

1		71		31:39										
02:08=	04:38=	06:32=	09:23=	12:17=	13:59=	15:19=	17:39=	19:01=	24:53=	26:26=	28:18=	30:37=	31:31=	31:39=
02:08=	02:30=	01:54=	02:51=	02:54=	01:42=	01:20=	02:20=	01:22=	05:52=	01:33=	01:52=	02:19=	00:54=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2		101		36:02										
04:40+	07:22+	09:55+	11:46+	13:36+	15:53+	17:22+	19:49+	22:22+	28:10+	29:52+	31:53+	34:53+	35:52+	36:02+
04:40+	02:42+	02:33+	01:51-	01:50-	02:17+	01:29+	02:27+	02:33+	05:48-	01:42+	02:01+	03:00+	00:59+	00:10+
02:32@	00:12+	00:39&	01:00-	01:04-	00:35&	00:09#	00:07+	01:11&	00:04-	00:09+	00:09+	00:41&	00:05+	00:02#
3		116		36:09										
02:23+	05:03+	07:32+	09:55+	11:43-	13:33-	15:36+	17:50+	19:31+	27:14+	28:39+	32:56+	34:54+	35:59+	36:09+
02:23+	02:40+	02:29+	02:23-	01:48-	01:50+	02:03+	02:14-	01:41+	07:43+	01:25-	04:17+	01:58-	01:05+	00:10+
00:15#	00:10+	00:35&	00:28-	01:06-	00:08+	00:43&	00:06-	00:19#	01:51&	00:08-	02:25@	00:21-	00:11#	00:02#
4		105		37:01										
03:12+	06:08+	08:19+	11:03+	13:31+	15:46+	17:31+	20:15+	22:09+	29:19+	31:12+	33:27+	35:42+	36:50+	37:01+
03:12+	02:56+	02:11+	02:44-	02:28-	02:15+	01:45+	02:44+	01:54+	07:10+	01:53+	02:15+	02:15-	01:08+	00:11+
01:04&	00:26#	00:17#	00:07-	00:26-	00:33&	00:25&	00:24#	00:32&	01:18#	00:20#	00:23#	00:04-	00:14&	00:03&
5		62		37:40										
02:59+	05:53+	08:08+	10:33+	12:40+	14:51+	16:17+	21:10+	23:00+	29:25+	30:54+	33:14+	36:34+	37:32+	37:40+
02:59+	02:54+	02:15+	02:25-	02:07-	02:11+	01:26+	04:53+	01:50+	06:25+	01:29-	02:20+	03:20+	00:58+	00:08=
00:51&	00:24#	00:21#	00:26-	00:47-	00:29&	00:06+	02:33@	00:28&	00:33+	00:04-	00:28#	01:01&	00:04+	00:00=
6		71		37:48										
02:48+	05:31+	08:17+	10:18+	12:03-	14:04+	15:30+	21:32+	23:08+	28:34+	30:59+	32:53+	36:27+	37:35+	37:48+
02:48+	02:43+	02:46+	02:01-	01:45-	02:01+	01:26+	06:02+	01:36+	05:26-	02:25+	01:54+	03:34+	01:08+	00:13+
00:40&	00:13+	00:52&	00:50-	01:09-	00:19#	00:06+	03:42@	00:14#	00:26-	00:52&	00:02+	01:15&	00:14&	00:05&
7		271		37:51										
02:36+	04:51+	07:02+	08:49-	10:28-	12:13-	13:37-	17:27-	19:09+	24:18-	25:38-	31:30+	36:33+	37:38+	37:51+
02:36+	02:15-	02:11+	01:47-	01:39-	01:45+	01:24+	03:50+	01:42+	05:09-	01:20-	05:52+	05:03+	01:05+	00:13+
00:28#	00:15-	00:17#	01:04-	01:15-	00:03+	00:04+	01:30&	00:20#	00:43-	00:13-	04:00@	02:44@	00:11#	00:05&
8		154		38:37										
02:15+	05:06+	08:03+	10:15+	12:11-	14:11+	15:52+	22:22+	24:06+	30:22+	32:45+	35:03+	37:12+	38:26+	38:37+
02:15+	02:51+	02:57+	02:12-	01:56-	02:00+	01:41+	06:30+	01:44+	06:16+	02:23+	02:18+	02:09-	01:14+	00:11+
00:07+	00:21#	01:03&	00:39-	00:58-	00:18#	00:21&	04:10@	00:22&	00:24+	00:50&	00:26#	00:10-	00:20&	00:03&
9		117		41:08										
03:51+	07:11+	09:17+	12:21+	14:33+	16:47+	18:28+	24:07+	26:16+	33:23+	34:52+	37:17+	39:48+	40:58+	41:08+
03:51+	03:20+	02:06+	03:04+	02:12-	02:14+	01:41+	05:39+	02:09+	07:07+	01:29-	02:25+	02:31+	01:10+	00:10+
01:43&	00:50&	00:12#	00:13+	00:42-	00:32&	00:21&	03:19@	00:47&	01:15#	00:04-	00:33&	00:12+	00:16&	00:02#
10		54		44:23										
03:15+	06:08+	09:05+	12:10+	13:56+	16:02+	17:31+	25:20+	27:11+	33:14+	34:43+	36:46+	43:15+	44:15+	44:23+
03:15+	02:53+	02:57+	03:05+	01:46-	02:06+	01:29+	07:49+	01:51+	06:03+	01:29-	02:03+	06:29+	01:00+	00:08=
01:07&	00:23#	01:03&	00:14+	01:08-	00:24#	00:09#	05:29@	00:29&	00:11+	00:04-	00:11+	04:10@	00:06#	00:00=
11		116		44:42										
02:28+	05:23+	08:09+	12:15+	15:25+	17:49+	19:26+	26:52+	29:15+	36:27+	38:27+	41:11+	43:28+	44:32+	44:42+
02:28+	02:55+	02:46+	04:06+	03:10+	02:24+	01:37+	07:26+	02:23+	07:12+	02:00+	02:44+	02:17-	01:04+	00:10+
00:20#	00:25#	00:52&	01:15&	00:16+	00:42&	00:17#	05:06@	01:01&	01:20#	00:27&	00:52&	00:02-	00:10#	00:02#
12		74		46:22										
03:24+	07:53+	10:02+	12:58+	16:13+	18:55+	20:46+	25:22+	27:46+	35:54+	37:51+	40:51+	44:52+	46:05+	46:22+
03:24+	04:29+	02:09+	02:56+	03:15+	02:42+	01:51+	04:36+	02:24+	08:08+	01:57+	03:00+	04:01+	01:13+	00:17+
01:16&	01:59&	00:15#	00:05+	00:21#	01:00&	00:31&	02:16&	01:02&	02:16&	00:24&	01:08&	01:42&	00:19&	00:09@
13		116		50:49										
08:16+	11:43+	14:03+	16:43+	18:46+	20:56+	22:47+	25:16+	27:20+	42:57+	44:46+	46:57+	49:20+	50:34+	50:49+
08:16+	03:27+	02:20+	02:40-	02:03-	02:10+	01:51+	02:29+	02:04+	15:37+	01:49+	02:11+	02:23+	01:14+	00:15+
06:08@	00:57&	00:26#	00:11-	00:51-	00:28&	00:31&	00:09+	00:42&	09:45@	00:16#	00:19#	00:04+	00:20&	00:07&
Beste strekktid for klassen														
02:08	02:15	01:54	01:47	01:39	01:42	01:20	02:14	01:22	05:09	01:20	01:52	01:58	00:54	00:08

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

Damer 40 - 49 år

1	Linda Mari Vestvik	62	35:32											
03:14=	06:07=	08:26=	10:35=	12:24=	14:43=	16:06=	18:35=	20:49=	26:43=	28:44=	30:45=	34:17=	35:23=	35:32=
03:14=	02:53=	02:19=	02:09=	01:49=	02:19=	01:23=	02:29=	02:14=	05:54=	02:01=	02:01=	03:32=	01:06=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Margrethe Roalsø	93	37:31											
02:11-	04:41-	06:46-	08:55-	10:49-	12:56-	14:24-	19:49+	21:54+	29:18+	30:46+	34:14+	36:26+	37:21+	37:31+
02:11-	02:30-	02:05-	02:09=	01:54+	02:07-	01:28+	05:25+	02:05-	07:24+	01:28-	03:28+	02:12-	00:55-	00:10+
01:03-	00:23-	00:14-	00:00=	00:05+	00:12-	00:05+	02:56@	00:09-	01:30&	00:33-	01:27&	01:20-	00:11-	00:01#
3	Nina Svensen	2	38:04											
03:13-	06:06-	08:35+	11:43+	14:08+	16:16+	17:51+	20:42+	23:00+	29:39+	31:14+	33:22+	36:56+	37:53+	38:04+
03:13-	02:53=	02:29+	03:08+	02:25+	02:08-	01:35+	02:51+	02:18+	06:39+	01:35-	02:08+	03:34+	00:57-	00:11+
00:01-	00:00=	00:10+	00:59&	00:36&	00:11-	00:12#	00:22#	00:04+	00:45#	00:26-	00:07+	00:02+	00:09-	00:02#
4	Hilde Hetland	29	39:42											
03:21+	05:55-	07:55-	10:26-	16:54+	18:26+	19:50+	22:28+	24:15+	31:24+	33:52+	36:22+	38:24+	39:34+	39:42+
03:21+	02:34-	02:00-	02:31+	06:28+	01:32-	01:24+	02:38+	01:47-	07:09+	02:28+	02:30+	02:02-	01:10+	00:08-
00:07+	00:19-	00:19-	00:22#	04:39@	00:47-	00:01+	00:09+	00:27-	01:15#	00:27#	00:29#	01:30-	00:04+	00:01-
5	Siv Skretting	93	40:43											
05:03+	08:19+	10:32+	12:55+	17:11+	19:21+	20:58+	23:44+	25:37+	32:16+	34:02+	36:26+	39:15+	40:32+	40:43+
05:03+	03:16+	02:13-	02:23+	04:16+	02:10-	01:37+	02:46+	01:53-	06:39+	01:46-	02:24+	02:49-	01:17+	00:11+
01:49&	00:23#	00:06-	00:14#	02:27@	00:09-	00:14#	00:17#	00:21-	00:45#	00:15-	00:23#	00:43-	00:11#	00:02#
6	Hilde Frøyflog Karlsen	235	40:57											
02:49-	06:30+	09:10+	12:15+	14:50+	17:26+	19:15+	23:08+	25:22+	32:55+	34:31+	37:02+	39:27+	40:44+	40:57+
02:49-	03:41+	02:40+	03:05+	02:35+	02:36+	01:49+	03:53+	02:14=	07:33+	01:36-	02:31+	02:25-	01:17+	00:13+
00:25-	00:48&	00:21#	00:56&	00:46&	00:17#	00:26&	01:24&	00:00=	01:39&	00:25-	00:30#	01:07-	00:11#	00:04&
7	Tove Irene Asheim	116	46:23											
02:51-	07:26+	10:01+	12:46+	15:39+	18:10+	19:57+	24:08+	26:25+	33:59+	35:54+	38:41+	44:36+	46:03+	46:23+
02:51-	04:35+	02:35+	02:45+	02:53+	02:31+	01:47+	04:11+	02:17+	07:34+	01:55-	02:47+	05:55+	01:27+	00:20+
00:23-	01:42&	00:16#	00:36&	01:04&	00:12+	00:24&	01:42&	00:03+	01:40&	00:06-	00:46&	02:23&	00:21&	00:11@
8	Mariann Sveinsvoll	94	48:24											
02:52-	05:48-	07:45-	11:39+	13:56+	15:54+	17:30+	19:58+	21:54+	37:46+	41:33+	43:49+	46:56+	48:13+	48:24+
02:52-	02:56+	01:57-	03:54+	02:17+	01:58-	01:36+	02:28-	01:56-	15:52+	03:47+	02:16+	03:07-	01:17+	00:11+
00:22-	00:03+	00:22-	01:45&	00:28&	00:21-	00:13#	00:01-	00:18-	09:58@	01:46&	00:15#	00:25-	00:11#	00:02#
9	Randi Roth	68	48:30											
04:37+	08:41+	11:05+	14:22+	17:17+	20:11+	22:09+	25:38+	28:04+	36:32+	39:41+	42:07+	47:02+	48:17+	48:30+
04:37+	04:04+	02:24+	03:17+	02:55+	02:54+	01:58+	03:29+	02:26+	08:28+	03:09+	02:26+	04:55+	01:15+	00:13+
01:23&	01:11&	00:05+	01:08&	01:06&	00:35&	00:35&	01:00&	00:12+	02:34&	01:08&	00:25#	01:23&	00:09#	00:04&
10	Ragnhild Båtnes Berntsen	101	50:42											
03:28+	08:07+	10:52+	13:48+	17:08+	19:48+	22:31+	26:44+	29:13+	37:16+	39:20+	46:17+	48:59+	50:29+	50:42+
03:28+	04:39+	02:45+	02:56+	03:20+	02:40+	02:43+	04:13+	02:29+	08:03+	02:04+	06:57+	02:42-	01:30+	00:13+
00:14+	01:46&	00:26#	00:47&	01:31&	00:21#	01:20&	01:44&	00:15#	02:09&	00:03+	04:56@	00:50-	00:24&	00:04&
11	Grethe Thu Skadberg	128	56:14											
06:15+	09:46+	11:43+	13:44+	16:24+	19:00+	24:54+	29:40+	33:22+	40:17+	41:56+	44:58+	54:49+	56:02+	56:14+
06:15+	03:31+	01:57-	02:01-	02:40+	02:36+	05:54+	04:46+	03:42+	06:55+	01:39-	03:02+	09:51+	01:13+	00:12+
03:01&	00:38#	00:22-	00:08-	00:51&	00:17#	04:31@	02:17&	01:28&	01:01#	00:22-	01:01&	06:19@	00:07#	00:03&

Beste strekktid for klassen

02:11 02:30 01:57 02:01 01:49 01:32 01:23 02:28 01:47 05:54 01:28 02:01 02:02 00:55 00:08

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

Damer 50 - 59 år

1	Marit Karin Nygård	92	38:33										
02:42=	05:21=	07:34=	10:45=	12:27=	15:39=	19:30=	22:48=	30:00=	31:47=	33:14=	36:14=	38:21=	38:33=
02:42=	02:39=	02:13=	03:11=	01:42=	03:12=	03:51=	03:18=	07:12=	01:47=	01:27=	03:00=	02:07=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse											Tid	
2	Ingunn Voilås	29											38:57	
	02:30-	05:08-	07:11-	10:15-	12:09-	15:50+	19:25-	22:05-	29:31-	32:13+	33:40+	36:43+	38:43+	38:57+
	02:30-	02:38-	02:03-	03:04-	01:54+	03:41+	03:35-	02:40-	07:26+	02:42+	01:27+	03:03+	02:00-	00:14+
	00:12-	00:01-	00:10-	00:07-	00:12#	00:29#	00:16-	00:38-	00:14+	00:55&	00:00=	00:03+	00:07-	00:02#
3	Ane Kristine Rostrup	92											40:15	
	02:26-	04:59-	07:33-	10:24-	12:01-	14:53-	18:24-	21:11-	27:48-	31:04-	32:35-	37:11+	40:03+	40:15+
	02:26-	02:33-	02:34+	02:51-	01:37-	02:52-	03:31-	02:47-	06:37-	03:16+	01:31+	04:36+	02:52+	00:12=
	00:16-	00:06-	00:21#	00:20-	00:05-	00:20-	00:20-	00:31-	00:35-	01:29&	00:04+	01:36&	00:45&	00:00=
4	Kristin Skadsem	18											41:15	
	02:59+	06:32+	08:41+	11:23+	13:23+	16:59+	21:14+	23:56+	31:40+	33:35+	35:13+	39:01+	41:03+	41:15+
	02:59+	03:33+	02:09-	02:42-	02:00+	03:36+	04:15+	02:42-	07:44+	01:55+	01:38+	03:48+	02:02-	00:12=
	00:17#	00:54&	00:04-	00:29-	00:18#	00:24#	00:24#	00:36-	00:32+	00:08+	00:11#	00:48&	00:05-	00:00=
5	Målfrid Bjerkeli	237											41:39	
	03:06+	05:32+	07:38+	11:01+	12:40+	16:04+	19:39+	22:21-	31:16+	33:06+	34:38+	38:30+	41:24+	41:39+
	03:06+	02:26-	02:06-	03:23+	01:39-	03:24+	03:35-	02:42-	08:55+	01:50+	01:32+	03:52+	02:54+	00:15+
	00:24#	00:13-	00:07-	00:12+	00:03-	00:12+	00:16-	00:36-	01:43#	00:03+	00:05+	00:52&	00:47&	00:03#
6	Arnfrid Stangeland	96											43:18	
	04:17+	06:48+	09:13+	12:34+	14:15+	18:14+	23:10+	26:04+	33:48+	35:37+	37:09+	40:06+	43:05+	43:18+
	04:17+	02:31-	02:25+	03:21+	01:41-	03:59+	04:56+	02:54-	07:44+	01:49+	01:32+	02:57-	02:59+	00:13+
	01:35&	00:08-	00:12+	00:10+	00:01-	00:47#	01:05&	00:24-	00:32+	00:02+	00:05+	00:03-	00:52&	00:01+
7	Nidunn Sandvik	228											43:29	
	04:44+	07:31+	10:25+	13:57+	15:56+	18:47+	22:24+	26:53+	33:42+	36:04+	37:29+	41:19+	43:16+	43:29+
	04:44+	02:47+	02:54+	03:32+	01:59+	02:51-	03:37-	04:29+	06:49-	02:22+	01:25-	03:50+	01:57-	00:13+
	02:02&	00:08+	00:41&	00:21#	00:17#	00:21-	00:14-	01:11&	00:23-	00:35&	00:02-	00:50&	00:10-	00:01+
8	Berit Bakken	168											43:53	
	02:42=	05:15-	07:24-	10:28-	17:49+	20:52+	24:06+	26:50+	34:35+	36:28+	37:59+	41:00+	43:39+	43:53+
	02:42=	02:33-	02:09-	03:04-	07:21+	03:03+	03:14-	02:44-	07:45+	01:53+	01:31+	03:01+	02:39+	00:14+
	00:00=	00:06-	00:04-	00:07-	05:39@	00:09-	00:37-	00:34-	00:33+	00:06+	00:04+	00:01+	00:32&	00:02#
9	Liv Sissel Obrestad	54											44:48	
	02:45+	05:55+	08:49+	12:12+	14:15+	18:09+	22:46+	26:10+	33:55+	36:01+	38:22+	42:17+	44:36+	44:48+
	02:45+	03:10+	02:54+	03:23+	03:54+	04:37+	03:24+	07:45+	02:06+	02:21+	03:55+	02:19+	00:12=	00:00=
	00:03+	00:31#	00:41&	00:12+	00:21#	00:42#	00:46#	00:06+	00:33+	00:19#	00:54&	00:55&	00:12+	00:00=
10	Torill Andersen	116											44:54	
	03:25+	06:43+	09:07+	14:02+	16:01+	18:59+	22:44+	25:52+	35:11+	37:05+	38:38+	42:14+	44:43+	44:54+
	03:25+	03:18+	02:24+	04:55+	01:59+	02:58-	03:45-	03:08-	09:19+	01:54+	01:33+	03:36+	02:29+	00:11-
	00:43&	00:39#	00:11+	01:44&	00:17#	00:14-	00:06-	00:10-	02:07&	00:07+	00:06+	00:36#	00:22#	00:01-
11	Anne-Siv Gjertsen	27											45:13	
	04:32+	08:03+	11:06+	14:37+	16:23+	20:02+	25:41+	28:14+	35:49+	37:38+	39:22+	42:18+	45:02+	45:13+
	04:32+	03:31+	03:03+	03:31+	01:46+	03:39+	05:39+	02:33-	07:35+	01:49+	01:44+	02:56-	02:44+	00:11-
	01:50&	00:52&	00:50&	00:20#	00:04+	00:27#	01:48&	00:45-	00:23+	00:02+	00:17#	00:04-	00:37&	00:01-
12	Liv Omdal	116											45:15	
	02:41-	06:43+	08:58+	11:56+	13:59+	16:53+	21:18+	26:15+	33:02+	35:16+	36:45+	41:18+	45:05+	45:15+
	02:41-	04:02+	02:15+	02:58-	02:03+	02:54-	04:25+	04:57+	06:47-	02:14+	01:29+	04:33+	03:47+	00:10-
	00:01-	01:23&	00:02+	00:13-	00:21#	00:18-	00:34#	00:13#	00:25-	00:27&	00:02+	01:33&	01:40&	00:02-
13	Signe Ottesen	116											46:11	
	02:37-	05:45+	08:09+	11:29+	13:20+	17:06+	21:25+	24:55+	33:27+	35:55+	37:42+	42:42+	45:48+	46:11+
	02:37-	03:08+	02:24+	03:20+	01:51+	03:46+	04:19+	03:30+	08:32+	02:28+	01:47+	05:00+	03:06+	00:23+
	00:05-	00:29#	00:11+	00:09+	00:09+	00:34#	00:28#	00:12+	01:20#	00:41&	00:20#	02:00&	00:59&	00:11&
14	Ellinor Nesse	116											46:16	
	03:22+	06:12+	08:39+	11:51+	13:56+	17:25+	22:07+	25:38+	35:49+	37:38+	39:20+	42:52+	46:03+	46:16+
	03:22+	02:50+	02:27+	03:12+	02:05+	03:29+	04:42+	03:31+	10:11+	01:49+	01:42+	03:32+	03:11+	00:13+
	00:40#	00:11+	00:14#	00:01+	00:23#	00:17+	00:51#	00:13+	02:59&	00:02+	00:15#	00:32#	01:04&	00:01+
15	Marianne Fuglestad	116											46:55	
	04:12+	06:43+	16:10+	19:56+	21:40+	24:14+	27:40+	30:11+	37:28+	39:16+	40:46+	44:30+	46:44+	46:55+
	04:12+	02:31-	09:27+	03:46+	01:44+	02:34-	03:26-	02:31-	07:17+	01:48+	01:30+	03:44+	02:14+	00:11-
	01:30&	00:08-	07:14@	00:35#	00:02+	00:38-	00:25-	00:47-	00:05+	00:01+	00:03+	00:44#	00:07+	00:01-
16	Kari Smådal Turøy	115											48:48	
	03:59+	06:24+	08:44+	12:30+	14:13+	17:18+	25:53+	28:31+	36:57+	39:25+	41:39+	46:20+	48:35+	48:48+
	03:59+	02:25-	02:20+	03:46+	01:43+	03:05-	08:35+	02:38-	08:26+	02:28+	02:14+	04:41+	02:15+	00:13+
	01:17&	00:14-	00:07+	00:35#	00:01+	00:07-	04:44@	00:40-	01:14#	00:41&	00:47&	01:41&	00:08+	00:01+

