

# Resultater (køn) - splittider

Eidsvoll 6 timer  
27. august 2006

Klasse: Kvinner

Plc	StartNr	Navn	Nation		Klub/hold		Tid	Omg	Distance						
1	32	Torill Fonn Hartikainen	NOR	IFK	SKövde	05:58:32	42	63.310							
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	00:07:35	5:02	11.89	00:07:35	5:02	11.89	2	3.000	00:15:20	5:06	11.74	00:07:46	5:10	11.60
3	4.500	00:23:03	5:07	11.71	00:07:44	5:08	11.66	4	6.000	00:30:47	5:07	11.70	00:07:44	5:09	11.65
5	7.500	00:38:36	5:08	11.66	00:07:49	5:12	11.52	6	9.000	00:46:26	5:09	11.63	00:07:51	5:13	11.48
7	10.500	00:54:17	5:10	11.61	00:07:52	5:14	11.46	8	12.000	01:02:06	5:10	11.60	00:07:49	5:12	11.52
9	13.500	01:10:04	5:11	11.56	00:07:59	5:18	11.29	10	15.000	01:18:06	5:12	11.53	00:08:02	5:21	11.21
11	16.500	01:26:16	5:13	11.48	00:08:10	5:26	11.03	12	18.000	01:34:23	5:14	11.44	00:08:08	5:24	11.08
13	19.500	01:42:42	5:15	11.39	00:08:19	5:32	10.83	14	21.000	01:51:04	5:17	11.34	00:08:23	5:35	10.74
15	22.500	02:03:19	5:28	10.95	00:12:15	8:09	7.35	16	24.000	02:11:49	5:29	10.92	00:08:31	5:40	10.59
17	25.500	02:20:25	5:30	10.90	00:08:36	5:43	10.47	18	27.000	02:29:04	5:31	10.87	00:08:40	5:46	10.39
19	28.500	02:41:44	5:40	10.57	00:12:40	8:26	7.11	20	30.000	02:50:21	5:40	10.57	00:08:38	5:44	10.44
21	31.500	02:59:02	5:40	10.56	00:08:41	5:47	10.37	22	33.000	03:07:58	5:41	10.53	00:08:57	5:57	10.07
23	34.500	03:17:05	5:42	10.50	00:09:07	6:04	9.88	24	36.000	03:25:53	5:43	10.49	00:08:49	5:52	10.22
25	37.500	03:34:55	5:43	10.47	00:09:02	6:01	9.97	26	39.000	03:44:40	5:45	10.42	00:09:46	6:30	9.22
27	40.500	03:53:27	5:45	10.41	00:08:47	5:51	10.25	28	42.000	04:02:13	5:46	10.40	00:08:46	5:50	10.27
29	43.500	04:10:44	5:45	10.41	00:08:32	5:41	10.55	30	45.000	04:19:14	5:45	10.42	00:08:30	5:39	10.61
31	46.500	04:27:33	5:45	10.43	00:08:20	5:32	10.82	32	48.000	04:35:55	5:44	10.44	00:08:22	5:34	10.76
33	49.500	04:44:17	5:44	10.45	00:08:23	5:34	10.75	34	51.000	04:52:40	5:44	10.46	00:08:23	5:35	10.74
35	52.500	05:01:09	5:44	10.46	00:08:30	5:39	10.60	36	54.000	05:09:33	5:43	10.47	00:08:24	5:35	10.73
37	55.500	05:18:00	5:43	10.47	00:08:28	5:38	10.64	38	57.000	05:26:18	5:43	10.48	00:08:18	5:31	10.85
39	58.500	05:34:31	5:43	10.49	00:08:14	5:28	10.95	40	60.000	05:42:46	5:42	10.50	00:08:16	5:30	10.90
41	61.500	05:50:48	5:42	10.52	00:08:02	5:21	11.21	42	63.000	05:58:32	5:41	10.54	00:07:45	5:09	11.63

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	00:07:50	5:13	11.50	00:07:50	5:13	11.50	2	3.000	00:15:48	5:15	11.40	00:07:58	5:18	11.30
3	4.500	00:23:48	5:17	11.35	00:08:00	5:19	11.25	4	6.000	00:31:40	5:16	11.37	00:07:52	5:14	11.44
5	7.500	00:39:40	5:17	11.35	00:08:01	5:20	11.25	6	9.000	00:47:43	5:18	11.32	00:08:04	5:22	11.17
7	10.500	00:55:45	5:18	11.30	00:08:02	5:21	11.21	8	12.000	01:03:43	5:18	11.30	00:07:59	5:18	11.29
9	13.500	01:11:51	5:19	11.27	00:08:09	5:25	11.06	10	15.000	01:19:56	5:19	11.26	00:08:06	5:23	11.13
11	16.500	01:28:01	5:20	11.25	00:08:05	5:22	11.15	12	18.000	01:36:04	5:20	11.24	00:08:04	5:22	11.18
13	19.500	01:44:09	5:20	11.23	00:08:06	5:23	11.12	14	21.000	01:51:58	5:19	11.25	00:07:49	5:12	11.52
15	22.500	02:00:03	5:20	11.25	00:08:05	5:23	11.14	16	24.000	02:08:26	5:21	11.21	00:08:24	5:35	10.73
17	25.500	02:16:28	5:21	11.21	00:08:02	5:21	11.21	18	27.000	02:24:57	5:22	11.18	00:08:29	5:39	10.61
19	28.500	02:33:17	5:22	11.16	00:08:21	5:33	10.78	20	30.000	02:42:01	5:24	11.11	00:08:44	5:48	10.32
21	31.500	02:50:24	5:24	11.09	00:08:24	5:35	10.73	22	33.000	02:59:15	5:25	11.05	00:08:52	5:54	10.17
23	34.500	03:07:54	5:26	11.02	00:08:40	5:46	10.39	24	36.000	03:18:29	5:30	10.88	00:10:35	7:03	8.51
25	37.500	03:27:17	5:31	10.85	00:08:49	5:52	10.23	26	39.000	03:40:06	5:38	10.63	00:12:49	8:32	7.02
27	40.500	03:48:56	5:39	10.62	00:08:50	5:52	10.20	28	42.000	03:58:01	5:40	10.59	00:09:06	6:03	9.90
29	43.500	04:06:49	5:40	10.58	00:08:48	5:51	10.23	30	45.000	04:18:09	5:44	10.46	00:11:21	7:33	7.94
31	46.500	04:28:55	5:46	10.38	00:10:46	7:10	8.36	32	48.000	04:41:49	5:52	10.22	00:12:55	8:36	6.97
33	49.500	04:52:46	5:54	10.15	00:10:57	7:17	8.23	34	51.000	05:03:11	5:56	10.09	00:10:26	6:57	8.63
35	52.500	05:13:10	5:57	10.06	00:10:00	6:39	9.01	36	54.000	05:23:53	5:59	10.00	00:10:43	7:08	8.40
37	55.500	05:33:40	6:00	9.98	00:09:47	6:31	9.20	38	57.000	05:43:09	6:01	9.97	00:09:30	6:19	9.48
39	58.500	05:51:11	6:00	10.00	00:08:02	5:20	11.22								

3		81		Ragnhild Sætre				NOR		Ekeberg joggen				05:55:08		38		57.935	
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	00:07:51	5:13	11.49	00:07:51	5:13	11.49	2	3.000	00:15:46	5:15	11.42	00:07:56	5:17	11.35				
3	4.500	00:23:34	5:14	11.46	00:07:48	5:11	11.54	4	6.000	00:31:37	5:16	11.39	00:08:04	5:22	11.18				
5	7.500	00:39:24	5:15	11.42	00:07:47	5:11	11.57	6	9.000	00:47:22	5:15	11.40	00:07:59	5:18	11.29				
7	10.500	00:55:16	5:15	11.40	00:07:54	5:15	11.41	8	12.000	01:03:13	5:16	11.39	00:07:58	5:18	11.30				
9	13.500	01:11:21	5:17	11.35	00:08:08	5:24	11.08	10	15.000	01:19:26	5:17	11.33	00:08:06	5:23	11.13				
11	16.500	01:27:36	5:18	11.30	00:08:10	5:26	11.03	12	18.000	01:35:44	5:19	11.28	00:08:09	5:25	11.06				
13	19.500	01:44:07	5:20	11.24	00:08:23	5:35	10.74	14	21.000	01:52:00	5:19	11.25	00:07:53	5:15	11.42				
15	22.500	02:00:01	5:20	11.25	00:08:02	5:21	11.21	16	24.000	02:08:21	5:20	11.22	00:08:20	5:32	10.81				
17	25.500	02:16:43	5:21	11.19	00:08:23	5:34	10.75	18	27.000	02:25:19	5:22	11.15	00:08:37	5:44	10.46				
19	28.500	02:33:58	5:24	11.11	00:08:39	5:45	10.41	20	30.000	02:44:02	5:28	10.97	00:10:05	6:42	8.94				
21	31.500	02:52:57	5:29	10.93	00:08:55	5:56	10.10	22	33.000	03:02:04	5:31	10.88	00:09:07	6:04	9.88				
23	34.500	03:11:30	5:33	10.81	00:09:27	6:17	9.54	24	36.000	03:21:35	5:35	10.72	00:10:06	6:43	8.92				
25	37.500	03:31:42	5:38	10.63	00:10:07	6:44	8.91	26	39.000	03:42:04	5:41	10.54	00:10:23	6:55	8.67				
27	40.500	03:52:30	5:44	10.45	00:10:26	6:57	8.63	28	42.000	04:02:30	5:46	10.39	00:10:01	6:40	9.00				
29	43.500	04:12:49	5:48	10.32	00:10:19	6:52	8.73	30	45.000	04:23:41	5:51	10.24	00:10:53	7:14	8.28				
31	46.500	04:34:52	5:54	10.15	00:11:12	7:27	8.05	32	48.000	04:46:44	5:58	10.04	00:11:53	7:54	7.58				
33	49.500	04:58:13	6:01	9.96	00:11:29	7:39	7.84	34	51.000	05:11:29	6:06	9.82	00:13:17	8:50	6.78				
35	52.500	05:23:38	6:09	9.73	00:12:10	8:06	7.41	36	54.000	05:35:22	6:12	9.66	00:11:44	7:49	7.67				
37	55.500	05:46:46	6:14	9.60	00:11:24	7:35	7.90	38	57.000	05:55:08	6:13	9.63	00:08:22	5:34	10.76				

4		79		Pia Sundberg				SWE		Vi som springer				05:55:33		36		54.879	
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	00:09:07	6:04	9.88	00:09:07	6:04	9.88	2	3.000	00:18:20	6:06	9.82	00:09:14	6:08	9.76				
3	4.500	00:27:40	6:08	9.76	00:09:20	6:13	9.65	4	6.000	00:37:03	6:10	9.72	00:09:24	6:15	9.59				
5	7.500	00:46:36	6:12	9.66	00:09:33	6:21	9.43	6	9.000	00:56:21	6:15	9.58	00:09:46	6:30	9.22				
7	10.500	01:06:06	6:17	9.53	00:09:45	6:29	9.23	8	12.000	01:15:41	6:18	9.51	00:09:35	6:23	9.39				
9	13.500	01:25:32	6:20	9.47	00:09:52	6:34	9.13	10	15.000	01:35:28	6:21	9.43	00:09:56	6:37	9.06				
11	16.500	01:45:41	6:24	9.37	00:10:13	6:48	8.81	12	18.000	01:55:25	6:24	9.36	00:09:44	6:29	9.25				
13	19.500	02:05:23	6:25	9.33	00:09:59	6:39	9.02	14	21.000	02:15:34	6:27	9.29	00:10:11	6:47	8.84				
15	22.500	02:25:08	6:27	9.30	00:09:34	6:22	9.41	16	24.000	02:34:50	6:27	9.30	00:09:43	6:28	9.28				
17	25.500	02:44:51	6:27	9.28	00:10:01	6:40	8.99	18	27.000	02:55:05	6:29	9.25	00:10:15	6:49	8.79				
19	28.500	03:06:46	6:33	9.16	00:11:41	7:47	7.71	20	30.000	03:16:59	6:33	9.14	00:10:14	6:48	8.81				
21	31.500	03:27:30	6:35	9.11	00:10:31	7:00	8.56	22	33.000	03:37:31	6:35	9.10	00:10:01	6:40	8.99				
23	34.500	03:47:29	6:35	9.10	00:09:59	6:38	9.02	24	36.000	03:57:40	6:36	9.09	00:10:12	6:47	8.83				
25	37.500	04:08:06	6:36	9.07	00:10:26	6:56	8.63	26	39.000	04:18:14	6:37	9.06	00:10:08	6:45	8.88				
27	40.500	04:28:21	6:37	9.06	00:10:07	6:44	8.90	28	42.000	04:38:11	6:37	9.06	00:09:51	6:33	9.15				
29	43.500	04:48:25	6:37	9.05	00:10:15	6:49	8.79	30	45.000	04:58:02	6:37	9.06	00:09:37	6:24	9.36				
31	46.500	05:07:26	6:36	9.08	00:09:24	6:15	9.58	32	48.000	05:17:20	6:36	9.08	00:09:55	6:36	9.09				
33	49.500	05:27:07	6:36	9.08	00:09:47	6:31	9.20	34	51.000	05:36:57	6:36	9.08	00:09:50	6:33	9.16				
35	52.500	05:46:33	6:36	9.09	00:09:37	6:24	9.37	36	54.000	05:55:33	6:35	9.11	00:09:01	6:00	9.99				

5		68		Tove Oppberget		NOR		Elite Service Partner		05:54:08		35		52.998	
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	00:08:12	5:27	10.99	00:08:12	5:27	10.99	2	3.000	00:16:54	5:37	10.65	00:08:43	5:48	10.34
3	4.500	00:25:30	5:39	10.59	00:08:36	5:43	10.47	4	6.000	00:34:31	5:45	10.43	00:09:01	6:00	9.99
5	7.500	00:43:10	5:45	10.42	00:08:40	5:46	10.39	6	9.000	00:52:16	5:48	10.33	00:09:06	6:03	9.90
7	10.500	01:01:08	5:49	10.31	00:08:53	5:54	10.14	8	12.000	01:10:16	5:51	10.25	00:09:09	6:05	9.85
9	13.500	01:19:28	5:53	10.19	00:09:12	6:07	9.79	10	15.000	01:29:22	5:57	10.07	00:09:54	6:35	9.10
11	16.500	01:38:35	5:58	10.04	00:09:14	6:09	9.75	12	18.000	01:47:40	5:58	10.03	00:09:05	6:03	9.91
13	19.500	01:57:07	6:00	9.99	00:09:28	6:18	9.52	14	21.000	02:06:30	6:01	9.96	00:09:23	6:14	9.61
15	22.500	02:16:07	6:02	9.92	00:09:38	6:24	9.35	16	24.000	02:25:37	6:04	9.89	00:09:30	6:19	9.48
17	25.500	02:35:02	6:04	9.87	00:09:26	6:16	9.55	18	27.000	02:44:26	6:05	9.85	00:09:24	6:15	9.58
19	28.500	02:54:02	6:06	9.83	00:09:37	6:24	9.37	20	30.000	03:03:33	6:07	9.81	00:09:32	6:20	9.45
21	31.500	03:12:57	6:07	9.80	00:09:25	6:16	9.57	22	33.000	03:22:37	6:08	9.77	00:09:40	6:26	9.32
23	34.500	03:33:37	6:11	9.69	00:11:00	7:19	8.18	24	36.000	03:44:46	6:14	9.61	00:11:10	7:26	8.07
25	37.500	03:55:39	6:17	9.55	00:10:53	7:15	8.28	26	39.000	04:07:03	6:20	9.47	00:11:24	7:35	7.90
27	40.500	04:18:16	6:22	9.41	00:11:14	7:29	8.02	28	42.000	04:28:34	6:23	9.38	00:10:19	6:52	8.74
29	43.500	04:41:07	6:27	9.28	00:12:33	8:21	7.17	30	45.000	04:52:12	6:29	9.24	00:11:05	7:23	8.13
31	46.500	05:02:44	6:30	9.22	00:10:32	7:01	8.55	32	48.000	05:13:32	6:31	9.19	00:10:48	7:11	8.34
33	49.500	05:24:54	6:33	9.14	00:11:23	7:35	7.91	34	51.000	05:37:22	6:36	9.07	00:12:28	8:18	7.22
35	52.500	05:54:08	6:44	8.89	00:16:47	11:11	5.36								

6		78		Marit Berg Bjerknes		NOR		KONDIS		05:50:40		34		51.855	
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	00:09:10	6:06	9.83	00:09:10	6:06	9.83	2	3.000	00:18:36	6:11	9.68	00:09:27	6:17	9.53
3	4.500	00:27:46	6:10	9.73	00:09:10	6:06	9.82	4	6.000	00:37:07	6:11	9.70	00:09:21	6:13	9.63
5	7.500	00:46:37	6:12	9.66	00:09:30	6:20	9.47	6	9.000	00:55:53	6:12	9.67	00:09:16	6:10	9.71
7	10.500	01:05:17	6:13	9.65	00:09:25	6:16	9.57	8	12.000	01:14:46	6:13	9.63	00:09:29	6:19	9.50
9	13.500	01:24:04	6:13	9.64	00:09:19	6:12	9.68	10	15.000	01:33:30	6:13	9.63	00:09:27	6:17	9.54
11	16.500	01:43:12	6:15	9.59	00:09:43	6:28	9.27	12	18.000	01:52:44	6:15	9.58	00:09:32	6:21	9.45
13	19.500	02:02:32	6:17	9.55	00:09:48	6:31	9.18	14	21.000	02:12:01	6:17	9.54	00:09:30	6:19	9.49
15	22.500	02:22:59	6:21	9.44	00:10:59	7:18	8.20	16	24.000	02:32:36	6:21	9.44	00:09:38	6:24	9.36
17	25.500	02:42:48	6:23	9.40	00:10:12	6:47	8.83	18	27.000	02:52:55	6:24	9.37	00:10:08	6:44	8.89
19	28.500	03:03:16	6:25	9.33	00:10:22	6:54	8.69	20	30.000	03:14:06	6:28	9.27	00:10:50	7:13	8.31
21	31.500	03:26:23	6:33	9.16	00:12:18	8:11	7.33	22	33.000	03:36:19	6:33	9.15	00:09:57	6:37	9.06
23	34.500	03:47:01	6:34	9.12	00:10:42	7:07	8.42	24	36.000	03:58:59	6:38	9.04	00:11:58	7:58	7.52
25	37.500	04:10:14	6:40	8.99	00:11:15	7:29	8.00	26	39.000	04:21:27	6:42	8.95	00:11:14	7:28	8.02
27	40.500	04:32:45	6:44	8.91	00:11:18	7:31	7.97	28	42.000	04:44:07	6:45	8.87	00:11:23	7:34	7.92
29	43.500	04:55:34	6:47	8.83	00:11:28	7:38	7.86	30	45.000	05:07:08	6:49	8.79	00:11:34	7:42	7.79
31	46.500	05:16:44	6:48	8.81	00:09:37	6:24	9.37	32	48.000	05:26:37	6:48	8.82	00:09:54	6:35	9.09
33	49.500	05:36:44	6:48	8.82	00:10:07	6:44	8.91	34	51.000	05:50:40	6:52	8.73	00:13:57	9:17	6.46

7		50		Turid Veggeland					NOR					05:59:17		34		51.063	
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	00:08:27	5:37	10.66	00:08:27	5:37	10.66	2	3.000	00:17:16	5:45	10.43	00:08:49	5:52	10.21				
3	4.500	00:26:12	5:49	10.31	00:08:57	5:57	10.07	4	6.000	00:35:06	5:50	10.26	00:08:54	5:55	10.13				
5	7.500	00:43:57	5:51	10.24	00:08:52	5:54	10.16	6	9.000	00:53:00	5:53	10.19	00:09:04	6:02	9.94				
7	10.500	01:01:53	5:53	10.18	00:08:53	5:55	10.14	8	12.000	01:10:52	5:54	10.16	00:08:59	5:59	10.02				
9	13.500	01:20:01	5:55	10.12	00:09:09	6:05	9.84	10	15.000	01:29:20	5:57	10.07	00:09:20	6:13	9.65				
11	16.500	01:38:27	5:57	10.06	00:09:07	6:04	9.88	12	18.000	01:48:53	6:02	9.92	00:10:27	6:57	8.62				
13	19.500	01:58:08	6:03	9.90	00:09:15	6:09	9.73	14	21.000	02:07:38	6:04	9.87	00:09:30	6:20	9.47				
15	22.500	02:17:21	6:06	9.83	00:09:44	6:28	9.26	16	24.000	02:27:21	6:08	9.77	00:10:00	6:39	9.00				
17	25.500	02:37:56	6:11	9.69	00:10:36	7:03	8.50	18	27.000	02:48:46	6:15	9.60	00:10:50	7:12	8.32				
19	28.500	03:01:18	6:21	9.43	00:12:33	8:21	7.18	20	30.000	03:12:25	6:24	9.36	00:11:07	7:24	8.10				
21	31.500	03:23:55	6:28	9.27	00:11:30	7:39	7.83	22	33.000	03:35:36	6:31	9.18	00:11:42	7:47	7.70				
23	34.500	03:47:03	6:34	9.12	00:11:28	7:38	7.86	24	36.000	04:00:24	6:40	8.99	00:13:21	8:53	6.75				
25	37.500	04:11:37	6:42	8.94	00:11:14	7:28	8.02	26	39.000	04:22:48	6:44	8.90	00:11:11	7:26	8.05				
27	40.500	04:34:04	6:46	8.87	00:11:17	7:30	7.99	28	42.000	04:45:09	6:47	8.84	00:11:06	7:23	8.11				
29	43.500	04:56:01	6:48	8.82	00:10:52	7:14	8.29	30	45.000	05:07:13	6:49	8.79	00:11:12	7:27	8.04				
31	46.500	05:18:59	6:51	8.75	00:11:47	7:51	7.64	32	48.000	05:31:39	6:54	8.68	00:12:41	8:26	7.10				
33	49.500	05:45:46	6:59	8.59	00:14:07	9:24	6.38	34	51.000	05:59:17	7:02	8.52	00:13:31	9:00	6.66				

8		75		Tove Elisabeth Dybvad					NOR					05:59:45		34		51.040	
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	10.60	00:08:30	5:39	10.60	2	3.000	00:17:27	5:48	10.32	00:08:57	5:57	10.06				
3	4.500	00:26:38	5:55	10.14	00:09:12	6:07	9.79	4	6.000	00:35:43	5:57	10.08	00:09:06	6:03	9.91				
5	7.500	00:44:54	5:59	10.03	00:09:11	6:06	9.81	6	9.000	00:54:10	6:01	9.97	00:09:16	6:10	9.71				
7	10.500	01:03:25	6:02	9.94	00:09:15	6:10	9.73	8	12.000	01:12:43	6:03	9.90	00:09:19	6:12	9.67				
9	13.500	01:22:08	6:04	9.86	00:09:25	6:16	9.56	10	15.000	01:31:46	6:07	9.81	00:09:39	6:25	9.34				
11	16.500	01:41:35	6:09	9.75	00:09:49	6:32	9.17	12	18.000	01:51:19	6:11	9.70	00:09:45	6:29	9.24				
13	19.500	02:01:09	6:12	9.66	00:09:50	6:32	9.16	14	21.000	02:11:18	6:15	9.60	00:10:10	6:46	8.86				
15	22.500	02:21:36	6:17	9.53	00:10:18	6:51	8.74	16	24.000	02:33:22	6:23	9.39	00:11:47	7:50	7.65				
17	25.500	02:44:06	6:26	9.32	00:10:45	7:09	8.38	18	27.000	02:55:21	6:29	9.24	00:11:15	7:29	8.00				
19	28.500	03:07:15	6:34	9.13	00:11:54	7:55	7.57	20	30.000	03:19:38	6:39	9.02	00:12:24	8:15	7.26				
21	31.500	03:32:56	6:45	8.88	00:13:18	8:52	6.77	22	33.000	03:44:30	6:48	8.82	00:11:34	7:42	7.78				
23	34.500	03:56:29	6:51	8.75	00:11:59	7:59	7.51	24	36.000	04:08:30	6:54	8.69	00:12:01	8:00	7.49				
25	37.500	04:19:31	6:55	8.67	00:11:01	7:20	8.17	26	39.000	04:31:17	6:57	8.63	00:11:47	7:50	7.65				
27	40.500	04:43:29	6:59	8.57	00:12:13	8:08	7.37	28	42.000	04:55:38	7:02	8.52	00:12:10	8:06	7.41				
29	43.500	05:06:28	7:02	8.52	00:10:50	7:13	8.31	30	45.000	05:17:00	7:02	8.52	00:10:33	7:01	8.54				
31	46.500	05:27:46	7:02	8.51	00:10:47	7:10	8.36	32	48.000	05:38:28	7:03	8.51	00:10:42	7:07	8.41				
33	49.500	05:49:21	7:03	8.50	00:10:53	7:15	8.27	34	51.000	05:59:45	7:03	8.51	00:10:25	6:56	8.64				

9 57 Sofia Kay			SWE Vi Som Springer						05:54:56			33		50.318	
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	00:10:29	6:59	8.59	00:10:29	6:59	8.59	2	3.000	00:21:24	7:07	8.42	00:10:55	7:16	8.25
3	4.500	00:32:16	7:10	8.37	00:10:52	7:14	8.28	4	6.000	00:42:46	7:07	8.42	00:10:31	7:00	8.56
5	7.500	00:53:18	7:06	8.44	00:10:32	7:01	8.54	6	9.000	01:03:03	7:00	8.56	00:09:46	6:30	9.23
7	10.500	01:12:49	6:56	8.65	00:09:46	6:30	9.23	8	12.000	01:22:49	6:54	8.69	00:10:01	6:40	8.99
9	13.500	01:32:46	6:52	8.73	00:09:57	6:37	9.05	10	15.000	01:42:23	6:49	8.79	00:09:38	6:25	9.35
11	16.500	01:52:07	6:47	8.83	00:09:44	6:29	9.25	12	18.000	02:01:44	6:45	8.87	00:09:37	6:24	9.37
13	19.500	02:11:41	6:45	8.89	00:09:58	6:38	9.04	14	21.000	02:21:28	6:44	8.91	00:09:47	6:31	9.20
15	22.500	02:31:07	6:42	8.93	00:09:40	6:26	9.31	16	24.000	02:40:33	6:41	8.97	00:09:26	6:17	9.54
17	25.500	02:50:54	6:42	8.95	00:10:21	6:53	8.70	18	27.000	03:00:41	6:41	8.97	00:09:48	6:31	9.20
19	28.500	03:10:58	6:42	8.95	00:10:17	6:51	8.75	20	30.000	03:21:57	6:43	8.91	00:10:59	7:19	8.20
21	31.500	03:32:21	6:44	8.90	00:10:24	6:55	8.66	22	33.000	03:44:22	6:47	8.83	00:12:02	8:00	7.49
23	34.500	03:55:58	6:50	8.77	00:11:37	7:44	7.76	24	36.000	04:08:00	6:53	8.71	00:12:02	8:01	7.48
25	37.500	04:19:59	6:55	8.65	00:12:00	7:59	7.51	26	39.000	04:33:25	7:00	8.56	00:13:26	8:57	6.70
27	40.500	04:45:55	7:03	8.50	00:12:31	8:20	7.20	28	42.000	04:58:02	7:05	8.46	00:12:07	8:04	7.43
29	43.500	05:09:44	7:07	8.43	00:11:42	7:47	7.70	30	45.000	05:23:16	7:11	8.35	00:13:33	9:01	6.65
31	46.500	05:33:53	7:10	8.36	00:10:37	7:04	8.48	32	48.000	05:44:54	7:11	8.35	00:11:02	7:20	8.17
33	49.500	05:54:56	7:10	8.37	00:10:02	6:41	8.97								

10 24 Tone Alfheim			NOR Privat						05:50:08			28		43.451	
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	00:09:21	6:13	9.64	00:09:21	6:13	9.64	2	3.000	00:18:53	6:17	9.53	00:09:33	6:21	9.43
3	4.500	00:29:01	6:26	9.31	00:10:08	6:45	8.89	4	6.000	00:41:51	6:58	8.60	00:12:51	8:33	7.01
5	7.500	00:52:26	6:59	8.58	00:10:35	7:02	8.51	6	9.000	01:05:38	7:17	8.23	00:13:13	8:48	6.82
7	10.500	01:16:08	7:14	8.28	00:10:30	6:59	8.57	8	12.000	01:25:35	7:07	8.41	00:09:28	6:18	9.51
9	13.500	01:39:53	7:23	8.11	00:14:18	9:31	6.30	10	15.000	01:52:18	7:29	8.02	00:12:25	8:16	7.25
11	16.500	02:02:04	7:23	8.11	00:09:47	6:30	9.21	12	18.000	02:16:34	7:35	7.91	00:14:31	9:40	6.20
13	19.500	02:32:16	7:48	7.68	00:15:42	10:27	5.74	14	21.000	02:44:24	7:49	7.66	00:12:09	8:05	7.41
15	22.500	02:54:18	7:44	7.75	00:09:54	6:35	9.09	16	24.000	03:09:19	7:53	7.61	00:15:01	10:00	5.99
17	25.500	03:21:23	7:53	7.60	00:12:05	8:02	7.46	18	27.000	03:36:17	8:00	7.49	00:14:55	9:56	6.04
19	28.500	03:50:45	8:05	7.41	00:14:28	9:38	6.22	20	30.000	04:04:18	8:08	7.37	00:13:34	9:02	6.64
21	31.500	04:15:24	8:06	7.40	00:11:06	7:23	8.11	22	33.000	04:27:21	8:06	7.41	00:11:57	7:57	7.53
23	34.500	04:42:11	8:10	7.34	00:14:51	9:53	6.07	24	36.000	04:59:10	8:18	7.22	00:16:59	11:19	5.30
25	37.500	05:14:50	8:23	7.15	00:15:41	10:27	5.74	26	39.000	05:25:14	8:20	7.20	00:10:24	6:55	8.66
27	40.500	05:38:25	8:21	7.18	00:13:11	8:47	6.83	28	42.000	05:50:08	8:20	7.20	00:11:44	7:49	7.68

11 64 Sofia Jonsson			SWE Callista Runners						05:09:07 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	00:09:57	6:37	9.06	00:09:57	6:37	9.06	2	3.000	00:20:26	6:48	8.82	00:10:29	6:59	8.59
3	4.500	00:31:10	6:55	8.67	00:10:45	7:09	8.38	4	6.000	00:41:48	6:57	8.62	00:10:38	7:05	8.46
5	7.500	00:52:22	6:58	8.59	00:10:35	7:03	8.51	6	9.000	01:02:19	6:55	8.67	00:09:57	6:37	9.06
7	10.500	01:12:48	6:55	8.65	00:10:30	6:59	8.58	8	12.000	01:22:49	6:54	8.69	00:10:01	6:40	8.99
9	13.500	01:33:01	6:53	8.71	00:10:12	6:47	8.83	10	15.000	01:43:27	6:53	8.70	00:10:26	6:57	8.63
11	16.500	01:53:46	6:53	8.70	00:10:20	6:52	8.72	12	18.000	02:03:29	6:51	8.75	00:09:43	6:28	9.27
13	19.500	02:14:24	6:53	8.71	00:10:56	7:16	8.24	14	21.000	02:25:17	6:55	8.67	00:10:54	7:15	8.27
15	22.500	02:36:38	6:57	8.62	00:11:21	7:33	7.94	16	24.000	02:47:48	6:59	8.58	00:11:10	7:26	8.06
17	25.500	02:58:51	7:00	8.56	00:11:04	7:22	8.14	18	27.000	03:10:27	7:03	8.51	00:11:37	7:44	7.75
19	28.500	03:21:41	7:04	8.48	00:11:15	7:29	8.01	20	30.000	03:32:52	7:05	8.46	00:11:11	7:26	8.06
21	31.500	03:46:59	7:12	8.33	00:14:08	9:25	6.37	22	33.000	03:58:46	7:14	8.29	00:11:47	7:50	7.64
23	34.500	04:10:03	7:14	8.28	00:11:18	7:31	7.97	24	36.000	04:21:35	7:15	8.26	00:11:32	7:41	7.81
25	37.500	04:33:39	7:17	8.22	00:12:05	8:03	7.45	26	39.000	04:47:18	7:21	8.15	00:13:39	9:05	6.60
27	40.500	04:58:11	7:21	8.15	00:10:54	7:15	8.27	28	42.000	05:09:07	7:21	8.15	00:10:57	7:17	8.23

