

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Ann Torill Bakken	116	39:00								
03:22=	10:28=	13:54=	18:18=	23:09=	26:55=	30:10=	33:22=	34:54=	37:20=	38:04=	39:00=
03:22=	07:06=	03:26=	04:24=	04:51=	03:46=	03:15=	03:12=	01:32=	02:26=	00:44=	00:56=
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	Maren Heradstveit	76	41:35								
03:17-	10:06-	13:35-	19:55+	24:41+	29:20+	32:20+	35:28+	37:14+	40:00+	40:38+	41:35+
03:17-	06:49-	03:29+	06:20+	04:46-	04:39+	03:00-	03:08-	01:46+	02:46+	00:38-	00:57+
00:05-	00:17-	00:03+	01:56&	00:05-	00:53#	00:15-	00:04-	00:14#	00:20#	00:06-	00:01+
3	Heidi Nordaunet	126	56:30								
04:33+	14:32+	19:30+	25:31+	34:53+	42:21+	46:32+	49:47+	51:38+	54:36+	55:27+	56:30+
04:33+	09:59+	04:58+	06:01+	09:22+	07:28+	04:11+	03:15+	01:51+	02:58+	00:51+	01:03+
01:11&	02:53&	01:32&	01:37&	04:31&	03:42&	00:56&	00:03+	00:19#	00:32#	00:07#	00:07#
4	Guro Grimnes	126	57:49								
05:00+	13:26+	16:55+	21:41+	27:34+	42:53+	46:23+	49:41+	52:59+	55:25+	56:52+	57:49+
05:00+	08:26+	03:29+	04:46+	05:53+	15:19+	03:30+	03:18+	03:18+	02:26=	01:27+	00:57+
01:38&	01:20#	00:03+	00:22+	01:02#	11:33@	00:15+	00:06+	01:46@	00:00=	00:43&	00:01+
5	Ida K. Kolstø	29	58:03								
04:54+	16:17+	21:20+	27:00+	32:59+	42:02+	47:01+	51:02+	53:17+	56:18+	57:10+	58:03+
04:54+	11:23+	05:03+	05:40+	05:59+	09:03+	04:59+	04:01+	02:15+	03:01+	00:52+	00:53-
01:32&	04:17&	01:37&	01:16&	01:08#	05:17@	01:44&	00:49&	00:43&	00:35#	00:08#	00:03-
6	Marie Brolev	126	58:49								
05:58+	14:25+	18:06+	22:39+	28:31+	43:58+	47:21+	50:37+	53:54+	56:31+	57:57+	58:49+
05:58+	08:27+	03:41+	04:33+	05:52+	15:27+	03:23+	03:16+	03:17+	02:37+	01:26+	00:52-
02:36&	01:21#	00:15+	00:09+	01:01#	11:41@	00:08+	00:04+	01:45@	00:11+	00:42&	00:04-
7	Toyah Bråtveit	43	1:01:19								
07:42+	17:24+	22:24+	29:52+	37:18+	45:15+	49:19+	53:58+	56:18+	59:29+	60:13+	61:19+
07:42+	09:42+	05:00+	07:28+	07:26+	07:57+	04:04+	04:39+	02:20+	03:11+	00:44=	01:06+
04:20@	02:36&	01:34&	03:04&	02:35&	04:11@	00:49&	01:27&	00:48&	00:45&	00:00=	00:10#
8	Hege Bakken	93	1:17:05								
05:57+	18:06+	24:25+	30:07+	38:44+	52:45+	63:25+	68:21+	71:56+	74:44+	75:49+	77:05+
05:57+	12:09+	06:19+	05:42+	08:37+	14:01+	10:40+	04:56+	03:35+	02:48+	01:05+	01:16+
02:35&	05:03&	02:53&	01:18&	03:46&	10:15@	07:25@	01:44&	02:03@	00:22#	00:21&	00:20&
9	Nithya Mohan	136	1:41:06								
08:10+	23:55+	30:51+	47:01+	57:26+	75:03+	83:10+	90:00+	93:49+	97:22+	98:54+	101:06+
08:10+	15:45+	06:56+	16:10+	10:25+	17:37+	08:07+	06:50+	03:49+	03:33+	01:32+	02:12+
04:48@	08:39@	03:30@	11:46@	05:34@	13:51@	04:52@	03:38@	02:17@	01:07&	00:48@	01:16@

Beste strekktid for klassen

03:17 06:49 03:26 04:24 04:46 03:46 03:00 03:08 01:32 02:26 00:38 00:52

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

Damer 40 - 49 år

1	Barbro Lunde Nedrebø	92	49:30						
09:52=	15:21=	19:01=	23:24=	31:59=	37:30=	40:41=	46:55=	48:26=	49:30=
09:52=	05:29=	03:40=	04:23=	08:35=	05:31=	03:11=	06:14=	01:31=	01:04=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	May Bente Valdøl	116	1:02:35						
06:14-	13:37-	20:30+	29:38+	38:15+	50:50+	54:19+	60:01+	61:31+	62:35+
06:14-	07:23+	06:53+	09:08+	08:37+	12:35+	03:29+	05:42-	01:30-	01:04=
03:38-	01:54&	03:13&	04:45@	00:02+	07:04@	00:18+	00:32-	00:01-	00:00=

Beste strekktid for klassen

06:14 05:29 03:40 04:23 08:35 05:31 03:11 05:42 01:30 01:04

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

Class	Navn	Klasse	Tid
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Damer 50 - 59 år

1	Torill Andersen	116	44:29
	06:41= 11:28= 14:49= 19:00= 26:39= 32:25= 35:59= 42:16= 43:34= 44:29=		
	06:41= 04:47= 03:21= 04:11= 07:39= 05:46= 03:34= 06:17= 01:18= 00:55=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Trude Katrine Hermanrud	117	45:32
	06:40- 12:17+ 15:56+ 20:07+ 26:29- 31:54- 35:12- 42:39+ 44:32+ 45:32+		
	06:40- 05:37+ 03:39+ 04:11= 06:22- 05:25- 03:18- 07:27+ 01:53+ 01:00+		
	00:01- 00:50# 00:18+ 00:00= 01:17- 00:21- 00:16- 01:10# 00:35& 00:05+		
3	Anne Siv Gjertsen	27	47:57
	07:22+ 12:50+ 16:31+ 21:15+ 29:51+ 35:42+ 39:21+ 45:11+ 46:42+ 47:57+		
	07:22+ 05:28+ 03:41+ 04:44+ 08:36+ 05:51+ 03:39+ 05:50- 01:31+ 01:15+		
	00:41# 00:41# 00:20+ 00:33# 00:57# 00:05+ 00:05+ 00:27- 00:13# 00:20&		
4	Kristin Skadsem	18	48:18
	08:20+ 14:10+ 17:45+ 22:18+ 29:28+ 35:47+ 39:18+ 45:28+ 47:08+ 48:18+		
	08:20+ 05:50+ 03:35+ 04:33+ 07:10- 06:19+ 03:31- 06:10- 01:40+ 01:10+		
	01:39# 01:03# 00:14+ 00:22+ 00:29- 00:33+ 00:03- 00:07- 00:22& 00:15&		
5	Marie-Elizabeth Reinseth	27	49:37
	07:21+ 16:43+ 20:06+ 24:55+ 32:29+ 37:51+ 41:24+ 47:18+ 48:36+ 49:37+		
	07:21+ 09:22+ 03:23+ 04:49+ 07:34- 05:22- 03:33- 05:54- 01:18= 01:01+		
	00:40+ 04:35& 00:02+ 00:38# 00:05- 00:24- 00:01- 00:23- 00:00= 00:06#		
6	Grethe Anda Fuglestad	116	51:22
	06:09- 11:35+ 15:11+ 19:24+ 25:57- 36:23+ 39:14+ 49:08+ 50:24+ 51:22+		
	06:09- 05:26+ 03:36+ 04:13+ 06:33- 10:26+ 02:51- 09:54+ 01:16- 00:58+		
	00:32- 00:39# 00:15+ 00:02+ 01:06- 04:40& 00:43- 03:37& 00:02- 00:03+		
7	Gunn J. Grefstad	2	52:20
	09:10+ 14:31+ 18:52+ 23:48+ 33:05+ 38:33+ 42:03+ 48:15+ 51:14+ 52:20+		
	09:10+ 05:21+ 04:21+ 04:56+ 09:17+ 05:28- 03:30- 06:12- 02:59+ 01:06+		
	02:29& 00:34# 01:00& 00:45# 01:38# 00:18- 00:04- 00:05- 01:41@ 00:11#		
8	Nidunn Sandvik	228	54:19
	07:58+ 13:44+ 18:06+ 23:35+ 32:21+ 39:09+ 43:07+ 50:46+ 52:54+ 54:19+		
	07:58+ 05:46+ 04:22+ 05:29+ 08:46+ 06:48+ 03:58+ 07:39+ 02:08+ 01:25+		
	01:17# 00:59# 01:01& 01:18& 01:07# 01:02# 00:24# 01:22# 00:50& 00:30&		
9	Liv Omdal	116	55:30
	08:22+ 15:08+ 19:01+ 25:55+ 34:13+ 40:40+ 44:58+ 51:23+ 54:25+ 55:30+		
	08:22+ 06:46+ 03:53+ 06:54+ 08:18+ 06:27+ 04:18+ 06:25+ 03:02+ 01:05+		
	01:41& 01:59& 00:32# 02:43& 00:39+ 00:41# 00:44# 00:08+ 01:44@ 00:10#		
10	Eli Tjåland Stokka	94	1:01:09
	10:52+ 16:49+ 20:59+ 26:07+ 37:35+ 46:29+ 50:24+ 58:03+ 59:47+ 61:09+		
	10:52+ 05:57+ 04:10+ 05:08+ 11:28+ 08:54+ 03:55+ 07:39+ 01:44+ 01:22+		
	04:11& 01:10# 00:49# 00:57# 03:49& 03:08& 00:21+ 01:22# 00:26& 00:27&		
11	Hilde Frøytlog Karlsen	228	1:02:09
	08:55+ 16:27+ 21:10+ 27:21+ 37:53+ 45:51+ 50:52+ 58:14+ 60:15+ 62:09+		
	08:55+ 07:32+ 04:43+ 06:11+ 10:32+ 07:58+ 05:01+ 07:22+ 02:01+ 01:54+		
	02:14& 02:45& 01:22& 02:00& 02:53& 02:12& 01:27& 01:05# 00:43& 00:59@		
12	Ragnhild Båtnes Berntsen	101	1:04:13
	09:01+ 16:35+ 23:16+ 28:59+ 42:55+ 48:43+ 52:41+ 61:07+ 62:58+ 64:13+		
	09:01+ 07:34+ 06:41+ 05:43+ 13:56+ 05:48+ 03:58+ 08:26+ 01:51+ 01:15+		
	02:20& 02:47& 03:20& 01:32& 06:17& 00:02+ 00:24# 02:09& 00:33& 00:20&		
13	Andrea Tapken	54	1:11:17
	13:34+ 20:11+ 27:05+ 33:55+ 43:15+ 53:27+ 58:26+ 67:59+ 70:08+ 71:17+		
	13:34+ 06:37+ 06:54+ 06:50+ 09:20+ 10:12+ 04:59+ 09:33+ 02:09+ 01:09+		
	06:53@ 01:50& 03:33@ 02:39& 01:41# 04:26& 01:25& 03:16& 00:51& 00:14&		

Beste strekktid for klassen

06:09 04:47 03:21 04:11 06:22 05:22 02:51 05:50 01:16 00:55

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

Class	Navn	Klasse	Tid
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Damer 60 - 64 år

1 Ingunn Voilås 29 42:04

08:19= 14:13= 19:18= 21:52= 26:17= 31:11= 32:34= 36:45= 39:31= 40:50= 42:04=
 08:19= 05:54= 05:05= 02:34= 04:25= 04:54= 01:23= 04:11= 02:46= 01:19= 01:14=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Tove Bjerkeim 105 43:20

06:34- 11:16- 16:01- 27:05+ 30:30+ 34:22+ 35:34+ 39:08+ 41:24+ 42:20+ 43:20+
 06:34- 04:42- 04:45- 11:04+ 03:25- 03:52- 01:12- 03:34- 02:16- 00:56- 01:00-
 01:45- 01:12- 00:20- 08:30@ 01:00- 01:02- 00:11- 00:37- 00:30- 00:23- 00:14-

3 Liv-Grete Obrestad 113 45:52

10:06+ 15:51+ 22:11+ 27:25+ 31:21+ 36:28+ 37:44+ 41:28+ 43:56+ 44:46+ 45:52+
 10:06+ 05:45- 06:20+ 05:14+ 03:56- 05:07+ 01:16- 03:44- 02:28- 00:50- 01:06-
 01:47# 00:09- 01:15# 02:40@ 00:29- 00:13+ 00:07- 00:27- 00:18- 00:29- 00:08-

4 Eli Frafjord 94 56:55

10:08+ 17:44+ 24:16+ 32:49+ 38:59+ 45:40+ 47:03+ 51:24+ 54:43+ 55:48+ 56:55+
 10:08+ 07:36+ 06:32+ 08:33+ 06:10+ 06:41+ 01:23= 04:21+ 03:19+ 01:05- 01:07-
 01:49# 01:42& 01:27& 05:59@ 01:45& 01:47& 00:00= 00:10+ 00:33# 00:14- 00:07-

5 Ingrid Eik 88 57:31

14:36+ 21:11+ 27:15+ 33:42+ 42:02+ 46:46+ 48:27+ 52:44+ 55:15+ 56:22+ 57:31+
 14:36+ 06:35+ 06:04+ 06:27+ 08:20+ 04:44- 01:41+ 04:17+ 02:31- 01:07- 01:09-
 06:17& 00:41# 00:59# 03:53@ 03:55& 00:10- 00:18# 00:06+ 00:15- 00:12- 00:05-

6 Marit Karin Nygård 92 59:57

15:56+ 22:40+ 29:08+ 34:34+ 40:04+ 45:56+ 47:33+ 54:14+ 57:51+ 58:55+ 59:57+
 15:56+ 06:44+ 06:28+ 05:26+ 05:30+ 05:52+ 01:37+ 06:41+ 03:37+ 01:04- 01:02-
 07:37& 00:50# 01:23& 02:52@ 01:05# 00:58# 00:14# 02:30& 00:51& 00:15- 00:12-

7 Berit Bakken 93 1:02:05

21:31+ 28:11+ 34:30+ 41:18+ 45:45+ 50:26+ 51:52+ 56:52+ 60:01+ 60:55+ 62:05+
 21:31+ 06:40+ 06:19+ 06:48+ 04:27+ 04:41- 01:26+ 05:00+ 03:09+ 00:54- 01:10-
 13:12@ 00:46# 01:14# 04:14@ 00:02+ 00:13- 00:03+ 00:49# 00:23# 00:25- 00:04-

8 Anne Katrine Lycke 147 1:04:03

09:13+ 15:44+ 26:23+ 37:20+ 42:49+ 49:33+ 51:49+ 56:55+ 61:05+ 62:05+ 64:03+
 09:13+ 06:31+ 10:39+ 10:57+ 05:29+ 06:44+ 02:16+ 05:06+ 04:10+ 01:00- 01:58+
 00:54# 00:37# 05:34@ 08:23@ 01:04# 01:50& 00:53& 00:55# 01:24& 00:19- 00:44&

