

Plass Navn

Klasse

Tid

Damer 16 - 39 år

**1 Vera Bjarkø****105****36:18**

00:36=	01:19=	02:11=	02:42=	03:09=	04:17=	05:53=	08:21=	10:06=	10:55=	11:25=	13:54=	16:33=	17:10=	18:31=	20:04=	20:46=	22:08=	22:57=	23:34=	24:51=	25:45=	28:08=	29:49=	31:22=	32:56=
00:36=	00:43=	00:52=	00:31=	00:27=	01:08=	01:36=	02:28=	01:45=	00:49=	00:30=	02:29=	02:39=	00:37=	01:21=	01:33=	00:42=	01:22=	00:49=	00:37=	01:17=	00:54=	02:23=	01:41=	01:33=	01:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
34:46=	35:46=	36:18=																							
01:50=	01:00=	00:32=																							
00:00=	00:00=	00:00=																							

**2 Anne M. Enne Haug****117****38:45**

00:50+	01:40+	02:31+	03:03+	03:25+	04:25+	06:34+	09:01+	10:58+	11:55+	12:31+	14:44+	18:41+	19:11+	20:25+	22:01+	22:51+	24:11+	25:12+	25:54+	27:04+	28:12+	29:55+	31:41+	33:22+	35:07+
00:50+	00:50+	00:51-	00:32+	00:22-	01:00-	02:09+	02:27-	01:57+	00:57+	00:36+	02:13-	03:57+	00:30-	01:14-	01:36+	00:50+	01:20-	01:01+	00:42+	01:10-	01:08+	01:43-	01:46+	01:41+	01:45+
00:14&	00:07#	00:01-	00:01+	00:05-	00:08-	00:33&	00:01-	00:12#	00:08#	00:06#	00:16-	01:18&	00:07-	00:07-	00:03+	00:08#	00:02-	00:12#	00:05#	00:07-	00:14&	00:40-	00:05+	00:08+	00:11#
37:16+	38:16+	38:45+																							
02:09+	01:00=	00:29-																							
00:19#	00:00=	00:03-																							

**3 Rønnaug Egeland****154****41:45**

00:39+	01:51+	02:41+	03:11+	03:35+	04:52+	06:27+	09:45+	11:58+	12:53+	13:29+	15:50+	18:35+	19:07+	21:58+	23:51+	24:31+	25:53+	26:53+	27:39+	28:58+	30:24+	32:09+	34:08+	35:58+	37:40+
00:39+	01:12+	00:50-	00:30-	00:24-	01:17+	01:35-	03:18+	02:13+	00:55+	00:36+	02:21-	02:45+	00:32-	02:51+	01:53+	00:40-	01:22=	01:00+	00:46+	01:19+	01:26+	01:45-	01:59+	01:50+	01:42+
00:03+	00:29&	00:02-	00:01-	00:03-	00:09#	00:01-	00:50&	00:28&	00:06#	00:06#	00:08-	00:06+	00:05-	01:30#	00:20#	00:02-	00:00=	00:11#	00:09#	00:02+	00:32&	00:38-	00:18#	00:17#	00:08+
40:05+	41:14+	41:45+																							
02:25+	01:09+	00:31-																							
00:35&	00:09#	00:01-																							

**4 Lene Bjelland****116****42:17**

00:31-	01:22+	02:07-	02:31-	03:04-	04:10-	05:51-	09:06+	10:53+	11:44+	12:20+	14:55+	20:59+	21:45+	22:58+	24:31+	25:23+	26:39+	27:57+	28:38+	30:06+	31:15+	33:11+	35:12+	36:46+	38:46+
00:31-	00:51+	00:45-	00:24-	00:33+	01:06-	01:41+	03:15+	01:47+	00:51+	00:36+	02:35+	06:04+	00:46+	01:13-	01:33=	00:52+	01:16-	01:18+	00:41+	01:28+	01:09+	01:56-	02:01+	01:34+	02:00+
00:05-	00:08#	00:07-	00:07-	00:06#	00:02-	00:05+	00:47&	00:02+	00:02+	00:06#	00:06+	03:25#	00:09#	00:08-	00:00=	00:10#	00:06-	00:29&	00:04#	00:11#	00:15&	00:27-	00:20#	00:01+	00:26&
40:49+	41:55+	42:17+																							
02:03+	01:06+	00:22-																							
00:13#	00:06#	00:10-																							

**5 Janeth Kleppe****128****44:27**

00:53+	01:56+	02:44+	03:14+	03:39+	04:53+	06:35+	09:27+	11:27+	12:27+	13:03+	15:24+	20:01+	20:39+	22:15+	23:59+	24:41+	27:45+	28:52+	29:34+	30:41+	33:11+	35:03+	37:33+	39:10+	40:46+
00:53+	01:03+	00:48-	00:30-	00:25-	01:14+	01:42+	02:52+	02:00+	01:00+	00:36+	02:21-	04:37+	00:38+	01:36+	01:44+	00:42=	03:04+	01:07+	00:42+	01:07-	02:30+	01:52-	02:30+	01:37+	01:36+
00:17&	00:20&	00:04-	00:01-	00:02-	00:06+	00:06+	00:24#	00:15#	00:11#	00:06#	00:08-	01:58&	00:01+	00:15#	00:11#	00:00=	01:42#	00:18&	00:05#	00:10-	01:36#	00:31-	00:49&	00:04+	00:02+
42:49+	43:54+	44:27+																							
02:03+	01:05+	00:33+																							
00:13#	00:05+	00:01+																							

**6 Heidi Nordaunet****126****44:29**

00:37+	01:54+	03:04+	03:37+	04:02+	05:40+	07:37+	10:14+	12:18+	13:21+	13:55+	16:52+	19:33+	20:05+	21:31+	23:12+	23:59+	25:50+	27:09+	27:57+	30:40+	32:28+	34:25+	36:36+	38:15+	40:34+
00:37+	01:17+	01:10+	00:33+	00:25-	01:38+	01:57+	02:37+	02:04+	01:03+	00:34+	02:57+	02:41+	00:32-	01:26+	01:41+	00:47+	01:51+	01:19+	00:48+	02:43+	01:48+	01:57-	02:11+	01:39+	02:19+
00:01+	00:34&	00:18&	00:02+	00:02-	00:30&	00:21#	00:09+	00:19#	00:14&	00:04#	00:28#	00:02+	00:05-	00:05+	00:08+	00:05#	00:29&	00:30&	00:11&	01:26#	00:54&	00:26-	00:30&	00:06+	00:45&
42:48+	43:55+	44:29+																							
02:14+	01:07+	00:34+																							
00:24#	00:07#	00:02+																							

**7 Kristina Renshaw****101****45:45**

00:45+	01:30+	03:08+	03:40+	04:08+	05:19+	07:12+	11:05+	13:05+	14:08+	14:48+	17:34+	20:11+	20:51+	22:35+	24:52+	25:44+	27:26+	28:30+	29:21+	31:22+	33:29+	35:46+	38:23+	40:10+	41:56+
00:45+	00:45+	01:38+	00:32+	00:28+	01:11+	01:53+	03:53+	02:00+	01:03+	00:40+	02:46+	02:37-	00:40+	01:44+	02:17+	00:52+	01:42+	01:04+	00:51+	02:01+	02:07+	02:17-	02:37+	01:47+	01:46+
00:09#	00:02+	00:46&	00:01+	00:01+	00:03+	00:17#	01:25&	00:15#	00:14&	00:10&	00:17#	00:02-	00:03+	00:23&	00:44&	00:10#	00:20#	00:15&	00:14&	00:44&	01:13#	00:06-	00:56&	00:14#	00:12#
44:02+	45:14+	45:45+																							
02:06+	01:12+	00:31-																							
00:16#	00:12#	00:01-																							

**8 Wibeke Lende****74****46:02**

01:38+	02:23+	03:17+	04:21+	04:40+	05:39+	07:37+	10:04+	11:45+	12:51+	13:22+	15:57+	18:34+	19:00+	19:49+	21:33+	22:22+	23:54+	24:52+	25:32+	30:09+	33:52+	35:51+	38:21+	40:02+	41:58+
01:38+	00:45+	00:54+	01:04+	00:19-	00:59-	01:58+	02:27-	01:41-	01:06+	00:31+	02:35+	02:37-	00:26-	00:49-	01:44+	00:49+	01:32+	00:58+	00:40+	04:37+	03:43+	01:59-	02:30+	01:41+	01:56+
01:02#	00:02+	00:02+	00:33#	00:08-	00:09-	00:22#	00:01-	00:04-	00:17&	00:01+	00:06+	00:02-	00:11-	00:32-	00:11#	00:07#	00:10#	00:09#	00:03+	03:20#	02:49#	00:24-	00:49&	00:08+	00:22#
44:02+	45:28+	46:02+																							
02:04+	01:26+	00:34+																							
00:14#	00:26&	00:02+																							

Class	Navn	Klasse										Tid														
<b>9</b>	<b>Marie Lunde</b>	<b>115</b>										<b>48:38</b>														
00:48+	01:58+	02:56+	03:33+	04:01+	05:10+	06:56+	09:46+	11:41+	12:41+	13:23+	18:57+	22:26+	23:08+	24:09+	25:59+	26:56+	29:44+	31:08+	31:59+	33:44+	35:04+	37:48+	40:32+	42:15+	44:25+	
00:48+	01:10+	00:58+	00:37+	00:28+	01:09+	01:46+	02:50+	01:55+	01:00+	00:42+	05:34+	03:29+	00:42+	01:01-	01:50+	00:57+	02:48+	01:24+	00:51+	01:45+	01:20+	02:44+	02:44+	01:43+	02:10+	
00:12&	00:27&	00:06#	00:06#	00:01+	00:01+	00:10#	00:22#	00:10+	00:11#	00:12&	03:05&	00:50&	00:05#	00:20-	00:17#	00:15&	01:26@	00:35&	00:14&	00:28&	00:26&	00:21#	01:03&	00:10#	00:36&	
46:41+	48:03+	48:38+																								
02:16+	01:22+	00:35+																								
00:26#	00:22&	00:03+																								
<b>10</b>	<b>Åsta Bryne</b>	<b>7</b>										<b>49:24</b>														
00:49+	01:40+	02:20+	02:47+	03:16+	04:44+	07:02+	09:35+	11:27+	12:26+	13:02+	15:51+	21:42+	24:56+	26:30+	27:58+	28:39+	30:38+	31:41+	32:31+	34:03+	35:38+	38:10+	42:32+	44:15+	45:51+	
00:49+	00:51+	00:40-	00:27-	00:29+	01:28+	02:18+	02:33+	01:52+	00:59+	00:36+	02:49+	05:51+	03:14+	01:34+	01:28-	00:41-	01:59+	01:03+	00:50+	01:32+	01:35+	02:32+	04:22+	01:43+	01:36+	
00:13&	00:08#	00:12-	00:04-	00:02+	00:20&	00:42&	00:05+	00:07+	00:10#	00:06#	00:20#	03:12@	02:37@	00:13#	00:05-	00:01-	00:37&	00:14&	00:13&	00:15#	00:41&	00:09+	02:41@	00:10#	00:02+	
47:46+	48:54+	49:24+																								
01:55+	01:08+	00:30-																								
00:05+	00:08#	00:02-																								
<b>11</b>	<b>Anna Berthelsen</b>	<b>117</b>										<b>51:15</b>														
00:56+	01:44+	02:34+	03:01+	03:30+	04:35+	06:30+	09:14+	11:27+	12:37+	13:12+	16:29+	19:36+	20:08+	22:11+	24:55+	25:50+	27:22+	28:23+	29:02+	35:09+	37:20+	39:33+	41:49+	43:47+	46:10+	
00:56+	00:48+	00:50-	00:27-	00:29+	01:05-	01:55+	02:44+	02:13+	01:10+	00:35+	03:17+	03:07+	00:32-	02:03+	02:44+	00:55+	01:32+	01:01+	00:39+	06:07+	02:11+	02:13-	02:16+	01:58+	02:23+	
00:20&	00:05#	00:02-	00:04-	00:02+	00:03-	00:19#	00:16#	00:28&	00:21&	00:05#	00:48&	00:28#	00:05-	00:42&	01:11&	00:13&	00:10#	00:12#	00:02+	04:50@	01:17@	00:10-	00:35&	00:25&	00:49&	
49:11+	50:36+	51:15+																								
03:01+	01:25+	00:39+																								
01:11&	00:25&	00:07#																								
<b>12</b>	<b>Ingvild Amalixsen</b>	<b>116</b>										<b>51:22</b>														
00:37+	02:01+	03:01+	03:28+	03:56+	05:22+	07:20+	10:13+	12:11+	13:09+	13:50+	21:15+	24:43+	25:56+	27:13+	28:49+	29:38+	31:37+	32:57+	33:37+	36:15+	38:21+	40:09+	44:22+	46:03+	47:45+	
00:37+	01:24+	01:00+	00:27-	00:28+	01:26+	01:58+	02:53+	01:58+	00:58+	00:41+	07:25+	03:28+	01:13+	02:53+	01:17-	01:36+	00:49+	01:59+	01:20+	00:40+	02:38+	02:06+	01:48-	04:13+	01:41+	01:42+
00:01+	00:41&	00:08#	00:04-	00:01+	00:18&	00:22#	00:25#	00:13#	00:09#	00:11&	04:56@	00:49&	00:36&	00:04-	00:03+	00:07#	00:37&	00:31&	00:03+	01:21@	01:12@	00:35-	02:32@	00:08+	00:08+	
49:44+	50:50+	51:22+																								
01:59+	01:06+	00:32=																								
00:09+	00:06#	00:00=																								
<b>13</b>	<b>Trine Selvikvåg</b>	<b>62</b>										<b>52:06</b>														
00:45+	01:40+	02:33+	03:07+	03:36+	05:47+	07:55+	17:06+	18:54+	20:01+	20:38+	24:32+	28:11+	28:39+	30:02+	31:54+	33:12+	35:50+	37:00+	38:07+	39:47+	41:05+	43:25+	45:24+	47:16+	48:37+	
00:45+	00:55+	00:53+	00:34+	00:29+	02:11+	02:08+	09:11+	01:48+	01:07+	00:37+	03:54+	03:39+	00:28-	01:23+	01:52+	01:18+	02:38+	01:10+	01:07+	01:40+	01:18+	02:20-	01:59+	01:52+	01:21-	
00:09#	00:12&	00:01+	00:03+	00:02+	01:03&	00:32&	06:43@	00:03+	00:18&	00:07#	01:25&	01:00&	00:09-	00:02+	00:19#	00:36&	01:16&	00:21&	00:30&	00:23&	00:24&	00:03-	00:18#	00:19#	00:13-	
50:32+	51:38+	52:06+																								
01:55+	01:06+	00:28-																								
00:05+	00:06#	00:04-																								
<b>14</b>	<b>Maria Lampe</b>	<b>126</b>										<b>52:20</b>														
00:43+	01:45+	02:39+	03:11+	03:39+	05:01+	07:20+	10:18+	12:35+	13:36+	14:13+	17:24+	21:10+	24:09+	26:30+	28:26+	29:23+	31:02+	32:44+	33:33+	35:16+	40:30+	42:31+	44:34+	46:26+	48:21+	
00:43+	01:02+	00:54+	00:32+	00:28+	01:22+	02:19+	02:58+	02:17+	01:01+	00:37+	03:11+	03:46+	02:59+	02:21+	01:56+	00:57+	01:39+	01:42+	00:49+	01:43+	05:14+	02:01-	02:03+	01:52+	01:55+	
00:07#	00:19&	00:02+	00:01+	00:01+	00:14#	00:43&	00:30#	00:32&	00:12#	00:07#	00:42&	01:07&	02:22@	01:00&	00:23#	00:15&	00:17#	00:53@	00:12&	00:26&	04:20@	00:22-	00:22#	00:19#	00:21#	
50:25+	51:48+	52:20+																								
02:04+	01:23+	00:32=																								
00:14#	00:23&	00:00=																								
<b>15</b>	<b>Maren Heradstveit</b>	<b>76</b>										<b>55:07</b>														
00:40+	02:23+	03:45+	04:12+	04:39+	05:42+	07:56+	10:32+	14:20+	15:12+	15:50+	19:45+	23:45+	24:07+	30:26+	32:18+	33:07+	34:26+	35:31+	36:32+	39:16+	41:05+	43:11+	47:32+	49:20+	51:19+	
00:40+	01:43+	01:22+	00:27-	00:27=	01:03-	02:14+	02:36+	03:48+	00:52+	00:38+	03:55+	04:00+	00:22-	06:19+	01:52+	00:49+	01:19-	01:05+	01:01+	02:44+	01:49+	02:06-	04:21+	01:48+	01:59+	
00:04#	01:00@	00:30&	00:04-	00:00=	00:05-	00:38&	00:08+	02:03@	00:03+	00:08&	01:26&	01:21&	00:15-	04:58@	00:19#	00:07#	00:03-	00:16&	00:24&	01:27@	00:55@	00:17-	02:40@	00:15#	00:25&	
53:44+	54:42+	55:07+																								
02:25+	00:58-	00:25-																								
00:35&	00:02-	00:07-																								
<b>16</b>	<b>Ingunn Bergheim Landsnes</b>	<b>92</b>										<b>55:54</b>														
00:46+	02:34+	03:25+	04:01+	04:27+	05:50+	08:00+	11:49+	14:15+	15:24+	16:02+	19:08+	26:30+	27:18+	29:02+	30:59+	31:59+	35:51+	37:15+	38:03+	40:09+	41:38+	43:55+	46:44+	49:02+	51:18+	
00:46+	01:48+	00:51-	00:36+	00:26-	01:23+	02:10+	03:49+	02:26+	01:09+	00:38+	03:06+	07:22+	00:48+	01:44+	01:57+	01:00+	03:52+	01:24+	00:48+	02:06+	01:29+	02:17-	02:49+	02:18+	02:16+	
00:10&	01:05@	00:01-	00:05#	00:01-	00:15#	00:34&	01:21&	00:41&	00:20&	00:08&	00:37#	04:43@	00:11&	00:23&	00:24&	00:18&	02:30@	00:35&	00:11&	00:49&	00:35&	00:06-	01:08&	00:45&	00:42&	
53:39+	55:10+	55:54+																								
02:21+	01:31+	00:44+																								
00:31&	00:31&	00:12&																								
<b>17</b>	<b>Marie Sjørusen</b>	<b>117</b>										<b>56:00</b>														
00:53+	01:37+	02:25+	03:26+	04:41+	06:26+	10:17+	12:30+	13:28+	14:03+	22:44+	28:42+	29:18+	30:22+	31:56+	32:50+	36:52+	38:03+	39:06+	41:12+	44:38+	46:26+	48:52+	50:35+	52:18+		
00:53+	00:44+	00:48-	00:31=	00:30+	01:15+	01:45+	03:51+	02:13+	00:58+	00:35+	08:41+	05:58+	00:36-	01:04-	01:34+	00:54+	04:02+	01:11+	01:03+	02:06+	03:26+	01:48-	02:26+	01:43+	01:43+	
00:17&	00:01+	00:04-	00:00=	00:03#	00:07#	00:09+	01:23&	00:28&	00:09#	00:05#	06:12@	03:19@														

Class	Navn	Klasse	Tid																								
<b>18</b>	<b>Jorun Nymo</b>	<b>136</b>	<b>56:07</b>																								
00:59+	01:58+	03:11+	03:59+	04:26+	06:07+	10:14+	15:06+	18:49+	19:23+	22:19+	29:57+	30:41+	32:40+	34:14+	35:09+	36:48+	38:49+	39:42+	41:30+	43:06+	45:22+	48:12+	50:12+	52:04+			
00:59+	00:59+	01:13+	00:48+	00:27=	01:41+	04:07+	04:52+	02:35+	01:08+	00:34+	02:56+	07:38+	00:44+	01:59+	01:34+	00:55+	01:39+	02:01+	00:53+	01:48+	01:36+	02:16-	02:50+	02:00+	01:52+		
00:23&	00:16&	00:21&	00:17&	00:00=	00:33&	02:31@	02:24&	00:50&	00:19&	00:04#	00:27#	04:59@	00:07#	00:38&	00:01+	00:13&	00:17#	01:12@	00:16&	00:31&	00:42&	00:07-	01:09&	00:27&	00:18#		
54:23+	55:32+	56:07+																									
02:19+	01:09+	00:35+																									
00:29&	00:09#	00:03+																									
<b>19</b>	<b>Marita Skorpe</b>	<b>74</b>	<b>56:32</b>																								
00:42+	01:25+	02:12+	02:52+	03:17+	04:32+	06:25+	09:17+	11:27+	12:31+	13:11+	16:26+	20:28+	21:07+	23:23+	25:18+	26:32+	28:57+	30:14+	31:14+	41:33+	42:55+	45:20+	47:35+	49:28+	51:42+		
00:42+	00:43=	00:47-	00:40+	00:25-	01:15+	01:53+	02:52+	02:10+	01:04+	00:40+	03:15+	04:02+	00:39+	02:16+	01:55+	01:14+	02:25+	01:17+	01:00+	10:19+	01:22+	02:25+	02:15+	01:53+	02:14+		
00:06#	00:00=	00:05-	00:09&	00:02-	00:07#	00:17#	00:24#	00:25#	00:15&	00:10&	00:46&	01:23&	00:02+	00:55&	00:22#	00:32&	01:03&	00:28&	00:23&	09:02@	00:28&	00:02+	00:34&	00:20#	00:40&		
54:21+	55:53+	56:32+																									
02:39+	01:32+	00:39+																									
00:49&	00:32&	00:07#																									
<b>20</b>	<b>Lise Nessa Di Lorenzo</b>	<b>168</b>	<b>58:14</b>																								
00:48+	01:36+	03:51+	04:11+	04:35+	05:40+	07:22+	09:48+	11:36+	13:08+	13:33+	16:05+	27:18+	27:46+	28:58+	31:00+	32:29+	33:49+	37:07+	39:30+	41:48+	43:02+	45:45+	49:43+	51:42+	53:24+		
00:48+	00:48+	02:15+	00:20-	00:24-	01:05-	01:42+	02:26-	01:48+	01:32+	00:25-	02:32+	11:13+	00:28-	01:12-	02:02+	01:29+	01:20-	03:18+	02:23+	02:18+	01:14+	02:43+	03:58+	01:59+	01:42+		
00:12&	00:05#	01:23@	00:11-	00:03-	00:03-	00:06+	00:02-	00:03+	00:43&	00:05-	00:03+	08:34@	00:09-	00:09-	00:29&	00:47@	00:02-	02:29@	01:46@	01:01&	00:20&	00:20#	02:17@	00:26&	00:08+		
56:33+	57:41+	58:14+																									
03:09+	01:08+	00:33+																									
01:19&	00:08#	00:01+																									
<b>21</b>	<b>Bodil Krogedal</b>	<b>126</b>	<b>59:07</b>																								
00:52+	01:38+	02:42+	03:12+	03:39+	04:59+	07:50+	11:29+	13:55+	14:49+	15:24+	23:13+	30:56+	31:38+	33:25+	35:28+	36:30+	38:07+	39:38+	40:40+	42:17+	47:30+	49:16+	51:40+	53:32+	55:24+		
00:52+	00:46+	01:04+	00:30-	00:27=	01:20+	02:51+	03:59+	02:26+	00:54+	00:35+	07:49+	07:43+	00:42+	01:47+	02:03+	01:02+	01:37+	01:31+	01:02+	01:37+	05:13+	01:46-	02:24+	01:52+	01:52+		
00:16&	00:03+	00:12#	00:01-	00:00=	00:12#	01:15&	01:11&	00:41&	00:05#	00:05#	05:20@	05:04@	00:05#	00:26&	00:30&	00:20&	00:15#	00:42&	00:25&	00:20&	04:19@	00:37-	00:43&	00:19#	00:18#		
57:24+	58:39+	59:07+																									
02:00+	01:15+	00:28-																									
00:10+	00:15#	00:04-																									
<b>22</b>	<b>Barbro Lunde Nedrebø</b>	<b>92</b>	<b>1:12:35</b>																								
00:39+	01:40+	02:29+	03:00+	04:45+	06:48+	12:11+	14:25+	15:35+	16:09+	18:48+	27:37+	35:15+	37:11+	41:32+	42:53+	45:47+	47:16+	49:05+	50:39+	57:28+	59:49+	63:48+	65:28+	67:15+			
00:39+	01:01+	00:49-	00:31=	00:30+	01:15+	02:03+	05:23+	02:14+	01:10+	00:34+	02:39+	08:49+	07:38+	01:56+	04:21+	01:21+	02:54+	01:29+	01:49+	01:34+	06:49+	02:21-	03:59+	01:40+	01:47+		
00:03+	00:18&	00:03-	00:00=	00:03#	00:07#	00:27&	02:55@	00:29&	00:21&	00:04#	00:10+	06:10@	07:01@	00:35&	02:48@	00:39&	01:32@	00:40&	01:12@	00:17#	05:55@	00:02-	02:18@	00:07+	00:13#		
70:36+	72:04+	72:35+																									
03:21+	01:28+	00:31-																									
01:31&	00:28&	00:01-																									
<b>23</b>	<b>Bente Cecilie Lio</b>	<b>136</b>	<b>1:15:30</b>																								
01:00+	04:03+	05:03+	05:35+	07:47+	09:24+	11:44+	16:44+	19:23+	20:32+	21:29+	27:06+	36:45+	37:47+	39:33+	47:24+	48:03+	49:58+	51:17+	52:14+	54:10+	57:48+	62:20+	65:47+	68:28+	70:58+		
01:00+	03:03+	01:00+	00:32+	02:12+	01:37+	02:20+	05:00+	02:39+	01:09+	00:57+	05:37+	09:39+	01:02+	01:46+	07:51+	00:39-	01:55+	01:19+	00:57+	01:56+	03:38+	04:32+	03:27+	02:41+	02:30+		
00:24&	02:20@	00:08#	00:01+	01:45@	00:29&	00:44&	02:32@	00:54&	00:20&	00:27&	03:08@	07:00@	00:25&	00:25&	06:18@	00:03-	00:33&	00:30&	00:20&	00:39&	02:44@	02:09&	01:46@	01:08&	00:56&		
73:40+	74:56+	75:30+																									
02:42+	01:16+	00:34+																									
00:52&	00:16&	00:02+																									
<b>24</b>	<b>Nithya Mohan</b>	<b>136</b>	<b>1:23:58</b>																								
01:58+	03:25+	05:36+	06:17+	06:47+	08:22+	10:56+	15:20+	18:42+	20:03+	20:42+	32:33+	39:45+	40:37+	42:45+	45:23+	46:38+	49:10+	50:28+	53:21+	55:28+	58:45+	62:24+	70:54+	73:02+	75:21+		
01:58+	01:27+	02:11+	00:41+	00:30+	01:35+	02:34+	04:24+	03:22+	01:21+	00:39+	11:51+	07:12+	00:52+	02:08+	02:38+	01:15+	02:32+	01:18+	02:53+	02:07+	03:17+	03:39+	08:30+	02:08+	02:19+		
01:22@	00:44@	01:19@	00:10&	00:03#	00:27&	00:58&	01:56&	01:37&	00:32&	00:09&	09:22@	04:33@	00:15&	00:47&	01:05&	00:33&	01:10&	00:29&	02:16@	00:50&	02:23@	01:16&	06:49@	00:35&	00:45&		
81:00+	83:17+	83:58+																									
05:39+	02:17+	00:41+																									
03:49@	01:17@	00:09&																									
<b>Beste strekktid for klassen</b>																											
00:31	00:43	00:40	00:20	00:19	00:59	01:35	02:26	01:41	00:49	00:25	02:13	02:37	00:22	00:49	01:28	00:39	01:16	00:49	00:37	01:07	00:54	01:43	01:41	01:33	01:21	01:50	00:58

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

## Damer 40 - 49 år

<b>1</b>	<b>Brit Nilsen</b>	<b>88</b>	<b>34:53</b>																						
00:41=	01:20=	02:12=	02:36=	03:31=	04:41=	05:12=	07:52=	09:48=	12:08=	14:38=	15:45=	17:05=	18:06=	18:57=	20:18=	21:37=	22:21=	23:18=	25:34=	26:05=	28:29=	30:46=	31:51=	33:20=	34:20=
00:41=	00:39=	00:52=	00:24=	00:55=	01:10=	00:31=	02:40=	01:56=	02:20=	02:30=	01:07=	01:20=	01:01=	00:51=	01:21=	01:19=	00:44=	00:57=	02:16=	00:31=	02:24=	02:17=	01:05=	01:29=	01:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
34:53=																									
00:33=																									
00:00=																									





Class	Navn	Klasse																				Tid
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**Beste strekktid for klassen**

00:33 00:38 00:50 00:24 00:55 01:02 00:31 02:40 01:43 01:45 02:30 01:05 00:46 00:55 00:51 00:40 01:13 00:39 00:57 02:02 00:25 01:54 01:52 00:55 01:22 00:51 00:28

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

**Damer 50 - 59 år**

<b>1</b>	<b>Keth Berggraf</b>	<b>116</b>	<b>36:17</b>																						
00:42=	01:21=	02:23=	02:57=	04:05=	05:07=	05:39=	08:23=	10:24=	12:31=	15:20=	18:18=	19:16=	20:26=	21:13=	21:56=	23:19=	24:12=	25:08=	27:19=	27:58=	29:47=	32:09=	33:10=	34:40=	35:48=
00:42=	00:39=	01:02=	00:34=	01:08=	01:02=	00:32=	02:44=	02:01=	02:07=	02:49=	02:58=	00:58=	01:10=	00:47=	00:43=	01:23=	00:53=	00:56=	02:11=	00:39=	01:49=	02:22=	01:01=	01:30=	01:08=
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=	00:00=	00:00=	00:00=	00:00=
36:17=																									
00:29=																									
00:00=																									

<b>2</b>	<b>Anne Sæbø Vik</b>	<b>116</b>	<b>37:41</b>																						
00:44+	01:23+	02:17-	02:46-	03:48-	04:53-	05:23-	08:15-	10:13-	12:11-	18:11+	19:02+	20:29+	21:40+	22:28+	23:16+	24:30+	25:17+	26:12+	28:14+	28:44+	31:28+	33:42+	34:36+	35:58+	37:09+
00:44+	00:39=	00:54-	00:29-	01:02-	01:05+	00:30-	02:52+	01:58-	01:58-	06:00+	00:51-	01:27+	01:11+	00:48+	00:48+	01:14-	00:47-	00:55-	02:02-	00:30-	02:44+	02:14-	00:54-	01:22-	01:11+
00:02+	00:00=	00:08-	00:05-	00:06-	00:03+	00:02-	00:08+	00:03-	00:09-	03:11@	02:07-	00:29&	00:01+	00:01+	00:05#	00:09-	00:06-	00:01-	00:09-	00:09-	00:55&	00:08-	00:07-	00:08-	00:03+
37:41+																									
00:32+																									
00:03#																									

<b>3</b>	<b>Gunn J. Grefstad</b>	<b>2</b>	<b>40:48</b>																						
00:48+	01:32+	02:33+	03:04+	04:27+	05:47+	06:23+	10:11+	12:16+	14:37+	17:50+	19:23+	22:03+	23:12+	24:11+	25:10+	26:35+	27:26+	28:25+	30:51+	31:20+	33:36+	36:04+	37:16+	38:59+	40:06+
00:48+	00:44+	01:01-	00:31-	01:23+	01:20+	00:36+	03:48+	02:05+	02:21+	03:13+	01:33-	02:40+	01:09-	00:59+	00:59+	00:51-	00:59+	02:26+	00:51-	00:29-	02:16+	02:28+	01:12+	01:43+	01:07-
00:06#	00:05#	00:01-	00:03-	00:15#	00:18&	00:04#	01:04&	00:04+	00:14#	00:24#	01:25-	01:42@	00:01-	00:12&	00:16&	00:02+	00:02-	00:03+	00:15#	00:10-	00:27#	00:06+	00:11#	00:13#	00:01-
40:48+																									
00:42+																									
00:13&																									

<b>4</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>	<b>43:17</b>																						
01:17+	02:00+	03:00+	03:30+	04:34+	05:48+	06:27+	10:35+	12:40+	15:23+	18:50+	20:02+	21:41+	22:58+	24:06+	25:11+	27:03+	27:57+	30:14+	32:59+	33:45+	36:15+	38:48+	39:57+	41:37+	42:42+
01:17+	00:43+	01:00-	00:30-	01:04-	01:14+	00:39+	04:08+	02:05+	02:43+	03:27+	01:12-	01:39+	01:17+	01:08+	01:05+	01:52+	00:54+	02:17+	02:45+	00:46+	02:30+	02:33+	01:09+	01:40+	01:05-
00:35&	00:04#	00:02-	00:04-	00:04-	00:12#	00:07#	01:24&	00:04+	00:36&	00:38#	01:46-	00:41&	00:07#	00:21&	00:22&	00:29&	00:01+	01:21@	00:34&	00:07#	00:41&	00:11+	00:08#	00:10#	00:03-
43:17+																									
00:35+																									
00:06#																									

<b>5</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>	<b>43:54</b>																						
00:43+	01:30+	02:31+	03:10+	04:10+	05:26+	06:07+	09:33+	12:04+	14:27+	18:01+	19:16+	21:12+	22:30+	23:30+	24:49+	26:33+	27:37+	28:37+	31:32+	32:24+	35:06+	39:16+	40:15+	41:58+	43:14+
00:43+	00:47+	01:01-	00:39+	01:00-	01:16+	00:41+	03:26+	02:31+	02:23+	03:34+	01:15-	01:56+	01:18+	01:00+	01:19+	01:44+	01:04+	01:00+	02:55+	00:52+	02:42+	04:10+	00:59-	01:43+	01:16+
00:01+	00:08#	00:01-	00:05#	00:08-	00:14#	00:09&	00:42&	00:30#	00:16#	00:45&	01:43-	00:58&	00:08#	00:13&	00:36&	00:21&	00:11#	00:04+	00:44&	00:13&	00:53&	01:48&	00:02-	00:13#	00:08#
43:54+																									
00:40+																									
00:11&																									

<b>6</b>	<b>Signe Ottesen</b>	<b>116</b>	<b>45:53</b>																						
00:42=	02:56+	04:01+	04:33+	05:47+	07:09+	07:49+	11:39+	14:28+	17:06+	20:25+	23:58+	25:55+	27:17+	28:15+	29:07+	30:38+	31:32+	32:39+	35:17+	35:49+	38:19+	41:09+	42:23+	44:20+	45:21+
00:42=	02:14+	01:05+	00:32-	01:14+	01:22+	00:40+	03:50+	02:49+	02:38+	03:19+	03:33+	01:57+	01:22+	00:58+	00:52+	01:31+	00:54+	01:07+	02:38+	00:32-	02:30+	02:50+	01:14+	01:57+	01:01-
00:00=	01:35@	00:03+	00:02-	00:06+	00:20&	00:08#	01:06&	00:48&	00:31#	00:30#	00:35#	00:59@	00:12#	00:11#	00:09#	00:08+	00:01+	00:11#	00:27#	00:07-	00:41&	00:28#	00:13#	00:27&	00:07-
45:53+																									
00:32+																									
00:03#																									

<b>7</b>	<b>Marianne Fuglestad</b>	<b>117</b>	<b>46:21</b>																						
00:44+	01:24+	02:26+	03:05+	04:14+	05:36+	06:53+	13:11+	15:08+	17:32+	21:06+	22:11+	23:39+	25:12+	26:24+	27:34+	29:32+	30:44+	31:42+	34:45+	36:18+	38:43+	41:38+	42:45+	44:41+	45:48+
00:44+	00:40+	01:02=	00:39+	01:09+	01:22+	01:17+	06:18+	01:57-	02:24+	03:34+	01:05-	01:28+	01:33+	01:12+	01:10+	01:58+	01:12+	00:58+	03:03+	01:33+	02:25+	02:55+	01:07+	01:56+	01:07-
00:02+	00:01+	00:00=	00:05#	00:01+	00:20&	00:45@	03:34@	00:04-	00:17#	00:45&	01:53-	00:30&	00:23&	00:25&	00:27&	00:35&	00:19&	00:02+	00:52&	00:54@	00:36&	00:33#	00:06+	00:26&	00:01-
46:21+																									
00:33+																									
00:04#																									

<b>8</b>	<b>Torill Andersen</b>	<b>116</b>	<b>46:49</b>																						
00:45+	01:44+	02:51+	03:42+	05:03+	06:55+	07:35+	12:17+	14:56+	17:24+	20:44+	22:27+	23:57+	25:33+	26:40+	27:36+	29:34+	30:53+	32:29+	36:05+	36:44+	39:37+	42:08+	43:15+	44:52+	46:18+
00:45+	00:59+	01:07+	00:51+	01:21+	01:52+	00:40+	04:42+	02:39+	02:28+	03:20+	01:43-	01:30+	01:36+	01:07+	00:56+	01:58+	01:19+	01:36+	03:36+	00:39=	02:53+	02:31+	01:07+	01:37+	01:26+
00:03+	00:20&	00:05+	00:17&	00:13#	00:50&	00:08#	01:58&	00:38&	00:21#	00:31#	01:15-	00:32&	00:26&	00:20&	00:13&	00:35&	00:26&	00:40&	01:25&	00:00=	01:04&	00:09+	00:06+	00:07+	00:18&
46:49+																									
00:31+																									
00:02+																									

Class	Navn	Klasse										Tid													
<b>9</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>										<b>48:01</b>													
00:49+	01:45+	02:50+	03:21+	05:00+	06:22+	07:03+	11:01+	13:42+	16:03+	20:19+	22:08+	23:27+	25:15+	26:38+	27:40+	31:14+	32:05+	33:25+	36:23+	37:10+	40:07+	42:57+	44:34+	46:11+	47:24+
00:49+	00:56+	01:05+	00:31-	01:39+	01:22+	00:41+	03:58+	02:41+	02:21+	04:16+	01:49-	01:19+	01:48+	01:23+	01:02+	03:34+	00:51-	01:20+	02:58+	00:47+	02:57+	02:50+	01:37+	01:37+	01:13+
00:07#	00:17&	00:03+	00:03-	00:31&	00:20&	00:09&	01:14&	00:40&	00:14#	01:27&	01:09-	00:21&	00:38&	00:36&	00:19&	02:11@	00:02-	00:24&	00:47&	00:08#	01:08&	00:28#	00:36&	00:07+	00:05+
48:01+																									
00:37+																									
00:08&																									
<b>10</b>	<b>Ellinor Nesse</b>	<b>116</b>										<b>48:15</b>													
00:46+	01:44+	03:21+	04:02+	05:23+	06:54+	07:47+	12:44+	16:23+	19:12+	22:48+	24:18+	25:32+	26:55+	28:25+	29:41+	31:27+	32:21+	33:27+	36:08+	37:04+	39:30+	42:43+	44:04+	45:58+	47:29+
00:46+	00:58+	01:37+	00:41+	01:21+	01:31+	00:53+	04:57+	03:39+	02:49+	03:36+	01:30-	01:14+	01:23+	01:30+	01:16+	01:46+	00:54+	01:06+	02:41+	00:56+	02:26+	03:13+	01:21+	01:54+	01:31+
00:04+	00:19&	00:35&	00:07#	00:13#	00:29&	00:21&	02:13&	01:38&	00:42&	00:47&	01:28-	00:16&	00:13#	00:43&	00:33&	00:23&	00:01+	00:10#	00:30#	00:17&	00:37&	00:51&	00:20&	00:24&	00:23&
48:15+																									
00:46+																									
00:17&																									
<b>11</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>48:38</b>													
00:50+	01:46+	02:54+	03:32+	04:51+	06:16+	06:55+	10:27+	13:12+	16:20+	20:12+	21:47+	23:07+	24:25+	25:36+	26:36+	28:47+	29:48+	30:53+	34:04+	36:23+	39:31+	42:43+	44:00+	46:17+	47:44+
00:50+	00:56+	01:08+	00:38+	01:19+	01:25+	00:39+	03:32+	02:45+	03:08+	03:52+	01:35-	01:20+	01:18+	01:11+	01:00+	02:11+	01:01+	01:05+	03:11+	02:19+	03:08+	03:12+	01:17+	02:17+	01:27+
00:08#	00:17&	00:06+	00:04#	00:11#	00:23&	00:07#	00:48&	00:44&	01:01&	01:03&	01:23-	00:22&	00:08#	00:24&	00:17&	00:48&	00:08#	00:09#	01:00&	01:40@	01:19&	00:50&	00:16&	00:47&	00:19&
48:38+																									
00:54+																									
00:25&																									
<b>12</b>	<b>Liv Omdal</b>	<b>116</b>										<b>49:01</b>													
00:42=	01:30+	02:32+	03:04+	04:08+	05:25+	06:01+	10:18+	12:36+	14:54+	18:18+	20:16+	21:41+	23:04+	24:04+	25:11+	26:58+	27:55+	29:02+	34:44+	35:04+	37:19+	40:04+	44:38+	45:31+	47:32+
00:42=	00:48+	01:02=	00:32-	01:04-	01:17+	00:36+	04:17+	02:18+	02:18+	03:24+	01:58-	01:25+	01:23+	01:00+	01:07+	01:47+	00:57+	01:07+	05:42+	00:20-	02:15+	02:45+	04:34+	00:53-	02:01+
00:00=	00:09#	00:00=	00:02-	00:04-	00:15#	00:04#	01:33&	00:17#	00:11+	00:35#	01:00-	00:27&	00:13#	00:13&	00:24&	00:24&	00:04+	00:11#	03:31@	00:19-	00:26#	00:23#	03:33@	00:37-	00:53&
48:31+																									
00:59+	49:01+																								
00:30@	00:30+																								
	00:30+																								
<b>13</b>	<b>Ingjerd Haddeland</b>	<b>115</b>										<b>49:07</b>													
00:46+	01:39+	02:45+	03:18+	04:30+	05:44+	06:25+	09:57+	12:17+	15:01+	21:45+	22:54+	23:58+	25:12+	26:58+	28:17+	30:24+	32:00+	33:05+	37:18+	38:10+	40:46+	43:20+	44:52+	46:42+	48:33+
00:46+	00:53+	01:06+	00:33-	01:12+	01:14+	00:41+	03:32+	02:20+	02:44+	06:44+	01:09-	01:04+	01:14+	01:46+	01:19+	02:07+	01:36+	01:05+	04:13+	00:52+	02:36+	02:34+	01:32+	01:50+	01:51+
00:04+	00:14&	00:04+	00:01-	00:04+	00:12#	00:09&	00:48&	00:19#	00:37&	03:55@	01:49-	00:06#	00:04+	00:59@	00:36&	00:44&	00:43&	00:09#	02:02&	00:13&	00:47&	00:12+	00:31&	00:20#	00:43&
49:07+																									
00:34+																									
00:05#																									
<b>14</b>	<b>Hilde Frøytlog Karlsen</b>	<b>228</b>										<b>53:13</b>													
01:05+	02:15+	03:29+	04:01+	07:34+	08:58+	09:36+	13:00+	15:39+	21:54+	25:36+	28:11+	29:43+	30:51+	31:59+	33:07+	35:01+	36:00+	37:20+	40:05+	40:51+	43:36+	46:57+	48:24+	51:00+	52:26+
01:05+	01:10+	01:14+	00:32-	03:33+	01:24+	00:38+	03:24+	02:39+	06:15+	03:42+	02:35-	01:32+	01:08-	01:08+	01:08+	01:54+	00:59+	01:20+	02:45+	00:46+	02:45+	03:21+	01:27+	02:36+	01:26+
00:23&	00:31&	00:12#	00:02-	02:25@	00:22&	00:06#	00:40#	00:38&	04:08@	00:53&	00:23-	00:34&	00:02-	00:21&	00:25&	00:31&	00:06#	00:24&	00:34&	00:07#	00:56&	00:59&	00:26&	01:06&	00:18&
53:13+																									
00:47+																									
00:18&																									
<b>15</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>										<b>56:11</b>													
01:21+	02:15+	03:23+	04:01+	05:19+	07:15+	08:04+	12:26+	15:50+	18:41+	22:58+	24:35+	26:07+	30:13+	31:27+	32:22+	35:09+	36:22+	37:41+	42:07+	43:11+	46:17+	49:06+	50:47+	53:06+	55:33+
01:21+	00:54+	01:08+	00:38+	01:18+	01:56+	00:49+	04:22+	03:24+	02:51+	04:17+	01:37-	01:32+	04:06+	01:14+	00:55+	02:47+	01:13+	01:19+	04:26+	01:04+	03:06+	02:49+	01:41+	02:19+	02:27+
00:39&	00:15&	00:06+	00:04#	00:10#	00:54&	00:17&	01:38&	01:23&	00:44&	01:28&	01:21-	00:34&	02:56@	00:27&	00:12&	01:24@	00:20&	00:23&	02:15@	00:25&	01:17&	00:27#	00:40&	00:49&	01:19@
56:11+																									
00:38+																									
00:09&																									
<b>16</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>57:12</b>													
00:44+	01:43+	02:52+	03:27+	04:41+	06:15+	06:52+	16:31+	19:00+	21:44+	25:03+	26:36+	27:40+	28:56+	30:39+	31:58+	33:54+	34:43+	36:01+	44:07+	45:38+	48:45+	51:58+	53:13+	55:15+	56:28+
00:44+	00:59+	01:09+	00:35+	01:14+	01:34+	00:37+	09:39+	02:29+	02:44+	03:19+	01:33-	01:04+	01:16+	01:43+	01:19+	01:56+	00:49-	01:18+	08:06+	01:31+	03:07+	03:13+	01:15+	02:02+	01:13+
00:02+	00:20&	00:07#	00:01+	00:06+	00:32&	00:05#	06:55@	00:28#	00:37&	00:30#	01:25-	00:06#	00:06+	00:56@	00:36&	00:33&	00:04-	00:22&	05:55@	00:52@	01:18&	00:51&	00:14#	00:32&	00:05+
57:12+																									
00:44+																									
00:15&																									
<b>17</b>	<b>Eli Tjøaland Stokka</b>	<b>94</b>										<b>1:00:30</b>													
00:43+	01:30+	02:45+	03:18+	07:00+	08:31+	10:07+	14:10+	16:31+	19:40+	29:08+	36:00+	36:55+	39:15+	40:05+	41:01+	42:47+	43:54+	44:56+	48:06+	48:41+	50:53+	54:42+	56:24+	58:22+	59:44+
00:43+	00:47+	01:15+	00:33-	03:42+	01:31+	01:36+	04:03+	02:21+	03:09+	09:28+	06:52+	00:55-	02:20+	00:50+	00:56+	01:46+	01:07+	01:02+	03:10+	00:35-	02:12+	03:49+	01:42+	01:58+	01:22+
00:01+	00:08#	00:13#	00:01-	02:34@	00:29&	01:04@	01:19&	00:20#	01:02&	06:39@	03:54@	00:03-	01:10&	00:03+	00:13&	00:23&	00:14&	00:06#	00:59&	00:04-	00:23#	01:27&			

Class	Navn	Klasse										Tid													
<b>18</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>1:00:46</b>													
01:00+	01:58+	03:18+	03:55+	09:07+	10:55+	11:44+	17:29+	20:07+	24:00+	29:51+	33:25+	35:11+	36:52+	38:23+	39:44+	41:56+	43:06+	44:54+	48:28+	49:17+	52:08+	55:18+	56:38+	58:40+	59:59+
01:00+	00:58+	01:20+	00:37+	05:12+	01:48+	00:49+	05:45+	02:38+	03:53+	05:51+	03:34+	01:46+	01:41+	01:31+	01:21+	02:12+	01:10+	01:48+	03:34+	00:49+	02:51+	03:10+	01:20+	02:02+	01:19+
00:18&	00:19&	00:18&	00:03+	04:04@	00:46&	00:17&	03:01@	00:37&	01:46&	03:02@	00:36#	00:48&	00:31&	00:44&	00:38&	00:49&	00:17&	00:52&	01:23&	00:10&	01:02&	00:48&	00:19&	00:32&	00:11#
60:46+																									
00:47+																									
00:18&																									
<b>19</b>	<b>Randi Roth</b>	<b>68</b>										<b>1:01:06</b>													
01:08+	02:00+	03:12+	03:53+	05:14+	06:46+	07:34+	16:41+	20:16+	23:44+	28:13+	30:45+	32:25+	34:10+	35:36+	37:09+	39:34+	41:05+	42:24+	46:54+	48:28+	51:39+	55:11+	56:40+	58:57+	60:31+
01:08+	00:52+	01:12+	00:41+	01:21+	01:32+	00:48+	09:07+	03:35+	03:28+	04:29+	02:32-	01:40+	01:45+	01:26+	01:33+	02:25+	01:31+	01:19+	04:30+	01:34+	03:11+	03:32+	01:29+	02:17+	01:34+
00:26&	00:13&	00:10#	00:07#	00:13#	00:30&	00:16&	06:23@	01:34&	01:21&	01:40&	00:26-	00:42&	00:35&	00:39&	00:50@	01:02&	00:38&	00:23&	02:19@	00:55@	01:22&	01:10&	00:28&	00:47&	00:26&
61:06+																									
00:35+																									
00:06#																									
<b>20</b>	<b>Marianne Høie</b>	<b>116</b>										<b>1:07:39</b>													
01:02+	01:50+	04:44+	05:08+	06:42+	08:19+	09:15+	16:13+	25:19+	30:09+	34:01+	37:12+	38:52+	42:55+	44:33+	45:46+	48:08+	49:36+	50:34+	54:24+	55:53+	59:01+	62:23+	63:54+	65:33+	67:03+
01:02+	00:48+	02:54+	00:24-	01:34+	01:37+	00:56+	06:58+	09:06+	04:50+	03:52+	03:11+	01:40+	04:03+	01:38+	01:13+	02:22+	01:28+	00:58+	03:50+	01:29+	03:08+	03:22+	01:31+	01:39+	01:30+
00:20&	00:09#	01:52@	00:10-	00:26&	00:35&	00:24&	04:14@	07:05@	02:43@	01:03&	00:13+	00:42&	02:53@	00:51@	00:30&	00:59&	00:35&	00:02+	01:39&	00:50@	01:19&	01:00&	00:30&	00:09#	00:22&
67:39+																									
00:36+																									
00:07#																									
<b>21</b>	<b>Margot Lilledal</b>	<b>27</b>										<b>1:13:28</b>													
00:56+	01:57+	02:58+	03:32+	04:43+	06:10+	09:18+	14:03+	19:21+	22:19+	26:40+	28:06+	29:27+	35:38+	37:52+	39:02+	43:10+	44:04+	46:52+	50:58+	52:56+	61:57+	65:06+	66:12+	71:04+	72:42+
00:56+	01:01+	01:01-	00:34=	01:11+	01:27+	03:08+	04:45+	05:18+	02:58+	04:21+	01:26-	01:21+	06:11+	02:14+	01:10+	04:08+	00:54+	02:48+	04:06+	01:58+	09:01+	03:09+	01:06+	04:52+	01:38+
00:14&	00:22&	00:01-	00:00=	00:03+	00:25&	02:36@	02:01&	03:17@	00:51&	01:32&	01:32-	00:23&	05:01@	01:27@	00:27&	02:45@	00:01+	01:52@	01:55&	01:19@	07:12@	00:47&	00:05+	03:22@	00:30&
73:28+																									
00:46+																									
00:17&																									
<b>22</b>	<b>Brit Vivian Meling</b>	<b>116</b>										<b>1:30:34</b>													
01:53+	03:09+	04:56+	05:52+	08:17+	10:31+	11:35+	27:45+	31:06+	34:29+	39:27+	45:42+	50:25+	52:33+	54:08+	56:05+	59:25+	61:11+	62:44+	71:42+	75:10+	78:55+	82:52+	84:48+	87:45+	89:39+
01:53+	01:16+	01:47+	00:56+	02:25+	02:14+	01:04+	16:10+	03:21+	03:23+	04:58+	06:15+	04:43+	02:08+	01:35+	01:57+	03:20+	01:46+	01:33+	08:58+	03:28+	03:45+	03:57+	01:56+	02:57+	01:54+
01:11@	00:37&	00:45&	00:22&	01:17@	01:12@	00:32&	13:26@	01:20&	01:16&	02:09&	03:17@	03:45@	00:58&	00:48@	01:14@	01:57@	00:53&	00:37&	06:47@	02:49@	01:56@	01:35&	00:55&	01:27&	00:46&
90:34+																									
00:55+																									
00:26&																									

**Beste strekketid for klassen**

00:42 00:39 00:54 00:24 01:00 01:02 00:30 02:44 01:57 01:58 02:49 00:51 00:55 01:08 00:47 00:43 01:14 00:47 00:55 02:02 00:20 01:49 02:14 00:54 00:53 01:01 00:29

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

**Damer 60 - 64 år**

<b>1</b>	<b>Ingrid Eik</b>	<b>88</b>										<b>41:04</b>													
00:26=	01:25=	02:09=	03:01=	03:30=	04:15=	04:46=	05:53=	06:55=	10:05=	12:16=	13:41=	16:05=	16:50=	17:46=	21:04=	22:45=	23:48=	25:34=	27:04=	27:30=	29:51=	31:07=	33:23=	34:44=	36:34=
00:26=	00:59=	00:44=	00:52=	00:29=	00:45=	00:31=	01:07=	01:02=	03:10=	02:11=	01:25=	02:24=	00:45=	00:56=	03:18=	01:41=	01:03=	01:46=	01:30=	00:26=	02:21=	01:16=	02:16=	01:21=	01:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
37:22=	39:27=	41:04=																							
00:48=	02:05=	01:37=																							
00:00=	00:00=	00:00=																							
<b>2</b>	<b>Amanda Renshaw</b>	<b>101</b>										<b>41:38</b>													
00:31+	01:19-	02:23+	04:11+	04:41+	05:30+	05:47+	07:05+	07:52+	09:47-	13:01+	14:34+	17:15+	19:00+	19:59+	23:30+	25:09+	26:02+	27:03+	27:43+	29:43+	30:55+	33:35+	35:01+	36:45+	37:30+
00:31+	00:48-	01:04+	01:48+	00:30+	00:49+	00:17-	01:18+	00:47-	01:55-	03:14+	01:33+	02:41+	01:45+	00:59+	03:31+	01:39-	00:53-	01:01-	00:40-	02:00+	01:12-	02:40+	01:26-	01:44+	00:45-
00:05#	00:11-	00:20&	00:56@	00:01+	00:04+	00:14-	00:11#	00:15-	01:15-	01:03&	00:08+	00:17#	01:00@	00:03+	00:13+	00:02-	00:10-	00:45-	00:50-	01:34@	01:09-	01:24@	00:50-	00:23&	01:05-
39:54+	41:38+																								
02:24+	01:44-																								
01:36@	00:21-																								
<b>3</b>	<b>Ingunn Voilås</b>	<b>29</b>										<b>43:53</b>													
00:30+	01:13-	02:03-	03:09+	03:39+	04:32+	04:52+	06:15+	07:10+	09:18-	12:15-	13:42+	16:35+	18:16+	19:12+	23:08+	25:07+	26:10+	27:13+	28:06+	31:35+	32:34+	35:16+	36:46+	38:59+	39:29+
00:30+	00:43-	00:50+	01:06+	00:30+	00:53+	00:20-	01:23+	00:55-	02:08-	02:57+	01:27+	02:53+	01:41+	00:56=	03:56+	01:59+	01:03=	01:03-	00:53-	03:29+	00:59-	02:42+	01:30-	02:13+	00:30-
00:04#	00:16-	00:06#	00:14&	00:01+	00:08#	00:11-	00:16#	00:07-	01:02-	00:46&	00:02+	00:29#	00:56@	00:00=	00:38#	00:18#	00:00=	00:43-	00:37-	03:03@	01:22-	01:26@	00:46-	00:52&	01:20-
41:55+	43:53+																								
02:26+	01:58-																								
01:38@	00:07-																								



