

Plads Navn Klasse

Tid

M16

**1 Jacob Påledal 34 2:04:46**  
 51:44= 57:01= 64:21= 66:16= 70:32= 79:25= 83:43= 85:07= 86:42= 90:50= 92:08= 99:33= 108:01= 109:56= 113:19= 124:46=  
 51:44= 05:17= 07:20= 01:55= 04:16= 08:53= 04:18= 01:24= 01:35= 04:08= 01:18= 07:25= 08:28= 01:55= 03:23= 11:27=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Rasmus Påledal 34 2:05:42**  
 45:57- 51:04- 58:39- 60:14- 64:46- 76:42- 80:33- 83:01- 84:37- 91:11+ 94:10+ 101:00+ 109:15+ 111:54+ 116:53+ 125:42+  
 45:57- 05:07- 07:35+ 01:35- 04:32+ 11:56+ 03:51- 02:28+ 01:36+ 06:34+ 02:59+ 06:50- 08:15- 02:39+ 04:59+ 08:49-  
 05:47- 00:10- 00:15+ 00:20- 00:16+ 03:03& 00:27- 01:04& 00:01+ 02:26& 01:41@ 00:35- 00:13- 00:44& 01:36& 02:38-

**Beste stræktid for klassen**  
 45:57 05:07 07:20 01:35 04:16 08:53 03:51 01:24 01:35 04:08 01:18 06:50 08:15 01:55 03:23 08:49

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

M20

**1 Johan Hagströmer Sweden 1:38:28**  
 37:43= 39:27= 41:03= 43:08= 46:22= 47:33= 52:28= 57:11= 58:53= 61:50= 70:45= 73:03= 76:31= 77:06= 81:30= 84:10= 86:40= 88:58= 90:30= 93:38= 98:28=  
 37:43= 01:44= 01:36= 02:05= 03:14= 01:11= 04:55= 04:43= 01:42= 02:57= 08:55= 02:18= 03:28= 00:35= 04:24= 02:40= 02:30= 02:18= 01:32= 03:08= 04:50=  
 00:00=

**2 Christian Møller Dmi 1:53:06**  
 41:48+ 43:36+ 44:51+ 48:23+ 51:32+ 53:26+ 58:14+ 62:06+ 63:37+ 66:11+ 77:11+ 80:01+ 84:02+ 86:37+ 91:57+ 95:09+ 99:24+ 101:50+ 103:17+ 107:16+ 113:06+  
 41:48+ 01:48+ 01:15- 03:32+ 03:09- 01:54+ 04:48- 03:52- 01:31- 02:34- 11:00+ 02:50+ 04:01+ 02:35+ 05:20+ 03:12+ 04:15+ 02:26+ 01:27- 03:59+ 05:50+  
 04:05# 00:04+ 00:21- 01:27& 00:05- 00:43& 00:07- 00:51- 00:11- 00:23- 02:05# 00:32# 00:33# 02:00@ 00:56# 00:32# 01:45& 00:08+ 00:05- 00:51& 01:00#

**3 Jáchym Hojný 5 2:03:37**  
 49:06+ 50:52+ 52:20+ 54:33+ 58:21+ 59:24+ 64:46+ 70:03+ 73:12+ 75:54+ 88:12+ 91:20+ 95:33+ 96:07+ 101:26+ 105:10+ 109:51+ 113:19+ 114:50+ 118:51+ 123:37+  
 49:06+ 01:46+ 01:28- 02:13+ 03:48+ 01:03- 05:22+ 05:17+ 03:09+ 02:42- 12:18+ 03:08+ 04:13+ 00:34- 05:19+ 03:44+ 04:41+ 03:28+ 01:31- 04:01+ 04:46-  
 11:23& 00:02+ 00:08- 00:08+ 00:34# 00:08- 00:27+ 00:34# 01:27& 00:15- 03:23& 00:50& 00:45# 00:01- 00:55# 01:04& 02:11& 01:10& 00:01- 00:53& 00:04-

**4 Tim Dalheimer Dvbol 2:07:30**  
 47:41+ 51:02+ 52:20+ 54:45+ 58:41+ 60:08+ 65:42+ 71:18+ 73:12+ 75:46+ 90:12+ 94:15+ 98:15+ 99:04+ 104:39+ 108:26+ 111:47+ 115:25+ 117:07+ 121:12+ 127:30+  
 47:41+ 03:21+ 01:18- 02:25+ 03:56+ 01:27+ 05:34+ 05:36+ 01:54+ 02:34- 14:26+ 04:03+ 04:00+ 00:49+ 05:35+ 03:47+ 03:21+ 03:38+ 01:42+ 04:05+ 06:18+  
 09:58& 01:37& 00:18- 00:20# 00:42# 00:16# 00:39# 00:53# 00:12# 00:23- 05:31& 01:45& 00:32# 00:14& 01:11& 01:07& 00:51& 01:20& 00:10# 00:57& 01:28&

**5 Waldemar Von Frenckell 16 2:22:49**  
 51:43+ 54:19+ 56:03+ 58:51+ 63:18+ 64:36+ 72:39+ 80:23+ 82:17+ 84:11+ 96:23+ 100:21+ 106:47+ 107:52+ 114:06+ 117:55+ 121:59+ 130:04+ 132:01+ 136:54+ 142:49+  
 51:43+ 02:36+ 01:44+ 02:48+ 04:27+ 01:18+ 08:03+ 07:44+ 01:54+ 01:54- 12:12+ 03:58+ 06:26+ 01:05+ 06:14+ 03:49+ 04:04+ 08:05+ 01:57+ 04:53+ 05:55+  
 14:00& 00:52& 00:08+ 00:43& 01:13& 00:07+ 03:08& 03:01& 00:12# 01:03- 03:17& 01:40& 02:58& 00:30& 01:50& 01:09& 01:34& 05:47@ 00:25& 01:45& 01:05#

**6 Severi Hölsö 8 2:31:51**  
 59:09+ 64:42+ 65:56+ 68:47+ 72:37+ 73:50+ 80:25+ 84:46+ 98:26+ 100:21+ 112:02+ 114:51+ 121:46+ 122:23+ 129:19+ 133:48+ 137:13+ 140:31+ 142:08+ 146:08+ 151:51+  
 59:09+ 05:33+ 01:14- 02:51+ 03:50+ 01:13+ 06:35+ 04:21- 13:40+ 01:55- 11:41+ 02:49+ 06:55+ 00:37+ 06:56+ 04:29+ 03:25+ 03:18+ 01:37+ 04:00+ 05:43+  
 21:26& 03:49@ 00:22- 00:46& 00:36# 00:02+ 01:40& 00:22- 11:58@ 01:02- 02:46& 00:31# 03:27& 00:02+ 02:32& 01:49& 00:55& 01:00& 00:05+ 00:52& 00:53#

**7 Martin Møller lfs 2:53:16**  
 58:41+ 60:58+ 62:43+ 65:37+ 75:35+ 77:00+ 84:48+ 90:48+ 94:09+ 97:51+ 112:36+ 117:14+ 131:14+ 132:41+ 141:37+ 146:15+ 152:16+ 156:22+ 161:21+ 166:33+ 173:16+  
 58:41+ 02:17+ 01:45+ 02:54+ 09:58+ 01:25+ 07:48+ 06:00+ 03:21+ 03:42+ 14:45+ 04:38+ 14:00+ 01:27+ 08:56+ 04:38+ 06:01+ 04:06+ 04:59+ 05:12+ 06:43+  
 20:58& 00:33& 00:09+ 00:49& 06:44@ 00:14# 02:53& 01:17& 01:39& 00:45& 05:50& 02:20@ 10:32@ 00:52@ 04:32@ 01:58& 03:31@ 01:48& 03:27@ 02:04& 01:53&

**Beste stræktid for klassen**  
 37:43 01:44 01:14 02:05 03:09 01:03 04:48 03:52 01:31 01:54 08:55 02:18 03:28 00:34 04:24 02:40 02:30 02:18 01:27 03:08 04:46

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

M21

**1 Thomas Greve Jensen Dmi 1:31:37**  
 29:19= 33:15= 35:43= 36:33= 39:19= 41:04= 43:30= 44:34= 47:59= 48:50= 54:38= 56:01= 56:59= 60:46= 67:44= 69:24= 71:32= 76:03= 79:16= 81:00= 82:23= 84:54= 91:37=  
 29:19= 03:56= 02:28= 00:50= 02:46= 01:45= 02:26= 01:04= 03:25= 00:51= 05:48= 01:23= 00:58= 03:47= 06:58= 01:40= 02:08= 04:31= 03:13= 01:44= 01:23= 02:31= 06:43=  
 00:00=