12 66 Eva Lundby			NOR Sandefjord						05:53:57 26			39.499			
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	00:12:05	8:03	7.45	00:12:05	8:03	7.45	2	3.000	00:24:25	8:08	7.37	00:12:20	8:13	7.30
3	4.500	00:36:58	8:12	7.31	00:12:33	8:21	7.18	4	6.000	00:49:31	8:15	7.27	00:12:34	8:22	7.17
5	7.500	01:02:11	8:17	7.24	00:12:40	8:26	7.11	6	9.000	01:14:57	8:19	7.20	00:12:47	8:31	7.04
7	10.500	01:27:35	8:20	7.19	00:12:38	8:25	7.13	8	12.000	01:40:18	8:21	7.18	00:12:43	8:28	7.08
9	13.500	01:52:55	8:21	7.17	00:12:38	8:24	7.13	10	15.000	02:05:41	8:22	7.16	00:12:46	8:30	7.05
11	16.500	02:18:24	8:23	7.15	00:12:44	8:28	7.08	12	18.000	02:31:06	8:23	7.15	00:12:43	8:28	7.08
13	19.500	02:43:43	8:23	7.15	00:12:37	8:24	7.13	14	21.000	02:56:36	8:24	7.13	00:12:53	8:35	6.99
15	22.500	03:09:37	8:25	7.12	00:13:01	8:40	6.92	16	24.000	03:22:38	8:26	7.11	00:13:02	8:40	6.91
17	25.500	03:35:51	8:27	7.09	00:13:13	8:48	6.81	18	27.000	03:49:22	8:29	7.06	00:13:31	9:00	6.66
19	28.500	04:03:04	8:31	7.04	00:13:43	9:08	6.57	20	30.000	04:17:09	8:34	7.00	00:14:05	9:23	6.39
21	31.500	04:33:41	8:41	6.91	00:16:32	11:00	5.45	22	33.000	04:50:21	8:47	6.82	00:16:41	11:06	5.40
23	34.500	05:04:04	8:48	6.81	00:13:44	9:09	6.56	24	36.000	05:18:28	8:50	6.78	00:14:24	9:35	6.25
25	37.500	05:37:30	8:59	6.67	00:19:02	12:41	4.73	26	39.000	05:53:57	9:04	6.61	00:16:28	10:58	5.47

13	40	Kari Olafsen						NOR	Løpsklubben 1814								05:51:23	23	35.324	
Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t	Split	min/km	km/t	Omg	Distance	Tid	min/km	km/t
1	1.500	00:13:45	9:09	6.55	00:13:45	9:09	6.55	2	3.000	00:27:47	9:15	6.48	00:14:02	9:21	6.42					
3	4.500	00:41:45	9:16	6.47	00:13:59	9:18	6.44	4	6.000	00:55:41	9:16	6.47	00:13:57	9:17	6.46					
5	7.500	01:09:45	9:17	6.45	00:14:04	9:22	6.40	6	9.000	01:23:50	9:18	6.44	00:14:06	9:23	6.39					
7	10.500	01:38:19	9:21	6.41	00:14:29	9:39	6.22	8	12.000	01:52:57	9:24	6.37	00:14:38	9:45	6.15					
9	13.500	02:07:33	9:26	6.35	00:14:37	9:44	6.16	10	15.000	02:22:06	9:28	6.33	00:14:33	9:41	6.19					
11	16.500	02:36:54	9:30	6.31	00:14:49	9:52	6.08	12	18.000	02:51:46	9:32	6.29	00:14:52	9:54	6.06					
13	19.500	03:07:01	9:35	6.26	00:15:15	10:09	5.90	14	21.000	03:22:13	9:37	6.23	00:15:13	10:08	5.92					
15	22.500	03:37:31	9:40	6.21	00:15:19	10:12	5.88	16	24.000	03:53:21	9:43	6.17	00:15:50	10:32	5.69					
17	25.500	04:11:45	9:52	6.08	00:18:25	12:16	4.89	18	27.000	04:28:13	9:56	6.04	00:16:28	10:58	5.47					
19	28.500	04:44:45	9:59	6.01	00:16:33	11:01	5.44	20	30.000	05:01:22	10:02	5.97	00:16:37	11:04	5.42					
21	31.500	05:18:19	10:06	5.94	00:16:58	11:18	5.31	22	33.000	05:34:51	10:08	5.91	00:16:32	11:01	5.44					
23	34.500	05:51:23	10:11	5.89	00:16:33	11:01	5.44													

**Klasse: Menn**

Plc	StartNr	Navn	Nation	Klub/hold	Tid	Omg	Distance
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1 59 Runar Gilberg NOR SK VIDAR 05:58:33 55 82.899

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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	00:06:23	4:15	14.11	00:06:23	4:15	14.11	2	3.000	00:12:59	4:19	13.86	00:06:37	4:24	13.63
3	4.500	00:19:31	4:20	13.85	00:06:32	4:20	13.81	4	6.000	00:25:55	4:19	13.89	00:06:25	4:16	14.04
5	7.500	00:32:22	4:18	13.90	00:06:28	4:18	13.95	6	9.000	00:38:45	4:18	13.94	00:06:23	4:14	14.12
7	10.500	00:45:11	4:18	13.94	00:06:27	4:17	13.96	8	12.000	00:51:36	4:17	13.96	00:06:25	4:16	14.06
9	13.500	00:58:03	4:18	13.95	00:06:28	4:18	13.92	10	15.000	01:04:32	4:18	13.95	00:06:29	4:19	13.88
11	16.500	01:10:54	4:17	13.97	00:06:22	4:14	14.16	12	18.000	01:17:27	4:18	13.95	00:06:33	4:22	13.74
13	19.500	01:23:57	4:18	13.94	00:06:30	4:19	13.85	14	21.000	01:30:27	4:18	13.93	00:06:30	4:19	13.85
15	22.500	01:36:54	4:18	13.93	00:06:28	4:18	13.94	16	24.000	01:43:18	4:18	13.94	00:06:24	4:15	14.06
17	25.500	01:49:41	4:18	13.95	00:06:24	4:15	14.08	18	27.000	01:56:07	4:18	13.95	00:06:26	4:16	14.02
19	28.500	02:02:37	4:18	13.95	00:06:31	4:20	13.83	20	30.000	02:09:07	4:18	13.94	00:06:31	4:20	13.84
21	31.500	02:15:34	4:18	13.94	00:06:27	4:17	13.96	22	33.000	02:22:04	4:18	13.94	00:06:31	4:20	13.84
23	34.500	02:28:34	4:18	13.93	00:06:30	4:19	13.85	24	36.000	02:35:01	4:18	13.93	00:06:27	4:17	13.96
25	37.500	02:41:29	4:18	13.93	00:06:29	4:18	13.91	26	39.000	02:47:57	4:18	13.93	00:06:29	4:18	13.91
27	40.500	02:54:28	4:18	13.93	00:06:31	4:20	13.81	28	42.000	03:00:59	4:18	13.93	00:06:31	4:20	13.83
29	43.500	03:07:24	4:18	13.93	00:06:26	4:17	14.00	30	45.000	03:13:52	4:18	13.93	00:06:29	4:18	13.92
31	46.500	03:20:24	4:18	13.92	00:06:32	4:21	13.78	32	48.000	03:26:52	4:18	13.92	00:06:28	4:18	13.92
33	49.500	03:33:27	4:18	13.91	00:06:35	4:23	13.68	34	51.000	03:40:05	4:18	13.90	00:06:38	4:25	13.57
35	52.500	03:46:42	4:19	13.90	00:06:38	4:24	13.60	36	54.000	03:53:23	4:19	13.88	00:06:42	4:27	13.46
37	55.500	04:00:13	4:19	13.86	00:06:50	4:33	13.17	38	57.000	04:06:48	4:19	13.86	00:06:35	4:23	13.69
39	58.500	04:13:32	4:20	13.84	00:06:45	4:29	13.35	40	60.000	04:20:18	4:20	13.83	00:06:46	4:30	13.31
41	61.500	04:26:56	4:20	13.82	00:06:39	4:25	13.56	42	63.000	04:33:36	4:20	13.82	00:06:40	4:26	13.51
43	64.500	04:40:23	4:20	13.80	00:06:47	4:31	13.27	44	66.000	04:47:04	4:20	13.80	00:06:42	4:27	13.46
45	67.500	04:53:40	4:21	13.79	00:06:37	4:24	13.62	46	69.000	05:00:12	4:21	13.79	00:06:32	4:20	13.80
47	70.500	05:06:44	4:21	13.79	00:06:33	4:21	13.75	48	72.000	05:13:26	4:21	13.78	00:06:42	4:27	13.46
49	73.500	05:19:57	4:21	13.78	00:06:32	4:21	13.79	50	75.000	05:26:31	4:21	13.78	00:06:35	4:22	13.70
51	76.500	05:33:07	4:21	13.78	00:06:36	4:23	13.66	52	78.000	05:39:33	4:21	13.78	00:06:27	4:17	13.97
53	79.500	05:46:03	4:21	13.78	00:06:30	4:19	13.86	54	81.000	05:52:27	4:21	13.79	00:06:25	4:16	14.06
55	82.500	05:58:33	4:20	13.81	00:06:06	4:04	14.75								

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2 31 Reima Hartikainen SWE IFK Skövde 05:58:38 54 81.226

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	00:05:51	3:53	15.42	00:05:51	3:53	15.42	2	3.000	00:11:46	3:55	15.32	00:05:55	3:56	15.22
3	4.500	00:17:39	3:55	15.30	00:05:54	3:55	15.27	4	6.000	00:23:33	3:55	15.29	00:05:54	3:55	15.27
5	7.500	00:29:42	3:57	15.16	00:06:09	4:05	14.64	6	9.000	00:35:47	3:58	15.09	00:06:06	4:03	14.78
7	10.500	00:41:55	3:59	15.03	00:06:08	4:05	14.69	8	12.000	00:48:09	4:00	14.95	00:06:15	4:09	14.42
9	13.500	00:54:28	4:02	14.88	00:06:19	4:12	14.27	10	15.000	01:01:13	4:04	14.70	00:06:46	4:30	13.31
11	16.500	01:07:20	4:04	14.70	00:06:07	4:04	14.72	12	18.000	01:13:37	4:05	14.67	00:06:17	4:10	14.35
13	19.500	01:19:54	4:05	14.64	00:06:18	4:11	14.29	14	21.000	01:26:17	4:06	14.60	00:06:23	4:15	14.11
15	22.500	01:32:37	4:06	14.58	00:06:20	4:13	14.21	16	24.000	01:39:00	4:07	14.55	00:06:23	4:15	14.11
17	25.500	01:45:21	4:07	14.52	00:06:22	4:14	14.15	18	27.000	01:51:53	4:08	14.48	00:06:33	4:21	13.77
19	28.500	01:58:26	4:09	14.44	00:06:33	4:22	13.74	20	30.000	02:04:51	4:09	14.42	00:06:25	4:16	14.03
21	31.500	02:11:16	4:10	14.40	00:06:25	4:16	14.05	22	33.000	02:17:42	4:10	14.38	00:06:27	4:17	13.98
23	34.500	02:24:09	4:10	14.36	00:06:27	4:17	13.96	24	36.000	02:30:36	4:10	14.34	00:06:28	4:18	13.93
25	37.500	02:37:05	4:11	14.32	00:06:29	4:19	13.89	26	39.000	02:43:44	4:11	14.29	00:06:39	4:25	13.54
27	40.500	02:50:12	4:12	14.28	00:06:29	4:18	13.91	28	42.000	02:56:48	4:12	14.25	00:06:36	4:23	13.64
29	43.500	03:03:20	4:12	14.24	00:06:33	4:21	13.75	30	45.000	03:09:56	4:13	14.22	00:06:36	4:23	13.67
31	46.500	03:16:31	4:13	14.20	00:06:36	4:23	13.67	32	48.000	03:23:10	4:13	14.18	00:06:40	4:26	13.53
33	49.500	03:29:45	4:14	14.16	00:06:36	4:23	13.66	34	51.000	03:37:05	4:15	14.10	00:07:20	4:53	12.29
35	52.500	03:43:31	4:15	14.09	00:06:27	4:17	13.97	36	54.000	03:50:23	4:15	14.06	00:06:52	4:34	13.11
37	55.500	03:57:00	4:16	14.05	00:06:37	4:24	13.60	38	57.000	04:03:42	4:16	14.03	00:06:43	4:28	13.43
39	58.500	04:10:30	4:16	14.01	00:06:48	4:31	13.24	40	60.000	04:17:16	4:17	13.99	00:06:46	4:30	13.32
41	61.500	04:23:58	4:17	13.98	00:06:43	4:28	13.43	42	63.000	04:31:00	4:18	13.95	00:07:02	4:41	12.81
43	64.500	04:37:54	4:18	13.93	00:06:55	4:36	13.02	44	66.000	04:44:47	4:18	13.91	00:06:53	4:35	13.09
45	67.500	04:51:46	4:19	13.88	00:07:00	4:39	12.88	46	69.000	04:58:50	4:19	13.85	00:07:05	4:42	12.73
47	70.500	05:05:40	4:20	13.84	00:06:50	4:32	13.20	48	72.000	05:12:39	4:20	13.82	00:07:00	4:39	12.86
49	73.500	05:19:34	4:20	13.80	00:06:55	4:36	13.04	50	75.000	05:26:49	4:21	13.77	00:07:16	4:50	12.39
51	76.500	05:34:05	4:22	13.74	00:07:16	4:50	12.39	52	78.000	05:41:40	4:22	13.70	00:07:35	5:02	11.89
53	79.500	05:49:54	4:24	13.63	00:08:15	5:29	10.93	54	81.000	05:58:38	4:25	13.55	00:08:45	5:49	10.29

3 16 Ole Arne Schlytter NOR Lørenskog FIL 05:57:32 50 75.544

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	00:05:51	3:53	15.40	00:05:51	3:53	15.40	2	3.000	00:11:46	3:55	15.30	00:05:56	3:56	15.19
3	4.500	00:17:40	3:55	15.29	00:05:54	3:55	15.29	4	6.000	00:23:38	3:56	15.24	00:05:59	3:58	15.07
5	7.500	00:29:48	3:58	15.11	00:06:10	4:06	14.61	6	9.000	00:35:48	3:58	15.09	00:06:01	4:00	14.99
7	10.500	00:41:45	3:58	15.09	00:05:58	3:58	15.10	8	12.000	00:47:46	3:58	15.08	00:06:01	4:00	14.99
9	13.500	00:53:46	3:58	15.07	00:06:01	4:00	14.97	10	15.000	00:59:58	3:59	15.01	00:06:12	4:07	14.52
11	16.500	01:06:02	4:00	14.99	00:06:04	4:02	14.85	12	18.000	01:12:06	4:00	14.98	00:06:05	4:03	14.81
13	19.500	01:18:22	4:01	14.93	00:06:16	4:10	14.39	14	21.000	01:24:35	4:01	14.90	00:06:14	4:08	14.47
15	22.500	01:30:55	4:02	14.85	00:06:21	4:13	14.20	16	24.000	01:37:21	4:03	14.79	00:06:26	4:17	13.99
17	25.500	01:43:50	4:04	14.74	00:06:29	4:19	13.90	18	27.000	01:50:27	4:05	14.67	00:06:38	4:24	13.59
19	28.500	01:57:19	4:06	14.58	00:06:53	4:34	13.10	20	30.000	02:04:28	4:08	14.46	00:07:09	4:45	12.60
21	31.500	02:11:43	4:10	14.35	00:07:16	4:50	12.40	22	33.000	02:19:05	4:12	14.24	00:07:22	4:54	12.23
23	34.500	02:26:21	4:14	14.14	00:07:16	4:50	12.39	24	36.000	02:34:25	4:17	13.99	00:08:05	5:22	11.15
25	37.500	02:42:09	4:19	13.88	00:07:45	5:09	11.63	26	39.000	02:49:27	4:20	13.81	00:07:18	4:51	12.33
27	40.500	02:56:50	4:21	13.74	00:07:23	4:54	12.21	28	42.000	03:04:23	4:23	13.67	00:07:34	5:02	11.92
29	43.500	03:11:56	4:24	13.60	00:07:33	5:02	11.92	30	45.000	03:19:28	4:25	13.54	00:07:33	5:01	11.93
31	46.500	03:27:16	4:27	13.46	00:07:48	5:11	11.56	32	48.000	03:34:56	4:28	13.40	00:07:41	5:07	11.72
33	49.500	03:42:45	4:29	13.33	00:07:49	5:12	11.52	34	51.000	03:50:36	4:31	13.27	00:07:52	5:14	11.46
35	52.500	03:58:23	4:32	13.21	00:07:47	5:11	11.56	36	54.000	04:06:15	4:33	13.16	00:07:53	5:14	11.43
37	55.500	04:14:08	4:34	13.10	00:07:53	5:14	11.43	38	57.000	04:23:50	4:37	12.96	00:09:43	6:28	9.28
39	58.500	04:32:03	4:39	12.90	00:08:14	5:29	10.94	40	60.000	04:40:23	4:40	12.84	00:08:21	5:33	10.80
41	61.500	04:48:30	4:41	12.79	00:08:07	5:24	11.09	42	63.000	04:56:19	4:42	12.76	00:07:49	5:12	11.52
43	64.500	05:03:59	4:42	12.73	00:07:40	5:06	11.75	44	66.000	05:11:35	4:43	12.71	00:07:37	5:04	11.83
45	67.500	05:19:13	4:43	12.69	00:07:39	5:05	11.78	46	69.000	05:26:54	4:44	12.66	00:07:41	5:07	11.71
47	70.500	05:34:45	4:44	12.64	00:07:52	5:14	11.46	48	72.000	05:42:43	4:45	12.61	00:07:58	5:18	11.30
49	73.500	05:50:19	4:45	12.59	00:07:36	5:03	11.85	50	75.000	05:57:32	4:46	12.59	00:07:13	4:48	12.48

4 51 Tero Markus Paivarinne NOR Team Wave Goodbye 05:55:31 49 74.511

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	00:14:20	4:46	12.57	00:07:14	4:48	12.47
3	4.500	00:21:39	4:48	12.47	00:07:20	4:52	12.30	4	6.000	00:28:50	4:48	12.49	00:07:11	4:47	12.54
5	7.500	00:35:56	4:47	12.53	00:07:07	4:44	12.67	6	9.000	00:42:51	4:45	12.60	00:06:56	4:37	12.99
7	10.500	00:50:03	4:45	12.59	00:07:12	4:47	12.52	8	12.000	00:57:01	4:45	12.63	00:06:58	4:38	12.92
9	13.500	01:04:00	4:44	12.66	00:06:59	4:39	12.89	10	15.000	01:10:54	4:43	12.69	00:06:55	4:36	13.01
11	16.500	01:17:50	4:43	12.72	00:06:56	4:37	12.98	12	18.000	01:24:52	4:42	12.73	00:07:02	4:41	12.80
13	19.500	01:31:42	4:42	12.76	00:06:51	4:33	13.17	14	21.000	01:38:38	4:41	12.78	00:06:56	4:36	13.00
15	22.500	01:45:28	4:41	12.80	00:06:51	4:33	13.15	16	24.000	01:52:22	4:40	12.82	00:06:54	4:35	13.05
17	25.500	01:59:19	4:40	12.82	00:06:57	4:38	12.95	18	27.000	02:06:18	4:40	12.83	00:06:59	4:39	12.90
19	28.500	02:13:15	4:40	12.83	00:06:58	4:38	12.94	20	30.000	02:20:15	4:40	12.83	00:07:00	4:40	12.86
21	31.500	02:27:10	4:40	12.84	00:06:56	4:36	13.01	22	33.000	02:34:05	4:40	12.85	00:06:55	4:36	13.03
23	34.500	02:40:57	4:39	12.86	00:06:52	4:34	13.11	24	36.000	02:47:45	4:39	12.88	00:06:49	4:32	13.22
25	37.500	02:54:37	4:39	12.89	00:06:52	4:34	13.12	26	39.000	03:01:33	4:39	12.89	00:06:57	4:37	12.96
27	40.500	03:08:36	4:39	12.88	00:07:03	4:42	12.77	28	42.000	03:15:46	4:39	12.87	00:07:11	4:46	12.55
29	43.500	03:22:55	4:39	12.86	00:07:09	4:45	12.59	30	45.000	03:30:08	4:40	12.85	00:07:13	4:48	12.48
31	46.500	03:37:26	4:40	12.83	00:07:19	4:52	12.32	32	48.000	03:44:48	4:40	12.81	00:07:22	4:54	12.24
33	49.500	03:52:15	4:41	12.79	00:07:27	4:57	12.09	34	51.000	03:59:43	4:42	12.77	00:07:29	4:58	12.04
35	52.500	04:07:11	4:42	12.74	00:07:29	4:58	12.04	36	54.000	04:14:41	4:42	12.72	00:07:30	4:59	12.01
37	55.500	04:22:17	4:43	12.70	00:07:36	5:03	11.85	38	57.000	04:29:55	4:44	12.67	00:07:39	5:05	11.78
39	58.500	04:37:38	4:44	12.64	00:07:44	5:08	11.66	40	60.000	04:45:29	4:45	12.61	00:07:51	5:13	11.47
41	61.500	04:53:21	4:46	12.58	00:07:52	5:14	11.44	42	63.000	05:01:13	4:46	12.55	00:07:53	5:15	11.43
43	64.500	05:09:01	4:47	12.52	00:07:48	5:11	11.55	44	66.000	05:16:55	4:48	12.50	00:07:55	5:16	11.38
45	67.500	05:24:57	4:48	12.46	00:08:02	5:21	11.21	46	69.000	05:32:45	4:49	12.44	00:07:48	5:11	11.54
47	70.500	05:40:29	4:49	12.42	00:07:45	5:09	11.63	48	72.000	05:48:13	4:50	12.41	00:07:45	5:09	11.63
49	73.500	05:55:31	4:50	12.40	00:07:18	4:51	12.35								

5 48 Rune Akselsen NOR Team Wave Goodbye 05:58:17 47 70.890

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	00:07:22	4:54	12.23	00:07:22	4:54	12.23	2	3.000	00:14:51	4:56	12.13	00:07:30	4:59	12.03
3	4.500	00:22:28	4:59	12.02	00:07:37	5:04	11.83	4	6.000	00:30:00	4:59	12.00	00:07:33	5:01	11.94
5	7.500	00:37:17	4:58	12.07	00:07:18	4:51	12.34	6	9.000	00:44:40	4:57	12.09	00:07:23	4:55	12.19
7	10.500	00:52:00	4:57	12.12	00:07:21	4:53	12.27	8	12.000	00:59:29	4:57	12.11	00:07:29	4:58	12.04
9	13.500	01:06:45	4:56	12.14	00:07:16	4:50	12.39	10	15.000	01:14:06	4:56	12.15	00:07:21	4:53	12.25
11	16.500	01:21:26	4:56	12.16	00:07:21	4:53	12.25	12	18.000	01:28:49	4:56	12.16	00:07:23	4:55	12.20
13	19.500	01:36:19	4:56	12.15	00:07:30	4:59	12.01	14	21.000	01:43:37	4:56	12.16	00:07:19	4:52	12.32
15	22.500	01:50:52	4:55	12.18	00:07:15	4:49	12.42	16	24.000	01:59:21	4:58	12.07	00:08:29	5:39	10.61
17	25.500	02:06:17	4:57	12.12	00:06:57	4:37	12.96	18	27.000	02:13:15	4:56	12.16	00:06:58	4:38	12.93
19	28.500	02:20:14	4:55	12.20	00:06:59	4:39	12.90	20	30.000	02:27:39	4:55	12.19	00:07:26	4:56	12.13
21	31.500	02:35:02	4:55	12.19	00:07:23	4:55	12.20	22	33.000	02:42:27	4:55	12.19	00:07:26	4:56	12.13
23	34.500	02:51:22	4:58	12.08	00:08:56	5:56	10.09	24	36.000	02:58:50	4:58	12.08	00:07:28	4:58	12.07
25	37.500	03:06:27	4:58	12.07	00:07:37	5:04	11.82	26	39.000	03:13:47	4:58	12.08	00:07:21	4:53	12.27
27	40.500	03:21:12	4:58	12.08	00:07:26	4:57	12.12	28	42.000	03:28:32	4:57	12.08	00:07:21	4:53	12.27
29	43.500	03:35:46	4:57	12.10	00:07:14	4:48	12.46	30	45.000	03:42:29	4:56	12.14	00:06:44	4:29	13.38
31	46.500	03:49:37	4:56	12.15	00:07:08	4:45	12.62	32	48.000	03:56:51	4:56	12.16	00:07:14	4:49	12.44
33	49.500	04:04:19	4:56	12.16	00:07:29	4:58	12.05	34	51.000	04:12:09	4:56	12.14	00:07:50	5:12	11.51
35	52.500	04:20:03	4:57	12.11	00:07:55	5:16	11.37	36	54.000	04:27:51	4:57	12.10	00:07:48	5:11	11.54
37	55.500	04:36:02	4:58	12.06	00:08:11	5:26	11.02	38	57.000	04:44:05	4:59	12.04	00:08:04	5:22	11.16
39	58.500	04:52:12	4:59	12.01	00:08:07	5:24	11.09	40	60.000	05:00:36	5:00	11.98	00:08:25	5:36	10.71
41	61.500	05:08:57	5:01	11.94	00:08:21	5:33	10.78	42	63.000	05:17:18	5:02	11.91	00:08:21	5:34	10.78
43	64.500	05:25:40	5:02	11.88	00:08:22	5:34	10.77	44	66.000	05:34:05	5:03	11.85	00:08:26	5:36	10.69
45	67.500	05:42:42	5:04	11.82	00:08:37	5:44	10.45	46	69.000	05:51:08	5:05	11.79	00:08:27	5:37	10.66
47	70.500	05:58:17	5:04	11.81	00:07:09	4:45	12.61								

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	4:44	12.64	00:07:08	4:44	12.64	2	3.000	00:14:23	4:47	12.52	00:07:16	4:50	12.40
3	4.500	00:21:41	4:49	12.45	00:07:19	4:52	12.33	4	6.000	00:28:55	4:49	12.45	00:07:14	4:49	12.45
5	7.500	00:38:40	5:09	11.64	00:09:45	6:30	9.23	6	9.000	00:46:05	5:07	11.72	00:07:26	4:56	12.12
7	10.500	00:55:48	5:18	11.29	00:09:43	6:28	9.27	8	12.000	01:03:18	5:16	11.38	00:07:31	5:00	12.00
9	13.500	01:10:45	5:14	11.45	00:07:28	4:58	12.07	10	15.000	01:17:59	5:11	11.54	00:07:14	4:49	12.45
11	16.500	01:25:08	5:09	11.63	00:07:10	4:46	12.58	12	18.000	01:32:23	5:07	11.69	00:07:15	4:49	12.42
13	19.500	01:39:37	5:06	11.75	00:07:14	4:49	12.45	14	21.000	01:46:49	5:05	11.80	00:07:12	4:47	12.50
15	22.500	01:53:55	5:03	11.85	00:07:07	4:44	12.66	16	24.000	02:00:53	5:02	11.91	00:06:58	4:38	12.93
17	25.500	02:08:19	5:01	11.92	00:07:27	4:57	12.10	18	27.000	02:15:54	5:01	11.92	00:07:35	5:03	11.88
19	28.500	02:23:12	5:01	11.94	00:07:18	4:51	12.33	20	30.000	02:30:32	5:01	11.96	00:07:21	4:53	12.25
21	31.500	02:38:07	5:01	11.95	00:07:35	5:03	11.88	22	33.000	02:45:37	5:01	11.96	00:07:30	4:59	12.00
23	34.500	02:53:18	5:01	11.94	00:07:42	5:07	11.70	24	36.000	03:00:57	5:01	11.94	00:07:39	5:06	11.76
25	37.500	03:08:35	5:01	11.93	00:07:38	5:04	11.81	26	39.000	03:15:48	5:01	11.95	00:07:14	4:49	12.45
27	40.500	03:23:28	5:01	11.94	00:07:41	5:06	11.74	28	42.000	03:31:10	5:01	11.93	00:07:43	5:08	11.68
29	43.500	03:38:53	5:01	11.92	00:07:43	5:08	11.66	30	45.000	03:46:42	5:02	11.91	00:07:49	5:12	11.52
31	46.500	03:54:35	5:02	11.89	00:07:53	5:15	11.42	32	48.000	04:02:20	5:02	11.88	00:07:46	5:10	11.60
33	49.500	04:09:59	5:02	11.88	00:07:39	5:05	11.78	34	51.000	04:17:53	5:03	11.87	00:07:55	5:16	11.38
35	52.500	04:25:32	5:03	11.86	00:07:39	5:05	11.78	36	54.000	04:33:25	5:03	11.85	00:07:53	5:15	11.42
37	55.500	04:41:18	5:04	11.84	00:07:54	5:15	11.41	38	57.000	04:49:50	5:05	11.80	00:08:33	5:41	10.55
39	58.500	04:58:00	5:05	11.78	00:08:11	5:26	11.01	40	60.000	05:05:52	5:05	11.77	00:07:52	5:14	11.45
41	61.500	05:13:50	5:06	11.76	00:07:59	5:18	11.29	42	63.000	05:22:05	5:06	11.74	00:08:16	5:30	10.90
43	64.500	05:29:54	5:06	11.73	00:07:49	5:12	11.51	44	66.000	05:37:32	5:06	11.73	00:07:38	5:05	11.79
45	67.500	05:45:08	5:06	11.73	00:07:36	5:03	11.85	46	69.000	05:52:38	5:06	11.74	00:07:31	5:00	12.00
47	70.500	06:00:00	5:06	11.75	00:07:22	4:54	12.22								

