



## K Senior

Startnr	Navn	Klubb / Team	Tid	Diff	Langrenn Netto	Diff	Langrenn Inkl SR	Tid Straffer.	S1	S2	S3	S4	Standplass Totalt	Born
531	Åsne Skrede	Geilo IL	22:36.8	0:00.0	19:44		20:32	47	1:06	57			2:04	(0+1)
552	Hedda Thoresen Tretteteig Bolstad	Simostrand IL / NTG-G	23:02.7	0:25.9	20:20	35	21:06	46	59	57			1:56	(0+1)
562	Kristina Skjevdal	Røros IL	23:11	0:35.1	20:20	35	21:12	51	1:00	58			1:59	(0+1)
509	Hanna Børve	Kvam Langrenn- og Skiskytterklubb / NTG-	23:25.6	0:48.8	20:40	56	21:28	47	58	59			1:57	(0+1)
550	Gro Njølstad Randby	Ivrig IL	23:25.9	0:49.1	20:36	51	21:25	49	59	1:00			2:00	(0+1)
557	Hilde Fosse	Voss Skiskytterlag	23:29	0:52.4	21:23	1:38	21:45	22	52	50			1:43	(0+0)
515	Marit Øygard	Skrautvål IL / Team Maxim	23:32.5	0:55.7	20:41	56	21:31	50	59	1:01			2:01	(1+0)
560	Ragnhild Femsteinevik	Hålendsdal IL	23:36	1:00.1	20:21	36	21:39	1:17	54	1:02			1:57	(0+2)
558	Marthe Kråkstad Johansen	Bossmo & Ytteren IL	23:40	1:03.2	20:29	45	21:41	1:12	1:00	57			1:58	(1+1)
530	Sigrild Bilstad Neraasen	Vingrom IL / Team Mesterbakeren	23:41.1	1:04.3	20:41	56	21:30	49	58	1:11			2:10	(0+1)
544	Ingvild Sangesland	Øvrebø IL / Trondheim Biathlon Team	23:47.3	1:10.5	20:49	1:05	21:38	49	1:06	1:02			2:08	(1+0)
537	Marte Carlson Møller	Trysilgutten IL / Team Maxim	23:55.8	1:19.0	20:21	36	21:38	1:17	1:04	1:13			2:17	(1+1)
505	Une Christiane Tronerud Kvelvane	Voss Skiskytterlag / Team Maxim	23:56.0	1:19.2	20:24	40	22:10	1:45	54	50			1:45	(1+2)
525	Malin Auganæs Bergtun	Kvam Langrenn- og Skiskytterklubb / Tronc	24:06.6	1:29.8	21:10	1:25	21:59	49	1:03	1:04			2:07	(0+1)
528	Tonje Marie Skjelstadås	Meråker Skiskytterklubb	24:10.0	1:33.2	20:42	57	22:02	1:19	1:08	59			2:07	(1+1)
554	Kristina Hipolan Bergmann	Drangedal Idrettslag - Skiskyting / Sirdal SI	24:13	1:36.2	20:25	40	22:13	1:48	1:01	58			1:59	(1+2)
517	Karoline Næss	Bjerke IL Ski	24:14.3	1:37.5	21:14	1:30	22:07	52	1:01	1:05			2:07	(0+1)
524	Hedda Lundeberg Aas	Bø Skiskytterlag / Holmenkollen Biathlon	24:15.0	1:38.2	24:15	4:30	24:15							(2+0)
506	Gunhild Viljugrein Stølen	Bærum Skiklub / Trondheim Biathlon Tear	24:15.2	1:38.4	21:21	1:37	22:15	53	1:01	58			1:59	(0+1)
529	Mari Wetterhus	Svene IL / Team Maxim	24:19.7	1:42.9	21:32	1:48	22:23	51	52	1:02			1:55	(0+1)
545	Anitra Vognild	Bjerke IL Ski / Trondheim Biathlon Team	24:24.4	1:47.6	22:03	2:18	22:26	22	59	58			1:58	(0+0)
511	Vilde Aurora Gusevik Skotland	Try, Idrettslaget / Holmenkollen Biathlon	24:25.1	1:48.3	21:38	1:53	22:30	52	56	58			1:54	(1+0)
508	Nora Dokken Berget	Svene IL / Team Kongsberg	24:30.3	1:53.5	21:55	2:10	22:18	22	1:07	1:04			2:11	(0+0)
539	Ingrid Kristine Wright-Hagen	Åsnes Skiskytterlag / Team Woodcon	24:31.7	1:54.9	21:27	1:43	22:18	50	1:08	1:04			2:13	(0+1)