Class	Navn	Klasse	Tid																					
<b>2</b>	<b>Petja Pöyhönen</b>	<b>8</b>	<b>1:32:58</b>																					
27:17-	31:42-	34:22-	35:14-	38:12-	40:16-	43:25-	44:56+	48:09+	48:53+	54:55+	56:28+	57:04+	61:20+	70:36+	72:41+	74:53+	78:21+	82:02+	83:39+	85:10+	87:53+	92:58+		
27:17-	04:25+	02:40+	00:52+	02:58+	02:04+	03:09+	01:31+	03:13-	00:44-	06:02+	01:33+	00:36-	04:16+	09:16+	02:05+	02:12+	03:28-	03:41+	01:37-	01:31+	02:43+	05:05-		
02:02-	00:29#	00:12+	00:02+	00:12+	00:19#	00:43&	00:27&	00:12-	00:07-	00:14+	00:10#	00:22-	00:29#	02:18&	00:25#	00:04+	01:03-	00:28#	00:07-	00:08+	00:12+	01:38-		
<b>3</b>	<b>Gustav Hindér</b>	<b>33</b>	<b>1:34:08</b>																					
26:14-	29:52-	32:18-	33:08-	35:43-	37:25-	39:59-	41:05-	44:20-	46:02-	53:26-	55:06-	55:37-	59:45-	67:36-	69:39+	71:30-	75:07-	78:27-	82:43+	84:04+	86:22+	94:08+		
26:14-	03:38-	02:26-	00:50+	02:35-	01:42-	02:34+	01:06+	03:15-	01:42+	07:24+	01:40+	00:31-	04:08+	07:51+	02:03+	01:51-	03:37-	03:20+	04:16+	01:21-	02:18-	07:46+		
03:05-	00:18-	00:02-	00:00+	00:11-	00:03-	00:08+	00:02+	00:10-	00:51&	01:36&	00:17#	00:27-	00:21+	00:53#	00:23#	00:17-	00:54-	00:07+	02:32@	00:02-	00:13-	01:03#		
<b>4</b>	<b>Johan Eklöv</b>	<b>33</b>	<b>1:35:11</b>																					
28:42-	32:48-	35:48+	36:57+	39:40+	41:20+	44:00+	45:17+	48:17+	49:13+	55:05+	56:26+	57:22+	60:53+	69:13+	71:04+	73:30+	76:59+	80:39+	83:25+	86:01+	88:41+	95:11+		
28:42-	04:06+	03:00+	01:09+	02:43-	01:40-	02:40+	01:17+	03:00-	00:56+	05:52+	01:21-	00:56-	03:31-	08:20+	01:51+	02:26+	03:29-	03:40+	02:46+	02:36+	02:40+	06:30-		
00:37-	00:10+	00:32#	00:19&	00:03-	00:05-	00:14+	00:13#	00:25-	00:05+	00:04+	00:02-	00:02-	00:16-	01:22#	00:11#	00:18#	01:02-	00:27#	01:02&	01:13&	00:09+	00:13-		
<b>5</b>	<b>Risto Haikonen</b>	<b>8</b>	<b>1:36:47</b>																					
29:32+	33:47+	37:38+	38:34+	41:54+	43:39+	46:32+	47:49+	50:42+	51:28+	57:53+	59:14+	59:49+	63:51+	71:27+	73:28+	75:33+	78:51+	82:51+	85:13+	87:14+	90:03+	96:47+		
29:32+	04:15+	03:51+	00:56+	03:20+	01:45+	02:53+	01:17+	02:53-	00:46-	06:25+	01:21-	00:35-	04:02+	07:36+	02:01+	02:05-	03:18-	04:00+	02:22+	02:01+	02:49+	06:44+		
00:13+	00:19+	01:23&	00:06#	00:34#	00:00+	00:27#	00:13#	00:32-	00:05-	00:37#	00:02-	00:23-	00:15+	00:38+	00:21#	00:03-	01:13-	00:47#	00:38&	00:38&	00:18#	00:01+		
<b>6</b>	<b>Mikko Hölösö</b>	<b>8</b>	<b>1:37:49</b>																					
27:58-	31:57-	34:36-	35:44-	38:47-	40:31-	43:12-	44:26-	47:31-	49:14+	60:49+	62:06+	63:02+	66:48+	73:49+	75:32+	77:40+	81:50+	85:23+	87:03+	88:30+	91:22+	97:49+		
27:58-	03:59+	02:39+	01:08+	03:03+	01:44-	02:41+	01:14+	03:05-	01:43+	11:35+	01:17-	00:56-	03:46-	07:01+	01:43+	02:08+	04:10-	03:33+	01:40-	01:27+	02:52+	06:27-		
01:21-	00:03+	00:11+	00:18&	00:17#	00:01-	00:15#	00:10#	00:20-	00:52@	05:47&	00:06-	00:02-	00:01-	00:03+	00:03+	00:00+	00:21-	00:20#	00:04-	00:04+	00:21#	00:16-		
<b>7</b>	<b>Anders Englid</b>	<b>33</b>	<b>1:38:00</b>																					
29:38+	34:01+	37:10+	38:02+	40:57+	42:38+	45:35+	47:29+	50:40+	51:25+	57:53+	59:13+	60:40+	64:19+	72:28+	74:37+	76:45+	80:19+	84:27+	86:13+	88:01+	90:51+	92:52+	98:00+	
29:38+	04:23+	03:09+	00:52+	02:55+	01:41-	02:57+	01:54+	03:11-	00:45-	06:28+	01:20-	01:27+	03:39-	08:09+	02:09+	02:08+	03:34-	04:08+	01:46+	01:48+	02:50+	02:01-	05:08+	
00:19+	00:27#	00:41&	00:04#	00:09+	00:04-	00:31#	00:50&	00:14-	00:06-	00:40#	00:03-	00:29&	00:08-	01:11#	00:29&	00:00+	00:57-	00:55&	00:02+	00:25&	00:19#	04:42-	05:08+	
<b>8</b>	<b>Martin Jansson</b>	<b>33</b>	<b>1:38:55</b>																					
29:39+	34:15+	37:26+	38:28+	41:24+	43:11+	46:13+	47:40+	50:54+	51:54+	57:47+	59:08+	60:04+	63:50+	70:46+	72:28+	74:35+	79:29+	83:28+	88:19+	89:57+	92:43+	98:55+		
29:39+	04:36+	03:11+	01:02+	02:56+	01:47+	03:02+	01:27+	03:14-	01:00+	05:53+	01:21-	00:56-	03:46-	06:56-	01:42+	02:07-	04:54+	03:59+	04:51+	01:38+	02:46+	06:12-		
00:20+	00:40#	00:43&	00:12#	00:10+	00:02+	00:36#	00:23&	00:11-	00:09#	00:05+	00:02-	00:02-	00:01-	00:02-	00:02+	00:01-	00:23+	00:46#	03:07@	00:15#	00:15+	00:31-		
<b>9</b>	<b>Jonas Falck Weber</b>	<b>Dmi</b>	<b>1:39:50</b>																					
30:26+	34:53+	37:50+	38:40+	41:29+	43:10+	45:47+	47:09+	50:14+	51:06+	57:43+	59:17+	60:18+	63:51+	71:31+	73:29+	75:54+	79:43+	83:36+	86:41+	88:20+	91:13+	99:50+		
30:26+	04:27+	02:57+	00:50+	02:49+	01:41-	02:37+	01:22+	03:05-	00:52+	06:37+	01:34+	01:01+	03:33-	07:40+	01:58+	02:25+	03:49-	03:53+	03:05+	01:39+	02:53+	08:37+		
01:07+	00:31#	00:29#	00:00+	00:03+	00:04-	00:11+	00:18&	00:20-	00:01+	00:49#	00:11#	00:03+	00:14-	00:42#	00:18#	00:17#	00:42-	00:40#	01:21&	00:16#	00:22#	01:54&		
<b>10</b>	<b>Johan Ek-Larsson</b>	<b>33</b>	<b>1:39:52</b>																					
30:21+	34:29+	36:55+	37:43+	40:10+	42:06+	45:02+	46:14+	49:09+	49:55+	56:40+	59:30+	60:24+	60:53+	65:07-	72:28+	74:19+	76:23+	80:02+	83:27+	88:14+	89:56+	92:33+	99:52+	
30:21+	04:08+	02:26-	00:48-	02:27-	01:56+	02:56+	01:12+	02:55-	00:46-	06:45+	02:50+	00:54-	00:29-	04:14-	07:21+	01:51-	02:04-	03:39+	03:25+	04:47+	01:42-	02:37-	07:19+	
01:02+	00:12+	00:02-	00:02-	00:19-	00:11#	00:30#	00:08#	00:30-	00:05-	00:57#	01:27@	00:04-	03:18-	02:44-	05:41@	00:17-	02:27-	00:26#	01:41&	03:24@	00:49-	04:06-	07:19+	
<b>11</b>	<b>Jouni Heinonen</b>	<b>8</b>	<b>1:42:04</b>																					
32:30+	37:02+	40:12+	41:06+	43:47+	45:32+	48:20+	50:21+	53:26+	54:16+	60:46+	62:18+	63:43+	67:21+	75:16+	77:24+	79:33+	83:25+	87:23+	89:09+	90:54+	93:56+	96:51+	102:04+	
32:30+	04:32+	03:10+	00:54+	02:41-	01:45+	02:48+	02:01+	03:05-	00:50-	06:30+	01:32+	01:25+	03:38-	07:55+	02:08+	02:09+	03:52-	03:58+	01:46+	01:45+	03:02+	02:55-	05:13+	
03:11#	00:36#	00:42&	00:04+	00:05-	00:00+	00:22#	00:57&	00:20-	00:01-	00:42#	00:09#	00:27&	00:09-	00:57#	00:28&	00:01+	00:39-	00:45#	00:02+	00:22&	00:31#	03:48-	05:13+	
<b>12</b>	<b>Albin Axelsson</b>	<b>33</b>	<b>1:44:14</b>																					
38:30+	42:45+	46:34+	47:35+	50:32+	52:54+	55:33+	56:44+	59:39+	60:25+	66:48+	68:20+	68:56+	72:52+	80:20+	82:24+	84:23+	87:39+	91:16+	93:12+	94:41+	97:08+	104:14+		
38:30+	04:15+	03:49+	01:01+	02:57+	02:22+	02:39+	01:11+	02:55-	00:46-	06:23+	01:32+	00:36-	03:56+	07:28+	02:04+	01:59-	03:16-	03:37+	01:56+	01:29+	02:27-	07:06+		
09:11&	00:19+	01:21&	00:11#	00:11+	00:37&	00:13+	00:07#	00:30-	00:05-	00:35#	00:09#	00:22-	00:09+	00:30+	00:24#	00:09-	01:15-	00:24#	00:12#	00:06+	00:04-	00:23+		
<b>13</b>	<b>Matti Vainionpää</b>	<b>8</b>	<b>1:44:30</b>																					
31:45+	36:50+	41:51+	42:44+	45:45+	47:29+	50:22+	51:42+	55:17+	56:18+	64:02+	67:13+	67:57+	71:54+	79:53+	81:36+	83:46+	88:08+	91:29+	93:05+	94:33+	97:26+	104:30+		
31:45+	05:05+	05:01+	00:53+	03:01+	01:44-	02:53+	01:20+	03:35+	01:01+	07:44+	03:11+	00:44-	03:57+	07:59+	01:43+	02:10+	04:22-	03:21+	01:36-	01:28+	02:53+	07:04+		
02:26+	01:09&	02:33@	00:15+	00:01-	00:27#	00:16#	00:16#	00:10+	00:10#	01:56&	01:48@	00:14-	00:10+	01:01#	00:03+	00:02+	00:09-	00:08+	00:08-	00:05+	00:22#	00:21+		
<b>14</b>	<b>Tommi Oksanen</b>	<b>8</b>	<b>1:46:45</b>																					
35:23+	39:47+	43:34+	44:27+	47:24+	49:55+	52:41+	53:52+	56:51+	57:31+	63:41+	65:06+	65:43+	69:45+	77:33+	80:19+	82:57+	86:46+	90:45+	92:58+	94:37+	97:57+	106:45+		
35:23+	04:24+	03:47+	00:53+	02:57+	02:31+	02:46+	01:11+	02:59-	00:40-	06:10+	01:25+	00:37-	04:02+	07:48+	02:46+	02:38+	03:49-	03:59+	02:13+	01:39+	03:20+	08:48+		
06:04#	00:28#	01:19&	00:03+	00:11+	00:46&	00:20#	00:07#	00:26-	00:11-	00:22+	00:02+	00:21-	00:15+	00:50#	01:06&	00:30#	00:42-	00:46#	00:29&	00:16#	00:49&	02:05&		
<b>15</b>	<b>Matej Burda</b>	<b>5</b>	<b>1:49:04</b>																					
30:10+	34:31+	37:17+	38:15+	41:53+	45:13+	48:38+	50:31+	54:15+	55:34+	62:25+	65:28+	67:21+	67:54+	71:56+	80:11+	82:46+	85:51+	90:45+	95:08+	97:25+	99:19+	102:40+	103:34+	109:04+
30:10+	04:21+	02:46+	00:58+	03:38+	03:20+	03:25+	01:53+	03:44+	01:19+	06:51+	03:03+	01:53+	00:33-	04:02-	08:15+	02:35+	03:05-	04:54+	04:23+	02:17+	01:54-	03:21-	00:54+	05:30+
00:51+	00:25#	00:18#	00:08#	00:52&	01:35&	00:59&	00:49&	00:19+	00:28&	01:03#	01:40@	00:55&	03:14-	02:56-	06:35@	00:27#	01:26-	01:41&	02:39@	00:54&	00:37-	03:22-	00:54+	05:30+
<b>16</b>	<b>Tapio Perä</b>	<b>8</b>	<b>1:50:24</b>																					
36:55+	40:44+	45:52+	46:57+	49:30+	51:23+	54:35+	55:56+	58:51+	59:50+	68:58+	70:20+	73:2												