7 27 Steinar Skaar NOR Løpsklubben 1814 05:57:42 46 69.449

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	00:07:22	4:54	12.23	00:07:22	4:54	12.23	2	3.000	00:14:51	4:56	12.13	00:07:30	4:59	12.02
3	4.500	00:22:26	4:59	12.04	00:07:36	5:03	11.86	4	6.000	00:30:02	5:00	11.99	00:07:36	5:03	11.86
5	7.500	00:37:18	4:58	12.07	00:07:17	4:50	12.38	6	9.000	00:44:40	4:57	12.09	00:07:22	4:54	12.22
7	10.500	00:52:00	4:57	12.12	00:07:21	4:53	12.25	8	12.000	00:59:29	4:57	12.11	00:07:29	4:59	12.04
9	13.500	01:06:45	4:56	12.14	00:07:17	4:50	12.38	10	15.000	01:14:08	4:56	12.14	00:07:23	4:55	12.19
11	16.500	01:21:26	4:56	12.16	00:07:18	4:51	12.34	12	18.000	01:28:51	4:56	12.16	00:07:26	4:56	12.13
13	19.500	01:36:18	4:56	12.15	00:07:28	4:58	12.07	14	21.000	01:43:39	4:56	12.16	00:07:21	4:53	12.27
15	22.500	01:50:54	4:55	12.17	00:07:16	4:50	12.40	16	24.000	01:58:12	4:55	12.18	00:07:18	4:51	12.33
17	25.500	02:05:22	4:54	12.21	00:07:10	4:46	12.57	18	27.000	02:12:45	4:54	12.20	00:07:24	4:55	12.18
19	28.500	02:20:09	4:55	12.20	00:07:24	4:55	12.16	20	30.000	02:27:40	4:55	12.19	00:07:31	5:00	11.97
21	31.500	02:35:01	4:55	12.19	00:07:21	4:53	12.25	22	33.000	02:42:29	4:55	12.19	00:07:29	4:58	12.04
23	34.500	02:50:03	4:55	12.17	00:07:34	5:02	11.90	24	36.000	02:57:35	4:55	12.16	00:07:33	5:01	11.93
25	37.500	03:05:18	4:56	12.14	00:07:44	5:08	11.66	26	39.000	03:13:00	4:56	12.13	00:07:42	5:07	11.71
27	40.500	03:20:44	4:57	12.11	00:07:45	5:09	11.63	28	42.000	03:28:33	4:57	12.08	00:07:50	5:12	11.51
29	43.500	03:36:34	4:58	12.05	00:08:01	5:20	11.23	30	45.000	03:44:37	4:59	12.02	00:08:03	5:21	11.19
31	46.500	03:52:37	5:00	11.99	00:08:01	5:20	11.25	32	48.000	04:00:51	5:01	11.96	00:08:15	5:29	10.92
33	49.500	04:09:00	5:01	11.93	00:08:09	5:26	11.04	34	51.000	04:17:08	5:02	11.90	00:08:08	5:24	11.08
35	52.500	04:25:18	5:03	11.87	00:08:11	5:27	11.01	36	54.000	04:33:38	5:04	11.84	00:08:20	5:32	10.82
37	55.500	04:41:56	5:04	11.81	00:08:19	5:32	10.84	38	57.000	04:50:37	5:05	11.77	00:08:42	5:47	10.36
39	58.500	04:59:06	5:06	11.74	00:08:29	5:39	10.61	40	60.000	05:07:32	5:07	11.71	00:08:26	5:37	10.67
41	61.500	05:16:00	5:08	11.68	00:08:28	5:38	10.63	42	63.000	05:24:26	5:08	11.65	00:08:26	5:37	10.68
43	64.500	05:33:01	5:09	11.62	00:08:36	5:43	10.48	44	66.000	05:41:24	5:10	11.60	00:08:23	5:35	10.74
45	67.500	05:49:41	5:10	11.58	00:08:17	5:31	10.87	46	69.000	05:57:42	5:11	11.57	00:08:02	5:20	11.22

8 45 Lars Chr. Dørum NOR Skimilajoggen 05:59:23 46 69.155

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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	4:50	12.38	00:07:17	4:50	12.38	2	3.000	00:14:42	4:53	12.25	00:07:26	4:56	12.13
3	4.500	00:21:53	4:51	12.34	00:07:12	4:47	12.53	4	6.000	00:29:14	4:52	12.32	00:07:22	4:54	12.23
5	7.500	00:36:29	4:51	12.33	00:07:15	4:50	12.41	6	9.000	00:43:57	4:52	12.29	00:07:28	4:58	12.07
7	10.500	00:51:25	4:53	12.25	00:07:29	4:59	12.03	8	12.000	00:58:42	4:53	12.27	00:07:17	4:51	12.37
9	13.500	01:06:08	4:53	12.25	00:07:27	4:57	12.10	10	15.000	01:13:28	4:53	12.25	00:07:20	4:53	12.27
11	16.500	01:20:47	4:53	12.26	00:07:20	4:52	12.30	12	18.000	01:28:08	4:53	12.26	00:07:21	4:53	12.26
13	19.500	01:35:24	4:53	12.26	00:07:17	4:50	12.38	14	21.000	01:42:43	4:53	12.27	00:07:19	4:52	12.32
15	22.500	01:50:04	4:53	12.27	00:07:22	4:54	12.23	16	24.000	01:57:25	4:53	12.26	00:07:21	4:54	12.24
17	25.500	02:04:52	4:53	12.25	00:07:27	4:58	12.08	18	27.000	02:12:24	4:54	12.24	00:07:32	5:00	11.96
19	28.500	02:19:51	4:54	12.23	00:07:28	4:58	12.07	20	30.000	02:27:18	4:54	12.22	00:07:27	4:57	12.08
21	31.500	02:34:46	4:54	12.21	00:07:29	4:58	12.04	22	33.000	02:42:23	4:55	12.19	00:07:37	5:04	11.84
23	34.500	02:49:53	4:55	12.19	00:07:31	5:00	12.00	24	36.000	02:57:29	4:55	12.17	00:07:37	5:04	11.82
25	37.500	03:05:21	4:56	12.14	00:07:52	5:14	11.45	26	39.000	03:13:10	4:57	12.11	00:07:50	5:12	11.51
27	40.500	03:21:04	4:57	12.09	00:07:54	5:15	11.41	28	42.000	03:29:01	4:58	12.06	00:07:57	5:17	11.33
29	43.500	03:36:54	4:59	12.03	00:07:54	5:15	11.39	30	45.000	03:45:24	5:00	11.98	00:08:30	5:39	10.61
31	46.500	03:53:31	5:01	11.95	00:08:08	5:25	11.07	32	48.000	04:01:38	5:02	11.92	00:08:07	5:24	11.10
33	49.500	04:09:54	5:02	11.89	00:08:16	5:30	10.89	34	51.000	04:18:16	5:03	11.85	00:08:23	5:34	10.75
35	52.500	04:26:56	5:05	11.80	00:08:41	5:47	10.37	36	54.000	04:35:22	5:05	11.77	00:08:26	5:37	10.67
37	55.500	04:43:40	5:06	11.74	00:08:18	5:31	10.86	38	57.000	04:52:20	5:07	11.70	00:08:40	5:46	10.39
39	58.500	05:00:50	5:08	11.67	00:08:31	5:40	10.58	40	60.000	05:09:20	5:09	11.64	00:08:30	5:39	10.60
41	61.500	05:17:53	5:10	11.61	00:08:34	5:42	10.52	42	63.000	05:26:31	5:10	11.58	00:08:38	5:45	10.43
43	64.500	05:35:06	5:11	11.55	00:08:36	5:43	10.48	44	66.000	05:43:39	5:12	11.52	00:08:33	5:41	10.53
45	67.500	05:51:52	5:12	11.51	00:08:14	5:28	10.95	46	69.000	05:59:23	5:12	11.52	00:07:32	5:00	11.96

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9 82 Jon Harald Berge NOR Drammens Ballklubb 05:58:25 45 67.820

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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	00:07:13	4:48	12.49	00:07:13	4:48	12.49	2	3.000	00:14:21	4:46	12.55	00:07:09	4:45	12.61
3	4.500	00:21:40	4:48	12.46	00:07:20	4:52	12.30	4	6.000	00:28:41	4:46	12.55	00:07:01	4:40	12.83
5	7.500	00:35:37	4:44	12.64	00:06:56	4:36	13.00	6	9.000	00:42:37	4:44	12.67	00:07:01	4:40	12.84
7	10.500	00:49:26	4:42	12.75	00:06:49	4:32	13.23	8	12.000	00:56:22	4:41	12.78	00:06:57	4:37	12.97
9	13.500	01:03:20	4:41	12.79	00:06:59	4:38	12.92	10	15.000	01:10:22	4:41	12.79	00:07:02	4:41	12.81
11	16.500	01:17:21	4:41	12.80	00:06:59	4:39	12.89	12	18.000	01:24:20	4:41	12.81	00:07:00	4:39	12.88
13	19.500	01:31:11	4:40	12.83	00:06:51	4:34	13.14	14	21.000	01:38:07	4:40	12.84	00:06:57	4:37	12.97
15	22.500	01:45:11	4:40	12.84	00:07:04	4:42	12.74	16	24.000	01:52:16	4:40	12.83	00:07:05	4:43	12.72
17	25.500	01:59:28	4:41	12.81	00:07:13	4:48	12.48	18	27.000	02:06:49	4:41	12.78	00:07:21	4:53	12.26
19	28.500	02:14:12	4:42	12.74	00:07:24	4:55	12.18	20	30.000	02:21:25	4:42	12.73	00:07:13	4:48	12.47
21	31.500	02:28:47	4:43	12.70	00:07:23	4:54	12.20	22	33.000	02:36:11	4:43	12.68	00:07:24	4:55	12.17
23	34.500	02:43:52	4:44	12.63	00:07:41	5:07	11.72	24	36.000	02:51:38	4:46	12.59	00:07:47	5:10	11.58
25	37.500	02:59:40	4:47	12.52	00:08:02	5:20	11.22	26	39.000	03:07:51	4:48	12.46	00:08:12	5:27	10.99
27	40.500	03:16:09	4:50	12.39	00:08:19	5:32	10.84	28	42.000	03:24:11	4:51	12.34	00:08:03	5:21	11.19
29	43.500	03:32:21	4:52	12.29	00:08:10	5:26	11.03	30	45.000	03:40:44	4:54	12.23	00:08:23	5:35	10.74
31	46.500	03:49:07	4:55	12.18	00:08:24	5:35	10.73	32	48.000	03:57:34	4:56	12.12	00:08:27	5:37	10.66
33	49.500	04:05:49	4:57	12.08	00:08:15	5:30	10.91	34	51.000	04:14:18	4:59	12.03	00:08:30	5:39	10.61
35	52.500	04:22:36	5:00	12.00	00:08:18	5:31	10.85	36	54.000	04:31:14	5:01	11.95	00:08:39	5:45	10.41
37	55.500	04:39:57	5:02	11.90	00:08:44	5:48	10.32	38	57.000	04:49:29	5:04	11.81	00:09:33	6:21	9.44
39	58.500	04:58:46	5:06	11.75	00:09:17	6:11	9.70	40	60.000	05:08:32	5:08	11.67	00:09:47	6:31	9.21
41	61.500	05:18:51	5:11	11.57	00:10:19	6:52	8.73	42	63.000	05:29:49	5:14	11.46	00:10:58	7:18	8.21
43	64.500	05:40:49	5:17	11.36	00:11:01	7:20	8.18	44	66.000	05:49:58	5:18	11.32	00:09:09	6:05	9.84
45	67.500	05:58:25	5:18	11.30	00:08:28	5:38	10.64								

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10 11 Per Gunnar Alfheim NOR Team Wave Goodbye / BFG 05:59:48 45 67.559

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	13.84	00:06:31	4:20	13.84	2	3.000	00:13:10	4:23	13.68	00:06:40	4:26	13.52
3	4.500	00:20:05	4:27	13.45	00:06:56	4:36	13.01	4	6.000	00:27:01	4:30	13.33	00:06:56	4:37	12.99
5	7.500	00:33:56	4:31	13.26	00:06:56	4:37	12.99	6	9.000	00:40:54	4:32	13.20	00:06:58	4:38	12.92
7	10.500	00:47:43	4:32	13.21	00:06:49	4:32	13.22	8	12.000	00:54:29	4:32	13.22	00:06:47	4:31	13.28
9	13.500	01:01:17	4:32	13.22	00:06:48	4:31	13.25	10	15.000	01:08:15	4:32	13.19	00:06:58	4:38	12.93
11	16.500	01:15:07	4:33	13.18	00:06:53	4:35	13.09	12	18.000	01:22:02	4:33	13.17	00:06:56	4:36	13.01
13	19.500	01:28:52	4:33	13.17	00:06:50	4:33	13.18	14	21.000	01:35:49	4:33	13.15	00:06:57	4:37	12.97
15	22.500	01:42:45	4:33	13.14	00:06:57	4:37	12.97	16	24.000	01:49:41	4:34	13.13	00:06:56	4:37	12.98
17	25.500	01:56:44	4:34	13.11	00:07:03	4:41	12.78	18	27.000	02:03:56	4:35	13.07	00:07:13	4:48	12.49
19	28.500	02:10:53	4:35	13.07	00:06:58	4:38	12.93	20	30.000	02:18:08	4:36	13.03	00:07:15	4:50	12.41
21	31.500	02:25:34	4:37	12.99	00:07:26	4:56	12.13	22	33.000	02:32:58	4:38	12.94	00:07:25	4:56	12.16
23	34.500	02:40:18	4:38	12.91	00:07:21	4:53	12.27	24	36.000	02:47:50	4:39	12.87	00:07:32	5:01	11.95
25	37.500	02:55:26	4:40	12.83	00:07:36	5:03	11.86	26	39.000	03:03:24	4:42	12.76	00:07:59	5:18	11.29
27	40.500	03:11:28	4:43	12.69	00:08:05	5:22	11.15	28	42.000	03:19:43	4:45	12.62	00:08:16	5:30	10.91
29	43.500	03:29:53	4:49	12.44	00:10:10	6:46	8.86	30	45.000	03:39:27	4:52	12.30	00:09:34	6:22	9.42
31	46.500	03:49:06	4:55	12.18	00:09:40	6:26	9.32	32	48.000	03:58:28	4:58	12.08	00:09:22	6:14	9.61
33	49.500	04:09:03	5:01	11.93	00:10:36	7:03	8.50	34	51.000	04:19:02	5:04	11.81	00:10:00	6:39	9.01
35	52.500	04:28:51	5:07	11.72	00:09:49	6:32	9.18	36	54.000	04:46:22	5:18	11.31	00:17:31	11:40	5.14
37	55.500	04:54:59	5:18	11.29	00:08:38	5:45	10.43	38	57.000	05:02:54	5:18	11.29	00:07:55	5:16	11.38
39	58.500	05:10:49	5:18	11.29	00:07:56	5:16	11.37	40	60.000	05:18:59	5:18	11.29	00:08:10	5:26	11.03
41	61.500	05:26:42	5:18	11.29	00:07:44	5:09	11.65	42	63.000	05:35:08	5:19	11.28	00:08:26	5:36	10.68
43	64.500	05:45:06	5:21	11.21	00:09:59	6:38	9.02	44	66.000	05:53:20	5:21	11.21	00:08:14	5:29	10.94
45	67.500	05:59:48	5:19	11.26	00:06:29	4:19	13.89								

11 5 Anders Tøsse NOR Norodd 05:58:44 44 66.275

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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	00:07:19	4:52	12.30	00:07:19	4:52	12.30	2	3.000	00:14:35	4:51	12.35	00:07:16	4:50	12.40
3	4.500	00:21:49	4:50	12.38	00:07:15	4:49	12.43	4	6.000	00:28:58	4:49	12.43	00:07:09	4:45	12.59
5	7.500	00:36:07	4:48	12.46	00:07:09	4:45	12.59	6	9.000	00:43:24	4:49	12.45	00:07:17	4:51	12.36
7	10.500	00:50:38	4:49	12.45	00:07:14	4:49	12.44	8	12.000	00:57:52	4:49	12.45	00:07:14	4:49	12.44
9	13.500	01:05:03	4:49	12.45	00:07:12	4:47	12.51	10	15.000	01:12:24	4:49	12.43	00:07:21	4:53	12.25
11	16.500	01:19:42	4:49	12.42	00:07:18	4:51	12.34	12	18.000	01:26:56	4:49	12.42	00:07:15	4:49	12.43
13	19.500	01:34:08	4:49	12.43	00:07:13	4:48	12.50	14	21.000	01:41:27	4:49	12.42	00:07:19	4:52	12.30
15	22.500	01:48:48	4:50	12.41	00:07:21	4:53	12.26	16	24.000	01:56:05	4:50	12.41	00:07:18	4:51	12.34
17	25.500	02:03:23	4:50	12.40	00:07:18	4:51	12.34	18	27.000	02:10:42	4:50	12.40	00:07:20	4:52	12.29
19	28.500	02:18:11	4:50	12.38	00:07:30	4:59	12.02	20	30.000	02:25:35	4:51	12.36	00:07:24	4:55	12.17
21	31.500	02:32:58	4:51	12.36	00:07:23	4:55	12.19	22	33.000	02:40:17	4:51	12.35	00:07:19	4:52	12.31
23	34.500	02:47:53	4:51	12.33	00:07:36	5:03	11.84	24	36.000	02:55:25	4:52	12.31	00:07:33	5:01	11.94
25	37.500	03:03:17	4:53	12.28	00:07:53	5:14	11.44	26	39.000	03:11:03	4:53	12.25	00:07:46	5:10	11.60
27	40.500	03:18:55	4:54	12.22	00:07:52	5:14	11.44	28	42.000	03:26:48	4:55	12.19	00:07:54	5:15	11.41
29	43.500	03:34:45	4:56	12.15	00:07:57	5:17	11.32	30	45.000	03:42:44	4:56	12.12	00:08:00	5:19	11.27
31	46.500	03:50:41	4:57	12.10	00:07:57	5:17	11.33	32	48.000	03:58:49	4:58	12.06	00:08:09	5:25	11.05
33	49.500	04:06:46	4:59	12.04	00:07:57	5:17	11.33	34	51.000	04:15:14	5:00	11.99	00:08:29	5:38	10.62
35	52.500	04:25:09	5:03	11.88	00:09:56	6:36	9.07	36	54.000	04:36:10	5:06	11.73	00:11:01	7:20	8.18
37	55.500	04:48:37	5:12	11.54	00:12:28	8:18	7.22	38	57.000	05:04:16	5:20	11.24	00:15:40	10:26	5.75
39	58.500	05:14:07	5:22	11.17	00:09:51	6:33	9.14	40	60.000	05:23:08	5:23	11.14	00:09:02	6:00	9.98
41	61.500	05:33:17	5:25	11.07	00:10:09	6:45	8.87	42	63.000	05:42:05	5:25	11.05	00:08:48	5:51	10.24
43	64.500	05:50:39	5:26	11.04	00:08:35	5:43	10.49	44	66.000	05:58:44	5:26	11.04	00:08:06	5:23	11.13

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12 3 Geir Wenstøp			NOR Express						05:59:41			44		66.032	
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	00:07:41	5:06	11.73	00:07:41	5:06	11.73	2	3.000	00:15:21	5:06	11.74	00:07:40	5:06	11.74
3	4.500	00:22:56	5:05	11.78	00:07:36	5:03	11.87	4	6.000	00:30:42	5:06	11.73	00:07:47	5:10	11.58
5	7.500	00:38:09	5:05	11.80	00:07:28	4:58	12.07	6	9.000	00:45:48	5:05	11.79	00:07:39	5:06	11.76
7	10.500	00:53:42	5:06	11.73	00:07:54	5:15	11.40	8	12.000	01:01:19	5:06	11.74	00:07:37	5:04	11.82
9	13.500	01:08:53	5:06	11.76	00:07:35	5:02	11.89	10	15.000	01:16:45	5:06	11.73	00:07:52	5:14	11.44
11	16.500	01:24:17	5:06	11.75	00:07:32	5:00	11.96	12	18.000	01:31:46	5:05	11.77	00:07:30	4:59	12.01
13	19.500	01:39:31	5:06	11.76	00:07:46	5:10	11.61	14	21.000	01:47:01	5:05	11.77	00:07:31	5:00	12.00
15	22.500	01:54:28	5:05	11.79	00:07:27	4:58	12.08	16	24.000	02:02:13	5:05	11.78	00:07:45	5:09	11.63
17	25.500	02:09:37	5:04	11.80	00:07:25	4:56	12.15	18	27.000	02:16:56	5:04	11.83	00:07:20	4:52	12.29
19	28.500	02:24:33	5:04	11.83	00:07:38	5:04	11.81	20	30.000	02:32:00	5:03	11.84	00:07:27	4:57	12.10
21	31.500	02:39:23	5:03	11.86	00:07:24	4:55	12.17	22	33.000	02:46:50	5:03	11.87	00:07:27	4:57	12.09
23	34.500	02:54:14	5:03	11.88	00:07:24	4:55	12.16	24	36.000	03:01:34	5:02	11.90	00:07:21	4:53	12.27
25	37.500	03:09:15	5:02	11.89	00:07:41	5:07	11.71	26	39.000	03:16:40	5:02	11.90	00:07:25	4:56	12.15
27	40.500	03:24:11	5:02	11.90	00:07:32	5:00	11.97	28	42.000	03:32:00	5:02	11.89	00:07:50	5:12	11.50
29	43.500	03:39:32	5:02	11.89	00:07:32	5:01	11.95	30	45.000	03:47:08	5:02	11.89	00:07:36	5:03	11.86
31	46.500	03:55:33	5:03	11.84	00:08:26	5:36	10.68	32	48.000	04:03:24	5:04	11.83	00:07:51	5:13	11.47
33	49.500	04:11:34	5:04	11.81	00:08:10	5:26	11.02	34	51.000	04:20:36	5:06	11.74	00:09:03	6:01	9.96
35	52.500	04:34:01	5:13	11.50	00:13:25	8:56	6.71	36	54.000	04:43:23	5:14	11.43	00:09:23	6:14	9.61
37	55.500	04:51:18	5:14	11.43	00:07:56	5:16	11.36	38	57.000	05:02:28	5:18	11.31	00:11:10	7:26	8.06
39	58.500	05:11:13	5:19	11.28	00:08:45	5:49	10.29	40	60.000	05:21:09	5:21	11.21	00:09:57	6:37	9.06
41	61.500	05:33:50	5:25	11.05	00:12:41	8:27	7.10	42	63.000	05:44:32	5:28	10.97	00:10:42	7:07	8.41
43	64.500	05:51:50	5:27	11.00	00:07:19	4:52	12.31	44	66.000	05:59:41	5:26	11.01	00:07:51	5:13	11.48

13 7 Olav Engen NOR Kondis-Romerike 05:43:51 43 65.527

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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	00:07:15	4:49	12.42	00:07:15	4:49	12.42	2	3.000	00:14:41	4:53	12.26	00:07:27	4:57	12.11
3	4.500	00:22:06	4:54	12.22	00:07:26	4:56	12.13	4	6.000	00:29:32	4:55	12.19	00:07:26	4:57	12.11
5	7.500	00:36:53	4:55	12.20	00:07:22	4:54	12.24	6	9.000	00:44:19	4:55	12.19	00:07:27	4:57	12.10
7	10.500	00:51:35	4:54	12.21	00:07:16	4:50	12.39	8	12.000	00:59:01	4:55	12.20	00:07:26	4:57	12.11
9	13.500	01:06:18	4:54	12.22	00:07:17	4:51	12.36	10	15.000	01:13:23	4:53	12.27	00:07:05	4:43	12.71
11	16.500	01:20:32	4:52	12.29	00:07:10	4:46	12.58	12	18.000	01:27:37	4:52	12.33	00:07:05	4:43	12.72
13	19.500	01:34:44	4:51	12.35	00:07:08	4:44	12.64	14	21.000	01:41:59	4:51	12.36	00:07:15	4:49	12.42
15	22.500	01:49:12	4:51	12.36	00:07:14	4:48	12.46	16	24.000	01:56:21	4:50	12.38	00:07:10	4:46	12.57
17	25.500	02:03:18	4:50	12.41	00:06:57	4:37	12.96	18	27.000	02:10:24	4:49	12.42	00:07:07	4:44	12.66
19	28.500	02:17:36	4:49	12.43	00:07:12	4:47	12.51	20	30.000	02:24:51	4:49	12.43	00:07:16	4:50	12.40
21	31.500	02:32:06	4:49	12.43	00:07:15	4:49	12.43	22	33.000	02:39:19	4:49	12.43	00:07:14	4:49	12.45
23	34.500	02:46:39	4:49	12.42	00:07:20	4:53	12.28	24	36.000	02:53:53	4:49	12.42	00:07:14	4:49	12.45
25	37.500	03:01:12	4:49	12.42	00:07:20	4:52	12.29	26	39.000	03:08:38	4:50	12.41	00:07:26	4:57	12.12
27	40.500	03:16:01	4:50	12.40	00:07:24	4:55	12.17	28	42.000	03:23:37	4:50	12.38	00:07:36	5:03	11.85
29	43.500	03:32:59	4:53	12.25	00:09:23	6:14	9.61	30	45.000	03:41:28	4:55	12.19	00:08:29	5:39	10.61
31	46.500	03:56:24	5:05	11.80	00:14:56	9:57	6.03	32	48.000	04:05:36	5:06	11.73	00:09:13	6:08	9.78
33	49.500	04:14:11	5:08	11.68	00:08:36	5:43	10.48	34	51.000	04:22:32	5:08	11.66	00:08:21	5:33	10.78
35	52.500	04:31:05	5:09	11.62	00:08:33	5:41	10.53	36	54.000	04:42:35	5:13	11.47	00:11:31	7:40	7.82
37	55.500	04:53:41	5:17	11.34	00:11:06	7:23	8.12	38	57.000	05:02:05	5:17	11.32	00:08:24	5:35	10.72
39	58.500	05:10:15	5:18	11.31	00:08:11	5:27	11.01	40	60.000	05:18:24	5:18	11.31	00:08:10	5:26	11.04
41	61.500	05:26:38	5:18	11.30	00:08:14	5:28	10.94	42	63.000	05:34:53	5:18	11.29	00:08:15	5:29	10.91
43	64.500	05:43:51	5:19	11.25	00:08:59	5:59	10.02								

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14 23 Per Audun Heskestad NOR 05:57:23 43 65.056

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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	00:07:35	5:03	11.87	00:07:35	5:03	11.87	2	3.000	00:15:29	5:09	11.63	00:07:54	5:15	11.39
3	4.500	00:23:32	5:13	11.48	00:08:03	5:21	11.20	4	6.000	00:31:40	5:16	11.37	00:08:09	5:25	11.06
5	7.500	00:39:24	5:15	11.42	00:07:45	5:09	11.63	6	9.000	00:47:24	5:16	11.39	00:08:01	5:20	11.25
7	10.500	00:55:15	5:15	11.40	00:07:51	5:13	11.47	8	12.000	01:03:19	5:16	11.37	00:08:04	5:22	11.16
9	13.500	01:11:10	5:16	11.38	00:07:52	5:14	11.45	10	15.000	01:19:21	5:17	11.34	00:08:11	5:26	11.02
11	16.500	01:27:18	5:17	11.34	00:07:58	5:18	11.32	12	18.000	01:35:20	5:17	11.33	00:08:03	5:21	11.20
13	19.500	01:43:16	5:17	11.33	00:07:57	5:17	11.33	14	21.000	01:51:12	5:17	11.33	00:07:56	5:17	11.36
15	22.500	01:58:56	5:17	11.35	00:07:44	5:09	11.65	16	24.000	02:06:55	5:17	11.35	00:07:59	5:19	11.28
17	25.500	02:14:59	5:17	11.34	00:08:05	5:23	11.14	18	27.000	02:23:08	5:18	11.32	00:08:09	5:25	11.05
19	28.500	02:31:22	5:18	11.30	00:08:14	5:29	10.93	20	30.000	02:39:26	5:18	11.29	00:08:05	5:23	11.15
21	31.500	02:47:17	5:18	11.30	00:07:51	5:13	11.47	22	33.000	02:55:17	5:18	11.30	00:08:01	5:20	11.23
23	34.500	03:03:20	5:18	11.29	00:08:03	5:21	11.19	24	36.000	03:11:33	5:19	11.28	00:08:13	5:28	10.96
25	37.500	03:19:45	5:19	11.26	00:08:13	5:28	10.96	26	39.000	03:28:05	5:20	11.25	00:08:20	5:32	10.82
27	40.500	03:36:19	5:20	11.23	00:08:14	5:29	10.93	28	42.000	03:44:34	5:20	11.22	00:08:16	5:30	10.90
29	43.500	03:53:20	5:21	11.19	00:08:46	5:50	10.27	30	45.000	04:02:02	5:22	11.16	00:08:43	5:48	10.34
31	46.500	04:10:54	5:23	11.12	00:08:52	5:54	10.15	32	48.000	04:19:46	5:24	11.09	00:08:52	5:54	10.16
33	49.500	04:28:47	5:25	11.05	00:09:02	6:00	9.97	34	51.000	04:37:47	5:26	11.02	00:09:01	6:00	10.00
35	52.500	04:46:58	5:27	10.98	00:09:11	6:07	9.80	36	54.000	04:56:13	5:29	10.94	00:09:15	6:09	9.73
37	55.500	05:05:12	5:29	10.91	00:09:00	5:59	10.01	38	57.000	05:14:13	5:30	10.88	00:09:01	6:00	9.99
39	58.500	05:22:58	5:31	10.87	00:08:45	5:49	10.29	40	60.000	05:31:53	5:31	10.85	00:08:56	5:56	10.09
41	61.500	05:40:31	5:32	10.84	00:08:38	5:45	10.43	42	63.000	05:49:08	5:32	10.83	00:08:37	5:44	10.45
43	64.500	05:57:23	5:32	10.83	00:08:16	5:30	10.90								

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15 22 Morten Waage Omholt NOR BUB - Bergen 05:58:52 43 64.730

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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	00:07:52	5:14	11.44	00:07:52	5:14	11.44	2	3.000	00:15:55	5:18	11.31	00:08:03	5:21	11.19
3	4.500	00:24:06	5:21	11.21	00:08:11	5:27	11.01	4	6.000	00:32:06	5:20	11.22	00:08:01	5:20	11.24
5	7.500	00:39:59	5:19	11.26	00:07:53	5:15	11.43	6	9.000	00:47:51	5:18	11.29	00:07:53	5:14	11.43
7	10.500	00:55:40	5:18	11.32	00:07:49	5:12	11.52	8	12.000	01:03:33	5:17	11.33	00:07:53	5:15	11.42
9	13.500	01:11:24	5:17	11.35	00:07:52	5:14	11.46	10	15.000	01:19:18	5:17	11.35	00:07:55	5:16	11.39
11	16.500	01:27:16	5:17	11.35	00:07:58	5:18	11.30	12	18.000	01:35:10	5:17	11.35	00:07:54	5:15	11.40
13	19.500	01:43:07	5:17	11.35	00:07:58	5:18	11.31	14	21.000	01:50:58	5:17	11.36	00:07:51	5:13	11.49
15	22.500	01:58:59	5:17	11.35	00:08:02	5:20	11.22	16	24.000	02:06:52	5:17	11.35	00:07:53	5:15	11.42
17	25.500	02:15:15	5:18	11.31	00:08:24	5:35	10.72	18	27.000	02:23:17	5:18	11.31	00:08:02	5:20	11.22
19	28.500	02:31:11	5:18	11.31	00:07:55	5:16	11.39	20	30.000	02:39:11	5:18	11.31	00:08:01	5:20	11.24
21	31.500	02:47:09	5:18	11.31	00:07:59	5:18	11.29	22	33.000	02:55:01	5:18	11.31	00:07:52	5:14	11.46
23	34.500	03:02:52	5:18	11.32	00:07:52	5:14	11.45	24	36.000	03:10:54	5:18	11.32	00:08:02	5:20	11.22
25	37.500	03:18:53	5:18	11.31	00:08:00	5:19	11.26	26	39.000	03:27:02	5:18	11.30	00:08:09	5:25	11.05
27	40.500	03:35:16	5:18	11.29	00:08:14	5:29	10.93	28	42.000	03:43:43	5:19	11.26	00:08:27	5:37	10.66
29	43.500	03:52:14	5:20	11.24	00:08:32	5:40	10.56	30	45.000	04:02:23	5:23	11.14	00:10:10	6:46	8.86
31	46.500	04:11:01	5:23	11.12	00:08:38	5:44	10.44	32	48.000	04:19:38	5:24	11.09	00:08:38	5:45	10.43
33	49.500	04:28:26	5:25	11.06	00:08:48	5:51	10.23	34	51.000	04:37:04	5:25	11.04	00:08:39	5:45	10.41
35	52.500	04:45:37	5:26	11.03	00:08:33	5:41	10.53	36	54.000	04:54:30	5:27	11.00	00:08:53	5:55	10.14
37	55.500	05:03:42	5:28	10.97	00:09:12	6:07	9.79	38	57.000	05:13:04	5:29	10.92	00:09:22	6:14	9.61
39	58.500	05:22:34	5:30	10.88	00:09:31	6:20	9.47	40	60.000	05:31:52	5:31	10.85	00:09:18	6:11	9.68
41	61.500	05:41:06	5:32	10.82	00:09:14	6:09	9.75	42	63.000	05:49:59	5:33	10.80	00:08:54	5:55	10.12
43	64.500	05:58:52	5:33	10.78	00:08:54	5:55	10.13								

