

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Åsta Bryne	370	39:49										
03:11=	06:56=	11:54=	16:22=	19:41=	22:38=	24:47=	26:22=	30:57=	33:18=	36:04=	38:43=	39:16=	39:49=
03:11=	03:45=	04:58=	04:28=	03:19=	02:57=	02:09=	01:35=	04:35=	02:21=	02:46=	02:39=	00:33=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bodil Krogedal	126	40:27										
01:01-	07:10+	11:24-	14:58-	20:08+	23:09+	25:48+	27:34+	30:50-	33:28+	36:06+	39:11+	39:52+	40:27+
01:01-	06:09+	04:14-	03:34-	05:10+	03:01+	02:39+	01:46+	03:16-	02:38+	02:38-	03:05+	00:41+	00:35+
02:10-	02:24&	00:44-	00:54-	01:51&	00:04+	00:30#	00:11#	01:19-	00:17#	00:08-	00:26#	00:08#	00:02+
3	Marie Brolev	126	40:37										
01:02-	06:00-	10:00-	12:59-	16:47-	19:54-	21:54-	26:43+	29:44-	33:11-	36:05+	39:19+	39:56+	40:37+
01:02-	04:58+	04:00-	02:59-	03:48+	03:07+	02:00-	04:49+	03:01-	03:27+	02:54+	03:14+	00:37+	00:41+
02:09-	01:13&	00:58-	01:29-	00:29#	00:10+	00:09-	03:14@	01:34-	01:06&	00:08+	00:35#	00:04#	00:08#
4	Margrete Jian Øye	126	43:34										
01:05-	05:48-	10:02-	13:47-	16:11-	20:46-	24:08-	27:43+	32:44+	36:35+	39:30+	42:18+	42:57+	43:34+
01:05-	04:43+	04:14-	03:45-	02:24-	04:35+	03:22+	03:35+	05:01+	03:51+	02:55+	02:48+	00:39+	00:37+
02:06-	00:58&	00:44-	00:43-	00:55-	01:38&	01:13&	02:00@	00:26+	01:30&	00:09+	00:09+	00:06#	00:04#
5	Heidi Langeland	117	43:51										
01:16-	05:46-	10:38-	14:54-	19:39-	23:22+	25:47+	28:33+	31:36+	35:57+	39:14+	42:24+	43:05+	43:51+
01:16-	04:30+	04:52-	04:16-	04:45+	03:43+	02:25+	02:46+	03:03-	04:21+	03:17+	03:10+	00:41+	00:46+
01:55-	00:45#	00:06-	00:12-	01:26&	00:46&	00:16#	01:11&	01:32-	02:00&	00:31#	00:31#	00:08#	00:13&
6	Elise Auberg Vagle	366	44:40										
06:50+	10:28+	15:34+	19:12+	24:05+	27:07+	29:34+	31:36+	34:46+	37:26+	40:23+	43:31+	44:04+	44:40+
06:50+	03:38-	05:06+	03:38-	04:53+	03:02+	02:27+	02:02+	03:10-	02:40+	02:57+	03:08+	00:33=	00:36+
03:39@	00:07-	00:08+	00:50-	01:34&	00:05+	00:18#	00:27&	01:25-	00:19#	00:11+	00:29#	00:00=	00:03+
7	Marie Lunde	43	45:09										
01:17-	05:58-	09:43-	13:01-	17:21-	21:05-	24:13-	27:56+	34:02+	37:01+	40:06+	43:10+	43:53+	45:09+
01:17-	04:41+	03:45-	03:18-	04:20+	03:44+	03:08+	03:43+	06:06+	02:59+	03:05+	03:04+	00:43+	01:16+
01:54-	00:56#	01:13-	01:10-	01:01&	00:47&	00:59&	02:08@	01:31&	00:38&	00:19#	00:25#	00:10&	00:43@
8	Agnes Haker	43	45:47										
01:24-	06:14-	10:26-	14:42-	20:52+	24:43+	27:09+	31:08+	34:46+	37:27+	41:04+	44:31+	45:10+	45:47+
01:24-	04:50+	04:12-	04:16-	06:10+	03:51+	02:26+	03:59+	03:38-	02:41+	03:37+	03:27+	00:39+	00:37+
01:47-	01:05&	00:46-	00:12-	02:51&	00:54&	00:17#	02:24@	00:57-	00:20#	00:51&	00:48&	00:06#	00:04#
9	Tine Frantzen	66	48:05										
01:57-	07:51+	12:35+	16:28+	20:51+	25:35+	28:53+	31:11+	35:13+	38:40+	41:55+	46:33+	47:15+	48:05+
01:57-	05:54+	04:44-	03:53-	04:23+	04:44+	03:18+	02:18+	04:02-	03:27+	03:15+	04:38+	00:42+	00:50+
01:14-	02:09&	00:14-	00:35-	01:04&	01:47&	01:09&	00:43&	00:33-	01:06&	00:29#	01:59&	00:09&	00:17&
10	Anne Marte Enne Haug	117	48:14										
01:25-	05:12-	19:47+	23:00+	25:43+	28:39+	32:01+	34:40+	37:20+	41:31+	44:27+	47:00+	47:35+	48:14+
01:25-	03:47+	14:35+	03:13-	02:43-	02:56-	03:22+	02:39+	02:40-	04:11+	02:56+	02:33-	00:35+	00:39+
01:46-	00:02+	09:37@	01:15-	00:36-	00:01-	01:13&	01:04&	01:55-	01:50&	00:10+	00:06-	00:02+	00:06#
11	Christina Renshaw	101	48:40										
01:26-	07:56+	12:44+	16:48+	20:45+	24:48+	28:14+	30:44+	34:40+	38:37+	42:09+	47:02+	47:47+	48:40+
01:26-	06:30+	04:48-	04:04-	03:57+	04:03+	03:26+	02:30+	03:56-	03:57+	03:32+	04:53+	00:45+	00:53+
01:45-	02:45&	00:10-	00:24-	00:38#	01:06&	01:17&	00:55&	00:39-	01:36&	00:46&	02:14&	00:12&	00:20&
12	Heidi Nordaunet	126	49:55										
01:20-	06:54-	11:36-	15:25-	19:45+	23:19+	26:26+	35:09+	38:15+	42:15+	45:18+	48:34+	49:11+	49:55+
01:20-	05:34+	04:42-	03:49-	04:20+	03:34+	03:07+	08:43+	03:06-	04:00+	03:03+	03:16+	00:37+	00:44+
01:51-	01:49&	00:16-	00:39-	01:01&	00:37#	00:58&	07:08@	01:29-	01:39&	00:17#	00:37#	00:04#	00:11&
13	Hanne Berg Nilsen	117	50:58										
01:07-	05:29-	09:42-	14:04-	17:21-	21:16-	23:56-	34:22+	37:40+	43:28+	46:33+	49:38+	50:17+	50:58+
01:07-	04:22+	04:13-	04:22-	03:17-	03:55+	02:40+	10:26+	03:18-	05:48+	03:05+	03:05+	00:39+	00:41+
02:04-	00:37#	00:45-	00:06-	00:02-	00:58&	00:31#	08:51@	01:17-	03:27@	00:19#	00:26#	00:06#	00:08#
14	Maren Heradstveit	76	51:54										
01:21-	10:20+	14:07+	17:39+	23:01+	26:34+	29:29+	36:30+	39:40+	43:26+	45:47+	50:35+	51:18+	51:54+
01:21-	08:59+	03:47-	03:32-	05:22+	03:33+	02:55+	07:01+	03:10-	03:46+	02:21-	04:48+	00:43+	00:36+
01:50-	05:14@	01:11-	00:56-	02:03&	00:36#	00:46&	05:26@	01:25-	01:25&	00:25-	02:09&	00:10&	00:03+

Class	Navn	Klasse										Tid	
15	Kjersti Fandrem Høivik	68										52:23	
03:18+	08:28+	14:02+	18:20+	21:31+	25:08+	28:19+	34:38+	37:28+	44:39+	48:01+	51:10+	51:48+	52:23+
03:18+	05:10+	05:34+	04:18-	03:11-	03:37+	03:11+	06:19+	02:50-	07:11+	03:22+	03:09+	00:38+	00:35+
00:07+	01:25&	00:36#	00:10-	00:08-	00:40#	01:02&	04:44@	01:45-	04:50@	00:36#	00:30#	00:05#	00:02+
16	Mette Langeland	117										53:06	
01:09-	07:04+	13:04+	17:07+	21:31+	25:40+	30:27+	34:17+	37:41+	44:22+	48:06+	51:42+	52:21+	53:06+
01:09-	05:55+	06:00+	04:03-	04:24+	04:09+	04:47+	03:50+	03:24-	06:41+	03:44+	03:36+	00:39+	00:45+
02:02-	02:10&	01:02#	00:25-	01:05&	01:12&	02:38@	02:15@	01:11-	04:20@	00:58&	00:57&	00:06#	00:12&
17	Mari Thu Randulff	39										54:03	
01:07-	04:49-	08:46-	20:51+	28:34+	32:15+	35:21+	37:47+	42:20+	46:01+	48:35+	51:51+	53:25+	54:03+
01:07-	03:42-	03:57-	12:05+	07:43+	03:41+	03:06+	02:26+	04:33-	03:41+	02:34-	03:16+	01:34+	00:38+
02:04-	00:03-	01:01-	07:37@	04:24@	00:44#	00:57&	00:51&	00:02-	01:20&	00:12-	00:37#	01:01@	00:05#
18	Kjersti Nordal	39										54:38	
04:46+	10:14+	16:31+	19:47+	26:53+	30:08+	33:09+	36:12+	42:18+	45:46+	49:59+	53:24+	53:57+	54:38+
04:46+	05:28+	06:17+	03:16-	07:06+	03:15+	03:01+	03:03+	06:06+	03:28+	04:13+	03:25+	00:33=	00:41+
01:35&	01:43&	01:19&	01:12-	03:47@	00:18#	00:52&	01:28&	01:31&	01:07&	01:27&	00:46&	00:00=	00:08#
19	Ingunn Bergheim Landsnes	92										54:55	
01:27-	06:41-	12:51+	18:49+	25:25+	29:57+	34:01+	36:30+	40:10+	44:32+	49:26+	53:08+	53:57+	54:55+
01:27-	05:14+	06:10+	05:58+	06:36+	04:32+	04:04+	02:29+	03:40-	04:22+	04:54+	03:42+	00:49+	00:58+
01:44-	01:29&	01:12#	01:30&	03:17&	01:35&	01:55&	00:54&	00:55-	02:01&	02:08&	01:03&	00:16&	00:25&
20	Ragnhild Smistad	43										54:59	
01:36-	05:44-	10:46-	14:52-	18:48-	23:16+	27:26+	35:48+	39:49+	43:38+	47:59+	53:14+	54:09+	54:59+
01:36-	04:08+	05:02+	04:06-	03:56+	04:28+	04:10+	08:22+	04:01-	03:49+	04:21+	05:15+	00:55+	00:50+
01:35-	00:23#	00:04+	00:22-	00:37#	01:31&	02:01&	06:47@	00:34-	01:28&	01:35&	02:36&	00:22&	00:17&
21	Hege Bakken	93										55:30	
01:02-	07:15+	12:03+	15:36-	24:25+	28:03+	32:00+	40:04+	43:30+	46:42+	49:48+	53:55+	54:33+	55:30+
01:02-	06:13+	04:48-	03:33-	08:49+	03:38+	03:57+	08:04+	03:26-	03:12+	03:06+	04:07+	00:38+	00:57+
02:09-	02:28&	00:10-	00:55-	05:30@	00:41#	01:48&	06:29@	01:09-	00:51&	00:20#	01:28&	00:05#	00:24&
22	Kine Strømstad	53										59:54	
01:39-	07:39+	12:26+	18:23+	25:21+	29:37+	32:22+	40:18+	45:11+	50:29+	54:05+	58:16+	58:59+	59:54+
01:39-	06:00+	04:47-	05:57+	06:58+	04:16+	02:45+	07:56+	04:53+	05:18+	03:36+	04:11+	00:43+	00:55+
01:32-	02:15&	00:11-	01:29&	03:39@	01:19&	00:36&	06:21@	00:18+	02:57@	00:50&	01:32&	00:10&	00:22&
23	Jorun Nymo	136										1:01:31	
01:18-	07:21+	13:07+	18:11+	22:30+	34:37+	37:55+	44:13+	48:50+	52:15+	56:39+	59:54+	60:36+	61:31+
01:18-	06:03+	05:46+	05:04+	04:19+	12:07+	03:18+	06:18+	04:37+	03:25+	04:24+	03:15+	00:42+	00:55+
01:53-	02:18&	00:48#	00:36#	01:00&	09:10@	01:09&	04:43@	00:02+	01:04&	01:38&	00:36#	00:09&	00:22&
24	Camilla Frafjord Haarr	116										1:07:40	
01:15-	06:35-	18:39+	21:49+	43:57+	47:34+	50:42+	53:08+	56:05+	59:11+	62:11+	66:19+	67:02+	67:40+
01:15-	05:20+	12:04+	03:10-	22:08+	03:37+	03:08+	02:26+	02:57-	03:06+	03:00+	04:08+	00:43+	00:38+
01:56-	01:35&	07:06@	01:18-	18:49@	00:40#	00:59&	00:51&	01:38-	00:45&	00:14+	01:29&	00:10&	00:05#
25	Toyah Bråtveit	43										1:10:52	
03:40+	09:28+	13:25+	20:25+	26:42+	30:43+	37:48+	44:18+	47:59+	54:07+	58:58+	65:48+	70:19+	70:52+
03:40+	05:48+	03:57-	07:00+	06:17+	04:01+	07:05+	06:30+	03:41-	06:08+	04:51+	06:50+	04:31+	00:33=
00:29#	02:03&	01:01-	02:32&	02:58&	01:04&	04:56@	04:55@	00:54-	03:47@	02:05&	04:11@	03:58@	00:00=
26	Guro Grimnes	126										1:26:01	
02:33-	10:36+	14:53+	18:28+	41:33+	45:08+	48:12+	68:32+	72:25+	77:23+	80:58+	84:37+	85:15+	86:01+
02:33-	08:03+	04:17-	03:35-	23:05+	03:35+	03:04+	20:20+	03:53-	04:58+	03:35+	03:39+	00:38+	00:46+
00:38-	04:18@	00:41-	00:53-	19:46@	00:38#	00:55&	18:45@	00:42-	02:37@	00:49&	01:00&	00:05#	00:13&
27	Lene Bjørnø	92										1:41:59	
01:09-	06:57+	19:20+	38:52+	53:24+	58:38+	64:31+	75:28+	84:08+	89:27+	93:51+	100:23+	101:17+	101:59+
01:09-	05:48+	12:23+	19:32+	14:32+	05:14+	05:53+	10:57+	08:40+	05:19+	04:24+	06:32+	00:54+	00:42+
02:02-	02:03&	07:25@	15:04@	11:13@	02:17&	03:44@	09:22@	04:05&	02:58@	01:38&	03:53@	00:21&	00:09&
28	Gudrun Hegelstad	92										1:42:57	
01:54-	07:54+	20:16+	41:10+	54:25+	59:36+	65:35+	76:33+	85:11+	90:30+	94:55+	101:21+	102:15+	102:57+
01:54-	06:00+	12:22+	20:54+	13:15+	05:11+	05:59+	10:58+	08:38+	05:19+	04:25+	06:26+	00:54+	00:42+
01:17-	02:15&	07:24@	16:26@	09:56@	02:14&	03:50@	09:23@	04:03&	02:58@	01:39&	03:47@	00:21&	00:09&
29	Nithya Mohan	136										1:58:38	
05:34+	15:31+	31:48+	38:59+	64:27+	73:26+	79:29+	90:55+	98:53+	104:13+	109:42+	115:30+	117:03+	118:38+
05:34+	09:57+	16:17+	07:11+	25:28+	08:59+	06:03+	11:26+	07:58+	05:20+	05:29+	05:48+	01:33+	01:35+
02:23&	06:12@	11:19@	02:43&	22:09@	06:02@	03:54@	09:51@	03:23&	02:59@	02:43&	03:09@	01:00@	01:02@

Class	Navn	Klasse										Tid
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Beste strekktid for klassen

01:01 03:38 03:45 02:59 02:24 02:56 02:00 01:35 02:40 02:21 02:21 02:33 00:33 00:33

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

Damer 40 - 49 år

1	Nina Glendrange Wold	359	42:00										
01:06=	04:49=	10:13=	12:53=	18:43=	21:15=	26:29=	28:27=	31:02=	33:59=	36:39=	39:44=	41:21=	42:00=
01:06=	03:43=	05:24=	02:40=	05:50=	02:32=	05:14=	01:58=	02:35=	02:57=	02:40=	03:05=	01:37=	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=
2	Heidi Martby	88	46:02										
01:19+	06:32+	10:58+	14:07+	20:07+	23:55+	28:17+	30:51+	33:24+	37:01+	40:00+	43:51+	45:20+	46:02+
01:19+	05:13+	04:26-	03:09+	06:00+	03:48+	04:22-	02:34+	02:33-	03:37+	02:59+	03:51+	01:29-	00:42+
00:13#	01:30&	00:58-	00:29#	00:10+	01:16&	00:52-	00:36&	00:02-	00:40#	00:19#	00:46#	00:08-	00:03+
3	Helene Lie	228	49:39										
03:11+	08:55+	12:35+	15:42+	21:55+	25:58+	29:58+	32:12+	34:52+	39:43+	43:41+	47:17+	48:54+	49:39+
03:11+	05:44+	03:40-	03:07+	06:13+	04:03+	04:00-	02:14+	02:40+	04:51+	03:58+	03:36+	01:37=	00:45+
02:05@	02:01&	01:44-	00:27#	00:23+	01:31&	01:14-	00:16#	00:05+	01:54&	01:18&	00:31#	00:00=	00:06#
4	Kari Sjørusen	117	49:56										
01:16+	04:52+	09:23-	12:19-	15:40-	20:36-	27:03+	30:10+	32:43+	39:19+	43:09+	47:17+	49:07+	49:56+
01:16+	03:36-	04:31-	02:56+	03:21-	04:56+	06:27+	03:07+	02:33-	06:36+	03:50+	04:08+	01:50+	00:49+
00:10#	00:07-	00:53-	00:16#	02:29-	02:24&	01:13#	01:09&	00:02-	03:39@	01:10&	01:03&	00:13#	00:10&
5	Randi Helen Ladsten	128	54:20										
01:13+	05:32+	09:50-	13:03+	16:46-	30:23+	34:30+	37:18+	39:59+	43:27+	46:20+	52:13+	53:40+	54:20+
01:13+	04:19+	04:18-	03:13+	03:43-	13:37+	04:31-	02:48+	02:41+	03:28+	02:53+	05:53+	01:27-	00:40+
00:07#	00:36#	01:06-	00:33#	02:07-	11:05@	01:07-	00:50&	00:06+	00:31#	00:13+	02:48&	00:10-	00:01+
6	Barbro Lunde Nedrebø	92	54:40										
02:36+	06:21+	13:07+	18:17+	24:30+	28:44+	33:15+	38:02+	42:18+	45:24+	48:21+	52:21+	53:52+	54:40+
02:36+	03:45+	06:46+	05:10+	06:13+	04:14+	04:31-	04:47+	04:16+	03:06+	02:57+	04:00+	01:31-	00:48+
01:30@	00:02+	01:22&	02:30&	00:23+	01:42&	00:43-	02:49@	01:41&	00:09+	00:17#	00:55&	00:06-	00:09#
7	Irene Sirevåg	53	1:00:13										
01:48+	06:59+	12:59+	16:46+	22:04+	29:22+	34:47+	38:35+	42:37+	48:03+	53:01+	57:02+	59:08+	60:13+
01:48+	05:11+	06:00+	03:47+	05:18-	07:18+	05:25+	03:48+	04:02+	05:26+	04:58+	04:01+	02:06+	01:05+
00:42&	01:28&	00:36#	01:07&	00:32-	04:46@	00:11+	01:50&	01:27&	02:29&	02:18&	00:56&	00:29&	00:26&
8	Toril Dahle	116	1:08:25										
01:15+	05:24+	10:25+	13:51+	17:39-	24:24+	28:43+	45:41+	49:09+	52:58+	56:26+	64:50+	67:27+	68:25+
01:15+	04:09+	05:01-	03:26+	03:48-	06:45+	04:19-	16:58+	03:28+	03:49+	03:28+	08:24+	02:37+	00:58+
00:09#	00:26#	00:23-	00:46&	02:02-	04:13@	00:55-	15:00@	00:53&	00:52&	00:48&	05:19@	01:00&	00:19&
9	Christel Dahl	92	1:09:28										
09:59+	13:53+	23:21+	30:38+	35:56+	39:18+	44:04+	49:16+	54:11+	57:46+	62:24+	66:46+	68:39+	69:28+
09:59+	03:54+	09:28+	07:17+	05:18-	03:22+	04:46-	05:12+	04:55+	03:35+	04:38+	04:22+	01:53+	00:49+
08:53@	00:11+	04:04&	04:37@	00:32-	00:50&	00:28-	03:14@	02:20&	00:38#	01:58&	01:17&	00:16#	00:10&
10	Nina Svensen	2	1:11:02										
06:01+	11:36+	17:11+	20:23+	24:41+	28:54+	33:45+	36:30+	39:21+	45:05+	63:27+	67:47+	70:02+	71:02+
06:01+	05:35+	05:35+	03:12+	04:18-	04:13+	04:51-	02:45+	02:51+	05:44+	18:22+	04:20+	02:15+	01:00+
04:55@	01:52&	00:11+	00:32#	01:32-	01:41&	00:23-	00:47&	00:16#	02:47&	15:42@	01:15&	00:38&	00:21&
11	Kathrin Sandstad	43	1:11:29										
02:56+	10:23+	19:52+	23:56+	29:50+	33:13+	41:25+	44:17+	46:46+	50:47+	64:13+	68:05+	70:21+	71:29+
02:56+	07:27+	09:29+	04:04+	05:54+	03:23+	08:12+	02:52+	02:29-	04:01+	13:26+	03:52+	02:16+	01:08+
01:50@	03:44@	04:05&	01:24&	00:04+	00:51&	02:58&	00:54&	00:06-	01:04&	10:46@	00:47&	00:39&	00:29&
12	Gro Mariero Totland	59	1:17:44										
02:09+	11:27+	20:04+	25:12+	32:01+	40:58+	47:31+	51:10+	55:53+	61:59+	67:29+	73:20+	75:59+	77:44+
02:09+	09:18+	08:37+	05:08+	06:49+	08:57+	06:33+	03:39+	04:43+	06:06+	05:30+	05:51+	02:39+	01:45+
01:03&	05:35@	03:13&	02:28&	00:59#	06:25@	01:19&	01:41&	02:08&	03:09@	02:50@	02:46&	01:02&	01:06@
13	May Bente Valdøl	116	1:21:29										
00:59-	04:35-	09:30-	14:33+	22:52+	49:03+	60:34+	62:50+	65:14+	69:55+	71:55+	79:05+	80:29+	81:29+
00:59-	03:36-	04:55-	05:03+	08:19+	26:11+	11:31+	02:16+	02:24-	04:41+	02:00-	07:10+	01:24-	01:00+
00:07-	00:07-	00:29-	02:23&	02:29&	23:39@	06:17@	00:18#	00:11-	01:44&	00:40-	04:05@	00:13-	00:21&

Class	Navn	Klasse											Tid
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Beste strekktid for klassen

00:59 03:36 03:40 02:40 03:21 02:32 04:00 01:58 02:24 02:57 02:00 03:05 01:24 00:39

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

Damer 50 - 59 år

1	Torill Andersen	116	39:31										
01:21=	05:19=	08:47=	11:57=	15:41=	19:02=	22:33=	24:16=	27:56=	30:51=	33:48=	37:26=	38:42=	39:31=
01:21=	03:58=	03:28=	03:10=	03:44=	03:21=	03:31=	01:43=	03:40=	02:55=	02:57=	03:38=	01:16=	00:49=
00:00=	00:00=	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	Trude Katrine Hermanrud	117	39:42										
01:01-	04:47-	09:25+	12:05+	15:34-	17:58-	21:12-	24:46+	26:30-	29:36-	32:35-	37:01-	38:58+	39:42+
01:01-	03:46-	04:38+	02:40-	03:29-	02:24-	03:14-	03:34+	01:44-	03:06+	02:59+	04:26+	01:57+	00:44-
00:20-	00:12-	01:10&	00:30-	00:15-	00:57-	00:17-	01:51@	01:56-	00:11+	00:02+	00:48#	00:41&	00:05-
3	Kristin Skadsem	18	41:44										
01:21=	05:18-	09:38+	12:38+	16:46+	21:08+	24:37+	26:59+	29:47+	33:04+	36:55+	39:27+	40:58+	41:44+
01:21=	03:57-	04:20+	03:00-	04:08+	04:22+	03:29-	02:22+	02:48-	03:17+	03:51+	02:32-	01:31+	00:46-
00:00=	00:01-	00:52#	00:10-	00:24#	01:01&	00:02-	00:39&	00:52-	00:22#	00:54&	01:06-	00:15#	00:03-
4	Gunn J. Grefstad	2	44:24										
01:13-	04:46-	08:31-	11:27-	14:40-	21:23+	25:07+	27:23+	31:24+	34:59+	38:32+	41:53+	43:31+	44:24+
01:13-	03:33-	03:45+	02:56-	03:13-	06:43+	03:44+	02:16+	04:01+	03:35+	03:33+	03:21-	01:38+	00:53+
00:08-	00:25-	00:17+	00:14-	00:31-	03:22@	00:13+	00:33&	00:21+	00:40#	00:36#	00:17-	00:22&	00:04+
5	Anne Siv Gjertsen	27	45:53										
01:11-	06:27+	11:14+	18:05+	21:25+	25:20+	29:20+	31:22+	34:58+	38:13+	40:46+	43:36+	45:13+	45:53+
01:11-	05:16+	04:47+	06:51+	03:20-	03:55+	04:00+	02:02+	03:36-	03:15+	02:33-	02:50-	01:37+	00:40-
00:10-	01:18&	01:19&	03:41@	00:24-	00:34#	00:29#	00:19#	00:04-	00:20#	00:24-	00:48-	00:21&	00:09-
6	Liv Omdal	116	48:50										
01:08-	04:51-	09:46+	12:39+	16:55+	25:45+	29:58+	32:32+	35:58+	39:15+	42:33+	46:49+	48:16+	48:50+
01:08-	03:43-	04:55+	02:53-	04:16+	08:50+	04:13+	02:34+	03:26-	03:17+	03:18+	04:16+	01:27+	00:34-
00:13-	00:15-	01:27&	00:17-	00:32#	05:29@	00:42#	00:51&	00:14-	00:22#	00:21#	00:38#	00:11#	00:15-
7	Kari Smådal Turøy	115	50:59										
01:22+	05:31+	10:57+	14:23+	18:11+	24:12+	29:19+	33:39+	36:56+	40:16+	44:09+	48:09+	50:09+	50:59+
01:22+	04:09+	05:26+	03:26+	03:48+	06:01+	05:07+	04:20+	03:17-	03:20+	03:53+	04:00+	02:00+	00:50+
00:01+	00:11+	01:58&	00:16+	00:04+	02:40&	01:36&	02:37@	00:23-	00:25#	00:56&	00:22#	00:44&	00:01+
8	Tove Irene Asheim	116	53:07										
01:29+	06:50+	11:47+	15:06+	19:09+	24:30+	29:07+	31:42+	37:26+	41:18+	45:07+	50:05+	52:06+	53:07+
01:29+	05:21+	04:57+	03:19+	04:03+	05:21+	04:37+	02:35+	05:44+	03:52+	03:49+	04:58+	02:01+	01:01+
00:08+	01:23&	01:29&	00:09+	00:19+	02:00&	01:06&	00:52&	02:04&	00:57&	00:52&	01:20&	00:45&	00:12#
9	Andrea Tapken	54	53:57										
02:12+	08:18+	13:52+	17:47+	21:46+	28:05+	32:47+	35:19+	38:50+	42:57+	46:35+	51:06+	53:10+	53:57+
02:12+	06:06+	05:34+	03:55+	03:59+	06:19+	04:42+	02:32+	03:31-	04:07+	03:38+	04:31+	02:04+	00:47-
00:51&	02:08&	02:06&	00:45#	00:15+	02:58&	01:11&	00:49&	00:09-	01:12&	00:41#	00:53#	00:48&	00:02-
10	Synnøve Westermoen	116	55:15										
01:53+	06:34+	10:48+	14:15+	18:07+	31:24+	35:20+	38:28+	40:51+	44:24+	47:11+	52:59+	54:31+	55:15+
01:53+	04:41+	04:14+	03:27+	03:52+	13:17+	03:56+	03:08+	02:23-	03:33+	02:47-	05:48+	01:32+	00:44-
00:32&	00:43#	00:46#	00:17+	00:08+	09:56@	00:25#	01:25&	01:17-	00:38#	00:10-	02:10&	00:16#	00:05-
11	Grethe Anda Fuglestad	116	55:31										
01:19-	05:09-	08:36-	11:46-	19:19+	23:32+	30:06+	38:44+	41:20+	46:16+	49:34+	53:21+	54:51+	55:31+
01:19-	03:50-	03:27-	03:10=	07:33+	04:13+	06:34+	08:38+	02:36-	04:56+	03:18+	03:47+	01:30+	00:40-
00:02-	00:08-	00:01-	00:00=	03:49@	00:52&	03:03&	06:55@	01:04-	02:01&	00:21#	00:09+	00:14#	00:09-
12	Marit Elin Aandahl	80	57:00										
04:09+	08:58+	13:49+	17:36+	21:23+	27:28+	32:09+	36:26+	42:17+	45:50+	50:25+	54:34+	56:10+	57:00+
04:09+	04:49+	04:51+	03:47+	03:47+	06:05+	04:41+	04:17+	05:51+	03:33+	04:35+	04:09+	01:36+	00:50+
02:48@	00:51#	01:23&	00:37#	00:03+	02:44&	01:10&	02:34@	02:11&	00:38#	01:38&	00:31#	00:20&	00:01+
13	Nidunn Sandvik	228	57:26										
02:08+	06:03+	11:22+	19:04+	25:06+	30:08+	34:32+	37:19+	40:33+	45:17+	49:26+	54:12+	56:12+	57:26+
02:08+	03:55-	05:19+	07:42+	06:02+	05:02+	04:24+	02:47+	03:14-	04:44+	04:09+	04:46+	02:00+	01:14+
00:47&	00:03-	01:51&	04:32@	02:18&	01:41&	00:53&	01:04&	00:26-	01:49&	01:12&	01:08&	00:44&	00:25&

