

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Kjersti Fandrem Høivik	68	27:02												
01:44=	05:25=	05:50=	07:34=	10:08=	10:51=	11:59=	17:42=	18:32=	21:24=	21:53=	22:12=	23:39=	26:16=	26:49=	27:02=
01:44=	03:41=	00:25=	01:44=	02:34=	00:43=	01:08=	05:43=	00:50=	02:52=	00:29=	00:19=	01:27=	02:37=	00:33=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Lycke Austbø	109	28:02												
02:05+	06:29+	06:54+	08:46+	11:01+	11:40+	12:48+	16:49-	17:35-	22:41+	23:11+	23:38+	24:22+	27:19+	27:47+	28:02+
02:05+	04:24+	00:25=	01:52+	02:15-	00:39-	01:08=	04:01-	00:46-	05:06+	00:30+	00:27+	00:44-	02:57+	00:28-	00:15+
00:21#	00:43#	00:00=	00:08+	00:19-	00:04-	00:00=	01:42-	00:04-	02:14&	00:01+	00:08&	00:43-	00:20#	00:05-	00:02#
3	Mari Thu Randulff	39	28:18												
01:26-	04:59-	05:25-	07:37+	10:15+	10:52+	12:01+	19:52+	20:43+	23:01+	23:29+	23:49+	24:38+	27:01+	28:02+	28:18+
01:26-	03:33-	00:26+	02:12+	02:38+	00:37-	01:09+	07:51+	00:51+	02:18-	00:28-	00:20+	00:49-	02:23-	01:01+	00:16+
00:18-	00:08-	00:01+	00:28&	00:04+	00:06-	00:01+	02:08&	00:01+	00:34-	00:01-	00:01+	00:38-	00:14-	00:28&	00:03#
4	Camilla Frafjord Haarr	116	28:57												
01:35-	05:27+	05:54+	08:03+	10:37+	11:19+	13:01+	18:11+	19:11+	22:46+	23:34+	23:58+	24:52+	28:11+	28:43+	28:57+
01:35-	03:52+	00:27+	02:09+	02:34=	00:42-	01:42+	05:10-	01:00+	03:35+	00:48+	00:24+	00:54-	03:19+	00:32-	00:14+
00:09-	00:11+	00:02+	00:25#	00:00=	00:01-	00:34&	00:33-	00:10#	00:43#	00:19&	00:05&	00:33-	00:42&	00:01-	00:01+
5	Margrete Jian Øye	126	29:49												
01:37-	05:33+	06:03+	08:18+	11:24+	12:12+	13:30+	19:44+	20:45+	24:17+	24:57+	25:16+	26:24+	29:04+	29:35+	29:49+
01:37-	03:56+	00:30+	02:15+	03:06+	00:48+	01:18+	06:14+	01:01+	03:32+	00:40+	00:19=	01:08-	02:40+	00:31-	00:14+
00:07-	00:15+	00:05#	00:31&	00:32#	00:05#	00:10#	00:31+	00:11#	00:40#	00:11&	00:00=	00:19-	00:03+	00:02-	00:01+
6	Heidi Nordaunet	126	30:27												
01:40-	06:03+	06:44+	08:39+	11:37+	12:42+	14:02+	19:53+	20:50+	24:17+	24:51+	25:10+	26:18+	29:31+	30:12+	30:27+
01:40-	04:23+	00:41+	01:55+	02:58+	01:05+	01:20+	05:51+	00:57+	03:27+	00:34+	00:19=	01:08-	03:13+	00:41+	00:15+
00:04-	00:42#	00:16&	00:11#	00:24#	00:22&	00:12#	00:08+	00:07#	00:35#	00:05#	00:00=	00:19-	00:36#	00:08#	00:02#
7	Maren Heradstveit	76	30:57												
01:40-	05:00-	05:28-	09:47+	12:47+	13:31+	14:54+	19:56+	20:57+	24:50+	25:18+	25:34+	26:43+	30:16+	30:44+	30:57+
01:40-	03:20-	00:28+	04:19+	03:00+	00:44+	01:23+	05:02-	01:01+	03:53+	00:28-	00:16-	01:09-	03:33+	00:28-	00:13=
00:04-	00:21-	00:03#	02:35&	00:26#	00:01+	00:15#	00:41-	00:11#	01:01&	00:01-	00:03-	00:18-	00:56&	00:05-	00:00=
8	Lise Nessa Di Lorenzo	93	31:03												
02:07+	06:16+	06:46+	08:38+	11:46+	12:35+	13:45+	19:49+	21:12+	24:27+	25:33+	25:51+	26:55+	30:08+	30:47+	31:03+
02:07+	04:09+	00:30+	01:52+	03:08+	00:49+	01:10+	06:04+	01:23+	03:15+	01:06+	00:18-	01:04-	03:13+	00:39+	00:16+
00:23#	00:28#	00:05#	00:08+	00:34#	00:06#	00:02+	00:21+	00:33&	00:23#	00:37&	00:01-	00:23-	00:36#	00:06#	00:03#
9	Christina Renshaw	101	31:33												
02:01+	07:09+	07:40+	09:56+	13:25+	14:23+	15:35+	20:44+	21:46+	25:06+	25:43+	26:09+	27:26+	30:39+	31:15+	31:33+
02:01+	05:08+	00:31+	02:16+	03:29+	00:58+	01:12+	05:09-	01:02+	03:20+	00:37+	00:26+	01:17-	03:13+	00:36+	00:18+
00:17#	01:27&	00:06#	00:32&	00:55&	00:15&	00:04+	00:34-	00:12#	00:28#	00:08&	00:07&	00:10-	00:36#	00:03+	00:05&
10	Hanne Berg Nilsen	117	31:41												
01:46+	05:46+	06:16+	09:19+	11:55+	12:42+	14:22+	19:28+	20:35+	23:41+	24:38+	24:57+	27:41+	30:51+	31:27+	31:41+
01:46+	04:00+	00:30+	03:03+	02:36+	00:47+	01:40+	05:06-	01:07+	03:06+	00:57+	00:19=	02:44+	03:10+	00:36+	00:14+
00:02+	00:19+	00:05#	01:19&	00:02+	00:04+	00:32&	00:37-	00:17&	00:14+	00:28&	00:00=	01:17&	00:33#	00:03+	00:01+
11	Ann Torill Bakken	116	33:21												
03:42+	08:00+	08:36+	10:40+	13:17+	14:06+	15:21+	20:25+	21:27+	24:37+	25:09+	25:38+	26:41+	32:31+	33:09+	33:21+
03:42+	04:18+	00:36+	02:04+	02:37+	00:49+	01:15+	05:04-	01:02+	03:10+	00:32+	00:29+	01:03-	05:50+	00:38+	00:12-
01:58&	00:37#	00:11&	00:20#	00:03+	00:06#	00:07#	00:39-	00:12#	00:18#	00:03#	00:10&	00:24-	03:13&	00:05#	00:01-
12	Elise Auberg Vagle	366	33:23												
02:12+	07:05+	07:35+	09:47+	12:57+	13:42+	16:18+	21:59+	23:19+	26:59+	27:41+	28:05+	29:39+	32:36+	33:08+	33:23+
02:12+	04:53+	00:30+	02:12+	03:10+	00:45+	02:36+	05:41-	01:20+	03:40+	00:42+	00:24+	01:34+	02:57+	00:32-	00:15+
00:28&	01:12&	00:05#	00:28&	00:36#	00:02+	01:28&	00:02-	00:30&	00:48&	00:13&	00:05&	00:07+	00:20#	00:01-	00:02#
13	Toyah Bråtveit	43	33:47												
02:02+	05:46+	06:24+	08:37+	11:27+	12:19+	13:31+	18:59+	19:50+	23:55+	24:52+	25:20+	26:33+	32:54+	33:32+	33:47+
02:02+	03:44+	00:38+	02:13+	02:50+	00:52+	01:12+	05:28-	00:51+	04:05+	00:57+	00:28+	01:13-	06:21+	00:38+	00:15+
00:18#	00:03+	00:13&	00:29&	00:16#	00:09#	00:04+	00:15-	00:01+	01:13&	00:28&	00:09&	00:14-	03:44&	00:05#	00:02#
14	Marie Brolev	126	34:22												
02:02+	05:56+	06:27+	08:35+	11:51+	12:52+	14:24+	19:10+	20:08+	23:58+	26:13+	26:27+	31:04+	33:34+	34:06+	34:22+
02:02+	03:54+	00:31+	02:08+	03:16+	01:01+	01:32+	04:46-	00:58+	03:50+	02:15+	00:14-	04:37+	02:30-	00:32-	00:16+
00:18#	00:13+	00:06#	00:24#	00:42&	00:18&	00:24&	00:57-	00:08#	00:58&	01:46&	00:05-	03:10&	00:07-	00:01-	00:03#

Class	Navn	Klasse										Tid				
15	Kine Strømstad	53										36:24				
02:32+	07:28+	08:06+	10:48+	14:31+	15:48+	17:04+	23:35+	24:58+	28:33+	29:32+	30:11+	31:01+	35:09+	36:08+	36:24+	
02:32+	04:56+	00:38+	02:42+	03:43+	01:17+	01:16+	06:31+	01:23+	03:35+	00:59+	00:39+	00:50-	04:08+	00:59+	00:16+	
00:48&	01:15&	00:13&	00:58&	01:09&	00:34&	00:08#	00:48#	00:33&	00:43#	00:30@	00:20@	00:37-	01:31&	00:26&	00:03#	
16	Jorun Nymo	136										37:00				
02:25+	06:58+	07:35+	10:08+	13:54+	14:45+	16:13+	22:11+	23:32+	29:04+	29:57+	30:22+	31:16+	35:59+	36:40+	37:00+	
02:25+	04:33+	00:37+	02:33+	03:46+	00:51+	01:28+	05:58+	01:21+	05:32+	00:53+	00:25+	00:54-	04:43+	00:41+	00:20+	
00:41&	00:52#	00:12&	00:49&	01:12&	00:08#	00:20&	00:15+	00:31&	02:40&	00:24&	00:06&	00:33-	02:06&	00:08#	00:07&	
17	Bodil Krogedal	126										37:08				
01:29-	05:33+	06:05+	07:57+	18:45+	19:34+	20:46+	26:21+	27:22+	30:46+	31:25+	31:46+	33:14+	36:14+	36:51+	37:08+	
01:29-	04:04+	00:32+	01:52+	10:48+	00:49+	01:12+	05:35-	01:01+	03:24+	00:39+	00:21+	01:28+	03:00+	00:37+	00:17+	
00:15-	00:23#	00:07&	00:08+	08:14@	00:06#	00:04+	00:08-	00:11#	00:32#	00:10&	00:02#	00:01+	00:23#	00:04#	00:04&	
18	Friederike Krahnert	126										37:51				
02:05+	06:03+	06:33+	08:38+	11:34+	12:22+	13:26+	20:29+	21:27+	25:08+	25:41+	26:02+	29:00+	37:07+	37:37+	37:51+	
02:05+	03:58+	00:30+	02:05+	02:56+	00:48+	01:04-	07:03+	00:58+	03:41+	00:33+	00:21+	02:58+	08:07+	00:30-	00:14+	
00:21#	00:17+	00:05#	00:21#	00:22#	00:05#	00:04-	01:20#	00:08#	00:49&	00:04#	00:02#	01:31@	05:30@	00:03-	00:01+	
19	Mette Langeland	117										38:09				
02:12+	07:42+	08:20+	11:03+	15:20+	16:21+	17:49+	24:32+	26:01+	30:03+	30:55+	31:28+	32:54+	37:08+	37:51+	38:09+	
02:12+	05:30+	00:38+	02:43+	04:17+	01:01+	01:28+	06:43+	01:29+	04:02+	00:52+	00:33+	01:26-	04:14+	00:43+	00:18+	
00:28&	01:49&	00:13&	00:59&	01:43&	00:18&	00:20&	01:00#	00:39&	01:10&	00:23&	00:14&	00:01-	01:37&	00:10&	00:05&	
20	Lene Bjørnø	92										38:23				
01:49+	07:05+	07:43+	10:14+	14:31+	16:20+	17:38+	23:25+	24:38+	30:07+	31:04+	31:34+	33:03+	37:29+	38:06+	38:23+	
01:49+	05:16+	00:38+	02:31+	04:17+	01:49+	01:18+	05:47+	01:13+	05:29+	00:57+	00:30+	01:29+	04:26+	00:37+	00:17+	
00:05+	01:35&	00:13&	00:47&	01:43&	01:06@	00:10#	00:04+	00:23&	02:37&	00:28&	00:11&	00:02+	01:49&	00:04#	00:04&	
21	Kjersti Nordal	39										41:03				
01:33-	05:36+	06:06+	08:04+	20:03+	21:03+	22:43+	29:11+	30:10+	34:18+	34:57+	35:21+	36:29+	40:04+	40:46+	41:03+	
01:33-	04:03+	00:30+	01:58+	11:59+	01:00+	01:40+	06:28+	00:59+	04:08+	00:39+	00:24+	01:08-	03:35+	00:42+	00:17+	
00:11-	00:22+	00:05#	00:14#	09:25@	00:17&	00:32&	00:45#	00:09#	01:16&	00:10&	00:05&	00:19-	00:58&	00:09&	00:04&	
22	Nithya Mohan	136										57:55				
04:40+	10:28+	11:09+	14:39+	27:38+	28:40+	30:46+	37:41+	39:24+	47:53+	49:01+	49:40+	50:57+	56:25+	57:18+	57:55+	
04:40+	05:48+	00:41+	03:30+	12:59+	01:02+	02:06+	06:55+	01:43+	08:29+	01:08+	00:39+	01:17-	05:28+	00:53+	00:37+	
02:56@	02:07&	00:16&	01:46@	10:25@	00:19&	00:58&	01:12#	00:53@	05:37@	00:39@	00:20@	00:10-	02:51@	00:20&	00:24@	
Beste strekktid for klassen	01:26	03:20	00:25	01:44	02:15	00:37	01:04	04:01	00:46	02:18	00:28	00:14	00:44	02:23	00:28	00:12

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

Damer 40 - 49 år

1	Randi Helen Ladsten	128										32:51				
01:07=	02:52=	08:52=	11:37=	14:22=	19:11=	21:35=	22:36=	23:25=	26:13=	27:11=	29:06=	32:04=	32:36=	32:51=		
01:07=	01:45=	06:00=	02:45=	02:45=	04:49=	02:24=	01:01=	00:49=	02:48=	00:58=	01:55=	02:58=	00:32=	00:15=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Barbro Lunde Nedrebø	92										35:05				
02:58+	05:05+	10:30+	13:49+	16:06+	21:29+	23:43+	24:43+	25:43+	29:15+	30:08+	31:15+	34:08+	34:50+	35:05+		
02:58+	02:07+	05:25-	03:19+	02:17-	05:23+	02:14-	01:00-	01:00+	03:32+	00:53-	01:07-	02:53-	00:42+	00:15=		
01:51@	00:22#	00:35-	00:34#	00:28-	00:34#	00:10-	00:01-	00:11#	00:44&	00:05-	00:48-	00:05-	00:10&	00:00=		
3	Nina Svensen	2										36:07				
01:23+	03:24+	08:32-	10:37-	13:11-	19:23+	21:48+	22:56+	24:07+	27:22+	28:55+	30:04+	35:05+	35:49+	36:07+		
01:23+	02:01+	05:08-	02:05-	06:12+	02:34-	02:25+	01:08+	01:11+	03:15+	01:33+	01:09-	05:01+	00:44+	00:18+		
00:16#	00:16#	00:52-	00:40-	00:11-	01:23&	00:01+	00:07#	00:22&	00:27#	00:35&	00:46-	02:03&	00:12&	00:03#		
4	Helene Lie	228										38:41				
01:02-	02:50-	07:50-	10:58-	13:37-	19:28+	22:06+	23:13+	24:12+	27:22+	28:48+	32:32+	37:47+	38:22+	38:41+		
01:02-	01:48+	05:00-	03:08+	02:39-	05:51+	02:38+	01:07+	00:59+	03:10+	01:26+	03:44+	05:15+	00:35+	00:19+		
00:05-	00:03+	01:00-	00:23#	00:06-	01:02#	00:14+	00:06+	00:10#	00:22#	00:28&	01:49&	02:17&	00:03+	00:04&		
5	May Bente Valdøl	116										38:47				
00:51-	02:44-	07:15-	09:48-	12:23-	18:39-	21:14-	22:22-	24:23+	29:23+	30:26+	34:25+	37:58+	38:35+	38:47+		
00:51-	01:53+	04:31-	02:33-	02:35-	06:16+	02:35+	01:08+	02:01+	05:00+	01:03+	03:59+	03:33+	00:37+	00:12-		
00:16-	00:08+	01:29-	00:12-	00:10-	01:27&	00:11+	00:07#	01:12@	02:12&	00:05+	02:04@	00:35#	00:05#	00:03-		

Class	Navn	Klasse												Tid
6	Christel Dahl	92												39:03
01:01-	02:38-	12:40+	14:53+	17:16+	21:53+	23:50+	24:54+	25:48+	32:48+	33:37+	34:26+	38:07+	38:44+	39:03+
01:01-	01:37-	10:02+	02:13-	02:23-	04:37-	01:57-	01:04+	00:54+	07:00+	00:49-	00:49-	03:41+	00:37+	00:19+
00:06-	00:08-	04:02&	00:32-	00:22-	00:12-	00:27-	00:03+	00:05#	04:12@	00:09-	01:06-	00:43#	00:05#	00:04&
7	Siv Skretting	93												43:16
01:09+	03:00+	14:00+	15:28+	21:25+	26:46+	29:11+	30:19+	31:21+	34:42+	35:41+	37:30+	42:10+	42:50+	43:16+
01:09+	01:51+	11:00+	01:28-	05:57+	05:21+	02:25+	01:08+	01:02+	03:21+	00:59+	01:49-	04:40+	00:40+	00:26+
00:02+	00:06+	05:00&	01:17-	03:12@	00:32#	00:01+	00:07#	00:13&	00:33#	00:01+	00:06-	01:42&	00:08#	00:11&
8	Irene Sirevåg	53												47:16
01:31+	03:56+	11:02+	14:11+	17:28+	24:19+	26:56+	28:46+	30:24+	34:16+	35:27+	41:36+	46:04+	46:52+	47:16+
01:31+	02:25+	07:06+	03:09+	03:17+	06:51+	02:37+	01:50+	01:38+	03:52+	01:11+	06:09+	04:28+	00:48+	00:24+
00:24&	00:40&	01:06#	00:24#	00:32#	02:02&	00:13+	00:49&	00:49&	01:04&	00:13#	04:14@	01:30&	00:16&	00:09&
Beste strekktid for klassen														
00:51	01:37	04:31	01:28	02:17	04:37	01:57	01:00	00:49	02:48	00:49	00:49	02:53	00:32	00:12