Class	Navn	Klasse										Tid	
17	Oddny Haugland	114										52:04	
04:18+	07:04+	11:23+	15:04+	19:22+	22:13+	25:44+	29:18+	42:51+	44:37+	46:04+	49:43+	51:49+	52:04+
04:18+	02:46+	04:19+	03:41+	04:18+	02:51-	03:31-	03:34+	13:33+	01:46-	01:27=	03:39+	02:06-	00:15+
01:36&	00:07+	02:06&	00:30#	02:36@	00:21-	00:20-	00:16+	06:21&	00:01-	00:00=	00:39#	00:01-	00:03#
18	Brit Vivian Meling	116										55:26	
03:38+	07:00+	10:05+	14:25+	18:05+	22:01+	28:22+	32:43+	40:56+	43:29+	45:34+	52:24+	55:12+	55:26+
03:38+	03:22+	03:05+	04:20+	03:40+	03:56+	06:21+	04:21+	08:13+	02:33+	02:05+	06:50+	02:48+	00:14+
00:56&	00:43&	00:52&	01:09&	01:58@	00:44#	02:30&	01:03&	01:01#	00:46&	00:38&	03:50@	00:41&	00:02#
19	Anne Katrine Lycke	147										59:30	
03:26+	06:12+	09:01+	13:41+	17:40+	20:55+	25:07+	28:03+	37:02+	39:58+	41:49+	56:48+	59:15+	59:30+
03:26+	02:46+	02:49+	04:40+	03:59+	03:15+	04:12+	02:56-	08:59+	02:56+	01:51+	14:59+	02:27+	00:15+
00:44&	00:07+	00:36&	01:29&	02:17@	00:03+	00:21+	00:22-	01:47#	01:09&	00:24&	11:59@	00:20#	00:03#
20	Andrea Tapken	54										1:09:19	
05:00+	08:09+	11:34+	14:43+	17:12+	20:46+	40:45+	45:53+	54:13+	56:45+	61:02+	66:04+	69:04+	69:19+
05:00+	03:09+	03:25+	03:09-	02:29+	03:34+	19:59+	05:08+	08:20+	02:32+	04:17+	05:02+	03:00+	00:15+
02:18&	00:30#	01:12&	00:02-	00:47&	00:22#	16:08@	01:50&	01:08#	00:45&	02:50@	02:02&	00:53&	00:03#
21	Margot Lilledal	27										1:17:17	
05:26+	08:02+	11:14+	14:44+	17:46+	21:40+	41:05+	45:12+	63:07+	66:41+	69:28+	74:24+	77:05+	77:17+
05:26+	02:36-	03:12+	03:30+	03:02+	03:54+	19:25+	04:07+	17:55+	03:34+	02:47+	04:56+	02:41+	00:12=
02:44@	00:03-	00:59&	00:19+	01:20&	00:42#	15:34@	00:49#	10:43@	01:47&	01:20&	01:56&	00:34&	00:00=
Beste strekktid for klassen													
02:26	02:25	02:03	02:42	01:37	02:34	03:14	02:31	06:37	01:46	01:25	02:56	01:57	00:10
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Damer 60 - 64 år													
1	Eli Frafjord	94										40:21	
04:50=	07:32=	09:56=	12:41=	14:26=	17:31=	21:14=	23:54=	30:28=	32:23=	34:14=	37:53=	40:08=	40:21=
04:50=	02:42=	02:24=	02:45=	01:45=	03:05=	03:43=	02:40=	06:34=	01:55=	01:51=	03:39=	02:15=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jorunn Eriksson Sætre	47										45:39	
03:29-	08:03+	11:27+	16:10+	17:51+	21:03+	26:33+	28:54+	36:26+	38:16+	39:52+	43:35+	45:26+	45:39+
03:29-	04:34+	03:24+	04:43+	01:41-	03:12+	05:30+	02:21-	07:32+	01:50-	01:36-	03:43+	01:51-	00:13=
01:21-	01:52&	01:00&	01:58&	00:04-	00:07+	01:47&	00:19-	00:58#	00:05-	00:15-	00:04+	00:24-	00:00=
3	Kari Blixhavn	228										54:34	
03:42-	07:23-	10:53+	15:51+	19:04+	22:57+	27:31+	31:18+	40:15+	42:43+	44:40+	50:36+	54:19+	54:34+
03:42-	03:41+	03:30+	04:58+	03:13+	03:53+	04:34+	03:47+	08:57+	02:28+	01:57+	05:56+	03:43+	00:15+
01:08-	00:59&	01:06&	02:13&	00:48&	00:51#	01:07&	02:23&	00:33&	00:06+	02:17&	01:28&	00:02#	
4	Wenche Anda Haarr	92										56:12	
05:58+	09:08+	12:25+	16:28+	18:34+	22:42+	27:36+	32:03+	39:00+	42:42+	45:22+	47:22+	53:20+	55:48+
05:58+	03:10+	03:17+	04:03+	02:06+	04:08+	04:54+	04:27+	06:57+	03:42+	02:40+	02:00-	05:58+	02:28+
01:08#	00:28#	00:53&	01:18&	00:21#	01:03&	01:11&	01:47&	00:23+	01:47&	00:49&	01:39-	03:43@	02:15@
5	Ingunn Bjerga	105										56:27	
06:02+	08:59+	12:07+	18:15+	20:59+	25:02+	30:31+	35:35+	42:52+	45:47+	48:06+	53:49+	56:11+	56:27+
06:02+	02:57+	03:08+	06:08+	02:44+	04:03+	05:29+	05:04+	07:17+	02:55+	02:19+	05:43+	02:22+	00:16+
01:12#	00:15+	00:44&	03:23@	00:59&	00:58&	01:46&	02:24&	00:43#	01:00&	00:28&	02:04&	00:07+	00:03#
6	Aud Steinsland	128										56:27	
04:04-	06:56-	10:24+	14:35+	17:04+	20:44+	25:48+	30:13+	42:20+	45:31+	47:30+	53:00+	56:15+	56:27+
04:04-	02:52+	03:28+	04:11+	02:29+	03:40+	05:04+	04:25+	12:07+	03:11+	01:59+	05:30+	03:15+	00:12-
00:46-	00:10+	01:04&	01:26&	00:44&	00:35#	01:21&	01:45&	05:33&	01:16&	00:08+	01:51&	01:00&	00:01-
7	Hanna S. Lomeland	47										56:28	
04:06-	06:59-	10:20+	14:38+	17:01+	20:48+	25:53+	30:17+	42:14+	45:34+	47:33+	52:57+	56:16+	56:28+
04:06-	02:53+	03:21+	04:18+	02:23+	03:47+	05:05+	04:24+	11:57+	03:20+	01:59+	05:24+	03:19+	00:12-
00:44-	00:11+	00:57&	01:33&	00:38&	00:42#	01:22&	01:44&	05:23&	01:25&	00:08+	01:45&	01:04&	00:01-
8	Unni Relling	92										59:10	
03:17-	07:15-	10:23+	14:11+	16:29+	20:40+	29:56+	34:10+	42:53+	46:14+	50:39+	56:04+	58:56+	59:10+
03:17-	03:58+	03:08+	03:48+	02:18+	04:11+	09:16+	04:14+	08:43+	03:21+	04:25+	05:25+	02:52+	00:14+
01:33-	01:16&	00:44&	01:03&	00:33&	01:06&	05:33@	01:34&	02:09&	01:26&	02:34@	01:46&	00:37&	00:01+

Class	Navn	Klasse										Tid		
9	Berit K. Gramstad	113										1:01:55		
	03:05-	06:43-	14:37+	18:44+	21:12+	24:55+	30:01+	34:21+	46:26+	49:20+	51:44+	58:09+	61:37+	61:55+
	03:05-	03:38+	07:54+	04:07+	02:28+	03:43+	05:06+	04:20+	12:05+	02:54+	02:24+	06:25+	03:28+	00:18+
	01:45-	00:56&	05:30@	01:22&	00:43&	00:38#	01:23&	01:40&	05:31&	00:59&	00:33&	02:46&	01:13&	00:05&
10	Haldis Handeland	92										1:03:56		
	06:17+	10:34+	14:17+	19:12+	21:52+	25:47+	32:18+	36:28+	45:02+	47:24+	49:10+	60:31+	63:35+	63:56+
	06:17+	04:17+	03:43+	04:55+	02:40+	03:55+	06:31+	04:10+	08:34+	02:22+	01:46-	11:21+	03:04+	00:21+
	01:27&	01:35&	01:19&	02:10&	00:55&	00:50&	02:48&	01:30&	02:00&	00:27#	00:05-	07:42@	00:49&	00:08&
11	Åse Berg	105										1:07:45		
	03:26-	06:48-	10:21+	23:38+	26:09+	30:28+	36:23+	44:08+	54:28+	57:29+	60:08+	64:05+	67:26+	67:45+
	03:26-	03:22+	03:33+	13:17+	02:31+	04:19+	05:55+	07:45+	10:20+	03:01+	02:39+	03:57+	03:21+	00:19+
	01:24-	00:40#	01:09&	10:32@	00:46&	01:14&	02:12&	05:05@	03:46&	01:06&	00:48&	00:18+	01:06&	00:06&

Beste strekktid for klassen

03:05 02:42 02:24 02:45 01:41 03:05 03:43 02:21 06:34 01:50 01:36 02:00 01:51 00:12

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

Damer 65 - 69 år

1	Kirsten Carlsen	93										45:42		
	02:41=	06:10=	08:32=	11:41=	13:30=	17:33=	21:53=	25:03=	34:06=	36:30=	38:21=	42:40=	45:31=	45:42=
	02:41=	03:29=	02:22=	03:09=	01:49=	04:03=	04:20=	03:10=	09:03=	02:24=	01:51=	04:19=	02:51=	00:11=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Synnøva Gausel	115										46:41		
	06:56+	09:49+	12:02+	15:30+	17:38+	21:02+	25:08+	28:50+	36:18+	38:43+	40:16+	43:51+	46:30+	46:41+
	06:56+	02:53-	02:13-	03:28+	02:08+	03:24-	04:06-	03:42+	07:28-	02:25+	01:33-	03:35-	02:39-	00:11=
	04:15@	00:36-	00:09-	00:19#	00:19#	00:39-	00:14-	00:32#	01:35-	00:01+	00:18-	00:44-	00:12-	00:00=
3	Aslaug Lura	94										50:55		
	03:28+	07:19+	10:11+	14:06+	16:36+	21:03+	26:28+	30:24+	39:12+	42:22+	44:02+	47:56+	50:39+	50:55+
	03:28+	03:51+	02:52+	03:55+	02:30+	04:27+	05:25+	03:56+	08:48-	03:10+	01:40-	03:54-	02:43-	00:16+
	00:47&	00:22#	00:30#	00:46#	00:41&	00:24+	01:05#	00:46#	00:15-	00:46&	00:11-	00:25-	00:08-	00:05&
4	Margaret Malmin	105										56:00		
	05:13+	09:00+	12:15+	17:04+	19:44+	24:00+	28:36+	33:13+	42:42+	45:37+	47:34+	52:59+	55:44+	56:00+
	05:13+	03:47+	03:15+	04:49+	02:40+	04:16+	04:36+	04:37+	09:29+	02:55+	01:57+	05:25+	02:45-	00:16+
	02:32&	00:18+	00:53&	01:40&	00:51&	00:13+	00:16+	01:27&	00:26+	00:31#	00:06+	01:06&	00:06-	00:05&

Beste strekktid for klassen

02:41 02:53 02:13 03:09 01:49 03:24 04:06 03:10 07:28 02:24 01:33 03:35 02:39 00:11

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

Damer 70 - 74 år

1	Turid Nystrøm	68										40:19		
	03:12=	05:44=	08:05=	11:03=	14:40=	17:48=	21:41=	24:13=	30:34=	32:40=	34:09=	38:11=	40:06=	40:19=
	03:12=	02:32=	02:21=	02:58=	03:37=	03:08=	03:53=	02:32=	06:21=	02:06=	01:29=	04:02=	01:55=	00:13=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Helga Aaslid	54										42:16		
	02:16-	04:51-	08:33+	11:59+	14:02-	18:01+	22:22+	25:45+	32:09+	34:31+	36:14+	39:53+	42:04+	42:16+
	02:16-	02:35+	03:42+	03:26+	02:03-	03:59+	04:21+	03:23+	06:24+	02:22+	01:43+	03:39-	02:11+	00:12-
	00:56-	00:03+	01:21&	00:28#	01:34-	00:51&	00:28#	00:51&	00:03+	00:16#	00:14#	00:23-	00:16#	00:01-
3	Gry V. Thengs	68										42:35		
	02:34-	05:16-	08:19+	12:56+	14:47+	17:53+	22:58+	25:43+	33:02+	35:07+	36:48+	40:33+	42:25+	42:35+
	02:34-	02:42+	03:03+	04:37+	01:51-	03:06-	05:05+	02:45+	07:19+	02:05-	01:41+	03:45-	01:52-	00:10-
	00:38-	00:10+	00:42&	01:39&	01:46-	00:02-	01:12&	00:13+	00:58#	00:01-	00:12#	00:17-	00:03-	00:03-
4	Haldis Glendrange	68										43:17		
	02:50-	05:30-	07:47-	11:21+	13:31-	16:44-	22:00+	24:45+	32:11+	34:45+	36:11+	39:51+	43:05+	43:17+
	02:50-	02:40+	02:17-	03:34+	02:10-	03:13+	05:16+	02:45+	07:26+	02:34+	01:26-	03:40-	03:14+	00:12-
	00:22-	00:08+	00:04-	00:36#	01:27-	00:05+	01:23&	00:13+	01:05#	00:28#	00:03-	00:22-	01:19&	00:01-

Class	Navn	Klasse										Tid		
5	Helga Klausen	62										49:03		
	02:36-	05:39-	08:12+	11:29+	13:39-	17:38-	22:23+	26:25+	35:39+	38:47+	40:33+	46:29+	48:51+	49:03+
	02:36-	03:03+	02:33+	03:17+	02:10-	03:59+	04:45+	04:02+	09:14+	03:08+	01:46+	05:56+	02:22+	00:12-
	00:36-	00:31#	00:12+	00:19#	01:27-	00:51&	00:52#	01:30&	02:53&	01:02&	00:17#	01:54&	00:27#	00:01-
6	Hedvig Anda	116										50:33		
	02:46-	05:34-	08:41+	12:49+	15:34+	19:30+	23:51+	27:51+	38:06+	40:50+	42:53+	47:55+	50:22+	50:33+
	02:46-	02:48+	03:07+	04:08+	02:45-	03:56+	04:21+	04:00+	10:15+	02:44+	02:03+	05:02+	02:27+	00:11-
	00:26-	00:16#	00:46&	01:10&	00:52-	00:48&	00:28#	01:28&	03:54&	00:38&	00:34&	01:00#	00:32&	00:02-
7	Ragnhild Christiansen	93										51:14		
	03:31+	07:01+	09:55+	13:41+	16:06+	20:19+	25:14+	29:09+	38:27+	41:50+	44:07+	48:00+	50:59+	51:14+
	03:31+	03:30+	02:54+	03:46+	02:25-	04:13+	04:55+	03:55+	09:18+	03:23+	02:17+	03:53-	02:59+	00:15+
	00:19+	00:58&	00:33#	00:48&	01:12-	01:05&	01:02&	01:23&	02:57&	01:17&	00:48&	00:09-	01:04&	00:02#
8	Marit Kløvstad Braut	92										1:02:30		
	04:29+	08:04+	12:27+	16:26+	19:23+	25:54+	31:36+	37:34+	48:24+	51:23+	53:59+	58:59+	62:13+	62:30+
	04:29+	03:35+	04:23+	03:59+	02:57-	06:31+	05:42+	05:58+	10:50+	02:59+	02:36+	05:00+	03:14+	00:17+
	01:17&	01:03&	02:02&	01:01&	00:40-	03:23@	01:49&	03:26@	04:29&	00:53&	01:07&	00:58#	01:19&	00:04&

Beste strekktid for klassen

02:16 02:32 02:17 02:58 01:51 03:06 03:53 02:32 06:21 02:05 01:26 03:39 01:52 00:10

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29										54:09		
	04:51=	09:47=	13:00=	16:36=	18:42=	22:19=	27:27=	31:16=	40:43=	43:52=	45:37=	51:22=	53:53=	54:09=
	04:51=	04:56=	03:13=	03:36=	02:06=	03:37=	05:08=	03:49=	09:27=	03:09=	01:45=	05:45=	02:31=	00:16=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gørild Espedal	113										1:27:34		
	04:30-	09:42-	14:03+	27:08+	30:33+	36:16+	43:10+	49:15+	61:57+	65:14+	67:26+	83:44+	87:18+	87:34+
	04:30-	05:12+	04:21+	13:05+	03:25+	05:43+	06:54+	06:05+	12:42+	03:17+	02:12+	16:18+	03:34+	00:16=
	00:21-	00:16+	01:08&	09:29@	01:19&	02:06&	01:46&	02:16&	03:15&	00:08+	00:27&	10:33@	01:03&	00:00=

Beste strekktid for klassen

04:30 04:56 03:13 03:36 02:06 03:37 05:08 03:49 09:27 03:09 01:45 05:45 02:31 00:16

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

Damer A

1	Aud Hognestad Taksdal	92										31:28							
	00:22=	02:00=	03:45=	06:05=	09:36=	10:47=	13:00=	14:12=	15:42=	18:46=	21:21=	22:37=	24:02=	25:11=	27:16=	29:28=	30:45=	31:20=	31:28=
	00:22=	01:38=	01:45=	02:20=	03:31=	01:11=	02:13=	01:12=	01:30=	03:04=	02:35=	01:16=	01:25=	01:09=	02:05=	02:12=	01:17=	00:35=	00:08=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jorunn Hadland	29										34:39							
	00:53+	02:36+	05:23+	07:38+	11:09+	12:13+	14:22+	15:41+	17:26+	20:46+	23:15+	24:35+	26:37+	27:45+	29:58+	32:19+	33:52+	34:31+	34:39+
	00:53+	01:43+	02:47+	02:15-	03:31=	01:04-	02:09-	01:19+	01:45+	03:20+	02:29-	01:20+	02:02+	01:08-	02:13+	02:21+	01:33+	00:39+	00:08=
	00:31@	00:05+	01:02&	00:05-	00:00=	00:07-	00:04-	00:07+	00:15#	00:16+	00:06-	00:04+	00:37&	00:01-	00:08+	00:09+	00:16#	00:04#	00:00=
3	Inger Tone Nygård	29										36:43							
	01:30+	03:06+	05:15+	07:36+	11:28+	12:54+	15:20+	16:38+	18:02+	21:13+	23:52+	25:19+	27:08+	28:59+	31:09+	34:19+	35:55+	36:34+	36:43+
	01:30+	01:36-	02:09+	02:21+	03:52+	01:26+	02:26+	01:18+	01:24-	03:11+	02:39+	01:27+	01:49+	01:51+	02:10+	03:10+	01:36+	00:39+	00:09+
	01:08@	00:02-	00:24#	00:01+	00:21+	00:15#	00:13+	00:06+	00:06-	00:07+	00:04+	00:11#	00:24&	00:42&	00:05+	00:58&	00:19#	00:04#	00:01#
4	Trine Bolstad	62										39:00							
	00:25+	03:13+	05:15+	07:42+	12:41+	13:55+	16:43+	17:55+	19:42+	23:06+	27:05+	28:38+	30:11+	31:24+	33:56+	36:35+	38:05+	38:49+	39:00+
	00:25+	02:48+	02:02+	02:27+	04:59+	01:14+	02:48+	01:12=	01:47+	03:24+	03:59+	01:33+	01:33+	01:13+	02:32+	02:39+	01:30+	00:44+	00:11+
	00:03#	01:10&	00:17#	00:07+	01:28&	00:03+	00:35&	00:00=	00:17#	00:20#	01:24&	00:17#	00:08+	00:04+	00:27#	00:27#	00:13#	00:09&	00:03&
5	Agnès Elin Engen	116										44:43							
	00:38+	03:09+	05:25+	08:25+	13:11+	14:53+	18:06+	19:42+	21:52+	26:17+	29:49+	32:03+	34:04+	35:30+	38:38+	41:50+	43:48+	44:33+	44:43+
	00:38+	02:31+	02:16+	03:00+	04:46+	01:42+	03:13+	01:36+	02:10+	04:25+	03:32+	02:14+	02:01+	01:26+	03:08+	03:12+	01:58+	00:45+	00:10+
	00:16&	00:53&	00:31&	00:40&	01:15&	00:31&	01:00&	00:24&	00:40&	01:21&	00:57&	00:58&	00:36&	00:17#	01:03&	01:00&	00:41&	00:10&	00:02#

Pluss	Navn	Klasse	Tid
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Beste strekktid for klassen

00:31 01:33 02:04 02:32 04:06 01:25 02:45 01:28 01:37 03:45 02:45 01:41 01:47 01:11 02:23 03:05 01:47 00:41 00:09

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

Damer Ny

1 Tordis Frøytlog 29 30:16

02:32= 06:02= 08:37= 12:23= 17:05= 25:06= 26:10= 29:58= 30:16=
 02:32= 03:30= 02:35= 03:46= 04:42= 08:01= 01:04= 03:48= 00:18=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

02:32 03:30 02:35 03:46 04:42 08:01 01:04 03:48 00:18

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

Damer Trim

1 Heidi Bjørndal 29 26:03

01:03= 03:15= 05:34= 07:20= 09:12= 10:58= 13:05= 14:40= 21:18= 23:53= 24:54= 25:51= 26:03=
 01:03= 02:12= 02:19= 01:46= 01:52= 01:46= 02:07= 01:35= 06:38= 02:35= 01:01= 00:57= 00:12=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Janeth Kleppe 128 26:32

