

# Resultater (køn) - splittider

Eidsvoll 6 timer  
23. august 2008

Klasse: Kvinner

Plc	StartNr	Navn	Nation		Klub/hold		Tid	Omg	Distance						
1	69	Rita Nordsveen	NOR	ILS	IL		05:57:22	47	71.060						
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:44	5:08	11.66	00:07:44	5:08	11.66	2	3.000	00:14:47	4:55	12.19	00:07:03	4:41	12.77
3	4.500	00:21:42	4:49	12.45	00:06:56	4:36	13.01	4	6.000	00:28:47	4:47	12.51	00:07:05	4:43	12.71
5	7.500	00:35:51	4:46	12.56	00:07:05	4:42	12.73	6	9.000	00:42:50	4:45	12.61	00:07:00	4:39	12.89
7	10.500	00:49:56	4:45	12.62	00:07:06	4:43	12.68	8	12.000	00:57:00	4:44	12.63	00:07:05	4:42	12.73
9	13.500	01:04:11	4:45	12.62	00:07:12	4:47	12.51	10	15.000	01:11:20	4:45	12.62	00:07:10	4:46	12.59
11	16.500	01:18:58	4:47	12.54	00:07:38	5:05	11.79	12	18.000	01:26:02	4:46	12.55	00:07:04	4:42	12.74
13	19.500	01:33:13	4:46	12.55	00:07:11	4:47	12.53	14	21.000	01:40:30	4:47	12.54	00:07:18	4:51	12.35
15	22.500	01:47:33	4:46	12.55	00:07:03	4:41	12.77	16	24.000	01:54:45	4:46	12.55	00:07:12	4:47	12.51
17	25.500	02:01:57	4:46	12.55	00:07:12	4:47	12.51	18	27.000	02:09:07	4:46	12.55	00:07:11	4:47	12.54
19	28.500	02:16:19	4:46	12.55	00:07:12	4:47	12.52	20	30.000	02:23:50	4:47	12.52	00:07:32	5:00	11.97
21	31.500	02:31:17	4:48	12.49	00:07:28	4:58	12.06	22	33.000	02:38:36	4:48	12.48	00:07:19	4:52	12.31
23	34.500	02:47:05	4:50	12.39	00:08:30	5:39	10.60	24	36.000	02:54:23	4:50	12.39	00:07:18	4:52	12.33
25	37.500	03:01:50	4:50	12.37	00:07:27	4:57	12.08	26	39.000	03:10:12	4:52	12.30	00:08:23	5:34	10.75
27	40.500	03:17:36	4:52	12.30	00:07:24	4:56	12.16	28	42.000	03:25:08	4:53	12.29	00:07:32	5:00	11.96
29	43.500	03:33:49	4:54	12.21	00:08:41	5:47	10.37	30	45.000	03:41:18	4:55	12.20	00:07:30	4:59	12.02
31	46.500	03:48:57	4:55	12.19	00:07:39	5:05	11.77	32	48.000	03:57:00	4:56	12.15	00:08:04	5:22	11.18
33	49.500	04:05:47	4:57	12.08	00:08:48	5:51	10.24	34	51.000	04:13:47	4:58	12.06	00:08:01	5:20	11.25
35	52.500	04:22:12	4:59	12.01	00:08:25	5:36	10.70	36	54.000	04:31:46	5:01	11.92	00:09:35	6:22	9.41
37	55.500	04:40:14	5:02	11.88	00:08:29	5:38	10.62	38	57.000	04:48:09	5:03	11.87	00:07:55	5:16	11.38
39	58.500	04:55:40	5:03	11.87	00:07:32	5:01	11.96	40	60.000	05:03:48	5:03	11.85	00:08:08	5:25	11.08
41	61.500	05:11:31	5:03	11.85	00:07:43	5:08	11.67	42	63.000	05:19:04	5:03	11.85	00:07:34	5:02	11.90
43	64.500	05:27:11	5:04	11.83	00:08:07	5:24	11.10	44	66.000	05:34:51	5:04	11.83	00:07:41	5:07	11.72
45	67.500	05:42:40	5:04	11.82	00:07:50	5:12	11.51	46	69.000	05:50:17	5:04	11.82	00:07:38	5:04	11.81
47	70.500	05:57:22	5:04	11.84	00:07:05	4:43	12.71								

2 14 May- Britt Hansen DEN Dansk Ultraløber Klub / dulk 05:58:29 45 67.780

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:20	4:53	12.27	00:07:20	4:53	12.27	2	3.000	00:14:24	4:47	12.51	00:07:04	4:42	12.75
3	4.500	00:21:36	4:47	12.50	00:07:12	4:47	12.50	4	6.000	00:28:44	4:47	12.53	00:07:09	4:45	12.61
5	7.500	00:35:50	4:46	12.56	00:07:06	4:43	12.69	6	9.000	00:43:03	4:46	12.54	00:07:14	4:49	12.45
7	10.500	00:50:08	4:46	12.57	00:07:05	4:43	12.72	8	12.000	00:57:15	4:46	12.58	00:07:08	4:44	12.64
9	13.500	01:04:29	4:46	12.56	00:07:15	4:49	12.44	10	15.000	01:11:38	4:46	12.56	00:07:09	4:45	12.59
11	16.500	01:19:16	4:48	12.49	00:07:38	5:05	11.80	12	18.000	01:26:19	4:47	12.51	00:07:04	4:42	12.75
13	19.500	01:33:32	4:47	12.51	00:07:13	4:48	12.49	14	21.000	01:40:41	4:47	12.52	00:07:10	4:46	12.58
15	22.500	01:47:55	4:47	12.51	00:07:15	4:49	12.43	16	24.000	01:55:57	4:49	12.42	00:08:02	5:21	11.21
17	25.500	02:03:12	4:49	12.42	00:07:16	4:50	12.41	18	27.000	02:10:36	4:50	12.41	00:07:24	4:55	12.16
19	28.500	02:18:15	4:51	12.37	00:07:40	5:06	11.74	20	30.000	02:25:45	4:51	12.35	00:07:30	4:59	12.01
21	31.500	02:33:19	4:52	12.33	00:07:35	5:02	11.89	22	33.000	02:41:00	4:52	12.30	00:07:41	5:07	11.72
23	34.500	02:48:44	4:53	12.27	00:07:45	5:09	11.63	24	36.000	02:56:39	4:54	12.23	00:07:56	5:16	11.37
25	37.500	03:04:29	4:55	12.20	00:07:50	5:13	11.50	26	39.000	03:12:15	4:55	12.17	00:07:47	5:10	11.58
27	40.500	03:20:03	4:56	12.15	00:07:48	5:11	11.54	28	42.000	03:27:48	4:56	12.13	00:07:45	5:09	11.62
29	43.500	03:36:47	4:58	12.04	00:08:59	5:59	10.03	30	45.000	03:45:34	5:00	11.97	00:08:48	5:51	10.23
31	46.500	03:53:57	5:01	11.93	00:08:24	5:35	10.73	32	48.000	04:02:17	5:02	11.89	00:08:20	5:33	10.80
33	49.500	04:10:47	5:03	11.84	00:08:30	5:39	10.60	34	51.000	04:19:39	5:05	11.79	00:08:53	5:54	10.15
35	52.500	04:28:28	5:06	11.73	00:08:50	5:52	10.21	36	54.000	04:37:17	5:08	11.69	00:08:49	5:52	10.21
37	55.500	04:46:30	5:09	11.62	00:09:14	6:08	9.76	38	57.000	04:56:01	5:11	11.55	00:09:31	6:20	9.47
39	58.500	05:04:46	5:12	11.52	00:08:46	5:50	10.28	40	60.000	05:13:46	5:13	11.47	00:09:00	5:59	10.00
41	61.500	05:23:00	5:15	11.42	00:09:15	6:09	9.75	42	63.000	05:32:06	5:16	11.38	00:09:07	6:04	9.88
43	64.500	05:41:09	5:17	11.34	00:09:03	6:02	9.94	44	66.000	05:49:58	5:18	11.32	00:08:49	5:52	10.21
45	67.500	05:58:29	5:18	11.30	00:08:32	5:40	10.57								

3 92 Karen Skaali NOR 05:55:49 42 63.910

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:15	5:29	10.93	00:08:15	5:29	10.93	2	3.000	00:16:14	5:24	11.09	00:08:00	5:19	11.26
3	4.500	00:24:00	5:20	11.25	00:07:47	5:10	11.58	4	6.000	00:32:20	5:23	11.14	00:08:20	5:33	10.81
5	7.500	00:40:01	5:20	11.25	00:07:42	5:07	11.71	6	9.000	00:47:44	5:18	11.31	00:07:44	5:08	11.66
7	10.500	00:55:11	5:15	11.42	00:07:27	4:57	12.09	8	12.000	01:03:10	5:15	11.40	00:07:59	5:19	11.28
9	13.500	01:10:00	5:11	11.57	00:06:51	4:33	13.15	10	15.000	01:17:56	5:11	11.55	00:07:56	5:17	11.36
11	16.500	01:25:23	5:10	11.60	00:07:28	4:58	12.07	12	18.000	01:33:05	5:10	11.60	00:07:42	5:07	11.71
13	19.500	01:40:42	5:09	11.62	00:07:38	5:04	11.81	14	21.000	01:48:28	5:09	11.62	00:07:47	5:11	11.58
15	22.500	01:56:19	5:10	11.61	00:07:51	5:13	11.47	16	24.000	02:04:23	5:10	11.58	00:08:04	5:22	11.17
17	25.500	02:12:25	5:11	11.55	00:08:03	5:21	11.19	18	27.000	02:20:41	5:12	11.52	00:08:17	5:30	10.88
19	28.500	02:28:41	5:13	11.50	00:08:00	5:19	11.26	20	30.000	02:37:08	5:14	11.46	00:08:27	5:37	10.65
21	31.500	02:45:20	5:14	11.43	00:08:12	5:27	10.98	22	33.000	02:53:51	5:16	11.39	00:08:31	5:40	10.57
23	34.500	03:02:16	5:16	11.36	00:08:26	5:37	10.68	24	36.000	03:10:55	5:18	11.31	00:08:39	5:46	10.40
25	37.500	03:19:32	5:19	11.28	00:08:37	5:44	10.46	26	39.000	03:29:00	5:21	11.20	00:09:29	6:18	9.51
27	40.500	03:37:42	5:22	11.16	00:08:43	5:48	10.34	28	42.000	03:46:45	5:23	11.11	00:09:04	6:02	9.94
29	43.500	03:56:24	5:26	11.04	00:09:39	6:25	9.33	30	45.000	04:05:37	5:27	10.99	00:09:13	6:08	9.77
31	46.500	04:14:52	5:28	10.95	00:09:16	6:10	9.71	32	48.000	04:24:09	5:30	10.90	00:09:17	6:10	9.71
33	49.500	04:33:19	5:31	10.87	00:09:11	6:06	9.81	34	51.000	04:42:53	5:32	10.82	00:09:35	6:22	9.40
35	52.500	04:52:01	5:33	10.79	00:09:08	6:05	9.86	36	54.000	05:01:21	5:34	10.75	00:09:21	6:13	9.63
37	55.500	05:11:03	5:36	10.71	00:09:42	6:27	9.28	38	57.000	05:19:54	5:36	10.69	00:08:52	5:54	10.17
39	58.500	05:29:13	5:37	10.66	00:09:19	6:12	9.67	40	60.000	05:38:40	5:38	10.63	00:09:28	6:18	9.51
41	61.500	05:47:37	5:39	10.62	00:08:57	5:57	10.06	42	63.000	05:55:49	5:38	10.62	00:08:12	5:27	10.98

4 12 Tina Botten NOR Høvik Jogg 05:56:18 42 63.645

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:15	5:29	10.92	00:08:15	5:29	10.92	2	3.000	00:16:28	5:29	10.94	00:08:13	5:28	10.97
3	4.500	00:24:37	5:28	10.97	00:08:10	5:26	11.04	4	6.000	00:32:46	5:27	10.99	00:08:10	5:26	11.04
5	7.500	00:40:56	5:27	11.00	00:08:11	5:26	11.02	6	9.000	00:49:12	5:27	10.98	00:08:17	5:30	10.88
7	10.500	00:57:15	5:27	11.01	00:08:03	5:21	11.20	8	12.000	01:05:25	5:27	11.01	00:08:11	5:27	11.01
9	13.500	01:13:24	5:26	11.04	00:07:59	5:19	11.28	10	15.000	01:21:19	5:25	11.07	00:07:56	5:17	11.35
11	16.500	01:29:18	5:24	11.09	00:07:59	5:18	11.29	12	18.000	01:37:20	5:24	11.10	00:08:03	5:21	11.19
13	19.500	01:45:18	5:23	11.11	00:07:58	5:18	11.31	14	21.000	01:53:11	5:23	11.13	00:07:54	5:15	11.40
15	22.500	02:01:05	5:22	11.15	00:07:54	5:15	11.41	16	24.000	02:09:03	5:22	11.16	00:07:59	5:19	11.28
17	25.500	02:17:10	5:22	11.15	00:08:08	5:24	11.09	18	27.000	02:26:02	5:24	11.09	00:08:52	5:54	10.16
19	28.500	02:33:58	5:24	11.11	00:07:56	5:17	11.35	20	30.000	02:42:05	5:24	11.11	00:08:08	5:24	11.08
21	31.500	02:50:12	5:24	11.11	00:08:07	5:24	11.09	22	33.000	02:58:14	5:24	11.11	00:08:03	5:21	11.20
23	34.500	03:06:15	5:23	11.11	00:08:02	5:20	11.22	24	36.000	03:14:38	5:24	11.10	00:08:23	5:35	10.74
25	37.500	03:22:52	5:24	11.09	00:08:15	5:29	10.92	26	39.000	03:31:07	5:24	11.08	00:08:15	5:29	10.92
27	40.500	03:39:33	5:25	11.07	00:08:27	5:37	10.66	28	42.000	03:48:26	5:26	11.03	00:08:53	5:54	10.15
29	43.500	03:57:25	5:27	10.99	00:09:00	5:59	10.01	30	45.000	04:06:01	5:28	10.98	00:08:37	5:44	10.46
31	46.500	04:14:48	5:28	10.95	00:08:47	5:51	10.25	32	48.000	04:24:12	5:30	10.90	00:09:24	6:15	9.58
33	49.500	04:33:44	5:31	10.85	00:09:33	6:21	9.43	34	51.000	04:42:50	5:32	10.82	00:09:07	6:04	9.88
35	52.500	04:51:59	5:33	10.79	00:09:09	6:05	9.85	36	54.000	05:01:33	5:35	10.74	00:09:35	6:22	9.40
37	55.500	05:11:02	5:36	10.71	00:09:29	6:19	9.50	38	57.000	05:19:58	5:36	10.69	00:08:57	5:57	10.07
39	58.500	05:29:03	5:37	10.67	00:09:05	6:02	9.92	40	60.000	05:38:21	5:38	10.64	00:09:19	6:12	9.66
41	61.500	05:47:23	5:38	10.62	00:09:02	6:01	9.97	42	63.000	05:56:18	5:39	10.61	00:08:56	5:56	10.09

5 91 Elin Drangsholt NOR Høvik Jogg 05:55:06 41 62.425

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:17	5:30	10.88	00:08:17	5:30	10.88	2	3.000	00:16:32	5:30	10.90	00:08:15	5:29	10.92
3	4.500	00:24:37	5:28	10.97	00:08:06	5:23	11.12	4	6.000	00:32:56	5:29	10.93	00:08:20	5:32	10.82
5	7.500	00:41:18	5:30	10.90	00:08:22	5:34	10.77	6	9.000	00:49:50	5:32	10.84	00:08:33	5:41	10.53
7	10.500	00:58:23	5:33	10.79	00:08:33	5:41	10.54	8	12.000	01:06:53	5:34	10.77	00:08:31	5:40	10.57
9	13.500	01:15:48	5:36	10.69	00:08:55	5:56	10.10	10	15.000	01:24:15	5:36	10.68	00:08:28	5:38	10.64
11	16.500	01:32:38	5:36	10.69	00:08:23	5:35	10.75	12	18.000	01:41:07	5:37	10.68	00:08:30	5:39	10.61
13	19.500	01:49:39	5:37	10.67	00:08:32	5:41	10.55	14	21.000	01:58:00	5:37	10.68	00:08:22	5:34	10.78
15	22.500	02:06:23	5:36	10.68	00:08:23	5:35	10.74	16	24.000	02:14:43	5:36	10.69	00:08:20	5:33	10.81
17	25.500	02:23:07	5:36	10.69	00:08:25	5:36	10.70	18	27.000	02:31:44	5:37	10.68	00:08:37	5:44	10.45
19	28.500	02:40:21	5:37	10.67	00:08:37	5:44	10.45	20	30.000	02:48:55	5:37	10.66	00:08:35	5:42	10.50
21	31.500	02:57:23	5:37	10.66	00:08:28	5:38	10.64	22	33.000	03:05:51	5:37	10.65	00:08:29	5:38	10.63
23	34.500	03:14:23	5:38	10.65	00:08:33	5:41	10.54	24	36.000	03:22:51	5:38	10.65	00:08:28	5:38	10.64
25	37.500	03:31:15	5:37	10.65	00:08:25	5:36	10.71	26	39.000	03:39:44	5:38	10.65	00:08:29	5:38	10.62
27	40.500	03:48:30	5:38	10.64	00:08:46	5:50	10.27	28	42.000	03:57:21	5:39	10.62	00:08:52	5:54	10.17
29	43.500	04:09:30	5:44	10.46	00:12:10	8:06	7.40	30	45.000	04:18:27	5:44	10.45	00:08:57	5:58	10.06
31	46.500	04:27:23	5:45	10.43	00:08:57	5:57	10.07	32	48.000	04:36:13	5:45	10.43	00:08:50	5:53	10.20
33	49.500	04:45:03	5:45	10.42	00:08:50	5:53	10.19	34	51.000	04:53:54	5:45	10.41	00:08:52	5:54	10.16
35	52.500	05:03:21	5:46	10.38	00:09:28	6:18	9.52	36	54.000	05:12:11	5:46	10.38	00:08:50	5:52	10.20
37	55.500	05:21:03	5:47	10.37	00:08:53	5:54	10.15	38	57.000	05:29:53	5:47	10.37	00:08:50	5:53	10.19
39	58.500	05:38:43	5:47	10.36	00:08:51	5:53	10.18	40	60.000	05:46:58	5:46	10.38	00:08:15	5:30	10.91
41	61.500	05:55:06	5:46	10.39	00:08:09	5:25	11.06								

6 98 Unni Skøien NOR Luke the drifters running tea 05:57:22 40 60.410

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:35	5:43	10.49	00:08:35	5:43	10.49	2	3.000	00:17:09	5:42	10.50	00:08:34	5:42	10.52
3	4.500	00:25:48	5:43	10.47	00:08:39	5:45	10.41	4	6.000	00:34:19	5:43	10.49	00:08:32	5:41	10.56
5	7.500	00:42:50	5:42	10.51	00:08:31	5:40	10.57	6	9.000	00:51:24	5:42	10.51	00:08:35	5:42	10.50
7	10.500	00:59:53	5:42	10.52	00:08:29	5:39	10.62	8	12.000	01:08:33	5:42	10.51	00:08:41	5:46	10.38
9	13.500	01:17:37	5:44	10.44	00:09:05	6:03	9.92	10	15.000	01:26:17	5:45	10.43	00:08:40	5:46	10.39
11	16.500	01:34:54	5:45	10.43	00:08:37	5:44	10.46	12	18.000	01:43:41	5:45	10.42	00:08:48	5:51	10.23
13	19.500	01:52:54	5:47	10.36	00:09:13	6:08	9.77	14	21.000	02:02:42	5:50	10.27	00:09:48	6:31	9.19
15	22.500	02:11:35	5:50	10.26	00:08:53	5:55	10.13	16	24.000	02:20:19	5:50	10.26	00:08:45	5:49	10.29
17	25.500	02:29:21	5:51	10.25	00:09:02	6:00	9.98	18	27.000	02:37:58	5:51	10.26	00:08:38	5:44	10.44
19	28.500	02:46:49	5:51	10.25	00:08:52	5:54	10.16	20	30.000	02:55:38	5:51	10.25	00:08:50	5:52	10.21
21	31.500	03:04:43	5:51	10.23	00:09:05	6:03	9.92	22	33.000	03:13:29	5:51	10.23	00:08:47	5:50	10.26
23	34.500	03:22:34	5:52	10.22	00:09:06	6:03	9.90	24	36.000	03:31:16	5:52	10.22	00:08:42	5:47	10.36
25	37.500	03:40:28	5:52	10.21	00:09:13	6:08	9.78	26	39.000	03:49:11	5:52	10.21	00:08:44	5:49	10.31
27	40.500	03:58:16	5:52	10.20	00:09:05	6:02	9.92	28	42.000	04:07:02	5:52	10.20	00:08:47	5:50	10.26
29	43.500	04:16:02	5:53	10.19	00:09:00	5:59	10.00	30	45.000	04:26:26	5:55	10.13	00:10:24	6:55	8.66
31	46.500	04:35:12	5:55	10.14	00:08:47	5:51	10.25	32	48.000	04:44:06	5:55	10.14	00:08:55	5:56	10.11
33	49.500	04:52:46	5:54	10.14	00:08:40	5:46	10.39	34	51.000	05:01:47	5:55	10.14	00:09:01	6:00	9.98
35	52.500	05:10:43	5:55	10.14	00:08:56	5:57	10.08	36	54.000	05:20:12	5:55	10.12	00:09:29	6:19	9.49
37	55.500	05:29:26	5:56	10.11	00:09:15	6:09	9.74	38	57.000	05:38:55	5:56	10.09	00:09:30	6:19	9.49
39	58.500	05:48:10	5:57	10.08	00:09:15	6:09	9.74	40	60.000	05:57:22	5:57	10.07	00:09:12	6:07	9.78

7 73 Miriam Gulbrandsen NOR Fåberg IL 05:50:58 39 59.930

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:07	4:44	12.67	00:07:07	4:44	12.67	2	3.000	00:14:26	4:48	12.48	00:07:19	4:52	12.31
3	4.500	00:21:42	4:49	12.45	00:07:17	4:50	12.38	4	6.000	00:28:48	4:47	12.50	00:07:07	4:44	12.66
5	7.500	00:36:00	4:47	12.50	00:07:12	4:47	12.50	6	9.000	00:43:16	4:48	12.48	00:07:16	4:50	12.40
7	10.500	00:50:38	4:49	12.44	00:07:23	4:54	12.20	8	12.000	00:57:51	4:49	12.45	00:07:13	4:48	12.49
9	13.500	01:05:01	4:48	12.46	00:07:11	4:47	12.54	10	15.000	01:12:13	4:48	12.46	00:07:12	4:47	12.50
11	16.500	01:19:16	4:48	12.49	00:07:04	4:42	12.75	12	18.000	01:26:18	4:47	12.51	00:07:02	4:41	12.80
13	19.500	01:33:25	4:47	12.53	00:07:07	4:44	12.66	14	21.000	01:41:13	4:49	12.45	00:07:48	5:11	11.54
15	22.500	01:48:24	4:49	12.45	00:07:12	4:47	12.53	16	24.000	01:55:38	4:49	12.45	00:07:14	4:49	12.46
17	25.500	02:03:09	4:49	12.42	00:07:32	5:01	11.96	18	27.000	02:10:30	4:49	12.41	00:07:21	4:53	12.26
19	28.500	02:18:03	4:50	12.39	00:07:34	5:02	11.91	20	30.000	02:25:35	4:51	12.36	00:07:33	5:01	11.94
21	31.500	02:34:05	4:53	12.27	00:08:31	5:40	10.59	22	33.000	02:41:39	4:53	12.25	00:07:34	5:02	11.90
23	34.500	02:49:30	4:54	12.21	00:07:51	5:13	11.47	24	36.000	02:57:30	4:55	12.17	00:08:00	5:20	11.25
25	37.500	03:05:41	4:57	12.12	00:08:12	5:27	11.00	26	39.000	03:15:07	5:00	11.99	00:09:27	6:17	9.54
27	40.500	03:23:40	5:01	11.93	00:08:34	5:42	10.52	28	42.000	03:33:15	5:04	11.82	00:09:36	6:23	9.39
29	43.500	03:48:53	5:15	11.40	00:15:38	10:25	5.76	30	45.000	04:04:39	5:26	11.04	00:15:46	10:30	5.71
31	46.500	04:22:01	5:38	10.65	00:17:23	11:34	5.18	32	48.000	04:36:25	5:45	10.42	00:14:25	9:36	6.25
33	49.500	04:45:52	5:46	10.39	00:09:27	6:17	9.53	34	51.000	04:57:11	5:49	10.30	00:11:20	7:33	7.94
35	52.500	05:06:55	5:50	10.26	00:09:44	6:28	9.26	36	54.000	05:17:22	5:52	10.21	00:10:28	6:58	8.60
37	55.500	05:27:54	5:54	10.16	00:10:33	7:01	8.54	38	57.000	05:40:15	5:58	10.05	00:12:21	8:13	7.29
39	58.500	05:50:58	5:59	10.00	00:10:43	7:08	8.40								

8 77 Kathrine Strømmen NOR Utleira IL 05:54:54 39 59.520

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:10	5:26	11.03	00:08:10	5:26	11.03	2	3.000	00:15:47	5:15	11.41	00:07:37	5:04	11.82
3	4.500	00:23:21	5:11	11.57	00:07:34	5:02	11.90	4	6.000	00:30:45	5:07	11.71	00:07:24	4:56	12.16
5	7.500	00:38:11	5:05	11.79	00:07:27	4:57	12.09	6	9.000	00:45:34	5:03	11.85	00:07:23	4:55	12.20
7	10.500	00:53:00	5:02	11.89	00:07:26	4:57	12.12	8	12.000	01:00:31	5:02	11.90	00:07:31	5:00	11.98
9	13.500	01:08:05	5:02	11.90	00:07:35	5:02	11.89	10	15.000	01:15:27	5:01	11.93	00:07:22	4:54	12.22
11	16.500	01:22:52	5:01	11.95	00:07:25	4:56	12.14	12	18.000	01:30:10	5:00	11.98	00:07:19	4:52	12.31
13	19.500	01:37:35	5:00	11.99	00:07:26	4:56	12.13	14	21.000	01:44:54	4:59	12.01	00:07:20	4:52	12.30
15	22.500	01:52:15	4:59	12.03	00:07:21	4:53	12.26	16	24.000	01:59:41	4:59	12.03	00:07:26	4:57	12.12
17	25.500	02:07:27	4:59	12.00	00:07:47	5:11	11.57	18	27.000	02:15:24	5:00	11.96	00:07:58	5:18	11.32
19	28.500	02:23:06	5:01	11.95	00:07:42	5:07	11.70	20	30.000	02:30:56	5:01	11.93	00:07:50	5:13	11.49
21	31.500	02:38:47	5:02	11.90	00:07:52	5:14	11.45	22	33.000	02:47:07	5:03	11.85	00:08:20	5:32	10.82
23	34.500	02:55:18	5:04	11.81	00:08:12	5:27	10.99	24	36.000	03:03:57	5:06	11.74	00:08:39	5:45	10.42
25	37.500	03:13:05	5:08	11.65	00:09:09	6:05	9.85	26	39.000	03:23:18	5:12	11.51	00:10:14	6:48	8.80
27	40.500	03:31:53	5:13	11.47	00:08:35	5:43	10.49	28	42.000	03:40:23	5:14	11.43	00:08:31	5:40	10.58
29	43.500	03:55:19	5:24	11.09	00:14:56	9:56	6.03	30	45.000	04:08:53	5:31	10.85	00:13:35	9:02	6.63
31	46.500	04:22:49	5:39	10.62	00:13:57	9:17	6.46	32	48.000	04:32:54	5:41	10.55	00:10:05	6:43	8.93
33	49.500	04:43:33	5:43	10.47	00:10:39	7:06	8.45	34	51.000	04:56:06	5:48	10.33	00:12:34	8:22	7.17
35	52.500	05:09:47	5:54	10.17	00:13:41	9:07	6.58	36	54.000	05:20:42	5:56	10.10	00:10:55	7:16	8.24
37	55.500	05:31:05	5:57	10.06	00:10:24	6:55	8.66	38	57.000	05:42:11	6:00	9.99	00:11:06	7:23	8.11
39	58.500	05:54:54	6:03	9.89	00:12:44	8:28	7.07								



9	41	Mette Wiig	NOR					Asker skiklubb	05:56:58					39	59.015
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:55	5:56	10.11	00:08:55	5:56	10.11	2	3.000	00:17:28	5:49	10.31	00:08:33	5:41	10.53
3	4.500	00:26:15	5:49	10.29	00:08:48	5:51	10.24	4	6.000	00:34:57	5:49	10.30	00:08:43	5:48	10.34
5	7.500	00:43:48	5:50	10.28	00:08:51	5:53	10.19	6	9.000	00:52:53	5:52	10.21	00:09:06	6:03	9.91
7	10.500	01:01:59	5:54	10.17	00:09:07	6:04	9.88	8	12.000	01:11:08	5:55	10.12	00:09:09	6:05	9.84
9	13.500	01:19:58	5:55	10.13	00:08:51	5:53	10.18	10	15.000	01:28:49	5:55	10.13	00:08:51	5:53	10.17
11	16.500	01:37:46	5:55	10.13	00:08:58	5:58	10.05	12	18.000	01:46:56	5:56	10.10	00:09:10	6:06	9.83
13	19.500	01:55:46	5:56	10.11	00:08:50	5:53	10.19	14	21.000	02:04:35	5:55	10.11	00:08:50	5:52	10.20
15	22.500	02:13:35	5:56	10.11	00:09:01	6:00	10.00	16	24.000	02:22:49	5:57	10.08	00:09:15	6:09	9.74
17	25.500	02:31:55	5:57	10.07	00:09:06	6:03	9.89	18	27.000	02:40:53	5:57	10.07	00:08:58	5:58	10.04
19	28.500	02:49:56	5:57	10.06	00:09:03	6:01	9.96	20	30.000	02:59:05	5:58	10.05	00:09:10	6:06	9.82
21	31.500	03:08:11	5:58	10.04	00:09:06	6:03	9.90	22	33.000	03:17:22	5:58	10.03	00:09:12	6:07	9.79
23	34.500	03:26:32	5:59	10.02	00:09:10	6:06	9.83	24	36.000	03:35:36	5:59	10.02	00:09:05	6:02	9.93
25	37.500	03:44:43	5:59	10.01	00:09:07	6:04	9.87	26	39.000	03:54:01	6:00	10.00	00:09:18	6:12	9.68
27	40.500	04:03:36	6:00	9.98	00:09:36	6:23	9.39	28	42.000	04:13:47	6:02	9.93	00:10:11	6:47	8.84
29	43.500	04:22:56	6:02	9.93	00:09:10	6:06	9.83	30	45.000	04:32:05	6:02	9.92	00:09:10	6:06	9.83
31	46.500	04:41:23	6:03	9.92	00:09:18	6:11	9.69	32	48.000	04:50:53	6:03	9.90	00:09:31	6:20	9.47
33	49.500	05:00:24	6:04	9.89	00:09:32	6:20	9.46	34	51.000	05:09:42	6:04	9.88	00:09:19	6:12	9.68
35	52.500	05:19:14	6:04	9.87	00:09:32	6:21	9.45	36	54.000	05:28:47	6:05	9.85	00:09:33	6:21	9.43
37	55.500	05:38:17	6:05	9.84	00:09:31	6:20	9.46	38	57.000	05:47:32	6:05	9.84	00:09:16	6:10	9.72
39	58.500	05:56:58	6:06	9.83	00:09:26	6:16	9.55								

10	50	Sissel Synnestvedt	NOR					åsen il	05:57:16					38	57.475
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:30	5:39	10.59	00:08:30	5:39	10.59	2	3.000	00:16:54	5:37	10.66	00:08:24	5:35	10.73
3	4.500	00:25:47	5:43	10.48	00:08:53	5:55	10.13	4	6.000	00:34:18	5:42	10.50	00:08:32	5:40	10.56
5	7.500	00:42:54	5:43	10.49	00:08:36	5:43	10.47	6	9.000	00:51:15	5:41	10.54	00:08:21	5:34	10.78
7	10.500	00:59:44	5:41	10.55	00:08:30	5:39	10.59	8	12.000	01:08:07	5:40	10.57	00:08:23	5:35	10.75
9	13.500	01:16:34	5:40	10.58	00:08:28	5:38	10.64	10	15.000	01:24:49	5:39	10.61	00:08:16	5:30	10.91
11	16.500	01:33:21	5:39	10.61	00:08:33	5:41	10.54	12	18.000	01:41:28	5:38	10.64	00:08:07	5:24	11.10
13	19.500	01:50:00	5:38	10.64	00:08:33	5:41	10.54	14	21.000	01:58:46	5:39	10.61	00:08:46	5:50	10.28
15	22.500	02:07:26	5:39	10.59	00:08:40	5:46	10.39	16	24.000	02:16:10	5:40	10.58	00:08:45	5:49	10.30
17	25.500	02:25:03	5:41	10.55	00:08:54	5:55	10.12	18	27.000	02:34:05	5:42	10.51	00:09:02	6:01	9.96
19	28.500	02:43:12	5:43	10.48	00:09:08	6:04	9.87	20	30.000	02:52:08	5:44	10.46	00:08:56	5:57	10.08
21	31.500	03:01:51	5:46	10.39	00:09:43	6:28	9.27	22	33.000	03:11:11	5:47	10.36	00:09:21	6:13	9.64
23	34.500	03:20:35	5:48	10.32	00:09:25	6:16	9.57	24	36.000	03:30:34	5:50	10.26	00:09:59	6:39	9.02
25	37.500	03:39:52	5:51	10.23	00:09:18	6:11	9.68	26	39.000	03:49:18	5:52	10.21	00:09:27	6:17	9.53
27	40.500	03:58:29	5:53	10.19	00:09:12	6:07	9.80	28	42.000	04:07:28	5:53	10.18	00:08:59	5:59	10.03
29	43.500	04:19:19	5:57	10.07	00:11:51	7:53	7.60	30	45.000	04:30:25	6:00	9.98	00:11:07	7:24	8.10
31	46.500	04:43:06	6:05	9.86	00:12:41	8:26	7.10	32	48.000	04:52:19	6:05	9.85	00:09:14	6:09	9.76
33	49.500	05:05:22	6:10	9.73	00:13:03	8:41	6.90	34	51.000	05:16:11	6:11	9.68	00:10:49	7:12	8.32
35	52.500	05:26:49	6:13	9.64	00:10:39	7:05	8.46	36	54.000	05:37:10	6:14	9.61	00:10:22	6:54	8.69
37	55.500	05:47:28	6:15	9.58	00:10:18	6:51	8.74	38	57.000	05:57:16	6:16	9.57	00:09:48	6:31	9.19

11 101 Amalija Kovacic			NOR Lørenskog Friidrettslag					05:54:29			37		55.975		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:57	5:57	10.06	00:08:57	5:57	10.06	2	3.000	00:17:39	5:52	10.20	00:08:42	5:47	10.35
3	4.500	00:26:03	5:47	10.37	00:08:25	5:36	10.71	4	6.000	00:34:32	5:45	10.43	00:08:29	5:38	10.62
5	7.500	00:43:00	5:43	10.47	00:08:29	5:38	10.62	6	9.000	00:51:27	5:42	10.50	00:08:27	5:38	10.65
7	10.500	00:59:53	5:42	10.52	00:08:27	5:37	10.66	8	12.000	01:08:19	5:41	10.54	00:08:26	5:37	10.68
9	13.500	01:16:47	5:41	10.55	00:08:29	5:38	10.63	10	15.000	01:25:17	5:41	10.55	00:08:30	5:39	10.60
11	16.500	01:33:58	5:41	10.54	00:08:42	5:47	10.36	12	18.000	01:42:30	5:41	10.54	00:08:33	5:41	10.54
13	19.500	01:51:30	5:43	10.49	00:09:01	6:00	10.00	14	21.000	01:59:52	5:42	10.51	00:08:22	5:34	10.76
15	22.500	02:08:33	5:42	10.50	00:08:42	5:47	10.36	16	24.000	02:17:38	5:44	10.46	00:09:05	6:02	9.92
17	25.500	02:26:42	5:45	10.43	00:09:05	6:03	9.92	18	27.000	02:35:39	5:45	10.41	00:08:57	5:57	10.06
19	28.500	02:44:46	5:46	10.38	00:09:08	6:04	9.87	20	30.000	02:54:04	5:48	10.34	00:09:18	6:12	9.68
21	31.500	03:04:35	5:51	10.24	00:10:32	7:00	8.56	22	33.000	03:14:24	5:53	10.19	00:09:49	6:32	9.17
23	34.500	03:23:51	5:54	10.15	00:09:28	6:18	9.52	24	36.000	03:33:55	5:56	10.10	00:10:04	6:42	8.95
25	37.500	03:44:46	5:59	10.01	00:10:52	7:14	8.28	26	39.000	03:56:15	6:03	9.90	00:11:30	7:39	7.84
27	40.500	04:07:48	6:07	9.81	00:11:33	7:41	7.80	28	42.000	04:18:45	6:09	9.74	00:10:58	7:18	8.22
29	43.500	04:29:29	6:11	9.69	00:10:45	7:09	8.38	30	45.000	04:40:24	6:13	9.63	00:10:55	7:16	8.25
31	46.500	04:51:47	6:16	9.56	00:11:23	7:35	7.91	32	48.000	05:02:34	6:18	9.52	00:10:48	7:11	8.34
33	49.500	05:13:13	6:19	9.48	00:10:40	7:06	8.45	34	51.000	05:23:31	6:20	9.46	00:10:18	6:51	8.74
35	52.500	05:34:15	6:21	9.42	00:10:45	7:09	8.38	36	54.000	05:44:17	6:22	9.41	00:10:02	6:41	8.98
37	55.500	05:54:29	6:23	9.39	00:10:13	6:48	8.82								

