

Plass Navn

Klasse

Tid

D-10

1 Jorid Nandrup Nielsen Indre Østfold OK 27:08

01:27= 05:08= 06:21= 12:19= 15:14= 26:09= 27:08=
 01:27= 03:41= 01:13= 05:58= 02:55= 10:55= 00:59=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

01:27 03:41 01:13 05:58 02:55 10:55 00:59

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

D11-12

1 Synne Brække Halden SK 18:44

02:09= 03:42= 04:49= 07:23= 09:40= 12:28= 15:31= 17:47= 18:44=
 02:09= 01:33= 01:07= 02:34= 02:17= 02:48= 03:03= 02:16= 00:57=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Kristin Ottesen Fredrikstad SK 18:45

02:38+ 04:31+ 05:37+ 07:40+ 09:38- 12:18- 15:32+ 17:50+ 18:45+
 02:38+ 01:53+ 01:06- 02:03- 01:58- 02:40- 03:14+ 02:18+ 00:55-
 00:29# 00:20# 00:01- 00:31- 00:19- 00:08- 00:11+ 00:02+ 00:02-

3 Rikke Ingesen Sarpsborg OL 18:51

02:44+ 04:33+ 05:43+ 07:46+ 09:59+ 12:25- 14:19- 17:48+ 18:51+
 02:44+ 01:49+ 01:10+ 02:03- 02:13- 02:26- 01:54- 03:29+ 01:03+
 00:35& 00:16# 00:03+ 00:31- 00:04- 00:22- 01:09- 01:13& 00:06#

4 Alma Kvisgaard Fredrikstad SK 19:33

02:41+ 04:49+ 06:00+ 08:09+ 10:42+ 13:49+ 15:59+ 18:41+ 19:33+
 02:41+ 02:08+ 01:11+ 02:09- 02:33+ 03:07+ 02:10- 02:42+ 00:52-
 00:32# 00:35& 00:04+ 00:25- 00:16# 00:19# 00:53- 00:26# 00:05-

5 Helena Åsberg Sarpsborg OL 19:37

02:42+ 04:44+ 06:08+ 08:20+ 10:44+ 13:55+ 16:12+ 18:42+ 19:37+
 02:42+ 02:02+ 01:24+ 02:12- 02:24+ 03:11+ 02:17- 02:30+ 00:55-
 00:33& 00:29& 00:17& 00:22- 00:07+ 00:23# 00:46- 00:14# 00:02-

6 Marie Bergstrøm Gimle IF 21:40

03:57+ 05:57+ 07:39+ 09:34+ 11:46+ 14:27+ 17:37+ 20:35+ 21:40+
 03:57+ 02:00+ 01:42+ 01:55- 02:12- 02:41- 03:10+ 02:58+ 01:05+
 01:48& 00:27& 00:35& 00:39- 00:05- 00:07- 00:07+ 00:42& 00:08#

7 Marte Bergsland Trøsken IL 22:29

02:38+ 05:47+ 06:37+ 07:46+ 10:41+ 13:03+ 15:53+ 18:29+ 21:34+ 22:29+
 02:38+ 03:09+ 00:50- 01:09- 02:55+ 02:22- 02:50- 02:36+ 03:05+ 00:55+
 00:29# 01:36@ 00:17- 01:25- 00:38& 00:26- 00:13- 00:20# 02:08@ 00:55+

8 Sigrid Saur Modahl Fredrikstad SK 23:04

03:00+ 05:05+ 06:36+ 09:17+ 11:46+ 15:33+ 19:09+ 22:01+ 23:04+
 03:00+ 02:05+ 01:31+ 02:41+ 02:29+ 03:47+ 03:36+ 02:52+ 01:03+
 00:51& 00:32& 00:24& 00:07+ 00:12+ 00:59& 00:33# 00:36& 00:06#

9 Eli Baltzersen Fredrikstad SK 23:48

02:28+ 04:06+ 05:25+ 07:54+ 11:22+ 14:18+ 20:03+ 22:49+ 23:48+
 02:28+ 01:38+ 01:19+ 02:29- 03:28+ 02:56+ 05:45+ 02:46+ 00:59+
 00:19# 00:05+ 00:12# 00:05- 01:11& 00:08+ 02:42& 00:30# 00:02+

10 Johanne Marie Norsted Halden SK 25:08

04:08+ 06:12+ 07:39+ 11:08+ 14:11+ 18:15+ 20:49+ 24:02+ 25:08+
 04:08+ 02:04+ 01:27+ 03:29+ 03:03+ 04:04+ 02:34- 03:13+ 01:06+
 01:59& 00:31& 00:20& 00:55& 00:46& 01:16& 00:29- 00:57& 00:09#

10 Åsalinn Dale Fredrikstad SK 25:08

03:34+ 05:16+ 06:39+ 08:57+ 12:33+ 15:28+ 20:58+ 23:58+ 25:08+
 03:34+ 01:42+ 01:23+ 02:18- 03:36+ 02:55+ 05:30+ 03:00+ 01:10+
 01:25& 00:09+ 00:16# 00:16- 01:19& 00:07+ 02:27& 00:44& 00:13#

Class	Navn	Klasse	Tid
12	Dina Antonsen	Fredrikstad SK	27:13
02:49+	04:22+ 05:36+ 07:24+ 09:48+ 21:25+	23:36+ 26:20+ 27:13+	
02:49+	01:33= 01:14+ 01:48- 02:24+ 11:37+	02:11- 02:44+ 00:53-	
00:40&	00:00= 00:07# 00:46- 00:07+ 08:49@	00:52- 00:28# 00:04-	
13	Hanna Moum	Halden SK	29:06
03:42+	06:18+ 08:08+ 12:32+ 15:49+ 19:03+	24:24+ 27:54+ 29:06+	
03:42+	02:36+ 01:50+ 04:24+ 03:17+ 03:14+	05:21+ 03:30+ 01:12+	
01:33&	01:03& 00:43& 01:50& 01:00& 00:26#	02:18& 01:14& 00:15&	
14	Inger Marie Flekkum	Skaukameratene OL	30:06
03:45+	05:58+ 07:44+ 10:58+ 15:11+ 19:22+	25:09+ 28:54+ 30:06+	
03:45+	02:13+ 01:46+ 03:14+ 04:13+ 04:11+	05:47+ 03:45+ 01:12+	
01:36&	00:40& 00:39& 00:40& 01:56& 01:23&	02:44& 01:29& 00:15&	
15	Silje Moe	Fredrikstad SK	30:17
02:26+	04:14+ 05:30+ 16:36+ 18:40+ 22:37+	26:55+ 29:26+ 30:17+	
02:26+	01:48+ 01:16+ 11:06+ 02:04- 03:57+	04:18+ 02:31+ 00:51-	
00:17#	00:15# 00:09# 08:32@ 00:13- 01:09&	01:15& 00:15# 00:06-	
Beste strekktid for klassen			
02:09	01:33	00:50	01:09 01:58 02:22 01:54 02:16 00:51
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
D13-14			
1	Nina Asheim Birkeland	Halden SK	20:11
02:18=	04:42= 08:02= 12:10= 14:10= 18:12=	19:13= 20:11=	
02:18=	02:24= 03:20= 04:08= 02:00= 04:02=	01:01= 00:58=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00=	
2	Gina Granstedt	Halden SK	20:13
02:14-	04:34- 07:55- 12:21+ 14:20+ 18:24+	19:24+ 20:13+	
02:14-	02:20- 03:21+ 04:26+ 01:59- 04:04+	01:00- 00:49-	
00:04-	00:04- 00:01+ 00:18+ 00:01- 00:02+	00:01- 00:09-	
3	Anneli Grindstad	Sarpsborg OL	21:44
02:07-	04:37- 09:10+ 13:17+ 15:14+ 19:37+	20:50+ 21:44+	
02:07-	02:30+ 04:33+ 04:07- 01:57- 04:23+	01:13+ 00:54-	
00:11-	00:06+ 01:13& 00:01- 00:03- 00:21+	00:12# 00:04-	
4	Fredrikke Fürst Aas	Fredrikstad SK	24:15
02:31+	05:00+ 08:50+ 15:00+ 17:24+ 22:15+	23:20+ 24:15+	
02:31+	02:29+ 03:50+ 06:10+ 02:24+ 04:51+	01:05+ 00:55-	
00:13+	00:05+ 00:30# 02:02& 00:24# 00:49#	00:04+ 00:03-	
5	Marthe Kristensen	Sarpsborg OL	24:40
02:42+	05:30+ 09:25+ 14:52+ 17:12+ 22:14+	23:35+ 24:40+	
02:42+	02:48+ 03:55+ 05:27+ 02:20+ 05:02+	01:21+ 01:05+	
00:24#	00:24# 00:35# 01:19& 00:20# 01:00#	00:20& 00:07#	
6	Astrid Næss Bjørgul	Halden SK	25:38
02:50+	05:19+ 09:28+ 15:18+ 17:47+ 23:38+	24:45+ 25:38+	
02:50+	02:29+ 04:09+ 05:50+ 02:29+ 05:51+	01:07+ 00:53-	
00:32#	00:05+ 00:49# 01:42& 00:29# 01:49&	00:06+ 00:05-	
7	Oda Frøshaug	Indre Østfold OK	27:02
02:19+	05:15+ 11:10+ 16:56+ 19:46+ 24:50+	25:51+ 27:02+	
02:19+	02:56+ 05:55+ 05:46+ 02:50+ 05:04+	01:01= 01:11+	
00:01+	00:32# 02:35& 01:38& 00:50& 01:02&	00:00= 00:13#	
8	Marie Olaussen	Fredrikstad SK	27:59
02:53+	05:08+ 08:13+ 15:05+ 18:27+ 26:03+	26:53+ 27:59+	
02:53+	02:15- 03:05- 06:52+ 03:22+ 07:36+	00:50- 01:06+	
00:35&	00:09- 00:15- 02:44& 01:22& 03:34&	00:11- 00:08#	
9	Silje Marie Nordvik	Asker SK	30:44
02:36+	05:53+ 10:58+ 16:57+ 19:18+ 28:17+	29:41+ 30:44+	
02:36+	03:17+ 05:05+ 05:59+ 02:21+ 08:59+	01:24+ 01:03+	
00:18#	00:53& 01:45& 01:51& 00:21# 04:57@	00:23& 00:05+	