9 Liv Sissel Obrestad 54 1:18:13

11:15+ 16:53+ 51:43+ 55:57+ 61:06+ 66:46+ 68:12+ 72:37+ 75:47+ 76:52+ 78:13+
 11:15+ 05:38- 34:50+ 04:14+ 05:09+ 05:40+ 01:26+ 04:25+ 03:10+ 01:05- 01:21+
 02:56& 00:16- 29:45@ 01:40& 00:44# 00:46# 00:03+ 00:14+ 00:24# 00:14- 00:07+

10 Åse Berg 105 1:45:17

27:28+ 41:29+ 49:50+ 57:05+ 75:46+ 90:18+ 93:11+ 99:00+ 102:20+ 103:48+ 105:17+
 27:28+ 14:01+ 08:21+ 07:15+ 18:41+ 14:32+ 02:53+ 05:49+ 03:20+ 01:28+ 01:29+
 19:09@ 08:07@ 03:16& 04:41@ 14:16@ 09:38@ 01:30@ 01:38& 00:34# 00:09# 00:15#

Beste strekktid for klassen

06:34 04:42 04:45 02:34 03:25 03:52 01:12 03:34 02:16 00:50 01:00

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

Damer 65 - 69 år

1 Berit Gramstad 113 1:05:26

17:12= 25:09= 35:05= 38:17= 49:14= 54:17= 55:54= 60:09= 63:06= 64:06= 65:26=
 17:12= 07:57= 09:56= 03:12= 10:57= 05:03= 01:37= 04:15= 02:57= 01:00= 01:20=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Mette Dagsland 68 1:16:46

27:51+ 34:27+ 41:01+ 50:17+ 56:34+ 63:16+ 64:49+ 71:33+ 74:24+ 75:28+ 76:46+
 27:51+ 06:36- 06:34- 09:16+ 06:17- 06:42+ 01:33- 06:44+ 02:51- 01:04+ 01:18-
 10:39& 01:21- 03:22- 06:04@ 04:40- 01:39& 00:04- 02:29& 00:06- 00:04+ 00:02-

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

17:12 06:36 06:34 03:12 06:17 05:03 01:33 04:15 02:51 01:00 01:18

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

Damer 70 - 74 år

1 Haldis Glendrange 68 58:35

09:59= 17:32= 25:54= 30:47= 38:25= 44:11= 46:56= 52:27= 55:58= 57:07= 58:35=
 09:59= 07:33= 08:22= 04:53= 07:38= 05:46= 02:45= 05:31= 03:31= 01:09= 01:28=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Hedvig Anda 116 1:03:17

12:41+ 21:02+ 29:43+ 35:12+ 41:38+ 48:39+ 50:47+ 56:57+ 60:23+ 61:33+ 63:17+
 12:41+ 08:21+ 08:41+ 05:29+ 06:26- 07:01+ 02:08- 06:10+ 03:26- 01:10+ 01:44+
 02:42& 00:48# 00:19+ 00:36# 01:12- 01:15# 00:37- 00:39# 00:05- 00:01+ 00:16#

3 Helga Klausen 62 1:04:26

13:21+ 19:55+ 28:37+ 34:23+ 40:48+ 48:36+ 50:40+ 56:51+ 61:30+ 62:46+ 64:26+
 13:21+ 06:34- 08:42+ 05:46+ 06:25- 07:48+ 02:04- 06:11+ 04:39+ 01:16+ 01:40+
 03:22& 00:59- 00:20+ 00:53# 01:13- 02:02& 00:41- 00:40# 01:08& 00:07# 00:12#

Beste strekktid for klassen

09:59 06:34 08:22 04:53 06:25 05:46 02:04 05:31 03:26 01:09 01:28

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

Damer 75 - 79 år

1 Turid Nystrøm 68 56:06

09:46= 16:04= 24:54= 29:02= 40:22= 45:33= 47:05= 51:16= 53:56= 54:52= 56:06=
 09:46= 06:18= 08:50= 04:08= 11:20= 05:11= 01:32= 04:11= 02:40= 00:56= 01:14=
 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 57:11

11:13+ 17:18+ 27:42+ 31:28+ 41:10+ 46:30+ 48:01+ 52:24+ 55:00+ 55:56+ 57:11+
 11:13+ 06:05- 10:24+ 03:46- 09:42- 05:20+ 01:31- 04:23+ 02:36- 00:56= 01:15+
 01:27# 00:13- 01:34# 00:22- 01:38- 00:09+ 00:01- 00:12+ 00:04- 00:00= 00:01+

Beste strekktid for klassen

09:46 06:05 08:50 03:46 09:42 05:11 01:31 04:11 02:36 00:56 01:14

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

Damer 80 år og eldre

1 Gørild Espedal 113 1:07:44

05:25= 11:21= 16:45= 25:36= 29:14= 33:03= 43:27= 52:30= 60:42= 64:23= 65:51= 67:44=
 05:25= 05:56= 05:24= 08:51= 03:38= 03:49= 10:24= 09:03= 08:12= 03:41= 01:28= 01:53=
 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

05:25 05:56 05:24 08:51 03:38 03:49 10:24 09:03 08:12 03:41 01:28 01:53

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

Damer A

1 Aud Hognestad Taksdal 92 40:51

04:36= 08:25= 10:31= 12:35= 18:05= 21:25= 24:44= 26:39= 29:26= 32:11= 34:55= 36:52= 39:16= 40:09= 40:51=
 04:36= 03:49= 02:06= 02:04= 05:30= 03:20= 03:19= 01:55= 02:47= 02:45= 02:44= 01:57= 02:24= 00:53= 00:42=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Class	Navn	Klasse										Tid		
2	Tone Torgersen	27										52:17		
05:34+	10:31+	13:22+	15:56+	24:00+	28:06+	32:43+	34:45+	38:05+	41:15+	44:30+	46:50+	50:06+	51:23+	52:17+
05:34+	04:57+	02:51+	02:34+	08:04+	04:06+	04:37+	02:02+	03:20+	03:10+	03:15+	02:20+	03:16+	01:17+	00:54+
00:58#	01:08&	00:45&	00:30#	02:34&	00:46#	01:18&	00:07+	00:33#	00:25#	00:31#	00:23#	00:52&	00:24&	00:12&
3	Ingrid Simensen	101										1:11:44		
09:51+	15:13+	18:30+	21:29+	29:49+	37:34+	44:12+	49:21+	52:39+	56:43+	60:36+	63:34+	69:13+	70:46+	71:44+
09:51+	05:22+	03:17+	02:59+	08:20+	07:45+	06:38+	05:09+	03:18+	04:04+	03:53+	02:58+	05:39+	01:33+	00:58+
05:15@	01:33&	01:11&	00:55&	02:50&	04:25@	03:19&	03:14@	00:31#	01:19&	01:09&	01:01&	03:15@	00:40&	00:16&
4	Maira Andersone	93										1:17:05		
09:25+	15:22+	18:19+	21:35+	30:31+	36:00+	46:43+	52:16+	56:05+	63:12+	67:16+	70:30+	74:36+	76:12+	77:05+
09:25+	05:57+	02:57+	03:16+	08:56+	05:29+	10:43+	05:33+	03:49+	07:07+	04:04+	03:14+	04:06+	01:36+	00:53+
04:49@	02:08&	00:51&	01:12&	03:26&	02:09&	07:24@	03:38@	01:02&	04:22@	01:20&	01:17&	01:42&	00:43&	00:11&
5	Pernille Melleby	18										1:26:42		
10:41+	17:55+	22:24+	25:54+	37:22+	44:08+	52:32+	56:21+	62:41+	68:38+	75:11+	79:00+	83:47+	85:31+	86:42+
10:41+	07:14+	04:29+	03:30+	11:28+	06:46+	08:24+	03:49+	06:20+	05:57+	06:33+	03:49+	04:47+	01:44+	01:11+
06:05@	03:25&	02:23@	01:26&	05:58@	03:26@	05:05@	01:54&	03:33@	03:12@	03:49@	01:52&	02:23&	00:51&	00:29&
Beste strekktid for klassen														
04:36	03:49	02:06	02:04	05:30	03:20	03:19	01:55	02:47	02:45	02:44	01:57	02:24	00:53	00:42
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
Damer B														
1	Inger Tone Nygård	29										48:07		
06:07=	13:16=	20:05=	24:21=	31:52=	34:21=	38:29=	40:56=	43:19=	46:09=	47:14=	48:07=			
06:07=	07:09=	06:49=	04:16=	07:31=	02:29=	04:08=	02:27=	02:23=	02:50=	01:05=	00:53=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Jorunn Johannesen	116										49:04		
06:16+	15:01+	21:50+	26:52+	31:40-	34:15-	38:23-	41:03+	43:39+	46:52+	48:09+	49:04+			
06:16+	08:45+	06:49=	05:02+	04:48-	02:35+	04:08=	02:40+	02:36+	03:13+	01:17+	00:55+			
00:09+	01:36#	00:00=	00:46#	02:43-	00:06+	00:00=	00:13+	00:13+	00:23#	00:12#	00:02+			
3	Keth Berggraf	116										49:55		
07:39+	13:47+	21:37+	26:02+	32:29+	35:14+	39:20+	42:06+	44:49+	47:55+	49:11+	49:55+			
07:39+	06:08-	07:50+	04:25+	06:27-	02:45+	04:06-	02:46+	02:43+	03:06+	01:16+	00:44-			
01:32&	01:01-	01:01#	00:09+	01:04-	00:16#	00:02-	00:19#	00:20#	00:16+	00:11#	00:09-			
4	Ann Karin Tjørhom	93										54:31		
08:26+	13:39+	22:33+	28:13+	34:33+	37:32+	41:54+	45:18+	48:19+	52:06+	53:30+	54:31+			
08:26+	05:13-	08:54+	05:40+	06:20-	02:59+	04:22+	03:24+	03:01+	03:47+	01:24+	01:01+			
02:19&	01:56-	02:05&	01:24&	01:11-	00:30#	00:14+	00:57&	00:38&	00:57&	00:19&	00:08#			
5	Ingunn Anda Haug	67										58:54		
11:44+	17:30+	26:03+	32:11+	37:08+	40:16+	45:08+	48:13+	51:15+	54:58+	57:41+	58:54+			
11:44+	05:46-	08:33+	06:08+	04:57-	03:08+	04:52+	03:05+	03:02+	03:43+	02:43+	01:13+			
05:37&	01:23-	01:44&	01:52&	02:34-	00:39&	00:44#	00:38&	00:39&	00:53&	01:38@	00:20&			
6	Anne Garsrud	90										59:26		
07:51+	13:41+	21:26+	28:06+	39:23+	42:39+	46:55+	49:41+	52:45+	56:08+	58:34+	59:26+			
07:51+	05:50-	07:45+	06:40+	11:17+	03:16+	04:16+	02:46+	03:04+	03:23+	02:26+	00:52-			
01:44&	01:19-	00:56#	02:24&	03:46&	00:47&	00:08+	00:19#	00:41&	00:33#	01:21@	00:01-			
7	Berit Våg Aksland	116										1:01:24		
07:22+	13:21+	20:51+	26:55+	32:48+	42:03+	47:49+	50:48+	53:46+	58:14+	60:35+	61:24+			
07:22+	05:59-	07:30+	06:04+	05:53-	09:15+	05:46+	02:59+	02:58+	04:28+	02:21+	00:49-			
01:15#	01:10-	00:41#	01:48&	01:38-	06:46@	01:38&	00:32#	00:35#	01:38&	01:16@	00:04-			
8	Anita Glenne Kallhovd	29										1:02:25		
13:01+	22:16+	30:13+	35:35+	40:29+	43:34+	48:08+	51:15+	54:45+	58:06+	61:29+	62:25+			
13:01+	09:15+	07:57+	05:22+	04:54-	03:05+	04:34+	03:07+	03:30+	03:21+	03:23+	00:56+			
06:54@	02:06&	01:08#	01:06&	02:37-	00:36#	00:26#	00:40&	01:07&	00:31#	02:18@	00:03+			
9	Anne Sæbø Vik	116										1:11:22		
10:43+	20:54+	30:21+	38:43+	46:42+	50:20+	56:09+	59:50+	63:15+	67:27+	70:21+	71:22+			
10:43+	10:11+	09:27+	08:22+	07:59+	03:38+	05:49+	03:41+	03:25+	04:12+	02:54+	01:01+			
04:36&	03:02&	02:38&	04:06&	00:28+	01:09&	01:41&	01:14&	01:02&	01:22&	01:49@	00:08#			

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

06:07 05:13 06:49 04:16 04:48 02:29 04:06 02:27 02:23 02:50 01:05 00:44

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

Damer Ny

1 Liv Margot Sviland 54 44:10

03:45= 09:10= 15:17= 22:06= 26:52= 28:42= 35:09= 35:43= 42:52= 44:10=
 03:45= 05:25= 06:07= 06:49= 04:46= 01:50= 06:27= 00:34= 07:09= 01:18=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Bente Karin Dirdal 54 44:19

03:48+ 09:26+ 15:28+ 21:45- 26:56+ 28:48+ 35:14+ 35:55+ 43:02+ 44:19+
 03:48+ 05:38+ 06:02- 06:17- 05:11+ 01:52+ 06:26- 00:41+ 07:07- 01:17-
 00:03+ 00:13+ 00:05- 00:32- 00:25+ 00:02+ 00:01- 00:07# 00:02- 00:01-

Beste strekktid for klassen

03:45 05:25 06:02 06:17 04:46 01:50 06:26 00:34 07:07 01:17

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

Damer Trim

1 Tone Hansen 76 34:04

04:48= 07:37= 15:31= 19:30= 25:22= 28:52= 31:06= 32:56= 34:04=
 04:48= 02:49= 07:54= 03:59= 05:52= 03:30= 02:14= 01:50= 01:08=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Margot Asheim 105 38:41

04:51+ 07:55+ 14:45- 20:42+ 25:11- 28:21- 35:50+ 37:34+ 38:41+
 04:51+ 03:04+ 06:50- 05:57+ 04:29- 03:10- 07:29+ 01:44- 01:07-
 00:03+ 00:15+ 01:04- 01:58& 01:23- 00:20- 05:15@ 00:06- 00:01-

3 Elisabeth Sørensen 115 43:14

05:27+ 10:11+ 19:38+ 24:32+ 32:08+ 36:44+ 39:32+ 41:55+ 43:14+
 05:27+ 04:44+ 09:27+ 04:54+ 07:36+ 04:36+ 02:48+ 02:23+ 01:19+
 00:39# 01:55& 01:33# 00:55# 01:44& 01:06& 00:34& 00:33& 00:11#

4 Ruth Grødem 105 44:48

05:12+ 10:13+ 19:17+ 25:58+ 33:25+ 38:29+ 41:20+ 43:31+ 44:48+
 05:12+ 05:01+ 09:04+ 06:41+ 07:27+ 05:04+ 02:51+ 02:11+ 01:17+
 00:24+ 02:12& 01:10# 02:42& 01:35& 01:34& 00:37& 00:21# 00:09#