Class	Navn	Klasse																			Tid																		
<b>4</b>	<b>Eli Frafjord</b>	<b>94</b>																			<b>45:54</b>																		
00:31+	01:56+	02:43+	04:04+	04:51+	05:40+	06:53+	08:13+	09:14+	11:26+	14:39+	16:25+	19:30+	20:41+	23:16+	27:00+	28:45+	29:36+	30:45+	31:26+	33:25+	34:31+	37:40+	39:14+	41:19+	41:52+														
00:31+	01:25+	00:47+	01:21+	00:47+	00:49+	01:13+	01:20+	01:01-	02:12-	03:13+	01:46+	03:05+	01:11+	02:35+	03:44+	01:45+	00:51-	01:09-	00:41-	01:59+	01:06-	03:09+	01:34-	02:05+	00:33-														
00:05#	00:26#	00:03+	00:29#	00:18#	00:04+	00:42#	00:13#	00:01-	00:58-	01:02#	00:21#	00:41#	00:26#	01:39#	00:26#	00:04+	00:12-	00:37-	00:49-	01:33#	01:15-	01:53#	00:42-	00:44#	01:17-														
44:19+	45:54+																																						
02:27+	01:35-																																						
01:39#	00:30-																																						
<b>5</b>	<b>Marit Karin Nygård</b>	<b>92</b>																			<b>46:44</b>																		
00:32+	01:20-	02:12+	03:13+	03:47+	04:36+	05:01+	06:17+	07:26+	09:43-	12:05-	13:37-	16:14+	16:49-	18:02+	21:13+	22:55+	23:54+	25:05-	25:43-	33:58+	35:25+	38:31+	40:12+	42:05+	42:40+														
00:32+	00:48-	00:52+	01:01+	00:34+	00:49+	00:25-	01:16+	01:09+	02:17-	02:22+	01:32+	02:37+	00:35-	01:13+	03:11-	01:42+	00:59-	01:11-	00:38-	08:15+	01:27-	03:06+	01:41-	01:53+	00:35-														
00:06#	00:11-	00:08#	00:09#	00:05#	00:04+	00:06-	00:09#	00:07#	00:53-	00:11+	00:07+	00:13+	00:10-	00:17#	00:07-	00:01+	00:04-	00:35-	00:52-	07:49#	00:54-	01:50#	00:35-	00:32#	01:15-														
44:54+	46:44+																																						
02:14+	01:50-																																						
01:26#	00:15-																																						
<b>6</b>	<b>Berit Bakken</b>	<b>168</b>																			<b>48:50</b>																		
00:31+	01:08-	01:56-	02:56-	03:23-	04:10-	04:29-	05:38-	07:46+	09:31-	12:31+	13:54+	16:26+	17:12+	18:11+	24:17+	30:40+	31:26+	32:33+	33:10+	35:21+	36:48+	39:39+	41:47+	43:52+	44:24+														
00:31+	00:37-	00:48+	01:00+	00:27-	00:47+	00:19-	01:09+	02:08+	01:45-	03:00+	01:23-	02:32+	00:46+	00:59+	06:06+	06:23+	00:46-	01:07-	00:37-	02:11+	01:27-	02:51+	02:08-	02:05+	00:32-														
00:05#	00:22-	00:04+	00:08#	00:02-	00:02+	00:12-	00:02+	01:06#	01:25-	00:49#	00:02-	00:08+	00:01+	00:03+	02:48#	04:42#	00:17-	00:39-	00:53-	01:45#	00:54-	01:35#	00:08-	00:44#	01:18-														
46:55+	48:50+																																						
02:31+	01:55-																																						
01:43#	00:10-																																						
<b>7</b>	<b>Aud Steinsland</b>	<b>128</b>																			<b>58:16</b>																		
00:34+	01:22-	02:28+	04:02+	04:40+	05:35+	06:17+	07:50+	08:49+	14:24+	19:53+	21:39+	24:49+	25:41+	27:15+	31:11+	32:59+	34:00+	35:22+	36:31+	39:53+	44:50+	48:08+	50:45+	53:12+	53:43+														
00:34+	00:48-	01:06+	01:34+	00:38+	00:55+	00:42+	01:33+	00:59-	05:35+	05:29+	01:46+	03:10+	00:52+	01:34+	03:56+	01:48+	01:01-	01:22-	01:09-	03:22+	04:57+	03:18+	02:37+	02:27+	00:31-														
00:08#	00:11-	00:22#	00:42#	00:09#	00:10#	00:11#	00:26#	00:03-	02:25#	03:18#	00:21#	00:46#	00:07#	00:38#	00:38#	00:07+	00:02-	00:24-	00:21-	02:56#	02:36#	02:02#	00:21#	01:06#	01:19-														
56:28+	58:16+																																						
02:45+	01:48-																																						
01:57#	00:17-																																						
<b>8</b>	<b>Hanna S. Lomeland</b>	<b>47</b>																			<b>58:16</b>																		
00:32+	01:20-	02:31+	03:58+	04:41+	05:38+	06:20+	07:51+	08:51+	14:19+	19:55+	21:36+	24:46+	25:44+	27:18+	31:13+	33:01+	34:02+	35:24+	36:28+	39:52+	44:46+	48:10+	50:43+	53:10+	53:41+														
00:32+	00:48-	01:11+	01:27+	00:43+	00:57+	00:42+	01:31+	01:00-	05:28+	05:36+	01:41+	03:10+	00:58+	01:34+	03:55+	01:48+	01:01-	01:22-	01:04-	03:24+	04:54+	03:24+	02:33+	02:27+	00:31-														
00:06#	00:11-	00:27#	00:35#	00:14#	00:12#	00:11#	00:24#	00:02-	02:18#	03:25#	00:16#	00:46#	00:13#	00:38#	00:37#	00:07+	00:02-	00:24-	00:26-	02:58#	02:33#	02:08#	00:17#	01:06#	01:19-														
56:31+	58:16+																																						
02:50+	01:45-																																						
02:02#	00:20-																																						
<b>9</b>	<b>Åse Berg</b>	<b>105</b>																			<b>1:04:13</b>																		
01:21+	02:13+	03:32+	05:01+	05:56+	08:04+	08:44+	10:19+	12:07+	14:13+	17:02+	18:58+	23:19+	24:05+	25:38+	29:49+	35:21+	36:52+	38:34+	39:54+	43:24+	46:19+	53:32+	55:42+	58:19+	59:10+														
01:21+	00:52-	01:19+	01:29+	00:55+	02:08+	00:40+	01:35+	01:48+	02:06-	02:49+	01:56+	04:21+	00:46+	01:33+	04:11+	05:32+	01:31+	01:42-	01:20-	03:30+	02:55+	07:13+	02:10-	02:37+	00:51-														
00:55#	00:07-	00:35#	00:37#	00:26#	01:23#	00:09#	00:28#	00:46#	01:04-	00:38#	00:31#	01:57#	00:01+	00:37#	00:53#	03:51#	00:28#	00:04-	00:10-	03:04#	00:34#	05:57#	00:06-	01:16#	00:59-														
62:11+	64:13+																																						
03:01+	02:02-																																						
02:13#	00:03-																																						
<b>10</b>	<b>Unni Relling</b>	<b>92</b>																			<b>1:06:11</b>																		
00:45+	02:03+	03:11+	04:28+	06:14+	07:13+	07:48+	10:09+	11:34+	15:06+	19:33+	22:19+	25:22+	26:20+	27:36+	32:11+	35:21+	36:40+	39:22+	40:40+	46:48+	49:28+	53:36+	57:14+	60:01+	60:42+														
00:45+	01:18+	01:08+	01:17+	01:46+	00:59+	00:35+	02:21+	01:25+	03:32+	04:27+	02:46+	03:03+	00:58+	01:16+	04:35+	03:10+	01:19+	02:42+	01:18-	06:08+	02:40+	04:08+	03:38+	02:47+	00:41-														
00:19#	00:19#	00:24#	00:25#	01:17#	00:14#	00:04#	01:14#	00:23#	00:22#	02:16#	01:21#	00:39#	00:13#	00:20#	01:17#	01:29#	00:16#	00:56#	00:12-	05:42#	00:19#	02:52#	01:22#	01:26#	01:09-														
63:40+	66:11+																																						
02:58+	02:31+																																						
02:10#	00:26#																																						
<b>11</b>	<b>Tove Bjerkeim</b>	<b>105</b>																			<b>1:08:39</b>																		
00:36+	01:31+	03:27+	05:18+	06:30+	07:20+	08:07+	09:18+	10:19+	13:07+	18:53+	20:23+	22:32+	24:57+	28:46+	39:53+	43:12+	45:13+	46:25+	47:10+	51:23+	56:11+	59:06+	60:53+	63:24+	64:04+														
00:36+	00:55-	01:56+	01:51+	01:12+	00:50+	00:47+	01:11+	01:01-	02:48-	05:46+	01:30+	02:09-	02:25+	03:49+	11:07+	03:19+	02:01+	01:12-	00:45-	04:13+	04:48+	02:55+	01:47-	02:31+	00:40-														
00:10#	00:04-	01:12#	00:59#	00:43#	00:05#	00:16#	00:04+	00:01-	00:22-	03:35#	00:05+	00:15-	01:40#	02:53#	07:49#	01:38#	00:58#	00:34-	00:45-	03:47#	02:27#	01:39#	00:29-	01:10#	01:10-														
66:45+	68:39+																																						
02:41+	01:54-																																						
01:53#	00:11-																																						

**Beste strekktid for klassen**

00:26 00:37 00:44 00:52 00:27 00:45 00:17 01:07 00:47 01:45 02:11 01:23 02:09 00:35 00:56 03:11 01:39 00:46 01:01 00:37 00:26 00:59 01:16 01:26 01:21 00:30 00:48 01:35

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

**Damer 65 - 69 år**

Class	Navn	Klasse	Tid																						
<b>1</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>	<b>49:11</b>																						
00:36=	01:43=	02:37=	03:52=	05:06=	06:20=	06:47=	08:11=	09:13=	12:03=	15:22=	17:04=	20:10=	22:37=	23:45=	27:35=	29:23=	30:30=	31:41=	32:26=	34:50=	37:02=	39:54=	41:24=	43:52=	44:25=
00:36=	01:07=	00:54=	01:15=	01:14=	01:14=	00:27=	01:24=	01:02=	02:50=	03:19=	01:42=	03:06=	02:27=	01:08=	03:50=	01:48=	01:07=	01:11=	00:45=	02:24=	02:12=	02:52=	01:30=	02:28=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
47:01=	49:11=																								
02:36=	02:10=																								
00:00=	00:00=																								
<b>2</b>	<b>Kirsten Carlsen</b>	<b>93</b>	<b>52:08</b>																						
00:25-	02:36+	03:28+	04:36+	05:10+	06:07-	06:28-	07:48-	08:48-	11:01-	13:23-	15:48-	19:53-	20:28-	23:49+	27:18-	29:07-	30:14-	31:23-	32:10-	35:02+	36:50-	41:12+	43:08+	45:19+	46:32+
00:25-	02:11+	00:52-	01:08-	00:34-	00:57-	00:21-	01:20-	01:00-	02:13-	02:22-	02:25+	04:05+	00:35-	03:21+	03:29-	01:49+	01:07=	01:09-	00:47+	02:52+	01:48-	04:22+	01:56+	02:11-	01:13+
00:11-	01:04&	00:02-	00:07-	00:40-	00:17-	00:06-	00:04-	00:02-	00:37-	00:57-	00:43&	00:59&	01:52-	02:13@	00:21-	00:01+	00:00=	00:02-	00:02+	00:28#	00:24-	01:30&	00:26&	00:17-	00:40@
49:48+	52:08+																								
03:16+	02:20+																								
00:40&	00:10+																								
<b>3</b>	<b>Mette Dagsland</b>	<b>68</b>	<b>54:56</b>																						
00:40+	01:22-	02:11-	03:29-	07:25+	10:51+	11:55+	12:17+	13:30+	14:33+	16:37+	19:18+	20:41+	23:24+	25:04+	30:35+	32:03+	34:46+	37:23+	38:23+	39:32+	40:08+	42:19+	43:45+	46:31+	48:18+
00:40+	00:42-	00:49-	01:18+	03:56+	03:26+	01:04+	00:22-	01:13+	01:03-	02:04-	02:41+	01:23-	02:43+	01:40+	05:31+	01:28-	02:43+	02:37+	01:00+	01:09-	00:36-	02:11-	01:26-	02:46+	01:47+
00:04#	00:25-	00:05-	00:03+	02:42@	02:12@	00:37@	01:02-	00:11#	01:47-	01:15-	00:59&	01:43-	00:16#	00:32&	01:41&	00:20-	01:36@	01:26@	00:15&	01:15-	01:36-	00:41-	00:04-	00:18#	01:14@
50:12+	50:59+	53:16+	54:56+																						
01:54-	00:47-	02:17+	01:40+																						
00:42-	01:23-	02:17+	01:40+																						
<b>4</b>	<b>Synnøva Gausel</b>	<b>115</b>	<b>56:55</b>																						
00:34-	01:28-	02:20-	03:34-	04:17-	05:20-	05:46-	07:41-	08:36-	10:37-	13:12-	14:42-	17:32-	19:04-	26:35+	30:51+	33:01+	34:32+	36:01+	36:41+	39:52+	41:37+	45:42+	48:03+	50:24+	51:17+
00:34-	00:54-	00:52-	01:14-	00:43-	01:03-	00:26-	01:55+	00:55-	02:01-	02:35-	01:30-	02:50-	01:32-	01:55+	04:16+	02:10+	01:31+	01:29+	00:40-	03:11+	01:45-	04:05+	02:21+	02:21-	00:53+
00:02-	00:13-	00:02-	00:01-	00:31-	00:11-	00:01-	00:31&	00:07-	00:49-	00:44-	00:12-	00:16-	00:55-	06:23@	00:26#	00:22#	00:24&	00:18&	00:05-	00:47&	00:27-	01:13&	00:51&	00:07-	00:20&
54:31+	56:55+																								
03:14+	02:24+																								
00:38#	00:14#																								
<b>5</b>	<b>Halldis Handeland</b>	<b>92</b>	<b>57:01</b>																						
00:36=	01:43=	02:38+	03:53+	04:32-	05:43-	06:24-	07:49-	09:50+	12:07+	16:39+	18:59+	22:54+	25:22+	26:40+	29:30+	31:43+	32:49+	34:24+	35:20+	40:56+	42:39+	46:01+	48:14+	50:54+	51:48+
00:36=	01:07=	00:55+	01:15=	00:39-	01:11-	00:41+	01:25+	02:01+	02:17-	04:32+	02:20+	03:55+	02:28+	01:18+	02:50-	02:13+	01:06-	01:35+	00:56+	05:36+	01:43-	03:22+	02:13+	02:40+	00:54+
00:00=	00:00=	00:01+	00:00=	00:35-	00:03-	00:14&	00:01+	00:59&	00:33-	01:13&	00:38&	00:49&	00:01+	00:10#	01:00-	00:25#	00:01-	00:24&	00:11#	03:12@	00:29-	00:30#	00:43&	00:12+	00:21&
54:42+	57:01+																								
02:54+	02:19+																								
00:18#	00:09+																								
<b>6</b>	<b>Berit K. Gramstad</b>	<b>113</b>	<b>59:37</b>																						
00:43+	02:18+	05:05+	06:29+	07:21+	08:26+	08:55+	10:22+	11:34+	14:21+	19:34+	21:48+	25:03+	26:23+	27:46+	39:29+	41:34+	42:26+	43:34+	44:13+	46:27+	47:45+	50:29+	52:15+	54:31+	55:01+
00:43+	01:35+	02:47+	01:24+	00:52-	01:05-	00:29+	01:27+	01:12+	02:47-	05:13+	02:14+	03:15+	01:20-	01:23+	11:43+	02:05+	00:52-	01:08-	00:39-	02:14-	01:18-	02:44-	01:46+	02:16-	00:30-
00:07#	00:28&	01:53@	00:09#	00:22-	00:09-	00:02+	00:03+	00:10#	00:03-	01:54&	00:32&	00:09+	01:07-	00:15#	07:53@	00:17#	00:15-	00:03-	00:06-	00:10-	00:54-	00:08-	00:16#	00:12-	00:03-
57:33+	59:37+																								
02:32-	02:04-																								
00:04-	00:06-																								
<b>7</b>	<b>Wenche Anda Haarr</b>	<b>92</b>	<b>1:10:39</b>																						
00:29-	01:32-	02:38+	04:45+	05:36+	06:56+	08:08+	09:35+	10:52+	13:59+	17:15+	19:50+	25:02+	27:52+	29:20+	44:20+	47:20+	48:16+	49:45+	50:54+	53:31+	54:45+	58:05+	61:11+	63:30+	64:57+
00:29-	01:03-	01:06+	02:07+	00:51-	01:20+	01:12+	01:27+	01:17+	03:07+	03:16-	02:35+	05:12+	02:50+	01:28+	15:00+	03:00+	00:56-	01:29+	01:09+	02:37+	01:14-	03:20+	03:06+	02:19-	01:27+
00:07-	00:04-	00:12#	00:52&	00:23-	00:06+	00:45@	00:03+	00:15#	00:17#	00:03-	00:53&	02:06&	00:23#	00:20&	11:10@	01:12&	00:11-	00:18&	00:24&	00:13+	00:58-	00:28#	01:36@	00:09-	00:54@
67:57+	70:39+																								
03:00+	02:42+																								
00:24#	00:32#																								
<b>8</b>	<b>Ingunn Bjerga</b>	<b>105</b>	<b>1:33:04</b>																						
00:43+	01:57+	03:09+	05:37+	06:34+	08:10+	08:53+	10:59+	12:30+	26:00+	31:17+	33:22+	37:55+	40:02+	41:29+	48:19+	51:23+	53:28+	55:05+	56:04+	60:38+	63:17+	67:35+	81:43+	84:54+	86:03+
00:43+	01:14+	01:12+	02:28+	00:57-	01:36+	00:43+	02:06+	01:31+	13:30+	05:17+	02:05+	04:33+	02:07-	01:27+	06:50+	03:04+	02:05+	01:37+	00:59+	04:34+	02:39+	04:18+	14:08+	03:11+	01:09+
00:07#	00:07#	00:18&	01:13&	00:17-	00:22&	00:16&	00:42&	00:29&	10:40@	01:58&	00:23#	01:27&	00:20-	00:19&	03:00&	01:16&	00:58&	00:26&	00:14&	02:10&	00:27#	01:26&	12:38@	00:43&	00:36@
89:49+	93:04+																								
03:46+	03:15+																								
01:10&	01:05&																								

**Beste strekktid for klassen**

00:25 00:42 00:49 01:08 00:34 00:57 00:21 00:22 00:55 01:03 02:04 01:30 01:23 00:35 01:08 02:50 01:28 00:52 01:08 00:39 01:09 00:36 02:11 01:26 02:11 00:30 01:54 00:47

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

**Damer 70 - 74 år**

Class	Navn	Klasse	Tid																								
<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>	<b>38:57</b>																								
00:38=	01:21=	02:17=	03:23=	04:57=	05:19=	06:34=	07:28=	09:46=	11:57=	13:18=	15:41=	16:41=	18:15=	20:35=	22:11=	23:30=	24:50=	25:28=	27:39=	28:56=	31:19=	32:56=	34:47=	35:14=			
00:38=	00:43=	00:56=	01:06=	00:33=	01:01=	00:22=	01:15=	00:54=	02:18=	02:11=	01:21=	02:23=	01:00=	01:34=	02:20=	01:36=	01:19=	01:20=	00:38=	02:11=	01:17=	02:23=	01:37=	01:51=	00:27=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
37:24=	38:57=																										
02:10=	01:33=																										
00:00=	00:00=																										
<b>2</b>	<b>Inger Skretting Opstad</b>	<b>54</b>	<b>43:44</b>																								
00:37-	01:21+	02:22+	03:35+	04:14+	05:13+	05:41+	07:05+	08:02+	10:13+	13:34+	15:06+	17:49+	19:33+	20:33+	23:36+	25:26+	26:21+	27:38+	28:19+	30:35+	31:48+	34:43+	36:29+	38:42+	39:11+		
00:37-	00:44+	01:01+	01:13+	00:39+	00:59-	00:28+	01:24+	00:57+	02:11-	03:21+	01:32+	02:43+	01:44+	01:00-	03:03+	01:50+	00:55-	01:17-	00:41+	02:16+	01:13-	02:55+	01:46+	02:13+	00:29+		
00:01-	00:01+	00:05+	00:07#	00:06#	00:02-	00:06#	00:09#	00:03+	00:07-	01:10#	00:11#	00:20#	00:44#	00:34-	00:43#	00:14#	00:24-	00:03-	00:03+	00:05+	00:04-	00:32#	00:09+	00:22#	00:02+		
41:38+	43:44+																										
02:27+	02:06+																										
00:17#	00:33#																										
<b>3</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>49:38</b>																								
00:39+	01:31+	02:24+	03:40+	04:32+	07:24+	07:52+	09:05+	10:10+	13:07+	16:29+	18:09+	21:03+	23:40+	24:53+	28:28+	30:15+	31:23+	32:39+	33:29+	35:46+	37:52+	41:00+	42:38+	44:48+	45:21+		
00:39+	00:52+	00:53-	01:16+	00:52+	02:52+	00:28+	01:13-	01:05+	02:57+	03:22+	01:40+	02:54+	02:37+	01:13-	03:35+	01:47+	01:08-	01:16-	00:50+	02:17+	02:06+	03:08+	01:38+	02:10+	00:33+		
00:01+	00:09#	00:03-	00:10#	00:19#	01:51#	00:06#	00:02-	00:11#	00:39#	01:11#	00:19#	00:31#	01:37#	00:21-	01:15#	00:11#	00:11-	00:04-	00:12#	00:06+	00:49#	00:45#	00:01+	00:19#	00:06#		
47:50+	49:38+																										
02:29+	01:48+																										
00:19#	00:15#																										
<b>4</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>49:54</b>																								
00:31-	01:29+	02:29+	07:14+	08:01+	09:15+	09:38+	11:35+	12:29+	14:32+	17:06+	18:35+	21:27+	23:07+	24:23+	27:48+	29:28+	30:50+	31:57+	32:55+	36:21+	38:01+	40:46+	42:37+	44:39+	45:18+		
00:31-	00:58+	01:00+	04:45+	00:47+	01:14+	00:23+	01:57+	00:54+	02:03-	02:34+	01:29+	02:52+	01:40+	01:16-	03:25+	01:40+	01:22+	01:07-	00:58+	03:26+	01:40+	02:45+	01:51+	02:02+	00:39+		
00:07-	00:15#	00:04+	03:39#	00:14#	00:13#	00:01+	00:42#	00:00=	00:15-	00:23#	00:08+	00:29#	00:40#	00:18-	01:05#	00:04+	00:03+	00:13-	00:20#	01:15#	00:23#	00:22#	00:14#	00:11+	00:12#		
47:57+	49:54+																										
02:39+	01:57+																										
00:29#	00:24#																										
<b>5</b>	<b>Ragnhild Christiansen</b>	<b>93</b>	<b>57:31</b>																								
00:40+	02:15+	03:40+	04:55+	05:41+	08:17+	08:50+	10:21+	11:33+	14:00+	16:54+	19:01+	22:33+	24:32+	26:01+	29:44+	32:05+	34:55+	36:46+	37:42+	40:40+	42:37+	46:22+	48:49+	51:39+	52:18+		
00:40+	01:35+	01:25+	01:15+	00:46+	02:36+	00:33+	01:31+	01:12+	02:27+	02:54+	02:07+	03:32+	01:59+	01:29-	03:43+	02:21+	02:50+	01:51+	00:56+	02:58+	01:57+	03:45+	02:27+	02:50+	00:39+		
00:02+	00:52#	00:29#	00:09#	00:13#	01:35#	00:11#	00:16#	00:18#	00:09+	00:43#	00:46#	01:09#	00:59#	00:05-	01:23#	00:45#	01:31#	00:31#	00:18#	00:47#	00:40#	01:22#	00:50#	00:59#	00:12#		
55:15+	57:31+																										
02:57+	02:16+																										
00:47#	00:43#																										
<b>6</b>	<b>Aslaug Lura</b>	<b>94</b>	<b>1:17:31</b>																								
00:44+	02:22+	03:24+	04:42+	05:51+	07:12+	07:53+	11:53+	13:29+	19:40+	24:39+	27:48+	31:25+	32:17+	33:42+	40:41+	43:34+	44:52+	48:34+	49:27+	52:43+	57:33+	62:30+	65:02+	68:02+	69:14+		
00:44+	01:38+	01:02+	01:18+	01:09+	01:21+	00:41+	04:00+	01:36+	06:11+	04:59+	03:09+	03:37+	00:52-	01:25-	06:59+	02:53+	01:18-	03:42+	00:53+	03:16+	04:50+	04:57+	02:32+	03:00+	01:12+		
00:06#	00:55#	00:06#	00:12#	00:36#	00:20#	00:19#	02:45#	00:42#	03:53#	02:48#	01:48#	01:14#	00:08-	00:09-	04:39#	01:17#	00:01-	02:22#	00:15#	01:05#	03:33#	02:34#	00:55#	01:09#	00:45#		
72:33+	77:31+																										
03:19+	04:58+																										
01:09#	03:25#																										
<b>7</b>	<b>Margaret Malmin</b>	<b>105</b>	<b>1:32:16</b>																								
00:51+	02:19+	03:27+	05:09+	06:05+	07:21+	07:52+	10:03+	11:27+	25:06+	30:12+	32:25+	37:06+	39:00+	40:27+	47:23+	50:18+	52:25+	54:04+	55:04+	59:52+	62:14+	66:48+	80:42+	84:02+	85:09+		
00:51+	01:28+	01:08+	01:42+	00:56+	01:16+	00:31+	02:11+	01:24+	13:39+	05:06+	02:13+	04:41+	01:54+	01:27-	06:56+	02:55+	02:07+	01:39+	01:00+	04:48+	02:22+	04:34+	13:54+	03:20+	01:07+		
00:13#	00:45#	00:12#	00:36#	00:23#	00:15#	00:09#	00:56#	00:30#	11:21#	02:55#	00:52#	02:18#	00:54#	01:07-	04:36#	01:19#	00:48#	00:19#	00:22#	02:37#	01:05#	02:11#	12:17#	01:29#	00:40#		
89:07+	92:16+																										
03:58+	03:09+																										
01:48#	01:36#																										
<b>Beste strekktid for klassen</b>																											
00:31	00:43	00:53	01:06	00:33	00:59	00:22	01:13	00:54	02:03	02:11	01:21	02:23	00:52	01:00	02:20	01:36	00:55	01:07	00:38	02:11	01:13	02:23	01:37	01:51	00:27	02:10	01:33

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

## Damer 75 - 79 år

<b>1</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>46:49</b>																						
00:36=	01:48=	03:10=	04:51=	05:33=	08:04=	08:47=	10:03=	11:07=	13:17=	16:39=	18:11=	20:49=	22:42=	23:39=	26:43=	28:34=	29:32=	30:48=	31:26=	33:43=	34:56=	37:51=	39:33=	41:46=	42:17=
00:36=	01:12=	01:22=	01:41=	00:42=	02:31=	00:43=	01:16=	01:04=	02:10=	03:22=	01:32=	02:38=	01:53=	00:57=	03:04=	01:51=	00:58=	01:16=	00:38=	02:17=	01:13=	02:55=	01:42=	02:13=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
44:48=	46:49=																								
02:31=	02:01=																								
00:00=	00:00=																								

Class	Navn	Klasse																			Tid																		
<b>2</b>	<b>Gry V. Thengs</b>	<b>68</b>																			<b>50:19</b>																		
00:33-	01:26-	02:29-	03:32-	04:12-	05:08-	05:33-	06:51-	08:04-	11:45-	14:41-	16:18-	18:55-	19:43-	26:48+	29:41+	32:05+	33:11+	34:27+	35:12+	37:30+	38:38+	41:36+	43:12+	45:13+	45:54+														
00:33-	00:53-	01:03-	01:03-	00:40-	00:56-	00:25-	01:18+	01:13+	03:41+	02:56-	01:37+	02:37-	00:48-	07:05+	02:53-	02:24+	01:06+	01:16=	00:45+	02:18+	01:08-	02:58+	01:36-	02:01-	00:41+														
00:03-	00:19-	00:19-	00:38-	00:02-	01:35-	00:18-	00:02+	00:09#	01:31&	00:26-	00:05+	00:01-	01:05-	06:08@	00:11-	00:33&	00:08#	00:00=	00:07#	00:01+	00:05-	00:03+	00:06-	00:12-	00:10&														
48:22+	50:19+																																						
02:28-	01:57-																																						
00:03-	00:04-																																						

<b>3</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>																			<b>54:57</b>																		
00:46+	01:59+	03:09-	04:51=	05:50+	07:00-	07:46-	09:31-	10:43-	12:56-	15:58-	17:56-	21:34+	22:31-	24:39+	28:15+	30:58+	32:29+	34:09+	35:03+	38:07+	39:44+	43:53+	45:59+	48:34+	49:27+														
00:46+	01:13+	01:10-	01:42+	00:59+	01:10-	00:46+	01:45+	01:12+	02:13+	03:02-	01:58+	03:38+	00:57-	02:08+	03:36+	02:43+	01:31+	01:40+	00:54+	03:04+	01:37+	04:09+	02:06+	02:35+	00:53+														
00:10&	00:01+	00:12-	00:01+	00:17&	01:21-	00:03+	00:29&	00:08#	00:03+	00:20-	00:26&	01:00&	00:56-	01:11@	00:32#	00:52&	00:33&	00:24&	00:16&	00:47&	00:24&	01:14&	00:24#	00:22#	00:22&														
52:43+	54:57+																																						
03:16+	02:14+																																						
00:45&	00:13#																																						

<b>4</b>	<b>Synnøve Fuglestad</b>	<b>29</b>																			<b>58:34</b>																		
00:35-	01:24-	05:41+	07:15+	07:57+	09:11+	10:21+	11:41+	13:14+	16:03+	19:10+	20:43+	24:00+	25:34+	26:54+	38:47+	40:30+	41:21+	42:32+	43:11+	45:31+	46:43+	49:23+	51:11+	53:30+	53:57+														
00:35-	00:49-	04:17+	01:34-	00:42=	01:14-	01:10+	01:20+	01:33+	02:49+	03:07-	01:33+	03:17+	01:34-	01:20+	11:53+	01:43-	00:51-	01:11-	00:39+	02:20+	01:12-	02:40-	01:48+	02:19+	00:27-														
00:01-	00:23-	02:55@	00:07-	00:00=	01:17-	00:27&	00:04+	00:29&	00:39&	00:15-	00:01+	00:39#	00:19-	00:23&	08:49@	00:08-	00:07-	00:05-	00:01+	00:03+	00:01-	00:15-	00:06+	00:06+	00:04-														
56:25+	58:34+																																						
02:28-	02:09+																																						
00:03-	00:08+																																						

**Beste strekktid for klassen**  
00:33 00:49 01:03 01:03 00:40 00:56 00:25 01:16 01:04 02:10 02:56 01:32 02:37 00:48 00:57 02:53 01:43 00:51 01:11 00:38 02:17 01:08 02:40 01:36 02:01 00:27 02:28 01:57

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

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>																			<b>1:36:01</b>																		
00:56=	02:33=	03:51=	05:07=	06:20=	06:54=	09:27=	11:46=	29:10=	34:10=	34:38=	36:21=	40:06=	44:08=	51:44=	54:11=	65:58=	68:04=	73:38=	79:44=	82:10=	84:10=	86:07=	88:11=	91:10=	94:56=														
00:56=	01:37=	01:18=	01:16=	01:13=	00:34=	02:33=	02:19=	17:24=	05:00=	00:28=	01:43=	03:45=	04:02=	07:36=	02:27=	11:47=	02:06=	05:34=	06:06=	02:26=	02:00=	01:57=	02:04=	02:59=	03:46=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														
96:01=																																							
01:05=																																							
00:00=																																							

**Beste strekktid for klassen**  
00:56 01:37 01:18 01:16 01:13 00:34 02:33 02:19 17:24 05:00 00:28 01:43 03:45 04:02 07:36 02:27 11:47 02:06 05:34 06:06 02:26 02:00 01:57 02:04 02:59 03:46 01:05

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

## Damer A

<b>1</b>	<b>Marie Line Furland</b>	<b>62</b>																			<b>32:07</b>																		
01:14=	01:54=	02:31=	03:27=	03:41=	04:24=	04:44=	06:06=	07:08=	08:20=	11:52=	12:38=	13:04=	14:01=	14:45=	15:07=	15:55=	16:45=	17:15=	20:32=	22:12=	22:46=	24:11=	26:28=	27:14=	28:31=														
01:14=	00:40=	00:37=	00:56=	00:14=	00:43=	00:20=	01:22=	01:02=	01:12=	03:32=	00:46=	00:26=	00:57=	00:44=	00:22=	00:48=	00:50=	00:30=	03:17=	01:40=	00:34=	01:25=	02:17=	00:46=	01:17=														
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=	00:00=	00:00=	00:00=	00:00=														
30:40=	31:39=	32:07=																																					
02:09=	00:59=	00:28=																																					
00:00=	00:00=	00:00=																																					

<b>2</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>																			<b>35:38</b>																		
01:18+	01:58+	02:34+	03:44+	04:00+	04:48+	05:11+	06:39+	07:50+	09:40+	13:41+	14:23+	14:53+	15:54+	16:42+	17:04+	17:56+	18:47+	19:23+	22:39+	24:31+	25:00+	26:39+	28:59+	29:50+	31:33+														
01:18+	00:40=	00:36-	01:10+	00:16+	00:48+	00:23+	01:28+	01:11+	01:50+	04:01+	00:42-	00:30+	01:01+	00:48+	00:22=	00:52+	00:51+	00:36+	03:16-	01:52+	00:29-	01:39+	02:20+	00:51+	01:43+														
00:04+	00:00=	00:01-	00:14#	00:02#	00:05#	00:03#	00:06+	00:09#	00:38&	00:29#	00:04-	00:04#	00:04+	00:04+	00:00=	00:04+	00:01+	00:06#	00:01-	00:12#	00:05-	00:14#	00:03+	00:05#	00:26&														
34:11+	35:08+	35:38+																																					
02:38+	00:57-	00:30+																																					
00:29#	00:02-	00:02+																																					

<b>3</b>	<b>Trine Bolstad Scheie</b>	<b>62</b>																			<b>37:17</b>																		
01:12-	03:04+	03:47+	04:49+	05:03+	05:52+	06:13+	07:48+	08:53+	10:20+	14:13+	14:49+	15:23+	16:37+	17:30+	17:59+	19:03+	19:53+	20:27+	24:12+	26:10+	26:44+	28:24+	30:54+	31:47+	33:16+														
01:12-	01:52+	00:43+	01:02+	00:14=	00:49+	00:21+	01:35+	01:05+	01:27+	03:53+	00:36-	00:34+	01:14+	00:53+	00:29+	01:04+	00:50=	00:34+	03:45+	01:58+	00:34=	01:40+	02:30+	00:53+	01:29+														
00:02-	01:12@	00:06#	00:06#	00:00=	00:06#	00:01+	00:13#	00:03+	00:15#	00:21+	00:10-	00:08&	00:17&	00:09#	00:07&	00:16&	00:00=	00:04#	00:28#	00:18#	00:00=	00:15#	00:13+	00:07#	00:12#														
35:44+	36:48+	37:17+																																					
02:28+	01:04+	00:29+																																					
00:19#	00:05+	00:01+																																					

Class	Navn	Klasse																			Tid									
<b>4</b>	<b>Jorunn Hadland</b>	<b>29</b>																			<b>38:23</b>									
01:05-	01:43-	02:21-	03:30+	03:51+	04:37+	05:02+	06:54+	07:57+	09:22+	14:07+	14:50+	15:22+	16:22+	17:09+	17:39+	20:30+	21:23+	21:55+	25:28+	27:16+	27:46+	29:18+	31:37+	32:29+	34:18+					
01:05-	00:38-	00:38+	01:09+	00:21+	00:46+	00:25+	01:52+	01:03+	01:25+	04:45+	00:43-	00:32+	01:00+	00:47+	00:30+	02:51+	00:53+	00:32+	03:33+	01:48+	00:30-	01:32+	02:19+	00:52+	01:49+					
00:09-	00:02-	00:01+	00:13#	00:07&	00:03+	00:05#	00:30&	00:01+	00:13#	01:13&	00:03-	00:06#	00:03+	00:03+	00:08&	02:03@	00:03+	00:02+	00:16+	00:08+	00:04-	00:07+	00:02+	00:06#	00:32&					
37:03+	37:57+	38:23+																												
02:45+	00:54-	00:26-																												
00:36&	00:05-	00:02-																												
<b>5</b>	<b>Silje Sundal</b>	<b>71</b>																			<b>42:53</b>									
01:08-	01:49-	02:25-	03:29+	03:57+	04:42+	05:06+	08:03+	09:12+	10:37+	16:27+	17:13+	18:01+	19:31+	20:31+	21:09+	22:24+	23:34+	24:04+	28:12+	30:25+	30:55+	32:57+	35:29+	36:38+	39:13+					
01:08-	00:41+	00:36-	01:04+	00:28+	00:45+	00:24+	02:57+	01:09+	01:25+	05:50+	00:46+	00:48+	01:30+	01:00+	00:38+	01:15+	01:10+	00:30=	04:08+	02:13+	00:30-	02:02+	02:32+	01:09+	02:35+					
00:06-	00:01+	00:01-	00:08#	00:14&	00:02+	00:04#	01:35@	00:07#	00:13#	02:18&	00:00=	00:22&	00:33&	00:16&	00:16&	00:27&	00:20&	00:00=	00:51&	00:33&	00:04-	00:37&	00:15#	00:23&	01:18@					
41:30+	42:28+	42:53+																												
02:17+	00:58-	00:25-																												
00:08+	00:01-	00:03-																												
<b>6</b>	<b>Tone Torgersen</b>	<b>27</b>																			<b>44:44</b>									
01:19+	02:05+	02:43+	03:40+	04:02+	04:47+	05:06+	06:43+	07:48+	09:11+	13:24+	14:07+	14:35+	15:52+	19:03+	19:31+	20:39+	21:34+	22:06+	25:24+	31:05+	33:05+	33:36+	35:14+	38:02+	38:59+					
01:19+	00:46+	00:38+	00:57+	00:22+	00:45+	00:19-	01:37+	01:05+	01:23+	04:13+	00:43-	00:28+	01:17+	03:11+	00:28+	01:08+	00:55+	00:32+	03:18+	05:41+	02:00+	00:31-	01:38-	02:48+	00:57-					
00:05+	00:06#	00:01+	00:01+	00:08&	00:02+	00:01-	00:15#	00:03+	00:11#	00:41#	00:03-	00:02+	00:20&	02:27@	00:06&	00:20&	00:05#	00:02+	00:01+	04:01@	01:26@	00:54-	00:39-	02:02@	00:20-					
40:30+	42:53+	44:10+	44:44+																											
01:31-	02:23+	01:17+	00:34+																											
00:38-	01:24@	00:49@	00:34+																											
<b>7</b>	<b>Sina Thu</b>	<b>271</b>																			<b>47:40</b>									
01:05-	01:51-	02:37+	03:41+	04:16+	05:17+	05:41+	08:36+	09:58+	11:30+	16:46+	17:29+	18:32+	19:41+	22:24+	22:49+	25:08+	26:24+	26:57+	30:54+	33:10+	33:47+	35:32+	38:27+	41:55+	43:25+					
01:05-	00:46+	00:46+	01:04+	00:35+	01:01+	00:24+	02:55+	01:22+	01:32+	05:16+	00:43-	01:03+	01:09+	02:43+	00:25+	02:19+	01:16+	00:33+	03:57+	02:16+	00:37+	01:45+	02:55+	03:28+	01:30+					
00:09-	00:06#	00:09#	00:08#	00:21@	00:18&	00:04#	01:33@	00:20&	00:20&	01:44&	00:03-	00:37@	00:12#	01:59@	00:03#	01:31@	00:26&	00:03#	00:40#	00:36&	00:03+	00:20#	00:38&	02:42@	00:13#					
46:02+	47:12+	47:40+																												
02:37+	01:10+	00:28=																												
00:28#	00:11#	00:00=																												
<b>8</b>	<b>Ingrid Simensen</b>	<b>101</b>																			<b>51:29</b>									
01:21+	02:21+	03:01+	04:10+	04:28+	05:19+	05:41+	08:09+	09:22+	10:50+	15:02+	15:47+	16:34+	17:41+	19:53+	20:18+	29:37+	30:57+	31:50+	37:30+	39:41+	40:18+	42:05+	44:53+	45:43+	47:28+					
01:21+	01:00+	00:40+	01:09+	00:18+	00:51+	00:22+	02:28+	01:13+	01:28+	04:12+	00:45-	00:47+	01:07+	02:12+	00:25+	09:19+	01:20+	00:53+	05:40+	02:11+	00:37+	01:47+	02:48+	00:50+	01:45+					
00:07+	00:20&	00:03+	00:13#	00:04&	00:08#	00:02#	01:06&	00:11#	00:16#	00:40#	00:01-	00:21&	00:10#	01:28@	00:03#	08:31@	00:30&	00:23&	02:23&	00:31&	00:03+	00:22&	00:31#	00:04+	00:28&					
50:03+	51:02+	51:29+																												
02:35+	00:59=	00:27-																												
00:26#	00:00=	00:01-																												
<b>9</b>	<b>Maira Andersone</b>	<b>93</b>																			<b>54:01</b>									
03:29+	04:24+	05:11+	07:00+	07:21+	08:16+	08:46+	12:22+	13:44+	15:33+	21:36+	22:35+	23:25+	24:43+	26:04+	26:51+	28:31+	29:43+	30:31+	35:18+	38:07+	38:45+	41:10+	44:50+	45:52+	48:49+					
03:29+	00:55+	00:47+	01:49+	00:21+	00:55+	00:30+	03:36+	01:22+	01:49+	06:03+	00:59+	00:50+	01:18+	01:21+	00:47+	01:40+	01:12+	00:48+	04:47+	02:49+	00:38+	02:25+	03:40+	01:02+	02:57+					
02:15@	00:15&	00:10&	00:53&	00:07&	00:12&	00:10&	02:14@	00:20&	00:37&	02:31&	00:13&	00:24&	00:21&	00:37&	00:25@	00:52@	00:22&	00:18&	01:30&	01:09&	00:04#	01:00&	01:23&	00:16&	01:40@					
52:08+	53:30+	54:01+																												
03:19+	01:22+	00:31+																												
01:10&	00:23&	00:03#																												
<b>Beste strekktid for klassen</b>																														
01:05	00:38	00:36	00:56	00:14	00:43	00:19	01:22	01:02	01:12	03:32	00:36	00:26	00:57	00:44	00:22	00:48	00:50	00:30	03:16	01:40	00:29	00:31	01:38	00:46	00:57	01:31	00:54			

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

## Damer B

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

Class	Navn	Klasse																		Tid											
<b>4</b>	<b>Lise Isachsen</b>	<b>165</b>																		<b>36:51</b>											
01:06+	01:32+	02:03+	03:13+	03:53+	05:11+	06:09+	10:44+	11:22+	13:16+	14:57+	18:20+	19:59+	22:28+	23:20+	24:50+	25:58+	28:22+	29:33+	31:03+	31:24+	32:52+	33:30+	34:28+	35:33+	36:51+						
01:06+	00:26-	00:31+	01:10-	00:40-	01:18-	00:58+	04:35+	00:38-	01:54-	01:41+	03:23+	01:39+	02:29+	00:52-	01:30-	01:08-	02:24+	01:11=	01:30-	00:21+	01:28-	00:38+	00:58-	01:05+	01:18+						
00:12#	00:04-	00:11&	00:03-	00:01-	00:06-	00:02+	00:53#	00:01-	00:01-	00:10#	01:04&	00:14#	00:03+	00:01-	00:20-	00:10-	00:07+	00:00=	00:03-	00:03#	00:39-	00:06#	00:16-	00:12#	00:06+						
<b>5</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>																		<b>39:27</b>											
01:04+	01:56+	02:18+	03:37+	04:24+	06:21+	07:19+	11:23+	12:10+	14:27+	16:12+	18:47+	20:31+	23:29+	24:06+	26:04+	27:46+	30:19+	31:42+	33:23+	33:54+	35:31+	36:08+	37:15+	38:08+	39:27+						
01:04+	00:52+	00:22+	01:19+	00:47+	01:57+	00:58+	04:04+	00:47+	02:17+	01:45+	02:35+	01:44+	02:58+	00:37-	01:58+	01:42+	02:33+	01:23+	01:41+	00:31+	01:37-	00:37+	01:07-	00:53=	01:19+						
00:10#	00:22&	00:02#	00:06+	00:06#	00:33&	00:02+	00:22+	00:08#	00:22#	00:14#	00:16#	00:19#	00:32#	00:16-	00:08+	00:24&	00:16#	00:12#	00:08+	00:13&	00:30-	00:05#	00:07-	00:00=	00:07+						
<b>6</b>	<b>Hilde Nordbø</b>	<b>93</b>																		<b>39:48</b>											
01:28+	01:56+	02:21+	03:42+	04:21+	05:40+	06:44+	10:38+	11:20+	13:25+	15:19+	18:37+	20:22+	25:28+	26:12+	27:52+	28:57+	31:12+	32:16+	33:44+	34:04+	35:32+	36:17+	37:32+	38:25+	39:48+						
01:28+	00:28-	00:25+	01:21+	00:39-	01:19-	01:04+	03:54+	00:42+	02:05+	01:54+	03:18+	01:45+	05:06+	00:44-	01:40-	01:05-	02:15-	01:04-	01:28-	00:20+	01:28-	00:45+	01:15+	00:53=	01:23+						
00:34&	00:02-	00:05#	00:08#	00:02-	00:05-	00:08#	00:12+	00:03+	00:10+	00:23&	00:59&	00:20#	02:40#	00:09-	00:10-	00:13-	00:02-	00:07-	00:05-	00:02#	00:39-	00:13&	00:01+	00:00=	00:11#						
<b>7</b>	<b>Margrethe Roalsø</b>	<b>93</b>																		<b>39:56</b>											
00:59+	01:32+	01:54+	03:27+	04:06+	05:57+	07:01+	11:44+	12:32+	14:51+	16:41+	18:59+	20:37+	23:19+	24:08+	25:55+	27:00+	30:00+	31:20+	33:11+	33:32+	35:23+	36:01+	37:22+	38:21+	39:56+						
00:59+	00:33+	00:22+	01:33+	00:39-	01:51+	01:04+	04:43+	00:48+	02:19+	01:50+	02:18-	01:38+	02:42+	00:49-	01:47-	01:05-	03:00+	01:20+	01:51+	00:21+	01:51-	00:38+	01:21+	00:59+	01:35+						
00:05+	00:03#	00:02#	00:20&	00:02-	00:27&	00:08#	01:01&	00:09#	00:24#	00:19#	00:01-	00:13#	00:16#	00:04-	00:03-	00:13-	00:43&	00:09#	00:18#	00:03#	00:16-	00:06#	00:07+	00:06#	00:23&						
<b>8</b>	<b>Anne Garsrud</b>	<b>90</b>																		<b>39:59</b>											
01:02+	01:36+	02:07+	03:29+	04:12+	05:54+	06:52+	11:47+	12:34+	14:38+	17:34+	19:42+	21:25+	24:18+	24:58+	27:02+	28:03+	30:39+	31:47+	33:24+	33:44+	35:38+	36:10+	37:16+	38:08+	39:59+						
01:02+	00:34+	00:31+	01:22+	00:43+	01:42+	00:58+	04:55+	00:47+	02:04+	02:56+	02:08-	01:43+	02:53+	00:40-	02:04+	01:01-	02:36+	01:08-	01:37+	00:20+	01:54-	00:32=	01:06-	00:52-	01:51+						
00:08#	00:04#	00:11&	00:09#	00:02+	00:18#	00:02+	01:13&	00:08#	00:09+	01:25&	00:11-	00:18#	00:27#	00:13-	00:14#	00:17-	00:19#	00:03-	00:04+	00:02#	00:13-	00:00=	00:08-	00:01-	00:39&						
<b>9</b>	<b>Ellen Tindeland</b>	<b>27</b>																		<b>41:08</b>											
01:08+	01:40+	02:07+	03:19+	03:56+	05:25+	06:28+	11:19+	12:14+	16:07+	18:05+	20:48+	22:26+	25:01+	25:58+	27:41+	28:41+	31:41+	33:00+	34:42+	35:04+	36:46+	37:26+	38:31+	39:33+	41:08+						
01:08+	00:32+	00:27+	01:12-	00:37-	01:29+	01:03+	04:51+	00:55+	03:53+	01:58+	02:43+	01:38+	02:35+	00:57+	01:43-	01:00-	03:00+	01:19+	01:42+	00:22+	01:42-	00:40+	01:05-	01:02+	01:35+						
00:14&	00:02+	00:07&	00:01-	00:04-	00:05+	00:07#	01:09&	00:16&	01:58@	00:27&	00:24#	00:13#	00:09+	00:04+	00:07-	00:18-	00:43&	00:08#	00:09+	00:04#	00:25-	00:08#	00:09-	00:09#	00:23&						
<b>10</b>	<b>Ragnhild Auglænd</b>	<b>168</b>																		<b>42:00</b>											
02:11+	02:42+	03:07+	04:23+	05:12+	06:57+	08:14+	13:14+	14:05+	16:27+	18:28+	20:39+	22:15+	25:04+	25:48+	27:43+	28:48+	31:32+	33:09+	35:09+	35:34+	37:25+	38:11+	39:23+	40:28+	42:00+						
02:11+	00:31+	00:25+	01:16+	00:49+	01:45+	01:17+	05:00+	00:51+	02:22+	02:01+	02:11-	01:36+	02:49+	00:44-	01:55+	01:05-	02:44+	01:37+	02:00+	00:25+	01:51-	00:46+	01:12-	01:05+	01:32+						
01:17@	00:01+	00:05#	00:03+	00:08#	00:21#	00:21&	01:18&	00:12&	00:27#	00:30&	00:08-	00:11#	00:23#	00:09-	00:05+	00:13-	00:27#	00:26&	00:27&	00:07&	00:16-	00:14&	00:02-	00:12#	00:20&						
<b>11</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>																		<b>44:30</b>											
01:10+	01:42+	02:16+	03:36+	04:21+	05:43+	06:54+	11:06+	11:54+	14:11+	16:09+	20:33+	23:02+	26:42+	27:40+	29:53+	31:00+	33:41+	35:05+	36:49+	37:12+	39:03+	40:37+	41:44+	42:48+	44:30+						
01:10+	00:32+	00:34+	01:20+	00:45+	01:22-	01:11+	04:12+	00:48+	02:17+	01:58+	04:24+	02:29+	03:40+	00:58+	02:13+	01:07-	02:41+	01:24+	01:44+	00:23+	01:51-	01:34+	01:07-	01:04+	01:42+						
00:16&	00:02+	00:14&	00:07+	00:04+	00:02-	00:15&	00:30#	00:09#	00:22#	00:27&	02:05&	01:04&	01:14&	00:05+	00:23#	00:11-	00:24#	00:13#	00:11#	00:05&	00:16-	01:02@	00:07-	00:11#	00:30&						
<b>12</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>																		<b>44:57</b>											
01:33+	02:08+	02:37+	04:02+	04:46+	06:30+	07:49+	12:12+	13:10+	15:22+	17:28+	20:00+	21:54+	25:07+	26:03+	28:00+	29:10+	31:59+	33:21+	35:29+	35:50+	37:38+	38:20+	40:35+	43:40+	44:57+						
01:33+	00:35+	00:29+	01:25+	00:44+	01:44+	01:19+	04:23+	00:58+	02:12+	02:06+	02:32+	01:54+	03:13+	00:56+	01:57+	01:10-	02:49+	01:22+	02:08+	00:21+	01:48-	00:42+	02:15+	03:05+	01:17+						
00:39&	00:05#	00:09&	00:12#	00:03+	00:20#	00:23&	00:41#	00:19&	00:17#	00:35&	00:13+	00:29&	00:47&	00:03+	00:07+	00:08-	00:32#	00:11#	00:35&	00:03#	00:19-	00:10&	01:01&	02:12@	00:05+						
<b>13</b>	<b>Ingrid W. Hestness</b>	<b>117</b>																		<b>46:19</b>											
01:03+	01:58+	02:24+	03:42+	04:27+	05:57+	07:05+	11:54+	12:40+	14:36+	17:01+	19:58+	21:29+	24:37+	25:20+	27:50+	29:06+	31:37+	35:57+	37:55+	38:14+	41:44+	42:42+	43:56+	44:53+	46:19+						
01:03+	00:55+	00:26+	01:18+	00:45+	01:30+	01:08+	04:49+	00:46+	01:56+	02:25+	02:57+	01:31+	03:08+	00:43-	02:30+	01:16-	02:31+	04:20+	01:58+	00:19+	03:30+	00:58+	01:14=	00:57+	01:26+						
00:09#	00:25&	00:06&	00:05+	00:04+	00:06+	00:12#	01:07&	00:07#	00:01+	00:54&	00:38&	00:06+	00:42&	00:10-	00:40&	00:02-	00:14#	03:09@	00:25&	00:01+	01:23&	00:26&	00:00=	00:04+	00:14#						
<b>14</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>																		<b>49:28</b>											
01:16+	02:08+	02:42+	04:22+	05:03+	07:24+	08:31+	13:10+	15:13+	17:20+	19:19+	22:05+	24:16+	28:41+	29:27+	34:05+	35:56+	38:38+	40:30+	42:13+	42:35+	44:23+	45:13+	46:51+	47:59+	49:28+						
01:16+	00:52+	00:34+	01:40+	00:41=	02:21+	01:07+	04:39+	02:03+	02:07+	01:59+	02:46+	02:11+	04:25+	00:46-	04:38+	01:51+	02:42+	01:52+	01:43+	00:22+	01:48-	00:50+	01:38+	01:08+	01:29+						
00:22&	00:22&	00:14&	00:27&	00:00=	00:57&	00:11#	00:57&	01:24@	00:12#	00:28&	00:27#	00:46&	01:59&	00:07-	02:48@	00:33&	00:25#	00:41&	00:10#	00:04#	00:19-	00:18&	00:24&	00:15&	00:17#						
<b>15</b>	<b>May Elinor Meling</b>	<b>125</b>																		<b>58:20</b>											
01:27+	02:17+	02:43+	04:16+	05:10+	07:11+	08:30+	14:08+	14:59+	17:10+	21:36+	25:07+	28:05+	33:30+	34:58+	37:52+	39:50+	43:52+	46:15+	49:25+	49:46+	51:32+	54:09+	54:42+	55:37+	56:48+						
01:27+	00:50+	00:26+	01:33+	00:54+	02:01+	01:19+	05:38+	00:51+	02:11+	04:26+	03:31+	02:58+	05:25+	01:28+	02:54+	01:58+	04:02+	02:23+	03:10+	00:21+	01:46-	02:37+	00:33-	00:55+	01:11-						
00:33&	00:20&	00:06&	00:20&	00:13&	00:37&	00:23&	01:56&	00:12&	00:16#	02:55@	01:12&	01:33@	02:59@	00:35&	01:04&	00:40&	01:45&	01:12@	01:37@	00:03#	00:21-	02:05@	00:41-	00:02+	00:01-						
58:20+	01:32+	01:32+																													

### Beste strekktid for klassen

00:54 00:26 00:20 01:10 00:37 01:15 00:56 03:32 00:38 01:54 01:28 02:07 01:21 02:26 00:37 01:29 00:59 02:13 01:04 01:28 00:18 01:28 00:32 00:33 00:50 01:11

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

## Damer Ny

<b>1</b>	<b>Nina Bakke</b>	<b>18</b>																		<b>31:43</b>											
00:42=	03:32=	04:18=	05:31=	07:05=	07:57=																										

Class	Navn	Klasse	Tid
<b>2</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>42:07</b>
00:42=	02:33- 03:31- 04:57-	06:43- 07:24- 15:03+ 16:05+ 17:19+ 21:02+ 22:12+ 27:37+ 34:04+	37:16+ 39:52+ 41:15+ 42:07+
00:42=	01:51- 00:58+ 01:26+ 01:46+ 00:41- 07:39+ 01:02- 01:14+ 03:43+ 01:10- 05:25+ 06:27+		03:12+ 02:36+ 01:23+ 00:52+
00:00=	00:59- 00:12& 00:13# 00:12# 00:11- 03:35& 00:23- 00:06+ 01:00& 00:12- 03:24@ 02:29&		00:29# 00:19# 00:02+ 00:08#
<b>3</b>	<b>Aida M Kumssa</b>	<b>51</b>	<b>53:38</b>
00:35-	04:26+ 05:51+ 08:30+ 11:46+ 13:11+ 21:00+ 25:05+ 27:02+ 30:59+ 32:38+ 36:56+ 41:56+		46:08+ 50:02+ 52:05+ 53:38+
00:35-	03:51+ 01:25+ 02:39+ 03:16+ 01:25+ 07:49+ 04:05+ 01:57+ 03:57+ 01:39+ 04:18+ 05:00+		04:12+ 03:54+ 02:03+ 01:33+
00:07-	01:01& 00:39& 01:26@ 01:42@ 00:33& 03:45& 02:40@ 00:49& 01:14& 00:17# 02:17@ 01:02&		01:29& 01:37& 00:42& 00:49@

### Beste strekktid for klassen

00:35 01:51 00:46 01:13 01:34 00:41 04:04 01:02 01:08 02:43 01:10 02:01 03:58 02:43 02:17 01:21 00:44

