

Plass Navn

Klasse

Tid

C-Åpen

1 Ann-Magritt Sande Gjø-Vard 43:16

06:26= 09:21= 18:58= 20:48= 24:40= 26:01= 30:17= 38:41= 41:08= 42:59= 43:16=
06:26= 02:55= 09:37= 01:50= 03:52= 01:21= 04:16= 08:24= 02:27= 01:51= 00:17=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Svanhild Steinsholt Toten-Troll 49:31

07:02+ 09:31+ 19:42+ 22:24+ 26:11+ 27:40+ 32:02+ 43:09+ 46:28+ 49:02+ 49:31+
07:02+ 02:29- 10:11+ 02:42+ 03:47- 01:29+ 04:22+ 11:07+ 03:19+ 02:34+ 00:29+
00:36+ 00:26- 00:34+ 00:52& 00:05- 00:08+ 00:06+ 02:43& 00:52& 00:43& 00:12&

3 Ole Edvard Snuggerud Gjø-Vard 59:59

05:11- 09:59+ 26:34+ 28:47+ 34:27+ 36:15+ 42:25+ 53:34+ 57:01+ 59:44+ 59:59+
05:11- 04:48+ 16:35+ 02:13+ 05:40+ 01:48+ 06:10+ 11:09+ 03:27+ 02:43+ 00:15-
01:15- 01:53& 06:58& 00:23# 01:48& 00:27& 01:54& 02:45& 01:00& 00:52& 00:02-

4 Ingvild Snuggerud Gjø-Vard 1:00:07

05:19- 09:31+ 26:32+ 28:43+ 34:20+ 36:14+ 42:26+ 53:24+ 57:13+ 59:51+ 60:07+
05:19- 04:12+ 17:01+ 02:11+ 05:37+ 01:54+ 06:12+ 10:58+ 03:49+ 02:38+ 00:16-
01:07- 01:17& 07:24& 00:21# 01:45& 00:33& 01:56& 02:34& 01:22& 00:47& 00:01-

Beste strekketid for klassen

05:11 02:29 09:37 01:50 03:47 01:21 04:16 08:24 02:27 01:51 00:15

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

D 12

1 Kristine Strandlie Gjø-Vard 41:39

04:03= 05:55= 12:52= 14:13= 16:54= 18:08= 22:06= 37:15= 39:56= 41:28= 41:39=
04:03= 01:52= 06:57= 01:21= 02:41= 01:14= 03:58= 15:09= 02:41= 01:32= 00:11=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekketid for klassen

04:03 01:52 06:57 01:21 02:41 01:14 03:58 15:09 02:41 01:32 00:11

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

D 13-14

1 Sigrid Snuggerud Gjø-Vard 1:10:12

03:52= 05:55= 13:26= 20:29= 25:29= 31:55= 36:48= 58:25= 69:54= 70:12=
03:52= 02:03= 07:31= 07:03= 05:00= 06:26= 04:53= 21:37= 11:29= 00:18=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Marte Bjørke Sollien Toten-Troll 1:25:24

05:54+ 08:44+ 19:15+ 24:33+ 27:18+ 44:51+ 52:20+ 66:48+ 80:50+ 83:26+ 85:09+ 85:24+
05:54+ 02:50+ 10:31+ 05:18- 02:45- 17:33+ 07:29+ 14:28- 14:02+ 02:36+ 01:43+ 00:15+
02:02& 00:47& 03:00& 01:45- 02:15- 11:07@ 02:36& 07:09- 02:33# 02:18@ 01:43+ 00:15+

Beste strekketid for klassen

03:52 02:03 07:31 05:18 02:45 06:26 04:53 14:28 11:29 00:18

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

D 17-

1 Astrid Kravdal Gjø-Vard 51:38

02:53= 04:13= 13:41= 15:03= 16:49= 19:47= 25:04= 29:22= 30:28= 33:38= 37:19= 39:32= 40:50= 45:40= 48:47= 50:09= 51:25= 51:38=
02:53= 01:20= 09:28= 01:22= 01:46= 02:58= 05:17= 04:18= 01:06= 03:10= 03:41= 02:13= 01:18= 04:50= 03:07= 01:22= 01:16= 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=

Class	Navn	Klasse	Tid
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2	Kristine Sollien Flaskerud	Toten-Troll	52:52														
04:00+	05:19+	14:47+	16:08+	17:54+	20:53+	26:09+	30:30+	31:34+	34:43+	38:25+	40:39+	42:04+	46:50+	49:58+	51:32+	52:37+	52:52+
04:00+	01:19-	09:28=	01:21-	01:46=	02:59+	05:16-	04:21+	01:04-	03:09-	03:42+	02:14+	01:25+	04:46-	03:08+	01:34+	01:05-	00:15+
01:07&	00:01-	00:00=	00:01-	00:00=	00:01+	00:01-	00:03+	00:02-	00:01-	00:01+	00:01+	00:07+	00:04-	00:01+	00:12#	00:11-	00:02#

