

Class Navn

Klasse

Tid

Damer 16 - 39 år

1	Ida K. Kolstø	29	40:45														
00:28=	02:57=	07:09=	10:08=	12:10=	16:23=	18:37=	19:46=	22:19=	24:30=	28:25=	29:28=	33:34=	35:50=	38:16=	39:22=	40:28=	40:45=
00:28=	02:29=	04:12=	02:59=	02:02=	04:13=	02:14=	01:09=	02:33=	02:11=	03:55=	01:03=	04:06=	02:16=	02:26=	01:06=	01:06=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marie Brolev	126	44:51														
07:07+	09:41+	13:00+	14:40+	18:50+	21:10+	23:10+	24:18+	27:02+	29:09+	32:35+	33:46+	37:59+	40:10+	42:19+	43:14+	44:35+	44:51+
07:07+	02:34+	03:19-	01:40-	04:10+	02:20-	02:00-	01:08-	02:44+	02:07-	03:26-	01:11+	04:13+	02:11-	02:09-	00:55-	01:21+	00:16-
06:39@	00:05+	00:24-	01:19-	02:08@	01:53-	00:14-	00:01-	00:11+	00:04-	00:29-	00:08#	00:07+	00:05-	00:17-	00:11-	00:15#	00:01-
3	Guro Grimnes	126	47:39														
04:01+	06:26+	10:14+	11:53+	13:21+	17:41+	19:37+	20:55+	24:46+	26:49+	32:48+	35:35+	39:59+	42:36+	44:55+	46:09+	47:19+	47:39+
04:01+	02:25-	03:48-	01:39-	01:28-	04:20+	01:56-	01:18+	03:51+	02:03-	05:59+	02:47+	04:24+	02:37+	02:19-	01:14+	01:10+	00:20+
03:33@	00:04-	00:24-	01:20-	00:34-	00:07+	00:18-	00:09#	01:18&	00:08-	02:04&	01:44@	00:18+	00:21#	00:07-	00:08#	00:04+	00:03#
4	Hege Bakken	93	47:43														
00:29+	03:26+	09:05+	13:25+	15:12+	18:15+	20:48+	22:12+	26:12+	29:16+	35:03+	35:50+	40:22+	42:32+	45:03+	46:06+	47:26+	47:43+
00:29+	02:57+	05:39+	04:20+	01:47-	03:03-	02:33+	01:24+	04:00+	03:04+	05:47+	00:47-	04:32+	02:10-	02:31+	01:03-	01:20+	00:17=
00:01+	00:28#	01:27&	01:21&	00:15-	01:10-	00:19#	00:15#	01:27&	00:53&	01:52&	00:16-	00:26#	00:06-	00:05+	00:03-	00:14#	00:00=
5	Kine Strømstad	53	58:08														
00:34+	04:38+	13:13+	16:56+	19:12+	23:37+	27:16+	28:32+	31:56+	35:57+	43:03+	43:50+	48:05+	50:40+	54:12+	56:27+	57:50+	58:08+
00:34+	04:04+	08:35+	03:43+	02:16+	04:25+	03:39+	01:16+	03:24+	04:01+	07:06+	00:47-	04:15+	02:35+	03:32+	02:15+	01:23+	00:18+
00:06#	01:35&	04:23@	00:44#	00:14#	00:12+	01:25&	00:07#	00:51&	01:50&	03:11&	00:16-	00:09+	00:19#	01:06&	01:09@	00:17&	00:01+
6	Toyah Bråtveit	43	1:03:59														
00:48+	06:54+	11:44+	26:09+	28:09+	31:41+	34:33+	36:42+	41:41+	44:13+	49:35+	50:57+	55:23+	57:40+	60:43+	61:55+	63:42+	63:59+
00:48+	06:06+	04:50+	14:25+	02:00-	03:32-	02:52+	02:09+	04:59+	02:32+	05:22+	01:22+	04:26+	02:17+	03:03+	01:12+	01:47+	00:17=
00:20&	03:37@	00:38#	11:26@	00:02-	00:41-	00:38&	01:00&	02:26&	00:21#	01:27&	00:19&	00:20+	00:01+	00:37&	00:06+	00:41&	00:00=

Beste strekketid for klassen

00:28	02:25	03:19	01:39	01:28	02:20	01:56	01:08	02:33	02:03	03:26	00:47	04:06	02:10	02:09	00:55	01:06	00:16
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 40 - 49 år

1	Randi Helen Ladsten	128	46:49										
01:42=	05:48=	08:04=	10:34=	16:21=	18:11=	19:34=	25:41=	34:55=	36:06=	41:36=	45:54=	46:32=	46:49=
01:42=	04:06=	02:16=	02:30=	05:47=	01:50=	01:23=	06:07=	09:14=	01:11=	05:30=	04:18=	00:38=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hilde Hetland	29	50:25										
01:53+	05:29-	08:45+	11:41+	16:45+	20:51+	21:30+	28:11+	38:14+	39:09+	44:25+	49:28+	50:07+	50:25+
01:53+	03:36-	03:16+	02:56+	05:04-	04:06+	00:39-	06:41+	10:03+	00:55-	05:16-	05:03+	00:39+	00:18+
00:11#	00:30-	01:00&	00:26#	00:43-	02:16@	00:44-	00:34+	00:49+	00:16-	00:14-	00:45#	00:01+	00:01+
3	Siri Warland	43	58:48										
01:00-	09:24+	13:23+	16:09+	20:22+	21:54+	22:29+	27:56+	45:58+	47:03+	52:09+	57:30+	58:23+	58:48+
01:00-	08:24+	03:59+	02:46+	04:13-	01:32-	00:35-	05:27-	18:02+	01:05-	05:06-	05:21+	00:53+	00:25+
00:42-	04:18@	01:43&	00:16#	01:34-	00:18-	00:48-	00:40-	08:48&	00:06-	00:24-	01:03#	00:15&	00:08&
4	Nina Svensen	2	1:12:24										
01:46+	07:50+	10:07+	12:57+	19:23+	31:12+	31:42+	38:19+	60:14+	61:07+	66:18+	71:10+	71:59+	72:24+
01:46+	06:04+	02:17+	02:50+	06:26+	11:49+	00:30-	06:37+	21:55+	00:53-	05:11-	04:52+	00:49+	00:25+
00:04+	01:58&	00:01+	00:20#	00:39#	09:59@	00:53-	00:30+	12:41@	00:18-	00:19-	00:34#	00:11&	00:08&
5	Gro Mariero Totland	59	1:42:51										
02:57+	11:34+	15:54+	23:08+	37:21+	40:34+	41:35+	54:20+	74:30+	76:33+	90:50+	100:21+	102:01+	102:51+
02:57+	08:37+	04:20+	07:14+	14:13+	03:13+	01:01-	12:45+	20:10+	02:03+	14:17+	09:31+	01:40+	00:50+
01:15&	04:31@	02:04&	04:44@	08:26@	01:23&	00:22-	06:38@	10:56@	00:52&	08:47@	05:13@	01:02@	00:33@

Beste strekketid for klassen

01:00	03:36	02:16	02:30	04:13	01:32	00:30	05:27	09:14	00:53	05:06	04:18	00:38	00:17
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 50 - 59 år

1	Iren Undheim Øgreid	62	43:34
00:36=	03:52= 06:02= 08:40= 13:34= 15:01=	15:48= 22:11= 31:03= 32:04= 38:00= 42:31= 43:14= 43:34=	
00:36=	03:16= 02:10= 02:38= 04:54= 01:27=	00:47= 06:23= 08:52= 01:01= 05:56= 04:31= 00:43= 00:20=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
2	Trude Katrine Hermanrud	117	45:36
00:35-	04:09+ 06:27+ 08:09-	13:01- 14:32-	15:01-
00:35-	03:34+ 02:18+ 01:42-	04:52-	01:31+
00:01-	00:18+ 00:08+ 00:56-	00:02-	00:04+
3	Torill Andersen	116	47:18
03:24+	07:44+ 09:26+ 11:23+	15:35+ 17:33+	18:14+
03:24+	04:20+ 01:42-	01:57-	04:12-
02:48@	01:04& 00:28-	00:41-	00:42-
4	Grethe Anda Fuglestad	116	48:12
00:57+	04:18+ 07:22+ 09:16+	15:26+ 16:52+	17:35+
00:57+	03:21+ 03:04+ 01:54-	06:10+	01:26-
00:21&	00:05+ 00:54& 00:44-	01:16& 00:01-	00:04-
5	Tone Cecilie Nystrom	68	50:57
02:01+	05:39+ 07:33+ 10:02+	15:31+ 17:42+	18:27+
02:01+	03:38+ 01:54-	02:29-	05:29+
01:25@	00:22# 00:16-	00:09-	00:35#
6	Signe Ottesen	116	51:12
00:47+	06:36+ 08:23+ 11:14+	16:39+ 19:05+	19:53+
00:47+	05:49+ 01:47-	02:51+	05:25+
00:11&	02:33& 00:23-	00:13+	00:31#
7	Gunn J. Grefstad	2	52:19
01:45+	05:58+ 12:11+ 15:20+	20:41+ 22:51+	23:51+
01:45+	04:13+ 06:13+ 03:09+	05:21+	02:10+
01:09@	00:57& 04:03@	00:31#	00:27+
8	Kristin Skadsen	18	53:45
01:07+	04:42+ 07:00+ 09:30+	20:09+ 21:39+	22:19+
01:07+	03:35+ 02:18+ 02:30-	10:39+	01:30+
00:31&	00:19+ 00:08+ 00:08-	05:45@	00:03+
9	Tove Irene Asheim	116	54:21
01:29+	05:48+ 07:58+ 10:28+	17:50+ 20:32+	21:19+
01:29+	04:19+ 02:10= 02:30-	07:22+	02:42+
00:53@	01:03& 00:00=	00:08-	02:28&
10	Anne Siv Gjertsen	27	55:15
02:10+	11:18+ 13:00+ 15:06+	19:39+ 21:28+	22:05+
02:10+	09:08+ 01:42-	02:06-	04:33-
01:34@	05:52@ 00:28-	00:32-	00:21-
11	Hilde Frøytlog Karlsen	228	55:43
01:20+	05:26+ 07:52+ 11:59+	19:31+ 21:40+	22:36+
01:20+	04:06+ 02:26+ 04:07+	07:32+	02:09+
00:44@	00:50& 00:16#	01:29& 02:38&	00:42&
12	Målfrid Bjerkeli	237	56:15
02:26+	06:29+ 09:58+ 12:08+	19:52+ 24:10+	24:34+
02:26+	04:03+ 03:29+ 02:10-	07:44+ 04:18+	00:24-
01:50@	00:47# 01:19& 00:28-	02:50& 02:51@	00:23-
13	Marie-Elizabeth Reinseth	27	56:34
00:54+	05:15+ 07:29+ 10:13+	20:31+ 24:17+	24:43+
00:54+	04:21+ 02:14+ 02:44+	10:18+ 03:46+	00:26-
00:18&	01:05& 00:04+ 00:06+	05:24@ 02:19@	00:21-
14	Eli Tjåland Stokka	94	1:00:34
01:45+	06:56+ 11:50+ 14:38+	19:51+ 26:06+	26:44+
01:45+	05:11+ 04:54+ 02:48+	05:13+ 06:15+	00:38-
01:09@	01:55& 02:44@	00:10+ 00:19+	04:48@

Class	Navn	Klasse										Tid	
15	Sarah Denieul	42										1:12:00	
00:59+	06:37+	10:57+	17:02+	23:53+	26:19+	27:07+	43:41+	56:45+	58:06+	66:22+	70:48+	71:42+	72:00+
00:59+	05:38+	04:20+	06:05+	06:51+	02:26+	00:48+	16:34+	13:04+	01:21+	08:16+	04:26-	00:54+	00:18-
00:23&	02:22&	02:10&	03:27@	01:57&	00:59&	00:01+	10:11@	04:12&	00:20&	02:20&	00:05-	00:11&	00:02-
16	Andrea Tapken	54										1:14:35	
01:41+	05:52+	09:24+	13:22+	20:25+	22:57+	23:49+	33:53+	58:23+	59:34+	65:30+	73:25+	74:14+	74:35+
01:41+	04:11+	03:32+	03:58+	07:03+	02:32+	00:52+	10:04+	24:30+	01:11+	05:56=	07:55+	00:49+	00:21+
01:05@	00:55&	01:22&	01:20&	02:09&	01:05&	00:05#	03:41&	15:38@	00:10#	00:00=	03:24&	00:06#	00:01+
17	Ragnhild Båtnes Berntsen	101										1:15:55	
00:43+	08:07+	10:48+	16:53+	25:58+	32:45+	33:26+	41:39+	55:05+	56:21+	66:55+	74:34+	75:29+	75:55+
00:43+	07:24@	02:41+	06:05+	09:05+	06:47+	00:41-	08:13+	13:26+	01:16+	10:34+	07:39+	00:55+	00:26+
00:07#	04:08@	00:31#	03:27@	04:11&	05:20@	00:06-	01:50&	04:34&	00:15#	04:38&	03:08&	00:12&	00:06&
18	Liv Janne Nergaard	48										1:27:10	
00:48+	12:40+	17:00+	21:18+	34:03+	36:21+	36:51+	43:54+	73:10+	74:00+	80:35+	86:03+	86:47+	87:10+
00:48+	11:52+	04:20+	04:18+	12:45+	02:18+	00:30-	07:03+	29:16+	00:50-	06:35+	05:28+	00:44+	00:23+
00:12&	08:36@	02:10&	01:40&	07:51@	00:51&	00:17-	00:40#	20:24@	00:11-	00:39#	00:57#	00:01+	00:03#
19	Brit Vivian Meling	116										1:36:20	
13:18+	18:42+	20:50+	24:46+	31:22+	37:38+	38:32+	54:49+	74:16+	75:48+	84:34+	94:41+	95:49+	96:20+
13:18+	05:24+	02:08-	03:56+	06:36+	06:16+	00:54+	16:17+	19:27+	01:32+	08:46+	10:07+	01:08+	00:31+
12:42@	02:08&	00:02-	01:18&	01:42&	04:49@	00:07#	09:54@	10:35@	00:31&	02:50&	05:36@	00:25&	00:11&

Beste strekktid for klassen

00:35 03:16 01:42 01:42 04:12 01:26 00:24 05:35 08:46 00:49 04:47 04:26 00:40 00:18

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

Damer 60 - 64 år

1	Ingunn Voilås	29										38:29	
03:08=	05:10=	06:01=	09:08=	11:20=	12:49=	17:46=	23:36=	25:21=	30:41=	35:11=	38:08=	38:29=	
03:08=	02:02=	00:51=	03:07=	02:12=	01:29=	04:57=	05:50=	01:45=	05:20=	04:30=	02:57=	00:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Ingrid Eik	88										43:02	
01:36-	06:57+	07:32+	10:12+	12:37+	14:23+	19:15+	25:23+	28:31+	34:51+	39:44+	42:42+	43:02+	
01:36-	05:21+	00:35-	02:40-	02:25+	01:46+	04:52-	06:08+	03:08+	06:20+	04:53+	02:58+	00:20-	
01:32-	03:19@	00:16-	00:27-	00:13+	00:17#	00:05-	00:18+	01:23&	01:00#	00:23+	00:01+	00:01-	
3	Eli Frafjord	94										45:57	
01:33-	04:17-	06:11+	09:44+	11:56+	13:57+	19:29+	25:59+	28:54+	35:43+	42:11+	45:32+	45:57+	
01:33-	02:44&	01:54+	03:33+	02:12=	02:01+	05:32+	06:30+	02:55+	06:49+	06:28+	03:21+	00:25+	
01:35-	00:42&	01:03@	00:26#	00:00=	00:32&	00:35#	00:40#	01:10&	01:29&	01:58&	00:24#	00:04#	
4	Berit Bakken	93										50:08	
02:33-	06:28+	07:33+	12:35+	14:37+	16:29+	21:08+	33:55+	35:44+	41:29+	46:27+	49:42+	50:08+	
02:33-	03:55+	01:05+	05:02+	02:02-	01:52+	04:39-	12:47+	01:49+	05:45+	04:58+	03:15+	00:26+	
00:35-	01:53&	00:14&	01:55&	00:10-	00:23&	00:18-	06:57@	00:04+	00:25+	00:28#	00:18#	00:05#	
5	Tove Bjerkeim	105										51:48	
01:48-	05:22+	06:09+	08:48-	12:04+	13:17+	21:31+	27:17+	32:21+	39:38+	48:36+	51:22+	51:48+	
01:48-	03:34+	00:47-	02:39-	03:16+	01:13-	08:14+	05:46-	05:04+	07:17+	08:58+	02:46-	00:26+	
01:20-	01:32&	00:04-	00:28-	01:04&	00:16-	03:17&	00:04-	03:19@	01:57&	04:28&	00:11-	00:05#	
6	May Elinor Meling	125										52:12	
03:32+	07:19+	09:05+	16:29+	19:36+	21:16+	26:46+	32:52+	35:00+	43:05+	48:54+	51:50+	52:12+	
03:32+	03:47+	01:46+	07:24+	03:07+	01:40+	05:30+	06:06+	02:08+	08:05+	05:49+	02:56-	00:22+	
00:24#	01:45&	00:55@	04:17@	00:55&	00:11#	00:33#	00:16+	00:23#	02:45&	01:19&	00:01-	00:01+	
7	Kari Blixhavn	228										52:36	
02:45-	05:40+	07:47+	11:37+	14:55+	17:18+	23:36+	33:02+	35:43+	42:11+	48:42+	52:09+	52:36+	
02:45-	02:55+	02:07+	03:50+	03:18+	02:23+	06:18+	09:26+	02:41+	06:28+	06:31+	03:27+	00:27+	
00:23-	00:53&	01:16@	00:43#	01:06&	00:54&	01:21&	03:36&	00:56&	01:08#	02:01&	00:30#	00:06&	
8	Marit Karin Nygård	92										53:52	
01:37-	04:20-	05:04-	10:33+	13:12+	15:08+	20:38+	35:41+	37:59+	44:16+	49:42+	53:26+	53:52+	
01:37-	02:43+	00:44-	05:29+	02:39+	01:56+	05:30+	15:03+	02:18+	06:17+	05:26+	03:44+	00:26+	
01:31-	00:41&	00:07-	02:22&	00:27#	00:27&	00:33#	09:13@	00:33&	00:57#	00:56#	00:47&	00:05#	

Class	Navn	Klasse										Tid	
9	Ase Berg	105										57:16	
	02:52-	06:24+	07:30+	11:54+	15:05+	17:23+	24:14+	32:12+	34:10+	47:27+	53:53+	56:50+	57:16+
	02:52-	03:32+	01:06+	04:24+	03:11+	02:18+	06:51+	07:58+	01:58+	13:17+	06:26+	02:57=	00:26+
	00:16-	01:30&	00:15&	01:17&	00:59&	00:49&	01:54&	02:08&	00:13#	07:57@	01:56&	00:00=	00:05#

Beste strekktid for klassen

01:33 02:02 00:35 02:39 02:02 01:13 04:39 05:46 01:45 05:20 04:30 02:46 00:20

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

Damer 65 - 69 år

1	Kirsten Carlsen	93										54:02	
	02:17=	06:50=	08:38=	11:57=	16:31=	18:29=	24:43=	32:34=	34:49=	42:25=	49:48=	53:39=	54:02=
	02:17=	04:33=	01:48=	03:19=	04:34=	01:58=	06:14=	07:51=	02:15=	07:36=	07:23=	03:51=	00:23=
	00:00=	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	Mette Dagsland	68										58:33	
	01:44-	10:26+	11:29+	14:44+	18:28+	20:05+	27:11+	35:06+	36:48+	43:01+	53:04+	58:08+	58:33+
	01:44-	08:42+	01:03-	03:15-	03:44-	01:37-	07:06+	07:55+	01:42-	06:13-	10:03+	05:04+	00:25+
	00:33-	04:09&	00:45-	00:04-	00:50-	00:21-	00:52#	00:04+	00:33-	01:23-	02:40&	01:13&	00:02+

3	Lillian Dahl Fitjar	117										1:01:51	
	02:14-	05:01-	07:10-	15:48+	18:17+	20:38+	25:49+	37:58+	40:18+	47:57+	55:05+	61:24+	61:51+
	02:14-	02:47-	02:09+	08:38+	02:29-	02:21+	05:11-	12:09+	02:20+	07:39+	07:08-	06:19+	00:27+
	00:03-	01:46-	00:21#	05:19@	02:05-	00:23#	01:03-	04:18&	00:05+	00:03+	00:15-	02:28&	00:04#

