

1	Jennifer Langemose	42	14:24							
01:20=	03:05=	04:29=	05:34=	07:36=	08:21=	09:31=	11:59=	13:10=	14:12=	14:24=
01:20=	01:45=	01:24=	01:05=	02:02=	00:45=	01:10=	02:28=	01:11=	01:02=	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	Ea Hvidberg Tofte	40	14:32							
01:38+	03:13+	04:32+	05:40+	07:36=	08:35+	09:47+	12:38+	13:19+	14:20+	14:32+
01:38+	01:35-	01:19-	01:08+	01:56-	00:59+	01:12+	02:51+	00:41-	01:01-	00:12=
00:18#	00:10-	00:05-	00:03+	00:06-	00:14&	00:02+	00:23#	00:30-	00:01-	00:00=
3	Tilde Kjeldgaard	25	14:38							
01:20=	03:02-	04:33+	05:32-	07:28-	08:21=	09:34+	12:17+	13:30+	14:22+	14:38+
01:20=	01:42-	01:31+	00:59-	01:56-	00:53+	01:13+	02:43+	01:13+	00:52-	00:16+
00:00=	00:03-	00:07+	00:06-	00:06-	00:08#	00:03+	00:15#	00:02+	00:10-	00:04&
4	Laura Byskov Høgh	60	21:13							
02:14+	05:21+	07:27+	09:07+	12:42+	13:27+	15:57+	19:27+	20:14+	20:59+	21:13+
02:14+	03:07+	02:06+	01:40+	03:35+	00:45=	02:30+	03:30+	00:47-	00:45-	00:14+
00:54&	01:22&	00:42&	00:35&	01:33&	00:00=	01:20@	01:02&	00:24-	00:17-	00:02#

Beste stræktid for klassen

01:20	01:35	01:19	00:59	01:56	00:45	01:10	02:28	00:41	00:45	00:12
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D12

1	Tora Natås Stokseth					37					10:05
00:54=	02:06=	02:59=	03:37=	05:21=	05:54=	06:48=	08:27=	09:11=	09:54=	10:05=	
00:54=	01:12=	00:53=	00:38=	01:44=	00:33=	00:54=	01:39=	00:44=	00:43=	00:11=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Carolina Langemose					42					11:08
01:03+	02:26+	03:31+	04:26+	06:02+	06:34+	07:32+	09:35+	10:09+	10:56+	11:08+	
01:03+	01:23+	01:05+	00:55+	01:36-	00:32-	00:58+	02:03+	00:34-	00:47+	00:12+	
00:09#	00:11#	00:12#	00:17&	00:08-	00:01-	00:04+	00:24#	00:10-	00:04+	00:01+	
3	Ida Øverøyen Balchen					39					13:38
01:18+	02:52+	04:15+	05:12+	07:34+	08:16+	09:34+	11:58+	12:39+	13:27+	13:38+	
01:18+	01:34+	01:23+	00:57+	02:22+	00:42+	01:18+	02:24+	00:41-	00:48+	00:11=	
00:24&	00:22&	00:30&	00:19&	00:38&	00:09&	00:24&	00:45&	00:03-	00:05#	00:00=	

Beste stræktid for klassen

00:54	01:12	00:53	00:38	01:36	00:32	00:54	01:39	00:34	00:43	00:11
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D12B

1	Marlene Knoop										55	14:22
01:21=	03:25=	04:58=	06:42=	08:21=	08:59=	10:08=	12:32=	13:16=	14:10=	14:22=		
01:21=	02:04=	01:33=	01:44=	01:39=	00:38=	01:09=	02:24=	00:44=	00:54=	00:12=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Plass	Navn	Klasse	Tid
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D12B

Beste stræktid for klassen

01:21 02:04 01:33 01:44 01:39 00:38 01:09 02:24 00:44 00:54 00:12

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

D14

[illegible]

2					Freja Kjeldgaard					25					14:25				
01:28+	02:02+	03:08+	05:12+	06:33+	07:00+	07:33+	07:51+	08:17+	10:28+	11:59+	13:08+	13:46+	14:15+	14:25+					
01:28+	00:34-	01:06+	02:04+	01:21+	00:27-	00:33-	00:18+	00:16+	02:11-	01:31+	01:09+	00:38+	00:29+	00:10-					
00:02+	00:01-	00:27#	00:11+	00:09#	00:06-	00:06-	00:01+	00:01+	00:19-	00:40#	00:47@	00:02+	00:04#	00:01-					

Beste stræktid for klassen

01:26 00:34 00:39 01:53 01:12 00:27 00:33 00:17 00:25 02:11 00:51 00:22 00:36 00:25 00:16

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

D14B

[illegible]

2	Ingrid Damsgaard										23	14:47
03:12+	04:49+	05:59+	06:48+	08:43+	09:15+	10:34+	13:00+	13:42+	14:36+	14:47+		
03:12+	01:37+	01:10+	00:49-	01:55+	00:32+	01:19+	02:26+	00:42+	00:54+	00:11-		
02:08@	00:13#	00:12#	00:33-	00:06-	00:02+	00:15#	00:19#	00:02+	00:06#	00:02-		

Beste stræktid for klassen

01:04	01:24	00:58	00:49	01:55	00:30	01:04	02:07	00:40	00:48	00:11
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= Som klassevinner, - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D16

[illegible]

2	Hannah Damsgaard										23	18:06
03:06-	04:31-	05:55-	06:46-	07:35-	11:13-	11:37-	14:09+	17:14+	17:29+	17:55+	18:06+	
03:06-	01:25+	01:24+	00:51-	00:49-	03:38+	00:24-	02:32+	03:05+	00:15+	00:26+	00:11+	
00:24-	00:03+	00:03+	00:02-	00:05-	00:17+	00:04-	00:35±	00:08+	00:01+	00:02+	00:01+	

3	Isabella Gotfred-Iversen										40	19:58
03:25	04:52+	06:23+	07:24+	08:19+	12:58+	13:29+	15:41+	19:01+	19:18+	19:45+	19:58+	
03:25	01:27+	01:31+	01:01+	00:55+	04:39+	00:31+	02:12+	03:20+	00:17+	00:27+	00:13+	
00:05	00:05+	00:10#	00:08#	00:01+	01:18&	00:03#	00:15#	00:23#	00:03#	00:03#	00:03&	

Plass	Navn	Klasse	Tid
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D16

Beste stræktid for klassen

03:06 01:22 01:21 00:51 00:49 03:21 00:24 01:57 02:57 00:14 00:24 00:10

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

D21

1	Randi Sønnderby Petersen					OK Pan					20:26				
02:37=	03:15=	04:43=	07:25=	08:15=	09:04=	09:32=	10:39=	12:25=	14:48=	16:51=	18:22=	19:21=	19:39=	20:16=	20:26=
02:37=	00:38=	01:28=	02:42=	00:50=	00:49=	00:28=	01:07=	01:46=	02:23=	02:03=	01:31=	00:59=	00:18=	00:37=	00:10=
00:00=	00:00=	00:00=	00:00=	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	Ann Britt Buhl Væрге					OK Pan					21:38				
02:54+	03:34+	05:07+	08:39+	09:21+	10:03+	10:25+	11:27+	13:09+	16:03+	18:15+	19:48+	20:47+	21:04+	21:28+	21:38+
02:54+	00:40+	01:33+	03:32+	00:42-	00:42-	00:22-	01:02-	01:42-	02:54+	02:12+	01:33+	00:59=	00:17-	00:24-	00:10=
00:17#	00:02+	00:05+	00:50&	00:08-	00:07-	00:06-	00:05-	00:04-	00:31#	00:09+	00:02+	00:00=	00:01-	00:13-	00:00=

Beste stræktid for klassen

02:37 00:38 01:28 02:42 00:42 00:42 00:22 01:02 01:42 02:23 02:03 01:31 00:59 00:17 00:24 00:10

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

D21B

1	Tina Gotfred-Iversen													40	14:44	
01:49=	02:33=	03:29=	05:57=	07:25=	08:12=	09:00=	09:20=	09:50=	12:14=	12:42=	13:11=	13:59=	14:31=	14:44=		
01:49=	00:44=	00:56=	02:28=	01:28=	00:47=	00:48=	00:20=	00:30=	02:24=	00:28=	00:29=	00:48=	00:32=	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=		

2	Line Marie Østerhus												15	16:42			
01:52+	02:37+	03:28-	05:53-	07:40+	10:01+	10:42+	11:02+	11:35+	14:18+	14:46+	15:12+	15:57+	16:28+	16:42+			
01:52+	00:45+	00:51-	02:25-	01:47+	02:21+	00:41-	00:20=	00:33+	02:43+	00:28=	00:26-	00:45-	00:31-	00:14+			
00:03+	00:01+	00:05-	00:03-	00:19#	01:34@	00:07-	00:00=	00:03+	00:19#	00:00=	00:03-	00:03-	00:01-	00:01+			

3

Claudia Nissen

41

18:12

02:13+

03:06+

04:05+

07:17+

09:12+

10:03+

11:01+

11:27+

12:03+

15:14+

15:56+

16:27+

17:21+

17:56+

18:12+

02:13+

00:53+

00:59+

03:12+

01:55+

00:51+

00:58+

00:26+

00:36+

03:11+

00:42+

00:31+

00:54+

00:35+

00:16+

00:24#

00:09#

00:03+

00:44&

00:27&

00:04+

00:10#

00:06&

00:06#

00:47&

00:14&

00:02+

00:06#

00:03+

00:03#

Beste stræktid for klassen

01:49 00:44 00:51 02:25 01:28 00:47 00:41 00:20 00:30 02:24 00:28 00:26 00:45 00:31 00:13

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

D21C

1	Siri Coward										49
07:17=	09:20=	11:31=	13:19=	16:39=	17:57=	19:41=	22:20=	23:39=	25:10=	25:30=	
07:17=	02:03=	02:11=	01:48=	03:20=	01:18=	01:44=	02:39=	01:19=	01:31=	00:20=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Beste stræktid for klassen

07:17 02:03 02:11 01:48 03:20 01:18 01:44 02:39 01:19 01:31 00:20

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

Plass	Navn	Klasse	Tid
D35			

1	Nanna Hvidberg Tofte										40	22:05
03:47=	05:29=	07:04=	08:16=	09:25=	14:02=	14:38=	17:07=	20:59=	21:23=	21:51=	22:05=	
03:47=	01:42=	01:35=	01:12=	01:09=	04:37=	00:36=	02:29=	03:52=	00:24=	00:28=	00:14=	
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 stræktid for klassen											
03:47	01:42	01:35	01:12	01:09	04:37	00:36	02:29	03:52	00:24	00:28	00:14

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

D35B

1	Nina Tøndevold												30			15:18		
01:45=	02:26=	03:21=	06:52=	08:29=	09:10=	09:49=	10:11=	10:47=	13:05=	13:34=	13:55=	14:40=	15:06=	15:18=				
01:45=	00:41=	00:55=	03:31=	01:37=	00:41=	00:39=	00:22=	00:36=	02:18=	00:29=	00:21=	00:45=	00:26=	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=	00:00=	00:00=	00:00=				

2	Anne Moian Nydal												Røyken				22:19
02:33+	03:33+	04:46+	08:08+	10:13+	11:10+	12:43+	13:15+	13:59+	18:51+	19:37+	20:13+	21:27+	22:04+	22:19+			
02:33+	01:00+	01:13+	03:22-	02:05+	00:57+	01:33+	00:32+	00:44+	04:52+	00:46+	00:36+	01:14+	00:37+	00:15+			
00:48&	00:19&	00:18&	00:09-	00:28&	00:16&	00:54@	00:10&	00:08#	02:34@	00:17&	00:15&	00:29&	00:11&	00:03#			

3	Anita Mogensen												68			23:52		
02:56+	03:54+	04:56+	08:23+	11:44+	12:38+	13:39+	14:05+	14:47+	17:51+	20:05+	21:40+	22:50+	23:38+	23:52+				
02:56+	00:58+	01:02+	03:27-	03:21+	00:54+	01:01+	00:26+	00:42+	03:04+	02:14+	01:35+	01:10+	00:48+	00:14+				
01:11&	00:17&	00:07#	00:04-	01:44@	00:13&	00:22&	00:04#	00:06#	00:46&	01:45@	01:14@	00:25&	00:22&	00:02#				