01:31+ 02:45- 05:30- 07:56+ 10:14+ 12:57+ 15:54+ 17:43+ 20:57- 24:49+ 25:27+ 26:22+ 26:32+
 01:31+ 01:14- 02:45+ 02:26+ 02:18+ 02:43+ 02:57+ 01:49+ 03:14- 03:52+ 00:38- 00:55- 00:10-
 00:28& 00:58- 00:26# 00:40& 00:26# 00:57& 00:50& 00:14# 03:24- 01:17& 00:23- 00:02- 00:02-

3 Turid Johanne Kidøy 18 27:40

01:32+ 04:07+ 06:38+ 09:16+ 11:55+ 14:24+ 17:59+ 19:31+ 21:46+ 25:46+ 26:23+ 27:28+ 27:40+
 01:32+ 02:35+ 02:31+ 02:38+ 02:39+ 02:29+ 03:35+ 01:32- 02:15- 04:00+ 00:37- 01:05+ 00:12=
 00:29& 00:23# 00:12+ 00:52& 00:47& 00:43& 01:28& 00:03- 04:23- 01:25& 00:24- 00:08# 00:00=

4 Lise Nessa Di Lorenzo 168 28:09

00:39- 02:45- 05:43+ 07:47+ 10:15+ 15:11+ 18:24+ 20:02+ 22:39+ 25:32+ 26:21+ 27:59+ 28:09+
 00:39- 02:06- 02:58+ 02:04+ 02:28+ 04:56+ 03:13+ 01:38+ 02:37- 02:53+ 00:49- 01:38+ 00:10-
 00:24- 00:06- 00:39& 00:18# 00:36& 03:10@ 01:06& 00:03+ 04:01- 00:18# 00:12- 00:41& 00:02-

5 Lise Bergli 62 29:17

00:58- 02:43- 07:20+ 10:14+ 12:24+ 15:31+ 18:26+ 20:20+ 22:43+ 26:09+ 27:07+ 29:06+ 29:17+
 00:58- 01:45- 04:37+ 02:54+ 02:10+ 03:07+ 02:55+ 01:54+ 02:23- 03:26+ 00:58- 01:59+ 00:11-
 00:05- 00:27- 02:18& 01:08& 00:18# 01:21& 00:48& 00:19# 04:15- 00:51& 00:03- 01:02@ 00:01-

6 Cecilie Kristine Karlsen 93 30:43

00:56- 07:02+ 10:19+ 13:23+ 15:37+ 17:57+ 21:25+ 22:59+ 24:50+ 28:47+ 29:47+ 30:34+ 30:43+
 00:56- 06:06+ 03:17+ 03:04+ 02:14+ 02:20+ 03:28+ 01:34- 01:51- 03:57+ 01:00- 00:47- 00:09-
 00:07- 03:54@ 00:58& 01:18& 00:22# 00:34& 01:21& 00:01- 04:47- 01:22& 00:01- 00:10- 00:03-

7 Parul Khandelwal 71 33:34

01:52+ 04:42+ 07:45+ 13:22+ 15:55+ 19:19+ 22:46+ 24:32+ 27:43+ 31:20+ 32:17+ 33:24+ 33:34+
 01:52+ 02:50+ 03:03+ 05:37+ 02:33+ 03:24+ 03:27+ 01:46+ 03:11- 03:37+ 00:57- 01:07+ 00:10-
 00:49& 00:38& 00:44& 03:51@ 00:41& 01:38& 01:20& 00:11# 03:27- 01:02& 00:04- 00:10# 00:02-

8 Margot Asheim 105 33:45

01:20+ 02:44- 06:00+ 09:03+ 12:04+ 15:07+ 19:46+ 22:02+ 25:00+ 31:09+ 32:22+ 33:35+ 33:45+
 01:20+ 01:24- 03:16+ 03:03+ 03:01+ 03:03+ 04:39+ 02:16+ 02:58- 06:09+ 01:13+ 01:13+ 00:10-
 00:17& 00:48- 00:57& 01:17& 01:09& 01:17& 02:32@ 00:41& 03:40- 03:34@ 00:12# 00:16& 00:02-

9 Hege Jangseth 93 34:05

00:59- 02:26- 05:39+ 08:57+ 12:10+ 15:24+ 20:17+ 22:31+ 25:31+ 31:34+ 32:43+ 33:53+ 34:05+
 00:59- 01:27- 03:13+ 03:18+ 03:13+ 03:14+ 04:53+ 02:14+ 03:00- 06:03+ 01:09+ 01:10+ 00:12=
 00:04- 00:45- 00:54& 01:32& 01:21& 01:28& 02:46@ 00:39& 03:38- 03:28@ 00:08# 00:13# 00:00=

10 Kate Lawson 101 34:59

01:23+ 05:34+ 09:21+ 12:47+ 15:29+ 18:28+ 22:07+ 24:09+ 26:44+ 30:55+ 33:18+ 34:45+ 34:59+
 01:23+ 04:11+ 03:47+ 03:26+ 02:42+ 02:59+ 03:39+ 02:02+ 02:35- 04:11+ 02:23+ 01:27+ 00:14+
 00:20& 01:59& 01:28& 01:40& 00:50& 01:13& 01:32& 00:27& 04:03- 01:36& 01:22@ 00:30& 00:02#

Class	Navn	Klasse										Tid
11	Astrid Espe	80										35:19
04:32+	06:48+	10:08+	13:12+	15:50+	21:12+	24:42+	26:54+	29:39+	33:12+	34:00+	35:05+	35:19+
04:32+	02:16+	03:20+	03:04+	02:38+	05:22+	03:30+	02:12+	02:45-	03:33+	00:48-	01:05+	00:14+
03:29@	00:04+	01:01&	01:18&	00:46&	03:36@	01:23&	00:37&	03:53-	00:58&	00:13-	00:08#	00:02#
12	Sarah Denieul	42										35:27
01:21+	07:13+	10:19+	15:36+	18:00+	20:38+	23:41+	25:23+	28:10+	31:56+	33:37+	35:13+	35:27+
01:21+	05:52+	03:06+	05:17+	02:24+	02:38+	03:03+	01:42+	02:47-	03:46+	01:41+	01:36+	00:14+
00:18&	03:40@	00:47&	03:31@	00:32&	00:52&	00:56&	00:07+	03:51-	01:11&	00:40&	00:39&	00:02#
13	Reidun Solli Skjørestad	47										35:28
01:24+	03:33+	07:02+	09:50+	13:12+	16:24+	20:58+	23:13+	28:18+	32:37+	33:59+	35:15+	35:28+
01:24+	02:09-	03:29+	02:48+	03:22+	03:12+	04:34+	02:15+	05:05-	04:19+	01:22+	01:16+	00:13+
00:21&	00:03-	01:10&	01:02&	01:30&	01:26&	02:27@	00:40&	01:33-	01:44&	00:21&	00:19&	00:01+
14	Marita Navjord Nicolaysen	71										35:35
01:50+	06:51+	09:44+	12:43+	15:34+	18:40+	22:31+	25:14+	28:30+	32:56+	34:26+	35:26+	35:35+
01:50+	05:01+	02:53+	02:59+	02:51+	03:06+	03:51+	02:43+	03:16-	04:26+	01:30+	01:00+	00:09-
00:47&	02:49@	00:34#	01:13&	00:59&	01:20&	01:44&	01:08&	03:22-	01:51&	00:29&	00:03+	00:03-
15	Kristina rensaw	101										35:59
01:50+	06:25+	10:17+	13:44+	16:31+	19:20+	23:00+	25:10+	27:44+	31:51+	34:13+	35:45+	35:59+
01:50+	04:35+	03:52+	03:27+	02:47+	02:49+	03:40+	02:10+	02:34-	04:07+	02:22+	01:32+	00:14+
00:47&	02:23@	01:33&	01:41&	00:55&	01:03&	01:33&	00:35&	04:04-	01:32&	01:21@	00:35&	00:02#
16	Björg Elen Abrahamsen	29										36:01
04:24+	06:12+	09:52+	13:32+	16:42+	20:45+	24:41+	27:02+	29:27+	33:21+	34:30+	35:46+	36:01+
04:24+	01:48-	03:40+	03:40+	03:10+	04:03+	03:56+	02:21+	02:25-	03:54+	01:09+	01:16+	00:15+
03:21@	00:24-	01:21&	01:54@	01:18&	02:17@	01:49&	00:46&	04:13-	01:19&	00:08#	00:19&	00:03#
17	Judith Serigstad	128										36:10
02:59+	06:06+	09:44+	12:58+	16:02+	19:32+	23:11+	25:24+	29:18+	33:21+	34:53+	35:57+	36:10+
02:59+	03:07+	03:38+	03:14+	03:04+	03:30+	03:39+	02:13+	03:54-	04:03+	01:32+	01:04+	00:13+
01:56@	00:55&	01:19&	01:28&	01:12&	01:44&	01:32&	00:38&	02:44-	01:28&	00:31&	00:07#	00:01+
18	Bente Salte Aune	128										36:24
03:18+	06:10+	09:59+	13:17+	16:15+	19:49+	23:31+	25:44+	29:31+	33:39+	35:02+	36:11+	36:24+
03:18+	02:52+	03:49+	03:18+	02:58+	03:34+	03:42+	02:13+	03:47-	04:08+	01:23+	01:09+	00:13+
02:15@	00:40&	01:30&	01:32&	01:06&	01:48@	01:35&	00:38&	02:51-	01:33&	00:22&	00:12#	00:01+
19	Solbjørg Borgersen	233										37:18
03:11+	06:49+	14:13+	16:58+	19:35+	22:49+	26:41+	29:05+	30:57+	34:37+	35:39+	37:05+	37:18+
03:11+	03:38+	07:24+	02:45+	02:37+	03:14+	03:52+	02:24+	01:52-	03:40+	01:02+	01:26+	00:13+
02:08@	01:26&	05:05@	00:59&	00:45&	01:28&	01:45&	00:49&	04:46-	01:05&	00:01+	00:29&	00:01+
20	Kirsti Strand Salvesen	256										38:10
01:40+	05:28+	10:11+	13:48+	17:07+	20:54+	25:30+	27:58+	30:43+	35:13+	36:33+	37:53+	38:10+
01:40+	03:48+	04:43+	03:37+	03:19+	03:47+	04:36+	02:28+	02:45-	04:30+	01:20+	01:20+	00:17+
00:37&	01:36&	02:24@	01:51@	01:27&	02:01@	02:29@	00:53&	03:53-	01:55&	00:19&	00:23&	00:05&
21	Marianne Gjesdal Lyngås	253										38:26
01:40+	03:50+	09:00+	12:49+	16:17+	19:34+	24:00+	26:54+	30:04+	35:47+	36:51+	38:11+	38:26+
01:40+	02:10-	05:10+	03:49+	03:28+	03:17+	04:26+	02:54+	03:10-	05:43+	01:04+	01:20+	00:15+
00:37&	00:02-	02:51@	02:03@	01:36&	01:31&	02:19@	01:19&	03:28-	03:08@	00:03+	00:23&	00:03#
22	Ingrid Marie Torgersen	253										38:28
01:48+	04:05+	09:02+	12:51+	16:27+	19:41+	24:06+	27:04+	30:10+	35:56+	36:59+	38:13+	38:28+
01:48+	02:17+	04:57+	03:49+	03:36+	03:14+	04:25+	02:58+	03:06-	05:46+	01:03+	01:14+	00:15+
00:45&	00:05+	02:38@	02:03@	01:44&	01:28&	02:18@	01:23&	03:32-	03:11@	00:02+	00:17&	00:03#
23	Irene Mæland Torgersen	253										38:39
01:46+	03:57+	09:00+	12:49+	16:24+	19:44+	24:11+	27:02+	30:13+	35:54+	37:05+	38:21+	38:39+
01:46+	02:11-	05:03+	03:49+	03:35+	03:20+	04:27+	02:51+	03:11-	05:41+	01:11+	01:16+	00:18+
00:43&	00:01-	02:44@	02:03@	01:43&	01:34&	02:20@	01:16&	03:27-	03:06@	00:10#	00:19&	00:06&
24	Astri Sandanger	279										39:58
02:37+	08:00+	12:08+	15:08+	17:57+	21:55+	26:07+	28:11+	31:52+	37:24+	38:38+	39:48+	39:58+
02:37+	05:23+	04:08+	03:00+	02:49+	03:58+	04:12+	02:04+	03:41-	05:32+	01:14+	01:10+	00:10-
01:34@	03:11@	01:49&	01:14&	00:57&	02:12@	02:05&	00:29&	02:57-	02:57@	00:13#	00:13#	00:02-
25	Kari Borgen	62										40:00
01:51+	03:51+	08:23+	12:46+	16:26+	20:05+	24:22+	27:39+	31:38+	36:59+	38:08+	39:40+	40:00+
01:51+	02:00-	04:32+	04:23+	03:40+	03:39+	04:17+	03:17+	03:59-	05:21+	01:09+	01:32+	00:20+
00:48&	00:12-	02:13&	02:37@	01:48&	01:53@	02:10@	01:42@	02:39-	02:46@	00:08#	00:35&	00:08&

Class	Navn	Klasse										Tid
26	Dagfrid Nagel-Alne	47										40:10
02:11+	06:28+	11:02+	13:57+	16:35+	19:58+	23:12+	25:18+	31:02+	36:48+	38:42+	39:58+	40:10+
02:11+	04:17+	04:34+	02:55+	02:38+	03:23+	03:14+	02:06+	05:44-	05:46+	01:54+	01:16+	00:12=
01:08@	02:05&	02:15&	01:09&	00:46&	01:37&	01:07&	00:31&	00:54-	03:11@	00:53&	00:19&	00:00=
27	Randi Bugge	46										40:17
01:24+	03:02-	15:18+	18:34+	21:21+	24:17+	27:43+	29:37+	33:04+	37:26+	38:40+	40:04+	40:17+
01:24+	01:38-	12:16+	03:16+	02:47+	02:56+	03:26+	01:54+	03:27-	04:22+	01:14+	01:24+	00:13+
00:21&	00:34-	09:57@	01:30&	00:55&	01:10&	01:19&	00:19#	03:11-	01:47&	00:13#	00:27&	00:01+
28	Karin Gilje Ask	141										40:28
04:06+	06:39+	10:43+	14:41+	18:18+	21:42+	26:03+	28:28+	32:33+	37:47+	38:46+	40:08+	40:28+
04:06+	02:33+	04:04+	03:58+	03:37+	03:24+	04:21+	02:25+	04:05-	05:14+	00:59-	01:22+	00:20+
03:03@	00:21#	01:45&	02:12@	01:45&	01:38&	02:14@	00:50&	02:33-	02:39@	00:02-	00:25&	00:08&
29	Inger K. H. Rysstad	141										40:29
04:13+	06:48+	10:38+	14:54+	18:20+	21:37+	25:56+	28:23+	32:34+	37:51+	39:01+	40:10+	40:29+
04:13+	02:35+	03:50+	04:16+	03:26+	03:17+	04:19+	02:27+	04:11-	05:17+	01:10+	01:09+	00:19+
03:10@	00:23#	01:31&	02:30@	01:34&	01:31&	02:12@	00:52&	02:27-	02:42@	00:09#	00:12#	00:07&
30	Anne Grete Friberg	141										40:32
04:05+	06:48+	10:38+	15:00+	18:27+	21:50+	26:04+	28:35+	32:42+	37:57+	39:11+	40:19+	40:32+
04:05+	02:43+	03:50+	04:22+	03:27+	03:23+	04:14+	02:31+	04:07-	05:15+	01:14+	01:08+	00:13+
03:02@	00:31#	01:31&	02:36@	01:35&	01:37&	02:07&	00:56&	02:31-	02:40@	00:13#	00:11#	00:01+
31	Linda Haukås	113										40:57
01:16+	03:24+	08:20+	11:55+	15:05+	19:01+	23:20+	25:49+	28:28+	38:37+	39:36+	40:43+	40:57+
01:16+	02:08-	04:56+	03:35+	03:10+	03:56+	04:19+	02:29+	02:39-	10:09+	00:59-	01:07+	00:14+
00:13#	00:04-	02:37@	01:49@	01:18&	02:10@	02:12@	00:54&	03:59-	07:34@	00:02-	00:10#	00:02#
32	May Kristin Haaland	47										41:28
05:29+	07:53+	11:46+	16:47+	20:12+	24:01+	28:24+	31:15+	33:45+	38:42+	39:57+	41:15+	41:28+
05:29+	02:24+	03:53+	05:01+	03:25+	03:49+	04:23+	02:51+	02:30-	04:57+	01:15+	01:18+	00:13+
04:26@	00:12+	01:34&	03:15@	01:33&	02:03@	02:16@	01:16&	04:08-	02:22&	00:14#	00:21&	00:01+
33	Anne Brit T. Mæland	93										41:51
01:54+	08:54+	13:06+	17:09+	20:34+	23:58+	29:13+	31:20+	34:04+	39:08+	40:14+	41:40+	41:51+
01:54+	07:00+	04:12+	04:03+	03:25+	03:24+	05:15+	02:07+	02:44-	05:04+	01:06+	01:26+	00:11-
00:51&	04:48@	01:53&	02:17@	01:33&	01:38&	03:08@	00:32&	03:54-	02:29&	00:05+	00:29&	00:01-
34	Torhild Stokka Stølsvik	92										41:56
05:38+	08:05+	11:55+	16:55+	20:31+	24:24+	28:40+	31:31+	33:56+	39:02+	40:12+	41:37+	41:56+
05:38+	02:27+	03:50+	05:00+	03:36+	03:53+	04:16+	02:51+	02:25-	05:06+	01:10+	01:25+	00:19+
04:35@	00:15#	01:31&	03:14@	01:44&	02:07@	02:09@	01:16&	04:13-	02:31&	00:09#	00:28&	00:07&
35	Marie-Elizabeth Reinseth	27										43:06
02:47+	08:39+	17:25+	20:25+	24:17+	27:19+	31:21+	33:13+	36:15+	39:34+	40:45+	42:53+	43:06+
02:47+	05:52+	08:46+	03:00+	03:52+	03:02+	04:02+	01:52+	03:02-	03:19+	01:11+	02:08+	00:13+
01:44@	03:40@	06:27@	01:14&	02:00@	01:16&	01:55&	00:17#	03:36-	00:44&	00:10#	01:11@	00:01+
36	Marianne Johnsen	5										44:55
01:53+	11:41+	14:38+	17:34+	20:14+	23:11+	27:35+	35:01+	37:54+	42:18+	43:25+	44:34+	44:55+
01:53+	09:48+	02:57+	02:56+	02:40+	02:57+	04:24+	07:26+	02:53-	04:24+	01:07+	01:09+	00:21+
00:50&	07:36@	00:38&	01:10&	00:48&	01:11&	02:17@	05:51@	03:45-	01:49&	00:06+	00:12#	00:09&
37	Synnøve Langvik	93										46:02
05:08+	07:35+	11:44+	14:53+	17:50+	22:48+	26:26+	35:15+	38:30+	43:38+	44:37+	45:50+	46:02+
05:08+	02:27+	04:09+	03:09+	02:57+	04:58+	03:38+	08:49+	03:15-	05:08+	00:59-	01:13+	00:12=
04:05@	00:15#	01:50&	01:23&	01:05&	03:12@	01:31&	07:14@	03:23-	02:33&	00:02-	00:16&	00:00=
38	Solveig Mæland	128										46:05
02:45+	04:53+	10:04+	13:57+	18:12+	22:39+	27:41+	31:24+	35:23+	42:27+	44:04+	45:51+	46:05+
02:45+	02:08-	05:11+	03:53+	04:15+	04:27+	05:02+	03:43+	03:59-	07:04+	01:37+	01:47+	00:14+
01:42@	00:04-	02:52@	02:07@	02:23@	02:41@	02:55@	02:08@	02:39-	04:29@	00:36&	00:50&	00:02#
39	Lillian Dahl Fitjar	117										46:19
01:44+	03:30+	14:59+	18:12+	24:45+	28:03+	32:13+	34:49+	37:14+	41:55+	43:07+	46:03+	46:19+
01:44+	01:46-	11:29+	03:13+	06:33+	03:18+	04:10+	02:36+	02:25-	04:41+	01:12+	02:56+	00:16+
00:41&	00:26-	09:10@	01:27&	04:41@	01:32&	02:03&	01:01&	04:13-	02:06&	00:11#	01:59@	00:04&
40	Inger Synnøve Sjursen	92										47:42
01:28+	08:10+	14:11+	18:13+	22:01+	25:56+	31:15+	34:09+	37:48+	43:25+	45:23+	47:18+	47:42+
01:28+	06:42+	06:01+	04:02+	03:48+	03:55+	05:19+	02:54+	03:39-	05:37+	01:58+	01:55+	00:24+
00:25&	04:30@	03:42@	02:16@	01:56@	02:09@	03:12@	01:19&	02:59-	03:02@	00:57&	00:58@	00:12&

