

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Bodil Krogedal	126	33:24														
01:44=	03:03=	04:31=	06:08=	07:07=	09:44=	11:31=	14:16=	17:18=	18:48=	20:56=	22:09=	23:27=	24:36=	27:22=	30:12=	31:19=	33:24=
01:44=	01:19=	01:28=	01:37=	00:59=	02:37=	01:47=	02:45=	03:02=	01:30=	02:08=	01:13=	01:18=	01:09=	02:46=	02:50=	01:07=	02:05=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Lycke Austbø	109	35:04														
03:25+	05:30+	06:58+	08:46+	09:58+	12:11+	14:07+	16:21+	19:15+	20:46+	21:56+	22:53+	24:17+	26:07+	29:00+	31:28+	32:36+	35:04+
03:25+	02:05+	01:28=	01:48+	01:12+	02:13-	01:56+	02:14-	02:54-	01:31+	01:10-	00:57-	01:24+	01:50+	02:53+	02:28-	01:08+	02:28+
01:41&	00:46&	00:00=	00:11#	00:13#	00:24-	00:09+	00:31-	00:08-	00:01+	00:58-	00:16-	00:06+	00:41&	00:07+	00:22-	00:01+	00:23#
3	Maren Heradstveit	76	36:16														
02:14+	05:03+	07:36+	09:28+	11:03+	13:07+	14:48+	17:37+	20:31+	22:08+	24:06+	25:31+	26:48+	28:00+	30:28+	33:04+	34:11+	36:16+
02:14+	02:49+	02:33+	01:52+	01:35+	02:04-	01:41-	02:49+	02:54-	01:37+	01:58-	01:25+	01:17-	01:12+	02:28-	02:36-	01:07-	02:05=
00:30&	01:30@	01:05&	00:15#	00:36&	00:33-	00:06-	00:04+	00:08-	00:07+	00:10-	00:12#	00:01-	00:03+	00:18-	00:14-	00:00=	00:00=
4	Ann Torill Bakken	116	38:31														
01:56+	03:46+	06:53+	08:26+	09:41+	12:08+	13:55+	16:54+	19:55+	21:31+	23:03+	24:08+	25:38+	27:35+	30:29+	33:01+	35:55+	38:31+
01:56+	01:50+	03:07+	01:33-	01:15+	02:27-	01:47=	02:59+	03:01-	01:36+	01:32-	01:05-	01:30+	01:57+	02:54+	02:32-	02:54+	02:36+
00:12#	00:31&	01:39@	00:04-	00:16&	00:10-	00:00=	00:14+	00:01-	00:06+	00:36-	00:08-	00:12#	00:48&	00:08+	00:18-	01:47@	00:31#
5	Heidi Nordaunet	126	38:49														
01:44=	03:27+	05:19+	08:05+	09:45+	12:06+	13:57+	17:23+	20:36+	22:09+	24:39+	26:00+	27:32+	28:53+	31:18+	34:40+	35:58+	38:49+
01:44=	01:43+	01:52+	02:46+	01:40+	02:21-	01:51+	03:26+	03:13+	01:33+	02:30+	01:21+	01:32+	01:21+	02:25-	03:22+	01:18+	02:51+
00:00=	00:24&	00:24&	01:09&	00:41&	00:16-	00:04+	00:41#	00:11+	00:03+	00:22#	00:08#	00:14#	00:12#	00:21-	00:32#	00:11#	00:46&
6	Heidi Langeland	117	41:35														
02:18+	04:16+	06:29+	09:46+	11:08+	13:51+	16:12+	19:44+	22:35+	24:38+	26:09+	27:30+	28:56+	30:59+	33:51+	36:59+	38:49+	41:35+
02:18+	01:58+	02:13+	03:17+	01:22+	02:43+	02:21+	03:32+	02:51-	02:03+	01:31-	01:21+	01:26+	02:03+	02:52+	03:08+	01:50+	02:46+
00:34&	00:39&	00:45&	01:40@	00:23&	00:06+	00:34&	00:47&	00:11-	00:33&	00:37-	00:08#	00:08#	00:54&	00:06+	00:18#	00:43&	00:41&
7	Margrete Jian Øye	126	43:02														
02:21+	03:47+	05:17+	06:59+	13:49+	16:38+	18:26+	21:50+	24:26+	25:51+	27:58+	28:58+	30:31+	31:52+	35:26+	39:19+	40:41+	43:02+
02:21+	01:26+	01:30+	01:42+	06:50+	02:49+	01:48+	03:24+	02:36-	01:25-	02:07-	01:00-	01:33+	01:21+	03:34+	03:53+	01:22+	02:21+
00:37&	00:07+	00:02+	00:05+	05:51@	00:12+	00:01+	00:39#	00:26-	00:05-	00:01-	00:13-	00:15#	00:12#	00:48&	01:03&	00:15#	00:16#
8	Hanne Berg Nilsen	117	43:06														
02:17+	04:29+	08:40+	10:40+	12:01+	14:50+	16:53+	19:46+	23:56+	25:29+	27:15+	28:32+	30:07+	31:15+	36:01+	38:29+	40:32+	43:06+
02:17+	02:12+	04:11+	02:00+	01:21+	02:49+	02:03+	02:53+	04:10+	01:33+	01:46-	01:17+	01:35+	01:08-	04:46+	02:28-	02:03+	02:34+
00:33&	00:53&	02:43@	00:23#	00:22&	00:12+	00:16#	00:08+	01:08&	00:03+	00:22-	00:04+	00:17#	00:01-	02:00&	00:22-	00:56&	00:29#
9	Christina Renshaw	101	44:05														
02:34+	04:49+	07:02+	09:17+	11:00+	13:27+	15:41+	19:01+	21:55+	23:38+	26:28+	28:31+	30:17+	32:18+	35:31+	38:30+	40:18+	44:05+
02:34+	02:15+	02:13+	02:15+	01:43+	02:27-	02:14+	03:20+	02:54-	01:43+	02:50+	02:03+	01:46+	02:01+	03:13+	02:59+	01:48+	03:47+
00:50&	00:56&	00:45&	00:38&	00:44&	00:10-	00:27&	00:35#	00:08-	00:13#	00:42&	00:50&	00:28&	00:52&	00:27#	00:09+	00:41&	01:42&
10	Ida K. Kolstø	29	45:52														
02:00+	04:54+	08:44+	10:37+	12:22+	14:20+	17:24+	20:48+	23:48+	25:34+	27:48+	28:57+	30:46+	32:08+	37:08+	40:46+	43:42+	45:52+
02:00+	02:54+	03:50+	01:53+	01:45+	01:58-	03:04+	03:24+	03:00-	01:46+	02:14+	01:09-	01:49+	01:22+	05:00+	03:38+	02:56+	02:10+
00:16#	01:35@	02:22@	00:16#	00:46&	00:39-	01:17&	00:39#	00:02-	00:16#	00:06+	00:04-	00:31&	00:13#	02:14&	00:48&	01:49@	00:05+
11	Mari Thu Randulff	39	48:17														
03:01+	04:34+	06:08+	07:41+	11:06+	12:56+	14:30+	16:42+	21:29+	22:49+	30:01+	30:47+	32:20+	35:10+	37:59+	44:56+	45:58+	48:17+
03:01+	01:33+	01:34+	01:33-	03:25+	01:50-	01:34+	02:12-	04:47+	01:20-	07:12+	00:46-	01:33+	02:50+	02:49+	06:57+	01:02-	02:19+
01:17&	00:14#	00:06+	00:04-	02:26@	00:47-	00:13-	00:33-	01:45&	00:10-	05:04@	00:27-	00:15#	01:41@	00:03+	04:07@	00:05-	00:14#
12	Hege Bakken	93	49:39														
02:02+	06:23+	08:53+	12:10+	13:45+	16:38+	18:35+	22:39+	25:57+	27:52+	31:45+	33:03+	35:26+	37:45+	42:27+	45:26+	47:05+	49:39+
02:02+	04:21+	02:30+	03:17+	01:35+	02:53+	01:57+	04:04+	03:18+	01:55+	03:53+	01:18+	02:23+	02:19+	04:42+	02:59+	01:39+	02:34+
00:18#	03:02@	01:02&	01:40@	00:36&	00:16#	00:10+	01:19&	00:16+	00:25&	01:45&	00:05+	01:05&	01:10@	01:56&	00:09+	00:32&	00:29#

Beste strekktid for klassen

01:44 01:19 01:28 01:33 00:59 01:50 01:34 02:12 02:36 01:20 01:10 00:46 01:17 01:08 02:25 02:28 01:02 02:05

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

Damer 40 - 49 år

Class	Navn	Klasse	Tid
1	Siv Skretting	93	37:15
01:37=	05:01= 08:44= 10:44= 12:23= 14:59=	18:37= 20:23= 22:45= 23:45= 25:53= 27:48= 31:32=	33:05= 34:47= 37:15=
01:37=	03:24= 03:43= 02:00= 01:39= 02:36=	03:38= 01:46= 02:22= 01:00= 02:08= 01:55= 03:44=	01:33= 01:42= 02:28=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00=
2	Randi Helen Ladsten	128	41:28
01:04-	07:13+ 08:43- 11:12+ 12:49+ 16:16+	23:13+ 24:52+ 27:16+ 28:29+ 30:37+ 31:52+ 35:12+	36:52+ 38:49+ 41:28+
01:04-	06:09+ 01:30- 02:29+ 01:37- 03:27+	06:57+ 01:39- 02:24+ 01:13+ 02:08= 01:15- 03:20-	01:40+ 01:57+ 02:39+
00:33-	02:45& 02:13- 00:29# 00:02- 00:51&	03:19& 00:07- 00:02+ 00:13# 00:00= 00:40- 00:24-	00:07+ 00:15# 00:11+
3	May Bente Valdøl	116	45:49
01:00-	04:58- 13:36+ 15:12+ 17:04+ 18:58+	21:31+ 24:31+ 26:38+ 28:36+ 33:07+ 36:34+ 39:55+	41:15+ 43:06+ 45:49+
01:00-	03:58+ 08:38+ 01:36- 01:52+ 01:54-	02:33- 03:00+ 02:07- 01:58+ 04:31+ 03:27+ 03:21-	01:20- 01:51+ 02:43+
00:37-	00:34# 04:55@ 00:24- 00:13# 00:42-	01:05- 01:14& 00:15- 00:58& 02:23@ 01:32& 00:23-	00:13- 00:09+ 00:15#
4	Barbro Lunde Nedrebø	92	47:09
01:53+	04:22- 16:03+ 18:06+ 19:50+ 22:01+	25:15+ 30:34+ 33:10+ 34:25+ 36:17+ 37:43+ 40:44+	42:48+ 44:31+ 47:09+
01:53+	02:29- 11:41+ 02:03+ 01:44+ 02:11-	03:14- 05:19+ 02:36+ 01:15+ 01:52- 01:26- 03:01-	02:04+ 01:43+ 02:38+
00:16#	00:55- 07:58@ 00:03+ 00:05+ 00:25-	00:24- 03:33@ 00:14+ 00:15# 00:16- 00:29-	00:31& 00:01+ 00:10+
5	Irene Sirevåg	53	47:47
01:47+	05:43+ 07:36- 10:24- 12:30+ 15:15+	20:30+ 22:33+ 25:53+ 27:23+ 29:42+ 31:34+ 37:04+	39:06+ 41:32+ 47:47+
01:47+	03:56+ 01:53- 02:48+ 02:06+ 02:45+	05:15+ 02:03+ 03:20+ 01:30+ 02:19+ 01:52- 05:30+	02:02+ 02:26+ 06:15+
00:10#	00:32# 01:50- 00:48& 00:27& 00:09+	01:37& 00:17# 00:58& 00:30& 00:11+ 00:03-	01:46& 00:29& 00:44& 03:47@
Beste strekktid for klassen			
01:00	02:29	01:30	01:36
01:37	01:54	02:33	01:39
02:07	01:00	01:52	01:15
03:01	01:20	01:42	02:28

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

Damer 50 - 59 år

1	Grethe Anda Fuglestad	116	31:34
01:09=	03:38= 05:20= 07:34= 09:34= 11:27=	14:03= 16:54= 18:48= 19:59= 21:25= 22:32= 26:07=	27:31= 29:25= 31:34=
01:09=	02:29= 01:42= 02:14= 02:00= 01:53=	02:36= 02:51= 01:54= 01:11= 01:26= 01:07= 03:35=	01:24= 01:54= 02:09=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00=
2	Tone Cecilie Nystrøm	68	37:47
01:20+	04:25+ 09:13+ 11:21+ 12:49+ 14:58+	18:13+ 21:08+ 23:40+ 24:47+ 26:45+ 28:25+ 31:38+	33:24+ 35:15+ 37:47+
01:20+	03:05+ 04:48+ 02:08- 01:28- 02:09+	03:15+ 02:55+ 02:32+ 01:07- 01:58+ 01:40+ 03:13-	01:46+ 01:51- 02:32+
00:11#	00:36# 03:06@ 00:06- 00:32- 00:16#	00:39# 00:04+ 00:38& 00:04- 00:32& 00:33& 00:22-	00:22& 00:03- 00:23#
3	Anne Siv Gjertsen	27	40:05
02:45+	06:04+ 09:14+ 11:26+ 13:00+ 15:33+	18:37+ 23:57+ 26:06+ 27:21+ 29:10+ 31:19+ 34:12+	35:59+ 37:40+ 40:05+
02:45+	03:19+ 03:10+ 02:12- 01:34- 02:33+	03:04+ 05:20+ 02:09+ 01:15+ 01:49+ 02:09+ 02:53-	01:47+ 01:41- 02:25+
01:36@	00:50& 01:28& 00:02- 00:26- 00:40&	00:28& 02:29& 00:15# 00:04+ 00:23& 01:02& 00:42-	00:23& 00:13- 00:16#
4	Liv Omdal	116	52:51
02:13+	05:38+ 14:08+ 16:16+ 18:33+ 20:28+	23:54+ 27:08+ 29:16+ 30:38+ 33:07+ 40:22+ 43:55+	45:43+ 50:21+ 52:51+
02:13+	03:25+ 08:30+ 02:08- 02:17+ 01:55+	03:26+ 03:14+ 02:08+ 01:22+ 02:29+ 07:15+ 03:33-	01:48+ 04:38+ 02:30+
01:04&	00:56& 06:48@ 00:06- 00:17# 00:02+	00:50& 00:23# 00:14# 00:11# 01:03& 06:08@ 00:02-	00:24& 02:44@ 00:21#
5	Hilde Frøytlog Karlsen	228	55:12
02:57+	07:29+ 11:56+ 14:36+ 16:14+ 21:27+	25:19+ 32:31+ 36:47+ 38:28+ 40:55+ 43:04+ 47:42+	49:26+ 51:59+ 55:12+
02:57+	04:32+ 04:27+ 02:40+ 01:38- 05:13+	03:52+ 07:12+ 04:16+ 01:41+ 02:27+ 02:09+ 04:38+	01:44+ 02:33+ 03:13+
01:48@	02:03& 02:45@ 00:26# 00:22- 03:20@	01:16& 04:21@ 02:22@ 00:30& 01:01& 01:02& 01:03&	00:20# 00:39& 01:04&
6	Brit Vivian Meling	116	1:13:28
02:24+	08:56+ 11:33+ 17:12+ 19:57+ 24:17+	36:11+ 39:12+ 42:46+ 45:42+ 50:11+ 52:38+ 61:08+	65:17+ 68:56+ 73:28+
02:24+	06:32+ 02:37+ 05:39+ 02:45+ 04:20+	11:54+ 03:01+ 03:34+ 02:56+ 04:29+ 02:27+ 08:30+	04:09+ 03:39+ 04:32+
01:15@	04:03@ 00:55& 03:25@ 00:45& 02:27@	09:18@ 00:10+ 01:40& 01:45@ 03:03@ 01:20@ 04:55@	02:45@ 01:45& 02:23@
Beste strekktid for klassen			
01:09	02:29	01:42	02:08
01:28	01:53	02:36	02:51
01:54	01:07	01:26	01:07
02:53	01:24	01:41	02:09

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

Damer 60 - 64 år

Class	Navn	Klasse												Tid	
1	Ingrid Eik	88												23:27	
	00:48=	02:52=	04:30=	05:57=	08:17=	09:26=	11:54=	14:04=	15:32=	16:48=	19:25=	20:51=	21:55=	23:27=	
	00:48=	02:04=	01:38=	01:27=	02:20=	01:09=	02:28=	02:10=	01:28=	01:16=	02:37=	01:26=	01:04=	01:32=	
	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=	
2	Tove Bjerkreim	105												24:40	
	00:56+	02:45-	04:13-	05:45-	07:55-	09:02-	11:19-	12:34-	13:55-	16:46-	20:04+	22:12+	23:11+	24:40+	
	00:56+	01:49-	01:28-	01:32+	02:10-	01:07-	02:17-	01:15-	01:21-	02:51+	03:18+	02:08+	00:59-	01:29-	
	00:08#	00:15-	00:10-	00:05+	00:10-	00:02-	00:11-	00:55-	00:07-	01:35@	00:41&	00:42&	00:05-	00:03-	
3	Berit Bakken	93												25:01	
	01:06+	03:24+	05:39+	07:18+	10:04+	11:48+	14:28+	15:48+	17:21+	18:19+	20:23+	22:12+	23:28+	25:01+	
	01:06+	02:18+	02:15+	01:39+	02:46+	01:44+	02:40+	01:20-	01:33+	00:58-	02:04-	01:49+	01:16+	01:33+	
	00:18&	00:14#	00:37&	00:12#	00:26#	00:35&	00:12+	00:50-	00:05+	00:18-	00:33-	00:23&	00:12#	00:01+	
4	Ingunn Voilås	29												25:12	
	00:53+	02:50-	05:54+	07:47+	10:07+	11:21+	12:36+	16:41+	18:12+	19:08+	20:58+	22:32+	23:33+	25:12+	
	00:53+	01:57-	03:04+	01:53+	02:20=	01:14+	01:15-	04:05+	01:31+	00:56-	01:50-	01:34+	01:01-	01:39+	
	00:05#	00:07-	01:26&	00:26&	00:00=	00:05+	01:13-	01:55&	00:03+	00:20-	00:47-	00:08+	00:03-	00:07+	
5	Amanda Renshaw	101												25:43	
	01:07+	05:15+	06:54+	08:21+	11:48+	13:46+	16:09+	17:29+	18:53+	20:11+	21:59+	23:13+	24:13+	25:43+	
	01:07+	04:08+	01:39+	01:27=	03:27+	01:58+	02:23-	01:20-	01:24-	01:18+	01:48-	01:14-	01:00-	01:30-	
	00:19&	02:04&	00:01+	00:00=	01:07&	00:49&	00:05-	00:50-	00:04-	00:02+	00:49-	00:12-	00:04-	00:02-	
6	Hanne Hermanrud	115												29:59	
	01:04+	03:59+	05:44+	08:07+	11:01+	12:50+	14:46+	16:18+	18:19+	19:50+	24:37+	26:28+	27:50+	29:59+	
	01:04+	02:55+	01:45+	02:23+	02:54+	01:49+	01:56-	01:32-	02:01+	01:31+	04:47+	01:51+	01:22+	02:09+	
	00:16&	00:51&	00:07+	00:56&	00:34#	00:40&	00:32-	00:38-	00:33&	00:15#	02:10&	00:25&	00:18&	00:37&	
7	Unni Relling	92												31:19	
	01:14+	04:53+	07:27+	09:23+	12:51+	14:14+	16:11+	18:36+	20:56+	22:41+	25:38+	27:58+	29:18+	31:19+	
	01:14+	03:39+	02:34+	01:56+	03:28+	01:23+	01:57-	02:25+	02:20+	01:45+	02:57+	02:20+	01:20+	02:01+	
	00:26&	01:35&	00:56&	00:29&	01:08&	00:14#	00:31-	00:15#	00:52&	00:29&	00:20#	00:54&	00:16#	00:29&	
8	Anne Katrine Lycke	147												43:58	
	03:35+	07:54+	10:11+	16:22+	19:06+	24:23+	26:18+	29:38+	31:25+	32:38+	38:51+	40:35+	41:54+	43:58+	
	03:35+	04:19+	02:17+	06:11+	02:44+	05:17+	01:55-	03:20+	01:47+	01:13-	06:13+	01:44+	01:19+	02:04+	
	02:47@	02:15@	00:39&	04:44@	00:24#	04:08@	00:33-	01:10&	00:19#	00:03-	03:36@	00:18#	00:15#	00:32&	
Beste strekktid for klassen		00:48	01:49	01:28	01:27	02:10	01:07	01:15	01:15	01:21	00:56	01:48	01:14	00:59	01:29

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

Damer 65 - 69 år

1	Kirsten Carlsen	93												30:42	
	01:42=	04:28=	06:12=	08:00=	10:54=	12:54=	16:07=	19:41=	21:43=	22:49=	25:12=	27:33=	28:48=	30:42=	
	01:42=	02:46=	01:44=	01:48=	02:54=	02:00=	03:13=	03:34=	02:02=	01:06=	02:23=	02:21=	01:15=	01:54=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Berit Gramstad	113												34:23	
	01:03-	04:54+	08:00+	13:14+	16:29+	17:50+	20:52+	22:39+	24:45+	27:08+	29:33+	31:12+	32:22+	34:23+	
	01:03-	03:51+	03:06+	05:14+	03:15+	01:21-	03:02-	01:47-	02:06+	02:23+	02:25+	01:39-	01:10-	02:01+	
	00:39-	01:05&	01:22&	03:26@	00:21#	00:39-	00:11-	01:47-	00:04+	01:17@	00:02+	00:42-	00:05-	00:07+	
3	Synnøva Gausel	115												39:15	
	01:46+	04:51+	10:40+	12:51+	18:08+	20:34+	22:44+	26:07+	27:52+	29:16+	33:38+	36:04+	37:17+	39:15+	
	01:46+	03:05+	05:49+	02:11+	05:17+	02:26+	02:10-	03:23-	01:45-	01:24+	04:22+	02:26+	01:13-	01:58+	
	00:04+	00:19#	04:05@	00:23#	02:23&	00:26#	01:03-	00:11-	00:17-	00:18&	01:59&	00:05+	00:02-	00:04+	
Beste strekktid for klassen		01:03	02:46	01:44	01:48	02:54	01:21	02:10	01:47	01:45	01:06	02:23	01:39	01:10	01:54

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

Damer 70 - 74 år

Class	Navn	Klasse														Tid
1	Haldis Glendrange	68														26:15
	00:54=	03:39=	05:32=	07:40=	10:45=	12:23=	14:10=	15:52=	17:52=	19:10=	21:18=	23:04=	24:14=	26:15=		
	00:54=	02:45=	01:53=	02:08=	03:05=	01:38=	01:47=	01:42=	02:00=	01:18=	02:08=	01:46=	01:10=	02:01=		
	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=		

2	Inger Skretting Opstad	54														30:32
	01:08+	04:12+	06:21+	08:30+	11:44+	14:32+	16:12+	18:38+	21:25+	22:37+	24:47+	27:13+	28:31+	30:32+		
	01:08+	03:04+	02:09+	02:09+	03:14+	02:48+	01:40-	02:26+	02:47+	01:12-	02:10+	02:26+	01:18+	02:01=		
	00:14&	00:19#	00:16#	00:01+	00:09+	01:10&	00:07-	00:44&	00:47&	00:06-	00:02+	00:40&	00:08#	00:00=		