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16 21 Espen Konglevoll NOR BUB - Bergen 05:54:02 42 64.168

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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	00:07:52	5:14	11.44	00:07:52	5:14	11.44	2	3.000	00:15:55	5:18	11.31	00:08:03	5:21	11.19
3	4.500	00:24:06	5:21	11.21	00:08:11	5:26	11.01	4	6.000	00:32:07	5:21	11.21	00:08:02	5:20	11.22
5	7.500	00:39:59	5:19	11.26	00:07:53	5:15	11.43	6	9.000	00:47:51	5:18	11.29	00:07:52	5:14	11.44
7	10.500	00:55:39	5:17	11.32	00:07:49	5:12	11.53	8	12.000	01:03:32	5:17	11.33	00:07:54	5:15	11.41
9	13.500	01:11:23	5:17	11.35	00:07:51	5:13	11.47	10	15.000	01:19:18	5:17	11.35	00:07:55	5:16	11.39
11	16.500	01:27:16	5:17	11.35	00:07:59	5:18	11.29	12	18.000	01:35:09	5:17	11.35	00:07:54	5:15	11.41
13	19.500	01:43:07	5:17	11.35	00:07:58	5:18	11.31	14	21.000	01:50:58	5:17	11.36	00:07:52	5:14	11.46
15	22.500	01:58:59	5:17	11.35	00:08:02	5:20	11.23	16	24.000	02:06:51	5:17	11.35	00:07:52	5:14	11.45
17	25.500	02:15:15	5:18	11.31	00:08:25	5:36	10.70	18	27.000	02:23:16	5:18	11.31	00:08:02	5:20	11.23
19	28.500	02:31:11	5:18	11.31	00:07:55	5:16	11.38	20	30.000	02:39:11	5:18	11.31	00:08:01	5:20	11.23
21	31.500	02:47:09	5:18	11.31	00:07:59	5:18	11.30	22	33.000	02:55:00	5:18	11.31	00:07:51	5:13	11.47
23	34.500	03:02:52	5:18	11.32	00:07:52	5:14	11.44	24	36.000	03:10:52	5:18	11.32	00:08:00	5:19	11.26
25	37.500	03:18:54	5:18	11.31	00:08:03	5:21	11.19	26	39.000	03:27:02	5:18	11.30	00:08:09	5:25	11.06
27	40.500	03:35:16	5:18	11.29	00:08:14	5:29	10.93	28	42.000	03:43:36	5:19	11.27	00:08:20	5:32	10.81
29	43.500	03:52:14	5:20	11.24	00:08:39	5:45	10.41	30	45.000	04:02:23	5:23	11.14	00:10:09	6:45	8.88
31	46.500	04:11:01	5:23	11.12	00:08:39	5:45	10.42	32	48.000	04:19:38	5:24	11.09	00:08:38	5:45	10.43
33	49.500	04:28:27	5:25	11.06	00:08:49	5:52	10.22	34	51.000	04:38:35	5:27	10.98	00:10:09	6:45	8.88
35	52.500	04:48:30	5:29	10.92	00:09:55	6:36	9.08	36	54.000	04:58:38	5:31	10.85	00:10:09	6:45	8.88
37	55.500	05:08:14	5:33	10.80	00:09:37	6:24	9.37	38	57.000	05:17:57	5:34	10.76	00:09:43	6:28	9.27
39	58.500	05:27:08	5:35	10.73	00:09:12	6:07	9.80	40	60.000	05:36:19	5:36	10.70	00:09:12	6:07	9.80
41	61.500	05:45:21	5:36	10.69	00:09:02	6:01	9.97	42	63.000	05:54:02	5:37	10.68	00:08:41	5:47	10.37

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17 17 Per Jørgen Walstrøm NOR Oslofjord Triatlon 05:55:30 41 62.521

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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	00:08:22	5:34	10.77	00:08:22	5:34	10.77	2	3.000	00:17:20	5:46	10.39	00:08:58	5:58	10.04
3	4.500	00:26:18	5:50	10.27	00:08:59	5:59	10.02	4	6.000	00:35:30	5:54	10.14	00:09:12	6:07	9.80
5	7.500	00:44:28	5:55	10.12	00:08:59	5:59	10.02	6	9.000	00:53:11	5:54	10.16	00:08:43	5:48	10.34
7	10.500	01:02:12	5:55	10.13	00:09:02	6:00	9.98	8	12.000	01:10:58	5:54	10.15	00:08:46	5:50	10.27
9	13.500	01:19:35	5:53	10.18	00:08:37	5:44	10.44	10	15.000	01:28:01	5:52	10.23	00:08:27	5:37	10.66
11	16.500	01:36:35	5:51	10.25	00:08:34	5:42	10.51	12	18.000	01:45:24	5:51	10.25	00:08:49	5:52	10.21
13	19.500	01:54:10	5:51	10.25	00:08:46	5:50	10.27	14	21.000	02:03:02	5:51	10.24	00:08:53	5:54	10.14
15	22.500	02:11:52	5:51	10.24	00:08:50	5:52	10.20	16	24.000	02:20:53	5:52	10.22	00:09:01	6:00	9.98
17	25.500	02:30:07	5:53	10.19	00:09:15	6:09	9.73	18	27.000	02:39:06	5:53	10.18	00:09:00	5:59	10.02
19	28.500	02:47:46	5:53	10.19	00:08:40	5:46	10.39	20	30.000	02:57:04	5:54	10.17	00:09:18	6:11	9.69
21	31.500	03:05:49	5:53	10.17	00:08:46	5:50	10.27	22	33.000	03:15:00	5:54	10.15	00:09:11	6:07	9.80
23	34.500	03:23:45	5:54	10.16	00:08:46	5:50	10.28	24	36.000	03:32:22	5:53	10.17	00:08:37	5:44	10.45
25	37.500	03:40:57	5:53	10.18	00:08:35	5:43	10.49	26	39.000	03:49:20	5:52	10.20	00:08:24	5:35	10.73
27	40.500	03:57:45	5:52	10.22	00:08:26	5:36	10.69	28	42.000	04:06:35	5:52	10.22	00:08:50	5:53	10.20
29	43.500	04:15:15	5:52	10.23	00:08:40	5:46	10.39	30	45.000	04:23:45	5:51	10.24	00:08:30	5:39	10.59
31	46.500	04:32:51	5:52	10.23	00:09:07	6:04	9.88	32	48.000	04:41:27	5:51	10.23	00:08:36	5:43	10.48
33	49.500	04:50:17	5:51	10.23	00:08:51	5:53	10.18	34	51.000	04:58:51	5:51	10.24	00:08:35	5:43	10.49
35	52.500	05:07:16	5:51	10.25	00:08:25	5:36	10.69	36	54.000	05:15:22	5:50	10.27	00:08:06	5:23	11.11
37	55.500	05:24:06	5:50	10.27	00:08:44	5:49	10.31	38	57.000	05:31:59	5:49	10.30	00:07:54	5:15	11.40
39	58.500	05:39:55	5:48	10.33	00:07:56	5:16	11.37	40	60.000	05:47:59	5:47	10.35	00:08:05	5:23	11.14
41	61.500	05:55:30	5:46	10.38	00:07:32	5:00	11.97								

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18 62 Anders Skjeset NOR Vang OL 05:57:43 41 62.079

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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	4:44	12.64	00:07:08	4:44	12.64	2	3.000	00:14:21	4:46	12.56	00:07:13	4:48	12.47
3	4.500	00:21:42	4:49	12.45	00:07:21	4:53	12.25	4	6.000	00:28:56	4:49	12.45	00:07:15	4:49	12.44
5	7.500	00:36:06	4:48	12.47	00:07:11	4:46	12.55	6	9.000	00:43:23	4:49	12.45	00:07:17	4:51	12.36
7	10.500	00:50:38	4:49	12.45	00:07:15	4:49	12.42	8	12.000	00:57:50	4:49	12.45	00:07:13	4:48	12.50
9	13.500	01:05:06	4:49	12.44	00:07:17	4:51	12.36	10	15.000	01:12:26	4:49	12.43	00:07:20	4:53	12.28
11	16.500	01:19:43	4:49	12.42	00:07:17	4:50	12.37	12	18.000	01:26:55	4:49	12.43	00:07:12	4:48	12.50
13	19.500	01:34:08	4:49	12.43	00:07:14	4:48	12.47	14	21.000	01:41:30	4:49	12.41	00:07:23	4:54	12.21
15	22.500	01:48:47	4:50	12.41	00:07:17	4:50	12.37	16	24.000	01:56:06	4:50	12.40	00:07:19	4:52	12.30
17	25.500	02:03:22	4:50	12.40	00:07:17	4:51	12.37	18	27.000	02:10:45	4:50	12.39	00:07:23	4:55	12.20
19	28.500	02:18:13	4:50	12.37	00:07:29	4:59	12.04	20	30.000	02:25:47	4:51	12.35	00:07:35	5:02	11.89
21	31.500	02:33:29	4:52	12.32	00:07:42	5:07	11.71	22	33.000	02:41:16	4:53	12.28	00:07:48	5:11	11.55
23	34.500	02:49:20	4:54	12.23	00:08:04	5:22	11.17	24	36.000	02:58:03	4:56	12.13	00:08:44	5:48	10.32
25	37.500	03:06:15	4:57	12.08	00:08:12	5:27	10.98	26	39.000	03:14:22	4:59	12.04	00:08:08	5:24	11.09
27	40.500	03:22:41	5:00	11.99	00:08:20	5:32	10.82	28	42.000	03:30:59	5:01	11.94	00:08:19	5:32	10.84
29	43.500	04:02:04	5:33	10.78	00:31:06	20:43	2.90	30	45.000	04:10:36	5:34	10.77	00:08:32	5:41	10.55
31	46.500	04:19:02	5:34	10.77	00:08:27	5:37	10.67	32	48.000	04:27:36	5:34	10.76	00:08:34	5:42	10.51
33	49.500	04:40:11	5:39	10.60	00:12:35	8:22	7.16	34	51.000	04:51:03	5:42	10.51	00:10:53	7:14	8.28
35	52.500	04:59:26	5:42	10.52	00:08:24	5:35	10.73	36	54.000	05:07:41	5:41	10.53	00:08:15	5:29	10.91
37	55.500	05:15:59	5:41	10.54	00:08:19	5:32	10.84	38	57.000	05:26:05	5:43	10.49	00:10:06	6:43	8.92
39	58.500	05:41:09	5:49	10.29	00:15:04	10:02	5.97	40	60.000	05:49:39	5:49	10.30	00:08:31	5:40	10.58
41	61.500	05:57:43	5:48	10.32	00:08:05	5:22	11.15								

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19 73 Geir Frykholm NOR Sætre IF Graabein 05:57:09 41 62.074

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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	10.69	00:08:25	5:36	10.69	2	3.000	00:16:18	5:25	11.04	00:07:53	5:15	11.42
3	4.500	00:24:15	5:23	11.14	00:07:57	5:17	11.33	4	6.000	00:32:14	5:22	11.17	00:08:00	5:19	11.27
5	7.500	00:40:05	5:20	11.23	00:07:51	5:13	11.47	6	9.000	00:47:52	5:19	11.28	00:07:47	5:11	11.57
7	10.500	00:55:39	5:18	11.32	00:07:48	5:11	11.55	8	12.000	01:03:23	5:16	11.36	00:07:44	5:09	11.65
9	13.500	01:11:19	5:16	11.36	00:07:57	5:17	11.34	10	15.000	01:19:18	5:17	11.35	00:07:59	5:19	11.29
11	16.500	01:27:10	5:16	11.36	00:07:53	5:14	11.44	12	18.000	01:35:05	5:16	11.36	00:07:56	5:16	11.36
13	19.500	01:43:00	5:16	11.36	00:07:55	5:16	11.37	14	21.000	01:50:56	5:16	11.36	00:07:57	5:17	11.34
15	22.500	01:58:45	5:16	11.37	00:07:49	5:12	11.53	16	24.000	02:06:46	5:16	11.36	00:08:02	5:21	11.21
17	25.500	02:15:07	5:17	11.32	00:08:21	5:33	10.79	18	27.000	02:23:28	5:18	11.29	00:08:22	5:34	10.77
19	28.500	02:31:37	5:19	11.28	00:08:09	5:26	11.04	20	30.000	02:39:55	5:19	11.26	00:08:18	5:31	10.86
21	31.500	02:48:26	5:20	11.22	00:08:32	5:40	10.57	22	33.000	02:57:03	5:21	11.18	00:08:38	5:44	10.44
23	34.500	03:05:47	5:23	11.14	00:08:44	5:49	10.31	24	36.000	03:16:08	5:26	11.01	00:10:22	6:54	8.69
25	37.500	03:24:36	5:27	11.00	00:08:29	5:38	10.63	26	39.000	03:33:20	5:28	10.97	00:08:44	5:49	10.31
27	40.500	03:42:20	5:29	10.93	00:09:00	5:59	10.01	28	42.000	03:51:13	5:30	10.90	00:08:54	5:55	10.12
29	43.500	04:00:09	5:31	10.87	00:08:56	5:57	10.08	30	45.000	04:09:58	5:33	10.80	00:09:49	6:32	9.17
31	46.500	04:19:40	5:35	10.74	00:09:43	6:28	9.28	32	48.000	04:29:30	5:36	10.69	00:09:50	6:32	9.16
33	49.500	04:39:16	5:38	10.64	00:09:47	6:30	9.21	34	51.000	04:49:32	5:40	10.57	00:10:16	6:50	8.77
35	52.500	04:59:36	5:42	10.51	00:10:05	6:42	8.94	36	54.000	05:08:57	5:43	10.49	00:09:21	6:14	9.63
37	55.500	05:19:06	5:44	10.44	00:10:09	6:45	8.87	38	57.000	05:28:46	5:46	10.40	00:09:40	6:26	9.31
39	58.500	05:39:23	5:48	10.34	00:10:38	7:05	8.47	40	60.000	05:49:10	5:49	10.31	00:09:47	6:30	9.21
41	61.500	05:57:09	5:48	10.33	00:08:00	5:19	11.26								

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20 80 Gjermund Sørstad NOR SK VIDAR 05:58:57 41 61.529

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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	00:12:17	4:05	14.67	00:06:08	4:04	14.70
3	4.500	00:18:16	4:03	14.79	00:06:00	3:59	15.02	4	6.000	00:24:21	4:03	14.79	00:06:05	4:03	14.81
5	7.500	00:30:13	4:01	14.90	00:05:53	3:54	15.33	6	9.000	00:36:12	4:01	14.92	00:05:59	3:59	15.05
7	10.500	00:42:03	4:00	14.98	00:05:52	3:54	15.35	8	12.000	00:48:03	4:00	14.98	00:06:00	4:00	15.00
9	13.500	00:54:29	4:02	14.87	00:06:26	4:16	14.02	10	15.000	01:00:57	4:03	14.77	00:06:29	4:18	13.92
11	16.500	01:08:10	4:07	14.53	00:07:13	4:48	12.48	12	18.000	01:14:07	4:07	14.57	00:05:58	3:58	15.10
13	19.500	01:19:57	4:05	14.63	00:05:50	3:53	15.43	14	21.000	01:25:59	4:05	14.66	00:06:02	4:00	14.94
15	22.500	01:32:12	4:05	14.64	00:06:14	4:08	14.47	16	24.000	01:38:21	4:05	14.64	00:06:09	4:05	14.64
17	25.500	01:44:40	4:06	14.62	00:06:20	4:12	14.23	18	27.000	01:50:57	4:06	14.60	00:06:18	4:11	14.32
19	28.500	01:57:18	4:06	14.58	00:06:21	4:13	14.18	20	30.000	02:04:13	4:08	14.49	00:06:55	4:36	13.02
21	31.500	02:10:30	4:08	14.48	00:06:18	4:11	14.32	22	33.000	02:16:57	4:08	14.46	00:06:28	4:18	13.95
23	34.500	02:23:21	4:09	14.44	00:06:24	4:15	14.08	24	36.000	02:29:40	4:09	14.43	00:06:19	4:12	14.25
25	37.500	02:35:54	4:09	14.43	00:06:15	4:09	14.42	26	39.000	02:42:16	4:09	14.42	00:06:23	4:14	14.13
27	40.500	02:49:02	4:10	14.38	00:06:46	4:30	13.31	28	42.000	02:55:37	4:10	14.35	00:06:35	4:22	13.69
29	43.500	03:06:27	4:17	14.00	00:10:51	7:13	8.30	30	45.000	03:17:29	4:23	13.67	00:11:03	7:21	8.16
31	46.500	03:38:23	4:41	12.78	00:20:54	13:55	4.31	32	48.000	03:46:35	4:43	12.71	00:08:13	5:28	10.97
33	49.500	03:55:49	4:45	12.59	00:09:14	6:09	9.75	34	51.000	04:11:38	4:56	12.16	00:15:50	10:32	5.69
35	52.500	04:19:50	4:56	12.12	00:08:13	5:28	10.97	36	54.000	04:29:23	4:59	12.03	00:09:33	6:21	9.42
37	55.500	05:05:26	5:30	10.90	00:36:04	24:02	2.50	38	57.000	05:30:27	5:47	10.35	00:25:02	16:40	3.60
39	58.500	05:42:10	5:50	10.26	00:11:43	7:48	7.69	40	60.000	05:51:05	5:51	10.25	00:08:55	5:56	10.10
41	61.500	05:58:57	5:50	10.28	00:07:53	5:15	11.42								

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21 39 Jan P Stensland NOR Løpsklubben 1814 05:54:35 40 60.914

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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	00:07:21	4:53	12.27	00:07:21	4:53	12.27	2	3.000	00:14:41	4:53	12.27	00:07:21	4:53	12.27
3	4.500	00:21:57	4:52	12.30	00:07:17	4:50	12.38	4	6.000	00:29:12	4:51	12.33	00:07:15	4:49	12.42
5	7.500	00:36:34	4:52	12.31	00:07:22	4:54	12.23	6	9.000	00:43:57	4:52	12.29	00:07:24	4:55	12.17
7	10.500	00:51:26	4:53	12.25	00:07:30	4:59	12.02	8	12.000	00:58:46	4:53	12.25	00:07:20	4:53	12.28
9	13.500	01:06:17	4:54	12.22	00:07:31	5:00	11.98	10	15.000	01:13:50	4:55	12.19	00:07:34	5:02	11.91
11	16.500	01:21:19	4:55	12.18	00:07:30	4:59	12.03	12	18.000	01:28:55	4:56	12.15	00:07:37	5:04	11.84
13	19.500	01:36:35	4:57	12.12	00:07:40	5:06	11.75	14	21.000	01:44:11	4:57	12.09	00:07:37	5:04	11.83
15	22.500	01:51:51	4:58	12.07	00:07:40	5:06	11.75	16	24.000	01:59:32	4:58	12.05	00:07:41	5:07	11.72
17	25.500	02:07:32	5:00	12.00	00:08:01	5:20	11.25	18	27.000	02:15:37	5:01	11.95	00:08:06	5:23	11.13
19	28.500	02:24:27	5:04	11.84	00:08:51	5:53	10.18	20	30.000	02:32:39	5:05	11.79	00:08:12	5:27	10.98
21	31.500	02:41:05	5:06	11.73	00:08:26	5:36	10.69	22	33.000	02:49:18	5:07	11.70	00:08:14	5:29	10.94
23	34.500	02:57:49	5:09	11.64	00:08:31	5:40	10.57	24	36.000	03:06:22	5:10	11.59	00:08:34	5:42	10.52
25	37.500	03:15:39	5:13	11.50	00:09:18	6:11	9.69	26	39.000	03:24:09	5:14	11.46	00:08:30	5:39	10.60
27	40.500	03:33:27	5:16	11.39	00:09:18	6:11	9.68	28	42.000	03:42:48	5:18	11.31	00:09:22	6:14	9.62
29	43.500	03:54:25	5:23	11.13	00:11:37	7:44	7.75	30	45.000	04:06:32	5:28	10.95	00:12:07	8:04	7.43
31	46.500	04:19:24	5:34	10.76	00:12:53	8:34	6.99	32	48.000	04:30:29	5:38	10.65	00:11:05	7:23	8.12
33	49.500	04:40:32	5:40	10.59	00:10:04	6:42	8.95	34	51.000	04:50:24	5:41	10.54	00:09:52	6:34	9.13
35	52.500	05:05:48	5:49	10.30	00:15:24	10:16	5.84	36	54.000	05:17:15	5:52	10.21	00:11:28	7:38	7.85
37	55.500	05:26:47	5:53	10.19	00:09:32	6:21	9.44	38	57.000	05:36:51	5:54	10.15	00:10:04	6:42	8.94
39	58.500	05:46:04	5:54	10.14	00:09:14	6:08	9.76	40	60.000	05:54:35	5:54	10.15	00:08:32	5:40	10.56

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22 74 Erik Nossun NOR Kondis 05:55:51 40 60.799

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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	10.04	00:08:59	5:58	10.04	2	3.000	00:17:44	5:54	10.16	00:08:46	5:50	10.28
3	4.500	00:26:22	5:51	10.24	00:08:39	5:45	10.42	4	6.000	00:35:06	5:51	10.26	00:08:45	5:49	10.30
5	7.500	00:43:38	5:49	10.31	00:08:32	5:41	10.56	6	9.000	00:52:11	5:47	10.35	00:08:34	5:42	10.52
7	10.500	01:01:08	5:49	10.31	00:08:57	5:57	10.07	8	12.000	01:10:12	5:50	10.26	00:09:05	6:02	9.93
9	13.500	01:19:34	5:53	10.18	00:09:22	6:14	9.62	10	15.000	01:28:42	5:54	10.15	00:09:08	6:05	9.85
11	16.500	01:37:37	5:54	10.14	00:08:56	5:57	10.08	12	18.000	01:46:23	5:54	10.15	00:08:46	5:50	10.27
13	19.500	01:54:51	5:53	10.19	00:08:28	5:38	10.64	14	21.000	02:03:09	5:51	10.23	00:08:19	5:32	10.84
15	22.500	02:11:15	5:49	10.29	00:08:07	5:24	11.10	16	24.000	02:19:20	5:48	10.34	00:08:05	5:23	11.14
17	25.500	02:27:22	5:46	10.38	00:08:02	5:20	11.22	18	27.000	02:35:33	5:45	10.41	00:08:12	5:27	10.98
19	28.500	02:44:22	5:46	10.40	00:08:49	5:52	10.21	20	30.000	02:53:52	5:47	10.35	00:09:30	6:19	9.48
21	31.500	03:03:21	5:49	10.31	00:09:30	6:19	9.48	22	33.000	03:12:10	5:49	10.30	00:08:49	5:52	10.22
23	34.500	03:21:01	5:49	10.30	00:08:52	5:54	10.16	24	36.000	03:30:41	5:51	10.25	00:09:40	6:26	9.32
25	37.500	03:39:22	5:50	10.26	00:08:42	5:47	10.36	26	39.000	03:47:03	5:49	10.31	00:07:42	5:07	11.71
27	40.500	03:54:40	5:47	10.36	00:07:37	5:04	11.83	28	42.000	04:03:05	5:47	10.37	00:08:26	5:37	10.68
29	43.500	04:17:19	5:54	10.14	00:14:14	9:29	6.33	30	45.000	04:28:29	5:57	10.06	00:11:10	7:26	8.06
31	46.500	04:37:43	5:58	10.05	00:09:15	6:09	9.74	32	48.000	04:46:35	5:58	10.05	00:08:52	5:54	10.16
33	49.500	04:55:24	5:58	10.05	00:08:49	5:52	10.21	34	51.000	05:03:55	5:57	10.07	00:08:32	5:41	10.56
35	52.500	05:12:31	5:57	10.08	00:08:36	5:43	10.47	36	54.000	05:21:00	5:56	10.09	00:08:30	5:39	10.60
37	55.500	05:29:25	5:56	10.11	00:08:25	5:36	10.70	38	57.000	05:37:54	5:55	10.12	00:08:29	5:39	10.61
39	58.500	05:46:48	5:55	10.12	00:08:54	5:56	10.11	40	60.000	05:55:51	5:55	10.12	00:09:04	6:02	9.94

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23 46 Sigurd Lima NOR Gjesdal Maraton & Lutefiskl 05:58:21 40 60.300

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	00:07:16	4:50	12.40	00:07:16	4:50	12.40	2	3.000	00:14:45	4:54	12.22	00:07:29	4:58	12.04
3	4.500	00:22:13	4:56	12.16	00:07:29	4:59	12.04	4	6.000	00:29:37	4:56	12.16	00:07:24	4:55	12.17
5	7.500	00:37:12	4:57	12.10	00:07:36	5:03	11.86	6	9.000	00:44:48	4:58	12.05	00:07:37	5:04	11.84
7	10.500	00:52:32	5:00	11.99	00:07:44	5:09	11.65	8	12.000	01:00:04	5:00	11.99	00:07:32	5:01	11.95
9	13.500	01:07:42	5:00	11.96	00:07:39	5:05	11.77	10	15.000	01:15:20	5:01	11.95	00:07:38	5:04	11.81
11	16.500	01:23:06	5:02	11.91	00:07:47	5:10	11.58	12	18.000	01:30:44	5:02	11.90	00:07:38	5:05	11.79
13	19.500	01:38:33	5:03	11.87	00:07:50	5:12	11.50	14	21.000	01:46:08	5:03	11.87	00:07:35	5:03	11.87
15	22.500	01:54:01	5:04	11.84	00:07:53	5:15	11.43	16	24.000	02:01:41	5:04	11.83	00:07:41	5:06	11.73
17	25.500	02:09:37	5:04	11.80	00:07:57	5:17	11.34	18	27.000	02:17:24	5:05	11.79	00:07:47	5:11	11.58
19	28.500	02:25:12	5:05	11.78	00:07:48	5:11	11.54	20	30.000	02:33:19	5:06	11.74	00:08:07	5:24	11.09
21	31.500	02:41:54	5:08	11.67	00:08:36	5:43	10.47	22	33.000	02:52:01	5:12	11.51	00:10:07	6:44	8.90
23	34.500	03:00:32	5:13	11.47	00:08:32	5:40	10.57	24	36.000	03:08:50	5:14	11.44	00:08:18	5:31	10.85
25	37.500	03:18:36	5:17	11.33	00:09:46	6:30	9.22	26	39.000	03:27:26	5:19	11.28	00:08:50	5:53	10.19
27	40.500	03:38:53	5:24	11.10	00:11:28	7:38	7.86	28	42.000	03:48:35	5:26	11.03	00:09:43	6:28	9.28
29	43.500	04:00:54	5:32	10.83	00:12:20	8:12	7.30	30	45.000	04:12:48	5:37	10.68	00:11:55	7:56	7.56
31	46.500	04:23:34	5:40	10.59	00:10:46	7:10	8.36	32	48.000	04:34:37	5:43	10.49	00:11:04	7:22	8.14
33	49.500	04:44:57	5:45	10.42	00:10:20	6:53	8.71	34	51.000	04:56:05	5:48	10.34	00:11:08	7:25	8.09
35	52.500	05:06:29	5:50	10.28	00:10:25	6:56	8.64	36	54.000	05:17:03	5:52	10.22	00:10:34	7:02	8.52
37	55.500	05:27:29	5:54	10.17	00:10:26	6:57	8.63	38	57.000	05:38:30	5:56	10.10	00:11:02	7:20	8.17
39	58.500	05:48:56	5:57	10.06	00:10:26	6:57	8.63	40	60.000	05:58:21	5:58	10.05	00:09:26	6:17	9.55

24 36 Ove Sollie NOR IL Vinn 05:56:52 39 59.164

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	00:07:54	5:15	11.41	00:07:54	5:15	11.41	2	3.000	00:16:02	5:20	11.23	00:08:09	5:25	11.06
3	4.500	00:23:50	5:17	11.33	00:07:49	5:12	11.53	4	6.000	00:31:39	5:16	11.38	00:07:49	5:12	11.52
5	7.500	00:39:40	5:17	11.35	00:08:01	5:20	11.23	6	9.000	00:47:40	5:17	11.33	00:08:01	5:20	11.24
7	10.500	00:55:36	5:17	11.33	00:07:56	5:16	11.36	8	12.000	01:03:33	5:17	11.33	00:07:58	5:18	11.31
9	13.500	01:11:47	5:19	11.29	00:08:14	5:29	10.93	10	15.000	01:19:56	5:19	11.26	00:08:10	5:26	11.04
11	16.500	01:27:55	5:19	11.26	00:07:59	5:19	11.28	12	18.000	01:36:01	5:20	11.25	00:08:07	5:24	11.10
13	19.500	01:44:12	5:20	11.23	00:08:12	5:27	11.00	14	21.000	01:52:50	5:22	11.17	00:08:38	5:44	10.44
15	22.500	02:00:59	5:22	11.16	00:08:10	5:26	11.03	16	24.000	02:09:18	5:23	11.14	00:08:19	5:32	10.83
17	25.500	02:17:36	5:23	11.12	00:08:18	5:31	10.85	18	27.000	02:25:51	5:24	11.11	00:08:16	5:30	10.89
19	28.500	02:34:01	5:24	11.10	00:08:10	5:26	11.04	20	30.000	02:42:19	5:24	11.09	00:08:19	5:32	10.84
21	31.500	02:50:41	5:25	11.07	00:08:22	5:34	10.76	22	33.000	02:59:11	5:25	11.05	00:08:31	5:40	10.58
23	34.500	03:07:43	5:26	11.03	00:08:32	5:41	10.55	24	36.000	03:16:02	5:26	11.02	00:08:19	5:32	10.84
25	37.500	03:24:57	5:27	10.98	00:08:56	5:56	10.09	26	39.000	03:34:30	5:29	10.91	00:09:33	6:21	9.43
27	40.500	03:45:46	5:34	10.76	00:11:17	7:30	7.98	28	42.000	03:55:15	5:36	10.71	00:09:29	6:19	9.49
29	43.500	04:04:56	5:37	10.66	00:09:41	6:27	9.30	30	45.000	04:16:14	5:41	10.54	00:11:19	7:32	7.96
31	46.500	04:26:48	5:44	10.46	00:10:34	7:02	8.52	32	48.000	04:40:02	5:50	10.28	00:13:15	8:49	6.80
33	49.500	04:50:30	5:52	10.22	00:10:28	6:58	8.60	34	51.000	05:01:11	5:54	10.16	00:10:41	7:07	8.42
35	52.500	05:14:22	5:59	10.02	00:13:11	8:46	6.83	36	54.000	05:26:29	6:02	9.92	00:12:07	8:04	7.43
37	55.500	05:38:10	6:05	9.85	00:11:42	7:47	7.69	38	57.000	05:49:05	6:07	9.80	00:10:55	7:16	8.25
39	58.500	05:56:52	6:06	9.84	00:07:47	5:11	11.57								