Class	Navn	Klasse										Tid
41	Rebekka Lye	62										51:18
08:19+	10:26+	15:43+	20:10+	23:23+	29:25+	35:37+	37:49+	41:23+	47:30+	49:05+	51:06+	51:18+
08:19+	02:07-	05:17+	04:27+	03:13+	06:02+	06:12+	02:12+	03:34-	06:07+	01:35+	02:01+	00:12=
07:16@	00:05-	02:58@	02:41@	01:21&	04:16@	04:05@	00:37&	03:04-	03:32@	00:34&	01:04@	00:00=
42	Maria Haukaliid	47										52:00
02:01+	10:39+	13:42+	16:58+	19:48+	29:27+	34:21+	40:09+	42:54+	48:26+	50:36+	51:44+	52:00+
02:01+	08:38+	03:03+	03:16+	02:50+	09:39+	04:54+	05:48+	02:45-	05:32+	02:10+	01:08+	00:16+
00:58&	06:26@	00:44&	01:30&	00:58&	07:53@	02:47@	04:13@	03:53-	02:57@	01:09@	00:11#	00:04&
43	Synnøve Hognestad	115										52:40
06:13+	08:47+	12:37+	15:52+	18:24+	21:40+	24:53+	27:15+	43:34+	47:15+	49:12+	52:27+	52:40+
06:13+	02:34+	03:50+	03:15+	02:32+	03:16+	03:13+	02:22+	16:19+	03:41+	01:57+	03:15+	00:13+
05:10@	00:22#	01:31&	01:29&	00:40&	01:30&	01:06&	00:47&	09:41@	01:06&	00:56&	02:18@	00:01+
44	Åse Franciska Møster	128										53:04
03:56+	09:17+	17:41+	27:40+	30:36+	34:18+	38:42+	41:51+	46:11+	50:58+	51:58+	52:54+	53:04+
03:56+	05:21+	08:24+	09:59+	02:56+	03:42+	04:24+	03:09+	04:20-	04:47+	01:00-	00:56-	00:10-
02:53@	03:09@	06:05@	08:13@	01:04&	01:56@	02:17@	01:34&	02:18-	02:12&	00:01-	00:01-	00:02-
45	Tove Kristin K. Helvig	105										55:03
02:14+	06:56+	13:08+	16:51+	20:02+	28:22+	32:24+	34:36+	43:41+	52:11+	53:09+	54:49+	55:03+
02:14+	04:42+	06:12+	03:43+	03:11+	08:20+	04:02+	02:12+	09:05+	08:30+	00:58-	01:40+	00:14+
01:11@	02:30@	03:53@	01:57@	01:19&	06:34@	01:55&	00:37&	02:27&	05:55@	00:03-	00:43&	00:02#
46	Randi Wesetvik	116										55:36
03:31+	05:47+	17:14+	21:10+	24:32+	28:23+	34:20+	37:27+	41:10+	52:14+	53:10+	55:20+	55:36+
03:31+	02:16+	11:27+	03:56+	03:22+	03:51+	05:57+	03:07+	03:43-	11:04+	00:56-	02:10+	00:16+
02:28@	00:04+	09:08@	02:10@	01:30&	02:05@	03:50@	01:32&	02:55-	08:29@	00:05-	01:13@	00:04&
47	Aase Sveinsvoll	94										55:57
10:21+	13:22+	19:41+	23:43+	28:49+	33:17+	37:57+	40:50+	44:30+	51:30+	52:29+	55:41+	55:57+
10:21+	03:01+	06:19+	04:02+	05:06+	04:28+	04:40+	02:53+	03:40-	07:00+	00:59-	03:12+	00:16+
09:18@	00:49&	04:00@	02:16@	03:14@	02:42@	02:33@	01:18&	02:58-	04:25@	00:02-	02:15@	00:04&
48	Ane Kristine Helvig	105										56:51
06:50+	09:24+	14:55+	18:44+	22:08+	30:03+	34:23+	36:34+	45:16+	54:06+	55:03+	56:38+	56:51+
06:50+	02:34+	05:31+	03:49+	03:24+	07:55+	04:20+	02:11+	08:42+	08:50+	00:57-	01:35+	00:13+
05:47@	00:22#	03:12@	02:03@	01:32&	06:09@	02:13@	00:36&	02:04&	06:15@	00:04-	00:38&	00:01+
49	Sigrun Serigstad	128										58:55
01:49+	04:00+	29:43+	33:55+	37:36+	40:44+	45:25+	47:37+	51:31+	56:33+	57:26+	58:44+	58:55+
01:49+	02:11-	25:43+	04:12+	03:41+	03:08+	04:41+	02:12+	03:54-	05:02+	00:53-	01:18+	00:11-
00:46&	00:01-	23:24@	02:26@	01:49&	01:22&	02:34@	00:37&	02:44-	02:27&	00:08-	00:21&	00:01-
50	Brit Svihus	92										59:41
01:57+	04:33+	08:51+	12:18+	33:43+	37:11+	41:32+	44:07+	48:22+	57:17+	58:07+	59:26+	59:41+
01:57+	02:36+	04:18+	03:27+	21:25+	03:28+	04:21+	02:35+	04:15-	08:55+	00:50-	01:19+	00:15+
00:54&	00:24#	01:59&	01:41&	19:33@	01:42&	02:14@	01:00&	02:23-	06:20@	00:11-	00:22&	00:03#
51	Gro Mariero Totland	59										1:02:43
02:00+	06:33+	11:37+	15:56+	20:32+	24:55+	30:23+	33:58+	37:35+	59:17+	60:34+	62:21+	62:43+
02:00+	04:33+	05:04+	04:19+	04:36+	04:23+	05:28+	03:35+	03:37-	21:42+	01:17+	01:47+	00:22+
00:57&	02:21@	02:45@	02:33@	02:44@	02:37@	03:21@	02:00@	03:01-	19:07@	00:16&	00:50&	00:10&
52	Olaug Bergjord	91										1:03:18
02:17+	04:13+	09:26+	12:52+	18:08+	21:19+	25:27+	37:27+	50:52+	59:22+	60:21+	63:06+	63:18+
02:17+	01:56-	05:13+	03:26+	05:16+	03:11+	04:08+	12:00+	13:25+	08:30+	00:59-	02:45+	00:12=
01:14@	00:16-	02:54@	01:40&	03:24@	01:25&	02:01&	10:25@	06:47@	05:55@	00:02-	01:48@	00:00=
53	Anne Lise Lunde	46										1:08:11
02:49+	06:21+	15:09+	19:53+	23:29+	28:43+	33:33+	47:45+	52:54+	62:40+	64:30+	67:55+	68:11+
02:49+	03:32+	08:48+	04:44+	03:36+	05:14+	04:50+	14:12+	05:09-	09:46+	01:50+	03:25+	00:16+
01:46@	01:20&	06:29@	02:58@	01:44&	03:28@	02:43@	12:37@	01:29-	07:11@	00:49&	02:28@	00:04&
Beste strekktid for klassen												
00:39	01:14	02:19	01:46	01:52	01:46	02:07	01:32	01:51	02:35	00:37	00:47	00:09

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

Herrer 16 - 39 år

Class	Navn	Klasse	Tid																	
1	Emmanuel Mondesert	116	39:22																	
00:44=	02:34=	03:24=	04:44=	07:27=	11:17=	12:52=	15:11=	19:37=	22:32=	24:25=	26:43=	28:06=	30:17=	32:56=	33:58=	36:02=	37:32=	38:25=	39:14=	39:22=
00:44=	01:50=	00:50=	01:20=	02:43=	03:50=	01:35=	02:19=	04:26=	02:55=	01:53=	02:18=	01:23=	02:11=	02:39=	01:02=	02:04=	01:30=	00:53=	00:49=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Cato Eike	79	39:34																	
00:12-	01:46-	02:40-	04:00-	06:34-	09:53-	11:29-	13:53-	18:21-	20:48-	23:05-	24:25-	27:06-	30:19+	32:27-	33:36-	35:57-	37:37+	38:35+	39:27+	39:34+
00:12-	01:34-	00:54+	01:20=	02:34-	03:19-	01:36+	02:24+	04:28+	02:27-	02:17+	01:20-	02:41+	03:13+	02:08-	01:09+	02:21+	01:40+	00:58+	00:52+	00:07-
00:32-	00:16-	00:04+	00:00=	00:09-	00:31-	00:01+	00:05+	00:02+	00:28-	00:24#	00:58-	01:18&	01:02&	00:31-	00:07#	00:17#	00:10#	00:05+	00:03+	00:01-
3	Sam McCloy	271	39:35																	
00:38-	02:14-	03:39+	05:22+	06:51-	10:05-	11:31-	14:02-	19:09-	21:29-	23:19-	24:59-	26:14-	28:42-	30:37-	32:09-	34:17-	36:52-	38:29+	39:24+	39:35+
00:38-	01:36-	01:25+	01:43+	01:29-	03:14-	01:26-	02:31+	05:07+	02:20-	01:50-	01:40-	01:15-	02:28+	01:55-	01:32+	02:08+	02:35+	01:37+	00:55+	00:11+
00:06-	00:14-	00:35&	00:23&	01:14-	00:36-	00:09-	00:12+	00:41#	00:35-	00:03-	00:38-	00:08-	00:17#	00:44-	00:30&	00:04+	01:05&	00:44&	00:06#	00:03&
4	Jørgen Strømstad	50	40:02																	
00:14-	01:52-	02:39-	04:25-	06:08-	09:18-	11:12-	13:40-	18:23-	21:13-	23:38-	25:24-	26:50-	30:02-	32:16-	33:29-	36:15+	38:07+	38:56+	39:54+	40:02+
00:14-	01:38-	00:47-	01:46+	01:43-	03:10-	01:54+	02:28+	04:43+	02:50-	02:25+	01:46-	01:26+	03:12+	02:14-	01:13+	02:46+	01:52+	00:49-	00:58+	00:08=
00:30-	00:12-	00:03-	00:26&	01:00-	00:40-	00:19#	00:09+	00:17+	00:05-	00:32&	00:32-	00:03+	01:01&	00:25-	00:11#	00:42&	00:22#	00:04-	00:09#	00:00=
5	Dag Eivind Watsend	92	41:03																	
00:26-	01:47-	02:38-	04:05-	06:08-	09:56-	12:08-	14:49-	19:59+	22:31-	24:36+	26:28-	27:55-	30:26+	32:36-	33:53-	37:01+	39:03+	40:00+	40:55+	41:03+
00:26-	01:21-	00:51+	01:27+	02:03-	03:48-	02:12+	02:41+	05:10+	02:32-	02:05+	01:52-	01:27+	02:31+	02:10-	01:17+	03:08+	02:02+	00:57+	00:55+	00:08=
00:18-	00:29-	00:01+	00:07+	00:40-	00:02-	00:37&	00:22#	00:44#	00:23-	00:12#	00:26-	00:04+	00:20#	00:29-	00:15#	01:04&	00:32&	00:04+	00:06#	00:00=
6	Andreas Terjesen	213	41:07																	
00:15-	03:57+	05:00+	06:21+	07:56+	11:08-	12:57+	15:25+	20:15+	23:00+	25:22+	26:58+	28:09+	30:30+	33:04+	34:25+	36:55+	38:43+	39:56+	40:56+	41:07+
00:15-	03:42+	01:03+	01:21+	01:35-	03:12-	01:49+	02:28+	04:50+	02:45-	02:22+	01:36-	01:11-	02:21+	02:34-	01:21+	02:30+	01:48+	01:13+	01:00+	00:11+
00:29-	01:52@	00:13&	00:01+	01:08-	00:38-	00:14#	00:09+	00:24+	00:10-	00:29&	00:42-	00:12-	00:10+	00:05-	00:19&	00:26#	00:18#	00:20&	00:11#	00:03&
7	Svein Kyllingstad	71	42:17																	
00:16-	01:40-	02:44-	04:17-	06:00-	10:53-	12:55+	15:46+	20:40+	23:18+	25:28+	27:42+	29:25+	31:34+	34:11+	35:26+	38:03+	40:06+	41:08+	42:07+	42:17+
00:16-	01:24-	01:04+	01:33+	01:43-	04:53+	02:02+	02:51+	04:54+	02:38-	02:10+	02:14-	01:43+	02:09-	02:37-	01:15+	02:37+	02:03+	01:02+	00:59+	00:10+
00:28-	00:26-	00:14&	00:13#	01:00-	01:03&	00:27&	00:32#	00:28#	00:17-	00:17#	00:04-	00:20#	00:02-	00:02-	00:13#	00:33&	00:33&	00:09#	00:10#	00:02#
8	Frithjof Vassbø	109	42:45																	
00:16-	02:15-	03:34+	04:58+	06:30-	09:35-	11:23-	14:17-	20:11+	23:00+	25:19+	27:14+	28:40+	30:35+	35:02+	36:14+	38:41+	40:24+	41:35+	42:30+	42:45+
00:16-	01:59+	01:19+	01:24+	01:32-	03:05-	01:48+	02:54+	05:54+	02:49-	02:19+	01:55-	01:26+	01:55-	04:27+	01:12+	02:27+	01:43+	01:11+	00:55+	00:15+
00:28-	00:09+	00:29&	00:04+	01:11-	00:45-	00:13#	00:35&	01:28&	00:06-	00:26#	00:23-	00:03+	00:16-	01:48&	00:10#	00:23#	00:13#	00:18&	00:06#	00:07&
9	Vegard Karlsen	50	43:07																	
00:16-	01:51-	02:45-	04:11-	05:55-	08:49-	10:27-	12:46-	17:10-	20:22-	22:14-	24:03-	25:23-	29:35-	35:39+	36:41+	39:17+	41:08+	42:10+	43:00+	43:07+
00:16-	01:35-	00:54+	01:26+	01:44-	02:54-	01:38+	02:19=	04:24-	03:12+	01:52-	01:49-	01:20-	04:12+	06:04+	01:02=	02:36+	01:51+	01:02+	00:50+	00:07-
00:28-	00:15-	00:04+	00:06+	00:59-	00:56-	00:03+	00:00=	00:02-	00:17+	00:01-	00:29-	00:03-	02:01&	03:25@	00:00=	00:32&	00:21#	00:09#	00:01+	00:01-
10	Magne Habbestad	111	43:28																	
00:17-	01:39-	04:00+	05:58+	07:44+	11:50+	13:41+	16:09+	20:51+	23:26+	25:45+	28:06+	29:24+	31:50+	34:13+	35:33+	39:08+	41:26+	42:16+	43:20+	43:28+
00:17-	01:22-	02:21+	01:58+	01:46-	04:06+	01:51+	02:28+	04:42+	02:35-	02:19+	02:21+	01:18-	02:26+	02:23-	01:20+	03:35+	02:18+	00:50-	01:04+	00:08=
00:27-	00:28-	01:31@	00:38&	00:57-	00:16+	00:16#	00:09+	00:16+	00:20-	00:26#	00:03+	00:05-	00:15#	00:16-	00:18&	01:31&	00:48&	00:03-	00:15&	00:00=
11	Jonas Lye Scheie	62	46:37																	
01:03+	03:47+	04:51+	06:46+	08:27+	12:13+	14:19+	16:33+	25:57+	28:54+	31:21+	33:16+	34:24+	36:17+	38:35+	39:45+	42:03+	44:31+	45:46+	46:31+	46:37+
01:03+	02:44+	01:04+	01:55+	01:41-	03:46-	02:06+	02:14-	09:24+	02:57+	02:27+	01:55-	01:08-	01:53-	02:18-	01:10+	02:18+	02:28+	01:15+	00:45-	00:06-
00:19&	00:54&	00:14&	00:35&	01:02-	00:04-	00:31&	00:05-	04:58@	00:02+	00:34&	00:23-	00:15-	00:18-	00:21-	00:08#	00:14#	00:58&	00:22&	00:04-	00:02-
12	Rune Dahl Fitjar	90	48:29																	
00:17-	02:36+	03:26+	05:26+	07:45+	11:43+	14:03+	17:27+	22:53+	26:01+	28:57+	30:59+	32:37+	35:58+	38:58+	40:28+	43:58+	46:34+	47:24+	48:20+	48:29+
00:17-	02:19+	00:50=	02:00+	02:19-	03:58+	02:20+	03:24+	05:26+	03:08+	02:56+	02:02-	01:38+	03:21+	03:00+	01:30+	03:30+	02:36+	00:50-	00:56+	00:09+
00:27-	00:29&	00:00=	00:40&	00:24-	00:08+	00:45&	01:05&	01:00#	00:13+	01:03&	00:16-	00:15-	00:18-	00:21#	00:28&	01:26&	01:06&	00:03-	00:07#	00:01#
13	Jens Rostrup Eikehaugen	92	48:36																	
00:15-	01:31-	02:31-	04:07-	06:05-	10:04-	12:13-	14:58-	19:57+	23:49+	26:12+	28:10+	30:28+	32:57+	35:20+	36:43+	42:45+	44:56+	47:39+	48:29+	48:36+
00:15-	01:16-	01:00+	01:36+	01:58-	03:59+	02:09+	02:45+	04:59+	03:52+	02:12+	01:58-	02:18+	02:29+	02:23-	01:23+	06:02+	02:11+	02:43+	00:50+	00:07-
00:29-	00:34-	00:10#	00:16#	00:45-	00:09+	00:34&	00:26#	00:33#	00:57&	00:30&	00:20-	00:55&	00:18#	00:16-	00:21&	03:58@	00:41&	01:50@	00:01+	00:01-
14	Rune Hatle	65	50:46																	
00:16-	05:22+	06:15+	08:05+	10:26+	14:05+	15:56+	18:29+	23:48+	26:53+	34:02+	35:57+	37:18+	39:42+	41:52+	43:12+	46:05+	48:12+	49:37+	50:36+	50:46+
00:16-	05:06+	00:53+	01:50+	02:21-	03:39-	01:51+	02:33+	05:19+	03:05+	07:09+	01:55-	01:21-	02:24+	02:10-	01:20+	02:53+	02:07+	01:25+	00:59+	00:10+
00:28-	03:16@	00:03+	00:30&	00:22-	00:11-	00:16#	00:14#	00:53#	00:10+	05:16@	00:23-	00:02-	00:13+	00:29-	00:18&	00:49&	00:37&	00:32&	00:10#	00:02#
15	Martin Alexander Hanssen	98	50:56																	
00:25-	01:46-	02:50-	04:23-	07:40+	10:49-	13:14+	16:54+	28:08+	30:43+	33:01+	34:43+	36:00+	38:00+	40:06+	43:17+	46:06+	48:09+	49:46+	50:46+	50:56+
00:25-	01:21-	01:04+	01:33+	03:17+	03:09-	02:25+	03:40+	11:14+	02:35-	02:18+	01:42-	01:17-	02:00-	02:06-	03:11+	02:49+	02:03+	01:37+	01:00+	00:10+
00:19-	00:29-	00:14&	00:13#	00:34#	00:41-	00:50&	01:21&	06:48@	00:20-	00:25#	00:36-	00:06-	00:11-	00:33-	02:09@	00:45&	00:33&	00:44&	00:11#	00:02#

Class	Navn	Klasse										Tid									
16	Olav Johannessen	105										51:09									
00:18-	01:52-	02:56-	04:55+	06:58-	10:51-	13:04+	15:47+	20:43+	23:51+	28:50+	32:06+	34:11+	36:34+	41:15+	42:45+	45:36+	47:53+	50:02+	50:59+	51:09+	
00:18-	01:34-	01:04+	01:59+	02:03-	03:53+	02:13+	02:43+	04:56+	03:08+	04:59+	03:16+	02:05+	02:23+	01:30+	02:51+	02:17+	02:09+	00:57+	00:10+		
00:26-	00:16-	00:14&	00:39&	00:40-	00:03+	00:38&	00:24#	00:30#	00:13+	03:06@	00:58&	00:42&	00:12+	02:02&	00:28&	00:47&	00:47&	01:16@	00:08#	00:02#	
17	David Wade	116										52:53									
00:25-	07:17+	08:11+	10:58+	13:05+	17:24+	19:16+	22:16+	26:49+	29:48+	32:10+	34:17+	35:44+	38:23+	43:18+	45:20+	48:01+	50:07+	51:48+	52:43+	52:53+	
00:25-	06:52+	00:54+	02:47+	02:07-	04:19+	01:52+	03:00+	04:33+	02:59+	02:22+	02:07-	01:27+	02:39+	04:55+	02:02+	02:41+	02:06+	01:41+	00:55+	00:10+	
00:19-	05:02@	00:04+	01:27@	00:36-	00:29#	00:17#	00:41&	00:07+	00:04+	00:29&	00:11-	00:04+	00:28#	02:16&	01:00&	00:37&	00:36&	00:48&	00:06#	00:02#	
18	Håkon Eggebø	71										54:46									
00:16-	07:39+	09:32+	11:15+	15:22+	21:03+	22:48+	25:22+	30:30+	33:29+	36:38+	39:02+	40:35+	43:46+	45:56+	47:15+	50:14+	52:02+	53:20+	54:23+	54:46+	
00:16-	07:23+	01:53+	01:43+	04:07+	05:41+	01:45+	02:34+	05:08+	02:59+	03:09+	02:24+	01:33+	03:11+	02:10-	01:19+	02:59+	01:48+	01:18+	01:03+	00:23+	
00:28-	05:33@	01:03@	00:23&	01:24&	01:51&	00:10#	00:15#	00:42#	00:04+	01:16&	00:06+	00:10#	01:00&	00:29-	00:17&	00:55&	00:18#	00:25&	00:14&	00:15@	
19	Martin Arntsen	71										1:01:25									
00:53+	02:43+	04:00+	05:58+	11:23+	16:10+	18:43+	21:42+	27:23+	30:56+	33:21+	35:43+	37:17+	39:42+	52:46+	54:05+	56:48+	58:40+	59:50+	61:11+	61:25+	
00:53+	01:50=	01:17+	01:58+	05:25+	04:47+	02:33+	02:59+	05:41+	03:33+	02:25+	02:22+	01:34+	02:25+	13:04+	01:19+	02:43+	01:52+	01:10+	01:21+	00:14+	
00:09#	00:00=	00:27&	00:38&	02:42&	00:57#	00:58&	00:40&	01:15&	00:38#	00:32&	00:04+	00:11#	00:14#	10:25@	00:17&	00:39&	00:22#	00:17&	00:32&	00:06&	
20	Andreas Jørgensen	19										1:01:26									
00:19-	02:40+	08:48+	10:26+	13:20+	28:36+	30:27+	33:33+	38:54+	41:51+	44:26+	46:20+	47:58+	50:22+	52:42+	53:59+	56:52+	59:30+	60:18+	61:15+	61:26+	
00:19-	02:21+	06:08+	01:38+	02:54+	15:16+	01:51+	03:06+	05:21+	02:57+	02:35+	01:54-	01:38+	02:24+	02:20-	01:17+	02:53+	02:38+	00:48-	00:57+	00:11+	
00:25-	00:31&	05:18@	00:18#	00:11+	11:26@	00:16#	00:47&	00:55#	00:02+	00:42&	00:24-	00:15#	00:13+	00:19-	00:15#	00:49&	01:08&	00:05-	00:08#	00:03&	
21	Trygve Carlsen Kjørslevik	27										1:02:05									
04:55+	07:51+	08:54+	10:50+	12:43+	18:05+	20:14+	23:42+	29:23+	33:36+	38:03+	39:54+	41:31+	47:28+	49:53+	51:15+	53:55+	55:42+	60:54+	61:56+	62:05+	
04:55+	02:56+	01:03+	01:56+	01:53-	05:22+	02:09+	03:28+	05:41+	04:13+	04:27+	01:51-	01:37+	05:57+	02:25-	01:22+	02:40+	01:47+	05:12+	01:02+	00:09+	
04:11@	01:06&	00:13&	00:36&	00:50-	01:32&	00:34&	01:09&	01:15&	01:18&	02:34@	00:27-	00:14#	03:46@	00:14-	00:20&	00:36&	00:17#	04:19@	00:13&	00:01#	
22	Pål Dannevig	74										1:02:08									
00:27-	02:38+	04:02+	05:42+	09:57+	14:16+	22:59+	25:31+	35:15+	39:35+	42:46+	45:28+	48:30+	50:25+	53:05+	54:55+	57:25+	59:36+	60:42+	61:37+	62:08+	
00:27-	02:11+	01:24+	01:40+	04:15+	04:19+	08:43+	02:32+	09:44+	04:20+	03:11+	02:42+	03:02+	01:55-	02:40+	01:50+	02:30+	02:11+	01:06+	00:55+	00:31+	
00:17-	00:21#	00:34&	00:20#	01:32&	00:29#	07:08@	00:13+	05:18@	01:25&	01:18&	00:24#	01:39@	00:16-	00:01+	00:48&	00:26#	00:41&	00:13#	00:06#	00:23@	