12 40 Oline Yksnøy			NOR Rustad IL					05:54:33			36		54.920		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:09:00	5:59	10.02	00:09:00	5:59	10.02	2	3.000	00:17:32	5:50	10.27	00:08:33	5:41	10.54
3	4.500	00:26:10	5:48	10.32	00:08:39	5:45	10.41	4	6.000	00:34:53	5:48	10.32	00:08:43	5:48	10.34
5	7.500	00:43:48	5:50	10.28	00:08:56	5:57	10.08	6	9.000	00:52:34	5:50	10.28	00:08:46	5:50	10.28
7	10.500	01:01:10	5:49	10.30	00:08:37	5:44	10.46	8	12.000	01:09:40	5:48	10.34	00:08:31	5:40	10.58
9	13.500	01:18:17	5:47	10.35	00:08:37	5:44	10.45	10	15.000	01:27:13	5:48	10.32	00:08:57	5:57	10.07
11	16.500	01:35:51	5:48	10.33	00:08:38	5:45	10.43	12	18.000	01:44:39	5:48	10.32	00:08:49	5:52	10.22
13	19.500	01:53:23	5:48	10.32	00:08:45	5:49	10.30	14	21.000	02:02:28	5:49	10.29	00:09:05	6:03	9.92
15	22.500	02:11:42	5:51	10.25	00:09:15	6:09	9.74	16	24.000	02:20:53	5:52	10.22	00:09:11	6:07	9.80
17	25.500	02:29:54	5:52	10.21	00:09:01	6:00	9.98	18	27.000	02:39:20	5:54	10.17	00:09:27	6:17	9.54
19	28.500	02:49:07	5:56	10.11	00:09:48	6:31	9.19	20	30.000	02:58:57	5:57	10.06	00:09:50	6:33	9.15
21	31.500	03:09:06	6:00	9.99	00:10:10	6:46	8.87	22	33.000	03:19:09	6:02	9.94	00:10:03	6:41	8.96
23	34.500	03:29:29	6:04	9.88	00:10:21	6:53	8.71	24	36.000	03:41:11	6:08	9.77	00:11:43	7:48	7.69
25	37.500	03:51:49	6:10	9.71	00:10:38	7:05	8.46	26	39.000	04:02:13	6:12	9.66	00:10:24	6:55	8.66
27	40.500	04:12:27	6:13	9.63	00:10:15	6:49	8.79	28	42.000	04:21:52	6:14	9.62	00:09:25	6:16	9.57
29	43.500	04:34:26	6:18	9.51	00:12:35	8:23	7.15	30	45.000	04:51:25	6:28	9.27	00:16:59	11:19	5.30
31	46.500	05:03:37	6:31	9.19	00:12:13	8:08	7.37	32	48.000	05:13:52	6:32	9.18	00:10:15	6:49	8.78
33	49.500	05:24:09	6:32	9.16	00:10:17	6:51	8.75	34	51.000	05:34:39	6:33	9.14	00:10:30	6:59	8.58
35	52.500	05:45:03	6:34	9.13	00:10:25	6:56	8.65	36	54.000	05:54:33	6:33	9.14	00:09:31	6:20	9.47

13 42 Ellen Wold			NOR Oslofjord Triatlon						05:55:39			36		54.600	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:47	5:51	10.25	00:08:47	5:51	10.25	2	3.000	00:17:21	5:46	10.38	00:08:34	5:42	10.51
3	4.500	00:26:03	5:47	10.37	00:08:42	5:47	10.35	4	6.000	00:34:45	5:47	10.36	00:08:42	5:47	10.35
5	7.500	00:43:47	5:50	10.28	00:09:03	6:01	9.95	6	9.000	00:52:51	5:52	10.22	00:09:04	6:02	9.93
7	10.500	01:01:49	5:53	10.19	00:08:58	5:58	10.04	8	12.000	01:10:53	5:54	10.16	00:09:05	6:03	9.91
9	13.500	01:20:00	5:55	10.13	00:09:07	6:04	9.88	10	15.000	01:29:25	5:57	10.07	00:09:25	6:16	9.57
11	16.500	01:38:40	5:58	10.03	00:09:16	6:10	9.72	12	18.000	01:48:10	6:00	9.99	00:09:30	6:19	9.48
13	19.500	01:57:53	6:02	9.93	00:09:44	6:28	9.26	14	21.000	02:07:30	6:04	9.88	00:09:37	6:24	9.36
15	22.500	02:16:57	6:05	9.86	00:09:27	6:17	9.52	16	24.000	02:26:39	6:06	9.82	00:09:42	6:28	9.28
17	25.500	02:36:33	6:08	9.77	00:09:55	6:36	9.09	18	27.000	02:46:33	6:10	9.73	00:10:00	6:39	9.01
19	28.500	02:56:42	6:11	9.68	00:10:09	6:45	8.87	20	30.000	03:06:44	6:13	9.64	00:10:03	6:41	8.96
21	31.500	03:16:57	6:15	9.60	00:10:14	6:48	8.81	22	33.000	03:27:26	6:17	9.55	00:10:29	6:59	8.59
23	34.500	03:38:06	6:19	9.49	00:10:40	7:06	8.44	24	36.000	03:48:26	6:20	9.46	00:10:21	6:53	8.70
25	37.500	03:59:29	6:23	9.40	00:11:04	7:22	8.14	26	39.000	04:10:03	6:24	9.36	00:10:34	7:02	8.52
27	40.500	04:20:57	6:26	9.31	00:10:54	7:15	8.26	28	42.000	04:31:16	6:27	9.29	00:10:20	6:53	8.71
29	43.500	04:41:50	6:28	9.26	00:10:34	7:02	8.52	30	45.000	04:52:44	6:30	9.22	00:10:54	7:15	8.27
31	46.500	05:03:27	6:31	9.19	00:10:44	7:08	8.40	32	48.000	05:13:50	6:32	9.18	00:10:24	6:55	8.66
33	49.500	05:24:05	6:32	9.16	00:10:15	6:50	8.78	34	51.000	05:34:36	6:33	9.15	00:10:31	7:00	8.56
35	52.500	05:45:02	6:34	9.13	00:10:27	6:57	8.63	36	54.000	05:55:39	6:35	9.11	00:10:37	7:04	8.48

14 34 Marit Bjerknes			NOR Kondis						05:48:08			34		52.345	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:38	5:45	10.43	00:08:38	5:45	10.43	2	3.000	00:17:19	5:46	10.40	00:08:41	5:47	10.36
3	4.500	00:26:01	5:46	10.38	00:08:42	5:47	10.36	4	6.000	00:34:41	5:46	10.38	00:08:41	5:46	10.38
5	7.500	00:43:20	5:46	10.39	00:08:40	5:46	10.40	6	9.000	00:51:41	5:44	10.45	00:08:22	5:34	10.77
7	10.500	01:00:21	5:44	10.44	00:08:40	5:46	10.40	8	12.000	01:09:19	5:46	10.39	00:08:58	5:58	10.04
9	13.500	01:18:00	5:46	10.39	00:08:42	5:47	10.36	10	15.000	01:26:55	5:47	10.36	00:08:56	5:56	10.09
11	16.500	01:35:45	5:48	10.34	00:08:51	5:53	10.18	12	18.000	01:44:49	5:49	10.30	00:09:04	6:02	9.93
13	19.500	01:53:33	5:49	10.30	00:08:45	5:49	10.30	14	21.000	02:02:29	5:49	10.29	00:08:56	5:56	10.09
15	22.500	02:11:59	5:51	10.23	00:09:30	6:19	9.47	16	24.000	02:20:54	5:52	10.22	00:08:56	5:57	10.08
17	25.500	02:30:01	5:52	10.20	00:09:07	6:04	9.88	18	27.000	02:39:22	5:54	10.17	00:09:22	6:14	9.62
19	28.500	02:49:23	5:56	10.10	00:10:01	6:40	8.99	20	30.000	02:58:58	5:57	10.06	00:09:35	6:23	9.40
21	31.500	03:08:39	5:59	10.02	00:09:41	6:27	9.30	22	33.000	03:18:49	6:01	9.96	00:10:11	6:47	8.84
23	34.500	03:29:24	6:04	9.89	00:10:35	7:03	8.51	24	36.000	03:39:54	6:06	9.82	00:10:30	6:59	8.57
25	37.500	03:50:09	6:08	9.78	00:10:16	6:50	8.77	26	39.000	03:59:35	6:08	9.77	00:09:26	6:16	9.55
27	40.500	04:08:26	6:08	9.78	00:08:52	5:54	10.16	28	42.000	04:16:48	6:06	9.81	00:08:22	5:34	10.76
29	43.500	04:39:54	6:26	9.32	00:23:07	15:24	3.90	30	45.000	04:51:35	6:28	9.26	00:11:41	7:47	7.71
31	46.500	05:03:28	6:31	9.19	00:11:54	7:55	7.57	32	48.000	05:13:51	6:32	9.18	00:10:23	6:55	8.67
33	49.500	05:26:51	6:36	9.09	00:13:00	8:39	6.92	34	51.000	05:48:08	6:49	8.79	00:21:18	14:11	4.23

15		48		Marianne Røhme				NOR		Kondis		05:49:14		34		52.190	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t		
1	1.500	00:08:42	5:47	10.36	00:08:42	5:47	10.36	2	3.000	00:17:38	5:52	10.22	00:08:56	5:57	10.08		
3	4.500	00:26:33	5:53	10.17	00:08:56	5:56	10.09	4	6.000	00:35:32	5:55	10.13	00:09:00	5:59	10.00		
5	7.500	00:44:44	5:57	10.06	00:09:12	6:08	9.78	6	9.000	00:54:09	6:00	9.97	00:09:25	6:16	9.57		
7	10.500	01:05:46	6:15	9.58	00:11:38	7:45	7.74	8	12.000	01:15:03	6:15	9.59	00:09:17	6:11	9.70		
9	13.500	01:24:27	6:15	9.59	00:09:24	6:16	9.57	10	15.000	01:34:30	6:17	9.52	00:10:04	6:42	8.95		
11	16.500	01:43:41	6:17	9.55	00:09:12	6:07	9.80	12	18.000	01:53:28	6:18	9.52	00:09:48	6:31	9.20		
13	19.500	02:06:26	6:29	9.25	00:12:58	8:38	6.94	14	21.000	02:19:55	6:39	9.01	00:13:29	8:59	6.68		
15	22.500	02:29:22	6:38	9.04	00:09:28	6:18	9.52	16	24.000	02:39:06	6:37	9.05	00:09:44	6:29	9.25		
17	25.500	02:48:50	6:37	9.06	00:09:44	6:28	9.26	18	27.000	02:58:38	6:36	9.07	00:09:49	6:32	9.18		
19	28.500	03:08:16	6:36	9.08	00:09:38	6:25	9.35	20	30.000	03:18:12	6:36	9.08	00:09:57	6:37	9.06		
21	31.500	03:32:35	6:44	8.89	00:14:24	9:35	6.26	22	33.000	03:42:26	6:44	8.90	00:09:51	6:33	9.14		
23	34.500	03:52:34	6:44	8.90	00:10:08	6:45	8.89	24	36.000	04:03:59	6:46	8.85	00:11:26	7:37	7.87		
25	37.500	04:14:16	6:46	8.85	00:10:17	6:50	8.76	26	39.000	04:24:59	6:47	8.83	00:10:44	7:08	8.39		
27	40.500	04:34:11	6:46	8.86	00:09:12	6:07	9.78	28	42.000	04:43:03	6:44	8.90	00:08:52	5:54	10.15		
29	43.500	04:52:15	6:43	8.93	00:09:12	6:07	9.79	30	45.000	05:04:35	6:46	8.86	00:12:21	8:13	7.29		
31	46.500	05:14:06	6:45	8.88	00:09:31	6:20	9.46	32	48.000	05:23:36	6:44	8.90	00:09:30	6:19	9.48		
33	49.500	05:33:53	6:44	8.90	00:10:17	6:51	8.75	34	51.000	05:49:14	6:50	8.76	00:15:21	10:13	5.87		

16		9		Margrethe Løgvæn				NOR		Tønsberg FIK		03:39:40		34		51.000	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t		
1	1.500	00:06:21	4:13	14.20	00:06:21	4:13	14.20	2	3.000	00:12:36	4:11	14.30	00:06:15	4:09	14.41		
3	4.500	00:18:53	4:11	14.31	00:06:18	4:11	14.32	4	6.000	00:25:14	4:12	14.27	00:06:22	4:14	14.15		
5	7.500	00:31:36	4:12	14.24	00:06:23	4:14	14.13	6	9.000	00:37:58	4:13	14.23	00:06:22	4:14	14.17		
7	10.500	00:44:22	4:13	14.20	00:06:25	4:16	14.05	8	12.000	00:50:39	4:13	14.22	00:06:18	4:11	14.31		
9	13.500	00:57:02	4:13	14.21	00:06:23	4:14	14.13	10	15.000	01:03:28	4:13	14.18	00:06:27	4:17	13.98		
11	16.500	01:09:52	4:14	14.17	00:06:24	4:16	14.06	12	18.000	01:16:23	4:14	14.14	00:06:32	4:20	13.81		
13	19.500	01:22:47	4:14	14.13	00:06:25	4:16	14.05	14	21.000	01:29:10	4:14	14.13	00:06:24	4:15	14.10		
15	22.500	01:35:37	4:14	14.12	00:06:27	4:17	13.96	16	24.000	01:42:01	4:15	14.12	00:06:24	4:15	14.07		
17	25.500	01:48:29	4:15	14.11	00:06:29	4:18	13.91	18	27.000	01:54:55	4:15	14.10	00:06:27	4:17	13.98		
19	28.500	02:01:24	4:15	14.09	00:06:30	4:19	13.88	20	30.000	02:07:46	4:15	14.09	00:06:23	4:14	14.13		
21	31.500	02:14:10	4:15	14.09	00:06:24	4:15	14.09	22	33.000	02:20:33	4:15	14.09	00:06:24	4:15	14.10		
23	34.500	02:26:57	4:15	14.09	00:06:25	4:16	14.04	24	36.000	02:33:28	4:15	14.08	00:06:31	4:20	13.82		
25	37.500	02:39:56	4:15	14.07	00:06:29	4:18	13.91	26	39.000	02:46:25	4:16	14.06	00:06:29	4:18	13.91		
27	40.500	02:52:53	4:16	14.06	00:06:29	4:19	13.89	28	42.000	02:59:24	4:16	14.05	00:06:31	4:20	13.83		
29	43.500	03:05:52	4:16	14.04	00:06:29	4:18	13.92	30	45.000	03:12:21	4:16	14.04	00:06:30	4:19	13.86		
31	46.500	03:18:56	4:16	14.03	00:06:35	4:22	13.70	32	48.000	03:25:34	4:16	14.01	00:06:39	4:25	13.56		
33	49.500	03:32:08	4:17	14.00	00:06:34	4:22	13.71	34	51.000	03:39:40	4:18	13.93	00:07:33	5:01	11.94		

17 81 Eva Lundby			NOR Spiridon LLL					05:48:25			28		43.380		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:12:00	7:59	7.51	00:12:00	7:59	7.51	2	3.000	00:24:05	8:01	7.48	00:12:05	8:03	7.45
3	4.500	00:36:09	8:01	7.47	00:12:04	8:02	7.46	4	6.000	00:48:20	8:03	7.45	00:12:12	8:07	7.38
5	7.500	01:00:30	8:04	7.44	00:12:11	8:06	7.39	6	9.000	01:12:43	8:04	7.43	00:12:13	8:08	7.37
7	10.500	01:24:45	8:04	7.43	00:12:03	8:01	7.48	8	12.000	01:37:07	8:05	7.41	00:12:23	8:14	7.28
9	13.500	01:49:20	8:05	7.41	00:12:13	8:08	7.37	10	15.000	02:01:36	8:06	7.40	00:12:16	8:10	7.34
11	16.500	02:13:44	8:06	7.40	00:12:08	8:05	7.42	12	18.000	02:26:06	8:06	7.39	00:12:23	8:14	7.27
13	19.500	02:38:33	8:07	7.38	00:12:27	8:17	7.23	14	21.000	02:50:57	8:08	7.37	00:12:25	8:16	7.25
15	22.500	03:03:22	8:08	7.36	00:12:26	8:16	7.25	16	24.000	03:15:59	8:09	7.35	00:12:38	8:24	7.13
17	25.500	03:28:25	8:10	7.34	00:12:26	8:16	7.25	18	27.000	03:40:51	8:10	7.34	00:12:27	8:17	7.23
19	28.500	03:53:25	8:11	7.33	00:12:35	8:22	7.16	20	30.000	04:06:16	8:12	7.31	00:12:51	8:33	7.00
21	31.500	04:19:13	8:13	7.29	00:12:57	8:37	6.95	22	33.000	04:32:02	8:14	7.28	00:12:50	8:33	7.02
23	34.500	04:44:52	8:15	7.27	00:12:50	8:33	7.02	24	36.000	04:57:43	8:16	7.26	00:12:51	8:33	7.00
25	37.500	05:10:26	8:16	7.25	00:12:44	8:29	7.07	26	39.000	05:23:14	8:17	7.24	00:12:48	8:31	7.03
27	40.500	05:35:54	8:17	7.23	00:12:40	8:26	7.11	28	42.000	05:48:25	8:17	7.23	00:12:32	8:21	7.19

18 28 Åse Irene Tøsse			NOR Norodd					05:55:31			21		32.010		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:16:04	10:42	5.61	00:16:04	10:42	5.61	2	3.000	00:31:51	10:36	5.65	00:15:48	10:31	5.70
3	4.500	00:47:21	10:31	5.70	00:15:31	10:20	5.80	4	6.000	01:04:05	10:40	5.62	00:16:44	11:09	5.38
5	7.500	01:20:40	10:45	5.58	00:16:36	11:03	5.42	6	9.000	01:37:55	10:52	5.52	00:17:15	11:29	5.22
7	10.500	01:54:34	10:54	5.50	00:16:40	11:06	5.40	8	12.000	02:11:36	10:57	5.47	00:17:03	11:21	5.28
9	13.500	02:27:45	10:56	5.48	00:16:10	10:46	5.57	10	15.000	02:43:55	10:55	5.49	00:16:11	10:46	5.57
11	16.500	02:59:49	10:53	5.51	00:15:55	10:36	5.66	12	18.000	03:16:59	10:56	5.48	00:17:10	11:26	5.25
13	19.500	03:33:17	10:56	5.49	00:16:19	10:52	5.52	14	21.000	03:51:08	11:00	5.45	00:17:51	11:53	5.04
15	22.500	04:13:37	11:16	5.32	00:22:30	14:59	4.00	16	24.000	04:30:48	11:16	5.32	00:17:12	11:27	5.24
17	25.500	04:47:56	11:17	5.31	00:17:08	11:25	5.25	18	27.000	05:06:11	11:20	5.29	00:18:15	12:09	4.93
19	28.500	05:24:01	11:22	5.28	00:17:51	11:53	5.05	20	30.000	05:40:42	11:21	5.28	00:16:41	11:07	5.40
21	31.500	05:55:31	11:17	5.32	00:14:49	9:52	6.07								

19 22 Elisabeth Kjos			NOR					01:37:28			11		16.500		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:11	5:26	11.02	00:08:11	5:26	11.02	2	3.000	00:16:33	5:30	10.88	00:08:23	5:35	10.74
3	4.500	00:25:00	5:33	10.80	00:08:27	5:37	10.66	4	6.000	00:33:41	5:36	10.69	00:08:41	5:47	10.37
5	7.500	00:42:25	5:39	10.61	00:08:45	5:49	10.29	6	9.000	00:51:08	5:40	10.56	00:08:43	5:48	10.33
7	10.500	01:00:00	5:42	10.50	00:08:52	5:54	10.16	8	12.000	01:08:58	5:44	10.44	00:08:59	5:58	10.03
9	13.500	01:18:05	5:47	10.37	00:09:08	6:04	9.87	10	15.000	01:27:36	5:50	10.27	00:09:32	6:20	9.46
11	16.500	01:37:28	5:54	10.16	00:09:52	6:34	9.13								

20	89	Randi Håkensen						NOR	Stange					01:41:16	10	15.000
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	
1	1.500	00:08:43	5:48	10.34	00:08:43	5:48	10.34	2	3.000	00:17:27	5:48	10.32	00:08:45	5:49	10.30	
3	4.500	00:26:13	5:49	10.30	00:08:46	5:50	10.27	4	6.000	00:35:27	5:54	10.16	00:09:15	6:09	9.74	
5	7.500	00:47:46	6:22	9.42	00:12:19	8:12	7.31	6	9.000	00:57:24	6:22	9.41	00:09:38	6:25	9.34	
7	10.500	01:06:50	6:21	9.43	00:09:27	6:17	9.54	8	12.000	01:20:08	6:40	8.99	00:13:19	8:52	6.77	
9	13.500	01:31:09	6:45	8.89	00:11:01	7:20	8.18	10	15.000	01:41:16	6:45	8.89	00:10:07	6:44	8.90	

**Klasse: Menn**

Plc	StartNr	Navn	Nation					Klub/hold					Tid	Omg	Distance
1	86	Helge Hafsås	NOR					Olden					05:57:16	55	83.205
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:05:17	3:30	17.07	00:05:17	3:30	17.07	2	3.000	00:10:47	3:35	16.70	00:05:31	3:40	16.34
3	4.500	00:16:12	3:35	16.67	00:05:25	3:36	16.63	4	6.000	00:21:48	3:37	16.52	00:05:36	3:43	16.09
5	7.500	00:27:15	3:37	16.52	00:05:28	3:38	16.50	6	9.000	00:32:57	3:39	16.39	00:05:43	3:48	15.78
7	10.500	00:38:36	3:40	16.32	00:05:39	3:46	15.93	8	12.000	00:44:26	3:42	16.21	00:05:51	3:53	15.42
9	13.500	00:50:47	3:45	15.95	00:06:21	4:13	14.18	10	15.000	00:56:27	3:45	15.94	00:05:41	3:46	15.87
11	16.500	01:02:13	3:46	15.91	00:05:46	3:50	15.62	12	18.000	01:07:59	3:46	15.89	00:05:46	3:50	15.62
13	19.500	01:14:50	3:50	15.64	00:06:52	4:34	13.14	14	21.000	01:20:34	3:50	15.64	00:05:45	3:49	15.67
15	22.500	01:26:34	3:50	15.60	00:06:00	3:59	15.01	16	24.000	01:32:30	3:51	15.57	00:05:57	3:57	15.16
17	25.500	01:38:34	3:51	15.52	00:06:04	4:02	14.84	18	27.000	01:44:47	3:52	15.46	00:06:14	4:08	14.47
19	28.500	01:51:56	3:55	15.28	00:07:09	4:45	12.61	20	30.000	01:58:11	3:56	15.23	00:06:16	4:10	14.38
21	31.500	02:04:19	3:56	15.20	00:06:08	4:05	14.69	22	33.000	02:10:28	3:57	15.18	00:06:09	4:06	14.63
23	34.500	02:17:28	3:59	15.06	00:07:01	4:40	12.84	24	36.000	02:23:48	3:59	15.02	00:06:20	4:13	14.22
25	37.500	02:31:05	4:01	14.89	00:07:17	4:51	12.36	26	39.000	02:37:30	4:02	14.86	00:06:26	4:16	14.01
27	40.500	02:45:07	4:04	14.72	00:07:37	5:04	11.83	28	42.000	02:51:46	4:05	14.67	00:06:40	4:26	13.51
29	43.500	02:59:30	4:07	14.54	00:07:44	5:09	11.64	30	45.000	03:06:00	4:08	14.52	00:06:31	4:20	13.84
31	46.500	03:13:25	4:09	14.42	00:07:25	4:56	12.14	32	48.000	03:20:55	4:11	14.33	00:07:30	4:59	12.00
33	49.500	03:27:21	4:11	14.32	00:06:26	4:17	14.00	34	51.000	03:33:35	4:11	14.33	00:06:14	4:09	14.45
35	52.500	03:39:40	4:11	14.34	00:06:06	4:03	14.78	36	54.000	03:46:46	4:11	14.29	00:07:07	4:44	12.67
37	55.500	03:53:21	4:12	14.27	00:06:36	4:23	13.66	38	57.000	03:59:56	4:12	14.25	00:06:35	4:23	13.69
39	58.500	04:07:12	4:13	14.20	00:07:16	4:50	12.39	40	60.000	04:14:14	4:14	14.16	00:07:03	4:41	12.79
41	61.500	04:21:04	4:14	14.13	00:06:50	4:33	13.18	42	63.000	04:28:13	4:15	14.09	00:07:10	4:46	12.59
43	64.500	04:35:35	4:16	14.04	00:07:22	4:54	12.22	44	66.000	04:42:35	4:16	14.01	00:07:00	4:40	12.86
45	67.500	04:49:49	4:17	13.97	00:07:15	4:49	12.44	46	69.000	04:56:55	4:18	13.94	00:07:07	4:44	12.66
47	70.500	05:03:43	4:18	13.93	00:06:48	4:31	13.24	48	72.000	05:10:38	4:18	13.91	00:06:55	4:36	13.02
49	73.500	05:17:08	4:18	13.91	00:06:30	4:19	13.85	50	75.000	05:23:49	4:19	13.90	00:06:41	4:27	13.48
51	76.500	05:30:36	4:19	13.88	00:06:48	4:31	13.26	52	78.000	05:37:25	4:19	13.87	00:06:49	4:32	13.21
53	79.500	05:44:14	4:19	13.86	00:06:50	4:32	13.20	54	81.000	05:50:53	4:19	13.85	00:06:40	4:26	13.51
55	82.500	05:57:16	4:19	13.86	00:06:23	4:14	14.13								

2 82 Per Olav Bøyum NOR 05:58:55 54 81.220

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:21	4:13	14.18	00:06:21	4:13	14.18	2	3.000	00:12:33	4:10	14.35	00:06:12	4:07	14.53
3	4.500	00:20:00	4:26	13.50	00:07:28	4:58	12.07	4	6.000	00:25:56	4:19	13.89	00:05:56	3:56	15.20
5	7.500	00:31:48	4:14	14.15	00:05:53	3:55	15.32	6	9.000	00:37:47	4:11	14.30	00:05:59	3:58	15.08
7	10.500	00:44:09	4:12	14.27	00:06:23	4:15	14.11	8	12.000	00:50:12	4:10	14.34	00:06:03	4:02	14.88
9	13.500	00:56:31	4:11	14.33	00:06:19	4:12	14.25	10	15.000	01:02:45	4:10	14.34	00:06:15	4:09	14.43
11	16.500	01:09:06	4:11	14.33	00:06:22	4:14	14.17	12	18.000	01:15:41	4:12	14.27	00:06:35	4:23	13.68
13	19.500	01:21:58	4:12	14.28	00:06:17	4:11	14.33	14	21.000	01:28:33	4:12	14.23	00:06:36	4:23	13.67
15	22.500	01:35:18	4:14	14.17	00:06:45	4:29	13.34	16	24.000	01:41:39	4:14	14.17	00:06:21	4:13	14.18
17	25.500	01:48:18	4:14	14.13	00:06:40	4:26	13.52	18	27.000	01:54:38	4:14	14.13	00:06:21	4:13	14.20
19	28.500	02:01:08	4:15	14.12	00:06:30	4:19	13.86	20	30.000	02:08:10	4:16	14.04	00:07:03	4:41	12.79
21	31.500	02:14:31	4:16	14.05	00:06:22	4:14	14.16	22	33.000	02:20:50	4:16	14.06	00:06:19	4:12	14.26
23	34.500	02:27:22	4:16	14.05	00:06:32	4:21	13.78	24	36.000	02:33:43	4:16	14.05	00:06:22	4:14	14.16
25	37.500	02:40:26	4:16	14.02	00:06:43	4:28	13.40	26	39.000	02:47:24	4:17	13.98	00:06:58	4:38	12.92
27	40.500	02:54:10	4:18	13.95	00:06:47	4:30	13.29	28	42.000	03:00:32	4:17	13.96	00:06:22	4:14	14.16
29	43.500	03:07:19	4:18	13.93	00:06:47	4:31	13.27	30	45.000	03:13:52	4:18	13.93	00:06:34	4:22	13.72
31	46.500	03:20:47	4:19	13.90	00:06:55	4:36	13.02	32	48.000	03:27:16	4:19	13.90	00:06:29	4:19	13.89
33	49.500	03:34:24	4:19	13.85	00:07:09	4:45	12.60	34	51.000	03:41:13	4:20	13.83	00:06:49	4:32	13.22
35	52.500	03:48:07	4:20	13.81	00:06:55	4:36	13.03	36	54.000	03:55:46	4:21	13.74	00:07:39	5:06	11.76
37	55.500	04:02:27	4:22	13.74	00:06:41	4:27	13.48	38	57.000	04:09:22	4:22	13.71	00:06:56	4:37	13.00
39	58.500	04:16:05	4:22	13.71	00:06:43	4:28	13.42	40	60.000	04:23:33	4:23	13.66	00:07:29	4:58	12.04
41	61.500	04:30:22	4:23	13.65	00:06:50	4:32	13.20	42	63.000	04:37:30	4:24	13.62	00:07:08	4:44	12.63
43	64.500	04:44:20	4:24	13.61	00:06:51	4:33	13.15	44	66.000	04:51:15	4:24	13.60	00:06:55	4:36	13.03
45	67.500	04:57:56	4:24	13.59	00:06:41	4:27	13.48	46	69.000	05:05:11	4:25	13.57	00:07:16	4:50	12.40
47	70.500	05:12:04	4:25	13.56	00:06:53	4:35	13.09	48	72.000	05:19:17	4:26	13.53	00:07:14	4:49	12.45
49	73.500	05:26:15	4:26	13.52	00:06:58	4:38	12.93	50	75.000	05:32:56	4:26	13.52	00:06:41	4:27	13.47
51	76.500	05:39:30	4:26	13.52	00:06:34	4:22	13.71	52	78.000	05:45:42	4:25	13.54	00:06:13	4:08	14.50
53	79.500	05:52:04	4:25	13.55	00:06:22	4:14	14.14	54	81.000	05:58:55	4:25	13.54	00:06:52	4:34	13.12

3 37 Jon Harald Berge NOR IF Sturla 05:57:46 52 78.530

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:31	4:20	13.81	00:06:31	4:20	13.81	2	3.000	00:12:56	4:18	13.93	00:06:25	4:16	14.06
3	4.500	00:19:24	4:18	13.93	00:06:29	4:18	13.91	4	6.000	00:25:49	4:18	13.95	00:06:26	4:16	14.01
5	7.500	00:32:20	4:18	13.92	00:06:31	4:20	13.81	6	9.000	00:39:13	4:21	13.77	00:06:54	4:35	13.07
7	10.500	00:45:52	4:22	13.74	00:06:40	4:26	13.53	8	12.000	00:52:39	4:23	13.68	00:06:47	4:30	13.29
9	13.500	00:59:22	4:23	13.65	00:06:43	4:28	13.41	10	15.000	01:06:17	4:25	13.58	00:06:56	4:37	12.99
11	16.500	01:13:09	4:25	13.54	00:06:52	4:34	13.14	12	18.000	01:19:48	4:25	13.53	00:06:40	4:26	13.52
13	19.500	01:26:29	4:26	13.53	00:06:41	4:27	13.48	14	21.000	01:33:26	4:26	13.49	00:06:58	4:38	12.94
15	22.500	01:40:25	4:27	13.44	00:07:00	4:39	12.87	16	24.000	01:47:01	4:27	13.46	00:06:36	4:23	13.64
17	25.500	01:54:03	4:28	13.42	00:07:02	4:41	12.81	18	27.000	02:01:00	4:28	13.39	00:06:58	4:38	12.93
19	28.500	02:07:42	4:28	13.39	00:06:42	4:27	13.45	20	30.000	02:14:25	4:28	13.39	00:06:44	4:28	13.39
21	31.500	02:21:05	4:28	13.40	00:06:41	4:26	13.50	22	33.000	02:27:52	4:28	13.39	00:06:48	4:31	13.26
23	34.500	02:34:43	4:29	13.38	00:06:52	4:34	13.14	24	36.000	02:41:24	4:28	13.38	00:06:42	4:27	13.46
25	37.500	02:48:27	4:29	13.36	00:07:03	4:41	12.78	26	39.000	02:55:22	4:29	13.34	00:06:55	4:36	13.02
27	40.500	03:02:10	4:29	13.34	00:06:49	4:32	13.22	28	42.000	03:09:12	4:30	13.32	00:07:02	4:40	12.81
29	43.500	03:16:09	4:30	13.31	00:06:57	4:37	12.95	30	45.000	03:23:13	4:30	13.29	00:07:05	4:42	12.73
31	46.500	03:30:05	4:31	13.28	00:06:53	4:35	13.09	32	48.000	03:37:01	4:31	13.27	00:06:56	4:37	12.99
33	49.500	03:43:58	4:31	13.26	00:06:58	4:38	12.94	34	51.000	03:50:49	4:31	13.26	00:06:51	4:33	13.16
35	52.500	03:57:46	4:31	13.25	00:06:57	4:37	12.95	36	54.000	04:04:45	4:31	13.24	00:07:00	4:39	12.86
37	55.500	04:11:45	4:32	13.23	00:07:00	4:39	12.86	38	57.000	04:18:44	4:32	13.22	00:06:59	4:39	12.90
39	58.500	04:26:03	4:32	13.19	00:07:20	4:53	12.28	40	60.000	04:33:02	4:33	13.19	00:06:59	4:39	12.90
41	61.500	04:40:13	4:33	13.17	00:07:11	4:47	12.53	42	63.000	04:47:22	4:33	13.15	00:07:09	4:45	12.59
43	64.500	04:54:34	4:34	13.14	00:07:13	4:48	12.49	44	66.000	05:01:52	4:34	13.12	00:07:18	4:51	12.34
45	67.500	05:08:58	4:34	13.11	00:07:07	4:44	12.67	46	69.000	05:15:57	4:34	13.10	00:06:59	4:39	12.90
47	70.500	05:22:50	4:34	13.10	00:06:53	4:35	13.08	48	72.000	05:29:45	4:34	13.10	00:06:56	4:37	12.99
49	73.500	05:36:49	4:34	13.09	00:07:04	4:42	12.75	50	75.000	05:43:59	4:35	13.08	00:07:11	4:47	12.54
51	76.500	05:50:52	4:35	13.08	00:06:53	4:34	13.10	52	78.000	05:57:46	4:35	13.08	00:06:55	4:36	13.02



4 93 Peter Tubaas NOR ABB 05:53:56 51 77.900

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:22	4:14	14.17	00:06:22	4:14	14.17	2	3.000	00:12:55	4:18	13.94	00:06:34	4:22	13.71
3	4.500	00:19:17	4:17	14.01	00:06:22	4:14	14.15	4	6.000	00:25:53	4:18	13.91	00:06:37	4:24	13.63
5	7.500	00:32:21	4:18	13.91	00:06:29	4:18	13.91	6	9.000	00:39:05	4:20	13.82	00:06:44	4:29	13.37
7	10.500	00:45:52	4:22	13.74	00:06:47	4:31	13.28	8	12.000	00:52:32	4:22	13.71	00:06:41	4:26	13.49
9	13.500	00:59:04	4:22	13.71	00:06:32	4:21	13.78	10	15.000	01:05:40	4:22	13.71	00:06:37	4:24	13.63
11	16.500	01:13:03	4:25	13.55	00:07:23	4:54	12.21	12	18.000	01:19:53	4:26	13.52	00:06:51	4:33	13.15
13	19.500	01:26:29	4:26	13.53	00:06:36	4:23	13.64	14	21.000	01:33:26	4:26	13.49	00:06:57	4:37	12.96
15	22.500	01:40:17	4:27	13.46	00:06:52	4:34	13.13	16	24.000	01:47:04	4:27	13.45	00:06:47	4:31	13.28
17	25.500	01:53:50	4:27	13.44	00:06:47	4:31	13.28	18	27.000	02:00:44	4:28	13.42	00:06:54	4:35	13.06
19	28.500	02:07:40	4:28	13.40	00:06:56	4:37	12.99	20	30.000	02:14:44	4:29	13.36	00:07:05	4:42	12.72
21	31.500	02:21:56	4:30	13.32	00:07:12	4:47	12.51	22	33.000	02:29:55	4:32	13.21	00:08:00	5:19	11.25
23	34.500	02:37:15	4:33	13.17	00:07:20	4:52	12.30	24	36.000	02:44:44	4:34	13.11	00:07:30	4:59	12.02
25	37.500	02:52:22	4:35	13.05	00:07:39	5:05	11.78	26	39.000	02:59:43	4:36	13.02	00:07:22	4:54	12.24
27	40.500	03:06:56	4:36	13.00	00:07:13	4:48	12.50	28	42.000	03:14:02	4:37	12.99	00:07:07	4:44	12.66
29	43.500	03:21:04	4:37	12.98	00:07:03	4:41	12.79	30	45.000	03:28:07	4:37	12.97	00:07:03	4:41	12.77
31	46.500	03:34:27	4:36	13.01	00:06:20	4:13	14.21	32	48.000	03:41:08	4:36	13.02	00:06:41	4:26	13.49
33	49.500	03:47:54	4:36	13.03	00:06:47	4:30	13.30	34	51.000	03:54:50	4:36	13.03	00:06:56	4:37	12.99
35	52.500	04:01:51	4:36	13.03	00:07:01	4:40	12.83	36	54.000	04:09:16	4:36	13.00	00:07:26	4:56	12.13
37	55.500	04:16:21	4:37	12.99	00:07:05	4:43	12.71	38	57.000	04:23:29	4:37	12.98	00:07:08	4:45	12.62
39	58.500	04:31:24	4:38	12.93	00:07:55	5:16	11.37	40	60.000	04:38:13	4:38	12.94	00:06:50	4:33	13.18
41	61.500	04:45:04	4:38	12.94	00:06:51	4:33	13.16	42	63.000	04:52:11	4:38	12.94	00:07:08	4:45	12.63
43	64.500	04:59:30	4:38	12.92	00:07:19	4:52	12.31	44	66.000	05:07:03	4:39	12.90	00:07:33	5:01	11.93
45	67.500	05:14:12	4:39	12.89	00:07:10	4:46	12.56	46	69.000	05:21:02	4:39	12.90	00:06:50	4:32	13.19
47	70.500	05:27:51	4:39	12.90	00:06:49	4:32	13.22	48	72.000	05:34:42	4:38	12.91	00:06:52	4:34	13.12
49	73.500	05:41:00	4:38	12.93	00:06:18	4:11	14.29	50	75.000	05:47:23	4:37	12.95	00:06:23	4:15	14.11
51	76.500	05:53:56	4:37	12.97	00:06:34	4:22	13.72								