5 Marianne Steinkopf 5 45:43

10:45+ 13:53+ 19:32+ 29:15+ 36:00+ 39:34+ 42:36+ 44:44+ 45:43+
 10:45+ 03:08+ 05:39- 09:43+ 06:45+ 03:34+ 03:02+ 02:08+ 00:59-
 05:57@ 00:19# 02:15- 05:44@ 00:53# 00:04+ 00:48& 00:18# 00:09-

6 Kirsti Strand Salvesen 256 48:27

06:54+ 11:41+ 19:58+ 26:53+ 34:42+ 40:46+ 44:14+ 46:36+ 48:27+
 06:54+ 04:47+ 08:17+ 06:55+ 07:49+ 06:04+ 03:28+ 02:22+ 01:51+
 02:06& 01:58& 00:23+ 02:56& 01:57& 02:34& 01:14& 00:32& 00:43&

7 Astri Sandanger 93 49:50

16:52+ 20:48+ 29:17+ 35:00+ 40:21+ 44:19+ 47:02+ 48:43+ 49:50+
 16:52+ 03:56+ 08:29+ 05:43+ 05:21- 03:58+ 02:43+ 01:41- 01:07-
 12:04@ 01:07& 00:35+ 01:44& 00:31- 00:28# 00:29# 00:09- 00:01-

8 Sigrund Serigstad 128 51:13

05:47+ 10:53+ 19:19+ 25:17+ 38:01+ 43:09+ 47:13+ 50:22+ 51:13+
 05:47+ 05:06+ 08:26+ 05:58+ 12:44+ 05:08+ 04:04+ 03:09+ 00:51-
 00:59# 02:17& 00:32+ 01:59& 06:52@ 01:38& 01:50& 01:19& 00:17-

9 Gunvor Frafjord Tungesvik 228 51:27

07:38+ 12:34+ 24:30+ 31:50+ 39:42+ 45:26+ 48:01+ 50:06+ 51:27+
 07:38+ 04:56+ 11:56+ 07:20+ 07:52+ 05:44+ 02:35+ 02:05+ 01:21+
 02:50& 02:07& 04:02& 03:21& 02:00& 02:14& 00:21# 00:15# 00:13#

Class	Navn	Klasse	Tid
10	Reidun Solli Skjørestad	47	51:28
07:43+	12:43+ 24:27+ 31:46+ 39:24+ 45:24+	48:00+ 50:03+ 51:28+	
07:43+	05:00+ 11:44+ 07:19+ 08:01+ 05:37+	02:36+ 02:03+ 01:25+	
02:55&	02:11& 03:50& 03:20& 02:09& 02:07&	00:22# 00:13# 00:17#	
11	Ritva Halsne	105	51:51
06:16+	11:31+ 23:11+ 29:42+ 40:55+ 45:44+	48:31+ 50:45+ 51:51+	
06:16+	05:15+ 11:40+ 06:31+ 11:13+ 04:49+	02:47+ 02:14+ 01:06-	
01:28&	02:26& 03:46& 02:32& 05:21& 01:19&	00:33# 00:24# 00:02-	
12	Irene Mæland Torgersen	92	55:29
07:44+	12:53+ 22:34+ 28:49+ 37:58+ 44:01+	50:42+ 53:53+ 55:29+	
07:44+	05:09+ 09:41+ 06:15+ 09:09+ 06:03+	06:41+ 03:11+ 01:36+	
02:56&	02:20& 01:47# 02:16& 03:17& 02:33&	04:27@ 01:21& 00:28&	
13	Ingrid Marie Torgersen	92	55:31
07:37+	12:47+ 22:36+ 28:46+ 37:55+ 43:55+	50:19+ 53:49+ 55:31+	
07:37+	05:10+ 09:49+ 06:10+ 09:09+ 06:00+	06:24+ 03:30+ 01:42+	
02:49&	02:21& 01:55# 02:11& 03:17& 02:30&	04:10@ 01:40& 00:34&	
14	Marianne Gjesdal Lyngås	92	55:37
07:39+	12:57+ 22:37+ 28:41+ 38:02+ 43:57+	51:08+ 53:49+ 55:37+	
07:39+	05:18+ 09:40+ 06:04+ 09:21+ 05:55+	07:11+ 02:41+ 01:48+	
02:51&	02:29& 01:46# 02:05& 03:29& 02:25&	04:57@ 00:51& 00:40&	
15	Esther Boenheim	268	55:57
06:27+	11:21+ 21:39+ 27:54+ 39:29+ 47:39+	51:10+ 53:51+ 55:57+	
06:27+	04:54+ 10:18+ 06:15+ 11:35+ 08:10+	03:31+ 02:41+ 02:06+	
01:39&	02:05& 02:24& 02:16& 05:43& 04:40@	01:17& 00:51& 00:58&	
16	Kjersti Vasbø	126	57:10
05:57+	11:49+ 24:16+ 31:25+ 42:10+ 49:41+	53:00+ 55:09+ 57:10+	
05:57+	05:52+ 12:27+ 07:09+ 10:45+ 07:31+	03:19+ 02:09+ 02:01+	
01:09#	03:03@ 04:33& 03:10& 04:53& 04:01@	01:05& 00:19# 00:53&	
17	Åse Sellereite	27	57:52
06:36+	10:34+ 25:55+ 30:30+ 35:41+ 51:50+	54:43+ 56:50+ 57:52+	
06:36+	03:58+ 15:21+ 04:35+ 05:11- 16:09+	02:53+ 02:07+ 01:02-	
01:48&	01:09& 07:27& 00:36# 00:41- 12:39@	00:39& 00:17# 00:06-	
18	May Kristin Haaland	47	59:35
06:12+	12:02+ 24:48+ 32:13+ 42:14+ 49:15+	55:42+ 57:58+ 59:35+	
06:12+	05:50+ 12:46+ 07:25+ 10:01+ 07:01+	06:27+ 02:16+ 01:37+	
01:24&	03:01@ 04:52& 03:26& 04:09& 03:31@	04:13@ 00:26# 00:29&	
19	Birte Briseid Langebro	47	1:00:07
07:40+	13:42+ 25:15+ 33:26+ 44:41+ 51:29+	56:12+ 58:29+ 60:07+	
07:40+	06:02+ 11:33+ 08:11+ 11:15+ 06:48+	04:43+ 02:17+ 01:38+	
02:52&	03:13@ 03:39& 04:12@ 05:23& 03:18&	02:29@ 00:27# 00:30&	
20	Jane-Britt Arild	47	1:00:15
07:52+	13:44+ 25:38+ 33:45+ 45:02+ 51:45+	56:24+ 58:39+ 60:15+	
07:52+	05:52+ 11:54+ 08:07+ 11:17+ 06:43+	04:39+ 02:15+ 01:36+	
03:04&	03:03@ 04:00& 04:08@ 05:25& 03:13&	02:25@ 00:25# 00:28&	
21	Sara Engevik	126	1:03:01
15:11+	24:46+ 34:44+ 41:42+ 50:45+ 55:43+	60:07+ 61:33+ 63:01+	
15:11+	09:35+ 09:58+ 06:58+ 09:03+ 04:58+	04:24+ 01:26- 01:28+	
10:23@	06:46@ 02:04& 02:59& 03:11& 01:28&	02:10& 00:24- 00:20&	
22	Linda Haukås	113	1:06:36
10:45+	17:09+ 28:14+ 35:53+ 48:40+ 53:32+	62:04+ 64:46+ 66:36+	
10:45+	06:24+ 11:05+ 07:39+ 12:47+ 04:52+	08:32+ 02:42+ 01:50+	
05:57@	03:35@ 03:11& 03:40& 06:55@ 01:22&	06:18@ 00:52& 00:42&	
23	Eli Våge	117	1:06:38
15:55+	23:22+ 37:33+ 44:43+ 53:41+ 59:06+	62:24+ 64:59+ 66:38+	
15:55+	07:27+ 14:11+ 07:10+ 08:58+ 05:25+	03:18+ 02:35+ 01:39+	
11:07@	04:38@ 06:17& 03:11& 03:06& 01:55&	01:04& 00:45& 00:31&	
24	Stephanie Loin	42	1:09:58
20:26+	33:49+ 42:39+ 48:07+ 54:51+ 58:36+	63:02+ 68:47+ 69:58+	
20:26+	13:23+ 08:50+ 05:28+ 06:44+ 03:45+	04:26+ 05:45+ 01:11+	
15:38@	10:34@ 00:56# 01:29& 00:52# 00:15+	02:12& 03:55@ 00:03+	

Class	Navn	Klasse	Tid
25	Gro Mariero Totland	59	1:12:52
09:06+	17:23+ 31:22+ 39:32+ 53:51+ 61:13+ 65:52+ 69:19+ 72:52+		
09:06+	08:17+ 13:59+ 08:10+ 14:19+ 07:22+ 04:39+ 03:27+ 03:33+		
04:18&	05:28@ 06:05& 04:11@ 08:27@ 03:52@ 02:25@ 01:37& 02:25@		
26	Marit Kløvstad Braut	92	1:18:46
08:51+	17:45+ 33:38+ 42:33+ 54:49+ 63:14+ 72:15+ 76:01+ 78:46+		
08:51+	08:54+ 15:53+ 08:55+ 12:16+ 08:25+ 09:01+ 03:46+ 02:45+		
04:03&	06:05@ 07:59@ 04:56@ 06:24@ 04:55@ 06:47@ 01:56@ 01:37@		
27	Grethe Wathne	109	1:20:33
06:35+	21:36+ 32:36+ 53:48+ 62:22+ 67:07+ 76:12+ 78:45+ 80:33+		
06:35+	15:01+ 11:00+ 21:12+ 08:34+ 04:45+ 09:05+ 02:33+ 01:48+		
01:47&	12:12@ 03:06& 17:13@ 02:42& 01:15& 06:51@ 00:43& 00:40&		
Beste strekktid for klassen			
04:48	02:49	05:39	03:59 04:29 03:10 02:14 01:26 00:51

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

Herrer 16 - 39 år

1	Svein Magnus Halsne	71	35:06
05:19=	08:38= 14:04= 17:00= 21:49= 24:09= 26:58= 29:17= 31:14= 33:27= 34:23= 35:06=		
05:19=	03:19= 05:26= 02:56= 04:49= 02:20= 02:49= 02:19= 01:57= 02:13= 00:56= 00:43=		
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	Jørgen Strømstad	50	40:16
05:36+	09:21+ 14:48+ 18:35+ 23:14+ 25:55+ 29:07+ 31:59+ 34:08+ 36:54+ 39:14+ 40:16+		
05:36+	03:45+ 05:27+ 03:47+ 04:39- 02:41+ 03:12+ 02:52+ 02:09+ 02:46+ 02:20+ 01:02+		
00:17+	00:26# 00:01+ 00:51& 00:10- 00:21# 00:23# 00:33# 00:12# 00:33# 01:24@ 00:19&		
3	Asgeir Nærland	88	41:02
04:59-	11:19+ 16:52+ 20:09+ 24:23+ 27:23+ 30:34+ 33:03+ 35:56+ 39:13+ 40:11+ 41:02+		
04:59-	06:20+ 05:33+ 03:17+ 04:14- 03:00+ 03:11+ 02:29+ 02:53+ 03:17+ 00:58+ 00:51+		
00:20-	03:01& 00:07+ 00:21# 00:35- 00:40& 00:22# 00:10+ 00:56& 01:04& 00:02+ 00:08#		
4	Andreas Mykkeltveit Terjesen	43	41:48
07:06+	10:22+ 15:41+ 18:57+ 24:01+ 26:34+ 30:08+ 34:56+ 37:20+ 40:02+ 41:03+ 41:48+		
07:06+	03:16- 05:19- 03:16+ 05:04+ 02:33+ 03:34+ 04:48+ 02:24+ 02:42+ 01:01+ 00:45+		
01:47&	00:03- 00:07- 00:20# 00:15+ 00:13+ 00:45& 02:29@ 00:27# 00:29# 00:05+ 00:02+		
5	Svein Kyllingstad	71	47:30
06:23+	10:28+ 16:24+ 20:14+ 31:07+ 33:33+ 37:31+ 39:55+ 42:33+ 45:28+ 46:43+ 47:30+		
06:23+	04:05+ 05:56+ 03:50+ 10:53+ 02:26+ 03:58+ 02:24+ 02:38+ 02:55+ 01:15+ 00:47+		
01:04#	00:46# 00:30+ 00:54& 06:04@ 00:06+ 01:09& 00:05+ 00:41& 00:42& 00:19& 00:04+		
6	Joar Fuglestad	12	47:45
08:23+	17:54+ 23:14+ 29:32+ 33:07+ 35:40+ 38:52+ 40:53+ 43:29+ 46:02+ 47:02+ 47:45+		
08:23+	09:31+ 05:20- 06:18+ 03:35- 02:33+ 03:12+ 02:01- 02:36+ 02:33+ 01:00+ 00:43=		
03:04&	06:12@ 00:06- 03:22@ 01:14- 00:13+ 00:23# 00:18- 00:39& 00:20# 00:04+ 00:00=		
7	Håkon Eggebø	71	47:57
10:58+	14:44+ 20:40+ 24:17+ 30:55+ 33:16+ 36:42+ 39:27+ 41:37+ 44:53+ 47:04+ 47:57+		
10:58+	03:46+ 05:56+ 03:37+ 06:38+ 02:21+ 03:26+ 02:45+ 02:10+ 03:16+ 02:11+ 00:53+		
05:39@	00:27# 00:30+ 00:41# 01:49& 00:01+ 00:37# 00:26# 00:13# 01:03& 01:15@ 00:10#		
8	Anders Lindaas Bringedal	116	50:31
07:37+	12:55+ 19:30+ 23:25+ 27:55+ 31:11+ 35:02+ 40:31+ 43:08+ 46:58+ 49:41+ 50:31+		
07:37+	05:18+ 06:35+ 03:55+ 04:30- 03:16+ 03:51+ 05:29+ 02:37+ 03:50+ 02:43+ 00:50+		
02:18&	01:59& 01:09# 00:59& 00:19- 00:56& 01:02& 03:10@ 00:40& 01:37& 01:47@ 00:07#		
9	Håvard Barkved	71	51:21
17:30+	20:39+ 26:31+ 29:57+ 34:41+ 37:13+ 40:23+ 43:40+ 46:05+ 49:13+ 50:25+ 51:21+		
17:30+	03:09- 05:52+ 03:26+ 04:44- 02:32+ 03:10+ 03:17+ 02:25+ 03:08+ 01:12+ 00:56+		
12:11@	00:10- 00:26+ 00:30# 00:05- 00:12+ 00:21# 00:58& 00:28# 00:55& 00:16& 00:13&		
10	Rune Hatle	65	1:01:33
14:01+	20:44+ 28:49+ 34:38+ 40:06+ 43:06+ 47:55+ 51:06+ 54:27+ 58:42+ 60:35+ 61:33+		
14:01+	06:43+ 08:05+ 05:49+ 05:28+ 03:00+ 04:49+ 03:11+ 03:21+ 04:15+ 01:53+ 00:58+		
08:42@	03:24@ 02:39& 02:53& 00:39# 00:40& 02:00& 00:52& 01:24& 02:02& 00:57@ 00:15&		