Beste stræktid for klassen														
01:45	00:41	00:55	03:22	01:37	00:41	00:39	00:22	00:36	02:18	00:29	00:21	00:45	00:26	00:12

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

D40

1	Maja Berger										8	16:11
02:41=	03:55=	05:09=	05:56=	06:41=	10:00=	10:26=	12:24=	15:18=	15:36=	16:01=	16:11=	
02:41=	01:14=	01:14=	00:47=	00:45=	03:19=	00:26=	01:58=	02:54=	00:18=	00:25=	00:10=	
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	Ulla R. Pallesen				OK Syd							19:52
03:16+	04:49+	06:24+	07:25+	08:24+	12:22+	12:53+	15:18+	18:44+	19:06+	19:36+	19:52+	
03:16+	01:33+	01:35+	01:01+	00:59+	03:58+	00:31+	02:25+	03:26+	00:22+	00:30+	00:16+	
00:35#	00:19&	00:21&	00:14&	00:14&	00:39#	00:05#	00:27#	00:32#	00:04#	00:05#	00:06&	

3	Helle Termansen					OK Syd					25:50	
04:24+	06:22+	08:19+	09:36+	10:54+	16:08+	16:47+	19:57+	24:27+	24:53+	25:31+	25:50+	
04:24+	01:58+	01:57+	01:17+	01:18+	05:14+	00:39+	03:10+	04:30+	00:26+	00:38+	00:19+	
01:43&	00:44&	00:43&	00:30&	00:33&	01:55&	00:13&	01:12&	01:36&	00:08&	00:13&	00:09&	

Beste stræktid for klassen											
02:41	01:14	01:14	00:47	00:45	03:19	00:26	01:58	02:54	00:18	00:25	00:10

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

D45

Plass	Navn	Klasse	Tid
D45			
1	Pernille Buch	43	16:14
03:10=	04:22=	05:33=	06:23=
03:10=	01:12=	01:11=	00:50=
00:00=	00:00=	00:00=	00:00=
07:10=	10:21=	10:48=	12:42=
03:11=	00:27=	01:54=	02:44=
00:00=	00:00=	00:00=	00:00=
15:26=	15:41=	16:03=	16:14=
00:15=	00:22=	00:11=	
00:00=	00:00=	00:00=	
2	Monica Berglund	59	19:00
03:10+	04:39+	05:58+	06:52+
03:10+	01:29+	01:19+	00:54+
03:10+	01:29+	01:19+	00:54+
07:54+	11:52+	12:24+	14:41+
03:58+	00:32+	02:17+	03:11+
03:58+	00:32+	02:17+	03:11+
17:52+	18:10+	18:47+	19:00+
00:18+	00:37+	00:13+	
00:18+	00:37+	00:13+	
3	Ida Natås	37	21:20
03:28+	05:16+	06:49+	07:50+
03:28+	01:48+	01:33+	01:01+
03:28+	01:48+	01:33+	01:01+
08:55+	13:32+	14:08+	16:42+
04:37+	00:36+	02:34+	03:31+
04:37+	00:36+	02:34+	03:31+
20:13+	20:38+	21:07+	21:20+
00:25+	00:29+	00:13+	
00:25+	00:29+	00:13+	
4	Agnete Trier Hauge	37	24:22
04:33+	06:00+	08:13+	09:12+
04:33+	01:35+	02:05+	00:59+
04:33+	01:35+	02:05+	00:59+
10:13+	15:22+	16:13+	19:05+
01:05+	00:51+	02:52+	04:14+
01:05+	00:51+	02:52+	04:14+
23:19+	23:40+	24:09+	24:22+
01:54+	01:34+	00:40+	00:47+
01:54+	01:34+	00:40+	00:47+
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
D50			
1	Gitte R. Christoffersen	72	16:14
02:44=	03:13=	04:44=	05:14=
02:44=	00:29=	01:31=	00:30=
00:00=	00:00=	00:00=	00:00=
05:57=	07:02=	09:09=	09:52=
00:43=	01:05=	02:07=	00:43=
00:00=	00:00=	00:00=	00:00=
10:21=	12:15=	13:49=	14:29=
01:54=	01:34=	00:40=	00:47=
01:54=	01:34=	00:40=	00:47=
2	Mette Møller Nielsen	AKIF	18:37
03:12+	03:46+	04:44=	05:16+
03:12+	00:34+	00:58-	00:32+
00:28#	00:05#	00:33-	00:02+
07:20+	09:49+	10:45+	11:20+
01:16+	02:29+	00:56+	00:35+
00:11#	00:22#	00:13&	00:06#
13:49+	15:47+	16:34+	17:26+
02:29+	01:58+	00:47+	00:52+
00:35&	00:24&	00:07#	00:05#
17:47+	18:21+	18:37+	
00:21+	00:34+	00:16+	
00:03#	00:07&	00:03#	
3	Eldrid Hågård Aas	54	18:46
03:16+	03:51+	04:57+	05:34+
03:16+	00:35+	01:06-	00:37+
00:32#	00:06#	00:25-	00:07#
06:23+	07:43+	10:20+	11:17+
00:49+	01:20+	02:37+	00:57+
00:06#	00:15#	00:30#	00:14&
14:07+	16:01+	16:45+	17:37+
02:16+	01:54+	00:44+	00:52+
00:22#	00:20#	00:04+	00:05#
17:59+	18:31+	18:46+	
00:04#	00:05#	00:02#	
4	Inger Marie Damsgaard	23	18:48
03:21+	03:52+	05:02+	06:10+
03:21+	00:31+	01:10-	01:08+
00:37#	00:02+	00:21-	00:38@
06:54+	08:04+	10:26+	11:39+
00:44+	01:10+	02:22+	01:13+
00:01+	00:05+	00:15#	00:30&
12:10+	14:20+	16:03+	16:47+
02:10+	01:43+	00:44+	00:56+
00:16#	00:09+	00:04+	00:09#
17:43+	18:08+	18:37+	18:48+
00:25+	00:29+	00:11-	00:02-
00:07&	00:02+	00:02-	
5	Simona Weber	75	18:54
03:15+	03:46+	04:12-	05:37+
03:15+	00:31+	00:26-	01:25+
00:31#	00:02+	01:05-	00:55@
06:07+	06:53-	08:07-	11:22+
00:30-	00:46-	01:14-	03:15+
00:13-	00:19-	00:53-	02:32@
12:20+	12:55+	14:57+	16:35+
00:29&	01:19-	00:28&	00:58@
15:24+	17:17+	18:04+	19:01+
02:33+	01:53+	00:47+	00:57+
00:39&	00:19#	00:07#	00:10#
17:57+	18:15+	18:43+	18:54+
00:20+	00:30+	00:17+	
00:02#	00:03#	00:04&	
6	Eva Smedegaard Eland	49	20:08
03:29+	04:10+	05:23+	05:57+
03:29+	00:41+	01:13-	00:34+
00:45&	00:12&	00:18-	00:04#
06:54+	08:41+	11:22+	12:15+
00:57+	01:47+	02:41+	00:53+
00:14&	00:42&	00:34&	00:10#
12:51+	15:24+	17:17+	18:04+
00:36+	02:33+	01:53+	00:47+
00:07#	00:39&	00:19#	00:07#
19:01+	19:21+	19:51+	20:08+
00:57+	00:20+	00:30+	00:17+
00:10#	00:02#	00:03#	00:04&

Plass	Navn	Klasse										Tid					
D50																	
7	Signe Jensen	41										22:09					
	04:15+	04:53+	06:25+	07:05+	08:01+	09:34+	12:32+	13:32+	14:09+	17:06+	19:11+	20:04+	20:59+	21:22+	21:53+	22:09+	
	04:15+	00:38+	01:32+	00:40+	00:56+	01:33+	02:58+	01:00+	00:37+	02:57+	02:05+	00:53+	00:55+	00:23+	00:31+	00:16+	
	01:31&	00:09&	00:01+	00:10&	00:13&	00:28&	00:51&	00:17&	00:08&	01:03&	00:31&	00:13&	00:08#	00:05&	00:04#	00:03#	
8	Helle Schou	48										35:45					
	06:28+	07:29+	09:18+	10:22+	11:50+	14:29+	19:46+	21:41+	22:51+	27:15+	30:47+	32:08+	33:37+	34:16+	35:14+	35:45+	
	06:28+	01:01+	01:49+	01:04+	01:28+	02:39+	05:17+	01:55+	01:10+	04:24+	03:32+	01:21+	01:29+	00:39+	00:58+	00:31+	
	06:28+	01:01+	01:49+	01:04+	01:28+	02:39+	05:17+	01:55+	01:10+	04:24+	03:32+	01:21+	01:29+	00:39+	00:58+	00:31+	
Beste stræktid for klassen																	
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																	
D55																	
1	Gry Anita Gjerde Alnæs	58										17:15					
	03:13=	03:42=	04:56=	05:26=	06:10=	07:24=	09:42=	10:29=	11:04=	12:56=	14:31=	15:22=	16:12=	16:38=	17:02=	17:15=	
	03:13=	00:29=	01:14=	00:30=	00:44=	01:14=	02:18=	00:47=	00:35=	01:52=	01:35=	00:51=	00:50=	00:26=	00:24=	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=	
2	Lene Bejer Damgaard	76										17:21					
	03:11-	03:44+	04:46-	05:18-	06:01-	07:10-	09:33-	10:22-	10:55-	13:06+	14:54+	15:35+	16:21+	16:39+	17:08+	17:21+	
	03:11-	00:33+	01:02-	00:32+	00:43-	01:09-	02:23+	00:49+	00:33-	02:11+	01:48+	00:41-	00:46-	00:18-	00:29+	00:13=	
	00:02-	00:04#	00:12-	00:02+	00:01-	00:05-	00:05+	00:02+	00:02-	00:19#	00:13#	00:10-	00:04-	00:08-	00:05#	00:00=	
3	Lykke Berg Mathiesen	21										23:05					
	04:14+	04:55+	06:46+	07:29+	08:21+	09:56+	13:10+	14:14+	14:57+	17:51+	19:59+	20:48+	21:46+	22:11+	22:46+	23:05+	
	04:14+	00:41+	01:51+	00:43+	00:52+	01:35+	03:14+	01:04+	00:43+	02:54+	02:08+	00:49-	00:58+	00:25-	00:35+	00:19+	
	01:01&	00:12&	00:37&	00:13&	00:08#	00:21&	00:56&	00:17&	00:08#	01:02&	00:33&	00:02-	00:08#	00:01-	00:11&	00:06&	
Beste stræktid for klassen																	
	03:11	00:29	01:02	00:30	00:43	01:09	02:18	00:47	00:33	01:52	01:35	00:41	00:46	00:18	00:24	00:13	
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																	
D60																	
1	Ethna Cavanagh	14										19:03					
	03:39=	04:12=	05:22=	05:56=	06:54=	08:05=	10:23=	11:12=	11:46=	14:11=	15:55=	16:44=	17:34=	18:16=	18:49=	19:03=	
	03:39=	00:33=	01:10=	00:34=	00:58=	01:11=	02:18=	00:49=	00:34=	02:25=	01:44=	00:49=	00:50=	00:42=	00:33=	00:14=	
	00:00=	00:00=	00:00=	00:00=	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	Helle Nikkel	76										22:03					
	03:24-	04:02-	06:25+	07:01+	07:54+	09:27+	12:31+	13:28+	14:08+	16:54+	19:00+	19:50+	20:47+	21:10+	21:46+	22:03+	
	03:24-	00:38+	02:23+	00:36+	00:53-	01:33+	03:04+	00:57+	00:40+	02:46+	02:06+	00:50+	00:57+	00:23-	00:36+	00:17+	
	00:15-	00:05#	01:13@	00:02+	00:05-	00:22&	00:46&	00:08#	00:06#	00:21#	00:22#	00:01+	00:07#	00:19-	00:03+	00:03#	
3	Hanne Staugaard	29										22:30					
	03:41+	04:20+	05:32+	06:11+	07:09+	08:44+	11:46+	12:43+	13:33+	14:16+	17:06+	19:20+	20:12+	21:09+	21:35+	22:11+	
	03:41+	00:39+	01:12+	00:39+	00:58=	01:35+	03:02+	00:57+	00:50+	00:43-	02:50+	02:14+	00:52+	00:57+	00:26-	00:36+	
	00:02+	00:06#	00:02+	00:05#	00:00=	00:24&	00:44&	00:08#	00:16&	01:42-	01:06&	01:25@	00:02+	00:15&	00:07-	00:22@	