3	Åshild Stuve Strandlie	Gjø-Vard	58:47														
03:19+	04:58+	18:19+	19:40+	21:26+	24:14+	29:15+	33:27+	34:35+	37:52+	42:05+	44:38+	45:52+	50:53+	54:40+	57:22+	58:33+	58:47+
03:19+	01:39+	13:21+	01:21-	01:46=	02:48-	05:01-	04:12-	01:08+	03:17+	04:13+	02:33+	01:14-	05:01+	03:47+	02:42+	01:11-	00:14+
00:26#	00:19#	03:53&	00:01-	00:00=	00:10-	00:16-	00:06-	00:02+	00:07+	00:32#	00:20#	00:04-	00:11+	00:40#	01:20&	00:05-	00:01+

4	Vanja Staff	Toten-Troll	1:01:53														
03:28+	05:16+	17:04+	18:35+	20:30+	23:10+	28:37+	32:58+	34:00+	37:53+	42:22+	46:01+	48:26+	54:50+	58:36+	60:32+	61:38+	61:53+
03:28+	01:48+	11:48+	01:31+	01:55+	02:40-	05:27+	04:21+	01:02-	03:53+	04:29+	03:39+	02:25+	06:24+	03:46+	01:56+	01:06-	00:15+
00:35#	00:28&	02:20#	00:09#	00:09+	00:18-	00:10+	00:03+	00:04-	00:43#	00:48#	01:26&	01:07&	01:34&	00:39#	00:34&	00:10-	00:02#

5	Marthe Ruttenborg	Gjø-Vard	1:09:31														
03:09+	04:38+	16:26+	17:45+	19:34+	22:24+	28:10+	32:45+	34:07+	37:40+	46:23+	50:02+	51:27+	58:19+	64:50+	67:00+	68:59+	69:31+
03:09+	01:29+	11:48+	01:19-	01:49+	02:50-	05:46+	04:35+	01:22+	03:33+	08:43+	03:39+	01:25+	06:52+	06:31+	02:10+	01:59+	00:32+
00:16+	00:09#	02:20#	00:03-	00:03+	00:08-	00:29+	00:17+	00:16#	00:23#	05:02@	01:26&	00:07+	02:02&	03:24@	00:48&	00:43&	00:19@

Beste strekktid for klassen																	
02:53	01:19	09:28	01:19	01:46	02:40	05:01	04:12	01:02	03:09	03:41	02:13	01:14	04:46	03:07	01:22	01:05	00:13

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

D 50

1	Mari Hernandez	Toten-Troll	48:15										
03:25=	05:40=	09:33=	10:55=	19:48=	21:34=	24:55=	26:38=	31:14=	42:25=	43:58=	46:28=	48:00=	48:15=
03:25=	02:15=	03:53=	01:22=	08:53=	01:46=	03:21=	01:43=	04:36=	11:11=	01:33=	02:30=	01:32=	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=

2	Margrete Jørndli	Gjø-Vard	1:08:55										
03:32+	05:38-	09:53+	11:26+	29:34+	31:50+	35:49+	37:13+	38:24+	54:26+	56:15+	67:24+	68:39+	68:55+
03:32+	02:06-	04:15+	01:33+	18:08+	02:16+	03:59+	01:24-	01:11-	16:02+	01:49+	11:09+	01:15-	00:16+
00:07+	00:09-	00:22+	00:11#	09:15@	00:30&	00:38#	00:19-	03:25-	04:51&	00:16#	08:39@	00:17-	00:01+

Beste strekktid for klassen																	
03:25	02:06	03:53	01:22	08:53	01:46	03:21	01:24	01:11	11:11	01:33	02:30	01:15	00:15				

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

D 60

1	Eva Stensrud	Raufoss	1:04:51								
05:31=	07:41=	13:31=	17:55=	20:05=	25:54=	39:30=	47:19=	58:55=	62:07=	64:31=	64:51=
05:31=	02:10=	05:50=	04:24=	02:10=	05:49=	13:36=	07:49=	11:36=	03:12=	02:24=	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=

Beste strekktid for klassen																	
05:31	02:10	05:50	04:24	02:10	05:49	13:36	07:49	11:36	03:12	02:24	00:20						

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

H 12

1	Elias Øhman	Gjø-Vard	36:18							
04:42=	07:09=	14:50=	16:07=	18:54=	19:41=	22:37=	32:46=	34:28=	36:06=	36:18=
04:42=	02:27=	07:41=	01:17=	02:47=	00:47=	02:56=	10:09=	01:42=	01:38=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Simen Ballangrud	Raufoss	40:26							
04:39-	06:30-	16:07+	17:24+	20:13+	21:07+	23:34+	37:09+	38:43+	40:13+	40:26+
04:39-	01:51-	09:37+	01:17=	02:49+	00:54+	02:27-	13:35+	01:34-	01:30-	00:13+
00:03-	00:36-	01:56&	00:00=	00:02+	00:07#	00:29-	03:26&	00:08-	00:08-	00:01+