EOTIMING	PUBLISHED TIME	SIGN	STATUS	PRINT TIME 01.12.2019 11.00.48	PAGE 1
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## K Senior

Startnr	Navn	Klubb / Team	Tid	Diff	Langrenn Netto	Diff	Langrenn Inkl SR	Tid Straffer.	S1	S2	S3	S4	Standplass Totalt	Born
548	Kjersti Kvistad Dengerud	Steinkjer Skiklubb / Team Maxim	24:33.8	1:57.0	21:48	2:03	22:11	23	1:19	1:02			2:22	(0+0)
523	Eivor Melbybråten	Øystre Slidre IL / NTG-G	24:43.0	2:06.2	21:06	1:21	22:25	1:19	1:07	1:10			2:17	(0+2)
533	Ida Emilie Herfoss	Drangedal Idrettslag - Skiskyting / Team M	24:44.2	2:07.4	20:46	1:02	22:35	1:48	1:10	57			2:08	(1+2)
507	Mari Torsteinsrud	Ål Skiskytterlag / NTG-G	24:50.8	2:14.0	20:57	1:13	22:44	1:47	1:05	1:00			2:05	(0+3)
512	Silje Bakken	Leik, IL / Trondheim Biathlon Team	24:59.5	2:22.7	21:09	1:24	22:24	1:15	1:19	1:15			2:34	(1+1)
536	Kristin Våga Fløttum	Skaun IL / Trondheim Biathlon Team	25:02.0	2:25.2	22:07	2:22	23:04	57	1:02	55			1:57	(0+1)
559	Sofie Rostad	Gjerdrum IL	25:06	2:29.4	21:14	1:29	23:04	1:50	1:05	56			2:01	(1+2)
549	Sara Ehrenpohl Sand	Byåsen Skiskytterlag / Trondheim Biathlon	25:06	2:29.6	21:55	2:10	22:52	56	1:11	1:02			2:14	(1+0)
516	Andrine Øverland Hatling	Fana IL / Team Maxim	25:06.9	2:30.1	21:41	1:57	23:02	1:20	1:03	1:01			2:04	(2+0)
551	Frida Tormodsgard Dokken	Svene IL / NTG-G	25:28	2:51.6	21:10	1:25	23:32	2:21	59	56			1:56	(1+3)
522	Silje Gløtheim	Røros IL / Trondheim Biathlon Team	25:29.2	2:52.4	21:49	2:04	23:10	1:20	1:13	1:05			2:19	(1+1)
502	Sara Borchgrevink	Fossum IF / Holmenkollen Biathlon	25:37.6	3:00.8	21:58	2:14	23:25	1:26	1:06	1:05			2:12	(0+2)
542	Hege Kittelsen	Idrettslaget Dyre Vaa	25:41.7	3:04.9	22:33	2:48	23:27	54	1:09	1:04			2:14	(0+1)
547	Ingvild Berlandstveit	Hålandsdal IL / Team Glalaks	25:42	3:05.6	22:04	2:19	23:29	1:24	1:05	1:07			2:13	(1+1)
518	Ingrid Nordbotten	Sandnes Skiskytterlag / Sirdal Ski	25:44.1	3:07.3	21:20	1:35	23:35	2:15	1:01	1:06			2:08	(2+2)
520	Tori Angell	Odda IL / Team Glalaks	25:44.5	3:07.7	21:25	1:41	23:20	1:54	1:10	1:13			2:23	(1+2)
501	Camilla Helene Hals	Try, Idrettslaget	25:46.2	3:09.4	21:19	1:34	23:36	2:17	1:12	57			2:09	(4+0)
556	Juni Arnekleiv	Dombås IL	25:46	3:09.9	20:35	50	23:47	3:12	1:01	57			1:58	(2+4)
521	Siri Aas	Birkenes IL / Sirdal Ski	25:48.1	3:11.3	20:28	44	23:23	2:55	1:09	1:14			2:24	(1+4)
527	Anne Marit Bredalen	Åsnes Skiskytterlag / Team Woodcon	25:51.0	3:14.2	22:23	2:38	23:46	1:23	1:04	59			2:04	(1+1)
514	Tuva Aas Stræte	Hønefoss Skiskytterklubb / NTG-G	25:56.0	3:19.2	21:27	1:42	23:52	2:25	1:04	58			2:03	(1+3)
540	Anna Maria Wikström	Trondhjems Skiskyttere / Trondheim Biathl	25:58.4	3:21.6	22:11	2:27	24:00	1:48	1:05	52			1:57	(1+2)
519	Oda Støen Kolkinn	Søndre Ål Sportsklubb / Team Woodcon	26:05.6	3:28.8	22:53	3:08	23:48	55	1:09	1:08			2:17	(0+1)
513	Dorthe Storvik Martinussen	Fossum IF / Holmenkollen Biathlon	26:28.4	3:51.6	22:46	3:01	24:13	1:27	1:07	1:07			2:14	(0+2)