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

Damer 50 - 59 år

1	Grethe Anda Fuglestad	116												30:35
01:05=	02:51=	10:15=	11:24=	13:20=	17:52=	20:19=	21:24=	22:32=	25:04=	26:04=	26:39=	29:41=	30:21=	30:35=
01:05=	01:46=	07:24=	01:09=	01:56=	04:32=	02:27=	01:05=	01:08=	02:32=	01:00=	00:35=	03:02=	00:40=	00:14=
00:00=	00:00=	00:00=	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												32:29
01:03-	02:55+	08:13-	09:53-	12:50-	17:59+	20:04-	21:12-	22:13-	26:09+	27:19+	28:29+	31:39+	32:12+	32:29+
01:03-	01:52+	05:18-	01:40+	02:57+	05:09+	02:05-	01:08+	01:01-	03:56+	01:10+	01:10+	03:10+	00:33-	00:17+
00:02-	00:06+	02:06-	00:31&	01:01&	00:37#	00:22-	00:03+	00:07-	01:24&	00:10#	00:35&	00:08+	00:07-	00:03#
3	Trude Katrine Hermanrud	117												33:18
01:14+	03:01+	08:28-	10:29-	13:38+	18:40+	20:45+	21:48+	22:51+	26:00+	27:01+	28:26+	32:10+	32:50+	33:18+
01:14+	01:47+	05:27-	02:01+	03:09+	05:02+	02:05-	01:03-	01:03-	03:09+	01:01+	01:25+	03:44+	00:40=	00:28+
00:09#	00:01+	01:57-	00:52&	01:13&	00:30#	00:22-	00:02-	00:05-	00:37#	00:01+	00:50@	00:42#	00:00=	00:14&
4	Gunn J. Grefstad	2												34:51
01:11+	03:09+	07:55-	12:49+	16:09+	21:10+	23:18+	24:27+	25:24+	28:04+	29:09+	30:24+	33:52+	34:29+	34:51+
01:11+	01:58+	04:46-	04:54+	03:20+	05:01+	02:08-	01:09+	00:57-	02:40+	01:05+	01:15+	03:28+	00:37-	00:22+
00:06+	00:12#	02:38-	03:45@	01:24&	00:29#	00:19-	00:04+	00:11-	00:08+	00:05+	00:40@	00:26#	00:03-	00:08&
5	Kristin Skadsem	18												36:18
01:11+	03:05+	08:27-	11:20-	16:48+	22:22+	24:39+	25:52+	27:01+	30:03+	30:57+	32:05+	35:18+	36:00+	36:18+
01:11+	01:54+	05:22-	02:53+	05:28+	05:34+	02:17-	01:13+	01:09+	03:02+	00:54-	01:08+	03:13+	00:42+	00:18+
00:06+	00:08+	02:02-	01:44@	03:32@	01:02#	00:10-	00:08#	00:01+	00:30#	00:06-	00:33&	00:11+	00:02+	00:04&
6	Iren Undheim Øgreid	62												36:42
03:43+	06:02+	10:28+	11:39+	19:43+	24:33+	26:31+	27:38+	28:36+	30:50+	31:49+	32:42+	35:41+	36:26+	36:42+
03:43+	02:19+	04:26-	01:11+	08:04+	04:50+	01:58-	01:07+	00:58-	02:14-	00:59-	00:53+	02:59-	00:45+	00:16+
02:38@	00:33&	02:58-	00:02+	06:08@	00:18+	00:29-	00:02+	00:10-	00:18-	00:01-	00:18&	00:03-	00:05#	00:02#
7	Anne Siv Gjertsen	27												37:51
01:16+	03:06+	08:00-	11:33+	13:52+	20:11+	22:44+	23:53+	25:02+	30:57+	32:09+	33:18+	36:55+	37:34+	37:51+
01:16+	01:50+	04:54-	03:33+	02:19+	06:19+	02:33+	01:09+	01:09+	05:55+	01:12+	01:09+	03:37+	00:39-	00:17+
00:11#	00:04+	02:30-	02:24@	00:23#	01:47&	00:06+	00:04+	00:01+	03:23@	00:12#	00:34&	00:35#	00:01-	00:03#
8	Eli Tjøland Stokka	94												39:57
01:29+	03:33+	09:08-	11:33+	14:39+	20:39+	23:46+	25:04+	26:13+	29:51+	31:20+	35:11+	38:44+	39:34+	39:57+
01:29+	02:04+	05:35-	02:25+	03:06+	06:00+	03:07+	01:18+	01:09+	03:38+	01:29+	03:51+	03:33+	00:50+	00:23+
00:24&	00:18#	01:49-	01:16@	01:10&	01:28&	00:40&	00:13#	00:01+	01:06&	00:29&	03:16@	00:31#	00:10#	00:09&
9	Marie-Elizabeth Reinseth	27												40:01
00:59-	02:59+	08:54-	10:23-	15:16+	22:38+	25:15+	26:20+	27:19+	32:17+	33:28+	35:12+	39:09+	39:46+	40:01+
00:59-	02:00+	05:55-	01:29+	04:53+	07:22+	02:37+	01:05=	00:59-	04:58+	01:11+	01:44+	03:57+	00:37-	00:15+
00:06-	00:14#	01:29-	00:20&	02:57@	02:50&	00:10+	00:00=	00:09-	02:26&	00:11#	01:09@	00:55&	00:03-	00:01+
10	Andrea Tapken	54												40:20
01:58+	04:12+	10:14-	12:48+	15:31+	22:19+	26:59+	28:19+	29:18+	32:30+	33:49+	35:09+	39:22+	40:02+	40:20+
01:58+	02:14+	06:02-	02:34+	02:43+	06:48+	04:40+	01:20+	00:59-	03:12+	01:19+	01:20+	04:13+	00:40=	00:18+
00:53&	00:28&	01:22-	01:25@	00:47&	02:16&	02:13&	00:15#	00:09-	00:40&	00:19&	00:45@	01:11&	00:00=	00:04&

Class	Navn	Klasse										Tid			
11	Torill Andersen	116										40:26			
01:53+	03:40+	10:50+	12:58+	18:49+	25:20+	27:41+	28:42+	29:32+	32:27+	33:30+	35:26+	39:34+	40:08+	40:26+	
01:53+	01:47+	07:10-	02:08+	05:51+	06:31+	02:21-	01:01-	00:50-	02:55+	01:03+	01:56+	04:08+	00:34-	00:18+	
00:48&	00:01+	00:14-	00:59&	03:55@	01:59&	00:06-	00:04-	00:18-	00:23#	00:03+	01:21@	01:06&	00:06-	00:04&	
12	Birgitte Røe	125										42:08			
01:32+	03:46+	09:21-	10:41-	15:11+	23:57+	27:36+	29:06+	30:33+	34:51+	35:49+	36:48+	41:02+	41:49+	42:08+	
01:32+	02:14+	05:35-	01:20+	04:30+	08:46+	03:39+	01:30+	01:27+	04:18+	00:58-	00:59+	04:14+	00:47+	00:19+	
00:27&	00:28&	01:49-	00:11#	02:34@	04:14&	01:12&	00:25&	00:19&	01:46&	00:02-	00:24&	01:12&	00:07#	00:05&	
13	Hilde Frøytlog Karlsen	228										44:02			
01:09+	03:23+	10:03-	11:18-	18:51+	24:44+	27:13+	28:27+	29:38+	32:56+	34:04+	35:10+	43:00+	43:41+	44:02+	
01:09+	02:14+	06:40-	01:15+	07:33+	05:53+	02:29+	01:14+	01:11+	03:18+	01:08+	01:06+	07:50+	00:41+	00:21+	
00:04+	00:28&	00:44-	00:06+	05:37@	01:21&	00:02+	00:09#	00:03+	00:46&	00:08#	00:31&	04:48@	00:01+	00:07&	
14	Sarah Denieul	42										45:53			
05:11+	07:14+	13:52+	15:40+	18:05+	29:44+	32:40+	33:54+	36:18+	40:06+	41:05+	42:05+	44:54+	45:40+	45:53+	
05:11+	02:03+	06:38-	01:48+	02:25+	11:39+	02:56+	01:14+	02:24+	03:48+	00:59-	01:00+	02:49-	00:46+	00:13-	
04:06@	00:17#	00:46-	00:39&	00:29#	07:07@	00:29#	00:09#	01:16@	01:16&	00:01-	00:25&	00:13-	00:06#	00:01-	
15	Marit Elin Aandahl	80										47:10			
01:25+	03:53+	10:43+	19:30+	22:40+	29:30+	32:10+	33:35+	34:40+	37:54+	39:32+	40:43+	46:01+	46:49+	47:10+	
01:25+	02:28+	06:50-	08:47+	03:10+	06:50+	02:40+	01:25+	01:05-	03:14+	01:38+	01:11+	05:18+	00:48+	00:21+	
00:20&	00:42&	00:34-	07:38@	01:14&	02:18&	00:13+	00:20&	00:03-	00:42&	00:38&	00:36@	02:16&	00:08#	00:07&	
16	Kari Smådal Turøy	115										47:39			
01:10+	02:54+	07:49-	08:55-	24:19+	30:28+	33:34+	34:49+	35:53+	39:12+	42:05+	42:52+	46:34+	47:21+	47:39+	
01:10+	01:44-	04:55-	01:06-	15:24+	06:09+	03:06+	01:15+	01:04-	03:19+	02:53+	00:47+	03:42+	00:47+	00:18+	
00:05+	00:02-	02:29-	00:03-	13:28@	01:37&	00:39&	00:10#	00:04-	00:47&	01:53@	00:12&	00:40#	00:07#	00:04&	
17	Randi Roth	68										53:29			
01:19+	03:53+	11:23+	14:42+	18:52+	26:39+	32:05+	34:00+	35:46+	40:18+	41:17+	42:48+	52:00+	53:11+	53:29+	
01:19+	02:34+	07:30+	03:19+	04:10+	07:47+	05:26+	01:55+	01:46+	04:32+	00:59-	01:31+	09:12+	01:11+	00:18+	
00:14#	00:48&	00:06+	02:10@	02:14@	03:15&	02:59@	00:50&	00:38&	02:00&	00:01-	00:56@	06:10@	00:31&	00:04&	
18	Brit Vivian Meling	116										53:52			
02:21+	05:27+	14:51+	19:36+	22:40+	31:36+	35:39+	37:14+	38:41+	42:36+	44:08+	45:22+	50:55+	53:21+	53:52+	
02:21+	03:06+	09:24+	04:45+	03:04+	08:56+	04:03+	01:35+	01:27+	03:55+	01:32+	01:14+	05:33+	02:26+	00:31+	
01:16@	01:20&	02:00&	03:36@	01:08&	04:24&	01:36&	00:30&	00:19&	01:23&	00:32&	00:39@	02:31&	01:46@	00:17@	
Beste strekktid for klassen															
	00:59	01:44	04:26	01:06	01:56	04:32	01:58	01:01	00:50	02:14	00:54	00:35	02:49	00:33	00:13

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

Damer 60 - 64 år

1	Ingunn Voilås	29										25:41		
00:33=	02:42=	06:20=	08:12=	09:06=	15:19=	16:20=	21:02=	21:49=	22:15=	24:06=	25:24=	25:41=		
00:33=	02:09=	03:38=	01:52=	00:54=	06:13=	01:01=	04:42=	00:47=	00:26=	01:51=	01:18=	00:17=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ingrid Eik	88										27:11		
00:39+	03:07+	06:40+	08:55+	09:57+	16:33+	17:33+	22:10+	23:10+	23:36+	25:41+	26:57+	27:11+		
00:39+	02:28+	03:33-	02:15+	01:02+	06:36+	01:00-	04:37-	01:00+	00:26+	02:05+	01:16-	00:14-		
00:06#	00:19#	00:05-	00:23#	00:08#	00:23+	00:01-	00:05-	00:13&	00:00=	00:14#	00:02-	00:03-		
3	Marit Karin Nygård	92										29:07		
00:37+	03:26+	08:06+	10:26+	11:35+	18:56+	20:10+	23:46+	24:42+	25:06+	27:18+	28:50+	29:07+		
00:37+	02:49+	04:40+	02:20+	01:09+	07:21+	01:14+	03:36-	00:56+	00:24-	02:12+	01:32+	00:17=		
00:04#	00:40&	01:02&	00:28#	00:15&	01:08#	00:13#	01:06-	00:09#	00:02-	00:21#	00:14#	00:00=		
4	Kari Blixhavn	228										32:04		
00:45+	03:35+	09:00+	12:02+	13:02+	20:38+	21:59+	26:07+	26:52+	27:23+	30:09+	31:42+	32:04+		
00:45+	02:50+	05:25+	03:02+	01:00+	07:36+	01:21+	04:08-	00:45-	00:31+	02:46+	01:33+	00:22+		
00:12&	00:41&	01:47&	01:10&	00:06#	01:23#	00:20&	00:34-	00:02-	00:05#	00:55&	00:15#	00:05&		
5	Eli Frafjord	94										32:33		
00:33=	04:25+	08:43+	11:16+	12:35+	19:02+	20:23+	27:45+	28:27+	28:57+	30:50+	32:12+	32:33+		
00:33=	03:52+	04:18+	02:33+	01:19+	06:27+	01:21+	07:22+	00:42-	00:30+	01:53+	01:22+	00:21+		
00:00=	01:43&	00:40#	00:41&	00:25&	00:14+	00:20&	02:40&	00:05-	00:04#	00:02+	00:04+	00:04#		

Class	Navn	Klasse										Tid
6	Tove Bjerkreim	105										32:39
00:36+	02:50+	07:04+	13:51+	14:36+	20:33+	21:32+	24:46+	27:17+	27:45+	31:12+	32:20+	32:39+
00:36+	02:14+	04:14+	06:47+	00:45-	05:57-	00:59-	03:14-	02:31+	00:28+	03:27+	01:08-	00:19+
00:03+	00:05+	00:36#	04:55#	00:09-	00:16-	00:02-	01:28-	01:44#	00:02+	01:36#	00:10-	00:02#

7	Hanne Hermanrud	115										34:06
01:06+	04:33+	09:25+	12:12+	13:15+	22:29+	23:44+	27:50+	28:40+	29:08+	32:17+	33:48+	34:06+
01:06+	03:27+	04:52+	02:47+	01:03+	09:14+	01:15+	04:06-	00:50+	00:28+	03:09+	01:31+	00:18+
00:33#	01:18#	01:14#	00:55#	00:09#	03:01#	00:14#	00:36-	00:03+	00:02+	01:18#	00:13#	00:01+

8	Liv Sissel Obrestad	54										34:36
00:51+	04:29+	09:00+	12:17+	13:59+	22:28+	23:41+	28:48+	29:33+	30:09+	32:17+	34:17+	34:36+
00:51+	03:38+	04:31+	03:17+	01:42+	08:29+	01:13+	05:07+	00:45-	00:36+	02:08+	02:00+	00:19+
00:18#	01:29#	00:53#	01:25#	00:48#	02:16#	00:12#	00:25+	00:02-	00:10#	00:17#	00:42#	00:02#

9	Ase Berg	105										53:25
00:37+	06:55+	14:38+	21:13+	22:03+	39:52+	41:44+	47:01+	48:22+	48:56+	51:20+	52:59+	53:25+
00:37+	06:18+	07:43+	06:35+	00:50-	17:49+	01:52+	05:17+	01:21+	00:34+	02:24+	01:39+	00:26+
00:04#	04:09#	04:05#	04:43#	00:04-	11:36#	00:51#	00:35#	00:34#	00:08#	00:33#	00:21#	00:09#

Beste strekktid for klassen												
00:33	02:09	03:33	01:52	00:45	05:57	00:59	03:14	00:42	00:24	01:51	01:08	00:14

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

Damer 65 - 69 år

1	Kirsten Carlsen	93										35:21
00:35=	03:37=	07:51=	15:32=	16:36=	24:12=	25:31=	29:43=	30:37=	31:05=	33:17=	35:02=	35:21=
00:35=	03:02=	04:14=	07:41=	01:04=	07:36=	01:19=	04:12=	00:54=	00:28=	02:12=	01:45=	00:19=
00:00=	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	Lillian Dahl Fitjar	117										39:19
00:36+	03:55+	09:01+	14:48-	15:45-	25:38+	27:04+	31:22+	32:12+	32:34+	35:11+	38:55+	39:19+
00:36+	03:19+	05:06+	05:47-	00:57-	09:53+	01:26+	04:18+	00:50-	00:22-	02:37+	03:44+	00:24+
00:01+	00:17+	00:52#	01:54-	00:07-	02:17#	00:07+	00:06+	00:04-	00:06-	00:25#	01:59#	00:05#

3	Wenche Anda Haarr	92										45:27
00:37+	04:18+	11:19+	15:39+	16:50+	28:40+	32:55+	39:06+	39:53+	40:38+	43:06+	44:57+	45:27+
00:37+	03:41+	07:01+	04:20-	01:11+	11:50+	04:15+	06:11+	00:47-	00:45+	02:28+	01:51+	00:30+
00:02+	00:39#	02:47#	03:21-	00:07#	04:14#	02:56#	01:59#	00:07-	00:17#	00:16#	00:06+	00:11#

4	Berit Gramstad	113										48:25
00:46+	05:23+	11:15+	14:32-	16:43+	27:38+	29:35+	40:10+	41:34+	42:07+	44:18+	48:00+	48:25+
00:46+	04:37+	05:52+	03:17-	02:11+	10:55+	01:57+	10:35+	01:24+	00:33+	02:11-	03:42+	00:25+
00:11#	01:35#	01:38#	04:24-	01:07#	03:19#	00:38#	06:23#	00:30#	00:05#	00:01-	01:57#	00:06#

Beste strekktid for klassen												
00:35	03:02	04:14	03:17	00:57	07:36	01:19	04:12	00:47	00:22	02:11	01:45	00:19

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

Damer 70 - 74 år

1	Hedvig Anda	116										33:45
01:23=	04:32=	10:30=	13:07=	14:17=	21:24=	22:58=	27:23=	28:49=	29:29=	31:45=	33:26=	33:45=
01:23=	03:09=	05:58=	02:37=	01:10=	07:07=	01:34=	04:25=	01:26=	00:40=	02:16=	01:41=	00:19=
00:00=	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	Haldis Glendrange	68										34:28
00:39-	04:06-	08:34-	12:22-	13:16-	21:00-	22:13-	26:25-	27:16-	28:57-	32:46+	34:13+	34:28+
00:39-	03:27+	04:28-	03:48+	00:54-	07:44+	01:13-	04:12-	00:51-	01:41+	03:49+	01:27-	00:15-
00:44-	00:18+	01:30-	01:11#	00:16-	00:37+	00:21-	00:13-	00:35-	01:01#	01:33#	00:14-	00:04-

3	Helga Klausen	62										35:12
01:01-	04:19-	09:15-	12:41-	14:16-	22:29+	23:51+	29:20+	30:19+	31:15+	33:23+	34:53+	35:12+
01:01-	03:18+	04:56-	03:26+	01:35+	08:13+	01:22-	05:29+	00:59-	00:56+	02:08-	01:30-	00:19=
00:22-	00:09+	01:02-	00:49#	00:25#	01:06#	00:12-	01:04#	00:27-	00:16#	00:08-	00:11-	00:00=

Class	Navn	Klasse										Tid	
4	Aslaug Lura	94										51:12	
	00:57-	05:10+	10:25-	18:37+	19:48+	29:47+	31:21+	43:33+	44:22+	44:53+	47:52+	50:39+	51:12+
	00:57-	04:13+	05:15-	08:12+	01:11+	09:59+	01:34=	12:12+	00:49-	00:31-	02:59+	02:47+	00:33+
	00:26-	01:04&	00:43-	05:35&	00:01+	02:52&	00:00=	07:47&	00:37-	00:09-	00:43&	01:06&	00:14&