3	Hedvig Anda	116														31:22
	01:24+	05:22+	08:44+	10:54+	13:55+	15:14+	17:12+	18:54+	20:39+	21:56+	25:24+	28:11+	29:29+	31:22+		
	01:24+	03:58+	03:22+	02:10+	03:01-	01:19-	01:58+	01:42=	01:45-	01:17-	03:28+	02:47+	01:18+	01:53-		
	00:30&	01:13&	01:29&	00:02+	00:04-	00:19-	00:11#	00:00=	00:15-	00:01-	01:20&	01:01&	00:08#	00:08-		

4	Helga Klausen	62														31:27
	01:08+	04:13+	06:24+	08:37+	14:28+	16:04+	18:23+	20:19+	22:19+	23:29+	26:05+	27:58+	29:19+	31:27+		
	01:08+	03:05+	02:11+	02:13+	05:51+	01:36-	02:19+	01:56+	02:00=	01:10-	02:36+	01:53+	01:21+	02:08+		
	00:14&	00:20#	00:18#	00:05+	02:46&	00:02-	00:32&	00:14#	00:00=	00:08-	00:28#	00:07+	00:11#	00:07+		

Beste strekktid for klassen														
	00:54	02:45	01:53	02:08	03:01	01:19	01:40	01:42	01:45	01:10	02:08	01:46	01:10	01:53

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

Damer 75 - 79 år

1	Turid Nystrøm	68														24:56
	00:57=	03:28=	05:10=	06:56=	09:43=	10:50=	13:59=	15:27=	16:56=	18:29=	20:30=	22:06=	23:06=	24:56=		
	00:57=	02:31=	01:42=	01:46=	02:47=	01:07=	03:09=	01:28=	01:29=	01:33=	02:01=	01:36=	01:00=	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=		

2	Gry Vikhamar Thengs	68														28:28
	00:53-	03:45+	05:40+	07:45+	10:36+	13:14+	14:47+	16:07+	17:58+	19:21+	23:11+	25:47+	26:52+	28:28+		
	00:53-	02:52+	01:55+	02:05+	02:51+	02:38+	01:33-	01:20-	01:51+	01:23-	03:50+	02:36+	01:05+	01:36-		
	00:04-	00:21#	00:13#	00:19#	00:04+	01:31@	01:36-	00:08-	00:22#	00:10-	01:49&	01:00&	00:05+	00:14-		

3	Helga Aaslid	54														39:35
	00:59+	03:33+	06:09+	08:14+	11:27+	17:36+	19:07+	21:32+	23:18+	24:38+	29:21+	36:16+	37:39+	39:35+		
	00:59+	02:34+	02:36+	02:05+	03:13+	06:09+	01:31-	02:25+	01:46+	01:20-	04:43+	06:55+	01:23+	01:56+		
	00:02+	00:03+	00:54&	00:19#	00:26#	05:02@	01:38-	00:57&	00:17#	00:13-	02:42@	05:19@	00:23&	00:06+		

4	Berit Ebbell Olsen	68														45:34
	01:19+	04:48+	12:20+	15:20+	21:03+	23:41+	29:34+	31:35+	33:47+	35:45+	39:03+	41:25+	42:55+	45:34+		
	01:19+	03:29+	07:32+	03:00+	05:43+	02:38+	05:53+	02:01+	02:12+	01:58+	03:18+	02:22+	01:30+	02:39+		
	00:22&	00:58&	05:50@	01:14&	02:56@	01:31@	02:44&	00:33&	00:43&	00:25&	01:17&	00:46&	00:30&	00:49&		

Beste strekktid for klassen														
	00:53	02:31	01:42	01:46	02:47	01:07	01:31	01:20	01:29	01:20	02:01	01:36	01:00	01:36

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

Damer 80 år og eldre

1	Gørild Espedal	113														51:49	
	03:05=	05:50=	07:09=	11:56=	14:12=	18:12=	22:48=	24:40=	34:12=	35:55=	39:17=	40:41=	42:27=	44:44=	46:26=	48:47=	51:49=
	03:05=	02:45=	01:19=	04:47=	02:16=	04:00=	04:36=	01:52=	09:32=	01:43=	03:22=	01:24=	01:46=	02:17=	01:42=	02:21=	03:02=
	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=

Beste strekktid for klassen																	
	03:05	02:45	01:19	04:47	02:16	04:00	04:36	01:52	09:32	01:43	03:22	01:24	01:46	02:17	01:42	02:21	03:02

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

Damer A

Class	Navn	Klasse	Tid																	
1	Aud Hognestad Taksdal	92	26:04																	
02:21=	03:57=	04:51=	06:11=	07:30=	09:59=	10:41=	12:48=	14:29=	15:19=	16:56=	17:36=	18:34=	19:22=	20:33=	21:13=	22:54=	23:47=	25:43=	26:04=	
02:21=	01:36=	00:54=	01:20=	01:19=	02:29=	00:42=	02:07=	01:41=	00:50=	01:37=	00:40=	00:58=	00:48=	01:11=	00:40=	01:41=	00:53=	01:56=	00:21=	
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=	
2	Sara Marlene Nystrøm Olsen	68	31:30																	
04:52+	06:35+	07:32+	09:02+	10:44+	13:19+	14:07+	16:41+	18:53+	19:53+	21:41+	22:35+	23:32+	24:39+	25:44+	26:27+	28:06+	29:06+	31:07+	31:30+	
04:52+	01:43+	00:57+	01:30+	01:42+	02:35+	00:48+	02:34+	02:12+	01:00+	01:48+	00:54+	00:57-	01:07+	01:05-	00:43+	01:39-	01:00+	02:01+	00:23+	
02:31@	00:07+	00:03+	00:10#	00:23&	00:06+	00:06#	00:27#	00:31&	00:10#	00:11#	00:14&	00:01-	00:19&	00:06-	00:03+	00:02-	00:07#	00:05+	00:02+	
3	Trine Bolstad Scheie	62	31:49																	
02:26+	04:09+	05:12+	06:46+	08:59+	11:45+	12:38+	15:20+	17:52+	18:55+	21:02+	21:41+	22:50+	23:50+	25:31+	26:19+	28:16+	29:15+	31:13+	31:49+	
02:26+	01:43+	01:03+	01:34+	02:13+	02:46+	00:53+	02:42+	02:32+	01:03+	02:07+	00:39-	01:09+	01:00+	01:41+	00:48+	01:57+	00:59+	01:58+	00:36+	
00:05+	00:07+	00:09#	00:14#	00:54&	00:17#	00:11&	00:35&	00:51&	00:13&	00:30&	00:01-	00:11#	00:12#	00:30&	00:08#	00:16#	00:06#	00:02+	00:15&	
4	Wenche M. Sæbbø	117	34:05																	
02:47+	05:06+	07:16+	09:20+	10:59+	13:51+	14:42+	17:34+	19:43+	20:49+	23:02+	23:51+	25:01+	26:00+	27:32+	28:26+	30:56+	31:54+	33:39+	34:05+	
02:47+	02:19+	02:10+	02:04+	01:39+	02:52+	00:51+	02:52+	02:09+	01:06+	02:13+	00:49+	01:10+	00:59+	01:32+	00:54+	02:30+	00:58+	01:45-	00:26+	
00:26#	00:43&	01:16@	00:44&	00:20&	00:23#	00:09#	00:45&	00:28&	00:16&	00:36&	00:09#	00:12#	00:11#	00:21&	00:14&	00:49&	00:05+	00:11-	00:05#	
5	Ingrid Simensen	101	42:11																	
02:24+	04:18+	05:17+	07:22+	08:59+	14:42+	15:54+	18:44+	21:14+	22:25+	24:21+	25:22+	29:33+	30:59+	33:51+	35:28+	37:44+	38:43+	41:47+	42:11+	
02:24+	01:54+	00:59+	02:05+	01:37+	05:43+	01:12+	02:50+	02:30+	01:11+	01:56+	01:01+	04:11+	01:26+	02:52+	01:37+	02:16+	00:59+	03:04+	00:24+	
00:03+	00:18#	00:05+	00:45&	00:18#	03:14@	00:30&	00:43&	00:49&	00:21&	00:19#	00:21&	03:13@	00:38&	01:41@	00:57@	00:35&	00:06#	01:08&	00:03#	
6	Maira Andersone	93	43:11																	
03:01+	04:51+	06:16+	07:55+	09:51+	13:45+	15:03+	18:44+	21:27+	22:30+	25:09+	25:58+	28:43+	30:41+	33:45+	34:45+	37:01+	39:01+	42:33+	43:11+	
03:01+	01:50+	01:25+	01:39+	01:56+	03:54+	01:18+	03:41+	02:43+	01:03+	02:39+	00:49+	02:45+	01:58+	03:04+	01:00+	02:16+	02:00+	03:32+	00:38+	
00:40&	00:14#	00:31&	00:19#	00:37&	01:25&	00:36&	01:34&	01:02&	00:13&	01:02&	00:09#	01:47@	01:10@	01:53@	00:20&	00:35&	01:07@	01:36&	00:17&	
7	Wibeke Lende	74	48:15																	
02:31+	07:02+	09:45+	12:11+	14:03+	17:41+	18:41+	22:23+	25:11+	26:44+	29:07+	30:09+	32:22+	35:42+	39:35+	41:32+	43:52+	44:55+	47:43+	48:15+	
02:31+	04:31+	02:43+	02:26+	01:52+	03:38+	01:00+	03:42+	02:48+	01:33+	02:23+	01:02+	02:13+	03:20+	03:53+	01:57+	02:20+	01:03+	02:48+	00:32+	
00:10+	02:55@	01:49@	01:06&	00:33&	01:09&	00:18&	01:35&	01:07&	00:43&	00:46&	00:22&	01:15@	02:32@	02:42@	01:17@	00:39&	00:10#	00:52&	00:11&	
8	Andrea Sætre	101	57:56																	
02:51+	04:22+	05:28+	07:17+	10:06+	13:17+	14:19+	18:04+	20:35+	21:48+	23:45+	24:46+	26:30+	36:28+	39:46+	41:08+	51:08+	52:20+	57:27+	57:56+	
02:51+	01:31-	01:06+	01:49+	02:49+	03:11+	01:02+	03:45+	02:31+	01:13+	01:57+	01:01+	01:44+	09:58+	03:18+	01:22+	10:00+	01:12+	05:07+	00:29+	
00:30#	00:05-	00:12#	00:29&	01:30@	00:42&	00:20&	01:38&	00:50&	00:23&	00:20#	00:21&	00:46&	09:10@	02:07@	00:42@	08:19@	00:19&	03:11@	00:08&	
Beste strekktid for klassen	02:21	01:31	00:54	01:20	01:19	02:29	00:42	02:07	01:41	00:50	01:37	00:39	00:57	00:48	01:05	00:40	01:39	00:53	01:45	00:21

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

Damer B

1	Inger Tone Nygård	29	34:19																
01:48=	03:22=	04:36=	06:43=	07:47=	09:19=	10:57=	13:35=	14:40=	17:04=	18:19=	20:01=	21:12=	22:46=	25:39=	27:10=	30:21=	32:25=	33:43=	34:19=
01:48=	01:34=	01:14=	02:07=	01:04=	01:32=	01:38=	02:38=	01:05=	02:24=	01:15=	01:42=	01:11=	01:34=	02:53=	01:31=	03:11=	02:04=	01:18=	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=
2	Vibeke Lamark	46	34:22																
01:34-	03:42+	05:24+	07:36+	08:38+	10:44+	12:45+	16:14+	17:12+	19:56+	21:25+	22:38+	23:26+	24:35+	25:32-	27:24+	29:46-	32:10-	33:53+	34:22+
01:34-	02:08+	01:42+	02:12+	01:02-	02:06+	02:01+	03:29+	00:58-	02:44+	01:29+	01:13-	00:48-	01:09-	00:57-	01:52+	02:22-	02:24+	01:43+	00:29-
00:14-	00:34&	00:28&	00:05+	00:02-	00:34&	00:23#	00:51&	00:07-	00:20#	00:14#	00:29-	00:23-	00:25-	01:56-	00:21#	00:49-	00:20#	00:25&	00:07-
3	Brit Nilsen	88	36:59																
01:38-	03:36+	05:02+	07:25+	09:10+	10:53+	12:48+	15:43+	16:49+	20:04+	21:17+	22:49+	23:47+	25:19+	26:26+	28:22+	30:36+	34:16+	36:37+	36:59+
01:38-	01:58+	01:26+	02:23+	01:45+	01:43+	01:55+	02:55+	01:06+	03:15+	01:13-	01:32-	00:58-	01:32-	01:07-	01:56+	02:14-	03:40+	02:21+	00:22-
00:10-	00:24&	00:12#	00:16#	00:41&	00:11#	00:17#	00:17#	00:01+	00:51&	00:02-	00:10-	00:13-	00:02-	01:46-	00:25&	00:57-	01:36&	01:03&	00:14-
4	Hilde Nordbø	93	37:24																
04:13+	06:03+	07:29+	09:41+	11:09+	12:43+	14:42+	18:00+	18:55+	21:52+	23:09+	24:57+	25:45+	27:05+	28:12+	30:24+	32:42+	35:07+	36:45+	37:24+
04:13+	01:50+	01:26+	02:12+	01:28+	01:34+	01:59+	03:18+	00:55-	02:57+	01:17+	01:48+	00:48-	01:20-	01:07-	02:12+	02:18-	02:25+	01:38+	00:39+
02:25@	00:16#	00:12#	00:05+	00:24&	00:02+	00:21#	00:40&	00:10-	00:33#	00:02+	00:06+	00:23-	00:14-	01:46-	00:41&	00:53-	00:21#	00:20&	00:03+
5	Ann Karin Tjørhom	93	37:40																
01:54+	04:00+	05:36+	08:16+	09:29+	11:41+	14:03+	17:52+	18:54+	22:04+	23:36+	25:03+	26:03+	27:29+	28:56+	30:48+	33:13+	35:30+	37:12+	37:40+
01:54+	02:06+	01:36+	02:40+	01:13+	02:12+	02:22+	03:49+	01:02-	03:10+	01:32+	01:27-	01:00-	01:26-	01:27-	01:52+	02:25-	02:17+	01:42+	00:28-
00:06+	00:32&	00:22&	00:33&	00:09#	00:40&	00:44&	01:11&	00:03-	00:46&	00:17#	00:15-	00:11-	00:08-	01:26-	00:21#	00:46-	00:13#	00:24&	00:08-

Class	Navn	Klasse										Tid									
6	Ann-Cathrin Nybak Urdal	118										38:00									
01:56+	04:00+	05:19+	07:39+	08:42+	10:25+	12:11+	13:24+	16:31+	19:25+	20:45+	22:37+	24:03+	25:17+	28:02+	29:55+	33:12+	35:44+	37:30+	38:00+		
01:56+	02:04+	01:19+	02:20+	01:03-	01:43+	01:46+	03:13+	01:07+	02:54+	01:20+	01:52+	01:26+	01:14-	02:45-	01:53+	03:17+	02:32+	01:46+	00:30-		
00:08+	00:30&	00:05+	00:13#	00:01-	00:11#	00:08+	00:35#	00:02+	00:30#	00:05+	00:10+	00:15#	00:20-	00:08-	00:22#	00:06+	00:28#	00:28&	00:06-		
7	Ingrid W. Hestness	117										38:26									
01:49+	03:35+	05:06+	07:31+	08:39+	10:25+	12:23+	13:55+	17:15+	19:51+	21:28+	22:49+	24:17+	25:35+	26:37+	29:15+	31:43+	34:15+	38:00+	38:26+		
01:49+	01:46+	01:31+	02:25+	01:08+	01:46+	01:58+	03:32+	01:20+	02:36+	01:37+	01:21-	01:28+	01:18-	01:02-	02:38+	02:28-	02:32+	03:45+	00:26-		
00:01+	00:12#	00:17#	00:18#	00:04+	00:14#	00:20#	00:54&	00:15#	00:12+	00:22&	00:21-	00:17#	00:16-	01:51-	01:07&	00:43-	00:28#	02:27@	00:10-		
8	Anita Glenne Kallhovd	29										40:26									
01:44-	03:32+	04:53+	07:34+	08:47+	11:58+	13:38+	16:43+	17:40+	20:50+	22:20+	24:51+	25:57+	27:26+	28:42+	31:34+	34:24+	37:28+	40:01+	40:26+		
01:44-	01:48+	01:21+	02:41+	01:13+	03:11+	01:40+	03:05+	00:57-	03:10+	01:30+	02:31+	01:06-	01:29-	01:16-	02:52+	02:50-	03:04+	02:33+	00:25-		
00:04-	00:14#	00:07+	00:34&	00:09#	01:39@	00:02+	00:27#	00:08-	00:46&	00:15#	00:49&	00:05-	00:05-	01:37-	01:21&	00:21-	01:00&	01:15&	00:11-		
9	Kristin Breivold	92										42:36									
01:58+	03:54+	05:29+	07:37+	08:51+	12:02+	14:16+	17:52+	19:00+	23:11+	24:55+	26:26+	27:31+	29:01+	30:58+	33:22+	36:22+	40:15+	42:04+	42:36+		
01:58+	01:56+	01:35+	02:08+	01:14+	03:11+	02:14+	03:36+	01:08+	04:11+	01:44+	01:31-	01:05-	01:30-	01:57-	02:24+	03:00-	03:53+	01:49+	00:32-		
00:10+	00:22#	00:21&	00:01+	00:10#	01:39@	00:36&	00:58&	00:03+	01:47&	00:29&	00:11-	00:06-	00:04-	00:56-	00:53&	00:11-	01:49&	00:31&	00:04-		
10	Berit Våg Aksland	116										45:34									
02:18+	04:44+	06:39+	08:51+	10:30+	12:54+	15:04+	18:34+	20:08+	23:17+	25:43+	27:45+	29:02+	30:50+	32:27+	35:40+	38:45+	42:23+	44:17+	45:13+	45:34+	
02:18+	02:26+	01:55+	02:12+	01:39+	02:24+	02:10+	03:30+	01:34+	03:09+	02:26+	02:02+	01:17+	01:48+	01:37-	03:13+	03:05-	03:38+	01:54+	00:56+	00:21+	
00:30&	00:52&	00:41&	00:05+	00:35&	00:52&	00:32&	00:52&	00:29&	00:45&	01:11&	00:20#	00:06+	00:14#	01:16-	01:42@	00:06-	01:34&	00:36&	00:20&	00:21+	
11	Anne Marie Gausel	105										46:09									
03:03+	05:11+	06:53+	09:49+	12:46+	16:00+	18:04+	22:04+	23:06+	27:08+	28:49+	30:17+	31:37+	33:24+	35:20+	37:47+	40:14+	43:43+	45:33+	46:09+		
03:03+	02:08+	01:42+	02:56+	02:57+	03:14+	02:04+	04:00+	01:02-	04:02+	01:41+	01:20+	01:47+	01:47+	01:56-	02:27+	02:27+	03:29+	01:50+	00:36=#		
01:15&	00:34&	00:28&	00:49&	01:53@	01:42@	00:26&	01:22&	00:03-	01:38&	00:26&	00:14-	00:09#	00:13#	00:57-	00:56&	00:44-	01:25&	00:32&	00:00=#		
12	May Elinor Meling	125										53:47									
01:57+	06:49+	09:02+	11:52+	13:50+	16:45+	18:52+	22:58+	24:27+	27:44+	29:32+	31:12+	32:22+	34:07+	35:29+	37:49+	40:59+	50:25+	53:21+	53:47+		
01:57+	04:52+	02:13+	02:50+	01:58+	02:55+	02:07+	04:06+	01:29+	03:17+	01:48+	01:40-	01:10-	01:45+	01:22-	02:20+	03:10-	09:26+	02:56+	00:26-		
00:09+	03:18@	00:59&	00:43&	00:54&	01:23&	00:29&	01:28&	00:24&	00:53&	00:33&	00:02-	00:01-	00:11#	01:31-	00:49&	00:01-	07:22@	01:38@	00:10-		
13	Mariann Sveinsvoll	94										55:28									
02:20+	04:23+	06:27+	08:51+	10:01+	11:59+	14:10+	17:31+	18:52+	22:30+	24:29+	26:34+	32:37+	34:22+	36:04+	39:08+	49:32+	52:43+	54:53+	55:28+		
02:20+	02:03+	02:04+	02:24+	01:10+	01:58+	02:11+	03:21+	01:21+	03:38+	01:59+	02:05+	06:03+	01:45+	01:42-	03:04+	10:24+	03:11+	02:10+	00:35-		
00:32&	00:29&	00:50&	00:17#	00:06+	00:26&	00:33&	00:43&	00:16#	01:14&	00:44&	00:23#	04:52@	00:11#	01:11-	01:33@	07:13@	01:07&	00:52&	00:01-		

Beste strekktid for klassen

01:34 01:34 01:14 02:07 01:02 01:32 01:38 02:38 00:55 02:24 01:13 01:13 00:48 01:09 00:57 01:31 02:14 02:04 01:18 00:22

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

Damer Ny

1	Anette Wolff	113										28:57									
00:37=	05:12=	06:32=	08:54=	11:04=	12:49=	16:36=	19:26=	23:25=	24:48=	26:19=	28:57=										
00:37=	04:35=	01:20=	02:22=	02:10=	01:45=	03:47=	02:50=	03:59=	01:23=	01:31=	02:38=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Yasmeen Shabana	116										1:06:23									
00:35-	06:26+	10:02+	16:41+	19:56+	27:20+	40:35+	42:10+	60:08+	61:20+	62:58+	66:23+										
00:35-	05:51+	03:36+	06:39+	03:15+	07:24+	13:15+	01:35-	17:58+	01:12-	01:38+	03:25+										
00:02-	01:16&	02:16@	04:17@	01:05&	05:39@	09:28@	01:15-	13:59@	00:11-	00:07+	00:47&										

Beste strekktid for klassen

00:35 04:35 01:20 02:22 02:10 01:45 03:47 01:35 03:59 01:12 01:31 02:38

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

Damer Trim

1	Marie Brolev	126										15:06									
00:27=	01:26=	02:54=	03:24=	04:45=	07:06=	08:01=	08:45=	09:20=	10:43=	11:57=	12:46=	13:40=	15:06=								
00:27=	00:59=	01:28=	00:30=	01:21=	02:21=	00:55=	00:44=	00:35=	01:23=	01:14=	00:49=	00:54=	01:26=								
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=								