Class	Navn	Klasse	Tid																				
<b>17</b>	<b>Jarno Kallio-Könnö</b>	<b>8</b>	<b>1:51:07</b>																				
34:14+	38:56+	41:59+	43:09+	46:43+	48:38+	51:47+	53:31+	57:13+	58:27+	65:45+	69:17+	69:51+	73:58+	82:09+	84:29+	86:56+	92:28+	96:47+	100:03+	101:40+	104:32+	111:07+	
34:14+	04:42+	03:03+	01:10+	03:34+	01:55+	03:09+	01:44+	03:42+	01:14+	07:18+	03:32+	00:34-	04:07+	08:11+	02:20+	02:27+	05:32+	04:19+	03:16+	01:37+	02:52+	06:35-	
04:55#	00:46#	00:35#	00:20&	00:48&	00:10+	00:43&	00:40&	00:17+	00:23&	01:30&	02:09@	00:24-	00:20+	01:13#	00:40&	00:19#	01:01#	01:06&	01:32&	00:14#	00:21#	00:08-	
<b>19</b>	<b>Antti Iivari</b>	<b>8</b>	<b>1:54:02</b>																				
41:22+	45:43+	48:31+	49:49+	53:05+	55:05+	58:20+	60:04+	63:16+	64:13+	70:40+	72:17+	73:02+	78:10+	85:52+	88:15+	90:33+	96:31+	100:39+	104:46+	106:34+	109:15+	114:02+	
41:22+	04:21+	02:48+	01:18+	03:16+	02:00+	03:15+	01:44+	03:12-	00:57+	06:27+	01:37+	00:45-	05:08+	07:42+	02:23+	02:18+	05:58+	04:08+	04:07+	01:48+	02:41+	04:47-	
12:03&	00:25#	00:20#	00:28&	00:30#	00:15#	00:49&	00:40&	00:13-	00:06#	00:39#	00:14#	00:13-	01:21&	00:44#	00:43&	00:10+	01:27&	00:55&	02:23@	00:25&	00:10+	01:56-	
<b>20</b>	<b>Andreas Mikkelsen-Jensen</b>	<b>Dmi</b>	<b>1:54:41</b>																				
37:48+	42:07+	44:54+	46:03+	48:53+	50:33+	53:31+	54:54+	58:54+	59:47+	67:31+	70:53+	71:49+	76:31+	84:54+	86:55+	89:05+	94:41+	98:48+	101:47+	103:09+	106:10+	114:41+	
37:48+	04:19+	02:47+	01:09+	02:50+	01:40-	02:58+	01:23+	04:00+	00:53+	07:44+	03:22+	00:56-	04:42+	08:23+	02:01+	02:10+	05:36+	04:07+	02:59+	01:22-	03:01+	08:31+	
08:29&	00:23+	00:19#	00:19&	00:04+	00:05-	00:32#	00:19&	00:35#	00:02+	01:56&	01:59@	00:02-	00:55#	01:25#	00:21#	00:02+	01:05#	00:54&	01:15&	00:01-	00:30#	01:48&	
<b>21</b>	<b>Johan Lidström</b>	<b>33</b>	<b>1:55:22</b>																				
32:14+	37:40+	43:54+	44:53+	47:53+	50:05+	53:14+	54:30+	57:55+	58:46+	66:10+	68:24+	69:20+	73:55+	82:23+	84:42+	88:57+	93:36+	98:05+	99:56+	101:32+	106:14+	109:32+	115:22+
32:14+	05:26+	06:14+	00:59+	03:00+	02:12+	03:09+	01:16+	03:25=	00:51=	07:24+	02:14+	00:56-	04:35+	08:28+	02:19+	04:15+	04:39+	04:29+	01:51+	01:36+	04:42+	03:18-	05:50+
02:55+	01:30&	03:46@	00:09#	00:14+	00:27&	00:43&	00:12#	00:00=	00:00=	01:36&	00:51&	00:02-	00:48#	01:30#	00:39&	02:07&	00:08+	01:16&	00:07+	00:13#	02:11&	03:25-	05:50+
<b>22</b>	<b>Daniel Forsell</b>	<b>8</b>	<b>1:55:26</b>																				
37:27+	41:54+	44:42+	45:37+	48:41+	50:33+	53:49+	55:10+	58:39+	59:43+	67:31+	69:28+	70:07+	74:33+	84:20+	86:40+	88:57+	94:15+	98:40+	103:35+	105:35+	108:31+	115:26+	
37:27+	04:27+	02:48+	00:55+	03:04+	01:52+	03:16+	01:21+	03:29+	01:04+	07:48+	01:57+	00:39-	04:26+	09:47+	02:20+	02:17+	05:18+	04:25+	04:55+	02:00+	02:56+	06:55+	
08:08&	00:31#	00:20#	00:05#	00:18#	00:07+	00:50&	00:17&	00:04+	00:13&	02:00&	00:34&	00:19-	00:39#	02:49&	00:40&	00:09+	00:47#	01:12&	03:11@	00:37&	00:25#	00:12+	
<b>23</b>	<b>Mads Krogh Simonsen</b>	<b>Dmi</b>	<b>1:55:58</b>																				
41:58+	46:57+	51:54+	53:03+	56:21+	58:27+	61:42+	63:17+	67:09+	68:00+	74:57+	76:39+	77:49+	81:48+	90:30+	92:33+	94:48+	98:36+	102:18+	103:59+	105:27+	108:08+	115:58+	
41:58+	04:59+	04:57+	01:09+	03:18+	02:06+	03:15+	01:35+	03:52+	00:51=	06:57+	01:42+	01:10+	03:59+	08:42+	02:03+	02:15+	03:48-	03:42+	01:41-	01:28+	02:41+	07:50+	
12:39&	01:03&	02:29@	00:19&	00:32#	00:21#	00:49&	00:31&	00:27#	00:00=	01:09#	00:19#	00:12#	00:12+	01:44#	00:23#	00:07+	00:43-	00:29#	00:03-	00:05+	00:10+	01:07#	
<b>24</b>	<b>Jeppe Rolf Andersen</b>	<b>Dmi</b>	<b>1:57:50</b>																				
41:19+	46:20+	53:31+	54:30+	58:31+	61:06+	64:23+	65:39+	69:59+	70:48+	78:43+	80:10+	81:05+	84:51+	91:50+	93:34+	95:43+	100:04+	103:21+	104:59+	106:25+	109:01+	117:50+	
41:19+	05:01+	07:11+	00:59+	04:01+	02:35+	03:17+	01:16+	04:20+	00:49-	07:55+	01:27+	00:55-	03:46-	06:59+	01:44+	02:09+	04:21-	03:17+	01:38-	01:26+	02:36+	08:49+	
12:00&	01:05&	04:43@	00:09#	01:15&	00:50&	00:51&	00:12#	00:55&	00:02-	02:07&	00:04+	00:03-	00:01-	00:01+	00:04+	00:01+	00:10-	00:04+	00:06-	00:03+	00:05+	02:06&	
<b>25</b>	<b>Björn Karlsson</b>	<b>33</b>	<b>2:00:57</b>																				
33:59+	38:38+	43:27+	44:35+	49:50+	54:52+	58:17+	59:37+	63:05+	64:00+	73:16+	78:16+	78:50+	83:15+	91:03+	94:11+	96:26+	101:01+	104:37+	109:23+	111:00+	113:38+	120:57+	
33:59+	04:39+	04:49+	01:08+	05:15+	05:02+	03:25+	01:20+	03:28+	00:55+	09:16+	05:00+	00:34-	04:25+	07:48+	03:08+	02:15+	04:35+	03:36+	04:46+	01:37+	02:38+	07:19+	
04:40#	00:43#	02:21&	00:18&	02:29&	03:17@	00:59&	00:16#	00:03+	00:04+	03:28&	03:37@	00:24-	00:38#	00:50#	01:28&	00:07+	00:04+	00:23#	03:02@	00:14#	00:07+	00:36+	
<b>26</b>	<b>Nicolai Wind</b>	<b>20</b>	<b>2:09:11</b>																				
43:10+	48:51+	52:37+	53:40+	57:10+	59:38+	63:31+	64:55+	68:48+	70:10+	78:02+	79:52+	80:46+	85:58+	95:34+	98:11+	101:15+	106:58+	111:44+	114:08+	115:49+	119:16+	121:58+	129:11+
43:10+	05:41+	03:46+	01:03+	03:30+	02:28+	03:53+	01:24+	03:53+	01:22+	07:52+	01:50+	00:54-	05:12+	09:36+	02:37+	03:04+	05:43+	04:46+	02:24+	01:41+	03:27+	02:42-	07:13+
13:51&	01:45&	01:18&	00:13&	00:44&	00:43&	01:27&	00:20&	00:28#	00:31&	02:04&	00:27&	00:04-	01:25&	02:38&	00:57&	00:56&	01:12&	01:33&	00:40&	00:18#	00:56&	04:01-	07:13+
<b>27</b>	<b>Anton Berneving</b>	<b>33</b>	<b>2:16:15</b>																				
44:29+	50:17+	55:15+	56:37+	60:02+	62:10+	65:33+	67:48+	72:00+	72:46+	80:39+	83:49+	84:38+	89:31+	100:52+	103:52+	106:44+	112:14+	116:52+	121:03+	123:05+	126:28+	129:07+	136:15+
44:29+	05:48+	04:58+	01:22+	03:25+	02:08+	03:23+	02:15+	04:12+	00:46-	07:53+	03:10+	00:49-	04:53+	11:21+	03:00+	02:52+	05:30+	04:38+	04:11+	02:02+	03:23+	02:39-	07:08+
15:10&	01:52&	02:30@	00:32&	00:39#	00:23#	00:57&	01:11@	00:47#	00:05-	02:05&	01:47@	00:09-	01:06&	04:23&	01:20&	00:44&	00:59#	01:25&	02:27@	00:39&	00:52&	04:04-	07:08+
<b>28</b>	<b>Christian Andersen</b>	<b>Sos</b>	<b>2:16:42</b>																				
42:03+	47:27+	51:42+	52:36+	55:57+	57:44+	60:58+	62:25+	65:51+	67:12+	76:52+	80:21+	83:28+	87:58+	103:16+	105:26+	108:49+	115:22+	119:59+	122:38+	124:49+	128:52+	136:42+	
42:03+	05:24+	04:15+	00:54+	03:21+	01:47+	03:14+	01:27+	03:26+	01:21+	09:40+	03:29+	03:07+	04:30+	15:18+	02:10+	03:23+	06:33+	04:37+	02:39+	02:11+	04:03+	07:50+	
12:44&	01:28&	01:47&	00:04+	00:35#	00:02+	00:48&	00:23&	00:01+	00:30&	03:52&	02:06@	02:09@	00:43#	08:20@	00:30&	01:15&	02:02&	01:24&	00:55&	00:48&	01:32&	01:07#	
<b>29</b>	<b>Hans Kresten Nørgaard Larsen</b>	<b>Dmi</b>	<b>2:24:38</b>																				
47:23+	51:56+	55:09+	56:12+	59:29+	61:26+	65:33+	66:58+	70:56+	71:48+	81:04+	83:20+	85:07+	90:13+	100:41+	104:36+	107:30+	114:15+	124:06+	128:24+	133:38+	137:32+	144:38+	
47:23+	04:33+	03:13+	01:03+	03:17+	01:57+	04:07+	01:25+	03:58+	00:52+	09:16+	02:16+	01:47+	05:06+	10:28+	03:55+	02:54+	06:45+	09:51+	04:18+	05:14+	03:54+	07:06+	
18:04&	00:37#	00:45&	00:13&	00:31#	00:12#	01:41&	00:21&	00:33#	00:01+	03:28&	00:53&	00:49&	01:19&	03:30&	02:15@	00:46&	02:14&	06:38@	02:34@	03:51@	01:23&	00:23+	
<b>30</b>	<b>Allan Reiche</b>	<b>Dmi</b>	<b>2:26:37</b>																				
41:57+	47:29+	57:08+	58:38+	62:44+	64:59+	70:05+	72:16+	77:01+	78:06+	86:45+	89:15+	91:40+	97:45+	108:41+	114:35+	118:00+	122:56+	128:04+	131:01+	135:29+	139:13+	146:37+	
41:57+	05:32+	09:39+	01:30+	04:06+	02:15+	05:06+	02:11+	04:45+	01:05+	08:39+	02:30+	02:25+	06:05+	10:56+	05:54+	03:25+	04:56+	05:08+	02:57+	04:28+	03:44+	07:24+	
12:38&	01:36&	07:11@	00:40&	01:20&	00:30&	02:40@	01:07@	01:20&	00:14&	02:51&	01:07&	01:27@	02:18&	03:58&	04:14@	01:17&	00:25+	01:55&	01:13&	03:05@	01:13&	00:41#	
<b>31</b>	<b>Benno Schuetz</b>	<b>Dvbol</b>	<b>3:00:46</b>																				
43:13+	51:27+	56:52+	59:03+	63:36+	66:39+	71:04+	73:04+	77:48+	79:18+	98:09+	100:10+	101:22+	118:59+	133:46+	138:23+	143:13+	152:27+	158:44+	162:51+	166:47+	173:58+	180:46+	
43:13+	08:14+	05:25+	02:11+	04:33+	03:03+	04:25+	02:00+	04:44+	01:30+	18:51+	02:01+	01:12+	17:37+	14:47+	04:37+	04:50+	09:14+	06:17+	04:07+	03:56+	07:11+	06:48+	
13:54&	04:18@	02:57@	01:21@	01:47&	01:18&	01:59&	00:56&	01:19&	00:39&	13:03@	00:38&	00:14#	13:50@	07:49@	02:57@	02:42@	04:43@	03:04&	02:23@	02:33@	04:40@	00:05+	
<b>Beste stræktid for klassen</b>																							
26:14	03:38	0																					

### M35

<b>1</b>	<b>Tobias Schwartz</b>	<b>Dvbol</b>	<b>2:28:38</b>																	
62:54=	66:09=	67:28=	70:38=	77:43=	83:22=	88:00=	90:11=	94:07=	103:52=	106:40=	113:47=	114:13=	120:43=	125:09=	131:05=	133:38=	136:09=	139:47=	148:38=	
62:54=	03:15=	01:19=	03:10=	05:53=	01:12=	05:39=	04:38=	02:11=	03:56=	09:45=	02:48=	07:07=	00:26=	06:30=	04:26=	05:56=	02:33=	02:31=	03:38=	08:51=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

#### Beste strækttid for klassen

62:54	03:15	01:19	03:10	05:53	01:12	05:39	04:38	02:11	03:56	09:45	02:48	07:07	00:26	06:30	04:26	05:56	02:33	02:31	03:38	08:51
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

### M40

<b>1</b>	<b>Lasse Skare Therkildsen</b>	<b>20</b>	<b>1:54:42</b>																	
42:30=	46:43=	49:35=	50:57=	53:47=	55:54=	59:58=	61:31=	65:35=	67:02=	72:05=	73:41=	76:36=	77:54=	92:24=	96:39=	102:08=	103:49=	106:37=	114:42=	
42:30=	04:13=	02:52=	01:22=	02:50=	02:07=	04:04=	01:33=	04:04=	01:27=	05:03=	01:36=	02:55=	01:18=	14:30=	04:15=	05:29=	01:41=	02:48=	08:05=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Milan Novotný</b>	<b>5</b>	<b>2:01:26</b>																
39:25-	48:59+	53:43+	55:20+	59:37+	61:48+	65:14+	66:59+	73:33+	75:06+	81:20+	83:06+	86:25+	87:52+	92:49+	99:19+	102:35+	110:19+	115:39+	121:26+
39:25-	09:34+	04:44+	01:37+	04:17+	02:11+	03:26-	01:45+	06:34+	01:33+	06:14+	01:46+	03:19+	01:27+	04:57-	06:30+	03:16-	07:44+	05:20+	05:47-
03:05-	05:21@	01:52&	00:15#	01:27&	00:04+	00:38-	00:12#	02:30&	00:06+	01:11#	00:10#	00:24#	00:09#	09:33-	02:15&	02:13-	06:03@	02:32&	02:18-