Class	Navn	Klasse	Tid								
11	Håvard Thomassen Lauritsen	116	1:03:32								
11:59+	18:09+	26:16+	33:10+	39:37+	42:39+	47:43+	54:51+	57:48+	60:58+	62:33+	63:32+
11:59+	06:10+	08:07+	06:54+	06:27+	03:02+	05:04+	07:08+	02:57+	03:10+	01:35+	00:59+
06:40@	02:51&	02:41&	03:58@	01:38&	00:42&	02:15&	04:49@	01:00&	00:57&	00:39&	00:16&
12	Arve Friestad	100	1:15:19								
22:18+	26:50+	33:11+	38:17+	51:52+	55:14+	60:37+	64:43+	69:02+	72:27+	74:33+	75:19+
22:18+	04:32+	06:21+	05:06+	13:35+	03:22+	05:23+	04:06+	04:19+	03:25+	02:06+	00:46+
16:59@	01:13&	00:55#	02:10&	08:46@	01:02&	02:34&	01:47&	02:22@	01:12&	01:10@	00:03+
13	Alexander Khorunzhiy	287	1:17:16								
07:56+	16:16+	26:02+	31:21+	39:01+	54:47+	62:25+	65:55+	70:10+	74:48+	76:18+	77:16+
07:56+	08:20+	09:46+	05:19+	07:40+	15:46+	07:38+	03:30+	04:15+	04:38+	01:30+	00:58+
02:37&	05:01@	04:20&	02:23&	02:51&	13:26@	04:49@	01:11&	02:18@	02:25@	00:34&	00:15&
14	Sindre Jacobsen	88	1:26:03								
13:06+	21:08+	36:51+	42:23+	48:02+	54:10+	59:22+	72:39+	76:41+	83:59+	85:23+	86:03+
13:06+	08:02+	15:43+	05:32+	05:39+	06:08+	05:12+	13:17+	04:02+	07:18+	01:24+	00:40-
07:47@	04:43@	10:17@	02:36&	00:50#	03:48@	02:23&	10:58@	02:05@	05:05@	00:28&	00:03-
15	Jonas Fiskum Pedersen	71	1:27:23								
17:05+	21:03+	27:47+	32:14+	58:13+	60:48+	65:08+	77:29+	80:17+	85:13+	86:22+	87:23+
17:05+	03:58+	06:44+	04:27+	25:59+	02:35+	04:20+	12:21+	02:48+	04:56+	01:09+	01:01+
11:46@	00:39#	01:18#	01:31&	21:10@	00:15#	01:31&	10:02@	00:51&	02:43@	00:13#	00:18&
Beste strekktid for klassen											
04:59	03:09	05:19	02:56	03:35	02:20	02:49	02:01	01:57	02:13	00:56	00:40
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.											
Herrer 40 - 49 år											
1	Magne Habbestad	111	47:08								
05:34=	10:34=	18:02=	22:31=	28:07=	30:24=	35:00=	38:09=	40:52=	43:53=	46:13=	47:08=
05:34=	05:00=	07:28=	04:29=	05:36=	02:17=	04:36=	03:09=	02:43=	03:01=	02:20=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Trond Sigurd Fotland	66	49:32								
06:05+	11:46+	18:13+	27:11+	31:20+	33:37+	38:11+	41:56+	44:26+	47:06+	48:33+	49:32+
06:05+	05:41+	06:27-	08:58+	04:09-	02:17=	04:34-	03:45+	02:30-	02:40-	01:27-	00:59+
00:31+	00:41#	01:01-	04:29&	01:27-	00:00=	00:02-	00:36#	00:13-	00:21-	00:53-	00:04+
3	Arngrim Utskarpen	117	50:12								
08:01+	14:21+	21:29+	27:01+	32:01+	36:21+	40:04+	42:45+	45:07+	48:07+	49:25+	50:12+
08:01+	06:20+	07:08-	05:32+	05:00-	04:20+	03:43-	02:41-	02:22-	03:00-	01:18-	00:47-
02:27&	01:20&	00:20-	01:03#	00:36-	02:03&	00:53-	00:28-	00:21-	00:01-	01:02-	00:08-
4	Rune Dahl Fitjar	53	51:21								
10:25+	15:05+	22:34+	28:08+	33:16+	36:59+	41:07+	43:38+	46:08+	49:20+	50:32+	51:21+
10:25+	04:40-	07:29+	05:34+	05:08-	03:43+	04:08-	02:31-	02:30-	03:12+	01:12-	00:49-
04:51&	00:20-	00:01+	01:05#	00:28-	01:26&	00:28-	00:38-	00:13-	00:11+	01:08-	00:06-
5	Oddgeir Nevland	51	51:25								
06:19+	11:28+	18:34+	23:32+	29:05+	32:56+	38:25+	41:54+	45:07+	48:21+	50:31+	51:25+
06:19+	05:09+	07:06-	04:58+	05:33-	03:51+	05:29+	03:29+	03:13+	03:14+	02:10-	00:54-
00:45#	00:09+	00:22-	00:29#	00:03-	01:34&	00:53#	00:20#	00:30#	00:13+	00:10-	00:01-
6	Rolf André Svellingen	268	52:09								
06:59+	12:13+	20:41+	25:50+	31:25+	34:31+	39:13+	42:25+	45:25+	48:57+	51:08+	52:09+
06:59+	05:14+	08:28+	05:09+	05:35-	03:06+	04:42+	03:12+	03:00+	03:32+	02:11-	01:01+
01:25&	00:14+	01:00#	00:40#	00:01-	00:49&	00:06+	00:03+	00:17#	00:31#	00:09-	00:06#
7	Thomas Johansen	111	53:34								
05:26-	12:44+	19:23+	24:03+	32:31+	35:33+	41:37+	45:50+	48:35+	51:05+	52:50+	53:34+
05:26-	07:18+	06:39-	04:40+	08:28+	03:02+	06:04+	04:13+	02:45+	02:30-	01:45-	00:44-
00:08-	02:18&	00:49-	00:11+	02:52&	00:45&	01:28&	01:04&	00:02+	00:31-	00:35-	00:11-
8	Frode Ungar	116	53:39								
06:43+	13:00+	20:30+	25:22+	30:58+	34:47+	39:25+	43:20+	46:40+	50:09+	52:39+	53:39+
06:43+	06:17+	07:30+	04:52+	05:36=	03:49+	04:38+	03:55+	03:20+	03:29+	02:30+	01:00+
01:09#	01:17&	00:02+	00:23+	00:00=	01:32&	00:02+	00:46#	00:37#	00:28#	00:10+	00:05+

Class	Navn	Klasse										Tid
9	Thomas Schanke Eikum	62										56:24
07:02+	12:03+	20:36+	25:51+	31:08+	37:22+	43:03+	46:52+	50:18+	53:23+	55:21+	56:24+	
07:02+	05:01+	08:33+	05:15+	05:17-	06:14+	05:41+	03:49+	03:26+	03:05+	01:58-	01:03+	
01:28&	00:01+	01:05#	00:46#	00:19-	03:57@	01:05#	00:40#	00:43&	00:04+	00:22-	00:08#	
10	Jan-Kenneth Polle	83										1:03:21
05:51+	12:15+	20:01+	29:26+	34:48+	45:41+	49:41+	53:35+	56:39+	60:00+	62:31+	63:21+	
05:51+	06:24+	07:46+	09:25+	05:22-	10:53+	04:00-	03:54+	03:04+	03:21+	02:31+	00:50-	
00:17+	01:24&	00:18+	04:56@	00:14-	08:36@	00:36-	00:45#	00:21#	00:20#	00:11+	00:05-	
11	Gunnar Thorset	117										1:11:13
09:31+	16:09+	24:30+	31:34+	37:31+	42:34+	55:53+	59:37+	63:16+	66:36+	69:43+	71:13+	
09:31+	06:38+	08:21+	07:04+	05:57+	05:03+	13:19+	03:44+	03:39+	03:20+	03:07+	01:30+	
03:57&	01:38&	00:53#	02:35&	00:21+	02:46@	08:43@	00:35#	00:56&	00:19#	00:47&	00:35&	
12	André Sirevåg	116										1:11:50
08:41+	15:51+	25:51+	36:03+	43:57+	49:27+	56:14+	59:44+	63:16+	67:28+	70:49+	71:50+	
08:41+	07:10+	10:00+	10:12+	07:54+	05:30+	06:47+	03:30+	03:32+	04:12+	03:21+	01:01+	
03:07&	02:10&	02:32&	05:43@	02:18&	03:13@	02:11&	00:21#	00:49&	01:11&	01:01&	00:06#	
13	Terje Undheim	54										1:14:20
45:18+	47:42+	50:28+	51:08+	66:16+	74:20+							
45:18+	02:24-	02:46-	00:40-	15:08+	08:04+							
39:44@	02:36-	04:42-	03:49-	09:32@	05:47@							
14	Jean-Sebastien Dorne	42										1:21:49
18:29+	24:38+	33:10+	38:14+	54:43+	61:54+	69:05+	72:43+	75:30+	78:46+	80:59+	81:49+	
18:29+	06:09+	08:32+	05:04+	16:29+	07:11+	07:11+	03:38+	02:47+	03:16+	02:13-	00:50-	
12:55@	01:09#	01:04#	00:35#	10:53@	04:54@	02:35&	00:29#	00:04+	00:15+	00:07-	00:05-	
15	Jean-Michel Maurice	42										2:08:54
09:24+	21:36+	29:32+	34:28+	75:20+	77:46+	82:00+	116:21+	119:30+	125:43+	127:53+	128:54+	
09:24+	12:12+	07:56+	04:56+	40:52+	02:26+	04:14-	34:21+	03:09+	06:13+	02:10-	01:01+	
03:50&	07:12@	00:28+	00:27#	35:16@	00:09+	00:22-	31:12@	00:26#	03:12@	00:10-	00:06#	
Beste strekktid for klassen												
05:26	02:24	02:46	00:40	04:09	02:17	03:43	02:31	02:22	02:30	01:12	00:44	

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

Herrer 50 - 59 år

1	Per Ingar Hadland	7										40:03
05:21=	09:40=	16:36=	20:52=	25:10=	26:59=	30:10=	32:37=	35:06=	38:02=	39:20=	40:03=	
05:21=	04:19=	06:56=	04:16=	04:18=	01:49=	03:11=	02:27=	02:29=	02:56=	01:18=	00:43=	
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	Anders Glenne	7										42:59
05:15-	10:41+	18:41+	22:49+	27:27+	29:35+	33:26+	35:48+	38:21+	41:05+	42:18+	42:59+	
05:15-	05:26+	08:00+	04:08-	04:38+	02:08+	03:51+	02:22-	02:33+	02:44-	01:13-	00:41-	
00:06-	01:07&	01:04#	00:08-	00:20+	00:19#	00:40#	00:05-	00:04+	00:12-	00:05-	00:02-	
3	Frank Hansen	29										46:58
06:00+	12:20+	19:06+	22:59+	27:30+	29:49+	33:46+	36:59+	39:59+	43:51+	46:01+	46:58+	
06:00+	06:20+	06:46-	03:53-	04:31+	02:19+	03:57+	03:13+	03:00+	03:52+	02:10+	00:57+	
00:39#	02:01&	00:10-	00:23-	00:13+	00:30&	00:46#	00:46&	00:31#	00:56&	00:52&	00:14&	
4	Håvard Håland	66										47:09
05:01-	09:51+	16:02-	20:03-	24:42-	32:38+	35:39+	39:13+	41:57+	45:13+	46:23+	47:09+	
05:01-	04:50+	06:11-	04:01-	04:39+	07:56+	03:01-	03:34+	02:44+	03:16+	01:10-	00:46+	
00:20-	00:31#	00:45-	00:15-	00:21+	06:07@	00:10-	01:07&	00:15#	00:20#	00:08-	00:03+	
5	Arnfinn Rømuld	116										47:46
05:33+	10:10+	16:36=	21:59+	29:23+	31:50+	35:44+	38:16+	41:44+	44:36+	46:52+	47:46+	
05:33+	04:37+	06:26-	05:23+	07:24+	02:27+	03:54+	02:32+	03:28+	02:52-	02:16+	00:54+	
00:12+	00:18+	00:30-	01:07&	03:06&	00:38&	00:43#	00:05+	00:59&	00:04-	00:58&	00:11&	
6	Lars Bergersen	116										48:32
05:29+	10:36+	18:48+	24:30+	30:30+	33:07+	37:00+	39:47+	43:06+	46:14+	47:41+	48:32+	
05:29+	05:07+	08:12+	05:42+	06:00+	02:37+	03:53+	02:47+	03:19+	03:08+	01:27+	00:51+	
00:08+	00:48#	01:16#	01:26&	01:42&	00:48&	00:42#	00:20#	00:50&	00:12+	00:09#	00:08#	