Class	Navn	Klasse												Tid
2	Anastasia Ollestad	93												16:50
00:37+	01:39+	03:04+	03:47+	05:11+	08:49+	09:42+	10:42+	11:19+	12:12+	13:20+	14:27+	15:26+	16:50+	
00:37+	01:02+	01:25-	00:43+	01:24+	03:38+	00:53-	01:00+	00:37+	00:53-	01:08-	01:07+	00:59+	01:24-	
00:10&	00:03+	00:03-	00:13&	00:03+	01:17&	00:02-	00:16&	00:02+	00:30-	00:06-	00:18&	00:05+	00:02-	
3	Friedrike Krahner	126												17:37
00:31+	01:42+	04:05+	04:42+	09:05+	10:04+	11:25+	11:59+	12:59+	14:18+	15:25+	16:17+	17:37+		
00:31+	01:11+	02:23+	00:37+	01:40+	02:43+	00:59+	01:21+	00:34-	01:00-	01:19+	01:07+	00:52-	01:20-	
00:04#	00:12#	00:55&	00:07#	00:19#	00:22#	00:04+	00:37&	00:01-	00:23-	00:05+	00:18&	00:02-	00:06-	
4	Tolene L. Frøylog Karlsen	228												17:45
00:31+	01:50+	03:24+	04:04+	05:52+	08:28+	09:24+	10:45+	11:27+	12:44+	14:19+	15:12+	16:14+	17:45+	
00:31+	01:19+	01:34+	00:40+	01:48+	02:36+	00:56+	01:21+	00:42+	01:17-	01:35+	00:53+	01:02+	01:31+	
00:04#	00:20&	00:06+	00:10&	00:27&	00:15#	00:01+	00:37&	00:07#	00:06-	00:21&	00:04+	00:08#	00:05+	
5	Sara Engevik	126												17:50
00:22-	01:26=	03:13+	03:55+	05:39+	08:56+	09:59+	11:10+	11:48+	12:50+	14:24+	15:21+	16:21+	17:50+	
00:22-	01:04+	01:47+	00:42+	01:44+	03:17+	01:03+	01:11+	00:38+	01:02-	01:34+	00:57+	01:00+	01:29+	
00:05-	00:05+	00:19#	00:12&	00:23&	00:56&	00:08#	00:27&	00:03+	00:21-	00:20&	00:08#	00:06#	00:03+	
6	Guro Grimnes	126												18:35
00:26-	01:29+	03:14+	03:54+	05:21+	09:28+	10:59+	11:50+	12:33+	13:42+	15:17+	16:13+	17:08+	18:35+	
00:26-	01:03+	01:45+	00:40+	01:27+	04:07+	01:31+	00:51+	00:43+	01:09-	01:35+	00:56+	00:55+	01:27+	
00:01-	00:04+	00:17#	00:10&	00:06+	01:46&	00:36&	00:07#	00:08#	00:14-	00:21&	00:07#	00:01+	00:01+	
7	Margot Asheim	105												19:37
00:34+	02:17+	04:05+	04:36+	06:08+	08:53+	10:35+	11:45+	12:20+	13:50+	15:19+	16:55+	18:00+	19:37+	
00:34+	01:43+	01:48+	00:31+	01:32+	02:45+	01:42+	01:10+	00:35=	01:30+	01:29+	01:36+	01:05+	01:37+	
00:07&	00:44&	00:20#	00:01+	00:11#	00:24#	00:47&	00:26&	00:00=	00:07+	00:15#	00:47&	00:11#	00:11#	
8	Stephanie Loin	42												19:52
00:34+	01:55+	03:44+	04:41+	06:17+	09:10+	11:05+	12:21+	13:12+	14:21+	15:52+	16:54+	18:04+	19:52+	
00:34+	01:21+	01:49+	00:57+	01:36+	02:53+	01:55+	01:16+	00:51+	01:09-	01:31+	01:02+	01:10+	01:48+	
00:07&	00:22&	00:21#	00:27&	00:15#	00:32#	01:00@	00:32&	00:16&	00:14-	00:17#	00:13&	00:16&	00:22&	
9	Kine Strømstad	109												19:59
00:45+	02:11+	04:40+	05:28+	07:13+	09:39+	10:50+	12:00+	13:00+	14:24+	15:48+	16:51+	17:50+	19:59+	
00:45+	01:26+	02:29+	00:48+	01:45+	02:26+	01:11+	01:10+	01:00+	01:24+	01:24+	01:03+	00:59+	02:09+	
00:18&	00:27&	01:01&	00:18&	00:24&	00:05+	00:16&	00:26&	00:25&	00:01+	00:10#	00:14&	00:05+	00:43&	
10	Marita Navjord Nicolaysen	71												20:16
00:40+	02:01+	03:57+	04:42+	06:37+	09:34+	11:08+	12:11+	12:59+	15:25+	16:44+	17:40+	18:41+	20:16+	
00:40+	01:21+	01:56+	00:45+	01:55+	02:57+	01:34+	01:03+	00:48+	02:26+	01:19+	00:56+	01:01+	01:35+	
00:13&	00:22&	00:28&	00:15&	00:34&	00:36&	00:39&	00:19&	00:13&	01:03&	00:05+	00:07#	00:07#	00:09#	
11	Siv Hilde Berg	105												21:50
00:29+	01:50+	03:51+	04:36+	06:08+	11:16+	13:09+	14:22+	15:16+	16:33+	18:09+	19:10+	20:19+	21:50+	
00:29+	01:21+	02:01+	00:45+	01:32+	05:08+	01:53+	01:13+	00:54+	01:17-	01:36+	01:01+	01:09+	01:31+	
00:02+	00:22&	00:33&	00:15&	00:11#	02:47@	00:58@	00:29&	00:19&	00:06-	00:22&	00:12#	00:15&	00:05+	
12	Parul Khandelwal	71												22:34
00:33+	01:56+	03:48+	04:35+	06:36+	09:45+	12:42+	14:18+	15:07+	16:25+	17:57+	19:01+	20:10+	22:34+	
00:33+	01:23+	01:52+	00:47+	02:01+	03:09+	02:57+	01:36+	00:49+	01:18-	01:32+	01:04+	01:09+	02:24+	
00:06#	00:24&	00:24&	00:17&	00:40&	00:48&	02:02@	00:52@	00:14&	00:05-	00:18#	00:15&	00:15&	00:58&	
13	Grethe Ask-Breivik	5												23:09
00:29+	01:43+	03:26+	04:52+	06:48+	10:51+	12:40+	14:45+	15:45+	16:57+	18:53+	19:59+	21:11+	23:09+	
00:29+	01:14+	01:43+	01:26+	01:56+	04:03+	01:49+	02:05+	01:00+	01:12-	01:56+	01:06+	01:12+	01:58+	
00:02+	00:15&	00:15#	00:56@	00:35&	01:42&	00:54&	01:21@	00:25&	00:11-	00:42&	00:17&	00:18&	00:32&	
14	Gunn Vagle	126												24:25
01:01+	03:05+	04:54+	08:00+	10:32+	13:43+	15:02+	16:03+	17:10+	18:24+	20:09+	21:11+	22:25+	24:25+	
01:01+	02:04+	01:49+	03:06+	02:32+	03:11+	01:19+	01:01+	01:07+	01:14-	01:45+	01:02+	01:14+	02:00+	
00:34@	01:05@	00:21#	02:36@	01:11&	00:50&	00:24&	00:17&	00:32&	00:09-	00:31&	00:13&	00:20&	00:34&	
15	Marianne Steinkopf	5												24:34
00:31+	02:18+	04:35+	05:17+	06:53+	10:22+	11:21+	13:29+	14:26+	15:32+	16:56+	18:34+	19:36+	24:34+	
00:31+	01:47+	02:17+	00:42+	01:36+	03:29+	00:59+	02:08+	00:57+	01:06-	01:24+	01:38+	01:02+	04:58+	
00:04#	00:48&	00:49&	00:12&	00:15#	01:08&	00:04+	01:24@	00:22&	00:17-	00:10#	00:49&	00:08#	03:32@	
16	Kjersti Vasbø	126												24:39
01:04+	02:27+	04:58+	06:07+	08:38+	12:03+	13:32+	15:03+	16:02+	17:38+	19:33+	20:46+	22:08+	24:39+	
01:04+	01:23+	02:31+	01:09+	02:31+	03:25+	01:29+	01:31+	00:59+	01:36+	01:55+	01:13+	01:22+	02:31+	
00:37@	00:24&	01:03&	00:39@	01:10&	01:04&	00:34&	00:47@	00:24&	00:13#	00:41&	00:24&	00:28&	01:05&	

Class	Navn	Klasse										Tid
17	Ewelina Uscinska	287										25:50
00:45+	02:21+	04:35+	05:34+	07:39+	12:49+	14:07+	17:10+	19:28+	21:19+	22:19+	23:43+	25:50+
00:45+	01:36+	02:14+	00:59+	02:05+	05:10+	01:18+	03:03+	00:49+	01:29+	01:51+	01:00+	01:24+
00:18&	00:37&	00:46&	00:29&	00:44&	02:49&	00:23&	02:19&	00:14&	00:06+	00:37&	00:11#	00:30&
18	Reidun Solli Skjørestad	47										26:03
00:59+	03:47+	06:06+	07:33+	09:52+	13:19+	15:11+	16:56+	17:49+	19:19+	21:11+	22:33+	23:57+
00:59+	02:48+	02:19+	01:27+	02:19+	03:27+	01:52+	01:45+	00:53+	01:30+	01:52+	01:22+	01:24+
00:32@	01:49@	00:51&	00:57@	00:58&	01:06&	00:57@	01:01@	00:18&	00:07+	00:38&	00:33&	00:30&
19	Unni Byberg Mæstad	92										26:42
00:35+	02:02+	04:04+	05:45+	08:02+	11:37+	13:55+	16:05+	17:05+	20:05+	21:50+	23:06+	24:22+
00:35+	01:27+	02:02+	01:41+	02:17+	03:35+	02:18+	02:10+	01:00+	03:00+	01:45+	01:16+	01:16+
00:08&	00:28&	00:34&	01:11@	00:56&	01:14&	01:23@	01:26@	00:25&	01:37@	00:31&	00:27&	00:22&
20	Hilde Christine Hoff	221										27:04
00:40+	02:30+	04:45+	05:34+	09:38+	13:12+	14:51+	16:27+	17:25+	19:29+	21:46+	23:09+	24:37+
00:40+	01:50+	02:15+	00:49+	04:04+	03:34+	01:39+	01:36+	00:58+	02:04+	02:17+	01:23+	01:28+
00:13&	00:51&	00:47&	00:19&	02:43@	01:13&	00:44&	00:52@	00:23&	00:41&	01:03&	00:34&	00:34&
21	Brit Svihus	92										28:03
00:55+	02:42+	05:01+	05:40+	07:42+	10:58+	14:57+	19:44+	20:36+	21:59+	23:42+	24:51+	26:00+
00:55+	01:47+	02:19+	00:39+	02:02+	03:16+	03:59+	04:47+	00:52+	01:23=	01:43+	01:09+	01:09+
00:28@	00:48&	00:51&	00:09&	00:41&	00:55&	03:04@	04:03@	00:17&	00:00=	00:29&	00:20&	00:15&
22	Kirsti Strand Salvesen	256										28:06
00:54+	02:41+	05:27+	06:28+	09:11+	13:07+	15:09+	17:06+	18:04+	19:45+	22:01+	23:59+	25:40+
00:54+	01:47+	02:46+	01:01+	02:43+	03:56+	02:02+	01:57+	00:58+	01:41+	02:16+	01:58+	01:41+
00:27&	00:48&	01:18&	00:31@	01:22@	01:35&	01:07@	01:13@	00:23&	00:18#	01:02&	01:09@	00:47&
23	Nina Bækkelund Christiansen	105										28:52
00:51+	02:55+	05:35+	08:28+	10:48+	14:24+	16:40+	18:27+	19:31+	21:12+	23:20+	24:49+	26:21+
00:51+	02:04+	02:40+	02:53+	02:20+	03:36+	02:16+	01:47+	01:04+	01:41+	02:08+	01:29+	01:32+
00:24&	01:05@	01:12&	02:23@	00:59&	01:15&	01:21@	01:03@	00:29&	00:18#	00:54&	00:40&	00:38&
24	Ruth Grødem	105										29:03
00:47+	02:23+	04:27+	05:38+	07:45+	17:23+	18:41+	20:40+	21:32+	22:57+	24:40+	25:49+	27:03+
00:47+	01:36+	02:04+	01:11+	02:07+	09:38+	01:18+	01:59+	00:52+	01:25+	01:43+	01:09+	01:14+
00:20&	00:37&	00:36&	00:41@	00:46&	07:17@	00:23&	01:15@	00:17&	00:02+	00:29&	00:20&	00:20&
25	Marianne Gjesdal Lyngås	92										29:56
01:01+	04:00+	07:13+	08:15+	10:50+	14:50+	16:54+	18:43+	19:48+	21:47+	24:01+	25:40+	27:20+
01:01+	02:59+	03:13+	01:02+	02:35+	04:00+	02:04+	01:49+	01:05+	01:59+	02:14+	01:39+	01:40+
00:34@	02:00@	01:45@	00:32@	01:14&	01:39&	01:09@	01:05@	00:30&	00:36&	01:00&	00:50@	00:46&
26	Wenke Wannberg	116										31:04
00:45+	02:44+	04:56+	06:09+	08:22+	12:22+	17:34+	20:37+	21:40+	23:18+	25:24+	27:10+	28:40+
00:45+	01:59+	02:12+	01:13+	02:13+	04:00+	05:12+	03:03+	01:03+	01:38+	02:06+	01:46+	01:30+
00:18&	01:00@	00:44&	00:43@	00:52&	01:39&	04:17@	02:19@	00:28&	00:15#	00:52&	00:57@	00:36&
27	Aslaug Neteland	92										31:07
00:45+	02:41+	05:01+	06:16+	08:28+	12:19+	17:35+	20:50+	21:46+	23:22+	25:30+	27:14+	28:45+
00:45+	01:56+	02:20+	01:15+	02:12+	03:51+	05:16+	03:15+	00:56+	01:36+	02:08+	01:44+	01:31+
00:18&	00:57&	00:52&	00:45@	00:51&	01:30&	04:21@	02:31@	00:21&	00:13#	00:54&	00:55@	00:37&
28	Linda Haukås	113										32:24
00:46+	02:36+	04:51+	05:37+	07:51+	12:15+	14:52+	18:36+	23:37+	25:11+	27:13+	28:20+	29:46+
00:46+	01:50+	02:15+	00:46+	02:14+	04:24+	02:37+	03:44+	05:01+	01:34+	02:02+	01:07+	01:26+
00:19&	00:51&	00:47&	00:16&	00:53&	02:03&	01:42@	03:00@	04:26@	00:11#	00:48&	00:18&	00:32&
29	Siri Goa	63										33:25
00:30+	02:20+	04:02+	04:59+	07:32+	19:52+	21:42+	25:05+	25:44+	26:59+	28:42+	30:10+	31:34+
00:30+	01:50+	01:42+	00:57+	02:33+	12:20+	01:50+	03:23+	00:39+	01:15-	01:43+	01:28+	01:24+
00:03#	00:51&	00:14#	00:27&	01:12&	09:59@	00:55&	02:39@	00:04#	00:08-	00:29&	00:39&	00:30&
30	Birte Langebro	47										35:10
01:34+	03:27+	05:50+	06:38+	10:36+	19:22+	21:11+	23:51+	24:57+	26:41+	29:00+	30:47+	32:27+
01:34+	01:53+	02:23+	00:48+	03:58+	08:46+	01:49+	02:40+	01:06+	01:44+	02:19+	01:47+	01:40+
01:07@	00:54&	00:55&	00:18&	02:37@	06:25@	00:54&	01:56@	00:31&	00:21&	01:05&	00:58@	00:46&
31	Jane-Britt Arild	47										35:25
01:51+	03:37+	06:07+	07:02+	11:00+	19:41+	21:31+	24:03+	25:08+	26:56+	29:16+	30:57+	32:37+
01:51+	01:46+	02:30+	00:55+	03:58+	08:41+	01:50+	02:32+	01:05+	01:48+	02:20+	01:41+	01:40+
01:24@	00:47&	01:02&	00:25&	02:37@	06:20@	00:55&	01:48@	00:30&	00:25&	01:06&	00:52@	00:46&

Class	Navn	Klasse	Tid										
32	May Kristin Haaland	47	37:08										
01:00+	02:31+	05:10+	06:18+	11:42+	23:12+	24:51+	26:22+	27:44+	29:25+	31:27+	33:01+	34:35+	37:08+
01:00+	01:31+	02:39+	01:08+	05:24+	11:30+	01:39+	01:31+	01:22+	01:41+	02:02+	01:34+	01:34+	02:33+
00:33@	00:32&	01:11&	00:38@	04:03@	09:09@	00:44&	00:47@	00:47@	00:18#	00:48&	00:45&	00:40&	01:07&
33	Aase Sveinsvoll	94	38:30										
01:48+	04:40+	07:39+	10:22+	13:43+	18:33+	20:44+	24:20+	25:56+	28:03+	31:20+	33:29+	35:15+	38:30+
01:48+	02:52+	02:59+	02:43+	03:21+	04:50+	02:11+	03:36+	01:36+	02:07+	03:17+	02:09+	01:46+	03:15+
01:21@	01:53@	01:31@	02:13@	02:00@	02:29@	01:16@	02:52@	01:01@	00:44&	02:03@	01:20@	00:52&	01:49@
Beste strekketid for klassen													
00:22	00:59	01:25	00:30	01:21	02:21	00:53	00:44	00:34	00:53	01:08	00:49	00:52	01:20

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

Herrer 16 - 39 år

1	Jørgen Strømstad	50	29:10																	
01:32=	02:55=	03:56=	05:46=	06:45=	08:01=	09:18=	11:35=	12:20=	14:24=	15:35=	17:02=	18:51=	19:55=	21:57=	23:23=	25:40=	27:36=	28:52=	29:10=	
01:32=	01:23=	01:01=	01:50=	00:59=	01:16=	01:17=	02:17=	00:45=	02:04=	01:11=	01:27=	01:49=	01:04=	02:02=	01:26=	02:17=	01:56=	01:16=	00:18=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Andreas Nybak Urdal	118	30:12																	
01:09-	02:47-	03:49-	05:29-	06:23-	08:06+	10:02+	12:58+	13:52+	16:42+	17:52+	19:07+	19:55+	21:06+	22:16+	23:45+	25:50+	28:11+	29:47+	30:12+	
01:09-	01:38+	01:02+	01:40-	00:54-	01:43+	01:56+	02:56+	00:54+	02:50+	01:10-	01:15-	00:48-	01:11+	01:10-	01:29+	02:05-	02:21+	01:36+	00:25+	
00:23-	00:15#	00:01+	00:10-	00:05-	00:27&	00:39&	00:39&	00:09#	00:46&	00:01-	00:12-	01:01-	00:07#	00:52-	00:03+	00:12-	00:25#	00:20&	00:07&	
3	Svein Magnus Halsne	71	31:41																	
01:08-	02:27-	03:37-	05:23-	06:08-	07:21-	08:50-	11:33-	12:24+	14:21-	15:32-	16:23-	17:03-	18:01-	19:14-	22:06-	24:43-	27:59+	29:52+	31:24+	31:41+
01:08-	01:19-	01:10+	01:46-	00:45-	01:13-	01:29+	02:43+	00:51+	01:57-	01:11=	00:51-	00:40-	00:58-	01:13-	02:52+	02:37+	03:16+	01:53+	01:32+	00:17+
00:24-	00:04-	00:09#	00:04-	00:14-	00:03-	00:12#	00:26#	00:06#	00:07-	00:00=	00:36-	01:09-	00:06-	00:49-	01:26&	00:20#	01:20&	00:37&	01:14@	00:17+
4	Svein Kyllingstad	71	32:24																	
03:38+	05:11+	06:17+	08:06+	09:09+	10:34+	12:00+	14:27+	15:25+	18:25+	19:29+	20:41+	21:32+	22:41+	24:08+	26:03+	28:31+	30:29+	31:51+	32:24+	
03:38+	01:33+	01:06+	01:49-	01:03+	01:25+	01:26+	02:27+	00:58+	03:00+	01:04-	01:12-	00:51-	01:09+	01:27-	01:55+	02:28+	01:58+	01:22+	00:33+	
02:06@	00:10#	00:05+	00:01-	00:04+	00:09#	00:09#	00:10+	00:13&	00:56&	00:07-	00:15-	00:58-	00:05+	00:35-	00:29&	00:11+	00:02+	00:06+	00:15&	
5	Alexander Romanov	3	32:46																	
01:23-	02:57+	04:30+	06:04+	07:06+	09:17+	10:45+	13:48+	14:52+	17:12+	18:27+	20:18+	20:57+	22:04+	24:11+	25:50+	28:01+	30:52+	32:14+	32:46+	
01:23-	01:34+	01:33+	01:34-	01:02+	02:11+	01:28+	03:03+	01:04+	02:20+	01:15+	01:51+	00:39-	01:07+	02:07+	01:39+	02:11-	02:51+	01:22+	00:32+	
00:09-	00:11#	00:32&	00:16-	00:03+	00:55&	00:11#	00:46&	00:19&	00:16#	00:04+	00:24&	01:10-	00:03+	00:05+	00:13#	00:06-	00:55&	00:06+	00:14&	
6	Håkon Eggebø	71	35:09																	
03:40+	05:11+	06:17+	08:12+	10:17+	11:59+	13:25+	16:31+	17:17+	19:52+	21:16+	22:17+	22:56+	24:15+	25:03+	27:42+	30:38+	32:42+	34:44+	35:09+	
03:40+	01:31+	01:06+	01:55+	02:05+	01:42+	01:26+	03:06+	00:46+	02:35+	01:24+	01:01-	00:39-	01:19+	00:48-	02:39+	02:56+	02:04+	02:02+	00:25+	
02:08@	00:08+	00:05+	00:05+	01:06@	00:26&	00:09#	00:49&	00:01+	00:31#	00:13#	00:26-	01:10-	00:15#	01:14-	01:13&	00:39&	00:08+	00:46&	00:07&	
7	Jonas Bolstad Scheie	62	35:43																	
01:32=	03:08+	06:49+	08:32+	10:09+	13:07+	15:18+	17:51+	18:38+	21:02+	22:20+	23:53+	24:48+	25:59+	27:14+	29:45+	31:51+	33:40+	35:16+	35:43+	
01:32=	01:36+	03:41+	01:43-	01:37+	02:58+	02:11+	02:33+	00:47+	02:24+	01:18+	01:33+	00:55-	01:11+	01:15-	02:31+	02:06-	01:49-	01:36+	00:27+	
00:00=	00:13#	02:40@	00:07-	00:38&	01:42@	00:54&	00:16#	00:02+	00:20#	00:07+	00:06+	00:54-	00:07#	00:47-	01:05&	00:11-	00:07-	00:20&	00:09&	
8	Brostrup Landstad	134	36:20																	
01:23-	03:06+	04:30+	06:32+	07:35+	09:06+	10:25+	13:49+	15:04+	17:16+	18:33+	20:01+	20:44+	22:19+	23:17+	25:04+	28:00+	30:28+	36:06+	36:20+	
01:23-	01:43+	01:24+	02:02+	01:03+	01:31+	01:19+	03:24+	01:15+	02:12+	01:17+	01:28+	00:43-	01:35+	00:58-	01:47+	02:56+	02:28+	05:38+	00:14-	
00:09-	00:20#	00:23&	00:12#	00:04+	00:15#	00:02+	01:07&	00:30&	00:08+	00:06+	00:01+	01:06-	00:31&	01:04-	00:21#	00:39&	00:32&	04:22@	00:04-	
9	Andreas Mykkeltveit Terjesen	43	36:21																	
01:10-	02:35-	03:43-	05:16-	06:26-	08:24+	09:38+	12:53+	13:50+	15:56+	17:13+	18:12+	19:04+	20:08+	21:00-	23:09-	30:25+	34:24+	36:03+	36:21+	
01:10-	01:25+	01:08+	01:33-	01:10+	01:58+	01:14+	03:15+	00:57+	02:06+	01:17+	00:59-	00:52-	01:04=	00:52-	02:09+	07:16+	03:59+	01:39+	00:18=	
00:22-	00:02+	00:07#	00:17-	00:11#	00:42&	00:03-	00:58&	00:12&	00:02+	00:06+	00:28-	00:57-	00:00=	01:10-	00:43&	04:59@	02:03@	00:23&	00:00=	
10	Andreas Segadal Breiland	194	37:22																	
02:03+	03:35+	05:46+	08:17+	09:20+	11:03+	12:37+	15:32+	16:35+	20:05+	21:30+	23:27+	24:31+	25:55+	27:03+	29:33+	31:57+	34:49+	36:57+	37:22+	
02:03+	01:32+	02:11+	02:31+	01:03+	01:43+	01:34+	02:55+	01:03+	03:30+	01:25+	01:57+	01:04-	01:24+	01:08-	02:30+	02:24+	02:52+	02:08+	00:25+	
00:31&	00:09#	01:10@	00:41&	00:04+	00:27&	00:17#	00:38&	00:18&	01:26&	00:14#	00:30&	00:45-	00:20&	00:54-	01:04&	00:07+	00:56&	00:52&	00:07&	
11	Martin Skogland	98	37:40																	
01:40+	03:25+	04:48+	06:51+	07:54+	11:29+	13:35+	16:43+	17:48+	21:00+	22:16+	23:39+	24:25+	26:00+	27:11+	29:42+	32:24+	35:30+	37:15+	37:40+	
01:40+	01:45+	01:23+	02:03+	01:03+	03:35+	02:06+	03:08+	01:05+	03:12+	01:16+	01:23-	00:46-	01:35+	01:11-	02:31+	02:42+	03:06+	01:45+	00:25+	
00:08+	00:22&	00:22&	00:13#	00:04+	02:19@	00:49&	00:51&	00:20&	01:08&	00:05+	00:04-	01:03-	00:31&	00:51-	01:05&	00:25#	01:10&	00:29&	00:07&	