Beste strekktid for klassen

00:39 03:09 04:28 02:37 00:54 07:07 01:13 04:12 00:49 00:31 02:08 01:27 00:15

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

Damer 75 - 79 år

1	Turid Nystrøm	68										25:44	
	00:32=	02:49=	06:42=	08:51=	09:40=	15:46=	16:50=	21:17=	22:03=	22:30=	24:14=	25:27=	25:44=
	00:32=	02:17=	03:53=	02:09=	00:49=	06:06=	01:04=	04:27=	00:46=	00:27=	01:44=	01:13=	00:17=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Helga Aaslid	54										28:47	
	00:44+	03:14+	08:00+	09:52+	10:48+	18:56+	20:00+	24:14+	25:05+	25:34+	27:19+	28:29+	28:47+
	00:44+	02:30+	04:46+	01:52-	00:56+	08:08+	01:04=	04:14-	00:51+	00:29+	01:45+	01:10-	00:18+
	00:12&	00:13+	00:53#	00:17-	00:07#	02:02&	00:00=	00:13-	00:05#	00:02+	00:01+	00:03-	00:01+

3	Gry Vikhamar Thengs	68										31:24	
	01:53+	04:20+	08:17+	10:46+	11:56+	22:18+	23:20+	26:44+	27:32+	27:55+	29:47+	31:08+	31:24+
	01:53+	02:27+	03:57+	02:29+	01:10+	10:22+	01:02-	03:24-	00:48+	00:23-	01:52+	01:21+	00:16-
	01:21&	00:10+	00:04+	00:20#	00:21&	04:16&	00:02-	01:03-	00:02+	00:04-	00:08+	00:08#	00:01-

4	Berit Ebbell Olsen	68										37:32	
	00:48+	04:05+	10:23+	13:45+	14:57+	24:20+	26:13+	31:00+	32:03+	32:42+	35:21+	37:07+	37:32+
	00:48+	03:17+	06:18+	03:22+	01:12+	09:23+	01:53+	04:47+	01:03+	00:39+	02:39+	01:46+	00:25+
	00:16&	01:00&	02:25&	01:13&	00:23&	03:17&	00:49&	00:20+	00:17&	00:12&	00:55&	00:33&	00:08&

Beste strekktid for klassen

00:32 02:17 03:53 01:52 00:49 06:06 01:02 03:24 00:46 00:23 01:44 01:10 00:16

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

Damer 80 år og eldre

1	Gørild Espedal	113										1:04:13	
	03:27=	16:55=	19:51=	27:08=	28:17=	31:27=	37:04=	42:12=	48:33=	55:42=	56:47=	63:44=	64:13=
	03:27=	13:28=	02:56=	07:17=	01:09=	03:10=	05:37=	05:08=	06:21=	07:09=	01:05=	06:57=	00:29=
	00:00=	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

03:27 13:28 02:56 07:17 01:09 03:10 05:37 05:08 06:21 07:09 01:05 06:57 00:29

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

Damer A

1	Aud Hognestad Taksdal	92										29:59	
	01:11=	02:19=	04:41=	05:14=	05:54=	09:13=	10:00=	11:56=	12:32=	15:39=	16:40=	18:39=	21:45=
	01:11=	01:08=	02:22=	00:33=	00:40=	03:19=	00:47=	01:56=	00:36=	03:07=	01:01=	01:59=	03:06=
	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=

2	Trine Bolstad Scheie	62										36:27	
	01:30+	02:51+	05:40+	06:22+	07:05+	12:08+	13:14+	15:34+	16:14+	19:19+	20:34+	22:50+	26:48+
	01:30+	01:21+	02:49+	00:42+	00:43+	05:03+	01:06+	02:20+	00:40+	03:05-	01:15+	02:16+	03:58+
	00:19&	00:13#	00:27#	00:09&	00:03+	01:44&	00:19&	00:24#	00:04#	00:02-	00:14#	00:17#	00:52&

3	Wenche M. Sæbbø	117										37:11	
	01:33+	02:55+	05:38+	06:20+	07:25+	11:10+	12:15+	14:38+	15:19+	18:11+	20:37+	22:20+	26:22+
	01:33+	01:22+	02:43+	00:42+	01:05+	03:45+	01:05+	02:23+	00:41+	02:52-	02:26+	01:43-	04:02+
	00:22&	00:14#	00:21#	00:09&	00:25&	00:26#	00:18&	00:27#	00:05#	00:15-	01:25&	00:16-	00:56&

Class	Navn	Klasse										Tid							
10	Anne Marie Gausel	105										43:55							
01:10+	01:47+	06:54+	07:26+	08:23+	12:43+	14:02+	16:24+	17:43+	18:59+	24:41+	25:51+	28:45+	30:26+	31:29+	35:21+	41:34+	42:39+	43:40+	43:55+
01:10+	00:37+	05:07+	00:32+	00:57+	04:20+	01:19+	02:22+	01:19+	01:16+	05:42+	01:10+	02:54+	01:41+	01:03+	03:52+	06:13+	01:05+	01:01+	00:15+
00:10#	00:06#	01:41&	00:06#	00:06#	01:07&	00:18&	00:25#	00:44@	00:36&	01:48&	00:26&	00:15+	00:07+	00:11#	03:16@	00:47#	00:12#	00:11#	00:01+
11	Kristin Breivold	92										45:19							
01:14+	01:57+	05:52+	06:22+	07:17+	12:47+	13:59+	15:46+	16:35+	17:43+	22:40+	23:32+	25:56+	27:14+	28:16+	34:16+	43:00+	44:02+	45:05+	45:19+
01:14+	00:43+	03:55+	00:30+	00:55+	05:30+	01:12+	01:47-	00:49+	01:08+	04:57+	00:52+	02:24-	01:18-	01:02+	06:00+	08:44+	01:02+	01:03+	00:14#
00:14#	00:12&	00:29#	00:04#	00:04+	02:17&	00:11#	00:10-	00:14&	00:28&	01:03&	00:08#	00:15-	00:16-	00:10#	05:24@	03:18&	00:09#	00:13&	00:00#
12	Margrethe Roalsø	93										46:56							
02:21+	02:58+	07:31+	08:24+	09:43+	17:07+	18:11+	20:04+	20:54+	26:27+	31:56+	33:02+	35:42+	36:38+	37:33+	38:18+	44:28+	45:33+	46:39+	46:56+
02:21+	00:37+	04:33+	00:53+	01:19+	07:24+	01:04+	01:53-	00:50+	05:33+	05:29+	01:06+	02:40+	00:56-	00:55+	00:45+	06:10+	01:05+	01:06+	00:17+
01:21@	00:06#	01:07&	00:27@	00:28&	04:11@	00:03+	00:04-	00:15&	04:53@	01:35&	00:22&	00:01+	00:38-	00:03+	00:09#	00:44#	00:12#	00:16&	00:03#
Beste strekktid for klassen																			
01:00	00:31	03:26	00:26	00:49	03:13	01:01	01:47	00:35	00:40	03:54	00:44	02:20	00:47	00:39	00:36	05:08	00:53	00:50	00:13

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

Damer Ny

1	Jenny Mazarino	101										36:24							
01:16=	04:21=	12:02=	14:28=	17:59=	23:37=	25:51=	29:44=	32:15=	35:54=	36:24=									
01:16=	03:05=	07:41=	02:26=	03:31=	05:38=	02:14=	03:53=	02:31=	03:39=	00:30=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	Carina Rakstang	367										36:40							
01:35+	04:33+	12:19+	14:40+	18:17+	23:57+	26:02+	29:55+	32:35+	36:06+	36:40+									
01:35+	02:58-	07:46+	02:21-	03:37+	05:40+	02:05-	03:53=	02:40+	03:31-	00:34+									
00:19#	00:07-	00:05+	00:05-	00:06+	00:02+	00:09-	00:00=	00:09+	00:08-	00:04#									

Beste strekktid for klassen

01:16 02:58 07:41 02:21 03:31 05:38 02:05 03:53 02:31 03:31 00:30

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

Damer Trim

1	Gunhild Nordbø	117										17:26							
02:37=	06:37=	07:12=	08:06=	09:13=	12:00=	13:53=	14:26=	17:08=	17:26=										
02:37=	04:00=	00:35=	00:54=	01:07=	02:47=	01:53=	00:33=	02:42=	00:18=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Sara Engevik	126										17:29							
02:41+	06:41+	07:15+	07:55-	09:00-	12:06+	14:04+	14:32+	17:12+	17:29+										
02:41+	04:00=	00:34-	00:40-	01:05-	03:06+	01:58+	00:28-	02:40-	00:17-										
00:04+	00:00=	00:01-	00:14-	00:02-	00:19#	00:05+	00:05-	00:02-	00:01-										
3	Marianne Steinkopf	5										17:53							
03:08+	06:50+	07:30+	08:10+	09:18+	12:20+	14:49+	15:11+	17:33+	17:53+										
03:08+	03:42-	00:40+	00:40-	01:08+	03:02+	02:29+	00:22-	02:22-	00:20+										
00:31#	00:18-	00:05#	00:14-	00:01+	00:15+	00:36&	00:11-	00:20-	00:02#										
4	Sophie Haseldonckx	18										17:57							
02:29-	06:25-	07:02-	07:48-	09:00-	12:01+	13:56+	14:29+	17:40+	17:57+										
02:29-	03:56-	00:37+	00:46-	01:12+	03:01+	01:55+	00:33=	03:11+	00:17-										
00:08-	00:04-	00:02+	00:08-	00:05+	00:14+	00:02+	00:00=	00:29#	00:01-										
5	Björg Engelhard	165										19:49							
03:06+	07:05+	07:58+	08:59+	10:01+	14:08+	16:11+	16:46+	19:33+	19:49+										
03:06+	03:59-	00:53+	01:01+	01:02-	04:07+	02:03+	00:35+	02:47+	00:16-										
00:29#	00:01-	00:18&	00:07#	00:05-	01:20&	00:10+	00:02+	00:05+	00:02-										
6	Guro Grimnes	126										20:11							
04:47+	09:14+	10:03+	10:46+	11:42+	15:14+	17:03+	17:30+	19:54+	20:11+										
04:47+	04:27+	00:49+	00:43-	00:56-	03:32+	01:49-	00:27-	02:24-	00:17-										
02:10&	00:27#	00:14&	00:11-	00:11-	00:45&	00:04-	00:06-	00:18-	00:01-										

Class	Navn	Klasse	Tid
7	Marita Navjord Nicolaysen	71	20:31
02:40+	06:35- 07:11- 07:58- 09:00- 15:01+	17:06+ 17:41+ 20:16+ 20:31+	
02:40+	03:55- 00:36+ 00:47- 01:02- 06:01+	02:05+ 00:35+ 02:35- 00:15-	
00:03+	00:05- 00:01+ 00:07- 00:05- 03:14@	00:12# 00:02+ 00:07- 00:03-	
8	Grete Stokke Seljeskog	128	20:50
03:05+	07:23+ 08:02+ 09:01+ 10:07+ 14:58+	17:24+ 17:58+ 20:33+ 20:50+	
03:05+	04:18+ 00:39+ 00:59+ 01:06- 04:51+	02:26+ 00:34+ 02:35- 00:17-	
00:28#	00:18+ 00:04# 00:05+ 00:01- 02:04&	00:33& 00:01+ 00:07- 00:01-	
9	Ragnhild Smistad	43	21:05
03:24+	07:33+ 08:16+ 09:12+ 10:20+ 15:38+	17:48+ 18:19+ 20:50+ 21:05+	
03:24+	04:09+ 00:43+ 00:56+ 01:08+ 05:18+	02:10+ 00:31- 02:31- 00:15-	
00:47&	00:09+ 00:08# 00:02+ 00:01+ 02:31&	00:17# 00:02- 00:11- 00:03-	
10	Astri Sandanger	93	21:08
03:16+	08:02+ 08:45+ 09:35+ 10:52+ 14:31+	16:39+ 17:15+ 20:52+ 21:08+	
03:16+	04:46+ 00:43+ 00:50- 01:17+ 03:39+	02:08+ 00:36+ 03:37+ 00:16-	
00:39#	00:46# 00:08# 00:04- 00:10# 00:52&	00:15# 00:03+ 00:55& 00:02-	
11	Stephanie Loin	42	21:23
04:41+	09:13+ 09:57+ 10:42+ 11:52+ 15:28+	17:36+ 18:16+ 21:05+ 21:23+	
04:41+	04:32+ 00:44+ 00:45- 01:10+ 03:36+	02:08+ 00:40+ 02:49+ 00:18=	
02:04&	00:32# 00:09& 00:09- 00:03+ 00:49&	00:15# 00:07# 00:07+ 00:00=	
12	Ragnhild Auglænd	62	22:35
03:43+	09:18+ 09:49+ 10:47+ 12:13+ 15:58+	18:30+ 19:14+ 22:13+ 22:35+	
03:43+	05:35+ 00:31- 00:58+ 01:26+ 03:45+	02:32+ 00:44+ 02:59+ 00:22+	
01:06&	01:35& 00:04- 00:04+ 00:19& 00:58&	00:39& 00:11& 00:17# 00:04#	
13	Margot Asheim	105	22:36
03:56+	08:09+ 09:47+ 10:40+ 11:43+ 16:55+	19:15+ 19:47+ 22:21+ 22:36+	
03:56+	04:13+ 01:38+ 00:53- 01:03- 05:12+	02:20+ 00:32- 02:34- 00:15-	
01:19&	00:13+ 01:03@ 00:01- 00:04- 02:25&	00:27# 00:01- 00:08- 00:03-	
14	Hilde Christine Hoff	221	24:46
03:47+	09:24+ 10:11+ 11:10+ 12:48+ 17:06+	19:43+ 20:34+ 24:25+ 24:46+	
03:47+	05:37+ 00:47+ 00:59+ 01:38+ 04:18+	02:37+ 00:51+ 03:51+ 00:21+	
01:10&	01:37& 00:12& 00:05+ 00:31& 01:31&	00:44& 00:18& 01:09& 00:03#	
15	Ingunn Fandrem	47	26:52
04:50+	10:50+ 11:38+ 12:39+ 14:06+ 18:22+	21:09+ 22:01+ 26:33+ 26:52+	
04:50+	06:00+ 00:48+ 01:01+ 01:27+ 04:16+	02:47+ 00:52+ 04:32+ 00:19+	
02:13&	02:00& 00:13& 00:07# 00:20& 01:29&	00:54& 00:19& 01:50& 00:01+	
16	Solveig Marie Grønning	47	26:55
04:46+	10:52+ 11:42+ 12:37+ 14:08+ 18:20+	21:11+ 21:57+ 26:36+ 26:55+	
04:46+	06:06+ 00:50+ 00:55+ 01:31+ 04:12+	02:51+ 00:46+ 04:39+ 00:19+	
02:09&	02:06& 00:15& 00:01+ 00:24& 01:25&	00:58& 00:13& 01:57& 00:01+	
17	Nina Bækkelund Christiansen	105	27:28
04:24+	10:18+ 11:15+ 13:00+ 14:34+ 19:31+	22:36+ 23:27+ 26:54+ 27:28+	
04:24+	05:54+ 00:57+ 01:45+ 01:34+ 04:57+	03:05+ 00:51+ 03:27+ 00:34+	
01:47&	01:54& 00:22& 00:51& 00:27& 02:10&	01:12& 00:18& 00:45& 00:16&	
18	Jane-Britt Arild	47	27:34
05:21+	11:36+ 12:23+ 13:47+ 15:31+ 19:56+	22:53+ 23:32+ 27:00+ 27:34+	
05:21+	06:15+ 00:47+ 01:24+ 01:44+ 04:25+	02:57+ 00:39+ 03:28+ 00:34+	
02:44@	02:15& 00:12& 00:30& 00:37& 01:38&	01:04& 00:06# 00:46& 00:16&	
19	Birte Langebro	47	27:35
05:27+	11:38+ 12:26+ 13:48+ 15:33+ 19:59+	22:52+ 23:34+ 27:07+ 27:35+	
05:27+	06:11+ 00:48+ 01:22+ 01:45+ 04:26+	02:53+ 00:42+ 03:33+ 00:28+	
02:50@	02:11& 00:13& 00:28& 00:38& 01:39&	01:00& 00:09& 00:51& 00:10&	
20	Wenke Wannberg	116	27:50
05:16+	11:03+ 11:50+ 12:53+ 14:19+ 19:12+	22:56+ 23:36+ 27:31+ 27:50+	
05:16+	05:47+ 00:47+ 01:03+ 01:26+ 04:53+	03:44+ 00:40+ 03:55+ 00:19+	
02:39@	01:47& 00:12& 00:09# 00:19& 02:06&	01:51& 00:07# 01:13& 00:01+	
21	Aslaug Neteland	92	27:50
05:16+	11:03+ 11:51+ 12:49+ 14:20+ 19:13+	22:53+ 23:39+ 27:32+ 27:50+	
05:16+	05:47+ 00:48+ 00:58+ 01:31+ 04:53+	03:40+ 00:46+ 03:53+ 00:18=	
02:39@	01:47& 00:13& 00:04+ 00:24& 02:06&	01:47& 00:13& 01:11& 00:00=	