EQTIMING	PUBLISHED TIME	SIGN	STATUS	PRINT TIME 01.12.2019 11.00.48	PAGE 2
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## K Senior

Startnr	Navn	Klubb / Team	Tid	Diff	Langrenn Netto	Diff	Langrenn Inkl SR	Tid Straffer.	S1	S2	S3	S4	Standplass Totalt	Born
526	Sigrid Haug Grønnerød	Ål Skiskytterlag / NTG-G	26:34.2	3:57.4	22:41	2:56	24:07	1:26	1:15	1:11			2:26	(0+2)
535	Kirsten Daae Wiig	Ullensaker Skiklubb	26:38.2	4:01.4	20:46	1:02	24:35	3:48	1:01	1:00			2:02	(5+2)
555	Siri Årsvoll Undheim	Figgjo IL / NTG-G	26:40	4:03.7	22:18	2:34	24:38	2:19	1:03	57			2:01	(3+1)
561	Lisa Bjønnnes	Oslo Skiskytterlag / NTG-G	26:44	4:07.2	26:44	6:59	26:44							(1+2)
543	Vilde Kverndal Veslegard	Ål Skiskytterlag / NTG-G	26:47	4:10.9	23:20	3:35	24:46	1:26	1:02	58			2:01	(0+2)
503	Silja Fjærestad Hønsi	Vik IL	26:51.7	4:14.9	21:45	2:00	24:39	2:54	1:07	1:04			2:12	(1+4)
553	Stina Brattgard	Ål Skiskytterlag / Team Woodcon	27:25	4:48.8	21:51	2:06	25:12	3:21	1:06	1:06			2:13	(4+2)
534	Sigrid Bredde Vig	Drammen Strong / Holmenkollen Biathlon	27:29.7	4:52.9	22:58	3:13	25:37	2:39	59	52			1:52	(2+2)
510	Mathilde Hustoft	Asker Skiklubb	27:54.6	5:17.8	25:06	5:22	25:32	25	1:14	1:08			2:22	(0+0)
532	Nora Landerud Svingen	Svene IL / Team Kongsberg	29:36.9	7:00.1	26:05	6:20	27:04	58	1:10	1:22			2:32	(0+1)
504	Sofie Bergan Bjaadal	Lier IL	31:21.6	8:44.8	27:09	7:25	28:49	1:39	1:12	1:19			2:32	(0+2)
541	Anne Bunemann De Besche	Try, Idrettslaget	32:37.4	10:00.6	29:54	10:09	30:16	21	1:16	1:04			2:21	(0+5)

EOTIMING	PUBLISHED TIME	SIGN	STATUS	PRINT TIME 01.12.2019 11.00.48	PAGE 3
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## M Senior