5 87 Rune Kvikstad NOR Team Anton Sport 05:55:16 51 77.560

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:09	4:05	14.67	00:06:09	4:05	14.67	2	3.000	00:12:31	4:10	14.39	00:06:23	4:15	14.12
3	4.500	00:18:52	4:11	14.31	00:06:21	4:14	14.17	4	6.000	00:25:18	4:12	14.23	00:06:27	4:17	13.99
5	7.500	00:31:37	4:12	14.24	00:06:19	4:12	14.27	6	9.000	00:37:58	4:13	14.23	00:06:22	4:14	14.16
7	10.500	00:44:22	4:13	14.20	00:06:24	4:15	14.06	8	12.000	00:50:38	4:13	14.22	00:06:16	4:10	14.37
9	13.500	00:57:01	4:13	14.21	00:06:24	4:15	14.08	10	15.000	01:03:28	4:13	14.18	00:06:27	4:17	13.97
11	16.500	01:09:51	4:13	14.17	00:06:24	4:15	14.08	12	18.000	01:16:23	4:14	14.14	00:06:32	4:21	13.79
13	19.500	01:22:48	4:14	14.13	00:06:25	4:16	14.03	14	21.000	01:29:09	4:14	14.13	00:06:22	4:14	14.14
15	22.500	01:35:37	4:14	14.12	00:06:28	4:18	13.93	16	24.000	01:42:00	4:14	14.12	00:06:24	4:15	14.09
17	25.500	01:48:29	4:15	14.11	00:06:29	4:18	13.90	18	27.000	01:54:54	4:15	14.10	00:06:25	4:16	14.03
19	28.500	02:02:36	4:18	13.95	00:07:43	5:08	11.69	20	30.000	02:08:36	4:17	14.00	00:06:00	4:00	15.00
21	31.500	02:14:45	4:16	14.03	00:06:09	4:06	14.63	22	33.000	02:21:02	4:16	14.04	00:06:18	4:11	14.31
23	34.500	02:27:43	4:16	14.01	00:06:41	4:27	13.48	24	36.000	02:34:03	4:16	14.02	00:06:21	4:13	14.20
25	37.500	02:40:30	4:16	14.02	00:06:28	4:18	13.94	26	39.000	02:46:58	4:16	14.02	00:06:28	4:18	13.93
27	40.500	02:53:29	4:16	14.01	00:06:31	4:20	13.81	28	42.000	03:00:19	4:17	13.98	00:06:51	4:33	13.16
29	43.500	03:06:52	4:17	13.97	00:06:33	4:21	13.75	30	45.000	03:13:30	4:17	13.95	00:06:39	4:25	13.55
31	46.500	03:20:09	4:18	13.94	00:06:39	4:25	13.55	32	48.000	03:26:37	4:18	13.94	00:06:29	4:18	13.91
33	49.500	03:34:43	4:20	13.83	00:08:07	5:24	11.10	34	51.000	03:41:37	4:20	13.81	00:06:54	4:35	13.06
35	52.500	03:51:06	4:24	13.63	00:09:29	6:19	9.49	36	54.000	03:57:51	4:24	13.62	00:06:46	4:30	13.33
37	55.500	04:04:44	4:24	13.61	00:06:54	4:35	13.06	38	57.000	04:11:51	4:25	13.58	00:07:08	4:44	12.64
39	58.500	04:20:14	4:26	13.49	00:08:23	5:35	10.74	40	60.000	04:27:55	4:27	13.44	00:07:41	5:06	11.73
41	61.500	04:36:14	4:29	13.36	00:08:20	5:33	10.80	42	63.000	04:43:53	4:30	13.32	00:07:39	5:05	11.78
43	64.500	04:52:03	4:31	13.25	00:08:11	5:26	11.02	44	66.000	05:00:27	4:33	13.18	00:08:25	5:36	10.70
45	67.500	05:08:48	4:34	13.12	00:08:21	5:33	10.80	46	69.000	05:16:54	4:35	13.06	00:08:07	5:24	11.09
47	70.500	05:25:14	4:36	13.01	00:08:20	5:33	10.80	48	72.000	05:33:23	4:37	12.96	00:08:09	5:25	11.06
49	73.500	05:41:07	4:38	12.93	00:07:45	5:09	11.62	50	75.000	05:48:46	4:39	12.90	00:07:39	5:06	11.76
51	76.500	05:55:16	4:38	12.92	00:06:30	4:19	13.87								

6 76 Egil Skarpsno			NOR FIK Ren-Eng					05:56:22			51		77.375		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:05:58	3:58	15.09	00:05:58	3:58	15.09	2	3.000	00:11:49	3:56	15.25	00:05:51	3:53	15.42
3	4.500	00:17:41	3:55	15.27	00:05:53	3:55	15.32	4	6.000	00:23:32	3:55	15.30	00:05:51	3:53	15.39
5	7.500	00:29:26	3:55	15.29	00:05:55	3:56	15.25	6	9.000	00:35:17	3:55	15.31	00:05:51	3:53	15.39
7	10.500	00:41:16	3:55	15.27	00:05:59	3:59	15.06	8	12.000	00:47:12	3:55	15.26	00:05:57	3:57	15.17
9	13.500	00:53:13	3:56	15.22	00:06:02	4:00	14.95	10	15.000	00:59:18	3:57	15.18	00:06:05	4:03	14.80
11	16.500	01:05:18	3:57	15.16	00:06:01	4:00	14.97	12	18.000	01:11:21	3:57	15.14	00:06:03	4:01	14.91
13	19.500	01:17:26	3:58	15.11	00:06:06	4:03	14.78	14	21.000	01:23:42	3:59	15.06	00:06:16	4:10	14.37
15	22.500	01:29:54	3:59	15.02	00:06:12	4:07	14.52	16	24.000	01:36:11	4:00	14.97	00:06:18	4:11	14.31
17	25.500	01:42:34	4:01	14.92	00:06:23	4:15	14.10	18	27.000	01:48:56	4:02	14.87	00:06:22	4:14	14.15
19	28.500	01:55:19	4:02	14.83	00:06:24	4:15	14.08	20	30.000	02:01:52	4:03	14.77	00:06:33	4:21	13.75
21	31.500	02:08:20	4:04	14.73	00:06:28	4:18	13.93	22	33.000	02:15:05	4:05	14.66	00:06:46	4:30	13.32
23	34.500	02:21:42	4:06	14.61	00:06:37	4:24	13.60	24	36.000	02:28:50	4:08	14.51	00:07:08	4:44	12.63
25	37.500	02:36:11	4:09	14.41	00:07:22	4:54	12.23	26	39.000	02:43:19	4:11	14.33	00:07:08	4:45	12.63
27	40.500	02:51:04	4:13	14.21	00:07:46	5:10	11.61	28	42.000	02:58:05	4:14	14.15	00:07:02	4:40	12.82
29	43.500	03:05:36	4:15	14.06	00:07:31	5:00	11.99	30	45.000	03:13:14	4:17	13.97	00:07:39	5:05	11.78
31	46.500	03:20:35	4:18	13.91	00:07:21	4:53	12.26	32	48.000	03:27:52	4:19	13.86	00:07:18	4:51	12.34
33	49.500	03:35:25	4:21	13.79	00:07:33	5:01	11.93	34	51.000	03:43:25	4:22	13.70	00:08:00	5:19	11.25
35	52.500	03:51:17	4:24	13.62	00:07:53	5:15	11.42	36	54.000	03:58:55	4:25	13.56	00:07:38	5:05	11.80
37	55.500	04:07:17	4:27	13.47	00:08:23	5:34	10.75	38	57.000	04:15:09	4:28	13.40	00:07:53	5:14	11.43
39	58.500	04:22:40	4:29	13.36	00:07:31	5:00	11.99	40	60.000	04:30:19	4:30	13.32	00:07:40	5:06	11.76
41	61.500	04:37:54	4:31	13.28	00:07:36	5:03	11.86	42	63.000	04:46:00	4:32	13.22	00:08:06	5:23	11.11
43	64.500	04:54:16	4:33	13.15	00:08:16	5:30	10.90	44	66.000	05:02:15	4:34	13.10	00:08:00	5:19	11.25
45	67.500	05:10:45	4:36	13.03	00:08:30	5:39	10.59	46	69.000	05:19:03	4:37	12.98	00:08:19	5:32	10.84
47	70.500	05:27:01	4:38	12.94	00:07:59	5:18	11.29	48	72.000	05:34:22	4:38	12.92	00:07:21	4:53	12.26
49	73.500	05:41:34	4:38	12.91	00:07:13	4:48	12.50	50	75.000	05:49:02	4:39	12.89	00:07:29	4:58	12.04
51	76.500	05:56:22	4:39	12.88	00:07:20	4:53	12.28								

7 106 Tero Markus Päivärinke NOR Spiridon LLL 05:55:02 50 76.060

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:22	4:14	14.16	00:06:22	4:14	14.16	2	3.000	00:12:55	4:18	13.95	00:06:33	4:21	13.75
3	4.500	00:19:17	4:16	14.01	00:06:22	4:14	14.14	4	6.000	00:25:47	4:17	13.97	00:06:31	4:20	13.83
5	7.500	00:32:19	4:18	13.93	00:06:32	4:21	13.78	6	9.000	00:38:54	4:19	13.89	00:06:35	4:23	13.67
7	10.500	00:45:26	4:19	13.87	00:06:33	4:21	13.75	8	12.000	00:52:30	4:22	13.72	00:07:04	4:42	12.76
9	13.500	00:58:58	4:22	13.74	00:06:28	4:18	13.93	10	15.000	01:05:34	4:22	13.73	00:06:37	4:24	13.62
11	16.500	01:12:10	4:22	13.72	00:06:36	4:23	13.64	12	18.000	01:18:46	4:22	13.71	00:06:37	4:24	13.63
13	19.500	01:25:22	4:22	13.71	00:06:37	4:24	13.62	14	21.000	01:31:58	4:22	13.70	00:06:36	4:23	13.67
15	22.500	01:38:37	4:22	13.69	00:06:40	4:26	13.50	16	24.000	01:45:16	4:23	13.68	00:06:39	4:25	13.54
17	25.500	01:51:53	4:23	13.68	00:06:38	4:24	13.60	18	27.000	01:58:29	4:23	13.67	00:06:36	4:23	13.66
19	28.500	02:05:11	4:23	13.66	00:06:43	4:28	13.41	20	30.000	02:11:52	4:23	13.65	00:06:41	4:26	13.49
21	31.500	02:18:31	4:23	13.65	00:06:39	4:25	13.54	22	33.000	02:25:08	4:23	13.64	00:06:38	4:24	13.60
23	34.500	02:31:51	4:24	13.63	00:06:44	4:28	13.40	24	36.000	02:38:31	4:24	13.63	00:06:41	4:26	13.49
25	37.500	02:45:14	4:24	13.62	00:06:43	4:28	13.40	26	39.000	02:52:00	4:24	13.61	00:06:46	4:30	13.31
27	40.500	02:58:42	4:24	13.60	00:06:43	4:28	13.42	28	42.000	03:05:28	4:24	13.59	00:06:47	4:30	13.30
29	43.500	03:12:21	4:25	13.57	00:06:53	4:35	13.08	30	45.000	03:19:23	4:25	13.54	00:07:02	4:41	12.81
31	46.500	03:26:25	4:26	13.52	00:07:02	4:41	12.80	32	48.000	03:33:31	4:26	13.49	00:07:07	4:44	12.67
33	49.500	03:40:35	4:27	13.46	00:07:05	4:42	12.73	34	51.000	03:47:48	4:27	13.43	00:07:14	4:49	12.46
35	52.500	03:55:02	4:28	13.40	00:07:14	4:48	12.46	36	54.000	04:02:35	4:29	13.36	00:07:34	5:02	11.92
37	55.500	04:10:46	4:31	13.28	00:08:12	5:27	10.99	38	57.000	04:18:12	4:31	13.25	00:07:27	4:57	12.11
39	58.500	04:25:59	4:32	13.20	00:07:47	5:11	11.57	40	60.000	04:33:36	4:33	13.16	00:07:38	5:04	11.81
41	61.500	04:41:24	4:34	13.11	00:07:48	5:11	11.55	42	63.000	04:49:26	4:35	13.06	00:08:03	5:21	11.19
43	64.500	04:57:30	4:36	13.01	00:08:04	5:22	11.17	44	66.000	05:05:38	4:37	12.96	00:08:09	5:25	11.06
45	67.500	05:14:05	4:39	12.90	00:08:27	5:37	10.66	46	69.000	05:22:18	4:40	12.85	00:08:14	5:28	10.95
47	70.500	05:30:34	4:41	12.80	00:08:16	5:30	10.89	48	72.000	05:39:03	4:42	12.74	00:08:30	5:39	10.61
49	73.500	05:47:17	4:43	12.70	00:08:15	5:29	10.92	50	75.000	05:55:02	4:44	12.68	00:07:45	5:09	11.63

8 46 Per Gunnar Alfheim NOR BFG Fana/Grieg 05:57:40 48 72.545

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:21	4:13	14.19	00:06:21	4:13	14.19	2	3.000	00:12:36	4:11	14.29	00:06:16	4:10	14.40
3	4.500	00:18:57	4:12	14.26	00:06:21	4:13	14.20	4	6.000	00:25:20	4:13	14.21	00:06:24	4:15	14.07
5	7.500	00:31:46	4:14	14.17	00:06:26	4:16	14.01	6	9.000	00:38:15	4:14	14.12	00:06:30	4:19	13.87
7	10.500	00:44:57	4:16	14.02	00:06:42	4:27	13.44	8	12.000	00:51:35	4:17	13.96	00:06:39	4:25	13.56
9	13.500	00:58:05	4:18	13.95	00:06:31	4:20	13.83	10	15.000	01:04:36	4:18	13.93	00:06:31	4:20	13.83
11	16.500	01:11:15	4:19	13.90	00:06:40	4:26	13.52	12	18.000	01:17:55	4:19	13.86	00:06:41	4:27	13.48
13	19.500	01:24:36	4:20	13.83	00:06:41	4:27	13.47	14	21.000	01:31:16	4:20	13.81	00:06:40	4:26	13.52
15	22.500	01:38:01	4:21	13.77	00:06:46	4:30	13.32	16	24.000	01:44:47	4:21	13.74	00:06:46	4:30	13.31
17	25.500	01:51:44	4:22	13.69	00:06:58	4:38	12.94	18	27.000	01:58:36	4:23	13.66	00:06:53	4:34	13.10
19	28.500	02:05:38	4:24	13.61	00:07:03	4:41	12.79	20	30.000	02:12:46	4:25	13.56	00:07:08	4:44	12.63
21	31.500	02:19:48	4:26	13.52	00:07:03	4:41	12.79	22	33.000	02:27:14	4:27	13.45	00:07:27	4:57	12.10
23	34.500	02:35:03	4:29	13.35	00:07:49	5:12	11.52	24	36.000	02:42:47	4:31	13.27	00:07:45	5:09	11.63
25	37.500	02:51:18	4:34	13.14	00:08:31	5:40	10.58	26	39.000	02:58:42	4:34	13.10	00:07:24	4:55	12.16
27	40.500	03:05:54	4:35	13.07	00:07:13	4:48	12.49	28	42.000	03:13:27	4:36	13.03	00:07:33	5:01	11.93
29	43.500	03:20:48	4:36	13.00	00:07:21	4:53	12.25	30	45.000	03:28:07	4:37	12.97	00:07:20	4:53	12.28
31	46.500	03:35:47	4:38	12.93	00:07:40	5:06	11.76	32	48.000	03:44:03	4:40	12.85	00:08:17	5:31	10.87
33	49.500	03:55:41	4:45	12.60	00:11:38	7:45	7.74	34	51.000	04:06:28	4:49	12.42	00:10:47	7:11	8.35
35	52.500	04:17:03	4:53	12.26	00:10:35	7:03	8.50	36	54.000	04:26:33	4:56	12.16	00:09:31	6:20	9.47
37	55.500	04:35:58	4:58	12.07	00:09:25	6:16	9.56	38	57.000	04:44:44	4:59	12.01	00:08:47	5:50	10.26
39	58.500	04:52:46	5:00	11.99	00:08:02	5:21	11.21	40	60.000	05:00:20	5:00	11.99	00:07:35	5:02	11.89
41	61.500	05:08:00	5:00	11.98	00:07:40	5:06	11.74	42	63.000	05:15:25	5:00	11.98	00:07:25	4:56	12.14
43	64.500	05:22:38	5:00	12.00	00:07:14	4:48	12.46	44	66.000	05:29:41	4:59	12.01	00:07:04	4:42	12.76
45	67.500	05:36:44	4:59	12.03	00:07:03	4:41	12.77	46	69.000	05:43:56	4:59	12.04	00:07:13	4:48	12.49
47	70.500	05:50:47	4:58	12.06	00:06:51	4:33	13.15	48	72.000	05:57:40	4:58	12.08	00:06:53	4:34	13.09

9 52 Lars Dørum NOR Skimilajoggen 05:54:05 47 71.790

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:47	4:30	13.29	00:06:47	4:30	13.29	2	3.000	00:13:43	4:34	13.13	00:06:57	4:37	12.96
3	4.500	00:20:37	4:34	13.11	00:06:54	4:35	13.07	4	6.000	00:27:36	4:35	13.05	00:06:59	4:39	12.89
5	7.500	00:34:27	4:35	13.06	00:06:52	4:34	13.12	6	9.000	00:41:24	4:35	13.04	00:06:58	4:38	12.94
7	10.500	00:48:19	4:36	13.04	00:06:55	4:36	13.04	8	12.000	00:55:29	4:37	12.98	00:07:10	4:46	12.56
9	13.500	01:02:29	4:37	12.96	00:07:01	4:40	12.83	10	15.000	01:09:32	4:38	12.95	00:07:03	4:41	12.79
11	16.500	01:16:37	4:38	12.92	00:07:06	4:43	12.70	12	18.000	01:23:34	4:38	12.93	00:06:57	4:37	12.95
13	19.500	01:30:33	4:38	12.92	00:06:59	4:39	12.89	14	21.000	01:37:34	4:38	12.92	00:07:01	4:40	12.83
15	22.500	01:44:33	4:38	12.91	00:07:00	4:39	12.88	16	24.000	01:51:44	4:39	12.89	00:07:11	4:47	12.54
17	25.500	01:58:44	4:39	12.89	00:07:00	4:39	12.86	18	27.000	02:05:55	4:39	12.87	00:07:12	4:47	12.51
19	28.500	02:13:00	4:39	12.86	00:07:06	4:43	12.70	20	30.000	02:20:16	4:40	12.83	00:07:16	4:50	12.41
21	31.500	02:27:29	4:40	12.82	00:07:14	4:48	12.46	22	33.000	02:34:49	4:41	12.79	00:07:21	4:53	12.25
23	34.500	02:42:07	4:41	12.77	00:07:18	4:51	12.35	24	36.000	02:49:40	4:42	12.73	00:07:33	5:01	11.92
25	37.500	02:57:17	4:43	12.69	00:07:38	5:04	11.81	26	39.000	03:04:47	4:44	12.66	00:07:30	4:59	12.01
27	40.500	03:12:33	4:45	12.62	00:07:46	5:10	11.59	28	42.000	03:20:08	4:45	12.59	00:07:36	5:03	11.85
29	43.500	03:28:03	4:46	12.55	00:07:55	5:16	11.37	30	45.000	03:35:43	4:47	12.52	00:07:40	5:06	11.75
31	46.500	03:43:39	4:48	12.48	00:07:57	5:17	11.33	32	48.000	03:51:20	4:49	12.45	00:07:42	5:07	11.71
33	49.500	03:59:14	4:49	12.41	00:07:54	5:15	11.39	34	51.000	04:07:05	4:50	12.39	00:07:51	5:13	11.48
35	52.500	04:15:17	4:51	12.34	00:08:13	5:28	10.96	36	54.000	04:23:37	4:52	12.29	00:08:20	5:33	10.81
37	55.500	04:31:58	4:54	12.24	00:08:22	5:34	10.77	38	57.000	04:40:17	4:55	12.20	00:08:19	5:32	10.83
39	58.500	04:48:24	4:55	12.17	00:08:08	5:24	11.09	40	60.000	04:56:52	4:56	12.13	00:08:28	5:38	10.64
41	61.500	05:05:19	4:57	12.09	00:08:28	5:38	10.65	42	63.000	05:13:33	4:58	12.06	00:08:15	5:29	10.92
43	64.500	05:21:44	4:59	12.03	00:08:11	5:26	11.01	44	66.000	05:29:54	4:59	12.00	00:08:11	5:26	11.02
45	67.500	05:38:05	5:00	11.98	00:08:11	5:27	11.00	46	69.000	05:45:59	5:00	11.97	00:07:55	5:16	11.38
47	70.500	05:54:05	5:01	11.95	00:08:07	5:24	11.10								

10 74 Halvor Hovland NOR Team Habben 05:57:59 47 71.005

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:39	5:06	11.76	00:07:39	5:06	11.76	2	3.000	00:14:46	4:55	12.20	00:07:07	4:44	12.66
3	4.500	00:21:48	4:50	12.39	00:07:03	4:41	12.79	4	6.000	00:28:38	4:46	12.57	00:06:51	4:33	13.17
5	7.500	00:35:20	4:42	12.74	00:06:42	4:27	13.44	6	9.000	00:42:23	4:42	12.74	00:07:03	4:41	12.78
7	10.500	00:49:06	4:40	12.83	00:06:43	4:28	13.40	8	12.000	00:55:50	4:39	12.90	00:06:45	4:29	13.34
9	13.500	01:02:26	4:37	12.98	00:06:36	4:23	13.66	10	15.000	01:09:14	4:36	13.00	00:06:49	4:32	13.22
11	16.500	01:15:48	4:35	13.06	00:06:35	4:22	13.70	12	18.000	01:22:22	4:34	13.11	00:06:34	4:22	13.71
13	19.500	01:29:05	4:34	13.14	00:06:43	4:28	13.42	14	21.000	01:35:37	4:33	13.18	00:06:33	4:21	13.75
15	22.500	01:42:11	4:32	13.21	00:06:34	4:22	13.74	16	24.000	01:48:30	4:31	13.27	00:06:20	4:13	14.21
17	25.500	01:54:55	4:30	13.31	00:06:25	4:16	14.04	18	27.000	02:01:28	4:29	13.34	00:06:34	4:22	13.73
19	28.500	02:07:46	4:28	13.39	00:06:18	4:11	14.32	20	30.000	02:14:13	4:28	13.41	00:06:28	4:18	13.94
21	31.500	02:20:33	4:27	13.45	00:06:21	4:13	14.20	22	33.000	02:27:03	4:27	13.47	00:06:31	4:20	13.84
23	34.500	02:33:29	4:26	13.49	00:06:26	4:16	14.02	24	36.000	02:40:05	4:26	13.49	00:06:37	4:24	13.60
25	37.500	02:46:36	4:26	13.51	00:06:31	4:20	13.82	26	39.000	02:53:41	4:27	13.47	00:07:05	4:43	12.71
27	40.500	03:00:54	4:27	13.43	00:07:14	4:48	12.46	28	42.000	03:08:44	4:29	13.35	00:07:50	5:12	11.51
29	43.500	03:16:45	4:31	13.27	00:08:02	5:20	11.22	30	45.000	03:25:18	4:33	13.15	00:08:34	5:42	10.52
31	46.500	03:33:30	4:35	13.07	00:08:13	5:28	10.97	32	48.000	03:42:16	4:37	12.96	00:08:46	5:50	10.28
33	49.500	03:51:34	4:40	12.83	00:09:19	6:12	9.67	34	51.000	04:02:25	4:45	12.62	00:10:52	7:14	8.29
35	52.500	04:11:53	4:47	12.51	00:09:28	6:18	9.52	36	54.000	04:23:04	4:52	12.32	00:11:11	7:27	8.05
37	55.500	04:33:09	4:55	12.19	00:10:06	6:43	8.92	38	57.000	04:42:19	4:57	12.11	00:09:11	6:06	9.82
39	58.500	04:51:42	4:59	12.03	00:09:23	6:15	9.59	40	60.000	05:02:01	5:02	11.92	00:10:19	6:52	8.73
41	61.500	05:11:19	5:03	11.85	00:09:18	6:11	9.68	42	63.000	05:20:27	5:05	11.80	00:09:08	6:05	9.86
43	64.500	05:29:42	5:06	11.74	00:09:16	6:10	9.72	44	66.000	05:37:55	5:07	11.72	00:08:13	5:28	10.95
45	67.500	05:45:12	5:06	11.73	00:07:17	4:51	12.36	46	69.000	05:51:41	5:05	11.77	00:06:29	4:19	13.89
47	70.500	05:57:59	5:04	11.82	00:06:19	4:12	14.28								

11 56 Steinar Skaar NOR Løpsklubben 1814 BIL 05:58:49 47 70.785

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:07	4:44	12.66	00:07:07	4:44	12.66	2	3.000	00:14:30	4:49	12.42	00:07:23	4:55	12.20
3	4.500	00:21:46	4:50	12.41	00:07:17	4:50	12.37	4	6.000	00:29:04	4:50	12.39	00:07:19	4:52	12.33
5	7.500	00:36:14	4:49	12.42	00:07:10	4:46	12.57	6	9.000	00:43:30	4:49	12.42	00:07:17	4:50	12.38
7	10.500	00:50:48	4:50	12.40	00:07:18	4:51	12.33	8	12.000	00:58:06	4:50	12.39	00:07:19	4:52	12.32
9	13.500	01:05:23	4:50	12.39	00:07:18	4:51	12.36	10	15.000	01:12:39	4:50	12.39	00:07:16	4:50	12.40
11	16.500	01:20:05	4:51	12.36	00:07:27	4:57	12.10	12	18.000	01:27:34	4:51	12.33	00:07:30	4:59	12.02
13	19.500	01:34:56	4:52	12.33	00:07:22	4:54	12.23	14	21.000	01:42:18	4:52	12.32	00:07:22	4:54	12.22
15	22.500	01:49:46	4:52	12.30	00:07:28	4:58	12.05	16	24.000	01:57:14	4:53	12.28	00:07:29	4:58	12.04
17	25.500	02:04:37	4:53	12.28	00:07:23	4:55	12.20	18	27.000	02:11:57	4:53	12.28	00:07:20	4:53	12.28
19	28.500	02:19:10	4:52	12.29	00:07:14	4:48	12.47	20	30.000	02:26:31	4:53	12.29	00:07:22	4:54	12.24
21	31.500	02:33:52	4:53	12.28	00:07:22	4:54	12.24	22	33.000	02:41:09	4:53	12.29	00:07:18	4:51	12.35
23	34.500	02:48:32	4:53	12.28	00:07:23	4:54	12.21	24	36.000	02:56:05	4:53	12.27	00:07:33	5:01	11.93
25	37.500	03:03:31	4:53	12.26	00:07:27	4:57	12.09	26	39.000	03:10:52	4:53	12.26	00:07:22	4:54	12.24
27	40.500	03:18:28	4:54	12.24	00:07:36	5:03	11.86	28	42.000	03:26:13	4:54	12.22	00:07:45	5:10	11.61
29	43.500	03:33:50	4:54	12.21	00:07:38	5:04	11.81	30	45.000	03:41:30	4:55	12.19	00:07:41	5:06	11.74
31	46.500	03:49:13	4:55	12.17	00:07:43	5:08	11.67	32	48.000	03:57:11	4:56	12.14	00:07:59	5:19	11.28
33	49.500	04:04:58	4:56	12.12	00:07:48	5:11	11.56	34	51.000	04:13:00	4:57	12.10	00:08:02	5:21	11.21
35	52.500	04:20:59	4:58	12.07	00:07:59	5:19	11.28	36	54.000	04:29:08	4:59	12.04	00:08:10	5:26	11.03
37	55.500	04:37:50	5:00	11.99	00:08:42	5:47	10.35	38	57.000	04:46:11	5:01	11.95	00:08:22	5:34	10.77
39	58.500	04:54:32	5:02	11.92	00:08:22	5:34	10.78	40	60.000	05:02:57	5:02	11.88	00:08:25	5:36	10.71
41	61.500	05:11:18	5:03	11.85	00:08:21	5:33	10.78	42	63.000	05:19:47	5:04	11.82	00:08:30	5:39	10.59
43	64.500	05:28:13	5:05	11.79	00:08:26	5:36	10.69	44	66.000	05:36:11	5:05	11.78	00:07:59	5:18	11.29
45	67.500	05:43:51	5:05	11.78	00:07:41	5:06	11.74	46	69.000	05:51:26	5:05	11.78	00:07:35	5:03	11.88
47	70.500	05:58:49	5:05	11.79	00:07:24	4:55	12.18								



12 2 Frants Mohr NOR Oslo Club 05:59:38 47 70.525

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:38	4:25	13.57	00:06:38	4:25	13.57	2	3.000	00:13:11	4:23	13.66	00:06:33	4:21	13.74
3	4.500	00:19:41	4:22	13.73	00:06:30	4:19	13.86	4	6.000	00:26:09	4:21	13.77	00:06:29	4:18	13.91
5	7.500	00:32:31	4:20	13.84	00:06:23	4:15	14.12	6	9.000	00:39:05	4:20	13.82	00:06:34	4:22	13.72
7	10.500	00:45:50	4:21	13.75	00:06:46	4:30	13.33	8	12.000	00:52:31	4:22	13.71	00:06:41	4:27	13.47
9	13.500	00:59:07	4:22	13.70	00:06:37	4:24	13.62	10	15.000	01:05:43	4:22	13.70	00:06:36	4:23	13.64
11	16.500	01:12:27	4:23	13.67	00:06:44	4:28	13.38	12	18.000	01:19:08	4:23	13.65	00:06:42	4:27	13.46
13	19.500	01:25:52	4:24	13.63	00:06:45	4:29	13.35	14	21.000	01:32:36	4:24	13.61	00:06:45	4:29	13.36
15	22.500	01:39:26	4:25	13.58	00:06:50	4:32	13.19	16	24.000	01:46:17	4:25	13.55	00:06:52	4:34	13.12
17	25.500	01:53:11	4:26	13.52	00:06:54	4:35	13.05	18	27.000	02:00:09	4:26	13.48	00:06:59	4:38	12.92
19	28.500	02:07:16	4:27	13.44	00:07:07	4:44	12.66	20	30.000	02:14:22	4:28	13.40	00:07:06	4:43	12.68
21	31.500	02:21:36	4:29	13.35	00:07:14	4:49	12.45	22	33.000	02:28:59	4:30	13.29	00:07:24	4:55	12.18
23	34.500	02:36:17	4:31	13.25	00:07:19	4:52	12.32	24	36.000	02:43:37	4:32	13.20	00:07:20	4:53	12.28
25	37.500	02:51:08	4:33	13.15	00:07:31	5:00	11.98	26	39.000	02:58:40	4:34	13.10	00:07:33	5:01	11.94
27	40.500	03:06:10	4:35	13.05	00:07:31	5:00	11.99	28	42.000	03:13:37	4:36	13.02	00:07:27	4:58	12.08
29	43.500	03:27:10	4:45	12.60	00:13:33	9:01	6.64	30	45.000	03:42:56	4:57	12.11	00:15:46	10:30	5.71
31	46.500	03:56:48	5:05	11.78	00:13:53	9:14	6.49	32	48.000	04:09:49	5:12	11.53	00:13:01	8:40	6.92
33	49.500	04:17:34	5:12	11.53	00:07:45	5:09	11.62	34	51.000	04:25:04	5:11	11.54	00:07:31	5:00	11.99
35	52.500	04:32:31	5:11	11.56	00:07:28	4:58	12.07	36	54.000	04:39:47	5:10	11.58	00:07:16	4:50	12.40
37	55.500	04:47:08	5:10	11.60	00:07:22	4:54	12.24	38	57.000	04:54:31	5:10	11.61	00:07:23	4:55	12.20
39	58.500	05:01:48	5:09	11.63	00:07:18	4:51	12.34	40	60.000	05:08:55	5:08	11.65	00:07:07	4:44	12.65
41	61.500	05:15:56	5:08	11.68	00:07:01	4:40	12.85	42	63.000	05:23:09	5:07	11.70	00:07:14	4:49	12.46
43	64.500	05:30:43	5:07	11.70	00:07:35	5:02	11.89	44	66.000	05:38:19	5:07	11.71	00:07:37	5:04	11.84
45	67.500	05:45:41	5:07	11.72	00:07:23	4:54	12.22	46	69.000	05:52:49	5:06	11.73	00:07:08	4:44	12.63
47	70.500	05:59:38	5:06	11.76	00:06:50	4:33	13.18								

13 54 Christian Thon NOR Eidanger 05:55:12 46 70.155

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:48	4:31	13.25	00:06:48	4:31	13.25	2	3.000	00:13:36	4:31	13.24	00:06:49	4:32	13.22
3	4.500	00:21:18	4:43	12.68	00:07:42	5:07	11.71	4	6.000	00:28:10	4:41	12.79	00:06:53	4:34	13.10
5	7.500	00:35:07	4:40	12.82	00:06:58	4:38	12.94	6	9.000	00:41:59	4:39	12.86	00:06:53	4:34	13.10
7	10.500	00:48:52	4:39	12.90	00:06:53	4:34	13.10	8	12.000	00:55:53	4:39	12.89	00:07:02	4:40	12.82
9	13.500	01:02:50	4:39	12.89	00:06:58	4:38	12.93	10	15.000	01:09:54	4:39	12.88	00:07:04	4:42	12.74
11	16.500	01:17:13	4:40	12.82	00:07:19	4:52	12.30	12	18.000	01:24:06	4:40	12.84	00:06:54	4:35	13.06
13	19.500	01:31:07	4:40	12.84	00:07:01	4:40	12.84	14	21.000	01:37:58	4:39	12.86	00:06:51	4:34	13.14
15	22.500	01:44:41	4:39	12.90	00:06:43	4:28	13.40	16	24.000	01:51:30	4:38	12.92	00:06:50	4:32	13.19
17	25.500	01:58:22	4:38	12.93	00:06:53	4:34	13.09	18	27.000	02:05:11	4:38	12.94	00:06:49	4:32	13.23
19	28.500	02:12:35	4:39	12.90	00:07:25	4:56	12.15	20	30.000	02:19:47	4:39	12.88	00:07:12	4:47	12.51
21	31.500	02:26:45	4:39	12.88	00:06:59	4:38	12.91	22	33.000	02:34:29	4:40	12.82	00:07:45	5:09	11.63
23	34.500	02:41:44	4:41	12.80	00:07:16	4:50	12.41	24	36.000	02:49:10	4:41	12.77	00:07:26	4:56	12.13
25	37.500	02:57:21	4:43	12.69	00:08:12	5:27	10.99	26	39.000	03:04:53	4:44	12.66	00:07:32	5:01	11.95
27	40.500	03:14:11	4:47	12.51	00:09:18	6:11	9.69	28	42.000	03:21:22	4:47	12.52	00:07:11	4:47	12.53
29	43.500	03:33:20	4:54	12.23	00:11:59	7:59	7.51	30	45.000	03:40:35	4:54	12.24	00:07:15	4:49	12.43
31	46.500	03:48:00	4:54	12.24	00:07:26	4:56	12.13	32	48.000	03:55:40	4:54	12.22	00:07:40	5:06	11.74
33	49.500	04:03:32	4:55	12.20	00:07:53	5:15	11.42	34	51.000	04:15:57	5:01	11.96	00:12:25	8:16	7.25
35	52.500	04:23:44	5:01	11.94	00:07:47	5:11	11.56	36	54.000	04:36:12	5:06	11.73	00:12:28	8:18	7.22
37	55.500	04:45:47	5:08	11.65	00:09:36	6:23	9.39	38	57.000	04:54:06	5:09	11.63	00:08:19	5:32	10.83
39	58.500	05:01:58	5:09	11.62	00:07:53	5:14	11.44	40	60.000	05:09:47	5:09	11.62	00:07:50	5:12	11.51
41	61.500	05:17:47	5:10	11.61	00:08:00	5:19	11.27	42	63.000	05:27:09	5:11	11.55	00:09:22	6:14	9.61
43	64.500	05:34:31	5:11	11.57	00:07:23	4:55	12.20	44	66.000	05:41:44	5:10	11.59	00:07:13	4:48	12.49
45	67.500	05:48:41	5:09	11.62	00:06:58	4:38	12.94	46	69.000	05:55:12	5:08	11.66	00:06:31	4:20	13.82

14 70 Rolf Bakken NOR FIK Orion 05:55:17 46 69.600

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:47	4:31	13.27	00:06:47	4:31	13.27	2	3.000	00:13:41	4:33	13.16	00:06:55	4:36	13.04
3	4.500	00:20:36	4:34	13.12	00:06:55	4:36	13.04	4	6.000	00:27:34	4:35	13.06	00:06:59	4:39	12.89
5	7.500	00:34:25	4:35	13.08	00:06:51	4:33	13.14	6	9.000	00:41:20	4:35	13.07	00:06:55	4:36	13.02
7	10.500	00:48:18	4:35	13.05	00:06:58	4:38	12.93	8	12.000	00:55:28	4:37	12.98	00:07:11	4:46	12.55
9	13.500	01:02:30	4:37	12.96	00:07:02	4:41	12.81	10	15.000	01:09:32	4:38	12.95	00:07:03	4:41	12.79
11	16.500	01:16:33	4:38	12.93	00:07:01	4:40	12.83	12	18.000	01:23:45	4:39	12.90	00:07:13	4:48	12.48
13	19.500	01:30:59	4:39	12.86	00:07:14	4:48	12.46	14	21.000	01:37:41	4:39	12.90	00:06:43	4:28	13.42
15	22.500	01:44:33	4:38	12.91	00:06:52	4:34	13.13	16	24.000	01:51:41	4:39	12.89	00:07:09	4:45	12.61
17	25.500	01:58:44	4:39	12.89	00:07:03	4:41	12.78	18	27.000	02:05:45	4:39	12.88	00:07:02	4:40	12.83
19	28.500	02:12:46	4:39	12.88	00:07:01	4:40	12.83	20	30.000	02:19:59	4:39	12.86	00:07:14	4:49	12.45
21	31.500	02:27:09	4:40	12.84	00:07:10	4:46	12.57	22	33.000	02:34:23	4:40	12.83	00:07:14	4:49	12.45
23	34.500	02:41:27	4:40	12.82	00:07:04	4:42	12.74	24	36.000	02:48:31	4:40	12.82	00:07:05	4:42	12.73
25	37.500	02:55:43	4:41	12.80	00:07:13	4:48	12.49	26	39.000	03:03:30	4:42	12.75	00:07:48	5:11	11.56
27	40.500	03:10:33	4:42	12.75	00:07:03	4:42	12.77	28	42.000	03:17:54	4:42	12.73	00:07:21	4:53	12.27
29	43.500	03:25:21	4:43	12.71	00:07:28	4:58	12.08	30	45.000	03:32:49	4:43	12.69	00:07:29	4:58	12.04
31	46.500	03:40:25	4:44	12.66	00:07:36	5:03	11.84	32	48.000	03:49:24	4:46	12.55	00:09:00	5:59	10.01
33	49.500	03:57:07	4:47	12.53	00:07:43	5:08	11.67	34	51.000	04:06:58	4:50	12.39	00:09:52	6:34	9.13
35	52.500	04:14:39	4:51	12.37	00:07:41	5:06	11.73	36	54.000	04:22:37	4:51	12.34	00:07:58	5:18	11.30
37	55.500	04:31:03	4:53	12.29	00:08:27	5:37	10.66	38	57.000	04:39:51	4:54	12.22	00:08:48	5:51	10.24
39	58.500	04:48:06	4:55	12.18	00:08:15	5:29	10.91	40	60.000	04:58:05	4:58	12.08	00:09:59	6:39	9.02
41	61.500	05:09:13	5:01	11.93	00:11:08	7:25	8.09	42	63.000	05:17:49	5:02	11.89	00:08:37	5:44	10.46
43	64.500	05:26:35	5:03	11.85	00:08:47	5:50	10.26	44	66.000	05:35:19	5:04	11.81	00:08:44	5:49	10.31
45	67.500	05:44:41	5:06	11.75	00:09:23	6:14	9.61	46	69.000	05:55:17	5:08	11.65	00:10:36	7:03	8.50