4	Synnøva Gausel	115										1:03:08	
	03:34+	12:35+	13:38+	17:48+	21:42+	24:09+	33:21+	44:38+	47:24+	55:00+	59:28+	62:40+	63:08+
	03:34+	09:01+	01:03-	04:10+	03:54-	02:27+	09:12+	11:17+	02:46+	07:36=	04:28-	03:12-	00:28+
	01:17&	04:28&	00:45-	00:51&	00:40-	00:29#	02:58&	03:26&	00:31#	00:00=	02:55-	00:39-	00:05#

5	Wenche Anda Haarr	92										1:15:58	
	09:48+	13:54+	15:10+	20:04+	24:11+	27:19+	34:52+	47:15+	49:54+	63:49+	70:30+	75:21+	75:58+
	09:48+	04:06-	01:16-	04:54+	04:07-	03:08+	07:33+	12:23+	02:39+	13:55+	06:41-	04:51+	00:37+
	07:31@	00:27-	00:32-	01:35&	00:27-	01:10&	01:19#	04:32&	00:24#	06:19&	00:42-	01:00&	00:14&

6	Berit Gramstad	113										1:37:53	
	04:17+	11:36+	12:59+	16:58+	50:37+	52:59+	61:43+	74:04+	76:24+	84:04+	91:11+	97:25+	97:53+
	04:17+	07:19+	01:23-	03:59+	33:39+	02:22+	08:44+	12:21+	02:20+	07:40+	07:07-	06:14+	00:28+
	02:00&	02:46&	00:25-	00:40#	29:05@	00:24#	02:30&	04:30&	00:05+	00:04+	00:16-	02:23&	00:05#

Beste strekktid for klassen

01:44 02:47 01:03 03:15 02:29 01:37 05:11 07:51 01:42 06:13 04:28 03:12 00:23

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

Damer 70 - 74 år

1	Haldis Glendrange	68										45:56	
	02:44=	05:10=	06:15=	10:13=	12:51=	14:16=	19:55=	27:44=	30:15=	36:22=	42:22=	45:33=	45:56=
	02:44=	02:26=	01:05=	03:58=	02:38=	01:25=	05:39=	07:49=	02:31=	06:07=	06:00=	03:11=	00:23=
	00:00=	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										51:13	
	04:20+	07:41+	09:09+	13:12+	16:46+	18:33+	23:52+	31:32+	34:07+	41:56+	47:14+	50:43+	51:13+
	04:20+	03:21+	01:28+	04:03+	03:34+	01:47+	05:19-	07:40-	02:35+	07:49+	05:18-	03:29+	00:30+
	01:36&	00:55&	00:23&	00:05+	00:56&	00:22&	00:20-	00:09-	00:04+	01:42&	00:42-	00:18+	00:07&

3	Inger Skretting Opstad	54										55:43	
	06:01+	08:53+	10:06+	13:14+	15:25+	17:04+	24:33+	31:51+	34:33+	42:44+	51:15+	55:13+	55:43+
	06:01+	02:52+	01:13+	03:08-	02:11-	01:39+	07:29+	07:18-	02:42+	08:11+	08:31+	03:58+	00:30+
	03:17@	00:26#	00:08#	00:50-	00:27-	00:14#	01:50&	00:31-	00:11+	02:04&	02:31&	00:47#	00:07&

4	Helga Klausen	62										1:19:09	
	02:51+	07:46+	09:13+	13:49+	17:27+	20:01+	28:11+	49:57+	52:55+	62:59+	74:35+	78:44+	79:09+
	02:51+	04:55+	01:27+	04:36+	03:38+	02:34+	08:10+	21:46+	02:58+	10:04+	11:36+	04:09+	00:25+
	00:07+	02:29@	00:22&	00:38#	01:00&	01:09&	02:31&	13:57@	00:27#	03:57&	05:36&	00:58&	00:02+

Class	Navn	Klasse											Tid
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Beste strekktid for klassen

02:44 02:26 01:05 03:08 02:11 01:25 05:19 07:18 02:31 06:07 05:18 03:11 00:23

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

Damer 75 - 79 år

1 Turid Nystrøm 68 49:34

02:16= 05:53= 06:49= 09:31= 12:25= 13:50= 19:32= 30:49= 34:02= 40:53= 46:17= 49:13= 49:34=
 02:16= 03:37= 00:56= 02:42= 02:54= 01:25= 05:42= 11:17= 03:13= 06:51= 05:24= 02:56= 00:21=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Helga Aaslid 54 1:05:20

02:36+ 05:28- 06:50+ 19:30+ 23:22+ 24:54+ 30:10+ 38:55+ 41:44+ 51:59+ 61:57+ 64:56+ 65:20+
 02:36+ 02:52- 01:22+ 12:40+ 03:52+ 01:32+ 05:16- 08:45- 02:49- 10:15+ 09:58+ 02:59+ 00:24+
 00:20# 00:45- 00:26& 09:58& 00:58& 00:07+ 00:26- 02:32- 00:24- 03:24& 04:34& 00:03+ 00:03#

3 Berit Ebbell Olsen 68 1:11:41

02:31+ 07:06+ 08:29+ 14:49+ 19:35+ 21:53+ 28:42+ 44:12+ 48:25+ 58:03+ 66:39+ 71:07+ 71:41+
 02:31+ 04:35+ 01:23+ 06:20+ 04:46+ 02:18+ 06:49+ 15:30+ 04:13+ 09:38+ 08:36+ 04:28+ 00:34+
 00:15# 00:58& 00:27& 03:38& 01:52& 00:53& 01:07# 04:13& 01:00& 02:47& 03:12& 01:32& 00:13&

Beste strekktid for klassen

02:16 02:52 00:56 02:42 02:54 01:25 05:16 08:45 02:49 06:51 05:24 02:56 00:21

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

Damer 80 år og eldre

1 Gørild Espedal 113 1:20:50

01:25= 05:43= 09:51= 12:50= 18:34= 25:01= 37:09= 42:18= 45:35= 50:59= 56:50= 66:28= 72:42= 77:21= 80:18= 80:50=
 01:25= 04:18= 04:08= 02:59= 05:44= 06:27= 12:08= 05:09= 03:17= 05:24= 05:51= 09:38= 06:14= 04:39= 02:57= 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=

Beste strekktid for klassen

01:25 04:18 04:08 02:59 05:44 06:27 12:08 05:09 03:17 05:24 05:51 09:38 06:14 04:39 02:57 00:32

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

Damer A

1 Aud Hognestad Taksdal 92 38:39

01:07= 04:01= 06:47= 07:28= 08:32= 11:12= 12:28= 18:45= 22:09= 23:26= 24:12= 27:06= 28:36= 29:40= 30:12= 33:49= 36:57= 37:22= 38:26= 38:39=
 01:07= 02:54= 02:46= 00:41= 01:04= 02:40= 01:16= 06:17= 03:24= 01:17= 00:46= 02:54= 01:30= 01:04= 00:32= 03:37= 03:08= 00:25= 01:04= 00:13=
 00:00=

2 Jorunn Hadland 29 40:33

01:12+ 04:17+ 07:07+ 07:57+ 08:40+ 12:12+ 14:12+ 21:01+ 24:00+ 25:17+ 26:16+ 28:53+ 30:28+ 31:33+ 32:07+ 35:23+ 38:41+ 39:10+ 40:17+ 40:33+
 01:12+ 03:05+ 02:50+ 00:50+ 00:43- 03:32+ 02:00+ 06:49+ 02:59- 01:17= 00:59+ 02:37- 01:35+ 01:05+ 00:34+ 03:16- 03:18+ 00:29+ 01:07+ 00:16+
 00:05+ 00:11+ 00:04+ 00:09# 00:21- 00:52& 00:44& 00:32+ 00:25- 00:00= 00:13& 00:17- 00:05+ 00:01+ 00:02+ 00:21- 00:10+ 00:04# 00:03+ 00:03#

3 Wenche M. Sæbbø 117 50:09

01:49+ 05:02+ 08:15+ 08:53+ 09:43+ 13:32+ 15:01+ 22:30+ 26:31+ 28:09+ 29:19+ 33:26+ 35:47+ 37:15+ 38:06+ 43:35+ 47:54+ 48:27+ 49:50+ 50:09+
 01:49+ 03:13+ 03:13+ 00:38- 00:50- 03:49+ 01:29+ 07:29+ 04:01+ 01:38+ 01:10+ 04:07+ 02:21+ 01:28+ 00:51+ 05:29+ 04:19+ 00:33+ 01:23+ 00:19+
 00:42& 00:19# 00:27# 00:03- 00:14- 01:09& 00:13# 01:12# 00:37# 00:21& 00:24& 01:13& 00:51& 00:24& 00:19& 01:52& 01:11& 00:08& 00:19& 00:06&

4 Maira Andersone 93 1:01:21

03:15+ 08:32+ 12:38+ 13:30+ 14:54+ 18:53+ 20:58+ 29:59+ 35:08+ 37:17+ 39:22+ 43:26+ 46:05+ 48:00+ 48:49+ 55:05+ 59:19+ 59:51+ 61:02+ 61:21+
 03:15+ 05:17+ 04:06+ 00:52+ 01:24+ 03:59+ 02:05+ 09:01+ 05:09+ 02:09+ 02:05+ 04:04+ 02:39+ 01:55+ 00:49+ 06:16+ 04:14+ 00:32+ 01:11+ 00:19+
 02:08@ 02:23& 01:20& 00:11& 00:20& 01:19& 00:49& 02:44& 01:45& 00:52& 01:19@ 01:10& 01:09& 00:51& 00:17& 02:39& 01:06& 00:07& 00:07# 00:06&

Beste strekktid for klassen

01:07 02:54 02:46 00:38 00:43 02:40 01:16 06:17 02:59 01:17 00:46 02:37 01:30 01:04 00:32 03:16 03:08 00:25 01:04 00:13

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

Damer B

1	Inger Tone Nygård	29	40:57
03:02=	06:56= 07:14= 09:46= 11:06= 12:45= 13:34= 17:14= 21:10= 24:57= 25:44= 27:16= 30:37= 34:40= 35:32= 37:56= 38:56= 40:39= 40:57=		
03:02=	03:54= 00:18= 02:32= 01:20= 01:39= 00:49= 03:40= 03:56= 03:47= 00:47= 01:32= 03:21= 04:03= 00:52= 02:24= 01:00= 01:43= 00:18=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Jorunn Johannesen	116	48:10
03:36+	07:25+ 07:55+ 10:23+ 11:43+ 13:27+ 14:28+ 18:48+ 23:30+ 31:34+ 32:31+ 34:06+ 37:24+ 41:34+ 42:26+ 45:09+ 46:00+ 47:50+ 48:10+		
03:36+	03:49- 00:30+ 02:28- 01:20= 01:44+ 01:01+ 04:20+ 04:42+ 08:04+ 00:57+ 01:35+ 03:18- 04:10+ 00:52= 02:43+ 00:51- 01:50+ 00:20+		
00:34#	00:05- 00:12& 00:04- 00:00= 00:05+ 00:12# 00:40# 00:46# 04:17@ 00:10# 00:03+ 00:03- 00:07+ 00:00= 00:19# 00:09- 00:07+ 00:02#		
3	Ann-Cathrin Nybak Urdal	118	48:24
04:10+	07:36+ 08:07+ 10:43+ 12:05+ 13:56+ 15:00+ 19:19+ 24:11+ 28:17+ 29:14+ 31:02+ 35:02+ 41:08+ 42:07+ 44:57+ 45:54+ 48:02+ 48:24+		
04:10+	03:26- 00:31+ 02:36+ 01:22+ 01:51+ 01:04+ 04:19+ 04:52+ 04:06+ 00:57+ 01:48+ 04:00+ 06:06+ 00:59+ 02:50+ 00:57- 02:08+ 00:22+		
01:08&	00:28- 00:13& 00:04+ 00:02+ 00:12# 00:15& 00:39# 00:56# 00:19+ 00:10# 00:16# 00:39# 02:03& 00:07# 00:26# 00:03- 00:25# 00:04#		
4	Anne Garsrud	90	48:27
03:42+	08:43+ 09:09+ 11:54+ 13:20+ 15:24+ 16:34+ 21:58+ 26:41+ 31:06+ 31:53+ 33:30+ 36:54+ 41:04+ 42:26+ 45:08+ 46:19+ 48:07+ 48:27+		
03:42+	05:01+ 00:26+ 02:45+ 01:26+ 02:04+ 01:10+ 05:24+ 04:43+ 04:25+ 00:47= 01:37+ 03:24+ 04:10+ 01:22+ 02:42+ 01:11+ 01:48+ 00:20+		
00:40#	01:07& 00:08& 00:13+ 00:06+ 00:25& 00:21& 01:44& 00:47# 00:38# 00:00= 00:05+ 00:03+ 00:07+ 00:30& 00:18# 00:11# 00:05+ 00:02#		
5	Hilde Nordbø	93	52:34
04:18+	09:52+ 10:40+ 15:42+ 17:32+ 19:16+ 20:26+ 25:32+ 29:59+ 34:15+ 35:21+ 37:20+ 40:41+ 45:25+ 46:37+ 49:25+ 50:21+ 52:12+ 52:34+		
04:18+	05:34+ 00:48+ 05:02+ 01:50+ 01:44+ 01:10+ 05:06+ 04:27+ 04:16+ 01:06+ 01:59+ 03:21= 04:44+ 01:12+ 02:48+ 00:56- 01:51+ 00:22+		
01:16&	01:40& 00:30@ 02:30& 00:30& 00:05+ 00:21& 01:26& 00:31# 00:29# 00:19& 00:27& 00:00= 00:41# 00:20& 00:24# 00:04- 00:08+ 00:04#		
6	Anita Glenne Kallhovd	29	53:16
05:39+	09:58+ 10:29+ 12:48+ 14:42+ 16:48+ 18:01+ 22:43+ 27:31+ 32:58+ 33:59+ 35:57+ 40:03+ 45:37+ 46:41+ 49:54+ 50:52+ 52:55+ 53:16+		
05:39+	04:19+ 00:31+ 02:19- 01:54+ 02:06+ 01:13+ 04:42+ 04:48+ 05:27+ 01:01+ 01:58+ 04:06+ 05:34+ 01:04+ 03:13+ 00:58- 02:03+ 00:21+		
02:37&	00:25# 00:13& 00:13- 00:34& 00:27& 00:24& 01:02& 00:52# 01:40& 00:14& 00:26& 00:45# 01:31& 00:12# 00:49& 00:02- 00:20# 00:03#		
7	Keth Berggraf	116	54:42
05:25+	09:54+ 10:20+ 12:50+ 14:17+ 16:06+ 17:13+ 21:43+ 26:16+ 32:20+ 34:23+ 35:46+ 42:06+ 47:56+ 48:57+ 51:30+ 52:40+ 54:25+ 54:42+		
05:25+	04:29+ 00:26+ 02:30- 01:27+ 01:49+ 01:07+ 04:30+ 04:33+ 06:04+ 02:03+ 01:23- 06:20+ 05:50+ 01:01+ 02:33+ 01:10+ 01:45+ 00:17-		
02:23&	00:35# 00:08& 00:02- 00:07+ 00:10# 00:18& 00:50# 00:37# 02:17& 01:16@ 00:09- 02:59& 01:47& 00:09# 00:09+ 00:10# 00:02+ 00:01-		
8	Helen Lomeland	105	55:45
05:24+	09:26+ 10:02+ 13:41+ 15:06+ 17:04+ 18:08+ 22:30+ 27:38+ 33:46+ 35:51+ 37:43+ 41:52+ 47:27+ 48:56+ 52:20+ 53:20+ 55:22+ 55:45+		
05:24+	04:02+ 00:36+ 03:39+ 01:25+ 01:58+ 01:04+ 04:22+ 05:08+ 06:08+ 02:05+ 01:52+ 04:09+ 05:35+ 01:29+ 03:24+ 01:00= 02:02+ 00:23+		
02:22&	00:08+ 00:18& 01:07& 00:05+ 00:19# 00:15& 00:42# 01:12& 02:21& 01:18@ 00:20# 00:48# 01:32& 00:37& 01:00& 00:00= 00:19# 00:05&		
9	Ingunn Anda Haug	67	56:26
04:34+	08:58+ 09:39+ 12:57+ 14:50+ 16:48+ 18:10+ 23:41+ 29:31+ 34:34+ 35:37+ 37:30+ 41:22+ 48:23+ 49:32+ 52:59+ 54:01+ 56:03+ 56:26+		
04:34+	04:24+ 00:41+ 03:18+ 01:53+ 01:58+ 01:22+ 05:31+ 05:50+ 05:03+ 01:03+ 01:53+ 03:52+ 07:01+ 01:09+ 03:27+ 01:02+ 02:02+ 00:23+		
01:32&	00:30# 00:23@ 00:46& 00:33& 00:19# 00:33& 01:51& 01:54& 01:16& 00:16& 00:21# 00:31# 02:58& 00:17& 01:03& 00:02+ 00:19# 00:05&		
10	Ann Karin Tjørhom	93	58:29
06:03+	09:29+ 10:18+ 13:22+ 15:33+ 17:33+ 18:34+ 22:51+ 28:52+ 35:06+ 35:59+ 40:16+ 43:27+ 51:00+ 52:12+ 55:06+ 56:03+ 58:07+ 58:29+		
06:03+	03:26- 00:49+ 03:04+ 02:11+ 02:00+ 01:01+ 04:17+ 06:01+ 06:14+ 00:53+ 04:17+ 03:11- 07:33+ 01:12+ 02:54+ 00:57- 02:04+ 00:22+		
03:01&	00:28- 00:31@ 00:32# 00:51& 00:21# 00:12# 00:37# 02:05& 02:27& 00:06# 02:45@ 00:10- 03:30& 00:20& 00:30# 00:03- 00:21# 00:04#		
11	Irene Rummelhoff	116	1:00:22
04:32+	09:55+ 11:35+ 11:59+ 14:31+ 15:51+ 17:35+ 19:17+ 24:22+ 31:41+ 36:48+ 37:53+ 39:42+ 44:50+ 54:04+ 53:23+ 57:10+ 58:10+ 60:03+ 60:22+		
04:32+	05:23+ 01:40+ 00:24- 02:32+ 01:20- 01:44+ 01:42- 05:05+ 07:19+ 05:07+ 01:05- 01:49- 05:08+ 07:14+ 01:19- 03:47+ 01:00- 01:53+ 00:19+		
01:30&	01:29& 01:22@ 02:08- 01:12& 00:19- 00:55@ 01:58- 01:09& 03:32& 04:20@ 00:27- 01:32- 01:05& 06:22@ 01:05- 02:47@ 00:43- 01:35@ 00:19+		
12	Berit Våg Aksland	116	1:02:01
06:00+	10:35+ 11:18+ 14:53+ 16:07+ 17:33+ 19:04+ 23:49+ 29:41+ 40:57+ 41:56+ 44:08+ 48:58+ 53:20+ 54:32+ 59:03+ 60:01+ 61:47+ 62:01+		
06:00+	04:35+ 00:43+ 03:35+ 01:14- 01:26- 01:31+ 04:45+ 05:52+ 11:16+ 00:59+ 02:12+ 04:50+ 04:22+ 01:12+ 04:31+ 00:58- 01:46+ 00:14-		
02:58&	00:41# 00:25@ 01:03& 00:06- 00:13- 00:42& 01:05& 01:56& 07:29@ 00:12& 00:40& 01:29& 00:19+ 00:20& 02:07& 00:02- 00:03+ 00:04-		
13	Mariann Sveinsvoll	94	1:30:49
05:18+	09:54+ 10:32+ 15:57+ 17:57+ 19:41+ 21:07+ 26:10+ 31:45+ 64:47+ 65:58+ 68:04+ 76:10+ 82:53+ 84:30+ 87:37+ 88:36+ 90:29+ 90:49+		
05:18+	04:36+ 00:38+ 05:25+ 02:00+ 01:44+ 01:26+ 05:03+ 05:35+ 33:02+ 01:11+ 02:06+ 08:06+ 06:43+ 01:37+ 03:07+ 00:59- 01:53+ 00:20+		
02:16&	00:42# 00:20@ 02:53@ 00:40& 00:05+ 00:37& 01:23& 01:39& 29:15@ 00:24& 00:34& 04:45@ 02:40& 00:45& 00:43& 00:01- 00:10+ 00:02#		

Beste strekktid for klassen

03:02 03:26 00:18 00:24 01:14 01:20 00:49 01:42 03:56 03:47 00:47 01:05 01:49 04:03 00:52 01:19 00:51 01:00 00:14