Plass	Navn	Klasse	Tid												
D60															
4	Grete Zachariassen	34	23:07												
04:02+	04:41+	05:59+	06:39+	07:43+	09:24+	12:26+	13:29+	14:10+	17:03+	19:17+	20:08+	21:37+	22:02+	22:52+	23:07+
04:02+	00:39+	01:18+	00:40+	01:04+	01:41+	03:02+	01:03+	00:41+	02:53+	02:14+	00:51+	01:29+	00:25-	00:50+	00:15+
00:23#	00:06#	00:08#	00:06#	00:06#	00:30&	00:44&	00:14&	00:07#	00:28#	00:30&	00:02+	00:39&	00:17-	00:17&	00:01+
5	Barbara Dresel	65	23:26												
03:55+	04:35+	06:11+	06:52+	07:56+	09:36+	12:43+	13:50+	14:33+	17:29+	19:54+	20:51+	21:57+	22:24+	23:07+	23:26+
03:55+	00:40+	01:36+	00:41+	01:04+	01:40+	03:07+	01:07+	00:43+	02:56+	02:25+	00:57+	01:06+	00:27+	00:43+	00:19+
03:55+	00:40+	01:36+	00:41+	01:04+	01:40+	03:07+	01:07+	00:43+	02:56+	02:25+	00:57+	01:06+	00:27+	00:43+	00:19+
Beste stræktid for klassen															
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.															
D65															
1	Birgitte Birck	3	13:55												
03:35=	05:48=	06:07=	06:54=	10:09=	11:59=	12:40=	13:05=	13:38=	13:55=						
03:35=	02:13=	00:19=	00:47=	03:15=	01:50=	00:41=	00:25=	00:33=	00:17=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Hanne Ljungberg	OK Syd	14:16												
03:32-	05:35-	05:55-	06:36-	09:50-	11:37-	12:20-	12:42-	13:31-	14:16+						
03:32-	02:03-	00:20+	00:41-	03:14-	01:47-	00:43+	00:22-	00:49+	00:45+						
00:03-	00:10-	00:01+	00:06-	00:01-	00:03-	00:02+	00:03-	00:16&	00:28@						
3	Eva Emanuelsson	19	15:03												
03:59+	06:23+	06:45+	07:38+	11:07+	13:03+	13:45+	14:15+	14:47+	15:03+						
03:59+	02:24+	00:22+	00:53+	03:29+	01:56+	00:42+	00:30+	00:32-	00:16-						
00:24#	00:11+	00:03#	00:06#	00:14+	00:06+	00:01+	00:05#	00:01-	00:01-						
4	Gitte Isen	22	15:37												
04:10+	06:36+	06:58+	07:49+	11:27+	13:30+	14:16+	14:41+	15:19+	15:37+						
04:10+	02:26+	00:22+	00:51+	03:38+	02:03+	00:46+	00:25=	00:38+	00:18+						
00:35#	00:13+	00:03#	00:04+	00:23#	00:13#	00:05#	00:00=	00:05#	00:01+						
5	Inge Price Jensen	40	15:44												
04:21+	06:43+	07:06+	08:06+	11:42+	13:41+	14:26+	14:51+	15:26+	15:44+						
04:21+	02:22+	00:23+	01:00+	03:36+	01:59+	00:45+	00:25=	00:35+	00:18+						
00:46#	00:09+	00:04#	00:13&	00:21#	00:09+	00:04+	00:00=	00:02+	00:01+						
6	Tove Damgaard	55	15:48												
04:32+	07:09+	07:31+	08:20+	11:37+	13:27+	14:13+	14:52+	15:29+	15:48+						
04:32+	02:37+	00:22+	00:49+	03:17+	01:50=	00:46+	00:39+	00:37+	00:19+						
00:57&	00:24#	00:03#	00:02+	00:02+	00:00=	00:05#	00:14&	00:04#	00:02#						
7	Jytte Sørensen	AMOK	15:55												
03:50+	06:24+	06:46+	07:41+	11:34+	13:49+	14:36+	15:02+	15:38+	15:55+						
03:50+	02:34+	00:22+	00:55+	03:53+	02:15+	00:47+	00:26+	00:36+	00:17=						
00:15+	00:21#	00:03#	00:08#	00:38#	00:25#	00:06#	00:01+	00:03+	00:00=						
8	Bente Pedersen	41	16:01												
04:06+	06:34+	06:55+	07:39+	11:49+	14:02+	14:47+	15:11+	15:45+	16:01+						
04:06+	02:28+	00:21+	00:44-	04:10+	02:13+	00:45+	00:24-	00:34+	00:16-						
00:31#	00:15#	00:02#	00:03-	00:55&	00:23#	00:04+	00:01-	00:01+	00:01-						

Plass	Navn	Klasse	Tid						
D65									
9	Birgitte Bach	76	17:43						
04:42+	07:53+	08:15+	09:19+	13:23+	15:27+	16:25+	16:49+	17:26+	17:43+
04:42+	03:11+	00:22+	01:04+	04:04+	02:04+	00:58+	00:24-	00:37+	00:17=
01:07&	00:58&	00:03#	00:17&	00:49&	00:14#	00:17&	00:01-	00:04#	00:00=
10	Inger Schibsted	63	18:25						
04:47+	07:29+	08:00+	08:57+	13:08+	15:52+	16:48+	17:16+	18:12+	18:25+
04:47+	02:42+	00:31+	00:57+	04:11+	02:44+	00:56+	00:28+	00:56+	00:13+
04:47+	02:42+	00:31+	00:57+	04:11+	02:44+	00:56+	00:28+	00:56+	00:13+
11	Elisabeth Holth Johannessen	63	19:03						
05:01+	07:57+	08:29+	09:29+	13:56+	16:36+	17:33+	18:07+	18:45+	19:03+
05:01+	02:56+	00:32+	01:00+	04:27+	02:40+	00:57+	00:34+	00:38+	00:18+
05:01+	02:56+	00:32+	01:00+	04:27+	02:40+	00:57+	00:34+	00:38+	00:18+
12	Hanne Frost	6	25:50						
06:56+	10:50+	11:21+	12:38+	18:50+	22:19+	23:35+	24:14+	25:17+	25:50+
06:56+	03:54+	00:31+	01:17+	06:12+	03:29+	01:16+	00:39+	01:03+	00:33+
06:56+	03:54+	00:31+	01:17+	06:12+	03:29+	01:16+	00:39+	01:03+	00:33+
Beste stræktid for klassen									
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.									
D70									
1	Grethe Anæus	76	13:06						
03:16=	05:28=	05:47=	06:31=	09:36=	11:17=	11:57=	12:19=	12:51=	13:06=
03:16=	02:12=	00:19=	00:44=	03:05=	01:41=	00:40=	00:22=	00:32=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kirsten Bobach	77	14:39						
03:35+	05:54+	06:20+	07:02+	10:24+	12:51+	13:30+	13:56+	14:24+	14:39+
03:35+	02:19+	00:26+	00:42-	03:22+	02:27+	00:39-	00:26+	00:28-	00:15=
00:19+	00:07+	00:07&	00:02-	00:17+	00:46&	00:01-	00:04#	00:04-	00:00=
3	Bjørg Svanberg	63	14:47						
04:29+	06:29+	06:48+	07:56+	11:01+	12:49+	13:35+	13:58+	14:32+	14:47+
04:29+	02:00-	00:19=	01:08+	03:05=	01:48+	00:46+	00:23+	00:34+	00:15=
01:13&	00:12-	00:00=	00:24&	00:00=	00:07+	00:06#	00:01+	00:02+	00:00=
4	Anne-Berit Rasmussen	55	15:40						
03:35+	05:43+	06:05+	06:52+	10:20+	13:38+	14:21+	14:47+	15:26+	15:40+
03:35+	02:08-	00:22+	00:47+	03:28+	03:18+	00:43+	00:26+	00:39+	00:14-
00:19+	00:04-	00:03#	00:03+	00:23#	01:37&	00:03+	00:04#	00:07#	00:01-
5	Pia Gade	76	15:40						
04:07+	06:30+	06:52+	07:44+	11:27+	13:23+	14:06+	14:52+	15:25+	15:40+
04:07+	02:23+	00:22+	00:52+	03:43+	01:56+	00:43+	00:46+	00:33+	00:15=
00:51&	00:11+	00:03#	00:08#	00:38#	00:15#	00:03+	00:24@	00:01+	00:00=
6	Monica Roeling	KOVZ	15:54						
03:59+	06:24+	06:47+	07:37+	11:21+	13:23+	14:13+	15:04+	15:38+	15:54+
03:59+	02:25+	00:23+	00:50+	03:44+	02:02+	00:50+	00:51+	00:34+	00:16+
00:43#	00:13+	00:04#	00:06#	00:39#	00:21#	00:10#	00:29@	00:02+	00:01+

Plass

Navn

Klasse

Tid

D70

7	Inger Nergaard									71	17:53
04:47+	07:34+	07:58+	08:53+	13:12+	15:38+	16:30+	17:04+	17:37+	17:53+		
04:47+	02:47+	00:24+	00:55+	04:19+	02:26+	00:52+	00:34+	00:33+	00:16+		
01:31&	00:35&	00:05&	00:11#	01:14&	00:45&	00:12&	00:12&	00:01+	00:01+		
8	Lone Dybdal									1	21:08
05:39+	08:55+	09:29+	10:35+	15:23+	18:10+	19:14+	19:46+	20:40+	21:08+		
05:39+	03:16+	00:34+	01:06+	04:48+	02:47+	01:04+	00:32+	00:54+	00:28+		
05:39+	03:16+	00:34+	01:06+	04:48+	02:47+	01:04+	00:32+	00:54+	00:28+		

Beste stræktheid for klassen

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

D75

1	Else Gudme				OK73						16:56
04:27=	07:04=	07:47=	08:46=	12:27=	14:31=	15:21=	15:51=	16:40=	16:56=		
04:27=	02:37=	00:43=	00:59=	03:41=	02:04=	00:50=	00:30=	00:49=	00:16=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Haldis Glendrange				69						16:59
04:07-	06:55-	07:49+	08:32-	12:29+	14:39+	15:27+	16:02+	16:44+	16:59+		
04:07-	02:48+	00:54+	00:43-	03:57+	02:10+	00:48-	00:35+	00:42-	00:15-		
00:20-	00:11+	00:11&	00:16-	00:16+	00:06+	00:02-	00:05#	00:07-	00:01-		
3	Elizabeth Borchorst				RSOK						19:05
08:09+	08:37+	09:43+	14:08+	16:36+	17:34+	18:05+	18:48+	19:05+			
08:09+	00:28-	01:06+	04:25+	02:28-	00:58-	00:31-	00:43+	00:17-			
03:42&	02:09-	00:23&	03:26@	01:13-	01:06-	00:19-	00:13&	00:32-			
4	Edith Sørensen				77						20:06
05:22+	08:27+	08:56+	10:01+	14:49+	17:24+	18:24+	18:56+	19:44+	20:06+		
05:22+	03:05+	00:29-	01:05+	04:48+	02:35+	01:00+	00:32+	00:48-	00:22+		
00:55#	00:28#	00:14-	00:06#	01:07&	00:31#	00:10#	00:02+	00:01-	00:06&		
5	Ulla Hooge				52						22:33
04:15-	06:36-	07:58+	08:37-	13:48+	18:13+	19:25+	20:06+	21:20+	22:20+	22:33+	
04:15-	02:21-	01:22+	00:39-	05:11+	04:25+	01:12+	00:41+	01:14+	01:00+	00:13+	
00:12-	00:16-	00:39&	00:20-	01:30&	02:21@	00:22&	00:11&	00:25&	00:44@	00:13+	
6	Anne Marie Ceeberg				18						28:39
08:29+	12:38+	13:12+	14:34+	21:03+	24:54+	26:16+	26:58+	28:04+	28:39+		
08:29+	04:09+	00:34-	01:22+	06:29+	03:51+	01:22+	00:42+	01:06+	00:35+		
04:02&	01:32&	00:09-	00:23&	02:48&	01:47&	00:32&	00:12&	00:17&	00:19@		