<b>3</b>	<b>Dan Snåre</b>	<b>21</b>	<b>2:02:55</b>																
49:51+	56:06+	59:39+	61:13+	65:32+	67:46+	71:11+	74:45+	79:47+	81:11+	87:23+	89:04+	92:22+	93:51+	98:52+	105:17+	108:32+	111:04+	116:06+	122:55+
49:51+	06:15+	03:33+	01:34+	04:19+	02:14+	03:25-	03:34+	05:02+	01:24-	06:12+	01:41+	03:18+	01:29+	05:01-	06:25+	03:15-	02:32+	05:02+	06:49-
07:21#	02:02&	00:41#	00:12#	01:29&	00:07+	00:39-	02:01@	00:58#	00:03-	01:09#	00:05+	00:23#	00:11#	09:29-	02:10&	02:14-	00:51&	02:14&	01:16-

<b>4</b>	<b>Miroslav Slovák</b>	<b>5</b>	<b>2:07:07</b>																
46:20+	53:54+	60:28+	61:58+	66:42+	69:49+	74:12+	76:07+	82:29+	84:02+	90:17+	92:00+	95:28+	96:47+	103:12+	109:20+	112:56+	115:35+	120:20+	127:07+
46:20+	07:34+	06:34+	01:30+	04:44+	03:07+	04:23+	01:55+	06:22+	01:33+	06:15+	01:43+	03:28+	01:19+	06:25-	06:08+	03:36-	02:39+	04:45+	06:47-
03:50+	03:21&	03:42@	00:08+	01:54&	01:00&	00:19+	00:22#	02:18&	00:06+	01:12#	00:07+	00:33#	00:01+	08:05-	01:53&	01:53-	00:58&	01:57&	01:18-

<b>5</b>	<b>Distler Carl-Wolfgang</b>	<b>Dvbol</b>	<b>2:18:21</b>																
51:10+	56:01+	60:11+	61:34+	67:16+	73:22+	77:19+	78:19+	83:55+	85:25+	95:05+	97:23+	100:52+	102:20+	110:42+	117:19+	122:34+	125:06+	128:52+	138:21+
51:10+	04:51+	04:10+	01:23+	05:42+	06:06+	03:57-	01:00-	05:36+	01:30+	09:40+	02:18+	03:29+	01:28+	08:22-	06:37+	05:15-	02:32+	03:46+	09:29+
08:40#	00:38#	01:18&	00:01+	02:52@	03:59@	00:07-	00:33-	01:32&	00:03+	04:37&	00:42&	00:34#	00:10#	06:08-	02:22&	00:14-	00:51&	00:58&	01:24#

39:25	04:13	02:52	01:22	02:50	02:07	03:25	01:00	04:04	01:24	05:03	01:36	02:55	01:18	04:57	04:15	03:15	01:41	02:48	05:47
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

### M45

<b>1</b>	<b>Sören Nilsson-Påledal</b>	<b>34</b>	<b>1:38:57</b>																	
40:55=	45:08=	48:47=	50:11=	53:27=	55:57=	58:56=	59:48=	63:59=	64:57=	70:13=	71:34=	74:27=	75:31=	79:48=	84:14=	86:35=	88:25=	91:21=	98:57=	
40:55=	04:13=	03:39=	01:24=	03:16=	02:30=	02:59=	00:52=	04:11=	00:58=	05:16=	01:21=	02:53=	01:04=	04:17=	04:26=	02:21=	01:50=	02:56=	07:36=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Niklas Cedstedt</b>	<b>34</b>	<b>1:56:58</b>																	
93:01+	99:18+	101:47+	103:39+	107:03+	111:38+	112:59+	114:06+	115:49+	116:58+											
93:01+	06:17+	02:29-	01:52+	03:24+	04:35+	01:21-	01:07+	01:43-	01:09+											
52:06@	02:04&	01:10-	00:28&	00:08+	02:05&	01:38-	00:15&	02:28-	00:11#											

<b>3</b>	<b>Pasi Saastamoinen</b>	<b>Haha</b>	<b>2:09:49</b>																
52:51+	59:12+	64:20+	65:45+	70:33+	73:39+	77:35+	78:41+	84:53+	86:00+	92:39+	94:06+	98:15+	99:42+	109:12+	116:07+	118:45+	121:37+	125:09+	129:49+
52:51+	06:21+	05:08+	01:25+	04:48+	03:06+	03:56+	01:06+	06:12+	01:07+	06:39+	01:27+	04:09+	01:27+	09:30+	06:55+	02:38+	02:52+	03:32+	04:40-
11:56&	02:08&	01:29&	00:01+	01:32&	00:36#	00:57&	00:14&	02:01&	00:09#	01:23&	00:06+	01:16&	00:23&	05:13@	02:29&	00:17#	01:02&	00:36#	02:56-

<b>4</b>	<b>Chris Dibben</b>	<b>18</b>	<b>2:12:11</b>																
52:32+	59:38+	63:18+	65:37+	70:54+	75:25+	79:28+	80:46+	86:20+	87:45+	96:03+	98:00+	101:39+	103:03+	110:40+	116:40+	119:48+	122:10+	126:27+	132:11+
52:32+	07:06+	03:40+	02:19+	05:17+	04:31+	04:03+	01:18+	05:34+	01:25+	08:18+	01:57+	03:39+	01:24+	07:37+	06:00+	03:08+	02:22+	04:17+	05:44-
11:37&	02:53&	00:01+	00:55&	02:01&	02:01&	01:04&	00:26&	01:23&	00:27&	03:02&	00:36&	00:46&	00:20&	03:20&	01:34&	00:47&	00:32&	01:21&	01:52-

Class	Navn	Klasse	Tid
-------	------	--------	-----

<b>5</b>	<b>Joni Tenhunen</b>	<b>Haha</b>	<b>2:14:58</b>																
58:39+	64:39+	68:38+	70:16+	74:47+	77:38+	81:53+	85:46+	91:10+	97:21+	103:36+	105:09+	109:22+	110:31+	116:57+	121:54+	124:36+	127:01+	130:52+	134:58+
58:39+	06:00+	03:59+	01:38+	04:31+	02:51+	04:15+	03:53+	05:24+	06:11+	06:15+	01:33+	04:13+	01:09+	06:26+	04:57+	02:42+	02:25+	03:51+	04:06-
17:44&	01:47&	00:20+	00:14#	01:15&	00:21#	01:16&	03:01@	01:13&	05:13@	00:59#	00:12#	01:20&	00:05+	02:09&	00:31#	00:21#	00:35&	00:55&	03:30-

<b>6</b>	<b>Andreas Eklund</b>	<b>34</b>	<b>2:16:20</b>																
56:43+	61:39+	67:30+	69:17+	72:46+	75:43+	80:58+	82:34+	87:51+	89:11+	95:51+	97:37+	100:34+	101:48+	108:19+	113:30+	116:48+	118:41+	122:37+	136:20+
56:43+	04:56+	05:51+	01:47+	03:29+	02:57+	05:15+	01:36+	05:17+	01:20+	06:40+	01:46+	02:57+	01:14+	06:31+	05:11+	03:18+	01:53+	03:56+	13:43+
15:48&	00:43#	02:12&	00:23&	00:13+	00:27#	02:16&	00:44&	01:06&	00:22&	01:24&	00:25&	00:04+	00:10#	02:14&	00:45#	00:57&	00:03+	01:00&	06:07&

<b>7</b>	<b>Alfred Møller</b>	<b>Ifs</b>	<b>2:34:41</b>																	
45:26+	58:00+	62:25+	64:20+	68:44+	71:16+	76:43+	77:48+	84:51+	86:05+	95:32+	97:19+	101:54+	104:35+	128:09+	136:13+	139:18+	141:34+	146:49+	148:28+	154:41+
45:26+	12:34+	04:25+	01:55+	04:24+	02:32+	05:27+	01:05+	07:03+	01:14+	09:27+	01:47+	04:35+	02:41+	23:34+	08:04+	03:05+	02:16+	05:15+	01:39-	06:13+
04:31#	08:21@	00:46#	00:31&	01:08&	00:02+	02:28&	00:13#	02:52&	00:16&	04:11&	00:26&	01:42&	01:37@	19:17@	03:38&	00:44&	00:26#	02:19&	05:57-	06:13+

<b>8</b>	<b>Matthias Kalle Dalheimer</b>	<b>Dvbol</b>	<b>3:12:02</b>																
73:10+	80:58+	86:50+	89:16+	94:44+	100:58+	107:21+	109:16+	118:30+	120:38+	131:14+	133:58+	139:04+	142:41+	152:55+	162:59+	174:11+	178:10+	183:42+	192:02+
73:10+	07:48+	05:52+	02:26+	05:28+	06:14+	06:23+	01:55+	09:14+	02:08+	10:36+	02:44+	05:06+	03:37+	10:14+	10:04+	11:12+	03:59+	05:32+	08:20+
32:15&	03:35&	02:13&	01:02&	02:12&	03:44@	03:24@	01:03@	05:03@	01:10@	05:20@	01:23@	02:13&	02:33@	05:57@	05:38@	08:51@	02:09@	02:36&	00:44+

<b>9</b>	<b>Jirí Jeníček</b>	<b>5</b>	<b>4:03:37</b>																
82:41+	92:18+	101:12+	103:39+	112:37+	119:13+	126:58+	128:57+	138:50+	140:26+	158:57+	162:14+	182:46+	187:53+	198:13+	209:18+	221:26+	225:37+	235:20+	243:37+
82:41+	09:37+	08:54+	02:27+	08:58+	06:36+	07:45+	01:59+	09:53+	01:36+	18:31+	03:17+	20:32+	05:07+	10:20+	11:05+	12:08+	04:11+	09:43+	08:17+
41:46@	05:24@	05:15@	01:03&	05:42@	04:06@	04:46@	01:07@	05:42@	00:38&	13:15@	01:56@	17:39@	04:03@	06:03@	06:39@	09:47@	02:21@	06:47@	00:41+

<b>Beste stræktid for klassen</b>																				
40:55	04:13	02:29	01:24	03:16	02:30	01:21	00:52	01:43	00:58	05:16	01:21	02:53	01:04	04:17	04:26	02:21	01:50	02:56	01:39	

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

## M50

<b>1</b>	<b>Rauno Hakala</b>	<b>Haha</b>	<b>1:35:30</b>												
43:33=	47:46=	51:40=	53:46=	61:39=	63:09=	65:07=	74:11=	76:28=	79:35=	83:02=	84:27=	85:36=	87:53=	89:44=	95:30=
43:33=	04:13=	03:54=	02:06=	07:53=	01:30=	01:58=	09:04=	02:17=	03:07=	03:27=	01:25=	01:09=	02:17=	01:51=	05:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Leif Haajanen</b>	<b>25</b>	<b>1:39:05</b>												
44:36+	47:40-	51:47+	53:35-	61:52+	63:34+	65:07=	75:29+	78:04+	80:29+	84:44+	86:15+	87:43+	90:02+	91:55+	99:05+
44:36+	03:04-	04:07+	01:48-	08:17+	01:42+	01:33-	10:22+	02:35+	02:25-	04:15+	01:31+	01:28+	02:19+	01:53+	07:10+
01:03+	01:09-	00:13+	00:18-	00:24+	00:12#	00:25-	01:18#	00:18#	00:42-	00:48#	00:06+	00:19&	00:02+	00:02+	01:24#

<b>3</b>	<b>Jørn Svensen</b>	<b>35</b>	<b>1:41:59</b>												
41:01-	44:21-	48:50-	50:38-	59:13-	61:11-	62:59-	74:56+	78:05+	81:18+	85:43+	87:35+	89:09+	91:40+	94:20+	101:59+
41:01-	03:20-	04:29+	01:48-	08:35+	01:58+	01:48-	11:57+	03:09+	03:13+	04:25+	01:52+	01:34+	02:31+	02:40+	07:39+
02:32-	00:53-	00:35#	00:18-	00:42+	00:28&	00:10-	02:53&	00:52&	00:06+	00:58&	00:27&	00:25&	00:14#	00:49&	01:53&

<b>4</b>	<b>Claus Grøn Lyngby</b>	<b>20</b>	<b>1:44:49</b>												
41:02-	43:25-	48:51-	50:17-	59:57-	62:38-	64:19-	77:39+	80:40+	86:10+	90:20+	91:44+	93:00+	95:17+	97:34+	104:49+
41:02-	02:23-	05:26+	01:26-	09:40+	02:41+	01:41-	13:20+	03:01+	05:30+	04:10+	01:24-	01:16+	02:17=	02:17+	07:15+
02:31-	01:50-	01:32&	00:40-	01:47#	01:11&	00:17-	04:16&	00:44&	02:23&	00:43#	00:01-	00:07#	00:00=	00:26#	01:29&