Class	Navn	Klasse	Tid
22	Kirsti Strand Salvesen	256	28:00
04:24+	10:09+ 11:02+ 12:18+ 14:03+ 20:06+	23:03+ 23:55+ 27:25+ 28:00+	
04:24+	05:45+ 00:53+ 01:16+ 01:45+ 06:03+	02:57+ 00:52+ 03:30+ 00:35+	
01:47&	01:45& 00:18& 00:22& 00:38& 03:16@	01:04& 00:19& 00:48& 00:17&	
23	Bente Cecilie Lio	136	28:59
04:04+	09:51+ 11:01+ 12:14+ 13:55+ 19:56+	23:24+ 24:17+ 28:40+ 28:59+	
04:04+	05:47+ 01:10+ 01:13+ 01:41+ 06:01+	03:28+ 00:53+ 04:23+ 00:19+	
01:27&	01:47& 00:35& 00:19& 00:34& 03:14@	01:35& 00:20& 01:41& 00:01+	
24	Unni Byberg Mæstad	92	29:08
04:15+	10:36+ 12:47+ 13:43+ 15:11+ 22:19+	25:11+ 25:49+ 28:48+ 29:08+	
04:15+	06:21+ 02:11+ 00:56+ 01:28+ 07:08+	02:52+ 00:38+ 02:59+ 00:20+	
01:38&	02:21& 01:36@ 00:02+ 00:21& 04:21@	00:59& 00:05# 00:17# 00:02#	
25	Ruth Grødem	105	29:12
03:58+	09:33+ 10:18+ 11:11+ 12:26+ 16:20+	20:05+ 20:43+ 28:50+ 29:12+	
03:58+	05:35+ 00:45+ 00:53- 01:15+ 03:54+	03:45+ 00:38+ 08:07+ 00:22+	
01:21&	01:35& 00:10& 00:01- 00:08# 01:07&	01:52& 00:05# 05:25@ 00:04#	
26	Esther Boenheim	268	30:37
05:00+	12:08+ 13:05+ 14:31+ 16:19+ 21:36+	25:08+ 26:01+ 29:56+ 30:37+	
05:00+	07:08+ 00:57+ 01:26+ 01:48+ 05:17+	03:32+ 00:53+ 03:55+ 00:41+	
02:23&	03:08& 00:22& 00:32& 00:41& 02:30&	01:39& 00:20& 01:13& 00:23@	
27	Marianne Gjesdal Lyngås	92	31:15
04:41+	10:58+ 12:00+ 13:47+ 15:47+ 22:06+	25:41+ 26:34+ 30:47+ 31:15+	
04:41+	06:17+ 01:02+ 01:47+ 02:00+ 06:19+	03:35+ 00:53+ 04:13+ 00:28+	
02:04&	02:17& 00:27& 00:53& 00:53& 03:32@	01:42& 00:20& 01:31& 00:10&	
28	Irene Mæland Torgersen	92	31:15
04:44+	11:01+ 12:03+ 13:53+ 15:49+ 22:04+	25:36+ 26:36+ 30:50+ 31:15+	
04:44+	06:17+ 01:02+ 01:50+ 01:56+ 06:15+	03:32+ 01:00+ 04:14+ 00:25+	
02:07&	02:17& 00:27& 00:56@ 00:49& 03:28@	01:39& 00:27& 01:32& 00:07&	
29	Ingrid Marie Torgersen	92	31:15
04:39+	11:03+ 11:57+ 13:50+ 15:44+ 22:02+	25:32+ 26:32+ 30:49+ 31:15+	
04:39+	06:24+ 00:54+ 01:53+ 01:54+ 06:18+	03:30+ 01:00+ 04:17+ 00:26+	
02:02&	02:24& 00:19& 00:59@ 00:47& 03:31@	01:37& 00:27& 01:35& 00:08&	
30	Gro Mariero Totland	59	32:03
05:19+	12:22+ 13:28+ 15:03+ 16:53+ 22:28+	26:14+ 27:17+ 31:40+ 32:03+	
05:19+	07:03+ 01:06+ 01:35+ 01:50+ 05:35+	03:46+ 01:03+ 04:23+ 00:23+	
02:42@	03:03& 00:31& 00:41& 00:43& 02:48@	01:53& 00:30& 01:41& 00:05&	
31	May Kristin Haaland	47	32:37
03:57+	13:51+ 15:37+ 16:58+ 18:23+ 25:30+	28:24+ 29:08+ 32:18+ 32:37+	
03:57+	09:54+ 01:46+ 01:21+ 01:25+ 07:07+	02:54+ 00:44+ 03:10+ 00:19+	
01:20&	05:54@ 01:11@ 00:27& 00:18& 04:20@	01:01& 00:11& 00:28# 00:01+	
32	Inger Synnøve Sjursen	92	34:06
05:12+	11:44+ 12:50+ 14:13+ 16:02+ 24:20+	28:44+ 29:46+ 33:41+ 34:06+	
05:12+	06:32+ 01:06+ 01:23+ 01:49+ 08:18+	04:24+ 01:02+ 03:55+ 00:25+	
02:35&	02:32& 00:31& 00:29& 00:42& 05:31@	02:31@ 00:29& 01:13& 00:07&	
33	Hilde Sondresen	93	34:08
05:16+	11:47+ 12:53+ 14:15+ 16:04+ 24:22+	28:47+ 29:48+ 33:42+ 34:08+	
05:16+	06:31+ 01:06+ 01:22+ 01:49+ 08:18+	04:25+ 01:01+ 03:54+ 00:26+	
02:39@	02:31& 00:31& 00:28& 00:42& 05:31@	02:32@ 00:28& 01:12& 00:08&	
34	Sigrund Serigstad	128	35:14
18:12+	23:56+ 24:41+ 25:20+ 26:22+ 29:14+	31:57+ 32:29+ 34:57+ 35:14+	
18:12+	05:44+ 00:45+ 00:39- 01:02- 02:52+	02:43+ 00:32- 02:28- 00:17-	
15:35@	01:44& 00:10& 00:15- 00:05- 00:05+	00:50& 00:01- 00:14- 00:01-	
35	Brit Svihus	92	40:59
04:23+	10:05+ 10:58+ 12:16+ 13:57+ 19:34+	34:32+ 35:19+ 40:37+ 40:59+	
04:23+	05:42+ 00:53+ 01:18+ 01:41+ 05:37+	14:58+ 00:47+ 05:18+ 00:22+	
01:46&	01:42& 00:18& 00:24& 00:34& 02:50@	13:05@ 00:14& 02:36& 00:04#	

Beste strekktid for klassen

02:29 03:42 00:31 00:39 00:56 02:47 01:49 00:22 02:22 00:15

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

Plass	Navn	Klasse	Tid
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Herrer 16 - 39 år

1	Marius Stene	27	27:01
	00:58= 02:01= 05:03= 05:25= 06:05= 08:56= 09:45= 11:00= 11:36= 13:54= 17:05= 17:47= 19:21= 20:04= 20:34= 21:11= 25:22= 26:06= 26:49= 27:01=		
	00:58= 01:03= 03:02= 00:22= 00:40= 02:51= 00:49= 01:15= 00:36= 02:18= 03:11= 00:42= 01:34= 00:43= 00:30= 00:37= 04:11= 00:44= 00:43= 00:12=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Andreas Mykkeltveit Terjesen	43	27:23
	00:56- 01:30- 04:35- 05:00- 05:36- 08:41- 09:38- 11:01+ 11:33- 12:23- 15:23- 16:12- 18:36- 19:23- 20:01- 21:00- 25:37+ 26:24+ 27:12+ 27:23+		
	00:56- 00:34- 03:05+ 00:25+ 00:36- 03:05+ 00:57+ 01:23+ 00:32- 00:50- 03:00- 00:49+ 02:24+ 00:47+ 00:38+ 00:59+ 04:37+ 00:47+ 00:48+ 00:11-		
	00:02- 00:29- 00:03+ 00:03# 00:04- 00:14+ 00:08# 00:08# 00:04- 01:28- 00:11- 00:07# 00:50& 00:04+ 00:08& 00:22& 00:26# 00:03+ 00:05# 00:01-		
3	Jørgen Strømstad	50	27:39
	00:51- 01:17- 04:18- 04:37- 05:13- 08:56= 09:53+ 10:24- 11:59+ 12:32- 13:12- 16:59- 17:43- 20:10+ 21:22+ 22:02+ 22:39- 25:53- 26:46- 27:28+ 27:39+		
	00:51- 00:26- 03:01- 00:19- 00:36- 03:43+ 00:57+ 00:31- 01:35+ 00:33- 00:40- 03:47+ 00:44- 02:27+ 01:12+ 00:40+ 00:37- 03:14+ 00:53+ 00:42+ 00:11+		
	00:07- 00:37- 00:01- 00:03- 00:04- 00:52& 00:08# 00:44- 00:59@ 01:45- 02:31- 03:05@ 00:50- 01:44@ 00:42@ 00:03+ 03:34- 02:30@ 00:10# 00:30@ 00:11+		
4	Svein Magnus Halsne	71	27:41
	00:53- 02:12+ 05:22+ 05:45+ 06:24+ 09:12+ 09:53+ 11:19+ 11:53+ 13:33- 16:30- 17:09- 19:57+ 20:42+ 21:38+ 22:58+ 26:05+ 26:46+ 27:29+ 27:41+		
	00:53- 01:19+ 03:10+ 00:23+ 00:39+ 02:48- 00:41- 01:26+ 00:34- 01:40- 02:57- 00:39- 02:48+ 00:45+ 00:56+ 01:20+ 03:07- 00:41- 00:43= 00:12=		
	00:05- 00:16& 00:08+ 00:01+ 00:01- 00:03- 00:08- 00:11# 00:02- 00:38- 00:14- 00:03- 01:14& 00:02+ 00:26& 00:43@ 01:04- 00:03- 00:00= 00:00=		
5	Svein Kyllingstad	71	30:23
	00:49- 01:37- 04:42- 05:06- 05:46- 09:23+ 10:15+ 11:58+ 12:38+ 15:08+ 19:17+ 20:11+ 22:03+ 22:45+ 23:18+ 24:30+ 28:28+ 29:16+ 30:10+ 30:23+		
	00:49- 00:48- 03:05+ 00:24+ 00:40= 03:37+ 00:52+ 01:43+ 00:40+ 02:30+ 04:09+ 00:54+ 01:52+ 00:42- 00:33+ 01:12+ 03:58- 00:48+ 00:54+ 00:13+		
	00:09- 00:15- 00:03+ 00:02+ 00:00= 00:46& 00:03+ 00:28& 00:04# 00:12+ 00:58& 00:12& 00:18# 00:01- 00:03# 00:35& 00:13- 00:04+ 00:11& 00:01+		
6	Torstein Birkeland	39	32:57
	01:48+ 02:26+ 05:51+ 06:19+ 07:13+ 10:50+ 12:13+ 13:55+ 15:09+ 16:06+ 19:24+ 20:18+ 22:21+ 23:29+ 24:30+ 26:12+ 31:11+ 31:57+ 32:43+ 32:57+		
	01:48+ 00:38- 03:25+ 00:28+ 00:54+ 03:37+ 01:23+ 01:42+ 01:14+ 00:57- 03:18+ 00:54+ 02:03+ 01:08+ 01:01+ 01:42+ 04:59+ 00:46+ 00:46+ 00:14+		
	00:50& 00:25- 00:23# 00:06& 00:14& 00:46& 00:34& 00:27& 00:38@ 01:21- 00:07+ 00:12& 00:29& 00:25& 00:31@ 01:05@ 00:48# 00:02+ 00:03+ 00:02#		
7	Øivind Fandrem Høivik	66	33:09
	01:02+ 01:30- 04:54- 05:12- 06:01- 09:25+ 10:26+ 13:42+ 14:21+ 15:23+ 19:14+ 19:56+ 22:28+ 23:17+ 24:58+ 25:49+ 31:06+ 32:02+ 32:54+ 33:09+		
	01:02+ 00:28- 03:24+ 00:18- 00:49+ 03:24+ 01:01+ 03:16+ 00:39+ 01:02- 03:51+ 00:42= 02:32+ 00:49+ 01:41+ 00:51+ 05:17+ 00:56+ 00:52+ 00:15+		
	00:04+ 00:35- 00:22# 00:04- 00:09# 00:33# 00:12# 02:01@ 00:03+ 01:16- 00:40# 00:00= 00:58& 00:06# 01:11@ 00:14& 01:06& 00:12& 00:09# 00:03#		
8	Anders Lindaas Bringedal	116	34:17
	00:56- 01:29- 05:19+ 05:47+ 06:40+ 10:24+ 11:33+ 13:24+ 14:04+ 15:21+ 19:31+ 20:30+ 22:32+ 23:18+ 24:09+ 25:05+ 31:57+ 32:56+ 33:59+ 34:17+		
	00:56- 00:33- 03:50+ 00:28+ 00:53+ 03:44+ 01:09+ 01:51+ 00:40+ 01:17- 04:10+ 00:59+ 02:02+ 00:46+ 00:51+ 00:56+ 06:52+ 00:59+ 01:03+ 00:18+		
	00:02- 00:30- 00:48& 00:06& 00:13& 00:53& 00:20& 00:36& 00:04# 01:01- 00:59& 00:17& 00:28& 00:03+ 00:21& 00:19& 02:41& 00:15& 00:20& 00:06&		
9	Jonas Bolstad Scheie	62	34:40
	01:05+ 01:38- 04:53- 05:16- 06:00- 09:58+ 14:52+ 16:16+ 16:53+ 17:44+ 21:15+ 21:56+ 24:15+ 25:01+ 25:39+ 27:45+ 32:34+ 33:38+ 34:29+ 34:40+		
	01:05+ 00:33- 03:15+ 00:23+ 00:44+ 03:58+ 04:54+ 01:24+ 00:37+ 00:51- 03:31+ 00:41- 02:19+ 00:46+ 00:38+ 02:06+ 04:49+ 01:04+ 00:51+ 00:11-		
	00:07# 00:30- 00:13+ 00:01+ 00:04# 01:07& 04:05@ 00:09# 00:01+ 01:27- 00:20# 00:01- 00:45& 00:03+ 00:08& 01:29@ 00:38# 00:20& 00:08# 00:01-		
10	Bernhard Haver Vagle	126	35:06
	01:35+ 02:12+ 05:58+ 06:35+ 07:20+ 13:53+ 15:16+ 15:59+ 17:06+ 21:05+ 22:03+ 25:17+ 25:49+ 26:33+ 27:08+ 32:54+ 33:52+ 34:52+ 35:06+		
	01:35+ 00:37- 03:46+ 00:37+ 00:45+ 05:41+ 00:52+ 01:23+ 00:43+ 01:07- 03:59+ 00:58+ 03:14+ 00:32- 00:44+ 00:35- 05:46+ 00:58+ 01:00+ 00:14+		
	00:37& 00:26- 00:44# 00:15& 00:05# 02:50& 00:03+ 00:08# 00:07# 01:11- 00:48& 00:16& 01:40@ 00:11- 00:14& 00:02- 01:35& 00:14& 00:17& 00:02#		
11	Sondre Aspøy	117	35:32
	02:00+ 02:37+ 06:37+ 07:04+ 07:57+ 11:48+ 12:50+ 15:05+ 15:58+ 16:51+ 21:16+ 22:10+ 24:45+ 25:34+ 26:18+ 28:32+ 33:27+ 34:27+ 35:19+ 35:32+		
	02:00+ 00:37- 04:00+ 00:27+ 00:53+ 03:51+ 01:02+ 02:15+ 00:53+ 00:53- 04:25+ 00:54+ 02:35+ 00:49+ 00:44+ 02:14+ 04:55+ 01:00+ 00:52+ 00:13+		
	01:02@ 00:26- 00:58& 00:05# 00:13& 01:00& 00:13& 01:00& 00:17& 01:25- 01:14& 00:12& 01:01& 00:06# 00:14& 01:37@ 00:44# 00:16& 00:09# 00:01+		
12	Alexander Romanov	3	35:44
	01:21+ 01:54- 05:13+ 05:39+ 06:18+ 10:28+ 11:21+ 15:44+ 16:33+ 17:38+ 22:22+ 23:11+ 25:23+ 26:21+ 26:53+ 27:54+ 33:38+ 34:32+ 35:29+ 35:44+		
	01:21+ 00:33- 03:19+ 00:26+ 00:39- 04:10+ 00:53+ 04:23+ 00:49+ 01:05- 04:44+ 00:49+ 02:12+ 00:58+ 00:32+ 01:01+ 05:44+ 00:54+ 00:57+ 00:15+		
	00:23& 00:30- 00:17+ 00:04# 00:01- 01:19& 00:04+ 03:08@ 00:13& 01:13- 01:33& 00:07# 00:38& 00:15& 00:02+ 00:24& 01:33& 00:10# 00:14& 00:03#		
13	Martin Skogland	98	35:48
	01:07+ 02:06+ 06:07+ 06:34+ 07:24+ 11:15+ 12:58+ 14:37+ 15:13+ 15:58+ 20:21+ 21:22+ 24:20+ 25:04+ 26:02+ 27:03+ 33:17+ 34:28+ 35:30+ 35:48+		
	01:07+ 00:59- 04:01+ 00:27+ 00:50+ 03:51+ 01:43+ 01:39+ 00:36= 00:45- 04:23+ 01:01+ 02:58+ 00:44+ 00:58+ 01:01+ 06:14+ 01:11+ 01:02+ 00:18+		
	00:09# 00:04- 00:59& 00:05# 00:10# 01:00& 00:54@ 00:24& 00:00= 01:33- 01:12& 00:19& 01:24& 00:01+ 00:28& 00:24& 02:03& 00:27& 00:19& 00:06&		
14	Asgeir Nærland	88	35:58
	01:03+ 02:19+ 06:21+ 06:47+ 07:36+ 11:12+ 12:05+ 13:49+ 14:38+ 15:36+ 20:39+ 21:40+ 23:58+ 25:04+ 26:00+ 28:16+ 34:01+ 34:55+ 35:46+ 35:58+		
	01:03+ 01:16+ 04:02+ 00:26+ 00:49+ 03:36+ 00:53+ 01:44+ 00:49+ 00:58- 05:03+ 01:01+ 02:18+ 01:06+ 00:56+ 02:16+ 05:45+ 00:54+ 00:51+ 00:12=		
	00:05+ 00:13# 01:00& 00:04# 00:09# 00:45& 00:04+ 00:29& 00:13& 01:20- 01:52& 00:19& 00:44& 00:23& 00:26& 01:39@ 01:34& 00:10# 00:08# 00:00=		