Class	Navn	Klasse										Tid									
12	Asgeir Nærland	88										37:48									
01:20-	03:22+	04:37+	06:35+	09:32+	11:25+	14:44+	15:57+	18:43+	20:01+	21:03+	22:14+	23:23+	24:38+	26:24+	32:31+	34:53+	37:15+	37:48+			
01:20-	02:02+	01:15+	01:58+	00:58-	01:59+	01:53+	03:19+	01:13+	02:46+	01:18+	01:02-	01:11-	01:09+	01:15-	01:46+	06:07+	02:22+	00:33+			
00:12-	00:39&	00:14#	00:08+	00:01-	00:43&	00:36&	01:02&	00:28&	00:42&	00:07+	00:25-	00:38-	00:05+	00:47-	00:20#	03:50@	00:26#	01:06&	00:15&		
13	Tor Gunnar Osen	116										40:00									
01:54+	04:22+	06:03+	08:13+	09:22+	11:27+	13:31+	17:46+	18:51+	23:16+	24:32+	25:43+	26:54+	28:07+	29:37+	31:25+	33:30+	37:17+	39:40+	40:00+		
01:54+	02:28+	01:41+	02:10+	01:09+	02:05+	02:04+	04:15+	01:05+	04:25+	01:16+	01:11-	01:11-	01:13+	01:30-	01:48+	02:05-	03:47+	02:23+	00:20+		
00:22#	01:05&	00:40&	00:20#	00:10#	00:49&	00:47&	01:58&	00:20&	02:21@	00:05+	00:16-	00:38-	00:09#	00:32-	00:22&	00:12-	01:51&	01:07&	00:02#		
14	Sindre Jacobsen	88										41:00									
04:25+	05:53+	06:59+	09:08+	10:39+	14:29+	16:01+	19:02+	21:17+	23:53+	25:12+	27:24+	28:36+	30:35+	31:47+	33:54+	36:05+	38:25+	40:45+	41:00+		
04:25+	01:28+	01:06+	02:09+	01:31+	03:50+	01:32+	03:01+	02:15+	02:36+	01:19+	02:12+	01:12-	01:59+	01:12-	02:07+	02:11-	02:20+	02:20+	00:15-		
02:53@	00:05+	00:05+	00:19#	00:32&	02:34@	00:15#	00:44&	01:30@	00:32&	00:08#	00:45&	00:37-	00:55&	00:50-	00:41&	00:06-	00:24#	01:04&	00:03-		
15	Sondre Aspøy	117										44:46									
04:38+	06:25+	08:06+	10:04+	12:14+	14:59+	16:48+	19:38+	20:50+	23:54+	25:27+	27:06+	28:24+	29:49+	31:11+	34:27+	37:29+	40:44+	44:20+	44:46+		
04:38+	01:47+	01:41+	01:58+	02:10+	02:45+	01:49+	02:50+	01:12+	03:04+	01:33+	01:39+	01:18-	01:25+	01:22-	03:16+	03:02+	03:15+	03:36+	00:26+		
03:06@	00:24&	00:40&	00:08+	01:11@	01:29@	00:32&	00:33#	00:27&	01:00&	00:22&	00:12#	00:31-	00:21&	00:40-	01:50@	00:45&	01:19&	02:20@	00:08&		
16	Torstein Birkeland	39										44:49									
02:17+	04:23+	05:49+	08:54+	10:00+	12:15+	14:09+	17:37+	18:52+	21:17+	22:29+	24:15+	25:44+	27:15+	32:12+	34:57+	38:46+	41:11+	44:25+	44:49+		
02:17+	02:06+	01:26+	03:05+	01:06+	02:15+	01:54+	03:28+	01:15+	02:25+	01:12+	01:46+	01:29-	01:31+	04:57+	02:45+	03:49+	02:25+	03:14+	00:24+		
00:45&	00:43&	00:25&	01:15&	00:07#	00:59&	00:37&	01:11&	00:30&	00:21#	00:01+	00:19#	00:20-	00:27&	02:55@	01:19&	01:32&	00:29#	01:58@	00:06&		
17	Bernhard Haver Vagle	126										45:52									
03:52+	06:02+	07:44+	10:00+	11:35+	13:54+	15:33+	21:25+	23:14+	25:53+	30:33+	31:57+	32:53+	34:24+	35:35+	37:39+	40:11+	43:23+	45:22+	45:52+		
03:52+	02:10+	01:42+	02:16+	01:35+	02:19+	01:39+	05:52+	01:49+	02:39+	04:40+	01:24+	00:56-	01:31+	01:11-	02:04+	02:32+	03:12+	01:59+	00:30+		
02:20@	00:47&	00:41&	00:26#	00:36&	01:03&	00:22&	03:35@	01:04@	00:35&	03:29@	00:03-	00:53-	00:27&	00:51-	00:38&	00:15#	01:16&	00:43&	00:12&		
18	Vegard Hausken	80										49:49									
03:03+	05:40+	07:08+	09:32+	13:32+	17:00+	18:41+	23:36+	24:57+	27:36+	29:10+	30:29+	31:51+	33:22+	35:27+	37:55+	40:27+	46:41+	49:27+	49:49+		
03:03+	02:37+	01:28+	02:24+	04:00+	03:28+	01:41+	04:55+	01:21+	02:39+	01:34+	01:19-	01:22-	01:31+	02:05+	02:28+	02:32+	06:14+	02:46+	00:22+		
01:31&	01:14&	00:27&	00:34&	03:01@	02:12@	00:24&	02:38@	00:36&	00:35&	00:23&	00:08-	00:27-	00:27&	00:03+	01:02&	00:15#	04:18@	01:30@	00:04#		
19	Håvard Barkved	71										54:45									
02:43+	04:22+	06:02+	07:57+	09:17+	11:02+	12:27+	23:31+	26:00+	28:47+	31:45+	33:22+	34:02+	36:25+	37:36+	39:17+	41:21+	52:13+	54:27+	54:45+		
02:43+	01:39+	01:40+	01:55+	01:20+	01:45+	01:25+	11:04+	02:29+	02:47+	02:58+	01:37+	00:40-	02:23+	01:11-	01:41+	02:04-	10:52+	02:14+	00:18=		
01:11&	00:16#	00:39&	00:05+	00:21&	00:29&	00:08#	08:47@	01:44@	00:43&	01:47@	00:10#	01:09-	01:19@	00:51-	00:15#	00:13-	08:56@	00:58&	00:00=		
20	Jon Vikse	355										1:03:48									
02:31+	07:19+	11:12+	18:17+	20:28+	25:04+	26:41+	30:53+	32:29+	35:29+	36:54+	44:52+	46:26+	48:07+	50:59+	54:59+	58:28+	61:26+	63:15+	63:48+		
02:31+	04:48+	03:53+	07:05+	02:11+	04:36+	01:37+	04:12+	01:36+	03:00+	01:25+	07:58+	01:34-	01:41+	02:52+	04:00+	03:29+	02:58+	01:49+	00:33+		
00:59&	03:25@	02:52@	05:15@	01:12@	03:20@	00:20&	01:55&	00:51@	00:56&	00:14#	06:31@	00:15-	00:37&	00:50&	02:34@	01:12&	01:02&	00:33&	00:15&		

Beste strekktid for klassen

01:08 01:19 01:01 01:33 00:45 01:13 01:14 02:17 00:45 01:57 01:04 00:51 00:39 00:58 00:48 01:26 02:04 01:49 01:16 00:14

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

Herrer 40 - 49 år

1	Trond Sigurd Fotland	66										34:20									
01:24=	03:06=	04:15=	06:48=	07:46=	10:30=	11:55=	14:33=	15:23=	17:29=	18:33=	20:28=	21:21=	22:34=	23:29=	25:59=	28:52=	31:30=	33:59=	34:20=		
01:24=	01:42=	01:09=	02:33=	00:58=	02:44=	01:25=	02:38=	00:50=	02:06=	01:04=	01:55=	00:53=	01:13=	00:55=	02:30=	02:53=	02:38=	02:29=	00:21=		
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=		
2	Trondr Breiland	53										35:39									
01:35+	03:09+	04:35+	06:55+	08:07+	10:19+	11:52-	14:54+	15:54+	18:31+	20:45+	22:09+	23:09+	24:27+	26:08+	28:26+	30:33+	33:10+	35:18+	35:39+		
01:35+	01:34-	01:26+	02:20-	01:12+	02:12-	01:33+	03:02+	01:00+	02:37+	02:14+	01:24+	01:00+	01:18+	01:41+	02:18-	02:07-	02:37-	02:08-	00:21=		
00:11#	00:08-	00:17#	00:13-	00:14#	00:32-	00:08+	00:24#	00:10#	00:31#	01:10@	00:31-	00:07#	00:05+	00:46&	00:12-	00:46-	00:01-	00:21-	00:00=		
3	Rune Dahl Fitjar	53										35:59									
01:29+	03:19+	04:34+	06:43-	07:49+	09:36-	11:17-	14:06-	15:02-	17:47+	18:56+	21:10+	22:09+	23:24+	25:03+	26:38+	31:13+	33:22+	35:39+	35:59+		
01:29+	01:50+	01:15+	02:09-	01:06+	01:47-	01:41+	02:49+	00:56+	02:45+	01:09+	02:14+	00:59+	01:15+	01:39+	01:35-	04:35+	02:09-	02:17-	00:20-		
00:05+	00:08+	00:06+	00:24-	00:08#	00:57-	00:16#	00:11+	00:06#	00:39&	00:05+	00:19#	00:06#	00:02+	00:44&	00:55-	01:42&	00:29-	00:12-	00:01-		
4	Magne Habbestad	111										36:57									
01:37+	03:10+	04:42+	07:01+	07:59+	10:47+	12:38+	15:57+	17:02+	19:57+	21:37+	23:32+	24:28+	25:54+	27:10+	29:12+	32:32+	34:44+	36:22+	36:57+		
01:37+	01:33-	01:32+	02:19-	00:58=	02:48+	01:51+	03:19+	01:05+	02:55+	01:40+	01:55=	00:56+	01:26+	01:16+	02:02-	03:20+	02:12-	01:38-	00:35+		
00:13#	00:09-	00:23&	00:14-	00:00=	00:04+	00:26&	00:41&	00:15&	00:49&	00:36&	00:00=	00:03+	00:13#	00:21&	00:28-	00:27#	00:26-	00:51-	00:14&		

Class	Navn	Klasse											Tid							
5	Thomas Johansen	111											37:04							
02:17+	04:41+	06:05+	08:03+	09:10+	11:13+	12:39+	15:17+	16:18+	19:16+	20:52+	22:40+	23:34+	24:48+	25:49+	28:15+	31:23+	34:38+	36:31+	37:04+	
02:17+	02:24+	01:24+	01:58-	01:07+	02:03-	01:26+	02:38=	01:01+	02:58+	01:36+	01:48-	00:54+	01:14+	01:01+	02:26-	03:08+	03:15+	01:53-	00:33+	
00:53&	00:42&	00:15#	00:35-	00:09#	00:41-	00:01+	00:00=	00:11#	00:52&	00:32&	00:07-	00:01+	00:01+	00:06#	00:04-	00:15+	00:37#	00:36-	00:12&	
6	Frode Ungar	116											37:24							
01:45+	03:58+	05:21+	07:52+	09:07+	11:12+	12:46+	15:39+	16:34+	19:40+	21:35+	22:46+	23:48+	25:20+	26:26+	29:26+	31:49+	34:16+	37:06+	37:24+	
01:45+	02:13+	01:23+	02:31-	01:15+	02:05-	01:34+	02:53+	00:55+	03:06+	01:55+	01:11-	01:02+	01:32+	01:06+	03:00+	02:23-	02:27-	02:50+	00:18-	
00:21#	00:31&	00:14#	00:02-	00:17&	00:39-	00:09#	00:15+	00:05#	01:00&	00:51&	00:44-	00:09#	00:19&	00:11#	00:30#	00:30-	00:11-	00:21#	00:03-	
7	Oddgeir Nevland	51											42:55							
02:26+	04:42+	06:00+	08:24+	09:31+	12:31+	15:00+	17:53+	19:21+	22:17+	23:56+	25:26+	26:35+	27:58+	30:29+	34:13+	36:30+	39:57+	42:33+	42:55+	
02:26+	02:16+	01:18+	02:24-	01:07+	03:00+	02:29+	02:53+	01:28+	02:56+	01:39+	01:30-	01:09+	01:23+	02:31+	03:44+	02:17-	03:27+	02:36+	00:22+	
01:02&	00:34&	00:09#	00:09-	00:09#	00:16+	01:04&	00:15+	00:38&	00:50&	00:35&	00:25-	00:16&	00:10#	01:36@	01:14&	00:36-	00:49&	00:07+	00:01+	
8	Ole-Tobias Frich	116											45:39							
03:44+	06:38+	08:08+	10:18+	11:42+	15:02+	16:45+	20:17+	21:28+	24:44+	26:38+	29:50+	32:10+	33:35+	35:04+	37:28+	39:51+	43:19+	45:14+	45:39+	
03:44+	02:54+	01:30+	02:10-	01:24+	03:20+	01:43+	03:32+	01:11+	03:16+	01:54+	03:12+	02:20+	01:25+	01:29+	02:24-	02:23-	03:28+	01:55-	00:25+	
02:20@	01:12&	00:21&	00:23-	00:26&	00:36#	00:18#	00:54&	00:21&	01:10&	00:50&	01:17&	01:27@	00:12#	00:34&	00:06-	00:30-	00:50&	00:34-	00:04#	
9	Raymond B. Pettersen	105											46:47							
01:44+	03:44+	05:22+	08:09+	11:10+	14:13+	16:28+	20:22+	21:44+	25:24+	27:14+	29:11+	30:25+	32:09+	34:22+	37:54+	40:35+	44:03+	46:23+	46:47+	
01:44+	02:00+	01:38+	02:47+	03:01+	03:03+	02:15+	03:54+	01:22+	03:40+	01:50+	01:57+	01:14+	01:44+	02:13+	03:32+	02:41-	03:28+	02:20-	00:24+	
00:20#	00:18#	00:29&	00:14+	02:03@	00:19#	00:50&	01:16&	00:32&	01:34&	00:46&	00:02+	00:21&	00:31&	01:18@	01:02&	00:12-	00:50&	00:09-	00:03#	
10	Bjarte Harbo	88											49:44							
04:16+	06:01+	07:43+	09:56+	11:19+	13:02+	14:53+	20:47+	22:25+	25:24+	27:24+	33:58+	35:15+	36:41+	38:03+	41:41+	44:10+	47:21+	49:17+	49:44+	
04:16+	01:45+	01:42+	02:13-	01:23+	01:43-	01:51+	05:54+	01:38+	02:59+	02:00+	06:34+	01:17+	01:26+	01:22+	03:38+	02:29-	03:11+	01:56-	00:27+	
02:52@	00:03+	00:33&	00:20-	00:25&	01:01-	00:26&	03:16@	00:48&	00:53&	00:56&	04:39@	00:24&	00:13#	00:27&	01:08&	00:24-	00:33#	00:33-	00:06&	
11	Knut Husdal	93											49:57							
02:26+	04:53+	06:55+	09:45+	12:24+	15:16+	17:40+	22:17+	23:57+	27:36+	29:26+	31:36+	33:00+	34:49+	37:40+	39:57+	42:53+	46:25+	49:01+	49:57+	
02:26+	02:27+	02:02+	02:50+	02:39+	02:52+	02:24+	04:37+	01:40+	03:39+	01:50+	02:10+	01:24+	01:49+	02:51+	02:17-	02:56+	03:32+	02:36+	00:56+	
01:02&	00:45&	00:53&	00:17#	01:41@	00:08+	00:59&	01:59&	00:50&	01:33&	00:46&	00:15#	00:31&	00:36&	01:56@	00:13-	00:03+	00:54&	00:07+	00:35@	
12	Jean-Sebastien Dorne	42											52:48							
02:26+	04:55+	07:02+	13:08+	14:12+	16:29+	18:11+	24:53+	26:38+	29:57+	31:51+	34:22+	36:13+	37:54+	39:56+	42:59+	47:15+	49:43+	52:27+	52:48+	
02:26+	02:29+	02:07+	06:06+	01:04+	02:17-	01:42+	06:42+	01:45+	03:19+	01:54+	02:31+	01:51+	01:41+	02:02+	03:03+	04:16+	02:28-	02:44+	00:21=	
01:02&	00:47&	00:58&	03:33@	00:06#	00:27-	00:17#	04:04@	00:55@	01:13&	00:50&	00:36&	00:58@	00:28&	01:07@	00:33#	01:23&	00:10-	00:15#	00:00=	
13	Terje Undheim	54											57:20							
02:05+	04:57+	06:19+	11:06+	12:43+	16:01+	17:38+	25:23+	27:14+	30:34+	32:28+	35:01+	35:59+	37:12+	41:52+	46:21+	49:01+	52:20+	56:48+	57:20+	
02:05+	02:52+	01:22+	04:47+	01:37+	03:18+	01:37+	07:45+	01:51+	03:20+	01:54+	02:33+	00:58+	01:13=	04:40+	04:29+	02:40-	03:19+	04:28+	00:32+	
00:41&	01:10&	00:13#	02:14&	00:39&	00:34#	00:12#	05:07@	01:01@	01:14&	00:50&	00:38&	00:05+	00:00=	03:45@	01:59&	00:13-	00:41&	01:59&	00:11&	
14	Francois-Marie Duchesne	42											1:08:09							
02:55+	06:29+	09:04+	13:08+	16:25+	20:44+	23:21+	27:39+	29:45+	34:03+	36:29+	38:32+	40:30+	47:07+	48:35+	54:05+	58:03+	63:06+	67:09+	68:09+	
02:55+	03:34+	02:35+	04:04+	03:17+	04:19+	02:37+	04:18+	02:06+	04:18+	02:26+	02:03+	01:58+	06:37+	01:28+	05:30+	03:58+	05:03+	04:03+	01:00+	
01:31@	01:52@	01:26@	01:31&	02:19@	01:35&	01:12&	01:40&	01:16@	02:12@	01:22@	00:08+	01:05@	05:24@	00:33&	03:00@	01:05&	02:25&	01:34&	00:39@	
Beste strekktid for klassen																				
01:24	01:33	01:09	01:58	00:58	01:43	01:25	02:38	00:50	02:06	01:04	01:11	00:53	01:13	00:55	01:35	02:07	02:09	01:38	00:18	

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

Herrer 50 - 59 år

1	Lars Primstad	62											27:50							
01:23=	02:29=	04:03=	06:07=	07:46=	09:20=	11:56=	13:39=	14:54=	15:56=	16:49=	22:09=	23:14=	24:50=	26:19=	27:50=					
01:23=	01:06=	01:34=	02:04=	01:39=	01:34=	02:36=	01:43=	01:15=	01:02=	00:53=	05:20=	01:05=	01:36=	01:29=	01:31=					
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=					
2	Per Ingar Hadland	7											29:10							
01:37+	03:01+	04:02-	06:55+	08:48+	10:58+	14:02+	16:24+	17:39+	18:54+	20:31+	23:27+	24:23+	26:16+	27:10+	29:10+					
01:37+	01:24+	01:01-	02:53+	01:53+	02:10+	03:04+	02:22+	01:15=	01:15+	01:37+	02:56-	00:56-	01:53+	00:54-	02:00+					
00:14#	00:18&	00:33-	00:49&	00:14#	00:36&	00:28#	00:39&	00:00=	00:13#	00:44&	02:24-	00:09-	00:17#	00:35-	00:29&					
3	Anders Glenne	7											32:30							
01:41+	03:00+	03:59-	06:17+	08:09+	09:56+	13:14+	15:21+	16:45+	18:10+	19:31+	25:40+	27:15+	29:22+	30:29+	32:30+					
01:41+	01:19+	00:59-	02:18+	01:52+	01:47+	03:18+	02:07+	01:24+	01:25+	01:21+	06:09+	01:35+	02:07+	01:07-	02:01+					
00:18#	00:13#	00:35-	00:14#	00:13#	00:13#	00:42&	00:24#	00:09#	00:23&	00:28&	00:49#	00:30&	00:31&	00:22-	00:30&					