Class	Navn	Klasse											Tid
14	Marie-Elizabeth Reinseth	27											1:00:34
01:20-	06:41+	11:14+	14:52+	19:49+	38:37+	41:46+	43:57+	46:59+	50:38+	54:45+	58:34+	59:44+	60:34+
01:20-	05:21+	04:33+	03:38+	04:57+	18:48+	03:09-	02:11+	03:02-	03:39+	04:07+	03:49+	01:10-	00:50+
00:01-	01:23&	01:05&	00:28#	01:13&	15:27@	00:22-	00:28&	00:38-	00:44&	01:10&	00:11+	00:06-	00:01+
15	Hilde Frøylog Karlsen	228											1:01:24
01:31+	07:45+	13:42+	20:44+	25:11+	31:56+	37:16+	43:21+	43:52+	47:52+	52:48+	58:31+	60:32+	61:24+
01:31+	06:14+	05:57+	07:02+	04:27+	06:45+	05:20+	03:05+	03:31-	04:00+	04:56+	05:43+	02:01+	00:52+
00:10#	02:16&	02:29&	03:52@	00:43#	03:24@	01:49&	01:22&	00:09-	01:05&	01:59&	02:05&	00:45&	00:03+
16	Gerd Olaug Vikeså	101											1:01:38
04:54+	08:20+	13:44+	16:21+	21:05+	36:55+	41:16+	43:16+	45:49+	50:10+	54:30+	58:18+	60:56+	61:38+
04:54+	03:26-	05:24+	02:37-	04:44+	15:50+	04:21+	02:00+	02:33-	04:21+	04:20+	03:48+	02:38+	00:42-
03:33@	00:32-	01:56&	00:33-	01:00&	12:29@	00:50#	00:17#	01:07-	01:26&	01:23&	00:10+	01:22@	00:07-
17	Ragnhild Båtnes Berntsen	101											1:02:23
01:25+	10:56+	16:04+	21:21+	26:05+	36:35+	41:16+	43:27+	46:45+	50:34+	55:29+	59:25+	61:25+	62:23+
01:25+	09:31+	05:08+	05:17+	04:44+	10:30+	04:41+	02:11+	03:18-	03:49+	04:55+	03:56+	02:00+	00:58+
00:04+	05:33@	01:40&	02:07&	01:00&	07:09@	01:10&	00:42&	00:22-	00:54&	01:58&	00:18+	00:44&	00:09#
18	Kirsti Rustad	116											1:04:24
01:14-	10:34+	15:32+	20:23+	23:56+	31:58+	35:55+	38:20+	41:25+	44:06+	52:03+	61:59+	63:27+	64:24+
01:14-	09:20+	04:58+	04:51+	03:33-	08:02+	03:57+	02:25+	03:05-	02:41-	07:57+	09:56+	01:28+	00:57+
00:07-	05:22@	01:30&	01:41&	00:11-	04:41@	00:26#	00:42&	00:35-	00:14-	05:00@	06:18@	00:12#	00:08#
19	Birgitte Røe	125											1:07:54
01:39+	06:06+	11:09+	17:37+	34:59+	39:27+	43:54+	46:37+	51:00+	54:39+	60:00+	64:10+	66:39+	67:54+
01:39+	04:27+	05:03+	06:28+	17:22+	04:28+	04:27+	02:43+	03:39+	05:21+	04:10+	02:29+	01:15+	00:15+
00:18#	00:29#	01:35&	03:18@	13:38@	01:07&	00:56&	01:00&	00:43#	00:44&	02:24&	00:32#	01:13&	00:26&
20	Liv Janne Nergaard	48											1:14:42
02:37+	08:30+	17:53+	20:46+	27:57+	41:32+	46:01+	55:48+	58:28+	62:26+	66:44+	70:56+	73:58+	74:42+
02:37+	05:53+	09:23+	02:53-	07:11+	13:35+	04:29+	09:47+	02:40-	03:58+	04:18+	04:12+	03:02+	00:44-
01:16&	01:55&	05:55@	00:17-	03:27&	10:14@	00:58&	08:04@	01:00-	01:03&	01:21&	00:34#	01:46@	00:05-
21	Brit Vivian Meling	116											1:14:50
02:13+	08:22+	16:17+	20:18+	28:35+	34:04+	39:57+	45:54+	50:34+	55:00+	64:41+	70:48+	73:20+	74:50+
02:13+	06:09+	07:55+	04:01+	08:17+	05:29+	05:53+	05:57+	04:40+	04:26+	09:41+	06:07+	02:32+	01:30+
00:52&	02:11&	04:27@	00:51&	04:33@	02:08&	02:22&	04:14@	01:00&	01:31&	06:44@	02:29&	01:16&	00:41&
22	Målfrid Bjerkeli	237											1:16:56
01:13-	06:11+	12:04+	22:11+	37:05+	44:27+	56:02+	58:57+	61:41+	65:48+	70:25+	74:32+	76:10+	76:56+
01:13-	04:58+	05:53+	10:07+	14:54+	07:22+	11:35+	02:55+	02:44-	04:07+	04:37+	04:07+	01:38+	00:46-
00:08-	01:00&	02:25&	06:57@	11:10@	04:01@	08:04@	01:12&	00:56-	01:12&	01:40&	00:29#	00:22&	00:03-
Beste strekktid for klassen													
01:01	03:26	03:27	02:37	03:13	02:24	03:09	01:43	01:44	02:41	02:33	02:32	01:10	00:34

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

Damer 60 - 64 år

1	Liv-Grete Obrestad	113											32:52
01:08=	05:58=	09:53=	12:17=	17:03=	19:37=	21:26=	23:36=	25:02=	28:14=	30:54=	32:12=	32:52=	
01:08=	04:50=	03:55=	02:24=	04:46=	02:34=	01:49=	02:10=	01:26=	03:12=	02:40=	01:18=	00:40=	
00:00=	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											37:04
01:23+	05:44-	09:38-	12:27+	16:43-	19:24-	20:31-	22:47-	25:19+	29:16+	35:03+	36:27+	37:04+	
01:23+	04:21-	03:54-	02:49+	04:16-	02:41+	01:07-	02:16+	02:32+	03:57+	05:47+	01:24+	00:37-	
00:15#	00:29-	00:01-	00:25#	00:30-	00:07+	00:42-	00:06+	01:06&	00:45#	03:07@	00:06+	00:03-	
3	Tove Bjerkeim	105											39:06
01:27+	07:11+	12:31+	14:44+	18:51+	21:36+	22:55+	24:54+	27:43+	31:06+	37:06+	38:24+	39:06+	
01:27+	05:44+	05:20+	02:13-	04:07-	02:45+	01:19-	01:59-	02:49+	03:23+	06:00+	01:18=	00:42+	
00:19&	00:54#	01:25&	00:11-	00:39-	00:11+	00:30-	00:11-	01:23&	00:11+	03:20@	00:00=	00:02+	
4	Ingunn Voilås	29											43:55
01:18+	07:35+	15:14+	17:17+	24:33+	28:28+	29:49+	32:01+	34:19+	38:27+	41:41+	43:10+	43:55+	
01:18+	06:17+	07:39+	02:03-	07:16+	03:55+	01:21-	02:12+	02:18+	04:08+	03:14+	01:29+	00:45+	
00:10#	01:27&	03:44&	00:21-	02:30&	01:21&	00:28-	00:02+	00:52&	00:56&	00:34#	00:11#	00:05#	

Class	Navn	Klasse										Tid
5	Marit Karin Nygård	92										45:41
01:44+	07:10+	12:55+	16:15+	22:22+	25:38+	28:04+	30:28+	33:21+	39:19+	43:09+	44:52+	45:41+
01:44+	05:26+	05:45+	03:20+	06:07+	03:16+	02:26+	02:24+	02:53+	05:58+	03:50+	01:43+	00:49+
00:36&	00:36#	01:50&	00:56&	01:21&	00:42&	00:37&	00:14#	01:27@	02:46&	01:10&	00:25&	00:09#
6	Berit Bakken	93										46:19
02:49+	07:18+	14:04+	16:21+	24:51+	28:11+	29:55+	32:25+	34:47+	39:51+	43:42+	45:29+	46:19+
02:49+	04:29-	06:46+	02:17-	08:30+	03:20+	01:44-	02:30+	02:22+	05:04+	03:51+	01:47+	00:50+
01:41@	00:21-	02:51&	00:07-	03:44&	00:46&	00:05-	00:20#	00:56&	01:52&	01:11&	00:29&	00:10#
7	Eli Frafjord	94										48:57
01:17+	06:37+	14:59+	17:33+	28:22+	31:23+	32:58+	35:15+	37:47+	42:25+	46:40+	48:12+	48:57+
01:17+	05:20+	08:22+	02:34+	10:49+	03:01+	01:35-	02:17+	02:32+	04:38+	04:15+	01:32+	00:45+
00:09#	00:30#	04:27@	00:10+	06:03@	00:27#	00:14-	00:07+	01:06&	01:26&	01:35&	00:14#	00:05#
8	Amanda Renshaw	101										51:47
01:16+	05:35-	11:10+	21:29+	27:30+	30:03+	32:50+	35:06+	37:56+	45:01+	49:27+	51:03+	51:47+
01:16+	04:19-	05:35+	10:19+	06:01+	02:33-	02:47+	02:16+	02:50+	07:05+	04:26+	01:36+	00:44+
00:08#	00:31-	01:40&	07:55@	01:15&	00:01-	00:58&	00:06+	01:24&	03:53@	01:46&	00:18#	00:04#
9	Kari Blixhavn	228										56:58
03:22+	09:16+	15:39+	18:42+	30:32+	33:34+	35:22+	39:20+	42:21+	48:22+	52:33+	55:58+	56:58+
03:22+	05:54+	06:23+	03:03+	11:50+	03:02+	01:48-	03:58+	03:01+	06:01+	04:11+	03:25+	01:00+
02:14@	01:04#	02:28&	00:39&	07:04@	00:28#	00:01-	01:48&	01:35@	02:49&	01:31&	02:07@	00:20&
10	Åse Berg	105										57:52
01:52+	09:20+	16:01+	20:29+	27:15+	30:39+	33:00+	35:57+	39:19+	49:25+	54:33+	56:52+	57:52+
01:52+	07:28+	06:41+	04:28+	06:46+	03:24+	02:21+	02:57+	03:22+	10:06+	05:08+	02:19+	01:00+
00:44&	02:38&	02:46&	02:04&	02:00&	00:50&	00:32&	00:47&	01:56@	06:54@	02:28&	01:01&	00:20&
11	Anne Katrine Lycke	147										1:15:55
01:19+	09:37+	17:07+	29:34+	42:59+	46:17+	48:05+	50:54+	58:43+	65:09+	69:51+	74:56+	75:55+
01:19+	08:18+	07:30+	12:27+	13:25+	03:18+	01:48-	02:49+	07:49+	06:26+	04:42+	05:05+	00:59+
00:11#	03:28&	03:35&	10:03@	08:39@	00:44&	00:01-	00:39&	06:23@	03:14@	02:02&	03:47@	00:19&
Beste strekktid for klassen												
01:08	04:19	03:54	02:03	04:07	02:33	01:07	01:59	01:26	03:12	02:40	01:18	00:37

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

Damer 65 - 69 år

1	Mette Dagsland	68										50:14
01:28=	09:28=	15:37=	19:13=	24:21=	32:15=	33:55=	36:34=	38:26=	42:24=	46:33=	49:16=	50:14=
01:28=	08:00=	06:09=	03:36=	05:08=	07:54=	01:40=	02:39=	01:52=	03:58=	04:09=	02:43=	00:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Berit Gramstad	113										50:19
02:09+	10:23+	15:50+	19:57+	24:33+	28:31-	30:39-	33:32-	37:08-	42:54+	47:14+	49:28+	50:19+
02:09+	08:14+	05:27-	04:07+	04:36-	03:58-	02:08+	02:53+	03:36+	05:46+	04:20+	02:14-	00:51-
00:41&	00:14&	00:42-	00:31#	00:32-	03:56-	00:28&	00:14+	01:44&	01:48&	00:11+	00:29-	00:07-
3	Hanne Eik	117										51:57
03:36+	10:29+	16:56+	20:22+	26:09+	29:59-	32:35-	35:43-	38:09-	43:24+	49:02+	50:57+	51:57+
03:36+	06:53-	06:27+	03:26-	05:47+	03:50-	02:36+	03:08+	02:26+	05:15+	05:38+	01:55-	01:00+
02:08@	01:07-	00:18+	00:10-	00:39#	04:04-	00:56&	00:29#	00:34&	01:17&	01:29&	00:48-	00:02+
4	Synnøva Gausel	115										56:37
01:22-	05:59-	13:08-	19:13=	23:47-	27:02-	28:41-	37:57+	40:23+	49:48+	54:06+	55:47+	56:37+
01:22-	04:37-	07:09+	06:05+	04:34-	03:15-	01:39-	09:16+	02:26+	09:25+	04:18+	01:41-	00:50-
00:06-	03:23-	01:00#	02:29&	00:34-	04:39-	00:01-	06:37@	00:34&	05:27@	00:09+	01:02-	00:08-
5	Kirsten Carlsen	93										59:53
01:33+	09:45+	22:25+	26:00+	32:46+	36:11+	38:32+	41:26+	43:23+	49:03+	57:06+	59:06+	59:53+
01:33+	08:12+	12:40+	03:35-	06:46+	03:25-	02:21+	02:54+	01:57+	05:40+	08:03+	02:00-	00:47-
00:05+	00:12+	06:31@	00:01-	01:38&	04:29-	00:41&	00:15+	00:05+	01:42&	03:54&	00:43-	00:11-
6	Wenche Anda Haarr	92										1:18:54
01:53+	08:06-	19:38+	24:19+	40:05+	46:26+	48:27+	51:27+	55:05+	66:34+	73:35+	77:28+	78:54+
01:53+	06:13-	11:32+	04:41+	15:46+	06:21-	02:01+	03:00+	03:38+	11:29+	07:01+	03:53+	01:26+
00:25&	01:47-	05:23&	01:05&	10:38@	01:33-	00:21#	00:21#	01:46&	07:31@	02:52&	01:10&	00:28&

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:22 04:37 05:27 03:26 04:34 03:15 01:39 02:39 01:52 03:58 04:09 01:41 00:47

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

Damer 70 - 74 år

1 Haldis Glendrange 68 43:33

01:18= 07:02= 12:41= 15:05= 21:02= 24:02= 25:33= 27:43= 30:01= 37:27= 40:49= 42:43= 43:33=
 01:18= 05:44= 05:39= 02:24= 05:57= 03:00= 01:31= 02:10= 02:18= 07:26= 03:22= 01:54= 00:50=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Hedvig Anda 116 48:46

01:35+ 08:47+ 14:27+ 18:24+ 23:16+ 27:06+ 29:18+ 32:35+ 34:53+ 41:21+ 45:37+ 47:54+ 48:46+
 01:35+ 07:12+ 05:40+ 03:57+ 04:52- 03:50+ 02:12+ 03:17+ 02:18= 06:28- 04:16+ 02:17+ 00:52+
 00:17# 01:28& 00:01+ 01:33& 01:05- 00:50& 00:41# 01:07& 00:00= 00:58- 00:54& 00:23# 00:02+

3 Helga Klausen 62 53:11

01:47+ 11:10+ 16:58+ 21:01+ 25:23+ 30:09+ 31:56+ 36:01+ 39:38+ 44:56+ 49:43+ 52:08+ 53:11+
 01:47+ 09:23+ 05:48+ 04:03+ 04:22- 04:46+ 01:47+ 04:05+ 03:37+ 05:18- 04:47+ 02:25+ 01:03+
 00:29& 03:39& 00:09+ 01:39& 01:35- 01:46& 00:16# 01:55& 01:19& 02:08- 01:25& 00:31& 00:13&

4 Aslaug Lura 94 1:29:18

03:13+ 11:02+ 28:54+ 34:56+ 50:26+ 55:46+ 60:10+ 64:36+ 68:04+ 75:14+ 83:12+ 87:53+ 89:18+
 03:13+ 07:49+ 17:52+ 06:02+ 15:30+ 05:20+ 04:24+ 04:26+ 03:28+ 07:10- 07:58+ 04:41+ 01:25+
 01:55@ 02:05& 12:13@ 03:38@ 09:33@ 02:20& 02:53@ 02:16@ 01:10& 00:16- 04:36@ 02:47@ 00:35&

Beste strekktid for klassen

01:18 05:44 05:39 02:24 04:22 03:00 01:31 02:10 02:18 05:18 03:22 01:54 00:50

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

Damer 75 - 79 år

1 Turid Nystrøm 68 37:38

01:14= 06:17= 10:45= 13:29= 19:42= 22:49= 24:19= 26:18= 28:03= 31:43= 35:12= 36:50= 37:38=
 01:14= 05:03= 04:28= 02:44= 06:13= 03:07= 01:30= 01:59= 01:45= 03:40= 03:29= 01:38= 00:48=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Gry Vikhamar Thengs 68 40:14

01:27+ 06:29+ 11:13+ 13:52+ 18:02- 20:49- 22:55- 25:18- 28:31+ 33:29+ 37:48+ 39:24+ 40:14+
 01:27+ 05:02- 04:44+ 02:39- 04:10- 02:47- 02:06+ 02:23+ 03:13+ 04:58+ 04:19+ 01:36- 00:50+
 00:13# 00:01- 00:16+ 00:05- 02:03- 00:20- 00:36& 00:24# 01:28& 01:18& 00:50# 00:02- 00:02+

3 Berit Ebbell Olsen 68 1:19:23

02:00+ 09:28+ 20:09+ 26:21+ 45:07+ 49:28+ 52:05+ 55:31+ 58:50+ 65:28+ 72:47+ 77:36+ 79:23+
 02:00+ 07:28+ 10:41+ 06:12+ 18:46+ 04:21+ 02:37+ 03:26+ 03:19+ 06:38+ 07:19+ 04:49+ 01:47+
 00:46& 02:25& 06:13@ 03:28@ 12:33@ 01:14& 01:07& 01:27& 01:34& 02:58& 03:50@ 03:11@ 00:59@

Beste strekktid for klassen

01:14 05:02 04:28 02:39 04:10 02:47 01:30 01:59 01:45 03:40 03:29 01:36 00:48

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

Damer A

1 Aud Hognestad Taksdal 92 35:03

00:46= 02:23= 04:41= 07:26= 09:21= 11:08= 13:25= 15:05= 16:30= 19:06= 21:32= 22:27= 24:01= 26:05= 27:09= 29:22= 30:24= 32:27= 34:30= 35:03=
 00:46= 01:37= 02:18= 02:45= 01:55= 01:47= 02:17= 01:40= 01:25= 02:36= 02:26= 00:55= 01:34= 02:04= 01:04= 02:13= 01:02= 02:03= 02:03= 00:33=
 00:00=

2 Wenche M. Sæbbø 117 43:07

00:53+ 02:39+ 05:01+ 08:16+ 10:42+ 13:15+ 15:47+ 18:17+ 19:55+ 23:15+ 26:50+ 27:58+ 29:37+ 32:21+ 33:56+ 36:19+ 37:57+ 39:57+ 42:24+ 43:07+
 00:53+ 01:46+ 02:22+ 03:15+ 02:26+ 02:33+ 02:32+ 02:30+ 01:38+ 03:20+ 03:35+ 01:08+ 01:39+ 02:44+ 01:35+ 02:23+ 01:38+ 02:00- 02:27+ 00:43+
 00:07# 00:09+ 00:04+ 00:30# 00:31& 00:46& 00:15# 00:50& 00:13# 00:44& 01:09& 00:13# 00:05+ 00:40& 00:31& 00:10+ 00:36& 00:03- 00:24# 00:10&

Class	Navn	Klasse															Tid														
3	Tone Torgersen	27															43:40														
01:01+	02:30+	04:45+	06:49-	08:16-	10:31-	13:18-	15:57+	17:36+	19:23+	22:27+	25:30+	26:32+	29:45+	32:20+	33:57+	36:25+	38:06+	40:30+	43:05+	43:40+											
01:01+	01:29-	02:15-	02:04-	01:27-	02:15+	02:47+	02:39+	01:39+	01:47-	03:04+	03:03+	01:02-	03:13+	02:35+	01:37-	02:28+	01:41-	02:24+	02:35+	00:35+											
00:15&	00:08-	00:03-	00:41-	00:28-	00:28&	00:30#	00:59&	00:14#	00:49-	00:38&	02:08@	00:32-	01:09&	01:31@	00:36-	01:26@	00:22-	00:21#	02:02@	00:35+											
4	Trine Bolstad Scheie	62															48:32														
01:15+	02:43+	05:08+	08:15+	10:44+	13:05+	15:36+	17:28+	20:28+	25:25+	28:19+	29:23+	31:42+	36:53+	38:32+	40:46+	42:08+	44:37+	47:56+	48:32+												
01:15+	01:28-	02:25+	03:07+	02:29+	02:21+	02:31+	01:52+	03:00+	04:57+	02:54+	01:04+	02:19+	05:11+	01:39+	02:14+	01:22+	02:29+	03:19+	00:36+												
00:29&	00:09-	00:07+	00:22#	00:34&	00:34&	00:14#	00:12#	01:35@	02:21&	00:28#	00:09#	00:45&	03:07@	00:35&	00:01+	00:20&	00:26#	01:16&	00:03+												
5	Katrine Prestvold	212															54:38														
00:55+	02:28+	05:06+	08:07+	10:49+	13:40+	16:24+	18:40+	20:45+	24:09+	27:46+	28:52+	32:15+	36:35+	41:16+	43:44+	44:56+	50:52+	54:02+	54:38+												
00:55+	01:33-	02:38+	03:01+	02:42+	02:51+	02:44+	02:16+	02:05+	03:24+	03:37+	01:06+	03:23+	04:20+	04:41+	02:28+	01:12+	05:56+	03:10+	00:36+												
00:09#	00:04-	00:20#	00:16+	00:47&	01:04&	00:27#	00:36&	00:40&	00:48&	01:11&	00:11#	01:49@	02:16@	03:37@	00:15#	00:10#	03:53@	01:07&	00:03+												
6	Maira Andersone	93															55:18														
01:20+	03:13+	06:08+	09:09+	12:03+	15:16+	19:00+	21:13+	23:29+	27:08+	31:24+	32:33+	35:08+	39:08+	41:35+	44:58+	46:57+	52:24+	54:39+	55:18+												
01:20+	01:53+	02:55+	03:01+	02:54+	03:13+	03:44+	02:13+	02:16+	03:39+	04:16+	01:09+	02:35+	04:00+	02:27+	03:23+	01:59+	05:27+	02:15+	00:39+												
00:34&	00:16#	00:37&	00:16+	00:59&	01:26&	01:27&	00:33&	00:51&	01:03&	01:50&	00:14&	01:01&	01:56&	01:23@	01:10&	00:57&	03:24@	00:12+	00:06#												
7	Pernille Melleby	18															1:05:27														
01:11+	03:51+	10:13+	14:28+	17:37+	21:26+	24:43+	27:57+	30:38+	36:03+	40:53+	42:17+	45:39+	50:47+	52:49+	55:53+	57:41+	60:30+	64:40+	65:27+												
01:11+	02:40+	06:22+	04:15+	03:09+	03:49+	03:17+	03:14+	02:41+	05:25+	04:50+	01:24+	03:22+	05:08+	02:02+	03:04+	01:48+	02:49+	04:10+	00:47+												
00:25&	01:03&	04:04@	01:30&	01:14&	02:02@	01:00@	01:34&	01:16&	02:49@	02:24&	00:29&	01:48@	03:04@	00:58&	00:51&	00:46&	00:46&	02:07@	00:14&												
8	Wibeke Lende	74															1:10:35														
01:03+	03:09+	07:03+	11:28+	17:11+	20:10+	23:10+	25:17+	27:14+	33:13+	38:00+	39:18+	42:45+	52:35+	54:51+	58:06+	60:39+	67:13+	69:53+	70:35+												
01:03+	02:06+	03:54+	04:25+	05:43+	02:59+	03:00+	02:07+	01:57+	05:59+	04:47+	01:18+	03:27+	09:50+	02:16+	03:15+	02:33+	06:34+	02:40+	00:42+												
00:17&	00:29&	01:36&	01:40&	03:48@	01:12&	00:43&	00:27&	00:32&	03:23@	02:21&	00:23&	01:53@	07:46@	01:12@	01:02&	01:31@	04:31@	00:37&	00:09&												
9	Andrea Sætre	101															1:12:01														
02:48+	05:50+	09:09+	12:39+	15:37+	20:50+	23:12+	25:14+	28:22+	35:00+	41:58+	44:00+	48:13+	52:43+	55:24+	58:22+	60:12+	66:18+	70:56+	72:01+												
02:48+	03:02+	03:19+	03:30+	02:58+	05:13+	02:22+	02:02+	03:08+	06:38+	06:58+	02:02+	04:13+	04:30+	02:41+	02:58+	01:50+	06:06+	04:38+	01:05+												
02:02@	01:25&	01:01&	00:45&	01:03&	03:26@	00:05+	00:22#	01:43@	04:02@	04:32@	01:07@	02:39@	02:26@	01:37@	00:45&	00:48&	04:03@	02:35@	00:32&												
10	Ingrid Simensen	101															1:12:04														
01:37+	03:31+	06:31+	12:11+	15:07+	18:16+	21:08+	23:42+	25:43+	31:35+	36:53+	37:57+	40:19+	59:57+	62:22+	64:27+	65:53+	68:05+	71:25+	72:04+												
01:37+	01:54+	03:00+	05:40+	02:56+	03:09+	02:52+	02:34+	02:01+	05:52+	05:18+	01:04+	02:22+	19:38+	02:25+	02:05-	01:26+	02:12+	03:20+	00:39+												
00:51@	00:17#	00:42&	02:55@	01:01&	01:22&	00:35&	00:54&	00:36&	03:16@	02:52@	00:09#	00:48&	17:34@	01:21@	00:08-	00:24&	00:09+	01:17&	00:06#												
Beste strekktid for klassen																															
00:46	01:28	02:15	02:04	01:27	01:47	02:17	01:40	01:25	01:47	02:26	00:55	01:02	02:04	01:04	01:37	01:02	01:41	02:03	00:33												