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

04:39 01:51 07:41 01:17 02:47 00:47 02:27 10:09 01:34 01:30 00:12

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

H 13-14

1 Jonas Mo

Toten-Troll

47:37

02:26= 03:36= 07:45= 11:04= 12:24= 15:46= 26:00= 33:28= 44:07= 46:12= 47:25= 47:37=
 02:26= 01:10= 04:09= 03:19= 01:20= 03:22= 10:14= 07:28= 10:39= 02:05= 01:13= 00:12=
 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 Tobias Lerche Fodstad

Gjø-Vard

1:13:40

03:39+ 05:29+ 12:03+ 15:08+ 21:18+ 27:38+ 32:42+ 54:30+ 68:15+ 71:44+ 73:28+ 73:40+
 03:39+ 01:50+ 06:34+ 03:05- 06:10+ 06:20+ 05:04- 21:48+ 13:45+ 03:29+ 01:44+ 00:12=
 01:13& 00:40& 02:25& 00:14- 04:50@ 02:58& 05:10- 14:20@ 03:06& 01:24& 00:31& 00:00=

Beste strekktid for klassen

02:26 01:10 04:09 03:05 01:20 03:22 05:04 07:28 10:39 02:05 01:13 00:12

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

H 15-16

1 Anders Bergum

Gjø-Vard

50:23

02:45= 03:47= 13:37= 14:46= 16:15= 19:11= 23:36= 27:38= 28:28= 31:14= 34:32= 36:50= 37:49= 42:29= 47:43= 49:12= 50:14= 50:23=
 02:45= 01:02= 09:50= 01:09= 01:29= 02:56= 04:25= 04:02= 00:50= 02:46= 03:18= 02:18= 00:59= 04:40= 05:14= 01:29= 01:02= 00:09=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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 Jens Waage

Gjø-Vard

50:42

03:23+ 04:38+ 14:06+ 15:22+ 17:02+ 19:33+ 24:02+ 28:25+ 29:23+ 32:09+ 36:00+ 38:24+ 39:47+ 44:04+ 46:56- 49:50+ 50:33+ 50:42+
 03:23+ 01:15+ 09:28- 01:16+ 01:40+ 02:31- 04:29+ 04:23+ 00:58+ 02:46= 03:51+ 02:24+ 01:23+ 04:17- 02:52- 02:54+ 00:43- 00:09=
 00:38# 00:13# 00:22- 00:07# 00:11# 00:25- 00:04+ 00:21+ 00:08# 00:00= 00:33# 00:06+ 00:24& 00:23- 02:22- 01:25& 00:19- 00:00=

3 Elling Fosshem Asplin

Gjø-Vard

59:05

05:56+ 07:20+ 17:38+ 18:46+ 20:29+ 22:45+ 27:44+ 31:52+ 32:52+ 38:16+ 41:55+ 44:56+ 46:08+ 51:06+ 54:35+ 57:30+ 58:42+ 59:05+
 05:56+ 01:24+ 10:18+ 01:08- 01:43+ 02:16- 04:59+ 04:08+ 01:00+ 05:24+ 03:39+ 03:01+ 01:12+ 04:58+ 03:29- 02:55+ 01:12+ 00:23+
 03:11@ 00:22& 00:28+ 00:01- 00:14# 00:40- 00:34# 00:06+ 00:10# 02:38& 00:21# 00:43& 00:13# 00:18+ 01:45- 01:26& 00:10# 00:14@

4 Peder Fosshem Asplin

Gjø-Vard

1:05:46

03:48+ 05:22+ 18:23+ 19:50+ 21:36+ 24:27+ 30:31+ 37:13+ 38:17+ 41:38+ 45:56+ 51:13+ 53:53+ 59:05+ 62:58+ 64:27+ 65:33+ 65:46+
 03:48+ 01:34+ 13:01+ 01:27+ 01:46+ 02:51- 06:04+ 06:42+ 01:04+ 03:21+ 04:18+ 05:17+ 02:40+ 05:12+ 03:53- 01:29= 01:06+ 00:13+
 01:03& 00:32& 03:11& 00:18& 00:17# 00:05- 01:39& 02:40& 00:14& 00:35# 01:00& 02:59@ 01:41@ 00:32# 01:21- 00:00= 00:04+ 00:04&

Beste strekktid for klassen

02:45 01:02 09:28 01:08 01:29 02:16 04:25 04:02 00:50 02:46 03:18 02:18 00:59 04:17 02:52 01:29 00:43 00:09

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

H 15-16B

1 Andreas Bjørke Sollien

Toten-Troll

1:31:02

05:17= 28:06= 33:48= 35:16= 48:04= 52:55= 59:14= 61:59= 63:59= 82:04= 83:49= 88:09= 90:49= 91:02=
 05:17= 22:49= 05:42= 01:28= 12:48= 04:51= 06:19= 02:45= 02:00= 18:05= 01:45= 04:20= 02:40= 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=

Beste strekktid for klassen

05:17 22:49 05:42 01:28 12:48 04:51 06:19 02:45 02:00 18:05 01:45 04:20 02:40 00:13