Class	Navn	Klasse												Tid		
4	Arnfinn Rømuld	116												32:57		
	01:21-	02:37+	03:38-	06:21+	08:53+	10:35+	13:33+	15:43+	17:04+	19:04+	20:03+	25:53+	26:50+	28:56+	29:49+	32:57+
	01:21-	01:16+	01:01-	02:43+	02:32+	01:42+	02:58+	02:10+	01:21+	02:00+	00:59+	05:50+	00:57-	02:06+	00:53-	03:08+
	00:02-	00:10#	00:33-	00:39#	00:53#	00:08+	00:22#	00:27#	00:06+	00:58#	00:06#	00:30+	00:08-	00:30#	00:36-	01:37#
5	Erling Knutzen	128												34:02		
	02:53+	04:27+	05:42+	08:22+	10:30+	12:11+	15:20+	17:52+	19:22+	20:46+	21:54+	25:23+	27:14+	29:50+	31:54+	34:02+
	02:53+	01:34+	01:15-	02:40+	02:08+	01:41+	03:09+	02:32+	01:30+	01:24+	01:08+	03:29-	01:51+	02:36+	02:04+	02:08+
	01:30#	00:28#	00:19-	00:36#	00:29#	00:07+	00:33#	00:49#	00:15#	00:22#	00:15#	01:51-	00:46#	01:00#	00:35#	00:37#
6	Tor Brekken	97												34:47		
	01:17-	02:30+	05:23+	09:42+	11:37+	13:39+	16:41+	18:36+	20:11+	21:28+	22:30+	26:32+	29:17+	31:14+	32:49+	34:47+
	01:17-	01:13+	02:53+	04:19+	01:55+	02:02+	03:02+	01:55+	01:35+	01:17+	01:02+	04:02-	02:45+	01:57+	01:35+	01:58+
	00:06-	00:07#	01:19#	02:15#	00:16#	00:28#	00:26#	00:12#	00:20#	00:15#	00:09#	01:18-	01:40#	00:21#	00:06+	00:27#
7	Frank Hansen	29												34:50		
	01:44+	03:08+	04:35+	07:15+	10:05+	11:36+	15:38+	17:56+	19:20+	20:35+	21:45+	27:19+	28:19+	30:44+	33:00+	34:50+
	01:44+	01:24+	01:27-	02:40+	02:50+	01:31-	04:02+	02:18+	01:24+	01:15+	01:10+	05:34+	01:00-	02:25+	02:16+	01:50+
	00:21#	00:18#	00:07-	00:36#	01:11#	00:03-	01:26#	00:35#	00:09#	00:13#	00:17#	00:14+	00:05-	00:49#	00:47#	00:19#
8	Sveinung Rosenvinge	116												36:58		
	02:19+	04:13+	05:42+	08:44+	10:56+	13:23+	18:02+	20:56+	22:24+	24:06+	25:46+	29:07+	30:47+	33:22+	34:27+	36:58+
	02:19+	01:54+	01:29-	03:02+	02:12+	02:27+	04:39+	02:54+	01:28+	01:42+	01:40+	03:21-	01:40+	02:35+	01:05-	02:31+
	00:56#	00:48#	00:05-	00:58#	00:33#	00:53#	02:03#	01:11#	00:13#	00:40#	00:47#	01:59-	00:35#	00:59#	00:24-	01:00#
9	Stein Arve Finnstad	287												38:06		
	02:12+	03:38+	06:42+	09:11+	11:20+	13:20+	18:27+	20:53+	22:34+	24:12+	25:35+	29:58+	32:21+	34:53+	36:09+	38:06+
	02:12+	01:26+	03:04+	02:29+	02:09+	02:00+	05:07+	02:26+	01:41+	01:38+	01:23+	04:23-	02:23+	02:32+	01:16-	01:57+
	00:49#	00:20#	01:30#	00:25#	00:30#	00:26#	02:31#	00:43#	00:26#	00:36#	00:30#	00:57-	01:18#	00:56#	00:13-	00:26#
10	Jørgen Nilsen	53												38:22		
	03:03+	04:42+	05:53+	08:14+	10:57+	13:58+	18:58+	21:44+	25:38+	27:02+	28:32+	31:12+	32:20+	35:02+	36:06+	38:22+
	03:03+	01:39+	01:11-	02:21+	02:43+	03:01+	05:00+	02:46+	03:54+	01:24+	01:30+	02:40-	01:08+	02:42+	01:04-	02:16+
	01:40#	00:33#	00:23-	00:17#	01:04#	01:27#	02:24#	01:03#	02:39#	00:22#	00:37#	02:40-	00:03+	01:06#	00:25-	00:45#
11	Trygve Michaelsen	117												38:59		
	04:48+	06:52+	08:17+	12:53+	15:12+	19:25+	22:33+	24:51+	26:19+	27:38+	28:42+	31:22+	32:29+	35:19+	37:05+	38:59+
	04:48+	02:04+	01:25-	04:36+	02:19+	04:13+	03:08+	02:18+	01:28+	01:19+	01:04+	02:40-	01:07+	02:50+	01:46+	01:54+
	03:25#	00:58#	00:09-	02:32#	00:40#	02:39#	00:32#	00:35#	00:13#	00:17#	00:11#	02:40-	00:02+	01:14#	00:17#	00:23#
12	Harald Taksdal	236												39:48		
	02:17+	04:10+	05:45+	09:17+	12:22+	14:55+	18:53+	21:40+	23:55+	25:34+	27:00+	30:47+	32:19+	35:28+	37:20+	39:48+
	02:17+	01:53+	01:35+	03:32+	03:05+	02:33+	03:58+	02:47+	02:15+	01:39+	01:26+	03:47-	01:32+	03:09+	01:52+	02:28+
	00:54#	00:47#	00:01+	01:28#	01:26#	00:59#	01:22#	01:04#	01:00#	00:37#	00:33#	01:33-	00:27#	01:33#	00:23#	00:57#
13	Christof Schätz	239												39:58		
	02:00+	04:08+	06:01+	08:41+	11:07+	13:52+	20:29+	23:07+	25:03+	26:43+	28:15+	31:43+	33:00+	35:50+	37:29+	39:58+
	02:00+	02:08+	01:53+	02:40+	02:26+	02:45+	06:37+	02:38+	01:56+	01:40+	01:32+	03:28-	01:17+	02:50+	01:39+	02:29+
	00:37#	01:02#	00:19#	00:36#	00:47#	01:11#	04:01#	00:55#	00:41#	00:38#	00:39#	01:52-	00:12#	01:14#	00:10#	00:58#
14	Per Ivar Hovstad	116												40:28		
	04:31+	07:07+	09:17+	12:20+	14:28+	16:24+	19:58+	22:13+	23:46+	25:51+	29:02+	32:10+	33:47+	36:37+	38:13+	40:28+
	04:31+	02:36+	02:10+	03:03+	02:08+	01:56+	03:34+	02:15+	01:33+	02:05+	03:11+	03:08-	01:37+	02:50+	01:36+	02:15+
	03:08#	01:30#	00:36#	00:59#	00:29#	00:22#	00:58#	00:32#	00:18#	01:03#	02:18#	02:12-	00:32#	01:14#	00:07+	00:44#
15	Håvard Håland	66												40:44		
	02:30+	05:14+	07:11+	09:50+	11:49+	13:33+	17:07+	19:44+	22:37+	23:59+	30:03+	33:36+	35:07+	37:31+	38:49+	40:44+
	02:30+	02:44+	01:57+	02:39+	01:59+	01:44+	03:34+	02:37+	02:53+	01:22+	06:04+	03:33-	01:31+	02:24+	01:18-	01:55+
	01:07#	01:38#	00:23#	00:35#	00:20#	00:10#	00:58#	00:54#	01:38#	00:20#	05:11#	01:47-	00:26#	00:48#	00:11-	00:24#
16	Rune Paulsen	98												40:46		
	01:46+	03:29+	05:00+	07:19+	09:24+	11:41+	15:50+	18:03+	21:45+	23:44+	25:11+	28:46+	31:37+	37:33+	38:57+	40:46+
	01:46+	01:43+	01:31-	02:19+	02:05+	02:17+	04:09+	02:13+	03:42+	01:59+	01:27+	03:35-	02:51+	05:56+	01:24-	01:49+
	00:23#	00:37#	00:03-	00:15#	00:26#	00:43#	01:33#	00:30#	02:27#	00:57#	00:34#	01:45-	01:46#	04:20#	00:05-	00:18#
17	Ove Mæstad	67												42:16		
	02:50+	05:17+	07:29+	10:19+	12:42+	14:31+	18:18+	20:58+	23:23+	25:04+	27:01+	31:39+	34:39+	38:49+	40:18+	42:16+
	02:50+	02:27+	02:12+	02:50+	02:23+	01:49+	03:47+	02:40+	02:25+	01:41+	01:57+	04:38-	03:00+	04:10+	01:29#	01:58+
	01:27#	01:21#	00:38#	00:46#	00:44#	00:15#	01:11#	00:57#	01:10#	00:39#	01:04#	00:42-	01:55#	02:34#	00:00#	00:27#
18	Magnar Møller	62												42:19		
	02:18+	03:36+	04:45+	07:55+	10:01+	11:50+	16:01+	18:16+	19:36+	25:47+	27:16+	33:21+	35:00+	38:58+	39:59+	42:19+
	02:18+	01:18+	01:09-	03:10+	02:06+	01:49+	04:11+	02:15+	01:20+	06:11+	01:29+	06:05+	01:39+	03:58+	01:01-	02:20+
	00:55#	00:12#	00:25-	01:06#	00:27#	00:15#	01:35#	00:32#	00:05+	05:09#	00:36#	00:45#	00:34#	02:22#	00:28-	00:49#

Class	Navn	Klasse										Tid				
19	Stein Sigbjørnsen	27										44:19				
02:31+	04:10+	06:02+	08:50+	11:42+	14:21+	19:40+	22:46+	25:10+	27:09+	29:11+	34:26+	35:38+	39:25+	41:52+	44:19+	
02:31+	01:39+	01:52+	02:48+	02:52+	02:39+	05:19+	03:06+	02:24+	01:59+	02:02+	05:15-	01:12+	03:47+	02:27+	02:27+	
01:08&	00:33&	00:18#	00:44&	01:13&	01:05&	02:43@	01:23&	01:09&	00:57&	01:09@	00:05-	00:07#	02:11@	00:58&	00:56&	

20	Oddvar Dirdal Jonassen	66										45:04				
03:33+	05:13+	06:52+	09:33+	12:08+	14:29+	17:56+	20:40+	22:43+	24:33+	25:43+	29:57+	31:39+	41:08+	42:24+	45:04+	
03:33+	01:40+	01:39+	02:41+	02:35+	02:21+	03:27+	02:44+	02:03+	01:50+	01:10+	04:14-	01:42+	09:29+	01:16-	02:40+	
02:10@	00:34&	00:05+	00:37&	00:56&	00:47&	00:51&	01:01&	00:48&	00:48&	00:17&	01:06-	00:37&	07:53@	00:13-	01:09&	

21	Øystein Fuglestad	46										48:23				
02:03+	03:40+	06:42+	09:43+	12:37+	14:44+	18:14+	21:01+	22:39+	25:05+	26:36+	33:31+	34:58+	44:00+	45:43+	48:23+	
02:03+	01:37+	03:02+	03:01+	02:54+	02:07+	03:30+	02:47+	01:38+	02:26+	01:31+	06:55+	01:27+	09:02+	01:43+	02:40+	
00:40&	00:31&	01:28&	00:57&	01:15&	00:33&	00:54&	01:04&	00:23&	01:24@	00:38&	01:35&	00:22&	07:26@	00:14#	01:09&	

22	Frode Følgesvold	5										53:23				
03:23+	05:29+	07:36+	11:04+	13:48+	16:18+	22:26+	25:30+	27:08+	31:54+	33:44+	43:30+	46:13+	49:13+	50:38+	53:23+	
03:23+	02:06+	02:07+	03:28+	02:44+	02:30+	06:08+	03:04+	01:38+	04:46+	01:50+	09:46+	02:43+	03:00+	01:25-	02:45+	
02:00@	01:00&	00:33&	01:24&	01:05&	00:56&	03:32@	01:21&	00:23&	03:44@	00:57@	04:26&	01:38@	01:24&	00:04-	01:14&	

Beste strekktid for klassen															
01:17	01:06	00:59	02:04	01:39	01:31	02:36	01:43	01:15	01:02	00:53	02:40	00:56	01:36	00:53	01:31

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

Herrer 60 - 64 år

1	Morten Johannessen	7										31:41					
01:47=	03:03=	05:37=	07:18=	08:30=	10:23=	11:59=	14:12=	16:42=	17:55=	19:14=	20:18=	21:29=	23:10=	26:05=	28:23=	29:35=	31:41=
01:47=	01:16=	02:34=	01:41=	01:12=	01:53=	01:36=	02:13=	02:30=	01:13=	01:19=	01:04=	01:11=	01:41=	02:55=	02:18=	01:12=	02:06=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Torbjørn Evensen	108										31:58					
01:35-	03:01-	05:36-	07:24+	08:24-	10:42+	12:42+	15:16+	17:32+	19:08+	20:50+	21:49+	23:10+	24:53+	26:47+	28:53+	29:55+	31:58+
01:35-	01:26+	02:35+	01:48+	01:00-	02:18+	02:00+	02:34+	02:16-	01:36+	01:42+	00:59-	01:21+	01:43+	01:54-	02:06-	01:02-	02:03-
00:12-	00:10#	00:01+	00:07+	00:12-	00:25#	00:24#	00:21#	00:14-	00:23&	00:23&	00:05-	00:10#	00:02+	01:01-	00:12-	00:10-	00:03-

3	Dag Helliksen	80										32:37					
01:32-	02:52-	03:51-	05:45-	06:39-	08:30-	10:09-	12:10-	14:38-	15:54-	18:00-	18:58-	20:15-	21:53-	24:11-	29:36+	30:40+	32:37+
01:32-	01:20+	00:59-	01:54+	00:54-	01:51-	01:39+	02:01-	02:28-	01:16+	02:06+	00:58-	01:17+	01:38-	02:18-	05:25+	01:04-	01:57-
00:15-	00:04+	01:35-	00:13#	00:18-	00:02-	00:03+	00:12-	00:02-	00:03+	00:47&	00:06-	00:06+	00:03-	00:37-	03:07@	00:08-	00:09-

4	Ivar Bergset	35										33:21					
01:59+	03:54+	06:12+	07:56+	09:04+	10:41+	12:36+	15:24+	17:50+	18:51+	21:41+	22:49+	24:19+	25:21+	27:50+	30:06+	31:04+	33:21+
01:59+	01:55+	02:18-	01:44+	01:08-	01:37-	01:55+	02:48+	02:26-	01:01-	02:50+	01:08+	01:30+	01:02-	02:29-	02:16-	00:58-	02:17+
00:12#	00:39&	00:16-	00:03+	00:04-	00:16-	00:19#	00:35&	00:04-	00:12-	01:31@	00:04+	00:19&	00:39-	00:26-	00:02-	00:14-	00:11+

5	Bjørn H. Engseth	27										45:32					
03:05+	05:11+	07:56+	10:49+	12:16+	14:53+	19:47+	22:53+	25:45+	27:34+	29:46+	30:57+	32:41+	33:54+	37:10+	41:33+	42:54+	45:32+
03:05+	02:06+	02:45+	02:53+	01:27+	02:37+	04:54+	03:06+	02:52+	01:49+	02:12+	01:11+	01:44+	01:13-	03:16+	04:23+	01:21+	02:38+
01:18&	00:50&	00:11+	01:12&	00:15#	00:44&	03:18@	00:53&	00:22#	00:36&	00:53&	00:07#	00:33&	00:28-	00:21#	02:05&	00:09#	00:32&

6	Jarl Gaute Aase	29										51:08					
04:53+	06:42+	09:44+	11:31+	12:49+	16:08+	21:11+	24:14+	26:55+	28:30+	35:41+	36:49+	38:13+	41:36+	43:44+	47:07+	48:25+	51:08+
04:53+	01:49+	03:02+	01:47+	01:18+	03:19+	05:03+	03:03+	02:41+	01:35+	07:11+	01:08+	01:24+	03:23+	02:08-	03:23+	01:18+	02:43+
03:06@	00:33&	00:28#	00:06+	01:26&	03:27@	00:27@	00:50&	00:11+	00:22&	05:52@	00:04+	00:13#	01:42@	00:47-	01:05&	00:06+	00:37&

7	Jan Arendal	116										52:02					
02:17+	04:09+	09:05+	14:15+	15:52+	18:34+	21:02+	24:36+	27:51+	29:48+	33:43+	35:04+	37:12+	40:23+	43:07+	46:30+	48:47+	52:02+
02:17+	01:52+	04:56+	05:10+	01:37+	02:42+	02:28+	03:34+	03:15+	01:57+	03:55+	01:21+	02:08+	03:11+	02:44-	03:23+	02:17+	03:15+
00:30&	00:36&	02:22&	03:29@	00:25&	00:49&	00:52&	01:21&	00:45&	00:44&	02:36@	00:17&	00:57&	01:30&	00:11-	01:05&	01:05&	01:09&

8	Kjell Lervik	239										58:22					
02:04+	03:51+	21:20+	23:40+	25:11+	27:43+	29:52+	32:59+	36:08+	38:17+	40:08+	43:27+	44:51+	48:12+	52:23+	55:33+	58:22+	
02:04+	01:47+	17:29+	02:20+	01:31+	02:32+	02:09+	03:07+	03:09+	02:09+	01:51+	01:42+	01:37+	01:24-	03:21+	04:11+	03:10+	02:49+
00:17#	00:31&	14:55@	00:39&	00:19&	00:39&	00:33&	00:54&	00:39&	00:56&	00:32&	00:38&	00:26&	00:17-	00:26#	01:53&	01:58@	00:43&

Beste strekktid for klassen																	
01:32	01:16	00:59	01:41	00:54	01:37	01:36	02:01	02:16	01:01	01:19	00:58	01:11	01:02	01:54	02:06	00:58	01:57

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

Herrer 65 - 69 år

1	Arne Kristian Espedal	68	24:40														
01:11=	02:17=	03:28=	05:25=	06:21=	07:57=	09:20=	11:07=	12:51=	14:00=	15:20=	16:14=	17:13=	18:12=	19:37=	22:02=	23:04=	24:40=
01:11=	01:06=	01:11=	01:57=	00:56=	01:36=	01:23=	01:47=	01:44=	01:09=	01:20=	00:54=	00:59=	00:59=	01:25=	02:25=	01:02=	01:36=
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=
2	Bjørn Alsaker	115	26:52														
01:16+	02:25+	03:25-	05:16-	06:24+	07:55-	09:43+	11:33+	13:22+	14:26+	16:01+	16:51+	17:54+	19:59+	21:44+	24:03+	25:20+	26:52+
01:16+	01:09+	01:00-	01:51-	01:08+	01:31-	01:48+	01:50+	01:49+	01:04-	01:35+	00:50-	01:03+	02:05+	01:45+	02:19-	01:17+	01:32-
00:05+	00:03+	00:11-	00:06-	00:12#	00:05-	00:25#	00:03+	00:05+	00:05-	00:15#	00:04-	00:04+	01:06#	00:20#	00:06-	00:15#	00:04-
3	Bjarne Gimre	88	32:13														
01:47+	03:08+	05:07+	07:28+	08:43+	10:38+	12:56+	15:46+	18:26+	19:45+	21:04+	21:59+	23:45+	24:37+	26:43+	29:06+	30:12+	32:13+
01:47+	01:21+	01:59+	02:21+	01:15+	01:55+	02:18+	02:50+	02:40+	01:19+	01:19-	00:55+	01:46+	00:52-	02:06+	02:23-	01:06+	02:01+
00:36&	00:15#	00:48&	00:24#	00:19&	00:19#	00:55&	01:03&	00:56&	00:10#	00:01-	00:01+	00:47&	00:07-	00:41&	00:02-	00:04+	00:25&
4	Jan Inge Lunde	88	36:31														
01:44+	03:23+	04:50+	07:25+	08:45+	10:43+	13:05+	16:07+	18:53+	20:24+	22:41+	23:41+	25:15+	27:53+	30:27+	33:06+	34:19+	36:31+
01:44+	01:39+	01:27+	02:35+	01:20+	01:58+	02:22+	03:02+	02:46+	01:31+	02:17+	01:00+	01:34+	02:38+	02:34+	02:39+	01:13+	02:12+
00:33&	00:33&	00:16#	00:38&	00:24&	00:22#	00:59&	01:15&	01:02&	00:22&	00:57&	00:06#	00:35&	01:39#	01:09&	00:14+	00:11#	00:36&
5	Kjell Ivar Skjørestad	92	37:42														
01:49+	03:41+	07:41+	10:39+	11:47+	13:56+	15:48+	18:57+	21:20+	23:01+	25:33+	26:37+	28:17+	29:34+	31:44+	34:11+	35:35+	37:42+
01:49+	01:52+	04:00+	02:58+	01:08+	02:09+	01:52+	03:09+	02:23+	01:41+	02:32+	01:04+	01:40+	01:17+	02:10+	02:27+	01:24+	02:07+
00:38&	00:46&	02:49#	01:01&	00:12#	00:33&	00:29&	01:22&	00:39&	00:32&	01:12&	00:10#	00:41&	00:18&	00:45&	00:02+	00:22&	00:31&
6	Sveinung Tveit	236	38:43														
02:18+	04:29+	06:01+	07:58+	09:11+	12:43+	14:50+	17:42+	22:00+	23:36+	25:46+	27:05+	28:35+	29:28+	32:18+	34:55+	36:07+	38:43+
02:18+	02:11+	01:32+	01:57=	01:13+	03:32+	02:07+	02:52+	04:18+	01:36+	02:10+	01:19+	01:30+	00:53-	02:50+	02:37+	01:12+	02:36+
01:07&	01:05&	00:21&	00:00=	00:17&	01:56#	00:44&	01:05&	02:34#	00:27&	00:50&	00:25&	00:31&	00:06-	01:25&	00:12+	00:10#	01:00&
7	Bjørn Vidar Gunvaldsen	29	39:54														
02:16+	05:28+	10:31+	12:37+	14:05+	16:22+	18:23+	21:12+	23:36+	25:12+	26:38+	27:42+	29:17+	30:43+	33:41+	36:29+	37:34+	39:54+
02:16+	03:12+	05:03+	02:06+	01:28+	02:17+	02:01+	02:49+	02:24+	01:36+	01:26+	01:04+	01:35+	01:26+	02:58+	02:48+	01:05+	02:20+
01:05&	02:06#	03:52#	00:09+	00:32&	00:41&	00:38&	01:02&	00:40&	00:27&	00:06+	00:10#	00:36&	00:27&	01:33#	00:23#	00:03+	00:44&
8	Bjørn Tore Aase	29	41:41														
03:15+	04:59+	08:48+	11:07+	12:50+	15:27+	18:18+	21:31+	24:47+	26:41+	28:22+	29:28+	31:02+	32:34+	35:18+	38:01+	39:12+	41:41+
03:15+	01:44+	03:49+	02:19+	01:43+	02:37+	02:51+	03:13+	03:16+	01:54+	01:41+	01:06+	01:34+	01:32+	02:44+	02:43+	01:11+	02:29+
02:04#	00:38&	02:38#	00:22#	00:47&	01:01&	01:28#	01:26&	01:32&	00:45&	00:21&	00:12#	00:35&	00:33&	01:19&	00:18#	00:09#	00:53&
9	Jan Hetland	29	41:48														
02:20+	04:10+	06:45+	08:58+	10:41+	13:23+	15:15+	18:00+	20:58+	22:19+	25:10+	26:01+	27:36+	32:10+	34:58+	37:45+	39:26+	41:48+
02:20+	01:50+	02:35+	02:13+	01:43+	02:42+	01:52+	02:45+	02:58+	01:21+	02:51+	00:51-	01:35+	04:34+	02:48+	02:47+	01:41+	02:22+
01:09&	00:44&	01:24#	00:16#	00:47&	01:06&	00:29&	00:58&	01:14&	00:12#	01:31#	00:03-	00:36&	03:35#	01:23&	00:22#	00:39&	00:46&
10	Hans Erik Terjesen	116	41:56														
01:42+	03:09+	06:20+	08:10+	09:22+	12:40+	14:43+	17:17+	20:24+	21:54+	23:07+	30:49+	32:00+	32:51+	35:26+	38:34+	39:43+	41:56+
01:42+	01:27+	03:11+	01:50-	01:12+	03:18+	02:03+	02:34+	03:07+	01:30+	01:13-	07:42+	01:11+	00:51-	02:35+	03:08+	01:09+	02:13+
00:31&	00:21&	02:00#	00:07-	00:16&	01:42#	00:40&	00:47&	01:23&	00:21&	00:07-	06:48#	00:12#	00:08-	01:10&	00:43&	00:07#	00:37&
11	Terje Stokkeland	69	43:30														
01:52+	03:30+	04:35+	07:24+	08:30+	10:29+	12:08+	14:49+	17:27+	21:52+	23:15+	24:06+	27:33+	29:25+	36:55+	39:29+	41:07+	43:30+
01:52+	01:38+	01:05-	02:49+	01:06+	01:59+	01:39+	02:41+	02:38+	04:25+	01:23+	00:51-	03:27+	01:52+	07:30+	02:34+	01:38+	02:23+
00:41&	00:32&	00:06-	00:52&	00:10#	00:23#	00:16#	00:54&	00:54&	03:16#	00:03+	00:03-	02:28#	00:53&	06:05#	00:09+	00:36&	00:47&
12	Ragnvald Frøyland	128	43:32														
02:38+	04:31+	09:58+	11:46+	13:02+	16:28+	18:23+	21:08+	24:02+	25:22+	26:42+	28:37+	30:13+	34:50+	37:00+	39:37+	40:57+	43:32+
02:38+	01:53+	05:27+	01:48-	01:16+	03:26+	01:55+	02:45+	02:54+	01:20+	01:20=	01:55+	01:36+	04:37+	02:10+	02:37+	01:20+	02:35+
01:27#	00:47&	04:16#	00:09-	00:20&	01:50#	00:32&	00:58&	01:10&	00:11#	00:00=	01:01#	00:37&	03:38#	00:45&	00:12+	00:18&	00:59&
13	Bjørn Bjelland	83	45:45														
02:23+	04:27+	11:13+	13:25+	14:56+	17:44+	20:30+	23:47+	26:45+	28:36+	30:13+	31:16+	32:57+	34:36+	39:00+	41:56+	43:13+	45:45+
02:23+	02:04+	06:46+	02:12+	01:31+	02:48+	02:46+	03:17+	02:58+	01:51+	01:37+	01:03+	01:41+	01:39+	04:24+	02:56+	01:17+	02:32+
01:12#	00:58&	05:35#	00:15#	00:35&	01:12&	01:23&	01:30&	01:14&	00:42&	00:17#	00:09#	00:42&	00:40&	02:59#	00:31#	00:15#	00:56&
14	Arne Magne Handeland	92	47:47														
01:47+	03:19+	09:53+	11:40+	12:54+	14:58+	16:52+	19:43+	23:19+	24:43+	25:59+	27:24+	28:53+	38:31+	41:07+	44:09+	45:12+	47:47+
01:47+	01:32+	06:34+	01:47-	01:14+	02:04+	01:54+	02:51+	03:36+	01:24+	01:16-	01:25+	01:29+	09:38+	02:36+	03:02+	01:03+	02:35+
00:36&	00:26&	05:23#	00:10-	00:18&	00:28&	00:31&	01:04&	01:52#	00:15#	00:04-	00:31&	00:30&	08:39#	01:11&	00:37&	00:01+	00:59&