<b>5</b>	<b>Christer Arksand</b>	<b>34</b>	<b>1:49:30</b>												
46:39+	49:48+	54:35+	56:18+	65:32+	69:10+	73:22+	83:31+	86:27+	90:03+	94:47+	96:05+	97:37+	100:03+	102:34+	109:30+
46:39+	03:09-	04:47+	01:43-	09:14+	03:38+	04:12+	10:09+	02:56+	03:36+	04:44+	01:18-	01:32+	02:26+	02:31+	06:56+
03:06+	01:04-	00:53#	00:23-	01:21#	02:08@	02:14@	01:05#	00:39&	00:29#	01:17&	00:07-	00:23&	00:09+	00:40&	01:10#

<b>6</b>	<b>Jussi Borgenström</b>	<b>Hyra</b>	<b>1:55:54</b>												
51:05+	53:52+	58:37+	60:41+	69:46+	71:57+	73:51+	87:03+	89:55+	93:55+	99:02+	101:06+	103:16+	106:01+	108:48+	115:54+
51:05+	02:47-	04:45+	02:04-	09:05+	02:11+	01:54-	13:12+	02:52+	04:00+	05:07+	02:04+	02:10+	02:45+	02:47+	07:06+
07:32#	01:26-	00:51#	00:02-	01:12#	00:41&	00:04-	04:08&	00:35&	00:53&	01:40&	00:39&	01:01&	00:28#	00:56&	01:20#

<b>7</b>	<b>Christian Saxe</b>	<b>As</b>	<b>2:00:19</b>												
49:42+	53:16+	58:21+	60:09+	71:44+	74:58+	77:32+	89:14+	92:44+	96:17+	100:59+	102:39+	103:58+	106:54+	110:07+	120:19+
49:42+	03:34-	05:05+	01:48-	11:35+	03:14+	02:34+	11:42+	03:30+	03:33+	04:42+	01:40+	01:19+	02:56+	03:13+	10:12+
06:09#	00:39-	01:11&	00:18-	03:42&	01:44@	00:36&	02:38&	01:13&	00:26#	01:15&	00:15#	00:10#	00:39&	01:22&	04:26&

<b>8</b>	<b>Esa Savolainen</b>	<b>Phs</b>	<b>2:02:24</b>												
59:28+	63:08+	69:29+	72:44+	82:00+	85:19+	87:45+	98:30+	102:59+	106:30+	110:06+	111:33+	112:43+	114:59+	116:49+	122:24+
59:28+	03:40-	06:21+	03:15+	09:16+	03:19+	02:26+	10:45+	04:29+	03:31+	03:36+	01:27+	01:10+	02:16-	01:50-	05:35-
15:55&	00:33-	02:27&	01:09&	01:23#	01:49@	00:28#	01:41#	02:12&	00:24#	00:09+	00:02+	00:01+	00:01-	00:01-	00:11-

Class	Navn	Klasse	Tid
-------	------	--------	-----

<b>9</b>	<b>Christen Laursen</b>	<b>20</b>	<b>2:04:59</b>													
53:19+	62:18+	68:08+	72:37+	81:09+	83:52+	86:56+	98:00+	101:06+	103:46+	108:48+	110:20+	111:59+	114:29+	117:24+	124:59+	
53:19+	08:59+	05:50+	04:29+	08:32+	02:43+	03:04+	11:04+	03:06+	02:40-	05:02+	01:32+	01:39+	02:30+	02:55+	07:35+	
09:46#	04:46@	01:56&	02:23@	00:39+	01:13&	01:06&	02:00#	00:49&	00:27-	01:35&	00:07+	00:30&	00:13+	01:04&	01:49&	
<b>10</b>	<b>Hans Mandahl</b>	<b>34</b>	<b>2:22:00</b>													
53:42+	59:38+	65:06+	67:24+	80:32+	82:56+	85:20+	99:55+	103:39+	108:31+	116:14+	118:29+	122:27+	126:15+	130:26+	131:59+	142:00+
53:42+	05:56+	05:28+	02:18+	13:08+	02:24+	02:24+	14:35+	03:44+	04:52+	07:43+	02:15+	03:58+	03:48+	04:11+	01:33-	10:01+
10:09#	01:43&	01:34&	00:12+	05:15&	00:54&	00:26#	05:31&	01:27&	01:45&	04:16@	00:50&	02:49@	01:31&	02:20@	04:13-	10:01+
<b>11</b>	<b>Bernd Käding</b>	<b>31</b>	<b>2:26:33</b>													
67:47+	77:50+	83:10+	85:01+	95:37+	99:36+	102:07+	114:33+	117:53+	121:37+	126:51+	128:59+	132:39+	136:08+	139:01+	146:33+	
67:47+	10:03+	05:20+	01:51-	10:36+	03:59+	02:31+	12:26+	03:20+	03:44+	05:14+	02:08+	03:40+	03:29+	02:53+	07:32+	
24:14&	05:50@	01:26&	00:15-	02:43&	02:29@	00:33&	03:22&	01:03&	00:37#	01:47&	00:43&	02:31@	01:12&	01:02&	01:46&	
<b>12</b>	<b>Per Andén</b>	<b>24</b>	<b>2:28:11</b>													
59:05+	63:14+	69:39+	72:29+	83:57+	86:52+	95:16+	110:44+	114:39+	118:45+	125:04+	128:32+	132:50+	136:54+	140:14+	148:11+	
59:05+	04:09-	06:25+	02:50+	11:28+	02:55+	08:24+	15:28+	03:55+	04:06+	06:19+	03:28+	04:18+	04:04+	03:20+	07:57+	
15:32&	00:04-	02:31&	03:35&	01:25&	06:26@	06:24&	01:38&	00:59&	02:52&	02:03@	03:09@	01:47&	01:29&	02:11&		

### Beste stræktilid for klassen

41:01 02:23 03:54 01:26 07:53 01:30 01:33 09:04 02:17 02:25 03:27 01:18 01:09 02:16 01:50 01:33

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

## M55

<b>1</b>	<b>Jes Mose Jensen</b>	<b>Dmi</b>	<b>1:36:16</b>													
36:11=	39:32=	43:46=	45:15=	53:57=	55:23=	58:28=	67:48=	70:09=	72:30=	76:49=	78:27=	79:49=	82:16=	84:48=	96:16=	
36:11=	03:21=	04:14=	01:29=	08:42=	01:26=	03:05=	09:20=	02:21=	02:21=	04:19=	01:38=	01:22=	02:27=	02:32=	11:28=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Jens Jørgen Hansen</b>	<b>Hprd</b>	<b>1:36:48</b>													
40:15+	42:39+	47:50+	49:16+	56:44+	58:26+	60:02+	69:46+	72:03+	74:46+	79:05+	80:18+	81:33+	83:52+	85:43+	86:42-	96:48+
40:15+	02:24-	05:11+	01:26-	07:28-	01:42+	01:36-	09:44+	02:17-	02:43+	04:19+	01:13-	01:15-	02:19-	01:51-	00:59-	10:06+
04:04#	00:57-	00:57#	00:03-	01:14-	00:16#	01:29-	00:24+	00:04-	00:22#	00:00=	00:25-	00:07-	00:08-	00:41-	10:29-	10:06+
<b>3</b>	<b>Jan Møller</b>	<b>Dmi</b>	<b>1:43:51</b>													
44:36+	47:41+	52:54+	54:40+	63:49+	65:36+	67:31+	79:01+	81:11+	84:00+	88:01+	89:27+	90:37+	93:09+	95:20+	96:22+	103:51+
44:36+	03:05-	05:13+	01:46+	09:09+	01:47+	01:55-	11:30+	02:10-	02:49+	04:01-	01:26-	01:10-	02:32+	02:11-	01:02-	07:29+
08:25#	00:16-	00:59#	00:17#	00:27+	00:21#	01:10-	02:10#	00:11-	00:28#	00:18-	00:12-	00:12-	00:05+	00:21-	10:26-	07:29+
<b>4</b>	<b>Ossi Autio</b>	<b>Hyra</b>	<b>1:49:57</b>													
45:20+	48:25+	52:49+	54:56+	64:00+	66:27+	73:33+	82:46+	85:14+	88:25+	93:02+	95:09+	96:34+	99:17+	101:19+	102:30+	109:57+
45:20+	03:05-	04:24+	02:07+	09:04+	02:27+	07:06+	09:13-	02:28+	03:11+	04:37+	02:07+	01:25+	02:43+	02:02-	01:11-	07:27+
09:09&	00:16-	00:10+	00:38&	00:22+	01:01&	04:01@	00:07-	00:07+	00:50&	00:18+	00:29&	00:03+	00:16#	00:30-	10:17-	07:27+
<b>5</b>	<b>Kent Pihl</b>	<b>Hprd</b>	<b>1:56:29</b>													
45:02+	48:17+	53:27+	55:14+	64:32+	71:30+	73:13+	86:08+	89:14+	93:19+	98:01+	100:17+	102:09+	105:16+	108:42+	116:29+	
45:02+	03:15-	05:10+	01:47+	09:18+	06:58+	01:43-	12:55+	03:06+	04:05+	04:42+	02:16+	01:52+	03:07+	03:26+	07:47-	
08:51#	00:06-	00:56#	00:18#	00:36+	05:32@	01:22-	03:35&	00:45&	01:44&	00:23+	00:38&	00:30&	00:40&	00:54&	03:41-	
<b>6</b>	<b>Klaes Axelsson</b>	<b>34</b>	<b>1:57:35</b>													
49:24+	52:35+	59:03+	60:58+	70:42+	73:52+	75:38+	87:37+	91:03+	94:11+	99:01+	100:43+	102:33+	105:47+	108:47+	117:35+	
49:24+	03:11-	06:28+	01:55+	09:44+	03:10+	01:46-	11:59+	03:26+	03:08+	04:50+	01:42+	01:50+	03:14+	03:00+	08:48-	
13:13&	00:10-	02:14&	00:26&	01:02#	01:44@	01:19-	02:39&	01:05&	00:47&	00:31#	00:04+	00:28&	00:47&	00:28#	02:40-	
<b>7</b>	<b>Wilhelm Von Frenckell</b>	<b>16</b>	<b>2:01:08</b>													
52:29+	57:58+	63:20+	65:19+	75:29+	77:45+	84:21+	97:01+	100:09+	103:32+	108:07+	110:07+	111:41+	114:16+	116:22+	121:08+	
52:29+	05:29+	05:22+	01:59+	10:10+	02:16+	06:36+	12:40+	03:08+	03:23+	04:35+	02:00+	01:34+	02:35+	02:06-	04:46-	
16:18&	02:08&	01:08&	00:30&	01:28#	00:50&	03:31@	03:20&	00:47&	01:02&	00:16+	00:22#	00:12#	00:08+	00:26-	06:42-	
<b>8</b>	<b>Steen Oxfeldt</b>	<b>20</b>	<b>2:12:10</b>													
51:27+	57:47+	63:59+	66:22+	75:39+	78:54+	81:54+	98:06+	101:22+	105:08+	111:45+	113:36+	117:16+	120:16+	123:43+	124:55+	132:10+
51:27+	06:20+	06:12+	02:23+	09:17+	03:15+	03:00-	16:12+	03:16+	03:46+	06:37+	01:51+	03:40+	03:00+	03:27+	01:12-	07:15+
15:16&	02:59&	01:58&	00:54&	00:35+	01:49@	00:05-	06:52&	00:55&	01:25&	02:18&	00:13#	02:18@	00:33#	00:55&	10:16-	07:15+
<b>9</b>	<b>Frank Braatz</b>	<b>31</b>	<b>2:18:32</b>													
60:12+	65:13+	71:20+	73:17+	85:56+	88:25+	90:40+	105:26+	109:06+	113:26+	119:04+	122:03+	124:16+	128:09+	131:57+	138:32+	
60:12+	05:01+	06:07+	01:57+	12:39+	02:29+	02:15-	14:46+	03:40+	04:20+	05:38+	02:59+	02:13+	03:53+	03:48+	06:35-	
24:01&	01:40&	01:53&	00:28&	03:57&	01:03&	00:50-	05:26&	01:19&	01:59&	01:19&	01:21&	00:51&	01:26&	01:16&	04:53-	

Class	Navn	Klasse													Tid	
<b>10</b>	<b>Lars Humle</b>	<b>Akif</b>													<b>3:03:46</b>	
	77:45+	87:22+	94:30+	97:19+	111:36+	115:09+	123:43+	140:06+	145:23+	150:48+	160:19+	163:54+	167:58+	172:05+	175:54+	183:46+
	77:45+	09:37+	07:08+	02:49+	14:17+	03:33+	08:34+	16:23+	05:17+	05:25+	09:31+	03:35+	04:04+	04:07+	03:49+	07:52-
	41:34@	06:16@	02:54&	01:20&	05:35&	02:07@	05:29@	07:03&	02:56@	03:04@	05:12@	01:57@	02:42@	01:40&	01:17&	03:36-