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

H 17-

Class	Navn	Klasse										Tid						
1	Rolf Pettersen Mo	Toten-Troll										47:23						
	02:35=	04:08=	13:19=	14:27=	15:56=	18:19=	22:59=	26:11=	27:12=	29:53=	33:15=	35:42=	36:48=	40:56=	44:38=	46:04=	47:12=	47:23=
	02:35=	01:33=	09:11=	01:08=	01:29=	02:23=	04:40=	03:12=	01:01=	02:41=	03:22=	02:27=	01:06=	04:08=	03:42=	01:26=	01:08=	00:11=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Strandlie	Gjø-Vard										49:20						
	02:44+	04:00-	13:10-	14:27=	16:13+	18:49+	23:23+	26:49+	27:48+	30:49+	34:16+	36:33+	39:22+	43:42+	46:42+	48:10+	49:09+	49:20+
	02:44+	01:16-	09:10-	01:17+	01:46+	02:36+	04:34-	03:26+	00:59-	03:01+	03:27+	02:17-	02:49+	04:20+	03:00-	01:28+	00:59-	00:11=
	00:09+	00:17-	00:01-	00:09#	00:17#	00:13+	00:06-	00:14+	00:02-	00:20#	00:05+	00:10-	01:43@	00:12+	00:42-	00:02+	00:09-	00:00=
3	Eirik Ravnan	Toten-Troll										50:03						
	03:15+	04:24+	13:21+	14:38+	16:07+	19:03+	23:31+	27:36+	28:30+	31:40+	35:09+	37:46+	40:00+	44:15+	47:34+	48:52+	49:52+	50:03+
	03:15+	01:09-	08:57-	01:17+	01:29=	02:56+	04:28-	04:05+	00:54-	03:10+	03:29+	02:37+	02:14+	04:15+	03:19-	01:18-	01:00-	00:11=
	00:40&	00:24-	00:14-	00:09#	00:00=	00:33#	00:12-	00:53&	00:07-	00:29#	00:07+	00:10+	01:08@	00:07+	00:23-	00:08-	00:08-	00:00=
4	Nils Harald Staff	Toten-Troll										52:09						
	02:29-	03:42-	12:51-	14:15-	16:03+	18:39+	23:19+	27:55+	28:56+	32:27+	36:42+	39:02+	40:22+	45:16+	49:19+	50:50+	51:57+	52:09+
	02:29-	01:13-	09:09-	01:24+	01:48+	02:36+	04:40=	04:36+	01:01=	03:31+	04:15+	02:20-	01:20+	04:54+	04:03+	01:31+	01:07-	00:12+
	00:06-	00:20-	00:02-	00:16#	00:19#	00:13+	00:00=	01:24&	00:00=	00:50&	00:53&	00:07-	00:14#	00:46#	00:21+	00:05+	00:01-	00:01+
5	Bjarte Linstad	Toten-Troll										52:30						
	02:38+	04:09+	16:03+	17:22+	19:20+	21:44+	26:26+	29:55+	30:52+	33:57+	37:17+	41:19+	42:22+	46:47+	49:50+	51:21+	52:13+	52:30+
	02:38+	01:31-	11:54+	01:19+	01:58+	02:24+	04:42+	03:29+	00:57-	03:05+	03:20-	04:02+	01:03-	04:25+	03:03-	01:31+	00:52-	00:17+
	00:03+	00:02-	02:43&	00:11#	00:29&	00:01+	00:02+	00:17+	00:04-	00:24#	00:02-	01:35&	00:03-	00:17+	00:39-	00:05+	00:16-	00:06&
6	Anders Sollien	Toten-Troll										53:48						
	02:31-	03:59-	15:28+	16:46+	18:46+	21:12+	26:38+	30:47+	31:46+	35:09+	39:09+	41:35+	42:53+	47:49+	51:14+	52:39+	53:37+	53:48+
	02:31-	01:28-	11:29+	01:18+	02:00+	02:26+	05:26+	04:09+	00:59-	03:23+	04:00+	02:26-	01:18+	04:56+	03:25-	01:25-	00:58-	00:11=
	00:04-	00:05-	02:18&	00:10#	00:31&	00:03+	00:46#	00:57&	00:02-	00:42&	00:38#	00:01-	00:12#	00:48#	00:17-	00:01-	00:10-	00:00=
7	Audun Strandlie	Gjø-Vard										54:08						
	02:56+	04:07-	19:40+	20:45+	22:53+	25:05+	29:41+	33:07+	34:03+	36:56+	40:23+	43:31+	44:39+	48:47+	51:36+	53:01+	53:54+	54:08+
	02:56+	01:11-	15:33+	01:05-	02:08+	02:12-	04:36-	03:26+	00:56-	02:53+	03:27+	03:08+	01:08+	04:08=	02:49-	01:25-	00:53-	00:14+
	00:21#	00:22-	06:22&	00:03-	00:39&	00:11-	00:04-	00:14+	00:05-	00:12+	00:05+	00:41&	00:02+	00:00=	00:53-	00:01-	00:15-	00:03&
8	Hans Jørgen Bergum	Gjø-Vard										54:47						
	02:15-	03:33-	13:53+	14:57+	16:46+	19:13+	23:55+	30:18+	31:08+	36:25+	40:32+	42:27+	44:00+	48:12+	52:15+	53:41+	54:36+	54:47+
	02:15-	01:18-	10:20+	01:04+	01:49+	02:27+	04:42+	06:23+	00:50-	05:17+	04:07+	01:55-	01:33+	04:12+	04:03+	01:26=	00:55-	00:11=
	00:20-	00:15-	01:09#	00:04-	00:20#	00:04+	00:02+	03:11&	00:11-	02:36&	00:45#	00:32-	00:27&	00:04+	00:21+	00:00=	00:13-	00:00=
9	Trond Flaskerud	Toten-Troll										57:57						
	03:04+	04:27+	13:50+	15:17+	17:08+	19:59+	25:34+	31:13+	32:13+	35:55+	39:27+	43:10+	44:26+	49:14+	55:11+	56:42+	57:43+	57:57+
	03:04+	01:23-	09:23+	01:27+	01:51+	02:51+	05:35+	05:39+	01:00-	03:42+	03:32+	03:43+	01:16+	04:48+	05:57+	01:31+	01:01-	00:14+
	00:29#	00:10-	00:12+	00:19&	00:22#	00:28#	00:55#	02:27&	00:01-	01:01&	00:10+	01:16&	00:10#	00:40#	02:15&	00:05+	00:07-	00:03&
10	Øyvind Lien	Gjø-Vard										1:02:06						
	02:34-	03:53-	14:46+	16:33+	18:41+	21:12+	27:24+	32:30+	33:59+	37:17+	41:25+	45:17+	46:37+	51:25+	57:14+	60:50+	61:52+	62:06+
	02:34-	01:19-	10:53+	01:47+	02:08+	02:31+	06:12+	05:06+	01:29+	03:18+	04:08+	03:52+	01:20+	04:48+	05:49+	03:36+	01:02-	00:14+
	00:01-	00:14-	01:42#	00:39&	00:39&	00:08+	01:32&	01:54&	00:28&	00:37#	00:46#	01:25&	00:14#	00:40#	02:07&	02:10@	00:06-	00:03&