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

Damer Trim

1	Anastasia Ollestad	93	25:44												
00:26=	01:42=	02:55=	06:16=	07:22=	08:49=	14:30=	17:17=	19:19=	19:44=	20:50=	22:12=	23:32=	24:52=	25:28=	25:44=
00:26=	01:16=	01:13=	03:21=	01:06=	01:27=	05:41=	02:47=	02:02=	00:25=	01:06=	01:22=	01:20=	01:20=	00:36=	00:16=
00:00=	00:00=	00:00=	00:00=	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	Stephanie Loin	42	25:53												
00:41+	01:59+	03:07+	04:43-	05:36-	07:03-	10:39-	14:22-	17:20-	17:55-	19:26-	21:33-	22:50-	24:41-	25:31+	25:53+
00:41+	01:18+	01:08-	01:36-	00:53-	01:27=	03:36-	03:43+	02:58+	00:35+	01:31+	02:07+	01:17-	01:51+	00:50+	00:22+
00:15&	00:02+	00:05-	01:45-	00:13-	00:00=	02:05=	00:56&	00:56&	00:10&	00:25&	00:45&	00:03-	00:31&	00:14&	00:06&
3	Marianne Steinkopf	5	26:13												
00:37+	02:01+	03:29+	04:47-	05:38-	06:45-	11:12-	14:32-	17:29-	18:02-	19:25-	21:19-	23:03-	24:25-	25:53+	26:13+
00:37+	01:24+	01:28+	01:18-	00:51-	01:07-	04:27-	03:20+	02:57+	00:33+	01:23+	01:54+	01:44+	01:22+	01:28+	00:20+
00:11&	00:08#	00:15#	02:03-	00:15-	00:20-	01:14-	00:33#	00:55&	00:08&	00:17&	00:32&	00:24&	00:02+	00:52@	00:04#
4	Guro Fuglestad	46	27:33												
01:02+	02:13+	03:41+	04:39-	05:25-	06:56-	10:54-	16:05-	18:43-	19:20-	21:18+	23:35+	24:52+	26:29+	27:21+	27:33+
01:02+	01:11-	01:28+	00:58-	00:46-	01:31+	03:58-	05:11+	02:38+	00:37+	01:58+	02:17+	01:17-	01:37+	00:52+	00:12-
00:36@	00:05-	00:15#	02:23-	00:20-	00:04+	01:43-	02:24&	00:36&	00:12&	00:52&	00:55&	00:03-	00:17#	00:16&	00:04-
5	Margot Asheim	105	27:42												
03:12+	04:19+	05:40+	06:56+	07:37+	09:00+	12:22-	15:22-	20:09+	20:42+	22:11+	24:04+	25:02+	26:36+	27:25+	27:42+
03:12+	01:07-	01:21+	01:16-	00:41-	01:23-	03:22-	03:00+	04:47+	00:33+	01:29+	01:53+	00:58-	01:34+	00:49+	00:17+
02:46@	00:09-	00:08#	02:05-	00:25-	00:04-	02:19-	00:13+	02:45@	00:08&	00:23&	00:31&	00:22-	00:14#	00:13&	00:01+
6	Reidun Solli Skjørestad	47	30:43												
01:02+	03:06+	04:48+	06:12-	07:06-	09:15+	13:50-	17:31+	20:38+	21:21+	23:16+	25:55+	27:26+	29:15+	30:19+	30:43+
01:02+	02:04+	01:42+	01:24-	00:54-	02:09+	04:35-	03:41+	03:07+	00:43+	01:55+	02:39+	01:31+	01:49+	01:04+	00:24+
00:36@	00:48&	00:29&	01:57-	00:12-	00:42&	01:06-	00:54&	01:05&	00:18&	00:49&	01:17&	00:11#	00:29&	00:28&	00:08&
7	Gunvor Frafjord Tungesvik	228	30:45												
00:59+	03:09+	04:51+	06:20+	07:03-	09:13+	13:49-	17:36+	20:43+	21:26+	23:20+	25:51+	27:29+	29:19+	30:20+	30:45+
00:59+	02:10+	01:42+	01:29-	00:43-	02:10+	04:36-	03:47+	03:07+	00:43+	01:54+	02:31+	01:38+	01:50+	01:01+	00:25+
00:33@	00:54&	00:29&	01:52-	00:23-	00:43&	01:05-	01:00&	01:05&	00:18&	00:48&	01:09&	00:18#	00:30&	00:25&	00:09&
8	Mette Baardsgaard	93	32:34												
06:19+	12:28+	13:17+	14:43+	15:23+	16:28+	20:23+	22:45+	25:11+	25:36+	27:03+	28:42+	29:51+	31:08+	31:53+	32:34+
06:19+	06:09+	00:49-	01:26-	00:40-	01:05-	03:55-	02:22-	02:26+	00:25=	01:27+	01:39+	01:09-	01:17-	00:45+	00:41+
05:53@	04:53@	00:24-	01:55-	00:26-	00:22-	01:46-	00:25-	00:24#	00:00=	00:21&	00:17#	00:11-	00:03-	00:09#	00:25@
9	Kirsti Strand Salvesen	256	32:46												
00:51+	03:04+	05:12+	06:37+	07:41+	09:42+	14:22-	18:14+	21:35+	22:31+	24:47+	27:19+	28:51+	30:53+	32:08+	32:46+
00:51+	02:13+	02:08+	01:25-	01:04-	02:01+	04:40-	03:52+	03:21+	00:56+	02:16+	02:32+	01:32+	02:02+	01:15+	00:38+
00:25&	00:57&	00:55&	01:56-	00:02-	00:34&	01:01-	01:05&	01:19&	00:31@	01:10@	01:10&	00:12#	00:42&	00:39@	00:22@
10	Ruth Grødem	105	33:11												
01:48+	03:30+	05:37+	07:11+	08:02+	09:40+	14:07-	17:53+	21:50+	22:39+	24:36+	27:41+	29:12+	31:29+	32:33+	33:11+
01:48+	01:42+	02:07+	01:34-	00:51-	01:38+	04:27-	03:46+	03:57+	00:49+	01:57+	03:05+	01:31+	02:17+	01:04+	00:38+
01:22@	00:26&	00:54&	01:47-	00:15-	00:11#	01:14-	00:59&	01:55&	00:24&	00:51&	01:43@	00:11#	00:57&	00:28&	00:22@
11	Nina Bækkelund Christiansen	105	33:22												
00:45+	02:12+	03:32+	05:01-	06:16-	07:56-	14:12-	17:19+	24:01+	24:55+	26:32+	28:44+	30:13+	32:02+	32:55+	33:22+
00:45+	01:27+	01:20+	01:29-	01:15+	01:40+	06:16+	03:07+	06:42+	00:54+	01:37+	02:12+	01:29+	01:49+	00:53+	00:27+
00:19&	00:11#	00:07+	01:52-	00:09#	00:13#	00:35#	00:20#	04:40@	00:29@	00:31&	00:50&	00:09#	00:29&	00:17&	00:11&
12	Ase Sellereite	27	35:04												
00:40+	02:14+	03:59+	04:56-	05:51-	07:18-	11:29-	19:32+	21:41+	22:08+	23:30+	25:41+	26:57+	33:22+	34:36+	35:04+
00:40+	01:34+	01:45+	00:57-	00:55-	01:27=	04:11-	08:03+	02:09+	00:27+	01:22+	02:11+	01:16-	06:25+	01:14+	00:28+
00:14&	00:18#	00:32&	02:24-	00:11-	00:00=	01:30-	05:16@	00:07+	00:02+	00:16#	00:49&	00:04-	05:05@	00:38@	00:12&
13	Jenny Mazarino	101	36:23												
03:30+	05:04+	09:35+	10:35+	11:17+	13:20+	18:43+	22:41+	27:07+	27:56+	29:35+	31:33+	33:16+	35:01+	36:02+	36:23+
03:30+	01:34+	04:31+	01:00-	00:42-	02:03+	05:23-	03:58+	04:26+	00:49+	01:39+	01:58+	01:43+	01:45+	01:01+	00:21+
03:04@	00:18#	03:18@	02:21-	00:24-	00:36&	00:18-	01:11&	02:24@	00:24&	00:33&	00:36&	00:23&	00:25&	00:25&	00:05&
14	Astri Sandanger	93	38:23												
09:45+	11:00+	12:38+	13:58+	14:48+	16:33+	21:49+	25:32+	29:51+	30:56+	32:28+	34:28+	35:41+	37:13+	38:01+	38:23+
09:45+	01:15-	01:38+	01:20-	00:50-	01:45+	05:16-	03:43+	04:19+	01:05+	01:32+	02:00+	01:13-	01:32+	00:48+	00:22+
09:19@	00:01-	00:25&	02:01-	00:16-	00:18#	00:25-	00:56&	02:17@	00:40@	00:26&	00:38&	00:07-	00:12#	00:12&	00:06&

Class	Navn	Klasse												Tid		
15	Hilde Christine Hoff	221												40:06		
05:27+	06:50+	08:36+	09:56+	10:51+	12:57+	18:33+	22:44+	28:55+	29:47+	32:08+	34:43+	36:16+	38:08+	39:27+	40:06+	
05:27+	01:23+	01:46+	01:20-	00:55-	02:06+	05:36-	04:11+	06:11+	00:52+	02:21+	02:35+	01:33+	01:52+	01:19+	00:39+	
05:01@	00:07+	00:33&	02:01-	00:11-	00:39&	00:05-	01:24&	04:09@	00:27@	01:15@	01:13&	00:13#	00:32&	00:43@	00:23@	
16	Bente Karin Dirdal	54												41:42		
02:30+	03:49+	08:05+	09:48+	10:29+	12:23+	27:05+	30:57+	33:28+	34:07+	35:46+	37:41+	39:06+	40:28+	41:25+	41:42+	
02:30+	01:19+	04:16+	01:43-	00:41-	01:54+	14:42+	03:52+	02:31+	00:39+	01:39+	01:55+	01:25+	01:22+	00:57+	00:17+	
02:04@	00:03+	03:03@	01:38-	00:25-	00:27&	09:01@	01:05&	00:29#	00:14&	00:33&	00:33&	00:05+	00:02+	00:21&	00:01+	
17	Anette Wolff	113												42:32		
04:32+	06:26+	08:19+	10:44+	11:46+	13:48+	19:27+	23:08+	30:10+	31:07+	34:28+	36:48+	38:28+	40:44+	41:55+	42:32+	
04:32+	01:54+	01:53+	02:25-	01:02-	02:02+	05:39-	03:41+	07:02+	00:57+	03:21+	02:20+	01:40+	02:16+	01:11+	00:37+	
04:06@	00:38&	00:40&	00:56-	00:04-	00:35&	00:02-	00:54&	05:00@	00:32@	02:15@	00:58&	00:20#	00:56&	00:35&	00:21@	
18	Liv Margot Sviland	54												42:43		
17:10+	19:14+	20:31+	22:18+	23:02+	25:01+	29:46+	32:01+	34:31+	35:04+	36:42+	38:36+	40:10+	41:26+	42:23+	42:43+	
17:10+	02:04+	01:17+	01:47-	00:44-	01:59+	04:45-	02:15-	02:30+	00:33+	01:38+	01:54+	01:34+	01:16-	00:57+	00:20+	
16:44@	00:48&	00:04+	01:34-	00:22-	00:32&	00:56-	00:32-	00:28#	00:08&	00:32&	00:32&	00:14#	00:04-	00:21&	00:04#	
19	Linda Haukås	113												45:08		
11:19+	13:57+	17:15+	18:12+	19:24+	21:32+	28:03+	31:51+	35:11+	36:00+	38:00+	40:26+	41:47+	43:40+	44:44+	45:08+	
11:19+	02:38+	03:18+	00:57-	01:12+	02:08+	06:31+	03:48+	03:20+	00:49+	02:00+	02:26+	01:21+	01:53+	01:04+	00:24+	
10:53@	01:22@	02:05@	02:24-	00:06+	00:41&	00:50#	01:01&	01:18&	00:24&	00:54&	01:04&	00:01+	00:33&	00:28&	00:08&	
20	May Kristin Haaland	47												45:24		
03:13+	04:52+	07:21+	08:32+	09:46+	12:10+	18:52+	23:20+	31:55+	33:20+	35:28+	38:49+	41:16+	43:43+	44:56+	45:24+	
03:13+	01:39+	02:29+	01:11-	01:14+	02:24+	06:42+	04:28+	08:35+	01:25+	02:08+	03:21+	02:27+	02:27+	01:13+	00:28+	
02:47@	00:23&	01:16@	02:10-	00:08#	00:57&	01:01#	01:41&	06:33@	01:00@	01:02&	01:59@	01:07&	01:07&	00:37@	00:12&	
21	Aslaug Neteland	92												49:50		
10:11+	12:03+	16:27+	17:25+	18:20+	20:05+	25:28+	30:07+	34:02+	34:52+	37:00+	40:51+	46:27+	48:27+	49:28+	49:50+	
10:11+	01:52+	04:24+	00:58-	00:55-	01:45+	05:23+	04:39+	03:55+	00:50+	02:08+	03:51+	05:36+	02:00+	01:01+	00:22+	
09:45@	00:36&	03:11@	02:23-	00:11-	00:18#	00:18-	01:52&	01:53&	00:25&	01:02&	02:29@	04:16@	00:40&	00:25&	00:06&	
22	Wenke Wannberg	116												49:51		
10:09+	12:02+	16:26+	17:24+	18:16+	20:09+	25:26+	30:05+	34:01+	34:51+	36:58+	40:49+	46:26+	48:26+	49:29+	49:51+	
10:09+	01:53+	04:24+	00:58-	00:52-	01:53+	05:17-	04:39+	03:56+	00:50+	02:07+	03:51+	05:37+	02:00+	01:03+	00:22+	
09:43@	00:37&	03:11@	02:23-	00:14-	00:26&	00:24-	01:52&	01:54&	00:25&	01:01&	02:29@	04:17@	00:40&	00:27&	00:06&	
23	Sigrund Serigstad	128												55:24		
12:33+	13:52+	19:45+	20:58+	30:02+	30:38+	32:02+	36:28+	42:38+	46:02+	48:32+	49:37+	51:51+	52:41+	54:16+	55:05+	55:24+
12:33+	01:19+	05:53+	01:13-	09:04+	00:36-	01:24-	04:26+	06:10+	03:24+	02:30+	01:05-	02:14+	00:50-	01:35+	00:49+	00:19+
12:07@	00:03+	04:40@	02:08-	07:58@	00:51-	04:17-	01:39&	04:08@	02:59@	01:24@	00:17-	00:54&	00:30-	00:59@	00:33@	00:19+
24	Lene Skotnes	66												1:06:05		
34:00+	36:25+	38:46+	40:42+	42:06+	44:09+	50:11+	53:29+	57:06+	58:05+	59:27+	61:49+	63:08+	64:45+	65:47+	66:05+	
34:00+	02:25+	02:21+	01:56-	01:24+	02:03+	06:02+	03:18+	03:37+	00:59+	01:22+	02:22+	01:19-	01:37+	01:02+	00:18+	
33:34@	01:09&	01:08&	01:25-	00:18&	00:36&	00:21+	00:31#	01:35&	00:34@	00:16#	01:00&	00:01-	00:17#	00:26&	00:02#	
Beste strekktid for klassen																
00:26	01:07	00:49	00:57	00:40	00:36	01:24	02:15	02:02	00:25	01:06	01:05	00:58	00:50	00:36	00:12	

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

Herrer 16 - 39 år

1	Jørgen Strømstad	50												35:38				
03:46=	06:14=	06:38=	08:42=	09:39=	10:39=	11:26=	14:40=	18:18=	21:27=	22:13=	23:34=	26:39=	30:14=	31:10=	33:23=	34:05=	35:26=	35:38=
03:46=	02:28=	00:24=	02:04=	00:57=	01:00=	00:47=	03:14=	03:38=	03:09=	00:46=	01:21=	03:05=	03:35=	00:56=	02:13=	00:42=	01:21=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Svein Magnus Halsne	71												37:06				
02:54-	05:34-	06:00-	08:02-	09:12-	11:00+	11:58+	15:29+	19:18+	22:35+	23:13+	24:30+	27:44+	31:48+	32:50+	34:45+	35:29+	36:49+	37:06+
02:54-	02:40+	00:26+	02:02-	01:10+	01:48+	00:58+	03:31+	03:49+	03:17+	00:38-	01:17-	03:14+	04:04+	01:02+	01:55-	00:44+	01:20-	00:17+
00:52-	00:12+	00:02+	00:02-	00:13#	00:48&	00:11#	00:17+	00:11+	00:08+	00:08-	00:04-	00:09+	00:29#	00:06#	00:18-	00:02+	00:01-	00:05&
3	Andreas Mykkeltveit Terjesen	43												37:31				
03:53+	06:38+	07:06+	09:06+	09:58+	11:14+	12:03+	15:13+	19:16+	23:12+	23:55+	25:11+	28:00+	31:41+	32:31+	34:43+	35:41+	37:14+	37:31+
03:53+	02:45+	00:28+	02:00-	00:52-	01:16+	00:49+	03:10-	04:03+	03:56+	00:43-	01:16-	02:49-	03:41+	00:50-	02:12-	00:58+	01:33+	00:17+
00:07+	00:17#	00:04#	00:04-	00:05-	00:16&	00:02+	00:04-	00:25#	00:47#	00:03-	00:05-	00:16-	00:06+	00:06-	00:01-	00:16&	00:12#	00:05&