Class	Navn	Klasse										Tid
7	Trygve Michaelsen	117										50:05
	06:44+	11:47+	20:44+	26:03+	30:16+	32:32+	37:05+	39:52+	42:43+	46:32+	49:02+	50:05+
	06:44+	05:03+	08:57+	05:19+	04:13-	02:16+	04:33+	02:47+	02:51+	03:49+	02:30+	01:03+
	01:23&	00:44#	02:01&	01:03#	00:05-	00:27#	01:22&	00:20#	00:22#	00:53&	01:12&	00:20&
8	Arne Øvstebø	71										51:06
	06:44+	11:25+	18:00+	23:26+	30:49+	35:30+	38:54+	41:45+	44:47+	48:25+	50:17+	51:06+
	06:44+	04:41+	06:35-	05:26+	07:23+	04:41+	03:24+	02:51+	03:02+	03:38+	01:52+	00:49+
	01:23&	00:22+	00:21-	01:10&	03:05&	02:52@	00:13+	00:24#	00:33#	00:42#	00:34&	00:06#
9	Arne Hetlelid	98										51:49
	07:17+	12:38+	21:05+	25:41+	31:50+	34:46+	38:25+	41:31+	44:49+	48:24+	50:45+	51:49+
	07:17+	05:21+	08:27+	04:36+	06:09+	02:56+	03:39+	03:06+	03:18+	03:35+	02:21+	01:04+
	01:56&	01:02#	01:31#	00:20+	01:51&	01:07&	00:28#	00:39&	00:49&	00:39#	01:03&	00:21&
10	Magnar Møller	62										52:23
	06:22+	13:33+	22:15+	26:58+	32:17+	35:03+	39:22+	42:32+	46:02+	49:40+	51:12+	52:23+
	06:22+	07:11+	08:42+	04:43+	05:19+	02:46+	04:19+	03:10+	03:30+	03:38+	01:32+	01:11+
	01:01#	02:52&	01:46&	00:27#	01:01#	00:57&	01:08&	00:43&	01:01&	00:42#	00:14#	00:28&
11	Tor Brekken	97										54:39
	07:45+	17:18+	24:19+	28:56+	34:31+	37:26+	43:12+	45:55+	48:46+	51:53+	53:33+	54:39+
	07:45+	09:33+	07:01+	04:37+	05:35+	02:55+	05:46+	02:43+	02:51+	03:07+	01:40+	01:06+
	02:24&	05:14@	00:05+	00:21+	01:17&	01:06&	02:35&	00:16#	00:22#	00:11+	00:22&	00:23&
12	Øystein Fuglestad	46										54:41
	05:42+	11:33+	19:27+	25:03+	33:13+	37:27+	41:03+	43:56+	47:06+	50:54+	53:35+	54:41+
	05:42+	05:51+	07:54+	05:36+	08:10+	04:14+	03:36+	02:53+	03:10+	03:48+	02:41+	01:06+
	00:21+	01:32&	00:58#	01:20&	03:52&	02:25@	00:25#	00:26#	00:41&	00:52&	01:23@	00:23&
13	Sveinung Rosenvinge	116										55:22
	07:55+	14:39+	23:20+	28:46+	34:22+	37:26+	41:03+	45:10+	48:28+	51:47+	54:25+	55:22+
	07:55+	06:44+	08:41+	05:26+	05:36+	03:04+	03:37+	04:07+	03:18+	03:19+	02:38+	00:57+
	02:34&	02:25&	01:45&	01:10&	01:18&	01:15&	00:26#	01:40&	00:49&	00:23#	01:20@	00:14&
14	Harald Taksdal	236										55:24
	06:51+	14:51+	23:30+	28:26+	33:47+	37:10+	41:21+	44:44+	47:58+	51:39+	54:14+	55:24+
	06:51+	08:00+	08:39+	04:56+	05:21+	03:23+	04:11+	03:23+	03:14+	03:41+	02:35+	01:10+
	01:30&	03:41&	01:43#	00:40#	01:03#	01:34&	01:00&	00:56&	00:45&	00:45&	01:17&	00:27&
15	Stein Arve Finnestad	287										1:01:11
	15:32+	21:01+	30:15+	36:16+	41:43+	44:23+	47:44+	50:57+	54:42+	58:42+	60:05+	61:11+
	15:32+	05:29+	09:14+	06:01+	05:27+	02:40+	03:21+	03:13+	03:45+	04:00+	01:23+	01:06+
	10:11@	01:10&	02:18&	01:45&	01:09&	00:51&	00:10+	00:46&	01:16&	01:04&	00:05+	00:23&
16	Arne Magne Søndresen	92										1:03:49
	06:05+	13:26+	21:23+	28:05+	36:07+	44:22+	51:26+	54:53+	58:29+	61:38+	62:51+	63:49+
	06:05+	07:21+	07:57+	06:42+	08:02+	08:15+	07:04+	03:27+	03:36+	03:09+	01:13-	00:58+
	00:44#	03:02&	01:01#	02:26&	03:44&	06:26@	03:53@	01:00&	01:07&	00:13+	00:05-	00:15&
17	Asbjørn Brådland	297										1:04:07
	07:34+	17:38+	26:07+	32:53+	40:58+	47:33+	51:33+	55:36+	58:44+	62:01+	63:16+	64:07+
	07:34+	10:04+	08:29+	06:46+	08:05+	06:35+	04:00+	04:03+	03:08+	03:17+	01:15-	00:51+
	02:13&	05:45@	01:33#	02:30&	03:47&	04:46@	00:49&	01:36&	00:39&	00:21#	00:03-	00:08#
18	Kjell Ove Aksland	27										1:04:47
	07:05+	15:19+	24:35+	30:02+	43:46+	45:58+	50:05+	53:52+	57:08+	61:19+	63:45+	64:47+
	07:05+	08:14+	09:16+	05:27+	13:44+	02:12+	04:07+	03:47+	03:16+	04:11+	02:26+	01:02+
	01:44&	03:55&	02:20&	01:11&	09:26@	00:23#	00:56&	01:20&	00:47&	01:15&	01:08&	00:19&
19	Lars Primstad	62										1:05:35
	06:51+	12:01+	31:55+	36:27+	43:26+	49:27+	54:02+	57:14+	60:35+	63:10+	64:51+	65:35+
	06:51+	05:10+	19:54+	04:32+	06:59+	06:01+	04:35+	03:12+	03:21+	02:35-	01:41+	00:44+
	01:30&	00:51#	12:58@	00:16+	02:41&	04:12@	01:24&	00:45&	00:52&	00:21-	00:23&	00:01+
20	Jarl Steinar Berntsen	27										1:08:13
	07:22+	14:16+	22:54+	28:48+	35:50+	44:18+	48:39+	53:00+	59:46+	64:12+	67:16+	68:13+
	07:22+	06:54+	08:38+	05:54+	07:02+	08:28+	04:21+	04:21+	06:46+	04:26+	03:04+	00:57+
	02:01&	02:35&	01:42#	01:38&	02:44&	06:39@	01:10&	01:54&	04:17@	01:30&	01:46@	00:14&
21	Erling Knutzen	128										1:08:47
	19:04+	24:32+	33:30+	38:22+	50:42+	52:47+	55:43+	59:40+	62:22+	65:47+	67:57+	68:47+
	19:04+	05:28+	08:58+	04:52+	12:20+	02:05+	02:56-	03:57+	02:42+	03:25+	02:10+	00:50+
	13:43@	01:09&	02:02&	00:36#	08:02@	00:16#	00:15-	01:30&	00:13+	00:29#	00:52&	00:07#

Class	Navn	Klasse										Tid
22	Frode Følgesvold	5										1:11:11
07:02+	18:04+	29:05+	35:24+	43:05+	50:22+	56:09+	60:09+	63:57+	67:31+	70:18+	71:11+	
07:02+	11:02+	11:01+	06:19+	07:41+	07:17+	05:47+	04:00+	03:48+	03:34+	02:47+	00:53+	
01:41&	06:43&	04:05&	02:03&	03:23&	05:28@	02:36&	01:33&	01:19&	00:38#	01:29@	00:10#	
23	Jone Kalheim	93										1:11:48
05:46+	12:33+	35:41+	41:23+	51:39+	54:29+	58:58+	62:43+	65:24+	68:59+	71:01+	71:48+	
05:46+	06:47+	23:08+	05:42+	10:16+	02:50+	04:29+	03:45+	02:41+	03:35+	02:02+	00:47+	
00:25+	02:28&	16:12@	01:26&	05:58@	01:01&	01:18&	01:18&	00:12+	00:39#	00:44&	00:04+	
24	Per Ivar Hovstad	116										1:15:08
06:19+	28:44+	37:23+	43:25+	51:43+	58:35+	62:39+	66:10+	69:21+	73:06+	74:19+	75:08+	
06:19+	22:25+	08:39+	06:02+	08:18+	06:52+	04:04+	03:31+	03:11+	03:45+	01:13-	00:49+	
00:58#	18:06@	01:43#	01:46&	04:00&	05:03@	00:53&	01:04&	00:42&	00:49&	00:05-	00:06#	
25	Ingve Vold	54										1:20:31
08:52+	18:11+	26:08+	31:35+	43:02+	52:09+	65:20+	69:16+	73:45+	78:08+	79:35+	80:31+	
08:52+	09:19+	07:57+	05:27+	11:27+	09:07+	13:11+	03:56+	04:29+	04:23+	01:27+	00:56+	
03:31&	05:00@	01:01#	01:11&	07:09@	07:18@	10:00@	01:29&	02:00&	01:27&	00:09#	00:13&	
26	Ove Mæstad	67										1:26:22
08:38+	17:57+	27:01+	34:21+	54:54+	58:15+	64:52+	70:35+	76:00+	82:32+	85:23+	86:22+	
08:38+	09:19+	09:04+	07:20+	20:33+	03:21+	06:37+	05:43+	05:25+	06:32+	02:51+	00:59+	
03:17&	05:00@	02:08&	03:04&	16:15@	01:32&	03:26@	03:16@	02:56@	03:36@	01:33@	00:16&	
27	John C. Sinnes	93										1:28:19
17:45+	35:43+	45:20+	51:33+	59:35+	66:05+	70:33+	73:51+	78:20+	82:52+	87:13+	88:19+	
17:45+	17:58+	09:37+	06:13+	08:02+	06:30+	04:28+	03:18+	04:29+	04:32+	04:21+	01:06+	
12:24@	13:39@	02:41&	01:57&	03:44&	04:41@	01:17&	00:51&	02:00&	01:36&	03:03@	00:23&	
28	Tor Inge Halvorsen	5										1:36:50
16:33+	28:15+	40:29+	47:32+	60:29+	66:46+	72:40+	78:38+	86:53+	92:54+	94:59+	96:50+	
16:33+	11:42+	12:14+	07:03+	12:57+	06:17+	05:54+	05:58+	08:15+	06:01+	02:05+	01:51+	
11:12@	07:23@	05:18&	02:47&	08:39@	04:28@	02:43&	03:31@	05:46@	03:05@	00:47&	01:08@	

Beste strekktid for klassen

05:01 04:19 06:11 03:53 04:13 01:49 02:56 02:22 02:29 02:35 01:10 00:41

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

Herrer 60 - 64 år

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

Class	Navn	Klasse										Tid
7	Agnar Lien	7										54:00
	04:55+	13:33+	17:24+	23:12+	28:50+	38:56+	42:30+	46:56+	51:47+	52:42+	54:00+	
	04:55+	08:38+	03:51+	05:48+	05:38-	10:06+	03:34+	04:26+	01:58+	02:53+	00:55+	
	01:41&	01:28#	01:16&	02:05&	00:56-	06:29@	00:26#	01:51&	00:30&	00:26#	00:10#	
	00:24&											
8	Torbjørn Dahle	92										56:11
	03:21+	12:58+	15:55+	26:39+	33:02+	38:18+	42:52+	47:00+	49:33+	53:56+	55:00+	
	03:21+	09:37+	02:57+	10:44+	06:23-	05:16+	04:34+	04:08+	02:33+	04:23+	01:04+	
	00:07+	02:27&	00:22#	07:01@	00:11-	01:39&	01:26&	01:33&	01:05&	01:56&	00:19&	
	00:17&											
9	Rolf Kleppe	63										1:21:50
	06:21+	18:03+	26:20+	32:34+	49:57+	59:12+	67:06+	72:20+	75:24+	79:07+	80:21+	
	06:21+	11:42+	08:17+	06:14+	17:23+	09:15+	07:54+	05:14+	03:04+	03:43+	01:14+	
	03:07&	04:32&	05:42@	02:31&	10:49@	05:38@	04:46@	02:39@	01:36@	01:16&	00:29&	
	00:35&											
Beste strekktid for klassen												
	03:14	06:05	02:35	03:25	04:31	03:37	02:48	02:35	01:23	02:06	00:44	
	00:49											

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

Herrer 65 - 69 år

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

Class	Navn	Klasse	Tid
11	Ragnvald Frøyland	128	44:29
04:06+	13:28+ 16:47+ 21:57+ 26:49+ 32:12+	35:24+ 38:30+ 42:33+ 43:29+ 44:29+	
04:06+	09:22+ 03:19+ 05:10+ 04:52+ 05:23+	03:12+ 03:06+ 01:48+ 02:15+ 00:56+ 01:00+	
01:35&	00:11+ 01:14& 01:51& 01:28& 01:55&	01:17& 00:40& 00:34& 00:22# 00:09# 00:07#	
12	Olav Habbestad	116	46:41
04:27+	11:50+ 15:23+ 20:25+ 26:40+ 32:53+	36:24+ 40:32+ 42:01+ 44:50+ 45:42+ 46:41+	
04:27+	07:23- 03:33+ 05:02+ 06:15+ 06:13+	03:31+ 04:08+ 01:29+ 02:49+ 00:52+ 00:59+	
01:56&	01:48- 01:28& 01:43& 02:51& 02:45&	01:36& 01:42& 00:15# 00:56& 00:05# 00:06#	
13	Tor Geir Espedal	115	47:01
03:45+	10:35- 14:05+ 18:55+ 23:55+ 30:34+	34:21+ 37:43+ 39:52+ 43:16+ 45:20+ 46:07+ 47:01+	
03:45+	06:50- 03:30+ 04:50+ 05:00+ 06:39+	03:47+ 03:22+ 02:09+ 03:24+ 02:04+ 00:47- 00:54+	
01:14&	02:21- 01:25& 01:31& 01:36& 03:11&	01:52& 00:56& 00:55& 01:31& 01:17@ 00:06- 00:54+	
14	Bjørn Tore Aase	29	49:38
05:36+	13:51+ 17:12+ 23:07+ 28:21+ 34:29+	38:21+ 42:26+ 44:43+ 47:43+ 48:32+ 49:38+	
05:36+	08:15- 03:21+ 05:55+ 05:14+ 06:08+	03:52+ 04:05+ 02:17+ 03:00+ 00:49+ 01:06+	
03:05@	00:56- 01:16& 02:36& 01:50& 02:40&	01:57@ 01:39& 01:03& 01:07& 00:02+ 00:13#	
15	Tore R. Tvedt	90	51:21
05:13+	15:32+ 19:32+ 23:58+ 29:33+ 35:48+	39:27+ 43:34+ 45:47+ 48:52+ 49:53+ 51:21+	
05:13+	10:19+ 04:00+ 04:26+ 05:35+ 06:15+	03:39+ 04:07+ 02:13+ 03:05+ 01:01+ 01:28+	
02:42@	01:08# 01:55& 01:07& 02:11& 02:47&	01:44& 01:41& 00:59& 01:12& 00:14& 00:35&	
16	Tom Hetland	5	52:37
15:44+	22:27+ 44:06+ 48:28+ 50:45+ 51:33+	52:37+	
15:44+	06:43- 21:39+ 04:22+ 02:17-	00:48- 01:04-	
13:13@	02:28- 19:34@ 01:03& 01:07-	02:40- 00:51-	
17	Roar Fitjar	101	56:29
04:45+	13:50+ 19:10+ 25:57+ 32:42+ 38:57+	43:20+ 48:04+ 50:07+ 53:43+ 54:56+ 56:29+	
04:45+	09:05- 05:20+ 06:47+ 06:45+ 06:15+	04:23+ 04:44+ 02:03+ 03:36+ 01:13+ 01:33+	
02:14&	00:06- 03:15@ 03:28@ 03:21& 02:47&	02:28@ 02:18& 00:49& 01:43& 00:26& 00:40&	
18	Svein Ims	65	1:06:10
04:21+	20:49+ 24:49+ 34:18+ 41:00+ 47:28+	52:06+ 56:55+ 60:28+ 63:41+ 64:46+ 66:10+	
04:21+	16:28+ 04:00+ 09:29+ 06:42+ 06:28+	04:38+ 04:49+ 03:33+ 03:13+ 01:05+ 01:24+	
01:50&	07:17& 01:55& 06:10@ 03:18& 03:00&	02:43@ 02:23& 02:19@ 01:20& 00:18& 00:31&	
19	Per Marthon Møland	5	1:11:48
17:04+	26:25+ 31:23+ 40:19+ 46:57+ 53:07+	57:46+ 62:07+ 64:18+ 68:22+ 70:04+ 71:48+	
17:04+	09:21+ 04:58+ 08:56+ 06:38+ 06:10+	04:39+ 04:21+ 02:11+ 04:04+ 01:42+ 01:44+	
14:33@	00:10+ 02:53@ 05:37@ 03:14& 02:42&	02:44@ 01:55& 00:57& 02:11@ 00:55@ 00:51&	
Beste strekktid for klassen			
02:31	05:38	02:05	03:19
02:17	00:48	01:04	02:24
01:14	01:53	00:42	00:47