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

## Damer Trim

<b>1</b>	<b>Heidi Langeland</b>	<b>117</b>	<b>34:50</b>
00:37=	01:21= 03:05= 03:43= 04:28= 05:32= 06:52= 09:15= 09:59= 13:51= 15:43= 16:42= 19:55=		21:47= 23:05= 23:46= 24:18= 25:38= 27:50= 28:09= 30:44= 32:59= 34:50=
00:37=	00:44= 01:44= 00:38= 00:45= 01:04= 01:20= 02:23= 00:44= 03:52= 01:52= 00:59= 03:13=		01:52= 01:18= 00:41= 00:32= 01:20= 02:12= 00:19= 02:35= 02:15= 01:51=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Ingrid O. Foss</b>	<b>117</b>	<b>35:07</b>
00:32-	01:51+ 03:31+ 04:22+ 05:10+ 06:37+ 07:50+ 10:09+ 10:56+ 13:27- 15:34- 16:45+ 20:16+		22:24+ 23:39+ 24:30+ 25:19+ 26:46+ 28:42+ 29:10+ 31:17+ 33:21+ 35:07+
00:32-	01:19+ 01:40- 00:51+ 00:48+ 01:27+ 01:13- 02:19- 00:47+ 02:31- 02:07+ 01:11+ 03:31+		02:08+ 01:15- 00:51+ 00:49+ 01:27+ 01:56- 00:28+ 02:07- 02:04- 01:46-
00:05-	00:35& 00:04- 00:13& 00:03+ 00:23& 00:07- 00:04- 00:03+ 01:21- 00:15# 00:12# 00:18+		00:16# 00:03- 00:10# 00:17# 00:07+ 00:16- 00:09& 00:28- 00:11- 00:05-
<b>3</b>	<b>Ann Helen Johannesen</b>	<b>71</b>	<b>38:29</b>
00:26-	01:10- 02:53- 03:31- 04:04- 05:36+ 06:41- 09:05- 09:47- 13:22- 14:44- 15:33- 18:50-		24:36+ 25:44+ 28:47+ 29:18+ 30:41+ 32:04+ 32:26+ 34:48+ 37:06+ 38:29+
00:26-	00:44= 01:43- 00:38= 00:33- 01:32+ 01:05- 02:24+ 00:42- 03:35- 01:22- 00:49- 03:17+		05:46+ 01:08- 03:03+ 00:31- 01:23+ 01:23- 00:22+ 02:22- 02:18+ 01:23-
00:11-	00:00= 00:01- 00:00= 00:12- 00:28& 00:15- 00:01+ 00:02- 00:17- 00:30- 00:10- 00:04+		03:54@ 00:10- 02:22@ 00:01- 00:03+ 00:49- 00:03# 00:13- 00:03+ 00:28-
<b>4</b>	<b>Gunn Vagle</b>	<b>126</b>	<b>39:52</b>
00:31-	01:28+ 03:39+ 04:14+ 05:01+ 06:12+ 07:30+ 09:33+ 10:16+ 13:28- 15:58+ 17:04+ 23:04+		25:18+ 26:44+ 27:39+ 28:20+ 29:47+ 32:05+ 32:33+ 35:30+ 38:02+ 39:52+
00:31-	00:57+ 02:11+ 00:35- 00:47+ 01:11+ 01:18- 02:03- 00:43- 03:12- 02:30+ 01:06+ 06:00+		02:14+ 01:26+ 00:55+ 00:41+ 01:27+ 02:18+ 00:28+ 02:57+ 02:32+ 01:50-
00:06-	00:13& 00:27& 00:03- 00:02+ 00:07# 00:02- 00:20- 00:01- 00:40- 00:38& 00:07# 02:47&		00:22# 00:08# 00:14& 00:09& 00:07+ 00:06+ 00:09& 00:22# 00:17# 00:01-
<b>5</b>	<b>Sara Engevik</b>	<b>126</b>	<b>40:33</b>
00:25-	01:13- 02:46- 03:11- 03:50- 06:00+ 07:02+ 12:21+ 13:13+ 15:31+ 16:57+ 18:05+ 21:52+		24:00+ 28:07+ 29:29+ 30:21+ 31:57+ 34:03+ 34:20+ 36:41+ 39:00+ 40:33+
00:25-	00:48+ 01:33- 00:25- 00:39- 02:10+ 01:02- 05:19+ 00:52+ 02:18- 01:26- 01:08+ 03:47+		02:08+ 04:07+ 01:22+ 00:52+ 01:36+ 02:06- 00:17- 02:21- 02:19+ 01:33-
00:12-	00:04+ 00:11- 00:13- 00:06- 01:06@ 00:18- 02:56@ 00:08# 01:34- 00:26- 00:09# 00:34#		00:16# 02:49@ 00:41& 00:20& 00:16# 00:06- 00:02- 00:14- 00:04+ 00:18-
<b>6</b>	<b>Bjørng Engelhard</b>	<b>165</b>	<b>40:41</b>
00:34-	01:44+ 03:35+ 04:11+ 04:48+ 07:14+ 08:28+ 13:19+ 14:18+ 17:42+ 19:20+ 20:28+ 25:32+		26:57+ 28:35+ 29:43+ 30:20+ 31:40+ 33:36+ 34:07+ 36:37+ 38:55+ 40:41+
00:34-	01:10+ 01:51+ 00:36- 00:37- 02:26+ 01:14- 04:51+ 00:59+ 03:24- 01:38- 01:08+ 05:04+		01:25- 01:38+ 01:08+ 00:37+ 01:20= 01:56- 00:31+ 02:30- 02:18+ 01:46-
00:03-	00:26& 00:07+ 00:02- 00:08- 01:22@ 00:06- 02:28@ 00:15& 00:28- 00:14- 00:09# 01:51&		00:27- 00:20& 00:27& 00:05# 00:00= 00:16- 00:12& 00:05- 00:03+ 00:05-
<b>7</b>	<b>Marte Bollestad</b>	<b>126</b>	<b>40:41</b>
00:26-	01:10- 02:39- 03:08- 03:54- 05:58+ 07:01+ 12:20+ 13:15+ 15:29+ 17:04+ 18:14+ 21:54+		23:58+ 28:25+ 29:35+ 30:18+ 31:59+ 34:06+ 34:23+ 36:37+ 39:05+ 40:41+
00:26-	00:44= 01:29- 00:29- 00:46+ 02:04+ 01:03- 05:19+ 00:55+ 02:14- 01:35- 01:10+ 03:40+		02:04+ 04:27+ 01:10+ 00:43+ 01:41+ 02:07- 00:17- 02:14- 02:28+ 01:36-
00:11-	00:00= 00:15- 00:09- 00:01+ 01:00& 00:17- 02:56@ 00:11# 01:38- 00:17- 00:11# 00:27#		00:12# 03:09@ 00:29& 00:11& 00:21& 00:05- 00:02- 00:21- 00:13+ 00:15-
<b>8</b>	<b>Gunhild Nordbø</b>	<b>117</b>	<b>41:10</b>
00:29-	01:28+ 03:12+ 03:43= 04:51+ 06:05+ 07:23+ 13:31+ 14:19+ 17:10+ 18:43+ 20:11+ 24:17+		26:38+ 28:04+ 29:23+ 30:08+ 31:55+ 34:25+ 34:52+ 37:35+ 39:35+ 41:10+
00:29-	00:59+ 01:44= 00:31- 01:08+ 01:14+ 01:18- 06:08+ 00:48+ 02:51- 01:33- 01:28+ 04:06+		02:21+ 01:26+ 01:19+ 00:45+ 01:47+ 02:30+ 00:27+ 02:43+ 02:00- 01:35-
00:08-	00:15& 00:00= 00:07- 00:23& 00:10# 00:02- 03:45@ 00:04+ 01:01- 00:19- 00:29& 00:53&		00:29& 00:08# 00:38& 00:13& 00:27& 00:18# 00:08& 00:08+ 00:15- 00:16-
<b>9</b>	<b>Randi Bugge</b>	<b>46</b>	<b>42:29</b>
00:40+	02:21+ 04:06+ 04:50+ 05:52+ 07:07+ 08:36+ 11:17+ 12:28+ 15:21+ 18:03+ 19:02+ 23:24+		26:42+ 28:07+ 29:10+ 29:47+ 32:30+ 35:00+ 35:24+ 38:37+ 40:50+ 42:29+
00:40+	01:41+ 01:45+ 00:44+ 01:02+ 01:15+ 01:29+ 02:41+ 01:11+ 02:53- 02:42+ 00:59= 04:22+		03:18+ 01:25+ 01:03+ 00:37+ 02:43+ 02:30+ 00:24+ 03:13+ 02:13- 01:39-
00:03+	00:57@ 00:01+ 00:06# 00:17& 00:11# 00:09# 00:18# 00:27& 00:59- 00:50& 00:00= 01:09&		01:26& 00:07+ 00:22& 00:05# 01:23@ 00:18# 00:05& 00:38# 00:02- 00:12-
<b>10</b>	<b>Sonja Johannesen</b>	<b>130</b>	<b>42:36</b>
00:30-	01:30+ 04:58+ 05:40+ 06:42+ 08:49+ 10:09+ 13:51+ 14:43+ 18:22+ 20:10+ 21:19+ 25:32+		27:29+ 29:07+ 29:58+ 30:47+ 33:03+ 34:55+ 35:17+ 37:51+ 40:39+ 42:36+
00:30-	01:00+ 03:28+ 00:42+ 01:02+ 02:07+ 01:20+ 03:42+ 00:52+ 03:39- 01:48- 01:09+ 04:13+		01:57+ 01:38+ 00:51+ 00:49+ 02:16+ 01:52- 00:22+ 02:34- 02:48+ 01:57+
00:07-	00:16& 01:44& 00:04# 00:17& 01:03& 00:00= 01:19& 00:08# 00:13- 00:04- 00:10# 01:00&		00:05+ 00:20& 00:10# 00:17& 00:56& 00:20- 00:03# 00:01- 00:33# 00:06+
<b>11</b>	<b>Anlaug Nygard</b>	<b>27</b>	<b>42:41</b>
00:39+	02:10+ 03:49+ 04:57+ 05:51+ 07:21+ 08:51+ 11:22+ 12:46+ 13:26- 15:22- 17:29+ 19:23-		20:30- 24:14+ 26:25+ 27:55+ 29:02+ 29:35+ 31:37+ 35:38+ 36:01+ 38:24+ 40:39+ 42:41+
00:39+	01:31+ 01:39- 01:08+ 00:54+ 01:30+ 01:30+ 02:31+ 01:24+ 00:40- 01:56+ 02:07+ 01:54-		01:07- 03:44+ 02:11+ 01:30+ 01:07- 00:33- 02:02+ 04:01+ 00:23- 02:23+ 02:15+ 02:02+
00:02+	00:47@ 00:05- 00:30& 00:09# 00:26& 00:10# 00:08+ 00:40& 03:12- 00:04+ 01:08@ 01:19-		00:45- 02:26@ 01:30@ 00:58@ 00:13- 01:39- 01:43@ 01:26& 01:52- 00:32& 02:15+ 02:02+

Class	Navn	Klasse										Tid										
<b>12</b>	<b>Hege Bakken</b>	<b>168</b>										<b>43:46</b>										
00:32-	01:42+	03:41+	04:16+	05:34+	07:37+	08:50+	11:23+	12:06+	14:36+	16:37+	17:40+	26:29+	28:03+	29:38+	30:31+	31:47+	33:17+	36:06+	36:28+	39:32+	42:04+	43:46+
00:32-	01:10+	01:59+	00:35-	01:18+	02:03+	01:13-	02:33+	00:43-	02:30-	02:01+	01:03+	08:49+	01:34-	01:35+	00:53+	01:16+	01:30+	02:49+	00:22+	03:04+	02:32+	01:42-
00:05-	00:26&	00:15#	00:03-	00:33&	00:59&	00:07-	00:10+	00:01-	01:22-	00:09+	00:04+	05:36@	00:18-	00:17#	00:12&	00:44@	00:10#	00:37&	00:03#	00:29#	00:17#	00:09-
<b>13</b>	<b>Gudrun Hegelstad</b>	<b>92</b>										<b>43:46</b>										
00:49+	02:23+	04:10+	04:42+	05:23+	07:04+	08:17+	11:24+	12:22+	15:17+	16:41+	17:50+	21:02+	26:38+	27:52+	29:13+	29:51+	31:53+	36:11+	36:48+	39:47+	42:07+	43:46+
00:49+	01:34+	01:47+	00:32-	00:41-	01:41+	01:13-	03:07+	00:58+	02:55-	01:24-	01:09+	03:12-	05:36+	01:14-	01:21+	00:38+	02:02+	04:18+	00:37+	02:59+	02:20+	01:39-
00:12&	00:50@	00:03+	00:06-	00:04-	00:37&	00:07-	00:44&	00:14&	00:57-	00:28-	00:10#	00:01-	03:44@	00:04-	00:40&	00:06#	00:42&	02:06&	00:18&	00:24#	00:05+	00:12-
<b>14</b>	<b>Lene Bjørnø</b>	<b>92</b>										<b>43:46</b>										
00:46+	02:26+	04:12+	04:44+	05:25+	07:01+	08:18+	11:23+	12:27+	15:22+	16:44+	17:48+	21:04+	26:33+	27:48+	29:15+	29:53+	31:49+	36:16+	36:45+	39:45+	42:05+	43:46+
00:46+	01:40+	01:46+	00:32-	00:41-	01:36+	01:17-	03:05+	01:04+	02:55-	01:22-	01:04+	03:16+	05:29+	01:15-	01:27+	00:38+	01:56+	04:27+	00:29+	03:00+	02:20+	01:41-
00:09#	00:56@	00:02+	00:06-	00:04-	00:32&	00:03-	00:42&	00:20&	00:57-	00:30-	00:05+	00:03+	03:37@	00:03-	00:46@	00:06#	00:36&	02:15@	00:10&	00:25#	00:05+	00:10-
<b>15</b>	<b>Karen Bjørheim Sømme</b>	<b>109</b>										<b>44:32</b>										
00:43+	01:34+	03:44+	04:32+	05:28+	06:49+	08:37+	11:40+	12:55+	15:56+	17:49+	19:07+	23:45+	26:29+	28:13+	29:11+	29:57+	32:15+	35:20+	35:49+	38:58+	42:17+	44:32+
00:43+	00:51+	02:10+	00:48+	00:56+	01:21+	01:48+	03:03+	01:15+	03:01-	01:53+	01:18+	04:38+	02:44+	01:44+	00:58+	00:46+	02:18+	03:05+	00:29+	03:09+	03:19+	02:15+
00:06#	00:07#	00:26#	00:10&	00:11#	00:17&	00:28&	00:40&	00:31&	00:51-	00:01+	00:19&	01:25&	00:52&	00:26&	00:17&	00:14&	00:58&	00:53&	00:10&	00:34#	01:04&	00:24#
<b>16</b>	<b>Elisabeth Groven</b>	<b>109</b>										<b>44:33</b>										
00:43+	01:34+	03:44+	04:31+	05:27+	06:46+	08:38+	11:44+	12:59+	15:56+	17:48+	19:06+	23:41+	26:35+	28:11+	29:11+	29:57+	32:15+	35:26+	35:48+	38:59+	42:23+	44:33+
00:43+	00:51+	02:10+	00:47+	00:56+	01:19+	01:52+	03:06+	01:15+	02:57-	01:52=	01:18+	04:35+	02:54+	01:36+	01:00+	00:46+	02:18+	03:11+	00:22+	03:11+	03:24+	02:10+
00:06#	00:07#	00:26#	00:09#	00:11#	00:15#	00:32&	00:43&	00:31&	00:55-	00:00=	00:19&	01:22&	01:02&	00:18#	00:19&	00:14&	00:58&	00:59&	00:03#	00:36#	01:09&	00:19#
<b>17</b>	<b>Jorunn Pedersen Lima</b>	<b>113</b>										<b>44:54</b>										
00:51+	02:05+	04:12+	04:51+	05:51+	08:13+	09:44+	12:18+	13:14+	15:49+	18:12+	19:33+	25:04+	29:58+	31:21+	32:22+	32:58+	34:40+	36:37+	37:10+	40:01+	42:45+	44:54+
00:51+	01:14+	02:07+	00:39+	01:00+	02:22+	01:31+	02:34+	00:56+	02:35-	02:23+	01:21+	05:31+	04:54+	01:23+	01:01+	00:33+	01:42+	01:57-	00:33+	02:51+	02:44+	02:09+
00:14&	00:30&	00:23#	00:01+	00:15&	01:18@	00:11#	00:11+	00:12&	01:17-	00:31&	00:22&	02:18&	03:02@	00:05+	00:20&	00:04#	00:22&	00:15-	00:14&	00:16#	00:29#	00:18#
<b>18</b>	<b>Linn Skadberg</b>	<b>113</b>										<b>45:01</b>										
00:59+	02:10+	04:20+	04:58+	05:59+	08:21+	09:50+	12:23+	13:21+	15:55+	18:17+	19:49+	24:49+	30:09+	31:39+	32:34+	33:05+	34:57+	36:55+	37:16+	40:09+	42:59+	45:01+
00:59+	01:11+	02:10+	00:38=	01:01+	02:22+	01:29+	02:33+	00:58+	02:34-	02:22+	01:32+	05:00+	05:20+	01:30+	00:55+	00:31-	01:52+	01:58-	00:21+	02:53+	02:50+	02:02+
00:22&	00:27&	00:26#	00:00=	00:16&	01:18@	00:09#	00:10+	00:14&	01:18-	00:30&	00:33&	01:47&	03:28@	00:12#	00:14&	00:01-	00:32&	00:14-	00:02#	00:18#	00:35&	00:11+
<b>19</b>	<b>Solbjørg Lima Skadberg</b>	<b>113</b>										<b>45:21</b>										
01:08+	02:20+	04:29+	05:06+	05:59+	08:35+	10:01+	12:33+	13:30+	16:06+	18:39+	19:52+	25:14+	30:04+	31:39+	32:33+	33:13+	34:59+	36:57+	37:25+	40:16+	43:09+	45:21+
01:08+	01:12+	02:09+	00:37-	00:53+	02:36+	01:26+	02:32+	00:57+	02:36-	02:33+	01:13+	05:22+	04:50+	01:35+	00:54+	00:40+	01:46+	01:58-	00:28+	02:51+	02:53+	02:12+
00:31&	00:28&	00:25#	00:01-	00:08#	01:32@	00:06+	00:09+	00:13&	01:16-	00:41&	00:14#	02:09&	02:58@	00:17#	00:13&	00:08#	00:26&	00:14-	00:09&	00:16#	00:38&	00:21#
<b>20</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>										<b>45:39</b>										
00:38+	01:53+	04:07+	04:55+	05:41+	07:37+	09:10+	11:46+	12:48+	16:07+	18:33+	20:06+	24:34+	27:39+	29:24+	31:55+	33:13+	34:58+	37:16+	37:50+	41:00+	43:38+	45:39+
00:38+	01:15+	02:14+	00:48+	00:46+	01:56+	01:33+	02:36+	01:02+	03:19-	02:26+	01:33+	04:28+	03:05+	01:45+	02:31+	01:18+	01:45+	02:18+	00:34+	03:10+	02:38+	02:01+
00:01+	00:31&	00:30&	00:10&	00:01+	00:52&	00:13#	00:13+	00:18&	00:33-	00:34&	00:34&	01:15&	01:13&	00:27&	01:50@	00:46@	00:25&	00:06+	00:15&	00:35#	00:23#	00:10+
<b>21</b>	<b>Marianne Gjesdal Lyngås</b>	<b>253</b>										<b>45:42</b>										
01:26+	02:32+	06:09+	07:08+	08:02+	09:45+	11:30+	14:25+	15:33+	18:55+	21:04+	22:13+	26:21+	28:38+	30:23+	31:21+	32:40+	34:18+	36:47+	37:15+	41:11+	43:34+	45:42+
01:26+	01:06+	03:37+	00:59+	00:54+	01:43+	01:45+	02:55+	01:08+	03:22-	02:09+	01:09+	04:08+	02:17+	01:45+	00:58+	01:19+	01:38+	02:29+	00:28+	03:56+	02:23+	02:08+
00:49@	00:22&	01:53@	00:21&	00:09#	00:39&	00:25&	00:32#	00:24&	00:30-	00:17#	00:10#	00:55&	00:25#	00:27&	00:17&	00:47@	00:18#	00:17#	00:09&	01:21&	00:08+	00:17#
<b>22</b>	<b>Gunvor Frafjord Tungesvik</b>	<b>228</b>										<b>45:43</b>										
00:35-	01:50+	04:01+	04:54+	05:41+	07:37+	09:13+	11:50+	12:51+	16:10+	18:29+	20:05+	24:40+	27:43+	29:23+	31:37+	33:12+	35:02+	37:21+	37:53+	41:03+	43:36+	45:43+
00:35-	01:15+	02:11+	00:53+	00:47+	01:56+	01:36+	02:37+	01:01+	03:19-	02:19+	01:36+	04:35+	03:03+	01:40+	02:14+	01:35+	01:50+	02:19+	00:32+	03:10+	02:33+	02:07+
00:02-	00:31&	00:27&	00:15&	00:02+	00:52&	00:16#	00:14+	00:17&	00:33-	00:27#	00:37&	01:22&	01:11&	00:22&	01:33@	01:03@	00:30&	00:07+	00:13&	00:35#	00:18#	00:16#
<b>23</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>										<b>46:13</b>										
00:38+	01:33+	02:58-	03:26-	04:25-	05:23-	06:26-	15:15+	16:08+	18:34+	19:58+	20:46+	23:57+	32:56+	34:11+	35:23+	36:05+	37:04+	40:07+	41:05+	42:50+	44:40+	46:13+
00:38+	00:55+	01:25-	00:28-	00:59+	00:58-	01:03-	08:49+	00:53+	02:26-	01:24-	00:48+	03:11-	08:59+	01:15-	01:12+	00:42+	00:59-	03:03+	00:58+	01:45-	01:50-	01:33-
00:01+	00:11#	00:19-	00:10-	00:14&	00:06-	00:17-	06:26@	00:09#	01:26-	00:28-	00:11-	00:02-	07:07@	00:03-	00:31&	00:10&	00:21-	00:51&	00:39@	00:50-	00:25-	00:18-
<b>24</b>	<b>Astrid Espe</b>	<b>43</b>										<b>46:26</b>										
00:47+	02:10+	05:15+	06:03+	07:01+	08:36+	10:09+	12:52+	13:45+	16:50+	19:07+	20:34+	25:18+	29:24+	30:57+	32:08+	32:47+	34:51+	37:31+	38:00+	41:06+	44:08+	46:26+
00:47+	01:23+	03:05+	00:48+	00:58+	01:35+	01:33+	02:43+	00:53+	03:05-	02:17+	01:27+	04:44+	04:06+	01:33+	01:11+	00:39+	02:04+	02:40+	00:29+	03:06+	03:02+	02:18+
00:10&	00:39&	01:21&	00:10&	00:13&	00:31&	00:13#	00:20#	00:09#	00:47-	00:25#	00:28&	01:31&	02:14@	00:15#	00:30&	00:07#	00:44&	00:28#	00:10&	00:31#	00:47&	00:27#
<b>25</b>	<b>Margot Asheim</b>	<b>105</b>										<b>46:36</b>										
00:31-	01:22+	03:22+	03:56+	04:43+	05:48+	07:11+	10:11+	11:02+	13:38-	15:36-	16:32-	21:03+	29:37+	30:59+	31:45+	32:35+	33:53+	38:34+	39:15+	42:15+	44:41+	46:36+
00:31-	00:51+	02:00+	00:34-	00:47+	01:05+	01:23+	03:00+	00:51+	02:36-	01:58+	00:56-	04:31+	08:34+	01:22+	00:46+	00:50+	01:18-	04:41+	00:41+	03:00+	02:26+	01:55+
00:06-	00:07#	00:16#	00:04-	00:02+	00:01+	00:03+	00:37&	00:07#	01:16-	00:06+	00:03-	01:18&	06:42@	00:04+	00:05#	00:18&	00:02-	02:29@	00:22@	00:25#	00:11+	00:04+
<b>26</b>	<b>Marte Aarrestad Refvem</b>	<b>116</b>										<b>47:16</b>										
01:07+	01:48+	04:20+	05:19+	06:35+	09:17+	10:47+																



Class	Navn	Klasse										Tid												
<b>27</b>	<b>Anita Sviland-Østre</b>	<b>116</b>										<b>47:16</b>												
01:06+	01:50+	04:23+	05:23+	06:34+	09:16+	10:49+	13:56+	14:38+	18:54+	20:42+	22:01+	26:24+	29:31+	31:27+	32:26+	33:29+	35:38+	39:18+	39:45+	42:52+	45:35+	47:16+		
01:06+	00:44+	02:33+	01:00+	01:11+	02:42+	01:33+	03:07+	00:42-	04:16+	01:48-	01:19+	04:23+	03:07+	01:56+	00:59+	01:03+	02:09+	03:40+	00:27+	03:07+	02:43+	01:41-		
00:29&	00:00=	00:49&	00:22&	00:26&	01:38@	00:13#	00:44&	00:02-	00:24#	00:04-	00:20&	01:10&	01:15&	00:38&	00:18&	00:31&	00:49&	01:28&	00:08&	00:32#	00:28#	00:10-		
<b>28</b>	<b>Bente Salte Aune</b>	<b>128</b>										<b>48:04</b>												
00:48+	01:54+	04:44+	05:10+	05:58+	08:31+	10:04+	13:39+	16:38+	20:27+	22:26+	23:40+	28:27+	31:26+	32:44+	33:42+	34:16+	36:24+	38:51+	39:17+	43:01+	45:42+	48:04+		
00:48+	01:06+	02:50+	00:26-	00:48+	02:33+	01:33+	05:35+	00:59+	03:49-	01:59+	01:14+	04:47+	02:59+	01:18=	00:58+	00:34+	02:08+	02:27+	00:26+	03:44+	02:41+	02:22+		
00:11&	00:22&	01:06&	00:12-	00:03+	01:29@	00:13#	03:12@	00:15&	00:03-	00:07+	00:15&	01:34&	01:07&	00:00=	00:17&	00:02+	00:48&	00:15#	00:07&	01:09&	00:26#	00:31&		
<b>29</b>	<b>Judith Serigstad</b>	<b>128</b>										<b>48:05</b>												
00:46+	01:56+	04:45+	05:13+	05:55+	08:26+	10:06+	13:37+	16:36+	20:25+	22:24+	23:41+	28:23+	31:24+	32:47+	33:44+	34:17+	36:23+	38:52+	39:15+	43:04+	45:53+	48:05+		
00:46+	01:10+	02:49+	00:28-	00:42-	02:31+	01:40+	05:31+	00:59+	03:49-	01:59+	01:17+	04:42+	03:01+	01:23+	00:57+	00:33+	02:06+	02:29+	00:23+	03:49+	02:49+	02:12+		
00:09#	00:26&	01:05&	00:10-	00:03-	01:27@	00:20#	03:08@	00:15&	00:03-	00:07+	00:18&	01:29&	01:09&	00:05+	00:16&	00:01+	00:46&	00:17#	00:04#	01:14&	00:34&	00:21#		
<b>30</b>	<b>Signe Lise Haaland</b>	<b>66</b>										<b>48:26</b>												
00:39+	01:29+	03:28+	04:07+	04:51+	06:13+	07:41+	11:51+	12:32+	15:55+	19:28+	20:34+	25:05+	27:23+	29:34+	30:49+	31:31+	33:34+	36:15+	36:46+	44:02+	46:43+	48:26+		
00:39+	00:50+	01:59+	00:39+	00:44-	01:22+	01:28+	04:10+	00:41-	03:23-	03:33+	01:06+	04:31+	02:18+	02:11+	01:15+	00:42+	02:03+	02:41+	00:31+	07:16+	02:41+	01:43-		
00:02+	00:06#	00:15#	00:01+	00:01-	00:18&	00:08#	01:47&	00:03-	00:29-	01:41&	00:07#	01:18&	00:26#	00:53&	00:34&	00:10&	00:43&	00:29#	00:12&	04:41@	00:26#	00:08-		
<b>31</b>	<b>Heidi Seglem</b>	<b>116</b>										<b>48:30</b>												
00:26-	01:18-	03:27+	04:00+	04:37+	06:01+	07:08+	09:46+	10:40+	12:57-	14:44-	15:40-	34:44+	35:55+	37:15+	37:53+	38:37+	39:50+	41:54+	42:13+	44:40+	46:54+	48:30+		
00:26-	00:52+	02:09+	00:33-	00:37-	01:24+	01:07-	02:38+	00:54+	02:17-	01:47-	00:56-	19:04+	01:11-	01:20+	00:38-	00:44+	01:13-	02:04-	00:19=	02:27-	02:14-	01:36-		
00:11-	00:08#	00:25#	00:05-	00:08-	00:20&	00:13-	00:15#	00:10#	01:35-	00:05-	00:03-	15:51@	00:41-	00:02+	00:03-	00:12&	00:07-	00:08-	00:00=	00:08-	00:01-	00:15-		
<b>32</b>	<b>Irene Frøyland</b>	<b>71</b>										<b>48:35</b>												
00:29-	01:16-	08:48+	09:47+	11:11+	12:57+	14:44+	16:20+	19:03+	19:53+	22:13+	23:43+	25:40+	26:57+	30:49+	33:09+	34:39+	35:53+	36:46+	38:23+	40:51+	41:16+	43:37+	46:10+	48:35+
00:29-	00:47+	07:32+	00:59+	01:24+	01:46+	01:47+	01:36-	02:43+	00:50-	02:20+	01:30+	01:57-	01:17-	03:52+	02:20+	01:30+	01:14-	00:53-	01:37+	02:28-	00:25-	02:21+	02:33+	02:25+
00:08-	00:03+	05:48@	00:21&	00:39&	00:42&	00:27&	00:47-	01:59@	03:02-	00:28#	00:31&	01:16-	00:35-	02:34@	01:39@	00:58@	00:06-	01:19-	01:18@	00:07-	01:50-	00:30&	02:33+	02:25+
<b>33</b>	<b>Siv Hilde Berg</b>	<b>105</b>										<b>48:48</b>												
00:54+	02:05+	04:15+	05:24+	06:04+	07:44+	09:55+	13:02+	14:04+	18:23+	20:28+	21:51+	26:31+	28:34+	30:35+	31:30+	33:39+	35:43+	38:45+	39:06+	42:52+	46:16+	48:48+		
00:54+	01:11+	02:10+	01:09+	00:40-	01:40+	02:11+	03:07+	01:02+	04:19+	02:05+	01:23+	04:40+	02:03+	02:01+	00:55+	02:09+	02:04+	03:02+	00:21+	03:46+	03:24+	02:32+		
00:17&	00:27&	00:26#	00:31&	00:05-	00:36&	00:51&	00:44&	00:18&	00:27#	00:13#	00:24&	01:27&	00:11+	00:43&	00:14&	01:37@	00:44&	00:50&	00:02#	01:11&	01:09&	00:41&		
<b>34</b>	<b>Gerd Katrin Kro</b>	<b>117</b>										<b>49:56</b>												
00:27-	01:29+	03:48+	05:01+	05:45+	07:20+	08:29+	13:16+	16:09+	18:38+	20:03+	20:55+	25:53+	34:28+	35:28+	36:11+	37:14+	38:50+	41:21+	42:11+	46:46+	48:37+	49:56+		
00:27-	01:02+	02:19+	01:13+	00:44-	01:35+	01:09-	04:47+	02:53+	02:29-	01:25-	00:52-	04:58+	08:35+	01:00-	00:43+	01:03+	01:36+	02:31+	00:50+	04:35+	01:51-	01:19-		
00:10-	00:18&	00:35&	00:35&	00:01-	00:31&	00:11-	02:24@	02:09@	01:23-	00:27-	00:07-	01:45&	06:43@	00:18-	00:02+	00:31&	00:16#	00:19#	00:31@	02:00&	00:24-	00:32-		
<b>35</b>	<b>Toyah Bråtveit</b>	<b>115</b>										<b>50:17</b>												
00:40+	01:27+	04:58+	05:47+	07:12+	08:20+	09:42+	14:10+	14:46+	17:01+	19:00+	20:07+	32:39+	35:21+	36:38+	37:21+	38:46+	41:08+	43:56+	44:11+	47:09+	48:56+	50:17+		
00:40+	00:47+	03:31+	00:49+	01:25+	01:08+	01:22+	04:28+	00:36-	02:15-	01:59+	01:07+	12:32+	02:42+	01:17-	00:43+	01:25+	02:22+	02:48+	00:15-	02:58+	01:47-	01:21-		
00:03+	00:03+	01:47@	00:11&	00:40&	00:04+	00:02+	02:05&	00:08-	01:37-	00:07+	00:08#	09:19@	00:50&	00:01-	00:02+	00:53@	01:02&	00:36&	00:04-	00:23#	00:28-	00:30-		
<b>36</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>										<b>50:35</b>												
00:35-	01:26+	05:08+	05:46+	06:54+	08:06+	09:30+	12:09+	13:03+	17:19+	19:15+	20:48+	30:13+	33:02+	34:33+	35:42+	36:52+	39:04+	41:48+	42:11+	45:09+	48:22+	50:35+		
00:35-	00:51+	03:42+	00:38=	01:08+	01:12+	01:24+	02:39+	00:54+	04:16+	01:56+	01:33+	09:25+	02:49+	01:31+	01:09+	01:10+	02:12+	02:44+	00:23+	02:58+	03:13+	02:13+		
00:02-	00:07#	01:58@	00:00=	00:23&	00:08#	00:04+	00:16#	00:10#	00:24#	00:04+	00:34&	06:12@	00:57&	00:13#	00:28&	00:38@	00:52&	00:32#	00:04#	00:23#	00:58&	00:22#		
<b>37</b>	<b>Synnøve Hognestad</b>	<b>43</b>										<b>51:35</b>												
00:33-	02:10+	04:04+	04:40+	05:24+	07:15+	08:28+	16:51+	17:30+	21:00+	22:37+	23:51+	34:13+	35:33+	37:02+	37:46+	38:57+	42:16+	44:36+	44:55+	47:35+	49:44+	51:35+		
00:33-	01:37+	01:54+	00:36-	00:44-	01:51+	01:13-	08:23+	00:39-	03:30-	01:37-	01:14+	10:22+	01:20-	01:29+	00:44+	01:11+	03:19+	02:20+	00:19=	02:40+	02:09-	01:51=		
00:04-	00:53@	00:10+	00:02-	00:01-	00:47&	00:07-	06:00@	00:05-	00:22-	00:15-	00:15&	07:09@	00:32-	00:11#	00:03+	00:39@	01:59@	00:08+	00:00=	00:05+	00:06-	00:00=		
<b>38</b>	<b>Kjersti Fandrem Høivik</b>	<b>68</b>										<b>51:45</b>												
00:37=	01:19-	03:26+	04:09+	05:00+	06:16+	08:09+	10:50+	11:49+	16:18+	18:25+	19:37+	30:19+	34:24+	36:13+	37:47+	38:31+	40:04+	42:08+	42:26+	46:23+	49:35+	51:45+		
00:37=	00:42-	02:07+	00:43+	00:51+	01:16+	01:53+	02:41+	00:59+	04:29+	02:07+	01:12+	10:42+	04:05+	01:49+	01:34+	00:44+	01:33+	02:04-	00:18-	03:57+	03:12+	02:10+		
00:00=	00:02-	00:23#	00:05#	00:06#	00:12#	00:33&	00:18#	00:15&	00:37#	00:15#	00:13#	07:29@	02:13@	00:31&	00:53@	00:12&	00:13#	00:08-	00:01-	01:22&	00:57&	00:19#		
<b>39</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>53:30</b>												
00:34-	02:46+	05:41+	06:25+	08:05+	09:16+	10:46+	14:18+	15:43+	19:32+	26:02+	27:32+	32:03+	34:25+	36:31+	37:47+	38:36+	41:08+	43:43+	44:14+	48:28+	51:21+	53:30+		
00:34-	02:12+	02:55+	00:44+	01:40+	01:11+	01:30+	03:32+	01:25+	03:49-	06:30+	01:30+	04:31+	02:22+	02:06+	01:16+	00:49+	02:32+	02:35+	00:31+	04:14+	02:53+	02:09+		
00:03-	01:28@	01:11&	00:06#	00:55@	00:07#	00:10#	01:09&	00:41&	00:03-	04:38@	00:31&	01:18&	00:30&	00:48&	00:35&	00:17&	01:12&	00:23#	00:12&	01:39&	00:38&	00:18#		
<b>40</b>	<b>Janne Kristin Frantzen</b>	<b>116</b>										<b>54:00</b>												
00:31-	01:20-	03:10+	03:48+	04:41+	07:04+	08:33+	11:19+	12:18+	15:42+	17:42+	19:01+	28:33+	36:18+	37:58+	38:55+	39:28+	42:02+	45:44+	46:04+	49:01+	51:40+	54:00+		
00:31-	00:49+	01:50+	00:38=	00:53+	02:23+	01:29+	02:46+	00:59+	03:24-	02:00+	01:19+	09:32+	07:45+	01:40+	00:57+	00:33+	02:34+	03:42+	00:20+	02:57+	02:39+	02:20+		
00:06-	00:05#	00:06+	00:00=	00:08#	01:19@	00:09#	00:23#	00:15&	00:28-	00:08+	00:20&	06:19@	05:53@	00:22&	00:16&	00:01+	01:14&	01:30&	00:01+	00:22#	00:24#	00:29&		
<b>41</b>	<b>Kari Borgen</b>	<b>62</b>										<b>54:06</b>												
00:51+	01:49+																							

Class	Navn	Klasse										Tid										
<b>42</b>	<b>Eli Tjetland</b>	<b>116</b>										<b>54:15</b>										
00:38+	01:48+	04:07+	05:00+	05:58+	09:09+	11:08+	14:00+	15:15+	19:35+	22:27+	24:03+	28:45+	36:22+	38:06+	39:14+	40:08+	42:12+	45:17+	46:07+	49:07+	51:51+	54:15+
00:38+	01:10+	02:19+	00:53+	00:58+	03:11+	01:59+	02:52+	01:15+	04:20+	02:52+	01:36+	04:42+	07:37+	01:44+	01:08+	00:54+	02:04+	03:05+	00:50+	03:00+	02:44+	02:24+
00:01+	00:26&	00:35&	00:15&	00:13&	02:07@	00:39&	00:29#	00:31&	00:28#	01:00&	00:37&	01:29&	05:45@	00:26&	00:27&	00:22&	00:44&	00:53&	00:31@	00:25#	00:29#	00:33&
<b>43</b>	<b>Gro Skadberg Helliessen</b>	<b>105</b>										<b>54:17</b>										
01:09+	02:37+	04:53+	05:27+	06:25+	09:31+	11:06+	16:41+	17:41+	22:27+	24:13+	25:33+	30:40+	33:22+	34:56+	35:52+	36:29+	38:18+	41:04+	41:45+	49:49+	52:36+	54:17+
01:09+	01:28+	02:16+	00:34-	00:58+	03:06+	01:35+	05:35+	01:00+	04:46+	01:46-	01:20+	05:07+	02:42+	01:34+	00:56+	00:37+	01:49+	02:46+	00:41+	08:04+	02:47+	01:41-
00:32&	00:44&	00:32&	00:04-	00:13&	02:02@	00:15#	03:12@	00:16&	00:54#	00:06-	00:21&	01:54&	00:50&	00:16#	00:15&	00:05#	00:29&	00:34&	00:22@	05:29@	00:32#	00:10-
<b>44</b>	<b>Esther Boenheim</b>	<b>268</b>										<b>55:12</b>										
00:37=	01:51+	03:57+	04:42+	05:27+	07:05+	08:36+	21:12+	22:00+	25:57+	28:26+	29:52+	34:28+	37:49+	39:32+	40:28+	41:16+	43:11+	46:21+	47:00+	50:10+	53:04+	55:12+
00:37=	01:14+	02:06+	00:45+	00:45=	01:38+	01:31+	12:36+	00:48+	03:57+	02:29+	01:26+	04:36+	03:21+	01:43+	00:56+	00:48+	01:55+	03:10+	00:39+	03:10+	02:54+	02:08+
00:00=	00:30&	00:22#	00:07#	00:00=	00:34&	00:11#	10:13@	00:04+	00:05+	00:37&	00:27&	01:23&	01:29&	00:25&	00:15&	00:16&	00:35&	00:58&	00:20@	00:35#	00:39&	00:17#
<b>45</b>	<b>Mari Thu Randulff</b>	<b>39</b>										<b>55:12</b>										
00:32-	01:44+	02:58-	05:24+	05:57+	07:20+	09:31+	23:37+	24:33+	27:53+	29:00+	29:51+	37:34+	40:03+	42:37+	43:15+	43:34+	45:24+	47:47+	48:23+	51:50+	53:52+	55:12+
00:32-	01:12+	01:14-	02:26+	00:33-	01:23+	02:11+	14:06+	00:56+	03:20-	01:07-	00:51-	07:43+	02:29+	02:34+	00:38-	00:19-	01:50+	02:23+	00:36+	03:27+	02:02-	01:20-
00:05-	00:28&	00:30-	01:48@	00:12-	00:19&	00:51&	11:43@	00:12&	00:32-	00:45-	00:08-	04:30@	00:37&	01:16&	00:03-	00:13-	00:30&	00:11+	00:17&	00:52&	00:13-	00:31-
<b>46</b>	<b>Ruth Grødem</b>	<b>105</b>										<b>56:08</b>										
00:37=	01:36+	03:39+	04:29+	05:34+	07:37+	09:05+	15:43+	16:31+	19:40+	23:43+	25:07+	30:13+	33:52+	35:25+	36:11+	36:51+	38:46+	42:05+	42:28+	51:26+	54:17+	56:08+
00:37=	00:59+	02:03+	00:50+	01:05+	02:03+	01:28+	06:38+	00:48+	03:09-	04:03+	01:24+	05:06+	03:39+	01:33+	00:46+	00:40+	01:55+	03:19+	00:23+	08:58+	02:51+	01:51=
00:00=	00:15&	00:19#	00:12&	00:20&	00:59&	00:08#	04:15@	00:04+	00:43-	02:11@	00:25&	01:53&	01:47&	00:15#	00:05#	00:08#	00:35&	01:07&	00:04#	06:23@	00:36&	00:00=
<b>47</b>	<b>Åse Sellereite</b>	<b>27</b>										<b>57:40</b>										
00:34-	04:59+	06:49+	07:40+	08:25+	10:22+	11:30+	14:15+	15:01+	18:01+	20:55+	22:05+	30:33+	41:06+	43:07+	44:00+	44:36+	46:46+	48:55+	49:18+	53:34+	55:52+	57:40+
00:34-	04:25+	01:50+	00:51+	00:45=	01:57+	01:08-	02:45+	00:46+	03:00-	02:54+	01:10+	08:28+	10:33+	02:01+	00:53+	00:36+	02:10+	02:09-	00:23+	04:16+	02:18+	01:48-
00:03-	03:41@	00:06+	00:13&	00:00=	00:53&	00:12-	00:22#	00:02+	00:52-	01:02&	00:11#	05:15@	08:41@	00:43&	00:12&	00:04#	00:50&	00:03-	00:04#	01:41&	00:03+	00:03-
<b>48</b>	<b>Unni B. Sundli</b>	<b>92</b>										<b>57:50</b>										
00:46+	01:54+	06:37+	07:22+	08:09+	09:45+	11:26+	18:30+	19:23+	22:52+	25:34+	26:52+	30:56+	36:18+	37:57+	40:45+	41:30+	43:45+	48:43+	49:06+	52:52+	55:50+	57:50+
00:46+	01:08+	04:43+	00:45+	00:47+	01:36+	01:41+	07:04+	00:53+	03:29-	02:42+	01:18+	04:04+	05:22+	01:39+	02:48+	00:45+	02:15+	04:58+	00:23+	03:46+	02:58+	02:00+
00:09#	00:24&	02:59@	00:07#	00:02+	00:32&	00:21&	04:41@	00:09#	00:23-	00:50&	00:19&	00:51&	03:30@	00:21&	02:07@	00:13&	00:55&	02:46@	00:04#	01:11&	00:43&	00:09+
<b>49</b>	<b>Brit Svihus</b>	<b>92</b>										<b>58:08</b>										
00:37=	02:08+	03:53+	04:29+	05:34+	07:06+	11:29+	17:43+	18:30+	21:45+	25:49+	27:07+	32:18+	35:58+	37:22+	38:16+	38:56+	40:46+	44:09+	44:33+	53:29+	56:13+	58:08+
00:37=	01:31+	01:45+	00:36-	01:05+	01:32+	04:23+	06:14+	00:47+	03:15-	04:04+	01:18+	05:11+	03:40+	01:24+	00:54+	00:40+	01:50+	03:23+	00:24+	08:56+	02:44+	01:55+
00:00=	00:47@	00:01+	00:02-	00:20&	00:28&	03:03@	03:51@	00:03+	00:37-	02:12@	00:19&	01:58&	01:48&	00:06+	00:13&	00:08#	00:30&	01:11&	00:05&	06:21@	00:29#	00:04+
<b>50</b>	<b>Ingunn Fandrem</b>	<b>47</b>										<b>58:09</b>										
01:20+	02:21+	06:11+	07:07+	08:07+	10:23+	12:27+	19:42+	20:26+	26:37+	29:59+	31:24+	36:48+	39:18+	40:54+	42:36+	43:23+	45:49+	49:04+	50:19+	53:18+	56:14+	58:09+
01:20+	01:01+	03:50+	00:56+	01:00+	02:16+	02:04+	07:15+	00:44=	06:11+	03:22+	01:25+	05:24+	02:30+	01:36+	01:42+	00:47+	02:26+	03:15+	01:15+	02:59+	02:56+	01:55+
00:43@	00:17&	02:06@	00:18&	00:15&	01:12@	00:44&	04:52@	00:00=	02:19&	01:30&	00:26&	02:11&	00:38&	00:18#	01:01@	00:15&	01:06&	01:03&	00:56@	00:24#	00:41&	00:04+
<b>51</b>	<b>Solveig Grønning</b>	<b>47</b>										<b>58:12</b>										
01:18+	02:20+	06:11+	07:06+	08:01+	10:17+	12:25+	19:41+	20:24+	26:37+	30:16+	31:25+	36:53+	39:18+	40:53+	42:37+	43:22+	45:48+	48:58+	50:17+	53:16+	56:13+	58:12+
01:18+	01:02+	03:51+	00:55+	00:55+	02:16+	02:08+	07:16+	00:43-	06:13+	03:39+	01:09+	05:28+	02:25+	01:35+	01:44+	00:45+	02:26+	03:10+	01:19+	02:59+	02:57+	01:59+
00:41@	00:18&	02:07@	00:17&	00:10#	01:12@	00:48&	04:53@	00:01-	02:21&	01:47&	00:10#	02:15&	00:33&	00:17#	01:03@	00:13&	01:06&	00:58&	01:00@	00:24#	00:42&	00:08+
<b>52</b>	<b>Eli Våge</b>	<b>117</b>										<b>58:30</b>										
00:41+	01:39+	07:04+	08:03+	09:14+	11:20+	13:12+	22:06+	23:08+	27:44+	30:51+	32:11+	36:58+	39:36+	41:28+	42:47+	43:35+	46:07+	48:41+	49:14+	53:27+	56:10+	58:30+
00:41+	00:58+	05:25+	00:59+	01:11+	02:06+	01:52+	08:54+	01:02+	04:36+	03:07+	01:20+	04:47+	02:38+	01:52+	01:19+	00:48+	02:32+	02:34+	00:33+	04:13+	02:43+	02:20+
00:04#	00:14&	03:41@	00:21&	00:26&	01:02&	00:32&	06:31@	00:18&	00:44#	01:15&	00:21&	01:34&	00:46&	00:34&	00:38&	00:16&	01:12&	00:22#	00:14&	01:38&	00:28#	00:29&
<b>53</b>	<b>Margretha Almedal</b>	<b>91</b>										<b>58:46</b>										
00:49+	02:16+	05:16+	06:18+	07:38+	09:15+	11:08+	21:28+	22:25+	26:30+	28:40+	30:15+	36:09+	40:43+	42:18+	43:28+	44:36+	46:21+	49:32+	50:07+	54:08+	57:03+	58:46+
00:49+	01:27+	03:00+	01:02+	01:20+	01:37+	01:53+	10:20+	00:57+	04:05+	02:10+	01:35+	05:54+	04:34+	01:35+	01:10+	01:08+	01:45+	03:11+	00:35+	04:01+	02:55+	01:43-
00:12&	00:43&	01:16&	00:24&	00:35&	00:33&	00:33&	07:57@	00:13&	00:13+	00:18#	00:36&	02:41&	02:42@	00:17#	00:29&	00:36@	00:25&	00:59&	00:16&	01:26&	00:40&	00:08-
<b>54</b>	<b>Britt Elin Andersen</b>	<b>91</b>										<b>58:48</b>										
00:51+	02:15+	05:18+	06:14+	07:39+	09:13+	11:10+	21:27+	22:27+	26:37+	28:34+	30:19+	36:06+	40:46+	42:21+	43:23+	44:38+	46:19+	49:31+	50:10+	54:02+	57:07+	58:48+
00:51+	01:24+	03:03+	00:56+	01:25+	01:34+	01:57+	10:17+	01:00+	04:10+	01:57+	01:45+	05:47+	04:40+	01:35+	01:02+	01:15+	01:41+	03:12+	00:39+	03:52+	03:05+	01:41-
00:14&	00:40&	01:19&	00:18&	00:40&	00:30&	00:37&	07:54@	00:16&	00:18+	00:05+	00:46&	02:34&	02:48@	00:17#	00:21&	00:43@	00:21&	01:00&	00:20@	01:17&	00:50&	00:10-
<b>55</b>	<b>Anastasia Ollestad</b>	<b>93</b>										<b>59:21</b>										
00:32-	01:16-	05:10+	05:37+	06:33+	08:37+	09:57+	29:47+	30:35+	34:28+	36:12+	37:15+	41:54+	43:29+	44:41+	45:58+	46:55+	48:27+	52:37+	53:02+	55:03+	57:39+	59:21+
00:32-	00:44=	03:54+	00:27-	00:56+	02:04+	01:20=	19:50+	00:48+	03:53+	01:44-	01:03+	04:39+	01:35-	01:12-	01:17+	00:57+	01:32+	04:10+	00:25+	02:01-	02:36+	01:42-
00:05-	00:00=	02:10@	00:11-	00:11#	01:00&	00:00=	17:27@	00:04+	00:01+	00:08-	00:04+	01:26&	00:17-	00:06-	00:36&	00:25&	00:12#	01:58&	00:06&	00:34-	00:21#	00:09-
<b>56</b>	<b>Synnøve Langvik</b>	<b>93</b>										<b>59:25</b>										
00:37=	01:43+	06:21+	07:06+	08:1																		

Class	Navn	Klasse												Tid											
<b>57</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>												<b>59:34</b>											
00:34-	01:30+	03:27+	04:24+	05:24+	07:11+	08:51+	20:34+	21:48+	27:44+	30:57+	32:03+	37:53+	40:01+	42:25+	43:25+	44:14+	47:41+	50:19+	51:17+	54:26+	57:39+	59:34+			
00:34-	00:56+	01:57+	00:57+	01:00+	01:47+	01:40+	11:43+	01:14+	05:56+	03:13+	01:06+	05:50+	02:08+	02:24+	01:00+	00:49+	03:27+	02:38+	00:58+	03:09+	03:13+	01:55+			
00:03-	00:12&	00:13#	00:19&	00:15&	00:43&	00:20#	09:20@	00:30&	02:04&	01:21&	00:07#	02:37&	00:16#	01:06&	00:19&	00:17&	02:07@	00:26#	00:39@	00:34#	00:58&	00:04+			
<b>58</b>	<b>Marianne Johnsen</b>	<b>5</b>												<b>1:00:37</b>											
00:34-	04:44+	06:17+	07:18+	08:54+	09:57+	11:11+	17:52+	19:09+	21:50+	23:40+	24:35+	30:00+	31:07+	44:28+	49:12+	49:58+	51:32+	53:27+	53:46+	56:46+	58:51+	60:37+			
00:34-	04:10+	01:33-	01:01+	01:36+	01:03-	01:14-	06:41+	01:17+	02:41-	01:50-	00:55-	05:25+	01:07-	17:21+	00:44+	00:46+	01:34+	01:55-	00:19#	03:00+	02:05-	01:46-			
00:03-	03:26@	00:11-	00:23&	00:51@	00:01-	00:06-	04:18@	00:33&	01:11-	00:02-	00:04-	02:12&	00:45-	16:03@	00:03+	00:14&	00:14#	00:17-	00:00#	00:25#	00:10-	00:05-			
<b>59</b>	<b>Haldis Vagle</b>	<b>92</b>												<b>1:01:06</b>											
00:48+	02:10+	04:50+	05:45+	06:58+	08:41+	10:52+	14:30+	15:58+	19:50+	22:29+	23:54+	38:34+	42:09+	44:47+	45:54+	46:47+	48:43+	51:56+	52:41+	55:51+	58:41+	61:06+			
00:48+	01:22&	02:40+	00:55+	01:13+	01:43+	02:11+	03:38+	01:28+	03:52+	02:39+	01:25+	14:40+	03:35+	02:38+	01:07+	00:53+	01:56+	03:13+	00:45+	03:10+	02:50+	02:25+			
00:11&	00:38&	00:56&	00:17&	00:28&	00:39&	00:51&	01:15&	00:44&	00:00#	00:47&	00:26&	11:27@	01:43&	01:20@	00:26&	00:21&	00:36&	01:01&	00:26@	00:35#	00:35&	00:34&			
<b>60</b>	<b>Grete Stokke Seljeskog</b>	<b>128</b>												<b>1:01:42</b>											
01:29+	02:44+	04:23+	05:24+	06:12+	12:30+	13:51+	17:04+	18:01+	21:34+	24:18+	25:30+	42:18+	45:46+	47:45+	49:02+	49:35+	51:16+	53:47+	54:28+	57:34+	60:07+	61:42+			
01:29+	01:15+	01:39-	01:01+	00:48+	06:18+	01:21+	03:13+	00:57+	03:33-	02:44+	01:12+	16:48+	03:28+	01:59+	01:17+	00:33+	01:41+	02:31+	00:41+	03:06+	02:33+	01:35-			
00:52@	00:31&	00:05-	00:23&	00:03+	05:14@	00:01+	00:50&	00:13&	00:19-	00:52&	00:13#	13:35@	01:36&	00:41&	00:36&	00:01+	00:21&	00:19#	00:22@	00:31#	00:18#	00:16-			
<b>61</b>	<b>Hazel Grayston</b>	<b>263</b>												<b>1:02:09</b>											
00:58+	02:14+	05:09+	06:07+	07:39+	09:35+	11:51+	15:33+	16:48+	22:46+	25:30+	27:09+	33:08+	36:52+	38:56+	40:11+	41:22+	44:01+	47:58+	48:37+	53:08+	57:08+	62:09+			
00:58+	01:16+	02:55+	00:58+	01:32+	01:56+	02:16+	03:42+	01:15+	05:58+	02:44+	01:39+	05:59+	03:44+	02:04+	01:15+	01:11+	02:39+	03:57+	00:39+	04:31+	04:00+	05:01+			
00:21&	00:32&	01:11&	00:20&	00:47@	00:52&	00:56&	01:19&	00:31&	02:06&	00:52&	00:40&	02:46&	01:52&	00:46&	00:34&	00:39@	01:19&	01:45&	00:20@	01:56&	01:45&	03:10@			
<b>62</b>	<b>Gro Mariero Totland</b>	<b>59</b>												<b>1:03:48</b>											
00:41+	01:52+	04:19+	05:07+	06:08+	07:52+	10:13+	13:36+	14:49+	19:36+	22:39+	24:18+	33:45+	42:50+	44:54+	45:59+	46:58+	49:25+	51:58+	52:30+	57:12+	60:47+	63:48+			
00:41+	01:11+	02:27+	00:48+	01:01+	01:44+	02:21+	03:23+	01:13+	04:47+	03:03+	01:39+	09:27+	09:05+	02:04+	01:05+	00:59+	02:07+	02:33+	00:32+	04:42+	03:35+	03:01+			
00:04#	00:27&	00:43&	00:10&	00:16&	00:40&	01:01&	01:00&	00:29&	00:55#	01:11&	00:40&	06:14@	07:13@	00:46&	00:24&	00:27&	01:07&	00:21#	00:13&	02:07&	01:20&	01:10&			
<b>63</b>	<b>Lene Haver Schmidt</b>	<b>88</b>												<b>1:04:06</b>											
00:56+	02:15+	04:43+	05:27+	06:26+	08:02+	09:56+	21:44+	22:45+	26:29+	29:13+	30:42+	40:48+	44:17+	46:05+	47:01+	48:02+	50:40+	53:57+	54:26+	58:25+	61:45+	64:06+			
00:56+	01:19+	02:28+	00:44+	00:59+	01:36+	01:54+	11:48+	01:01+	03:44-	02:44+	01:29+	10:06+	03:29+	01:48+	00:56+	01:01+	02:38+	03:17+	00:29+	03:59+	03:20+	02:21+			
00:19&	00:35&	00:44&	00:06#	00:14&	00:32&	00:34&	09:25@	00:17&	00:08-	00:52&	00:30&	06:53@	01:37&	00:30&	00:15&	00:29&	01:18&	01:05&	00:10&	01:24&	01:05&	00:30&			
<b>64</b>	<b>Maria Haukalid</b>	<b>47</b>												<b>1:04:07</b>											
00:53+	02:11+	05:52+	06:34+	08:00+	10:14+	11:58+	24:43+	25:37+	28:43+	30:43+	32:05+	41:33+	46:48+	48:33+	49:38+	50:29+	52:31+	54:51+	55:21+	59:18+	62:10+	64:07+			
00:53+	01:18+	03:41+	00:42+	01:26+	02:14+	01:44+	12:45+	00:54+	03:06-	02:00+	01:22+	09:28+	05:15+	01:45+	01:05+	00:51+	02:02+	02:20+	00:30+	03:57+	02:52+	01:57+			
00:16&	00:34&	01:57@	00:04#	00:41&	01:10@	00:24&	10:22@	00:10#	00:46-	00:08+	00:23&	06:15@	03:23@	00:27&	00:24&	00:19&	00:42&	00:08+	00:11&	01:22&	00:37&	00:06+			
<b>65</b>	<b>Grete Hellevik</b>	<b>168</b>												<b>1:04:58</b>											
00:39+	01:47+	04:48+	05:27+	06:08+	07:58+	09:17+	17:11+	18:21+	25:19+	27:38+	28:45+	35:07+	52:03+	53:19+	54:07+	54:42+	56:13+	57:58+	58:22+	61:02+	63:15+	64:58+			
00:39+	01:08+	03:01+	00:39+	00:41-	01:50+	01:19-	07:54+	01:10+	06:58+	02:19+	01:07+	06:22+	16:56+	01:16-	00:48+	00:35+	01:31+	01:45-	00:24+	02:40+	02:13-	01:43-			
00:02+	00:24&	01:17&	00:01+	00:04-	00:46&	00:01-	05:31@	00:26&	03:06&	00:27#	00:08#	03:09&	15:04@	00:02-	00:07#	00:03+	00:11#	00:27-	00:05&	00:05+	00:02-	00:08-			
<b>66</b>	<b>Marte Haugstad Eiane</b>	<b>66</b>												<b>1:05:36</b>											
00:47+	02:47+	04:44+	05:40+	06:23+	08:45+	10:36+	17:55+	19:19+	23:37+	27:18+	28:20+	36:51+	40:36+	42:05+	43:52+	44:36+	46:29+	54:37+	55:00+	60:59+	63:54+	65:36+			
00:47+	02:00+	01:57+	00:56+	00:43-	02:22+	01:51+	07:19+	01:24+	04:18+	03:41+	01:02+	08:31+	03:45+	01:29+	01:47+	00:44+	01:53+	08:08+	00:23+	05:59+	02:55+	01:42-			
00:10&	01:16@	00:13#	00:18&	00:02-	01:18@	00:31&	04:56@	00:40&	00:26#	01:49&	00:03+	05:18@	01:53@	00:11#	01:06@	00:12&	00:33&	05:56@	00:04#	03:24@	00:40&	00:09-			
<b>67</b>	<b>Silje Kvammen Iwebakk</b>	<b>66</b>												<b>1:05:36</b>											
00:47+	02:46+	04:57+	05:43+	06:27+	08:50+	10:41+	17:54+	19:19+	23:42+	27:17+	28:24+	36:50+	40:42+	42:10+	43:57+	44:39+	46:29+	54:41+	55:04+	61:02+	63:52+	65:36+			
00:47+	01:59+	02:11+	00:46+	00:44-	02:23+	01:51+	07:13+	01:25+	04:23+	03:35+	01:07+	08:26+	03:52+	01:28+	01:47+	00:42+	01:50+	08:12+	00:23+	05:58+	02:50+	01:44-			
00:10&	01:15@	00:27&	00:08#	00:01-	01:19@	00:31&	04:50@	00:41&	00:31#	01:43&	00:08#	05:13@	02:00@	00:10#	01:06@	00:10&	00:30&	06:00@	00:04#	03:23@	00:35&	00:07-			
<b>68</b>	<b>Solveig Mæland</b>	<b>128</b>												<b>1:06:58</b>											
00:54+	02:10+	05:27+	08:58+	10:05+	12:04+	14:00+	18:32+	22:23+	25:43+	29:17+	30:45+	40:56+	46:18+	50:02+	51:26+	52:35+	55:15+	58:00+	58:26+	61:30+	64:53+	66:58+			
00:54+	01:16+	03:17+	03:31+	01:07+	01:59+	01:56+	04:32+	03:51+	03:20-	03:34+	01:28+	10:11+	05:22+	03:44+	01:24+	01:09+	02:45+	00:26+	03:04+	03:04+	02:05+	02:05+			
00:17&	00:32&	01:33&	02:53@	00:22&	00:55&	00:36&	02:09&	03:07@	00:32-	01:42&	00:29&	06:58@	03:30@	02:26@	00:43@	00:37@	01:20&	00:33#	00:07&	00:29#	01:08&	00:14#			
<b>69</b>	<b>Marit Ytrelund</b>	<b>27</b>												<b>1:08:24</b>											
01:22+	02:23+	05:36+	06:37+	07:57+	11:12+	12:44+	25:22+	26:02+	34:20+	40:39+	41:49+	46:39+	50:38+	52:23+	54:01+	55:27+	57:40+	60:08+	60:57+	63:53+	66:43+	68:24+			
01:22+	01:01+	03:13+	01:01+	01:20+	03:15+	01:32+	12:38+	00:40-	08:18+	06:19+	01:10+	04:50+	03:59+	01:45+	01:38+	01:26+	02:13+	02:28+	00:49+	02:56+	02:50+	01:41-			
00:45@	00:17&	01:29&	00:23&	00:35&	02:11@	00:12#	10:15@	00:04-	04:26@	04:27@	00:11#	01:37&	02:07@	00:27&	00:57@	00:54@	00:53&	00:16#	00:30@	00:21#	00:35&	00:10-			
<b>70</b>	<b>Maria E. Pettersen</b>	<b>7</b>												<b>1:08:34</b>											
01:06+	02:36+	06:11+	07:08+	08:39+	11:43+	13:15+	18:20+	19:00+	28:01+	29:56+	31:12+	39:00+	43:38+	45:11+	46:33+	47:30+	49:25+	57:38+	58:00+	64:00+	66:48+	68:34+			
01:06+	01:30+	03:35+	00:57+	01:31+	03:04+	01:32+	05:05+	00:40-	09:01+	01:55+	01:16+	07:48+	04:38+	01:33+	01:22+	00:57+	01:55+	08:13+	00:22+	06:00+	02:48+	01:46-			
00:29&	00:46@	01:51@	00:19&	00:46@	02:00@	00:12#	02:42@	00:04-	05:09@	00:03+	00:17&	04:35@	02:46@	00:15#	00:41&	00:25&	00:35&	06:01@	00:03#	03:25@	00:33#	00:05-			
<b>71</b>	<b>Anita Edgren</b>	<b>88</b>												<b>1:09:48</b>											
00:39+	01:52+	0																							