Class	Navn	Klasse										Tid				
2	Håvard Håland	66										30:03				
01:18+	03:29+	07:04+	08:28+	10:09+	12:59+	14:23+	16:24+	20:03+	21:48+	23:52-	24:48+	25:26+	26:31+	29:17+	29:50+	30:03+
01:18+	02:11+	03:35-	01:24+	01:41+	02:50+	01:24+	02:01-	03:39-	01:45-	02:04-	00:56+	00:38+	01:05+	02:46+	00:33+	00:13+
00:07+	01:20@	01:23-	00:08#	00:02+	00:06+	00:19&	00:08-	00:18-	00:07-	00:12-	00:12&	00:03+	00:07#	00:04+	00:02+	00:01+
3	Lars Primstad	62										30:24				
02:35+	03:10+	06:30-	07:33-	08:54-	12:19-	14:18+	17:05+	20:02+	21:39-	23:41-	24:18-	25:17=	26:48+	29:41+	30:10+	30:24+
02:35+	00:35-	03:20-	01:03-	01:21-	03:25+	01:59+	02:47+	02:57-	01:37-	02:02-	00:37-	00:59+	01:31+	02:53+	00:29-	00:14+
01:24@	00:16-	01:38-	00:13-	00:18-	00:41#	00:54&	00:38&	01:00-	00:15-	00:14-	00:07-	00:24&	00:33&	00:11+	00:02-	00:02#
4	Anders Glenne	7										31:56				
01:11=	01:53-	05:31-	07:45-	09:17-	12:32-	14:30+	16:32+	21:17+	23:02+	25:13+	26:13+	26:46+	28:36+	31:14+	31:42+	31:56+
01:11=	00:42-	03:38-	02:14+	01:32-	03:15+	01:58+	02:02-	04:45+	01:45-	02:11-	01:00+	00:33-	01:50+	02:38-	00:28-	00:14+
00:00=	00:09-	01:20-	00:58&	00:07-	00:31#	00:53&	00:07-	00:48#	00:07-	00:05-	00:16&	00:02-	00:52&	00:04-	00:03-	00:02#
5	Lars Bergersen	116										32:21				
01:00-	01:46-	06:00-	07:20-	08:43-	14:57+	16:13+	18:15+	22:24+	24:03+	26:13+	27:05+	27:35+	29:09+	31:38+	32:07+	32:21+
01:00-	00:46-	04:14-	01:20+	01:23-	06:14+	01:16+	02:02-	04:09+	01:39-	02:10-	00:52+	00:30-	01:34+	02:29-	00:29-	00:14+
00:11-	00:05-	00:44-	00:04+	00:16-	03:30@	00:11#	00:07-	00:12+	00:13-	00:06-	00:08#	00:05-	00:36&	00:13-	00:02-	00:02#
6	Tor Brekken	97										32:46				
02:11+	02:51+	06:31-	07:45-	09:14-	12:53+	14:38+	17:16+	21:05+	22:59+	25:05+	26:41+	27:25+	28:58+	31:51+	32:31+	32:46+
02:11+	00:40-	03:40-	01:14-	01:29-	03:39+	01:45+	02:38+	03:49-	01:54+	02:06-	01:36@	00:44+	01:33+	02:53+	00:40+	00:15+
01:00&	00:11-	01:18-	00:02-	00:10-	00:55&	00:40&	00:29#	00:08-	00:02+	00:10-	00:52@	00:09&	00:35&	00:11+	00:09&	00:03#
7	Arne Hetlelid	98										33:22				
01:10-	02:17+	06:38-	08:03-	10:01+	13:07+	14:15+	16:54+	21:14+	23:02+	26:14+	27:23+	27:59+	29:10+	32:24+	33:02+	33:22+
01:10-	01:07+	04:21-	01:25+	01:58+	03:06+	01:08+	02:39+	04:20+	01:48-	03:12+	01:09+	00:36+	01:11+	03:14+	00:38+	00:20+
00:01-	00:16&	00:37-	00:09#	00:19#	00:22#	00:03+	00:30#	00:23+	00:04-	00:56&	00:25&	00:01+	00:13#	00:32#	00:07#	00:08&
8	Erling Knutzen	128										33:52				
01:05-	01:54-	06:10-	07:25-	09:15-	12:05-	13:12-	15:47-	20:02+	22:21+	25:44+	26:45+	27:57+	30:04+	33:08+	33:39+	33:52+
01:05-	00:49-	04:16-	01:15-	01:50+	02:50+	01:07+	02:35+	04:15+	02:19+	03:23+	01:01+	01:12+	02:07+	03:04+	00:31=	00:13+
00:06-	00:02-	00:42-	00:01-	00:11#	00:06+	00:02+	00:26#	00:18+	00:27#	01:07&	00:17&	00:37@	01:09@	00:22#	00:00=	00:01+
9	Magnar Møller	62										34:01				
01:05-	02:02=	06:18-	07:32-	09:22-	15:31+	16:27+	18:50+	22:58+	25:08+	27:36+	28:26+	29:02+	30:05+	33:11+	33:44+	34:01+
01:05-	00:57+	04:16-	01:14-	01:50+	06:09+	00:56-	02:23+	04:08+	02:10+	02:28+	00:50+	00:36+	01:03+	03:06+	00:33+	00:17+
00:06-	00:06#	00:42-	00:02-	00:11#	03:25@	00:09-	00:14#	00:11+	00:18#	00:12+	00:06#	00:01+	00:05+	00:24#	00:02+	00:05&
10	Harald Taksdal	236										34:12				
01:20+	02:25+	07:26+	08:48+	10:48+	14:35+	16:28+	19:15+	23:27+	25:23+	27:39+	28:24+	28:59+	30:24+	33:24+	33:59+	34:12+
01:20+	01:05+	05:01+	01:22+	02:00+	03:47+	01:53+	02:47+	04:12+	01:56+	02:16=	00:45+	00:35=	01:25+	03:00+	00:35+	00:13+
00:09#	00:14&	00:03+	00:06+	00:21#	01:03&	00:48&	00:38&	00:15+	00:04+	00:00=	00:01+	00:00=	00:27&	00:18#	00:04#	00:01+
11	Per Ivar Hovstad	116										34:18				
01:06-	02:06+	06:36-	07:51-	09:38-	12:22-	14:35+	17:34+	21:58+	24:07+	27:24+	28:31+	29:25+	30:33+	33:35+	34:05+	34:18+
01:06-	01:00+	04:30-	01:15-	01:47+	02:44=	02:13+	02:59+	04:24+	02:09+	03:17+	01:07+	00:54+	01:08+	03:02+	00:30-	00:13+
00:05-	00:09#	00:28-	00:01-	00:08+	00:00=	01:08@	00:50&	00:27#	00:17#	01:01&	00:23&	00:19&	00:10#	00:20#	00:01-	00:01+
12	Frank Hansen	29										34:19				
01:07-	01:57-	06:00-	07:20-	09:09-	15:32+	16:56+	19:17+	22:46+	24:41+	27:44+	28:35+	29:04+	30:07+	33:29+	34:04+	34:19+
01:07-	00:50-	04:03-	01:20+	01:49+	06:23+	01:24+	02:21+	03:29-	01:55+	03:03+	00:51+	00:29-	01:03+	03:22+	00:35+	00:15+
00:04-	00:01-	00:55-	00:04+	00:10#	03:39@	00:19&	00:12+	00:28-	00:03+	00:47&	00:07#	00:06-	00:05+	00:40#	00:04#	00:03#
13	Arne Nygaard	66										34:57				
02:01+	02:47+	07:21+	08:40+	10:18+	13:29+	14:46+	18:46+	22:53+	25:13+	28:04+	28:56+	29:33+	31:02+	34:09+	34:45+	34:57+
02:01+	00:46-	04:34-	01:19+	01:38-	03:11+	01:17+	04:00+	04:07+	02:20+	02:51+	00:52+	00:37+	01:29+	03:07+	00:36+	00:12=
00:50&	00:05-	00:24-	00:03+	00:01-	00:27#	00:12#	01:51&	00:10+	00:28#	00:35&	00:08#	00:02+	00:31&	00:25#	00:05#	00:00=
14	Arne Magne Sondresen	92										35:09				
02:54+	03:34+	07:33+	08:49+	10:18+	13:25+	15:40+	19:18+	23:19+	25:12+	27:29+	28:08+	29:00+	31:35+	34:24+	34:54+	35:09+
02:54+	00:40-	03:59-	01:16=	01:29-	03:07+	02:15+	03:38+	04:01+	01:53+	02:17+	00:39-	00:52+	02:35+	02:49+	00:30-	00:15+
01:43@	00:11-	00:59-	00:00=	00:10-	00:23#	01:10@	01:29&	00:04+	00:01+	00:01+	00:05-	00:17&	01:37@	00:07+	00:01-	00:03#
15	Stein Arve Finnestad	287										35:21				
01:11=	02:01-	06:20-	07:45-	09:37-	12:39=	13:49+	16:47+	21:14+	23:12+	25:44+	26:34+	27:11+	28:15+	34:35+	35:07+	35:21+
01:11=	00:50-	04:19-	01:25+	01:52+	03:02+	01:10+	02:58+	04:27+	01:58+	02:32+	00:50+	00:37+	01:04+	06:20+	00:32+	00:14+
00:00=	00:01-	00:39-	00:09#	00:13#	00:18#	00:05+	00:49&	00:30#	00:06+	00:16#	00:06#	00:02+	00:06#	03:38@	00:01+	00:02#
16	Torbjørn Salthe	125										35:49				
02:24+	03:19+	07:49+	09:24+	11:00+	14:30+	16:05+	19:18+	22:56+	25:02+	27:34+	28:38+	29:21+	30:37+	34:48+	35:34+	35:49+
02:24+	00:55+	04:30-	01:35+	01:36-	03:30+	01:35+	03:13+	03:38-	02:06+	02:32+	01:04+	00:43+	01:16+	04:11+	00:46+	00:15+
01:13@	00:04+	00:28-	00:19#	00:03-	00:46&	00:30&	01:04&	00:19-	00:14#	00:16#	00:20&	00:08#	00:18&	01:29&	00:15&	00:03#

Class	Navn	Klasse												Tid		
17	Trygve Michaelsen	117												36:00		
01:09-	01:55-	06:01-	07:18-	09:01-	13:22+	14:30+	19:21+	23:56+	26:01+	28:12+	28:59+	29:32+	30:27+	35:18+	35:46+	36:00+
01:09-	00:46-	04:06-	01:17+	01:43+	04:21+	01:08+	04:51+	04:35+	02:05+	02:11-	00:47+	00:33-	00:55-	04:51+	00:28-	00:14+
00:02-	00:05-	00:52-	00:01+	00:04+	01:37%	00:03+	02:42%	00:38#	00:13#	00:05-	00:03+	00:02-	00:03-	02:09%	00:03-	00:02#
18	Geir Haugvaldstad	116												37:08		
01:09-	02:10+	06:14-	07:20-	08:55-	15:27+	19:50+	22:04+	25:05+	26:53+	29:10+	30:54+	31:27+	33:39+	36:27+	36:58+	37:08+
01:09-	01:01+	04:04-	01:06-	01:35-	06:32+	04:23+	02:14+	03:01-	01:48-	02:17+	01:44+	00:33-	02:12+	02:48+	00:31=	00:10-
00:02-	00:10#	00:54-	00:10-	00:04-	03:48%	03:18%	00:05+	00:56-	00:04-	00:01+	01:00%	00:02-	01:14%	00:06+	00:00=	00:02-
19	Sveinung Rosenvinge	116												38:01		
01:18+	02:18+	08:04+	09:44+	11:59+	16:25+	17:50+	20:44+	25:44+	28:10+	30:59+	31:46+	32:30+	33:50+	37:02+	37:45+	38:01+
01:18+	01:00+	05:46+	01:40+	02:15+	04:26+	01:25+	02:54+	05:00+	02:26+	02:49+	00:47+	00:44+	01:20+	03:12+	00:43+	00:16+
00:07+	00:09#	00:48#	00:24%	00:36%	01:42%	00:20%	00:45%	01:03%	00:34%	00:33#	00:03+	00:09%	00:22%	00:30#	00:12%	00:04%
20	Ove Mæstad	67												38:06		
01:17+	03:05+	08:15+	09:31+	11:17+	16:50+	18:32+	20:52+	24:45+	26:46+	30:01+	31:24+	32:14+	33:44+	37:23+	37:52+	38:06+
01:17+	01:48+	05:10+	01:16+	01:46+	05:33+	01:42+	02:20+	03:53-	02:01+	03:15+	01:23+	00:50+	01:30+	03:39+	00:29-	00:14+
00:06+	00:57%	00:12+	00:00=	00:07+	02:49%	00:37%	00:11+	00:04-	00:09+	00:59%	00:39%	00:15%	00:32%	00:57%	00:02-	00:02#
21	Kjell Seland	236												38:07		
01:55+	02:55+	08:14+	09:38+	11:29+	19:39+	20:37+	22:59+	26:53+	29:05+	31:29+	32:15+	32:49+	34:11+	37:20+	37:52+	38:07+
01:55+	01:00+	05:19+	01:24+	01:51+	08:10+	00:58-	02:22+	03:54-	02:12+	02:24+	00:46+	00:34-	01:22+	03:09+	00:32+	00:15+
00:44%	00:09#	00:21+	00:08#	00:12#	05:26%	00:07-	00:13#	00:03-	00:20#	00:08+	00:02+	00:01-	00:24%	00:27#	00:01+	00:03#
22	John C. Sinnes	93												38:14		
01:41+	02:33+	07:51+	09:25+	11:42+	15:45+	16:53+	19:46+	24:30+	27:05+	30:11+	31:07+	31:46+	32:48+	37:11+	37:57+	38:14+
01:41+	00:52+	05:18+	01:34+	02:17+	04:03+	01:08+	02:53+	04:44+	02:35+	03:06+	00:39+	00:56+	01:02+	04:23+	00:46+	00:17+
00:30%	00:01+	00:20+	00:18#	00:38%	01:19%	00:03+	00:44%	00:47#	00:43%	00:50%	00:12%	00:04#	00:04+	01:41%	00:15%	00:05%
23	Øystein Fuglestad	46												38:14		
01:12+	02:11+	06:41-	08:03-	09:54-	14:21+	15:13+	18:03+	22:34+	24:40+	28:41+	29:42+	30:30+	31:48+	37:21+	37:56+	38:14+
01:12+	00:59+	04:30-	01:22+	01:51+	04:27+	00:52-	02:50+	04:31+	02:06+	04:01+	01:01+	00:48+	01:18+	05:33+	00:35+	00:18+
00:01+	00:08#	00:28-	00:06+	00:12#	01:43%	00:13-	00:41%	00:34#	00:14#	01:45%	00:17%	00:13%	00:20%	02:51%	00:04#	00:06%
24	Frode Følgesvold	5												39:11		
01:14+	02:20+	07:44+	09:26+	11:22+	15:47+	17:21+	21:01+	25:25+	27:29+	30:28+	31:34+	32:27+	33:51+	38:21+	38:57+	39:11+
01:14+	01:06+	05:24+	01:42+	01:56+	04:25+	01:34+	03:40+	04:24+	02:04+	02:59+	01:06+	00:53+	01:24+	04:30+	00:36+	00:14+
00:03+	00:15%	00:26+	00:26%	00:17#	01:41%	00:29%	01:31%	00:27#	00:12#	00:43%	00:22%	00:18%	00:26%	01:48%	00:05#	00:02#
25	Tor Inge Halvorsen	5												40:20		
01:17+	02:28+	07:10+	08:48+	10:55+	16:37+	17:27+	20:03+	25:15+	27:33+	31:18+	32:21+	33:50+	36:09+	39:20+	40:02+	40:20+
01:17+	01:11+	04:42-	01:38+	02:07+	05:42+	00:50-	02:36+	05:12+	02:18+	03:45+	01:03+	01:29+	02:19+	03:11+	00:42+	00:18+
00:06+	00:20%	00:16-	00:22%	00:28%	02:58%	00:15-	00:27#	01:15%	00:26#	01:29%	00:19%	00:54%	01:21%	00:29#	00:11%	00:06%
26	Asbjørn Brådlund	297												41:33		
01:05-	02:36+	07:17+	08:31+	10:27+	18:39+	19:51+	22:36+	28:18+	30:26+	32:58+	34:06+	34:48+	37:32+	40:41+	41:17+	41:33+
01:05-	01:31+	04:41-	01:14-	01:56+	08:12+	01:12+	02:45+	05:42+	02:08+	02:32+	01:08+	00:42+	02:44+	03:09+	00:36+	00:16+
00:06-	00:40%	00:17-	00:02-	00:17#	05:28%	00:07#	00:36%	01:45%	00:16#	00:16#	00:24%	00:07#	01:46%	00:27#	00:05#	00:04%
27	Rune Paulsen	98												43:10		
01:12+	02:06+	05:50-	07:19-	09:05-	11:56-	14:53+	17:46+	23:25+	25:16+	27:09+	31:29+	32:46+	39:27+	42:28+	42:59+	43:10+
01:12+	00:54+	03:44-	01:29+	01:46+	02:51+	02:57+	02:53+	05:39+	01:51-	01:53-	04:20+	01:17+	06:41+	03:01+	00:31=	00:11-
00:01+	00:03+	01:14-	00:13#	00:07+	00:07+	01:52%	00:44%	01:42%	00:01-	00:23-	03:36%	00:42%	05:43%	00:19#	00:00=	00:01-
28	Arne Øvstebø	71												44:56		
01:20+	02:14+	07:09+	08:27+	10:03+	13:20+	14:32+	18:24+	22:38+	24:41+	27:35+	28:30+	29:21+	32:40+	43:59+	44:38+	44:56+
01:20+	00:54+	04:55-	01:18+	01:36-	03:17+	01:12+	03:52+	04:14+	02:03+	02:54+	00:55+	00:51+	03:19+	11:19+	00:39+	00:18+
00:09#	00:03+	00:03-	00:02+	00:03-	00:33#	00:07#	01:43%	00:17+	00:11+	00:38%	00:11#	00:16%	02:21%	08:37%	00:08%	00:06%
29	Jone Kalheim	93												46:51		
02:04+	02:56+	06:37-	09:57+	11:24+	23:37+	24:56+	27:47+	31:45+	33:50+	37:58+	39:30+	40:11+	42:56+	45:57+	46:35+	46:51+
02:04+	00:52+	03:41-	03:20+	01:27-	12:13+	01:19+	02:51+	03:58+	02:05+	04:08+	01:32+	00:41+	02:45+	03:01+	00:38+	00:16+
00:53%	00:01+	01:17-	02:04%	00:12-	09:29%	00:14#	00:42%	00:01+	00:13#	01:52%	00:48%	00:06#	01:47%	00:19#	00:07#	00:04%
30	Stein Sigbjørnsen	27												46:56		
02:18+	03:07+	08:07+	09:51+	11:40+	17:00+	18:21+	22:49+	28:54+	31:14+	34:30+	35:27+	36:13+	42:24+	45:51+	46:35+	46:56+
02:18+	00:49-	05:00+	01:44+	01:49+	05:20+	01:21+	04:28+	06:05+	02:20+	03:16+	00:57+	00:46+	06:11+	03:27+	00:44+	00:21+
01:07%	00:02-	00:02+	00:28%	00:10#	02:36%	00:16#	02:19%	02:08%	00:28#	01:00%	00:13%	00:11%	05:13%	00:45%	00:13%	00:09%
31	Christof Schätz	239												51:16		
01:27+	02:42+	07:55+	09:27+	11:13+	16:59+	28:08+	31:12+	36:41+	38:52+	42:15+	43:50+	44:40+	46:38+	50:06+	50:57+	51:16+
01:27+	01:15+	05:13+	01:32+	01:46+	05:46+	11:09+	03:04+	05:29+	02:11+	03:23+	01:35+	00:50+	01:58+	03:28+	00:51+	00:19+
00:16#	00:24%	00:15+	00:16#	00:07+	03:02%	10:04%	00:55%	01:32%	00:19#	01:07%	00:51%	00:15%	01:00%	00:46%	00:20%	00:07%

Class	Navn	Klasse												Tid		
32	Ingve Vold	54												53:26		
01:18+	05:15+	10:17+	12:01+	13:41+	25:54+	26:35+	31:50+	35:44+	38:01+	42:55+	43:40+	44:23+	48:14+	52:21+	53:08+	53:26+
01:18+	03:57+	05:02+	01:44+	01:40+	12:13+	00:41-	05:15+	03:54-	02:17+	04:54+	00:45+	00:43+	03:51+	04:07+	00:47+	00:18+
00:07+	03:06@	00:04+	00:28&	00:01+	09:29@	00:24-	03:06@	00:03-	00:25#	02:38@	00:01+	00:08#	02:53@	01:25&	00:16&	00:06&

Beste strekktid for klassen

01:00 00:35 03:20 01:03 01:21 02:44 00:41 02:01 02:57 01:37 01:53 00:37 00:29 00:55 02:29 00:28 00:10