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

Damer B

1	Anne Garsrud	90															36:17														
00:56=	04:34=	07:21=	10:26=	13:58=	16:21=	17:45=	19:09=	22:01=	25:10=	27:31=	29:06=	31:20=	33:37=	35:34=	36:17=																
00:56=	03:38=	02:47=	03:05=	03:32=	02:23=	01:24=	01:24=	02:52=	03:09=	02:21=	01:35=	02:14=	02:17=	01:57=	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=	00:00=																
2	Inger Tone Nygård	29															36:30														
00:54-	05:12+	08:03+	11:30+	14:03+	16:05-	17:42-	19:04-	22:28+	25:11+	27:24-	29:01-	31:03-	34:09+	35:52+	36:30+																
00:54-	04:18+	02:51+	03:27+	02:33-	02:02-	01:37+	01:22-	03:24+	02:43-	02:13-	01:37+	02:02-	03:06+	01:43-	00:38-																
00:02-	00:40#	00:04+	00:22#	00:59-	00:21-	00:13#	00:02-	00:32#	00:26-	00:08-	00:02+	00:12-	00:49&	00:14-	00:05-																
3	Lise Isachsen	165															38:29														
00:58+	04:44+	07:33+	10:37+	13:15-	15:25-	16:32-	18:25-	21:51-	25:34+	28:14+	30:45+	33:26+	35:59+	37:38+	38:29+																
00:58+	03:46+	02:49+	03:04-	02:38-	02:10-	01:07-	01:53+	03:26+	03:43+	02:40+	02:31+	02:41+	02:33+	01:39-	00:51+																
00:02+	00:08+	00:02+	00:01-	00:54-	00:13-	00:17-	00:29&	00:34#	00:34#	00:19#	00:56&	00:27#	00:16#	00:18-	00:08#																
4	Keth Berggraf	116															38:30														
00:57+	05:09+	08:03+	11:20+	14:57+	17:11+	18:24+	19:52+	23:13+	25:37+	28:12+	31:09+	33:30+	35:40+	37:55+	38:30+																
00:57+	04:12+	02:54+	03:17+	03:37+	02:14-	01:13-	01:28+	03:21+	02:24-	02:35+	02:57+	02:21+	02:10-	02:15+	00:35-																
00:01+	00:34#	00:07+	00:12+	00:05+	00:09-	00:11-	00:04+	00:29#	00:45-	00:14+	01:22&	00:07+	00:07-	00:18#	00:08-																
5	Hilde Nordbø	93															39:52														
01:23+	05:06+	07:35+	10:39+	13:29-	16:17-	17:29-	19:03-	23:44+	27:00+	29:59+	31:45+	34:19+	37:32+	39:13+	39:52+																
01:23+	03:43+	02:29-	03:04-	02:50-	02:48+	01:12-	01:34+	04:41+	03:16+	02:59+	01:46+	02:34+	03:13+	01:41-	00:39-																
00:27&	00:05+	00:18-	00:01-	00:42-	00:25#	00:12-	00:10#	01:49&	00:07+	00:38&	00:11#	00:20#	00:56&	00:16-	00:04-																

Class	Navn	Klasse										Tid				
6	Ann-Cathrin Nybak Urdal	118										40:00				
01:12+	05:00+	08:28+	12:22+	15:51+	19:05+	20:27+	21:56+	24:59+	27:47+	30:34+	32:23+	34:59+	37:24+	39:15+	40:00+	
01:12+	03:48+	03:28+	03:54+	03:29-	03:14+	01:22-	01:29+	03:03+	02:48-	02:47+	01:49+	02:36+	02:25+	01:51-	00:45+	
00:16&	00:10+	00:41#	00:49&	00:03-	00:51&	00:02-	00:05+	00:11+	00:21-	00:26#	00:14#	00:22#	00:08+	00:06-	00:02+	
7	Jorunn Johannesen	116										40:41				
01:17+	04:54+	07:34+	10:48+	13:35-	18:59+	21:24+	22:55+	26:07+	28:37+	31:13+	33:03+	35:27+	38:07+	40:01+	40:41+	
01:17+	03:37-	02:40-	03:14+	02:47-	05:24+	02:25+	01:31+	03:12+	02:30-	02:36+	01:50+	02:24+	02:40+	01:54-	00:40-	
00:21&	00:01-	00:07-	00:09+	00:45-	03:01@	01:01&	00:07+	00:20#	00:39-	00:15#	00:15#	00:10+	00:23#	00:03-	00:03-	
8	Vibeke Lamark	46										41:24				
01:05+	04:46+	08:19+	12:49+	15:33+	17:23+	18:33+	20:06+	23:33+	26:32+	30:38+	33:56+	36:22+	38:43+	40:47+	41:24+	
01:05+	03:41+	03:33+	04:30+	02:44-	01:50-	01:10-	01:33+	03:27+	02:59-	04:06+	03:18+	02:26+	02:21+	02:04+	00:37-	
00:09#	00:03+	00:46&	01:25&	00:48-	00:33-	00:14-	00:09#	00:35#	00:10-	01:45&	01:43@	00:12+	00:04+	00:07+	00:06-	
9	Ingrid W. Hestness	117										42:50				
01:16+	04:55+	08:32+	11:44+	14:55+	20:42+	22:07+	23:31+	26:37+	29:25+	32:01+	35:18+	37:46+	40:23+	42:05+	42:50+	
01:16+	03:39+	03:37+	03:12+	03:11-	05:47+	01:25+	01:24=	03:06+	02:48-	02:36+	03:17+	02:28+	02:37+	01:42-	00:45+	
00:20&	00:01+	00:50&	00:07+	00:21-	03:24@	00:01+	00:00=	00:14+	00:21-	00:15#	01:42@	00:14#	00:20#	00:15-	00:02+	
10	Brit Nilsen	88										43:25				
01:09+	05:13+	09:40+	13:53+	17:15+	20:06+	21:17+	22:46+	26:30+	29:15+	32:19+	34:01+	36:48+	40:53+	42:43+	43:25+	
01:09+	04:04+	04:27+	04:13+	03:22-	02:51+	01:11-	01:29+	03:44+	02:45-	03:04+	01:42+	02:47+	04:05+	01:50-	00:42-	
00:13#	00:26#	01:40&	01:08&	00:10-	00:28#	00:13-	00:05+	00:52&	00:24-	00:43&	00:07+	00:33#	01:48&	00:07-	00:01-	
11	Anne Sæbø Vik	116										44:01				
01:06+	05:06+	08:57+	12:57+	15:52+	19:29+	20:45+	23:04+	28:46+	31:26+	34:15+	35:55+	38:23+	41:26+	43:21+	44:01+	
01:06+	04:00+	03:51+	04:00+	02:55-	03:37+	01:16-	02:19+	05:42+	02:40-	02:49+	01:40+	02:28+	03:03+	01:55-	00:40-	
00:10#	00:22#	01:04&	00:55&	00:37-	01:14&	00:08-	00:55&	02:50&	00:29-	00:28#	00:05+	00:14#	00:46&	00:02-	00:03-	
12	Kristin Breivold	92										44:45				
01:10+	05:18+	09:07+	12:42+	15:56+	20:01+	21:29+	23:10+	26:53+	30:13+	33:33+	36:09+	38:47+	41:55+	44:00+	44:45+	
01:10+	04:08+	03:49+	03:35+	03:14-	04:05+	01:28+	01:41+	03:43+	03:20+	03:20+	02:36+	02:38+	03:08+	02:05+	00:45+	
00:14#	00:30#	01:02&	00:30#	00:18-	01:42&	00:04+	00:17#	00:51&	00:11+	00:59&	01:01&	00:24#	00:51&	00:08+	00:02+	
13	Anne Marie Gausel	105										47:29				
01:15+	05:56+	10:16+	15:10+	20:43+	22:50+	24:09+	26:07+	29:21+	32:29+	35:57+	38:09+	41:33+	44:43+	46:42+	47:29+	
01:15+	04:41+	04:20+	04:54+	05:33+	02:07-	01:19-	01:58+	03:14+	03:08-	03:28+	02:12+	03:24+	03:10+	01:59+	00:47+	
00:19&	01:03&	01:33&	01:49&	02:01&	00:16-	00:05-	00:34&	00:22#	00:01-	01:07&	00:37&	01:10&	00:53&	00:02+	00:04+	
14	Ann Karin Tjørhom	93										47:41				
01:18+	05:42+	08:54+	12:59+	16:06+	20:35+	23:04+	25:44+	29:38+	33:38+	36:28+	38:36+	41:59+	44:55+	46:51+	47:41+	
01:18+	04:24+	03:12+	04:05+	03:07-	04:29+	02:29+	02:40+	03:54+	04:00+	02:50+	02:08+	03:23+	02:56+	01:56-	00:50+	
00:22&	00:46#	00:25#	01:00&	00:25-	02:06&	01:05&	01:16&	01:02&	00:51&	00:29#	00:33&	01:09&	00:39&	00:01-	00:07#	
15	Irene Rummelhoff	116										48:26				
01:15+	05:17+	10:25+	15:07+	18:21+	22:59+	26:11+	27:52+	31:48+	35:04+	37:55+	40:03+	42:29+	45:40+	47:44+	48:26+	
01:15+	04:02+	05:08+	04:42+	03:14-	04:38+	03:12+	01:41+	03:56+	03:16+	02:51+	02:08+	02:26+	03:11+	02:04+	00:42-	
00:19&	00:24#	02:21&	01:37&	00:18-	02:15&	01:48@	00:17#	01:04&	00:07+	00:30#	00:33&	00:12+	00:54&	00:07+	00:01-	
16	Mariann Sveinsvoll	94										51:54				
01:20+	06:34+	10:28+	17:18+	20:31+	25:09+	27:50+	29:42+	34:00+	37:22+	40:41+	43:16+	45:59+	49:10+	51:14+	51:54+	
01:20+	05:14+	03:54+	06:50+	03:13-	04:38+	02:41+	01:52+	04:18+	03:22+	03:19+	02:35+	02:43+	03:11+	02:04+	00:40-	
00:24&	01:36&	01:07&	03:45@	00:19-	02:15&	01:17&	00:28&	01:26&	00:13+	00:58&	01:00&	00:29#	00:54&	00:07+	00:03-	
17	Anita Glenne Kallhovd	29										52:55				
01:15+	05:29+	10:21+	13:54+	19:55+	24:44+	25:53+	28:20+	35:24+	38:24+	42:10+	44:20+	46:54+	50:24+	52:16+	52:55+	
01:15+	04:14+	04:52+	03:33+	06:01+	04:49+	01:09-	02:27+	07:04+	03:00-	03:46+	02:10+	02:34+	03:30+	01:52-	00:39-	
00:19&	00:36#	02:05&	00:28#	02:29&	02:26@	00:15-	01:03&	04:12@	00:09-	01:25&	00:35&	00:20#	01:13&	00:05-	00:04-	
18	Berit Våg Aksland	116										58:06				
00:56=	08:33+	12:13+	17:06+	20:27+	28:13+	29:47+	31:48+	37:27+	40:53+	43:39+	47:23+	50:10+	54:51+	57:15+	58:06+	
00:56=	07:37+	03:40+	04:53+	03:21-	07:46+	01:34+	02:01+	05:39+	03:26+	02:46+	03:44+	02:47+	04:41+	02:24+	00:51+	
00:00=	03:59@	00:53&	01:48&	00:11-	05:23@	00:10#	00:37&	02:47&	00:17+	00:25#	02:09@	00:33#	02:24@	00:27#	00:08#	

Beste strekktid for klassen

00:54 03:37 02:29 03:04 02:33 01:50 01:07 01:22 02:52 02:24 02:13 01:35 02:02 02:10 01:39 00:35

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

Damer Ny

Class	Navn	Klasse	Tid										
1	Ingvild Elin Ringodd	117	39:54										
01:27=	05:07=	08:59=	11:23=	13:09=	15:01=	20:58=	23:40=	24:58=	27:12=	31:54=	35:17=	39:25=	39:54=
01:27=	03:40=	03:52=	02:24=	01:46=	01:52=	05:57=	02:42=	01:18=	02:14=	04:42=	03:23=	04:08=	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=	00:00=

Beste strekktid for klassen

01:27 03:40 03:52 02:24 01:46 01:52 05:57 02:42 01:18 02:14 04:42 03:23 04:08 00:29

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

Damer Trim

1	Marie Sjursen	117	34:22									
02:38=	05:06=	10:45=	13:37=	17:31=	22:20=	24:19=	27:38=	31:02=	32:58=	33:57=	34:22=	
02:38=	02:28=	05:39=	02:52=	03:54=	04:49=	01:59=	03:19=	03:24=	01:56=	00:59=	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=	
2	Ragnhild Auglænd	62	34:47									
01:41-	04:52-	10:12-	13:49+	17:53+	22:06-	24:01-	27:53+	30:31-	32:53-	34:15+	34:47+	
01:41-	03:11+	05:20-	03:37+	04:04+	04:13-	01:55-	03:52+	02:38-	02:22+	01:22+	00:32+	
00:57-	00:43&	00:19-	00:45&	00:10+	00:36-	00:04-	00:33#	00:46-	00:26#	00:23&	00:07&	
3	Åse Sellereite	27	39:49									
01:22-	03:50-	09:23-	13:46+	17:11-	23:02+	28:53+	32:31+	35:37+	38:43+	39:26+	39:49+	
01:22-	02:28=	05:33-	04:23+	03:25-	05:51+	05:51+	03:38+	03:06-	03:06+	00:43-	00:23-	
01:16-	00:00=	00:06-	01:31&	00:29-	01:02#	03:52@	00:19+	00:18-	01:10&	00:16-	00:02-	
4	Lene Haver Schmidt	88	40:40									
01:25-	04:09-	09:26-	12:40-	16:59-	23:45+	27:03+	30:41+	34:08+	39:41+	40:17+	40:40+	
01:25-	02:44+	05:17-	03:14+	04:19+	06:46+	03:18+	03:38+	03:27+	05:33+	00:36-	00:23-	
01:13-	00:16#	00:22-	00:22#	00:25#	01:57&	01:19&	00:19+	00:03+	03:37@	00:23-	00:02-	
5	Kjersti Vasbø	126	41:29									
01:37-	04:52-	11:15+	14:33+	19:09+	25:53+	28:58+	33:47+	37:14+	40:07+	41:03+	41:29+	
01:37-	03:15+	06:23+	03:18+	04:36+	06:44+	03:05+	04:49+	03:27+	02:53+	00:56-	00:26+	
01:01-	00:47&	00:44#	00:26#	00:42#	01:55&	01:06&	01:30&	00:03+	00:57&	00:03-	00:01+	
6	Solbjørg Borgersen	233	44:03									
02:02-	05:12+	11:03+	14:21+	19:30+	25:58+	29:11+	32:59+	39:33+	41:49+	43:38+	44:03+	
02:02-	03:10+	05:51+	03:18+	05:09+	06:28+	03:13+	03:48+	06:34+	02:16+	01:49+	00:25=	
00:36-	00:42&	00:12+	00:26#	01:15&	01:39&	01:14&	00:29#	03:10&	00:20#	00:50&	00:00=	
7	Heidi Horne	71	44:24									
02:27-	05:27+	11:22+	14:25+	21:00+	26:53+	30:45+	34:51+	40:05+	43:04+	43:56+	44:24+	
02:27-	03:00+	05:55+	03:03+	06:35+	05:53+	03:52+	04:06+	05:14+	02:59+	00:52-	00:28+	
00:11-	00:32#	00:16+	00:11+	02:41&	01:04#	01:53&	00:47#	01:50&	01:03&	00:07-	00:03#	
8	Margot Asheim	105	45:25									
01:05-	04:38-	12:43+	16:36+	20:24+	31:35+	34:08+	38:56+	41:40+	44:26+	45:03+	45:25+	
01:05-	03:33+	08:05+	03:53+	03:48-	11:11+	02:33+	04:48+	02:44-	02:46+	00:37-	00:22-	
01:33-	01:05&	02:26&	01:01&	00:06-	06:22@	00:34&	01:29&	00:40-	00:50&	00:22-	00:03-	
9	Tone Hansen	76	46:37									
01:50-	04:46-	10:10-	14:02+	28:38+	34:07+	36:54+	39:52+	43:28+	45:24+	46:12+	46:37+	
01:50-	02:56+	05:24-	03:52+	14:36+	05:29+	02:47+	02:58-	03:36+	01:56=	00:48-	00:25=	
00:48-	00:28#	00:15-	01:00&	10:42@	00:40#	00:48&	00:21-	00:12+	00:00=	00:11-	00:00=	
10	Ruth Grødem	105	47:02									
01:43-	05:09+	12:10+	16:21+	21:41+	28:54+	33:25+	38:32+	42:42+	45:10+	46:37+	47:02+	
01:43-	03:26+	07:01+	04:11+	05:20+	07:13+	04:31+	05:07+	04:10+	02:28+	01:27+	00:25=	
00:55-	00:58&	01:22#	01:19&	01:26&	02:24&	02:32@	01:48&	00:46#	00:32&	00:28&	00:00=	
11	Kirsti Strand Salvesen	256	48:49									
01:50-	05:37+	12:05+	16:50+	21:43+	30:23+	36:40+	40:51+	44:13+	47:15+	48:10+	48:49+	
01:50-	03:47+	06:28+	04:45+	04:53+	08:40+	06:17+	04:11+	03:22-	03:02+	00:55-	00:39+	
00:48-	01:19&	00:49#	01:53&	00:59&	03:51&	04:18@	00:52&	00:02-	01:06&	00:04-	00:14&	
12	Grete Stokke Seljeskog	128	48:51									
01:24-	04:32-	11:18+	15:10+	20:55+	30:06+	33:30+	36:39+	45:24+	47:44+	48:31+	48:51+	
01:24-	03:08+	06:46+	03:52+	05:45+	09:11+	03:24+	03:09-	08:45+	02:20+	00:47-	00:20-	
01:14-	00:40&	01:07#	01:00&	01:51&	04:22&	01:25&	00:10-	05:21@	00:24#	00:12-	00:05-	

Class	Navn	Klasse	Tid								
13	Marianne Steinkopf	5	50:10								
07:04+	09:29+	16:00+	19:27+	22:48+	36:11+	39:31+	43:20+	46:09+	48:30+	49:45+	50:10+
07:04+	02:25-	06:31+	03:27+	03:21-	13:23+	03:20+	03:49+	02:49-	02:21+	01:15+	00:25=
04:26@	00:03-	00:52#	00:35#	00:33-	08:34@	01:21&	00:30#	00:35-	00:25#	00:16&	00:00=
14	Ingrid Marie Torgersen	92	51:20								
02:03-	06:35+	14:11+	19:12+	24:46+	31:43+	36:21+	41:11+	45:53+	49:41+	50:51+	51:20+
02:03-	04:32+	07:36+	05:01+	05:34+	06:57+	04:38+	04:50+	04:42+	03:48+	01:10+	00:29+
00:35-	02:04&	01:57&	02:09&	01:40&	02:08&	02:39@	01:31&	01:18&	01:52&	00:11#	00:04#
15	Irene Møland Torgersen	92	51:23								
02:06-	06:39+	14:20+	19:18+	24:55+	32:02+	36:28+	41:23+	46:00+	49:39+	50:45+	51:23+
02:06-	04:33+	07:41+	04:58+	05:37+	07:07+	04:26+	04:55+	04:37+	03:39+	01:06+	00:38+
00:32-	02:05&	02:02&	02:06&	01:43&	02:18&	02:27@	01:36&	01:13&	01:43&	00:07#	00:13&
16	Marianne Gjesdal Lyngås	92	51:26								
02:07-	06:40+	14:15+	19:14+	25:08+	31:50+	36:25+	41:17+	45:55+	49:35+	50:42+	51:26+
02:07-	04:33+	07:35+	04:59+	05:54+	06:42+	04:35+	04:52+	04:38+	03:40+	01:07+	00:44+
00:31-	02:05&	01:56&	02:07&	02:00&	01:53&	02:36@	01:33&	01:14&	01:44&	00:08#	00:19&
17	Esther Boenheim	268	52:55								
01:37-	05:20+	14:44+	18:32+	24:23+	30:58+	34:59+	39:47+	48:47+	51:23+	52:20+	52:55+
01:37-	03:43+	09:24+	03:48+	05:51+	06:35+	04:01+	04:48+	09:00+	02:36+	00:57-	00:35+
01:01-	01:15&	03:45&	00:56&	01:57&	01:46&	02:02@	01:29&	05:36@	00:40&	00:02-	00:10&
18	Marita Navjord Nicolaysen	71	53:36								
01:36-	04:07-	09:45-	12:41-	22:44+	34:41+	39:20+	43:23+	49:42+	52:33+	53:14+	53:36+
01:36-	02:31+	05:38-	02:56+	10:03+	11:57+	04:39+	04:03+	06:19+	02:51+	00:41-	00:22-
01:02-	00:03+	00:01-	00:04+	06:09@	07:08@	02:40@	00:44#	02:55&	00:55&	00:18-	00:03-
19	Eli Våge	117	53:44								
02:15-	05:31+	12:22+	17:00+	24:47+	34:08+	37:47+	42:40+	49:08+	52:27+	53:21+	53:44+
02:15-	03:16+	06:51+	04:38+	07:47+	09:21+	03:39+	04:53+	06:28+	03:19+	00:54-	00:23-
00:23-	00:48&	01:12#	01:46&	03:53&	04:32&	01:40&	01:34&	03:04&	01:23&	00:05-	00:02-
20	Nina Bækkelund Christiansen	105	55:07								
01:49-	05:08+	10:52+	15:26+	21:22+	29:56+	43:33+	47:25+	50:54+	53:44+	54:36+	55:07+
01:49-	03:19+	05:44+	04:34+	05:56+	18:34+	03:37+	03:52+	03:29+	02:50+	00:52-	00:31+
00:49-	00:51&	00:05+	01:42&	02:02&	13:45@	01:38&	00:33#	00:05+	00:54&	00:07-	00:06#
21	Gunn Vagle	126	55:36								
06:51+	10:42+	18:34+	22:08+	26:57+	36:27+	40:34+	44:33+	47:57+	53:35+	55:09+	55:36+
06:51+	03:51+	07:52+	03:34+	04:49+	09:30+	04:07+	03:59+	03:24=	05:38+	01:34+	00:27+
04:13@	01:23&	02:13&	00:42#	00:55#	04:41&	02:08@	00:40#	00:00=	03:42@	00:35&	00:02+
22	Janne Helen Byberg	71	57:47								
06:28+	09:32+	17:25+	24:39+	32:14+	42:22+	46:01+	49:52+	54:01+	56:28+	57:25+	57:47+
06:28+	03:04+	07:53+	07:14+	07:35+	10:08+	03:39+	03:51+	04:09+	02:27+	00:57-	00:22-
03:50@	00:36#	02:14&	04:22@	03:41&	05:19@	01:40&	00:32#	00:45#	00:31&	00:02-	00:03-
23	Bjørng Engelhard	165	59:14								
01:26-	03:59-	08:44-	12:07-	16:48-	22:46+	28:19+	32:59+	55:16+	57:59+	58:45+	59:14+
01:26-	02:33+	04:45-	03:23+	04:41+	05:58+	05:33+	04:40+	22:17+	02:43+	00:46-	00:29+
01:12-	00:05+	00:54-	00:31#	00:47#	01:09#	03:34@	01:21&	18:53@	00:47&	00:13-	00:04#
24	Elisabeth Sørensen	115	59:14								
09:08+	11:54+	19:27+	26:52+	31:21+	40:22+	47:39+	51:36+	55:17+	57:41+	58:48+	59:14+
09:08+	02:46+	07:33+	07:25+	04:29+	09:01+	07:17+	03:57+	03:41+	02:24+	01:07+	00:26+
06:30@	00:18#	01:54&	04:33@	00:35#	04:12&	05:18@	00:38#	00:17+	00:28#	00:08#	00:01+
25	May Kristin Haaland	47	1:00:04								
01:50-	05:09+	15:48+	23:58+	32:24+	40:51+	45:51+	50:58+	55:02+	57:55+	59:39+	60:04+
01:50-	03:19+	10:39+	08:10+	08:26+	08:27+	05:00+	05:07+	04:04+	02:53+	01:44+	00:25=
00:48-	00:51&	05:00&	05:18@	04:32@	03:38&	03:01@	01:48&	00:40#	00:57&	00:45&	00:00=
26	Anna Maria Klasson	165	1:00:11								
04:03+	07:52+	14:17+	21:28+	34:27+	40:55+	45:07+	48:44+	52:54+	58:53+	59:43+	60:11+
04:03+	03:49+	06:25+	07:11+	12:59+	06:28+	04:12+	03:37+	04:10+	05:59+	00:50-	00:28+
01:25&	01:21&	00:46#	04:19@	09:05@	01:39&	02:13@	00:18+	00:46#	04:03@	00:09-	00:03#
27	Ingunn Fandrem	47	1:00:46								
02:00-	05:32+	12:54+	19:26+	29:21+	42:58+	48:35+	52:55+	56:46+	59:19+	60:17+	60:46+
02:00-	03:32+	07:22+	06:32+	09:55+	13:37+	05:37+	04:20+	03:51+	02:33+	00:58-	00:29+
00:38-	01:04&	01:43&	03:40@	06:01@	08:48@	03:38@	01:01&	00:27#	00:37&	00:01-	00:04#

Class	Navn	Klasse										Tid
28	Solveig Marie Grønning	47										1:00:46
02:03-	05:28+	12:57+	19:28+	29:39+	43:04+	48:41+	52:50+	56:43+	59:21+	60:20+	60:46+	
02:03-	03:25+	07:29+	06:31+	10:11+	13:25+	05:37+	04:09+	03:53+	02:38+	00:59=	00:26+	
00:35-	00:57&	01:50&	03:39@	06:17@	08:36@	03:38@	00:50&	00:29#	00:42&	00:00=	00:01+	
29	Linda Haukås	113										1:01:15
11:21+	14:58+	23:59+	27:50+	33:37+	44:22+	48:16+	52:23+	56:35+	59:41+	60:42+	61:15+	
11:21+	03:37+	09:01+	03:51+	05:47+	10:45+	03:54+	04:07+	04:12+	03:06+	01:01+	00:33+	
08:43@	01:09&	03:22&	00:59&	01:53&	05:56@	01:55&	00:48#	00:48#	01:10&	00:02+	00:08&	
30	Hilde Søndresen	93										1:02:13
02:12-	06:27+	14:21+	22:01+	35:17+	41:25+	46:32+	51:14+	56:44+	60:27+	61:43+	62:13+	
02:12-	04:15+	07:54+	07:40+	13:16+	06:08+	05:07+	04:42+	05:30+	03:43+	01:16+	00:30+	
00:26-	01:47&	02:15&	04:48@	09:22@	01:19&	03:08@	01:23&	02:06&	01:47&	00:17&	00:05#	
31	Inger Synnøve Sjursen	92										1:02:14
02:11-	06:23+	14:20+	21:58+	35:16+	41:23+	46:25+	51:11+	56:42+	60:24+	61:39+	62:14+	
02:11-	04:12+	07:57+	07:38+	13:18+	06:07+	05:02+	04:46+	05:31+	03:42+	01:15+	00:35+	
00:27-	01:44&	02:18&	04:46@	09:24@	01:18&	03:03@	01:27&	02:07&	01:46&	00:16&	00:10&	
32	Gunhild Nordbø	117										1:02:38
01:17-	04:01-	10:19-	14:26+	18:20+	32:21+	35:21+	54:21+	58:50+	61:25+	62:08+	62:38+	
01:17-	02:44+	06:18+	04:07+	03:54=	14:01+	03:00+	19:00+	04:29+	02:35+	00:43-	00:30+	
01:21-	00:16#	00:39#	01:15&	00:00=	09:12@	01:01+	15:41@	01:05&	00:39&	00:16-	00:05#	
33	Unni Byberg Mæstad	92										1:02:52
01:34-	04:48-	12:38+	19:24+	37:28+	43:05+	46:32+	50:50+	55:30+	60:10+	62:27+	62:52+	
01:34-	03:14+	07:50+	06:46+	18:04+	05:37+	03:27+	04:18+	04:40+	04:40+	02:17+	00:25=	
01:04-	00:46&	02:11&	03:54@	14:10@	00:48#	01:28&	00:59&	01:16&	02:44@	01:18@	00:00=	
34	Anette Wolff	113										1:02:55
02:27-	05:29+	11:54+	25:26+	33:36+	44:13+	48:20+	53:00+	58:03+	61:07+	62:20+	62:55+	
02:27-	03:02+	06:25+	13:32+	08:10+	10:37+	04:07+	04:40+	05:03+	03:04+	01:13+	00:35+	
00:11-	00:34#	00:46#	10:40@	04:16@	05:48@	02:08@	01:21&	01:39&	01:08&	00:14#	00:10&	
35	Grethe Ask-Breivik	5										1:03:12
03:10+	05:41+	11:03+	18:46+	24:33+	34:48+	44:49+	48:50+	52:16+	61:27+	62:49+	63:12+	
03:10+	02:31+	05:22-	07:43+	05:47+	10:15+	10:01+	04:01+	03:26+	09:11+	01:22+	00:23-	
00:32#	00:03+	00:17-	04:51@	01:53&	05:26@	08:02@	00:42#	00:02+	07:15@	00:23&	00:02-	
36	Anastasia Ollestad	93										1:04:29
02:42+	05:01-	10:00-	13:05-	33:39+	38:48+	43:33+	46:10+	53:04+	63:03+	64:05+	64:29+	
02:42+	02:19-	04:59-	03:05+	20:34+	05:09+	04:45+	02:37-	06:54+	09:59+	01:02+	00:24-	
00:04+	00:09-	00:40-	00:13+	16:40@	00:20+	02:46@	00:42-	03:30@	08:03@	00:03+	00:01-	
37	Hilde Christine Hoff	221										1:07:35
01:57-	05:34+	14:27+	19:31+	24:32+	38:28+	48:05+	57:45+	62:14+	65:41+	66:48+	67:35+	
01:57-	03:37+	08:53+	05:04+	05:01+	13:56+	09:37+	09:40+	04:29+	03:27+	01:07+	00:47+	
00:41-	01:09&	03:14&	02:12&	01:07&	09:07@	07:38@	06:21@	01:05&	01:31&	00:08#	00:22&	
38	Brit Svihus	92										1:08:12
01:57-	05:20+	25:30+	34:06+	40:32+	49:03+	53:57+	59:02+	63:08+	66:02+	67:46+	68:12+	
01:57-	03:23+	20:10+	08:36+	06:26+	08:31+	04:54+	05:05+	04:06+	02:54+	01:44+	00:26+	
00:41-	00:55&	14:31@	05:44@	02:32&	03:42&	02:55@	01:46&	00:42#	00:58&	00:45&	00:01+	
39	Lise Løv Løhre	39										1:08:57
10:13+	14:10+	22:10+	27:15+	38:09+	49:30+	53:07+	57:32+	62:55+	65:59+	68:18+	68:57+	
10:13+	03:57+	08:00+	05:05+	10:54+	11:21+	03:37+	04:25+	05:23+	03:04+	02:19+	00:39+	
07:35@	01:29&	02:21&	02:13&	07:00@	06:32@	01:38&	01:06&	01:59&	01:08&	01:20@	00:14&	
40	Marit Kløvstad Braut	92										1:09:03
02:57+	07:15+	17:41+	25:35+	33:26+	42:06+	49:30+	56:25+	61:37+	65:25+	68:11+	69:03+	
02:57+	04:18+	10:26+	07:54+	07:51+	08:40+	07:24+	06:55+	05:12+	03:48+	02:46+	00:52+	
00:19#	01:50&	04:47&	05:02@	03:57@	03:51&	05:25@	03:36@	01:48&	01:52&	01:47@	00:27@	
41	Jenny Mazarino	101										1:15:54
01:19-	13:51+	27:52+	39:05+	44:34+	55:29+	62:05+	66:36+	70:51+	74:28+	75:27+	75:54+	
01:19-	12:32+	14:01+	11:13+	05:29+	10:55+	06:36+	04:31+	04:15+	03:37+	00:59=	00:27+	
01:19-	10:04@	08:22@	08:21@	01:35&	06:06@	04:37@	01:12&	00:51#	01:41&	00:00=	00:02+	
42	Randi Wesetvik	116										1:21:06
02:39+	05:59+	19:39+	32:21+	43:40+	58:46+	62:44+	67:28+	74:23+	79:33+	80:27+	81:06+	
02:39+	03:20+	13:40+	12:42+	11:19+	15:06+	03:58+	04:44+	06:55+	05:10+	00:54-	00:39+	
00:01+	00:52&	08:01@	09:50@	07:25@	10:17@	01:59&	01:25&	03:31@	03:14@	00:05-	00:14&	