Class	Navn	Klasse														Tid			
4	Joar Fuglestad	12														40:06			
03:24-	06:06-	06:25-	10:15+	11:29+	12:59+	13:55+	17:38+	21:24+	25:09+	26:21+	27:18+	29:57+	34:04+	34:40+	37:20+	38:10+	39:54+	40:06+	
03:24-	02:42+	00:19-	03:50+	01:14+	01:30+	00:56+	03:43+	03:46+	03:45+	01:12+	00:57-	02:39-	04:07+	00:36-	02:40+	00:50+	01:44+	00:12=	
00:22-	00:14+	00:05-	01:46&	00:17&	00:30&	00:09#	00:29#	00:08+	00:36#	00:26&	00:24-	00:26-	00:32#	00:20-	00:27#	00:08#	00:23&	00:00=	
5	Andreas Nybak Urdal	118														40:10			
02:59-	05:56-	06:19-	08:36-	09:49+	11:29+	12:21+	16:10+	20:20+	23:54+	24:34+	26:01+	29:16+	34:10+	35:04+	37:10+	38:11+	39:54+	40:10+	
02:59-	02:57+	00:23-	02:17+	01:13+	01:40+	00:52+	03:49+	04:10+	03:34+	00:40-	01:27+	03:15+	04:54+	00:54-	02:06-	01:01+	01:43+	00:16+	
00:47-	00:29#	00:01-	00:13#	00:16&	00:40&	00:05#	00:35#	00:32#	00:25#	00:06-	00:06+	00:10+	01:19&	00:02-	00:07-	00:19&	00:22&	00:04&	
6	Svein Kyllingstad	71														43:39			
03:22-	06:12-	06:38=	08:57+	10:02+	11:33+	12:48+	17:27+	22:07+	26:45+	27:29+	28:54+	32:55+	37:04+	38:02+	40:36+	42:01+	43:22+	43:39+	
03:22-	02:50+	00:26+	02:19+	01:05+	01:31+	01:15+	04:39+	04:40+	04:38+	00:44-	01:25+	04:01+	04:09+	00:58+	02:34+	01:25+	01:21=	00:17+	
00:24-	00:22#	00:02+	00:15#	00:08#	00:31&	00:28&	01:25&	01:02&	01:29&	00:02-	00:04+	00:56&	00:34#	00:02+	00:21#	00:43&	00:00=	00:05&	
7	Asgeir Nærland	88														45:26			
03:15-	06:29+	07:10+	10:32+	11:41+	13:53+	15:03+	18:52+	23:30+	28:10+	29:02+	30:25+	34:43+	39:20+	40:18+	42:41+	43:43+	45:10+	45:26+	
03:15-	03:14+	00:41+	03:22+	01:09+	02:12+	01:10+	03:49+	04:38+	04:40+	00:52+	01:23+	04:18+	04:37+	00:58+	02:23+	01:02+	01:27+	00:16+	
00:31-	00:46&	00:17&	01:18&	00:12#	01:12&	00:23&	00:35#	01:00&	01:31&	00:06#	00:02+	01:13&	01:02&	00:02+	00:10+	00:20&	00:06+	00:04&	
8	Håkon Eggebø	71														47:13			
03:10-	10:47+	11:03+	13:10+	14:12+	16:31+	17:35+	21:31+	24:49+	25:38+	29:28+	30:46+	32:28+	35:40+	40:32+	41:33+	44:00+	45:05+	46:56+	47:13+
03:10-	07:37+	00:16-	02:07+	01:02+	02:19+	01:04+	03:56+	03:18-	00:49-	03:50+	01:18-	01:42-	03:12-	04:52+	01:01-	02:27+	01:05-	01:51+	00:17+
00:36-	05:09&	00:08-	00:03+	00:05+	01:19&	00:17&	00:42#	00:20-	02:20-	03:04&	00:03-	01:23-	00:23-	03:56&	01:12-	01:45&	00:16-	01:39&	00:17+
9	Tor Gunnar Osen	116														51:21			
05:27+	10:17+	10:44+	13:31+	14:45+	17:16+	18:19+	22:56+	27:35+	32:11+	33:08+	34:55+	38:38+	44:31+	45:42+	48:25+	49:21+	51:03+	51:21+	
05:27+	04:50+	00:27+	02:47+	01:14+	02:31+	01:03+	04:37+	04:39+	04:36+	00:57+	01:47+	03:43+	05:53+	01:11+	02:43+	00:56+	01:42+	00:18+	
01:41&	02:22&	00:03#	00:43&	00:17&	01:31&	00:16&	01:23&	01:01&	01:27&	00:11#	00:26&	00:38#	02:18&	00:15&	00:30#	00:14&	00:21&	00:06&	
10	Alexander Khorunzhiy	287														51:56			
04:40+	08:15+	08:43+	11:44+	13:19+	15:21+	16:42+	21:07+	26:39+	31:38+	33:30+	35:11+	39:33+	45:06+	46:06+	48:52+	49:51+	51:37+	51:56+	
04:40+	03:35+	00:28+	03:01+	01:35+	02:02+	01:21+	04:25+	05:32+	04:59+	01:52+	01:41+	04:22+	05:33+	01:00+	02:46+	00:59+	01:46+	00:19+	
00:54#	01:07&	00:04#	00:57&	00:38&	01:02&	00:34&	01:11&	01:54&	01:50&	01:06&	00:20#	01:17&	01:58&	00:04+	00:33#	00:17&	00:25&	00:07&	
11	Alexander Slobodinski	71														54:49			
04:31+	09:37+	10:18+	15:23+	17:03+	18:46+	20:24+	24:10+	29:16+	34:59+	36:02+	38:13+	41:39+	46:35+	48:15+	51:10+	52:43+	54:33+	54:49+	
04:31+	05:06+	00:41+	05:05+	01:40+	01:43+	01:38+	03:46+	05:06+	05:43+	01:03+	02:11+	03:26+	04:56+	01:40+	02:55+	01:33+	01:50+	00:16+	
00:45#	02:38&	00:17&	03:01&	00:43&	00:43&	00:51&	00:32#	01:28&	02:34&	00:17&	00:50&	00:21#	01:21&	00:44&	00:42&	00:51&	00:29&	00:04&	
12	Arve Friestad	100														1:07:04			
07:33+	17:54+	18:15+	21:38+	23:25+	25:03+	27:15+	32:05+	39:17+	39:51+	46:02+	47:14+	48:44+	52:55+	59:06+	60:30+	63:38+	64:45+	66:45+	67:04+
07:33+	10:21+	00:21-	03:23+	01:47+	01:38+	02:12+	04:50+	07:12+	00:34-	06:11+	01:12-	01:30-	04:11+	06:11+	01:24-	03:08+	01:07-	02:00+	00:19+
03:47&	07:53&	00:03-	01:19&	00:50&	00:38&	01:25&	01:36&	03:34&	02:35-	05:25&	00:09-	01:35-	00:36#	05:15&	00:49-	02:26&	00:14-	01:48&	00:19+
13	Jon Arne Bratås	239														1:34:03			
04:49+	26:58+	32:04+	35:06+	36:28+	41:00+	45:14+	50:38+	58:16+	64:47+	65:46+	67:51+	78:06+	84:18+	85:19+	88:32+	89:46+	93:44+	94:03+	
04:49+	22:09+	05:06+	03:02+	01:22+	04:32+	04:14+	05:24+	07:38+	06:31+	00:59+	02:05+	10:15+	06:12+	01:01+	03:13+	01:14+	03:58+	00:19+	
01:03&	19:41&	04:42&	00:58&	00:25&	03:32&	03:27&	02:10&	04:00&	03:22&	00:13&	00:44&	07:10&	02:37&	00:05+	01:00&	00:32&	02:37&	00:07&	
Beste strekktid for klassen																			
02:54	02:28	00:16	02:00	00:52	01:00	00:47	03:10	03:18	00:34	00:38	00:57	01:30	03:12	00:36	01:01	00:42	01:05	00:12	

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

Herrer 40 - 49 år

1	Rune Dahl Fitjar	53														41:48			
03:19=	06:25=	06:52=	09:28=	10:40=	12:13=	13:12=	17:36=	22:19=	26:17=	27:04=	28:34=	31:29=	35:49=	36:44=	39:05=	39:55=	41:30=	41:48=	
03:19=	03:06=	00:27=	02:36=	01:12=	01:33=	00:59=	04:24=	04:43=	03:58=	00:47=	01:30=	02:55=	04:20=	00:55=	02:21=	00:50=	01:35=	00:18=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Nils Tore Puntervold	7														43:15			
03:31+	06:50+	07:22+	09:34+	10:46+	13:02+	14:04+	18:10+	22:11-	25:49-	26:45-	28:28-	31:43+	36:32+	37:23+	40:08+	41:09+	42:56+	43:15+	
03:31+	03:19+	00:32+	02:12-	01:12=	02:16+	01:02+	04:06-	04:01-	03:38-	00:56+	01:43+	03:15+	04:49+	00:51-	02:45+	01:01+	01:47+	00:19+	
00:12+	00:13+	00:05#	00:24-	00:00=	00:43&	00:03+	00:18-	00:42-	00:20-	00:09#	00:13#	00:20#	00:29#	00:04-	00:24#	00:11#	00:12#	00:01+	
3	Thomas Chruickshank	48														47:54			
04:29+	08:29+	09:06+	12:31+	13:47+	16:29+	17:44+	22:31+	27:34+	31:42+	32:39+	34:18+	37:25+	41:53+	42:35+	45:05+	46:08+	47:36+	47:54+	
04:29+	04:00+	00:37+	03:25+	01:16+	02:42+	01:15+	04:47+	05:03+	04:08+	00:57+	01:39+	03:07+	04:28+	00:42-	02:30+	01:03+	01:28-	00:18=	
01:10&	00:54&	00:10&	00:49&	00:04+	01:09&	00:16&	00:23+	00:20+	00:10+	00:10#	00:09#	00:12+	00:08+	00:13-	00:09+	00:13&	00:07-	00:00=	

Class	Navn	Klasse										Tid									
4	Arngrim Utskarpen	117										48:19									
04:39+	08:29+	08:52+	12:18+	13:41+	15:36+	17:24+	21:45+	25:55+	30:18+	31:15+	32:51+	36:30+	48:19	42:24+	45:31+	46:33+	48:05+	48:19+			
04:39+	03:50+	00:23-	03:26+	01:23+	01:55+	01:48+	04:21-	04:10-	04:23+	00:57+	01:36+	03:39+	00:54+	01:30+	03:07+	01:02+	01:32-	00:14-			
01:20&	00:44#	00:04-	00:50&	00:11#	00:22#	00:49&	00:03-	00:33-	00:25#	00:10#	00:06+	00:44&	00:04+	00:35&	00:46&	00:12#	00:03-	00:04-			
5	Frode Ungar	116										52:27									
04:29+	11:34+	12:02+	14:48+	16:12+	18:11+	19:16+	24:05+	28:31+	33:07+	34:28+	36:04+	39:31+	52:27	46:38+	49:32+	50:25+	52:08+	52:27+			
04:29+	07:05+	00:28+	02:46+	01:24+	01:59+	01:05+	04:49+	04:26-	04:36+	01:21+	01:36+	03:27+	05:55+	01:12+	02:54+	00:53+	01:43+	00:19+			
01:10&	03:59@	00:01+	00:10+	00:12#	00:26&	00:06#	00:25+	00:17-	00:38#	00:34&	00:06+	00:32#	01:35&	00:17&	00:33#	00:03+	00:08+	00:01+			
6	Jan-Kenneth Polle	83										52:28									
05:09+	08:29+	09:00+	12:40+	14:06+	15:55+	17:21+	21:20+	26:55+	32:00+	32:42+	34:30+	37:31+	52:28	44:31+	45:56+	49:10+	50:22+	52:12+	52:28+		
05:09+	03:20+	00:31+	03:40+	01:26+	01:49+	01:26+	03:59-	05:35+	05:05+	00:42-	01:48+	03:01+	07:00+	01:25+	03:14+	01:12+	01:50+	00:16-			
01:50&	00:14+	00:04#	01:04&	00:14#	00:16#	00:27&	00:25-	00:52#	01:07&	00:05-	00:18#	00:06+	02:40&	00:30&	00:53&	00:22&	00:15#	00:02-			
7	André Sirevåg	116										54:34									
04:14+	08:49+	10:06+	13:26+	14:42+	16:26+	17:39+	22:19+	27:57+	32:39+	33:41+	35:50+	41:34+	54:34	47:04+	48:08+	51:17+	52:23+	54:17+	54:34+		
04:14+	04:35+	01:17+	03:20+	01:16+	01:44+	01:13+	04:40+	05:38+	04:42+	01:02+	02:09+	05:44+	05:30+	01:04+	03:09+	01:06+	01:54+	00:17-			
00:55&	01:29&	00:50@	00:44&	00:04+	00:11#	00:14#	00:16+	00:55#	00:44#	00:15&	00:39&	02:49&	01:10&	00:09#	00:48&	00:16&	00:19#	00:01-			
8	Rolf André Svellingen	268										54:47									
04:34+	09:30+	10:02+	12:52+	14:28+	16:07+	17:29+	21:55+	27:03+	34:40+	35:41+	37:34+	42:31+	54:47	48:07+	49:07+	51:54+	52:45+	54:30+	54:47+		
04:34+	04:56+	00:32+	02:50+	01:36+	01:39+	01:22+	04:26+	05:08+	07:37+	01:01+	01:53+	04:57+	05:36+	01:00+	02:47+	00:51+	01:45+	00:17-			
01:15&	01:50&	00:05#	00:14+	00:24&	00:06+	00:23&	00:02+	00:25+	03:39&	00:14&	00:23&	02:02&	01:16&	00:05+	00:26#	00:01+	00:10#	00:01-			
9	Terje Undheim	54										56:52									
05:37+	09:11+	09:52+	17:08+	19:09+	20:52+	22:00+	25:51+	31:41+	35:50+	36:52+	38:35+	42:46+	56:52	48:58+	50:33+	53:30+	54:48+	56:36+	56:52+		
05:37+	03:34+	00:41+	07:16+	02:01+	01:43+	01:08+	03:51-	05:50+	04:09+	01:02+	01:43+	04:11+	06:12+	01:35+	02:57+	01:18+	01:48+	00:16-			
02:18&	00:28#	00:14&	04:40@	00:49&	00:10#	00:09#	00:33-	01:07#	00:11+	00:15&	00:13#	01:16&	01:52&	00:40&	00:36&	00:28&	00:13#	00:02-			
10	Dag Andre Kvernstrøm	66										59:04									
10:42+	19:10+	19:42+	22:57+	24:16+	26:39+	28:24+	32:14+	37:11+	41:11+	42:07+	43:39+	46:42+	59:04	51:54+	52:54+	55:29+	56:41+	58:29+	59:04+		
10:42+	08:28+	00:32+	03:15+	01:19+	02:23+	01:45+	03:50-	04:57+	04:00+	00:56+	01:32+	03:03+	05:12+	01:00+	02:35+	01:12+	01:48+	00:35+			
07:23@	05:22@	00:05#	00:39#	00:07+	00:50&	00:46&	00:34-	00:14+	00:02+	00:09#	00:02+	00:08+	00:52#	00:05+	00:14+	00:22&	00:13#	00:17&			
11	Antal Jansen	115										1:08:17									
03:32+	07:25+	08:01+	12:36+	13:49+	15:19+	16:47+	20:48+	30:01+	39:08+	40:09+	45:54+	52:03+	1:08:17	61:25+	62:29+	65:26+	66:24+	68:02+	68:17+		
03:32+	03:53+	00:36+	04:35+	01:13+	01:30-	01:28+	04:01-	09:13+	09:07+	01:01+	05:45+	06:09+	09:22+	01:04+	02:57+	00:58+	01:38+	00:15-			
00:13+	00:47&	00:09&	01:59&	00:01+	00:03-	00:29&	00:23-	04:30&	05:09@	00:14&	04:15@	03:14@	05:02@	00:09#	00:36&	00:08#	00:03+	00:03-			
12	Jean-Michel Maurice	42										1:23:30									
06:08+	15:30+	16:02+	18:55+	20:12+	21:44+	22:51+	27:12+	33:21+	33:51+	51:42+	57:52+	59:54+	1:23:30	64:18+	74:46+	76:25+	79:28+	81:08+	83:09+	83:30+	
06:08+	09:22+	00:32+	02:53+	01:17+	01:32-	01:07+	04:21-	06:09+	00:30-	17:51+	06:10+	02:02-	04:24+	10:28+	01:39-	03:03+	01:40+	02:01+	00:21+		
02:49&	06:16@	00:05#	00:17#	00:05+	00:01-	00:08#	00:03-	01:26&	03:28-	17:04@	04:40@	00:53-	00:04+	09:33@	00:42-	02:13@	00:05+	01:43@	00:21+		

Beste strekktid for klassen

03:19 03:06 00:23 02:12 01:12 01:30 00:59 03:50 04:01 00:30 00:42 01:30 02:02 04:20 00:42 01:39 00:50 01:28 00:14

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

Herrer 50 - 59 år

1	Per Ingar Hadland	7										41:31									
03:01=	08:43=	09:34=	10:26=	14:06=	15:24=	17:50=	24:30=	26:22=	28:24=	29:05=	32:17=	34:05=	41:31	35:35=	39:27=	39:53=	41:11=	41:31=			
03:01=	05:42=	00:51=	00:52=	03:40=	01:18=	02:26=	06:40=	01:52=	02:02=	00:41=	03:12=	01:48=	01:30=	03:52=	00:26=	01:18=	00:20=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Håvard Håland	66										45:25									
05:43+	10:53+	11:29+	13:40+	17:19+	18:34+	20:29+	27:18+	30:15+	32:11+	33:00+	36:48+	38:33+	45:25	39:55+	43:24+	43:51+	45:06+	45:25+			
05:43+	05:10-	00:36-	02:11+	03:39-	01:15-	01:55-	06:49+	02:57+	01:56-	00:49+	03:48+	01:45-	01:22-	03:29-	00:27+	01:15-	00:19-				
02:42&	00:32-	00:15-	01:19@	00:01-	00:03-	00:31-	00:09+	01:05&	00:06-	00:08#	00:36#	00:03-	00:08-	00:23-	00:01+	00:03-	00:01-				
3	Lars Bergersen	116										47:20									
03:03+	08:56+	09:51+	11:04+	14:57+	16:11+	18:28+	25:34+	28:14+	30:44+	31:35+	37:33+	39:23+	47:20	41:07+	45:15+	45:46+	47:02+	47:20+			
03:03+	05:53+	00:55+	01:13+	03:53+	01:14-	02:17-	07:06+	02:40+	02:30+	00:51+	05:58+	01:50+	01:44+	04:08+	00:31+	01:16-	00:18-				
00:02+	00:11+	00:04+	00:21&	00:13+	00:04-	00:09-	00:26+	00:48&	00:28#	00:10#	02:46&	00:02+	00:14#	00:16+	00:05#	00:02-	00:02-				
4	Lars Primstad	62										48:12									
03:44+	08:11-	11:11+	12:10+	15:57+	16:41+	18:38+	24:20-	32:08+	34:14+	34:56+	39:41+	41:35+	48:12	43:09+	46:34+	46:55+	47:56+	48:12+			
03:44+	04:27-	03:00+	00:59+	03:47+	00:44-	01:57-	05:42-	07:48+	02:06+	00:42+	04:45+	01:54+	01:34+	03:25-	00:21-	01:01-	00:16-				
00:43#	01:15-	02:09@	00:07#	00:07+	00:34-	00:29-	00:58-	05:56@	00:04+	00:01+	01:33&	00:06+	00:04+	00:27-	00:05-	00:17-	00:04-				