### Beste stræktid for klassen

36:11	02:24	04:14	01:26	07:28	01:26	01:36	09:13	02:10	02:21	04:01	01:13	01:10	02:19	01:51	00:59
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

## M60

<b>1</b>	<b>Bengt Jonasson</b>	<b>34</b>													<b>1:57:01</b>	
	51:29=	57:56=	62:13=	63:50=	68:20=	71:28=	75:55=	77:15=	79:02=	82:40=	84:23=	89:44=	99:47=	102:00=	105:42=	117:01=
	51:29=	06:27=	04:17=	01:37=	04:30=	03:08=	04:27=	01:20=	01:47=	03:38=	01:43=	05:21=	10:03=	02:13=	03:42=	11:19=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Hans Wickbom</b>	<b>34</b>													<b>2:06:24</b>	
	52:31+	58:21+	62:43+	65:07+	69:37+	72:33+	76:38+	79:40+	81:21+	84:35+	85:58+	93:31+	110:00+	112:35+	116:37+	126:24+
	52:31+	05:50-	04:22+	02:24+	04:30=	02:56-	04:05-	03:02+	01:41-	03:14-	01:23-	07:33+	16:29+	02:35+	04:02+	09:47-
	01:02+	00:37-	00:05+	00:47&	00:00=	00:12-	00:22-	01:42@	00:06-	00:24-	00:20-	02:12&	06:26&	00:22#	00:20+	01:32-

<b>3</b>	<b>Björn Borg</b>	<b>34</b>													<b>2:10:01</b>	
	51:27-	58:22+	66:34+	68:22+	73:26+	76:44+	82:04+	83:45+	86:20+	91:31+	93:26+	100:39+	110:56+	114:01+	121:39+	130:01+
	51:27-	06:55+	08:12+	01:48+	05:04+	03:18+	05:20+	01:41+	02:35+	05:11+	01:55+	07:13+	10:17+	03:05+	07:38+	08:22-
	00:02-	00:28+	03:55&	00:11#	00:34#	00:10+	00:53#	00:21&	00:48&	01:33&	00:12#	01:52&	00:14+	00:52&	03:56@	02:57-

<b>4</b>	<b>Ilpo Toikkanen</b>	<b>Sord</b>													<b>2:13:50</b>	
	66:12+	72:42+	81:43+	84:43+	88:44+	93:25+	97:26+	98:34+	99:59+	103:47+	105:45+	112:29+	120:19+	122:34+	126:29+	133:50+
	66:12+	06:30+	09:01+	03:00+	04:01-	04:41+	04:01-	01:08-	01:25-	03:48+	01:58+	06:44+	07:50-	02:15+	03:55+	07:21-
	14:43&	00:03+	04:44@	01:23&	00:29-	01:33&	00:26-	00:12-	00:22-	00:10+	00:15#	01:23&	02:13-	00:02+	00:13+	03:58-

<b>5</b>	<b>Esa Kangasmäki</b>	<b>Sord</b>													<b>2:13:59</b>	
	49:57-	56:44-	62:03-	64:35+	69:42+	72:06+	77:03+	78:49+	81:00+	87:18+	89:16+	108:24+	120:11+	123:12+	126:50+	133:59+
	49:57-	06:47+	05:19+	02:32+	05:07+	02:24-	04:57+	01:46+	02:11+	06:18+	01:58+	19:08+	11:47+	03:01+	03:38-	07:09-
	01:32-	00:20+	01:02#	00:55&	00:37#	00:44-	00:30#	00:26&	00:24#	02:40&	00:15#	13:47@	01:44#	00:48&	00:04-	04:10-

<b>6</b>	<b>Antti Soinen</b>	<b>Höu</b>													<b>2:21:27</b>	
	54:52+	61:26+	66:29+	67:55+	72:48+	75:48+	79:54+	82:36+	84:09+	88:02+	102:30+	115:15+	124:31+	127:11+	132:53+	141:27+
	54:52+	06:34+	05:03+	01:26-	04:53+	03:00-	04:06-	02:42+	01:33-	03:53+	14:28+	12:45+	09:16-	02:40+	05:42+	08:34-
	03:23+	00:07+	00:46#	00:11-	00:23+	00:08-	00:21-	01:22@	00:14-	00:15+	12:45@	07:24@	00:47-	00:27#	02:00&	02:45-

<b>7</b>	<b>Doron Kissinger</b>	<b>3</b>													<b>3:15:02</b>	
	88:15+	97:12+	103:23+	105:55+	111:46+	117:49+	126:29+	128:26+	130:54+	136:01+	138:42+	151:35+	168:47+	172:02+	177:18+	195:02+
	88:15+	08:57+	06:11+	02:32+	05:51+	06:03+	08:40+	01:57+	02:28+	05:07+	02:41+	12:53+	17:12+	03:15+	05:16+	17:44+
	36:46&	02:30&	01:54&	00:55&	01:21&	02:55&	04:13&	00:37&	00:41&	01:29&	00:58&	07:32@	07:09&	01:02&	01:34&	06:25&

<b>8</b>	<b>Peter Wester</b>	<b>As</b>													<b>3:15:03</b>	
	69:44+	92:42+	99:05+	102:18+	109:37+	117:42+	125:36+	128:13+	131:31+	135:26+	139:02+	147:45+	170:48+	175:13+	182:41+	195:03+
	69:44+	22:58+	06:23+	03:13+	07:19+	08:05+	07:54+	02:37+	03:18+	03:55+	03:36+	08:43+	23:03+	04:25+	07:28+	12:22+
	18:15&	16:31@	02:06&	01:36&	02:49&	04:57@	03:27&	01:17&	01:31&	00:17+	01:53@	03:22&	13:00@	02:12&	03:46@	01:03+

### Beste stræktid for klassen

49:57	05:50	04:17	01:26	04:01	02:24	04:01	01:08	01:25	03:14	01:23	05:21	07:50	02:13	03:38	07:09
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

## M65

<b>1</b>	<b>Henning Nynäs</b>	<b>21</b>													<b>1:48:24</b>		
	58:29=	61:39=	64:04=	66:23=	70:22=	74:54=	76:08=	79:06=	82:34=	84:02=	87:29=	90:38=	93:55=	95:52=	97:38=	101:24=	108:24=
	58:29=	03:10=	02:25=	02:19=	03:59=	04:32=	01:14=	02:58=	03:28=	01:28=	03:27=	03:09=	03:17=	01:57=	01:46=	03:46=	07:00=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Anders Malmberg</b>	<b>34</b>													<b>1:54:37</b>		
	60:39+	63:47+	66:33+	68:54+	71:33+	77:29+	79:08+	84:37+	86:45+	90:41+	96:54+	99:00+	101:28+	103:12+	106:53+	114:37+	
	60:39+	03:08-	02:46+	02:21+	02:39-	04:00-	01:56+	01:39-	05:29+	02:08+	03:56+	06:13+	02:06-	02:28+	01:44-	03:41-	07:44+
	02:10+	00:02-	00:21#	00:02+	01:20-	00:32-	00:42&	01:19-	02:01&	00:40&	00:29#	03:04&	01:11-	00:31&	00:02-	00:05-	00:44#

Class	Navn	Klasse	Tid
-------	------	--------	-----

<b>3</b>	<b>Yngve Nilsson</b>	<b>34</b>	<b>1:58:53</b>													
56:53-	60:25-	63:23-	66:15-	69:30-	75:23+	76:53+	78:59-	83:57+	85:49+	90:59+	97:27+	99:46+	102:15+	104:36+	109:11+	118:53+
56:53-	03:32+	02:58+	02:52+	03:15-	05:53+	01:30+	02:06-	04:58+	01:52+	05:10+	06:28+	02:19-	02:29+	02:21+	04:35+	09:42+
01:36-	00:22#	00:33#	00:33#	00:44-	01:21&	00:16#	00:52-	01:30&	00:24&	01:43&	03:19@	00:58-	00:32&	00:35&	00:49#	02:42&
<b>4</b>	<b>Juergen Schwanitz</b>	<b>Dvbol</b>	<b>2:01:41</b>													
58:57+	63:12+	66:21+	69:12+	72:28+	77:59+	79:16+	81:08+	85:47+	87:13+	91:19+	99:28+	102:05+	104:28+	106:42+	112:33+	121:41+
58:57+	04:15+	03:09+	02:51+	03:16-	05:31+	01:17+	01:52-	04:39+	01:26-	04:06+	08:09+	02:37-	02:23+	02:14+	05:51+	09:08+
00:28+	01:05&	00:44&	00:32#	00:43-	00:59#	00:03+	01:06-	01:11&	00:02-	00:39#	05:00@	00:40-	00:26#	00:28&	02:05&	02:08&
<b>5</b>	<b>Niels Erik Kofoed</b>	<b>Ifs</b>	<b>2:03:50</b>													
58:59+	62:26+	65:20+	68:10+	72:06+	80:08+	82:09+	84:07+	88:27+	90:09+	94:13+	102:23+	104:56+	107:29+	109:39+	115:02+	123:50+
58:59+	03:27+	02:54+	02:50+	03:56-	08:02+	02:01+	01:58-	04:20+	01:42+	04:04+	08:10+	02:33-	02:33+	02:10+	05:23+	08:48+
00:30+	00:17+	00:29#	00:31#	00:03-	03:30&	00:47#	01:00-	00:52#	00:14#	00:37#	05:01@	00:44-	00:36&	00:24#	01:37&	01:48&
<b>6</b>	<b>Ole Christiansen</b>	<b>Dmi</b>	<b>2:08:04</b>													
61:04+	64:47+	67:36+	70:26+	73:36+	80:29+	82:48+	84:47+	89:54+	92:02+	97:26+	106:42+	109:09+	111:46+	113:57+	119:21+	128:04+
61:04+	03:43+	02:49+	02:50+	03:10-	06:53+	02:19+	01:59-	05:07+	02:08+	05:24+	09:16+	02:27-	02:37+	02:11+	05:24+	08:43+
02:35+	00:33#	00:24#	00:31#	00:49-	02:21&	01:05&	00:59-	01:39&	00:40&	01:57&	06:07@	00:50-	00:40&	00:25#	01:38&	01:43#
<b>7</b>	<b>Kai Willadsen</b>	<b>As</b>	<b>2:13:02</b>													
70:16+	73:19+	76:09+	78:23+	82:58+	87:22+	88:55+	90:33+	95:33+	97:22+	103:03+	107:10+	110:29+	113:39+	116:19+	121:22+	133:02+
70:16+	03:03-	02:50+	02:14-	04:35+	04:24-	01:33+	01:38-	05:00+	01:49+	05:41+	04:07+	03:19+	03:10+	02:40+	05:03+	11:40+
11:47#	00:07-	00:25#	00:05-	00:36#	00:08-	00:19&	01:20-	01:32&	00:21#	02:14&	00:58&	00:02+	01:13&	00:54&	01:17&	04:40&

**Beste stræktid for klassen**  
 56:53 03:03 02:25 02:14 02:39 04:00 01:14 01:38 03:28 01:26 03:27 03:09 02:06 01:57 01:44 03:41 07:00

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

## M70

<b>1</b>	<b>Karsten Rickardt</b>	<b>Ifk</b>	<b>2:11:30</b>										
58:13=	76:08=	78:22=	86:13=	89:15=	94:19=	96:01=	101:24=	106:11=	109:06=	112:15=	115:24=	121:29=	131:30=
58:13=	17:55=	02:14=	07:51=	03:02=	05:04=	01:42=	05:23=	04:47=	02:55=	03:09=	03:09=	06:05=	10:01=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Antti Niittymäki</b>	<b>22</b>	<b>2:15:34</b>										
62:35+	76:31+	77:48-	84:51-	88:11-	94:17-	97:35+	102:51+	113:30+	116:00+	118:55+	121:20+	126:18+	135:34+
62:35+	13:56-	01:17-	07:03-	03:20+	06:06+	03:18+	05:16-	10:39+	02:30-	02:55-	02:25-	04:58-	09:16-
04:22+	03:59-	00:57-	00:48-	00:18+	01:02#	01:36&	00:07-	05:52@	00:25-	00:14-	00:44-	01:07-	00:45-
<b>3</b>	<b>Antti Multala</b>	<b>Höu</b>	<b>2:28:49</b>										
63:27+	79:29+	81:33+	88:07+	91:31+	108:16+	114:54+	120:25+	125:36+	128:37+	132:17+	135:05+	140:25+	148:49+
63:27+	16:02-	02:04-	06:34-	03:24+	16:45+	06:38+	05:31+	05:11+	03:01+	03:40+	02:48-	05:20-	08:24-
05:14+	01:53-	00:10-	01:17-	00:22#	11:41@	04:56@	00:08+	00:24+	00:06+	00:31#	00:21-	00:45-	01:37-
<b>4</b>	<b>Bernd Wollenberg</b>	<b>Dvbol</b>	<b>2:52:40</b>										
87:14+	102:22+	104:52+	115:00+	119:37+	125:28+	127:52+	135:45+	142:16+	146:31+	151:00+	154:27+	162:27+	172:40+
87:14+	15:08-	02:30+	10:08+	04:37+	05:51+	02:24+	07:53+	06:31+	04:15+	04:29+	03:27+	08:00+	10:13+
29:01&	02:47-	00:16#	02:17&	01:35&	00:47#	00:42&	02:30&	01:44&	01:20&	01:20&	00:18+	01:55&	00:12+