15 97 Kenneth Myhre NOR Malm IL 05:56:36 46 69.275

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:48	4:31	13.25	00:06:48	4:31	13.25	2	3.000	00:13:38	4:32	13.21	00:06:50	4:33	13.18
3	4.500	00:20:37	4:34	13.10	00:07:00	4:39	12.88	4	6.000	00:27:32	4:35	13.08	00:06:55	4:36	13.03
5	7.500	00:34:26	4:35	13.07	00:06:54	4:35	13.05	6	9.000	00:41:21	4:35	13.06	00:06:55	4:36	13.01
7	10.500	00:48:15	4:35	13.06	00:06:55	4:36	13.04	8	12.000	00:55:04	4:35	13.08	00:06:50	4:32	13.19
9	13.500	01:01:57	4:35	13.08	00:06:53	4:35	13.09	10	15.000	01:08:46	4:35	13.09	00:06:50	4:33	13.18
11	16.500	01:15:30	4:34	13.12	00:06:44	4:28	13.39	12	18.000	01:22:18	4:34	13.12	00:06:49	4:32	13.22
13	19.500	01:29:03	4:33	13.14	00:06:45	4:29	13.34	14	21.000	01:35:42	4:33	13.17	00:06:40	4:26	13.53
15	22.500	01:42:25	4:33	13.18	00:06:43	4:28	13.41	16	24.000	01:49:02	4:32	13.21	00:06:37	4:24	13.60
17	25.500	01:55:32	4:31	13.24	00:06:31	4:20	13.82	18	27.000	02:02:16	4:31	13.25	00:06:44	4:28	13.40
19	28.500	02:08:59	4:31	13.26	00:06:44	4:28	13.40	20	30.000	02:15:47	4:31	13.26	00:06:49	4:32	13.21
21	31.500	02:22:47	4:31	13.24	00:07:00	4:39	12.87	22	33.000	02:29:28	4:31	13.25	00:06:41	4:27	13.48
23	34.500	02:36:08	4:31	13.26	00:06:41	4:27	13.48	24	36.000	02:44:52	4:34	13.10	00:08:45	5:49	10.30
25	37.500	02:52:09	4:35	13.07	00:07:17	4:50	12.38	26	39.000	02:59:04	4:35	13.07	00:06:56	4:36	13.01
27	40.500	03:06:18	4:36	13.04	00:07:15	4:49	12.42	28	42.000	03:13:38	4:36	13.02	00:07:20	4:52	12.30
29	43.500	03:21:03	4:37	12.98	00:07:26	4:56	12.13	30	45.000	03:29:15	4:38	12.90	00:08:13	5:28	10.96
31	46.500	03:36:56	4:39	12.86	00:07:42	5:07	11.71	32	48.000	03:46:19	4:42	12.73	00:09:23	6:15	9.60
33	49.500	03:54:17	4:43	12.68	00:07:58	5:18	11.30	34	51.000	04:02:39	4:45	12.61	00:08:23	5:34	10.76
35	52.500	04:12:32	4:48	12.47	00:09:54	6:35	9.11	36	54.000	04:22:57	4:52	12.32	00:10:25	6:56	8.64
37	55.500	04:32:05	4:54	12.24	00:09:08	6:05	9.86	38	57.000	04:41:13	4:56	12.16	00:09:09	6:05	9.85
39	58.500	04:51:06	4:58	12.06	00:09:53	6:35	9.11	40	60.000	05:00:05	5:00	12.00	00:08:59	5:59	10.02
41	61.500	05:09:54	5:02	11.91	00:09:50	6:32	9.17	42	63.000	05:19:07	5:03	11.85	00:09:13	6:08	9.77
43	64.500	05:28:18	5:05	11.79	00:09:12	6:07	9.79	44	66.000	05:37:04	5:06	11.75	00:08:46	5:50	10.27
45	67.500	05:46:28	5:07	11.69	00:09:24	6:15	9.58	46	69.000	05:56:36	5:10	11.61	00:10:08	6:45	8.88

16 59 Joar Jensen NOR 05:59:15 46 69.185

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:49	4:32	13.20	00:06:49	4:32	13.20	2	3.000	00:13:45	4:34	13.09	00:06:56	4:37	12.98
3	4.500	00:20:38	4:34	13.10	00:06:53	4:34	13.10	4	6.000	00:27:28	4:34	13.11	00:06:51	4:33	13.17
5	7.500	00:34:24	4:35	13.09	00:06:57	4:37	12.97	6	9.000	00:41:12	4:34	13.11	00:06:49	4:32	13.23
7	10.500	00:48:00	4:34	13.13	00:06:49	4:32	13.22	8	12.000	00:54:56	4:34	13.11	00:06:56	4:37	12.99
9	13.500	01:01:41	4:34	13.13	00:06:45	4:29	13.35	10	15.000	01:08:35	4:34	13.13	00:06:54	4:35	13.05
11	16.500	01:15:29	4:34	13.12	00:06:55	4:36	13.04	12	18.000	01:22:21	4:34	13.12	00:06:53	4:34	13.10
13	19.500	01:29:04	4:34	13.14	00:06:43	4:28	13.41	14	21.000	01:35:49	4:33	13.15	00:06:45	4:29	13.34
15	22.500	01:42:43	4:33	13.14	00:06:55	4:36	13.02	16	24.000	01:49:35	4:33	13.14	00:06:52	4:34	13.11
17	25.500	01:56:35	4:34	13.12	00:07:00	4:39	12.86	18	27.000	02:03:26	4:34	13.12	00:06:52	4:34	13.13
19	28.500	02:10:30	4:34	13.11	00:07:04	4:42	12.76	20	30.000	02:17:32	4:35	13.09	00:07:03	4:41	12.77
21	31.500	02:24:43	4:35	13.06	00:07:11	4:46	12.55	22	33.000	02:31:57	4:36	13.03	00:07:15	4:49	12.42
23	34.500	02:39:14	4:36	13.00	00:07:17	4:51	12.37	24	36.000	02:46:35	4:37	12.97	00:07:22	4:54	12.24
25	37.500	02:53:53	4:38	12.94	00:07:19	4:52	12.32	26	39.000	03:01:19	4:38	12.91	00:07:26	4:57	12.12
27	40.500	03:08:37	4:39	12.88	00:07:18	4:51	12.33	28	42.000	03:15:45	4:39	12.87	00:07:08	4:45	12.63
29	43.500	03:26:35	4:44	12.63	00:10:51	7:13	8.30	30	45.000	03:35:44	4:47	12.52	00:09:09	6:05	9.85
31	46.500	03:44:08	4:49	12.45	00:08:25	5:36	10.71	32	48.000	03:52:52	4:51	12.37	00:08:44	5:49	10.31
33	49.500	04:00:51	4:51	12.33	00:08:00	5:19	11.26	34	51.000	04:08:47	4:52	12.30	00:07:56	5:17	11.35
35	52.500	04:23:39	5:01	11.95	00:14:52	9:54	6.05	36	54.000	04:38:24	5:09	11.64	00:14:45	9:49	6.11
37	55.500	04:47:18	5:10	11.59	00:08:55	5:56	10.10	38	57.000	04:55:46	5:11	11.56	00:08:28	5:38	10.64
39	58.500	05:05:03	5:12	11.51	00:09:18	6:11	9.69	40	60.000	05:13:27	5:13	11.49	00:08:25	5:36	10.71
41	61.500	05:21:34	5:13	11.48	00:08:07	5:24	11.10	42	63.000	05:29:41	5:13	11.47	00:08:08	5:24	11.08
43	64.500	05:37:38	5:14	11.46	00:07:58	5:18	11.31	44	66.000	05:45:13	5:13	11.47	00:07:35	5:03	11.87
45	67.500	05:52:22	5:13	11.49	00:07:09	4:45	12.61	46	69.000	05:59:15	5:12	11.52	00:06:53	4:35	13.08

17 84 Willy Hamre NOR BFG 05:54:49 46 69.010

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:09	4:45	12.61	00:07:09	4:45	12.61	2	3.000	00:14:32	4:50	12.40	00:07:23	4:55	12.20
3	4.500	00:21:33	4:47	12.54	00:07:02	4:40	12.83	4	6.000	00:28:38	4:46	12.58	00:07:06	4:43	12.70
5	7.500	00:35:40	4:45	12.62	00:07:03	4:41	12.79	6	9.000	00:42:43	4:44	12.65	00:07:03	4:41	12.78
7	10.500	00:49:43	4:44	12.67	00:07:01	4:40	12.85	8	12.000	00:56:51	4:44	12.67	00:07:09	4:45	12.61
9	13.500	01:03:58	4:44	12.66	00:07:08	4:44	12.64	10	15.000	01:11:10	4:44	12.65	00:07:12	4:48	12.50
11	16.500	01:18:17	4:44	12.65	00:07:07	4:44	12.65	12	18.000	01:25:31	4:45	12.63	00:07:15	4:49	12.44
13	19.500	01:32:34	4:44	12.64	00:07:03	4:41	12.78	14	21.000	01:39:47	4:45	12.63	00:07:13	4:48	12.48
15	22.500	01:47:04	4:45	12.61	00:07:18	4:51	12.34	16	24.000	01:54:23	4:45	12.59	00:07:19	4:52	12.32
17	25.500	02:01:42	4:46	12.57	00:07:20	4:53	12.28	18	27.000	02:08:59	4:46	12.56	00:07:17	4:51	12.36
19	28.500	02:16:18	4:46	12.55	00:07:19	4:52	12.30	20	30.000	02:23:37	4:47	12.53	00:07:20	4:52	12.30
21	31.500	02:30:59	4:47	12.52	00:07:22	4:54	12.23	22	33.000	02:38:27	4:48	12.50	00:07:29	4:58	12.05
23	34.500	02:46:01	4:48	12.47	00:07:34	5:02	11.90	24	36.000	02:53:33	4:49	12.45	00:07:32	5:01	11.95
25	37.500	03:01:05	4:49	12.43	00:07:33	5:01	11.94	26	39.000	03:08:47	4:50	12.40	00:07:43	5:08	11.69
27	40.500	03:16:43	4:51	12.35	00:07:56	5:17	11.35	28	42.000	03:24:41	4:52	12.31	00:07:58	5:18	11.30
29	43.500	03:32:32	4:53	12.28	00:07:51	5:13	11.47	30	45.000	03:40:37	4:54	12.24	00:08:06	5:23	11.13
31	46.500	03:48:49	4:55	12.19	00:08:13	5:28	10.97	32	48.000	03:56:58	4:56	12.15	00:08:09	5:26	11.04
33	49.500	04:05:11	4:57	12.11	00:08:13	5:28	10.97	34	51.000	04:13:45	4:58	12.06	00:08:35	5:42	10.50
35	52.500	04:21:58	4:59	12.02	00:08:14	5:28	10.95	36	54.000	04:30:25	5:00	11.98	00:08:27	5:37	10.66
37	55.500	04:39:00	5:01	11.94	00:08:35	5:43	10.49	38	57.000	04:47:36	5:02	11.89	00:08:37	5:44	10.46
39	58.500	04:56:10	5:03	11.85	00:08:34	5:42	10.52	40	60.000	05:04:43	5:04	11.81	00:08:34	5:42	10.52
41	61.500	05:13:00	5:05	11.79	00:08:17	5:31	10.87	42	63.000	05:21:10	5:05	11.77	00:08:11	5:27	11.01
43	64.500	05:29:22	5:06	11.75	00:08:12	5:27	10.98	44	66.000	05:37:49	5:07	11.72	00:08:27	5:37	10.66
45	67.500	05:46:11	5:07	11.70	00:08:23	5:34	10.75	46	69.000	05:54:49	5:08	11.67	00:08:38	5:45	10.43

18 53 Terje Gulbrandsen NOR Faaberg IL 05:58:44 46 69.000

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:07	4:44	12.66	00:07:07	4:44	12.66	2	3.000	00:14:27	4:48	12.47	00:07:20	4:53	12.28
3	4.500	00:21:45	4:49	12.42	00:07:19	4:52	12.32	4	6.000	00:28:50	4:48	12.49	00:07:05	4:43	12.71
5	7.500	00:36:05	4:48	12.47	00:07:16	4:50	12.39	6	9.000	00:43:17	4:48	12.48	00:07:13	4:48	12.50
7	10.500	00:50:40	4:49	12.44	00:07:23	4:54	12.20	8	12.000	00:57:51	4:49	12.45	00:07:12	4:47	12.51
9	13.500	01:05:19	4:50	12.40	00:07:28	4:58	12.05	10	15.000	01:12:20	4:49	12.45	00:07:01	4:40	12.85
11	16.500	01:19:28	4:48	12.46	00:07:09	4:45	12.59	12	18.000	01:26:50	4:49	12.44	00:07:22	4:54	12.23
13	19.500	01:33:57	4:49	12.45	00:07:08	4:45	12.63	14	21.000	01:40:55	4:48	12.49	00:06:59	4:38	12.91
15	22.500	01:47:51	4:47	12.52	00:06:56	4:37	12.98	16	24.000	01:54:47	4:46	12.55	00:06:56	4:37	12.99
17	25.500	02:01:50	4:46	12.56	00:07:03	4:41	12.77	18	27.000	02:08:52	4:46	12.57	00:07:03	4:41	12.78
19	28.500	02:16:03	4:46	12.57	00:07:11	4:47	12.54	20	30.000	02:23:23	4:46	12.55	00:07:21	4:53	12.27
21	31.500	02:30:26	4:46	12.56	00:07:03	4:41	12.78	22	33.000	02:37:35	4:46	12.57	00:07:10	4:46	12.58
23	34.500	02:44:31	4:46	12.58	00:06:56	4:37	12.98	24	36.000	02:51:54	4:46	12.57	00:07:23	4:55	12.19
25	37.500	02:59:00	4:46	12.57	00:07:07	4:44	12.67	26	39.000	03:05:55	4:46	12.59	00:06:55	4:36	13.02
27	40.500	03:12:37	4:45	12.62	00:06:43	4:28	13.41	28	42.000	03:19:28	4:44	12.63	00:06:51	4:33	13.15
29	43.500	03:26:26	4:44	12.64	00:06:59	4:38	12.92	30	45.000	03:33:37	4:44	12.64	00:07:11	4:47	12.54
31	46.500	03:40:39	4:44	12.64	00:07:03	4:41	12.77	32	48.000	03:47:58	4:44	12.63	00:07:19	4:52	12.30
33	49.500	03:55:11	4:45	12.63	00:07:13	4:48	12.48	34	51.000	04:02:46	4:45	12.61	00:07:35	5:03	11.88
35	52.500	04:10:43	4:46	12.56	00:07:58	5:18	11.32	36	54.000	04:18:28	4:47	12.54	00:07:45	5:09	11.61
37	55.500	04:26:04	4:47	12.52	00:07:37	5:04	11.83	38	57.000	04:34:03	4:48	12.48	00:07:59	5:18	11.29
39	58.500	04:42:15	4:49	12.44	00:08:13	5:28	10.97	40	60.000	04:50:47	4:50	12.38	00:08:32	5:41	10.55
41	61.500	05:00:00	4:52	12.30	00:09:14	6:08	9.76	42	63.000	05:10:13	4:55	12.19	00:10:14	6:48	8.81
43	64.500	05:20:46	4:58	12.07	00:10:34	7:02	8.53	44	66.000	05:36:17	5:05	11.78	00:15:31	10:20	5.80
45	67.500	05:46:55	5:08	11.67	00:10:39	7:05	8.45	46	69.000	05:58:44	5:11	11.54	00:11:49	7:52	7.62

19 102 Åke Fagereng NOR University of Otago 05:56:05 45 68.240

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:09	4:05	14.64	00:06:09	4:05	14.64	2	3.000	00:12:34	4:11	14.34	00:06:25	4:16	14.04
3	4.500	00:18:53	4:11	14.31	00:06:20	4:12	14.24	4	6.000	00:25:20	4:13	14.21	00:06:28	4:18	13.94
5	7.500	00:31:46	4:14	14.17	00:06:26	4:17	14.01	6	9.000	00:38:17	4:15	14.11	00:06:31	4:20	13.82
7	10.500	00:44:58	4:16	14.01	00:06:42	4:27	13.44	8	12.000	00:51:36	4:17	13.96	00:06:38	4:24	13.59
9	13.500	00:58:05	4:18	13.95	00:06:30	4:19	13.87	10	15.000	01:04:38	4:18	13.93	00:06:33	4:21	13.75
11	16.500	01:11:16	4:19	13.89	00:06:38	4:25	13.57	12	18.000	01:17:56	4:19	13.86	00:06:41	4:26	13.49
13	19.500	01:24:36	4:20	13.83	00:06:41	4:26	13.49	14	21.000	01:31:16	4:20	13.81	00:06:40	4:26	13.51
15	22.500	01:38:02	4:21	13.77	00:06:46	4:30	13.31	16	24.000	01:44:48	4:21	13.74	00:06:47	4:31	13.28
17	25.500	01:51:45	4:22	13.69	00:06:57	4:37	12.97	18	27.000	01:58:30	4:23	13.67	00:06:45	4:29	13.33
19	28.500	02:05:14	4:23	13.66	00:06:44	4:29	13.37	20	30.000	02:11:54	4:23	13.65	00:06:41	4:27	13.48
21	31.500	02:18:43	4:24	13.63	00:06:49	4:32	13.21	22	33.000	02:25:33	4:24	13.60	00:06:50	4:33	13.17
23	34.500	02:32:34	4:25	13.57	00:07:01	4:40	12.84	24	36.000	02:39:36	4:25	13.53	00:07:03	4:41	12.78
25	37.500	02:46:40	4:26	13.50	00:07:04	4:42	12.74	26	39.000	02:53:56	4:27	13.45	00:07:17	4:50	12.38
27	40.500	03:01:21	4:28	13.40	00:07:25	4:56	12.14	28	42.000	03:08:46	4:29	13.35	00:07:26	4:56	12.13
29	43.500	03:16:34	4:31	13.28	00:07:48	5:11	11.56	30	45.000	03:25:06	4:33	13.16	00:08:33	5:41	10.53
31	46.500	03:33:31	4:35	13.07	00:08:25	5:36	10.70	32	48.000	03:41:22	4:36	13.01	00:07:52	5:14	11.46
33	49.500	03:49:40	4:38	12.93	00:08:18	5:31	10.85	34	51.000	03:58:42	4:40	12.82	00:09:03	6:01	9.95
35	52.500	04:09:12	4:44	12.64	00:10:30	6:59	8.57	36	54.000	04:21:19	4:50	12.40	00:12:07	8:04	7.43
37	55.500	04:31:25	4:53	12.27	00:10:07	6:44	8.91	38	57.000	04:43:55	4:58	12.05	00:12:30	8:19	7.21
39	58.500	04:52:30	4:59	12.00	00:08:36	5:43	10.48	40	60.000	05:04:28	5:04	11.82	00:11:58	7:58	7.52
41	61.500	05:18:47	5:10	11.58	00:14:19	9:32	6.29	42	63.000	05:28:44	5:13	11.50	00:09:58	6:38	9.04
43	64.500	05:38:37	5:14	11.43	00:09:54	6:35	9.10	44	66.000	05:47:49	5:16	11.39	00:09:13	6:08	9.78
45	67.500	05:56:05	5:16	11.37	00:08:16	5:30	10.89								



20 15 Anders Tøsse NOR Norodd 05:56:46 45 68.220

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:06	4:43	12.70	00:07:06	4:43	12.70	2	3.000	00:14:28	4:49	12.44	00:07:23	4:55	12.20
3	4.500	00:21:40	4:48	12.46	00:07:12	4:47	12.50	4	6.000	00:28:45	4:47	12.52	00:07:05	4:43	12.71
5	7.500	00:35:47	4:46	12.58	00:07:02	4:41	12.80	6	9.000	00:43:04	4:47	12.54	00:07:17	4:50	12.37
7	10.500	00:50:21	4:47	12.51	00:07:18	4:51	12.35	8	12.000	00:57:36	4:47	12.50	00:07:16	4:50	12.41
9	13.500	01:04:54	4:48	12.48	00:07:19	4:52	12.32	10	15.000	01:12:10	4:48	12.47	00:07:16	4:50	12.41
11	16.500	01:19:26	4:48	12.46	00:07:17	4:51	12.37	12	18.000	01:26:42	4:48	12.46	00:07:16	4:50	12.39
13	19.500	01:34:09	4:49	12.43	00:07:28	4:58	12.07	14	21.000	01:41:27	4:49	12.42	00:07:19	4:52	12.32
15	22.500	01:48:49	4:50	12.41	00:07:22	4:54	12.22	16	24.000	01:56:12	4:50	12.39	00:07:23	4:55	12.20
17	25.500	02:03:37	4:50	12.38	00:07:25	4:56	12.14	18	27.000	02:11:06	4:51	12.36	00:07:29	4:59	12.03
19	28.500	02:18:25	4:51	12.35	00:07:20	4:53	12.28	20	30.000	02:25:45	4:51	12.35	00:07:20	4:53	12.27
21	31.500	02:33:12	4:51	12.34	00:07:27	4:57	12.10	22	33.000	02:40:42	4:52	12.32	00:07:30	4:59	12.01
23	34.500	02:48:16	4:52	12.30	00:07:35	5:03	11.87	24	36.000	02:55:48	4:52	12.29	00:07:32	5:01	11.95
25	37.500	03:03:34	4:53	12.26	00:07:47	5:10	11.58	26	39.000	03:11:31	4:54	12.22	00:07:57	5:17	11.32
27	40.500	03:19:26	4:55	12.18	00:07:56	5:16	11.37	28	42.000	03:27:43	4:56	12.13	00:08:17	5:30	10.88
29	43.500	03:36:09	4:58	12.08	00:08:27	5:37	10.67	30	45.000	03:47:21	5:03	11.88	00:11:13	7:28	8.03
31	46.500	03:55:36	5:03	11.84	00:08:15	5:29	10.93	32	48.000	04:04:19	5:05	11.79	00:08:44	5:48	10.32
33	49.500	04:12:43	5:06	11.75	00:08:25	5:36	10.71	34	51.000	04:21:10	5:07	11.72	00:08:27	5:37	10.66
35	52.500	04:30:01	5:08	11.67	00:08:51	5:53	10.17	36	54.000	04:39:26	5:10	11.59	00:09:26	6:16	9.55
37	55.500	04:48:08	5:11	11.56	00:08:42	5:47	10.35	38	57.000	04:57:01	5:12	11.51	00:08:54	5:55	10.13
39	58.500	05:05:54	5:13	11.47	00:08:53	5:55	10.13	40	60.000	05:14:37	5:14	11.44	00:08:43	5:48	10.34
41	61.500	05:23:37	5:15	11.40	00:09:01	6:00	9.99	42	63.000	05:32:21	5:16	11.37	00:08:44	5:49	10.31
43	64.500	05:41:15	5:17	11.34	00:08:54	5:55	10.12	44	66.000	05:49:15	5:17	11.34	00:08:00	5:20	11.25
45	67.500	05:56:46	5:17	11.35	00:07:32	5:01	11.96								

21 88 Magne Harald Kvikstad NOR Reinsvoll I F 05:57:00 44 66.425

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:18	4:51	12.34	00:07:18	4:51	12.34	2	3.000	00:14:26	4:48	12.47	00:07:09	4:45	12.61
3	4.500	00:21:24	4:45	12.62	00:06:58	4:38	12.92	4	6.000	00:28:12	4:41	12.77	00:06:48	4:31	13.24
5	7.500	00:35:03	4:40	12.84	00:06:51	4:33	13.14	6	9.000	00:41:55	4:39	12.89	00:06:52	4:34	13.13
7	10.500	00:48:50	4:39	12.90	00:06:56	4:37	12.99	8	12.000	00:55:51	4:39	12.89	00:07:01	4:40	12.84
9	13.500	01:02:57	4:39	12.87	00:07:06	4:43	12.68	10	15.000	01:10:12	4:40	12.82	00:07:16	4:50	12.40
11	16.500	01:17:31	4:41	12.77	00:07:20	4:52	12.30	12	18.000	01:24:54	4:42	12.72	00:07:23	4:54	12.21
13	19.500	01:32:19	4:44	12.67	00:07:26	4:57	12.12	14	21.000	01:39:43	4:44	12.64	00:07:24	4:55	12.17
15	22.500	01:47:12	4:45	12.59	00:07:30	4:59	12.01	16	24.000	01:54:41	4:46	12.56	00:07:29	4:58	12.04
17	25.500	02:02:14	4:47	12.52	00:07:34	5:02	11.91	18	27.000	02:09:47	4:48	12.48	00:07:33	5:01	11.92
19	28.500	02:17:19	4:49	12.45	00:07:33	5:01	11.94	20	30.000	02:24:56	4:49	12.42	00:07:38	5:04	11.81
21	31.500	02:32:53	4:51	12.36	00:07:57	5:17	11.33	22	33.000	02:40:39	4:52	12.33	00:07:46	5:10	11.59
23	34.500	02:48:37	4:53	12.28	00:07:58	5:18	11.31	24	36.000	02:56:45	4:54	12.22	00:08:09	5:25	11.05
25	37.500	03:05:20	4:56	12.14	00:08:36	5:43	10.48	26	39.000	03:13:39	4:57	12.08	00:08:19	5:32	10.82
27	40.500	03:22:17	4:59	12.01	00:08:39	5:45	10.42	28	42.000	03:30:14	5:00	11.99	00:07:57	5:17	11.33
29	43.500	03:38:55	5:01	11.92	00:08:42	5:47	10.35	30	45.000	03:47:22	5:03	11.88	00:08:27	5:37	10.66
31	46.500	03:56:44	5:05	11.79	00:09:22	6:14	9.61	32	48.000	04:05:30	5:06	11.73	00:08:47	5:50	10.26
33	49.500	04:14:37	5:08	11.67	00:09:07	6:04	9.87	34	51.000	04:24:18	5:10	11.58	00:09:42	6:27	9.29
35	52.500	04:33:16	5:12	11.53	00:08:59	5:58	10.03	36	54.000	04:42:14	5:13	11.48	00:08:58	5:58	10.05
37	55.500	04:51:27	5:15	11.43	00:09:14	6:09	9.75	38	57.000	05:00:16	5:16	11.39	00:08:49	5:52	10.22
39	58.500	05:09:40	5:17	11.34	00:09:25	6:16	9.57	40	60.000	05:18:21	5:18	11.31	00:08:42	5:47	10.35
41	61.500	05:27:00	5:19	11.28	00:08:40	5:46	10.40	42	63.000	05:36:06	5:20	11.25	00:09:06	6:03	9.90
43	64.500	05:45:44	5:21	11.19	00:09:39	6:25	9.34	44	66.000	05:57:00	5:24	11.09	00:11:16	7:30	7.99

22 95 Einar Iversen NOR Gjerdrum IL 05:52:53 43 65.780

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:43	5:08	11.68	00:07:43	5:08	11.68	2	3.000	00:14:47	4:55	12.18	00:07:05	4:43	12.71
3	4.500	00:21:43	4:49	12.44	00:06:56	4:37	12.99	4	6.000	00:28:53	4:48	12.47	00:07:10	4:46	12.57
5	7.500	00:36:00	4:47	12.50	00:07:08	4:45	12.63	6	9.000	00:43:16	4:48	12.48	00:07:16	4:50	12.39
7	10.500	00:50:39	4:49	12.44	00:07:23	4:55	12.20	8	12.000	00:58:14	4:51	12.37	00:07:36	5:03	11.86
9	13.500	01:05:48	4:52	12.31	00:07:34	5:02	11.90	10	15.000	01:13:10	4:52	12.30	00:07:23	4:55	12.19
11	16.500	01:20:44	4:53	12.26	00:07:34	5:02	11.91	12	18.000	01:28:27	4:54	12.21	00:07:44	5:08	11.66
13	19.500	01:36:08	4:55	12.17	00:07:41	5:07	11.72	14	21.000	01:43:40	4:56	12.16	00:07:33	5:01	11.94
15	22.500	01:52:06	4:58	12.04	00:08:27	5:37	10.66	16	24.000	01:59:43	4:59	12.03	00:07:37	5:04	11.82
17	25.500	02:07:07	4:59	12.04	00:07:25	4:56	12.15	18	27.000	02:14:38	4:59	12.03	00:07:31	5:00	11.99
19	28.500	02:22:25	4:59	12.01	00:07:47	5:11	11.57	20	30.000	02:30:15	5:00	11.98	00:07:51	5:13	11.49
21	31.500	02:38:03	5:01	11.96	00:07:48	5:11	11.54	22	33.000	02:46:11	5:02	11.92	00:08:09	5:25	11.06
23	34.500	02:54:45	5:03	11.85	00:08:35	5:42	10.50	24	36.000	03:03:01	5:05	11.80	00:08:17	5:30	10.88
25	37.500	03:11:29	5:06	11.75	00:08:28	5:38	10.64	26	39.000	03:19:31	5:06	11.73	00:08:03	5:21	11.20
27	40.500	03:27:48	5:07	11.69	00:08:17	5:31	10.87	28	42.000	03:36:41	5:09	11.63	00:08:54	5:55	10.12
29	43.500	03:46:00	5:11	11.55	00:09:20	6:12	9.66	30	45.000	03:55:51	5:14	11.45	00:09:51	6:33	9.15
31	46.500	04:04:28	5:15	11.41	00:08:38	5:44	10.44	32	48.000	04:13:40	5:17	11.35	00:09:13	6:08	9.78
33	49.500	04:22:18	5:17	11.32	00:08:39	5:45	10.42	34	51.000	04:31:00	5:18	11.29	00:08:42	5:47	10.35
35	52.500	04:39:57	5:19	11.25	00:08:57	5:57	10.06	36	54.000	04:48:45	5:20	11.22	00:08:48	5:51	10.23
37	55.500	04:57:46	5:21	11.18	00:09:02	6:00	9.98	38	57.000	05:07:17	5:23	11.13	00:09:31	6:20	9.46
39	58.500	05:17:24	5:25	11.06	00:10:07	6:44	8.90	40	60.000	05:26:41	5:26	11.02	00:09:18	6:11	9.68
41	61.500	05:35:25	5:27	11.00	00:08:44	5:49	10.31	42	63.000	05:43:59	5:27	10.99	00:08:35	5:42	10.50
43	64.500	05:52:53	5:28	10.97	00:08:54	5:55	10.13								

23 17 Thore Kristensen NOR Ekebergjoggen 05:53:59 43 65.560

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:42	5:07	11.69	00:07:42	5:07	11.69	2	3.000	00:14:46	4:55	12.20	00:07:04	4:42	12.74
3	4.500	00:21:49	4:50	12.38	00:07:03	4:41	12.78	4	6.000	00:28:42	4:46	12.55	00:06:54	4:35	13.06
5	7.500	00:35:52	4:46	12.55	00:07:10	4:46	12.56	6	9.000	00:42:49	4:45	12.61	00:06:58	4:38	12.95
7	10.500	00:49:58	4:45	12.61	00:07:09	4:45	12.60	8	12.000	00:56:56	4:44	12.65	00:06:59	4:39	12.90
9	13.500	01:04:12	4:45	12.62	00:07:16	4:50	12.39	10	15.000	01:11:19	4:45	12.62	00:07:08	4:44	12.64
11	16.500	01:18:42	4:46	12.58	00:07:23	4:55	12.20	12	18.000	01:26:03	4:46	12.55	00:07:21	4:53	12.25
13	19.500	01:33:26	4:47	12.52	00:07:23	4:55	12.20	14	21.000	01:40:39	4:47	12.52	00:07:13	4:48	12.47
15	22.500	01:48:13	4:48	12.48	00:07:35	5:03	11.87	16	24.000	01:55:39	4:49	12.45	00:07:27	4:57	12.11
17	25.500	02:03:18	4:50	12.41	00:07:39	5:05	11.77	18	27.000	02:10:54	4:50	12.38	00:07:36	5:03	11.86
19	28.500	02:18:29	4:51	12.35	00:07:35	5:03	11.87	20	30.000	02:26:06	4:52	12.32	00:07:38	5:05	11.80
21	31.500	02:33:57	4:53	12.28	00:07:51	5:13	11.48	22	33.000	02:41:49	4:54	12.24	00:07:53	5:15	11.42
23	34.500	02:49:59	4:55	12.18	00:08:10	5:26	11.03	24	36.000	02:58:32	4:57	12.10	00:08:34	5:42	10.52
25	37.500	03:07:18	4:59	12.01	00:08:46	5:50	10.27	26	39.000	03:15:50	5:01	11.95	00:08:33	5:41	10.54
27	40.500	03:24:55	5:03	11.86	00:09:05	6:03	9.92	28	42.000	03:34:03	5:05	11.77	00:09:08	6:05	9.85
29	43.500	03:43:16	5:07	11.69	00:09:13	6:08	9.77	30	45.000	03:52:30	5:09	11.61	00:09:15	6:09	9.74
31	46.500	04:02:05	5:12	11.53	00:09:35	6:23	9.39	32	48.000	04:11:49	5:14	11.44	00:09:45	6:29	9.25
33	49.500	04:21:49	5:17	11.34	00:10:00	6:39	9.00	34	51.000	04:32:21	5:20	11.24	00:10:32	7:01	8.55
35	52.500	04:41:12	5:21	11.20	00:08:52	5:54	10.16	36	54.000	04:50:11	5:22	11.17	00:08:59	5:58	10.03
37	55.500	04:59:35	5:23	11.12	00:09:25	6:16	9.56	38	57.000	05:08:34	5:24	11.08	00:08:59	5:59	10.03
39	58.500	05:17:45	5:25	11.05	00:09:12	6:07	9.80	40	60.000	05:27:11	5:27	11.00	00:09:26	6:17	9.54
41	61.500	05:36:25	5:28	10.97	00:09:14	6:09	9.75	42	63.000	05:45:21	5:28	10.95	00:08:57	5:57	10.07
43	64.500	05:53:59	5:29	10.93	00:08:39	5:45	10.42								

24 31 Tor Arne Stjern NOR Vind I.L. 05:58:38 43 64.765

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:32	5:01	11.96	00:07:32	5:01	11.96	2	3.000	00:14:48	4:55	12.17	00:07:17	4:50	12.38
3	4.500	00:22:02	4:53	12.25	00:07:15	4:49	12.43	4	6.000	00:29:44	4:57	12.11	00:07:43	5:08	11.69
5	7.500	00:36:55	4:55	12.19	00:07:11	4:46	12.55	6	9.000	00:44:15	4:54	12.21	00:07:20	4:53	12.28
7	10.500	00:51:46	4:55	12.17	00:07:32	5:00	11.97	8	12.000	00:59:06	4:55	12.18	00:07:21	4:53	12.26
9	13.500	01:06:37	4:56	12.16	00:07:31	5:00	11.97	10	15.000	01:14:03	4:56	12.16	00:07:26	4:57	12.12
11	16.500	01:21:24	4:55	12.16	00:07:22	4:54	12.24	12	18.000	01:28:54	4:56	12.15	00:07:30	4:59	12.00
13	19.500	01:36:14	4:56	12.16	00:07:20	4:53	12.28	14	21.000	01:43:40	4:56	12.16	00:07:27	4:57	12.10
15	22.500	01:51:10	4:56	12.14	00:07:30	5:00	12.00	16	24.000	01:58:35	4:56	12.14	00:07:26	4:56	12.13
17	25.500	02:06:08	4:56	12.13	00:07:33	5:01	11.93	18	27.000	02:13:49	4:57	12.11	00:07:42	5:07	11.69
19	28.500	02:21:39	4:58	12.07	00:07:50	5:13	11.49	20	30.000	02:29:23	4:58	12.05	00:07:44	5:09	11.65
21	31.500	02:37:24	4:59	12.01	00:08:02	5:20	11.22	22	33.000	02:45:49	5:01	11.94	00:08:25	5:36	10.70
23	34.500	02:55:27	5:05	11.80	00:09:39	6:25	9.33	24	36.000	03:04:01	5:06	11.74	00:08:35	5:42	10.50
25	37.500	03:12:20	5:07	11.70	00:08:19	5:32	10.84	26	39.000	03:21:07	5:09	11.64	00:08:48	5:51	10.24
27	40.500	03:31:11	5:12	11.51	00:10:04	6:42	8.94	28	42.000	03:39:31	5:13	11.48	00:08:21	5:33	10.80
29	43.500	03:48:51	5:15	11.41	00:09:20	6:13	9.64	30	45.000	03:57:28	5:16	11.37	00:08:37	5:44	10.45
31	46.500	04:06:18	5:17	11.33	00:08:51	5:53	10.17	32	48.000	04:21:02	5:26	11.03	00:14:44	9:49	6.11
33	49.500	04:35:21	5:33	10.79	00:14:19	9:32	6.29	34	51.000	04:44:52	5:35	10.74	00:09:32	6:21	9.45
35	52.500	04:52:44	5:34	10.76	00:07:52	5:14	11.46	36	54.000	05:00:46	5:34	10.77	00:08:03	5:21	11.19
37	55.500	05:08:41	5:33	10.79	00:07:55	5:16	11.38	38	57.000	05:17:12	5:33	10.78	00:08:32	5:40	10.57
39	58.500	05:25:14	5:33	10.79	00:08:03	5:21	11.20	40	60.000	05:33:11	5:33	10.81	00:07:57	5:18	11.32
41	61.500	05:41:44	5:33	10.80	00:08:33	5:41	10.53	42	63.000	05:50:19	5:33	10.79	00:08:35	5:43	10.49
43	64.500	05:58:38	5:33	10.79	00:08:20	5:33	10.81								

25 79 Kjell Skogvang NOR Kondis 05:53:26 42 64.145

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:42	5:07	11.70	00:07:42	5:07	11.70	2	3.000	00:14:59	4:59	12.01	00:07:18	4:51	12.34
3	4.500	00:22:25	4:58	12.04	00:07:27	4:57	12.11	4	6.000	00:29:51	4:58	12.07	00:07:26	4:56	12.13
5	7.500	00:37:15	4:57	12.08	00:07:25	4:56	12.15	6	9.000	00:44:37	4:57	12.11	00:07:22	4:54	12.22
7	10.500	00:52:02	4:57	12.11	00:07:26	4:57	12.12	8	12.000	00:59:31	4:57	12.10	00:07:30	4:59	12.02
9	13.500	01:07:05	4:58	12.08	00:07:34	5:02	11.90	10	15.000	01:14:42	4:58	12.05	00:07:38	5:04	11.81
11	16.500	01:22:25	4:59	12.01	00:07:43	5:08	11.66	12	18.000	01:30:05	5:00	11.99	00:07:40	5:06	11.74
13	19.500	01:37:37	5:00	11.99	00:07:33	5:01	11.94	14	21.000	01:45:01	5:00	12.00	00:07:24	4:55	12.18
15	22.500	01:52:41	5:00	11.98	00:07:41	5:07	11.72	16	24.000	02:00:28	5:01	11.96	00:07:47	5:10	11.59
17	25.500	02:08:14	5:01	11.93	00:07:47	5:11	11.57	18	27.000	02:15:57	5:02	11.92	00:07:43	5:08	11.66
19	28.500	02:23:37	5:02	11.91	00:07:40	5:06	11.76	20	30.000	02:31:19	5:02	11.90	00:07:43	5:08	11.68
21	31.500	02:39:19	5:03	11.86	00:08:01	5:20	11.25	22	33.000	02:47:32	5:04	11.82	00:08:13	5:28	10.96
23	34.500	02:55:39	5:05	11.78	00:08:08	5:25	11.08	24	36.000	03:03:58	5:06	11.74	00:08:19	5:32	10.82
25	37.500	03:12:32	5:08	11.69	00:08:34	5:42	10.51	26	39.000	03:21:08	5:09	11.63	00:08:37	5:44	10.45
27	40.500	03:29:54	5:10	11.58	00:08:46	5:50	10.28	28	42.000	03:38:51	5:12	11.52	00:08:58	5:58	10.05
29	43.500	03:50:57	5:18	11.30	00:12:07	8:04	7.44	30	45.000	04:02:20	5:23	11.14	00:11:23	7:35	7.91
31	46.500	04:12:18	5:25	11.06	00:09:58	6:38	9.04	32	48.000	04:22:31	5:28	10.97	00:10:14	6:48	8.80
33	49.500	04:32:24	5:30	10.90	00:09:54	6:35	9.10	34	51.000	04:41:08	5:30	10.88	00:08:44	5:48	10.32
35	52.500	04:49:58	5:31	10.86	00:08:51	5:53	10.17	36	54.000	04:58:50	5:32	10.84	00:08:52	5:54	10.16
37	55.500	05:07:39	5:32	10.82	00:08:49	5:52	10.21	38	57.000	05:16:29	5:33	10.81	00:08:50	5:53	10.19
39	58.500	05:25:29	5:33	10.78	00:09:01	6:00	9.99	40	60.000	05:34:46	5:34	10.75	00:09:17	6:11	9.70
41	61.500	05:44:10	5:35	10.72	00:09:25	6:16	9.56	42	63.000	05:53:26	5:36	10.70	00:09:16	6:10	9.72