Class	Navn	Klasse										Tid					
5	Anders Glenne	7										48:20					
04:52+	09:17+	09:52+	11:45+	15:59+	16:58+	19:42+	29:27+	31:56+	34:32+	35:17+	39:31+	41:17+	42:47+	46:31+	46:55+	48:02+	48:20+
04:52+	04:25-	00:35-	01:53+	04:14+	00:59-	02:44+	09:45+	02:29+	02:36+	00:45+	04:14+	01:46-	01:30=	03:44-	00:24-	01:07-	00:18-
01:51&	01:17-	00:16-	01:01@	00:34#	00:19-	00:18#	03:05&	00:37&	00:34&	00:04+	01:02&	00:02-	00:00=	00:08-	00:02-	00:11-	00:02-
6	Arne Øvstebø	71										49:14					
05:14+	11:36+	13:06+	14:19+	17:54+	18:55+	21:35+	28:52+	31:15+	34:34+	35:23+	39:10+	41:17+	42:36+	47:03+	47:31+	48:54+	49:14+
05:14+	06:22+	01:30+	01:13+	03:35-	01:01-	02:40+	07:17+	02:23+	03:19+	00:49+	03:47+	02:07+	01:19-	04:27+	00:28+	01:23+	00:20=
02:13&	00:40#	00:39&	00:21&	00:05-	00:17-	00:14+	00:37+	00:31&	01:17&	00:08#	00:35#	00:19#	00:11-	00:35#	00:02+	00:05+	00:00=
7	Kjell Seland	236										50:22					
04:49+	09:43+	10:29+	13:11+	18:08+	19:05+	23:01+	31:17+	33:39+	35:57+	36:46+	40:50+	42:45+	44:06+	48:01+	48:26+	50:01+	50:22+
04:49+	04:54-	00:46-	02:42+	04:57+	00:57-	03:56+	08:16+	02:22+	02:18+	00:49+	04:04+	01:55+	01:21-	03:55+	00:25-	01:35+	00:21+
01:48&	00:48-	00:05-	01:50@	01:17&	00:21-	01:30&	01:36#	00:30&	00:16#	00:08#	00:52&	00:07+	00:09-	00:03+	00:01-	00:17#	00:01+
8	Erling Knutzen	128										50:49					
03:20+	08:31-	09:07-	10:02-	14:28+	15:34+	18:28+	26:09+	34:11+	36:40+	37:32+	41:33+	43:33+	44:54+	48:38+	48:55+	50:26+	50:49+
03:20+	05:11-	00:36-	00:55+	04:26+	01:06-	02:54+	07:41+	08:02+	02:29+	00:52+	04:01+	02:00+	01:21-	03:44-	00:17-	01:31+	00:23+
00:19#	00:31-	00:15-	00:03+	00:46#	00:12-	00:28#	01:01#	06:10@	00:27#	00:11&	00:49&	00:12#	00:09-	00:08-	00:09-	00:13#	00:03#
9	Arne Magne Sondresen	92										50:54					
04:10+	10:42+	11:34+	13:08+	17:23+	19:45+	21:42+	28:21+	30:51+	34:15+	35:05+	39:41+	42:59+	44:50+	48:51+	49:18+	50:36+	50:54+
04:10+	06:32+	00:52+	01:34+	04:15+	02:22+	01:57-	06:39-	02:30+	03:24+	00:50+	04:36+	03:18+	01:51+	04:01+	00:27+	01:18=	00:18-
01:09&	00:50#	00:01+	00:42&	00:35#	01:04&	00:29-	00:01-	00:38&	01:22&	00:09#	01:24&	01:30&	00:21#	00:09+	00:01+	00:00=	00:02-
10	Magnar Møller	62										51:35					
05:33+	11:43+	12:31+	13:53+	18:09+	19:08+	21:33+	28:44+	32:30+	34:46+	35:40+	39:52+	42:05+	43:54+	49:24+	49:50+	51:12+	51:35+
05:33+	06:10+	00:48-	01:22+	04:16+	00:59-	02:25-	07:11+	03:46+	02:16+	00:54+	04:12+	02:13+	01:49+	05:30+	00:26=	01:22+	00:23+
02:32&	00:28+	00:03-	00:30&	00:36#	00:19-	00:01-	00:31+	01:54@	00:14#	00:13&	01:00&	00:25#	00:19#	01:38&	00:00=	00:04+	00:03#
11	Ove Njå	90										54:36					
03:51+	14:51+	15:39+	17:31+	21:38+	22:39+	24:46+	31:47+	34:40+	36:52+	37:40+	42:04+	45:19+	47:10+	52:03+	52:48+	54:11+	54:36+
03:51+	11:00+	00:48-	01:52+	04:07+	01:01-	02:07-	07:01+	02:53+	02:12+	00:48+	04:24+	03:15+	01:51+	04:53+	00:45+	01:23+	00:25+
00:50&	05:18&	00:03-	01:00@	00:27#	00:17-	00:19-	00:21+	01:01&	00:10+	00:07#	01:12&	01:27&	00:21#	01:01&	00:19&	00:05+	00:05#
12	Sveinung Rosenvinge	116										55:03					
03:41+	10:37+	12:04+	13:51+	18:00+	19:42+	22:18+	31:35+	34:49+	37:23+	38:21+	43:07+	45:29+	47:11+	51:51+	52:20+	53:51+	55:03+
03:41+	06:56+	01:27+	01:47+	04:09+	01:42+	02:36+	09:17+	03:14+	02:34+	00:58+	04:46+	02:22+	01:42+	04:40+	00:29+	01:31+	01:12+
00:40#	01:14#	00:36&	00:55@	00:29#	00:24&	00:10+	02:37&	01:22&	00:32&	00:17&	01:34&	00:34&	00:12#	00:48#	00:03#	00:13#	00:52@
13	Arnfinn Rømuld	116										55:30					
06:56+	13:00+	14:57+	16:04+	19:12+	20:18+	23:08+	33:40+	36:45+	39:06+	39:53+	44:20+	46:09+	47:43+	53:40+	54:02+	55:15+	55:30+
06:56+	06:04+	01:57+	01:07+	03:08-	01:06-	02:50+	10:32+	03:05+	02:21+	00:47+	04:27+	01:49+	01:34+	05:57+	00:22-	01:13-	00:15-
03:55@	00:22+	01:06@	00:15&	00:32-	00:12-	00:24#	03:52&	01:13&	00:19#	00:06#	01:15&	00:01+	00:04+	02:05&	00:04-	00:05-	00:05-
14	Øystein Fuglestad	46										55:38					
08:41+	14:42+	15:48+	17:02+	21:05+	22:16+	25:24+	33:57+	36:23+	39:03+	39:55+	44:34+	46:52+	48:31+	53:16+	53:42+	55:20+	55:38+
08:41+	06:01+	01:06+	01:14+	04:03+	01:11-	03:08+	08:33+	02:26+	02:40+	00:52+	04:39+	02:18+	01:39+	04:45+	00:26=	01:38+	00:18-
05:40@	00:19+	00:15&	00:22&	00:23#	00:07-	00:42&	01:53&	00:34&	00:38&	00:11&	01:27&	00:30&	00:09#	00:53#	00:00=	00:20&	00:02-
15	Stein Arve Finnestad	287										57:01					
03:21+	08:09-	08:54-	10:06-	15:23+	16:36+	19:06+	27:22+	31:56+	34:28+	35:23+	46:53+	48:56+	50:32+	54:38+	55:03+	56:41+	57:01+
03:21+	04:48-	00:45-	01:12+	05:17+	01:13-	02:30+	08:16+	04:34+	02:32+	00:55+	11:30+	02:03+	01:36+	04:06+	00:25-	01:38+	00:20=
00:20#	00:54-	00:06-	00:20&	01:37&	00:05-	00:04+	01:36#	02:42@	00:30#	00:14&	08:18@	00:15#	00:06+	00:14+	00:01-	00:20&	00:00=
16	Ingve Vold	54										58:12					
03:02+	08:39-	09:47+	12:07+	18:01+	19:28+	23:31+	32:01+	37:22+	41:07+	42:10+	47:04+	49:27+	51:43+	55:42+	56:20+	57:51+	58:12+
03:02+	05:37-	01:08+	02:20+	05:54+	01:27+	04:03+	08:30+	05:21+	03:45+	01:03+	04:54+	02:23+	02:16+	03:59+	00:38+	01:31+	00:21+
00:01+	00:05-	00:17&	01:28@	02:14&	00:09#	01:37&	01:50&	03:29@	01:43&	00:22&	01:42&	00:35&	00:46&	00:07+	00:12&	00:13#	00:01+
17	Per Ivar Hovstad	116										59:05					
04:43+	12:16+	12:56+	14:27+	19:21+	24:37+	27:18+	35:15+	38:01+	40:15+	41:10+	48:04+	50:35+	52:24+	56:58+	57:24+	58:45+	59:05+
04:43+	07:33+	00:40-	01:31+	04:54+	05:16+	02:41+	07:57+	02:46+	02:14+	00:55+	06:54+	02:31+	01:49+	04:34+	00:26=	01:21+	00:20=
01:42&	01:51&	00:11-	00:39&	01:14&	03:58@	00:15#	01:17#	00:54&	00:12+	00:14&	03:42@	00:43&	00:19#	00:42#	00:00=	00:03+	00:00=
18	Arne Hetlelid	98										59:53					
07:52+	15:39+	16:49+	18:25+	23:26+	25:15+	27:51+	35:45+	38:32+	41:56+	42:54+	48:18+	50:40+	52:32+	57:36+	58:02+	59:27+	59:53+
07:52+	07:47+	01:10+	01:36+	05:01+	01:49+	02:36+	07:54+	02:47+	03:24+	00:58+	05:24+	02:22+	01:52+	05:04+	00:26=	01:25+	00:26+
04:51@	02:05&	00:19&	00:44&	01:21&	00:31&	00:10+	01:14#	00:55&	01:22&	00:17&	02:12&	00:34&	00:22#	01:12&	00:00=	00:07+	00:06&
19	Harald Taksdal	236										1:01:58					
04:43+	11:20+	11:58+	13:31+	17:30+	19:02+	22:32+	31:57+	35:25+	37:57+	39:01+	49:07+	51:41+	53:48+	59:07+	59:37+	61:31+	61:58+
04:43+	06:37+	00:38-	01:33+	03:59+	01:32+	03:30+	09:25+	03:28+	02:32+	01:04+	10:06+	02:34+	02:07+	05:19+	00:30+	01:54+	00:27+
01:42&	00:55#	00:13-	00:41&	00:19+	00:14#	01:04&	02:45&	01:36&	00:30#	00:23&	06:54@	00:46&	00:37&	01:27&	00:04#	00:36&	00:07&

Class	Navn	Klasse										Tid					
20	Trygve Michaelsen	117										1:06:22					
06:21+	14:54+	15:20+	16:39+	24:19+	27:51+	30:35+	38:05+	43:40+	45:51+	46:41+	55:11+	57:29+	58:53+	63:57+	64:20+	66:05+	66:22+
06:21+	08:33+	00:26-	01:19+	07:40+	03:32+	02:44+	07:30+	05:35+	02:11+	00:50+	08:30+	02:18+	01:24-	05:04+	00:23-	01:45+	00:17-
03:20#	02:51&	00:25-	00:27&	04:00#	02:14#	00:18#	00:50#	03:43#	00:09+	00:09#	05:18#	00:30&	00:06-	01:12&	00:03-	00:27&	00:03-
21	Are Herstad	29										1:08:09					
09:00+	15:18+	16:49+	24:08+	29:58+	30:57+	33:31+	45:40+	48:30+	51:02+	51:58+	56:24+	58:30+	60:55+	65:47+	66:14+	67:49+	68:09+
09:00+	06:18+	01:31+	07:19+	05:50+	00:59-	02:34+	12:09+	02:50+	02:32+	00:56+	04:26+	02:06+	02:25+	04:52+	00:27+	01:35+	00:20=
05:59#	00:36#	00:40&	06:27#	02:10&	00:19-	00:08+	05:29&	00:58&	00:30#	00:15&	01:14&	00:18#	00:55&	01:00&	00:01+	00:17#	00:00=
22	Jarl Steinar Berntsen	27										1:09:09					
03:47+	12:44+	13:51+	15:52+	21:22+	22:59+	26:17+	35:33+	41:30+	44:25+	45:06+	57:01+	59:22+	61:16+	65:53+	66:26+	68:39+	69:09+
03:47+	08:57+	01:07+	02:01+	05:30+	01:37+	03:18+	09:16+	05:57+	02:55+	00:41=	11:55+	02:21+	01:54+	04:37+	00:33+	02:13+	00:30+
00:46&	03:15&	00:16&	01:09#	01:50&	00:19#	00:52&	02:36&	04:05#	00:53&	00:00=	08:43#	00:33&	00:24&	00:45#	00:07&	00:55&	00:10&
23	John C. Sinnes	93										1:14:09					
17:08+	22:50+	23:41+	25:10+	29:44+	31:44+	35:12+	47:36+	50:43+	53:10+	54:06+	62:44+	65:17+	67:07+	71:59+	72:23+	73:47+	74:09+
17:08+	05:42=	00:51=	01:29+	04:34+	02:00+	03:28+	12:24+	03:07+	02:27+	00:56+	08:38+	02:33+	01:50+	04:52+	00:24-	01:24+	00:22+
14:07#	00:00=	00:00=	00:37&	00:54#	00:42&	01:02&	05:44&	01:15&	00:25#	00:15&	05:26#	00:45&	00:20#	01:00&	00:02-	00:06+	00:02#
24	Frode Følgesvold	5										1:17:31					
08:56+	16:51+	18:02+	20:14+	31:11+	32:49+	35:31+	46:35+	50:10+	53:34+	54:40+	64:07+	66:34+	69:05+	74:17+	75:01+	76:33+	77:31+
08:56+	07:55+	01:11+	02:12+	10:57+	01:38+	02:42+	11:04+	03:35+	03:24+	01:06+	09:27+	02:27+	02:31+	05:12+	00:44+	01:32+	00:58+
05:55#	02:13&	00:20&	01:20#	07:17#	00:20&	00:16#	04:24&	01:43&	01:22&	00:25&	06:15#	00:39&	01:01&	01:20&	00:18&	00:14#	00:38#
Beste strekktid for klassen																	
03:01	04:25	00:26	00:52	03:08	00:44	01:55	05:42	01:52	01:56	00:41	03:12	01:45	01:19	03:25	00:17	01:01	00:15
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
Herrer 60 - 64 år																	
1	Espen Krogh	7										30:41					
00:20=	02:02=	04:30=	05:59=	07:31=	09:43=	11:43=	12:56=	15:10=	17:01=	20:29=	21:08=	24:11=	25:57=	28:07=	29:12=	30:24=	30:41=
00:20=	01:42=	02:28=	01:29=	01:32=	02:12=	02:00=	01:13=	02:14=	01:51=	03:28=	00:39=	03:03=	01:46=	02:10=	01:05=	01:12=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Olav Tunheim	93										35:32					
00:33+	03:08+	06:18+	08:13+	10:19+	13:07+	14:21+	15:38+	17:58+	20:04+	24:54+	25:29+	29:04+	31:11+	33:01+	34:02+	35:18+	35:32+
00:33+	02:35+	03:10+	01:55+	02:06+	02:48+	01:14-	01:17+	02:20+	02:06+	04:50+	00:35-	03:35+	02:07+	01:50-	01:01-	01:16+	00:14-
00:13&	00:53&	00:42&	00:26&	00:34&	00:36&	00:46-	00:04+	00:06+	00:15#	01:22&	00:04-	00:32#	00:21#	00:20-	00:04-	00:04+	00:03-
3	Dag Helliksen	80										38:58					
00:25+	02:37+	06:01+	12:02+	13:10+	15:45+	17:37+	18:40+	21:48+	23:39+	27:07+	27:45+	31:43+	33:39+	35:46+	36:43+	38:35+	38:58+
00:25+	02:12+	03:24+	06:01+	01:08-	02:35+	01:52-	01:03-	03:08+	01:51=	03:28=	00:38-	03:58+	01:56+	02:07-	00:57-	01:52+	00:23+
00:05#	00:30&	00:56&	04:32#	00:24-	00:23#	00:08-	00:10-	00:54&	00:00=	00:00=	00:01-	00:55&	00:10+	00:03-	00:08-	00:40&	00:06&
4	Morten Johannessen	7										39:00					
00:25+	02:25+	06:23+	07:55+	09:21+	11:31+	13:24+	14:25+	16:56+	18:49+	25:53+	28:57+	29:34+	32:28+	34:25+	36:33+	37:29+	38:40+
00:25+	02:00+	03:58+	01:32+	01:26-	02:10-	01:53-	01:01-	02:31+	01:53+	07:04+	03:04+	00:37-	02:54+	01:57-	02:08+	00:56-	01:11+
00:05#	00:18#	01:30&	00:03+	00:06-	00:02-	00:07-	00:12-	00:17#	00:02+	03:36#	02:25#	02:26-	01:08&	00:13-	01:03&	00:16-	00:54#
5	Ivar Bergset	35										39:00					
00:28+	02:51+	05:49+	07:29+	08:58+	11:52+	14:03+	15:29+	18:31+	20:48+	25:16+	26:16+	30:07+	32:38+	36:09+	37:13+	38:36+	39:00+
00:28+	02:23+	02:58+	01:40+	01:29-	02:54+	02:11+	01:26+	03:02+	02:17+	04:28+	01:00+	03:51+	02:31+	03:31+	01:04-	01:23+	00:24+
00:08&	00:41&	00:30#	00:11#	00:03-	00:42&	00:11+	00:13#	00:48&	00:26#	01:00&	00:21&	00:48&	00:45&	01:21&	00:01-	00:11#	00:07&
6	Agnar Lien	7										40:20					
00:30+	03:04+	07:06+	08:43+	10:04+	12:46+	15:12+	16:36+	19:34+	21:57+	26:47+	27:27+	31:40+	34:03+	36:33+	37:54+	39:32+	40:20+
00:30+	02:34+	04:02+	01:37+	01:21-	02:42+	02:26+	01:24+	02:58+	02:23+	04:50+	00:40+	04:13+	02:23+	02:30+	01:21+	01:38+	00:48+
00:10&	00:52&	01:34&	00:08+	00:11-	00:30#	00:26#	00:11#	00:44&	00:32&	01:22&	00:01+	01:10&	00:37&	00:20#	00:16#	00:26&	00:31#
7	Torbjørn Evensen	108										43:14					
00:28+	02:51+	06:40+	09:07+	10:47+	13:36+	16:01+	17:16+	20:00+	22:33+	26:56+	29:42+	34:55+	37:16+	40:00+	41:08+	42:43+	43:14+
00:28+	02:23+	03:49+	02:27+	01:40+	02:49+	02:25+	01:15+	02:44+	02:33+	04:23+	02:46+	05:13+	02:21+	02:44+	01:08+	01:35+	00:31+
00:08&	00:41&	01:21&	00:58&	00:08+	00:37&	00:25#	00:02+	00:30#	00:42&	00:55&	02:07#	02:10&	00:35&	00:34&	00:03+	00:23&	00:14&
8	Bjørn H. Engseth	27										47:23					
00:39+	03:46+	07:46+	09:33+	11:16+	16:50+	19:28+	21:20+	24:35+	27:12+	31:44+	33:14+	37:56+	40:39+	43:55+	45:20+	47:00+	47:23+
00:39+	03:07+	04:00+	01:47+	01:43+	05:34+	02:38+	01:52+	03:15+	02:37+	04:32+	01:30+	04:42+	02:43+	03:16+	01:25+	01:40+	00:23+
00:19&	01:25&	01:32&	00:18#	00:11#	03:22#	00:38&	00:39&	01:01&	00:46&	01:04&	00:51#	01:39&	00:57&	01:06&	00:20&	00:28&	00:06&

Class	Navn	Klasse										Tid					
9	Sverre Magnar Nordal	116										56:00					
05:20+	08:20+	12:32+	16:12+	17:39+	21:00+	23:37+	25:04+	33:52+	36:22+	41:30+	42:42+	47:40+	49:55+	52:40+	54:04+	55:37+	56:00+
05:20+	03:00+	04:12+	03:40+	01:27-	03:21+	02:37+	01:27+	08:48+	02:30+	05:08+	01:12+	04:58+	02:15+	02:45+	01:24+	01:33+	00:23+
05:00#	01:18&	01:44&	02:11#	00:05-	01:09&	00:37&	00:14#	06:34#	00:39&	01:40&	00:33&	01:55&	00:29&	00:35&	00:19&	00:21&	00:06&
10	Rolf Kleppe	63										59:42					
00:44+	05:02+	09:49+	11:31+	14:15+	18:00+	20:54+	22:42+	26:42+	29:57+	40:46+	41:39+	47:42+	50:34+	55:27+	57:02+	59:14+	59:42+
00:44+	04:18+	04:47+	01:42+	02:44+	03:45+	02:54+	01:48+	04:00+	03:15+	10:49+	00:53+	06:03+	02:52+	04:53+	01:35+	02:12+	00:28+
00:24#	02:36#	02:19&	00:13#	01:12&	01:33&	00:54&	00:35&	01:46&	01:24&	07:21#	00:14&	03:00&	01:06&	02:43#	00:30&	01:00&	00:11&
11	Øyvind Nagel-Alne	74										1:00:14					
05:49+	08:45+	23:22+	25:06+	26:34+	29:42+	32:07+	34:02+	37:30+	40:38+	45:42+	46:31+	52:31+	54:49+	57:19+	58:28+	59:49+	60:14+
05:49+	02:56+	14:37+	01:44+	01:28-	03:08+	02:25+	01:55+	03:28+	03:08+	05:04+	00:49+	06:00+	02:18+	02:30+	01:09+	01:21+	00:25+
05:29#	01:14&	12:09#	00:15#	00:04-	00:56&	00:25#	00:42&	01:14&	01:17&	01:36&	00:10&	02:57&	00:32&	00:20#	00:04+	00:09#	00:08&
12	Gunnar V. Sjøiland	80										1:03:48					
02:32+	07:27+	11:46+	16:34+	18:53+	24:22+	26:52+	31:44+	35:01+	37:39+	45:19+	46:07+	50:19+	53:01+	60:22+	61:37+	63:24+	63:48+
02:32+	04:55+	04:19+	04:18+	02:19+	05:29+	02:30+	04:52+	03:17+	02:38+	07:40+	00:48+	04:12+	02:42+	07:21+	01:15+	01:47+	00:24+
02:12#	03:13#	01:51&	03:19#	00:47&	03:17#	00:30#	03:39#	01:03&	00:47&	04:12#	00:09#	01:09&	00:56&	05:11#	00:10#	00:35&	00:07&
Beste strekktid for klassen																	
00:20	01:42	02:28	01:29	01:08	02:10	01:14	01:01	02:14	01:51	03:28	00:35	00:37	01:46	01:50	00:57	00:56	00:14

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

Herrer 65 - 69 år

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

Class	Navn	Klasse										Tid					
10	Jan Inge Lunde	88										45:25					
05:21+	09:48+	13:04+	15:22+	16:49+	19:39+	21:52+	23:13+	26:08+	28:08+	31:59+	32:52+	36:38+	39:17+	42:02+	43:37+	45:06+	45:25+
05:21+	04:27+	03:16+	02:18+	01:27+	02:50+	02:13+	01:21+	02:55+	02:00+	03:51+	00:53+	03:46+	02:39+	02:45+	01:35+	01:29+	00:19+
04:57@	02:34@	00:51&	01:16@	00:21&	00:37&	00:24#	00:25&	00:18#	00:36&	00:24#	00:12&	00:55&	00:41&	01:07&	00:45&	00:25&	00:04&
11	Roar Fitjar	101										45:37					
00:44+	03:59+	08:25+	10:07+	11:50+	15:32+	18:15+	20:13+	23:33+	25:56+	31:03+	32:05+	36:43+	39:20+	41:53+	43:26+	45:11+	45:37+
00:44+	03:15+	04:26+	01:42+	01:43+	03:42+	02:43+	01:58+	03:20+	02:23+	05:07+	01:02+	04:38+	02:37+	02:33+	01:33+	01:45+	00:26+
00:20&	01:22&	02:01&	00:40&	00:37&	01:29&	00:54&	01:02@	00:43&	00:59&	01:40&	00:21&	01:47&	00:39&	00:55&	00:43&	00:41&	00:11&
12	Terje Stokkeland	69										52:52					
00:36+	03:20+	07:20+	18:59+	21:05+	24:55+	27:26+	30:02+	32:46+	35:03+	40:20+	41:27+	45:39+	47:58+	49:57+	50:57+	52:26+	52:52+
00:36+	02:44+	04:00+	11:39+	02:06+	03:50+	02:31+	02:36+	02:44+	02:17+	05:17+	01:07+	04:12+	02:19+	01:59+	01:00+	01:29+	00:26+
00:12&	00:51&	01:35&	10:37@	01:00&	01:37&	00:42&	01:40@	00:07+	00:53&	01:50&	00:26&	01:21&	00:21#	00:21#	00:10#	00:25&	00:11&
13	Bjørn Vidar Gunvaldsen	29										53:29					
02:46+	06:12+	10:29+	12:27+	14:22+	20:35+	23:45+	25:43+	29:19+	32:07+	37:32+	39:06+	44:05+	46:44+	49:53+	51:28+	53:05+	53:29+
02:46+	03:26+	04:17+	01:58+	01:55+	06:13+	03:10+	01:58+	03:36+	02:48+	05:25+	01:34+	04:59+	02:39+	03:09+	01:35+	01:37+	00:24+
02:22@	01:33&	01:52&	00:56&	00:49&	04:00@	01:21&	01:02@	00:59&	01:24&	01:58&	00:53@	02:08&	00:41&	01:31&	00:45&	00:33&	00:09&
14	Tore R. Tvedt	90										1:08:19					
02:04+	06:01+	10:05+	14:31+	16:41+	20:07+	26:33+	28:27+	33:47+	37:57+	44:18+	45:24+	52:22+	57:10+	60:53+	64:28+	67:30+	68:19+
02:04+	03:57+	04:04+	04:26+	02:10+	03:26+	06:26+	01:54+	05:20+	04:10+	06:21+	01:06+	06:58+	04:48+	03:43+	03:35+	03:02+	00:49+
01:40@	02:04@	01:39&	03:24@	01:13&	04:37@	00:58@	02:43@	02:46@	02:54&	00:25&	04:07@	02:50@	02:05@	02:45@	01:58@	00:34@	
15	Per Marthon Mæland	5										1:09:49					
06:56+	10:15+	14:27+	18:30+	20:32+	29:48+	33:27+	35:11+	38:57+	43:10+	48:47+	49:47+	56:14+	60:06+	65:28+	67:18+	69:21+	69:49+
06:56+	03:19+	04:12+	04:03+	02:02+	09:16+	03:39+	01:44+	03:46+	04:13+	05:37+	01:00+	06:27+	03:52+	05:22+	01:50+	02:03+	00:28+
06:32@	01:26&	01:47&	03:01@	00:56&	07:03@	01:50@	00:48&	01:09&	02:49@	02:10&	00:19&	03:36@	01:54&	03:44@	01:00@	00:59&	00:13&
Beste strekktid for klassen																	
00:24	01:53	02:25	01:02	01:06	02:13	01:49	00:56	02:23	01:24	03:27	00:41	00:51	01:58	01:38	00:50	01:03	00:14