Class	Navn	Klasse																		Tid																								
<b>72</b>	<b>Inger Synnøve Sjursen</b>	<b>92</b>																		<b>1:10:56</b>																								
00:45+	01:53+	06:27+	07:11+	08:24+	11:58+	13:57+	18:04+	18:50+	22:42+	24:58+	26:50+	34:11+	38:00+	42:53+	43:58+	46:39+	48:43+	60:55+	61:38+	65:41+	68:46+	70:56+																						
00:45+	01:08+	04:34+	00:44+	01:13+	03:34+	01:59+	04:07+	00:46+	03:52+	02:16+	01:52+	07:21+	03:49+	04:53+	01:05+	02:41+	02:04+	12:12+	00:43+	04:03+	03:05+	02:10+																						
00:08#	00:24&	02:50@	00:06#	00:28&	02:30@	00:39&	01:44&	00:02+	00:00=	00:24#	00:53&	04:08@	01:57@	03:35@	00:24&	02:09@	00:44&	10:00@	00:24@	01:28&	00:50&	00:19#																						
<b>73</b>	<b>Sigrun Serigstad</b>	<b>128</b>																		<b>1:18:21</b>																								
00:25-	01:14-	07:34+	08:38+	10:11+	11:34+	35:04+	35:43+	37:49+	39:20+	40:39+	49:07+	51:04+	56:47+	57:53+	58:23+	60:02+	63:40+	64:04+	73:42+	76:10+	78:21+																							
00:25-	00:49+	06:20+	00:21-	00:43-	01:33+	01:23+	23:30+	00:39-	02:06-	01:31-	01:19+	08:28+	01:57+	05:43+	01:06+	00:30-	01:39+	03:38+	00:24+	09:38+	02:28+	02:11+																						
00:12-	00:05#	04:36@	00:17-	00:02-	00:29&	00:03+	21:07@	00:05-	01:46-	00:21-	00:20&	05:15@	00:05+	04:25@	00:25&	00:02-	00:19#	01:26&	00:05&	07:03@	00:13+	00:20#																						
<b>74</b>	<b>Caroline Puig</b>	<b>136</b>																		<b>1:18:48</b>																								
01:14+	02:37+	05:25+	06:11+	07:25+	10:47+	13:00+	26:33+	27:43+	32:09+	43:20+	44:35+	52:32+	55:36+	57:24+	58:32+	60:50+	62:43+	67:51+	68:28+	72:27+	76:07+	78:48+																						
01:14+	01:23+	02:48+	00:46+	01:14+	03:22+	02:13+	13:33+	01:10+	04:26+	11:11+	01:15+	07:57+	03:04+	01:48+	01:08+	02:18+	01:53+	05:08+	00:37+	03:59+	03:40+	02:41+																						
00:37&	00:39&	01:04&	00:08#	00:29&	02:18@	00:53&	11:10@	00:26&	00:34#	09:19@	00:16&	04:44@	01:12&	00:30&	00:27&	01:46@	00:33&	02:56@	00:18&	01:24&	01:25&	00:50&																						
<b>75</b>	<b>Else Marie Furland</b>	<b>93</b>																		<b>1:24:37</b>																								
00:57+	02:53+	09:30+	10:19+	11:33+	13:17+	16:53+	23:29+	25:02+	35:53+	38:25+	39:56+	47:14+	51:04+	55:56+	57:02+	59:59+	62:09+	74:01+	74:41+	78:50+	82:01+	84:37+																						
00:57+	01:56+	06:37+	00:49+	01:14+	01:44+	03:36+	06:36+	01:33+	10:51+	02:32+	01:31+	07:18+	03:50+	04:52+	01:06+	02:57+	02:10+	11:52+	00:40+	04:09+	03:11+	02:36+																						
00:20&	01:12@	04:53@	00:11&	00:29&	00:40&	02:16@	04:13@	00:49@	06:59@	00:40&	00:32&	04:05@	01:58@	03:34@	00:25&	02:25@	00:50&	09:40@	00:21@	01:34&	00:56&	00:45&																						
<b>76</b>	<b>Åse Franciska Møster</b>	<b>128</b>																		<b>1:28:33</b>																								
00:32-	02:20+	05:38+	06:30+	08:02+	12:24+	15:10+	23:58+	24:35+	29:13+	33:56+	44:37+	46:09+	57:44+	61:45+	63:20+	70:20+	71:12+	74:40+	78:01+	78:52+	83:56+	86:47+																						
00:32-	01:48+	03:18+	00:52+	01:32+	04:22+	02:46+	08:48+	00:37-	04:38+	04:43+	10:41+	01:32-	11:35+	04:01+	01:35+	07:00+	00:52-	03:28+	03:21+	00:51-	05:04+	02:51+																						
00:05-	01:04@	01:34&	00:14&	00:47@	03:18@	01:26@	06:25@	00:07-	00:46#	02:51@	09:42@	01:41-	09:43@	02:43@	00:54@	06:28@	00:28-	01:16&	03:02@	01:44-	02:49@	01:00&																						
<b>77</b>	<b>Sarah Louise Zeiler-Sørensen</b>	<b>92</b>																		<b>1:32:36</b>																								
00:35-	02:13+	04:54+	05:18+	08:07+	12:52+	13:52+	15:41+	24:43+	29:36+	33:52+	34:33+	64:58+	75:20+	76:21+	78:17+	78:48+	80:56+	85:05+	85:41+	88:47+	91:01+	92:36+																						
00:35-	01:38+	02:41+	00:24-	02:49+	04:45+	01:00-	01:49-	09:53+	04:53+	04:16+	00:41-	30:25+	10:22+	01:01-	01:56+	00:31-	02:08+	04:09+	00:36+	03:06+	02:14-	01:35-																						
00:02-	00:54@	00:57&	00:14-	02:04@	03:41@	00:20-	00:34-	08:18@	01:01&	02:24@	00:18-	27:12@	08:30@	00:17-	01:15@	00:01-	00:48&	01:57&	00:17&	00:31#	00:01-	00:16-																						
<b>78</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>																		<b>1:41:28</b>																								
01:01+	02:09+	05:05+	05:47+	06:52+	08:15+	09:59+	12:48+	13:37+	17:22+	47:51+	48:46+	58:35+	66:53+	68:33+	75:06+	76:21+	87:50+	93:31+	96:42+	99:34+	101:28+																							
01:01+	01:08+	02:56+	00:42+	01:05+	01:23+	01:44+	02:49+	00:49+	03:45-	30:29+	00:55-	09:49+	08:18+	01:40+	06:33+	01:15+	11:29+	05:07+	00:34+	03:11+	02:52+	01:54+																						
00:24&	00:24&	01:12&	00:04#	00:20&	00:19&	00:24&	00:26#	00:05#	00:07-	28:37@	00:04-	06:36@	06:26@	00:22&	05:52@	00:43@	10:09@	02:55@	00:15&	00:36#	00:37&	00:03+																						
<b>Beste strekktid for klassen</b>																						00:25	00:41	01:14	00:21	00:33	00:58	01:00	01:36	00:36	00:40	01:07	00:41	01:32	01:07	01:00	00:38	00:19	00:52	00:33	00:15	00:51	00:23	01:19

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

## Herrer 16 - 39 år

<b>1</b>	<b>Mathias Nødland</b>	<b>194</b>																		<b>29:10</b>																	
00:59=	01:24=	01:44=	02:46=	03:18=	04:34=	05:23=	08:40=	09:15=	11:11=	12:23=	14:18=	15:26=	17:04=	17:44=	19:10=	20:02=	21:54=	22:57=	24:21=	24:38=	25:53=	26:32=															
00:59=	00:25=	00:20=	01:02=	00:32=	01:16=	00:49=	03:17=	00:35=	01:56=	01:12=	01:55=	01:08=	01:38=	00:40=	01:26=	00:52=	01:52=	01:03=	01:24=	00:17=	01:15=	00:39=															
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															
<b>2</b>	<b>Morten Fenne</b>	<b>228</b>																		<b>30:35</b>																	
01:03+	01:25+	01:44=	02:50+	03:28+	04:49+	05:38+	08:44+	09:19+	10:59-	12:37+	14:14-	16:17+	18:01+	18:58+	20:18+	21:22+	23:12+	24:25+	25:45+	26:03+	27:21+	27:54+															
01:03+	00:22-	00:19-	01:06+	00:38+	01:21+	00:49=	03:06-	00:35=	01:40-	01:38+	01:37-	02:03+	01:44+	00:57+	01:20-	01:04+	01:50-	01:13+	01:20-	00:18+	01:18+	00:33-															
00:04+	00:03-	00:01-	00:04+	00:06#	00:05+	00:00=	00:11-	00:00=	00:16-	00:26&	00:18-	00:55&	00:06+	00:17&	00:06-	00:12#	00:02-	00:10#	00:04-	00:01+	00:03+	00:06-															
<b>3</b>	<b>Sam McCloy</b>	<b>7</b>																		<b>31:27</b>																	
00:54-	01:25+	01:47+	02:45-	03:15-	04:30-	05:21-	09:00+	09:38+	11:53+	13:24+	14:59+	16:13+	17:55+	18:56+	20:28+	21:27+	23:37+	24:46+	26:11+	26:29+	28:03+	28:31+															
00:54-	00:31+	00:22+	00:58-	00:30-	01:15-	00:51+	03:39+	00:38+	02:15+	01:31+	01:35-	01:14+	01:42+	01:01+	01:32+	00:59+	02:10+	01:09+	01:25+	00:18+	01:34+	00:28-															
00:05-	00:06#	00:02#	00:04-	00:02-	00:01-	00:02+	00:19#	00:03+	00:19#	00:19&	00:20-	00:06+	00:04+	00:21&	00:06+	00:07#	00:18#	00:06+	00:01+	00:01+	00:19&	00:11-															
<b>4</b>	<b>Marius Stene</b>	<b>27</b>																		<b>32:41</b>																	
01:03+	01:27+	01:46+	02:43-	03:14-	04:31-	05:22-	08:48+	09:23+	10:57+	12:17-	13:55-	15:05-	16:42-	17:22-	18:44-	19:53-	22:20+	23:19+	27:34+	27:51+	29:03+	29:32+															
01:03+	00:24-	00:19-	00:57-	00:31-	01:17+	00:51+	03:26+	00:35=	01:34-	01:20+	01:38-	01:10+	01:37-	00:40=	01:22-	01:09+	02:27+	00:59-	04:15+	00:17=	01:12-	00:29-															
00:04+	00:01-	00:01-	00:05-	00:01-	00:01+	00:02+	00:09+	00:00=	00:22-	00:08#	00:17-	00:02+	00:01-	00:00=	00:04-	00:17&	00:35&	00:04-	02:51@	00:00=	00:03-	00:10-															
<b>5</b>	<b>Dag Eivind Watsend</b>	<b>92</b>																		<b>33:04</b>																	
00:57-	01:29+	01:48+	02:43-	03:13-	04:22-	05:21-	08:50+	09:32+	11:22+	12:46+	15:08+	16:25+	18:29+	19:11+	21:08+	22:02+	25:17+	26:24+	27:51+	28:10+	29:34+	30:08+															
00:57-	00:32+	00:19-	00:55-	00:30-	01:09-	00:59+	03:29+	00:42+	01:50-	01:24+	02:22+	01:17+	02:04+	00:42+	01:57+	00:54+	03:15+	01:07+	01:27+	00:19+	01:24+	00:34-															
00:02-	00:07&	00:01-	00:07-	00:02-	00:07-	00:10#	00:12+	00:07#	00:06-	00:12#	00:27#	00:09#	00:26&	00:02+	00:31&	00:02+	01:23&	00:04+	00:03+	00:02#	00:09#	00:05-															
<b>6</b>	<b>Cato Eike</b>	<b>79</b>																		<b>33:12</b>																	
00:47-	01:31+	01:58+	03:13+	03:50+	05:08+	05:58+	09:29+	10:09+	11:47+	13:14+	15:03+	16:31+	18:34+	19:19+	21:50+	22:59+	25:05+	26:40+	28:02+	28:22+	29:39+	30:16+															
00:47-	00:44+	00:27+	01:15+	00:37+	01:18+	00:50+	03:31+	00:40+	01:38-	01:27+	01:49-	01:28+	02:03+	00:45+	02:31+	01:09+	02:06+	01:35+	01:22-	00:20+	01:17+	00:37-															
00:12-	00:19&	00:07&	00:13#	00:05#	00:02+	00:01+	00:14+	00:05#	00:18-	00:15#	00:06-	00:20&	00:25&	00:05#	01:05&	00:17&	00:14#	00:32&	00:02-	00:03#	00:02+	00:02-															

Class	Navn	Klasse												Tid											
<b>7</b>	<b>Andreas Terjesen</b>	<b>53</b>												<b>33:22</b>											
01:03+	02:58+	03:27+	04:20+	04:50+	05:59+	06:48+	10:28+	11:06+	12:47+	15:20+	16:56+	18:47+	20:41+	21:41+	23:06+	23:57+	25:53+	26:59+	28:26+	28:45+	30:04+	30:36+	31:29+	32:18+	33:22+
01:03+	01:55+	00:29+	00:53-	00:30-	01:09-	00:49#	03:40+	00:38+	01:41-	02:33+	01:36-	01:51+	01:54+	01:00+	01:25-	00:51-	01:56+	01:06+	01:27+	00:19+	01:19+	00:32-	00:53+	00:49+	01:04=
00:04+	01:30#	00:09#	00:09-	00:02-	00:07-	00:00#	00:23#	00:03+	00:15-	01:21#	00:19-	00:43#	00:16#	00:20#	00:01-	00:01-	00:04+	00:03+	00:03+	00:02#	00:04+	00:07-	00:01+	00:07#	00:00#
<b>8</b>	<b>Bjørnar A. Alvør Sandmark</b>	<b>68</b>												<b>33:27</b>											
00:48-	01:22-	01:47+	03:00+	03:45+	05:05+	05:58+	09:07+	09:48+	11:28+	12:56+	16:37+	18:04+	20:16+	21:02+	22:56+	23:49+	25:56+	27:02+	28:21+	28:39+	30:00+	30:33+	31:31+	32:26+	33:27+
00:48-	00:34+	00:25+	01:13+	00:45+	01:20+	00:53+	03:09-	00:41+	01:40-	01:28+	03:41+	01:27+	02:12+	00:46+	01:54+	00:53+	02:07+	01:06+	01:19-	00:18+	01:21+	00:33-	00:58+	00:55+	01:01-
00:11-	00:09#	00:05#	00:11#	00:13#	00:04+	00:04+	00:08-	00:06#	00:16-	00:16#	01:46#	00:19#	00:34#	00:06#	00:28#	00:01+	00:15#	00:03+	00:05-	00:01+	00:06+	00:06-	00:06#	00:13#	00:03-
<b>9</b>	<b>Joar Fuglestad</b>	<b>116</b>												<b>33:33</b>											
00:47-	01:11-	01:44=	02:44-	03:21+	05:05+	06:10+	09:48+	10:28+	12:16+	13:46+	15:45+	17:19+	19:38+	20:30+	22:09+	23:03+	25:17+	26:27+	28:03+	28:19+	29:51+	30:27+	31:32+	32:23+	33:33+
00:47-	00:24-	00:33+	01:00-	00:37+	01:44+	01:05+	03:38+	00:40+	01:48-	01:30+	01:59+	01:34+	02:19+	00:52+	01:39+	00:54+	02:14+	01:10+	01:36+	00:16-	01:32+	00:36-	01:05+	00:51+	01:10+
00:12-	00:01-	00:13#	00:02-	00:05#	00:28#	00:16#	00:21#	00:05#	00:08-	00:18#	00:04+	00:26#	00:41#	00:12#	00:13#	00:02+	00:22#	00:07#	00:12#	00:01-	00:17#	00:03-	00:13#	00:09#	00:06+
<b>10</b>	<b>Svein Kyllingstad</b>	<b>71</b>												<b>33:55</b>											
00:51-	01:12-	01:32-	02:32-	03:04-	04:26-	05:23#	09:05+	09:50+	11:39+	13:15+	15:08+	16:22+	18:57+	19:36+	21:51+	23:01+	25:08+	26:32+	28:01+	28:28+	30:00+	30:34+	31:29+	32:38+	33:55+
00:51-	00:21-	00:20=	01:00-	00:32=	01:22+	00:57+	03:42+	00:45+	01:49-	01:36+	01:53-	01:14+	02:35+	00:39-	02:15+	01:10+	02:07+	01:24+	01:29+	00:27+	01:32+	00:34-	00:55+	01:09+	01:17+
00:08-	00:04-	00:00=	00:02-	00:00=	00:06+	00:08#	00:25#	00:10#	00:07-	00:24#	00:02-	00:06+	00:57#	00:01-	00:49#	00:18#	00:15#	00:21#	00:05+	00:10#	00:17#	00:05-	00:03+	00:27#	00:13#
<b>11</b>	<b>Trond Evensen</b>	<b>116</b>												<b>34:15</b>											
00:51-	01:23-	01:45+	03:05+	03:44+	05:01+	05:56+	09:42+	10:22+	12:04+	13:33+	15:45+	17:28+	20:04+	20:41+	22:06+	22:59+	25:14+	26:34+	28:04+	28:22+	30:28+	31:01+	32:17+	33:15+	34:15+
00:51-	00:32+	00:22+	01:20+	00:39+	01:17+	00:55+	03:46+	00:40+	01:42-	01:29+	02:12+	01:43+	02:36+	00:37-	01:25-	00:53+	02:15+	01:20+	01:30+	00:18+	02:06+	00:33-	01:16+	00:58+	01:00-
00:08-	00:07#	00:02#	00:18#	00:07#	00:01+	00:06#	00:29#	00:05#	00:14-	00:17#	00:17#	00:35#	00:58#	00:37-	01:25-	00:53+	02:15+	01:20+	01:30+	00:18+	02:06+	00:33-	01:16+	00:58+	01:00-
<b>12</b>	<b>David Wade</b>	<b>116</b>												<b>35:46</b>											
01:25+	01:50+	02:20+	03:43+	04:17+	06:15+	07:06+	11:12+	11:57+	14:18+	16:03+	18:05+	19:40+	22:02+	22:52+	24:28+	25:41+	27:56+	29:11+	30:43+	31:00+	32:22+	32:56+	34:02+	34:51+	35:46+
01:25+	00:25#	00:30+	01:23+	00:34+	01:58+	00:51+	04:06+	00:45+	02:21+	01:45+	02:02+	01:35+	02:22+	00:50+	01:36+	01:13+	02:15+	01:15+	01:32+	00:17#	01:22+	00:34-	01:06+	00:49+	00:55-
00:26#	00:00#	00:10#	00:21#	00:02+	00:42#	00:02+	00:49#	00:10#	00:25#	00:33#	00:07+	00:27#	00:44#	00:10#	00:10#	00:21#	00:23#	00:12#	00:08+	00:00=	00:07+	00:05-	00:14#	00:07#	00:09-
<b>13</b>	<b>Torbjørn Ims Østby</b>	<b>66</b>												<b>36:04</b>											
00:47-	01:08-	01:28-	02:36-	03:07-	04:21-	05:07-	08:48+	09:33+	11:29+	12:48+	14:56+	16:30+	18:50+	19:26+	24:53+	25:58+	28:26+	29:36+	30:50+	31:12+	32:39+	33:14+	34:08+	35:01+	36:04+
00:47-	00:21-	00:20=	01:08+	00:31-	01:14-	00:46-	03:41+	00:45+	01:56=	01:19+	02:08+	01:34+	02:20+	00:36-	05:27+	01:05+	02:28+	01:10+	01:14-	00:22+	01:27+	00:35-	00:54+	00:53+	01:03-
00:12-	00:04-	00:00=	00:06+	00:01-	00:02-	00:03-	00:24#	00:10#	00:00=	00:07+	00:13#	00:26#	00:42#	00:04-	04:01#	00:13#	00:36#	00:07#	00:10-	00:05#	00:12#	00:04-	00:02+	00:11#	00:01-
<b>14</b>	<b>Rune Hatle</b>	<b>65</b>												<b>36:10</b>											
01:05+	01:33+	01:53+	03:04+	03:36+	04:57+	05:54+	09:54+	10:47+	12:51+	14:41+	16:55+	18:21+	21:06+	21:44+	23:25+	24:27+	27:17+	28:28+	30:08+	30:41+	32:24+	33:05+	34:05+	34:58+	36:10+
01:05+	00:28+	00:20=	01:11+	00:32=	01:21+	00:57+	04:00+	00:53+	02:04+	01:50+	02:14+	01:26+	02:45+	00:38-	01:41+	01:02+	02:50+	01:11+	01:40+	00:33+	01:43+	00:41+	01:00+	00:53+	01:12+
00:06#	00:03#	00:00=	00:09#	00:00=	00:05+	00:08#	00:43#	00:18#	00:08+	00:38#	00:19#	00:18#	01:07#	00:02-	00:15#	00:10#	00:58#	00:08#	00:16#	00:16#	00:28#	00:02+	00:08#	00:11#	00:08#
<b>15</b>	<b>Svein Magnus Halsne</b>	<b>71</b>												<b>36:16</b>											
01:01+	01:37+	02:13+	03:17+	04:02+	05:22+	06:10+	09:30+	10:12+	12:08+	13:36+	15:25+	16:52+	21:42+	22:24+	23:55+	24:55+	27:14+	28:28+	30:20+	30:37+	32:56+	33:30+	34:22+	35:12+	36:16+
01:01+	00:36+	00:36+	01:04+	00:45+	01:20+	00:48-	03:20+	00:42+	01:56=	01:28+	01:49-	01:27+	04:50+	00:42+	01:31+	01:00+	02:19+	01:14+	01:52+	00:17=	02:19+	00:34-	00:52=	00:50+	01:04=
00:02+	00:11#	00:16#	00:02+	00:13#	00:04+	00:01-	00:03+	00:07#	00:00=	00:16#	00:06-	00:19#	03:12#	00:02+	00:05+	00:08#	00:27#	00:11#	00:28#	00:00=	01:04#	00:05-	00:00=	00:08#	00:00=
<b>16</b>	<b>Jonas Bolstad Scheie</b>	<b>62</b>												<b>36:26</b>											
00:53-	01:34+	01:54+	02:50+	03:32+	04:55+	05:41+	08:59+	09:33+	11:13+	13:00+	15:30+	17:09+	21:07+	22:01+	23:56+	24:46+	26:44+	27:44+	30:53+	31:06+	33:32+	33:57+	34:45+	35:32+	36:26+
00:53-	00:41+	00:20=	00:56-	00:42+	01:23+	00:46-	03:18+	00:34-	01:40-	01:47+	02:30+	01:39+	03:58+	00:54+	01:55+	00:50-	01:58+	01:00-	03:09+	00:13-	02:26+	00:25-	00:48-	00:47+	00:54-
00:06-	00:16#	00:00=	00:06-	00:10#	00:07+	00:03-	00:01+	00:01-	00:16-	00:35#	00:35#	00:31#	02:20#	00:14#	00:29#	00:02-	00:06+	00:03-	01:45#	00:04-	01:11#	00:14-	00:04-	00:05#	00:10-
<b>17</b>	<b>Martin Skogland</b>	<b>98</b>												<b>37:13</b>											
00:58-	01:37+	01:58+	03:21+	03:55+	05:27+	06:23+	10:30+	11:09+	13:16+	15:06+	17:25+	19:11+	22:01+	22:46+	24:28+	25:40+	28:35+	29:46+	31:19+	31:34+	33:01+	33:36+	34:49+	35:58+	37:13+
00:58-	00:39+	00:21+	01:23+	00:34+	01:32+	00:56+	04:07+	00:39+	02:07+	01:50+	02:19+	01:46+	02:50+	00:45+	01:42+	01:12+	02:55+	01:11+	01:33+	00:15-	01:27+	00:35-	01:13+	01:09+	01:15+
00:01-	00:14#	00:01+	00:21#	00:02+	00:16#	00:07#	00:50#	00:04#	00:11+	00:38#	00:24#	00:38#	01:12#	00:05#	00:16#	00:20#	01:03#	00:08#	00:09#	00:02-	00:12#	00:04-	00:21#	00:27#	00:11#
<b>18</b>	<b>Vegard Braut Kyllingstad</b>	<b>66</b>												<b>37:13</b>											
00:58-	01:27+	01:48+	02:51+	03:21+	04:27+	05:25+	10:02+	10:47+	12:30+	14:03+	16:11+	19:30+	22:42+	23:31+	25:43+	26:55+	28:53+	30:34+	31:59+	32:23+	33:46+	34:21+	35:21+	36:17+	37:13+
00:58-	00:29+	00:21+	01:03+	00:30-	01:06-	00:58+	04:37+	00:45+	01:43-	01:33+	02:08+	03:19+	03:12+	00:49+	02:12+	01:12+	01:58+	01:41+	01:25+	00:24+	01:23+	00:35-	01:00+	00:56+	00:56-
00:01-	00:04#	00:01+	00:01+	00:02-	00:10-	00:09#	01:20#	00:10#	00:13-	00:21#	00:13#	02:11#	01:34#	00:09#	00:46#	00:20#	00:06+	00:38#	00:01+	00:07#	00:08#	00:04-	00:08#	00:14#	00:08-
<b>19</b>	<b>Bjørnar Owren</b>	<b>74</b>												<b>37:51</b>											
01:10+	01:36+	01:55+	02:54+	03:27+	04:47+	05:45+	09:56+	10:36+	12:17+	14:12+	16:26+	17:55+	20:05+	20:48+	23:02+	24:04+	26:05+	31:07+	32:34+	32:56+	34:11+	34:47+	35:41+	36:37+	37:51+
01:10+	00:26+	00:19-	00:59-	00:33+	01:20+	00:58+	04:11+	00:40+	01:41-	01:55+	02:14+	01:29+	02:10+	00:43+	02:14+	01:02+	02:01+	05:02+	01:27+	00:22+	01:15=	00:36-	00:54+	00:56+	01:14+
00:11#	00:01+	00:01-	00:03-	00																					

Class	Navn	Klasse																Tid							
<b>22</b>	<b>Anders Lindaas Bringedal</b>	<b>116</b>																<b>39:41</b>							
00:57-	01:25+	01:48+	03:25+	04:21+	05:54+	06:57+	11:36+	12:17+	14:32+	16:15+	19:27+	21:03+	23:58+	24:47+	26:23+	27:49+	30:23+	31:39+	33:22+	33:43+	35:20+	35:57+	37:26+	38:23+	39:41+
00:57-	00:28+	00:23+	01:37+	00:56+	01:33+	01:03+	04:39+	00:41+	02:15+	01:43+	03:12+	01:36+	02:55+	00:49+	01:36+	01:26+	02:34+	01:16+	01:43+	00:21+	01:37+	00:37-	01:29+	00:57+	01:18+
00:02-	00:03#	00:03#	00:35&	00:24&	00:17#	00:14&	01:22&	00:06#	00:19#	00:31&	01:17&	00:28&	01:17&	00:09#	00:10#	00:34&	00:42&	00:13#	00:19#	00:04#	00:22&	00:02-	00:37&	00:15&	00:14#
<b>23</b>	<b>Sondre Aspøy</b>	<b>117</b>																<b>40:46</b>							
00:52-	01:24=	01:51+	03:27+	04:04+	05:32+	06:29+	10:55+	11:35+	13:23+	15:27+	18:59+	20:18+	23:17+	24:05+	26:39+	28:23+	30:39+	32:11+	34:41+	34:59+	36:35+	37:17+	38:35+	39:35+	40:46+
00:52-	00:32+	00:27+	01:36+	00:37+	01:28+	00:57+	04:26+	00:40+	01:48-	02:04+	03:32+	01:19+	02:59+	00:48+	02:34+	01:44+	02:16+	01:32+	02:30+	00:18+	01:36+	00:42+	01:18+	01:00+	01:11+
00:07-	00:07&	00:07&	00:34&	00:05#	00:12#	00:08#	01:09&	00:05#	00:08-	00:52&	01:37&	00:11#	01:21&	00:08#	01:08&	00:52&	00:24#	00:29&	01:06&	00:01+	00:21&	00:03+	00:26&	00:18&	00:07#
<b>24</b>	<b>Håvard Thomassen Lauritsen</b>	<b>116</b>																<b>41:50</b>							
00:56-	01:27+	01:55+	03:11+	03:48+	05:50+	06:45+	10:27+	11:10+	13:17+	16:04+	19:47+	21:49+	24:21+	25:48+	28:15+	29:26+	32:22+	33:59+	35:37+	35:58+	37:35+	38:17+	39:30+	40:24+	41:50+
00:56-	00:31+	00:28+	01:16+	00:37+	02:02+	00:55+	03:42+	00:43+	02:07+	02:47+	03:43+	02:02+	02:32+	01:27+	02:27+	01:11+	02:56+	01:37+	01:38+	00:21+	01:37+	00:42+	01:13+	00:54+	01:26+
00:03-	00:06#	00:08&	00:14#	00:05#	00:46&	00:06#	00:25#	00:08#	00:11+	01:35@	01:48&	00:54&	00:54&	00:47@	01:01&	00:19&	01:04&	00:34&	00:14#	00:04#	00:22&	00:03+	00:21&	00:12&	00:22&
<b>25</b>	<b>Frode Ungar</b>	<b>116</b>																<b>42:59</b>							
00:54-	01:30+	01:54+	03:19+	03:52+	05:25+	06:26+	11:52+	12:32+	14:50+	16:55+	19:32+	21:17+	23:54+	24:45+	29:01+	31:00+	33:41+	34:56+	36:28+	36:51+	39:13+	39:42+	40:53+	41:43+	42:59+
00:54-	00:36+	00:24+	01:25+	00:33+	01:33+	01:01+	05:26+	00:40+	02:18+	02:05+	02:37+	01:45+	02:37+	00:51+	04:16+	01:59+	02:41+	01:15+	01:32+	00:23+	02:22+	00:29-	01:11+	00:50+	01:16+
00:05-	00:11&	00:04#	00:23&	00:01+	00:17#	00:12#	02:09&	00:05#	00:22#	00:53&	00:42&	00:37&	00:59&	00:11&	02:50@	01:07@	00:49&	00:12#	00:08+	00:06&	01:07&	00:10-	00:19&	00:08#	00:12#
<b>26</b>	<b>Trygve Carlsen Kjørsevik</b>	<b>27</b>																<b>43:08</b>							
01:59+	02:48+	03:11+	04:19+	04:54+	06:22+	07:18+	11:21+	12:02+	16:35+	18:31+	22:35+	24:33+	27:23+	28:13+	30:38+	31:54+	33:54+	35:16+	36:52+	37:09+	39:04+	39:39+	40:49+	41:58+	43:08+
01:59+	00:49+	00:23+	01:08+	00:35+	01:28+	00:56+	04:03+	00:41+	04:33+	01:56+	04:04+	01:58+	02:50+	00:50+	02:25+	01:16+	02:00+	01:22+	01:36+	00:17=	01:55+	00:35-	01:10+	01:09+	01:10+
01:00@	00:24&	00:03#	00:06+	00:03+	00:12#	00:07#	00:46#	00:06#	02:37@	00:44&	02:09@	00:50&	01:12&	00:10#	00:59&	00:24&	00:08+	00:19&	00:12#	00:00=	00:40&	00:04-	00:18&	00:27&	00:06+
<b>27</b>	<b>Rune Aasvestad</b>	<b>136</b>																<b>44:05</b>							
01:17+	02:51+	03:17+	05:13+	05:51+	08:19+	09:17+	14:36+	15:19+	17:26+	19:16+	21:26+	24:16+	27:53+	28:59+	30:58+	33:12+	35:24+	36:35+	38:09+	38:31+	40:00+	40:39+	42:01+	42:55+	44:05+
01:17+	01:34+	00:26+	01:56+	00:38+	02:28+	00:58+	05:19+	00:43+	02:07+	01:50+	02:10+	02:50+	03:37+	01:06+	01:59+	02:14+	02:12+	01:11+	01:34+	00:22+	01:39+	00:39=	01:22+	00:54+	01:10+
00:18&	01:09@	00:06&	00:54&	00:06#	01:12&	00:09#	02:02&	00:08#	00:11+	00:38&	00:15#	01:42@	01:59@	00:26&	00:33&	01:22@	00:20#	00:08#	00:10#	00:05&	00:14#	00:00=	00:30&	00:12&	00:06+
<b>28</b>	<b>Christian Ask</b>	<b>180</b>																<b>46:14</b>							
00:54-	01:24=	01:45+	02:50+	03:24+	05:03+	05:56+	09:19+	10:04+	12:01+	13:34+	19:45+	22:17+	30:24+	31:13+	32:59+	34:12+	36:56+	38:23+	40:13+	40:35+	42:14+	42:54+	43:57+	44:49+	46:14+
00:54-	00:30+	00:21+	01:05+	00:34+	01:39+	00:53+	03:23+	00:45+	01:57+	01:33+	06:11+	02:32+	08:07+	00:49+	01:46+	01:13+	02:44+	01:27+	01:50+	00:22+	01:39+	00:40+	01:03+	00:52+	01:25+
00:05-	00:05#	00:01+	00:03+	00:02+	00:23&	00:04+	00:06+	00:10&	00:01+	00:21&	04:16@	01:24@	06:29@	00:09#	00:20#	00:21&	00:52&	00:24&	00:26&	00:05&	00:24&	00:01+	00:11#	00:10#	00:21&
<b>29</b>	<b>Kjetil Tveit</b>	<b>165</b>																<b>46:23</b>							
01:24+	02:29+	03:10+	04:02+	04:48+	06:30+	07:28+	11:21+	12:02+	13:58+	15:29+	18:08+	20:10+	26:27+	27:11+	30:46+	34:32+	36:54+	38:22+	39:57+	40:19+	41:52+	42:30+	44:20+	45:16+	46:23+
01:24+	01:05+	00:41+	00:52-	00:46+	01:42+	00:58+	03:53+	00:41+	01:56=	01:31+	02:39+	02:02+	06:17+	00:44+	03:35+	03:46+	02:22+	01:28+	01:35+	00:22+	01:33+	00:38-	01:50+	00:56+	01:07+
00:25&	00:40@	00:21@	00:10-	00:14&	00:26&	00:09#	00:36#	00:06#	00:00=	00:19&	00:44&	00:54&	04:39@	00:04#	02:09@	02:54@	00:30&	00:25&	00:11#	00:05&	00:18#	00:01-	00:58@	00:14&	00:03+
<b>30</b>	<b>Håkon Eggebø</b>	<b>71</b>																<b>47:38</b>							
00:59=	01:40+	01:59+	02:56+	03:41+	04:59+	05:54+	14:27+	15:05+	17:09+	23:02+	25:10+	26:30+	32:22+	33:08+	35:23+	36:39+	38:48+	40:00+	41:42+	42:02+	43:32+	44:04+	45:26+	46:24+	47:38+
00:59=	00:41+	00:19-	00:57-	00:45+	01:18+	00:55+	08:33+	00:38+	02:04+	05:53+	02:08+	01:20+	05:52+	00:46+	02:15+	01:16+	02:09+	01:12+	01:42+	00:20+	01:30+	00:32-	01:22+	00:58+	01:14+
00:00=	00:16&	00:01-	00:05-	00:13&	00:02+	00:06#	05:16@	00:03+	00:08+	04:41@	00:13#	00:12#	04:14@	00:06#	00:49&	00:24&	00:17#	00:09#	00:18#	00:03#	00:15#	00:07-	00:30&	00:16&	00:10#
<b>31</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>																<b>47:49</b>							
01:40+	02:36+	03:15+	05:07+	05:52+	07:45+	08:46+	12:27+	13:13+	15:27+	17:38+	20:13+	22:04+	24:58+	25:52+	32:00+	33:54+	37:26+	38:46+	40:28+	41:15+	42:51+	43:56+	45:03+	46:05+	47:49+
01:40+	00:56+	00:39+	01:52+	00:45+	01:53+	01:01+	03:41+	00:46+	02:14+	02:11+	02:35+	01:51+	02:54+	00:54+	06:08+	01:54+	03:32+	01:20+	01:42+	00:47+	01:36+	01:05+	01:07+	01:02+	01:44+
00:41&	00:31@	00:19&	00:50&	00:13&	00:37&	00:12#	00:24#	00:11&	00:18#	00:59&	00:40&	00:43&	01:16&	00:14&	04:42@	01:02@	01:40&	00:17&	00:18#	00:30@	00:21&	00:26&	00:15&	00:20&	00:40&
<b>32</b>	<b>Robin Chalmers</b>	<b>165</b>																<b>48:45</b>							
01:45+	02:48+	03:17+	04:41+	05:35+	07:16+	08:25+	12:28+	13:17+	15:22+	17:37+	20:02+	25:41+	29:15+	30:14+	32:14+	35:42+	38:13+	39:23+	40:59+	41:24+	44:17+	44:55+	46:22+	47:18+	48:45+
01:45+	01:03+	00:29+	01:24+	00:54+	01:41+	01:09+	04:03+	00:49+	02:05+	02:15+	02:25+	05:39+	03:34+	00:59+	02:00+	03:28+	02:31+	01:10+	01:36+	00:25+	02:53+	00:38-	01:27+	00:56+	01:27+
00:46&	00:38@	00:09&	00:22&	00:22&	00:25&	00:20&	00:46#	00:14&	00:09+	01:03&	00:30&	04:31@	01:56@	00:19&	00:34&	02:36@	00:39&	00:07#	00:12#	00:08&	01:38@	00:01-	00:35&	00:14&	00:23&
<b>33</b>	<b>Øivind Fandrem Høivik</b>	<b>66</b>																<b>50:03</b>							
05:33+	05:57+	06:18+	07:28+	07:58+	09:18+	10:11+	15:08+	15:49+	24:13+	26:09+	30:13+	33:20+	36:40+	37:21+	39:14+	40:24+	42:30+	43:36+	45:02+	45:20+	46:34+	47:03+	48:09+	49:03+	50:03+
05:33+	00:24-	00:21+	01:10+	00:30-	01:20+	00:53+	04:57+	00:41+	08:24+	01:56+	04:04+	03:07+	03:20+	00:41+	01:53+	01:10+	02:06+	01:06+	01:26+	00:18+	01:14-	00:29-	01:06+	00:54+	01:00-
04:34@	00:01-	00:01+	00:08#	00:02-	00:04+	00:04+	01:40&	00:06#	06:28@	00:44&	02:09@	01:59@	01:42@	00:01+	00:27&	00:18&	00:14#	00:03+	00:02+	00:01+	00:01-	00:10-	00:14&	00:12&	00:04-
<b>34</b>	<b>Bruce Chalmers</b>	<b>165</b>																<b>51:10</b>							
01:34+	04:24+	04:52+	06:16+	06:57+	08:40+	09:47+	13:41+	14:31+	16:36+	20:19+	22:49+	24:47+	27:50+	28:43+	30:43+	32:25+	40:37+	42:04+	44:14+	44:35+	46:43+	47:27+	48:39+	49:44+	51:10+
01:34+	02:50+	00:28+	01:24+	00:41+	01:43+	01:07+	03:54+	00:50+	02:05+	03:43+	02:30+	01:58+	03:03+	00:53+	02:00+	01:42+	08:12+	01:27+	02:10+	00:21+	02:08+	00:44+	01:12+	01:05+	01:26+
00:35&	02:25@	00:08&amp																							

Class	Navn	Klasse																				Tid
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**Beste strekktid for klassen**

00:47 00:21 00:19 00:52 00:30 01:06 00:46 03:06 00:34 01:34 01:12 01:35 01:08 01:37 00:36 01:20 00:50 01:50 00:59 01:14 00:13 01:12 00:25 00:48 00:42 00:54

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

**Herrer 40 - 49 år**

<b>1</b>	<b>Lars Primstad</b>	<b>62</b>	<b>31:57</b>																							
00:52=	01:14=	01:33=	02:31=	03:01=	04:05=	05:04=	09:04=	11:25=	13:06=	14:17=	16:14=	17:26=	18:52=	20:28=	21:01=	22:27=	23:14=	25:06=	26:02=	27:17=	27:34=	28:44=	29:24=	30:10=	30:54=	
00:52=	00:22=	00:19=	00:58=	00:30=	01:04=	00:59=	04:00=	02:21=	01:41=	01:11=	01:57=	01:12=	01:26=	01:36=	00:33=	01:26=	00:47=	01:52=	00:56=	01:15=	00:17=	01:10=	00:40=	00:46=	00:44=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
31:57=																										
01:03=																										
00:00=																										
<b>2</b>	<b>Oddmund Nordgård</b>	<b>105</b>	<b>33:05</b>																							
01:15+	01:45+	02:08+	03:19+	03:59+	05:45+	06:49+	10:07+	10:52-	12:42-	14:15-	16:24+	17:46+	19:46+	20:40+	22:22+	23:29+	25:29+	26:32+	27:51+	28:11+	29:51+	30:22+	31:11+	31:59+	33:05+	
01:15+	00:30+	00:23+	01:11+	00:40+	01:46+	01:04+	03:18-	00:45-	01:50+	01:33+	02:09+	01:22+	02:00+	00:54-	01:42+	01:07-	02:00+	01:03-	01:19+	00:20-	01:40+	00:31-	00:49+	00:48+	01:06+	
00:23&	00:08&	00:04#	00:13#	00:10&	00:42&	00:05+	00:42-	01:36-	00:09+	00:22&	00:12#	00:10#	00:34&	00:42-	01:09&	00:19-	01:13&	00:49-	00:23&	00:55-	01:23&	00:39-	00:09#	00:02+	00:22&	
<b>3</b>	<b>Rune Dahl Fitjar</b>	<b>90</b>	<b>33:48</b>																							
01:02+	01:27+	01:47+	02:55+	03:42+	05:06+	06:09+	09:36+	10:18-	12:18-	13:56-	16:37+	17:55+	19:53+	20:39+	22:22+	23:19+	25:37+	26:50+	28:15+	28:35+	30:06+	30:46+	31:45+	32:37+	33:48+	
01:02+	00:25+	00:20+	01:08+	00:47+	01:24+	01:03+	03:27-	00:42-	02:00+	01:38+	02:41+	01:18+	01:58+	00:46-	01:43+	00:57-	02:18+	01:13-	01:25+	00:20-	01:31+	00:40-	00:59+	00:52+	01:11+	
00:10#	00:03#	00:01+	00:10#	00:07#	00:20&	00:04+	00:33-	01:39-	00:27&	00:44&	00:06+	00:10#	00:32&	00:46-	01:10&	00:29-	01:31&	00:39-	00:29&	00:55-	01:14&	00:30-	00:19&	00:06#	00:27&	
<b>4</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>	<b>34:34</b>																							
01:06+	01:32+	01:51+	02:59+	03:36+	04:45+	05:40+	10:04+	10:51-	12:43-	15:10+	17:11+	18:42+	20:50+	21:38+	23:02+	23:53+	26:06+	27:28+	28:50+	29:10+	30:42+	31:21+	32:17+	33:18+	34:34+	
01:06+	00:26+	00:19=	01:08+	00:37+	01:09+	00:55-	04:24+	00:47-	01:52+	02:27+	02:01+	01:31+	02:08+	00:48-	00:47-	01:24+	00:51-	02:13+	01:22-	01:22+	00:20-	01:32+	00:39-	00:56+	01:01+	01:16+
00:14&	00:04#	00:00=	00:10#	00:07#	00:05+	00:04-	00:24#	01:34-	00:11#	01:16&	00:04+	00:19&	00:42&	00:48-	00:51&	00:35-	01:26&	00:30-	00:26&	00:55-	01:15&	00:31-	00:16&	00:15&	00:32&	
<b>5</b>	<b>Per Ivar Hovstad</b>	<b>116</b>	<b>35:17</b>																							
01:11+	01:47+	02:07+	03:23+	03:59+	05:12+	06:11+	10:31+	11:15-	13:42+	15:33+	17:41+	19:14+	21:22+	22:04+	23:25+	24:23+	27:10+	28:24+	30:09+	30:29+	31:51+	32:28+	33:28+	34:16+	35:17+	
01:11+	00:36+	00:20+	01:16+	00:36+	01:13+	00:59=	04:20+	00:44-	02:27+	01:51+	02:08+	01:33+	02:08+	00:42-	01:21+	00:58-	02:47+	01:14-	01:45+	00:20-	01:22+	00:37-	01:00+	00:48+	01:01+	
00:19&	00:14&	00:01+	00:18&	00:06#	00:09#	00:00=	00:20+	01:37-	00:46&	00:40&	00:11+	00:21&	00:42&	00:54-	00:48&	00:28-	02:00&	00:38-	00:49&	00:55-	01:05&	00:33-	00:20&	00:02+	00:17&	
<b>6</b>	<b>Antal Jansen</b>	<b>115</b>	<b>36:10</b>																							
01:19+	01:47+	02:07+	05:11+	05:39+	06:57+	07:54+	12:37+	13:17+	15:10+	16:31+	18:40+	20:01+	21:43+	22:22+	23:53+	25:11+	27:15+	28:28+	29:51+	30:08+	31:40+	32:15+	34:12+	35:05+	36:10+	
01:19+	00:28+	00:20+	03:04+	00:28-	01:18+	00:57-	04:43+	00:40-	01:53+	01:21+	02:09+	01:21+	01:42+	00:39-	01:31+	01:18-	02:04+	01:13-	01:23+	00:17-	01:32+	00:35-	01:57+	00:53+	01:05+	
00:27&	00:06&	00:01+	02:06&	00:02-	00:14#	00:02-	00:43#	01:41-	00:12#	00:10#	00:12#	00:09#	00:16#	00:57-	00:58&	00:08-	01:17&	00:39-	00:27&	00:58-	01:15&	00:35-	01:17&	00:07#	00:21&	
<b>7</b>	<b>Arngrim Utskarpen</b>	<b>117</b>	<b>36:24</b>																							
01:06+	01:37+	02:04+	03:23+	04:09+	05:44+	06:53+	10:23+	11:05-	13:09+	14:56+	17:27+	19:02+	21:39+	22:33+	24:11+	25:16+	28:06+	29:33+	31:04+	31:24+	32:43+	33:25+	34:23+	35:17+	36:24+	
01:06+	00:31+	00:27+	01:22+	00:43+	01:35+	01:09+	03:30-	00:42-	02:04+	01:47+	02:31+	01:35+	02:37+	00:54-	01:38+	01:05-	02:50+	01:27-	01:31+	00:20-	01:19+	00:42-	00:58+	00:54+	01:07+	
00:14&	00:09&	00:08&	00:24&	00:13&	00:31&	00:10#	00:30-	01:39-	00:23#	00:36&	00:34&	00:23&	01:11&	00:42-	01:05&	00:21-	02:03&	00:25-	00:35&	00:55-	01:02&	00:28-	00:18&	00:08#	00:23&	
<b>8</b>	<b>Svend Vihovde</b>	<b>116</b>	<b>36:28</b>																							
01:07+	01:38+	02:03+	03:12+	03:48+	05:08+	06:14+	10:10+	11:01-	13:06=	15:01+	17:16+	18:41+	20:56+	21:46+	23:30+	24:32+	27:15+	28:32+	30:10+	30:35+	32:21+	33:01+	34:01+	34:56+	36:28+	
01:07+	00:31+	00:25+	01:09+	00:36+	01:20+	01:06+	03:56-	00:51-	02:05+	01:55+	02:15+	01:25+	02:15+	00:50-	01:44+	01:02-	02:43+	01:17-	01:38+	00:25-	01:46+	00:40-	01:00+	00:55+	01:32+	
00:15&	00:09&	00:06&	00:11#	00:06#	00:16#	00:07#	00:04-	01:30-	00:24#	00:44&	00:18#	00:13#	00:49&	00:46-	01:11&	00:24-	01:56&	00:35-	00:42&	00:50-	01:29&	00:30-	00:20&	00:09#	00:48&	
<b>9</b>	<b>Rolf André Svingen</b>	<b>268</b>	<b>37:13</b>																							
01:02+	01:35+	01:59+	03:16+	03:51+	05:04+	06:10+	10:00+	10:45-	13:24+	15:09+	17:09+	19:33+	22:08+	23:01+	24:53+	26:05+	28:30+	29:48+	31:28+	31:44+	33:17+	33:55+	34:57+	35:59+	37:13+	
01:02+	00:33+	00:24+	01:17+	00:35+	01:13+	01:06+	03:50-	00:45-	02:39+	01:45+	02:00+	02:24+	02:35+	00:53-	01:52+	01:12-	02:25+	01:18-	01:40+	00:16-	01:33+	00:38-	01:02+	01:02+	01:14+	
00:10#	00:11&	00:05&	00:19&	00:05#	00:09#	00:07#	00:10-	01:36-	00:58&	00:34&	00:03+	01:12&	01:09&	00:43-	01:19&	00:14-	01:38&	00:34-	00:44&	00:59-	01:16&	00:32-	00:22&	00:16&	00:30&	
<b>10</b>	<b>Arjen Leendertse</b>	<b>91</b>	<b>37:29</b>																							
00:45-	01:10-	01:29-	02:35+	03:25+	05:16+	06:07+	09:50+	10:26-	12:25-	14:04-	18:34+	20:40+	23:44+	24:23+	26:13+	27:29+	29:34+	30:56+	32:20+	32:40+	34:00+	34:32+	35:26+	36:14+	37:29+	
00:45-	00:25+	00:19=	01:06+	00:50+	01:51+	00:51-	03:43-	00:36-	01:59+	01:39+	04:30+	02:06+	03:04+	00:39-	01:50+	01:16-	02:05+	01:22-	01:24+	00:20-	01:32+	00:32-	00:54+	00:48+	01:15+	
00:07-	00:03#	00:00=	00:08#	00:20&	00:47&	00:08-	00:17-	01:45-	00:18#	00:28&	02:33&	00:54&	01:38&	00:57-	01:17&	00:10-	01:18&	00:30-	00:28&	00:55-	01:03&	00:38-	00:14&	00:02+	00:31&	
<b>11</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>	<b>37:43</b>																							
00:58+	01:25+	01:50+	02:55+	03:28+	04:49+	05:47+	10:00+	10:43-	13:56+	16:10+	18:06+	19:39+	22:14+	23:20+	24:59+	26:06+	28:30+	30:02+	31:27+	31:50+	33:16+	33:54+	35:42+	36:37+	37:43+	
00:58+	00:27+	00:25+	01:05+	00:33+	01:21+	00:58-	04:13+	00:43-	03:13+	02:14+	01:56-	01:33+	02:35+	01:06-	01:39+	01:07-	02:24+	01:32-	01:25+	00:23-	01:26+	00:38-	01:48+	00:55+	01:06+	
00:06#	00:05#	00:06&	00:07#	00:03#	00:17&	00:01-	00:13+	01:38-	01:32&	01:03&	00:01-	00:21&	01:09&	00:30-	01:06&	00:19-	01:37&	00:20-	00:29&	00:52-	01:09&	00:32-	01:08&	00:09#	00:22&	
<b>12</b>	<b>Ole-Tobias Frich</b>	<b>116</b>	<b>37:48</b>																							
00:55+	01:29+	01:51+	03:18+	03:57+	05:30+	06:30+	10:33+	11:16-	13:22+	15:22+	17:47+	19:26+	21:53+	22:43+	24:37+	25:57+	28:24+	29:36+	31:16+	31:36+	33:24+	34:04+	35:10+	36:19+	37:48+	
00:55+	00:34+	00:22+	01:27+	00:39+	01:33+	01:00+	04:03+	00:43-	02:06+	02:00+	02:25+	01:39+	02:27+	00:50-	01:54+	01:20-	02:27+	01:12-	01:40+	00:20-	01:48+	00:40-	01:06+	01:09+	01:29+	
00:03+	00:12&	00:03#	00:29&	00:09&	00:29&	00:01+	00:03+	01:38-	00:25#	00:49&	00:28#	00:27&	01:01&	00:46-	01:21&	00:06-	01:40&	00:40-	00:44&	00:55-	01:31&	00:30-	00:26&	00:23&	00:45&	
<b>13</b>	<b>Charles-Francois Farbos</b>	<b>42</b>	<b>38:41</b>																							
01:53+	02:27+	02:58+	04:18+	04:53+	06:13+	07:16+	11:53+	12:38+	14:27+	16:04+	18:29+	20:39+	23:08+	24:07+	25:45+	27:15+	29:24+	30:44+	32:21+	32:43+	34:20+	35:02+	36:26+	37:21+	38:41+	
01:53+	00:34+	00:31+	01:20+	00:35+	01:20+	01:03+	04:37+	00:45-	01:49+	01:37+	02:25+	02:10+	02:29+	00:59-	01:38+	01:30+	02:09+	01:20-	01:37+	00:22-	01:37+	00:42-	01:24+	00:55+	01:20+	
01:01&	00:12&	00:12&	00:22&	00:05#	00:16#	00:04+	00:37#	01:36-	00:08+	00:26&	00:28#	00:58&	01:03&	00:37-	01:05&	00:04+	01:22&	00:32-	00:41&	00:53-	01:20&	00:28-	00:44&	00:09#	00:36&	