Beste strekktid for klassen

02:15 01:09 08:57 01:04 01:29 02:12 04:28 03:12 00:50 02:41 03:20 01:55 01:03 04:08 02:49 01:18 00:52 00:11

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

H 50

1	Bjørn Godager	Gjø-Vard										36:25						
	02:36=	04:25=	08:02=	09:34=	16:28=	17:38=	20:34=	21:58=	22:46=	31:52=	33:40=	35:10=	36:12=	36:25=				
	02:36=	01:49=	03:37=	01:32=	06:54=	01:10=	02:56=	01:24=	00:48=	09:06=	01:48=	01:30=	01:02=	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=				
2	Tommy Gullord	Gjø-Vard										38:47						
	02:39+	04:42+	08:30+	09:59+	18:12+	19:32+	22:46+	24:17+	25:10+	34:30+	36:01+	37:34+	38:33+	38:47+				
	02:39+	02:03+	03:48+	01:29+	08:13+	01:20+	03:14+	01:31+	00:53+	09:20+	01:31-	01:33+	00:59-	00:14+				
	00:03+	00:14#	00:11+	00:03-	01:19#	00:10#	00:18#	00:07+	00:05#	00:14+	00:17-	00:03+	00:03-	00:01+				
3	Leif Anders Strande	Raufoss										41:36						
	03:38+	06:52+	10:50+	12:07+	19:37+	21:27+	24:49+	26:05+	27:05+	36:16+	37:43+	40:16+	41:23+	41:36+				
	03:38+	03:14+	03:58+	01:17-	07:30+	01:50+	03:22+	01:16-	01:00+	09:11+	01:27-	02:33+	01:07+	00:13=				
	01:02&	01:25&	00:21+	00:15-	00:36+	00:40&	00:26#	00:08-	00:12#	00:05+	00:21-	01:03&	00:05+	00:00=				