Beste stræktheid for klassen

04:07 00:28 00:29 00:39 02:28 00:58 00:31 00:30 00:17 00:15

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

D80

Plass	Navn	Klasse	Tid
D80			
1	Jane Thode Jensen	36	15:51
04:20= 06:48= 07:13= 08:01= 11:23= 13:36= 14:18= 14:48= 15:32= 15:51= 04:20= 02:28= 00:25= 00:48= 03:22= 02:13= 00:42= 00:30= 00:44= 00:19= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Randi Splittorff	72	18:23
05:20+ 08:12+ 08:38+ 09:32+ 13:37+ 15:59+ 16:52+ 17:18+ 18:05+ 18:23+ 05:20+ 02:52+ 00:26+ 00:54+ 04:05+ 02:22+ 00:53+ 00:26+ 00:47+ 00:18+ 05:20+ 02:52+ 00:26+ 00:54+ 04:05+ 02:22+ 00:53+ 00:26+ 00:47+ 00:18+			
3	Aase Thyssen	26	21:31
05:33+ 08:59+ 09:31+ 10:38+ 15:34+ 18:30+ 19:41+ 20:23+ 21:10+ 21:31+ 05:33+ 03:26+ 00:32+ 01:07+ 04:56+ 02:56+ 01:11+ 00:42+ 00:47+ 00:21+ 05:33+ 03:26+ 00:32+ 01:07+ 04:56+ 02:56+ 01:11+ 00:42+ 00:47+ 00:21+			
4	Ulla Valnert	OK73	25:53
06:29+ 10:12+ 10:49+ 12:06+ 18:05+ 21:28+ 22:51+ 24:13+ 25:25+ 25:53+ 06:29+ 03:43+ 00:37+ 01:17+ 05:59+ 03:23+ 01:23+ 01:22+ 01:12+ 00:28+ 06:29+ 03:43+ 00:37+ 01:17+ 05:59+ 03:23+ 01:23+ 01:22+ 01:12+ 00:28+			
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H10			
1	Erik Olaisen Brekke	79	12:36
01:12= 02:50= 03:57= 04:58= 06:36= 07:19= 08:43= 10:45= 11:32= 12:24= 12:36= 01:12= 01:38= 01:07= 01:01= 01:38= 00:43= 01:24= 02:02= 00:47= 00:52= 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 Sørensen	27	12:56
01:46+ 03:13+ 04:31+ 05:15+ 07:09+ 07:43+ 09:01+ 11:21+ 11:57+ 12:44+ 12:56+ 01:46+ 01:27- 01:18+ 00:44- 01:54+ 00:34- 01:18- 02:20+ 00:36- 00:47- 00:12= 00:34& 00:11- 00:11# 00:17- 00:16# 00:09- 00:06- 00:18# 00:11- 00:05- 00:00=			
3	Anton Kjeldgaard	25	13:21
01:14+ 02:37- 03:37- 04:20- 05:58- 06:40- 08:52+ 10:55+ 11:48+ 13:04+ 13:21+ 01:14+ 01:23- 01:00- 00:43- 01:38= 00:42- 02:12+ 02:03+ 00:53+ 01:16+ 00:17+ 00:02+ 00:15- 00:07- 00:18- 00:00= 00:01- 00:48& 00:01+ 00:06# 00:24& 00:05&			
4	Birk Hvidberg Tofte	40	18:21
04:42+ 06:29+ 07:54+ 09:22+ 11:26+ 12:19+ 13:36+ 16:06+ 17:25+ 18:09+ 18:21+ 04:42+ 01:47+ 01:25+ 01:28+ 02:04+ 00:53+ 01:17- 02:30+ 01:19+ 00:44- 00:12= 03:30@ 00:09+ 00:18& 00:27& 00:26& 00:10# 00:07- 00:28# 00:32& 00:08- 00:00=			

Beste stræktid for klassen
01:12 01:23 01:00 00:43 01:38 00:34 01:17 02:02 00:36 00:44 00:12
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H12

Plass	Navn	Klasse	Tid
H12			
1	Anton Nomeland	8	09:40
01:01= 02:15= 03:08= 03:47= 05:14= 05:43= 06:38= 08:17= 08:48= 09:31= 09:40= 01:01= 01:14= 00:53= 00:39= 01:27= 00:29= 00:55= 01:39= 00:31= 00:43= 00:09= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Gustav Haavangen	37	11:05
00:59+ 02:14+ 03:39+ 04:13+ 04:42+ 06:14+ 06:46+ 07:46+ 09:37+ 10:12+ 10:54+ 11:05+ 00:59+ 01:15+ 01:25+ 00:34+ 00:29+ 01:32+ 00:32+ 01:00+ 01:51+ 00:35+ 00:42+ 00:11+ 00:59+ 01:15+ 01:25+ 00:34+ 00:29+ 01:32+ 00:32+ 01:00+ 01:51+ 00:35+ 00:42+ 00:11+			
3	Brage Glende Stormoen	7	11:05
01:05+ 02:27+ 03:25+ 04:04+ 05:37+ 06:17+ 07:17+ 09:04+ 09:50+ 10:55+ 11:05+ 01:05+ 01:22+ 00:58+ 00:39+ 01:33+ 00:40+ 01:00+ 01:47+ 00:46+ 01:05+ 00:10+ 01:05+ 01:22+ 00:58+ 00:39+ 01:33+ 00:40+ 01:00+ 01:47+ 00:46+ 01:05+ 00:10+			
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H14			
1	Oskar Kjeldgaard	25	14:37
01:51= 02:36= 03:23= 05:42= 07:05= 07:34= 08:08= 08:29= 08:56= 11:46= 12:41= 13:12= 13:57= 14:27= 14:37= 01:51= 00:45= 00:47= 02:19= 01:23= 00:29= 00:34= 00:21= 00:27= 02:50= 00:55= 00:31= 00:45= 00:30= 00:10= 00:00= 00:00= 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 stræktid for klassen			
01:51 00:45 00:47 02:19 01:23 00:29 00:34 00:21 00:27 02:50 00:55 00:31 00:45 00:30 00:10			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H16			
1	Mathias Reiche Sørensen	51	14:27
01:50= 02:19= 03:18= 05:23= 05:56= 06:30= 06:47= 07:37= 08:55= 10:44= 12:02= 13:06= 13:46= 13:59= 14:17= 14:27= 01:50= 00:29= 00:59= 02:05= 00:33= 00:34= 00:17= 00:50= 01:18= 01:49= 01:18= 01:04= 00:40= 00:13= 00:18= 00:10= 00:00= 00:00= 00:00= 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	Elias Skaug-Danielsen	9	18:53
02:26+ 03:01+ 04:20+ 07:01+ 07:48+ 08:31+ 08:54+ 10:00+ 11:45+ 13:56+ 15:41+ 17:08+ 18:00+ 18:16+ 18:41+ 18:53+ 02:26+ 00:35+ 01:19+ 02:41+ 00:47+ 00:43+ 00:23+ 01:06+ 01:45+ 02:11+ 01:45+ 01:27+ 00:52+ 00:16+ 00:25+ 00:12+ 00:36& 00:06# 00:20& 00:36& 00:14& 00:09& 00:06& 00:16& 00:27& 00:22# 00:27& 00:23& 00:12& 00:03# 00:07& 00:02#			
Beste stræktid for klassen			
01:50 00:29 00:59 02:05 00:33 00:34 00:17 00:50 01:18 01:49 01:18 01:04 00:40 00:13 00:18 00:10			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H18			
1	Sebastian Gotfred-Iversen	40	14:37
01:49= 02:17= 03:17= 05:13= 05:47= 06:21= 06:39= 07:25= 08:41= 10:22= 12:08= 13:11= 13:54= 14:07= 14:28= 14:37= 01:49= 00:28= 01:00= 01:56= 00:34= 00:34= 00:18= 00:46= 01:16= 01:41= 01:46= 01:03= 00:43= 00:13= 00:21= 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=			

Plass	Navn	Klasse	Tid
H18			

Beste stræktid for klassen

01:49 00:28 01:00 01:56 00:34 00:34 00:18 00:46 01:16 01:41 01:46 01:03 00:43 00:13 00:21 00:09

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

H21

1	Kenneth Buch	43	15:18												
02:02=	02:31=	03:40=	05:49=	06:23=	06:58=	07:15=	08:02=	09:24=	11:15=	12:42=	13:51=	14:33=	14:46=	15:07=	15:18=
02:02=	00:29=	01:09=	02:09=	00:34=	00:35=	00:17=	00:47=	01:22=	01:51=	01:27=	01:09=	00:42=	00:13=	00:21=	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=
2	Christian Bertel Andersen	AKIF	17:16												
02:05+	02:37+	03:50+	06:16+	06:54+	07:32+	07:51+	08:44+	10:22+	12:28+	14:10+	15:32+	16:24+	16:42+	17:06+	17:16+
02:05+	00:32+	01:13+	02:26+	00:38+	00:38+	00:19+	00:53+	01:38+	02:06+	01:42+	01:22+	00:52+	00:18+	00:24+	00:10-
00:03+	00:03#	00:04+	00:17#	00:04#	00:03+	00:02#	00:06#	00:16#	00:15#	00:15#	00:13#	00:10#	00:05&	00:03#	00:01-
3	Philip Aarnio	51	18:17												
02:12+	02:46+	04:06+	06:35+	07:17+	07:59+	08:21+	09:24+	11:05+	13:18+	15:01+	16:27+	17:23+	17:39+	18:03+	18:17+
02:12+	00:34+	01:20+	02:29+	00:42+	00:42+	00:22+	01:03+	01:41+	02:13+	01:43+	01:26+	00:56+	00:16+	00:24+	00:14+
00:10+	00:05#	00:11#	00:20#	00:08#	00:07#	00:05&	00:16&	00:19#	00:22#	00:16#	00:17#	00:14&	00:03#	00:03#	00:03&
4	Patrick Dresel	65	18:38												
02:27+	02:59+	04:17+	06:43+	07:27+	08:09+	08:32+	09:37+	11:20+	13:32+	15:20+	16:48+	17:42+	18:00+	18:25+	18:38+
02:27+	00:32+	01:18+	02:26+	00:44+	00:42+	00:23+	01:05+	01:43+	02:12+	01:48+	01:28+	00:54+	00:18+	00:25+	00:13+
00:25#	00:03#	00:09#	00:17#	00:10&	00:07#	00:06&	00:18&	00:21&	00:21#	00:21#	00:19&	00:12&	00:05&	00:04#	00:02#
5	Daniel Nobel	44	18:49												
02:15+	02:51+	04:03+	06:26+	07:05+	07:46+	08:07+	10:11+	11:43+	13:53+	15:49+	17:10+	18:03+	18:17+	18:39+	18:49+
02:15+	00:36+	01:12+	02:23+	00:39+	00:41+	00:21+	02:04+	01:32+	02:10+	01:56+	01:21+	00:53+	00:14+	00:22+	00:10-
00:13#	00:07#	00:03+	00:14#	00:05#	00:06#	00:04#	01:17@	00:10#	00:19#	00:29&	00:12#	00:11&	00:01+	00:01+	00:01-
6	Jonas Dresel	65	22:04												
03:03+	03:45+	05:20+	08:19+	09:08+	09:58+	10:23+	11:29+	13:29+	15:57+	18:12+	19:54+	20:57+	21:16+	21:48+	22:04+
03:03+	00:42+	01:35+	02:59+	00:49+	00:50+	00:25+	01:06+	02:00+	02:28+	02:15+	01:42+	01:03+	00:19+	00:32+	00:16+
01:01&	00:13&	00:26&	00:50&	00:15&	00:15&	00:08&	00:19&	00:38&	00:37&	00:48&	00:33&	00:21&	00:06&	00:11&	00:05&

Beste stræktid for klassen

02:02 00:29 01:09 02:09 00:34 00:35 00:17 00:47 01:22 01:51 01:27 01:09 00:42 00:13 00:21 00:10