26 100 Anders Hansen NOR Krapfoss maraton 05:57:22 42 63.455

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:21	5:33	10.80	00:08:21	5:33	10.80	2	3.000	00:16:23	5:27	11.00	00:08:03	5:21	11.20
3	4.500	00:24:32	5:26	11.01	00:08:10	5:26	11.04	4	6.000	00:32:44	5:27	11.00	00:08:13	5:28	10.97
5	7.500	00:41:02	5:28	10.97	00:08:19	5:32	10.84	6	9.000	00:49:09	5:27	10.99	00:08:07	5:24	11.10
7	10.500	00:57:24	5:27	10.98	00:08:16	5:30	10.89	8	12.000	01:05:29	5:27	11.00	00:08:05	5:22	11.15
9	13.500	01:13:37	5:27	11.00	00:08:09	5:25	11.06	10	15.000	01:21:41	5:26	11.02	00:08:05	5:22	11.15
11	16.500	01:29:49	5:26	11.02	00:08:08	5:25	11.08	12	18.000	01:37:59	5:26	11.02	00:08:11	5:26	11.02
13	19.500	01:46:02	5:26	11.03	00:08:04	5:22	11.17	14	21.000	01:54:07	5:26	11.04	00:08:06	5:23	11.13
15	22.500	02:02:10	5:25	11.05	00:08:03	5:22	11.18	16	24.000	02:10:19	5:25	11.05	00:08:09	5:25	11.05
17	25.500	02:18:21	5:25	11.06	00:08:02	5:21	11.21	18	27.000	02:26:31	5:25	11.06	00:08:11	5:27	11.00
19	28.500	02:34:36	5:25	11.06	00:08:05	5:23	11.13	20	30.000	02:42:45	5:25	11.06	00:08:09	5:25	11.05
21	31.500	02:50:51	5:25	11.06	00:08:07	5:24	11.11	22	33.000	02:59:34	5:26	11.03	00:08:43	5:48	10.33
23	34.500	03:07:36	5:26	11.03	00:08:03	5:21	11.19	24	36.000	03:15:57	5:26	11.02	00:08:21	5:33	10.79
25	37.500	03:24:24	5:27	11.01	00:08:28	5:38	10.64	26	39.000	03:33:04	5:27	10.98	00:08:40	5:46	10.39
27	40.500	03:41:43	5:28	10.96	00:08:39	5:45	10.41	28	42.000	03:50:30	5:29	10.93	00:08:48	5:51	10.24
29	43.500	03:59:13	5:29	10.91	00:08:44	5:48	10.32	30	45.000	04:08:02	5:30	10.89	00:08:50	5:52	10.20
31	46.500	04:16:57	5:31	10.86	00:08:55	5:56	10.10	32	48.000	04:25:50	5:32	10.83	00:08:54	5:55	10.12
33	49.500	04:34:49	5:33	10.81	00:08:59	5:58	10.03	34	51.000	04:44:02	5:34	10.77	00:09:14	6:09	9.75
35	52.500	04:52:58	5:34	10.75	00:08:56	5:57	10.08	36	54.000	05:02:07	5:35	10.72	00:09:10	6:06	9.83
37	55.500	05:11:40	5:36	10.68	00:09:33	6:21	9.43	38	57.000	05:21:06	5:37	10.65	00:09:26	6:17	9.54
39	58.500	05:30:39	5:39	10.62	00:09:34	6:22	9.41	40	60.000	05:39:51	5:39	10.59	00:09:12	6:07	9.79
41	61.500	05:48:22	5:39	10.59	00:08:32	5:40	10.56	42	63.000	05:57:22	5:40	10.58	00:09:00	5:59	10.01

27 63 Erik Müller NOR Tolga IL 05:55:37 42 63.450

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:40	5:06	11.75	00:07:40	5:06	11.75	2	3.000	00:14:45	4:54	12.21	00:07:06	4:43	12.70
3	4.500	00:21:47	4:50	12.40	00:07:02	4:41	12.81	4	6.000	00:28:47	4:47	12.51	00:07:01	4:40	12.84
5	7.500	00:35:48	4:46	12.57	00:07:01	4:40	12.83	6	9.000	00:42:48	4:45	12.62	00:07:00	4:39	12.86
7	10.500	00:49:55	4:45	12.62	00:07:07	4:44	12.65	8	12.000	00:56:56	4:44	12.65	00:07:01	4:40	12.83
9	13.500	01:04:22	4:46	12.59	00:07:27	4:57	12.10	10	15.000	01:11:30	4:45	12.59	00:07:08	4:45	12.63
11	16.500	01:18:22	4:44	12.63	00:06:53	4:35	13.09	12	18.000	01:25:31	4:45	12.63	00:07:09	4:45	12.61
13	19.500	01:32:32	4:44	12.64	00:07:02	4:41	12.80	14	21.000	01:39:37	4:44	12.65	00:07:05	4:42	12.72
15	22.500	01:46:37	4:44	12.66	00:07:01	4:40	12.84	16	24.000	01:53:42	4:44	12.67	00:07:05	4:43	12.72
17	25.500	02:01:12	4:45	12.63	00:07:30	4:59	12.01	18	27.000	02:08:33	4:45	12.60	00:07:22	4:54	12.24
19	28.500	02:15:41	4:45	12.60	00:07:09	4:45	12.61	20	30.000	02:22:59	4:45	12.59	00:07:19	4:52	12.32
21	31.500	02:30:15	4:46	12.58	00:07:16	4:50	12.39	22	33.000	02:37:49	4:46	12.55	00:07:35	5:02	11.89
23	34.500	02:45:17	4:47	12.52	00:07:28	4:58	12.05	24	36.000	02:54:09	4:50	12.40	00:08:53	5:54	10.15
25	37.500	03:04:00	4:54	12.23	00:09:51	6:33	9.14	26	39.000	03:12:05	4:55	12.18	00:08:05	5:23	11.14
27	40.500	03:20:04	4:56	12.15	00:08:00	5:19	11.27	28	42.000	03:28:07	4:57	12.11	00:08:03	5:21	11.19
29	43.500	03:37:05	4:59	12.02	00:08:59	5:58	10.03	30	45.000	03:45:45	5:00	11.96	00:08:40	5:46	10.39
31	46.500	03:54:43	5:02	11.89	00:08:58	5:58	10.04	32	48.000	04:05:14	5:06	11.74	00:10:32	7:00	8.55
33	49.500	04:17:52	5:12	11.52	00:12:39	8:25	7.12	34	51.000	04:28:01	5:15	11.42	00:10:09	6:45	8.88
35	52.500	04:42:27	5:22	11.15	00:14:27	9:37	6.24	36	54.000	04:53:39	5:26	11.03	00:11:12	7:27	8.04
37	55.500	05:05:02	5:29	10.92	00:11:24	7:35	7.90	38	57.000	05:15:06	5:31	10.85	00:10:04	6:42	8.95
39	58.500	05:25:23	5:33	10.79	00:10:17	6:51	8.75	40	60.000	05:35:54	5:35	10.72	00:10:32	7:00	8.56
41	61.500	05:46:05	5:37	10.66	00:10:11	6:47	8.84	42	63.000	05:55:37	5:38	10.63	00:09:32	6:21	9.44



28 39 Per- Einar Roth NOR Ull-Kisa Friidrett 05:59:09 42 63.150

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:19	5:32	10.84	00:08:19	5:32	10.84	2	3.000	00:16:25	5:28	10.97	00:08:07	5:24	11.10
3	4.500	00:24:22	5:24	11.08	00:07:58	5:18	11.32	4	6.000	00:32:19	5:23	11.14	00:07:58	5:18	11.32
5	7.500	00:40:09	5:21	11.21	00:07:50	5:12	11.51	6	9.000	00:47:52	5:19	11.28	00:07:43	5:08	11.66
7	10.500	00:55:47	5:18	11.29	00:07:56	5:17	11.35	8	12.000	01:03:33	5:17	11.33	00:07:47	5:10	11.59
9	13.500	01:11:20	5:16	11.36	00:07:47	5:10	11.59	10	15.000	01:18:55	5:15	11.41	00:07:36	5:03	11.85
11	16.500	01:26:36	5:14	11.43	00:07:41	5:07	11.72	12	18.000	01:34:18	5:14	11.45	00:07:43	5:08	11.67
13	19.500	01:41:58	5:13	11.48	00:07:40	5:06	11.76	14	21.000	01:49:57	5:14	11.46	00:08:00	5:19	11.26
15	22.500	01:57:47	5:14	11.46	00:07:50	5:13	11.49	16	24.000	02:05:34	5:13	11.47	00:07:47	5:10	11.58
17	25.500	02:13:28	5:14	11.46	00:07:55	5:16	11.37	18	27.000	02:21:28	5:14	11.45	00:08:00	5:19	11.26
19	28.500	02:29:47	5:15	11.42	00:08:19	5:32	10.83	20	30.000	02:38:11	5:16	11.38	00:08:25	5:36	10.71
21	31.500	02:46:18	5:16	11.37	00:08:07	5:24	11.09	22	33.000	02:54:15	5:16	11.36	00:07:58	5:18	11.32
23	34.500	03:02:27	5:17	11.35	00:08:12	5:27	10.99	24	36.000	03:11:29	5:19	11.28	00:09:03	6:01	9.96
25	37.500	03:20:19	5:20	11.23	00:08:51	5:53	10.18	26	39.000	03:29:19	5:22	11.18	00:09:00	5:59	10.00
27	40.500	03:38:07	5:23	11.14	00:08:48	5:51	10.23	28	42.000	03:47:12	5:24	11.09	00:09:06	6:03	9.90
29	43.500	03:56:52	5:26	11.02	00:09:40	6:26	9.31	30	45.000	04:06:21	5:28	10.96	00:09:30	6:19	9.49
31	46.500	04:15:41	5:29	10.91	00:09:20	6:12	9.66	32	48.000	04:25:08	5:31	10.86	00:09:28	6:18	9.52
33	49.500	04:34:50	5:33	10.81	00:09:42	6:27	9.28	34	51.000	04:45:37	5:36	10.71	00:10:47	7:11	8.35
35	52.500	04:55:26	5:37	10.66	00:09:50	6:32	9.16	36	54.000	05:04:40	5:38	10.64	00:09:14	6:09	9.76
37	55.500	05:14:10	5:39	10.60	00:09:31	6:20	9.47	38	57.000	05:23:20	5:40	10.58	00:09:10	6:06	9.83
39	58.500	05:33:09	5:41	10.54	00:09:50	6:33	9.16	40	60.000	05:42:08	5:42	10.52	00:08:59	5:58	10.03
41	61.500	05:50:39	5:42	10.52	00:08:32	5:41	10.56	42	63.000	05:59:09	5:42	10.53	00:08:30	5:39	10.59

29 23 Knut Nedregård NOR 05:59:41 42 63.020

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:16	5:30	10.89	00:08:16	5:30	10.89	2	3.000	00:16:24	5:27	10.98	00:08:08	5:25	11.07
3	4.500	00:24:33	5:27	11.00	00:08:09	5:25	11.05	4	6.000	00:32:44	5:27	11.00	00:08:12	5:27	10.99
5	7.500	00:41:02	5:28	10.97	00:08:18	5:31	10.84	6	9.000	00:49:09	5:27	10.99	00:08:07	5:24	11.10
7	10.500	00:57:23	5:27	10.98	00:08:15	5:29	10.92	8	12.000	01:05:29	5:27	11.00	00:08:06	5:23	11.12
9	13.500	01:13:36	5:27	11.01	00:08:07	5:24	11.09	10	15.000	01:21:41	5:26	11.02	00:08:05	5:23	11.14
11	16.500	01:29:49	5:26	11.02	00:08:09	5:25	11.06	12	18.000	01:37:57	5:26	11.03	00:08:08	5:25	11.07
13	19.500	01:46:03	5:26	11.03	00:08:07	5:24	11.10	14	21.000	01:54:07	5:26	11.04	00:08:04	5:22	11.17
15	22.500	02:02:17	5:26	11.04	00:08:11	5:26	11.02	16	24.000	02:10:19	5:25	11.05	00:08:02	5:21	11.21
17	25.500	02:18:22	5:25	11.06	00:08:04	5:22	11.17	18	27.000	02:26:32	5:25	11.06	00:08:11	5:26	11.02
19	28.500	02:34:38	5:25	11.06	00:08:06	5:23	11.12	20	30.000	02:42:44	5:25	11.06	00:08:07	5:24	11.10
21	31.500	02:51:00	5:25	11.05	00:08:16	5:30	10.89	22	33.000	02:58:58	5:25	11.06	00:07:59	5:19	11.28
23	34.500	03:07:00	5:25	11.07	00:08:02	5:20	11.22	24	36.000	03:15:17	5:25	11.06	00:08:18	5:31	10.86
25	37.500	03:23:25	5:25	11.06	00:08:08	5:25	11.07	26	39.000	03:31:38	5:25	11.06	00:08:14	5:28	10.95
27	40.500	03:39:55	5:25	11.05	00:08:18	5:31	10.85	28	42.000	03:48:23	5:26	11.03	00:08:28	5:38	10.64
29	43.500	03:57:32	5:27	10.99	00:09:10	6:06	9.83	30	45.000	04:06:33	5:28	10.95	00:09:01	6:00	9.99
31	46.500	04:16:08	5:30	10.89	00:09:35	6:23	9.39	32	48.000	04:26:09	5:32	10.82	00:10:02	6:41	8.98
33	49.500	04:36:02	5:34	10.76	00:09:54	6:35	9.11	34	51.000	04:45:50	5:36	10.71	00:09:48	6:31	9.19
35	52.500	04:56:11	5:38	10.64	00:10:22	6:54	8.69	36	54.000	05:05:53	5:39	10.59	00:09:42	6:27	9.29
37	55.500	05:15:03	5:40	10.57	00:09:11	6:06	9.81	38	57.000	05:24:18	5:41	10.55	00:09:15	6:09	9.73
39	58.500	05:33:16	5:41	10.53	00:08:59	5:59	10.02	40	60.000	05:42:27	5:42	10.51	00:09:11	6:07	9.81
41	61.500	05:51:58	5:43	10.48	00:09:31	6:20	9.46	42	63.000	05:59:41	5:42	10.51	00:07:43	5:08	11.67

30 67 Bjarne Danielsen NOR Kondis 05:52:57 42 63.000

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:47	4:31	13.28	00:06:47	4:31	13.28	2	3.000	00:13:49	4:36	13.04	00:07:02	4:41	12.80
3	4.500	00:21:09	4:41	12.77	00:07:20	4:53	12.27	4	6.000	00:28:11	4:41	12.78	00:07:02	4:41	12.80
5	7.500	00:35:07	4:40	12.82	00:06:56	4:37	12.98	6	9.000	00:42:13	4:41	12.79	00:07:07	4:44	12.66
7	10.500	00:49:14	4:41	12.80	00:07:01	4:40	12.83	8	12.000	00:56:18	4:41	12.79	00:07:04	4:42	12.74
9	13.500	01:03:34	4:42	12.75	00:07:16	4:50	12.39	10	15.000	01:10:44	4:42	12.72	00:07:11	4:47	12.53
11	16.500	01:17:50	4:43	12.72	00:07:06	4:43	12.69	12	18.000	01:25:05	4:43	12.69	00:07:16	4:50	12.40
13	19.500	01:32:17	4:43	12.68	00:07:12	4:47	12.52	14	21.000	01:39:28	4:44	12.67	00:07:11	4:47	12.54
15	22.500	01:47:04	4:45	12.61	00:07:37	5:04	11.82	16	24.000	01:54:51	4:47	12.54	00:07:47	5:10	11.58
17	25.500	02:02:12	4:47	12.52	00:07:22	4:54	12.24	18	27.000	02:10:01	4:48	12.46	00:07:50	5:12	11.51
19	28.500	02:20:52	4:56	12.14	00:10:51	7:13	8.30	20	30.000	02:28:29	4:56	12.12	00:07:38	5:05	11.80
21	31.500	02:36:20	4:57	12.09	00:07:51	5:13	11.48	22	33.000	02:44:26	4:58	12.04	00:08:07	5:24	11.11
23	34.500	02:52:38	5:00	11.99	00:08:13	5:28	10.97	24	36.000	03:01:41	5:02	11.89	00:09:03	6:01	9.95
25	37.500	03:11:28	5:06	11.75	00:09:48	6:31	9.19	26	39.000	03:19:48	5:07	11.71	00:08:21	5:33	10.79
27	40.500	03:29:03	5:09	11.62	00:09:15	6:09	9.74	28	42.000	03:37:16	5:10	11.60	00:08:14	5:28	10.95
29	43.500	03:47:00	5:13	11.50	00:09:44	6:29	9.25	30	45.000	03:56:55	5:15	11.40	00:09:55	6:36	9.08
31	46.500	04:07:34	5:19	11.27	00:10:40	7:06	8.44	32	48.000	04:16:53	5:21	11.21	00:09:20	6:12	9.65
33	49.500	04:26:29	5:23	11.15	00:09:36	6:23	9.38	34	51.000	04:36:04	5:24	11.08	00:09:35	6:22	9.40
35	52.500	04:46:14	5:27	11.01	00:10:11	6:46	8.85	36	54.000	04:55:52	5:28	10.95	00:09:39	6:25	9.34
37	55.500	05:06:07	5:30	10.88	00:10:15	6:49	8.79	38	57.000	05:15:10	5:31	10.85	00:09:03	6:02	9.94
39	58.500	05:25:32	5:33	10.78	00:10:23	6:54	8.68	40	60.000	05:34:18	5:34	10.77	00:08:47	5:50	10.26
41	61.500	05:44:25	5:36	10.71	00:10:07	6:44	8.91	42	63.000	05:52:57	5:36	10.71	00:08:33	5:41	10.54

31 43 Inge Asbjørn Haugen NOR Hornindal IL 05:52:05 41 62.850

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:05	5:23	11.14	00:08:05	5:23	11.14	2	3.000	00:16:09	5:22	11.15	00:08:05	5:22	11.16
3	4.500	00:24:20	5:24	11.10	00:08:11	5:27	11.01	4	6.000	00:32:27	5:24	11.10	00:08:08	5:24	11.08
5	7.500	00:41:32	5:32	10.84	00:09:06	6:03	9.91	6	9.000	00:49:45	5:31	10.86	00:08:13	5:28	10.96
7	10.500	00:57:57	5:31	10.87	00:08:12	5:27	10.98	8	12.000	01:06:37	5:33	10.81	00:08:41	5:46	10.38
9	13.500	01:15:00	5:33	10.80	00:08:23	5:35	10.74	10	15.000	01:23:17	5:33	10.81	00:08:18	5:31	10.85
11	16.500	01:31:45	5:33	10.79	00:08:28	5:38	10.64	12	18.000	01:40:16	5:34	10.77	00:08:32	5:40	10.56
13	19.500	01:48:47	5:34	10.76	00:08:31	5:40	10.58	14	21.000	01:57:08	5:34	10.76	00:08:22	5:34	10.78
15	22.500	02:05:40	5:35	10.74	00:08:32	5:40	10.56	16	24.000	02:14:28	5:36	10.71	00:08:48	5:52	10.23
17	25.500	02:23:04	5:36	10.69	00:08:37	5:44	10.46	18	27.000	02:32:00	5:37	10.66	00:08:57	5:57	10.07
19	28.500	02:40:35	5:38	10.65	00:08:35	5:43	10.50	20	30.000	02:49:13	5:38	10.64	00:08:39	5:45	10.42
21	31.500	02:57:51	5:38	10.63	00:08:38	5:45	10.43	22	33.000	03:06:25	5:38	10.62	00:08:35	5:43	10.49
23	34.500	03:15:03	5:39	10.61	00:08:39	5:45	10.42	24	36.000	03:23:34	5:39	10.61	00:08:31	5:40	10.57
25	37.500	03:32:00	5:39	10.61	00:08:26	5:37	10.68	26	39.000	03:40:25	5:39	10.62	00:08:25	5:36	10.70
27	40.500	03:48:40	5:38	10.63	00:08:16	5:30	10.91	28	42.000	03:56:58	5:38	10.63	00:08:19	5:32	10.84
29	43.500	04:05:17	5:38	10.64	00:08:20	5:32	10.82	30	45.000	04:13:39	5:38	10.65	00:08:22	5:34	10.77
31	46.500	04:21:59	5:38	10.65	00:08:21	5:33	10.78	32	48.000	04:30:31	5:38	10.65	00:08:32	5:41	10.55
33	49.500	04:39:21	5:38	10.63	00:08:51	5:53	10.18	34	51.000	04:47:56	5:38	10.63	00:08:35	5:43	10.49
35	52.500	04:56:33	5:38	10.62	00:08:37	5:44	10.46	36	54.000	05:05:23	5:39	10.61	00:08:51	5:53	10.19
37	55.500	05:14:34	5:40	10.59	00:09:12	6:07	9.79	38	57.000	05:24:04	5:41	10.55	00:09:31	6:20	9.47
39	58.500	05:33:46	5:42	10.52	00:09:42	6:27	9.29	40	60.000	05:43:09	5:43	10.49	00:09:24	6:15	9.59
41	61.500	05:52:05	5:43	10.48	00:08:57	5:57	10.07								

32 30 Runar Thorstensen NOR OK BIL 05:55:29 41 62.295

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:39	5:45	10.41	00:08:39	5:45	10.41	2	3.000	00:17:28	5:49	10.31	00:08:49	5:52	10.21
3	4.500	00:25:52	5:44	10.44	00:08:24	5:36	10.71	4	6.000	00:34:17	5:42	10.50	00:08:26	5:36	10.69
5	7.500	00:42:53	5:42	10.50	00:08:36	5:43	10.48	6	9.000	00:51:15	5:41	10.54	00:08:22	5:34	10.76
7	10.500	00:59:45	5:41	10.55	00:08:31	5:40	10.58	8	12.000	01:08:07	5:40	10.57	00:08:23	5:34	10.75
9	13.500	01:16:32	5:40	10.59	00:08:25	5:36	10.70	10	15.000	01:24:49	5:39	10.61	00:08:18	5:31	10.85
11	16.500	01:33:16	5:39	10.62	00:08:27	5:37	10.66	12	18.000	01:41:28	5:38	10.64	00:08:13	5:28	10.97
13	19.500	01:50:01	5:38	10.64	00:08:33	5:41	10.53	14	21.000	01:58:38	5:38	10.62	00:08:38	5:44	10.44
15	22.500	02:06:47	5:38	10.65	00:08:10	5:26	11.04	16	24.000	02:14:44	5:36	10.69	00:07:58	5:18	11.31
17	25.500	02:22:57	5:36	10.70	00:08:13	5:28	10.97	18	27.000	02:31:06	5:35	10.72	00:08:10	5:26	11.03
19	28.500	02:39:24	5:35	10.73	00:08:18	5:31	10.85	20	30.000	02:47:34	5:35	10.74	00:08:10	5:26	11.03
21	31.500	02:55:46	5:34	10.75	00:08:13	5:28	10.97	22	33.000	03:04:09	5:34	10.75	00:08:24	5:35	10.73
23	34.500	03:12:37	5:34	10.75	00:08:28	5:38	10.63	24	36.000	03:21:18	5:35	10.73	00:08:41	5:46	10.38
25	37.500	03:30:18	5:36	10.70	00:09:01	6:00	9.99	26	39.000	03:38:54	5:36	10.69	00:08:36	5:43	10.48
27	40.500	03:47:30	5:37	10.68	00:08:37	5:44	10.46	28	42.000	03:56:08	5:37	10.67	00:08:39	5:45	10.42
29	43.500	04:04:46	5:37	10.66	00:08:38	5:45	10.43	30	45.000	04:13:24	5:37	10.66	00:08:38	5:45	10.43
31	46.500	04:22:16	5:38	10.64	00:08:53	5:54	10.15	32	48.000	04:31:14	5:39	10.62	00:08:59	5:58	10.03
33	49.500	04:40:17	5:39	10.60	00:09:03	6:01	9.95	34	51.000	04:49:37	5:40	10.57	00:09:21	6:13	9.64
35	52.500	04:58:54	5:41	10.54	00:09:17	6:11	9.70	36	54.000	05:08:21	5:42	10.51	00:09:27	6:17	9.53
37	55.500	05:17:53	5:43	10.48	00:09:33	6:21	9.43	38	57.000	05:27:19	5:44	10.45	00:09:26	6:16	9.55
39	58.500	05:36:42	5:45	10.42	00:09:24	6:15	9.58	40	60.000	05:46:10	5:46	10.40	00:09:29	6:18	9.51
41	61.500	05:55:29	5:46	10.38	00:09:19	6:12	9.66								

33 94 Johan Filseth NOR Høvik jogg 05:54:46 41 61.500

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:04	5:22	11.17	00:08:04	5:22	11.17	2	3.000	00:16:15	5:24	11.08	00:08:12	5:27	10.99
3	4.500	00:24:29	5:26	11.03	00:08:14	5:29	10.93	4	6.000	00:32:51	5:28	10.96	00:08:22	5:34	10.76
5	7.500	00:41:20	5:30	10.89	00:08:30	5:39	10.60	6	9.000	00:49:50	5:32	10.84	00:08:30	5:39	10.59
7	10.500	00:58:23	5:33	10.79	00:08:34	5:42	10.53	8	12.000	01:06:53	5:34	10.77	00:08:31	5:40	10.58
9	13.500	01:15:50	5:37	10.68	00:08:57	5:58	10.06	10	15.000	01:24:17	5:37	10.68	00:08:27	5:37	10.66
11	16.500	01:32:38	5:36	10.69	00:08:22	5:34	10.77	12	18.000	01:41:06	5:36	10.68	00:08:28	5:38	10.63
13	19.500	01:49:39	5:37	10.67	00:08:33	5:42	10.53	14	21.000	01:58:02	5:37	10.68	00:08:23	5:35	10.74
15	22.500	02:06:25	5:37	10.68	00:08:24	5:35	10.73	16	24.000	02:14:42	5:36	10.69	00:08:17	5:31	10.87
17	25.500	02:23:11	5:36	10.69	00:08:29	5:39	10.61	18	27.000	02:31:44	5:37	10.68	00:08:34	5:42	10.52
19	28.500	02:40:19	5:37	10.67	00:08:35	5:43	10.49	20	30.000	02:48:54	5:37	10.66	00:08:36	5:43	10.48
21	31.500	02:57:16	5:37	10.66	00:08:22	5:34	10.77	22	33.000	03:05:40	5:37	10.67	00:08:24	5:35	10.72
23	34.500	03:14:12	5:37	10.66	00:08:33	5:41	10.53	24	36.000	03:22:30	5:37	10.67	00:08:18	5:31	10.85
25	37.500	03:30:58	5:37	10.67	00:08:29	5:39	10.62	26	39.000	03:39:16	5:37	10.67	00:08:18	5:31	10.85
27	40.500	03:47:51	5:37	10.66	00:08:36	5:43	10.48	28	42.000	03:56:14	5:37	10.67	00:08:23	5:35	10.75
29	43.500	04:04:58	5:37	10.65	00:08:45	5:49	10.29	30	45.000	04:13:23	5:37	10.66	00:08:25	5:36	10.70
31	46.500	04:22:06	5:38	10.65	00:08:43	5:48	10.34	32	48.000	04:30:26	5:38	10.65	00:08:21	5:33	10.80
33	49.500	04:39:25	5:38	10.63	00:08:59	5:59	10.02	34	51.000	04:48:09	5:38	10.62	00:08:45	5:49	10.30
35	52.500	04:57:33	5:40	10.59	00:09:24	6:16	9.57	36	54.000	05:06:37	5:40	10.57	00:09:05	6:02	9.92
37	55.500	05:16:24	5:42	10.53	00:09:47	6:30	9.21	38	57.000	05:26:38	5:43	10.47	00:10:15	6:49	8.79
39	58.500	05:36:28	5:45	10.43	00:09:50	6:33	9.16	40	60.000	05:46:08	5:46	10.40	00:09:41	6:26	9.31
41	61.500	05:54:46	5:46	10.40	00:08:39	5:45	10.42								

34 51 Ole Kristian Sæterbø NOR Bæverdalen 05:55:03 41 61.500

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:08	4:45	12.62	00:07:08	4:45	12.62	2	3.000	00:14:28	4:49	12.45	00:07:20	4:53	12.29
3	4.500	00:21:44	4:49	12.43	00:07:17	4:50	12.38	4	6.000	00:28:46	4:47	12.52	00:07:03	4:41	12.79
5	7.500	00:35:43	4:45	12.60	00:06:57	4:37	12.96	6	9.000	00:42:34	4:43	12.69	00:06:52	4:34	13.13
7	10.500	00:49:26	4:42	12.75	00:06:53	4:34	13.09	8	12.000	00:56:24	4:41	12.77	00:06:58	4:38	12.93
9	13.500	01:03:13	4:40	12.81	00:06:49	4:32	13.21	10	15.000	01:10:02	4:40	12.85	00:06:50	4:33	13.19
11	16.500	01:17:18	4:41	12.81	00:07:16	4:50	12.39	12	18.000	01:24:21	4:41	12.81	00:07:03	4:41	12.78
13	19.500	01:31:26	4:41	12.80	00:07:05	4:43	12.71	14	21.000	01:38:28	4:41	12.80	00:07:03	4:41	12.79
15	22.500	01:45:32	4:41	12.79	00:07:05	4:42	12.72	16	24.000	01:52:36	4:41	12.79	00:07:04	4:42	12.76
17	25.500	01:59:49	4:41	12.77	00:07:14	4:49	12.46	18	27.000	02:07:03	4:42	12.75	00:07:14	4:49	12.45
19	28.500	02:14:19	4:42	12.73	00:07:16	4:50	12.40	20	30.000	02:21:43	4:43	12.70	00:07:25	4:56	12.15
21	31.500	02:29:04	4:43	12.68	00:07:21	4:53	12.25	22	33.000	02:36:30	4:44	12.65	00:07:27	4:57	12.10
23	34.500	02:43:55	4:45	12.63	00:07:25	4:56	12.14	24	36.000	02:51:33	4:45	12.59	00:07:38	5:05	11.80
25	37.500	02:59:34	4:47	12.53	00:08:02	5:21	11.21	26	39.000	03:08:46	4:50	12.40	00:09:12	6:07	9.79
27	40.500	03:19:40	4:55	12.17	00:10:54	7:15	8.26	28	42.000	03:28:30	4:57	12.09	00:08:50	5:53	10.19
29	43.500	03:40:47	5:04	11.82	00:12:18	8:11	7.32	30	45.000	03:53:55	5:11	11.54	00:13:08	8:45	6.86
31	46.500	04:11:16	5:24	11.10	00:17:21	11:33	5.19	32	48.000	04:26:20	5:32	10.81	00:15:05	10:02	5.97
33	49.500	04:40:45	5:40	10.58	00:14:25	9:36	6.25	34	51.000	04:52:01	5:43	10.48	00:11:17	7:31	7.98
35	52.500	05:00:46	5:43	10.47	00:08:45	5:49	10.30	36	54.000	05:09:38	5:44	10.46	00:08:53	5:55	10.14
37	55.500	05:18:20	5:44	10.46	00:08:42	5:47	10.35	38	57.000	05:27:13	5:44	10.45	00:08:53	5:55	10.14
39	58.500	05:36:49	5:45	10.42	00:09:37	6:24	9.36	40	60.000	05:47:24	5:47	10.36	00:10:35	7:02	8.51
41	61.500	05:55:03	5:46	10.39	00:07:39	5:05	11.77								

35 90 Ove Haugen NOR BDO Noraudit 05:59:45 41 61.500

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:40	5:06	11.76	00:07:40	5:06	11.76	2	3.000	00:15:06	5:01	11.93	00:07:27	4:57	12.10
3	4.500	00:22:48	5:03	11.85	00:07:42	5:07	11.69	4	6.000	00:30:11	5:01	11.93	00:07:24	4:55	12.18
5	7.500	00:37:48	5:02	11.91	00:07:37	5:04	11.82	6	9.000	00:45:18	5:01	11.92	00:07:30	5:00	12.00
7	10.500	00:52:39	5:00	11.97	00:07:22	4:54	12.23	8	12.000	01:00:09	5:00	11.97	00:07:30	4:59	12.01
9	13.500	01:08:08	5:02	11.89	00:07:59	5:18	11.29	10	15.000	01:15:31	5:02	11.92	00:07:24	4:55	12.19
11	16.500	01:23:03	5:01	11.92	00:07:33	5:01	11.93	12	18.000	01:31:08	5:03	11.85	00:08:05	5:22	11.15
13	19.500	01:38:45	5:03	11.85	00:07:38	5:04	11.81	14	21.000	01:46:55	5:05	11.79	00:08:11	5:27	11.01
15	22.500	01:54:46	5:06	11.76	00:07:52	5:14	11.46	16	24.000	02:02:46	5:06	11.73	00:08:00	5:19	11.26
17	25.500	02:11:04	5:08	11.67	00:08:19	5:32	10.84	18	27.000	02:19:28	5:09	11.62	00:08:25	5:36	10.71
19	28.500	02:27:57	5:11	11.56	00:08:29	5:39	10.61	20	30.000	02:36:39	5:13	11.49	00:08:42	5:47	10.35
21	31.500	02:45:05	5:14	11.45	00:08:27	5:37	10.66	22	33.000	02:54:09	5:16	11.37	00:09:04	6:02	9.94
23	34.500	03:04:33	5:20	11.22	00:10:24	6:56	8.65	24	36.000	03:14:36	5:24	11.10	00:10:04	6:42	8.95
25	37.500	03:24:30	5:27	11.00	00:09:54	6:35	9.09	26	39.000	03:34:05	5:29	10.93	00:09:36	6:23	9.39
27	40.500	03:44:36	5:32	10.82	00:10:32	7:00	8.55	28	42.000	03:55:13	5:36	10.71	00:10:37	7:04	8.48
29	43.500	04:05:45	5:38	10.62	00:10:32	7:01	8.55	30	45.000	04:15:38	5:40	10.56	00:09:53	6:34	9.11
31	46.500	04:26:39	5:44	10.46	00:11:02	7:20	8.17	32	48.000	04:36:11	5:45	10.43	00:09:32	6:21	9.44
33	49.500	04:46:18	5:47	10.37	00:10:08	6:44	8.89	34	51.000	04:56:30	5:48	10.32	00:10:13	6:48	8.82
35	52.500	05:06:15	5:49	10.29	00:09:45	6:29	9.23	36	54.000	05:15:58	5:51	10.25	00:09:43	6:28	9.26
37	55.500	05:25:13	5:51	10.24	00:09:15	6:09	9.73	38	57.000	05:34:10	5:51	10.23	00:08:58	5:58	10.05
39	58.500	05:42:57	5:51	10.23	00:08:47	5:51	10.25	40	60.000	05:51:42	5:51	10.24	00:08:46	5:50	10.28
41	61.500	05:59:45	5:50	10.26	00:08:03	5:21	11.18								



36 68 Bård Rødde NOR Lånke IL 05:55:25 40 60.875

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:13	5:28	10.97	00:08:13	5:28	10.97	2	3.000	00:16:23	5:27	10.99	00:08:11	5:27	11.00
3	4.500	00:24:38	5:28	10.96	00:08:15	5:29	10.92	4	6.000	00:32:48	5:27	10.98	00:08:10	5:26	11.03
5	7.500	00:41:05	5:28	10.96	00:08:18	5:31	10.86	6	9.000	00:49:31	5:30	10.91	00:08:26	5:37	10.67
7	10.500	00:57:55	5:30	10.88	00:08:25	5:36	10.70	8	12.000	01:06:16	5:31	10.87	00:08:21	5:33	10.78
9	13.500	01:15:00	5:33	10.80	00:08:45	5:49	10.30	10	15.000	01:23:34	5:34	10.77	00:08:34	5:42	10.52
11	16.500	01:32:06	5:34	10.75	00:08:33	5:41	10.54	12	18.000	01:40:52	5:36	10.71	00:08:46	5:50	10.28
13	19.500	01:49:24	5:36	10.69	00:08:33	5:41	10.53	14	21.000	01:57:56	5:36	10.68	00:08:33	5:41	10.54
15	22.500	02:06:40	5:37	10.66	00:08:44	5:48	10.32	16	24.000	02:15:13	5:38	10.65	00:08:34	5:42	10.52
17	25.500	02:23:46	5:38	10.64	00:08:33	5:41	10.53	18	27.000	02:32:29	5:38	10.62	00:08:43	5:48	10.33
19	28.500	02:41:08	5:39	10.61	00:08:39	5:45	10.41	20	30.000	02:49:41	5:39	10.61	00:08:33	5:41	10.53
21	31.500	02:58:30	5:39	10.59	00:08:50	5:53	10.19	22	33.000	03:07:14	5:40	10.58	00:08:44	5:49	10.31
23	34.500	03:15:54	5:40	10.57	00:08:41	5:47	10.37	24	36.000	03:24:57	5:41	10.54	00:09:03	6:01	9.95
25	37.500	03:34:06	5:42	10.51	00:09:09	6:05	9.84	26	39.000	03:43:16	5:43	10.48	00:09:10	6:06	9.82
27	40.500	03:52:38	5:44	10.45	00:09:23	6:14	9.60	28	42.000	04:02:07	5:45	10.41	00:09:29	6:19	9.49
29	43.500	04:11:26	5:46	10.38	00:09:20	6:13	9.65	30	45.000	04:22:13	5:49	10.30	00:10:47	7:10	8.36
31	46.500	04:31:27	5:50	10.28	00:09:15	6:09	9.74	32	48.000	04:40:47	5:50	10.26	00:09:20	6:13	9.65
33	49.500	04:50:23	5:51	10.23	00:09:37	6:24	9.36	34	51.000	04:59:51	5:52	10.21	00:09:28	6:18	9.51
35	52.500	05:09:13	5:53	10.19	00:09:23	6:14	9.61	36	54.000	05:19:36	5:55	10.14	00:10:24	6:55	8.66
37	55.500	05:29:06	5:55	10.12	00:09:30	6:19	9.48	38	57.000	05:38:00	5:55	10.12	00:08:54	5:55	10.12
39	58.500	05:46:50	5:55	10.12	00:08:51	5:53	10.18	40	60.000	05:55:25	5:55	10.13	00:08:36	5:43	10.48