Class	Navn	Klasse										Tid							
15	Ragnar Rossavik	109										49:50							
01:55+	03:30+	21:28+	23:26+	24:46+	27:12+	29:00+	31:16+	34:02+	35:36+	36:56+	37:44+	39:38+	41:08+	44:06+	46:34+	47:39+	49:50+		
01:55+	01:35+	17:58+	01:58+	01:20+	02:26+	01:48+	02:16+	02:46+	01:34+	01:20=	00:48-	01:54+	01:30+	02:58+	02:28+	01:05+	02:11+		
00:44&	00:29&	16:47@	00:01+	00:24&	00:50&	00:25&	00:29&	01:02&	00:25&	00:00=	00:06-	00:55&	00:31&	01:33@	00:03+	00:03+	00:35&		

Beste strekktid for klassen

01:11 01:06 01:00 01:47 00:56 01:31 01:23 01:47 01:44 01:04 01:13 00:48 00:59 00:51 01:25 02:19 01:02 01:32

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

Herrer 70 - 74 år

1	Harry Breiland	66										27:43							
01:27=	02:42=	03:48=	05:22=	06:44=	08:25=	10:02=	12:14=	14:26=	15:32=	18:13=	19:15=	20:24=	21:22=	23:00=	25:01=	25:57=	27:43=		
01:27=	01:15=	01:06=	01:34=	01:22=	01:41=	01:37=	02:12=	02:12=	01:06=	02:41=	01:02=	01:09=	00:58=	01:38=	02:01=	00:56=	01:46=		
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=		
2	Gudmund Gausel	115										33:23							
02:20+	03:49+	05:07+	07:21+	08:40+	10:29+	13:13+	15:32+	18:02+	19:34+	21:50+	22:43+	24:01+	25:18+	27:17+	29:53+	30:56+	33:23+		
02:20+	01:29+	01:18+	02:14+	01:19-	01:49+	02:44+	02:19+	02:30+	01:32+	02:16-	00:53-	01:18+	01:17+	01:59+	02:36+	01:03+	02:27+		
00:53&	00:14#	00:12#	00:40&	00:03-	00:08+	01:07&	00:07+	00:18#	00:26&	00:25-	00:09-	00:09#	00:19&	00:21#	00:35&	00:07#	00:41&		
3	Kjell Svihus	154										34:03							
01:43+	03:15+	04:41+	07:06+	08:43+	11:23+	13:44+	16:16+	18:58+	20:23+	21:54+	22:49+	24:21+	25:21+	27:09+	30:15+	31:35+	34:03+		
01:43+	01:32+	01:26+	02:25+	01:37+	02:40+	02:21+	02:32+	02:42+	01:25+	01:31-	00:55-	01:32+	01:00+	01:48+	03:06+	01:20+	02:28+		
00:16#	00:17#	00:20#	00:51&	00:15#	00:59&	00:44&	00:20#	00:30#	00:19&	01:10-	00:07-	00:23&	00:02+	00:10#	01:05&	00:24&	00:42&		
4	Finn Morten Årstad	115										37:26							
01:49+	03:19+	04:43+	07:02+	12:05+	14:14+	17:17+	19:55+	22:46+	24:13+	25:37+	26:34+	28:07+	29:12+	31:15+	33:52+	34:54+	37:26+		
01:49+	01:30+	01:24+	02:19+	05:03+	02:09+	03:03+	02:38+	02:51+	01:27+	01:24-	00:57-	01:33+	01:05+	02:03+	02:37+	01:02+	02:32+		
00:22&	00:15#	00:18&	00:45&	03:41@	00:28&	01:26&	00:26#	00:39&	00:21&	01:17-	00:05-	00:24&	00:07#	00:25&	00:36&	00:06#	00:46&		
5	Arvid Thorsen	5										38:46							
06:05+	07:33+	08:36+	11:03+	12:39+	14:36+	16:32+	19:15+	22:24+	24:10+	25:36+	26:56+	28:46+	29:53+	33:01+	35:29+	36:45+	38:46+		
06:05+	01:28+	01:03-	02:27+	01:36+	01:57+	01:56+	02:43+	03:09+	01:46+	01:26-	01:20+	01:50+	01:07+	03:08+	02:28+	01:16+	02:01+		
04:38@	00:13#	00:03-	00:53&	00:14#	00:16#	00:19#	00:31#	00:57&	00:40&	01:15-	00:18&	00:41&	00:09#	01:30&	00:27#	00:20&	00:15#		
6	Arne Østensen	90										41:41							
01:57+	03:55+	05:27+	07:17+	08:20+	10:47+	15:08+	17:45+	20:45+	22:21+	24:25+	25:30+	27:07+	32:31+	34:44+	37:11+	38:24+	41:41+		
01:57+	01:58+	01:32+	01:50+	01:03-	02:27+	04:21+	02:37+	03:00+	01:36+	02:04-	01:05+	01:37+	05:24+	02:13+	02:27+	01:13+	03:17+		
00:30&	00:43&	00:26&	00:16#	00:19-	00:46&	02:44@	00:25#	00:48&	00:30&	00:37-	00:03+	00:28&	04:26@	00:35&	00:26#	00:17&	01:31&		
7	Odd Garpestad	29										41:48							
02:51+	04:20+	14:13+	16:01+	17:08+	19:15+	21:03+	23:22+	25:58+	27:32+	28:50+	30:07+	31:42+	32:57+	36:04+	38:32+	39:38+	41:48+		
02:51+	01:29+	09:53+	01:48+	01:07-	02:07+	01:48+	02:19+	02:36+	01:34+	01:18-	01:17+	01:35+	01:15+	03:07+	02:28+	01:06+	02:10+		
01:24&	00:14#	08:47@	00:14#	00:15-	00:26&	00:11#	00:07+	00:24#	00:28&	01:23-	00:15#	00:26&	00:17&	01:29&	00:27#	00:10#	00:24#		
8	Jostein Tunheim	116										44:01							
01:39+	03:00+	05:12+	06:58+	08:13+	10:22+	12:10+	14:30+	17:06+	18:40+	20:03+	21:21+	23:06+	30:40+	33:28+	39:09+	41:59+	44:01+		
01:39+	01:21+	02:12+	01:46+	01:15-	02:09+	01:48+	02:20+	02:36+	01:34+	01:23-	01:18+	01:45+	07:34+	02:48+	05:41+	02:50+	02:02+		
00:12#	00:06+	01:06&	00:12#	00:07-	00:28&	00:11#	00:08+	00:24#	00:28&	01:18-	00:16&	00:36&	06:36@	01:10&	03:40@	01:54@	00:16#		
9	Leif Gunnar Wikene	43										47:02							
01:58+	04:19+	09:18+	11:26+	13:05+	15:47+	17:52+	21:22+	27:40+	29:19+	31:00+	32:07+	34:01+	38:02+	41:03+	43:19+	44:33+	47:02+		
01:58+	02:21+	04:59+	02:08+	01:39+	02:42+	02:05+	03:30+	06:18+	01:39+	01:41-	01:07+	01:54+	04:01+	03:01+	02:16+	01:14+	02:29+		
00:31&	01:06&	03:53@	00:34&	00:17#	01:01&	00:28&	01:18&	04:06@	00:33&	01:00-	00:05+	00:45&	03:03@	01:23&	00:15#	00:18&	00:43&		
10	Hans Klausen	62										48:39							
02:15+	04:08+	07:29+	10:00+	11:37+	15:18+	17:52+	20:46+	24:19+	28:29+	30:10+	32:53+	34:04+	36:03+	37:56+	40:47+	43:48+	46:22+		
02:15+	01:53+	03:21+	02:31+	01:37+	03:41+	02:34+	02:54+	03:33+	04:10+	01:41-	02:43+	01:11+	01:59+	01:53+	02:51+	03:01+	02:34+		
00:48&	00:38&	02:15@	00:57&	00:15#	02:00@	00:57&	00:42&	01:21&	03:04@	01:00-	01:41@	00:02+	01:01@	00:15#	00:50&	02:05@	00:48&		
11	Norvald Skretting	43										49:14							
02:27+	05:21+	11:41+	14:02+	15:25+	17:28+	19:50+	22:39+	25:16+	27:44+	30:39+	32:19+	34:17+	37:00+	40:39+	45:15+	46:48+	49:14+		
02:27+	02:54+	06:20+	02:21+	01:23+	02:03+	02:22+	02:49+	02:37+	02:28+	02:55+	01:40+	01:58+	02:43+	03:39+	04:36+	01:33+	02:26+		
01:00&	01:39@	05:14@	00:47&	00:01+	00:22#	00:45&	00:37&	00:25#	01:22@	00:14+	00:38&	00:49&	01:45@	02:01@	02:35@	00:37&	00:40&		
12	Ole Auklend	106										49:55							
02:23+	04:19+	07:56+	10:31+	15:18+	17:56+	20:58+	24:24+	27:43+	29:45+	32:21+	34:06+	36:13+	39:00+	41:49+	45:23+	47:01+	49:55+		
02:23+	01:56+	03:37+	02:35+	04:47+	02:38+	03:02+	03:26+	03:19+	02:02+	02:36-	01:45+	02:07+	02:47+	02:49+	03:34+	01:38+	02:54+		
00:56&	00:41&	02:31@	01:01&	03:25@	00:57&	01:25&	01:14&	01:07&	00:56&	00:05-	00:43&	00:58&	01:49@	01:11&	01:33&	00:42&	01:08&		

Class	Navn	Klasse										Tid					
13	Ingjald Egeland	7										55:26					
02:40+	04:37+	06:33+	08:47+	10:17+	12:58+	14:57+	18:18+	27:17+	29:20+	31:54+	33:03+	34:31+	40:45+	47:20+	50:33+	52:22+	55:26+
02:40+	01:57+	01:56+	02:14+	01:30+	02:41+	01:59+	03:21+	08:59+	02:03+	02:34-	01:09+	01:28+	06:14+	06:35+	03:13+	01:49+	03:04+
01:13&	00:42&	00:50&	00:40&	00:08+	01:00&	00:22#	01:09&	06:47@	00:57&	00:07-	00:07#	00:19&	05:16@	04:57@	01:12&	00:53&	01:18&
14	John Abrahamsen	125										1:21:32					
03:16+	07:00+	10:16+	13:24+	17:01+	24:06+	27:09+	32:52+	37:12+	40:08+	45:20+	47:22+	50:42+	53:38+	58:25+	73:33+	77:27+	81:32+
03:16+	03:44+	03:16+	03:08+	03:37+	07:05+	03:03+	05:43+	04:20+	02:56+	05:12+	02:02+	03:20+	02:56+	04:47+	15:08+	03:54+	04:05+
01:49@	02:29@	02:10@	01:34&	02:15@	05:24@	01:26&	03:31@	02:08&	01:50@	02:31&	01:00&	02:11@	01:58@	03:09@	13:07@	02:58@	02:19@
15	Jan H. Sagen	92										1:29:25					
03:46+	07:33+	35:46+	40:01+	41:59+	46:12+	51:02+	55:59+	60:48+	63:32+	65:52+	67:59+	70:35+	72:18+	77:10+	80:55+	85:14+	89:25+
03:46+	03:47+	28:13+	04:15+	01:58+	04:13+	04:50+	04:57+	04:49+	02:44+	02:20-	02:07+	02:36+	01:43+	04:52+	03:45+	04:19+	04:11+
02:19@	02:32@	27:07@	02:41@	00:36&	02:32@	03:13@	02:45@	02:37@	01:38@	00:21-	01:05@	01:27@	00:45&	03:14@	01:44&	03:23@	02:25@
Beste strekktid for klassen																	
01:27	01:15	01:03	01:34	01:03	01:41	01:37	02:12	02:12	01:06	01:18	00:53	01:09	00:58	01:38	02:01	00:56	01:46

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

Herrer 75 - 79 år

1	Knut Skjæveland	93										21:30					
00:46=	02:53=	04:16=	05:51=	08:47=	09:57=	11:22=	13:02=	14:29=	15:36=	17:36=	19:08=	20:09=	21:30=				
00:46=	02:07=	01:23=	01:35=	02:56=	01:10=	01:25=	01:40=	01:27=	01:07=	02:00=	01:32=	01:01=	01:21=				
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=				
2	Øyvind Egeskog	5										22:30					
00:42-	02:43-	05:26+	06:55+	09:27+	10:35+	11:51+	12:59-	14:36+	15:40+	17:34-	19:20+	20:51+	22:30+				
00:42-	02:01-	02:43+	01:29-	02:32-	01:08-	01:16-	01:08-	01:37+	01:04-	01:54-	01:46+	01:31+	01:39+				
00:04-	00:06-	01:20&	00:06-	00:24-	00:02-	00:09-	00:32-	00:10#	00:03-	00:06-	00:14#	00:30&	00:18#				
3	Tormod Aaslid	54										23:00					
00:55+	02:42-	04:14-	05:44-	08:17-	11:34+	12:37+	13:43+	15:22+	16:24+	18:42+	20:43+	21:46+	23:00+				
00:55+	01:47-	01:32+	01:30-	02:33-	03:17+	01:03-	01:06-	01:39+	01:02-	02:18+	02:01+	01:03+	01:14-				
00:09#	00:20-	00:09#	00:05-	00:23-	02:07@	00:22-	00:34-	00:12#	00:05-	00:18#	00:29&	00:02+	00:07-				
4	Harald Vatne	67										24:54					
01:09+	03:42+	05:26+	07:18+	10:02+	11:13+	13:18+	15:16+	17:00+	18:06+	20:19+	21:59+	23:03+	24:54+				
01:09+	02:33+	01:44+	01:52+	02:44-	01:11+	02:05+	01:58+	01:44+	01:06-	02:13+	01:40+	01:04+	01:51+				
00:23&	00:26#	00:21&	00:17#	00:12-	00:01+	00:40&	00:18#	00:17#	00:01-	00:13#	00:08+	00:03+	00:30&				
5	Svein Glendrange	68										25:33					
00:57+	03:07+	06:49+	08:53+	11:43+	12:51+	14:22+	16:27+	18:06+	19:10+	21:02+	22:58+	23:57+	25:33+				
00:57+	02:10+	03:42+	02:04+	02:50-	01:08-	01:31+	02:05+	01:39+	01:04-	01:52-	01:56+	00:59-	01:36+				
00:11#	00:03+	02:19@	00:29&	00:06-	00:02-	00:06+	00:25#	00:12#	00:03-	00:08-	00:24&	00:02-	00:15#				
6	Steinar Undheim	54										25:33					
01:04+	03:23+	06:03+	08:06+	10:41+	11:55+	14:11+	16:14+	17:51+	18:54+	21:30+	22:55+	23:59+	25:33+				
01:04+	02:19+	02:40+	02:03+	02:35-	01:14+	02:16+	02:03+	01:37+	01:03-	02:36+	01:25-	01:04+	01:34+				
00:18&	00:12+	01:17&	00:28&	00:21-	00:04+	00:51&	00:23#	00:10#	00:04-	00:36&	00:07-	00:03+	00:13#				
7	Kjell Langvik	93										26:24					
01:10+	04:33+	06:33+	08:13+	10:50+	12:24+	14:18+	16:28+	18:15+	19:35+	21:53+	23:38+	24:42+	26:24+				
01:10+	03:23+	02:00+	01:40+	02:37-	01:34+	01:54+	02:10+	01:47+	01:20+	02:18+	01:45+	01:04+	01:42+				
00:24&	01:16&	00:37&	00:05+	00:19-	00:24&	00:29&	00:30&	00:20#	00:13#	00:18#	00:13#	00:03+	00:21&				
8	Arne Tveita	109										30:11					
02:47+	05:33+	06:54+	08:37+	12:11+	13:23+	15:27+	17:33+	19:17+	21:00+	24:23+	26:08+	28:39+	30:11+				
02:47+	02:46+	01:21-	01:43+	03:34+	01:12+	02:04+	02:06+	01:44+	01:43+	03:23+	01:45+	02:31+	01:32+				
02:01@	00:39&	00:02-	00:08+	00:38#	00:02+	00:39&	00:26&	00:17#	00:36&	01:23&	00:13#	01:30@	00:11#				
9	Reidar Magne Liland	66										31:14					
01:12+	03:58+	06:50+	09:22+	12:35+	14:02+	16:59+	18:20+	20:44+	22:07+	25:43+	27:52+	29:24+	31:14+				
01:12+	02:46+	02:52+	02:32+	03:13+	01:27+	02:57+	01:21-	02:24+	01:23+	03:36+	02:09+	01:32+	01:50+				
00:26&	00:39&	01:29@	00:57&	00:17+	00:17#	01:32@	00:19-	00:57&	00:16#	01:36&	00:37&	00:31&	00:29&				
10	Arne Brandsberg	29										34:12					
01:38+	05:32+	08:03+	10:24+	14:13+	15:52+	17:51+	19:41+	22:11+	23:40+	27:38+	30:03+	31:42+	34:12+				
01:38+	03:54+	02:31+	02:21+	03:49+	01:39+	01:59+	01:50+	02:30+	01:29+	03:58+	02:25+	01:39+	02:30+				
00:52@	01:47&	01:08&	00:46&	00:53&	00:29&	00:34&	00:10#	01:03&	00:22&	01:58&	00:53&	00:38&	01:09&				

Class	Navn	Klasse												Tid
11	Jan Bekkeheien	92												37:45
00:55+	04:09+	11:47+	16:25+	19:35+	21:01+	23:10+	24:51+	26:48+	28:13+	31:30+	34:27+	35:46+	37:45+	
00:55+	03:14+	07:38+	04:38+	03:10+	01:26+	02:09+	01:41+	01:57+	01:25+	03:17+	02:57+	01:19+	01:59+	
00:09#	01:07&	06:15@	03:03@	00:14+	00:16#	00:44&	00:01+	00:30&	00:18&	01:17&	01:25&	00:18&	00:38&	
12	Alf Gyland	92												43:29
01:01+	03:29+	05:37+	08:25+	11:12+	13:17+	15:27+	17:10+	19:37+	21:00+	24:13+	26:12+	41:26+	43:29+	
01:01+	02:28+	02:08+	02:48+	02:47-	02:05+	02:10+	01:43+	02:27+	01:23+	03:13+	01:59+	15:14+	02:03+	
00:15&	00:21#	00:45&	01:13&	00:09-	00:55&	00:45&	00:03+	01:00&	00:16#	01:13&	00:27&	14:13@	00:42&	
13	Kjell Maudal	63												46:01
01:41+	05:13+	07:52+	10:08+	13:36+	15:14+	18:18+	19:40+	22:01+	23:21+	26:44+	28:54+	43:38+	46:01+	
01:41+	03:32+	02:39+	02:16+	03:28+	01:38+	03:04+	01:22-	02:21+	01:20+	03:23+	02:10+	14:44+	02:23+	
00:55@	01:25&	01:16&	00:41&	00:32#	00:28&	01:39@	00:18-	00:54&	00:13#	01:23&	00:38&	13:43@	01:02&	

Beste strekktid for klassen

00:42 01:47 01:21 01:29 02:32 01:08 01:03 01:06 01:27 01:02 01:52 01:25 00:59 01:14