Class	Navn	Klasse										Tid
43	Siri Goa	63										1:21:11
16:44+	19:37+	38:27+	43:03+	50:03+	62:57+	67:24+	73:13+	76:59+	79:44+	80:44+	81:11+	
16:44+	02:53+	18:50+	04:36+	07:00+	12:54+	04:27+	05:49+	03:46+	02:45+	01:00+	00:27+	
14:06@	00:25#	13:11@	01:44&	03:06&	08:05@	02:28@	02:30&	00:22#	00:49&	00:01+	00:02+	
44	Hazel Grayston	263										1:26:29
03:36+	09:11+	20:42+	25:53+	32:37+	62:37+	68:09+	74:22+	80:12+	84:05+	85:37+	86:29+	
03:36+	05:35+	11:31+	05:11+	06:44+	30:00+	05:32+	06:13+	05:50+	03:53+	01:32+	00:52+	
00:58&	03:07@	05:52@	02:19&	02:50&	25:11@	03:33@	02:54&	02:26&	01:57@	00:33&	00:27@	
45	Sigrund Serigstad	128										1:26:43
01:16-	11:33+	16:43+	20:51+	34:52+	59:36+	63:03+	76:58+	81:47+	85:37+	86:23+	86:43+	
01:16-	10:17+	05:10-	04:08+	14:01+	24:44+	03:27+	13:55+	04:49+	03:50+	00:46-	00:20-	
01:22-	07:49@	00:29-	01:16&	10:07@	19:55@	01:28&	10:36@	01:25&	01:54&	00:13-	00:05-	
46	Priya Chilamkurthi	136										1:39:53
10:00+	14:16+	25:18+	33:55+	50:00+	61:41+	73:53+	80:00+	86:48+	98:13+	99:12+	99:53+	
10:00+	04:16+	11:02+	08:37+	16:05+	11:41+	12:12+	06:07+	06:48+	11:25+	00:59=	00:41+	
07:22@	01:48&	05:23&	05:45@	12:11@	06:52@	10:13@	02:48&	03:24&	09:29@	00:00=	00:16&	
Beste strekktid for klassen												
01:05	02:19	04:45	02:52	03:21	04:13	01:55	02:37	02:38	01:56	00:36	00:20	

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

Herrer 16 - 39 år

1	Svein Magnus Halsne	71										32:45			
00:45=	03:19=	05:51=	08:19=	10:32=	14:50=	15:52=	16:59=	20:48=	23:02=	24:54=	27:09=	28:54=	30:52=	32:13=	32:45=
00:45=	02:34=	02:32=	02:28=	02:13=	04:18=	01:02=	01:07=	03:49=	02:14=	01:52=	02:15=	01:45=	01:58=	01:21=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Andreas Nybak Urdal	118										34:40			
00:47+	04:26+	08:12+	12:00+	14:43+	16:53+	17:49+	19:09+	21:55+	23:56+	26:25+	27:46+	30:10+	32:21+	34:07+	34:40+
00:47+	03:39+	03:46+	03:48+	02:43+	02:10-	00:56-	01:20+	02:46-	02:01-	02:29+	01:21-	02:24+	02:11+	01:46+	00:33+
00:02+	01:05&	01:14&	01:20&	00:30#	02:08-	00:06-	00:13#	01:03-	00:13-	00:37&	00:54-	00:39&	00:13#	00:25&	00:01+
3	Morten Fenne	232										35:05			
00:53+	04:02+	06:33+	09:22+	14:03+	17:00+	18:28+	19:42+	22:28+	24:31+	26:48+	28:21+	30:21+	33:06+	34:35+	35:05+
00:53+	03:09+	02:31-	02:49+	04:41+	02:57-	01:28+	01:14+	02:46-	02:03-	02:17+	01:33-	02:00+	02:45+	01:29+	00:30-
00:08#	00:35#	00:01-	00:21#	02:28@	01:21-	00:26&	00:07#	01:03-	00:11-	00:25#	00:42-	00:15#	00:47&	00:08+	00:02-
4	Andreas Mykkeltveit Terjesen	43										35:51			
00:57+	04:06+	09:16+	12:20+	15:11+	18:31+	19:47+	20:48+	23:43+	26:12+	28:37+	30:05+	31:44+	33:59+	35:19+	35:51+
00:57+	03:09+	05:10+	03:04+	02:51+	03:20-	01:16+	01:01-	02:55-	02:29+	02:25+	01:28-	01:39-	02:15+	01:20-	00:32=
00:12&	00:35#	02:38@	00:36&	00:38&	00:58-	00:14#	00:06-	00:54-	00:15#	00:33&	00:47-	00:06-	00:17#	00:01-	00:00=
5	Svein Kyllingstad	71										37:03			
00:46+	04:07+	07:37+	10:56+	13:45+	16:38+	17:49+	19:00+	23:02+	26:17+	28:37+	30:34+	32:29+	35:14+	36:32+	37:03+
00:46+	03:21+	03:30+	03:19+	02:49+	02:53-	01:11+	01:11+	04:02+	03:15+	02:20+	01:57-	01:55+	02:45+	01:18-	00:31-
00:01+	00:47&	00:58&	00:51&	00:36&	01:25-	00:09#	00:04+	00:13+	01:01&	00:28#	00:18-	00:10+	00:47&	00:03-	00:01-
6	Jørgen Strømstad	50										38:43			
00:55+	03:50+	05:59+	09:01+	11:51+	18:09+	19:13+	20:21+	26:48+	28:51+	30:51+	32:38+	34:21+	36:51+	38:13+	38:43+
00:55+	02:55+	02:09-	03:02+	02:50+	06:18+	01:04+	01:08+	06:27+	02:03-	02:00+	01:47-	01:43-	02:30+	01:22+	00:30-
00:10#	00:21#	00:23-	00:34#	00:37&	02:00&	00:02+	00:01+	02:38&	00:11-	00:08+	00:28-	00:02-	00:32&	00:01+	00:02-
7	Håkon Eggebø	71										42:18			
00:42-	04:10+	06:45+	10:19+	17:20+	20:43+	22:41+	23:58+	27:45+	30:36+	33:12+	35:33+	37:41+	40:02+	41:42+	42:18+
00:42-	03:28+	02:35+	03:34+	07:01+	03:23-	01:58+	01:17+	03:47-	02:51+	02:36+	02:21+	02:08+	02:21+	01:40+	00:36+
00:03-	00:54&	00:03+	01:06&	04:48@	00:55-	00:56&	00:10#	00:02-	00:37&	00:44&	00:06+	00:23#	00:23#	00:19#	00:04#
8	Omund Thu Landstad	305										42:33			
00:40-	04:13+	07:16+	11:45+	14:09+	21:40+	22:58+	25:31+	29:07+	31:20+	33:35+	35:21+	37:28+	40:30+	42:05+	42:33+
00:40-	03:33+	03:03+	04:29+	02:24+	07:31+	01:18+	02:33+	03:36-	02:13-	02:15+	01:46-	02:07+	03:02+	01:35+	00:28-
00:05-	00:59&	00:31#	02:01&	00:11+	03:13&	00:16&	01:26@	00:13-	00:01-	00:23#	00:29-	00:22#	01:04&	00:14#	00:04-
9	Martin Skogland	98										42:42			
01:08+	04:46+	07:54+	11:09+	14:35+	16:42+	17:54+	19:31+	27:18+	30:53+	33:18+	34:48+	37:03+	40:02+	42:00+	42:42+
01:08+	03:38+	03:08+	03:15+	03:26+	02:07-	01:12+	01:37+	07:47+	03:35+	02:25+	01:30-	02:15+	02:59+	01:58+	00:42+
00:23&	01:04&	00:36#	00:47&	01:13&	02:11-	00:10#	00:30&	03:58@	01:21&	00:33&	00:45-	00:30&	01:01&	00:37&	00:10&

Class	Navn	Klasse										Tid			
10	Jonas Bolstad Scheie	62										43:37			
01:28+	05:10+	09:58+	13:20+	16:41+	18:55+	22:22+	24:03+	29:35+	31:45+	34:23+	37:01+	39:24+	41:33+	43:06+	43:37+
01:28+	03:42+	04:48+	03:22+	03:21+	02:14-	03:27+	01:41+	05:32+	02:10-	02:38+	02:38+	02:23+	02:09+	01:33+	00:31-
00:43&	01:08&	02:16&	00:54&	01:08&	02:04-	02:25@	00:34&	01:43&	00:04-	00:46&	00:23#	00:38&	00:11+	00:12#	00:01-
11	Rune Hatle	65										44:23			
00:54+	04:47+	08:14+	11:45+	14:40+	18:17+	20:09+	22:41+	28:52+	31:26+	34:07+	36:16+	38:51+	41:40+	43:47+	44:23+
00:54+	03:53+	03:27+	03:31+	02:55+	03:37-	01:52+	02:32+	06:11+	02:34+	02:41+	02:09-	02:35+	02:49+	02:07+	00:36+
00:09#	01:19&	00:55&	01:03&	00:42&	00:41-	00:50&	01:25@	02:22&	00:20#	00:49&	00:06-	00:50&	00:51&	00:46&	00:04#
12	Bernhard Haver Vagle	126										44:35			
01:27+	04:59+	07:52+	10:49+	15:18+	17:53+	19:12+	21:39+	28:49+	31:20+	33:38+	35:44+	37:43+	42:09+	44:03+	44:35+
01:27+	03:32+	02:53+	02:57+	04:29+	02:35-	01:19+	02:27+	07:10+	02:31+	02:18+	02:06-	01:59+	04:26+	01:54+	00:32=
00:42&	00:58&	00:21#	00:29#	02:16@	01:43-	00:17&	01:20@	03:21&	00:17#	00:26#	00:09-	00:14#	02:28@	00:33&	00:00=
13	Anders Lindas Bringedal	116										44:45			
01:03+	04:56+	09:02+	13:12+	16:34+	23:22+	24:59+	26:47+	30:12+	32:34+	34:57+	36:29+	38:40+	42:14+	44:08+	44:45+
01:03+	03:53+	04:06+	04:10+	03:22+	06:48+	01:37+	01:48+	03:25-	02:22+	02:23+	01:32-	02:11+	03:34+	01:54+	00:37+
00:18&	01:19&	01:34&	01:42&	01:09&	02:30&	00:35&	00:41&	00:24-	00:08+	00:31&	00:43-	00:26#	01:36&	00:33&	00:05#
14	Sondre Aspøy	117										48:12			
01:27+	06:31+	09:30+	12:34+	15:52+	20:58+	23:22+	25:02+	29:03+	32:29+	35:20+	38:26+	41:01+	45:50+	47:34+	48:12+
01:27+	05:04+	02:59+	03:04+	03:18+	05:06+	02:24+	01:40+	04:01+	03:26+	02:51+	03:06+	02:35+	04:49+	01:44+	00:38+
00:42&	02:30&	00:27#	00:36#	01:05&	00:48#	01:22@	00:33&	00:12+	01:12&	00:59&	00:51&	00:50&	02:51@	00:23&	00:06#
15	Asgeir Nærland	88										48:35			
00:51+	04:22+	07:06+	10:36+	13:48+	16:11+	17:16+	18:56+	23:46+	31:31+	37:48+	40:16+	42:15+	46:08+	47:58+	48:35+
00:51+	03:31+	02:44+	03:30+	03:12+	02:23-	01:05+	01:40+	04:50+	07:45+	06:17+	02:28+	01:59+	03:53+	01:50+	00:37+
00:06#	00:57&	00:12+	01:02&	00:59&	01:55-	00:03+	00:33&	01:01&	05:31@	04:25@	00:13+	00:14#	01:55&	00:29&	00:05#
16	Alexander Romanov	3										48:48			
03:11+	06:19+	09:23+	12:22+	15:26+	23:37+	27:23+	28:54+	32:59+	35:22+	37:49+	39:22+	41:35+	46:24+	48:11+	48:48+
03:11+	03:08+	03:04+	02:59+	03:04+	08:11+	03:46+	01:31+	04:05+	02:23+	02:27+	01:33-	02:13+	04:49+	01:47+	00:37+
02:26@	00:34#	00:32#	00:31#	00:51&	03:53&	02:44@	00:24&	00:16+	00:09+	00:35&	00:42-	00:28&	02:51@	00:26&	00:05#
17	Håvard Thomassen Lauritsen	116										49:00			
01:00+	07:07+	09:57+	13:41+	16:48+	24:18+	25:38+	27:33+	33:09+	36:13+	38:51+	41:04+	43:42+	46:19+	48:19+	49:00+
01:00+	06:07+	02:50+	03:44+	03:07+	07:30+	01:20+	01:55+	05:36+	03:04+	02:38+	02:13-	02:38+	02:37+	02:00+	00:41+
00:15&	03:33@	00:18#	01:16&	00:54&	03:12&	00:18&	00:48&	01:47&	00:50&	00:46&	00:02-	00:53&	00:39&	00:39&	00:09&
18	Frode Stangeland	90										51:28			
01:11+	04:37+	08:25+	11:37+	26:45+	28:11+	30:54+	32:03+	35:16+	38:13+	40:52+	42:37+	45:04+	48:55+	50:48+	51:28+
01:11+	03:26+	03:48+	03:12+	15:08+	01:26-	02:43+	01:09+	03:13-	02:57+	02:39+	01:45-	02:27+	03:51+	01:53+	00:40+
00:26&	00:52&	01:16&	00:44&	12:55@	02:52-	01:41@	00:02+	00:36-	00:43&	00:47&	00:30-	00:42&	01:53&	00:32&	00:08#
19	Truls Thorkildsen	39										51:38			
00:45=	06:26+	10:17+	16:40+	19:58+	26:10+	27:45+	29:49+	33:09+	36:07+	39:30+	42:58+	45:52+	49:01+	51:03+	51:38+
00:45=	05:41+	03:51+	06:23+	03:18+	06:12+	01:35+	02:04+	03:20-	02:58+	03:23+	03:28+	02:54+	03:09+	02:02+	00:35+
00:00=	03:07@	01:19&	03:55@	01:05&	01:54&	00:33&	00:57&	00:29-	00:44&	01:31&	01:13&	01:09&	01:11&	00:41&	00:03+
20	Anders Kristensen	304										54:13			
01:16+	06:02+	10:19+	14:38+	18:05+	23:43+	25:39+	27:45+	34:58+	38:27+	41:36+	44:56+	47:52+	51:30+	53:27+	54:13+
01:16+	04:46+	04:17+	04:19+	03:27+	05:38+	01:56+	02:06+	07:13+	03:29+	03:09+	03:20+	02:56+	03:38+	01:57+	00:46+
00:31&	02:12&	01:45&	01:51&	01:14&	01:20&	00:54&	00:59&	03:24&	01:15&	01:17&	01:05&	01:11&	01:40&	00:36&	00:14&
21	Tor Gunnar Osen	116										55:45			
03:00+	06:55+	17:58+	21:27+	24:43+	28:59+	33:37+	35:04+	39:30+	42:05+	44:50+	47:04+	49:33+	53:13+	55:06+	55:45+
03:00+	03:55+	11:03+	03:29+	03:16+	04:16-	04:38+	01:27+	04:26+	02:35+	02:45+	02:14-	02:29+	03:40+	01:53+	00:39+
02:15@	01:21&	08:31@	01:01&	01:03&	00:02-	03:36@	00:20&	00:37#	00:21#	00:53&	00:01-	00:44&	01:42&	00:32&	00:07#
22	Vegard Hausken	80										1:03:17			
01:05+	07:06+	09:38+	13:12+	16:29+	29:00+	34:44+	36:10+	44:30+	47:31+	50:09+	55:12+	57:33+	60:18+	62:39+	63:17+
01:05+	06:01+	02:32=	03:34+	03:17+	12:31+	05:44+	01:26+	08:20+	03:01+	02:38+	05:03+	02:21+	02:45+	02:21+	00:38+
00:20&	03:27@	00:00=	01:06&	01:04&	08:13@	04:42@	00:19&	04:31@	00:47&	00:46&	02:48@	00:36&	00:47&	01:00&	00:06#
23	Arthur Fayemdy	350										1:03:59			
01:18+	07:45+	11:52+	16:05+	23:34+	29:44+	32:22+	33:49+	42:01+	46:28+	49:50+	54:28+	56:55+	60:22+	63:18+	63:59+
01:18+	06:27+	04:07+	04:13+	07:29+	06:10+	02:38+	01:27+	08:12+	04:27+	03:22+	04:38+	02:27+	03:27+	02:56+	00:41+
00:33&	03:53@	01:35&	01:45&	05:16@	01:52&	01:36@	00:20&	04:23@	02:13&	01:30&	02:23@	00:42&	01:29&	01:35@	00:09&
24	Arve Friestad	100										1:12:29			
02:18+	09:09+	15:14+	19:46+	38:19+	50:51+	51:59+	53:08+	56:21+	59:22+	62:03+	63:54+	66:09+	69:48+	71:49+	72:29+
02:18+	06:51+	06:05+	04:32+	18:33+	12:32+	01:08+	01:09+	03:13-	03:01+	02:41+	01:51-	02:15+	03:39+	02:01+	00:40+
01:33@	04:17@	03:33@	02:04&	16:20@	08:14@	00:06+	00:02+	00:36-	00:47&	00:49&	00:24-	00:30&	01:41&	00:40&	00:08#

Class	Navn	Klasse	Tid
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25	Jørgen Fremstad	239	2:46:59												
03:15+	32:47+	36:59+	54:32+	81:32+	88:47+	100:43+	105:23+	109:45+	115:31+	134:03+	152:37+	156:17+	160:41+	166:10+	166:59+
03:15+	29:32+	04:12+	17:33+	27:00+	07:15+	11:56+	04:40+	04:22+	05:46+	18:32+	18:34+	03:40+	04:24+	05:29+	00:49+
02:30@	26:58@	01:40&	15:05@	24:47@	02:57&	10:54@	03:33@	00:33#	03:32@	16:40@	16:19@	01:55@	02:26@	04:08@	00:17&

Beste strekktid for klassen

00:40	02:34	02:09	02:28	02:13	01:26	00:56	01:01	02:46	02:01	01:52	01:21	01:39	01:58	01:18	00:28
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer 40 - 49 år

1	Trondr Breiland	53	37:07												
00:49=	04:28=	08:04=	11:03=	14:20=	17:06=	18:28=	19:48=	22:54=	25:28=	27:45=	29:17=	31:28=	33:47=	36:36=	37:07=
00:49=	03:39=	03:36=	02:59=	03:17=	02:46=	01:22=	01:20=	03:06=	02:34=	02:17=	01:32=	02:11=	02:19=	02:49=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Magne Habbestad	111	37:36												
00:48-	04:12-	06:47-	10:10-	12:53-	14:57-	16:07-	17:38-	21:22-	24:50-	27:27-	30:02+	32:18+	35:00+	36:59+	37:36+
00:48-	03:24-	02:35-	03:23+	02:43-	02:04-	01:10-	01:31+	03:44+	03:28+	02:37+	02:35+	02:16+	02:42+	01:59-	00:37+
00:01-	00:15-	00:01-	00:24#	00:34-	00:42-	00:12-	00:11#	00:38#	00:54&	00:20#	01:03&	00:05+	00:23#	00:50-	00:06#

3	Rune Dahl Fitjar	53	38:28												
00:58+	04:49+	07:48-	10:59-	14:02-	17:48+	18:58+	20:26+	23:12+	25:33+	29:58+	31:38+	33:51+	36:29+	37:56+	38:28+
00:58+	03:51+	02:59-	03:11+	03:03-	03:46+	01:10-	01:28+	02:46-	02:21-	04:25+	01:40+	02:13+	02:38+	01:27-	00:32+
00:09#	00:12+	00:37-	00:12+	00:14-	01:00&	00:12-	00:08#	00:20-	00:13-	02:08&	00:08+	00:02+	00:19#	01:22-	00:01+

4	Trond Sigurd Fotland	66	40:40												
00:50+	04:02-	07:22-	10:41-	15:52+	18:11+	21:25+	22:31+	26:46+	30:10+	32:31+	34:16+	36:27+	38:31+	40:05+	40:40+
00:50+	03:12-	03:20-	03:19+	05:11+	02:19-	03:14+	01:06-	04:15+	03:24+	02:21+	01:45+	02:11=	02:04-	01:34-	00:35+
00:01+	00:27-	00:16-	00:20#	01:54&	00:27-	01:52@	00:14-	01:09&	00:50&	00:04+	00:13#	00:00=	00:15-	01:15-	00:04#

5	Jan-Kenneth Polle	83	41:04												
00:54+	04:26-	07:31-	11:11+	14:45+	18:07+	19:21+	20:45+	24:58+	27:29+	29:59+	33:25+	36:25+	38:52+	40:25+	41:04+
00:54+	03:32-	03:05-	03:40+	03:34+	03:22+	01:14-	01:24+	04:13+	02:31-	02:30+	03:26+	03:00+	02:27+	01:33-	00:39+
00:05#	00:07-	00:31-	00:41#	00:17+	00:36#	00:08-	00:04+	01:07&	00:03-	00:13+	01:54@	00:49&	00:08+	01:16-	00:08&

6	Thomas Johansen	111	41:07												
00:53+	04:13-	09:50+	15:37+	18:05+	20:10+	21:52+	24:06+	27:49+	30:11+	32:26+	34:04+	36:06+	38:38+	40:31+	41:07+
00:53+	03:20-	05:37+	05:47+	02:28-	02:05-	01:42+	02:14+	03:43+	02:22-	02:15-	01:38+	02:02-	02:32+	01:53-	00:36+
00:04+	00:19-	02:01&	02:48&	00:49-	00:41-	00:20#	00:54&	00:37#	00:12-	00:02-	00:06+	00:09-	00:13+	00:56-	00:05#

7	Ole-Tobias Frich	116	41:46												
01:54+	05:17+	08:23+	12:04+	15:00+	17:06=	21:57+	23:14+	26:14+	28:54+	31:30+	34:01+	36:26+	39:09+	41:06+	41:46+
01:54+	03:23-	03:06-	03:41+	02:56-	02:06-	04:51+	01:17-	03:00-	02:40+	02:36+	02:31+	02:25+	02:43+	01:57-	00:40+
01:05@	00:16-	00:30-	00:42#	00:21-	00:40-	03:29@	00:03-	00:06-	00:06+	00:19#	00:59&	00:14#	00:24#	00:52-	00:09&

8	Svend Vihovde	116	42:03												
01:02+	05:25+	09:02+	13:13+	16:21+	18:40+	19:57+	21:29+	24:43+	27:25+	30:14+	33:17+	36:14+	39:13+	41:11+	42:03+
01:02+	04:23+	03:37+	04:11+	03:08-	02:19-	01:17-	01:32+	03:14+	02:42+	02:49+	03:03+	02:57+	02:59+	01:58-	00:52+
00:13&	00:44#	00:01+	01:12&	00:09-	00:27-	00:05-	00:12#	00:08+	00:08+	00:32#	01:31&	00:46&	00:40&	00:51-	00:21&

9	Christian Ask	180	45:20												
01:04+	05:06+	09:40+	13:18+	15:54+	19:02+	22:54+	24:23+	29:04+	31:56+	34:32+	36:29+	39:04+	42:57+	44:42+	45:20+
01:04+	04:02+	04:34+	03:38+	02:36-	03:08+	03:52+	01:29+	04:41+	02:52+	02:36+	01:57+	02:35+	03:53+	01:45-	00:38+
00:15&	00:23#	00:58&	00:39#	00:41-	00:22#	02:30@	00:09#	01:35&	00:18#	00:19#	00:25&	00:24#	01:34&	01:04-	00:07#

10	Frode Ungar	116	46:03												
01:03+	04:43+	09:35+	14:10+	17:58+	20:36+	21:49+	23:28+	28:40+	33:14+	35:56+	37:48+	40:29+	43:24+	45:20+	46:03+
01:03+	03:40+	04:52+	04:35+	03:48+	02:38-	01:13-	01:39+	05:12+	04:34+	02:42+	01:52+	02:41+	02:55+	01:56-	00:43+
00:14&	00:01+	01:16&	01:36&	00:31#	00:08-	00:09-	00:19#	02:06&	02:00&	00:25#	00:20#	00:30#	00:36&	00:53-	00:12&

11	Rolf André Svellingen	268	47:33												
00:56+	05:07+	08:34+	15:59+	22:32+	24:49+	25:55+	27:12+	30:21+	32:57+	35:38+	37:42+	40:19+	45:00+	46:46+	47:33+
00:56+	04:11+	03:27-	07:25+	06:33+	02:17-	01:06-	01:17-	03:09+	02:36+	02:41+	02:04+	02:37+	04:41+	01:46-	00:47+
00:07#	00:32#	00:09-	04:26@	03:16&	00:29-	00:16-	00:03-	00:03+	00:02+	00:24#	00:32&	00:26#	02:22@	01:03-	00:16&

12	Cedric Fayemendy	116	52:16												
04:45+	08:47+	12:59+	19:40+	23:00+	28:12+	30:21+	31:55+	35:10+	37:30+	40:14+	42:51+	46:08+	49:57+	51:42+	52:16+
04:45+	04:02+	04:12+	06:41+	03:20+	05:12+	02:09+	01:34+	03:15+	02:20-	02:44+	02:37+	03:17+	03:49+	01:45-	00:34+
03:56@	00:23#	00:36#	03:42@	00:03+	02:26&	00:47&	00:14#	00:09+	00:14-	00:27#	01:05&	01:06&	01:30&	01:04-	00:03+

