40	01:43	00:51				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				
91	Rune Rauland	NÅPEN											25:18
120	Hanne Vassend	NÅPEN											24:02
	02:13	04:21	06:54	14:22	16:35	19:18	21:30	23:10	24:02				
	02:13	02:08	02:33	07:28	02:13	02:43	02:12	01:40	00:52				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				
125	Emilie Westin	NÅPEN											23:52
	02:05	04:12	06:44	14:13	16:34	19:09	21:21	23:03	23:52				
	02:05	02:07	02:32	07:29	02:21	02:35	02:12	01:42	00:49				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				
132	Amalie Aanesen	NÅPEN											25:35
	01:52	03:43	06:26	14:00	15:43	19:08	20:55	24:21	25:35				
	01:52	01:51	02:43	07:34	01:43	03:25	01:47	03:26	01:14				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				
436	Elise Ausen	NÅPEN											34:29
	02:44	05:44	10:31	21:25	24:53	28:57	31:08	32:47	34:29				
	02:44	03:00	04:47	10:54	03:28	04:04	02:11	01:39	01:42				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				
439	Sofie Sandtangen	NÅPEN											17:25
	01:49	03:24	05:28	10:49	12:16	14:06	15:34	16:38	17:25				
	01:49	01:35	02:04	05:21	01:27	01:50	01:28	01:04	00:47				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				
440	Kaja Sandtangen	NÅPEN											25:16
	01:41	03:33	06:16	14:00	15:46	18:51	20:53	24:20	25:16				
	01:41	01:52	02:43	07:44	01:46	03:05	02:02	03:27	00:56				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				
442	Gyri Høiset	NÅPEN											38:54
	07:40	11:01	15:11	26:10	29:37	33:37	35:57	37:34	38:54				
	07:40	03:21	04:10	10:59	03:27	04:00	02:20	01:37	01:20				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				
445	Synne Jonassen	NÅPEN											27:16
	02:28	04:37	12:00	17:33	19:41	22:07	24:32	26:36	27:16				
	02:28	02:09	07:23	05:33	02:08	02:26	02:25	02:04	00:40				
	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+				

Class	Navn	Klasse								Tid
449	Daniella Domingues	NÅPEN								18:15
02:03	06:08	07:36	11:44	13:04	14:26	16:19	17:31	18:15		
02:03	04:05	01:28	04:08	01:20	01:22	01:53	01:12	00:44		
00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+	00:44+		