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

Herrer 80 år og eldre

1	Magne Jakobsen	63												25:56		
02:33=	04:38=	05:19=	07:37=	09:06=	12:00=	13:31=	14:46=	16:06=	17:05=	17:33=	18:27=	19:53=	21:26=	22:40=	24:12=	25:56=
02:33=	02:05=	00:41=	02:18=	01:29=	02:54=	01:31=	01:15=	01:20=	00:59=	00:28=	00:54=	01:26=	01:33=	01:14=	01:32=	01:44=
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=
2	Torleiv Møgedal	68												35:38		
03:13+	05:55+	07:36+	11:19+	12:56+	16:42+	18:15+	19:47+	21:48+	23:02+	23:45+	24:57+	27:04+	29:23+	31:22+	33:03+	35:38+
03:13+	02:42+	01:41+	03:43+	01:37+	03:46+	01:33+	01:32+	02:01+	01:14+	00:43+	01:12+	02:07+	02:19+	01:59+	01:41+	02:35+
00:40&	00:37&	01:00@	01:25&	00:08+	00:52&	00:02+	00:17#	00:41&	00:15&	00:15&	00:18&	00:41&	00:46&	00:45&	00:09+	00:51&
3	Magne Westerheim	93												1:13:42		
05:03+	29:33+	32:37+	34:58+	41:09+	47:51+	48:58+	53:57+	60:32+	61:31+	62:19+	65:04+	66:50+	68:44+	70:19+	71:36+	73:42+
05:03+	24:30+	03:04+	02:21+	06:11+	06:42+	01:07+	04:59+	06:35+	00:59+	00:48+	02:45+	01:46+	01:54+	01:35+	01:17-	02:06+
02:30&	22:25@	02:23@	00:03+	04:42@	03:48@	00:24-	03:44@	05:15@	00:00=	00:20&	01:51@	00:20#	00:21#	00:21&	00:15-	00:22#

Beste strekktid for klassen

02:33 02:05 00:41 02:18 02:19 02:54 01:07 01:15 01:20 00:59 00:28 00:54 01:26 01:33 01:14 01:17 01:44

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

Herrer A

1	Fredrik Omdal	74												24:39											
01:01=	01:56=	02:37=	04:03=	04:44=	05:57=	07:09=	08:36=	09:46=	10:36=	11:07=	14:01=	15:01=	16:12=	16:57=	17:26=	18:13=	18:55=	19:38=	20:07=	20:38=	22:00=	22:39=	23:26=	24:21=	24:39=
01:01=	00:55=	00:41=	01:26=	00:41=	01:13=	01:12=	01:27=	01:10=	00:50=	00:31=	02:54=	01:00=	01:11=	00:45=	00:29=	00:47=	00:42=	00:43=	00:29=	00:31=	01:22=	00:39=	00:47=	00:55=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Øyvind Lamark	46												30:30											
01:08+	02:30+	03:22+	05:17+	06:07+	07:25+	08:53+	10:41+	11:56+	12:53+	13:27+	16:48+	18:15+	19:38+	20:30+	21:04+	21:57+	22:39+	24:08+	24:39+	25:15+	27:08+	27:50+	28:39+	30:10+	30:30+
01:08+	01:22+	00:52+	01:55+	00:50+	01:18+	01:28+	01:48+	01:15+	00:57+	00:34+	03:21+	01:27+	01:23+	00:52+	00:34+	00:53+	00:42=	01:29+	00:31+	00:36+	01:53+	00:42+	00:49+	01:31+	00:20+
00:07#	00:27&	00:11&	00:29&	00:09#	00:05+	00:16#	00:21#	00:05+	00:07#	00:03+	00:27#	00:27&	00:12#	00:07#	00:05#	00:06#	00:00=	00:46@	00:02+	00:05#	00:31&	00:03+	00:02+	00:36&	00:02#
3	Markus Breivold	92												31:33											
01:04+	02:14+	03:01+	04:39+	05:28+	07:40+	09:03+	10:36+	11:49+	12:48+	13:20+	16:44+	17:53+	19:12+	20:44+	21:17+	22:01+	23:05+	24:22+	25:00+	25:32+	27:10+	27:51+	28:42+	31:17+	31:33+
01:04+	01:10+	00:47+	01:38+	00:49+	02:12+	01:23+	01:33+	01:13+	00:59+	00:32+	03:24+	01:09+	01:19+	01:32+	00:33+	00:44-	01:04+	01:17+	00:38+	00:32+	01:38+	00:41+	00:51+	02:35+	00:16-
00:03+	00:15&	00:06#	00:12#	00:08#	00:59&	00:11#	00:06+	00:03+	00:09#	00:01+	00:30#	00:09#	00:08#	00:47@	00:04#	00:03-	00:22&	00:34&	00:09&	00:01+	00:16#	00:02+	00:04+	01:40@	00:02-
4	Kristian Haarr	27												32:01											
02:04+	03:03+	03:51+	05:21+	07:25+	08:46+	10:00+	11:56+	13:17+	14:16+	15:01+	18:12+	19:20+	20:38+	21:37+	22:08+	23:08+	24:00+	25:19+	26:02+	26:49+	28:58+	29:45+	30:42+	31:40+	32:01+
02:04+	00:59+	00:48+	01:30+	02:04+	01:21+	01:14+	01:56+	01:21+	00:59+	00:45+	03:11+	01:08+	01:18+	00:59+	00:31+	01:00+	00:52+	01:19+	00:43+	00:47+	02:09+	00:47+	00:57+	00:58+	00:21+
01:03@	00:04+	00:07#	00:04+	01:23@	00:08#	00:02+	00:29&	00:11#	00:09#	00:14&	00:17+	00:08#	00:07+	00:14&	00:02+	00:13&	00:10#	00:36&	00:14&	00:16&	00:47&	00:08#	00:10#	00:03+	00:03#
5	Torbjørn Ims Østby	66												36:29											
01:17+	02:32+	03:28+	05:19+	06:15+	07:42+	09:22+	11:16+	12:42+	13:49+	14:30+	18:12+	19:41+	21:07+	22:16+	23:05+	24:15+	25:23+	27:19+	27:49+	28:26+	30:15+	31:09+	32:12+	36:06+	36:29+
01:17+	01:15+	00:56+	01:51+	00:56+	01:27+	01:40+	01:54+	01:26+	01:07+	00:41+	03:42+	01:29+	01:26+	01:09+	00:49+	01:10+	01:08+	01:56+	00:30+	00:37+	01:49+	00:54+	01:03+	03:54+	00:23+
00:16&	00:20&	00:15&	00:25&	00:15&	00:14#	00:28&	00:27&	00:16#	00:17&	00:10&	00:48&	00:29&	00:15#	00:24&	00:20&	00:23&	00:26&	01:13@	00:01+	00:06#	00:27&	00:15&	00:16&	02:59@	00:05&

Class	Navn	Klasse										Tid													
7	Martin Blystad	115										40:54													
01:22+	02:49+	04:17+	05:59+	06:50+	08:09+	09:37+	11:30+	12:54+	14:01+	15:15+	18:58+	22:01+	23:59+	25:04+	26:59+	28:06+	29:08+	30:55+	31:36+	32:25+	36:53+	37:44+	38:51+	40:35+	40:54+
01:22+	01:27+	01:28+	01:42+	00:51+	01:19+	01:28+	01:53+	01:24+	01:07+	01:14+	03:43+	03:03+	01:58+	01:05+	01:55+	01:07+	01:02+	01:47+	00:41+	00:49+	04:28+	00:51+	01:07+	01:44+	00:19+
00:21&	00:32&	00:47@	00:16#	00:10#	00:06+	00:16#	00:26&	00:14#	00:17&	00:43@	00:49&	02:03@	00:47&	00:20&	01:26@	00:20&	00:20&	01:04@	00:12&	00:18&	03:06@	00:12&	00:20&	00:49&	00:01+
8	Dag Eivind Watsend	92										43:49													
01:39+	03:00+	04:22+	06:14+	07:07+	08:45+	10:12+	12:25+	13:54+	15:07+	15:45+	20:08+	21:37+	23:11+	24:39+	25:11+	26:21+	27:41+	34:14+	35:01+	35:43+	38:55+	39:52+	41:07+	43:30+	43:49+
01:39+	01:21+	01:22+	01:52+	00:53+	01:38+	01:27+	02:13+	01:29+	01:13+	00:38+	04:23+	01:29+	01:34+	01:28+	00:32+	01:10+	01:20+	06:33+	00:47+	00:42+	03:12+	00:57+	01:15+	02:23+	00:19+
00:38&	00:26&	00:41&	00:26&	00:12&	00:25&	00:15#	00:46&	00:19&	00:23&	00:07#	01:29&	00:29&	00:23&	00:43&	00:03#	00:23&	00:38&	05:50@	00:18&	00:11&	01:50@	00:18&	00:28&	01:28@	00:01+
Beste strekktid for klassen																									
01:01	00:55	00:41	01:26	00:41	01:13	01:12	01:27	01:10	00:50	00:31	02:54	01:00	01:11	00:45	00:29	00:44	00:42	00:43	00:29	00:31	01:22	00:39	00:47	00:55	00:16

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

Herrer B

1	Aart Joakim in't Veld	93										29:49													
00:58=	01:58=	02:45=	04:11=	04:55=	06:03=	07:28=	09:01=	10:13=	11:08=	11:41=	15:04=	16:21=	17:42=	18:34=	19:09=	20:08=	20:52=	22:31=	23:40=	24:21=	26:09=	27:11=	28:06=	29:31=	29:49=
00:58=	01:00=	00:47=	01:26=	00:44=	01:08=	01:25=	01:33=	01:12=	00:55=	00:33=	03:23=	01:17=	01:21=	00:52=	00:35=	00:59=	00:44=	01:39=	01:09=	00:41=	01:48=	01:02=	00:55=	01:25=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tor Gunnar Aksland	116										30:25													
01:03+	02:03+	02:52+	04:19+	05:09+	06:23+	08:23+	10:09+	11:18+	12:14+	12:49+	16:05+	17:16+	18:53+	19:51+	20:29+	21:29+	22:27+	23:47+	24:17+	24:54+	26:50+	27:35+	28:35+	30:06+	30:25+
01:03+	01:00=	00:49+	01:27+	00:50+	01:14+	02:00+	01:46+	01:09+	00:56+	00:35+	03:16-	01:11-	01:37+	00:58+	00:38+	01:00+	00:58+	01:20+	00:30-	00:37-	01:56+	00:45-	01:00+	01:31+	00:19+
00:05+	00:00=	00:02+	00:01+	00:06#	00:06+	00:35&	00:13#	00:03-	00:01+	00:02+	00:07-	00:06-	00:16#	00:06#	00:03+	00:01+	00:14&	00:19-	00:39-	00:04-	00:08+	00:17-	00:05+	00:06+	00:01+
3	Stein Arne Olsen	68										30:26													
01:09+	02:14+	03:05+	04:46+	05:39+	06:57+	08:25+	10:28+	11:45+	12:44+	13:21+	17:01+	18:10+	19:33+	20:24+	21:01+	22:01+	23:08+	24:31+	25:09+	25:44+	27:18+	28:04+	29:02+	30:06+	30:26+
01:09+	01:05+	00:51+	01:41+	00:53+	01:18+	01:28+	02:03+	01:17+	00:59+	00:37+	03:40+	01:09-	01:23+	00:51-	00:37+	01:00+	01:07+	01:23-	00:38-	00:35-	01:34-	00:46-	00:58+	01:04-	00:20+
00:11#	00:05+	00:04+	00:15#	00:09#	00:10#	00:03+	00:30&	00:05+	00:04+	00:04#	00:17+	00:08-	00:02+	00:01-	00:02+	00:01+	00:23&	00:16-	00:31-	00:06-	00:14-	00:16-	00:03+	00:21-	00:02#
4	Morten Aamodt	116										31:21													
01:17+	02:15+	03:04+	04:57+	05:47+	07:48+	09:07+	11:14+	12:33+	13:31+	14:07+	18:02+	19:18+	20:45+	21:37+	22:14+	23:08+	24:13+	25:21+	25:51+	26:27+	28:02+	28:47+	29:44+	30:51+	31:21+
01:17+	00:58-	00:49+	01:53+	00:50+	02:01+	01:19-	02:07+	01:19+	00:58+	00:36+	03:55+	01:16-	01:27+	00:52=	00:37+	00:54-	01:05+	01:08-	00:30-	00:36-	01:35-	00:45-	00:57+	01:07-	00:30+
00:19&	00:02-	00:02+	00:27&	00:06#	00:53&	00:06-	00:34&	00:07+	00:03+	00:03+	00:32#	00:01-	00:06+	00:00=	00:02+	00:05-	00:21&	00:31-	00:39-	00:05-	00:13-	00:17-	00:02+	00:18-	00:12&
5	Tom Furland	62										31:36													
01:09+	02:09+	02:56+	04:31+	05:20+	06:44+	08:31+	10:18+	11:33+	12:38+	13:14+	16:56+	18:07+	19:33+	20:39+	21:13+	22:08+	22:43+	23:45+	24:29+	25:04+	27:22+	28:08+	29:04+	31:15+	31:36+
01:09+	01:00=	00:47=	01:35+	00:49+	01:24+	01:47+	01:47+	01:15+	01:05+	00:36+	03:42+	01:11-	01:26+	01:06+	00:34-	00:55-	00:35-	01:02-	00:44-	00:35-	02:18+	00:46-	00:56+	02:11+	00:21+
00:11#	00:00=	00:00=	00:09#	00:05#	00:16#	00:22&	00:14#	00:03+	00:10#	00:03+	00:19+	00:06-	00:05+	00:14&	00:01-	00:04-	00:09-	00:37-	00:25-	00:06-	00:30&	00:16-	00:01+	00:46&	00:03#
6	Magnus Landstad	66										31:37													
01:10+	02:17+	03:07+	04:37+	05:32+	06:48+	08:14+	09:56+	11:09+	12:11+	12:46+	16:48+	17:55+	19:18+	20:13+	20:53+	21:50+	22:43+	23:57+	24:32+	25:08+	27:37+	28:31+	29:25+	31:17+	31:37+
01:10+	01:07+	00:50+	01:30+	00:55+	01:16+	01:26+	01:42+	01:13+	01:02+	00:35+	04:02+	01:07-	01:23+	00:55+	00:40+	00:57-	00:53+	01:14-	00:35-	00:36-	02:29+	00:54-	00:54-	01:52+	00:20+
00:12#	00:07#	00:03+	00:04+	00:11#	00:08#	00:01+	00:09+	00:01+	00:07#	00:02+	00:39#	00:10-	00:02+	00:03+	00:05#	00:02-	00:09#	00:25-	00:34-	00:05-	00:41&	00:08-	00:01-	00:27&	00:02#
7	Njål F. Vadla	93										33:46													
03:33+	04:24+	05:24+	07:04+	07:50+	09:02+	10:30+	12:02+	13:18+	14:18+	14:56+	18:18+	20:31+	21:51+	22:45+	23:20+	24:22+	25:03+	26:56+	28:22+	28:52+	30:23+	31:09+	31:59+	33:18+	33:46+
03:33+	00:51-	01:00+	01:40+	00:46+	01:12+	01:28+	01:32-	01:16+	01:00+	00:38+	03:22-	02:13+	01:20-	00:54+	00:35=	01:02+	00:41-	01:53+	01:26+	00:30-	01:31-	00:46-	00:50-	01:19-	00:28+
02:35@	00:09-	00:13&	00:14#	00:02+	00:04+	00:03+	00:01-	00:04+	00:05+	00:05#	00:01-	00:56&	00:01-	00:02+	00:00=	00:03+	00:03-	00:14#	00:17#	00:11-	00:17-	00:16-	00:05-	00:06-	00:10&
8	Geir Sand	105										36:15													
01:14+	02:25+	03:19+	04:55+	05:55+	07:41+	10:21+	12:10+	13:32+	14:51+	15:27+	19:08+	20:15+	21:51+	22:59+	23:43+	24:42+	26:10+	27:58+	29:01+	29:38+	32:05+	33:11+	34:14+	35:49+	36:15+
01:14+	01:11+	00:54+	01:36+	01:00+	01:46+	02:40+	01:49+	01:22+	01:19+	00:36+	03:41+	01:07-	01:36+	01:08+	00:44+	00:59=	01:28+	01:48+	01:03-	00:37-	02:27+	01:06+	01:03+	01:35+	00:26+
00:16&	00:11#	00:07#	00:10#	00:16&	00:38&	01:15&	00:16#	00:10#	00:24&	00:03+	00:18+	00:10-	00:15#	00:16&	00:09&	00:00=	00:44&	00:09+	00:06-	00:04-	00:39&	00:04+	00:08#	00:10#	00:08&
9	Oddmund Nordgård	105										38:20													
01:38+	03:04+	04:03+	05:53+	06:57+	08:30+	10:10+	13:12+	14:38+	15:48+	17:01+	21:27+	22:37+	24:18+	25:54+	26:45+	27:56+	28:57+	30:36+	31:32+	32:14+	34:17+	35:07+	36:22+	38:02+	38:20+
01:38+	01:26+	00:59+	01:50+	01:04+	01:33+	01:40+	03:02+	01:26+	01:10+	01:13+	04:26+	01:10-	01:41+	01:36+	00:51+	01:11+	01:01+	01:39=	00:56-	00:42+	02:03+	00:50-	01:15+	01:40+	00:18+
00:40&	00:26&	00:12&	00:24&	00:20&	00:25&	00:15#	01:29&	00:14#	00:15&	00:40@	01:03&	00:07-	00:20#	00:44&	00:16&	00:12#	00:17&	00:00=	00:13-	00:01+	00:15#	00:12-	00:20&	00:15#	00:00=
10	Jørgen Breivold	54										41:38													
01:17+	02:43+	03:29+	05:02+	08:54+	10:15+	11:57+	15:37+	16:54+	18:14+	19:08+	22:57+	24:18+	25:51+	26:48+	27:33+	28:32+	29:37+	32:25+	34:12+	34:51+	36:46+	37:43+	39:35+	41:17+	41:38+
01:17+	01:26+	00:46-	01:33+	03:52+	01:21+	01:42+	03:40+	01:17+	01:20+	00:54+	03:49+	01:21+	01:33+	00:57+	00:45+	00:59=	01:05+	02:48+	01:47+	00:39-	01:55+	00:57-	01:52+	01:42+	00:21+
00:19&	00:26&	00:01-	00:07+	03:08@	00:13#	00:17#	02:07@	00:05+	00:25&	00:21&	00:26#	00:04+	00:12#	00:05+	00:10&	00:00=	00:21&	01:09&	00:38&	00:02-	00:07+	00:05-	00:57@	00:17#	00:03#
11	Espen Fyhn Nilsen	116										41:43													
01:33+	03:03+	04:16+	06:13+	07:22+	09:03+	10:46+	13:05+	14:51+	16:10+																

Class	Navn	Klasse										Tid													
12	Øystein Amundrud	90										43:34													
01:39+	02:59+	04:11+	06:26+	07:41+	09:32+	11:03+	13:12+	15:45+	17:12+	17:57+	22:58+	24:39+	26:45+	29:07+	30:25+	31:52+	32:58+	35:06+	35:57+	36:45+	38:52+	39:50+	41:26+	43:05+	43:34+
01:39+	01:20+	01:12+	02:15+	01:15+	01:51+	01:31+	02:09+	02:33+	01:27+	00:45+	05:01+	01:41+	02:06+	02:22+	01:18+	01:27+	01:06+	02:08+	00:51-	00:48+	02:07+	00:58-	01:36+	01:39+	00:29+
00:41&	00:20&	00:25&	00:49&	00:31&	00:43&	00:06+	00:36&	01:21@	00:32&	00:12&	01:38&	00:24&	00:45&	01:30@	00:43@	00:28&	00:22&	00:29&	00:18-	00:07#	00:19#	00:04-	00:41&	00:14#	00:11&

Beste strekktid for klassen

00:58 00:51 00:46 01:26 00:44 01:08 01:19 01:32 01:09 00:55 00:33 03:16 01:07 01:20 00:51 00:34 00:54 00:35 01:02 00:30 00:30 01:31 00:45 00:50 01:04 00:18