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

Herrer 70 - 74 år

1	Harry Breiland	66										29:51						
00:31=	02:53=	05:31=	06:36=	07:51=	10:03=	11:51=	12:52=	15:27=	16:56=	20:12=	20:59=	23:50=	25:43=	27:27=	28:22=	29:32=	29:51=	
00:31=	02:22=	02:38=	01:05=	01:15=	02:12=	01:48=	01:01=	02:35=	01:29=	03:16=	00:47=	02:51=	01:53=	01:44=	00:55=	01:10=	00:19=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Asgeir Bell	117										34:55						
00:24-	02:11-	04:33-	08:09+	09:09+	12:17+	13:52+	15:03+	17:23+	20:35+	25:10+	25:52+	28:55+	30:52+	32:34+	33:25+	34:36+	34:55+	
00:24-	01:47-	02:22-	03:36+	01:00-	03:08+	01:35-	01:11+	02:20-	03:12+	04:35+	00:42-	03:03+	01:57+	01:42-	00:51-	01:11+	00:19=	
00:07-	00:35-	00:16-	02:31@	00:15-	00:56&	00:13-	00:10#	00:15-	01:43@	01:19&	00:05-	00:12+	00:04+	00:02-	00:04-	00:01+	00:00=	
3	Gudmund Gausel	115										38:52						
00:32+	02:53=	05:53+	08:30+	09:47+	12:32+	14:49+	16:07+	18:57+	20:54+	24:54+	25:50+	31:34+	33:49+	36:01+	37:01+	38:31+	38:52+	
00:32+	02:21-	03:00+	02:37+	01:17+	02:45+	02:17+	01:18+	02:50+	01:57+	04:00+	00:56+	05:44+	02:15+	02:12+	01:00+	01:30+	00:21+	
00:01+	00:01-	00:22#	01:32@	00:02+	00:33#	00:29&	00:17&	00:15+	00:28&	00:44#	00:09#	02:53@	00:22#	00:28&	00:05+	00:20&	00:02#	
4	Jostein Tunheim	116										40:30						
00:31=	05:03+	07:54+	10:27+	11:53+	14:22+	16:43+	18:03+	20:49+	23:04+	26:57+	27:46+	33:44+	35:51+	37:51+	38:47+	40:06+	40:30+	
00:31=	04:32+	02:51+	02:33+	01:26+	02:29+	02:21+	01:20+	02:46+	02:15+	03:53+	00:49+	05:58+	02:07+	02:00+	00:56+	01:19+	00:24+	
00:00=	02:10&	00:13+	01:28@	00:11#	00:17#	00:33&	00:19&	00:11+	00:46&	00:37#	00:02+	03:07@	00:14#	00:16#	00:01+	00:09#	00:05&	
5	Leif Gunnar Wikene	43										40:46						
00:35+	03:19+	06:52+	08:07+	10:10+	12:56+	14:54+	16:48+	19:50+	22:22+	26:55+	27:56+	31:49+	34:05+	38:07+	39:10+	40:29+	40:46+	
00:35+	02:44+	03:33+	01:15+	02:03+	02:46+	01:58+	01:54+	03:02+	02:32+	04:33+	01:01+	03:53+	02:16+	04:02+	01:03+	01:19+	00:17-	
00:04#	00:22#	00:55&	00:10#	00:48&	00:34&	00:10+	00:53&	00:27#	01:03&	01:17&	00:14&	01:02&	00:23#	02:18@	00:08#	00:09#	00:02-	
6	Arne Østensen	90										41:50						
01:16+	04:27+	07:52+	11:05+	12:46+	15:45+	18:06+	19:21+	22:28+	24:46+	28:55+	30:30+	33:58+	36:16+	38:54+	40:00+	41:27+	41:50+	
01:16+	03:11+	03:25+	03:13+	01:41+	02:59+	02:21+	01:15+	03:07+	02:18+	04:09+	01:35+	03:28+	02:18+	02:38+	01:06+	01:27+	00:23+	
00:45@	00:49&	00:47&	02:08@	00:26&	00:47&	00:33&	00:14#	00:32#	00:49&	00:53&	00:48@	00:37#	00:25#	00:54&	00:11#	00:17#	00:04#	
7	Kjell Svihus	154										43:14						
00:32+	03:16+	06:46+	08:35+	10:12+	13:13+	16:13+	17:53+	20:39+	23:00+	28:22+	29:10+	30:52+	35:14+	37:41+	40:00+	41:07+	42:48+	43:14+
00:32+	02:44+	03:30+	01:49+	01:37+	03:01+	03:00+	01:40+	02:46+	02:21+	05:22+	00:48+	01:42-	04:22+	02:27+	02:19+	01:07-	01:41+	00:26+
00:01+	00:22#	00:52&	00:44&	00:22&	00:49&	01:12&	00:39&	00:11+	00:52&	02:06&	00:01+	01:09-	02:29@	00:43&	01:24@	00:03-	01:22@	00:26+

Class	Navn	Klasse										Tid				
8	Hans Klausen	62										48:43				
00:47+	04:06+	08:28+	10:17+	12:54+	15:47+	18:54+	20:36+	27:20+	32:25+	33:14+	38:23+	41:12+	44:19+	46:08+	48:26+	48:43+
00:47+	03:19+	04:22+	01:49+	02:37+	02:53+	03:07+	01:42+	03:54+	02:50+	05:05+	00:49+	05:09+	02:49+	03:07+	01:49+	02:18+
00:16&	00:57&	01:44&	00:44&	01:22@	00:41&	01:19&	00:41&	01:19&	01:21&	01:49&	00:02+	02:18&	00:56&	01:23&	00:54&	01:08&
9	Arvid Thorsen	5										52:40				
00:32+	03:09+	06:28+	10:02+	11:36+	14:16+	17:34+	20:56+	27:19+	32:11+	34:38+	38:39+	39:32+	43:31+	46:04+	49:18+	50:25+
00:32+	02:37+	03:19+	03:34+	01:34+	02:40+	03:18+	03:22+	06:23+	04:52+	02:27-	04:01+	00:53-	03:59+	02:33+	03:14+	01:07-
00:01+	00:15#	00:41&	02:29@	00:19&	00:28#	01:30&	02:21@	03:48@	03:23@	00:49-	03:14@	01:58-	02:06@	00:49&	02:19@	00:03-
10	Ole Auklend	106										58:04				
02:38+	06:01+	10:21+	20:38+	22:43+	26:51+	29:52+	31:48+	35:53+	38:28+	43:02+	44:04+	48:38+	51:32+	54:11+	55:34+	57:34+
02:38+	03:23+	04:20+	10:17+	02:05+	04:08+	03:01+	01:56+	04:05+	02:35+	04:34+	01:02+	04:34+	02:54+	02:39+	01:23+	02:00+
02:07@	01:01&	01:42&	09:12@	00:50&	01:56&	01:13&	00:55&	01:30&	01:06&	01:18&	00:15&	01:43&	01:01&	00:55&	00:28&	00:50&
11	Norvald Skretting	43										1:02:37				
05:06+	08:57+	14:35+	16:16+	18:08+	21:08+	26:09+	27:51+	42:49+	45:06+	49:01+	50:26+	55:17+	57:28+	59:46+	60:45+	62:14+
05:06+	03:51+	05:38+	01:41+	01:52+	03:00+	05:01+	01:42+	14:58+	02:17+	03:55+	01:25+	04:51+	02:11+	02:18+	00:59+	01:29+
04:35@	01:29&	03:00@	00:36&	00:37&	00:48&	03:13@	00:41&	12:23@	00:48&	00:39#	00:38&	02:00&	00:18#	00:34&	00:04+	00:19&
12	Jan H. Sagen	92										1:12:23				
01:55+	06:45+	11:56+	13:58+	17:43+	22:35+	24:44+	27:00+	33:49+	43:08+	52:34+	54:44+	60:23+	63:53+	67:42+	69:33+	71:43+
01:55+	04:50+	05:11+	02:02+	03:45+	04:52+	02:09+	02:16+	06:49+	09:19+	09:26+	02:10+	05:39+	03:30+	03:49+	01:51+	02:10+
01:24@	02:28@	02:33&	00:57&	02:30@	02:40@	00:21#	01:15@	04:14@	07:50@	06:10@	01:23@	02:48&	01:37&	02:05@	00:56@	01:00&
13	John Abrahamsen	125										1:18:06				
01:26+	05:59+	12:55+	15:28+	19:18+	26:45+	31:05+	33:27+	41:12+	44:26+	57:25+	58:58+	67:24+	70:41+	74:06+	75:53+	77:39+
01:26+	04:33+	06:56+	02:33+	03:50+	07:27+	04:20+	02:22+	07:45+	03:14+	12:59+	01:33+	08:26+	03:17+	03:25+	01:47+	01:46+
00:55@	02:11&	04:18@	01:28@	02:35@	05:15@	02:32@	01:21@	05:10@	01:45@	09:43@	00:46&	05:35@	01:24&	01:41&	00:52&	00:36&
Beste strekktid for klassen	00:24	01:47	02:22	01:05	01:00	02:12	01:35	01:01	02:20	01:29	02:27	00:42	00:53	01:53	01:42	00:51
	01:07	00:17														

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

Herrer 75 - 79 år

1	Knut Skjæveland	93										38:31				
01:41=	04:05=	05:00=	07:57=	10:55=	12:45=	18:02=	23:24=	25:00=	31:12=	35:31=	38:09=	38:31=				
01:41=	02:24=	00:55=	02:57=	02:58=	01:50=	05:17=	05:22=	01:36=	06:12=	04:19=	02:38=	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=				
2	Geir Husdal	93										39:32				
03:02+	05:12+	06:02+	08:41+	10:49+	12:08+	18:19+	23:37+	25:12+	30:15-	36:21+	39:12+	39:32+				
03:02+	02:10-	00:50-	02:39-	02:08-	01:19-	06:11+	05:18-	01:35-	05:03-	06:06+	02:51+	00:20-				
01:21&	00:14-	00:05-	00:18-	00:50-	00:31-	00:54#	00:04-	00:01-	01:09-	01:47&	00:13+	00:02-				
3	Steinar Undheim	54										41:49				
01:53+	04:21+	05:02+	07:48-	11:06+	12:42-	17:55-	26:14+	28:10+	33:29+	38:24+	41:26+	41:49+				
01:53+	02:28+	00:41-	02:46-	03:18+	01:36-	05:13-	08:19+	01:56+	05:19-	04:55+	03:02+	00:23+				
00:12#	00:04+	00:14-	00:11-	00:20#	00:14-	00:04-	02:57&	00:20#	00:53-	00:36#	00:24#	00:01+				
4	Harald Vatne	67										42:46				
02:17+	05:00+	05:50+	08:48+	12:05+	13:39+	18:54+	27:15+	29:23+	34:31+	39:23+	42:24+	42:46+				
02:17+	02:43+	00:50-	02:58+	03:17+	01:34+	05:15-	08:21+	02:08+	05:08-	04:52+	03:01+	00:22=				
00:36&	00:19#	00:05-	00:01+	00:19#	00:16-	00:02-	02:59&	00:32&	01:04-	00:33#	00:23#	00:00=				
5	Kjell Langvik	93										48:12				
01:43+	05:42+	06:29+	10:02+	12:24+	15:23+	21:09+	26:52+	28:31+	34:06+	44:41+	47:47+	48:12+				
01:43+	03:59+	00:47-	03:33+	02:22-	02:59+	05:46+	05:43+	01:39+	05:35-	10:35+	03:06+	00:25+				
00:02+	01:35&	00:08-	00:36#	00:36-	01:09&	00:29+	00:21+	00:03+	00:37-	06:16@	00:28#	00:03#				
6	Øyvind Egeskog	5										49:55				
02:19+	06:35+	07:17+	11:42+	13:43+	15:02+	19:48+	32:58+	34:42+	40:52+	46:18+	49:32+	49:55+				
02:19+	04:16+	00:42-	04:25+	02:01-	01:19-	04:46-	13:10+	01:44+	06:10-	05:26+	03:14+	00:23+				
00:38&	01:52&	00:13-	01:28&	00:57-	00:31-	00:31-	07:48@	00:08+	00:02-	01:07&	00:36#	00:01+				
7	Tormod Aaslid	54										52:19				
01:40-	05:35+	06:37+	10:01+	19:30+	22:11+	29:23+	35:36+	37:25+	43:54+	49:14+	52:01+	52:19+				
01:40-	03:55+	01:02+	03:24+	09:29+	02:41+	07:12+	06:13+	01:49+	06:29+	05:20+	02:47+	00:18-				
00:01-	01:31&	00:07#	00:27#	06:31@	00:51&	01:55&	00:51#	00:13#	00:17+	01:01#	00:09+	00:04-				

Class	Navn	Klasse										Tid	
8	Jan Bekkeheien	92										58:29	
	02:53+	05:24+	06:52+	12:32+	15:24+	17:11+	23:06+	31:42+	34:50+	44:54+	54:51+	58:06+	58:29+
	02:53+	02:31+	01:28+	05:40+	02:52-	01:47-	05:55+	08:36+	03:08+	10:04+	09:57+	03:15+	00:23+
	01:12&	00:07+	00:33&	02:43&	00:06-	00:03-	00:38#	03:14&	01:32&	03:52&	05:38@	00:37#	00:01+
9	Arne Brandsberg	29										1:01:55	
	02:12+	06:13+	07:22+	11:42+	18:47+	21:30+	28:51+	37:45+	40:29+	48:47+	56:45+	61:17+	61:55+
	02:12+	04:01+	01:09+	04:20+	07:05+	02:43+	07:21+	08:54+	02:44+	08:18+	07:58+	04:32+	00:38+
	00:31&	01:37&	00:14&	01:23&	04:07@	00:53&	02:04&	03:32&	01:08&	02:06&	03:39&	01:54&	00:16&
10	Svein Glendrange	68										1:02:16	
	01:38-	03:58-	04:55-	07:15-	10:17-	11:38-	16:03-	44:49+	46:46+	53:55+	58:44+	61:53+	62:16+
	01:38-	02:20-	00:57+	02:20-	03:02+	01:21-	04:25-	28:46+	01:57+	07:09+	04:49+	03:09+	00:23+
	00:03-	00:04-	00:02+	00:37-	00:04+	00:29-	00:52-	23:24@	00:21#	00:57#	00:30#	00:31#	00:01+
11	Mangor Eikeland	92										1:16:18	
	02:18+	05:49+	06:43+	19:26+	22:11+	24:01+	32:22+	49:58+	53:22+	62:42+	70:09+	75:34+	76:18+
	02:18+	03:31+	00:54-	12:43+	02:45-	01:50=	08:21+	17:36+	03:24+	09:20+	07:27+	05:25+	00:44+
	00:37&	01:07&	00:01-	09:46@	00:13-	00:00=	03:04&	12:14@	01:48@	03:08&	03:08&	02:47@	00:22&
12	Kjell Maudal	63										1:26:09	
	03:20+	06:31+	07:35+	15:11+	21:05+	26:48+	35:06+	57:00+	60:00+	69:48+	81:29+	85:39+	86:09+
	03:20+	03:11+	01:04+	07:36+	05:54+	05:43+	08:18+	21:54+	03:00+	09:48+	11:41+	04:10+	00:30+
	01:39&	00:47&	00:09#	04:39@	02:56&	03:53@	03:01&	16:32@	01:24&	03:36&	07:22@	01:32&	00:08&
13	Reidar Magne Liland	66										1:34:01	
	02:17+	09:48+	10:54+	14:47+	49:22+	51:06+	59:36+	72:08+	74:27+	82:05+	89:19+	93:27+	94:01+
	02:17+	07:31+	01:06+	03:53+	34:35+	01:44-	08:30+	12:32+	02:19+	07:38+	07:14+	04:08+	00:34+
	00:36&	05:07@	00:11#	00:56&	31:37@	00:06-	03:13&	07:10@	00:43&	01:26#	02:55&	01:30&	00:12&
Beste strekktid for klassen													
	01:38	02:10	00:41	02:20	02:01	01:19	04:25	05:18	01:35	05:03	04:19	02:38	00:18

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

Herrer 80 år og eldre

1	Magne Jakobsen	63										54:43				
	00:57=	03:52=	06:29=	08:11=	12:06=	20:13=	28:12=	31:44=	37:09=	41:14=	44:43=	47:11=	49:30=	51:59=	54:12=	54:43=
	00:57=	02:55=	02:37=	01:42=	03:55=	08:07=	07:59=	03:32=	05:25=	04:05=	03:29=	02:28=	02:19=	02:29=	02:13=	00:31=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
Beste strekktid for klassen																
	00:57	02:55	02:37	01:42	03:55	08:07	07:59	03:32	05:25	04:05	03:29	02:28	02:19	02:29	02:13	00:31

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

Herrer A

1	Erik Lima	43										38:23												
	01:11=	03:31=	04:28=	05:18=	07:17=	09:33=	10:10=	11:57=	15:08=	21:28=	22:37=	23:17=	25:27=	25:55=	27:28=	28:13=	29:48=	32:10=	32:52=	34:41=	35:59=	36:57=	38:11=	38:23=
	01:11=	02:20=	00:57=	00:50=	01:59=	02:16=	00:37=	01:47=	03:11=	06:20=	01:09=	00:40=	02:10=	00:28=	01:33=	00:45=	01:35=	02:22=	00:42=	01:49=	01:18=	00:58=	01:14=	00:12=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kristian Haarr	27										42:58												
	01:01-	03:33+	04:42+	05:53+	08:02+	10:42+	11:44+	13:32+	17:01+	23:51+	25:03+	25:46+	28:15+	28:52+	30:45+	31:38+	33:05+	35:46+	36:27+	38:29+	39:54+	41:07+	42:45+	42:58+
	01:01-	02:32+	01:09+	01:11+	02:09+	02:40+	01:02+	01:48+	03:29+	06:50+	01:12+	00:43+	02:29+	00:37+	01:53+	00:53+	01:27-	02:41+	00:41-	02:02+	01:25+	01:13+	01:38+	00:13+
	00:10-	00:12+	00:12#	00:21&	00:10+	00:24#	00:25&	00:01+	00:18+	00:30+	00:03+	00:03+	00:19#	00:09&	00:20#	00:08#	00:08-	00:19#	00:01-	00:13#	00:07+	00:15&	00:24&	00:01+
3	Øyvind Lamark	46										43:09												
	01:07-	03:47+	04:50+	05:52+	08:21+	11:13+	11:53+	13:55+	17:26+	24:09+	25:30+	26:18+	28:47+	29:17+	31:06+	31:50+	33:14+	35:46+	36:31+	38:36+	40:21+	41:30+	42:54+	43:09+
	01:07-	02:40+	01:03+	01:02+	02:29+	02:52+	00:40+	02:02+	03:31+	06:43+	01:21+	00:48+	02:29+	00:30+	01:49+	00:44-	01:24-	02:32+	00:45+	02:05+	01:45+	01:09+	01:24+	00:15+
	00:04-	00:20#	00:06#	00:12#	00:30&	00:36&	00:03+	00:15#	00:20#	00:23+	00:12#	00:08#	00:19#	00:02+	00:16#	00:01-	00:11-	00:10+	00:03+	00:16#	00:27&	00:11#	00:10#	00:03#
4	Martin Blystad	115										48:42												
	01:00-	03:36+	04:41+	06:23+	08:59+	12:33+	13:14+	15:25+	18:42+	26:21+	27:48+	28:33+	31:18+	31:55+	33:54+	34:52+	36:38+	40:01+	40:58+	43:44+	45:26+	46:51+	48:24+	48:42+
	01:00-	02:36+	01:05+	01:42+	02:36+	03:34+	00:41+	02:11+	03:17+	07:39+	01:27+	00:45+	02:45+	00:37+	01:59+	00:58+	01:46+	03:23+	00:57+	02:46+	01:42+	01:25+	01:33+	00:18+
	00:11-	00:16#	00:08#	00:52@	00:37&	01:18&	00:04#	00:24#	00:06+	01:19#	00:18&	00:05#	00:35&	00:09&	00:26&	00:13&	00:11#	01:01&	00:15&	00:57&	00:24&	00:27&	00:19&	00:06&