Startnr	Navn	Klubb / Team	Tid	Diff	Langrenn Netto	Diff	Langrenn Inkl SR	Tid Straffer.	S1	S2	S3	S4	Standplass Totalt	Born
346	Jørgen Brendengen Krogsæter	Ullensaker Skiklubb	24:30.4	0:00.0	21:59	7	22:38	39	59	52			1:52	(1+0)
396	Vebjørn Sørum	Søndre Ål Sportsklubb	24:33.7	0:03.3	22:09	18	22:51	41	53	48			1:42	(0+1)
390	Sindre Fjellheim Jorde	Asker Skiklubb	24:37.9	0:07.5	22:33	41	22:52	19	55	49			1:44	(0+0)
384	Tore Leren	Vingelen IL / Team Mesterbakeren	24:38.7	0:08.3	21:51		22:53	1:02	56	48			1:44	(0+2)
388	Martin Femsteinevik	Hålandsdal IL / Team Glalaks	24:40.6	0:10.2	22:13	22	22:56	42	51	52			1:44	(0+1)
376	Eirik Kjøll Tornes	Molde og Omegn IF / TEAM HUGAAS	24:42.8	0:12.4	22:30	38	22:49	19	59	52			1:52	(0+0)
380	Sturla Holm Lægreid	Bærums Skiklub	24:45.8	0:15.4	22:07	16	22:50	42	59	56			1:55	(0+1)
316	Sverre Dahlen Aspenes	Skatval Skilag / Team Maxim	24:45.9	0:15.5	22:21	29	23:03	41	56	46			1:42	(1+0)
398	Sivert Guttorm Bakken	Vingrom IL	24:47.7	0:17.3	22:20	29	23:00	39	51	55			1:47	(1+0)
394	Emil Nyeng	Vingrom IL / Team Mesterbakeren	24:58.9	0:28.5	21:58	6	23:21	1:23	51	45			1:37	(2+1)
310	Filip Fjeld Andersen	Geilo IL	24:59.8	0:29.4	22:06	15	23:13	1:06	54	51			1:46	(1+1)
369	Martin Nevland	Figgjo IL / Team iSandnes	25:12.8	0:42.4	22:59	1:07	23:18	19	1:02	51			1:53	(0+0)
322	Harald Øygard	Skrautvål IL / Team Maxim	25:18.9	0:48.5	23:09	1:17	23:28	19	55	55			1:50	(0+0)
328	Jørgen Solhaug Sæter	Os IL	25:30.1	0:59.7	23:02	1:11	23:43	41	1:01	45			1:46	(1+0)
334	Martin Uldal	Birkenes IL / NTG-L	25:34.4	1:04.0	23:28	1:37	23:47	18	59	48			1:47	(0+0)
326	Vetle Rype Paulsen	Lier IL	25:43.9	1:13.5	22:53	1:02	24:02	1:08	49	52			1:41	(0+2)
324	Johan-Olav Smørdal Botn	Stårheim IL / TEAM HUGAAS	25:46.8	1:16.4	22:51	1:00	23:59	1:07	1:01	45			1:47	(1+1)
358	Herman Dramdal Borge	Svene IL / Team Woodcon	25:47.3	1:16.9	22:26	35	23:58	1:31	1:00	47			1:48	(0+3)
331	Trygve Bondhus Often	Tynset IF / Team Woodcon	25:51.2	1:20.8	22:33	41	23:39	1:06	1:17	54			2:11	(2+0)
333	Endre Blikra	Trondhjems Skiskyttere / Trondheim Biathl	25:52.6	1:22.2	22:36	45	24:02	1:25	56	53			1:50	(2+1)
353	Brage Reier Groven	Drammen Strong	25:54.2	1:23.8	23:22	1:30	24:09	46	54	50			1:45	(1+0)
361	Fredrik Mack Rørvik	Målselv Skiskyttere	25:54.9	1:24.5	22:43	51	23:51	1:07	1:03	1:00			2:03	(0+2)
372	Adrian Fløttum	Sokna IL / Trondheim Biathlon Team	25:55.6	1:25.2	23:10	1:18	23:52	42	1:05	57			2:02	(0+1)
304	Dag Sander Bjørndalen	Simostrand IL	26:00.1	1:29.7	22:34	43	24:03	1:28	1:09	47			1:57	(2+1)