Class	Navn	Klasse										Tid													
<b>14</b>	<b>Gunnar Thorset</b>	<b>117</b>										<b>38:47</b>													
01:12+	01:45+	02:17+	03:39+	04:25+	05:55+	07:02+	11:32+	12:17+	14:23+	16:18+	18:45+	20:38+	23:46+	24:29+	26:06+	27:10+	29:35+	30:58+	32:34+	32:56+	34:40+	35:27+	36:32+	37:27+	38:47+
01:12+	00:33+	00:32+	01:22+	00:46+	01:30+	01:07+	04:30+	00:45-	02:06+	01:55+	02:27+	01:53+	03:08+	00:43-	01:37+	01:04-	02:25+	01:23-	01:36+	00:22-	01:44+	00:47-	01:05+	00:55+	01:20+
00:20&	00:11&	00:13&	00:24&	00:16&	00:26&	00:08#	00:30#	01:36-	00:25#	00:44&	00:30&	00:41&	01:42@	00:53-	01:04@	00:22-	01:38@	00:29-	00:40&	00:53-	01:27@	00:23-	00:25&	00:09#	00:36&
<b>15</b>	<b>Jakob Ravnås</b>	<b>200</b>										<b>39:19</b>													
01:03+	01:25+	01:51+	03:09+	03:48+	05:05+	06:06+	13:02+	13:41+	15:47+	17:24+	20:00+	21:40+	24:31+	25:19+	26:57+	27:58+	30:27+	31:48+	33:39+	33:57+	35:26+	36:07+	37:09+	38:05+	39:19+
01:03+	00:22=	00:26+	01:18+	00:39+	01:17+	01:01+	06:56+	00:39-	02:06+	01:37+	02:36+	01:40+	02:51+	00:48-	01:38+	01:01-	02:29+	01:21-	01:51+	00:18-	01:29+	00:41-	01:02+	00:56+	01:14+
00:11#	00:00=	00:07&	00:20&	00:09&	00:13#	00:02+	02:56&	01:42-	00:25#	00:26&	00:39&	00:28&	01:25&	00:48-	01:05@	00:25-	01:42@	00:31-	00:55&	00:57-	01:12@	00:29-	00:22&	00:10#	00:30&
<b>16</b>	<b>Øystein Nilsen</b>	<b>42</b>										<b>39:26</b>													
01:03+	01:40+	02:13+	03:33+	04:24+	06:07+	07:05+	10:52+	11:32+	14:06+	15:55+	18:47+	20:13+	22:36+	23:29+	25:26+	26:40+	28:52+	30:08+	31:56+	32:18+	33:52+	34:27+	37:21+	38:16+	39:26+
01:03+	00:37+	00:33+	01:20+	00:51+	01:43+	00:58-	03:47-	00:40-	02:34+	01:49+	02:52+	01:26+	02:23+	00:53-	01:57+	01:14-	02:12+	01:16-	01:48+	00:22-	01:34+	00:35-	02:54+	00:55+	01:10+
00:11#	00:15&	00:14&	00:22&	00:21&	00:39&	00:01-	00:13-	01:41-	00:53&	00:38&	00:55&	00:14#	00:57&	00:43-	01:24@	00:12-	01:25@	00:36-	00:52&	00:53-	01:17@	00:35-	02:14@	00:09#	00:26&
<b>17</b>	<b>Magnus Langvik</b>	<b>18</b>										<b>39:38</b>													
00:45-	01:10-	01:30-	02:29-	03:05+	04:22+	05:12+	08:54-	09:32-	11:25-	20:21+	22:14+	23:27+	25:32+	26:13+	28:01+	28:59+	31:02+	32:19+	33:40+	33:58+	35:27+	36:09+	36:41+	37:39+	38:29+
00:45-	00:25+	00:20+	00:59+	00:36+	01:17+	00:50-	03:42-	00:38-	01:53+	08:56+	01:53-	01:13+	02:05+	00:41-	01:48+	00:58-	02:03+	01:17-	01:21+	00:18-	01:29+	00:42-	00:32-	00:58+	00:50+
00:07-	00:03#	00:01+	00:01+	00:06#	00:13#	00:09-	00:18-	01:43-	00:12#	07:45@	00:04-	00:01+	00:39&	00:55-	01:15@	00:28-	01:16@	00:35-	00:25&	00:57-	01:12@	00:28-	00:08-	00:12&	00:06#
39:38+	01:09+	00:06+																							
<b>18</b>	<b>Svein Oddvar Netland</b>	<b>116</b>										<b>39:55</b>													
00:51-	01:22+	01:49+	03:03+	03:43+	04:54+	06:01+	09:16+	09:56-	12:08-	17:39+	19:31+	21:16+	24:43+	25:22+	27:07+	28:59+	31:23+	32:35+	34:09+	34:30+	36:06+	36:41+	37:40+	38:45+	39:55+
00:51-	00:31+	00:27+	01:14+	00:40+	01:11+	01:07+	03:15-	00:40-	02:12+	05:31+	01:52-	01:45+	03:27+	00:39-	01:45+	01:52+	02:24+	01:12-	01:34+	00:21-	01:36+	00:35-	00:59+	01:05+	01:10+
00:01-	00:09&	00:08&	00:16&	00:10&	00:07#	00:08#	00:45-	01:41-	00:31&	04:20@	00:05-	00:33&	02:01@	00:57-	01:12@	00:26&	01:37@	00:40-	00:38&	00:54-	01:19@	00:35-	00:19&	00:19&	00:26&
<b>19</b>	<b>John Breiland</b>	<b>352</b>										<b>41:40</b>													
02:51+	03:36+	03:55+	05:10+	05:49+	07:06+	08:05+	11:49+	12:31+	14:51+	16:34+	20:00+	22:27+	25:05+	25:57+	28:52+	29:56+	32:36+	33:56+	35:32+	35:51+	37:22+	38:00+	39:12+	40:16+	41:40+
02:51+	00:45+	00:19=	01:15+	00:39+	01:17+	00:59=	03:44-	00:42-	02:20+	01:43+	03:26+	02:27+	02:38+	00:52-	02:55+	01:04-	02:40+	01:20-	01:36+	00:19-	01:31+	00:38-	01:12+	01:04+	01:24+
01:59@	00:23@	00:00=	00:17&	00:09&	00:13#	00:00=	00:16-	01:39-	00:39&	00:32&	01:29&	01:15@	01:12&	00:44-	02:22@	00:22-	01:53@	00:32-	00:40&	00:56-	01:14@	00:32-	00:32&	00:18&	00:40&
<b>20</b>	<b>Jan Kristensen</b>	<b>7</b>										<b>42:22</b>													
01:03+	01:34+	02:01+	03:20+	04:06+	05:31+	06:41+	11:42+	12:35+	15:29+	17:19+	20:03+	21:39+	24:14+	25:10+	27:12+	28:41+	31:58+	33:26+	35:24+	35:50+	37:38+	38:25+	39:42+	40:49+	42:22+
01:03+	00:31+	00:27+	01:19+	00:46+	01:25+	01:10+	05:01+	00:53-	02:54+	01:50+	02:44+	01:36+	02:35+	00:56-	02:02+	01:29+	03:17+	01:28-	01:58+	00:26-	01:48+	00:47-	01:17+	01:07+	01:33+
00:11#	00:09&	00:08&	00:21&	00:16&	00:21&	00:11#	01:01&	01:28-	01:13&	00:39&	00:47&	00:24&	01:09&	00:40-	01:29@	00:03+	02:30@	00:24-	01:02@	00:49-	01:31@	00:23-	00:37&	00:21&	00:49@
<b>21</b>	<b>Jan Kenneth Polle</b>	<b>83</b>										<b>42:52</b>													
01:57+	03:01+	03:29+	05:01+	05:47+	07:33+	08:39+	13:06+	14:10+	16:22+	18:07+	20:31+	22:13+	25:07+	26:03+	28:24+	29:57+	32:39+	34:36+	36:29+	36:47+	38:39+	39:25+	40:35+	41:33+	42:52+
01:57+	01:04+	00:28+	01:32+	00:46+	01:46+	01:06+	04:27+	01:04-	02:12+	01:45+	02:24+	01:42+	02:54+	00:56-	02:21+	01:33+	02:42+	01:57+	01:53+	00:18-	01:52+	00:46-	01:10+	00:58+	01:19+
01:05@	00:42@	00:09&	00:34&	00:16&	00:42&	00:07#	00:27#	01:17-	00:31&	00:34&	00:27#	00:30&	01:28@	00:40-	01:48@	00:07+	01:55@	00:05+	00:57@	00:57-	01:35@	00:24-	00:30&	00:12&	00:35&
<b>22</b>	<b>Cedric Fayemendy</b>	<b>116</b>										<b>43:08</b>													
00:47-	01:20+	01:45+	02:46+	03:48+	05:51+	06:46+	10:37+	12:10+	13:54+	15:38+	18:02+	19:27+	27:02+	27:35+	30:06+	32:03+	34:33+	35:54+	37:24+	37:43+	39:01+	39:36+	41:07+	42:00+	43:08+
00:47-	00:33+	00:25+	01:01+	01:02+	02:03+	00:55-	03:51-	01:33-	01:44+	01:44+	02:24+	01:25+	07:35+	00:33-	02:31+	01:57+	02:30+	01:21-	01:30+	00:19-	01:18+	00:35-	01:31+	00:53+	01:08+
00:05-	00:11&	00:06&	00:01+	00:32@	00:59&	00:04-	00:09-	00:48-	00:03+	00:33&	00:27#	00:13#	06:09@	01:03-	01:58@	00:31&	01:43@	00:31-	00:34&	00:56-	01:01@	00:35-	00:51@	00:07#	00:24&
<b>23</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>43:32</b>													
00:50-	01:17+	01:47+	03:05+	03:47+	05:09+	06:00+	09:44+	10:20-	12:10-	19:12+	21:17+	22:58+	25:04+	27:04+	27:37+	29:23+	31:07+	34:11+	36:34+	38:08+	38:29+	39:54+	40:27+	41:23+	42:22+
00:50-	00:27+	00:30+	01:18+	00:42+	01:22+	00:51-	03:44-	00:36-	01:50+	07:02+	02:05+	01:41+	02:06+	02:00+	00:33=	01:46+	01:44+	03:04+	02:23+	01:34+	00:21+	01:25+	00:33-	00:56+	00:59+
00:02-	00:05#	00:11&	00:20&	00:12&	00:18&	00:08-	00:16-	01:45-	00:09+	05:51@	00:08+	00:29&	00:40&	00:24#	00:00=	00:20#	00:57@	01:12&	01:27@	00:19&	00:04#	00:15#	00:07-	00:10#	00:15&
43:32+	01:10+	00:07#																							
<b>24</b>	<b>Peter Chapman</b>	<b>117</b>										<b>44:44</b>													
01:39+	02:04+	02:44+	04:05+	04:42+	05:59+	06:53+	13:45+	14:26+	16:06+	17:50+	19:49+	21:24+	26:51+	27:40+	32:57+	34:01+	36:17+	37:45+	39:15+	39:42+	41:06+	41:39+	42:36+	43:39+	44:44+
01:39+	00:25+	00:40+	01:21+	00:37+	01:17+	00:54-	06:52+	00:41-	01:40-	01:44+	01:59+	01:35+	05:27+	00:49-	05:17+	01:04-	02:16+	01:28-	01:30+	00:27-	01:24+	00:33-	00:57+	01:03+	01:05+
00:47&	00:03#	00:21@	00:23&	00:07#	00:13#	00:05-	02:52&	01:40-	00:01-	00:33&	00:02+	00:23&	04:01@	00:47-	04:44@	00:22-	01:29@	00:24-	00:34&	00:48-	01:07@	00:37-	00:17&	00:17&	00:21&
<b>25</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>45:09</b>													
00:58+	01:26+	02:04+	03:25+	04:08+	06:11+	07:08+	11:03+	11:46+	13:44+	16:04+	19:40+	21:16+	26:11+	26:59+	29:08+	31:48+	36:13+	37:31+	39:12+	39:33+	41:10+	41:51+	42:53+	43:54+	45:09+
00:58+	00:28+	00:38+	01:21+	00:43+	02:03+	00:57-	03:55-	00:43-	01:58+	02:20+	03:36+	01:36+	04:55+	00:48-	02:09+	02:40+	04:25+	01:18-	01:41+	00:21-	01:37+	00:41-	01:02+	01:01+	01:15+
00:06#	00:06&	00:19&	00:23&	00:13&	00:59&	00:02-	00:05-	01:38-	00:17#	01:09&	01:39&	00:24&	03:29@	00:48-	01:36@	01:14&	03:38@	00:34-	00:45&	00:54-	01:20@	00:29-	00:22&	00:15&	00:31&
<b>26</b>	<b>Jean-Sebastien Dorne</b>	<b>42</b>										<b>46:46</b>													
01:59+	02:53+	03:26+	04:54+	05:33+	07:06+	08:07+	13:00+	13:51+	15:57+	18:20+	20:22+	22:18+	29:51+	30:47+	32:47+	34:07+	36:32+	37:49+	39:35+	3					



Class	Navn	Klasse										Tid															
<b>27</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>49:27</b>															
01:03+	01:56+	02:21+	03:40+	04:19+	06:08+	07:29+	12:20+	14:11+	16:16+	20:42+	22:57+	24:56+	30:20+	31:13+	36:56+	38:35+	40:50+	42:02+	43:32+	43:55+	45:35+	46:20+	47:35+	48:27+	49:27+		
01:03+	00:53+	00:25+	01:19+	00:39+	01:49+	01:21+	04:51+	01:51-	02:05+	04:26+	02:15+	01:59+	05:24+	00:53-	05:43+	01:39+	02:15+	01:12-	01:30+	00:23-	01:40+	00:45-	01:15+	00:52+	01:00+		
00:11#	00:31@	00:06&	00:21&	00:09&	00:45&	00:22&	00:51#	00:30-	00:24#	03:15@	00:18#	00:47&	03:58@	00:43-	05:10@	00:13#	01:28@	00:40-	00:34&	00:52-	01:23@	00:25-	00:35&	00:06#	00:16&		
<b>28</b>	<b>Eivind Moi</b>	<b>116</b>										<b>52:13</b>															
00:59+	01:33+	01:59+	03:22+	03:58+	06:05+	07:14+	13:04+	14:09+	16:21+	18:23+	20:59+	23:01+	27:23+	28:07+	35:58+	38:01+	41:58+	43:07+	44:54+	45:17+	47:43+	48:41+	49:49+	50:50+	52:13+		
00:59+	00:34+	00:26+	01:23+	00:36+	02:07+	01:09+	05:50+	01:05-	02:12+	02:02+	02:36+	02:02+	04:22+	00:44-	07:51+	02:03+	03:57+	01:09-	01:47+	00:23-	02:26+	00:58-	01:08+	01:01+	01:23+		
00:07#	00:12&	00:07&	00:06#	00:06#	01:03&	00:10#	01:50&	01:16-	00:31&	00:51&	00:39&	00:50&	02:56@	00:52-	07:18@	00:37&	03:10@	00:43-	00:51&	00:52-	02:09@	00:12-	00:28&	00:15&	00:39&		
<b>29</b>	<b>Andreas Becht</b>	<b>116</b>										<b>57:34</b>															
01:47+	02:20+	03:18+	05:08+	05:55+	07:43+	08:44+	12:35+	13:42+	15:32+	18:00+	32:02+	33:53+	37:04+	38:00+	40:13+	41:55+	44:56+	46:52+	48:46+	49:13+	51:22+	52:01+	54:57+	56:02+	57:34+		
01:47+	00:33+	00:58+	01:50+	00:47+	01:48+	01:01+	03:51-	01:07-	01:50+	02:28+	14:02+	01:51+	03:11+	00:56-	02:13+	01:42+	03:01+	01:56+	01:54+	00:27-	02:09+	00:39-	02:56+	01:05+	01:32+		
00:55@	00:11&	00:39@	00:52&	00:17&	00:44&	00:02+	00:09-	01:14-	00:09+	01:17@	12:05@	00:39&	01:45@	00:40-	01:40@	00:16#	02:14@	00:04+	00:58@	00:48-	01:52@	00:31-	02:16@	00:19&	00:48@		
<b>30</b>	<b>Ole Morten Svendsen</b>	<b>66</b>										<b>1:08:08</b>															
02:09+	02:50+	03:26+	04:53+	05:44+	07:12+	08:13+	20:38+	22:41+	26:31+	28:37+	41:36+	43:52+	46:16+	47:12+	52:30+	54:58+	57:22+	59:00+	61:11+	61:41+	63:28+	64:26+	65:30+	66:42+	68:08+		
02:09+	00:41+	00:36+	01:27+	00:51+	01:28+	01:01+	12:25+	02:03-	03:50+	02:06+	12:59+	02:16+	02:24+	00:56-	05:18+	02:28+	02:24+	01:38-	02:11+	00:30-	01:47+	00:58-	01:04+	01:12+	01:26+		
01:17@	00:19&	00:17&	00:29&	00:21&	00:24&	00:02+	08:25@	00:18-	02:09@	00:55&	11:02@	01:04&	00:58&	00:40-	04:45@	01:02&	01:37@	00:14-	01:15@	00:45-	01:30@	00:12-	00:24&	00:26&	00:42&		
<b>Beste strekktid for klassen</b>																											
00:45	00:22	00:19	00:58	00:28	01:04	00:50	03:15	00:36	01:40	01:11	01:52	01:12	01:26	00:33	00:33	00:51	00:47	01:03	00:56	00:16	00:17	00:31	00:27	00:46	00:44	01:03	

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

## Herrer 50 - 59 år

<b>1</b>	<b>Arnfinn Rømuld</b>	<b>116</b>										<b>38:28</b>													
00:58=	01:31=	02:00=	03:03=	03:42=	05:04=	05:19=	06:26=	07:51=	09:49=	10:35=	12:24=	12:50=	14:55=	15:34=	17:28=	19:16=	19:58=	20:42=	23:47=	24:50=	25:23=	26:55=	28:29=	30:10=	32:30=
00:58=	00:33=	00:29=	01:03=	00:39=	01:22=	00:15=	01:07=	01:25=	01:58=	00:46=	01:49=	00:26=	02:05=	00:39=	01:54=	01:48=	00:42=	00:44=	03:05=	01:03=	00:33=	01:32=	01:34=	01:41=	02:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
33:27=	35:22=	36:41=	38:28=	00:57=	01:55=	01:19=	01:47=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Øivind Berggraf</b>	<b>116</b>										<b>38:50</b>													
01:05+	01:52+	02:21+	03:25+	04:38+	05:50+	06:05+	06:49+	08:18+	10:04+	11:14+	13:02+	13:40+	17:26+	18:14+	19:49+	20:53+	21:38+	23:46+	24:54+	25:23+	26:41+	28:21+	30:21+	32:24+	33:20+
01:05+	00:47+	00:29=	01:04+	01:13+	01:12-	00:15=	00:44-	01:29+	01:46-	01:10+	01:48-	00:38+	03:46+	00:48+	01:35-	01:04-	00:45+	02:08+	01:08-	00:29-	01:18+	01:40+	02:00+	02:03+	00:56-
00:07#	00:14&	00:00=	00:01+	00:34&	00:10-	00:00=	00:23-	00:04+	00:12-	00:24&	00:01-	00:12&	01:41&	00:09#	00:19-	00:44-	00:03+	01:24@	01:57-	00:34-	00:45@	00:08+	00:26&	00:22#	01:24-
35:25+	36:44+	38:50+	02:05+	01:19-	02:06+	00:36-	00:47&	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>3</b>	<b>Knut Feldmann</b>	<b>93</b>										<b>39:00</b>													
01:01+	01:42+	02:35+	03:41+	04:30+	05:57+	06:14+	07:08+	09:38+	11:41+	12:27+	14:20+	14:54+	17:15+	18:12+	19:34+	20:33+	21:27+	23:16+	24:16+	24:54+	26:25+	28:23+	30:08+	32:25+	33:38+
01:01+	00:41+	00:53+	01:06+	00:49+	01:27+	00:17+	00:54-	02:30+	02:03+	00:46=	01:53+	00:34+	02:21+	00:57+	01:22-	00:59-	00:54+	01:49+	01:00-	00:38-	01:31+	01:58+	01:45+	02:17+	01:13-
00:03+	00:08#	00:24&	00:03+	00:10&	00:05+	00:02#	00:13-	01:05&	00:05+	00:00=	00:04+	00:08&	00:16#	00:18&	00:32-	00:49-	00:12&	01:05@	02:05-	00:25-	00:58@	00:26&	00:11#	00:36&	01:07-
35:51+	37:16+	39:00+	02:13+	01:25-	01:44+	01:16@	00:30-	00:25&	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>4</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>40:13</b>													
01:00+	01:42+	02:11+	03:05+	03:46+	05:09+	05:24+	06:30+	08:27+	10:30+	11:16+	13:11+	13:45+	16:38+	17:43+	20:03+	21:12+	21:58+	23:51+	24:48+	25:34+	27:08+	28:47+	30:47+	33:24+	34:35+
01:00+	00:42+	00:29=	00:54-	00:41+	01:23+	00:15=	01:06-	01:57+	02:03+	00:46=	01:55+	00:34+	02:53+	01:05+	02:20+	01:09-	00:46+	01:53+	00:57-	00:46-	01:34+	01:39+	02:00+	02:37+	01:11-
00:02+	00:09&	00:00=	00:09-	00:02+	00:01+	00:00=	00:01-	00:32&	00:05+	00:00=	00:06+	00:08&	00:48&	00:26&	00:26#	00:39-	00:04+	01:09@	02:08-	00:17-	01:01@	00:07+	00:26&	00:56&	01:09-
36:47+	38:20+	40:13+	02:12+	01:33-	01:53+	01:15@	00:22-	00:34&	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>5</b>	<b>Arne Øvstebø</b>	<b>71</b>										<b>40:29</b>													
01:07+	01:48+	02:21+	03:42+	04:33+	06:02+	06:18+	07:14+	08:53+	11:28+	12:20+	14:38+	15:12+	17:40+	18:25+	20:01+	21:02+	21:50+	24:04+	25:04+	25:48+	27:14+	28:56+	31:00+	33:21+	34:25+
01:07+	00:41+	00:33+	01:21+	00:51+	01:29+	00:16+	00:56-	01:39+	02:35+	00:52+	02:18+	00:34+	02:28+	00:45+	01:36-	01:01-	00:48+	02:14+	01:00-	00:44-	01:26+	01:42+	02:04+	02:21+	01:04-
00:09#	00:08#	00:04#	00:18&	00:12&	00:07+	00:01+	00:11-	00:14#	00:37&	00:06#	00:29&	00:08&	00:23#	00:06#	00:18-	00:47-	00:06#	01:30@	02:05-	00:19-	00:53@	00:10#	00:30&	00:40&	01:16-
36:33+	37:57+	40:29+	02:08+	01:24-	02:32+	01:11@	00:31-	01:13&	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=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid																						
<b>6</b>	<b>Anders Glenne</b>	<b>7</b>	<b>40:48</b>																						
01:21+	01:51+	02:36+	03:41+	04:18+	05:29+	05:43+	06:43+	08:07+	09:55+	11:45+	13:36+	14:03+	16:50+	17:33+	20:38+	21:33+	22:18+	23:57+	27:20+	27:53+	29:15+	30:44+	33:12+	35:04+	35:59+
01:21+	00:30-	00:45+	01:05+	00:37-	01:11-	00:14-	01:00-	01:24-	01:48-	01:50+	01:51+	00:27+	02:47+	00:43+	03:05+	00:55-	00:45+	01:39+	03:23+	00:33-	01:22+	01:29-	02:28+	01:52+	00:55-
00:23&	00:03-	00:16&	00:02+	00:02-	00:11-	00:01-	00:07-	00:01-	00:10-	01:04&	00:02+	00:01+	00:42&	00:04&	01:11&	00:53-	00:03+	00:55&	00:18+	00:30-	00:49&	00:03-	00:54&	00:11#	01:25-
38:03+	39:19+	40:48+																							
02:04+	01:16-	01:29+																							
01:07@	00:39-	00:10#																							
<b>7</b>	<b>Kjell Olav Gjerde</b>	<b>7</b>	<b>41:09</b>																						
01:09+	01:45+	02:20+	03:27+	04:25+	05:39+	05:56+	07:12+	08:39+	10:42+	11:57+	14:34+	15:09+	18:10+	18:56+	20:52+	21:58+	22:47+	24:04+	24:54+	25:31+	28:05+	30:28+	32:58+	35:06+	36:05+
01:09+	00:36+	00:35+	01:07+	00:58+	01:14-	00:17+	01:16+	01:27+	02:03+	01:15+	02:37+	00:35+	03:01+	00:46+	01:56+	01:06-	00:49+	01:17+	00:50-	00:37-	02:34+	02:23+	02:30+	02:08+	00:59-
00:11#	00:03+	00:06#	00:04+	00:19&	00:08-	00:02#	00:09#	00:02+	00:05+	00:29&	00:48&	00:09&	00:56&	00:07#	00:02+	00:42-	00:07#	00:33&	02:15-	00:26-	02:01@	00:51&	00:56&	00:27&	01:21-
38:06+	39:28+	41:09+																							
02:01+	01:22-	01:41+																							
01:04@	00:33-	00:22&																							
<b>8</b>	<b>Per Ingar Hadland</b>	<b>7</b>	<b>41:22</b>																						
00:58=	01:41+	02:12+	03:18+	04:00+	05:15+	05:30+	06:25-	07:58+	10:47+	11:34+	14:19+	14:47+	17:06+	17:57+	20:43+	21:40+	22:31+	25:20+	26:19+	27:01+	28:39+	30:05+	32:00+	34:17+	35:24+
00:58=	00:43+	00:31+	01:06+	00:42+	01:15-	00:15=	00:55-	01:33+	02:49+	00:47+	02:45+	00:28+	02:19+	00:51+	02:46+	00:57-	00:51+	02:49+	00:59-	00:42-	01:38+	01:26-	01:55+	02:17+	01:07-
00:00=	00:10&	00:02+	00:03+	00:03+	00:07-	00:00=	00:12-	00:08+	00:51&	00:01+	00:56&	00:02+	00:14#	00:12&	00:52&	00:51-	00:09#	02:05@	02:06-	00:21-	01:05@	00:06-	00:21#	00:36&	01:13-
37:50+	39:16+	41:22+																							
02:26+	01:26-	02:06+																							
01:29@	00:29-	00:47&																							
<b>9</b>	<b>Geir Haugvaldstad</b>	<b>116</b>	<b>41:59</b>																						
01:04+	01:43+	02:18+	03:17+	04:01+	05:21+	05:36+	06:22-	07:53+	09:54+	10:41+	12:44+	13:10+	15:24+	16:23+	18:22+	19:24+	20:42+	22:14+	24:33+	27:49+	29:20+	30:52+	32:57+	35:22+	36:27+
01:04+	00:39+	00:35+	00:59-	00:44+	01:20-	00:15=	00:46-	01:31+	02:01+	00:47+	02:03+	00:26=	02:14+	00:59+	01:59+	01:02-	01:18+	01:32+	02:19-	03:16+	01:31+	01:32=	02:05+	02:25+	01:05-
00:06#	00:06#	00:06#	00:04-	00:05#	00:02-	00:00=	00:21-	00:06+	00:03+	00:01+	00:14#	00:00=	00:09+	00:20&	00:05+	00:46-	00:36&	00:48@	00:46-	02:13@	00:58@	00:00=	00:31&	00:44&	01:15-
38:31+	40:03+	41:59+																							
02:04+	01:32-	01:56+																							
01:07@	00:23-	00:37&																							
<b>10</b>	<b>Ole Petter Haukaas</b>	<b>109</b>	<b>42:07</b>																						
00:53-	01:37+	02:04+	03:00-	04:03+	05:18+	05:32+	06:29+	08:23+	10:19+	12:18+	14:07+	14:40+	16:55+	17:46+	21:28+	22:16+	23:07+	24:38+	26:57+	27:34+	29:06+	30:35+	32:43+	35:16+	36:20+
00:53-	00:44+	00:27-	00:56-	01:03+	01:15-	00:14-	00:57-	01:54+	01:56-	01:59+	01:49=	00:33+	02:15+	00:51+	03:42+	00:48-	00:51+	01:31+	02:19-	00:37-	01:32+	01:29-	02:08+	02:33+	01:04-
00:05-	00:11&	00:02-	00:07-	00:24&	00:07-	00:01-	00:10-	00:29&	00:02-	01:13@	00:00=	00:07&	00:10+	00:12&	01:48&	01:00-	00:09#	00:47@	00:46-	00:26-	00:59@	00:03-	00:34&	00:52&	01:16-
38:27+	40:11+	42:07+																							
02:07+	01:44-	01:56+																							
01:10@	00:11-	00:37&																							
<b>11</b>	<b>Arne Magne Søndresen</b>	<b>92</b>	<b>42:13</b>																						
01:01+	01:40+	02:32+	03:33+	04:20+	05:25+	05:39+	06:42+	08:15+	10:11+	10:54+	13:17+	13:46+	17:03+	17:51+	20:37+	21:45+	22:42+	24:39+	26:15+	26:52+	28:24+	30:27+	33:18+	35:26+	36:30+
01:01+	00:39+	00:52+	01:01-	00:47+	01:05-	00:14-	01:03-	01:33+	01:56-	00:43-	02:23+	00:29+	03:17+	00:48+	02:46+	01:08-	00:57+	01:57+	01:36-	00:37-	01:32+	02:03+	02:51+	02:08+	01:04-
00:03+	00:06#	00:23&	00:02-	00:08#	00:17-	00:01-	00:04-	00:08+	00:02-	00:03-	00:34&	00:03#	01:12&	00:09#	00:52&	00:40-	00:15&	01:13@	01:29-	00:26-	00:59@	00:31&	01:17&	00:27&	01:16-
39:02+	40:23+	42:13+																							
02:32+	01:21-	01:50+																							
01:35@	00:34-	00:31&																							
<b>12</b>	<b>Morten Johannessen</b>	<b>7</b>	<b>43:27</b>																						
01:27+	02:04+	02:39+	03:57+	04:42+	06:26+	06:40+	07:44+	09:15+	11:20+	12:09+	14:01+	14:30+	17:21+	18:06+	20:29+	21:37+	22:25+	27:23+	28:51+	29:43+	31:15+	33:02+	34:55+	37:02+	38:11+
01:27+	00:37+	00:35+	01:18+	00:45+	01:44+	00:14-	01:04-	01:31+	02:05+	00:49+	01:52+	00:29+	02:51+	00:45+	02:23+	01:08-	00:48+	04:58+	01:28-	00:52-	01:32+	01:47+	01:53+	02:07+	01:09-
00:29&	00:04#	00:06#	00:15#	00:06#	00:22&	00:01-	00:03-	00:06+	00:07+	00:03+	00:03+	00:03#	00:46&	00:06#	00:29&	00:40-	00:06#	04:14@	01:37-	00:11-	00:59@	00:15#	00:19#	00:26&	01:11-
40:23+	41:42+	43:27+																							
02:12+	01:19-	01:45+																							
01:15@	00:36-	00:26&																							
<b>13</b>	<b>Øystein Fuglestad</b>	<b>46</b>	<b>44:34</b>																						
01:05+	01:52+	02:28+	03:49+	04:35+	05:56+	06:10+	06:58+	08:46+	10:53+	11:41+	13:42+	14:09+	16:59+	18:04+	20:56+	22:04+	22:55+	24:21+	25:27+	28:08+	31:10+	33:00+	35:22+	37:53+	38:59+
01:05+	00:47+	00:36+	01:21+	00:46+	01:21-	00:14-	00:48-	01:48+	02:07+	00:48+	02:01+	00:27+	02:50+	01:05+	02:52+	01:08-	00:51+	01:26+	01:06-	02:41+	03:02+	01:50+	02:22+	02:31+	01:06-
00:07#	00:14&	00:07#	00:18&	00:07#	00:01-	00:01-	00:19-	00:23&	00:09+	00:02+	00:12#	00:01+	00:45&	00:26&	00:58&	00:40-	00:09#	00:42&	01:59-	01:38@	02:29@	00:18#	00:48&	00:50&	01:14-
41:08+	42:37+	44:34+																							
02:09+	01:29-	01:57+																							
01:12@	00:26-	00:38&																							
<b>14</b>	<b>Trygve Michaelsen</b>	<b>117</b>	<b>45:23</b>																						
00:56-	01:35+	02:02+	03:11+	03:50+	05:06+	05:26+	06:13-	07:48-	09:49=	10:36+	15:32+	16:06+	18:40+	19:33+	21:15+	22:17+	23:07+	26:05+	27:34+	29:32+	31:24+	33:15+	35:31+	37:50+	39:03+
00:56-	00:39+	00:27-	01:09+	00:39=	01:16-	00:20+	00:47-	01:35+	02:01+	00:47+	04:56+	00:34+	02:34+	00:53+	01:42-	01:02-	00:50+	02:58+	01:29-	01:58+	01:52+	01:51+	02:16+	02:19+	01:13-
00:02-	00:06#	00:02-	00:06+	00:00=	00:06-	00:05&	00:20-	00:10#	00:03+	00:01+	03:07@	00:08&	00:29#	00:14&	00:12-	00:46-	00:08#	02:14@	01:36-	00:55&	01:19@	00:19#	00:4		

Class	Navn	Klasse	Tid																						
<b>15</b>	<b>Tor Brekken</b>	<b>97</b>	<b>45:41</b>																						
01:03+	01:39+	02:39+	03:43+	04:21+	05:28+	05:44+	06:33+	08:07+	11:05+	11:54+	13:38+	14:20+	16:34+	17:24+	18:50+	19:50+	20:37+	22:15+	24:18+	26:11+	27:15+	32:19+	34:20+	36:59+	39:03+
01:03+	00:36+	01:00+	01:04+	00:38-	01:07-	00:16+	00:49-	01:34+	02:58+	00:49+	01:44-	00:42+	02:14+	00:50+	01:26-	01:00-	00:47+	01:38+	02:03-	01:53+	01:04+	05:04+	02:01+	02:39+	02:04-
00:05+	00:03+	00:31@	00:01+	00:01-	00:15-	00:01+	00:18-	00:09#	01:00&	00:03+	00:05-	00:16&	00:09+	00:11&	00:28-	00:48-	00:05#	00:54@	01:02-	00:50&	00:31&	03:32@	00:27&	00:58&	00:16-
40:12+	42:25+	43:57+	45:41+																						
01:09+	02:13+	01:32+	01:44-																						
00:12#	00:18#	00:13#	00:03-																						
<b>16</b>	<b>Asbjørn Bråndland</b>	<b>297</b>	<b>46:44</b>																						
01:26+	02:07+	02:43+	04:08+	05:07+	06:35+	06:51+	08:09+	09:43+	12:10+	13:01+	15:03+	15:48+	19:08+	20:15+	23:31+	24:55+	25:41+	29:08+	30:35+	31:16+	32:54+	34:45+	36:55+	39:11+	40:24+
01:26+	00:41+	00:36+	01:25+	00:59+	01:28+	00:16+	01:18+	01:34+	02:27+	00:51+	02:02+	00:45+	03:20+	01:07+	03:16+	01:24-	00:46+	03:27+	01:27-	00:41-	01:38+	01:51+	02:10+	02:16+	01:13-
00:28&	00:08#	00:07#	00:22&	00:20&	00:06+	00:01+	00:11#	00:09#	00:29#	00:05#	00:13#	00:19&	01:15&	00:28&	01:22&	00:24-	00:04+	02:43@	01:38-	00:22-	01:05@	00:19#	00:36&	00:35&	01:07-
42:40+	44:21+	46:44+																							
02:16+	01:41-	02:23+																							
01:19@	00:14-	01:04&																							
<b>17</b>	<b>Håvard Håland</b>	<b>66</b>	<b>46:56</b>																						
00:59+	01:41+	02:11+	03:07+	03:45+	04:57-	05:14-	05:57-	13:17+	15:03+	15:48+	17:34+	18:07+	21:15+	22:01+	25:11+	26:11+	27:04+	28:44+	29:56+	30:40+	33:35+	35:18+	38:01+	40:10+	41:38+
00:59+	00:42+	00:30+	00:56-	00:38-	01:12-	00:17+	00:43-	07:20+	01:46-	00:45-	01:46-	00:33+	03:08+	00:46+	03:10+	01:00-	00:53+	01:40+	01:12-	00:44-	02:55+	01:43+	02:43+	02:09+	01:28-
00:01+	00:09&	00:01+	00:07-	00:01-	00:10-	00:02#	00:24-	05:55@	00:12-	00:01-	00:03-	00:07&	01:03&	00:07#	01:16&	00:48-	00:11&	00:56@	01:53-	00:19-	02:22@	00:11#	01:09&	00:28&	00:52-
43:55+	45:13+	46:56+																							
02:17+	01:18-	01:43+																							
01:20@	00:37-	00:24&																							
<b>18</b>	<b>Frank Hansen</b>	<b>29</b>	<b>47:16</b>																						
02:07+	02:43+	03:10+	04:13+	04:56+	06:23+	06:39+	07:27+	09:30+	11:45+	12:37+	14:26+	15:02+	18:45+	19:55+	22:11+	23:32+	24:31+	26:45+	27:50+	28:32+	33:49+	36:50+	39:06+	41:07+	42:16+
02:07+	00:36+	00:27-	01:03#	00:43+	01:27+	00:16+	00:48-	02:03+	02:15+	00:52+	01:49#	00:36+	03:43+	01:10+	02:16+	01:21-	00:59+	02:14+	01:05-	00:42-	05:17+	03:01+	02:16+	02:01+	01:09-
01:09@	00:03+	00:02-	00:00#	00:04#	00:05+	00:01+	00:19-	00:38&	00:17#	00:06#	00:00#	00:10&	01:38&	00:31&	00:22#	00:27-	00:17&	01:30@	02:00-	00:21-	04:44@	01:29&	00:42&	00:20#	01:11-
44:15+	45:38+	47:16+																							
01:59+	01:23-	01:38+																							
01:02@	00:32-	00:19#																							
<b>19</b>	<b>Magnar Møller</b>	<b>62</b>	<b>47:26</b>																						
02:02+	03:02+	03:37+	04:32+	05:17+	06:35+	06:51+	07:37+	09:12+	12:31+	13:17+	16:41+	17:10+	22:51+	23:48+	25:42+	26:42+	27:37+	29:36+	31:06+	33:01+	34:44+	36:15+	38:13+	40:54+	42:04+
02:02+	01:00+	00:35+	00:55-	00:45+	01:18-	00:16+	00:46-	01:35+	03:19+	00:46#	03:24+	00:29+	05:41+	00:57+	01:54#	01:00-	00:55+	01:59+	01:30-	01:55+	01:43+	01:31-	01:58+	02:41+	01:10-
01:04@	00:27&	00:06#	00:08-	00:06#	00:04-	00:01+	00:21-	00:10#	01:21&	00:00#	01:35&	00:03#	03:36@	00:18&	00:00#	00:48-	00:13&	01:15@	01:35-	00:52&	01:10@	00:01-	00:24&	01:00&	01:10-
44:11+	45:32+	47:26+																							
02:07+	01:21-	01:54+																							
01:10@	00:34-	00:35&																							
<b>20</b>	<b>Arild Holm</b>	<b>114</b>	<b>47:54</b>																						
02:44+	03:23+	03:59+	05:09+	06:09+	07:48+	08:05+	09:15+	11:07+	13:24+	15:26+	18:01+	18:38+	21:17+	22:08+	24:17+	25:25+	26:25+	29:24+	30:37+	31:21+	32:56+	35:03+	37:17+	40:08+	41:22+
02:44+	00:39+	00:36+	01:10+	01:00+	01:39+	00:17+	01:10+	01:52+	02:17+	02:02+	02:35+	00:37+	02:39+	00:51+	02:09+	01:08-	01:00+	02:59+	01:13-	00:44-	01:35+	02:07+	02:14+	02:51+	01:14-
01:46@	00:06#	00:07#	00:07#	00:21&	00:17#	00:02#	00:03+	00:27&	00:19#	01:16@	00:46&	00:11&	00:34&	00:12&	00:15#	00:40-	00:18&	02:15@	01:52-	00:19-	01:02@	00:35&	00:40&	01:10&	01:06-
44:13+	45:45+	47:54+																							
02:51+	01:32-	02:09+																							
01:54@	00:23-	00:50&																							
<b>21</b>	<b>Kjell Ove Aksland</b>	<b>27</b>	<b>48:16</b>																						
01:17+	01:52+	02:25+	03:41+	04:34+	06:12+	06:27+	07:26+	09:30+	11:39+	12:28+	16:24+	16:57+	21:02+	21:51+	24:33+	25:32+	26:34+	28:30+	30:07+	31:04+	34:20+	36:27+	38:33+	40:53+	42:23+
01:17+	00:35+	00:33+	01:16+	00:53+	01:38+	00:15#	00:59-	02:04+	02:09+	00:49+	03:56+	00:33+	04:05+	00:49+	02:42+	00:59-	01:02+	01:56+	01:37-	00:57-	03:16+	02:07+	02:06+	02:20+	01:30-
00:19&	00:02+	00:04#	00:13#	00:14&	00:16#	00:00#	00:08-	00:39&	00:11+	00:03+	02:07@	00:07&	02:00&	00:10&	00:48&	00:49-	00:20&	01:12@	01:28-	00:06-	02:43@	00:35&	00:32&	00:39&	00:50-
44:59+	46:14+	48:16+																							
02:36+	01:15-	02:02+																							
01:39@	00:40-	00:43&																							
<b>22</b>	<b>Harald Taksdal</b>	<b>236</b>	<b>49:01</b>																						
01:13+	02:03+	02:42+	04:11+	05:10+	06:40+	07:03+	07:53+	09:47+	11:52+	12:44+	14:41+	15:28+	21:24+	22:27+	25:41+	26:42+	27:47+	30:47+	32:11+	32:59+	34:32+	37:15+	39:16+	41:35+	42:46+
01:13+	00:50+	00:39+	01:29+	00:59+	01:30+	00:23+	00:50-	01:54+	02:05+	00:52+	01:57+	00:47+	05:56+	01:03+	03:14+	01:01-	01:05+	03:00+	01:24-	00:48-	01:33+	02:43+	02:01+	02:19+	01:11-
00:15&	00:17&	00:10&	00:26&	00:20&	00:08+	00:08&	00:17-	00:29&	00:07+	00:06#	00:08+	00:21&	03:51@	00:24&	01:20&	00:47-	00:23&	02:16@	01:41-	00:15-	01:00@	01:11&	00:27&	00:38&	01:09-
45:15+	46:50+	49:01+																							
02:29+	01:35-	02:11+																							
01:32@	00:20-	00:52&																							
<b>23</b>	<b>Jørgen Nilsen</b>	<b>53</b>	<b>49:06</b>																						
04:36+	05:20+	06:19+	07:26+	08:08+	10:39+	10:52+	12:07+	15:13+	17:36+	18:21+	20:10+	20:45+	24:11+	25:00+	28:00+	28:57+	29:48+	31:44+	32:59+	33:35+	34:59+	38:13+	40:25+	42:45+	43:49+
04:36+	00:44+	00:59+	01:07+	00:42+	02:31+	00:13-	01:15+	03:06+	02:23+	00:45-	01:49#	00:35+	03:26+	00:49+	03:00+	00:57-	00:51+	01:56+	01:15-	00:36-	01:24+	03:14+	02:12+	02:20+	01:04-
03:38@	00:11&	00:30@	00:04+	00:03+	01:09&	00:02-	00:08#	01:41@	00:25#	00:01-	00:00#	00:09&	01:21&	00:10&	01:06&	00:51-	00:09#	01:12@	01:50-						

Class	Navn	Klasse										Tid													
<b>24</b>	<b>Kjell Seland</b>	<b>236</b>										<b>49:15</b>													
01:02+	01:44+	02:18+	03:26+	04:09+	05:40+	05:57+	06:47+	16:35+	18:43+	19:38+	21:47+	22:33+	24:41+	25:32+	27:45+	28:35+	29:28+	31:03+	32:04+	33:00+	34:41+	36:24+	38:52+	41:27+	42:54+
01:02+	00:42+	00:34+	01:08+	00:43+	01:31+	00:17+	00:50-	09:48+	02:08+	00:55+	02:09+	00:46+	02:08+	00:51+	02:13+	00:50-	00:53+	01:35+	01:01-	00:56-	01:41+	01:43+	02:28+	02:35+	01:27-
00:04+	00:09&	00:05#	00:05+	00:04#	00:09#	00:02#	00:17-	08:23@	00:10+	00:09#	00:20#	00:20&	00:03+	00:12&	00:19#	00:58-	00:11&	00:51@	02:04-	00:07-	01:08@	00:11#	00:54&	00:54&	00:53-
45:34+	47:05+	49:15+																							
02:40+	01:31-	02:10+																							
01:43@	00:24-	00:51&																							
<b>25</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>49:23</b>													
01:07+	01:55+	02:36+	03:46+	04:40+	06:14+	06:32+	07:44+	09:33+	11:43+	12:53+	15:04+	16:13+	19:20+	20:47+	23:28+	24:52+	26:25+	28:42+	30:08+	31:00+	33:21+	35:51+	38:52+	41:24+	42:38+
01:07+	00:48+	00:41+	01:10+	00:54+	01:34+	00:18+	01:12+	01:49+	02:10+	01:10+	02:11+	01:09+	03:07+	01:27+	02:41+	01:24-	01:33+	02:17+	01:26-	00:52-	02:21+	02:30+	03:01+	02:32+	01:14-
00:09#	00:15&	00:12&	00:07#	00:15&	00:12#	00:03#	00:05+	00:24&	00:12#	00:24&	00:22#	00:43@	01:02&	00:48@	00:47&	00:24-	00:51@	01:33@	01:39-	00:11-	01:48@	00:58&	01:27&	00:51&	01:06-
45:29+	47:24+	49:23+																							
02:51+	01:55=	01:59+																							
01:54@	00:00=	00:40&																							
<b>26</b>	<b>Frode Engen</b>	<b>116</b>										<b>50:27</b>													
01:55+	02:19+	02:44+	03:49+	04:30+	05:41+	05:54+	06:45+	08:31+	10:18+	11:08+	12:55+	13:36+	16:48+	17:29+	19:55+	20:58+	21:45+	29:24+	30:52+	31:28+	34:36+	36:06+	41:49+	43:57+	45:01+
01:55+	00:24-	00:25-	01:05+	00:41+	01:11-	00:13-	00:51-	01:46+	01:47-	00:50+	01:47-	00:41+	03:12+	00:41+	02:26+	01:03-	00:47+	07:39+	01:28-	00:36-	03:08+	01:30-	05:43+	02:08+	01:04-
00:57&	00:09-	00:04-	00:02+	00:02+	00:11-	00:02-	00:16-	00:21#	00:11-	00:04+	00:02-	00:15&	01:07&	00:02+	00:32&	00:45-	00:05#	06:55@	01:37-	00:27-	02:35@	00:02-	04:09@	00:27&	01:16-
47:15+	48:34+	50:27+																							
02:14+	01:19-	01:53+																							
01:17@	00:36-	00:34&																							
<b>27</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>										<b>50:38</b>													
01:16+	01:58+	02:42+	04:10+	04:57+	06:26+	06:44+	07:44+	09:39+	12:01+	12:57+	15:20+	16:06+	20:06+	21:08+	24:07+	25:52+	27:40+	30:06+	31:23+	32:14+	34:09+	37:20+	39:35+	42:30+	43:56+
01:16+	00:42+	00:44+	01:28+	00:47+	01:29+	01:00-	01:55+	02:22+	00:56+	02:23+	00:46+	04:00+	01:02+	02:59+	01:45-	01:48+	02:26+	01:17-	00:51-	01:55+	03:11+	02:15+	02:55+	01:26-	
00:18&	00:09&	00:15&	00:25&	00:08#	00:07+	00:03#	00:07-	00:30&	00:24#	00:10#	00:34&	00:20&	01:55&	00:23&	01:05&	00:03-	01:06@	01:42@	01:48-	00:12-	01:22@	01:39@	00:41&	01:14&	00:54-
46:21+	48:02+	50:38+																							
02:25+	01:41-	02:36+																							
01:28@	00:14-	01:17&																							
<b>28</b>	<b>Arne Nygaard</b>	<b>66</b>										<b>50:55</b>													
01:31+	02:22+	05:45+	06:52+	07:50+	09:06+	09:23+	10:32+	12:35+	14:56+	15:51+	17:56+	18:55+	25:12+	25:56+	28:35+	29:27+	30:21+	32:44+	34:11+	35:16+	37:14+	39:16+	41:36+	44:06+	45:17+
01:31+	00:51+	03:23+	01:07+	00:58+	01:16-	00:17+	01:09+	02:03+	02:21+	00:55+	02:05+	00:59+	06:17+	00:44+	02:39+	00:52-	00:54+	02:23+	01:27-	01:05+	01:58+	02:02+	02:20+	02:30+	01:11-
00:33&	00:18&	02:54@	00:04+	00:19&	00:06-	00:02#	00:02+	00:38&	00:23#	00:09#	00:16#	00:33@	04:12@	00:05#	00:45&	00:56-	00:12&	01:39@	01:38-	00:02+	01:25@	00:30&	00:46&	00:49&	01:09-
47:31+	48:57+	50:55+																							
02:14+	01:26-	01:58+																							
01:17@	00:29-	00:39&																							
<b>29</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>51:56</b>													
02:34+	03:13+	03:48+	05:10+	06:15+	07:35+	07:53+	08:48+	10:24+	13:05+	14:00+	16:11+	16:59+	19:22+	20:14+	24:02+	25:12+	26:09+	27:38+	28:51+	29:43+	32:30+	34:29+	36:34+	40:50+	45:29+
02:34+	00:39+	00:35+	01:22+	01:05+	01:20-	00:18+	00:55-	01:36+	02:41+	00:55+	02:11+	00:48+	02:23+	00:52+	03:48+	01:10-	00:57+	01:29+	01:13-	00:52-	02:47+	01:59+	02:05+	04:16+	04:39+
01:36@	00:06#	00:06#	00:19&	00:26&	00:02-	00:03#	00:12-	00:11#	00:43&	00:09#	00:22#	00:22&	00:18#	00:13&	01:54&	00:38-	00:15&	00:45@	01:52-	00:11-	02:14@	00:27&	00:31&	02:35@	02:19&
48:10+	49:44+	51:56+																							
02:41+	01:34-	02:12+																							
01:44@	00:21-	00:53&																							
<b>30</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>52:47</b>													
01:28+	02:04+	02:34+	03:40+	04:23+	05:41+	05:56+	06:44+	13:23+	16:18+	17:13+	19:10+	19:50+	22:48+	23:40+	26:07+	27:14+	32:31+	36:57+	38:14+	38:55+	40:21+	42:02+	44:05+	46:09+	47:18+
01:28+	00:36+	00:30+	01:06+	00:43+	01:18-	00:15=	00:48-	06:39+	02:55+	00:55+	01:57+	00:40+	02:58+	00:52+	02:27+	01:07-	05:17+	04:26+	01:17-	00:41-	01:26+	01:41+	02:03+	02:04+	01:09-
00:30&	00:03+	00:01+	00:03+	00:04#	00:04-	00:00=	00:19-	05:14@	00:57&	00:09#	00:08+	00:14&	00:53&	00:13&	00:33&	00:41-	04:35@	03:42@	01:48-	00:22-	00:53@	00:09+	00:29&	00:23#	01:11-
49:32+	50:57+	52:47+																							
02:14+	01:25-	01:50+																							
01:17@	00:30-	00:31&																							
<b>31</b>	<b>Ole J. Bakkevold</b>	<b>17</b>										<b>53:48</b>													
01:46+	02:31+	03:08+	04:34+	05:32+	07:07+	07:20+	08:33+	10:25+	12:57+	13:52+	16:10+	17:03+	20:15+	21:26+	27:53+	29:36+	30:37+	32:11+	33:29+	35:11+	37:16+	40:12+	42:49+	45:13+	46:22+
01:46+	00:45+	00:37+	01:26+	00:58+	01:35+	00:13-	01:13+	01:52+	02:32+	00:55+	02:18+	00:53+	03:12+	01:11+	06:27+	01:43-	01:01+	01:34+	01:18-	01:42+	02:05+	02:56+	02:37+	02:24+	01:09-
00:48&	00:12&	00:08&	00:23&	00:19&	00:13#	00:02-	00:06+	00:27&	00:34&	00:09#	00:29&	00:27@	01:07&	00:32&	04:33@	00:05-	00:19&	00:50@	01:47-	00:39&	01:32@	01:24&	01:03&	00:43&	01:11-
49:07+	51:22+	53:48+																							
02:45+	02:15+	02:26+																							
01:48@	00:20#	01:07&																							
<b>32</b>	<b>Sigbjørn Gloppen</b>	<b>144</b>										<b>53:53</b>													
01:16+	01:58+	02:29+	03:31+	04:14+	05:27+	05:42+	07:03+	09:44+	14:00+	14:50+	17:13+	17:54+	21:01+	21:50+	23:51+	24:52+	30:49+	33:24+	34:35+	35:17+	37:02+	38:36+	44:48+	47:05+	48:29+
01:16+	00:42+	00:31+	01:02-	00:43+	01:13-	00:15=	01:21+	02:41+	04:16+	00:50+	02:23+	00:41+	03:07+	00:49+	02:01+	01:01-	05:57+	02:35+	01:11-	00:42-	01:45+	01:34+	06:12+	02:17+	01:24-
00:18&	00:09&	00:02+	00:01-	00:04#	00:09-	00:00=	00:14#	01:16&	02:18@	00:04+	00:34&	00:15&	01:02&	00:											