Class	Navn	Klasse										Tid				
13	Gunnar Thorset	117										52:31				
01:20+	05:56+	10:38+	14:35+	18:28+	27:32+	31:03+	32:49+	36:03+	38:53+	42:05+	44:13+	47:00+	49:53+	51:43+	52:31+	
01:20+	04:36+	04:42+	03:57+	03:53+	09:04+	03:31+	01:46+	03:14+	02:50+	03:12+	02:08+	02:47+	02:53+	01:50-	00:48+	
00:31&	00:57&	01:06&	00:58&	00:36#	06:18@	02:09@	00:26&	00:08+	00:16#	00:55&	00:36&	00:36&	00:34#	00:59-	00:17&	
14	André Sirevåg	116										54:26				
01:19+	05:57+	10:26+	15:28+	18:45+	25:44+	27:20+	29:27+	36:17+	39:42+	42:48+	45:10+	48:38+	51:43+	53:52+	54:26+	
01:19+	04:38+	04:29+	05:02+	03:17=	06:59+	01:36+	02:07+	06:50+	03:25+	03:06+	02:22+	03:28+	03:05+	02:09-	00:34+	
00:30&	00:59&	00:53#	02:03&	00:00=	04:13@	00:14#	00:47&	03:44@	00:51&	00:49&	00:50&	01:17&	00:46&	00:40-	00:03+	
15	Jean-Sebastien Dorne	42										55:18				
01:20+	05:49+	09:38+	12:48+	15:57+	26:33+	27:58+	29:38+	34:59+	38:33+	41:25+	45:30+	49:04+	52:21+	54:33+	55:18+	
01:20+	04:29+	03:49+	03:10+	03:09-	10:36+	01:25+	01:40+	05:21+	03:34+	02:52+	04:05+	03:34+	03:17+	02:12-	00:45+	
00:31&	00:50#	00:13+	00:11+	00:08-	07:50@	00:03+	00:20#	02:15&	01:00&	00:35&	02:33@	01:23&	00:58&	00:37-	00:14&	
16	Bjørn Kristian Røyland	43										55:37				
01:03+	07:06+	10:25+	14:13+	17:18+	19:50+	21:09+	24:17+	35:29+	38:43+	41:30+	46:28+	49:28+	53:03+	54:59+	55:37+	
01:03+	06:03+	03:19-	03:48+	03:05-	02:32-	01:19-	03:08+	11:12+	03:14+	02:47+	04:58+	03:00+	03:35+	01:56-	00:38+	
00:14&	02:24&	00:17-	00:49&	00:12-	00:14-	00:03-	01:48@	08:06@	00:40&	00:30#	03:26@	00:49&	01:16&	00:53-	00:07#	
17	Oddgeir Nevland	51										55:45				
01:08+	09:47+	13:13+	16:59+	20:39+	26:43+	28:42+	31:51+	37:50+	42:14+	45:08+	47:38+	50:15+	53:05+	55:04+	55:45+	
01:08+	08:39+	03:26-	03:46+	03:40+	06:04+	01:59+	03:09+	05:59+	04:24+	02:54+	02:30+	02:37+	02:50+	01:59-	00:41+	
00:19&	05:00@	00:10-	00:47&	00:23#	03:18@	00:37&	01:49@	02:53&	01:50&	00:37&	00:58&	00:26#	00:31#	00:50-	00:10&	
18	Thomas Chruickshank	48										56:51				
06:28+	10:57+	13:39+	16:31+	22:15+	26:23+	27:44+	29:45+	35:48+	38:27+	41:24+	45:52+	48:55+	52:07+	56:22+	56:51+	
06:28+	04:29+	02:42-	02:52-	05:44+	04:08+	01:21-	02:01+	06:03+	02:39+	02:57+	04:28+	03:03+	03:12+	04:15+	00:29-	
05:39@	00:50#	00:54-	00:07-	02:27&	01:22&	00:01-	00:41&	02:57&	00:05+	00:40&	02:56@	00:52&	00:53&	01:26&	00:02-	
19	Knut Husdal	93										57:48				
01:18+	06:44+	11:18+	15:23+	18:53+	23:29+	26:00+	28:16+	33:05+	36:10+	39:25+	42:10+	45:13+	53:56+	57:01+	57:48+	
01:18+	05:26+	04:34+	04:05+	03:30+	04:36+	02:31+	02:16+	04:49+	03:05+	03:15+	02:45+	03:03+	08:43+	03:05+	00:47+	
00:29&	01:47&	00:58&	01:06&	00:13+	01:50&	01:09&	00:56&	01:43&	00:31#	00:58&	01:13&	00:52&	06:24@	00:16+	00:16&	
20	Terje Undheim	54										1:04:40				
01:06+	06:14+	09:14+	14:18+	23:41+	29:40+	31:40+	34:08+	45:23+	48:43+	51:48+	55:23+	57:35+	61:18+	64:00+	64:40+	
01:06+	05:08+	03:00-	05:04+	09:23+	05:59+	02:00+	02:28+	11:15+	03:20+	03:05+	03:35+	02:12+	03:43+	02:42-	00:40+	
00:17&	01:29&	00:36-	02:05&	06:06@	03:13@	00:38&	01:08&	08:09@	00:46&	00:48&	02:03@	00:01+	01:24&	00:07-	00:09&	
21	Jean-Michel Maurice	42										1:11:43				
15:19+	20:16+	24:47+	30:25+	35:35+	42:13+	46:56+	49:22+	54:05+	57:22+	60:01+	62:22+	64:40+	68:59+	70:56+	71:43+	
15:19+	04:57+	04:31+	05:38+	05:10+	06:38+	04:43+	02:26+	04:43+	03:17+	02:39+	02:21+	02:18+	04:19+	01:57-	00:47+	
14:30@	01:18&	00:55&	02:39&	01:53&	03:52@	03:21@	01:06&	01:37&	00:43&	00:22#	00:49&	00:07+	02:00&	00:52-	00:16&	
22	Frode Dyrliid	116										1:29:09				
02:12+	07:54+	12:48+	17:57+	25:26+	29:42+	32:12+	35:06+	44:42+	56:31+	61:17+	67:48+	72:13+	81:03+	86:37+	89:09+	
02:12+	05:42+	04:54+	05:09+	07:29+	04:16+	02:30+	02:54+	09:36+	11:49+	04:46+	06:31+	04:25+	08:50+	05:34+	02:32+	
01:23@	02:03&	01:18&	02:10&	04:12@	01:30&	01:08&	01:34@	06:30@	09:15@	02:29@	04:59@	02:14@	06:31@	02:45&	02:01@	
23	Francois-Marie Duchesne	42										1:42:32				
02:46+	10:44+	16:21+	21:11+	27:42+	33:16+	54:38+	58:02+	68:36+	73:31+	79:00+	83:13+	86:44+	96:43+	101:34+	102:32+	
02:46+	07:58+	05:37+	04:50+	06:31+	05:34+	21:22+	03:24+	10:34+	04:55+	05:29+	04:13+	03:31+	09:59+	04:51+	00:58+	
01:57@	04:19@	02:01&	01:51&	03:14&	02:48@	20:00@	02:04@	07:28@	02:21&	03:12@	02:41@	01:20&	07:40@	02:02&	00:27&	
Beste strekktid for klassen																
00:48	03:12	02:35	02:52	02:28	02:04	01:06	01:06	02:46	02:20	02:15	01:32	02:02	02:04	01:27	00:29	

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

Herrer 50 - 59 år

1	Anders Glenne	7										33:00				
01:44=	05:56=	09:26=	10:58=	14:09=	16:37=	18:05=	21:09=	24:00=	26:43=	29:23=	31:38=	32:24=	33:00=	33:00=	33:00=	
01:44=	04:12=	03:30=	01:32=	03:11=	02:28=	01:28=	03:04=	02:51=	02:43=	02:40=	02:15=	00:46=	00:36=	00:36=	00:36=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Arnfinn Rømuld	116										33:57				
01:55+	06:45+	08:17-	10:04-	12:57-	15:40-	17:14-	20:37-	23:47-	27:45+	30:10+	32:44+	33:25+	33:57+	33:57+	33:57+	
01:55+	04:50+	01:32-	01:47+	02:53-	02:43+	01:34+	03:23+	03:10+	03:58+	02:25-	02:34+	00:41-	00:32-	00:32-	00:32-	
00:11#	00:38#	01:58-	00:15#	00:18-	00:15#	00:06+	00:19#	00:19#	01:15&	00:15-	00:19#	00:05-	00:04-	00:04-	00:04-	

Class	Navn	Klasse										Tid	
3	Per Ingar Hadland	7										34:47	
02:03+	07:29+	08:55-	11:11+	14:05-	16:43+	18:22+	21:38+	24:54+	27:46+	30:48+	33:40+	34:10+	34:47+
02:03+	05:26+	01:26-	02:16+	02:54-	02:38+	01:39+	03:16+	03:16+	02:52+	03:02+	02:52+	00:30-	00:37+
00:19#	01:14&	02:04-	00:44&	00:17-	00:10+	00:11#	00:12+	00:25#	00:09+	00:22#	00:37&	00:16-	00:01+
4	Lars Primstad	62										35:04	
01:39-	06:35+	08:35-	10:05-	13:16-	15:43-	17:13-	20:08-	23:13-	25:44-	28:05-	32:23+	34:38+	35:04+
01:39-	04:56+	02:00-	01:30-	03:11=	02:27-	01:30+	02:55-	03:05+	02:31-	02:21-	04:18+	02:15+	00:26-
00:05-	00:44#	01:30-	00:02-	00:00=	00:01-	00:02+	00:09-	00:14+	00:12-	00:19-	02:03&	01:29@	00:10-
5	Lars Bergersen	116										37:06	
02:08+	07:14+	09:09-	11:07+	14:59+	17:47+	19:21+	23:59+	27:24+	30:13+	32:46+	35:32+	36:27+	37:06+
02:08+	05:06+	01:55-	01:58+	03:52+	02:48+	01:34+	04:38+	03:25+	02:49+	02:33-	02:46+	00:55+	00:39+
00:24#	00:54#	01:35-	00:26&	00:41#	00:20#	00:06+	01:34&	00:34#	00:06+	00:07-	00:31#	00:09#	00:03+
6	Magnar Møller	62										37:20	
03:26+	09:19+	10:44+	12:46+	15:53+	18:42+	20:21+	23:58+	27:15+	29:58+	33:29+	36:07+	36:40+	37:20+
03:26+	05:53+	01:25-	02:02+	03:07-	02:49+	01:39+	03:37+	03:17+	02:43=	03:31+	02:38+	00:33-	00:40+
01:42&	01:41&	02:05-	00:30&	00:04-	00:21#	00:11#	00:33#	00:26#	00:00=	00:51&	00:23#	00:13-	00:04#
7	Kjell Seland	236										37:47	
02:39+	08:13+	10:13+	12:09+	15:22+	18:46+	20:13+	23:30+	27:53+	30:54+	33:51+	36:25+	36:56+	37:47+
02:39+	05:34+	02:00-	01:56+	03:13+	03:24+	01:27-	03:17+	04:23+	03:01+	02:57+	02:34+	00:31-	00:51+
00:55&	01:22&	01:30-	00:24&	00:02+	00:56&	00:01-	00:13+	01:32&	00:18#	00:17#	00:19#	00:15-	00:15&
8	Lars Dymbe	116										38:21	
02:07+	07:19+	08:56-	10:46-	14:05-	16:56+	18:34+	22:16+	25:25+	28:16+	32:44+	36:13+	37:32+	38:21+
02:07+	05:12+	01:37-	01:50+	03:19+	02:38+	01:38+	03:42+	03:09+	02:51+	04:28+	03:29+	01:19+	00:49+
00:23#	01:00#	01:53-	00:18#	00:08+	00:23#	00:10#	00:38#	00:18#	00:08+	01:48&	01:14&	00:33&	00:13&
9	Arjen Leendertse	91										39:05	
01:45+	06:14+	09:46+	11:23+	14:49+	17:27+	18:58+	24:09+	28:19+	31:11+	34:43+	37:57+	38:29+	39:05+
01:45+	04:29+	03:32+	01:37+	03:26+	02:38+	01:31+	05:11+	04:10+	02:52+	03:32+	03:14+	00:32-	00:36=
00:01+	00:17+	00:02+	00:05+	00:15+	00:10+	00:03+	02:07&	01:19&	00:09+	00:52&	00:59&	00:14-	00:00=
10	Håvard Håland	66										39:15	
02:59+	07:52+	10:05+	11:47+	16:23+	19:06+	20:54+	24:15+	28:55+	31:45+	34:51+	37:50+	38:29+	39:15+
02:59+	04:53+	02:13-	01:42+	04:36+	02:43+	01:48+	03:21+	04:40+	02:50+	03:06+	02:59+	00:39-	00:46+
01:15&	00:41#	01:17-	00:10#	01:25&	00:15#	00:20#	00:17+	01:49&	00:07+	00:26#	00:44&	00:07-	00:10&
11	Per Ivar Hovstad	116										39:20	
02:37+	07:18+	10:57+	12:52+	17:10+	19:54+	21:31+	24:50+	28:38+	31:58+	35:19+	38:00+	38:36+	39:20+
02:37+	04:41+	03:39+	01:55+	04:18+	02:44+	01:37+	03:19+	03:48+	03:20+	03:21+	02:41+	00:36-	00:44+
00:53&	00:29#	00:09+	00:23#	01:07&	00:16#	00:09#	00:15+	00:57&	00:37#	00:41&	00:26#	00:10-	00:08#
12	Frank Hansen	29										39:20	
01:42-	06:38+	08:20-	13:43+	16:41+	20:13+	21:51+	25:00+	28:37+	32:07+	35:21+	38:02+	38:40+	39:20+
01:42-	04:56+	01:42-	05:23+	02:58-	03:32+	01:38+	03:09+	03:37+	03:30+	03:14+	02:41+	00:38-	00:40+
00:02-	00:44#	01:48-	03:51@	00:13-	01:04&	00:10#	00:05+	00:46&	00:47&	00:34#	00:26#	00:08-	00:04#
13	Arne Magne Sondresen	92										39:38	
05:21+	10:12+	11:41+	13:37+	16:38+	19:58+	21:35+	25:02+	28:42+	31:25+	35:33+	38:27+	38:59+	39:38+
05:21+	04:51+	01:29-	01:56+	03:01-	03:20+	01:37+	03:27+	03:40+	02:43=	04:08+	02:54+	00:32-	00:39+
03:37@	00:39#	02:01-	00:24&	00:10-	00:52&	00:09#	00:23#	00:49&	00:00=	01:28&	00:39&	00:14-	00:03+
14	Dag Arnesen	116										39:40	
04:35+	08:50+	11:09+	12:57+	16:50+	20:39+	22:40+	26:51+	29:50+	32:31+	35:54+	38:12+	38:54+	39:40+
04:35+	04:15+	02:19-	01:48+	03:53+	03:49+	02:01+	04:11+	02:59+	02:41-	03:23+	02:18+	00:42-	00:46+
02:51@	00:03+	01:11-	00:16#	00:42#	01:21&	00:33&	01:07&	00:08+	00:02-	00:43&	00:03+	00:04-	00:10&
15	Harald Taksdal	236										40:44	
02:30+	08:33+	10:04+	12:56+	16:28+	19:53+	21:53+	25:44+	29:29+	32:25+	35:35+	39:05+	39:50+	40:44+
02:30+	06:03+	01:31-	02:52+	03:32+	03:25+	02:00+	03:51+	03:45+	02:56+	03:10+	03:30+	00:45-	00:54+
00:46&	01:51&	01:59-	01:20&	00:21#	00:57&	00:32&	00:47&	00:54&	00:13+	00:30#	01:15&	00:01-	00:18&
16	Geir Haugvaldstad	116										40:57	
04:02+	10:14+	12:26+	14:16+	17:07+	20:06+	22:16+	27:52+	31:39+	34:22+	37:25+	39:43+	40:18+	40:57+
04:02+	06:12+	02:12-	01:50+	02:51-	02:59+	02:10+	05:36+	03:47+	02:43=	03:03+	02:18+	00:35-	00:39+
02:18@	02:00&	01:18-	00:18#	00:20-	00:31#	00:42&	02:32&	00:56&	00:00=	00:23#	00:03+	00:11-	00:03+
17	Tor Brekken	97										41:29	
01:52+	06:51+	08:48-	10:32-	14:09=	16:52+	18:58+	27:54+	31:03+	34:08+	37:07+	40:14+	40:50+	41:29+
01:52+	04:59+	01:57-	01:44+	03:37+	02:43+	02:06+	08:56+	03:09+	03:05+	02:59+	03:07+	00:36-	00:39+
00:08+	00:47#	01:33-	00:12#	00:26#	00:15#	00:38&	05:52@	00:18#	00:22#	00:19#	00:52&	00:10-	00:03+

Class	Navn	Klasse										Tid
18	Trygve Michaelsen	117										43:04
01:34-	08:16+	09:53+	11:56+	16:07+	18:44+	20:35+	27:26+	35:28+	37:51+	41:46+	42:25+	43:04+
01:34-	06:42+	01:37-	02:03+	04:11+	02:37+	01:51+	06:51+	05:00+	03:02+	02:23-	03:55+	00:39-
00:10-	02:30&	01:53-	00:31&	01:00&	00:09+	00:23&	03:47@	02:09&	00:19#	00:17-	01:40&	00:07-
19	Jone Kalheim	93										43:37
03:16+	08:09+	10:36+	12:25+	15:43+	20:50+	22:08+	25:37+	30:47+	35:47+	40:03+	42:23+	43:03+
03:16+	04:53+	02:27-	01:49+	03:18+	05:07+	01:18-	03:29+	05:10+	05:00+	04:16+	02:20+	00:40-
01:32&	00:41#	01:03-	00:17#	00:07+	02:39@	00:10-	00:25#	02:19&	02:17&	01:36&	00:05+	00:06-
20	Stein Arve Finnstad	287										44:08
02:51+	08:02+	11:42+	14:11+	17:18+	21:38+	24:01+	27:28+	32:32+	35:53+	39:38+	43:00+	43:30+
02:51+	05:11+	03:40+	02:29+	03:07-	04:20+	02:23+	03:27+	05:04+	03:21+	03:45+	03:22+	00:30-
01:07&	00:59#	00:10+	00:57&	00:04-	01:52&	00:55&	00:23#	02:13&	00:38#	01:05&	01:07&	00:16-
21	Øystein Fuglestad	46										44:46
03:57+	09:43+	11:11+	13:13+	17:02+	19:30+	21:18+	25:01+	32:05+	35:23+	39:44+	42:23+	44:01+
03:57+	05:46+	01:28-	02:02+	03:49+	02:28=	01:48+	03:43+	07:04+	03:18+	04:21+	02:39+	01:38+
02:13@	01:34&	02:02-	00:30&	00:38#	00:00=	00:20#	00:39#	04:13@	00:35#	01:41&	00:24#	00:52@
22	Ove Mæstad	67										44:52
03:20+	08:46+	11:37+	13:35+	17:17+	22:24+	24:24+	28:59+	33:05+	36:22+	39:59+	43:17+	44:09+
03:20+	05:26+	02:51-	01:58+	03:42+	05:07+	02:00+	04:35+	04:06+	03:17+	03:37+	03:18+	00:52+
01:36&	01:14&	00:39-	00:26&	00:31#	02:39@	00:32&	01:31&	01:15&	00:34#	00:57&	01:03&	00:06#
23	Arne Hetlelid	98										44:59
02:24+	07:57+	11:32+	14:12+	17:43+	20:56+	22:49+	31:04+	35:00+	38:09+	40:51+	43:32+	44:10+
02:24+	05:33+	03:35+	02:40+	03:31+	03:13+	01:53+	08:15+	03:56+	03:09+	02:42+	02:41+	00:38-
00:40&	01:21&	00:05+	01:08&	00:20#	00:45&	00:25&	05:11@	01:05&	00:26#	00:02+	00:26#	00:08-
24	Sveinung Rosenvinge	116										45:34
02:18+	09:21+	12:48+	15:03+	18:54+	21:47+	23:53+	30:26+	34:41+	37:57+	40:44+	44:04+	44:52+
02:18+	07:03+	03:27-	02:15+	03:51+	02:53+	02:06+	06:33+	04:15+	03:16+	02:47+	03:20+	00:48+
00:34&	02:51&	00:03-	00:43&	00:40#	00:25#	00:38&	03:29@	01:24&	00:33#	00:07+	01:05&	00:02+
25	Asbjørn Brårdland	297										45:34
02:20+	09:28+	11:32+	13:32+	16:46+	21:36+	23:16+	26:43+	34:30+	38:58+	41:55+	44:19+	44:56+
02:20+	07:08+	02:04-	02:00+	03:14+	04:50+	01:40+	03:27+	07:47+	04:28+	02:57+	02:24+	00:37-
00:36&	02:56&	01:26-	00:28&	00:03+	02:22&	00:12#	00:23#	04:56@	01:45&	00:17#	00:09+	00:09-
26	Kjetil Heradstveit	76										46:09
02:53+	07:51+	09:55+	15:50+	21:30+	24:51+	26:50+	30:15+	34:24+	37:34+	41:37+	44:37+	45:29+
02:53+	04:58+	02:04-	05:55+	05:40+	03:21+	01:59+	03:25+	04:09+	03:10+	04:03+	03:00+	00:52+
01:09&	00:46#	01:26-	04:23@	02:29&	00:53&	00:31&	00:21#	01:18&	00:27#	01:23&	00:45&	00:06#
27	Oddvar Dirdal Jonassen	66										46:41
02:59+	09:44+	11:35+	13:56+	19:01+	21:48+	24:00+	30:43+	34:36+	38:08+	42:12+	45:24+	46:05+
02:59+	06:45+	01:51-	02:21+	05:05+	02:47+	02:12+	06:43+	03:53+	03:32+	04:04+	03:12+	00:41-
01:15&	02:33&	01:39-	00:49&	01:54&	00:19#	00:44&	03:39@	01:02&	00:49&	01:24&	00:57&	00:05-
28	Torbjørn Salthe	125										46:48
04:06+	11:14+	14:07+	16:07+	20:17+	24:57+	26:50+	30:25+	35:05+	38:19+	41:27+	45:29+	46:08+
04:06+	07:08+	02:53-	02:00+	04:10+	04:40+	01:53+	03:35+	04:40+	03:14+	03:08+	04:02+	00:39-
02:22@	02:56&	00:37-	00:28&	00:59&	02:12&	00:25&	00:31#	01:49&	00:31#	00:28#	01:47&	00:07-
29	Kjell Ove Aksland	27										46:48
02:29+	08:08+	11:37+	17:23+	20:49+	23:49+	25:34+	29:48+	34:05+	37:35+	40:28+	43:34+	46:07+
02:29+	05:39+	03:29-	05:46+	03:26+	03:00+	01:45+	04:14+	04:17+	03:30+	02:53+	03:06+	02:33+
00:45&	01:27&	00:01-	04:14@	00:15+	00:32#	00:17#	01:10&	01:26&	00:47&	00:13+	00:51&	01:47@
30	Arne Øvstebø	71										47:51
01:48+	07:07+	08:39-	12:29+	15:16+	18:16+	19:55+	25:42+	34:42+	37:50+	43:45+	46:33+	47:14+
01:48+	05:19+	01:32-	03:50+	02:47-	03:00+	01:39+	05:47+	09:00+	03:08+	05:55+	02:48+	00:41-
00:04+	01:07&	01:58-	02:18@	00:24-	00:32#	00:11#	02:43&	06:09@	00:25#	03:15@	00:33#	00:05-
31	John C. Sinnes	93										48:24
06:27+	12:17+	15:06+	17:08+	20:51+	24:00+	25:55+	30:16+	35:22+	39:07+	44:20+	46:53+	47:44+
06:27+	05:50+	02:49-	02:02+	03:43+	03:09+	01:55+	04:21+	05:06+	03:45+	05:13+	02:33+	00:51+
04:43@	01:38&	00:41-	00:30&	00:32#	00:41&	00:27&	01:17&	02:15&	01:02&	02:33&	00:18#	00:05#
32	Ove Njå	90										51:03
02:43+	07:45+	09:46+	13:05+	16:24+	22:15+	24:21+	32:06+	38:27+	41:58+	45:28+	49:06+	50:10+
02:43+	05:02+	02:01-	03:19+	03:19+	05:51+	02:06+	07:45+	06:21+	03:31+	03:30+	03:38+	01:04+
00:59&	00:50#	01:29-	01:47@	00:08+	03:23@	00:38&	04:41@	03:30@	00:48&	00:50&	01:23&	00:18&

Class	Navn	Klasse											Tid
33	Erling Knutzen	128											51:49
02:33+	07:35+	09:40+	11:27+	14:50+	17:42+	20:16+	34:33+	40:10+	43:14+	47:17+	50:28+	51:10+	51:49+
02:33+	05:02+	02:05-	01:47+	03:23+	02:52+	02:34+	14:17+	05:37+	03:04+	04:03+	03:11+	00:42-	00:39+
00:49&	00:50#	01:25-	00:15#	00:12+	00:24#	01:06&	11:13@	02:46&	00:21#	01:23&	00:56&	00:04-	00:03+
34	Tor Inge Halvorsen	5											53:04
03:50+	09:26+	11:51+	14:28+	24:20+	27:38+	29:33+	33:04+	41:34+	45:54+	48:36+	51:43+	52:16+	53:04+
03:50+	05:36+	02:25-	02:37+	09:52+	03:18+	01:55+	03:31+	08:30+	04:20+	02:42+	03:07+	00:33-	00:48+
02:06@	01:24&	01:05-	01:05&	06:41@	00:50&	00:27&	00:27#	05:39@	01:37&	00:02+	00:52&	00:13-	00:12&
35	Stein Sigbjørnsen	27											54:57
02:48+	11:02+	13:37+	16:00+	20:20+	24:31+	26:32+	32:19+	38:25+	43:00+	48:27+	52:53+	53:46+	54:57+
02:48+	08:14+	02:35-	02:23+	04:20+	04:11+	02:01+	05:47+	06:06+	04:35+	05:27+	04:26+	00:53+	01:11+
01:04&	04:02&	00:55-	00:51&	01:09&	01:43&	00:33&	02:43&	03:15@	01:52&	02:47@	02:11&	00:07#	00:35&
36	Ingve Vold	54											1:11:04
12:05+	28:05+	31:21+	33:28+	36:55+	45:21+	47:01+	52:10+	57:29+	60:28+	65:08+	69:32+	70:20+	71:04+
12:05+	16:00+	03:16-	02:07+	03:27+	08:26+	01:40+	05:09+	05:19+	02:59+	04:40+	04:24+	00:48+	00:44+
10:21@	11:48@	00:14-	00:35&	00:16+	05:58@	00:12#	02:05&	02:28&	00:16+	02:00&	02:09&	00:02+	00:08#
Beste strekktid for klassen													
01:34	04:12	01:25	01:30	02:47	02:27	01:18	02:55	02:51	02:31	02:21	02:15	00:30	00:26
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Herrer 60 - 64 år													
1	Espen Krogh	7											32:01
00:49=	03:49=	07:13=	09:54=	12:37=	15:37=	18:21=	20:38=	22:50=	25:14=	28:29=	30:43=	31:25=	32:01=
00:49=	03:00=	03:24=	02:41=	02:43=	03:00=	02:44=	02:17=	02:12=	02:24=	03:15=	02:14=	00:42=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Torbjørn Evensen	108											37:28
00:57+	05:12+	09:36+	12:39+	18:01+	20:52+	23:09+	24:55+	27:45+	30:23+	33:14+	36:12+	36:46+	37:28+
00:57+	04:15+	04:24+	03:03+	05:22+	02:51-	02:17-	01:46-	02:50+	02:38+	02:51-	02:58+	00:34-	00:42+
00:08#	01:15&	01:00&	00:22#	02:39&	00:09-	00:27-	00:31-	00:38&	00:14+	00:24-	00:44&	00:08-	00:06#
3	Dag Helliksen	80											39:07
00:56+	04:36+	10:30+	13:41+	16:55+	19:50+	23:19+	25:50+	29:30+	32:09+	35:05+	37:52+	38:31+	39:07+
00:56+	03:40+	05:54+	03:11+	03:14+	02:55-	03:29+	02:31+	03:40+	02:39+	02:56-	02:47+	00:39-	00:36=
00:07#	00:40#	02:30&	00:30#	00:31#	00:05-	00:45&	00:14#	01:28&	00:15#	00:19-	00:33#	00:03-	00:00=
4	Torbjørn Dahle	92											39:44
01:05+	05:07+	09:55+	12:53+	16:14+	19:02+	22:04+	24:13+	27:14+	30:02+	34:04+	38:03+	39:01+	39:44+
01:05+	04:02+	04:48+	02:58+	03:21+	02:48-	03:02+	02:09-	03:01+	02:48+	04:02+	03:59+	00:58+	00:43+
00:16&	01:02&	01:24&	00:17#	00:38#	00:12-	00:18#	00:08-	00:49&	00:24#	00:47#	01:45&	00:16&	00:07#
5	Kjell Skjæveland	166											40:37
00:59+	05:10+	09:15+	12:18+	15:09+	22:50+	25:29+	28:18+	30:49+	34:03+	36:41+	39:25+	39:57+	40:37+
00:59+	04:11+	04:05+	03:03+	02:51+	07:41+	02:39-	02:49+	02:31+	03:14+	02:38-	02:44+	00:32-	00:40+
00:10#	01:11&	00:41#	00:22#	00:08+	04:41@	00:05-	00:32#	00:19#	00:50&	00:37-	00:30#	00:10-	00:04#
6	Olav Tunheim	93											44:29
04:18+	07:54+	12:06+	18:24+	21:23+	24:45+	27:44+	31:10+	34:12+	37:09+	40:09+	43:01+	43:58+	44:29+
04:18+	03:36+	04:12+	06:18+	02:59+	03:22+	02:59+	03:26+	03:02+	02:57+	03:00-	02:52+	00:57+	00:31-
03:29@	00:36#	00:48#	03:37@	00:16+	00:22#	00:15+	01:09&	00:50&	00:33#	00:15-	00:38&	00:15&	00:05-
7	Bjørn H. Engseth	27											45:41
01:21+	06:27+	12:05+	16:12+	18:50+	22:17+	25:09+	27:50+	32:22+	36:25+	40:09+	43:51+	44:39+	45:41+
01:21+	05:06+	05:38+	04:07+	02:38-	03:27+	02:52+	02:41+	04:32+	04:03+	03:44+	03:42+	00:48+	01:02+
00:32&	02:06&	02:14&	01:26&	00:05-	00:27#	00:08+	00:24#	02:20@	01:39&	00:29#	01:28&	00:06#	00:26&
8	Øyvind Nagel-Alne	74											49:43
01:52+	07:27+	12:11+	15:47+	19:52+	23:55+	27:26+	32:36+	36:59+	40:42+	43:56+	48:09+	49:02+	49:43+
01:52+	05:35+	04:44+	03:36+	04:05+	04:03+	03:31+	05:10+	04:23+	03:43+	03:14-	04:13+	00:53+	00:41+
01:03@	02:35&	01:20&	00:55&	01:22&	01:03&	00:47&	02:53@	02:11&	01:19&	00:01-	01:59&	00:11&	00:05#
9	Morten Johannessen	7											49:58
01:46+	05:20+	08:58+	18:28+	22:10+	25:17+	27:50+	36:09+	39:02+	42:08+	45:04+	48:06+	49:15+	49:58+
01:46+	03:34+	03:38+	09:30+	03:42+	03:07+	02:33-	08:19+	02:53+	03:06+	02:56-	03:02+	01:09+	00:43+
00:57@	00:34#	00:14+	06:49@	00:59&	00:07+	00:11-	06:02@	00:41&	00:42&	00:19-	00:48&	00:27&	00:07#