Class	Navn	Klasse	Tid
4	Kjetil Kløverud	Gjø-Vard	42:08
03:04+	05:15+ 08:58+ 10:41+ 18:39+ 20:48+	23:52+ 25:14+ 26:18+ 36:32+ 38:16+	40:23+ 41:53+ 42:08+
03:04+	02:11+ 03:43+ 01:43+ 07:58+ 02:09+	03:04+ 01:22- 01:04+ 10:14+ 01:44-	02:07+ 01:30+ 00:15+
00:28#	00:22# 00:06+ 00:11# 01:04# 00:59&	00:08+ 00:02- 00:16& 01:08# 00:04-	00:37& 00:28& 00:02#
5	Sjur Gjestvang	Toten-Troll	46:47
04:10+	06:42+ 11:14+ 12:41+ 21:42+ 23:07+	26:41+ 28:19+ 29:30+ 39:53+ 42:12+	45:12+ 46:30+ 46:47+
04:10+	02:32+ 04:32+ 01:27- 09:01+ 01:25+	03:34+ 01:38+ 01:11+ 10:23+ 02:19+	03:00+ 01:18+ 00:17+
01:34&	00:43& 00:55& 00:05- 02:07& 00:15#	00:38# 00:14# 00:23& 01:17# 00:31&	01:30& 00:16& 00:04&
6	Bengt Erik Johansson	Gjø-Vard	48:11
02:50+	07:15+ 11:45+ 13:23+ 21:26+ 23:00+	26:41+ 28:14+ 29:11+ 40:35+ 42:24+	46:54+ 47:57+ 48:11+
02:50+	04:25+ 04:30+ 01:38+ 08:03+ 01:34+	03:41+ 01:33+ 00:57+ 11:24+ 01:49+	04:30+ 01:03+ 00:14+
00:14+	02:36@ 00:53# 00:06+ 01:09# 00:24&	00:45& 00:09# 00:09# 02:18& 00:01+	03:00@ 00:01+ 00:01+
7	Per Fløystad	Gjø-Vard	51:56
04:11+	06:59+ 11:38+ 13:20+ 24:43+ 26:41+	30:23+ 31:47+ 33:04+ 44:29+ 46:52+	50:07+ 51:41+ 51:56+
04:11+	02:48+ 04:39+ 01:42+ 11:23+ 01:58+	03:42+ 01:24= 01:17+ 11:25+ 02:23+	03:15+ 01:34+ 00:15+
01:35&	00:59& 01:02& 00:10# 04:29& 00:48&	00:46& 00:00= 00:29& 02:19& 00:35&	01:45@ 00:32& 00:02#
8	Ola Brox	Toten-Troll	1:01:08
05:14+	08:37+ 14:54+ 16:57+ 28:36+ 31:04+	36:38+ 39:01+ 40:31+ 54:44+ 57:08+	58:59+ 60:38+ 61:08+
05:14+	03:23+ 06:17+ 02:03+ 11:39+ 02:28+	05:34+ 02:23+ 01:30+ 14:13+ 02:24+	01:51+ 01:39+ 00:30+
02:38@	01:34& 02:40& 00:31& 04:45& 01:18@	02:38& 00:59& 00:42& 05:07& 00:36&	00:21# 00:37& 00:17@
Beste strekktid for klassen			
02:36	01:49	03:37	01:17
06:54	01:10	02:56	01:16
00:48	09:06	01:27	01:30
00:59	00:13	00:59	00:13

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

H 70

1	Bjørn Eriksrud	Raufoss	56:28
04:27=	06:31= 10:48= 14:22= 16:07= 20:51=	37:10= 42:54= 52:31= 54:35= 56:09=	56:28=
04:27=	02:04= 04:17= 03:34= 01:45= 04:44=	16:19= 05:44= 09:37= 02:04= 01:34=	00:19=
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	Gunnar Haug	Gjø-Vard	58:29
11:08+	13:10+ 19:04+ 23:06+ 24:40+ 30:35+	35:44- 42:57+ 54:35+ 56:29+ 58:09+	58:29+
11:08+	02:02- 05:54+ 04:02+ 01:34- 05:55+	05:09- 07:13+ 11:38+ 01:54- 01:40+	00:20+
06:41@	00:02- 01:37& 00:28# 00:11- 01:11#	11:10- 01:29& 02:01# 00:10- 00:06+	00:01+
3	Roald Kleppe	Gjø-Vard	1:14:14
04:16-	07:00+ 12:33+ 16:33+ 18:59+ 25:28+	31:30- 39:53- 68:56+ 71:14+ 73:47+	74:14+
04:16-	02:44+ 05:33+ 04:00+ 02:26+ 06:29+	06:02- 08:23+ 29:03+ 02:18+ 02:33+	00:27+
00:11-	00:40& 01:16& 00:26# 00:41& 01:45&	10:17- 02:39& 19:26@ 00:14# 00:59&	00:08&
Beste strekktid for klassen			
04:16	02:02	04:17	03:34
01:34	04:44	05:09	05:44
09:37	01:54	01:34	00:19

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

N-Åpen

69	Louise Knutsen	Gjø-Vard	22:03
03:06+	07:01+ 08:39+ 11:21+ 15:54+ 17:39+	20:10+ 21:43+ 22:03+	
03:06+	03:55+ 01:38+ 02:42+ 04:33+ 01:45+	02:31+ 01:33+ 00:20+	
03:06+	03:55+ 01:38+ 02:42+ 04:33+ 01:45+	02:31+ 01:33+ 00:20+	
70	Annar Erlie Solerød	Gjø-Vard	25:10
02:54+	05:57+ 08:03+ 11:22+ 14:42+ 17:36+	21:12+ 24:51+ 25:10+	
02:54+	03:03+ 02:06+ 03:19+ 03:20+ 02:54+	03:36+ 03:39+ 00:19+	
02:54+	03:03+ 02:06+ 03:19+ 03:20+ 02:54+	03:36+ 03:39+ 00:19+	
71	Hanna Lerche Fodstad	Gjø-Vard	24:46
03:43+	07:36+ 09:29+ 13:28+ 16:43+ 19:13+	21:58+ 24:27+ 24:46+	
03:43+	03:53+ 01:53+ 03:59+ 03:15+ 02:30+	02:45+ 02:29+ 00:19+	
03:43+	03:53+ 01:53+ 03:59+ 03:15+ 02:30+	02:45+ 02:29+ 00:19+	