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	00:08:14	5:28	10.95	00:08:14	5:28	10.95	2	3.000	00:16:06	5:21	11.19	00:07:52	5:14	11.44
3	4.500	00:23:52	5:18	11.31	00:07:47	5:11	11.57	4	6.000	00:31:49	5:18	11.32	00:07:57	5:17	11.34
5	7.500	00:39:38	5:17	11.36	00:07:50	5:13	11.50	6	9.000	00:55:58	6:13	9.65	00:16:20	10:53	5.51
7	10.500	01:04:10	6:06	9.82	00:08:12	5:27	10.98	8	12.000	01:12:00	6:00	10.00	00:07:51	5:13	11.48
9	13.500	01:19:57	5:55	10.13	00:07:57	5:17	11.33	10	15.000	01:27:51	5:51	10.24	00:07:55	5:16	11.39
11	16.500	01:36:49	5:52	10.23	00:08:58	5:58	10.05	12	18.000	01:44:37	5:48	10.32	00:07:48	5:12	11.54
13	19.500	01:52:41	5:46	10.38	00:08:04	5:22	11.16	14	21.000	02:00:59	5:45	10.42	00:08:19	5:32	10.83
15	22.500	02:09:07	5:44	10.46	00:08:08	5:25	11.07	16	24.000	02:18:26	5:46	10.40	00:09:20	6:12	9.65
17	25.500	02:26:33	5:44	10.44	00:08:07	5:24	11.10	18	27.000	02:34:45	5:43	10.47	00:08:13	5:28	10.97
19	28.500	02:42:39	5:42	10.51	00:07:54	5:15	11.40	20	30.000	02:51:19	5:42	10.51	00:08:41	5:46	10.38
21	31.500	02:59:32	5:41	10.53	00:08:14	5:28	10.95	22	33.000	03:08:10	5:42	10.52	00:08:39	5:45	10.42
23	34.500	03:16:36	5:41	10.53	00:08:26	5:37	10.68	24	36.000	03:25:18	5:42	10.52	00:08:42	5:47	10.35
25	37.500	03:33:56	5:42	10.52	00:08:39	5:45	10.42	26	39.000	03:43:00	5:43	10.49	00:09:04	6:02	9.93
27	40.500	03:51:40	5:43	10.49	00:08:41	5:46	10.38	28	42.000	04:01:09	5:44	10.45	00:09:30	6:19	9.49
29	43.500	04:10:51	5:45	10.41	00:09:42	6:27	9.29	30	45.000	04:20:24	5:47	10.37	00:09:34	6:22	9.42
31	46.500	04:30:20	5:48	10.32	00:09:56	6:37	9.06	32	48.000	04:40:06	5:50	10.28	00:09:47	6:30	9.21
33	49.500	04:50:03	5:51	10.24	00:09:58	6:38	9.04	34	51.000	05:00:02	5:52	10.20	00:09:59	6:38	9.03
35	52.500	05:10:17	5:54	10.15	00:10:16	6:50	8.78	36	54.000	05:22:23	5:58	10.05	00:12:07	8:04	7.43
37	55.500	05:33:37	6:00	9.98	00:11:15	7:29	8.01	38	57.000	05:44:34	6:02	9.93	00:10:57	7:17	8.22
39	58.500	05:55:48	6:04	9.87	00:11:15	7:29	8.01								

26 1 Runar Lie NOR Ås IL 05:58:58 39 58.691

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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	00:08:33	5:41	10.54	00:08:33	5:41	10.54	2	3.000	00:17:24	5:47	10.35	00:08:52	5:54	10.17
3	4.500	00:25:58	5:46	10.40	00:08:34	5:42	10.51	4	6.000	00:34:14	5:42	10.52	00:08:17	5:31	10.87
5	7.500	00:42:34	5:40	10.57	00:08:21	5:33	10.79	6	9.000	00:50:52	5:39	10.62	00:08:18	5:31	10.86
7	10.500	00:59:19	5:38	10.62	00:08:28	5:38	10.64	8	12.000	01:07:37	5:38	10.65	00:08:18	5:31	10.86
9	13.500	01:15:57	5:37	10.67	00:08:21	5:33	10.80	10	15.000	01:24:26	5:37	10.66	00:08:29	5:39	10.61
11	16.500	01:32:56	5:37	10.65	00:08:30	5:39	10.59	12	18.000	01:41:30	5:38	10.64	00:08:34	5:42	10.51
13	19.500	01:49:56	5:38	10.64	00:08:27	5:37	10.65	14	21.000	01:58:22	5:38	10.65	00:08:26	5:36	10.68
15	22.500	02:06:50	5:38	10.64	00:08:28	5:38	10.63	16	24.000	02:15:18	5:38	10.64	00:08:29	5:38	10.63
17	25.500	02:23:51	5:38	10.64	00:08:34	5:42	10.52	18	27.000	02:32:19	5:38	10.64	00:08:29	5:38	10.63
19	28.500	02:40:49	5:38	10.63	00:08:30	5:39	10.60	20	30.000	02:49:33	5:39	10.62	00:08:45	5:49	10.29
21	31.500	02:58:14	5:39	10.60	00:08:41	5:46	10.38	22	33.000	03:06:59	5:39	10.59	00:08:46	5:50	10.28
23	34.500	03:15:45	5:40	10.57	00:08:47	5:51	10.25	24	36.000	03:24:41	5:41	10.55	00:08:56	5:57	10.08
25	37.500	03:34:01	5:42	10.51	00:09:20	6:13	9.65	26	39.000	03:43:11	5:43	10.49	00:09:10	6:06	9.83
27	40.500	03:52:10	5:43	10.47	00:09:00	5:59	10.01	28	42.000	04:01:23	5:44	10.44	00:09:13	6:08	9.77
29	43.500	04:11:01	5:46	10.40	00:09:39	6:25	9.34	30	45.000	04:20:34	5:47	10.36	00:09:33	6:21	9.43
31	46.500	04:30:44	5:49	10.31	00:10:11	6:47	8.84	32	48.000	04:40:58	5:51	10.25	00:10:14	6:49	8.80
33	49.500	04:50:53	5:52	10.21	00:09:55	6:36	9.08	34	51.000	05:02:02	5:55	10.13	00:11:09	7:26	8.07
35	52.500	05:13:01	5:57	10.06	00:10:59	7:18	8.20	36	54.000	05:24:31	6:00	9.98	00:11:31	7:40	7.83
37	55.500	05:36:27	6:03	9.90	00:11:57	7:57	7.54	38	57.000	05:48:49	6:07	9.80	00:12:23	8:14	7.27
39	58.500	05:58:58	6:08	9.78	00:10:10	6:46	8.86								

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27 76 Odd Wilhelm Olsen NOR Kondis. 05:54:52 38 57.778

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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	5:36	10.71	00:08:24	5:36	10.71	2	3.000	00:16:58	5:39	10.62	00:08:34	5:42	10.52
3	4.500	00:25:24	5:38	10.63	00:08:27	5:37	10.65	4	6.000	00:33:50	5:38	10.64	00:08:26	5:37	10.68
5	7.500	00:42:01	5:36	10.71	00:08:11	5:27	11.00	6	9.000	00:50:13	5:34	10.75	00:08:13	5:28	10.97
7	10.500	00:58:28	5:34	10.78	00:08:15	5:29	10.92	8	12.000	01:06:41	5:33	10.80	00:08:14	5:28	10.95
9	13.500	01:14:54	5:32	10.82	00:08:13	5:28	10.96	10	15.000	01:23:15	5:32	10.81	00:08:22	5:34	10.77
11	16.500	01:31:28	5:32	10.82	00:08:14	5:28	10.95	12	18.000	01:39:56	5:33	10.81	00:08:28	5:38	10.64
13	19.500	01:48:15	5:33	10.81	00:08:19	5:32	10.82	14	21.000	01:56:39	5:33	10.80	00:08:25	5:36	10.71
15	22.500	02:05:07	5:33	10.79	00:08:29	5:38	10.62	16	24.000	02:13:35	5:33	10.78	00:08:28	5:38	10.63
17	25.500	02:22:19	5:34	10.75	00:08:44	5:49	10.31	18	27.000	02:31:07	5:35	10.72	00:08:48	5:51	10.23
19	28.500	02:39:56	5:36	10.69	00:08:49	5:52	10.21	20	30.000	02:48:32	5:37	10.68	00:08:37	5:44	10.45
21	31.500	02:57:41	5:38	10.64	00:09:09	6:05	9.85	22	33.000	03:06:33	5:39	10.61	00:08:52	5:54	10.16
23	34.500	03:15:47	5:40	10.57	00:09:15	6:09	9.74	24	36.000	03:25:11	5:41	10.53	00:09:25	6:16	9.57
25	37.500	03:34:40	5:43	10.48	00:09:29	6:19	9.50	26	39.000	03:44:18	5:45	10.43	00:09:39	6:25	9.33
27	40.500	03:53:48	5:46	10.39	00:09:30	6:20	9.47	28	42.000	04:03:00	5:47	10.37	00:09:12	6:07	9.79
29	43.500	04:13:16	5:49	10.31	00:10:17	6:50	8.76	30	45.000	04:24:15	5:52	10.22	00:11:00	7:19	8.19
31	46.500	04:34:59	5:54	10.15	00:10:44	7:09	8.39	32	48.000	04:45:11	5:56	10.10	00:10:13	6:48	8.82
33	49.500	04:55:30	5:58	10.05	00:10:19	6:52	8.73	34	51.000	05:12:07	6:07	9.80	00:16:38	11:05	5.41
35	52.500	05:24:10	6:10	9.72	00:12:04	8:02	7.47	36	54.000	05:33:55	6:11	9.70	00:09:45	6:29	9.24
37	55.500	05:44:23	6:12	9.67	00:10:29	6:59	8.59	38	57.000	05:54:52	6:13	9.64	00:10:29	6:59	8.59

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28 14 Tom Vestvik NOR tom:ultra 05:56:29 38 57.567

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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	10.42	00:08:39	5:45	10.42	2	3.000	00:17:33	5:50	10.26	00:08:55	5:56	10.10
3	4.500	00:26:36	5:54	10.15	00:09:04	6:02	9.94	4	6.000	00:35:41	5:56	10.09	00:09:05	6:02	9.92
5	7.500	00:44:23	5:55	10.14	00:08:43	5:48	10.33	6	9.000	00:53:04	5:53	10.18	00:08:41	5:47	10.37
7	10.500	01:02:04	5:54	10.15	00:09:00	5:59	10.01	8	12.000	01:11:09	5:55	10.12	00:09:06	6:03	9.91
9	13.500	01:20:06	5:55	10.11	00:08:58	5:58	10.05	10	15.000	01:29:05	5:56	10.10	00:08:59	5:59	10.02
11	16.500	01:38:08	5:56	10.09	00:09:03	6:01	9.95	12	18.000	01:47:17	5:57	10.07	00:09:09	6:05	9.84
13	19.500	01:56:28	5:58	10.05	00:09:12	6:07	9.80	14	21.000	02:05:28	5:58	10.04	00:09:01	6:00	10.00
15	22.500	02:14:36	5:58	10.03	00:09:08	6:05	9.86	16	24.000	02:23:53	5:59	10.01	00:09:17	6:11	9.69
17	25.500	02:33:16	6:00	9.98	00:09:23	6:15	9.59	18	27.000	02:42:26	6:00	9.97	00:09:11	6:06	9.81
19	28.500	02:51:48	6:01	9.95	00:09:23	6:14	9.60	20	30.000	03:01:14	6:02	9.93	00:09:26	6:17	9.55
21	31.500	03:10:44	6:03	9.91	00:09:31	6:20	9.46	22	33.000	03:20:06	6:03	9.90	00:09:22	6:14	9.61
23	34.500	03:29:23	6:04	9.89	00:09:17	6:11	9.70	24	36.000	03:38:55	6:04	9.87	00:09:33	6:21	9.44
25	37.500	03:48:16	6:05	9.86	00:09:22	6:14	9.62	26	39.000	03:57:44	6:05	9.84	00:09:28	6:18	9.51
27	40.500	04:07:21	6:06	9.82	00:09:38	6:24	9.35	28	42.000	04:16:53	6:06	9.81	00:09:32	6:20	9.45
29	43.500	04:26:24	6:07	9.80	00:09:32	6:21	9.45	30	45.000	04:35:57	6:07	9.78	00:09:33	6:21	9.43
31	46.500	04:45:08	6:07	9.79	00:09:12	6:07	9.80	32	48.000	04:54:44	6:08	9.77	00:09:36	6:23	9.38
33	49.500	05:04:25	6:08	9.76	00:09:42	6:27	9.29	34	51.000	05:14:26	6:09	9.73	00:10:02	6:41	8.98
35	52.500	05:23:49	6:10	9.73	00:09:24	6:15	9.59	36	54.000	05:33:57	6:11	9.70	00:10:08	6:45	8.89
37	55.500	05:46:32	6:14	9.61	00:12:35	8:22	7.16	38	57.000	05:56:29	6:15	9.59	00:09:58	6:38	9.04

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29 41 Kjell Ove Olafsen NOR Løpsklubben 1814 05:56:40 38 57.564

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	00:14:34	4:51	12.36	00:07:16	4:50	12.39
3	4.500	00:21:52	4:51	12.35	00:07:18	4:51	12.33	4	6.000	00:29:14	4:52	12.32	00:07:23	4:54	12.21
5	7.500	00:36:47	4:54	12.24	00:07:33	5:01	11.93	6	9.000	00:44:08	4:54	12.24	00:07:21	4:53	12.25
7	10.500	00:51:38	4:55	12.20	00:07:31	5:00	11.98	8	12.000	00:58:34	4:52	12.30	00:06:56	4:36	13.01
9	13.500	01:06:07	4:53	12.25	00:07:34	5:02	11.90	10	15.000	01:13:50	4:55	12.19	00:07:43	5:08	11.68
11	16.500	01:21:28	4:56	12.15	00:07:39	5:05	11.77	12	18.000	01:29:23	4:57	12.08	00:07:56	5:16	11.36
13	19.500	01:37:20	4:59	12.02	00:07:57	5:17	11.33	14	21.000	01:45:20	5:00	11.96	00:08:01	5:20	11.24
15	22.500	01:53:24	5:02	11.91	00:08:04	5:22	11.16	16	24.000	02:01:26	5:03	11.86	00:08:02	5:20	11.22
17	25.500	02:09:57	5:05	11.77	00:08:32	5:41	10.55	18	27.000	02:18:43	5:08	11.68	00:08:46	5:50	10.27
19	28.500	02:27:46	5:11	11.57	00:09:04	6:02	9.94	20	30.000	02:36:57	5:13	11.47	00:09:11	6:06	9.81
21	31.500	02:46:25	5:16	11.36	00:09:29	6:18	9.50	22	33.000	02:57:10	5:22	11.18	00:10:45	7:09	8.37
23	34.500	03:07:31	5:26	11.04	00:10:22	6:54	8.69	24	36.000	03:17:21	5:28	10.95	00:09:50	6:33	9.15
25	37.500	03:27:28	5:31	10.85	00:10:08	6:44	8.89	26	39.000	03:38:17	5:35	10.72	00:10:50	7:12	8.32
27	40.500	03:48:33	5:38	10.63	00:10:16	6:50	8.77	28	42.000	03:58:29	5:40	10.57	00:09:56	6:36	9.07
29	43.500	04:09:24	5:43	10.47	00:10:56	7:17	8.24	30	45.000	04:19:43	5:46	10.40	00:10:19	6:52	8.73
31	46.500	04:30:53	5:49	10.30	00:11:11	7:26	8.06	32	48.000	04:43:30	5:54	10.16	00:12:37	8:24	7.13
33	49.500	04:55:13	5:57	10.06	00:11:43	7:48	7.69	34	51.000	05:08:05	6:02	9.93	00:12:53	8:34	6.99
35	52.500	05:25:33	6:12	9.68	00:17:28	11:38	5.15	36	54.000	05:39:05	6:16	9.56	00:13:33	9:01	6.65
37	55.500	05:48:19	6:16	9.56	00:09:15	6:09	9.74	38	57.000	05:56:40	6:15	9.59	00:08:21	5:33	10.79

30 54 Tore Mundal NOR Lom 05:56:10 38 57.390

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	00:07:51	5:13	11.47	00:07:51	5:13	11.47	2	3.000	00:15:57	5:18	11.29	00:08:06	5:23	11.13
3	4.500	00:24:16	5:23	11.13	00:08:19	5:32	10.82	4	6.000	00:32:22	5:23	11.13	00:08:07	5:24	11.11
5	7.500	00:40:32	5:24	11.11	00:08:10	5:26	11.03	6	9.000	00:48:57	5:26	11.04	00:08:25	5:36	10.69
7	10.500	00:57:23	5:27	10.98	00:08:27	5:37	10.66	8	12.000	01:05:32	5:27	10.99	00:08:09	5:25	11.06
9	13.500	01:13:57	5:28	10.95	00:08:26	5:36	10.69	10	15.000	01:22:22	5:29	10.93	00:08:25	5:36	10.70
11	16.500	01:30:40	5:29	10.92	00:08:19	5:32	10.83	12	18.000	01:39:08	5:30	10.89	00:08:29	5:38	10.62
13	19.500	01:47:51	5:31	10.85	00:08:43	5:48	10.33	14	21.000	01:56:04	5:31	10.86	00:08:14	5:28	10.95
15	22.500	02:04:16	5:31	10.86	00:08:12	5:27	10.99	16	24.000	02:12:13	5:30	10.89	00:07:58	5:18	11.31
17	25.500	02:20:14	5:29	10.91	00:08:02	5:20	11.23	18	27.000	02:28:41	5:30	10.90	00:08:27	5:37	10.66
19	28.500	02:37:08	5:30	10.88	00:08:28	5:38	10.64	20	30.000	02:45:24	5:30	10.88	00:08:16	5:30	10.90
21	31.500	02:54:09	5:31	10.85	00:08:46	5:50	10.28	22	33.000	03:02:55	5:32	10.82	00:08:47	5:50	10.26
23	34.500	03:11:35	5:33	10.81	00:08:40	5:46	10.39	24	36.000	03:20:36	5:34	10.77	00:09:01	6:00	9.99
25	37.500	03:29:49	5:35	10.72	00:09:14	6:08	9.76	26	39.000	03:38:53	5:36	10.69	00:09:05	6:02	9.92
27	40.500	03:48:19	5:38	10.64	00:09:26	6:17	9.54	28	42.000	03:57:01	5:38	10.63	00:08:42	5:47	10.35
29	43.500	04:11:51	5:47	10.36	00:14:51	9:53	6.06	30	45.000	04:27:56	5:57	10.08	00:16:05	10:42	5.60
31	46.500	04:38:12	5:58	10.03	00:10:17	6:50	8.76	32	48.000	04:48:31	6:00	9.98	00:10:20	6:52	8.72
33	49.500	04:58:58	6:02	9.93	00:10:27	6:57	8.62	34	51.000	05:14:53	6:10	9.72	00:15:56	10:36	5.65
35	52.500	05:26:31	6:13	9.65	00:11:38	7:45	7.74	36	54.000	05:36:55	6:14	9.62	00:10:24	6:55	8.66
37	55.500	05:46:54	6:15	9.60	00:09:59	6:39	9.02	38	57.000	05:56:10	6:14	9.60	00:09:17	6:11	9.70

31 8 Einar Cyvin NOR Løpsklubben 1814 05:58:30 38 57.224

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	00:08:26	5:36	10.69	00:08:26	5:36	10.69	2	3.000	00:16:19	5:26	11.04	00:07:53	5:15	11.42
3	4.500	00:24:13	5:22	11.16	00:07:55	5:16	11.39	4	6.000	00:32:15	5:22	11.16	00:08:03	5:21	11.19
5	7.500	00:40:05	5:20	11.23	00:07:51	5:13	11.48	6	9.000	00:47:54	5:19	11.27	00:07:49	5:12	11.52
7	10.500	00:55:41	5:18	11.32	00:07:47	5:10	11.58	8	12.000	01:03:23	5:16	11.36	00:07:43	5:08	11.68
9	13.500	01:11:19	5:16	11.36	00:07:56	5:17	11.36	10	15.000	01:19:19	5:17	11.35	00:08:01	5:20	11.25
11	16.500	01:27:11	5:16	11.36	00:07:52	5:14	11.45	12	18.000	01:35:06	5:16	11.36	00:07:56	5:16	11.36
13	19.500	01:43:01	5:16	11.36	00:07:55	5:16	11.37	14	21.000	01:50:57	5:16	11.36	00:07:57	5:17	11.34
15	22.500	01:59:58	5:19	11.25	00:09:02	6:00	9.98	16	24.000	02:08:20	5:20	11.22	00:08:22	5:34	10.76
17	25.500	02:16:36	5:21	11.20	00:08:16	5:30	10.90	18	27.000	02:25:07	5:22	11.16	00:08:32	5:40	10.56
19	28.500	02:34:09	5:24	11.09	00:09:03	6:01	9.96	20	30.000	02:43:31	5:27	11.01	00:09:23	6:14	9.60
21	31.500	02:52:52	5:29	10.93	00:09:22	6:14	9.62	22	33.000	03:01:48	5:30	10.89	00:08:56	5:56	10.09
23	34.500	03:11:20	5:32	10.82	00:09:33	6:21	9.43	24	36.000	03:22:26	5:37	10.67	00:11:06	7:23	8.11
25	37.500	03:31:24	5:38	10.64	00:08:58	5:58	10.04	26	39.000	03:41:34	5:40	10.56	00:10:11	6:47	8.85
27	40.500	03:51:00	5:42	10.52	00:09:27	6:17	9.54	28	42.000	04:00:36	5:43	10.47	00:09:36	6:23	9.38
29	43.500	04:10:08	5:45	10.43	00:09:33	6:21	9.44	30	45.000	04:20:58	5:47	10.35	00:10:50	7:13	8.31
31	46.500	04:32:37	5:51	10.23	00:11:40	7:46	7.72	32	48.000	04:42:36	5:53	10.19	00:09:59	6:39	9.02
33	49.500	04:56:09	5:58	10.03	00:13:33	9:01	6.65	34	51.000	05:10:42	6:05	9.85	00:14:33	9:42	6.19
35	52.500	05:22:47	6:08	9.76	00:12:06	8:03	7.44	36	54.000	05:34:22	6:11	9.69	00:11:35	7:43	7.77
37	55.500	05:47:33	6:15	9.58	00:13:11	8:47	6.83	38	57.000	05:58:30	6:17	9.54	00:10:57	7:17	8.22

32 53 Torbjörn Karlsson SWE Arvika LK 05:59:51 38 57.006

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	10.90	00:08:16	5:30	10.90	2	3.000	00:16:16	5:25	11.08	00:08:00	5:19	11.26
3	4.500	00:24:40	5:28	10.95	00:08:24	5:35	10.72	4	6.000	00:32:38	5:26	11.04	00:07:59	5:18	11.29
5	7.500	00:40:40	5:25	11.07	00:08:03	5:21	11.19	6	9.000	00:48:38	5:24	11.10	00:07:58	5:18	11.30
7	10.500	00:56:40	5:23	11.12	00:08:02	5:21	11.21	8	12.000	01:05:58	5:29	10.92	00:09:19	6:12	9.67
9	13.500	01:13:49	5:28	10.97	00:07:52	5:14	11.46	10	15.000	01:21:44	5:26	11.01	00:07:56	5:16	11.37
11	16.500	01:29:45	5:26	11.03	00:08:02	5:20	11.22	12	18.000	01:37:41	5:25	11.06	00:07:56	5:17	11.35
13	19.500	01:45:39	5:25	11.08	00:07:58	5:18	11.31	14	21.000	01:53:36	5:24	11.09	00:07:58	5:18	11.32
15	22.500	02:01:34	5:24	11.11	00:07:59	5:19	11.28	16	24.000	02:09:31	5:23	11.12	00:07:57	5:18	11.32
17	25.500	02:17:49	5:24	11.10	00:08:18	5:31	10.85	18	27.000	02:25:47	5:23	11.11	00:07:58	5:18	11.30
19	28.500	02:33:49	5:23	11.12	00:08:03	5:21	11.19	20	30.000	02:41:48	5:23	11.13	00:07:59	5:19	11.29
21	31.500	02:49:59	5:23	11.12	00:08:12	5:27	10.98	22	33.000	02:58:07	5:23	11.12	00:08:08	5:25	11.07
23	34.500	03:06:40	5:24	11.09	00:08:33	5:41	10.54	24	36.000	03:15:33	5:25	11.05	00:08:53	5:55	10.13
25	37.500	03:24:25	5:27	11.01	00:08:53	5:54	10.14	26	39.000	03:33:04	5:27	10.98	00:08:40	5:46	10.40
27	40.500	03:41:47	5:28	10.96	00:08:43	5:48	10.34	28	42.000	03:51:05	5:30	10.91	00:09:19	6:12	9.67
29	43.500	04:08:09	5:42	10.52	00:17:05	11:22	5.27	30	45.000	04:17:26	5:43	10.49	00:09:17	6:11	9.69
31	46.500	04:26:31	5:43	10.47	00:09:05	6:03	9.91	32	48.000	04:35:19	5:44	10.46	00:08:49	5:52	10.22
33	49.500	04:44:39	5:45	10.43	00:09:20	6:13	9.65	34	51.000	05:00:53	5:53	10.17	00:16:15	10:49	5.54
35	52.500	05:16:41	6:01	9.95	00:15:48	10:31	5.70	36	54.000	05:32:30	6:09	9.74	00:15:49	10:32	5.69
37	55.500	05:48:07	6:16	9.57	00:15:38	10:25	5.76	38	57.000	05:59:51	6:18	9.50	00:11:45	7:49	7.67



33 6 Tom Rune Bertelsen NOR Drammen Kickboxing klubb 05:54:09 37 56.846

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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	00:08:31	5:40	10.57	00:08:31	5:40	10.57	2	3.000	00:17:08	5:42	10.51	00:08:37	5:44	10.46
3	4.500	00:25:33	5:40	10.57	00:08:26	5:36	10.69	4	6.000	00:34:05	5:40	10.57	00:08:32	5:41	10.55
5	7.500	00:42:24	5:39	10.61	00:08:20	5:33	10.81	6	9.000	00:50:52	5:39	10.62	00:08:28	5:38	10.63
7	10.500	00:59:15	5:38	10.64	00:08:23	5:35	10.75	8	12.000	01:07:34	5:37	10.66	00:08:20	5:32	10.81
9	13.500	01:15:46	5:36	10.69	00:08:13	5:28	10.97	10	15.000	01:24:02	5:36	10.71	00:08:16	5:30	10.89
11	16.500	01:33:42	5:40	10.57	00:09:40	6:26	9.31	12	18.000	01:42:01	5:40	10.59	00:08:20	5:32	10.82
13	19.500	01:50:22	5:39	10.60	00:08:21	5:33	10.78	14	21.000	01:58:33	5:38	10.63	00:08:12	5:27	10.98
15	22.500	02:07:05	5:38	10.62	00:08:32	5:41	10.55	16	24.000	02:15:25	5:38	10.63	00:08:20	5:33	10.81
17	25.500	02:23:53	5:38	10.63	00:08:28	5:38	10.63	18	27.000	02:32:10	5:38	10.65	00:08:17	5:31	10.87
19	28.500	02:40:42	5:38	10.64	00:08:33	5:41	10.54	20	30.000	02:49:04	5:38	10.65	00:08:22	5:34	10.77
21	31.500	02:58:59	5:40	10.56	00:09:56	6:37	9.07	22	33.000	03:07:47	5:41	10.54	00:08:48	5:51	10.23
23	34.500	03:16:56	5:42	10.51	00:09:10	6:06	9.83	24	36.000	03:25:54	5:43	10.49	00:08:58	5:58	10.04
25	37.500	03:35:18	5:44	10.45	00:09:25	6:16	9.57	26	39.000	03:44:23	5:45	10.43	00:09:05	6:02	9.92
27	40.500	03:53:58	5:46	10.39	00:09:36	6:23	9.39	28	42.000	04:06:24	5:51	10.23	00:12:27	8:17	7.24
29	43.500	04:17:13	5:54	10.15	00:10:50	7:12	8.32	30	45.000	04:28:15	5:57	10.07	00:11:02	7:21	8.16
31	46.500	04:38:21	5:59	10.02	00:10:06	6:43	8.91	32	48.000	04:53:27	6:06	9.81	00:15:07	10:04	5.96
33	49.500	05:07:25	6:12	9.66	00:13:59	9:18	6.44	34	51.000	05:22:30	6:19	9.49	00:15:05	10:03	5.97
35	52.500	05:36:22	6:24	9.36	00:13:53	9:14	6.49	36	54.000	05:46:21	6:24	9.35	00:09:59	6:39	9.02
37	55.500	05:54:09	6:22	9.40	00:07:49	5:12	11.54								

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34 49 Axel Holten NOR Privat 05:57:23 37 55.755

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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	00:15:48	5:15	11.40	00:07:37	5:04	11.82
3	4.500	00:23:28	5:12	11.51	00:07:41	5:07	11.73	4	6.000	00:31:15	5:12	11.52	00:07:47	5:10	11.58
5	7.500	00:38:56	5:11	11.56	00:07:42	5:07	11.71	6	9.000	00:46:50	5:12	11.53	00:07:54	5:15	11.39
7	10.500	00:54:41	5:12	11.52	00:07:52	5:14	11.46	8	12.000	01:03:04	5:15	11.42	00:08:24	5:35	10.73
9	13.500	01:11:01	5:15	11.41	00:07:57	5:17	11.34	10	15.000	01:18:57	5:15	11.40	00:07:56	5:17	11.34
11	16.500	01:26:45	5:15	11.41	00:07:49	5:12	11.53	12	18.000	01:34:38	5:15	11.41	00:07:53	5:14	11.43
13	19.500	01:42:33	5:15	11.41	00:07:55	5:16	11.37	14	21.000	01:50:30	5:15	11.40	00:07:58	5:18	11.31
15	22.500	01:59:00	5:17	11.35	00:08:30	5:39	10.59	16	24.000	02:07:00	5:17	11.34	00:08:01	5:20	11.24
17	25.500	02:15:04	5:17	11.33	00:08:05	5:22	11.15	18	27.000	02:23:54	5:19	11.26	00:08:50	5:53	10.19
19	28.500	02:31:56	5:19	11.26	00:08:02	5:20	11.22	20	30.000	02:39:53	5:19	11.26	00:07:58	5:18	11.31
21	31.500	02:48:11	5:20	11.24	00:08:18	5:31	10.86	22	33.000	02:57:14	5:22	11.17	00:09:04	6:02	9.94
23	34.500	03:05:17	5:22	11.17	00:08:04	5:22	11.17	24	36.000	03:14:51	5:24	11.09	00:09:34	6:22	9.41
25	37.500	03:25:14	5:28	10.96	00:10:24	6:55	8.67	26	39.000	03:33:23	5:28	10.97	00:08:10	5:26	11.04
27	40.500	03:42:38	5:29	10.92	00:09:16	6:10	9.73	28	42.000	03:51:26	5:30	10.89	00:08:48	5:52	10.23
29	43.500	04:01:26	5:32	10.81	00:10:00	6:39	9.01	30	45.000	04:13:29	5:37	10.65	00:12:04	8:02	7.46
31	46.500	04:27:13	5:44	10.44	00:13:45	9:09	6.55	32	48.000	04:42:31	5:53	10.19	00:15:18	10:11	5.88
33	49.500	04:57:55	6:01	9.97	00:15:24	10:15	5.85	34	51.000	05:13:31	6:08	9.76	00:15:37	10:24	5.77
35	52.500	05:28:53	6:15	9.58	00:15:23	10:14	5.86	36	54.000	05:43:07	6:21	9.44	00:14:14	9:29	6.32
37	55.500	05:57:23	6:26	9.32	00:14:17	9:30	6.31								