Class	Navn	Klasse	Tid
10	Martine Løwengreen	Sarpsborg OL	31:09
02:47+	05:44+ 11:20+ 19:28+ 23:40+ 29:04+ 30:09+ 31:09+		
02:47+	02:57+ 05:36+ 08:08+ 04:12+ 05:24+ 01:05+ 01:00+		
00:29#	00:33# 02:16& 04:00& 02:12@ 01:22& 00:04+ 00:02+		
11	Amalie Bergstrøm	Gimle IF	35:39
02:24+	05:07+ 16:24+ 23:26+ 26:33+ 33:37+ 34:43+ 35:39+		
02:24+	02:43+ 11:17+ 07:02+ 03:07+ 07:04+ 01:06+ 00:56-		
00:06+	00:19# 07:57@ 02:54& 01:07& 03:02& 00:05+ 00:02-		
12	Hanna Torjusen	Fredrikstad SK	36:09
02:33+	05:15+ 09:00+ 22:58+ 26:30+ 34:06+ 35:07+ 36:09+		
02:33+	02:42+ 03:45+ 13:58+ 03:32+ 07:36+ 01:01= 01:02+		
00:15#	00:18# 00:25# 09:50@ 01:32& 03:34& 00:00= 00:04+		
13	Ida Karlsen	Moss, OK	36:39
02:40+	06:34+ 16:33+ 24:59+ 28:38+ 34:11+ 35:31+ 36:39+		
02:40+	03:54+ 09:59+ 08:26+ 03:39+ 05:33+ 01:20+ 01:08+		
00:22#	01:30& 06:39@ 04:18@ 01:39& 01:31& 00:19& 00:10#		
13	Maren Roll Paulsen	Fredrikstad SK	36:39
02:40+	06:04+ 17:34+ 24:22+ 27:36+ 34:42+ 35:47+ 36:39+		
02:40+	03:24+ 11:30+ 06:48+ 03:14+ 07:06+ 01:05+ 00:52-		
00:22#	01:00& 08:10@ 02:40& 01:14& 03:04& 00:04+ 00:06-		
15	Ingvild Torgersen	Halden SK	38:04
02:58+	05:34+ 10:02+ 24:57+ 28:28+ 36:05+ 36:57+ 38:04+		
02:58+	02:36+ 04:28+ 14:55+ 03:31+ 07:37+ 00:52- 01:07+		
00:40&	00:12+ 01:08& 10:47@ 01:31& 03:35& 00:09- 00:09#		
Beste strekktid for klassen			
02:07	02:15	03:05	04:07 01:57 04:02 00:50 00:49

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

D13-16C

1	Karoline Jarlsby	Halden SK	19:13
02:51=	04:47= 06:04= 08:49= 10:54= 13:33= 15:53= 18:15= 19:13=		
02:51=	01:56= 01:17= 02:45= 02:05= 02:39= 02:20= 02:22= 00:58=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Josephine Fürst Aas	Fredrikstad SK	20:04
03:11+	04:53+ 06:13+ 08:24- 10:32- 13:37+ 16:44+ 19:10+ 20:04+		
03:11+	01:42- 01:20+ 02:11- 02:08+ 03:05+ 03:07+ 02:26+ 00:54-		
00:20#	00:14- 00:03+ 00:34- 00:03+ 00:26# 00:47& 00:04+ 00:04-		
Beste strekktid for klassen			
02:51	01:42	01:17	02:11 02:05 02:39 02:20 02:22 00:54

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

D15-16

1	Gry Granstedt	Halden SK	28:53
04:48=	07:49= 12:42= 17:14= 20:35= 24:10= 25:43= 28:03= 28:53=		
04:48=	03:01= 04:53= 04:32= 03:21= 03:35= 01:33= 02:20= 00:50=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Sofie Lillestrand	Trøsken IL	45:28
09:01+	12:34+ 20:10+ 29:12+ 33:33+ 39:16+ 42:16+ 44:32+ 45:28+		
09:01+	03:33+ 07:36+ 09:02+ 04:21+ 05:43+ 03:00+ 02:16- 00:56+		
04:13&	00:32# 02:43& 04:30& 01:00& 02:08& 01:27& 00:04- 00:06#		
3	Sofie Graff	Indre Østfold OK	47:17
08:49+	11:13+ 17:03+ 33:46+ 37:47+ 42:38+ 44:33+ 46:28+ 47:17+		
08:49+	02:24- 05:50+ 16:43+ 04:01+ 04:51+ 01:55+ 01:55- 00:49-		
04:01&	00:37- 00:57# 12:11@ 00:40# 01:16& 00:22# 00:25- 00:01-		

Class	Navn	Klasse	Tid
4	Maren Hope Blå	Gimle IF	51:39
	09:04+ 12:15+ 19:39+ 30:04+ 34:32+ 46:10+ 47:46+ 50:42+ 51:39+		
	09:04+ 03:11+ 07:24+ 10:25+ 04:28+ 11:38+ 01:36+ 02:56+ 00:57+		
	04:16& 00:10+ 02:31& 05:53@ 01:07& 08:03@ 00:03+ 00:36& 00:07#		
5	Maria Fosby	Gimle IF	52:09
	07:44+ 10:25+ 16:25+ 32:36+ 36:57+ 45:03+ 48:36+ 51:03+ 52:09+		
	07:44+ 02:41- 06:00+ 16:11+ 04:21+ 08:06+ 03:33+ 02:27+ 01:06+		
	02:56& 00:20- 01:07# 11:39@ 01:00& 04:31@ 02:00@ 00:07+ 00:16&		
6	Ingeborg Gustavsen	Halden SK	58:25
	33:40+ 36:19+ 41:37+ 46:54+ 49:45+ 53:27+ 55:14+ 57:26+ 58:25+		
	33:40+ 02:39- 05:18+ 05:17+ 02:51- 03:42+ 01:47+ 02:12- 00:59+		
	28:52@ 00:22- 00:25+ 00:45# 00:30- 00:07+ 00:14# 00:08- 00:09#		
Beste strekktid for klassen			
	04:48	02:24	04:53
	04:32	02:51	03:35
	01:33	01:55	00:49