Beste strekktid for klassen

00:12 01:16 00:47 01:20 01:29 02:54 01:26 02:14 04:24 02:20 01:50 01:20 01:08 01:53 01:55 01:02 02:04 01:30 00:48 00:45 00:06

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

Herrer 40 - 49 år

1	Bård Skogsholm	40										37:33									
01:14=	02:46=	04:46=	07:07=	11:12=	12:26=	15:45=	17:17=	18:52=	22:51=	25:22=	26:53=	28:37=	29:46=	32:19=	34:58=	36:37=	37:23=	37:33=			
01:14=	01:32=	02:00=	02:21=	04:05=	01:14=	03:19=	01:32=	01:35=	03:59=	02:31=	01:31=	01:44=	01:09=	02:33=	02:39=	01:39=	00:46=	00:10=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Oddmund Nordgård	105										41:08									
00:36-	02:11-	05:00+	07:37+	12:04+	15:36+	18:03+	19:51+	21:42+	24:59+	27:38+	29:13+	30:54+	32:17+	34:51+	38:09+	40:23+	41:00+	41:08+			
00:36-	01:35+	02:49+	02:37+	04:27+	03:32+	02:27-	01:48+	01:51+	03:17-	02:39+	01:35+	01:41-	01:23+	02:34+	03:18+	02:14+	00:37-	00:08-			
00:38-	00:03+	00:49&	00:16#	00:22+	02:18@	00:52-	00:16#	00:16#	00:42-	00:08+	00:04+	00:03-	00:14#	00:01+	00:39#	00:35&	00:09-	00:02-			
3	Arne Hetlelid	98										42:56									
00:33-	02:11-	04:06-	06:56-	11:04-	12:27+	18:47+	20:13+	22:10+	25:38+	28:49+	30:28+	32:15+	33:44+	36:23+	39:22+	42:00+	42:47+	42:56+			
00:33-	01:38+	01:55-	02:50+	04:08+	01:23+	06:20+	01:26-	01:57+	03:28-	03:11+	01:39+	01:47+	01:29+	02:39+	02:59+	02:38+	00:47+	00:09-			
00:41-	00:06+	00:05-	00:29#	00:03+	00:09#	03:01&	00:06-	00:22#	00:31-	00:40&	00:08+	00:03+	00:20&	00:06+	00:20#	00:59&	00:01+	00:01-			
4	Øystein Nilsen	42										43:12									
00:25-	02:27-	04:26-	06:57-	11:15+	13:44+	16:34+	18:07+	20:05+	23:13+	26:15+	28:34+	30:33+	32:09+	34:30+	38:18+	41:53+	42:56+	43:12+			
00:25-	02:02+	01:59-	02:31+	04:18+	02:29+	01:50-	01:33+	01:58+	03:08-	03:02+	02:19+	01:59+	01:36+	02:21-	03:48+	03:35+	01:03+	00:16+			
00:49-	00:30&	00:01-	00:10+	00:13+	01:15@	00:29-	00:01+	00:23#	00:51-	00:31#	00:48&	00:15#	00:27&	00:12-	01:09&	01:56@	00:17&	00:06&			
5	Arngrim Utskarpen	117										43:27									
00:36-	02:10-	04:26-	07:22+	11:40+	13:30+	16:58+	18:22+	21:44+	25:46+	29:09+	30:52+	32:50+	34:11+	36:48+	40:30+	42:26+	43:18+	43:27+			
00:36-	01:34+	02:16+	02:56+	04:18+	01:50+	03:28+	01:24-	03:22+	04:02+	03:23+	01:43+	01:58+	01:21+	02:37+	03:42+	01:56+	00:52+	00:09-			
00:38-	00:02+	00:16#	00:35#	00:13+	00:36&	00:09+	00:08-	01:47@	00:03+	00:52&	00:12#	00:14#	00:12#	00:04+	01:03&	00:17#	00:06#	00:01-			
6	Håvard Svihus	267										44:16									
00:27-	02:14-	04:15-	07:03-	10:49-	12:42+	15:14-	16:40-	18:41-	23:54+	26:53+	30:01+	32:02+	34:20+	37:09+	40:03+	43:10+	44:08+	44:16+			
00:27-	01:47+	02:01+	02:48+	03:46-	01:53+	02:32-	01:26-	02:01+	05:13+	02:59+	03:08+	02:01+	02:18+	02:49+	02:54+	03:07+	00:58+	00:08-			
00:47-	00:15#	00:01+	00:27#	00:19-	00:39&	00:47-	00:06-	00:26&	01:14&	00:28#	01:37@	00:17#	01:09&	00:16#	00:15+	01:28&	00:12&	00:02-			

Class	Navn	Klasse	Tid
22	Steinar Hansen	27	57:28
02:19+	04:13+	09:43+	13:49+
02:19+	01:54+	05:30+	04:06+
01:05&	00:22#	03:30@	01:45&
02:03+	07:14+	04:22+	01:39+
02:06+	27:28+	29:07+	31:10+
02:03+	07:56+	04:02+	02:11+
00:49&	01:03&	00:07+	00:28&
03:09&	00:49&	01:03&	00:07+
03:57&	01:31&	00:40&	00:03+
00:26&	00:05-	00:38#	00:18#
00:01+	00:08&		
23	Svein Oddvar Netland	116	57:48
00:30-	03:29+	05:55+	08:45+
00:30-	02:59+	02:26+	02:50+
00:44-	01:27&	00:26#	00:29#
00:56#	09:48@	01:38&	00:05-
00:22#	00:24#	02:37@	00:40&
00:11#	00:39&	00:33#	00:36#
00:18#	00:00=	00:00=	00:00=
24	Eivind Moi	116	1:03:28
01:04-	05:43+	08:56+	12:23+
01:04-	04:39+	03:13+	03:27+
00:10-	03:07@	01:13&	01:06&
01:11&	10:51@	00:17-	00:31&
00:47&	00:51#	02:11&	00:35&
00:16#	00:34&	00:40&	01:16&
00:47&	00:22&	00:02&	00:10&
00:08&	00:04&	00:02&	00:04&
Beste strekktid for klassen	00:21	01:19	01:55
	02:08	03:46	01:14
	02:15	01:15	01:31
	03:08	02:31	01:28
	01:31	01:09	02:16
	02:39	01:39	00:32
	00:08		

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

Herrer 50 - 54 år

1	Øivind Berggraf	116	35:46
02:14=	03:30=	05:02=	09:21=
02:14=	01:16=	01:32=	04:19=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Tor Sverre Skåra	266	38:02
01:45-	03:35+	05:11+	09:48+
01:45-	01:50+	01:36+	04:37+
00:29-	00:34&	00:04+	00:18+
00:22-	00:07#	00:32-	01:58&
00:29#	00:53&	00:29#	00:53&
00:04-	00:14-	00:06+	00:11+
00:42-	00:01+	00:02-	00:02-
3	Kjell Seland	236	38:20
02:16+	03:22-	04:52-	09:35+
02:16+	01:06-	01:30-	04:43+
00:02+	00:10-	00:02-	00:24+
00:28-	00:02+	00:18-	00:26+
00:41&	00:01+	00:06-	00:15-
00:09-	00:09-	02:27&	00:09+
00:09-	00:09-	00:01-	00:01-
4	Arne Øvstebø	71	39:44
01:48-	03:19-	05:06+	10:02+
01:48-	01:31+	01:47+	04:56+
00:26-	00:15#	00:15#	00:37#
00:10-	00:06+	00:26-	01:59&
00:25#	01:31&	00:03-	00:18#
00:08-	00:08-	00:32#	00:39-
00:07-	00:01-	00:01-	00:01-
5	Magnar Møller	62	39:47
01:48-	03:33+	04:57-	09:42+
01:48-	01:45+	01:24-	04:45+
00:26-	00:29&	00:08-	00:26#
01:33&	00:10#	00:20-	00:43#
00:20#	00:13+	00:14-	01:12&
00:18-	00:38#	00:15-	00:03-
00:01+	00:01+	00:01-	00:01+
6	Frank Hansen	29	40:29
02:38+	04:44+	05:56+	10:23+
02:38+	02:06+	01:12-	04:27+
00:24#	00:50&	00:20-	00:08+
00:05+	00:09#	00:29-	02:16&
00:30#	00:09+	00:07-	00:08-
00:05-	00:05-	01:00&	00:27#
00:04-	00:02-	00:02-	00:02-
7	Trygve Michaelsen	117	41:45
02:21+	03:40+	05:15+	10:05+
02:21+	01:19+	01:35+	04:50+
00:07+	00:03+	00:03+	00:31#
00:21-	00:11#	00:17-	01:45&
03:17@	00:31#	00:08-	00:07-
00:06+	00:06+	00:06+	00:06+
8	Roger Nyseth	92	42:47
02:19+	04:09+	05:50+	10:55+
02:19+	01:50+	01:41+	05:05+
00:05+	00:34&	00:09+	00:46#
00:08-	00:26&	00:18#	03:00&
00:44&	00:13+	00:10#	00:08+
00:15+	00:39#	00:19-	00:00=
00:01+	00:01+	00:00=	00:01+
9	Inge Skretting	165	44:26
02:19+	03:41+	05:08+	10:11+
02:19+	01:22+	01:27-	05:03+
00:05+	00:06+	00:05-	00:44#
00:01+	00:16#	00:18-	03:04&
04:08@	00:10+	00:02+	00:02+
00:09-	00:09-	00:12-	01:15&
00:31-	00:06#	00:06#	00:02-
10	Geir Rune Seldal	192	44:39
02:47+	04:22+	05:59+	11:42+
02:47+	01:35+	01:37+	05:43+
00:33#	00:19#	00:05+	01:24&
00:02+	00:12#	03:15@	01:13&
00:26#	00:30#	00:06+	00:05+
00:06+	00:05+	00:21#	00:24#
00:09-	00:05+	00:05+	00:02#

Class	Navn	Klasse	Tid													
11	Svein Magne Gloppen	93	48:03													
02:17+	04:24+	06:21+	11:44+	14:35+	16:02+	17:58+	22:42+	30:08+	33:02+	35:02+	36:58+	40:25+	44:55+	46:58+	47:50+	48:03+
02:17+	02:07+	01:57+	05:23+	02:51+	01:27+	01:56+	04:44+	07:26+	02:54+	02:00+	01:56+	03:27+	04:30+	02:03-	00:52-	00:13+
00:28&	01:01&	00:29&	00:40#	01:22&	00:22&	00:10+	00:17+	04:47@	00:47&	00:39&	00:35&	00:44&	01:44&	01:48-	00:29-	00:03&
12	Ivar Bergset	35	48:42													
02:12+	03:28+	05:17+	10:36+	13:49+	15:09+	17:20+	27:45+	30:42+	33:13+	34:56+	36:36+	39:53+	44:33+	47:23+	48:30+	48:42+
02:12+	01:16+	01:49+	05:19+	03:13+	01:20+	02:11+	10:25+	02:57+	02:31+	01:43+	01:40+	03:17+	04:40+	02:50-	01:07-	00:12+
00:23#	00:10#	00:21#	00:36#	01:44@	00:15#	00:25#	05:58@	00:18#	00:24#	00:22&	00:19#	00:34#	01:54&	01:01-	00:14-	00:02#
13	Olav Tunheim	93	50:44													
03:25+	05:09+	07:08+	12:49+	15:25+	16:56+	21:22+	28:08+	32:51+	36:01+	37:53+	39:30+	42:47+	47:23+	49:32+	50:33+	50:44+
03:25+	01:44+	01:59+	05:41+	02:36+	01:31+	04:26+	06:46+	04:43+	03:10+	01:52+	01:37+	03:17+	04:36+	02:09-	01:01-	00:11+
01:36&	00:38&	00:31&	00:58#	01:07&	00:26&	02:40@	02:19&	02:04&	01:03&	00:31&	00:16#	00:34#	01:50&	01:42-	00:20-	00:01#
14	Lars Salvesen	50	54:47													
02:49+	04:10+	07:20+	15:27+	18:54+	20:12+	22:52+	30:10+	36:20+	39:52+	41:46+	43:30+	47:00+	51:07+	53:35+	54:36+	54:47+
02:49+	01:21+	03:10+	08:07+	03:27+	01:18+	02:40+	07:18+	06:10+	03:32+	01:54+	01:44+	03:30+	04:07+	02:28-	01:01-	00:11+
01:00&	00:15#	01:42@	03:24&	01:58@	00:13#	00:54&	02:51&	03:31@	01:25&	00:33&	00:23&	00:47&	01:21&	01:23-	00:20-	00:01#
15	Kjell Lervik	239	56:49													
04:50+	06:11+	09:16+	17:21+	20:57+	22:15+	24:55+	32:21+	38:16+	41:53+	43:48+	45:34+	48:57+	52:57+	55:32+	56:36+	56:49+
04:50+	01:21+	03:05+	08:05+	03:36+	01:18+	02:40+	07:26+	05:55+	03:37+	01:55+	01:46+	03:23+	04:00+	02:35-	01:04-	00:13+
03:01@	00:15#	01:37@	03:22&	02:07@	00:13#	00:54&	02:59&	03:16@	01:30&	00:34&	00:25&	00:40#	01:14&	01:16-	00:17-	00:03&
16	Sverre Magnar Nordal	116	1:01:04													
02:23+	04:23+	06:36+	13:00+	15:05+	16:31+	19:01+	26:52+	35:30+	39:39+	41:38+	43:55+	46:54+	54:52+	59:42+	60:45+	61:04+
02:23+	02:00+	02:13+	06:24+	02:05+	01:26+	02:30+	07:51+	08:38+	04:09+	01:59+	02:17+	02:59+	07:58+	04:50+	01:03-	00:19+
00:34&	00:54&	00:45&	01:41&	00:36&	00:21&	00:44&	03:24&	05:59@	02:02&	00:38&	00:56&	00:16+	05:12@	00:59&	00:18-	00:09&
Beste strekktid for klassen																
01:42	01:06	01:21	04:00	01:29	00:57	01:04	02:28	02:30	02:07	01:21	01:09	01:24	02:45	01:34	00:39	00:08

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

Herrer 60 - 64 år

1	Bjørn Alsaker	115	28:09													
00:32=	01:45=	02:48=	04:23=	06:55=	11:31=	12:08=	13:52=	16:15=	17:27=	19:19=	20:32=	22:50=	24:01=	27:23=	28:00=	28:09=
00:32=	01:13=	01:03=	01:35=	02:32=	04:36=	00:37=	01:44=	02:23=	01:12=	01:52=	01:13=	02:18=	01:11=	03:22=	00:37=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Lars Stangeland	96	35:11													
01:38+	02:46+	03:40+	05:38+	08:12+	14:03+	14:34+	20:16+	22:32+	24:00+	25:50+	27:02+	29:16+	30:25+	34:15+	35:01+	35:11+
01:38+	01:08-	00:54-	01:58+	02:34+	05:51+	00:31-	05:42+	02:16-	01:28+	01:50-	01:12-	02:14-	01:09-	03:50+	00:46+	00:10+
01:06@	00:05-	00:09-	00:23#	00:02+	01:15&	00:06-	03:58@	00:07-	00:16#	00:02-	00:01-	00:04-	00:02-	00:28#	00:09#	00:01#
3	Eivind L. Rake	92	36:39													
00:45+	02:00+	03:53+	05:50+	08:51+	15:12+	15:45+	18:52+	21:59+	23:26+	25:53+	27:21+	29:24+	31:05+	35:31+	36:24+	36:39+
00:45+	01:15+	01:53+	01:57+	03:01+	06:21+	00:33-	03:07+	03:07+	01:27+	02:27+	01:28+	02:03-	01:41+	04:26+	00:53+	00:15+
00:13&	00:02+	00:50&	00:22#	00:29#	01:45&	00:04-	01:23&	00:44&	00:15#	00:35&	00:15#	00:15-	00:30&	01:04&	00:16&	00:06&
4	Tom Hetland	5	37:13													
00:54+	02:07+	03:54+	05:51+	08:46+	16:52+	17:27+	19:23+	21:54+	23:22+	26:34+	28:02+	30:31+	32:07+	36:10+	36:59+	37:13+
00:54+	01:13=	01:47+	01:57+	02:55+	08:06+	00:35-	01:56+	02:31+	01:28+	03:12+	01:28+	02:29+	01:36+	04:03+	00:49+	00:14+
00:22&	00:00=	00:44&	00:22#	00:23#	03:30&	00:02-	00:12#	00:08+	00:16#	01:20&	00:15#	00:11+	00:25&	00:41#	00:12&	00:05&
5	Jan Hetland	29	37:15													
00:42+	03:33+	05:00+	06:40+	09:39+	17:10+	17:43+	20:18+	22:48+	24:08+	26:25+	27:45+	30:45+	32:10+	36:10+	37:06+	37:15+
00:42+	02:51+	01:27+	01:40+	02:59+	07:31+	00:33-	02:35+	02:30+	01:20+	02:17+	01:20+	03:00+	01:25+	04:00+	00:56+	00:09=
00:10&	01:38@	00:24&	00:05+	00:27#	02:55&	00:04-	00:51&	00:07+	00:08#	00:25#	00:07+	00:42&	00:14#	00:38#	00:19&	00:00=
6	Arne M. Handeland	92	39:57													
00:38+	02:15+	04:14+	07:10+	10:20+	16:58+	17:41+	19:47+	22:55+	24:18+	28:16+	29:47+	32:33+	34:01+	38:54+	39:48+	39:57+
00:38+	01:37+	01:59+	02:56+	03:10+	06:38+	00:43+	02:06+	03:08+	01:23+	03:58+	01:31+	02:46+	01:28+	04:53+	00:54+	00:09=
00:06#	00:24&	00:56&	01:21&	00:38#	02:02&	00:06#	00:22#	00:45&	00:11#	02:06@	00:18#	00:28#	00:17#	01:31&	00:17&	00:00=
7	Hans Erik Terjesen	116	40:24													
01:09+	02:41+	03:49+	06:02+	09:13+	15:03+	16:16+	18:34+	22:09+	23:37+	28:07+	29:42+	32:33+	34:18+	39:03+	40:10+	40:24+
01:09+	01:32+	01:08+	02:13+	03:11+	05:50+	01:13+	02:18+	03:35+	01:28+	04:30+	01:35+	02:51+	01:45+	04:45+	01:07+	00:14+
00:37@	00:19&	00:05+	00:38&	00:39&	01:14&	00:36&	00:34&	01:12&	00:16#	02:38@	00:22&	00:33#	00:34&	01:23&	00:30&	00:05&