37 19 Jostein Lundgaard NOR Nammo Raufoss BIL 05:58:35 40 60.280

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:11	5:27	11.01	00:08:11	5:27	11.01	2	3.000	00:16:41	5:33	10.80	00:08:30	5:39	10.60
3	4.500	00:24:50	5:31	10.88	00:08:10	5:26	11.04	4	6.000	00:33:04	5:30	10.89	00:08:15	5:29	10.93
5	7.500	00:41:34	5:32	10.83	00:08:31	5:40	10.58	6	9.000	00:50:03	5:33	10.79	00:08:30	5:39	10.60
7	10.500	00:58:13	5:32	10.82	00:08:10	5:26	11.03	8	12.000	01:06:36	5:32	10.81	00:08:23	5:35	10.74
9	13.500	01:15:00	5:33	10.80	00:08:24	5:35	10.72	10	15.000	01:23:17	5:33	10.81	00:08:17	5:31	10.87
11	16.500	01:31:57	5:34	10.77	00:08:41	5:47	10.37	12	18.000	01:40:16	5:34	10.77	00:08:19	5:32	10.82
13	19.500	01:48:47	5:34	10.76	00:08:31	5:40	10.58	14	21.000	01:57:28	5:35	10.73	00:08:42	5:47	10.36
15	22.500	02:06:30	5:37	10.67	00:09:02	6:01	9.96	16	24.000	02:14:59	5:37	10.67	00:08:30	5:39	10.60
17	25.500	02:23:36	5:37	10.66	00:08:37	5:44	10.45	18	27.000	02:32:09	5:38	10.65	00:08:34	5:42	10.52
19	28.500	02:40:58	5:38	10.62	00:08:50	5:52	10.21	20	30.000	02:49:37	5:39	10.61	00:08:40	5:46	10.40
21	31.500	02:58:30	5:39	10.59	00:08:53	5:54	10.15	22	33.000	03:07:28	5:40	10.56	00:08:58	5:58	10.04
23	34.500	03:16:35	5:41	10.53	00:09:08	6:04	9.87	24	36.000	03:25:35	5:42	10.51	00:09:01	6:00	10.00
25	37.500	03:34:44	5:43	10.48	00:09:09	6:05	9.84	26	39.000	03:43:44	5:44	10.46	00:09:01	6:00	9.99
27	40.500	03:53:04	5:45	10.43	00:09:20	6:13	9.64	28	42.000	04:02:30	5:46	10.39	00:09:26	6:17	9.54
29	43.500	04:12:12	5:47	10.35	00:09:42	6:27	9.28	30	45.000	04:22:00	5:49	10.31	00:09:49	6:32	9.18
31	46.500	04:31:47	5:50	10.27	00:09:47	6:31	9.20	32	48.000	04:41:31	5:51	10.23	00:09:44	6:28	9.26
33	49.500	04:51:08	5:52	10.20	00:09:38	6:24	9.36	34	51.000	05:00:55	5:54	10.17	00:09:48	6:31	9.20
35	52.500	05:10:44	5:55	10.14	00:09:50	6:32	9.16	36	54.000	05:20:28	5:56	10.11	00:09:44	6:29	9.25
37	55.500	05:30:05	5:56	10.09	00:09:38	6:24	9.35	38	57.000	05:39:53	5:57	10.06	00:09:48	6:31	9.19
39	58.500	05:49:28	5:58	10.04	00:09:36	6:23	9.38	40	60.000	05:58:35	5:58	10.04	00:09:07	6:04	9.88

38 58 Anders Haraldsen NOR H.Lundbeck AS 05:55:59 40 60.195

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:24	5:35	10.73	00:08:24	5:35	10.73	2	3.000	00:16:57	5:38	10.62	00:08:34	5:42	10.52
3	4.500	00:25:43	5:42	10.50	00:08:46	5:50	10.27	4	6.000	00:34:22	5:43	10.48	00:08:40	5:46	10.40
5	7.500	00:42:58	5:43	10.47	00:08:37	5:44	10.46	6	9.000	00:51:33	5:43	10.48	00:08:35	5:43	10.49
7	10.500	00:59:57	5:42	10.51	00:08:25	5:36	10.71	8	12.000	01:08:30	5:42	10.51	00:08:33	5:41	10.53
9	13.500	01:17:00	5:42	10.52	00:08:31	5:40	10.58	10	15.000	01:25:51	5:43	10.48	00:08:52	5:54	10.16
11	16.500	01:34:23	5:43	10.49	00:08:32	5:40	10.56	12	18.000	01:42:59	5:43	10.49	00:08:37	5:44	10.45
13	19.500	01:51:32	5:43	10.49	00:08:33	5:41	10.53	14	21.000	02:00:14	5:43	10.48	00:08:42	5:47	10.35
15	22.500	02:08:51	5:43	10.48	00:08:38	5:45	10.43	16	24.000	02:17:53	5:44	10.44	00:09:02	6:01	9.97
17	25.500	02:26:32	5:44	10.44	00:08:39	5:45	10.41	18	27.000	02:35:41	5:45	10.41	00:09:10	6:06	9.83
19	28.500	02:44:32	5:46	10.39	00:08:51	5:54	10.17	20	30.000	02:53:38	5:47	10.37	00:09:06	6:03	9.90
21	31.500	03:02:28	5:47	10.36	00:08:50	5:53	10.19	22	33.000	03:12:05	5:49	10.31	00:09:38	6:24	9.35
23	34.500	03:20:49	5:49	10.31	00:08:44	5:49	10.31	24	36.000	03:29:51	5:49	10.29	00:09:03	6:01	9.96
25	37.500	03:38:49	5:50	10.28	00:08:59	5:58	10.03	26	39.000	03:47:45	5:50	10.27	00:08:56	5:57	10.08
27	40.500	03:56:46	5:50	10.26	00:09:02	6:00	9.98	28	42.000	04:05:36	5:50	10.26	00:08:50	5:53	10.19
29	43.500	04:15:23	5:52	10.22	00:09:47	6:31	9.20	30	45.000	04:24:10	5:52	10.22	00:08:48	5:51	10.25
31	46.500	04:33:24	5:52	10.21	00:09:14	6:09	9.75	32	48.000	04:42:41	5:53	10.19	00:09:18	6:11	9.68
33	49.500	04:51:57	5:53	10.17	00:09:16	6:10	9.73	34	51.000	05:01:21	5:54	10.15	00:09:25	6:16	9.57
35	52.500	05:10:44	5:55	10.14	00:09:24	6:15	9.59	36	54.000	05:20:40	5:56	10.10	00:09:57	6:37	9.05
37	55.500	05:29:44	5:56	10.10	00:09:04	6:02	9.93	38	57.000	05:38:40	5:56	10.10	00:08:56	5:57	10.08
39	58.500	05:47:26	5:56	10.10	00:08:47	5:50	10.26	40	60.000	05:55:59	5:55	10.11	00:08:33	5:41	10.53

39 32 Jan Billy Aas NOR Drøbakk maratonklubb 05:59:01 40 60.020

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:05:37	3:44	16.06	00:05:37	3:44	16.06	2	3.000	00:11:26	3:48	15.76	00:05:49	3:52	15.47
3	4.500	00:17:24	3:51	15.53	00:05:58	3:58	15.09	4	6.000	00:23:21	3:53	15.42	00:05:58	3:58	15.09
5	7.500	00:29:24	3:55	15.31	00:06:03	4:01	14.90	6	9.000	00:35:34	3:57	15.19	00:06:10	4:06	14.60
7	10.500	00:42:02	4:00	14.99	00:06:29	4:19	13.89	8	12.000	00:48:42	4:03	14.79	00:06:40	4:26	13.51
9	13.500	00:55:26	4:06	14.62	00:06:44	4:28	13.39	10	15.000	01:02:11	4:08	14.48	00:06:46	4:30	13.33
11	16.500	01:09:00	4:10	14.35	00:06:50	4:33	13.18	12	18.000	01:15:55	4:13	14.23	00:06:55	4:36	13.02
13	19.500	01:22:58	4:15	14.10	00:07:04	4:42	12.76	14	21.000	01:30:09	4:17	13.98	00:07:12	4:47	12.53
15	22.500	01:38:01	4:21	13.77	00:07:52	5:14	11.45	16	24.000	01:49:35	4:33	13.14	00:11:34	7:42	7.78
17	25.500	01:56:41	4:34	13.11	00:07:06	4:43	12.68	18	27.000	02:12:34	4:54	12.22	00:15:54	10:35	5.66
19	28.500	02:18:14	4:50	12.37	00:05:40	3:46	15.91	20	30.000	02:24:16	4:48	12.48	00:06:03	4:01	14.88
21	31.500	02:37:45	5:00	11.98	00:13:29	8:59	6.68	22	33.000	02:43:23	4:57	12.12	00:05:39	3:45	15.96
23	34.500	02:49:18	4:54	12.23	00:05:55	3:56	15.22	24	36.000	03:03:51	5:06	11.75	00:14:33	9:41	6.19
25	37.500	03:09:45	5:03	11.86	00:05:55	3:56	15.24	26	39.000	03:15:20	5:00	11.98	00:05:35	3:43	16.12
27	40.500	03:22:00	4:59	12.03	00:06:41	4:26	13.50	28	42.000	03:37:46	5:11	11.57	00:15:47	10:30	5.71
29	43.500	03:48:57	5:15	11.40	00:11:12	7:27	8.05	30	45.000	03:56:36	5:15	11.41	00:07:39	5:05	11.77
31	46.500	04:04:29	5:15	11.41	00:07:54	5:15	11.41	32	48.000	04:12:15	5:15	11.42	00:07:47	5:10	11.58
33	49.500	04:19:56	5:15	11.43	00:07:41	5:07	11.73	34	51.000	04:28:06	5:15	11.41	00:08:11	5:26	11.02
35	52.500	04:35:48	5:15	11.42	00:07:42	5:07	11.69	36	54.000	04:54:49	5:27	10.99	00:19:02	12:41	4.73
37	55.500	05:11:53	5:37	10.68	00:17:04	11:22	5.27	38	57.000	05:29:55	5:47	10.37	00:18:03	12:01	4.99
39	58.500	05:43:52	5:52	10.21	00:13:57	9:17	6.46	40	60.000	05:59:01	5:59	10.03	00:15:10	10:06	5.94

40 107 Sverre Solhang NOR Idrettslaget Fri 05:59:33 40 60.000

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:48	5:11	11.56	00:07:48	5:11	11.56	2	3.000	00:15:31	5:10	11.61	00:07:44	5:08	11.66
3	4.500	00:23:31	5:13	11.49	00:08:00	5:19	11.25	4	6.000	00:31:28	5:14	11.45	00:07:57	5:17	11.32
5	7.500	00:39:16	5:14	11.46	00:07:48	5:12	11.54	6	9.000	00:46:54	5:12	11.52	00:07:38	5:05	11.79
7	10.500	00:54:20	5:10	11.60	00:07:27	4:57	12.10	8	12.000	01:02:03	5:10	11.60	00:07:44	5:08	11.66
9	13.500	01:10:00	5:11	11.57	00:07:57	5:17	11.33	10	15.000	01:18:07	5:12	11.52	00:08:08	5:24	11.08
11	16.500	01:25:45	5:11	11.55	00:07:38	5:05	11.79	12	18.000	01:33:32	5:11	11.55	00:07:48	5:11	11.56
13	19.500	01:41:26	5:12	11.54	00:07:54	5:15	11.40	14	21.000	01:49:27	5:12	11.51	00:08:02	5:20	11.22
15	22.500	01:57:25	5:13	11.50	00:07:58	5:18	11.31	16	24.000	02:05:13	5:13	11.50	00:07:49	5:12	11.52
17	25.500	02:13:39	5:14	11.45	00:08:26	5:37	10.68	18	27.000	02:22:13	5:16	11.39	00:08:34	5:42	10.51
19	28.500	02:30:58	5:17	11.33	00:08:46	5:50	10.28	20	30.000	02:40:23	5:20	11.22	00:09:26	6:16	9.55
21	31.500	02:48:51	5:21	11.19	00:08:29	5:38	10.63	22	33.000	02:57:22	5:22	11.16	00:08:31	5:40	10.58
23	34.500	03:06:28	5:24	11.10	00:09:07	6:04	9.88	24	36.000	03:16:51	5:28	10.97	00:10:24	6:55	8.66
25	37.500	03:26:21	5:30	10.90	00:09:30	6:19	9.48	26	39.000	03:35:51	5:32	10.84	00:09:30	6:19	9.48
27	40.500	03:45:56	5:34	10.76	00:10:05	6:43	8.93	28	42.000	03:56:14	5:37	10.67	00:10:19	6:52	8.74
29	43.500	04:06:12	5:39	10.60	00:09:59	6:38	9.02	30	45.000	04:17:11	5:42	10.50	00:10:59	7:19	8.20
31	46.500	04:27:38	5:45	10.43	00:10:27	6:57	8.62	32	48.000	04:40:00	5:49	10.29	00:12:23	8:15	7.27
33	49.500	04:50:56	5:52	10.21	00:10:56	7:16	8.24	34	51.000	05:01:17	5:54	10.16	00:10:22	6:54	8.68
35	52.500	05:11:50	5:56	10.10	00:10:33	7:01	8.54	36	54.000	05:21:53	5:57	10.07	00:10:04	6:42	8.95
37	55.500	05:30:44	5:57	10.07	00:08:51	5:53	10.17	38	57.000	05:40:07	5:58	10.06	00:09:23	6:15	9.60
39	58.500	05:50:20	5:59	10.02	00:10:14	6:48	8.81	40	60.000	05:59:33	5:59	10.01	00:09:14	6:08	9.76

41 49 Per Audun Heskestad NOR Uansett Vær 05:55:28 39 59.375

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:01	5:20	11.24	00:08:01	5:20	11.24	2	3.000	00:16:13	5:24	11.10	00:08:13	5:28	10.97
3	4.500	00:24:21	5:24	11.09	00:08:08	5:25	11.07	4	6.000	00:32:27	5:24	11.09	00:08:07	5:24	11.10
5	7.500	00:40:30	5:23	11.11	00:08:03	5:21	11.19	6	9.000	00:48:46	5:25	11.07	00:08:17	5:30	10.88
7	10.500	00:56:58	5:25	11.06	00:08:12	5:27	10.98	8	12.000	01:05:10	5:25	11.05	00:08:12	5:27	10.99
9	13.500	01:13:27	5:26	11.03	00:08:18	5:31	10.85	10	15.000	01:21:51	5:27	11.00	00:08:24	5:35	10.73
11	16.500	01:30:21	5:28	10.96	00:08:30	5:40	10.59	12	18.000	01:38:54	5:29	10.92	00:08:34	5:42	10.52
13	19.500	01:47:29	5:30	10.89	00:08:35	5:43	10.49	14	21.000	01:56:11	5:31	10.85	00:08:42	5:47	10.35
15	22.500	02:04:51	5:32	10.81	00:08:41	5:47	10.37	16	24.000	02:14:17	5:35	10.72	00:09:26	6:17	9.55
17	25.500	02:23:41	5:38	10.65	00:09:24	6:15	9.58	18	27.000	02:32:57	5:39	10.59	00:09:16	6:10	9.71
19	28.500	02:42:39	5:42	10.51	00:09:43	6:28	9.27	20	30.000	02:52:07	5:44	10.46	00:09:29	6:18	9.51
21	31.500	03:01:51	5:46	10.39	00:09:44	6:28	9.26	22	33.000	03:11:26	5:48	10.34	00:09:36	6:23	9.39
23	34.500	03:21:03	5:49	10.30	00:09:37	6:24	9.36	24	36.000	03:30:45	5:51	10.25	00:09:42	6:27	9.28
25	37.500	03:40:40	5:53	10.20	00:09:56	6:36	9.07	26	39.000	03:50:14	5:54	10.16	00:09:35	6:22	9.40
27	40.500	03:59:32	5:54	10.14	00:09:19	6:12	9.67	28	42.000	04:08:23	5:54	10.15	00:08:51	5:53	10.18
29	43.500	04:18:31	5:56	10.10	00:10:08	6:45	8.88	30	45.000	04:28:31	5:58	10.06	00:10:01	6:40	8.99
31	46.500	04:38:37	5:59	10.01	00:10:07	6:44	8.91	32	48.000	04:48:32	6:00	9.98	00:09:55	6:36	9.08
33	49.500	04:58:34	6:01	9.95	00:10:02	6:41	8.98	34	51.000	05:08:29	6:02	9.92	00:09:56	6:36	9.07
35	52.500	05:18:12	6:03	9.90	00:09:44	6:28	9.26	36	54.000	05:27:57	6:04	9.88	00:09:45	6:29	9.23
37	55.500	05:37:37	6:04	9.86	00:09:41	6:27	9.30	38	57.000	05:46:27	6:04	9.87	00:08:50	5:53	10.20
39	58.500	05:55:28	6:04	9.87	00:09:01	6:00	9.99								

42 72 Knut Kronstad NOR Kondis 05:56:16 39 59.175

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:55	5:16	11.37	00:07:55	5:16	11.37	2	3.000	00:15:59	5:19	11.27	00:08:04	5:22	11.17
3	4.500	00:24:15	5:23	11.14	00:08:16	5:30	10.89	4	6.000	00:32:35	5:25	11.05	00:08:21	5:33	10.79
5	7.500	00:40:51	5:26	11.02	00:08:16	5:30	10.89	6	9.000	00:49:04	5:27	11.01	00:08:13	5:28	10.97
7	10.500	00:57:15	5:27	11.01	00:08:12	5:27	11.00	8	12.000	01:05:19	5:26	11.02	00:08:05	5:23	11.15
9	13.500	01:13:24	5:26	11.04	00:08:05	5:23	11.15	10	15.000	01:21:21	5:25	11.06	00:07:58	5:18	11.31
11	16.500	01:29:18	5:24	11.09	00:07:57	5:17	11.33	12	18.000	01:37:13	5:24	11.11	00:07:56	5:16	11.36
13	19.500	01:45:19	5:24	11.11	00:08:06	5:23	11.11	14	21.000	01:53:10	5:23	11.14	00:07:51	5:13	11.47
15	22.500	02:01:04	5:22	11.15	00:07:55	5:16	11.39	16	24.000	02:09:03	5:22	11.16	00:08:00	5:19	11.26
17	25.500	02:17:15	5:22	11.15	00:08:13	5:28	10.97	18	27.000	02:25:18	5:22	11.15	00:08:04	5:22	11.18
19	28.500	02:33:47	5:23	11.12	00:08:29	5:39	10.62	20	30.000	02:41:52	5:23	11.12	00:08:06	5:23	11.13
21	31.500	02:50:19	5:24	11.10	00:08:27	5:37	10.66	22	33.000	02:58:47	5:25	11.08	00:08:28	5:38	10.63
23	34.500	03:07:53	5:26	11.02	00:09:07	6:04	9.88	24	36.000	03:17:37	5:29	10.93	00:09:44	6:28	9.26
25	37.500	03:28:16	5:33	10.80	00:10:40	7:06	8.45	26	39.000	03:38:00	5:35	10.73	00:09:45	6:29	9.25
27	40.500	03:48:01	5:37	10.66	00:10:02	6:40	8.98	28	42.000	03:57:51	5:39	10.60	00:09:51	6:33	9.15
29	43.500	04:08:57	5:43	10.48	00:11:07	7:24	8.11	30	45.000	04:22:30	5:49	10.29	00:13:34	9:02	6.64
31	46.500	04:32:08	5:51	10.25	00:09:38	6:24	9.35	32	48.000	04:42:27	5:53	10.20	00:10:19	6:52	8.73
33	49.500	04:53:13	5:55	10.13	00:10:47	7:10	8.36	34	51.000	05:03:57	5:57	10.07	00:10:45	7:09	8.38
35	52.500	05:14:31	5:59	10.02	00:10:34	7:02	8.53	36	54.000	05:25:06	6:01	9.97	00:10:36	7:03	8.49
37	55.500	05:35:25	6:02	9.93	00:10:19	6:52	8.74	38	57.000	05:45:42	6:03	9.89	00:10:18	6:51	8.75
39	58.500	05:56:16	6:05	9.85	00:10:34	7:02	8.52								

43 6 Oddvar Røsten NOR Sportsklubben Rye / Kondis 05:57:27 39 58.870

Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:39	5:45	10.41	00:08:39	5:45	10.41	2	3.000	00:17:30	5:49	10.29	00:08:51	5:53	10.18
3	4.500	00:26:12	5:49	10.31	00:08:43	5:48	10.33	4	6.000	00:34:56	5:49	10.31	00:08:44	5:49	10.31
5	7.500	00:43:55	5:51	10.25	00:09:00	5:59	10.02	6	9.000	00:52:53	5:52	10.21	00:08:58	5:58	10.04
7	10.500	01:02:00	5:54	10.16	00:09:07	6:04	9.88	8	12.000	01:11:21	5:56	10.09	00:09:22	6:14	9.62
9	13.500	01:20:02	5:55	10.12	00:08:42	5:47	10.36	10	15.000	01:28:51	5:55	10.13	00:08:50	5:53	10.20
11	16.500	01:37:33	5:54	10.15	00:08:43	5:48	10.34	12	18.000	01:46:19	5:54	10.16	00:08:46	5:50	10.28
13	19.500	01:54:38	5:52	10.21	00:08:19	5:32	10.83	14	21.000	02:03:13	5:52	10.23	00:08:36	5:43	10.47
15	22.500	02:11:35	5:50	10.26	00:08:23	5:34	10.75	16	24.000	02:20:06	5:50	10.28	00:08:31	5:40	10.58
17	25.500	02:28:40	5:49	10.29	00:08:35	5:42	10.50	18	27.000	02:37:25	5:49	10.29	00:08:46	5:50	10.28
19	28.500	02:46:08	5:49	10.29	00:08:44	5:48	10.32	20	30.000	02:55:47	5:51	10.24	00:09:39	6:25	9.33
21	31.500	03:04:31	5:51	10.24	00:08:44	5:49	10.31	22	33.000	03:13:10	5:51	10.25	00:08:39	5:45	10.41
23	34.500	03:21:49	5:50	10.26	00:08:40	5:46	10.40	24	36.000	03:30:53	5:51	10.24	00:09:04	6:02	9.93
25	37.500	03:40:13	5:52	10.22	00:09:21	6:13	9.64	26	39.000	03:49:18	5:52	10.20	00:09:06	6:03	9.90
27	40.500	03:58:22	5:53	10.19	00:09:04	6:02	9.94	28	42.000	04:07:16	5:53	10.19	00:08:55	5:56	10.10
29	43.500	04:18:18	5:56	10.10	00:11:02	7:21	8.16	30	45.000	04:27:53	5:57	10.08	00:09:35	6:23	9.40
31	46.500	04:37:45	5:58	10.05	00:09:53	6:34	9.12	32	48.000	04:47:36	5:59	10.01	00:09:52	6:34	9.14
33	49.500	04:58:37	6:01	9.95	00:11:01	7:20	8.18	34	51.000	05:09:21	6:03	9.89	00:10:45	7:09	8.38
35	52.500	05:18:55	6:04	9.88	00:09:34	6:22	9.42	36	54.000	05:28:34	6:05	9.86	00:09:40	6:26	9.32
37	55.500	05:38:22	6:05	9.84	00:09:48	6:31	9.19	38	57.000	05:47:52	6:06	9.83	00:09:31	6:20	9.47
39	58.500	05:57:27	6:06	9.82	00:09:35	6:22	9.40								



44	44	Svein Zachariassen						NOR	BVKK		05:59:03	39	58.570		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:09:12	6:07	9.79	00:09:12	6:07	9.79	2	3.000	00:18:25	6:08	9.78	00:09:14	6:08	9.76
3	4.500	00:26:56	5:58	10.03	00:08:31	5:40	10.58	4	6.000	00:35:44	5:57	10.08	00:08:49	5:52	10.22
5	7.500	00:44:19	5:54	10.15	00:08:36	5:43	10.48	6	9.000	00:53:31	5:56	10.09	00:09:12	6:07	9.80
7	10.500	01:05:27	6:13	9.63	00:11:57	7:57	7.54	8	12.000	01:14:01	6:10	9.73	00:08:35	5:42	10.50
9	13.500	01:22:24	6:06	9.83	00:08:23	5:35	10.74	10	15.000	01:31:03	6:04	9.89	00:08:40	5:46	10.40
11	16.500	01:39:40	6:02	9.93	00:08:38	5:44	10.44	12	18.000	01:48:08	6:00	9.99	00:08:28	5:38	10.64
13	19.500	01:57:33	6:01	9.95	00:09:26	6:16	9.55	14	21.000	02:06:01	6:00	10.00	00:08:28	5:38	10.64
15	22.500	02:14:34	5:58	10.03	00:08:34	5:42	10.51	16	24.000	02:23:02	5:57	10.07	00:08:28	5:38	10.64
17	25.500	02:31:46	5:57	10.08	00:08:44	5:49	10.31	18	27.000	02:40:20	5:56	10.10	00:08:35	5:42	10.50
19	28.500	02:48:47	5:55	10.13	00:08:27	5:38	10.65	20	30.000	02:57:09	5:54	10.16	00:08:22	5:34	10.77
21	31.500	03:06:26	5:55	10.14	00:09:18	6:11	9.69	22	33.000	03:14:48	5:54	10.16	00:08:23	5:35	10.74
23	34.500	03:23:16	5:53	10.18	00:08:28	5:38	10.65	24	36.000	03:31:44	5:52	10.20	00:08:28	5:38	10.63
25	37.500	03:40:37	5:52	10.20	00:08:54	5:55	10.12	26	39.000	03:49:53	5:53	10.18	00:09:16	6:10	9.71
27	40.500	03:58:21	5:53	10.20	00:08:29	5:38	10.63	28	42.000	04:06:48	5:52	10.21	00:08:28	5:38	10.64
29	43.500	04:17:02	5:54	10.15	00:10:14	6:49	8.80	30	45.000	04:26:30	5:55	10.13	00:09:29	6:19	9.50
31	46.500	04:36:25	5:56	10.09	00:09:55	6:36	9.08	32	48.000	04:45:56	5:57	10.07	00:09:31	6:20	9.47
33	49.500	04:56:09	5:58	10.03	00:10:14	6:49	8.80	34	51.000	05:07:00	6:01	9.97	00:10:51	7:13	8.30
35	52.500	05:17:20	6:02	9.93	00:10:21	6:53	8.71	36	54.000	05:33:06	6:10	9.73	00:15:47	10:30	5.71
37	55.500	05:43:04	6:10	9.71	00:09:59	6:38	9.03	38	57.000	05:51:09	6:09	9.74	00:08:05	5:22	11.15
39	58.500	05:59:03	6:08	9.78	00:07:55	5:16	11.39								

45	60	Erik Nossum						NOR	Oppegård IL		05:54:01	38	58.225		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:45	5:49	10.30	00:08:45	5:49	10.30	2	3.000	00:17:01	5:40	10.58	00:08:17	5:30	10.88
3	4.500	00:25:07	5:34	10.76	00:08:06	5:23	11.12	4	6.000	00:33:05	5:30	10.88	00:07:59	5:19	11.28
5	7.500	00:41:41	5:33	10.80	00:08:37	5:44	10.46	6	9.000	00:49:45	5:31	10.86	00:08:04	5:22	11.17
7	10.500	00:57:45	5:29	10.91	00:08:00	5:19	11.25	8	12.000	01:05:34	5:27	10.98	00:07:50	5:13	11.50
9	13.500	01:13:26	5:26	11.03	00:07:52	5:14	11.45	10	15.000	01:21:19	5:25	11.07	00:07:53	5:15	11.43
11	16.500	01:28:59	5:23	11.13	00:07:41	5:07	11.72	12	18.000	01:39:28	5:31	10.86	00:10:29	6:59	8.59
13	19.500	01:47:29	5:30	10.89	00:08:02	5:20	11.22	14	21.000	01:56:37	5:33	10.80	00:09:09	6:05	9.85
15	22.500	02:06:18	5:36	10.69	00:09:41	6:27	9.30	16	24.000	02:14:10	5:35	10.73	00:07:52	5:14	11.45
17	25.500	02:21:54	5:33	10.78	00:07:45	5:09	11.63	18	27.000	02:29:55	5:33	10.81	00:08:01	5:20	11.23
19	28.500	02:38:01	5:32	10.82	00:08:07	5:24	11.11	20	30.000	02:46:32	5:33	10.81	00:08:32	5:40	10.57
21	31.500	02:54:58	5:33	10.80	00:08:27	5:37	10.67	22	33.000	03:03:50	5:34	10.77	00:08:53	5:54	10.15
23	34.500	03:13:01	5:35	10.73	00:09:11	6:06	9.82	24	36.000	03:21:50	5:36	10.70	00:08:50	5:52	10.20
25	37.500	03:35:43	5:45	10.43	00:13:54	9:15	6.48	26	39.000	03:47:33	5:50	10.28	00:11:50	7:53	7.61
27	40.500	03:56:52	5:50	10.26	00:09:19	6:12	9.67	28	42.000	04:07:06	5:52	10.20	00:10:15	6:49	8.79
29	43.500	04:21:03	6:00	10.00	00:13:57	9:17	6.46	30	45.000	04:35:32	6:07	9.80	00:14:30	9:39	6.21
31	46.500	04:45:51	6:08	9.76	00:10:20	6:53	8.71	32	48.000	04:56:23	6:10	9.72	00:10:32	7:00	8.55
33	49.500	05:07:29	6:12	9.66	00:11:07	7:24	8.10	34	51.000	05:20:48	6:17	9.54	00:13:19	8:52	6.76
35	52.500	05:31:39	6:19	9.50	00:10:52	7:14	8.29	36	54.000	05:39:35	6:17	9.54	00:07:57	5:17	11.34
37	55.500	05:46:44	6:14	9.60	00:07:09	4:45	12.61	38	57.000	05:54:01	6:12	9.66	00:07:18	4:51	12.35

46 80 Arne Lundby			NOR Spiridon LLL					05:56:57			38		57.420		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:59	5:59	10.02	00:08:59	5:59	10.02	2	3.000	00:17:38	5:52	10.21	00:08:39	5:45	10.41
3	4.500	00:26:15	5:49	10.29	00:08:37	5:44	10.45	4	6.000	00:34:56	5:49	10.31	00:08:42	5:47	10.36
5	7.500	00:43:38	5:48	10.32	00:08:42	5:47	10.36	6	9.000	00:52:20	5:48	10.32	00:08:43	5:48	10.34
7	10.500	01:01:03	5:48	10.32	00:08:44	5:48	10.32	8	12.000	01:09:42	5:48	10.33	00:08:39	5:45	10.41
9	13.500	01:18:15	5:47	10.35	00:08:33	5:41	10.54	10	15.000	01:26:55	5:47	10.36	00:08:41	5:46	10.38
11	16.500	01:35:31	5:47	10.37	00:08:37	5:44	10.46	12	18.000	01:44:05	5:46	10.38	00:08:34	5:42	10.51
13	19.500	01:52:44	5:46	10.38	00:08:39	5:45	10.41	14	21.000	02:01:21	5:46	10.38	00:08:38	5:44	10.44
15	22.500	02:10:08	5:46	10.37	00:08:48	5:51	10.24	16	24.000	02:18:36	5:46	10.39	00:08:28	5:38	10.63
17	25.500	02:27:21	5:46	10.38	00:08:46	5:50	10.28	18	27.000	02:36:04	5:46	10.38	00:08:43	5:48	10.33
19	28.500	02:44:45	5:46	10.38	00:08:41	5:47	10.37	20	30.000	02:53:25	5:46	10.38	00:08:41	5:46	10.38
21	31.500	03:02:26	5:47	10.36	00:09:01	6:00	9.99	22	33.000	03:11:25	5:48	10.34	00:09:00	5:59	10.02
23	34.500	03:20:27	5:48	10.33	00:09:03	6:01	9.96	24	36.000	03:29:48	5:49	10.30	00:09:21	6:14	9.63
25	37.500	03:39:10	5:50	10.27	00:09:22	6:14	9.61	26	39.000	03:48:36	5:51	10.24	00:09:27	6:17	9.53
27	40.500	03:58:00	5:52	10.21	00:09:24	6:15	9.58	28	42.000	04:07:07	5:53	10.20	00:09:07	6:04	9.87
29	43.500	04:17:56	5:55	10.12	00:10:49	7:12	8.32	30	45.000	04:28:25	5:57	10.06	00:10:29	6:59	8.59
31	46.500	04:39:20	6:00	9.99	00:10:56	7:16	8.24	32	48.000	04:49:59	6:02	9.93	00:10:40	7:06	8.45
33	49.500	05:01:04	6:04	9.87	00:11:06	7:23	8.12	34	51.000	05:12:32	6:07	9.79	00:11:29	7:39	7.84
35	52.500	05:24:14	6:10	9.72	00:11:42	7:47	7.70	36	54.000	05:35:26	6:12	9.66	00:11:12	7:27	8.04
37	55.500	05:46:18	6:14	9.62	00:10:52	7:14	8.29	38	57.000	05:56:57	6:15	9.58	00:10:39	7:05	8.45

47 25 André Borka			NOR Pfizer					05:59:45			38		57.005		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:10	5:26	11.04	00:08:10	5:26	11.04	2	3.000	00:16:22	5:27	11.01	00:08:12	5:27	10.98
3	4.500	00:24:39	5:28	10.96	00:08:18	5:31	10.86	4	6.000	00:32:50	5:28	10.97	00:08:12	5:27	10.99
5	7.500	00:40:58	5:27	10.99	00:08:08	5:25	11.07	6	9.000	00:49:08	5:27	10.99	00:08:11	5:26	11.02
7	10.500	00:57:26	5:28	10.97	00:08:18	5:31	10.85	8	12.000	01:05:37	5:28	10.97	00:08:12	5:27	10.98
9	13.500	01:13:50	5:28	10.97	00:08:13	5:28	10.97	10	15.000	01:22:14	5:28	10.94	00:08:25	5:36	10.70
11	16.500	01:30:59	5:30	10.88	00:08:45	5:49	10.29	12	18.000	01:39:25	5:31	10.86	00:08:26	5:37	10.68
13	19.500	01:47:57	5:32	10.84	00:08:33	5:41	10.54	14	21.000	01:57:18	5:35	10.74	00:09:21	6:13	9.63
15	22.500	02:05:56	5:35	10.72	00:08:38	5:45	10.43	16	24.000	02:14:38	5:36	10.70	00:08:43	5:48	10.34
17	25.500	02:23:11	5:36	10.69	00:08:34	5:42	10.52	18	27.000	02:32:01	5:37	10.66	00:08:51	5:53	10.19
19	28.500	02:41:28	5:39	10.59	00:09:28	6:18	9.52	20	30.000	02:50:15	5:40	10.57	00:08:47	5:51	10.25
21	31.500	02:59:17	5:41	10.54	00:09:02	6:00	9.98	22	33.000	03:08:47	5:43	10.49	00:09:31	6:20	9.46
23	34.500	03:18:18	5:44	10.44	00:09:31	6:20	9.46	24	36.000	03:27:59	5:46	10.39	00:09:42	6:27	9.29
25	37.500	03:38:23	5:49	10.30	00:10:24	6:55	8.65	26	39.000	03:48:03	5:50	10.26	00:09:40	6:26	9.31
27	40.500	03:58:03	5:52	10.21	00:10:00	6:39	9.00	28	42.000	04:07:52	5:54	10.17	00:09:49	6:32	9.18
29	43.500	04:19:55	5:58	10.04	00:12:04	8:02	7.46	30	45.000	04:31:03	6:01	9.96	00:11:08	7:25	8.09
31	46.500	04:41:50	6:03	9.90	00:10:48	7:11	8.34	32	48.000	04:53:31	6:06	9.81	00:11:41	7:47	7.70
33	49.500	05:05:19	6:10	9.73	00:11:49	7:52	7.62	34	51.000	05:17:11	6:13	9.65	00:11:52	7:54	7.59
35	52.500	05:28:20	6:15	9.59	00:11:09	7:25	8.07	36	54.000	05:39:34	6:17	9.54	00:11:14	7:29	8.01
37	55.500	05:51:11	6:19	9.48	00:11:38	7:44	7.74	38	57.000	05:59:45	6:18	9.51	00:08:35	5:42	10.50

48 47 Harald Sel			NOR Bryne FIK					05:54:42 37			56.520				
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:51	5:53	10.19	00:08:51	5:53	10.19	2	3.000	00:17:23	5:47	10.36	00:08:33	5:41	10.54
3	4.500	00:26:05	5:47	10.36	00:08:42	5:47	10.35	4	6.000	00:34:45	5:47	10.36	00:08:41	5:46	10.38
5	7.500	00:43:30	5:47	10.35	00:08:45	5:49	10.29	6	9.000	00:52:27	5:49	10.30	00:08:58	5:58	10.05
7	10.500	01:01:24	5:50	10.26	00:08:57	5:57	10.06	8	12.000	01:10:25	5:52	10.23	00:09:02	6:00	9.98
9	13.500	01:19:23	5:52	10.21	00:08:58	5:58	10.04	10	15.000	01:28:21	5:53	10.19	00:08:58	5:58	10.04
11	16.500	01:37:20	5:53	10.17	00:09:00	5:59	10.01	12	18.000	01:46:16	5:54	10.16	00:08:56	5:57	10.08
13	19.500	01:55:07	5:54	10.16	00:08:52	5:54	10.16	14	21.000	02:03:58	5:54	10.16	00:08:51	5:53	10.18
15	22.500	02:12:33	5:53	10.18	00:08:36	5:43	10.47	16	24.000	02:21:16	5:53	10.19	00:08:43	5:48	10.34
17	25.500	02:29:44	5:52	10.22	00:08:29	5:38	10.62	18	27.000	02:38:18	5:51	10.23	00:08:35	5:42	10.50
19	28.500	02:46:48	5:51	10.25	00:08:30	5:39	10.60	20	30.000	02:55:21	5:50	10.27	00:08:34	5:42	10.52
21	31.500	03:03:59	5:50	10.27	00:08:39	5:45	10.42	22	33.000	03:12:38	5:50	10.28	00:08:39	5:45	10.41
23	34.500	03:21:13	5:49	10.29	00:08:35	5:43	10.49	24	36.000	03:29:41	5:49	10.30	00:08:29	5:38	10.63
25	37.500	03:37:52	5:48	10.33	00:08:12	5:27	10.99	26	39.000	03:45:50	5:47	10.36	00:07:58	5:18	11.31
27	40.500	03:53:36	5:46	10.40	00:07:47	5:10	11.58	28	42.000	04:01:04	5:44	10.45	00:07:28	4:58	12.05
29	43.500	04:15:16	5:52	10.22	00:14:13	9:28	6.33	30	45.000	04:28:49	5:58	10.04	00:13:33	9:01	6.65
31	46.500	04:42:25	6:04	9.88	00:13:37	9:04	6.62	32	48.000	04:55:45	6:09	9.74	00:13:21	8:53	6.75
33	49.500	05:07:58	6:13	9.64	00:12:13	8:08	7.37	34	51.000	05:19:50	6:16	9.57	00:11:53	7:54	7.58
35	52.500	05:30:25	6:17	9.53	00:10:36	7:03	8.50	36	54.000	05:42:37	6:20	9.46	00:12:12	8:07	7.38
37	55.500	05:54:42	6:23	9.39	00:12:05	8:03	7.45								