Class	Navn	Klasse										Tid													
<b>33</b>	<b>John Lage Bergan</b>	<b>116</b>										<b>55:15</b>													
01:06+	01:45+	02:54+	04:02+	04:52+	06:09+	06:28+	07:15+	14:36+	17:02+	17:58+	20:00+	22:38+	28:35+	29:22+	32:59+	33:59+	36:10+	37:56+	39:00+	39:46+	41:19+	43:45+	46:08+	48:27+	49:51+
01:06+	00:39+	01:09+	01:08+	00:50+	01:17-	00:19+	00:47-	07:21+	02:26+	00:56+	02:02+	02:38+	05:57+	00:47+	03:37+	01:00-	02:11+	01:46+	01:04-	00:46-	01:33+	02:26+	02:23+	02:19+	01:24-
00:08#	00:06#	00:40#	00:05+	00:11#	00:05-	00:04#	00:20-	05:56#	00:28#	00:10#	00:13#	02:12#	03:52#	00:08#	01:43#	00:48-	01:29#	01:02#	02:01-	00:17-	01:00#	00:54#	00:49#	00:38#	00:56-
52:09+	53:32+	55:15+																							
02:18+	01:23-	01:43+																							
01:21#	00:32-	00:24#																							
<b>34</b>	<b>Steinar Torjusen</b>	<b>167</b>										<b>56:30</b>													
01:21+	01:57+	02:29+	03:44+	04:38+	06:12+	06:23+	08:13+	10:05+	12:12+	12:55+	15:00+	15:21+	21:57+	24:16+	27:47+	28:51+	29:55+	36:04+	38:04+	40:26+	42:20+	45:26+	47:22+	49:24+	50:45+
01:21+	00:36+	00:32+	01:15+	00:54+	01:34+	00:11-	01:50+	01:52+	02:07+	00:43-	02:05+	00:21-	06:36+	02:19+	03:31+	01:04-	01:04+	06:09+	02:00-	02:22+	01:54+	03:06+	01:56+	02:02+	01:21-
00:23#	00:03+	00:03#	00:12#	00:15#	00:12#	00:04-	00:43#	00:27#	00:09+	00:03-	00:16#	00:05-	04:31#	01:40#	01:37#	00:44-	00:22#	05:25#	01:05-	01:19#	01:21#	01:34#	00:22#	00:21#	00:59-
53:18+	54:42+	56:30+																							
02:33+	01:24-	01:48+																							
01:36#	00:31-	00:29#																							
<b>35</b>	<b>Kjetil Heradstveit</b>	<b>12</b>										<b>56:32</b>													
00:54-	01:40+	02:09+	03:16+	04:03+	05:29+	05:45+	06:35+	15:16+	18:41+	19:53+	23:28+	24:01+	26:47+	27:56+	30:17+	31:24+	32:16+	33:58+	35:07+	36:03+	37:37+	39:20+	42:05+	45:41+	47:12+
00:54-	00:46+	00:29#	01:07+	00:47+	01:26+	00:16+	00:50-	08:41+	03:25+	01:12+	03:35+	00:33+	02:46+	01:09+	02:21+	01:07-	00:52+	01:42+	01:09-	00:56-	01:34+	01:43+	02:45+	03:36+	01:31-
00:04-	00:13#	00:00#	00:04+	00:08#	00:04+	00:01+	00:17-	07:16#	01:27#	00:26#	01:46#	00:07#	00:41#	00:30#	00:27#	00:41-	00:10#	00:58#	01:56-	00:07-	01:01#	00:11#	01:11#	01:55#	00:49-
52:00+	54:46+	56:32+																							
04:48+	02:46+	01:46+																							
03:51#	00:51#	00:27#																							
<b>36</b>	<b>Kjell R. Nordmark</b>	<b>7</b>										<b>57:19</b>													
01:10+	01:48+	02:25+	03:32+	04:14+	05:32+	05:44+	06:28+	13:29+	15:53+	16:40+	18:50+	19:35+	26:59+	27:57+	31:53+	32:59+	33:49+	36:09+	37:45+	38:29+	40:07+	42:09+	49:08+	51:13+	52:14+
01:10+	00:38+	00:37+	01:07+	00:42+	01:18-	00:12-	00:44-	07:01+	02:24+	00:47+	02:10+	00:45+	07:24+	00:58+	03:56+	01:06-	00:50+	02:20+	01:36-	00:44-	01:38+	02:02+	06:59+	02:05+	01:01-
00:12#	00:05#	00:08#	00:04+	00:03+	00:04-	00:03-	00:23-	05:36#	00:26#	00:01+	00:21#	00:19#	05:19#	00:19#	02:02#	00:42-	00:08#	01:36#	01:29-	00:19-	01:05#	00:30#	05:25#	00:24#	01:19-
54:18+	55:36+	57:19+																							
02:04+	01:18-	01:43+																							
01:07#	00:37-	00:24#																							
<b>37</b>	<b>Inge Skretting</b>	<b>165</b>										<b>57:42</b>													
02:16+	03:09+	03:41+	04:53+	05:36+	07:07+	07:22+	08:46+	16:59+	20:34+	21:20+	26:37+	26:58+	29:38+	30:23+	35:33+	36:19+	37:17+	38:53+	40:02+	40:58+	43:13+	45:12+	47:31+	49:56+	51:07+
02:16+	00:53+	00:32+	01:12+	00:43+	01:31+	00:15#	01:24+	08:13+	03:35+	00:46#	05:17+	00:21-	02:40+	00:45+	05:10+	00:46-	00:58+	01:36+	01:09-	00:56-	02:15+	01:59+	02:19+	02:25+	01:11-
01:18#	00:20#	00:03#	00:09#	00:04#	00:09#	00:00#	00:17#	06:48#	01:37#	00:00#	03:28#	00:05-	00:35#	00:06#	03:16#	01:02-	00:16#	00:52#	01:56-	00:07-	01:42#	00:27#	00:45#	00:44#	01:09-
53:16+	55:05+	57:42+																							
02:09+	01:49-	02:37+																							
01:12#	00:06-	01:18#																							
<b>38</b>	<b>Tore Morten Hope</b>	<b>228</b>										<b>58:17</b>													
01:58+	02:35+	03:19+	04:31+	05:34+	06:57+	07:13+	11:55+	17:18+	21:13+	22:11+	24:22+	25:16+	28:30+	29:24+	31:03+	32:13+	33:04+	36:31+	38:21+	38:58+	41:13+	44:17+	47:12+	50:05+	51:38+
01:58+	00:37+	00:44+	01:12+	01:03+	01:23+	00:16+	04:42+	05:23+	03:55+	00:58+	02:11+	00:54+	03:14+	00:54+	01:39-	01:10-	00:51+	03:27+	01:50-	00:37-	02:15+	03:04+	02:55+	02:53+	01:33-
01:00#	00:04#	00:15#	00:09#	00:24#	00:01+	00:01+	03:35#	03:58#	01:57#	00:12#	00:22#	00:28#	01:09#	00:15#	00:15-	00:38-	00:09#	02:43#	01:15-	00:26-	01:42#	01:32#	01:21#	01:12#	00:47-
54:12+	56:23+	58:17+																							
02:34+	02:11+	01:54+																							
01:37#	00:16#	00:35#																							
<b>39</b>	<b>Åge Håland</b>	<b>902</b>										<b>58:31</b>													
00:56-	01:29-	02:17+	03:30+	04:51+	06:14+	06:30+	07:13+	18:28+	21:52+	22:46+	24:57+	25:58+	29:11+	30:05+	31:44+	32:45+	33:38+	35:56+	37:00+	38:02+	39:47+	42:52+	47:39+	51:09+	52:23+
00:56-	00:33#	00:48+	01:13+	01:21+	01:23+	00:16+	00:43-	11:15+	03:24+	00:54+	02:11+	01:01+	03:13+	00:54+	01:39-	01:01-	00:53+	02:18+	01:04-	01:02-	01:45+	03:05+	04:47+	03:30+	01:14-
00:02-	00:00#	00:19#	00:10#	00:42#	00:01+	00:01+	00:24-	09:50#	01:26#	00:08#	00:22#	00:35#	01:08#	00:15#	00:15-	00:47-	00:11#	01:34#	02:01-	00:01-	01:12#	01:33#	03:13#	01:49#	01:06-
55:04+	56:35+	58:31+																							
02:41+	01:31-	01:56+																							
01:44#	00:24-	00:37#																							
<b>40</b>	<b>Ove Njå</b>	<b>90</b>										<b>1:01:58</b>													
01:16+	02:04+	02:33+	04:16+	05:09+	06:54+	07:11+	08:08+	13:59+	17:37+	18:24+	23:02+	23:33+	26:36+	27:29+	34:03+	35:28+	36:24+	41:06+	42:55+	43:39+	45:16+	47:46+	50:16+	52:37+	54:06+
01:16+	00:48+	00:29#	01:43+	00:53+	01:45+	00:17+	00:57-	05:51+	03:38+	00:47+	04:38+	00:31+	03:03+	00:53+	06:34+	01:25-	00:56+	04:42+	01:49-	00:44-	01:37+	02:30+	02:30+	02:21+	01:29-
00:18#	00:15#	00:00#	00:40#	00:14#	00:23#	00:02#	00:10-	04:26#	01:40#	00:01+	02:49#	00:05#	00:58#	00:14#	04:40#	00:23-	00:14#	03:58#	01:16-	00:19-	01:04#	00:58#	00:56#	00:40#	00:51-
57:21+	59:53+	61:58+																							
03:15+	02:32+	02:05+																							
02:18#	00:37#	00:46#																							
<b>41</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>1:06:13</b>													
02:47+	03:32+	04:17+	05:43+	07:20+	08:52+	09:16+	10:16+	13:24+	15:39+	17:44+	19:49+	20:29+	26:11+	27:21+	29:58+	31:14+	32:17+	42:17+	46:46+	47:56+	50:03+	52:37+	55:49+	58:10+	59:26+
02:47+	00:45+	00:45+	01:26+	01:37+	01:32+	00:24+	01:00-	03:08+	02:15+	02:05+	02:05+	00:40+	05:42+	01:10+	02:37+	01:16-	01:03+	10:00+	04:29+	01:10+	02:07+	02:34+	03:12+	02:21+	01:16-
01:49#	00:12#	00:16#	00:23#	00:58#	00:10#	00:09#	00:07-	01:43#	00:17#	01:19#	00:16#	00:14#</													

Class	Navn	Klasse																			Tid					
<b>42</b>	<b>John C. Sinnes</b>	<b>93</b>																			<b>1:08:32</b>					
01:13+	01:56+	02:53+	04:14+	05:12+	06:50+	07:11+	08:04+	09:56+	12:18+	13:19+	15:35+	16:22+	22:28+	23:22+	31:59+	33:32+	34:45+	36:29+	40:29+	42:28+	46:19+	49:14+	57:38+	60:14+	61:59+	
01:13+	00:43+	00:57+	01:21+	00:58+	01:38+	00:21+	00:53-	01:52+	02:22+	01:01+	02:16+	00:47+	06:06+	00:54+	08:37+	01:33-	01:13+	01:44+	04:00+	01:59+	03:51+	02:55+	08:24+	02:36+	01:45-	
00:15&	00:10&	00:28&	00:18&	00:19&	00:16#	00:06&	00:14-	00:27&	00:24#	00:15&	00:27#	00:21&	04:01@	00:15&	06:43@	00:15-	00:31&	01:00@	00:55&	00:56&	03:18@	01:23&	06:50@	00:55&	00:35-	
64:55+	66:41+	68:32+																								
02:56+	01:46-	01:51+																								
01:59@	00:09-	00:32&																								

### Beste strekktid for klassen

00:53 00:24 00:25 00:54 00:37 01:05 00:11 00:43 01:24 01:46 00:43 01:44 00:21 02:05 00:39 01:22 00:46 00:42 00:44 00:50 00:29 00:33 01:26 01:34 01:41 00:55 00:57 01:15

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

## Herrer 60 - 64 år

<b>1</b>	<b>Hans Erik Terjesen</b>	<b>116</b>																			<b>38:25</b>					
00:45=	01:27=	02:18=	02:45=	03:04=	04:22=	05:52=	08:19=	10:02=	10:59=	11:34=	13:57=	16:03=	16:42=	17:35=	19:12=	20:10=	21:23=	22:15=	24:07=	25:11=	26:08=	28:11=	31:03=	32:59=	34:38=	
00:45=	00:42=	00:51=	00:27=	00:19=	01:18=	01:30=	02:27=	01:43=	00:57=	00:35=	02:23=	02:06=	00:39=	00:53=	01:37=	00:58=	01:13=	00:52=	01:52=	01:04=	00:57=	02:03=	02:52=	01:56=	01:39=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
36:32=	37:54=	38:25=																								
01:54=	01:22=	00:31=																								
00:00=	00:00=	00:00=																								

<b>2</b>	<b>Agnar Lien</b>	<b>7</b>																			<b>39:46</b>					
00:39-	01:27=	02:16-	03:02+	03:31+	04:39+	06:21+	09:04+	11:06+	12:07+	12:44+	15:40+	17:42+	18:20+	19:36+	21:11+	22:07+	24:00+	25:03+	25:41+	26:56+	27:51+	29:56+	31:46+	33:34+	35:42+	
00:39-	00:48+	00:49-	00:46+	00:29+	01:08-	01:42+	02:43+	02:02+	01:01+	00:37+	02:56+	02:02-	00:38-	01:16+	01:35-	00:56-	01:53+	01:03+	00:38-	01:15+	00:55-	02:05+	01:50-	01:48-	02:08+	
00:06-	00:06#	00:02-	00:19&	00:10&	00:10-	00:12#	00:16#	00:19#	00:04+	00:02+	00:33#	00:04-	00:01-	00:23&	00:02-	00:02-	00:40&	00:11#	01:14-	00:11#	00:02-	00:02+	01:02-	00:08-	00:29&	
37:49+	39:13+	39:46+																								
02:07+	01:24+	00:33+																								
00:13#	00:02+	00:02+																								

<b>3</b>	<b>Kjell Skjæveland</b>	<b>108</b>																			<b>40:12</b>					
00:33-	01:38+	02:28+	02:51+	03:15+	04:13-	05:47-	08:17-	09:59-	10:49-	11:26-	15:20+	17:44+	18:14+	19:13+	20:47+	21:35+	24:08+	24:58+	25:38+	27:00+	28:05+	29:51+	33:41+	35:17+	36:47+	
00:33-	01:05+	00:50-	00:23-	00:24+	00:58-	01:34+	02:30+	01:42-	00:50-	00:37+	03:54+	02:24+	00:30-	00:59+	01:34-	00:48-	02:33+	00:50-	00:40-	01:22+	01:05+	01:46-	03:50+	01:36-	01:30-	
00:12-	00:23&	00:01-	00:04-	00:05&	00:20-	00:04+	00:03+	00:01-	00:07-	00:02+	01:31&	00:18#	00:09-	00:06#	00:03-	00:10-	01:20@	00:02-	01:12-	00:18&	00:08#	00:17-	00:58&	00:20-	00:09-	
38:38+	39:42+	40:12+																								
01:51-	01:04-	00:30-																								
00:03-	00:18-	00:01-																								

<b>4</b>	<b>Dag Helliksen</b>	<b>80</b>																			<b>42:17</b>					
01:23+	02:32+	03:14+	03:43+	04:06+	05:12+	07:07+	09:38+	11:31+	12:20+	12:50+	15:11+	18:14+	18:47+	24:06+	25:25+	26:05+	27:23+	28:17+	28:57+	31:44+	32:49+	34:19+	36:09+	37:37+	39:00+	
01:23+	01:09+	00:42-	00:29+	00:23+	01:06-	01:55+	02:31+	01:53+	00:49-	00:30-	02:21-	03:03+	00:33-	05:19+	01:19-	00:40-	01:18+	00:54+	00:40-	02:47+	01:05+	01:30-	01:50-	01:28-	01:23-	
00:38&	00:27&	00:09-	00:02+	00:04#	00:12-	00:25&	00:04+	00:10+	00:08-	00:05-	00:02-	00:57&	00:06-	04:26@	00:18-	00:18-	00:05+	00:02+	01:12-	01:43@	00:08#	00:33-	01:02-	00:28-	00:16-	
40:39+	41:47+	42:17+																								
01:39-	01:08-	00:30-																								
00:15-	00:14-	00:01-																								

<b>5</b>	<b>Torbjørn Evensen</b>	<b>108</b>																			<b>42:21</b>					
00:36-	01:19-	02:12-	02:39-	03:05+	04:09-	05:56+	08:28+	12:30+	13:31+	14:06+	17:08+	19:05+	19:37+	21:13+	23:00+	23:54+	25:25+	26:19+	27:55+	29:11+	30:11+	32:15+	34:39+	36:28+	38:20+	
00:36-	00:43+	00:53+	00:27=	00:26+	01:04-	01:47+	02:32+	04:02+	01:01+	00:35=	03:02+	01:57-	00:32-	01:36+	01:47+	00:54-	01:31+	00:54+	01:36-	01:16+	01:00+	02:04+	02:24-	01:49-	01:52+	
00:09-	00:01+	00:02+	00:00=	00:07&	00:14-	00:17#	00:05+	02:19@	00:04+	00:00=	00:39&	00:09-	00:07-	00:43&	00:10#	00:04-	00:18#	00:02+	00:16-	00:12#	00:03+	00:01+	00:28-	00:07-	00:13#	
40:25+	41:43+	42:21+																								
02:05+	01:18-	00:38+																								
00:11+	00:04-	00:07#																								

<b>6</b>	<b>Bjørn Sivertsen</b>	<b>99</b>																			<b>42:24</b>					
00:43-	01:27=	02:22+	02:54+	03:23+	04:39+	06:29+	10:00+	12:19+	13:21+	14:04+	16:45+	19:41+	20:16+	21:20+	23:28+	24:26+	25:57+	27:00+	27:47+	29:04+	30:21+	32:32+	34:46+	36:34+	38:35+	
00:43-	00:44+	00:55+	00:32+	00:29+	01:16-	01:50+	03:31+	02:19+	01:02+	00:43+	02:41+	02:56+	00:35-	01:04+	02:08+	00:58=	01:31+	01:03+	00:47-	01:17+	01:17+	02:11+	02:14-	01:48-	02:01+	
00:02-	00:02+	00:04+	00:05#	00:10&	00:02-	00:20#	01:04&	00:36&	00:05+	00:08#	00:18#	00:50&	00:04-	00:11#	00:31&	00:00=	00:18#	00:11#	01:05-	00:13#	00:20&	00:08+	00:38-	00:08-	00:22#	
40:36+	41:50+	42:24+																								
02:01+	01:14-	00:34+																								
00:07+	00:08-	00:03+																								

<b>7</b>	<b>Bjørn H. Engseth</b>	<b>27</b>																			<b>45:45</b>					
00:42-	01:19-	02:10-	02:43-	03:09+	04:47+	06:59+	09:57+	12:24+	13:34+	14:13+	17:06+	19:43+	20:27+	21:46+	23:57+	24:51+	27:55+	29:08+	29:46+	31:04+	33:00+	35:16+	37:32+	39:31+	41:30+	
00:42-	00:37-	00:51=	00:33+	00:26+	01:38+	02:12+	02:58+	02:27+	01:10+	00:39+	02:53+	02:37+	00:44+	01:19+	02:11+	00:54-	03:04+	01:13+	00:38-	01:18+	01:56+	02:16+	02:16-	01:59+	01:59+	
00:03-	00:05-	00:00=	00:06#	00:07&	00:20&	00:42&	00:31#	00:44&	00:13#	00:04#	00:30#	00:31#	00:05#	00:26&	00:34&	00:04-	01:51@	00:21&	01:14-	00:14#	00:59@	00:13#	00:36-	00:03+	00:20#	
43:40+	45:07+	45:45+																								
02:10+	01:27+	00:38+																								
00:16#	00:05+	00:07#																								

Class	Navn	Klasse										Tid													
<b>8</b>	<b>Magne Tunheim</b>	<b>144</b>										<b>45:51</b>													
00:40-	01:15-	02:03-	02:27-	02:50-	04:18-	12:01+	14:24+	16:28+	17:15+	17:50+	20:31+	23:17+	23:47+	24:52+	26:31+	27:43+	28:58+	30:42+	31:09+	32:51+	34:26+	36:26+	38:47+	40:27+	42:56+
00:40-	00:35-	00:48-	00:24-	00:23+	01:28+	07:43+	02:23-	02:04+	00:47-	00:35=	02:41+	02:46+	00:30-	01:05+	01:39+	01:12+	01:15+	01:44+	00:27-	01:42+	01:35+	02:00-	02:21-	01:40-	02:29+
00:05-	00:07-	00:03-	00:03-	00:04#	00:10#	06:13#	00:04-	00:21#	00:10-	00:00=	00:18#	00:40&	00:09-	00:12#	00:02+	00:14#	00:02+	00:52&	01:25-	00:38&	00:38&	00:03-	00:31-	00:16-	00:50&
44:30+	45:24+	45:51+																							
01:34-	00:54-	00:27-																							
00:20-	00:28-	00:04-																							
<b>9</b>	<b>Jan Arendal</b>	<b>116</b>										<b>48:50</b>													
00:52+	01:49+	02:51+	03:35+	04:12+	05:31+	07:35+	10:32+	12:59+	14:05+	14:46+	18:47+	21:45+	22:30+	23:54+	25:52+	27:22+	29:47+	31:10+	31:59+	33:36+	35:03+	37:31+	39:54+	42:01+	44:11+
00:52+	00:57+	01:02+	00:44+	00:37+	01:19+	02:04+	02:57+	02:27+	01:06+	00:41+	04:01+	02:58+	00:45+	01:24+	01:58+	01:30+	02:25+	01:23+	00:49-	01:37+	01:27+	02:28+	02:23-	02:07+	02:10+
00:07#	00:15&	00:11#	00:17&	00:18&	00:01+	00:34&	00:30#	00:44&	00:09#	00:06#	01:38&	00:52&	00:06#	00:31&	00:21#	00:32&	01:12&	00:31&	01:03-	00:33&	00:30&	00:25#	00:29-	00:11+	00:31&
46:29+	48:04+	48:50+																							
02:18+	01:35+	00:46+																							
00:24#	00:13#	00:15&																							
<b>10</b>	<b>Olav Tunheim</b>	<b>93</b>										<b>50:31</b>													
00:43-	02:06+	02:58+	03:42+	04:05+	05:15+	07:05+	09:58+	11:57+	12:57+	13:31+	17:31+	25:23+	26:14+	27:25+	29:10+	30:12+	32:52+	34:00+	35:07+	36:30+	37:46+	40:12+	42:50+	44:42+	46:37+
00:43-	01:23+	00:52+	00:44+	00:23+	01:10-	01:50+	02:53+	01:59+	01:00+	00:34-	04:00+	07:52+	00:51+	01:11+	01:45+	01:02+	02:40+	01:08+	01:07-	01:23+	01:16+	02:26+	02:38-	01:52-	01:55+
00:02-	00:41&	00:01+	00:17&	00:04#	00:08-	00:20#	00:26#	00:16#	00:03+	00:01-	01:37&	05:46#	00:12&	00:18&	00:08+	00:04+	01:27#	00:16&	00:45-	00:19&	00:19&	00:23#	00:14-	00:04-	00:16#
48:53+	50:05+	50:31+																							
02:16+	01:12-	00:26-																							
00:22#	00:10-	00:05-																							
<b>11</b>	<b>Jan Øyvind Lilledal</b>	<b>281</b>										<b>50:41</b>													
00:37-	05:03+	05:57+	06:38+	07:10+	08:25+	10:25+	13:03+	15:11+	16:38+	17:09+	21:15+	24:09+	24:35+	26:10+	28:33+	29:25+	31:47+	32:57+	34:21+	35:51+	37:31+	39:38+	42:40+	44:44+	46:54+
00:37-	04:26+	00:54+	00:41+	00:32+	01:15-	02:00+	02:38+	02:08+	01:27+	00:31-	04:06+	02:54+	00:26-	01:35+	02:23+	00:52-	02:22+	01:10+	01:24-	01:30+	01:40+	02:07+	03:02+	02:04+	02:10+
00:08-	03:44#	00:03+	00:14&	00:13&	00:03-	00:30&	00:11+	00:25#	00:30&	00:04-	01:43&	00:48&	00:13-	00:42&	00:46&	00:06-	01:09&	00:18&	00:28-	00:26&	00:43&	00:04+	00:10+	00:08+	00:31&
48:55+	50:08+	50:41+																							
02:01+	01:13-	00:33+																							
00:07+	00:09-	00:02+																							
<b>12</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>52:52</b>													
00:51+	02:00+	03:00+	03:33+	04:05+	05:15+	07:08+	10:19+	12:34+	13:47+	14:23+	19:50+	22:52+	23:39+	25:30+	28:06+	29:30+	33:08+	34:19+	34:57+	37:13+	41:02+	42:51+	45:16+	47:28+	49:18+
00:51+	01:09+	01:00+	00:33+	00:32+	01:10-	01:53+	03:11+	02:15+	01:13+	00:36+	05:27+	03:02+	00:47+	01:51+	02:36+	01:24+	03:38+	01:11+	00:38-	02:16+	03:49+	01:49-	02:25-	02:12+	01:50+
00:06#	00:27&	00:09#	00:06#	00:13&	00:08-	00:23&	00:44&	00:32&	00:16&	00:01+	03:04#	00:56&	00:08#	00:58#	00:59&	00:26&	02:25#	00:19&	01:14-	01:12#	02:52#	00:14-	00:27-	00:16#	00:11#
51:14+	52:19+	52:52+																							
01:56+	01:05-	00:33+																							
00:02+	00:17-	00:02+																							
<b>13</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>56:18</b>													
01:05+	02:34+	03:33+	04:13+	05:03+	06:32+	08:32+	11:31+	13:39+	14:43+	15:18+	22:09+	25:45+	26:06+	27:36+	31:30+	32:02+	33:40+	35:05+	36:08+	38:02+	39:57+	42:17+	45:19+	47:40+	52:13+
01:05+	01:29+	00:59+	00:40+	00:50+	01:29+	02:00+	02:59+	02:08+	01:04+	00:35=	06:51+	03:36+	00:21-	01:30+	03:54+	00:32-	01:38+	01:25+	01:03-	01:54+	01:55+	02:20+	03:02+	02:21+	04:33+
00:20&	00:47#	00:08#	00:13&	00:31#	00:11#	00:30&	00:32#	00:25#	00:07#	00:00=	04:28#	01:30&	00:18-	00:37&	02:17#	00:26-	00:25&	00:33&	00:49-	00:50&	00:58#	00:17#	00:10+	00:25#	02:54#
54:27+	55:42+	56:18+																							
02:14+	01:15-	00:36+																							
00:20#	00:07-	00:05#																							
<b>14</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>58:56</b>													
00:49+	01:29+	02:21+	02:47+	03:12+	04:16-	06:09+	08:46+	12:08+	13:05+	14:04+	24:18+	28:33+	31:12+	35:36+	37:19+	38:28+	39:50+	41:27+	41:59+	45:10+	46:54+	49:45+	51:36+	53:27+	55:18+
00:49+	00:40-	00:52+	00:26-	00:25+	01:04-	01:53+	02:37+	03:22+	00:57=	00:59+	10:14+	04:15+	02:39+	04:24+	01:43+	01:09+	01:22+	01:37+	00:32-	03:11+	01:44+	02:51+	01:51-	01:51-	01:51+
00:04+	00:02-	00:01+	00:01-	00:06&	00:14-	00:23&	00:10+	01:39&	00:00=	00:24&	07:51#	02:09#	02:00#	03:31#	00:06+	00:11#	00:09#	00:45&	01:20-	02:07#	00:47&	00:48&	01:01-	00:05-	00:12#
57:07+	58:19+	58:56+																							
01:49-	01:12-	00:37+																							
00:05-	00:10-	00:06#																							
<b>15</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>59:03</b>													
00:46+	01:36+	02:55+	03:35+	04:31+	05:41+	07:48+	10:02+	18:32+	19:35+	20:22+	23:51+	29:15+	30:12+	32:12+	35:09+	36:25+	39:33+	41:19+	42:02+	44:03+	45:21+	48:10+	50:41+	52:29+	54:39+
00:46+	00:50+	01:19+	00:40+	00:56+	01:10-	02:07+	07:14+	03:30+	01:03+	00:47+	03:29+	05:24+	00:57+	02:00+	02:57+	01:16+	03:08+	01:46+	00:43-	02:01+	01:18+	02:49+	02:31-	01:48-	02:10+
00:01+	00:08#	00:28&	00:13&	00:37#	00:08-	00:37&	04:47#	01:47#	00:06#	00:12&	01:06&	03:18#	00:18&	01:07#	01:20&	00:18&	01:55#	00:54#	01:09-	00:57&	00:21&	00:46&	00:21-	00:08-	00:31&
56:56+	58:23+	59:03+																							
02:17+	01:27+	00:40+																							
00:23#	00:05+	00:09&																							
<b>16</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>										<b>1:00:43</b>													
00:44-	01:37+	02:31+	03:09+	03:37+	04:46+	06:44+	12:51+	15:04+	16:11+	16:49+	23:55+	26:46+	28:07+	31:18+	33:21+	34:42+	36:09+	37:14+	39:13+	44:26+	46:08+	49:27+	52:02+	54:13+	56:10+
00:44-	00:53+	00:54+	00:38+	00:28+	01:09-	01:58+	06:07+	02:13+	01:07+	00:38+	07:06+	02:51+	01:21+	03:11+	02:03+	01:21+	01:27+	01:05+	01:59+	05:13+	01:42+	03:19+	02:35-	02:11+	01:57+
00:01-	00:11&	00:03+	00:11&	00:09&	00:09-	00:28&	03:40#	00:30&	00:10#	00:03+	04:43#	00:45&	00:42#												

Class	Navn	Klasse										Tid													
<b>17</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>1:04:52</b>													
01:04+	03:16+	04:12+	04:53+	05:43+	07:31+	09:44+	13:08+	16:11+	17:15+	17:57+	23:50+	29:26+	30:19+	31:41+	34:37+	35:59+	37:44+	39:51+	40:39+	45:03+	47:50+	50:38+	54:06+	57:05+	59:29+
01:04+	02:12+	00:56+	00:41+	00:50+	01:48+	02:13+	03:24+	03:03+	01:04+	00:42+	05:53+	05:36+	00:53+	01:22+	02:56+	01:22+	01:45+	02:07+	00:48-	04:24+	02:47+	02:48+	03:28+	02:59+	02:24+
00:19&	01:30&	00:05+	00:14&	00:31&	00:30&	00:43&	00:57&	01:20&	00:07#	00:07#	03:30&	03:30&	00:14&	00:29&	01:19&	00:24&	00:32&	01:15&	01:04-	03:20&	01:50&	00:45&	00:36#	01:03&	00:45&
62:31+	64:05+	64:52+																							
03:02+	01:34+	00:47+																							
01:08&	00:12#	00:16&																							

<b>18</b>	<b>Egil Røyneberg</b>	<b>93</b>										<b>1:07:19</b>													
01:29+	02:50+	04:12+	06:03+	06:57+	09:10+	11:59+	16:48+	20:14+	21:40+	22:31+	26:24+	30:25+	31:21+	33:02+	35:27+	37:05+	39:36+	41:39+	43:13+	46:19+	48:19+	51:40+	55:58+	59:30+	61:55+
01:29+	01:21+	01:22+	01:51+	00:54+	02:13+	02:49+	04:49+	03:26+	01:26+	00:51+	03:53+	04:01+	00:56+	01:41+	02:25+	01:38+	02:31+	02:03+	01:34-	03:06+	02:00+	03:21+	04:18+	03:32+	02:25+
00:44&	00:39&	00:31&	01:24&	00:35&	00:55&	01:19&	02:22&	01:43&	00:29&	00:16&	01:30&	01:55&	00:17&	00:48&	00:48&	00:40&	01:18&	01:11&	00:18-	02:02&	01:03&	01:18&	01:26&	01:36&	00:46&
64:57+	66:44+	67:19+																							
03:02+	01:47+	00:35+																							
01:08&	00:25&	00:04#																							

<b>19</b>	<b>Ommund Bakkevold</b>	<b>68</b>										<b>1:18:32</b>													
00:53+	02:10+	03:10+	05:40+	06:27+	07:55+	10:21+	14:26+	17:24+	18:42+	19:26+	20:09+	27:13+	34:33+	35:30+	37:07+	40:41+	43:27+	46:15+	49:14+	51:10+	55:40+	60:22+	63:53+	66:54+	69:24+
00:53+	01:17+	01:00+	02:30+	00:47+	01:28+	02:26+	04:05+	02:58+	01:18+	00:44+	00:43-	07:04+	07:20+	00:57+	01:37=	03:34+	02:46+	02:48+	02:59+	01:56+	04:30+	04:42+	03:31+	03:01+	02:30+
00:08#	00:35&	00:09#	02:03&	00:28&	00:10#	00:56&	01:38&	01:15&	00:21&	00:09&	01:40-	04:58&	06:41&	00:04+	00:00=	02:36&	01:33&	01:56&	01:07&	00:52&	03:33&	02:39&	00:39#	01:05&	00:51&
72:04+	75:46+	77:41+	78:32+																						
02:40+	03:42+	01:55+	00:51+																						
00:46&	02:20&	01:24&	00:51+																						

Beste strekktid for klassen																											
00:33	00:35	00:42	00:23	00:19	00:58	01:30	02:23	01:42	00:47	00:30	00:43	01:57	00:21	00:53	01:19	00:32	01:13	00:50	00:27	01:04	00:55	01:30	01:50	01:28	01:23	01:34	00:54

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

## Herrer 65 - 69 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>33:51</b>													
00:37=	01:07=	01:56=	02:18=	02:38=	03:30=	04:57=	07:47=	09:43=	10:30=	10:59=	13:06=	14:54=	15:28=	17:15=	18:40=	19:21=	20:40=	21:36=	22:15=	23:12=	24:04=	25:43=	27:34=	29:03=	30:41=
00:37=	00:30=	00:49=	00:22=	00:20=	00:52=	01:27=	02:50=	01:56=	00:47=	00:29=	02:07=	01:48=	00:34=	01:47=	01:25=	00:41=	01:19=	00:56=	00:39=	00:57=	00:52=	01:39=	01:51=	01:29=	01:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
32:19=	33:22=	33:51=																							
01:38=	01:03=	00:29=																							
00:00=	00:00=	00:00=																							

<b>2</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>36:06</b>													
00:30-	01:21+	02:09+	02:32+	02:53+	03:52+	05:15+	07:36-	09:10-	09:53-	10:17-	14:46+	16:29+	16:55+	17:55+	19:23+	20:02+	21:13+	22:04+	22:57+	25:58+	27:06+	28:34+	30:29+	31:50+	33:10+
00:30-	00:51+	00:48-	00:23+	00:21+	00:59+	01:23-	02:21-	01:34-	00:43-	00:24-	04:29+	01:43-	00:26-	01:00-	01:28+	00:39-	01:11-	00:51-	00:53+	03:01+	01:08+	01:28-	01:55+	01:21-	01:20-
00:07-	00:21&	00:01-	00:01+	00:01+	00:07#	00:04-	00:29-	00:22-	00:04-	00:05-	02:22&	00:05-	00:08-	00:47-	00:03+	00:02-	00:08-	00:05-	00:14&	02:04&	00:16&	00:11-	00:04+	00:08-	00:18-
34:46+	35:41+	36:06+																							
01:36-	00:55-	00:25-																							
00:02-	00:08-	00:04-																							

<b>3</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>37:40</b>													
00:44+	01:40+	03:02+	03:32+	03:57+	05:04+	06:47+	09:20+	11:10+	12:02+	12:37+	15:13+	17:35+	18:03+	19:13+	20:43+	21:34+	22:59+	23:59+	24:39+	25:53+	26:49+	28:58+	30:43+	32:19+	34:11+
00:44+	00:56+	01:22+	00:30+	00:25+	01:07+	01:43+	02:33-	01:50-	00:52+	00:35+	02:36+	02:22+	00:28-	01:10-	01:30+	00:51+	01:25+	01:00+	00:40+	01:14+	00:56+	02:09+	01:45-	01:36+	01:52+
00:07#	00:26&	00:33&	00:08&	00:05#	00:15&	00:16#	00:17-	00:06-	00:05#	00:06#	00:29#	00:34&	00:06-	00:37-	00:05+	00:10#	00:06+	00:04+	00:01+	00:17&	00:04+	00:30&	00:06-	00:07+	00:14#
36:03+	37:09+	37:40+																							
01:52+	01:06+	00:31+																							
00:14#	00:03+	00:02+																							

<b>4</b>	<b>Gunnar Sakseid</b>	<b>116</b>										<b>39:42</b>													
00:46+	01:26+	02:10+	02:35+	02:59+	04:01+	05:33+	07:58+	09:41-	10:33+	11:04+	14:54+	17:23+	17:49+	20:59+	22:53+	23:34+	24:55+	25:47+	26:36+	27:59+	29:17+	31:05+	33:23+	34:49+	36:23+
00:46+	00:40+	00:44-	00:25+	00:24+	01:02+	01:32+	02:25-	01:43-	00:52+	00:31+	03:50+	02:29+	00:26-	03:10+	01:54+	00:41=	01:21+	00:52-	00:49+	01:23+	01:18+	01:48+	02:18+	01:26-	01:34-
00:09#	00:10&	00:05-	00:03#	00:04#	00:10#	00:05+	00:25-	00:13-	00:05#	00:02+	01:43&	00:41&	00:08-	01:23&	00:29&	00:00=	00:02+	00:04-	00:10&	00:26&	00:26&	00:09+	00:27#	00:03-	00:04-
38:06+	39:13+	39:42+																							
01:43+	01:07+	00:29=																							
00:05+	00:04+	00:00=																							

<b>5</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>40:46</b>													
00:40+	02:18+	03:10+	04:01+	04:25+	05:31+	07:21+	10:07+	12:14+	13:17+	13:53+	16:27+	18:36+	19:22+	20:35+	22:19+	23:11+	24:47+	26:19+	26:53+	28:00+	28:56+	30:57+	32:48+	34:39+	36:40+
00:40+	01:38+	00:52+	00:51+	00:24+	01:06+	01:50+	02:46-	02:07+	01:03+	00:36+	02:34+	02:09+	00:46+	01:13-	01:44+	00:52+	01:36+	01:32+	00:34-	01:07+	00:56+	02:01+	01:51=	01:51+	02:01+
00:03+	01:08&	00:03+	00:29&	00:04#	00:14&	00:23&	00:04-	00:11+	00:16&	00:07#	00:27#	00:21#	00:12&	00:34-	00:19#	00:11&	00:17#	00:36&	00:05-	00:10#	00:04+	00:22#	00:00=	00:22#	00:23#
38:42+	40:07+	40:46+																							
02:02+	01:25+	00:39+																							
00:24#	00:22&	00:10&			</																				



Class	Navn	Klasse																			Tid																		
<b>6</b>	<b>Ragnar Rossavik</b>	<b>109</b>																			<b>41:49</b>																		
00:48+	01:30+	02:30+	03:00+	03:31+	04:34+	06:31+	09:30+	12:54+	13:28+	16:07+	18:51+	19:23+	20:38+	23:46+	24:22+	26:24+	27:30+	28:31+	29:43+	30:53+	32:53+	34:56+	36:25+	38:13+															
00:48+	00:42+	01:00+	00:30+	00:31+	01:03+	01:57+	02:59+	02:11+	01:13+	00:34+	02:39+	02:44+	00:32-	01:15-	03:08+	00:36-	02:02+	01:06+	01:01+	01:12+	01:10+	02:00+	02:03+	01:29=	01:48+														
00:11&	00:12&	00:11#	00:08&	00:11&	00:11#	00:30&	00:09+	00:15#	00:26&	00:05#	00:32&	00:56&	00:02-	00:32-	01:43@	00:05-	00:43&	00:10#	00:22&	00:15&	00:18&	00:21#	00:12#	00:00=	00:10#														
40:06+	41:13+	41:49+																																					
01:53+	01:07+	00:36+																																					
00:15#	00:04+	00:07#																																					
<b>7</b>	<b>Svein Berge</b>	<b>126</b>																			<b>45:52</b>																		
00:31-	01:06-	01:50-	02:15-	02:45+	03:43+	05:22+	07:42-	09:37-	10:30=	10:59=	13:18+	18:27+	18:57+	20:05+	25:25+	26:15+	28:56+	30:00+	30:32+	34:11+	35:12+	36:54+	38:42+	40:21+	42:12+														
00:31-	00:35+	00:44-	00:25+	00:30+	00:58+	01:39+	02:20-	01:55-	00:53+	00:29=	02:19+	05:09+	00:30-	01:08-	05:20+	00:50+	02:41+	01:04+	00:32-	03:39+	01:01+	01:42+	01:48-	01:39+	01:51+														
00:06-	00:05#	00:05-	00:03#	00:10&	00:06#	00:12#	00:30-	00:01-	00:06#	00:00=	00:12+	03:21@	00:04-	00:39-	03:55@	00:09#	01:22@	00:08#	00:07-	02:42@	00:09#	00:03+	00:03-	00:10#	00:13#														
44:07+	45:23+	45:52+																																					
01:55+	01:16+	00:29=																																					
00:17#	00:13#	00:00=																																					
<b>8</b>	<b>Jan Hetland</b>	<b>29</b>																			<b>46:16</b>																		
00:46+	01:41+	02:46+	03:12+	03:34+	04:36+	06:13+	08:34+	10:25+	11:15+	11:52+	20:09+	22:41+	23:11+	24:21+	26:05+	27:22+	28:48+	29:51+	32:01+	33:17+	34:27+	36:32+	39:22+	41:12+	42:43+														
00:46+	00:55+	01:05+	00:26+	00:22+	01:02+	01:37+	02:21-	01:51-	00:50+	00:37+	08:17+	02:32+	00:30-	01:10-	01:44+	01:17+	01:26+	01:03+	02:10+	01:16+	01:10+	02:05+	02:50+	01:50+	01:31-														
00:09#	00:25&	00:16&	00:04#	00:02#	00:10#	00:10#	00:29-	00:05-	00:03+	00:08&	06:10@	00:44&	00:04-	00:37-	00:19#	00:36&	00:07+	00:07#	01:31@	00:19&	00:18&	00:26&	00:59&	00:21#	00:07-														
44:48+	45:50+	46:16+																																					
02:05+	01:02-	00:26-																																					
00:27&	00:01-	00:03-																																					
<b>9</b>	<b>Per Marthon Mæland</b>	<b>5</b>																			<b>46:43</b>																		
00:51+	01:35+	02:43+	03:17+	03:43+	05:07+	07:04+	09:44+	11:49+	13:20+	13:53+	17:38+	20:59+	21:22+	22:42+	25:23+	26:16+	28:34+	29:45+	30:37+	32:12+	34:10+	36:05+	38:48+	40:35+	42:30+														
00:51+	00:44+	01:08+	00:34+	00:26+	01:24+	01:57+	02:40-	02:05+	01:31+	00:33+	03:45+	03:21+	00:23-	01:20-	02:41+	00:53+	02:18+	01:11+	00:52+	01:35+	01:58+	01:55+	02:43+	01:47+	01:55+														
00:14&	00:14&	00:19&	00:12&	00:06&	00:32&	00:30&	00:10-	00:09+	00:44&	00:04#	01:38&	01:33&	00:11-	00:27-	01:16&	00:12&	00:59&	00:15&	00:13&	00:38&	01:06@	00:16#	00:52&	00:18#	00:17#														
44:56+	46:02+	46:43+																																					
02:26+	01:06+	00:41+																																					
00:48&	00:03+	00:12&																																					
<b>10</b>	<b>Bjørn Tore Aase</b>	<b>29</b>																			<b>48:02</b>																		
00:46+	01:56+	04:18+	04:55+	05:22+	06:37+	08:29+	12:38+	14:57+	16:01+	16:39+	20:03+	22:29+	23:09+	24:40+	26:51+	27:53+	29:50+	30:54+	31:48+	33:21+	34:46+	36:58+	39:28+	41:22+	43:37+														
00:46+	01:10+	02:22+	00:37+	00:27+	01:15+	01:52+	04:09+	02:19+	01:04+	00:38+	03:24+	02:26+	00:40+	01:31-	02:11+	01:02+	01:57+	01:04+	00:54+	01:33+	01:25+	02:12+	02:30+	01:54+	02:15+														
00:09#	00:40@	01:33@	00:15&	00:07&	00:23&	00:25&	01:19&	00:23#	00:17&	00:09&	01:17&	00:38&	00:06#	00:16-	00:46&	00:21&	00:38&	00:08#	00:15&	00:36&	00:33&	00:33&	00:39&	00:25&	00:37&														
46:13+	47:31+	48:02+																																					
02:36+	01:18+	00:31+																																					
00:58&	00:15#	00:02+																																					
<b>11</b>	<b>Bjørn Bjelland</b>	<b>83</b>																			<b>49:35</b>																		
00:35-	03:38+	04:36+	05:01+	05:27+	06:32+	08:14+	11:25+	13:26+	14:21+	14:56+	22:45+	26:08+	26:51+	27:56+	30:03+	30:51+	32:10+	33:02+	34:48+	35:20+	37:12+	38:20+	40:23+	42:21+	44:02+														
00:35-	03:03+	00:58+	00:25+	00:26+	01:05+	01:42+	03:11+	02:01+	00:55+	00:35+	07:49+	03:23+	00:43+	01:05-	02:07+	00:48+	01:19=	00:52-	01:46+	00:32-	01:52+	01:08-	02:03+	01:58+	01:41+														
00:02-	02:33@	00:09#	00:03#	00:06&	00:13#	00:15#	00:21#	00:05+	00:08#	00:06#	05:42@	01:35&	00:09&	00:42-	00:42&	00:07#	00:00=	00:04-	01:07@	00:25-	01:00@	00:31-	00:12#	00:29&	00:03+														
45:56+	47:54+	49:06+	49:35+																																				
01:54+	01:58+	01:12+	00:29+																																				
00:16#	00:55&	00:43@	00:29+																																				
<b>12</b>	<b>Svein Ove Horpestad</b>	<b>62</b>																			<b>51:28</b>																		
00:48+	01:50+	02:42+	03:18+	03:54+	05:08+	07:00+	10:17+	12:17+	13:14+	13:51+	17:38+	25:44+	26:42+	28:02+	29:58+	30:54+	32:20+	33:17+	34:18+	35:30+	36:42+	38:52+	42:22+	44:16+	46:24+														
00:48+	01:02+	00:52+	00:36+	00:36+	01:14+	01:52+	03:17+	02:00+	00:57+	00:37+	03:47+	08:06+	00:58+	01:20-	01:56+	00:56+	01:26+	00:57+	01:01+	01:12+	01:12+	02:10+	03:30+	01:54+	02:08+														
00:11&	00:32@	00:03+	00:14&	00:16&	00:22&	00:25&	00:27#	00:04+	00:10#	00:08&	01:40&	06:18@	00:24&	00:27-	00:31&	00:15&	00:07+	00:01+	00:22&	00:15&	00:20&	00:31&	01:39&	00:25&	00:30&														
49:42+	50:56+	51:28+																																					
03:18+	01:14+	00:32+																																					
01:40@	00:11#	00:03#																																					
<b>13</b>	<b>Svein Ims</b>	<b>65</b>																			<b>52:17</b>																		
00:45+	01:38+	02:28+	03:02+	03:34+	05:01+	07:09+	10:17+	12:50+	14:09+	14:59+	18:38+	24:12+	24:56+	26:34+	28:34+	29:32+	31:20+	32:34+	33:38+	35:02+	37:47+	39:56+	42:33+	44:54+	46:58+														
00:45+	00:53+	00:50+	00:34+	00:32+	01:27+	02:08+	03:08+	02:33+	01:19+	00:50+	03:39+	05:34+	00:44+	01:38-	02:00+	00:58+	01:48+	01:14+	01:04+	01:24+	02:45+	02:09+	02:37+	02:21+	02:04+														
00:08#	00:23&	00:01+	00:12&	00:12&	00:35&	00:41&	00:18#	00:37&	00:32&	00:21&	01:32&	03:46@	00:10&	00:09-	00:35&	00:17&	00:29&	00:18&	00:25&	00:27&	01:53@	00:30&	00:46&	00:52&	00:26&														
49:20+	51:39+	52:17+																																					
02:22+	02:19+	00:38+																																					
00:44&	01:16@	00:09&																																					
<b>14</b>	<b>Arne M. Handeland</b>	<b>92</b>																			<b>52:36</b>																		
00:48+	01:34+	02:35+	03:06+	03:32+	04:40+	06:28+	09:38+	12:17+	13:25+	14:03+	21:44+	24:03+	24:38+	27:04+	29:02+	30:01+	31:45+	32:48+	33:38+	38:14+	39:31+	41:37+	43:33+	45:21+	47:06+														
00:48+	00:46+	01:01+	00:31+	00:26+	01:08+	01:48+	03:10+	02:39+	01:08+	00:38+	07:41+	02:19+	00:35+	02:26+	01:58+	00:59+	01:44+	01:03+	00:50+	04:36+	01:17+	02:06+	01:56+	01:48+	01:45+														
00:11&	00:16&	00:12#	00:09&	00:06&	00:16&	00:21#	00:20#	00:43&	00:21&	00:09&	0																												

Class	Navn	Klasse																		Tid					
<b>15</b>	<b>Roar Fitjar</b>	<b>101</b>																		<b>52:58</b>					
00:41+	01:43+	03:08+	03:59+	04:26+	05:46+	08:06+	10:53+	13:03+	14:13+	14:51+	17:44+	20:15+	20:59+	22:30+	25:15+	26:30+	28:22+	30:26+	30:56+	33:41+	34:54+	37:52+	40:33+	42:40+	44:56+
00:41+	01:02+	01:25+	00:51+	00:27+	01:20+	02:20+	02:47-	02:10+	01:10+	00:38+	02:53+	02:31+	00:44+	01:31-	02:45+	01:15+	01:52+	02:04+	00:30-	02:45+	01:13+	02:58+	02:41+	02:07+	02:16+
00:04#	00:32@	00:36&	00:29@	00:07&	00:28&	00:53&	00:03-	00:14#	00:23&	00:09&	00:46&	00:43&	00:10&	00:16-	01:20&	00:34&	00:33&	01:08@	00:09-	01:48@	00:21&	01:19&	00:50&	00:38&	00:38&
50:39+	52:12+	52:58+																							
05:43+	01:33+	00:46+																							
04:05@	00:30&	00:17&																							
<b>16</b>	<b>Tom Hetland</b>	<b>5</b>																		<b>53:26</b>					
00:42+	02:33+	03:13+	03:42+	04:07+	05:19+	07:05+	09:41+	11:46+	13:00+	13:32+	22:08+	26:39+	27:39+	29:52+	31:47+	32:36+	34:54+	36:10+	37:09+	38:41+	39:53+	42:30+	44:53+	46:29+	48:05+
00:42+	01:51+	00:40-	00:29+	00:25+	01:12+	01:46+	02:36-	02:05+	01:14+	00:32+	08:36+	04:31+	01:00+	02:13+	01:55+	00:49+	02:18+	01:16+	00:59+	01:32+	01:12+	02:37+	02:23+	01:36+	01:36-
00:05#	01:21@	00:09-	00:07&	00:05#	00:20&	00:19#	00:14-	00:09+	00:27&	00:03#	06:29@	02:43@	00:26&	00:26#	00:30&	00:08#	00:59&	00:20&	00:20&	00:35&	00:20&	00:58&	00:32&	00:07+	00:02-
51:44+	52:56+	53:26+																							
03:39+	01:12+	00:30+																							
02:01@	00:09#	00:01+																							
<b>17</b>	<b>Tore R. Tvedt</b>	<b>90</b>																		<b>53:45</b>					
01:01+	02:22+	03:17+	03:51+	04:20+	05:35+	07:32+	11:52+	17:24+	18:32+	19:10+	21:44+	28:05+	28:34+	29:44+	32:07+	33:09+	36:11+	37:21+	38:15+	39:52+	41:10+	43:38+	46:02+	47:48+	49:27+
01:01+	01:21+	00:55+	00:34+	00:29+	01:15+	01:57+	04:20+	05:32+	01:08+	00:38+	02:34+	06:21+	00:29-	01:10-	02:23+	01:02+	03:02+	01:10+	00:54+	01:37+	01:18+	02:28+	02:24+	01:46+	01:39+
00:24&	00:51@	00:06#	00:12&	00:09&	00:23&	00:30&	01:30&	03:36@	00:21&	00:09&	00:27#	04:33@	00:05-	00:37-	00:58&	00:21&	01:43@	00:14#	00:15&	00:40&	00:26&	00:49&	00:33&	00:17#	00:01+
51:39+	53:03+	53:45+																							
02:12+	01:24+	00:42+																							
00:34&	00:21&	00:13&																							
<b>18</b>	<b>Terje Langeland</b>	<b>98</b>																		<b>55:36</b>					
00:44+	01:36+	02:26+	02:57+	03:25+	04:49+	06:55+	09:52+	12:16+	13:19+	13:56+	16:52+	24:59+	25:51+	27:05+	29:31+	30:25+	34:03+	35:23+	36:02+	39:35+	41:02+	43:03+	46:40+	48:35+	51:20+
00:44+	00:52+	00:50+	00:31+	00:28+	01:24+	02:06+	02:57+	02:24+	01:03+	00:37+	02:56+	08:07+	00:52+	01:14-	02:26+	00:54+	03:38+	01:20+	00:39+	03:33+	01:27+	02:01+	03:37+	01:55+	02:45+
00:07#	00:22&	00:01+	00:09&	00:08&	00:32&	00:39&	00:07+	00:28#	00:16&	00:08&	00:49&	06:19@	00:18&	00:33-	01:01&	00:13&	02:19@	00:24&	00:00=	02:36@	00:35&	00:22#	01:46&	00:26&	01:07&
53:50+	55:02+	55:36+																							
02:30+	01:12+	00:34+																							
00:52&	00:09#	00:05#																							
<b>19</b>	<b>Otto Alsnes</b>	<b>50</b>																		<b>57:26</b>					
00:38+	01:45+	02:36+	03:03+	03:31+	04:55+	06:39+	11:23+	13:26+	14:34+	15:07+	25:09+	27:31+	28:02+	36:50+	38:26+	39:38+	41:47+	42:58+	43:54+	45:18+	46:22+	48:18+	50:14+	51:59+	53:39+
00:38+	01:07+	00:51+	00:27+	00:28+	01:24+	01:44+	04:44+	02:03+	01:08+	00:33+	10:02+	02:22+	00:31-	08:48+	01:36+	01:12+	02:09+	01:11+	00:56+	01:24+	01:04+	01:56+	01:56+	01:45+	01:40+
00:01+	00:37@	00:02+	00:05#	00:08&	00:32&	00:17#	01:54&	00:07+	00:21&	00:04#	07:55@	00:34&	00:03-	07:01@	00:11#	00:31&	00:50&	00:15&	00:17&	00:27&	00:12#	00:17#	00:05+	00:16#	00:02+
55:36+	56:48+	57:26+																							
01:57+	01:12+	00:38+																							
00:19#	00:09#	00:09&																							

### Beste strekktid for klassen

00:30 00:30 00:40 00:22 00:20 00:52 01:23 02:20 01:34 00:43 00:24 02:07 01:43 00:23 01:00 01:25 00:36 01:11 00:51 00:30 00:32 00:52 01:08 01:45 01:21 01:20 01:36 00:55

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

## Herrer 70 - 74 år

<b>1</b>	<b>Asgeir Bell</b>	<b>117</b>																		<b>37:03</b>					
00:33=	01:02=	01:37=	02:00=	02:23=	03:20=	04:45=	06:57=	08:39=	09:27=	09:59=	12:02=	13:38=	14:03=	14:57=	16:21=	16:57=	22:27=	23:21=	24:15=	25:23=	26:17=	27:55=	29:40=	31:28=	33:02=
00:33=	00:29=	00:35=	00:23=	00:23=	00:57=	01:25=	02:12=	01:42=	00:48=	00:32=	02:03=	01:36=	00:25=	00:54=	01:24=	00:36=	05:30=	00:54=	00:54=	01:08=	00:54=	01:38=	01:45=	01:48=	01:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
35:27=	36:32=	37:03=																							
02:25=	01:05=	00:31=																							
00:00=	00:00=	00:00=																							
<b>2</b>	<b>Harry Breiland</b>	<b>66</b>																		<b>38:20</b>					
00:37+	01:32+	02:11+	02:39+	03:03+	04:02+	05:31+	07:32+	09:10+	10:00+	10:27+	12:32+	18:34+	18:59+	19:55+	21:22+	22:01+	23:05+	24:04+	24:45+	27:48+	28:53+	30:20+	32:05+	33:26+	35:01+
00:37+	00:55+	00:39+	00:28+	00:24+	00:59+	01:29+	02:01-	01:38-	00:50+	00:27-	02:05+	06:02+	00:00=	00:56+	01:27+	00:39+	01:04-	00:59+	00:41-	03:03+	01:05+	01:27-	01:45=	01:21-	01:35+
00:04#	00:26&	00:04#	00:05#	00:01+	00:02+	00:04+	00:11-	00:04-	00:02+	00:05-	00:02+	04:26@	00:00=	00:02+	00:03+	00:03+	04:26-	00:05+	00:13-	01:55@	00:11#	00:11-	00:00=	00:27-	00:01+
36:43+	37:49+	38:20+																							
01:42-	01:06+	00:31=																							
00:43-	00:01+	00:00=																							
<b>3</b>	<b>Paul A. Paulsen</b>	<b>117</b>																		<b>40:26</b>					
00:35+	01:27+	02:17+	02:49+	03:19+	04:28+	06:13+	08:36+	10:23+	11:19+	11:56+	14:47+	16:37+	17:15+	19:19+	20:49+	21:39+	23:25+	24:43+	25:29+	28:54+	29:57+	31:42+	33:26+	34:55+	36:34+
00:35+	00:52+	00:50+	00:32+	00:30+	01:09+	01:45+	02:23+	01:47+	00:56+	00:37+	02:51+	01:50+	00:38+	02:04+	01:30+	00:50+	01:46-	01:18+	00:46-	03:25+	01:03+	01:45+	01:44-	01:29-	01:39+
00:02+	00:23&	00:15&	00:09&	00:07&	00:12#	00:20#	00:11+	00:05+	00:08#	00:05#	00:48&	00:14#	00:13&	01:10@	00:06+	00:14&	03:44-	00:24&	00:08-	02:17@	00:09#	00:07+	00:01-	00:19-	00:05+
38:47+	39:48+	40:26+																							
02:13-	01:01-	00:38+																							
00:12-	00:04-	00:07#																							