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

H35

1	Erik Feyling Haare												30		15:57					
02:01=	02:30=	03:36=	05:51=	06:27=	07:13=	07:34=	08:24=	09:50=	11:43=	13:18=	14:31=	15:15=	15:28=	15:47=	15:57=					
02:01=	00:29=	01:06=	02:15=	00:36=	00:46=	00:21=	00:50=	01:26=	01:53=	01:35=	01:13=	00:44=	00:13=	00:19=	00:10=					
00:00=	00:00=	00:00=	00:00=	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 stræktid for klassen																				
02:01	00:29	01:06	02:15	00:36	00:46	00:21	00:50	01:26	01:53	01:35	01:13	00:44	00:13	00:19	00:10					
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																				

H40

Plass	Navn	Klasse	Tid
H40			
1	Kasper Tofte	40	18:19
02:21= 02:55= 04:10= 06:36= 07:16= 07:58= 08:18= 09:22= 11:04= 13:12= 15:04= 16:29= 17:27= 17:42= 18:07= 18:19= 02:21= 00:34= 01:15= 02:26= 00:40= 00:42= 00:20= 01:04= 01:42= 02:08= 01:52= 01:25= 00:58= 00:15= 00:25= 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= 00:00= 00:00= 00:00= 00:00=			
2	Morten Fredh	46	18:21
02:22+ 04:13+ 06:49+ 07:31+ 08:14+ 08:37+ 09:34+ 11:12+ 13:25+ 15:11+ 16:35+ 17:29+ 17:44+ 18:08+ 18:21+ 02:22+ 01:51+ 02:36+ 00:42+ 00:43+ 00:23+ 00:57+ 01:38+ 02:13+ 01:46+ 01:24+ 00:54+ 00:15+ 00:24+ 00:13+ 02:22+ 01:51+ 02:36+ 00:42+ 00:43+ 00:23+ 00:57+ 01:38+ 02:13+ 01:46+ 01:24+ 00:54+ 00:15+ 00:24+ 00:13+			
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H45			
1	Arild Nomeland	8	14:37
01:54= 02:22= 03:26= 05:23= 05:57= 06:30= 06:48= 07:36= 08:55= 10:39= 12:03= 13:09= 13:54= 14:07= 14:27= 14:37= 01:54= 00:28= 01:04= 01:57= 00:34= 00:33= 00:18= 00:48= 01:19= 01:44= 01:24= 01:06= 00:45= 00:13= 00:20= 00:10= 00:00= 00:00= 00:00= 00:00= 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	Thorkild Jensen	57	16:27
02:05+ 02:37+ 03:49+ 06:05+ 06:43+ 07:23+ 07:43+ 08:36+ 10:17+ 12:12+ 13:42+ 14:55+ 15:42+ 15:56+ 16:17+ 16:27+ 02:05+ 00:32+ 01:12+ 02:16+ 00:38+ 00:40+ 00:20+ 00:53+ 01:41+ 01:55+ 01:30+ 01:13+ 00:47+ 00:14+ 00:21+ 00:10= 00:11+ 00:04# 00:08# 00:19# 00:04# 00:07# 00:02# 00:05# 00:22# 00:11# 00:06+ 00:07# 00:02+ 00:01+ 00:01+ 00:00=			
3	Frode Øverøyen Balchen	39	16:32
02:19+ 02:50+ 03:58+ 06:10+ 06:47+ 07:25+ 07:46+ 08:38+ 10:07+ 12:13+ 13:45+ 14:58+ 15:47+ 16:00+ 16:22+ 16:32+ 02:19+ 00:31+ 01:08+ 02:12+ 00:37+ 00:38+ 00:21+ 00:52+ 01:29+ 02:06+ 01:32+ 01:13+ 00:49+ 00:13= 00:22+ 00:10= 00:25# 00:03# 00:04+ 00:15# 00:03+ 00:05# 00:03# 00:04+ 00:10# 00:22# 00:08+ 00:07# 00:04+ 00:00= 00:02+ 00:00=			
4	Claus Bobach	77	21:16
02:30+ 03:07+ 04:32+ 07:24+ 08:11+ 08:59+ 09:23+ 10:32+ 12:29+ 14:59+ 17:18+ 19:06+ 20:16+ 20:35+ 21:03+ 21:16+ 02:30+ 00:37+ 01:25+ 02:52+ 00:47+ 00:48+ 00:24+ 01:09+ 01:57+ 02:30+ 02:19+ 01:48+ 01:10+ 00:19+ 00:28+ 00:13+ 00:36& 00:09& 00:21& 00:55& 00:13& 00:15& 00:06& 00:21& 00:38& 00:46& 00:55& 00:42& 00:25& 00:06& 00:08& 00:03&			
Beste stræktid for klassen			
01:54 00:28 01:04 01:57 00:34 00:33 00:18 00:48 01:19 01:44 01:24 01:06 00:45 00:13 00:20 00:10			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H50			
1	Lars Berglund	59	17:23
02:42= 04:03= 05:19= 06:12= 07:05= 10:54= 11:23= 13:27= 16:28= 16:45= 17:11= 17:23= 02:42= 01:21= 01:16= 00:53= 00:53= 03:49= 00:29= 02:04= 03:01= 00:17= 00:26= 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	Peter R. Pallesen	OK Syd	19:27
03:04+ 04:36+ 06:05+ 07:07+ 08:05+ 12:41+ 14:58+ 18:21+ 18:42+ 19:12+ 19:27+ 03:04+ 01:32+ 01:29+ 01:02+ 00:58+ 04:02+ 00:34+ 02:17+ 03:23+ 00:21+ 00:30+ 00:15+ 00:22# 00:11# 00:13# 00:09# 00:05+ 00:13+ 00:05# 00:13# 00:22# 00:04# 00:04# 00:03#			

Plass	Navn	Klasse										Tid			
H50															
3	Anders Kjeldgaard					25					20:59				
	03:51+	05:23+	07:29+	08:27+	09:33+	13:38+	14:10+	16:32+	19:57+	20:17+	20:45+	20:59+			
	03:51+	01:32+	02:06+	00:58+	01:06+	04:05+	00:32+	02:22+	03:25+	00:20+	00:28+	00:14+			
	01:09&	00:11#	00:50&	00:05+	00:13#	00:16+	00:03#	00:18#	00:24#	00:03#	00:02+	00:02#			
4	Nils Ceeberg					5					41:43				
	07:30+	10:49+	14:04+	16:06+	18:01+	26:34+	27:41+	32:57+	39:32+	40:11+	41:12+	41:43+			
	07:30+	03:19+	03:15+	02:02+	01:55+	08:33+	01:07+	05:16+	06:35+	00:39+	01:01+	00:31+			
	07:30+	03:19+	03:15+	02:02+	01:55+	08:33+	01:07+	05:16+	06:35+	00:39+	01:01+	00:31+			
Beste stræktid for klassen															
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.															
H55															
1	Niels Jensen					41					14:39				
	02:33=	02:59=	03:57=	04:24=	05:00=	06:08=	08:09=	08:52=	09:17=	11:08=	12:37=	13:13=	13:50=	14:07=	14:28=
	02:33=	00:26=	00:58=	00:27=	00:36=	01:08=	02:01=	00:43=	00:25=	01:51=	01:29=	00:36=	00:37=	00:17=	00:21=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jakob Albahn					THOK					14:39				
	02:44+	03:11+	03:59+	04:26+	05:03+	06:11+	08:02-	08:43-	09:08-	10:53-	12:23-	13:03-	13:44-	14:01-	14:27-
	02:44+	00:27+	00:48-	00:27=	00:37+	01:08=	01:51-	00:41-	00:25=	01:45-	01:30+	00:40+	00:41+	00:17=	00:26+
	00:11+	00:01+	00:10-	00:00=	00:01+	00:00=	00:10-	00:02-	00:00=	00:06-	00:01+	00:04#	00:04#	00:00=	00:05#
3	Matthias Taurit					75					14:56				
	02:34+	03:04+	03:52-	04:24=	05:03+	06:05-	08:01-	08:44-	09:12-	11:03-	12:32-	13:10-	13:52+	14:18+	14:44+
	02:34+	00:30+	00:48-	00:32+	00:39+	01:02-	01:56-	00:43=	00:28+	01:51=	01:29=	00:38+	00:42+	00:26+	00:26+
	00:01+	00:04#	00:10-	00:05#	00:03+	00:06-	00:05-	00:00=	00:03#	00:00=	00:00=	00:02+	00:05#	00:09&	00:05#
4	Tommy Iversen					40					14:57				
	02:48+	03:17+	04:09+	04:41+	05:22+	06:23+	08:19+	08:59+	09:27+	11:13+	12:44+	13:20+	14:03+	14:20+	14:44+
	02:48+	00:29+	00:52-	00:32+	00:41+	01:01-	01:56-	00:40-	00:28+	01:46-	01:31+	00:36=	00:43+	00:17=	00:24+
	00:15+	00:03#	00:06-	00:05#	00:05#	00:07-	00:05-	00:03-	00:03#	00:05-	00:02+	00:00=	00:06#	00:00=	00:03#
5	Espen Fyhn Nilsen					70					17:13				
	03:04+	03:37+	04:32+	05:07+	05:54+	07:01+	09:21+	10:11+	10:41+	12:59+	14:41+	15:22+	16:09+	16:34+	17:00+
	03:04+	00:33+	00:55-	00:35+	00:47+	01:07-	02:20+	00:50+	00:30+	02:18+	01:42+	00:41+	00:47+	00:25+	00:26+
	00:31#	00:07&	00:03-	00:08&	00:11&	00:01-	00:19#	00:07#	00:05#	00:27#	00:13#	00:05#	00:10&	00:08&	00:05#
6	Søren Diget					67					17:49				
	02:46+	03:15+	04:22+	05:25+	06:17+	07:38+	09:37+	10:24+	10:58+	12:48+	14:16+	15:04+	16:15+	16:46+	17:37+
	02:46+	00:29+	01:07+	01:03+	00:52+	01:21+	01:59-	00:47+	00:34+	01:50-	01:28-	00:48+	01:11+	00:31+	00:51+
	00:13+	00:03#	00:09#	00:36@	00:16&	00:13#	00:02-	00:04+	00:09&	00:01-	00:01-	00:12&	00:34&	00:14&	00:30@
7	Michael Termansen					OK Syd					17:49				
	02:58+	03:32+	04:51+	05:23+	06:08+	07:29+	09:57+	10:46+	11:18+	13:42+	15:23+	16:04+	16:50+	17:09+	17:38+
	02:58+	00:34+	01:19+	00:32+	00:45+	01:21+	02:28+	00:49+	00:32+	02:24+	01:41+	00:41+	00:46+	00:19+	00:29+
	00:25#	00:08&	00:21&	00:05#	00:09#	00:13#	00:27#	00:06#	00:07&	00:33&	00:12#	00:05#	00:09#	00:02#	00:08&
8	Thomas Sørensen					45					18:17				
	03:26+	04:02+	05:11+	05:43+	06:26+	07:32+	09:51+	11:00+	11:30+	13:41+	15:25+	16:12+	17:02+	17:24+	18:01+
	03:26+	00:36+	01:09+	00:32+	00:43+	01:06-	02:19+	01:09+	00:30+	02:11+	01:44+	00:47+	00:50+	00:22+	00:37+
	00:53&	00:10&	00:11#	00:05#	00:07#	00:02-	00:18#	00:26&	00:05#	00:20#	00:15#	00:11&	00:13&	00:05&	00:16&