Class	Navn	Klasse												Tid
10	Kjell Lervik	239												51:52
01:22+	06:01+	11:15+	19:56+	22:52+	27:08+	32:21+	35:22+	39:10+	42:19+	46:33+	50:21+	51:06+	51:52+	
01:22+	04:39+	05:14+	08:41+	02:56+	04:16+	05:13+	03:01+	03:48+	03:09+	04:14+	03:48+	00:45+	00:46+	
00:33&	01:39&	01:50&	06:00&	00:13+	01:16&	02:29&	00:44&	01:36&	00:45&	00:59&	01:34&	00:03+	00:10&	
11	Ommund Bakkevold	68												1:04:16
01:49+	07:50+	14:34+	20:17+	25:29+	30:37+	35:06+	39:18+	44:53+	52:29+	57:11+	62:11+	63:13+	64:16+	
01:49+	06:01+	06:44+	05:43+	05:12+	05:08+	04:29+	04:12+	05:35+	07:36+	04:42+	05:00+	01:02+	01:03+	
01:00@	03:01@	03:20&	03:02@	02:29&	02:08&	01:45&	01:55&	03:23@	05:12@	01:27&	02:46@	00:20&	00:27&	
12	Rolf Kleppe	63												1:29:21
06:00+	11:31+	21:37+	26:01+	52:27+	57:09+	60:25+	67:40+	74:53+	79:13+	83:05+	87:37+	88:33+	89:21+	
06:00+	05:31+	10:06+	04:24+	26:26+	04:42+	03:16+	07:15+	07:13+	04:20+	03:52+	04:32+	00:56+	00:48+	
05:11@	02:31&	06:42@	01:43&	23:43@	01:42&	00:32#	04:58@	05:01@	01:56&	00:37#	02:18@	00:14&	00:12&	
Beste strekktid for klassen														
00:49	03:00	03:24	02:41	02:38	02:48	02:17	01:46	02:12	02:24	02:38	02:14	00:32	00:31	

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

Herrer 65 - 69 år

1	Arne Kristian Espedal	68												28:19
00:45=	03:39=	07:16=	09:46=	11:22=	14:37=	16:34=	18:07=	20:09=	22:35=	24:48=	27:04=	27:44=	28:19=	
00:45=	02:54=	03:37=	02:30=	01:36=	03:15=	01:57=	01:33=	02:02=	02:26=	02:13=	02:16=	00:40=	00:35=	
00:00=	00:00=	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 Hetland	29												34:18
01:14+	04:46+	09:01+	12:09+	15:02+	18:42+	20:39+	22:05+	24:16+	26:45+	29:36+	33:05+	33:44+	34:18+	
01:14+	03:32+	04:15+	03:08+	02:53+	03:40+	01:57=	01:26-	02:11+	02:29+	02:51+	03:29+	00:39-	00:34-	
00:29&	00:38#	00:38#	00:38&	01:17&	00:25#	00:00=	00:07-	00:09+	00:03+	00:38&	01:13&	00:01-	00:01-	
3	Bjarne Gimre	88												37:53
01:13+	05:59+	10:26+	14:21+	16:34+	20:16+	22:34+	25:31+	28:17+	30:49+	33:53+	36:40+	37:21+	37:53+	
01:13+	04:46+	04:27+	03:55+	02:13+	03:42+	02:18+	02:57+	02:46+	02:32+	03:04+	02:47+	00:41+	00:32-	
00:28&	01:52&	00:50#	01:25&	00:37&	00:27#	00:21#	01:24&	00:44&	00:06+	00:51&	00:31#	00:01+	00:03-	
4	Tor Geir Espedal	115												38:37
01:21+	04:54+	09:11+	12:54+	14:51+	17:51+	20:04+	24:50+	28:00+	31:04+	34:09+	37:16+	37:53+	38:37+	
01:21+	03:33+	04:17+	03:43+	01:57+	03:00-	02:13+	04:46+	03:10+	03:04+	03:05+	03:07+	00:37-	00:44+	
00:36&	00:39#	00:40#	01:13&	00:21#	00:15-	00:16#	03:13@	01:08&	00:38&	00:52&	00:51&	00:03-	00:09&	
5	Jan Inge Lunde	88												39:01
01:20+	06:05+	10:59+	14:34+	18:03+	21:11+	23:41+	25:41+	28:45+	31:25+	34:35+	37:38+	38:18+	39:01+	
01:20+	04:45+	04:54+	03:35+	03:29+	03:08-	02:30+	02:00+	03:04+	02:40+	03:10+	03:03+	00:40=	00:43+	
00:35&	01:51&	01:17&	01:05&	01:53@	00:07-	00:33&	00:27&	01:02&	00:14+	00:57&	00:47&	00:00=	00:08#	
6	Svein Berge	126												39:25
01:23+	05:25+	09:19+	13:13+	17:54+	21:14+	23:35+	26:38+	29:43+	32:25+	35:08+	38:15+	38:49+	39:25+	
01:23+	04:02+	03:54+	03:54+	04:41+	03:20+	02:21+	03:03+	03:05+	02:42+	02:43+	03:07+	00:34-	00:36+	
00:38&	01:08&	00:17+	01:24&	03:05@	00:05+	00:24#	01:30&	01:03&	00:16#	00:30#	00:51&	00:06-	00:01+	
7	Ragnvald Frøyland	128												40:08
01:13+	05:40+	10:08+	15:50+	19:00+	22:01+	24:41+	27:11+	30:00+	32:30+	36:06+	38:47+	39:23+	40:08+	
01:13+	04:27+	04:28+	05:42+	03:10+	03:01-	02:40+	02:30+	02:49+	02:30+	03:36+	02:41+	00:36-	00:45+	
00:28&	01:33&	00:51#	03:12@	01:34&	00:14-	00:43&	00:57&	00:47&	00:04+	01:23&	00:25#	00:04-	00:10&	
8	Ragnar Rossavik	109												41:53
01:12+	05:00+	09:29+	12:45+	16:01+	23:57+	26:22+	28:19+	31:22+	34:17+	37:17+	40:17+	41:05+	41:53+	
01:12+	03:48+	04:29+	03:16+	03:16+	07:56+	02:25+	01:57+	03:03+	02:55+	03:00+	03:00+	00:48+	00:48+	
00:27&	00:54&	00:52#	00:46&	01:40@	04:41@	00:28#	00:24&	01:01&	00:29#	00:47&	00:44&	00:08#	00:13&	
9	Gunnar Sakseid	116												43:40
00:58+	04:33+	08:39+	12:22+	14:30+	22:41+	25:00+	29:56+	32:50+	36:04+	40:05+	42:29+	43:00+	43:40+	
00:58+	03:35+	04:06+	03:43+	02:08+	08:11+	02:19+	04:56+	02:54+	03:14+	04:01+	02:24+	00:31-	00:40+	
00:13&	00:41#	00:29#	01:13&	00:32&	04:56@	00:22#	03:23@	00:52&	00:48&	01:48&	00:08+	00:09-	00:05#	
10	Hans Erik Terjesen	116												43:54
04:26+	07:59+	12:48+	16:07+	21:16+	24:37+	27:07+	30:05+	33:02+	36:10+	39:25+	42:04+	43:16+	43:54+	
04:26+	03:33+	04:49+	03:19+	05:09+	03:21+	02:30+	02:58+	02:57+	03:08+	03:15+	02:39+	01:12+	00:38+	
03:41@	00:39#	01:12&	00:49&	03:33@	00:06+	00:33&	01:25&	00:55&	00:42&	01:02&	00:23#	00:32&	00:03+	

Class	Navn	Klasse													Tid
11	Arne Magne Handeland	92													44:15
01:08+	05:24+	10:03+	13:24+	18:45+	22:53+	26:27+	29:05+	33:12+	36:03+	39:06+	41:50+	43:34+	44:15+		
01:08+	04:16+	04:39+	03:21+	05:21+	04:08+	03:34+	02:38+	04:07+	02:51+	03:03+	02:44+	01:44+	00:41+		
00:23&	01:22&	01:02&	00:51&	03:45@	00:53&	01:37&	01:05&	02:05@	00:25#	00:50&	00:28#	01:04@	00:06#		
12	Eivind L. Rake	92													44:50
01:57+	06:01+	10:29+	16:49+	22:50+	25:58+	28:55+	31:16+	34:15+	37:15+	40:27+	43:18+	44:03+	44:50+		
01:57+	04:04+	04:28+	06:20+	06:01+	03:08-	02:57+	02:21+	02:59+	03:00+	03:12+	02:51+	00:45+	00:47+		
01:12@	01:10&	00:51#	03:50@	04:25@	00:07-	01:00&	00:48&	00:57&	00:34#	00:59&	00:35&	00:05#	00:12&		
13	Terje Stokkeland	69													46:47
01:22+	06:05+	11:04+	14:43+	18:37+	22:30+	26:25+	32:05+	34:57+	38:03+	40:59+	45:32+	46:03+	46:47+		
01:22+	04:43+	04:59+	03:39+	03:54+	03:53+	03:55+	05:40+	02:52+	03:06+	02:56+	04:33+	00:31-	00:44+		
00:37&	01:49&	01:22&	01:09&	02:18@	00:38#	01:58@	04:07@	00:50&	00:40&	00:43&	02:17@	00:09-	00:09&		
14	Sveinung Tveit	236													46:53
01:44+	06:22+	12:25+	15:54+	18:31+	21:49+	24:19+	31:28+	34:27+	38:34+	41:58+	45:21+	46:07+	46:53+		
01:44+	04:38+	06:03+	03:29+	02:37+	03:18+	02:30+	07:09+	02:59+	04:07+	03:24+	03:23+	00:46+	00:46+		
00:59@	01:44&	02:26&	00:59&	01:01&	00:03+	00:33&	05:36@	00:57&	01:41&	01:11&	01:07&	00:06#	00:11&		
15	Odd Arild Werness	88													48:53
01:34+	07:16+	13:00+	17:10+	22:00+	25:27+	28:39+	31:37+	35:28+	39:24+	43:27+	47:13+	48:00+	48:53+		
01:34+	05:42+	05:44+	04:10+	04:50+	03:27+	03:12+	02:58+	03:51+	03:56+	04:03+	03:46+	00:47+	00:53+		
00:49@	02:48&	02:07&	01:40&	03:14@	00:12+	01:15&	01:25&	01:49&	01:30&	01:50&	01:30&	00:07#	00:18&		
16	Terje Langeland	98													52:14
01:01+	06:10+	12:00+	16:27+	19:31+	27:40+	30:58+	33:45+	37:54+	40:56+	47:10+	50:34+	51:27+	52:14+		
01:01+	05:09+	05:50+	04:27+	03:04+	08:09+	03:18+	02:47+	04:09+	03:02+	06:14+	03:24+	00:53+	00:47+		
00:16&	02:15&	02:13&	01:57&	01:28&	04:54@	01:21&	01:14&	02:07@	00:36#	04:01@	01:08&	00:13&	00:12&		
17	Tom Hetland	5													53:01
01:06+	06:20+	10:28+	13:34+	19:49+	23:28+	26:56+	32:21+	37:11+	41:15+	44:15+	51:42+	52:26+	53:01+		
01:06+	05:14+	04:08+	03:06+	06:15+	03:39+	03:28+	05:25+	04:50+	04:04+	03:00+	07:27+	00:44+	00:35=		
00:21&	02:20&	00:31#	00:36#	04:39@	00:24#	01:31&	03:52@	02:48@	01:38&	00:47&	05:11@	00:04#	00:00=		
18	Roar Fitjar	101													56:16
01:23+	05:57+	11:22+	15:24+	25:47+	30:49+	34:17+	36:57+	41:17+	45:50+	49:58+	54:16+	55:21+	56:16+		
01:23+	04:34+	05:25+	04:02+	10:23+	05:02+	03:28+	02:40+	04:20+	04:33+	04:08+	04:18+	01:05+	00:55+		
00:38&	01:40&	01:48&	01:32&	08:47@	01:47&	01:31&	01:07&	02:18@	02:07&	01:55&	02:02&	00:25&	00:20&		
19	Olav Habbestad	116													1:01:35
01:14+	05:21+	09:03+	27:31+	34:07+	37:32+	41:16+	47:42+	51:42+	54:22+	57:27+	60:10+	61:01+	61:35+		
01:14+	04:07+	03:42+	18:28+	06:36+	03:25+	03:44+	06:26+	04:00+	02:40+	03:05+	02:43+	00:51+	00:34-		
00:29&	01:13&	00:05+	15:58@	05:00@	00:10+	01:47&	04:53@	01:58&	00:14+	00:52&	00:27#	00:11&	00:01-		
20	Svein Ims	65													1:06:50
01:16+	06:03+	27:24+	31:26+	34:51+	39:27+	42:46+	44:58+	51:35+	56:47+	60:21+	65:01+	65:59+	66:50+		
01:16+	04:47+	21:21+	04:02+	03:25+	04:36+	03:19+	02:12+	06:37+	05:12+	03:34+	04:40+	00:58+	00:51+		
00:31&	01:53&	17:44@	01:32&	01:49@	01:21&	01:22&	00:39&	04:35@	02:46@	01:21&	02:24@	00:18&	00:16&		

Beste strekktid for klassen

00:45 02:54 03:37 02:30 01:36 03:00 01:57 01:26 02:02 02:26 02:13 02:16 00:31 00:32

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

Herrer 70 - 74 år

1	Harry Breiland	66													32:56
01:01=	04:19=	08:00=	10:47=	14:03=	17:13=	19:45=	21:55=	24:23=	26:46=	29:12=	31:45=	32:21=	32:56=		
01:01=	03:18=	03:41=	02:47=	03:16=	03:10=	02:32=	02:10=	02:28=	02:23=	02:26=	02:33=	00:36=	00:35=		
00:00=	00:00=	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													34:39
00:51-	04:43+	08:17+	13:40+	15:54+	18:03+	20:09+	22:13+	24:46+	27:17+	30:20+	32:54+	34:02+	34:39+		
00:51-	03:52+	03:34-	05:23+	02:14-	02:09-	02:06-	02:04-	02:33+	02:31+	03:03+	02:34+	01:08+	00:37+		
00:10-	00:34#	00:07-	02:36&	01:02-	01:01-	00:26-	00:06-	00:05+	00:08+	00:37&	00:01+	00:32&	00:02+		
3	Finn Morten Årstad	115													39:31
01:12+	05:15+	09:42+	13:06+	17:46+	20:43+	22:57+	26:05+	29:01+	31:46+	34:47+	38:06+	38:46+	39:31+		
01:12+	04:03+	04:27+	03:24+	04:40+	02:57-	02:14-	03:08+	02:56+	02:45+	03:01+	03:19+	00:40+	00:45+		
00:11#	00:45#	00:46#	00:37#	01:24&	00:13-	00:18-	00:58&	00:28#	00:22#	00:35#	00:46&	00:04#	00:10&		

Class	Navn	Klasse												Tid
4	Kjell Svihus	154												41:30
01:19+	05:42+	10:39+	14:12+	17:34+	21:49+	24:33+	27:01+	29:53+	34:06+	37:16+	40:09+	40:44+	41:30+	
01:19+	04:23+	04:57+	03:33+	03:22+	04:15+	02:44+	02:28+	02:52+	04:13+	03:10+	02:53+	00:35-	00:46+	
00:18&	01:05&	01:16&	00:46&	00:06+	01:05&	00:12+	00:18#	00:24#	01:50&	00:44&	00:20#	00:01-	00:11&	
5	Gudmund Gausel	115												43:18
01:10+	04:42+	10:03+	13:05+	15:01+	18:03+	22:01+	24:00+	26:55+	32:00+	37:28+	40:33+	42:33+	43:18+	
01:10+	03:32+	05:21+	03:02+	01:56-	03:02-	03:58+	01:59-	02:55+	05:05+	05:28+	03:05+	02:00+	00:45+	
00:09#	00:14+	01:40&	00:15+	01:20-	00:08-	01:26&	00:11-	00:27#	02:42@	03:02@	00:32#	01:24@	00:10&	
6	Leif Gunnar Wikene	43												44:46
01:04+	04:47+	09:04+	12:07+	16:02+	19:28+	22:20+	30:35+	34:36+	37:19+	40:39+	43:28+	44:03+	44:46+	
01:04+	03:43+	04:17+	03:03+	03:55+	03:26+	02:52+	08:15+	04:01+	02:43+	03:20+	02:49+	00:35-	00:43+	
00:03+	00:25#	00:36#	00:16+	00:39#	00:16+	00:20#	06:05@	01:33&	00:20#	00:54&	00:16#	00:01-	00:08#	
7	Norvald Skretting	43												45:07
01:10+	06:14+	10:52+	14:28+	18:52+	22:42+	25:41+	29:43+	33:40+	36:58+	39:59+	43:22+	44:14+	45:07+	
01:10+	05:04+	04:38+	03:36+	04:24+	03:50+	02:59+	04:02+	03:57+	03:18+	03:01+	03:23+	00:52+	00:53+	
00:09#	01:46&	00:57&	00:49&	01:08&	00:40#	00:27#	01:52&	01:29&	00:55&	00:35#	00:50&	00:16&	00:18&	
8	Arne Østensen	90												46:46
05:01+	08:52+	13:31+	17:22+	22:04+	29:10+	31:19+	33:18+	36:19+	39:14+	42:13+	45:05+	46:01+	46:46+	
05:01+	03:51+	04:39+	03:51+	04:42+	07:06+	02:09-	01:59-	03:01+	02:55+	02:59+	02:52+	00:56+	00:45+	
04:00@	00:33#	00:58&	01:04&	01:26&	03:56@	00:23-	00:11-	00:33#	00:32#	00:33#	00:19#	00:20&	00:10&	
9	Arvid Thorsen	5												49:46
01:19+	06:47+	11:35+	15:27+	19:54+	24:07+	26:59+	30:24+	33:26+	38:46+	45:34+	48:27+	49:02+	49:46+	
01:19+	05:28+	04:48+	03:52+	04:27+	04:13+	02:52+	03:25+	03:02+	05:20+	06:48+	02:53+	00:35-	00:44+	
00:18&	02:10&	01:07&	01:05&	01:11&	01:03&	00:20#	01:15&	00:34#	02:57@	04:22@	00:20#	00:01-	00:09&	
10	Ingjald Egeland	7												51:37
01:31+	07:21+	12:22+	16:22+	20:23+	24:21+	27:52+	36:27+	40:18+	43:19+	46:34+	50:00+	50:46+	51:37+	
01:31+	05:50+	05:01+	04:00+	04:01+	03:58+	03:31+	08:35+	03:51+	03:01+	03:15+	03:26+	00:46+	00:51+	
00:30&	02:32&	01:20&	01:13&	00:45#	00:48&	00:59&	06:25@	01:23&	00:38&	00:49&	00:53&	00:10&	00:16&	
11	Odd Garpestad	29												54:29
01:20+	07:26+	13:20+	17:28+	20:23+	24:23+	27:27+	35:22+	38:56+	46:20+	49:24+	53:09+	53:49+	54:29+	
01:20+	06:06+	05:54+	04:08+	02:55-	04:00+	03:04+	07:55+	03:34+	07:24+	03:04+	03:45+	00:40+	00:40+	
00:19&	02:48&	02:13&	01:21&	00:21-	00:50&	00:32#	05:45@	01:06&	05:01@	00:38&	01:12&	00:04#	00:05#	
12	Ole Auklend	106												57:59
01:17+	05:43+	10:50+	18:38+	23:11+	27:04+	31:51+	37:53+	42:09+	47:52+	51:34+	55:57+	56:58+	57:59+	
01:17+	04:26+	05:07+	07:48+	04:33+	03:53+	04:47+	06:02+	04:16+	05:43+	03:42+	04:23+	01:01+	01:01+	
00:16&	01:08&	01:26&	05:01@	01:17&	00:43#	02:15&	03:52@	01:48&	03:20@	01:16&	01:50&	00:25&	00:26&	
13	John Abrahamsen	125												1:11:09
02:03+	07:59+	15:26+	22:21+	27:45+	33:28+	38:11+	42:30+	47:41+	55:41+	62:18+	67:05+	69:53+	71:09+	
02:03+	05:56+	07:27+	06:55+	05:24+	05:43+	04:43+	04:19+	05:11+	08:00+	06:37+	04:47+	02:48+	01:16+	
01:02@	02:38&	03:46@	04:08@	02:08&	02:33&	02:11&	02:09&	02:43@	05:37@	04:11@	02:14&	02:12@	00:41@	
14	Jan H. Sagen	92												1:18:29
07:17+	14:02+	20:57+	29:30+	37:42+	44:20+	49:02+	53:49+	59:24+	65:44+	71:28+	76:12+	77:21+	78:29+	
07:17+	06:45+	06:55+	08:33+	08:12+	06:38+	04:42+	04:47+	05:35+	06:20+	05:44+	04:44+	01:09+	01:08+	
06:16@	03:27@	03:14&	05:46@	04:56@	03:28@	02:10&	02:37@	03:07@	03:57@	03:18@	02:11&	00:33&	00:33&	
Beste strekktid for klassen														
00:51	03:18	03:34	02:47	01:56	02:09	02:06	01:59	02:28	02:23	02:26	02:33	00:35	00:35	

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

Herrer 75 - 79 år

1	Svein Glendrange	68												34:59
34:59=														
34:59=														
00:00=														
2	Øyvind Egeskog	5												35:05
01:08-	05:54+	10:32+	13:53+	19:13+	21:24+	22:48+	25:02+	26:54+	30:01+	33:01+	34:23+	35:05+		
01:08-	04:46+	04:38+	03:21+	05:20+	02:11+	01:24+	02:14+	01:52+	03:07+	03:00+	01:22+	00:42+		
33:51-	04:46+	04:38+	03:21+	05:20+	02:11+	01:24+	02:14+	01:52+	03:07+	03:00+	01:22+	00:42+		

Class	Navn	Klasse											Tid
3	Jan Værp	62											39:00
01:20-	06:09+	10:44+	13:35+	18:24+	20:59+	23:09+	25:44+	27:35+	33:31+	36:49+	38:09+	39:00+	
01:20-	04:49+	04:35+	02:51+	04:49+	02:35+	02:10+	02:35+	01:51+	05:56+	03:18+	01:20+	00:51+	
33:39-	04:49+	04:35+	02:51+	04:49+	02:35+	02:10+	02:35+	01:51+	05:56+	03:18+	01:20+	00:51+	
4	Geir Husdal	93											39:17
01:26-	06:06+	10:23+	12:38+	20:11+	23:05+	24:57+	27:13+	29:49+	34:02+	37:17+	38:40+	39:17+	
01:26-	04:40+	04:17+	02:15+	07:33+	02:54+	01:52+	02:16+	02:36+	04:13+	03:15+	01:23+	00:37+	
33:33-	04:40+	04:17+	02:15+	07:33+	02:54+	01:52+	02:16+	02:36+	04:13+	03:15+	01:23+	00:37+	
5	Harald Vatne	67											44:36
01:41-	07:17+	16:32+	19:13+	23:58+	26:39+	28:38+	31:19+	33:11+	39:08+	42:23+	43:49+	44:36+	
01:41-	05:36+	09:15+	02:41+	04:45+	02:41+	01:59+	02:41+	01:52+	05:57+	03:15+	01:26+	00:47+	
33:18-	05:36+	09:15+	02:41+	04:45+	02:41+	01:59+	02:41+	01:52+	05:57+	03:15+	01:26+	00:47+	
6	Steinar Undheim	54											45:33
02:11-	06:54+	17:36+	20:09+	24:49+	27:26+	29:17+	31:31+	34:38+	40:03+	43:13+	44:42+	45:33+	
02:11-	04:43+	10:42+	02:33+	04:40+	02:37+	01:51+	02:14+	03:07+	05:25+	03:10+	01:29+	00:51+	
32:48-	04:43+	10:42+	02:33+	04:40+	02:37+	01:51+	02:14+	03:07+	05:25+	03:10+	01:29+	00:51+	
7	Reidar Magne Liland	66											45:48
01:51-	07:48+	13:23+	16:49+	20:36+	23:48+	26:06+	28:29+	31:36+	38:14+	42:42+	44:56+	45:48+	
01:51-	05:57+	05:35+	03:26+	03:47+	03:12+	02:18+	02:23+	03:07+	06:38+	04:28+	02:14+	00:52+	
33:08-	05:57+	05:35+	03:26+	03:47+	03:12+	02:18+	02:23+	03:07+	06:38+	04:28+	02:14+	00:52+	
8	Alf Gyland	92											47:50
01:41-	07:40+	13:16+	17:37+	21:54+	25:51+	28:00+	31:10+	34:04+	38:23+	44:59+	46:45+	47:50+	
01:41-	05:59+	05:36+	04:21+	04:17+	03:57+	02:09+	03:10+	02:54+	04:19+	06:36+	01:46+	01:05+	
33:18-	05:59+	05:36+	04:21+	04:17+	03:57+	02:09+	03:10+	02:54+	04:19+	06:36+	01:46+	01:05+	
9	Terje Braut	92											49:03
01:40-	06:27+	12:51+	17:11+	27:06+	29:58+	32:46+	35:16+	37:08+	41:45+	46:19+	48:00+	49:03+	
01:40-	04:47+	06:24+	04:20+	09:55+	02:52+	02:48+	02:30+	01:52+	04:37+	04:34+	01:41+	01:03+	
33:19-	04:47+	06:24+	04:20+	09:55+	02:52+	02:48+	02:30+	01:52+	04:37+	04:34+	01:41+	01:03+	
10	Arne Brandsberg	29											52:28
03:03-	09:42+	16:43+	20:32+	25:34+	28:57+	31:17+	34:06+	37:55+	44:30+	49:04+	51:04+	52:28+	
03:03-	06:39+	07:01+	03:49+	05:02+	03:23+	02:20+	02:49+	03:49+	06:35+	04:34+	02:00+	01:24+	
31:56-	06:39+	07:01+	03:49+	05:02+	03:23+	02:20+	02:49+	03:49+	06:35+	04:34+	02:00+	01:24+	
11	Rolv Nærland	63											53:38
02:59-	10:52+	16:59+	20:59+	25:52+	29:39+	32:00+	35:46+	37:57+	44:49+	49:12+	52:29+	53:38+	
02:59-	07:53+	06:07+	04:00+	04:53+	03:47+	02:21+	03:46+	02:11+	06:52+	04:23+	03:17+	01:09+	
32:00-	07:53+	06:07+	04:00+	04:53+	03:47+	02:21+	03:46+	02:11+	06:52+	04:23+	03:17+	01:09+	
12	Kjell Maudal	63											54:05
03:24-	11:18+	17:33+	21:34+	26:25+	30:10+	32:34+	36:09+	38:30+	45:22+	49:53+	53:06+	54:05+	
03:24-	07:54+	06:15+	04:01+	04:51+	03:45+	02:24+	03:35+	02:21+	06:52+	04:31+	03:13+	00:59+	
31:35-	07:54+	06:15+	04:01+	04:51+	03:45+	02:24+	03:35+	02:21+	06:52+	04:31+	03:13+	00:59+	
13	Mangor Eikeland	92											55:28
02:14-	08:19+	18:30+	22:30+	27:47+	31:19+	33:39+	36:56+	39:22+	46:36+	51:23+	54:12+	55:28+	
02:14-	06:05+	10:11+	04:00+	05:17+	03:32+	02:20+	03:17+	02:26+	07:14+	04:47+	02:49+	01:16+	
32:45-	06:05+	10:11+	04:00+	05:17+	03:32+	02:20+	03:17+	02:26+	07:14+	04:47+	02:49+	01:16+	
14	Arne Tveita	109											55:32
01:29-	06:33+	11:28+	16:55+	28:20+	30:48+	32:32+	34:27+	36:52+	45:27+	51:11+	54:55+	55:32+	
01:29-	05:04+	04:55+	05:27+	11:25+	02:28+	01:44+	01:55+	02:25+	08:35+	05:44+	03:44+	00:37+	
33:30-	05:04+	04:55+	05:27+	11:25+	02:28+	01:44+	01:55+	02:25+	08:35+	05:44+	03:44+	00:37+	
15	Jan Bekkeheien	92											1:14:22
01:27-	06:54+	30:27+	34:30+	41:43+	45:29+	47:28+	50:53+	54:06+	66:57+	71:38+	73:25+	74:22+	
01:27-	05:27+	23:33+	04:03+	07:13+	03:46+	01:59+	03:25+	03:13+	12:51+	04:41+	01:47+	00:57+	
33:32-	05:27+	23:33+	04:03+	07:13+	03:46+	01:59+	03:25+	03:13+	12:51+	04:41+	01:47+	00:57+	