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

Herrer 60 - 64 år

1	Espen Krogh	7												20:51	
01:11=	04:31=	05:00=	06:23=	08:26=	09:04=	10:07=	13:18=	14:01=	16:25=	16:55=	17:12=	17:51=	20:13=	20:38=	20:51=
01:11=	03:20=	00:29=	01:23=	02:03=	00:38=	01:03=	03:11=	00:43=	02:24=	00:30=	00:17=	00:39=	02:22=	00:25=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Johannessen	7												26:25	
01:24+	05:15+	05:39+	07:24+	09:41+	11:26+	12:54+	17:13+	18:16+	21:08+	21:43+	22:00+	22:56+	25:41+	26:11+	26:25+
01:24+	03:51+	00:24-	01:45+	02:17+	01:45+	01:28+	04:19+	01:03+	02:52+	00:35+	00:17=	00:56+	02:45+	00:30+	00:14+
00:13#	00:31#	00:05-	00:22&	00:14#	01:07@	00:25#	01:08&	00:20&	00:28#	00:05#	00:00=	00:17&	00:23#	00:05#	00:01+
3	Dag Helliksen	80												26:25	
01:27+	05:03+	05:32+	07:16+	09:48+	10:29+	13:06+	17:29+	18:23+	20:50+	21:31+	21:53+	22:41+	25:39+	26:11+	26:25+
01:27+	03:36+	00:29=	01:44+	02:32+	00:41+	02:37+	04:23+	00:54+	02:27+	00:41+	00:22+	00:48+	02:58+	00:32+	00:14+
00:16#	00:16+	00:00=	00:21&	00:29#	00:03+	01:34@	01:12&	00:11&	00:03+	00:11&	00:05&	00:09#	00:36&	00:07&	00:01+
4	Olav Tunheim	93												28:45	
01:41+	05:55+	06:28+	08:14+	11:05+	11:56+	13:02+	18:06+	19:09+	22:13+	22:53+	23:15+	24:52+	27:55+	28:30+	28:45+
01:41+	04:14+	00:33+	01:46+	02:51+	00:51+	01:06+	05:04+	01:03+	03:04+	00:40+	00:22+	01:37+	03:03+	00:35+	00:15+
00:30&	00:54&	00:04#	00:23&	00:48&	00:13&	00:03+	01:53&	00:20&	00:40&	00:10&	00:05&	00:58@	00:41&	00:10&	00:02#
5	Torbjørn Evensen	108												30:50	
01:59+	05:58+	06:29+	08:23+	12:58+	13:45+	14:56+	19:09+	20:09+	23:04+	23:42+	24:09+	26:21+	29:57+	30:33+	30:50+
01:59+	03:59+	00:31+	01:54+	04:35+	00:47+	01:11+	04:13+	01:00+	02:55+	00:38+	00:27+	02:12+	03:36+	00:36+	00:17+
00:48&	00:39#	00:02+	00:31&	02:32@	00:09#	00:08#	01:02&	00:17&	00:31#	00:08&	00:10&	01:33@	01:14&	00:11&	00:04&
6	Agnar Lien	7												31:43	
01:30+	06:14+	06:47+	08:56+	11:53+	12:53+	14:07+	20:59+	22:00+	25:05+	25:39+	26:03+	26:59+	30:48+	31:24+	31:43+
01:30+	04:44+	00:33+	02:09+	02:57+	01:00+	01:14+	06:52+	01:01+	03:05+	00:34+	00:24+	00:56+	03:49+	00:36+	00:19+
00:19&	01:24&	00:04#	00:46&	00:54&	00:22&	00:11#	03:41@	00:18&	00:41&	00:04#	00:07&	00:17&	01:27&	00:11&	00:06&
7	Sverre Magnar Nordal	116												32:14	
02:01+	06:51+	07:27+	09:27+	12:29+	14:36+	16:08+	21:01+	22:08+	25:47+	26:32+	26:51+	27:45+	31:25+	31:58+	32:14+
02:01+	04:50+	00:36+	02:00+	03:02+	02:07+	01:32+	04:53+	01:07+	03:39+	00:45+	00:19+	00:54+	03:40+	00:33+	00:16+
00:50&	01:30&	00:07#	00:37&	00:59&	01:29@	00:29&	01:42&	00:24&	01:15&	00:15&	00:02#	00:15&	01:18&	00:08&	00:03#
8	Kjell Lervik	239												33:00	
01:57+	06:54+	07:27+	09:19+	12:56+	13:51+	16:21+	21:49+	22:51+	26:20+	26:56+	27:20+	28:33+	32:02+	32:41+	33:00+
01:57+	04:57+	00:33+	01:52+	03:37+	00:55+	02:30+	05:28+	01:02+	03:29+	00:36+	00:24+	01:13+	03:29+	00:39+	00:19+
00:46&	01:37&	00:04#	00:29&	01:34&	00:17&	01:27@	02:17&	00:19&	01:05&	00:06#	00:07&	00:34&	01:07&	00:14&	00:06&
9	Bjørn H. Engseth	27												35:07	
01:37+	06:23+	06:54+	09:23+	14:41+	15:59+	17:03+	22:56+	24:06+	27:49+	28:48+	29:18+	30:34+	34:04+	34:46+	35:07+
01:37+	04:46+	00:31+	02:29+	05:18+	01:18+	01:04+	05:53+	01:10+	03:43+	00:59+	00:30+	01:16+	03:30+	00:42+	00:21+
00:26&	01:26&	00:02+	01:06&	03:15@	00:40@	00:01+	02:42&	00:27&	01:19&	00:29&	00:13&	00:37&	01:08&	00:17&	00:08&
10	Jan Arendal	116												37:49	
02:04+	07:08+	07:46+	10:05+	13:42+	14:46+	16:17+	22:04+	23:22+	28:25+	31:10+	31:44+	33:03+	36:45+	37:31+	37:49+
02:04+	05:04+	00:38+	02:19+	03:37+	01:04+	01:31+	05:47+	01:18+	05:03+	02:45+	00:34+	01:19+	03:42+	00:46+	00:18+
00:53&	01:44&	00:09&	00:56&	01:34&	00:26&	00:28&	02:36&	00:35&	02:39@	02:15@	00:17&	00:40@	01:20&	00:21&	00:05&

Beste strekktid for klassen

01:11 03:20 00:24 01:23 02:03 00:38 01:03 03:11 00:43 02:24 00:30 00:17 00:39 02:22 00:25 00:13

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

Herrer 65 - 69 år

Class	Navn	Klasse	Tid
1	Arne Kristian Espedal	68	23:16
01:27=	04:22= 04:46= 06:23= 08:44=	09:25= 10:04= 13:06= 13:52= 16:16= 17:26=	17:42= 20:03= 22:34= 23:01= 23:16=
01:27=	02:55= 00:24= 01:37= 02:21=	00:41= 00:39= 03:02= 00:46= 02:24= 01:10=	00:16= 02:21= 02:31= 00:27= 00:15=
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=
2	Tor Geir Espedal	115	26:23
01:29+	05:33+ 06:05+ 07:47+	10:09+ 10:57+ 11:42+ 15:59+	17:00+ 20:25+ 21:06+ 21:27+ 22:19+
01:29+	04:04+ 00:32+ 01:42+ 02:22+	00:48+ 00:45+ 04:17+ 01:01+ 03:25+	00:41- 00:21+ 00:52- 03:18+ 00:31+ 00:15=
00:02+	01:09& 00:08& 00:05+ 00:01+	00:07# 00:06# 01:15& 00:15& 01:01& 00:29-	00:05& 01:29- 00:47& 00:04# 00:00=
3	Svein Berge	126	26:29
01:27=	05:31+ 05:55+ 07:36+	10:50+ 11:37+ 12:41+ 16:58+	18:05+ 20:52+ 21:35+ 22:04+ 23:01+
01:27=	04:04+ 00:24= 01:41+ 03:14+	00:47+ 01:04+ 04:17+ 01:07+ 02:47+	00:43- 00:29+ 00:57- 02:40+ 00:31+ 00:17+
00:00=	01:09& 00:00= 00:04+ 00:53&	00:06# 00:25& 01:15& 00:21& 00:23#	00:27- 00:13& 01:24- 00:09+ 00:04# 00:02#
4	Jan Hetland	29	26:47
01:59+	05:45+ 06:13+ 08:10+	11:17+ 12:05+ 13:10+ 17:16+	18:13+ 20:49+ 21:29+ 21:54+ 22:58+
01:59+	03:46+ 00:28+ 01:57+ 03:07+	00:48+ 01:05+ 04:06+ 00:57+ 02:36+	00:40- 00:25+ 01:04- 03:01+ 00:34+ 00:14-
00:32&	00:51& 00:04# 00:20#	00:04# 00:20# 00:26& 01:04& 00:11#	00:12+ 00:30- 00:09& 01:17- 00:30# 00:07& 00:01-
5	Eivind L. Rake	92	27:35
01:51+	05:52+ 06:25+ 08:09+	11:04+ 12:06+ 13:10+ 18:08+	19:09+ 22:09+ 22:48+ 23:11+ 23:59+
01:51+	04:01+ 00:33+ 01:44+ 02:55+	01:02+ 01:04+ 04:58+ 01:01+ 03:00+	00:39- 00:23+ 00:48- 02:42+ 00:35+ 00:19+
00:24&	01:06& 00:09& 00:07+	00:34# 00:21& 00:25& 01:56& 00:15&	00:36# 00:31- 00:07& 01:33- 00:11+ 00:08& 00:04&
6	Bjørn Alsaker	115	27:52
01:14-	04:30+ 05:00+ 06:40+	10:31+ 11:04+ 12:54+ 16:39+	17:27+ 20:12+ 21:07+ 21:32+ 22:10+
01:14-	03:16+ 00:30+ 01:40+ 03:51+	00:33- 01:50+ 03:45+ 00:48+ 02:45+	00:55- 00:25+ 00:38- 04:58+ 00:32+ 00:12-
00:13-	00:21# 00:06# 00:03+ 01:30&	00:08- 01:11@ 00:43# 00:02+	00:21# 00:15- 00:09& 01:43- 02:27& 00:05# 00:03-
7	Ragnvald Frøyland	128	28:01
01:36+	05:48+ 06:19+ 08:11+	11:22+ 12:07+ 13:20+ 18:20+	19:21+ 22:15+ 22:49+ 23:09+ 23:59+
01:36+	04:12+ 00:31+ 01:52+ 03:11+	00:45+ 01:13+ 05:00+ 01:01+ 02:54+	00:34- 00:20+ 00:50- 03:16+ 00:30+ 00:16+
00:09#	01:17& 00:07& 00:15# 00:50&	00:04+ 00:34& 01:58& 00:15& 00:30#	00:36- 00:04# 01:31- 00:45& 00:03# 00:01+
8	Hans Erik Terjesen	116	28:10
02:50+	06:43+ 07:57+ 09:39+	12:41+ 13:23+ 14:11+ 18:12+	19:12+ 22:08+ 22:41+ 23:04+ 24:44+
02:50+	03:53+ 01:14+ 01:42+ 03:02+	00:42+ 00:48+ 04:01+ 01:00+ 02:56+	00:33- 00:23+ 01:40- 02:40+ 00:33+ 00:13-
01:23&	00:58& 00:50@ 00:05+ 00:41&	00:01+ 00:09# 00:59& 00:14& 00:32#	00:37- 00:07& 00:41- 00:09+ 00:06# 00:02-
9	Terje Stokkeland	69	29:15
01:35+	05:29+ 05:59+ 08:07+	10:50+ 11:31+ 12:26+ 18:12+	19:04+ 22:37+ 23:21+ 23:55+ 24:46+
01:35+	03:54+ 00:30+ 02:08+ 02:43+	00:41= 00:55+ 05:46+ 00:52+ 03:33+	00:44- 00:34+ 00:51- 03:39+ 00:35+ 00:15=
00:08+	00:59& 00:06# 00:31& 00:22#	00:00= 00:16& 02:44& 00:06#	01:09& 00:26- 00:18@ 01:30- 01:08& 00:08& 00:00=
10	Bjarne Gimre	88	30:13
01:35+	06:08+ 06:37+ 08:26+	11:39+ 12:27+ 13:30+ 19:10+	20:08+ 23:06+ 24:13+ 24:35+ 26:11+
01:35+	04:33+ 00:29+ 01:49+ 03:13+	00:48+ 01:03+ 05:40+ 00:58+ 02:58+	01:07- 00:22+ 01:36- 03:11+ 00:38+ 00:13-
00:08+	01:38& 00:05# 00:12#	00:52& 00:07# 00:24& 02:38& 00:12&	00:34# 00:03- 00:06& 00:45- 00:40& 00:11& 00:02-
11	Jan Inge Lunde	88	31:15
02:05+	07:03+ 07:36+ 09:39+	12:38+ 13:47+ 15:11+ 19:59+	21:18+ 24:39+ 25:49+ 26:09+ 27:15+
02:05+	04:58+ 00:33+ 02:03+ 02:59+	01:09+ 01:24+ 04:48+ 01:19+ 03:21+	01:10= 00:20+ 01:06- 03:10+ 00:35+ 00:15=
00:38&	02:03& 00:09& 00:26&	00:38& 00:28& 00:45@ 01:46& 00:33&	00:57& 00:00= 00:04# 01:15- 00:39& 00:08& 00:00=
12	Sveinung Tveit	236	32:13
01:50+	06:40+ 07:15+ 09:20+	12:42+ 14:07+ 15:27+ 21:04+	22:13+ 26:18+ 26:57+ 27:18+ 28:21+
01:50+	04:50+ 00:35+ 02:05+ 03:22+	00:25+ 01:25+ 05:37+ 01:09+ 04:05+	00:39- 00:21+ 01:03- 03:02+ 00:34+ 00:16+
00:23&	01:55& 00:11& 00:28&	01:01& 00:44@ 00:41@ 02:35& 00:23&	01:41& 00:31- 00:05& 01:18- 00:31# 00:07& 00:01+
13	Tom Hetland	5	35:01
01:28+	05:38+ 06:13+ 08:10+	14:23+ 15:04+ 16:32+ 23:55+	24:58+ 28:43+ 29:21+ 29:41+ 30:38+
01:28+	04:10+ 00:35+ 01:57+ 06:13+	00:41= 01:28+ 07:23+ 01:03+ 03:45+	00:38- 00:20+ 00:57- 03:28+ 00:41+ 00:14-
00:01+	01:15& 00:11& 00:20# 03:52@	00:00= 00:49@ 04:21@ 00:17&	01:21& 00:32- 00:04# 01:24- 00:57& 00:14& 00:01-
14	Terje Langeland	98	37:42
03:17+	08:02+ 08:44+ 11:28+	17:29+ 18:29+ 19:39+ 26:30+	27:46+ 31:03+ 31:43+ 32:08+ 33:19+
03:17+	04:45+ 00:42+ 02:44+ 06:01+	01:00+ 01:10+ 06:51+ 01:16+ 03:17+	00:40- 00:25+ 01:11- 03:23+ 00:41+ 00:19+
01:50@	01:50& 00:18& 01:07& 03:40@	00:19& 00:31& 03:49@ 00:30&	00:53& 00:30- 00:09& 01:10- 00:52& 00:14& 00:04&
15	Roar Fitjar	101	39:28
01:45+	07:16+ 07:54+ 10:19+	13:51+ 14:59+ 16:11+ 22:45+	24:03+ 28:39+ 30:50+ 31:30+ 33:10+
01:45+	05:31+ 00:38+ 02:25+ 03:32+	01:08+ 01:12+ 06:34+ 01:18+ 04:36+	02:11+ 00:40+ 01:40- 05:04+ 00:53+ 00:21+
00:18#	02:36& 00:14& 00:48&	01:11& 00:27& 00:33& 03:32@	00:32& 02:12& 01:01& 00:24@ 00:41- 02:33@ 00:26& 00:06&

Class	Navn	Klasse										Tid				
16	Olav Habbestad	116										42:38				
02:54+	06:43+	07:20+	09:32+	12:26+	13:37+	15:17+	30:06+	31:12+	34:50+	35:45+	36:00+	38:09+	41:45+	42:24+	42:38+	
02:54+	03:49+	00:37+	02:12+	02:54+	01:11+	01:40+	14:49+	01:06+	03:38+	00:55-	00:15-	02:09-	03:36+	00:39+	00:14-	
01:27&	00:54&	00:13&	00:35&	00:33#	00:30&	01:01@	11:47@	00:20&	01:14&	00:15-	00:01-	00:12-	01:05&	00:12&	00:01-	
17	Bjørn Tore Aase	29										43:42				
01:52+	06:50+	07:21+	10:25+	14:14+	15:11+	16:41+	23:15+	24:22+	27:26+	28:05+	28:27+	29:23+	42:42+	43:22+	43:42+	
01:52+	04:58+	00:31+	03:04+	03:49+	00:57+	01:30+	06:34+	01:07+	03:04+	00:39-	00:22+	00:56-	13:19+	00:40+	00:20+	
00:25&	02:03&	00:07&	01:27&	01:28&	00:16&	00:51@	03:32@	00:21&	00:40&	00:31-	00:06&	01:25-	10:48@	00:13&	00:05&	
Beste strekktid for klassen																
01:14	02:55	00:24	01:37	02:21	00:33	00:39	03:02	00:46	02:24	00:33	00:15	00:38	02:31	00:27	00:12	