Plass	Navn	Klasse										Tid					
H55																	
9	Henning Schou					48					18:33						
03:23+	03:56+	05:23+	06:04+	06:44+	07:57+	10:23+	11:22+	11:57+	14:06+	15:53+	16:37+	17:28+	17:48+	18:19+	18:33+		
03:23+	00:33+	01:27+	00:41+	00:40+	01:13+	02:26+	00:59+	00:35+	02:09+	01:47+	00:44+	00:51+	00:20+	00:31+	00:14+		
00:50&	00:07&	00:29&	00:14&	00:04#	00:05+	00:25#	00:16&	00:10&	00:18#	00:18#	00:08#	00:14&	00:03#	00:10&	00:03&		
Beste stræktid for klassen																	
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																	
H60																	
1	Idar Brekke					79					14:03						
02:09=	02:34=	03:17=	03:42=	04:15=	05:19=	07:18=	08:37=	09:02=	10:38=	12:00=	12:33=	13:10=	13:28=	13:52=	14:03=		
02:09=	00:25=	00:43=	00:25=	00:33=	01:04=	01:59=	01:19=	00:25=	01:36=	01:22=	00:33=	00:37=	00:18=	00:24=	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=		
2	Jes Mose Jensen					AKIF					14:37						
02:42+	03:10+	04:01+	04:28+	05:04+	06:04+	08:01+	08:41+	09:07+	10:56+	12:31+	13:05+	13:44+	14:02+	14:25+	14:37+		
02:42+	00:28+	00:51+	00:27+	00:36+	01:00-	01:57-	00:40-	00:26+	01:49+	01:35+	00:34+	00:39+	00:18=	00:23-	00:12+		
00:33&	00:03#	00:08#	00:02+	00:03+	00:04-	00:02-	00:39-	00:01+	00:13#	00:13#	00:01+	00:02+	00:00=	00:01-	00:01+		
3	Kenn Heldgaard Kristensen					22					16:12						
02:46+	03:14+	04:10+	04:44+	05:30+	06:39+	08:58+	09:48+	10:19+	12:20+	13:58+	14:35+	15:16+	15:33+	16:00+	16:12+		
02:46+	00:28+	00:56+	00:34+	00:46+	01:09+	02:19+	00:50-	00:31+	02:01+	01:38+	00:37+	00:41+	00:17-	00:27+	00:12+		
00:37&	00:03#	00:13&	00:09&	00:13&	00:05+	00:20#	00:29-	00:06#	00:25&	00:16#	00:04#	00:04#	00:01-	00:03#	00:01+		
4	Karsten Jøhnk					OK Syd					16:29						
02:50+	03:20+	04:17+	04:48+	05:29+	06:35+	08:48+	09:36+	10:08+	12:08+	13:51+	14:40+	15:27+	15:45+	16:14+	16:29+		
02:50+	00:30+	00:57+	00:31+	00:41+	01:06+	02:13+	00:48-	00:32+	02:00+	01:43+	00:49+	00:47+	00:18=	00:29+	00:15+		
00:41&	00:05#	00:14&	00:06#	00:08#	00:02+	00:14#	00:31-	00:07&	00:24#	00:21&	00:16&	00:10&	00:00=	00:05#	00:04&		
5	Lennart Bo Kristiansen					76					16:56						
03:07+	03:42+	04:44+	05:17+	05:57+	07:03+	09:19+	10:05+	10:32+	13:13+	14:42+	15:18+	16:00+	16:18+	16:44+	16:56+		
03:07+	00:35+	01:02+	00:33+	00:40+	01:06+	02:16+	00:46-	00:27+	02:41+	01:29+	00:36+	00:42+	00:18=	00:26+	00:12+		
00:58&	00:10&	00:19&	00:08&	00:07#	00:02+	00:17#	00:33-	00:02+	01:05&	00:07+	00:03+	00:05#	00:00=	00:02+	00:01+		
6	Morten Christensen					22					18:18						
03:18+	03:55+	05:02+	05:40+	06:23+	07:35+	10:05+	10:57+	11:43+	13:59+	15:50+	16:31+	17:19+	17:37+	18:04+	18:18+		
03:18+	00:37+	01:07+	00:38+	00:43+	01:12+	02:30+	00:52-	00:46+	02:16+	01:51+	00:41+	00:48+	00:18=	00:27+	00:14+		
01:09&	00:12&	00:24&	00:13&	00:10&	00:08#	00:31&	00:27-	00:21&	00:40&	00:29&	00:08#	00:11&	00:00=	00:03#	00:03&		
7	Lars Nissen					41					18:22						
03:21+	04:00+	04:59+	05:34+	06:20+	07:41+	10:16+	11:06+	11:39+	13:48+	15:37+	16:20+	17:16+	17:39+	18:06+	18:22+		
03:21+	00:39+	00:59+	00:35+	00:46+	01:21+	02:35+	00:50-	00:33+	02:09+	01:49+	00:43+	00:56+	00:23+	00:27+	00:16+		
01:12&	00:14&	00:16&	00:10&	00:13&	00:17&	00:36&	00:29-	00:08&	00:33&	00:27&	00:10&	00:19&	00:05&	00:03#	00:05&		
8	Henrik Mathiesen					21					20:24						
03:46+	04:20+	05:33+	06:07+	07:38+	08:47+	12:13+	13:02+	13:33+	15:35+	17:25+	18:05+	19:01+	19:34+	20:10+	20:24+		
03:46+	00:34+	01:13+	00:34+	01:31+	01:09+	03:26+	00:49-	00:31+	02:02+	01:50+	00:40+	00:56+	00:33+	00:36+	00:14+		
01:37&	00:09&	00:30&	00:09&	00:58@	00:05+	01:27&	00:30-	00:06#	00:26&	00:28&	00:07#	00:19&	00:15&	00:12&	00:03&		
9	Carsten Lind Clemmensen					RSOK					21:02						
03:43+	04:17+	06:02+	06:39+	07:40+	09:08+	11:51+	12:52+	13:31+	15:52+	17:56+	18:47+	19:46+	20:11+	20:46+	21:02+		
03:43+	00:34+	01:45+	00:37+	01:01+	01:28+	02:43+	01:01-	00:39+	02:21+	02:04+	00:51+	00:59+	00:25+	00:35+	00:16+		
01:34&	00:09&	01:02@	00:12&	00:28&	00:24&	00:44&	00:18-	00:14&	00:45&	00:42&	00:18&	00:22&	00:07&	00:11&	00:05&		

Plass	Navn	Klasse										Tid					
H60																	
10	Bjørn R. Christoffersen					72					22:15						
04:15+	04:54+	06:49+	07:29+	08:23+	09:46+	12:24+	13:26+	14:05+	16:42+	18:41+	19:37+	20:57+	21:27+	21:59+	22:15+		
04:15+	00:39+	01:55+	00:40+	00:54+	01:23+	02:38+	01:02-	00:39+	02:37+	01:59+	00:56+	01:20+	00:30+	00:32+	00:16+		
02:06&	00:14&	01:12@	00:15&	00:21&	00:19&	00:39&	00:17-	00:14&	01:01&	00:37&	00:23&	00:43@	00:12&	00:08&	00:05&		
11	Lars Humle					AKIF					29:24						
05:06+	05:58+	08:10+	09:02+	10:29+	12:31+	17:02+	18:28+	19:12+	22:36+	25:18+	26:25+	27:49+	28:16+	29:04+	29:24+		
05:06+	00:52+	02:12+	00:52+	01:27+	02:02+	04:31+	01:26+	00:44+	03:24+	02:42+	01:07+	01:24+	00:27+	00:48+	00:20+		
05:06+	00:52+	02:12+	00:52+	01:27+	02:02+	04:31+	01:26+	00:44+	03:24+	02:42+	01:07+	01:24+	00:27+	00:48+	00:20+		
Beste stræktid for klassen																	
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																	
H65																	
1	Ole Gadsbølle					41					14:20						
02:23=	02:49=	03:51=	04:18=	05:01=	05:58=	07:55=	08:36=	09:03=	10:46=	12:09=	12:46=	13:26=	13:43=	14:08=	14:20=		
02:23=	00:26=	01:02=	00:27=	00:43=	00:57=	01:57=	00:41=	00:27=	01:43=	01:23=	00:37=	00:40=	00:17=	00:25=	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=	00:00=	00:00=	00:00=	00:00=		
2	Egon Sloth					78					17:14						
03:18+	03:48+	04:53+	05:23+	06:08+	07:13+	09:35+	10:25+	11:01+	13:00+	14:42+	15:28+	16:14+	16:33+	17:01+	17:14+		
03:18+	00:30+	01:05+	00:30+	00:45+	01:05+	02:22+	00:50+	00:36+	01:59+	01:42+	00:46+	00:46+	00:19+	00:28+	00:13+		
00:55&	00:04#	00:03+	00:03#	00:02+	00:08#	00:25#	00:09#	00:09&	00:16#	00:19#	00:09#	00:06#	00:02#	00:03#	00:01+		
3	Roar Nydal					Røyken					17:47						
03:13+	03:48+	04:44+	05:15+	06:13+	07:34+	09:54+	10:44+	11:18+	13:25+	15:07+	15:45+	16:35+	16:57+	17:33+	17:47+		
03:13+	00:35+	00:56-	00:31+	00:58+	01:21+	02:20+	00:50+	00:34+	02:07+	01:42+	00:38+	00:50+	00:22+	00:36+	00:14+		
00:50&	00:09&	00:06-	00:04#	00:15&	00:24&	00:23#	00:09#	00:07&	00:24#	00:19#	00:01+	00:10#	00:05&	00:11&	00:02#		
4	Niels Stadel					66					17:47						
03:04+	03:35+	04:44+	05:15+	06:06+	07:24+	09:55+	10:48+	11:22+	13:23+	15:08+	15:55+	16:44+	17:06+	17:33+	17:47+		
03:04+	00:31+	01:09+	00:31+	00:51+	01:18+	02:31+	00:53+	00:34+	02:01+	01:45+	00:47+	00:49+	00:22+	00:27+	00:14+		
00:41&	00:05#	00:07#	00:04#	00:08#	00:21&	00:34&	00:12&	00:07&	00:18#	00:22&	00:10&	00:09#	00:05&	00:02+	00:02#		
5	Jens Bentsen					52					17:52						
03:13+	03:46+	05:09+	05:43+	06:28+	07:46+	10:05+	10:53+	11:34+	13:33+	15:14+	15:56+	16:43+	17:04+	17:38+	17:52+		
03:13+	00:33+	01:23+	00:34+	00:45+	01:18+	02:19+	00:48+	00:41+	01:59+	01:41+	00:42+	00:47+	00:21+	00:34+	00:14+		
00:50&	00:07&	00:21&	00:07&	00:02+	00:21&	00:22#	00:07#	00:14&	00:16#	00:18#	00:05#	00:07#	00:04#	00:09&	00:02#		
6	Axel Oscar Damgaard					55					18:38						
03:21+	03:58+	05:06+	05:42+	06:31+	07:50+	10:18+	11:13+	11:48+	14:02+	15:54+	16:39+	17:28+	17:51+	18:22+	18:38+		
03:21+	00:37+	01:08+	00:36+	00:49+	01:19+	02:28+	00:55+	00:35+	02:14+	01:52+	00:45+	00:49+	00:23+	00:31+	00:16+		
00:58&	00:11&	00:06+	00:09&	00:06#	00:22&	00:31&	00:14&	00:08&	00:31&	00:29&	00:08#	00:09#	00:06&	00:06#	00:04&		
7	Christian Schibsed					63					19:01						
03:54+	04:27+	05:31+	06:08+	07:06+	08:14+	10:43+	11:42+	12:12+	14:30+	16:28+	17:12+	18:01+	18:23+	18:48+	19:01+		
03:54+	00:33+	01:04+	00:37+	00:58+	01:08+	02:29+	00:59+	00:30+	02:18+	01:58+	00:44+	00:49+	00:22+	00:25=	00:13+		
01:31&	00:07&	00:02+	00:10&	00:15&	00:11#	00:32&	00:18&	00:03#	00:35&	00:35&	00:07#	00:09#	00:05&	00:00=	00:01+		
8	Uwe Dresel					65					19:21						
03:10+	03:43+	05:19+	05:56+	06:51+	08:18+	10:56+	11:50+	12:25+	14:45+	16:36+	17:23+	18:13+	18:35+	19:07+	19:21+		
03:10+	00:33+	01:36+	00:37+	00:55+	01:27+	02:38+	00:54+	00:35+	02:20+	01:51+	00:47+	00:50+	00:22+	00:32+	00:14+		
00:47&	00:07&	00:34&	00:10&	00:12&	00:30&	00:41&	00:13&	00:08&	00:37&	00:28&	00:10&	00:10#	00:05&	00:07&	00:02#		