**Beste stræktid for klassen**  
 58:13 13:56 01:17 06:34 03:02 05:04 01:42 05:16 04:47 02:30 02:55 02:25 04:58 08:24

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

## W20

<b>1</b>	<b>Alice Axelsson</b>	<b>Sweden</b>	<b>2:03:00</b>																
50:51=	57:16=	60:57=	62:12=	66:07=	69:00=	73:06=	74:35=	80:01=	81:11=	87:45=	90:15=	93:32=	95:18=	104:15=	109:35=	112:10=	114:11=	117:30=	123:00=
50:51=	06:25=	03:41=	01:15=	03:55=	02:53=	04:06=	01:29=	05:26=	01:10=	06:34=	02:30=	03:17=	01:46=	08:57=	05:20=	02:35=	02:01=	03:19=	05:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Henriikka Hölsö</b>	<b>8</b>	<b>2:13:21</b>																
60:28+	66:01+	70:00+	71:18+	75:12+	77:50+	82:13+	83:38+	89:06+	90:18+	96:55+	99:12+	102:41+	104:13+	113:22+	118:43+	121:14+	123:19+	127:04+	133:21+
60:28+	05:33-	03:59+	01:18+	03:54-	02:38-	04:23+	01:25-	05:28+	01:12+	06:37+	02:17-	03:29+	01:32-	09:09+	05:21+	02:31-	02:05+	03:45+	06:17+
09:37#	00:52-	00:18+	00:03+	00:01-	00:15-	00:17+	00:04-	00:02+	00:02+	00:03+	00:13-	00:12+	00:14-	00:12+	00:01+	00:04-	00:04+	00:26#	00:47#



Class	Navn	Klasse	Tid
<b>3</b>	<b>Rafaela Von Frenckell</b>	<b>16</b>	<b>2:13:24</b>
54:29+	60:01+	64:11+	65:31+
54:29+	05:32-	04:10+	01:20+
03:38+	00:53-	00:29#	00:05+
00:25#	00:29-	00:19+	00:16-
00:13-	00:02+	00:11-	00:02+
00:10+	00:14-	01:40#	00:05-
02:28&	00:03+	01:53&	01:31&
<b>4</b>	<b>Tove Persson</b>	<b>Sweden</b>	<b>2:19:42</b>
57:09+	63:27+	67:51+	69:39+
57:09+	06:18-	04:24+	01:48+
06:18#	00:07-	00:43#	00:33&
06:44@	00:39-	00:02+	00:06-
00:01-	00:09#	02:47&	01:19&
01:48-	03:50@	02:13-	02:50-
00:35-	01:44&	06:22@	
<b>5</b>	<b>Klara Ljunggren</b>	<b>Sweden</b>	<b>2:24:38</b>
56:38+	62:34+	66:22+	67:38+
56:38+	05:56-	03:48+	01:16+
05:47#	00:29-	00:07+	00:01+
02:42&	00:08+	00:08+	00:17-
00:46#	00:53&	00:48#	00:32-
02:00&	00:21-	02:12-	00:42#
05:25@	00:50&	00:45#	04:27&
50:51	05:32	03:41	01:15
03:54	02:14	04:06	01:12
05:13	01:10	06:23	01:58
01:29	01:25	06:44	02:30
02:00	02:01	03:19	05:30

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

## W21

<b>1</b>	<b>Lisa Andersson</b>	<b>33</b>	<b>1:49:58</b>
46:58=	48:42=	49:56=	52:07=
46:58=	01:44=	01:14=	02:11=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Nina Germann Najbjerg</b>	<b>Dmi</b>	<b>1:51:36</b>
41:44-	44:26-	45:36-	47:48-
41:44-	02:42+	01:10-	02:12+
05:14-	00:58&	00:04-	00:01+
00:29#	00:04-	00:24-	01:07&
00:27&	01:13&	00:19+	00:14-
01:09&	00:09-	00:28-	00:06+
01:32&	00:21#	00:12#	00:01-
00:22+			
<b>3</b>	<b>Jana Benešová</b>	<b>5</b>	<b>1:53:55</b>
43:09-	45:01-	45:59-	48:15-
43:09-	01:52+	00:58-	02:16+
03:49-	00:08+	00:16-	00:05+
00:24#	00:06-	00:22-	00:00=
00:19#	00:23#	00:21-	00:07-
00:07+	01:24@	00:14+	01:32&
01:24&	00:17#	01:12&	01:04&
00:25+			
<b>4</b>	<b>Astrid Hadberg</b>	<b>Dmi</b>	<b>1:55:59</b>
46:54-	49:13+	50:19+	52:25+
46:54-	02:19+	01:06-	02:06-
00:04-	00:35&	00:08-	00:05-
00:36#	00:03+	00:03+	00:14+
00:25&	00:01+	01:40#	00:01-
01:04&	00:19&	01:16-	00:56&
00:51&	00:26#	00:17#	00:17+
00:12-			
<b>5</b>	<b>Karin Stenback</b>	<b>33</b>	<b>1:58:00</b>
48:12+	50:08+	51:05+	54:15+
48:12+	01:56+	00:57-	03:10+
01:14+	00:12#	00:17-	00:59&
00:15+	00:01+	00:15+	00:27#
00:22&	00:41&	00:47+	00:07+
02:01&	00:09-	00:22-	00:48&
00:03-	01:02&	00:17#	00:27#
01:02-			
<b>6</b>	<b>Julia Davidsson</b>	<b>33</b>	<b>1:59:40</b>
44:22-	46:29-	47:38-	49:46-
44:22-	02:07+	01:09-	02:08-
02:36-	00:23#	00:05-	00:03-
00:20+	00:08-	00:10+	00:35&
00:05+	00:16+	00:00=	03:23&
00:02+	00:38@	00:02+	00:44&
00:07+	00:32#	00:23&	00:08+
05:21-	09:59+		
<b>7</b>	<b>Line Søderlund</b>	<b>Dmi</b>	<b>1:59:50</b>
43:00-	45:04-	46:09-	48:48-
43:00-	02:04+	01:05-	02:39+
03:58-	00:20#	00:09-	00:28#
00:55&	00:01+	00:02+	00:39#
01:19&	01:20&	02:07#	00:08-
01:59&	00:08-	01:59&	00:11-
01:42&	00:23-	00:07+	00:09#
01:07&	02:39&		
<b>8</b>	<b>Annika Björk</b>	<b>33</b>	<b>2:03:04</b>
47:20+	49:31+	50:53+	53:22+
47:20+	02:11+	01:22+	02:29+
00:22+	00:27&	00:08#	00:18#
00:59&	00:18&	00:33#	00:38#
00:30&	00:22#	02:12#	00:03+
01:00&	00:14&	00:07+	00:28#
00:21#	01:10&	00:22&	01:14&
01:20#			
<b>9</b>	<b>Satu Rautiainen</b>	<b>8</b>	<b>2:07:19</b>
51:53+	55:43+	57:09+	59:21+
51:53+	03:50+	01:26+	02:12+
04:55#	02:06@	00:12#	00:01+
00:10+	00:01-	01:56&	00:43#
00:58&	02:41@	00:40+	00:21#
00:23#	00:19&	00:15-	01:14&
01:03&	00:35&	00:13#	00:37#
01:30-			
<b>10</b>	<b>Anne Ekhard Edsen</b>	<b>Dmi</b>	<b>2:09:41</b>
49:27+	51:24+	52:37+	54:53+
49:27+	01:57+	01:13-	02:16+
02:29+	00:13#	00:01-	00:05+
00:13+	00:08-	00:07+	00:43#
00:36&	01:05&	01:26#	00:38#
04:10&	00:11&	00:27-	00:54&
03:25@	00:49&	00:21&	00:48#
05:39-	07:45+		