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

D17-

1	Rhine Holm	Moss, OK	50:28
	03:45= 14:06= 23:37= 26:57= 40:09= 42:29= 47:51= 49:13= 50:28=		
	03:45= 10:21= 09:31= 03:20= 13:12= 02:20= 05:22= 01:22= 01:15=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Monica Meum Johansen	Moss, OK	50:40
	03:09- 12:14- 22:16- 25:52- 40:45+ 43:07+ 48:18+ 49:28+ 50:40+		
	03:09- 09:05- 10:02+ 03:36+ 14:53+ 02:22+ 05:11- 01:10- 01:12-		
	00:36- 01:16- 00:31+ 00:16+ 01:41# 00:02+ 00:11- 00:12- 00:03-		
3	Susanne Tveterås	Sarpsborg OL	57:23
	03:46+ 13:58- 26:01+ 29:45+ 46:55+ 49:18+ 54:50+ 56:11+ 57:23+		
	03:46+ 10:12- 12:03+ 03:44+ 17:10+ 02:23+ 05:32+ 01:21- 01:12-		
	00:01+ 00:09- 02:32& 00:24# 03:58& 00:03+ 00:10+ 00:01- 00:03-		
4	Ida Elisabeth Finstad	Moss, OK	59:05
	03:21- 13:23- 24:27+ 28:10+ 48:04+ 50:41+ 56:27+ 57:51+ 59:05+		
	03:21- 10:02- 11:04+ 03:43+ 19:54+ 02:37+ 05:46+ 01:24+ 01:14-		
	00:24- 00:19- 01:33# 00:23# 06:42& 00:17# 00:24+ 00:02+ 00:01-		
5	Elise Stordahl	Tønsberg og omegn, OL	1:08:10
	03:21- 15:22+ 29:57+ 35:18+ 57:17+ 60:13+ 65:34+ 67:05+ 68:10+		
	03:21- 12:01+ 14:35+ 05:21+ 21:59+ 02:56+ 05:21- 01:31+ 01:05-		
	00:24- 01:40# 05:04& 02:01& 00:36& 00:01- 00:09# 00:10-		
Beste strekktid for klassen			
	03:09	09:05	09:31
	03:20	13:12	02:20
	05:11	01:10	01:05

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

D17C-

1	Ingeborg Torgersen	Halden SK	19:19
	02:56= 04:47= 06:12= 08:13= 10:26= 13:09= 15:12= 17:58= 19:19=		
	02:56= 01:51= 01:25= 02:01= 02:13= 02:43= 02:03= 02:46= 01:21=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Anita Kristiansen	Fredrikstad SK	23:39
	02:36- 04:29- 06:07- 08:24+ 10:45+ 17:33+ 19:29+ 22:16+ 23:39+		
	02:36- 01:53+ 01:38+ 02:17+ 02:21+ 06:48+ 01:56- 02:47+ 01:23+		
	00:20- 00:02+ 00:13# 00:16# 00:08+ 04:05@ 00:07- 00:01+ 00:02+		
3	Anette Fürst Johansen	Fredrikstad SK	24:46
	03:31+ 05:33+ 08:26+ 11:19+ 14:37+ 17:46+ 20:33+ 23:25+ 24:46+		
	03:31+ 02:02+ 02:53+ 02:53+ 03:18+ 03:09+ 02:47+ 02:52+ 01:21=		
	00:35# 00:11+ 01:28@ 00:52& 01:05& 00:26# 00:44& 00:06+ 00:00=		

Class	Navn	Klasse	Tid
4	Else Stordal	Tønsberg og omegn, OL	31:27
	03:51+ 06:15+ 07:52+ 11:04+ 14:04+ 17:54+ 23:42+ 30:06+ 31:27+		
	03:51+ 02:24+ 01:37+ 03:12+ 03:00+ 03:50+ 05:48+ 06:24+ 01:21=		
	00:55& 00:33& 00:12# 01:11& 00:47& 01:07& 03:45@ 03:38@ 00:00=		
5	Ragnhild Brenås	Varteig OL	34:23
	09:40+ 11:55+ 13:37+ 16:17+ 19:43+ 24:14+ 29:19+ 32:57+ 34:23+		
	09:40+ 02:15+ 01:42+ 02:40+ 03:26+ 04:31+ 05:05+ 03:38+ 01:26+		
	06:44@ 00:24# 00:17# 00:39& 01:13& 01:48& 03:02@ 00:52& 00:05+		
Beste strekktid for klassen			
	02:36 01:51 01:25 02:13 02:43 01:56 02:46 01:21		

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

D40-

1	Frauke Schmitt Gran	Halden SK	32:01
	06:06= 09:00= 14:20= 19:20= 22:53= 27:09= 28:43= 30:54= 32:01=		
	06:06= 02:54= 05:20= 05:00= 03:33= 04:16= 01:34= 02:11= 01:07=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Kristin Grindstad	Sarpsborg OL	37:28
	06:01- 08:30- 15:30+ 22:44+ 27:48+ 32:33+ 34:33+ 36:33+ 37:28+		
	06:01- 02:29- 07:00+ 07:14+ 05:04+ 04:45+ 02:00+ 02:00- 00:55-		
	00:05- 00:25- 01:40& 02:14& 01:31& 00:29# 00:26& 00:11- 00:12-		
3	Cathrine Lillestrand	Trøsken IL	44:06
	09:11+ 12:16+ 20:21+ 28:04+ 34:23+ 38:51+ 40:35+ 43:00+ 44:06+		
	09:11+ 03:05+ 08:05+ 07:43+ 06:19+ 04:28+ 01:44+ 02:25+ 01:06-		
	03:05& 00:11+ 02:45& 02:43& 02:46& 00:12+ 00:10# 00:14# 00:01-		
4	Marit Nandrup Pettersen	Indre Østfold OK	1:00:02
	16:52+ 19:53+ 28:59+ 37:59+ 42:35+ 54:15+ 56:16+ 58:55+ 60:02+		
	16:52+ 03:01+ 09:06+ 09:00+ 04:36+ 11:40+ 02:01+ 02:39+ 01:07=		
	10:46@ 00:07+ 03:46& 04:00& 01:03& 07:24@ 00:27& 00:28# 00:00=		
5	Heidi Lindemark	Indre Østfold OK	1:08:42
	17:15+ 21:24+ 37:27+ 46:58+ 52:57+ 60:55+ 64:36+ 67:28+ 68:42+		
	17:15+ 04:09+ 16:03+ 09:31+ 05:59+ 07:58+ 03:41+ 02:52+ 01:14+		
	11:09@ 01:15& 10:43@ 04:31& 02:26& 03:42& 02:07@ 00:41& 00:07#		
Beste strekktid for klassen			
	06:01 02:29 05:20 03:33 04:16 01:34 02:00 00:55		

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

D50-

1	Elsie Brenne	Varteig OL	36:47
	03:16= 06:43= 11:38= 18:19= 25:00= 27:55= 33:44= 35:23= 36:47=		
	03:16= 03:27= 04:55= 06:41= 06:41= 02:55= 05:49= 01:39= 01:24=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
Beste strekktid for klassen			
	03:16 03:27 04:55 06:41 06:41 02:55 05:49 01:39 01:24		

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

D60-

1	Grete Vestby	Varteig OL	34:59
	07:43= 11:22= 16:05= 22:51= 25:50= 31:38= 33:08= 34:59=		
	07:43= 03:39= 04:43= 06:46= 02:59= 05:48= 01:30= 01:51=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

07:43 03:39 04:43 06:46 02:59 05:48 01:30 01:51

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

H-10

1 Sondre Ottesen Fredrikstad SK 17:37

01:29= 04:23= 05:40= 09:50= 12:43= 16:42= 17:37=
 01:29= 02:54= 01:17= 04:10= 02:53= 03:59= 00:55=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Bendik Eliassen Sarpsborg OL 19:06

01:21- 04:19- 05:41+ 09:50= 13:30+ 17:55+ 19:06+
 01:21- 02:58+ 01:22+ 04:09- 03:40+ 04:25+ 01:11+
 00:08- 00:04+ 00:05+ 00:01- 00:47& 00:26# 00:16&

3 Sigurd Lindemark Indre Østfold OK 27:46

01:53+ 05:21+ 07:02+ 14:19+ 19:05+ 26:35+ 27:46+
 01:53+ 03:28+ 01:41+ 07:17+ 04:46+ 07:30+ 01:11+
 00:24& 00:34# 00:24& 03:07& 01:53& 03:31& 00:16&

4 Ole Øivind Norsted Halden SK 29:07

03:11+ 08:39+ 10:38+ 17:39+ 21:49+ 27:36+ 29:07+
 03:11+ 05:28+ 01:59+ 07:01+ 04:10+ 05:47+ 01:31+
 01:42@ 02:34& 00:42& 02:51& 01:17& 01:48& 00:36&