Beste strekktid for klassen

01:08

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

Herrer 80 år og eldre

Class	Navn	Klasse														Tid					
2	Aart Joakim in't Veld	93														36:18					
02:03-	05:23+	08:28-	10:02-	11:46-	12:54-	15:03-	16:24-	18:23-	20:02-	22:12-	23:19-	24:20-	27:30-	30:16+	32:16+	34:06+	35:50+	36:18+			
02:03-	03:20+	03:05-	01:34-	01:44+	01:08+	02:09-	01:21-	01:59+	01:39-	02:10+	01:07+	01:01+	03:10+	02:46+	02:00-	01:50-	01:44-	00:28-			
00:10-	00:17+	00:35-	00:43-	00:16#	00:03+	00:02-	00:34-	00:05+	00:18-	00:16#	00:05+	00:04+	01:13&	00:58&	00:05-	00:06-	00:27-	00:08-			
3	Stein Arne Olsen	68														36:48					
01:53-	05:40+	09:26+	11:14+	12:58+	14:05+	16:23+	17:47-	19:42-	21:49+	24:01+	25:08+	26:11+	28:22+	30:11+	32:22+	34:17+	36:16+	36:48+			
01:53-	03:47+	03:46+	01:48-	01:44+	01:07+	02:18+	01:24-	01:55+	02:07+	02:12+	01:07+	01:03+	02:11+	01:49+	02:11+	01:55-	01:59-	00:32-			
00:20-	00:44#	00:06+	00:29-	00:16#	00:02+	00:07+	00:31-	00:01+	00:10+	00:18#	00:05+	00:06#	00:14#	00:01+	00:06+	00:01-	00:12-	00:04-			
4	Oddgeir Eikeskog	93														37:12					
02:18+	05:16#	08:30-	10:17-	12:02-	13:13-	15:20-	16:54-	19:00-	20:52-	23:05-	24:14-	25:19-	28:09+	30:15+	32:29+	34:33+	36:39+	37:12+			
02:18+	02:58-	03:14-	01:47-	01:45+	01:11+	02:07-	01:34-	02:06+	01:52-	02:13+	01:09+	01:05+	02:50+	02:06+	02:14+	02:04+	02:06-	00:33-			
00:05+	00:05-	00:26-	00:30-	00:17#	00:06+	00:04-	00:21-	00:12#	00:05-	00:19#	00:07#	00:08#	00:53&	00:18#	00:09+	00:08+	00:05-	00:03-			
5	Øyvind Rummelhoff	27														38:04					
01:47-	04:57-	08:14-	10:17-	12:13-	13:17-	15:31-	17:15-	19:08-	20:55-	23:30-	24:49+	25:50+	28:49+	30:46+	32:47+	35:16+	37:35+	38:04+			
01:47-	03:10+	03:17-	02:03-	01:56+	01:04-	02:14+	01:44-	01:53-	01:47-	02:35+	01:19+	01:01+	02:59+	01:57+	02:01-	02:29+	02:19+	00:29-			
00:26-	00:07+	00:23-	00:14-	00:28&	00:01-	00:03+	00:11-	00:01-	00:10-	00:41&	00:17&	00:04+	01:02&	00:09+	00:04-	00:33&	00:08+	00:07-			
6	Joar Eilevstjønn	67														38:16					
04:14+	07:32+	11:05+	12:48+	14:31+	15:31+	17:29+	19:10+	21:07+	23:00+	24:46+	26:04+	27:05+	28:55+	30:41+	32:37+	36:03+	37:47+	38:16+			
04:14+	03:18+	03:33-	01:43-	01:43+	01:00-	01:58-	01:41-	01:57+	01:53-	01:46-	01:18+	01:01+	01:50-	01:46-	01:56-	03:26+	01:44-	00:29-			
02:01&	00:15+	00:07-	00:34-	00:15#	00:05-	00:13-	00:14-	00:03+	00:04-	00:08-	00:16&	00:04+	00:07-	00:02-	00:09-	01:30&	00:27-	00:07-			
7	Per Olav Haarr	62														38:27					
02:55+	05:50+	10:11+	12:10+	13:50+	15:01+	17:09+	18:24+	20:22+	22:08+	24:17+	25:28+	26:26+	29:36+	31:40+	34:00+	36:11+	37:55+	38:27+			
02:55+	02:55-	04:21+	01:59-	01:40+	01:11+	02:08-	01:15-	01:58+	01:46-	02:09+	01:11+	00:58+	03:10+	02:04+	02:20+	02:11+	01:44-	00:32-			
00:42&	00:08-	00:41#	00:18-	00:12#	00:06+	00:03-	00:40-	00:04+	00:11-	00:15#	00:09#	00:01+	01:13&	00:16#	00:15#	00:15#	00:27-	00:04-			
8	Morten Aamodt	116														39:33					
03:19+	06:21+	09:38+	11:23+	13:11+	14:18+	16:34+	17:47-	19:41-	21:27-	23:29-	24:32-	26:03+	27:55+	30:41+	32:53+	36:13+	38:59+	39:33+			
03:19+	03:02-	03:17-	01:45-	01:48+	01:07+	02:16+	01:13-	01:54=	01:46-	02:02+	01:03+	01:31+	01:52-	02:46+	02:12+	03:20+	02:46+	00:34-			
01:06&	00:01-	00:23-	00:32-	00:20#	00:02+	00:05+	00:42-	00:00=	00:11-	00:08+	00:01+	00:34&	00:05-	00:58&	00:07+	01:24&	00:35&	00:02-			
9	Jan-Rune L. Basso	91														40:22					
02:33+	06:06+	10:25+	12:31+	14:25+	15:38+	18:03+	19:27+	21:29+	23:30+	25:40+	26:52+	28:04+	30:15+	32:14+	34:39+	36:55+	39:44+	40:22+			
02:33+	03:33+	04:19+	02:06-	01:54+	01:13+	02:25+	01:24-	02:02+	02:01+	02:10+	01:12+	01:12+	02:11+	01:59+	02:25+	02:16+	02:49+	00:38+			
00:20#	00:30#	00:39#	00:11-	00:26&	00:08#	00:14#	00:31-	00:08+	00:04+	00:16#	00:10#	00:15&	00:14#	00:11#	00:20#	00:20#	00:38&	00:02+			
10	Tor Gunnar Aksland	116														40:52					
02:26+	05:35+	08:55-	10:44-	12:38-	13:51+	16:11+	17:55+	19:58+	21:35-	23:57+	25:52+	27:05+	31:02+	33:26+	35:34+	38:06+	40:13+	40:52+			
02:26+	03:09+	03:20-	01:49-	01:54+	01:13+	02:20+	01:44-	02:03+	01:37-	02:22+	01:55+	01:13+	03:57+	02:24+	02:08+	02:32+	02:07-	00:39+			
00:13+	00:06+	00:20-	00:28-	00:26&	00:08#	00:09+	00:11-	00:09+	00:20-	00:28#	00:53&	00:16&	02:00#	00:36&	00:03+	00:36&	00:04-	00:03+			
11	Geir Sand	105														41:19					
02:02-	05:23+	09:00+	10:44-	12:21-	13:21-	15:33-	16:58-	19:03-	20:57-	22:52-	27:03+	28:13+	31:12+	33:20+	35:26+	38:27+	40:48+	41:19+			
02:02-	03:21+	03:37-	01:44-	01:37+	01:00-	02:12+	01:25-	02:05+	01:54-	01:55+	04:11+	01:10+	02:59+	02:08+	02:06+	03:01+	02:21+	00:31-			
00:11-	00:18+	00:03-	00:33-	00:09#	00:05-	00:01+	00:30-	00:11+	00:03-	00:01+	03:09#	00:13#	01:02&	00:20#	00:01+	01:05&	00:10+	00:05-			
12	Terje Michaelsen	47														42:23					
01:51-	04:49-	08:43-	10:29-	12:17-	13:31-	16:40+	20:43+	22:40+	25:29+	28:13+	29:27+	30:33+	32:51+	35:29+	37:46+	40:07+	41:57+	42:23+			
01:51-	02:58-	03:54+	01:46-	01:48+	01:14+	03:09+	04:03+	01:57+	02:49+	02:44+	01:14+	01:06+	02:18+	02:38+	02:17+	02:21+	01:50-	00:26-			
00:22-	00:05-	00:14+	00:31-	00:20#	00:09#	00:58&	02:08#	00:03+	00:52&	00:50&	00:12#	00:09#	00:21#	00:50&	00:12+	00:25#	00:21-	00:10-			
13	Magnus Landstad	66														43:35					
02:13=	05:28+	08:41-	10:43-	12:51+	14:12+	17:25+	18:56+	20:58+	22:43+	24:57+	26:15+	27:32+	29:29+	35:18+	37:32+	40:23+	43:01+	43:35+			
02:13=	03:15+	03:13-	02:02-	02:08+	01:21+	03:13+	01:31-	02:02+	01:45-	02:14+	01:18+	01:17+	01:57=	05:49+	02:14+	02:51+	02:38+	00:34-			
00:00=	00:12+	00:27-	00:15-	00:40&	00:16#	01:02&	00:24-	00:08+	00:12-	00:20#	00:16&	00:20&	00:00=	04:01#	00:09+	00:55&	00:27#	00:02-			
14	Morten S. Ronæss	27														44:30					
02:10-	06:24+	09:52+	12:11+	13:59+	15:38+	18:08+	19:44+	22:00+	24:22+	27:09+	28:24+	29:48+	32:58+	35:27+	38:02+	41:07+	43:55+	44:30+			
02:10-	04:14+	03:28-	02:19+	01:48+	01:39+	02:30+	01:36-	02:16+	02:22+	02:47+	01:24+	01:24+	03:10+	02:29+	02:35+	03:05+	02:48+	00:35-			
00:03-	01:11&	00:12-	00:02+	00:20#	00:34&	00:19#	00:19-	00:22#	00:25#	00:53&	00:13#	00:27&	01:13&	00:41&	00:30#	01:09&	00:37&	00:01-			
15	Kim Richter	218														45:38					
01:53-	06:15+	09:42+	11:56+	14:36+	15:55+	19:25+	20:58+	23:07+	25:23+	28:22+	29:57+	31:10+	33:18+	37:26+	39:41+	42:01+	45:02+	45:38+			
01:53-	04:22+	03:27-	02:14-	02:40+	01:19+	03:30+	01:33-	02:09+	02:16+	02:59+	01:35+	01:13+	02:08+	04:08+	02:15+	02:20+	03:01+	00:36=			
00:20-	01:19&	00:13-	00:03-	01:12&	00:14#	01:19&	00:22-	00:15#	00:19#	01:05&	00:33&	00:16&	00:11+	02:20#	00:10+	00:24#	00:50&	00:00=			
16	Svein Erik Kvame	116														45:54					
02:40+	06:25+	10:20+	12:48+	15:23+	16:48+	19:54+	21:30+	24:20+	26:35+	29:22+	30:47+	32:04+	34:20+	37:39+	40:06+	42:42+	45:22+	45:54+			
02:40+	03:45+	03:55+	02:28+	02:35+	01:25+	03:06+	01:36-	02:50+	02:15+	02:47+	01:25+	01:17+	02:16+	03:19+	02:27+	02:36+	02:40+	00:32-			
00:27#	00:42#	00:15+	00:11+	01:07&	00:20&	00:55&	00:19-	00:56&	00:18#	00:53&	00:23&	00:20&	00:19#	01:31&	00:22#	00:40&	00:29#	00:04-			

Class	Navn	Klasse										Tid						
17	Bjørnar André Haug	80										46:51						
02:51+	07:06+	11:23+	13:44+	16:07+	17:32+	20:31+	22:24+	26:03+	28:07+	30:32+	31:37+	33:12+	35:04+	37:47+	40:01+	43:59+	46:17+	46:51+
02:51+	04:15+	04:17+	02:21+	02:23+	01:25+	02:59+	01:53-	03:39+	02:04+	02:25+	01:05+	01:35+	01:52-	02:43+	02:14+	03:58+	02:18+	00:34-
00:38&	01:12&	00:37#	00:04+	00:55&	00:20&	00:48&	00:02-	01:45&	00:07+	00:31&	00:03+	00:38&	00:05-	00:55&	00:09+	02:02@	00:07+	00:02-
18	Bård Skogsholm	194										48:10						
02:06-	06:13+	09:56+	14:48+	16:56+	18:26+	21:15+	22:49+	25:07+	28:01+	31:21+	33:47+	35:09+	37:24+	40:01+	42:58+	45:17+	47:36+	48:10+
02:06-	04:07+	03:43+	04:52+	02:08+	01:30+	02:49+	01:34-	02:18+	02:54+	03:20+	02:26+	01:22+	02:15+	02:37+	02:57+	02:19+	02:19+	00:34-
00:07-	01:04&	00:03+	02:35@	00:40&	00:25&	00:38&	00:21-	00:24#	00:57&	01:26&	01:24@	00:25&	00:18#	00:49&	00:52&	00:23#	00:08+	00:02-
19	Jørgen Breivold	54										54:06						
02:37+	06:19+	09:22+	11:24+	13:19+	17:05+	20:03+	21:54+	24:18+	27:03+	29:55+	31:48+	32:59+	35:12+	39:36+	41:54+	50:20+	53:35+	54:06+
02:37+	03:42+	03:03-	02:02-	01:55+	03:46+	02:58+	01:51-	02:24+	02:45+	02:52+	01:53+	01:11+	02:13+	04:24+	02:18+	08:26+	03:15+	00:31-
00:24#	00:39#	00:37-	00:15-	00:27&	02:41@	00:47&	00:04-	00:30&	00:48&	00:58&	00:51&	00:14#	00:16#	02:36@	00:13#	06:30@	01:04&	00:05-
20	Espen Fyhn Nilsen	116										54:41						
03:08+	07:26+	12:09+	14:41+	18:00+	19:38+	22:41+	24:38+	27:26+	30:16+	33:46+	35:13+	36:40+	42:07+	44:38+	47:56+	51:25+	53:59+	54:41+
03:08+	04:18+	04:43+	02:32+	03:19+	01:38+	03:03+	01:57+	02:48+	02:50+	03:30+	01:27+	01:27+	05:27+	02:31+	03:18+	03:29+	02:34+	00:42+
00:55&	01:15&	01:03&	00:15#	01:51@	00:33&	00:52&	00:02+	00:54&	00:53&	01:36&	00:25&	00:30&	03:30@	00:43&	01:13&	01:33&	00:23#	00:06#
21	Oddmund Nordgård	105										58:37						
02:40+	07:46+	12:01+	14:30+	17:19+	18:44+	21:16+	23:51+	26:56+	29:33+	32:34+	35:06+	36:42+	42:19+	47:25+	50:34+	54:56+	58:05+	58:37+
02:40+	05:06+	04:15+	02:29+	02:49+	01:25+	02:32+	02:35+	03:05+	02:37+	03:01+	02:32+	01:36+	05:37+	05:06+	03:09+	04:22+	03:09+	00:32-
00:27#	02:03&	00:35#	00:12+	01:21&	00:20&	00:21#	00:40&	01:11&	00:40&	01:07&	01:30@	00:39&	03:40@	03:18@	01:04&	02:26@	00:58&	00:04-
22	Gunnar V. Søiland	80										1:37:22						
03:39+	08:58+	18:01+	29:03+	33:08+	35:09+	40:08+	48:25+	54:13+	57:52+	61:41+	64:02+	66:07+	73:05+	84:11+	88:00+	92:44+	96:20+	97:22+
03:39+	05:19+	09:03+	11:02+	04:05+	02:01+	04:59+	08:17+	05:48+	03:39+	03:49+	02:21+	02:05+	06:58+	11:06+	03:49+	04:44+	03:36+	01:02+
01:26&	02:16&	05:23@	08:45@	02:37@	00:56&	02:48@	06:22@	03:54@	01:42&	01:55@	01:19@	01:08@	05:01@	09:18@	01:44&	02:48@	01:25&	00:26&
Beste strekktid for klassen																		
01:47	02:55	03:03	01:34	01:28	01:00	01:58	01:13	01:53	01:37	01:46	01:02	00:57	01:50	01:46	01:56	01:50	01:44	00:26

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

Herrer C

1	Kjetil Wirak	114										34:52							
00:58=	02:16=	04:10=	06:25=	08:32=	10:24=	12:29=	14:03=	15:22=	19:01=	21:31=	22:25=	24:08=	26:18=	27:40=	29:20=	30:28=	32:14=	34:22=	34:52=
00:58=	01:18=	01:54=	02:15=	02:07=	01:52=	02:05=	01:34=	01:19=	03:39=	02:30=	00:54=	01:43=	02:10=	01:22=	01:40=	01:08=	01:46=	02:08=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Nils John Vestøl	83										35:11							
00:50-	02:12-	03:51-	06:33+	08:39+	10:25+	12:15-	13:47-	15:21-	18:08-	21:12-	22:14-	23:41-	25:38-	28:16+	30:01+	31:01+	32:47+	34:42+	35:11+
00:50-	01:22+	01:39-	02:42+	02:06-	01:46-	01:50-	01:32-	01:34+	02:47-	03:04+	01:02+	01:27-	01:57-	02:38+	01:45+	01:00-	01:46=	01:55-	00:29-
00:08-	00:04+	00:15-	00:27#	00:01-	00:06-	00:15-	00:02-	00:15#	00:52-	00:34#	00:08#	00:16-	00:13-	01:16&	00:05+	00:08-	00:00=	00:13-	00:01-
3	Jan Einar Øvremo	50										38:29							
01:07+	02:45+	04:44+	07:53+	10:04+	12:15+	14:16+	15:51+	17:31+	22:04+	24:41+	25:40+	27:15+	29:20+	30:44+	32:47+	34:13+	35:49+	37:56+	38:29+
01:07+	01:38+	01:59+	03:09+	02:11+	02:11+	02:01-	01:35+	01:40+	04:33+	02:37+	00:59+	01:35-	02:05-	01:24+	02:03+	01:26+	01:36-	02:07-	00:33+
00:09#	00:20&	00:05+	00:54&	00:04+	00:19#	00:04-	00:01+	00:21&	00:54#	00:07+	00:05+	00:08-	00:05-	00:02+	00:23#	00:18&	00:10-	00:01-	00:03#
4	Henning Sundby	114										41:40							
00:41-	02:06-	04:15+	07:13+	09:32+	11:37+	14:00+	15:36+	17:13+	20:31+	24:35+	25:26+	29:03+	33:07+	34:37+	36:18+	37:29+	39:13+	41:10+	41:40+
00:41-	01:25+	02:09+	02:58+	02:19+	02:05+	02:23+	01:36+	01:37+	03:18-	04:04+	00:51-	03:37+	04:04+	01:30+	01:41+	01:11+	01:44-	01:57-	00:30=
00:17-	00:07+	00:15#	00:43&	00:12+	00:13#	00:18#	00:02+	00:18#	00:21-	01:34&	00:03-	01:54@	01:54&	00:08+	00:01+	00:03+	00:02-	00:11-	00:00=
5	Trond Nilsen Lamark	114										41:53							
00:59+	02:17+	04:27+	06:49+	09:11+	11:24+	13:30+	15:09+	16:55+	19:37+	22:18+	23:19+	29:29+	32:14+	33:38+	35:56+	37:10+	38:52+	41:19+	41:53+
00:59+	01:18=	02:10+	02:22+	02:22+	02:13+	02:06+	01:39+	01:46+	02:42-	02:41+	01:01+	06:10+	02:45+	01:24+	02:18+	01:14+	01:42-	02:27+	00:34+
00:01+	00:00=	00:16#	00:07+	00:15#	00:21#	00:01+	00:05+	00:27&	00:57-	00:11+	00:07#	04:27@	00:35&	00:02+	00:38&	00:06+	00:04-	00:19#	00:04#
6	Øystein Huglen	27										42:02							
00:52-	02:41+	05:10+	07:29+	09:59+	12:26+	14:48+	16:39+	18:24+	21:29+	25:00+	26:05+	28:14+	31:12+	32:55+	35:09+	36:53+	38:44+	41:25+	42:02+
00:52-	01:49+	02:29+	02:19+	02:30+	02:27+	02:22+	01:51+	01:45+	03:05-	03:31+	01:05+	02:09+	02:58+	01:43+	02:14+	01:44+	01:51+	02:41+	00:37+
00:06-	00:31&	00:35&	00:04+	00:23#	00:35&	00:17#	00:17#	00:26&	00:34-	01:01&	00:11#	00:26&	00:48&	00:21&	00:34&	00:36&	00:05+	00:33&	00:07#
7	Pål Bårdsen	90										42:29							
01:04+	02:38+	05:04+	08:07+	10:30+	13:02+	15:34+	17:24+	19:24+	23:36+	27:04+	28:13+	29:51+	32:02+	33:20+	35:41+	37:27+	39:26+	41:55+	42:29+
01:04+	01:34+	02:26+	03:03+	02:23+	02:32+	02:32+	01:50+	02:00+	04:12+	03:28+	01:09+	01:38-	02:11+	01:18-	02:21+	01:46+	01:59+	02:29+	00:34+
00:06#	00:16#	00:32&	00:48&	00:16#	00:40&	00:27#	00:16#	00:41&	00:33#	00:58&	00:15&	00:05-	00:01+	00:04-	00:41&	00:38&	00:13#	00:21#	00:04#

Class	Navn	Klasse														Tid				
8	Paul Terje Haarr	62														42:52				
	00:55-	03:22+	05:50+	08:29+	10:55+	13:31+	16:01+	17:55+	19:58+	23:27+	26:21+	27:27+	29:16+	32:26+	33:41+	35:56+	38:01+	40:09+	42:16+	42:52+
	00:55-	02:27+	02:28+	02:39+	02:26+	02:36+	02:30+	01:54+	02:03+	03:29-	02:54+	01:06+	01:49+	03:10+	01:15-	02:15+	02:05+	02:08+	02:07-	00:36+
	00:03-	01:09&	00:34&	00:24#	00:19#	00:44&	00:25#	00:20#	00:44&	00:10-	00:24#	00:12#	00:06+	01:00&	00:07-	00:35&	00:57&	00:22#	00:01-	00:06#
9	Geir Bjaanes	116														42:57				
	00:49-	02:20+	04:36+	07:10+	09:24+	11:43+	14:03+	15:48+	17:47+	21:50+	25:09+	26:10+	29:55+	32:26+	34:05+	36:06+	37:26+	39:39+	42:19+	42:57+
	00:49-	01:31+	02:16+	02:34+	02:14+	02:19+	02:20+	01:45+	01:59+	04:03+	03:19+	01:01+	03:45+	02:31+	01:39+	02:01+	01:20+	02:13+	02:40+	00:38+
	00:09-	00:13#	00:22#	00:19#	00:07+	00:27#	00:15#	00:11#	00:40&	00:24#	00:49&	00:07#	02:02#	00:21#	00:17#	00:21#	00:12#	00:27&	00:32#	00:08&
10	Sturle Omdal	116														45:05				
	01:00+	02:35+	04:54+	07:51+	10:32+	13:13+	15:32+	17:14+	18:47+	21:49+	24:43+	25:53+	30:18+	34:10+	36:28+	38:33+	40:15+	42:20+	44:34+	45:05+
	01:00+	01:35+	02:19+	02:57+	02:41+	02:41+	02:19+	01:42+	01:33+	03:02-	02:54+	01:10+	04:25+	03:52+	02:18+	02:05+	01:42+	02:05+	02:14+	00:31+
	00:02+	00:17#	00:25#	00:42&	00:34&	00:49&	00:14#	00:08+	00:14#	00:37-	00:24#	00:16&	02:42#	01:42&	00:56&	00:25#	00:34&	00:19#	00:06+	00:01+
11	Knut Taugbøl	116														46:16				
	01:01+	02:44+	06:15+	09:20+	11:45+	13:55+	16:13+	17:51+	19:24+	23:32+	26:50+	27:49+	30:00+	33:44+	36:37+	38:35+	40:59+	43:18+	45:43+	46:16+
	01:01+	01:43+	03:31+	03:05+	02:25+	02:10+	02:18+	01:38+	01:33+	04:08+	03:18+	00:59+	02:11+	03:44+	02:53+	01:58+	02:24+	02:19+	02:25+	00:33+
	00:03+	00:25&	01:37&	00:50&	00:18#	00:13#	00:04+	00:14#	00:29#	00:48&	00:05+	00:28&	00:17#	01:34&	01:31#	00:18#	01:16#	00:33&	00:17#	00:03#
12	Bjørn Serck-Hanssen	91														46:27				
	01:08+	02:42+	04:56+	08:23+	10:49+	13:06+	15:34+	17:24+	18:59+	22:03+	25:50+	26:59+	28:53+	35:15+	37:07+	39:12+	40:41+	42:53+	45:48+	46:27+
	01:08+	01:34+	02:14+	03:27+	02:26+	02:17+	02:28+	01:50+	01:35+	03:04-	03:47+	01:09+	01:54+	06:22+	01:52+	02:05+	01:29+	02:12+	02:55+	00:39+
	00:10#	00:16#	00:20#	01:12&	00:19#	00:25#	00:23#	00:16#	00:16#	00:35-	01:17&	00:15&	00:11#	04:12#	00:30&	00:25#	00:21&	00:26#	00:47&	00:09&
13	Bertrand Denieul	42														47:23				
	00:50-	02:46+	05:01+	07:30+	10:18+	12:36+	15:02+	16:45+	18:18+	23:04+	26:27+	27:40+	29:45+	33:22+	34:55+	37:03+	39:36+	44:31+	46:48+	47:23+
	00:50-	01:56+	02:15+	02:29+	02:48+	02:18+	02:26+	01:43+	01:33+	04:46+	03:23+	01:13+	02:05+	03:37+	01:33+	02:08+	02:33+	04:55+	02:17+	00:35+
	00:08-	00:38&	00:21#	00:14#	00:41&	00:26#	00:21#	00:09+	00:14#	01:07&	00:53&	00:19&	00:22#	01:27&	00:11#	00:28&	01:25#	03:09#	00:09+	00:05#
14	Øivind Berggraf	116														47:24				
	00:51-	02:43+	05:00+	08:17+	10:54+	14:13+	16:42+	18:25+	20:00+	24:55+	27:52+	29:02+	31:18+	37:47+	39:19+	41:26+	42:37+	44:47+	46:53+	47:24+
	00:51-	01:52+	02:17+	03:17+	02:37+	03:19+	02:29+	01:43+	01:35+	04:55+	02:57+	01:10+	02:16+	06:29+	01:32+	02:07+	01:11+	02:10+	02:06-	00:31+
	00:07-	00:34&	00:23#	01:02&	00:30#	01:27&	00:24#	00:09+	00:16#	01:16&	00:27#	00:16&	00:33&	04:19#	00:10#	00:27&	00:03+	00:24#	00:02-	00:01+
15	Erling Mauland	83														48:12				
	01:06+	02:45+	05:20+	10:06+	12:40+	14:46+	17:06+	19:09+	21:11+	29:48+	33:30+	34:35+	36:59+	39:02+	40:10+	42:27+	43:33+	45:26+	47:34+	48:12+
	01:06+	01:39+	02:35+	04:46+	02:34+	02:06+	02:20+	02:03+	02:02+	08:37+	03:42+	01:05+	02:24+	02:03-	01:08-	02:17+	01:06-	01:53+	02:08=	00:38+
	00:08#	00:21&	00:41&	02:31#	00:27#	00:14#	00:15#	00:29&	00:43&	04:58#	01:12&	00:11#	00:41&	00:07-	00:14-	00:37&	00:02-	00:07+	00:00=	00:08&
16	Pål H. Gjerden	116														50:17				
	00:48-	02:17+	04:49+	08:51+	11:37+	14:15+	16:57+	18:59+	20:51+	24:08+	28:24+	30:26+	32:37+	34:55+	37:41+	41:23+	43:07+	46:01+	49:25+	50:17+
	00:48-	01:29+	02:32+	04:02+	02:46+	02:38+	02:42+	02:02+	01:52+	03:17-	04:16+	02:02+	02:11+	02:18+	02:46+	03:42+	01:44+	02:54+	03:24+	00:52+
	00:10-	00:11#	00:38&	01:47&	00:39&	00:46&	00:37&	00:28&	00:33&	00:22-	01:46&	01:08#	00:28&	00:08+	01:24#	02:02#	00:36&	01:08&	01:16&	00:22&
17	Svein Oddvar Netland	116														1:02:12				
	01:08+	03:15+	07:11+	12:58+	15:37+	18:16+	21:08+	23:37+	25:18+	29:07+	33:21+	34:26+	38:53+	48:37+	50:34+	52:46+	56:05+	58:20+	61:37+	62:12+
	01:08+	02:07+	03:56+	05:47+	02:39+	02:39+	02:52+	02:29+	01:41+	03:49+	04:14+	01:05+	04:27+	09:44+	01:57+	02:12+	03:19+	02:15+	03:17+	00:35+
	00:10#	00:49&	02:02#	03:32#	00:32&	00:47&	00:47&	00:55&	00:22&	00:10+	01:44&	00:11#	02:44#	07:34#	00:35&	00:32&	02:11#	00:29&	01:09&	00:05#
18	Ove Oaland	116														1:17:19				
	01:11+	03:00+	05:34+	10:14+	13:13+	17:12+	20:44+	33:31+	36:01+	50:04+	54:20+	56:08+	59:47+	63:03+	65:06+	67:39+	70:15+	73:45+	76:37+	77:19+
	01:11+	01:49+	02:34+	04:40+	02:59+	03:59+	03:32+	12:47+	02:30+	14:03+	04:16+	01:48+	03:39+	03:16+	02:03+	02:33+	02:36+	03:30+	02:52+	00:42+
	00:13#	00:31&	00:40&	02:25#	00:52&	02:07#	01:27&	11:13#	01:11&	10:24#	01:46&	00:54&	01:56#	01:06&	00:41&	00:53&	01:28#	01:44&	00:44&	00:12&
Beste strekktid for klassen																				
	00:41	01:18	01:39	02:15	02:06	01:46	01:50	01:32	01:19	02:42	02:30	00:51	01:27	01:57	01:08	01:40	01:00	01:36	01:55	00:29