Class	Navn	Klasse																		Tid
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Beste strekktid for klassen

01:00 02:20 00:57 00:50 01:59 02:16 00:37 01:47 03:11 06:20 01:09 00:40 02:10 00:28 01:33 00:44 01:24 02:22 00:41 01:49 01:18 00:58 01:14 00:12

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

Herrer B

1	Tom Furland	62	40:19																				
00:46=	03:10=	04:13=	05:24=	07:22=	10:03=	10:36=	12:16=	15:20=	21:27=	22:38=	23:25=	26:06=	26:37=	28:10=	29:00=	30:31=	33:06=	33:47=	35:49=	37:13=	38:27=	40:00=	40:19=
00:46=	02:24=	01:03=	01:11=	01:58=	02:41=	00:33=	01:40=	03:04=	06:07=	01:11=	00:47=	02:41=	00:31=	01:33=	00:50=	01:31=	02:35=	00:41=	02:02=	01:24=	01:14=	01:33=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Magnus Landstad	66	40:55																				
00:54+	04:07+	05:45+	06:23+	08:11+	10:34+	11:14+	12:46+	16:03+	21:57+	23:09+	23:53+	26:10+	26:41+	28:15+	29:06+	30:34+	33:07+	33:51+	36:35+	38:00+	39:10+	40:38+	40:55+
00:54+	03:13+	01:38+	00:38-	01:48-	02:23-	00:40+	01:32-	03:17+	05:54-	01:12+	00:44-	02:17-	00:31=	01:34+	00:51+	01:28-	02:33-	00:44+	02:44+	01:25+	01:10-	01:28-	00:17-
00:08#	00:49&	00:35&	00:33-	00:10-	00:18-	00:07#	00:08-	00:13+	00:13-	00:01+	00:03-	00:24-	00:02+	00:01+	00:01+	00:03-	00:02-	00:03+	00:42&	00:01+	00:04-	00:05-	00:02-
3	Oddgeir Eikeskog	93	42:03																				
00:48+	03:34+	04:36+	05:40+	07:39+	10:07+	11:08+	13:04+	15:59+	21:51+	23:08+	23:50+	27:04+	27:37+	29:19+	30:12+	31:54+	34:33+	35:16+	37:21+	38:54+	40:09+	41:45+	42:03+
00:48+	02:46+	01:02-	01:04-	01:59+	02:28-	01:01+	01:56+	02:55-	05:52-	01:17+	00:42-	03:14+	00:33+	01:42+	00:53+	01:42+	02:39+	00:43+	02:05+	01:33+	01:15+	01:36+	00:18-
00:02+	00:22#	00:01-	00:07-	00:01+	00:13-	00:28&	00:16#	00:09-	00:15-	00:06+	00:05-	00:33#	00:02+	00:09+	00:03+	00:11#	00:04+	00:02+	00:03+	00:09#	00:01+	00:03+	00:01-
4	Tor Gunnar Aksland	116	42:09																				
01:09+	03:27+	04:54+	06:02+	07:55+	10:37+	11:11+	13:10+	16:25+	22:36+	23:47+	24:30+	26:57+	27:28+	28:58+	29:45+	31:18+	33:37+	34:25+	37:35+	39:01+	40:15+	41:52+	42:09+
01:09+	02:18-	01:27+	01:08-	01:53-	02:42+	00:34+	01:59+	03:15+	06:11+	01:11=	00:43-	02:27-	00:31=	01:30-	00:47-	01:33+	02:19-	00:48+	03:10+	01:26+	01:14=	01:37+	00:17-
00:23&	00:06-	00:24&	00:03-	00:05-	00:01+	00:01+	00:19#	00:11+	00:04+	00:00=	00:04-	00:14-	00:00=	00:03-	00:03-	00:02+	00:16-	00:07#	01:08&	00:02+	00:00=	00:04+	00:02-
5	Geir Sand	105	44:45																				
00:57+	03:10=	04:23+	05:20-	07:43+	10:16+	10:56+	12:50+	15:48+	23:18+	25:02+	25:51+	28:41+	29:21+	30:56+	31:48+	33:25+	35:52+	36:45+	40:18+	41:38+	42:46+	44:30+	44:45+
00:57+	02:13-	01:13+	00:57-	02:23+	02:33-	00:40+	01:54+	02:58-	07:30+	01:44+	00:49+	02:50+	00:40+	01:35+	00:52+	01:37+	02:27-	00:53+	03:33+	01:20-	01:08-	01:44+	00:15-
00:11#	00:11-	00:10#	00:14-	00:25#	00:08-	00:07#	00:14#	00:06-	01:23#	00:33&	00:02+	00:09+	00:09&	00:02+	00:02+	00:06+	00:08-	00:12&	01:31&	00:04-	00:06-	00:11#	00:04-
6	Per Olav Haarr	62	47:57																				
00:43-	03:43+	04:49+	05:33+	07:47+	10:29+	11:06+	12:56+	16:39+	25:54+	27:09+	28:11+	31:05+	31:41+	33:50+	34:37+	36:34+	39:56+	40:52+	42:57+	44:46+	46:09+	47:40+	47:57+
00:43-	03:00+	01:06+	00:44-	02:14+	02:42+	00:37+	01:50+	03:43+	09:15+	01:15+	01:02+	02:54+	00:36+	02:09+	00:47-	01:57+	03:22+	00:56+	02:05+	01:49+	01:23+	01:31-	00:17-
00:03-	00:36#	00:03+	00:27-	00:16#	00:01+	00:04#	00:10#	00:39#	03:08&	00:04+	00:15&	00:13+	00:05#	00:36&	00:03-	00:26&	00:47&	00:15&	00:03+	00:25&	00:09#	00:02-	00:02-
7	Stein Arne Olsen	68	48:05																				
01:23+	04:01+	05:11+	06:18+	08:23+	11:02+	11:36+	14:41+	17:58+	25:23+	26:49+	27:43+	31:15+	31:55+	33:48+	34:46+	36:31+	39:14+	40:07+	42:30+	44:30+	45:50+	47:44+	48:05+
01:23+	02:38+	01:10+	01:07-	02:05+	02:39-	00:34+	03:05+	03:17+	07:25+	01:26+	00:54+	03:32+	00:40+	01:53+	00:58+	01:45+	02:43+	00:53+	02:23+	02:00+	01:20+	01:54+	00:21+
00:37&	00:14+	00:07#	00:04-	00:07+	00:02-	00:01+	01:25&	00:13+	01:18#	00:15#	00:07#	00:51&	00:09&	00:20#	00:08#	00:14#	00:08+	00:12&	00:21#	00:36&	00:06+	00:21#	00:02#
8	Terje Michaelsen	47	55:14																				
01:27+	04:44+	06:09+	06:57+	09:04+	11:54+	12:48+	15:02+	18:21+	30:07+	31:16+	37:00+	39:39+	40:10+	42:05+	43:02+	44:51+	47:28+	48:13+	50:16+	51:54+	53:10+	55:00+	55:14+
01:27+	03:17+	01:25+	00:48-	02:07+	02:50+	00:54+	02:14+	03:19+	11:46+	01:09-	05:44+	02:39-	00:31=	01:55+	00:57+	01:49+	02:37+	00:45+	02:03+	01:38+	01:16+	01:50+	00:14-
00:41&	00:53&	00:22&	00:23-	00:09+	00:09+	00:21&	00:34&	00:15+	05:39&	00:02-	04:57@	00:02-	00:00=	00:22#	00:07#	00:18#	00:02+	00:04+	00:01+	00:14#	00:02+	00:17#	00:05-
9	Espen Fyhn Nilsen	116	1:02:59																				
01:21+	04:35+	06:06+	07:20+	10:08+	14:29+	15:25+	19:24+	23:36+	32:48+	34:49+	35:54+	39:48+	40:42+	43:50+	45:20+	48:12+	52:37+	53:44+	56:39+	59:06+	60:44+	62:40+	62:59+
01:21+	03:14+	01:31+	01:14+	02:48+	04:21+	00:56+	03:59+	04:12+	09:12+	02:01+	01:05+	03:54+	00:54+	03:08+	01:30+	02:52+	04:25+	01:07+	02:55+	02:27+	01:38+	01:56+	00:19=
00:35&	00:50&	00:28&	00:03+	00:50&	01:40&	00:23&	02:19@	01:08&	03:05&	00:50&	00:18&	01:13&	00:23&	01:35@	00:40&	01:21&	01:50&	00:26&	00:53&	01:03&	00:24&	00:23#	00:00=

Beste strekktid for klassen

00:43 02:13 01:02 00:38 01:48 02:23 00:33 01:32 02:55 05:52 01:09 00:42 02:17 00:31 01:30 00:47 01:28 02:19 00:41 02:02 01:20 01:08 01:28 00:14

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

Herrer C

1	Kjetil Wirak	114	38:21																				
01:18=	04:27=	06:55=	07:29=	08:12=	10:33=	12:01=	18:31=	21:15=	22:32=	23:18=	25:58=	28:23=	29:43=	30:17=	33:39=	36:37=	37:04=	38:06=	38:21=				
01:18=	03:09=	02:28=	00:34=	00:43=	02:21=	01:28=	06:30=	02:44=	01:17=	00:46=	02:40=	02:25=	01:20=	00:34=	03:22=	02:58=	00:27=	01:02=	00:15=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jan Einar Øvremo	50	40:37																				
01:51+	04:22-	07:15+	08:36+	09:38+	12:21+	13:44+	20:13+	23:18+	24:43+	25:55+	28:41+	30:20+	31:30+	32:06+	35:42+	38:49+	39:16+	40:22+	40:37+				
01:51+	02:31-	02:53+	01:21+	01:02+	02:43+	01:23-	06:29-	03:05+	01:25+	01:12+	02:46+	01:39-	01:10-	00:36+	03:36+	03:07+	00:27=	01:06+	00:15=				
00:33&	00:38-	00:25#	00:47@	00:19&	00:22#	00:05-	00:01-	00:21#	00:08#	00:26&	00:06+	00:46-	00:10-	00:02+	00:14+	00:09+	00:00=	00:04+	00:00=				

Class	Navn	Klasse											Tid										
3	Henning Sundby	114											41:03										
01:41+	04:10-	06:33-	07:25-	08:12=	10:45+	12:28+	20:11+	23:44+	25:01+	25:54+	28:29+	30:06+	31:21+	31:58+	35:57+	39:14+	39:43+	40:45+	41:03+				
01:41+	02:29-	02:23-	00:52+	00:47+	02:33+	01:43+	07:43+	03:33+	01:17=	00:53+	02:35-	01:37-	01:15-	00:37+	03:59+	03:17+	00:29+	01:02=	00:18+				
00:23&	00:40-	00:05-	00:18&	00:04+	00:12+	00:15#	01:13#	00:49&	00:00=	00:07#	00:05-	00:48-	00:05-	00:03+	00:37#	00:19#	00:02+	00:00=	00:03#				
4	Otte Omdal	65											41:55										
01:03-	03:57-	07:33+	08:11+	08:52+	12:15+	13:41+	20:12+	23:22+	24:47+	25:39+	28:35+	30:19+	31:28+	32:11+	36:36+	40:07+	40:36+	41:40+	41:55+				
01:03-	02:54-	03:36+	00:38+	00:41-	03:23+	01:26-	06:31+	03:10+	01:25+	00:52+	02:56+	01:44-	01:09-	00:43+	04:25+	03:31+	00:29+	01:04+	00:15=				
00:15-	00:15-	01:08&	00:04#	00:02-	01:02&	00:02-	00:01+	00:26#	00:08#	00:06#	00:16#	00:41-	00:11-	00:09&	01:03&	00:33#	00:02+	00:02+	00:00=				
5	Nils John Vestøl	83											42:34										
02:02+	04:42+	07:19+	08:13+	09:01+	12:08+	13:40+	20:07+	23:11+	24:34+	25:24+	27:49+	29:47+	31:14+	31:49+	36:25+	40:56+	41:23+	42:20+	42:34+				
02:02+	02:40-	02:37+	00:54+	00:48+	03:07+	01:32+	06:27-	03:04+	01:23+	00:50+	02:25-	01:58-	01:27+	00:35+	04:36+	04:31+	00:27=	00:57-	00:14-				
00:44&	00:29-	00:09+	00:20&	00:05#	00:46&	00:04+	00:03-	00:20#	00:06+	00:04+	00:15-	00:27-	00:07+	00:01+	01:14&	01:33&	00:00=	00:05-	00:01-				
6	Arvid Mydland	29											42:45										
01:03-	03:49-	06:47-	07:35+	08:34+	11:33+	13:03+	21:12+	22:25+	25:36+	26:53+	27:41+	30:14+	31:46+	32:57+	33:41+	37:16+	40:46+	41:16+	42:26+	42:45+			
01:03-	02:46-	02:58+	00:48+	00:59+	02:59+	01:30+	08:09+	01:13-	03:11+	01:17+	00:48-	02:33+	01:32+	01:11+	00:44-	03:35+	03:30+	00:30-	01:10+	00:19+			
00:15-	00:23-	00:30#	00:14&	00:16&	00:38&	00:02+	01:39&	01:31-	01:54&	00:31&	01:52-	00:08+	00:12#	00:37&	02:38-	00:37#	03:03&	00:32-	00:55&	00:19+			
7	Bjørn Serck-Hanssen	91											43:08										
01:24+	04:15-	07:02+	09:19+	09:57+	12:56+	14:30+	21:22+	24:19+	25:43+	26:37+	29:25+	31:16+	32:41+	33:27+	37:33+	41:11+	41:39+	42:51+	43:08+				
01:24+	02:51-	02:47+	02:17+	00:38-	02:59+	01:34+	06:52+	02:57+	01:24+	00:54+	02:48+	01:51-	01:25+	00:46+	04:06+	03:38+	00:28+	01:12+	00:17+				
00:06+	00:18-	00:19#	01:43&	00:05-	00:38&	00:06+	00:22+	00:13+	00:07+	00:08#	00:08+	00:34-	00:05+	00:12&	00:44#	00:40#	00:01+	00:10#	00:02#				
8	Sturle Omdal	116											45:34										
01:23+	05:35+	09:10+	10:00+	10:47+	13:54+	15:28+	22:47+	26:42+	28:10+	29:14+	32:23+	34:09+	35:22+	36:12+	39:56+	43:53+	44:20+	45:21+	45:34+				
01:23+	04:12+	03:35+	00:50+	00:47+	03:07+	01:34+	07:19+	03:55+	01:28+	01:04+	03:09+	01:46-	01:13-	00:50+	03:44+	03:57+	00:27=	01:01-	00:13-				
00:05+	01:03&	01:07&	00:16&	00:04+	00:46&	00:06+	00:49#	01:11&	00:11#	00:18&	00:29#	00:39-	00:07-	00:16&	00:22#	00:59&	00:00=	00:01-	00:02-				
9	Harald Klippenberg	59											48:08										
01:18=	03:57-	09:56+	10:41+	11:42+	14:26+	16:22+	22:52+	29:00+	30:16+	31:42+	34:50+	36:36+	37:56+	38:34+	42:31+	46:09+	46:44+	47:50+	48:08+				
01:18=	02:39-	05:59+	00:45+	01:01+	02:44+	01:56+	06:30=	06:08+	01:16-	01:26+	03:08+	01:46-	01:20=	00:38+	03:57+	03:38+	00:35+	01:06+	00:18+				
00:00=	00:30-	03:31&	00:11&	00:18&	00:23#	00:28&	00:00=	03:24&	00:01-	00:40&	00:28#	00:39-	00:00=	00:04#	00:35#	00:40#	00:08&	00:04+	00:03#				
10	Paul Terje Haarr	62											49:02										
01:16-	04:28+	07:57+	09:25+	10:44+	14:26+	17:04+	24:24+	28:13+	29:50+	30:48+	33:59+	36:33+	37:55+	38:36+	43:28+	47:06+	47:35+	48:44+	49:02+				
01:16-	03:12+	03:29+	01:28+	01:19+	03:42+	02:38+	07:20+	03:49+	01:37+	00:58+	03:11+	02:34+	01:22+	00:41+	04:52+	03:38+	00:29+	01:09+	00:18+				
00:02-	00:03+	01:01&	00:54&	00:36&	01:21&	01:10&	00:50#	01:05&	00:20&	00:12&	00:31#	00:09+	00:02+	00:07#	01:30&	00:40#	00:02+	00:07#	00:03#				
11	Pål Bårdsen	90											50:47										
01:35+	05:57+	09:34+	10:16+	11:14+	14:08+	15:48+	24:41+	28:31+	30:07+	31:29+	34:41+	37:02+	38:44+	39:59+	44:38+	48:32+	49:04+	50:26+	50:47+				
01:35+	04:22+	03:37+	00:42+	00:58+	02:54+	01:40+	08:53+	03:50+	01:36+	01:22+	03:12+	02:21-	01:42+	01:15+	04:39+	03:54+	00:32+	01:22+	00:21+				
00:17#	01:13&	01:09&	00:08#	00:15&	00:33#	00:12#	02:23&	01:06&	00:19#	00:36&	00:32#	00:04-	00:22&	00:41&	01:17&	00:56&	00:05#	00:20&	00:06&				
12	Svein Oddvar Netland	116											53:40										
01:58+	04:43+	10:55+	12:05+	13:18+	17:00+	19:05+	28:14+	31:59+	33:28+	35:28+	38:49+	41:17+	42:53+	43:37+	48:06+	52:01+	52:25+	53:27+	53:40+				
01:58+	02:45-	06:12+	01:10+	01:13+	03:42+	02:05+	09:09+	03:45+	01:29+	02:00+	03:21+	02:28+	01:36+	00:44+	04:29+	03:55+	00:24-	01:02=	00:13-				
00:40&	00:24-	03:44&	00:36&	00:30&	01:21&	00:37&	02:39&	01:01&	00:12#	01:14&	00:41&	00:03+	00:16#	00:10&	01:07&	00:57&	00:03-	00:00=	00:02-				
13	Bertrand Denieul	42											53:51										
05:09+	09:20+	15:41+	16:27+	17:17+	20:19+	21:47+	32:11+	35:19+	36:39+	38:14+	41:25+	43:07+	44:22+	45:02+	48:34+	51:59+	52:26+	53:38+	53:51+				
05:09+	04:11+	06:21+	00:46+	00:50+	03:02+	01:28=	10:24+	03:08+	01:20+	01:35+	03:11+	01:42-	01:15-	00:40+	03:32+	03:25+	00:27=	01:12+	00:13-				
03:51&	01:02&	03:53&	00:12&	00:07#	00:41&	00:00=	03:54&	00:24#	00:03+	00:49&	00:31#	00:43-	00:05-	00:06#	00:10+	00:27#	00:00=	00:10#	00:02-				
14	Øivind Berggraf	116											55:08										
02:33+	06:56+	12:30+	13:11+	14:13+	18:02+	19:23+	28:55+	33:32+	34:55+	36:09+	39:29+	41:53+	43:33+	44:33+	49:29+	53:14+	53:39+	54:47+	55:08+				
02:33+	04:23+	05:34+	00:41+	01:02+	03:49+	01:21-	09:32+	04:37+	01:23+	01:14+	03:20+	02:24-	01:40+	01:00+	04:56+	03:45+	00:25-	01:08+	00:21+				
01:15&	01:14&	03:06&	00:07#	00:19&	01:28&	00:07-	03:02&	01:53&	00:06+	00:28&	00:40#	00:01-	00:20#	00:26&	01:34&	00:47&	00:02-	00:06+	00:06&				
15	Erling Mauland	83											55:49										
01:50+	05:22+	10:29+	13:24+	14:18+	18:12+	20:06+	28:50+	34:11+	35:38+	37:38+	41:07+	43:25+	45:01+	45:45+	50:01+	53:50+	54:22+	55:31+	55:49+				
01:50+	03:32+	05:07+	02:55+	00:54+	03:54+	01:54+	08:44+	05:21+	01:27+	02:00+	03:29+	02:18-	01:36+	00:44+	04:16+	03:49+	00:32+	01:09+	00:18+				
00:32&	00:23#	02:39&	02:21&	00:11&	01:33&	00:26&	02:14&	02:37&	00:10#	01:14&	00:49&	00:07-	00:16#	00:10&	00:54&	00:51&	00:05#	00:07#	00:03#				
16	Øistein Haaland	116											1:11:00										
07:25+	10:22+	17:34+	19:04+	20:55+	25:12+	29:57+	43:35+	47:44+	49:21+	50:32+	54:55+	57:01+	58:45+	59:42+	64:30+	68:47+	69:16+	70:40+	71:00+				
07:25+	02:57-	07:12+	01:30+	01:51+	04:17+	04:45+	13:38+	04:09+	01:37+	01:11+	04:23+	02:06-	01:44+	00:57+	04:48+	04:17+	00:29+	01:24+	00:20+				
06:07&	00:12-	04:44&	00:56&	01:08&	01:56&	03:17&	07:08&	01:25&	00:20&	00:25&	01:43&	00:19-	00:24&	00:23&	01:26&	01:19&	00:02+	00:22&	00:05&				
Beste strekketid for klassen																							
01:03	02:29	02:23	00:34	00:38	02:21	01:21	06:27	01:13	01:16	00:46	00:48	01:37	01:09	00:34	00:44	02:58	00:24	00:30	00:13				