EQTIMING	PUBLISHED TIME	SIGN	STATUS	PRINT TIME 01.12.2019 11.00.48	PAGE 4
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## M Senior

Startnr	Navn	Klubb / Team	Tid	Diff	Langrenn Netto	Diff	Langrenn Inkl SR	Tid Straffer.	S1	S2	S3	S4	Standplass Totalt	Born
357	Fredrik Qvist Bucher-Johannessen	Try, Idrettslaget / Holmenkollen Biathlon	26:05.4	1:35.0	23:41	1:49	24:01	20	1:05	58			2:04	(0+0)
347	Ole Martin Erdal	Førde IL / Holmenkollen Biathlon	26:07.4	1:37.0	22:50	59	24:24	1:34	54	48			1:42	(2+1)
378	Lars Gunnar Skjevdal	Røros IL / Trondheim Biathlon Team	26:14.3	1:43.9	22:31	40	24:01	1:30	1:01	1:11			2:12	(0+3)
309	Even Mangset	Mjøsski / Team Woodcon	26:16.7	1:46.3	23:46	1:55	24:07	20	1:02	1:06			2:09	(0+0)
382	Øystein Ulekleiv	Dombås IL / Team Mesterbakeren	26:19.2	1:48.8	22:37	46	24:30	1:52	54	54			1:49	(0+4)
392	Truls Fjellheim Jorde	Asker Skiklubb	26:19.7	1:49.3	23:31	1:40	24:35	1:03	53	50			1:44	(1+1)
319	Karsten Storvik Martinussen	Fossum IF / Holmenkollen Biathlon	26:21.5	1:51.1	24:05	2:13	24:26	21	57	57			1:54	(0+0)
370	Hogne Findal Skar	Sannidal Idrettslag / Sirdal Ski	26:22.8	1:52.4	23:39	1:48	24:24	45	1:04	53			1:58	(0+1)
344	Thor Arild Aas	Birkenes IL / Sirdal Ski	26:24.8	1:54.4	23:44	1:52	24:30	46	55	58			1:54	(0+1)
350	Espen Uldal	Birkenes IL	26:30.3	1:59.9	23:03	1:12	24:36	1:32	58	55			1:54	(1+2)
329	Ånon Flåta	Gjerstad IL / Sirdal Ski	26:38.9	2:08.5	23:55	2:04	24:38	42	1:01	58			2:00	(1+0)
379	Anders Brekke Nilsen	IL Bevern	26:46.6	2:16.2	24:38	2:46	24:59	21	56	50			1:47	(0+0)
374	Mats Øverby	Lier IL / Team Woodcon	26:47.1	2:16.7	23:41	1:50	24:50	1:09	1:05	50			1:56	(0+2)
343	Mathias Skrede	Geilo IL / Team Geilo	26:51.9	2:21.5	26:51	5:00	26:51							(0+1)
313	Martin Lien Spjøtvold	Trondhjems Skiskyttere / Trondheim Biathlc	26:52.5	2:22.1	23:25	1:33	24:52	1:27	1:02	57			1:59	(0+3)
307	Bendik Winsvold	Lier IL / Holmenkollen Biathlon	26:56.2	2:25.8	23:51	2:00	24:59	1:08	54	1:01			1:56	(0+2)
354	Lars Aasheim Svaland	Birkenes IL / Holmenkollen Biathlon	26:57.1	2:26.7	23:00	1:09	25:01	2:00	56	58			1:55	(1+3)
359	Petter Austberg Bjørn	Alvdal IL / Team Maxim	26:58.4	2:28.0	23:39	1:47	24:47	1:08	1:08	1:02			2:10	(1+1)
393	Simen Hårstad	Rennebu IL / TEAM HUGAAS	27:00.6	2:30.2	23:30	1:39	25:06	1:35	1:00	53			1:54	(1+2)
364	Martin Bjørndalen Mathisen	Simostrand IL / Team Woodcon	27:03.1	2:32.7	23:33	1:42	25:07	1:33	1:03	51			1:55	(1+2)
336	Sverre Ryland Glomnes	Fet Skiklubb / Holmenkollen Biathlon	27:03.2	2:32.8	24:08	2:17	24:55	46	1:03	1:03			2:07	(0+1)
308	Simon Ågheim Kalkenberg	Skonseng UL / Team Polarsirkelen ski	27:04.2	2:33.8	24:12	2:20	25:21	1:09	52	50			1:42	(0+2)
360	Mathias Sørnes	Lier IL / NTG-G	27:05.8	2:35.4	24:24	2:32	25:10	46	1:02	52			1:55	(0+1)
340	Martin Øyen Tøraasen	Folldal IF / TEAM HUGAAS	27:15.7	2:45.3	23:26	1:35	24:57	1:31	1:09	1:07			2:17	(1+2)