Class	Navn	Klasse	Tid
73	Jon Magnus Smestad	Toten-Troll	25:33
03:53+	06:48+ 08:25+ 11:53+ 14:57+ 17:49+ 22:23+ 25:19+ 25:33+		
03:53+	02:55+ 01:37+ 03:28+ 03:04+ 02:52+ 04:34+ 02:56+ 00:14+		
03:53+	02:55+ 01:37+ 03:28+ 03:04+ 02:52+ 04:34+ 02:56+ 00:14+		
74	Kristine Kravdal	Gjø-Vard	17:00
05:14+	06:30+ 07:33+ 09:24+ 11:47+ 13:06+ 15:04+ 16:46+ 17:00+		
05:14+	01:16+ 01:03+ 01:51+ 02:23+ 01:19+ 01:58+ 01:42+ 00:14+		
05:14+	01:16+ 01:03+ 01:51+ 02:23+ 01:19+ 01:58+ 01:42+ 00:14+		
75	Silje Ballangrud	Raufoss	27:33
03:27+	06:23+ 08:14+ 12:51+ 18:54+ 21:12+ 24:58+ 27:09+ 27:33+		
03:27+	02:56+ 01:51+ 04:37+ 06:03+ 02:18+ 03:46+ 02:11+ 00:24+		
03:27+	02:56+ 01:51+ 04:37+ 06:03+ 02:18+ 03:46+ 02:11+ 00:24+		
76	Noak Øhman	Gjø-Vard	16:38
01:45+	03:22+ 04:47+ 11:13+ 12:35+ 14:46+ 16:24+ 16:38+		
01:45+	01:37+ 01:25+ 06:26+ 01:22+ 02:11+ 01:38+ 00:14+		
01:45+	01:37+ 01:25+ 06:26+ 01:22+ 02:11+ 01:38+ 00:14+		
77	Sune Raknes Sogstad	Toten-Troll	16:52
01:41+	03:42+ 04:52+ 11:25+ 12:47+ 14:58+ 16:37+ 16:52+		
01:41+	02:01+ 01:10+ 06:33+ 01:22+ 02:11+ 01:39+ 00:15+		
01:41+	02:01+ 01:10+ 06:33+ 01:22+ 02:11+ 01:39+ 00:15+		
78	Live Raknes Sogstad	Toten-Troll	37:54
07:02+	11:31+ 13:51+ 18:59+ 26:22+ 29:20+ 33:11+ 37:30+ 37:54+		
07:02+	04:29+ 02:20+ 05:08+ 07:23+ 02:58+ 03:51+ 04:19+ 00:24+		
07:02+	04:29+ 02:20+ 05:08+ 07:23+ 02:58+ 03:51+ 04:19+ 00:24+		
79	Ingrid Bergum	Gjø-Vard	24:44
03:33+	07:52+ 09:13+ 13:25+ 16:41+ 19:11+ 21:54+ 24:29+ 24:44+		
03:33+	04:19+ 01:21+ 04:12+ 03:16+ 02:30+ 02:43+ 02:35+ 00:15+		
03:33+	04:19+ 01:21+ 04:12+ 03:16+ 02:30+ 02:43+ 02:35+ 00:15+		
80	Tage Raknes Sogstad	Toten-Troll	37:50
05:04+	10:44+ 13:57+ 20:49+ 26:38+ 30:06+ 33:29+ 37:26+ 37:50+		
05:04+	05:40+ 03:13+ 06:52+ 05:49+ 03:28+ 03:23+ 03:57+ 00:24+		
05:04+	05:40+ 03:13+ 06:52+ 05:49+ 03:28+ 03:23+ 03:57+ 00:24+		
81	Lars Lien	Gjø-Vard	25:13
02:36+	05:11+ 07:33+ 10:43+ 14:25+ 17:53+ 21:09+ 24:55+ 25:13+		
02:36+	02:35+ 02:22+ 03:10+ 03:42+ 03:28+ 03:16+ 03:46+ 00:18+		
02:36+	02:35+ 02:22+ 03:10+ 03:42+ 03:28+ 03:16+ 03:46+ 00:18+		
82	Marie Stordal	Raufoss	32:14
03:33+	06:18+ 08:25+ 17:05+ 19:40+ 23:07+ 27:19+ 31:52+ 32:14+		
03:33+	02:45+ 02:07+ 08:40+ 02:35+ 03:27+ 04:12+ 04:33+ 00:22+		
03:33+	02:45+ 02:07+ 08:40+ 02:35+ 03:27+ 04:12+ 04:33+ 00:22+		
83	Nils Martin Grønlien	Toten-Troll	25:35
03:51+	06:34+ 08:27+ 11:45+ 14:47+ 17:42+ 22:22+ 25:18+ 25:35+		
03:51+	02:43+ 01:53+ 03:18+ 03:02+ 02:55+ 04:40+ 02:56+ 00:17+		
03:51+	02:43+ 01:53+ 03:18+ 03:02+ 02:55+ 04:40+ 02:56+ 00:17+		
84	Tuva Fossheim Asplin	Gjø-Vard	24:29
03:09+	06:33+ 08:39+ 11:17+ 16:14+ 18:46+ 21:40+ 24:14+ 24:29+		
03:09+	03:24+ 02:06+ 02:38+ 04:57+ 02:32+ 02:54+ 02:34+ 00:15+		
03:09+	03:24+ 02:06+ 02:38+ 04:57+ 02:32+ 02:54+ 02:34+ 00:15+		
85	Eiril Erlie Solerød	Gjø-Vard	48:31
04:35+	09:39+ 16:10+ 26:17+ 33:11+ 38:31+ 43:56+ 47:55+ 48:31+		
04:35+	05:04+ 06:31+ 10:07+ 06:54+ 05:20+ 05:25+ 03:59+ 00:36+		
04:35+	05:04+ 06:31+ 10:07+ 06:54+ 05:20+ 05:25+ 03:59+ 00:36+		
86	Anna Emilie Torseth	Gjø-Vard	1:16:25
12:53+	16:25+ 39:40+ 66:29+ 69:01+ 71:09+ 74:01+ 76:07+ 76:25+		
12:53+	03:32+ 23:15+ 26:49+ 02:32+ 02:08+ 02:52+ 02:06+ 00:18+		
12:53+	03:32+ 23:15+ 26:49+ 02:32+ 02:08+ 02:52+ 02:06+ 00:18+		
87	Marie Lilleheier	Gjø-Vard	22:05
02:11+	05:03+ 06:42+ 09:51+ 12:56+ 15:29+ 17:48+ 21:51+ 22:05+		
02:11+	02:52+ 01:39+ 03:09+ 03:05+ 02:33+ 02:19+ 04:03+ 00:14+		
02:11+	02:52+ 01:39+ 03:09+ 03:05+ 02:33+ 02:19+ 04:03+ 00:14+		