Class	Navn	Klasse										Tid					
23	Jan Øyvind Lilledal	281										1:00:25					
00:42+	02:12+	03:37+	07:02+	10:56+	18:11+	20:04+	22:27+	40:43+	42:34+	47:06+	49:44+	52:37+	54:14+	59:11+	60:09+	60:25+	
00:42+	01:30+	01:25+	03:25+	03:54+	07:15+	01:53+	02:23+	18:16+	01:51+	04:32+	02:38+	02:53+	01:37+	04:57+	00:58+	00:16+	
00:10&	00:17#	00:22&	01:50@	01:22&	02:39&	01:16@	00:39&	15:53@	00:39&	02:40@	01:25@	00:35&	00:26&	01:35&	00:21&	00:07&	
Beste strekktid for klassen																	
00:32	01:08	00:54	01:35	02:32	04:36	00:31	01:31	02:16	01:12	01:50	01:12	02:03	01:09	03:22	00:37	00:09	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
Herrer 65 - 69 år																	
1	Harry Breiland	66										28:50					
00:34=	01:40=	02:42=	04:20=	06:36=	12:04=	12:38=	14:03=	16:28=	17:39=	19:46=	21:01=	23:12=	24:32=	28:00=	28:41=	28:50=	
00:34=	01:06=	01:02=	01:38=	02:16=	05:28=	00:34=	01:25=	02:25=	01:11=	02:07=	01:15=	02:11=	01:20=	03:28=	00:41=	00:09=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Asgeir Bell	117										35:24					
00:31-	01:48+	03:31+	05:12+	07:35+	13:48+	14:23+	15:56+	18:40+	21:49+	24:45+	27:19+	29:34+	30:51+	34:30+	35:13+	35:24+	
00:31-	01:17+	01:43+	01:41+	02:23+	06:13+	00:35+	01:33+	02:44+	03:09+	02:56+	02:34+	02:15+	01:17-	03:39+	00:43+	00:11+	
00:03-	00:11#	00:41&	00:03+	00:07+	00:45#	00:01+	00:08+	00:19#	01:58@	00:49&	01:19@	00:04+	00:03-	00:11+	00:02+	00:02#	
3	Kjell Svihus	154										38:49					
00:44+	02:25+	03:49+	05:44+	08:32+	14:37+	15:13+	17:30+	20:27+	22:16+	25:10+	26:37+	31:36+	33:03+	37:12+	38:38+	38:49+	
00:44+	01:41+	01:24+	01:55+	02:48+	06:05+	00:36+	02:17+	02:57+	01:49+	02:54+	01:27+	04:59+	01:27+	04:09+	01:26+	00:11+	
00:10&	00:35&	00:22&	00:17#	00:32#	00:37#	00:02+	00:52&	00:32#	00:38&	00:47&	00:12#	02:48@	00:07+	00:41#	00:45@	00:02#	
4	Ragnvald Frøyland	128										41:41					
00:34=	01:45+	03:07+	05:06+	08:40+	14:51+	15:37+	18:42+	21:14+	25:27+	30:15+	32:20+	34:34+	36:05+	40:42+	41:31+	41:41+	
00:34=	01:11+	01:22+	01:59+	03:34+	06:11+	00:46+	03:05+	02:32+	04:13+	04:48+	02:05+	02:14+	01:31+	04:37+	00:49+	00:10+	
00:00=	00:05+	00:20&	00:21#	01:18&	00:43#	00:12&	01:40@	00:07+	03:02@	02:41@	00:50&	00:03+	00:11#	01:09&	00:08#	00:01#	
5	Jostein Tunheim	116										42:55					
04:20+	06:43+	08:16+	10:19+	13:08+	20:08+	20:45+	22:13+	24:47+	26:15+	30:47+	32:24+	34:59+	37:29+	41:37+	42:46+	42:55+	
04:20+	02:23+	01:33+	02:03+	02:49+	07:00+	00:37+	01:28+	02:34+	01:28+	04:32+	01:37+	02:35+	02:30+	04:08+	01:09+	00:09=	
03:46@	01:17@	00:31&	00:25&	00:33#	01:32&	00:03+	00:03+	00:09+	00:17#	02:25@	00:22&	00:24#	01:10&	00:40#	00:28&	00:00=	
6	Leif Gunnar Wikene	43										43:15					
05:57+	08:54+	10:01+	12:08+	14:49+	22:41+	23:25+	25:25+	27:55+	29:18+	32:29+	34:11+	36:27+	38:08+	42:15+	43:05+	43:15+	
05:57+	02:57+	01:07+	02:07+	02:41+	07:52+	00:44+	02:00+	02:30+	01:23+	03:11+	01:42+	02:16+	01:41+	04:07+	00:50+	00:10+	
05:23@	01:51@	00:05+	00:29&	00:25#	02:24&	00:10&	00:35&	00:05+	00:12#	01:04&	00:27&	00:05+	00:21&	00:39#	00:09#	00:01#	
7	Arne Østensen	90										43:42					
01:41+	02:55+	07:13+	09:53+	12:57+	20:39+	21:45+	23:52+	27:05+	28:35+	32:58+	34:26+	36:38+	38:02+	42:28+	43:30+	43:42+	
01:41+	01:14+	04:18+	02:40+	03:04+	07:42+	01:06+	02:07+	03:13+	01:30+	04:23+	01:28+	02:12+	01:24+	04:26+	01:02+	00:12+	
01:07@	00:08#	03:16@	01:02&	00:48&	02:14&	00:32&	00:42&	00:48&	00:19&	02:16@	00:13#	00:01+	00:04+	00:58&	00:21&	00:03&	
8	Olav Habbestad	116										43:52					
01:31+	04:09+	06:28+	08:22+	11:06+	19:20+	19:58+	22:01+	29:29+	30:56+	33:47+	35:02+	37:29+	39:07+	42:54+	43:43+	43:52+	
01:31+	02:38+	02:19+	01:54+	02:44+	08:14+	00:38+	02:03+	07:28+	01:27+	02:51+	01:15=	02:27+	01:38+	03:47+	00:49+	00:09=	
00:57@	01:32@	01:17@	00:16#	00:28#	02:46&	00:04#	00:38&	05:03@	00:16#	00:44&	00:00=	00:16#	00:18#	00:19+	00:08#	00:00=	
9	Sverre Vatland	93										44:07					
01:20+	03:33+	06:05+	08:30+	12:17+	19:50+	20:54+	23:33+	27:06+	28:46+	32:35+	34:19+	36:35+	38:04+	43:07+	43:57+	44:07+	
01:20+	02:13+	02:32+	02:25+	03:47+	07:33+	01:04+	02:39+	03:33+	01:40+	03:49+	01:44+	02:16+	01:29+	05:03+	00:50+	00:10+	
00:46@	01:07@	01:30@	00:47&	01:31&	02:05&	00:30&	01:14&	01:08&	00:29&	01:42&	00:29&	00:05+	00:09#	01:35&	00:09#	00:01#	
10	Magne Frøyland	43										44:44					
03:21+	05:18+	09:37+	12:01+	15:22+	22:16+	23:19+	25:47+	28:39+	30:05+	33:23+	35:03+	37:24+	38:57+	43:31+	44:27+	44:44+	
03:21+	01:57+	04:19+	02:24+	03:21+	06:54+	01:03+	02:28+	03:52+	01:26+	03:18+	01:40+	02:21+	01:33+	04:34+	00:56+	00:17+	
02:47@	00:51&	03:17@	00:46&	01:05&	01:26&	00:29&	01:03&	00:27#	00:15#	01:11&	00:25&	00:10+	00:13#	01:06&	00:15&	00:08&	
11	Roar Fitjar	101										46:01					
00:51+	02:57+	04:45+	07:15+	10:59+	18:00+	19:09+	21:35+	25:40+	27:46+	31:16+	33:03+	36:05+	38:41+	44:48+	45:50+	46:01+	
00:51+	02:06+	01:48+	02:30+	03:44+	07:01+	01:09+	02:26+	04:05+	02:06+	03:30+	01:47+	03:02+	02:36+	06:07+	01:02+	00:11+	
00:17&	01:00&	00:46&	00:52&	01:28&	01:33&	00:35@	01:01&	01:40&	00:55&	01:23&	00:32&	00:51&	01:16&	02:39&	00:21&	00:02#	
12	Leif Gustav Hollund	116										46:17					
00:51+	03:00+	05:57+	08:48+	12:47+	20:17+	22:32+	25:25+	28:32+	30:10+	33:25+	35:02+	38:08+	40:27+	45:08+	46:06+	46:17+	
00:51+	02:09+	02:57+	02:51+	03:59+	07:30+	02:15+	02:53+	03:07+	01:38+	03:15+	01:37+	03:06+	02:19+	04:41+	00:58+	00:11+	
00:17&	01:03&	01:55@	01:13&	01:43&	02:02&	01:41@	01:28@	00:42&	00:27&	01:08&	00:22&	00:55&	00:59&	01:13&	00:17&	00:02#	

Class	Navn	Klasse	Tid
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13	Paul A. Paulsen	117	47:17													
00:41+	02:32+	06:04+	07:49+	12:24+	19:39+	20:15+	25:42+	28:36+	30:22+	33:13+	34:49+	37:51+	39:35+	46:18+	47:07+	47:17+
00:41+	01:51+	03:32+	01:45+	04:35+	07:15+	00:36+	05:27+	02:54+	01:46+	02:51+	01:36+	03:02+	01:44+	06:43+	00:49+	00:10+
00:07#	00:45&	02:30@	00:07+	02:19@	01:47&	00:02+	04:02@	00:29#	00:35&	00:44&	00:21&	00:51&	00:24&	03:15&	00:08#	00:01#

14	Terje Helland	88	47:25													
03:24+	07:16+	11:26+	13:53+	18:21+	26:24+	27:03+	29:20+	32:08+	33:41+	36:22+	38:05+	40:35+	42:03+	46:22+	47:12+	47:25+
03:24+	03:52+	04:10+	02:27+	04:28+	08:03+	00:39+	02:17+	02:48+	01:33+	02:41+	01:43+	02:30+	01:28+	04:19+	00:50+	00:13+
02:50@	02:46@	03:08@	00:49&	02:12&	02:35&	00:05#	00:52&	00:23#	00:22&	00:34&	00:28&	00:19#	00:08#	00:51#	00:09#	00:04&

15	Svein Ove Horpestad	62	48:33													
01:16+	05:50+	07:20+	09:19+	17:29+	24:36+	25:16+	27:12+	31:43+	33:14+	36:20+	38:07+	41:18+	43:00+	47:33+	48:21+	48:33+
01:16+	04:34+	01:30+	01:59+	08:10+	07:07+	00:40+	01:56+	04:31+	01:31+	03:06+	01:47+	03:11+	01:42+	04:33+	00:48+	00:12+
00:42@	03:28@	00:28&	00:21#	05:54@	01:39&	00:06#	00:31&	02:06&	00:20&	00:59&	00:32&	01:00&	00:22&	01:05&	00:07#	00:03&

16	Kjell Ingar Olsen	50	48:46													
01:40+	04:11+	07:56+	10:21+	13:42+	21:34+	22:35+	25:18+	29:06+	31:01+	34:18+	36:15+	39:27+	41:25+	47:33+	48:34+	48:46+
01:40+	02:31+	03:45+	02:25+	03:21+	07:52+	01:01+	02:43+	03:48+	01:55+	03:17+	01:57+	03:12+	01:58+	06:08+	01:01+	00:12+
01:06@	01:25@	02:43@	00:47&	01:05&	02:24&	00:27&	01:18&	01:23&	00:44&	01:10&	00:42&	01:01&	00:38&	02:40&	00:20&	00:03&

17	Knut Jonas Espedal	53	52:55													
00:53+	02:38+	03:56+	06:23+	10:22+	18:43+	20:29+	24:06+	27:41+	29:27+	34:23+	36:34+	43:41+	45:51+	51:39+	52:41+	52:55+
00:53+	01:45+	01:18+	02:27+	03:59+	08:21+	01:46+	03:37+	03:35+	01:46+	04:56+	02:11+	07:07+	02:10+	05:48+	01:02+	00:14+
00:19&	00:39&	00:16&	00:49&	01:43&	02:53&	01:12@	02:12@	01:10&	00:35&	02:49@	00:56&	04:56@	00:50&	02:20&	00:21&	00:05&

18	Kjell Ivar Skjørestad	92	56:59													
01:53+	03:43+	05:31+	13:12+	18:08+	27:19+	28:14+	31:24+	35:04+	37:48+	41:38+	45:00+	48:13+	50:29+	55:54+	56:47+	56:59+
01:53+	01:50+	01:48+	07:41+	04:56+	09:11+	00:55+	03:10+	03:40+	02:44+	03:50+	03:22+	03:13+	02:16+	05:25+	00:53+	00:12+
01:19@	00:44&	00:46&	06:03@	02:40@	03:43&	00:21&	01:45@	01:15&	01:33@	01:43&	02:07@	01:02&	00:56&	01:57&	00:12&	00:03&

19	Ove Vatland	128	1:01:12													
04:23+	06:28+	11:52+	15:22+	19:47+	28:56+	29:48+	32:57+	37:49+	40:40+	44:27+	47:05+	50:33+	52:50+	59:45+	60:56+	61:12+
04:23+	02:05+	05:24+	03:30+	04:25+	09:09+	00:52+	03:09+	04:52+	02:51+	03:47+	02:38+	03:28+	02:17+	06:55+	01:11+	00:16+
03:49@	00:59&	04:22@	01:52@	02:09&	03:41&	00:18&	01:44@	02:27@	01:40@	01:40&	01:23@	01:17&	00:57&	03:27&	00:30&	00:07&

Beste strekktid for klassen																
00:31	01:06	01:02	01:38	02:16	05:28	00:34	01:25	02:25	01:11	02:07	01:15	02:11	01:17	03:28	00:41	00:09

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

Herrer 70 - 74 år

1	Hilmar Røthing	128	32:48													
00:35=	02:27=	03:37=	05:57=	08:41=	14:06=	14:59=	16:42=	19:09=	20:23=	22:55=	24:16=	26:46=	28:15=	31:49=	32:32=	32:48=
00:35=	01:52=	01:10=	02:20=	02:44=	05:25=	00:53=	01:43=	02:27=	01:14=	02:32=	01:21=	02:30=	01:29=	03:34=	00:43=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Tormod Aaslid	54	34:49													
00:41+	01:55-	03:42+	05:49-	09:01+	14:47+	15:22+	17:19+	19:35+	21:02+	23:54+	26:03+	28:17+	29:51+	33:54+	34:37+	34:49+
00:41+	01:14-	01:47+	02:07-	03:12+	05:46+	00:35-	01:57+	02:16-	01:27+	02:52+	02:09+	02:14-	01:34+	04:03+	00:43=	00:12-
00:06#	00:38-	00:37&	00:13-	00:28#	00:21+	00:18-	00:14#	00:11-	00:13#	00:20#	00:48&	00:16-	00:05+	00:29#	00:00=	00:04-

3	Svein Glendrange	68	36:53													
00:47+	02:14-	04:15+	06:27+	09:38+	15:40+	16:27+	18:36+	21:27+	22:54+	26:18+	27:59+	30:17+	31:51+	35:54+	36:41+	36:53+
00:47+	01:27-	02:01+	02:12-	03:11+	06:02+	00:47-	02:09+	02:51+	01:27+	03:24+	01:41+	02:18-	01:34+	04:03+	00:47+	00:12-
00:12&	00:25-	00:51&	00:08-	00:27#	00:37#	00:06-	00:26&	00:24#	00:13#	00:52&	00:20#	00:12-	00:05+	00:29#	00:04+	00:04-

4	Finn Morten Årstad	115	40:21													
00:50+	02:08-	06:18+	08:12+	11:36+	18:18+	18:57+	20:58+	23:43+	25:11+	29:31+	31:09+	33:39+	35:07+	39:21+	40:10+	40:21+
00:50+	01:18-	04:10+	01:54-	03:24+	06:42+	00:39-	02:01+	02:45+	01:28+	04:20+	01:38+	02:30=	01:28-	04:14+	00:49+	00:11-
00:15&	00:34-	03:00@	00:26-	00:40#	01:17#	00:14-	00:18#	00:18#	00:14#	01:48&	00:17#	00:00=	00:01-	00:40#	00:06#	00:05-

5	Olav Dag Borgersen	154	41:39													
00:40+	02:20-	06:44+	09:02+	12:20+	19:15+	20:21+	22:47+	25:38+	27:04+	30:22+	32:03+	34:21+	35:55+	40:32+	41:28+	41:39+
00:40+	01:40-	04:24+	02:18-	03:18+	06:55+	01:06+	02:26+	02:51+	01:26+	03:18+	01:41+	02:18-	01:34+	04:37+	00:56+	00:11-
00:05#	00:12-	03:14@	00:02-	00:34#	01:30&	00:13#	00:43&	00:24#	00:12#	00:46&	00:20#	00:12-	00:05+	01:03&	00:13&	00:05-

6	Øyvind Egeskog	5	43:45													
00:49+	03:24+	06:24+	08:36+	11:49+	18:52+	19:45+	22:26+	25:48+	28:09+	31:19+	33:07+	36:15+	37:49+	42:39+	43:34+	43:45+
00:49+	02:35+	03:00+	02:12-	03:13+	07:03+	00:53=	02:41+	03:22+	02:21+	03:10+	01:48+	03:08+	01:34+	04:50+	00:55+	00:11-
00:14&	00:43&	01:50@	00:08-	00:29#	01:38&	00:00=	00:58&	00:55&	01:07&	00:38#	00:27&	00:38&	00:05+	01:16&	00:12&	00:05-

Class	Navn	Klasse	Tid
7	Steinar Undheim	54	44:00
00:58+	02:34+	05:19+	07:48+
00:58+	01:36-	02:45+	02:29+
00:23&	00:16-	01:35@	00:09+
	01:16&	01:25&	00:55@
	00:51&	01:00&	00:30&
	00:19#	00:45&	00:23#
	00:34&	01:14&	00:13&
	00:04-		
8	Kjell Langvik	93	45:40
00:45+	02:31+	04:22+	06:19+
00:45+	01:46-	01:51+	01:57-
00:10&	00:06-	00:41&	00:23-
	01:16&	01:22&	00:03-
	00:52&	00:59&	00:35&
	01:06&	02:13@	00:53-
	01:30@	01:55-	04:30@
	00:42@	00:16+	
	00:16+		
9	Odd Garpestad	29	46:27
00:36+	05:11+	06:43+	09:55+
00:36+	04:35+	01:32+	03:12+
00:01+	02:43@	00:22&	00:52&
	01:13&	00:33#	00:14-
	00:51&	00:30#	00:19&
	00:21#	00:41&	04:20@
	00:13#	00:53#	00:08#
	00:07-		
10	Svein Eliassen	116	47:31
00:59+	03:15+	04:52+	09:13+
00:59+	02:16+	01:37+	04:21+
00:24&	00:24#	00:27&	02:01&
	01:09&	01:49&	00:37&
	00:57&	00:59&	00:16#
	01:56&	00:23&	00:21#
	01:14&	00:16&	00:02-
11	Arvid Thorsen	5	48:47
00:57+	04:40+	08:05+	12:51+
00:57+	03:43+	03:25+	04:46+
00:22&	01:51&	02:15@	02:26@
	00:05-	01:35&	00:08#
	01:24&	02:02&	00:11#
	01:56&	00:26&	00:08+
	00:11#	01:02&	00:11#
	00:05-		
12	Ingjald Egeland	7	49:52
00:46+	03:10+	04:31+	07:28+
00:46+	02:24+	01:21+	02:57+
00:11&	00:32&	00:11#	00:37&
	00:33#	06:09@	01:34@
	02:01@	01:06&	00:18#
	03:19@	00:13#	00:05+
	00:03-	00:17+	00:05#
	00:04-		
13	Rolv Nærland	63	50:44
01:04+	04:16+	06:06+	08:44+
01:04+	03:12+	01:50+	02:38+
00:29&	01:20&	00:40&	00:18#
	02:52@	02:26&	00:09#
	01:16&	00:31#	00:31&
	00:14+	02:47@	00:34#
	01:25&	02:09&	00:19&
	00:04-		
14	Hermann Skogsholm	53	53:04
00:59+	02:48+	05:03+	07:16+
00:59+	01:49-	02:15+	02:13-
00:24&	00:03-	01:05&	00:07-
	00:52&	02:34&	05:52@
	02:14@	00:46&	01:26@
	00:33#	01:25@	00:34#
	01:28&	01:09&	00:08#
	00:04-		
15	Arne Brandsberg	29	58:33
01:33+	03:39+	06:45+	10:21+
01:33+	02:06+	03:06+	03:36+
00:58@	00:14#	01:56@	01:16&
	01:43&	04:15&	00:14&
	00:50&	02:10&	01:19@
	02:46@	01:15&	01:32&
	00:57&	03:39@	00:36&
	00:05&		
16	Lars Ernst Ravndal	125	1:00:28
02:09+	05:08+	08:52+	11:27+
02:09+	02:59+	03:44+	02:35+
01:34@	01:07&	02:34@	00:15#
	02:05&	03:08&	00:08-
	05:53@	01:30&	00:51&
	01:06&	02:54@	01:31@
	02:09&	00:20&	00:00=
17	Mangor Eikeland	92	1:02:35
01:09+	04:32+	07:07+	10:09+
01:09+	03:23+	02:35+	03:02+
00:34&	01:31&	01:25@	00:42&
	04:05&	00:24&	03:32@
	02:53@	01:14&	01:54&
	01:02&	01:33&	01:24&
	04:12@	00:41&	00:02#
18	Norvald Skretting	43	1:03:15
02:18+	04:20+	06:06+	08:43+
02:18+	02:02+	01:46+	02:37+
01:43@	00:10+	00:36&	00:17#
	00:29#	21:13@	00:02+
	00:27&	01:08&	00:30&
	00:18#	00:51&	00:27#
	00:35&	01:21&	00:23&
	00:03-		
Beste strekktid for klassen			
00:35	01:14	01:10	01:54
	02:39	05:25	00:35
	01:43	02:16	01:14
	02:32	01:37	01:26
	01:39	00:43	00:09