49 105 Jon Weydahl			NOR Drøbbakk Marathonklubb					05:54:53 37			56.095				
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:32	5:41	10.55	00:08:32	5:41	10.55	2	3.000	00:16:45	5:34	10.75	00:08:13	5:28	10.96
3	4.500	00:24:51	5:31	10.87	00:08:06	5:23	11.12	4	6.000	00:33:01	5:30	10.91	00:08:11	5:26	11.01
5	7.500	00:41:08	5:29	10.94	00:08:08	5:24	11.08	6	9.000	00:49:15	5:28	10.97	00:08:07	5:24	11.09
7	10.500	00:57:22	5:27	10.98	00:08:08	5:24	11.08	8	12.000	01:05:35	5:27	10.98	00:08:13	5:28	10.97
9	13.500	01:13:35	5:27	11.01	00:08:01	5:20	11.24	10	15.000	01:21:48	5:27	11.00	00:08:13	5:28	10.96
11	16.500	01:29:56	5:27	11.01	00:08:09	5:25	11.06	12	18.000	01:38:04	5:26	11.01	00:08:08	5:25	11.08
13	19.500	01:46:07	5:26	11.03	00:08:04	5:22	11.17	14	21.000	01:54:09	5:26	11.04	00:08:03	5:21	11.20
15	22.500	02:02:31	5:26	11.02	00:08:22	5:34	10.76	16	24.000	02:11:02	5:27	10.99	00:08:32	5:40	10.56
17	25.500	02:19:33	5:28	10.96	00:08:32	5:40	10.56	18	27.000	02:28:25	5:29	10.92	00:08:52	5:54	10.16
19	28.500	02:37:32	5:31	10.86	00:09:08	6:05	9.86	20	30.000	02:47:02	5:34	10.78	00:09:30	6:19	9.48
21	31.500	02:56:22	5:35	10.72	00:09:21	6:13	9.64	22	33.000	03:05:55	5:38	10.65	00:09:34	6:22	9.42
23	34.500	03:16:30	5:41	10.53	00:10:36	7:03	8.50	24	36.000	03:27:28	5:45	10.41	00:10:58	7:18	8.21
25	37.500	03:37:51	5:48	10.33	00:10:24	6:55	8.67	26	39.000	03:48:00	5:50	10.26	00:10:09	6:45	8.88
27	40.500	03:58:50	5:53	10.17	00:10:50	7:13	8.31	28	42.000	04:09:54	5:56	10.08	00:11:04	7:22	8.13
29	43.500	04:21:01	6:00	10.00	00:11:08	7:24	8.09	30	45.000	04:32:34	6:03	9.91	00:11:34	7:42	7.79
31	46.500	04:44:58	6:07	9.79	00:12:24	8:15	7.26	32	48.000	04:56:25	6:10	9.72	00:11:28	7:38	7.85
33	49.500	05:07:32	6:12	9.66	00:11:07	7:24	8.10	34	51.000	05:20:48	6:17	9.54	00:13:17	8:50	6.78
35	52.500	05:33:10	6:20	9.46	00:12:22	8:14	7.28	36	54.000	05:43:42	6:21	9.43	00:10:33	7:01	8.54
37	55.500	05:54:53	6:23	9.38	00:11:11	7:26	8.05								

50 11 Runar Lie			NOR					05:57:33			37	56.045			
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:44	5:49	10.31	00:08:44	5:49	10.31	2	3.000	00:17:11	5:43	10.48	00:08:28	5:38	10.64
3	4.500	00:25:40	5:42	10.53	00:08:29	5:38	10.63	4	6.000	00:34:13	5:42	10.52	00:08:34	5:42	10.52
5	7.500	00:42:43	5:41	10.54	00:08:31	5:40	10.58	6	9.000	00:51:09	5:40	10.56	00:08:26	5:36	10.69
7	10.500	00:59:49	5:41	10.53	00:08:41	5:46	10.38	8	12.000	01:08:24	5:41	10.53	00:08:35	5:43	10.49
9	13.500	01:17:11	5:43	10.50	00:08:48	5:51	10.24	10	15.000	01:25:58	5:43	10.47	00:08:47	5:51	10.25
11	16.500	01:34:41	5:44	10.46	00:08:43	5:48	10.33	12	18.000	01:43:33	5:45	10.43	00:08:53	5:55	10.13
13	19.500	01:52:34	5:46	10.39	00:09:01	6:00	9.99	14	21.000	02:01:22	5:46	10.38	00:08:48	5:52	10.23
15	22.500	02:10:06	5:46	10.38	00:08:44	5:49	10.31	16	24.000	02:19:03	5:47	10.36	00:08:58	5:58	10.04
17	25.500	02:27:57	5:48	10.34	00:08:54	5:55	10.12	18	27.000	02:36:54	5:48	10.33	00:08:57	5:57	10.06
19	28.500	02:45:53	5:49	10.31	00:09:00	5:59	10.02	20	30.000	02:55:02	5:50	10.28	00:09:09	6:05	9.84
21	31.500	03:03:58	5:50	10.27	00:08:56	5:57	10.08	22	33.000	03:13:15	5:51	10.25	00:09:18	6:11	9.69
23	34.500	03:22:43	5:52	10.21	00:09:28	6:18	9.51	24	36.000	03:32:16	5:53	10.18	00:09:34	6:22	9.42
25	37.500	03:42:35	5:56	10.11	00:10:19	6:52	8.73	26	39.000	03:54:13	6:00	9.99	00:11:39	7:45	7.73
27	40.500	04:04:45	6:02	9.93	00:10:32	7:00	8.55	28	42.000	04:15:34	6:05	9.86	00:10:50	7:13	8.31
29	43.500	04:26:50	6:08	9.78	00:11:16	7:30	7.99	30	45.000	04:38:53	6:11	9.68	00:12:04	8:02	7.47
31	46.500	04:51:02	6:15	9.59	00:12:10	8:06	7.40	32	48.000	05:03:05	6:18	9.50	00:12:03	8:01	7.47
33	49.500	05:13:53	6:20	9.46	00:10:48	7:11	8.34	34	51.000	05:24:13	6:21	9.44	00:10:21	6:53	8.70
35	52.500	05:36:19	6:24	9.37	00:12:06	8:03	7.44	36	54.000	05:46:53	6:25	9.34	00:10:34	7:02	8.52
37	55.500	05:57:33	6:26	9.31	00:10:40	7:06	8.44								

51 66 Thomas Pettersen			NOR					Romerike politiidrettslag			05:57:20			37	56.005
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:59	5:58	10.03	00:08:59	5:58	10.03	2	3.000	00:17:31	5:50	10.28	00:08:33	5:41	10.55
3	4.500	00:26:04	5:47	10.36	00:08:34	5:42	10.52	4	6.000	00:34:30	5:44	10.44	00:08:26	5:36	10.68
5	7.500	00:42:56	5:43	10.48	00:08:27	5:37	10.67	6	9.000	00:51:31	5:43	10.48	00:08:36	5:43	10.47
7	10.500	01:00:20	5:44	10.44	00:08:49	5:52	10.21	8	12.000	01:09:06	5:45	10.42	00:08:47	5:50	10.26
9	13.500	01:17:58	5:46	10.39	00:08:53	5:54	10.15	10	15.000	01:26:50	5:47	10.37	00:08:52	5:54	10.16
11	16.500	01:35:50	5:48	10.33	00:09:01	6:00	9.99	12	18.000	01:44:47	5:49	10.31	00:08:58	5:58	10.05
13	19.500	01:53:44	5:49	10.29	00:08:57	5:57	10.06	14	21.000	02:02:41	5:50	10.27	00:08:58	5:58	10.05
15	22.500	02:11:48	5:51	10.24	00:09:08	6:04	9.87	16	24.000	02:21:11	5:52	10.20	00:09:23	6:15	9.60
17	25.500	02:30:35	5:54	10.16	00:09:25	6:16	9.57	18	27.000	02:40:10	5:55	10.12	00:09:35	6:23	9.40
19	28.500	02:49:46	5:57	10.07	00:09:37	6:24	9.37	20	30.000	02:59:23	5:58	10.04	00:09:37	6:24	9.36
21	31.500	03:09:36	6:01	9.97	00:10:14	6:48	8.80	22	33.000	03:19:26	6:02	9.93	00:09:50	6:33	9.15
23	34.500	03:29:21	6:04	9.89	00:09:55	6:36	9.08	24	36.000	03:39:32	6:05	9.84	00:10:12	6:47	8.83
25	37.500	03:49:56	6:07	9.79	00:10:24	6:55	8.66	26	39.000	04:00:16	6:09	9.74	00:10:21	6:53	8.70
27	40.500	04:10:45	6:11	9.69	00:10:29	6:59	8.59	28	42.000	04:21:10	6:13	9.65	00:10:25	6:56	8.65
29	43.500	04:31:54	6:15	9.60	00:10:44	7:09	8.39	30	45.000	04:42:32	6:16	9.56	00:10:39	7:05	8.46
31	46.500	04:53:29	6:18	9.51	00:10:57	7:17	8.22	32	48.000	05:04:22	6:20	9.46	00:10:53	7:15	8.27
33	49.500	05:15:08	6:21	9.42	00:10:47	7:10	8.36	34	51.000	05:26:45	6:24	9.37	00:11:38	7:44	7.75
35	52.500	05:37:23	6:25	9.34	00:10:39	7:05	8.46	36	54.000	05:47:39	6:26	9.32	00:10:16	6:50	8.77
37	55.500	05:57:20	6:26	9.32	00:09:42	6:27	9.29								

52 29 Rune Enger			NOR Kondis					05:57:23			37	55.715			
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:58	5:58	10.05	00:08:58	5:58	10.05	2	3.000	00:17:43	5:54	10.16	00:08:46	5:50	10.28
3	4.500	00:26:25	5:52	10.22	00:08:42	5:47	10.35	4	6.000	00:35:08	5:51	10.25	00:08:44	5:48	10.32
5	7.500	00:43:49	5:50	10.27	00:08:41	5:47	10.37	6	9.000	00:52:31	5:50	10.28	00:08:43	5:48	10.33
7	10.500	01:01:04	5:48	10.32	00:08:34	5:42	10.52	8	12.000	01:09:33	5:47	10.35	00:08:29	5:38	10.63
9	13.500	01:18:00	5:46	10.39	00:08:28	5:38	10.64	10	15.000	01:26:35	5:46	10.40	00:08:36	5:43	10.48
11	16.500	01:34:59	5:45	10.42	00:08:24	5:35	10.72	12	18.000	01:43:27	5:44	10.44	00:08:28	5:38	10.64
13	19.500	01:51:52	5:44	10.46	00:08:26	5:37	10.68	14	21.000	02:00:22	5:43	10.47	00:08:31	5:40	10.59
15	22.500	02:08:56	5:43	10.47	00:08:34	5:42	10.52	16	24.000	02:17:37	5:44	10.46	00:08:41	5:47	10.37
17	25.500	02:26:22	5:44	10.45	00:08:46	5:50	10.27	18	27.000	02:35:06	5:44	10.45	00:08:44	5:49	10.31
19	28.500	02:44:00	5:45	10.43	00:08:55	5:56	10.11	20	30.000	02:52:57	5:45	10.41	00:08:58	5:58	10.05
21	31.500	03:02:37	5:47	10.35	00:09:40	6:26	9.32	22	33.000	03:11:53	5:48	10.32	00:09:16	6:10	9.72
23	34.500	03:22:39	5:52	10.22	00:10:47	7:10	8.35	24	36.000	03:32:28	5:54	10.17	00:09:49	6:32	9.18
25	37.500	03:43:56	5:58	10.05	00:11:29	7:39	7.84	26	39.000	03:54:11	6:00	9.99	00:10:15	6:49	8.79
27	40.500	04:05:39	6:03	9.89	00:11:28	7:38	7.85	28	42.000	04:16:11	6:05	9.84	00:10:33	7:01	8.54
29	43.500	04:28:56	6:10	9.71	00:12:45	8:29	7.06	30	45.000	04:40:21	6:13	9.63	00:11:26	7:37	7.88
31	46.500	04:51:07	6:15	9.58	00:10:46	7:10	8.37	32	48.000	05:03:22	6:19	9.49	00:12:16	8:10	7.34
33	49.500	05:14:58	6:21	9.43	00:11:36	7:43	7.76	34	51.000	05:25:55	6:23	9.39	00:10:58	7:18	8.22
35	52.500	05:36:45	6:24	9.35	00:10:50	7:13	8.31	36	54.000	05:47:20	6:25	9.33	00:10:36	7:03	8.49
37	55.500	05:57:23	6:26	9.32	00:10:03	6:41	8.96								

53 13 Tom Bertelsen			NOR Drammen Kickboxing Klubb					05:11:51			36	54.000			
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:59	5:59	10.02	00:08:59	5:59	10.02	2	3.000	00:17:31	5:50	10.28	00:08:32	5:41	10.55
3	4.500	00:26:14	5:49	10.30	00:08:43	5:48	10.33	4	6.000	00:34:56	5:49	10.31	00:08:43	5:48	10.34
5	7.500	00:43:38	5:48	10.32	00:08:42	5:47	10.36	6	9.000	00:55:49	6:12	9.67	00:12:12	8:07	7.38
7	10.500	01:04:42	6:09	9.74	00:08:53	5:55	10.14	8	12.000	01:13:00	6:04	9.86	00:08:18	5:31	10.85
9	13.500	01:21:29	6:02	9.94	00:08:30	5:39	10.60	10	15.000	01:30:17	6:01	9.97	00:08:48	5:51	10.23
11	16.500	01:38:37	5:58	10.04	00:08:21	5:33	10.78	12	18.000	01:47:29	5:58	10.05	00:08:52	5:54	10.16
13	19.500	01:56:16	5:57	10.06	00:08:47	5:51	10.25	14	21.000	02:05:54	5:59	10.01	00:09:39	6:25	9.34
15	22.500	02:14:17	5:58	10.05	00:08:23	5:35	10.75	16	24.000	02:22:51	5:57	10.08	00:08:35	5:42	10.50
17	25.500	02:33:06	6:00	9.99	00:10:15	6:49	8.79	18	27.000	02:41:18	5:58	10.04	00:08:13	5:28	10.95
19	28.500	02:49:30	5:56	10.09	00:08:12	5:27	10.98	20	30.000	02:59:37	5:59	10.02	00:10:07	6:44	8.90
21	31.500	03:08:34	5:59	10.02	00:08:57	5:57	10.06	22	33.000	03:16:16	5:56	10.09	00:07:43	5:08	11.67
23	34.500	03:24:41	5:55	10.11	00:08:25	5:36	10.70	24	36.000	03:33:49	5:56	10.10	00:09:09	6:05	9.85
25	37.500	03:41:47	5:54	10.15	00:07:59	5:18	11.29	26	39.000	03:49:48	5:53	10.18	00:08:01	5:20	11.24
27	40.500	03:58:24	5:53	10.19	00:08:37	5:44	10.45	28	42.000	04:06:26	5:52	10.23	00:08:02	5:21	11.21
29	43.500	04:15:37	5:52	10.21	00:09:11	6:07	9.81	30	45.000	04:22:52	5:50	10.27	00:07:16	4:50	12.41
31	46.500	04:30:10	5:48	10.33	00:07:18	4:51	12.33	32	48.000	04:37:34	5:46	10.38	00:07:24	4:55	12.17
33	49.500	04:45:24	5:45	10.41	00:07:51	5:13	11.48	34	51.000	04:53:36	5:45	10.42	00:08:12	5:28	10.98
35	52.500	05:01:40	5:44	10.44	00:08:04	5:22	11.17	36	54.000	05:11:51	5:46	10.39	00:10:12	6:47	8.84

54		57		Mons Øyvind Tingelstad				NOR		Tynset il				05:54:15		35		53.480	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t				
1	1.500	00:08:25	5:36	10.71	00:08:25	5:36	10.71	2	3.000	00:16:24	5:27	10.98	00:08:00	5:19	11.26				
3	4.500	00:24:38	5:28	10.96	00:08:15	5:29	10.93	4	6.000	00:32:45	5:27	11.00	00:08:07	5:24	11.10				
5	7.500	00:41:06	5:28	10.95	00:08:22	5:34	10.77	6	9.000	00:49:09	5:27	10.99	00:08:03	5:21	11.18				
7	10.500	00:57:21	5:27	10.99	00:08:12	5:27	10.98	8	12.000	01:05:40	5:28	10.97	00:08:20	5:32	10.82				
9	13.500	01:13:41	5:27	10.99	00:08:02	5:20	11.23	10	15.000	01:21:44	5:26	11.01	00:08:04	5:22	11.18				
11	16.500	01:29:55	5:26	11.01	00:08:11	5:27	11.01	12	18.000	01:39:31	5:31	10.85	00:09:36	6:23	9.38				
13	19.500	01:49:24	5:36	10.70	00:09:53	6:35	9.11	14	21.000	01:58:19	5:38	10.65	00:08:55	5:56	10.10				
15	22.500	02:07:32	5:40	10.59	00:09:14	6:09	9.75	16	24.000	02:16:57	5:42	10.52	00:09:25	6:16	9.56				
17	25.500	02:27:14	5:46	10.39	00:10:17	6:51	8.76	18	27.000	02:37:57	5:50	10.26	00:10:44	7:08	8.40				
19	28.500	02:51:58	6:02	9.94	00:14:01	9:20	6.42	20	30.000	03:03:49	6:07	9.79	00:11:52	7:54	7.59				
21	31.500	03:15:35	6:12	9.66	00:11:46	7:50	7.65	22	33.000	03:27:02	6:16	9.56	00:11:28	7:38	7.85				
23	34.500	03:37:46	6:18	9.51	00:10:44	7:09	8.39	24	36.000	03:49:57	6:23	9.39	00:12:11	8:07	7.39				
25	37.500	04:00:37	6:24	9.35	00:10:41	7:06	8.44	26	39.000	04:12:17	6:28	9.28	00:11:41	7:46	7.71				
27	40.500	04:27:38	6:36	9.08	00:15:21	10:13	5.86	28	42.000	04:39:15	6:38	9.02	00:11:37	7:44	7.75				
29	43.500	04:49:51	6:39	9.00	00:10:37	7:04	8.48	30	45.000	05:01:13	6:41	8.96	00:11:22	7:34	7.92				
31	46.500	05:12:16	6:42	8.94	00:11:03	7:22	8.14	32	48.000	05:23:25	6:44	8.91	00:11:09	7:25	8.07				
33	49.500	05:35:14	6:46	8.86	00:11:50	7:52	7.62	34	51.000	05:44:53	6:45	8.87	00:09:40	6:26	9.33				
35	52.500	05:54:15	6:44	8.89	00:09:23	6:14	9.61												

55		62		Odd Schjønnesen				NOR		Løpsklubben 1814				05:51:56		35		53.450	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t				
1	1.500	00:08:34	5:42	10.52	00:08:34	5:42	10.52	2	3.000	00:17:16	5:45	10.43	00:08:43	5:48	10.33				
3	4.500	00:25:59	5:46	10.39	00:08:43	5:48	10.33	4	6.000	00:34:47	5:47	10.35	00:08:48	5:51	10.24				
5	7.500	00:43:29	5:47	10.35	00:08:43	5:48	10.34	6	9.000	00:52:26	5:49	10.30	00:08:57	5:57	10.06				
7	10.500	01:01:23	5:50	10.26	00:08:58	5:58	10.05	8	12.000	01:10:40	5:53	10.19	00:09:17	6:11	9.70				
9	13.500	01:20:20	5:56	10.08	00:09:40	6:26	9.32	10	15.000	01:29:36	5:58	10.04	00:09:17	6:11	9.70				
11	16.500	01:38:54	5:59	10.01	00:09:18	6:12	9.68	12	18.000	01:48:27	6:01	9.96	00:09:33	6:21	9.43				
13	19.500	01:58:18	6:03	9.89	00:09:51	6:33	9.14	14	21.000	02:07:35	6:04	9.88	00:09:18	6:11	9.69				
15	22.500	02:17:33	6:06	9.82	00:09:58	6:38	9.03	16	24.000	02:26:38	6:06	9.82	00:09:05	6:03	9.91				
17	25.500	02:36:22	6:07	9.79	00:09:45	6:29	9.24	18	27.000	02:46:05	6:09	9.76	00:09:43	6:28	9.27				
19	28.500	02:56:16	6:11	9.70	00:10:12	6:47	8.84	20	30.000	03:06:14	6:12	9.67	00:09:59	6:38	9.02				
21	31.500	03:16:41	6:14	9.61	00:10:27	6:57	8.62	22	33.000	03:26:50	6:16	9.57	00:10:10	6:46	8.86				
23	34.500	03:36:25	6:16	9.56	00:09:35	6:23	9.39	24	36.000	03:45:54	6:16	9.56	00:09:29	6:19	9.49				
25	37.500	03:57:55	6:20	9.46	00:12:01	8:00	7.49	26	39.000	04:08:30	6:22	9.42	00:10:35	7:03	8.51				
27	40.500	04:19:21	6:24	9.37	00:10:51	7:14	8.29	28	42.000	04:29:44	6:25	9.34	00:10:24	6:55	8.66				
29	43.500	04:42:31	6:29	9.24	00:12:47	8:31	7.04	30	45.000	04:53:24	6:31	9.20	00:10:54	7:15	8.26				
31	46.500	05:03:25	6:31	9.20	00:10:01	6:40	9.00	32	48.000	05:15:01	6:33	9.14	00:11:37	7:44	7.75				
33	49.500	05:27:04	6:36	9.08	00:12:03	8:01	7.47	34	51.000	05:40:18	6:40	8.99	00:13:15	8:49	6.80				
35	52.500	05:51:56	6:42	8.95	00:11:39	7:45	7.73												

56 35 Sven Arnesen			NOR Ergogroup BIL					05:52:11			35 53.360				
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:44	5:08	11.65	00:07:44	5:08	11.65	2	3.000	00:15:06	5:01	11.93	00:07:22	4:54	12.22
3	4.500	00:22:50	5:04	11.83	00:07:45	5:09	11.63	4	6.000	00:30:11	5:01	11.93	00:07:21	4:53	12.25
5	7.500	00:37:42	5:01	11.94	00:07:32	5:01	11.96	6	9.000	00:45:10	5:01	11.96	00:07:28	4:58	12.06
7	10.500	00:52:39	5:00	11.97	00:07:30	4:59	12.02	8	12.000	01:00:21	5:01	11.93	00:07:43	5:08	11.69
9	13.500	01:07:56	5:01	11.92	00:07:36	5:03	11.87	10	15.000	01:15:53	5:03	11.86	00:07:57	5:17	11.33
11	16.500	01:23:42	5:04	11.83	00:07:49	5:12	11.53	12	18.000	01:31:38	5:05	11.79	00:07:57	5:17	11.33
13	19.500	01:39:47	5:07	11.73	00:08:10	5:26	11.04	14	21.000	01:48:25	5:09	11.62	00:08:38	5:44	10.44
15	22.500	01:56:44	5:11	11.57	00:08:20	5:32	10.82	16	24.000	02:05:15	5:13	11.50	00:08:32	5:40	10.56
17	25.500	02:14:02	5:15	11.42	00:08:47	5:51	10.26	18	27.000	02:23:22	5:18	11.30	00:09:21	6:13	9.64
19	28.500	02:32:51	5:21	11.19	00:09:30	6:19	9.48	20	30.000	02:42:37	5:25	11.07	00:09:46	6:30	9.23
21	31.500	02:52:50	5:29	10.94	00:10:13	6:48	8.81	22	33.000	03:04:32	5:35	10.73	00:11:42	7:47	7.69
23	34.500	03:16:14	5:41	10.55	00:11:43	7:48	7.68	24	36.000	03:28:05	5:46	10.38	00:11:51	7:53	7.60
25	37.500	03:43:29	5:57	10.07	00:15:25	10:16	5.84	26	39.000	03:53:15	5:58	10.03	00:09:46	6:30	9.22
27	40.500	04:02:38	5:59	10.02	00:09:24	6:15	9.58	28	42.000	04:11:35	5:59	10.02	00:08:57	5:57	10.06
29	43.500	04:27:08	6:08	9.77	00:15:34	10:22	5.79	30	45.000	04:44:15	6:18	9.50	00:17:08	11:24	5.26
31	46.500	05:00:23	6:27	9.29	00:16:09	10:45	5.58	32	48.000	05:12:12	6:30	9.22	00:11:49	7:52	7.62
33	49.500	05:23:11	6:31	9.19	00:11:00	7:19	8.19	34	51.000	05:34:31	6:33	9.15	00:11:20	7:33	7.95
35	52.500	05:52:11	6:42	8.94	00:17:40	11:46	5.10								

57 38 Jan Ringheim			NOR Kondis					05:50:20			35 52.570				
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:09:00	5:59	10.00	00:09:00	5:59	10.00	2	3.000	00:17:39	5:52	10.21	00:08:39	5:45	10.42
3	4.500	00:26:14	5:49	10.29	00:08:36	5:43	10.47	4	6.000	00:34:45	5:47	10.36	00:08:31	5:40	10.57
5	7.500	00:43:22	5:46	10.38	00:08:37	5:44	10.45	6	9.000	00:51:56	5:46	10.40	00:08:35	5:43	10.49
7	10.500	01:00:35	5:46	10.40	00:08:40	5:46	10.40	8	12.000	01:09:13	5:46	10.40	00:08:38	5:45	10.43
9	13.500	01:18:05	5:46	10.37	00:08:52	5:54	10.15	10	15.000	01:26:48	5:47	10.37	00:08:44	5:49	10.32
11	16.500	01:35:25	5:46	10.38	00:08:37	5:44	10.46	12	18.000	01:44:05	5:46	10.38	00:08:41	5:47	10.37
13	19.500	01:54:53	5:53	10.18	00:10:48	7:11	8.34	14	21.000	02:03:55	5:54	10.17	00:09:03	6:01	9.96
15	22.500	02:13:14	5:55	10.13	00:09:19	6:12	9.66	16	24.000	02:24:04	6:00	10.00	00:10:51	7:13	8.31
17	25.500	02:34:21	6:03	9.91	00:10:17	6:50	8.76	18	27.000	02:46:02	6:08	9.76	00:11:42	7:47	7.69
19	28.500	02:56:02	6:10	9.71	00:10:00	6:39	9.00	20	30.000	03:07:05	6:14	9.62	00:11:03	7:21	8.15
21	31.500	03:17:17	6:15	9.58	00:10:13	6:48	8.82	22	33.000	03:27:39	6:17	9.54	00:10:23	6:54	8.68
23	34.500	03:38:21	6:19	9.48	00:10:42	7:07	8.41	24	36.000	03:50:34	6:24	9.37	00:12:13	8:08	7.37
25	37.500	04:01:11	6:25	9.33	00:10:38	7:04	8.47	26	39.000	04:12:14	6:28	9.28	00:11:03	7:21	8.15
27	40.500	04:23:33	6:30	9.22	00:11:20	7:32	7.95	28	42.000	04:34:34	6:32	9.18	00:11:01	7:20	8.18
29	43.500	04:45:18	6:33	9.15	00:10:45	7:09	8.38	30	45.000	04:55:57	6:34	9.12	00:10:40	7:06	8.44
31	46.500	05:06:36	6:35	9.10	00:10:39	7:05	8.46	32	48.000	05:17:28	6:36	9.07	00:10:53	7:14	8.28
33	49.500	05:28:15	6:37	9.05	00:10:48	7:11	8.34	34	51.000	05:39:16	6:39	9.02	00:11:01	7:20	8.18
35	52.500	05:50:20	6:40	8.99	00:11:04	7:22	8.13								

58 18 Kjetil Olsen			NOR Skjalg IL					05:03:09			35	52.500			
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:42	5:07	11.69	00:07:42	5:07	11.69	2	3.000	00:15:02	5:00	11.98	00:07:20	4:53	12.28
3	4.500	00:22:03	4:53	12.25	00:07:01	4:40	12.83	4	6.000	00:29:05	4:50	12.38	00:07:03	4:41	12.79
5	7.500	00:36:04	4:48	12.48	00:06:59	4:39	12.90	6	9.000	00:43:09	4:47	12.52	00:07:06	4:43	12.68
7	10.500	00:50:13	4:46	12.55	00:07:04	4:42	12.76	8	12.000	00:57:16	4:46	12.58	00:07:04	4:42	12.76
9	13.500	01:04:19	4:45	12.59	00:07:04	4:42	12.75	10	15.000	01:11:25	4:45	12.60	00:07:06	4:43	12.68
11	16.500	01:18:33	4:45	12.61	00:07:08	4:44	12.64	12	18.000	01:25:37	4:45	12.62	00:07:05	4:43	12.72
13	19.500	01:32:44	4:45	12.62	00:07:07	4:44	12.65	14	21.000	01:39:51	4:45	12.62	00:07:08	4:44	12.63
15	22.500	01:47:01	4:45	12.61	00:07:11	4:46	12.55	16	24.000	01:54:11	4:45	12.61	00:07:10	4:46	12.57
17	25.500	02:01:29	4:45	12.59	00:07:19	4:52	12.32	18	27.000	02:08:44	4:46	12.58	00:07:15	4:49	12.42
19	28.500	02:16:12	4:46	12.56	00:07:28	4:58	12.06	20	30.000	02:23:41	4:47	12.53	00:07:30	4:59	12.02
21	31.500	02:31:13	4:48	12.50	00:07:33	5:01	11.95	22	33.000	02:38:59	4:49	12.45	00:07:46	5:10	11.59
23	34.500	02:51:29	4:58	12.07	00:12:31	8:20	7.20	24	36.000	02:59:36	4:59	12.03	00:08:08	5:24	11.09
25	37.500	03:08:05	5:00	11.96	00:08:29	5:39	10.62	26	39.000	03:19:24	5:06	11.74	00:11:19	7:32	7.95
27	40.500	03:27:50	5:07	11.69	00:08:27	5:37	10.66	28	42.000	03:36:08	5:08	11.66	00:08:19	5:32	10.84
29	43.500	03:46:47	5:12	11.51	00:10:39	7:05	8.45	30	45.000	03:54:39	5:12	11.51	00:07:52	5:14	11.45
31	46.500	04:02:57	5:13	11.48	00:08:19	5:32	10.84	32	48.000	04:11:06	5:13	11.47	00:08:10	5:26	11.04
33	49.500	04:22:29	5:18	11.32	00:11:23	7:34	7.92	34	51.000	04:31:36	5:19	11.27	00:09:08	6:05	9.86
35	52.500	05:03:09	5:46	10.39	00:31:34	21:02	2.85								

59 24 Heine Skarlund			NOR Blomqvist Proff					05:50:48			34	52.275			
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:24	5:35	10.72	00:08:24	5:35	10.72	2	3.000	00:16:45	5:34	10.76	00:08:21	5:33	10.79
3	4.500	00:25:02	5:33	10.79	00:08:18	5:31	10.85	4	6.000	00:33:12	5:31	10.85	00:08:10	5:26	11.03
5	7.500	00:41:39	5:33	10.81	00:08:27	5:37	10.66	6	9.000	00:50:11	5:34	10.76	00:08:33	5:41	10.54
7	10.500	00:58:47	5:35	10.72	00:08:37	5:44	10.46	8	12.000	01:07:21	5:36	10.69	00:08:35	5:42	10.50
9	13.500	01:16:00	5:37	10.66	00:08:39	5:45	10.42	10	15.000	01:24:47	5:39	10.62	00:08:48	5:51	10.23
11	16.500	01:33:42	5:40	10.57	00:08:55	5:56	10.10	12	18.000	01:42:45	5:42	10.51	00:09:04	6:02	9.94
13	19.500	01:52:05	5:44	10.44	00:09:20	6:12	9.65	14	21.000	02:01:31	5:47	10.37	00:09:27	6:17	9.53
15	22.500	02:11:12	5:49	10.29	00:09:42	6:27	9.29	16	24.000	02:21:00	5:52	10.21	00:09:48	6:31	9.19
17	25.500	02:31:10	5:55	10.12	00:10:11	6:47	8.84	18	27.000	02:41:20	5:58	10.04	00:10:10	6:46	8.86
19	28.500	02:51:47	6:01	9.96	00:10:28	6:58	8.61	20	30.000	03:02:25	6:04	9.87	00:10:39	7:05	8.46
21	31.500	03:13:34	6:08	9.76	00:11:10	7:26	8.07	22	33.000	03:24:49	6:12	9.67	00:11:15	7:29	8.00
23	34.500	03:36:37	6:16	9.56	00:11:48	7:51	7.63	24	36.000	03:48:11	6:20	9.47	00:11:34	7:42	7.78
25	37.500	03:59:58	6:23	9.38	00:11:47	7:51	7.64	26	39.000	04:12:42	6:28	9.26	00:12:45	8:29	7.06
27	40.500	04:24:55	6:32	9.17	00:12:13	8:08	7.37	28	42.000	04:37:29	6:36	9.08	00:12:35	8:22	7.16
29	43.500	04:49:11	6:38	9.03	00:11:43	7:48	7.69	30	45.000	05:00:35	6:40	8.98	00:11:24	7:36	7.89
31	46.500	05:12:50	6:43	8.92	00:12:15	8:09	7.35	32	48.000	05:26:05	6:47	8.83	00:13:16	8:50	6.79
33	49.500	05:38:12	6:49	8.78	00:12:07	8:04	7.43	34	51.000	05:50:48	6:52	8.72	00:12:37	8:24	7.14



60 83 Vidar Sørum			NOR			Romerike Runners Team			05:56:03			34 51.425			
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:52	5:54	10.17	00:08:52	5:54	10.17	2	3.000	00:17:24	5:47	10.35	00:08:33	5:41	10.55
3	4.500	00:26:04	5:47	10.36	00:08:40	5:46	10.39	4	6.000	00:34:42	5:46	10.37	00:08:39	5:45	10.41
5	7.500	00:43:03	5:44	10.46	00:08:21	5:33	10.80	6	9.000	00:51:28	5:43	10.50	00:08:25	5:36	10.69
7	10.500	00:59:53	5:42	10.52	00:08:26	5:36	10.68	8	12.000	01:08:18	5:41	10.54	00:08:26	5:36	10.69
9	13.500	01:16:44	5:41	10.56	00:08:26	5:37	10.67	10	15.000	01:25:01	5:40	10.59	00:08:17	5:31	10.87
11	16.500	01:33:27	5:39	10.59	00:08:27	5:37	10.66	12	18.000	01:42:05	5:40	10.58	00:08:38	5:45	10.43
13	19.500	01:50:37	5:40	10.58	00:08:32	5:41	10.55	14	21.000	01:59:52	5:42	10.51	00:09:15	6:09	9.73
15	22.500	02:09:19	5:44	10.44	00:09:28	6:18	9.51	16	24.000	02:19:04	5:47	10.36	00:09:45	6:29	9.24
17	25.500	02:29:02	5:50	10.27	00:09:58	6:38	9.03	18	27.000	02:46:24	6:09	9.74	00:17:23	11:34	5.18
19	28.500	02:56:24	6:11	9.69	00:10:00	6:39	9.01	20	30.000	03:08:12	6:16	9.56	00:11:49	7:52	7.62
21	31.500	03:19:40	6:20	9.47	00:11:28	7:38	7.86	22	33.000	03:31:49	6:25	9.35	00:12:10	8:06	7.41
23	34.500	03:43:52	6:29	9.25	00:12:03	8:01	7.47	24	36.000	03:56:31	6:34	9.13	00:12:40	8:26	7.11
25	37.500	04:09:07	6:38	9.03	00:12:36	8:23	7.14	26	39.000	04:21:21	6:42	8.95	00:12:14	8:09	7.36
27	40.500	04:33:24	6:45	8.89	00:12:04	8:02	7.46	28	42.000	04:45:21	6:47	8.83	00:11:57	7:57	7.54
29	43.500	04:58:03	6:51	8.76	00:12:42	8:27	7.09	30	45.000	05:10:47	6:54	8.69	00:12:45	8:29	7.07
31	46.500	05:22:50	6:56	8.64	00:12:04	8:02	7.46	32	48.000	05:33:31	6:56	8.64	00:10:41	7:07	8.43
33	49.500	05:44:31	6:57	8.62	00:11:01	7:20	8.18	34	51.000	05:56:03	6:58	8.59	00:11:32	7:41	7.80

61 104 Birger Weydahl			NOR			Drøbbakk Marathonklubb			05:57:12			34 51.320			
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:54	5:55	10.12	00:08:54	5:55	10.12	2	3.000	00:17:30	5:49	10.29	00:08:37	5:44	10.46
3	4.500	00:26:16	5:50	10.28	00:08:46	5:50	10.27	4	6.000	00:34:42	5:46	10.38	00:08:26	5:37	10.67
5	7.500	00:43:04	5:44	10.45	00:08:23	5:35	10.74	6	9.000	00:51:54	5:45	10.41	00:08:50	5:53	10.20
7	10.500	01:00:29	5:45	10.42	00:08:35	5:43	10.49	8	12.000	01:09:09	5:45	10.41	00:08:41	5:47	10.37
9	13.500	01:18:02	5:46	10.38	00:08:53	5:55	10.13	10	15.000	01:26:45	5:46	10.38	00:08:43	5:48	10.33
11	16.500	01:35:41	5:47	10.35	00:08:56	5:56	10.09	12	18.000	01:44:44	5:49	10.31	00:09:04	6:02	9.94
13	19.500	01:53:52	5:50	10.28	00:09:09	6:05	9.85	14	21.000	02:02:58	5:51	10.25	00:09:06	6:04	9.89
15	22.500	02:12:26	5:53	10.19	00:09:29	6:18	9.51	16	24.000	02:22:12	5:55	10.13	00:09:47	6:30	9.21
17	25.500	02:32:08	5:57	10.06	00:09:56	6:37	9.06	18	27.000	02:42:43	6:01	9.96	00:10:35	7:02	8.51
19	28.500	02:53:57	6:06	9.83	00:11:15	7:29	8.00	20	30.000	03:04:52	6:09	9.74	00:10:55	7:16	8.25
21	31.500	03:16:32	6:14	9.62	00:11:41	7:47	7.71	22	33.000	03:29:10	6:20	9.47	00:12:38	8:24	7.13
23	34.500	03:41:59	6:26	9.33	00:12:50	8:32	7.02	24	36.000	03:54:44	6:31	9.20	00:12:45	8:29	7.06
25	37.500	04:07:48	6:36	9.08	00:13:05	8:42	6.88	26	39.000	04:20:44	6:41	8.97	00:12:56	8:37	6.96
27	40.500	04:33:33	6:45	8.88	00:12:50	8:32	7.02	28	42.000	04:47:03	6:50	8.78	00:13:30	8:59	6.67
29	43.500	05:00:05	6:53	8.70	00:13:03	8:41	6.90	30	45.000	05:12:29	6:56	8.64	00:12:24	8:15	7.26
31	46.500	05:24:16	6:58	8.60	00:11:47	7:50	7.64	32	48.000	05:36:08	7:00	8.57	00:11:52	7:54	7.58
33	49.500	05:47:03	7:00	8.56	00:10:56	7:16	8.24	34	51.000	05:57:12	7:00	8.57	00:10:10	6:46	8.87