Class	Navn	Klasse	Tid
88	Dorte Holtlien	Gjø-Vard	24:30
03:21+	07:10+ 08:52+ 12:37+ 16:22+ 18:51+ 21:37+ 24:13+ 24:30+		
03:21+	03:49+ 01:42+ 03:45+ 03:45+ 02:29+ 02:46+ 02:36+ 00:17+		
03:21+	03:49+ 01:42+ 03:45+ 03:45+ 02:29+ 02:46+ 02:36+ 00:17+		
89	Karen Johanne Øfstaas	Toten-Troll	37:47
05:12+	10:07+ 13:59+ 19:33+ 25:17+ 28:06+ 33:50+ 37:32+ 37:47+		
05:12+	04:55+ 03:52+ 05:34+ 05:44+ 02:49+ 05:44+ 03:42+ 00:15+		
05:12+	04:55+ 03:52+ 05:34+ 05:44+ 02:49+ 05:44+ 03:42+ 00:15+		
90	Nina Madsstuen	Gjø-Vard	24:18
03:27+	06:35+ 08:26+ 12:01+ 14:43+ 17:04+ 20:47+ 23:49+ 24:18+		
03:27+	03:08+ 01:51+ 03:35+ 02:42+ 02:21+ 03:43+ 03:02+ 00:29+		
03:27+	03:08+ 01:51+ 03:35+ 02:42+ 02:21+ 03:43+ 03:02+ 00:29+		
91	Samuel Hardeberg	Gjø-Vard	29:53
07:12+	09:45+ 11:17+ 17:10+ 19:49+ 21:38+ 27:27+ 29:35+ 29:53+		
07:12+	02:33+ 01:32+ 05:53+ 02:39+ 01:49+ 05:49+ 02:08+ 00:18+		
07:12+	02:33+ 01:32+ 05:53+ 02:39+ 01:49+ 05:49+ 02:08+ 00:18+		
92	Synne Solberg	Gjø-Vard	19:11
02:05+	05:04+ 06:20+ 09:35+ 13:35+ 16:44+ 18:56+ 19:11+		
02:05+	02:59+ 01:16+ 03:15+ 04:00+ 03:09+ 02:12+ 00:15+		
02:05+	02:59+ 01:16+ 03:15+ 04:00+ 03:09+ 02:12+ 00:15+		
93	Rikke Solberg	Gjø-Vard	24:50
02:16+	05:09+ 07:36+ 11:44+ 15:09+ 17:24+ 20:58+ 24:09+ 24:50+		
02:16+	02:53+ 02:27+ 04:08+ 03:25+ 02:15+ 03:34+ 03:11+ 00:41+		
02:16+	02:53+ 02:27+ 04:08+ 03:25+ 02:15+ 03:34+ 03:11+ 00:41+		

Beste strekktid for klassen

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