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

Herrer 75 - 79 år

1	Alf Gyland	92	44:13
03:26=	06:52=	09:35=	12:16=
03:26=	03:26=	02:43=	02:41=
00:00=	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid	
2	Bjarne Edland	92										44:34	
04:16+	08:04+	10:41+	15:18+	16:54+	20:01+	25:35+	27:53+	35:09+	37:07+	38:45+	42:27+	44:22+	44:34+
04:16+	03:48+	02:37-	04:37+	01:36-	03:07-	05:34+	02:18-	07:16+	01:58-	01:38+	03:42-	01:55-	00:12-
00:50#	00:22#	00:06-	01:56&	01:36-	00:43-	01:13&	01:06-	00:27+	00:24-	00:12#	00:17-	00:26-	00:01-
3	Harald Vatne	67										45:02	
02:50-	05:42-	10:59+	13:53+	15:49+	19:11-	23:00-	25:44-	33:32-	36:01-	37:30-	42:03+	44:51+	45:02+
02:50-	02:52-	05:17+	02:54+	01:56-	03:22-	03:49-	02:44-	07:48+	02:29+	01:29+	04:33+	02:48+	00:11-
00:36-	00:34-	02:34&	00:13+	01:16-	00:28-	00:32-	00:40-	00:59#	00:07+	00:03+	00:34#	00:27#	00:02-
4	Terje Braut	92										46:05	
05:47+	08:47+	10:58+	14:04+	16:20+	20:07+	23:29-	26:25-	33:33-	35:34-	37:19-	42:32+	45:50+	46:05+
05:47+	03:00-	02:11-	03:06+	02:16-	03:47-	03:22-	02:56-	07:08+	02:01-	01:45+	05:13+	03:18+	00:15+
02:21&	00:26-	00:32-	00:25#	00:56-	00:03-	00:59-	00:28-	00:19+	00:21-	00:19#	01:14&	00:57&	00:02#
5	Knut Skjæveland	93										47:03	
03:22-	06:02-	08:09-	10:30-	12:19-	15:04-	18:56-	22:13-	37:25+	39:25+	40:42+	44:02+	46:52+	47:03+
03:22-	02:40-	02:07-	02:21-	01:49-	02:45-	03:52-	03:17-	15:12+	02:00-	01:17-	03:20-	02:50+	00:11-
00:04-	00:46-	00:36-	00:20-	01:23-	01:05-	00:29-	00:07-	08:23@	00:22-	00:09-	00:39-	00:29#	00:02-
6	Harald I. Serigstad	68										49:21	
03:12-	06:42-	09:07-	13:02+	15:17-	19:55+	25:18+	29:19+	37:04+	40:26+	42:32+	46:48+	49:10+	49:21+
03:12-	03:30+	02:25-	03:55+	02:15-	04:38+	05:23+	04:01+	07:45+	03:22+	02:06+	04:16+	02:22+	00:11-
00:14-	00:04+	00:18-	01:14&	00:57-	00:48#	01:02#	00:37#	00:56#	01:00&	00:40&	00:17+	00:01+	00:02-
7	Magne Jakobsen	63										49:33	
03:16-	06:18-	09:10-	12:41+	15:37+	19:08-	23:01-	26:03-	33:54+	36:07-	37:52+	47:24+	49:21+	49:33+
03:16-	03:02-	02:52+	03:31+	02:56-	03:31-	03:53-	03:02-	07:51+	02:13-	01:45+	09:32+	01:57-	00:12-
00:10-	00:24-	00:09+	00:50&	00:16-	00:19-	00:28-	00:22-	01:02#	00:09-	00:19#	05:33@	00:24-	00:01-
8	Kjell Maudal	63										51:27	
05:41+	08:54+	11:21+	15:02+	17:22+	21:53+	27:17+	31:18+	39:14+	42:37+	44:40+	48:46+	51:16+	51:27+
05:41+	03:13-	02:27-	03:41+	02:20-	04:31+	05:24+	04:01+	07:56+	03:23+	02:03+	04:06+	02:30+	00:11-
02:15&	00:13-	00:16-	01:00&	00:52-	00:41#	01:03#	00:37#	01:07#	01:01&	00:37&	00:07+	00:09+	00:02-
9	Jan Bekkeheien	92										54:24	
04:01+	06:48-	15:24+	18:44+	21:33+	24:50+	28:52+	32:02+	42:10+	44:13+	45:42+	51:38+	54:11+	54:24+
04:01+	02:47-	08:36+	03:20+	02:49-	03:17-	04:02-	03:10-	10:08+	02:03-	01:29+	05:56+	02:33+	00:13=
00:35#	00:39-	05:53@	00:39#	00:23-	00:33-	00:19-	00:14-	03:19&	00:19-	00:03+	01:57&	00:12+	00:00=
10	Magne Westerheim	93										55:50	
03:26=	06:57+	09:49+	12:57+	15:33+	18:46-	29:34+	33:23+	42:35+	45:51+	47:28+	53:26+	55:37+	55:50+
03:26=	03:31+	02:52+	03:08+	02:36-	03:13-	10:48+	03:49+	09:12+	03:16+	01:37+	05:58+	02:11-	00:13=
00:00=	00:05+	00:09+	00:27#	00:36-	00:37-	06:27@	00:25#	02:23&	00:54&	00:11#	01:59&	00:10-	00:00=
11	Arne Karlsen	105										1:14:04	
08:31+	11:56+	14:38+	19:52+	23:33+	29:03+	35:49+	39:33+	50:31+	54:42+	56:40+	69:01+	73:48+	74:04+
08:31+	03:25-	02:42-	05:14+	03:41+	05:30+	06:46+	03:44+	10:58+	04:11+	01:58+	12:21+	04:47+	00:16+
05:05@	00:01-	00:01-	02:33&	00:29#	01:40&	02:25&	00:20+	04:09&	01:49&	00:32&	08:22@	02:26@	00:03#
12	Øystein Nilsen	57										1:14:21	
04:46+	07:57+	11:49+	17:11+	19:48+	24:40+	30:16+	35:57+	54:28+	57:37+	60:21+	71:12+	74:01+	74:21+
04:46+	03:11-	03:52+	05:22+	02:37-	04:52+	05:36+	05:41+	18:31+	03:09+	02:44+	10:51+	02:49+	00:20+
01:20&	00:15-	01:09&	02:41&	00:35-	01:02&	01:15&	02:17&	11:42@	00:47&	01:18&	06:52@	00:28#	00:07&

Beste strekktid for klassen

02:50 02:40 02:07 02:21 01:36 02:45 03:22 02:18 06:49 01:58 01:17 03:20 01:55 00:11

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

Herrer 80 år og eldre

1	Arnulf Fuglestad	29										48:52	
00:37=	03:27=	06:28=	08:56=	11:20=	29:26=	30:58=	33:06=	36:11=	40:26=	43:12=	47:34=	48:37=	48:52=
00:37=	02:50=	03:01=	02:28=	02:24=	18:06=	01:32=	02:08=	03:05=	04:15=	02:46=	04:22=	01:03=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sigurd Krosli	31										1:00:14	
00:53+	07:00+	11:46+	21:14+	24:50+	29:46+	37:43+	41:08+	45:39+	50:20+	52:44+	57:59+	60:00+	60:14+
00:53+	06:07+	04:46+	09:28+	03:36+	04:56-	07:57+	03:25+	04:31+	04:41+	02:24-	05:15+	02:01+	00:14-
00:16&	03:17@	01:45&	07:00@	01:12&	13:10-	06:25@	01:17&	01:26&	00:26#	00:22-	00:53#	00:58&	00:01-

Beste strekktid for klassen

00:37 02:50 03:01 02:28 02:24 04:56 01:32 02:08 03:05 04:15 02:24 04:22 01:03 00:14

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

Herrer A

1	Kenneth Mydland	29	40:03																		
00:33=	01:49=	02:48=	04:00=	06:09=	10:46=	13:02=	15:46=	17:49=	19:55=	21:58=	23:20=	25:21=	26:51=	29:21=	30:23=	31:41=	34:03=	36:02=	38:17=	39:55=	40:03=
00:33=	01:16=	00:59=	01:12=	02:09=	04:37=	02:16=	02:44=	02:03=	02:06=	02:03=	01:22=	02:01=	01:30=	02:30=	01:02=	01:18=	02:22=	01:59=	02:15=	01:38=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kristian Haarr	27	41:01																		
01:12+	02:17+	04:15+	05:13+	07:20+	11:32+	12:57-	15:50+	17:36-	19:40-	21:32-	22:46-	24:23-	25:56-	27:57-	29:00-	30:14-	35:25+	37:49+	39:44+	40:54+	41:01+
01:12+	01:05-	01:58+	00:58-	02:07-	04:12-	01:25-	02:53+	01:46-	02:04-	01:52-	01:14-	01:37-	01:33+	02:01-	01:03+	01:14-	05:11+	02:24+	01:55-	01:10-	00:07-
00:39@	00:11-	00:59&	00:14-	00:02-	00:25-	00:51-	00:09+	00:17-	00:02-	00:11-	00:08-	00:24-	00:03+	00:29-	00:01+	00:04-	02:49@	00:25#	00:20-	00:28-	00:01-
3	Erik Lima	115	41:29																		
00:29-	01:49=	02:52+	04:24+	06:44+	11:38+	13:37+	15:52+	17:31-	20:08+	22:06+	23:26+	25:13-	26:56+	29:39+	30:35+	32:12+	34:45+	37:41+	39:54+	41:21+	41:29+
00:29-	01:20+	01:03+	01:32+	02:20+	04:54+	01:59-	02:15-	01:39-	02:37+	01:58-	01:20-	01:47-	01:43+	02:43+	00:56-	01:37+	02:33+	02:56+	02:13-	01:27-	00:08=
00:04-	00:04+	00:04+	00:20&	00:11+	00:17+	00:17-	00:29-	00:24-	00:31#	00:05-	00:02-	00:14-	00:13#	00:13+	00:06-	00:19#	00:11+	00:57&	00:02-	00:11-	00:00=
4	Joar Fuglestad	116	42:04																		
00:48+	02:03+	02:48=	04:19+	07:26+	11:46+	16:42+	19:12+	21:03+	23:05+	25:21+	26:51+	28:32+	29:59+	32:03+	32:56+	34:14+	36:22+	38:26+	40:01+	41:59+	42:04+
00:48+	01:15-	00:45-	01:31+	03:07+	04:20-	04:56+	02:30-	01:51-	02:02-	02:16+	01:30+	01:41-	01:27-	02:04-	00:53-	01:18=	02:08-	02:04+	01:35-	01:58+	00:05-
00:15&	00:01-	00:14-	00:19&	00:58&	00:17-	02:40@	00:14-	00:12-	00:04-	00:13#	00:08+	00:20-	00:03-	00:26-	00:09-	00:00=	00:14-	00:05+	00:40-	00:20#	00:03-
5	Kristian Nygård Holtan	116	43:15																		
00:22-	01:44-	03:32+	04:47+	07:07+	12:26+	14:05+	17:32+	19:48+	22:05+	24:30+	25:49+	27:53+	30:00+	32:19+	33:22+	34:57+	37:54+	40:20+	41:50+	43:08+	43:15+
00:22-	01:22+	01:48+	01:15+	02:20+	05:19+	01:39-	03:27+	02:16+	02:17+	02:22+	04:06+	01:48+	02:01=	02:04+	02:07+	01:35+	02:57+	02:26+	01:30-	01:18-	00:07-
00:11-	00:06+	00:49&	00:03+	00:11+	00:42#	00:37-	00:43&	00:13#	00:11+	00:22#	00:03-	00:03+	00:37&	00:11-	00:01+	00:17#	00:35#	00:27#	00:45-	00:20-	00:01-
6	Martin Blystad	115	53:52																		
01:53+	06:23+	07:24+	08:39+	11:00+	16:47+	19:13+	21:25+	23:42+	26:04+	30:10+	31:58+	33:59+	35:33+	39:24+	40:24+	41:58+	44:41+	48:52+	51:57+	53:44+	53:52+
01:53+	04:30+	01:01+	01:15+	02:21+	05:47+	02:26+	02:12-	02:17+	02:22+	04:06+	01:48+	02:01=	01:34+	03:51+	01:00-	01:34+	02:43+	04:11+	03:05+	01:47+	00:08=
01:20@	03:14@	00:02+	00:03+	00:12+	01:10&	00:10+	00:32-	00:14#	00:16#	02:03&	00:26&	00:00=	00:04+	01:21&	00:02-	00:16#	00:21#	02:12@	00:50&	00:09+	00:00=

Beste strekktid for klassen

00:22 01:05 00:45 00:58 02:07 04:12 01:25 02:12 01:39 02:02 01:52 01:14 01:37 01:27 02:01 00:53 01:14 02:08 01:59 01:30 01:10 00:05

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

Herrer B

1	Oddvar Taksdal	194	35:31																		
00:25=	01:31=	02:27=	03:43=	05:38=	09:59=	11:29=	13:41=	15:13=	17:26=	19:28=	20:42=	22:19=	23:45=	25:46=	26:40=	27:58=	30:12=	32:13=	34:05=	35:22=	35:31=
00:25=	01:06=	00:56=	01:16=	01:55=	04:21=	01:30=	02:12=	01:32=	02:13=	02:02=	01:14=	01:37=	01:26=	02:01=	00:54=	01:18=	02:14=	02:01=	01:52=	01:17=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Stein Arne Olsen	68	36:40																		
00:21-	01:21-	02:08-	03:06-	05:13-	09:51-	11:39+	13:58+	15:28+	17:31+	20:17+	21:27+	23:00+	24:25+	26:41+	27:32+	28:47+	31:07+	33:12+	35:03+	36:33+	36:40+
00:21-	01:00-	00:47-	00:58-	02:07+	04:38+	01:48+	02:19+	01:30-	02:03-	02:46+	01:10-	01:33-	01:25-	02:16+	00:51-	01:15-	02:20+	02:05+	01:51-	01:30+	00:07-
00:04-	00:06-	00:09-	00:18-	00:12#	00:17+	00:18#	00:07+	00:02-	00:10-	00:44&	00:04-	00:04-	00:01-	00:15#	00:03-	00:03-	00:06+	00:04+	00:01-	00:13#	00:02-
3	Njål F. Vadla	194	37:24																		
00:52+	01:56+	02:48+	03:44+	05:45+	10:34+	12:48+	15:40+	17:13+	18:57+	20:50+	22:01+	23:48+	25:21+	27:28+	28:26+	29:56+	32:06+	34:09+	36:02+	37:16+	37:24+
00:52+	01:04-	00:52-	00:56-	02:01+	04:49+	02:14+	02:52+	01:33+	01:44-	01:53-	01:11-	01:47+	01:33+	02:07+	00:58+	01:30+	02:10-	02:03+	01:53+	01:14-	00:08-
00:27@	00:02-	00:04-	00:20-	00:06+	00:28#	00:44#	00:40&	00:01+	00:29-	00:09-	00:03-	00:10#	00:07+	00:06+	00:04+	00:12#	00:04-	00:02+	00:01+	00:03-	00:01-
4	Per Olav Haarr	62	38:03																		
00:56+	02:11+	03:02+	04:02+	06:01+	10:07+	11:24-	13:24-	15:11-	17:32+	20:41+	22:02+	23:44+	25:21+	27:32+	28:23+	29:48+	32:29+	34:35+	36:36+	37:55+	38:03+
00:56+	01:15+	00:51-	01:00-	01:59+	04:06+	01:17-	02:00-	01:47+	02:21+	03:09+	01:21+	01:42+	01:37+	02:11+	00:51-	01:25+	02:41+	02:06+	02:01+	01:19+	00:08-
00:31@	00:09#	00:05-	00:16-	00:04+	00:15-	00:13-	00:12-	00:15#	00:08+	01:07&	00:07+	00:05+	00:11#	00:10+	00:03-	00:07+	00:27#	00:05+	00:09+	00:02+	00:01-
5	Odd Fuglestad	250	39:06																		
00:27+	01:36+	02:29+	03:36-	05:46+	10:15+	12:51+	16:36+	18:11+	20:08+	22:11+	23:28+	25:06+	26:43+	28:52+	29:44+	31:20+	33:55+	36:12+	37:36+	38:58+	39:06+
00:27+	01:09+	00:53-	01:07-	02:10+	04:29+	02:36+	03:45+	01:35+	01:57-	02:03+	01:17+	01:38+	01:37+	02:09+	00:52-	01:36+	02:35+	02:17+	01:24-	01:22+	00:08-
00:02+	00:03+	00:03-	00:09-	00:15#	00:08+	01:06&	01:33&	00:03+	00:16-	00:01+	00:03+	00:01+	00:11#	00:08+	00:02-	00:18#	00:21#	00:16#	00:28-	00:05+	00:01-

Pluss	Navn	Klasse										Tid												
6	Geir Sand	105										39:31												
		00:46+	02:06+	03:02+	03:58+	06:01+	10:11+	11:46+	14:39+	16:12+	20:03+	22:03+	23:29+	25:18+	26:45+	28:48+	30:34+	31:57+	34:28+	36:28+	38:03+	39:23+	39:31+	00:46+
		00:21&	00:14#	00:00=	00:20-	00:08+	00:11-	00:05+	00:41&	00:01+	01:38&	00:02-	00:12#	00:12#	00:01+	00:02+	00:52&	00:05+	00:17#	00:01-	00:17-	00:03+	00:01-	
7	Terje Michaelsen	47										40:33												
		00:31+	01:41+	03:33+	04:37+	06:40+	10:55+	12:45+	15:24+	16:58+	19:06+	21:30+	22:46+	24:50+	26:13+	29:09+	30:04+	32:34+	34:42+	37:30+	39:11+	40:24+	40:33+	00:31+
		00:06#	00:04+	00:56&	00:12-	00:08+	00:06-	00:20#	00:27#	00:02+	00:05-	00:22#	00:02+	00:27&	00:03-	00:55&	00:01+	01:12&	00:06-	00:47&	00:11-	00:04-	00:00=	
8	Jan-Rune Basso	91										42:10												
		03:20+	04:33+	05:57+	07:01+	09:05+	13:26+	15:42+	18:01+	19:49+	21:49+	23:43+	25:03+	27:00+	28:36+	30:45+	31:47+	33:09+	35:31+	38:16+	40:23+	42:01+	42:10+	03:20+
		02:55@	00:05+	00:30&	00:12-	00:09+	00:00=	00:46&	00:07+	00:16#	00:13-	00:08-	00:06+	00:20#	00:10#	00:08+	00:08#	00:04+	00:08+	00:44&	00:15#	00:21&	00:00=	
9	Jone Sæbbø	90										42:53												
		00:35+	01:53+	03:57+	05:42+	07:44+	12:15+	14:08+	17:49+	19:35+	21:49+	24:04+	25:25+	27:45+	29:27+	32:29+	33:30+	35:00+	37:22+	39:40+	41:16+	42:45+	42:53+	00:35+
		00:10&	00:12#	01:08@	00:29&	00:07+	00:10+	00:23&	01:29&	00:14#	00:01+	00:13#	00:07+	00:43&	00:16#	01:01&	00:07#	00:12#	00:08+	00:17#	00:16-	00:12#	00:01-	
10	Svein Erik Kvame	116										44:11												
		00:31+	02:39+	03:59+	05:08+	07:30+	12:26+	14:23+	17:31+	19:55+	22:26+	25:04+	26:29+	28:21+	29:57+	33:09+	34:12+	35:41+	38:25+	40:55+	42:29+	44:00+	44:11+	00:31+
		00:06#	01:02&	00:24&	00:07-	00:27#	00:35#	00:27&	00:56&	00:52&	00:18#	00:36&	00:11#	00:15#	00:10#	01:11&	00:09#	00:11#	00:30#	00:29#	00:18-	00:14#	00:02#	
11	Bjørnar André Haug	80										44:34												
		00:43+	02:06+	03:15+	04:33+	06:51+	11:57+	14:06+	16:42+	18:48+	22:52+	25:05+	26:25+	28:36+	30:10+	32:42+	33:54+	35:28+	38:15+	41:20+	42:55+	44:25+	44:34+	00:43+
		00:18&	00:17&	00:13#	00:18+	00:02#	00:45#	00:39&	00:24#	00:34&	01:51&	00:11+	00:06+	00:34&	00:08+	00:31&	00:18&	00:16#	00:33#	01:04&	00:17-	00:13#	00:00=	
12	Tallak Langmyr	283										46:38												
		02:36+	03:50+	04:51+	06:03+	08:13+	13:38+	15:22+	17:53+	20:40+	23:30+	26:02+	27:38+	29:38+	31:30+	34:36+	35:41+	37:30+	40:27+	43:10+	45:07+	46:31+	46:38+	02:36+
		02:11@	00:08#	00:05+	00:04-	00:15#	01:04#	00:14#	00:19#	01:15&	00:37&	00:30#	00:22&	00:23#	00:26&	01:05&	00:11#	00:31&	00:43&	00:42&	00:05+	00:07+	00:02-	
13	Espen Fyhn Nilsen	116										49:15												
		00:33+	02:10+	03:27+	04:43+	07:15+	13:00+	15:53+	19:55+	21:53+	24:47+	28:08+	29:44+	32:15+	33:59+	36:47+	37:51+	39:32+	42:28+	45:30+	47:14+	49:05+	49:15+	00:33+
		00:08&	00:31&	00:21&	00:00=	00:37&	01:24&	01:23&	01:50&	00:26&	00:41&	01:19&	00:22&	00:54&	00:18#	00:47&	00:10#	00:23&	00:42&	01:01&	00:08-	00:34&	00:01#	
14	Inge Løland	114										50:06												
		00:33+	02:23+	06:48+	09:03+	11:32+	16:02+	19:38+	22:21+	24:14+	26:48+	29:07+	30:27+	32:34+	34:12+	37:12+	39:17+	40:58+	43:57+	46:41+	48:20+	49:56+	50:06+	00:33+
		00:08&	00:44&	03:29@	00:59&	00:34&	00:09+	02:06@	00:31#	00:21#	00:21#	00:17#	00:06+	00:30&	00:12#	00:59&	01:11@	00:23&	00:45&	00:43&	00:13-	00:19#	00:01#	
15	Tor Kristian Gyland	108										53:39												
		00:24-	01:50+	02:50+	04:12+	07:10+	13:41+	16:16+	19:23+	21:50+	26:20+	29:11+	30:43+	33:16+	35:40+	38:51+	40:13+	42:13+	45:39+	48:48+	51:44+	53:30+	53:39+	00:24-
		00:01-	00:20&	00:04+	00:06+	01:03&	02:10&	01:05&	00:55&	00:55&	02:17@	00:49&	00:18#	00:56&	00:58&	01:10&	00:28&	00:42&	01:12&	01:08&	01:04&	00:29&	00:00=	
Beste strekketid for klassen		00:21	01:00	00:47	00:56	01:55	04:06	01:17	02:00	01:30	01:44	01:53	01:10	01:33	01:23	02:01	00:51	01:15	02:08	02:00	01:24	01:13	00:07	

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

Herrer C

1	Jan Einar Øvremo	50										35:18												
		00:17=	01:21=	01:57=	03:18=	04:54=	08:03=	09:50=	12:11=	16:07=	18:32=	20:21=	21:34=	22:50=	25:37=	27:23=	28:28=	31:01=	33:41=	34:21=	35:09=	35:18=	00:17=	
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Otte Omdal	65										36:05												
		00:13-	01:27+	02:15+	03:45+	05:20+	09:05+	10:42+	12:53+	17:08+	19:35+	21:15+	22:45+	23:50+	27:24+	29:11+	30:11+	32:29+	34:29+	35:05+	35:57+	36:05+	00:13-	
		00:04-	00:10#	00:12&	00:09#	00:01-	00:36#	00:10-	00:10-	00:19+	00:02+	00:09-	00:17#	00:11-	00:47&	00:01+	00:05-	00:15-	00:40-	00:04-	00:04+	00:01-		
3	Sturle Omdal	116										37:54												
		00:16-	01:56+	02:34+	04:18+	06:06+	09:30+	11:22+	13:47+	18:17+	20:41+	22:56+	24:37+	25:49+	28:07+	30:09+	31:26+	34:03+	36:07+	36:54+	37:45+	37:54+	00:16-	
		00:01-	00:36&	00:02+	00:23&	00:12#	00:15+	00:05+	00:04+	00:34#	00:01-	00:26#	00:28&	00:04-	00:29-	00:16#	00:12#	00:04+	00:36-	00:07#	00:03+	00:00=		

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

00:13 01:04 00:36 01:21 01:33 03:05 01:37 02:11 03:50 02:24 01:40 01:13 01:05 01:50 01:46 01:00 02:18 01:50 00:36 00:48 00:08