Plass	Navn	Klasse										Tid					
H65																	
9	Lars T. Munch	48										19:28					
03:20+	04:02+	05:08+	05:48+	06:39+	08:00+	10:43+	11:38+	12:14+	14:34+	16:33+	17:22+	18:15+	18:37+	19:10+	19:28+		
03:20+	00:42+	01:06+	00:40+	00:51+	01:21+	02:43+	00:55+	00:36+	02:20+	01:59+	00:49+	00:53+	00:22+	00:33+	00:18+		
00:57&	00:16&	00:04+	00:13&	00:08#	00:24&	00:46&	00:14&	00:09&	00:37&	00:36&	00:12&	00:13&	00:05&	00:08&	00:06&		
10	Thomas Østergaard	52										19:53					
03:20+	03:57+	05:02+	05:45+	06:37+	08:04+	10:44+	11:41+	12:17+	14:53+	16:56+	17:43+	18:42+	19:02+	19:36+	19:53+		
03:20+	00:37+	01:05+	00:43+	00:52+	01:27+	02:40+	00:57+	00:36+	02:36+	02:03+	00:47+	00:59+	00:20+	00:34+	00:17+		
03:20+	00:37+	01:05+	00:43+	00:52+	01:27+	02:40+	00:57+	00:36+	02:36+	02:03+	00:47+	00:59+	00:20+	00:34+	00:17+		
11	Søren Klingenberg	14										21:04					
03:51+	04:31+	05:38+	06:20+	07:23+	08:51+	11:40+	12:40+	13:16+	15:56+	18:02+	18:51+	19:47+	20:11+	20:43+	21:04+		
03:51+	00:40+	01:07+	00:42+	01:03+	01:28+	02:49+	01:00+	00:36+	02:40+	02:06+	00:49+	00:56+	00:24+	00:32+	00:21+		
03:51+	00:40+	01:07+	00:42+	01:03+	01:28+	02:49+	01:00+	00:36+	02:40+	02:06+	00:49+	00:56+	00:24+	00:32+	00:21+		
12	Svend Erik Skovsgaard	76										22:04					
04:10+	04:46+	05:59+	06:41+	07:39+	09:12+	12:12+	13:14+	13:54+	16:46+	18:56+	19:46+	20:44+	21:09+	21:47+	22:04+		
04:10+	00:36+	01:13+	00:42+	00:58+	01:33+	03:00+	01:02+	00:40+	02:52+	02:10+	00:50+	00:58+	00:25+	00:38+	00:17+		
04:10+	00:36+	01:13+	00:42+	00:58+	01:33+	03:00+	01:02+	00:40+	02:52+	02:10+	00:50+	00:58+	00:25+	00:38+	00:17+		
13	Kjeld Tidemand	76										26:49					
04:50+	05:36+	07:31+	08:20+	09:26+	11:14+	14:43+	16:07+	16:55+	20:13+	22:49+	23:51+	25:09+	25:43+	26:29+	26:49+		
04:50+	00:46+	01:55+	00:49+	01:06+	01:48+	03:29+	01:24+	00:48+	03:18+	02:36+	01:02+	01:18+	00:34+	00:46+	00:20+		
04:50+	00:46+	01:55+	00:49+	01:06+	01:48+	03:29+	01:24+	00:48+	03:18+	02:36+	01:02+	01:18+	00:34+	00:46+	00:20+		
14	Kaj Munck	21										27:14					
04:49+	05:28+	07:12+	07:53+	09:15+	10:50+	14:12+	15:17+	17:50+	20:56+	23:20+	24:19+	25:48+	26:17+	26:54+	27:14+		
04:49+	00:39+	01:44+	00:41+	01:22+	01:35+	03:22+	01:05+	02:33+	03:06+	02:24+	00:59+	01:29+	00:29+	00:37+	00:20+		
04:49+	00:39+	01:44+	00:41+	01:22+	01:35+	03:22+	01:05+	02:33+	03:06+	02:24+	00:59+	01:29+	00:29+	00:37+	00:20+		
15	Finn Arildsen	OK Pan										28:17					
04:58+	05:50+	07:22+	08:12+	09:20+	11:41+	15:38+	17:01+	17:52+	21:12+	24:03+	25:08+	26:24+	26:57+	27:50+	28:17+		
04:58+	00:52+	01:32+	00:50+	01:08+	02:21+	03:57+	01:23+	00:51+	03:20+	02:51+	01:05+	01:16+	00:33+	00:53+	00:27+		
04:58+	00:52+	01:32+	00:50+	01:08+	02:21+	03:57+	01:23+	00:51+	03:20+	02:51+	01:05+	01:16+	00:33+	00:53+	00:27+		
16	Erling Trankjær	HOK										29:31					
03:36+	04:17+	09:39+	10:25+	11:42+	13:15+	19:05+	20:35+	21:11+	23:51+	26:05+	27:20+	28:16+	28:39+	29:14+	29:31+		
03:36+	00:41+	05:22+	00:46+	01:17+	01:33+	05:50+	01:30+	00:36+	02:40+	02:14+	01:15+	00:56+	00:23+	00:35+	00:17+		
03:36+	00:41+	05:22+	00:46+	01:17+	01:33+	05:50+	01:30+	00:36+	02:40+	02:14+	01:15+	00:56+	00:23+	00:35+	00:17+		
Beste stræktid for klassen																	
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																	
H70																	
1	Keld Gade	76										11:51					
03:12=	05:05=	05:21=	06:02=	08:49=	10:20=	10:53=	11:12=	11:39=	11:51=								
03:12=	01:53=	00:16=	00:41=	02:47=	01:31=	00:33=	00:19=	00:27=	00:12=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Terje Rasmussen	55										12:45					
03:21+	05:20+	05:37+	06:21+	09:15+	10:54+	11:33+	11:55+	12:26+	12:45+								
03:21+	01:59+	00:17+	00:44+	02:54+	01:39+	00:39+	00:22+	00:31+	00:19+								
00:09+	00:06+	00:01+	00:03+	00:07+	00:08+	00:06#	00:03#	00:04#	00:07&								

Plass	Navn	Klasse	Tid
H70			
3	Sven Madsen	42	12:57
	03:18+ 05:19+ 05:36+ 06:19+ 09:26+ 11:15+ 11:57+ 12:15+ 12:42+ 12:57+		
	03:18+ 02:01+ 00:17+ 00:43+ 03:07+ 01:49+ 00:42+ 00:18- 00:27= 00:15+		
	00:06+ 00:08+ 00:01+ 00:02+ 00:20# 00:18# 00:09& 00:01- 00:00= 00:03#		
4	Stein Coward	38	13:08
	03:32+ 05:35+ 05:55+ 06:37+ 09:38+ 11:18+ 11:57+ 12:22+ 12:53+ 13:08+		
	03:32+ 02:03+ 00:20+ 00:42+ 03:01+ 01:40+ 00:39+ 00:25+ 00:31+ 00:15+		
	03:32+ 02:03+ 00:20+ 00:42+ 03:01+ 01:40+ 00:39+ 00:25+ 00:31+ 00:15+		
5	Kurt Finn Petersen	13	13:48
	03:34+ 05:48+ 06:09+ 06:51+ 10:11+ 11:58+ 12:36+ 13:00+ 13:32+ 13:48+		
	03:34+ 02:14+ 00:21+ 00:42+ 03:20+ 01:47+ 00:38+ 00:24+ 00:32+ 00:16+		
	03:34+ 02:14+ 00:21+ 00:42+ 03:20+ 01:47+ 00:38+ 00:24+ 00:32+ 00:16+		
6	Stig Barrett	76	14:10
	03:10+ 04:59+ 05:16+ 05:57+ 09:44+ 12:33+ 13:08+ 13:29+ 13:56+ 14:10+		
	03:10+ 01:49+ 00:17+ 00:41+ 03:47+ 02:49+ 00:35+ 00:21+ 00:27+ 00:14+		
	03:10+ 01:49+ 00:17+ 00:41+ 03:47+ 02:49+ 00:35+ 00:21+ 00:27+ 00:14+		
7	Søren Munthe	33	14:56
	03:21+ 05:34+ 05:52+ 06:40+ 10:32+ 12:06+ 13:08+ 13:48+ 14:08+ 14:39+ 14:56+		
	03:21+ 02:13+ 00:18+ 00:48+ 03:52+ 01:34+ 01:02+ 00:40+ 00:20+ 00:31+ 00:17+		
	03:21+ 02:13+ 00:18+ 00:48+ 03:52+ 01:34+ 01:02+ 00:40+ 00:20+ 00:31+ 00:17+		
8	Ragnar Berg	71	15:45
	03:54+ 06:21+ 06:46+ 07:34+ 11:15+ 13:22+ 14:08+ 14:58+ 15:30+ 15:45+		
	03:54+ 02:27+ 00:25+ 00:48+ 03:41+ 02:07+ 00:46+ 00:50+ 00:32+ 00:15+		
	03:54+ 02:27+ 00:25+ 00:48+ 03:41+ 02:07+ 00:46+ 00:50+ 00:32+ 00:15+		
9	Poul Egander Grøn	66	17:32
	04:21+ 07:27+ 07:50+ 08:44+ 12:56+ 15:24+ 16:14+ 16:39+ 17:16+ 17:32+		
	04:21+ 03:06+ 00:23+ 00:54+ 04:12+ 02:28+ 00:50+ 00:25+ 00:37+ 00:16+		
	04:21+ 03:06+ 00:23+ 00:54+ 04:12+ 02:28+ 00:50+ 00:25+ 00:37+ 00:16+		
10	Niels Møller Petersen	42	17:58
	05:36+ 08:26+ 08:50+ 09:40+ 13:51+ 15:53+ 16:40+ 17:03+ 17:38+ 17:58+		
	05:36+ 02:50+ 00:24+ 00:50+ 04:11+ 02:02+ 00:47+ 00:23+ 00:35+ 00:20+		
	05:36+ 02:50+ 00:24+ 00:50+ 04:11+ 02:02+ 00:47+ 00:23+ 00:35+ 00:20+		
11	Trond Tore Ceeberg	5	17:58
	04:51+ 07:59+ 08:27+ 09:28+ 13:36+ 15:46+ 16:43+ 17:11+ 17:42+ 17:58+		
	04:51+ 03:08+ 00:28+ 01:01+ 04:08+ 02:10+ 00:57+ 00:28+ 00:31+ 00:16+		
	04:51+ 03:08+ 00:28+ 01:01+ 04:08+ 02:10+ 00:57+ 00:28+ 00:31+ 00:16+		
12	Kjell Svanberg	63	22:29
	05:43+ 09:21+ 09:50+ 11:02+ 16:15+ 19:21+ 20:27+ 21:02+ 22:01+ 22:29+		
	05:43+ 03:38+ 00:29+ 01:12+ 05:13+ 03:06+ 01:06+ 00:35+ 00:59+ 00:28+		
	05:43+ 03:38+ 00:29+ 01:12+ 05:13+ 03:06+ 01:06+ 00:35+ 00:59+ 00:28+		
13	Jørgen Bang	41	24:47
	06:30+ 10:08+ 10:38+ 11:52+ 18:08+ 21:32+ 22:43+ 23:19+ 24:16+ 24:47+		
	06:30+ 03:38+ 00:30+ 01:14+ 06:16+ 03:24+ 01:11+ 00:36+ 00:57+ 00:31+		
	06:30+ 03:38+ 00:30+ 01:14+ 06:16+ 03:24+ 01:11+ 00:36+ 00:57+ 00:31+		