Class	Navn	Klasse										Tid													
<b>4</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>42:55</b>													
00:46+	01:27+	02:28+	02:56+	03:25+	04:38+	06:39+	09:25+	11:44+	12:50+	13:26+	16:06+	20:03+	21:04+	22:21+	24:19+	25:12+	26:47+	28:15+	28:48+	30:01+	30:57+	33:08+	34:58+	36:49+	38:48+
00:46+	00:41+	01:01+	00:28+	00:29+	01:13+	02:01+	02:46+	02:19+	01:06+	00:36+	02:40+	03:57+	01:01+	01:17+	01:58+	00:53+	01:35-	01:28+	00:33-	01:13+	00:56+	02:11+	01:50+	01:51+	01:59+
00:13&	00:12&	00:26&	00:05#	00:06&	00:16&	00:36&	00:34&	00:37&	00:18&	00:04#	00:37&	02:21@	00:36@	00:23&	00:34&	00:17&	03:55-	00:34&	00:21-	00:05+	00:02+	00:33&	00:05+	00:03+	00:25&
40:59+	42:19+	42:55+																							
02:11-	01:20+	00:36+																							
00:14-	00:15#	00:05#																							
<b>5</b>	<b>Hilmar Røthing</b>	<b>128</b>										<b>43:54</b>													
00:46+	02:34+	03:18+	03:47+	04:07+	05:06+	06:42+	08:32+	10:31+	11:23+	11:56+	15:20+	17:37+	18:11+	19:09+	20:50+	21:36+	23:30+	25:33+	25:57+	28:09+	29:32+	31:40+	33:32+	36:46+	40:09+
00:46+	01:48+	00:44+	00:29+	00:20-	00:59+	01:36+	01:50-	01:59+	00:52+	00:33+	03:24+	02:17+	00:34+	00:58+	01:41+	00:46+	01:54-	02:03+	00:24-	02:12+	01:23+	02:08+	01:52+	03:14+	03:23+
00:13&	01:19@	00:09&	00:06&	00:03-	00:02+	00:11#	00:22-	00:17#	00:04+	00:01+	01:21&	00:41&	00:09&	00:04+	00:17#	00:10&	03:36-	01:09@	00:30-	01:04&	00:29&	00:30&	00:07+	01:26&	01:49@
42:04+	43:20+	43:54+																							
01:55-	01:16+	00:34+																							
00:30-	00:11#	00:03+																							
<b>6</b>	<b>Ingjald Egeland</b>	<b>7</b>										<b>46:00</b>													
00:46+	01:24+	02:19+	02:54+	03:25+	04:42+	06:37+	11:21+	13:31+	14:27+	15:03+	23:03+	25:11+	25:45+	26:50+	28:25+	29:24+	30:59+	32:24+	32:59+	34:13+	35:11+	37:03+	38:57+	40:34+	42:22+
00:46+	00:38+	00:55+	00:35+	00:31+	01:17+	01:55+	04:44+	02:10+	00:56+	00:36+	08:00+	02:08+	00:34+	01:05+	01:35+	00:59+	01:35-	01:25+	00:35-	01:14+	00:58+	01:52+	01:54+	01:37-	01:48+
00:13&	00:09&	00:20&	00:12&	00:08&	00:20&	00:30&	02:32@	00:28&	00:08#	00:04#	05:57@	00:32&	00:09&	00:11#	00:11#	00:23&	03:55-	00:31&	00:19-	00:06+	00:04+	00:14#	00:09+	00:11-	00:14#
44:15+	45:22+	46:00+																							
01:53-	01:07+	00:38+																							
00:32-	00:02+	00:07#																							
<b>7</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>46:10</b>													
00:50+	01:45+	02:35+	03:02+	03:28+	04:49+	06:55+	09:27+	11:22+	12:13+	12:45+	15:58+	22:20+	23:08+	24:58+	26:54+	27:46+	29:19+	30:40+	31:40+	33:07+	34:52+	36:45+	38:39+	40:21+	42:06+
00:50+	00:55+	00:50+	00:27+	00:26+	01:21+	02:06+	02:32+	01:55+	00:51+	00:32=	03:13+	06:22+	00:48+	01:50+	01:56+	00:52+	01:33-	01:21+	01:00+	01:27+	01:45+	01:53+	01:54+	01:42-	01:45+
00:17&	00:26&	00:15&	00:04#	00:03#	00:24&	00:41&	00:20#	00:13#	00:03+	00:00=	01:10&	04:46@	00:23&	00:56@	00:32&	00:16&	03:57-	00:27&	00:06#	00:19&	00:51&	00:15#	00:09+	00:06-	00:11#
44:15+	45:36+	46:10+																							
02:09-	01:21+	00:34+																							
00:16-	00:16#	00:03+																							
<b>8</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>49:11</b>													
00:54+	01:41+	02:42+	03:23+	04:00+	05:18+	07:29+	15:31+	17:47+	18:50+	19:29+	22:15+	24:54+	25:28+	26:44+	29:23+	30:13+	32:25+	33:33+	34:29+	35:54+	37:00+	39:13+	41:02+	42:53+	44:49+
00:54+	00:47+	01:01+	00:41+	00:37+	01:18+	02:11+	08:02+	02:16+	01:03+	00:39+	02:46+	02:39+	00:34+	01:16+	02:39+	00:50+	02:12-	01:08+	00:56+	01:25+	01:06+	02:13+	01:49+	01:51+	01:56+
00:21&	00:18&	00:26&	00:18&	00:14&	00:21&	00:46&	05:50@	00:34&	00:15&	00:07#	00:43&	01:03&	00:09&	00:22&	01:15&	00:14&	03:18-	00:14&	00:02+	00:17#	00:12#	00:35&	00:04+	00:03+	00:22#
47:08+	48:39+	49:11+																							
02:19-	01:31+	00:32+																							
00:06-	00:26&	00:01+																							
<b>9</b>	<b>Arvid Thorsen</b>	<b>5</b>										<b>49:18</b>													
00:45+	01:45+	02:33+	03:06+	03:28+	04:33+	06:08+	08:42+	10:40+	11:44+	12:15+	15:43+	18:57+	19:41+	21:07+	23:29+	24:29+	26:00+	27:04+	29:09+	33:41+	34:45+	36:59+	38:57+	43:03+	45:13+
00:45+	01:00+	00:48+	00:33+	00:22-	01:05+	01:35+	02:34+	01:58+	01:04+	00:31-	03:28+	03:14+	00:44+	01:26+	02:22+	01:00+	01:31-	01:04+	02:05+	04:32+	01:04+	02:14+	01:58+	04:06+	02:10+
00:12&	00:31@	00:13&	00:10&	00:01-	00:08#	00:10#	00:22#	00:16#	00:16&	00:01-	01:25&	01:38@	00:19&	00:32&	00:58&	00:24&	03:59-	00:10#	01:11@	03:24@	00:10#	00:36&	00:13#	02:18@	00:36&
47:27+	48:40+	49:18+																							
02:14-	01:13+	00:38+																							
00:11-	00:08#	00:07#																							
<b>10</b>	<b>Gabriel Herigstad</b>	<b>7</b>										<b>49:37</b>													
00:45+	01:26+	02:15+	02:51+	03:23+	04:39+	06:57+	09:38+	11:48+	12:59+	13:37+	20:57+	23:05+	23:59+	25:43+	27:29+	28:31+	30:29+	31:44+	32:25+	33:54+	36:03+	38:08+	40:49+	42:59+	45:10+
00:45+	00:41+	00:49+	00:36+	00:32+	01:16+	02:18+	02:41+	02:10+	01:11+	00:38+	07:20+	02:08+	00:54+	01:44+	01:46+	01:02+	01:58-	01:15+	00:41-	01:29+	02:09+	02:05+	02:41+	02:10+	02:11+
00:12&	00:12&	00:14&	00:13&	00:09&	00:19&	00:53&	00:29#	00:28&	00:23&	00:06#	05:17@	00:32&	00:29@	00:50&	00:22&	00:26&	03:32-	00:21&	00:13-	00:21&	01:15@	00:27&	00:56&	00:22#	00:37&
47:29+	48:51+	49:37+																							
02:19-	01:22+	00:46+																							
00:06-	00:17&	00:15&																							
<b>11</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>51:29</b>													
00:37+	01:27+	02:18+	02:53+	03:15+	04:21+	06:09+	12:01+	14:46+	15:43+	16:36+	25:28+	27:47+	28:19+	29:34+	31:16+	32:29+	33:53+	34:58+	37:18+	38:30+	39:39+	41:37+	44:20+	46:18+	47:49+
00:37+	00:50+	00:51+	00:35+	00:22-	01:06+	01:48+	05:52+	02:45+	00:57+	00:53+	08:52+	02:19+	00:32+	01:15+	01:42+	01:13+	01:24-	01:05+	02:20+	01:12+	01:09+	01:58+	02:43+	01:58+	01:31-
00:04#	00:21&	00:16&	00:12&	00:01-	00:09#	00:23&	03:40@	01:03&	00:09#	00:21&	06:49@	00:43&	00:07&	00:21&	00:18#	00:37@	04:06-	00:11#	01:26@	00:04+	00:15&	00:20#	00:58&	00:10+	00:03-
49:54+	50:57+	51:29+																							
02:05-	01:03-	00:32+																							
00:20-	00:02-	00:01+																							
<b>12</b>	<b>Odd Garpestad</b>	<b>29</b>										<b>52:25</b>													
01:18+	02:20+	03:20+	03:47+	04:13+	05:30+	07:12+	13:04+	15:48+	16:46+	17:35+	26:23+	28:40+	29:17+	30:20+	32:15+	33:27+	34:57+	35:55+	36:25+	38:09+	39:23+	41:27+	43:34+	45:24+	47:02+
01:18+	01:02+	01:00+	00:27+	00:26+	01:17+	01:42+	05:52+	02:44+	00:58+	00:49+	08:48+	02:17+	00:37+	01:03+	01:55+	01:12+	01:30-	00:58+	00:30-	01:44+	01:14+	02:04+	02:07+	01:50+	01:38+
00:45@	00:33@	00:25&	00:04#	00:03#	00:20&	00:17#	03:40@	01:02&	00:10#	00:17&	06:45@	00:41&													

Class	Navn	Klasse										Tid													
<b>13</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>53:41</b>													
00:34+	01:35+	02:25+	02:58+	03:20+	04:20+	06:03+	10:43+	14:23+	14:55+	20:40+	23:05+	24:29+	24:54+	25:55+	27:38+	28:30+	30:33+	31:40+	32:27+	33:57+	37:00+	39:09+	43:17+	45:04+	
00:34+	01:01+	00:50+	00:33+	00:22-	01:00+	01:43+	04:40+	02:39+	01:01+	00:32=	05:45+	02:25+	01:24+	00:25-	01:01-	01:43+	00:52-	02:03+	01:07+	00:47-	01:30+	03:03+	02:09+	04:08+	01:47+
00:01+	00:32@	00:15&	00:10&	00:01-	00:03+	00:18#	02:28@	00:57&	00:13&	00:00=	03:42@	00:49&	00:59@	00:29-	00:23-	01:07@	04:38-	01:09@	00:13#	00:21-	00:36&	01:25&	00:24#	02:20@	00:13#
47:55+	51:57+	53:08+	53:41+																						
02:51+	04:02+	01:11+	00:33+																						
00:26#	02:57@	00:40@	00:33+																						
<b>14</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>53:56</b>													
00:38+	01:45+	02:31+	02:56+	03:22+	04:24+	06:11+	09:19+	11:18+	12:13+	12:48+	20:43+	24:11+	24:45+	25:46+	27:49+	28:39+	29:58+	30:48+	39:22+	40:08+	41:22+	42:28+	44:27+	46:22+	48:06+
00:38+	01:07+	00:46+	00:25+	00:26+	01:02+	01:47+	03:08+	01:59+	00:55+	00:35+	07:55+	03:28+	00:34+	01:01+	02:03+	00:50+	01:19-	00:50-	08:34+	00:46-	01:14+	01:06-	01:59+	01:55+	01:44+
00:05#	00:38@	00:11&	00:02+	00:03#	00:05+	00:22&	00:56&	00:17#	00:07#	00:03+	05:52@	01:52@	00:09&	00:07#	00:39&	00:14&	04:11-	00:04-	07:40@	00:22-	00:20&	00:32-	00:14#	00:07+	00:10#
49:52+	52:07+	53:24+	53:56+																						
01:46-	02:15+	01:17+	00:32+																						
00:39-	01:10@	00:46@	00:32+																						
<b>15</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>54:33</b>													
00:49+	01:35+	02:46+	03:14+	03:37+	04:51+	06:51+	10:02+	12:10+	13:10+	13:49+	16:32+	25:49+	26:37+	28:04+	30:26+	31:26+	33:00+	34:07+	34:58+	39:11+	40:40+	42:58+	45:13+	47:12+	49:55+
00:49+	00:46+	01:11+	00:28+	00:23=	01:14+	02:00+	03:11+	02:08+	01:00+	00:39+	02:43+	09:17+	00:48+	01:27+	02:22+	01:00+	01:34-	01:07+	00:51-	04:13+	01:29+	02:18+	02:15+	01:59+	02:43+
00:16&	00:17&	00:36@	00:05#	00:00=	00:17&	00:35&	00:59&	00:26&	00:12#	00:07#	00:40&	07:41@	00:23&	00:33&	00:58&	00:24&	03:56-	00:13#	00:03-	03:05@	00:35&	00:40&	00:30&	00:11#	01:09&
52:19+	53:56+	54:33+																							
02:24-	01:37+	00:37+																							
00:01-	00:32&	00:06#																							
<b>16</b>	<b>Arne Østensen</b>	<b>90</b>										<b>55:44</b>													
00:39+	01:21+	02:48+	03:15+	03:44+	04:50+	06:37+	20:01+	21:59+	22:45+	23:18+	27:50+	30:21+	30:54+	32:36+	34:12+	35:26+	38:15+	39:42+	40:27+	41:48+	42:50+	44:49+	47:25+	49:21+	52:08+
00:39+	00:42+	01:27+	00:27+	00:29+	01:06+	01:47+	13:24+	01:58+	00:46-	00:33+	04:32+	02:31+	00:33+	01:42+	01:36+	01:14+	02:49-	01:27+	00:45-	01:21+	01:02+	01:59+	02:36+	01:56+	02:47+
00:06#	00:13&	00:52@	00:04#	00:06&	00:09#	00:22&	11:12@	00:16#	00:02-	00:01+	02:29@	00:55&	00:08&	00:48&	00:12#	00:38@	02:41-	00:33&	00:09-	00:13#	00:08#	00:21#	00:51&	00:08+	01:13&
53:56+	55:13+	55:44+																							
01:48-	01:17+	00:31=																							
00:37-	00:12#	00:00=																							
<b>17</b>	<b>Knut Jonas Espedal</b>	<b>53</b>										<b>57:47</b>													
00:48+	01:47+	03:17+	03:51+	04:19+	10:01+	12:15+	16:01+	18:40+	19:46+	20:30+	25:14+	28:12+	28:58+	30:16+	32:46+	33:54+	35:53+	37:09+	37:53+	40:35+	42:04+	45:03+	47:29+	49:45+	52:51+
00:48+	00:59+	01:30+	00:34+	00:28+	05:42+	02:14+	03:46+	02:39+	01:06+	00:44+	04:44+	02:58+	00:46+	01:18+	02:30+	01:08+	01:59-	01:16+	00:44-	02:42+	01:29+	02:59+	02:26+	02:16+	03:06+
00:15&	00:30@	00:55@	00:11&	00:05#	04:45@	00:49&	01:34&	00:57&	00:18&	00:12&	02:41@	01:22&	00:21&	00:24&	01:06&	00:32&	03:31-	00:22&	00:10-	01:34@	00:35&	01:21&	00:41&	00:28&	01:32&
55:34+	57:06+	57:47+																							
02:43+	01:32+	00:41+																							
00:18#	00:27&	00:10&																							
<b>18</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>58:34</b>													
00:46+	01:28+	02:16+	02:43+	03:12+	04:23+	06:15+	09:18+	12:46+	13:44+	14:20+	19:27+	22:55+	23:37+	24:54+	32:18+	33:17+	34:48+	35:56+	38:43+	43:59+	45:27+	48:00+	50:33+	52:30+	54:26+
00:46+	00:42+	00:48+	00:27+	00:29+	01:11+	01:52+	03:03+	03:28+	00:58+	00:36+	05:07+	03:28+	00:42+	01:17+	07:24+	00:59+	01:31-	01:08+	02:47+	05:16+	01:28+	02:33+	02:33+	01:57+	01:56+
00:13&	00:13&	00:13&	00:04#	00:06&	00:14#	00:27&	00:51&	01:46@	00:10#	00:04#	03:04@	01:52@	00:17&	00:23&	06:00@	00:23&	03:59-	00:14&	01:53@	04:08@	00:34&	00:55&	00:48&	00:09+	00:22#
56:48+	57:59+	58:34+																							
02:22-	01:11+	00:35+																							
00:03-	00:06+	00:04#																							
<b>19</b>	<b>Sverre Vatland</b>	<b>93</b>										<b>1:02:07</b>													
00:43+	01:29+	04:55+	05:27+	06:01+	07:20+	09:24+	15:58+	18:33+	19:41+	20:26+	27:22+	31:35+	34:16+	38:33+	40:26+	41:25+	43:06+	44:40+	45:17+	46:59+	48:33+	51:07+	53:34+	55:54+	58:03+
00:43+	00:46+	03:26+	00:32+	00:34+	01:19+	02:04+	06:34+	02:35+	01:08+	00:45+	06:56+	04:13+	02:41+	04:17+	01:53+	00:59+	01:41-	01:34+	00:37-	01:42+	01:34+	02:34+	02:27+	02:20+	02:09+
00:10&	00:17&	02:51@	00:09&	00:11&	00:22&	00:39&	04:22@	00:53&	00:20&	00:13&	04:53@	02:37@	02:16@	03:23@	00:29&	00:23&	03:49-	00:40&	00:17-	00:34&	00:40&	00:56&	00:42&	00:32&	00:35&
60:10+	61:31+	62:07+																							
02:07-	01:21+	00:36+																							
00:18-	00:16#	00:05#																							
<b>20</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>1:04:51</b>													
00:49+	01:56+	03:12+	03:46+	04:20+	05:45+	08:09+	12:40+	15:34+	17:25+	18:08+	22:41+	25:51+	26:38+	27:52+	29:41+	30:43+	34:02+	35:20+	36:07+	37:46+	39:37+	42:17+	52:09+	54:55+	57:23+
00:49+	01:07+	01:16+	00:34+	00:34+	01:25+	02:24+	04:31+	02:54+	01:51+	00:43+	04:33+	03:10+	00:47+	01:20+	01:43+	01:02+	03:19-	01:18+	00:47-	01:39+	01:51+	02:40+	09:52+	02:46+	02:28+
00:16&	00:38@	00:41@	00:11&	00:11&	00:28&	00:59&	02:19@	01:12&	01:03@	00:11&	02:30@	01:34&	00:22&	00:26&	00:19#	00:26&	02:11-	00:24&	00:07-	00:31&	00:57@	01:02&	08:07@	00:58&	00:54&
62:16+	63:57+	64:51+																							
04:53+	01:41+	00:54+																							
02:28@	00:36&	00:23&																							
<b>21</b>	<b>Mangor Eikeland</b>	<b>92</b>										<b>1:04:54</b>													
01:04+	02:43+	03:58+	04:42+	05:25+	07:08+	09:39+	13:33+	16:33+	17:53+	18:46+	22:19+	25:13+	26:06+	27:52+	30:56+	32:50+	37:05+	38:49+	40:57+	41:42+	44:01+	46:09+	49:33+	53:59+	56:34+
01:04+	01:39+	01:15+	00:44+	00:43+	01:43+	02:31+	03:54+	03:00+	01:20+	00:53+	03:33+	02:54+	00:53+	01:46+	03:04+	01:54+	04:15-	01:44+	02:08+	00:45-	02:19+	02:08+	03:24+	04:26+	02:35+
00:31&	01:10@	00:40@	00:21&	00:20&	00:46&	01:06&	01:42&	01:																	

Class	Navn	Klasse																			Tid																		
<b>22</b>	<b>Jan H. Sagen</b>	<b>92</b>																			<b>1:14:03</b>																		
00:47+	02:32+	03:42+	04:36+	05:08+	06:38+	08:54+	12:34+	20:05+	21:27+	22:16+	25:45+	31:49+	32:39+	34:16+	36:59+	38:07+	40:27+	43:02+	43:42+	47:02+	49:19+	52:22+	55:59+	58:57+	67:22+														
00:47+	01:45+	01:10+	00:54+	00:32+	01:30+	02:16+	03:40+	07:31+	01:22+	00:49+	03:29+	06:04+	00:50+	01:37+	02:43+	01:08+	02:20-	02:35+	00:40-	03:20+	02:17+	03:03+	03:37+	02:58+	08:25+														
00:14&	01:16&	00:35&	00:31&	00:09&	00:33&	00:51&	01:28&	05:49&	00:34&	00:17&	01:26&	04:28&	00:25&	00:43&	01:19&	00:32&	03:10-	01:41&	00:14-	02:12&	01:23&	01:25&	01:52&	01:10&	06:51&														
71:41+	73:17+	74:03+																																					
04:19+	01:36+	00:46+																																					
01:54&	00:31&	00:15&																																					

<b>23</b>	<b>John Abrahamsen</b>	<b>125</b>																			<b>1:25:06</b>																		
01:17+	03:04+	05:19+	06:20+	07:10+	09:27+	12:54+	18:28+	21:55+	23:29+	24:35+	29:41+	37:17+	38:21+	41:35+	46:00+	47:52+	51:19+	53:50+	55:09+	57:31+	61:05+	65:30+	69:36+	73:10+	76:19+														
01:17+	01:47+	02:15+	01:01+	00:50+	02:17+	03:27+	05:34+	03:27+	01:34+	01:06+	05:06+	07:36+	01:04+	03:14+	04:25+	01:52+	03:27-	02:31+	01:19+	02:22+	03:34+	04:25+	04:06+	03:34+	03:09+														
00:44&	01:18&	01:40&	00:38&	00:27&	01:20&	02:02&	03:22&	01:45&	00:46&	00:34&	03:03&	06:00&	00:39&	02:20&	03:01&	01:16&	02:03-	01:37&	00:25&	01:14&	02:40&	02:47&	02:21&	01:46&	01:35&														
80:38+	84:02+	85:06+																																					
04:19+	03:24+	01:04+																																					
01:54&	02:19&	00:33&																																					

### Beste strekktid for klassen

00:33 00:29 00:35 00:23 00:20 00:57 01:25 01:50 01:38 00:46 00:27 02:03 01:36 00:25 00:25 01:01 00:36 00:52 00:50 00:24 00:45 00:54 01:06 01:44 01:21 01:31 01:42 01:01

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

## Herrer 75 - 79 år

<b>1</b>	<b>Terje Braut</b>	<b>92</b>																			<b>42:02</b>																		
00:36=	01:21=	02:15=	03:14=	03:53=	04:50=	05:17=	06:37=	07:44=	09:59=	12:23=	14:19=	16:53=	17:45=	18:51=	21:32=	23:34=	24:30=	26:03=	26:42=	28:49=	30:02=	33:16=	35:11=	37:10=	37:46=														
00:36=	00:45=	00:54=	00:59=	00:39=	00:57=	00:27=	01:20=	01:07=	02:15=	02:24=	01:56=	02:34=	00:52=	01:06=	02:41=	02:02=	00:56=	01:33=	00:39=	02:07=	01:13=	03:14=	01:55=	01:59=	00:36=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														
40:04=	42:02=																																						
02:18=	01:58=																																						
00:00=	00:00=																																						

<b>2</b>	<b>Tormod Aaslid</b>	<b>54</b>																			<b>43:21</b>																		
00:33-	01:15-	02:08-	03:14-	03:46-	04:59+	05:39+	06:46+	07:51+	10:08+	12:48+	14:18-	17:01+	18:16+	19:27+	23:05+	24:36+	25:27+	26:43+	27:27+	31:08+	32:54+	35:38+	37:23+	39:24+	40:03+														
00:33-	00:42-	00:53-	01:06+	00:32-	01:13+	00:40+	01:07-	01:05-	02:17+	02:40+	01:30-	02:43+	01:15+	01:11+	03:38+	01:31-	00:51-	01:16-	00:44+	03:41+	01:46+	02:44-	01:45-	02:01+	00:39+														
00:03-	00:03-	00:01-	00:07#	00:07-	00:16&	00:13&	00:13-	00:02-	00:02+	00:16#	00:26-	00:09+	00:23&	00:05+	00:57&	00:31-	00:05-	00:17-	00:05#	01:34&	00:33&	00:30-	00:10-	00:02+	00:03+														
42:01+	43:21+																																						
01:58-	01:20-																																						
00:20-	00:38-																																						

<b>3</b>	<b>Kjell Langvik</b>	<b>93</b>																			<b>50:03</b>																		
00:28-	01:06-	01:56-	03:03-	03:30-	04:18-	05:12-	06:29-	07:49+	15:12+	18:50+	20:14+	22:50+	23:30+	24:34+	27:51+	29:38+	33:16+	34:33+	35:16+	37:28+	39:04+	41:31+	43:04+	45:04+	45:41+														
00:28-	00:38-	00:50-	01:07+	00:27-	00:48-	00:54+	01:17-	01:20+	07:23+	03:38+	01:24-	02:36+	00:40-	01:04-	03:17+	01:47-	03:38+	01:17-	00:43+	02:12+	01:36+	02:27-	01:33-	02:00+	00:37+														
00:08-	00:07-	00:04-	00:08#	00:12-	00:09-	00:27&	00:03-	00:13#	05:08&	01:14&	00:32-	00:02+	00:12-	00:02-	00:36#	00:15-	02:42&	00:16-	00:04#	00:05+	00:23&	00:47-	00:22-	00:01+	00:01+														
48:01+	50:03+																																						
02:20+	02:02+																																						
00:02+	00:04+																																						

<b>4</b>	<b>Harald Vatne</b>	<b>67</b>																			<b>50:46</b>																		
00:30-	01:18-	02:09-	03:56+	04:46+	05:53+	06:31+	08:17+	09:44+	11:44+	17:34+	19:15+	22:24+	24:40+	26:17+	30:11+	31:46+	32:36+	33:51+	34:37+	38:00+	40:05+	42:36+	44:24+	46:38+	47:06+														
00:30-	00:48+	00:51-	01:47+	00:50+	01:07+	00:38+	01:46+	01:27+	02:00-	05:50+	01:41-	03:09+	02:16+	01:37+	03:54+	01:35-	00:50-	01:15-	00:46+	03:23+	02:05+	02:31-	01:48-	02:14+	00:28-														
00:06-	00:03+	00:03-	00:48&	00:11&	00:10#	00:11&	00:26&	00:20&	00:15-	03:26&	00:15-	00:35#	01:24&	00:31&	01:13&	00:27-	00:06-	00:18-	00:07#	01:16&	00:52&	00:43-	00:07-	00:15#	00:08-														
49:13+	50:46+																																						
02:07-	01:33-																																						
00:11-	00:25-																																						

<b>5</b>	<b>Arne Tveita</b>	<b>109</b>																			<b>52:09</b>																		
00:42+	01:25+	02:20+	03:39+	04:06+	05:04+	06:37+	08:02+	09:16+	13:32+	16:29+	17:58+	20:53+	22:32+	23:46+	26:08+	28:29+	29:32+	31:32+	32:09+	35:18+	36:29+	39:12+	44:32+	46:53+	47:25+														
00:42+	00:43-	00:55+	01:19+	00:27-	00:58+	01:33+	01:25+	01:14+	04:16+	02:57+	01:29-	02:55+	01:39+	01:14+	02:22-	02:21+	01:03+	02:00+	00:37-	03:09+	01:11-	02:43-	05:20+	02:21+	00:32-														
00:06#	00:02-	00:01+	00:20&	00:12-	00:01+	01:06&	00:05+	00:07#	02:01&	00:33#	00:27-	00:21#	00:47&	00:08#	00:19-	00:19#	00:07#	00:27&	00:02-	01:02&	00:02-	00:31-	03:25&	00:22#	00:04-														
50:09+	52:09+																																						
02:44+	02:00+																																						
00:26#	00:02+																																						

<b>6</b>	<b>Gunnar Furland</b>	<b>93</b>																			<b>57:49</b>																		
00:39+	01:49+	03:00+	04:24+	05:16+	06:20+	06:50+	08:20+	09:26+	12:25+	15:28+	17:26+	24:22+	26:08+	27:51+	31:10+	33:48+	35:15+	36:50+	37:47+	40:24+	41:48+	44:56+	46:58+	52:23+	53:00+														
00:39+	01:10+	01:11+	01:24+	00:52+	01:04+	00:30+	01:30+	01:06-	02:59+	03:03+	01:58+	06:56+	01:46+	01:43+	03:19+	02:38+	01:27+	01:35+	00:57+	02:37+	01:24+	03:08-	02:02+	05:25+	00:37+														
00:03+	00:25&	00:17&	00:25&	00:13&	00:07#	00:03#	00:10#	00:01-	00:44&	00:39&	00:02+	04:22&	00:54&	00:37&	00:38#	00:36&	00:31&	00:02+	00:18&	00:30#	00:11#	00:06-	00:07+	03:26&	00:01+														
55:37+	57:49+																																						
02:37+	02:12+																																						
00:19#	00:14#																																						

Class	Navn	Klasse										Tid													
<b>7</b>	<b>Jan Værp</b>	<b>62</b>										<b>1:00:21</b>													
00:32-	01:24+	02:09-	03:11-	03:48-	04:39-	05:14-	06:31-	07:49+	10:18+	16:32+	17:55+	20:23+	21:02+	21:57+	24:18+	25:58+	26:46+	32:13+	33:09+	37:23+	47:51+	51:23+	53:27+	55:41+	56:24+
00:32-	00:52+	00:45-	01:02+	00:37-	00:51-	00:35+	01:17-	01:18+	02:29+	06:14+	01:23-	02:28-	00:39-	00:55-	02:21-	01:40-	00:48-	05:27+	00:56+	04:14+	10:28+	03:32+	02:04+	02:14+	00:43+
00:04-	00:07#	00:09-	00:03+	00:02-	00:06-	00:08&	00:03-	00:11#	00:14#	03:50@	00:33-	00:06-	00:13-	00:11-	00:20-	00:22-	00:08-	03:54@	00:17&	02:07&	09:15@	00:18+	00:09+	00:15#	00:07#
58:39+	60:21+																								
02:15-	01:42-																								
00:03-	00:16-																								
<b>8</b>	<b>Arne Brandsberg</b>	<b>29</b>										<b>1:09:51</b>													
00:49+	01:59+	03:09+	04:48+	05:53+	07:08+	07:43+	09:43+	11:13+	15:13+	20:23+	23:37+	27:43+	28:42+	30:32+	35:24+	38:05+	39:18+	41:10+	42:05+	45:07+	50:17+	55:18+	58:12+	61:54+	63:15+
00:49+	01:10+	01:10+	01:39+	01:05+	01:15+	00:35+	02:00+	01:30+	04:00+	05:10+	03:14+	04:06+	00:59+	01:50+	04:52+	02:41+	01:13+	01:52+	00:55+	03:02+	05:10+	05:01+	02:54+	03:42+	01:21+
00:13&	00:25&	00:16&	00:40&	00:26&	00:18&	00:08&	00:40&	00:23&	01:45&	02:46@	01:18&	01:32&	00:07#	00:44&	02:11&	00:39&	00:17&	00:19#	00:16&	00:55&	03:57@	01:47&	00:59&	01:43&	00:45@
66:52+	69:51+																								
03:37+	02:59+																								
01:19&	01:01&																								
<b>9</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>1:13:02</b>													
00:41+	01:42+	03:00+	04:29+	05:20+	06:36+	07:35+	09:18+	11:00+	13:52+	17:46+	20:12+	23:40+	24:47+	28:31+	38:15+	41:23+	42:45+	48:12+	49:44+	55:55+	58:24+	61:55+	64:30+	67:12+	68:00+
00:41+	01:01+	01:18+	01:29+	00:51+	01:16+	00:59+	01:43+	01:42+	02:52+	03:54+	02:26+	03:28+	01:07+	03:44+	09:44+	03:08+	01:22+	05:27+	01:32+	06:11+	02:29+	03:31+	02:35+	02:42+	00:48+
00:05#	00:16&	00:24&	00:30&	00:12&	00:19&	00:32@	00:23&	00:35&	00:37&	01:30&	00:30&	00:54&	00:15&	02:38@	07:03@	01:06&	00:26&	03:54@	00:53@	04:04@	01:16@	00:17+	00:40&	00:43&	00:12&
70:50+	73:02+																								
02:50+	02:12+																								
00:32#	00:14#																								
<b>10</b>	<b>Rolv Nærland</b>	<b>63</b>										<b>1:14:01</b>													
01:00+	02:43+	03:57+	05:32+	06:23+	07:34+	08:32+	10:14+	12:00+	14:47+	18:48+	21:06+	24:33+	25:42+	29:16+	39:16+	42:11+	43:38+	49:04+	50:45+	56:57+	59:08+	62:49+	65:25+	68:14+	68:52+
01:00+	01:43+	01:14+	01:35+	00:51+	01:11+	00:58+	01:42+	01:46+	02:47+	04:01+	02:18+	03:27+	01:09+	03:34+	10:00+	02:55+	01:27+	05:26+	01:41+	06:12+	02:11+	03:41+	02:36+	02:49+	00:38+
00:24&	00:58@	00:20&	00:36&	00:12&	00:14#	00:31@	00:22&	00:39&	00:32#	01:37&	00:22#	00:53&	00:17&	02:28@	07:19@	00:53&	00:31&	03:53@	01:02@	04:05@	00:58&	00:27#	00:41&	00:50&	00:02+
71:45+	74:01+																								
02:53+	02:16+																								
00:35&	00:18#																								
<b>11</b>	<b>Torleiv Møgedal</b>	<b>68</b>										<b>1:23:58</b>													
00:51+	02:24+	03:36+	04:07+	11:02+	12:42+	13:16+	15:08+	16:35+	19:35+	23:57+	26:35+	30:14+	31:28+	33:07+	37:09+	52:55+	54:52+	56:36+	57:53+	62:43+	64:45+	69:12+	73:17+	76:51+	77:58+
00:51+	01:33+	01:12+	06:31+	00:55+	01:40+	00:34+	01:52+	01:27+	03:00+	04:22+	02:38+	03:39+	01:14+	01:39+	04:02+	15:46+	01:57+	01:44+	01:17+	04:50+	02:02+	04:27+	04:05+	03:34+	01:07+
00:15&	00:48@	00:18&	05:32@	00:16&	00:43&	00:07&	00:32&	00:20&	00:45&	01:58&	00:42&	01:05&	00:22&	00:33&	01:21&	13:44@	01:01@	00:11#	00:38&	02:43@	00:49&	01:13&	02:10@	01:35&	00:31&
81:31+	83:58+																								
03:33+	02:27+																								
01:15&	00:29#																								

**Beste strekktid for klassen**

00:28 00:38 00:45 00:59 00:27 00:48 00:27 01:07 01:05 02:00 02:24 01:23 02:28 00:39 00:55 02:21 01:31 00:48 01:15 00:37 02:07 01:11 02:27 01:33 01:59 00:28 01:58 01:20

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

**Herrer 80 år og eldre**

<b>1</b>	<b>Bjarne Edland</b>	<b>92</b>										<b>42:26</b>													
00:41=	02:58=	03:39=	04:21=	04:45=	05:16=	06:48=	08:17=	11:38=	13:13=	13:39=	15:07=	17:31=	19:50=	20:50=	22:46=	25:53=	27:48=	29:59=	32:52=	34:11=	35:47=	36:50=	38:18=	39:25=	41:46=
00:41=	02:17=	00:41=	00:42=	00:24=	00:31=	01:32=	01:29=	03:21=	01:35=	00:26=	01:28=	02:24=	02:19=	01:00=	01:56=	03:07=	01:55=	02:11=	02:53=	01:19=	01:36=	01:03=	01:28=	01:07=	02:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
42:26=	00:40=	00:40=																							
<b>2</b>	<b>Arnulf Fuglestad</b>	<b>29</b>										<b>46:53</b>													
00:34-	01:25-	02:21-	03:04-	03:36-	04:06-	05:59-	07:36-	13:01+	14:28+	15:31+	16:40+	19:21+	24:37+	25:51+	27:50+	29:45+	31:35+	34:08+	36:47+	37:53+	39:36+	41:00+	42:13+	43:08+	46:06+
00:34-	00:51-	00:56+	00:43+	00:32+	00:30-	01:53+	01:37+	05:25+	01:27-	01:03+	01:09-	02:41+	05:16+	01:14+	01:59+	01:55-	01:50-	02:33+	02:39-	01:06-	01:43+	01:24+	01:13-	00:55-	02:58+
00:07-	01:26-	00:15&	00:01+	00:08&	00:01-	00:21#	00:08+	02:04&	00:08-	00:37@	00:19-	00:17#	02:57@	00:14#	00:03+	01:12-	00:05-	00:22#	00:14-	00:13-	00:07+	00:21&	00:15-	00:12-	00:37&
46:53+	00:47+																								
00:07#																									
<b>3</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>51:54</b>													
00:40-	01:38-	02:27-	03:15-	03:53-	04:22-	05:57-	07:26-	11:06-	13:42+	14:16+	15:30+	17:33+	20:12+	21:32+	25:11+	27:09+	28:46+	31:32+	35:19+	36:55+	38:43+	39:54+	47:39+	49:12+	51:14+
00:40-	00:58-	00:49+	00:48+	00:38+	00:29-	01:35+	01:29=	03:40+	02:36+	00:34+	01:14-	02:03-	02:39+	01:20+	03:39+	01:58-	01:37-	02:46+	03:47+	01:36+	01:48+	01:11+	07:45+	01:33+	02:02-
00:01-	01:19-	00:08#	00:06#	00:14&	00:02-	00:03+	00:00=	00:19+	01:01&	00:08&	00:14-	00:21-	00:20#	00:20&	01:43&	01:09-	00:18-	00:35&	00:54&	00:17#	00:12#	00:08#	06:17@	00:26&	00:19-
51:54+																									
00:40=																									
00:00=																									

Class	Navn	Klasse	Tid																						
<b>4</b>	<b>Harald I. Serigstad</b>	<b>128</b>	<b>54:31</b>																						
00:41=	01:45-	02:41-	03:39-	04:16-	04:48-	06:41-	08:41+	13:14+	15:30+	16:10+	17:37+	20:17+	23:44+	25:12+	28:14+	35:38+	38:05+	40:33+	43:43+	45:09+	46:47+	48:08+	50:02+	51:03+	53:46+
00:41=	01:04-	00:56+	00:58+	00:37+	00:32+	01:53+	02:00+	04:33+	02:16+	00:40+	01:27-	02:40+	03:27+	01:28+	03:02+	07:24+	02:27+	02:28+	03:10+	01:26+	01:38+	01:21+	01:54+	01:01-	02:43+
00:00=	01:13-	00:15&	00:16&	00:13&	00:01+	00:21#	00:31&	01:12&	00:41&	00:14&	00:01-	00:16#	01:08&	00:28&	01:06&	04:17@	00:32&	00:17#	00:17+	00:07+	00:02+	00:18&	00:26&	00:06-	00:22#
54:31+																									
00:45+																									
00:05#																									
<b>5</b>	<b>Magne Westerheim</b>	<b>93</b>	<b>55:08</b>																						
00:39-	02:06-	02:49-	04:23+	07:03+	07:43+	09:14+	10:48+	14:23+	16:53+	17:31+	18:50+	20:51+	23:40+	24:49+	28:21+	30:32+	32:03+	34:39+	38:36+	40:13+	42:02+	43:11+	50:56+	52:28+	54:28+
00:39-	01:27-	00:43+	01:34+	02:40+	00:40+	01:31-	01:34+	03:35+	02:30+	00:38+	01:19-	02:01-	02:49+	01:09+	03:32+	02:11-	01:31-	02:36+	03:57+	01:37+	01:49+	01:09+	07:45+	01:32+	02:00-
00:02-	00:50-	00:02+	00:52@	02:16@	00:09&	00:01-	00:05+	00:14+	00:55&	00:12&	00:09-	00:23-	00:30#	00:09#	01:36&	00:56-	00:24-	00:25#	01:04&	00:18#	00:13#	00:06+	06:17@	00:25&	00:21-
55:08+																									
00:40=																									
00:00=																									
<b>6</b>	<b>Sigurd Krosli</b>	<b>31</b>	<b>1:11:19</b>																						
00:31-	01:29-	02:22-	03:21-	04:05-	04:25-	06:31-	08:21+	20:23+	22:24+	22:54+	24:19+	27:26+	37:27+	38:51+	41:10+	43:27+	45:31+	50:20+	53:32+	54:38+	63:10+	64:12+	65:57+	66:47+	70:30+
00:31-	00:58-	00:53+	00:59+	00:44+	00:20-	02:06+	01:50+	12:02+	02:01+	00:30+	01:25-	03:07+	10:01+	01:24+	02:19+	02:17-	02:04+	04:49+	03:12+	01:06-	08:32+	01:02-	01:45+	00:50-	03:43+
00:10-	01:19-	00:12&	00:17&	00:20&	00:11-	00:34&	00:21#	08:41@	00:26&	00:04#	00:03-	00:43&	07:42@	00:24&	00:23#	00:50-	00:09+	02:38@	00:19#	00:13-	06:56@	00:01-	00:17#	00:17-	01:22&
71:19+																									
00:49+																									
00:09#																									
<b>7</b>	<b>Peter Frafjord</b>	<b>116</b>	<b>1:46:38</b>																						
00:36-	13:14+	14:30+	16:04+	16:52+	17:21+	19:27+	21:39+	40:38+	45:46+	46:23+	48:18+	50:43+	54:33+	56:05+	58:46+	64:00+	65:26+	81:27+	84:40+	86:18+	91:08+	92:44+	95:25+	97:18+	105:48+
00:36-	12:38+	01:16+	01:34+	00:48+	00:29-	02:06+	02:12+	18:59+	05:08+	00:37+	01:55+	02:25+	03:50+	01:32+	02:41+	05:14+	01:26-	16:01+	03:13+	01:38+	04:50+	01:36+	02:41+	01:53+	08:30+
00:05-	10:21@	00:35&	00:52@	00:24&	00:02-	00:34&	00:43&	15:38@	03:33@	00:11&	00:27&	00:01+	01:31&	00:32&	00:45&	02:07&	00:29-	13:50@	00:20#	00:19#	03:14@	00:33&	01:13&	00:46&	06:09@
106:38+																									
00:50+																									
00:10#																									

**Beste strekktid for klassen**

00:31 00:51 00:41 00:42 00:24 00:20 01:31 01:29 03:21 01:27 00:26 01:09 02:01 02:19 01:00 01:56 01:55 01:26 02:11 02:39 01:06 01:36 01:02 01:13 00:50 02:00 00:40

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

**Herrer A**

<b>1</b>	<b>Clemens Øxnevad</b>	<b>114</b>	<b>32:20</b>																						
00:41=	01:03=	01:26=	01:55=	02:40=	03:31=	03:43=	04:27=	05:21=	06:42=	08:12=	08:44=	09:23=	09:57=	10:36=	11:34=	12:29=	13:21=	13:46=	14:48=	16:37=	17:54=	18:19=	18:38=	19:44=	21:39=
00:41=	00:22=	00:23=	00:29=	00:45=	00:51=	00:12=	00:44=	00:54=	01:21=	01:30=	00:32=	00:39=	00:34=	00:39=	00:58=	00:55=	00:52=	00:25=	01:02=	01:49=	01:17=	00:25=	00:19=	01:06=	01:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
22:38=	24:02=	24:34=	26:52=	28:11=	29:40=	30:31=	31:25=	32:20=																	
00:59=	01:24=	00:32=	02:18=	01:19=	01:29=	00:51=	00:54=	00:55=																	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																	
<b>2</b>	<b>Ørjan Ravndal</b>	<b>194</b>	<b>33:12</b>																						
00:46+	01:09+	01:27+	01:56+	02:43+	03:32+	03:43=	04:19-	05:23+	06:44+	08:16+	08:53+	09:38+	10:37+	11:10+	12:10+	12:39+	13:46+	14:25+	15:31+	16:31-	17:47-	18:20+	18:38=	19:55+	21:53+
00:46+	00:23+	00:18-	00:29=	00:47+	00:49-	00:11-	00:36-	01:04+	01:21=	01:32+	00:37+	00:45+	00:59+	00:33-	01:00+	00:29-	01:07+	00:39+	01:06+	01:00-	01:16-	00:33+	00:18-	01:17+	01:58+
00:05#	00:01+	00:05-	00:00=	00:02+	00:02-	00:01-	00:08-	00:10#	00:00=	00:02+	00:05#	00:06#	00:25&	00:06-	00:02+	00:26-	00:15&	00:14&	00:04+	00:49-	00:01-	00:08&	00:01-	00:11#	00:03+
22:59+	24:31+	24:59+	27:28+	28:53+	30:24+	31:24+	32:12+	33:12+																	
01:06+	01:32+	00:28-	02:29+	01:25+	01:31+	01:00+	00:48-	01:00+																	
00:07#	00:08+	00:04-	00:11+	00:06+	00:02+	00:09#	00:06-	00:05+																	
<b>3</b>	<b>Vegard Peikli</b>	<b>116</b>	<b>34:25</b>																						
00:48+	01:12+	01:50+	02:21+	03:12+	04:09+	04:20+	04:53+	05:58+	07:27+	09:23+	10:00+	10:46+	11:23+	12:01+	12:55+	13:32+	14:31+	15:16+	16:21+	17:24+	18:49+	19:10+	19:28+	20:44+	22:34+
00:48+	00:24+	00:38+	00:31+	00:51+	00:57+	00:11-	00:33-	01:05+	01:29+	01:56+	00:37+	00:46+	00:37+	00:38-	00:54-	00:37-	00:59+	00:45+	01:05+	01:03-	01:25+	00:21-	00:18-	01:16+	01:50-
00:07#	00:02+	00:15&	00:02+	00:06#	00:06#	00:01-	00:11-	00:11#	00:08+	00:26&	00:05#	00:07#	00:03+	00:01-	00:04-	00:18-	00:07#	00:20&	00:03+	00:46-	00:08#	00:04-	00:01-	00:10#	00:05-
23:35+	25:06+	25:33+	28:00+	29:31+	31:03+	32:02+	33:25+	34:25+																	
01:01+	01:31+	00:27-	02:27+	01:31+	01:32+	00:59+	01:23+	01:00+																	
00:02+	00:07+	00:05-	00:12#	00:03+	00:08#	00:29&	00:05+																		
<b>4</b>	<b>Fredrik Omdal</b>	<b>74</b>	<b>34:42</b>																						
00:44+	01:11+	01:29+	01:58+	02:41+	03:32+	03:43=	04:16-	05:25+	06:46+	08:33+	09:09+	10:06+	10:48+	11:21+	12:17+	12:53+	13:51+	14:14+	15:26+	16:33-	19:19+	19:40+	19:59+	21:16+	23:13+
00:44+	00:27+	00:18-	00:29=	00:43-	00:51=	00:11-	00:33-	01:09+	01:21=	01:47+	00:36+	00:57+	00:42+	00:33-	00:56-	00:36-	00:58+	00:23-	01:12+	01:07-	02:46+	00:21-	00:19=	01:17+	01:57+
00:03+	00:05#	00:05-	00:00=	00:02-	00:00=	00:01-	00:11-	00:15&	00:00=	00:17#	00:04#	00:18&	00:08#	00:06-	00:02-	00:19-	00:06#	00:02-	00:10#	00:42-	01:29@	00:04-	00:00=	00:11#	00:02+
24:10+	25:37+	26:01+	29:04+	30:19+	31:54+	32:49+	33:44+	34:42+																	
00:57-	01:27+	00:24-	03:03+	01:15-	01:35+	00:55+	00:55+	00:58+																	
00:02-	00:03+	00:08-	00:45&	00:04-	00:06+	00:04+	00:01+	00:03+																	





Class	Navn	Klasse	Tid																							
<b>14</b>	<b>Emmanuel Mondesert</b>	<b>116</b>	<b>51:52</b>																							
01:13+	01:46+	02:08+	02:39+	03:26+	04:23+	04:35+	05:38+	06:45+	08:09+	19:03+	20:02+	21:43+	22:38+	24:20+	25:35+	27:35+	28:43+	29:15+	30:34+	33:08+	34:47+	35:14+	35:43+	37:13+	39:13+	
01:13+	00:33+	00:22-	00:31+	00:47+	00:57+	00:12=	01:03+	01:07+	01:24+	10:54+	00:59+	01:41+	00:55+	01:42+	01:15+	02:00+	01:08+	00:32+	01:19+	02:34+	01:39+	00:27+	00:29+	01:30+	02:00+	
00:32&	00:11&	00:01-	00:02+	00:02+	00:06#	00:00=	00:19&	00:13#	00:03+	09:24@	00:27&	01:02@	00:21&	01:03@	00:17&	01:05@	00:16&	00:07&	00:17&	00:45&	00:22&	00:02+	00:10&	00:24&	00:05+	
40:11+	42:10+	42:33+	45:21+	46:58+	48:48+	49:49+	50:59+	51:52+																		
00:58-	01:59+	00:23-	02:48+	01:37+	01:50+	01:01+	01:10+	00:53-																		
00:01-	00:35&	00:09-	00:30#	00:18#	00:21#	00:10#	00:16&	00:02-																		

**Beste strekketid for klassen**

00:41	00:22	00:18	00:29	00:43	00:49	00:09	00:33	00:54	01:21	01:30	00:29	00:39	00:34	00:33	00:48	00:29	00:52	00:22	01:02	00:54	01:12	00:21	00:18	01:06	01:50	00:56	01:24
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

**Herrer B**

<b>1</b>	<b>Morten Aamodt</b>	<b>116</b>	<b>36:44</b>																							
00:50=	01:18=	01:40=	02:12=	03:16=	04:13=	04:25=	05:01=	06:07=	07:35=	09:48=	10:23=	11:10=	12:53=	13:31=	14:20=	14:56=	16:04=	16:36=	18:00=	19:05=	20:23=	20:50=	21:09=	22:36=	24:36=	
00:50=	00:28=	00:22=	00:32=	01:04=	00:57=	00:12=	00:36=	01:06=	01:28=	02:13=	00:35=	00:47=	01:43=	00:38=	00:49=	00:36=	01:08=	00:32=	01:24=	01:05=	01:18=	00:27=	00:19=	01:27=	02:00=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
25:43=	27:23=	27:50=	30:20=	31:50=	33:31=	34:35=	35:29=	36:44=																		
01:07=	01:40=	00:27=	02:30=	01:30=	01:41=	01:04=	00:54=	01:15=																		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																		

<b>2</b>	<b>Magnus Landstad</b>	<b>66</b>	<b>37:01</b>																							
00:53+	01:17-	01:38-	02:12=	03:09-	04:07-	04:19-	05:00-	06:27+	08:00+	09:48=	10:27+	11:10=	11:48-	12:21-	13:31-	14:11-	15:39-	16:10-	17:33-	18:38-	20:06-	20:41-	21:00-	22:18-	24:19-	
00:53+	00:24-	00:21-	00:34+	00:57-	00:58+	00:12=	00:41+	01:27+	01:33+	01:48-	00:39+	00:43-	00:38-	00:33-	01:10+	01:28+	00:31-	01:23-	01:05=	01:28+	00:35+	00:19=	01:18-	02:01+		
00:03+	00:04-	00:01-	00:02+	00:07-	00:01+	00:00=	00:05#	00:21&	00:05+	00:25-	00:04#	00:04-	01:05-	00:05-	00:21&	00:04#	00:20&	00:01-	00:01-	00:00=	00:10#	00:08&	00:00=	00:09-	00:01+	
25:26-	27:31+	27:59+	30:40+	32:13+	33:54+	34:55+	35:49+	37:01+																		
01:07=	02:05+	00:28+	02:41+	01:33+	01:41=	01:01-	00:54=	01:12-																		
00:00=	00:25#	00:01+	00:11+	00:03+	00:00=	00:03-	00:00=	00:03-																		

<b>3</b>	<b>Njål F. Vadla</b>	<b>93</b>	<b>37:27</b>																							
00:46-	01:11-	01:32-	02:08-	02:53-	04:00-	04:11-	04:46-	06:02-	07:34-	09:10-	10:12-	11:00-	11:44-	12:16-	13:09-	13:45-	14:51-	15:16-	18:32+	19:56+	21:24+	21:52+	22:11+	23:30+	25:34+	
00:46-	00:25-	00:21-	00:36+	00:45-	01:07+	00:11-	00:35-	01:16+	01:32+	01:36-	01:02+	00:48+	00:44-	00:32-	00:53+	00:36=	01:06-	00:25-	03:16+	01:24+	01:28+	00:28+	00:19=	01:19-	02:04+	
00:04-	00:03-	00:01-	00:04#	00:19-	00:10#	00:01-	00:01-	00:10#	00:04+	00:37-	00:27&	00:01+	00:59-	00:06-	00:04+	00:00=	00:02-	00:07-	01:52@	00:19&	00:10#	00:01+	00:00=	00:08-	00:04+	
26:40+	28:23+	28:50+	31:21+	32:42+	34:25+	35:24+	36:17+	37:27+																		
01:06-	01:43+	00:27=	02:31+	01:21-	01:43+	00:59-	00:53-	01:10-																		
00:01-	00:03+	00:00=	00:09-	00:02+	00:05-	00:01-	00:05-	00:05-																		

<b>4</b>	<b>Oddgeir Eikeskog</b>	<b>93</b>	<b>38:31</b>																							
00:49-	01:16-	01:37-	02:11-	03:05-	04:07-	04:19-	04:57-	06:09+	07:48+	09:31-	10:12-	11:03-	11:49-	12:20-	13:42-	14:19-	16:08+	16:36=	18:00=	19:15+	20:42+	21:11+	21:36+	23:05+	25:20+	
00:49-	00:27-	00:21-	00:34+	00:54-	01:02+	00:12=	00:38+	01:12+	01:39+	01:43-	00:41+	00:51+	00:46-	00:31-	01:22+	00:37+	01:49+	00:28-	01:24=	01:15+	01:27+	00:29+	00:25+	01:29+	02:15+	
00:01-	00:01-	00:01-	00:02+	00:10-	00:05+	00:00=	00:02+	00:06+	00:11#	00:30-	00:06#	00:04+	00:57-	00:07-	00:33&	00:01+	00:41&	00:04-	00:00=	00:10#	00:09#	00:02+	00:06&	00:02+	00:15#	
26:31+	28:24+	28:54+	31:31+	33:15+	35:01+	36:08+	37:09+	38:31+																		
01:11+	01:53+	00:30+	02:37+	01:44+	01:46+	01:07+	01:01+	01:22+																		
00:04+	00:13#	00:03#	00:07+	00:14#	00:05+	00:03+	00:07#	00:07+																		

<b>5</b>	<b>Tom Furland</b>	<b>62</b>	<b>38:54</b>																							
00:48-	01:13-	01:39-	02:13+	03:01-	04:02-	04:15-	04:54-	06:22+	08:02+	09:48=	10:52+	11:52+	12:30-	13:02-	14:06-	14:42-	15:50-	16:24-	17:47-	18:47-	21:03+	21:31+	21:51+	23:20+	25:32+	
00:48-	00:25-	00:26+	00:34+	00:48-	01:01+	00:13+	00:39+	01:28+	01:40+	01:46-	01:04+	01:00+	00:38-	00:32-	01:04+	00:36=	01:08=	00:34+	01:23-	01:00-	02:16+	00:20+	01:29+	02:12+		
00:02-	00:03-	00:04#	00:02+	00:16-	00:04+	00:01+	00:03+	00:22&	00:12#	00:27-	00:29&	00:13&	01:05-	00:06-	00:15&	00:00=	00:00=	00:02+	00:01-	00:05-	00:58&	00:01+	00:01+	00:02+	00:12#	
26:46+	28:41+	29:08+	31:50+	33:29+	35:19+	36:38+	37:36+	38:54+																		
01:14+	01:55+	00:27=	02:42+	01:39+	01:50+	01:19+	00:58+	01:18+																		
00:07#	00:15#	00:00=	00:12+	00:09#	00:09+	00:15#	00:04+	00:03+																		

<b>6</b>	<b>Geir Sand</b>	<b>105</b>	<b>39:38</b>																							
01:33+	02:01+	02:23+	02:57+	04:03+	05:02+	05:14+	05:49+	06:57+	08:27+	11:09+	11:53+	12:39+	13:28+	14:09+	15:17+	16:20+	17:23+	18:03+	19:19+	20:26+	21:53+	22:18+	22:39+	24:05+	26:21+	
01:33+	00:28=	00:22=	00:34+	01:06+	00:59+	00:12=	00:35-	01:08+	01:30+	02:42+	00:44+	00:46-	00:49-	00:41+	01:08+	01:03+	01:03-	00:40+	01:16-	01:07+	01:27+	00:25-	00:21+	01:26-	02:16+	
00:43&	00:00=	00:00=	00:02+	00:02+	00:02+	00:00=	00:01-	00:02+	00:02+	00:29#	00:09&	00:01-	00:54-	00:03+	00:19&	00:27&	00:05-	00:08#	00:08-	00:02+	00:09#	00:02-	00:02#	00:01-	00:16#	
27:25+	29:09+	29:36+	32:17+	34:18+	36:19+	37:40+	38:35+	39:38+																		
01:04-	01:44+	00:27=	02:41+	02:01+	02:01+	01:21+	00:55+	01:03-																		
00:03-	00:04+	00:00=	00:11+	00:31&	00:20#	00:17&	00:01+	00:12-																		

<b>7</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>	<b>39:49</b>																						
00:47-	01:15-	01:40=	02:18-	03:12-	04:10-	04:22-	05:02+	06:25+	07:59+	09:56+	10:38+	11:42+	12:29-	13:11-	14:49+	15:51+	16:56+	17:27+	18:42+	20:27+	22:04+	22:33+	22:54+	24:25+	26:46+
00:47-	00:28=	00:25+	00:38+	00:54-	00:58+	00:12=	00:40+	01:23+	01:34+	01:57-	00:42+	01:04+	00:47-	00:42+	01:38+										