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35 29 Frode Andersson NOR JBV BIL Oslo 05:58:34 37 55.714

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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	00:08:29	5:38	10.62	00:08:29	5:38	10.62	2	3.000	00:17:03	5:40	10.57	00:08:34	5:42	10.51
3	4.500	00:25:37	5:41	10.54	00:08:35	5:42	10.50	4	6.000	00:35:51	5:58	10.04	00:10:15	6:49	8.79
5	7.500	00:43:58	5:51	10.24	00:08:07	5:24	11.10	6	9.000	00:52:52	5:52	10.22	00:08:55	5:56	10.11
7	10.500	01:02:46	5:58	10.04	00:09:55	6:36	9.09	8	12.000	01:11:06	5:55	10.13	00:08:20	5:32	10.81
9	13.500	01:19:28	5:53	10.19	00:08:23	5:34	10.75	10	15.000	01:29:26	5:57	10.07	00:09:58	6:38	9.03
11	16.500	01:38:01	5:56	10.10	00:08:36	5:43	10.47	12	18.000	01:47:03	5:56	10.09	00:09:03	6:01	9.96
13	19.500	01:55:48	5:56	10.10	00:08:45	5:49	10.30	14	21.000	02:06:03	6:00	10.00	00:10:15	6:49	8.78
15	22.500	02:14:31	5:58	10.04	00:08:29	5:39	10.62	16	24.000	02:23:07	5:57	10.06	00:08:36	5:43	10.48
17	25.500	02:33:28	6:01	9.97	00:10:22	6:54	8.69	18	27.000	02:42:06	6:00	9.99	00:08:39	5:45	10.42
19	28.500	02:50:50	5:59	10.01	00:08:44	5:48	10.32	20	30.000	03:01:07	6:02	9.94	00:10:18	6:51	8.74
21	31.500	03:09:56	6:01	9.95	00:08:49	5:52	10.21	22	33.000	03:19:06	6:01	9.95	00:09:10	6:06	9.83
23	34.500	03:31:57	6:08	9.77	00:12:52	8:34	7.00	24	36.000	03:41:18	6:08	9.76	00:09:22	6:14	9.62
25	37.500	03:50:32	6:08	9.76	00:09:14	6:09	9.75	26	39.000	04:01:33	6:11	9.69	00:11:01	7:20	8.18
27	40.500	04:10:51	6:11	9.69	00:09:19	6:12	9.67	28	42.000	04:20:34	6:12	9.67	00:09:43	6:28	9.26
29	43.500	04:32:04	6:15	9.59	00:11:31	7:40	7.82	30	45.000	04:41:50	6:15	9.58	00:09:46	6:30	9.22
31	46.500	04:51:28	6:16	9.57	00:09:39	6:25	9.33	32	48.000	05:04:16	6:20	9.47	00:12:48	8:31	7.04
33	49.500	05:14:00	6:20	9.46	00:09:45	6:29	9.24	34	51.000	05:23:57	6:21	9.45	00:09:57	6:37	9.05
35	52.500	05:36:15	6:24	9.37	00:12:19	8:12	7.32	36	54.000	05:47:15	6:25	9.33	00:11:01	7:20	8.18
37	55.500	05:58:34	6:27	9.29	00:11:19	7:32	7.96								

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36		44		Odd Schjønnesen				NOR		Høybråten&Stovner				05:58:21		37		55.700	
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	11.38	00:07:55	5:16	11.38	2	3.000	00:16:10	5:23	11.14	00:08:16	5:30	10.90				
3	4.500	00:24:28	5:26	11.04	00:08:18	5:31	10.85	4	6.000	00:32:49	5:28	10.97	00:08:22	5:34	10.77				
5	7.500	00:41:23	5:31	10.88	00:08:34	5:42	10.51	6	9.000	00:49:59	5:33	10.81	00:08:36	5:43	10.48				
7	10.500	00:58:35	5:34	10.75	00:08:37	5:44	10.45	8	12.000	01:07:22	5:36	10.69	00:08:47	5:51	10.25				
9	13.500	01:16:11	5:38	10.63	00:08:49	5:52	10.22	10	15.000	01:25:24	5:41	10.54	00:09:14	6:08	9.76				
11	16.500	01:35:08	5:45	10.41	00:09:45	6:29	9.24	12	18.000	01:44:00	5:46	10.39	00:08:52	5:54	10.16				
13	19.500	01:53:00	5:47	10.36	00:09:00	5:59	10.00	14	21.000	02:01:38	5:47	10.36	00:08:39	5:45	10.41				
15	22.500	02:11:12	5:49	10.29	00:09:34	6:22	9.41	16	24.000	02:20:18	5:50	10.26	00:09:06	6:03	9.90				
17	25.500	02:29:43	5:52	10.22	00:09:25	6:16	9.56	18	27.000	02:39:12	5:53	10.18	00:09:30	6:19	9.49				
19	28.500	02:48:35	5:54	10.14	00:09:24	6:15	9.59	20	30.000	02:59:58	5:59	10.00	00:11:23	7:35	7.91				
21	31.500	03:08:56	5:59	10.00	00:08:58	5:58	10.04	22	33.000	03:18:16	6:00	9.99	00:09:21	6:13	9.63				
23	34.500	03:29:23	6:04	9.89	00:11:07	7:24	8.10	24	36.000	03:38:42	6:04	9.88	00:09:20	6:12	9.66				
25	37.500	03:48:09	6:05	9.86	00:09:27	6:17	9.53	26	39.000	03:57:56	6:06	9.83	00:09:48	6:31	9.19				
27	40.500	04:08:04	6:07	9.80	00:10:08	6:45	8.88	28	42.000	04:17:54	6:08	9.77	00:09:50	6:33	9.15				
29	43.500	04:28:43	6:10	9.71	00:10:49	7:12	8.32	30	45.000	04:40:28	6:13	9.63	00:11:46	7:50	7.66				
31	46.500	04:52:09	6:16	9.55	00:11:41	7:47	7.71	32	48.000	05:04:10	6:20	9.47	00:12:02	8:01	7.48				
33	49.500	05:15:21	6:22	9.42	00:11:11	7:27	8.05	34	51.000	05:26:46	6:24	9.36	00:11:26	7:36	7.88				
35	52.500	05:37:42	6:25	9.33	00:10:56	7:17	8.23	36	54.000	05:49:24	6:28	9.27	00:11:43	7:48	7.69				
37	55.500	05:58:21	6:27	9.29	00:08:57	5:57	10.07												

37		77		Inge Asbjørn Haugen				NOR		Hornindal IL				05:56:17		36		54.670	
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	5:40	10.56	00:08:32	5:40	10.56	2	3.000	00:17:07	5:42	10.52	00:08:35	5:43	10.49				
3	4.500	00:25:50	5:44	10.45	00:08:44	5:49	10.31	4	6.000	00:34:34	5:45	10.42	00:08:44	5:49	10.31				
5	7.500	00:43:13	5:45	10.42	00:08:39	5:45	10.42	6	9.000	00:52:11	5:47	10.35	00:08:59	5:59	10.02				
7	10.500	01:01:07	5:49	10.31	00:08:56	5:57	10.08	8	12.000	01:10:08	5:50	10.27	00:09:01	6:00	9.99				
9	13.500	01:19:22	5:52	10.21	00:09:15	6:09	9.74	10	15.000	01:28:37	5:54	10.16	00:09:15	6:09	9.73				
11	16.500	01:37:47	5:55	10.12	00:09:11	6:06	9.82	12	18.000	01:47:10	5:57	10.08	00:09:23	6:14	9.60				
13	19.500	01:56:31	5:58	10.04	00:09:22	6:14	9.62	14	21.000	02:06:07	6:00	9.99	00:09:37	6:24	9.37				
15	22.500	02:16:08	6:02	9.92	00:10:01	6:40	8.99	16	24.000	02:25:37	6:04	9.89	00:09:30	6:19	9.48				
17	25.500	02:35:01	6:04	9.87	00:09:24	6:15	9.58	18	27.000	02:44:25	6:05	9.85	00:09:24	6:15	9.58				
19	28.500	02:53:53	6:06	9.83	00:09:29	6:18	9.50	20	30.000	03:03:28	6:06	9.81	00:09:35	6:23	9.40				
21	31.500	03:13:05	6:07	9.79	00:09:38	6:24	9.36	22	33.000	03:23:01	6:09	9.75	00:09:57	6:37	9.06				
23	34.500	03:33:14	6:10	9.71	00:10:13	6:48	8.81	24	36.000	03:43:42	6:12	9.66	00:10:28	6:58	8.60				
25	37.500	03:54:16	6:14	9.60	00:10:34	7:02	8.52	26	39.000	04:05:02	6:16	9.55	00:10:47	7:10	8.36				
27	40.500	04:15:51	6:19	9.50	00:10:50	7:12	8.32	28	42.000	04:27:01	6:21	9.44	00:11:10	7:26	8.06				
29	43.500	04:38:48	6:24	9.36	00:11:48	7:51	7.64	30	45.000	04:50:08	6:26	9.31	00:11:21	7:33	7.94				
31	46.500	05:01:08	6:28	9.27	00:11:00	7:19	8.19	32	48.000	05:12:15	6:30	9.22	00:11:08	7:25	8.09				
33	49.500	05:23:28	6:32	9.18	00:11:13	7:28	8.02	34	51.000	05:35:01	6:34	9.13	00:11:33	7:41	7.80				
35	52.500	05:46:06	6:35	9.10	00:11:06	7:23	8.12	36	54.000	05:56:17	6:35	9.09	00:10:11	6:47	8.84				

38		30		Mons Øyvind Tingelstad				NOR		Tynset IL				05:56:55		36		54.544	
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	11.25	00:08:01	5:20	11.25	2	3.000	00:15:59	5:19	11.27	00:07:59	5:18	11.29				
3	4.500	00:24:18	5:23	11.12	00:08:19	5:32	10.82	4	6.000	00:32:32	5:25	11.07	00:08:15	5:29	10.93				
5	7.500	00:40:47	5:26	11.04	00:08:16	5:30	10.91	6	9.000	00:48:56	5:26	11.04	00:08:09	5:25	11.05				
7	10.500	00:57:34	5:28	10.95	00:08:38	5:45	10.43	8	12.000	01:06:54	5:34	10.76	00:09:21	6:13	9.63				
9	13.500	01:15:10	5:34	10.78	00:08:16	5:30	10.90	10	15.000	01:23:25	5:33	10.79	00:08:16	5:30	10.91				
11	16.500	01:31:39	5:33	10.80	00:08:14	5:29	10.94	12	18.000	01:39:57	5:33	10.81	00:08:19	5:32	10.83				
13	19.500	01:48:37	5:34	10.77	00:08:41	5:46	10.38	14	21.000	01:58:06	5:37	10.67	00:09:29	6:18	9.50				
15	22.500	02:06:59	5:38	10.63	00:08:53	5:55	10.13	16	24.000	02:15:32	5:38	10.62	00:08:34	5:42	10.52				
17	25.500	02:24:07	5:39	10.62	00:08:35	5:42	10.50	18	27.000	02:33:09	5:40	10.58	00:09:03	6:01	9.96				
19	28.500	02:42:11	5:41	10.54	00:09:03	6:01	9.95	20	30.000	02:51:20	5:42	10.51	00:09:09	6:05	9.84				
21	31.500	03:00:52	5:44	10.45	00:09:32	6:21	9.44	22	33.000	03:11:12	5:47	10.36	00:10:21	6:53	8.70				
23	34.500	03:24:49	5:56	10.11	00:13:37	9:04	6.62	24	36.000	03:34:43	5:57	10.06	00:09:55	6:36	9.08				
25	37.500	03:45:26	6:00	9.98	00:10:43	7:08	8.40	26	39.000	03:57:34	6:05	9.85	00:12:08	8:05	7.42				
27	40.500	04:08:42	6:08	9.77	00:11:09	7:25	8.08	28	42.000	04:19:28	6:10	9.71	00:10:47	7:10	8.36				
29	43.500	04:32:50	6:16	9.57	00:13:22	8:54	6.74	30	45.000	04:44:16	6:19	9.50	00:11:26	7:37	7.88				
31	46.500	04:56:56	6:23	9.40	00:12:41	8:26	7.10	32	48.000	05:11:31	6:29	9.25	00:14:36	9:43	6.17				
33	49.500	05:22:14	6:30	9.22	00:10:43	7:08	8.40	34	51.000	05:36:06	6:35	9.10	00:13:52	9:14	6.49				
35	52.500	05:46:45	6:36	9.08	00:10:40	7:06	8.44	36	54.000	05:56:55	6:36	9.08	00:10:10	6:46	8.86				

  

39		19		Ragnar Nygård				NOR		Arnadal IL				05:55:41		36		54.522	
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	10.91	00:08:16	5:30	10.91	2	3.000	00:16:14	5:24	11.10	00:07:58	5:18	11.30				
3	4.500	00:24:15	5:23	11.14	00:08:02	5:21	11.21	4	6.000	00:32:10	5:21	11.19	00:07:56	5:16	11.37				
5	7.500	00:40:11	5:21	11.20	00:08:02	5:20	11.22	6	9.000	00:48:11	5:21	11.21	00:08:01	5:20	11.25				
7	10.500	00:56:22	5:22	11.18	00:08:11	5:27	11.00	8	12.000	01:04:35	5:22	11.15	00:08:14	5:28	10.95				
9	13.500	01:12:49	5:23	11.13	00:08:14	5:28	10.95	10	15.000	01:21:04	5:24	11.10	00:08:15	5:29	10.91				
11	16.500	01:29:17	5:24	11.09	00:08:14	5:28	10.95	12	18.000	01:37:40	5:25	11.06	00:08:24	5:35	10.72				
13	19.500	01:45:59	5:26	11.04	00:08:19	5:32	10.84	14	21.000	01:54:23	5:26	11.02	00:08:25	5:36	10.71				
15	22.500	02:02:54	5:27	10.98	00:08:32	5:41	10.55	16	24.000	02:11:53	5:29	10.92	00:08:59	5:59	10.02				
17	25.500	02:20:58	5:31	10.85	00:09:05	6:02	9.92	18	27.000	02:30:13	5:33	10.78	00:09:16	6:10	9.72				
19	28.500	02:39:43	5:36	10.71	00:09:30	6:19	9.48	20	30.000	02:49:25	5:38	10.63	00:09:43	6:28	9.28				
21	31.500	03:00:21	5:43	10.48	00:10:57	7:17	8.23	22	33.000	03:13:31	5:51	10.23	00:13:10	8:46	6.84				
23	34.500	03:25:14	5:56	10.09	00:11:44	7:48	7.68	24	36.000	03:36:22	6:00	9.98	00:11:09	7:25	8.08				
25	37.500	03:47:56	6:04	9.87	00:11:34	7:42	7.79	26	39.000	03:59:08	6:07	9.79	00:11:13	7:28	8.03				
27	40.500	04:10:02	6:10	9.72	00:10:54	7:16	8.26	28	42.000	04:20:58	6:12	9.66	00:10:56	7:16	8.24				
29	43.500	04:32:57	6:16	9.56	00:11:59	7:59	7.51	30	45.000	04:44:46	6:19	9.48	00:11:50	7:52	7.61				
31	46.500	04:56:36	6:22	9.41	00:11:50	7:53	7.61	32	48.000	05:07:56	6:24	9.35	00:11:21	7:33	7.93				
33	49.500	05:19:20	6:27	9.30	00:11:25	7:36	7.89	34	51.000	05:30:35	6:28	9.26	00:11:15	7:30	8.00				
35	52.500	05:43:19	6:32	9.18	00:12:44	8:29	7.07	36	54.000	05:55:41	6:35	9.11	00:12:22	8:14	7.28				

40		4		Per Nordsjø Lund					NOR					05:56:51		36		54.478	
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	10.78	00:08:21	5:33	10.78	2	3.000	00:17:25	5:48	10.34	00:09:04	6:02	9.94				
3	4.500	00:26:26	5:52	10.22	00:09:01	6:00	9.98	4	6.000	00:35:13	5:52	10.23	00:08:48	5:51	10.24				
5	7.500	00:44:02	5:52	10.22	00:08:50	5:53	10.20	6	9.000	00:53:03	5:53	10.18	00:09:01	6:00	9.99				
7	10.500	01:02:01	5:54	10.16	00:08:59	5:58	10.03	8	12.000	01:11:02	5:55	10.14	00:09:01	6:00	9.99				
9	13.500	01:19:52	5:54	10.14	00:08:50	5:53	10.19	10	15.000	01:28:42	5:54	10.15	00:08:50	5:53	10.19				
11	16.500	01:37:56	5:56	10.11	00:09:15	6:09	9.75	12	18.000	01:46:35	5:55	10.13	00:08:39	5:45	10.41				
13	19.500	01:55:07	5:54	10.16	00:08:33	5:41	10.54	14	21.000	02:03:39	5:53	10.19	00:08:33	5:41	10.54				
15	22.500	02:12:21	5:52	10.20	00:08:42	5:47	10.35	16	24.000	02:21:14	5:53	10.20	00:08:53	5:55	10.13				
17	25.500	02:30:09	5:53	10.19	00:08:56	5:57	10.08	18	27.000	02:39:04	5:53	10.18	00:08:56	5:56	10.09				
19	28.500	02:48:02	5:53	10.18	00:08:58	5:58	10.04	20	30.000	02:57:18	5:54	10.15	00:09:16	6:10	9.72				
21	31.500	03:06:51	5:55	10.12	00:09:34	6:22	9.41	22	33.000	03:16:57	5:58	10.05	00:10:07	6:44	8.91				
23	34.500	03:27:01	6:00	10.00	00:10:04	6:42	8.95	24	36.000	03:37:21	6:02	9.94	00:10:21	6:53	8.70				
25	37.500	03:48:03	6:04	9.87	00:10:42	7:07	8.42	26	39.000	03:58:13	6:06	9.82	00:10:10	6:46	8.85				
27	40.500	04:08:49	6:08	9.77	00:10:37	7:04	8.48	28	42.000	04:19:57	6:11	9.69	00:11:08	7:25	8.09				
29	43.500	04:31:06	6:13	9.63	00:11:09	7:25	8.08	30	45.000	04:42:07	6:16	9.57	00:11:02	7:21	8.16				
31	46.500	04:53:30	6:18	9.51	00:11:23	7:35	7.91	32	48.000	05:06:12	6:22	9.41	00:12:42	8:27	7.09				
33	49.500	05:17:35	6:24	9.35	00:11:24	7:35	7.90	34	51.000	05:30:43	6:29	9.25	00:13:09	8:45	6.85				
35	52.500	05:45:15	6:34	9.12	00:14:32	9:41	6.19	36	54.000	05:56:51	6:36	9.08	00:11:36	7:43	7.76				

41		28		Ragnar Lorentsen					NOR					05:57:39		36		54.251	
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	00:07:35	5:03	11.87	00:07:35	5:03	11.87	2	3.000	00:15:29	5:09	11.63	00:07:54	5:15	11.40				
3	4.500	00:23:31	5:13	11.49	00:08:02	5:21	11.21	4	6.000	00:31:33	5:15	11.42	00:08:02	5:21	11.20				
5	7.500	00:39:24	5:15	11.42	00:07:52	5:14	11.45	6	9.000	00:47:22	5:15	11.40	00:07:58	5:18	11.30				
7	10.500	00:55:16	5:15	11.40	00:07:55	5:16	11.39	8	12.000	01:03:12	5:16	11.39	00:07:57	5:17	11.34				
9	13.500	01:11:19	5:16	11.36	00:08:07	5:24	11.10	10	15.000	01:19:25	5:17	11.33	00:08:07	5:24	11.10				
11	16.500	01:27:33	5:18	11.31	00:08:08	5:25	11.07	12	18.000	01:35:46	5:19	11.28	00:08:13	5:28	10.97				
13	19.500	01:44:04	5:20	11.24	00:08:19	5:32	10.82	14	21.000	01:52:28	5:21	11.20	00:08:24	5:35	10.73				
15	22.500	02:01:02	5:22	11.15	00:08:35	5:42	10.50	16	24.000	02:09:44	5:24	11.10	00:08:42	5:47	10.35				
17	25.500	02:18:42	5:26	11.03	00:08:59	5:58	10.03	18	27.000	02:27:52	5:28	10.96	00:09:11	6:07	9.80				
19	28.500	02:37:30	5:31	10.86	00:09:38	6:24	9.35	20	30.000	02:47:10	5:34	10.77	00:09:41	6:26	9.30				
21	31.500	02:57:13	5:37	10.67	00:10:04	6:42	8.95	22	33.000	03:07:38	5:41	10.55	00:10:25	6:56	8.64				
23	34.500	03:18:14	5:44	10.44	00:10:36	7:03	8.49	24	36.000	03:29:32	5:49	10.31	00:11:19	7:32	7.96				
25	37.500	03:41:21	5:54	10.17	00:11:49	7:52	7.62	26	39.000	03:54:33	6:00	9.98	00:13:13	8:48	6.82				
27	40.500	04:07:03	6:05	9.84	00:12:30	8:20	7.20	28	42.000	04:19:13	6:10	9.72	00:12:11	8:06	7.39				
29	43.500	04:32:42	6:16	9.57	00:13:29	8:58	6.68	30	45.000	04:46:26	6:21	9.43	00:13:45	9:09	6.55				
31	46.500	05:00:20	6:27	9.29	00:13:54	9:15	6.48	32	48.000	05:12:11	6:30	9.23	00:11:52	7:54	7.59				
33	49.500	05:23:25	6:32	9.18	00:11:15	7:29	8.01	34	51.000	05:35:02	6:34	9.13	00:11:37	7:44	7.75				
35	52.500	05:45:25	6:34	9.12	00:10:23	6:55	8.67	36	54.000	05:57:39	6:37	9.06	00:12:15	8:09	7.35				

42		52		Rune Enger					NOR		Kondis					05:59:19		36		54.150	
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	00:08:31	5:40	10.58	00:08:31	5:40	10.58	2	3.000	00:17:04	5:41	10.56	00:08:33	5:41	10.53						
3	4.500	00:25:23	5:38	10.64	00:08:20	5:33	10.81	4	6.000	00:33:53	5:38	10.63	00:08:30	5:39	10.59						
5	7.500	00:42:20	5:38	10.63	00:08:27	5:37	10.65	6	9.000	00:50:50	5:38	10.62	00:08:31	5:40	10.58						
7	10.500	00:59:30	5:39	10.59	00:08:40	5:46	10.39	8	12.000	01:08:14	5:41	10.55	00:08:44	5:49	10.31						
9	13.500	01:17:03	5:42	10.51	00:08:49	5:52	10.21	10	15.000	01:26:02	5:44	10.46	00:08:59	5:59	10.02						
11	16.500	01:34:51	5:44	10.44	00:08:50	5:52	10.20	12	18.000	01:43:49	5:46	10.40	00:08:59	5:58	10.03						
13	19.500	01:52:44	5:46	10.38	00:08:55	5:56	10.10	14	21.000	02:01:46	5:47	10.35	00:09:03	6:01	9.95						
15	22.500	02:10:43	5:48	10.33	00:08:57	5:57	10.06	16	24.000	02:19:37	5:49	10.31	00:08:54	5:55	10.12						
17	25.500	02:28:29	5:49	10.30	00:08:53	5:54	10.15	18	27.000	02:37:33	5:50	10.28	00:09:05	6:02	9.92						
19	28.500	02:46:43	5:50	10.26	00:09:10	6:06	9.83	20	30.000	02:55:54	5:51	10.23	00:09:12	6:07	9.80						
21	31.500	03:06:49	5:55	10.12	00:10:56	7:17	8.24	22	33.000	03:16:52	5:57	10.06	00:10:03	6:41	8.96						
23	34.500	03:27:31	6:00	9.98	00:10:40	7:06	8.44	24	36.000	03:38:35	6:04	9.88	00:11:04	7:22	8.14						
25	37.500	03:49:46	6:07	9.79	00:11:12	7:27	8.04	26	39.000	04:01:00	6:10	9.71	00:11:14	7:29	8.01						
27	40.500	04:12:12	6:13	9.64	00:11:12	7:27	8.04	28	42.000	04:22:32	6:15	9.60	00:10:21	6:53	8.70						
29	43.500	04:36:58	6:22	9.42	00:14:26	9:37	6.24	30	45.000	04:49:00	6:25	9.34	00:12:03	8:01	7.48						
31	46.500	05:01:03	6:28	9.27	00:12:04	8:02	7.47	32	48.000	05:13:02	6:31	9.20	00:11:59	7:58	7.52						
33	49.500	05:25:02	6:33	9.14	00:12:00	8:00	7.50	34	51.000	05:36:46	6:36	9.09	00:11:45	7:49	7.67						
35	52.500	05:49:36	6:39	9.01	00:12:50	8:33	7.01	36	54.000	05:59:19	6:39	9.02	00:09:43	6:28	9.26						

43		35		Dag Sture Eine Friis					NOR		Innovasjon Norge					05:57:59		35		52.750	
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	00:09:39	6:25	9.34	00:09:39	6:25	9.34	2	3.000	00:19:04	6:21	9.45	00:09:25	6:16	9.56						
3	4.500	00:28:17	6:16	9.55	00:09:13	6:08	9.77	4	6.000	00:37:13	6:12	9.68	00:08:57	5:57	10.07						
5	7.500	00:46:08	6:09	9.75	00:08:56	5:57	10.08	6	9.000	00:55:02	6:06	9.81	00:08:54	5:55	10.12						
7	10.500	01:03:50	6:04	9.87	00:08:48	5:51	10.23	8	12.000	01:12:39	6:03	9.91	00:08:49	5:52	10.21						
9	13.500	01:21:33	6:02	9.93	00:08:55	5:56	10.10	10	15.000	01:30:59	6:03	9.89	00:09:27	6:17	9.54						
11	16.500	01:39:56	6:03	9.91	00:08:57	5:58	10.06	12	18.000	01:48:49	6:02	9.93	00:08:53	5:55	10.14						
13	19.500	01:57:46	6:02	9.94	00:08:58	5:58	10.05	14	21.000	02:06:46	6:02	9.94	00:09:00	5:59	10.01						
15	22.500	02:15:46	6:02	9.94	00:09:01	6:00	9.99	16	24.000	02:24:47	6:01	9.95	00:09:01	6:00	10.00						
17	25.500	02:33:52	6:02	9.94	00:09:06	6:03	9.90	18	27.000	02:43:05	6:02	9.93	00:09:13	6:08	9.77						
19	28.500	02:52:26	6:02	9.92	00:09:21	6:13	9.63	20	30.000	03:01:53	6:03	9.90	00:09:28	6:18	9.52						
21	31.500	03:11:27	6:04	9.87	00:09:35	6:23	9.40	22	33.000	03:21:05	6:05	9.85	00:09:38	6:24	9.36						
23	34.500	03:31:07	6:07	9.81	00:10:03	6:41	8.96	24	36.000	03:41:26	6:09	9.76	00:10:19	6:52	8.73						
25	37.500	03:51:44	6:10	9.71	00:10:19	6:52	8.73	26	39.000	04:02:13	6:12	9.66	00:10:30	6:59	8.58						
27	40.500	04:13:43	6:15	9.58	00:11:30	7:39	7.83	28	42.000	04:24:35	6:17	9.52	00:10:52	7:14	8.28						
29	43.500	04:36:02	6:20	9.46	00:11:28	7:38	7.86	30	45.000	04:47:50	6:23	9.38	00:11:49	7:52	7.62						
31	46.500	05:00:12	6:27	9.29	00:12:22	8:14	7.28	32	48.000	05:12:50	6:31	9.21	00:12:38	8:24	7.13						
33	49.500	05:29:44	6:39	9.01	00:16:55	11:16	5.32	34	51.000	05:46:12	6:47	8.84	00:16:28	10:58	5.47						
35	52.500	05:57:59	6:49	8.80	00:11:47	7:51	7.64														

44		33		Peter Tubaas		NOR		ABB		05:12:32		35		52.530	
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	00:06:27	4:17	13.97	00:06:27	4:17	13.97	2	3.000	00:13:06	4:21	13.75	00:06:39	4:25	13.54
3	4.500	00:20:00	4:26	13.51	00:06:54	4:35	13.05	4	6.000	00:27:00	4:29	13.34	00:07:01	4:40	12.85
5	7.500	00:34:00	4:31	13.24	00:07:01	4:40	12.85	6	9.000	00:40:57	4:32	13.19	00:06:57	4:37	12.95
7	10.500	00:47:50	4:33	13.17	00:06:53	4:35	13.08	8	12.000	00:54:41	4:33	13.17	00:06:52	4:34	13.14
9	13.500	01:01:36	4:33	13.15	00:06:56	4:36	13.01	10	15.000	01:08:33	4:34	13.13	00:06:58	4:38	12.94
11	16.500	01:15:41	4:35	13.08	00:07:08	4:44	12.64	12	18.000	01:22:33	4:35	13.08	00:06:53	4:35	13.09
13	19.500	01:29:44	4:36	13.04	00:07:11	4:47	12.54	14	21.000	01:36:48	4:36	13.02	00:07:05	4:42	12.73
15	22.500	01:43:47	4:36	13.01	00:06:59	4:39	12.89	16	24.000	01:50:49	4:37	12.99	00:07:03	4:41	12.78
17	25.500	01:57:55	4:37	12.98	00:07:06	4:43	12.68	18	27.000	02:04:47	4:37	12.98	00:06:52	4:34	13.12
19	28.500	02:11:43	4:37	12.98	00:06:57	4:37	12.98	20	30.000	02:18:44	4:37	12.98	00:07:01	4:40	12.84
21	31.500	02:25:34	4:37	12.99	00:06:50	4:33	13.17	22	33.000	02:32:56	4:38	12.95	00:07:23	4:55	12.20
23	34.500	02:39:57	4:38	12.94	00:07:02	4:40	12.82	24	36.000	02:47:13	4:38	12.92	00:07:16	4:50	12.39
25	37.500	02:54:25	4:39	12.90	00:07:12	4:47	12.51	26	39.000	03:01:35	4:39	12.89	00:07:11	4:47	12.54
27	40.500	03:08:53	4:39	12.87	00:07:18	4:51	12.33	28	42.000	03:16:15	4:40	12.84	00:07:23	4:54	12.21
29	43.500	03:24:09	4:41	12.79	00:07:54	5:15	11.41	30	45.000	03:32:10	4:42	12.73	00:08:02	5:20	11.22
31	46.500	03:40:32	4:44	12.65	00:08:22	5:34	10.76	32	48.000	03:49:41	4:47	12.54	00:09:10	6:06	9.83
33	49.500	04:20:29	5:15	11.40	00:30:48	20:31	2.92	34	51.000	04:44:55	5:35	10.74	00:24:26	16:17	3.68
35	52.500	05:12:32	5:57	10.08	00:27:38	18:24	3.26								