Beste strekktid for klassen

01:21 02:54 01:17 04:09 02:53 03:59 00:55

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

H11-12

1 Herman Ryen Martinsen Fredrikstad SK 14:24

02:06= 03:25= 04:25= 05:56= 07:33= 10:00= 11:28= 13:31= 14:24=
 02:06= 01:19= 01:00= 01:31= 01:37= 02:27= 01:28= 02:03= 00:53=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Olav Schmitt Gran Halden SK 15:36

02:16+ 03:42+ 04:43+ 06:38+ 08:14+ 11:05+ 12:47+ 14:40+ 15:36+
 02:16+ 01:26+ 01:01+ 01:55+ 01:36- 02:51+ 01:42+ 01:53- 00:56+
 00:10+ 00:07+ 00:01+ 00:24& 00:01- 00:24# 00:14# 00:10- 00:03+

3 Emil Løwengreen Sarpsborg OL 16:12

02:10+ 03:30+ 04:37+ 06:21+ 08:08+ 10:36+ 13:11+ 15:17+ 16:12+
 02:10+ 01:20+ 01:07+ 01:44+ 01:47+ 02:28+ 02:35+ 02:06+ 00:55+
 00:04+ 00:01+ 00:07# 00:13# 00:10# 00:01+ 01:07& 00:03+ 00:02+

4 Dennis Kristiansen Fredrikstad SK 16:15

02:30+ 04:00+ 05:10+ 07:19+ 09:15+ 11:42+ 13:17+ 15:25+ 16:15+
 02:30+ 01:30+ 01:10+ 02:09+ 01:56+ 02:27= 01:35+ 02:08+ 00:50-
 00:24# 00:11# 00:10# 00:38& 00:19# 00:00= 00:07+ 00:05+ 00:03-

5 Guttorm Snemyr Holtet Indre Østfold OK 17:16

02:59+ 04:34+ 05:40+ 07:42+ 09:40+ 12:03+ 14:17+ 16:27+ 17:16+
 02:59+ 01:35+ 01:06+ 02:02+ 01:58+ 02:23- 02:14+ 02:10+ 00:49-
 00:53& 00:16# 00:06# 00:31& 00:21# 00:04- 00:46& 00:07+ 00:04-

6 Børge Brenås Varteig OL 19:12

02:50+ 04:38+ 05:48+ 07:55+ 10:20+ 12:43+ 15:41+ 18:13+ 19:12+
 02:50+ 01:48+ 01:10+ 02:07+ 02:25+ 02:23- 02:58+ 02:32+ 00:59+
 00:44& 00:29& 00:10# 00:36& 00:48& 00:04- 01:30@ 00:29# 00:06#

7 Martin Grimrud Skaukameratene OL 21:15

02:47+ 04:41+ 06:30+ 09:05+ 11:57+ 14:39+ 17:45+ 20:17+ 21:15+
 02:47+ 01:54+ 01:49+ 02:35+ 02:52+ 02:42+ 03:06+ 02:32+ 00:58+
 00:41& 00:35& 00:49& 01:04& 01:15& 00:15# 01:38@ 00:29# 00:05+

Class	Navn	Klasse	Tid
8	Jørgen Vister	Indre Østfold OK	22:06
02:43+	04:13+ 05:23+ 07:15+ 09:16+ 16:44+ 18:51+ 21:16+ 22:06+		
02:43+	01:30+ 01:10+ 01:52+ 02:01+ 07:28+ 02:07+ 02:25+ 00:50-		
00:37&	00:11# 00:10# 00:21# 00:24# 05:01@ 00:39& 00:22# 00:03-		
9	Halvor Nærby	Skaukameratene OL	23:04
02:41+	04:36+ 05:52+ 08:28+ 10:48+ 16:07+ 19:10+ 22:10+ 23:04+		
02:41+	01:55+ 01:16+ 02:36+ 02:20+ 05:19+ 03:03+ 03:00+ 00:54+		
00:35&	00:36& 00:16& 01:05& 00:43& 02:52@ 01:35@ 00:57& 00:01+		
10	Fredric Broen Grøttland	Skaukameratene OL	26:22
03:15+	05:16+ 06:49+ 10:38+ 13:01+ 18:14+ 21:27+ 25:01+ 26:22+		
03:15+	02:01+ 01:33+ 03:49+ 02:23+ 05:13+ 03:13+ 03:34+ 01:21+		
01:09&	00:42& 00:33& 02:18@ 00:46& 02:46@ 01:45@ 01:31& 00:28&		

Beste strekketid for klassen

02:06 01:19 01:00 01:31 01:36 02:23 01:28 01:53 00:49

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

H13-14

1	Asgeir Ristesund	Fredrikstad SK	17:21
01:57=	03:58= 06:40= 10:37= 12:12= 15:46= 16:33= 17:21=		
01:57=	02:01= 02:42= 03:57= 01:35= 03:34= 00:47= 00:48=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Lasse Simonsen	Fredrikstad SK	18:36
02:07+	04:10+ 07:09+ 11:24+ 13:07+ 16:44+ 17:41+ 18:36+		
02:07+	02:03+ 02:59+ 04:15+ 01:43+ 03:37+ 00:57+ 00:55+		
00:10+	00:02+ 00:17# 00:18+ 00:08+ 00:03+ 00:10# 00:07#		
3	Peter Nordbrøden	Halden SK	19:58
01:59+	04:12+ 08:07+ 12:25+ 14:29+ 18:10+ 19:09+ 19:58+		
01:59+	02:13+ 03:55+ 04:18+ 02:04+ 03:41+ 00:59+ 00:49+		
00:02+	00:12+ 01:13& 00:21+ 00:29& 00:07+ 00:12& 00:01+		
4	Christian Lillestrand	Trøsken IL	20:21
02:22+	04:39+ 07:39+ 12:09+ 14:13+ 18:27+ 19:31+ 20:21+		
02:22+	02:17+ 03:00+ 04:30+ 02:04+ 04:14+ 01:04+ 00:50+		
00:25#	00:16# 00:18# 00:33# 00:29& 00:40# 00:17& 00:02+		
5	Petter Norsted Kildebo	Halden SK	21:09
02:07+	04:33+ 08:12+ 13:13+ 15:33+ 19:23+ 20:26+ 21:09+		
02:07+	02:26+ 03:39+ 05:01+ 02:20+ 03:50+ 01:03+ 00:43-		
00:10+	00:25# 00:57& 01:04& 00:16+ 00:16+ 00:16& 00:05-		
6	Henrik Olav Aandstad	Indre Østfold OK	21:57
02:13+	04:13+ 07:25+ 12:58+ 14:59+ 19:23+ 20:27+ 21:57+		
02:13+	02:00- 03:12+ 05:33+ 02:01+ 04:24+ 01:04+ 01:30+		
00:16#	00:01- 00:30# 01:36& 00:26& 00:50# 00:17& 00:42&		
7	Sigurd Agnalt	Trøsken IL	22:19
04:26+	06:42+ 09:43+ 14:10+ 16:15+ 20:29+ 21:32+ 22:19+		
04:26+	02:16+ 03:01+ 04:27+ 02:05+ 04:14+ 01:03+ 00:47-		
02:29@	00:15# 00:19# 00:30# 00:30& 00:40# 00:16& 00:01-		
8	Odd Kasper Ekre	Indre Østfold OK	23:21
02:43+	05:10+ 08:57+ 14:27+ 16:28+ 21:25+ 22:33+ 23:21+		
02:43+	02:27+ 03:47+ 05:30+ 02:01+ 04:57+ 01:08+ 00:48=		
00:46&	00:26# 01:05& 01:33& 00:26& 01:23& 00:21& 00:00=		
9	Daniel Flølo Ringdalen	Sarpsborg OL	24:43
02:32+	05:36+ 09:59+ 15:31+ 17:34+ 22:29+ 23:46+ 24:43+		
02:32+	03:04+ 04:23+ 05:32+ 02:03+ 04:55+ 01:17+ 00:57+		
00:35&	01:03& 01:41& 01:35& 00:28& 01:21& 00:30& 00:09#		
10	Tobias Thowsen	Halden SK	28:55
03:01+	06:31+ 12:02+ 17:59+ 21:26+ 27:08+ 28:14+ 28:55+		
03:01+	03:30+ 05:31+ 05:57+ 03:27+ 05:42+ 01:06+ 00:41-		
01:04&	01:29& 02:49@ 02:00& 01:52@ 02:08& 00:19& 00:07-		