Class	Navn	Klasse	Tid																			
<b>11</b>	<b>Caroline Sandelin</b>	<b>8</b>	<b>2:09:52</b>																			
54:24+	56:30+	57:42+	60:09+	64:11+	65:22+	70:34+	75:07+	82:14+	84:46+	95:04+	98:29+	102:28+	103:15+	109:02+	112:03+	115:23+	118:02+	119:41+	123:32+	129:52+		
54:24+	02:06+	01:07-	02:27+	04:02+	01:11+	05:12+	04:33+	07:07+	02:32+	10:18+	03:25+	03:59+	00:47+	05:47+	03:01+	03:20+	02:39+	01:39+	03:51+	06:20-		
07:26#	00:22#	00:02-	00:16#	00:40#	00:01+	00:01+	00:26#	05:43@	00:58&	00:28+	00:38#	00:25#	00:10&	00:11+	00:30#	00:27#	00:26#	00:19#	00:38#	00:09-		
<b>12</b>	<b>Anna Eiffors</b>	<b>33</b>	<b>2:11:26</b>																			
49:56+	52:08+	53:15+	55:20+	58:46+	62:33+	67:35+	72:31+	76:01+	79:59+	91:04+	94:19+	102:10+	102:39+	109:31+	112:33+	115:09+	117:25+	118:45+	123:35+	124:19+	131:26+	
49:56+	02:12+	01:07-	02:05-	03:26+	03:47+	05:02-	04:56+	03:30+	03:58+	11:05+	03:15+	07:51+	00:29-	06:52+	03:02+	02:36-	02:16+	01:20=	04:50+	00:44-	07:07+	
02:58+	00:28&	00:07-	00:06-	00:04+	02:37@	00:09-	00:49#	02:06@	02:24@	01:15#	00:28#	04:17@	00:08-	01:16#	00:31#	00:17-	00:03+	00:00=	01:37&	05:45-	07:07+	
<b>13</b>	<b>Desirée Rex</b>	<b>33</b>	<b>2:12:09</b>																			
46:52-	49:04+	50:07+	54:29+	59:15+	60:36+	66:25+	71:40+	75:30+	77:27+	91:23+	98:27+	99:42+	106:27+	111:47+	115:33+	118:32+	120:12+	124:25+	132:09+			
46:52-	02:12+	01:03-	04:22+	04:46+	01:21+	05:49+	05:15+	03:50+	01:57+	13:56+	07:04+	01:15-	06:45+	05:20-	03:46+	02:59+	01:40-	04:13+	07:44+			
00:06-	00:28&	00:11-	02:11&	01:24&	00:11#	00:38#	01:08&	02:26@	00:23#	04:06&	04:17@	02:19-	06:08@	00:16-	01:15&	00:06+	00:33-	02:53@	04:31@			
<b>14</b>	<b>Pernilla Sirviö</b>	<b>33</b>	<b>2:16:27</b>																			
41:28-	46:40-	48:02-	50:44-	54:34-	55:46-	62:24+	66:43+	80:25+	82:19+	93:57+	96:50+	103:02+	103:45+	104:23+	111:30+	115:44+	119:09+	122:29+	124:07+	128:21+	132:22+	136:27+
41:28-	05:12+	01:22+	02:42+	03:50+	01:12+	06:38+	04:19+	13:42+	01:54+	11:38+	02:53+	06:12+	00:43+	00:38-	07:07+	04:14+	03:25+	03:20+	01:38-	04:14-	04:01+	04:05+
05:30-	03:28@	00:08#	00:31#	00:28#	00:02+	01:27&	00:12+	12:18@	00:20#	01:48#	00:06+	02:38&	00:06#	04:58-	04:36@	01:21&	01:12&	02:00@	01:35-	02:15-	04:01+	04:05+
<b>16</b>	<b>Nella Keskinen</b>	<b>8</b>	<b>2:23:06</b>																			
58:00+	61:42+	63:03+	65:24+	70:21+	72:55+	82:18+	87:09+	88:54+	91:02+	102:14+	105:01+	109:51+	110:41+	118:55+	125:19+	128:28+	132:49+	134:28+	138:45+	143:06+		
58:00+	03:42+	01:21+	02:21+	04:57+	02:34+	09:23+	04:51+	01:45+	02:08+	11:12+	02:47=	04:50+	00:50+	08:14+	06:24+	03:09+	04:21+	01:39+	04:17+	04:21-		
11:02#	01:58@	00:07+	00:10+	01:35&	01:24@	04:12&	00:44#	00:21#	00:34&	01:22#	00:00=	01:16&	00:13&	02:38&	03:53@	00:16+	02:08&	00:19#	01:04&	02:08-		
<b>17</b>	<b>Pernille Gylling</b>	<b>Dmi</b>	<b>2:23:11</b>																			
54:45+	57:58+	59:09+	61:38+	65:44+	67:15+	73:23+	79:54+	84:10+	85:36+	96:57+	99:48+	106:50+	107:22+	113:58+	117:12+	120:13+	122:58+	124:30+	128:08+	128:59+	143:11+	
54:45+	03:13+	01:11-	02:29+	04:06+	01:31+	06:08+	06:31+	04:16+	01:26-	11:21+	02:51+	07:02+	00:32-	06:36+	03:14+	03:01+	02:45+	01:32+	03:38+	00:51-	14:12+	
07:47#	01:29&	00:03-	00:18#	00:44#	00:21&	00:57#	02:24&	02:52@	00:08-	01:31#	00:04+	03:28&	00:05-	01:00#	00:43&	00:08#	00:32#	00:12#	00:25#	05:38-	14:12+	
<b>18</b>	<b>Linda Lönneberg</b>	<b>33</b>	<b>2:23:18</b>																			
50:27+	52:58+	55:34+	57:58+	62:16+	63:22+	68:36+	73:53+	76:05+	79:45+	94:38+	97:20+	104:25+	105:49+	112:31+	117:46+	125:26+	129:48+	131:20+	134:40+	143:18+		
50:27+	02:31+	02:36+	02:24+	04:18+	01:06-	05:14+	05:17+	02:12+	03:40+	14:53+	02:42-	07:05+	01:24+	06:42+	05:15+	07:40+	04:22+	01:32+	03:20+	08:38+		
03:29+	00:47&	01:22@	00:13+	00:56&	00:04-	00:03+	01:10&	00:48&	02:06@	05:03&	00:05-	03:31&	00:47@	01:06#	02:44@	04:47@	02:09&	00:12#	00:07+	02:09&		
<b>19</b>	<b>Terese Eklöv</b>	<b>33</b>	<b>2:24:45</b>																			
55:21+	58:08+	59:10+	62:12+	66:07+	67:09+	73:23+	78:40+	81:46+	83:34+	98:05+	100:53+	107:33+	108:40+	115:48+	119:30+	128:29+	131:43+	133:25+	136:49+	144:45+		
55:21+	02:47+	01:02-	03:02+	03:55+	01:02-	06:14+	05:17+	03:06+	01:48+	14:31+	02:48+	06:40+	01:07+	07:08+	03:42+	08:59+	03:14+	01:42+	03:24+	07:56+		
08:23#	01:03&	00:12-	00:51&	00:33#	00:08-	01:03#	01:10&	01:42@	00:14#	04:41&	00:01+	03:06&	00:30&	01:32&	01:11&	06:06@	01:01&	00:22&	00:11+	01:27#		
<b>20</b>	<b>Marie-Louise Møller</b>	<b>Dmi</b>	<b>2:29:09</b>																			
51:52+	55:16+	56:33+	61:15+	67:08+	68:21+	77:24+	83:15+	86:00+	90:52+	103:07+	106:15+	110:50+	111:35+	117:49+	125:52+	130:40+	134:32+	136:34+	141:55+	142:50+	149:09+	
51:52+	03:24+	01:17+	04:42+	05:53+	01:13+	09:03+	05:51+	02:45+	04:52+	12:15+	03:08+	04:35+	00:45+	06:14+	08:03+	04:48+	03:52+	02:02+	05:21+	00:55-	06:19+	
04:54#	01:40&	00:03+	02:31@	02:31&	00:03+	03:52&	01:44&	01:21&	03:18@	02:25#	00:21#	01:01&	00:08#	00:38#	05:32@	01:55&	01:39&	00:42&	02:08&	05:34-	06:19+	
<b>21</b>	<b>Sara Johansson</b>	<b>33</b>	<b>2:45:03</b>																			
62:22+	69:02+	70:18+	76:03+	80:25+	81:31+	87:51+	96:47+	98:48+	108:03+	120:49+	123:57+	130:15+	131:07+	139:40+	145:15+	148:20+	151:13+	153:20+	158:29+	165:03+		
62:22+	06:40+	01:16+	05:45+	04:22+	01:06-	06:20+	08:56+	02:01+	09:15+	12:46+	03:08+	06:18+	00:52+	08:33+	05:35+	03:05+	02:53+	02:07+	05:09+	06:34+		
15:24&	04:56@	00:02+	03:34@	01:00&	00:04-	01:09#	04:49@	00:37&	07:41@	02:56&	00:21#	02:44&	00:15&	02:57&	03:04@	00:12+	00:40&	00:47&	01:56&	00:05+		
<b>22</b>	<b>Katerina Jeníková</b>	<b>5</b>	<b>2:52:08</b>																			
61:29+	65:07+	70:40+	72:44+	83:08+	84:34+	92:00+	105:21+	108:04+	109:54+	120:11+	124:05+	130:29+	131:29+	142:12+	149:49+	154:45+	157:13+	159:49+	167:35+	172:08+		
61:29+	03:38+	05:33+	02:04-	10:24+	01:26+	07:26+	13:21+	02:43+	01:50+	10:17+	03:54+	06:24+	01:00+	10:43+	07:37+	04:56+	02:28+	02:36+	07:46+	04:33-		
14:31&	01:54@	04:19@	00:07-	07:02@	00:16#	02:15&	09:14@	01:19&	00:16#	00:27+	01:07&	02:50&	00:23&	05:07&	05:06@	02:03&	00:15#	01:16&	04:33@	01:56-		

### Beste stræktid for klassen

41:28 01:44 00:57 02:04 03:22 01:02 04:47 04:07 01:24 01:26 09:29 02:33 01:15 00:24 00:38 02:31 02:30 01:40 01:20 01:38 00:44

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

## W21B

**1 Terese Herlin Sweden 2:03:05**

48:27= 55:47= 62:29= 64:32= 69:08= 74:04= 79:26= 80:56= 82:38= 88:18= 92:01= 98:10= 109:05= 111:25= 116:01= 123:05=  
 48:27= 07:20= 06:42= 02:03= 04:36= 04:56= 05:22= 01:30= 01:42= 05:40= 03:43= 06:09= 10:55= 02:20= 04:36= 07:04=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### Beste stræktid for klassen

48:27 07:20 06:42 02:03 04:36 04:56 05:22 01:30 01:42 05:40 03:43 06:09 10:55 02:20 04:36 07:04

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

### W35

<b>1</b>	<b>Stina Backlund</b>	<b>34</b>	<b>3:03:01</b>																
69:24=	79:49=	85:36=	87:42=	93:28=	96:33=	102:24=	103:57=	111:10=	113:08=	128:52=	131:14=	135:41=	138:19=	149:05=	158:55=	164:36=	168:19=	175:15=	183:01=
69:24=	10:25=	05:47=	02:06=	05:46=	03:05=	05:51=	01:33=	07:13=	01:58=	15:44=	02:22=	04:27=	02:38=	10:46=	09:50=	05:41=	03:43=	06:56=	07:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

#### Beste stræktid for klassen

69:24	10:25	05:47	02:06	05:46	03:05	05:51	01:33	07:13	01:58	15:44	02:22	04:27	02:38	10:46	09:50	05:41	03:43	06:56	07:46
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

### W40

<b>1</b>	<b>Anna-Stina Påledal</b>	<b>34</b>	<b>2:03:19</b>												
53:35=	56:07=	60:28=	61:56=	71:18=	73:43=	80:12=	89:52=	92:42=	95:17=	99:35=	101:11=	107:36=	110:09=	112:45=	123:19=
53:35=	02:32=	04:21=	01:28=	09:22=	02:25=	06:29=	09:40=	02:50=	02:35=	04:18=	01:36=	06:25=	02:33=	02:36=	10:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Susan Humpi</b>	<b>19</b>	<b>2:14:14</b>												
54:32+	57:57+	63:45+	67:23+	78:37+	81:24+	86:33+	100:49+	104:10+	107:59+	115:18+	117:05+	119:24+	122:51+	126:07+	134:14+
54:32+	03:25+	05:48+	03:38+	11:14+	02:47+	05:09-	14:16+	03:21+	03:49+	07:19+	01:47+	02:19-	03:27+	03:16+	08:07-
00:57+	00:53&	01:27&	02:10@	01:52#	00:22#	01:20-	04:36&	00:31#	01:14&	03:01&	00:11#	04:06-	00:54&	00:40&	02:27-

#### Beste stræktid for klassen

53:35	02:32	04:21	01:28	09:22	02:25	05:09	09:40	02:50	02:35	04:18	01:36	02:19	02:33	02:36	08:07
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

### W45

<b>1</b>	<b>Mia Eronn</b>	<b>34</b>	<b>1:53:33</b>												
48:29=	52:56=	57:26=	59:19=	68:23=	70:30=	73:49=	84:43=	87:50=	91:06=	95:42=	98:36=	100:06=	102:40=	105:27=	113:33=
48:29=	04:27=	04:30=	01:53=	09:04=	02:07=	03:19=	10:54=	03:07=	03:16=	04:36=	02:54=	01:30=	02:34=	02:47=	08:06=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Jana Kroniková</b>	<b>5</b>	<b>2:19:11</b>												
55:47+	60:21+	66:26+	70:44+	81:59+	84:46+	90:29+	106:22+	110:11+	114:10+	120:04+	123:12+	125:31+	128:46+	132:51+	139:11+
55:47+	04:34+	06:05+	04:18+	11:15+	02:47+	05:43+	15:53+	03:49+	03:59+	05:54+	03:08+	02:19+	03:15+	04:05+	06:20-
07:18#	00:07+	01:35&	02:25@	02:11#	00:40&	02:24&	04:59&	00:42#	00:43#	01:18&	00:14+	00:49&	00:41&	01:18&	01:46-

#### Beste stræktid for klassen

48:29	04:27	04:30	01:53	09:04	02:07	03:19	10:54	03:07	03:16	04:36	02:54	01:30	02:34	02:47	06:20
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

### W50

<b>1</b>	<b>Anette Arksand</b>	<b>34</b>	<b>2:30:13</b>												
55:48=	65:30=	71:40=	77:40=	83:52=	88:34=	95:11=	98:13=	100:27=	105:57=	107:59=	115:16=	134:16=	137:23=	142:59=	150:13=
55:48=	09:42=	06:10=	06:00=	06:12=	04:42=	06:37=	03:02=	02:14=	05:30=	02:02=	07:17=	19:00=	03:07=	05:36=	07:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

#### Beste stræktid for klassen

55:48	09:42	06:10	06:00	06:12	04:42	06:37	03:02	02:14	05:30	02:02	07:17	19:00	03:07	05:36	07:14
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

### W55

Class	Navn	Klasse	Tid
-------	------	--------	-----

<b>1</b>	<b>Ulrika Haajanen</b>	<b>25</b>	<b>3:02:02</b>												
85:27=	96:35=	103:28=	105:40=	111:12=	115:11=	122:42=	124:24=	126:35=	131:28=	133:46=	147:30=	166:00=	175:25=	181:22=	182:02=
85:27=	11:08=	06:53=	02:12=	05:32=	03:59=	07:31=	01:42=	02:11=	04:53=	02:18=	13:44=	18:30=	09:25=	05:57=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

**Beste stræktid for klassen**

85:27	11:08	06:53	02:12	05:32	03:59	07:31	01:42	02:11	04:53	02:18	13:44	18:30	09:25	05:57	00:40
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

**W60**

<b>1</b>	<b>Mona Rasmussen</b>	<b>Dmi</b>	<b>1:51:42</b>													
55:39=	59:00=	61:29=	64:39=	67:22=	71:57=	73:33=	75:09=	79:48=	82:52=	86:30=	90:12=	92:01=	94:11=	96:30=	102:22=	111:42=
55:39=	03:21=	02:29=	03:10=	02:43=	04:35=	01:36=	01:36=	04:39=	03:04=	03:38=	03:42=	01:49=	02:10=	02:19=	05:52=	09:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Moni Braatz</b>	<b>31</b>	<b>2:53:16</b>													
81:26+	86:16+	90:11+	93:43+	104:12+	112:10+	115:45+	118:08+	127:48+	130:52+	136:57+	146:34+	148:50+	152:09+	154:58+	161:27+	173:16+
81:26+	04:50+	03:55+	03:32+	10:29+	07:58+	03:35+	02:23+	09:40+	03:04=	06:05+	09:37+	02:16+	03:19+	02:49+	06:29+	11:49+
25:47&	01:29&	01:26&	00:22#	07:46@	03:23&	01:59@	00:47&	05:01@	00:00=	02:27&	05:55@	00:27#	01:09&	00:30#	00:37#	02:29&

**Beste stræktid for klassen**

55:39	03:21	02:29	03:10	02:43	04:35	01:36	01:36	04:39	03:04	03:38	03:42	01:49	02:10	02:19	05:52	09:20
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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