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

Herrer 70 - 74 år

1	Asgeir Bell	117	32:22
03:00=	08:53= 11:31= 14:45= 18:22= 21:57=	24:16= 26:42= 27:52= 30:36= 31:22= 32:22=	
03:00=	05:53= 02:38= 03:14= 03:37= 03:35=	02:19= 02:26= 01:10= 02:44= 00:46= 01:00=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
2	Arne Østensen	90	41:03
03:39+	10:40+ 13:44+ 17:56+ 23:28+ 28:21+	31:37+ 34:50+ 36:28+ 39:03+ 40:00+ 41:03+	
03:39+	07:01+ 03:04+ 04:12+ 05:32+ 04:53+	03:16+ 03:13+ 01:38+ 02:35- 00:57+ 01:03+	
00:39#	01:08# 00:26# 00:58& 01:55& 01:18&	00:57& 00:47& 00:28& 00:09- 00:11# 00:03+	
3	Finn Morten Årstad	115	41:04
03:44+	11:15+ 14:23+ 18:25+ 24:06+ 28:21+	31:37+ 34:50+ 36:53+ 39:16+ 40:10+ 41:04+	
03:44+	07:31+ 03:08+ 04:02+ 05:41+ 04:15+	03:16+ 03:13+ 02:03+ 02:23- 00:54+ 00:54-	
00:44#	01:38& 00:30# 00:48# 02:04& 00:40#	00:57& 00:47& 00:53& 00:21- 00:08# 00:06-	
4	Jostein Tunheim	116	43:20
03:44+	11:45+ 16:36+ 20:30+ 26:16+ 30:32+	33:50+ 37:06+ 39:09+ 41:22+ 42:23+ 43:20+	
03:44+	08:01+ 04:51+ 03:54+ 05:46+ 04:16+	03:18+ 03:16+ 02:03+ 02:13- 01:01+ 00:57-	
00:44#	02:08& 02:13& 00:40# 02:09& 00:41#	00:59& 00:50& 00:53& 00:31- 00:15& 00:03-	

Class	Navn	Klasse										Tid
5	Kjell Svihus	154										44:09
	04:12+	12:25+	15:45+	22:04+	27:06+	32:10+	35:07+	37:58+	39:33+	42:01+	43:01+	44:09+
	04:12+	08:13+	03:20+	06:19+	05:02+	05:04+	02:57+	02:51+	01:35+	02:28-	01:00+	01:08+
	01:12&	02:20&	00:42&	03:05&	01:25&	01:29&	00:38&	00:25#	00:25&	00:16-	00:14&	00:08#
6	Arvid Thorsen	5										50:50
	04:13+	13:56+	18:27+	23:04+	28:08+	36:17+	39:28+	43:25+	45:18+	48:53+	49:45+	50:50+
	04:13+	09:43+	04:31+	04:37+	05:04+	08:09+	03:11+	03:57+	01:53+	03:35+	00:52+	01:05+
	01:13&	03:50&	01:53&	01:23&	01:27&	04:34@	00:52&	01:31&	00:43&	00:51&	00:06#	00:05+
7	Odd Garpestad	29										1:00:32
	03:52+	14:29+	17:04+	35:24+	43:33+	46:14+	48:46+	51:41+	58:30+	59:30+	60:32+	
	03:52+	10:37+	02:35-	18:20+	08:09+	02:41-	02:32+	02:55+	06:49+	01:00-	01:02+	
	00:52&	04:44&	00:03-	15:06@	04:32@	00:54-	00:13+	00:29#	05:39@	01:44-	00:16&	
8	Leif Gunnar Wikene	43										1:10:36
	04:37+	25:04+	28:05+	32:48+	38:13+	56:03+	59:20+	63:24+	66:16+	68:38+	69:31+	70:36+
	04:37+	20:27+	03:01+	04:43+	05:25+	17:50+	03:17+	04:04+	02:52+	02:22-	00:53+	01:05+
	01:37&	14:34@	00:23#	01:29&	01:48&	14:15@	00:58&	01:38&	01:42@	00:22-	00:07#	00:05+
Beste strekktid for klassen												
	03:00	05:53	02:35	03:14	03:37	02:41	02:19	02:26	01:10	01:00	00:46	00:54
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Herrer 75 - 79 år												
1	Knut Skjæveland	93										40:09
	07:36=	12:16=	17:30=	21:32=	25:09=	30:12=	31:32=	35:10=	38:11=	39:05=	40:09=	
	07:36=	04:40=	05:14=	04:02=	03:37=	05:03=	01:20=	03:38=	03:01=	00:54=	01:04=	
	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										42:51
	07:32-	12:35+	18:01+	22:17+	28:22+	32:47+	34:09+	38:18+	40:53+	41:50+	42:51+	
	07:32-	05:03+	05:26+	04:16+	06:05+	04:25-	01:22+	04:09+	02:35-	00:57+	01:01-	
	00:04-	00:23+	00:12+	00:14+	02:28&	00:38-	00:02+	00:31#	00:26-	00:03+	00:03-	
3	Steinar Undheim	54										46:46
	14:43+	20:49+	36:38+	41:06+	44:37+	45:40+	46:46+					
	14:43+	06:06+	15:49+	04:28+	03:31-	01:03-	01:06-					
	07:07&	01:26&	10:35@	00:26#	00:06-	04:00-	00:14-					
4	Harald Vatne	67										47:42
	10:13+	15:51+	21:55+	26:47+	30:54+	36:13+	37:39+	42:08+	45:30+	46:37+	47:42+	
	10:13+	05:38+	06:04+	04:52+	04:07+	05:19+	01:26+	04:29+	03:22+	01:07+	01:05+	
	02:37&	00:58#	00:50#	00:50#	00:30#	00:16+	00:06+	00:51#	00:21#	00:13#	00:01+	
5	Øyvind Egeskog	5										48:47
	08:02+	13:09+	18:29+	25:45+	30:30+	37:51+	39:10+	43:29+	46:25+	47:40+	48:47+	
	08:02+	05:07+	05:20+	07:16+	04:45+	07:21+	01:19-	04:19+	02:56-	01:15+	01:07+	
	00:26+	00:27+	00:06+	03:14&	01:08&	02:18&	00:01-	00:41#	00:05-	00:21&	00:03+	
6	Geir Husdal	93										49:34
	08:30+	13:52+	19:35+	30:13+	34:46+	39:19+	40:44+	44:40+	47:34+	48:27+	49:34+	
	08:30+	05:22+	05:43+	10:38+	04:33+	04:33-	01:25+	03:56+	02:54-	00:53-	01:07+	
	00:54#	00:42#	00:29+	06:36@	00:56&	00:30-	00:05+	00:18+	00:07-	00:01-	00:03+	
7	Kjell Langvik	93										51:36
	07:15-	13:14+	18:03+	20:48-	34:45+	39:47+	41:06+	44:45+	49:30+	50:37+	51:36+	
	07:15-	05:59+	04:49-	02:45-	13:57+	05:02-	01:19-	03:39+	04:45+	01:07+	00:59-	
	00:21-	01:19&	00:25-	01:17-	10:20@	00:01-	00:01-	00:01+	01:44&	00:13#	00:05-	
8	Svein Glendrange	68										52:36
	08:30+	14:14+	21:49+	25:38+	36:45+	41:57+	43:33+	47:55+	50:21+	51:23+	52:36+	
	08:30+	05:44+	07:35+	03:49-	11:07+	05:12+	01:36+	04:22+	02:26-	01:02+	01:13+	
	00:54#	01:04#	02:21&	00:13-	07:30@	00:09+	00:16#	00:44#	00:35-	00:08#	00:09#	
9	Tormod Aaslid	54										54:16
	08:26+	14:49+	22:26+	27:53+	38:35+	44:11+	45:29+	49:38+	52:23+	53:20+	54:16+	
	08:26+	06:23+	07:37+	05:27+	10:42+	05:36+	01:18-	04:09+	02:45-	00:57+	00:56-	
	00:50#	01:43&	02:23&	01:25&	07:05@	00:33#	00:02-	00:31#	00:16-	00:03+	00:08-	

Class	Navn	Klasse										Tid
10	Terje Braut	92										55:23
16:23+	22:53+	28:21+	34:47+	38:43+	43:39+	45:11+	49:48+	53:09+	54:08+	55:23+		
16:23+	06:30+	05:28+	06:26+	03:56+	04:56-	01:32+	04:37+	03:21+	00:59+	01:15+		
08:47@	01:50&	00:14+	02:24&	00:19+	00:07-	00:12#	00:59&	00:20#	00:05+	00:11#		
11	Jan Bekkeheien	92										1:00:42
15:05+	21:22+	31:21+	36:53+	44:19+	49:21+	50:59+	55:21+	58:14+	59:24+	60:42+		
15:05+	06:17+	09:59+	05:32+	07:26+	05:02-	01:38+	04:22+	02:53-	01:10+	01:18+		
07:29&	01:37&	04:45&	01:30&	03:49@	00:01-	00:18#	00:44#	00:08-	00:16&	00:14#		
12	Alf Gyland	92										1:02:20
11:38+	19:31+	31:22+	34:44+	46:05+	51:04+	52:42+	57:02+	59:52+	60:59+	62:20+		
11:38+	07:53+	11:51+	03:22-	11:21+	04:59-	01:38+	04:20+	02:50-	01:07+	01:21+		
04:02&	03:13&	06:37@	00:40-	07:44@	00:04-	00:18#	00:42#	00:11-	00:13#	00:17&		
13	Reidar Magne Liland	66										1:05:29
15:38+	23:57+	33:22+	37:08+	47:53+	53:09+	54:44+	59:28+	62:44+	63:56+	65:29+		
15:38+	08:19+	09:25+	03:46-	10:45+	05:16+	01:35+	04:44+	03:16+	01:12+	01:33+		
08:02@	03:39&	04:11&	00:16-	07:08@	00:13+	00:15#	01:06&	00:15+	00:18&	00:29&		
14	Arne Brandsberg	29										1:07:44
11:42+	19:52+	33:47+	38:07+	44:32+	50:23+	52:24+	58:41+	64:06+	65:53+	67:44+		
11:42+	08:10+	13:55+	04:20+	06:25+	05:51+	02:01+	06:17+	05:25+	01:47+	01:51+		
04:06&	03:30&	08:41@	00:18+	02:48&	00:48#	00:41&	02:39&	02:24&	00:53&	00:47&		
15	Mangor Eikeland	92										1:09:00
10:54+	22:10+	32:13+	39:42+	44:38+	52:37+	54:47+	61:07+	65:32+	67:06+	69:00+		
10:54+	11:16+	10:03+	07:29+	04:56+	07:59+	02:10+	06:20+	04:25+	01:34+	01:54+		
03:18&	06:36@	04:49&	03:27&	01:19&	02:56&	00:50&	02:42&	01:24&	00:40&	00:50&		
16	Rolv Nærland	63										1:21:45
14:22+	23:43+	36:23+	46:44+	53:45+	62:36+	64:57+	74:12+	78:59+	80:13+	81:45+		
14:22+	09:21+	12:40+	10:21+	07:01+	08:51+	02:21+	09:15+	04:47+	01:14+	01:32+		
06:46&	04:41@	07:26@	06:19@	03:24&	03:48&	01:01&	05:37@	01:46&	00:20&	00:28&		
17	Kjell Maudal	63										1:22:43
15:33+	24:51+	37:52+	47:54+	54:54+	63:46+	66:04+	75:27+	80:02+	81:14+	82:43+		
15:33+	09:18+	13:01+	10:02+	07:00+	08:52+	02:18+	09:23+	04:35+	01:12+	01:29+		
07:57@	04:38&	07:47@	06:00@	03:23&	03:49&	00:58&	05:45@	01:34&	00:18&	00:25&		

Beste strekktid for klassen

07:15 04:40 04:49 02:45 03:31 01:03 01:06 03:38 02:26 00:53 00:56

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

Herrer 80 år og eldre

1	Magne Jakobsen	63										49:57
03:46=	07:26=	11:09=	17:59=	20:51=	23:53=	30:20=	35:44=	43:00=	47:10=	48:25=	49:57=	
03:46=	03:40=	03:43=	06:50=	02:52=	03:02=	06:27=	05:24=	07:16=	04:10=	01:15=	01:32=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Sigurd Krosli	93										57:34
03:24-	07:48+	14:32+	21:18+	23:33+	31:05+	37:43+	47:09+	52:14+	55:15+	56:18+	57:34+	
03:24-	04:24+	06:44+	06:46-	02:15-	07:32+	06:38+	09:26+	05:05-	03:01-	01:03-	01:16-	
00:22-	00:44#	03:01&	00:04-	00:37-	04:30@	00:11+	04:02&	02:11-	01:09-	00:12-	00:16-	
3	Peter Frafjord	116										1:05:20
05:05+	10:20+	17:26+	26:59+	30:06+	33:15+	40:20+	47:24+	56:13+	61:52+	63:42+	65:20+	
05:05+	05:15+	07:06+	09:33+	03:07+	03:09+	07:05+	07:04+	08:49+	05:39+	01:50+	01:38+	
01:19&	01:35&	03:23&	02:43&	00:15+	00:07+	00:38+	01:40&	01:33#	01:29&	00:35&	00:06+	
4	Magne Westerheim	93										1:35:18
04:33+	09:13+	51:22+	58:27+	60:45+	68:14+	74:50+	84:17+	89:25+	92:32+	93:50+	95:18+	
04:33+	04:40+	42:09+	07:05+	02:18-	07:29+	06:36+	09:27+	05:08-	03:07-	01:18+	01:28-	
00:47#	01:00&	38:26@	00:15+	00:34-	04:27@	00:09+	04:03&	02:08-	01:03-	00:03+	00:04-	

Beste strekktid for klassen

03:24 03:40 03:43 06:46 02:15 03:02 06:27 05:24 05:05 03:01 01:03 01:16

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

Herrer A

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

Beste strekktid for klassen

03:46 02:55 01:40 02:42 02:38 01:47 04:43 03:32 03:32 01:33 02:39 02:05 01:56 01:50 00:53 00:39