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:57 02:00 02:42 03:57 01:35 03:34 00:47 00:41

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

H15-16

1 Markus Holter Skaukameratene OL 23:05

03:53= 06:10= 09:56= 14:08= 16:58= 19:44= 20:48= 22:24= 23:05=
 03:53= 02:17= 03:46= 04:12= 02:50= 02:46= 01:04= 01:36= 00:41=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Sander Finsrud Kirkebøen Halden SK 28:53

05:26+ 07:56+ 12:35+ 17:41+ 20:55+ 25:00+ 26:24+ 28:09+ 28:53+
 05:26+ 02:30+ 04:39+ 05:06+ 03:14+ 04:05+ 01:24+ 01:45+ 00:44+
 01:33& 00:13+ 00:53# 00:54# 00:24# 01:19& 00:20& 00:09+ 00:03+

3 Jens Nandrup Nielsen Indre Østfold OK 33:55

06:35+ 11:33+ 16:29+ 22:01+ 24:48+ 29:03+ 31:16+ 33:15+ 33:55+
 06:35+ 04:58+ 04:56+ 05:32+ 02:47- 04:15+ 02:13+ 01:59+ 00:40-
 02:42& 02:41@ 01:10& 01:20& 00:03- 01:29& 01:09@ 00:23# 00:01-

4 Haakon Agnalt Trøsken IL 36:59

07:57+ 10:51+ 19:30+ 25:02+ 27:50+ 32:06+ 34:20+ 36:16+ 36:59+
 07:57+ 02:54+ 08:39+ 05:32+ 02:48- 04:16+ 02:14+ 01:56+ 00:43+
 04:04@ 00:37& 04:53@ 01:20& 00:02- 01:30& 01:10@ 00:20# 00:02+

5 Kim Min Hansen Fredrikstad SK 39:26

11:33+ 16:42+ 21:27+ 27:05+ 29:56+ 33:59+ 36:22+ 38:26+ 39:26+
 11:33+ 05:09+ 04:45+ 05:38+ 02:51+ 04:03+ 02:23+ 02:04+ 01:00+
 07:40@ 02:52@ 00:59& 01:26& 00:01+ 01:17& 01:19@ 00:28& 00:19&

6 Ola Singsdal Gimle IF 45:45

07:29+ 13:44+ 24:39+ 31:02+ 35:31+ 40:39+ 42:21+ 44:53+ 45:45+
 07:29+ 06:15+ 10:55+ 06:23+ 04:29+ 05:08+ 01:42+ 02:32+ 00:52+
 03:36& 03:58@ 07:09@ 02:11& 01:39& 02:22& 00:38& 00:56& 00:11&

Beste strekktid for klassen

03:53 02:17 03:46 04:12 02:47 02:46 01:04 01:36 00:40

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

H17-

1 Espen Bergstrøm Gimle IF 34:32

07:56= 14:27= 15:52= 17:27= 20:45= 28:18= 29:50= 32:56= 33:47= 34:32=
 07:56= 06:31= 01:25= 01:35= 03:18= 07:33= 01:32= 03:06= 00:51= 00:45=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Oddbjørn Krage Sarpsborg OL 53:51

11:15+ 21:53+ 24:13+ 26:44+ 32:35+ 45:13+ 47:40+ 52:07+ 52:59+ 53:51+
 11:15+ 10:38+ 02:20+ 02:31+ 05:51+ 12:38+ 02:27+ 04:27+ 00:52+ 00:52+
 03:19& 04:07& 00:55& 00:56& 02:33& 05:05& 00:55& 01:21& 00:01+ 00:07#

Beste strekktid for klassen

07:56 06:31 01:25 01:35 03:18 07:33 01:32 03:06 00:51 00:45

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

H17C-

1 Ole Jonny Holter Skaukameratene OL 11:49

01:48= 02:59= 03:49= 05:02= 06:20= 08:02= 09:23= 11:02= 11:49=
 01:48= 01:11= 00:50= 01:13= 01:18= 01:42= 01:21= 01:39= 00:47=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

01:48 01:11 00:50 01:13 01:18 01:42 01:21 01:39 00:47

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

H40-

1	Hans Huseby	Halden SK	36:42						
08:24=	14:49=	16:32=	18:23=	21:59=	29:46=	31:31=	34:52=	35:45=	36:42=
08:24=	06:25=	01:43=	01:51=	03:36=	07:47=	01:45=	03:21=	00:53=	00:57=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Frank Løwengreen	Sarpsborg OL	36:48						
07:17-	13:50-	15:48-	17:29-	21:12-	29:52+	31:40+	35:09+	36:00+	36:48+
07:17-	06:33+	01:58+	01:41-	03:43+	08:40+	01:48+	03:29+	00:51-	00:48-
01:07-	00:08+	00:15#	00:10-	00:07+	00:53#	00:03+	00:08+	00:02-	00:09-
3	Tormod Jensen	Sarpsborg OL	38:53						
08:36+	16:02+	17:44+	19:28+	23:25+	31:54+	33:35+	37:01+	37:56+	38:53+
08:36+	07:26+	01:42-	01:44-	03:57+	08:29+	01:41-	03:26+	00:55+	00:57=
00:12+	01:01#	00:01-	00:07-	00:21+	00:42+	00:04-	00:05+	00:02+	00:00=
4	Morten Kildebo	Halden SK	39:26						
08:22-	16:03+	17:49+	19:35+	23:14+	31:26+	33:14+	37:32+	38:34+	39:26+
08:22-	07:41+	01:46+	01:46-	03:39+	08:12+	01:48+	04:18+	01:02+	00:52-
00:02-	01:16#	00:03+	00:05-	00:03+	00:25+	00:03+	00:57&	00:09#	00:05-
5	Øystein Jensen	Sarpsborg OL	41:21						
08:58+	16:26+	18:33+	20:29+	25:03+	33:35+	35:38+	39:31+	40:29+	41:21+
08:58+	07:28+	02:07+	01:56+	04:34+	08:32+	02:03+	03:53+	00:58+	00:52-
00:34+	01:03#	00:24#	00:05+	00:58&	00:45+	00:18#	00:32#	00:05+	00:05-
6	Svend Arne Ytterbøl	Halden SK	42:30						
08:32+	18:17+	20:14+	22:13+	26:19+	35:35+	37:25+	40:45+	41:37+	42:30+
08:32+	09:45+	01:57+	01:59+	04:06+	09:16+	01:50+	03:20-	00:52-	00:53-
00:08+	03:20&	00:14#	00:08+	00:30#	01:29#	00:05+	00:01-	00:01-	00:04-
7	Dag Andersen	Varteig OL	44:25						
08:34+	16:07+	18:06+	20:15+	24:54+	36:50+	38:43+	42:25+	43:25+	44:25+
08:34+	07:33+	01:59+	02:09+	04:39+	11:56+	01:53+	03:42+	01:00+	01:00+
00:10+	01:08#	00:16#	00:18#	01:03&	04:09&	00:08+	00:21#	00:07#	00:03+
8	Finn Henry Lillestrand	Trøsken IL	44:27						
09:46+	17:48+	20:51+	22:59+	27:15+	36:19+	38:29+	42:23+	43:27+	44:27+
09:46+	08:02+	03:03+	02:08+	04:16+	09:04+	02:10+	03:54+	01:04+	01:00+
01:22#	01:37&	01:20&	00:17#	00:40#	01:17#	00:25#	00:33#	00:11#	00:03+
9	Claus Norsted	Halden SK	44:52						
08:50+	17:19+	20:57+	23:14+	27:33+	36:36+	38:53+	42:50+	43:56+	44:52+
08:50+	08:29+	03:38+	02:17+	04:19+	09:03+	02:17+	03:57+	01:06+	00:56-
00:26+	02:04&	01:55@	00:26#	00:43#	01:16#	00:32&	00:36#	00:13#	00:01-
10	Saxe Frøshaug	Indre Østfold OK	45:59						
08:25+	16:21+	18:33+	21:03+	25:02+	34:21+	39:55+	43:53+	44:59+	45:59+
08:25+	07:56+	02:12+	02:30+	03:59+	09:19+	05:34+	03:58+	01:06+	01:00+
00:01+	01:31#	00:29&	00:39&	00:23#	01:32#	03:49@	00:37#	00:13#	00:03+
11	Dag Brenås	Varteig OL	50:02						
09:19+	18:45+	20:21+	22:01+	32:14+	42:38+	44:31+	48:11+	49:08+	50:02+
09:19+	09:26+	01:36-	01:40-	10:13+	10:24+	01:53+	03:40+	00:57+	00:54-
00:55#	03:01&	00:07-	00:11-	06:37@	02:37&	00:08+	00:19+	00:04+	00:03-
12	Rune Siewartz Nielsen	Indre Østfold OK	53:21						
11:38+	20:50+	23:53+	26:18+	30:51+	42:29+	47:04+	51:02+	52:18+	53:21+
11:38+	09:12+	03:03+	02:25+	04:33+	11:38+	04:35+	03:58+	01:16+	01:03+
03:14&	02:47&	01:20&	00:34&	00:57&	03:51&	02:50@	00:37#	00:23&	00:06#
13	Gard Antonsen	Fredrikstad SK	53:30						
10:03+	20:20+	33:44+	35:30+	39:05+	46:51+	48:35+	51:46+	52:40+	53:30+
10:03+	10:17+	13:24+	01:46-	03:35-	07:46-	01:44-	03:11-	00:54+	00:50-
01:39#	03:52&	11:41@	00:05-	00:01-	00:01-	00:01-	00:10-	00:01+	00:07-