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

Herrer Ny

1 Frederico Alves 7 15:06

01:17= 02:16= 03:58= 05:20= 06:31= 07:44= 08:34= 09:38= 11:26= 12:23= 13:09= 14:44= 15:06=
 01:17= 00:59= 01:42= 01:22= 01:11= 01:13= 00:50= 01:04= 01:48= 00:57= 00:46= 01:35= 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=

Beste strekktid for klassen

01:17 00:59 01:42 01:22 01:11 01:13 00:50 01:04 01:48 00:57 00:46 01:35 00:22

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

Herrer Trim

1 Thomas Hinna 287 29:51

00:27= 02:27= 04:37= 05:41= 08:32= 11:41= 15:40= 17:46= 19:13= 21:16= 23:45= 24:58= 27:04= 28:02= 29:33= 29:51=
 00:27= 02:00= 02:10= 01:04= 02:51= 03:09= 03:59= 02:06= 01:27= 02:03= 02:29= 01:13= 02:06= 00:58= 01:31= 00:18=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Sindre Mogen 27 32:00

01:20+ 03:12+ 04:40+ 05:36- 09:58+ 12:15+ 18:11+ 19:49+ 22:14+ 24:03+ 27:36+ 27:57+ 29:22+ 30:17+ 31:41+ 32:00+
 01:20+ 01:52- 01:28- 00:56- 04:22+ 02:17- 05:56+ 01:38- 02:25+ 01:49- 03:33+ 00:21- 01:25- 00:55- 01:24- 00:19+
 00:53@ 00:08- 00:42- 00:08- 01:31& 00:52- 01:57& 00:28- 00:58& 00:14- 01:04& 00:52- 00:41- 00:03- 00:07- 00:01+

3 Cato Bjerkeli 237 33:18

01:10+ 03:19+ 04:56+ 06:10+ 09:02+ 12:30+ 18:55+ 20:48+ 22:34+ 25:08+ 27:58+ 28:37+ 30:26+ 31:14+ 32:56+ 33:18+
 01:10+ 02:09+ 01:37- 01:14+ 02:52+ 03:28+ 06:25+ 01:53- 01:46+ 02:34+ 02:50+ 00:39- 01:49- 00:48- 01:42+ 00:22+
 00:43@ 00:09+ 00:33- 00:10# 00:01+ 00:19# 02:26& 00:13- 00:19# 00:31& 00:21# 00:34- 00:17- 00:10- 00:11# 00:04#

4 Svein Erik Bjørnsen 91 33:54

00:32+ 02:23- 04:03- 05:15- 08:27- 11:22- 16:02+ 18:24+ 21:28+ 25:18+ 28:43+ 29:14+ 31:06+ 31:56+ 33:33+ 33:54+
 00:32+ 01:51- 01:40- 01:12+ 03:12+ 02:55- 04:40+ 02:22+ 03:04+ 03:50+ 03:25+ 00:31- 01:52- 00:50- 01:37+ 00:21+
 00:05# 00:09- 00:30- 00:08# 00:21# 00:14- 00:41# 00:16# 01:37@ 01:47& 00:56& 00:42- 00:14- 00:08- 00:06+ 00:03#

5 Bruno Pierfelice 51 35:34

01:20+ 03:47+ 05:33+ 07:03+ 10:39+ 14:54+ 19:36+ 22:03+ 24:40+ 27:04+ 29:58+ 30:47+ 32:45+ 33:35+ 35:11+ 35:34+
 01:20+ 02:27+ 01:46- 01:30+ 03:36+ 04:15+ 04:42+ 02:27+ 02:37+ 02:24+ 02:54+ 00:49- 01:58- 00:50- 01:36+ 00:23+
 00:53@ 00:27# 00:24- 00:26& 00:45& 01:06& 00:43# 00:21# 01:10& 00:21# 00:25# 00:24- 00:08- 00:05+ 00:05&

6 Stig Erlend Ollestad 51 36:06

00:25- 02:03- 05:02+ 05:56+ 16:17+ 19:30+ 25:01+ 27:02+ 28:18+ 30:11+ 32:09+ 32:44+ 34:00+ 34:31+ 35:52+ 36:06+
 00:25- 01:38- 02:59+ 00:54- 10:21+ 03:13+ 05:31+ 02:01- 01:16- 01:53- 01:58- 00:35- 01:16- 00:31- 01:21- 00:14-
 00:02- 00:22- 00:49& 00:10- 07:30@ 00:04+ 01:32& 00:05- 00:11- 00:10- 00:31- 00:38- 00:50- 00:27- 00:10- 00:04-

7 Anders H Foss 263 36:18

01:53+ 04:20+ 07:19+ 08:38+ 11:44+ 15:24+ 20:40+ 22:59+ 24:24+ 27:18+ 30:41+ 31:25+ 33:27+ 34:06+ 35:54+ 36:18+
 01:53+ 02:27+ 02:59+ 01:19+ 03:06+ 03:40+ 05:16+ 02:19+ 01:25- 02:54+ 03:23+ 00:44- 02:02- 00:39- 01:48+ 00:24+
 01:26@ 00:27# 00:49& 00:15# 00:15+ 00:31# 01:17& 00:13# 00:02- 00:51& 00:54& 00:29- 00:04- 00:19- 00:17# 00:06&

8 Roger Nyseth 92 38:56

01:07+ 03:20+ 05:14+ 06:40+ 11:16+ 15:32+ 20:47+ 22:55+ 25:21+ 29:49+ 32:52+ 33:40+ 35:43+ 36:31+ 38:30+ 38:56+
 01:07+ 02:13+ 01:54- 01:26+ 04:36+ 04:16+ 05:15+ 02:08+ 02:26+ 04:28+ 03:03+ 00:48- 02:03- 00:48- 01:59+ 00:26+
 00:40@ 00:13# 00:16- 00:22& 01:45& 01:07& 01:16& 00:02+ 00:59& 02:25@ 00:34# 00:25- 00:03- 00:10- 00:28& 00:08&

9 Trond Karlsen 228 39:40

00:40+ 03:57+ 06:02+ 07:43+ 12:00+ 16:01+ 22:20+ 24:40+ 26:27+ 29:42+ 33:16+ 34:16+ 36:33+ 37:24+ 39:14+ 39:40+
 00:40+ 03:17+ 02:05- 01:41+ 04:17+ 04:01+ 06:19+ 02:20+ 01:47+ 03:15+ 03:34+ 01:00- 02:17+ 00:51- 01:50+ 00:26+
 00:13& 01:17& 00:05- 00:37& 01:26& 00:52& 02:20& 00:14# 00:20# 01:12& 01:05& 00:13- 00:11+ 00:07- 00:19# 00:08&

10 Leif Jarle Skåra 29 42:24

00:42+ 03:01+ 05:14+ 07:56+ 13:09+ 17:21+ 22:57+ 25:39+ 27:25+ 31:35+ 35:18+ 36:10+ 38:15+ 40:03+ 41:59+ 42:24+
 00:42+ 02:19+ 02:13+ 02:42+ 05:13+ 04:12+ 05:36+ 02:42+ 01:46+ 04:10+ 03:43+ 00:52- 02:05- 01:48+ 01:56+ 00:25+
 00:15& 00:19# 00:03+ 01:38@ 02:22& 01:03& 01:37& 00:36& 00:19# 02:07@ 01:14& 00:21- 00:01- 00:50& 00:25& 00:07&

11 Arne Hope 43 42:36

00:41+ 03:09+ 05:12+ 06:35+ 12:25+ 16:20+ 22:26+ 25:07+ 27:22+ 30:39+ 33:56+ 37:00+ 39:02+ 40:06+ 42:01+ 42:36+
 00:41+ 02:28+ 02:03- 01:23+ 05:50+ 03:55+ 06:06+ 02:41+ 02:15+ 03:17+ 03:17+ 03:04+ 02:02- 01:04+ 01:55+ 00:35+
 00:14& 00:28# 00:07- 00:19& 02:59@ 00:46# 02:07& 00:35& 00:48& 01:14& 00:48& 01:51@ 00:04- 00:06# 00:24& 00:17&

Class	Navn	Klasse										Tid				
12	Eilef Foss	27										42:40				
01:25+	08:08+	10:00+	11:21+	13:39+	23:48+	27:50+	30:12+	31:38+	33:23+	35:38+	38:27+	39:50+	40:37+	42:07+	42:40+	
01:25+	06:43+	01:52-	01:21+	02:18-	10:09+	04:02+	02:22+	01:26-	01:45-	02:15-	02:49+	01:23-	00:47-	01:30-	00:33+	
00:58@	04:43@	00:18-	00:17&	00:33-	07:00@	00:03+	00:16#	00:01-	00:18-	00:14-	01:36@	00:43-	00:11-	00:01-	00:15&	
13	Reidar Haver	4										42:46				
01:11+	05:27+	07:23+	08:49+	12:13+	16:03+	27:53+	29:57+	31:27+	33:34+	36:25+	37:06+	39:10+	40:43+	42:29+	42:46+	
01:11+	04:16+	01:56-	01:26+	03:24+	03:50+	11:50+	02:04-	01:30+	02:07+	02:51+	00:41-	02:04-	01:33+	01:46+	00:17-	
00:44@	02:16@	00:14-	00:22&	00:33#	00:41#	07:51@	00:02-	00:03+	00:04+	00:22#	00:32-	00:02-	00:35&	00:15#	00:01-	
14	Steinar Amundsen	115										44:49				
00:39+	03:12+	05:19+	06:54+	12:11+	16:37+	24:39+	27:25+	29:26+	34:36+	38:06+	39:27+	41:32+	42:22+	44:25+	44:49+	
00:39+	02:33+	02:07-	01:35+	05:17+	04:26+	08:02+	02:46+	02:01+	05:10+	03:30+	01:21+	02:05-	00:50-	02:03+	00:24+	
00:12&	00:33&	00:03-	00:31&	02:26&	01:17&	04:03@	00:40&	00:34&	03:07@	01:01&	00:08#	00:01-	00:08-	00:32&	00:06&	
15	Jon Jakobsen	116										45:18				
01:26+	05:10+	07:35+	09:12+	12:37+	16:29+	28:57+	31:40+	33:42+	37:47+	40:00+	40:42+	42:28+	43:15+	44:56+	45:18+	
01:26+	03:44+	02:25+	01:37+	03:25+	03:52+	12:28+	02:43+	02:02+	04:05+	02:13-	00:42-	01:46-	00:47-	01:41+	00:22+	
00:59@	01:44&	00:15#	00:33&	00:34#	00:43#	08:29@	00:37&	00:35&	02:02&	00:16-	00:31-	00:20-	00:11-	00:10#	00:04#	
16	Ivar Aalbu	29										45:49				
02:44+	04:54+	06:50+	08:15+	16:48+	22:32+	27:30+	30:13+	31:56+	35:47+	39:05+	39:55+	42:30+	43:24+	45:25+	45:49+	
02:44+	02:10+	01:56-	01:25+	08:33+	05:44+	04:58+	02:43+	01:43+	03:51+	03:18+	00:50-	02:35+	00:54-	02:01+	00:24+	
02:17@	00:10+	00:14-	00:21&	05:42@	02:35&	00:59#	00:37&	00:16#	01:48&	00:49&	00:23-	00:29#	00:04-	00:30&	00:06&	
17	Igor Muzdeka	74										48:09				
02:16+	05:00+	08:49+	10:29+	15:47+	19:54+	28:19+	33:10+	34:42+	37:32+	41:35+	43:21+	45:09+	46:04+	47:52+	48:09+	
02:16+	02:44+	03:49+	01:40+	05:18+	04:07+	08:25+	04:51+	01:32+	02:50+	04:03+	01:46+	01:48-	00:55-	01:48+	00:17-	
01:49@	00:44&	01:39&	00:36&	02:27&	00:58&	04:26@	02:45@	00:05+	00:47&	01:34&	00:33&	00:18-	00:03-	00:17#	00:01-	
18	Lars Salvesen	50										48:20				
00:44+	02:58+	05:09+	06:40+	09:37+	13:14+	18:09+	20:29+	22:01+	24:38+	39:27+	39:56+	43:16+	44:11+	47:58+	48:20+	
00:44+	02:14+	02:11+	01:31+	02:57+	03:37+	04:55+	02:20+	01:32+	02:37+	14:49+	00:29-	03:20+	00:55-	03:47+	00:22+	
00:17&	00:14#	00:01+	00:27&	00:06+	00:28#	00:56#	00:14#	00:05+	00:34&	12:20@	00:44-	01:14&	00:03-	02:16@	00:04#	
19	Asgeir Kleppa	47										49:49				
01:06+	03:28+	06:45+	08:36+	13:16+	17:10+	25:11+	28:05+	31:26+	39:24+	42:49+	44:43+	46:33+	47:32+	49:19+	49:49+	
01:06+	02:22+	03:17+	01:51+	04:40+	03:54+	08:01+	02:54+	03:21+	07:58+	03:25+	01:54+	01:50-	00:59+	01:47+	00:30+	
00:39@	00:22#	01:07&	00:47&	01:49&	00:45#	04:02@	00:48&	01:54@	05:55@	00:56&	00:41&	00:16-	00:01+	00:16#	00:12&	
20	Arild Svihus	92										51:45				
03:12+	07:24+	10:07+	11:46+	17:15+	22:33+	29:11+	32:07+	34:27+	41:32+	44:38+	46:35+	48:32+	49:28+	51:23+	51:45+	
03:12+	04:12+	02:43+	01:39+	05:29+	05:18+	06:38+	02:56+	02:20+	07:05+	03:06+	01:57+	01:57-	00:56-	01:55+	00:22+	
02:45@	00:12@	00:33&	00:35&	02:38&	02:09&	02:39&	00:50&	00:53&	05:02@	00:37#	00:44&	00:09-	00:02-	00:24&	00:04#	
21	Francesco Pierfelice	116										52:27				
01:45+	05:32+	08:13+	10:23+	17:52+	23:49+	30:58+	34:49+	37:33+	41:17+	45:30+	46:36+	49:03+	50:00+	52:01+	52:27+	
01:45+	03:47+	02:41+	02:10+	07:29+	05:57+	07:09+	03:51+	02:44+	03:44+	04:13+	01:06-	02:27+	00:57-	02:01+	00:26+	
01:18@	01:47&	00:31#	01:06@	04:38@	02:48&	03:10&	01:45&	01:17&	01:41&	01:44&	00:07-	00:21#	00:01-	00:30&	00:08&	
22	Per Kolbein Tonstad	66										52:34				
01:01+	03:44+	06:07+	07:54+	14:32+	18:47+	30:45+	33:51+	36:17+	42:26+	46:03+	46:52+	49:12+	50:04+	52:07+	52:34+	
01:01+	02:43+	02:23+	01:47+	06:38+	04:15+	11:58+	03:06+	02:26+	06:09+	03:37+	00:49-	02:20+	00:52-	02:03+	00:27+	
00:34@	00:43&	00:13#	00:43&	03:47@	01:06&	07:59@	01:00&	00:59&	04:06@	01:08&	00:24-	00:14#	00:06-	00:32&	00:09&	
23	Jan Erik Rasmussen	51										56:31				
01:52+	05:13+	08:04+	10:01+	17:56+	22:26+	29:40+	36:23+	39:52+	44:26+	47:55+	49:17+	52:21+	53:34+	56:04+	56:31+	
01:52+	03:21+	02:51+	01:57+	07:55+	04:30+	07:14+	06:43+	03:29+	04:34+	03:29+	01:22+	03:04+	01:13+	02:30+	00:27+	
01:25@	01:21&	00:41&	00:53&	05:04@	01:21&	03:15&	04:37@	02:02@	02:31@	01:00&	00:09#	00:58&	00:15&	00:59&	00:09&	
24	Samuel Denieul	42										58:21				
01:02+	07:08+	09:07+	10:35+	12:55+	16:48+	27:56+	32:44+	37:34+	40:44+	46:57+	51:43+	54:48+	56:13+	58:08+	58:21+	
01:02+	06:06+	01:59-	01:28+	02:20-	03:53+	11:08+	04:48+	04:50+	03:10+	06:13+	04:46+	03:05+	01:25+	01:55+	00:13-	
00:35@	04:06@	00:11-	00:24&	00:31-	00:44#	07:09@	02:42@	03:23@	01:07&	03:44@	03:33@	00:59&	00:27&	00:24&	00:05-	
25	Leif Kåre Lende	365										59:57				
02:24+	04:48+	09:53+	12:52+	15:47+	23:26+	33:43+	35:43+	38:10+	46:25+	51:00+	53:42+	56:06+	57:30+	59:31+	59:57+	
02:24+	02:24+	05:05+	02:59+	02:55+	07:39+	10:17+	02:00-	02:27+	08:15+	04:35+	02:42+	02:24+	01:24+	02:01+	00:26+	
01:57@	00:24#	02:55@	01:55@	00:04+	04:30@	06:18@	00:06-	01:00&	06:12@	02:06&	01:29@	00:18#	00:26&	00:30&	00:08&	
26	Steinar Aase	268										1:03:10				
00:40+	04:19+	06:48+	08:36+	15:22+	20:36+	33:41+	36:57+	40:16+	49:35+	54:18+	55:54+	58:51+	60:01+	62:42+	63:10+	
00:40+	03:39+	02:29+	01:48+	06:46+	05:14+	13:05+	03:16+	03:19+	09:19+	04:43+	01:36+	02:57+	01:10+	02:41+	00:28+	
00:13&	01:39&	00:19#	00:44&	03:55@	02:05&	09:06@	01:10&	01:52@	07:16@	02:14&	00:23&	00:51&	00:12#	01:10&	00:10&	

Class	Navn	Klasse													Tid
27	Tom Leveraas	188													1:14:42
09:07+	14:45+	16:58+	23:47+	31:35+	35:53+	42:53+	45:32+	47:40+	62:11+	65:55+	69:37+	71:43+	72:32+	74:18+	74:42+
09:07+	05:38+	02:13+	06:49+	07:48+	04:18+	07:00+	02:39+	02:08+	14:31+	03:44+	03:42+	02:06=	00:49-	01:46+	00:24+
08:40@	03:38@	00:03+	05:45@	04:57@	01:09&	03:01&	00:33&	00:41&	12:28@	01:15&	02:29@	00:00=	00:09-	00:15#	00:06&
28	Per Bakken	5													1:19:16
01:26+	05:09+	07:37+	10:26+	22:57+	32:49+	54:28+	58:22+	61:25+	65:46+	70:08+	71:02+	74:57+	76:24+	78:39+	79:16+
01:26+	03:43+	02:28+	02:49+	12:31+	09:52+	21:39+	03:54+	03:03+	04:21+	04:22+	00:54-	03:55+	01:27+	02:15+	00:37+
00:59@	01:43&	00:18#	01:45@	09:40@	06:43@	17:40@	01:48&	01:36@	02:18@	01:53&	00:19-	01:49&	00:29&	00:44&	00:19@
Beste strekktid for klassen															
00:25	01:38	01:28	00:54	02:18	02:17	03:59	01:38	01:16	01:45	01:58	00:21	01:16	00:31	01:21	00:13

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