45		2		Per Oscar Holm-Olsen		NOR		Løveløper		05:53:28		34		51.903	
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	00:18:00	5:59	10.00	00:08:49	5:52	10.22
3	4.500	00:27:00	5:59	10.00	00:09:00	5:59	10.00	4	6.000	00:36:08	6:01	9.97	00:09:08	6:05	9.86
5	7.500	00:45:12	6:01	9.96	00:09:05	6:02	9.92	6	9.000	00:54:24	6:02	9.93	00:09:12	6:07	9.78
7	10.500	01:03:37	6:03	9.90	00:09:13	6:08	9.77	8	12.000	01:13:15	6:06	9.83	00:09:38	6:25	9.34
9	13.500	01:22:21	6:05	9.84	00:09:07	6:04	9.89	10	15.000	01:31:14	6:04	9.87	00:08:54	5:55	10.13
11	16.500	01:40:10	6:04	9.88	00:08:56	5:57	10.08	12	18.000	01:49:01	6:03	9.91	00:08:52	5:54	10.16
13	19.500	01:57:55	6:02	9.92	00:08:54	5:55	10.12	14	21.000	02:07:17	6:03	9.90	00:09:22	6:14	9.62
15	22.500	02:16:11	6:03	9.91	00:08:55	5:56	10.10	16	24.000	02:25:17	6:03	9.91	00:09:06	6:03	9.89
17	25.500	02:34:19	6:03	9.91	00:09:03	6:01	9.96	18	27.000	02:43:20	6:02	9.92	00:09:01	6:00	9.99
19	28.500	02:52:14	6:02	9.93	00:08:54	5:55	10.12	20	30.000	03:01:38	6:03	9.91	00:09:25	6:16	9.57
21	31.500	03:11:19	6:04	9.88	00:09:42	6:27	9.29	22	33.000	03:21:10	6:05	9.84	00:09:52	6:34	9.14
23	34.500	03:31:20	6:07	9.80	00:10:10	6:46	8.86	24	36.000	03:43:08	6:11	9.68	00:11:48	7:51	7.63
25	37.500	03:55:19	6:16	9.56	00:12:12	8:07	7.38	26	39.000	04:07:22	6:20	9.46	00:12:04	8:02	7.47
27	40.500	04:21:01	6:26	9.31	00:13:39	9:05	6.60	28	42.000	04:33:53	6:31	9.20	00:12:52	8:34	7.00
29	43.500	04:47:58	6:37	9.06	00:14:06	9:23	6.38	30	45.000	05:01:07	6:41	8.97	00:13:09	8:45	6.85
31	46.500	05:13:40	6:44	8.89	00:12:34	8:22	7.17	32	48.000	05:26:57	6:48	8.81	00:13:17	8:50	6.78
33	49.500	05:40:21	6:52	8.73	00:13:25	8:56	6.72	34	51.000	05:53:28	6:55	8.66	00:13:07	8:44	6.87



46	67	Arne Lundby						NOR	Sandefjord						05:54:40	34	51.903
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	00:09:08	6:05	9.86	00:09:08	6:05	9.86	2	3.000	00:18:17	6:05	9.85	00:09:09	6:05	9.85		
3	4.500	00:27:27	6:05	9.84	00:09:11	6:06	9.81	4	6.000	00:36:43	6:07	9.81	00:09:17	6:10	9.71		
5	7.500	00:46:03	6:08	9.77	00:09:21	6:13	9.64	6	9.000	00:55:37	6:10	9.71	00:09:34	6:22	9.42		
7	10.500	01:04:58	6:11	9.70	00:09:21	6:14	9.63	8	12.000	01:14:24	6:11	9.68	00:09:27	6:17	9.53		
9	13.500	01:24:00	6:13	9.64	00:09:36	6:23	9.38	10	15.000	01:33:27	6:13	9.63	00:09:27	6:17	9.53		
11	16.500	01:43:06	6:14	9.60	00:09:40	6:26	9.32	12	18.000	01:52:30	6:14	9.60	00:09:25	6:16	9.57		
13	19.500	02:02:36	6:17	9.54	00:10:06	6:43	8.92	14	21.000	02:12:20	6:18	9.52	00:09:44	6:29	9.25		
15	22.500	02:22:12	6:19	9.49	00:09:52	6:34	9.13	16	24.000	02:32:15	6:20	9.46	00:10:03	6:41	8.96		
17	25.500	02:42:15	6:21	9.43	00:10:01	6:40	8.99	18	27.000	02:52:45	6:23	9.38	00:10:30	6:59	8.57		
19	28.500	03:03:59	6:27	9.29	00:11:14	7:29	8.01	20	30.000	03:15:05	6:30	9.23	00:11:06	7:23	8.11		
21	31.500	03:26:39	6:33	9.15	00:11:34	7:42	7.78	22	33.000	03:38:21	6:36	9.07	00:11:42	7:47	7.70		
23	34.500	03:49:23	6:38	9.02	00:11:03	7:21	8.15	24	36.000	04:00:59	6:41	8.96	00:11:36	7:43	7.77		
25	37.500	04:13:18	6:45	8.88	00:12:20	8:12	7.30	26	39.000	04:25:16	6:48	8.82	00:11:59	7:58	7.52		
27	40.500	04:36:59	6:50	8.77	00:11:44	7:48	7.68	28	42.000	04:48:20	6:51	8.74	00:11:22	7:34	7.93		
29	43.500	04:59:16	6:52	8.72	00:10:56	7:17	8.23	30	45.000	05:10:21	6:53	8.70	00:11:06	7:23	8.11		
31	46.500	05:21:33	6:54	8.68	00:11:12	7:27	8.04	32	48.000	05:32:32	6:55	8.66	00:11:00	7:19	8.19		
33	49.500	05:43:50	6:56	8.64	00:11:18	7:31	7.97	34	51.000	05:54:40	6:57	8.63	00:10:50	7:13	8.31		

47	42	Thore Kristensen						NOR	Hjemmet Mortensen						05:10:21	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	00:07:23	4:55	12.20	00:07:23	4:55	12.20	2	3.000	00:14:53	4:57	12.10	00:07:30	4:59	12.00		
3	4.500	00:22:29	4:59	12.01	00:07:36	5:03	11.84	4	6.000	00:29:59	4:59	12.01	00:07:31	5:00	11.99		
5	7.500	00:37:24	4:59	12.03	00:07:26	4:56	12.13	6	9.000	00:44:49	4:58	12.05	00:07:26	4:56	12.13		
7	10.500	00:52:12	4:58	12.07	00:07:23	4:54	12.20	8	12.000	00:59:40	4:58	12.07	00:07:29	4:59	12.04		
9	13.500	01:07:00	4:57	12.09	00:07:20	4:53	12.28	10	15.000	01:14:29	4:57	12.08	00:07:29	4:59	12.03		
11	16.500	01:22:00	4:58	12.07	00:07:32	5:00	11.96	12	18.000	01:29:30	4:58	12.07	00:07:30	4:59	12.02		
13	19.500	01:37:05	4:58	12.05	00:07:36	5:03	11.86	14	21.000	01:44:46	4:59	12.03	00:07:41	5:07	11.72		
15	22.500	01:52:23	4:59	12.01	00:07:37	5:04	11.82	16	24.000	02:00:03	5:00	12.00	00:07:41	5:06	11.73		
17	25.500	02:07:56	5:00	11.96	00:07:53	5:15	11.42	18	27.000	02:16:03	5:02	11.91	00:08:08	5:25	11.07		
19	28.500	02:24:32	5:04	11.83	00:08:29	5:38	10.63	20	30.000	02:32:59	5:05	11.77	00:08:28	5:38	10.64		
21	31.500	02:41:49	5:08	11.68	00:08:50	5:53	10.19	22	33.000	02:50:52	5:10	11.59	00:09:04	6:02	9.94		
23	34.500	03:00:16	5:13	11.48	00:09:24	6:15	9.58	24	36.000	03:09:59	5:16	11.37	00:09:44	6:28	9.26		
25	37.500	03:19:35	5:19	11.27	00:09:37	6:24	9.37	26	39.000	03:29:45	5:22	11.16	00:10:10	6:46	8.86		
27	40.500	03:41:52	5:28	10.95	00:12:08	8:04	7.43	28	42.000	03:51:24	5:30	10.89	00:09:33	6:21	9.43		
29	43.500	04:04:21	5:37	10.68	00:12:58	8:38	6.95	30	45.000	04:16:12	5:41	10.54	00:11:51	7:53	7.60		
31	46.500	04:28:14	5:46	10.40	00:12:03	8:01	7.48	32	48.000	04:40:14	5:50	10.28	00:12:00	7:59	7.50		
33	49.500	04:54:16	5:56	10.09	00:14:02	9:21	6.41	34	51.000	05:10:21	6:05	9.86	00:16:06	10:43	5.59		

48		83		Wiggo Bakken					NOR		Jevnaker IF					05:50:59		33		50.520	
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	00:08:32	5:40	10.57	00:08:32	5:40	10.57	2	3.000	00:17:10	5:43	10.50	00:08:38	5:45	10.42						
3	4.500	00:26:03	5:47	10.37	00:08:54	5:55	10.12	4	6.000	00:35:03	5:50	10.27	00:09:00	5:59	10.01						
5	7.500	00:44:06	5:52	10.21	00:09:04	6:02	9.94	6	9.000	00:53:03	5:53	10.18	00:08:57	5:57	10.06						
7	10.500	01:02:00	5:54	10.16	00:08:58	5:58	10.05	8	12.000	01:11:06	5:55	10.13	00:09:07	6:04	9.88						
9	13.500	01:20:21	5:57	10.08	00:09:15	6:09	9.74	10	15.000	01:29:30	5:57	10.06	00:09:10	6:06	9.83						
11	16.500	01:38:49	5:59	10.02	00:09:19	6:12	9.66	12	18.000	01:48:04	6:00	9.99	00:09:16	6:10	9.73						
13	19.500	01:57:29	6:01	9.96	00:09:25	6:16	9.56	14	21.000	02:06:53	6:02	9.93	00:09:25	6:16	9.57						
15	22.500	02:16:25	6:03	9.90	00:09:32	6:20	9.45	16	24.000	02:25:54	6:04	9.87	00:09:29	6:19	9.49						
17	25.500	02:35:26	6:05	9.84	00:09:33	6:21	9.43	18	27.000	02:45:11	6:07	9.81	00:09:46	6:30	9.23						
19	28.500	02:55:10	6:08	9.76	00:10:00	6:39	9.01	20	30.000	03:05:16	6:10	9.72	00:10:06	6:43	8.92						
21	31.500	03:15:36	6:12	9.66	00:10:20	6:53	8.72	22	33.000	03:26:12	6:14	9.60	00:10:37	7:04	8.49						
23	34.500	03:36:57	6:17	9.54	00:10:46	7:10	8.37	24	36.000	03:47:46	6:19	9.48	00:10:49	7:12	8.32						
25	37.500	03:58:54	6:22	9.42	00:11:08	7:25	8.08	26	39.000	04:10:29	6:25	9.34	00:11:35	7:43	7.77						
27	40.500	04:22:07	6:28	9.27	00:11:38	7:45	7.74	28	42.000	04:33:51	6:31	9.20	00:11:45	7:49	7.67						
29	43.500	04:49:57	6:39	9.00	00:16:06	10:43	5.59	30	45.000	05:05:34	6:47	8.84	00:15:38	10:24	5.76						
31	46.500	05:21:01	6:54	8.69	00:15:27	10:17	5.83	32	48.000	05:35:59	6:59	8.57	00:14:59	9:58	6.01						
33	49.500	05:50:59	7:05	8.46	00:15:01	10:00	6.00														

49		61		Claudio D'Eugenio					NOR		Eidsvoll Svømmeklubb					05:56:06		33		50.040	
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	00:07:21	4:53	12.26	00:07:21	4:53	12.26	2	3.000	00:14:39	4:52	12.29	00:07:19	4:52	12.32						
3	4.500	00:21:49	4:50	12.38	00:07:10	4:46	12.57	4	6.000	00:29:02	4:50	12.40	00:07:13	4:48	12.48						
5	7.500	00:36:09	4:49	12.45	00:07:08	4:44	12.64	6	9.000	00:43:30	4:49	12.42	00:07:21	4:54	12.24						
7	10.500	00:50:39	4:49	12.44	00:07:09	4:45	12.59	8	12.000	00:57:59	4:49	12.42	00:07:21	4:53	12.27						
9	13.500	01:05:34	4:51	12.36	00:07:35	5:03	11.88	10	15.000	01:13:51	4:55	12.19	00:08:18	5:31	10.86						
11	16.500	01:22:23	4:59	12.02	00:08:33	5:41	10.54	12	18.000	01:31:17	5:04	11.83	00:08:54	5:55	10.12						
13	19.500	01:40:05	5:07	11.69	00:08:49	5:52	10.22	14	21.000	01:48:48	5:10	11.58	00:08:43	5:48	10.33						
15	22.500	01:57:31	5:13	11.49	00:08:44	5:48	10.32	16	24.000	02:06:53	5:17	11.35	00:09:22	6:14	9.62						
17	25.500	02:19:39	5:28	10.96	00:12:47	8:30	7.05	18	27.000	02:31:01	5:35	10.73	00:11:22	7:34	7.92						
19	28.500	02:45:04	5:47	10.36	00:14:04	9:22	6.40	20	30.000	03:00:29	6:00	9.97	00:15:25	10:16	5.84						
21	31.500	03:13:42	6:08	9.76	00:13:13	8:48	6.81	22	33.000	03:26:59	6:16	9.57	00:13:17	8:51	6.78						
23	34.500	03:41:27	6:25	9.35	00:14:29	9:38	6.22	24	36.000	03:56:53	6:34	9.12	00:15:27	10:17	5.83						
25	37.500	04:10:25	6:40	8.99	00:13:33	9:01	6.65	26	39.000	04:25:01	6:47	8.83	00:14:37	9:44	6.16						
27	40.500	04:37:25	6:50	8.76	00:12:24	8:15	7.26	28	42.000	04:50:51	6:55	8.66	00:13:27	8:57	6.70						
29	43.500	05:05:58	7:02	8.53	00:15:08	10:04	5.95	30	45.000	05:18:34	7:04	8.48	00:12:36	8:23	7.15						
31	46.500	05:29:47	7:05	8.46	00:11:13	7:28	8.02	32	48.000	05:43:34	7:09	8.38	00:13:48	9:11	6.53						
33	49.500	05:56:06	7:11	8.34	00:12:32	8:21	7.18														

50		47		Daniel Gillberg				SWE		05:57:26		33		49.897	
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	00:09:08	6:05	9.85	00:09:08	6:05	9.85	2	3.000	00:18:17	6:05	9.85	00:09:09	6:05	9.84
3	4.500	00:27:14	6:03	9.92	00:08:57	5:57	10.06	4	6.000	00:36:13	6:02	9.94	00:08:59	5:59	10.03
5	7.500	00:45:09	6:01	9.97	00:08:57	5:57	10.06	6	9.000	00:54:02	6:00	10.00	00:08:53	5:54	10.14
7	10.500	01:03:02	6:00	10.00	00:09:01	6:00	10.00	8	12.000	01:12:18	6:01	9.96	00:09:17	6:10	9.71
9	13.500	01:21:45	6:03	9.91	00:09:27	6:17	9.53	10	15.000	01:31:14	6:04	9.87	00:09:30	6:19	9.49
11	16.500	01:40:48	6:06	9.82	00:09:35	6:22	9.40	12	18.000	01:50:18	6:07	9.79	00:09:30	6:19	9.48
13	19.500	01:59:52	6:08	9.76	00:09:34	6:22	9.41	14	21.000	02:09:31	6:10	9.73	00:09:40	6:26	9.33
15	22.500	02:19:20	6:11	9.69	00:09:50	6:32	9.17	16	24.000	02:29:12	6:12	9.65	00:09:52	6:34	9.13
17	25.500	02:39:41	6:15	9.58	00:10:30	6:59	8.58	18	27.000	02:49:48	6:17	9.54	00:10:08	6:44	8.89
19	28.500	03:00:41	6:20	9.46	00:10:54	7:15	8.27	20	30.000	03:18:04	6:36	9.09	00:17:23	11:34	5.18
21	31.500	03:29:26	6:38	9.02	00:11:23	7:34	7.92	22	33.000	03:40:48	6:41	8.97	00:11:22	7:34	7.92
23	34.500	03:52:33	6:44	8.90	00:11:46	7:50	7.65	24	36.000	04:04:57	6:48	8.82	00:12:24	8:15	7.26
25	37.500	04:16:43	6:50	8.77	00:11:46	7:50	7.65	26	39.000	04:32:30	6:59	8.59	00:15:48	10:31	5.70
27	40.500	04:46:24	7:04	8.48	00:13:55	9:16	6.47	28	42.000	04:57:44	7:05	8.46	00:11:20	7:33	7.94
29	43.500	05:09:58	7:07	8.42	00:12:14	8:09	7.36	30	45.000	05:21:23	7:08	8.40	00:11:26	7:36	7.88
31	46.500	05:34:39	7:11	8.34	00:13:17	8:50	6.78	32	48.000	05:47:38	7:14	8.28	00:12:59	8:38	6.94
33	49.500	05:57:26	7:13	8.31	00:09:49	6:32	9.18								

51		25		Henrik Kvisgaard				NOR		Hytteplan		05:54:45		32		48.862	
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	00:09:53	6:35	9.11	00:09:53	6:35	9.11	2	3.000	00:19:04	6:21	9.45	00:09:11	6:07	9.81		
3	4.500	00:28:42	6:22	9.41	00:09:39	6:25	9.34	4	6.000	00:37:42	6:16	9.55	00:09:01	6:00	9.99		
5	7.500	00:46:46	6:14	9.62	00:09:04	6:02	9.94	6	9.000	00:55:43	6:11	9.69	00:08:58	5:58	10.05		
7	10.500	01:04:40	6:09	9.74	00:08:57	5:57	10.06	8	12.000	01:13:45	6:08	9.76	00:09:06	6:03	9.90		
9	13.500	01:24:55	6:17	9.54	00:11:11	7:26	8.06	10	15.000	01:33:53	6:15	9.59	00:08:59	5:58	10.03		
11	16.500	01:43:23	6:15	9.58	00:09:30	6:19	9.48	12	18.000	01:52:31	6:15	9.60	00:09:09	6:05	9.85		
13	19.500	02:01:46	6:14	9.61	00:09:15	6:10	9.73	14	21.000	02:10:59	6:14	9.62	00:09:13	6:08	9.78		
15	22.500	02:20:48	6:15	9.59	00:09:50	6:33	9.16	16	24.000	02:30:51	6:17	9.55	00:10:03	6:41	8.96		
17	25.500	02:40:24	6:17	9.54	00:09:33	6:21	9.43	18	27.000	02:50:39	6:19	9.49	00:10:16	6:50	8.78		
19	28.500	03:01:44	6:22	9.41	00:11:06	7:23	8.12	20	30.000	03:12:55	6:25	9.33	00:11:11	7:27	8.05		
21	31.500	03:24:14	6:29	9.25	00:11:20	7:32	7.95	22	33.000	03:35:31	6:31	9.19	00:11:18	7:31	7.98		
23	34.500	03:48:44	6:37	9.05	00:13:13	8:48	6.81	24	36.000	04:03:44	6:46	8.86	00:15:00	9:59	6.00		
25	37.500	04:19:19	6:54	8.68	00:15:35	10:23	5.78	26	39.000	04:36:00	7:04	8.48	00:16:42	11:07	5.39		
27	40.500	04:54:21	7:16	8.26	00:18:22	12:14	4.90	28	42.000	05:08:32	7:20	8.17	00:14:11	9:27	6.35		
29	43.500	05:21:06	7:22	8.13	00:12:34	8:22	7.16	30	45.000	05:33:08	7:24	8.11	00:12:02	8:01	7.48		
31	46.500	05:44:13	7:24	8.11	00:11:06	7:23	8.12	32	48.000	05:54:45	7:23	8.12	00:10:33	7:01	8.54		

52		37		Andre Schlytter Myrvoll				NOR		Asker SK		05:52:01		31		47.403	
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	00:08:31	5:40	10.59	00:08:31	5:40	10.59	2	3.000	00:17:35	5:51	10.24	00:09:05	6:02	9.92		
3	4.500	00:26:35	5:54	10.16	00:09:01	6:00	9.99	4	6.000	00:35:28	5:54	10.15	00:08:53	5:55	10.13		
5	7.500	00:45:06	6:00	9.98	00:09:38	6:25	9.34	6	9.000	00:54:07	6:00	9.98	00:09:02	6:00	9.98		
7	10.500	01:03:41	6:03	9.89	00:09:34	6:22	9.42	8	12.000	01:12:43	6:03	9.90	00:09:03	6:01	9.96		
9	13.500	01:22:05	6:04	9.87	00:09:22	6:14	9.61	10	15.000	01:30:49	6:03	9.91	00:08:44	5:49	10.31		
11	16.500	01:39:45	6:02	9.93	00:08:56	5:57	10.08	12	18.000	01:48:28	6:01	9.96	00:08:44	5:48	10.32		
13	19.500	01:57:22	6:01	9.97	00:08:55	5:56	10.10	14	21.000	02:06:48	6:02	9.94	00:09:27	6:17	9.54		
15	22.500	02:17:56	6:07	9.79	00:11:08	7:24	8.09	16	24.000	02:26:19	6:05	9.84	00:08:24	5:35	10.72		
17	25.500	02:34:01	6:02	9.93	00:07:42	5:07	11.69	18	27.000	02:42:19	6:00	9.98	00:08:18	5:31	10.84		
19	28.500	02:53:41	6:05	9.85	00:11:22	7:34	7.92	20	30.000	03:05:15	6:10	9.72	00:11:35	7:42	7.78		
21	31.500	03:19:00	6:19	9.50	00:13:45	9:09	6.55	22	33.000	03:32:42	6:26	9.31	00:13:43	9:08	6.57		
23	34.500	03:47:00	6:34	9.12	00:14:19	9:32	6.29	24	36.000	03:58:49	6:38	9.05	00:11:49	7:52	7.62		
25	37.500	04:10:06	6:40	9.00	00:11:18	7:31	7.97	26	39.000	04:30:48	6:56	8.64	00:20:42	13:47	4.35		
27	40.500	04:47:21	7:05	8.46	00:16:33	11:01	5.44	28	42.000	04:58:04	7:05	8.45	00:10:44	7:08	8.39		
29	43.500	05:11:40	7:09	8.37	00:13:36	9:03	6.62	30	45.000	05:33:45	7:24	8.09	00:22:05	14:43	4.08		
31	46.500	05:52:01	7:34	7.93	00:18:17	12:11	4.92										

53		70		Tom Erik Jægersborg				NOR		Kondis, Romerike		05:57:28		31		46.690	
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	00:08:31	5:40	10.58	00:08:31	5:40	10.58	2	3.000	00:17:19	5:46	10.40	00:08:49	5:52	10.22		
3	4.500	00:26:05	5:47	10.36	00:08:46	5:50	10.28	4	6.000	00:34:48	5:47	10.35	00:08:43	5:48	10.33		
5	7.500	00:43:31	5:48	10.34	00:08:44	5:48	10.32	6	9.000	00:52:21	5:48	10.32	00:08:50	5:53	10.19		
7	10.500	01:01:23	5:50	10.27	00:09:03	6:01	9.96	8	12.000	01:11:10	5:55	10.12	00:09:48	6:31	9.20		
9	13.500	01:20:30	5:57	10.06	00:09:21	6:13	9.64	10	15.000	01:30:35	6:02	9.94	00:10:06	6:43	8.92		
11	16.500	01:41:39	6:09	9.74	00:11:04	7:22	8.13	12	18.000	01:52:41	6:15	9.59	00:11:02	7:21	8.16		
13	19.500	02:03:39	6:20	9.46	00:10:59	7:18	8.21	14	21.000	02:14:33	6:24	9.37	00:10:55	7:16	8.25		
15	22.500	02:25:42	6:28	9.27	00:11:09	7:25	8.08	16	24.000	02:37:27	6:33	9.15	00:11:46	7:50	7.66		
17	25.500	02:49:51	6:39	9.01	00:12:25	8:16	7.26	18	27.000	03:02:46	6:46	8.86	00:12:56	8:36	6.97		
19	28.500	03:14:37	6:49	8.79	00:11:51	7:53	7.60	20	30.000	03:27:33	6:55	8.67	00:12:56	8:37	6.96		
21	31.500	03:40:57	7:00	8.55	00:13:25	8:56	6.71	22	33.000	03:54:30	7:06	8.44	00:13:33	9:01	6.64		
23	34.500	04:08:23	7:11	8.33	00:13:54	9:15	6.48	24	36.000	04:22:00	7:16	8.24	00:13:38	9:04	6.61		
25	37.500	04:36:04	7:21	8.15	00:14:04	9:22	6.40	26	39.000	04:50:04	7:26	8.07	00:14:01	9:20	6.43		
27	40.500	05:04:11	7:30	7.99	00:14:07	9:24	6.38	28	42.000	05:17:26	7:33	7.94	00:13:15	8:49	6.80		
29	43.500	05:30:37	7:36	7.89	00:13:12	8:47	6.83	30	45.000	05:44:22	7:39	7.84	00:13:45	9:09	6.55		
31	46.500	05:57:28	7:41	7.81	00:13:07	8:44	6.87										

54	65	Stig Söderström			SWE	Kvarnsvedens GOLF			05:59:26	31	46.600				
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	00:09:45	6:29	9.24	00:09:45	6:29	9.24	2	3.000	00:19:19	6:26	9.33	00:09:34	6:22	9.41
3	4.500	00:28:51	6:24	9.36	00:09:32	6:21	9.44	4	6.000	00:38:12	6:21	9.43	00:09:22	6:14	9.62
5	7.500	00:47:32	6:20	9.47	00:09:21	6:13	9.63	6	9.000	00:56:48	6:18	9.51	00:09:16	6:10	9.72
7	10.500	01:06:23	6:19	9.49	00:09:36	6:23	9.39	8	12.000	01:15:55	6:19	9.49	00:09:32	6:21	9.44
9	13.500	01:25:30	6:19	9.47	00:09:36	6:23	9.39	10	15.000	01:35:09	6:20	9.46	00:09:40	6:26	9.32
11	16.500	01:44:48	6:21	9.45	00:09:39	6:25	9.34	12	18.000	01:54:28	6:21	9.44	00:09:41	6:26	9.30
13	19.500	02:05:35	6:26	9.32	00:11:08	7:24	8.09	14	21.000	02:15:51	6:28	9.28	00:10:16	6:50	8.77
15	22.500	02:27:28	6:33	9.16	00:11:37	7:44	7.75	16	24.000	02:38:42	6:36	9.07	00:11:15	7:29	8.00
17	25.500	02:52:03	6:44	8.89	00:13:21	8:53	6.75	18	27.000	03:04:04	6:49	8.80	00:12:01	8:00	7.49
19	28.500	03:17:38	6:56	8.65	00:13:34	9:02	6.63	20	30.000	03:29:18	6:58	8.60	00:11:41	7:46	7.71
21	31.500	03:43:00	7:04	8.48	00:13:42	9:08	6.57	22	33.000	03:55:50	7:08	8.40	00:12:50	8:33	7.02
23	34.500	04:09:49	7:14	8.29	00:14:00	9:19	6.43	24	36.000	04:22:50	7:18	8.22	00:13:01	8:40	6.92
25	37.500	04:37:34	7:24	8.11	00:14:45	9:49	6.11	26	39.000	04:51:05	7:27	8.04	00:13:31	9:00	6.66
27	40.500	05:05:33	7:32	7.95	00:14:28	9:38	6.22	28	42.000	05:18:28	7:34	7.91	00:12:56	8:36	6.96
29	43.500	05:31:52	7:37	7.86	00:13:25	8:56	6.71	30	45.000	05:50:21	7:47	7.71	00:18:29	12:18	4.87
31	46.500	05:59:26	7:43	7.76	00:09:06	6:03	9.90								

55	72	Sten Solfeld			NOR	Il i BUL			03:43:22	31	46.500				
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	00:08:21	5:33	10.78	00:08:21	5:33	10.78	2	3.000	00:16:18	5:25	11.05	00:07:57	5:17	11.33
3	4.500	00:23:55	5:18	11.29	00:07:38	5:04	11.81	4	6.000	00:31:21	5:13	11.48	00:07:27	4:57	12.10
5	7.500	00:39:07	5:12	11.50	00:07:47	5:10	11.58	6	9.000	00:46:37	5:10	11.58	00:07:31	5:00	12.00
7	10.500	00:53:05	5:03	11.87	00:06:28	4:18	13.92	8	12.000	00:59:53	4:59	12.03	00:06:48	4:31	13.25
9	13.500	01:06:44	4:56	12.14	00:06:52	4:34	13.13	10	15.000	01:13:46	4:55	12.20	00:07:02	4:41	12.80
11	16.500	01:20:44	4:53	12.26	00:06:58	4:38	12.94	12	18.000	01:27:54	4:53	12.29	00:07:11	4:47	12.53
13	19.500	01:34:48	4:51	12.34	00:06:54	4:35	13.05	14	21.000	01:42:03	4:51	12.35	00:07:15	4:50	12.41
15	22.500	01:49:15	4:51	12.36	00:07:12	4:47	12.50	16	24.000	01:55:33	4:48	12.46	00:06:19	4:12	14.28
17	25.500	02:02:31	4:48	12.49	00:06:58	4:38	12.92	18	27.000	02:09:48	4:48	12.48	00:07:17	4:51	12.37
19	28.500	02:17:01	4:48	12.48	00:07:14	4:48	12.46	20	30.000	02:24:36	4:49	12.45	00:07:35	5:03	11.87
21	31.500	02:31:46	4:49	12.45	00:07:10	4:46	12.58	22	33.000	02:39:05	4:49	12.45	00:07:20	4:52	12.29
23	34.500	02:46:34	4:49	12.43	00:07:29	4:59	12.03	24	36.000	02:54:00	4:49	12.41	00:07:27	4:57	12.10
25	37.500	03:01:15	4:49	12.41	00:07:16	4:50	12.40	26	39.000	03:08:42	4:50	12.40	00:07:27	4:58	12.08
27	40.500	03:15:42	4:49	12.42	00:07:01	4:40	12.86	28	42.000	03:22:45	4:49	12.43	00:07:04	4:42	12.76
29	43.500	03:30:08	4:49	12.42	00:07:23	4:55	12.20	30	45.000	03:36:59	4:49	12.44	00:06:51	4:34	13.14
31	46.500	03:43:22	4:48	12.49	00:06:23	4:15	14.12								