Class	Navn	Klasse	Tid
14	Bjørn Nordvik	Kolbotn & Skimt OL	56:45
10:21+	21:35+ 25:00+ 28:37+ 33:56+ 45:43+ 49:13+ 54:37+ 55:43+ 56:45+		
10:21+	11:14+ 03:25+ 03:37+ 05:19+ 11:47+ 03:30+ 05:24+ 01:06+ 01:02+		
01:57#	04:49& 01:42& 01:46& 01:43& 04:00& 01:45& 02:03& 00:13# 00:05+		
15	Bjørn Sverre Gulheim	Kolbotn & Skimt OL	1:02:36
09:45+	20:13+ 23:23+ 26:12+ 32:41+ 49:49+ 53:05+ 60:41+ 61:46+ 62:36+		
09:45+	10:28+ 03:10+ 02:49+ 06:29+ 17:08+ 03:16+ 07:36+ 01:05+ 00:50-		
01:21#	04:03& 01:27& 00:58& 02:53& 09:21@ 01:31& 04:15@ 00:12# 00:07-		
16	Pål Angvoll	Fredrikstad SK	1:09:00
16:59+	27:25+ 30:27+ 38:30+ 44:27+ 57:19+ 61:35+ 66:50+ 67:58+ 69:00+		
16:59+	10:26+ 03:02+ 08:03+ 05:57+ 12:52+ 04:16+ 05:15+ 01:08+ 01:02+		
08:35@	04:01& 01:19& 06:12@ 02:21& 05:05& 02:31@ 01:54& 00:15& 00:05+		
17	Andre Jensen	Indre Østfold OK	1:27:56
27:15+	39:56+ 42:37+ 53:39+ 60:09+ 74:43+ 78:06+ 85:18+ 86:45+ 87:56+		
27:15+	12:41+ 02:41+ 11:02+ 06:30+ 14:34+ 03:23+ 07:12+ 01:27+ 01:11+		
18:51@	06:16& 00:58& 09:11@ 02:54& 06:47& 01:38& 03:51@ 00:34& 00:14#		

Beste strekktid for klassen

07:17 06:25 01:36 01:40 03:35 07:46 01:41 03:11 00:51 00:48

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

H50-

1	Kjell Einar Andersen	Varteig OL	38:17
02:13=	08:29= 17:14= 19:32= 30:56= 32:50= 36:32= 37:28= 38:17=		
02:13=	06:16= 08:45= 02:18= 11:24= 01:54= 03:42= 00:56= 00:49=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Christopher Schive	Moss, OK	40:22
03:09+	10:39+ 18:59+ 21:24+ 32:11+ 34:04+ 38:16+ 39:18+ 40:22+		
03:09+	07:30+ 08:20- 02:25+ 10:47- 01:53- 04:12+ 01:02+ 01:04+		
00:56&	01:14# 00:25- 00:07+ 00:37- 00:01- 00:30# 00:06# 00:15&		
3	Bernt O. Myrvold	Sarpsborg OL	44:27
02:58+	11:28+ 20:09+ 22:55+ 35:13+ 37:44+ 42:21+ 43:24+ 44:27+		
02:58+	08:30+ 08:41- 02:46+ 12:18+ 02:31+ 04:37+ 01:03+ 01:03+		
00:45&	02:14& 00:04- 00:28# 00:54+ 00:37& 00:55# 00:07# 00:14&		
4	Roy Gjerding	Moss, OK	52:25
03:29+	12:48+ 23:47+ 27:19+ 41:17+ 44:20+ 49:57+ 51:19+ 52:25+		
03:29+	09:19+ 10:59+ 03:32+ 13:58+ 03:03+ 05:37+ 01:22+ 01:06+		
01:16&	03:03& 02:14& 01:14& 02:34# 01:09& 01:55& 00:26& 00:17&		
5	Per Olaf Klemsdal	Varteig OL	56:37
03:23+	13:20+ 24:14+ 30:41+ 46:35+ 49:22+ 54:33+ 55:45+ 56:37+		
03:23+	09:57+ 10:54+ 06:27+ 15:54+ 02:47+ 05:11+ 01:12+ 00:52+		
01:10&	03:41& 02:09# 04:09@ 04:30& 00:53& 01:29& 00:16& 00:03+		
6	Arnfinn Moe	Fredrikstad SK	1:03:25
02:50+	11:56+ 22:00+ 25:33+ 54:01+ 56:46+ 61:30+ 62:33+ 63:25+		
02:50+	09:06+ 10:04+ 03:33+ 28:28+ 02:45+ 04:44+ 01:03+ 00:52+		
00:37&	02:50& 01:19# 01:15& 17:04@ 00:51& 01:02& 00:07# 00:03+		
7	Trygve Tveterås	Fredrikstad SK	1:03:39
04:11+	18:29+ 32:41+ 36:30+ 52:06+ 55:06+ 61:16+ 62:35+ 63:39+		
04:11+	14:18+ 14:12+ 03:49+ 15:36+ 03:00+ 06:10+ 01:19+ 01:04+		
01:58&	08:02@ 05:27& 01:31& 04:12& 01:06& 02:28& 00:23& 00:15&		

Beste strekktid for klassen

02:13 06:16 08:20 02:18 10:47 01:53 03:42 00:56 00:49

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

H60-

Class	Navn	Klasse	Tid
1	Per R. Holm	Moss, OK	28:53
	02:19= 05:53= 09:39= 14:45= 19:58= 22:26= 26:48= 27:51= 28:53=		
	02:19= 03:34= 03:46= 05:06= 05:13= 02:28= 04:22= 01:03= 01:02=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Hans Stordal	Tønsberg og omegn, OL	31:37
	02:56+ 05:47- 09:31- 15:54+ 21:59+ 24:29+ 29:13+ 30:28+ 31:37+		
	02:56+ 02:51- 03:44- 06:23+ 06:05+ 02:30+ 04:44+ 01:15+ 01:09+		
	00:37& 00:43- 00:02- 01:17& 00:52# 00:02+ 00:22+ 00:12# 00:07#		
3	Øivind Holt	Halden SK	35:04
	03:09+ 06:16+ 11:18+ 18:25+ 24:39+ 27:15+ 32:40+ 33:56+ 35:04+		
	03:09+ 03:07- 05:02+ 07:07+ 06:14+ 02:36+ 05:25+ 01:16+ 01:08+		
	00:50& 00:27- 01:16& 02:01& 01:01# 00:08+ 01:03# 00:13# 00:06+		
4	Anton Lomme	Hedrum OL	35:16
	02:30+ 05:30- 11:42+ 17:38+ 24:54+ 27:20+ 32:50+ 34:13+ 35:16+		
	02:30+ 03:00- 06:12+ 05:56+ 07:16+ 02:26- 05:30+ 01:23+ 01:03+		
	00:11+ 00:34- 02:26& 00:50# 02:03& 00:02- 01:08& 00:20& 00:01+		
5	Åsmund Jahr	Driv IL	36:51
	03:07+ 06:31+ 11:22+ 18:10+ 24:29+ 28:04+ 34:19+ 35:39+ 36:51+		
	03:07+ 03:24- 04:51+ 06:48+ 06:19+ 03:35+ 06:15+ 01:20+ 01:12+		
	00:48& 00:10- 01:05& 01:42& 01:06# 01:07& 01:53& 00:17& 00:10#		
6	Lars Åge Seim	Gimle IF	44:23
	04:04+ 07:00+ 18:39+ 24:55+ 33:09+ 36:40+ 41:49+ 43:03+ 44:23+		
	04:04+ 02:56- 11:39+ 06:16+ 08:14+ 03:31+ 05:09+ 01:14+ 01:20+		
	01:45& 00:38- 07:53@ 01:10# 03:01& 01:03& 00:47# 00:11# 00:18&		
Beste strekktid for klassen			
	02:19 02:51 03:44 05:06 05:13 02:26 04:22 01:03 01:02		