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

Herrer B

1	Njål F. Vadla	93	41:49												
03:50=	07:13=	08:50=	11:32=	14:48=	16:43=	21:28=	25:16=	29:07=	30:41=	33:14=	35:28=	37:44=	40:12=	41:07=	41:49=
03:50=	03:23=	01:37=	02:42=	03:16=	01:55=	04:45=	03:48=	03:51=	01:34=	02:33=	02:14=	02:16=	02:28=	00:55=	00:42=
00:00=	00:00=	00:00=	00:00=	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 Aamodt	116	43:44												
03:49-	07:33+	09:17+	12:36+	15:56+	17:57+	23:16+	27:16+	31:09+	32:43+	35:13+	37:28+	39:33+	42:06+	43:02+	43:44+
03:49-	03:44+	01:44+	03:19+	03:20+	02:01+	05:19+	04:00+	03:53+	01:34+	02:30-	02:15+	02:05-	02:33+	00:56+	00:42=
00:01-	00:21#	00:07+	00:37#	00:04+	00:06+	00:34#	00:12+	00:02+	00:00=	00:03-	00:01+	00:11-	00:05+	00:01+	00:00=
3	Oddgeir Eikeskog	93	44:43												
03:50=	07:07-	08:55+	11:58+	14:55+	17:04+	22:43+	27:01+	30:56+	32:57+	36:00+	38:10+	40:29+	42:59+	43:58+	44:43+
03:50=	03:17-	01:48+	03:03+	02:57-	02:09+	05:39+	04:18+	03:55+	02:01+	03:03+	02:10-	02:19+	02:30+	00:59+	00:45+
00:00=	00:06-	00:11#	00:21#	00:19-	00:14#	00:54#	00:30#	00:04+	00:27&	00:30#	00:04-	00:03+	00:02+	00:04+	00:03+
4	Tom Furland	62	44:54												
04:07+	07:55+	09:41+	12:34+	15:50+	17:52+	23:13+	27:23+	31:36+	33:11+	36:08+	38:21+	40:28+	43:04+	44:03+	44:54+
04:07+	03:48+	01:46+	02:53+	03:16=	02:02+	05:21+	04:10+	04:13+	01:35+	02:57+	02:13-	02:07-	02:36+	00:59+	00:51+
00:17+	00:25#	00:09+	00:11+	00:00=	00:07+	00:36#	00:22+	00:22+	00:01+	00:24#	00:01-	00:09-	00:08+	00:04+	00:09#
5	Magnus Landstad	66	45:23												
04:26+	08:17+	10:07+	13:04+	16:00+	18:10+	23:13+	27:04+	31:04+	33:02+	35:54+	38:25+	40:49+	43:33+	44:35+	45:23+
04:26+	03:51+	01:50+	02:57+	02:56-	02:10+	05:03+	03:51+	04:00+	01:58+	02:52+	02:31+	02:24+	02:44+	01:02+	00:48+
00:36#	00:28#	00:13#	00:15+	00:20-	00:15#	00:18+	00:03+	00:09+	00:24&	00:19#	00:17#	00:08+	00:16#	00:07#	00:06#
6	Tor Gunnar Aksland	116	46:31												
03:48-	07:02-	09:02+	11:57+	15:06+	17:42+	23:06+	27:26+	31:42+	33:30+	36:42+	39:04+	41:24+	43:46+	45:47+	46:31+
03:48-	03:14-	02:00+	02:55+	03:09-	02:36+	05:24+	04:20+	04:16+	01:48+	03:12+	02:22+	02:20+	02:22-	02:01+	00:44+
00:02-	00:09-	00:23#	00:13+	00:07-	00:41&	00:39#	00:32#	00:25#	00:14#	00:39&	00:08+	00:04+	00:06-	01:06@	00:02+
7	Terje Michaelsen	47	47:14												
03:45-	07:38+	09:51+	12:25+	15:27+	17:42+	23:38+	27:27+	31:15+	33:37+	38:44+	40:53+	42:57+	45:27+	46:33+	47:14+
03:45-	03:53+	02:13+	02:34-	03:02-	02:15+	05:56+	03:49+	03:48-	02:22+	05:07+	02:09-	02:04-	02:30+	01:06+	00:41-
00:05-	00:30#	00:36&	00:08-	00:14-	00:20#	01:11#	00:01+	00:03-	00:48&	02:34@	00:05-	00:12-	00:02+	00:11#	00:01-

Class	Navn	Klasse										Tid				
8	Per Olav Haarr	62										47:31				
04:19+	07:33+	09:25+	12:30+	15:33+	17:46+	23:25+	27:17+	31:57+	34:16+	37:12+	39:45+	42:07+	44:36+	46:45+	47:31+	
04:19+	03:14-	01:52+	03:05+	03:03-	02:13+	05:39+	03:52+	04:40+	02:19+	02:56+	02:33+	02:22+	02:29+	02:09+	00:46+	
00:29#	00:09-	00:15#	00:23#	00:13-	00:18#	00:54#	00:04+	00:49#	00:45#	00:23#	00:19#	00:06+	00:01+	01:14#	00:04+	
9	Joar Eilevstjønn	67										47:44				
04:20+	08:26+	10:38+	14:03+	17:18+	20:06+	25:50+	30:21+	34:38+	36:13+	39:03+	41:21+	43:29+	45:56+	46:59+	47:44+	
04:20+	04:06+	02:12+	03:25+	03:15-	02:48+	05:44+	04:31+	04:17+	01:35+	02:50+	02:18+	02:08-	02:27-	01:03+	00:45+	
00:30#	00:43#	00:35#	00:43#	00:01-	00:53#	00:59#	00:43#	00:26#	00:01+	00:17#	00:04+	00:08-	00:01-	00:08#	00:03+	
10	Svein Erik Kvame	116										48:50				
05:00+	08:44+	10:35+	13:51+	17:35+	19:58+	25:23+	29:34+	34:04+	37:16+	40:29+	42:39+	44:49+	47:04+	48:05+	48:50+	
05:00+	03:44+	01:51+	03:16+	03:44+	02:23+	05:25+	04:11+	04:30+	03:12+	03:13+	02:10-	02:10-	02:15-	01:01+	00:45+	
01:10#	00:21#	00:14#	00:34#	00:28#	00:28#	00:40#	00:23#	00:39#	01:38#	00:40#	00:04-	00:06-	00:13-	00:06#	00:03+	
11	Oddmund Nordgård	105										58:07				
05:16+	08:56+	11:19+	15:45+	19:51+	22:21+	28:19+	32:37+	39:56+	42:26+	46:13+	49:34+	52:20+	54:55+	57:13+	58:07+	
05:16+	03:40+	02:23+	04:26+	04:06+	02:30+	05:58+	04:18+	07:19+	02:30+	03:47+	03:21+	02:46+	02:35+	02:18+	00:54+	
01:26#	00:17+	00:46#	01:44#	00:50#	00:35#	01:13#	00:30#	03:28#	00:56#	01:14#	01:07#	00:30#	00:07+	01:23#	00:12#	
12	Geir Sand	105										58:20				
04:13+	07:36+	09:29+	12:48+	16:19+	18:15+	23:38+	27:50+	42:32+	45:08+	48:37+	51:05+	53:23+	55:43+	57:33+	58:20+	
04:13+	03:23#	01:53+	03:19+	03:31+	01:56+	05:23+	04:12+	14:42+	02:36+	03:29+	02:28+	02:18+	02:20-	01:50+	00:47+	
00:23#	00:00#	00:16#	00:37#	00:15+	00:01+	00:38#	00:24#	10:51#	01:02#	00:56#	00:14#	00:02+	00:08-	00:55#	00:05#	
13	Morten S. Ronæss	27										1:05:27				
04:31+	08:17+	10:24+	13:46+	17:29+	30:23+	37:36+	42:16+	47:58+	51:12+	55:08+	58:23+	60:44+	63:18+	64:36+	65:27+	
04:31+	03:46+	02:07+	03:22+	03:43+	12:54+	07:13+	04:40+	05:42+	03:14+	03:56+	03:15+	02:21+	02:34+	01:18+	00:51+	
00:41#	00:23#	00:30#	00:40#	00:27#	10:59#	02:28#	00:52#	01:51#	01:40#	01:23#	01:01#	00:05+	00:06+	00:23#	00:09#	
14	Leif Kjetil Hinna Gausel	116										1:15:01				
05:44+	10:31+	13:03+	17:55+	23:32+	26:33+	34:49+	41:49+	51:23+	54:01+	60:38+	63:59+	67:31+	70:51+	74:00+	75:01+	
05:44+	04:47+	02:32+	04:52+	05:37+	03:01+	08:16+	07:00+	09:34+	02:38+	06:37+	03:21+	03:32+	03:20+	03:09+	01:01+	
01:54#	01:24#	00:55#	02:10#	02:21#	01:06#	03:31#	03:12#	05:43#	01:04#	04:04#	01:07#	01:16#	00:52#	02:14#	00:19#	

Beste strekktid for klassen

03:45 03:14 01:37 02:34 02:56 01:55 04:45 03:48 03:48 01:34 02:30 02:09 02:04 02:15 00:55 00:41

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

Herrer C

1	Kjetil Wirak	114										44:36				
04:49=	08:39=	10:47=	13:10=	18:51=	22:02=	27:36=	30:16=	32:42=	35:12=	37:47=	39:33=	42:12=	43:53=	44:36=		
04:49=	03:50=	02:08=	02:23=	05:41=	03:11=	05:34=	02:40=	02:26=	02:30=	02:35=	01:46=	02:39=	01:41=	00:43=		
00:00=	00:00=	00:00=	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	Geir Bjaanes	116										46:54				
05:24+	09:41+	12:07+	14:24+	21:35+	25:15+	28:57+	31:11+	34:17+	36:52+	39:42+	42:03+	44:54+	46:04+	46:54+		
05:24+	04:17+	02:26+	02:17-	07:11+	03:40+	03:42-	02:14-	03:06+	02:35+	02:50+	02:21+	02:51+	01:10-	00:50+		
00:35#	00:27#	00:18#	00:06-	01:30#	00:29#	01:52-	00:26-	00:40#	00:05+	00:15+	00:35#	00:12+	00:31-	00:07#		
3	Henning Sundby	114										47:25				
04:57+	10:20+	12:47+	14:55+	19:51+	23:13+	29:59+	31:51+	35:00+	37:15+	40:12+	41:54+	44:56+	46:43+	47:25+		
04:57+	05:23+	02:27+	02:08-	04:56-	03:22+	06:46+	01:52-	03:09+	02:15-	02:57+	01:42-	03:02+	01:47+	00:42-		
00:08+	01:33#	00:19#	00:15-	00:45-	00:11+	01:12#	00:48-	00:43#	00:15-	00:22#	00:04-	00:23#	00:06+	00:01-		
4	Trond Nilsen Lamark	114										48:22				
05:50+	10:14+	14:06+	16:18+	22:25+	26:22+	30:00+	31:54+	34:19+	36:43+	39:41+	41:36+	46:22+	47:28+	48:22+		
05:50+	04:24+	03:52+	02:12-	06:07+	03:57+	03:38-	01:54-	02:25-	02:24-	02:58+	01:55+	04:46+	01:06-	00:54+		
01:01#	00:34#	01:44#	00:11-	00:26+	00:46#	01:56-	00:46-	00:01-	00:06-	00:23#	00:09+	02:07#	00:35-	00:11#		
5	Sturle Omdal	116										49:29				
05:50+	10:36+	13:17+	15:47+	21:53+	26:03+	30:49+	33:04+	36:06+	38:55+	41:48+	44:08+	46:50+	48:43+	49:29+		
05:50+	04:46+	02:41+	02:30+	06:06+	04:10+	04:46-	02:15-	03:02+	02:49+	02:53+	02:20+	02:42+	01:53+	00:46+		
01:01#	00:56#	00:33#	00:07+	00:25+	00:59#	00:48-	00:25-	00:36#	00:19#	00:18#	00:34#	00:03+	00:12#	00:03+		
6	Jan Einar Øvremo	50										56:49				
07:13+	11:53+	14:18+	16:37+	22:42+	31:09+	34:20+	40:30+	43:22+	46:19+	49:06+	51:41+	54:43+	56:01+	56:49+		
07:13+	04:40+	02:25+	02:19-	06:05+	08:27+	03:11-	06:10+	02:52+	02:57+	02:47+	02:35+	03:02+	01:18-	00:48+		
02:24#	00:50#	00:17#	00:04-	00:24+	05:16#	02:23-	03:30#	00:26#	00:27#	00:12+	00:49#	00:23#	00:23-	00:05#		

Class	Navn	Klasse														Tid																
7	Svein Oddvar Netland	116														1:01:48																
06:35+	11:53+	14:44+	17:32+	24:02+	29:31+	34:21+	36:35+	40:02+	43:52+	53:12+	55:35+	58:49+	60:52+	61:48+	06:35+	05:18+	02:51+	02:48+	06:30+	05:29+	04:50-	02:14-	03:27+	03:50+	09:20+	02:23+	03:14+	02:03+	00:56+			
01:46&	01:28&	00:43&	00:25#	00:49#	02:18&	00:44-	00:26-	01:01&	01:20&	06:45@	00:37&	00:35#	00:22#	00:13&																		
8	Erling Mauland	83														1:07:38																
09:08+	14:16+	16:53+	19:19+	27:31+	32:21+	39:38+	44:07+	52:00+	55:55+	58:55+	60:57+	65:20+	66:37+	67:38+	09:08+	05:08+	02:37+	02:26+	08:12+	04:50+	07:17+	04:29+	07:53+	03:55+	03:00+	02:02+	04:23+	01:17-	01:01+			
04:19&	01:18&	00:29#	00:03+	02:31&	01:39&	01:43&	01:49&	05:27@	01:25&	00:25#	00:16#	01:44&	00:24-	00:18&																		
9	Pål H. Gjerden	116														1:08:48																
06:43+	12:06+	16:20+	19:53+	28:41+	34:39+	42:41+	45:29+	50:05+	54:49+	59:12+	62:34+	66:16+	67:56+	68:48+	06:43+	05:23+	04:14+	03:33+	08:48+	05:58+	08:02+	02:48+	04:36+	04:44+	04:23+	03:22+	03:42+	01:40-	00:52+			
01:54&	01:33&	02:06&	01:10&	03:07&	02:47&	02:28&	00:08+	02:10&	02:14&	01:48&	01:36&	01:03&	00:01-	00:09#																		
10	Ove Oaland	116														1:16:53																
08:11+	13:40+	16:37+	19:41+	27:35+	33:49+	39:07+	44:42+	56:30+	61:30+	65:31+	68:34+	74:01+	75:44+	76:53+	08:11+	05:29+	02:57+	03:04+	07:54+	06:14+	05:18-	05:35+	11:48+	05:00+	04:01+	03:03+	05:27+	01:43+	01:09+			
03:22&	01:39&	00:49&	00:41&	02:13&	03:03&	00:16-	02:55@	09:22@	02:30&	01:26&	01:17&	02:48@	00:02+	00:26&																		
11	Knut Taugbøl	116														1:19:33																
06:06+	10:37+	12:58+	15:33+	23:19+	45:17+	52:37+	54:47+	58:50+	62:08+	70:04+	72:58+	76:18+	78:34+	79:33+	06:06+	04:31+	02:21+	02:35+	07:46+	21:58+	07:20+	02:10-	04:03+	03:18+	07:56+	02:54+	03:20+	02:16+	00:59+			
01:17&	00:41#	00:13#	00:12+	02:05&	18:47@	01:46&	00:30-	01:37&	00:48&	05:21@	01:08&	00:41&	00:35&	00:16&																		
12	Sveinung Svebestad	46														1:21:55																
08:26+	13:33+	16:13+	19:08+	26:19+	31:04+	43:05+	50:04+	54:22+	57:59+	63:12+	67:19+	71:26+	74:29+	78:53+	80:35+	81:55+	08:26+	05:07+	02:40+	02:55+	07:11+	04:45+	12:01+	06:59+	04:18+	03:37+	05:13+	04:07+	03:03+	04:24+	01:42+	01:20+
03:37&	01:17&	00:32#	00:32#	01:30&	01:34&	06:27@	04:19@	01:52&	01:07&	02:38@	02:21@	01:28&	01:22&	03:41@	01:42+	01:20+																
Beste strekktid for klassen																																
04:49	03:50	02:08	02:08	04:56	03:11	03:11	01:52	02:25	02:15	02:35	01:42	02:39	01:06	00:42																		