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

Herrer 70 - 74 år

1	Harry Breiland	66										24:07				
01:38=	05:15=	05:40=	07:29=	09:58=	10:48=	11:40=	15:47=	16:40=	19:08=	19:41=	20:06=	20:48=	23:26=	23:53=	24:07=	
01:38=	03:37=	00:25=	01:49=	02:29=	00:50=	00:52=	04:07=	00:53=	02:28=	00:33=	00:25=	00:42=	02:38=	00:27=	00:14=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Asgeir Bell	117										25:37				
01:24-	04:46-	05:12-	06:47-	09:10-	11:01+	11:35-	12:15-	16:41+	17:27-	20:05+	20:38+	20:58+	21:50-	24:51+	25:21+	
01:24-	03:22-	00:26+	01:35-	02:23-	01:51+	00:34-	00:40-	04:26+	00:46-	02:38+	00:33+	00:20-	00:52-	03:01+	00:30+	
00:14-	00:15-	00:01+	00:14-	00:06-	01:01@	00:18-	03:27-	03:33@	01:42-	02:05@	00:08&	00:22-	01:46-	02:34@	00:16@	
3	Jostein Tunheim	116										29:04				
02:00+	06:06+	06:40+	08:26+	11:19+	12:09+	13:19+	18:22+	19:21+	22:37+	23:25+	24:28+	25:31+	28:15+	28:48+	29:04+	
02:00+	04:06+	00:34+	01:46-	02:53+	00:50=	01:10+	05:03+	00:59+	03:16+	00:48+	01:03+	01:03+	02:44+	00:33+	00:16+	
00:22#	00:29#	00:09&	00:03-	00:24#	00:00=	00:18&	00:56#	00:06#	00:48&	00:15&	00:38@	00:21&	00:06+	00:06#	00:02#	
4	Norvald Skretting	43										31:49				
01:43+	06:02+	06:34+	08:49+	12:15+	13:45+	15:38+	20:58+	22:02+	25:08+	25:47+	26:19+	27:32+	30:51+	31:29+	31:49+	
01:43+	04:19+	00:32+	02:15+	03:26+	01:30+	01:53+	05:20+	01:04+	03:06+	00:39+	00:32+	01:13+	03:19+	00:38+	00:20+	
00:05+	00:42#	00:07&	00:26#	00:57&	00:40&	01:01@	01:13&	00:11#	00:38&	00:06#	00:07&	00:31&	00:41&	00:11&	00:06&	
5	Arne Østensen	90										35:12				
02:01+	06:09+	06:41+	08:21+	16:12+	17:01+	19:17+	24:13+	25:12+	28:22+	29:02+	29:34+	30:34+	34:19+	34:54+	35:12+	
02:01+	04:08+	00:32+	01:40-	07:51+	00:49-	02:16+	04:56+	00:59+	03:10+	00:40+	00:32+	01:00+	03:45+	00:35+	00:18+	
00:23#	00:31#	00:07&	00:09-	05:22@	00:01-	01:24@	00:49#	00:06#	00:42&	00:07#	00:07&	00:18&	01:07&	00:08&	00:04&	
6	Finn Morten Årstad	115										36:06				
01:55+	06:37+	07:05+	09:03+	12:31+	18:20+	19:08+	20:35+	26:03+	27:02+	29:59+	30:41+	31:06+	32:01+	35:12+	35:49+	
01:55+	04:42+	00:28+	01:58+	03:28+	05:49+	00:48-	01:27-	05:28+	00:59-	02:57+	00:42+	00:25-	00:55-	03:11+	00:37+	
00:17#	01:05&	00:03#	00:09+	00:59&	04:59@	00:04-	02:40-	04:35@	01:29-	02:24@	00:17&	00:17-	01:43-	02:44@	00:23@	
7	Hans Klausen	62										37:05				
01:59+	06:35+	07:16+	09:00+	12:07+	13:10+	14:24+	21:24+	22:30+	28:13+	29:24+	29:48+	31:05+	36:16+	36:51+	37:05+	
01:59+	04:36+	00:41+	01:44-	03:07+	01:03+	01:14+	07:00+	01:06+	05:43+	01:11+	00:24-	01:17+	05:11+	00:35+	00:14=	
00:21#	00:59&	00:16&	00:05-	00:38&	00:13&	00:22&	02:53&	00:13#	03:15@	00:38@	00:01-	00:35&	02:33&	00:08&	00:00=	
8	Odd Garpestad	29										40:15				
01:41+	06:07+	06:35+	09:38+	13:22+	14:35+	15:46+	21:41+	22:41+	26:30+	27:10+	27:31+	28:18+	39:20+	40:02+	40:15+	
01:41+	04:26+	00:28+	03:03+	03:44+	01:13+	01:11+	05:55+	01:00+	03:49+	00:40+	00:21-	00:47+	11:02+	00:42+	00:13-	
00:03+	00:49#	00:03#	01:14&	01:15&	00:23&	00:19&	01:48&	00:07#	01:21&	00:07#	00:04-	00:05#	08:24@	00:15&	00:01-	
9	Ole Auklend	106										42:50				
02:36+	08:15+	08:56+	11:36+	16:22+	17:39+	18:33+	19:55+	26:09+	27:35+	31:22+	32:19+	32:52+	36:47+	41:24+	42:27+	
02:36+	05:39+	00:41+	02:40+	04:46+	01:17+	00:54+	01:22-	06:14+	01:26-	03:47+	00:57+	00:33-	03:55+	04:37+	01:03+	
00:58&	02:02&	00:16&	00:51&	02:17&	00:27&	00:02+	02:45-	05:21@	01:02-	03:14@	00:32@	00:09-	01:17&	04:10@	00:49@	
10	Arvid Thorsen	5										46:32				
01:57+	06:51+	07:31+	09:36+	12:15+	18:34+	19:40+	25:09+	26:15+	29:16+	29:53+	30:22+	32:26+	44:54+	45:43+	46:14+	
01:57+	04:54+	00:40+	02:05+	02:39+	06:19+	01:06+	05:29+	01:06+	03:01+	00:37+	00:29+	02:04+	12:28+	00:49+	00:31+	
00:19#	01:17&	00:15&	00:16#	00:10+	05:29@	00:14&	01:22&	00:13#	00:33#	00:04#	00:04#	01:22@	09:50@	00:22&	00:17@	
11	John Abrahamsen	125										1:08:31				
02:36+	08:43+	09:34+	13:03+	18:00+	19:26+	22:37+	32:39+	34:21+	42:34+	43:24+	44:06+	48:45+	67:02+	67:54+	68:31+	
02:36+	06:07+	00:51+	03:29+	04:57+	01:26+	03:11+	10:02+	01:42+	08:13+	00:50+	00:42+	04:39+	18:17+	00:52+	00:37+	
00:58&	02:30&	00:26@	01:40&	02:28&	00:36&	02:19@	05:55@	00:49&	05:45@	00:17&	00:17&	03:57@	15:39@	00:25&	00:23@	

Class	Navn	Klasse											Tid		
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Beste strekktid for klassen

01:24 03:22 00:25 01:35 02:23 00:49 00:34 00:40 00:53 00:46 00:33 00:21 00:20 00:52 00:27 00:13

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

Herrer 75 - 79 år

1	Øyvind Egeskog	5	24:52											
00:27=	02:33=	06:36=	08:30=	09:15=	15:07=	16:06=	19:39=	20:49=	21:08=	23:20=	24:37=	24:52=		
00:27=	02:06=	04:03=	01:54=	00:45=	05:52=	00:59=	03:33=	01:10=	00:19=	02:12=	01:17=	00:15=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Jan Værp	62	26:10											
00:31+	03:01+	06:39+	08:45+	09:38+	16:31+	17:31+	21:55+	22:30+	23:00+	24:41+	25:55+	26:10+		
00:31+	02:30+	03:38-	02:06+	00:53+	06:53+	01:00+	04:24+	00:35-	00:30+	01:41-	01:14-	00:15=		
00:04#	00:24#	00:25-	00:12#	00:08#	01:01#	00:01+	00:51#	00:35-	00:11&	00:31-	00:03-	00:00=		
3	Geir Husdal	93	26:53											
00:47+	03:05+	06:23-	08:05-	08:49-	14:45-	15:43-	19:06-	19:56-	20:17-	21:21-	22:55-	25:30+	26:39+	26:53+
00:47+	02:18+	03:18-	01:42-	00:44-	05:56+	00:58-	03:23-	00:50-	00:21+	01:04-	01:34+	02:35+	01:09+	00:14+
00:20&	00:12+	00:45-	00:12-	00:01-	00:04+	00:01-	00:10-	00:20-	00:02#	01:08-	00:17#	02:20@	01:09+	00:14+
4	Svein Glendrange	68	26:58											
01:59+	04:03+	08:42+	10:34+	11:21+	16:53+	17:51+	21:43+	22:55+	23:19+	25:25+	26:40+	26:58+		
01:59+	02:04-	04:39+	01:52-	00:47+	05:32-	00:58-	03:52+	01:12+	00:24+	02:06-	01:15-	00:18+		
01:32@	00:02-	00:36#	00:02-	00:02+	00:20-	00:01-	00:19+	00:02+	00:05&	00:06-	00:02-	00:03#		
5	Steinar Undheim	54	28:39											
00:55+	03:48+	07:48+	09:56+	12:14+	19:16+	20:29+	24:11+	24:41+	25:05+	26:58+	28:21+	28:39+		
00:55+	02:53+	04:00-	02:08+	02:18+	07:02+	01:13+	03:42+	00:30-	00:24+	01:53-	01:23+	00:18+		
00:28@	00:47&	00:03-	00:14#	01:33@	01:10#	00:14#	00:09+	00:40-	00:05&	00:19-	00:06+	00:03#		
6	Alf Gyland	92	28:57											
00:36+	03:45+	07:45+	10:27+	12:11+	19:21+	20:26+	23:46+	24:48+	25:18+	27:11+	28:38+	28:57+		
00:36+	03:09+	04:00-	02:42+	01:44+	07:10+	01:05+	03:20-	01:02-	00:30+	01:53-	01:27+	00:19+		
00:09&	01:03&	00:03-	00:48&	00:59@	01:18#	00:06#	00:13-	00:08-	00:11&	00:19-	00:10#	00:04&		
7	Harald Vatne	67	31:04											
00:35+	03:34+	08:31+	12:26+	13:28+	20:45+	22:15+	26:00+	27:05+	27:45+	29:31+	30:47+	31:04+		
00:35+	02:59+	04:57+	03:55+	01:02+	07:17+	01:30+	03:45+	01:05-	00:40+	01:46-	01:16-	00:17+		
00:08&	00:53&	00:54#	02:01@	00:17&	01:25#	00:31&	00:12+	00:05-	00:21@	00:26-	00:01-	00:02#		
8	Arne Tveita	109	32:44											
00:37+	03:21+	07:22+	10:26+	16:47+	23:20+	24:36+	28:09+	28:56+	29:31+	31:12+	32:30+	32:44+		
00:37+	02:44+	04:01-	03:04+	06:21+	06:33+	01:16+	03:33=	00:47-	00:35+	01:41-	01:18+	00:14-		
00:10&	00:38&	00:02-	01:10&	05:36@	00:41#	00:17&	00:00=	00:23-	00:16&	00:31-	00:01+	00:01-		
9	Reidar Magne Liland	66	32:56											
00:43+	03:33+	08:29+	11:27+	12:30+	20:08+	21:48+	26:30+	27:26+	28:19+	30:53+	32:35+	32:56+		
00:43+	02:50+	04:56+	02:58+	01:03+	07:38+	01:40+	04:42+	00:56-	00:53+	02:34+	01:42+	00:21+		
00:16&	00:44&	00:53#	01:04&	00:18&	01:46&	00:41&	01:09&	00:14-	00:34@	00:22#	00:25&	00:06&		
10	Kjell Maudal	63	35:04											
01:51+	05:44+	10:43+	13:38+	14:47+	22:29+	23:58+	28:40+	29:39+	30:31+	33:06+	34:45+	35:04+		
01:51+	03:53+	04:59+	02:55+	01:09+	07:42+	01:29+	04:42+	00:59-	00:52+	02:35+	01:39+	00:19+		
01:24@	01:47&	00:56#	01:01&	00:24&	01:50&	00:30&	01:09&	00:11-	00:33@	00:23#	00:22&	00:04&		
11	Jan Bekkeheien	92	35:08											
03:23+	06:10+	10:40+	13:17+	14:18+	22:46+	24:13+	28:57+	29:43+	30:14+	32:33+	34:48+	35:08+		
03:23+	02:47+	04:30+	02:37+	01:01+	08:28+	01:27+	04:44+	00:46-	00:31+	02:19+	02:15+	00:20+		
02:56@	00:41&	00:27#	00:43&	00:16&	02:36&	00:28&	01:11&	00:24-	00:12&	00:07+	00:58&	00:05&		
12	Arne Brandsberg	29	36:57											
01:01+	04:41+	10:01+	12:47+	13:55+	23:31+	24:57+	29:53+	31:06+	31:40+	34:27+	36:29+	36:57+		
01:01+	03:40+	05:20+	02:46+	01:08+	09:36+	01:26+	04:56+	01:13+	00:34+	02:47+	02:02+	00:28+		
00:34@	01:34&	01:17&	00:52&	00:23&	03:44&	00:27&	01:23&	00:03+	00:15&	00:35&	00:45&	00:13&		

Beste strekktid for klassen

00:27 02:04 03:18 01:42 00:44 05:32 00:58 03:20 00:30 00:19 01:04 01:14 00:14

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

Herrer 80 år og eldre

1 Peter Frafjord 116 57:08

00:58= 05:11= 08:50= 23:36= 25:08= 27:50= 30:07= 33:24= 43:54= 51:01= 51:50= 56:43= 57:08=
 00:58= 04:13= 03:39= 14:46= 01:32= 02:42= 02:17= 03:17= 10:30= 07:07= 00:49= 04:53= 00:25=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

00:58 04:13 03:39 14:46 01:32 02:42 02:17 03:17 10:30 07:07 00:49 04:53 00:25

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

Herrer A

1 Fredrik Omdal 74 30:01

01:08= 02:18= 04:02= 05:15= 07:34= 08:13= 09:40= 10:16= 12:19= 12:56= 14:11= 14:39= 15:44= 16:36= 19:04= 19:38= 21:15= 21:35= 22:02= 25:07= 25:49= 27:50= 28:10= 28:54= 29:49= 30:01=
 01:08= 01:10= 01:44= 01:13= 02:19= 00:39= 01:27= 00:36= 02:03= 00:37= 01:15= 00:28= 01:05= 00:52= 02:28= 00:34= 01:37= 00:20= 00:27= 03:05= 00:42= 02:01= 00:20= 00:44= 00:55= 00:12=
 00:00=

2 Erik Lima 43 30:34

01:06- 02:14- 04:00- 05:14- 07:28- 08:17+ 10:22+ 11:00+ 12:14- 12:42- 13:53- 14:59+ 17:45+ 18:18+ 20:10+ 20:37+ 21:03- 25:18+ 26:01+ 28:21+ 28:43+ 29:29+ 30:25+ 30:34+
 01:06- 01:08- 01:44+ 01:14+ 02:14- 00:49+ 02:05+ 00:38+ 01:14- 00:28- 01:11- 01:06+ 02:46+ 00:33- 01:52- 00:27- 00:26- 04:15+ 00:43+ 02:20- 00:22- 00:46- 00:56+ 00:09-
 00:02- 00:02- 00:02+ 00:01+ 00:05- 00:10+ 00:38+ 00:02+ 00:49- 00:09- 00:04- 00:38+ 01:41+ 00:19- 00:36- 00:07- 01:11- 03:55+ 00:16+ 00:45- 00:20- 01:15- 00:36+ 00:35-

3 Markus Breivold 92 34:29

01:20+ 02:30+ 04:25+ 05:45+ 10:32+ 11:15+ 14:42+ 15:24+ 16:41+ 17:13+ 18:23+ 19:19+ 22:24+ 23:03+ 24:46+ 25:12+ 25:43+ 29:17+ 30:04+ 32:14+ 32:35+ 33:22+ 34:18+ 34:29+
 01:20+ 01:10= 01:55+ 01:20+ 04:47+ 00:43+ 03:27+ 00:42+ 01:17- 00:32- 01:10- 00:56+ 03:05+ 00:39- 01:43- 00:26- 00:31- 03:34+ 00:47+ 02:10- 00:21- 00:47- 00:56+ 00:11-
 00:12# 00:00= 00:11# 00:07+ 02:28+ 00:04# 02:00+ 00:06# 00:46- 00:05- 00:05- 00:28+ 02:00+ 00:13- 00:45- 00:08- 01:06- 03:14+ 00:20+ 00:55- 00:21- 01:14- 00:36+ 00:33-

4 Emmanuel Mondesert 116 35:55

01:05- 02:20+ 04:08+ 05:27+ 07:48+ 08:57+ 12:47+ 15:44+ 17:26+ 18:01+ 19:12+ 20:09+ 22:49+ 23:24+ 25:12+ 25:41+ 26:24+ 30:30+ 31:13+ 33:34+ 33:59+ 34:46+ 35:42+ 35:55+
 01:05- 01:15+ 01:48+ 01:19+ 02:21+ 01:09+ 03:50+ 02:57+ 01:42- 00:35- 01:11- 00:57+ 02:40+ 00:35- 01:48- 00:29- 00:43- 04:06+ 00:43+ 02:21- 00:25- 00:47- 00:56+ 00:13-
 00:03- 00:05+ 00:04+ 00:06+ 00:02+ 00:30+ 02:23+ 02:21+ 00:21- 00:02- 00:04- 00:29+ 01:35+ 00:17- 00:40- 00:05- 00:54- 03:46+ 00:16+ 00:44- 00:17- 01:14- 00:36+ 00:31-

5 Stian Haugvaldstad 116 41:36

01:24+ 02:42+ 04:41+ 06:12+ 13:11+ 13:56+ 15:53+ 16:34+ 17:59+ 18:34+ 19:59+ 20:59+ 24:02+ 24:43+ 27:15+ 28:06+ 28:36+ 34:09+ 35:02+ 38:42+ 39:10+ 40:09+ 41:21+ 41:36+
 01:24+ 01:18+ 01:59+ 01:31+ 06:59+ 00:45+ 01:57+ 00:41+ 01:25- 00:35- 01:25+ 01:00+ 03:03+ 00:41- 02:32+ 00:51+ 00:30- 05:33+ 00:53+ 03:40+ 00:28- 00:59- 01:12+ 00:15-
 00:16# 00:08# 00:15# 00:18# 04:40+ 00:06# 00:30+ 00:05# 00:38- 00:02- 00:10# 00:32+ 01:58+ 00:11- 00:04+ 00:17+ 01:07- 05:13+ 00:26+ 00:35# 00:14- 01:02- 00:52+ 00:29-

6 Øyvind Lamark 46 42:19

01:56+ 03:14+ 05:22+ 07:04+ 10:01+ 10:48+ 12:58+ 14:06+ 15:35+ 17:57+ 20:05+ 21:04+ 24:59+ 25:39+ 28:10+ 28:35+ 29:38+ 34:51+ 35:49+ 39:21+ 39:52+ 40:45+ 42:03+ 42:19+
 01:56+ 01:18+ 02:08+ 01:42+ 02:57+ 00:47+ 02:10+ 01:08+ 01:29- 02:22+ 02:08+ 00:59+ 03:55+ 00:40- 02:31+ 00:25- 01:03- 05:13+ 00:58+ 03:32+ 00:31- 00:53- 01:18+ 00:16-
 00:48+ 00:08# 00:24# 00:29+ 00:38+ 00:08# 00:43+ 00:32+ 00:34- 01:45+ 00:53+ 00:31+ 02:50+ 00:12- 00:03+ 00:09- 00:34- 04:53+ 00:31+ 00:27# 00:11- 01:08- 00:58+ 00:28-

7 Torbjørn Ims Østby 66 43:06

01:11+ 02:30+ 04:42+ 06:10+ 09:39+ 10:35+ 13:33+ 14:24+ 16:08+ 17:16+ 21:28+ 23:20+ 27:03+ 27:51+ 30:27+ 31:01+ 31:38+ 36:20+ 37:18+ 40:03+ 40:31+ 41:30+ 42:53+ 43:06+
 01:11+ 01:19+ 02:12+ 01:28+ 03:29+ 00:56+ 02:58+ 00:51+ 01:44- 01:08+ 04:12+ 01:52+ 03:43+ 00:48- 02:36+ 00:34= 00:37- 04:42+ 00:58+ 02:45- 00:28- 00:59- 01:23+ 00:13-
 00:03+ 00:09# 00:28+ 00:15# 01:10+ 00:17+ 01:31+ 00:15+ 00:19- 00:31+ 02:57+ 01:24+ 02:38+ 00:04- 00:08+ 00:00= 01:00- 04:22+ 00:31+ 00:20- 00:14- 01:02- 01:03+ 00:31-

8 Dag Eivind Watsend 92 45:10

01:21+ 02:53+ 05:12+ 06:52+ 10:54+ 11:57+ 14:59+ 15:42+ 17:11+ 20:09+ 21:40+ 22:50+ 26:44+ 27:26+ 29:41+ 30:10+ 30:55+ 36:45+ 37:41+ 40:19+ 40:47+ 43:38+ 44:55+ 45:10+
 01:21+ 01:32+ 02:19+ 01:40+ 04:02+ 01:03+ 03:02+ 00:43+ 01:29- 02:58+ 01:31+ 01:10+ 03:54+ 00:42- 02:15- 00:29- 00:45- 05:50+ 00:56+ 02:38- 00:28- 02:51+ 01:17+ 00:15-
 00:13# 00:22+ 00:35+ 00:27+ 01:43+ 00:24+ 01:35+ 00:07# 00:34- 02:21+ 00:16# 00:42+ 02:49+ 00:10- 00:13- 00:05- 00:52- 05:30+ 00:29+ 00:27- 00:14- 00:50+ 00:57+ 00:29-

Beste strekktid for klassen

01:05 01:08 01:44 01:13 02:14 00:39 01:27 00:36 01:14 00:28 01:10 00:28 01:05 00:33 01:43 00:25 00:26 00:20 00:27 02:10 00:21 00:46 00:20 00:09 00:55 00:12