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

H70-

1	Harald Lundhaug	Moss, OK	30:21
	03:01= 05:33= 09:03= 15:28= 21:36= 23:59= 28:21= 29:23= 30:21=		
	03:01= 02:32= 03:30= 06:25= 06:08= 02:23= 04:22= 01:02= 00:58=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Trygve Fosse	Gimle IF	36:30
	02:39- 05:39+ 10:09+ 18:06+ 25:54+ 28:45+ 34:08+ 35:22+ 36:30+		
	02:39- 03:00+ 04:30+ 07:57+ 07:48+ 02:51+ 05:23+ 01:14+ 01:08+		
	00:22- 00:28# 01:00& 01:32# 01:40& 00:28# 01:01# 00:12# 00:10#		
3	Steinar Ruud	Konnerud IL	38:07
	03:02+ 06:29+ 11:14+ 18:25+ 25:00+ 29:26+ 35:22+ 36:53+ 38:07+		
	03:02+ 03:27+ 04:45+ 07:11+ 06:35+ 04:26+ 05:56+ 01:31+ 01:14+		
	00:01+ 00:55& 01:15& 00:46# 00:27+ 02:03& 01:34& 00:29& 00:16&		
4	Finn Vestby	Varteig OL	41:37
	03:24+ 06:55+ 12:18+ 19:44+ 26:34+ 30:43+ 38:54+ 40:21+ 41:37+		
	03:24+ 03:31+ 05:23+ 07:26+ 06:50+ 04:09+ 08:11+ 01:27+ 01:16+		
	00:23# 00:59& 01:53& 01:01# 00:42# 01:46& 03:49& 00:25& 00:18&		
5	Helge Halvorsen	Larvik OK	43:37
	03:13+ 07:05+ 13:50+ 22:17+ 29:35+ 33:22+ 40:24+ 42:00+ 43:37+		
	03:13+ 03:52+ 06:45+ 08:27+ 07:18+ 03:47+ 07:02+ 01:36+ 01:37+		
	00:12+ 01:20& 03:15& 02:02& 01:10# 01:24& 02:40& 00:34& 00:39&		
6	Kjell Michelsen	Fredrikstad SK	46:58
	04:30+ 08:57+ 17:01+ 24:20+ 33:49+ 37:29+ 43:44+ 45:34+ 46:58+		
	04:30+ 04:27+ 08:04+ 07:19+ 09:29+ 03:40+ 06:15+ 01:50+ 01:24+		
	01:29& 01:55& 04:34@ 00:54# 03:21& 01:17& 01:53& 00:48& 00:26&		
7	Knut Jacobsen	Sandefjord TIF	47:56
	03:35+ 07:28+ 12:41+ 22:35+ 32:04+ 38:52+ 44:47+ 46:29+ 47:56+		
	03:35+ 03:53+ 05:13+ 09:54+ 09:29+ 06:48+ 05:55+ 01:42+ 01:27+		
	00:34# 01:21& 01:43& 03:29& 03:21& 04:25@ 01:33& 00:40& 00:29&		

Class	Navn	Klasse	Tid
8	Kjell Andersen	Varteig OL	54:27
04:08+	08:14+	15:19+	26:43+
04:08+	04:06+	07:05+	11:24+
01:07&	01:34&	03:35@	04:59&
36:13+	44:03+	51:11+	53:05+
09:30+	07:50+	07:08+	01:54+
05:27@	02:46&	00:52&	00:24&
Beste strekktid for klassen			
02:39	02:32	03:30	06:25
06:08	02:23	04:22	01:02
00:58			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H80-			
1	Kåre Holt Hansen	Indre Østfold OK	42:34
04:27=	09:25=	16:17=	25:32=
04:27=	04:58=	06:52=	09:15=
00:00=	00:00=	00:00=	00:00=
29:59=	38:30=	40:42=	42:34=
04:27=	08:31=	02:12=	01:52=
00:00=	00:00=	00:00=	00:00=
Beste strekktid for klassen			
04:27	04:58	06:52	09:15
04:27	08:31	02:12	01:52
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
N-åpen			
1	Julie Nyborg	Halden SK	28:10
02:04=	05:39=	08:57=	15:53=
02:04=	03:35=	03:18=	06:56=
00:00=	00:00=	00:00=	00:00=
21:11=	26:58=	28:10=	
05:18=	05:47=	01:12=	
00:00=	00:00=	00:00=	00:00=
2	Endre Eliassen	Sarpsborg OL	27:31
02:44+	06:28+	08:15-	15:31-
02:44+	03:44+	01:47-	07:16+
00:40&	00:09+	01:31-	00:20+
19:46-	26:19-	27:31-	
04:15-	06:33+	01:12=	
01:03-	00:46#	00:00=	
4	Vegard Hillestad	Halden SK	15:33
01:04-	03:22-	04:19-	07:42-
01:04-	02:18-	00:57-	03:23-
01:00-	01:17-	02:21-	03:33-
09:47-	14:37-	15:33-	
02:05-	04:50-	00:56-	
00:57-	00:16-		
6	William Saintenoy	Halden SK	26:53
01:55-	06:11+	07:21-	11:57-
01:55-	04:16+	01:10-	04:36-
00:09-	00:41#	02:08-	02:20-
21:28+	25:55-	26:53-	
04:27-	00:58-		
01:20-	00:14-		
7	Adine Ingesen	Sarpsborg OL	37:13
02:57+	08:07+	10:35+	23:48+
02:57+	05:10+	02:28-	13:13+
00:53&	01:35&	00:50-	06:17&
29:08+	35:32+	37:13+	
05:20+	06:24+	01:41+	
00:02+	00:37#	00:29&	
8	Erlend Brendstuen	Halden SK	08:00
01:11-	03:37-	04:34-	08:00-
01:11-	02:26-	00:57-	03:26-
00:53-	01:09-	02:21-	03:30-
9	Kathinka Torjusen	Fredrikstad SK	21:24
02:04=	05:19-	08:02-	13:19-
02:04=	03:15-	02:43-	05:17-
00:00=	00:20-	00:35-	01:39-
20:22-	21:24-		
04:09-	01:02-		
01:38-	00:10-		
10	Anna Nærby	Skaukameratene OL	27:35
01:55-	05:48+	08:00-	15:32-
01:55-	03:53+	02:12-	07:32+
00:09-	00:18+	01:06-	00:36+
20:02-	26:17-	27:35-	
04:30-	06:15+	01:18+	
00:48-	00:28+	00:06+	
11	Kaisa Antonsen	Fredrikstad SK	21:26
02:01-	05:24-	07:57-	13:23-
02:01-	03:23-	02:33-	05:26-
00:03-	00:12-	00:45-	01:30-
20:25-	21:26-		
04:15-	01:01-		
01:32-	00:11-		