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

Herrer Ny

1	Frederico Alves	7														37:21				
	02:42=	04:56=	08:19=	10:36=	16:41=	18:14=	19:28=	21:38=	24:54=	26:44=	30:05=	33:35=	36:59=	37:21=						
	02:42=	02:14=	03:23=	02:17=	06:05=	01:33=	01:14=	02:10=	03:16=	01:50=	03:21=	03:30=	03:24=	00:22=						
	00:00=	00:00=	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	Magnus Bergøy	43														49:07				
	08:10+	10:51+	18:09+	20:22+	22:03+	24:01+	25:24+	27:54+	28:50+	40:06+	41:03+	45:21+	48:44+	49:07+						
	08:10+	02:41+	07:18+	02:13-	01:41-	01:58+	01:23+	02:30+	00:56-	11:16+	00:57-	04:18+	03:23-	00:23+						
	05:28#	00:27#	03:55#	00:04-	04:24-	00:25&	00:09#	00:20#	02:20-	09:26#	02:24-	00:48#	00:01-	00:01+						

Class	Navn	Klasse										Tid
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Beste strekktid for klassen

02:42 02:14 03:23 02:13 01:41 01:33 01:14 02:10 00:56 01:50 00:57 03:30 03:23 00:22

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

Herrer Trim

1	Elvio Freitas	51	26:34								
00:55=	03:02=	05:42=	11:30=	14:07=	16:42=	18:29=	21:17=	23:32=	25:43=	26:13=	26:34=
00:55=	02:07=	02:40=	05:48=	02:37=	02:35=	01:47=	02:48=	02:15=	02:11=	00:30=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Roger Nyseth	92	30:54								
01:13+	03:49+	05:59+	11:19-	14:35+	18:31+	21:28+	24:59+	27:26+	29:39+	30:25+	30:54+
01:13+	02:36+	02:10-	05:20-	03:16+	03:56+	02:57+	03:31+	02:27+	02:13+	00:46+	00:29+
00:18&	00:29#	00:30-	00:28-	00:39#	01:21&	01:10&	00:43&	00:12+	00:02+	00:16&	00:08&
3	Andreas Eide Skjæveland	304	33:28								
00:45-	03:39+	05:25-	11:57+	15:36+	23:27+	25:25+	28:45+	30:44+	32:36+	33:07+	33:28+
00:45-	02:54+	01:46-	06:32+	03:39+	07:51+	01:58+	03:20+	01:59-	01:52-	00:31+	00:21=
00:10-	00:47&	00:54-	00:44#	01:02&	05:16@	00:11#	00:32#	00:16-	00:19-	00:01+	00:00=
4	Tor Harald Lunde	47	33:31								
01:24+	03:41+	08:13+	13:21+	18:20+	21:57+	25:21+	28:30+	30:32+	32:27+	33:07+	33:31+
01:24+	02:17+	04:32+	05:08-	04:59+	03:37+	03:24+	03:09+	02:02-	01:55-	00:40+	00:24+
00:29&	00:10+	01:52&	00:40-	02:22&	01:02&	01:37&	00:21#	00:13-	00:16-	00:10&	00:03#
5	Rolf Frøyland	5	33:37								
01:15+	03:04+	05:01-	10:42-	14:01-	19:29+	24:55+	28:53+	31:05+	32:42+	33:21+	33:37+
01:15+	01:49-	01:57-	05:41-	03:19+	05:28+	05:26+	03:58+	02:12-	01:37-	00:39+	00:16-
00:20&	00:18-	00:43-	00:07-	00:42&	02:53@	03:39@	01:10&	00:03-	00:34-	00:09&	00:05-
6	Ole Magnus Søndena	101	36:39								
02:19+	04:36+	07:04+	12:40+	16:57+	23:32+	26:31+	29:37+	32:09+	34:29+	36:05+	36:39+
02:19+	02:17+	02:28-	05:36-	04:17+	06:35+	02:59+	03:06+	02:32+	02:20+	01:36+	00:34+
01:24@	00:10+	00:12-	00:12-	01:40&	04:00@	01:12&	00:18#	00:17#	00:09+	01:06@	00:13&
7	Reidar Haver	4	36:59								
04:32+	07:03+	09:17+	15:09+	19:15+	23:58+	26:41+	30:16+	33:53+	35:51+	36:37+	36:59+
04:32+	02:31+	02:14-	05:52+	04:06+	04:43+	02:43+	03:35+	03:37+	01:58-	00:46+	00:22+
03:37@	00:24#	00:26-	00:04+	01:29&	02:08&	00:56&	00:47&	01:22&	00:13-	00:16&	00:01+
8	Johan Dahl	116	38:31								
01:23+	03:48+	06:27+	11:20-	14:26+	18:18+	23:20+	32:21+	35:34+	37:22+	38:03+	38:31+
01:23+	02:25+	02:39-	04:53-	03:06+	03:52+	05:02+	09:01+	03:13+	01:48-	00:41+	00:28+
00:28&	00:18#	00:01-	00:55-	00:29#	01:17&	03:15@	06:13@	00:58&	00:23-	00:11&	00:07&
9	Anders H Foss	263	39:09								
01:08+	03:42+	07:25+	14:01+	18:27+	26:02+	28:39+	32:14+	35:05+	37:30+	38:47+	39:09+
01:08+	02:34+	03:43+	06:36+	04:26+	07:35+	02:37+	03:35+	02:51+	02:25+	01:17+	00:22+
00:13#	00:27#	01:03&	00:48#	01:49&	05:00@	00:50&	00:47&	00:36&	00:14#	00:47@	00:01+
10	Leif Jarle Skåra	29	39:36								
01:10+	03:50+	06:32+	14:13+	20:06+	25:44+	29:28+	33:01+	36:16+	38:20+	39:11+	39:36+
01:10+	02:40+	02:42+	07:41+	05:53+	05:38+	03:44+	03:33+	03:15+	02:04-	00:51+	00:25+
00:15&	00:33&	00:02+	01:53&	03:16@	03:03@	01:57@	00:45&	01:00&	00:07-	00:21&	00:04#
11	Arnt Krisitian Viland	27	39:49								
02:08+	04:29+	07:49+	13:52+	17:09+	27:03+	30:56+	33:56+	36:24+	38:31+	39:18+	39:49+
02:08+	02:21+	03:20+	06:03+	03:17+	09:54+	03:53+	03:00+	02:28+	02:07-	00:47+	00:31+
01:13@	00:14#	00:40#	00:15+	00:40&	07:19@	02:06@	00:12+	00:13+	00:04-	00:17&	00:10&
12	Per Kolbein Tonstad	66	40:28								
01:25+	04:30+	06:41+	12:31+	19:12+	26:18+	29:18+	32:59+	36:06+	38:50+	39:54+	40:28+
01:25+	03:05+	02:11-	05:50+	06:41+	07:06+	03:00+	03:41+	03:07+	02:44+	01:04+	00:34+
00:30&	00:58&	00:29-	00:02+	04:04@	04:31@	01:13&	00:53&	00:52&	00:33&	00:34@	00:13&
13	Kjell Helge Husebø	43	40:53								
01:31+	04:16+	07:52+	14:16+	18:21+	23:48+	30:08+	33:48+	37:01+	39:20+	40:23+	40:53+
01:31+	02:45+	03:36+	06:24+	04:05+	05:27+	06:20+	03:40+	03:13+	02:19+	01:03+	00:30+
00:36&	00:38&	00:56&	00:36#	01:28&	02:52@	04:33@	00:52&	00:58&	00:08+	00:33@	00:09&

Class	Navn	Klasse										Tid
14	Eilef Foss	27										41:34
01:40+	03:43+	06:32+	10:25-	24:09+	28:29+	32:20+	35:32+	37:45+	40:31+	41:17+	41:34+	
01:40+	02:03-	02:49+	03:53-	13:44+	04:20+	03:51+	03:12+	02:13-	02:46+	00:46+	00:17-	
00:45&	00:04-	00:09+	01:55-	11:07@	01:45&	02:04@	00:24#	00:02-	00:35&	00:16&	00:04-	
15	Arne Hope	43										42:33
01:17+	03:52+	06:51+	13:14+	18:50+	24:13+	27:29+	36:27+	39:24+	41:24+	42:08+	42:33+	
01:17+	02:35+	02:59+	06:23+	05:36+	05:23+	03:16+	08:58+	02:57+	02:00-	00:44+	00:25+	
00:22&	00:28#	00:19#	00:35#	02:59@	02:48@	01:29&	06:10@	00:42&	00:11-	00:14&	00:04#	
16	Ketil Vestbakke	116										42:33
01:30+	03:47+	05:31-	10:52-	17:02+	23:45+	27:48+	34:41+	38:01+	40:48+	42:09+	42:33+	
01:30+	02:17+	01:44-	05:21-	06:10+	06:43+	04:03+	06:53+	03:20+	02:47+	01:21+	00:24+	
00:35&	00:10+	00:56-	00:27-	03:33@	04:08@	02:16@	04:05@	01:05&	00:36&	00:51@	00:03#	
17	Stig Erlend Ollestad	51										42:34
03:38+	05:26+	08:06+	11:56+	16:02+	31:12+	33:32+	36:33+	40:25+	41:51+	42:19+	42:34+	
03:38+	01:48-	02:40=	03:50-	04:06+	15:10+	02:20+	03:01+	03:52+	01:26-	00:28-	00:15-	
02:43@	00:19-	00:00=	01:58-	01:29&	12:35@	00:33&	00:13+	01:37&	00:45-	00:02-	00:06-	
18	Steinar Amundsen	115										42:44
01:23+	04:26+	07:15+	14:49+	19:55+	29:19+	32:24+	36:05+	38:46+	41:30+	42:19+	42:44+	
01:23+	03:03+	02:49+	07:34+	05:06+	09:24+	03:05+	03:41+	02:41+	02:44+	00:49+	00:25+	
00:28&	00:56&	00:09+	01:46&	02:29&	06:49@	01:18&	00:53&	00:26#	00:33&	00:19&	00:04#	
19	Trond Karlsen	228										42:50
01:16+	04:13+	12:06+	18:04+	22:21+	27:34+	31:31+	35:19+	38:32+	41:22+	42:26+	42:50+	
01:16+	02:57+	07:53+	05:58+	04:17+	05:13+	03:57+	03:48+	03:13+	02:50+	01:04+	00:24+	
00:21&	00:50&	05:13@	00:10+	01:40&	02:38@	02:10@	01:00&	00:58&	00:39&	00:34@	00:03#	
20	Igor Muzdeka	74										43:12
01:30+	04:24+	09:05+	16:23+	20:12+	26:10+	32:42+	36:09+	39:57+	41:59+	42:54+	43:12+	
01:30+	02:54+	04:41+	07:18+	03:49+	05:58+	06:32+	03:27+	03:48+	02:02-	00:55+	00:18-	
00:35&	00:47&	02:01&	01:30&	01:12&	03:23@	04:45@	00:39#	01:33&	00:09-	00:25&	00:03-	
21	Jan Henrik Neuenkirchen	117										43:56
01:25+	04:09+	07:36+	13:06+	17:33+	29:12+	32:55+	36:19+	39:59+	42:57+	43:34+	43:56+	
01:25+	02:44+	03:27+	05:30-	04:27+	11:39+	03:43+	03:24+	03:40+	02:58+	00:37+	00:22+	
00:30&	00:37&	00:47&	00:18-	01:50&	09:04@	01:56@	00:36#	01:25&	00:47&	00:07#	00:01+	
22	Lars Tore Kvasheim	7										45:29
01:24+	04:06+	07:35+	13:50+	21:12+	26:46+	30:29+	35:52+	41:56+	44:14+	45:02+	45:29+	
01:24+	02:42+	03:29+	06:15+	07:22+	05:34+	03:43+	05:23+	06:04+	02:18+	00:48+	00:27+	
00:29&	00:35&	00:49&	00:27+	04:45@	02:59@	01:56@	02:35&	03:49@	00:07+	00:18&	00:06&	
23	Bruno Pierfelice	51										46:44
04:25+	06:32+	10:28+	15:28+	18:42+	35:49+	38:09+	40:43+	43:45+	45:19+	46:28+	46:44+	
04:25+	02:07=	03:56+	05:00-	03:14+	17:07+	02:20+	02:34-	03:02+	01:34-	01:09+	00:16-	
03:30@	00:00=	01:16&	00:48-	00:37#	14:32@	00:33&	00:14-	00:47&	00:37-	00:39@	00:05-	
24	Andreas Molin Edlund	136										46:52
04:10+	06:29+	08:00+	14:36+	24:03+	31:01+	33:30+	37:01+	43:23+	45:24+	46:28+	46:52+	
04:10+	02:19+	01:31-	06:36+	09:27+	06:58+	02:29+	03:31+	06:22+	02:01-	01:04+	00:24+	
03:15@	00:12+	01:09-	00:48#	06:50@	04:23@	00:42&	00:43&	04:07@	00:10-	00:34@	00:03#	
25	Bjørn Tangvald	115										47:18
06:24+	10:15+	12:35+	19:08+	22:17+	32:30+	34:54+	38:44+	42:29+	44:26+	46:55+	47:18+	
06:24+	03:51+	02:20-	06:33+	03:09+	10:13+	02:24+	03:50+	03:45+	01:57-	02:29+	00:23+	
05:29@	01:44&	00:20-	00:45#	00:32#	07:38@	00:37&	01:02&	01:30&	00:14-	01:59@	00:02+	
26	Sverre Uhlving	105										48:39
02:00+	09:01+	11:22+	19:00+	24:45+	30:44+	34:40+	39:15+	43:43+	46:06+	48:11+	48:39+	
02:00+	07:01+	02:21-	07:38+	05:45+	05:59+	03:56+	04:35+	04:28+	02:23+	02:05+	00:28+	
01:05@	04:54@	00:19-	01:50&	03:08@	03:24@	02:09@	01:47&	02:13&	00:12+	01:35@	00:07&	
27	Jan Erik Rasmussen	51										49:10
01:46+	05:01+	10:08+	17:08+	21:28+	31:30+	35:31+	40:50+	44:33+	47:15+	48:41+	49:10+	
01:46+	03:15+	05:07+	07:00+	04:20+	10:02+	04:01+	05:19+	03:43+	02:42+	01:26+	00:29+	
00:51&	01:08&	02:27&	01:12#	01:43&	07:27@	02:14@	02:31&	01:28&	00:31#	00:56@	00:08&	
28	Audun Sjøen	111										50:45
01:28+	04:08+	07:39+	16:04+	26:54+	32:32+	35:34+	41:51+	46:18+	48:34+	50:18+	50:45+	
01:28+	02:40+	03:31+	08:25+	10:50+	05:38+	03:02+	06:17+	04:27+	02:16+	01:44+	00:27+	
00:33&	00:33&	00:51&	02:37&	08:13@	03:03@	01:15&	03:29@	02:12&	00:05+	01:14@	00:06&	

Class	Navn	Klasse										Tid
29	John Thorsnæs	51										51:00
01:18+	04:03+	06:30+	13:33+	23:30+	28:19+	41:03+	45:03+	47:49+	49:51+	50:39+	51:00+	
01:18+	02:45+	02:27-	07:03+	09:57+	04:49+	12:44+	04:00+	02:46+	02:02-	00:48+	00:21=	
00:23&	00:38&	00:13-	01:15#	07:20@	02:14&	10:57@	01:12&	00:31#	00:09-	00:18&	00:00=	
30	Einar Tommy Sundal	368										51:01
01:55+	05:29+	08:36+	14:32+	25:10+	28:57+	37:39+	43:01+	46:41+	49:24+	50:36+	51:01+	
01:55+	03:34+	03:07+	05:56+	10:38+	03:47+	08:42+	05:22+	03:40+	02:43+	01:12+	00:25+	
01:00@	01:27&	00:27#	00:08+	08:01@	01:12&	06:55@	02:34&	01:25&	00:32#	00:42@	00:04#	
31	Thomas Hinna	287										51:02
01:47+	03:53+	05:37-	15:04+	18:08+	34:57+	41:46+	44:18+	47:40+	50:01+	50:42+	51:02+	
01:47+	02:06-	01:44-	09:27+	03:04+	16:49+	06:49+	02:32-	03:22+	02:21+	00:41+	00:20-	
00:52&	00:01-	00:56-	03:39&	00:27#	14:14@	05:02@	00:16-	01:07&	00:10+	00:11&	00:01-	
32	Karl Johnny Braut	27										51:35
05:16+	07:51+	10:14+	22:04+	27:29+	32:51+	39:28+	43:25+	46:43+	49:14+	51:13+	51:35+	
05:16+	02:35+	02:23-	11:50+	05:25+	05:22+	06:37+	03:57+	03:18+	02:31+	01:59+	00:22+	
04:21@	00:28#	00:17-	06:02@	02:48@	02:47@	04:50@	01:09&	01:03&	00:20#	01:29@	00:01+	
33	Paul Richard Carr	136										51:50
01:36+	04:36+	07:56+	14:35+	21:35+	33:42+	36:31+	40:29+	47:43+	50:23+	51:23+	51:50+	
01:36+	03:00+	03:20+	06:39+	07:00+	12:07+	02:49+	03:58+	07:14+	02:40+	01:00+	00:27+	
00:41&	00:53&	00:40#	00:51#	04:23@	09:32@	01:02&	01:10&	04:59@	00:29#	00:30&	00:06&	
34	Steinar Aase	268										52:55
01:34+	05:23+	08:01+	19:58+	25:58+	31:08+	35:02+	39:44+	48:44+	51:27+	52:27+	52:55+	
01:34+	03:49+	02:38-	11:57+	06:00+	05:10+	03:54+	04:42+	09:00+	02:43+	01:00+	00:28+	
00:39&	01:42&	00:02-	06:09@	03:23@	02:35&	02:07@	01:54&	06:45@	00:32#	00:30&	00:07&	
35	Ivar Aalbu	29										53:52
02:45+	05:09+	08:04+	22:27+	26:48+	39:48+	43:55+	47:25+	50:24+	52:35+	53:24+	53:52+	
02:45+	02:24+	02:55+	14:23+	04:21+	13:00+	04:07+	03:30+	02:59+	02:11=	00:49+	00:28+	
01:50@	00:17#	00:15+	08:35@	01:44&	10:25@	02:20@	00:42#	00:44&	00:00=	00:19&	00:07&	
36	Per Bakken	5										54:37
07:36+	11:00+	13:30+	23:18+	32:13+	37:59+	41:25+	45:21+	50:36+	53:17+	54:10+	54:37+	
07:36+	03:24+	02:30-	09:48+	08:55+	05:46+	03:26+	03:56+	05:15+	02:41+	00:53+	00:27+	
06:41@	01:17&	00:10-	04:00&	06:18@	03:11@	01:39&	01:08&	03:00@	00:30#	00:23&	00:06&	
37	Tom Leveraas	188										55:34
01:41+	04:21+	07:30+	14:37+	25:41+	40:59+	43:00+	47:28+	50:56+	52:57+	55:06+	55:34+	
01:41+	02:40+	03:09+	07:07+	11:04+	15:18+	02:01+	04:28+	03:28+	02:01-	02:09+	00:28+	
00:46&	00:33&	00:29#	01:19#	08:27@	12:43@	00:14#	01:40&	01:13&	00:10-	01:39@	00:07&	
38	Jon Grepstad	111										57:32
01:48+	05:18+	08:03+	16:26+	27:34+	35:26+	44:07+	49:02+	52:51+	55:58+	56:59+	57:32+	
01:48+	03:30+	02:45+	08:23+	11:08+	07:52+	08:41+	04:55+	03:49+	03:07+	01:01+	00:33+	
00:53&	01:23&	00:05+	02:35&	08:31@	05:17@	06:54@	02:07&	01:34&	00:56&	00:31@	00:12&	
39	Arild Olsen	4										59:37
05:30+	08:04+	10:26+	28:38+	34:27+	41:26+	44:51+	49:02+	53:45+	56:30+	59:13+	59:37+	
05:30+	02:34+	02:22-	18:12+	05:49+	06:59+	03:25+	04:11+	04:43+	02:45+	02:43+	00:24+	
04:35@	00:27#	00:18-	12:24@	03:12@	04:24@	01:38&	01:23&	02:28@	00:34&	02:13@	00:03#	
40	Aslak Ihle Vike	117										1:00:15
08:26+	10:40+	12:45+	20:06+	30:56+	43:00+	47:33+	50:22+	56:34+	59:19+	59:55+	60:15+	
08:26+	02:14+	02:05-	07:21+	10:50+	12:04+	04:33+	02:49+	06:12+	02:45+	00:36+	00:20-	
07:31@	00:07+	00:35-	01:33&	08:13@	09:29@	02:46@	00:01+	03:57@	00:34&	00:06#	00:01-	
41	Lars Salvesen	50										1:01:08
01:19+	03:44+	06:23+	22:34+	43:23+	47:54+	50:30+	53:52+	56:56+	59:46+	60:36+	61:08+	
01:19+	02:25+	02:39-	16:11+	20:49+	04:31+	02:36+	03:22+	03:04+	02:50+	00:50+	00:32+	
00:24&	00:18#	00:01-	10:23@	18:12@	01:56&	00:49&	00:34#	00:49&	00:39&	00:20&	00:11&	
42	Terje Hodne Nilsen	115										1:01:52
02:05+	05:33+	10:59+	19:13+	30:45+	43:41+	46:30+	50:25+	57:40+	60:21+	61:21+	61:52+	
02:05+	03:28+	05:26+	08:14+	11:32+	12:56+	02:49+	03:55+	07:15+	02:41+	01:00+	00:31+	
01:10@	01:21&	02:46@	02:26&	08:55@	10:21@	01:02&	01:07&	05:00@	00:30#	00:30&	00:10&	
43	Cato Bjerkeli	237										1:01:56
02:45+	05:02+	06:36+	15:04+	45:34+	49:44+	52:02+	55:17+	57:19+	59:33+	61:31+	61:56+	
02:45+	02:17+	01:34-	08:28+	30:30+	04:10+	02:18+	03:15+	02:02-	02:14+	01:58+	00:25+	
01:50@	00:10+	01:06-	02:40&	27:53@	01:35&	00:31&	00:27#	00:13-	00:03+	01:28@	00:04#	

Class	Navn	Klasse										Tid
44	Simen Waksvik	66										1:03:37
05:05+	09:20+	14:53+	23:46+	32:04+	42:48+	49:13+	55:03+	59:02+	61:50+	63:06+	63:37+	
05:05+	04:15+	05:33+	08:53+	08:18+	10:44+	06:25+	05:50+	03:59+	02:48+	01:16+	00:31+	
04:10@	02:08@	02:53@	03:05&	05:41@	08:09@	04:38@	03:02@	01:44&	00:37&	00:46@	00:10&	
45	Øyvind Melkevik	66										1:03:47
05:15+	09:31+	15:04+	23:34+	31:54+	42:47+	49:09+	54:56+	59:02+	62:00+	63:08+	63:47+	
05:15+	04:16+	05:33+	08:30+	08:20+	10:53+	06:22+	05:47+	04:06+	02:58+	01:08+	00:39+	
04:20@	02:09@	02:53@	02:42&	05:43@	08:18@	04:35@	02:59@	01:51&	00:47&	00:38@	00:18&	
46	Ahmed Mahran	91										1:06:36
01:26+	04:54+	09:23+	22:47+	27:17+	34:28+	37:45+	46:29+	62:50+	65:00+	66:13+	66:36+	
01:26+	03:28+	04:29+	13:24+	04:30+	07:11+	03:17+	08:44+	16:21+	02:10-	01:13+	00:23+	
00:31&	01:21&	01:49&	07:36@	01:53&	04:36@	01:30&	05:56@	14:06@	00:01-	00:43@	00:02+	
47	Francesco Pierfelice	116										1:06:56
17:07+	20:03+	24:19+	41:29+	45:32+	49:43+	55:06+	59:31+	62:28+	64:39+	66:34+	66:56+	
17:07+	02:56+	04:16+	17:10+	04:03+	04:11+	05:23+	04:25+	02:57+	02:11=	01:55+	00:22+	
16:12@	00:49&	01:36&	11:22@	01:26&	01:36&	03:36@	01:37&	00:42&	00:00=	01:25@	00:01+	
48	Kristian Stormark	116										1:07:18
01:38+	04:00+	06:35+	21:37+	43:35+	49:43+	54:10+	59:42+	62:15+	64:49+	66:38+	67:18+	
01:38+	02:22+	02:35-	15:02+	21:58+	06:08+	04:27+	05:32+	02:33+	02:34+	01:49+	00:40+	
00:43&	00:15#	00:05-	09:14@	19:21@	03:33@	02:40@	02:44&	00:18#	00:23#	01:19@	00:19&	
49	Joar Fandrem	94										1:08:57
01:08+	03:45+	06:24+	39:45+	47:27+	53:38+	58:12+	61:35+	65:29+	67:43+	68:32+	68:57+	
01:08+	02:37+	02:39-	33:21+	07:42+	06:11+	04:34+	03:23+	03:54+	02:14+	00:49+	00:25+	
00:13#	00:30#	00:01-	27:33@	05:05@	03:36@	02:47@	00:35#	01:39&	00:03+	00:19&	00:04#	
50	Svein Inge Sævereid	126										1:12:27
02:09+	06:33+	09:53+	21:14+	27:48+	46:04+	50:44+	56:01+	66:12+	69:51+	71:34+	72:27+	
02:09+	04:24+	03:20+	11:21+	06:34+	18:16+	04:40+	05:17+	10:11+	03:39+	01:43+	00:53+	
01:14@	02:17@	00:40#	05:33&	03:57@	15:41@	02:53@	02:29&	07:56@	01:28&	01:13@	00:32@	
51	Svein Atle Thorsen	79										1:18:26
02:03+	06:17+	11:32+	21:17+	50:34+	58:06+	62:53+	68:21+	72:55+	76:29+	77:38+	78:26+	
02:03+	04:14+	05:15+	09:45+	29:17+	07:32+	04:47+	05:28+	04:34+	03:34+	01:09+	00:48+	
01:08@	02:07&	02:35&	03:57&	26:40@	04:57@	03:00@	02:40&	02:19@	01:23&	00:39@	00:27@	
52	Leif Kåre Lende	365										1:41:08
01:23+	03:45+	05:29-	45:16+	76:37+	82:36+	85:44+	90:02+	96:04+	98:56+	100:37+	101:08+	
01:23+	02:22+	01:44-	39:47+	31:21+	05:59+	03:08+	04:18+	06:02+	02:52+	01:41+	00:31+	
00:28&	00:15#	00:56-	33:59@	28:44@	03:24@	01:21&	01:30&	03:47@	00:41&	01:11@	00:10&	
Beste strekktid for klassen												
00:45	01:48	01:31	03:50	02:37	02:35	01:47	02:32	01:59	01:26	00:28	00:15	

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