EOTIMING	PUBLISHED TIME	SIGN	STATUS	PRINT TIME 01.12.2019 11.00.48	PAGE 5
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## M Senior

Startnr	Navn	Klubb / Team	Tid	Diff	Langrenn Netto	Diff	Langrenn Inkl SR	Tid Straffer.	S1	S2	S3	S4	Standplass Totalt	Born
338	Sindre Gjørseter	Kvam Langrenn- og Skiskytterklubb / Holm	27:23.9	2:53.5	24:21	2:29	25:29	1:08	1:00	53			1:54	(0+2)
363	Eivind Sporaland	Figgjo IL / Team iSandnes	27:28.3	2:57.9	24:44	2:53	25:30	45	1:00	56			1:57	(0+1)
315	Marius Årestrup Larsen	Vik IL / Team Glalaks	27:34.8	3:04.4	27:34	5:43	27:34							(0+0)
342	Ørjan Moseng	Røros IL / Team Maxim	27:35.2	3:04.8	24:05	2:13	25:39	1:34	57	57			1:55	(1+2)
371	Eirik Horten	Os IL / TEAM HUGAAS	27:36.6	3:06.2	24:42	2:50	25:29	47	1:08	58			2:06	(0+1)
397	Odin Garli	Sokna IL / TEAM HUGAAS	27:39.0	3:08.6	23:50	1:59	25:28	1:37	1:08	1:02			2:10	(1+2)
375	Kjerand Tronerud Kvelvane	Voss Skiskytterlag / Team Woodcon	27:46.0	3:15.6	24:18	2:26	25:26	1:08	1:15	1:03			2:19	(0+2)
367	Vegard Skrede	Hardbagg IL / TEAM HUGAAS	27:46.7	3:16.3	24:17	2:26	25:29	1:11	1:05	1:11			2:17	(0+2)
330	Sivert Bekken	Kvikne IL / TEAM HUGAAS	28:02.1	3:31.7	24:15	2:24	25:51	1:35	1:04	1:06			2:10	(1+2)
337	Magne Harborg	Røros IL	28:10.7	3:40.3	24:38	2:46	26:13	1:35	59	58			1:57	(1+2)
377	Aasmund Kjølmoen Steien	Folldal IF / Holmenkollen Biathlon	28:12.4	3:42.0	24:29	2:38	26:08	1:38	1:01	1:01			2:03	(1+2)
352	Lasse Virkesdal	Vik IL / Team Glalaks	28:14.4	3:44.0	25:26	3:34	26:14	48	1:00	59			1:59	(0+1)
332	Ole Christian Johnsrud	Bjerke IL Ski / Holmenkollen Biathlon	28:15.1	3:44.7	26:06	4:14	26:27	21	53	54			1:47	(0+0)
365	Sondre Gjesbakk	Bossmo & Ytteren IL / NTG-G	28:22.0	3:51.6	24:17	2:25	26:20	2:03	1:08	53			2:01	(2+2)
318	Christian Qvist Bucher-Johannessen	Fossum IF / Sirdal Ski	28:22.4	3:52.0	24:26	2:34	26:24	1:58	59	57			1:57	(2+2)
325	Jonas Bogen Øye	Trondhjems Skiskyttere	28:29.8		25:45	3:54	26:31	45	1:00	57			1:58	(0+1)
349	Peder Stalenget	Tretten Skiskytterlag / TEAM HUGAAS	28:29.8		25:18	3:26	26:28	1:10	1:03	57			2:01	(1+1)
327	Arild Fosse	Voss Skiskytterlag / Team Glalaks	28:34.5	4:04.1	24:40	2:48	26:46	2:06	53	54			1:48	(0+4)
355	Magnus Håkonsen	Bø Skiskytterlag / Trondheim Biathlon Tean	28:49.5	4:19.1	24:18	2:26	26:46	2:28	1:02	1:00			2:03	(3+2)
335	Jens Petter Toresen	Oslo Skiskytterlag / Holmenkollen Biathlon	29:00.4	4:30.0	25:55	4:04	27:06	1:11	1:00	53			1:53	(1+1)
351	Tobias Ottersen	Ullensaker Skiklubb / NTG-L	29:09.6	4:39.2	24:44	2:53	27:13	2:28	1:07	48			1:56	(3+2)
321	Øystein Markegård	Geilo IL / Team Geilo	29:15.7	4:45.3	25:42	3:50	27:18	1:36	58	58			1:56	(2+1)
381	Ole Tafjord Suhrke	Ivrig IL / NTG-G	29:19.4	4:49.0	25:17	3:26	26:55	1:37	1:27	56			2:24	(2+2)
345	Jo Eivind Nilssen	Øystre Slidre IL / Team Valdres Ski	29:19.6	4:49.2	29:19	7:28	29:19							(0+1)