Class	Navn	Klasse	Tid
12	Lars Gåsvik Narvestad	Halden SK	20:30
	01:41- 04:50- 06:24- 12:24- 15:37- 19:32- 20:30-		
	01:41- 03:09- 01:34- 06:00- 03:13- 03:55- 00:58-		
	00:23- 00:26- 01:44- 00:56- 02:05- 01:52- 00:14-		
13	Hanna Flølo Ringdalen	Sarpsborg OL	25:55
	01:56- 05:32- 07:57- 14:10- 17:50- 24:29- 25:55-		
	01:56- 03:36+ 02:25- 06:13- 03:40- 06:39+ 01:26+		
	00:08- 00:01+ 00:53- 00:43- 01:38- 00:52# 00:14#		
14	Amalie Ludvigsen	Varteig OL	31:32
	02:12+ 07:06+ 09:00+ 17:12+ 22:51+ 29:39+ 31:32+		
	02:12+ 04:54+ 01:54- 08:12+ 05:39+ 06:48+ 01:53+		
	00:08+ 01:19& 01:24- 01:16# 00:21+ 01:01# 00:41&		
15	Runar Saur Modahl	Fredrikstad SK	25:45
	02:14+ 06:14+ 07:28- 15:32- 19:58- 24:43- 25:45-		
	02:14+ 04:00+ 01:14- 08:04+ 04:26- 04:45- 01:02-		
	00:10+ 00:25# 02:04- 01:08# 00:52- 01:02- 00:10-		
16	Elisabeth Brække	Halden SK	25:04
	02:31+ 06:39+ 08:27- 14:04- 17:36- 23:52- 25:04-		
	02:31+ 04:08+ 01:48- 05:37- 03:32- 06:16+ 01:12=		
	00:27# 00:33# 01:30- 01:19- 01:46- 00:29+ 00:00=		
17	Ingrid Hansen	Sarpsborg OL	45:59
	02:08+ 06:42+ 10:04+ 17:22+ 38:53+ 44:42+ 45:59+		
	02:08+ 04:34+ 03:22+ 07:18+ 21:31+ 05:49+ 01:17+		
	00:04+ 00:59& 00:04+ 00:22+ 16:13@ 00:02+ 00:05+		
18	Jakob Torgersen	Halden SK	58:19
	16:13+ 20:36+ 34:45+ 43:34+ 56:37+ 58:19+		
	16:13+ 04:23+ 14:09+ 08:49+ 13:03+ 01:42-		
	14:09@ 00:48# 10:51@ 01:53& 07:45@ 04:05-		
19	Alexandra Angvoll	Fredrikstad SK	37:43
	02:52+ 07:52+ 15:18+ 24:34+ 29:05+ 35:46+ 37:43+		
	02:52+ 05:00+ 07:26+ 09:16+ 04:31- 06:41+ 01:57+		
	00:48& 01:25& 04:08@ 02:20& 00:47- 00:54# 00:45&		
20	Martin Brække	Halden SK	27:02
	01:57- 06:21+ 07:35- 12:19- 21:32+ 25:53- 27:02-		
	01:57- 04:24+ 01:14- 04:44- 09:13+ 04:21- 01:09-		
	00:07- 00:49# 02:04- 02:12- 03:55& 01:26- 00:03-		
21	Malin Holter	Skaukameratene OL	17:10
	01:16- 04:00- 05:03- 08:54- 11:18- 15:50- 17:10-		
	01:16- 02:44- 01:03- 03:51- 02:24- 04:32- 01:20+		
	00:48- 00:51- 02:15- 03:05- 02:54- 01:15- 00:08#		
22	Fredrik Lillestrand	Trøsken IL	21:27
	01:39- 05:01- 06:21- 12:57- 15:50- 20:32- 21:27-		
	01:39- 03:22- 01:20- 06:36- 02:53- 04:42- 00:55-		
	00:25- 00:13- 01:58- 00:20- 02:25- 01:05- 00:17-		
23	Henrik Moe	Fredrikstad SK	31:10
	01:48- 06:13+ 08:21- 16:47+ 21:25+ 29:27+ 31:10+		
	01:48- 04:25+ 02:08- 08:26+ 04:38- 08:02+ 01:43+		
	00:16- 00:50# 01:10- 01:30# 00:40- 02:15& 00:31&		
24	Marthe Syversen	Halden SK	28:14
	02:10+ 05:55+ 09:03+ 15:58+ 21:16+ 27:01+ 28:14+		
	02:10+ 03:45+ 03:08- 06:55- 05:18= 05:45- 01:13+		
	00:06+ 00:10+ 00:10- 00:01- 00:00= 00:02- 00:01+		
25	Peder Aabogen Haugaard	Skaukameratene OL	18:59
	01:42- 04:59- 06:29- 11:40- 14:23- 17:54- 18:59-		
	01:42- 03:17- 01:30- 05:11- 02:43- 03:31- 01:05-		
	00:22- 00:18- 01:48- 01:45- 02:35- 02:16- 00:07-		
26	Marieluise Schmitt Gran	Halden SK	25:11
	02:14+ 05:44+ 07:43- 15:28- 18:50- 24:07- 25:11-		
	02:14+ 03:30- 01:59- 07:45+ 03:22- 05:17- 01:04-		
	00:10+ 00:05- 01:19- 00:49# 01:56- 00:30- 00:08-		

Class	Navn	Klasse	Tid
27	Sofie Bergstrøm	Gimle IF	39:17
	03:39+ 10:38+ 13:44+ 24:37+ 31:11+ 38:00+ 39:17+		
	03:39+ 06:59+ 03:06- 10:53+ 06:34+ 06:49+ 01:17+		
	01:35& 03:24& 00:12- 03:57& 01:16# 01:02# 00:05+		
29	Marie Hansen	Sarpsborg OL	20:51
	01:45- 04:56- 06:22- 11:10- 14:11- 19:49- 20:51-		
	01:45- 03:11- 01:26- 04:48- 03:01- 05:38- 01:02-		
	00:19- 00:24- 01:52- 02:08- 02:17- 00:09- 00:10-		
30	Andreas Bergsland	Trøsken IL	21:20
	01:43- 04:56- 06:14- 13:01- 15:57- 20:28- 21:20-		
	01:43- 03:13- 01:18- 06:47- 02:56- 04:31- 00:52-		
	00:21- 00:22- 02:00- 00:09- 02:22- 01:16- 00:20-		
31	Nora Drøivoldsmo	Halden SK	40:25
	02:34+ 07:17+ 12:01+ 21:54+ 28:59+ 38:47+ 40:25+		
	02:34+ 04:43+ 04:44+ 09:53+ 07:05+ 09:48+ 01:38+		
	00:30# 01:08& 01:26& 02:57& 01:47& 04:01& 00:26&		
33	Theodor Holter	Skaukameratene OL	20:32
	01:48- 05:16- 06:49- 13:15- 16:17- 19:41- 20:32-		
	01:48- 03:28- 01:33- 06:26- 03:02- 03:24- 00:51-		
	00:16- 00:07- 01:45- 00:30- 02:16- 02:23- 00:21-		
34	Jonathan Eylertsen	Halden SK	42:14
	03:19+ 09:22+ 12:53+ 23:54+ 30:32+ 40:09+ 42:14+		
	03:19+ 06:03+ 03:31+ 11:01+ 06:38+ 09:37+ 02:05+		
	01:15& 02:28& 00:13+ 04:05& 01:20& 03:50& 00:53&		
35	Marie Lindløv Jensen	Sarpsborg OL	26:41
	01:47- 05:30- 07:52- 15:18- 19:35- 25:30- 26:41-		
	01:47- 03:43+ 02:22- 07:26+ 04:17- 05:55+ 01:11-		
	00:17- 00:08+ 00:56- 00:30+ 01:01- 00:08+ 00:01-		
36	Sigrid Fosby	Halden SK	26:18
	01:29- 05:13- 06:38- 11:32- 20:56- 25:27- 26:18-		
	01:29- 03:44+ 01:25- 04:54- 09:24+ 04:31- 00:51-		
	00:35- 00:09+ 01:53- 02:02- 04:06& 01:16- 00:21-		
48	Lasse L Gulheim	Kolbotn & Skimt OL	45:05
	04:18+ 10:39+ 14:17+ 25:06+ 32:02+ 42:35+ 45:05+		
	04:18+ 06:21+ 03:38+ 10:49+ 06:56+ 10:33+ 02:30+		
	02:14@ 02:46& 00:20# 03:53& 01:38& 04:46& 01:18@		
202209	Rolf Martin Glomsrud	Skaukameratene OL	53:41
	02:24+ 06:36+ 09:17+ 20:05+ 40:32+ 52:31+ 53:41+		
	02:24+ 04:12+ 02:41- 10:48+ 20:27+ 11:59+ 01:10-		
	00:20# 00:37# 00:37- 03:52& 15:09@ 06:12@ 00:02-		
202211	Sara Haugen	Halden SK	28:08
	02:18+ 05:48+ 09:04+ 16:00+ 21:18+ 27:03+ 28:08-		
	02:18+ 03:30- 03:16- 06:56= 05:18= 05:45- 01:05-		
	00:14# 00:05- 00:02- 00:00= 00:00= 00:02- 00:07-		
Beste strekktid for klassen			
	01:04 02:18 00:57 03:23 02:05 01:42 00:51		

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