Beste stræktid for klassen

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

Plass	Navn	Klasse	Tid
H75			
1	Jørgen Münster-Swendsen	66	12:11
03:11=	05:02=	05:21=	06:01=
03:11=	01:51=	00:19=	00:40=
00:00=	00:00=	00:00=	00:00=
2	Hans Aage Hvalsøe Hansen	13	13:29
03:24+	05:37+	06:01+	06:42+
03:24+	02:13+	00:24+	00:41+
00:13+	00:22#	00:05&	00:01+
3	Erik Ljungdahl	14	13:47
03:28+	05:43+	06:02+	06:57+
03:28+	02:15+	00:19=	00:55+
00:17+	00:24#	00:00=	00:15&
4	Torben Isen	22	14:02
03:35+	05:45+	06:06+	06:57+
03:35+	02:10+	00:21+	00:51+
00:24#	00:19#	00:02#	00:11&
5	Carl Malling	57	14:10
03:32+	05:45+	06:07+	06:53+
03:32+	02:13+	00:22+	00:46+
00:21#	00:22#	00:03#	00:06#
6	Mike IntGroen	KOVZ	14:27
03:25+	05:46+	06:07+	06:58+
03:25+	02:21+	00:21+	00:51+
00:14+	00:30&	00:02#	00:11&
7	Hermann P. Jensen	36	14:46
04:02+	06:13+	06:37+	07:20+
04:02+	02:11+	00:24+	00:43+
00:51&	00:20#	00:05&	00:03+
8	Poul Bobach	77	14:52
03:58+	06:27+	06:50+	07:40+
03:58+	02:29+	00:23+	00:50+
00:47#	00:38&	00:04#	00:10#
9	Widar Taxth Løland	23	16:49
07:03+	07:30+	08:23+	12:22+
07:03+	00:27-	00:53+	03:59+
03:52@	01:24-	00:34@	03:19@
10	Niels Bobach	77	17:23
04:40+	07:26+	07:50+	08:51+
04:40+	02:46+	00:24+	01:01+
01:29&	00:55&	00:05&	00:21&
11	Troels Munthe	33	17:48
04:18+	07:21+	07:47+	08:52+
04:18+	03:03+	00:26+	01:05+
01:07&	01:12&	00:07&	00:25&
12	Ole Thy	RSOK	20:15
05:05+	08:08+	08:36+	09:45+
05:05+	03:03+	00:28+	01:09+
01:54&	01:12&	00:09&	00:29&

Plass	Navn	Klasse	Tid
H75			
13	Bjørn Ceeberg	18	21:19
05:41+	09:05+	09:38+	10:48+
05:41+	03:24+	00:33+	01:10+
02:30&	01:33&	00:14&	00:30&
14	Børge Pedersen	40	22:07
05:40+	09:07+	09:37+	10:45+
05:40+	03:27+	00:30+	01:08+
05:40+	03:27+	00:30+	01:08+
15	Øyvinn Simonsen	28	22:27
06:18+	09:49+	10:21+	11:44+
06:18+	03:31+	00:32+	01:23+
06:18+	03:31+	00:32+	01:23+
16	Vagn Hansen	44	23:39
04:58+	07:39+	08:04+	09:03+
04:58+	02:41+	00:25+	00:59+
04:58+	02:41+	00:25+	00:59+
Beste stræktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
H80			
1	Finn Hørup Nielsen	51	14:06
04:16=	06:22=	06:44=	07:30=
04:16=	02:06=	00:22=	00:46=
00:00=	00:00=	00:00=	00:00=
2	Geir Trøan	35	14:25
03:39-	05:55-	06:16-	07:07-
03:39-	02:16+	00:21-	00:51+
00:37-	00:10+	00:01-	00:05#
3	Øyvind Egeskog	70	15:43
03:55-	06:28+	06:48+	07:43+
03:55-	02:33+	00:20-	00:55+
00:21-	00:27#	00:02-	00:09#
4	Ove Splittorff	72	16:16
05:03+	07:36+	07:59+	08:47+
05:03+	02:33+	00:23+	00:48+
00:47#	00:27#	00:01+	00:02+
5	Knut Skjæveland	15	16:41
04:36+	07:04+	07:26+	08:16+
04:36+	02:28+	00:22=	00:50+
00:20+	00:22#	00:00=	00:04+
6	Flemming Wedell	40	17:05
04:22+	07:04+	07:27+	08:28+
04:22+	02:42+	00:23+	01:01+
00:06+	00:36&	00:01+	00:15&

Plass	Navn	Klasse	Tid						
H80									
7	Knud Lykking	OK73	18:12						
05:06+	07:53+	08:23+	09:25+	13:36+	15:56+	16:48+	17:15+	17:53+	18:12+
05:06+	02:47+	00:30+	01:02+	04:11+	02:20+	00:52+	00:27=	00:38+	00:19+
00:50#	00:41&	00:08&	00:16&	01:12&	00:38&	00:10#	00:00=	00:07#	00:04&
8	Svein Kåre Glendrange	69	18:29						
04:25+	07:14+	07:38+	08:38+	13:27+	15:50+	16:44+	17:23+	18:08+	18:29+
04:25+	02:49+	00:24+	01:00+	04:49+	02:23+	00:54+	00:39+	00:45+	00:21+
04:25+	02:49+	00:24+	01:00+	04:49+	02:23+	00:54+	00:39+	00:45+	00:21+
9	Palle Møller Nielsen	40	22:02						
05:36+	09:11+	09:41+	10:55+	16:10+	19:05+	20:09+	20:42+	21:35+	22:02+
05:36+	03:35+	00:30+	01:14+	05:15+	02:55+	01:04+	00:33+	00:53+	00:27+
05:36+	03:35+	00:30+	01:14+	05:15+	02:55+	01:04+	00:33+	00:53+	00:27+
10	Frede Jacobsen	OK Syd	23:29						
06:01+	09:42+	10:14+	11:29+	17:08+	20:25+	21:33+	22:09+	23:03+	23:29+
06:01+	03:41+	00:32+	01:15+	05:39+	03:17+	01:08+	00:36+	00:54+	00:26+
06:01+	03:41+	00:32+	01:15+	05:39+	03:17+	01:08+	00:36+	00:54+	00:26+
11	Karsten Funder	11	28:43						
04:42+	07:53+	08:21+	09:35+	21:47+	25:20+	26:34+	27:17+	28:12+	28:43+
04:42+	03:11+	00:28+	01:14+	12:12+	03:33+	01:14+	00:43+	00:55+	00:31+
04:42+	03:11+	00:28+	01:14+	12:12+	03:33+	01:14+	00:43+	00:55+	00:31+
12	Jørn Andreassen	OK73	34:28						
09:39+	14:26+	15:08+	17:24+	23:55+	27:38+	28:58+	29:46+	33:55+	34:28+
09:39+	04:47+	00:42+	02:16+	06:31+	03:43+	01:20+	00:48+	04:09+	00:33+
09:39+	04:47+	00:42+	02:16+	06:31+	03:43+	01:20+	00:48+	04:09+	00:33+

Beste stræktid for klassen

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

H85

1	Jørgen Jensen					20					20:33
	07:16=	10:00=	10:23=	11:16=	15:53=	18:15=	19:09=	19:41=	20:18=	20:33=	
	07:16=	02:44=	00:23=	00:53=	04:37=	02:22=	00:54=	00:32=	00:37=	00:15=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kai Ø. Laursen					77					21:13
	05:16-	08:38-	09:14-	10:29-	15:21-	18:19+	19:27+	19:59+	20:48+	21:13+	
	05:16-	03:22+	00:36+	01:15+	04:52+	02:58+	01:08+	00:32=	00:49+	00:25+	
	02:00-	00:38#	00:13&	00:22&	00:15+	00:36&	00:14&	00:00=	00:12&	00:10&	
3	Henning Løwenstein					11					22:18
	05:31-	08:56-	09:29-	10:45-	16:09+	19:19+	20:27+	21:02+	21:52+	22:18+	
	05:31-	03:25+	00:33+	01:16+	05:24+	03:10+	01:08+	00:35+	00:50+	00:26+	
	01:45-	00:41#	00:10&	00:23&	00:47#	00:48&	00:14&	00:03+	00:13&	00:11&	

Beste stræktid for klassen

05:16 02:44 00:23 00:53 04:37 02:22 00:54 00:32 00:37 00:15

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

Plass	Navn	Klasse	Tid
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Åben 1

1	Sigrid Alexandersen Sæther										16						16:23
02:08=	02:39=	03:46=	05:56=	06:33=	07:07=	07:25=	08:19=	09:49=	11:44=	13:22=	14:49=	15:34=	15:48=	16:11=	16:23=		
02:08=	00:31=	01:07=	02:10=	00:37=	00:34=	00:18=	00:54=	01:30=	01:55=	01:38=	01:27=	00:45=	00:14=	00:23=	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=	00:00=	00:00=	00:00=	00:00=		

Beste stræktid for klassen															
02:08	00:31	01:07	02:10	00:37	00:34	00:18	00:54	01:30	01:55	01:38	01:27	00:45	00:14	00:23	00:12

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

Åben 3

1	Kristin Balchen				39								13:14			
02:18=	02:43=	03:31=	03:54=	04:28=	05:34=	07:22=	07:57=	08:21=	09:54=	11:13=	11:48=	12:26=	12:41=	13:04=	13:14=	
02:18=	00:25=	00:48=	00:23=	00:34=	01:06=	01:48=	00:35=	00:24=	01:33=	01:19=	00:35=	00:38=	00:15=	00:23=	00:10=	
00:00=	00:00=	00:00=	00:00=	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	Bjørn Stormoen														7	19:38													
03:02+	03:38+	04:53+	05:28+	06:32+	08:03+	11:00+	11:55+	12:31+	14:40+	16:25+	17:16+	18:32+	18:54+	19:24+	19:38+														
03:02+	00:36+	01:15+	00:35+	01:04+	01:31+	02:57+	00:55+	00:36+	02:09+	01:45+	00:51+	01:16+	00:22+	00:30+	00:14+														
00:44&	00:11&	00:27&	00:12&	00:30&	00:25&	01:09&	00:20&	00:12&	00:36&	00:26&	00:16&	00:38&	00:07&	00:07&	00:04&														

3	Frode Sørensen										27	20:22				
03:09+	03:40+	06:47+	07:24+	08:13+	09:29+	12:01+	12:55+	13:35+	15:55+	17:38+	18:25+	19:16+	19:37+	20:07+	20:22+	
03:09+	00:31+	03:07+	00:37+	00:49+	01:16+	02:32+	00:54+	00:40+	02:20+	01:43+	00:47+	00:51+	00:21+	00:30+	00:15+	
00:51&	00:06#	02:19@	00:14&	00:15&	00:10#	00:44&	00:19&	00:16&	00:47&	00:24&	00:12&	00:13&	00:06&	00:07&	00:05&	

Beste stræktid for klassen															
02:18	00:25	00:48	00:23	00:34	01:06	01:48	00:35	00:24	01:33	01:19	00:35	00:38	00:15	00:23	00:10

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

Åben 4

1	Hans Christian Strib										65	14:53									
03:53=	06:16=	06:38=	07:31=	10:57=	12:51=	13:36=	14:00=	14:37=	14:53=												
03:53=	02:23=	00:22=	00:53=	03:26=	01:54=	00:45=	00:24=	00:37=	00:16=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												

Beste stræktid for klassen															
03:53	02:23	00:22	00:53	03:26	01:54	00:45	00:24	00:37	00:16						

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

Åben 5

1	Bertil Alexandersen												16			21:16		
02:01=	02:55=	04:00=	06:36=	08:43=	09:25=	10:14=	10:36=	11:12=	15:16=	17:35=	17:59=	20:26=	21:02=	21:16=				
02:01=	00:54=	01:05=	02:36=	02:07=	00:42=	00:49=	00:22=	00:36=	04:04=	02:19=	00:24=	02:27=	00:36=	00:14=				
00:00=	00:00=	00:00=	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	Kristen Alexandersen										16			22:55				
02:09+	02:59+	03:59-	07:17+	08:57+	09:38+	10:48+	11:16+	11:57+	17:05+	18:27+	19:00+	21:19+	22:18+	22:55+				
02:09+	00:50-	01:00-	03:18+	01:40-	00:41-	01:10+	00:28+	00:41+	05:08+	01:22-	00:33+	02:19-	00:59+	00:37+				
00:08+	00:04-	00:05-	00:42&	00:27-	00:01-	00:21&	00:06&	00:05#	01:04&	00:57-	00:09&	00:08-	00:23&	00:23@				

Plass	Navn	Klasse	Tid
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Åben 5

Beste stræktid for klassen

02:01 00:50 01:00 02:36 01:40 00:41 00:49 00:22 00:36 04:04 01:22 00:24 02:19 00:36 00:14

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

Åben 6

1 Julie Leerskov NOTEAM 15:45

01:14= 03:14= 04:33= 05:58= 07:49= 08:32= 10:12= 13:06= 14:24= 15:28= 15:45=
01:14= 02:00= 01:19= 01:25= 01:51= 00:43= 01:40= 02:54= 01:18= 01:04= 00:17=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste stræktid for klassen

01:14 02:00 01:19 01:25 01:51 00:43 01:40 02:54 01:18 01:04 00:17

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