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

Herrer B

1 Aart Joakim in't Veld 93 31:47

01:41= 02:54= 04:53= 06:07= 08:13= 08:51= 11:01= 11:43= 13:03= 13:35= 14:44= 15:37= 18:34= 19:14= 21:03= 21:32= 22:05= 26:10= 26:59= 29:19= 29:42= 30:33= 31:35= 31:47=
 01:41= 01:13= 01:59= 01:14= 02:06= 00:38= 02:10= 00:42= 01:20= 00:32= 01:09= 00:53= 02:57= 00:40= 01:49= 00:29= 00:33= 04:05= 00:49= 02:20= 00:23= 00:51= 01:02= 00:12=
 00:00=

Class	Navn	Klasse										Tid							
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Beste strekktid for klassen

01:12 01:12 02:12 00:33 00:39 03:06 00:29 01:46 00:39 02:13 00:56 00:44 01:30 00:40 00:47 00:35 00:22 00:17 00:21 00:36 00:45 00:12

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

Herrer Ny

1 Thomas Hinna 369 14:16

00:31= 01:45= 04:40= 05:41= 06:42= 08:30= 09:32= 11:22= 12:27= 13:59= 14:16=
 00:31= 01:14= 02:55= 01:01= 01:01= 01:48= 01:02= 01:50= 01:05= 01:32= 00:17=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Eilef Foss 27 15:35

00:35+ 01:47+ 05:29+ 06:33+ 07:54+ 09:44+ 10:59+ 12:41+ 13:38+ 15:16+ 15:35+
 00:35+ 01:12- 03:42+ 01:04+ 01:21+ 01:50+ 01:15+ 01:42- 00:57- 01:38+ 00:19+
 00:04# 00:02- 00:47& 00:03+ 00:20& 00:02+ 00:13# 00:08- 00:08- 00:06+ 00:02#

Beste strekktid for klassen

00:31 01:12 02:55 01:01 01:01 01:48 01:02 01:42 00:57 01:32 00:17

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

Herrer Trim

1 Holger Pansch 117 17:34

00:20= 02:05= 03:15= 05:46= 06:12= 07:43= 08:33= 09:51= 12:18= 14:45= 15:12= 17:19= 17:34=
 00:20= 01:45= 01:10= 02:31= 00:26= 01:31= 00:50= 01:18= 02:27= 02:27= 00:27= 02:07= 00:15=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Bruno Pierfelice 51 17:49

00:49+ 02:28+ 03:38+ 06:00+ 06:42+ 08:02+ 08:49+ 09:59+ 12:04- 14:45= 15:24+ 17:34+ 17:49+
 00:49+ 01:39- 01:10= 02:22- 00:42+ 01:20- 00:47- 01:10- 02:05- 02:41+ 00:39+ 02:10+ 00:15=
 00:29& 00:06- 00:00= 00:09- 00:16& 00:11- 00:03- 00:08- 00:22- 00:14+ 00:12& 00:03+ 00:00=

3 Rolf Frøyland 5 18:28

00:20= 02:13+ 03:22+ 05:40- 06:03- 07:27- 08:18- 09:40- 13:41+ 16:06+ 16:32+ 18:17+ 18:28+
 00:20= 01:53+ 01:09- 02:18- 00:23- 01:24- 00:51+ 01:22+ 04:01+ 02:25- 00:26- 01:45- 00:11-
 00:00= 00:08+ 00:01- 00:13- 00:03- 00:07- 00:01+ 00:04+ 01:34& 00:02- 00:01- 00:22- 00:04-

4 Andreas Molin Edlund 136 18:34

00:22+ 02:05= 03:25+ 05:34- 06:37+ 08:31+ 09:26+ 10:44+ 12:51+ 15:36+ 16:13+ 18:16+ 18:34+
 00:22+ 01:43- 01:20+ 02:09- 01:03+ 01:54+ 00:55+ 01:18= 02:07- 02:45+ 00:37+ 02:03- 00:18+
 00:02# 00:02- 00:10# 00:22- 00:37& 00:23& 00:05# 00:00= 00:20- 00:18# 00:10& 00:04- 00:03#

5 Elvio Freitas 51 19:17

00:37+ 02:23+ 03:36+ 06:31+ 06:58+ 08:24+ 09:20+ 11:03+ 13:24+ 16:16+ 16:41+ 19:06+ 19:17+
 00:37+ 01:46+ 01:13+ 02:55+ 00:27+ 01:26- 00:56+ 01:43+ 02:21- 02:52+ 00:25- 02:25+ 00:11-
 00:17& 00:01+ 00:03+ 00:24# 00:01+ 00:05- 00:06# 00:25& 00:06- 00:25# 00:02- 00:18# 00:04-

6 Arnt Krisitian Viland 27 21:32

00:32+ 02:42+ 04:02+ 07:10+ 07:49+ 09:22+ 10:45+ 12:17+ 14:52+ 18:10+ 18:43+ 21:13+ 21:32+
 00:32+ 02:10+ 01:20+ 03:08+ 00:39+ 01:33+ 01:23+ 01:32+ 02:35+ 03:18+ 00:33+ 02:30+ 00:19+
 00:12& 00:25# 00:10# 00:37# 00:13& 00:02+ 00:33& 00:14# 00:08+ 00:51& 00:06# 00:23# 00:04&

7 Lars Salvesen 50 22:01

00:28+ 02:27+ 03:52+ 07:03+ 07:34+ 09:19+ 10:25+ 12:01+ 14:30+ 17:50+ 18:25+ 21:42+ 22:01+
 00:28+ 01:59+ 01:25+ 03:11+ 00:31+ 01:45+ 01:06+ 01:36+ 02:29+ 03:20+ 00:35+ 03:17+ 00:19+
 00:08& 00:14# 00:15# 00:40& 00:05# 00:14# 00:16& 00:18# 00:02+ 00:53& 00:08& 01:10& 00:04&

8 Ketil Vestbakke 116 22:02

00:36+ 02:41+ 04:02+ 07:30+ 07:56+ 10:35+ 11:43+ 13:17+ 15:28+ 18:45+ 19:11+ 21:46+ 22:02+
 00:36+ 02:05+ 01:21+ 03:28+ 00:26= 02:39+ 01:08+ 01:34+ 02:11- 03:17+ 00:26- 02:35+ 00:16+
 00:16& 00:20# 00:11# 00:57& 00:00= 01:08& 00:18& 00:16# 00:16- 00:50& 00:01- 00:28# 00:01+

9 Svein Mæle 43 22:51

00:40+ 03:02+ 04:26+ 07:36+ 08:10+ 09:58+ 10:46+ 12:51+ 15:36+ 19:09+ 19:44+ 22:37+ 22:51+
 00:40+ 02:22+ 01:24+ 03:10+ 00:34+ 01:48+ 00:48- 02:05+ 02:45+ 03:33+ 00:35+ 02:53+ 00:14-
 00:20& 00:37& 00:14# 00:39& 00:08& 00:17# 00:02- 00:47& 00:18# 01:06& 00:08& 00:46& 00:01-

Class	Navn	Klasse										Tid
10	Tor Harald Lunde	47										23:30
00:39+	03:05+	04:36+	07:51+	08:36+	11:09+	12:17+	13:57+	16:50+	19:52+	20:25+	23:12+	23:30+
00:39+	02:26+	01:31+	03:15+	00:45+	02:33+	01:08+	01:40+	02:53+	03:02+	00:33+	02:47+	00:18+
00:19&	00:41&	00:21&	00:44&	00:19&	01:02&	00:18&	00:22&	00:26#	00:35#	00:06#	00:40&	00:03#
11	Bjørn Tangvald	115										23:43
00:54+	02:59+	04:23+	08:53+	09:34+	11:07+	12:11+	13:37+	16:58+	20:04+	20:36+	23:27+	23:43+
00:54+	02:05+	01:24+	04:30+	00:41+	01:33+	01:04+	01:26+	03:21+	03:06+	00:32+	02:51+	00:16+
00:34@	00:20#	00:14#	01:59&	00:15&	00:02+	00:14&	00:08#	00:54&	00:39&	00:05#	00:44&	00:01+
12	Ole Morten Svendsen	66										23:44
00:39+	05:36+	06:54+	09:56+	10:35+	12:06+	13:36+	15:07+	17:45+	20:20+	20:52+	23:26+	23:44+
00:39+	04:57+	01:18+	03:02+	00:39+	01:31=	01:30+	01:31+	02:38+	02:35+	00:32+	02:34+	00:18+
00:19&	03:12@	00:08#	00:31#	00:13&	00:00=	00:40&	00:13#	00:11+	00:08+	00:05#	00:27#	00:03#
13	Reidar Haver	4										24:49
00:37+	03:03+	04:43+	08:46+	09:27+	11:30+	13:05+	14:48+	17:35+	21:08+	21:45+	24:32+	24:49+
00:37+	02:26+	01:40+	04:03+	00:41+	02:03+	01:35+	01:43+	02:47+	03:33+	00:37+	02:47+	00:17+
00:17&	00:41&	00:30&	01:32&	00:15&	00:32&	00:45&	00:25&	00:20#	01:06&	00:10&	00:40&	00:02#
14	Ivar Aalbu	29										25:09
00:32+	03:00+	04:38+	09:04+	09:45+	11:45+	12:42+	14:29+	17:13+	21:22+	22:01+	24:49+	25:09+
00:32+	02:28+	01:38+	04:26+	00:41+	02:00+	00:57+	01:47+	02:44+	04:09+	00:39+	02:48+	00:20+
00:12&	00:43&	00:28&	01:55&	00:15&	00:29&	00:07#	00:29&	00:17#	01:42&	00:12&	00:41&	00:05&
15	Igor Muzdeka	74										25:25
00:37+	03:07+	04:40+	08:12+	09:03+	11:05+	12:15+	14:16+	17:45+	21:38+	22:09+	25:13+	25:25+
00:37+	02:30+	01:33+	03:32+	00:51+	02:02+	01:10+	02:01+	03:29+	03:53+	00:31+	03:04+	00:12-
00:17&	00:45&	00:23&	01:01&	00:25&	00:31&	00:20&	00:43&	01:02&	01:26&	00:04#	00:57&	00:03-
16	Arild Olsen	4										25:52
00:38+	03:15+	05:45+	09:50+	10:30+	12:33+	14:02+	15:52+	18:42+	22:11+	22:48+	25:33+	25:52+
00:38+	02:37+	02:30+	04:05+	00:40+	02:03+	01:29+	01:50+	02:50+	03:29+	00:37+	02:45+	00:19+
00:18&	00:52&	01:20@	01:34&	00:14&	00:32&	00:39&	00:32&	00:23#	01:02&	00:10&	00:38&	00:04&
17	Kristian Stormark	116										26:03
00:37+	03:39+	06:45+	09:56+	10:37+	12:50+	13:50+	15:21+	17:16+	22:11+	22:47+	25:36+	26:03+
00:37+	03:02+	03:06+	03:11+	00:41+	02:13+	01:00+	01:31+	01:55-	04:55+	00:36+	02:49+	00:27+
00:17&	01:17&	01:56@	00:40&	00:15&	00:42&	00:10#	00:13#	00:32-	02:28@	00:09&	00:42&	00:12&
18	John Thorsnæs	51										26:50
00:31+	03:25+	04:41+	07:38+	08:06+	09:53+	10:55+	12:53+	15:42+	22:53+	23:18+	26:38+	26:50+
00:31+	02:54+	01:16+	02:57+	00:28+	01:47+	01:02+	01:58+	02:49+	07:11+	00:25-	03:20+	00:12-
00:11&	01:09&	00:06+	00:26#	00:02+	00:16#	00:12#	00:40&	00:22#	04:44@	00:02-	01:13&	00:03-
19	Roger Nyseth	92										26:52
00:35+	03:09+	04:47+	08:17+	08:53+	10:42+	11:47+	13:56+	18:53+	22:31+	23:17+	26:27+	26:52+
00:35+	02:34+	01:38+	03:30+	00:36+	01:49+	01:05+	02:09+	04:57+	03:38+	00:46+	03:10+	00:25+
00:15&	00:49&	00:28&	00:59&	00:10&	00:18#	00:15&	00:51&	02:30@	01:11&	00:19&	01:03&	00:10&
20	Audun Sjøen	111										27:35
00:26+	02:40+	04:39+	08:52+	09:26+	11:19+	12:37+	14:37+	17:55+	22:46+	23:27+	27:14+	27:35+
00:26+	02:14+	01:59+	04:13+	00:34+	01:53+	01:18+	02:00+	03:18+	04:51+	00:41+	03:47+	00:21+
00:06&	00:29&	00:49&	01:42&	00:08&	00:22#	00:28&	00:42&	00:51&	02:24&	00:14&	01:40&	00:06&
21	Tom Leveraas	188										28:04
01:11+	03:47+	05:42+	09:55+	10:52+	13:00+	14:36+	16:51+	20:46+	24:28+	25:09+	27:44+	28:04+
01:11+	02:36+	01:55+	04:13+	00:57+	02:08+	01:36+	02:15+	03:55+	03:42+	00:41+	02:35+	00:20+
00:51@	00:51&	00:45&	01:42&	00:31@	00:37&	00:46&	00:57&	01:28&	01:15&	00:14&	00:28#	00:05&
22	Joar Fandrem	94										28:16
00:23+	02:52+	04:38+	10:38+	11:41+	13:44+	14:51+	16:16+	19:33+	25:21+	25:51+	27:59+	28:16+
00:23+	02:29+	01:46+	06:00+	01:03+	02:03+	01:07+	01:25+	03:17+	05:48+	00:30+	02:08+	00:17+
00:03#	00:44&	00:36&	03:29@	00:37@	00:32&	00:17&	00:07+	00:50&	03:21@	00:03#	00:01+	00:02#
23	Paul Richard Carr	136										29:22
03:19+	05:40+	08:16+	12:10+	12:50+	14:42+	16:00+	18:24+	21:41+	25:12+	25:53+	29:04+	29:22+
03:19+	02:21+	02:36+	03:54+	00:40+	01:52+	01:18+	02:24+	03:17+	03:31+	00:41+	03:11+	00:18+
02:59@	00:36&	01:26@	01:23&	00:14&	00:21#	00:28&	01:06&	00:50&	01:04&	00:14&	01:04&	00:03#
24	Einar Tommy Sundal	368										30:01
00:54+	04:18+	06:35+	10:21+	11:17+	13:30+	14:55+	17:14+	21:18+	25:36+	26:20+	29:44+	30:01+
00:54+	03:24+	02:17+	03:46+	00:56+	02:13+	01:25+	02:19+	04:04+	04:18+	00:44+	03:24+	00:17+
00:34@	01:39&	01:07&	01:15&	00:30@	00:42&	00:35&	01:01&	01:37&	01:51&	00:17&	01:17&	00:02#

Class	Navn	Klasse										Tid
25	Asgeir Kleppa	47										32:08
00:46+	07:51+	09:31+	13:29+	14:08+	16:10+	17:12+	19:03+	22:05+	26:53+	27:22+	31:39+	32:08+
00:46+	07:05+	01:40+	03:58+	00:39+	02:02+	01:02+	01:51+	03:02+	04:48+	00:29+	04:17+	00:29+
00:26@	05:20@	00:30&	01:27&	00:13&	00:31&	00:12#	00:33&	00:35#	02:21&	00:02+	02:10@	00:14&
26	Steinar Aase	268										32:27
01:05+	05:04+	07:19+	12:12+	13:03+	15:32+	16:38+	19:13+	22:52+	27:53+	28:45+	32:06+	32:27+
01:05+	03:59+	02:15+	04:53+	00:51+	02:29+	01:06+	02:35+	03:39+	05:01+	00:52+	03:21+	00:21+
00:45@	02:14@	01:05&	02:22&	00:25&	00:58&	00:16&	01:17&	01:12&	02:34@	00:25&	01:14&	00:06&
27	Leif Jarle Skåra	29										33:56
00:34+	03:33+	05:06+	13:26+	14:12+	16:05+	17:56+	19:56+	25:27+	29:23+	30:03+	33:34+	33:56+
00:34+	02:59+	01:33+	08:20+	00:46+	01:53+	01:51+	02:00+	05:31+	03:56+	00:40+	03:31+	00:22+
00:14&	01:14&	00:23&	05:49@	00:20&	00:22#	01:01@	00:42&	03:04@	01:29&	00:13&	01:24&	00:07&
28	Endre Gabrielsen	126										37:25
00:32+	02:43+	04:26+	09:54+	12:19+	15:20+	16:38+	18:42+	26:01+	29:23+	29:56+	37:10+	37:25+
00:32+	02:11+	01:43+	05:28+	02:25+	03:01+	01:18+	02:04+	07:19+	03:22+	00:33+	07:14+	00:15=
00:12&	00:26#	00:33&	02:57@	01:59@	01:30&	00:28&	00:46&	04:52@	00:55&	00:06#	05:07@	00:00=
29	Per Bakken	5										38:08
00:41+	04:52+	07:03+	15:05+	16:11+	20:02+	21:22+	24:06+	29:06+	33:35+	34:26+	37:45+	38:08+
00:41+	04:11+	02:11+	08:02+	01:06+	03:51+	01:20+	02:44+	05:00+	04:29+	00:51+	03:19+	00:23+
00:21@	02:26@	01:01&	05:31@	00:40@	02:20@	00:30&	01:26@	02:33@	02:02&	00:24&	01:12&	00:08&
30	Svein Inge Sævereid	126										41:39
01:06+	04:51+	07:21+	12:12+	13:40+	17:54+	20:09+	23:30+	29:05+	35:51+	36:53+	40:55+	41:39+
01:06+	03:45+	02:30+	04:51+	01:28+	04:14+	02:15+	03:21+	05:35+	06:46+	01:02+	04:02+	00:44+
00:46@	02:00@	01:20@	02:20&	01:02@	02:43@	01:25@	02:03@	03:08@	04:19@	00:35@	01:55&	00:29@
31	Arne Karlsen	105										49:52
00:36+	03:23+	05:15+	15:59+	16:41+	28:10+	29:41+	33:03+	38:00+	42:38+	43:18+	49:18+	49:52+
00:36+	02:47+	01:52+	10:44+	00:42+	11:29+	01:31+	03:22+	04:57+	04:38+	00:40+	06:00+	00:34+
00:16&	01:02&	00:42&	08:13@	00:16&	09:58@	00:41&	02:04@	02:30@	02:11&	00:13&	03:53@	00:19@
32	Leif Kåre Lende	365										50:06
01:21+	03:54+	06:07+	10:46+	11:19+	13:29+	14:43+	16:28+	20:53+	25:05+	25:42+	49:44+	50:06+
01:21+	02:33+	02:13+	04:39+	00:33+	02:10+	01:14+	01:45+	04:25+	04:12+	00:37+	24:02+	00:22+
01:01@	00:48&	01:03&	02:08&	00:07&	00:39&	00:24&	00:27&	01:58&	01:45&	00:10&	21:55@	00:07&
33	Francesco Pierfelice	116										58:09
00:40+	03:42+	14:01+	25:32+	30:06+	33:18+	36:25+	40:25+	47:19+	52:17+	53:22+	57:49+	58:09+
00:40+	03:02+	10:19+	11:31+	04:34+	03:12+	03:07+	04:00+	06:54+	04:58+	01:05+	04:27+	00:20+
00:20&	01:17&	09:09@	09:00@	04:08@	01:41@	02:17@	02:42@	04:27@	02:31@	00:38@	02:20@	00:05&
Beste strekktid for klassen												
00:20	01:39	01:09	02:09	00:23	01:20	00:47	01:10	01:55	02:25	00:25	01:45	00:11

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