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

Herrer Trim

1	Jon Vikse	355														32:21																			
02:39=	05:02=	09:05=	13:41=	15:27=	17:16=	22:14=	25:58=	28:59=	30:53=	31:29=	32:21=	02:39=	02:23=	04:03=	04:36=	01:46=	01:49=	04:58=	03:44=	03:01=	01:54=	00:36=	00:52=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Reidar Haver	4														33:02																			
02:27-	05:10+	07:49-	12:57-	14:52-	17:00-	21:20-	24:31-	28:05-	30:54+	31:57+	33:02+	02:27-	02:43+	02:39-	05:08+	01:55+	02:08+	04:20-	03:11-	03:34+	02:49+	01:03+	01:05+	00:12-	00:20#	01:24-	00:32#	00:09+	00:19#	00:38-	00:33-	00:33#	00:55&	00:27&	00:13#
3	Roger Nyseth	92														34:30																			
02:45+	05:41+	08:42-	13:45+	15:44+	17:50+	21:56-	25:01-	29:06+	31:59+	33:06+	34:30+	02:45+	02:56+	03:01-	05:03+	01:59+	02:06+	04:06-	03:05-	04:05+	02:53+	01:07+	01:24+	00:06+	00:33#	01:02-	00:27+	00:13#	00:52-	00:39-	01:04&	00:59&	00:31&	00:32&	
4	Anders H Foss	263														35:09																			
02:15-	05:14+	08:00-	15:05+	16:49+	18:55+	23:21+	26:50+	30:27+	33:09+	34:06+	35:09+	02:15-	02:59+	02:46-	07:05+	01:44-	02:06+	04:26-	03:29-	03:37+	02:42+	00:57+	01:03+	00:24-	00:36&	01:17-	02:29&	00:02-	00:17#	00:32-	00:15-	00:36#	00:48&	00:21&	00:11#
5	Trond Karlsen	228														37:13																			
03:01+	06:11+	09:27+	14:44+	18:01+	20:37+	25:16+	28:24+	31:43+	34:49+	35:54+	37:13+	03:01+	03:10+	03:16-	05:17+	03:17+	02:36+	04:39-	03:08-	03:19+	03:06+	01:05+	01:19+	00:22#	00:47&	00:47-	00:41#	01:31&	00:47&	00:19-	00:36-	00:18+	01:12&	00:29&	00:27&
6	Ivar Aalbu	29														38:03																			
03:04+	05:58+	08:44-	15:05+	17:16+	20:02+	25:00+	29:01+	32:30+	35:38+	36:41+	38:03+	03:04+	02:54+	02:46-	06:21+	02:11+	02:46+	04:58+	04:01+	03:29+	03:08+	01:03+	01:22+	00:25#	00:31#	01:17-	01:45&	00:25#	00:57&	00:00=	00:17+	00:28#	01:14&	00:27&	00:30&
7	Lars Salvesen	50														38:06																			
03:00+	06:55+	09:43+	15:14+	17:16+	20:03+	25:26+	30:14+	33:35+	36:04+	36:53+	38:06+	03:00+	03:55+	02:48-	05:31+	02:02+	02:47+	05:23+	04:48+	03:21+	02:29+	00:49+	01:13+	00:21#	01:32&	01:15-	00:55#	00:16#	00:58&	00:25+	01:04&	00:20#	00:35&	00:13&	00:21&

Class	Navn	Klasse	Tid									
8	Thomas Hinna	287	39:08									
01:54-	12:45+	15:37+	19:37+	21:04+	22:53+	26:50+	30:47+	34:29+	37:21+	38:12+	39:08+	
01:54-	10:51+	02:52-	04:00-	01:27-	01:49=	03:57-	03:57+	03:42+	02:52+	00:51+	00:56+	
00:45-	08:28@	01:11-	00:36-	00:19-	00:00=	01:01-	00:13+	00:41#	00:58&	00:15&	00:04+	
9	Arnt Krisitian Viland	27	39:36									
02:40+	05:50+	08:34-	15:56+	17:40+	19:53+	26:20+	30:10+	34:54+	37:29+	38:29+	39:36+	
02:40+	03:10+	02:44-	07:22+	01:44-	02:13+	06:27+	03:50+	04:44+	02:35+	01:00+	01:07+	
00:01+	00:47&	01:19-	02:46&	00:02-	00:24#	01:29&	00:06+	01:43&	00:41&	00:24&	00:15&	
10	Leif Jarle Skåra	29	40:10									
05:00+	08:04+	10:56+	16:38+	19:26+	23:04+	27:44+	31:04+	34:51+	38:02+	39:03+	40:10+	
05:00+	03:04+	02:52-	05:42+	02:48+	03:38+	04:40-	03:20-	03:47+	03:11+	01:01+	01:07+	
02:21&	00:41&	01:11-	01:06#	01:02&	01:49&	00:18-	00:24-	00:46&	01:17&	00:25&	00:15&	
11	Bruno Pierfelice	51	40:44									
03:17+	06:24+	10:28+	15:22+	22:47+	23:59+	25:43+	30:05+	33:18+	37:13+	39:15+	39:50+	40:44+
03:17+	03:07+	04:04+	04:54+	07:25+	01:12-	01:44-	04:22+	03:13+	03:55+	02:02+	00:35-	00:54+
00:38#	00:44&	00:01+	00:18+	05:39@	00:37-	03:14-	00:38#	00:12+	02:01@	01:26@	00:17-	00:54+
12	Jan Henrik Neuenkirchen	117	43:14									
03:15+	06:30+	10:18+	17:35+	20:09+	22:43+	29:28+	33:33+	38:29+	41:09+	42:04+	43:14+	
03:15+	03:15+	03:48-	07:17+	02:34+	02:34+	06:45+	04:05+	04:56+	02:40+	00:55+	01:10+	
00:36#	00:52&	00:15-	02:41&	00:48&	00:45&	01:47&	00:21+	01:55&	00:46&	00:19&	00:18&	
13	Steinar Amundsen	115	44:15									
02:51+	07:15+	11:21+	17:33+	19:39+	22:29+	29:20+	33:12+	38:42+	41:58+	43:01+	44:15+	
02:51+	04:24+	04:06+	06:12+	02:06+	02:50+	06:51+	03:52+	05:30+	03:16+	01:03+	01:14+	
00:12+	02:01&	00:03+	01:36&	00:20#	01:01&	01:53&	00:08+	02:29&	01:22&	00:27&	00:22&	
14	Asgeir Kleppa	47	44:26									
02:38-	05:43+	09:21+	13:51+	18:13+	20:34+	27:21+	32:49+	36:55+	39:24+	43:18+	44:26+	
02:38-	03:05+	03:38-	04:30-	04:22+	02:21+	06:47+	05:28+	04:06+	02:29+	03:54+	01:08+	
00:01-	00:42&	00:25-	00:06-	02:36@	00:32&	01:49&	01:44&	01:05&	00:35&	03:18@	00:16&	
15	Svein Mæle	43	44:46									
02:39=	06:14+	09:02-	13:52+	15:36+	17:43+	33:37+	36:26+	39:57+	42:36+	43:21+	44:46+	
02:39=	03:35+	02:48-	04:50+	01:44-	02:07+	15:54+	02:49-	03:31+	02:39+	00:45+	01:25+	
00:00=	01:12&	01:15-	00:14+	00:02-	00:18#	10:56@	00:55-	00:30#	00:45&	00:09#	00:33&	
16	Arild Olsen	4	44:56									
03:50+	07:39+	10:52+	19:09+	21:01+	23:29+	30:03+	34:48+	39:49+	42:37+	43:38+	44:56+	
03:50+	03:49+	03:13-	08:17+	01:52+	02:28+	06:34+	04:45+	05:01+	02:48+	01:01+	01:18+	
01:11&	01:26&	00:50-	03:41&	00:06+	00:39&	01:36&	01:01&	02:00&	00:54&	00:25&	00:26&	
17	John Thorsnæs	51	46:33									
04:37+	07:48+	11:08+	16:52+	20:59+	24:31+	31:52+	36:25+	41:09+	43:52+	45:09+	46:33+	
04:37+	03:11+	03:20-	05:44+	04:07+	03:32+	07:21+	04:33+	04:44+	02:43+	01:17+	01:24+	
01:58&	00:48&	00:43-	01:08#	02:21@	01:43&	02:23&	00:49#	01:43&	00:49&	00:41@	00:32&	
18	Karl Johnny Braut	27	46:43									
03:29+	06:44+	11:15+	18:57+	20:41+	23:13+	28:12+	32:29+	36:23+	40:01+	45:44+	46:43+	
03:29+	03:15+	04:31+	07:42+	01:44-	02:32+	04:59+	04:17+	03:54+	03:38+	05:43+	00:59+	
00:50&	00:52&	00:28#	03:06&	00:02-	00:43&	00:01+	00:33#	00:53&	01:44&	05:07@	00:07#	
19	Per Kolbein Tonstad	66	46:57									
03:20+	06:48+	10:27+	17:16+	20:46+	24:06+	29:50+	34:19+	40:36+	44:07+	45:28+	46:57+	
03:20+	03:28+	03:39-	06:49+	03:30+	03:20+	05:44+	04:29+	06:17+	03:31+	01:21+	01:29+	
00:41&	01:05&	00:24-	02:13&	01:44&	01:31&	00:46#	00:45#	03:16@	01:37&	00:45@	00:37&	
20	Arild Svihus	92	47:26									
03:25+	07:04+	10:53+	19:16+	21:53+	25:12+	30:02+	38:32+	42:53+	45:35+	46:30+	47:26+	
03:25+	03:39+	03:49-	08:23+	02:37+	03:19+	04:50-	08:30+	04:21+	02:42+	00:55+	00:56+	
00:46&	01:16&	00:14-	03:47&	00:51&	01:30&	00:08-	04:46@	01:20&	00:48&	00:19&	00:04+	
21	Tom Leveraas	188	49:29									
02:47+	05:53+	10:26+	18:19+	20:24+	24:53+	32:00+	37:27+	43:41+	47:10+	48:25+	49:29+	
02:47+	03:06+	04:33+	07:53+	02:05+	04:29+	07:07+	05:27+	06:14+	03:29+	01:15+	01:04+	
00:08+	00:43&	00:30#	03:17&	00:19#	02:40@	02:09&	01:43&	03:13@	01:35&	00:39@	00:12#	
22	Audun Sjøen	111	50:50									
03:11+	07:36+	11:34+	18:13+	21:05+	24:29+	32:41+	38:08+	43:02+	48:04+	49:34+	50:50+	
03:11+	04:25+	03:58-	06:39+	02:52+	03:24+	08:12+	05:27+	04:54+	05:02+	01:30+	01:16+	
00:32#	02:02&	00:05-	02:03&	01:06&	01:35&	03:14&	01:43&	01:53&	03:08@	00:54@	00:24&	

Class	Navn	Klasse										Tid
23	Elvio Freitas	51										51:43
02:39=	06:25+	15:50+	25:12+	26:55+	29:10+	38:18+	41:43+	47:02+	49:15+	50:42+	51:43+	
02:39=	03:46+	09:25+	09:22+	01:43-	02:15+	09:08+	03:25-	05:19+	02:13+	01:27+	01:01+	
00:00=	01:23&	05:22@	04:46@	00:03-	00:26#	04:10&	00:19-	02:18&	00:19#	00:51@	00:09#	
24	Eilef Foss	27										51:56
02:38-	06:44+	10:23+	26:49+	28:51+	31:25+	40:33+	44:17+	47:10+	50:05+	51:02+	51:56+	
02:38-	04:06+	03:39-	16:26+	02:02+	02:34+	09:08+	03:44=	02:53-	02:55+	00:57+	00:54+	
00:01-	01:43&	00:24-	11:50@	00:16#	00:45&	04:10&	00:00=	00:08-	01:01&	00:21&	00:02+	
25	Arne Hope	43										53:27
09:25+	13:20+	17:49+	25:13+	28:25+	31:25+	38:47+	42:53+	48:01+	51:07+	52:03+	53:27+	
09:25+	03:55+	04:29+	07:24+	03:12+	03:00+	07:22+	04:06+	05:08+	03:06+	00:56+	01:24+	
06:46@	01:32&	00:26#	02:48&	01:26&	01:11&	02:24&	00:22+	02:07&	01:12&	00:20&	00:32&	
26	Steinar Aase	268										56:08
03:49+	07:46+	14:02+	21:11+	24:22+	27:47+	39:26+	44:26+	49:36+	52:52+	54:35+	56:08+	
03:49+	03:57+	06:16+	07:09+	03:11+	03:25+	11:39+	05:00+	05:10+	03:16+	01:43+	01:33+	
01:10&	01:34&	02:13&	02:33&	01:25&	01:36&	06:41@	01:16&	02:09&	01:22&	01:07@	00:41&	
27	Paul Richard Carr	136										59:23
02:57+	19:28+	23:09+	29:43+	32:20+	35:14+	43:04+	47:02+	53:51+	56:55+	57:54+	59:23+	
02:57+	16:31+	03:41-	06:34+	02:37+	02:54+	07:50+	03:58+	06:49+	03:04+	00:59+	01:29+	
00:18#	14:08@	00:22-	01:58&	00:51&	01:05&	02:52&	00:14+	03:48@	01:10&	00:23&	00:37&	
28	Endre Gabrielsen	126										59:47
02:29-	21:37+	31:15+	39:21+	40:36+	42:48+	47:43+	51:05+	55:19+	57:58+	58:50+	59:47+	
02:29-	19:08+	09:38+	08:06+	01:15-	02:12+	04:55-	03:22-	04:14+	02:39+	00:52+	00:57+	
00:10-	16:45@	05:35@	03:30&	00:31-	00:23#	00:03-	00:22-	01:13&	00:45&	00:16&	00:05+	
29	Torgeir Færevåg	125										1:15:38
20:51+	25:05+	29:32+	39:16+	41:48+	45:30+	54:39+	60:13+	65:01+	72:33+	73:51+	75:38+	
20:51+	04:14+	04:27+	09:44+	02:32+	03:42+	09:09+	05:34+	04:48+	07:32+	01:18+	01:47+	
18:12@	01:51&	00:24+	05:08@	00:46&	01:53@	04:11&	01:50&	01:47&	05:38@	00:42@	00:55@	
30	Per Bakken	5										1:15:50
05:27+	11:07+	16:51+	29:32+	32:48+	39:56+	51:41+	59:03+	66:05+	72:31+	73:55+	75:50+	
05:27+	05:40+	05:44+	12:41+	03:16+	07:08+	11:45+	07:22+	07:02+	06:26+	01:24+	01:55+	
02:48@	03:17@	01:41&	08:05@	01:30&	05:19@	06:47@	03:38&	04:01@	04:32@	00:48@	01:03@	
Beste strekktid for klassen												
01:54	02:23	02:39	04:00	01:15	01:12	01:44	02:49	02:53	01:54	00:36	00:35	

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