EQTIMING	PUBLISHED TIME	SIGN	STATUS	PRINT TIME 01.12.2019 11.00.48	PAGE 6
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Startnr	Navn	Klubb / Team	Tid	Diff	Langrenn Netto	Diff	Langrenn Inkl SR	Tid Straffer.	S1	S2	S3	S4	Standplass Totalt	Bom
323	Torje Usland Dahl	Marnardal IL / Sirdal Ski	29:38.4	5:08.0	24:59	3:07	27:17	2:18	1:10	1:10			2:20	(1+3)
373	Johan Eirik Meland	Markane IL	30:01.0	5:30.6	30:01	8:09	30:01							(1+2)
389	Sigurd Holemark	Hønefoss Skiskytterklubb / NTG-G	30:05.3	5:34.9	26:14	4:22	27:59	1:45	1:05	1:00			2:05	(1+2)
339	Rasmus August Schiellerup	Geilo IL / NTG-G	30:10.9	5:40.5	27:05	5:14	27:55	49	1:07	1:08			2:15	(0+1)
395	Gaute Arnegard	Ål Skiskytterlag / Team Skiguard Buskerud	30:21.4	5:51.0	25:42	3:51	28:13	2:30	1:07	1:00			2:07	(3+2)
387	Vemund Kragh	IL Bevern / NTG-G	30:25.2	5:54.8	24:38	2:46	28:37	3:59	55	51			1:47	(3+5)
311	Vegard Øverli Berg	Svene IL / Team Skiguard Buskerud	30:30.7	6:00.3	26:36	4:44	28:16	1:39	1:16	58			2:14	(2+1)
362	Markus Ims Skåland	Sandnes Skiskytterlag / Sirdal Ski	30:40.0	6:09.6	30:40	8:48	30:40							(5+1)
356	Erlend Bakken	Markane IL	31:17.7	6:47.3	25:33	3:42	29:00	3:26	1:11	1:06			2:17	(3+4)
366	Håvard Heie Bjørndal	Hålendsdal IL / Team Glalaks	31:27.2	6:56.8	27:45	5:53	29:05	1:19	1:11	1:10			2:21	(1+1)
385	Torstein Wingestad	Svene IL / Sirdal Ski	32:32.4	8:02.0	28:32	6:41	30:16	1:43	1:14	1:01			2:15	(3+0)
391	Erlend Solvang	Hålendsdal IL / Team Glalaks	33:13.6	8:43.2	29:39	7:47	30:59	1:20	1:10	1:03			2:14	(1+1)
368	Oskar Kjos	Ullensaker Skiklubb / NTG-G	27:23.5	2:53.1	23:13	1:22	25:24	2:10	1:02	56			1:58	(1+3)

EOTIMING	PUBLISHED TIME	SIGN	STATUS	PRINT TIME 01.12.2019 11.00.48	PAGE 7
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