56			12			Jan Myhrvold			NOR			Oslofjord Triatlon			05:50:21			30			46.430		
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	00:10:42	7:07	8.42	00:10:42	7:07	8.42	2	3.000	00:20:57	6:58	8.59	00:10:16	6:50	8.77								
3	4.500	00:31:18	6:57	8.63	00:10:21	6:53	8.70	4	6.000	00:41:23	6:53	8.70	00:10:06	6:43	8.92								
5	7.500	00:51:23	6:51	8.76	00:10:00	6:40	9.00	6	9.000	01:01:34	6:50	8.77	00:10:11	6:47	8.84								
7	10.500	01:11:28	6:48	8.82	00:09:54	6:35	9.09	8	12.000	01:21:44	6:48	8.81	00:10:17	6:50	8.76								
9	13.500	01:31:56	6:48	8.81	00:10:12	6:47	8.83	10	15.000	01:41:57	6:47	8.83	00:10:01	6:40	8.99								
11	16.500	01:51:54	6:46	8.85	00:09:58	6:38	9.04	12	18.000	02:01:59	6:46	8.85	00:10:05	6:43	8.93								
13	19.500	02:11:58	6:46	8.87	00:09:59	6:39	9.02	14	21.000	02:22:16	6:46	8.86	00:10:19	6:52	8.74								
15	22.500	02:32:37	6:46	8.85	00:10:22	6:54	8.69	16	24.000	02:43:28	6:48	8.81	00:10:51	7:13	8.30								
17	25.500	02:53:32	6:48	8.82	00:10:05	6:42	8.94	18	27.000	03:03:42	6:48	8.82	00:10:11	6:46	8.85								
19	28.500	03:13:50	6:48	8.82	00:10:08	6:44	8.89	20	30.000	03:24:53	6:49	8.79	00:11:04	7:22	8.14								
21	31.500	03:36:25	6:52	8.73	00:11:32	7:41	7.80	22	33.000	03:47:53	6:54	8.69	00:11:28	7:38	7.86								
23	34.500	04:02:00	7:00	8.55	00:14:08	9:24	6.38	24	36.000	04:13:43	7:02	8.51	00:11:44	7:48	7.68								
25	37.500	04:27:59	7:08	8.40	00:14:17	9:31	6.30	26	39.000	04:42:02	7:13	8.30	00:14:03	9:21	6.41								
27	40.500	05:02:22	7:27	8.04	00:20:20	13:33	4.43	28	42.000	05:18:17	7:34	7.92	00:15:55	10:36	5.66								
29	43.500	05:33:31	7:40	7.83	00:15:14	10:09	5.91	30	45.000	05:50:21	7:47	7.71	00:16:51	11:13	5.35								

57			38			K-G Nyström			SWE			Vi Som Springer			05:56:23			30			45.491		
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	00:10:33	7:01	8.54	00:10:33	7:01	8.54	2	3.000	00:21:21	7:06	8.43	00:10:49	7:12	8.33								
3	4.500	00:32:18	7:10	8.36	00:10:57	7:17	8.23	4	6.000	00:43:12	7:12	8.33	00:10:55	7:16	8.25								
5	7.500	00:53:08	7:05	8.47	00:09:56	6:37	9.06	6	9.000	01:04:06	7:07	8.43	00:10:58	7:18	8.21								
7	10.500	01:14:43	7:06	8.43	00:10:38	7:04	8.48	8	12.000	01:24:57	7:04	8.48	00:10:14	6:49	8.80								
9	13.500	01:35:13	7:03	8.51	00:10:17	6:51	8.75	10	15.000	01:45:30	7:01	8.53	00:10:17	6:50	8.76								
11	16.500	01:55:47	7:01	8.55	00:10:18	6:51	8.74	12	18.000	02:06:42	7:02	8.52	00:10:55	7:16	8.25								
13	19.500	02:17:57	7:04	8.48	00:11:16	7:30	8.00	14	21.000	02:28:57	7:05	8.46	00:11:00	7:19	8.18								
15	22.500	02:40:25	7:07	8.42	00:11:29	7:38	7.85	16	24.000	02:51:25	7:08	8.40	00:11:01	7:20	8.18								
17	25.500	03:03:03	7:10	8.36	00:11:38	7:45	7.74	18	27.000	03:15:24	7:14	8.29	00:12:21	8:13	7.29								
19	28.500	03:28:22	7:18	8.21	00:12:59	8:38	6.94	20	30.000	03:42:54	7:25	8.08	00:14:33	9:41	6.19								
21	31.500	03:57:43	7:32	7.95	00:14:49	9:52	6.08	22	33.000	04:11:48	7:37	7.86	00:14:06	9:23	6.39								
23	34.500	04:24:16	7:39	7.83	00:12:28	8:18	7.22	24	36.000	04:37:45	7:42	7.78	00:13:30	8:59	6.67								
25	37.500	04:51:01	7:45	7.73	00:13:16	8:50	6.79	26	39.000	05:04:30	7:48	7.69	00:13:29	8:59	6.68								
27	40.500	05:17:02	7:49	7.66	00:12:33	8:21	7.17	28	42.000	05:30:27	7:52	7.63	00:13:25	8:56	6.71								
29	43.500	05:43:53	7:54	7.59	00:13:26	8:56	6.71	30	45.000	05:56:23	7:55	7.58	00:12:31	8:20	7.20								

58 26 Egil Skarpsno			NOR Ren-Eng						03:12:54			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	00:06:11	4:06	14.58	00:06:11	4:06	14.58	2	3.000	00:12:16	4:05	14.69	00:06:06	4:03	14.79
3	4.500	00:18:16	4:03	14.79	00:06:00	3:59	15.00	4	6.000	00:24:20	4:03	14.80	00:06:04	4:02	14.84
5	7.500	00:30:20	4:02	14.84	00:06:01	4:00	14.98	6	9.000	00:36:23	4:02	14.85	00:06:03	4:01	14.89
7	10.500	00:42:28	4:02	14.84	00:06:06	4:03	14.76	8	12.000	00:48:33	4:02	14.83	00:06:05	4:03	14.81
9	13.500	00:54:37	4:02	14.83	00:06:04	4:02	14.84	10	15.000	01:00:39	4:02	14.84	00:06:02	4:01	14.93
11	16.500	01:06:38	4:02	14.86	00:06:00	3:59	15.02	12	18.000	01:12:46	4:02	14.84	00:06:08	4:05	14.68
13	19.500	01:18:53	4:02	14.83	00:06:08	4:04	14.71	14	21.000	01:24:54	4:02	14.84	00:06:01	4:00	14.96
15	22.500	01:31:00	4:02	14.84	00:06:06	4:03	14.76	16	24.000	01:37:06	4:02	14.83	00:06:07	4:04	14.73
17	25.500	01:43:15	4:02	14.82	00:06:09	4:05	14.67	18	27.000	01:49:26	4:03	14.80	00:06:12	4:07	14.53
19	28.500	01:55:41	4:03	14.78	00:06:15	4:09	14.43	20	30.000	02:02:02	4:04	14.75	00:06:22	4:14	14.17
21	31.500	02:08:34	4:04	14.70	00:06:33	4:21	13.76	22	33.000	02:15:06	4:05	14.66	00:06:32	4:20	13.80
23	34.500	02:21:42	4:06	14.61	00:06:37	4:24	13.61	24	36.000	02:28:16	4:07	14.57	00:06:34	4:22	13.72
25	37.500	02:34:42	4:07	14.54	00:06:27	4:17	13.98	26	39.000	02:41:10	4:07	14.52	00:06:28	4:18	13.92
27	40.500	02:47:41	4:08	14.49	00:06:31	4:20	13.83	28	42.000	02:54:08	4:08	14.47	00:06:28	4:18	13.94
29	43.500	03:02:38	4:11	14.29	00:08:30	5:39	10.59	30	45.000	03:12:54	4:17	14.00	00:10:17	6:50	8.76

59 34 Tormod Snekkerhaugen			NOR Eidsvold Værk Skiklubb						05:08:30			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	00:08:27	5:37	10.67	00:08:27	5:37	10.67	2	3.000	00:17:01	5:40	10.58	00:08:35	5:43	10.49
3	4.500	00:25:34	5:40	10.56	00:08:33	5:41	10.54	4	6.000	00:34:26	5:44	10.46	00:08:52	5:54	10.15
5	7.500	00:43:41	5:49	10.31	00:09:15	6:09	9.74	6	9.000	00:52:51	5:52	10.22	00:09:11	6:06	9.82
7	10.500	01:03:12	6:01	9.97	00:10:22	6:54	8.69	8	12.000	01:12:30	6:02	9.93	00:09:18	6:11	9.69
9	13.500	01:21:52	6:03	9.90	00:09:23	6:14	9.61	10	15.000	01:32:24	6:09	9.74	00:10:33	7:01	8.53
11	16.500	01:41:42	6:09	9.74	00:09:18	6:11	9.69	12	18.000	01:51:02	6:10	9.73	00:09:20	6:13	9.65
13	19.500	02:00:57	6:12	9.67	00:09:56	6:37	9.07	14	21.000	02:10:16	6:12	9.67	00:09:19	6:12	9.67
15	22.500	02:19:30	6:11	9.68	00:09:14	6:09	9.75	16	24.000	02:30:17	6:15	9.58	00:10:48	7:11	8.35
17	25.500	02:39:37	6:15	9.59	00:09:21	6:13	9.64	18	27.000	02:50:36	6:19	9.50	00:11:00	7:19	8.19
19	28.500	03:01:06	6:21	9.44	00:10:31	7:00	8.57	20	30.000	03:10:47	6:21	9.44	00:09:41	6:27	9.30
21	31.500	03:21:17	6:23	9.39	00:10:31	7:00	8.57	22	33.000	03:31:34	6:24	9.36	00:10:17	6:51	8.76
23	34.500	03:42:32	6:26	9.30	00:10:58	7:18	8.21	24	36.000	03:53:50	6:29	9.24	00:11:19	7:32	7.96
25	37.500	04:04:20	6:30	9.21	00:10:30	6:59	8.57	26	39.000	04:15:31	6:33	9.16	00:11:12	7:27	8.05
27	40.500	04:26:27	6:34	9.12	00:10:56	7:17	8.23	28	42.000	04:37:55	6:37	9.07	00:11:29	7:38	7.84
29	43.500	04:50:06	6:40	9.00	00:12:11	8:07	7.39	30	45.000	05:08:30	6:51	8.75	00:18:25	12:16	4.89

60		60		Henrik Aasbø					NOR					Rindals-Troll					04:12:14		29		43.695	
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	00:08:31	5:40	10.59	00:08:31	5:40	10.59	2	3.000	00:17:17	5:45	10.42	00:08:47	5:50	10.26									
3	4.500	00:26:04	5:47	10.36	00:08:48	5:51	10.24	4	6.000	00:34:53	5:48	10.32	00:08:49	5:52	10.21									
5	7.500	00:43:21	5:46	10.38	00:08:28	5:38	10.63	6	9.000	00:51:46	5:45	10.43	00:08:26	5:36	10.69									
7	10.500	00:59:57	5:42	10.51	00:08:11	5:26	11.01	8	12.000	01:08:19	5:41	10.54	00:08:22	5:34	10.76									
9	13.500	01:16:37	5:40	10.57	00:08:19	5:32	10.83	10	15.000	01:24:52	5:39	10.61	00:08:15	5:29	10.92									
11	16.500	01:33:07	5:38	10.63	00:08:16	5:30	10.91	12	18.000	01:41:25	5:38	10.65	00:08:19	5:32	10.82									
13	19.500	01:49:37	5:37	10.67	00:08:12	5:27	10.98	14	21.000	01:58:00	5:37	10.68	00:08:23	5:34	10.75									
15	22.500	02:06:42	5:37	10.66	00:08:43	5:48	10.33	16	24.000	02:15:00	5:37	10.67	00:08:18	5:31	10.85									
17	25.500	02:23:15	5:37	10.68	00:08:15	5:29	10.91	18	27.000	02:31:41	5:37	10.68	00:08:26	5:37	10.68									
19	28.500	02:40:19	5:37	10.67	00:08:39	5:45	10.42	20	30.000	02:48:37	5:37	10.68	00:08:18	5:31	10.85									
21	31.500	02:56:49	5:36	10.69	00:08:13	5:28	10.97	22	33.000	03:06:15	5:38	10.63	00:09:26	6:17	9.54									
23	34.500	03:14:49	5:38	10.63	00:08:34	5:42	10.51	24	36.000	03:24:49	5:41	10.55	00:10:01	6:40	9.00									
25	37.500	03:33:34	5:41	10.54	00:08:45	5:49	10.29	26	39.000	03:43:23	5:43	10.48	00:09:49	6:32	9.18									
27	40.500	03:52:14	5:44	10.46	00:08:52	5:54	10.17	28	42.000	04:02:36	5:46	10.39	00:10:23	6:54	8.68									
29	43.500	04:12:14	5:47	10.35	00:09:38	6:25	9.34																	

61		86		Jørgen El-Fakiri					NOR					03:33:30		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	00:07:07	4:44	12.67	00:07:07	4:44	12.67	2	3.000	00:14:19	4:46	12.57	00:07:13	4:48	12.48				
3	4.500	00:21:39	4:48	12.48	00:07:20	4:52	12.29	4	6.000	00:28:56	4:49	12.44	00:07:18	4:51	12.34				
5	7.500	00:35:55	4:47	12.53	00:07:00	4:39	12.89	6	9.000	00:42:51	4:45	12.60	00:06:56	4:37	12.99				
7	10.500	00:50:02	4:45	12.59	00:07:11	4:47	12.54	8	12.000	00:57:00	4:44	12.63	00:06:59	4:38	12.91				
9	13.500	01:03:59	4:44	12.66	00:06:59	4:39	12.89	10	15.000	01:10:53	4:43	12.70	00:06:55	4:36	13.03				
11	16.500	01:17:49	4:42	12.72	00:06:56	4:37	12.99	12	18.000	01:24:50	4:42	12.73	00:07:02	4:40	12.82				
13	19.500	01:31:42	4:42	12.76	00:06:52	4:34	13.12	14	21.000	01:38:37	4:41	12.78	00:06:56	4:36	13.00				
15	22.500	01:45:28	4:41	12.80	00:06:51	4:33	13.16	16	24.000	01:52:21	4:40	12.82	00:06:54	4:35	13.07				
17	25.500	01:59:18	4:40	12.83	00:06:58	4:38	12.94	18	27.000	02:06:17	4:40	12.83	00:06:59	4:38	12.91				
19	28.500	02:13:08	4:40	12.84	00:06:52	4:34	13.12	20	30.000	02:19:45	4:39	12.88	00:06:37	4:24	13.60				
21	31.500	02:26:52	4:39	12.87	00:07:07	4:44	12.65	22	33.000	02:33:59	4:39	12.86	00:07:07	4:44	12.66				
23	34.500	02:40:56	4:39	12.86	00:06:57	4:37	12.96	24	36.000	02:48:06	4:40	12.85	00:07:11	4:46	12.55				
25	37.500	02:55:37	4:40	12.81	00:07:31	5:00	11.98	26	39.000	03:03:11	4:41	12.77	00:07:35	5:02	11.89				
27	40.500	03:10:44	4:42	12.74	00:07:34	5:02	11.91	28	42.000	03:18:06	4:42	12.72	00:07:22	4:54	12.23				
29	43.500	03:33:30	4:54	12.22	00:15:25	10:16	5.84												



62	55	Tommy Englund			SWE	OK Grane	04:16:12	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	00:08:14	5:28	10.95	00:08:14	5:28	10.95	2	3.000	00:16:06	5:21	11.19	00:07:52	5:14	11.44
3	4.500	00:23:52	5:18	11.32	00:07:47	5:10	11.58	4	6.000	00:31:51	5:18	11.31	00:07:59	5:19	11.28
5	7.500	00:39:39	5:17	11.35	00:07:49	5:12	11.53	6	9.000	00:48:03	5:20	11.24	00:08:25	5:36	10.70
7	10.500	00:55:58	5:19	11.26	00:07:56	5:16	11.37	8	12.000	01:04:11	5:20	11.22	00:08:13	5:28	10.96
9	13.500	01:12:00	5:20	11.25	00:07:50	5:12	11.50	10	15.000	01:19:52	5:19	11.27	00:07:52	5:14	11.44
11	16.500	01:27:51	5:19	11.27	00:07:59	5:19	11.27	12	18.000	01:36:49	5:22	11.16	00:08:58	5:58	10.04
13	19.500	01:44:37	5:21	11.18	00:07:48	5:11	11.54	14	21.000	01:52:41	5:21	11.18	00:08:05	5:22	11.15
15	22.500	02:00:59	5:22	11.16	00:08:19	5:32	10.84	16	24.000	02:09:07	5:22	11.15	00:08:08	5:24	11.08
17	25.500	02:18:26	5:25	11.05	00:09:20	6:13	9.65	18	27.000	02:26:35	5:25	11.05	00:08:09	5:25	11.06
19	28.500	02:35:21	5:27	11.01	00:08:47	5:50	10.26	20	30.000	02:43:42	5:27	11.00	00:08:21	5:33	10.79
21	31.500	02:52:44	5:28	10.94	00:09:03	6:01	9.96	22	33.000	03:01:55	5:30	10.88	00:09:12	6:07	9.79
23	34.500	03:11:22	5:32	10.82	00:09:28	6:18	9.52	24	36.000	03:20:38	5:34	10.77	00:09:16	6:10	9.73
25	37.500	03:30:23	5:36	10.70	00:09:46	6:30	9.23	26	39.000	03:40:16	5:38	10.62	00:09:54	6:35	9.10
27	40.500	03:49:44	5:40	10.58	00:09:28	6:18	9.51	28	42.000	03:58:50	5:41	10.55	00:09:07	6:04	9.89
29	43.500	04:16:12	5:53	10.19	00:17:23	11:34	5.18								

63	71	Henrik Hallkvist			SWE	Järfälla	05:18:17	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	00:08:40	5:46	10.39	00:08:40	5:46	10.39	2	3.000	00:17:25	5:48	10.34	00:08:46	5:50	10.28
3	4.500	00:26:22	5:51	10.25	00:08:57	5:57	10.07	4	6.000	00:36:10	6:01	9.96	00:09:49	6:32	9.18
5	7.500	00:45:26	6:03	9.91	00:09:16	6:10	9.71	6	9.000	00:54:52	6:05	9.84	00:09:26	6:17	9.54
7	10.500	01:04:37	6:09	9.75	00:09:45	6:30	9.23	8	12.000	01:14:45	6:13	9.63	00:10:09	6:45	8.88
9	13.500	01:24:18	6:14	9.61	00:09:34	6:22	9.42	10	15.000	01:32:18	6:09	9.75	00:08:00	5:19	11.26
11	16.500	01:41:48	6:10	9.73	00:09:31	6:20	9.47	12	18.000	01:53:01	6:16	9.56	00:11:13	7:28	8.03
13	19.500	02:04:49	6:24	9.37	00:11:49	7:52	7.63	14	21.000	02:14:31	6:24	9.37	00:09:43	6:28	9.27
15	22.500	02:25:45	6:28	9.26	00:11:15	7:29	8.01	16	24.000	02:35:49	6:29	9.24	00:10:05	6:42	8.94
17	25.500	02:55:24	6:52	8.72	00:19:36	13:03	4.60	18	27.000	03:06:38	6:54	8.68	00:11:15	7:29	8.01
19	28.500	03:17:20	6:55	8.67	00:10:42	7:07	8.41	20	30.000	03:32:03	7:04	8.49	00:14:43	9:48	6.12
21	31.500	03:44:23	7:07	8.42	00:12:20	8:13	7.30	22	33.000	03:56:43	7:10	8.36	00:12:21	8:13	7.30
23	34.500	04:08:02	7:11	8.35	00:11:20	7:32	7.95	24	36.000	04:18:49	7:11	8.35	00:10:47	7:11	8.35
25	37.500	04:32:58	7:16	8.24	00:14:09	9:25	6.36	26	39.000	04:43:48	7:16	8.25	00:10:51	7:13	8.30
27	40.500	04:55:19	7:17	8.23	00:11:31	7:40	7.82	28	42.000	05:08:52	7:21	8.16	00:13:33	9:01	6.64
29	43.500	05:18:17	7:18	8.20	00:09:26	6:16	9.56								

64		58		Øistein Ackenhausen				NOR		COOP B.I.L.		05:52:57		28		42.566	
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	00:10:04	6:42	8.95	00:10:04	6:42	8.95	2	3.000	00:22:49	7:36	7.89	00:12:46	8:30	7.06		
3	4.500	00:35:25	7:52	7.63	00:12:36	8:23	7.15	4	6.000	00:45:53	7:38	7.85	00:10:29	6:58	8.60		
5	7.500	00:56:42	7:33	7.94	00:10:50	7:12	8.32	6	9.000	01:07:44	7:31	7.97	00:11:03	7:21	8.16		
7	10.500	01:18:45	7:29	8.00	00:11:01	7:20	8.18	8	12.000	01:29:34	7:27	8.04	00:10:50	7:12	8.32		
9	13.500	01:40:50	7:28	8.03	00:11:16	7:30	7.99	10	15.000	01:51:43	7:26	8.06	00:10:54	7:15	8.26		
11	16.500	02:02:59	7:27	8.05	00:11:16	7:30	7.99	12	18.000	02:14:31	7:28	8.03	00:11:32	7:40	7.81		
13	19.500	02:26:04	7:29	8.01	00:11:34	7:42	7.79	14	21.000	02:37:28	7:29	8.00	00:11:25	7:36	7.89		
15	22.500	02:49:30	7:31	7.96	00:12:02	8:01	7.48	16	24.000	03:03:12	7:37	7.86	00:13:42	9:07	6.57		
17	25.500	03:16:12	7:41	7.80	00:13:00	8:39	6.92	18	27.000	03:29:45	7:46	7.72	00:13:33	9:02	6.64		
19	28.500	03:44:01	7:51	7.63	00:14:16	9:30	6.31	20	30.000	03:58:11	7:56	7.56	00:14:10	9:26	6.36		
21	31.500	04:11:20	7:58	7.52	00:13:10	8:46	6.84	22	33.000	04:25:01	8:01	7.47	00:13:41	9:07	6.58		
23	34.500	04:38:55	8:05	7.42	00:13:54	9:15	6.48	24	36.000	04:53:38	8:09	7.36	00:14:43	9:48	6.12		
25	37.500	05:08:39	8:13	7.29	00:15:02	10:00	5.99	26	39.000	05:23:45	8:18	7.23	00:15:06	10:03	5.96		
27	40.500	05:38:34	8:21	7.18	00:14:50	9:52	6.07	28	42.000	05:52:57	8:24	7.14	00:14:24	9:35	6.25		

65		69		Ståle Danielsen				NOR		BFG Fana		03:11:35		28		42.195	
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	00:06:44	4:29	13.38	00:06:44	4:29	13.38	2	3.000	00:13:26	4:28	13.40	00:06:43	4:28	13.42		
3	4.500	00:20:13	4:29	13.36	00:06:47	4:30	13.29	4	6.000	00:26:59	4:29	13.34	00:06:47	4:31	13.28		
5	7.500	00:33:42	4:29	13.35	00:06:43	4:28	13.40	6	9.000	00:40:13	4:28	13.43	00:06:32	4:20	13.81		
7	10.500	00:46:46	4:27	13.47	00:06:33	4:21	13.76	8	12.000	00:53:19	4:26	13.51	00:06:34	4:22	13.72		
9	13.500	00:59:59	4:26	13.51	00:06:40	4:26	13.51	10	15.000	01:06:46	4:27	13.48	00:06:47	4:31	13.28		
11	16.500	01:13:26	4:27	13.48	00:06:41	4:26	13.48	12	18.000	01:20:12	4:27	13.47	00:06:47	4:30	13.30		
13	19.500	01:26:51	4:27	13.47	00:06:40	4:26	13.53	14	21.000	01:33:33	4:27	13.47	00:06:42	4:27	13.45		
15	22.500	01:40:49	4:28	13.39	00:07:16	4:50	12.39	16	24.000	01:47:35	4:28	13.39	00:06:46	4:30	13.31		
17	25.500	01:54:20	4:29	13.38	00:06:46	4:30	13.32	18	27.000	02:01:09	4:29	13.37	00:06:49	4:32	13.21		
19	28.500	02:07:59	4:29	13.36	00:06:51	4:33	13.15	20	30.000	02:14:41	4:29	13.37	00:06:42	4:27	13.45		
21	31.500	02:21:29	4:29	13.36	00:06:49	4:32	13.21	22	33.000	02:28:30	4:29	13.33	00:07:01	4:40	12.85		
23	34.500	02:35:30	4:30	13.31	00:07:01	4:40	12.86	24	36.000	02:42:38	4:31	13.28	00:07:09	4:45	12.60		
25	37.500	02:49:45	4:31	13.26	00:07:07	4:44	12.66	26	39.000	02:57:01	4:32	13.22	00:07:17	4:50	12.38		
27	40.500	03:04:26	4:33	13.18	00:07:25	4:56	12.15	28	42.000	03:11:35	4:33	13.15	00:07:09	4:45	12.59		

66		85		Anders Hansen				NOR				03:25:52		28		42.195	
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	00:07:20	4:53	12.29	00:07:20	4:53	12.29	2	3.000	00:14:38	4:52	12.30	00:07:19	4:52	12.32		
3	4.500	00:21:49	4:50	12.38	00:07:11	4:47	12.54	4	6.000	00:29:02	4:50	12.41	00:07:13	4:48	12.48		
5	7.500	00:36:09	4:49	12.45	00:07:07	4:44	12.65	6	9.000	00:43:29	4:49	12.42	00:07:21	4:53	12.25		
7	10.500	00:50:38	4:49	12.44	00:07:10	4:46	12.58	8	12.000	00:57:58	4:49	12.42	00:07:20	4:52	12.30		
9	13.500	01:05:06	4:49	12.44	00:07:09	4:45	12.60	10	15.000	01:12:27	4:49	12.42	00:07:22	4:54	12.23		
11	16.500	01:19:42	4:49	12.42	00:07:15	4:49	12.42	12	18.000	01:27:00	4:50	12.41	00:07:19	4:52	12.32		
13	19.500	01:34:09	4:49	12.43	00:07:09	4:45	12.61	14	21.000	01:41:33	4:50	12.41	00:07:25	4:56	12.16		
15	22.500	01:49:04	4:50	12.38	00:07:31	5:00	11.97	16	24.000	01:56:31	4:51	12.36	00:07:27	4:57	12.09		
17	25.500	02:03:53	4:51	12.35	00:07:23	4:55	12.20	18	27.000	02:11:24	4:51	12.33	00:07:31	5:00	11.98		
19	28.500	02:18:57	4:52	12.31	00:07:34	5:02	11.92	20	30.000	02:26:07	4:52	12.32	00:07:10	4:46	12.57		
21	31.500	02:33:17	4:51	12.33	00:07:10	4:46	12.56	22	33.000	02:40:37	4:52	12.33	00:07:21	4:53	12.27		
23	34.500	02:48:12	4:52	12.31	00:07:36	5:03	11.86	24	36.000	02:55:44	4:52	12.29	00:07:32	5:01	11.95		
25	37.500	03:03:21	4:53	12.27	00:07:37	5:04	11.82	26	39.000	03:10:53	4:53	12.26	00:07:32	5:01	11.96		
27	40.500	03:18:25	4:53	12.25	00:07:33	5:01	11.94	28	42.000	03:25:52	4:54	12.24	00:07:27	4:57	12.09		

67		84		Bjørn Terje Hass				NOR				03:44:03		28		42.195	
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	00:07:20	4:53	12.28	00:07:20	4:53	12.28	2	3.000	00:14:38	4:52	12.31	00:07:18	4:51	12.35		
3	4.500	00:21:49	4:50	12.38	00:07:12	4:47	12.53	4	6.000	00:28:59	4:49	12.42	00:07:11	4:47	12.54		
5	7.500	00:36:08	4:49	12.45	00:07:10	4:46	12.58	6	9.000	00:43:28	4:49	12.42	00:07:20	4:53	12.28		
7	10.500	00:50:39	4:49	12.44	00:07:11	4:46	12.55	8	12.000	00:57:55	4:49	12.43	00:07:17	4:51	12.36		
9	13.500	01:05:06	4:49	12.44	00:07:11	4:47	12.54	10	15.000	01:12:25	4:49	12.43	00:07:20	4:52	12.29		
11	16.500	01:19:43	4:49	12.42	00:07:18	4:51	12.35	12	18.000	01:26:58	4:49	12.42	00:07:16	4:50	12.39		
13	19.500	01:34:09	4:49	12.43	00:07:11	4:47	12.53	14	21.000	01:41:30	4:49	12.41	00:07:21	4:53	12.25		
15	22.500	01:49:04	4:50	12.38	00:07:35	5:02	11.89	16	24.000	01:56:27	4:51	12.37	00:07:24	4:55	12.18		
17	25.500	02:03:53	4:51	12.35	00:07:26	4:56	12.13	18	27.000	02:11:23	4:51	12.33	00:07:31	5:00	11.99		
19	28.500	02:18:55	4:52	12.31	00:07:33	5:01	11.94	20	30.000	02:26:37	4:53	12.28	00:07:42	5:07	11.70		
21	31.500	02:35:05	4:55	12.19	00:08:29	5:38	10.62	22	33.000	02:44:16	4:58	12.05	00:09:11	6:07	9.81		
23	34.500	02:52:52	5:00	11.98	00:08:36	5:43	10.47	24	36.000	03:02:18	5:03	11.85	00:09:27	6:17	9.54		
25	37.500	03:12:27	5:07	11.69	00:10:10	6:46	8.86	26	39.000	03:22:25	5:11	11.56	00:09:59	6:38	9.03		
27	40.500	03:33:14	5:15	11.40	00:10:49	7:12	8.32	28	42.000	03:44:03	5:20	11.25	00:10:49	7:12	8.32		

68 63 Johan Lindberg SWE Nordea Life & Pensions 04:15:56 28 42.195

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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	5:20	11.22	00:08:02	5:20	11.22	2	3.000	00:16:14	5:24	11.10	00:08:12	5:27	10.98
3	4.500	00:24:36	5:27	10.98	00:08:23	5:35	10.75	4	6.000	00:32:51	5:28	10.96	00:08:15	5:29	10.91
5	7.500	00:41:00	5:27	10.98	00:08:09	5:25	11.05	6	9.000	00:49:25	5:29	10.93	00:08:26	5:36	10.69
7	10.500	00:57:31	5:28	10.95	00:08:07	5:24	11.10	8	12.000	01:05:34	5:27	10.98	00:08:03	5:21	11.19
9	13.500	01:13:49	5:28	10.97	00:08:16	5:30	10.89	10	15.000	01:22:24	5:29	10.92	00:08:35	5:42	10.50
11	16.500	01:31:19	5:32	10.84	00:08:55	5:56	10.09	12	18.000	01:39:56	5:33	10.81	00:08:37	5:44	10.44
13	19.500	01:48:52	5:34	10.75	00:08:57	5:57	10.07	14	21.000	01:57:31	5:35	10.72	00:08:40	5:46	10.40
15	22.500	02:06:13	5:36	10.70	00:08:42	5:47	10.35	16	24.000	02:15:02	5:37	10.67	00:08:49	5:52	10.21
17	25.500	02:25:03	5:41	10.55	00:10:02	6:40	8.98	18	27.000	02:34:16	5:42	10.50	00:09:14	6:09	9.76
19	28.500	02:45:07	5:47	10.36	00:10:52	7:14	8.29	20	30.000	02:56:07	5:52	10.22	00:11:00	7:19	8.18
21	31.500	03:05:41	5:53	10.18	00:09:34	6:22	9.42	22	33.000	03:16:04	5:56	10.10	00:10:24	6:55	8.66
23	34.500	03:26:48	5:59	10.01	00:10:44	7:09	8.39	24	36.000	03:36:35	6:00	9.97	00:09:48	6:31	9.20
25	37.500	03:46:24	6:02	9.94	00:09:49	6:32	9.17	26	39.000	03:56:30	6:03	9.89	00:10:06	6:43	8.92
27	40.500	04:07:16	6:06	9.83	00:10:47	7:11	8.35	28	42.000	04:15:56	6:05	9.85	00:08:40	5:46	10.39

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