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

Herrer C

1	Jan Einar Øvremo	50										29:06													
01:49=	03:31=	04:32=	05:47=	07:09=	09:24=	10:04=	12:22=	14:21=	15:16=	17:13=	17:46=	19:15=	20:42=	22:08=	23:51=	26:01=	27:06=	28:35=	29:06=						
01:49=	01:42=	01:01=	01:15=	01:22=	02:15=	00:40=	02:18=	01:59=	00:55=	01:57=	00:33=	01:29=	01:27=	01:26=	01:43=	02:10=	01:05=	01:29=	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=						
2	Otte Omdal	65										29:24													
02:02+	03:52+	04:51+	06:14+	07:35+	10:04+	10:53+	13:04+	15:19+	16:20+	17:52+	18:32+	19:32+	21:14+	24:30+	25:14+	26:54+	27:39+	29:04+	29:24+						
02:02+	01:50+	00:59-	01:23+	01:21-	02:29+	00:49+	02:11-	02:15+	01:01+	01:32-	00:40+	01:00-	01:42+	03:16+	00:44-	01:40-	00:45-	01:25-	00:20-						
00:13#	00:08+	00:02-	00:08#	00:01-	00:14#	00:09#	00:07-	00:16#	00:06#	00:25-	00:07#	00:29-	00:15#	01:50@	00:59-	00:30-	00:20-	00:04-	00:11-						
3	Sturle Omdal	116										31:12													
02:16+	03:45+	04:41+	06:14+	07:38+	10:15+	11:12+	13:37+	15:49+	16:48+	18:37+	19:37+	20:40+	22:50+	24:37+	25:40+	27:28+	28:21+	30:52+	31:12+						
02:16+	01:29-	00:56-	01:33+	01:24+	02:37+	00:57+	02:25+	02:12+	00:59+	01:49-	01:00+	01:03-	02:10+	01:47+	01:03-	01:48-	00:53-	02:31+	00:20-						
00:27#	00:13-	00:05-	00:18#	00:02+	00:22#	00:17-	00:07+	00:13#	00:04+	00:08-	00:27&	00:26-	00:43&	00:21#	00:40-	00:22-	00:12-	01:02&	00:11-						
4	Paul Terje Haarr	62										31:30													
02:53+	04:57+	06:01+	07:24+	08:59+	11:47+	12:42+	15:40+	17:55+	18:46+	20:56+	21:43+	22:51+	23:57+	25:17+	26:06+	28:11+	29:12+	31:09+	31:30+						
02:53+	02:04+	01:04+	01:23+	01:35+	02:48+	00:55+	02:58+	02:15+	00:51-	02:10+	00:47+	01:08-	01:06-	01:20-	00:49-	02:05-	01:01-	01:57+	00:21-						
01:04&	00:22#	00:03+	00:08#	00:13#	00:33#	00:15&	00:40&	00:16#	00:04-	00:13#	00:14&	00:21-	00:21-	00:06-	00:54-	00:05-	00:04-	00:28&	00:10-						
5	Trond Nilsen Lamark	114										32:30													
02:32+	04:34+	05:39+	07:11+	08:50+	11:24+	12:16+	14:41+	16:37+	17:34+	19:32+	20:19+	21:31+	23:32+	25:37+	26:29+	28:22+	29:39+	32:07+	32:30+						
02:32+	02:02+	01:05+	01:32+	01:39+	02:34+	00:52+	02:25+	01:56-	00:57+	01:58+	00:47+	01:12-	02:01+	02:05+	00:52-	01:53-	01:17+	02:28+	00:23-						
00:43&	00:20#	00:04+	00:17#	00:17#	00:19#	00:12&	00:07+	00:03-	00:02+	00:01+	00:14&	00:17-	00:34&	00:39&	00:51-	00:17-	00:12#	00:59&	00:08-						
6	Øystein Huglen	27										34:07													
02:51+	04:35+	05:36+	07:28+	09:01+	11:53+	12:50+	15:20+	17:22+	19:03+	20:56+	22:07+	23:43+	24:58+	27:41+	28:47+	30:53+	31:51+	33:42+	34:07+						
02:51+	01:44+	01:01=	01:52+	01:33+	02:52+	00:57+	02:30+	02:02+	01:41+	01:53-	01:11+	01:36+	01:15-	02:43+	01:06-	02:06-	00:58-	01:51+	00:25-						
01:02&	00:02+	00:00=	00:37&	00:11#	00:37&	00:17&	00:12+	00:03+	00:46&	00:04-	00:38@	00:07+	00:12-	01:17&	00:37-	00:04-	00:07-	00:22#	00:06-						
7	Kjetil Wirak	114										34:22													
02:13+	03:44+	04:40+	06:19+	07:47+	10:09+	10:54+	13:02+	14:52+	15:56+	17:57+	18:40+	19:49+	20:55+	23:28+	24:06+	31:37+	32:28+	34:03+	34:22+						
02:13+	01:31-	00:56-	01:39+	01:28+	02:22+	00:45+	02:08-	01:50-	01:04+	02:01+	00:43+	01:09-	01:06-	02:33+	00:38-	07:31+	00:51-	01:35+	00:19-						
00:24#	00:11-	00:05-	00:24&	00:06+	00:07+	00:05#	00:10-	00:09-	00:09#	00:04+	00:10&	00:20-	00:21-	01:07&	01:05-	05:21@	00:14-	00:06+	00:12-						
8	Svein Oddvar Netland	116										35:26													
04:45+	06:20+	07:40+	09:13+	11:11+	13:37+	14:45+	17:25+	19:49+	21:03+	23:06+	24:02+	25:27+	27:12+	28:30+	29:28+	31:29+	33:06+	35:06+	35:26+						
04:45+	01:35-	01:20+	01:33+	01:58+	02:26+	01:08+	02:40+	02:24+	01:14+	02:03+	00:56+	01:25-	01:45+	01:18-	00:58-	02:01-	01:37+	02:00+	00:20-						
02:56@	00:07-	00:19&	00:18#	00:36&	00:11+	00:28&	00:22#	00:25#	00:19&	00:06+	00:23&	00:04-	00:18#	00:08-	00:45-	00:09-	00:32&	00:31&	00:11-						
9	Sveinung Svebestad	46										36:11													
05:32+	07:18+	08:20+	09:58+	11:39+	14:53+	15:49+	18:30+	20:52+	22:02+	24:25+	25:19+	26:33+	27:42+	29:19+	30:08+	32:24+	33:26+	35:35+	36:11+						
05:32+	01:46+	01:02+	01:38+	01:41+	03:14+	00:56+	02:41+	02:22+	01:10+	02:23+	00:54+	01:14-	01:09-	01:37+	00:49-	02:16+	01:02-	02:09+	00:36+						
03:43@	00:04+	00:01+	00:23&	00:19#	00:59&	00:16&	00:23#	00:23#	00:15&	00:26#	00:21&	00:15-	00:18-	00:11#	00:54-	00:06+	00:03-	00:40&	00:05#						
10	Nils John Vestøl	83										37:20													
02:24+	03:55+	04:52+	06:04+	09:21+	11:55+	12:55+	15:10+	17:12+	18:15+	20:00+	20:40+	22:09+	23:20+	30:52+	32:09+	34:09+	35:14+	36:53+	37:20+						
02:24+	01:31-	00:57-	01:12-	03:17+	02:34+	01:00+	02:15-	02:02+	01:03+	01:45-	00:40+	01:29=	01:11-	07:32+	01:17-	02:00-	01:05=	01:39+	00:27-						
00:35&	00:11-	00:04-	00:03-	01:55@	00:19#	00:20&	00:03-	00:03+	00:08#	00:12-	00:07#	00:00=	00:16-	06:06@	00:26-	00:10-	00:00=	00:10#	00:04-						
11	Pål H. Gjerden	116										38:26													
02:55+	04:47+	05:50+	07:49+	09:32+	12:38+	13:44+	16:42+	18:59+	20:09+	22:25+	23:18+	24:39+	26:11+	29:35+	30:46+	34:37+	35:47+	37:57+	38:26+						
02:55+	01:52+	01:03+	01:59+	01:43+	03:06+	01:06+	02:58+	02:17+	01:10+	02:16+	00:53+	01:21-	01:32+	03:24+	01:11-	03:51+	01:10+	02:10+	00:29-						
01:06&	00:10+	00:02+	00:44&	00:21&	00:51&	00:26&	00:40&	00:18#	00:15&	00:19#	00:20&	00:08-	00:05+	01:58@	00:32-	01:41&	00:05+	00:41&	00:02-						
12	Erling Mauland	83										42:29													
02:55+	04:38+	05:46+	07:36+	11:22+	14:06+	15:09+	18:00+	20:52+	23:36+	25:37+	26:38+	27:54+	32:32+	34:12+	35:43+	37:56+	39:02+	42:00+	42:29+						
02:55+	01:43+	01:08+	01:50+	03:46+	02:44+	01:03+	02:51+	02:52+	02:44+	02:01+	01:01+	01:16-	04:38+	01:40+	01:31-	02:13+	01:06+	02:58+	00:29-						
01:06&	00:01+	00:07#	00:35&	02:24@	00:29#	00:23&	00:33#	00:53&	01:49@	00:04+	00:28&	00:13-	03:11@	00:14#	00:12-	00:03+	00:01+	01:29&	00:02-						

Class	Navn	Klasse										Tid							
13	Ove Oaland	116										45:37							
03:04+	04:56+	06:08+	09:02+	10:47+	13:55+	15:10+	18:15+	21:20+	22:35+	25:55+	27:12+	28:44+	35:26+	37:19+	38:57+	41:26+	42:46+	45:08+	45:37+
03:04+	01:52+	01:12+	02:54+	01:45+	03:08+	01:15+	03:05+	03:05+	01:15+	03:20+	01:17+	01:32+	06:42+	01:53+	01:38-	02:29+	01:20+	02:22+	00:29-
01:15&	00:10+	00:11#	01:39@	00:23&	00:53&	00:35&	00:47&	01:06&	00:20&	01:23&	00:44@	00:03+	05:15@	00:27&	00:05-	00:19#	00:15#	00:53&	00:02-
14	Bertrand Denieul	42										47:43							
01:54+	03:35+	04:30-	07:34+	09:13+	12:01+	12:56+	15:25+	17:32+	18:35+	20:24+	21:21+	23:46+	24:55+	29:21+	30:03+	42:14+	44:30+	47:22+	47:43+
01:54+	01:41-	00:55-	03:04+	01:39+	02:48+	00:55+	02:29+	02:07+	01:03+	01:49-	00:57+	02:25+	01:09-	04:26+	00:42-	12:11+	02:16+	02:52+	00:21-
00:05+	00:01-	00:06-	01:49@	00:17#	00:33#	00:15&	00:11+	00:08+	00:08#	00:08-	00:24&	00:56&	00:18-	03:00@	01:01-	10:01@	01:11@	01:23&	00:10-
Beste strekktid for klassen																			
01:49	01:29	00:55	01:12	01:21	02:15	00:40	02:08	01:50	00:51	01:32	00:33	01:00	01:06	01:18	00:38	01:40	00:45	01:25	00:19

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

Herrer Trim

1	Bruno Pierfelice	51										15:19								
01:06=	02:16=	02:44=	04:04=	04:54=	06:53=	07:27=	08:04=	08:49=	09:25=	09:48=	10:20=	11:21=	12:24=	13:11=	13:58=	15:19=				
01:06=	01:10=	00:28=	01:20=	00:50=	01:59=	00:34=	00:37=	00:45=	00:36=	00:23=	00:32=	01:01=	01:03=	00:47=	00:47=	01:21=				
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=				
2	Rolf Frøyland	5										16:14								
02:02+	03:10+	03:38+	04:49+	05:36+	07:09+	07:58+	08:46+	09:30+	10:35+	10:51+	11:45+	12:38+	13:40+	14:33+	15:14+	16:14+				
02:02+	01:08-	00:28=	01:11-	00:47-	01:33-	00:49+	00:48+	00:44-	01:05+	00:16-	00:54+	00:53-	01:02-	00:53+	00:41-	01:00-				
00:56&	00:02-	00:00=	00:00=	00:03-	00:26-	00:15&	00:11&	00:01-	00:29&	00:07-	00:22&	00:08-	00:01-	00:06#	00:06-	00:21-				
3	Arne Mong Birkeland	39										17:45								
01:40+	03:37+	04:10+	05:12+	06:05+	07:39+	08:26+	09:13+	10:12+	11:04+	11:29+	12:45+	13:35+	14:53+	15:45+	16:40+	17:45+				
01:40+	01:57+	00:33+	01:02-	00:53+	01:34-	00:47+	00:47+	00:59+	00:52+	00:25+	01:16+	00:50-	01:18+	00:52+	00:55+	01:05-				
00:34&	00:47&	00:05#	00:18-	00:03+	00:25-	00:13&	00:10&	00:14&	00:16&	00:02+	00:44@	00:11-	00:15#	00:05#	00:08#	00:16-				
4	Stig Erlend Ollestad	51										18:29								
01:50+	03:20+	03:42+	04:42+	05:34+	08:53+	09:28+	10:02+	11:24+	11:56+	12:15+	12:41+	15:04+	16:04+	16:47+	17:32+	18:29+				
01:50+	01:30+	00:22-	01:00-	00:52+	03:19+	00:35+	00:34-	01:22+	00:32-	00:19-	00:26-	02:23+	01:00-	00:43-	00:45-	00:57-				
00:44&	00:20&	00:06-	00:20-	00:02+	01:20&	00:01+	00:03-	00:37&	00:04-	00:04-	00:06-	01:22@	00:03-	00:04-	00:02-	00:24-				
5	Geirmund Gjedrem	27										19:49								
01:46+	03:15+	04:10+	05:41+	06:47+	08:52+	09:46+	10:44+	12:14+	12:52+	13:13+	13:48+	14:56+	16:21+	17:14+	18:19+	19:49+				
01:46+	01:29+	00:55+	01:31+	01:06+	02:05+	00:54+	00:58+	01:30+	00:38+	00:21-	00:35+	01:08+	01:25+	00:53+	01:05+	01:30+				
00:40&	00:19&	00:27&	00:11#	00:16&	00:06+	00:20&	00:21&	00:45&	00:02+	00:02-	00:03+	00:07#	00:22&	00:06#	00:18&	00:09#				
6	Elvio Freitas	51										20:18								
01:49+	03:12+	04:08+	05:25+	06:37+	08:49+	10:38+	11:23+	12:21+	13:13+	13:40+	14:21+	15:26+	16:45+	17:51+	18:43+	20:18+				
01:49+	01:23+	00:56+	01:17-	01:12+	02:12+	01:49+	00:45+	00:58+	00:52+	00:27+	00:41+	01:05+	01:19+	01:06+	00:52+	01:35+				
00:43&	00:13#	00:28&	00:03-	00:22&	00:13#	01:15@	00:08#	00:13&	00:16&	00:04#	00:09&	00:04+	00:16&	00:19&	00:05#	00:14#				
7	Roger Nyseth	92										20:58								
01:45+	03:32+	04:04+	05:44+	06:52+	09:01+	09:57+	10:53+	11:56+	12:51+	13:18+	14:16+	15:40+	17:10+	18:03+	19:06+	20:58+				
01:45+	01:47+	00:32+	01:40+	01:08+	02:09+	00:56+	00:56+	01:03+	00:55+	00:27+	00:58+	01:24+	01:30+	00:53+	01:03+	01:52+				
00:39&	00:37&	00:04#	00:20#	00:18&	00:10+	00:22&	00:19&	00:18&	00:19&	00:04#	00:26&	00:23&	00:27&	00:06#	00:16&	00:31&				
8	Truls Thorkildsen	39										21:58								
01:25+	03:00+	05:17+	06:45+	07:37+	09:39+	11:16+	12:20+	13:15+	13:58+	14:54+	15:29+	16:03+	17:00+	18:21+	19:22+	20:15+	21:58+			
01:25+	01:35+	02:17+	01:28+	00:52+	02:02+	01:37+	01:04+	00:55+	00:43+	00:56+	00:35+	00:34-	00:57-	01:21+	01:01+	00:53-	01:43+			
00:19&	00:25&	01:49@	00:08#	00:02+	00:03+	01:03@	00:27&	00:10#	00:07#	00:33@	00:03+	00:27-	00:06-	00:34&	00:14&	00:28-	01:43+			
9	Leif Jarle Skåra	29										23:49								
02:02+	03:56+	04:37+	06:10+	07:34+	09:54+	11:26+	12:33+	13:59+	14:50+	15:24+	16:05+	17:58+	19:33+	20:37+	22:08+	23:49+				
02:02+	01:54+	00:41+	01:33+	01:24+	02:20+	01:32+	01:07+	01:26+	00:51+	00:34+	00:41+	01:53+	01:35+	01:04+	01:31+	01:41+				
00:56&	00:44&	00:13&	00:13#	00:34&	00:21#	00:58@	00:30&	00:41&	00:15&	00:11&	00:09&	00:52&	00:32&	00:17&	00:44&	00:20#				
10	Arild Svihus	92										24:39								
01:59+	03:46+	04:59+	07:28+	08:27+	12:06+	13:13+	14:32+	15:31+	16:29+	16:56+	17:36+	18:57+	21:03+	22:13+	23:12+	24:39+				
01:59+	01:47+	01:13+	02:29+	00:59+	03:39+	01:07+	01:19+	00:59+	00:58+	00:27+	00:40+	01:21+	02:06+	01:10+	00:59+	01:27+				
00:53&	00:37&	00:45@	01:09&	00:09#	01:40&	00:33&	00:42@	00:14&	00:22&	00:04#	00:08#	00:20&	01:03&	00:23&	00:12&	00:06+				
11	Per Marthon Mæland	5										24:55								
01:39+	03:44+	04:28+	06:14+	08:39+	10:52+	12:00+	13:06+	14:15+	15:07+	15:35+	16:16+	17:55+	20:19+	21:33+	22:47+	24:55+				
01:39+	02:05+	00:44+	01:46+	02:25+	02:13+	01:08+	01:06+	01:09+	00:52+	00:28+	00:41+	01:39+	02:24+	01:14+	01:14+	02:08+				
00:33&	00:55&	00:16&	00:26&	01:35@	00:14#	00:34&	00:29&	00:24&	00:16&	00:05#	00:09&	00:38&	01:21@	00:27&	00:27&	00:47&				

Class	Navn	Klasse												Tid			
12	Lars Salvesen	50												25:37			
01:52+	03:35+	05:44+	07:50+	09:03+	12:52+	14:22+	15:16+	17:03+	18:12+	18:36+	19:24+	20:31+	22:03+	23:04+	24:07+	25:37+	
01:52+	01:43+	02:09+	02:06+	01:13+	03:49+	01:30+	00:54+	01:47+	01:09+	00:24+	00:48+	01:07+	01:32+	01:01+	01:03+	01:30+	
00:46&	00:33&	01:41@	00:46&	00:23&	01:50&	00:56@	00:17&	01:02@	00:33&	00:01+	00:16&	00:06+	00:29&	00:14&	00:16&	00:09#	
13	Arne Hope	43												26:24			
03:27+	05:16+	06:48+	08:37+	10:12+	12:41+	13:48+	15:00+	16:13+	17:06+	17:43+	18:42+	19:59+	21:36+	23:21+	24:33+	26:24+	
03:27+	01:49+	01:32+	01:49+	01:35+	02:29+	01:07+	01:12+	01:13+	00:53+	00:37+	00:59+	01:17+	01:37+	01:45+	01:12+	01:51+	
02:21@	00:39&	01:04@	00:29&	00:45&	00:30&	00:33&	00:35&	00:28&	00:17&	00:14&	00:27&	00:16&	00:34&	00:58@	00:25&	00:30&	
14	Arve Friestad	100												26:34			
03:49+	05:33+	06:14+	08:10+	10:14+	12:59+	14:13+	15:21+	16:21+	17:27+	18:04+	18:53+	20:12+	21:51+	23:37+	25:08+	26:34+	
03:49+	01:44+	00:41+	01:56+	02:04+	02:45+	01:14+	01:08+	01:00+	01:06+	00:37+	00:49+	01:19+	01:39+	01:46+	01:31+	01:26+	
02:43@	00:34&	00:13&	00:36&	01:14@	00:46&	00:40@	00:31&	00:15&	00:30&	00:14&	00:17&	00:18&	00:36&	00:59@	00:44&	00:05+	
15	Igor Muzdeka	74												28:34			
02:09+	04:01+	04:45+	06:32+	07:54+	10:50+	14:07+	14:59+	16:26+	17:30+	18:02+	19:14+	20:43+	22:40+	23:59+	26:37+	28:34+	
02:09+	01:52+	00:44+	01:47+	01:22+	02:56+	03:17+	00:52+	01:27+	01:04+	00:32+	01:12+	01:29+	01:57+	01:19+	02:38+	01:57+	
01:03&	00:42&	00:16&	00:27&	00:32&	00:57&	02:43@	00:15&	00:42&	00:28&	00:09&	00:40@	00:28&	00:54&	00:32&	01:51@	00:36&	
16	Tom Leveraas	188												29:01			
02:08+	04:10+	05:10+	07:33+	09:06+	12:05+	15:31+	17:05+	18:31+	19:56+	20:34+	21:29+	22:54+	24:34+	25:47+	27:05+	29:01+	
02:08+	02:02+	01:00+	02:23+	01:33+	02:59+	03:26+	01:34+	01:26+	01:25+	00:38+	00:55+	01:25+	01:40+	01:13+	01:18+	01:56+	
01:02&	00:52&	00:32@	01:03&	00:43&	01:00&	02:52@	00:57@	00:41&	00:49@	00:15&	00:23&	00:24&	00:37&	00:26&	00:31&	00:35&	
17	John Thorsnæs	51												29:10			
02:39+	04:35+	05:48+	07:38+	08:56+	11:56+	15:11+	16:02+	17:18+	18:24+	18:46+	20:09+	21:38+	23:44+	25:02+	27:42+	29:10+	
02:39+	01:56+	01:13+	01:50+	01:18+	03:00+	03:15+	00:51+	01:16+	01:06+	00:22-	01:23+	01:29+	02:06+	01:18+	02:40+	01:28+	
01:33@	00:46&	00:45@	00:30&	00:28&	01:01&	02:41@	00:14&	00:31&	00:30&	00:01-	00:51@	00:28&	01:03&	00:31&	01:53@	00:07+	
18	Per Kolbein Tonstad	66												29:49			
02:33+	04:42+	05:23+	07:46+	09:25+	12:53+	14:12+	15:31+	17:18+	18:31+	19:04+	20:03+	21:44+	24:21+	25:54+	27:32+	29:49+	
02:33+	02:09+	00:41+	02:23+	01:39+	03:28+	01:19+	01:19+	01:47+	01:13+	00:33+	00:59+	01:41+	02:37+	01:33+	01:38+	02:17+	
01:27@	00:59&	00:13&	01:03&	00:49&	01:29&	00:45@	00:42@	01:02@	00:37@	00:10&	00:27&	00:40&	01:34@	00:46&	00:51@	00:56&	
19	Per Bakken	5												36:34			
02:08+	04:31+	09:26+	11:57+	15:50+	19:45+	21:19+	22:58+	24:40+	26:40+	27:26+	28:34+	30:29+	32:11+	33:32+	34:50+	36:34+	
02:08+	02:23+	04:55+	02:31+	03:53+	03:55+	01:34+	01:39+	01:42+	02:00+	00:46+	01:08+	01:55+	01:42+	01:21+	01:18+	01:44+	
01:02&	01:13@	04:27@	01:11&	03:03@	01:56&	01:00@	01:02@	00:57@	01:24@	00:23&	00:36@	00:54&	00:39&	00:34&	00:31&	00:23&	
20	Leif Kåre Lende	365												37:45			
03:09+	05:01+	06:13+	07:54+	09:05+	24:37+	25:32+	26:23+	27:19+	28:35+	29:20+	30:14+	31:29+	33:01+	33:56+	35:48+	37:45+	
03:09+	01:52+	01:12+	01:41+	01:11+	15:32+	00:55+	00:51+	00:56+	01:16+	00:45+	00:54+	01:15+	01:32+	00:55+	01:52+	01:57+	
02:03@	00:42&	00:44@	00:21&	00:21&	13:33@	00:21&	00:14&	00:11#	00:40@	00:22&	00:22&	00:14#	00:29&	00:08#	01:05@	00:36&	
21	Alf Inge Jåtten	63												46:51			
03:13+	05:59+	09:08+	11:23+	12:57+	27:13+	28:27+	29:52+	33:11+	34:16+	38:19+	39:01+	40:26+	42:09+	43:38+	45:00+	46:51+	
03:13+	02:46+	03:09+	02:15+	01:34+	14:16+	01:14+	01:25+	03:19+	01:05+	04:03+	00:42+	01:25+	01:43+	01:29+	01:22+	01:51+	
02:07@	01:36@	02:41@	00:55&	00:44&	12:17@	00:40@	00:48@	02:34@	00:29&	03:40@	00:10&	00:24&	00:40&	00:42&	00:35&	00:30&	
22	Audun Sjøen	111												50:34			
01:58+	04:03+	04:51+	09:31+	10:31+	21:27+	26:50+	27:59+	30:07+	32:03+	32:49+	37:43+	41:10+	46:21+	47:31+	48:54+	50:34+	
01:58+	02:05+	00:48+	04:40+	01:00+	10:56+	05:23+	01:09+	02:08+	01:56+	00:46+	04:54+	03:27+	05:11+	01:10+	01:23+	01:40+	
00:52&	00:55&	00:20&	03:20@	00:10#	08:57@	04:49@	00:32&	01:23@	01:20@	00:23&	04:22@	02:26@	04:08@	00:23&	00:36&	00:19#	
23	Dag Andre Kvernstrøm	66												1:11:41			
04:45+	09:32+	12:08+	18:29+	22:06+	30:22+	35:39+	38:24+	43:17+	48:10+	49:48+	51:54+	55:35+	60:55+	63:59+	67:07+	71:41+	
04:45+	04:47+	02:36+	06:21+	03:37+	08:16+	05:17+	02:45+	04:53+	04:53+	01:38+	02:06+	03:41+	05:20+	03:04+	03:08+	04:34+	
03:39@	03:37@	02:08@	05:01@	02:47@	06:17@	04:43@	02:08@	04:08@	04:17@	01:15@	01:34@	02:40@	04:17@	02:17@	02:21@	03:13@	
Beste strekktid for klassen																	
01:06	01:08	00:22	01:00	00:47	01:33	00:34	00:34	00:44	00:32	00:16	00:26	00:34	00:57	00:43	00:41	00:53	

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