Class	Navn	Klasse										Tid													
<b>8</b>	<b>Odd Ivar Karlsen</b>	<b>76</b>										<b>39:53</b>													
01:04+	01:46+	02:12+	02:47+	03:35+	04:33+	04:43+	05:21+	06:35+	08:02+	09:46-	10:34+	11:26+	12:28-	12:59-	14:00-	15:57+	17:03+	17:29+	18:44+	20:01+	21:37+	22:06+	22:33+	24:07+	26:19+
01:04+	00:42+	00:26+	00:35+	00:48-	00:58+	00:10-	00:38+	01:14+	01:27-	01:44-	00:48+	00:52+	01:02-	00:31-	01:01+	01:57+	01:06-	00:26-	01:15-	01:17+	01:36+	00:29+	00:27+	01:34+	02:12+
00:14&	00:14&	00:04#	00:03+	00:16-	00:01+	00:02-	00:02+	00:08#	00:01-	00:29-	00:13&	00:05#	00:41-	00:07-	00:12#	01:21@	00:02-	00:06-	00:09-	00:12#	00:18#	00:02+	00:08&	00:07+	00:12#
27:28+	29:11+	29:37+	32:58+	34:33+	36:14+	37:26+	38:22+	39:53+																	
01:09+	01:43+	00:26-	03:21+	01:35+	01:41=	01:12+	00:56+	01:31+																	
00:02+	00:03+	00:01-	00:05+	00:00=	00:08#	00:02+	00:16#																		
<b>9</b>	<b>Joar Eilevstjønn</b>	<b>67</b>										<b>39:53</b>													
01:12+	01:41+	02:10+	02:43+	03:38+	04:35+	04:46+	05:24+	06:32+	08:09+	10:22+	11:08+	12:08+	13:46+	14:37+	15:50+	16:28+	17:33+	18:01+	19:22+	21:01+	22:30+	23:02+	23:23+	24:52+	26:53+
01:12+	00:29+	00:29+	00:33+	00:55-	00:57=	00:11-	00:38+	01:08+	01:37+	02:13=	00:46+	01:00+	01:38-	00:51+	01:13+	00:38+	01:05-	00:28-	01:21-	01:39+	01:29+	00:32+	00:21+	01:29+	02:01+
00:22&	00:01+	00:07&	00:01+	00:09-	00:00=	00:01-	00:02+	00:02+	00:09#	00:00=	00:11&	00:13&	00:05-	00:13&	00:24&	00:02+	00:03-	00:04-	00:03-	00:34&	00:11#	00:05#	00:02#	00:02+	00:01+
28:00+	29:51+	30:34+	33:27+	34:59+	36:53+	37:58+	38:52+	39:53+																	
01:07=	01:51+	00:43+	02:53+	01:32+	01:54+	01:05+	00:54=	01:01-																	
00:00=	00:11#	00:16&	00:23#	00:02+	00:13#	00:01+	00:00=	00:14-																	
<b>10</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>										<b>39:57</b>													
00:40-	01:04-	01:41+	02:15+	03:01-	03:53-	04:05-	04:51-	06:05-	07:35=	09:35-	10:20-	12:34+	13:58+	14:35+	15:35+	16:23+	17:52+	18:18+	20:08+	21:18+	22:42+	23:10+	23:30+	24:48+	27:04+
00:40-	00:24-	00:37+	00:34+	00:46-	00:52-	00:12=	00:46+	01:14+	01:30+	02:00-	00:45+	02:14+	01:24-	00:37-	01:00+	00:48+	01:29+	00:26-	01:50+	01:10+	01:24+	00:28+	00:20+	01:18-	02:16+
00:10-	00:04-	00:15&	00:02+	00:18-	00:05-	00:00=	00:10&	00:08#	00:02+	00:13-	00:10&	01:27@	00:19-	00:01-	00:11#	00:12&	00:21&	00:06-	00:26&	00:05+	00:06+	00:01+	00:01+	00:09-	00:16#
28:11+	30:02+	30:31+	33:14+	35:03+	36:44+	37:48+	38:45+	39:57+																	
01:07=	01:51+	00:29+	02:43+	01:49+	01:41=	01:04=	00:57+	01:12-																	
00:00=	00:11#	00:02+	00:13+	00:19#	00:00=	00:00=	00:03+	00:03-																	
<b>11</b>	<b>Odd Fuglestad</b>	<b>250</b>										<b>40:11</b>													
00:46-	01:15-	01:37-	02:13+	04:10+	05:06+	05:19+	06:00+	07:10+	08:50+	10:40+	11:23+	12:25+	13:06+	13:42+	14:47+	15:29+	16:40+	17:06+	18:50+	19:58+	21:28+	22:05+	22:28+	23:55+	26:09+
00:46-	00:29+	00:22=	00:36+	01:57+	00:56-	00:13+	00:41+	01:10+	01:40+	01:50-	00:43+	01:02+	00:41-	00:36-	01:05+	00:42+	01:11+	00:26-	01:44+	01:08+	01:30+	00:37+	00:23+	01:27=	02:14+
00:04-	00:01+	00:00=	00:04#	00:53&	00:01-	00:01+	00:05#	00:04+	00:12#	00:23-	00:08#	00:15&	01:02-	00:02-	00:16&	00:06#	00:03+	00:06-	00:20#	00:03+	00:12#	00:10&	00:04#	00:00=	00:14#
27:28+	29:20+	29:53+	32:50+	34:31+	36:27+	37:31+	38:47+	40:11+																	
01:19+	01:52+	00:33+	02:57+	01:41+	01:56+	01:04=	01:16+	01:24+																	
00:12#	00:12#	00:06#	00:27#	00:11#	00:15#	00:00=	00:22&	00:09#																	
<b>12</b>	<b>Sturla Stokkeland</b>	<b>194</b>										<b>41:03</b>													
01:09+	01:39+	02:01+	02:38+	03:33+	04:39+	04:51+	05:31+	06:45+	08:28+	10:21+	11:01+	11:56+	13:38+	15:19+	16:32+	17:14+	18:21+	19:01+	20:56+	22:07+	23:37+	24:12+	24:34+	26:00+	28:11+
01:09+	00:30+	00:22=	00:37+	00:55-	01:06+	00:12=	00:40+	01:14+	01:43+	01:53-	00:40+	00:55+	01:42-	01:41+	01:13+	00:42+	01:07-	00:40+	01:55+	01:11+	01:30+	00:35+	00:22+	01:26-	02:11+
00:19&	00:02+	00:00=	00:05#	00:09-	00:09#	00:00=	00:04#	00:08#	00:15#	00:20-	00:05#	00:08#	00:01-	01:03@	00:24&	00:06#	00:01-	00:08#	00:31&	00:06+	00:12#	00:08&	00:03#	00:01-	00:11+
29:27+	31:11+	31:42+	34:28+	36:09+	38:01+	39:00+	39:56+	41:03+																	
01:16+	01:44+	00:31+	02:46+	01:41+	01:52+	00:59-	00:56+	01:07-																	
00:09#	00:04+	00:04#	00:16#	00:11#	00:11#	00:05-	00:02+	00:08-																	
<b>13</b>	<b>Bjørnar André Haug</b>	<b>80</b>										<b>41:20</b>													
00:55+	01:27+	01:52+	02:34+	03:40+	04:41+	04:53+	05:29+	06:41+	08:22+	10:14+	10:54+	11:59+	13:10+	13:50+	15:32+	16:23+	17:34+	18:14+	19:45+	20:59+	22:41+	23:13+	23:35+	24:58+	27:09+
00:55+	00:32+	00:25+	00:42+	01:06+	01:01+	00:12=	00:36=	01:12+	01:41+	01:52-	00:40+	01:05+	01:11-	00:40+	01:42+	00:51+	01:11+	00:40+	01:31+	01:14+	01:42+	00:32+	00:22+	01:23-	02:11+
00:05#	00:04#	00:03#	00:10&	00:02+	00:04+	00:00=	00:00=	00:06+	00:13#	00:21-	00:05#	00:18&	00:32-	00:02+	00:53@	00:15&	00:03+	00:08#	00:07+	00:09#	00:24&	00:05#	00:03#	00:04-	00:11+
28:21+	30:11+	30:37+	33:39+	35:50+	37:46+	38:59+	40:17+	41:20+																	
01:12+	01:50+	00:26-	03:02+	02:11+	01:56+	01:13+	01:18+	01:03-																	
00:05+	00:10#	00:01-	00:32#	00:41&	00:15#	00:09#	00:24&	00:12-																	
<b>14</b>	<b>Jan-Rune Basso</b>	<b>91</b>										<b>41:31</b>													
00:54+	01:21+	01:45+	02:20+	03:09-	04:05-	04:18-	04:54-	06:07=	06:39-	08:12-	10:15-	10:58-	12:31-	13:46+	14:18-	15:40+	16:56+	18:05+	18:30+	19:53+	21:02+	22:59+	23:35+	24:00+	25:39+
00:54+	00:27-	00:24+	00:35+	00:49-	00:56-	00:13+	00:36=	01:13+	00:32-	01:33-	02:03+	00:43-	01:33-	01:15+	00:32-	01:22+	01:16+	01:09+	00:25-	01:23+	01:09-	01:57+	00:36+	00:25-	01:39-
00:04+	00:01-	00:02+	00:03+	00:15-	00:01-	00:01+	00:00=	00:07#	00:56-	00:40-	01:28@	00:04-	00:10-	00:37&	00:17-	00:46@	00:08#	00:37@	00:59-	00:18&	00:09-	01:30@	00:17&	01:02-	00:21-
27:52+	29:17+	31:16+	31:44+	34:31+	36:01+	38:00+	39:16+	40:16+	41:31+																
02:13+	01:25-	01:59+	00:28-	02:47+	01:30-	01:59+	01:16+	01:00-	01:15+																
01:06&	00:15-	01:32@	02:02-	01:17&	00:11-	00:55&	00:22&	00:15-	01:15+																
<b>15</b>	<b>Kim Richter</b>	<b>218</b>										<b>43:13</b>													
00:51+	01:18=	02:10+	02:44+	03:50+	04:52+	05:05+	05:43+	06:54+	08:29+	10:17+	11:50+	12:43+	13:46+	14:45+	15:52+	17:13+	18:20+	19:25+	21:03+	22:52+	24:59+	25:27+	25:46+	27:01+	28:59+
00:51+	00:27-	00:52+	00:34+	01:06+	01:02+	00:13+	00:38+	01:11+	01:35+	01:48-	01:33+	00:53+	01:03-	00:59+	01:07+	01:21+	01:07-	01:05+	01:38+	01:49+	02:07+	00:28+	00:19=	01:15-	01:58-
00:01+	00:01-	00:30@	00:02+	00:02+	00:05+	00:01+	00:02+	00:05+	00:07+	00:25-	00:58@	00:06#	00:40-	00:21&	00:18&	00:45@	00:01-	00:33@	00:14#	00:44&	00:49&	00:01+	00:00=	00:12-	00:02-
30:02+	31:43+	32:10+	35:40+	37:18+	39:21+	41:00+	42:03+	43:13+																	
01:03-	01:41+	00:27=	03:30+	01:38+	02:03+	01:39+	01:03+	01:10-																	
00:04-	00:01+	00:00=	01:00&	00:08+	00:22#	00:35&	00:09#	00:05-																	



Class	Navn	Klasse	Tid
<b>2</b>	<b>Henning Sundby</b>	<b>114</b>	<b>32:45</b>
01:15+	01:50+	02:24+	03:30+
01:15+	00:35-	00:34-	01:06+
00:14#	00:04-	00:03-	00:14&
31:26+	32:23+	32:45+	
02:01-	00:57+	00:22-	
00:09-	00:08#	00:03-	
<b>3</b>	<b>Geir Bjaanes</b>	<b>116</b>	<b>34:58</b>
01:01=	01:40=	02:15-	03:08-
01:01=	00:39=	00:35-	00:53+
00:00=	00:00=	00:02-	00:01+
33:29+	34:29+	34:58+	
02:44+	01:00+	00:29+	
00:34&	00:11#	00:04#	
<b>4</b>	<b>Tore Svendsen</b>	<b>27</b>	<b>35:36</b>
01:37+	02:18+	02:52+	03:46+
01:37+	00:41+	00:34-	00:54+
00:36&	00:02+	00:03-	00:02+
34:10+	35:12+	35:36+	
02:15+	01:02+	00:24-	
00:05+	00:13&	00:01-	
<b>5</b>	<b>Knut Taugbøl</b>	<b>116</b>	<b>37:24</b>
01:34+	02:19+	02:56+	03:57+
01:34+	00:45+	00:37=	01:01+
00:33&	00:06#	00:00=	00:09#
36:00+	36:58+	37:24+	
02:20+	00:58+	00:26+	
00:10+	00:09#	00:01+	
<b>6</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>	<b>38:15</b>
01:18+	02:00+	02:41+	03:45+
01:18+	00:42+	00:41+	01:04+
00:17&	00:03+	00:04#	00:12#
36:43+	37:45+	38:15+	
02:23+	01:02+	00:30+	
00:13#	00:13&	00:05#	
<b>7</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>39:09</b>
01:20+	01:59+	02:38+	03:40+
01:20+	00:39=	00:39+	01:02+
00:19&	00:00=	00:02+	00:10#
37:19+	38:40+	39:09+	
02:27+	01:21+	00:29+	
00:17#	00:32&	00:04#	
<b>8</b>	<b>Rune Christiansen</b>	<b>93</b>	<b>40:42</b>
01:08+	01:51+	02:32+	03:35+
01:08+	00:43+	00:41+	01:03+
00:07#	00:04#	00:04#	00:11#
36:22+	39:05+	40:17+	40:42+
01:40-	02:43+	01:12+	00:25+
00:30-	01:54@	00:47@	00:25+
<b>9</b>	<b>Øystein Huglen</b>	<b>27</b>	<b>42:03</b>
01:16+	02:05+	02:46+	04:12+
01:16+	00:49+	00:41+	01:26+
00:15#	00:10&	00:04#	00:34&
40:45+	41:40+	42:03+	
02:45+	00:55+	00:23-	
00:35&	00:06#	00:02-	
<b>10</b>	<b>Øistein Haaland</b>	<b>116</b>	<b>42:09</b>
01:11+	01:51+	02:28+	04:17+
01:11+	00:40+	00:37=	01:49+
00:10#	00:01+	00:00=	00:57@
40:48+	41:42+	42:09+	
02:46+	00:54+	00:27+	
00:36&	00:05#	00:02+	

Class	Navn	Klasse														Tid									
<b>11</b>	<b>Otte Omdal</b>	<b>65</b>														<b>42:11</b>									
01:00-	01:44+	02:22+	03:17+	03:39+	04:21+	04:40+	07:37+	08:39+	10:07+	19:23+	20:06+	20:44+	21:45+	22:44+	23:11+	24:24+	25:16+	25:47+	29:13+	30:58+	31:43+	33:16+	35:50+	36:58+	38:23+
01:00-	00:44+	00:38+	00:55+	00:22+	00:42-	00:19-	02:57+	01:02+	01:28+	09:16+	00:43+	00:38+	01:01+	00:59-	00:27-	01:13+	00:52+	00:31+	03:26+	01:45-	00:45+	01:33+	02:34+	01:08+	01:25-
00:01-	00:05#	00:01+	00:03+	00:07&	00:02-	00:00=	01:35@	00:03+	00:17#	05:39@	00:09&	00:05#	00:01+	00:01-	00:02-	00:19&	00:01+	00:04#	00:18+	00:21-	00:17&	00:04+	00:20#	00:17&	00:06-
40:40+	41:42+	42:11+																							
02:17+	01:02+	00:29+																							
00:07+	00:13&	00:04#																							

<b>12</b>	<b>Erling Mauland</b>	<b>83</b>														<b>45:51</b>									
01:18+	02:11+	02:50+	04:14+	04:32+	05:29+	05:53+	07:44+	08:59+	10:41+	16:16+	17:04+	17:54+	19:14+	20:11+	20:41+	22:39+	24:26+	25:37+	29:49+	32:26+	33:33+	35:23+	38:14+	39:37+	41:31+
01:18+	00:53+	00:39+	01:24+	00:18+	00:57+	00:24+	01:51+	01:15+	01:42+	05:35+	00:48+	00:50+	01:20+	00:57-	00:30+	01:58+	01:47+	01:11+	04:12+	02:37+	01:07+	01:50+	02:51+	01:23+	01:54+
00:17&	00:14&	00:02+	00:32&	00:03#	00:13&	00:05&	00:29&	00:16&	00:31&	01:58&	00:14&	00:17&	00:20&	00:03-	00:01+	01:04@	00:56@	00:44@	01:04&	00:31#	00:39@	00:21#	00:37&	00:32&	00:23&
44:09+	45:24+	45:51+																							
02:38+	01:15+	00:27+																							
00:28#	00:26&	00:02+																							

<b>13</b>	<b>Sveinung Svebestad</b>	<b>46</b>														<b>47:03</b>									
01:12+	04:18+	05:00+	06:13+	06:33+	07:26+	07:53+	09:59+	11:19+	12:56+	17:41+	18:27+	19:25+	21:15+	22:29+	22:59+	24:15+	25:17+	25:54+	30:33+	32:46+	33:23+	35:48+	38:47+	39:55+	42:10+
01:12+	03:06+	00:42+	01:13+	00:20+	00:53+	00:27+	02:06+	01:20+	01:37+	04:45+	00:46+	00:58+	01:50+	01:14+	00:30+	01:16+	01:02+	00:37+	04:39+	02:13+	00:37+	02:25+	02:59+	01:08+	02:15+
00:11#	02:27@	00:05#	00:21&	00:05&	00:09#	00:08&	00:44&	00:21&	00:26&	01:08&	00:12&	00:25&	00:50&	00:14#	00:01+	00:22&	00:11#	00:10&	01:31&	00:07+	00:09&	00:56&	00:45&	00:17&	00:44&
45:09+	46:26+	47:03+																							
02:59+	01:17+	00:37+																							
00:49&	00:28&	00:12&																							

Beste strekktid for klassen																											
01:00	00:35	00:34	00:52	00:14	00:42	00:19	01:21	00:34	01:05	01:33	00:33	00:31	00:37	00:46	00:27	00:33	00:47	00:27	00:45	01:39	00:28	00:34	01:47	00:48	01:08	01:40	00:49

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

## Herrer Ny

<b>1</b>	<b>Stephen Colgrave</b>	<b>115</b>														<b>23:46</b>										
00:26=	01:45=	02:09=	03:37=	04:53=	06:12=	06:33=	08:26=	09:03=	09:53=	14:39=	15:35=	16:44=	18:37=	20:46=	22:13=	23:14=	23:46=									
00:26=	01:19=	00:24=	01:28=	01:16=	01:19=	00:21=	01:53=	00:37=	00:50=	04:46=	00:56=	01:09=	01:53=	02:09=	01:27=	01:01=	00:32=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
<b>2</b>	<b>Johan Reitan</b>	<b>18</b>														<b>31:31</b>										
00:35+	03:26+	04:19+	05:27+	06:46+	07:52+	11:50+	12:57+	14:29+	17:08+	18:31+	20:37+	24:33+	27:17+	29:33+	31:02+	31:31+										
00:35+	02:51+	00:53+	01:08-	01:19+	01:06-	03:58+	01:07-	01:32+	02:39+	01:23-	02:06+	03:56+	02:44+	02:16+	01:29+	00:29-										
00:09&	01:32@	00:29@	00:20-	00:03+	00:13-	03:37@	00:46-	00:55@	01:49@	03:23-	01:10@	02:47@	00:51&	00:07+	00:02+	00:32-										

<b>3</b>	<b>Torgeir Færevåg</b>	<b>125</b>														<b>1:23:21</b>										
00:31+	03:41+	04:11+	05:49+	07:04+	07:58+	21:23+	22:16+	24:16+	27:54+	29:10+	31:27+	34:28+	38:08+	63:17+	82:05+	83:21+										
00:31+	03:10+	00:30+	01:38+	01:15-	00:54-	13:25+	00:53-	02:00+	03:38+	01:16-	02:17+	03:01+	03:40+	25:09+	18:48+	01:16+										
00:05#	01:51@	00:06#	00:10#	00:01-	00:25-	13:04@	01:00-	01:23@	02:48@	03:30-	01:21@	01:52@	01:47&	23:00@	17:21@	00:15#										

Beste strekktid for klassen																											
00:26	01:19	00:24	01:08	01:15	00:54	00:21	00:53	00:37	00:50	01:16	00:56	01:09	01:53	02:09	01:27	00:29	00:32										

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

## Herrer Trim

<b>1</b>	<b>Olav Magnus Eik Espedal</b>	<b>88</b>														<b>24:08</b>									
00:19=	00:51=	01:21=	01:44=	02:04=	02:27=	03:26=	04:16=	06:01=	07:56=	08:10=	09:10=	10:42=	12:11=	12:49=	14:05=	14:59=	15:52=	16:59=	18:07=	19:36=	20:22=	21:07=	21:35=	22:19=	22:45=
00:19=	00:32=	00:30=	00:23=	00:20=	00:23=	00:59=	00:50=	01:45=	01:55=	00:14=	01:00=	01:32=	01:29=	00:38=	01:16=	00:54=	00:53=	01:07=	01:08=	01:29=	00:46=	00:45=	00:28=	00:44=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
23:47=	24:08=																								
01:02=	00:21=																								
00:00=	00:00=																								

<b>2</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>														<b>25:51</b>									
00:20+	00:46-	01:14-	01:42-	01:59-	02:29+	03:26=	04:19+	07:12+	08:17+	08:37+	09:30+	10:43+	12:26+	13:06+	14:57+	16:07+	17:01+	18:13+	19:54+	20:32+	21:28+	22:08+	23:30+	24:00+	25:29+
00:20+	00:26-	00:28-	00:28+	00:17-	00:30+	00:57-	00:53+	02:53+	01:05-	00:20+	00:53-	01:13-	01:43+	00:40+	01:51+	01:10+	00:54+	01:12+	01:41+	00:38-	00:56+	00:40-	01:22+	00:30-	01:29+
00:01+	00:06-	00:02-	00:05#	00:03-	00:07&	00:02-	00:03+	01:08&	00:50-	00:06&	00:07-	00:19-	00:14#	00:02+	00:35&	00:16&	00:01+	00:05+	00:33&	00:51-	00:10#	00:05-	00:54@	00:14-	01:03@
25:51+																									
00:22-																									
00:40-																									

Class	Navn	Klasse										Tid													
<b>3</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>29:33</b>													
00:19=	00:47-	01:20-	01:42-	02:05+	02:22-	03:21-	04:10-	06:57+	08:08+	08:25+	09:08-	10:51+	12:36+	13:27+	16:27+	17:36+	18:46+	20:23+	22:21+	23:13+	24:44+	25:37+	26:33+	27:26+	29:10+
00:19=	00:28-	00:33+	00:22-	00:23+	00:17-	00:59=	00:49-	02:47+	01:11-	00:17+	00:43-	01:43+	01:45+	00:51+	03:00+	01:09+	01:10+	01:37+	01:58+	00:52-	01:31+	00:53+	00:56+	00:53+	01:44+
00:00=	00:04-	00:03#	00:01-	00:03#	00:06-	00:00=	00:01-	01:02&	00:44-	00:03#	00:17-	00:11#	00:16#	00:13&	01:44@	00:15&	00:17&	00:30&	00:50&	00:37-	00:45&	00:08#	00:28&	00:09#	01:18@
29:33+																									
00:23-																									
00:39-																									
<b>4</b>	<b>Trond Egil Toft</b>	<b>53</b>										<b>30:49</b>													
00:23+	00:59+	01:39+	02:13+	02:31+	02:44+	04:12+	05:20+	09:32+	10:40+	10:58+	11:46+	13:09+	14:54+	16:18+	17:37+	19:06+	20:30+	22:21+	24:14+	25:18+	26:20+	27:14+	28:12+	28:47+	30:21+
00:23+	00:36+	00:40+	00:34+	00:18-	00:13-	01:28+	01:08+	04:12+	01:08-	00:18+	00:48-	01:23-	01:45+	01:24+	01:19+	01:29+	01:24+	01:51+	01:53+	01:04-	01:02+	00:54+	00:58+	00:35-	01:34+
00:04#	00:04#	00:10&	00:11&	00:02-	00:10-	00:29&	00:18&	02:27@	00:47-	00:04&	00:12-	00:09-	00:16#	00:46@	00:03+	00:35&	00:31&	00:44&	00:45&	00:25-	00:16&	00:09#	00:30@	00:09-	01:08@
30:49+																									
00:28-																									
00:34-																									
<b>5</b>	<b>Kjartan Bryne</b>	<b>105</b>										<b>30:52</b>													
00:23+	01:16+	01:56+	02:31+	03:06+	03:24+	04:37+	05:56+	07:51+	09:19+	09:45+	10:48+	12:18+	14:20+	15:55+	17:53+	19:29+	20:30+	22:23+	24:29+	25:21+	26:30+	27:20+	28:17+	28:53+	30:25+
00:23+	00:53+	00:40+	00:35+	00:35+	00:18-	01:13+	01:19+	01:55+	01:28-	00:26+	01:03+	01:30-	02:02+	01:35+	01:58+	01:36+	01:01+	01:53+	02:06+	00:52-	01:09+	00:50+	00:57+	00:36-	01:32+
00:04#	00:21&	00:10&	00:12&	00:15&	00:05-	00:14#	00:29&	00:10+	00:27-	00:12&	00:03+	00:02-	00:33&	00:57@	00:42&	00:42&	00:08#	00:46&	00:58&	00:37-	00:23&	00:05#	00:29@	00:08-	01:06@
30:52+																									
00:27-																									
00:35-																									
<b>6</b>	<b>Alexander Romanov</b>	<b>111</b>										<b>32:47</b>													
00:30+	01:08+	03:04+	03:32+	03:49+	04:06+	05:16+	06:26+	11:46+	12:54+	13:22+	14:09+	15:23+	17:12+	18:23+	19:44+	22:14+	23:08+	24:35+	26:27+	27:19+	28:20+	29:17+	30:15+	30:46+	32:20+
00:30+	00:38+	01:56+	00:28+	00:17-	00:17-	01:10+	01:10+	05:20+	01:08-	00:28+	00:47-	01:14-	01:49+	01:11+	01:21+	02:30+	00:54+	01:27+	01:52+	00:52-	01:01+	00:57+	00:58+	00:31-	01:34+
00:11&	00:06#	01:26@	00:05#	00:03-	00:06-	00:11#	00:20&	03:35@	00:47-	00:14&	00:13-	00:18-	00:20#	00:33&	00:05+	01:36@	00:01+	00:20&	00:44&	00:37-	00:15&	00:12&	00:30@	00:13-	01:08@
32:47+																									
00:27-																									
00:35-																									
<b>7</b>	<b>Martin Svensen</b>	<b>284</b>										<b>32:49</b>													
00:17-	00:47-	01:21=	01:47+	02:30+	02:47+	03:53+	04:46+	07:01+	14:28+	14:54+	15:49+	17:14+	19:02+	20:39+	21:50+	22:56+	23:49+	25:17+	27:11+	28:37+	29:23+	30:13+	31:00+	31:29+	32:28+
00:17-	00:30-	00:34+	00:26+	00:43+	00:17-	01:06+	00:53+	02:15+	07:27+	00:26+	00:55-	01:25-	01:48+	01:37+	01:11-	01:06+	00:53=	01:28+	01:54+	01:26-	00:46=	00:50+	00:47+	00:29-	00:59+
00:02-	00:02-	00:04#	00:03#	00:23@	00:06-	00:07#	00:03+	00:30&	05:32@	00:12&	00:05-	00:07-	00:19#	00:59@	00:05-	00:12#	00:00=	00:21&	00:46&	00:03-	00:00=	00:05#	00:19&	00:15-	00:33@
32:49+																									
00:21-																									
00:41-																									
<b>8</b>	<b>John Øgreid</b>	<b>27</b>										<b>33:32</b>													
00:29+	01:16+	01:56+	02:29+	02:57+	03:18+	04:30+	05:45+	08:22+	10:26+	10:47+	11:49+	13:16+	15:11+	16:23+	17:54+	19:21+	20:28+	22:10+	23:58+	27:23+	28:34+	29:37+	30:40+	31:14+	33:04+
00:29+	00:47+	00:40+	00:33+	00:28+	00:21-	01:12+	01:15+	02:37+	02:04+	00:21+	01:02+	01:27-	01:55+	01:12+	01:31+	01:27+	01:07+	01:42+	01:48+	03:25+	01:11+	01:03+	01:03+	00:34-	01:50+
00:10&	00:15&	00:10&	00:10&	00:08&	00:02-	00:13#	00:25&	00:52&	00:09+	00:07&	00:02+	00:05-	00:26&	00:34&	00:15#	00:33&	00:14&	00:35&	00:40&	01:56@	00:25&	00:18&	00:35@	00:10-	01:24@
33:32+																									
00:28-																									
00:34-																									
<b>9</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>33:48</b>													
00:33+	01:17+	01:52+	02:25+	02:58+	03:20+	04:54+	06:03+	08:43+	10:09+	10:33+	11:35+	13:10+	15:32+	16:30+	18:43+	20:16+	21:22+	23:53+	26:09+	27:11+	28:16+	29:21+	30:26+	31:02+	33:18+
00:33+	00:44+	00:35+	00:33+	00:33+	00:22-	01:34+	01:09+	02:40+	01:26-	00:24+	01:02+	01:35+	02:22+	00:58+	02:13+	01:33+	01:06+	02:31+	02:16+	01:02-	01:05+	01:05+	00:36-	02:16+	
00:14&	00:12&	00:05#	00:10&	00:13&	00:01-	00:35&	00:19&	00:55&	00:29-	00:10&	00:02+	00:03+	00:22+	00:20&	00:57&	00:39&	00:13#	01:24@	01:08&	00:27-	00:19&	00:20&	00:37@	00:08-	01:50@
33:48+																									
00:30-																									
00:32-																									
<b>10</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>34:22</b>													
00:29+	01:18+	02:08+	02:45+	03:07+	03:27+	04:49+	06:00+	11:20+	12:46+	13:08+	14:03+	16:05+	18:13+	20:04+	21:53+	23:12+	24:14+	25:40+	27:52+	28:40+	29:43+	30:43+	31:56+	32:36+	33:58+
00:29+	00:49+	00:50+	00:37+	00:22+	00:20-	01:22+	01:11+	05:20+	01:26-	00:22+	00:55-	02:02+	02:08+	01:51+	01:49+	01:19+	01:02+	01:26+	02:12+	00:48-	01:03+	01:00+	01:13+	00:40-	01:22+
00:10&	00:17&	00:20&	00:14&	00:02#	00:03-	00:23&	00:21&	03:35@	00:29-	00:08&	00:05-	00:30&	00:39&	01:13@	00:33&	00:25&	00:09#	00:19&	01:04&	00:41-	00:17&	00:15&	00:45@	00:04-	00:56@
34:22+																									
00:24-																									
00:38-																									
<b>11</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>										<b>36:08</b>													
00:26+	01:12+	02:02+	02:44+	03:05+	03:25+	04:50+	05:59+	09:42+	11:06+	11:33+	12:38+	14:20+	16:48+	17:51+	19:51+	21:34+	22:58+	26:09+	28:24+	29:32+	30:36+	31:40+	32:49+	33:36+	35:33+
00:26+	00:46+	00:50+	00:42+	00:21+	00:20-	01:25+	01:09+	03:43+	01:24-	00:27+	01:05+	01:42+	02:28+	01:03+	02:00+	01:43+	01:24+	03:11+	02:15+	01:08-	01:04+	01:04+	01:09+	00:47+	01:57+
00:07&	00:14&	00:20&	00:19&	00:01+	00:03-	00:26&	00:19&	01:58@	00:31-	00:13&	00:05+	00:10#	00:59&	00:25&	00:44&	00:49&	00:31&	02:04@	01:07&	00:21-	00:18&	00:19&	00:41@	00:03+	01:31@
36:08+																									
00:35-																									
00:27-																									



Class	Navn	Klasse																			Tid									
<b>21</b>	<b>Arne Hope</b>	<b>43</b>																			<b>41:11</b>									
00:31+	01:20+	02:05+	02:57+	03:27+	03:53+	05:30+	06:52+	10:19+	11:53+	12:20+	14:09+	16:09+	18:26+	19:31+	21:25+	24:57+	26:30+	28:45+	31:44+	32:56+	34:31+	35:39+	37:03+	38:10+	40:31+					
00:31+	00:49+	00:45+	00:52+	00:30+	00:26+	01:37+	01:22+	03:27+	01:34-	00:27+	01:49+	02:00+	02:17+	01:05+	01:54+	03:32+	01:33+	02:15+	02:59+	01:12-	01:35+	01:08+	01:24+	01:07+	02:21+					
00:12&	00:17&	00:15&	00:29&	00:10&	00:03#	00:38&	00:32&	01:42&	00:21-	00:13&	00:49&	00:28&	00:48&	00:27&	00:38&	02:38&	00:40&	01:08&	01:51&	00:17-	00:49&	00:23&	00:56&	00:23&	01:55&					
41:11+	00:40-	00:22-																												
<b>22</b>	<b>Leif Nilsen</b>	<b>111</b>																			<b>41:22</b>									
00:34+	01:25+	02:16+	03:54+	04:28+	04:48+	07:48+	08:44+	14:23+	15:57+	16:16+	17:41+	19:47+	22:23+	23:28+	25:18+	27:26+	28:50+	30:58+	33:08+	34:00+	35:18+	36:51+	38:07+	38:50+	40:45+					
00:34+	00:51+	00:51+	01:38+	00:34+	00:20-	03:00+	00:56+	05:39+	01:34-	00:19+	01:25+	02:06+	02:36+	01:05+	01:50+	02:08+	01:24+	02:08+	02:10+	00:52-	01:18+	01:33+	01:16+	00:43-	01:55+					
00:15&	00:19&	00:21&	01:15&	00:14&	00:03-	02:01&	00:06#	03:54&	00:21-	00:05&	00:25&	00:34&	01:07&	00:27&	00:34&	01:14&	00:31&	01:01&	01:02&	00:37-	00:32&	00:48&	00:48&	00:01-	01:29&					
41:22+	00:37-	00:25-																												
<b>23</b>	<b>Gunnar Garstad</b>	<b>136</b>																			<b>41:55</b>									
00:58+	01:46+	02:30+	04:51+	05:05+	05:30+	06:54+	08:15+	11:28+	12:49+	13:10+	14:07+	15:43+	17:46+	18:45+	21:39+	29:32+	31:05+	32:21+	33:53+	35:05+	36:10+	37:08+	38:51+	39:35+	41:40+					
00:58+	00:48+	00:44+	02:21+	00:14-	00:25+	01:24+	01:21+	03:13+	01:21-	00:21+	00:57-	01:36+	02:03+	00:59+	02:54+	07:53+	01:33+	01:16+	01:32+	01:12-	01:05+	00:58+	01:43+	00:44=	02:05+					
00:39&	00:16&	00:14&	01:58&	00:06-	00:02+	00:25&	00:31&	01:28&	00:34-	00:07&	00:03-	00:04+	00:34&	00:21&	01:38&	06:59&	00:40&	00:09#	00:24&	00:17-	00:19&	00:13&	01:15&	00:00=	01:39&					
41:55+	00:15-	00:47-																												
<b>24</b>	<b>Truls Thorkildsen</b>	<b>39</b>																			<b>42:26</b>									
00:21+	01:37+	02:07+	04:19+	04:50+	05:18+	06:34+	07:36+	12:15+	13:40+	14:04+	15:09+	17:02+	18:56+	22:27+	24:21+	25:55+	27:05+	30:57+	33:46+	35:42+	37:21+	38:00+	39:24+	39:58+	41:54+					
00:21+	01:16+	00:30=	02:12+	00:31+	00:28+	01:16+	01:02+	04:39+	01:25-	00:24+	01:05+	01:53+	01:54+	03:31+	01:54+	01:34+	01:10+	03:52+	02:49+	01:56+	01:39+	00:39-	01:24+	00:34-	01:56+					
00:02#	00:44&	00:00=	01:49&	00:11&	00:05#	00:17&	00:12#	02:54&	00:30-	00:10&	00:05+	00:21#	00:25&	02:53&	00:38&	00:40&	00:17&	02:45&	01:41&	00:27&	00:53&	00:06-	00:56&	00:10-	01:30&					
42:26+	00:32-	00:30-																												
<b>25</b>	<b>Leif Jarle Skåra</b>	<b>29</b>																			<b>42:32</b>									
00:28+	01:15+	01:56+	02:37+	02:58+	03:18+	04:56+	06:16+	13:39+	15:24+	15:49+	17:08+	19:19+	21:52+	22:55+	25:14+	27:09+	29:09+	31:20+	34:05+	34:58+	36:42+	37:35+	38:49+	39:41+	41:54+					
00:28+	00:47+	00:41+	00:41+	00:21+	00:20-	01:38+	01:20+	07:23+	01:45-	00:25+	01:19+	02:11+	02:33+	01:03+	02:19+	01:55+	02:00+	02:11+	02:45+	00:53-	01:44+	00:53+	01:14+	00:52+	02:13+					
00:09&	00:15&	00:11&	00:18&	00:01+	00:03-	00:39&	00:30&	05:38&	00:10-	00:11&	00:19&	00:39&	01:04&	00:25&	01:03&	01:01&	01:07&	01:04&	01:37&	00:36-	00:58&	00:08#	00:46&	00:08#	01:47&					
42:32+	00:38-	00:24-																												
<b>26</b>	<b>Arild Nesbø</b>	<b>71</b>																			<b>42:50</b>									
00:39+	01:47+	02:40+	03:24+	03:55+	04:22+	05:47+	06:57+	11:21+	12:55+	13:27+	14:50+	16:26+	18:54+	20:11+	22:21+	27:20+	29:12+	31:29+	34:03+	35:00+	36:07+	36:56+	38:57+	39:38+	42:19+					
00:39+	01:08+	00:53+	00:44+	00:31+	00:27+	01:25+	01:10+	04:24+	01:34-	00:32+	01:23+	01:36+	02:28+	01:17+	02:10+	04:59+	01:52+	02:17+	02:34+	00:57-	01:07+	00:49+	02:01+	00:41-	02:41+					
00:20&	00:36&	00:23&	00:21&	00:11&	00:04#	00:26&	00:20&	02:39&	00:21-	00:18&	00:23&	00:04+	00:59&	00:39&	00:54&	04:05&	00:59&	01:10&	01:26&	00:32-	00:21&	00:04+	01:33&	00:03-	02:15&					
42:50+	00:31-	00:31-																												
<b>27</b>	<b>Per Aspøy</b>	<b>117</b>																			<b>44:00</b>									
01:27+	02:58+	04:21+	05:23+	05:50+	06:14+	08:11+	09:37+	14:59+	16:29+	16:51+	17:47+	19:28+	21:58+	23:54+	27:30+	29:09+	30:36+	32:40+	34:56+	36:44+	38:32+	39:24+	40:50+	41:26+	43:29+					
01:27+	01:31+	01:23+	01:02+	00:27+	00:24+	01:57+	01:26+	05:22+	01:30-	00:22+	00:56-	01:41+	02:30+	01:56+	03:36+	01:39+	01:27+	02:04+	02:16+	01:48+	01:48+	00:52+	01:26+	00:36-	02:03+					
01:08&	00:59&	00:53&	00:39&	00:07&	00:01+	00:58&	00:36&	03:37&	00:25-	00:08&	00:04-	00:09+	01:01&	01:18&	02:20&	00:45&	00:34&	00:57&	01:08&	00:19#	01:02&	00:07#	00:58&	00:08-	01:37&					
44:00+	00:31-	00:31-																												
<b>28</b>	<b>Lars Tore Opdal</b>	<b>97</b>																			<b>44:03</b>									
04:10+	04:54+	06:08+	07:12+	07:36+	08:01+	09:46+	12:16+	16:24+	18:06+	18:27+	19:46+	21:38+	24:01+	26:01+	28:33+	30:43+	32:40+	34:40+	36:42+	37:39+	39:20+	40:22+	41:38+	42:19+	43:43+					
04:10+	00:44+	01:14+	01:04+	00:24+	00:25+	01:45+	02:30+	04:08+	01:42-	00:21+	01:19+	01:52+	02:23+	02:00+	02:32+	02:10+	01:57+	02:00+	02:02+	00:57-	01:41+	01:02+	01:16+	00:41-	01:24+					
03:51&	00:12&	00:44&	00:41&	00:04#	00:02+	00:46&	01:40&	02:23&	00:13-	00:07&	00:19&	00:20#	00:54&	01:22&	01:16&	01:16&	01:04&	00:53&	00:54&	00:32-	00:55&	00:17&	00:48&	00:03-	00:58&					
44:03+	00:20-	00:42-																												
<b>29</b>	<b>Torstein Birkeland</b>	<b>39</b>																			<b>44:25</b>									
00:23+	00:58+	01:31+	02:06+	02:32+	02:50+	04:10+	05:12+	18:52+	19:54+	20:13+	21:01+	22:40+	24:50+	27:46+	29:08+	31:15+	32:08+	33:53+	35:33+	36:32+	39:28+	40:12+	41:25+	42:33+	44:03+					
00:23+	00:35+	00:33+	00:35+	00:26+	00:18-	01:20+	01:02+	13:40+	01:02-	00:19+	00:48-	01:39+	02:10+	02:56+	01:22+	02:07+	00:53=	01:45+	01:40+	00:59-	02:56+	00:44-	01:13+	01:08+	01:30+					
00:04#	00:03+	00:03#	00:12&	00:06&	00:05-	00:21&	00:12#	11:55&	00:53-	00:05&	00:12-	00:07+	00:41&	02:18&	00:06+	01:13&	00:00=	00:38&	00:32&	00:30-	02:10&	00:01-	00:45&	00:24&	01:04&					
44:25+	00:22-	00:40-																												





Class	Navn	Klasse										Tid													
<b>39</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>53:07</b>													
00:37+	01:26+	02:14+	03:07+	03:53+	05:37+	06:47+	14:20+	14:48+	15:43+	18:08+	20:20+	25:40+	35:19+	37:12+	38:38+	40:31+	42:46+	43:54+	45:02+	46:09+	48:53+	49:53+	50:17+		
00:37+	00:49+	00:48+	00:53+	00:24+	00:22-	01:44+	01:10+	06:10+	01:23-	00:28+	00:55-	02:25+	02:12+	05:20+	09:39+	01:53+	01:26+	01:53+	02:15+	01:08-	01:08+	01:07+	02:44+	01:00+	00:24-
00:18&	00:17&	00:18&	00:30&	00:04#	00:01-	00:45&	00:20&	04:25@	00:32-	00:14&	00:05-	00:53&	00:43&	04:42@	08:23@	00:59@	00:33&	00:46&	01:07&	00:21-	00:22&	00:22&	02:16@	00:16&	00:02-
52:38+	53:07+																								
02:21+	00:29+																								
01:19@	00:08&																								
<b>40</b>	<b>Karl Johnny Braut</b>	<b>27</b>										<b>54:09</b>													
02:43+	04:14+	05:17+	06:26+	07:02+	07:38+	10:25+	12:12+	17:48+	20:46+	21:21+	22:51+	25:36+	28:08+	29:28+	32:11+	35:57+	37:17+	41:25+	44:23+	45:47+	47:28+	48:51+	49:59+	50:45+	53:27+
02:43+	01:31+	01:03+	01:09+	00:36+	00:36+	02:47+	01:47+	05:36+	02:58+	00:35+	01:30+	02:45+	02:32+	01:20+	02:43+	03:46+	01:20+	04:08+	02:58+	01:24-	01:41+	01:23+	01:08+	00:46+	02:42+
02:24@	00:59@	00:33@	00:46@	00:16&	00:13&	01:48@	00:57@	03:51@	01:03&	00:21@	00:30&	01:13&	01:03&	00:42@	01:27@	02:52@	00:27&	03:01@	01:50@	00:05-	00:55@	00:38&	00:40@	00:02+	02:16@
54:09+	00:42-																								
00:42-	00:20-																								
<b>41</b>	<b>Harald Nilsen</b>	<b>79</b>										<b>54:44</b>													
00:31+	01:22+	02:16+	03:10+	03:44+	04:15+	06:17+	07:47+	17:01+	18:30+	19:44+	21:17+	24:19+	27:57+	31:33+	33:53+	36:31+	37:52+	40:42+	44:22+	45:44+	47:31+	48:57+	50:35+	51:21+	54:09+
00:31+	00:51+	00:54+	00:54+	00:34+	00:31+	02:02+	01:30+	09:14+	01:29-	01:14+	01:33+	03:02+	03:38+	03:36+	02:20+	02:38+	01:21+	02:50+	03:40+	01:22-	01:47+	01:26+	01:38+	00:46+	02:48+
00:12&	00:19&	00:24&	00:31@	00:14&	00:08&	01:03@	00:40&	07:29@	00:26-	01:00@	00:33&	01:30&	02:09@	02:58@	01:04&	01:44@	00:28&	01:43@	02:32@	00:07-	01:01@	00:41&	01:10@	00:02+	02:22@
54:44+	00:35-																								
00:35-	00:27-																								
<b>42</b>	<b>Ove Vatland</b>	<b>128</b>										<b>54:50</b>													
00:45+	01:51+	02:51+	03:42+	04:11+	04:44+	06:38+	08:44+	13:19+	15:32+	16:08+	17:35+	20:21+	23:47+	25:10+	28:12+	35:44+	38:16+	40:38+	43:50+	45:15+	46:51+	48:18+	50:13+	51:02+	53:51+
00:45+	01:06+	01:00+	00:51+	00:29+	00:33+	01:54+	02:06+	04:35+	02:13+	00:36+	01:27+	02:46+	03:26+	01:23+	03:02+	07:32+	02:32+	02:22+	03:12+	01:25-	01:36+	01:27+	01:55+	00:49+	02:49+
00:26@	00:34@	00:30&	00:28@	00:09&	00:10&	00:55&	01:16@	02:50@	00:18#	00:22@	00:27&	01:14&	01:57@	00:45@	01:46@	06:38@	01:39@	01:15@	02:04@	00:04-	00:50@	00:42&	01:27@	00:05#	02:23@
54:50+	00:59-																								
00:59-	00:03-																								
<b>43</b>	<b>Jørgen Fremstad</b>	<b>239</b>										<b>56:09</b>													
00:36+	06:23+	08:53+	10:15+	10:33+	11:04+	14:40+	16:59+	24:09+	25:57+	26:36+	28:15+	31:10+	33:22+	35:59+	37:26+	39:16+	40:41+	42:14+	44:25+	45:30+	46:51+	48:11+	53:22+	54:11+	55:35+
00:36+	05:47+	02:10+	01:42+	00:18-	00:31+	03:36+	02:19+	07:10+	01:48-	00:39+	01:39+	02:55+	02:12+	02:37+	01:27+	01:50+	01:25+	01:33+	02:11+	01:05-	01:21+	01:20+	05:11+	00:49+	01:24+
00:17&	05:15@	01:40@	01:19@	00:02-	00:08&	02:37@	01:29@	05:25@	00:07-	00:25@	00:39&	01:23&	00:43&	01:59@	00:11#	00:56@	00:32&	00:26&	01:03&	00:24-	00:35&	00:35&	04:43@	00:05#	00:58@
56:09+	00:34-																								
00:34-	00:28-																								
<b>44</b>	<b>Torstein Hope</b>	<b>228</b>										<b>57:37</b>													
00:55+	01:53+	02:58+	03:51+	04:31+	05:01+	06:41+	08:19+	20:00+	21:56+	22:31+	24:20+	27:15+	30:50+	33:59+	36:19+	39:28+	40:58+	43:39+	47:14+	48:38+	50:26+	52:01+	53:31+	54:16+	57:02+
00:55+	00:58+	01:05+	00:53+	00:40+	00:30+	01:40+	01:38+	11:41+	01:56+	00:35+	01:49+	02:55+	03:35+	03:09+	02:20+	03:09+	01:30+	02:41+	03:35+	01:24-	01:48+	01:35+	01:30+	00:45+	02:46+
00:36@	00:26&	00:35@	00:30@	00:20&	00:07&	00:41&	00:48&	09:56@	00:01+	00:21@	00:49&	01:23&	02:06@	02:31@	01:04&	02:15@	00:37&	01:34@	02:27@	00:05-	01:02@	00:50@	01:02@	00:01+	02:20@
57:37+	00:35-																								
00:35-	00:27-																								
<b>45</b>	<b>Knut Høie</b>	<b>117</b>										<b>58:54</b>													
01:13+	02:00+	02:52+	04:19+	06:02+	06:18+	08:19+	09:44+	17:14+	18:33+	19:02+	20:14+	21:59+	23:52+	33:58+	36:37+	45:45+	47:20+	49:24+	51:25+	53:00+	53:51+	54:56+	56:15+	56:50+	58:30+
01:13+	00:47+	00:52+	01:27+	01:43+	00:16-	02:01+	01:25+	07:30+	01:19-	00:29+	01:12+	01:45+	01:53+	10:06+	02:39+	09:08+	01:35+	02:04+	02:01+	01:35+	00:51+	01:05+	01:19+	00:35-	01:40+
00:54@	00:15&	00:22&	01:04@	01:23@	00:07-	01:02@	00:35&	05:45@	00:36-	00:15@	00:12#	00:13#	00:24&	09:28@	01:23@	08:14@	00:42&	00:57&	00:53&	00:06+	00:05#	00:20&	00:51@	00:09-	01:14@
58:54+	00:24-																								
00:24-	00:38-																								
<b>47</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>1:00:31</b>													
00:39+	01:36+	02:46+	04:05+	04:44+	05:12+	07:13+	08:57+	19:51+	22:04+	22:37+	24:03+	26:05+	29:26+	31:16+	34:26+	38:58+	40:55+	44:11+	49:50+	51:15+	52:53+	54:19+	55:55+	56:48+	59:41+
00:39+	00:57+	01:10+	01:19+	00:39+	00:28+	02:01+	01:44+	10:54+	02:13+	00:33+	01:26+	02:02+	03:21+	01:50+	03:10+	04:32+	01:57+	03:16+	05:39+	01:25-	01:38+	01:26+	01:36+	00:53+	02:53+
00:20@	00:25&	00:40@	00:56@	00:19&	00:05#	01:02@	00:54@	09:09@	00:18#	00:19@	00:26&	00:30&	01:52@	01:12@	01:54@	03:38@	01:04@	02:09@	04:31@	00:04-	00:52@	00:41&	01:08@	00:09#	02:27@
60:31+	00:50-																								
00:50-	00:12-																								
<b>48</b>	<b>Mats Hauge</b>	<b>101</b>										<b>1:00:33</b>													
01:45+	02:25+	03:00+	03:50+	04:18+	04:40+	12:13+	14:25+	28:55+	30:12+	30:41+	31:55+	34:07+	36:45+	39:05+	41:31+	44:53+	47:06+	49:04+	51:39+	52:39+	54:37+	55:41+	57:05+	57:51+	59:57+
01:45+	00:40+	00:35+	00:50+	00:28+	00:22-	07:33+	02:12+	14:30+	01:17-	00:29+	01:14+	02:12+	02:38+	02:20+	02:26+	03:22+	02:13+	01:58+	02:35+	01:00-	01:58+	01:04+	01:24+	00:46+	02:06+
01:26@	00:08#	00:05#	00:27@	00:08&	00:01-	06:34@	01:22@	12:45@	00:38-	00:15@	00:14#	00:40&	01:09&	01:42@	01:10&	02:28@	01:20@	00:51&	01:27@	00:29-	01:12@	00:19&	00:56@	00:02+	01:40@
60:33+	00:36-																								
00:36-	00:26-																								

Class	Navn	Klasse										Tid													
<b>49</b>	<b>Steinar Aase</b>	<b>268</b>										<b>1:02:20</b>													
00:50+	01:54+	02:55+	03:49+	04:19+	04:48+	08:49+	10:50+	16:39+	19:00+	19:45+	21:22+	23:52+	30:17+	36:10+	38:36+	41:33+	43:31+	46:23+	50:00+	52:04+	54:15+	55:49+	57:52+	58:39+	61:32+
00:50+	01:04+	01:01+	00:54+	00:30+	00:29+	04:01+	02:01+	05:49+	02:21+	00:45+	01:37+	02:30+	06:25+	05:53+	02:26+	02:57+	01:58+	02:52+	03:37+	02:04+	02:11+	01:34+	02:03+	00:47+	02:53+
00:31@	00:32&	00:31@	00:31@	00:10&	00:06&	03:02@	01:11@	04:04@	00:26#	00:31@	00:37&	00:58&	04:56@	05:15@	01:10&	02:03@	01:05@	01:45@	02:29@	00:35&	01:25@	00:49@	01:35@	00:03+	02:27@
62:20+	00:48-	00:14-																							
<b>50</b>	<b>Arild Olsen</b>	<b>4</b>										<b>1:10:10</b>													
00:56+	02:18+	03:27+	04:26+	05:14+	05:42+	09:57+	12:01+	20:41+	22:57+	23:33+	25:19+	27:59+	31:23+	36:00+	39:10+	43:08+	45:19+	48:55+	52:28+	53:53+	62:23+	63:39+	65:40+	66:32+	69:22+
00:56+	01:22+	01:09+	00:59+	00:48+	00:28+	04:15+	02:04+	08:40+	02:16+	00:36+	01:46+	02:40+	03:24+	04:37+	03:10+	03:58+	02:11+	03:36+	03:33+	01:25-	08:30+	01:16+	02:01+	00:52+	02:50+
00:37@	00:50@	00:39@	00:36@	00:28@	00:05#	03:16@	01:14@	06:55@	00:21#	00:22@	00:46&	01:08&	01:55@	03:59@	01:54@	03:04@	01:18@	02:29@	02:25@	00:04-	07:44@	00:31&	01:33@	00:08#	02:24@
70:10+	00:48-	00:14-																							
<b>51</b>	<b>Sverre Uhling</b>	<b>105</b>										<b>1:10:23</b>													
00:42+	02:02+	05:13+	06:45+	09:29+	10:07+	16:24+	18:33+	29:46+	32:56+	33:43+	35:04+	37:43+	40:47+	42:10+	46:13+	48:46+	50:36+	54:14+	57:39+	59:36+	61:35+	63:22+	65:09+	66:44+	67:14+
00:42+	01:20+	03:11+	01:32+	02:44+	00:38+	06:17+	02:09+	11:13+	03:10+	00:47+	01:21+	02:39+	03:04+	01:23+	04:03+	02:33+	01:50+	03:38+	03:25+	01:57+	01:59+	01:47+	01:47+	01:35+	00:30+
00:23@	00:48@	02:41@	01:09@	02:24@	00:15&	05:18@	01:19@	09:28@	01:15&	00:33@	00:21&	01:07&	01:35@	00:45@	02:47@	01:39@	00:57@	02:31@	02:17@	00:28&	01:13@	01:02@	01:19@	00:51@	00:04#
69:50+	70:23+	02:36+	00:33+	01:34@	00:12&																				
<b>52</b>	<b>Johan Rasmussen</b>	<b>93</b>										<b>1:11:19</b>													
00:37+	01:31+	02:31+	03:48+	04:27+	04:53+	06:42+	08:49+	16:38+	18:04+	18:30+	19:37+	21:21+	24:58+	31:01+	38:05+	40:07+	41:33+	44:37+	47:32+	52:00+	63:44+	65:22+	66:44+	67:50+	70:33+
00:37+	00:54+	01:00+	01:17+	00:39+	00:26+	01:49+	02:07+	07:49+	01:26-	00:26+	01:07+	01:44+	03:37+	06:03+	07:04+	02:02+	01:26+	03:04+	02:55+	04:28+	11:44+	01:38+	01:22+	01:06+	02:43+
00:18&	00:22&	00:30&	00:54@	00:19&	00:03#	00:50&	01:17@	06:04@	00:29-	00:12&	00:07#	00:12#	02:08@	05:25@	05:48@	01:08@	00:33&	01:57@	01:47@	02:59@	10:58@	00:53@	00:54@	00:22&	02:17@
71:19+	00:46-	00:16-																							
<b>53</b>	<b>Finn Våge</b>	<b>117</b>										<b>1:11:37</b>													
01:04+	02:16+	03:53+	05:34+	06:08+	06:43+	08:43+	10:06+	16:47+	18:59+	22:57+	24:08+	26:01+	28:27+	32:05+	42:24+	47:38+	49:08+	51:47+	54:14+	55:45+	62:19+	63:31+	65:02+	67:36+	70:16+
01:04+	01:12+	01:37+	01:41+	00:34+	00:35+	02:00+	01:23+	06:41+	02:12+	03:58+	01:11+	01:53+	02:26+	03:38+	10:19+	05:14+	01:30+	02:39+	02:27+	01:31+	06:34+	01:12+	01:31+	02:34+	02:40+
00:45@	00:40@	01:07@	01:18@	00:14&	00:12&	01:01@	00:33&	04:56@	00:17#	03:44@	00:11#	00:21#	00:57&	03:00@	09:03@	04:20@	00:37&	01:32@	01:19@	00:02+	05:48@	00:27&	01:03@	01:50@	02:14@
71:37+	01:21+	00:19&																							
<b>54</b>	<b>Per Bakken</b>	<b>5</b>										<b>1:12:14</b>													
00:37+	03:26+	05:13+	06:29+	07:20+	07:41+	09:53+	13:04+	20:16+	22:13+	22:39+	24:12+	26:26+	29:30+	36:52+	39:39+	45:27+	47:34+	54:02+	57:20+	60:20+	63:37+	65:04+	68:16+	69:30+	71:34+
00:37+	02:49+	01:47+	01:16+	00:51+	00:21-	02:12+	03:11+	07:12+	01:57+	00:26+	01:33+	02:14+	03:04+	07:22+	02:47+	05:48+	02:07+	06:28+	03:18+	03:00+	03:17+	01:27+	03:12+	01:14+	02:04+
00:18&	02:17@	01:17@	00:53@	00:31@	00:02-	01:13@	02:21@	05:27@	00:02+	00:12&	00:33&	00:42&	01:35@	06:44@	01:31@	04:54@	01:14@	05:21@	02:10@	01:31@	02:31@	00:42&	02:44@	00:30&	01:38@
72:14+	00:40-	00:22-																							
<b>55</b>	<b>Inge Grødem</b>	<b>92</b>										<b>1:21:13</b>													
00:38+	01:50+	03:22+	04:12+	06:06+	07:50+	10:13+	12:16+	31:29+	33:35+	34:10+	35:50+	38:40+	42:02+	43:59+	47:10+	50:44+	53:38+	57:22+	67:28+	69:34+	71:15+	72:47+	74:37+	75:34+	80:31+
00:38+	01:12+	01:32+	00:50+	01:54+	01:44+	02:23+	02:03+	19:13+	02:06+	00:35+	01:40+	02:50+	03:22+	01:57+	03:11+	03:34+	02:54+	03:44+	10:06+	02:06+	01:41+	01:32+	01:50+	00:57+	04:57+
00:19&	00:40@	01:02@	00:27@	01:34@	01:21@	01:24@	01:13@	17:28@	00:11+	00:21@	00:40&	01:18&	01:53@	01:19@	01:55@	02:40@	02:01@	02:37@	08:58@	00:37&	00:55@	00:47@	01:22@	00:13&	04:31@
81:13+	00:42-	00:20-																							
<b>56</b>	<b>Arthur Christiansen</b>	<b>93</b>										<b>1:31:00</b>													
01:06+	02:34+	04:09+	06:00+	06:53+	07:29+	12:04+	15:09+	23:13+	27:32+	28:25+	30:42+	36:38+	41:41+	43:54+	48:48+	57:48+	61:17+	67:32+	73:35+	76:06+	79:04+	81:08+	84:32+	85:46+	89:53+
01:06+	01:28+	01:35+	01:51+	00:53+	00:36+	04:35+	03:05+	08:04+	04:19+	00:53+	02:17+	05:56+	05:03+	02:13+	04:54+	09:00+	03:29+	06:15+	06:03+	02:31+	02:58+	02:04+	03:24+	01:14+	04:07+
00:47@	00:56@	01:05@	01:28@	00:33@	00:13&	03:36@	02:15@	06:19@	02:24@	00:39@	01:17@	04:24@	03:34@	01:35@	03:38@	08:06@	02:36@	05:08@	04:55@	01:02&	02:12@	01:19@	02:56@	00:30&	03:41@
91:00+	01:07+	00:05+																							

**Beste strekketid for klassen**

00:17 00:26 00:28 00:22 00:14 00:13 00:57 00:49 01:45 01:02 00:14 00:43 01:13 01:29 00:38 01:11 00:54 00:48 01:07 01:08 00:38 00:46 00:38 00:28 00:28 00:24 00:15 00:21

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