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

Herrer Ny

1 Oddbjørn Nevestveit 80 26:05

00:24= 03:06= 04:56= 08:06= 12:17= 19:45= 20:57= 25:52= 26:05=
 00:24= 02:42= 01:50= 03:10= 04:11= 07:28= 01:12= 04:55= 00:13=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

00:24 02:42 01:50 03:10 04:11 07:28 01:12 04:55 00:13

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

Herrer Trim

1 Jon Kåre Olsen 92 25:12

00:28= 02:18= 03:51= 06:03= 07:56= 11:02= 12:15= 13:58= 16:03= 20:10= 21:47= 24:20= 25:02= 25:12=
 00:28= 01:50= 01:33= 02:12= 01:53= 03:06= 01:13= 01:43= 02:05= 04:07= 01:37= 02:33= 00:42= 00:10=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Bruno Pierfelice 51 25:56

00:26- 02:19+ 04:13+ 06:04+ 08:03+ 13:33+ 14:40+ 16:22+ 18:16+ 21:00+ 22:15+ 24:59+ 25:47+ 25:56+
 00:26- 01:53+ 01:54+ 01:51- 01:59+ 05:30+ 01:07- 01:42- 01:54- 02:44- 01:15- 02:44+ 00:48+ 00:09-
 00:02- 00:03+ 00:21# 00:21- 00:06- 00:01- 00:11- 01:23- 00:22- 00:11+ 00:06# 00:01-

3 Leif Jarle Skåra 29 31:36

00:56+ 02:54+ 04:43+ 07:01+ 09:19+ 13:42+ 15:34+ 17:46+ 20:30+ 23:41+ 25:13+ 30:25+ 31:25+ 31:36+
 00:56+ 01:58+ 01:49+ 02:18+ 02:18+ 04:23+ 01:52+ 02:12+ 02:44+ 03:11- 01:32- 05:12+ 01:00+ 00:11+
 00:28& 00:08+ 00:16# 00:06+ 00:25# 01:17& 00:39& 00:29& 00:39& 00:56- 00:05- 02:39@ 00:18& 00:01#

4 Tor Arne Olsen 50 32:39

02:07+ 04:26+ 07:00+ 09:27+ 11:38+ 16:01+ 17:35+ 20:09+ 23:41+ 26:40+ 28:24+ 31:26+ 32:26+ 32:39+
 02:07+ 02:19+ 02:34+ 02:27+ 02:11+ 04:23+ 01:34+ 02:34+ 03:32+ 02:59- 01:44+ 03:02+ 01:00+ 00:13+
 01:39@ 00:29& 01:01& 00:15# 00:18# 01:17& 00:21& 00:51& 01:27& 01:08- 00:07+ 00:29# 00:18& 00:03&

5 Heine Furubotten 192 33:00

01:00+ 02:59+ 05:04+ 07:34+ 10:23+ 14:45+ 16:52+ 19:19+ 21:35+ 25:27+ 28:27+ 31:47+ 32:47+ 33:00+
 01:00+ 01:59+ 02:05+ 02:30+ 02:49+ 04:22+ 02:07+ 02:27+ 02:16+ 03:52- 03:00+ 03:20+ 01:00+ 00:13+
 00:32@ 00:09+ 00:32& 00:18# 00:56& 01:16& 00:54& 00:44& 00:11+ 00:15- 01:23& 00:47& 00:18& 00:03&

6 Martin Svensen 284 34:06

01:29+ 03:25+ 05:53+ 07:44+ 18:57+ 21:38+ 23:06+ 24:39+ 26:48+ 29:01+ 30:52+ 33:13+ 33:56+ 34:06+
 01:29+ 01:56+ 02:28+ 01:51- 11:13+ 02:41- 01:28+ 01:33- 02:09+ 02:13- 01:51+ 02:21- 00:43+ 00:10=
 01:01@ 00:06+ 00:55& 00:21- 09:20@ 00:25- 00:15# 00:10- 00:04+ 01:54- 00:14# 00:12- 00:01+ 00:00=

7 Thorstein Gunnarsson 144 34:29

01:15+ 03:24+ 05:33+ 08:33+ 11:22+ 15:49+ 17:30+ 20:28+ 24:02+ 27:48+ 29:27+ 33:20+ 34:17+ 34:29+
 01:15+ 02:09+ 02:09+ 03:00+ 02:49+ 04:27+ 01:41+ 02:58+ 03:34+ 03:46- 01:39+ 03:53+ 00:57+ 00:12+
 00:47@ 00:19# 00:36& 00:48& 00:56& 01:21& 00:28& 01:15& 01:29& 00:21- 00:02+ 01:20& 00:15& 00:02#

8 Ingvar Haabeth 92 35:08

00:37+ 03:13+ 05:19+ 07:50+ 10:06+ 14:17+ 16:18+ 18:28+ 21:06+ 28:52+ 30:48+ 34:03+ 34:58+ 35:08+
 00:37+ 02:36+ 02:06+ 02:31+ 02:16+ 04:11+ 02:01+ 02:10+ 02:38+ 07:46+ 01:56+ 03:15+ 00:55+ 00:10=
 00:09& 00:46& 00:33& 00:19# 00:23# 01:05& 00:48& 00:27& 00:33& 03:39& 00:19# 00:42& 00:13& 00:00=

9 Antal Jansen 115 35:16

00:44+ 06:24+ 08:12+ 10:47+ 12:28+ 15:13+ 16:35+ 19:03+ 21:22+ 27:41+ 30:08+ 34:14+ 35:08+ 35:16+
 00:44+ 05:40+ 01:48+ 02:35+ 01:41- 02:45- 01:22+ 02:28+ 02:19+ 06:19+ 02:27+ 04:06+ 00:54+ 00:08-
 00:16& 03:50@ 00:15# 00:23# 00:12- 00:21- 00:09# 00:45& 00:14# 02:12& 00:50& 01:33& 00:12& 00:02-

10 Reidar Haver 4 35:29

01:03+ 05:26+ 08:48+ 11:02+ 13:26+ 17:43+ 19:37+ 22:07+ 24:52+ 28:19+ 31:13+ 34:21+ 35:20+ 35:29+
 01:03+ 04:23+ 03:22+ 02:14+ 02:24+ 04:17+ 01:54+ 02:30+ 02:45+ 03:27- 02:54+ 03:08+ 00:59+ 00:09-
 00:35@ 02:33@ 01:49@ 00:02+ 00:31& 01:11& 00:41& 00:47& 00:40& 00:40- 01:17& 00:35# 00:17& 00:01-

Class	Navn	Klasse	Tid
11	Jarl Steinar Berntsen	27	35:50
00:51+	03:16+	05:52+	08:19+
00:51+	02:25+	02:36+	02:27+
00:23&	00:35&	01:03&	00:15#
00:19#	00:47&	01:58@	00:45&
03:11+	20:03+	25:21+	29:48+
02:28+	05:18+	04:27+	02:15+
00:20+	00:38&	00:07+	00:14&
00:01#			
12	Frode Ungar	116	36:03
00:43+	03:55+	06:49+	08:51+
00:43+	03:12+	02:54+	02:02-
00:15&	01:22&	01:21&	00:10-
00:20#	00:41#	01:53@	03:55@
23:35+	26:07+	29:32+	31:07+
05:38+	02:32+	03:25-	01:35-
00:27#	00:42-	00:02-	00:55&
00:17&	00:17&	00:19@	
13	Nils Egil Lie	91	37:43
02:10+	05:07+	07:24+	09:50+
02:10+	02:57+	02:17+	02:26+
01:42@	01:07&	00:44&	00:14#
00:57&	02:25&	00:52&	01:10&
23:09+	26:41+	30:13+	32:20+
02:30+	03:32+	03:32-	02:07+
00:35-	00:30&	01:45&	00:13&
00:00=			
14	Paul Richard Carr	136	37:48
00:39+	04:03+	06:29+	09:02+
00:39+	03:24+	02:26+	02:33+
00:11&	01:34&	00:53&	00:21#
00:38&	04:03@	01:41@	00:37&
23:56+	26:40+	30:24+	32:36+
02:44+	03:44-	02:12+	03:55+
00:39&	00:23-	00:35&	01:22&
00:24&			
15	Jon Jakobsen	116	39:01
00:48+	05:21+	07:13+	09:53+
00:48+	04:33+	01:52+	02:40+
00:20&	02:43@	00:19#	00:28#
00:35&	00:46#	01:38@	03:43@
24:30+	28:54+	33:02+	34:40+
04:24+	04:08+	01:38+	03:11+
00:01+	00:01+	00:38#	00:17&
00:01#			
16	Ommund Bakkevold	68	39:26
00:41+	03:21+	06:07+	08:53+
00:41+	02:40+	02:46+	02:46+
00:13&	00:50&	01:13&	00:34&
01:24&	02:03&	01:11&	01:01&
22:27+	25:44+	29:48+	32:03+
02:44+	03:17+	04:04-	02:15+
00:03-	00:38&	03:32@	00:22&
00:04&			
17	Einar Tønnesen	29	43:59
00:35+	02:45+	05:00+	07:43+
00:35+	02:10+	02:15+	02:43+
00:07#	00:20#	00:42&	00:31#
01:03&	01:06&	04:32@	01:31&
23:50+	27:07+	35:45+	38:48+
03:17+	08:38+	03:03+	03:37+
01:12&	04:31@	01:26&	01:04&
00:36&	00:06&		
18	Hans Klausen	62	44:19
00:31+	02:50+	05:06+	07:28+
00:31+	02:19+	02:16+	02:22+
00:03#	00:29&	00:43&	00:10+
00:36&	09:49@	01:02&	00:37&
27:27+	30:19+	36:37+	39:52+
06:18+	03:15+	03:26+	00:51+
02:11&	01:38@	00:53&	00:09#
00:00=			
19	Steinar Amundsen	115	45:12
03:10+	05:59+	08:17+	10:52+
03:10+	02:49+	02:18+	02:35+
02:42@	00:59&	00:45&	00:23#
00:52&	09:40@	01:01&	00:39&
30:59+	34:10+	37:55+	39:50+
03:45-	01:55+	04:12+	00:59+
00:18#	01:39&	00:17&	00:01#
00:01#			
20	Øyvind Nagel-Alne	74	45:52
07:03+	10:05+	12:28+	14:46+
07:03+	03:02+	02:23+	02:18+
06:35@	01:12&	00:50&	00:06+
00:41&	06:55@	00:34&	00:10+
31:01+	36:12+	40:05+	41:57+
05:11+	03:53-	01:52+	02:48+
03:06@	00:14-	00:15#	00:15+
00:03&			
21	Tor Inge Hansen	144	46:16
00:33+	05:49+	08:03+	10:13+
00:33+	05:16+	02:14+	02:10-
00:05#	03:26@	00:41&	00:02-
01:38&	00:41#	05:52@	00:13#
26:32+	29:28+	34:17+	41:58+
04:49+	07:41+	03:15+	00:51+
00:42#	06:04@	00:42&	00:09#
00:02#			
22	Igor Muzdeka	74	46:21
00:57+	04:47+	08:52+	11:50+
00:57+	03:50+	04:05+	02:58+
00:29@	02:00@	02:32@	00:46&
03:18@	01:39&	01:11&	04:28@
30:21+	33:20+	39:11+	40:38+
06:11+	02:59+	05:51+	01:27-
00:10-	00:54&	01:44&	00:10-
02:06&			
23	Arild Svihus	92	47:11
03:04+	06:13+	08:55+	12:19+
03:04+	03:09+	02:42+	03:24+
02:36@	01:19&	01:09&	01:12&
01:24&	02:20&	01:19@	01:12&
26:29+	29:38+	34:35+	38:14+
03:09+	04:57+	03:39+	07:41+
02:02@	05:08@	00:22&	00:02#
00:02#			
24	Trond Karlsen	235	49:08
04:45+	08:01+	10:29+	13:08+
04:45+	03:16+	02:28+	02:39+
04:17@	01:26&	00:55&	00:27#
03:07@	01:57&	02:21@	01:07&
32:04+	39:20+	43:21+	47:53+
02:29+	07:16+	04:01+	04:32+
00:24#	03:09&	02:24@	01:59&
00:21&	00:02#		
25	Per Kolbein Tonstad	66	51:50
00:58+	04:26+	06:58+	10:18+
00:58+	03:28+	02:32+	03:20+
00:30@	01:38&	00:59&	01:08&
00:56&	10:09@	00:59&	01:04&
31:21+	36:26+	42:47+	44:58+
05:05+	06:21+	02:11+	05:07+
03:00@	02:14&	00:34&	02:34@
00:48@	00:05&		

Class	Navn	Klasse										Tid	
26	Arild Olsen	4										51:50	
01:46+	13:15+	16:12+	19:19+	22:06+	30:29+	33:34+	36:19+	39:26+	43:32+	45:50+	50:32+	51:33+	51:50+
01:46+	11:29+	02:57+	03:07+	02:47+	08:23+	03:05+	02:45+	03:07+	04:06-	02:18+	04:42+	01:01+	00:17+
01:18@	09:39@	01:24&	00:55&	00:54&	05:17@	01:52@	01:02&	01:02&	00:01-	00:41&	02:09&	00:19&	00:07&
27	Cato Bjerkeli	237										52:53	
00:33+	10:08+	12:14+	14:48+	17:10+	22:55+	25:12+	34:16+	37:05+	40:51+	47:59+	51:06+	52:40+	52:53+
00:33+	09:35+	02:06+	02:34+	02:22+	05:45+	02:17+	09:04+	02:49+	03:46-	07:08+	03:07+	01:34+	00:13+
00:05#	07:45@	00:33&	00:22#	00:29&	02:39&	01:04&	07:21@	00:44&	00:21-	05:31@	00:34#	00:52@	00:03&
28	Kjetil Bårdsen	105										53:03	
01:21+	11:56+	15:05+	17:21+	19:35+	28:53+	31:11+	33:25+	36:16+	39:24+	47:51+	51:55+	52:54+	53:03+
01:21+	10:35+	03:09+	02:16+	02:14+	09:18+	02:18+	02:14+	02:51+	03:08-	08:27+	04:04+	00:59+	00:09-
00:53@	08:45@	01:36@	00:04+	00:21#	06:12@	01:05&	00:31&	00:46&	00:59-	06:50@	01:31&	00:17&	00:01-
29	Per Bakken	5										53:48	
07:16+	12:02+	14:34+	18:34+	21:35+	27:57+	30:33+	33:52+	38:01+	45:03+	48:01+	51:56+	53:34+	53:48+
07:16+	04:46+	02:32+	04:00+	03:01+	06:22+	02:36+	03:19+	04:09+	07:02+	02:58+	03:55+	01:38+	00:14+
06:48@	02:56@	00:59&	01:48&	01:08&	03:16@	01:23@	01:36&	02:04&	02:55&	01:21&	01:22&	00:56@	00:04&
30	Ragnar Rossavik	109										53:52	
11:10+	13:27+	15:52+	18:29+	21:05+	31:54+	33:54+	41:17+	43:59+	47:37+	49:22+	52:36+	53:41+	53:52+
11:10+	02:17+	02:25+	02:37+	02:36+	10:49+	02:00+	07:23+	02:42+	03:38-	01:45+	03:14+	01:05+	00:11+
10:42@	00:27#	00:52&	00:25#	00:43&	07:43@	00:47&	05:40@	00:37&	00:29-	00:08+	00:41&	00:23&	00:01#
31	Tom Leveraas	188										53:56	
06:07+	18:46+	21:39+	26:55+	29:18+	33:50+	37:20+	39:45+	42:44+	46:26+	48:44+	52:25+	53:42+	53:56+
06:07+	12:39+	02:53+	05:16+	02:23+	04:32+	03:30+	02:25+	02:59+	03:42-	02:18+	03:41+	01:17+	00:14+
05:39@	10:49@	01:20&	03:04@	00:30&	01:26&	02:17@	00:42&	00:54&	00:25-	00:41&	01:08&	00:35&	00:04&
32	Arne Hope	43										55:29	
01:41+	05:57+	08:27+	24:06+	26:39+	31:11+	33:40+	37:33+	40:13+	47:39+	50:48+	54:22+	55:19+	55:29+
01:41+	04:16+	02:30+	15:39+	02:33+	04:32+	02:29+	03:53+	02:40+	07:26+	03:09+	03:34+	00:57+	00:10-
01:13@	02:26@	00:57&	13:27@	00:40&	01:26&	01:16@	02:10@	00:35&	03:19&	01:32&	01:01&	00:15&	00:00-
33	Jon Grepstad	111										55:29	
02:21+	05:16+	08:23+	11:49+	15:56+	27:23+	29:10+	32:23+	40:34+	45:23+	48:00+	53:52+	55:08+	55:29+
02:21+	02:55+	03:07+	03:26+	04:07+	11:27+	01:47+	03:13+	08:11+	04:49+	02:37+	05:52+	01:16+	00:21+
01:53@	01:05&	01:34@	01:14&	02:14@	08:21@	00:34&	01:30&	06:06@	00:42#	01:00&	03:19@	00:34&	00:11@
34	Audun Sjøen	111										59:52	
00:52+	05:24+	08:51+	11:29+	15:17+	21:49+	31:49+	34:07+	37:33+	47:27+	53:45+	58:30+	59:35+	59:52+
00:52+	04:32+	03:27+	02:38+	03:48+	06:32+	10:00+	02:18+	03:26+	09:54+	06:18+	04:45+	01:05+	00:17+
00:24&	02:42@	01:54@	00:26#	01:55@	03:26@	08:47@	00:35&	01:21&	05:47@	04:41@	02:12&	00:23&	00:07&
35	Erling Aniksdal	128										1:00:02	
03:03+	07:42+	10:39+	15:03+	24:18+	34:54+	38:30+	42:29+	45:53+	51:22+	53:30+	58:06+	59:43+	60:02+
03:03+	04:39+	02:57+	04:24+	09:15+	10:36+	03:36+	03:59+	03:24+	05:29+	02:08+	04:36+	01:37+	00:19+
02:35@	02:49@	01:24&	02:12&	07:22@	07:30@	02:23@	02:16@	01:19&	01:22&	00:31&	02:03&	00:55@	00:09&
36	Jan Henrik Neuenkirchen	93										1:02:06	
00:41+	13:05+	15:27+	18:10+	20:57+	38:40+	40:22+	48:28+	51:33+	54:56+	57:12+	60:45+	61:52+	62:06+
00:41+	12:24+	02:22+	02:43+	02:47+	17:43+	01:42+	08:06+	03:05+	03:23-	02:16+	03:33+	01:07+	00:14+
00:13&	10:34@	00:49&	00:31#	00:54&	14:37@	00:29&	06:23@	01:00&	00:44-	00:39&	01:00&	00:25&	00:04&
37	Inge Grødem	92										1:02:42	
00:50+	05:57+	09:03+	12:28+	15:39+	22:13+	26:25+	29:40+	41:57+	46:25+	56:56+	61:15+	62:29+	62:42+
00:50+	05:07+	03:06+	03:25+	03:11+	06:34+	04:12+	03:15+	12:17+	04:28+	10:31+	04:19+	01:14+	00:13+
00:22&	03:17@	01:33&	01:13&	01:18&	03:28@	02:59@	01:32&	10:12@	00:21+	08:54@	01:46&	00:32&	00:03&
38	Arild Nesbø	71										1:02:55	
02:25+	05:07+	07:44+	11:45+	14:57+	25:34+	29:20+	32:36+	36:48+	55:04+	57:29+	61:36+	62:42+	62:55+
02:25+	02:42+	02:37+	04:01+	03:12+	10:37+	03:46+	03:16+	04:12+	18:16+	02:25+	04:07+	01:06+	00:13+
01:57@	00:52&	01:04&	01:49&	01:19&	07:31@	02:33@	01:33&	02:07@	14:09@	00:48&	01:34&	00:24&	00:03&
39	Steinar Aase	268										1:02:59	
03:27+	11:03+	13:57+	17:51+	21:24+	37:26+	39:48+	46:58+	50:13+	54:29+	57:27+	61:37+	62:47+	62:59+
03:27+	07:36+	02:54+	03:54+	03:33+	16:02+	02:22+	07:10+	03:15+	04:16+	02:58+	04:10+	01:10+	00:12+
02:59@	05:46@	01:21&	01:42&	01:40&	12:56@	01:09&	05:27@	01:10&	00:09+	01:21&	01:37&	00:28&	00:02#
40	Svein Inge Sævereid	126										1:06:00	
03:02+	07:02+	11:12+	16:22+	21:18+	28:37+	31:33+	36:00+	40:25+	52:06+	57:25+	63:59+	65:38+	66:00+
03:02+	04:00+	04:10+	05:10+	04:56+	07:19+	02:56+	04:27+	04:25+	11:41+	05:19+	06:34+	01:39+	00:22+
02:34@	02:10@	02:37@	02:58@	03:03@	04:13@	01:43@	02:44@	02:20@	07:34@	03:42@	04:01@	00:57@	00:12@

Class	Navn	Klasse													Tid
41	Arthur Christiansen	93													1:09:39
02:06+	08:02+	13:18+	18:51+	24:09+	32:40+	36:49+	41:57+	47:09+	55:40+	59:53+	66:53+	69:12+	69:39+		
02:06+	05:56+	05:16+	05:33+	05:18+	08:31+	04:09+	05:08+	05:12+	08:31+	04:13+	07:00+	02:19+	00:27+		
01:38@	04:06@	03:43@	03:21@	03:25@	05:25@	02:56@	03:25@	03:07@	04:24@	02:36@	04:27@	01:37@	00:17@		
42	Sverre Uhlving	105													1:18:40
15:39+	37:26+	40:39+	44:24+	47:27+	53:42+	56:41+	60:21+	65:19+	70:14+	72:35+	76:56+	78:19+	78:40+		
15:39+	21:47+	03:13+	03:45+	03:03+	06:15+	02:59+	03:40+	04:58+	04:55+	02:21+	04:21+	01:23+	00:21+		
15:11@	19:57@	01:40@	01:33&	01:10&	03:09@	01:46@	01:57@	02:53@	00:48#	00:44&	01:48&	00:41&	00:11@		
Beste strekktid for klassen															
00:26	01:50	01:33	01:51	01:41	02:41	01:07	01:33	01:54	02:13	01:15	02:21	00:42	00:08		

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