62 61 Lars Lysbakken			NOR Hydro Rjukan BIL						04:18:42			34		51.000	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:06:08	4:05	14.68	00:06:08	4:05	14.68	2	3.000	00:12:00	4:00	15.00	00:05:53	3:54	15.33
3	4.500	00:18:36	4:07	14.53	00:06:36	4:23	13.66	4	6.000	00:24:43	4:07	14.57	00:06:08	4:04	14.71
5	7.500	00:30:55	4:07	14.56	00:06:13	4:08	14.51	6	9.000	00:36:50	4:05	14.66	00:05:56	3:57	15.19
7	10.500	00:43:04	4:06	14.63	00:06:14	4:08	14.48	8	12.000	00:49:15	4:06	14.62	00:06:12	4:07	14.54
9	13.500	00:55:13	4:05	14.67	00:05:58	3:58	15.09	10	15.000	01:01:13	4:04	14.70	00:06:01	4:00	14.97
11	16.500	01:07:16	4:04	14.72	00:06:03	4:01	14.88	12	18.000	01:13:17	4:04	14.74	00:06:01	4:00	14.97
13	19.500	01:19:12	4:03	14.77	00:05:56	3:56	15.20	14	21.000	01:25:12	4:03	14.79	00:06:00	3:59	15.00
15	22.500	01:31:08	4:03	14.81	00:05:57	3:57	15.17	16	24.000	01:37:05	4:02	14.83	00:05:57	3:57	15.14
17	25.500	01:43:13	4:02	14.83	00:06:08	4:05	14.69	18	27.000	01:49:10	4:02	14.84	00:05:58	3:58	15.10
19	28.500	01:55:08	4:02	14.85	00:05:58	3:58	15.10	20	30.000	02:01:20	4:02	14.84	00:06:13	4:08	14.51
21	31.500	02:07:29	4:02	14.83	00:06:09	4:05	14.66	22	33.000	02:13:37	4:02	14.82	00:06:09	4:05	14.64
23	34.500	02:19:44	4:02	14.82	00:06:07	4:04	14.75	24	36.000	02:26:05	4:03	14.79	00:06:22	4:14	14.14
25	37.500	02:32:30	4:04	14.75	00:06:25	4:16	14.03	26	39.000	02:38:55	4:04	14.72	00:06:25	4:16	14.03
27	40.500	02:45:13	4:04	14.71	00:06:18	4:11	14.31	28	42.000	02:52:23	4:06	14.62	00:07:11	4:46	12.55
29	43.500	03:01:59	4:10	14.34	00:09:36	6:23	9.38	30	45.000	03:12:38	4:16	14.02	00:10:40	7:06	8.44
31	46.500	03:22:16	4:20	13.79	00:09:38	6:25	9.34	32	48.000	03:35:21	4:29	13.37	00:13:06	8:43	6.88
33	49.500	03:52:11	4:41	12.79	00:16:50	11:13	5.35	34	51.000	04:18:42	5:04	11.83	00:26:32	17:40	3.39

63 16 Ola Sander			NOR Ulanbator BB						04:51:21			34		51.000	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:21	5:33	10.79	00:08:21	5:33	10.79	2	3.000	00:16:20	5:26	11.02	00:08:00	5:19	11.26
3	4.500	00:24:24	5:25	11.07	00:08:04	5:22	11.17	4	6.000	00:32:21	5:23	11.13	00:07:57	5:17	11.33
5	7.500	00:40:12	5:21	11.19	00:07:52	5:14	11.45	6	9.000	00:48:03	5:20	11.24	00:07:51	5:13	11.48
7	10.500	00:56:31	5:22	11.15	00:08:29	5:39	10.62	8	12.000	01:04:16	5:21	11.21	00:07:45	5:09	11.63
9	13.500	01:11:50	5:19	11.28	00:07:35	5:02	11.88	10	15.000	01:19:24	5:17	11.34	00:07:34	5:02	11.91
11	16.500	01:27:12	5:17	11.36	00:07:48	5:12	11.54	12	18.000	01:34:53	5:16	11.38	00:07:42	5:07	11.70
13	19.500	01:42:34	5:15	11.41	00:07:41	5:07	11.72	14	21.000	01:50:24	5:15	11.41	00:07:50	5:13	11.50
15	22.500	02:01:44	5:24	11.09	00:11:21	7:33	7.94	16	24.000	02:09:22	5:23	11.13	00:07:39	5:05	11.78
17	25.500	02:17:13	5:22	11.15	00:07:51	5:13	11.48	18	27.000	02:25:03	5:22	11.17	00:07:51	5:13	11.49
19	28.500	02:33:02	5:22	11.18	00:07:59	5:19	11.27	20	30.000	02:41:01	5:22	11.18	00:08:00	5:19	11.26
21	31.500	02:48:59	5:21	11.18	00:07:59	5:18	11.29	22	33.000	02:57:08	5:22	11.18	00:08:09	5:25	11.06
23	34.500	03:05:55	5:23	11.13	00:08:48	5:51	10.23	24	36.000	03:14:41	5:24	11.10	00:08:46	5:50	10.28
25	37.500	03:23:15	5:25	11.07	00:08:34	5:42	10.51	26	39.000	03:32:05	5:26	11.03	00:08:51	5:53	10.18
27	40.500	03:40:54	5:27	11.00	00:08:49	5:52	10.22	28	42.000	03:48:29	5:26	11.03	00:07:35	5:03	11.87
29	43.500	03:57:45	5:27	10.98	00:09:17	6:11	9.70	30	45.000	04:09:00	5:31	10.84	00:11:15	7:29	8.01
31	46.500	04:19:58	5:35	10.73	00:10:59	7:19	8.20	32	48.000	04:30:59	5:38	10.63	00:11:01	7:20	8.18
33	49.500	04:40:30	5:39	10.59	00:09:31	6:20	9.46	34	51.000	04:51:21	5:42	10.50	00:10:52	7:14	8.29

64		7		Rune Tidemann					NOR					05:16:51		34		51.000	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t				
1	1.500	00:07:17	4:51	12.36	00:07:17	4:51	12.36	2	3.000	00:14:29	4:49	12.44	00:07:12	4:47	12.52				
3	4.500	00:21:48	4:50	12.39	00:07:19	4:52	12.30	4	6.000	00:28:56	4:49	12.45	00:07:09	4:45	12.61				
5	7.500	00:36:13	4:49	12.43	00:07:18	4:51	12.35	6	9.000	00:43:30	4:49	12.42	00:07:17	4:50	12.37				
7	10.500	00:50:51	4:50	12.39	00:07:22	4:54	12.22	8	12.000	00:58:11	4:50	12.37	00:07:21	4:53	12.27				
9	13.500	01:05:41	4:51	12.33	00:07:30	4:59	12.01	10	15.000	01:13:04	4:52	12.32	00:07:23	4:54	12.20				
11	16.500	01:20:24	4:52	12.31	00:07:21	4:53	12.26	12	18.000	01:27:49	4:52	12.30	00:07:25	4:56	12.14				
13	19.500	01:35:15	4:53	12.28	00:07:27	4:57	12.10	14	21.000	01:42:39	4:53	12.28	00:07:24	4:55	12.18				
15	22.500	01:50:04	4:53	12.27	00:07:26	4:57	12.11	16	24.000	01:57:32	4:53	12.25	00:07:28	4:58	12.05				
17	25.500	02:05:18	4:54	12.21	00:07:46	5:10	11.59	18	27.000	02:13:01	4:55	12.18	00:07:43	5:08	11.68				
19	28.500	02:20:24	4:55	12.18	00:07:24	4:55	12.19	20	30.000	02:27:54	4:55	12.17	00:07:31	5:00	11.99				
21	31.500	02:35:25	4:56	12.16	00:07:31	5:00	11.99	22	33.000	02:42:56	4:56	12.15	00:07:31	5:00	11.98				
23	34.500	02:50:51	4:57	12.12	00:07:56	5:16	11.37	24	36.000	02:58:49	4:58	12.08	00:07:59	5:18	11.29				
25	37.500	03:08:57	5:02	11.91	00:10:08	6:45	8.88	26	39.000	03:21:28	5:09	11.62	00:12:31	8:20	7.20				
27	40.500	03:32:29	5:14	11.44	00:11:02	7:21	8.16	28	42.000	03:43:15	5:18	11.29	00:10:47	7:10	8.35				
29	43.500	03:56:45	5:26	11.02	00:13:30	8:59	6.67	30	45.000	04:10:45	5:34	10.77	00:14:01	9:20	6.43				
31	46.500	04:26:16	5:43	10.48	00:15:31	10:20	5.80	32	48.000	04:42:09	5:52	10.21	00:15:54	10:35	5.67				
33	49.500	04:58:37	6:01	9.95	00:16:28	10:58	5.47	34	51.000	05:16:51	6:12	9.66	00:18:15	12:09	4.93				

65		55		Ragnar Nygård					NOR					05:20:48		34		51.000	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t				
1	1.500	00:08:02	5:21	11.20	00:08:02	5:21	11.20	2	3.000	00:15:52	5:17	11.35	00:07:50	5:12	11.51				
3	4.500	00:23:36	5:14	11.44	00:07:45	5:09	11.63	4	6.000	00:31:20	5:13	11.49	00:07:44	5:09	11.64				
5	7.500	00:39:04	5:12	11.52	00:07:44	5:09	11.64	6	9.000	00:46:46	5:11	11.55	00:07:43	5:08	11.67				
7	10.500	00:54:41	5:12	11.52	00:07:55	5:16	11.37	8	12.000	01:02:29	5:12	11.52	00:07:48	5:11	11.55				
9	13.500	01:10:24	5:12	11.51	00:07:56	5:16	11.36	10	15.000	01:18:14	5:12	11.51	00:07:50	5:12	11.50				
11	16.500	01:26:15	5:13	11.48	00:08:01	5:20	11.23	12	18.000	01:34:20	5:14	11.45	00:08:06	5:23	11.12				
13	19.500	01:42:28	5:15	11.42	00:08:08	5:25	11.07	14	21.000	01:50:38	5:16	11.39	00:08:10	5:26	11.03				
15	22.500	01:59:02	5:17	11.34	00:08:25	5:36	10.71	16	24.000	02:07:30	5:18	11.30	00:08:28	5:38	10.64				
17	25.500	02:16:07	5:20	11.24	00:08:38	5:44	10.44	18	27.000	02:25:02	5:22	11.17	00:08:55	5:56	10.10				
19	28.500	02:33:50	5:23	11.12	00:08:48	5:51	10.23	20	30.000	02:42:44	5:25	11.06	00:08:54	5:55	10.11				
21	31.500	02:52:50	5:29	10.94	00:10:07	6:44	8.90	22	33.000	03:02:20	5:31	10.86	00:09:30	6:19	9.49				
23	34.500	03:16:31	5:41	10.53	00:14:12	9:27	6.34	24	36.000	03:26:54	5:44	10.44	00:10:24	6:55	8.66				
25	37.500	03:38:38	5:49	10.29	00:11:44	7:49	7.67	26	39.000	03:50:00	5:53	10.17	00:11:22	7:34	7.92				
27	40.500	04:00:58	5:56	10.08	00:10:59	7:18	8.20	28	42.000	04:12:17	6:00	9.99	00:11:19	7:32	7.96				
29	43.500	04:23:24	6:03	9.91	00:11:08	7:24	8.09	30	45.000	04:34:36	6:06	9.83	00:11:12	7:27	8.04				
31	46.500	04:46:06	6:09	9.75	00:11:31	7:40	7.82	32	48.000	04:58:34	6:13	9.65	00:12:28	8:18	7.22				
33	49.500	05:09:59	6:15	9.58	00:11:25	7:36	7.88	34	51.000	05:20:48	6:17	9.54	00:10:50	7:13	8.31				

66		36		Ulf Tommy Nilsen				NOR		Tiller døve				05:50:35		34		51.000	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t				
1	1.500	00:07:18	4:51	12.35	00:07:18	4:51	12.35	2	3.000	00:14:28	4:49	12.45	00:07:11	4:46	12.55				
3	4.500	00:21:43	4:49	12.44	00:07:15	4:49	12.43	4	6.000	00:28:56	4:49	12.44	00:07:14	4:48	12.46				
5	7.500	00:36:12	4:49	12.43	00:07:17	4:50	12.38	6	9.000	00:43:30	4:49	12.42	00:07:18	4:51	12.36				
7	10.500	00:50:54	4:50	12.38	00:07:25	4:56	12.14	8	12.000	00:58:12	4:50	12.37	00:07:18	4:51	12.34				
9	13.500	01:05:50	4:52	12.30	00:07:39	5:05	11.78	10	15.000	01:13:40	4:54	12.22	00:07:50	5:13	11.50				
11	16.500	01:21:39	4:56	12.13	00:07:59	5:19	11.27	12	18.000	01:29:31	4:58	12.07	00:07:53	5:14	11.44				
13	19.500	01:39:14	5:05	11.79	00:09:43	6:28	9.27	14	21.000	01:47:33	5:07	11.72	00:08:20	5:33	10.80				
15	22.500	01:57:03	5:12	11.53	00:09:30	6:19	9.48	16	24.000	02:08:08	5:20	11.24	00:11:05	7:23	8.13				
17	25.500	02:18:20	5:25	11.06	00:10:13	6:48	8.82	18	27.000	02:27:36	5:27	10.98	00:09:16	6:10	9.71				
19	28.500	02:39:17	5:35	10.74	00:11:42	7:47	7.70	20	30.000	02:50:06	5:40	10.58	00:10:49	7:12	8.33				
21	31.500	03:15:34	6:12	9.66	00:25:29	16:58	3.53	22	33.000	03:24:58	6:12	9.66	00:09:25	6:16	9.57				
23	34.500	03:35:20	6:14	9.61	00:10:23	6:54	8.68	24	36.000	03:50:16	6:23	9.38	00:14:56	9:56	6.03				
25	37.500	04:10:10	6:40	8.99	00:19:55	13:16	4.52	26	39.000	04:20:30	6:40	8.98	00:10:20	6:53	8.71				
27	40.500	04:34:31	6:46	8.85	00:14:02	9:20	6.42	28	42.000	04:45:05	6:47	8.84	00:10:35	7:02	8.52				
29	43.500	04:56:54	6:49	8.79	00:11:49	7:52	7.62	30	45.000	05:07:42	6:50	8.78	00:10:48	7:12	8.33				
31	46.500	05:17:42	6:49	8.78	00:10:01	6:40	8.99	32	48.000	05:29:14	6:51	8.75	00:11:32	7:41	7.80				
33	49.500	05:40:10	6:52	8.73	00:10:56	7:17	8.23	34	51.000	05:50:35	6:52	8.73	00:10:25	6:56	8.64				

67		8		Arne Magne Sondresen				NOR		Pattaya Hash House Harrier				05:53:48		34		51.000	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t				
1	1.500	00:09:12	6:07	9.79	00:09:12	6:07	9.79	2	3.000	00:18:39	6:12	9.66	00:09:27	6:17	9.52				
3	4.500	00:28:55	6:25	9.34	00:10:16	6:50	8.77	4	6.000	00:38:51	6:28	9.27	00:09:56	6:37	9.06				
5	7.500	00:48:45	6:29	9.23	00:09:55	6:36	9.09	6	9.000	00:58:03	6:26	9.30	00:09:19	6:12	9.68				
7	10.500	01:07:34	6:26	9.33	00:09:32	6:20	9.46	8	12.000	01:17:30	6:27	9.29	00:09:56	6:37	9.06				
9	13.500	01:26:42	6:25	9.34	00:09:13	6:08	9.78	10	15.000	01:36:10	6:24	9.36	00:09:29	6:19	9.50				
11	16.500	01:45:24	6:23	9.39	00:09:15	6:09	9.74	12	18.000	01:55:29	6:24	9.35	00:10:05	6:43	8.93				
13	19.500	02:05:00	6:24	9.36	00:09:31	6:20	9.47	14	21.000	02:14:46	6:25	9.35	00:09:46	6:30	9.22				
15	22.500	02:24:37	6:25	9.34	00:09:52	6:34	9.14	16	24.000	02:34:45	6:26	9.31	00:10:09	6:45	8.87				
17	25.500	02:45:14	6:28	9.26	00:10:29	6:59	8.59	18	27.000	02:55:28	6:29	9.23	00:10:14	6:49	8.80				
19	28.500	03:05:49	6:31	9.20	00:10:22	6:54	8.69	20	30.000	03:16:27	6:32	9.16	00:10:39	7:05	8.46				
21	31.500	03:27:11	6:34	9.12	00:10:44	7:09	8.39	22	33.000	03:39:44	6:39	9.01	00:12:34	8:22	7.17				
23	34.500	03:50:19	6:40	8.99	00:10:35	7:02	8.51	24	36.000	04:00:36	6:40	8.98	00:10:18	6:51	8.74				
25	37.500	04:10:58	6:41	8.97	00:10:22	6:54	8.68	26	39.000	04:21:23	6:42	8.95	00:10:25	6:56	8.64				
27	40.500	04:32:37	6:43	8.91	00:11:15	7:29	8.01	28	42.000	04:43:45	6:45	8.88	00:11:08	7:25	8.09				
29	43.500	04:55:19	6:47	8.84	00:11:35	7:42	7.78	30	45.000	05:06:39	6:48	8.80	00:11:21	7:33	7.94				
31	46.500	05:18:47	6:51	8.75	00:12:08	8:05	7.42	32	48.000	05:30:55	6:53	8.70	00:12:09	8:05	7.42				
33	49.500	05:42:56	6:55	8.66	00:12:01	8:00	7.49	34	51.000	05:53:48	6:56	8.65	00:10:53	7:14	8.28				

68	103	Sverre Mostue	NOR					IL Flint	04:39:13					32	48.000
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:56	5:16	11.36	00:07:56	5:16	11.36	2	3.000	00:16:12	5:23	11.12	00:08:17	5:30	10.88
3	4.500	00:24:37	5:28	10.97	00:08:25	5:36	10.70	4	6.000	00:32:53	5:28	10.95	00:08:17	5:30	10.88
5	7.500	00:41:24	5:31	10.87	00:08:31	5:40	10.57	6	9.000	00:49:48	5:31	10.85	00:08:24	5:35	10.72
7	10.500	00:57:57	5:31	10.87	00:08:10	5:26	11.03	8	12.000	01:06:14	5:31	10.87	00:08:18	5:31	10.86
9	13.500	01:14:29	5:30	10.88	00:08:15	5:29	10.92	10	15.000	01:22:36	5:30	10.90	00:08:08	5:25	11.07
11	16.500	01:30:42	5:29	10.92	00:08:06	5:23	11.12	12	18.000	01:38:47	5:29	10.93	00:08:05	5:23	11.13
13	19.500	01:46:55	5:28	10.94	00:08:08	5:25	11.07	14	21.000	01:55:01	5:28	10.96	00:08:07	5:24	11.10
15	22.500	02:03:12	5:28	10.96	00:08:11	5:27	11.00	16	24.000	02:11:08	5:27	10.98	00:07:57	5:17	11.34
17	25.500	02:19:06	5:27	11.00	00:07:59	5:18	11.29	18	27.000	02:27:26	5:27	10.99	00:08:21	5:33	10.79
19	28.500	02:35:49	5:28	10.97	00:08:23	5:35	10.74	20	30.000	02:43:55	5:27	10.98	00:08:06	5:23	11.12
21	31.500	02:51:56	5:27	10.99	00:08:01	5:20	11.23	22	33.000	02:59:50	5:26	11.01	00:07:55	5:16	11.39
23	34.500	03:07:53	5:26	11.02	00:08:04	5:22	11.18	24	36.000	03:16:31	5:27	10.99	00:08:38	5:45	10.43
25	37.500	03:24:42	5:27	10.99	00:08:12	5:27	10.98	26	39.000	03:33:00	5:27	10.99	00:08:18	5:31	10.85
27	40.500	03:41:40	5:28	10.96	00:08:41	5:46	10.38	28	42.000	03:50:26	5:29	10.94	00:08:46	5:50	10.28
29	43.500	03:59:03	5:29	10.92	00:08:37	5:44	10.45	30	45.000	04:08:08	5:30	10.88	00:09:06	6:03	9.90
31	46.500	04:17:39	5:32	10.83	00:09:32	6:20	9.45	32	48.000	04:39:13	5:49	10.31	00:21:34	14:22	4.17

69	71	Øistein Ackenhausen	NOR					COOP	05:52:52					30	45.070
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:09:28	6:18	9.51	00:09:28	6:18	9.51	2	3.000	00:19:41	6:33	9.15	00:10:13	6:48	8.81
3	4.500	00:29:52	6:38	9.04	00:10:11	6:47	8.84	4	6.000	00:40:23	6:43	8.92	00:10:32	7:00	8.56
5	7.500	00:50:44	6:45	8.87	00:10:22	6:54	8.69	6	9.000	01:01:14	6:48	8.82	00:10:30	6:59	8.58
7	10.500	01:11:56	6:51	8.76	00:10:43	7:08	8.41	8	12.000	01:22:51	6:54	8.69	00:10:56	7:16	8.24
9	13.500	01:33:31	6:55	8.66	00:10:40	7:06	8.44	10	15.000	01:44:34	6:58	8.61	00:11:04	7:22	8.14
11	16.500	01:55:36	7:00	8.56	00:11:02	7:21	8.16	12	18.000	02:07:03	7:03	8.50	00:11:27	7:37	7.86
13	19.500	02:18:28	7:06	8.45	00:11:26	7:37	7.88	14	21.000	02:30:13	7:09	8.39	00:11:45	7:49	7.66
15	22.500	02:42:32	7:13	8.31	00:12:19	8:12	7.31	16	24.000	02:54:32	7:16	8.25	00:12:01	8:00	7.50
17	25.500	03:06:51	7:19	8.19	00:12:19	8:12	7.31	18	27.000	03:19:39	7:23	8.11	00:12:48	8:32	7.03
19	28.500	03:32:19	7:26	8.05	00:12:41	8:26	7.10	20	30.000	03:45:02	7:30	8.00	00:12:43	8:28	7.08
21	31.500	03:58:02	7:33	7.94	00:13:00	8:39	6.92	22	33.000	04:10:50	7:36	7.89	00:12:48	8:31	7.03
23	34.500	04:24:16	7:39	7.83	00:13:27	8:57	6.70	24	36.000	04:36:46	7:41	7.80	00:12:31	8:20	7.20
25	37.500	04:48:53	7:42	7.79	00:12:08	8:04	7.43	26	39.000	05:01:46	7:44	7.75	00:12:53	8:35	6.99
27	40.500	05:13:30	7:44	7.75	00:11:44	7:49	7.67	28	42.000	05:24:59	7:44	7.75	00:11:30	7:39	7.83
29	43.500	05:37:58	7:46	7.72	00:12:59	8:39	6.93	30	45.000	05:52:52	7:50	7.65	00:14:55	9:56	6.04

70	108	Andreas Larsson		NOR	Örebro AIK		05:19:55	30	45.000							
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	
1	1.500	00:06:43	4:28	13.42	00:06:43	4:28	13.42	2	3.000	00:13:36	4:31	13.24	00:06:54	4:35	13.06	
3	4.500	00:20:45	4:36	13.01	00:07:10	4:46	12.58	4	6.000	00:28:08	4:41	12.80	00:07:23	4:54	12.22	
5	7.500	00:35:25	4:43	12.71	00:07:18	4:51	12.33	6	9.000	00:42:39	4:44	12.66	00:07:14	4:49	12.44	
7	10.500	00:50:00	4:45	12.60	00:07:21	4:53	12.27	8	12.000	00:57:25	4:47	12.54	00:07:26	4:57	12.12	
9	13.500	01:05:00	4:48	12.46	00:07:36	5:03	11.86	10	15.000	01:12:39	4:50	12.39	00:07:39	5:05	11.78	
11	16.500	01:20:44	4:53	12.26	00:08:05	5:23	11.14	12	18.000	01:32:50	5:09	11.63	00:12:07	8:04	7.43	
13	19.500	01:43:11	5:17	11.34	00:10:21	6:53	8.70	14	21.000	02:15:07	6:26	9.33	00:31:57	21:17	2.82	
15	22.500	02:27:46	6:34	9.14	00:12:40	8:26	7.11	16	24.000	02:39:58	6:39	9.00	00:12:12	8:07	7.38	
17	25.500	02:52:47	6:46	8.86	00:12:49	8:32	7.03	18	27.000	03:07:51	6:57	8.62	00:15:05	10:02	5.97	
19	28.500	03:17:06	6:54	8.68	00:09:16	6:10	9.72	20	30.000	03:25:07	6:50	8.78	00:08:01	5:20	11.23	
21	31.500	03:33:19	6:46	8.86	00:08:13	5:28	10.97	22	33.000	03:42:02	6:43	8.92	00:08:43	5:48	10.33	
23	34.500	03:56:06	6:50	8.77	00:14:04	9:22	6.40	24	36.000	04:04:59	6:48	8.82	00:08:54	5:55	10.13	
25	37.500	04:14:00	6:46	8.86	00:09:01	6:00	9.99	26	39.000	04:23:35	6:45	8.88	00:09:36	6:23	9.39	
27	40.500	04:38:13	6:52	8.73	00:14:39	9:45	6.15	28	42.000	04:53:43	6:59	8.58	00:15:30	10:19	5.81	
29	43.500	05:04:55	7:00	8.56	00:11:13	7:28	8.03	30	45.000	05:19:55	7:06	8.44	00:15:01	10:00	6.00	

71	65	Kim Boman		FIN	Tøyen tigers		03:32:01	29	43.500							
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	
1	1.500	00:07:08	4:45	12.63	00:07:08	4:45	12.63	2	3.000	00:14:28	4:49	12.45	00:07:21	4:53	12.27	
3	4.500	00:21:45	4:49	12.42	00:07:17	4:51	12.36	4	6.000	00:28:47	4:47	12.51	00:07:03	4:41	12.79	
5	7.500	00:35:57	4:47	12.52	00:07:10	4:46	12.58	6	9.000	00:43:03	4:46	12.54	00:07:07	4:44	12.66	
7	10.500	00:50:42	4:49	12.43	00:07:39	5:05	11.77	8	12.000	00:57:50	4:49	12.45	00:07:09	4:45	12.62	
9	13.500	01:05:02	4:48	12.46	00:07:12	4:47	12.51	10	15.000	01:12:12	4:48	12.47	00:07:11	4:46	12.56	
11	16.500	01:19:41	4:49	12.43	00:07:29	4:59	12.03	12	18.000	01:26:52	4:49	12.43	00:07:12	4:47	12.53	
13	19.500	01:34:01	4:49	12.44	00:07:10	4:46	12.57	14	21.000	01:41:36	4:50	12.40	00:07:35	5:02	11.89	
15	22.500	01:48:50	4:50	12.40	00:07:15	4:49	12.42	16	24.000	01:56:17	4:50	12.38	00:07:27	4:57	12.10	
17	25.500	02:05:55	4:56	12.15	00:09:39	6:25	9.34	18	27.000	02:12:56	4:55	12.19	00:07:02	4:40	12.83	
19	28.500	02:20:06	4:54	12.21	00:07:10	4:46	12.57	20	30.000	02:27:11	4:54	12.23	00:07:06	4:43	12.69	
21	31.500	02:34:23	4:54	12.24	00:07:12	4:47	12.50	22	33.000	02:41:24	4:53	12.27	00:07:01	4:40	12.85	
23	34.500	02:48:33	4:53	12.28	00:07:10	4:46	12.58	24	36.000	02:55:46	4:52	12.29	00:07:14	4:49	12.45	
25	37.500	03:03:03	4:52	12.29	00:07:17	4:50	12.37	26	39.000	03:10:29	4:53	12.28	00:07:27	4:57	12.09	
27	40.500	03:17:38	4:52	12.30	00:07:09	4:45	12.61	28	42.000	03:24:51	4:52	12.30	00:07:14	4:48	12.47	
29	43.500	03:32:01	4:52	12.31	00:07:10	4:46	12.56									

72 96 Bjørge Øfstaas			NOR Privat					03:33:42			28		42.000		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:07:42	5:07	11.71	00:07:42	5:07	11.71	2	3.000	00:14:50	4:56	12.15	00:07:08	4:45	12.62
3	4.500	00:22:00	4:53	12.27	00:07:11	4:47	12.53	4	6.000	00:29:13	4:52	12.33	00:07:13	4:48	12.49
5	7.500	00:36:30	4:51	12.33	00:07:17	4:51	12.36	6	9.000	00:43:34	4:50	12.40	00:07:05	4:42	12.73
7	10.500	00:50:58	4:51	12.36	00:07:24	4:55	12.17	8	12.000	00:58:11	4:50	12.38	00:07:13	4:48	12.47
9	13.500	01:05:28	4:50	12.37	00:07:18	4:51	12.35	10	15.000	01:12:41	4:50	12.38	00:07:13	4:48	12.47
11	16.500	01:20:12	4:51	12.35	00:07:32	5:00	11.96	12	18.000	01:27:21	4:51	12.36	00:07:09	4:46	12.59
13	19.500	01:34:42	4:51	12.36	00:07:22	4:54	12.24	14	21.000	01:41:58	4:51	12.36	00:07:16	4:50	12.40
15	22.500	01:49:06	4:50	12.37	00:07:09	4:45	12.60	16	24.000	01:56:38	4:51	12.35	00:07:32	5:01	11.95
17	25.500	02:04:10	4:52	12.32	00:07:32	5:01	11.96	18	27.000	02:11:59	4:53	12.28	00:07:49	5:12	11.52
19	28.500	02:19:10	4:52	12.29	00:07:12	4:47	12.52	20	30.000	02:26:31	4:53	12.29	00:07:22	4:54	12.24
21	31.500	02:36:29	4:58	12.08	00:09:58	6:38	9.03	22	33.000	02:43:59	4:58	12.07	00:07:31	5:00	11.99
23	34.500	02:51:38	4:58	12.06	00:07:39	5:05	11.77	24	36.000	02:59:04	4:58	12.06	00:07:26	4:56	12.12
25	37.500	03:07:10	4:59	12.02	00:08:07	5:24	11.11	26	39.000	03:16:43	5:02	11.90	00:09:34	6:22	9.42
27	40.500	03:25:00	5:03	11.85	00:08:17	5:30	10.88	28	42.000	03:33:42	5:05	11.79	00:08:43	5:48	10.33

73 99 Bjørn Terje Aass			NOR AXA Sportsklubb Norge					03:46:25			28		42.000		
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t
1	1.500	00:08:20	5:33	10.81	00:08:20	5:33	10.81	2	3.000	00:16:23	5:27	11.00	00:08:03	5:21	11.19
3	4.500	00:24:31	5:26	11.02	00:08:08	5:25	11.07	4	6.000	00:32:44	5:27	11.00	00:08:14	5:29	10.93
5	7.500	00:40:58	5:27	10.99	00:08:14	5:29	10.94	6	9.000	00:49:08	5:27	10.99	00:08:10	5:26	11.02
7	10.500	00:57:20	5:27	10.99	00:08:13	5:28	10.97	8	12.000	01:05:28	5:27	11.00	00:08:09	5:25	11.06
9	13.500	01:13:32	5:26	11.02	00:08:04	5:22	11.17	10	15.000	01:21:38	5:26	11.03	00:08:07	5:24	11.10
11	16.500	01:29:46	5:26	11.03	00:08:09	5:25	11.06	12	18.000	01:37:55	5:26	11.03	00:08:09	5:25	11.05
13	19.500	01:45:59	5:26	11.04	00:08:05	5:22	11.16	14	21.000	01:54:06	5:25	11.04	00:08:07	5:24	11.10
15	22.500	02:02:08	5:25	11.05	00:08:03	5:21	11.19	16	24.000	02:10:15	5:25	11.06	00:08:07	5:24	11.09
17	25.500	02:18:23	5:25	11.06	00:08:08	5:25	11.07	18	27.000	02:26:28	5:25	11.06	00:08:06	5:23	11.12
19	28.500	02:34:38	5:25	11.06	00:08:10	5:26	11.03	20	30.000	02:42:42	5:25	11.06	00:08:05	5:22	11.15
21	31.500	02:50:50	5:25	11.06	00:08:09	5:25	11.06	22	33.000	02:59:26	5:26	11.04	00:08:36	5:43	10.48
23	34.500	03:07:31	5:26	11.04	00:08:06	5:23	11.12	24	36.000	03:15:28	5:25	11.05	00:07:57	5:18	11.32
25	37.500	03:23:17	5:25	11.07	00:07:49	5:12	11.52	26	39.000	03:31:05	5:24	11.09	00:07:48	5:11	11.54
27	40.500	03:38:47	5:24	11.11	00:07:42	5:07	11.69	28	42.000	03:46:25	5:23	11.13	00:07:38	5:05	11.79

74	75	Thore Hansen						NOR						04:03:55	28	42.000
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	
1	1.500	00:08:41	5:46	10.38	00:08:41	5:46	10.38	2	3.000	00:17:11	5:43	10.48	00:08:30	5:39	10.59	
3	4.500	00:25:32	5:40	10.58	00:08:22	5:34	10.77	4	6.000	00:33:45	5:37	10.67	00:08:14	5:28	10.95	
5	7.500	00:42:33	5:40	10.58	00:08:48	5:51	10.23	6	9.000	00:50:50	5:38	10.62	00:08:18	5:31	10.86	
7	10.500	00:59:01	5:37	10.68	00:08:12	5:27	10.99	8	12.000	01:07:12	5:36	10.71	00:08:12	5:27	11.00	
9	13.500	01:15:18	5:34	10.76	00:08:06	5:23	11.13	10	15.000	01:23:28	5:33	10.78	00:08:11	5:27	11.01	
11	16.500	01:31:50	5:33	10.78	00:08:22	5:34	10.76	12	18.000	01:40:04	5:33	10.79	00:08:14	5:29	10.94	
13	19.500	01:48:17	5:33	10.81	00:08:13	5:28	10.96	14	21.000	01:56:33	5:32	10.81	00:08:17	5:30	10.88	
15	22.500	02:05:05	5:33	10.79	00:08:33	5:41	10.54	16	24.000	02:13:26	5:33	10.79	00:08:21	5:33	10.78	
17	25.500	02:21:55	5:33	10.78	00:08:29	5:39	10.62	18	27.000	02:30:30	5:34	10.77	00:08:35	5:43	10.49	
19	28.500	02:39:28	5:35	10.72	00:08:58	5:58	10.04	20	30.000	02:48:37	5:37	10.68	00:09:10	6:06	9.82	
21	31.500	02:57:38	5:38	10.64	00:09:01	6:00	10.00	22	33.000	03:06:42	5:39	10.61	00:09:05	6:03	9.91	
23	34.500	03:16:01	5:40	10.56	00:09:19	6:12	9.66	24	36.000	03:25:15	5:42	10.52	00:09:14	6:09	9.75	
25	37.500	03:34:46	5:43	10.48	00:09:32	6:20	9.46	26	39.000	03:44:18	5:45	10.43	00:09:33	6:21	9.44	
27	40.500	03:54:02	5:46	10.38	00:09:44	6:29	9.25	28	42.000	04:03:55	5:48	10.33	00:09:53	6:35	9.11	

75	33	Robert Hansen						NOR						04:15:30	28	42.000
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	
1	1.500	00:07:05	4:42	12.72	00:07:05	4:42	12.72	2	3.000	00:13:52	4:37	12.98	00:06:48	4:31	13.26	
3	4.500	00:20:42	4:35	13.05	00:06:50	4:33	13.19	4	6.000	00:27:30	4:34	13.09	00:06:49	4:32	13.22	
5	7.500	00:34:33	4:36	13.03	00:07:03	4:41	12.77	6	9.000	00:41:50	4:38	12.91	00:07:17	4:51	12.37	
7	10.500	00:49:40	4:43	12.68	00:07:51	5:13	11.47	8	12.000	00:56:45	4:43	12.69	00:07:05	4:42	12.73	
9	13.500	01:03:51	4:43	12.69	00:07:07	4:44	12.67	10	15.000	01:19:28	5:17	11.33	00:15:38	10:24	5.76	
11	16.500	01:32:03	5:34	10.76	00:12:36	8:23	7.15	12	18.000	01:39:07	5:30	10.90	00:07:04	4:42	12.75	
13	19.500	01:46:45	5:28	10.96	00:07:39	5:05	11.78	14	21.000	01:54:17	5:26	11.03	00:07:32	5:01	11.95	
15	22.500	02:02:10	5:25	11.05	00:07:54	5:15	11.41	16	24.000	02:09:56	5:24	11.08	00:07:47	5:10	11.58	
17	25.500	02:18:08	5:24	11.08	00:08:12	5:27	10.99	18	27.000	02:26:29	5:25	11.06	00:08:21	5:33	10.78	
19	28.500	02:34:37	5:25	11.06	00:08:09	5:25	11.05	20	30.000	02:43:06	5:26	11.04	00:08:29	5:39	10.61	
21	31.500	02:51:35	5:26	11.02	00:08:29	5:39	10.62	22	33.000	03:00:33	5:28	10.97	00:08:59	5:59	10.03	
23	34.500	03:09:46	5:30	10.91	00:09:13	6:08	9.78	24	36.000	03:20:08	5:33	10.79	00:10:23	6:54	8.68	
25	37.500	03:31:13	5:37	10.65	00:11:05	7:23	8.12	26	39.000	03:47:05	5:49	10.31	00:15:52	10:34	5.67	
27	40.500	04:00:26	5:56	10.11	00:13:22	8:54	6.74	28	42.000	04:15:30	6:04	9.86	00:15:05	10:02	5.97	

76	85	Ragnar Thon						NOR Nøtterøy						03:52:41	15	22.500
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	
1	1.500	00:15:26	10:17	5.83	00:15:26	10:17	5.83	2	3.000	00:30:31	10:10	5.90	00:15:05	10:03	5.97	
3	4.500	00:45:27	10:05	5.94	00:14:56	9:57	6.03	4	6.000	01:00:17	10:02	5.97	00:14:51	9:53	6.06	
5	7.500	01:15:14	10:01	5.98	00:14:57	9:57	6.02	6	9.000	01:30:09	10:00	5.99	00:14:56	9:56	6.03	
7	10.500	01:45:09	10:00	5.99	00:15:00	10:00	6.00	8	12.000	02:00:03	10:00	6.00	00:14:54	9:56	6.04	
9	13.500	02:15:14	10:01	5.99	00:15:11	10:07	5.93	10	15.000	02:30:28	10:01	5.98	00:15:14	10:09	5.91	
11	16.500	02:45:50	10:02	5.97	00:15:22	10:14	5.86	12	18.000	03:02:25	10:08	5.92	00:16:36	11:03	5.42	
13	19.500	03:18:17	10:10	5.90	00:15:52	10:34	5.68	14	21.000	03:34:39	10:13	5.87	00:16:23	10:54	5.50	
15	22.500	03:52:41	10:20	5.80	00:18:02	12:01	4.99									



